

NORFOLK YMCA TRATHLON DISTANCE ORDER

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	KUEFFNER, JIM	47	M	OMAHA	NE	6:42.0	1:20.4	1:18.0	27:05.0	22.1	0:00.0	15:41.0	6:16.4	0:50:46.0
2	ANDERSON, TRACY	42	M	MANHATTAN	KS	6:25.0	1:17.0	1:17.0	27:01.0	22.2	0:00.0	16:10.0	6:28.0	0:50:53.0
3	KUBIAK, GERALD	32	M	OMAHA	NE	7:23.0	1:28.6	1:22.0	27:49.0	21.5	0:00.0	14:38.0	5:51.2	0:51:12.0
4	GILLUM, CHARLIE	53	M	MANHATTAN	KS	7:16.0	1:27.2	1:38.0	25:14.0	23.7	0:00.0	17:57.0	7:10.8	0:52:05.0
5	CARMICHAEL, MATT	45	M	OMAHA	NE	7:16.0	1:27.2	2:10.0	27:33.0	21.7	0:00.0	15:15.0	6:06.0	0:52:14.0
6	REDINGER, ERIC	31	M	CAPE GIRAREL	MO	7:20.0	1:28.0	1:19.0	26:06.0	22.9	0:00.0	17:32.0	7:00.8	0:52:17.0
7	WEMHOFF, KYLE	17	M	NORFOLK	NE	5:25.0	1:05.0	1:52.0	31:06.0	19.2	0:00.0	14:12.0	5:40.8	0:52:35.0
8	ROGERS, JIM	44	M	OMAHA	NE	7:11.0	1:26.2	0:12.0	27:31.0	21.8	0:00.0	17:41.0	7:04.4	0:52:35.0
9	WILCOX, MARK	15	M	YANKTON	SD	6:27.0	1:17.4	2:08.0	28:40.0	20.9	0:00.0	15:37.0	6:14.8	0:52:52.0
10	VASINA, JEFF	32	M	COLUMBUS	NE	7:43.0	1:32.6	1:46.0	27:14.0	22.0	0:00.0	16:20.0	6:32.0	0:53:03.0
11	MARSH, JOHN	48	M	KEARNEY	NE	8:44.0	1:44.8	1:16.0	27:00.0	22.2	0:00.0	16:05.0	6:26.0	0:53:05.0
12	ENSZ, JEFF	25	M	LINCOLN	NE	7:25.0	1:29.0	2:01.0	27:40.0	21.6	0:00.0	16:39.0	6:39.6	0:53:45.0
13	KNIGHT, ROBERT	26	M	OMAHA	NE	6:20.0	1:16.0	1:30.0	28:57.0	20.7	0:00.0	17:07.0	6:50.8	0:53:54.0
14	ATCHISON, ANDY	27	M	OMAHA	NE	7:22.0	1:28.4	1:38.0	29:11.0	20.5	0:00.0	16:39.0	6:39.6	0:54:50.0
15	BULLER, CHRIS	25	M	LINCOLN	NE	8:03.0	1:36.6	1:59.0	27:45.0	21.6	0:00.0	17:20.0	6:56.0	0:55:07.0
16	PERRY, KELLEY	48	M	FREMONT	NE	7:29.0	1:29.8	1:21.0	31:30.0	19.0	0:00.0	17:27.0	6:58.8	0:55:47.0
17	MORTENSEN, CORBETT	43	M	PAPILLION	NE	7:33.0	1:30.6	2:37.0	28:09.0	21.3	0:00.0	17:51.0	7:08.4	0:56:10.0
18	VACEK, ERIC	34	M	LINCOLN	NE	7:00.0	1:24.0	1:50.0	28:46.0	20.8	0:00.0	19:35.0	7:50.0	0:57:11.0
19	PALMER, JOE	32	M	OMAHA	NE	7:03.0	1:24.6	6:04.0	25:48.0	23.2	0:00.0	18:48.0	7:31.2	0:57:43.0
20	PAPE, JEFF	35	M	NORFOLK	NE	8:40.0	1:44.0	1:59.0	27:56.0	21.4	0:00.0	19:14.0	7:41.6	0:57:49.0
21	WIDHALM, STEVEN	38	M	ELKHORN	NE	7:57.0	1:35.4	1:28.0	30:21.0	19.7	0:00.0	18:24.0	7:21.6	0:58:10.0
22	MOORE, JEREMY	28	M	OMAHA	NE	11:52.0	2:22.4	1:38.0	27:13.0	22.0	0:00.0	17:31.0	7:00.4	0:58:14.0
23	SHANNON, JEFF	30	M	OMAHA	NE	8:20.0	1:40.0	1:33.0	29:50.0	20.1	0:00.0	18:51.0	7:32.4	0:58:34.0
24	PROCHAZKA, GREG	48	M	LINCOLN	NE	8:51.0	1:46.2	2:18.0	29:01.0	20.6	0:00.0	18:31.0	7:24.4	0:58:41.0
25	O'DELL, MARK	44	M	OMAHA	NE	7:46.0	1:33.2	1:44.0	29:40.0	20.2	0:00.0	19:53.0	7:57.2	0:59:03.0
26	BANTZ, KYLE	28	M	STALLA	NE	9:50.0	1:58.0	1:46.0	30:50.0	19.4	0:00.0	16:49.0	6:43.6	0:59:15.0
27	KUMM, JEFFRIE	36	M	FREMONT	NE	7:30.0	1:30.0	1:29.0	32:39.0	18.3	0:00.0	17:51.0	7:08.4	0:59:29.0
28	BLOOM, EMILY	30	F	LAVISTA	NE	8:07.0	1:37.4	2:19.0	30:29.0	19.6	0:00.0	18:57.0	7:34.8	0:59:52.0
29	SCOVILLE, TREVOR	24	M	DAVID CITY	NE	8:27.0	1:41.4	1:48.0	32:34.0	18.4	0:00.0	17:11.0	6:52.4	1:00:00.0
30	EDWARDS-SHARMAN-DEAL	48	T	COLUMBUS	NE	6:03.0	1:12.6	1:21.0	37:06.0	16.1	0:00.0	15:58.0	6:23.2	1:00:28.0
31	GYHRA, JOSEPH	43	M	RAYMOND	NE	10:07.0	2:01.4	2:33.0	29:52.0	20.0	0:00.0	18:30.0	7:24.0	1:01:02.0
32	WADLEY, DARIN	37	M	VERMILLION	SD	9:18.0	1:51.6	2:05.0	30:40.0	19.5	0:00.0	19:27.0	7:46.8	1:01:30.0
33	GLENN, DARIN	35	M	HAMPTON	IA	8:56.0	1:47.2	1:59.0	33:51.0	17.7	0:00.0	17:22.0	6:56.8	1:02:08.0
34	KOPPERUD, KENNETH	24	M	OMAHA	NE	9:12.0	1:50.4	2:41.0	35:37.0	16.8	0:00.0	14:53.0	5:57.2	1:02:23.0
35	SIMONSON, ANNA	35	F	FREMONT	NE	9:15.0	1:51.0	1:15.0	33:55.0	17.6	0:00.0	18:31.0	7:24.4	1:02:56.0
36	KUBIAK, NIKI	29	F	OMAHA	NE	12:07.0	2:25.4	3:03.0	31:19.0	19.1	0:00.0	16:45.0	6:42.0	1:03:14.0
37	ENZASTIGA, TAMI	32	F	BOYS TOWN	NE	8:23.0	1:40.6	2:27.0	33:35.0	17.8	0:00.0	18:50.0	7:32.0	1:03:15.0
38	MILLS, TOM	47	M	LINCOLN	NE	8:12.0	1:38.4	2:00.0	32:47.0	18.3	0:00.0	20:17.0	8:06.8	1:03:16.0
39	HOLLOWAY, DAVID	38	M	PAPILLION	NE	7:10.0	1:26.0	3:00.0	28:18.0	21.1	0:00.0	25:24.0	10:09.6	1:03:52.0
40	BARTON, DUFF	38	M	BOYS TOWN	NE	11:37.0	2:19.4	2:59.0	24:40.0	24.3	0:00.0	25:05.0	10:02.0	1:04:21.0
41	SIMONSON, MARK	41	M	FREMONT	NE	10:52.0	2:10.4	1:40.0	32:03.0	18.7	0:00.0	20:30.0	8:12.0	1:05:05.0
42	GRAVES, LANCE	45	M	OMAHA	NE	9:24.0	1:52.8	2:14.0	31:29.0	19.0	0:00.0	22:05.0	8:50.0	1:05:12.0
43	BOWLES, STEVEN	53	M	LINCOLN	NE	11:50.0	2:22.0	2:01.0	31:06.0	00.3	0:00.0	21:18.0	8:31.2	1:06:15.0
44	CARPENTER, DAVE	58	M	NORTH PLATTE	NE	9:22.0	1:52.4	2:25.0	33:37.0	17.8	0:00.0	21:11.0	8:28.4	1:06:35.0
45	DEL TJEN, JULIE	44	F	OMAHA	NE	7:56.0	1:35.2	2:03.0	33:34.0	17.8	0:00.0	23:02.0	9:12.8	1:06:35.0
46	NORWOOD, TIM	50	M	KEARNEY	NE	9:27.0	1:53.4	2:36.0	30:41.0	19.5	0:00.0	24:13.0	9:41.2	1:06:57.0
47	SHANNON, JEN	29	F	OMAHA	NE	9:58.0	1:59.6	2:08.0	32:37.0	18.3	0:00.0	22:17.0	8:54.8	1:07:00.0
48	ACKERMAN, DAN	52	M	PANAMA	NE	6:55.0	1:23.0	2:02.0	34:08.0	17.5	0:00.0	24:02.0	9:36.8	1:07:07.0
49	MILLS, TYLER	15	M	LINCOLN	NE	6:22.0	1:16.4	2:12.0	39:10.0	15.3	0:00.0	19:40.0	7:52.0	1:07:24.0
50	MCGINN, JAMES	50	M	OMAHA	NE	9:26.0	1:53.2	3:01.0	32:25.0	18.5	0:00.0	22:44.0	9:05.6	1:07:36.0
51	BALZER, BRANDY	23	F	CLARKSON	NE	10:37.0	2:07.4	2:23.0	34:17.0	17.5	0:00.0	20:27.0	8:10.8	1:07:44.0
52	MEDLOCK, MATT	35	M	OMAHA	NE	9:05.0	1:49.0	2:37.0	34:50.0	17.2	0:00.0	21:17.0	8:30.8	1:07:49.0
53	CHRISTENSON, MIKE	23	M	OMAHA	NE	9:28.0	1:53.6	2:02.0	37:01.0	16.2	0:00.0	19:35.0	7:50.0	1:08:06.0

NORFOLK YMCA TRATHLON DISTANCE ORDER

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	ROSSMAN, JARED	35	M	NORFOLK	NE	11:39.0	2:19.8	3:04.0	36:57.0	16.2	0:00.0	16:32.0	6:36.8	1:08:12.0
55	MARX, CRYSTAL	25	F	RELLEVUE	NE	8:13.0	1:38.6	2:27.0	39:40.0	15.1	0:00.0	18:00.0	7:12.0	1:08:20.0
56	WILLITS, TOM	58	M	GRAND ISLAND	NE	8:47.0	1:45.4	2:55.0	33:35.0	17.8	0:00.0	23:12.0	9:16.8	1:08:29.0
57	SAMLAND, TODD	45	M	OMAHA	NE	7:08.0	1:25.6	2:22.0	34:57.0	17.1	0:00.0	24:06.0	9:38.4	1:08:33.0
58	ANDERSON, DARYL	37	M	OMAHA	NE	9:29.0	1:53.8	2:01.0	33:43.0	17.7	0:00.0	23:28.0	9:23.2	1:08:41.0
59	KRAMPER, MIKI	32	F	OMAHA	NE	7:09.0	1:25.8	3:40.0	36:58.0	16.2	0:00.0	21:27.0	8:34.8	1:09:14.0
60	NELSON, TOM	61	M	STEAMBOAT SR	CO	12:23.0	2:28.6	2:10.0	34:44.0	17.2	0:00.0	20:03.0	8:01.2	1:09:20.0
61	BELL, DAVE	37	M	OMAHA	NE	6:56.0	1:23.2	2:29.0	37:25.0	16.0	0:00.0	22:35.0	9:02.0	1:09:25.0
62	SNOWARDT, CHRIS	35	M	OMAHA	NE	10:57.0	2:11.4	2:28.0	34:58.0	17.1	0:00.0	21:08.0	8:27.2	1:09:31.0
63	LAU, SHELLE	42	F	LAVISTA	NE	9:50.0	1:58.0	3:10.0	32:12.0	18.6	0:00.0	24:21.0	9:44.4	1:09:33.0
64	SMITH, THOMAS	41	M	OMAHA	NE	9:02.0	1:48.4	2:06.0	36:33.0	16.4	0:00.0	22:50.0	9:08.0	1:10:31.0
65	VACEK, REBECCA	31	F	LINCOLN	NE	10:03.0	2:00.6	2:32.0	35:21.0	16.9	0:00.0	22:49.0	9:07.6	1:10:45.0
66	GRAVES, ADAM	13	M	OMAHA	NE	8:31.0	1:42.2	2:07.0	27:32.0	21.7	0:00.0	32:57.0	13:10.8	1:11:07.0
67	LAMMLI, BERT	59	M	STANTON	NE	11:51.0	2:22.2	3:58.0	32:37.0	18.3	0:00.0	23:31.0	9:24.4	1:11:57.0
68	BROWN RUSSELL A.	34	M	BELLEVUE	NE	10:39.0	2:07.8	3:21.0	35:21.0	16.9	0:00.0	22:53.0	9:09.2	1:12:14.0
69	WOLD-STEELE, MICHAEL	46	M	OMAHA	NE	7:00.0	1:24.0	2:45.0	31:49.0	18.8	0:00.0	30:48.0	12:19.2	1:12:22.0
70	WORACEK, JOE	25	M	OMAHA	NE	10:49.0	2:09.8	2:37.0	36:18.0	16.5	0:00.0	22:50.0	9:08.0	1:12:34.0
71	COBOS, ALFREDDO	48	M	NORFOLK	NE	12:09.0	2:25.8	2:31.0	34:17.0	17.5	0:00.0	24:10.0	9:40.0	1:13:07.0
72	REICKS, KATHELEEN M.	26	F	SIOUX FALLS	SD	8:54.0	1:46.8	2:26.0	34:30.0	17.3	0:00.0	27:17.0	10:54.8	1:13:07.0
73	KING, ROBERT	37	M	OMAHA	NE	9:23.0	1:52.6	3:25.0	37:23.0	16.0	0:00.0	23:35.0	9:26.0	1:13:46.0
74	HOFF, JERRY	47	M	NORFOLK	NE	11:59.0	2:23.8	1:57.0	39:02.0	15.3	0:00.0	20:50.0	8:20.0	1:13:48.0
75	MOHR, KIELE	24	F	BELLEVUE	NE	10:35.0	2:07.0	3:27.0	38:39.0	15.5	0:00.0	21:29.0	8:35.6	1:14:10.0
76	NORWOOD, NANCY	45	F	KEARNEY	NE	12:29.0	2:29.8	2:05.0	37:43.0	15.9	0:00.0	22:19.0	8:55.6	1:14:36.0
77	BUSS, JASON	27	M	COLUMBUS	NE	12:45.0	2:33.0	3:10.0	36:47.0	16.3	0:00.0	21:58.0	8:47.2	1:14:40.0
78	EXCEEN, CHAD	32	M	COUNCIL BLUF	IA	9:02.0	1:48.4	1:34.0	42:28.0	14.1	0:00.0	22:05.0	8:50.0	1:15:09.0
79	RADER, KRISTIE	53	F	LINCOLN	NE	10:01.0	2:00.2	2:51.0	36:40.0	16.3	0:00.0	25:48.0	10:19.2	1:15:20.0
80	PETERSON, SUNNY	26	F	AURORA	NE	8:40.0	1:44.0	2:25.0	42:35.0	14.0	0:00.0	21:41.0	8:40.4	1:15:21.0
81	WIEGMAN, MIKE	32	M	OMAHA	NE	11:20.0	2:16.0	2:33.0	41:09.0	14.5	0:00.0	20:48.0	8:19.2	1:15:50.0
82	BARGSTAAT, AMBER	26	F	WINSIDE	NE	7:53.0	1:34.6	2:57.0	37:09.0	16.1	0:00.0	27:52.0	11:08.8	1:15:51.0
83	WITZENBURG, MOLLY	39	F	OMAHA	NE	7:23.0	1:28.6	4:27.0	39:26.0	15.2	0:00.0	25:03.0	10:01.2	1:16:19.0
84	BUSS, MONICA	26	F	COLUMBUS	NE	11:50.0	2:22.0	4:12.0	38:12.0	15.7	0:00.0	22:26.0	8:58.4	1:16:40.0
85	GUYER, NATHAN	13	M	LINCOLN	NE	8:47.0	1:45.4	3:09.0	41:00.0	14.6	0:00.0	23:51.0	9:32.4	1:16:47.0
86	OLSEN, VICKY	46	F	OMAHA	NE	14:05.0	2:49.0	2:25.0	36:19.0	16.5	0:00.0	24:03.0	9:37.2	1:16:52.0
87	WITHERSPOON, JOHN	33	M	CLARKSVILLE	TN	5:50.0	1:10.0	9:55.0	42:10.0	14.2	0:00.0	19:02.0	7:36.8	1:16:57.0
88	VASINA, EMILY	31	F	COLUMBUS	NE	11:39.0	2:19.8	2:54.0	36:42.0	16.3	0:00.0	25:51.0	10:20.4	1:17:06.0
89	FITZSIMMONS, CARRIE	26	F	NORFOLK	NE	9:18.0	1:51.6	3:07.0	39:29.0	15.1	0:00.0	25:38.0	10:15.2	1:17:32.0
90	KRAUS, SARAH	27	F	WACO	NE	9:18.0	1:51.6	3:50.0	38:52.0	15.4	0:00.0	25:43.0	10:17.2	1:17:43.0
91	HERROD, BRENDA	38	F	NORFOLK	NE	10:45.0	2:09.0	2:54.0	39:01.0	15.3	0:00.0	25:49.0	10:19.6	1:18:29.0
92	BROWN, MANDI S.	30	F	BELLEVEUE	NE	10:40.0	2:08.0	3:09.0	39:51.0	15.0	0:00.0	24:54.0	9:57.6	1:18:34.0
93	CARNEY TEAM		T	NORFOLK	NE	7:12.0	1:26.4	1:01.0	47:38.0	12.5	0:00.0	22:59.0	9:11.6	1:18:50.0
94	UHLIR, TROY	38	M	NORFOLK	NE	15:37.0	3:07.4	2:38.0	37:50.0	15.8	0:00.0	22:45.0	9:06.0	1:18:50.0
95	PETERSEN, DIANNE	42	F	OMAHA	NE	10:26.0	2:05.2	3:11.0	41:37.0	14.4	0:00.0	23:56.0	9:34.4	1:19:10.0
96	KRAMER, MIKE	33	M	SIOUX CITY	NE	12:03.0	2:24.6	2:29.0	36:42.0	16.3	0:00.0	28:11.0	11:16.4	1:19:25.0
97	MILLER, STEVE	39	M	NORFOLK	NE	10:17.0	2:03.4	4:18.0	39:05.0	15.3	0:00.0	25:52.0	10:20.8	1:19:32.0
98	MORGAN, PAUL	43	M	SIOUX CITY	IA	11:42.0	2:20.4	2:03.0	39:25.0	15.2	0:00.0	26:57.0	10:46.8	1:20:07.0
99	ASHCRAFT, CANDY	34	F	LINCOLN	NE	10:34.0	2:06.8	3:30.0	41:16.0	14.5	0:00.0	24:57.0	9:58.8	1:20:17.0
100	O'CONNOR MARCI	38	F	OMAHA	NE	8:47.0	1:45.4	5:33.0	40:24.0	14.8	0:00.0	25:51.0	10:20.4	1:20:35.0
101	CRUZ, AMELIS	24	F	OMAHA	NE	11:43.0	2:20.6	2:28.0	43:50.0	13.6	0:00.0	25:12.0	10:04.8	1:23:13.0
102	KENNINGTON, MEAGAN	29	F	BELLEVUE	NE	14:51.0	2:58.2	2:43.0	43:52.0	13.6	0:00.0	22:31.0	9:00.4	1:23:57.0
103	LAMMLI, DEB	53	F	STANTON	NE	12:55.0	2:35.0	4:32.0	41:17.0	14.5	0:00.0	26:27.0	10:34.8	1:25:11.0
104	WALZ, LYNNE	43	F	FREMONT	NE	7:40.0	1:32.0	2:57.0	45:42.0	13.1	0:00.0	29:33.0	11:49.2	1:25:52.0
105	RUDEN, SHERRY	33	F	NORFOLK	NE	10:06.0	2:01.2	3:18.0	44:01.0	13.6	0:00.0	29:59.0	11:59.6	1:27:24.0
106	MILES, DANIELLE	42	F	COUNCIL BLUF	IA	12:15.0	2:27.0	3:10.0	45:38.0	13.1	0:00.0	27:04.0	10:49.6	1:28:07.0
107	PAULI, ROSE	52	F	MILBANK	SD	11:34.0	2:18.8	2:39.0	51:47.0	11.5	0:00.0	25:35.0	10:14.0	1:31:35.0

NORFOLK YMCA TRATHLON DISTANCE ORDER

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 KRAUS, BYRON	35	M	WACO	NE	15:24.0	3:04.8	4:16.0	40:00.0	14.9	0:00.0	33:32.0	13:24.8	1:33:12.0
109 PETERSON, ANITA	43	F	PURDUM	NE	13:52.0	2:46.4	3:42.0	44:41.0	13.4	0:00.0	30:58.0	12:23.2	1:33:13.0
110 GUYER, BETSY	43	F	LINCOLN	NE	11:21.0	2:16.2	4:24.0	49:51.0	12.0	0:00.0	27:40.0	11:04.0	1:33:16.0
111 BULLER, CAMILLE	25	F	LINCOLN	NE	13:09.0	2:37.8	3:49.0	54:05.0	11.0	0:00.0	29:35.0	11:50.0	1:40:38.0
SHORT COURSE													
1 VER STEEG, CHRIS	36	M	SIOUX CITY	IA	2:25.0	1:36.7	2:40.0	10:52.0	16.5	0:00.0	8:34.0	8:34.0	0:24:31.0
2 BUSCH, JASON	33	M	NORFOLK	NE	3:01.0	2:00.7	2:46.0	10:36.0	16.9	0:00.0	8:14.0	8:14.0	0:24:37.0
3 UHLIR-MEURET-RAITT		T	NORFOLK	NE	2:06.0	1:24.0	0:54.0	13:41.0	13.1	0:00.0	8:03.0	8:03.0	0:24:44.0
4 RICHEY, JODI	24	F	NORFOLK	NE	3:03.0	2:02.0	1:57.0	12:38.0	14.2	0:00.0	7:29.0	7:29.0	0:25:07.0
5 MORTENSEN, CADE	13	M	PAPILLION	NE	2:22.0	1:34.7	2:28.0	10:55.0	16.4	0:00.0	9:33.0	9:33.0	0:25:18.0
6 REDINGER, BRENNAN	10	M	CAPE GIRAREL	MO	3:49.0	2:32.7	1:35.0	12:04.0	14.9	0:00.0	8:20.0	8:20.0	0:25:48.0
7 CARSON, MICHAEL	12	M	S. SIOUX CIT	NE	2:04.0	1:22.7	2:57.0	13:02.0	13.8	0:00.0	8:08.0	8:08.0	0:26:11.0
8 MORTENSEN, REECE	12	M	PAPILLION	NE	2:33.0	1:42.0	2:27.0	11:32.0	15.6	0:00.0	9:52.0	9:52.0	0:26:24.0
9 GESELL, PHIL	45	M	NORFOLK	NE	2:57.0	1:58.0	1:50.0	12:48.0	14.0	0:00.0	9:04.0	9:04.0	0:26:39.0
10 BURKINK, DOUG	42	M	NORFOLK	NE	3:27.0	2:18.0	2:18.0	10:17.0	17.5	0:00.0	10:49.0	10:49.0	0:26:51.0
11 THELANDER, JEFF	35	M	LANTON	IA	4:18.0	2:52.0	2:42.0	10:50.0	16.6	0:00.0	9:28.0	9:28.0	0:27:18.0
12 GYHRA, LAURA	38	F	RAYMOND	NE	3:21.0	2:14.0	2:45.0	12:40.0	14.2	0:00.0	8:37.0	8:37.0	0:27:23.0
13 TRAMP, JAMIE	30	F	CROFTON	NE	2:26.0	1:37.3	2:29.0	11:50.0	15.2	0:00.0	10:56.0	10:56.0	0:27:41.0
14 WASSON, THAD	34	M	PIEDMONT	SD	3:14.0	2:09.3	2:26.0	13:41.0	13.1	0:00.0	9:44.0	9:44.0	0:29:05.0
15 HERROD-HERROD-EACKER		T	NORFOLK	NE	3:01.0	2:00.7	1:34.0	15:07.0	11.9	0:00.0	9:24.0	9:24.0	0:29:06.0
16 SEEGERBARTH, BETH	27	F	NORFOLK	NE	2:11.0	1:27.3	3:54.0	13:04.0	13.7	0:00.0	10:44.0	10:44.0	0:29:53.0
17 KEE, MELINDA	41	F	NORFOLK	NE	4:07.0	2:44.7	2:46.0	13:10.0	13.6	0:00.0	10:12.0	10:12.0	0:30:15.0
18 UHLIR, SUZANNE	37	F	NORFOLK	NE	2:44.0	1:49.3	3:38.0	13:08.0	13.7	0:00.0	11:26.0	11:26.0	0:30:56.0
19 BERG, FORREST	10	M	PAPILLION	NE	2:59.0	1:59.3	2:28.0	15:23.0	11.7	0:00.0	10:16.0	10:16.0	0:31:06.0
20 HANSON, BRUCE	64	M	STANTON	NE	4:11.0	2:47.3	4:09.0	10:56.0	16.4	0:00.0	12:02.0	12:02.0	0:31:18.0
21 LAU, ZACH	12	M	LAVISTA	NE	2:49.0	1:52.7	3:41.0	11:38.0	15.4	0:00.0	13:26.0	13:26.0	0:31:34.0
22 SMITH, LINDSEY	10	F	DAKOTA DUNES	SD	4:05.0	2:43.3	0:32.0	18:00.0	10.0	0:00.0	9:41.0	9:41.0	0:32:18.0
23 SMITH, KAM	49	M	DAKOTA DUNES	SD	4:01.0	2:40.7	2:56.0	17:03.0	10.5	0:00.0	8:19.0	8:19.0	0:32:19.0
24 WIEGERT, KATE	11	F	LINCOLN	NE	3:05.0	2:03.3	4:29.0	13:54.0	12.9	0:00.0	11:24.0	11:24.0	0:32:52.0
25 BERG, MASON	7	M	PAPILLION	NE	4:13.0	2:48.7	2:51.0	15:47.0	11.4	0:00.0	10:12.0	10:12.0	0:33:03.0
26 WIEGERT, ANNETTE	41	F	LINCOLN	NE	3:20.0	2:13.3	4:22.0	13:47.0	13.0	0:00.0	11:35.0	11:35.0	0:33:04.0
27 PALADINO, MEGAN	13	F	OMAHA	NE	3:38.0	2:25.3	3:51.0	12:29.0	14.4	0:00.0	13:20.0	13:20.0	0:33:18.0
28 MORLAND, PAT	37	F	NORFOLK	NE	3:34.0	2:22.7	4:06.0	15:29.0	11.6	0:00.0	10:20.0	10:20.0	0:33:29.0
29 KENNINGTON, DEVAN	31	M	BELLEVUE	NE	4:06.0	2:44.0	4:47.0	14:05.0	12.7	0:00.0	11:33.0	11:33.0	0:34:31.0
30 BERG, ALAINA	9	F	PAPILLION	NE	3:26.0	2:17.3	3:04.0	16:18.0	11.0	0:00.0	11:53.0	11:53.0	0:34:41.0
31 FLOHR, REBECCA	32	F	NORFOLK	NE	2:41.0	1:47.3	3:19.0	17:00.0	10.5	0:00.0	12:21.0	12:21.0	0:35:21.0
32 SAZAMA, TERESA	38	F	NORFOLK	NE	3:11.0	2:07.3	1:24.0	16:08.0	11.1	0:00.0	15:18.0	15:18.0	0:36:01.0
33 BARR, NOAH	8	M	PAPILLION	NE	3:28.0	2:18.7	3:02.0	15:59.0	11.2	0:00.0	14:20.0	14:20.0	0:36:49.0
34 MORTENSEN, MAYA	7	F	PAPILLION	NE	7:56.0	5:17.3	3:07.0	21:01.0	08.5	0:00.0	10:55.0	10:55.0	0:42:59.0
35 PALADINO, CAMERON	6	M	OMAHA	NE	7:34.0	5:02.7	5:41.0	17:03.0	10.5	0:00.0	15:38.0	15:38.0	0:45:56.0

NORFOLK YMCA TRATHLON DISTANCE/SEX ORDER

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME	
LONG COURSE		MALE													
1	KUEFFNER, JIM	47	M	OMAHA	NE	6:42.0	1:20.4	1:18.0	27:05.0	22.1	0:00.0	15:41.0	6:16.4	0:50:46.0	
2	ANDERSON, TRACY	42	M	MANHATTAN	KS	6:25.0	1:17.0	1:17.0	27:01.0	22.2	0:00.0	16:10.0	6:28.0	0:50:53.0	
3	KUBIAK, GERALD	32	M	OMAHA	NE	7:23.0	1:28.6	1:22.0	27:49.0	21.5	0:00.0	14:38.0	5:51.2	0:51:12.0	
4	GILLUM, CHARLIE	53	M	MANHATTAN	KS	7:16.0	1:27.2	1:38.0	25:14.0	23.7	0:00.0	17:57.0	7:10.8	0:52:05.0	
5	CARMICHAEL, MATT	45	M	OMAHA	NE	7:16.0	1:27.2	2:10.0	27:33.0	21.7	0:00.0	15:15.0	6:06.0	0:52:14.0	
6	REDINGER, ERIC	31	M	CAPE GIRAREL	MO	7:20.0	1:28.0	1:19.0	26:06.0	22.9	0:00.0	17:32.0	7:00.8	0:52:17.0	
7	WEMHOFF, KYLE	17	M	NORFOLK	NE	5:25.0	1:05.0	1:52.0	31:06.0	19.2	0:00.0	14:12.0	5:40.8	0:52:35.0	
8	ROGERS, JIM	44	M	OMAHA	NE	7:11.0	1:26.2	0:12.0	27:31.0	21.8	0:00.0	17:41.0	7:04.4	0:52:35.0	
9	WILCOX, MARK	15	M	YANKTON	SD	6:27.0	1:17.4	2:08.0	28:40.0	20.9	0:00.0	15:37.0	6:14.8	0:52:52.0	
10	VASINA, JEFF	32	M	COLUMBUS	NE	7:43.0	1:32.6	1:46.0	27:14.0	22.0	0:00.0	16:20.0	6:32.0	0:53:03.0	
11	MARSH, JOHN	48	M	KEARNEY	NE	8:44.0	1:44.8	1:16.0	27:00.0	22.2	0:00.0	16:05.0	6:26.0	0:53:05.0	
12	ENSZ, JEFF	25	M	LINCOLN	NE	7:25.0	1:29.0	2:01.0	27:40.0	21.6	0:00.0	16:39.0	6:39.6	0:53:45.0	
13	KNIGHT, ROBERT	26	M	OMAHA	NE	6:20.0	1:16.0	1:30.0	28:57.0	20.7	0:00.0	17:07.0	6:50.8	0:53:54.0	
14	ATCHISON, ANDY	27	M	OMAHA	NE	7:22.0	1:28.4	1:38.0	29:11.0	20.5	0:00.0	16:39.0	6:39.6	0:54:50.0	
15	BULLER, CHRIS	25	M	LINCOLN	NE	8:03.0	1:36.6	1:59.0	27:45.0	21.6	0:00.0	17:20.0	6:56.0	0:55:07.0	
16	PERRY, KELLEY	48	M	FREMONT	NE	7:29.0	1:29.8	1:21.0	31:30.0	19.0	0:00.0	17:27.0	6:58.8	0:55:47.0	
17	MORTENSEN, CORBETT	43	M	PAPILLION	NE	7:33.0	1:30.6	2:37.0	28:09.0	21.3	0:00.0	17:51.0	7:08.4	0:56:10.0	
18	VACEK, ERIC	34	M	LINCOLN	NE	7:00.0	1:24.0	1:50.0	28:46.0	20.8	0:00.0	19:35.0	7:50.0	0:57:11.0	
19	PALMER, JOE	32	M	OMAHA	NE	7:03.0	1:24.6	6:04.0	25:48.0	23.2	0:00.0	18:48.0	7:31.2	0:57:43.0	
20	PAPE, JEFF	35	M	NORFOLK	NE	8:40.0	1:44.0	1:59.0	27:56.0	21.4	0:00.0	19:14.0	7:41.6	0:57:49.0	
21	WIDHALM, STEVEN	38	M	ELKHORN	NE	7:57.0	1:35.4	1:28.0	30:21.0	19.7	0:00.0	18:24.0	7:21.6	0:58:10.0	
22	MOORE, JEREMY	28	M	OMAHA	NE	11:52.0	2:22.4	1:38.0	27:13.0	22.0	0:00.0	17:31.0	7:00.4	0:58:14.0	
23	SHANNON, JEFF	30	M	OMAHA	NE	8:20.0	1:40.0	1:33.0	29:50.0	20.1	0:00.0	18:51.0	7:32.4	0:58:34.0	
24	PROCHAZKA, GREG	48	M	LINCOLN	NE	8:51.0	1:46.2	2:18.0	29:01.0	20.6	0:00.0	18:31.0	7:24.4	0:58:41.0	
25	O'DELL, MARK	44	M	OMAHA	NE	7:46.0	1:33.2	1:44.0	29:40.0	20.2	0:00.0	19:53.0	7:57.2	0:59:03.0	
26	BANTZ, KYLE	28	M	STALLA	NE	9:50.0	1:58.0	1:46.0	30:50.0	19.4	0:00.0	16:49.0	6:43.6	0:59:15.0	
27	KUMM, JEFFRIE	36	M	FREMONT	NE	7:30.0	1:30.0	1:29.0	32:39.0	18.3	0:00.0	17:51.0	7:08.4	0:59:29.0	
28	SCOVILLE, TREVOR	24	M	DAVID CITY	NE	8:27.0	1:41.4	1:48.0	32:34.0	18.4	0:00.0	17:11.0	6:52.4	1:00:00.0	
29	GYHRA, JOSEPH	43	M	RAYMOND	NE	10:07.0	2:01.4	2:33.0	29:52.0	20.0	0:00.0	18:30.0	7:24.0	1:01:02.0	
30	WADLEY, DARIN	37	M	VERMILLION	SD	9:18.0	1:51.6	2:05.0	30:40.0	19.5	0:00.0	19:27.0	7:46.8	1:01:30.0	
31	GLENN, DARIN	35	M	HAMPTON	IA	8:56.0	1:47.2	1:59.0	33:51.0	17.7	0:00.0	17:22.0	6:56.8	1:02:08.0	
32	KOPPERUD, KENNETH	24	M	OMAHA	NE	9:12.0	1:50.4	2:41.0	35:37.0	16.8	0:00.0	14:53.0	5:57.2	1:02:23.0	
33	MILLS, TOM	47	M	LINCOLN	NE	8:12.0	1:38.4	2:00.0	32:47.0	18.3	0:00.0	20:17.0	8:06.8	1:03:16.0	
34	HOLLOWAY, DAVID	38	M	PAPILLION	NE	7:10.0	1:26.0	3:00.0	28:18.0	21.1	0:00.0	25:24.0	10:09.6	1:03:52.0	
35	BARTON, DUFF	38	M	BOYS TOWN	NE	11:37.0	2:19.4	2:59.0	24:40.0	24.3	0:00.0	25:05.0	10:02.0	1:04:21.0	
36	SIMONSON, MARK	41	M	FREMONT	NE	10:52.0	2:10.4	1:40.0	32:03.0	18.7	0:00.0	20:30.0	8:12.0	1:05:05.0	
37	GRAVES, LANCE	45	M	OMAHA	NE	9:24.0	1:52.8	2:14.0	31:29.0	19.0	0:00.0	22:05.0	8:50.0	1:05:12.0	
38	BOWLES, STEVEN	53	M	LINCOLN	NE	11:50.0	2:22.0	2:01.0	31:06.0	00.3	0:00.0	21:18.0	8:31.2	1:06:15.0	
39	CARPENTER, DAVE	58	M	NORTH PLATTE	NE	9:22.0	1:52.4	2:25.0	33:37.0	17.8	0:00.0	21:11.0	8:28.4	1:06:35.0	
40	NORWOOD, TIM	50	M	KEARNEY	NE	9:27.0	1:53.4	2:36.0	30:41.0	19.5	0:00.0	24:13.0	9:41.2	1:06:57.0	
41	ACKERMAN, DAN	52	M	PANAMA	NE	6:55.0	1:23.0	2:02.0	34:08.0	17.5	0:00.0	24:02.0	9:36.8	1:07:07.0	
42	MILLS, TYLER	15	M	LINCOLN	NE	6:22.0	1:16.4	2:12.0	39:10.0	15.3	0:00.0	19:40.0	7:52.0	1:07:24.0	
43	MCGINN, JAMES	50	M	OMAHA	NE	9:26.0	1:53.2	3:01.0	32:25.0	18.5	0:00.0	22:44.0	9:05.6	1:07:36.0	
44	MEDLOCK, MATT	35	M	OMAHA	NE	9:05.0	1:49.0	2:37.0	34:50.0	17.2	0:00.0	21:17.0	8:30.8	1:07:49.0	
45	CHRISTENSON, MIKE	23	M	OMAHA	NE	9:28.0	1:53.6	2:02.0	37:01.0	16.2	0:00.0	19:35.0	7:50.0	1:08:06.0	
46	ROSSMAN, JARED	35	M	NORFOLK	NE	11:39.0	2:19.8	3:04.0	36:57.0	16.2	0:00.0	16:32.0	6:36.8	1:08:12.0	
47	WILLITS, TOM	58	M	GRAND ISLAND	NE	8:47.0	1:45.4	2:55.0	33:35.0	17.8	0:00.0	23:12.0	9:16.8	1:08:29.0	
48	SAMLAND, TODD	45	M	OMAHA	NE	7:08.0	1:25.6	2:22.0	34:57.0	17.1	0:00.0	24:06.0	9:38.4	1:08:33.0	
49	ANDERSON, DARYL	37	M	OMAHA	NE	9:29.0	1:53.8	2:01.0	33:43.0	17.7	0:00.0	23:28.0	9:23.2	1:08:41.0	
50	NELSON, TOM	61	M	STEAMBOAT SR	CO	12:23.0	2:28.6	2:10.0	34:44.0	17.2	0:00.0	20:03.0	8:01.2	1:09:20.0	
51	BELL, DAVE	37	M	OMAHA	NE	6:56.0	1:23.2	2:29.0	37:25.0	16.0	0:00.0	22:35.0	9:02.0	1:09:25.0	
52	SNOWARDT, CHRIS	35	M	OMAHA	NE	10:57.0	2:11.4	2:28.0	34:58.0	17.1	0:00.0	21:08.0	8:27.2	1:09:31.0	
53	SMITH, THOMAS	41	M	OMAHA	NE	9:02.0	1:48.4	2:06.0	36:33.0	16.4	0:00.0	22:50.0	9:08.0	1:10:31.0	

NORFOLK YMCA TRATHLON DISTANCE/SEX ORDER

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	GRAVES, ADAM	13	M	OMAHA	NE	8:31.0	1:42.2	2:07.0	27:32.0	21.7	0:00.0	32:57.0	13:10.8	1:11:07.0
55	LAMMLI, BERT	59	M	STANTON	NE	11:51.0	2:22.2	3:58.0	32:37.0	18.3	0:00.0	23:31.0	9:24.4	1:11:57.0
56	BROWN RUSSELL A.	34	M	BELLEVUE	NE	10:39.0	2:07.8	3:21.0	35:21.0	16.9	0:00.0	22:53.0	9:09.2	1:12:14.0
57	WOLD-STEELE, MICHAEL	46	M	OMAHA	NE	7:00.0	1:24.0	2:45.0	31:49.0	18.8	0:00.0	30:48.0	12:19.2	1:12:22.0
58	WORACEK, JOE	25	M	OMAHA	NE	10:49.0	2:09.8	2:37.0	36:18.0	16.5	0:00.0	22:50.0	9:08.0	1:12:34.0
59	COBBS, ALFREDO	48	M	NORFOLK	NE	12:09.0	2:25.8	2:31.0	34:17.0	17.5	0:00.0	24:10.0	9:40.0	1:13:07.0
60	KING, ROBERT	37	M	OMAHA	NE	9:23.0	1:52.6	3:25.0	37:23.0	16.0	0:00.0	23:35.0	9:26.0	1:13:46.0
61	HOFF, JERRY	47	M	NORFOLK	NE	11:59.0	2:23.8	1:57.0	39:02.0	15.3	0:00.0	20:50.0	8:20.0	1:13:48.0
62	BUSS, JASON	27	M	COLUMBUS	NE	12:45.0	2:33.0	3:10.0	36:47.0	16.3	0:00.0	21:58.0	8:47.2	1:14:40.0
63	EXCEEN, CHAD	32	M	COUNCIL BLUF	IA	9:02.0	1:48.4	1:34.0	42:28.0	14.1	0:00.0	22:05.0	8:50.0	1:15:09.0
64	WIEGMAN, MIKE	32	M	OMAHA	NE	11:20.0	2:16.0	2:33.0	41:09.0	14.5	0:00.0	20:48.0	8:19.2	1:15:50.0
65	GUYER, NATHAN	13	M	LINCOLN	NE	8:47.0	1:45.4	3:09.0	41:00.0	14.6	0:00.0	23:51.0	9:32.4	1:16:47.0
66	WITHERSPOON, JOHN	33	M	CLARKSVILLE	TN	5:50.0	1:10.0	9:55.0	42:10.0	14.2	0:00.0	19:02.0	7:36.8	1:16:57.0
67	UHLIR, TROY	38	M	NORFOLK	NE	15:37.0	3:07.4	2:38.0	37:50.0	15.8	0:00.0	22:45.0	9:06.0	1:18:50.0
68	KRAMER, MIKE	33	M	SIOUX CITY	NE	12:03.0	2:24.6	2:29.0	36:42.0	16.3	0:00.0	28:11.0	11:16.4	1:19:25.0
69	MILLER, STEVE	39	M	NORFOLK	NE	10:17.0	2:03.4	4:18.0	39:05.0	15.3	0:00.0	25:52.0	10:20.8	1:19:32.0
70	MORGAN, PAUL	43	M	SIOUX CITY	IA	11:42.0	2:20.4	2:03.0	39:25.0	15.2	0:00.0	26:57.0	10:46.8	1:20:07.0
71	KRAUS, BYRON	35	M	WACO	NE	15:24.0	3:04.8	4:16.0	40:00.0	14.9	0:00.0	33:32.0	13:24.8	1:33:12.0

LONG COURSE FEMALE

1	BLOOM, EMILY	30	F	LAVISTA	NE	8:07.0	1:37.4	2:19.0	30:29.0	19.6	0:00.0	18:57.0	7:34.8	0:59:52.0
2	SIMONSON, ANNA	35	F	FREMONT	NE	9:15.0	1:51.0	1:15.0	33:55.0	17.6	0:00.0	18:31.0	7:24.4	1:02:56.0
3	KUBIAK, NIKI	29	F	OMAHA	NE	12:07.0	2:25.4	3:03.0	31:19.0	19.1	0:00.0	16:45.0	6:42.0	1:03:14.0
4	ENZASTIGA, TAMI	32	F	BOYS TOWN	NE	8:23.0	1:40.6	2:27.0	33:35.0	17.8	0:00.0	18:50.0	7:32.0	1:03:15.0
5	DELTJEN, JULIE	44	F	OMAHA	NE	7:56.0	1:35.2	2:03.0	33:34.0	17.8	0:00.0	23:02.0	9:12.8	1:06:35.0
6	SHANNON, JEN	29	F	OMAHA	NE	9:58.0	1:59.6	2:08.0	32:37.0	18.3	0:00.0	22:17.0	8:54.8	1:07:00.0
7	BALZER, BRANDY	23	F	CLARKSON	NE	10:37.0	2:07.4	2:23.0	34:17.0	17.5	0:00.0	20:27.0	8:10.8	1:07:44.0
8	MARX, CRYSTAL	25	F	RELLEVUE	NE	8:13.0	1:38.6	2:27.0	39:40.0	15.1	0:00.0	18:00.0	7:12.0	1:08:20.0
9	KRAMPER, MIKI	32	F	OMAHA	NE	7:09.0	1:25.8	3:40.0	36:58.0	16.2	0:00.0	21:27.0	8:34.8	1:09:14.0
10	LAU, SHELE	42	F	LAVISTA	NE	9:50.0	1:58.0	3:10.0	32:12.0	18.6	0:00.0	24:21.0	9:44.4	1:09:33.0
11	VACEK, REBECCA	31	F	LINCOLN	NE	10:03.0	2:00.6	2:32.0	35:21.0	16.9	0:00.0	22:49.0	9:07.6	1:10:45.0
12	REICKS, KATHELEEN M.	26	F	SIOUX FALLS	SD	8:54.0	1:46.8	2:26.0	34:30.0	17.3	0:00.0	27:17.0	10:54.8	1:13:07.0
13	MOHR, KIELE	24	F	BELLEVUE	NE	10:35.0	2:07.0	3:27.0	38:39.0	15.5	0:00.0	21:29.0	8:35.6	1:14:10.0
14	NORWOOD, NANCY	45	F	KEARNEY	NE	12:29.0	2:29.8	2:05.0	37:43.0	15.9	0:00.0	22:19.0	8:55.6	1:14:36.0
15	RADER, KRISTIE	53	F	LINCOLN	NE	10:01.0	2:00.2	2:51.0	36:40.0	16.3	0:00.0	25:48.0	10:19.2	1:15:20.0
16	PETERSON, SUNNY	26	F	AURORA	NE	8:40.0	1:44.0	2:25.0	42:35.0	14.0	0:00.0	21:41.0	8:40.4	1:15:21.0
17	BARGSTAAT, AMBER	26	F	WINSIDE	NE	7:53.0	1:34.6	2:57.0	37:09.0	16.1	0:00.0	27:52.0	11:08.8	1:15:51.0
18	WITZENBURG, MOLLY	39	F	OMAHA	NE	7:23.0	1:28.6	4:27.0	39:26.0	15.2	0:00.0	25:03.0	10:01.2	1:16:19.0
19	BUSS, MONICA	26	F	COLUMBUS	NE	11:50.0	2:22.0	4:12.0	38:12.0	15.7	0:00.0	22:26.0	8:58.4	1:16:40.0
20	OLSEN, VICKY	46	F	OMAHA	NE	14:05.0	2:49.0	2:25.0	36:19.0	16.5	0:00.0	24:03.0	9:37.2	1:16:52.0
21	VASINA, EMILY	31	F	COLUMBUS	NE	11:39.0	2:19.8	2:54.0	36:42.0	16.3	0:00.0	25:51.0	10:20.4	1:17:06.0
22	FITZSIMMONS, CARRIE	26	F	NORFOLK	NE	9:18.0	1:51.6	3:07.0	39:29.0	15.1	0:00.0	25:38.0	10:15.2	1:17:32.0
23	KRAUS, SARAH	27	F	WACO	NE	9:18.0	1:51.6	3:50.0	38:52.0	15.4	0:00.0	25:43.0	10:17.2	1:17:43.0
24	HERROD, BRENDA	38	F	NORFOLK	NE	10:45.0	2:09.0	2:54.0	39:01.0	15.3	0:00.0	25:49.0	10:19.6	1:18:29.0
25	BROWN, MANDI S.	30	F	BELLEVUE	NE	10:40.0	2:08.0	3:09.0	39:51.0	15.0	0:00.0	24:54.0	9:57.6	1:18:34.0
26	PETERSEN, DIANNE	42	F	OMAHA	NE	10:26.0	2:05.2	3:11.0	41:37.0	14.4	0:00.0	23:56.0	9:34.4	1:19:10.0
27	ASHCRAFT, CANDY	34	F	LINCOLN	NE	10:34.0	2:06.8	3:30.0	41:16.0	14.5	0:00.0	24:57.0	9:58.8	1:20:17.0
28	O'CONNOR MARCI	38	F	OMAHA	NE	8:47.0	1:45.4	5:33.0	40:24.0	14.8	0:00.0	25:51.0	10:20.4	1:20:35.0
29	CRUZ, ANELIS	24	F	OMAHA	NE	11:43.0	2:20.6	2:28.0	43:50.0	13.6	0:00.0	25:12.0	10:04.8	1:23:13.0
30	KENNINGTON, MEAGAN	29	F	BELLEVUE	NE	14:51.0	2:58.2	2:43.0	43:52.0	13.6	0:00.0	22:31.0	9:00.4	1:23:57.0
31	LAMMLI, DEB	53	F	STANTON	NE	12:55.0	2:35.0	4:32.0	41:17.0	14.5	0:00.0	26:27.0	10:34.8	1:25:11.0
32	WALZ, LYNNE	43	F	FREMONT	NE	7:40.0	1:32.0	2:57.0	45:42.0	13.1	0:00.0	29:33.0	11:49.2	1:25:52.0
33	RUDEN, SHERRY	33	F	NORFOLK	NE	10:06.0	2:01.2	3:18.0	44:01.0	13.6	0:00.0	29:59.0	11:59.6	1:27:24.0
34	MILES, DANIELLE	42	F	COUNCIL BLUF	IA	12:15.0	2:27.0	3:10.0	45:38.0	13.1	0:00.0	27:04.0	10:49.6	1:28:07.0

NORFOLK YMCA TRATHLON DISTANCE/SEX ORDER

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
35	PAULI, ROSE	52	F	MILBANK	SD	11:34.0	2:18.8	2:39.0	51:47.0	11.5	0:00.0	25:35.0	10:14.0	1:31:35.0
36	PETERSON, ANITA	43	F	PURDUM	NE	13:52.0	2:46.4	3:42.0	44:41.0	13.4	0:00.0	30:58.0	12:23.2	1:33:13.0
37	GUYER, BETSY	43	F	LINCOLN	NE	11:21.0	2:16.2	4:24.0	49:51.0	12.0	0:00.0	27:40.0	11:04.0	1:33:16.0
38	BULLER, CAMILLE	25	F	LINCOLN	NE	13:09.0	2:37.8	3:49.0	54:05.0	11.0	0:00.0	29:35.0	11:50.0	1:40:38.0

SHORT COURSE MALE

1	VER STEEG, CHRIS	36	M	SIOUX CITY	IA	2:25.0	1:36.7	2:40.0	10:52.0	16.5	0:00.0	8:34.0	8:34.0	0:24:31.0
2	BUSCH, JASON	33	M	NORFOLK	NE	3:01.0	2:00.7	2:46.0	10:36.0	16.9	0:00.0	8:14.0	8:14.0	0:24:37.0
3	MORTENSEN, CADE	13	M	PAPILLION	NE	2:22.0	1:34.7	2:28.0	10:55.0	16.4	0:00.0	9:33.0	9:33.0	0:25:18.0
4	REDINGER, BRENNAN	10	M	CAPE GIRAREL	MO	3:49.0	2:32.7	1:35.0	12:04.0	14.9	0:00.0	8:20.0	8:20.0	0:25:48.0
5	CARSON, MICHAEL	12	M	S. SIOUX CIT	NE	2:04.0	1:22.7	2:57.0	13:02.0	13.8	0:00.0	8:08.0	8:08.0	0:26:11.0
6	MORTENSEN, REECE	12	M	PAPILLION	NE	2:33.0	1:42.0	2:27.0	11:32.0	15.6	0:00.0	9:52.0	9:52.0	0:26:24.0
7	GESELL, PHIL	45	M	NORFOLK	NE	2:57.0	1:58.0	1:50.0	12:48.0	14.0	0:00.0	9:04.0	9:04.0	0:26:39.0
8	BURKINK, DOUG	42	M	NORFOLK	NE	3:27.0	2:18.0	2:18.0	10:17.0	17.5	0:00.0	10:49.0	10:49.0	0:26:51.0
9	THELANDER, JEFF	35	M	LAWTON	IA	4:18.0	2:52.0	2:42.0	10:50.0	16.6	0:00.0	9:28.0	9:28.0	0:27:18.0
10	WASSON, THAD	34	M	PIEDMONT	SD	3:14.0	2:09.3	2:26.0	13:41.0	13.1	0:00.0	9:44.0	9:44.0	0:29:05.0
11	BERG, FORREST	10	M	PAPILLION	NE	2:59.0	1:59.3	2:28.0	15:23.0	11.7	0:00.0	10:16.0	10:16.0	0:31:06.0
12	HANSON, BRUCE	64	M	STANTON	NE	4:11.0	2:47.3	4:09.0	10:56.0	16.4	0:00.0	12:02.0	12:02.0	0:31:18.0
13	LAU, ZACH	12	M	LAVISTA	NE	2:49.0	1:52.7	3:41.0	11:38.0	15.4	0:00.0	13:26.0	13:26.0	0:31:34.0
14	SMITH, KAM	49	M	DAKOTA DUNES	SD	4:01.0	2:40.7	2:56.0	17:03.0	10.5	0:00.0	8:19.0	8:19.0	0:32:19.0
15	BERG, MASON	7	M	PAPILLION	NE	4:13.0	2:48.7	2:51.0	15:47.0	11.4	0:00.0	10:12.0	10:12.0	0:33:03.0
16	KENNINGTON, DEVAN	31	M	BELLEVUE	NE	4:06.0	2:44.0	4:47.0	14:05.0	12.7	0:00.0	11:33.0	11:33.0	0:34:31.0
17	BARR, NOAH	8	M	PAPILLION	NE	3:28.0	2:18.7	3:02.0	15:59.0	11.2	0:00.0	14:20.0	14:20.0	0:36:49.0
18	PALADINO, CAMERON	6	M	OMAHA	NE	7:34.0	5:02.7	5:41.0	17:03.0	10.5	0:00.0	15:38.0	15:38.0	0:45:56.0

SHORT COURSE FEMALE

1	RICHEY, JODI	24	F	NORFOLK	NE	3:03.0	2:02.0	1:57.0	12:38.0	14.2	0:00.0	7:29.0	7:29.0	0:25:07.0
2	GYHRA, LAURA	38	F	RAYMOND	NE	3:21.0	2:14.0	2:45.0	12:40.0	14.2	0:00.0	8:37.0	8:37.0	0:27:23.0
3	TRAMP, JAMIE	30	F	CROFTON	NE	2:26.0	1:37.3	2:29.0	11:50.0	15.2	0:00.0	10:56.0	10:56.0	0:27:41.0
4	SEEGBARTH, BETH	27	F	NORFOLK	NE	2:11.0	1:27.3	3:54.0	13:04.0	13.7	0:00.0	10:44.0	10:44.0	0:29:53.0
5	KEE, MELINDA	41	F	NORFOLK	NE	4:07.0	2:44.7	2:46.0	13:10.0	13.6	0:00.0	10:12.0	10:12.0	0:30:15.0
6	UHLIR, SUZANNE	37	F	NORFOLK	NE	2:44.0	1:49.3	3:38.0	13:08.0	13.7	0:00.0	11:26.0	11:26.0	0:30:56.0
7	SMITH, LINDSEY	10	F	DAKOTA DUNES	SD	4:05.0	2:43.3	0:32.0	18:00.0	10.0	0:00.0	9:41.0	9:41.0	0:32:18.0
8	WIEGERT, KATE	11	F	LINCOLN	NE	3:05.0	2:03.3	4:29.0	13:54.0	12.9	0:00.0	11:24.0	11:24.0	0:32:52.0
9	WIEGERT, ANNETTE	41	F	LINCOLN	NE	3:20.0	2:13.3	4:22.0	13:47.0	13.0	0:00.0	11:35.0	11:35.0	0:33:04.0
10	PALADINO, MEGAN	13	F	OMAHA	NE	3:38.0	2:25.3	3:51.0	12:29.0	14.4	0:00.0	13:20.0	13:20.0	0:33:18.0
11	MORLAND, PAT	37	F	NORFOLK	NE	3:34.0	2:22.7	4:06.0	15:29.0	11.6	0:00.0	10:20.0	10:20.0	0:33:29.0
12	BERG, ALAINA	9	F	PAPILLION	NE	3:26.0	2:17.3	3:04.0	16:18.0	11.0	0:00.0	11:53.0	11:53.0	0:34:41.0
13	FLOWR, REBECCA	32	F	NORFOLK	NE	2:41.0	1:47.3	3:19.0	17:00.0	10.5	0:00.0	12:21.0	12:21.0	0:35:21.0
14	SAZAMA, TERESA	38	F	NORFOLK	NE	3:11.0	2:07.3	1:24.0	16:08.0	11.1	0:00.0	15:18.0	15:18.0	0:36:01.0
15	MORTENSEN, MAYA	7	F	PAPILLION	NE	7:56.0	5:17.3	3:07.0	21:01.0	08.5	0:00.0	10:55.0	10:55.0	0:42:59.0

LONG COURSE TEAM

1	EDWARDS-SHARMAN-DEAL	48	T	COLUMBUS	NE	6:03.0	1:12.6	1:21.0	37:06.0	16.1	0:00.0	15:58.0	6:23.2	1:00:28.0
2	CARNEY TEAM		T	NORFOLK	NE	7:12.0	1:26.4	1:01.0	47:38.0	12.5	0:00.0	22:59.0	9:11.6	1:18:50.0

SHORT COURSE TEAM

1	UHLIR-MEURET-RAITT		T	NORFOLK	NE	2:06.0	1:24.0	0:54.0	13:41.0	13.1	0:00.0	8:03.0	8:03.0	0:24:44.0
2	HERROD-HERROD-EACKER		T	NORFOLK	NE	3:01.0	2:00.7	1:34.0	15:07.0	11.9	0:00.0	9:24.0	9:24.0	0:29:06.0

NORFOLK YMCA TRATHLON AGE GROUP ORDER

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	KUEFFNER, JIM	47	M	OMAHA	NE	6:42.0	1:20.4	1:18.0	27:05.0	22.1	0:00.0	15:41.0	6:16.4	0:50:46.0
LONG COURSE		MALE 11 - 13												
1	GRAVES, ADAM	13	M	OMAHA	NE	8:31.0	1:42.2	2:07.0	27:32.0	21.7	0:00.0	32:57.0	13:10.8	1:11:07.0
2	GUYER, NATHAN	13	M	LINCOLN	NE	8:47.0	1:45.4	3:09.0	41:00.0	14.6	0:00.0	23:51.0	9:32.4	1:16:47.0
LONG COURSE		MALE 14 - 19												
1	WEMHOFF, KYLE	17	M	NORFOLK	NE	5:25.0	1:05.0	1:52.0	31:06.0	19.2	0:00.0	14:12.0	5:40.8	0:52:35.0
2	WILCOX, MARK	15	M	YANKTON	SD	6:27.0	1:17.4	2:08.0	28:40.0	20.9	0:00.0	15:37.0	6:14.8	0:52:52.0
3	MILLS, TYLER	15	M	LINCOLN	NE	6:22.0	1:16.4	2:12.0	39:10.0	15.3	0:00.0	19:40.0	7:52.0	1:07:24.0
LONG COURSE		MALE 20 - 24												
1	SCOVILLE, TREVOR	24	M	DAVID CITY	NE	8:27.0	1:41.4	1:48.0	32:34.0	18.4	0:00.0	17:11.0	6:52.4	1:00:00.0
2	KOPPERUD, KENNETH	24	M	OMAHA	NE	9:12.0	1:50.4	2:41.0	35:37.0	16.8	0:00.0	14:53.0	5:57.2	1:02:23.0
3	CHRISTENSON, MIKE	23	M	OMAHA	NE	9:28.0	1:53.6	2:02.0	37:01.0	16.2	0:00.0	19:35.0	7:50.0	1:08:06.0
LONG COURSE		MALE 25 - 29												
1	ENSZ, JEFF	25	M	LINCOLN	NE	7:25.0	1:29.0	2:01.0	27:40.0	21.6	0:00.0	16:39.0	6:39.6	0:53:45.0
2	KNIGHT, ROBERT	26	M	OMAHA	NE	6:20.0	1:16.0	1:30.0	28:57.0	20.7	0:00.0	17:07.0	6:50.8	0:53:54.0
3	ATCHISON, ANDY	27	M	OMAHA	NE	7:22.0	1:28.4	1:38.0	29:11.0	20.5	0:00.0	16:39.0	6:39.6	0:54:50.0
4	BULLER, CHRIS	25	M	LINCOLN	NE	8:03.0	1:36.6	1:59.0	27:45.0	21.6	0:00.0	17:20.0	6:56.0	0:55:07.0
5	MOORE, JEREMY	28	M	OMAHA	NE	11:52.0	2:22.4	1:38.0	27:13.0	22.0	0:00.0	17:31.0	7:00.4	0:58:14.0
6	BANTZ, KYLE	28	M	STALLA	NE	9:50.0	1:58.0	1:46.0	30:50.0	19.4	0:00.0	16:49.0	6:43.6	0:59:15.0
7	WRACEK, JOE	25	M	OMAHA	NE	10:49.0	2:09.8	2:37.0	36:18.0	16.5	0:00.0	22:50.0	9:08.0	1:12:34.0
8	BUSS, JASON	27	M	COLUMBUS	NE	12:45.0	2:33.0	3:10.0	36:47.0	16.3	0:00.0	21:58.0	8:47.2	1:14:40.0
LONG COURSE		MALE 30 - 34												
1	KUBIAK, GERALD	32	M	OMAHA	NE	7:23.0	1:28.6	1:22.0	27:49.0	21.5	0:00.0	14:38.0	5:51.2	0:51:12.0
2	REDINGER, ERIC	31	M	CAPE GIRAREL	MO	7:20.0	1:28.0	1:19.0	26:06.0	22.9	0:00.0	17:32.0	7:00.8	0:52:17.0
3	VASINA, JEFF	32	M	COLUMBUS	NE	7:43.0	1:32.6	1:46.0	27:14.0	22.0	0:00.0	16:20.0	6:32.0	0:53:03.0
4	VACEK, ERIC	34	M	LINCOLN	NE	7:00.0	1:24.0	1:50.0	28:46.0	20.8	0:00.0	19:35.0	7:50.0	0:57:11.0
5	PALMER, JOE	32	M	OMAHA	NE	7:03.0	1:24.6	6:04.0	25:48.0	23.2	0:00.0	18:48.0	7:31.2	0:57:43.0
6	SHANNON, JEFF	30	M	OMAHA	NE	8:20.0	1:40.0	1:33.0	29:50.0	20.1	0:00.0	18:51.0	7:32.4	0:58:34.0
7	BROWN RUSSELL A.	34	M	BELLEVUE	NE	10:39.0	2:07.8	3:21.0	35:21.0	16.9	0:00.0	22:53.0	9:09.2	1:12:14.0
8	EXCEEN, CHAD	32	M	COUNCIL BLUF	IA	9:02.0	1:48.4	1:34.0	42:28.0	14.1	0:00.0	22:05.0	8:50.0	1:15:09.0
9	WIEGMAN, MIKE	32	M	OMAHA	NE	11:20.0	2:16.0	2:33.0	41:09.0	14.5	0:00.0	20:48.0	8:19.2	1:15:50.0
10	WITHERSPOON, JOHN	33	M	CLARKSVILLE	TN	5:50.0	1:10.0	9:55.0	42:10.0	14.2	0:00.0	19:02.0	7:36.8	1:16:57.0
11	KRAMER, MIKE	33	M	SIOUX CITY	NE	12:03.0	2:24.6	2:29.0	36:42.0	16.3	0:00.0	28:11.0	11:16.4	1:19:25.0
LONG COURSE		MALE 35 - 39												
1	PAPE, JEFF	35	M	NORFOLK	NE	8:40.0	1:44.0	1:59.0	27:56.0	21.4	0:00.0	19:14.0	7:41.6	0:57:49.0
2	WIDHALM, STEVEN	38	M	ELKHORN	NE	7:57.0	1:35.4	1:28.0	30:21.0	19.7	0:00.0	18:24.0	7:21.6	0:58:10.0
3	KUMM, JEFFRIE	36	M	FREMONT	NE	7:30.0	1:30.0	1:29.0	32:39.0	18.3	0:00.0	17:51.0	7:08.4	0:59:29.0
4	WADLEY, DARIN	37	M	VERMILLION	SD	9:18.0	1:51.6	2:05.0	30:40.0	19.5	0:00.0	19:27.0	7:46.8	1:01:30.0
5	GLENN, DARIN	35	M	HAMPTON	IA	8:56.0	1:47.2	1:59.0	33:51.0	17.7	0:00.0	17:22.0	6:56.8	1:02:08.0
6	HOLLOWAY, DAVID	38	M	PAPILLION	NE	7:10.0	1:26.0	3:00.0	28:18.0	21.1	0:00.0	25:24.0	10:09.6	1:03:52.0
7	BARTON, DUFF	38	M	BOYS TOWN	NE	11:37.0	2:19.4	2:59.0	24:40.0	24.3	0:00.0	25:05.0	10:02.0	1:04:21.0
8	MEDLOCK, MATT	35	M	OMAHA	NE	9:05.0	1:49.0	2:37.0	34:50.0	17.2	0:00.0	21:17.0	8:30.8	1:07:49.0
9	ROSSMAN, JARED	35	M	NORFOLK	NE	11:39.0	2:19.8	3:04.0	36:57.0	16.2	0:00.0	16:32.0	6:36.8	1:08:12.0
10	ANDERSON, DARYL	37	M	OMAHA	NE	9:29.0	1:53.8	2:01.0	33:43.0	17.7	0:00.0	23:28.0	9:23.2	1:08:41.0
11	BELL, DAVE	37	M	OMAHA	NE	6:56.0	1:23.2	2:29.0	37:25.0	16.0	0:00.0	22:35.0	9:02.0	1:09:25.0
12	SNOWARDT, CHRIS	35	M	OMAHA	NE	10:57.0	2:11.4	2:28.0	34:58.0	17.1	0:00.0	21:08.0	8:27.2	1:09:31.0
13	KING, ROBERT	37	M	OMAHA	NE	9:23.0	1:52.6	3:25.0	37:23.0	16.0	0:00.0	23:35.0	9:26.0	1:13:46.0

NORFOLK YMCA TRATHLON AGE GROUP ORDER

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME	
14	UHLIR, TROY	38	M	NORFOLK	NE	15:37.0	3:07.4	2:38.0	37:50.0	15.8	0:00.0	22:45.0	9:06.0	1:18:50.0	
15	MILLER, STEVE	39	M	NORFOLK	NE	10:17.0	2:03.4	4:18.0	39:05.0	15.3	0:00.0	25:52.0	10:20.8	1:19:32.0	
16	KRAUS, BYRON	35	M	WACO	NE	15:24.0	3:04.8	4:16.0	40:00.0	14.9	0:00.0	33:32.0	13:24.8	1:33:12.0	
LONG COURSE		MALE 40 - 44													
1	ANDERSON, TRACY	42	M	MANHATTAN	KS	6:25.0	1:17.0	1:17.0	27:01.0	22.2	0:00.0	16:10.0	6:28.0	0:50:53.0	
2	ROGERS, JIM	44	M	OMAHA	NE	7:11.0	1:26.2	0:12.0	27:31.0	21.8	0:00.0	17:41.0	7:04.4	0:52:35.0	
3	MORTENSEN, CORBETT	43	M	PAPILLION	NE	7:33.0	1:30.6	2:37.0	28:09.0	21.3	0:00.0	17:51.0	7:08.4	0:56:10.0	
4	O'DELL, MARK	44	M	OMAHA	NE	7:46.0	1:33.2	1:44.0	29:40.0	20.2	0:00.0	19:53.0	7:57.2	0:59:03.0	
5	GYHRA, JOSEPH	43	M	RAYMOND	NE	10:07.0	2:01.4	2:33.0	29:52.0	20.0	0:00.0	18:30.0	7:24.0	1:01:02.0	
6	SIMONSON, MARK	41	M	FREMONT	NE	10:52.0	2:10.4	1:40.0	32:03.0	18.7	0:00.0	20:30.0	8:12.0	1:05:05.0	
7	SMITH, THOMAS	41	M	OMAHA	NE	9:02.0	1:48.4	2:06.0	36:33.0	16.4	0:00.0	22:50.0	9:08.0	1:10:31.0	
8	MORGAN, PAUL	43	M	SIOUX CITY	IA	11:42.0	2:20.4	2:03.0	39:25.0	15.2	0:00.0	26:57.0	10:46.8	1:20:07.0	
LONG COURSE		MALE 45 - 49													
1	CARMICHAEL, MATT	45	M	OMAHA	NE	7:16.0	1:27.2	2:10.0	27:33.0	21.7	0:00.0	15:15.0	6:06.0	0:52:14.0	
2	MARSH, JOHN	48	M	KEARNEY	NE	8:44.0	1:44.8	1:16.0	27:00.0	22.2	0:00.0	16:05.0	6:26.0	0:53:05.0	
3	PERRY, KELLEY	48	M	FREMONT	NE	7:29.0	1:29.8	1:21.0	31:30.0	19.0	0:00.0	17:27.0	6:58.8	0:55:47.0	
4	PROCHAZKA, GREG	48	M	LINCOLN	NE	8:51.0	1:46.2	2:18.0	29:01.0	20.6	0:00.0	18:31.0	7:24.4	0:58:41.0	
5	MILLS, TOM	47	M	LINCOLN	NE	8:12.0	1:38.4	2:00.0	32:47.0	18.3	0:00.0	20:17.0	8:06.8	1:03:16.0	
6	GRAVES, LANCE	45	M	OMAHA	NE	9:24.0	1:52.8	2:14.0	31:29.0	19.0	0:00.0	22:05.0	8:50.0	1:05:12.0	
7	SANLAND, TODD	45	M	OMAHA	NE	7:08.0	1:25.6	2:22.0	34:57.0	17.1	0:00.0	24:06.0	9:38.4	1:08:33.0	
8	WOLD-STEELE, MICHAEL	46	M	OMAHA	NE	7:00.0	1:24.0	2:45.0	31:49.0	18.8	0:00.0	30:48.0	12:19.2	1:12:22.0	
9	COBOS, ALFREDO	48	M	NORFOLK	NE	12:09.0	2:25.8	2:31.0	34:17.0	17.5	0:00.0	24:10.0	9:40.0	1:13:07.0	
10	HOFF, JERRY	47	M	NORFOLK	NE	11:59.0	2:23.8	1:57.0	39:02.0	15.3	0:00.0	20:50.0	8:20.0	1:13:48.0	
LONG COURSE		MALE 50 - 59													
1	GILLUM, CHARLIE	53	M	MANHATTAN	KS	7:16.0	1:27.2	1:38.0	25:14.0	23.7	0:00.0	17:57.0	7:10.8	0:52:05.0	
2	BOWLES, STEVEN	53	M	LINCOLN	NE	11:50.0	2:22.0	2:01.0	31:06.0	00.3	0:00.0	21:18.0	8:31.2	1:06:15.0	
3	CARPENTER, DAVE	58	M	NORTH PLATTE	NE	9:22.0	1:52.4	2:25.0	33:37.0	17.8	0:00.0	21:11.0	8:28.4	1:06:35.0	
4	NORWOOD, TIM	50	M	KEARNEY	NE	9:27.0	1:53.4	2:36.0	30:41.0	19.5	0:00.0	24:13.0	9:41.2	1:06:57.0	
5	ACKERMAN, DAN	52	M	PANAMA	NE	6:55.0	1:23.0	2:02.0	34:08.0	17.5	0:00.0	24:02.0	9:36.8	1:07:07.0	
6	MCGINN, JAMES	50	M	OMAHA	NE	9:26.0	1:53.2	3:01.0	32:25.0	18.5	0:00.0	22:44.0	9:05.6	1:07:36.0	
7	WILLITS, TOM	58	M	GRAND ISLAND	NE	8:47.0	1:45.4	2:55.0	33:35.0	17.8	0:00.0	23:12.0	9:16.8	1:08:29.0	
8	LAMMLI, BERT	59	M	STANTON	NE	11:51.0	2:22.2	3:58.0	32:37.0	18.3	0:00.0	23:31.0	9:24.4	1:11:57.0	
LONG COURSE		MALE 60 & OVER													
1	NELSON, TOM	61	M	STEAMBOAT SR	CO	12:23.0	2:28.6	2:10.0	34:44.0	17.2	0:00.0	20:03.0	8:01.2	1:09:20.0	
LONG COURSE		FEMALE OVERALL WINNER													
1	BLOOM, EMILY	30	F	LAVISTA	NE	8:07.0	1:37.4	2:19.0	30:29.0	19.6	0:00.0	18:57.0	7:34.8	0:59:52.0	
LONG COURSE		FEMALE 20 - 24													
1	BALZER, BRANDY	23	F	CLARKSON	NE	10:37.0	2:07.4	2:23.0	34:17.0	17.5	0:00.0	20:27.0	8:10.8	1:07:44.0	
2	MOHR, KIELE	24	F	BELLEVUE	NE	10:35.0	2:07.0	3:27.0	38:39.0	15.5	0:00.0	21:29.0	8:35.6	1:14:10.0	
3	CRUZ, ANELIS	24	F	OMAHA	NE	11:43.0	2:20.6	2:28.0	43:50.0	13.6	0:00.0	25:12.0	10:04.8	1:23:13.0	
LONG COURSE		FEMALE 25 - 29													
1	KUBIAK, NIKI	29	F	OMAHA	NE	12:07.0	2:25.4	3:03.0	31:19.0	19.1	0:00.0	16:45.0	6:42.0	1:03:14.0	
2	SHANNON, JEN	29	F	OMAHA	NE	9:58.0	1:59.6	2:08.0	32:37.0	18.3	0:00.0	22:17.0	8:54.8	1:07:00.0	
3	MARX, CRYSTAL	25	F	RELLEVUE	NE	8:13.0	1:38.6	2:27.0	39:40.0	15.1	0:00.0	18:00.0	7:12.0	1:08:20.0	
4	REICKS, KATHELEEN M.	26	F	SIOUX FALLS	SD	8:54.0	1:46.8	2:26.0	34:30.0	17.3	0:00.0	27:17.0	10:54.8	1:13:07.0	
5	PETERSON, SUNNY	26	F	AURORA	NE	8:40.0	1:44.0	2:25.0	42:35.0	14.0	0:00.0	21:41.0	8:40.4	1:15:21.0	
6	BARGSTAAT, AMBER	26	F	WINSIDE	NE	7:53.0	1:34.6	2:57.0	37:09.0	16.1	0:00.0	27:52.0	11:08.8	1:15:51.0	

NORFOLK YMCA TRATHLON AGE GROUP ORDER

PLACE	NAME	AGE	SEX	CITY	STATE	SWIM TIME	SWIM / 100 YDS	TRANS	BIKE TIME	AVG MPH	TRANS	RUN TIME	RUN PACE/MI	OVERALL TIME
7	BUSS, MONICA	26	F	COLUMBUS	NE	11:50.0	2:22.0	4:12.0	38:12.0	15.7	0:00.0	22:26.0	8:58.4	1:16:40.0
8	FITZSIMMONS, CARRIE	26	F	NORFOLK	NE	9:18.0	1:51.6	3:07.0	39:29.0	15.1	0:00.0	25:38.0	10:15.2	1:17:32.0
9	KRAUS, SARAH	27	F	WACO	NE	9:18.0	1:51.6	3:50.0	38:52.0	15.4	0:00.0	25:43.0	10:17.2	1:17:43.0
10	KENNINGTON, MEAGAN	29	F	BELLEVUE	NE	14:51.0	2:58.2	2:43.0	43:52.0	13.6	0:00.0	22:31.0	9:00.4	1:23:57.0
11	BULLER, CAMILLE	25	F	LINCOLN	NE	13:09.0	2:37.8	3:49.0	54:05.0	11.0	0:00.0	29:35.0	11:50.0	1:40:38.0
LONG COURSE		FEMALE 30 - 34												
1	ENZASTIGA, TAMI	32	F	BOYS TOWN	NE	8:23.0	1:40.6	2:27.0	33:35.0	17.8	0:00.0	18:50.0	7:32.0	1:03:15.0
2	KRAMPER, MIKI	32	F	OMAHA	NE	7:09.0	1:25.8	3:40.0	36:58.0	16.2	0:00.0	21:27.0	8:34.8	1:09:14.0
3	VACEK, REBECCA	31	F	LINCOLN	NE	10:03.0	2:00.6	2:32.0	35:21.0	16.9	0:00.0	22:49.0	9:07.6	1:10:45.0
4	VASINA, EMILY	31	F	COLUMBUS	NE	11:39.0	2:19.8	2:54.0	36:42.0	16.3	0:00.0	25:51.0	10:20.4	1:17:06.0
5	BROWN, MANDI S.	30	F	BELLEUVE	NE	10:40.0	2:08.0	3:09.0	39:51.0	15.0	0:00.0	24:54.0	9:57.6	1:18:34.0
6	ASHCRAFT, CANDY	34	F	LINCOLN	NE	10:34.0	2:06.8	3:30.0	41:16.0	14.5	0:00.0	24:57.0	9:58.8	1:20:17.0
7	RUDEN, SHERRY	33	F	NORFOLK	NE	10:06.0	2:01.2	3:18.0	44:01.0	13.6	0:00.0	29:59.0	11:59.6	1:27:24.0
LONG COURSE		FEMALE 35 - 39												
1	SIMONSON, ANNA	35	F	FREMONT	NE	9:15.0	1:51.0	1:15.0	33:55.0	17.6	0:00.0	18:31.0	7:24.4	1:02:56.0
2	WITZENBURG, MOLLY	39	F	OMAHA	NE	7:23.0	1:28.6	4:27.0	39:26.0	15.2	0:00.0	25:03.0	10:01.2	1:16:19.0
3	HERROD, BRENDA	38	F	NORFOLK	NE	10:45.0	2:09.0	2:54.0	39:01.0	15.3	0:00.0	25:49.0	10:19.6	1:18:29.0
4	O'CONNOR MARCI	38	F	OMAHA	NE	8:47.0	1:45.4	5:33.0	40:24.0	14.8	0:00.0	25:51.0	10:20.4	1:20:35.0
LONG COURSE		FEMALE 40 - 44												
1	BELTJEN, JULIE	44	F	OMAHA	NE	7:56.0	1:35.2	2:03.0	33:34.0	17.8	0:00.0	23:02.0	9:12.8	1:06:35.0
2	LAU, SHELLE	42	F	LAVISTA	NE	9:50.0	1:58.0	3:10.0	32:12.0	18.6	0:00.0	24:21.0	9:44.4	1:09:33.0
3	PETERSEN, DIANNE	42	F	OMAHA	NE	10:26.0	2:05.2	3:11.0	41:37.0	14.4	0:00.0	23:56.0	9:34.4	1:19:10.0
4	WALZ, LYNNE	43	F	FREMONT	NE	7:40.0	1:32.0	2:57.0	45:42.0	13.1	0:00.0	29:33.0	11:49.2	1:25:52.0
5	MILES, DANIELLE	42	F	COUNCIL BLUF	IA	12:15.0	2:27.0	3:10.0	45:38.0	13.1	0:00.0	27:04.0	10:49.6	1:28:07.0
6	PETERSON, ANITA	43	F	PURDUM	NE	13:52.0	2:46.4	3:42.0	44:41.0	13.4	0:00.0	30:58.0	12:23.2	1:33:13.0
7	GUYER, BETSY	43	F	LINCOLN	NE	11:21.0	2:16.2	4:24.0	49:51.0	12.0	0:00.0	27:40.0	11:04.0	1:33:16.0
LONG COURSE		FEMALE 45 - 49												
1	NORWOOD, NANCY	45	F	KEARNEY	NE	12:29.0	2:29.8	2:05.0	37:43.0	15.9	0:00.0	22:19.0	8:55.6	1:14:36.0
2	OLSEN, VICKY	46	F	OMAHA	NE	14:05.0	2:49.0	2:25.0	36:19.0	16.5	0:00.0	24:03.0	9:37.2	1:16:52.0
LONG COURSE		FEMALE 50 - 59												
1	RADER, KRISTIE	53	F	LINCOLN	NE	10:01.0	2:00.2	2:51.0	36:40.0	16.3	0:00.0	25:48.0	10:19.2	1:15:20.0
2	LAMMLI, DEB	53	F	STANTON	NE	12:55.0	2:35.0	4:32.0	41:17.0	14.5	0:00.0	26:27.0	10:34.8	1:25:11.0
3	PAULI, ROSE	52	F	MILBANK	SD	11:34.0	2:18.8	2:39.0	51:47.0	11.5	0:00.0	25:35.0	10:14.0	1:31:35.0
SHORT COURSE		MALE 10 & UNDER												
1	REDINGER, BRENNAN	10	M	CAPE GIRAREL	MO	3:49.0	2:32.7	1:35.0	12:04.0	14.9	0:00.0	8:20.0	8:20.0	0:25:48.0
2	BERG, FORREST	10	M	PAPILLION	NE	2:59.0	1:59.3	2:28.0	15:23.0	11.7	0:00.0	10:16.0	10:16.0	0:31:06.0
3	BERG, MASON	7	M	PAPILLION	NE	4:13.0	2:48.7	2:51.0	15:47.0	11.4	0:00.0	10:12.0	10:12.0	0:33:03.0
4	BARR, NOAH	8	M	PAPILLION	NE	3:28.0	2:18.7	3:02.0	15:59.0	11.2	0:00.0	14:20.0	14:20.0	0:36:49.0
5	PALADINO, CAMERON	6	M	OMAHA	NE	7:34.0	5:02.7	5:41.0	17:03.0	10.5	0:00.0	15:38.0	15:38.0	0:45:56.0
SHORT COURSE		MALE 11 - 13												
1	MORTENSEN, CADE	13	M	PAPILLION	NE	2:22.0	1:34.7	2:28.0	10:55.0	16.4	0:00.0	9:33.0	9:33.0	0:25:18.0
2	CARSON, MICHAEL	12	M	S. SIOUX CIT	NE	2:04.0	1:22.7	2:57.0	13:02.0	13.8	0:00.0	8:08.0	8:08.0	0:26:11.0
3	MORTENSEN, REECE	12	M	PAPILLION	NE	2:33.0	1:42.0	2:27.0	11:32.0	15.6	0:00.0	9:52.0	9:52.0	0:26:24.0
4	LAU, ZACH	12	M	LAVISTA	NE	2:49.0	1:52.7	3:41.0	11:38.0	15.4	0:00.0	13:26.0	13:26.0	0:31:34.0
SHORT COURSE		MALE 30 - 34												
1	BUSCH, JASON	33	M	NORFOLK	NE	3:01.0	2:00.7	2:46.0	10:36.0	16.9	0:00.0	8:14.0	8:14.0	0:24:37.0

NORFOLK YMCA TRATHLON AGE GROUP ORDER

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	WASSON, THAD	34	M	PIEDMONT	SD	3:14.0	2:09.3	2:26.0	13:41.0	13.1	0:00.0	9:44.0	9:44.0	0:29:05.0
3	KENNINGTON, DEVAN	31	M	BELLEVUE	NE	4:06.0	2:44.0	4:47.0	14:05.0	12.7	0:00.0	11:33.0	11:33.0	0:34:31.0
	SHORT COURSE	MALE 35 - 39												
1	VER STEEG, CHRIS	36	M	SIOUX CITY	IA	2:25.0	1:36.7	2:40.0	10:52.0	16.5	0:00.0	8:34.0	8:34.0	0:24:31.0
2	THELANDER, JEFF	35	M	LAWTON	IA	4:18.0	2:52.0	2:42.0	10:50.0	16.6	0:00.0	9:28.0	9:28.0	0:27:18.0
	SHORT COURSE	MALE 40 - 44												
1	BURKINK, DOUG	42	M	NORFOLK	NE	3:27.0	2:18.0	2:18.0	10:17.0	17.5	0:00.0	10:49.0	10:49.0	0:26:51.0
	SHORT COURSE	MALE 45 - 49												
1	GESELL, PHIL	45	M	NORFOLK	NE	2:57.0	1:58.0	1:50.0	12:48.0	14.0	0:00.0	9:04.0	9:04.0	0:26:39.0
2	SMITH, KAM	49	M	DAKOTA DUNES	SD	4:01.0	2:40.7	2:56.0	17:03.0	10.5	0:00.0	8:19.0	8:19.0	0:32:19.0
	SHORT COURSE	MALE 60 & OVER												
1	HANSON, BRUCE	64	M	STANTON	NE	4:11.0	2:47.3	4:09.0	10:56.0	16.4	0:00.0	12:02.0	12:02.0	0:31:18.0
	SHORT COURSE	FEMALE 10 & UNDER												
1	SMITH, LINDSEY	10	F	DAKOTA DUNES	SD	4:05.0	2:43.3	0:32.0	18:00.0	10.0	0:00.0	9:41.0	9:41.0	0:32:18.0
2	BERG, ALAINA	9	F	PAPILLION	NE	3:26.0	2:17.3	3:04.0	16:18.0	11.0	0:00.0	11:53.0	11:53.0	0:34:41.0
3	MORTENSEN, MAYA	7	F	PAPILLION	NE	7:56.0	5:17.3	3:07.0	21:01.0	08.5	0:00.0	10:55.0	10:55.0	0:42:59.0
	SHORT COURSE	FEMALE 11 - 13												
1	WIEGERT, KATE	11	F	LINCOLN	NE	3:05.0	2:03.3	4:29.0	13:54.0	12.9	0:00.0	11:24.0	11:24.0	0:32:52.0
2	PALADINO, MEGAN	13	F	OMAHA	NE	3:38.0	2:25.3	3:51.0	12:29.0	14.4	0:00.0	13:20.0	13:20.0	0:33:18.0
	SHORT COURSE	FEMALE 20 - 24												
1	RICHEY, JOBI	24	F	NORFOLK	NE	3:03.0	2:02.0	1:57.0	12:38.0	14.2	0:00.0	7:29.0	7:29.0	0:25:07.0
	SHORT COURSE	FEMALE 25 - 29												
1	SEEGBARTH, BETH	27	F	NORFOLK	NE	2:11.0	1:27.3	3:54.0	13:04.0	13.7	0:00.0	10:44.0	10:44.0	0:29:53.0
	SHORT COURSE	FEMALE 30 - 34												
1	TRAMP, JAMIE	30	F	CROFTON	NE	2:26.0	1:37.3	2:29.0	11:50.0	15.2	0:00.0	10:56.0	10:56.0	0:27:41.0
2	FLOHR, REBECCA	32	F	NORFOLK	NE	2:41.0	1:47.3	3:19.0	17:00.0	10.5	0:00.0	12:21.0	12:21.0	0:35:21.0
	SHORT COURSE	FEMALE 35 - 39												
1	GYHRA, LAURA	38	F	RAYMOND	NE	3:21.0	2:14.0	2:45.0	12:40.0	14.2	0:00.0	8:37.0	8:37.0	0:27:23.0
2	UHLIR, SUZANNE	37	F	NORFOLK	NE	2:44.0	1:49.3	3:38.0	13:08.0	13.7	0:00.0	11:26.0	11:26.0	0:30:56.0
3	MORLAND, PAT	37	F	NORFOLK	NE	3:34.0	2:22.7	4:06.0	15:29.0	11.6	0:00.0	10:20.0	10:20.0	0:33:29.0
4	SAZAMA, TERESA	38	F	NORFOLK	NE	3:11.0	2:07.3	1:24.0	16:08.0	11.1	0:00.0	15:18.0	15:18.0	0:36:01.0
	SHORT COURSE	FEMALE 40 - 44												
1	KEE, MELINDA	41	F	NORFOLK	NE	4:07.0	2:44.7	2:46.0	13:10.0	13.6	0:00.0	10:12.0	10:12.0	0:30:15.0
2	WIEGERT, ANNETTE	41	F	LINCOLN	NE	3:20.0	2:13.3	4:22.0	13:47.0	13.0	0:00.0	11:35.0	11:35.0	0:33:04.0
	LONG COURSE	TEAM												
1	EDWARDS-SHARMAN-DEAL	48	T	COLUMBUS	NE	6:03.0	1:12.6	1:21.0	37:06.0	16.1	0:00.0	15:58.0	6:23.2	1:00:28.0
2	CARNEY TEAM		T	NORFOLK	NE	7:12.0	1:26.4	1:01.0	47:38.0	12.5	0:00.0	22:59.0	9:11.6	1:18:50.0
	SHORT COURSE	TEAM												
1	UHLIR-NEURET-RAITT		T	NORFOLK	NE	2:06.0	1:24.0	0:54.0	13:41.0	13.1	0:00.0	8:03.0	8:03.0	0:24:44.0
2	HERROD-HERROD-EACKER		T	NORFOLK	NE	3:01.0	2:00.7	1:34.0	15:07.0	11.9	0:00.0	9:24.0	9:24.0	0:29:06.0

NORFOLK YMCA TRATHLON SWIM ORDER

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	WEMHOFF, KYLE	17	M	NORFOLK	NE	5:25.0	1:05.0	1:52.0	31:06.0	19.2	0:00.0	14:12.0	5:40.8	0:52:35.0
2	WITHERSPOON, JOHN	33	M	CLARKSVILLE	TN	5:50.0	1:10.0	9:55.0	42:10.0	14.2	0:00.0	19:02.0	7:36.8	1:16:57.0
3	EDWARDS-SHARMAN-DEAL	48	T	COLUMBUS	NE	6:03.0	1:12.6	1:21.0	37:06.0	16.1	0:00.0	15:58.0	6:23.2	1:00:28.0
4	KNIGHT, ROBERT	26	M	OMAHA	NE	6:20.0	1:16.0	1:30.0	28:57.0	20.7	0:00.0	17:07.0	6:50.8	0:53:54.0
5	MILLS, TYLER	15	M	LINCOLN	NE	6:22.0	1:16.4	2:12.0	39:10.0	15.3	0:00.0	19:40.0	7:52.0	1:07:24.0
6	ANDERSON, TRACY	42	M	MANHATTAN	KS	6:25.0	1:17.0	1:17.0	27:01.0	22.2	0:00.0	16:10.0	6:28.0	0:50:53.0
7	WILCOX, MARK	15	M	YANKTON	SD	6:27.0	1:17.4	2:08.0	28:40.0	20.9	0:00.0	15:37.0	6:14.8	0:52:52.0
8	KUEFFNER, JIM	47	M	OMAHA	NE	6:42.0	1:20.4	1:18.0	27:05.0	22.1	0:00.0	15:41.0	6:16.4	0:50:46.0
9	ACKERMAN, DAN	52	M	PANAMA	NE	6:55.0	1:23.0	2:02.0	34:08.0	17.5	0:00.0	24:02.0	9:36.8	1:07:07.0
10	BELL, DAVE	37	M	OMAHA	NE	6:56.0	1:23.2	2:29.0	37:25.0	16.0	0:00.0	22:35.0	9:02.0	1:09:25.0
11	VACEK, ERIC	34	M	LINCOLN	NE	7:00.0	1:24.0	1:50.0	28:46.0	20.8	0:00.0	19:35.0	7:50.0	0:57:11.0
12	WOLD-STEELE, MICHAEL	46	M	OMAHA	NE	7:00.0	1:24.0	2:45.0	31:49.0	18.8	0:00.0	30:48.0	12:19.2	1:12:22.0
13	PALMER, JOE	32	M	OMAHA	NE	7:03.0	1:24.6	6:04.0	25:48.0	23.2	0:00.0	18:48.0	7:31.2	0:57:43.0
14	SAMLAND, TODD	45	M	OMAHA	NE	7:08.0	1:25.6	2:22.0	34:57.0	17.1	0:00.0	24:06.0	9:38.4	1:08:33.0
15	KRAMPER, MIKI	32	F	OMAHA	NE	7:09.0	1:25.8	3:40.0	36:58.0	16.2	0:00.0	21:27.0	8:34.8	1:09:14.0
16	HOLLOWAY, DAVID	38	M	PAPILLION	NE	7:10.0	1:26.0	3:00.0	28:18.0	21.1	0:00.0	25:24.0	10:09.6	1:03:52.0
17	ROGERS, JIM	44	M	OMAHA	NE	7:11.0	1:26.2	0:12.0	27:31.0	21.8	0:00.0	17:41.0	7:04.4	0:52:35.0
18	CARNEY TEAM		T	NORFOLK	NE	7:12.0	1:26.4	1:01.0	47:38.0	12.5	0:00.0	22:59.0	9:11.6	1:18:50.0
19	GILLUM, CHARLIE	53	M	MANHATTAN	KS	7:16.0	1:27.2	1:38.0	25:14.0	23.7	0:00.0	17:57.0	7:10.8	0:52:05.0
20	CARMICHAEL, MATT	45	M	OMAHA	NE	7:16.0	1:27.2	2:10.0	27:33.0	21.7	0:00.0	15:15.0	6:06.0	0:52:14.0
21	REDINGER, ERIC	31	M	CAPE GIRAREL	MD	7:20.0	1:28.0	1:19.0	26:06.0	22.9	0:00.0	17:32.0	7:00.8	0:52:17.0
22	ATCHISON, ANDY	27	M	OMAHA	NE	7:22.0	1:28.4	1:38.0	29:11.0	20.5	0:00.0	16:39.0	6:39.6	0:54:50.0
23	WITZENBURG, MOLLY	39	F	OMAHA	NE	7:23.0	1:28.6	4:27.0	39:26.0	15.2	0:00.0	25:03.0	10:01.2	1:16:19.0
24	KUBIAK, GERALD	32	M	OMAHA	NE	7:23.0	1:28.6	1:22.0	27:49.0	21.5	0:00.0	14:38.0	5:51.2	0:51:12.0
25	ENSZ, JEFF	25	M	LINCOLN	NE	7:25.0	1:29.0	2:01.0	27:40.0	21.6	0:00.0	16:39.0	6:39.6	0:53:45.0
26	PERRY, KELLEY	48	M	FREMONT	NE	7:29.0	1:29.8	1:21.0	31:30.0	19.0	0:00.0	17:27.0	6:58.8	0:55:47.0
27	KUMM, JEFFRIE	36	M	FREMONT	NE	7:30.0	1:30.0	1:29.0	32:39.0	18.3	0:00.0	17:51.0	7:08.4	0:59:29.0
28	MORTENSEN, CORBETT	43	M	PAPILLION	NE	7:33.0	1:30.6	2:37.0	28:09.0	21.3	0:00.0	17:51.0	7:08.4	0:56:10.0
29	WALZ, LYNNE	43	F	FREMONT	NE	7:40.0	1:32.0	2:57.0	45:42.0	13.1	0:00.0	29:33.0	11:49.2	1:25:52.0
30	VASINA, JEFF	32	M	COLUMBUS	NE	7:43.0	1:32.6	1:46.0	27:14.0	22.0	0:00.0	16:20.0	6:32.0	0:53:03.0
31	O'DELL, MARK	44	M	OMAHA	NE	7:46.0	1:33.2	1:44.0	29:40.0	20.2	0:00.0	19:53.0	7:57.2	0:59:03.0
32	BARGSTAAT, AMBER	26	F	WINGSIDE	NE	7:53.0	1:34.6	2:57.0	37:09.0	16.1	0:00.0	27:52.0	11:08.8	1:15:51.0
33	DELTJEN, JULIE	44	F	OMAHA	NE	7:56.0	1:35.2	2:03.0	33:34.0	17.8	0:00.0	23:02.0	9:12.8	1:06:35.0
34	WIDHALM, STEVEN	38	M	ELKHORN	NE	7:57.0	1:35.4	1:28.0	30:21.0	19.7	0:00.0	18:24.0	7:21.6	0:58:10.0
35	BULLER, CHRIS	25	M	LINCOLN	NE	8:03.0	1:36.6	1:59.0	27:45.0	21.6	0:00.0	17:20.0	6:56.0	0:55:07.0
36	BLOOM, EMILY	30	F	LAVISTA	NE	8:07.0	1:37.4	2:19.0	30:29.0	19.6	0:00.0	18:57.0	7:34.8	0:59:52.0
37	MILLS, TOM	47	M	LINCOLN	NE	8:12.0	1:38.4	2:00.0	32:47.0	18.3	0:00.0	20:17.0	8:06.8	1:03:16.0
38	MARX, CRYSTAL	25	F	RELLEVUE	NE	8:13.0	1:38.6	2:27.0	39:40.0	15.1	0:00.0	18:00.0	7:12.0	1:08:20.0
39	SHANNON, JEFF	30	M	OMAHA	NE	8:20.0	1:40.0	1:33.0	29:50.0	20.1	0:00.0	18:51.0	7:32.4	0:58:34.0
40	ENZASTIGA, TAMI	32	F	BOYS TOWN	NE	8:23.0	1:40.6	2:27.0	33:35.0	17.8	0:00.0	18:50.0	7:32.0	1:03:15.0
41	SCOVILLE, TREVOR	24	M	DAVID CITY	NE	8:27.0	1:41.4	1:48.0	32:34.0	18.4	0:00.0	17:11.0	6:52.4	1:00:00.0
42	GRAVES, ADAM	13	M	OMAHA	NE	8:31.0	1:42.2	2:07.0	27:32.0	21.7	0:00.0	32:57.0	13:10.8	1:11:07.0
43	PAPE, JEFF	35	M	NORFOLK	NE	8:40.0	1:44.0	1:59.0	27:56.0	21.4	0:00.0	19:14.0	7:41.6	0:57:49.0
44	PETERSON, SUNNY	26	F	AURORA	NE	8:40.0	1:44.0	2:25.0	42:35.0	14.0	0:00.0	21:41.0	8:40.4	1:15:21.0
45	MARSH, JOHN	48	M	KEARNEY	NE	8:44.0	1:44.8	1:16.0	27:00.0	22.2	0:00.0	16:05.0	6:26.0	0:53:05.0
46	WILLITS, TOM	58	M	GRAND ISLAND	NE	8:47.0	1:45.4	2:55.0	33:35.0	17.8	0:00.0	23:12.0	9:16.8	1:08:29.0
47	GUYER, NATHAN	13	M	LINCOLN	NE	8:47.0	1:45.4	3:09.0	41:00.0	14.6	0:00.0	23:51.0	9:32.4	1:16:47.0
48	O'CONNOR MARCI	38	F	OMAHA	NE	8:47.0	1:45.4	5:33.0	40:24.0	14.8	0:00.0	25:51.0	10:20.4	1:20:35.0
49	PROCHAZKA, GREG	48	M	LINCOLN	NE	8:51.0	1:46.2	2:18.0	29:01.0	20.6	0:00.0	18:31.0	7:24.4	0:58:41.0
50	REICKS, KATHELEEN M.	26	F	SIOUX FALLS	SD	8:54.0	1:46.8	2:26.0	34:30.0	17.3	0:00.0	27:17.0	10:54.8	1:13:07.0
51	GLENN, DARIN	35	M	HAMPTON	IA	8:56.0	1:47.2	1:59.0	33:51.0	17.7	0:00.0	17:22.0	6:56.8	1:02:08.0
52	SMITH, THOMAS	41	M	OMAHA	NE	9:02.0	1:48.4	2:06.0	36:33.0	16.4	0:00.0	22:50.0	9:08.0	1:10:31.0
53	EXCEEN, CHAD	32	M	COUNCIL BLUF	IA	9:02.0	1:48.4	1:34.0	42:28.0	14.1	0:00.0	22:05.0	8:50.0	1:15:09.0

NORFOLK YMCA TRATHLON SWIM ORDER

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	MEDLOCK, MATT	35	M	OMAHA	NE	9:05.0	1:49.0	2:37.0	34:50.0	17.2	0:00.0	21:17.0	8:30.8	1:07:49.0
55	KOPPERUD, KENNETH	24	M	OMAHA	NE	9:12.0	1:50.4	2:41.0	35:37.0	16.8	0:00.0	14:53.0	5:57.2	1:02:23.0
56	SIMONSON, ANNA	35	F	FREMONT	NE	9:15.0	1:51.0	1:15.0	33:55.0	17.6	0:00.0	18:31.0	7:24.4	1:02:56.0
57	FITZSIMMONS, CARRIE	26	F	NORFOLK	NE	9:18.0	1:51.6	3:07.0	39:29.0	15.1	0:00.0	25:38.0	10:15.2	1:17:32.0
58	KRAUS, SARAH	27	F	WACO	NE	9:18.0	1:51.6	3:50.0	38:52.0	15.4	0:00.0	25:43.0	10:17.2	1:17:43.0
59	WADLEY, DARIN	37	M	VERMILLION	SD	9:18.0	1:51.6	2:05.0	30:40.0	19.5	0:00.0	19:27.0	7:46.8	1:01:30.0
60	CARPENTER, DAVE	58	M	NORTH PLATTE	NE	9:22.0	1:52.4	2:25.0	33:37.0	17.8	0:00.0	21:11.0	8:28.4	1:06:35.0
61	KING, ROBERT	37	M	OMAHA	NE	9:23.0	1:52.6	3:25.0	37:23.0	16.0	0:00.0	23:35.0	9:26.0	1:13:46.0
62	GRAVES, LANCE	45	M	OMAHA	NE	9:24.0	1:52.8	2:14.0	31:29.0	19.0	0:00.0	22:05.0	8:50.0	1:05:12.0
63	MCGINN, JAMES	50	M	OMAHA	NE	9:26.0	1:53.2	3:01.0	32:25.0	18.5	0:00.0	22:44.0	9:05.6	1:07:36.0
64	NORWOOD, TIM	50	M	KEARNEY	NE	9:27.0	1:53.4	2:36.0	30:41.0	19.5	0:00.0	24:13.0	9:41.2	1:06:57.0
65	CHRISTENSON, MIKE	23	M	OMAHA	NE	9:28.0	1:53.6	2:02.0	37:01.0	16.2	0:00.0	19:35.0	7:50.0	1:08:06.0
66	ANDERSON, DARYL	37	M	OMAHA	NE	9:29.0	1:53.8	2:01.0	33:43.0	17.7	0:00.0	23:28.0	9:23.2	1:08:41.0
67	BANTZ, KYLE	28	M	STALLA	NE	9:50.0	1:58.0	1:46.0	30:50.0	19.4	0:00.0	16:49.0	6:43.6	0:59:15.0
68	LAU, SHELE	42	F	LAVISTA	NE	9:50.0	1:58.0	3:10.0	32:12.0	18.6	0:00.0	24:21.0	9:44.4	1:09:33.0
69	SHANNON, JEN	29	F	OMAHA	NE	9:58.0	1:59.6	2:08.0	32:37.0	18.3	0:00.0	22:17.0	8:54.8	1:07:00.0
70	RADER, KRISTIE	53	F	LINCOLN	NE	10:01.0	2:00.2	2:51.0	36:40.0	16.3	0:00.0	25:48.0	10:19.2	1:15:20.0
71	VACEK, REBECCA	31	F	LINCOLN	NE	10:03.0	2:00.6	2:32.0	35:21.0	16.9	0:00.0	22:49.0	9:07.6	1:10:45.0
72	RUDEN, SHERRY	33	F	NORFOLK	NE	10:06.0	2:01.2	3:18.0	44:01.0	13.6	0:00.0	29:59.0	11:59.6	1:27:24.0
73	GYHRA, JOSEPH	43	M	RAYMOND	NE	10:07.0	2:01.4	2:33.0	29:52.0	20.0	0:00.0	18:30.0	7:24.0	1:01:02.0
74	MILLER, STEVE	39	M	NORFOLK	NE	10:17.0	2:03.4	4:18.0	39:05.0	15.3	0:00.0	25:52.0	10:20.8	1:19:32.0
75	PETERSEN, DIANNE	42	F	OMAHA	NE	10:26.0	2:05.2	3:11.0	41:37.0	14.4	0:00.0	23:56.0	9:34.4	1:19:10.0
76	ASHCRAFT, CANDY	34	F	LINCOLN	NE	10:34.0	2:06.8	3:30.0	41:16.0	14.5	0:00.0	24:57.0	9:58.8	1:20:17.0
77	MOHR, KIELE	24	F	BELLEVUE	NE	10:35.0	2:07.0	3:27.0	38:39.0	15.5	0:00.0	21:29.0	8:35.6	1:14:10.0
78	BALZER, BRANDY	23	F	CLARKSON	NE	10:37.0	2:07.4	2:23.0	34:17.0	17.5	0:00.0	20:27.0	8:10.8	1:07:44.0
79	BROWN RUSSELL A.	34	M	BELLEVUE	NE	10:39.0	2:07.8	3:21.0	35:21.0	16.9	0:00.0	22:53.0	9:09.2	1:12:14.0
80	BROWN, MANDI S.	30	F	BELLEVUE	NE	10:40.0	2:08.0	3:09.0	39:51.0	15.0	0:00.0	24:54.0	9:57.6	1:18:34.0
81	HERROD, BRENDA	38	F	NORFOLK	NE	10:45.0	2:09.0	2:54.0	39:01.0	15.3	0:00.0	25:49.0	10:19.6	1:18:29.0
82	WORACEK, JOE	25	M	OMAHA	NE	10:49.0	2:09.8	2:37.0	36:18.0	16.5	0:00.0	22:50.0	9:08.0	1:12:34.0
83	SIMONSON, MARK	41	M	FREMONT	NE	10:52.0	2:10.4	1:40.0	32:03.0	18.7	0:00.0	20:30.0	8:12.0	1:05:05.0
84	SNOWARDT, CHRIS	35	M	OMAHA	NE	10:57.0	2:11.4	2:28.0	34:58.0	17.1	0:00.0	21:08.0	8:27.2	1:09:31.0
85	WIEGMAN, MIKE	32	M	OMAHA	NE	11:20.0	2:16.0	2:33.0	41:09.0	14.5	0:00.0	20:48.0	8:19.2	1:15:50.0
86	GUYER, BETSY	43	F	LINCOLN	NE	11:21.0	2:16.2	4:24.0	49:51.0	12.0	0:00.0	27:40.0	11:04.0	1:33:16.0
87	PAULI, ROSE	52	F	MILBANK	SD	11:34.0	2:18.8	2:39.0	51:47.0	11.5	0:00.0	25:35.0	10:14.0	1:31:35.0
88	BARTON, DUFF	38	M	BOYS TOWN	NE	11:37.0	2:19.4	2:59.0	24:40.0	24.3	0:00.0	25:05.0	10:02.0	1:04:21.0
89	ROSSMAN, JARED	35	M	NORFOLK	NE	11:39.0	2:19.8	3:04.0	36:57.0	16.2	0:00.0	16:32.0	6:36.8	1:08:12.0
90	VASINA, EMILY	31	F	COLUMBUS	NE	11:39.0	2:19.8	2:54.0	36:42.0	16.3	0:00.0	25:51.0	10:20.4	1:17:06.0
91	MORGAN, PAUL	43	M	SIOUX CITY	IA	11:42.0	2:20.4	2:03.0	39:25.0	15.2	0:00.0	26:57.0	10:46.8	1:20:07.0
92	CRUZ, AMELIS	24	F	OMAHA	NE	11:43.0	2:20.6	2:28.0	43:50.0	13.6	0:00.0	25:12.0	10:04.8	1:23:13.0
93	BUSS, MONICA	26	F	COLUMBUS	NE	11:50.0	2:22.0	4:12.0	38:12.0	15.7	0:00.0	22:26.0	8:58.4	1:16:40.0
94	BOWLES, STEVEN	53	M	LINCOLN	NE	11:50.0	2:22.0	2:01.0	31:06.0	00.3	0:00.0	21:18.0	8:31.2	1:06:15.0
95	LAMMLI, BERT	59	M	STANTON	NE	11:51.0	2:22.2	3:58.0	32:37.0	18.3	0:00.0	23:31.0	9:24.4	1:11:57.0
96	MOORE, JEREMY	28	M	OMAHA	NE	11:52.0	2:22.4	1:38.0	27:13.0	22.0	0:00.0	17:31.0	7:00.4	0:58:14.0
97	HOFF, JERRY	47	M	NORFOLK	NE	11:59.0	2:23.8	1:57.0	39:02.0	15.3	0:00.0	20:50.0	8:20.0	1:13:48.0
98	KRAMER, MIKE	33	M	SIOUX CITY	NE	12:03.0	2:24.6	2:29.0	36:42.0	16.3	0:00.0	28:11.0	11:16.4	1:19:25.0
99	KUBIAK, NIKI	29	F	OMAHA	NE	12:07.0	2:25.4	3:03.0	31:19.0	19.1	0:00.0	16:45.0	6:42.0	1:03:14.0
100	COBOS, ALFREDO	48	M	NORFOLK	NE	12:09.0	2:25.8	2:31.0	34:17.0	17.5	0:00.0	24:10.0	9:40.0	1:13:07.0
101	MILES, DANIELLE	42	F	COUNCIL BLUF	IA	12:15.0	2:27.0	3:10.0	45:38.0	13.1	0:00.0	27:04.0	10:49.6	1:28:07.0
102	NELSON, TOM	61	M	STEAMBOAT SR	CO	12:23.0	2:28.6	2:10.0	34:44.0	17.2	0:00.0	20:03.0	8:01.2	1:09:20.0
103	NORWOOD, NANCY	45	F	KEARNEY	NE	12:29.0	2:29.8	2:05.0	37:43.0	15.9	0:00.0	22:19.0	8:55.6	1:14:36.0
104	BUSS, JASON	27	M	COLUMBUS	NE	12:45.0	2:33.0	3:10.0	36:47.0	16.3	0:00.0	21:58.0	8:47.2	1:14:40.0
105	LAMMLI, DEB	53	F	STANTON	NE	12:55.0	2:35.0	4:32.0	41:17.0	14.5	0:00.0	26:27.0	10:34.8	1:25:11.0
106	BULLER, CAMILLE	25	F	LINCOLN	NE	13:09.0	2:37.8	3:49.0	54:05.0	11.0	0:00.0	29:35.0	11:50.0	1:40:38.0
107	PETERSON, ANITA	43	F	PURDUM	NE	13:52.0	2:46.4	3:42.0	44:41.0	13.4	0:00.0	30:58.0	12:23.2	1:33:13.0

NORFOLK YMCA TRATHLON SWIM ORDER

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	OLSEN, VICKY	46	F	OMAHA	NE	14:05.0	2:49.0	2:25.0	36:19.0	16.5	0:00.0	24:03.0	9:37.2	1:16:52.0
109	KENNINGTON, HEAGAN	29	F	BELLEVUE	NE	14:51.0	2:58.2	2:43.0	43:52.0	13.6	0:00.0	22:31.0	9:00.4	1:23:57.0
110	KRAUS, BYRON	35	M	WACO	NE	15:24.0	3:04.8	4:16.0	40:00.0	14.9	0:00.0	33:32.0	13:24.8	1:33:12.0
111	UHLIR, TROY	38	M	NORFOLK	NE	15:37.0	3:07.4	2:38.0	37:50.0	15.8	0:00.0	22:45.0	9:06.0	1:18:50.0

SHORT COURSE

1	CARSON, MICHAEL	12	M	S. SIOUX CIT	NE	2:04.0	1:22.7	2:57.0	13:02.0	13.8	0:00.0	8:08.0	8:08.0	0:26:11.0
2	UHLIR-MEURET-RAITT		T	NORFOLK	NE	2:06.0	1:24.0	0:54.0	13:41.0	13.1	0:00.0	8:03.0	8:03.0	0:24:44.0
3	SEEGBARTH, BETH	27	F	NORFOLK	NE	2:11.0	1:27.3	3:54.0	13:04.0	13.7	0:00.0	10:44.0	10:44.0	0:29:53.0
4	MORTENSEN, CADE	13	M	PAPILLION	NE	2:22.0	1:34.7	2:28.0	10:55.0	16.4	0:00.0	9:33.0	9:33.0	0:25:18.0
5	VER STEEG, CHRIS	36	M	SIOUX CITY	IA	2:25.0	1:36.7	2:40.0	10:52.0	16.5	0:00.0	8:34.0	8:34.0	0:24:31.0
6	TRAMP, JAMIE	30	F	CROFTON	NE	2:26.0	1:37.3	2:29.0	11:50.0	15.2	0:00.0	10:56.0	10:56.0	0:27:41.0
7	MORTENSEN, REECE	12	M	PAPILLION	NE	2:33.0	1:42.0	2:27.0	11:32.0	15.6	0:00.0	9:52.0	9:52.0	0:26:24.0
8	FLOHR, REBECCA	32	F	NORFOLK	NE	2:41.0	1:47.3	3:19.0	17:00.0	10.5	0:00.0	12:21.0	12:21.0	0:35:21.0
9	UHLIR, SUZANNE	37	F	NORFOLK	NE	2:44.0	1:49.3	3:38.0	13:08.0	13.7	0:00.0	11:26.0	11:26.0	0:30:56.0
10	LAU, ZACH	12	M	LAVISTA	NE	2:49.0	1:52.7	3:41.0	11:38.0	15.4	0:00.0	13:26.0	13:26.0	0:31:34.0
11	GESELL, PHIL	45	M	NORFOLK	NE	2:57.0	1:58.0	1:50.0	12:48.0	14.0	0:00.0	9:04.0	9:04.0	0:26:39.0
12	BERG, FORREST	10	M	PAPILLION	NE	2:59.0	1:59.3	2:28.0	15:23.0	11.7	0:00.0	10:16.0	10:16.0	0:31:06.0
13	HERROD-HERROD-EACKER		T	NORFOLK	NE	3:01.0	2:00.7	1:34.0	15:07.0	11.9	0:00.0	9:24.0	9:24.0	0:29:06.0
14	BUSCH, JASON	33	M	NORFOLK	NE	3:01.0	2:00.7	2:46.0	10:36.0	16.9	0:00.0	8:14.0	8:14.0	0:24:37.0
15	RICHEY, JODI	24	F	NORFOLK	NE	3:03.0	2:02.0	1:57.0	12:38.0	14.2	0:00.0	7:29.0	7:29.0	0:25:07.0
16	WIEGERT, KATE	11	F	LINCOLN	NE	3:05.0	2:03.3	4:29.0	13:54.0	12.9	0:00.0	11:24.0	11:24.0	0:32:52.0
17	SAZAMA, TERESA	38	F	NORFOLK	NE	3:11.0	2:07.3	1:24.0	16:08.0	11.1	0:00.0	15:18.0	15:18.0	0:36:01.0
18	WASSON, THAD	34	M	PIEDMONT	SD	3:14.0	2:09.3	2:26.0	13:41.0	13.1	0:00.0	9:44.0	9:44.0	0:29:05.0
19	WIEGERT, ANNETTE	41	F	LINCOLN	NE	3:20.0	2:13.3	4:22.0	13:47.0	13.0	0:00.0	11:35.0	11:35.0	0:33:04.0
20	GYHRA, LAURA	38	F	RAYMOND	NE	3:21.0	2:14.0	2:45.0	12:40.0	14.2	0:00.0	8:37.0	8:37.0	0:27:23.0
21	BERG, ALAINA	9	F	PAPILLION	NE	3:26.0	2:17.3	3:04.0	16:18.0	11.0	0:00.0	11:53.0	11:53.0	0:34:41.0
22	BURKINK, DOUG	42	M	NORFOLK	NE	3:27.0	2:18.0	2:18.0	10:17.0	17.5	0:00.0	10:49.0	10:49.0	0:26:51.0
23	BARR, NOAH	8	M	PAPILLION	NE	3:28.0	2:18.7	3:02.0	15:59.0	11.2	0:00.0	14:20.0	14:20.0	0:36:49.0
24	MORLAND, PAT	37	F	NORFOLK	NE	3:34.0	2:22.7	4:06.0	15:29.0	11.6	0:00.0	10:20.0	10:20.0	0:33:29.0
25	PALADINO, MEGAN	13	F	OMAHA	NE	3:38.0	2:25.3	3:51.0	12:29.0	14.4	0:00.0	13:20.0	13:20.0	0:33:18.0
26	REDINGER, BRENNAN	10	M	CAPE GIRAREL	MO	3:49.0	2:32.7	1:35.0	12:04.0	14.9	0:00.0	8:20.0	8:20.0	0:25:48.0
27	SMITH, KAM	49	M	DAKOTA DUNES	SD	4:01.0	2:40.7	2:56.0	17:03.0	10.5	0:00.0	8:19.0	8:19.0	0:32:19.0
28	SMITH, LINDSEY	10	F	DAKOTA DUNES	SD	4:05.0	2:43.3	0:32.0	18:00.0	10.0	0:00.0	9:41.0	9:41.0	0:32:18.0
29	KENNINGTON, DEVAN	31	M	BELLEVUE	NE	4:06.0	2:44.0	4:47.0	14:05.0	12.7	0:00.0	11:33.0	11:33.0	0:34:31.0
30	KEE, MELINDA	41	F	NORFOLK	NE	4:07.0	2:44.7	2:46.0	13:10.0	13.6	0:00.0	10:12.0	10:12.0	0:30:15.0
31	HANSON, BRUCE	64	M	STANTON	NE	4:11.0	2:47.3	4:09.0	10:56.0	16.4	0:00.0	12:02.0	12:02.0	0:31:18.0
32	BERG, MASON	7	M	PAPILLION	NE	4:13.0	2:48.7	2:51.0	15:47.0	11.4	0:00.0	10:12.0	10:12.0	0:33:03.0
33	THELANDER, JEFF	35	M	LAWTON	IA	4:18.0	2:52.0	2:42.0	10:50.0	16.6	0:00.0	9:28.0	9:28.0	0:27:18.0
34	PALADINO, CAMERON	6	M	OMAHA	NE	7:34.0	5:02.7	5:41.0	17:03.0	10.5	0:00.0	15:38.0	15:38.0	0:45:56.0
35	MORTENSEN, MAYA	7	F	PAPILLION	NE	7:56.0	5:17.3	3:07.0	21:01.0	08.5	0:00.0	10:55.0	10:55.0	0:42:59.0

NORFOLK YMCA TRATHLON BIKE ORDER

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	BARTON, DUFF	38	M	BOYS TOWN	NE	11:37.0	2:19.4	2:59.0	24:40.0	24.3	0:00.0	25:05.0	10:02.0	1:04:21.0
2	GILLUM, CHARLIE	53	M	MANHATTAN	KS	7:16.0	1:27.2	1:38.0	25:14.0	23.7	0:00.0	17:57.0	7:10.8	0:52:05.0
3	PALMER, JOE	32	M	OMAHA	NE	7:03.0	1:24.6	6:04.0	25:48.0	23.2	0:00.0	18:48.0	7:31.2	0:57:43.0
4	REDINGER, ERIC	31	M	CAPE GIRAREL	MO	7:20.0	1:28.0	1:19.0	26:06.0	22.9	0:00.0	17:32.0	7:00.8	0:52:17.0
5	MARSH, JOHN	48	M	KEARNEY	NE	8:44.0	1:44.8	1:16.0	27:00.0	22.2	0:00.0	16:05.0	6:26.0	0:53:05.0
6	ANDERSON, TRACY	42	M	MANHATTAN	KS	6:25.0	1:17.0	1:17.0	27:01.0	22.2	0:00.0	16:10.0	6:28.0	0:50:53.0
7	KUEFFNER, JIM	47	M	OMAHA	NE	6:42.0	1:20.4	1:18.0	27:05.0	22.1	0:00.0	15:41.0	6:16.4	0:50:46.0
8	MOORE, JEREMY	28	M	OMAHA	NE	11:52.0	2:22.4	1:38.0	27:13.0	22.0	0:00.0	17:31.0	7:00.4	0:58:14.0
9	VASINA, JEFF	32	M	COLUMBUS	NE	7:43.0	1:32.6	1:46.0	27:14.0	22.0	0:00.0	16:20.0	6:32.0	0:53:03.0
10	ROGERS, JIM	44	M	OMAHA	NE	7:11.0	1:26.2	0:12.0	27:31.0	21.8	0:00.0	17:41.0	7:04.4	0:52:35.0
11	GRAVES, ADAM	13	M	OMAHA	NE	8:31.0	1:42.2	2:07.0	27:32.0	21.7	0:00.0	32:57.0	13:10.8	1:11:07.0
12	CARMICHAEL, MATT	45	M	OMAHA	NE	7:16.0	1:27.2	2:10.0	27:33.0	21.7	0:00.0	15:15.0	6:06.0	0:52:14.0
13	ENSZ, JEFF	25	M	LINCOLN	NE	7:25.0	1:29.0	2:01.0	27:40.0	21.6	0:00.0	16:39.0	6:39.6	0:53:45.0
14	BULLER, CHRIS	25	M	LINCOLN	NE	8:03.0	1:36.6	1:59.0	27:45.0	21.6	0:00.0	17:20.0	6:56.0	0:55:07.0
15	KUBIAK, GERALD	32	M	OMAHA	NE	7:23.0	1:28.6	1:22.0	27:49.0	21.5	0:00.0	14:38.0	5:51.2	0:51:12.0
16	PAPE, JEFF	35	M	NORFOLK	NE	8:40.0	1:44.0	1:59.0	27:56.0	21.4	0:00.0	19:14.0	7:41.6	0:57:49.0
17	MORTENSEN, CORBETT	43	M	PAPILLION	NE	7:33.0	1:30.6	2:37.0	28:09.0	21.3	0:00.0	17:51.0	7:08.4	0:56:10.0
18	HOLLOWAY, DAVID	38	M	PAPILLION	NE	7:10.0	1:26.0	3:00.0	28:18.0	21.1	0:00.0	25:24.0	10:09.6	1:03:52.0
19	WILCOX, MARK	15	M	YANKTON	SD	6:27.0	1:17.4	2:08.0	28:40.0	20.9	0:00.0	15:37.0	6:14.8	0:52:52.0
20	VACEK, ERIC	34	M	LINCOLN	NE	7:00.0	1:24.0	1:50.0	28:46.0	20.8	0:00.0	19:35.0	7:50.0	0:57:11.0
21	KNIGHT, ROBERT	26	M	OMAHA	NE	6:20.0	1:16.0	1:30.0	28:57.0	20.7	0:00.0	17:07.0	6:50.8	0:53:54.0
22	PROCHAZKA, GREG	48	M	LINCOLN	NE	8:51.0	1:46.2	2:18.0	29:01.0	20.6	0:00.0	18:31.0	7:24.4	0:58:41.0
23	ATCHISON, ANDY	27	M	OMAHA	NE	7:22.0	1:28.4	1:38.0	29:11.0	20.5	0:00.0	16:39.0	6:39.6	0:54:50.0
24	O'DELL, MARK	44	M	OMAHA	NE	7:46.0	1:33.2	1:44.0	29:40.0	20.2	0:00.0	19:53.0	7:57.2	0:59:03.0
25	SHANNON, JEFF	30	M	OMAHA	NE	8:20.0	1:40.0	1:33.0	29:50.0	20.1	0:00.0	18:51.0	7:32.4	0:58:34.0
26	GYHRA, JOSEPH	43	M	RAYMOND	NE	10:07.0	2:01.4	2:33.0	29:52.0	20.0	0:00.0	18:30.0	7:24.0	1:01:02.0
27	WIDHALM, STEVEN	38	M	ELKHORN	NE	7:57.0	1:35.4	1:28.0	30:21.0	19.7	0:00.0	18:24.0	7:21.6	0:58:10.0
28	BLOOM, EMILY	30	F	LAVISTA	NE	8:07.0	1:37.4	2:19.0	30:29.0	19.6	0:00.0	18:57.0	7:34.8	0:59:52.0
29	WADLEY, DARIN	37	M	VERMILLION	SD	9:18.0	1:51.6	2:05.0	30:40.0	19.5	0:00.0	19:27.0	7:46.8	1:01:30.0
30	NORWOOD, TIM	50	M	KEARNEY	NE	9:27.0	1:53.4	2:36.0	30:41.0	19.5	0:00.0	24:13.0	9:41.2	1:06:57.0
31	BANTZ, KYLE	28	M	STALLA	NE	9:50.0	1:58.0	1:46.0	30:50.0	19.4	0:00.0	16:49.0	6:43.6	0:59:15.0
32	WEMHOFF, KYLE	17	M	NORFOLK	NE	5:25.0	1:05.0	1:52.0	31:06.0	19.2	0:00.0	14:12.0	5:40.8	0:52:35.0
33	KUBIAK, NIKI	29	F	OMAHA	NE	12:07.0	2:25.4	3:03.0	31:19.0	19.1	0:00.0	16:45.0	6:42.0	1:03:14.0
34	GRAVES, LANCE	45	M	OMAHA	NE	9:24.0	1:52.8	2:14.0	31:29.0	19.0	0:00.0	22:05.0	8:50.0	1:05:12.0
35	PERRY, KELLEY	48	M	FREMONT	NE	7:29.0	1:29.8	1:21.0	31:30.0	19.0	0:00.0	17:27.0	6:58.8	0:55:47.0
36	WOLD-STEELE, MICHAEL	46	M	OMAHA	NE	7:00.0	1:24.0	2:45.0	31:49.0	18.8	0:00.0	30:48.0	12:19.2	1:12:22.0
37	SIMONSON, MARK	41	M	FREMONT	NE	10:52.0	2:10.4	1:40.0	32:03.0	18.7	0:00.0	20:30.0	8:12.0	1:05:05.0
38	LAU, SHELLE	42	F	LAVISTA	NE	9:50.0	1:58.0	3:10.0	32:12.0	18.6	0:00.0	24:21.0	9:44.4	1:09:33.0
39	MCGINN, JAMES	50	M	OMAHA	NE	9:26.0	1:53.2	3:01.0	32:25.0	18.5	0:00.0	22:44.0	9:05.6	1:07:36.0
40	SCOVILLE, TREVOR	24	M	DAVID CITY	NE	8:27.0	1:41.4	1:48.0	32:34.0	18.4	0:00.0	17:11.0	6:52.4	1:00:00.0
41	SHANNON, JEN	29	F	OMAHA	NE	9:58.0	1:59.6	2:08.0	32:37.0	18.3	0:00.0	22:17.0	8:54.8	1:07:00.0
42	LAMMLI, BERT	59	M	STANTON	NE	11:51.0	2:22.2	3:58.0	32:37.0	18.3	0:00.0	23:31.0	9:24.4	1:11:57.0
43	KUMM, JEFFRIE	36	M	FREMONT	NE	7:30.0	1:30.0	1:29.0	32:39.0	18.3	0:00.0	17:51.0	7:08.4	0:59:29.0
44	MILLS, TOM	47	M	LINCOLN	NE	8:12.0	1:38.4	2:00.0	32:47.0	18.3	0:00.0	20:17.0	8:06.8	1:03:16.0
45	DELTJEN, JULIE	44	F	OMAHA	NE	7:56.0	1:35.2	2:03.0	33:34.0	17.8	0:00.0	23:02.0	9:12.8	1:06:35.0
46	WILLITS, TOM	58	M	GRAND ISLAND	NE	8:47.0	1:45.4	2:55.0	33:35.0	17.8	0:00.0	23:12.0	9:16.8	1:08:29.0
47	ENZASTIGA, TAMI	32	F	BOYS TOWN	NE	8:23.0	1:40.6	2:27.0	33:35.0	17.8	0:00.0	18:50.0	7:32.0	1:03:15.0
48	CARPENTER, DAVE	58	M	NORTH PLATTE	NE	9:22.0	1:52.4	2:25.0	33:37.0	17.8	0:00.0	21:11.0	8:28.4	1:06:35.0
49	ANDERSON, DARYL	37	M	OMAHA	NE	9:29.0	1:53.8	2:01.0	33:43.0	17.7	0:00.0	23:28.0	9:23.2	1:08:41.0
50	GLENN, DARIN	35	M	HAMPTON	IA	8:56.0	1:47.2	1:59.0	33:51.0	17.7	0:00.0	17:22.0	6:56.8	1:02:08.0
51	SIMONSON, ANNA	35	F	FREMONT	NE	9:15.0	1:51.0	1:15.0	33:55.0	17.6	0:00.0	18:31.0	7:24.4	1:02:56.0
52	ACKERMAN, DAN	52	M	PANAMA	NE	6:55.0	1:23.0	2:02.0	34:08.0	17.5	0:00.0	24:02.0	9:36.8	1:07:07.0
53	COBUS, ALFREDDO	48	M	NORFOLK	NE	12:09.0	2:25.8	2:31.0	34:17.0	17.5	0:00.0	24:10.0	9:40.0	1:13:07.0

NORFOLK YMCA TRATHLON BIKE ORDER

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 BALZER, BRANDY	23	F	CLARKSON	NE	10:37.0	2:07.4	2:23.0	34:17.0	17.5	0:00.0	20:27.0	8:10.8	1:07:44.0
55 REICKS, KATHELEEN M.	26	F	SIOUX FALLS	SD	8:54.0	1:46.8	2:26.0	34:30.0	17.3	0:00.0	27:17.0	10:54.8	1:13:07.0
56 NELSON, TOM	61	M	STEAMBOAT SR	CO	12:23.0	2:28.6	2:10.0	34:44.0	17.2	0:00.0	20:03.0	8:01.2	1:09:20.0
57 MEDLOCK, MATT	35	M	OMAHA	NE	9:05.0	1:49.0	2:37.0	34:50.0	17.2	0:00.0	21:17.0	8:30.8	1:07:49.0
58 SAMLAND, TODD	45	M	OMAHA	NE	7:08.0	1:25.6	2:22.0	34:57.0	17.1	0:00.0	24:06.0	9:38.4	1:08:33.0
59 SNOWARDT, CHRIS	35	M	OMAHA	NE	10:57.0	2:11.4	2:28.0	34:58.0	17.1	0:00.0	21:08.0	8:27.2	1:09:31.0
60 VACEK, REBECCA	31	F	LINCOLN	NE	10:03.0	2:00.6	2:32.0	35:21.0	16.9	0:00.0	22:49.0	9:07.6	1:10:45.0
61 BROWN RUSSELL A.	34	M	BELLEVUE	NE	10:39.0	2:07.8	3:21.0	35:21.0	16.9	0:00.0	22:53.0	9:09.2	1:12:14.0
62 KOPPERUD, KENNETH	24	M	OMAHA	NE	9:12.0	1:50.4	2:41.0	35:37.0	16.8	0:00.0	14:53.0	5:57.2	1:02:23.0
63 WORACEK, JOE	25	M	OMAHA	NE	10:49.0	2:09.8	2:37.0	36:18.0	16.5	0:00.0	22:50.0	9:08.0	1:12:34.0
64 OLSEN, VICKY	46	F	OMAHA	NE	14:05.0	2:49.0	2:25.0	36:19.0	16.5	0:00.0	24:03.0	9:37.2	1:16:52.0
65 SMITH, THOMAS	41	M	OMAHA	NE	9:02.0	1:48.4	2:06.0	36:33.0	16.4	0:00.0	22:50.0	9:08.0	1:10:31.0
66 RADER, KRISTIE	53	F	LINCOLN	NE	10:01.0	2:00.2	2:51.0	36:40.0	16.3	0:00.0	25:48.0	10:19.2	1:15:20.0
67 VASINA, EMILY	31	F	COLUMBUS	NE	11:39.0	2:19.8	2:54.0	36:42.0	16.3	0:00.0	25:51.0	10:20.4	1:17:06.0
68 KRAMER, MIKE	33	M	SIOUX CITY	NE	12:03.0	2:24.6	2:29.0	36:42.0	16.3	0:00.0	28:11.0	11:16.4	1:19:25.0
69 BUSS, JASON	27	M	COLUMBUS	NE	12:45.0	2:33.0	3:10.0	36:47.0	16.3	0:00.0	21:58.0	8:47.2	1:14:40.0
70 ROSSMAN, JARED	35	M	NORFOLK	NE	11:39.0	2:19.8	3:04.0	36:57.0	16.2	0:00.0	16:32.0	6:36.8	1:08:12.0
71 KRAMPER, MIKI	32	F	OMAHA	NE	7:09.0	1:25.8	3:40.0	36:58.0	16.2	0:00.0	21:27.0	8:34.8	1:09:14.0
72 CHRISTENSON, MIKE	23	M	OMAHA	NE	9:28.0	1:53.6	2:02.0	37:01.0	16.2	0:00.0	19:35.0	7:50.0	1:08:06.0
73 EDWARDS-SHARMAN-DEAL	48	T	COLUMBUS	NE	6:03.0	1:12.6	1:21.0	37:06.0	16.1	0:00.0	15:58.0	6:23.2	1:00:28.0
74 BARGSTAAT, AMBER	26	F	WINSIDE	NE	7:53.0	1:34.6	2:57.0	37:09.0	16.1	0:00.0	27:52.0	11:08.8	1:15:51.0
75 KING, ROBERT	37	M	OMAHA	NE	9:23.0	1:52.6	3:25.0	37:23.0	16.0	0:00.0	23:35.0	9:26.0	1:13:46.0
76 BELL, DAVE	37	M	OMAHA	NE	6:56.0	1:23.2	2:29.0	37:25.0	16.0	0:00.0	22:35.0	9:02.0	1:09:25.0
77 NORWOOD, NANCY	45	F	KEARNEY	NE	12:29.0	2:29.8	2:05.0	37:43.0	15.9	0:00.0	22:19.0	8:55.6	1:14:36.0
78 UHLIR, TROY	38	M	NORFOLK	NE	15:37.0	3:07.4	2:38.0	37:50.0	15.8	0:00.0	22:45.0	9:06.0	1:18:50.0
79 BUSS, MONICA	26	F	COLUMBUS	NE	11:50.0	2:22.0	4:12.0	38:12.0	15.7	0:00.0	22:26.0	8:58.4	1:16:40.0
80 MOHR, KIELE	24	F	BELLEVUE	NE	10:35.0	2:07.0	3:27.0	38:39.0	15.5	0:00.0	21:29.0	8:35.6	1:14:10.0
81 KRAUS, SARAH	27	F	WACO	NE	9:18.0	1:51.6	3:50.0	38:52.0	15.4	0:00.0	25:43.0	10:17.2	1:17:43.0
82 HERROD, BRENDA	38	F	NORFOLK	NE	10:45.0	2:09.0	2:54.0	39:01.0	15.3	0:00.0	25:49.0	10:19.6	1:18:29.0
83 HOFF, JERRY	47	M	NORFOLK	NE	11:59.0	2:23.8	1:57.0	39:02.0	15.3	0:00.0	20:50.0	8:20.0	1:13:48.0
84 MILLER, STEVE	39	M	NORFOLK	NE	10:17.0	2:03.4	4:18.0	39:05.0	15.3	0:00.0	25:52.0	10:20.8	1:19:32.0
85 MILLS, TYLER	15	M	LINCOLN	NE	6:22.0	1:16.4	2:12.0	39:10.0	15.3	0:00.0	19:40.0	7:52.0	1:07:24.0
86 MORGAN, PAUL	43	M	SIOUX CITY	IA	11:42.0	2:20.4	2:03.0	39:25.0	15.2	0:00.0	26:57.0	10:46.8	1:20:07.0
87 WITZENBURG, MOLLY	39	F	OMAHA	NE	7:23.0	1:28.6	4:27.0	39:26.0	15.2	0:00.0	25:03.0	10:01.2	1:16:19.0
88 FITZSIMMONS, CARRIE	26	F	NORFOLK	NE	9:18.0	1:51.6	3:07.0	39:29.0	15.1	0:00.0	25:38.0	10:15.2	1:17:32.0
89 MARX, CRYSTAL	25	F	RELLEVUE	NE	8:13.0	1:38.6	2:27.0	39:40.0	15.1	0:00.0	18:00.0	7:12.0	1:08:20.0
90 BROWN, MANDI S.	30	F	BELLEVUE	NE	10:40.0	2:08.0	3:09.0	39:51.0	15.0	0:00.0	24:54.0	9:57.6	1:18:34.0
91 KRAUS, BYRON	35	M	WACO	NE	15:24.0	3:04.8	4:16.0	40:00.0	14.9	0:00.0	33:32.0	13:24.8	1:33:12.0
92 O'CONNOR MARCI	38	F	OMAHA	NE	8:47.0	1:45.4	5:33.0	40:24.0	14.8	0:00.0	25:51.0	10:20.4	1:20:35.0
93 GUYER, NATHAN	13	M	LINCOLN	NE	8:47.0	1:45.4	3:09.0	41:00.0	14.6	0:00.0	23:51.0	9:32.4	1:16:47.0
94 WIEGMAN, MIKE	32	M	OMAHA	NE	11:20.0	2:16.0	2:33.0	41:09.0	14.5	0:00.0	20:48.0	8:19.2	1:15:50.0
95 ASHCRAFT, CANDY	34	F	LINCOLN	NE	10:34.0	2:06.8	3:30.0	41:16.0	14.5	0:00.0	24:57.0	9:58.8	1:20:17.0
96 LAMLLI, DEB	53	F	STANTON	NE	12:55.0	2:35.0	4:32.0	41:17.0	14.5	0:00.0	26:27.0	10:34.8	1:25:11.0
97 PETERSEN, DIANNE	42	F	OMAHA	NE	10:26.0	2:05.2	3:11.0	41:37.0	14.4	0:00.0	23:56.0	9:34.4	1:19:10.0
98 WITHERSPOON, JOHN	33	M	CLARKSVILLE	TN	5:50.0	1:10.0	9:55.0	42:10.0	14.2	0:00.0	19:02.0	7:36.8	1:16:57.0
99 EXCEEN, CHAD	32	M	COUNCIL BLUF	IA	9:02.0	1:48.4	1:34.0	42:28.0	14.1	0:00.0	22:05.0	8:50.0	1:15:09.0
100 PETERSON, SUNNY	26	F	AURORA	NE	8:40.0	1:44.0	2:25.0	42:35.0	14.0	0:00.0	21:41.0	8:40.4	1:15:21.0
101 CRUZ, AMELIS	24	F	OMAHA	NE	11:43.0	2:20.6	2:28.0	43:50.0	13.6	0:00.0	25:12.0	10:04.8	1:23:13.0
102 KENNINGTON, MEAGAN	29	F	BELLEVUE	NE	14:51.0	2:58.2	2:43.0	43:52.0	13.6	0:00.0	22:31.0	9:00.4	1:23:57.0
103 RUDEN, SHERRY	33	F	NORFOLK	NE	10:06.0	2:01.2	3:18.0	44:01.0	13.6	0:00.0	29:59.0	11:59.6	1:27:24.0
104 PETERSON, ANITA	43	F	PURDUM	NE	13:52.0	2:46.4	3:42.0	44:41.0	13.4	0:00.0	30:58.0	12:23.2	1:33:13.0
105 MILES, DANIELLE	42	F	COUNCIL BLUF	IA	12:15.0	2:27.0	3:10.0	45:38.0	13.1	0:00.0	27:04.0	10:49.6	1:28:07.0
106 WALZ, LYNNE	43	F	FREMONT	NE	7:40.0	1:32.0	2:57.0	45:42.0	13.1	0:00.0	29:33.0	11:49.2	1:25:52.0
107 CARNEY TEAM		T	NORFOLK	NE	7:12.0	1:26.4	1:01.0	47:38.0	12.5	0:00.0	22:59.0	9:11.6	1:18:50.0

NORFOLK YMCA TRATHLON BIKE ORDER

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	GUYER, BETSY	43	F	LINCOLN	NE	11:21.0	2:16.2	4:24.0	49:51.0	12.0	0:00.0	27:40.0	11:04.0	1:33:16.0
109	PAULI, ROSE	52	F	MILBANK	SD	11:34.0	2:18.8	2:39.0	51:47.0	11.5	0:00.0	25:35.0	10:14.0	1:31:35.0
110	BULLER, CAMILLE	25	F	LINCOLN	NE	13:09.0	2:37.8	3:49.0	54:05.0	11.0	0:00.0	29:35.0	11:50.0	1:40:38.0
111	BOWLES, STEVEN	53	M	LINCOLN	NE	11:50.0	2:22.0	2:01.0	31:06.0	00.3	0:00.0	21:18.0	8:31.2	1:06:15.0
SHORT COURSE														
1	BURKINK, DOUG	42	M	NORFOLK	NE	3:27.0	2:18.0	2:18.0	10:17.0	17.5	0:00.0	10:49.0	10:49.0	0:26:51.0
2	BUSCH, JASON	33	M	NORFOLK	NE	3:01.0	2:00.7	2:46.0	10:36.0	16.9	0:00.0	8:14.0	8:14.0	0:24:37.0
3	THELANDER, JEFF	35	M	LAWTON	IA	4:18.0	2:52.0	2:42.0	10:50.0	16.6	0:00.0	9:28.0	9:28.0	0:27:18.0
4	VER STEEG, CHRIS	36	M	SIOUX CITY	IA	2:25.0	1:36.7	2:40.0	10:52.0	16.5	0:00.0	8:34.0	8:34.0	0:24:31.0
5	MORTENSEN, CADE	13	M	PAPILLION	NE	2:22.0	1:34.7	2:28.0	10:55.0	16.4	0:00.0	9:33.0	9:33.0	0:25:18.0
6	HANSON, BRUCE	64	M	STANTON	NE	4:11.0	2:47.3	4:09.0	10:56.0	16.4	0:00.0	12:02.0	12:02.0	0:31:18.0
7	MORTENSEN, REECE	12	M	PAPILLION	NE	2:33.0	1:42.0	2:27.0	11:32.0	15.6	0:00.0	9:52.0	9:52.0	0:26:24.0
8	LAU, ZACH	12	M	LAVISTA	NE	2:49.0	1:52.7	3:41.0	11:38.0	15.4	0:00.0	13:26.0	13:26.0	0:31:34.0
9	TRAMP, JAMIE	30	F	CROFTON	NE	2:26.0	1:37.3	2:29.0	11:50.0	15.2	0:00.0	10:56.0	10:56.0	0:27:41.0
10	REDINGER, BRENNAN	10	M	CAPE GIRAREL	MO	3:49.0	2:32.7	1:35.0	12:04.0	14.9	0:00.0	8:20.0	8:20.0	0:25:48.0
11	PALADINO, MEGAN	13	F	OMAHA	NE	3:38.0	2:25.3	3:51.0	12:29.0	14.4	0:00.0	13:20.0	13:20.0	0:33:18.0
12	RICHEY, JODI	24	F	NORFOLK	NE	3:03.0	2:02.0	1:57.0	12:38.0	14.2	0:00.0	7:29.0	7:29.0	0:25:07.0
13	GYHRA, LAURA	38	F	RAYMOND	NE	3:21.0	2:14.0	2:45.0	12:40.0	14.2	0:00.0	8:37.0	8:37.0	0:27:23.0
14	GESELL, PHIL	45	M	NORFOLK	NE	2:57.0	1:58.0	1:50.0	12:48.0	14.0	0:00.0	9:04.0	9:04.0	0:26:39.0
15	CARSON, MICHAEL	12	M	S. SIOUX CIT	NE	2:04.0	1:22.7	2:57.0	13:02.0	13.8	0:00.0	8:08.0	8:08.0	0:26:11.0
16	SEEGBARTH, BETH	27	F	NORFOLK	NE	2:11.0	1:27.3	3:54.0	13:04.0	13.7	0:00.0	10:44.0	10:44.0	0:29:53.0
17	UHLIR, SUZANNE	37	F	NORFOLK	NE	2:44.0	1:49.3	3:38.0	13:08.0	13.7	0:00.0	11:26.0	11:26.0	0:30:56.0
18	KEE, MELINDA	41	F	NORFOLK	NE	4:07.0	2:44.7	2:46.0	13:10.0	13.6	0:00.0	10:12.0	10:12.0	0:30:15.0
19	UHLIR-MEURET-RAITT		T	NORFOLK	NE	2:06.0	1:24.0	0:54.0	13:41.0	13.1	0:00.0	8:03.0	8:03.0	0:24:44.0
20	WASSON, THAD	34	M	PIEDMONT	SD	3:14.0	2:09.3	2:26.0	13:41.0	13.1	0:00.0	9:44.0	9:44.0	0:29:05.0
21	WIEGERT, ANNETTE	41	F	LINCOLN	NE	3:20.0	2:13.3	4:22.0	13:47.0	13.0	0:00.0	11:35.0	11:35.0	0:33:04.0
22	WIEGERT, KATE	11	F	LINCOLN	NE	3:05.0	2:03.3	4:29.0	13:54.0	12.9	0:00.0	11:24.0	11:24.0	0:32:52.0
23	KENNINGTON, DEVAN	31	M	BELLEVUE	NE	4:06.0	2:44.0	4:47.0	14:05.0	12.7	0:00.0	11:33.0	11:33.0	0:34:31.0
24	HERROD-HERROD-EACKER		T	NORFOLK	NE	3:01.0	2:00.7	1:34.0	15:07.0	11.9	0:00.0	9:24.0	9:24.0	0:29:06.0
25	BERG, FORREST	10	M	PAPILLION	NE	2:59.0	1:59.3	2:28.0	15:23.0	11.7	0:00.0	10:16.0	10:16.0	0:31:06.0
26	MORLAND, PAT	37	F	NORFOLK	NE	3:34.0	2:22.7	4:06.0	15:29.0	11.6	0:00.0	10:20.0	10:20.0	0:33:29.0
27	BERG, MASON	7	M	PAPILLION	NE	4:13.0	2:48.7	2:51.0	15:47.0	11.4	0:00.0	10:12.0	10:12.0	0:33:03.0
28	BARR, NOAH	8	M	PAPILLION	NE	3:28.0	2:18.7	3:02.0	15:59.0	11.2	0:00.0	14:20.0	14:20.0	0:36:49.0
29	SAZAMA, TERESA	38	F	NORFOLK	NE	3:11.0	2:07.3	1:24.0	16:08.0	11.1	0:00.0	15:18.0	15:18.0	0:36:01.0
30	BERG, ALAINA	9	F	PAPILLION	NE	3:26.0	2:17.3	3:04.0	16:18.0	11.0	0:00.0	11:53.0	11:53.0	0:34:41.0
31	FLOHR, REBECCA	32	F	NORFOLK	NE	2:41.0	1:47.3	3:19.0	17:00.0	10.5	0:00.0	12:21.0	12:21.0	0:35:21.0
32	PALADINO, CAMERON	6	M	OMAHA	NE	7:34.0	5:02.7	5:41.0	17:03.0	10.5	0:00.0	15:38.0	15:38.0	0:45:56.0
33	SMITH, KAM	49	M	DAKOTA DUNES	SD	4:01.0	2:40.7	2:56.0	17:03.0	10.5	0:00.0	8:19.0	8:19.0	0:32:19.0
34	SMITH, LINDSEY	10	F	DAKOTA DUNES	SD	4:05.0	2:43.3	0:32.0	18:00.0	10.0	0:00.0	9:41.0	9:41.0	0:32:18.0
35	MORTENSEN, MAYA	7	F	PAPILLION	NE	7:56.0	5:17.3	3:07.0	21:01.0	08.5	0:00.0	10:55.0	10:55.0	0:42:59.0

NORFOLK YMCA TRATHLON RUN ORDER

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	WENHOFF, KYLE	17	M	NORFOLK	NE	5:25.0	1:05.0	1:52.0	31:06.0	19.2	0:00.0	14:12.0	5:40.8	0:52:35.0
2	KUBIAK, GERALD	32	M	OMAHA	NE	7:23.0	1:28.6	1:22.0	27:49.0	21.5	0:00.0	14:38.0	5:51.2	0:51:12.0
3	KOPPERUD, KENNETH	24	M	OMAHA	NE	9:12.0	1:50.4	2:41.0	35:37.0	16.8	0:00.0	14:53.0	5:57.2	1:02:23.0
4	CARMICHAEL, MATT	45	M	OMAHA	NE	7:16.0	1:27.2	2:10.0	27:33.0	21.7	0:00.0	15:15.0	6:06.0	0:52:14.0
5	WILCOX, MARK	15	M	YANKTON	SD	6:27.0	1:17.4	2:08.0	28:40.0	20.9	0:00.0	15:37.0	6:14.8	0:52:52.0
6	KUEFFNER, JIM	47	M	OMAHA	NE	6:42.0	1:20.4	1:18.0	27:05.0	22.1	0:00.0	15:41.0	6:16.4	0:50:46.0
7	EDWARDS-SHARMAN-DEAL	48	T	COLUMBUS	NE	6:03.0	1:12.6	1:21.0	37:06.0	16.1	0:00.0	15:58.0	6:23.2	1:00:28.0
8	MARSH, JOHN	48	M	KEARNEY	NE	8:44.0	1:44.8	1:16.0	27:00.0	22.2	0:00.0	16:05.0	6:26.0	0:53:05.0
9	ANDERSON, TRACY	42	M	MANHATTAN	KS	6:25.0	1:17.0	1:17.0	27:01.0	22.2	0:00.0	16:10.0	6:28.0	0:50:53.0
10	VASINA, JEFF	32	M	COLUMBUS	NE	7:43.0	1:32.6	1:46.0	27:14.0	22.0	0:00.0	16:20.0	6:32.0	0:53:03.0
11	ROSSMAN, JARED	35	M	NORFOLK	NE	11:39.0	2:19.8	3:04.0	36:57.0	16.2	0:00.0	16:32.0	6:36.8	1:08:12.0
12	ATCHISON, ANDY	27	M	OMAHA	NE	7:22.0	1:28.4	1:38.0	29:11.0	20.5	0:00.0	16:39.0	6:39.6	0:54:50.0
13	ENSZ, JEFF	25	M	LINCOLN	NE	7:25.0	1:29.0	2:01.0	27:40.0	21.6	0:00.0	16:39.0	6:39.6	0:53:45.0
14	KUBIAK, NIKI	29	F	OMAHA	NE	12:07.0	2:25.4	3:03.0	31:19.0	19.1	0:00.0	16:45.0	6:42.0	1:03:14.0
15	BANTZ, KYLE	28	M	STALLA	NE	9:50.0	1:58.0	1:46.0	30:50.0	19.4	0:00.0	16:49.0	6:43.6	0:59:15.0
16	KNIGHT, ROBERT	26	M	OMAHA	NE	6:20.0	1:16.0	1:30.0	28:57.0	20.7	0:00.0	17:07.0	6:50.8	0:53:54.0
17	SCOVILLE, TREVOR	24	M	DAVID CITY	NE	8:27.0	1:41.4	1:48.0	32:34.0	18.4	0:00.0	17:11.0	6:52.4	1:00:00.0
18	BULLER, CHRIS	25	M	LINCOLN	NE	8:03.0	1:36.6	1:59.0	27:45.0	21.6	0:00.0	17:20.0	6:56.0	0:55:07.0
19	GLENN, DARIN	35	M	HAMPTON	IA	8:56.0	1:47.2	1:59.0	33:51.0	17.7	0:00.0	17:22.0	6:56.8	1:02:08.0
20	PERRY, KELLEY	48	M	FREMONT	NE	7:29.0	1:29.8	1:21.0	31:30.0	19.0	0:00.0	17:27.0	6:58.8	0:55:47.0
21	MOORE, JEREMY	28	M	OMAHA	NE	11:52.0	2:22.4	1:38.0	27:13.0	22.0	0:00.0	17:31.0	7:00.4	0:58:14.0
22	REDINGER, ERIC	31	M	CAPE GIRAREL	MO	7:20.0	1:28.0	1:19.0	26:06.0	22.9	0:00.0	17:32.0	7:00.8	0:52:17.0
23	ROGERS, JIM	44	M	OMAHA	NE	7:11.0	1:26.2	0:12.0	27:31.0	21.8	0:00.0	17:41.0	7:04.4	0:52:35.0
24	KUMM, JEFFRIE	36	M	FREMONT	NE	7:30.0	1:30.0	1:29.0	32:39.0	18.3	0:00.0	17:51.0	7:08.4	0:59:29.0
25	MORTENSEN, CORBETT	43	M	PAPILLION	NE	7:33.0	1:30.6	2:37.0	28:09.0	21.3	0:00.0	17:51.0	7:08.4	0:56:10.0
26	GILLUM, CHARLIE	53	M	MANHATTAN	KS	7:16.0	1:27.2	1:38.0	25:14.0	23.7	0:00.0	17:57.0	7:10.8	0:52:05.0
27	MARX, CRYSTAL	25	F	BELLEVUE	NE	8:13.0	1:38.6	2:27.0	39:40.0	15.1	0:00.0	18:00.0	7:12.0	1:08:20.0
28	WIDHALM, STEVEN	38	M	ELKHORN	NE	7:57.0	1:35.4	1:28.0	30:21.0	19.7	0:00.0	18:24.0	7:21.6	0:58:10.0
29	GYHRA, JOSEPH	43	M	RAYMOND	NE	10:07.0	2:01.4	2:33.0	29:52.0	20.0	0:00.0	18:30.0	7:24.0	1:01:02.0
30	SIMONSON, ANNA	35	F	FREMONT	NE	9:15.0	1:51.0	1:15.0	33:55.0	17.6	0:00.0	18:31.0	7:24.4	1:02:56.0
31	PROCHAZKA, GREG	48	M	LINCOLN	NE	8:51.0	1:46.2	2:18.0	29:01.0	20.6	0:00.0	18:31.0	7:24.4	0:58:41.0
32	PALMER, JOE	32	M	OMAHA	NE	7:03.0	1:24.6	6:04.0	25:48.0	23.2	0:00.0	18:48.0	7:31.2	0:57:43.0
33	ENZASTIGA, TAMI	32	F	BOYS TOWN	NE	8:23.0	1:40.6	2:27.0	33:35.0	17.8	0:00.0	18:50.0	7:32.0	1:03:15.0
34	SHANNON, JEFF	30	M	OMAHA	NE	8:20.0	1:40.0	1:33.0	29:50.0	20.1	0:00.0	18:51.0	7:32.4	0:58:34.0
35	BLOOM, EMILY	30	F	LAVISTA	NE	8:07.0	1:37.4	2:19.0	30:29.0	19.6	0:00.0	18:57.0	7:34.8	0:59:52.0
36	WITHERSPOON, JOHN	33	M	CLARKSVILLE	TN	5:50.0	1:10.0	9:55.0	42:10.0	14.2	0:00.0	19:02.0	7:36.8	1:16:57.0
37	PAPE, JEFF	35	M	NORFOLK	NE	8:40.0	1:44.0	1:59.0	27:56.0	21.4	0:00.0	19:14.0	7:41.6	0:57:49.0
38	WADLEY, DARIN	37	M	VERMILLION	SD	9:18.0	1:51.6	2:05.0	30:40.0	19.5	0:00.0	19:27.0	7:46.8	1:01:30.0
39	CHRISTENSON, MIKE	23	M	OMAHA	NE	9:28.0	1:53.6	2:02.0	37:01.0	16.2	0:00.0	19:35.0	7:50.0	1:08:06.0
40	VACEK, ERIC	34	M	LINCOLN	NE	7:00.0	1:24.0	1:50.0	28:46.0	20.8	0:00.0	19:35.0	7:50.0	0:57:11.0
41	MILLS, TYLER	15	M	LINCOLN	NE	6:22.0	1:16.4	2:12.0	39:10.0	15.3	0:00.0	19:40.0	7:52.0	1:07:24.0
42	O'DELL, MARK	44	M	OMAHA	NE	7:46.0	1:33.2	1:44.0	29:40.0	20.2	0:00.0	19:53.0	7:57.2	0:59:03.0
43	NELSON, TOM	61	M	STEAMBOAT SR	CO	12:23.0	2:28.6	2:10.0	34:44.0	17.2	0:00.0	20:03.0	8:01.2	1:09:20.0
44	MILLS, TOM	47	M	LINCOLN	NE	8:12.0	1:38.4	2:00.0	32:47.0	18.3	0:00.0	20:17.0	8:06.8	1:03:16.0
45	BALZER, BRANDY	23	F	CLARKSON	NE	10:37.0	2:07.4	2:23.0	34:17.0	17.5	0:00.0	20:27.0	8:10.8	1:07:44.0
46	SIMONSON, MARK	41	M	FREMONT	NE	10:52.0	2:10.4	1:40.0	32:03.0	18.7	0:00.0	20:30.0	8:12.0	1:05:05.0
47	WIESMAN, MIKE	32	M	OMAHA	NE	11:20.0	2:16.0	2:33.0	41:09.0	14.5	0:00.0	20:48.0	8:19.2	1:15:50.0
48	HOFF, JERRY	47	M	NORFOLK	NE	11:59.0	2:23.8	1:57.0	39:02.0	15.3	0:00.0	21:50.0	8:20.0	1:13:48.0
49	SNOWARDT, CHRIS	35	M	OMAHA	NE	10:57.0	2:11.4	2:28.0	34:58.0	17.1	0:00.0	21:08.0	8:27.2	1:09:31.0
50	CARPENTER, DAVE	58	M	NORTH PLATTE	NE	9:22.0	1:52.4	2:25.0	33:37.0	17.8	0:00.0	21:11.0	8:28.4	1:06:35.0
51	NEDLOCK, MATT	35	M	OMAHA	NE	9:05.0	1:49.0	2:37.0	34:50.0	17.2	0:00.0	21:17.0	8:30.8	1:07:49.0
52	BOWLES, STEVEN	53	M	LINCOLN	NE	11:50.0	2:22.0	2:01.0	31:06.0	00.3	0:00.0	21:18.0	8:31.2	1:06:15.0
53	KRAMPER, MIKI	32	F	OMAHA	NE	7:09.0	1:25.8	3:40.0	36:58.0	16.2	0:00.0	21:27.0	8:34.8	1:09:14.0

NORFOLK YMCA TRATHLON RUN ORDER

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	MOHR, KIELE	24	F	BELLEVUE	NE	10:35.0	2:07.0	3:27.0	38:39.0	15.5	0:00.0	21:29.0	8:35.6	1:14:10.0
55	PETERSON, SUNNY	26	F	AURORA	NE	8:40.0	1:44.0	2:25.0	42:35.0	14.0	0:00.0	21:41.0	8:40.4	1:15:21.0
56	BUSS, JASON	27	M	COLUMBUS	NE	12:45.0	2:33.0	3:10.0	36:47.0	16.3	0:00.0	21:58.0	8:47.2	1:14:40.0
57	GRAVES, LANCE	45	M	OMAHA	NE	9:24.0	1:52.8	2:14.0	31:29.0	19.0	0:00.0	22:05.0	8:50.0	1:05:12.0
58	EXCEEN, CHAD	32	M	COUNCIL BLUF	IA	9:02.0	1:48.4	1:34.0	42:28.0	14.1	0:00.0	22:05.0	8:50.0	1:15:09.0
59	SHANNON, JEN	29	F	OMAHA	NE	9:58.0	1:59.6	2:08.0	32:37.0	18.3	0:00.0	22:17.0	8:54.8	1:07:00.0
60	NORWOOD, NANCY	45	F	KEARNEY	NE	12:29.0	2:29.8	2:05.0	37:43.0	15.9	0:00.0	22:19.0	8:55.6	1:14:36.0
61	BUSS, MONICA	26	F	COLUMBUS	NE	11:50.0	2:22.0	4:12.0	38:12.0	15.7	0:00.0	22:26.0	8:58.4	1:16:40.0
62	KENNINGTON, MEAGAN	29	F	BELLEVUE	NE	14:51.0	2:58.2	2:43.0	43:52.0	13.6	0:00.0	22:31.0	9:00.4	1:23:57.0
63	BELL, DAVE	37	M	OMAHA	NE	6:56.0	1:23.2	2:29.0	37:25.0	16.0	0:00.0	22:35.0	9:02.0	1:09:25.0
64	MCGINN, JAMES	50	M	OMAHA	NE	9:26.0	1:53.2	3:01.0	32:25.0	18.5	0:00.0	22:44.0	9:05.6	1:07:36.0
65	UHLIR, TROY	38	M	NORFOLK	NE	15:37.0	3:07.4	2:38.0	37:50.0	15.8	0:00.0	22:45.0	9:06.0	1:18:50.0
66	VACEK, REBECCA	31	F	LINCOLN	NE	10:03.0	2:00.6	2:32.0	35:21.0	16.9	0:00.0	22:49.0	9:07.6	1:10:45.0
67	SMITH, THOMAS	41	M	OMAHA	NE	9:02.0	1:48.4	2:06.0	36:33.0	16.4	0:00.0	22:50.0	9:08.0	1:10:31.0
68	WORACEK, JOE	25	M	OMAHA	NE	10:49.0	2:09.8	2:37.0	36:18.0	16.5	0:00.0	22:50.0	9:08.0	1:12:34.0
69	BROWN RUSSELL A.	34	M	BELLEVUE	NE	10:39.0	2:07.8	3:21.0	35:21.0	16.9	0:00.0	22:53.0	9:09.2	1:12:14.0
70	CARNEY TEAM		T	NORFOLK	NE	7:12.0	1:26.4	1:01.0	47:38.0	12.5	0:00.0	22:59.0	9:11.6	1:18:50.0
71	DELTJEN, JULIE	44	F	OMAHA	NE	7:56.0	1:35.2	2:03.0	33:34.0	17.8	0:00.0	23:02.0	9:12.8	1:06:35.0
72	WILLITS, TOM	58	M	GRAND ISLAND	NE	8:47.0	1:45.4	2:55.0	33:35.0	17.8	0:00.0	23:12.0	9:16.8	1:08:29.0
73	ANDERSON, DARYL	37	M	OMAHA	NE	9:29.0	1:53.8	2:01.0	33:43.0	17.7	0:00.0	23:28.0	9:23.2	1:08:41.0
74	LAMMLI, BERT	59	M	STANTON	NE	11:51.0	2:22.2	3:58.0	32:37.0	18.3	0:00.0	23:31.0	9:24.4	1:11:57.0
75	KING, ROBERT	37	M	OMAHA	NE	9:23.0	1:52.6	3:25.0	37:23.0	16.0	0:00.0	23:35.0	9:26.0	1:13:46.0
76	GUYER, NATHAN	13	M	LINCOLN	NE	8:47.0	1:45.4	3:09.0	41:00.0	14.6	0:00.0	23:51.0	9:32.4	1:16:47.0
77	PETERSEN, DIANNE	42	F	OMAHA	NE	10:26.0	2:05.2	3:11.0	41:37.0	14.4	0:00.0	23:56.0	9:34.4	1:19:10.0
78	ACKERMAN, DAN	52	M	PANAMA	NE	6:55.0	1:23.0	2:02.0	34:08.0	17.5	0:00.0	24:02.0	9:36.8	1:07:07.0
79	OLSEN, VICKY	46	F	OMAHA	NE	14:05.0	2:49.0	2:25.0	36:19.0	16.5	0:00.0	24:03.0	9:37.2	1:16:52.0
80	SAMLAND, TODD	45	M	OMAHA	NE	7:08.0	1:25.6	2:22.0	34:57.0	17.1	0:00.0	24:06.0	9:38.4	1:08:33.0
81	COBOS, ALFREDO	48	M	NORFOLK	NE	12:09.0	2:25.8	2:31.0	34:17.0	17.5	0:00.0	24:10.0	9:40.0	1:13:07.0
82	NORWOOD, TIM	50	M	KEARNEY	NE	9:27.0	1:53.4	2:36.0	30:41.0	19.5	0:00.0	24:13.0	9:41.2	1:06:57.0
83	LAU, SHELLE	42	F	LAVISTA	NE	9:50.0	1:58.0	3:10.0	32:12.0	18.6	0:00.0	24:21.0	9:44.4	1:09:33.0
84	BROWN, MANDI S.	30	F	BELLEVUE	NE	10:40.0	2:08.0	3:09.0	39:51.0	15.0	0:00.0	24:54.0	9:57.6	1:18:34.0
85	ASHCRAFT, CANDY	34	F	LINCOLN	NE	10:34.0	2:06.8	3:30.0	41:16.0	14.5	0:00.0	24:57.0	9:58.8	1:20:17.0
86	WITZENBURG, MOLLY	39	F	OMAHA	NE	7:23.0	1:28.6	4:27.0	39:26.0	15.2	0:00.0	25:03.0	10:01.2	1:16:19.0
87	BARTON, DUFF	38	M	BOYS TOWN	NE	11:37.0	2:19.4	2:59.0	24:40.0	24.3	0:00.0	25:05.0	10:02.0	1:04:21.0
88	CRUZ, AMELIS	24	F	OMAHA	NE	11:43.0	2:20.6	2:28.0	43:50.0	13.6	0:00.0	25:12.0	10:04.8	1:23:13.0
89	HOLLOWAY, DAVID	38	M	PAPILLION	NE	7:10.0	1:26.0	3:00.0	28:18.0	21.1	0:00.0	25:24.0	10:09.6	1:03:52.0
90	PAULI, ROSE	52	F	MILBANK	SD	11:34.0	2:18.8	2:39.0	51:47.0	11.5	0:00.0	25:35.0	10:14.0	1:31:35.0
91	FITZSIMMONS, CARRIE	26	F	NORFOLK	NE	9:18.0	1:51.6	3:07.0	39:29.0	15.1	0:00.0	25:38.0	10:15.2	1:17:32.0
92	KRAUS, SARAH	27	F	WACO	NE	9:18.0	1:51.6	3:50.0	38:52.0	15.4	0:00.0	25:43.0	10:17.2	1:17:43.0
93	RADER, KRISTIE	53	F	LINCOLN	NE	10:01.0	2:00.2	2:51.0	36:40.0	16.3	0:00.0	25:48.0	10:19.2	1:15:20.0
94	HERROD, BRENDA	38	F	NORFOLK	NE	10:45.0	2:09.0	2:54.0	39:01.0	15.3	0:00.0	25:49.0	10:19.6	1:18:29.0
95	VASINA, EMILY	31	F	COLUMBUS	NE	11:39.0	2:19.8	2:54.0	36:42.0	16.3	0:00.0	25:51.0	10:20.4	1:17:06.0
96	O'CONNOR MARCI	38	F	OMAHA	NE	8:47.0	1:45.4	5:33.0	40:24.0	14.8	0:00.0	25:51.0	10:20.4	1:20:35.0
97	MILLER, STEVE	39	M	NORFOLK	NE	10:17.0	2:03.4	4:18.0	39:05.0	15.3	0:00.0	25:52.0	10:20.8	1:19:32.0
98	LAMMLI, DEB	53	F	STANTON	NE	12:55.0	2:35.0	4:32.0	41:17.0	14.5	0:00.0	26:27.0	10:34.8	1:25:11.0
99	MORGAN, PAUL	43	M	SIOUX CITY	IA	11:42.0	2:20.4	2:03.0	39:25.0	15.2	0:00.0	26:57.0	10:46.8	1:20:07.0
100	MILES, DANIELLE	42	F	COUNCIL BLUF	IA	12:15.0	2:27.0	3:10.0	45:38.0	13.1	0:00.0	27:04.0	10:49.6	1:28:07.0
101	REICKS, KATHELEEN M.	26	F	SIOUX FALLS	SD	8:54.0	1:46.8	2:26.0	34:30.0	17.3	0:00.0	27:17.0	10:54.8	1:13:07.0
102	GUYER, BETSY	43	F	LINCOLN	NE	11:21.0	2:16.2	4:24.0	49:51.0	12.0	0:00.0	27:40.0	11:04.0	1:33:16.0
103	BARGSTAAT, AMBER	26	F	WINSIDE	NE	7:53.0	1:34.6	2:57.0	37:09.0	16.1	0:00.0	27:52.0	11:08.8	1:15:51.0
104	KRAMER, MIKE	33	M	SIOUX CITY	NE	12:03.0	2:24.6	2:29.0	36:42.0	16.3	0:00.0	28:11.0	11:16.4	1:19:25.0
105	WALZ, LYNNE	43	F	FREMONT	NE	7:40.0	1:32.0	2:57.0	45:42.0	13.1	0:00.0	29:33.0	11:49.2	1:25:52.0
106	BULLER, CAMILLE	25	F	LINCOLN	NE	13:09.0	2:37.8	3:49.0	54:05.0	11.0	0:00.0	29:35.0	11:50.0	1:40:38.0
107	RUDEN, SHERRY	33	F	NORFOLK	NE	10:06.0	2:01.2	3:18.0	44:01.0	13.6	0:00.0	29:59.0	11:59.6	1:27:24.0

NORFOLK YMCA TRATHLON RUN ORDER

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	WOLD-STEELE, MICHAEL	46	M	OMAHA	NE	7:00.0	1:24.0	2:45.0	31:49.0	18.8	0:00.0	30:48.0	12:19.2	1:12:22.0
109	PETERSON, ANITA	43	F	PURDUM	NE	13:52.0	2:46.4	3:42.0	44:41.0	13.4	0:00.0	30:58.0	12:23.2	1:33:13.0
110	GRAVES, ADAM	13	M	OMAHA	NE	8:31.0	1:42.2	2:07.0	27:32.0	21.7	0:00.0	32:57.0	13:10.8	1:11:07.0
111	KRAUS, BYRON	35	M	WACO	NE	15:24.0	3:04.8	4:16.0	40:00.0	14.9	0:00.0	33:32.0	13:24.8	1:33:12.0
SHORT COURSE														
1	RICHEY, JODI	24	F	NORFOLK	NE	3:03.0	2:02.0	1:57.0	12:38.0	14.2	0:00.0	7:29.0	7:29.0	0:25:07.0
2	UHLIR-MEURET-RAITH		T	NORFOLK	NE	2:06.0	1:24.0	0:54.0	13:41.0	13.1	0:00.0	8:03.0	8:03.0	0:24:44.0
3	CARSON, MICHAEL	12	M	S. SIOUX CIT	NE	2:04.0	1:22.7	2:57.0	13:02.0	13.8	0:00.0	8:08.0	8:08.0	0:26:11.0
4	BUSCH, JASON	33	M	NORFOLK	NE	3:01.0	2:00.7	2:46.0	10:36.0	16.9	0:00.0	8:14.0	8:14.0	0:24:37.0
5	SMITH, KAM	49	M	DAKOTA DUNES	SD	4:01.0	2:40.7	2:56.0	17:03.0	10.5	0:00.0	8:19.0	8:19.0	0:32:19.0
6	REDINGER, BRENNAN	10	M	CAPE GIRAREL	MD	3:49.0	2:32.7	1:35.0	12:04.0	14.9	0:00.0	8:20.0	8:20.0	0:25:48.0
7	VER STEEG, CHRIS	36	M	SIOUX CITY	IA	2:25.0	1:36.7	2:40.0	10:52.0	16.5	0:00.0	8:34.0	8:34.0	0:24:31.0
8	GYHRA, LAURA	38	F	RAYMOND	NE	3:21.0	2:14.0	2:45.0	12:40.0	14.2	0:00.0	8:37.0	8:37.0	0:27:23.0
9	GESELL, PHIL	45	M	NORFOLK	NE	2:57.0	1:58.0	1:50.0	12:48.0	14.0	0:00.0	9:04.0	9:04.0	0:26:39.0
10	HERROD-HERROD-EACKER		T	NORFOLK	NE	3:01.0	2:00.7	1:34.0	15:07.0	11.9	0:00.0	9:24.0	9:24.0	0:29:06.0
11	THELANDER, JEFF	35	M	LAWTON	IA	4:18.0	2:52.0	2:42.0	10:50.0	16.6	0:00.0	9:28.0	9:28.0	0:27:18.0
12	MORTENSEN, CADE	13	M	PAPILLION	NE	2:22.0	1:34.7	2:28.0	10:55.0	16.4	0:00.0	9:33.0	9:33.0	0:25:18.0
13	SMITH, LINDSEY	10	F	DAKOTA DUNES	SD	4:05.0	2:43.3	0:32.0	18:00.0	10.0	0:00.0	9:41.0	9:41.0	0:32:18.0
14	WASSON, THAD	34	M	PIEDMONT	SD	3:14.0	2:09.3	2:26.0	13:41.0	13.1	0:00.0	9:44.0	9:44.0	0:29:05.0
15	MORTENSEN, REECE	12	M	PAPILLION	NE	2:33.0	1:42.0	2:27.0	11:32.0	15.6	0:00.0	9:52.0	9:52.0	0:26:24.0
16	KEE, MELINDA	41	F	NORFOLK	NE	4:07.0	2:44.7	2:46.0	13:10.0	13.6	0:00.0	10:12.0	10:12.0	0:30:15.0
17	BERG, MASON	7	M	PAPILLION	NE	4:13.0	2:48.7	2:51.0	15:47.0	11.4	0:00.0	10:12.0	10:12.0	0:33:03.0
18	BERG, FORREST	10	M	PAPILLION	NE	2:59.0	1:59.3	2:28.0	15:23.0	11.7	0:00.0	10:16.0	10:16.0	0:31:06.0
19	MORLAND, PAT	37	F	NORFOLK	NE	3:34.0	2:22.7	4:06.0	15:29.0	11.6	0:00.0	10:20.0	10:20.0	0:33:29.0
20	SEEGBARTH, BETH	27	F	NORFOLK	NE	2:11.0	1:27.3	3:54.0	13:04.0	13.7	0:00.0	10:44.0	10:44.0	0:29:53.0
21	BURKINK, DOUG	42	M	NORFOLK	NE	3:27.0	2:18.0	2:18.0	10:17.0	17.5	0:00.0	10:49.0	10:49.0	0:26:51.0
22	MORTENSEN, MAYA	7	F	PAPILLION	NE	7:56.0	5:17.3	3:07.0	21:01.0	08.5	0:00.0	10:55.0	10:55.0	0:42:59.0
23	TRAMP, JANIE	30	F	CROFTON	NE	2:26.0	1:37.3	2:29.0	11:50.0	15.2	0:00.0	10:56.0	10:56.0	0:27:41.0
24	WIEGERT, KATE	11	F	LINCOLN	NE	3:05.0	2:03.3	4:29.0	13:54.0	12.9	0:00.0	11:24.0	11:24.0	0:32:52.0
25	UHLIR, SUZANNE	37	F	NORFOLK	NE	2:44.0	1:49.3	3:38.0	13:08.0	13.7	0:00.0	11:26.0	11:26.0	0:30:56.0
26	KENNINGTON, DEVAN	31	M	BELLEVUE	NE	4:06.0	2:44.0	4:47.0	14:05.0	12.7	0:00.0	11:33.0	11:33.0	0:34:31.0
27	WIEGERT, ANNETTE	41	F	LINCOLN	NE	3:20.0	2:13.3	4:22.0	13:47.0	13.0	0:00.0	11:35.0	11:35.0	0:33:04.0
28	BERG, ALAINA	9	F	PAPILLION	NE	3:26.0	2:17.3	3:04.0	16:18.0	11.0	0:00.0	11:53.0	11:53.0	0:34:41.0
29	HANSON, BRUCE	64	M	STANTON	NE	4:11.0	2:47.3	4:09.0	10:56.0	16.4	0:00.0	12:02.0	12:02.0	0:31:18.0
30	FLOHR, REBECCA	32	F	NORFOLK	NE	2:41.0	1:47.3	3:19.0	17:00.0	10.5	0:00.0	12:21.0	12:21.0	0:35:21.0
31	PALADINO, MEGAN	13	F	OMAHA	NE	3:38.0	2:25.3	3:51.0	12:29.0	14.4	0:00.0	13:20.0	13:20.0	0:33:18.0
32	LAU, ZACH	12	M	LAVISTA	NE	2:49.0	1:52.7	3:41.0	11:38.0	15.4	0:00.0	13:26.0	13:26.0	0:31:34.0
33	BARR, NOAH	8	M	PAPILLION	NE	3:28.0	2:18.7	3:02.0	15:59.0	11.2	0:00.0	14:20.0	14:20.0	0:36:49.0
34	SAZAMA, TERESA	38	F	NORFOLK	NE	3:11.0	2:07.3	1:24.0	16:08.0	11.1	0:00.0	15:18.0	15:18.0	0:36:01.0
35	PALADINO, CAMERON	6	M	OMAHA	NE	7:34.0	5:02.7	5:41.0	17:03.0	10.5	0:00.0	15:38.0	15:38.0	0:45:56.0

ENTRANTS FROM EACH CITY - NT2007

CITY-STATE	ENTRANTS	CITY-STATE	ENTRANTS
OMAHA	NE 36	CLARKSVILLE	TN 1
NORFOLK	NE 23	CROFTON	NE 1
LINCOLN	NE 15	DAVID CITY	NE 1
PAPILLION	NE 9	ELKHORN	NE 1
BELLEVUE	NE 6	GRAND ISLAND	NE 1
COLUMBUS	NE 5	HAMPTON	IA 1
FREMONT	NE 5	LAWTON	IA 1
KEARNEY	NE 3	MILBANK	SD 1
LAVISTA	NE 3	NORTH PLATTE	NE 1
STANTON	NE 3	PANAMA	NE 1
BOYS TOWN	NE 2	PIEDMONT	SD 1
CAPE GIRARELEAN	MO 2	PURDUM	NE 1
COUNCIL BLUFFS	IA 2	S. SIOUX CITY	NE 1
DAKOTA DUNES	SD 2	SIOUX CITY	NE 1
MANHATTAN	KS 2	SIOUX FALLS	SD 1
RAYMOND	NE 2	STALLA	NE 1
SIOUX CITY	IA 2	STEAMBOAT SRNGS	CO 1
WACO	NE 2	VERMILLION	SD 1
AURORA	NE 1	WINSIDE	NE 1
CLARKSON	NE 1	YANKTON	SD 1
TOTAL CITIES:	40	TOTAL ENTRANTS:	146

OUT OF STATE ENTRANTS - NT2007

COUNT	NAME	CITY	STATE	AGE	COURSE	TIME
1	REDINGER, BRENNAN	CAPE GIRARELEAN	MO	10	S	0:25:48.0
2	REDINGER, ERIC	CAPE GIRARELEAN	MO	31	L	0:52:17.0
3	GLENN, DARIN	HAMPTON	IA	35	L	1:02:08.0
4	MILES, DANIELLE	COUNCIL BLUFFS	IA	42	L	1:28:07.0
5	NELSON, TOM	STEAMBOAT SRNGS	CO	61	L	1:09:20.0
6	SMITH, KAM	DAKOTA DUNES	SD	49	S	0:32:19.0
7	SMITH, LINDSEY	DAKOTA DUNES	SD	10	S	0:32:18.0
8	PAULI, ROSE	MILBANK	SD	52	L	1:31:35.0
9	REICKS, KATHELEEN M.	SIOUX FALLS	SD	26	L	1:13:07.0
10	GILLUM, CHARLIE	MANHATTAN	KS	53	L	0:52:05.0
11	ANDERSON, TRACY	MANHATTAN	KS	42	L	0:50:53.0
12	VER STEEG, CHRIS	SIOUX CITY	IA	36	S	0:24:31.0
13	WADLEY, DARIN	VERMILLION	SD	37	L	1:01:30.0
14	THELANDER, JEFF	LAWTON	IA	35	S	0:27:18.0
15	EXCEEN, CHAD	COUNCIL BLUFFS	IA	32	L	1:15:09.0
16	WASSON, THAD	PIEDMONT	SD	34	S	0:29:05.0
17	WITHERSPOON, JOHN	CLARKSVILLE	TN	33	L	1:16:57.0
18	WILCOX, MARK	YANKTON	SD	15	L	0:52:52.0
19	MORGAN, PAUL	SIOUX CITY	IA	43	L	1:20:07.0

NT2007

TOTAL LONG MEN:	71
TOTAL LONG FEMALE:	38
TOTAL SHORT MEN:	18
TOTAL SHORT FEMALE:	15
TOTAL LONG TEAM:	2
TOTAL SHORT TEAM:	2
TOTAL OTHER:	0

TOTAL ENTRANTS:	146

FINISHERS ONLY