

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Brad Gary	Omaha	NE	16	M	1	21:11	2:35	3:15	1	42:42	18.3	0:21	1	26:06	8:26	1:33:33
2 Zach Jochim	Papillion	NE	19	M	2	24:12	2:57	3:48	2	45:40	17.1	0:22	2	29:01	9:22	1:43:02

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Jordan Higginbotha	Council Bluffs	IA	24	F	3	22:28	2:45	3:07	1	46:05	16.9	0:48	1	33:49	10:55	1:46:15
2 Casey Peterson	Council Bluffs	IA	24	F	2	19:14	2:21	5:58	2	56:56	13.7	0:57	3	48:21	15:36	2:11:25
3 Heather Maassen	Avoca	IA	22	F	1	18:27	2:15	3:54	3	1:05:00	12.0	0:31	2	46:02	14:51	2:13:52

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tyler Byrd	Omaha	NE	24	M	2	15:38	1:55	1:20	1	36:55	21.1	0:24	1	24:06	7:47	1:18:21
2 Nick Lodl	Omaha	NE	24	M	1	14:35	1:47	1:59	2	41:57	18.6	1:18	2	25:25	8:12	1:25:12

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Emilie Powell	Omaha	NE	28	F	1	15:36	1:55	2:17	1	39:40	19.7	0:26	1	24:30	7:55	1:22:27
2 Brooke Coady	Omaha	NE	28	F	2	18:15	2:14	1:49	2	44:33	17.5	0:46	3	27:56	9:01	1:33:19
3 Gretchen Jensen	Underwood	IA	26	F	3	18:29	2:16	1:54	4	48:09	16.2	0:25	4	28:33	9:13	1:37:28
4 Kim Vogel	Omaha	NE	29	F	5	21:12	2:36	2:31	3	46:45	16.7	1:06	6	30:42	9:55	1:42:15
5 Lisa Shirk	Omaha	NE	25	F	5	21:12	2:36	2:31	3	46:45	16.7	1:06	6	30:42	9:55	1:42:15
6 Krista Hinman	Council Bluffs	IA	26	F	6	24:45	3:02	2:26	6	49:39	15.7	0:45	5	30:14	9:46	1:47:48
7 Ryann Edwards	Council Bluffs	IA	28	F	4	19:14	2:21	5:57	7	57:03	13.7	0:49	7	48:24	15:37	2:11:26

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Stefan Gahl	Bellevue	NE	27	M	1	14:29	1:46	1:02	1	35:38	21.9	0:42	1	21:37	6:59	1:13:25
2 Andrew Codney	Council Bluffs	IA	27	M	2	15:42	1:55	1:35	2	37:22	20.9	0:55	2	24:30	7:54	1:20:02
3 Matthew Griffith	Omaha	NE	27	M	5	20:10	2:28	1:16	3	38:46	20.1	0:26	5	26:02	8:24	1:26:38
4 Colin Lodl	Omaha	NE	27	M	7	20:47	2:32	1:32	4	39:49	19.6	0:45	3	24:33	7:56	1:27:25
5 Caleb Johnston	Council Bluffs	IA	25	M	3	19:02	2:20	2:52	6	42:38	18.3	0:39	7	28:07	9:05	1:33:18
6 Jonathan Trejo	Omaha	NE	27	M	8	21:34	2:38	3:00	7	43:07	18.1	0:42	4	25:39	8:17	1:33:59
7 Bill Rollins	Omaha	NE	28	M	6	20:27	2:30	4:22	9	44:08	17.7	0:29	6	27:34	8:54	1:36:58
8 John Kruse	Omaha	NE	28	M	9	21:55	2:41	5:11	5	41:09	19.0	0:30	8	29:21	9:28	1:38:04
9 Ricky Pruitt	Bellevue	NE	29	M	4	19:51	2:26	2:15	10	44:09	17.7	0:33	10	33:10	10:42	1:39:54
10 Corey Ellis	Des Moines	IA	27	M	10	22:02	2:42	2:31	8	43:16	18.0	0:24	9	32:35	10:31	1:40:46

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Sarah Stahl	Bellevue	NE	33	F	5	18:52	2:19	1:33	1	38:00	20.5	0:35	1	22:11	7:10	1:21:10
2 Julie Fanshier	Omaha	NE	31	F	4	18:15	2:14	1:56	2	40:34	19.2	1:10	2	23:56	7:44	1:25:48
3 Stephanie Semple	Omaha	NE	34	F	3	16:58	2:05	3:03	3	40:50	19.1	0:57	3	25:36	8:16	1:27:21
4 Samantha Scheffler	Hancock	IA	33	F	2	13:56	1:42	2:37	6	43:45	17.8	0:35	6	27:21	8:50	1:28:13
5 Brooke Hubbard	Council Bluffs	IA	32	F	1	10:01	1:14	1:09	8	49:25	15.8	0:46	5	27:03	8:44	1:28:23
6 Katie Bos	Omaha	NE	34	F	6	20:50	2:33	2:42	4	42:11	18.5	1:56	4	26:54	8:41	1:34:31
7 Sara Ballou	Papillion	NE	33	F	5	17:42	2:05	2:22	7	43:57	17.7	0:34	9	32:11	10:23	1:34:57
8 Lexy Quandt	Council Bluffs	IA	34	F	8	22:44	2:47	2:22	7	43:57	17.7	1:22	7	28:07	9:04	1:38:30
9 Stacey Heckman	Omaha	NE	31	F	7	21:42	2:39	3:39	9	50:45	15.4	0:50	8	28:13	9:07	1:45:07
10 Karen Johannes	Omaha	NE	31	F	9	29:42	3:38	4:26	10	53:00	14.7	0:26	10	38:05	12:17	2:05:36

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Peter Nelson	Omaha	NE	34	M	1	13:56	1:42	1:24	2	36:54	21.1	0:27	4	23:40	7:39	1:16:19
2 Aaron Lightfoot	Papillion	NE	34	M	3	16:13	1:59	1:23	1	36:09	21.6	0:48	2	23:05	7:27	1:17:36
3 Matthew Fanshier	Omaha	NE	33	M	5	17:03	2:05	1:36	3	37:25	20.8	0:50	3	23:26	7:34	1:20:19
4 Kirk Raymond	Lincoln	NE	34	M	6	17:13	2:06	1:38	4	38:10	20.4	0:53	1	22:46	7:21	1:20:38
5 Kevin Krebs	Omaha	NE	32	M	8	19:43	2:25	2:40	7	41:28	18.8	0:21	5	25:08	8:07	1:29:18
6 Louis Stites	Papillion	NE	33	M	2	15:46	1:56	3:37	5	39:06	19.9	2:55	11	30:49	9:57	1:32:11
7 Daniel Carlstedt	Omaha	NE	31	M	4	17:00	2:05	2:17	8	44:22	17.6	0:58	9	29:59	9:41	1:34:33
8 Brad Ransom	Bellevue	NE	30	M	9	21:13	2:36	2:28	6	41:14	18.9	0:29	12	33:31	10:49	1:38:53
9 Dylan Cruse	Council Bluffs	IA	34	M	11	22:57	2:48	3:17	10	45:43	17.1	0:50	6	26:08	8:26	1:38:55
10 Bryan Newman	Glenwood	IA	34	M	12	24:06	2:57	1:50	9	45:17	17.2	0:43	8	29:55	9:39	1:41:48
11 Jason Isaacson	Bellevue	NE	31	M	7	17:54	2:11	3:44	12	50:55	15.3	0:27	10	30:01	9:41	1:42:59
12 Todd Edwards	Council Bluffs	IA	30	M	10	21:21	2:37	6:07	11	50:54	15.3	0:56	7	28:42	9:16	1:47:57

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Shawna Kinen	La Vista	NE	37	F	2	16:21	2:00	3:28	1	38:22	20.3	0:24	2	24:34	7:56	1:23:08
2 Lisa Plum	La Vista	NE	35	F	1	14:55	1:50	2:19	3	40:53	19.1	0:37	4	26:50	8:40	1:25:32
3 Jill Snitko	Marion	IA	35	F	9	20:44	2:32	1:42	6	44:16	17.6	0:40	1	24:16	7:50	1:31:35

4	Danielle Zabawa	Lincoln	NE	39	F	8	20:34	2:31	2:12	4	43:46	17.8	1:02	3	25:28	8:13	1:33:00
5	Traci Deland	Council Bluffs	IA	39	F	10	21:11	2:35	2:32	2	39:07	19.9	0:50	7	30:08	9:44	1:33:46
6	April Sando	Omaha	NE	35	F	3	16:58	2:05	2:04	5	44:05	17.7	1:12	6	29:50	9:38	1:34:07
7	Jenny Williams	Omaha	NE	35	F	5	17:09	2:06	2:00	7	45:27	17.2	1:00	8	30:18	9:47	1:35:53
8	Hillary Crawford	Omaha	NE	35	F	7	18:45	2:18	2:36	8	47:47	16.3	0:44	5	29:50	9:38	1:39:40
9	Elizabeth Nelson	Omaha	NE	36	F	4	17:06	2:06	3:59	9	48:13	16.2	1:24	10	36:58	11:56	1:47:38
10	Athena Meneses	Plattsmouth	NE	37	F	6	18:24	2:15	2:51	10	1:05:39	11.9	0:27	9	31:09	10:03	1:58:27

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Seth Tracy	Elkhorn	NE	39	M	1	11:46	1:27	2:22	1	36:08	21.6	0:49	7	26:28	8:33	1:17:31
2	Mike Cahill	Papillion	NE	35	M	4	15:56	1:57	2:27	3	39:00	20.0	0:30	1	21:13	6:51	1:19:03
3	Justin Crawford	Omaha	NE	36	M	2	14:24	1:46	2:16	2	38:24	20.3	1:14	6	26:09	8:26	1:22:26
4	Matt Semple	Omaha	NE	35	M	6	16:50	2:04	3:07	4	39:18	19.8	1:31	2	22:04	7:07	1:22:49
5	Dave Lamoureux	Omaha	NE	38	M	7	17:10	2:06	1:45	9	43:30	17.9	0:37	4	23:39	7:38	1:26:40
6	Drew Fischer	Omaha	NE	38	M	3	14:27	1:46	1:41	7	42:12	18.5	0:46	9	28:01	9:03	1:27:05
7	Chris Benak	Omaha	NE	37	M	5	16:04	1:58	3:51	10	44:50	17.4	0:53	5	25:12	8:08	1:30:48
8	Nick Rengstorf	Shennoda	IA	36	M	10	19:20	2:22	2:19	11	45:56	17.0	0:31	3	23:27	7:34	1:31:33
9	Matt Anderson	Omaha	NE	37	M	9	18:26	2:15	3:20	6	42:08	18.5	0:56	8	26:51	8:40	1:31:38
10	Brad Shearer	Bellevue	NE	35	M	8	17:53	2:11	2:41	5	40:01	19.5	0:41	11	35:11	11:21	1:36:25
11	Travis Withers	Omaha	NE	36	M	11	29:23	3:35	3:28	8	43:03	18.1	1:52	10	28:21	9:09	1:46:05

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Melissa Groff	Bennington	NE	41	F	1	15:45	1:56	2:04	2	39:24	19.8	0:36	1	24:28	7:54	1:22:14
2	Jenifer Nothelfer	Papillion	NE	43	F	3	16:28	2:01	2:00	3	39:42	19.6	0:48	4	31:46	10:15	1:30:43
3	Therese Slechta	Schleswig	IA	43	F	4	18:30	2:16	2:29	1	38:03	20.5	1:14	5	35:56	11:36	1:36:11
4	Toni Scheffler	Oakland	IA	44	F	2	15:51	1:56	4:06	4	45:49	17.0	0:38	2	30:41	9:54	1:37:03
5	Carol Ward	Council Bluffs	IA	42	F	5	24:06	2:57	3:08	5	47:54	16.3	1:04	3	30:48	9:56	1:46:57

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Nathan Stahl	Bellevue	NE	40	M	4	15:50	1:56	0:59	1	34:16	22.8	0:21	1	20:30	6:37	1:11:54
2	Patrick Caulfield	Omaha	NE	41	M	1	13:46	1:41	1:44	2	39:49	19.6	1:30	2	22:56	7:24	1:19:43
3	Cade Anderson	La Vista	NE	42	M	3	14:42	1:48	1:20	4	40:41	19.2	1:11	5	27:27	8:52	1:25:20
4	Jason Rief	Omaha	NE	42	M					3	40:39	19.2	0:42	3	24:10	7:48	1:27:02
5	Paul Wettestad	Council Bluffs	IA	44	M	7	17:59	2:12	3:39	7	45:53	17.0	0:33	4	26:38	8:36	1:34:41
6	John Stanton	Papillion	NE	40	M	5	17:26	2:08	2:25	6	44:45	17.4	1:47	6	28:50	9:19	1:35:12
7	Dan Lee	Omaha	NE	44	M	2	13:55	1:42	2:54	8	46:17	16.9	1:18	7	33:28	10:48	1:37:50
8	Daniel Stockmann	Omaha	NE	40	M	6	17:45	2:10	3:36	5	44:29	17.5	1:40	8	34:27	11:07	1:41:54

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Susan Wiley	Omaha	NE	47	F	1	17:15	2:07	2:20	2	41:31	18.8	1:25	2	27:36	8:55	1:30:04
2	Tomora Shaw	Bellevue	NE	47	F	3	18:03	2:13	2:23	1	39:39	19.7	1:05	4	31:45	10:15	1:32:53
3	Jeanne Stover	Omaha	NE	45	F	2	17:21	2:07	2:46	5	45:37	17.1	0:38	3	29:09	9:24	1:35:29
4	Deshawne Bird-Sell	Glenwood	IA	45	F											1:39:40	
5	Susie Duncan	Omaha	NE	49	F	5	19:38	2:24	2:53	3	44:01	17.7	1:42	5	32:30	10:29	1:40:43
6	Melissa Denison	Des Moines	IA	46	F	6	19:55	2:26	1:43	4	45:05	17.3	1:03	7	34:52	11:15	1:42:37
7	Bridgette Torring	Omaha	NE	45	F	7	22:11	2:43	3:19	7	55:04	14.2	0:42	1	26:40	8:37	1:47:53
8	Jennifer Benson	Council Bluffs	IA	46	F	4	19:24	2:22	3:55	6	53:08	14.7	1:32	6	34:20	11:05	1:52:16

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Kristian Ehrhorn	Omaha	NE	48	M	1	14:19	1:45	2:04	2	36:41	21.3	1:03	4	24:24	7:53	1:18:29
2	Albert Zechmann	Papillion	NE	48	M	5	17:24	2:08	1:18	1	36:26	21.4	0:51	2	23:27	7:34	1:19:24
3	Alan Kohll	Omaha	NE	46	M	2	14:34	1:47	1:32	4	43:14	18.0	0:44	1	21:36	6:58	1:21:36
4	Johnny Walker	Red Oak	IA	49	M	4	16:13	1:59	2:08	6	43:21	18.0	0:25	3	24:00	7:45	1:26:05
5	Scot Abels	Papillion	NE	47	M	3	15:07	1:51	2:38	3	42:29	18.4	1:04	6	27:33	8:54	1:28:49
6	Scott Duncan	Omaha	NE	47	M	6	20:51	2:33	2:36	5	43:15	18.0	1:21	7	29:14	9:26	1:37:14
7	Tim Starbuck	Bellevue	NE	45	M	7	24:09	2:57	3:16	7	46:03	16.9	0:36	5	24:49	8:01	1:38:52

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Anne Day	Omaha	NE	52	F	1	19:38	2:24	2:31	1	41:32	18.8	0:45	1	26:59	8:43	1:31:22
2	Sonya Reynolds	Council Bluffs	IA	52	F	4	20:50	2:33	1:47	2	42:46	18.2	0:54	3	28:30	9:12	1:34:45
3	Judy Greenhagen	Omaha	NE	52	F	5	23:20	2:51	2:47	4	45:29	17.1	0:52	4	28:44	9:16	1:41:10
4	Christyn Stumps	Gretna	NE	53	F	6	24:52	3:02	1:47	3	42:59	18.1	1:50	5	31:47	10:16	1:43:12
5	Robyn Marshall	Papillion	NE	53	F	3	20:49	2:33	3:04	6	52:05	15.0	1:39	2	27:42	8:56	1:45:16
6	Sally Grandick	Council Bluffs	IA	52	F	2	20:37	2:31	3:10	5	50:21	15.5	0:34	6	35:28	11:27	1:50:08

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Bill Gahl	Papillion	NE	50	M	2	15:55	1:57	1:31	1	34:53	22.4	0:49	1	23:24	7:33	1:16:29
2	Terry Thonen	Omaha	NE	51	M	1	13:26	1:39	2:37	2	38:11	20.4	1:11	5	27:48	8:58	1:23:11
3	Steve Booker	Omaha	NE	53	M	3	17:21	2:07	1:53	4	40:29	19.3	0:34	3	26:07	8:26	1:26:21
4	William Shockey	Polk City	IA	52	M	5	18:04	2:13	2:14	3	38:57	20.0	1:21	4	26:14	8:28	1:26:48

5	Jorge Alvarez	Council Bluffs IA	53 M	4	17:50	2:11	3:00	5	42:22	18.4	1:19	2	24:01	7:45	1:28:30
6	Jon Garrigan	Council Bluffs IA	53 M	6	20:23	2:30	2:45	6	44:17	17.6	1:49	6	30:52	9:58	1:40:03

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL		
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====		
1	Lincoln Murdoch	Omaha	NE	57	M	1	12:30	1:32	1:04	1	33:05	23.6	0:38	1	21:16	6:52	1:08:31
2	John Marsh	Council Bluffs	IA	55	M	2	14:29	1:46	1:22	2	33:35	23.2	0:37	2	21:34	6:58	1:11:35
3	Stephen Nabity	Elkhorn	NE	58	M	7	19:00	2:19	1:16	4	37:17	20.9	0:55	3	25:10	8:08	1:23:37
4	Greg Prochazka	Lincoln	NE	56	M	3	16:43	2:03	3:28	5	37:31	20.8	1:12	4	25:20	8:11	1:24:11
5	Mike Schreiber	Omaha	NE	58	M	4	17:49	2:11	2:37	3	36:40	21.3	1:00	6	28:27	9:11	1:26:32
6	Scot Jones	Omaha	NE	56	M	5	18:03	2:12	2:19	6	39:11	19.9	0:55	7	30:28	9:50	1:30:53
7	David Whipple	Independence	MO	59	M	6	18:16	2:14	3:07	7	41:38	18.7	2:10	5	27:01	8:43	1:32:10

FEMALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL		
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====		
1	Patricia Weber	Omaha	NE	61	F	1	20:27	2:30	1:45	1	44:47	17.4	0:56	1	31:42	10:14	1:39:35
2	Jane Foral	Omaha	NE	64	F					2	49:33	15.7	1:58	2	47:28	15:19	2:10:00

MALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL		
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====		
1	Mike Huggenberger	Fort Calhoun	NE	64	M	2	18:47	2:18	1:41	2	37:57	20.6	0:41	1	26:27	8:32	1:25:31
2	Stan Shirk	Omaha	NE	61	M	1	18:31	2:16	3:21	1	37:45	20.7	1:28	3	27:58	9:02	1:29:01
3	Greg Crisman	Omaha	NE	66	M	4	21:32	2:38	1:50	3	38:53	20.1	0:47	2	26:38	8:36	1:29:38
4	Bob Wentz	Valley	NE	62	M	3	20:42	2:32	3:00	4	43:28	17.9	0:32	4	31:46	10:15	1:39:25
5	Paul Larsen	Omaha	NE	61	M	5	27:23	3:21	3:18	5	45:33	17.1	1:55	5	44:22	14:19	2:02:29