

NORFOLK YMCA TRATHLON

AGE GROUP ORDER

NT2009

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

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

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

LONG COURSE MALE 40 - 44

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

LONG COURSE MALE 45 - 49

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

LONG COURSE MALE 50 - 59

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

LONG COURSE MALE 60 & OVER

1	LAMMLI, BERT	61	M	STANTON	NE	10:33.0	2:06.6	2:49.0	30:47.0	19.4	0:00.0	22:57.0	9:10.8	1:07:06.0
---	--------------	----	---	---------	----	---------	--------	--------	---------	------	--------	---------	--------	-----------

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

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

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

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

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

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

NORFOLK YMCA TRATHLON AGE GROUP ORDER NT2009

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

NORFOLK YMCA TRATHLON

SWIM ORDER

NT2009

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