

FEMALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	131	Sarah Stahl	Bellevue	NE	33	F	23	18:52	2:19	1:33	1	38:00	20.5	0:35	1	22:11	7:10	1:21:10
2	92	Melissa Groff	Bennington	NE	41	F	5	15:45	1:56	2:04	5	39:24	19.8	0:36	4	24:28	7:54	1:22:14
3	101	Emilie Powell	Omaha	NE	28	F	4	15:36	1:55	2:17	7	39:40	19.7	0:26	5	24:30	7:55	1:22:27
4	16	Shawna Kinen	La Vista	NE	37	F	7	16:21	2:00	3:28	3	38:22	20.3	0:24	6	24:34	7:56	1:23:08
5	15	Lisa Plum	La Vista	NE	35	F	3	14:55	1:50	2:19	11	40:53	19.1	0:37	11	26:50	8:40	1:25:32
6	89	Julie Fanshier	Omaha	NE	31	F	16	18:15	2:14	1:56	9	40:34	19.2	1:10	2	23:56	7:44	1:25:48
7	59	Stephanie Semple	Omaha	NE	34	F	9	16:58	2:05	3:03	10	40:50	19.1	0:57	8	25:36	8:16	1:27:21
8	62	Samantha Scheffler	Hancock	IA	33	F	2	13:56	1:42	2:37	18	43:45	17.8	0:35	15	27:21	8:50	1:28:13
9	122	Brooke Hubbard	Council Bluffs	IA	32	F	1	10:01	1:14	1:09	38	49:25	15.8	0:46	14	27:03	8:44	1:28:23
10	42	Susan Wiley	Omaha	NE	47	F	13	17:15	2:07	2:20	12	41:31	18.8	1:25	16	27:36	8:55	1:30:04
11	124	Jenifer Nothelfer	Papillion	NE	43	F	8	16:28	2:01	2:00	8	39:42	19.6	0:48	36	31:46	10:15	1:30:43
12	46	Anne Day	Omaha	NE	52	F	27	19:38	2:24	2:31	13	41:32	18.8	0:45	13	26:59	8:43	1:31:22
13	118	Jill Snitko	Marion	IA	35	F	33	20:44	2:32	1:42	23	44:16	17.6	0:40	3	24:16	7:50	1:31:35
14	52	Tomora Shaw	Bellevue	NE	47	F	15	18:03	2:13	2:23	6	39:39	19.7	1:05	35	31:45	10:15	1:32:53
15	119	Danielle Zabawa	Lincoln	NE	39	F	31	20:34	2:31	2:12	19	43:46	17.8	1:02	7	25:28	8:13	1:33:00
16	23	Brooke Coady	Omaha	NE	28	F	17	18:15	2:14	1:49	24	44:33	17.5	0:46	18	27:56	9:01	1:33:19
17	4	Traci Deland	Council Bluffs	IA	39	F	37	21:11	2:35	2:32	4	39:07	19.9	0:50	27	30:08	9:44	1:33:46
18	103	April Sando	Omaha	NE	35	F	10	16:58	2:05	2:04	22	44:05	17.7	1:12	26	29:50	9:38	1:34:07
19	50	Katie Bos	Omaha	NE	34	F	36	20:50	2:33	2:42	14	42:11	18.5	1:56	12	26:54	8:41	1:34:31
20	70	Sonya Reynolds	Council Bluffs	IA	52	F	35	20:50	2:33	1:47	15	42:46	18.2	0:54	21	28:30	9:12	1:34:45
21	181	Sara Ballou	Papillion	NE	33	F	17	17:09	2:06	2:46	29	45:37	17.1	0:38	24	29:09	9:24	1:35:29
22	9	Jeanne Stover	Omaha	NE	45	F	14	17:21	2:07	2:00	27	45:27	17.2	1:00	29	30:18	9:47	1:35:53
23	32	Jenny Williams	Omaha	NE	35	F	12	17:09	2:06	2:29	2	38:03	20.5	1:14	44	35:56	11:36	1:36:11
24	114	Therese Slechta	Schleswig	IA	43	F	21	18:30	2:16	4:06	30	45:49	17.0	0:38	30	30:41	9:54	1:37:03
25	63	Toni Scheffler	Oakland	IA	44	F	6	15:51	1:56	1:54	35	48:09	16.2	0:25	22	28:33	9:13	1:37:28
26	106	Gretchen Jensen	Underwood	IA	26	F	20	18:29	2:16	3:7	37	48:27	16.1	0:54	9	26:04	8:25	1:38:28
27	183	Kim Vogel	Omaha	NE	29	F	42	22:44	2:47	2:22	20	43:57	17.7	1:22	19	28:07	9:04	1:38:30
28	12	Lexy Quandt	Council Bluffs	IA	34	F	30	20:27	2:30	1:45	25	44:47	17.4	0:56	34	31:42	10:14	1:39:35
29	78	Patricia Weber	Omaha	NE	61	F	49	25:38	2:59	2:36	33	47:47	16.3	0:44	25	29:50	9:38	1:39:40
30	49	Deshawne Bird-Sell	Glenwood	IA	45	F	22	18:45	2:18	2:53	21	44:01	17.7	1:42	39	32:30	10:29	1:40:43
31	109	Hillary Crawford	Omaha	NE	35	F	43	23:20	2:51	2:47	28	45:29	17.1	0:52	23	28:44	9:16	1:41:10
32	116	Susie Duncan	Omaha	NE	49	F	38	21:12	2:36	2:31	32	46:45	16.7	1:06	31	30:42	9:55	1:42:15
33	18	Judy Greenhagen	Omaha	NE	52	F	29	19:55	2:26	1:43	26	45:05	17.3	1:03	42	34:52	11:15	1:42:37
34	65	Lisa Shirk	Des Moines	IA	46	F	46	24:52	3:02	1:47	16	42:59	18.1	1:50	37	31:47	10:16	1:43:12
35	121	Melissa Denison	Des Moines	IA	46	F	39	21:42	2:39	3:39	42	50:45	15.4	0:50	20	28:13	9:07	1:45:07
36	1	Christyn Stumps	Gretna	NE	53	F	34	20:49	2:33	3:04	43	52:05	15.0	1:39	17	27:42	8:56	1:45:16
37	67	Stacey Heckman	Omaha	NE	31	F	44	22:28	2:45	3:07	31	46:05	16.9	0:48	40	33:49	10:55	1:46:15
38	30	Robyn Marshall	Papillion	NE	53	F	44	24:06	2:57	3:08	34	47:54	16.3	1:04	32	30:48	9:56	1:46:57
39	81	Jordan Higginbotha	Council Bluffs	IA	24	F	11	17:06	2:06	3:59	36	48:13	16.2	1:24	45	36:58	11:56	1:47:38
40	38	Carol Ward	Council Bluffs	IA	42	F	45	24:45	3:02	2:26	40	49:39	15.7	0:45	28	30:14	9:46	1:47:48
41	28	Elizabeth Nelson	Omaha	NE	36	F	40	22:11	2:43	3:19	46	55:04	14.2	0:42	10	26:40	8:37	1:47:53
42	47	Krista Hinman	Council Bluffs	IA	26	F	32	20:37	2:31	3:10	41	50:21	15.5	0:34	43	35:28	11:27	1:50:08
43	6	Bridgette Torring	Omaha	NE	45	F	26	19:24	2:22	3:55	45	53:08	14.7	1:32	41	34:20	11:05	1:52:16
44	27	Sally Grandick	Council Bluffs	IA	52	F	18	18:24	2:15	2:51	50	1:05:39	11.9	0:27	33	31:09	10:03	1:52:27
45	8	Jennifer Benson	Council Bluffs	IA	46	F	47	29:42	3:38	4:26	44	53:00	14.7	0:26	46	38:05	12:17	2:05:36
46	10	Athena Meneses	Plattsmouth	NE	37	F	39	49:33	15.7	1:58	48	47:28	15:19	2:10:00	48	47:28	15:19	2:10:00
47	34	Karen Johannes	Omaha	NE	31	F	24	19:14	2:21	5:58	47	56:56	13.7	0:57	49	48:21	15:36	2:11:25
48	91	Jane Foral	Omaha	NE	64	F	25	19:14	2:21	5:57	48	57:03	13.7	0:49	50	48:24	15:37	2:11:26
49	74	Casey Peterson	Council Bluffs	IA	24	F	19	18:27	2:15	3:54	49	1:05:00	12.0	0:31	47	46:02	14:51	2:13:52

MALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	132	Lincoln Murdoch	Omaha	NE	57	M	2	12:30	1:32	1:04	1	33:05	23.6	0:38	3	21:16	6:52	1:08:31
2	146	John Marsh	Council Bluffs	IA	55	M	10	14:29	1:46	1:22	2	33:35	23.2	0:37	4	21:34	6:58	1:11:35
3	130	Nathan Stahl	Bellevue	NE	40	M	19	15:50	1:56	0:59	3	34:16	22.8	0:21	1	20:30	6:37	1:11:54
4	66	Stefan Gahl	Bellevue	NE	27	M	11	14:29	1:46	1:02	5	35:38	21.9	0:42	6	21:37	6:59	1:13:25
5	111	Peter Nelson	Omaha	NE	54	M	6	13:56	1:42	1:24	11	36:54	21.1	0:27	16	23:40	7:39	1:16:19
6	41	Bill Gahl	Papillion	NE	30	M	20	15:55	1:57	1:31	4	34:53	22.4	0:49	11	23:24	7:33	1:16:29
7	133	Seth Tracy	Elkhorn	NE	39	M	1	11:46	1:27	2:22	6	36:08	21.6	0:49	38	26:28	8:33	1:17:31
8	45	Aaron Lightfoot	Papillion	NE	34	M	24	16:13	1:59	1:23	7	36:09	21.6	0:48	10	23:05	7:27	1:17:36
9	40	Tyler Byrd	Omaha	NE	24	M	16	15:38	1:55	1:20	12	36:55	21.1	0:24	19	24:06	7:47	1:18:21
10	71	Kristian Ehrhorn	Omaha	NE	48	M	7	14:19	1:45	2:04	10	36:41	21.3	1:03	21	24:24	7:53	1:18:29
11	94	Mike Cahill	Papillion	NE	35	M	21	15:56	1:57	2:27	25	39:00	20.0	0:30	2	21:13	6:51	1:19:03
12	107	Albert Zechmann	Papillion	NE	48	M	32	17:24	2:08	1:18	8	36:26	21.4	0:51	13	23:27	7:34	1:19:24
13	19	Patrick Caulfield	Omaha	NE	41	M	4	13:46	1:41	1:44	29	39:49	19.6	1:30	9	22:56	7:24	1:19:43
14	54	Andrew Codney	Council Bluffs	IA	27	M	17	15:42	1:55	1:35	14	37:22	20.9	0:55	22	24:30	7:54	1:20:02
15	88	Matthew Fanshier	Omaha	NE	33	M	28	17:03	2:05	1:36	15	37:25	20.8	0:50	12	23:26	7:34	1:20:19
16	123	Kirk Raymond	Lincoln	NE	34	M	30	17:13	2:06	1:38	19	38:10	20.4	0:53	8	22:46	7:21	1:20:38
17	144	Alan Kohll	Omaha	NE	46	M	12	14:34	1:47	1:32	48	43:14	18.0	0:44	5	21:36	6:58	1:21:36
18	108	Justin Crawford	Omaha	NE	36	M	8	14:24	1:46	2:16	21	38:24	20.3	1:14	35	26:09	8:26	1:22:26
19	60	Matt Semple	Omaha	NE	35	M	26	16:50	2:04	3:07	28	39:18	19.8	1:31	7	22:04	7:07	1:22:49
20	136	Terry Thonen	Omaha	NE	51	M	3	13:26	1:39	2:37	20	38:11	20.4	1:11	46	27:48	8:58	1:23:11
21	48	Stephen Nabity	Elkhorn	NE	58	M	46	19:00	2:19	1:16	13	37:17	20.9	0:55	26	25:10	8:08	1:23:37
22	93	Greg Prochazka	Lincoln	NE	56	M	25	16:43	2:03	3:28	16	37:31	20.8	1:12	28	25:20	8:11	1:24:11
23	69	Nick Lodl	Omaha	NE	24	M	13	14:35	1:47	1:59	39	41:57	18.6	1:18	29	25:25	8:12	1:25:12
24	141	Cade Anderson	La Vista	NE	42	M	14	14:42	1:48	1:20	34	40:41	19.2	1:11	43	27:27	8:52	1:25:20
25	55	Mike Huggenberger	Fort Calhoun	NE	64	M	45	18:47	2:18	1:41	18	37:57	20.6	0:41	37	26:27	8:32	1:25:31

41	80	Scot Jones	Omaha	NE	56	M	40	18:03	2:12	2:19	27	39:11	19.9	0:55	60	30:28	9:50	1:30:53
42	150	Nick Rengstorf	Shennoda	IA	36	M	48	19:20	2:22	2:19	66	45:56	17.0	0:31	14	23:27	7:34	1:31:33
43	127	Matt Anderson	Omaha	NE	37	M	43	18:26	2:15	3:20	40	42:08	18.5	0:56	41	26:51	8:40	1:31:38
44	142	David Whipple	Independence	MO	59	M	42	18:16	2:14	3:07	38	41:38	18.7	2:10	42	27:01	8:43	1:32:10
45	85	Louis Stites	Papillion	NE	33	M	18	15:46	1:56	3:37	26	39:06	19.9	2:55	61	30:49	9:57	1:32:11
46	79	Caleb Johnston	Council Bluffs	IA	25	M	47	19:02	2:20	2:52	44	42:38	18.3	0:39	49	28:07	9:05	1:33:18
47	104	Brad Gary	Omaha	NE	16	M	57	21:11	2:35	3:15	45	42:42	18.3	0:21	32	26:06	8:26	1:33:33
48	100	Jonathan Trejo	Omaha	NE	27	M	61	21:34	2:38	3:00	47	43:07	18.1	0:42	30	25:39	8:17	1:33:59
49	13	Daniel Carlstedt	Omaha	NE	31	M	27	17:00	2:05	2:17	57	44:22	17.6	0:58	58	29:59	9:41	1:34:33
50	68	Paul Wettestad	Council Bluffs	IA	44	M	39	17:59	2:12	3:39	65	45:53	17.0	0:33	39	26:38	8:36	1:34:41
51	105	John Stanton	Papillion	NE	40	M	33	17:26	2:08	2:25	59	44:45	17.4	1:47	53	28:50	9:19	1:35:12
52	125	Brad Shearer	Bellevue	NE	35	M	37	17:53	2:11	2:41	31	40:01	19.5	0:41	69	35:11	11:21	1:36:25
53	7	Bill Rollins	Omaha	NE	28	M	53	20:27	2:30	4:22	54	44:08	17.7	0:29	45	27:34	8:54	1:36:58
54	117	Scott Duncan	Omaha	NE	47	M	56	20:51	2:33	2:36	49	43:15	18.0	1:21	55	29:14	9:26	1:37:14
55	126	Dan Lee	Omaha	NE	44	M	5	13:55	1:42	2:54	68	46:17	16.9	1:18	66	33:28	10:48	1:37:50
56	39	John Kruse	Omaha	NE	28	M	62	21:55	2:41	5:11	35	41:09	19.0	0:30	56	29:21	9:28	1:38:04
57	95	Tim Starbuck	Bellevue	NE	45	M	66	24:09	2:57	3:16	67	46:03	16.9	0:36	24	24:49	8:01	1:38:52
58	86	Brad Ransom	Bellevue	NE	30	M	58	21:13	2:36	2:28	36	41:14	18.9	0:29	67	33:31	10:49	1:38:53
59	26	Dylan Cruse	Council Bluffs	IA	34	M	64	22:57	2:48	3:17	64	45:43	17.1	0:50	34	26:08	8:26	1:38:55
60	11	Bob Wentz	Valley	NE	62	M	54	20:42	2:32	3:00	52	43:28	17.9	0:32	63	31:46	10:15	1:39:25
61	53	Ricky Pruitt	Bellevue	NE	29	M	50	19:51	2:26	2:15	55	44:09	17.7	0:33	65	33:10	10:42	1:39:54
62	143	Jon Garrigan	Council Bluffs	IA	53	M	52	20:23	2:30	2:45	56	44:17	17.6	1:49	62	30:52	9:58	1:40:03
63	135	Corey Ellis	Des Moines	IA	27	M	63	22:02	2:42	2:31	50	43:16	18.0	0:24	64	32:35	10:31	1:40:46
64	137	Bryan Newman	Glenwood	IA	34	M	65	24:06	2:57	1:50	61	45:17	17.2	0:43	57	29:55	9:39	1:41:48
65	112	Daniel Stockmann	Omaha	NE	40	M	34	17:45	2:10	3:36	58	44:29	17.5	1:40	68	34:27	11:07	1:41:54
66	83	Jason Isaacson	Bellevue	NE	31	M	38	17:54	2:11	3:44	70	50:55	15.3	0:27	59	30:01	9:41	1:42:59
67	57	Zach Jochim	Papillion	NE	19	M	67	24:12	2:57	3:48	63	45:40	17.1	0:22	54	29:01	9:22	1:43:02
68	120	Travis Withers	Omaha	NE	36	M	69	29:23	3:35	3:28	46	43:03	18.1	1:52	50	28:21	9:09	1:46:05
69	73	Todd Edwards	Council Bluffs	IA	30	M	59	21:21	2:37	6:07	69	50:54	15.3	0:56	52	28:42	9:16	1:47:57
70	110	Paul Larsen	Omaha	NE	61	M	68	27:23	3:21	3:18	62	45:33	17.1	1:55	70	44:22	14:19	2:02:29