

BLACK SQUIRREL TRIATHLON
August 23, 2014
Lake Manawa State Park, Concil Bluffs, Iowa

750 Meter Swim - 13 Mile Bike - 3.1 Mile Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/7	Lincoln Murdoch	Omaha	NE	57	M	3	12:30	1:32	1:04	1	33:05	23.6	0:38	3	21:16	6:52	1:08:31
2	2/7	John Marsh	Council Bluffs	IA	55	M	13	14:29	1:46	1:22	2	33:35	23.2	0:37	4	21:34	6:58	1:11:35
3	1/8	Nathan Stahl	Bellevue	NE	40	M	25	15:50	1:56	0:59	3	34:16	22.8	0:21	1	20:30	6:37	1:11:54
4	1/10	Stefan Gahl	Bellevue	NE	27	M	14	14:29	1:46	1:02	5	35:38	21.9	0:42	6	21:37	6:59	1:13:25
5	1/13	Peter Nelson	Omaha	NE	34	M	8	13:56	1:42	1:24	11	36:54	21.1	0:27	17	23:40	7:39	1:16:19
6	1/6	Bill Gahl	Papillion	NE	50	M	27	15:55	1:57	1:31	4	34:53	22.4	0:49	12	23:24	7:33	1:16:29
7	1/11	Seth Tracy	Elkhorn	NE	39	M	2	11:46	1:27	2:22	6	36:08	21.6	0:49	47	26:28	8:33	1:17:31
8	2/13	Aaron Lightfoot	Papillion	NE	34	M	31	16:13	1:59	1:23	7	36:09	21.6	0:48	11	23:05	7:27	1:17:36
9	1/2	Tyler Byrd	Omaha	NE	24	M	21	15:38	1:55	1:20	12	36:55	21.1	0:24	21	24:06	7:47	1:18:21
10	1/7	Kristian Ehrhorn	Omaha	NE	48	M	10	14:19	1:45	2:04	10	36:41	21.3	1:03	24	24:24	7:53	1:18:29
11	2/11	Mike Cahill	Papillion	NE	35	M	28	15:56	1:57	2:27	28	39:00	20.0	0:30	2	21:13	6:51	1:19:03
12	2/7	Albert Zechmann	Papillion	NE	48	M	47	17:24	2:08	1:18	8	36:26	21.4	0:51	14	23:27	7:34	1:19:24
13	2/8	Patrick Caulfield	Omaha	NE	41	M	5	13:46	1:41	1:44	37	39:49	19.6	1:30	10	22:56	7:24	1:19:43
14	2/10	Andrew Codney	Council Bluffs	IA	27	M	22	15:42	1:55	1:35	14	37:22	20.9	0:55	26	24:30	7:54	1:20:02
15	3/13	Matthew Fanshier	Omaha	NE	33	M	39	17:03	2:05	1:36	15	37:25	20.8	0:50	13	23:26	7:34	1:20:19
16	4/13	Kirk Raymond	Lincoln	NE	34	M	43	17:13	2:06	1:38	21	38:10	20.4	0:53	9	22:46	7:21	1:20:38
17	1/10	Sarah Stahl	Bellevue	NE	33	F	69	18:52	2:19	1:33	19	38:00	20.5	0:35	8	22:11	7:10	1:21:10
18	3/7	Alan Kohll	Omaha	NE	46	M	15	14:34	1:47	1:32	64	43:14	18.0	0:44	5	21:36	6:58	1:21:36
19	1/5	Melissa Groff	Bennington	NE	41	F	23	15:45	1:56	2:04	33	39:24	19.8	0:36	25	24:28	7:54	1:22:14
20	3/11	Justin Crawford	Omaha	NE	36	M	11	14:24	1:46	2:16	24	38:24	20.3	1:14	44	26:09	8:26	1:22:26
21	1/7	Emilie Powell	Omaha	NE	28	F	20	15:36	1:55	2:17	35	39:40	19.7	0:26	27	24:30	7:55	1:22:27
22	4/11	Matt Semple	Omaha	NE	35	M	35	16:50	2:04	3:07	32	39:18	19.8	1:31	7	22:04	7:07	1:22:49
23	1/10	Shawna Kinen	La Vista	NE	37	F	32	16:21	2:00	3:28	23	38:22	20.3	0:24	29	24:34	7:56	1:23:08
24	2/6	Terry Thonen	Omaha	NE	51	M	4	13:26	1:39	2:37	22	38:11	20.4	1:11	63	27:48	8:58	1:23:11
25	3/7	Stephen Nability	Elkhorn	NE	58	M	70	19:00	2:19	1:16	13	37:17	20.9	0:55	32	25:10	8:08	1:23:37
26	4/7	Greg Prochazka	Lincoln	NE	56	M	34	16:43	2:03	3:28	16	37:31	20.8	1:12	34	25:20	8:11	1:24:11
27	2/2	Nick Lodi	Omaha	NE	24	M	16	14:35	1:47	1:59	52	41:57	18.6	1:18	35	25:25	8:12	1:25:12
28	3/8	Cade Anderson	La Vista	NE	42	M	17	14:42	1:48	1:20	43	40:41	19.2	1:11	58	27:27	8:52	1:25:20
29	1/5	Mike Huggenberger	Fort Calhoun	NE	64	M	68	18:47	2:18	1:41	18	37:57	20.6	0:41	46	26:27	8:32	1:25:31
30	2/10	Lisa Plum	La Vista	NE	35	F	18	14:55	1:50	2:19	45	40:53	19.1	0:37	51	26:50	8:40	1:25:32
31	2/10	Julie Fanshier	Omaha	NE	31	F	58	18:15	2:14	1:56	41	40:34	19.2	1:10	18	23:56	7:44	1:25:48
32	4/7	Johnny Walker	Red Oak	IA	49	M	30	16:13	1:59	2:08	67	43:21	18.0	0:25	19	24:00	7:45	1:26:05
33	3/6	Steve Booker	Omaha	NE	53	M	45	17:21	2:07	1:53	40	40:29	19.3	0:34	42	26:07	8:26	1:26:21
34	5/7	Mike Schreiber	Omaha	NE	58	M	50	17:49	2:11	2:37	9	36:40	21.3	1:00	71	28:27	9:11	1:26:32
35	3/10	Matthew Griffith	Omaha	NE	27	M	81	20:10	2:28	1:16	25	38:46	20.1	0:26	39	26:02	8:24	1:26:38
36	5/11	Dave Lamoureux	Omaha	NE	38	M	42	17:10	2:06	1:45	70	43:30	17.9	0:37	16	23:39	7:38	1:26:40
37	4/6	William Shockey	Polk City	IA	52	M	57	18:04	2:13	2:14	27	38:57	20.0	1:21	45	26:14	8:28	1:26:48
38	4/8	Jason Rife	Omaha	NE	42	M				42	40:39	19.2	0:42	22	24:10	7:48	1:27:02	
39	6/11	Drew Fischer	Omaha	NE	38	M	12	14:27	1:46	1:41	55	42:12	18.5	0:46	66	28:01	9:03	1:27:05
40	3/10	Stephanie Semple	Omaha	NE	34	F	36	16:58	2:05	3:03	44	40:50	19.1	0:57	37	25:36	8:16	1:27:21
41	4/10	Colin Lodi	Omaha	NE	27	M	89	20:47	2:32	1:32	38	39:49	19.6	0:45	28	24:33	7:56	1:27:25
42	4/10	Samantha Scheffler	Hancock	IA	33	F	9	13:56	1:42	2:37	71	43:45	17.8	0:35	57	27:21	8:50	1:28:13
43	5/10	Brooke Hubbard	Council Bluffs	IA	32	F	1	10:01	1:14	1:09	106	49:25	15.8	0:46	56	27:03	8:44	1:28:23
44	5/6	Jorge Alvarez	Council Bluffs	IA	53	M	51	17:50	2:11	3:00	56	42:22	18.4	1:19	20	24:01	7:45	1:28:30
45	5/7	Scott Abels	Papillion	NE	47	M	19	15:07	1:51	2:38	57	42:29	18.4	1:04	59	27:33	8:54	1:28:49
46	2/5	Stan Shirk	Omaha	NE	61	M	66	18:31	2:16	3:21	17	37:45	20.7	1:28	65	27:58	9:02	1:29:01
47	5/13	Kevin Krebs	Omaha	NE	32	M	78	19:43	2:25	2:40	48	41:28	18.8	0:21	31	25:08	8:07	1:29:18
48	3/5	Greg Crisman	Omaha	NE	66	M	99	21:32	2:38	1:50	26	38:53	20.1	0:47	49	26:38	8:36	1:29:38
49	1/8	Susan Wiley	Omaha	NE	47	F	44	17:15	2:07	2:20	49	41:31	18.8	1:25	61	27:36	8:55	1:30:04
50	2/5	Jenifer Nothelfer	Papillion	NE	43	F	33	16:28	2:01	2:00	36	39:42	19.6	0:48	99	31:46	10:15	1:30:43
51	7/11	Chris Benak	Omaha	NE	37	M	29	16:04	1:58	3:51	85	44:50	17.4	0:53	33	25:12	8:08	1:30:48
52	6/7	Scott Jones	Omaha	NE	56	M	55	18:03	2:12	2:19	31	39:11	19.9	0:55	89	30:28	9:50	1:30:53
53	1/6	Anne Day	Omaha	NE	52	F	76	19:38	2:24	2:31	50	41:32	18.8	0:45	54	26:59	8:43	1:31:22
54	8/11	Nick Rengstorf	Shenoda	IA	36	M	74	19:20	2:22	2:19	96	45:56	17.0	0:31	15	23:27	7:34	1:31:33
55	3/10	Jill Snitko	Marion	IA	35	F	88	20:44	2:32	1:42	78	44:16	17.6	0:40	23	24:16	7:50	1:31:35
56	9/11	Matt Anderson	Omaha	NE	37	M	62	18:26	2:15	3:20	53	42:08	18.5	0:56	52	26:51	8:40	1:31:38
57	7/7	David Whipple	Independence	MO	59	M	60	18:16	2:14	3:07	51	41:38	18.7	2:10	55	27:01	8:43	1:32:10
58	6/13	Louis Stites	Papillion	NE	33	M	24	15:46	1:56	3:37	29	39:06	19.9	2:55	93	30:49	9:57	1:32:11
59	2/8	Tomora Shaw	Bellevue	NE	47	F	56	18:03	2:13	2:23	34	39:39	19.7	1:05	97	31:45	10:15	1:32:53
60	4/10	Danielle Zabawa	Lincoln	NE	39	F	85	20:34	2:31	2:12	72	43:46	17.8	1:02	36	25:28	8:13	1:33:00
61	5/10	Caleb Johnston	Council Bluffs	IA	25	M	71	19:02	2:20	2:52	58	42:38	18.3	0:39	68	28:07	9:05	1:33:18
62	2/7	Brooke Coady	Omaha	NE	28	F	59	18:15	2:14	1:49	82	44:33	17.5	0:46	64	27:56	9:01	1:33:19
63	1/2	Brad Gary	Omaha	NE	16	M	95	21:11	2:35	3:15	59	42:42	18.3	0:21	41	26:06	8:26	1:33:33
64	5/10	Traci Deland	Council Bluffs	IA	39	F	94	21:11	2:35	2:32	30	39:07	19.9	0:50	86	30:08	9:44	1:33:46
65	6/10	Jonathan Trejo	Omaha	NE	27	M	100	21:34	2:38	3:00	63	43:07	18.1	1:42	38	25:39	8:17	1:33:59
66	6/10	April Sando	Omaha	NE	35	F	37	16:58	2:05	2:04	75	44:05	17.7	1:12	82	29:50	9:38	1:34:07
67	6/10	Katie Bos	Omaha	NE	34	F	92	20:50	2:33	2:42	54	42:11	18.5	1:56	53	26:54	8:41	1:34:31
68	7/13	Daniel Carlstedt	Omaha	NE	31	M	38	17:00	2:05	2:17	80	44:22	17.6	0:58	84	29:59	9:41	1:34:33
69	5/8	Paul Wettestad	Council Bluffs	IA	44	M	54	17:59	2:12	3:39	95	45:53	17.0	0:33	48	26:38	8:36	1:34:41
70	2/6	Sonya Reynolds	Council Bluffs	IA	52	F	91	20:50	2:33	1:47	60	42:46	18.2	0:54	72	28:30	9:12	1:34:45
71	7/10	Sara Ballou	Papillion	NE	33	F				69	43:30	17.9	0:34	101	32:11	10:23	1:34:57	
72	6/8	John Stanton	Papillion	NE	40	M	48	17:26	2:08	2:25	83	44:45	17.4	1:47	76	28:50	9:19	1:35:12
73	3/8	Jeanne Stover	Omaha	NE	45	F	46	17:21	2:07	2:46	91	45:37	17.1	0:38	78	29:09	9:24	1:35:29
74	7/10	Jenny Williams	Omaha	NE	35	F	41	17:09	2:06	2:00	88	45:27	17.2	1:00	88	30:18	9:47	1:35:53
75	3/5	Therese Slechta	Schleswig	IA	43	F	65	18:30	2:16	2:29	20	38:03	20.5</					

97	10/13	Bryan Newman	Glenwood	IA	34	M	109	24:06	2:57	1:50	87	45:17	17.2	0:43	83	29:55	9:39	1:41:48
98	8/8	Daniel Stockmann	Omaha	NE	40	M	49	17:45	2:10	3:36	81	44:29	17.5	1:40	109	34:27	11:07	1:41:54
99	5/7	Lisa Shirk	Omaha	NE	25	F	96	21:12	2:36	2:31	100	46:45	16.7	1:06	91	30:42	9:55	1:42:15
100	6/8	Melissa Denison	Des Moines	IA	46	F	80	19:55	2:26	1:43	86	45:05	17.3	1:03	110	34:52	11:15	1:42:37
101	11/13	Jason Isaacson	Bellevue	NE	31	M	53	17:54	2:11	3:44	112	50:55	15.3	0:27	85	30:01	9:41	1:42:59
102	2/2	Zach Jochim	Papillion	NE	19	M	112	24:12	2:57	3:48	92	45:40	17.1	0:22	77	29:01	9:22	1:43:02
103	4/6	Christyn Stumps	Gretna	NE	53	F	114	24:52	3:02	1:47	61	42:59	18.1	1:50	100	31:47	10:16	1:43:12
104	9/10	Stacey Heckman	Omaha	NE	31	F	101	21:42	2:39	3:39	110	50:45	15.4	0:50	69	28:13	9:07	1:45:07
105	5/6	Robyn Marshall	Papillion	NE	53	F	90	20:49	2:33	3:04	113	52:05	15.0	1:39	62	27:42	8:56	1:45:16
106	11/11	Travis Withers	Omaha	NE	36	M	116	29:23	3:35	3:28	62	43:03	18.1	1:52	70	28:21	9:09	1:46:05
107	1/3	Jordan Higginbotha	Council Bluffs	IA	24	F	105	22:28	2:45	3:07	98	46:05	16.9	0:48	107	33:49	10:55	1:46:15
108	5/5	Carol Ward	Council Bluffs	IA	42	F	110	24:06	2:57	3:08	102	47:54	16.3	1:04	92	30:48	9:56	1:46:57
109	9/10	Elizabeth Nelson	Omaha	NE	36	F	40	17:06	2:06	3:59	104	48:13	16.2	1:24	114	36:58	11:56	1:47:38
110	6/7	Krista Hinman	Council Bluffs	IA	26	F	113	24:45	3:02	2:26	108	49:39	15.7	0:45	87	30:14	9:46	1:47:48
111	7/8	Bridgette Torring	Omaha	NE	45	F	104	22:11	2:43	3:19	116	55:04	14.2	0:42	50	26:40	8:37	1:47:53
112	12/13	Todd Edwards	Council Bluffs	IA	30	M	98	21:21	2:37	6:07	111	50:54	15.3	0:56	74	28:42	9:16	1:47:57
113	6/6	Sally Grandick	Council Bluffs	IA	52	F	86	20:37	2:31	3:10	109	50:21	15.5	0:34	112	35:28	11:27	1:50:08
114	8/8	Jennifer Benson	Council Bluffs	IA	46	F	75	19:24	2:22	3:55	115	53:08	14.7	1:32	108	34:20	11:05	1:52:16
115	10/10	Athena Meneses	Plattsmouth	NE	37	F	61	18:24	2:15	2:51	120	1:05:39	11.9	0:27	95	31:09	10:03	1:58:27
116	5/5	Paul Larsen	Omaha	NE	61	M	115	27:23	3:21	3:18	90	45:33	17.1	1:55	116	44:22	14:19	2:02:29
117	10/10	Karen Johannes	Omaha	NE	31	F	117	29:42	3:38	4:26	114	53:00	14.7	0:26	115	38:05	12:17	2:05:36
118	2/2	Jane Foral	Omaha	NE	64	F					107	49:33	15.7	1:58	118	47:28	15:19	2:10:00
119	2/3	Casey Peterson	Council Bluffs	IA	24	F	72	19:14	2:21	5:58	117	56:56	13.7	0:57	119	48:21	15:36	2:11:25
120	7/7	Ryann Edwards	Council Bluffs	IA	28	F	73	19:14	2:21	5:57	118	57:03	13.7	0:49	120	48:24	15:37	2:11:26
121	3/3	Heather Maassen	Avoca	IA	22	F	63	18:27	2:15	3:54	119	1:05:00	12.0	0:31	117	46:02	14:51	2:13:52
122	13/13	Jeff Torson	Omaha	NE	31	M	6	13:49	1:42	1:52	121	1:42:38	7.6					

TEAM RESULTS

TOTAL PLACE	DIV	TEAM	MEMBERS:	SWIMMER, BIKER, RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
=====	=====	=====	=====	=====	plc	time	yds	plc	time	plc	time					
1	1/4	Team 184	=	, ,	1	11:55	1:28	0:58	4	38:52	20.1	0:11	1	18:09	5:52	1:10:04
2	1/4	Team X	=	James Kueffner , Paul Baltes , Jessa Smith	2	13:13	1:37	1:07	1	33:26	23.3	0:16	6	23:31	7:36	1:11:31
3	2/4	Johnston, Herrick & Herrick	=	Christopher Herrick , Brad Johnston , Kevin Herrick	6	16:45	2:03	1:09	2	35:49	21.8	0:16	4	23:09	7:29	1:17:06
4	3/4	Team Ponte-Clark	=	Trevor Ponte , Trevor Ponte , Monte Clark	8	18:40	2:17	1:33	5	40:25	19.3	0:31	5	23:23	7:33	1:24:29
5	4/4	Team128	=	Dan Grandick , Mike Lafferty , Emma Preston	5	15:40	1:55	1:13	9	44:53	17.4	0:20	2	22:50	7:22	1:24:53
6	1/5	Coming In Hot	=	Hayllee Sell , Shelly Sedlak , Tricia McSorley	9	19:05	2:20	0:59	7	41:58	18.6	0:17	3	22:53	7:23	1:25:10
7	2/5	Team Y	=	Melissa Chapman , Keri Anne , Ruth Fountain	3	15:06	1:51	1:08	8	44:10	17.7	0:17	8	24:42	7:58	1:25:21
8	2/4	Team Grey Poupon	=	Dave Duscher , Brian Manzer , Carrie McAdams	11	24:21	2:59	1:35	3	36:45	21.2	0:14	7	24:09	7:48	1:27:02
9	3/4	Team 147	=	Andrew Gelbman , Andrew Gelbman , Heather Jenneman	12	24:45	3:02	1:08	6	40:57	19.0	0:19	12	29:52	9:38	1:36:59
10	3/5	Y Not	=	Mary Adolf , Mary Ramsbottom , Cathy Campbell	7	17:56	2:12	1:26	11	51:09	15.2	0:26	13	30:12	9:45	1:41:07
11	4/5	Girls Want To Have Fun	=	Sydney Shaw , Kathy Jochim , Amy Palma	10	21:16	2:36	1:18	10	48:51	16.0	0:21	11	29:24	9:29	1:41:09
12	5/5	Cheetah Chicks	=	Trisha Troia , Meagan Kennington , Fmale Kira	4	15:31	1:54	1:07	13	1:01:14	12.7	0:22	9	26:11	8:27	1:44:24
13	4/4	Oldies But Goodies	=	Gary Payne , Jody Edwards , Sabry Edwards	13	29:08	3:34	1:14	12	53:32	14.6	0:20	10	27:07	8:45	1:51:18

TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds	
1	Brooke Hubbard	Council Bluffs	IA	32	F	10:01	1:14
2	Seth Tracy	Elkhorn	NE	39	M	11:46	1:27
3		Council Bluffs	IA			11:55	1:28
4	Lincoln Murdoch	Omaha	NE	57	M	12:30	1:32
5	James Kueffner	Omaha	NE			13:13	1:37
6	Terry Thonen	Omaha	NE	51	M	13:26	1:39
7	Patrick Caulfield	Omaha	NE	41	M	13:46	1:41
8	Dan Lee	Omaha	NE	44	M	13:55	1:42
9	Peter Nelson	Omaha	NE	34	M	13:56	1:42
10	Samantha Scheffler	Hancock	IA	33	F	13:56	1:42

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Nathan Stahl	Bellevue	NE	40	M	0:59
2	Stefan Gahl	Bellevue	NE	27	M	1:02
3	Lincoln Murdoch	Omaha	NE	57	M	1:04
4	Brooke Hubbard	Council Bluffs	IA	32	F	1:09
5	Stephen Nabity	Elkhorn	NE	58	M	1:16
6	Matthew Griffith	Omaha	NE	27	M	1:16
7	Albert Zechmann	Papillion	NE	48	M	1:18
8	Tyler Byrd	Omaha	NE	24	M	1:20
9	Cade Anderson	La Vista	NE	42	M	1:20
10	John Marsh	Council Bluffs	IA	55	M	1:22

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph	
1	Lincoln Murdoch	Omaha	NE	57	M	33:05	23.6
2	Paul Baltes	Omaha	NE			33:26	23.3
3	John Marsh	Council Bluffs	IA	55	M	33:35	23.2
4	Nathan Stahl	Bellevue	NE	40	M	34:16	22.8
5	Bill Gahl	Papillion	NE	50	M	34:53	22.4
6	Stefan Gahl	Bellevue	NE	27	M	35:38	21.9
7	Brad Johnston	Omaha	NE			35:49	21.8

8	Seth Tracy	Elkhorn	NE	39 M	36:08	21.6
9	Aaron Lightfoot	Papillion	NE	34 M	36:09	21.6
10	Albert Zechmann	Papillion	NE	48 M	36:26	21.4

TOP 10 SECOND TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Kevin Krebs	Omaha	NE	32	M	0:21
2	Brad Gary	Omaha	NE	16	M	0:21
3	Nathan Stahl	Bellevue	NE	40	M	0:21
4	Zach Jochim	Papillion	NE	19	M	0:22
5	Shawna Kinen	La Vista	NE	37	F	0:24
6	Corey Ellis	Des Moines	IA	27	M	0:24
7	Tyler Byrd	Omaha	NE	24	M	0:24
8	Gretchen Jensen	Underwood	IA	26	F	0:25
9	Johnny Walker	Red Oak	IA	49	M	0:25
10	Karen Johannes	Omaha	NE	31	F	0:26

TOP 10 RUN

	NAME	CITY	ST	AGE	S	time	pace
1	Nathan Stahl	Council Bluffs	IA			18:09	5:52
2	Mike Cahill	Bellevue	NE	40	M	20:30	6:37
3	Lincoln Murdoch	Papillion	NE	35	M	21:13	6:51
4	John Marsh	Omaha	NE	57	M	21:16	6:52
5	Alan Kohll	Council Bluffs	IA	55	M	21:34	6:58
6	Stefan Gahl	Omaha	NE	46	M	21:36	6:58
7	Matt Semple	Bellevue	NE	27	M	21:37	6:59
8	Sarah Stahl	Omaha	NE	35	M	22:04	7:07
9	Kirk Raymond	Bellevue	NE	33	F	22:11	7:10
10		Lincoln	NE	34	M	22:46	7:21