

# YMCA Spirit, Mind, Body Sprint Triathlon

Saturday, August 15, 2009

Swim 700 Yards - Bike 17.2 Miles - Run 3.1 Miles

## Overall

FIRST	LAST	DIVISION	OVERALL	DIVPL	SEXPL	SWIM	RATE	RANK	T1	BIKE	RATE	RANK	T2	RUN	RATE	RANK	TIME
Chris	Crowley	M2529	1	1/31	1/185	8:02	1:16	8	0:48	43:45	23.6	1	0:40	22:38	7:18	16	1:15:51
Wesley	Noble	M4044	2	1/36	2/185	9:34	1:30	36	0:44	45:25	22.7	8	0:31	20:38	6:40	4	1:16:49
Brent	Cattoor	M4044	3	2/36	3/185	8:35	1:21	15	0:33	45:18	22.8	7	1:09	21:19	6:53	7	1:16:52
Nathan	Wilzbacher	M2529	4	2/31	4/185	10:36	1:40	78	0:59	47:18	21.8	20	0:31	17:53	5:46	1	1:17:14
Dennis	Kiesel	M4549	5	1/21	5/185	11:01	1:44	94	0:28	43:48	23.6	2	0:35	21:29	6:56	8	1:17:19
Tom	Whitehurst	M4549	6	2/21	6/185	8:02	1:16	9	1:09	44:39	23.1	3	0:48	22:52	7:23	21	1:17:27
Brian	Goffinet	M3539	7	1/32	7/185	9:21	1:28	30	1:13	45:06	22.9	5	1:02	20:59	6:46	5	1:17:39
Alisha	McDaniel	F3034	8	1/11	1/92	9:41	1:31	42	0:56	47:05	21.9	15	0:42	20:22	6:34	2	1:18:43
Robert	Montani	M4549	9	3/21	8/185	8:00	1:15	7	1:08	46:49	22.0	14	0:42	22:24	7:14	14	1:19:03
Brock	Bolerjack	M3034	10	1/21	9/185	10:54	1:43	91	0:48	45:29	22.7	9	0:40	21:15	6:51	6	1:19:04
Sam	Titzer	M3034	11	2/21	10/185	10:07	1:35	56	0:48	45:31	22.7	10	0:46	22:08	7:09	12	1:19:18
Randy	Vanwynsberghe	M4044	12	3/36	11/185	7:52	1:14	6	0:46	47:18	21.8	21	0:44	22:49	7:22	19	1:19:27
Jamie	Crowley	M4044	13	4/36	12/185	8:40	1:17	11	0:59	49:16	20.9	37	0:49	20:33	6:38	3	1:19:45
Nathan	Hoover	M3539	14	2/32	13/185	9:50	1:33	47	1:08	45:50	22.5	11	0:41	23:24	7:33	34	1:20:51
Chad	Lockyear	M4044	15	5/36	14/185	9:40	1:31	41	0:53	46:45	22.1	13	0:39	23:24	7:33	35	1:21:20
Robert	Jimenez	M4549	16	4/21	15/185	9:05	1:26	23	1:22	47:44	21.6	25	0:55	22:34	7:17	15	1:21:39
Wayne	Ricketts	M4044	17	6/36	16/185	12:52	2:01	189	0:41	45:10	22.8	6	0:46	22:14	7:11	13	1:21:40
Steve	Jordan	M4044	18	7/36	17/185	8:40	1:22	17	0:53	47:17	21.8	19	0:38	25:21	8:11	65	1:22:48
Travis	Marx	M3539	19	3/32	18/185	10:24	1:38	68	1:30	47:14	21.8	16	0:56	23:02	7:26	25	1:23:03
Andy	Martin	M2529	20	3/31	19/185	9:36	1:30	38	1:03	48:33	21.3	31	1:04	23:04	7:27	26	1:23:18
Marshall	Howell	M4549	21	5/21	20/185	8:38	1:21	16	1:18	48:17	21.4	28	0:38	25:04	8:06	59	1:23:53
Craig	Haseman	M3539	22	4/32	21/185	8:24	1:19	14	1:15	49:31	20.8	40	1:12	23:42	7:39	40	1:24:02
Robert	Bassler	M2529	23	4/31	22/185	9:32	1:30	35	0:55	47:33	21.7	23	0:34	25:32	8:14	66	1:24:04
Caleb	Towles	M2529	24	5/31	23/185	11:27	1:48	117	1:20	48:21	21.3	30	1:16	21:48	7:02	10	1:24:10
Matt	Ambrose	M3539	25	5/32	24/185	10:13	1:36	58	1:17	47:23	21.8	22	0:51	24:38	7:57	53	1:24:20
Robert	Williamson	M3034	26	3/21	25/185	8:20	1:19	13	0:49	49:00	21.1	35	0:47	25:47	8:19	71	1:24:41
Danny	Clark	M3034	27	4/21	26/185	9:51	1:33	48	0:48	50:07	20.6	45	0:36	23:24	7:33	36	1:24:44
Joshua	Hodge	M2529	28	6/31	27/185	11:54	1:52	134	0:57	48:08	21.4	27	0:50	23:05	7:27	27	1:24:51
Leslie	Vanwinkle	F2024	29	1/9	2/92	6:25	1:01	1	1:35	53:29	19.3	85	0:34	22:58	7:25	22	1:24:59
Brennan	McReynolds	M2529	30	7/31	28/185	9:35	1:30	37	1:03	50:58	20.2	59	1:33	21:56	7:05	11	1:25:03
Sean	Freimiller	M3539	31	6/32	29/185	10:28	1:39	73	0:56	50:12	20.6	49	0:45	22:51	7:22	20	1:25:10
Joseph	Merkel	M3034	32	5/21	30/185	11:23	1:47	112	0:36	48:18	21.4	29	0:32	24:28	7:54	50	1:25:14
Cody	Riley	M4044	33	8/36	31/185	10:43	1:41	81	0:58	47:16	21.8	18	0:46	26:00	8:24	82	1:25:40
Mason	Flake	M4549	34	6/21	32/185	11:02	1:44	97	0:43	48:58	21.1	34	1:02	24:20	7:51	47	1:26:04
Steven	Hoover	M4044	35	9/36	33/185	10:49	1:42	84	1:06	50:24	20.5	55	0:47	23:02	7:26	24	1:26:05
Dennis	Nobles	M3539	36	7/32	34/185	9:28	1:29	32	0:49	50:43	20.3	57	0:42	25:06	8:06	60	1:26:45
Mitchell	Parker	M4549	37	7/21	35/185	12:17	1:56	155	0:40	50:11	20.6	48	0:24	23:17	7:31	29	1:26:48
Cliff	Nurrenbern	M2529	38	8/31	36/185	9:27	1:29	31	1:33	51:44	19.9	68	0:41	23:39	7:38	39	1:27:02
Krie	Brasseale	M3539	39	8/32	37/185	10:25	1:38	70	1:15	51:23	20.1	63	1:02	23:23	7:33	33	1:27:26
Mark	Hill	M4549	40	8/21	38/185	11:06	1:45	99	1:50	49:33	20.8	41	1:13	24:00	7:45	44	1:27:40
Tanya	Hitch	F3034	41	2/11	3/92	7:40	1:12	5	1:55	51:04	20.2	61	1:21	25:49	8:20	73	1:27:47
Gregory	Frasier	M4044	42	10/36	39/185	12:57	2:02	195	1:26	44:54	23.0	4	1:40	27:03	8:44	101	1:27:58
Gary	Folz	M4044	43	11/36	40/185	12:50	2:01	188	0:58	50:07	20.6	46	0:39	23:29	7:35	38	1:28:02
Ryan	Gergely	M2529	44	9/31	41/185	10:21	1:38	67	1:27	50:22	20.5	53	1:26	24:32	7:55	51	1:28:06
Timothy	Leachman	M4044	45	12/36	42/185	11:16	1:46	105	0:54	46:35	22.2	12	1:19	28:12	9:06	116	1:28:14
Maria	Gramelspacher	F2024	46	2/9	4/92	7:27	1:10	2	1:43	56:26	18.3	120	0:25	22:43	7:20	17	1:28:41
Andy	Bent	M3539	47	9/32	43/185	9:56	1:34	50	1:54	50:22	20.5	52	0:51	25:50	8:20	74	1:28:50

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Mount	Davis Jr	M3539	48	10/32	44/185	8:50	1:23	18	1:14	49:12	21.0	36	0:54	28:44	9:16	123	1:28:52
Micheal	Kearns	M6064	49	1/7	45/185	9:58	1:34	54	1:05	50:57	20.3	58	0:19	26:36	8:35	89	1:28:53
Mount	Davis	M65UP	50	1/1	46/185	11:47	1:51	130	1:23	47:41	21.6	24	1:11	26:55	8:41	98	1:28:55
Rita	Uebelhor	F4549	51	1/10	5/92	11:35	1:49	124	1:09	52:37	19.6	76	0:55	22:47	7:21	18	1:29:01
Wesley	Laake	M3034	52	6/21	47/185	13:24	2:06	209	1:06	47:14	21.8	17	1:09	26:16	8:29	84	1:29:07
Keith	Spaulding	M4044	53	13/36	48/185	10:51	1:42	88	1:28	50:18	20.5	50	0:53	25:41	8:18	70	1:29:09
Jeff	Hinson	M3539	54	11/32	49/185	11:09	1:45	103	1:47	49:38	20.8	42	1:21	25:56	8:22	80	1:29:50
Ray	Lutgring	M4044	55	14/36	50/185	12:11	1:55	149	1:12	48:46	21.2	33	0:53	26:51	8:40	95	1:29:51
Jimmy	Funkhouser	M2529	56	10/31	51/185	9:57	1:34	51	1:15	53:02	19.5	81	1:13	24:36	7:56	52	1:30:01
Philip	Burriss	M5054	57	1/11	52/185	10:15	1:36	59	1:52	53:32	19.3	86	0:36	23:51	7:42	42	1:30:03
Brian	Tinius	M3034	58	7/21	53/185	10:50	1:42	85	1:04	50:39	20.4	56	0:47	26:48	8:39	93	1:30:06
Brannon	Pendergraft	M2024	59	1/9	54/185	10:18	1:37	62	1:40	53:54	19.1	93	0:56	23:28	7:34	37	1:30:15
Christine	Alvey	F3034	60	3/11	6/92	9:31	1:30	34	1:43	53:57	19.1	94	0:23	24:51	8:01	57	1:30:24
Nic	Rakestraw	M2024	61	2/9	55/185	12:05	1:54	141	1:21	49:49	20.7	43	0:27	26:51	8:40	96	1:30:31
Travis	Holtrey	M4044	62	15/36	56/185	11:02	1:44	96	1:19	48:07	21.4	26	1:13	28:56	9:20	132	1:30:35
Shannon	Brasseale	F3034	63	4/11	7/92	11:19	1:47	109	1:15	53:43	19.2	88	1:06	23:18	7:31	30	1:30:40
Karl	Hinson	M3539	64	12/32	57/185	12:36	1:58	177	1:30	50:18	20.5	51	1:03	25:20	8:11	64	1:30:45
Stefan	Poikonen	M1519	65	1/3	58/185	10:54	1:43	90	1:07	53:37	19.2	87	0:49	24:24	7:53	49	1:30:49
Jonathan	Weaver	M3539	66	13/32	59/185	8:19	1:18	12	1:14	55:09	18.7	107	0:35	25:40	8:17	68	1:30:55
Thomas	Dowd	M5054	67	2/11	60/185	11:34	1:49	122	2:05	52:28	19.7	75	1:38	23:13	7:30	28	1:30:57
Bob	Scheller	M5054	68	3/11	61/185	10:12	1:36	57	1:23	52:59	19.5	79	0:28	26:20	8:30	86	1:31:19
Andrew	Tharp	M4549	69	9/21	62/185	7:36	1:12	4	1:18	50:08	20.6	47	1:28	30:54	9:58	160	1:31:22
Scot	Pemberton	M3539	70	14/32	63/185	12:39	1:59	180	1:22	50:23	20.5	54	1:26	25:58	8:23	81	1:31:45
Bill	Wargel	M2529	71	11/31	64/185	12:23	1:56	162	1:05	48:43	21.2	32	1:37	28:07	9:05	115	1:31:54
Jeff	Tilly	M3539	72	15/32	65/185	12:19	1:56	158	0:56	49:52	20.7	44	1:23	27:28	8:52	110	1:31:56
Ryan	Patterson	M3034	73	8/21	66/185	12:58	2:02	196	1:30	52:59	19.5	80	1:15	23:20	7:32	32	1:32:00
Kenneth	Boone	M2529	74	12/31	67/185	12:10	1:54	147	1:51	51:13	20.1	62	0:52	26:17	8:29	85	1:32:20
Stephen	Sheets	M6064	75	2/7	68/185	9:20	1:28	28	2:40	54:11	19.0	96	1:51	24:22	7:52	48	1:32:22
Michael	Kemp	M3539	76	16/32	69/185	12:15	1:55	153	1:27	49:23	20.9	38	0:41	29:01	9:22	133	1:32:44
Greg	Olsen	M1519	77	2/3	70/185	11:10	1:45	104	1:25	49:25	20.9	39	1:35	29:14	9:26	137	1:32:46
Megan A.	Tolen	F2024	78	3/9	8/92	10:28	1:38	72	2:11	54:40	18.9	101	1:23	24:10	7:48	45	1:32:49
Michele	Applegate	F2529	79	1/14	9/92	10:19	1:37	64	1:29	56:58	18.1	132	1:22	22:58	7:25	23	1:33:05
John	Lee	M4044	80	16/36	71/185	10:20	1:37	66	1:46	55:29	18.6	109	0:44	24:52	8:02	58	1:33:09
Ryan	Schoon	M3539	81	17/32	72/185	8:05	1:16	10	1:54	57:04	18.1	133	0:58	25:15	8:09	62	1:33:14
Gary	Ayer	M4044	82	17/36	73/185	9:09	1:26	25	1:44	57:43	17.9	140	1:06	23:56	7:44	43	1:33:37
Jeffrey	Williams	M4549	83	10/21	74/185	10:15	1:37	60	1:53	54:33	18.9	98	1:13	26:40	8:36	90	1:34:32
David	Goebel	M3539	84	18/32	75/185	10:18	1:37	63	1:00	53:47	19.2	92	0:52	28:46	9:17	124	1:34:41
Jordan	Loucks	M1519	85	3/3	76/185	9:19	1:28	27	1:12	52:02	19.8	70	0:48	31:23	10:08	170	1:34:42
Steven	Titzer	M4549	86	11/21	77/185	12:05	1:54	142	2:26	53:09	19.4	83	2:04	25:17	8:10	63	1:34:59
Amy	Diekmann	F2529	87	2/14	10/92	9:57	1:34	53	2:45	57:37	17.9	139	0:54	23:50	7:42	41	1:35:02
Lois	Curtis	F3539	88	1/26	11/92	11:29	1:48	119	2:06	55:43	18.5	113	1:06	24:41	7:58	55	1:35:03
David	Herron	M2529	89	13/31	78/185	11:27	1:48	116	2:31	54:58	18.8	104	1:32	24:43	7:59	56	1:35:09
Andrew	Purdie	M3034	90	9/21	79/185	11:08	1:45	101	2:44	53:43	19.2	89	2:07	25:40	8:17	69	1:35:20
Tara	Crowley	F3539	91	2/26	12/92	10:28	1:39	74	1:41	57:23	18.0	136	1:39	24:14	7:49	46	1:35:22
Cory	Waldrup	M3034	92	10/21	80/185	12:34	1:58	175	0:51	52:27	19.7	74	0:45	28:51	9:19	127	1:35:26
Brandon	Hayes	M3539	93	19/32	81/185	11:00	1:44	93	1:27	52:58	19.5	78	1:17	28:56	9:20	131	1:35:36
Krystle	Bassler	F2529	94	3/14	13/92	10:41	1:41	80	0:57	56:04	18.4	116	1:33	26:26	8:32	87	1:35:40
Melanie	Krueger	F4044	95	1/9	14/92	11:41	1:50	126	1:36	58:31	17.6	145	0:33	23:20	7:32	31	1:35:40

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Chuck	Wingert	M5559	96	1/12	82/185	13:18	2:05	206	1:51	52:09	19.8	71	1:28	27:02	8:44	100	1:35:46
Matthew	Wandtke	M4044	97	18/36	83/185	11:03	1:44	98	1:57	52:00	19.8	69	2:00	29:23	9:29	140	1:36:22
Martha	Klueh	F5054	98	1/5	15/92	9:30	1:29	33	1:27	59:03	17.5	157	0:51	25:52	8:21	77	1:36:41
Angie	Sims	F3539	99	3/26	16/92	12:16	1:55	154	1:26	51:27	20.1	66	1:55	29:49	9:37	146	1:36:51
Adrienne	Golubski	F2529	100	4/14	17/92	10:36	1:40	77	2:01	56:34	18.2	122	1:55	25:50	8:20	75	1:36:54
Brian	Paris	M3539	101	20/32	84/185	12:57	2:02	194	1:14	53:45	19.2	91	1:17	27:48	8:59	114	1:36:59
David	Keller	M4549	102	12/21	85/185	12:50	2:01	187	1:12	54:13	19.0	97	1:13	27:46	8:58	113	1:37:12
Jon	Voyles	M4044	103	19/36	86/185	12:48	2:00	184	2:25	55:01	18.8	105	1:17	25:48	8:20	72	1:37:17
Adam	Matheny	M2024	104	3/9	87/185	13:32	2:07	214	2:15	51:04	20.2	60	1:35	29:02	9:22	134	1:37:26
Zach	Scott	M2529	105	14/31	88/185	12:22	1:56	161	2:27	1:00:38	17.0	180	0:26	21:42	7:00	9	1:37:33
Mikeal	Lashbrook	M4549	106	13/21	89/185	11:28	1:48	118	1:23	56:25	18.3	119	1:06	27:17	8:48	108	1:37:38
Pierce	Arnold	M2024	107	4/9	90/185	9:39	1:31	39	2:28	59:17	17.4	160	0:36	26:10	8:27	83	1:38:08
Reid	Wilson	M3539	108	21/32	91/185	9:55	1:33	49	2:02	54:08	19.1	95	1:12	30:59	10:00	163	1:38:14
Gregory	Hammer	M5559	109	2/12	92/185	17:15	2:42	272	1:11	51:31	20.0	67	1:17	27:02	8:44	99	1:38:15
Todd	Butler	M4044	110	20/36	93/185	12:31	1:58	173	2:21	54:49	18.8	103	1:45	26:54	8:41	97	1:38:19
Tom	Danehy	M5559	111	3/12	94/185	9:07	1:26	24	2:00	58:53	17.5	151	1:29	27:25	8:51	109	1:38:52
Cynthia	Carmack	F3034	112	5/11	18/92	9:21	1:28	29	2:05	59:35	17.3	165	1:20	26:45	8:38	92	1:39:04
Chris	Leslie	M2529	113	15/31	95/185	13:22	2:06	207	1:07	51:24	20.1	64	0:51	32:26	10:28	184	1:39:08
Don	Mathews	M4044	114	21/36	96/185	9:10	1:26	26	2:17	55:44	18.5	114	1:54	30:16	9:46	151	1:39:20
Claude	Bacon	M3539	115	22/32	97/185	13:28	2:07	211	1:35	55:03	18.7	106	1:15	28:17	9:08	117	1:39:35
Cesar	Lau	M3034	116	11/21	98/185	12:04	1:53	140	0:42	52:23	19.7	73	1:23	33:07	10:41	189	1:39:36
Steve	Bartlett	M5054	117	4/11	99/185	15:15	2:23	251	1:33	51:26	20.1	65	0:35	30:51	9:58	159	1:39:37
Chad	Giesler	M3539	118	23/32	100/185	10:45	1:41	83	2:05	57:22	18.0	135	1:01	28:26	9:11	119	1:39:38
Thomas	Rogers	M3034	119	12/21	101/185	11:34	1:49	121	1:47	58:57	17.5	155	0:35	26:51	8:40	94	1:39:41
Catherine	Broshears	F3539	120	4/26	19/92	12:00	1:53	137	1:20	56:00	18.4	115	1:05	29:30	9:31	142	1:39:54
Kyle	Pfeiffer	M2529	121	16/31	102/185	11:40	1:50	125	1:27	59:02	17.5	156	0:43	27:14	8:48	107	1:40:04
Katie	Hemmings	F2024	122	4/9	20/92	10:06	1:35	55	1:05	57:51	17.8	141	0:50	30:25	9:49	152	1:40:14
Dan	Sauls	M4549	123	14/21	103/185	11:55	1:52	135	2:23	56:25	18.3	118	0:48	28:50	9:19	126	1:40:20
Dave	Wanninger	M5559	124	4/12	104/185	11:31	1:48	120	2:48	57:31	17.9	138	1:10	27:31	8:53	112	1:40:28
Anthony	Jerger	M2024	125	5/9	105/185	13:13	2:04	204	2:03	53:44	19.2	90	0:33	30:59	10:00	162	1:40:29
Nathan	Norrenbrock	M3539	126	24/32	106/185	11:53	1:52	133	1:46	56:52	18.1	130	0:47	29:32	9:32	143	1:40:49
Michael	Backer	M2529	127	17/31	107/185	13:48	2:10	218	1:44	58:45	17.6	150	0:48	25:53	8:21	78	1:40:55
Randy	Halbig	M4044	128	22/36	108/185	9:50	1:33	46	1:25	59:39	17.3	167	1:19	28:53	9:19	128	1:41:03
Diana	Holland	F5054	129	2/5	21/92	10:18	1:37	61	0:47	55:30	18.6	111	1:38	33:10	10:42	190	1:41:21
Ben	Laaper	M5559	130	5/12	109/185	13:44	2:09	216	1:26	56:50	18.2	127	0:58	28:36	9:14	122	1:41:33
Jon	Golding	M5054	131	5/11	110/185	11:21	1:47	110	2:03	56:42	18.2	125	1:00	30:44	9:55	157	1:41:48
Sam	Conner	M4549	132	15/21	111/185	12:53	2:01	191	0:50	53:16	19.4	84	0:58	33:55	10:57	201	1:41:50
Kara	Zimmer	F2529	133	5/14	22/92	11:57	1:52	136	1:21	56:48	18.2	126	0:29	31:40	10:13	174	1:42:13
Nicole	Eden	F2529	134	6/14	23/92	12:07	1:54	144	1:10	56:13	18.4	117	0:35	32:11	10:23	181	1:42:13
Jared	Kitchene	M3034	135	13/21	112/185	12:31	1:58	172	1:41	59:46	17.3	168	0:55	27:30	8:52	111	1:42:21
Jeremy	Garrett	M3034	136	14/21	113/185	10:24	1:38	69	1:44	59:23	17.4	161	1:15	29:43	9:35	145	1:42:26
Jaime	Hammond	F3539	137	5/26	24/92	10:27	1:38	71	1:30	1:00:39	17.0	181	0:48	29:06	9:23	135	1:42:28
Jared	Shade	M2529	138	18/31	114/185	10:53	1:42	89	1:57	58:32	17.6	147	1:08	30:08	9:44	150	1:42:37
Jill	Risch	F3539	139	6/26	25/92	12:43	2:00	182	1:31	58:42	17.6	149	1:08	28:46	9:17	125	1:42:49
Greg	Risch	M3539	140	25/32	115/185	12:29	1:57	171	2:01	57:26	18.0	137	0:55	30:07	9:43	149	1:42:57
Neil	Angermeier	M2024	141	6/9	116/185	11:46	1:51	129	1:25	1:03:40	16.2	205	0:36	25:54	8:22	79	1:43:19
Theresa	Heerd	F3034	142	6/11	26/92	11:00	1:44	92	2:18	1:02:36	16.5	199	1:04	26:32	8:34	88	1:43:28
Michael	Wagoner	M5559	143	6/12	117/185	12:56	2:02	193	4:03	58:20	17.7	143	1:40	26:41	8:37	91	1:43:38

# YMCA Spirit, Mind, Body Sprint Triathlon

Saturday, August 15, 2009

Swim 700 Yards - Bike 17.2 Miles - Run 3.1 Miles

## Overall

Robert	Wiederstein	M4044	144	23/36	118/185	8:59	1:25	19	0:54	54:35	18.9	100	1:36	37:43	12:10	235	1:43:44
Chris	Hitch	M3034	145	15/21	119/185	7:32	1:11	3	1:56	56:51	18.2	128	1:20	36:10	11:40	225	1:43:47
Scott	Bonnell	M4044	146	24/36	120/185	9:40	1:31	40	1:47	59:57	17.2	173	2:30	30:03	9:42	148	1:43:54
Kelli	Knust	F1519	147	1/4	27/92	10:20	1:37	65	1:47	1:06:17	15.6	229	0:55	24:41	7:58	54	1:43:57
Kyle	Moore	M2529	148	19/31	121/185	12:11	1:55	151	3:13	54:33	18.9	99	1:11	33:40	10:52	198	1:44:46
Alan	Reising	M4044	149	25/36	122/185	12:55	2:02	192	2:06	55:29	18.6	110	2:16	32:11	10:23	180	1:44:56
Amy	Mischler	F3034	150	7/11	28/92	12:07	1:54	143	1:27	1:00:36	17.0	179	1:31	29:20	9:28	139	1:44:59
Ed	Coleman	M3539	151	26/32	123/185	9:05	1:26	22	1:43	55:21	18.6	108	1:50	37:04	11:58	231	1:45:01
Gary	Gurtcheff	M4044	152	26/36	124/185	13:22	2:06	208	1:37	56:42	18.2	124	1:30	31:55	10:18	176	1:45:04
Bradley	Jackson	M3539	153	27/32	125/185	13:27	2:06	210	1:49	54:43	18.9	102	1:46	33:23	10:46	194	1:45:04
Jessica	Carder	F2529	154	7/14	29/92	16:19	2:33	269	1:54	1:00:30	17.1	177	1:03	25:36	8:16	67	1:45:21
Janet	Delancey	F4044	155	2/9	30/92	13:08	2:04	202	2:14	1:00:43	17.0	184	1:03	28:21	9:09	118	1:45:28
Suzanne	Stetter	F4549	156	2/10	31/92	12:38	1:59	178	1:45	1:01:37	16.7	193	0:30	29:28	9:31	141	1:45:56
Jenna	Denstorff	F2024	157	5/9	32/92	9:43	1:32	43	1:38	57:14	18.0	134	1:13	36:12	11:41	226	1:45:58
Laura	Grimes	F3539	158	7/26	33/92	9:45	1:32	44	2:38	56:28	18.3	121	1:17	35:55	11:35	221	1:46:01
Julie	Richison	F4549	159	3/10	34/92	11:24	1:47	113	1:39	1:00:05	17.2	174	1:44	31:17	10:06	167	1:46:06
Caleb	Tomlinson	M2024	160	7/9	126/185	10:35	1:40	76	2:32	1:02:06	16.6	195	0:58	29:57	9:40	147	1:46:07
David	Nord	M4044	161	27/36	127/185	13:56	2:11	222	2:17	58:55	17.5	152	0:35	30:27	9:50	153	1:46:08
Andrea	Titzer	F3539	162	8/26	35/92	10:50	1:42	87	2:52	56:51	18.2	129	2:06	33:38	10:51	197	1:46:15
Jenna	Talbert	F3539	163	9/26	36/92	12:25	1:57	165	1:26	59:48	17.3	170	1:27	31:22	10:08	169	1:46:26
Allen	Tappan	M3034	164	16/21	128/185	12:17	1:56	157	1:53	1:04:09	16.1	211	1:10	27:08	8:46	105	1:46:36
Allen	Walker	M4044	165	28/36	129/185	15:50	2:29	263	2:07	58:26	17.7	144	1:13	29:11	9:25	136	1:46:46
Hallie	Denstorff	F2024	166	6/9	37/92	9:49	1:32	45	2:10	58:42	17.6	148	0:39	35:33	11:28	214	1:46:51
Shanna	Morris	F5054	167	3/5	38/92	11:41	1:50	127	1:22	56:40	18.2	123	1:54	35:18	11:24	211	1:46:53
Jake	Bessler	M2529	168	20/31	130/185	12:26	1:57	167	1:38	1:05:18	15.8	222	0:33	27:04	8:44	103	1:46:56
Alan	Meier	M4549	169	16/21	131/185	13:12	2:04	203	2:08	52:51	19.5	77	3:25	35:22	11:25	212	1:46:57
Jennifer	Land	F3539	170	10/26	39/92	9:04	1:25	21	2:12	59:27	17.4	164	1:30	35:06	11:20	209	1:47:17
Jack	Arney	M6064	171	3/7	132/185	13:05	2:03	198	2:39	59:56	17.2	172	1:58	29:41	9:35	144	1:47:18
Carrie	Bates	F3539	172	11/26	40/92	12:35	1:58	176	1:11	59:11	17.4	158	1:04	33:19	10:45	193	1:47:19
Christophe	Gander	M2529	173	21/31	133/185	13:49	2:10	219	1:25	1:05:57	15.6	227	0:35	25:51	8:21	76	1:47:36
Nick	Schenk	M2529	174	22/31	134/185	12:09	1:54	145	2:51	1:04:31	16.0	215	1:06	27:03	8:44	102	1:47:38
Waylon	Schenk	M2529	175	23/31	135/185	12:09	1:54	146	2:48	1:04:47	15.9	218	0:56	27:05	8:45	104	1:47:43
Greg	Schaefer	M2024	176	8/9	136/185	10:35	1:40	75	0:56	1:01:35	16.8	192	0:18	34:25	11:06	205	1:47:46
Terry	Conger	M5054	177	6/11	137/185	13:08	2:03	201	2:00	58:16	17.7	142	2:41	32:05	10:21	178	1:48:08
David	Greene	M3539	178	28/32	138/185	14:34	2:17	238	3:09	53:03	19.5	82	2:14	35:46	11:33	218	1:48:44
Allen	Eicher	M5559	179	7/12	139/185	11:22	1:47	111	3:04	59:25	17.4	162	1:10	34:15	11:03	204	1:49:15
John	Copeland	M3034	180	17/21	140/185	14:03	2:12	225	1:47	1:03:24	16.3	203	0:49	29:16	9:27	138	1:49:16
Anthony	Hughes	M3539	181	29/32	141/185	14:16	2:14	233	1:40	1:01:06	16.9	187	1:30	31:00	10:00	164	1:49:31
Nick	Antey	M3539	182	30/32	142/185	12:02	1:53	138	2:17	59:55	17.2	171	1:42	33:42	10:53	200	1:49:35
Anne	Leslie	F2529	183	8/14	41/92	11:18	1:46	108	1:16	1:02:37	16.5	200	1:01	33:28	10:48	195	1:49:37
Ken	Collis	M4549	184	17/21	143/185	16:10	2:32	267	1:57	59:36	17.3	166	0:56	31:17	10:06	168	1:49:54
Anthony to	Goodwin	M4044	185	29/36	144/185	12:17	1:56	156	1:29	58:56	17.5	154	1:45	35:41	11:31	216	1:50:07
Jenny	Skelton	F3539	186	12/26	42/92	11:02	1:44	95	2:06	1:07:03	15.4	234	1:35	28:54	9:20	129	1:50:38
Rick	Culiver	M4549	187	18/21	145/185	12:58	2:02	197	1:35	55:32	18.6	112	1:30	39:20	12:42	248	1:50:53
Traci	Shepherd	F3539	188	13/26	43/92	13:51	2:10	220	2:00	1:00:25	17.1	176	1:42	33:00	10:39	188	1:50:56
Kelly	Buchanan	F2529	189	9/14	44/92	12:26	1:57	166	1:29	1:00:53	17.0	185	1:34	34:38	11:11	207	1:50:58
John	Stewart	M2529	190	24/31	146/185	14:10	2:13	230	1:56	1:00:08	17.2	175	1:09	33:42	10:52	199	1:51:02
Cyndi	Hoon-Donley	F4549	191	4/10	45/92	11:17	1:46	107	3:26	1:05:07	15.8	220	0:18	30:55	9:59	161	1:51:02

# YMCA Spirit, Mind, Body Sprint Triathlon

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Swim 700 Yards - Bike 17.2 Miles - Run 3.1 Miles

## Overall

George Delancey	M4044	192	30/36	147/185	14:31	2:16	236	2:59	58:55	17.5	153	1:52	32:48	10:35	186	1:51:04
Fred Heseman	M5559	193	8/12	148/185	14:49	2:19	243	1:47	1:06:33	15.5	231	1:01	27:14	8:47	106	1:51:21
Andrea Lodato	F3034	194	8/11	46/92	10:44	1:41	82	2:16	1:05:56	15.7	225	1:05	31:23	10:08	171	1:51:22
Max Emery	M2529	195	25/31	149/185	12:12	1:55	152	3:38	1:08:47	15.0	244	1:37	25:11	8:08	61	1:51:24
Laura Noble	F3539	196	14/26	47/92	12:21	1:56	160	2:00	1:05:53	15.7	224	0:42	30:32	9:51	154	1:51:26
Andy Paul	M6064	197	4/7	150/185	13:14	2:04	205	4:52	1:00:41	17.0	183	1:41	31:13	10:04	166	1:51:38
Dave Harper	M3034	198	18/21	151/185	12:53	2:01	190	3:40	1:04:24	16.0	212	2:07	28:55	9:20	130	1:51:56
Jeff Mulzer	M4549	199	19/21	152/185	12:39	1:59	181	3:41	1:04:05	16.1	209	1:02	31:07	10:03	165	1:52:32
David Burton	M5054	200	7/11	153/185	15:38	2:27	257	2:11	1:01:31	16.8	189	1:56	31:39	10:13	173	1:52:53
Thomas McDonald	M5559	201	9/12	154/185	12:38	1:59	179	3:37	1:05:13	15.8	221	0:43	30:48	9:57	158	1:52:58
Larry McCoy	M4044	202	31/36	155/185	14:35	2:17	239	1:44	59:47	17.3	169	0:44	36:20	11:44	227	1:53:09
Mistene Halter	F3539	203	15/26	48/92	13:07	2:03	199	2:42	1:00:55	16.9	186	1:03	35:58	11:37	222	1:53:44
Barrett Fisher	M2529	204	26/31	156/185	13:57	2:11	223	1:57	1:02:30	16.5	198	2:04	33:34	10:50	196	1:54:00
Tricia Baird	F3539	205	16/26	49/92	14:12	2:14	231	1:52	1:04:29	16.0	214	1:39	31:54	10:18	175	1:54:04
Sherry Arnold	F5559	206	1/2	50/92	11:44	1:50	128	1:09	1:02:30	16.5	197	0:38	38:08	12:18	240	1:54:06
Tom Arnold	M5559	207	10/12	157/185	15:31	2:26	255	2:08	1:03:44	16.2	206	0:43	32:34	10:31	185	1:54:38
Robert Olsen	M5054	208	8/11	158/185	11:50	1:51	131	3:26	56:55	18.1	131	2:16	40:24	13:02	254	1:54:49
Cindy Taylor	F4549	209	5/10	51/92	11:07	1:45	100	3:43	1:07:04	15.4	235	1:10	32:04	10:21	177	1:55:05
Bryan Brown	M3539	210	31/32	159/185	14:52	2:20	245	2:40	59:26	17.4	163	0:58	37:23	12:04	232	1:55:16
Holly Hobgood	F3539	211	17/26	52/92	11:34	1:49	123	1:44	1:03:50	16.2	207	2:36	36:03	11:38	223	1:55:46
Drew Kinman	M2529	212	27/31	160/185	14:08	2:13	229	3:21	1:03:02	16.4	202	1:02	35:11	11:21	210	1:56:41
Sheila Wallace	F3539	213	18/26	53/92	12:32	1:58	174	2:07	1:01:20	16.8	188	1:36	39:20	12:42	247	1:56:52
Jeffrey Purdue	M4044	214	32/36	161/185	12:49	2:00	185	2:23	1:00:36	17.0	178	2:10	39:00	12:35	244	1:56:55
David Finney	M2529	215	28/31	162/185	14:05	2:12	228	5:45	58:32	17.6	146	5:01	34:10	11:02	203	1:57:32
Tracy Beer	F2529	216	10/14	54/92	11:26	1:48	115	3:38	1:05:22	15.8	223	3:36	34:25	11:06	206	1:58:25
Shanta Clark	F2529	217	11/14	55/92	10:50	1:42	86	2:00	1:10:38	14.6	252	0:55	34:06	11:00	202	1:58:27
Kim Kasenow	F5054	218	4/5	56/92	13:07	2:03	200	2:01	1:09:50	14.8	249	1:27	32:08	10:22	179	1:58:31
Tyler Norrenbrock	M2024	219	9/9	163/185	14:36	2:17	241	2:58	1:07:07	15.4	236	0:58	33:16	10:44	192	1:58:53
Christophe Nolan	M3034	220	19/21	164/185	16:28	2:35	270	2:37	1:01:40	16.7	194	2:42	35:29	11:27	213	1:58:54
Beth Renschler	F4044	221	3/9	57/92	14:15	2:14	232	2:02	1:04:27	16.0	213	1:22	36:53	11:54	229	1:58:56
Anna Demerly	F4044	222	4/9	58/92	13:28	2:07	212	0:57	1:04:42	16.0	217	1:53	37:59	12:15	237	1:58:57
Edd Haynes	M3034	223	20/21	165/185	14:05	2:12	227	1:52	59:14	17.4	159	1:30	42:32	13:43	265	1:59:11
Doug Gott	M4549	224	20/21	166/185	12:02	1:53	139	3:24	1:11:59	14.3	254	1:17	30:34	9:52	155	1:59:14
Amanda Linn	F3539	225	19/26	59/92	12:11	1:55	150	1:34	1:16:40	13.5	264	0:37	28:32	9:13	121	1:59:31
Kerrie Harth	F3539	226	20/26	60/92	11:17	1:46	106	2:15	1:08:32	15.1	242	1:36	36:04	11:38	224	1:59:42
Jessica Russell	F2529	227	12/14	61/92	12:29	1:57	170	2:47	1:02:18	16.6	196	1:23	40:52	13:11	257	1:59:47
Jennifer Freeman	F3539	228	21/26	62/92	15:33	2:26	256	2:46	1:04:07	16.1	210	2:37	34:52	11:15	208	1:59:53
Cindy Dale	F3034	229	9/11	63/92	15:07	2:22	247	3:31	1:05:56	15.7	226	2:12	33:16	10:44	191	2:00:00
Pam Gardner	F4549	230	6/10	64/92	12:20	1:56	159	2:58	1:06:34	15.5	232	1:19	37:03	11:57	230	2:00:13
Linda Clemmer	F5559	231	2/2	65/92	15:47	2:28	262	1:57	1:02:52	16.4	201	1:35	38:04	12:17	239	2:00:13
Michelle Thomas	F4044	232	5/9	66/92	15:46	2:28	261	1:15	1:06:23	15.5	230	1:33	35:46	11:33	219	2:00:41
Jennifer Brown	F4044	233	6/9	67/92	9:02	1:25	20	1:04	1:09:18	14.9	245	2:10	39:36	12:47	249	2:01:09
Danny Trusty	M6064	234	5/7	167/185	13:59	2:12	224	4:26	1:08:01	15.2	241	1:16	35:35	11:29	215	2:01:15
Randy Moll	M5054	235	9/11	168/185	13:54	2:11	221	4:37	1:03:25	16.3	204	1:20	38:11	12:19	241	2:01:24
Amy Lutzel	F3539	236	22/26	68/92	15:09	2:22	249	1:49	1:04:35	16.0	216	2:13	38:00	12:16	238	2:01:45
Robert Pemberton	M4044	237	33/36	169/185	15:23	2:25	253	2:05	1:00:40	17.0	182	0:36	43:06	13:55	266	2:01:47
Stan Gilham	M4044	238	34/36	170/185	15:53	2:29	264	2:19	1:14:18	13.9	260	1:20	28:30	9:12	120	2:02:18
Michael Titzer	M6064	239	6/7	171/185	18:43	2:56	278	2:36	1:08:00	15.2	239	1:55	31:38	10:13	172	2:02:50

# YMCA Spirit, Mind, Body Sprint Triathlon

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Swim 700 Yards - Bike 17.2 Miles - Run 3.1 Miles

## Overall

Derek	Green	M3034	240	21/21	172/185	14:42	2:18	242	2:11	1:04:02	16.1	208	1:44	40:29	13:04	255	2:03:06
Dana	Clewlou-Bray	F3539	241	23/26	69/92	14:36	2:17	240	1:47	1:04:53	15.9	219	0:22	41:32	13:24	259	2:03:08
Erin	Arnold	F2024	242	7/9	70/92	14:33	2:17	237	2:06	1:10:26	14.7	251	0:47	35:47	11:33	220	2:03:38
Scott	Bilskie	M2529	243	29/31	173/185	15:08	2:22	248	3:10	1:06:41	15.5	233	1:05	37:35	12:08	234	2:03:39
Eric	Simpson	M2529	244	30/31	174/185	11:52	1:52	132	2:11	1:09:57	14.8	250	0:37	39:13	12:39	245	2:03:47
Holly	Will	F4549	245	7/10	71/92	13:32	2:07	215	2:02	1:07:31	15.3	238	1:20	40:21	13:01	253	2:04:44
John	Anoskey	M5054	246	10/11	175/185	16:00	2:30	265	3:27	1:08:00	15.2	240	2:09	35:42	11:31	217	2:05:16
Amy	Mutz	F4549	247	8/10	72/92	14:59	2:21	246	1:15	1:01:33	16.8	190	1:16	46:20	14:57	273	2:05:22
Paul	Kasenow	M4549	248	21/21	176/185	12:26	1:57	168	4:26	1:09:49	14.8	248	2:12	37:32	12:07	233	2:06:24
Julie	Ammon	F3539	249	24/26	73/92	12:24	1:57	163	1:24	1:08:38	15.0	243	1:57	43:28	14:01	267	2:07:49
Curt	Griggs	M5559	250	11/12	177/185	13:30	2:07	213	2:35	1:01:33	16.8	191	1:48	48:45	15:44	276	2:08:09
Stephanie	Mikulski	F2529	251	13/14	74/92	15:24	2:25	254	2:45	1:09:31	14.8	246	2:17	38:15	12:21	243	2:08:10
Jennifer	Wagner	F3539	252	25/26	75/92	16:43	2:37	271	3:13	1:07:26	15.3	237	2:05	39:51	12:52	251	2:09:16
Peter	Emery	M5559	253	12/12	178/185	14:04	2:12	226	2:00	1:09:38	14.8	247	1:41	42:31	13:43	264	2:09:52
Audrey	Carnahan	F2024	254	8/9	76/92	12:10	1:54	148	3:04	1:15:24	13.7	261	1:18	39:18	12:41	246	2:11:11
Mike	Martyn	M5054	255	11/11	179/185	18:00	2:49	275	2:31	1:06:06	15.6	228	2:18	42:22	13:40	263	2:11:15
Jason	Fischer	M2529	256	31/31	180/185	14:19	2:15	234	3:00	1:21:57	12.6	270	0:19	32:20	10:26	183	2:11:51
James	Ashby	M6064	257	7/7	181/185	15:39	2:27	259	4:06	1:13:38	14.0	257	1:01	38:12	12:20	242	2:12:34
Kwang	Kim	M70UP	258	1/1	182/185	17:21	2:43	274	5:33	1:17:01	13.4	265	1:36	32:13	10:24	182	2:13:41
Alyssa	Miller	F1519	259	2/4	77/92	12:25	1:57	164	2:52	1:18:09	13.2	266	4:18	36:45	11:52	228	2:14:27
Jaci	Phelps	F2024	260	9/9	78/92	12:27	1:57	169	2:48	1:15:38	13.6	262	2:10	41:27	13:23	258	2:14:27
Susan	Sauls	F4044	261	7/9	79/92	15:13	2:23	250	2:35	1:14:08	13.9	259	1:03	41:38	13:26	260	2:14:34
Patricia	Schmitt	F4044	262	8/9	80/92	14:49	2:19	244	3:16	1:15:40	13.6	263	0:58	39:57	12:54	252	2:14:37
Jayme	Horton	F3034	263	10/11	81/92	9:57	1:34	52	5:49	1:28:12	11.7	275	0:48	30:39	9:54	156	2:15:23
Lavern	Baker	F4549	264	9/10	82/92	14:27	2:16	235	2:29	1:12:50	14.2	255	2:20	43:42	14:06	268	2:15:46
Philip	Behme	M4044	265	35/36	183/185	16:03	2:31	266	2:02	1:24:26	12.2	273	1:38	32:59	10:39	187	2:17:05
Sheree	Russell	F5054	266	5/5	83/92	17:18	2:43	273	2:55	1:11:15	14.5	253	0:53	45:24	14:39	272	2:17:44
Brenda	Beck	F3539	267	26/26	84/92	12:47	2:00	183	2:52	1:21:23	12.7	267	0:56	40:29	13:04	256	2:18:26
Marsha	Price	F65UP	268	1/1	85/92	15:38	2:27	258	2:30	1:29:19	11.6	277	1:10	37:52	12:13	236	2:26:25
Laura	Fox	F4549	269	10/10	86/92	16:16	2:33	268	5:38	1:21:26	12.7	268	1:46	42:03	13:34	261	2:27:07
Bonnie	Ambrose	F6064	270	1/1	87/92	18:27	2:53	276	3:29	1:21:31	12.7	269	1:37	42:06	13:35	262	2:27:08
Alyse	Zook	F1519	271	3/4	88/92	11:24	1:47	114	8:12	1:23:20	12.4	271	0:59	44:54	14:29	270	2:28:48
Erin	Matheny	F1519	272	4/4	89/92	15:45	2:28	260	3:51	1:13:07	14.1	256	11:12	44:56	14:30	271	2:28:48
Saniya	Hongladarom	F4044	273	9/9	90/92	18:30	2:54	277	3:03	1:13:39	14.0	258	2:30	53:35	17:17	277	2:31:14
Greg	Dietz	M3539	274	32/32	184/185	15:18	2:24	252	7:42	1:23:34	12.3	272	5:20	39:40	12:48	250	2:31:32
Yvette	Laplante	F2529	275	14/14	91/92	11:09	1:45	102	1:38	1:34:56	10.9	279	1:02	43:53	14:10	269	2:32:36
Amy	Woebkenburg	F3034	276	11/11	92/92	12:50	2:01	186	2:58	1:28:17	11.7	276	0:58	48:18	15:35	275	2:33:19
Peter	Sherman	M4044	277	36/36	185/185	10:36	1:40	79	3:38	1:32:03	11.2	278	1:25	47:35	15:21	274	2:35:17