

2017 Walnut Creek Family YMCA Ice Breaker Indoor Triathlon Results
 January 29, 2017 - Windsor Heights, IA USA

First name/team Last name M/F Age group Swim Bike Run Total

Female 12 & Under

Josie	Bishop	F	12 & Under	02:56.2	10:12.0	10:04.0	0:23:12
Ragan	Swanson	F	12 & Under	03:12.4	12:13.0	11:42.0	0:27:07

Male 12 & Under

Cooper	Frey	M	12 & Under	04:00.7	10:10.0	08:18.0	0:22:29
Nathan	Boehlert	M	12 & Under	03:24.6	12:06.0	12:49.0	0:28:20
Benjamin	Drake	M	12 & Under	05:39.3	12:31.0	12:12.0	0:30:22
Elliott	Caraldi	M	12 & Under				0:00:00

Male 13-16

Will	Greteman	M	13-16	06:41.5	19:05.0	14:35.0	0:40:21
Trejahn	Manning	M	13-16	09:12.5	17:43.0	13:59.0	0:40:55

Female 17-29

Emily	Sullivan	F	17-29	05:58.7	17:12.0	14:01.0	0:37:12
Emily	Feldkamp	F	17-29	09:21.3	17:50.0	15:39.0	0:42:50
Torey	Robinson	F	17-29	08:37.2	19:05.0	17:25.0	0:45:07
Laura	Glas	F	17-29	06:12.6	21:55.0	19:26.0	0:47:34
Sara	Thomsen	F	17-29	10:13.9	19:41.0	19:11.0	0:49:06
Laura	Brandner	F	17-29	07:14.2	21:09.0	24:45.0	0:53:08
Kayla	George	F	17-29	09:10.8	23:40.0	23:54.0	0:56:45
Zoe	Sirotiak	F	17-29	04:53.9	17:20.0	DNF	0:22:14

Male 17-29

*Matt	Ehlinger	M	17-29	04:51.3	16:35.0	13:30.0	0:34:56
Andy	Bernholtz	M	17-29	05:20.5	17:56.0	14:36.0	0:37:52
Chris	Cuellar	M	17-29	07:38.9	18:37.0	12:04.0	0:38:20
Michael	Donahue	M	17-29	07:24.5	20:15.0	13:07.0	0:40:46
Danny	Sabra	M	17-29	09:36.8	18:58.0	14:10.0	0:42:45
Jeremiah	Davis	M	17-29	07:22.4	22:05.0	17:54.0	0:47:21
Bradly	Link	M	17-29				0:00:00

Female 30-39

*Laura	Moeller	F	30-39	05:25.4	16:00.0	13:59.0	0:35:24
Stephanie	Healey	F	30-39	08:28.3	16:44.0	15:03.0	0:40:15
Rhonda	Glaspie	F	30-39	08:23.9	18:30.0	16:32.0	0:43:26
Kylie	Spies	F	30-39	07:54.3	20:32.0	16:05.0	0:44:31
Emily	Cataldi	F	30-39	07:33.0	22:17.0	16:51.0	0:46:41
Holly	Tucker	F	30-39	07:09.8	20:33.0	19:38.0	0:47:21
Ashley	Sparks	F	30-39	08:10.8	22:24.0	18:01.0	0:48:36
Carrie	Kruse	F	30-39	08:02.1	20:18.0	20:36.0	0:48:56
Carrie	Schwake	F	30-39	08:03.8	24:51.0	16:13.0	0:49:08
Laura	Judge	F	30-39	10:26.5	19:59.0	19:10.0	0:49:36
Maggie	White	F	30-39	09:05.4	21:43.0	21:35.0	0:52:23
Amy	Frey	F	30-39	10:19.6	21:34.0	21:14.0	0:53:08
Laure	Fredenburg	F	30-39	11:28.3	20:47.0	21:14.0	0:53:29
Nicole	Straker	F	30-39	12:06.3	26:05.0	23:28.0	1:01:39
Stephanie	Patin	F	30-39	13:03.2	30:01.0	26:59.0	1:10:03
Jennifer	Johnson	F	30-39				0:00:00
Heidi	Christine	F	30-39				0:00:00

Lindsey	Horner	F	30-39				0:00:00
Male 30-39							
Todd	Vogel	M	30-39	06:35.3	17:43.0	11:47.0	0:36:05
Erik	Moen	M	30-39	06:39.8	17:52.0	12:49.0	0:37:21
Caleb	Hegna	M	30-39	06:13.1	18:46.0	14:02.0	0:39:01
Dan	Scholl	M	30-39	08:13.1	19:12.0	14:20.0	0:41:45
Bailey	Forrest	M	30-39	10:17.2	16:50.0	16:35.0	0:43:42
Andy	Briggs	M	30-39	11:52.8	18:10.0	14:38.0	0:44:41
Paul	Cornelius	M	30-39	07:48.8	20:48.0	17:22.0	0:45:59
Paul	Soener	M	30-39	07:13.6	22:01.0	17:57.0	0:47:12
Trent	Middendorf	M	30-39	06:38.7	21:50.0	20:10.0	0:48:39
Daniel	Lawhon	M	30-39	09:26.4	23:57.0	18:42.0	0:52:05
Fallon	Parker	M	30-39				0:00:00
Nicholas	Wigant	M	30-39				0:00:00
Female 40-49							
Jennifer	Borst	F	40-49	07:49.8	17:17.0	14:23.0	0:39:30
Christine	Comito	F	40-49	08:41.3	17:20.0	13:50.0	0:39:51
Kim	Moyle	F	40-49	06:45.3	18:24.0	17:43.0	0:42:52
Susie	Bormann	F	40-49	10:13.8	18:12.0	17:44.0	0:46:10
Rose	Farver	F	40-49	07:43.4	20:44.0	19:18.0	0:47:45
Nicole	Beaman	F	40-49	07:32.9	22:55.0	18:30.0	0:48:58
Sarah	Middendorf	F	40-49	08:27.5	23:44.0	17:20.0	0:49:32
Tammy	Courter	F	40-49	08:16.6	21:54.0	19:36.0	0:49:47
Julie	Kneale	F	40-49	09:38.4	22:07.0	18:42.0	0:50:27
Heather	Bell	F	40-49	10:15.4	20:12.0	21:03.0	0:51:30
Julie	Hahn	F	40-49	09:22.6	21:41.0	20:49.0	0:51:53
Kim	Forrester	F	40-49	07:56.6	25:48.0	19:02.0	0:52:47
Jennifer	Hanson	F	40-49	08:37.0	26:57.0	21:05.0	0:56:39
Mary	Topf	F	40-49	12:20.4	22:21.0	26:28.0	1:01:09
Beth	Ziegmann	F	40-49	10:31.6	29:22.0	24:55.0	1:04:49
Chris	Mathews	F	40-49	DNF	21:31.0	18:38.0	0:40:09
Anna	Ryon	F	40-49				0:00:00
Melissa	Nichols	F	40-49				0:00:00
Male 40-49							
Aaron	Hahn	M	40-49	07:58.1	17:52.0	15:07.0	0:40:57
Mike	Hershberger	M	40-49	07:07.8	18:09.0	16:17.0	0:41:34
Robert	Beaman	M	40-49	08:34.8	18:14.0	16:24.0	0:43:13
Eric	Boehlert	M	40-49	07:19.8	20:29.0	16:02.0	0:43:51
Cameron	Torstenson	M	40-49	10:05.9	17:35.0	16:30.0	0:44:11
Eric	Conrad	M	40-49	07:44.8	21:51.0	16:37.0	0:46:13
Matthew	Frey	M	40-49	08:32.7	22:40.0	16:37.0	0:47:50
B.J.	Bomar	M	40-49	09:30.4	21:21.0	21:14.0	0:52:05
Alexander	Frey	M	40-49	DNF	19:05.0	14:20.0	0:33:25
Female 50-59							
Barb	Scholz	F	50-59	06:56.2	19:48.0	19:10.0	0:45:54
Sherri	Huff	F	50-59	08:25.7	21:15.0	18:44.0	0:48:25
Sarah	Norman	F	50-59	07:53.3	21:32.0	19:07.0	0:48:32

Cecilia	Benetti	F	50-59	08:27.1	18:49.0	22:23.0	0:49:39
Carolyn	Torstenson	F	50-59	11:28.1	19:10.0	19:24.0	0:50:02
Shawn	Burke	F	50-59	09:27.9	20:37.0	28:41.0	0:58:46
Beth	Goedken	F	50-59	07:50.7	23:48.0	27:14.0	0:58:53
Martha	Johnson	F	50-59				0:00:00
Male 50-59							
Thomas	Wubben	M	50-59	05:03.7	19:32.0	14:53.0	0:39:29
Bob	Kohls	M	50-59	06:18.7	19:03.0	15:13.0	0:40:35
Jim	Carty	M	50-59	04:55.3	22:56.0	13:45.0	0:41:36
Tim	Orr	M	50-59	06:55.0	22:29.0	15:20.0	0:44:44
Galen	Crawford	M	50-59	07:20.0	19:54.0	18:10.0	0:45:24
Karl	Overton	M	50-59				0:00:00
Female 60& Over							
Heidi	Benson	F	60 & Over	07:24.7	20:34.0	23:58.0	0:51:57
Carol	Stratemeyer	F	60 & Over	12:14.5	20:45.0	19:09.0	0:52:08
Celeste	Egger	F	60 & over	DNF	27:58.0	19:58.0	0:47:56
Male 60& Over							
Hal	Chase	M	60 & Over	08:13.0	28:49.0	24:22.0	1:01:24
Don	Thiltgen	M	60 & Over	14:13.8	24:12.0	33:59.0	1:12:25
Teams							
Wurth-A-Lot		T	Team	04:53.2	19:21.0	15:00.0	0:39:14
Ancient Wonders		T	Team	08:13.0	19:10.0	12:30.0	0:39:53
Team SW		T	Team	10:33.2	20:37.0	16:51.0	0:48:01
All in the Family		T	Team	10:47.4	23:33.0	13:51.0	0:48:11
The Struggle is Real		T	Team	06:11.7	20:32.0	21:36.0	0:48:20
Team G		T	Team	09:35.7	24:42.0	17:08.0	0:51:26

* Overall gender winner