

NORFOLK YMCA TRATHLON

AGE GROUP ORDER

NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
LONG COURSE		MALE OVERALL WINNER												
1	LONG, RYAN	26	M	OMAHA	NE	6:44.0	1:20.8	1:25.0	26:00.0	23.0	0:00.0	15:15.0	6:06.0	0:49:24.0
LONG COURSE		MALE 14 - 19												
1	YAGGIE, MITCH	17	M	MISSION HILL	SD	8:42.0	1:44.4	1:16.0	27:51.0	21.5	0:00.0	14:38.0	5:51.2	0:52:27.0
2	HOHENTHNER, ALEX	18	M	YANKTON	NE	7:11.0	1:26.2	1:33.0	28:50.0	20.8	0:00.0	15:02.0	6:00.8	0:52:36.0
3	CLARK, JOURDAN	18	M	FREMONT	NE	5:56.0	1:11.2	1:25.0	29:36.0	20.2	0:00.0	15:42.0	6:16.8	0:52:39.0
4	KINSLEY, KIPP	16	M	YANKTON	SD	8:04.0	1:36.8	1:57.0	29:49.0	20.1	0:00.0	15:12.0	6:04.8	0:55:02.0
5	RISTAU, RANCE	19	M	OMAHA	NE	5:56.0	1:11.2	1:41.0	30:05.0	19.9	0:00.0	19:40.0	7:52.0	0:57:22.0
6	KOFOED, JUSTIN	19	M	OMAHA	NE	7:01.0	1:24.2	2:29.0	33:03.0	18.1	0:00.0	19:55.0	7:58.0	1:02:28.0
7	MILLS, TYLER	17	M	LINCOLN	NE	5:57.0	1:11.4	3:37.0	38:52.0	15.4	0:00.0	20:19.0	8:07.6	1:08:45.0
8	RAMSEY, JOSH	15	M	BELLEVUE	NE	10:20.0	2:04.0	3:20.0	39:56.0	15.0	0:00.0	18:26.0	7:22.4	1:12:02.0
9	SINGH, KALVINDER	16	M	LINCOLN	NE	7:54.0	1:34.8	4:33.0	45:22.0	13.2	0:00.0	19:52.0	7:56.8	1:17:41.0
LONG COURSE		MALE 20 - 24												
1	BEASLEY, JOSHUA	22	M	OMAHA	NE	9:13.0	1:50.6	1:39.0	31:03.0	19.3	0:00.0	16:27.0	6:34.8	0:58:22.0
2	ORTMEIER, MICHAEL	22	M	OMAHA	NE	7:45.0	1:33.0	2:03.0	31:45.0	18.8	0:00.0	17:32.0	7:00.8	0:59:05.0
3	BEADELL, NOAH	24	M	OMAHA	NE	8:00.0	1:36.0	2:20.0	32:59.0	18.1	0:00.0	17:41.0	7:04.4	1:01:00.0
4	BEASLEY, CALEB	24	M	OMAHA	NE	10:58.0	2:11.6	3:35.0	35:12.0	17.0	0:00.0	18:35.0	7:26.0	1:08:20.0
LONG COURSE		MALE 25 - 29												
1	FISHER, MATT	26	M	BATTLE CREEK	NE	7:26.0	1:29.2	1:48.0	27:20.0	21.9	0:00.0	17:34.0	7:01.6	0:54:08.0
2	KNIGHT, ROBERT	28	M	OMAHA	NE	6:08.0	1:13.6	1:44.0	29:47.0	20.1	0:00.0	19:37.0	7:50.8	0:57:16.0
3	ENSZ, JEFF	26	M	MINDEN	NE	8:05.0	1:37.0	3:14.0	31:59.0	18.7	0:00.0	17:11.0	6:52.4	0:58:29.0
4	KOPPERUD, KENNETH	26	M	OMAHA	NE	9:48.0	1:57.6	2:44.0	31:44.0	18.9	0:00.0	19:41.0	7:52.4	1:03:57.0
5	RODRIGUEZ, NESTOR	29	M	NORFOLK	NE	9:56.0	1:59.2	3:28.0	33:55.0	17.6	0:00.0	19:15.0	7:42.0	1:06:34.0
6	TIETZ, NATHAN	26	M	OMAHA	NE	10:13.0	2:02.6	3:37.0	39:52.0	15.0	0:00.0	18:27.0	7:22.8	1:12:09.0
7	WOJTALEWICZ, RAIMOND	29	M	OMAHA	NE	10:42.0	2:08.4	2:58.0	38:58.0	15.3	0:00.0	19:38.0	7:51.2	1:12:16.0
8	BUSS, JASON	29	M	COLUMBUS	NE	12:07.0	2:25.4	3:15.0	33:40.0	17.8	0:00.0	23:24.0	9:21.6	1:12:26.0
9	BLAKELY, MICHAEL	25	M	OMAHA	NE	9:39.0	1:55.8	4:58.0	34:40.0	17.3	0:00.0	24:30.0	9:48.0	1:13:47.0
10	STEVENS, MICHAEL	29	M	OMAHA	NE	9:27.0	1:53.4	3:00.0	41:50.0	14.3	0:00.0	20:53.0	8:21.2	1:15:10.0
11	MCKNIGHT, DOUGLAS	29	M	PLATSMOUTH	NE	11:12.0	2:14.4	4:24.0	38:11.0	15.7	0:00.0	25:54.0	10:21.6	1:19:41.0
12	ZIMMERMAN, DANIEL	26	M	OMAHA	NE	11:43.0	2:20.6	3:33.0	42:31.0	14.1	0:00.0	25:33.0	10:13.2	1:23:20.0
LONG COURSE		MALE 30 - 34												
1	KUBIAK, GERALD	34	M	OMAHA	NE	7:23.0	1:28.6	1:13.0	27:10.0	22.0	0:00.0	15:01.0	6:00.4	0:50:47.0
2	VASINA, JEFF	34	M	COLUMBUS	NE	7:56.0	1:35.2	1:48.0	27:17.0	21.9	0:00.0	15:48.0	6:19.2	0:52:49.0
3	REDINGER, ERIC	33	M	CAPE GIRAREL	MO	7:29.0	1:29.8	1:26.0	26:45.0	22.4	0:00.0	18:18.0	7:19.2	0:53:58.0
4	CLEVELAND, NICK	30	M	NORFOLK	NE	6:42.0	1:20.4	2:14.0	30:34.0	19.6	0:00.0	20:59.0	8:23.6	1:00:29.0
5	WIEGMAN, MIKE	34	M	OMAHA	NE	9:25.0	1:53.0	2:06.0	31:18.0	19.1	0:00.0	19:18.0	7:43.2	1:02:07.0
6	REDMOND, DERIC	34	M	JEFFERSON	SD	8:08.0	1:37.6	1:58.0	32:53.0	18.2	0:00.0	20:26.0	8:10.4	1:03:25.0
7	NELSON, ZACHARY	34	M	SIOUX CITY	IA	7:56.0	1:35.2	2:53.0	32:45.0	18.3	0:00.0	19:55.0	7:58.0	1:03:29.0
8	MEDINA, TROY	32	M	OMAHA	NE	8:51.0	1:46.2	2:53.0	33:45.0	17.7	0:00.0	20:13.0	8:05.2	1:05:42.0
9	FOSSEN, KURT	31	M	OMAHA	NE	8:45.0	1:45.0	1:59.0	32:51.0	18.2	0:00.0	22:41.0	9:04.4	1:06:16.0
10	BURBACH, PAUL	32	M	NORFOLK	NE	14:03.0	2:48.6	2:45.0	31:00.0	19.3	0:00.0	19:06.0	7:38.4	1:06:54.0
11	UHLIR, TODD	34	M	NORFOLK	NE	9:00.0	1:48.0	2:47.0	33:34.0	17.8	0:00.0	21:54.0	8:45.6	1:07:15.0
12	BOWEN, AARON	31	M	PAPILLION	NE	10:23.0	2:04.6	3:12.0	35:40.0	16.8	0:00.0	19:01.0	7:36.4	1:08:16.0
13	BOUREK, ANDREW	34	M	NORTH BEND	NE	9:17.0	1:51.4	3:07.0	34:45.0	17.2	0:00.0	22:16.0	8:54.4	1:09:25.0
14	MEYER, KERRY	33	M	AURORA	NE	9:47.0	1:57.4	2:32.0	38:51.0	15.4	0:00.0	18:48.0	7:31.2	1:09:58.0
15	DOKTOR, SETH	34	M	OMAHA	NE	9:58.0	1:59.6	2:59.0	35:03.0	17.1	0:00.0	22:01.0	8:48.4	1:10:01.0
16	HANSON, TRAVIS	31	M	NORFOLK	NE	10:35.0	2:07.0	3:07.0	41:33.0	14.4	0:00.0	21:07.0	8:26.8	1:16:22.0
LONG COURSE		MALE 35 - 39												
1	GLENN, DARIN	37	M	COLUMBUS	NE	9:40.0	1:56.0	2:03.0	27:45.0	21.6	0:00.0	16:34.0	6:37.6	0:56:02.0

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
2	PAPE, JEFF	37	M	NORFOLK	NE	7:45.0	1:33.0	2:51.0	29:32.0	20.3	0:00.0	18:43.0	7:29.2	0:58:51.0
3	VACEK, ERIC	36	M	LINCOLN	NE	7:14.0	1:26.8	2:43.0	31:05.0	19.3	0:00.0	19:54.0	7:57.6	1:00:56.0
4	SNOWARDT, CHRIS	37	M	OMAHA	NE	9:33.0	1:54.6	2:16.0	31:15.0	19.2	0:00.0	19:34.0	7:49.6	1:02:38.0
5	WAGNER, DAMON	35	M	PLATTSOUTH	NE	8:44.0	1:44.8	2:22.0	31:39.0	18.9	0:00.0	20:14.0	8:05.6	1:02:59.0
6	PILLARD, MATTHEW	38	M	OMAHA	NE	20:20.0	4:04.0	99:99.9	34:17.0	17.5	0:00.0	17:58.0	7:11.2	1:04:45.0
7	STEFFENSMEIER, SCOTT	35	M	FREMONT	NE	8:24.0	1:40.8	3:24.0	31:08.0	19.2	0:00.0	22:05.0	8:50.0	1:05:01.0
8	WINDRUM, ROMAN	37	M	OMAHA	NE	9:25.0	1:53.0	2:38.0	34:14.0	17.5	0:00.0	19:13.0	7:41.2	1:05:30.0
9	HOLLOWAY, DAVID	39	M	PAPILLION	NE	7:27.0	1:29.4	3:56.0	34:41.0	17.2	0:00.0	21:18.0	8:31.2	1:07:22.0
10	DAYTON, LIONEL	36	M	NORFOLK	NE	10:34.0	2:06.8	3:39.0	35:55.0	16.7	0:00.0	18:05.0	7:14.0	1:08:13.0
11	MEDLOCK, MATT	35	M	OMAHA	NE	9:29.0	1:53.8	2:26.0	33:34.0	17.8	0:00.0	22:50.0	9:08.0	1:08:19.0
12	SIEDSCHLAG, JASON	37	M	NORFOLK	NE	12:52.0	2:34.4	3:15.0	32:06.0	18.6	0:00.0	22:11.0	8:52.4	1:10:24.0
13	UHRMACHER, JEFF	35	M	AURORA	NE	9:55.0	1:59.0	2:32.0	37:15.0	16.1	0:00.0	21:19.0	8:31.6	1:11:01.0
14	SCHAFFER, MATTHEW	39	M	LINCOLN	NE	10:21.0	2:04.2	3:37.0	37:52.0	15.8	0:00.0	22:10.0	8:52.0	1:14:00.0
15	ENGLE, CHAD	39	M	LINCOLN	NE	10:58.0	2:11.6	3:57.0	34:15.0	17.5	0:00.0	25:03.0	10:01.2	1:14:13.0
16	GANN, JEFFREY	38	M	LINCOLN	NE	10:14.0	2:02.8	2:50.0	36:11.0	16.5	0:00.0	27:02.0	10:48.8	1:16:17.0
17	HAMER, RUSS	36	M	BATTLE CREEK	NE	15:22.0	3:04.4	3:01.0	35:08.0	17.0	0:00.0	23:03.0	9:13.2	1:16:34.0
18	KLEMS, KYLE	37	M	LINCOLN	NE	12:32.0	2:30.4	1:19.0	38:40.0	15.5	0:00.0	26:14.0	10:29.6	1:18:45.0
19	LANHAM, TODD	37	M	CENTRAL CITY	NE	15:03.0	3:00.6	3:08.0	38:59.0	15.3	0:00.0	21:38.0	8:39.2	1:18:48.0
20	WEBER, SHAWN	35	M	BROOKINGS	SD	10:00.0	2:00.0	4:13.0	44:21.0	13.5	0:00.0	21:14.0	8:29.6	1:19:48.0

LONG COURSE MALE 40 - 44

1	BURMEISTER, JAMIE	40	M	GRETNA	NE	7:54.0	1:34.8	2:08.0	30:43.0	19.5	0:00.0	16:47.0	6:42.8	0:57:32.0
2	PINKALL, ERIC	41	M	GRETNA	NE	8:08.0	1:37.6	2:06.0	31:06.0	19.2	0:00.0	16:48.0	6:43.2	0:58:08.0
3	LILLY, KEVIN	42	M	SIOUX CITY	NE	8:56.0	1:47.2	1:14.0	29:09.0	20.5	0:00.0	19:29.0	7:47.6	0:58:48.0
4	DAWSON, JOHN	40	M	BELLEVUE	NE	6:00.0	1:12.0	2:33.0	32:00.0	18.7	0:00.0	18:19.0	7:19.6	0:58:52.0
5	VLACH, TOM	43	M	TOPEKA	KS	7:36.0	1:31.2	3:09.0	34:11.0	17.5	0:00.0	19:13.0	7:41.2	1:04:09.0
6	DESORDI, JIM	44	M	OMAHA	NE	10:13.0	2:02.6	4:00.0	32:09.0	18.6	0:00.0	19:55.0	7:58.0	1:06:17.0
7	FEILMEIER, ERIC	41	M	HARTINGTON	NE	10:44.0	2:08.8	3:20.0	34:32.0	17.3	0:00.0	21:25.0	8:34.0	1:10:01.0
8	MILLER, STEVE	41	M	NORFOLK	NE	9:53.0	1:58.6	3:37.0	36:56.0	16.2	0:00.0	22:32.0	9:00.8	1:12:58.0
9	WATSON, RICH	42	M	HOLDREGE	NE	9:43.0	1:56.6	3:34.0	35:13.0	17.0	0:00.0	28:39.0	11:27.6	1:17:09.0
10	DAY, BRIAN	41	M	OMAHA	NE	12:30.0	2:30.0	5:01.0	42:45.0	14.0	0:00.0	30:09.0	12:03.6	1:30:25.0

LONG COURSE MALE 45 - 49

1	CARMICHAEL, MATT	47	M	OMAHA	NE	7:18.0	1:27.6	1:54.0	27:25.0	21.8	0:00.0	15:52.0	6:20.8	0:52:29.0
2	KUEFFNER, JIM	49	M	OMAHA	NE	7:12.0	1:26.4	1:37.0	27:18.0	21.9	0:00.0	16:51.0	6:44.4	0:52:58.0
3	SCHULDT, DAN	46	M	DONIPHAN	NE	9:44.0	1:56.8	2:15.0	26:42.0	22.4	0:00.0	16:47.0	6:42.8	0:55:28.0
4	GREVE, JOEL	47	M	ALLEN	NE	7:36.0	1:31.2	1:33.0	29:59.0	20.0	0:00.0	17:40.0	7:04.0	0:56:48.0
5	MILLS, TOM	49	M	LINCOLN	NE	8:32.0	1:42.4	2:34.0	32:35.0	18.4	0:00.0	19:07.0	7:38.8	1:02:48.0
6	SAMLAND, TODD	47	M	OMAHA	NE	7:12.0	1:26.4	5:48.0	34:59.0	17.1	0:00.0	24:38.0	9:51.2	1:12:37.0
7	COBOS, ALFREDO	49	M	NORFOLK	NE	11:06.0	2:13.2	3:36.0	34:38.0	17.3	0:00.0	24:44.0	9:53.6	1:14:04.0
8	HONCIK, JIM	49	M	NORFOLK	NE	13:16.0	2:39.2	3:46.0	42:38.0	14.0	0:00.0	19:03.0	7:37.2	1:18:43.0
9	MORGAN, PAUL	45	M	SIOUX CITY	IA	14:17.0	2:51.4	4:07.0	37:13.0	16.1	0:00.0	33:31.0	13:24.4	1:29:08.0

LONG COURSE MALE 50 - 59

1	MURDOCH, LINCOLN	52	M	OMAHA	NE	7:29.0	1:29.8	1:45.0	25:50.0	23.2	0:00.0	16:05.0	6:26.0	0:51:09.0
2	MARSH, JOHN	50	M	KEARNEY	NE	8:56.0	1:47.2	2:42.0	27:36.0	21.7	0:00.0	16:03.0	6:25.2	0:55:17.0
3	EDWARDS, CARL	50	M	COLUMBUS	NE	9:05.0	1:49.0	5:06.0	33:34.0	17.8	0:00.0	18:10.0	7:16.0	1:05:55.0
4	JENNESS, VINCE	50	M	WATERLOO	NE	9:44.0	1:56.8	2:14.0	34:16.0	17.5	0:00.0	21:10.0	8:28.0	1:07:24.0
5	SIROTKIN, PETE	52	M	OMAHA	NE	8:04.0	1:36.8	4:30.0	35:56.0	16.6	0:00.0	19:27.0	7:46.8	1:07:57.0
6	SHIRK, STAN	55	M	OMAHA	NE	11:26.0	2:17.2	4:29.0	33:09.0	18.0	0:00.0	19:11.0	7:40.4	1:08:15.0
7	MILLER, PETE	53	M	COLUMBUS	NE	12:35.0	2:31.0	3:46.0	33:45.0	17.7	0:00.0	27:23.0	10:57.2	1:17:29.0
8	MUELLER, PAT	52	M	OMAHA	NE	12:40.0	2:32.0	5:17.0	41:03.0	14.6	0:00.0	25:45.0	10:18.0	1:24:45.0

LONG COURSE MALE 60 & OVER

1	LAMMLI, BERT	61	M	STANTON	NE	10:33.0	2:06.6	2:49.0	30:47.0	19.4	0:00.0	22:57.0	9:10.8	1:07:06.0
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NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
LONG COURSE FEMALE OVERALL WINNER														
1	CHAFFIN, MORGAN	26	F	CARBONDALE	IL	6:49.0	1:21.8	1:34.0	26:36.0	22.5	0:00.0	18:14.0	7:17.6	0:53:13.0
LONG COURSE FEMALE 14 - 19														
1	SIROTKIN, SARAH	17	F	OMAHA	NE	7:24.0	1:28.8	2:58.0	40:08.0	14.9	0:00.0	21:04.0	8:25.6	1:11:34.0
2	PLESSING, RACHEL	19	F	KENNARD	NE	10:05.0	2:01.0	3:15.0	40:02.0	14.9	0:00.0	20:11.0	8:04.4	1:13:33.0
3	SONDERUP, JESSICA	19	F	BLAIR	NE	10:48.0	2:09.6	4:19.0	38:20.0	15.6	0:00.0	20:18.0	8:07.2	1:13:45.0
4	BECK, KYLIE	19	F	HORDVILLE	NE	10:34.0	2:06.8	5:14.0	58:30.0	10.2	0:00.0	23:44.0	9:29.6	1:38:02.0
LONG COURSE FEMALE 20 - 24														
1	NELSON, SARAH	21	F	SIOUX CITY	NE	6:50.0	1:22.0	2:38.0	35:34.0	16.8	0:00.0	16:16.0	6:30.4	1:01:18.0
2	SHIRK, LISA	20	F	OMAHA	NE	9:54.0	1:58.8	3:39.0	45:08.0	13.2	0:00.0	21:06.0	8:26.4	1:19:47.0
LONG COURSE FEMALE 25 - 29														
1	PINKALL, JENNY	29	F	SEWARD	NE	9:35.0	1:55.0	2:29.0	37:43.0	15.9	0:00.0	17:59.0	7:11.6	1:07:46.0
2	ROGERS, STEPHANIE	25	F	PAPILLION	NE	12:05.0	2:25.0	3:32.0	36:08.0	16.6	0:00.0	18:08.0	7:15.2	1:09:53.0
3	BUSS, MONICA	28	F	COLUMBUS	NE	11:52.0	2:22.4	3:16.0	39:18.0	15.2	0:00.0	22:29.0	8:59.6	1:16:55.0
4	HECKERT, MANDI	29	F	NELIGH	NE	10:00.0	2:00.0	3:06.0	43:30.0	13.7	0:00.0	26:28.0	10:35.2	1:23:04.0
5	JOHNSON, KAREN	28	F	NORFOLK	NE	9:36.0	1:55.2	2:59.0	50:28.0	11.8	0:00.0	20:04.0	8:01.6	1:23:07.0
6	KEEFE, KATIE	25	F	OMAHA	NE	11:33.0	2:18.6	4:28.0	44:06.0	13.6	0:00.0	23:34.0	9:25.6	1:23:41.0
7	SMITH, BRITTANY	26	F	NORFOLK	NE	14:28.0	2:53.6	4:58.0	46:44.0	12.8	0:00.0	26:20.0	10:32.0	1:32:30.0
8	SUP REZAC, KATIE	29	F	OMAHA	NE	10:22.0	2:04.4	7:43.0	54:47.0	10.9	0:00.0	30:06.0	12:02.4	1:42:58.0
LONG COURSE FEMALE 30 - 34														
1	MERRITT, LORI	32	F	GRAND ISLAND	NE	8:22.0	1:40.4	2:18.0	32:18.0	18.5	0:00.0	18:55.0	7:34.0	1:01:53.0
2	BLAIR, TRACY	30	F	DIXON	NE	8:57.0	1:47.4	3:04.0	32:43.0	18.3	0:00.0	17:53.0	7:09.2	1:02:37.0
3	VACEK, REBECCA	33	F	LINCOLN	NE	10:15.0	2:03.0	3:20.0	35:11.0	17.0	0:00.0	21:31.0	8:36.4	1:10:17.0
4	FARNIK, ANGIE	34	F	LINCOLN	NE	11:34.0	2:18.8	2:16.0	38:14.0	15.6	0:00.0	20:00.0	8:00.0	1:12:04.0
5	REINEKE, MELITA	34	F	OMAHA	NE	12:11.0	2:26.2	2:33.0	36:07.0	16.6	0:00.0	22:04.0	8:49.6	1:12:55.0
6	FIELDS, JAMIE	33	F	OMAHA	NE	9:18.0	1:51.6	3:47.0	44:33.0	13.4	0:00.0	21:08.0	8:27.2	1:18:46.0
7	RHODES, LYDIA	33	F	BELLEVUE	NE	17:18.0	3:27.6	4:37.0	34:51.0	17.2	0:00.0	24:54.0	9:57.6	1:21:40.0
8	TRISLER, JAN	34	F	BEATRICE	NE	13:41.0	2:44.2	4:09.0	41:05.0	14.6	0:00.0	26:15.0	10:30.0	1:23:10.0
9	ANDERSON, SARAH	34	F	PAPILLION	NE	12:40.0	2:32.0	3:20.0	46:03.0	13.0	0:00.0	22:57.0	9:10.8	1:25:00.0
10	WHITMAN, CAMILLA	33	F	GRAND ISLAND	NE	12:13.0	2:26.6	4:20.0	48:26.0	12.3	0:00.0	27:21.0	10:56.4	1:32:20.0
11	MEYERS, ROBIN	30	F	OMAHA	NE	13:38.0	2:43.6	3:49.0	54:47.0	10.9	0:00.0	22:22.0	8:56.8	1:34:36.0
LONG COURSE FEMALE 35 - 39														
1	ROSENKRANZ, SARA	39	F	MANHATTAN	KS	6:40.0	1:20.0	2:10.0	31:04.0	19.3	0:00.0	18:33.0	7:25.2	0:58:27.0
2	MINARIK, SALISSA	38	F	LINCOLN	NE	8:51.0	1:46.2	2:06.0	34:51.0	17.2	0:00.0	20:34.0	8:13.6	1:06:22.0
3	LONG, KIM	39	F	NORFOLK	NE	10:47.0	2:09.4	3:09.0	36:07.0	16.6	0:00.0	21:01.0	8:24.4	1:11:04.0
4	FRAGER, JODI	35	F	LINCOLN	NE	9:57.0	1:59.4	3:27.0	37:24.0	16.0	0:00.0	21:47.0	8:42.8	1:12:35.0
5	GLENN, JERI	37	F	COLUMBUS	NE	9:45.0	1:57.0	3:34.0	37:45.0	15.8	0:00.0	21:55.0	8:46.0	1:12:59.0
6	GILG, JENNIFER	39	F	OMAHA	NE	9:25.0	1:53.0	3:57.0	40:20.0	14.8	0:00.0	20:55.0	8:22.0	1:14:37.0
7	ASHCRAFT, CANDY	36	F	LINCOLN	NE	9:58.0	1:59.6	4:43.0	40:24.0	14.8	0:00.0	27:21.0	10:56.4	1:22:26.0
8	DUBAS, JENNIFER	38	F	OMAHA	NE	11:02.0	2:12.4	4:28.0	43:34.0	13.7	0:00.0	23:22.0	9:20.8	1:22:26.0
9	RUDEN, SHERRY	35	F	NORFOLK	NE	10:50.0	2:10.0	5:49.0	41:16.0	14.5	0:00.0	27:57.0	11:10.8	1:25:52.0
10	HAMER, KARI	35	F	BATTLE CREEK	NE	9:58.0	1:59.6	4:43.0	48:12.0	12.4	0:00.0	24:43.0	9:53.2	1:27:36.0
11	HOLST, AMY	37	F	LINCOLN	NE	11:25.0	2:17.0	4:37.0	40:06.0	14.9	0:00.0	32:09.0	12:51.6	1:28:17.0
LONG COURSE FEMALE 40 - 44														
1	GREGG, JENNIFER	41	F	OMAHA	NE	8:34.0	1:42.8	2:56.0	34:20.0	17.4	0:00.0	19:24.0	7:45.6	1:05:14.0
2	RAMSEY, HEATHER	41	F	BELLEVUE	NE	8:43.0	1:44.6	2:19.0	33:54.0	17.6	0:00.0	21:33.0	8:37.2	1:06:29.0
3	SONDERUP, LISA	40	F	BLAIR	NE	10:14.0	2:02.8	3:39.0	33:20.0	17.9	0:00.0	20:05.0	8:02.0	1:07:18.0

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
4 LILLY, JANE	43	F	SIOUX CITY	NE	8:54.0	1:46.8	3:12.0	39:12.0	15.3	0:00.0	24:25.0	9:46.0	1:15:43.0
5 PETERSEN, DIANNE	44	F	OMAHA	NE	9:53.0	1:58.6	4:13.0	42:11.0	14.2	0:00.0	24:43.0	9:53.2	1:21:00.0
6 HERROD, BRENDA	40	F	NORFOLK	NE	11:17.0	2:15.4	2:40.0	43:18.0	13.8	0:00.0	24:00.0	9:36.0	1:21:15.0
7 BECK, JENNY	41	F	HORDVILLE	NE	10:19.0	2:03.8	5:07.0	45:01.0	13.3	0:00.0	20:52.0	8:20.8	1:21:19.0
8 CONSIDINE, PATTY	43	F	SIOUX CITY	IA	10:03.0	2:00.6	3:07.0	40:02.0	14.9	0:00.0	32:05.0	12:50.0	1:25:17.0
9 KOSTAL, MICHELLE	41	F	GRETNA	NE	17:34.0	3:30.8	4:30.0	40:18.0	14.8	0:00.0	24:59.0	9:59.6	1:27:21.0
10 HENRY, JEAN	42	F	GRETNA	NE	11:40.0	2:20.0	4:07.0	48:12.0	12.4	0:00.0	24:27.0	9:46.8	1:28:26.0
11 TESSIER, TRINA	41	F	GRETNA	NE	10:35.0	2:07.0	4:24.0	48:08.0	12.4	0:00.0	28:07.0	11:14.8	1:31:14.0
12 DOLTER, MARCI	40	F	ELKHORN	NE	8:57.0	1:47.4	4:38.0	53:21.0	11.2	0:00.0	26:02.0	10:24.8	1:32:58.0
LONG COURSE FEMALE 45 - 49													
1 GUYER, BETSY	45	F	LINCOLN	NE	11:05.0	2:13.0	3:07.0	34:28.0	17.4	0:00.0	25:37.0	10:14.8	1:14:17.0
2 BUTLER, JOYCE	49	F	OMAHA	NE	11:24.0	2:16.8	4:19.0	37:02.0	16.2	0:00.0	29:51.0	11:56.4	1:22:36.0
3 DELLUTRI, LAURA	47	F	OVERLAND PAR	KS	11:07.0	2:13.4	14:24.0	40:59.0	14.6	0:00.0	36:16.0	14:30.4	1:42:46.0
LONG COURSE FEMALE 50 - 59													
1 HAHN, MARCY	50	F	INDIANOLA	IA	11:45.0	2:21.0	3:09.0	34:09.0	17.5	0:00.0	24:41.0	9:52.4	1:13:44.0
2 RADER, KRISTIE	55	F	LINCOLN	NE	10:05.0	2:01.0	2:59.0	35:48.0	16.7	0:00.0	28:47.0	11:30.8	1:17:39.0
3 GONZALEZ-KRUGER, GLORI	52	F	LINCOLN	NE	13:37.0	2:43.4	5:24.0	36:43.0	16.3	0:00.0	28:41.0	11:28.4	1:24:25.0
4 JENNESS, CINDY	53	F	WATERLOO	IA	14:32.0	2:54.4	3:24.0	39:27.0	15.2	0:00.0	27:34.0	11:01.6	1:24:57.0
SHORT COURSE MALE 10 & UNDER													
1 CRONER, JACK	8	M	LINCOLN	NE	2:57.0	1:58.0	2:04.0	14:38.0	12.3	0:00.0	9:19.0	9:19.0	0:28:58.0
2 HOLLOWAY, HARRISON	8	M	PAPILLION	NE	3:34.0	2:22.7	3:28.0	15:15.0	11.8	0:00.0	8:47.0	8:47.0	0:31:04.0
3 EDWARDS, ETHAN	8	M	NORFOLK	NE	6:58.0	4:38.7	4:07.0	17:40.0	10.1	0:00.0	12:51.0	12:51.0	0:41:36.0
4 HAMER, WYATT	9	M	BATTLE CREEK	NE	4:51.0	3:14.0	6:24.0	18:29.0	09.7	0:00.0	15:33.0	15:33.0	0:45:17.0
SHORT COURSE MALE 11 - 13													
1 REDINGER, BRENNAN	12	M	CAPE GIRARDE	MO	3:04.0	2:02.7	2:37.0	12:12.0	14.7	0:00.0	7:42.0	7:42.0	0:25:35.0
2 KOSTAL, JOSHUA	12	M	GRETNA	NE	3:42.0	2:28.0	3:54.0	16:17.0	11.0	0:00.0	10:55.0	10:55.0	0:34:48.0
3 TESSIER, IAN	11	M	GRETNA	NE	4:08.0	2:45.3	99:99.9	99:99.9	99.9	0:00.0	12:16.0	12:16.0	0:37:27.0
4 HENRY, AUSTIN	12	M	GRETNA	NE	3:32.0	2:21.3	3:53.0	18:57.0	09.4	0:00.0	13:21.0	13:21.0	0:39:43.0
5 HENRY, KYLE	11	M	GRETNA	NE	4:13.0	2:48.7	3:17.0	22:30.0	08.0	0:00.0	11:01.0	11:01.0	0:41:01.0
6 MORGAN, KYLE	11	M	SIOUX CITY	IA	5:10.0	3:26.7	7:48.0	17:13.0	10.4	0:00.0	16:28.0	16:28.0	0:46:39.0
SHORT COURSE MALE 14 - 19													
1 POWELL, KOLTON	15	M	NORFOLK	NE	1:46.0	1:10.7	3:01.0	10:23.0	17.3	0:00.0	6:35.0	6:35.0	0:21:45.0
2 KUMM, DANIEL	14	M	NORFOLK	NE	2:56.0	1:57.3	3:14.0	10:56.0	16.4	0:00.0	6:57.0	6:57.0	0:24:03.0
SHORT COURSE MALE 30 - 34													
1 WHITMAN, MATTHEW	33	M	GRAND ISLAND	NE	3:04.0	2:02.7	3:35.0	11:21.0	15.8	0:00.0	9:58.0	9:58.0	0:27:58.0
2 KASTL, JAROD	34	M	NORFOLK	NE	3:06.0	2:04.0	4:07.0	11:54.0	15.1	0:00.0	9:11.0	9:11.0	0:28:18.0
SHORT COURSE MALE 35 - 39													
1 THELANDER, JEFF	37	M	LAWTON	IA	2:52.0	1:54.7	2:09.0	9:44.0	18.4	0:00.0	9:20.0	9:20.0	0:24:05.0
2 KINSLEY, JIM	37	M	YANKTON	NE	3:30.0	2:20.0	3:20.0	9:15.0	19.4	0:00.0	8:47.0	8:47.0	0:24:52.0
SHORT COURSE MALE 40 - 44													
1 CRONER, SCOTT	44	M	LINCOLN	NE	2:48.0	1:52.0	2:05.0	14:41.0	12.2	0:00.0	9:24.0	9:24.0	0:28:58.0
2 SCHLOMER, CHARLES	40	M	NORFOLK	NE	2:42.0	1:48.0	3:32.0	13:09.0	13.6	0:00.0	10:03.0	10:03.0	0:29:26.0
SHORT COURSE MALE 45 - 49													
1 OLSON, BRIAN	46	M	YANKTON	SD	2:22.0	1:34.7	2:41.0	10:45.0	16.7	0:00.0	8:44.0	8:44.0	0:24:32.0
SHORT COURSE FEMALE 10 & UNDER													
1 HECKERT, COURTNI	9	F	NELIGH	NE	3:20.0	2:13.3	3:24.0	15:27.0	11.6	0:00.0	10:54.0	10:54.0	0:33:05.0

NORFOLK YMCA TRATHLON

AGE GROUP ORDER

NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
2	ENGLE, HAYDEN	10	F	LINCOLN	NE	4:11.0	2:47.3	5:29.0	16:35.0	10.8	0:00.0	11:47.0	11:47.0	0:38:02.0
3	KOSTAL, CASSANDRA	10	F	BRETNA	NE	4:54.0	3:16.0	4:40.0	16:50.0	10.6	0:00.0	12:13.0	12:13.0	0:38:37.0
SHORT COURSE		FEMALE 11 - 13												
1	PORTER, GRACE	11	F	FREMONT	NE	1:59.0	1:19.3	2:34.0	12:05.0	14.8	0:00.0	8:25.0	8:25.0	0:25:03.0
2	BRAUN, MADISON	13	F	BELLEVUE	NE	3:17.0	2:11.3	2:45.0	12:59.0	13.8	0:00.0	8:15.0	8:15.0	0:27:16.0
3	HOLLOWAY, GRACE	11	F	PAPILLION	NE	3:01.0	2:00.7	3:59.0	14:36.0	12.3	0:00.0	9:27.0	9:27.0	0:31:03.0
4	RAMSEY, REBECCA	12	F	BELLEVUE	NE	4:34.0	3:02.7	3:29.0	13:36.0	13.2	0:00.0	10:10.0	10:10.0	0:31:49.0
5	PORTER, SAGE	12	F	FREMONT	NE	2:00.0	1:20.0	3:27.0	17:23.0	10.3	0:00.0	13:03.0	13:03.0	0:35:53.0
6	SUMMERS, KAITLYN	11	F	NORFOLK	NE	2:48.0	1:52.0	5:13.0	16:22.0	10.9	0:00.0	11:43.0	11:43.0	0:36:06.0
SHORT COURSE		FEMALE 14 - 19												
1	CREAGER, KRISTA	18	F	YANKTON	NE	2:40.0	1:46.7	2:34.0	11:04.0	16.2	0:00.0	7:39.0	7:39.0	0:23:57.0
2	KINSLEY, LIZZIE	15	F	YANKTON	NE	1:45.0	1:10.0	2:42.0	11:06.0	16.2	0:00.0	8:31.0	8:31.0	0:24:04.0
3	PARKS, MELISSA	16	F	NORFOLK	NE	2:57.0	1:58.0	3:17.0	14:05.0	12.7	0:00.0	7:26.0	7:26.0	0:27:45.0
4	SCHMIDT, ELIZABETH	15	F	NORFOLK	NE	4:04.0	2:42.7	3:54.0	12:21.0	14.5	0:00.0	9:16.0	9:16.0	0:29:35.0
5	BECK, HANNAH	14	F	HORDVILLE	NE	2:01.0	1:20.7	5:51.0	13:44.0	13.1	0:00.0	11:24.0	11:24.0	0:33:00.0
SHORT COURSE		FEMALE 20 - 24												
1	PRUSS, EMILY	23	F	NORFOLK	NE	2:23.0	1:35.3	2:05.0	12:04.0	14.9	0:00.0	8:45.0	8:45.0	0:25:17.0
2	HASTINGS, BETH	23	F	LINCOLN	NE	2:50.0	1:53.3	2:50.0	12:04.0	14.9	0:00.0	9:52.0	9:52.0	0:27:36.0
3	FUCHS, ANITA	23	F	OMAHA	NE	3:40.0	2:26.7	3:43.0	14:12.0	12.6	0:00.0	10:30.0	10:30.0	0:32:05.0
SHORT COURSE		FEMALE 25 - 29												
1	KASTL, LAURA	29	F	NORFOLK	NE	2:50.0	1:53.3	3:36.0	11:57.0	15.0	0:00.0	9:43.0	9:43.0	0:28:06.0
SHORT COURSE		FEMALE 30 - 34												
1	HANSON, LESLEY	31	F	NORFOLK	NE	2:18.0	1:32.0	3:41.0	13:32.0	13.2	0:00.0	11:08.0	11:08.0	0:30:39.0
2	POHLMAN, JODI	33	F	NORFOLK	NE	3:28.0	2:18.7	2:59.0	14:35.0	12.3	0:00.0	10:13.0	10:13.0	0:31:15.0
3	DOELE, JAMI	31	F	NORFOLK	NE	3:22.0	2:14.7	4:44.0	13:39.0	13.1	0:00.0	9:36.0	9:36.0	0:31:21.0
4	TRIERWEILER, KATIE	32	F	LINCOLN	NE	2:44.0	1:49.3	3:24.0	14:26.0	12.4	0:00.0	12:20.0	12:20.0	0:32:54.0
5	AMICK, AMBER	34	F	STANTON	NE	3:46.0	2:30.7	4:25.0	13:38.0	13.2	0:00.0	11:59.0	11:59.0	0:33:48.0
SHORT COURSE		FEMALE 35 - 39												
1	KINSLEY, TARA	35	F	YANKTON	NE	2:31.0	1:40.7	3:17.0	10:36.0	16.9	0:00.0	9:04.0	9:04.0	0:25:28.0
2	SCHLOMER, JULIE	39	F	NORFOLK	NE	3:06.0	2:04.0	4:10.0	13:14.0	13.5	0:00.0	9:53.0	9:53.0	0:30:23.0
3	MAROTO, LUCY	37	F	NORFOLK	NE	2:47.0	1:51.3	5:21.0	12:26.0	14.4	0:00.0	10:09.0	10:09.0	0:30:43.0
4	CARNEY, ELISSA	37	F	NORFOLK	NE	2:18.0	1:32.0	3:58.0	13:29.0	13.3	0:00.0	11:25.0	11:25.0	0:31:10.0
SHORT COURSE		FEMALE 40 - 44												
1	DAUGHERTY-BRAUN, JULIE	41	F	BELLEVUE	NE	2:48.0	1:52.0	2:42.0	11:51.0	15.1	0:00.0	9:31.0	9:31.0	0:26:52.0
2	DAWSON, BETH	40	F	BELLEVUE	NE	3:05.0	2:03.3	3:19.0	11:25.0	15.7	0:00.0	10:28.0	10:28.0	0:28:17.0
3	WIEBERT, ANNETTE	43	F	LINCOLN	NE	3:14.0	2:09.3	3:17.0	12:30.0	14.4	0:00.0	9:30.0	9:30.0	0:28:31.0
4	RITTER, KAREN	42	F	NORFOLK	NE	3:52.0	2:34.7	3:35.0	14:26.0	12.4	0:00.0	13:12.0	13:12.0	0:35:05.0
SHORT COURSE		FEMALE 45 - 49												
1	HOHENTHNER, CARDL	49	F	YANKTON	SD	3:21.0	2:14.0	2:46.0	10:17.0	17.5	0:00.0	8:01.0	8:01.0	0:24:25.0
2	YAGGIE, SANDY	46	F	MISSION HILL	SD	3:36.0	2:24.0	3:01.0	11:03.0	16.2	0:00.0	9:27.0	9:27.0	0:27:07.0
3	BECKER, DIANE	48	F	MADISON	NE	4:48.0	3:12.0	3:00.0	12:51.0	14.0	0:00.0	9:31.0	9:31.0	0:30:10.0
4	ZANDER, SUSAN	45	F	LINCOLN	NE	5:16.0	3:30.7	7:34.0	23:32.0	07.6	0:00.0	22:18.0	22:18.0	0:58:40.0
SHORT COURSE		FEMALE 50 - 59												
1	ANKENY, MARY	54	F	DIXON	NE	3:18.0	2:12.0	4:11.0	13:26.0	13.3	0:00.0	11:49.0	11:49.0	0:32:44.0
LONG COURSE		TEAM												
1	GONZALEZ, RANDY (TEAM)	T		NORFOLK	NE	13:40.0	2:44.0	2:59.0	34:51.0	17.2	0:00.0	15:52.0	6:20.8	1:05:22.0

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
2 MITTELSTAEDT, CODY (TE	T		NORFOLK	NE	9:15.0	1:51.0	0:55.0	40:05.0	14.9	0:00.0	21:27.0	8:34.8	1:11:42.0
3 JERABEK TEAM	T		ST PAUL	NE	12:40.0	2:32.0	1:00.0	55:31.0	10.8	0:00.0	22:32.0	9:00.8	1:31:43.0
4 HOWARD, JULIE (TEAM)	T		CEDAR CREEK	NE	16:42.0	3:20.4	2:47.0	58:04.0	10.3	0:00.0	26:55.0	10:46.0	1:44:28.0
SHORT COURSE TEAM													
1 HARTHOORN, KAITLYN (TE	T		NORFOLK	NE	1:50.0	1:13.3	1:08.0	12:02.0	14.9	0:00.0	6:55.0	6:55.0	0:21:55.0
2 HERROD, LAUREN (TEAM)	T		NORFOLK	NE	3:04.0	2:02.7	1:22.0	11:57.0	15.0	0:00.0	9:24.0	9:24.0	0:25:47.0
3 CARNEY, CAMERON (TEAM)	T		NORFOLK	NE	1:44.0	1:09.3	1:15.0	15:46.0	11.4	0:00.0	8:08.0	8:08.0	0:26:53.0
4 WEBER, JENNIFER (TEAM)	T		BROOKINGS	SD	2:15.0	1:30.0	1:27.0	15:19.0	11.7	0:00.0	9:47.0	9:47.0	0:28:48.0
5 CARNEY, KELLEN (TEAM)	T		NORFOLK	NE	2:44.0	1:49.3	1:25.0	16:57.0	10.6	0:00.0	8:50.0	8:50.0	0:29:56.0

NORFOLK YMCA TRATHLON

SWIM ORDER

NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
LONG COURSE														
1	RISTAU, RANCE	19	M	OMAHA	NE	5:56.0	1:11.2	1:41.0	30:05.0	19.9	0:00.0	19:40.0	7:52.0	0:57:22.0
2	CLARK, JOURDAN	18	M	FREMONT	NE	5:56.0	1:11.2	1:25.0	29:36.0	20.2	0:00.0	15:42.0	6:16.8	0:52:39.0
3	MILLS, TYLER	17	M	LINCOLN	NE	5:57.0	1:11.4	3:37.0	38:52.0	15.4	0:00.0	20:19.0	8:07.6	1:08:45.0
4	DAWSON, JOHN	40	M	BELLEVUE	NE	6:00.0	1:12.0	2:33.0	32:00.0	18.7	0:00.0	18:19.0	7:19.6	0:58:52.0
5	KNIGHT, ROBERT	28	M	OMAHA	NE	6:08.0	1:13.6	1:44.0	29:47.0	20.1	0:00.0	19:37.0	7:50.8	0:57:16.0
6	ROSENKRANZ, SARA	39	F	MANHATTAN	KS	6:40.0	1:20.0	2:10.0	31:04.0	19.3	0:00.0	18:33.0	7:25.2	0:58:27.0
7	CLEVELAND, NICK	30	M	NORFOLK	NE	6:42.0	1:20.4	2:14.0	30:34.0	19.6	0:00.0	20:59.0	8:23.6	1:00:29.0
8	LONG, RYAN	26	M	OMAHA	NE	6:44.0	1:20.8	1:25.0	26:00.0	23.0	0:00.0	15:15.0	6:06.0	0:49:24.0
9	CHAFFIN, MORGAN	26	F	CARBONDALE	IL	6:49.0	1:21.8	1:34.0	26:36.0	22.5	0:00.0	18:14.0	7:17.6	0:53:13.0
10	NELSON, SARAH	21	F	SIOUX CITY	NE	6:50.0	1:22.0	2:38.0	35:34.0	16.8	0:00.0	16:16.0	6:30.4	1:01:18.0
11	KOFOED, JUSTIN	19	M	OMAHA	NE	7:01.0	1:24.2	2:29.0	33:03.0	18.1	0:00.0	19:55.0	7:58.0	1:02:28.0
12	HOHENTHNER, ALEX	18	M	YANKTON	NE	7:11.0	1:26.2	1:33.0	28:50.0	20.8	0:00.0	15:02.0	6:00.8	0:52:36.0
13	KUEFFNER, JIM	49	M	OMAHA	NE	7:12.0	1:26.4	1:37.0	27:18.0	21.9	0:00.0	16:51.0	6:44.4	0:52:58.0
14	SAMLAND, TODD	47	M	OMAHA	NE	7:12.0	1:26.4	5:48.0	34:59.0	17.1	0:00.0	24:38.0	9:51.2	1:12:37.0
15	VACEK, ERIC	36	M	LINCOLN	NE	7:14.0	1:26.8	2:43.0	31:05.0	19.3	0:00.0	19:54.0	7:57.6	1:00:56.0
16	CARMICHAEL, MATT	47	M	OMAHA	NE	7:18.0	1:27.6	1:54.0	27:25.0	21.8	0:00.0	15:52.0	6:20.8	0:52:29.0
17	KUBIAK, GERALD	34	M	OMAHA	NE	7:23.0	1:28.6	1:13.0	27:10.0	22.0	0:00.0	15:01.0	6:00.4	0:50:47.0
18	SIROTKIN, SARAH	17	F	OMAHA	NE	7:24.0	1:28.8	2:58.0	40:08.0	14.9	0:00.0	21:04.0	8:25.6	1:11:34.0
19	FISHER, MATT	26	M	BATTLE CREEK	NE	7:26.0	1:29.2	1:48.0	27:20.0	21.9	0:00.0	17:34.0	7:01.6	0:54:08.0
20	HOLLOWAY, DAVID	39	M	PAPILLION	NE	7:27.0	1:29.4	3:56.0	34:41.0	17.2	0:00.0	21:18.0	8:31.2	1:07:22.0
21	MURDOCH, LINCOLN	52	M	OMAHA	NE	7:29.0	1:29.8	1:45.0	25:50.0	23.2	0:00.0	16:05.0	6:26.0	0:51:09.0
22	REDINGER, ERIC	33	M	CAPE GIRAREL	MO	7:29.0	1:29.8	1:26.0	26:45.0	22.4	0:00.0	18:18.0	7:19.2	0:53:58.0
23	BREVE, JOEL	47	M	ALLEN	NE	7:36.0	1:31.2	1:33.0	29:59.0	20.0	0:00.0	17:40.0	7:04.0	0:56:48.0
24	VLACH, TOM	43	M	TOPEKA	KS	7:36.0	1:31.2	3:09.0	34:11.0	17.5	0:00.0	19:13.0	7:41.2	1:04:09.0
25	PAPE, JEFF	37	M	NORFOLK	NE	7:45.0	1:33.0	2:51.0	29:32.0	20.3	0:00.0	18:43.0	7:29.2	0:58:51.0
26	ORTMEIER, MICHAEL	22	M	OMAHA	NE	7:45.0	1:33.0	2:03.0	31:45.0	18.8	0:00.0	17:32.0	7:00.8	0:59:05.0
27	SINGH, KALVINDER	16	M	LINCOLN	NE	7:54.0	1:34.8	4:33.0	45:22.0	13.2	0:00.0	19:52.0	7:56.8	1:17:41.0
28	BURMEISTER, JAMIE	40	M	GRETNA	NE	7:54.0	1:34.8	2:08.0	30:43.0	19.5	0:00.0	16:47.0	6:42.8	0:57:32.0
29	VASINA, JEFF	34	M	COLUMBUS	NE	7:56.0	1:35.2	1:48.0	27:17.0	21.9	0:00.0	15:48.0	6:19.2	0:52:49.0
30	NELSON, ZACHARY	34	M	SIOUX CITY	IA	7:56.0	1:35.2	2:53.0	32:45.0	18.3	0:00.0	19:55.0	7:58.0	1:03:29.0
31	BEADELL, NOAH	24	M	OMAHA	NE	8:00.0	1:36.0	2:20.0	32:59.0	18.1	0:00.0	17:41.0	7:04.4	1:01:00.0
32	SIROTKIN, PETE	52	M	OMAHA	NE	8:04.0	1:36.8	4:30.0	35:56.0	16.6	0:00.0	19:27.0	7:46.8	1:07:57.0
33	KINSLEY, KIPP	16	M	YANKTON	SD	8:04.0	1:36.8	1:57.0	29:49.0	20.1	0:00.0	15:12.0	6:04.8	0:55:02.0
34	ENSZ, JEFF	26	M	MINDEN	NE	8:05.0	1:37.0	3:14.0	31:59.0	18.7	0:00.0	17:11.0	6:52.4	0:58:29.0
35	PINKALL, ERIC	41	M	GRETNA	NE	8:08.0	1:37.6	2:06.0	31:06.0	19.2	0:00.0	16:48.0	6:43.2	0:58:08.0
36	REDMOND, DERIC	34	M	JEFFERSON	SD	8:08.0	1:37.6	1:58.0	32:53.0	18.2	0:00.0	20:26.0	8:10.4	1:03:25.0
37	MERRITT, LBRI	32	F	GRAND ISLAND	NE	8:22.0	1:40.4	2:18.0	32:18.0	18.5	0:00.0	18:55.0	7:34.0	1:01:53.0
38	STEFFENSMEIER, SCOTT	35	M	FREMONT	NE	8:24.0	1:40.8	3:24.0	31:08.0	19.2	0:00.0	22:05.0	8:50.0	1:05:01.0
39	MILLS, TOM	49	M	LINCOLN	NE	8:32.0	1:42.4	2:34.0	32:35.0	18.4	0:00.0	19:07.0	7:38.8	1:02:48.0
40	GREGG, JENNIFER	41	F	OMAHA	NE	8:34.0	1:42.8	2:56.0	34:20.0	17.4	0:00.0	19:24.0	7:45.6	1:05:14.0
41	YAGGIE, MITCH	17	M	MISSION HILL	SD	8:42.0	1:44.4	1:16.0	27:51.0	21.5	0:00.0	14:38.0	5:51.2	0:52:27.0
42	RAMSEY, HEATHER	41	F	BELLEVUE	NE	8:43.0	1:44.6	2:19.0	33:54.0	17.6	0:00.0	21:33.0	8:37.2	1:06:29.0
43	WAGNER, DAMON	35	M	PLATTSBOUTH	NE	8:44.0	1:44.8	2:22.0	31:39.0	18.9	0:00.0	20:14.0	8:05.6	1:02:59.0
44	FOSSEN, KURT	31	M	OMAHA	NE	8:45.0	1:45.0	1:59.0	32:51.0	18.2	0:00.0	22:41.0	9:04.4	1:06:16.0
45	MINARIK, SALISSA	38	F	LINCOLN	NE	8:51.0	1:46.2	2:06.0	34:51.0	17.2	0:00.0	20:34.0	8:13.6	1:06:22.0
46	MEDINA, TROY	32	M	OMAHA	NE	8:51.0	1:46.2	2:53.0	33:45.0	17.7	0:00.0	20:13.0	8:05.2	1:05:42.0
47	LILLY, JANE	43	F	SIOUX CITY	NE	8:54.0	1:46.8	3:12.0	39:12.0	15.3	0:00.0	24:25.0	9:46.0	1:15:43.0
48	LILLY, KEVIN	42	M	SIOUX CITY	NE	8:56.0	1:47.2	1:14.0	29:09.0	20.5	0:00.0	19:29.0	7:47.6	0:58:48.0
49	MARSH, JOHN	50	M	KEARNEY	NE	8:56.0	1:47.2	2:42.0	27:36.0	21.7	0:00.0	16:03.0	6:25.2	0:55:17.0
50	DOLTER, MARCI	40	F	ELKHORN	NE	8:57.0	1:47.4	4:38.0	53:21.0	11.2	0:00.0	26:02.0	10:24.8	1:32:58.0
51	BLAIR, TRACY	30	F	DIXON	NE	8:57.0	1:47.4	3:04.0	32:43.0	18.3	0:00.0	17:53.0	7:09.2	1:02:37.0
52	UHLIR, TODD	34	M	NORFOLK	NE	9:00.0	1:48.0	2:47.0	33:34.0	17.8	0:00.0	21:54.0	8:45.6	1:07:15.0
53	EDWARDS, CARL	50	M	COLUMBUS	NE	9:05.0	1:49.0	5:06.0	33:34.0	17.8	0:00.0	18:10.0	7:16.0	1:05:55.0

NORFOLK YMCA TRATHLON

SWIM ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
54 BEASLEY, JOSHUA	22	M	OMAHA	NE	9:13.0	1:50.6	1:39.0	31:03.0	19.3	0:00.0	16:27.0	6:34.8	0:58:22.0
55 MITTELSTAEDT, CODY (TE	T		NORFOLK	NE	9:15.0	1:51.0	0:55.0	40:05.0	14.9	0:00.0	21:27.0	8:34.8	1:11:42.0
56 BOUREK, ANDREW	34	M	NORTH BEND	NE	9:17.0	1:51.4	3:07.0	34:45.0	17.2	0:00.0	22:16.0	8:54.4	1:09:25.0
57 FIELDS, JAMIE	33	F	OMAHA	NE	9:18.0	1:51.6	3:47.0	44:33.0	13.4	0:00.0	21:08.0	8:27.2	1:18:46.0
58 WIEGMAN, MIKE	34	M	OMAHA	NE	9:25.0	1:53.0	2:06.0	31:18.0	19.1	0:00.0	19:18.0	7:43.2	1:02:07.0
59 WINDRUM, ROMAN	37	M	OMAHA	NE	9:25.0	1:53.0	2:38.0	34:14.0	17.5	0:00.0	19:13.0	7:41.2	1:05:30.0
60 GILG, JENNIFER	39	F	OMAHA	NE	9:25.0	1:53.0	3:57.0	40:20.0	14.8	0:00.0	20:55.0	8:22.0	1:14:37.0
61 STEVENS, MICHAEL	29	M	OMAHA	NE	9:27.0	1:53.4	3:00.0	41:50.0	14.3	0:00.0	20:53.0	8:21.2	1:15:10.0
62 MEDLOCK, MATT	35	M	OMAHA	NE	9:29.0	1:53.8	2:26.0	33:34.0	17.8	0:00.0	22:50.0	9:08.0	1:08:19.0
63 SNOWARDT, CHRIS	37	M	OMAHA	NE	9:33.0	1:54.6	2:16.0	31:15.0	19.2	0:00.0	19:34.0	7:49.6	1:02:38.0
64 PINKALL, JENNY	29	F	SEWARD	NE	9:35.0	1:55.0	2:29.0	37:43.0	15.9	0:00.0	17:59.0	7:11.6	1:07:46.0
65 JOHNSON, KAREN	28	F	NORFOLK	NE	9:36.0	1:55.2	2:59.0	50:28.0	11.8	0:00.0	20:04.0	8:01.6	1:23:07.0
66 BLAKELY, MICHAEL	25	M	OMAHA	NE	9:39.0	1:55.8	4:58.0	34:40.0	17.3	0:00.0	24:30.0	9:48.0	1:13:47.0
67 GLENN, DARIN	37	M	COLUMBUS	NE	9:40.0	1:56.0	2:03.0	27:45.0	21.6	0:00.0	16:34.0	6:37.6	0:56:02.0
68 WATSON, RICH	42	M	HOLDREGE	NE	9:43.0	1:56.6	3:34.0	35:13.0	17.0	0:00.0	28:39.0	11:27.6	1:17:09.0
69 JENNESS, VINCE	50	M	WATERLOO	NE	9:44.0	1:56.8	2:14.0	34:16.0	17.5	0:00.0	21:10.0	8:28.0	1:07:24.0
70 SCHULDT, DAN	46	M	DONIPHAN	NE	9:44.0	1:56.8	2:15.0	26:42.0	22.4	0:00.0	16:47.0	6:42.8	0:55:28.0
71 GLENN, JERI	37	F	COLUMBUS	NE	9:45.0	1:57.0	3:34.0	37:45.0	15.8	0:00.0	21:55.0	8:46.0	1:12:59.0
72 MEYER, KERRY	33	M	AURORA	NE	9:47.0	1:57.4	2:32.0	38:51.0	15.4	0:00.0	18:48.0	7:31.2	1:09:58.0
73 KOPPERUD, KENNETH	26	M	OMAHA	NE	9:48.0	1:57.6	2:44.0	31:44.0	18.9	0:00.0	19:41.0	7:52.4	1:03:57.0
74 PETERSEN, DIANNE	44	F	OMAHA	NE	9:53.0	1:58.6	4:13.0	42:11.0	14.2	0:00.0	24:43.0	9:53.2	1:21:00.0
75 MILLER, STEVE	41	M	NORFOLK	NE	9:53.0	1:58.6	3:37.0	36:56.0	16.2	0:00.0	22:32.0	9:00.8	1:12:58.0
76 SHIRK, LISA	20	F	OMAHA	NE	9:54.0	1:58.8	3:39.0	45:08.0	13.2	0:00.0	21:06.0	8:26.4	1:19:47.0
77 UHRMACHER, JEFF	35	M	AURORA	NE	9:55.0	1:59.0	2:32.0	37:15.0	16.1	0:00.0	21:19.0	8:31.6	1:11:01.0
78 RODRIGUEZ, NESTOR	29	M	NORFOLK	NE	9:56.0	1:59.2	3:28.0	33:55.0	17.6	0:00.0	19:15.0	7:42.0	1:06:34.0
79 FRAGER, JODI	35	F	LINCOLN	NE	9:57.0	1:59.4	3:27.0	37:24.0	16.0	0:00.0	21:47.0	8:42.8	1:12:35.0
80 ASHCRAFT, CANDY	36	F	LINCOLN	NE	9:58.0	1:59.6	4:43.0	40:24.0	14.8	0:00.0	27:21.0	10:56.4	1:22:26.0
81 HAMER, KARI	35	F	BATTLE CREEK	NE	9:58.0	1:59.6	4:43.0	48:12.0	12.4	0:00.0	24:43.0	9:53.2	1:27:36.0
82 DOKTOR, SETH	34	M	OMAHA	NE	9:58.0	1:59.6	2:59.0	35:03.0	17.1	0:00.0	22:01.0	8:48.4	1:10:01.0
83 HECKERT, MANDI	29	F	NELIGH	NE	10:00.0	2:00.0	3:06.0	43:30.0	13.7	0:00.0	26:28.0	10:35.2	1:23:04.0
84 WEBER, SHAWN	35	M	BROOKINGS	SD	10:00.0	2:00.0	4:13.0	44:21.0	13.5	0:00.0	21:14.0	8:29.6	1:19:48.0
85 CONSIDINE, PATTY	43	F	SIOUX CITY	IA	10:03.0	2:00.6	3:07.0	40:02.0	14.9	0:00.0	32:05.0	12:50.0	1:25:17.0
86 RADER, KRISTIE	55	F	LINCOLN	NE	10:05.0	2:01.0	2:59.0	35:48.0	16.7	0:00.0	28:47.0	11:30.8	1:17:39.0
87 PLESSING, RACHEL	19	F	KENNARD	NE	10:05.0	2:01.0	3:15.0	40:02.0	14.9	0:00.0	20:11.0	8:04.4	1:13:33.0
88 DESORDI, JIM	44	M	OMAHA	NE	10:13.0	2:02.6	4:00.0	32:09.0	18.6	0:00.0	19:55.0	7:58.0	1:06:17.0
89 TIETZ, NATHAN	26	M	OMAHA	NE	10:13.0	2:02.6	3:37.0	39:52.0	15.0	0:00.0	18:27.0	7:22.8	1:12:09.0
90 GANN, JEFFREY	38	M	LINCOLN	NE	10:14.0	2:02.8	2:50.0	36:11.0	16.5	0:00.0	27:02.0	10:48.8	1:16:17.0
91 SONDERUP, LISA	40	F	BLAIR	NE	10:14.0	2:02.8	3:39.0	33:20.0	17.9	0:00.0	20:05.0	8:02.0	1:07:18.0
92 VACEK, REBECCA	33	F	LINCOLN	NE	10:15.0	2:03.0	3:20.0	35:11.0	17.0	0:00.0	21:31.0	8:36.4	1:10:17.0
93 BECK, JENNY	41	F	HORDVILLE	NE	10:19.0	2:03.8	5:07.0	45:01.0	13.3	0:00.0	20:52.0	8:20.8	1:21:19.0
94 RAMSEY, JOSH	15	M	BELLEVUE	NE	10:20.0	2:04.0	3:20.0	39:55.0	15.0	0:00.0	18:26.0	7:22.4	1:12:02.0
95 SCHAFER, MATTHEW	39	M	LINCOLN	NE	10:21.0	2:04.2	3:37.0	37:52.0	15.8	0:00.0	22:10.0	8:52.0	1:14:00.0
96 SUP REZAC, KATIE	29	F	OMAHA	NE	10:22.0	2:04.4	7:43.0	54:47.0	10.9	0:00.0	30:06.0	12:02.4	1:42:58.0
97 BOWEN, AARON	31	M	PAPILLION	NE	10:23.0	2:04.6	3:12.0	35:40.0	16.8	0:00.0	19:01.0	7:36.4	1:08:16.0
98 LAMMLI, BERT	61	M	STANTON	NE	10:33.0	2:06.6	2:49.0	30:47.0	19.4	0:00.0	22:57.0	9:10.8	1:07:06.0
99 DAYTON, LIONEL	36	M	NORFOLK	NE	10:34.0	2:06.8	3:39.0	35:55.0	16.7	0:00.0	18:05.0	7:14.0	1:08:13.0
100 BECK, KYLIE	19	F	HORDVILLE	NE	10:34.0	2:06.8	5:14.0	58:30.0	10.2	0:00.0	23:44.0	9:29.6	1:38:02.0
101 HANSON, TRAVIS	31	M	NORFOLK	NE	10:35.0	2:07.0	3:07.0	41:33.0	14.4	0:00.0	21:07.0	8:26.8	1:16:22.0
102 TESSIER, TRINA	41	F	GRETNA	NE	10:35.0	2:07.0	4:24.0	48:08.0	12.4	0:00.0	28:07.0	11:14.8	1:31:14.0
103 WOJTALEWICZ, RAIMOND	29	M	OMAHA	NE	10:42.0	2:08.4	2:58.0	38:58.0	15.3	0:00.0	19:38.0	7:51.2	1:12:16.0
104 FEILMEIER, ERIC	41	M	HARTINGTON	NE	10:44.0	2:08.8	3:20.0	34:32.0	17.3	0:00.0	21:25.0	8:34.0	1:10:01.0
105 LONG, KIM	39	F	NORFOLK	NE	10:47.0	2:09.4	3:09.0	36:07.0	16.5	0:00.0	21:01.0	8:24.4	1:11:04.0
106 SONDERUP, JESSICA	19	F	BLAIR	NE	10:48.0	2:09.6	4:19.0	38:20.0	15.6	0:00.0	20:18.0	8:07.2	1:13:45.0
107 RUDEN, SHERRY	35	F	NORFOLK	NE	10:50.0	2:10.0	5:49.0	41:16.0	14.5	0:00.0	27:57.0	11:10.8	1:25:52.0

NORFOLK YMCA TRATHLON SWIM ORDER NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
108	ENGLE, CHAD	39	M	LINCOLN	NE	10:58.0	2:11.6	3:57.0	34:15.0	17.5	0:00.0	25:03.0	10:01.2	1:14:13.0
109	BEASLEY, CALEB	24	M	OMAHA	NE	10:58.0	2:11.6	3:35.0	35:12.0	17.0	0:00.0	18:35.0	7:26.0	1:08:20.0
110	DUBAS, JENNIFER	38	F	OMAHA	NE	11:02.0	2:12.4	4:28.0	43:34.0	13.7	0:00.0	23:22.0	9:20.8	1:22:26.0
111	GUYER, BETSY	45	F	LINCOLN	NE	11:05.0	2:13.0	3:07.0	34:28.0	17.4	0:00.0	25:37.0	10:14.8	1:14:17.0
112	COBOS, ALFREDO	49	M	NORFOLK	NE	11:06.0	2:13.2	3:36.0	34:38.0	17.3	0:00.0	24:44.0	9:53.6	1:14:04.0
113	DELLUTRI, LAURA	47	F	OVERLAND PAR	KS	11:07.0	2:13.4	14:24.0	40:59.0	14.6	0:00.0	36:16.0	14:30.4	1:42:46.0
114	MCKNIGHT, DOUGLAS	29	M	PLATSMOUTH	NE	11:12.0	2:14.4	4:24.0	38:11.0	15.7	0:00.0	25:54.0	10:21.6	1:19:41.0
115	HERROD, BRENDA	40	F	NORFOLK	NE	11:17.0	2:15.4	2:40.0	43:18.0	13.8	0:00.0	24:00.0	9:36.0	1:21:15.0
116	BUTLER, JOYCE	49	F	OMAHA	NE	11:24.0	2:16.8	4:19.0	37:02.0	16.2	0:00.0	29:51.0	11:56.4	1:22:36.0
117	HOLST, AMY	37	F	LINCOLN	NE	11:25.0	2:17.0	4:37.0	40:06.0	14.9	0:00.0	32:09.0	12:51.6	1:28:17.0
118	SHIRK, STAN	55	M	OMAHA	NE	11:26.0	2:17.2	4:29.0	33:09.0	18.0	0:00.0	19:11.0	7:40.4	1:08:15.0
119	KEEFE, KATIE	25	F	OMAHA	NE	11:33.0	2:18.6	4:28.0	44:06.0	13.6	0:00.0	23:34.0	9:25.6	1:23:41.0
120	FARNIK, ANGIE	34	F	LINCOLN	NE	11:34.0	2:18.8	2:16.0	38:14.0	15.6	0:00.0	20:00.0	8:00.0	1:12:04.0
121	HENRY, JEAN	42	F	GRETNA	NE	11:40.0	2:20.0	4:07.0	48:12.0	12.4	0:00.0	24:27.0	9:46.8	1:28:26.0
122	ZIMMERMAN, DANIEL	26	M	OMAHA	NE	11:43.0	2:20.6	3:33.0	42:31.0	14.1	0:00.0	25:33.0	10:13.2	1:23:20.0
123	HAHN, MARCY	50	F	INDIANOLA	IA	11:45.0	2:21.0	3:09.0	34:09.0	17.5	0:00.0	24:41.0	9:52.4	1:13:44.0
124	BUSS, MONICA	28	F	COLUMBUS	NE	11:52.0	2:22.4	3:16.0	39:18.0	15.2	0:00.0	22:29.0	8:59.6	1:16:55.0
125	ROGERS, STEPHANIE	25	F	PAPILLION	NE	12:05.0	2:25.0	3:32.0	36:08.0	16.6	0:00.0	18:08.0	7:15.2	1:09:53.0
126	BUSS, JASON	29	M	COLUMBUS	NE	12:07.0	2:25.4	3:15.0	33:40.0	17.8	0:00.0	23:24.0	9:21.6	1:12:26.0
127	REINEKE, MELITA	34	F	OMAHA	NE	12:11.0	2:26.2	2:33.0	36:07.0	16.6	0:00.0	22:04.0	8:49.6	1:12:55.0
128	WHITMAN, CAMILLA	33	F	GRAND ISLAND	NE	12:13.0	2:26.6	4:20.0	48:26.0	12.3	0:00.0	27:21.0	10:56.4	1:32:20.0
129	DAY, BRIAN	41	M	OMAHA	NE	12:30.0	2:30.0	5:01.0	42:45.0	14.0	0:00.0	30:09.0	12:03.6	1:30:25.0
130	KLEMS, KYLE	37	M	LINCOLN	NE	12:32.0	2:30.4	1:19.0	38:40.0	15.5	0:00.0	26:14.0	10:29.6	1:18:45.0
131	MILLER, PETE	53	M	COLUMBUS	NE	12:35.0	2:31.0	3:46.0	33:45.0	17.7	0:00.0	27:23.0	10:57.2	1:17:29.0
132	ANDERSON, SARAH	34	F	PAPILLION	NE	12:40.0	2:32.0	3:20.0	46:03.0	13.0	0:00.0	22:57.0	9:10.8	1:25:00.0
133	JERABEK TEAM		T	ST PAUL	NE	12:40.0	2:32.0	1:00.0	55:31.0	10.8	0:00.0	22:32.0	9:00.8	1:31:43.0
134	MUELLER, PAT	52	M	OMAHA	NE	12:40.0	2:32.0	5:17.0	41:03.0	14.6	0:00.0	25:45.0	10:18.0	1:24:45.0
135	SIEDSCHLAG, JASON	37	M	NORFOLK	NE	12:52.0	2:34.4	3:15.0	32:06.0	18.6	0:00.0	22:11.0	8:52.4	1:10:24.0
136	HONCIK, JIM	49	M	NORFOLK	NE	13:16.0	2:39.2	3:46.0	42:38.0	14.0	0:00.0	19:03.0	7:37.2	1:18:43.0
137	GONZALEZ-KRUGER, GLORI	52	F	LINCOLN	NE	13:37.0	2:43.4	5:24.0	36:43.0	16.3	0:00.0	28:41.0	11:28.4	1:24:25.0
138	MEYERS, ROBIN	30	F	OMAHA	NE	13:38.0	2:43.6	3:49.0	54:47.0	10.9	0:00.0	22:22.0	8:56.8	1:34:36.0
139	GONZALEZ, RANDY (TEAM)		T	NORFOLK	NE	13:40.0	2:44.0	2:59.0	34:51.0	17.2	0:00.0	15:52.0	6:20.8	1:05:22.0
140	TRISLER, JAN	34	F	BEATRICE	NE	13:41.0	2:44.2	4:09.0	41:05.0	14.6	0:00.0	26:15.0	10:30.0	1:23:10.0
141	BURBACH, PAUL	32	M	NORFOLK	NE	14:03.0	2:48.6	2:45.0	31:00.0	19.3	0:00.0	19:06.0	7:38.4	1:06:54.0
142	MORGAN, PAUL	45	M	SIOUX CITY	IA	14:17.0	2:51.4	4:07.0	37:13.0	16.1	0:00.0	33:31.0	13:24.4	1:29:08.0
143	SMITH, BRITTANY	26	F	NORFOLK	NE	14:28.0	2:53.6	4:58.0	46:44.0	12.8	0:00.0	26:20.0	10:32.0	1:32:30.0
144	JENNESS, CINDY	53	F	WATERLOO	IA	14:32.0	2:54.4	3:24.0	39:27.0	15.2	0:00.0	27:34.0	11:01.6	1:24:57.0
145	LANHAM, TODD	37	M	CENTRAL CITY	NE	15:03.0	3:00.6	3:08.0	38:59.0	15.3	0:00.0	21:38.0	8:39.2	1:18:48.0
146	HAMER, RUSS	36	M	BATTLE CREEK	NE	15:22.0	3:04.4	3:01.0	35:08.0	17.0	0:00.0	23:03.0	9:13.2	1:16:34.0
147	HOWARD, JULIE (TEAM)		T	CEDAR CREEK	NE	16:42.0	3:20.4	2:47.0	58:04.0	10.3	0:00.0	26:55.0	10:46.0	1:44:28.0
148	RHODES, LYDIA	33	F	BELLEVUE	NE	17:18.0	3:27.6	4:37.0	34:51.0	17.2	0:00.0	24:54.0	9:57.6	1:21:40.0
149	KOSTAL, MICHELLE	41	F	GRETNA	NE	17:34.0	3:30.8	4:30.0	40:18.0	14.8	0:00.0	24:59.0	9:59.6	1:27:21.0
150	PILLARD, MATTHEW	38	M	OMAHA	NE	20:20.0	4:04.0	99:99.9	34:17.0	17.5	0:00.0	17:58.0	7:11.2	1:04:45.0

SHORT COURSE

1	CARNEY, CAMERON (TEAM)		T	NORFOLK	NE	1:44.0	1:09.3	1:15.0	15:46.0	11.4	0:00.0	8:08.0	8:08.0	0:26:53.0
2	KINSLEY, LIZZIE	15	F	YANKTON	NE	1:45.0	1:10.0	2:42.0	11:06.0	16.2	0:00.0	8:31.0	8:31.0	0:24:04.0
3	POWELL, KOLTON	15	M	NORFOLK	NE	1:46.0	1:10.7	3:01.0	10:23.0	17.3	0:00.0	6:35.0	6:35.0	0:21:45.0
4	HARTHOORN, KAITLYN (TE		T	NORFOLK	NE	1:50.0	1:13.3	1:08.0	12:02.0	14.9	0:00.0	6:55.0	6:55.0	0:21:55.0
5	PORTER, GRACE	11	F	FREMONT	NE	1:59.0	1:19.3	2:34.0	12:05.0	14.8	0:00.0	8:25.0	8:25.0	0:25:03.0
6	PORTER, SAGE	12	F	FREMONT	NE	2:00.0	1:20.0	3:27.0	17:23.0	10.3	0:00.0	13:03.0	13:03.0	0:35:53.0
7	BECK, HANNAH	14	F	HORDVILLE	NE	2:01.0	1:20.7	5:51.0	13:44.0	13.1	0:00.0	11:24.0	11:24.0	0:33:00.0
8	WEBER, JENNIFER (TEAM)		T	BROOKINGS	SD	2:15.0	1:30.0	1:27.0	15:19.0	11.7	0:00.0	9:47.0	9:47.0	0:28:48.0
9	HANSON, LESLEY	31	F	NORFOLK	NE	2:18.0	1:32.0	3:41.0	13:32.0	13.2	0:00.0	11:08.0	11:08.0	0:30:39.0

NORFOLK YMCA TRATHLON

SWIM ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
10 CARNEY, ELISSA	37	F	NORFOLK	NE	2:18.0	1:32.0	3:58.0	13:29.0	13.3	0:00.0	11:25.0	11:25.0	0:31:10.0
11 OLSON, BRIAN	46	M	YANKTON	SD	2:22.0	1:34.7	2:41.0	10:45.0	16.7	0:00.0	8:44.0	8:44.0	0:24:32.0
12 PRUSS, EMILY	23	F	NORFOLK	NE	2:23.0	1:35.3	2:05.0	12:04.0	14.9	0:00.0	8:45.0	8:45.0	0:25:17.0
13 KINSLEY, TARA	35	F	YANKTON	NE	2:31.0	1:40.7	3:17.0	10:36.0	16.9	0:00.0	9:04.0	9:04.0	0:25:28.0
14 CREAGER, KRISTA	18	F	YANKTON	NE	2:40.0	1:46.7	2:34.0	11:04.0	16.2	0:00.0	7:39.0	7:39.0	0:23:57.0
15 SCHLOMER, CHARLES	40	M	NORFOLK	NE	2:42.0	1:48.0	3:32.0	13:09.0	13.6	0:00.0	10:03.0	10:03.0	0:29:26.0
16 CARNEY, KELLEN (TEAM)		T	NORFOLK	NE	2:44.0	1:49.3	1:25.0	16:57.0	10.6	0:00.0	8:50.0	8:50.0	0:29:56.0
17 TRIERWEILER, KATIE	32	F	LINCOLN	NE	2:44.0	1:49.3	3:24.0	14:26.0	12.4	0:00.0	12:20.0	12:20.0	0:32:54.0
18 MAROTO, LUCY	37	F	NORFOLK	NE	2:47.0	1:51.3	5:21.0	12:26.0	14.4	0:00.0	10:09.0	10:09.0	0:30:43.0
19 SUMMERS, KAITLYN	11	F	NORFOLK	NE	2:48.0	1:52.0	5:13.0	16:22.0	10.9	0:00.0	11:43.0	11:43.0	0:36:06.0
20 CRONER, SCOTT	44	M	LINCOLN	NE	2:48.0	1:52.0	2:05.0	14:41.0	12.2	0:00.0	9:24.0	9:24.0	0:28:58.0
21 DAUGHERTY-BRAUN, JULIE	41	F	BELLEVUE	NE	2:48.0	1:52.0	2:42.0	11:51.0	15.1	0:00.0	9:31.0	9:31.0	0:26:52.0
22 HASTINGS, BETH	23	F	LINCOLN	NE	2:50.0	1:53.3	2:50.0	12:04.0	14.9	0:00.0	9:52.0	9:52.0	0:27:36.0
23 KASTL, LAURA	29	F	NORFOLK	NE	2:50.0	1:53.3	3:36.0	11:57.0	15.0	0:00.0	9:43.0	9:43.0	0:28:06.0
24 THELANDER, JEFF	37	M	LAWTON	IA	2:52.0	1:54.7	2:09.0	9:44.0	18.4	0:00.0	9:20.0	9:20.0	0:24:05.0
25 KUHN, DANIEL	14	M	NORFOLK	NE	2:56.0	1:57.3	3:14.0	10:56.0	16.4	0:00.0	6:57.0	6:57.0	0:24:03.0
26 CRONER, JACK	8	M	LINCOLN	NE	2:57.0	1:58.0	2:04.0	14:38.0	12.3	0:00.0	9:19.0	9:19.0	0:28:58.0
27 PARKS, MELISSA	16	F	NORFOLK	NE	2:57.0	1:58.0	3:17.0	14:05.0	12.7	0:00.0	7:26.0	7:26.0	0:27:45.0
28 HOLLOWAY, GRACE	11	F	PAPILLION	NE	3:01.0	2:00.7	3:59.0	14:36.0	12.3	0:00.0	9:27.0	9:27.0	0:31:03.0
29 REDINGER, BRENNAN	12	M	CAPE GIRARDE	MO	3:04.0	2:02.7	2:37.0	12:12.0	14.7	0:00.0	7:42.0	7:42.0	0:25:35.0
30 HERROD, LAUREN (TEAM)		T	NORFOLK	NE	3:04.0	2:02.7	1:22.0	11:57.0	15.0	0:00.0	9:24.0	9:24.0	0:25:47.0
31 WHITMAN, MATTHEW	33	M	GRAND ISLAND	NE	3:04.0	2:02.7	3:35.0	11:21.0	15.8	0:00.0	9:58.0	9:58.0	0:27:58.0
32 DAWSON, BETH	40	F	BELLEVUE	NE	3:05.0	2:03.3	3:19.0	11:25.0	15.7	0:00.0	10:28.0	10:28.0	0:28:17.0
33 KASTL, JAROD	34	M	NORFOLK	NE	3:06.0	2:04.0	4:07.0	11:54.0	15.1	0:00.0	9:11.0	9:11.0	0:28:18.0
34 SCHLOMER, JULIE	39	F	NORFOLK	NE	3:06.0	2:04.0	4:10.0	13:14.0	13.5	0:00.0	9:53.0	9:53.0	0:30:23.0
35 WIEBERT, ANNETTE	43	F	LINCOLN	NE	3:14.0	2:09.3	3:17.0	12:30.0	14.4	0:00.0	9:30.0	9:30.0	0:28:31.0
36 BRAUN, MADISON	13	F	BELLEVUE	NE	3:17.0	2:11.3	2:45.0	12:59.0	13.8	0:00.0	8:15.0	8:15.0	0:27:16.0
37 ANKENY, MARY	54	F	DIXON	NE	3:18.0	2:12.0	4:11.0	13:26.0	13.3	0:00.0	11:49.0	11:49.0	0:32:44.0
38 HECKERT, COURTNI	9	F	NELIGH	NE	3:20.0	2:13.3	3:24.0	15:27.0	11.6	0:00.0	10:54.0	10:54.0	0:33:05.0
39 HOHENTHAMER, CAROL	49	F	YANKTON	SD	3:21.0	2:14.0	2:46.0	10:17.0	17.5	0:00.0	8:01.0	8:01.0	0:24:25.0
40 DOELE, JAMI	31	F	NORFOLK	NE	3:22.0	2:14.7	4:44.0	13:39.0	13.1	0:00.0	9:36.0	9:36.0	0:31:21.0
41 POHLMAN, JODI	33	F	NORFOLK	NE	3:28.0	2:18.7	2:59.0	14:35.0	12.3	0:00.0	10:13.0	10:13.0	0:31:15.0
42 KINSLEY, JIM	37	M	YANKTON	NE	3:30.0	2:20.0	3:20.0	9:15.0	19.4	0:00.0	8:47.0	8:47.0	0:24:52.0
43 HENRY, AUSTIN	12	M	GRETNA	NE	3:32.0	2:21.3	3:53.0	18:57.0	09.4	0:00.0	13:21.0	13:21.0	0:39:43.0
44 HOLLOWAY, HARRISON	8	M	PAPILLION	NE	3:34.0	2:22.7	3:28.0	15:15.0	11.8	0:00.0	8:47.0	8:47.0	0:31:04.0
45 YAGGIE, SANDY	46	F	MISSION HILL	SD	3:36.0	2:24.0	3:01.0	11:03.0	16.2	0:00.0	9:27.0	9:27.0	0:27:07.0
46 FUCHS, ANITA	23	F	OMAHA	NE	3:40.0	2:26.7	3:43.0	14:12.0	12.6	0:00.0	10:30.0	10:30.0	0:32:05.0
47 KOSTAL, JOSHUA	12	M	GRETNA	NE	3:42.0	2:28.0	3:54.0	16:17.0	11.0	0:00.0	10:55.0	10:55.0	0:34:48.0
48 AMICK, AMBER	34	F	STANTON	NE	3:46.0	2:30.7	4:25.0	13:38.0	13.2	0:00.0	11:59.0	11:59.0	0:33:48.0
49 RITTER, KAREN	42	F	NORFOLK	NE	3:52.0	2:34.7	3:35.0	14:26.0	12.4	0:00.0	13:12.0	13:12.0	0:35:05.0
50 SCHMIDT, ELIZABETH	15	F	NORFOLK	NE	4:04.0	2:42.7	3:54.0	12:21.0	14.5	0:00.0	9:16.0	9:16.0	0:29:35.0
51 TESSIER, IAN	11	M	GRETNA	NE	4:08.0	2:45.3	99:99.9	99:99.9	99.9	0:00.0	12:16.0	12:16.0	0:37:27.0
52 ENGLE, HAYDEN	10	F	LINCOLN	NE	4:11.0	2:47.3	5:29.0	16:35.0	10.8	0:00.0	11:47.0	11:47.0	0:38:02.0
53 HENRY, KYLE	11	M	GRETNA	NE	4:13.0	2:48.7	3:17.0	22:30.0	08.0	0:00.0	11:01.0	11:01.0	0:41:01.0
54 RAMSEY, REBECCA	12	F	BELLEVUE	NE	4:34.0	3:02.7	3:29.0	13:36.0	13.2	0:00.0	10:10.0	10:10.0	0:31:49.0
55 BECKER, DIANE	48	F	MADISON	NE	4:48.0	3:12.0	3:00.0	12:51.0	14.0	0:00.0	9:31.0	9:31.0	0:30:10.0
56 HAMER, WYATT	9	M	BATTLE CREEK	NE	4:51.0	3:14.0	6:24.0	18:29.0	09.7	0:00.0	15:33.0	15:33.0	0:45:17.0
57 KOSTAL, CASSANDRA	10	F	GRETNA	NE	4:54.0	3:16.0	4:40.0	16:50.0	10.6	0:00.0	12:13.0	12:13.0	0:38:37.0
58 MORGAN, KYLE	11	M	SIOUX CITY	IA	5:10.0	3:26.7	7:48.0	17:13.0	10.4	0:00.0	16:28.0	16:28.0	0:46:39.0
59 ZANDER, SUSAN	45	F	LINCOLN	NE	5:16.0	3:30.7	7:34.0	23:32.0	07.6	0:00.0	22:18.0	22:18.0	0:58:40.0
60 EDWARDS, ETHAN	8	M	NORFOLK	NE	6:58.0	4:38.7	4:07.0	17:40.0	10.1	0:00.0	12:51.0	12:51.0	0:41:36.0

NORFOLK YMCA TRATHLON BIKE ORDER NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
LONG COURSE														
1	MURDOCH, LINCOLN	52	M	OMAHA	NE	7:29.0	1:29.8	1:45.0	25:50.0	23.2	0:00.0	16:05.0	6:26.0	0:51:09.0
2	LONG, RYAN	26	M	OMAHA	NE	6:44.0	1:20.8	1:25.0	26:00.0	23.0	0:00.0	15:15.0	6:06.0	0:49:24.0
3	CHAFFIN, MORGAN	26	F	CARBONDALE	IL	6:49.0	1:21.8	1:34.0	26:36.0	22.5	0:00.0	18:14.0	7:17.6	0:53:13.0
4	SCHULDT, DAN	46	M	DONIPHAN	NE	9:44.0	1:56.8	2:15.0	26:42.0	22.4	0:00.0	16:47.0	6:42.8	0:55:28.0
5	REDINGER, ERIC	33	M	CAPE GIRAREL	MO	7:29.0	1:29.8	1:26.0	26:45.0	22.4	0:00.0	18:18.0	7:19.2	0:53:58.0
6	KUBIAK, GERALD	34	M	OMAHA	NE	7:23.0	1:28.6	1:13.0	27:10.0	22.0	0:00.0	15:01.0	6:00.4	0:50:47.0
7	VASINA, JEFF	34	M	COLUMBUS	NE	7:56.0	1:35.2	1:48.0	27:17.0	21.9	0:00.0	15:48.0	6:19.2	0:52:49.0
8	KUEFFNER, JIM	49	M	OMAHA	NE	7:12.0	1:26.4	1:37.0	27:18.0	21.9	0:00.0	16:51.0	6:44.4	0:52:58.0
9	FISHER, MATT	26	M	BATTLE CREEK	NE	7:26.0	1:29.2	1:48.0	27:20.0	21.9	0:00.0	17:34.0	7:01.6	0:54:08.0
10	CARMICHAEL, MATT	47	M	OMAHA	NE	7:18.0	1:27.6	1:54.0	27:25.0	21.8	0:00.0	15:52.0	6:20.8	0:52:29.0
11	MARSH, JOHN	50	M	KEARNEY	NE	8:56.0	1:47.2	2:42.0	27:36.0	21.7	0:00.0	16:03.0	6:25.2	0:55:17.0
12	GLENN, DARIN	37	M	COLUMBUS	NE	9:40.0	1:56.0	2:03.0	27:45.0	21.6	0:00.0	16:34.0	6:37.6	0:56:02.0
13	YAGGIE, MITCH	17	M	MISSION HILL	SD	8:42.0	1:44.4	1:16.0	27:51.0	21.5	0:00.0	14:38.0	5:51.2	0:52:27.0
14	HOHENTHNER, ALEX	18	M	YANKTON	NE	7:11.0	1:26.2	1:33.0	28:50.0	20.8	0:00.0	15:02.0	6:00.8	0:52:36.0
15	LILLY, KEVIN	42	M	SIOUX CITY	NE	8:56.0	1:47.2	1:14.0	29:09.0	20.5	0:00.0	19:29.0	7:47.6	0:58:48.0
16	PAPE, JEFF	37	M	NORFOLK	NE	7:45.0	1:33.0	2:51.0	29:32.0	20.3	0:00.0	18:43.0	7:29.2	0:58:51.0
17	CLARK, JOURDAN	18	M	FREMONT	NE	5:56.0	1:11.2	1:25.0	29:36.0	20.2	0:00.0	15:42.0	6:16.8	0:52:39.0
18	KNIGHT, ROBERT	28	M	OMAHA	NE	6:08.0	1:13.6	1:44.0	29:47.0	20.1	0:00.0	19:37.0	7:50.8	0:57:16.0
19	KINSLEY, KIPP	16	M	YANKTON	SD	8:04.0	1:36.8	1:57.0	29:49.0	20.1	0:00.0	15:12.0	6:04.8	0:55:02.0
20	GREVE, JOEL	47	M	ALLEN	NE	7:36.0	1:31.2	1:33.0	29:59.0	20.0	0:00.0	17:40.0	7:04.0	0:56:48.0
21	RISTAU, RANCE	19	M	OMAHA	NE	5:56.0	1:11.2	1:41.0	30:05.0	19.9	0:00.0	19:40.0	7:52.0	0:57:22.0
22	CLEVELAND, NICK	30	M	NORFOLK	NE	6:42.0	1:20.4	2:14.0	30:34.0	19.6	0:00.0	20:59.0	8:23.6	1:00:29.0
23	BURMEISTER, JAMIE	40	M	BRETNA	NE	7:54.0	1:34.8	2:08.0	30:43.0	19.5	0:00.0	16:47.0	6:42.8	0:57:32.0
24	LAMMLI, BERT	61	M	STANTON	NE	10:33.0	2:06.6	2:49.0	30:47.0	19.4	0:00.0	22:57.0	9:10.8	1:07:06.0
25	BURBACH, PAUL	32	M	NORFOLK	NE	14:03.0	2:48.6	2:45.0	31:00.0	19.3	0:00.0	19:06.0	7:38.4	1:06:54.0
26	BEASLEY, JOSHUA	22	M	OMAHA	NE	9:13.0	1:50.6	1:39.0	31:03.0	19.3	0:00.0	16:27.0	6:34.8	0:58:22.0
27	ROSENKRANZ, SARA	39	F	MANHATTAN	KS	6:40.0	1:20.0	2:10.0	31:04.0	19.3	0:00.0	18:33.0	7:25.2	0:58:27.0
28	VACEK, ERIC	36	M	LINCOLN	NE	7:14.0	1:26.8	2:43.0	31:05.0	19.3	0:00.0	19:54.0	7:57.6	1:00:56.0
29	PINKALL, ERIC	41	M	BRETNA	NE	8:08.0	1:37.6	2:06.0	31:06.0	19.2	0:00.0	16:48.0	6:43.2	0:58:08.0
30	STEFFENSMEIER, SCOTT	35	M	FREMONT	NE	8:24.0	1:40.8	3:24.0	31:08.0	19.2	0:00.0	22:05.0	8:50.0	1:05:01.0
31	SNOWARDT, CHRIS	37	M	OMAHA	NE	9:33.0	1:54.6	2:16.0	31:15.0	19.2	0:00.0	19:34.0	7:49.6	1:02:38.0
32	WIEGMAN, MIKE	34	M	OMAHA	NE	9:25.0	1:53.0	2:06.0	31:18.0	19.1	0:00.0	19:18.0	7:43.2	1:02:07.0
33	WAGNER, DAMON	35	M	PLATTSMOUTH	NE	8:44.0	1:44.8	2:22.0	31:39.0	18.9	0:00.0	20:14.0	8:05.6	1:02:59.0
34	KOPPERUD, KENNETH	26	M	OMAHA	NE	9:48.0	1:57.6	2:44.0	31:44.0	18.9	0:00.0	19:41.0	7:52.4	1:03:57.0
35	ORTMEIER, MICHAEL	22	M	OMAHA	NE	7:45.0	1:33.0	2:03.0	31:45.0	18.8	0:00.0	17:32.0	7:00.8	0:59:05.0
36	ENSZ, JEFF	26	M	MINDEN	NE	8:05.0	1:37.0	3:14.0	31:59.0	18.7	0:00.0	17:11.0	6:52.4	0:58:29.0
37	DAWSON, JOHN	40	M	BELLEVUE	NE	6:00.0	1:12.0	2:33.0	32:00.0	18.7	0:00.0	18:19.0	7:19.6	0:58:52.0
38	SIEDSCHLAG, JASON	37	M	NORFOLK	NE	12:52.0	2:34.4	3:15.0	32:06.0	18.6	0:00.0	22:11.0	8:52.4	1:10:24.0
39	DESORDI, JIM	44	M	OMAHA	NE	10:13.0	2:02.6	4:00.0	32:09.0	18.6	0:00.0	19:55.0	7:58.0	1:06:17.0
40	MERRITT, LORI	32	F	GRAND ISLAND	NE	8:22.0	1:40.4	2:18.0	32:18.0	18.5	0:00.0	18:55.0	7:34.0	1:01:53.0
41	MILLS, TOM	49	M	LINCOLN	NE	8:32.0	1:42.4	2:34.0	32:35.0	18.4	0:00.0	19:07.0	7:38.8	1:02:48.0
42	BLAIR, TRACY	30	F	DIXON	NE	8:57.0	1:47.4	3:04.0	32:43.0	18.3	0:00.0	17:53.0	7:09.2	1:02:37.0
43	NELSON, ZACHARY	34	M	SIOUX CITY	IA	7:56.0	1:35.2	2:53.0	32:45.0	18.3	0:00.0	19:55.0	7:58.0	1:03:29.0
44	FOSSEN, KURT	31	M	OMAHA	NE	8:45.0	1:45.0	1:59.0	32:51.0	18.2	0:00.0	22:41.0	9:04.4	1:06:16.0
45	REDMOND, DERIC	34	M	JEFFERSON	SD	8:08.0	1:37.6	1:58.0	32:53.0	18.2	0:00.0	20:26.0	8:10.4	1:03:25.0
46	BEADELL, NOAH	24	M	OMAHA	NE	8:00.0	1:36.0	2:20.0	32:59.0	18.1	0:00.0	17:41.0	7:04.4	1:01:00.0
47	KOFOED, JUSTIN	19	M	OMAHA	NE	7:01.0	1:24.2	2:29.0	33:03.0	18.1	0:00.0	19:55.0	7:58.0	1:02:28.0
48	SHIRK, STAN	55	M	OMAHA	NE	11:26.0	2:17.2	4:29.0	33:09.0	18.0	0:00.0	19:11.0	7:40.4	1:08:15.0
49	SONDERUP, LISA	40	F	BLAIR	NE	10:14.0	2:02.8	3:39.0	33:20.0	17.9	0:00.0	20:05.0	8:02.0	1:07:18.0
50	UHLIR, TODD	34	M	NORFOLK	NE	9:00.0	1:48.0	2:47.0	33:34.0	17.8	0:00.0	21:54.0	8:45.6	1:07:15.0
51	MEDLOCK, MATT	35	M	OMAHA	NE	9:29.0	1:53.8	2:26.0	33:34.0	17.8	0:00.0	22:50.0	9:08.0	1:08:19.0
52	EDWARDS, CARL	50	M	COLUMBUS	NE	9:05.0	1:49.0	5:06.0	33:34.0	17.8	0:00.0	18:10.0	7:16.0	1:05:55.0
53	BUSS, JASON	29	M	COLUMBUS	NE	12:07.0	2:25.4	3:15.0	33:40.0	17.8	0:00.0	23:24.0	9:21.6	1:12:26.0

NORFOLK YMCA TRATHLON

BIKE ORDER

NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
54	MEDINA, TROY	32	M	OMAHA	NE	8:51.0	1:46.2	2:53.0	33:45.0	17.7	0:00.0	20:13.0	8:05.2	1:05:42.0
55	MILLER, PETE	53	M	COLUMBUS	NE	12:35.0	2:31.0	3:46.0	33:45.0	17.7	0:00.0	27:23.0	10:57.2	1:17:29.0
56	RAMSEY, HEATHER	41	F	BELLEVUE	NE	8:43.0	1:44.6	2:19.0	33:54.0	17.6	0:00.0	21:33.0	8:37.2	1:06:29.0
57	RODRIGUEZ, NESTOR	29	M	NORFOLK	NE	9:56.0	1:59.2	3:28.0	33:55.0	17.6	0:00.0	19:15.0	7:42.0	1:06:34.0
58	HAHN, MARCY	50	F	INDIANOLA	IA	11:45.0	2:21.0	3:09.0	34:09.0	17.5	0:00.0	24:41.0	9:52.4	1:13:44.0
59	VLACH, TOM	43	M	TOPEKA	KS	7:36.0	1:31.2	3:09.0	34:11.0	17.5	0:00.0	19:13.0	7:41.2	1:04:09.0
60	WINDRUM, ROMAN	37	M	OMAHA	NE	9:25.0	1:53.0	2:38.0	34:14.0	17.5	0:00.0	19:13.0	7:41.2	1:05:30.0
61	ENGLE, CHAD	39	M	LINCOLN	NE	10:58.0	2:11.6	3:57.0	34:15.0	17.5	0:00.0	25:03.0	10:01.2	1:14:13.0
62	JENNESS, VINCE	50	M	WATERLOO	NE	9:44.0	1:56.8	2:14.0	34:16.0	17.5	0:00.0	21:10.0	8:28.0	1:07:24.0
63	PILLARD, MATTHEW	38	M	OMAHA	NE	20:20.0	4:04.0	99:99.9	34:17.0	17.5	0:00.0	17:58.0	7:11.2	1:04:45.0
64	GREGG, JENNIFER	41	F	OMAHA	NE	8:34.0	1:42.8	2:56.0	34:20.0	17.4	0:00.0	19:24.0	7:45.6	1:05:14.0
65	BUYER, BETSY	45	F	LINCOLN	NE	11:05.0	2:13.0	3:07.0	34:28.0	17.4	0:00.0	25:37.0	10:14.8	1:14:17.0
66	FEILMEIER, ERIC	41	M	HARTINGTON	NE	10:44.0	2:08.8	3:20.0	34:32.0	17.3	0:00.0	21:25.0	8:34.0	1:10:01.0
67	COBOS, ALFREDO	49	M	NORFOLK	NE	11:06.0	2:13.2	3:36.0	34:38.0	17.3	0:00.0	24:44.0	9:53.6	1:14:04.0
68	BLAKELY, MICHAEL	25	M	OMAHA	NE	9:39.0	1:55.8	4:58.0	34:40.0	17.3	0:00.0	24:30.0	9:48.0	1:13:47.0
69	HOLLOWAY, DAVID	39	M	PAPILLION	NE	7:27.0	1:29.4	3:56.0	34:41.0	17.2	0:00.0	21:18.0	8:31.2	1:07:22.0
70	BOUREK, ANDREW	34	M	NORTH BEND	NE	9:17.0	1:51.4	3:07.0	34:45.0	17.2	0:00.0	22:16.0	8:54.4	1:09:25.0
71	MINARIK, SALISSA	38	F	LINCOLN	NE	8:51.0	1:46.2	2:06.0	34:51.0	17.2	0:00.0	20:34.0	8:13.6	1:06:22.0
72	GONZALEZ, RANDY (TEAM)	T		NORFOLK	NE	13:40.0	2:44.0	2:59.0	34:51.0	17.2	0:00.0	15:52.0	6:20.8	1:05:22.0
73	RHODES, LYDIA	33	F	BELLEVUE	NE	17:18.0	3:27.6	4:37.0	34:51.0	17.2	0:00.0	24:54.0	9:57.6	1:21:40.0
74	SAMLAND, TODD	47	M	OMAHA	NE	7:12.0	1:26.4	5:48.0	34:59.0	17.1	0:00.0	24:38.0	9:51.2	1:12:37.0
75	DOKTOR, SETH	34	M	OMAHA	NE	9:58.0	1:59.6	2:59.0	35:03.0	17.1	0:00.0	22:01.0	8:48.4	1:10:01.0
76	HAMER, RUSS	36	M	BATTLE CREEK	NE	15:22.0	3:04.4	3:01.0	35:08.0	17.0	0:00.0	23:03.0	9:13.2	1:16:34.0
77	VACEK, REBECCA	33	F	LINCOLN	NE	10:15.0	2:03.0	3:20.0	35:11.0	17.0	0:00.0	21:31.0	8:36.4	1:10:17.0
78	BEASLEY, CALEB	24	M	OMAHA	NE	10:58.0	2:11.6	3:35.0	35:12.0	17.0	0:00.0	18:35.0	7:26.0	1:08:20.0
79	WATSON, RICH	42	M	HOLDREGE	NE	9:43.0	1:56.6	3:34.0	35:13.0	17.0	0:00.0	28:39.0	11:27.6	1:17:09.0
80	NELSON, SARAH	21	F	SIOUX CITY	NE	6:50.0	1:22.0	2:38.0	35:34.0	16.8	0:00.0	16:16.0	6:30.4	1:01:18.0
81	BOWEN, AARON	31	M	PAPILLION	NE	10:23.0	2:04.6	3:12.0	35:40.0	16.8	0:00.0	19:01.0	7:36.4	1:08:16.0
82	RADER, KRISTIE	55	F	LINCOLN	NE	10:05.0	2:01.0	2:59.0	35:48.0	16.7	0:00.0	28:47.0	11:30.8	1:17:39.0
83	DAYTON, LIONEL	36	M	NORFOLK	NE	10:34.0	2:06.8	3:39.0	35:55.0	16.7	0:00.0	18:05.0	7:14.0	1:08:13.0
84	SIROTKIN, PETE	52	M	OMAHA	NE	8:04.0	1:36.8	4:30.0	35:56.0	16.6	0:00.0	19:27.0	7:46.8	1:07:57.0
85	LONG, KIM	39	F	NORFOLK	NE	10:47.0	2:09.4	3:09.0	36:07.0	16.6	0:00.0	21:01.0	8:24.4	1:11:04.0
86	REINEKE, MELITA	34	F	OMAHA	NE	12:11.0	2:26.2	2:33.0	36:07.0	16.6	0:00.0	22:04.0	8:49.6	1:12:55.0
87	ROGERS, STEPHANIE	25	F	PAPILLION	NE	12:05.0	2:25.0	3:32.0	36:08.0	16.6	0:00.0	18:08.0	7:15.2	1:09:53.0
88	GANN, JEFFREY	38	M	LINCOLN	NE	10:14.0	2:02.8	2:50.0	36:11.0	16.5	0:00.0	27:02.0	10:48.8	1:16:17.0
89	GONZALEZ-KRUGER, GLORI	52	F	LINCOLN	NE	13:37.0	2:43.4	5:24.0	36:43.0	16.3	0:00.0	28:41.0	11:28.4	1:24:25.0
90	MILLER, STEVE	41	M	NORFOLK	NE	9:53.0	1:58.6	3:37.0	36:56.0	16.2	0:00.0	22:32.0	9:00.8	1:12:58.0
91	BUTLER, JOYCE	49	F	OMAHA	NE	11:24.0	2:16.8	4:19.0	37:02.0	16.2	0:00.0	29:51.0	11:56.4	1:22:36.0
92	MORGAN, PAUL	45	M	SIOUX CITY	IA	14:17.0	2:51.4	4:07.0	37:13.0	16.1	0:00.0	33:31.0	13:24.4	1:29:08.0
93	UHRMACHER, JEFF	35	M	AURORA	NE	9:55.0	1:59.0	2:32.0	37:15.0	16.1	0:00.0	21:19.0	8:31.6	1:11:01.0
94	FRAGER, JODI	35	F	LINCOLN	NE	9:57.0	1:59.4	3:27.0	37:24.0	16.0	0:00.0	21:47.0	8:42.8	1:12:35.0
95	PINKALL, JENNY	29	F	SEWARD	NE	9:35.0	1:55.0	2:29.0	37:43.0	15.9	0:00.0	17:59.0	7:11.6	1:07:46.0
96	GLENN, JERI	37	F	COLUMBUS	NE	9:45.0	1:57.0	3:34.0	37:45.0	15.8	0:00.0	21:55.0	8:46.0	1:12:59.0
97	SCHAFFER, MATTHEW	39	M	LINCOLN	NE	10:21.0	2:04.2	3:37.0	37:52.0	15.8	0:00.0	22:10.0	8:52.0	1:14:00.0
98	MCKNIGHT, DOUGLAS	29	M	PLATSMOUTH	NE	11:12.0	2:14.4	4:24.0	38:11.0	15.7	0:00.0	25:54.0	10:21.6	1:19:41.0
99	FARNIK, ANGIE	34	F	LINCOLN	NE	11:34.0	2:18.8	2:16.0	38:14.0	15.6	0:00.0	20:00.0	8:00.0	1:12:04.0
100	SONDERUP, JESSICA	19	F	BLAIR	NE	10:48.0	2:09.6	4:19.0	38:20.0	15.6	0:00.0	20:18.0	8:07.2	1:13:45.0
101	KLEMS, KYLE	37	M	LINCOLN	NE	12:32.0	2:30.4	1:19.0	38:40.0	15.5	0:00.0	26:14.0	10:29.6	1:18:45.0
102	MEYER, KERRY	33	M	AURORA	NE	9:47.0	1:57.4	2:32.0	38:51.0	15.4	0:00.0	18:48.0	7:31.2	1:09:58.0
103	MILLS, TYLER	17	M	LINCOLN	NE	5:57.0	1:11.4	3:37.0	38:52.0	15.4	0:00.0	20:19.0	8:07.6	1:08:45.0
104	WOJTALEWICZ, RAIMOND	29	M	OMAHA	NE	10:42.0	2:08.4	2:58.0	38:58.0	15.3	0:00.0	19:38.0	7:51.2	1:12:16.0
105	LANHAM, TODD	37	M	CENTRAL CITY	NE	15:03.0	3:00.6	3:08.0	38:59.0	15.3	0:00.0	21:38.0	8:39.2	1:18:48.0
106	LILLY, JANE	43	F	SIOUX CITY	NE	8:54.0	1:46.8	3:12.0	39:12.0	15.3	0:00.0	24:25.0	9:46.0	1:15:43.0
107	BUSS, MONICA	28	F	COLUMBUS	NE	11:52.0	2:22.4	3:16.0	39:18.0	15.2	0:00.0	22:29.0	8:59.6	1:16:55.0

NORFOLK YMCA TRATHLON

BIKE ORDER

NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
108	JENNESS, CINDY	53	F	WATERLOO	IA	14:32.0	2:54.4	3:24.0	39:27.0	15.2	0:00.0	27:34.0	11:01.6	1:24:57.0
109	TIETZ, NATHAN	26	M	OMAHA	NE	10:13.0	2:02.6	3:37.0	39:52.0	15.0	0:00.0	18:27.0	7:22.8	1:12:09.0
110	RAMSEY, JOSH	15	M	BELLEVUE	NE	10:20.0	2:04.0	3:20.0	39:56.0	15.0	0:00.0	18:26.0	7:22.4	1:12:02.0
111	PLESSING, RACHEL	19	F	KENNARD	NE	10:05.0	2:01.0	3:15.0	40:02.0	14.9	0:00.0	20:11.0	8:04.4	1:13:33.0
112	CONSIDINE, PATTY	43	F	SIOUX CITY	IA	10:03.0	2:00.6	3:07.0	40:02.0	14.9	0:00.0	32:05.0	12:50.0	1:25:17.0
113	MITTELSTAEDT, CODY (TE		T	NORFOLK	NE	9:15.0	1:51.0	0:55.0	40:05.0	14.9	0:00.0	21:27.0	8:34.8	1:11:42.0
114	HOLST, AMY	37	F	LINCOLN	NE	11:25.0	2:17.0	4:37.0	40:06.0	14.9	0:00.0	32:09.0	12:51.6	1:28:17.0
115	SIROTKIN, SARAH	17	F	OMAHA	NE	7:24.0	1:28.8	2:58.0	40:08.0	14.9	0:00.0	21:04.0	8:25.6	1:11:34.0
116	KOSTAL, MICHELLE	41	F	GRETNA	NE	17:34.0	3:30.8	4:30.0	40:18.0	14.8	0:00.0	24:59.0	9:59.6	1:27:21.0
117	GILB, JENNIFER	39	F	OMAHA	NE	9:25.0	1:53.0	3:57.0	40:20.0	14.8	0:00.0	20:55.0	8:22.0	1:14:37.0
118	ASHCRAFT, CANDY	36	F	LINCOLN	NE	9:58.0	1:59.6	4:43.0	40:24.0	14.8	0:00.0	27:21.0	10:56.4	1:22:26.0
119	DELLUTRI, LAURA	47	F	OVERLAND PARK	KS	11:07.0	2:13.4	14:24.0	40:59.0	14.6	0:00.0	36:16.0	14:30.4	1:42:46.0
120	MUELLER, PAT	52	M	OMAHA	NE	12:40.0	2:32.0	5:17.0	41:03.0	14.6	0:00.0	25:45.0	10:18.0	1:24:45.0
121	TRISLER, JAN	34	F	BEATRICE	NE	13:41.0	2:44.2	4:09.0	41:05.0	14.6	0:00.0	26:15.0	10:30.0	1:23:10.0
122	RUDEN, SHERRY	35	F	NORFOLK	NE	10:50.0	2:10.0	5:49.0	41:16.0	14.5	0:00.0	27:57.0	11:10.8	1:25:52.0
123	HANSON, TRAVIS	31	M	NORFOLK	NE	10:35.0	2:07.0	3:07.0	41:33.0	14.4	0:00.0	21:07.0	8:26.8	1:16:22.0
124	STEVENS, MICHAEL	29	M	OMAHA	NE	9:27.0	1:53.4	3:00.0	41:50.0	14.3	0:00.0	20:53.0	8:21.2	1:15:10.0
125	PETERSEN, DIANNE	44	F	OMAHA	NE	9:53.0	1:58.6	4:13.0	42:11.0	14.2	0:00.0	24:43.0	9:53.2	1:21:00.0
126	ZIMMERMAN, DANIEL	26	M	OMAHA	NE	11:43.0	2:20.6	3:33.0	42:31.0	14.1	0:00.0	25:33.0	10:13.2	1:23:20.0
127	HONCIK, JIM	49	M	NORFOLK	NE	13:16.0	2:39.2	3:46.0	42:38.0	14.0	0:00.0	19:03.0	7:37.2	1:18:43.0
128	DAY, BRIAN	41	M	OMAHA	NE	12:30.0	2:30.0	5:01.0	42:45.0	14.0	0:00.0	30:09.0	12:03.6	1:30:25.0
129	HERROD, BRENDA	40	F	NORFOLK	NE	11:17.0	2:15.4	2:40.0	43:18.0	13.8	0:00.0	24:00.0	9:36.0	1:21:15.0
130	HECKERT, MANDI	29	F	NELIGH	NE	10:00.0	2:00.0	3:06.0	43:30.0	13.7	0:00.0	26:28.0	10:35.2	1:23:04.0
131	DUBAS, JENNIFER	38	F	OMAHA	NE	11:02.0	2:12.4	4:28.0	43:34.0	13.7	0:00.0	23:22.0	9:20.8	1:22:26.0
132	KEEFE, KATIE	25	F	OMAHA	NE	11:33.0	2:18.6	4:28.0	44:06.0	13.6	0:00.0	23:34.0	9:25.6	1:23:41.0
133	WEBER, SHAWN	35	M	BROOKINGS	SD	10:00.0	2:00.0	4:13.0	44:21.0	13.5	0:00.0	21:14.0	8:29.6	1:19:48.0
134	FIELDS, JAMIE	33	F	OMAHA	NE	9:18.0	1:51.6	3:47.0	44:33.0	13.4	0:00.0	21:08.0	8:27.2	1:18:46.0
135	BECK, JENNY	41	F	HORDVILLE	NE	10:19.0	2:03.8	5:07.0	45:01.0	13.3	0:00.0	20:52.0	8:20.8	1:21:19.0
136	SHIRK, LISA	20	F	OMAHA	NE	9:54.0	1:58.8	3:39.0	45:08.0	13.2	0:00.0	21:06.0	8:26.4	1:19:47.0
137	SINGH, KALVINDER	16	M	LINCOLN	NE	7:54.0	1:34.8	4:33.0	45:22.0	13.2	0:00.0	19:52.0	7:56.8	1:17:41.0
138	ANDERSON, SARAH	34	F	PAPILLION	NE	12:40.0	2:32.0	3:20.0	46:03.0	13.0	0:00.0	22:57.0	9:10.8	1:25:00.0
139	SMITH, BRITTANY	26	F	NORFOLK	NE	14:28.0	2:53.6	4:58.0	46:44.0	12.8	0:00.0	26:20.0	10:32.0	1:32:30.0
140	TESSIER, TRINA	41	F	GRETNA	NE	10:35.0	2:07.0	4:24.0	48:08.0	12.4	0:00.0	28:07.0	11:14.8	1:31:14.0
141	HAMER, KARI	35	F	BATTLE CREEK	NE	9:58.0	1:59.6	4:43.0	48:12.0	12.4	0:00.0	24:43.0	9:53.2	1:27:36.0
142	HENRY, JEAN	42	F	GRETNA	NE	11:40.0	2:20.0	4:07.0	48:12.0	12.4	0:00.0	24:27.0	9:46.8	1:28:26.0
143	WHITMAN, CAMILLA	33	F	GRAND ISLAND	NE	12:13.0	2:26.6	4:20.0	48:26.0	12.3	0:00.0	27:21.0	10:56.4	1:32:20.0
144	JOHNSON, KAREN	28	F	NORFOLK	NE	9:36.0	1:55.2	2:59.0	50:28.0	11.8	0:00.0	20:04.0	8:01.6	1:23:07.0
145	DOLTER, MARCI	40	F	ELKHORN	NE	8:57.0	1:47.4	4:38.0	53:21.0	11.2	0:00.0	26:02.0	10:24.8	1:32:58.0
146	MEYERS, ROBIN	30	F	OMAHA	NE	13:38.0	2:43.6	3:49.0	54:47.0	10.9	0:00.0	22:22.0	8:56.8	1:34:36.0
147	SUP REZAC, KATIE	29	F	OMAHA	NE	10:22.0	2:04.4	7:43.0	54:47.0	10.9	0:00.0	30:06.0	12:02.4	1:42:58.0
148	JERABEK TEAM		T	ST PAUL	NE	12:40.0	2:32.0	1:00.0	55:31.0	10.8	0:00.0	22:32.0	9:00.8	1:31:43.0
149	HOWARD, JULIE (TEAM)		T	CEDAR CREEK	NE	16:42.0	3:20.4	2:47.0	58:04.0	10.3	0:00.0	26:55.0	10:46.0	1:44:28.0
150	BECK, KYLIE	19	F	HORDVILLE	NE	10:34.0	2:06.8	5:14.0	58:30.0	10.2	0:00.0	23:44.0	9:29.6	1:38:02.0

SHORT COURSE

1	KINSLEY, JIM	37	M	YANKTON	NE	3:30.0	2:20.0	3:20.0	9:15.0	19.4	0:00.0	8:47.0	8:47.0	0:24:52.0
2	THELANDER, JEFF	37	M	LAWTON	IA	2:52.0	1:54.7	2:09.0	9:44.0	18.4	0:00.0	9:20.0	9:20.0	0:24:05.0
3	HOBENTHNER, CAROL	49	F	YANKTON	SD	3:21.0	2:14.0	2:46.0	10:17.0	17.5	0:00.0	8:01.0	8:01.0	0:24:25.0
4	POWELL, KOLTON	15	M	NORFOLK	NE	1:46.0	1:10.7	3:01.0	10:23.0	17.3	0:00.0	6:35.0	6:35.0	0:21:45.0
5	KINSLEY, TARA	35	F	YANKTON	NE	2:31.0	1:40.7	3:17.0	10:36.0	16.9	0:00.0	9:04.0	9:04.0	0:25:28.0
6	OLSON, BRIAN	46	M	YANKTON	SD	2:22.0	1:34.7	2:41.0	10:45.0	16.7	0:00.0	8:44.0	8:44.0	0:24:32.0
7	KUHM, DANIEL	14	M	NORFOLK	NE	2:56.0	1:57.3	3:14.0	10:56.0	16.4	0:00.0	6:57.0	6:57.0	0:24:03.0
8	YAGGIE, SANDY	46	F	MISSION HILL	SD	3:36.0	2:24.0	3:01.0	11:03.0	16.2	0:00.0	9:27.0	9:27.0	0:27:07.0
9	CREAGER, KRISTA	18	F	YANKTON	NE	2:40.0	1:46.7	2:34.0	11:04.0	16.2	0:00.0	7:39.0	7:39.0	0:23:57.0

NORFOLK YMCA TRATHLON

BIKE ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
10 KINSLEY, LIZZIE	15	F	YANKTON	NE	1:45.0	1:10.0	2:42.0	11:06.0	16.2	0:00.0	8:31.0	8:31.0	0:24:04.0
11 WHITMAN, MATTHEW	33	M	GRAND ISLAND	NE	3:04.0	2:02.7	3:35.0	11:21.0	15.8	0:00.0	9:58.0	9:58.0	0:27:58.0
12 DAWSON, BETH	40	F	BELLEVUE	NE	3:05.0	2:03.3	3:19.0	11:25.0	15.7	0:00.0	10:28.0	10:28.0	0:28:17.0
13 DAUGHERTY-BRAUN, JULIE	41	F	BELLEVUE	NE	2:48.0	1:52.0	2:42.0	11:51.0	15.1	0:00.0	9:31.0	9:31.0	0:26:52.0
14 KASTL, JAROD	34	M	NORFOLK	NE	3:06.0	2:04.0	4:07.0	11:54.0	15.1	0:00.0	9:11.0	9:11.0	0:28:18.0
15 HERROD, LAUREN (TEAM)		T	NORFOLK	NE	3:04.0	2:02.7	1:22.0	11:57.0	15.0	0:00.0	9:24.0	9:24.0	0:25:47.0
16 KASTL, LAURA	29	F	NORFOLK	NE	2:50.0	1:53.3	3:36.0	11:57.0	15.0	0:00.0	9:43.0	9:43.0	0:28:06.0
17 HARTHOORN, KAITLYN (TE		T	NORFOLK	NE	1:50.0	1:13.3	1:08.0	12:02.0	14.9	0:00.0	6:55.0	6:55.0	0:21:55.0
18 HASTINGS, BETH	23	F	LINCOLN	NE	2:50.0	1:53.3	2:50.0	12:04.0	14.9	0:00.0	9:52.0	9:52.0	0:27:36.0
19 PRUSS, EMILY	23	F	NORFOLK	NE	2:23.0	1:35.3	2:05.0	12:04.0	14.9	0:00.0	8:45.0	8:45.0	0:25:17.0
20 PORTER, GRACE	11	F	FREMONT	NE	1:59.0	1:19.3	2:34.0	12:05.0	14.8	0:00.0	8:25.0	8:25.0	0:25:03.0
21 REDINGER, BRENNAN	12	M	CAPE GIRARDE	MO	3:04.0	2:02.7	2:37.0	12:12.0	14.7	0:00.0	7:42.0	7:42.0	0:25:35.0
22 SCHMIDT, ELIZABETH	15	F	NORFOLK	NE	4:04.0	2:42.7	3:54.0	12:21.0	14.5	0:00.0	9:16.0	9:16.0	0:29:35.0
23 MARDTO, LUCY	37	F	NORFOLK	NE	2:47.0	1:51.3	5:21.0	12:26.0	14.4	0:00.0	10:09.0	10:09.0	0:30:43.0
24 WIEGERT, ANNETTE	43	F	LINCOLN	NE	3:14.0	2:09.3	3:17.0	12:30.0	14.4	0:00.0	9:30.0	9:30.0	0:28:31.0
25 BECKER, DIANE	48	F	MADISON	NE	4:48.0	3:12.0	3:00.0	12:51.0	14.0	0:00.0	9:31.0	9:31.0	0:30:10.0
26 BRAUN, MADISON	13	F	BELLEVUE	NE	3:17.0	2:11.3	2:45.0	12:59.0	13.8	0:00.0	8:15.0	8:15.0	0:27:16.0
27 SCHLOMER, CHARLES	40	M	NORFOLK	NE	2:42.0	1:48.0	3:32.0	13:09.0	13.6	0:00.0	10:03.0	10:03.0	0:29:26.0
28 SCHLOMER, JULIE	39	F	NORFOLK	NE	3:06.0	2:04.0	4:10.0	13:14.0	13.5	0:00.0	9:53.0	9:53.0	0:30:23.0
29 ANKENY, MARY	54	F	DIXON	NE	3:18.0	2:12.0	4:11.0	13:26.0	13.3	0:00.0	11:49.0	11:49.0	0:32:44.0
30 CARNEY, ELISSA	37	F	NORFOLK	NE	2:18.0	1:32.0	3:58.0	13:29.0	13.3	0:00.0	11:25.0	11:25.0	0:31:10.0
31 HANSON, LESLEY	31	F	NORFOLK	NE	2:18.0	1:32.0	3:41.0	13:32.0	13.2	0:00.0	11:08.0	11:08.0	0:30:39.0
32 RAMSEY, REBECCA	12	F	BELLEVUE	NE	4:34.0	3:02.7	3:29.0	13:36.0	13.2	0:00.0	10:10.0	10:10.0	0:31:49.0
33 AMICK, AMBER	34	F	STANTON	NE	3:46.0	2:30.7	4:25.0	13:38.0	13.2	0:00.0	11:59.0	11:59.0	0:33:48.0
34 DOELE, JAMI	31	F	NORFOLK	NE	3:22.0	2:14.7	4:44.0	13:39.0	13.1	0:00.0	9:36.0	9:36.0	0:31:21.0
35 BECK, HANNAH	14	F	HORDVILLE	NE	2:01.0	1:20.7	5:51.0	13:44.0	13.1	0:00.0	11:24.0	11:24.0	0:33:00.0
36 PARKS, MELISSA	16	F	NORFOLK	NE	2:57.0	1:58.0	3:17.0	14:05.0	12.7	0:00.0	7:26.0	7:26.0	0:27:45.0
37 FUCHS, ANITA	23	F	OMAHA	NE	3:40.0	2:26.7	3:43.0	14:12.0	12.6	0:00.0	10:30.0	10:30.0	0:32:05.0
38 TRIERWEILER, KATIE	32	F	LINCOLN	NE	2:44.0	1:49.3	3:24.0	14:26.0	12.4	0:00.0	12:20.0	12:20.0	0:32:54.0
39 RITTER, KAREN	42	F	NORFOLK	NE	3:52.0	2:34.7	3:35.0	14:26.0	12.4	0:00.0	13:12.0	13:12.0	0:35:05.0
40 POHLMAN, JODI	33	F	NORFOLK	NE	3:28.0	2:18.7	2:59.0	14:35.0	12.3	0:00.0	10:13.0	10:13.0	0:31:15.0
41 HOLLOWAY, GRACE	11	F	PAPILLION	NE	3:01.0	2:00.7	3:59.0	14:36.0	12.3	0:00.0	9:27.0	9:27.0	0:31:03.0
42 CRONER, JACK	8	M	LINCOLN	NE	2:57.0	1:58.0	2:04.0	14:38.0	12.3	0:00.0	9:19.0	9:19.0	0:28:58.0
43 CRONER, SCOTT	44	M	LINCOLN	NE	2:48.0	1:52.0	2:05.0	14:41.0	12.2	0:00.0	9:24.0	9:24.0	0:28:58.0
44 HOLLOWAY, HARRISON	8	M	PAPILLION	NE	3:34.0	2:22.7	3:28.0	15:15.0	11.8	0:00.0	8:47.0	8:47.0	0:31:04.0
45 WEBER, JENNIFER (TEAM)		T	BROOKINGS	SD	2:15.0	1:30.0	1:27.0	15:19.0	11.7	0:00.0	9:47.0	9:47.0	0:28:48.0
46 HECKERT, COURTNI	9	F	NELIGH	NE	3:20.0	2:13.3	3:24.0	15:27.0	11.6	0:00.0	10:54.0	10:54.0	0:33:05.0
47 CARNEY, CAMERON (TEAM)		T	NORFOLK	NE	1:44.0	1:09.3	1:15.0	15:46.0	11.4	0:00.0	8:08.0	8:08.0	0:26:53.0
48 KOSTAL, JOSHUA	12	M	GRETNA	NE	3:42.0	2:28.0	3:54.0	16:17.0	11.0	0:00.0	10:55.0	10:55.0	0:34:48.0
49 SUMMERS, KAITLYN	11	F	NORFOLK	NE	2:48.0	1:52.0	5:13.0	16:22.0	10.9	0:00.0	11:43.0	11:43.0	0:36:06.0
50 ENGLE, HAYDEN	10	F	LINCOLN	NE	4:11.0	2:47.3	5:29.0	16:35.0	10.8	0:00.0	11:47.0	11:47.0	0:38:02.0
51 KOSTAL, CASSANDRA	10	F	GRETNA	NE	4:54.0	3:16.0	4:40.0	16:50.0	10.6	0:00.0	12:13.0	12:13.0	0:38:37.0
52 CARNEY, KELLEN (TEAM)		T	NORFOLK	NE	2:44.0	1:49.3	1:25.0	16:57.0	10.6	0:00.0	8:50.0	8:50.0	0:29:56.0
53 MORGAN, KYLE	11	M	SIOUX CITY	IA	5:10.0	3:26.7	7:48.0	17:13.0	10.4	0:00.0	16:28.0	16:28.0	0:46:39.0
54 PORTER, SAGE	12	F	FREMONT	NE	2:00.0	1:20.0	3:27.0	17:23.0	10.3	0:00.0	13:03.0	13:03.0	0:35:53.0
55 EDWARDS, ETHAN	8	M	NORFOLK	NE	6:58.0	4:38.7	4:07.0	17:40.0	10.1	0:00.0	12:51.0	12:51.0	0:41:36.0
56 HAMER, WYATT	9	M	BATTLE CREEK	NE	4:51.0	3:14.0	6:24.0	18:29.0	09.7	0:00.0	15:33.0	15:33.0	0:45:17.0
57 HENRY, AUSTIN	12	M	GRETNA	NE	3:32.0	2:21.3	3:53.0	18:57.0	09.4	0:00.0	13:21.0	13:21.0	0:39:43.0
58 HENRY, KYLE	11	M	GRETNA	NE	4:13.0	2:48.7	3:17.0	22:30.0	08.0	0:00.0	11:01.0	11:01.0	0:41:01.0
59 ZANDER, SUSAN	45	F	LINCOLN	NE	5:16.0	3:30.7	7:34.0	23:32.0	07.6	0:00.0	22:18.0	22:18.0	0:58:40.0
60 TESSIER, IAN	11	M	GRETNA	NE	4:08.0	2:45.3	99:99.9	99:99.9	99.9	0:00.0	12:16.0	12:16.0	0:37:27.0

NORFOLK YMCA TRATHLON

RUN ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
LONG COURSE													
1 YAGGIE, MITCH	17	M	MISSION HILL	SD	8:42.0	1:44.4	1:16.0	27:51.0	21.5	0:00.0	14:38.0	5:51.2	0:52:27.0
2 KUBIAK, GERALD	34	M	OMAHA	NE	7:23.0	1:28.6	1:13.0	27:10.0	22.0	0:00.0	15:01.0	6:00.4	0:50:47.0
3 HOHENTHNER, ALEX	18	M	YANKTON	NE	7:11.0	1:26.2	1:33.0	28:50.0	20.8	0:00.0	15:02.0	6:00.8	0:52:36.0
4 KINSLEY, KIPP	16	M	YANKTON	SD	8:04.0	1:36.8	1:57.0	29:49.0	20.1	0:00.0	15:12.0	6:04.8	0:55:02.0
5 LONG, RYAN	26	M	OMAHA	NE	6:44.0	1:20.8	1:25.0	26:00.0	23.0	0:00.0	15:15.0	6:06.0	0:49:24.0
6 CLARK, JOURDAN	18	M	FREMONT	NE	5:56.0	1:11.2	1:25.0	29:36.0	20.2	0:00.0	15:42.0	6:16.8	0:52:39.0
7 VASINA, JEFF	34	M	COLUMBUS	NE	7:56.0	1:35.2	1:48.0	27:17.0	21.9	0:00.0	15:48.0	6:19.2	0:52:49.0
8 GONZALEZ, RANDY (TEAM)	T		NORFOLK	NE	13:40.0	2:44.0	2:59.0	34:51.0	17.2	0:00.0	15:52.0	6:20.8	1:05:22.0
9 CARMICHAEL, MATT	47	M	OMAHA	NE	7:18.0	1:27.6	1:54.0	27:25.0	21.8	0:00.0	15:52.0	6:20.8	0:52:29.0
10 MARSH, JOHN	50	M	KEARNEY	NE	8:56.0	1:47.2	2:42.0	27:36.0	21.7	0:00.0	16:03.0	6:25.2	0:55:17.0
11 MURDOCH, LINCOLN	52	M	OMAHA	NE	7:29.0	1:29.8	1:45.0	25:50.0	23.2	0:00.0	16:05.0	6:26.0	0:51:09.0
12 NELSON, SARAH	21	F	SIOUX CITY	NE	6:50.0	1:22.0	2:38.0	35:34.0	16.8	0:00.0	16:16.0	6:30.4	1:01:18.0
13 BEASLEY, JOSHUA	22	M	OMAHA	NE	9:13.0	1:50.6	1:39.0	31:03.0	19.3	0:00.0	16:27.0	6:34.8	0:58:22.0
14 GLENN, DARIN	37	M	COLUMBUS	NE	9:40.0	1:56.0	2:03.0	27:45.0	21.6	0:00.0	16:34.0	6:37.6	0:56:02.0
15 BURMEISTER, JAMIE	40	M	GRETNA	NE	7:54.0	1:34.8	2:08.0	30:43.0	19.5	0:00.0	16:47.0	6:42.8	0:57:32.0
16 SCHULDT, DAN	46	M	DONIPHAN	NE	9:44.0	1:56.8	2:15.0	26:42.0	22.4	0:00.0	16:47.0	6:42.8	0:55:28.0
17 PINKALL, ERIC	41	M	GRETNA	NE	8:08.0	1:37.6	2:06.0	31:06.0	19.2	0:00.0	16:48.0	6:43.2	0:58:08.0
18 KUEFFNER, JIM	49	M	OMAHA	NE	7:12.0	1:26.4	1:37.0	27:18.0	21.9	0:00.0	16:51.0	6:44.4	0:52:58.0
19 ENSZ, JEFF	26	M	MINDEN	NE	8:05.0	1:37.0	3:14.0	31:59.0	18.7	0:00.0	17:11.0	6:52.4	0:58:29.0
20 ORTMEIER, MICHAEL	22	M	OMAHA	NE	7:45.0	1:33.0	2:03.0	31:45.0	18.8	0:00.0	17:32.0	7:00.8	0:59:05.0
21 FISHER, MATT	26	M	BATTLE CREEK	NE	7:26.0	1:29.2	1:48.0	27:20.0	21.9	0:00.0	17:34.0	7:01.6	0:54:08.0
22 GREVE, JOEL	47	M	ALLEN	NE	7:36.0	1:31.2	1:33.0	29:59.0	20.0	0:00.0	17:40.0	7:04.0	0:56:48.0
23 BEADELL, NOAH	24	M	OMAHA	NE	8:00.0	1:36.0	2:20.0	32:59.0	18.1	0:00.0	17:41.0	7:04.4	1:01:00.0
24 BLAIR, TRACY	30	F	DIXON	NE	8:57.0	1:47.4	3:04.0	32:43.0	18.3	0:00.0	17:53.0	7:09.2	1:02:37.0
25 PILLARD, MATTHEW	38	M	OMAHA	NE	20:20.0	4:04.0	99:99.9	34:17.0	17.5	0:00.0	17:58.0	7:11.2	1:04:45.0
26 PINKALL, JENNY	29	F	SEWARD	NE	9:35.0	1:55.0	2:29.0	37:43.0	15.9	0:00.0	17:59.0	7:11.6	1:07:46.0
27 DAYTON, LIONEL	36	M	NORFOLK	NE	10:34.0	2:06.8	3:39.0	35:55.0	16.7	0:00.0	18:05.0	7:14.0	1:08:13.0
28 ROGERS, STEPHANIE	25	F	PAPILLION	NE	12:05.0	2:25.0	3:32.0	36:08.0	16.6	0:00.0	18:08.0	7:15.2	1:09:53.0
29 EDWARDS, CARL	50	M	COLUMBUS	NE	9:05.0	1:49.0	5:06.0	33:34.0	17.8	0:00.0	18:10.0	7:16.0	1:05:55.0
30 CHAFFIN, MORGAN	26	F	CARBONDALE	IL	6:49.0	1:21.8	1:34.0	26:36.0	22.5	0:00.0	18:14.0	7:17.6	0:53:13.0
31 REDINGER, ERIC	33	M	CAPE GIRAREL	MD	7:29.0	1:29.8	1:26.0	26:45.0	22.4	0:00.0	18:18.0	7:19.2	0:53:58.0
32 DAWSON, JOHN	40	M	BELLEVUE	NE	6:00.0	1:12.0	2:33.0	32:00.0	18.7	0:00.0	18:19.0	7:19.6	0:58:52.0
33 RAMSEY, JOSH	15	M	BELLEVUE	NE	10:20.0	2:04.0	3:20.0	39:56.0	15.0	0:00.0	18:26.0	7:22.4	1:12:02.0
34 TIETZ, NATHAN	26	M	OMAHA	NE	10:13.0	2:02.6	3:37.0	39:52.0	15.0	0:00.0	18:27.0	7:22.8	1:12:09.0
35 ROSENKRANZ, SARA	39	F	MANHATTAN	KS	6:40.0	1:20.0	2:10.0	31:04.0	19.3	0:00.0	18:33.0	7:25.2	0:58:27.0
36 BEASLEY, CALEB	24	M	OMAHA	NE	10:58.0	2:11.6	3:35.0	35:12.0	17.0	0:00.0	18:35.0	7:26.0	1:08:20.0
37 PAPE, JEFF	37	M	NORFOLK	NE	7:45.0	1:33.0	2:51.0	29:32.0	20.3	0:00.0	18:43.0	7:29.2	0:58:51.0
38 MEYER, KERRY	33	M	AURORA	NE	9:47.0	1:57.4	2:32.0	38:51.0	15.4	0:00.0	18:48.0	7:31.2	1:09:58.0
39 MERRITT, LORI	32	F	GRAND ISLAND	NE	8:22.0	1:40.4	2:18.0	32:18.0	18.5	0:00.0	18:55.0	7:34.0	1:01:53.0
40 BOWEN, AARON	31	M	PAPILLION	NE	10:23.0	2:04.6	3:12.0	35:40.0	16.8	0:00.0	19:01.0	7:36.4	1:08:16.0
41 HONCIK, JIM	49	M	NORFOLK	NE	13:16.0	2:39.2	3:46.0	42:38.0	14.0	0:00.0	19:03.0	7:37.2	1:18:43.0
42 BURBACH, PAUL	32	M	NORFOLK	NE	14:03.0	2:48.6	2:45.0	31:00.0	19.3	0:00.0	19:06.0	7:38.4	1:06:54.0
43 MILLS, TOM	49	M	LINCOLN	NE	8:32.0	1:42.4	2:34.0	32:35.0	18.4	0:00.0	19:07.0	7:38.8	1:02:48.0
44 SHIRK, STAN	55	M	OMAHA	NE	11:26.0	2:17.2	4:29.0	33:09.0	18.0	0:00.0	19:11.0	7:40.4	1:08:15.0
45 WINDRUM, ROMAN	37	M	OMAHA	NE	9:25.0	1:53.0	2:38.0	34:14.0	17.5	0:00.0	19:13.0	7:41.2	1:05:30.0
46 VLACH, TOM	43	M	TOPEKA	KS	7:36.0	1:31.2	3:09.0	34:11.0	17.5	0:00.0	19:13.0	7:41.2	1:04:09.0
47 RODRIGUEZ, NESTOR	29	M	NORFOLK	NE	9:56.0	1:59.2	3:28.0	33:55.0	17.6	0:00.0	19:15.0	7:42.0	1:06:34.0
48 WIEGMAN, MIKE	34	M	OMAHA	NE	9:25.0	1:53.0	2:06.0	31:18.0	19.1	0:00.0	19:18.0	7:43.2	1:02:07.0
49 GREGG, JENNIFER	41	F	OMAHA	NE	8:34.0	1:42.8	2:56.0	34:20.0	17.4	0:00.0	19:24.0	7:45.6	1:05:14.0
50 SIROTKIN, PETE	52	M	OMAHA	NE	8:04.0	1:36.8	4:30.0	35:56.0	16.6	0:00.0	19:27.0	7:46.8	1:07:57.0
51 LILLY, KEVIN	42	M	SIOUX CITY	NE	8:56.0	1:47.2	1:14.0	29:09.0	20.5	0:00.0	19:29.0	7:47.6	0:58:48.0
52 SNOWARDT, CHRIS	37	M	OMAHA	NE	9:33.0	1:54.6	2:16.0	31:15.0	19.2	0:00.0	19:34.0	7:49.6	1:02:38.0
53 KNIGHT, ROBERT	28	M	OMAHA	NE	6:08.0	1:13.6	1:44.0	29:47.0	20.1	0:00.0	19:37.0	7:50.8	0:57:16.0

NORFOLK YMCA TRATHLON

RUN ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
54 WOJTALEWICZ, RAIMOND	29	M	OMAHA	NE	10:42.0	2:08.4	2:58.0	38:58.0	15.3	0:00.0	19:38.0	7:51.2	1:12:16.0
55 RISTAU, RANCE	19	M	OMAHA	NE	5:56.0	1:11.2	1:41.0	30:05.0	19.9	0:00.0	19:40.0	7:52.0	0:57:22.0
56 KOPPERUD, KENNETH	26	M	OMAHA	NE	9:48.0	1:57.6	2:44.0	31:44.0	18.9	0:00.0	19:41.0	7:52.4	1:03:57.0
57 SINGH, KALVINDER	16	M	LINCOLN	NE	7:54.0	1:34.8	4:33.0	45:22.0	13.2	0:00.0	19:52.0	7:56.8	1:17:41.0
58 VACEK, ERIC	36	M	LINCOLN	NE	7:14.0	1:26.8	2:43.0	31:05.0	19.3	0:00.0	19:54.0	7:57.6	1:00:56.0
59 KOFOED, JUSTIN	19	M	OMAHA	NE	7:01.0	1:24.2	2:29.0	33:03.0	18.1	0:00.0	19:55.0	7:58.0	1:02:28.0
60 DESORDI, JIM	44	M	OMAHA	NE	10:13.0	2:02.6	4:00.0	32:09.0	18.6	0:00.0	19:55.0	7:58.0	1:06:17.0
61 NELSON, ZACHARY	34	M	SIOUX CITY	IA	7:56.0	1:35.2	2:53.0	32:45.0	18.3	0:00.0	19:55.0	7:58.0	1:03:29.0
62 FARNIK, ANGIE	34	F	LINCOLN	NE	11:34.0	2:18.8	2:16.0	38:14.0	15.6	0:00.0	20:00.0	8:00.0	1:12:04.0
63 JOHNSON, KAREN	28	F	NORFOLK	NE	9:36.0	1:55.2	2:59.0	50:28.0	11.8	0:00.0	20:04.0	8:01.6	1:23:07.0
64 SONDERUP, LISA	40	F	BLAIR	NE	10:14.0	2:02.8	3:39.0	33:20.0	17.9	0:00.0	20:05.0	8:02.0	1:07:18.0
65 PLESSING, RACHEL	19	F	KENNA RD	NE	10:05.0	2:01.0	3:15.0	40:02.0	14.9	0:00.0	20:11.0	8:04.4	1:13:33.0
66 MEDINA, TROY	32	M	OMAHA	NE	8:51.0	1:46.2	2:53.0	33:45.0	17.7	0:00.0	20:13.0	8:05.2	1:05:42.0
67 WAGNER, DAMON	35	M	PLATTSMOUTH	NE	8:44.0	1:44.8	2:22.0	31:39.0	18.9	0:00.0	20:14.0	8:05.6	1:02:59.0
68 SONDERUP, JESSICA	19	F	BLAIR	NE	10:48.0	2:09.6	4:19.0	38:20.0	15.6	0:00.0	20:18.0	8:07.2	1:13:45.0
69 HILLS, TYLER	17	M	LINCOLN	NE	5:57.0	1:11.4	3:37.0	38:52.0	15.4	0:00.0	20:19.0	8:07.6	1:08:45.0
70 REDMOND, DERIC	34	M	JEFFERSON	SD	8:08.0	1:37.6	1:58.0	32:53.0	18.2	0:00.0	20:26.0	8:10.4	1:03:25.0
71 MINARIK, SALISSA	38	F	LINCOLN	NE	8:51.0	1:46.2	2:06.0	34:51.0	17.2	0:00.0	20:34.0	8:13.6	1:06:22.0
72 BECK, JENNY	41	F	HORDVILLE	NE	10:19.0	2:03.8	5:07.0	45:01.0	13.3	0:00.0	20:52.0	8:20.8	1:21:19.0
73 STEVENS, MICHAEL	29	M	OMAHA	NE	9:27.0	1:53.4	3:00.0	41:50.0	14.3	0:00.0	20:53.0	8:21.2	1:15:10.0
74 GILG, JENNIFER	39	F	OMAHA	NE	9:25.0	1:53.0	3:57.0	40:20.0	14.8	0:00.0	20:55.0	8:22.0	1:14:37.0
75 CLEVELAND, NICK	30	M	NORFOLK	NE	6:42.0	1:20.4	2:14.0	30:34.0	19.6	0:00.0	20:59.0	8:23.6	1:00:29.0
76 LONG, KIM	39	F	NORFOLK	NE	10:47.0	2:09.4	3:09.0	36:07.0	16.6	0:00.0	21:01.0	8:24.4	1:11:04.0
77 SIROTKIN, SARAH	17	F	OMAHA	NE	7:24.0	1:28.8	2:58.0	40:08.0	14.9	0:00.0	21:04.0	8:25.6	1:11:34.0
78 SHIRK, LISA	20	F	OMAHA	NE	9:54.0	1:58.8	3:39.0	45:08.0	13.2	0:00.0	21:06.0	8:26.4	1:19:47.0
79 HANSON, TRAVIS	31	M	NORFOLK	NE	10:35.0	2:07.0	3:07.0	41:33.0	14.4	0:00.0	21:07.0	8:26.8	1:16:22.0
80 FIELDS, JAMIE	33	F	OMAHA	NE	9:18.0	1:51.6	3:47.0	44:33.0	13.4	0:00.0	21:08.0	8:27.2	1:18:46.0
81 JENNESS, VINCE	50	M	WATERLOO	NE	9:44.0	1:56.8	2:14.0	34:16.0	17.5	0:00.0	21:10.0	8:28.0	1:07:24.0
82 WEBER, SHAWN	35	M	BROOKINGS	SD	10:00.0	2:00.0	4:13.0	44:21.0	13.5	0:00.0	21:14.0	8:29.6	1:19:48.0
83 HOLLOWAY, DAVID	39	M	PAPILLION	NE	7:27.0	1:29.4	3:56.0	34:41.0	17.2	0:00.0	21:18.0	8:31.2	1:07:22.0
84 UHRNACHER, JEFF	35	M	AURORA	NE	9:55.0	1:59.0	2:32.0	37:15.0	16.1	0:00.0	21:19.0	8:31.6	1:11:01.0
85 FEILMEIER, ERIC	41	M	HARTINGTON	NE	10:44.0	2:08.8	3:20.0	34:32.0	17.3	0:00.0	21:25.0	8:34.0	1:10:01.0
86 MITTELSTAEDT, CODY (TE	T		NORFOLK	NE	9:15.0	1:51.0	0:55.0	40:05.0	14.9	0:00.0	21:27.0	8:34.8	1:11:42.0
87 VACEK, REBECCA	33	F	LINCOLN	NE	10:15.0	2:03.0	3:20.0	35:11.0	17.0	0:00.0	21:31.0	8:36.4	1:10:17.0
88 RAMSEY, HEATHER	41	F	BELLEVUE	NE	8:43.0	1:44.6	2:19.0	33:54.0	17.6	0:00.0	21:33.0	8:37.2	1:06:29.0
89 LANHAM, TODD	37	M	CENTRAL CITY	NE	15:03.0	3:00.6	3:08.0	38:59.0	15.3	0:00.0	21:38.0	8:39.2	1:18:48.0
90 FRAGER, JODI	35	F	LINCOLN	NE	9:57.0	1:59.4	3:27.0	37:24.0	16.0	0:00.0	21:47.0	8:42.8	1:12:35.0
91 UHLIR, TODD	34	M	NORFOLK	NE	9:00.0	1:48.0	2:47.0	33:34.0	17.8	0:00.0	21:54.0	8:45.6	1:07:15.0
92 GLENN, JERI	37	F	COLUMBUS	NE	9:45.0	1:57.0	3:34.0	37:45.0	15.8	0:00.0	21:55.0	8:46.0	1:12:59.0
93 DOKTOR, SETH	34	M	OMAHA	NE	9:58.0	1:59.6	2:59.0	35:03.0	17.1	0:00.0	22:01.0	8:48.4	1:10:01.0
94 REINEKE, MELITA	34	F	OMAHA	NE	12:11.0	2:26.2	2:33.0	36:07.0	16.6	0:00.0	22:04.0	8:49.6	1:12:55.0
95 STEFFENSMEIER, SCOTT	35	M	FREMONT	NE	8:24.0	1:40.8	3:24.0	31:08.0	19.2	0:00.0	22:05.0	8:50.0	1:05:01.0
96 SCHAFFER, MATTHEW	39	M	LINCOLN	NE	10:21.0	2:04.2	3:37.0	37:52.0	15.8	0:00.0	22:10.0	8:52.0	1:14:00.0
97 SIEDSCHLAG, JASON	37	M	NORFOLK	NE	12:52.0	2:34.4	3:15.0	32:06.0	18.6	0:00.0	22:11.0	8:52.4	1:10:24.0
98 BOUREK, ANDREW	34	M	NORTH BEND	NE	9:17.0	1:51.4	3:07.0	34:45.0	17.2	0:00.0	22:16.0	8:54.4	1:09:25.0
99 MEYERS, ROBIN	30	F	OMAHA	NE	13:38.0	2:43.6	3:49.0	54:47.0	10.9	0:00.0	22:22.0	8:56.8	1:34:36.0
100 BUSS, MONICA	28	F	COLUMBUS	NE	11:52.0	2:22.4	3:16.0	39:18.0	15.2	0:00.0	22:29.0	8:59.6	1:16:55.0
101 JERABEK TEAM	T		ST PAUL	NE	12:40.0	2:32.0	1:00.0	55:31.0	10.8	0:00.0	22:32.0	9:00.8	1:31:43.0
102 MILLER, STEVE	41	M	NORFOLK	NE	9:53.0	1:58.6	3:37.0	36:56.0	16.2	0:00.0	22:32.0	9:00.8	1:12:58.0
103 FOSSEN, KURT	31	M	OMAHA	NE	8:45.0	1:45.0	1:59.0	32:51.0	18.2	0:00.0	22:41.0	9:04.4	1:06:16.0
104 MEDLOCK, MATT	35	M	OMAHA	NE	9:29.0	1:53.8	2:26.0	33:34.0	17.8	0:00.0	22:50.0	9:08.0	1:08:19.0
105 LANGLI, BERT	61	M	STANTON	NE	10:33.0	2:06.6	2:49.0	30:47.0	19.4	0:00.0	22:57.0	9:10.8	1:07:06.0
106 ANDERSON, SARAH	34	F	PAPILLION	NE	12:40.0	2:32.0	3:20.0	46:03.0	13.0	0:00.0	22:57.0	9:10.8	1:25:00.0
107 HAMER, RUSS	36	M	BATTLE CREEK	NE	15:22.0	3:04.4	3:01.0	35:08.0	17.0	0:00.0	23:03.0	9:13.2	1:16:34.0

NORFOLK YMCA TRATHLON

RUN ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
108 DUBAS, JENNIFER	38	F	OMAHA	NE	11:02.0	2:12.4	4:28.0	43:34.0	13.7	0:00.0	23:22.0	9:20.8	1:22:26.0
109 BUSS, JASON	29	M	COLUMBUS	NE	12:07.0	2:25.4	3:15.0	33:40.0	17.8	0:00.0	23:24.0	9:21.6	1:12:26.0
110 KEEFE, KATIE	25	F	OMAHA	NE	11:33.0	2:18.6	4:28.0	44:06.0	13.6	0:00.0	23:34.0	9:25.6	1:23:41.0
111 BECK, KYLIE	19	F	HORDVILLE	NE	10:34.0	2:06.8	5:14.0	58:30.0	10.2	0:00.0	23:44.0	9:29.6	1:38:02.0
112 HERROD, BRENDA	40	F	NORFOLK	NE	11:17.0	2:15.4	2:40.0	43:18.0	13.8	0:00.0	24:00.0	9:36.0	1:21:15.0
113 LILLY, JANE	43	F	SIOUX CITY	NE	8:54.0	1:46.8	3:12.0	39:12.0	15.3	0:00.0	24:25.0	9:46.0	1:15:43.0
114 HENRY, JEAN	42	F	GRETNA	NE	11:40.0	2:20.0	4:07.0	48:12.0	12.4	0:00.0	24:27.0	9:46.8	1:28:26.0
115 BLAKELY, MICHAEL	25	M	OMAHA	NE	9:39.0	1:55.8	4:58.0	34:40.0	17.3	0:00.0	24:30.0	9:48.0	1:13:47.0
116 SANLAND, TODD	47	M	OMAHA	NE	7:12.0	1:26.4	5:48.0	34:59.0	17.1	0:00.0	24:38.0	9:51.2	1:12:37.0
117 HAHN, MARCY	50	F	INDIANOLA	IA	11:45.0	2:21.0	3:09.0	34:09.0	17.5	0:00.0	24:41.0	9:52.4	1:13:44.0
118 PETERSEN, DIANNE	44	F	OMAHA	NE	9:53.0	1:58.6	4:13.0	42:11.0	14.2	0:00.0	24:43.0	9:53.2	1:21:00.0
119 HAMER, KARI	35	F	BATTLE CREEK	NE	9:58.0	1:59.6	4:43.0	48:12.0	12.4	0:00.0	24:43.0	9:53.2	1:27:36.0
120 COBOS, ALFREDO	49	M	NORFOLK	NE	11:06.0	2:13.2	3:36.0	34:38.0	17.3	0:00.0	24:44.0	9:53.6	1:14:04.0
121 RHODES, LYDIA	33	F	BELLEVUE	NE	17:18.0	3:27.6	4:37.0	34:51.0	17.2	0:00.0	24:54.0	9:57.6	1:21:40.0
122 KOSTAL, MICHELLE	41	F	GRETNA	NE	17:34.0	3:30.8	4:30.0	40:18.0	14.8	0:00.0	24:59.0	9:59.6	1:27:21.0
123 ENGLE, CHAD	39	M	LINCOLN	NE	10:58.0	2:11.6	3:57.0	34:15.0	17.5	0:00.0	25:03.0	10:01.2	1:14:13.0
124 ZIMMERMAN, DANIEL	26	M	OMAHA	NE	11:43.0	2:20.6	3:33.0	42:31.0	14.1	0:00.0	25:33.0	10:13.2	1:23:20.0
125 GUYER, BETSY	45	F	LINCOLN	NE	11:05.0	2:13.0	3:07.0	34:28.0	17.4	0:00.0	25:37.0	10:14.8	1:14:17.0
126 MUELLER, PAT	52	M	OMAHA	NE	12:40.0	2:32.0	5:17.0	41:03.0	14.6	0:00.0	25:45.0	10:18.0	1:24:45.0
127 MCKNIGHT, DOUGLAS	29	M	PLATSMOUTH	NE	11:12.0	2:14.4	4:24.0	38:11.0	15.7	0:00.0	25:54.0	10:21.6	1:19:41.0
128 DOLTER, MARCI	40	F	ELKHORN	NE	8:57.0	1:47.4	4:38.0	53:21.0	11.2	0:00.0	26:02.0	10:24.8	1:32:58.0
129 KLEMS, KYLE	37	M	LINCOLN	NE	12:32.0	2:30.4	1:19.0	38:40.0	15.5	0:00.0	26:14.0	10:29.6	1:18:45.0
130 TRISLER, JAN	34	F	BEATRICE	NE	13:41.0	2:44.2	4:09.0	41:05.0	14.6	0:00.0	26:15.0	10:30.0	1:23:10.0
131 SMITH, BRITTANY	26	F	NORFOLK	NE	14:28.0	2:53.6	4:58.0	46:44.0	12.8	0:00.0	26:20.0	10:32.0	1:32:30.0
132 HECKERT, MANDI	29	F	NELIGH	NE	10:00.0	2:00.0	3:06.0	43:30.0	13.7	0:00.0	26:28.0	10:35.2	1:23:04.0
133 HOWARD, JULIE (TEAM)	T		CEDAR CREEK	NE	16:42.0	3:20.4	2:47.0	58:04.0	10.3	0:00.0	26:55.0	10:46.0	1:44:28.0
134 GANN, JEFFREY	38	M	LINCOLN	NE	10:14.0	2:02.8	2:50.0	36:11.0	16.5	0:00.0	27:02.0	10:48.8	1:16:17.0
135 ASHCRAFT, CANDY	36	F	LINCOLN	NE	9:58.0	1:59.6	4:43.0	40:24.0	14.8	0:00.0	27:21.0	10:56.4	1:22:26.0
136 WHITMAN, CANILLA	33	F	GRAND ISLAND	NE	12:13.0	2:26.6	4:20.0	48:26.0	12.3	0:00.0	27:21.0	10:56.4	1:32:20.0
137 MILLER, PETE	53	M	COLUMBUS	NE	12:35.0	2:31.0	3:46.0	33:45.0	17.7	0:00.0	27:23.0	10:57.2	1:17:29.0
138 JENNESS, CINDY	53	F	WATERLOO	IA	14:32.0	2:54.4	3:24.0	39:27.0	15.2	0:00.0	27:34.0	11:01.6	1:24:57.0
139 RUDEN, SHERRY	35	F	NORFOLK	NE	10:50.0	2:10.0	5:49.0	41:16.0	14.5	0:00.0	27:57.0	11:10.8	1:25:52.0
140 TESSIER, TRINA	41	F	GRETNA	NE	10:35.0	2:07.0	4:24.0	48:08.0	12.4	0:00.0	28:07.0	11:14.8	1:31:14.0
141 WATSON, RICH	42	M	HOLDREGE	NE	9:43.0	1:56.6	3:34.0	35:13.0	17.0	0:00.0	28:39.0	11:27.6	1:17:09.0
142 GONZALEZ-KRUGER, GLORI	52	F	LINCOLN	NE	13:37.0	2:43.4	5:24.0	36:43.0	16.3	0:00.0	28:41.0	11:28.4	1:24:25.0
143 RADER, KRISTIE	55	F	LINCOLN	NE	10:05.0	2:01.0	2:59.0	35:48.0	16.7	0:00.0	28:47.0	11:30.8	1:17:39.0
144 BUTLER, JOYCE	49	F	OMAHA	NE	11:24.0	2:16.8	4:19.0	37:02.0	16.2	0:00.0	29:51.0	11:56.4	1:22:36.0
145 SUP REZAC, KATIE	29	F	OMAHA	NE	10:22.0	2:04.4	7:43.0	54:47.0	10.9	0:00.0	30:06.0	12:02.4	1:42:58.0
146 DAY, BRIAN	41	M	OMAHA	NE	12:30.0	2:30.0	5:01.0	42:45.0	14.0	0:00.0	30:09.0	12:03.6	1:30:25.0
147 CONSIDINE, PATTY	43	F	SIOUX CITY	IA	10:03.0	2:00.6	3:07.0	40:02.0	14.9	0:00.0	32:05.0	12:50.0	1:25:17.0
148 HOLST, AMY	37	F	LINCOLN	NE	11:25.0	2:17.0	4:37.0	40:06.0	14.9	0:00.0	32:09.0	12:51.6	1:28:17.0
149 MORGAN, PAUL	45	M	SIOUX CITY	IA	14:17.0	2:51.4	4:07.0	37:13.0	16.1	0:00.0	33:31.0	13:24.4	1:29:08.0
150 DELLUTRI, LAURA	47	F	OVERLAND PAR	KS	11:07.0	2:13.4	14:24.0	40:59.0	14.6	0:00.0	36:16.0	14:30.4	1:42:46.0

SHORT COURSE

1 POWELL, KOLTON	15	M	NORFOLK	NE	1:46.0	1:10.7	3:01.0	10:23.0	17.3	0:00.0	6:35.0	6:35.0	0:21:45.0
2 HARTHORN, KAITLYN (TE	T		NORFOLK	NE	1:50.0	1:13.3	1:08.0	12:02.0	14.9	0:00.0	6:55.0	6:55.0	0:21:55.0
3 KUMM, DANIEL	14	M	NORFOLK	NE	2:56.0	1:57.3	3:14.0	10:56.0	16.4	0:00.0	6:57.0	6:57.0	0:24:03.0
4 PARKS, MELISSA	16	F	NORFOLK	NE	2:57.0	1:58.0	3:17.0	14:05.0	12.7	0:00.0	7:26.0	7:26.0	0:27:45.0
5 CREAGER, KRISTA	18	F	YANKTON	NE	2:40.0	1:46.7	2:34.0	11:04.0	16.2	0:00.0	7:39.0	7:39.0	0:23:57.0
6 REDINGER, BRENNAN	12	M	CAPE GIRARDE	MO	3:04.0	2:02.7	2:37.0	12:12.0	14.7	0:00.0	7:42.0	7:42.0	0:25:35.0
7 HOHENTHNER, CAROL	49	F	YANKTON	SD	3:21.0	2:14.0	2:46.0	10:17.0	17.5	0:00.0	8:01.0	8:01.0	0:24:25.0
8 CARNEY, CAMERON (TEAM)	T		NORFOLK	NE	1:44.0	1:09.3	1:15.0	15:46.0	11.4	0:00.0	8:08.0	8:08.0	0:26:53.0
9 BRAUN, MADISON	13	F	BELLEVUE	NE	3:17.0	2:11.3	2:45.0	12:59.0	13.8	0:00.0	8:15.0	8:15.0	0:27:16.0

NORFOLK YMCA TRATHLON

RUN ORDER

NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
10	PORTER, GRACE	11	F	FREMONT	NE	1:59.0	1:19.3	2:34.0	12:05.0	14.8	0:00.0	8:25.0	8:25.0	0:25:03.0
11	KINSLEY, LIZZIE	15	F	YANKTON	NE	1:45.0	1:10.0	2:42.0	11:06.0	16.2	0:00.0	8:31.0	8:31.0	0:24:04.0
12	OLSON, BRIAN	46	M	YANKTON	SD	2:22.0	1:34.7	2:41.0	10:45.0	16.7	0:00.0	8:44.0	8:44.0	0:24:32.0
13	PRUSS, EMILY	23	F	NORFOLK	NE	2:23.0	1:35.3	2:05.0	12:04.0	14.9	0:00.0	8:45.0	8:45.0	0:25:17.0
14	KINSLEY, JIM	37	M	YANKTON	NE	3:30.0	2:20.0	3:20.0	9:15.0	19.4	0:00.0	8:47.0	8:47.0	0:24:52.0
15	HOLLOWAY, HARRISON	8	M	PAPILLION	NE	3:34.0	2:22.7	3:28.0	15:15.0	11.8	0:00.0	8:47.0	8:47.0	0:31:04.0
16	CARNEY, KELLEN (TEAM)	T		NORFOLK	NE	2:44.0	1:49.3	1:25.0	16:57.0	10.6	0:00.0	8:50.0	8:50.0	0:29:56.0
17	KINSLEY, TARA	35	F	YANKTON	NE	2:31.0	1:40.7	3:17.0	10:36.0	16.9	0:00.0	9:04.0	9:04.0	0:25:28.0
18	KASTL, JAROD	34	M	NORFOLK	NE	3:06.0	2:04.0	4:07.0	11:54.0	15.1	0:00.0	9:11.0	9:11.0	0:28:18.0
19	SCHMIDT, ELIZABETH	15	F	NORFOLK	NE	4:04.0	2:42.7	3:54.0	12:21.0	14.5	0:00.0	9:16.0	9:16.0	0:29:35.0
20	CRONER, JACK	8	M	LINCOLN	NE	2:57.0	1:58.0	2:04.0	14:38.0	12.3	0:00.0	9:19.0	9:19.0	0:28:58.0
21	THELANDER, JEFF	37	M	LAWTON	IA	2:52.0	1:54.7	2:09.0	9:44.0	18.4	0:00.0	9:20.0	9:20.0	0:24:05.0
22	HERROD, LAUREN (TEAM)	T		NORFOLK	NE	3:04.0	2:02.7	1:22.0	11:57.0	15.0	0:00.0	9:24.0	9:24.0	0:25:47.0
23	CRONER, SCOTT	44	M	LINCOLN	NE	2:48.0	1:52.0	2:05.0	14:41.0	12.2	0:00.0	9:24.0	9:24.0	0:28:58.0
24	YAGGIE, SANDY	46	F	MISSION HILL	SD	3:36.0	2:24.0	3:01.0	11:03.0	16.2	0:00.0	9:27.0	9:27.0	0:27:07.0
25	HOLLOWAY, GRACE	11	F	PAPILLION	NE	3:01.0	2:00.7	3:59.0	14:36.0	12.3	0:00.0	9:27.0	9:27.0	0:31:03.0
26	WIEGERT, ANNETTE	43	F	LINCOLN	NE	3:14.0	2:09.3	3:17.0	12:30.0	14.4	0:00.0	9:30.0	9:30.0	0:28:31.0
27	BECKER, DIANE	48	F	MADISON	NE	4:48.0	3:12.0	3:00.0	12:51.0	14.0	0:00.0	9:31.0	9:31.0	0:30:10.0
28	DAUGHERTY-BRAUN, JULIE	41	F	BELLEVUE	NE	2:48.0	1:52.0	2:42.0	11:51.0	15.1	0:00.0	9:31.0	9:31.0	0:26:52.0
29	DOELE, JAMI	31	F	NORFOLK	NE	3:22.0	2:14.7	4:44.0	13:39.0	13.1	0:00.0	9:36.0	9:36.0	0:31:21.0
30	KASTL, LAURA	29	F	NORFOLK	NE	2:50.0	1:53.3	3:36.0	11:57.0	15.0	0:00.0	9:43.0	9:43.0	0:28:06.0
31	WEBER, JENNIFER (TEAM)	T		BROOKINGS	SD	2:15.0	1:30.0	1:27.0	15:19.0	11.7	0:00.0	9:47.0	9:47.0	0:28:48.0
32	HASTINGS, BETH	23	F	LINCOLN	NE	2:50.0	1:53.3	2:50.0	12:04.0	14.9	0:00.0	9:52.0	9:52.0	0:27:36.0
33	SCHLOWER, JULIE	39	F	NORFOLK	NE	3:06.0	2:04.0	4:10.0	13:14.0	13.5	0:00.0	9:53.0	9:53.0	0:30:23.0
34	WHITMAN, MATTHEW	33	M	GRAND ISLAND	NE	3:04.0	2:02.7	3:35.0	11:21.0	15.8	0:00.0	9:58.0	9:58.0	0:27:58.0
35	SCHLOWER, CHARLES	40	M	NORFOLK	NE	2:42.0	1:48.0	3:32.0	13:09.0	13.6	0:00.0	10:03.0	10:03.0	0:29:26.0
36	MAROTO, LUCY	37	F	NORFOLK	NE	2:47.0	1:51.3	5:21.0	12:26.0	14.4	0:00.0	10:09.0	10:09.0	0:30:43.0
37	RANSEY, REBECCA	12	F	BELLEVUE	NE	4:34.0	3:02.7	3:29.0	13:36.0	13.2	0:00.0	10:10.0	10:10.0	0:31:49.0
38	POHLMAN, JODI	33	F	NORFOLK	NE	3:28.0	2:18.7	2:59.0	14:35.0	12.3	0:00.0	10:13.0	10:13.0	0:31:15.0
39	DAWSON, BETH	40	F	BELLEVUE	NE	3:05.0	2:03.3	3:19.0	11:25.0	15.7	0:00.0	10:28.0	10:28.0	0:28:17.0
40	FUCHS, ANITA	23	F	OMAHA	NE	3:40.0	2:26.7	3:43.0	14:12.0	12.6	0:00.0	10:30.0	10:30.0	0:32:05.0
41	HECKERT, COURTNI	9	F	NELIGH	NE	3:20.0	2:13.3	3:24.0	15:27.0	11.6	0:00.0	10:54.0	10:54.0	0:33:05.0
42	KOSTAL, JOSHUA	12	M	GRETNA	NE	3:42.0	2:28.0	3:54.0	16:17.0	11.0	0:00.0	10:55.0	10:55.0	0:34:48.0
43	HENRY, KYLE	11	M	GRETNA	NE	4:13.0	2:48.7	3:17.0	22:30.0	08.0	0:00.0	11:01.0	11:01.0	0:41:01.0
44	HANSON, LESLEY	31	F	NORFOLK	NE	2:18.0	1:32.0	3:41.0	13:32.0	13.2	0:00.0	11:08.0	11:08.0	0:30:39.0
45	BECK, HANNAH	14	F	HORDVILLE	NE	2:01.0	1:20.7	5:51.0	13:44.0	13.1	0:00.0	11:24.0	11:24.0	0:33:00.0
46	CARNEY, ELISSA	37	F	NORFOLK	NE	2:18.0	1:32.0	3:58.0	13:29.0	13.3	0:00.0	11:25.0	11:25.0	0:31:10.0
47	SUMMERS, KAITLYN	11	F	NORFOLK	NE	2:48.0	1:52.0	5:13.0	16:22.0	10.9	0:00.0	11:43.0	11:43.0	0:36:06.0
48	ENGLE, HAYDEN	10	F	LINCOLN	NE	4:11.0	2:47.3	5:29.0	16:35.0	10.8	0:00.0	11:47.0	11:47.0	0:38:02.0
49	ANKENY, MARY	54	F	DIXON	NE	3:18.0	2:12.0	4:11.0	13:26.0	13.3	0:00.0	11:49.0	11:49.0	0:32:44.0
50	AMICK, AMBER	34	F	STANTON	NE	3:46.0	2:30.7	4:25.0	13:38.0	13.2	0:00.0	11:59.0	11:59.0	0:33:48.0
51	KOSTAL, CASSANDRA	10	F	GRETNA	NE	4:54.0	3:16.0	4:40.0	16:50.0	10.6	0:00.0	12:13.0	12:13.0	0:38:37.0
52	TESSIER, IAN	11	M	GRETNA	NE	4:08.0	2:45.3	99:99.9	99:99.9	99.9	0:00.0	12:16.0	12:16.0	0:37:27.0
53	TRIERWEILER, KATIE	32	F	LINCOLN	NE	2:44.0	1:49.3	3:24.0	14:26.0	12.4	0:00.0	12:20.0	12:20.0	0:32:54.0
54	EDWARDS, ETHAN	8	M	NORFOLK	NE	6:58.0	4:38.7	4:07.0	17:40.0	10.1	0:00.0	12:51.0	12:51.0	0:41:36.0
55	PORTER, SAGE	12	F	FREMONT	NE	2:00.0	1:20.0	3:27.0	17:23.0	10.3	0:00.0	13:03.0	13:03.0	0:35:53.0
56	RITTER, KAREN	42	F	NORFOLK	NE	3:52.0	2:34.7	3:35.0	14:26.0	12.4	0:00.0	13:12.0	13:12.0	0:35:05.0
57	HENRY, AUSTIN	12	M	GRETNA	NE	3:32.0	2:21.3	3:53.0	18:57.0	09.4	0:00.0	13:21.0	13:21.0	0:39:43.0
58	HAMER, WYATT	9	M	BATTLE CREEK	NE	4:51.0	3:14.0	6:24.0	18:29.0	09.7	0:00.0	15:33.0	15:33.0	0:45:17.0
59	MORGAN, KYLE	11	M	SIOUX CITY	IA	5:10.0	3:26.7	7:48.0	17:13.0	10.4	0:00.0	16:28.0	16:28.0	0:46:39.0
60	ZANDER, SUSAN	45	F	LINCOLN	NE	5:16.0	3:30.7	7:34.0	23:32.0	07.6	0:00.0	22:18.0	22:18.0	0:58:40.0

NORFOLK YMCA TRATHLON

DISTANCE/SEX ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
LONG COURSE MALE													
1 LONG, RYAN	26	M	OMAHA	NE	6:44.0	1:20.8	1:25.0	26:00.0	23.0	0:00.0	15:15.0	6:06.0	0:49:24.0
2 KUBIAK, GERALD	34	M	OMAHA	NE	7:23.0	1:28.6	1:13.0	27:10.0	22.0	0:00.0	15:01.0	6:00.4	0:50:47.0
3 MURDOCH, LINCOLN	52	M	OMAHA	NE	7:29.0	1:29.8	1:45.0	25:50.0	23.2	0:00.0	16:05.0	6:26.0	0:51:09.0
4 YAGGIE, MITCH	17	M	MISSION HILL	SD	8:42.0	1:44.4	1:16.0	27:51.0	21.5	0:00.0	14:38.0	5:51.2	0:52:27.0
5 CARNICHAEL, MATT	47	M	OMAHA	NE	7:18.0	1:27.6	1:54.0	27:25.0	21.8	0:00.0	15:52.0	6:20.8	0:52:29.0
6 HOHENTHNER, ALEX	18	M	YANKTON	NE	7:11.0	1:26.2	1:33.0	28:50.0	20.8	0:00.0	15:02.0	6:00.8	0:52:36.0
7 CLARK, JOURDAN	18	M	FREMONT	NE	5:56.0	1:11.2	1:25.0	29:36.0	20.2	0:00.0	15:42.0	6:16.8	0:52:39.0
8 VASINA, JEFF	34	M	COLUMBUS	NE	7:56.0	1:35.2	1:48.0	27:17.0	21.9	0:00.0	15:48.0	6:19.2	0:52:49.0
9 KUEFFNER, JIM	49	M	OMAHA	NE	7:12.0	1:26.4	1:37.0	27:18.0	21.9	0:00.0	16:51.0	6:44.4	0:52:58.0
10 REDINGER, ERIC	33	M	CAPE GIRAREL	MO	7:29.0	1:29.8	1:26.0	26:45.0	22.4	0:00.0	18:18.0	7:19.2	0:53:58.0
11 FISHER, MATT	26	M	BATTLE CREEK	NE	7:26.0	1:29.2	1:48.0	27:20.0	21.9	0:00.0	17:34.0	7:01.6	0:54:08.0
12 KINSLEY, KIPP	16	M	YANKTON	SD	8:04.0	1:36.8	1:57.0	29:49.0	20.1	0:00.0	15:12.0	6:04.8	0:55:02.0
13 MARSH, JOHN	50	M	KEARNEY	NE	8:56.0	1:47.2	2:42.0	27:36.0	21.7	0:00.0	16:03.0	6:25.2	0:55:17.0
14 SCHULDT, DAN	46	M	DONIPHAN	NE	9:44.0	1:56.8	2:15.0	26:42.0	22.4	0:00.0	16:47.0	6:42.8	0:55:28.0
15 GLENN, DARIN	37	M	COLUMBUS	NE	9:40.0	1:56.0	2:03.0	27:45.0	21.6	0:00.0	16:34.0	6:37.6	0:56:02.0
16 GREVE, JOEL	47	M	ALLEN	NE	7:36.0	1:31.2	1:33.0	29:59.0	20.0	0:00.0	17:40.0	7:04.0	0:56:48.0
17 KNIGHT, ROBERT	28	M	OMAHA	NE	6:08.0	1:13.6	1:44.0	29:47.0	20.1	0:00.0	19:37.0	7:50.8	0:57:16.0
18 RISTAU, RANCE	19	M	OMAHA	NE	5:56.0	1:11.2	1:41.0	30:05.0	19.9	0:00.0	19:40.0	7:52.0	0:57:22.0
19 BURHEISTER, JAMIE	40	M	GRETNA	NE	7:54.0	1:34.8	2:08.0	30:43.0	19.5	0:00.0	16:47.0	6:42.8	0:57:32.0
20 PINKALL, ERIC	41	M	GRETNA	NE	8:08.0	1:37.6	2:06.0	31:06.0	19.2	0:00.0	16:48.0	6:43.2	0:58:08.0
21 BEASLEY, JOSHUA	22	M	OMAHA	NE	9:13.0	1:50.6	1:39.0	31:03.0	19.3	0:00.0	16:27.0	6:34.8	0:58:22.0
22 ENSZ, JEFF	26	M	MINDEN	NE	8:05.0	1:37.0	3:14.0	31:59.0	18.7	0:00.0	17:11.0	6:52.4	0:58:29.0
23 LILLY, KEVIN	42	M	SIOUX CITY	NE	8:56.0	1:47.2	1:14.0	29:09.0	20.5	0:00.0	19:29.0	7:47.6	0:58:48.0
24 PAPE, JEFF	37	M	NORFOLK	NE	7:45.0	1:33.0	2:51.0	29:32.0	20.3	0:00.0	18:43.0	7:29.2	0:58:51.0
25 DAWSON, JOHN	40	M	BELLEVUE	NE	6:00.0	1:12.0	2:33.0	32:00.0	18.7	0:00.0	18:19.0	7:19.6	0:58:52.0
26 ORTMEIER, MICHAEL	22	M	OMAHA	NE	7:45.0	1:33.0	2:03.0	31:45.0	18.8	0:00.0	17:32.0	7:00.8	0:59:05.0
27 CLEVELAND, NICK	30	M	NORFOLK	NE	6:42.0	1:20.4	2:14.0	30:34.0	19.6	0:00.0	20:59.0	8:23.6	1:00:29.0
28 VACEK, ERIC	36	M	LINCOLN	NE	7:14.0	1:26.8	2:43.0	31:05.0	19.3	0:00.0	19:54.0	7:57.6	1:00:56.0
29 BEADELL, NOAH	24	M	OMAHA	NE	8:00.0	1:36.0	2:20.0	32:59.0	18.1	0:00.0	17:41.0	7:04.4	1:01:00.0
30 WIEGMAN, MIKE	34	M	OMAHA	NE	9:25.0	1:53.0	2:06.0	31:18.0	19.1	0:00.0	19:18.0	7:43.2	1:02:07.0
31 KOFOED, JUSTIN	19	M	OMAHA	NE	7:01.0	1:24.2	2:29.0	33:03.0	18.1	0:00.0	19:55.0	7:58.0	1:02:28.0
32 SNOWARDT, CHRIS	37	M	OMAHA	NE	9:33.0	1:54.6	2:16.0	31:15.0	19.2	0:00.0	19:34.0	7:49.6	1:02:38.0
33 MILLS, TOM	49	M	LINCOLN	NE	8:32.0	1:42.4	2:34.0	32:35.0	18.4	0:00.0	19:07.0	7:38.8	1:02:48.0
34 WAGNER, DAMON	35	M	PLATTSMOUTH	NE	8:44.0	1:44.8	2:22.0	31:39.0	18.9	0:00.0	20:14.0	8:05.6	1:02:59.0
35 REDMOND, DERIC	34	M	JEFFERSON	SD	8:08.0	1:37.6	1:58.0	32:53.0	18.2	0:00.0	20:26.0	8:10.4	1:03:25.0
36 NELSON, ZACHARY	34	M	SIOUX CITY	IA	7:56.0	1:35.2	2:53.0	32:45.0	18.3	0:00.0	19:55.0	7:58.0	1:03:29.0
37 KOPPERUD, KENNETH	26	M	OMAHA	NE	9:48.0	1:57.6	2:44.0	31:44.0	18.9	0:00.0	19:41.0	7:52.4	1:03:57.0
38 VLACH, TOM	43	M	TOPEKA	KS	7:36.0	1:31.2	3:09.0	34:11.0	17.5	0:00.0	19:13.0	7:41.2	1:04:09.0
39 PILLARD, MATTHEW	38	M	OMAHA	NE	20:20.0	4:04.0	99:99.9	34:17.0	17.5	0:00.0	17:58.0	7:11.2	1:04:45.0
40 STEFFENSHEIER, SCOTT	35	M	FREMONT	NE	8:24.0	1:40.8	3:24.0	31:08.0	19.2	0:00.0	22:05.0	8:50.0	1:05:01.0
41 WINDRUM, ROMAN	37	M	OMAHA	NE	9:25.0	1:53.0	2:38.0	34:14.0	17.5	0:00.0	19:13.0	7:41.2	1:05:30.0
42 MEDINA, TROY	32	M	OMAHA	NE	8:51.0	1:46.2	2:53.0	33:45.0	17.7	0:00.0	20:13.0	8:05.2	1:05:42.0
43 EDWARDS, CARL	50	M	COLUMBUS	NE	9:05.0	1:49.0	5:06.0	33:34.0	17.8	0:00.0	18:10.0	7:16.0	1:05:55.0
44 FOSSEN, KURT	31	M	OMAHA	NE	8:45.0	1:45.0	1:59.0	32:51.0	18.2	0:00.0	22:41.0	9:04.4	1:06:16.0
45 DESORDI, JIM	44	M	OMAHA	NE	10:13.0	2:02.6	4:00.0	32:09.0	18.6	0:00.0	19:55.0	7:58.0	1:06:17.0
46 RODRIGUEZ, NESTOR	29	M	NORFOLK	NE	9:56.0	1:59.2	3:28.0	33:55.0	17.6	0:00.0	19:15.0	7:42.0	1:06:34.0
47 BURBACH, PAUL	32	M	NORFOLK	NE	14:03.0	2:48.6	2:45.0	31:00.0	19.3	0:00.0	19:06.0	7:38.4	1:06:54.0
48 LAMMLI, BERT	61	M	STANTON	NE	10:33.0	2:06.6	2:49.0	30:47.0	19.4	0:00.0	22:57.0	9:10.8	1:07:06.0
49 UHLIR, TODD	34	M	NORFOLK	NE	9:00.0	1:48.0	2:47.0	33:34.0	17.8	0:00.0	21:54.0	8:45.6	1:07:15.0
50 HOLLOWAY, DAVID	39	M	PAPILLION	NE	7:27.0	1:29.4	3:56.0	34:41.0	17.2	0:00.0	21:18.0	8:31.2	1:07:22.0
51 JENNESS, VINCE	50	M	WATERLOO	NE	9:44.0	1:56.8	2:14.0	34:16.0	17.5	0:00.0	21:10.0	8:28.0	1:07:24.0
52 SIROTKIN, PETE	52	M	OMAHA	NE	8:04.0	1:36.8	4:30.0	35:56.0	16.6	0:00.0	19:27.0	7:46.8	1:07:57.0
53 DAYTON, LIONEL	36	M	NORFOLK	NE	10:34.0	2:06.8	3:39.0	35:55.0	16.7	0:00.0	18:05.0	7:14.0	1:08:13.0

NORFOLK YMCA TRATHLON DISTANCE/SEX ORDER NT2009

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
54	SHIRK, STAN	55	M	OMAHA	NE	11:26.0	2:17.2	4:29.0	33:09.0	18.0	0:00.0	19:11.0	7:40.4	1:08:15.0
55	BOWEN, AARON	31	M	PAPILLION	NE	10:23.0	2:04.6	3:12.0	35:40.0	16.8	0:00.0	19:01.0	7:36.4	1:08:16.0
56	MEDLOCK, MATT	35	M	OMAHA	NE	9:29.0	1:53.8	2:26.0	33:34.0	17.8	0:00.0	22:50.0	9:08.0	1:08:19.0
57	BEASLEY, CALEB	24	M	OMAHA	NE	10:58.0	2:11.6	3:35.0	35:12.0	17.0	0:00.0	18:35.0	7:26.0	1:08:20.0
58	MILLS, TYLER	17	M	LINCOLN	NE	5:57.0	1:11.4	3:37.0	38:52.0	15.4	0:00.0	20:19.0	8:07.6	1:08:45.0
59	BOUREK, ANDREW	34	M	NORTH BEND	NE	9:17.0	1:51.4	3:07.0	34:45.0	17.2	0:00.0	22:16.0	8:54.4	1:09:25.0
60	MEYER, KERRY	33	M	AURORA	NE	9:47.0	1:57.4	2:32.0	38:51.0	15.4	0:00.0	18:48.0	7:31.2	1:09:58.0
61	DOKTOR, SETH	34	M	OMAHA	NE	9:58.0	1:59.6	2:59.0	35:03.0	17.1	0:00.0	22:01.0	8:48.4	1:10:01.0
62	FEILMEIER, ERIC	41	M	HARTINGTON	NE	10:44.0	2:08.8	3:20.0	34:32.0	17.3	0:00.0	21:25.0	8:34.0	1:10:01.0
63	SIEDSCHLAG, JASON	37	M	NORFOLK	NE	12:52.0	2:34.4	3:15.0	32:06.0	18.6	0:00.0	22:11.0	8:52.4	1:10:24.0
64	UHRMACHER, JEFF	35	M	AURORA	NE	9:55.0	1:59.0	2:32.0	37:15.0	16.1	0:00.0	21:19.0	8:31.6	1:11:01.0
65	RAMSEY, JOSH	15	M	BELLEVUE	NE	10:20.0	2:04.0	3:20.0	39:56.0	15.0	0:00.0	18:26.0	7:22.4	1:12:02.0
66	TIETZ, NATHAN	26	M	OMAHA	NE	10:13.0	2:02.6	3:37.0	39:52.0	15.0	0:00.0	18:27.0	7:22.8	1:12:09.0
67	WOJTALEWICZ, RAYMOND	29	M	OMAHA	NE	10:42.0	2:08.4	2:58.0	38:58.0	15.3	0:00.0	19:38.0	7:51.2	1:12:16.0
68	BUSS, JASON	29	M	COLUMBUS	NE	12:07.0	2:25.4	3:15.0	33:40.0	17.8	0:00.0	23:24.0	9:21.6	1:12:26.0
69	SAMLAND, TODD	47	M	OMAHA	NE	7:12.0	1:26.4	5:48.0	34:59.0	17.1	0:00.0	24:38.0	9:51.2	1:12:37.0
70	MILLER, STEVE	41	M	NORFOLK	NE	9:53.0	1:58.6	3:37.0	36:56.0	16.2	0:00.0	22:32.0	9:00.8	1:12:58.0
71	BLAKELY, MICHAEL	25	M	OMAHA	NE	9:39.0	1:55.8	4:58.0	34:40.0	17.3	0:00.0	24:30.0	9:48.0	1:13:47.0
72	SCHAFFER, MATTHEW	39	M	LINCOLN	NE	10:21.0	2:04.2	3:37.0	37:52.0	15.8	0:00.0	22:10.0	8:52.0	1:14:00.0
73	COBOS, ALFREDO	49	M	NORFOLK	NE	11:06.0	2:13.2	3:36.0	34:38.0	17.3	0:00.0	24:44.0	9:53.6	1:14:04.0
74	ENGLE, CHAD	39	M	LINCOLN	NE	10:58.0	2:11.6	3:57.0	34:15.0	17.5	0:00.0	25:03.0	10:01.2	1:14:13.0
75	STEVENS, MICHAEL	29	M	OMAHA	NE	9:27.0	1:53.4	3:00.0	41:50.0	14.3	0:00.0	20:53.0	8:21.2	1:15:10.0
76	GANN, JEFFREY	38	M	LINCOLN	NE	10:14.0	2:02.8	2:50.0	36:11.0	16.5	0:00.0	27:02.0	10:48.8	1:16:17.0
77	HANSON, TRAVIS	31	M	NORFOLK	NE	10:35.0	2:07.0	3:07.0	41:33.0	14.4	0:00.0	21:07.0	8:26.8	1:16:22.0
78	HAMER, RUSS	36	M	BATTLE CREEK	NE	15:22.0	3:04.4	3:01.0	35:08.0	17.0	0:00.0	23:03.0	9:13.2	1:16:34.0
79	WATSON, RICH	42	M	HOLDREGE	NE	9:43.0	1:56.6	3:34.0	35:13.0	17.0	0:00.0	28:39.0	11:27.6	1:17:09.0
80	MILLER, PETE	53	M	COLUMBUS	NE	12:35.0	2:31.0	3:46.0	33:45.0	17.7	0:00.0	27:23.0	10:57.2	1:17:29.0
81	SINGH, KALVINDER	16	M	LINCOLN	NE	7:54.0	1:34.8	4:33.0	45:22.0	13.2	0:00.0	19:52.0	7:56.8	1:17:41.0
82	HONCIK, JIM	49	M	NORFOLK	NE	13:16.0	2:39.2	3:46.0	42:38.0	14.0	0:00.0	19:03.0	7:37.2	1:18:43.0
83	KLEMS, KYLE	37	M	LINCOLN	NE	12:32.0	2:30.4	1:19.0	38:40.0	15.5	0:00.0	26:14.0	10:29.6	1:18:45.0
84	LANHAM, TODD	37	M	CENTRAL CITY	NE	15:03.0	3:00.6	3:08.0	38:59.0	15.3	0:00.0	21:38.0	8:39.2	1:18:48.0
85	MCKNIGHT, DOUGLAS	29	M	PLATSMOUTH	NE	11:12.0	2:14.4	4:24.0	38:11.0	15.7	0:00.0	25:54.0	10:21.6	1:19:41.0
86	WEBER, SHAWN	35	M	BROOKINGS	SD	10:00.0	2:00.0	4:13.0	44:21.0	13.5	0:00.0	21:14.0	8:29.6	1:19:48.0
87	ZIMMERMAN, DANIEL	26	M	OMAHA	NE	11:43.0	2:20.6	3:33.0	42:31.0	14.1	0:00.0	25:33.0	10:13.2	1:23:20.0
88	MUELLER, PAT	52	M	OMAHA	NE	12:40.0	2:32.0	5:17.0	41:03.0	14.6	0:00.0	25:45.0	10:18.0	1:24:45.0
89	MORGAN, PAUL	45	M	SIOUX CITY	IA	14:17.0	2:51.4	4:07.0	37:13.0	16.1	0:00.0	33:31.0	13:24.4	1:29:08.0
90	DAY, BRIAN	41	M	OMAHA	NE	12:30.0	2:30.0	5:01.0	42:45.0	14.0	0:00.0	30:09.0	12:03.6	1:30:25.0

LONG COURSE FEMALE

1	CHAFFIN, MORGAN	26	F	CARBONDALE	IL	6:49.0	1:21.8	1:34.0	26:36.0	22.5	0:00.0	18:14.0	7:17.6	0:53:13.0
2	ROSENKRANZ, SARA	39	F	MANHATTAN	KS	6:40.0	1:20.0	2:10.0	31:04.0	19.3	0:00.0	18:33.0	7:25.2	0:58:27.0
3	NELSON, SARAH	21	F	SIOUX CITY	NE	6:50.0	1:22.0	2:38.0	35:34.0	16.8	0:00.0	16:16.0	6:30.4	1:01:18.0
4	MERRITT, LORI	32	F	GRAND ISLAND	NE	8:22.0	1:40.4	2:18.0	32:18.0	18.5	0:00.0	18:55.0	7:34.0	1:01:53.0
5	BLAIR, TRACY	30	F	DIXON	NE	8:57.0	1:47.4	3:04.0	32:43.0	18.3	0:00.0	17:53.0	7:09.2	1:02:37.0
6	GREGG, JENNIFER	41	F	OMAHA	NE	8:34.0	1:42.8	2:56.0	34:20.0	17.4	0:00.0	19:24.0	7:45.6	1:05:14.0
7	MINARIK, SALISSA	38	F	LINCOLN	NE	8:51.0	1:46.2	2:06.0	34:51.0	17.2	0:00.0	20:34.0	8:13.6	1:06:22.0
8	RAMSEY, HEATHER	41	F	BELLEVUE	NE	8:43.0	1:44.6	2:19.0	33:54.0	17.6	0:00.0	21:33.0	8:37.2	1:06:29.0
9	SONDERUP, LISA	40	F	BLAIR	NE	10:14.0	2:02.8	3:39.0	33:20.0	17.9	0:00.0	20:05.0	8:02.0	1:07:18.0
10	PINKALL, JENNY	29	F	SEWARD	NE	9:35.0	1:55.0	2:29.0	37:43.0	15.9	0:00.0	17:59.0	7:11.6	1:07:46.0
11	ROGERS, STEPHANIE	25	F	PAPILLION	NE	12:05.0	2:25.0	3:32.0	36:08.0	16.6	0:00.0	18:08.0	7:15.2	1:09:53.0
12	VACEK, REBECCA	33	F	LINCOLN	NE	10:15.0	2:03.0	3:20.0	35:11.0	17.0	0:00.0	21:31.0	8:36.4	1:10:17.0
13	LONG, KIM	39	F	NORFOLK	NE	10:47.0	2:09.4	3:09.0	36:07.0	16.6	0:00.0	21:01.0	8:24.4	1:11:04.0
14	SIROTKIN, SARAH	17	F	OMAHA	NE	7:24.0	1:28.8	2:58.0	40:08.0	14.9	0:00.0	21:04.0	8:25.6	1:11:34.0
15	FARNIK, ANGIE	34	F	LINCOLN	NE	11:34.0	2:18.8	2:16.0	38:14.0	15.6	0:00.0	20:00.0	8:00.0	1:12:04.0

NORFOLK YMCA TRATHLON DISTANCE/SEX ORDER NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
16 FRAGER, JODI	35	F	LINCOLN	NE	9:57.0	1:59.4	3:27.0	37:24.0	16.0	0:00.0	21:47.0	8:42.8	1:12:35.0
17 REINEKE, MELITA	34	F	OMAHA	NE	12:11.0	2:26.2	2:33.0	36:07.0	16.6	0:00.0	22:04.0	8:49.6	1:12:55.0
18 GLENN, JERI	37	F	COLUMBUS	NE	9:45.0	1:57.0	3:34.0	37:45.0	15.8	0:00.0	21:55.0	8:46.0	1:12:59.0
19 PLESSING, RACHEL	19	F	KENNARD	NE	10:05.0	2:01.0	3:15.0	40:02.0	14.9	0:00.0	20:11.0	8:04.4	1:13:33.0
20 HAHN, MARCY	50	F	INDIANOLA	IA	11:45.0	2:21.0	3:09.0	34:09.0	17.5	0:00.0	24:41.0	9:52.4	1:13:44.0
21 SONDERUP, JESSICA	19	F	BLAIR	NE	10:48.0	2:09.6	4:19.0	38:20.0	15.6	0:00.0	20:18.0	8:07.2	1:13:45.0
22 GUYER, BETSY	45	F	LINCOLN	NE	11:05.0	2:13.0	3:07.0	34:28.0	17.4	0:00.0	25:37.0	10:14.8	1:14:17.0
23 GILG, JENNIFER	39	F	OMAHA	NE	9:25.0	1:53.0	3:57.0	40:20.0	14.8	0:00.0	20:55.0	8:22.0	1:14:37.0
24 LILLY, JANE	43	F	SIOUX CITY	NE	8:54.0	1:46.8	3:12.0	39:12.0	15.3	0:00.0	24:25.0	9:46.0	1:15:43.0
25 BUSS, MONICA	28	F	COLUMBUS	NE	11:52.0	2:22.4	3:16.0	39:18.0	15.2	0:00.0	22:29.0	8:59.6	1:16:55.0
26 RADER, KRISTIE	55	F	LINCOLN	NE	10:05.0	2:01.0	2:59.0	35:48.0	16.7	0:00.0	28:47.0	11:30.8	1:17:39.0
27 FIELDS, JAMIE	33	F	OMAHA	NE	9:18.0	1:51.6	3:47.0	44:33.0	13.4	0:00.0	21:08.0	8:27.2	1:18:46.0
28 SHIRK, LISA	20	F	OMAHA	NE	9:54.0	1:58.8	3:39.0	45:08.0	13.2	0:00.0	21:06.0	8:26.4	1:19:47.0
29 PETERSEN, DIANNE	44	F	OMAHA	NE	9:53.0	1:58.6	4:13.0	42:11.0	14.2	0:00.0	24:43.0	9:53.2	1:21:00.0
30 HERROD, BRENDA	40	F	NORFOLK	NE	11:17.0	2:15.4	2:40.0	43:18.0	13.8	0:00.0	24:00.0	9:36.0	1:21:15.0
31 BECK, JENNY	41	F	HORDVILLE	NE	10:19.0	2:03.8	5:07.0	45:01.0	13.3	0:00.0	20:52.0	8:20.8	1:21:19.0
32 RHODES, LYDIA	33	F	BELLEVUE	NE	17:18.0	3:27.6	4:37.0	34:51.0	17.2	0:00.0	24:54.0	9:57.6	1:21:40.0
33 ASHCRAFT, CANDY	36	F	LINCOLN	NE	9:58.0	1:59.6	4:43.0	40:24.0	14.8	0:00.0	27:21.0	10:56.4	1:22:26.0
34 DUBAS, JENNIFER	38	F	OMAHA	NE	11:02.0	2:12.4	4:28.0	43:34.0	13.7	0:00.0	23:22.0	9:20.8	1:22:26.0
35 BUTLER, JOYCE	49	F	OMAHA	NE	11:24.0	2:16.8	4:19.0	37:02.0	16.2	0:00.0	29:51.0	11:56.4	1:22:36.0
36 HECKERT, MANDI	29	F	NELIGH	NE	10:00.0	2:00.0	3:06.0	43:30.0	13.7	0:00.0	26:28.0	10:35.2	1:23:04.0
37 JOHNSON, KAREN	28	F	NORFOLK	NE	9:36.0	1:55.2	2:59.0	50:28.0	11.8	0:00.0	20:04.0	8:01.6	1:23:07.0
38 TRISLER, JAN	34	F	BEATRICE	NE	13:41.0	2:44.2	4:09.0	41:05.0	14.6	0:00.0	26:15.0	10:30.0	1:23:10.0
39 KEEFE, KATIE	25	F	OMAHA	NE	11:33.0	2:18.6	4:28.0	44:06.0	13.6	0:00.0	23:34.0	9:25.6	1:23:41.0
40 GONZALEZ-KRUGER, GLORI	52	F	LINCOLN	NE	13:37.0	2:43.4	5:24.0	36:43.0	16.3	0:00.0	28:41.0	11:28.4	1:24:25.0
41 JENNESS, CINDY	53	F	WATERLOO	IA	14:32.0	2:54.4	3:24.0	39:27.0	15.2	0:00.0	27:34.0	11:01.6	1:24:57.0
42 ANDERSON, SARAH	34	F	PAPILLION	NE	12:40.0	2:32.0	3:20.0	46:03.0	13.0	0:00.0	22:57.0	9:10.8	1:25:00.0
43 CONSIDINE, PATTY	43	F	SIOUX CITY	IA	10:03.0	2:00.6	3:07.0	40:02.0	14.9	0:00.0	32:05.0	12:50.0	1:25:17.0
44 RUDEN, SHERRY	35	F	NORFOLK	NE	10:50.0	2:10.0	5:49.0	41:16.0	14.5	0:00.0	27:57.0	11:10.8	1:25:52.0
45 KOSTAL, MICHELLE	41	F	GRETNA	NE	17:34.0	3:30.8	4:30.0	40:18.0	14.8	0:00.0	24:59.0	9:59.6	1:27:21.0
46 HAMER, KARI	35	F	BATTLE CREEK	NE	9:58.0	1:59.6	4:43.0	48:12.0	12.4	0:00.0	24:43.0	9:53.2	1:27:36.0
47 HOLST, AMY	37	F	LINCOLN	NE	11:25.0	2:17.0	4:37.0	40:06.0	14.9	0:00.0	32:09.0	12:51.6	1:28:17.0
48 HENRY, JEAN	42	F	GRETNA	NE	11:40.0	2:20.0	4:07.0	48:12.0	12.4	0:00.0	24:27.0	9:46.8	1:28:26.0
49 TESSIER, TRINA	41	F	GRETNA	NE	10:35.0	2:07.0	4:24.0	48:08.0	12.4	0:00.0	28:07.0	11:14.8	1:31:14.0
50 WHITMAN, CAMILLA	33	F	GRAND ISLAND	NE	12:13.0	2:26.6	4:20.0	48:26.0	12.3	0:00.0	27:21.0	10:56.4	1:32:20.0
51 SMITH, BRITTANY	26	F	NORFOLK	NE	14:28.0	2:53.6	4:58.0	46:44.0	12.8	0:00.0	26:20.0	10:32.0	1:32:30.0
52 DOLTER, MARCI	40	F	ELKHORN	NE	8:57.0	1:47.4	4:38.0	53:21.0	11.2	0:00.0	26:02.0	10:24.8	1:32:58.0
53 MEYERS, ROBIN	30	F	OMAHA	NE	13:38.0	2:43.6	3:49.0	54:47.0	10.9	0:00.0	22:22.0	8:56.8	1:34:36.0
54 BECK, KYLIE	19	F	HORDVILLE	NE	10:34.0	2:06.8	5:14.0	58:30.0	10.2	0:00.0	23:44.0	9:29.6	1:38:02.0
55 DELLUTRI, LAURA	47	F	OVERLAND PAR	KS	11:07.0	2:13.4	14:24.0	40:59.0	14.6	0:00.0	36:16.0	14:30.4	1:42:46.0
56 SUP REZAC, KATIE	29	F	OMAHA	NE	10:22.0	2:04.4	7:43.0	54:47.0	10.9	0:00.0	30:06.0	12:02.4	1:42:58.0

SHORT COURSE MALE

1 POWELL, KOLTON	15	M	NORFOLK	NE	1:46.0	1:10.7	3:01.0	10:23.0	17.3	0:00.0	6:35.0	6:35.0	0:21:45.0
2 KUMM, DANIEL	14	M	NORFOLK	NE	2:56.0	1:57.3	3:14.0	10:56.0	16.4	0:00.0	6:57.0	6:57.0	0:24:03.0
3 THELANDER, JEFF	37	M	LAWTON	IA	2:52.0	1:54.7	2:09.0	9:44.0	18.4	0:00.0	9:20.0	9:20.0	0:24:05.0
4 OLSON, BRIAN	46	M	YANKTON	SD	2:22.0	1:34.7	2:41.0	10:45.0	16.7	0:00.0	8:44.0	8:44.0	0:24:32.0
5 KINSLEY, JIM	37	M	YANKTON	NE	3:30.0	2:20.0	3:20.0	9:15.0	19.4	0:00.0	8:47.0	8:47.0	0:24:52.0
6 REDINGER, BRENNAN	12	M	CAPE GIRARDE	MO	3:04.0	2:02.7	2:37.0	12:12.0	14.7	0:00.0	7:42.0	7:42.0	0:25:35.0
7 WHITMAN, MATTHEW	33	M	GRAND ISLAND	NE	3:04.0	2:02.7	3:35.0	11:21.0	15.8	0:00.0	9:58.0	9:58.0	0:27:58.0
8 KASTL, JAROD	34	M	NORFOLK	NE	3:06.0	2:04.0	4:07.0	11:54.0	15.1	0:00.0	9:11.0	9:11.0	0:28:18.0
9 CROWER, SCOTT	44	M	LINCOLN	NE	2:48.0	1:52.0	2:05.0	14:41.0	12.2	0:00.0	9:24.0	9:24.0	0:28:58.0
10 CROWER, JACK	8	M	LINCOLN	NE	2:57.0	1:58.0	2:04.0	14:38.0	12.3	0:00.0	9:19.0	9:19.0	0:28:58.0
11 SCHLOMER, CHARLES	40	M	NORFOLK	NE	2:42.0	1:48.0	3:32.0	13:09.0	13.6	0:00.0	10:03.0	10:03.0	0:29:26.0

NORFOLK YMCA TRATHLON DISTANCE/SEX ORDER NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
12 HOLLOWAY, HARRISON	8	M	PAPILLION	NE	3:34.0	2:22.7	3:28.0	15:15.0	11.8	0:00.0	8:47.0	8:47.0	0:31:04.0
13 KOSTAL, JOSHUA	12	M	GRETNA	NE	3:42.0	2:28.0	3:54.0	16:17.0	11.0	0:00.0	10:55.0	10:55.0	0:34:48.0
14 TESSIER, IAN	11	M	GRETNA	NE	4:08.0	2:45.3	99:99.9	99:99.9	99.9	0:00.0	12:16.0	12:16.0	0:37:27.0
15 HENRY, AUSTIN	12	M	GRETNA	NE	3:32.0	2:21.3	3:53.0	18:57.0	09.4	0:00.0	13:21.0	13:21.0	0:39:43.0
16 HENRY, KYLE	11	M	GRETNA	NE	4:13.0	2:48.7	3:17.0	22:30.0	08.0	0:00.0	11:01.0	11:01.0	0:41:01.0
17 EDWARDS, ETHAN	8	M	NORFOLK	NE	6:58.0	4:38.7	4:07.0	17:40.0	10.1	0:00.0	12:51.0	12:51.0	0:41:36.0
18 HAMER, WYATT	9	M	BATTLE CREEK	NE	4:51.0	3:14.0	6:24.0	18:29.0	09.7	0:00.0	15:33.0	15:33.0	0:45:17.0
19 MORGAN, KYLE	11	M	SIOUX CITY	IA	5:10.0	3:26.7	7:48.0	17:13.0	10.4	0:00.0	16:28.0	16:28.0	0:46:39.0

SHORT COURSE FEMALE

1 CREAGER, KRISTA	18	F	YANKTON	NE	2:40.0	1:46.7	2:34.0	11:04.0	16.2	0:00.0	7:39.0	7:39.0	0:23:57.0
2 KINSLEY, LIZZIE	15	F	YANKTON	NE	1:45.0	1:10.0	2:42.0	11:06.0	16.2	0:00.0	8:31.0	8:31.0	0:24:04.0
3 HOHENTHANER, CAROL	49	F	YANKTON	SD	3:21.0	2:14.0	2:46.0	10:17.0	17.5	0:00.0	8:01.0	8:01.0	0:24:25.0
4 PORTER, GRACE	11	F	FREMONT	NE	1:59.0	1:19.3	2:34.0	12:05.0	14.8	0:00.0	8:25.0	8:25.0	0:25:03.0
5 PRUSS, EMILY	23	F	NORFOLK	NE	2:23.0	1:35.3	2:05.0	12:04.0	14.9	0:00.0	8:45.0	8:45.0	0:25:17.0
6 KINSLEY, TARA	35	F	YANKTON	NE	2:31.0	1:40.7	3:17.0	10:36.0	16.9	0:00.0	9:04.0	9:04.0	0:25:28.0
7 DAUGHERTY-BRAUN, JULIE	41	F	BELLEVUE	NE	2:48.0	1:52.0	2:42.0	11:51.0	15.1	0:00.0	9:31.0	9:31.0	0:26:52.0
8 YAGGIE, SANDY	46	F	MISSION HILL	SD	3:36.0	2:24.0	3:01.0	11:03.0	16.2	0:00.0	9:27.0	9:27.0	0:27:07.0
9 BRAUN, MADISON	13	F	BELLEVUE	NE	3:17.0	2:11.3	2:45.0	12:59.0	13.8	0:00.0	8:15.0	8:15.0	0:27:16.0
10 HASTINGS, BETH	23	F	LINCOLN	NE	2:50.0	1:53.3	2:50.0	12:04.0	14.9	0:00.0	9:52.0	9:52.0	0:27:36.0
11 PARKS, MELISSA	16	F	NORFOLK	NE	2:57.0	1:58.0	3:17.0	14:05.0	12.7	0:00.0	7:26.0	7:26.0	0:27:45.0
12 KASTL, LAURA	29	F	NORFOLK	NE	2:50.0	1:53.3	3:36.0	11:57.0	15.0	0:00.0	9:43.0	9:43.0	0:28:06.0
13 DAWSON, BETH	40	F	BELLEVUE	NE	3:05.0	2:03.3	3:19.0	11:25.0	15.7	0:00.0	10:28.0	10:28.0	0:28:17.0
14 WIEGERT, ANNETTE	43	F	LINCOLN	NE	3:14.0	2:09.3	3:17.0	12:30.0	14.4	0:00.0	9:30.0	9:30.0	0:28:31.0
15 SCHMIDT, ELIZABETH	15	F	NORFOLK	NE	4:04.0	2:42.7	3:54.0	12:21.0	14.5	0:00.0	9:16.0	9:16.0	0:29:35.0
16 BECKER, DIANE	48	F	MADISON	NE	4:48.0	3:12.0	3:00.0	12:51.0	14.0	0:00.0	9:31.0	9:31.0	0:30:10.0
17 SCHLOMER, JULIE	39	F	NORFOLK	NE	3:06.0	2:04.0	4:10.0	13:14.0	13.5	0:00.0	9:53.0	9:53.0	0:30:23.0
18 HANSON, LESLEY	31	F	NORFOLK	NE	2:18.0	1:32.0	3:41.0	13:32.0	13.2	0:00.0	11:08.0	11:08.0	0:30:39.0
19 MAROTO, LUCY	37	F	NORFOLK	NE	2:47.0	1:51.3	5:21.0	12:26.0	14.4	0:00.0	10:09.0	10:09.0	0:30:43.0
20 HOLLOWAY, GRACE	11	F	PAPILLION	NE	3:01.0	2:00.7	3:59.0	14:36.0	12.3	0:00.0	9:27.0	9:27.0	0:31:03.0
21 CARNEY, ELISSA	37	F	NORFOLK	NE	2:18.0	1:32.0	3:58.0	13:29.0	13.3	0:00.0	11:25.0	11:25.0	0:31:10.0
22 POHLMAN, JODI	33	F	NORFOLK	NE	3:28.0	2:18.7	2:59.0	14:35.0	12.3	0:00.0	10:13.0	10:13.0	0:31:15.0
23 DDELE, JAMI	31	F	NORFOLK	NE	3:22.0	2:14.7	4:44.0	13:39.0	13.1	0:00.0	9:36.0	9:36.0	0:31:21.0
24 RAMSEY, REBECCA	12	F	BELLEVUE	NE	4:34.0	3:02.7	3:29.0	13:36.0	13.2	0:00.0	10:10.0	10:10.0	0:31:49.0
25 FUCHS, ANITA	23	F	OMAHA	NE	3:40.0	2:26.7	3:43.0	14:12.0	12.6	0:00.0	10:30.0	10:30.0	0:32:05.0
26 ANKENY, HARY	54	F	DIXON	NE	3:18.0	2:12.0	4:11.0	13:26.0	13.3	0:00.0	11:49.0	11:49.0	0:32:44.0
27 TRIERWEILER, KATIE	32	F	LINCOLN	NE	2:44.0	1:49.3	3:24.0	14:26.0	12.4	0:00.0	12:20.0	12:20.0	0:32:54.0
28 BECK, HANNAH	14	F	HORDVILLE	NE	2:01.0	1:20.7	5:51.0	13:44.0	13.1	0:00.0	11:24.0	11:24.0	0:33:00.0
29 HECKERT, COURTNI	9	F	NELIGH	NE	3:20.0	2:13.3	3:24.0	15:27.0	11.6	0:00.0	10:54.0	10:54.0	0:33:05.0
30 AMICK, AMBER	34	F	STANTON	NE	3:46.0	2:30.7	4:25.0	13:38.0	13.2	0:00.0	11:59.0	11:59.0	0:33:48.0
31 RITTER, KAREN	42	F	NORFOLK	NE	3:52.0	2:34.7	3:35.0	14:26.0	12.4	0:00.0	13:12.0	13:12.0	0:35:05.0
32 PORTER, SAGE	12	F	FREMONT	NE	2:00.0	1:20.0	3:27.0	17:23.0	10.3	0:00.0	13:03.0	13:03.0	0:35:53.0
33 SUMMERS, KAITLYN	11	F	NORFOLK	NE	2:48.0	1:52.0	5:13.0	16:22.0	10.9	0:00.0	11:43.0	11:43.0	0:36:06.0
34 ENGLE, HAYDEN	10	F	LINCOLN	NE	4:11.0	2:47.3	5:29.0	16:35.0	10.8	0:00.0	11:47.0	11:47.0	0:38:02.0
35 KOSTAL, CASSANDRA	10	F	GRETNA	NE	4:54.0	3:16.0	4:40.0	16:50.0	10.6	0:00.0	12:13.0	12:13.0	0:38:37.0
36 ZANDER, SUSAN	45	F	LINCOLN	NE	5:16.0	3:30.7	7:34.0	23:32.0	07.6	0:00.0	22:18.0	22:18.0	0:58:40.0

LONG COURSE TEAM

1 GONZALEZ, RANDY (TEAM)	T	NORFOLK	NE	13:40.0	2:44.0	2:59.0	34:51.0	17.2	0:00.0	15:52.0	6:20.8	1:05:22.0
2 MITTELSTAEDT, CODY (TE	T	NORFOLK	NE	9:15.0	1:51.0	0:55.0	40:05.0	14.9	0:00.0	21:27.0	8:34.8	1:11:42.0
3 JERABEK TEAM	T	ST PAUL	NE	12:40.0	2:32.0	1:00.0	55:31.0	10.8	0:00.0	22:32.0	9:00.8	1:31:43.0
4 HOWARD, JULIE (TEAM)	T	CEDAR CREEK	NE	16:42.0	3:20.4	2:47.0	58:04.0	10.3	0:00.0	26:55.0	10:46.0	1:44:28.0

SHORT COURSE TEAM

1 HARTHORN, KAITLYN (TE	T	NORFOLK	NE	1:50.0	1:13.3	1:08.0	12:02.0	14.9	0:00.0	6:55.0	6:55.0	0:21:55.0
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NORFOLK YNCA TRATHLON

DISTANCE/SEX ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
2 HERRROD, LAUREN (TEAM)	T		NORFOLK	NE	3:04.0	2:02.7	1:22.0	11:57.0	15.0	0:00.0	9:24.0	9:24.0	0:25:47.0
3 CARNEY, CAMERON (TEAM)	T		NORFOLK	NE	1:44.0	1:09.3	1:15.0	15:46.0	11.4	0:00.0	8:08.0	8:08.0	0:26:53.0
4 WEBER, JENNIFER (TEAM)	T		BROOKINGS	SD	2:15.0	1:30.0	1:27.0	15:19.0	11.7	0:00.0	9:47.0	9:47.0	0:28:48.0
5 CARNEY, KELLEN (TEAM)	T		NORFOLK	NE	2:44.0	1:49.3	1:25.0	16:57.0	10.6	0:00.0	8:50.0	8:50.0	0:29:56.0

NORFOLK YMCA TRATHLON

DISTANCE ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
LONG COURSE													
1 LONG, RYAN	26	M	OMAHA	NE	6:44.0	1:20.8	1:25.0	26:00.0	23.0	0:00.0	15:15.0	6:06.0	0:49:24.0
2 KUBIAK, GERALD	34	M	OMAHA	NE	7:23.0	1:28.6	1:13.0	27:10.0	22.0	0:00.0	15:01.0	6:00.4	0:50:47.0
3 MURDOCH, LINCOLN	52	M	OMAHA	NE	7:29.0	1:29.8	1:45.0	25:50.0	23.2	0:00.0	16:05.0	6:26.0	0:51:09.0
4 YAGGIE, MITCH	17	M	MISSION HILL	SD	8:42.0	1:44.4	1:16.0	27:51.0	21.5	0:00.0	14:38.0	5:51.2	0:52:27.0
5 CARMICHAEL, MATT	47	M	OMAHA	NE	7:18.0	1:27.6	1:54.0	27:25.0	21.8	0:00.0	15:52.0	6:20.8	0:52:29.0
6 HOHENTHNER, ALEX	18	M	YANKTON	NE	7:11.0	1:26.2	1:33.0	28:50.0	20.8	0:00.0	15:02.0	6:00.8	0:52:36.0
7 CLARK, JOURDAN	18	M	FREMONT	NE	5:56.0	1:11.2	1:25.0	29:36.0	20.2	0:00.0	15:42.0	6:16.8	0:52:39.0
8 VASINA, JEFF	34	M	COLUMBUS	NE	7:56.0	1:35.2	1:48.0	27:17.0	21.9	0:00.0	15:48.0	6:19.2	0:52:49.0
9 KUEFFNER, JIM	49	M	OMAHA	NE	7:12.0	1:26.4	1:37.0	27:18.0	21.9	0:00.0	16:51.0	6:44.4	0:52:58.0
10 CHAFFIN, MORGAN	26	F	CARBONDALE	IL	6:49.0	1:21.8	1:34.0	26:36.0	22.5	0:00.0	18:14.0	7:17.6	0:53:13.0
11 REDINGER, ERIC	33	M	CAPE GIRAREL	MO	7:29.0	1:29.8	1:26.0	26:45.0	22.4	0:00.0	18:18.0	7:19.2	0:53:58.0
12 FISHER, MATT	26	M	BATTLE CREEK	NE	7:26.0	1:29.2	1:48.0	27:20.0	21.9	0:00.0	17:34.0	7:01.6	0:54:08.0
13 KINSLEY, KIPP	16	M	YANKTON	SD	8:04.0	1:36.8	1:57.0	29:49.0	20.1	0:00.0	15:12.0	6:04.8	0:55:02.0
14 MARSH, JOHN	50	M	KEARNEY	NE	8:56.0	1:47.2	2:42.0	27:36.0	21.7	0:00.0	16:03.0	6:25.2	0:55:17.0
15 SCHULDT, DAN	46	M	DONIPHAN	NE	9:44.0	1:56.8	2:15.0	26:42.0	22.4	0:00.0	16:47.0	6:42.8	0:55:28.0
16 GLENN, DARIN	37	M	COLUMBUS	NE	9:40.0	1:56.0	2:03.0	27:45.0	21.6	0:00.0	16:34.0	6:37.6	0:56:02.0
17 GREVE, JOEL	47	M	ALLEN	NE	7:36.0	1:31.2	1:33.0	29:59.0	20.0	0:00.0	17:40.0	7:04.0	0:56:48.0
18 KNIGHT, ROBERT	28	M	OMAHA	NE	6:08.0	1:13.6	1:44.0	29:47.0	20.1	0:00.0	19:37.0	7:50.8	0:57:16.0
19 RISTAU, RANCE	19	M	OMAHA	NE	5:56.0	1:11.2	1:41.0	30:05.0	19.9	0:00.0	19:40.0	7:52.0	0:57:22.0
20 BURMEISTER, JAMIE	40	M	GRETNA	NE	7:54.0	1:34.8	2:08.0	30:43.0	19.5	0:00.0	16:47.0	6:42.8	0:57:32.0
21 PINKALL, ERIC	41	M	GRETNA	NE	8:08.0	1:37.6	2:06.0	31:06.0	19.2	0:00.0	16:48.0	6:43.2	0:58:08.0
22 BEASLEY, JOSHUA	22	M	OMAHA	NE	9:13.0	1:50.6	1:39.0	31:03.0	19.3	0:00.0	16:27.0	6:34.8	0:58:22.0
23 ROSENKRANZ, SARA	39	F	MANHATTAN	KS	6:40.0	1:20.0	2:10.0	31:04.0	19.3	0:00.0	18:33.0	7:25.2	0:58:27.0
24 ENSZ, JEFF	26	M	MINDEN	NE	8:05.0	1:37.0	3:14.0	31:59.0	18.7	0:00.0	17:11.0	6:52.4	0:58:29.0
25 LILLY, KEVIN	42	M	SIOUX CITY	NE	8:56.0	1:47.2	1:14.0	29:09.0	20.5	0:00.0	19:29.0	7:47.6	0:58:48.0
26 PAPE, JEFF	37	M	NORFOLK	NE	7:45.0	1:33.0	2:51.0	29:32.0	20.3	0:00.0	18:43.0	7:29.2	0:58:51.0
27 DAWSON, JOHN	40	M	BELLEVUE	NE	6:00.0	1:12.0	2:33.0	32:00.0	18.7	0:00.0	18:19.0	7:19.6	0:58:52.0
28 ORTMEIER, MICHAEL	22	M	OMAHA	NE	7:45.0	1:33.0	2:03.0	31:45.0	18.8	0:00.0	17:32.0	7:00.8	0:59:05.0
29 CLEVELAND, NICK	30	M	NORFOLK	NE	6:42.0	1:20.4	2:14.0	30:34.0	19.6	0:00.0	20:59.0	8:23.6	1:00:29.0
30 VACEK, ERIC	36	M	LINCOLN	NE	7:14.0	1:26.8	2:43.0	31:05.0	19.3	0:00.0	19:54.0	7:57.6	1:00:56.0
31 BEADELL, NOAH	24	M	OMAHA	NE	8:00.0	1:36.0	2:20.0	32:59.0	18.1	0:00.0	17:41.0	7:04.4	1:01:00.0
32 NELSON, SARAH	21	F	SIOUX CITY	NE	6:50.0	1:22.0	2:38.0	35:34.0	16.8	0:00.0	16:16.0	6:30.4	1:01:18.0
33 MERRITT, LORI	32	F	GRAND ISLAND	NE	8:22.0	1:40.4	2:18.0	32:18.0	18.5	0:00.0	18:55.0	7:34.0	1:01:53.0
34 WIEGMAN, MIKE	34	M	OMAHA	NE	9:25.0	1:53.0	2:06.0	31:18.0	19.1	0:00.0	19:18.0	7:43.2	1:02:07.0
35 KOFOED, JUSTIN	19	M	OMAHA	NE	7:01.0	1:24.2	2:29.0	33:03.0	18.1	0:00.0	19:55.0	7:58.0	1:02:28.0
36 BLAIR, TRACY	30	F	DIXON	NE	8:57.0	1:47.4	3:04.0	32:43.0	18.3	0:00.0	17:53.0	7:09.2	1:02:37.0
37 SNOWARDT, CHRIS	37	M	OMAHA	NE	9:33.0	1:54.6	2:16.0	31:15.0	19.2	0:00.0	19:34.0	7:49.6	1:02:38.0
38 MILLS, TOM	49	M	LINCOLN	NE	8:32.0	1:42.4	2:34.0	32:35.0	18.4	0:00.0	19:07.0	7:38.8	1:02:48.0
39 WAGNER, DAMON	35	M	PLATTSMOUTH	NE	8:44.0	1:44.8	2:22.0	31:39.0	18.9	0:00.0	20:14.0	8:05.6	1:02:59.0
40 REDMOND, DERIC	34	M	JEFFERSON	SD	8:08.0	1:37.6	1:58.0	32:53.0	18.2	0:00.0	20:26.0	8:10.4	1:03:25.0
41 NELSON, ZACHARY	34	M	SIOUX CITY	IA	7:56.0	1:35.2	2:53.0	32:45.0	18.3	0:00.0	19:55.0	7:58.0	1:03:29.0
42 KOPPERUD, KENNETH	26	M	OMAHA	NE	9:48.0	1:57.6	2:44.0	31:44.0	18.9	0:00.0	19:41.0	7:52.4	1:03:57.0
43 VLACH, TOM	43	M	TOPEKA	KS	7:36.0	1:31.2	3:09.0	34:11.0	17.5	0:00.0	19:13.0	7:41.2	1:04:09.0
44 PILLARD, MATTHEW	38	M	OMAHA	NE	20:20.0	4:04.0	99:99.9	34:17.0	17.5	0:00.0	17:58.0	7:11.2	1:04:45.0
45 STEFFENSMEIER, SCOTT	35	M	FREMONT	NE	8:24.0	1:40.8	3:24.0	31:08.0	19.2	0:00.0	22:05.0	8:50.0	1:05:01.0
46 GREGG, JENNIFER	41	F	OMAHA	NE	8:34.0	1:42.8	2:56.0	34:20.0	17.4	0:00.0	19:24.0	7:45.6	1:05:14.0
47 GONZALEZ, RANDY (TEAM)	T		NORFOLK	NE	13:40.0	2:44.0	2:59.0	34:51.0	17.2	0:00.0	15:52.0	6:20.8	1:05:22.0
48 WINDRUM, ROMAN	37	M	OMAHA	NE	9:25.0	1:53.0	2:38.0	34:14.0	17.5	0:00.0	19:13.0	7:41.2	1:05:30.0
49 MEDINA, TROY	32	M	OMAHA	NE	8:51.0	1:46.2	2:53.0	33:45.0	17.7	0:00.0	20:13.0	8:05.2	1:05:42.0
50 EDWARDS, CARL	50	M	COLUMBUS	NE	9:05.0	1:49.0	5:06.0	33:34.0	17.8	0:00.0	18:10.0	7:16.0	1:05:55.0
51 FOSSEN, KURT	31	M	OMAHA	NE	8:45.0	1:45.0	1:59.0	32:51.0	18.2	0:00.0	22:41.0	9:04.4	1:06:15.0
52 DESORDI, JIM	44	M	OMAHA	NE	10:13.0	2:02.6	4:00.0	32:09.0	18.6	0:00.0	19:55.0	7:58.0	1:06:17.0
53 MINARIK, SALISSA	38	F	LINCOLN	NE	8:51.0	1:46.2	2:06.0	34:51.0	17.2	0:00.0	20:34.0	8:13.6	1:06:22.0

NORFOLK YMCA TRATHLON

DISTANCE ORDER

NT2009

PLACE NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
54 RAMSEY, HEATHER	41	F	BELLEVUE	NE	8:43.0	1:44.6	2:19.0	33:54.0	17.6	0:00.0	21:33.0	8:37.2	1:06:29.0
55 RODRIGUEZ, NESTOR	29	M	NORFOLK	NE	9:56.0	1:59.2	3:28.0	33:55.0	17.6	0:00.0	19:15.0	7:42.0	1:06:34.0
56 BURBACH, PAUL	32	M	NORFOLK	NE	14:03.0	2:48.6	2:45.0	31:00.0	19.3	0:00.0	19:06.0	7:38.4	1:06:54.0
57 LAMMLI, BERT	61	M	STANTON	NE	10:33.0	2:06.6	2:49.0	30:47.0	19.4	0:00.0	22:57.0	9:10.8	1:07:06.0
58 UHLIR, TODD	34	M	NORFOLK	NE	9:00.0	1:48.0	2:47.0	33:34.0	17.8	0:00.0	21:54.0	8:45.6	1:07:15.0
59 SONDERUP, LISA	40	F	BLAIR	NE	10:14.0	2:02.8	3:39.0	33:20.0	17.9	0:00.0	20:05.0	8:02.0	1:07:18.0
60 HOLLOWAY, DAVID	39	M	PAPILLION	NE	7:27.0	1:29.4	3:56.0	34:41.0	17.2	0:00.0	21:18.0	8:31.2	1:07:22.0
61 JENNESS, VINCE	50	M	WATERLOO	NE	9:44.0	1:56.8	2:14.0	34:16.0	17.5	0:00.0	21:10.0	8:28.0	1:07:24.0
62 PINKALL, JENNY	29	F	SEWARD	NE	9:35.0	1:55.0	2:29.0	37:43.0	15.9	0:00.0	17:59.0	7:11.6	1:07:46.0
63 SIROTKIN, PETE	52	M	OMAHA	NE	8:04.0	1:36.8	4:30.0	35:56.0	16.6	0:00.0	19:27.0	7:46.8	1:07:57.0
64 DAYTON, LIONEL	36	M	NORFOLK	NE	10:34.0	2:06.8	3:39.0	35:55.0	16.7	0:00.0	18:05.0	7:14.0	1:08:13.0
65 SHIRK, STAN	55	M	OMAHA	NE	11:26.0	2:17.2	4:29.0	33:09.0	18.0	0:00.0	19:11.0	7:40.4	1:08:15.0
66 BOWEN, AARON	31	M	PAPILLION	NE	10:23.0	2:04.6	3:12.0	35:40.0	16.8	0:00.0	19:01.0	7:36.4	1:08:16.0
67 MEDLOCK, MATT	35	M	OMAHA	NE	9:29.0	1:53.8	2:26.0	33:34.0	17.8	0:00.0	22:50.0	9:08.0	1:08:19.0
68 BEASLEY, CALEB	24	M	OMAHA	NE	10:58.0	2:11.6	3:35.0	35:12.0	17.0	0:00.0	18:35.0	7:26.0	1:08:20.0
69 MILLS, TYLER	17	M	LINCOLN	NE	5:57.0	1:11.4	3:37.0	38:52.0	15.4	0:00.0	20:19.0	8:07.6	1:08:45.0
70 BOUREK, ANDREW	34	M	NORTH BEND	NE	9:17.0	1:51.4	3:07.0	34:45.0	17.2	0:00.0	22:16.0	8:54.4	1:09:25.0
71 ROGERS, STEPHANIE	25	F	PAPILLION	NE	12:05.0	2:25.0	3:32.0	36:08.0	16.6	0:00.0	18:08.0	7:15.2	1:09:53.0
72 MEYER, KERRY	33	M	AURORA	NE	9:47.0	1:57.4	2:32.0	38:51.0	15.4	0:00.0	18:48.0	7:31.2	1:09:58.0
73 DOKTOR, SETH	34	M	OMAHA	NE	9:58.0	1:59.6	2:59.0	35:03.0	17.1	0:00.0	22:01.0	8:48.4	1:10:01.0
74 FEILMEIER, ERIC	41	M	HARTINGTON	NE	10:44.0	2:08.8	3:20.0	34:32.0	17.3	0:00.0	21:25.0	8:34.0	1:10:01.0
75 VACEK, REBECCA	33	F	LINCOLN	NE	10:15.0	2:03.0	3:20.0	35:11.0	17.0	0:00.0	21:31.0	8:36.4	1:10:17.0
76 SIEDSCHLAG, JASON	37	M	NORFOLK	NE	12:52.0	2:34.4	3:15.0	32:06.0	18.6	0:00.0	22:11.0	8:52.4	1:10:24.0
77 UHRMACHER, JEFF	35	M	AURORA	NE	9:55.0	1:59.0	2:32.0	37:15.0	16.1	0:00.0	21:19.0	8:31.6	1:11:01.0
78 LONG, KIM	39	F	NORFOLK	NE	10:47.0	2:09.4	3:09.0	36:07.0	16.6	0:00.0	21:01.0	8:24.4	1:11:04.0
79 SIROTKIN, SARAH	17	F	OMAHA	NE	7:24.0	1:28.8	2:58.0	40:08.0	14.9	0:00.0	21:04.0	8:25.6	1:11:34.0
80 MITTELSTAEDT, CODY (TE	T		NORFOLK	NE	9:15.0	1:51.0	0:55.0	40:05.0	14.9	0:00.0	21:27.0	8:34.8	1:11:42.0
81 RAMSEY, JOSH	15	M	BELLEVUE	NE	10:20.0	2:04.0	3:20.0	39:56.0	15.0	0:00.0	18:26.0	7:22.4	1:12:02.0
82 FARNIK, ANGIE	34	F	LINCOLN	NE	11:34.0	2:18.8	2:16.0	38:14.0	15.6	0:00.0	20:00.0	8:00.0	1:12:04.0
83 TIETZ, NATHAN	26	M	OMAHA	NE	10:13.0	2:02.6	3:37.0	39:52.0	15.0	0:00.0	18:27.0	7:22.8	1:12:09.0
84 WOJTALEWICZ, RAIMOND	29	M	OMAHA	NE	10:42.0	2:08.4	2:58.0	38:58.0	15.3	0:00.0	19:38.0	7:51.2	1:12:16.0
85 BUSS, JASON	29	M	COLUMBUS	NE	12:07.0	2:25.4	3:15.0	33:40.0	17.8	0:00.0	23:24.0	9:21.6	1:12:26.0
86 FRAGER, JODI	35	F	LINCOLN	NE	9:57.0	1:59.4	3:27.0	37:24.0	16.0	0:00.0	21:47.0	8:42.8	1:12:35.0
87 SAMLAND, TODD	47	M	OMAHA	NE	7:12.0	1:26.4	5:48.0	34:59.0	17.1	0:00.0	24:38.0	9:51.2	1:12:37.0
88 REINEKE, MELITA	34	F	OMAHA	NE	12:11.0	2:26.2	2:33.0	36:07.0	16.6	0:00.0	22:04.0	8:49.6	1:12:55.0
89 MILLER, STEVE	41	M	NORFOLK	NE	9:53.0	1:58.6	3:37.0	36:56.0	16.2	0:00.0	22:32.0	9:00.8	1:12:58.0
90 GLENN, JERI	37	F	COLUMBUS	NE	9:45.0	1:57.0	3:34.0	37:45.0	15.8	0:00.0	21:55.0	8:46.0	1:12:59.0
91 PLESSING, RACHEL	19	F	KENNARD	NE	10:05.0	2:01.0	3:15.0	40:02.0	14.9	0:00.0	20:11.0	8:04.4	1:13:33.0
92 HAHN, MARCY	50	F	INDIANOLA	IA	11:45.0	2:21.0	3:09.0	34:09.0	17.5	0:00.0	24:41.0	9:52.4	1:13:44.0
93 SONDERUP, JESSICA	19	F	BLAIR	NE	10:48.0	2:09.6	4:19.0	38:20.0	15.6	0:00.0	20:18.0	8:07.2	1:13:45.0
94 BLAKELY, MICHAEL	25	M	OMAHA	NE	9:39.0	1:55.8	4:58.0	34:40.0	17.3	0:00.0	24:30.0	9:48.0	1:13:47.0
95 SCHAFER, MATTHEW	39	M	LINCOLN	NE	10:21.0	2:04.2	3:37.0	37:52.0	15.8	0:00.0	22:10.0	8:52.0	1:14:00.0
96 COBOS, ALFREDO	49	M	NORFOLK	NE	11:06.0	2:13.2	3:36.0	34:38.0	17.3	0:00.0	24:44.0	9:53.6	1:14:04.0
97 ENGLE, CHAD	39	M	LINCOLN	NE	10:58.0	2:11.6	3:57.0	34:15.0	17.5	0:00.0	25:03.0	10:01.2	1:14:13.0
98 GUYER, BETSY	45	F	LINCOLN	NE	11:05.0	2:13.0	3:07.0	34:28.0	17.4	0:00.0	25:37.0	10:14.8	1:14:17.0
99 BILG, JENNIFER	39	F	OMAHA	NE	9:25.0	1:53.0	3:57.0	40:20.0	14.8	0:00.0	20:55.0	8:22.0	1:14:37.0
100 STEVENS, MICHAEL	29	M	OMAHA	NE	9:27.0	1:53.4	3:00.0	41:50.0	14.3	0:00.0	20:53.0	8:21.2	1:15:10.0
101 LILLY, JANE	43	F	SIOUX CITY	NE	8:54.0	1:46.8	3:12.0	39:12.0	15.3	0:00.0	24:25.0	9:46.0	1:15:43.0
102 GANN, JEFFREY	38	M	LINCOLN	NE	10:14.0	2:02.8	2:50.0	36:11.0	16.5	0:00.0	27:02.0	10:48.8	1:16:17.0
103 HANSON, TRAVIS	31	M	NORFOLK	NE	10:35.0	2:07.0	3:07.0	41:33.0	14.4	0:00.0	21:07.0	8:26.8	1:16:22.0
104 HAMER, RUSS	36	M	BATTLE CREEK	NE	15:22.0	3:04.4	3:01.0	35:08.0	17.0	0:00.0	23:03.0	9:13.2	1:16:34.0
105 BUSS, MONICA	28	F	COLUMBUS	NE	11:52.0	2:22.4	3:16.0	39:18.0	15.2	0:00.0	22:29.0	8:59.6	1:16:55.0
106 WATSON, RICH	42	M	HOLDREGE	NE	9:43.0	1:56.6	3:34.0	35:13.0	17.0	0:00.0	28:39.0	11:27.6	1:17:09.0
107 MILLER, PETE	53	M	COLUMBUS	NE	12:35.0	2:31.0	3:46.0	33:45.0	17.7	0:00.0	27:23.0	10:57.2	1:17:29.0