

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 |
|---|--------------|----|---|---------|----|---------|--------|--------|---------|------|--------|---------|--------|-----------|

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 | HOENTHNER, 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 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 |
| 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 | KINGSLEY, 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 |
|---------------------------|-----|-----|--------------|-------|-----------|----------------|---------|-----------|---------|--------|----------|-------------|--------------|
| 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 | STOUX 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 | STOUX 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 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 |
| 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 | STOUX 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 | 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 |
| 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 SCHULTZ, 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 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 |
| 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 LANHLI, 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 | SCHLONER, 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 | SCHLONER, 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 |
|-------|----------------------|-----|-----|--------------|-------|--------------|-------------------|--------|--------------|------------|--------|-------------|----------------|-----------------|
| 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 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 |
| 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 |
|-------------------------|---|---------|----|--------|--------|--------|---------|------|--------|--------|--------|-----------|

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 HERRD, 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 |

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 |
|----------------------------|-----|-----|--------------|-------|-----------|----------------|---------|-----------|---------|--------|----------|-------------|--------------|
| 108 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 |
| 109 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 |
| 110 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 |
| 111 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 |
| 112 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 |
| 113 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 |
| 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 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 |
| 116 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 |
| 117 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 |
| 118 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 |
| 119 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 |
| 120 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 |
| 121 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 |
| 122 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 |
| 123 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 |
| 124 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 |
| 125 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 |
| 126 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 |
| 127 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 |
| 128 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 |
| 129 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 |
| 130 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 |
| 131 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 |
| 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 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 |
| 134 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 |
| 135 KOSTAL, MICHELLE | 41 | F | BRETNA | 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 |
| 136 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 |
| 137 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 |
| 138 HENRY, JEAN | 42 | F | BRETNA | 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 |
| 139 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 |
| 140 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 |
| 141 TESSIER, TRINA | 41 | F | BRETNA | 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 |
| 142 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 |
| 143 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 |
| 144 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 |
| 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 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 |
| 148 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 |
| 149 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 |
| 150 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

| | | | | | | | | | | | | | |
|--------------------------|----|---|---------|----|--------|--------|--------|---------|------|--------|--------|--------|-----------|
| 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 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 |
| 3 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 |
| 4 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 |
| 5 KINGSLEY, 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 |
| 6 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 |
| 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 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 |
| 9 KINGSLEY, 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 |

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 |
|-------|------------------------|-----|-----|--------------|-------|--------------|-------------------|---------|--------------|------------|--------|-------------|----------------|-----------------|
| 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 | 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 |
| 12 | 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 |
| 13 | 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 |
| 14 | 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 |
| 15 | 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 |
| 16 | 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 |
| 17 | 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 |
| 18 | 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 |
| 19 | 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 |
| 20 | 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 |
| 21 | 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 |
| 22 | 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 |
| 23 | 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 |
| 24 | 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 |
| 25 | 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 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | SCHLOHER, 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 |
| 30 | 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 |
| 31 | 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 |
| 32 | 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 |
| 33 | SCHLOHER, 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 | 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 |
| 35 | MAROTD, 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 |
| 36 | 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 |
| 37 | 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 |
| 38 | 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 |
| 39 | POHEMAN, 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 |
| 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 | 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 |
| 42 | 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 |
| 43 | 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 |
| 44 | 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 |
| 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 | 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 | 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 |
| 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 | 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 | 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 |
| 51 | 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 |
| 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 | 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 |
| 54 | 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 |
| 55 | 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 |
| 56 | 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 |
| 57 | 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 |
| 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 |

ENTRANTS FROM EACH CITY - NT2009

| CITY-STATE | ENTRANTS | CITY-STATE | ENTRANTS |
|----------------|----------|-----------------|----------|
| OMAHA | NE 45 | CAPE GIRARELEAN | MO 1 |
| NORFOLK | NE 39 | CARBONDALE | IL 1 |
| LINCOLN | NE 24 | CEDAR CREEK | NE 1 |
| BRENA | NE 10 | CENTRAL CITY | NE 1 |
| BELLEVUE | NE 8 | DONIPHAN | NE 1 |
| COLUMBUS | NE 7 | ELKHORN | NE 1 |
| PAPILLION | NE 6 | HARTINGTON | NE 1 |
| YANKTON | NE 5 | HOLDREGE | NE 1 |
| BATTLE CREEK | NE 4 | INDIANOLA | IA 1 |
| FREMONT | NE 4 | JEFFERSON | SD 1 |
| SIOUX CITY | IA 4 | KEARNEY | NE 1 |
| GRAND ISLAND | NE 3 | KENNARD | NE 1 |
| HORDVILLE | NE 3 | LAWTON | IA 1 |
| SIOUX CITY | NE 3 | MADISON | NE 1 |
| YANKTON | SD 3 | MANHATTAN | KS 1 |
| AURORA | NE 2 | MINDEN | NE 1 |
| BLAIR | NE 2 | NORTH BEND | NE 1 |
| BROOKINGS | SD 2 | OVERLAND PARK | KS 1 |
| DIXON | NE 2 | PLATSMOUTH | NE 1 |
| MISSION HILL | SD 2 | PLATTSMOUTH | NE 1 |
| NELIGH | NE 2 | SEWARD | NE 1 |
| STANTON | NE 2 | ST PAUL | NE 1 |
| ALLEN | NE 1 | TOPEKA | KS 1 |
| BEATRICE | NE 1 | WATERLOO | IA 1 |
| CAPE GIRARDEAU | MO 1 | WATERLOO | NE 1 |
| TOTAL CITIES: | 50 | TOTAL ENTRANTS: | 210 |

NT2009

| | |
|---------------------|-----|
| TOTAL LONG MEN: | 90 |
| TOTAL LONG FEMALE: | 56 |
| TOTAL SHORT MEN: | 18 |
| TOTAL SHORT FEMALE: | 36 |
| TOTAL LONG TEAM: | 4 |
| TOTAL SHORT TEAM: | 6 |
| TOTAL OTHER: | 0 |
| ----- | |
| TOTAL ENTRANTS: | 210 |

FINISHERS ONLY

OUT OF STATE ENTRANTS - NT2009

| COUNT | NAME | CITY | STATE | AGE | COURSE | TIME |
|-------|------------------------|-----------------|-------|-----|--------|-----------|
| 1 | REDINGER, BRENNAN | CAPE GIRARDEAU | MO | 12 | S | 0:25:35.0 |
| 2 | YAGGIE, SANDY | MISSION HILL | SD | 46 | S | 0:27:07.0 |
| 3 | THELANDER, JEFF | LAWTON | IA | 37 | S | 0:24:05.0 |
| 4 | WEBER, JENNIFER (TEAM) | BROOKINGS | SD | 0 | S | 0:28:48.0 |
| 5 | HOHENTHANER, CAROL | YANKTON | SD | 49 | S | 0:24:25.0 |
| 6 | MORGAN, KYLE | SIOUX CITY | IA | 11 | S | 0:46:39.0 |
| 7 | OLSON, BRIAN | YANKTON | SD | 46 | S | 0:24:32.0 |
| 8 | YAGGIE, MITCH | MISSION HILL | SD | 17 | L | 0:52:27.0 |
| 9 | JENNESS, CINDY | WATERLOO | IA | 53 | L | 1:24:57.0 |
| 10 | REDINGER, ERIC | CAPE GIRARELEAN | MO | 33 | L | 0:53:58.0 |
| 11 | CONSIDINE, PATTY | SIOUX CITY | IA | 43 | L | 1:25:17.0 |
| 12 | ROSENKRANZ, SARA | MANHATTAN | KS | 39 | L | 0:58:27.0 |
| 13 | WEBER, SHAWN | BROOKINGS | SD | 35 | L | 1:19:48.0 |
| 14 | HAHN, MARCY | INDIANOLA | IA | 50 | L | 1:13:44.0 |
| 15 | VLACH, TOM | TOPEKA | KS | 43 | L | 1:04:09.0 |
| 16 | DELLUTRI, LAURA | OVERLAND PARK | KS | 47 | L | 1:42:46.0 |
| 17 | CHAFFIN, MORGAN | CARBONDALE | IL | 26 | L | 0:53:13.0 |
| 18 | KINSLEY, KIPP | YANKTON | SD | 16 | L | 0:55:02.0 |
| 19 | MORGAN, PAUL | SIOUX CITY | IA | 45 | L | 1:29:08.0 |
| 20 | REDMOND, DERIC | JEFFERSON | SD | 34 | L | 1:03:25.0 |
| 21 | NELSON, ZACHARY | SIOUX CITY | IA | 34 | L | 1:03:29.0 |