

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Sarah Stahl	33	Bellevue	NE	18:52	38:00	22:11	1:21:10

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Lincoln Murdoch	57	Omaha	NE	12:30	33:05	21:16	1:08:31

MALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Brad Gary	16	Omaha	NE	21:11	42:42	26:06	1:33:33
2	Zach Jochim	19	Papillion	NE	24:12	45:40	29:01	1:43:02

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jordan Higginbotha	24	Council Bluffs	IA	22:28	46:05	33:49	1:46:15
2	Casey Peterson	24	Council Bluffs	IA	19:14	56:56	48:21	2:11:25
3	Heather Maassen	22	Avoca	IA	18:27	1:05:00	46:02	2:13:52

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tyler Byrd	24	Omaha	NE	15:38	36:55	24:06	1:18:21
2	Nick Lodi	24	Omaha	NE	14:35	41:57	25:25	1:25:12

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Emilie Powell	28	Omaha	NE	15:36	39:40	24:30	1:22:27
2	Brooke Coady	28	Omaha	NE	18:15	44:33	27:56	1:33:19
3	Gretchen Jensen	26	Underwood	IA	18:29	48:09	28:33	1:37:28

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Stefan Gahl	27	Bellevue	NE	14:29	35:38	21:37	1:13:25
2	Andrew Codney	27	Council Bluffs	IA	15:42	37:22	24:30	1:20:02
3	Matthew Griffith	27	Omaha	NE	20:10	38:46	26:02	1:26:38

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Julie Fanshier	31	Omaha	NE	18:15	40:34	23:56	1:25:48
2	Stephanie Semple	34	Omaha	NE	16:58	40:50	25:36	1:27:21
3	Samantha Scheffler	33	Hancock	IA	13:56	43:45	27:21	1:28:13

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Peter Nelson	34	Omaha	NE	13:56	36:54	23:40	1:16:19
2	Aaron Lightfoot	34	Papillion	NE	16:13	36:09	23:05	1:17:36
3	Matthew Fanshier	33	Omaha	NE	17:03	37:25	23:26	1:20:19

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Shawna Kinen	37	La Vista	NE	16:21	38:22	24:34	1:23:08
2	Lisa Plum	35	La Vista	NE	14:55	40:53	26:50	1:25:32
3	Jill Snitko	35	Marion	IA	20:44	44:16	24:16	1:31:35

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Seth Tracy	39	Elkhorn	NE	11:46	36:08	26:28	1:17:31
2	Mike Cahill	35	Papillion	NE	15:56	39:00	21:13	1:19:03
3	Justin Crawford	36	Omaha	NE	14:24	38:24	26:09	1:22:26

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Melissa Groff	41	Bennington	NE	15:45	39:24	24:28	1:22:14
2	Jenifer Nothelfer	43	Papillion	NE	16:28	39:42	31:46	1:30:43
3	Therese Slechta	43	Schleswig	IA	18:30	38:03	35:56	1:36:11

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Nathan Stahl	40	Bellevue	NE	15:50	34:16	20:30	1:11:54
2	Patrick Caulfield	41	Omaha	NE	13:46	39:49	22:56	1:19:43
3	Cade Anderson	42	La Vista	NE	14:42	40:41	27:27	1:25:20

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Susan Wiley	47	Omaha	NE	17:15	41:31	27:36	1:30:04
2	Tommora Shaw	47	Bellevue	NE	18:03	39:39	31:45	1:32:53
3	Jeanne Stover	45	Omaha	NE	17:21	45:37	29:09	1:35:29

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kristian Ehrhorn	48	Omaha	NE	14:19	36:41	24:24	1:18:29
2	Albert Zechmann	48	Papillion	NE	17:24	36:26	23:27	1:19:24
3	Alan Kohll	46	Omaha	NE	14:34	43:14	21:36	1:21:36

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Anne Day	52	Omaha	NE	19:38	41:32	26:59	1:31:22
2	Sonya Reynolds	52	Council Bluffs	IA	20:50	42:46	28:30	1:34:45
3	Judy Greenhagen	52	Omaha	NE	23:20	45:29	28:44	1:41:10

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Bill Gahl	50	Papillion	NE	15:55	34:53	23:24	1:16:29
2	Terry Thonen	51	Omaha	NE	13:26	38:11	27:48	1:23:11
3	Steve Booker	53	Omaha	NE	17:21	40:29	26:07	1:26:21

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	John Marsh	55	Council Bluffs	IA	14:29	33:35	21:34	1:11:35
2	Stephen Nabit	58	Elkhorn	NE	19:00	37:17	25:10	1:23:37
3	Greg Prochazka	56	Lincoln	NE	16:43	37:31	25:20	1:24:11

FEMALE INDIVIDUAL AGE GROUP: 60 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Patricia Weber	61	Omaha	NE	20:27	44:47	31:42	1:39:35
2	Jane Foral	64	Omaha	NE		49:33	47:28	2:10:00

MALE INDIVIDUAL AGE GROUP: 60 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mike Huggenberger	64	Fort Calhoun	NE	18:47	37:57	26:27	1:25:31
2	Stan Shirk	61	Omaha	NE	18:31	37:45	27:58	1:29:01
3	Greg Crisman	66	Omaha	NE	21:32	38:53	26:38	1:29:38

TEAM CATEGORY: Male

1	Team 184		11:55	38:52	18:09	1:10:04
2	Johnston, Herrick & Herrick		16:45	35:49	23:09	1:17:06
	Christopher Herri	Brad Johnston		Kevin Herrick		
3	Team Ponte-Clark		18:40	40:25	23:23	1:24:29
	Trevor Ponte	Trevor Ponte		Monte Clark		

TEAM CATEGORY: Female

1	Coming In Hot		19:05	41:58	22:53	1:25:10
	Hayllee Sell	Shelly Sedlak		Tricia McSorley		
2	Team Y		15:06	44:10	24:42	1:25:21
	Melissa Chapman	Keri Anne		Ruth Fountain		
3	Y Not		17:56	51:09	30:12	1:41:07
	Mary Adolf	Mary Ramsbottom		Cathy Campbell		

TEAM CATEGORY: Coed

1	Team X		13:13	33:26	23:31	1:11:31
	James Kueffner	Paul Baltes		Jessa Smith		
2	Team Grey Poupon		24:21	36:45	24:09	1:27:02
	Dave Duscher	Brian Manzer		Carrie McAdams		
3	Team 147		24:45	40:57	29:52	1:36:59
	Andrew Gelbman	Andrew Gelbman		Heather Jenneman		