

# Lake St Louis Triathlon

## Final Results

Saturday, September 1, 2007 12:34:53 PM

### Overall By Gender: Male Short Course

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
1 / 1 / 1	715	SCHOENHOLZ, Brian	WENTZVILLE MO	... Short Overall Male	6:22.900	00:25:31.6	1:33.700	34:11.800	21.1	0:39.000	14:39.000	00:05:51.6	57:35.9	0:00.0
2 / 2 / 2	654	ROTH, Ryan	ST. LOUIS MO	US Short Overall Male	6:16.300	00:25:05.2	1:24.300	34:14.500	21.0	0:38.600	14:53.100	00:05:57.2	57:36.3	0:00.4
3 / 3 / 3	547	KLUTEMKAMPER, Larry	LAKE SAINT LOUIS MO	... Short Overall Male	6:54.300	00:27:37.2	2:18.500	33:49.900	21.3	1:00.000	16:19.000	00:06:31.6	1:00:33.2	+2:57.3
4 / 4 / 1	617	RIGDON, Tony	COLUMBIA MO	US Short_M_30-34	7:17.300	00:29:09.2	1:20.700	35:17.900	20.4	0:34.100	16:03.400	00:06:25.4	1:00:44.1	+3:08.2
5 / 5 / 1	697	EASTMAN, Bradford	LEBANON IL	US Short_M_25-29	6:32.800	00:26:11.2	1:18.300	37:56.500	19.0	0:52.200	15:39.900	00:06:16.0	1:02:29.7	+4:53.8
6 / 6 / 1	656	SMITH, Kent	CLAYTON MO	US Short_M_35-39	7:15.000	00:29:00.0	1:36.100	35:03.600	20.5	0:32.700	17:58.700	00:07:11.5	1:02:34.8	+4:58.9
7 / 7 / 2	649	LIND, Jason	DARDENNE PRAIRIE MO	... Short_M_35-39	8:09.900	00:32:39.6	1:33.200	35:19.500	20.4	1:10.400	16:25.800	00:06:34.3	1:02:50.6	+5:14.7
8 / 8 / 1	858	VANDERLINDEN, Jeff	CHESTERFIELD MO	... Short_M_40-44	7:00.100	00:28:00.4	2:04.800	38:04.800	18.9	1:30.000	15:30.100	00:06:12.0	1:04:18.9	+6:43.0
9 / 9 / 2	720	CHAMBERS, Joseph	COLUMBIA MO	US Short_M_25-29	7:45.700	00:31:02.8	1:37.200	36:43.300	19.6	0:57.900	18:22.300	00:07:20.9	1:05:37.9	+8:02.0
10 / 10 / 1	552	WOOD, Robert	WRIGHT CITY MO	... Short_M_50-54	7:10.100	00:28:40.4	2:11.700	38:42.300	18.6	1:24.100	18:05.600	00:07:14.2	1:07:45.4	+10:09.5
11 / 11 / 2	615	WARD, Adam	VALLEY PARK MO	... Short_M_30-34	6:17.900	00:25:11.6	1:52.500	39:24.500	18.3	1:06.100	19:11.800	00:07:40.7	1:08:03.0	+10:27.1
12 / 12 / 3	647	HULEN, Paul	ST. LOUIS MO	US Short_M_35-39	8:04.200	00:32:16.8	2:27.800	39:30.500	18.2	1:07.800	17:44.800	00:07:05.9	1:09:02.3	+11:26.4
13 / 13 / 4	636	PESSIN, David	CHESTERFIELD MO	... Short_M_35-39	8:32.800	00:34:11.2	1:39.100	38:46.400	18.6	1:19.100	19:04.900	00:07:38.0	1:09:35.0	+11:59.1
14 / 15 / 2	557	MCNULTY, Patrick	ST LOUIS MO	US Short_M_50-54	7:16.700	00:29:06.8	3:00.700	40:37.600	17.7	1:34.200	17:46.000	00:07:06.4	1:10:25.4	+12:49.5
15 / 16 / 5	651	WHITEHOUSE, Brett	GLEN CARBON IL	... Short_M_35-39	8:46.600	00:35:06.4	2:14.100	37:58.300	19.0	1:23.800	19:53.500	00:07:57.4	1:10:26.1	+12:50.2
16 / 17 / 2	846	MARGULIS, Bill	ST. LOUIS MO	US Short_M_40-44	7:36.200	00:30:24.8	2:04.700	40:14.000	17.9	1:35.400	19:16.200	00:07:42.5	1:10:58.6	+13:22.7
17 / 18 / 1	544	WATERBURY, Jack	TOWN & COUNTRY MO	... Short_M_45-49	7:54.800	00:31:39.2	2:01.700	38:50.800	18.5	1:19.200	21:00.100	00:08:24.0	1:11:20.3	+13:44.4
18 / 19 / 3	847	MEYER, Doug	ST. LOUIS MO	US Short_M_40-44	7:15.600	00:29:02.4	2:12.700		INF.0			00:00:00.0	1:11:29.7	+13:53.8
19 / 20 / 3	719	BETZ, Robert	SAINT LOUIS MO	... Short_M_25-29	7:27.100	00:29:48.4	3:04.500	39:16.700	18.3	1:33.100	20:00.900	00:08:00.4	1:11:33.0	+13:57.1
20 / 25 / 4	837	MCDOWELL, Andy	KIRKWOOD MO	US Short_M_40-44	8:53.000	00:35:32.0	3:11.700	41:47.300	17.2	2:20.500	18:04.900	00:07:14.0	1:14:28.0	+16:52.1
21 / 26 / 3	653	COTIGNOLA, Miguel	ST. LOUIS MO	US Short_M_30-34	7:38.300	00:30:33.2	2:03.400	44:04.600	16.7	0:56.000	20:39.000	00:08:15.6	1:14:32.9	+16:57.0
22 / 28 / 4	614	WALLIS, Chad	CHESTERFIELD MO	... Short_M_30-34	7:11.400	00:28:45.6	2:31.900	44:07.800	16.3	1:21.200	19:46.900	00:07:54.8	1:15:11.3	+17:35.4
23 / 29 / 4	718	FALVEY, Shaun	SAINT LOUIS MO	... Short_M_25-29	8:24.300	00:33:37.2	2:57.100	42:29.700	16.9	1:19.500	19:56.500	00:07:58.6	1:15:20.1	+17:44.2
24 / 30 / 1	664	BURKE, Aaron	BELLEVILLE IL	US Short_Clydesdale	9:39.400	00:38:37.6	2:28.200	42:11.300	17.1	1:34.700	19:32.200	00:07:48.9	1:15:34.7	+17:58.8
25 / 31 / 6	624	OVERMAN, Joe	O FALLON MO	US Short_M_35-39	9:35.200	00:38:20.8	3:28.400	44:24.900	16.2	0:59.800	16:58.900	00:06:47.6	1:15:35.6	+17:59.7
26 / 34 / 5	834	BERRA, Tom	CHESTERFIELD MO	... Short_M_40-44	8:41.600	00:34:46.4	3:25.800	41:22.300	17.4	2:10.800	20:51.700	00:08:20.7	1:16:42.0	+19:06.1
27 / 35 / 7	629	DODD, Melvin	SHILOH IL	US Short_M_35-39	7:39.600	00:30:38.4	0:00.000	43:10.700	16.7	2:17.900	23:36.800	00:09:26.7	1:16:45.0	+19:09.1
28 / 36 / 6	848	STEFFENSON, Troy	ST. LOUIS MO	US Short_M_40-44	9:21.800	00:37:27.2	2:55.200	43:28.700	16.6	0:50.100	19:59.300	00:07:59.7	1:16:46.7	+19:10.8
29 / 37 / 8	638	WORTHEN, Greg	EDWARDSVILLE IL	... Short_M_35-39	8:28.000	00:33:52.0	2:26.800	42:28.000	16.9	1:36.400	21:54.900	00:08:46.0	1:17:05.6	+19:29.7
30 / 38 / 7	838	PORTNOY, Kristopher	WILDWOOD MO	US Short_M_40-44	10:33.100	00:42:12.4	1:57.700	42:54.500	16.8	1:11.200	20:23.300	00:08:09.3	1:17:09.5	+19:33.6
31 / 39 / 8	844	DEYOUNG, Mark	ST. LOUIS MO	US Short_M_40-44	7:02.700	00:28:10.8	2:27.200	43:43.200	16.5	1:51.900	21:52.200	00:08:44.9	1:17:11.5	+19:35.6
32 / 40 / 9	630	LA POINT, Todd	UNIVERSITY CITY MO	... Short_M_35-39	8:22.900	00:33:31.6	2:07.000	42:04.800	17.1	2:12.800	22:14.800	00:08:53.9	1:17:12.9	+19:37.0
33 / 41 / 2	857	PRUETT, John	KANSAS CITY MO	... Short_Clydesdale	8:47.500	00:35:10.0	2:40.900	38:57.000	18.5	1:24.800	25:08.500	00:10:03.4	1:17:13.0	+19:37.1
34 / 42 / 3	553	O'BRIEN, Patrick	ST LOUIS MO	US Short_M_50-54	8:25.800	00:33:43.2	2:45.600	43:01.700	16.7	2:18.600	20:37.500	00:08:15.0	1:17:20.1	+19:44.2
35 / 44 / 9	852	JOHNSON, Michael	SPRINGFIELD MO	... Short_M_40-44	9:13.700	00:36:54.8	3:23.200	42:08.700	17.1	2:46.800	19:52.800	00:07:57.1	1:17:38.2	+20:02.3
36 / 45 / 10	856	PRIBE, Daniel	CREVE COEUR MO	... Short_M_40-44	7:49.400	00:31:17.6	2:58.000	43:13.500	16.7	1:09.200	22:21.400	00:08:56.6	1:17:46.5	+20:10.6
37 / 46 / 11	849	VOGEL, Stephen	WOOD RIVER IL	US Short_M_40-44	6:47.500	00:27:10.0	2:47.500	44:37.900	16.1	1:30.500	21:58.600	00:08:47.4	1:17:55.3	+20:19.4
38 / 47 / 12	832	MEIRINK, Bill	ST. LOUIS MO	US Short_M_40-44	9:29.200	00:37:56.8	2:56.300	42:54.500	16.8	1:41.000	20:44.800	00:08:17.9	1:17:57.8	+20:21.9
39 / 50 / 2	546	HOFFMEYER, Joe	ST. LOUIS MO	US Short_M_45-49	11:04.300	00:44:17.2	3:12.100	42:12.600	17.1	1:37.500	20:05.800	00:08:02.3	1:18:23.9	+20:48.0
40 / 51 / 5	703	BRADLEY, Shawn	ARNOLD MO	US Short_M_25-29	8:22.600	00:33:30.4	2:17.900	43:04.000	16.7	1:10.100	23:18.700	00:09:19.5	1:18:28.6	+20:52.7
41 / 52 / 10	639	MILLS, Jeff	EDWARDSVILLE IL	... Short_M_35-39	7:19.200	00:29:16.8	3:03.400	44:30.700	16.2	1:31.400	21:55.100	00:08:46.0	1:18:31.6	+20:55.7
42 / 53 / 6	710	SCHROEDER, Scott	ST. PETERS MO	US Short_M_25-29	11:15.400	00:45:01.6	2:35.900	41:29.700	17.4	2:27.000	20:48.900	00:08:19.6	1:18:51.4	+21:15.5
43 / 55 / 7	706	HEMME, Joel	ST. LOUIS MO	US Short_M_25-29	9:33.800	00:38:15.2	2:32.800	44:43.100	16.1	1:12.900	21:08.100	00:08:27.2	1:19:24.1	+21:48.2
44 / 57 / 4	560	DRASTAL, Paul	BALLWIN MO	US Short_M_50-54	11:44.800	00:46:59.2	2:59.600	42:59.300	16.8	1:46.300	20:01.700	00:08:00.7	1:19:45.4	+22:09.5
45 / 58 / 8	716	BESMER, Michael	FLORISSANT MO	... Short_M_25-29	9:17.500	00:37:10.0	2:25.200	43:04.700	16.7	1:36.800	23:15.700	00:09:18.3	1:19:50.2	+22:14.3
46 / 59 / 9	717	BESMER, Timothy	UNIVERSITY CITY MO	... Short_M_25-29	9:41.700	00:38:46.8	2:19.400	42:26.500	17.0	1:56.700	23:18.100	00:09:19.2	1:19:51.9	+22:16.0
47 / 60 / 3	683	TRAPPER, Ron	DARDENNE PRAIRIE MO	... Short_Clydesdale	9:42.300	00:38:49.2	3:46.100	41:50.900	17.2	1:46.600	22:40.900	00:09:04.4	1:19:57.8	+22:21.9
48 / 64 / 13	845	HOWARD, Brian	ATLANTA GA	US Short_M_40-44	9:58.100	00:39:52.4	3:12.400	42:25.100	17.0	2:07.200	23:30.100	00:09:24.0	1:21:26.9	+23:51.0
49 / 65 / 14	854	MONSEES, Rick	KANSAS CITY MO	... Short_M_40-44	9:23.800	00:37:35.2	3:21.200	43:20.000	16.6	2:04.800	23:16.100	00:09:18.4	1:21:40.8	+24:04.9
50 / 66 / 15	833	REDMOND, Chris	WEBSTER GROVES MO	... Short_M_40-44	10:02.400	00:40:09.6	4:17.400	41:37.500	17.3	2:32.800	22:55.700	00:09:10.3	1:21:41.0	+24:05.1
51 / 69 / 11	628	BERT, Michael	CLAYTON MO	US Short_M_35-39	6:57.100	00:27:48.4	3:02.100	46:29.400	15.5	1:59.300	23:24.400	00:09:21.8	1:22:06.9	+24:31.0
52 / 70 / 5	613	TANNER, Brendan	MAPLEWOOD MO	... Short_M_30-34	11:56.400	00:47:45.6	3:47.800	40:33.700	17.8	2:26.300	23:18.000	00:09:19.2	1:22:11.9	+24:36.0
53 / 71 / 16	835	BULANDA, Mark	CHESTERFIELD MO	... Short_M_40-44	9:18.500	00:37:14.0	2:39.300	43:53.300	16.4	2:58.600	23:11.200	00:09:16.5	1:22:15.4	+24:39.5
54 / 72 / 3	549	RUZICKA, Paul	FENTON MO	US Short_M_45-49	10:31.800	00:42:07.2	2:55.200	43:01.100	16.7	2:12.500	23:23.700	00:09:21.5	1:22:19.6	+24:43.7
55 / 74 / 1	563	HUCKSHOLD, Wayne	CHESTERFIELD MO	... Short_M_55-59	7:18.300	00:29:13.2	3:02.300	45:15.400	15.9	2:00.900	24:39.000	00:09:51.6	1:22:30.7	+24:54.8
56 / 77 / 4	672	KING, Michael	O FALLON MO	US Short_Clydesdale	12:07.300	00:48:29.2	2:25.400	40:36.500	17.7	1:32.100	26:04.000	00:10:25.6	1:22:58.6	+25:22.7
57 / 78 / 12	631	STOTT, Brad	KANSAS CITY MO	... Short_M_35-39	11:14.900	00:44:59.6	3:46.400	46:15.700	15.6	1:30.200	20:11.600	00:08:04.6	1:23:07.0	+25:31.1

\* indicates adjustments applied, see last page for details

# Lake St Louis Triathlon

## Overall By Gender: Male Short Course Continued

Gndr	/OvrAll	/Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
58	/ 79	/ 1	692	SCHNEIDER, Andrew	FLORISSANT MO	... Short_M_1-19	8:45.300	00:35:01.2	3:38.500	51:10.000	14.1	1:28.700	17:59.300	00:07:11.7	1:23:09.9	+25:34.0
59	/ 80	/ 10	714	LARSON, Matt	ST. ANN MO	US Short_M_25-29	9:33.100	00:38:12.4	3:31.500	46:32.500	15.5	1:22.800	22:18.100	00:08:55.2	1:23:32.4	+25:56.5
60	/ 82	/ 5	555	GRAHAM, Tim	BALLWIN MO	US Short_M_50-54	9:14.700	00:36:58.8	2:46.000	45:09.300	15.9	1:54.600	24:22.000	00:09:44.8	1:23:36.2	+26:00.3
61	/ 83	/ 6	608	HEGARTY, Shane	LAKE ST. LOUIS MO	... Short_M_30-34	13:15.500	00:53:02.0	4:13.900	44:48.600	16.1	1:01.900	20:23.500	00:08:09.4	1:23:51.1	+26:15.2
62	/ 84	/ 2	561	DAVIS, Scott	LAKE SAINT LOUIS MO	...Short_M_55-59	10:07.900	00:40:31.6	3:11.600	44:06.200	16.3	2:00.800	24:35.700	00:09:50.3	1:24:14.5	+26:38.6
63	/ 85	/ 6	556	MATTINGLY, William	HERRIN IL	US Short_M_50-54	8:15.000	00:33:00.0	3:04.200	49:57.400	14.4	2:52.100	20:01.800	00:08:00.7	1:24:23.5	+26:47.6
64	/ 86	/ 3	564	MCADAMIS, Jim	ST. CHARLES MO	... Short_M_55-59	10:06.600	00:40:26.4	4:27.200	44:10.600	16.3	1:26.300	24:17.800	00:09:43.1	1:24:44.8	+27:08.9
65	/ 87	/ 13	632	HOLLINGER, Mark	SAINT CHARLES MO	... Short_M_35-39	8:05.100	00:32:20.4	3:56.600	48:08.800	14.9	1:35.100	22:53.300	00:09:09.3	1:24:51.6	+27:15.7
66	/ 88	/ 1	566	HALLMICEK, John	ST. CHARLES MO	... Short_M_60-64	10:25.000	00:41:40.0	2:59.000	45:48.900	15.7	1:48.000	23:46.000	00:09:30.4	1:25:02.3	+27:26.4
67	/ 89	/ 11	700	FRESE, James	MARYLAND HEIGHTS MO	...Short_M_25-29	10:19.400	00:41:17.6	4:35.600	43:53.300	16.4	1:47.100	24:16.300	00:09:42.5	1:25:04.4	+27:28.5
68	/ 98	/ 14	646	HERNDON, Tom	LAKE SAINT LOUIS MO	...Short_M_35-39	12:41.100	00:50:44.4	3:16.400	46:26.500	15.5	0:53.800	22:32.700	00:09:01.1	1:26:04.0	+28:28.1
69	/ 100	/ 7	618	TIEZZI, Matthew	CHESTERFIELD MO	... Short_M_30-34	8:53.800	00:35:35.2	3:17.800	46:34.500	15.5	2:05.500	25:12.300	00:10:04.9	1:26:19.9	+28:44.0
70	/ 101	/ 5	681	RAWLINGS, Jeff	COLUMBIA IL	US Short_Clydesdale	9:18.400	00:37:13.6	3:13.200	47:01.100	15.3	1:36.400	25:07.400	00:10:03.0	1:26:31.0	+28:55.1
71	/ 102	/ 6	673	KNOWLING, Doug	WILDWOOD MO	USShort_Clydesdale	11:47.400	00:47:09.6	3:16.800	44:08.200	16.3	1:38.600	25:41.200	00:10:16.5	1:26:46.7	+29:10.8
72	/ 103	/ 12	702	WILMAS, John	HAZELWOOD MO	... Short_M_25-29	9:13.000	00:36:52.0	4:44.200	45:02.200	16.0	3:54.100	23:47.000	00:09:30.8	1:26:53.3	+29:17.4
73	/ 104	/ 15	633	IMIG, Mark	ST. LOUIS MO	US Short_M_35-39	7:32.900	00:30:11.6	2:35.000	50:41.800	14.2	0:42.600	25:11.100	00:10:04.4	1:26:57.6	+29:21.7
74	/ 107	/ 13	709	SCHOESSEL, Drew	GROVER MO	US Short_M_25-29	8:56.300	00:35:45.2	3:19.700	47:24.000	15.2	1:38.500	25:49.700	00:10:19.9	1:27:22.5	+29:46.6
75	/ 109	/ 17	839	GIESELMANN, Todd	LAKE ST. LOUIS MO	... Short_M_40-44	10:14.300	00:40:57.2	3:40.000	47:30.700	15.2	1:40.500	24:27.000	00:09:46.8	1:27:49.2	+30:13.3
76	/ 110	/ 14	712	WALCHLI, Ryan	SAINT CHARLES MO	... Short_M_25-29	7:44.200	00:30:56.8	2:36.600	49:30.300	14.5	1:29.100	26:31.400	00:10:36.6	1:28:01.3	+30:25.4
77	/ 112	/ 16	645	HAWKINS, William	OLIVETTE MO	US Short_M_35-39	8:49.100	00:35:16.4	3:32.500	48:36.000	14.8	2:14.100	25:23.900	00:10:09.6	1:28:45.2	+31:09.3
78	/ 114	/ 7	674	LEWIS, Steven	HAZELWOOD MO	... Short_Clydesdale	11:16.600	00:45:06.4	4:24.900	46:57.300	15.3	2:39.000	23:16.000	00:09:18.4	1:28:47.0	+31:11.1
79	/ 116	/ 4	542	MCHUGH, Pat	KIRKWOOD MO	US Short_M_45-49	10:38.100	00:42:32.4	4:39.500	44:39.100	16.1	2:25.600	26:38.900	00:10:39.6	1:29:14.0	+31:38.1
80	/ 117	/ 8	665	DAVIS, John	LAMAR MO	USShort_Clydesdale	10:03.400	00:40:13.6	3:38.600	49:47.900	14.5	1:57.800	23:38.000	00:09:27.2	1:29:18.0	+31:42.1
81	/ 118	/ 5	545	WATT, James	WEBSTER GROVES MO	... Short_M_45-49	9:27.100	00:37:48.4	4:12.800	44:07.300	16.3	2:22.400	29:00.700	00:11:36.3	1:29:27.0	+31:51.1
82	/ 119	/ 2	567	BRIGGS, Michael	SAINT LOUIS MO	...Short_M_60-64	9:09.700	00:36:38.8	2:53.100	47:04.100	15.3	2:18.700	27:51.200	00:11:08.5	1:29:32.6	+31:56.7
83	/ 120	/ 17	621	HOLLAND, Scott	EUREKA MO	US Short_M_35-39	8:11.200	00:32:44.8	2:53.200	49:05.700	14.7	2:32.800	26:42.700	00:10:41.1	1:29:41.0	+32:05.1
84	/ 121	/ 4	562	GORLA, Michael	ST. LOUIS MO	US Short_M_55-59	11:25.900	00:45:43.6	4:00.200	47:45.100	15.1	3:16.600	23:07.700	00:09:15.1	1:29:49.5	+32:13.6
85	/ 122	/ 18	619	ATEN, Doug	FLORISSANT MO	... Short_M_35-39	9:54.800	00:39:39.2	4:24.000	48:38.700	14.8	1:23.400	25:26.900	00:10:10.8	1:29:59.4	+32:23.5
86	/ 124	/ 19	642	BETTAG, Jeff	KIRKWOOD MO	US Short_M_35-39	13:37.200	00:54:28.8	2:55.100	47:48.700	15.1	1:58.500	23:49.400	00:09:31.8	1:30:24.2	+32:48.3
87	/ 125	/ 9	682	SCHULTE, Cory	LAKE ST. LOUIS MO	... Short_Clydesdale	12:15.300	00:49:01.2	3:43.200	45:01.800	16.0	1:45.700	27:28.400	00:10:59.4	1:30:27.2	+32:51.3
88	/ 126	/ 10	662	BARNES, James	CHESTERFIELD MO	... Short_Clydesdale	10:48.700	00:43:14.8	3:13.500	45:28.200	15.8	1:49.300	28:57.500	00:11:35.0	1:30:32.8	+32:56.9
89	/ 129	/ 20	655	KIRKS, Matt	LAKE SAINT LOUIS MO	...Short_M_35-39	12:23.900	00:49:35.6	4:03.400	49:45.300	14.5	1:07.100	23:42.900	00:09:29.2	1:31:13.9	+33:38.0
90	/ 132	/ 6	855	ONDER, Bob	LAKE SAINT LOUIS MO	...Short_M_45-49	11:16.100	00:45:04.4	4:18.200	53:19.600	13.5	2:14.000	20:29.900	00:08:12.0	1:31:50.3	+34:14.4
91	/ 134	/ 18	850	BURWELL, Scott	ST. CHARLES MO	... Short_M_40-44	13:12.900	00:52:51.6	3:43.300	49:16.900	14.6	2:20.000	23:23.600	00:09:21.4	1:32:09.5	+34:33.6
92	/ 135	/ 19	842	OCONNELL, Vince	CORINTH TX	US Short_M_40-44	10:29.800	00:41:59.2	4:07.400	50:21.400	14.3	1:13.500	25:56.600	00:10:22.6	1:32:22.8	+34:46.9
93	/ 140	/ 21	635	MCINTYRE, Gary	WENTZVILLE MO	... Short_M_35-39	11:02.500	00:44:10.0	3:40.600	49:32.400	14.5	2:12.200	26:26.600	00:10:34.6	1:33:04.2	+35:28.3
94	/ 141	/ 20	843	RICHTER, Mike	SAINT LOUIS MO	...Short_M_40-44	10:23.100	00:41:32.4	3:16.600	51:26.200	14.0	2:07.000	26:18.500	00:10:31.4	1:33:47.3	+36:11.4
95	/ 142	/ 22	640	RUNGE, Jeff	ST. LOUIS MO	US Short_M_35-39	11:14.700	00:44:58.8	2:43.900	52:42.800	13.7	1:16.600	26:00.900	00:10:24.4	1:34:14.3	+36:38.4
96	/ 143	/ 8	611	DONALDSON, Chris	LAKE SAINT LOUIS MO	...Short_M_30-34	9:11.200	00:36:44.8	4:22.700	48:37.400	14.8	2:39.800	29:08.800	00:11:39.5	1:34:16.8	+36:40.9
97	/ 144	/ 23	648	LANDER, Mike	ST. LOUIS MO	US Short_M_35-39	10:20.200	00:41:20.8	3:50.900	50:30.200	14.3	2:38.800	26:47.100	00:10:42.8	1:34:19.6	+36:43.7
98	/ 145	/ 24	623	IMIG, Gary	ELLISVILLE MO	US Short_M_35-39	8:33.900	00:34:15.6	3:06.300	52:33.300	13.7	1:32.500	28:47.200	00:11:30.9	1:34:48.1	+37:12.2
99	/ 149	/ 21	859	WELKER, Michael	PERRYVILLE MO	US Short_M_40-44	9:45.700	00:39:02.8	5:33.700	49:37.100	14.5	3:18.800	26:40.900	00:10:40.4	1:35:11.1	+37:35.2
100	/ 154	/ 22	841	MUSICK, Walter	PRAIRIE VILLAGE KS	... Short_M_40-44	11:00.200	00:44:00.8	3:31.500	53:02.700	13.6	1:59.400	26:19.700	00:10:31.9	1:36:07.5	+38:31.6
101	/ 156	/ 11	679	PANIELLO, Randal	DES PERES MO	US Short_Clydesdale	10:33.700	00:42:14.8	4:32.100	49:34.500	14.5	1:07.000	30:16.600	00:12:06.6	1:36:22.0	+38:46.1
102	/ 159	/ 12	670	HOLMES, Jim	ST. LOUIS MO	US Short_Clydesdale	9:58.700	00:39:54.8	2:56.900	48:13.600	14.9	1:37.400	33:54.600	00:13:33.8	1:36:51.7	+39:15.8
103	/ 160	/ 25	626	PETTY, Tyson	SPRINGFIELD MO	...Short_M_35-39	17:52.300	01:11:29.2	0:00.000	48:24.800	14.9	2:06.100	28:28.900	00:11:23.6	1:36:52.1	+39:16.2
104	/ 161	/ 13	668	GONTHIER, Gerard	OFALLON MO	US Short_Clydesdale	7:12.100	00:28:48.4	3:45.600	54:32.400	13.2	0:57.400	30:47.900	00:12:19.2	1:37:29.0	+39:53.1
105	/ 162	/ 7	541	BONKOSKI, Mark	KIRKWOOD MO	US Short_M_45-49	12:45.700	00:51:02.8	5:09.900	49:11.800	14.6	2:24.700	28:03.900	00:11:13.6	1:37:50.9	+40:15.0
106	/ 163	/ 14	677	MUSZALSKI, Richard	EUREKA MO	US Short_Clydesdale	16:41.000	01:06:44.0	5:11.600	51:33.400	14.0	2:02.500	22:07.500	00:08:51.0	1:37:51.5	+40:15.6
107	/ 166	/ 15	675	MCGEE, Rob	LAKE SAINT LOUIS MO	...Short_Clydesdale	10:52.800	00:43:31.2	3:51.500	50:27.300	14.3	1:09.400	31:32.700	00:12:37.1	1:38:12.0	+40:36.1
108	/ 167	/ 16	669	HERNDON, Greg	MARYLAND HEIGHTS MO	...Short_Clydesdale	10:08.400	00:40:33.6	4:54.800	50:03.500	14.4	4:16.700	28:44.600	00:11:29.8	1:38:26.1	+40:50.2
109	/ 168	/ 23	853	MIDGLEY, Gordon	SAINT CHARLES MO	... Short_M_40-44	10:17.100	00:41:08.4	4:12.200	51:16.400	14.0	2:38.900	30:33.300	00:12:13.3	1:39:11.6	+41:35.7
110	/ 169	/ 8	540	DAY, Robert	ST. CHARLES MO	... Short_M_45-49	19:10.600	01:16:42.4	5:05.100	47:00.300	15.3	2:40.500	25:06.100	00:10:02.4	1:39:13.5	+41:37.6
111	/ 173	/ 17	676	MCHUGH, Kevin	WEBSTER GROVES MO	... Short_Clydesdale	11:50.800	00:47:23.2	4:00.200	52:02.800	13.8	2:39.300	29:03.300	00:11:37.3	1:39:52.4	+42:16.5
112	/ 175	/ 15	698	STAHL, Eric	WENTZVILLE MO	... Short_M_25-29	11:00.800	00:44:03.2	4:49.400	1:00:03.800	12.0	1:16.800	23:02.500	00:09:13.0	1:40:25.6	+42:49.7
113	/ 177	/ 26	622	HOOD, Mark	ST. CHARLES MO	... Short_M_35-39	9:26.800	00:37:47.2	4:04.000	51:18.500	14.0	3:04.100	32:47.800	00:13:07.1	1:40:56.0	+43:20.1
114	/ 178	/ 9	543	SCHNEIDER, Bruce	ST. LOUIS MO	US Short_M_45-49	12:03.000	00:48:12.0	5:28.500	59:29.000	12.1	3:28.700	20:48.000	00:08:19.2	1:41:31.0	+43:55.1
115	/ 181	/ 7	558	MILLER, Allen	FLORISSANT MO	... Short_M_50-54	13:02.300	00:52:09.2	4:30.300	51:51.000	13.9	2:30.000	30:04.300	00:12:01.7	1:42:12.9	+44:37.0
116	/ 184	/ 1	568	FLESHMAN, Roy	KANSAS CITY MO	... Short_M_70-74	13:07.100	00:52:28.4	6:26.500	47:48.400	15.1	2:45.000	32:13.000	00:12:53.2	1:42:39.3	+45:03.4
117	/ 189	/ 5	565	LLOYD JR, Jim	LAKEST LOUIS MO	... Short_M_55-59	10:40.800	00:42:43.2	3:13.400	59:16.500	12.2	2:03.700	30:10.100	00:12:04.0	1:45:42.5	+4

# Lake St Louis Triathlon

## Overall By Gender: Male Short Course Continued

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
120 / 197 / 9	616	JEFFRIES, Richard	REPUBLIC MO	US Short_M_30-34	12:22.100	00:49:28.4	4:47.300	56:07.400	12.8	1:51.400	32:58.200	00:13:11.3	1:48:24.0	+50:48.1
121 / 198 / 16	701	TESCHENDORF, Brian	ST. LOUIS MO	US Short_M_25-29	10:09.200	00:40:36.8	3:47.100	1:09:15.800	10.4	1:35.400	24:42.600	00:09:53.0	1:49:44.2	+52:08.3
122 / 203 / 18	678	NEFF, Curt	ST. PETERS MO	US Short_Clydesdale	12:53.900	00:51:35.6	4:48.100	56:30.100	12.7	2:41.900	34:59.000	00:13:59.6	1:52:13.6	+54:37.7
123 / 207 / 2	694	MCKNIGHT, Steve	ST. CHARLES MO	... Short_M_20-24	7:01.100	00:28:04.4	2:43.700	1:26:26.700	8.3	2:07.600	21:37.600	00:08:39.0	2:00:09.0	+1:02:33.1
124 / 208 / 2	691	RAGLAND, Justin	DES PERES MO	US Short_M_1-19	9:52.100	00:39:28.4	5:29.700	1:06:42.700	10.8	4:02.800	36:43.300	00:14:41.3	2:03:05.1	+1:05:29.2
125 / 210 / 17	707	HUNTZE, Rob	ST. LOUIS MO	US Short_M_25-29	16:28.800	01:05:55.2	3:38.700	1:17:42.400	9.3	1:11.500	28:01.700	00:11:12.7	2:07:16.8	+1:09:40.9
126 / 212 / 18	713	CLARK, Daniel	ST. CHARLES MO	... Short_M_25-29	14:08.500	00:56:34.0	0:00.000	1:22:14.500	8.8	1:41.700	35:23.900	00:14:09.6	2:13:28.6	+1:15:52.7
127 / 217 / 19	680	RAGLAND, Craig	DES PERES MO	US Short_Clydesdale	25:25.100	01:41:40.4	5:28.000	1:15:22.000	9.6	0:58.800	34:49.800	00:13:55.9	2:22:21.9	+1:24:46.0

## Overall By Gender: Male Long Course

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
1 / 1 / 1	18	ZDERIC, Ted	COLUMBIA MO	US Long Overall Male	23:15.500	00:23:39.6	1:21.500	59:40.500	24.9	0:43.300	34:55.700	00:05:38.0	2:00:06.6	0:00.0
2 / 2 / 2	371	BARNES, Rick	ST. LOUIS MS	US Long Overall Male	22:03.200	00:22:26.1	1:48.600	1:04:20.600	23.1	1:06.600	34:39.100	00:05:35.3	2:04:07.7	+4:01.1
3 / 3 / 3	4	ADKISON, Rodney	LOHMAN MO	US Long Overall Male	25:46.700	00:26:13.4	1:44.700	1:01:35.100	24.2	0:41.600	34:14.700	00:05:31.4	2:04:13.2	+4:06.6
4 / 4 / 1	16	TOPASH, Bryan	COLUMBIA MO	US Elite_M	24:16.500	00:24:41.7	1:42.900	1:01:27.700	24.2	0:48.600	36:02.300	00:05:48.8	2:04:27.4	+4:20.8
5 / 5 / 1	36	GLASS, Todd	UNIVERSITY CITY MO	... Long_M_35-39	24:06.500	00:24:31.5	1:15.700	1:00:48.700	24.5	0:57.400	37:56.900	00:06:07.2	2:05:14.1	+5:07.5
6 / 6 / 2	8	GAVACH, Mark	BOULDER CO	US Elite_M	23:32.700	00:23:57.1	1:57.500	1:02:55.800	23.6	0:49.700	39:22.000	00:06:21.0	2:08:51.6	+8:45.0
7 / 7 / 3	17	WILLIS, Roger	ST. LOUIS MO	US Elite_M	23:28.300	00:23:52.7	1:51.900	1:03:58.100	23.3	0:56.000	38:41.400	00:06:14.4	2:09:02.4	+8:55.8
8 / 8 / 1	291	DIFANI, Jason	ST. LOUIS MO	US Long_M_25-29	19:34.700	00:19:55.0	1:36.200	1:07:08.800	22.2	1:14.400	39:19.600	00:06:20.6	2:09:04.4	+8:57.8
9 / 9 / 4	175	SCHNEIDER, Tim	ST CHARLES MO	USElite_M	24:39.200	00:25:04.8	1:49.600	1:01:30.700	24.2	0:41.300	40:16.700	00:06:29.8	2:09:07.4	+9:00.8
10 / 10 / 1	228	ROTHER, Joe	ST CHARLES MO	USLong_M_45-49	22:29.000	00:22:52.3	1:58.800	1:04:01.200	23.2	0:57.300	39:39.400	00:06:23.8	2:09:15.2	+9:08.6
11 / 11 / 2	43	BATHLES, Timothy	ST. LOUIS MO	US Long_M_35-39	23:00.000	00:23:23.9	2:29.500	1:06:43.300	22.3	1:08.600	38:19.400	00:06:10.9	2:11:52.5	+11:45.9
12 / 13 / 3	58	CONWAY, Tim	WEBSTER GROVES MO	... Long_M_35-39	23:07.100	00:23:31.1	2:02.800	1:03:54.200	23.3	1:09.300	41:56.600	00:06:45.9	2:12:25.0	+12:18.4
13 / 15 / 5	15	RAULS, Aron	WILDWOOD MO	USElite_M	25:40.000	00:26:06.6	1:29.600	1:03:43.700	23.4	0:44.100	41:03.100	00:06:37.3	2:12:52.6	+12:46.0
14 / 16 / 1	168	BOEKHOLT, Alex	LAKE ST. LOUIS MO	US Long_M_30-34	24:22.400	00:24:47.7	1:45.200	1:05:36.400	22.7	1:07.900	40:44.100	00:06:34.2	2:13:45.3	+13:38.7
15 / 17 / 1	381	MONTANI, Robert	NASHVILLE IL	US Long_M_40-44	20:47.200	00:21:08.8	2:42.400	1:07:01.700	22.2	1:06.300	43:42.800	00:07:03.0	2:15:33.0	+15:26.4
16 / 18 / 2	220	TEMPLETON, Phil	DARDENNE PRAIRIE MO	... Long_M_45-49	21:36.200	00:21:58.6	2:12.700	1:07:59.700	21.9	1:02.700	43:08.500	00:06:57.5	2:16:09.8	+16:03.2
17 / 19 / 2	391	FADDIS, Mitchell	ST. LOUIS MO	US Long_M_40-44	23:19.500	00:23:43.7	2:21.700	1:08:20.000	21.8	1:05.500	41:57.500	00:06:46.0	2:17:16.2	+17:09.6
18 / 20 / 1	280	BRENNAN, Sean	ST. LOUIS MO	US Long_M_20-24	23:49.500	00:24:14.2	1:32.600	1:04:21.900	23.1	1:17.000	46:18.500	00:07:28.1	2:17:31.2	+17:24.6
19 / 21 / 3	224	HART, Terry	COLUMBIA MO	US Long_M_45-49	28:13.300	00:28:42.6	2:11.000	1:04:26.300	23.1	1:05.700	41:51.300	00:06:45.0	2:17:58.9	+17:52.3
20 / 22 / 1	118	PATTERSON, Bob	WOOD RIVER IL	US Long_M_55-59	28:50.000	00:29:19.9	2:29.100	1:05:21.700	22.8	1:28.200	40:37.200	00:06:33.1	2:18:56.6	+18:50.0
21 / 23 / 4	24	BARR, Ryan	OFALLON MO	US Long_M_35-39	28:18.900	00:28:48.3	2:01.500	1:04:36.200	23.0	1:10.800	43:20.200	00:06:59.4	2:19:39.0	+19:32.4
22 / 24 / 2	295	KRUSE, Chad	SPRINGFIELD IL	US Long_M_25-29	24:15.100	00:24:40.3	2:25.700	1:09:29.500	21.4	1:41.600	42:10.700	00:06:48.2	2:20:14.1	+20:07.5
23 / 25 / 3	352	INGRAM, Steve	BALLWIN MO	US Long_M_40-44	24:18.400	00:24:43.6	2:10.700	1:07:10.500	22.1	1:01.300	45:45.400	00:07:22.8	2:20:39.0	+20:32.4
24 / 28 / 4	360	FEHER, James	DES PERES MO	US Long_M_40-44	29:34.900	00:30:05.6	2:17.600	1:03:46.500	23.3	1:13.300	44:24.600	00:07:09.8	2:21:29.7	+21:23.1
25 / 29 / 4	244	ROSENHAUER, Eric	COLUMBIA MO	US Long_M_45-49	28:19.600	00:28:49.0	1:46.500	1:04:55.300	22.9	1:06.700	45:23.300	00:07:19.2	2:21:42.4	+21:35.8
26 / 30 / 2	149	WOLFMAYER, Jeremy	WENTZVILLE MO	... Long_M_30-34	28:40.000	00:29:09.7	2:48.700	1:04:52.200	22.9	1:37.900	43:45.400	00:07:03.5	2:21:54.5	+21:47.9
27 / 31 / 5	28	DAKE, Jamie	CHICAGO IL	US Long_M_35-39	27:46.300	00:28:15.1	2:05.700	1:07:18.100	22.1	0:47.800	43:52.400	00:07:04.6	2:22:06.8	+22:00.2
28 / 32 / 1	83	BROOKS, Curtis	MARYLAND HEIGHTS MO...	... Long_M_50-54	26:54.100	00:27:22.0	1:58.500	1:05:32.900	22.7	1:03.900	46:40.300	00:07:31.7	2:22:21.2	+22:14.6
29 / 33 / 6	42	WOLF, Geoff	WILDWOOD MO	... Long_M_35-39	28:36.800	00:29:06.5	1:46.100	1:06:27.300	22.4	1:02.600	44:26.100	00:07:10.0	2:22:29.3	+22:22.7
30 / 35 / 5	340	ADELMANN, James	OFALLON MO	US Long_M_40-44	29:51.300	00:30:22.3	2:06.300	1:03:56.800	23.3	1:42.900	45:34.800	00:07:21.1	2:23:24.4	+23:17.8
31 / 36 / 3	176	WUENNENBERG, Craig	WILDWOOD MO	USLong_M_30-34	32:29.600	00:33:03.3	2:44.000	1:05:04.500	22.9	1:13.800	41:54.500	00:06:45.6	2:23:37.6	+23:31.0
32 / 37 / 5	232	DURBIN, Mike	KIRKWOOD MO	US Long_M_45-49	32:26.700	00:33:00.4	3:00.900	1:05:14.000	22.8	1:25.200	41:35.200	00:06:42.5	2:23:56.0	+23:49.4
33 / 38 / 7	32	THOMPSON, Jt	ST. LOUIS MO	US Long_M_35-39	32:00.500	00:32:33.7	2:14.000	1:07:08.100	22.2	1:25.500	41:19.700	00:06:40.0	2:24:19.1	+24:12.5
34 / 40 / 3	294	RAMMELSBURG, Joe	UNIVERSITY CITY MO	... Long_M_25-29	30:53.100	00:31:25.1	2:06.600	1:07:56.400	21.9	1:16.700	42:50.600	00:06:54.6	2:25:13.2	+25:06.6
35 / 42 / 6	223	GRIGONE, Steve	KIRKWOOD MO	US Long_M_45-49	26:48.000	00:27:15.8	3:33.000	1:09:36.600	21.4	1:34.600	43:43.300	00:07:03.1	2:25:26.6	+25:20.0
36 / 43 / 2	97	JOHNSON, Tim	ST. CHARLES MO	... Long_M_50-54	24:37.400	00:25:03.0	1:57.200	1:10:02.400	21.2	1:16.200	47:26.200	00:07:39.1	2:25:32.6	+25:26.0
37 / 46 / 8	44	BOIANOFF, Stephan	OFALLON MO	US Long_M_35-39	27:08.900	00:27:37.1	2:28.500	1:06:02.400	22.5	1:03.600	50:04.800	00:08:04.6	2:27:03.2	+26:56.6
38 / 47 / 6	345	COOPMANS, Cory	WILWOOD MO	US Long_M_40-44	27:06.500	00:27:34.6	2:42.700	1:10:03.700	21.2	1:38.800	45:20.400	00:07:18.8	2:27:03.5	+26:56.9
39 / 48 / 3	84	CHATHAM, Gary	ST. CHARLES MO	... Long_M_50-54	28:06.300	00:28:35.5	2:43.700	1:12:13.100	20.6	1:22.300	42:49.300	00:06:54.4	2:27:25.9	+27:19.3
40 / 49 / 7	387	BAERVELDT, Lawrence	BRENTWOOD MO	... Long_M_40-44	29:52.000	00:30:23.0	2:12.500	1:09:23.100	21.4	1:41.900	44:15.400	00:07:08.3	2:27:35.8	+27:29.2
41 / 50 / 8	379	LEE, John	WEBSTER GROVES MO	... Long_M_40-44	28:33.800	00:29:03.4	3:17.000	1:10:33.700	21.1	1:32.200	43:36.400	00:07:02.0	2:27:44.6	+27:38.0
42 / 51 / 9	52	PARRIS, Matthew	ST. CHARLES MO	... Long_M_35-39	27:18.600	00:27:46.9	2:04.900	1:08:26.800	21.7	1:00.600	48:47.000	00:07:52.1	2:27:49.9	+27:43.3
43 / 52 / 7	242	GRIESEDieck, James	ST. LOUIS MO	US Long_M_45-49	30:11.000	00:30:42.3	3:16.400	1:09:38.600	21.4	1:47.000	43:05.600	00:06:57.0	2:28:10.5	+28:03.9
44 / 53 / 9	366	SNYDER, Steve	WENTZVILLE MO	... Long_M_40-44	33:22.000	00:33:56.6	3:51.300	1:07:36.000	22.0	2:40.200	41:12.100	00:06:38.7	2:28:52.7	+28:46.1
45 / 54 / 10	57	BEVERIDGE, Brian	BALLWIN MO	US Long_M_35-39	33:48.300	00:34:23.4	1:48.500	1:08:57.200	21.6	0:57.100	43:35.200	00:07:01.8	2:29:18.1	+29:11.5
46 / 56 / 4	170	KLINGBEIL, Jay	WESTERVILLE OH	... Long_M_30-34	29:56.900	00:30:28.0	2:47.300	1:08:20.000	21.8	2:03.700	46:51.900	00:07:33.5	2:30:10.3	+30:03.7
47 / 57 / 11	60	FISCHER, Peter	ST. LOUIS MO	US Long_M_35-39	28:29.300	00:28:58.9	3:10.300	1:10:53.600	21.0	2:14.700	45:20.600	00:07:18.8	2:30:19.0	+30:12.4
48 / 59 / 10	374	FRIEND, Greg	ELLSVILLE MO	US Long_M_40-44	33:00.700	00:33:35.0	3:32.800	1:07:45.700	22.0	2:01.300	43:57.800	00:07:05.5	2:30:31.3	+30:24.7
49 / 60 / 4	296	MORRISON, Mike	OFALLON MO	US Long_M_25-29	37:13.200	00:37:51.8	2:18.600	1:07:05.200	22.2	1:19.700	42:56.200	00:06:55.5	2:31:02.3	+30:55.7
50 / 61 / 4	104	TIMMINS, Keith	MARYVILLE IL	US Long_M_50-54	39:55.100	00:40:36.5	3:05.500	1:05:41.900	22.6	1:20.200	40:55.200	00:06:36.0	2:31:09.9	+31:03.3

\* indicates adjustments applied, see last page for details

# Lake St Louis Triathlon

## Overall By Gender: Male Long Course Continued

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
51 / 62 / 2	277	IVANOV, Ilya	CHESTERFIELD MO	... Long_M_20-24	25:26.700	00:27:18.1	0:00.000	1:11:55.100	20.7		54:14.400	00:08:44.9	2:31:36.2	+31:29.6
52 / 63 / 11	373	ELSPERMAN, Dirk	TOWN & COUNTRY MO	... Long_M_40-44	26:12.400	00:28:07.1	2:39.900	1:12:45.800	20.5	1:15.600	48:37.900	00:07:50.6	2:31:41.6	+31:35.0
53 / 66 / 8	229	STARRS, Greg	KIRKWOOD MO	US Long_M_45-49	30:43.800	00:32:58.3	3:01.400	1:09:59.100	21.3	2:02.300	46:46.700	00:07:32.7	2:32:48.2	+32:41.6
54 / 67 / 5	87	KAISER, Chuck	CHESTERFIELD MO	... Long_M_50-54	33:37.300	00:36:04.5	2:22.000	1:06:23.200	22.5	2:19.100	47:57.300	00:07:44.1	2:32:52.2	+32:45.6
55 / 68 / 12	26	BRUSHABER, Eric	WILDWOOD MO	US Long_M_35-39	25:35.500	00:27:27.5	2:25.500	1:10:51.000	21.0	2:41.200	51:29.100	00:08:18.2	2:33:14.6	+33:08.0
56 / 69 / 12	356	MORRIS, Bill	FENTON MO	US Long_M_40-44	31:45.600	00:34:04.6	2:51.600	1:10:25.800	21.2	1:25.900	46:41.400	00:07:31.8	2:33:22.3	+33:15.7
57 / 70 / 13	365	RYAN, Steve	EARTH CITY MO	US Long_M_40-44	26:50.000	00:28:47.5	2:12.600	1:10:14.400	21.2	1:50.500	52:01.700	00:08:23.5	2:33:25.2	+33:18.6
58 / 72 / 9	213	BLADES, J. W.	BALLWIN MO	US Long_M_45-49	30:07.100	00:32:18.9	1:55.700	1:10:42.400	21.1	1:22.800	49:28.000	00:07:58.7	2:33:47.5	+33:40.9
59 / 73 / 14	354	MILES, Michael	BALLWIN MO	US Long_M_40-44	34:55.200	00:37:28.1	2:27.600	1:09:05.700	21.6	1:41.600	45:35.800	00:07:21.3	2:33:57.2	+33:50.6
60 / 74 / 13	45	FARRAR, Terry	ST. CHARLES MO	... Long_M_35-39	33:18.800	00:35:44.6	2:49.400	1:06:28.800	22.4	1:47.800	42:27.500	00:06:50.9	2:34:11.8	+34:05.2
61 / 75 / 1	486	WYND, Doug	CHESTERFIELD MO	... Long_Clydesdale	32:20.800	00:34:42.4	2:41.200	1:07:05.100	22.2	1:29.200	50:39.300	00:08:10.2	2:34:28.2	+34:21.6
62 / 76 / 10	227	PULTMAN, Brian	CLAYTON MO	US Long_M_45-49	27:24.900	00:29:24.9	4:14.700	1:14:32.000	20.0	2:24.400	45:48.800	00:07:23.4	2:34:35.2	+34:28.6
63 / 77 / 6	110	BRENNAN, Kevin	ST. LOUIS MO	US Long_M_50-54	29:39.000	00:31:48.8	2:48.700	1:11:24.200	20.9	2:43.900	47:54.900	00:07:43.7	2:34:44.6	+34:38.0
64 / 79 / 11	241	CIRA, Dale	SAINT LOUIS MO	... Long_M_45-49	31:35.200	00:33:53.5	2:33.700	1:09:55.600	21.3	2:21.500	48:40.800	00:07:51.1	2:35:19.4	+35:12.8
65 / 83 / 15	380	MCMAHAN, Kenny	CHESTERFIELD MO	... Long_M_40-44	30:14.700	00:32:27.1	2:46.400	1:12:48.600	20.5	1:22.600	48:21.900	00:07:48.0	2:35:46.9	+35:40.3
66 / 84 / 14	55	WANIA, Craig	WENTZVILLE MO	... Long_M_35-39	37:52.900	00:40:38.7	2:57.400	1:07:45.700	22.0	1:09.600	46:05.300	00:07:26.0	2:36:00.4	+35:53.8
67 / 86 / 16	369	ZOLL, Steve	BALLWIN MO	US Long_M_40-44	30:15.400	00:32:27.9	2:57.800	1:12:54.300	20.4	1:41.700	48:30.400	00:07:49.4	2:36:33.8	+36:27.2
68 / 87 / 5	284	CHOLLET, Todd	ST. LOUIS MO	US Long_M_25-29	31:54.700	00:34:14.4	3:46.600	1:12:26.100	20.6	2:41.800	45:41.000	00:07:22.1	2:36:38.7	+36:32.1
69 / 88 / 5	159	ONEAL, Stephen	ST. LOUIS MO	US Long_M_30-34	28:07.300	00:30:10.4	2:11.000	1:10:09.200	21.2	1:36.600	54:31.900	00:08:47.7	2:36:48.7	+36:42.1
70 / 89 / 12	231	CHAPEL, Howard	CHESTERFIELD MO	... Long_M_45-49	28:30.800	00:30:35.6	2:42.100	1:12:49.100	20.5	1:39.300	50:55.900	00:08:12.9	2:36:51.8	+36:45.2
71 / 90 / 15	62	KLINGBEIL, Brian	OFALLON MO	US Long_M_35-39	31:34.700	00:33:52.9	2:39.400	1:10:11.200	21.2	2:02.500	50:21.000	00:08:07.3	2:36:58.0	+36:51.4
72 / 91 / 6	160	RUSSELL, Michael	ST. LOUIS MO	US Long_M_30-34	30:23.700	00:32:36.8	2:00.600	1:14:10.700	20.1	2:42.200	47:45.800	00:07:42.2	2:37:13.1	+37:06.5
73 / 92 / 13	238	WALKER, Scot	WILDWOOD MO	US Long_M_45-49	28:47.900	00:30:54.0	2:31.600	1:15:10.700	19.8	1:09.100	49:44.000	00:08:01.3	2:37:33.4	+37:26.8
74 / 93 / 16	59	FISCHER, Tom	SAINT LOUIS MO	... Long_M_35-39	28:10.400	00:30:13.7	1:38.500	1:19:25.100	18.8	1:30.300	47:01.000	00:07:35.0	2:37:57.9	+37:51.3
75 / 96 / 17	70	MIYAZAKI, David	FENTON MO	US Long_M_35-39	30:47.000	00:33:01.8	2:28.400	1:14:21.200	20.1	1:04.500	49:26.800	00:07:58.5	2:38:18.6	+38:12.0
76 / 99 / 7	107	LOUDERMILK, Lynn	ST. LOUIS MO	US Long_M_50-54	34:03.000	00:36:32.1	2:15.600	1:09:14.700	21.5	1:43.200	51:22.600	00:08:17.2	2:38:53.4	+38:46.8
77 / 100 / 17	344	BRYANT, Chuck	CREVE COEUR MO	... Long_M_40-44	33:08.800	00:35:33.9	3:36.600	1:11:59.900	20.7	1:47.100	48:13.300	00:07:46.7	2:38:56.2	+38:49.6
78 / 102 / 8	88	LARICE, Rolando	CHESTERFIELD MO	... Long_M_50-54	33:47.800	00:36:15.8	2:39.700	1:12:11.800	20.6	1:44.900	48:52.500	00:07:53.0	2:39:28.4	+39:21.8
79 / 103 / 3	281	KACENA, Andrew	LAKE ST LOUIS MO	... Long_M_20-24	37:42.000	00:40:27.0	3:03.700	1:09:09.900	21.6	2:33.400	46:52.000	00:07:33.5	2:39:33.1	+39:26.5
80 / 104 / 18	341	BAUER, Mark	ST LOUIS MO	US Long_M_40-44	25:51.700	00:27:44.9	2:49.400	1:16:03.400	19.6	1:45.100	52:55.000	00:08:32.1	2:39:39.3	+39:32.7
81 / 106 / 18	61	HELTON, Gavin	CHESTERFIELD MO	... Long_M_35-39	28:13.100	00:30:16.6	3:00.400	1:19:42.000	18.7	1:43.000	47:09.800	00:07:36.4	2:39:59.3	+39:52.7
82 / 107 / 19	72	WAHL, Todd	WILDWOOD MO	US Long_M_35-39	31:50.800	00:34:10.2	2:52.300	1:13:21.500	20.3	1:43.700	50:07.500	00:08:05.1	2:40:04.6	+39:58.0
83 / 109 / 7	174	SALAH, Nate	ST. LOUIS MO	US Long_M_30-34	30:51.800	00:33:06.9	3:52.800	1:14:57.900	19.9	1:34.300	49:24.000	00:07:58.1	2:40:48.2	+40:41.6
84 / 110 / 19	362	GAFFNEY, Chris	ST. LOUIS MO	US Long_M_40-44	34:33.500	00:37:04.8	2:21.000	1:11:29.800	20.9	1:25.400	51:01.100	00:08:13.7	2:40:59.4	+40:52.8
85 / 112 / 20	351	GUND, Richard	UNIVERSITY CITY MO	... Long_M_40-44	31:18.900	00:33:36.0	2:39.900	1:12:57.900	20.4	1:36.500	52:28.400	00:08:27.8	2:41:15.7	+41:09.1
86 / 113 / 20	46	GREEN, Charles	ARNOLD MO	US Long_M_35-39	35:21.400	00:37:56.2	4:42.800	1:13:04.000	20.4	1:48.600	46:15.900	00:07:27.7	2:41:26.9	+41:20.3
87 / 114 / 21	358	CLOPINE, Russell	BRYN MAWR PA US	Long_M_40-44	37:23.200	00:40:06.9	2:15.400	1:13:21.200	20.3	0:57.100	47:19.400	00:07:38.0	2:41:28.1	+41:21.5
88 / 115 / 2	471	CLARK, Chris	WEBSTER GROVES MO	... Long_Clydesdale	28:45.600	00:30:51.5	1:58.100	1:17:44.600	19.2	2:05.500	50:45.200	00:08:11.2	2:41:30.9	+41:24.3
89 / 116 / 8	154	NEWMAN, Ryan	ST. CHARLES MO	... Long_M_30-34	37:25.000	00:40:08.8	3:27.300	1:11:01.300	21.0	2:26.400	47:02.800	00:07:35.3	2:41:35.0	+41:28.4
90 / 117 / 21	27	CAPLIN, Russell	OFALLONNM MO	US Long_M_35-39	29:41.300	00:31:51.3	5:57.900	1:14:23.300	20.0	2:34.800	48:52.300	00:07:53.0	2:41:40.7	+41:34.1
91 / 123 / 9	96	HALL, Dave	WILDWOOD MO	US Long_M_50-54	27:33.800	00:29:34.5	3:28.700	1:14:53.700	19.9	2:00.100	54:24.300	00:08:46.5	2:42:34.5	+42:27.9
92 / 124 / 3	482	MEARS, Shawn	BURLINGTON IA	US Long_Clydesdale	32:56.200	00:35:20.4	2:15.300	1:14:48.000	19.9	1:28.000	51:06.400	00:08:14.6	2:42:43.9	+42:37.3
93 / 126 / 10	94	YAMADA, Kelvin	ST LOUIS MO	US Long_M_50-54	32:12.900	00:34:33.9	3:40.900	1:15:49.400	19.7	2:17.600	48:45.700	00:07:51.9	2:42:57.9	+42:51.3
94 / 127 / 14	221	WIGMORE, Gerald	BALLWIN MO	US Long_M_45-49	32:49.500	00:35:13.2	2:58.300	1:17:15.300	19.3	1:29.900	48:18.200	00:07:47.5	2:43:02.4	+42:55.8
95 / 128 / 22	396	PELCH, Steve	ST. LOUIS MO	US Long_M_40-44	33:24.000	00:35:50.2	2:45.400	1:13:02.700	20.4	1:37.600	52:10.200	00:08:24.9	2:43:13.7	+43:07.1
96 / 129 / 9	148	LIM, Dave	ST. LOUIS MO	US Long_M_30-34	29:11.000	00:31:18.8	3:01.800	1:12:38.300	20.5	2:21.600	56:02.600	00:09:02.4	2:43:28.2	+43:21.6
97 / 131 / 11	131	STENGEL, Gordon	LAKE ST. LOUIS MO	... Long_M_50-54	32:11.500	00:34:32.4	2:46.500	1:18:43.600	18.9	2:06.900	47:41.400	00:07:41.5	2:43:44.3	+43:37.7
98 / 132 / 22	29	GANSKE, Shawn	ST. LOUIS MO	US Long_M_35-39	37:35.300	00:40:19.8	3:11.400	1:16:44.400	19.4	1:30.100	44:44.700	00:07:13.0	2:43:56.1	+43:49.5
99 / 133 / 23	368	YOUNG, Andy	OFALLON MO	US Long_M_40-44	28:22.800	00:30:27.0	2:56.300	1:11:15.000	20.9	1:50.500	59:16.300	00:09:33.6	2:43:58.0	+43:51.4
100 / 134 / 15	239	WEINSTEIN, Steve	CHESTERFIELD MO	... Long_M_45-49	30:16.000	00:32:28.5	3:48.800	1:16:41.200	19.4	2:06.200	50:53.500	00:08:12.5	2:43:58.9	+43:52.3
101 / 135 / 10	155	ROLFES, Bill	ST. PETERS MO	US Long_M_30-34	40:28.700	00:43:25.9	4:11.400	1:11:54.700	20.7	2:35.500	44:37.800	00:07:11.9	2:44:00.0	+43:53.4
102 / 136 / 16	233	HEITZMAN, Bob	MANCHESTER MO	... Long_M_45-49	30:00.500	00:32:11.9	3:03.700	1:11:18.800	20.9	2:34.900	56:51.200	00:09:10.2	2:44:01.8	+43:55.2
103 / 137 / 23	41	WILLIAMSON, Steve	ST. LOUIS MO	US Long_M_35-39	34:40.900	00:37:12.7	3:19.300	1:15:48.400	19.7	2:05.100	48:03.400	00:07:45.1	2:44:10.1	+44:03.5
104 / 138 / 24	350	ENGELHARD, Dan	LAKE ST. LOUIS MO	... Long_M_40-44	35:52.600	00:38:29.7	2:32.900	1:14:32.600	20.0	2:05.000	48:53.600	00:07:53.2	2:44:10.3	+44:03.7
105 / 139 / 11	162	CORDERO, Patricio	OFALLON MO	US Long_M_30-34	29:42.200	00:31:52.2	3:04.100	1:19:05.500	18.9	2:57.800	49:14.300	00:07:56.5	2:44:13.4	+44:06.8
106 / 140 / 6	286	ATKINS, Kyle	WEBSTER GROVES MO	... Long_M_25-29	35:17.700	00:37:52.2	2:25.700	1:16:18.400	19.5	1:31.200	48:39.600	00:07:50.9	2:44:20.7	+44:14.1
107 / 141 / 4	483	SCHUSTER, Thomas	ST. PETERS MO	US Long_Clydesdale	37:24.900	00:40:08.7	2:00.000	1:11:02.700	21.0	2:33.000	51:10.600	00:08:15.3	2:44:22.4	+44:15.8
108 / 142 / 12	158	DECK, Kevin	SAINT LOUIS MO	... Long_M_30-34	37:10.300	00:39:53.0	3:16.300	1:17:25.600	19.3	1:38.000	44:45.500	00:07:13.1	2:44:25.7	+44:19.1
109 / 144 / 12	90	PATTERSON, Bill	SAINT PETERS MO	... Long_M_50-54	31:52.500	00:34:12.0	3:53.400	1:18:13.200	19.1	3:09.600	47:11.900	00:07:36.8	2:44:33.2	+44:26.6
110 / 146 / 24	34	ELLEN, Ryan	CHESTERFIELD MO	... Long_M_35-39	32:38.400	00:35:01.3	2:09.500	1:13:23.700	20.3	1:23.400	54:48.000	00:08:50.3	2:44:36.6	+44:30.0
111 / 147 / 25	375	GELDMEIER, Mark	ST. LOUIS MO	US Long_M_40-44	32:52.200	00:35:16.1	2:23.500	1:18:24.200	19.0	1:44.200	49:05.500	00:07:55.1	2:44:44.5	+44:37.9
112 / 148 / 5	487	YENZER, Jeff	AFFTON MO	US Long_Clydesdale	32:58.800	00:35:23.2	2:57.700	1:17:25.800	19.3	1:28.900	49:38.200	00:08:00.4	2:44:46	

# Lake St Louis Triathlon

## Overall By Gender: Male Long Course Continued

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
113 / 149 / 4	278	AHEARN, David	ST. LOUIS MO	US Long_M_20-24	29:36.300	00:31:45.9	2:21.000	1:09:53.200	21.3	2:03.100	1:00:50.000	00:09:48.7	2:44:52.3	+44:45.7
114 / 150 / 6	10	KAVENEY, Brian	ST. LOUIS MO	US Elite_M	32:22.400	00:34:44.1	3:01.900	1:16:08.000	19.6	1:31.000	51:43.900	00:08:20.6	2:44:59.8	+44:53.2
115 / 153 / 6	485	SMITH, Greg	MANCHESTER MO	... Long_Clydesdale	31:28.100	00:33:45.9	3:47.200	1:15:53.800	19.6	2:15.700	52:01.000	00:08:20.6	2:45:39.5	+45:32.9
116 / 154 / 13	147	BERG, Daniel	ST. CHARLES MO	... Long_M_30-34	33:51.300	00:36:19.5	3:11.000	1:16:18.400	19.5	2:08.500	50:08.400	00:08:05.2	2:45:49.8	+45:43.2
117 / 155 / 25	47	JOHNSON, Justin	LEAGUE CITY TX	USLong_M_35-39	31:05.400	00:33:21.5	2:44.700	1:17:47.100	19.2	2:18.300	51:44.700	00:08:20.8	2:45:51.0	+45:44.4
118 / 157 / 26	372	CLARK, Edward	ST. LOUIS MO	US Long_M_40-44	34:54.400	00:37:27.2	3:40.100	1:14:02.000	20.1	3:17.100	49:51.800	00:08:02.5	2:45:56.4	+45:49.8
119 / 158 / 1	128	WRIGHT, Jim	WILDWOOD MO	USLong_M_65-69	34:04.600	00:36:33.8	2:42.100	1:16:25.900	19.5	1:16.700	51:32.400	00:08:18.8	2:46:14.0	+46:07.4
120 / 161 / 14	156	RYDER, Jeff	LAKE ST. LOUIS MO	... Long_M_30-34	34:32.900	00:37:04.1	3:21.700	1:15:36.100	19.7	2:00.900	51:03.900	00:08:14.2	2:46:49.3	+46:42.7
121 / 163 / 26	65	REED, Tom	CHESTERFIELD MO	... Long_M_35-39	31:55.300	00:34:15.0	2:27.600	1:19:31.000	18.8	1:25.900	51:53.500	00:08:22.2	2:47:24.1	+47:17.5
122 / 164 / 27	50	KNOX, Brent	COLUMBIA IL	US Long_M_35-39	36:36.600	00:39:16.9	3:10.200	1:13:14.700	20.4	1:53.300	52:36.500	00:08:29.1	2:47:44.1	+47:37.5
123 / 166 / 27	359	CONOVER, Les	WILDWOOD MO	USLong_M_40-44	29:35.000	00:31:44.5	3:15.700	1:11:43.200	20.8	2:41.700	1:00:48.200	00:09:48.4	2:48:20.3	+48:13.7
124 / 167 / 28	389	DVORAK, Rick	ST. CHARLES MO	... Long_M_40-44	34:12.700	00:36:42.5	3:15.400	1:13:20.100	20.3	2:16.800	55:10.100	00:08:53.9	2:48:26.6	+48:20.0
125 / 168 / 28	30	MEARS, Devin	OFALLON MO	US Long_M_35-39	42:41.600	00:45:48.5	2:52.500	1:16:45.400	19.4	1:13.400	45:04.400	00:07:16.2	2:48:48.0	+48:41.4
126 / 169 / 5	282	SMITH, Craig	ST. LOUIS MO	US Long_M_20-24	38:28.000	00:41:16.4	2:54.000	1:14:32.500	20.0	2:25.600	50:28.800	00:08:08.5	2:49:04.3	+48:57.7
127 / 170 / 13	106	FRYHOFF, Brian	SAINT CHARLES MO	... Long_M_50-54	37:36.600	00:40:21.2	2:31.900	1:18:08.300	19.1	1:30.400	49:08.100	00:07:55.5	2:49:11.2	+49:04.6
128 / 171 / 2	115	HAVENS, David	ST. LOUIS MO	US Long_M_55-59	32:52.800	00:35:16.7	3:21.400	1:19:30.400	18.8	1:38.500	51:35.800	00:08:19.3	2:49:12.8	+49:06.2
129 / 172 / 29	393	JOHNSON, Bill	MARYLAND HEIGHTS MO...	Long_M_40-44	33:47.000	00:36:14.9	2:50.100	1:17:09.200	19.3	2:05.700	53:14.200	00:08:35.2	2:49:18.0	+49:11.4
130 / 175 / 7	5	CHAMBERLIN, Bill	MARYLAND HEIGHTS M...	Elite_M	25:37.900	00:27:30.1	4:50.600	1:19:00.900	18.9	2:40.900	57:53.600	00:09:20.3	2:50:18.1	+50:11.5
131 / 176 / 7	470	CANDELA, Joe	OFALLON MO	US Long_Clydesdale	43:48.000	00:46:59.7	3:46.300	1:10:58.600	21.0	2:54.100	48:55.600	00:07:53.5	2:50:22.6	+50:16.0
132 / 177 / 1	124	MACDONALD, John	ST. LOUIS MO	US Long_M_60-64	38:01.200	00:40:47.6	2:47.800	1:17:29.400	19.2	1:48.800	50:27.300	00:08:08.3	2:50:49.0	+50:42.4
133 / 179 / 14	86	DURBIN, Gary	CUBA MO	US Long_M_50-54	41:55.400	00:44:58.9	3:08.000	1:14:15.200	20.1	1:38.000	49:48.700	00:08:02.0	2:51:00.5	+50:53.9
134 / 180 / 30	397	POSKIN, Don	CHESTERFIELD MO	... Long_M_40-44	32:09.100	00:34:29.8	3:41.900	1:18:01.200	19.1	1:42.500	55:18.100	00:08:55.2	2:51:06.1	+50:59.5
135 / 181 / 31	355	MORRELL, Jeff	CHESTERFIELD MO	... Long_M_40-44	34:41.700	00:37:13.6	3:50.400	1:19:00.900	18.9	1:49.500	51:37.100	00:08:19.5	2:51:11.6	+51:05.0
136 / 183 / 32	349	DARNELL, Darren	OFALLON MO	US Long_M_40-44	27:59.500	00:30:02.0	2:29.900	1:19:53.700	18.7	2:31.200	58:38.400	00:09:27.5	2:51:43.5	+51:36.9
137 / 185 / 33	370	AVERY, Jim	CLAYTON MO	US Long_M_40-44	34:13.400	00:36:43.2	3:09.100	1:15:29.300	19.8	2:18.400	56:27.300	00:09:06.3	2:51:48.7	+51:42.1
137 / 185 / 33	388	BARCLAY, Richard	FORISTELL MO	US Long_M_40-44	36:36.500	00:39:16.8	3:45.200	1:20:05.300	18.6	1:38.900	49:32.400	00:07:59.4	2:51:48.7	+51:42.1
139 / 188 / 35	398	SNYDER, Jeff	OFALLON MO	US Long_M_40-44	39:23.000	00:42:15.4	5:12.000	1:19:18.400	18.8	3:07.000	44:45.600	00:07:13.2	2:51:57.4	+51:50.8
140 / 191 / 17	210	HOWELL, D Steven	DARDENNE PRAIRIE MO	... Long_M_45-49	33:06.000	00:35:30.9	3:35.700	1:16:55.600	19.4	2:10.700	56:16.800	00:09:04.6	2:52:20.5	+52:13.9
141 / 192 / 8	478	HATCH, Brett	ST. CHARLES MO	... Long_Clydesdale	35:49.200	00:38:26.0	3:29.300	1:15:03.900	19.9	2:07.000	55:55.100	00:09:01.1	2:52:24.5	+52:17.9
142 / 193 / 36	384	ROBINSON, Marty	OFALLON MO	US Long_M_40-44	33:13.800	00:35:39.3	4:16.500	1:18:06.800	19.1	2:07.800	54:38.400	00:08:48.8	2:52:37.0	+52:30.4
143 / 194 / 29	63	MALLOW, Chris	FRONTENAC MO	... Long_M_35-39	33:45.200	00:36:13.0	5:12.800	1:18:24.100	19.0	1:52.300	53:17.200	00:08:35.7	2:52:42.7	+52:36.1
144 / 195 / 18	208	BOYD, Ken	KIRKWOOD MO	US Long_M_45-49	39:02.800	00:41:53.7	4:39.500	1:15:52.600	19.6	4:06.400	49:30.500	00:07:59.1	2:53:26.6	+53:20.0
145 / 196 / 30	69	HINTON, Doug	FENTON MO	US Long_M_35-39	30:47.700	00:33:02.5	3:37.600	1:24:24.100	17.7	1:55.300	52:46.200	00:08:30.7	2:53:45.3	+53:38.7
146 / 197 / 37	346	CUNDIFF, Craig	ST. PETERS MO	US Long_M_40-44	36:46.700	00:39:27.7	3:04.900	1:15:58.900	19.6	1:58.400	55:48.100	00:09:00.0	2:53:51.2	+53:44.6
147 / 199 / 15	98	JONES, Wesley	ST. LOUIS MO	US Long_M_50-54	26:20.900	00:28:16.2	4:43.100	1:23:22.100	17.9	2:40.600	56:52.400	00:09:10.4	2:54:16.0	+54:09.4
148 / 200 / 31	64	MAUNE, Ramsey	SAINT LOUIS MO	... Long_M_35-39	36:38.800	00:39:19.2	3:34.300	1:19:05.100	18.9	2:04.000	53:04.700	00:08:33.7	2:54:39.1	+54:32.5
149 / 201 / 19	234	HURLEY, Vern	ALTON IL	US Long_M_45-49	42:00.800	00:45:04.7	3:24.000	1:18:48.900	18.9	2:21.400	48:04.100	00:07:45.2	2:54:51.5	+54:44.9
150 / 202 / 38	378	HUNSICKER, Steve	GLENDALE MO	US Long_M_40-44	37:31.300	00:40:15.6	3:27.500	1:20:01.300	18.6	2:21.000	51:16.200	00:08:16.2	2:54:52.4	+54:45.8
151 / 203 / 7	298	SUDA, Jacek	ST. LOUIS MO	US Long_M_25-29	37:04.200	00:39:46.5	2:34.900	1:23:34.000	17.8	2:02.000	49:33.300	00:07:59.6	2:54:59.1	+54:52.5
152 / 205 / 9	473	FURNISS, Rick	OFALLON MO	US Long_Clydesdale	37:21.800	00:40:05.4	2:08.900	1:13:59.400	20.1	2:47.200	58:50.600	00:09:29.5	2:55:07.9	+55:01.3
153 / 206 / 16	92	VOLLMER, Raymond	FENTON MO	US Long_M_50-54	33:07.200	00:35:32.2	4:44.700	1:16:57.700	19.4	3:02.400	57:19.000	00:09:14.7	2:55:24.1	+55:17.5
154 / 207 / 10	468	ALBERS, Timothy	SAINT CHARLES MO	... Long_Clydesdale	35:55.500	00:38:32.8	2:30.500	1:18:38.400	19.0	2:17.900	56:11.400	00:09:03.8	2:55:33.7	+55:27.1
155 / 212 / 8	14	PAREDES, Cesar	SAINT LOUIS MO	... Elite_M	31:45.700	00:34:04.7	3:29.600	1:19:53.000	18.7	1:59.000	58:32.100	00:09:26.5	2:55:54.3	+55:47.7
156 / 214 / 11	481	MARTIN, Kevin	FENTON MO	US Long_Clydesdale	34:50.600	00:37:23.1	3:23.600	1:18:25.500	19.0	2:57.900	56:20.200	00:09:05.2	2:55:57.8	+55:51.2
157 / 215 / 20	212	WERDERITSCH, Robert	OFALLON MO	US Long_M_45-49	38:24.800	00:41:13.0	3:28.900	1:14:33.700	20.0	2:31.100	56:47.200	00:09:09.5	2:56:00.8	+55:54.2
158 / 216 / 12	474	GEORGE, Mark	TROY MO	US Long_Clydesdale	31:31.600	00:33:49.6	2:16.400	1:21:28.200	18.3	2:14.000	58:45.300	00:09:28.6	2:56:15.5	+56:08.9
159 / 219 / 32	40	VANCLIC, Chris	ST. LOUIS MO	US Long_M_35-39	35:16.300	00:37:50.7	2:55.000	1:19:53.600	18.7	1:39.000	56:58.900	00:09:11.4	2:56:55.0	+56:48.4
160 / 220 / 33	48	JOURIS, Jon	OLIVETTE MO	US Long_M_35-39	29:01.900	00:31:09.0	4:15.200	1:22:01.300	18.2	3:23.800	58:09.300	00:09:22.8	2:57:05.4	+56:58.8
161 / 221 / 21	211	MCLOUGHLIN, John	ST. CHARLES MO	... Long_M_45-49	32:18.700	00:34:40.2	3:08.100	1:12:09.700	20.7	5:25.200	0:17.900	00:00:02.9	2:57:19.8	+57:13.2
162 / 222 / 34	51	LAWHORN, Chris	ST. LOUIS MO	US Long_M_35-39	35:42.300	00:38:18.6	2:52.200	1:22:21.200	18.1	1:51.600	54:23.200	00:08:46.3	2:57:24.9	+57:18.3
163 / 223 / 3	113	WOLFMAYER, William	LAKE ST LOUIS MO	... Long_M_55-59	36:16.100	00:38:54.9	5:39.100	1:17:49.600	19.2	3:05.100	54:23.900	00:08:46.4	2:57:28.5	+57:21.9
164 / 224 / 35	38	SCHENCK, Sandy	SAINT LOUIS MO	... Long_M_35-39	27:51.500	00:29:53.5	3:50.700	1:24:54.800	17.6	2:23.500	58:21.600	00:09:24.8	2:57:37.5	+57:30.9
165 / 227 / 2	127	BRANDON, Harry	ST. LOUIS MO	US Long_M_65-69	39:14.500	00:42:06.3	4:54.800	1:21:21.300	18.3	2:13.400	51:50.000	00:08:21.6	2:59:46.7	+59:40.1
166 / 230 / 17	89	NELCH, Robert	SPRINGFIELD IL	US Long_M_50-54	25:54.300	00:27:47.7	3:36.000	1:16:38.000	19.5	2:21.300	1:11:35.700	00:11:32.9	3:00:21.5	+1:00:14.9
167 / 231 / 39	357	BOYCE, Charlie	INNSBROOK MO	USLong_M_40-44	36:31.800	00:39:11.7	3:48.200	1:19:18.000	18.8	2:03.100	58:52.300	00:09:29.7	3:00:33.4	+1:00:26.8
168 / 232 / 22	209	HANSON, Craig	CHESTERFIELD MO	... Long_M_45-49	39:15.900	00:42:07.8	4:19.000	1:18:42.700	18.9	2:36.500	55:43.300	00:08:59.2	3:00:49.9	+1:00:43.3
169 / 233 / 15	172	LOPEZ, Esteban	ST. LOUIS MO	US Long_M_30-34	40:03.100	00:42:58.4	4:31.200	1:20:56.400	18.4	2:23.100	52:47.000	00:08:30.8	3:00:51.8	+1:00:45.2
170 / 234 / 18	93	WILLETTE, Stephen	OFALLON MO	US Long_M_50-54	40:29.700	00:43:27.0	2:59.700	1:18:33.000	19.0	2:21.400	56:26.700	00:09:06.2	3:00:59.2	+1:00:52.6
171 / 235 / 4	112	ROGALSKI, Robert	LAKE ST LOUIS MO	... Long_M_55-59	42:35.700	00:45:42.2	3:12.400	1:22:30.700	18.1	2:05.000	50:26.500	00:08:08.1	3:01:03.9	+1:00:57.3
172 / 238 / 40	392	HUDDLESTON, Stuart	OFALLON MO	US Long_M_40-44	36:42.600	00:39:23.3	4:25.800	1:23:25.700	17.9	2:38.200	55:33.500	00:08:57.7	3:02:45.8	+1:02:39.2
173 / 239 / 2	122	WAGNER, Michael	OFALLON MO	US Long_M_60-64	36:35.100	00:39:15.3	2:42.200	1:20:16.200	18.6	1:42.700	1:01:24.400	00:09:54.3	3:02:55.4	+1:02:48.8
174 / 240 / 36	31	SMYRNIOTIS, Nick	ST. LOUIS MO	US Long_M_35-39	37:42.700	00:40:27.8								

# Lake St Louis Triathlon

## Overall By Gender: Male Long Course Continued

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
175 / 242 / 19	85	COCKERLINE, Keith	KIRKWOOD MO	US Long_M_50-54	39:18.000	00:42:10.0	3:22.500	1:24:27.800	17.6	2:29.400	53:13.100	00:08:35.0	3:03:06.7	+1:03:00.1
176 / 243 / 5	114	BAHR, Richard	SAINT CHARLES MO	... Long_M_55-59	40:18.400	00:43:14.8	3:01.100	1:28:12.900	16.9	1:52.000	49:48.000	00:08:01.9	3:03:23.9	+1:03:17.3
177 / 244 / 8	297	SINNOTT, Tim	GAHANNA OH	US Long_M_25-29	39:19.300	00:42:11.4	2:53.600	1:17:39.800	19.2	2:59.500	1:00:37.800	00:09:46.7	3:03:30.0	+1:03:23.4
178 / 245 / 20	102	MACKAY, Brian	LAKE ST. LOUIS MO	... Long_M_50-54	39:49.200	00:42:43.5	5:10.700	1:20:42.200	18.5	3:05.600	55:16.600	00:08:54.9	3:04:21.2	+1:04:14.6
179 / 246 / 41	343	BLAIS, Rich	ST. CHARLES MO	... Long_M_40-44	28:10.000	00:30:13.3	4:10.800	1:23:56.500	17.8	1:29.000	1:06:41.800	00:10:45.5	3:04:28.1	+1:04:21.5
180 / 248 / 6	119	HOYNE, Andrew	ST LOUIS MO	US Long_M_55-59	31:43.100	00:34:02.0	5:29.200	1:22:49.300	18.0	1:41.500	1:03:15.300	00:10:12.1	3:05:15.4	+1:05:08.8
181 / 250 / 37	39	UMLAUF, Corge	ST. LOUIS MO	US Long_M_35-39	34:54.200	00:37:27.0	4:17.300	1:19:02.900	18.9	5:28.700	1:01:38.600	00:09:56.5	3:05:33.8	+1:05:27.2
182 / 251 / 16	164	JOHNSON, Maurice	SAINT LOUIS MO	... Long_M_30-34	51:05.100	00:54:48.7	3:03.700	1:13:56.200	20.2	2:12.100	55:42.100	00:08:59.0	3:06:10.7	+1:06:04.1
183 / 252 / 38	66	SCHARK, Erich	LAKE ST. LOUIS MO	... Long_M_35-39	36:20.300	00:38:59.4	3:27.100	1:22:53.700	18.0	1:41.900	1:01:32.700	00:09:55.6	3:06:12.7	+1:06:06.1
184 / 253 / 17	151	JOBE, Jeremiah	ST. LOUIS MO	US Long_M_30-34	41:48.200	00:44:51.2	3:52.300	1:14:34.200	20.0	1:55.000	1:03:54.900	00:10:18.5	3:06:21.5	+1:06:14.9
185 / 254 / 7	117	STOJEBKA, Roger	ST. LOUIS MO	US Long_M_55-59	44:15.800	00:47:29.6	3:39.600	1:21:04.900	18.4	2:24.700	54:41.500	00:08:49.3	3:06:21.9	+1:06:15.3
186 / 256 / 39	35	FAIRBANKS, Jeff	WEBSTER GROVES MO	... Long_M_35-39	31:02.100	00:33:18.0	4:50.300	1:27:54.300	17.0	1:17.700	1:01:07.000	00:09:51.5	3:06:26.4	+1:06:19.8
187 / 258 / 23	215	EDLER, Steve	ST. LOUIS MO	US Long_M_45-49	42:06.200	00:45:10.5	3:01.100	1:19:39.500	18.7	1:52.400	1:00:29.200	00:09:45.4	3:07:08.4	+1:07:01.8
188 / 259 / 40	49	KIRBY, Jim	FESTUS MO	US Long_M_35-39	36:40.500	00:39:21.1	4:21.100	1:27:51.300	17.0	2:15.200	55:49.300	00:09:00.2	3:07:11.6	+1:07:05.0
189 / 260 / 24	225	LLOYD, David	SAINT PETERS MO	... Long_M_45-49	36:46.000	00:39:27.0	5:52.300	1:24:21.600	17.7	5:24.800	54:47.300	00:08:50.2	3:07:12.0	+1:07:05.4
190 / 261 / 42	376	GLIANE, Al	RICHMOND HEIGHTS MO...	... Long_M_40-44	31:56.700	00:34:16.5	5:02.500	1:22:26.600	18.1	4:14.100	1:04:16.300	00:10:22.0	3:07:56.2	+1:07:49.6
191 / 264 / 9	290	WILSON, Steven	WRIGHT CITY MO	... Long_M_25-29	43:34.000	00:46:44.7	4:21.900	1:22:11.100	18.1	1:10.400	57:27.500	00:09:16.0	3:08:44.9	+1:08:38.3
192 / 265 / 8	111	CHRISTMANN, Rick	CHESTERFIELD MO	... Long_M_55-59	37:53.300	00:40:39.2	3:30.000	1:20:47.200	18.5	2:11.400	1:04:48.600	00:10:27.2	3:09:21.8	+1:09:15.2
193 / 267 / 13	479	HILL, Gary	ST. CHARLES MO	... Long_Clydesdale	38:23.200	00:41:11.2	5:47.800	1:23:28.100	17.9	5:09.300	57:03.700	00:09:12.2	3:09:52.1	+1:09:45.5
194 / 268 / 25	240	WIETBROCK, Mark	OFALLON MO	US Long_M_45-49	49:45.000	00:53:22.8	4:22.700	1:24:20.700	17.7	2:01.400	49:25.600	00:07:58.3	3:09:55.4	+1:09:48.8
195 / 270 / 21	109	BANDER, Michael	ST. LOUIS MO	US Long_M_50-54	35:52.600	00:38:29.7	4:25.200	1:22:07.900	16.9	2:28.600	1:00:54.700	00:09:49.5	3:12:07.2	+1:12:00.6
196 / 274 / 22	101	KUEHNLE, David	BALLWIN MO	US Long_M_50-54	44:50.900	00:48:07.2	3:41.500	1:24:36.000	17.6	2:22.900	57:15.300	00:09:14.1	3:13:00.4	+1:12:53.8
197 / 275 / 41	67	FORD, Matt	ST. LOUIS MO	US Long_M_35-39	44:08.000	00:47:21.2	3:37.400	1:19:43.300	18.7	2:07.100	1:03:15.000	00:10:12.1	3:13:07.6	+1:13:01.0
198 / 277 / 14	477	GWALTNEY, Mike	SAINT CHARLES MO	... Long_Clydesdale	37:13.700	00:39:56.7	4:23.600	1:23:20.200	17.9	2:15.100	1:06:43.700	00:10:45.8	3:13:56.3	+1:13:49.7
199 / 278 / 3	121	MATSUNO, Chris	ST. JOHN MO	US Long_M_60-64	43:18.400	00:46:28.0	4:03.000	1:26:36.800	17.2	1:23.500	58:35.400	00:09:27.0	3:14:14.2	+1:14:07.6
200 / 280 / 18	166	RANA, Deven	LAKE SAINT LOUIS MO	... Long_M_30-34	16:01.000	00:17:11.1	0:00.000	1:51:03.900	13.4	3:25.900	1:05:35.100	00:10:34.7	3:16:05.9	+1:15:59.3
201 / 282 / 42	53	CHSLUETER, Jim	OFALLON MO	US Long_M_35-39	31:27.400	00:33:45.1	5:10.900	1:27:21.600	17.1	3:35.600	1:08:23.400	00:11:01.8	3:16:14.5	+1:16:07.9
202 / 283 / 4	123	MAIER, Gary	ST. LOUIS MO	US Long_M_60-64	38:15.600	00:41:03.1	4:56.200	1:25:50.300	17.4	2:37.400	1:04:25.200	00:10:23.4	3:16:26.8	+1:16:20.2
203 / 285 / 19	152	KRENTZ, Matthew	ST. LOUIS MO	US Long_M_30-34	35:09.200	00:37:43.1	12:07.800	1:26:24.400	17.3	10:43.300	52:25.800	00:08:27.4	3:16:50.5	+1:16:43.9
204 / 286 / 43	68	HARVEY, Steve	DARDENNE MO	US Long_M_35-39	42:43.500	00:45:50.5	4:34.600	1:32:52.900	16.1	2:49.200	55:35.000	00:08:57.9	3:18:48.4	+1:18:41.8
205 / 288 / 26	226	MORENO, Carlos	LAKE SAINT LOUIS MO	... Long_M_45-49	41:16.300	00:44:17.0	3:43.800	1:26:03.500	17.3	4:38.800	1:04:51.500	00:10:27.7	3:20:33.9	+1:20:27.3
206 / 293 / 27	235	LOYET, Mike	MARYLAND HEIGHTS MO...	... Long_M_45-49	43:05.600	00:46:14.2	4:25.700	1:23:03.600	17.9	2:31.500	1:09:50.100	00:11:15.8	3:22:56.5	+1:22:49.9
207 / 294 / 1	130	KLENK, Robert	WELDON SPRING MO	... Long_M_70-74	39:58.500	00:42:53.5	5:06.300	1:24:30.600	17.6	3:12.300	1:11:33.800	00:11:32.5	3:24:21.5	+1:24:14.9
208 / 295 / 43	399	WEST, Thomas	ST PETERS MO	US Long_M_40-44	33:26.100	00:35:52.5	4:03.800	1:33:21.200	16.0	4:36.500	1:10:07.500	00:11:18.6	3:25:35.1	+1:25:28.5
209 / 296 / 44	385	RUFKAHR, Brett	WEBSTER GROVES MO	... Long_M_40-44	32:22.900	00:34:44.7	6:51.400	1:29:31.100	16.7	3:51.100	1:13:14.200	00:11:48.7	3:25:50.7	+1:25:44.1
210 / 297 / 45	386	SCOTT, Bryan	U. CITY MO	US Long_M_40-44	40:50.800	00:43:49.6	4:38.400	1:27:48.100	17.0	2:27.500	1:10:34.700	00:11:23.0	3:26:19.5	+1:26:12.9
211 / 298 / 46	377	GODDARD, Mark	CHESTERFIELD MO	... Long_M_40-44	35:05.600	00:37:39.2	3:53.200	1:34:21.100	15.8	2:04.500	1:12:15.700	00:11:39.3	3:27:40.1	+1:27:33.5
212 / 299 / 9	116	LODEWYCK, Rick	DES PERES MO	US Long_M_55-59	32:29.200	00:34:51.4	4:52.800	1:34:41.100	15.8	2:31.000	1:14:13.400	00:11:58.3	3:28:47.5	+1:28:40.9
213 / 302 / 15	488	BLANTON, Ron	UNIVERSITY CITY MO	... Long_Clydesdale	45:27.400	00:48:46.4	5:11.200	1:22:27.900	18.1	3:33.600	1:13:29.700	00:11:51.2	3:30:09.8	+1:30:03.2
214 / 304 / 28	243	OHLMS, Steven	ST. ALBANS MO	US Long_M_45-49	36:44.700	00:39:25.6	5:57.900	1:30:13.800	16.5	3:53.400	1:15:03.300	00:12:06.3	3:31:53.1	+1:31:46.5
215 / 307 / 20	153	MEALEY, James	ST. LOUIS MO	US Long_M_30-34	43:00.000	00:46:08.2	4:16.600	1:46:07.200	14.1	2:24.500	1:03:51.200	00:10:17.9	3:39:39.5	+1:39:32.9
216 / 308 / 10	120	PRESSMAN, Norman	SAINT LOUIS MO	... Long_M_55-59	49:07.200	00:52:42.2	4:18.800	1:37:33.100	15.3	2:53.000	1:07:43.800	00:10:55.5	3:41:35.9	+1:41:29.3
217 / 309 / 47	367	WEST, Jeff	BALLWIN MO	US Long_M_40-44	51:56.100	00:55:43.5	4:08.700	1:38:01.100	15.2	1:59.500	1:09:05.900	00:11:08.7	3:45:11.3	+1:45:04.7
218 / 313 / 5	126	STROUD, Charlie	ST. LOUIS MO	US Long_M_60-64	1:17:11.800	01:22:49.7	6:35.500		INF.0			00:00:00.0	4:45:47.3	+2:45:40.7

## Overall By Gender: Female Short Course

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T2	Bike	MPH	T2	Run	min/mi	Total Time	Back
1 / 14 / 1	751	SANDER, Sarah	ST. LOUIS MO	US Short Overall Female	6:35.800	00:26:23.2	1:30.000	41:43.900	17.2	1:03.200	18:51.400	00:07:32.6	1:09:56.0	0:00.0
2 / 21 / 2	740	REED, Nikki	SAINT LOUIS MO	... Short Overall Female	7:28.600	00:29:54.4	1:44.600	41:33.500	17.3	0:57.100	19:39.000	00:07:51.6	1:11:34.7	+1:38.7
3 / 22 / 3	586	MARTENS, Margie	OFALLON MO	US Short Overall Female	8:07.400	00:32:29.6	2:15.200	41:37.700	17.3	1:44.800	18:14.900	00:07:18.0	1:12:11.9	+2:15.9
4 / 23 / 1	776	PASIEKA, Tracyjo	ST LOUIS MO	US Short_F_30-34	10:11.500	00:40:46.0	2:02.300	40:53.400	17.6	1:04.400	19:30.800	00:07:48.3	1:13:53.8	+3:57.8
5 / 24 / 2	774	FIGGINS, Ember	ST. CHARLES MO	... Short_F_30-34	7:12.700	00:28:50.8	2:31.700	42:37.100	16.9	1:11.500	20:31.900	00:08:12.8	1:14:22.3	+4:26.3
6 / 27 / 1	791	MCCREARY, Stephanie	ST. LOUIS MO	US Short_F_35-39	9:02.000	00:36:08.0	2:08.600	40:53.700	17.6	1:02.700	21:49.600	00:08:43.8	1:15:09.7	+5:13.7
7 / 32 / 3	777	PETRO, Teresa	LAKE ST LOUIS MO	... Short_F_30-34	9:10.800	00:36:43.2	2:21.300	42:25.100	17.0	1:27.300	20:39.600	00:08:15.8	1:16:13.8	+6:17.8
8 / 33 / 2	805	REBMAN, Kathy	WILDWOOD MO	USShort_F_35-39	7:48.700	00:31:14.8	2:50.400	42:41.500	16.9	1:27.000	21:24.400	00:08:33.8	1:16:24.0	+6:28.0
9 / 43 / 1	889	DAVIS, Tina	LAKE SAINT LOUIS MO	... Short_F_40-44	10:24.500	00:41:38.0	3:31.400	41:58.400	17.1	1:40.200	19:42.100	00:07:52.8	1:17:29.0	+7:33.0
10 / 48 / 2	886	PIPER, Mary	LAKE SAINT LOUIS MO	... Short_F_40-44	11:45.700	00:47:02.8	2:14.700	41:28.800	17.4	1:28.400	20:53.700	00:08:21.5	1:18:04.2	+8:08.2
11 / 49 / 1	825	HAYRILLA, Heidi	LAKE ST. LOUIS MO	... Short_Athens	8:34.500	00:34:18.0	2:28.800	42:21.200	17.0	1:16.500	23:21.100	00:09:20.4	1:18:12.2	+8:16.2
12 / 54 / 3	794	MEARA, Erin	LAKE ST. LOUIS MO	... Short_F_35-39	7:23.200	00:29:32.8	2:17.700	43:02.700	16.7	1:44.800	24:12.700	00:09:41.1	1:18:56.0	+9:00.0
13 / 56 / 4	798	ROMPEL, Kerstin	OFALLON MO	US Short_F_35-39	8:52.800	00:35:31.2	2:19.800	43:22.400	16.6	1:18.400	23:30.400	00:09:24.2	1:19:39.0	+9:43.0
14 / 61 / 3	880	JOHNSON, Martha	MARYLAND HEIGHTS MO...	... Short_F_40-44	9:20.900	00:37:23.6	2:59.000	44:36.000	16.1	1:36.000	21:55.300	00:08:46.1	1:20:38.2	+10:42.2

\* indicates adjustments applied, see last page for details

# Lake St Louis Triathlon

## Overall By Gender: Female Short Course Continued

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
15 / 62 / 4	872	TURNER, Susan	WENTZVILLE MO	... Short_F_40-44	7:56.800	00:31:47.2	3:26.800	45:44.500	15.7	2:01.200	21:22.400	00:08:33.0	1:20:45.9	+10:49.9
16 / 63 / 4	761	STENGER, Jennifer	BELLEVILLE IL	US Short_F_30-34	8:25.700	00:33:42.8	2:44.600	47:09.000	15.3	1:02.700	21:43.700	00:08:41.5	1:21:16.2	+11:20.2
17 / 67 / 5	784	GUTHRIE, Melissa	DIXON IL	US Short_F_30-34	11:01.400	00:44:05.6	3:22.700	46:42.400	15.4	0:55.400	19:42.000	00:07:52.8	1:21:55.7	+11:59.7
18 / 68 / 1	739	KNEFFELKAMP, Rebecca	CHICAGO IL	US Short_F_25-29	10:01.300	00:40:05.2	2:20.100	46:14.700	15.6	1:17.800	21:56.300	00:08:46.5	1:22:05.6	+12:09.6
19 / 73 / 6	783	CLAUS, Elena	ST. LOUIS MO	US Short_F_30-34	9:23.200	00:37:32.8	2:39.200	44:51.100	16.1	1:05.200	24:11.000	00:09:40.4	1:22:23.1	+12:27.1
20 / 75 / 5	800	WALLNER, Kathi	ST. CHARLES MO	... Short_F_35-39	7:41.300	00:30:45.2	3:18.300	47:15.800	15.2	1:15.000	22:49.600	00:09:07.8	1:22:35.2	+12:39.2
21 / 76 / 7	782	SIMPSON, Janice	ST. LOUIS MO	US Short_F_30-34	9:01.200	00:36:04.8	2:17.400	46:07.300	15.6	1:41.500	23:16.000	00:09:18.4	1:22:35.7	+12:39.7
22 / 80 / 8	772	CLARKE, Nichole	OFALLON MO	US Short_F_30-34	10:39.300	00:42:37.2	3:04.400	45:21.400	15.9	1:31.700	22:41.600	00:09:04.6	1:23:32.4	+13:36.4
23 / 90 / 1	729	SUTHERLIN, Sarah	LAKE SAINT LOUIS MO	... Short_F_1-19	6:14.500	00:24:58.0	2:15.300	54:23.200	13.2	0:57.100	21:15.400	00:08:30.2	1:25:15.6	+15:19.6
24 / 91 / 6	813	HAMILL, Tori	O FALLON MO	US Short_F_35-39	7:07.700	00:28:30.8	1:49.500	50:36.600	14.2	1:05.900	24:37.400	00:09:51.0	1:25:30.3	+15:34.3
25 / 92 / 1	594	JARUS-GIERER, Terri	SAINT CHARLES MO	... Short_F_50-54	9:25.500	00:37:42.0	2:34.900	46:32.700	15.5	1:57.500	24:48.500	00:09:55.4	1:25:33.2	+15:37.2
26 / 93 / 5	887	SULLIVAN, Caroline	ST. LOUIS MO	US Short_F_40-44	11:05.400	00:44:21.6	2:46.700	48:17.500	14.9	1:57.400	21:16.500	00:08:30.6	1:25:37.3	+15:41.3
27 / 94 / 2	732	HURLEY, Hannah	ALTON IL	US Short_F_1-19	8:58.500	00:35:54.0	2:44.100	49:54.800	14.4	2:01.100	21:51.100	00:08:44.4	1:25:44.6	+15:48.6
28 / 95 / 6	874	HART, Angela	BALLWIN MO	US Short_F_40-44	9:05.200	00:36:20.8	3:10.200	46:28.000	15.5	2:03.800	24:51.500	00:09:56.6	1:25:51.7	+15:55.7
29 / 96 / 7	877	WILLETTE, Melissa	OFALLON MO	US Short_F_40-44	8:37.400	00:34:29.6	3:25.500	46:58.700	15.3	1:53.400	24:44.700	00:09:53.9	1:25:54.8	+15:58.8
30 / 97 / 1	579	COPP, Mary	BALLWIN MO	US Short_F_45-49	10:09.800	00:40:39.2	2:47.400	47:07.900	15.3	2:24.000	23:17.400	00:09:19.0	1:26:00.0	+16:04.0
31 / 99 / 8	884	LEWIS, Patti	CHESTERFIELD MO	... Short_F_40-44	7:44.100	00:30:56.4	3:09.200	50:00.600	14.4	1:22.400	23:33.100	00:09:25.2	1:26:04.1	+16:08.1
32 / 105 / 9	883	LARICE, Waleska	CHESTERFIELD MO	... Short_F_40-44	12:25.800	00:49:43.2	2:19.700	48:09.200	14.9	1:00.900	22:59.800	00:09:11.9	1:27:10.8	+17:14.8
33 / 106 / 9	770	SWEARENGIN, Melanie	OFALLON MO	US Short_F_30-34	7:07.200	00:28:28.8	3:31.100	48:21.700	14.9	1:08.100	26:47.100	00:10:42.8	1:27:11.4	+17:15.4
34 / 108 / 10	780	THIERAUF, Anne	SAINT LOUIS MO	... Short_F_30-34	10:38.300	00:42:33.2	4:21.600	48:07.400	15.0	2:16.100	22:07.800	00:08:51.1	1:27:41.8	+17:45.8
35 / 111 / 2	752	DONALDSON, Jennifer	LAKE SAINT LOUIS MO	... Short_F_25-29	9:47.700	00:39:10.8	3:35.300	48:27.500	14.9	1:43.500	24:52.100	00:09:56.8	1:28:40.6	+18:44.6
36 / 113 / 7	787	GEORGE, Debi	TROY MO	US Short_F_35-39	11:11.700	00:44:46.8	2:32.800	49:06.300	14.7	1:12.000	24:30.200	00:09:48.1	1:28:46.3	+18:50.3
37 / 115 / 2	582	WARD, Tina	CHESTERFIELD MO	... Short_F_45-49	13:33.600	00:54:14.4	3:26.100	45:10.900	15.9	2:21.400	24:12.800	00:09:41.1	1:28:58.4	+19:02.4
38 / 123 / 10	885	MORAN, Julie	ST. CHARLES MO	... Short_F_40-44	9:39.900	00:38:39.6	4:23.900	50:56.700	14.1	2:05.600	22:45.100	00:09:06.0	1:30:05.4	+20:09.4
39 / 127 / 3	742	KLASSEN, Emily	ST. LOUIS MO	US Short_F_25-29	8:27.200	00:33:48.8	4:01.500	50:05.600	14.4	1:57.900	25:49.500	00:10:19.8	1:30:36.6	+20:40.6
40 / 128 / 8	807	BURWELL, Tonya	ST. CHARLES MO	... Short_F_35-39	12:44.800	00:50:59.2	4:38.100	45:31.500	15.8	2:38.100	25:09.600	00:10:03.8	1:30:56.7	+21:00.7
41 / 130 / 11	888	BALDAUF, Jodean	ST. LOUIS MO	US Short_F_40-44	12:23.700	00:49:34.8	3:12.100	50:27.000	14.3	2:20.400	22:57.200	00:09:10.9	1:31:30.8	+21:34.8
42 / 131 / 4	750	MORRISON, Emily	OFALLON MO	US Short_F_25-29	10:39.400	00:42:37.6	4:11.600	49:16.100	14.6	2:01.900	25:09.500	00:10:03.8	1:31:31.7	+21:35.7
43 / 133 / 9	797	PASHIA, Dawn	ST. LOUIS MO	US Short_F_35-39	11:05.500	00:44:22.0	3:43.800	48:57.300	14.7	3:05.600	24:48.900	00:09:55.6	1:31:56.5	+22:00.5
44 / 136 / 2	829	BRANDENBURG, Jessica	ST CHARLES MO	USShort_Athena	8:19.300	00:33:17.2	2:20.600	51:08.500	14.1	1:19.000	29:06.300	00:11:38.5	1:32:26.9	+22:30.9
45 / 137 / 5	745	DONALDSON, Alison	LAKE SAINT LOUIS MO	... Short_F_25-29	10:22.200	00:41:28.8	2:53.100	54:16.100	13.3	0:58.200	23:53.400	00:09:33.4	1:32:34.6	+22:38.6
46 / 138 / 3	822	BURKE, Jennifer	BELLEVILLE IL	US Short_Athena	9:23.600	00:37:34.4	3:34.500	49:20.200	14.6	2:17.800	27:55.800	00:11:10.3	1:32:46.9	+22:50.9
47 / 139 / 6	746	HIRSCHI, Amy	WENTZVILLE MO	... Short_F_25-29	10:43.800	00:42:55.2	3:33.700	53:13.300	13.5	1:29.300	23:32.000	00:09:24.8	1:32:47.3	+22:51.3
48 / 146 / 3	581	SCHNEIDER, Betty	ST. LOUIS MO	US Short_F_45-49	8:57.700	00:35:50.8	4:27.400	51:26.500	14.0	2:16.700	27:28.100	00:10:59.2	1:34:53.3	+24:57.3
49 / 147 / 4	577	EPPERSON, Elizabeth	OFALLON MO	US Short_F_45-49	10:17.300	00:41:09.2	3:03.300	52:15.400	13.8	1:28.500	27:33.300	00:11:01.3	1:34:55.2	+24:59.2
50 / 148 / 12	879	GONTHIER, Tracey	OFALLON MO	US Short_F_40-44	7:39.200	00:30:36.8	3:21.500	54:33.100	13.2	1:25.500	27:50.300	00:11:08.1	1:35:01.5	+25:05.5
51 / 150 / 1	595	BARNES, Kathleen	BRENTWOOD MO	... Short_F_55-59	10:39.700	00:42:38.8	3:21.700	50:40.400	14.2	2:11.300	28:03.100	00:11:13.2	1:35:12.8	+25:16.8
52 / 151 / 5	583	CUPPETT, Leslie	LAKE ST. LOUIS MO	... Short_F_45-49	11:10.000	00:44:40.0	3:11.400	51:31.200	14.0	1:52.600	27:21.500	00:10:56.6	1:35:22.2	+25:26.2
53 / 152 / 10	790	MALTERER, Amy	WELDON SPRING MO	... Short_F_35-39	10:41.200	00:42:44.8	3:32.700	57:55.800	12.4	1:19.500	22:10.500	00:08:52.2	1:35:53.0	+25:57.0
54 / 153 / 13	890	DEYOUNG, Margaret	ST. LOUIS MO	US Short_F_40-44	10:24.200	00:41:36.8	3:41.500	52:42.600	13.7	2:25.700	26:25.800	00:10:34.3	1:35:54.3	+25:58.3
55 / 155 / 11	786	GIESELMANN, Kelly	LAKE ST. LOUIS MO	... Short_F_35-39	8:44.300	00:34:57.2	3:13.200	50:49.100	14.2	2:05.100	31:05.600	00:12:26.2	1:36:17.1	+26:21.1
56 / 157 / 2	596	RUTHERFORD, Polly	CHESTERFIELD MO	... Short_F_55-59	13:14.300	00:52:57.2	3:19.400	50:49.800	14.2	2:19.100	26:28.800	00:10:35.5	1:36:27.2	+26:31.2
57 / 158 / 11	769	MCMAHON, Becky	ST. CHARLES MO	... Short_F_30-34	11:30.900	00:46:03.6	3:07.400	52:54.000	13.6	1:11.100	27:48.500	00:11:07.4	1:36:47.6	+26:51.6
58 / 164 / 3	735	AUBUCHON, Kathryn	ST. LOUIS MO	US Short_F_1-19	8:35.600	00:34:22.4	3:59.500	1:01:31.000	11.7	1:24.700	22:21.200	00:08:56.5	1:38:04.4	+28:08.4
59 / 165 / 4	734	SCHWETZ, Kasey	CREVE COEUR MO	... Short_F_1-19	8:35.700	00:34:22.8	4:00.300	1:01:32.100	11.7	1:23.000	22:21.600	00:08:56.6	1:38:07.2	+28:11.2
60 / 170 / 14	876	SCHARK, Kim	OFALLON MO	US Short_F_40-44	8:54.900	00:35:39.6	3:24.100	57:07.900	12.6	1:36.600	28:13.600	00:11:17.4	1:39:30.5	+29:34.5
61 / 171 / 12	801	CANADA, Carolyn	OFALLON MO	US Short_F_35-39	10:51.300	00:43:25.2	5:12.600	53:53.500	13.4	2:25.500	26:56.300	00:10:46.5	1:39:37.6	+29:41.6
62 / 172 / 2	593	TURANO, Cheryl	ST PETERS MO	US Short_F_50-54	10:55.400	00:43:41.6	4:05.300	53:40.100	13.4	2:05.600	28:37.000	00:11:26.8	1:39:39.2	+29:43.2
63 / 174 / 4	824	EICHELBERGER, Carol	LAKE ST. LOUIS MO	... Short_Athena	24:53.800	01:39:35.2	0:00.000	58:49.700	12.2	3:14.400	12:59.800	00:05:11.9	1:39:57.7	+30:01.7
64 / 176 / 13	810	REDMOND, Liz	WEBSTER GROVES MO	... Short_F_35-39	9:20.000	00:37:20.0	9:45.100	52:43.100	13.7	2:25.600	26:25.900	00:10:34.4	1:40:54.4	+30:58.4
65 / 179 / 15	882	GAVACH, Mary	FENTON MO	US Short_F_40-44	10:40.200	00:42:40.8	4:34.800	51:52.500	13.9	4:50.300	29:30.100	00:11:48.0	1:41:38.8	+31:42.8
66 / 183 / 12	779	SULLINS, Sarah	CHESTERFIELD MO	... Short_F_30-34	7:44.900	00:30:59.6	4:08.800	1:01:23.300	11.7	1:32.100	27:29.200	00:10:59.7	1:42:36.3	+32:40.3
67 / 185 / 1	599	ANDERSON, Betsey	WEBSTER GROVES MO	... Short_F_60-64	11:33.300	00:46:13.2	3:16.300	57:56.000	12.4	1:44.300	28:14.600	00:11:17.8	1:43:03.8	+33:07.8
68 / 186 / 13	765	OVERMAN, Katie	O FALLON MO	US Short_F_30-34	10:39.200	00:42:36.8	5:29.000	56:06.300	12.8	1:57.900	29:20.800	00:11:44.3	1:43:45.1	+33:49.1
69 / 187 / 16	891	OKEEFE, Jeanne	WILDWOOD MO	USShort_F_40-44	10:31.200	00:42:04.8	4:26.900	58:03.900	12.4	1:49.800	28:43.200	00:11:29.3	1:43:49.3	+33:53.3
70 / 188 / 14	812	BRICKNER, Whitney	ST. CHARLES MO	... Short_F_30-34	12:02.200	00:48:08.8	5:12.500	56:16.200	12.8	4:28.800	26:49.100	00:10:43.6	1:45:01.8	+35:05.8
71 / 190 / 14	792	BYRNE, Valerie	ST. CHARLES MO	... Short_F_35-39	11:25.000	00:45:40.0	3:58.500	58:01.900	12.4	1:32.600	30:29.500	00:12:11.8	1:45:44.6	+35:48.6
72 / 192 / 15	799	STRASSNER, Suzy	SAINT LOUIS MO	... Short_F_35-39	11:39.200	00:46:36.8	5:21.600	58:15.500	12.4	1:51.900	29:07.700	00:11:39.1	1:46:29.5	+36:33.5
73 / 193 / 15	763	BLAKEMORE, Natalie	OFALLON MO	US Short_F_30-34	11:00.000	00:44:00.0	5:14.600	59:55.700	12.0	1:47.500	28:33.400	00:11:25.4	1:46:49.3	+36:53.3
74 / 195 / 7	741	TESCHENDORF, Lauren	ST. LOUIS MO	US Short_F_25-29	8:44.100	00:34:56.4	5:38.900	1:03:20.400	11.4	1:50.600	27:21.300	00:10:56.5	1:47:06.4	+37:10.4
75 / 196 / 5	828	SCHULZ, Tracey	AFFTON MO	US Short_Athena	13:53.200	00:55:32.8	5:00.000	55:02.400	13.1	4:18.100	29:47.800	00:11:55.1	1:48:16.3	+38:20.3
76 / 200 / 16	775	MOORE, Sarah	LAKE SAINT LOUIS MO	... Short_F_30-34	11:42.900	00:46:51.6	5:26.800	57:25.900	12.5	3:09.900	32:04.700	00:12:49.9	1:50:06.6	+40:10.6

\* indicates adjustments applied, see last page for details

# Lake St Louis Triathlon

## Overall By Gender: Female Short Course Continued

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
77 / 201 / 16	803	HAWKINS, Michelle	OLIVETTE MO	US Short_F_35-39	11:41.100	00:46:44.4	4:14.400	1:02:27.800	11.5	1:56.200	29:53.300	00:11:57.3	1:50:27.5	+40:31.5
78 / 202 / 17	788	HESLIN, Kellie	DEFIANCE MO	US Short_F_35-39	11:56.700	00:47:46.8	3:40.200	1:03:10.800	11.4	1:53.500	30:20.800	00:12:08.3	1:51:17.0	+41:21.0
79 / 204 / 1	738	SMITH, Danielle	WENTZVILLE MO	... Short_F_20-24	13:24.800	00:53:39.2	5:26.100	1:02:40.200	11.5	2:21.400	29:07.600	00:11:39.0	1:53:14.4	+43:18.4
80 / 205 / 5	727	THURWACHTER, Kristin	LAKE SAINT LOUIS MO	... Short_F_1-19	9:48.500	00:39:14.0	3:55.100	1:14:37.400	9.7	2:03.600	27:04.700	00:10:49.9	1:57:41.7	+47:45.7
81 / 206 / 18	802	GREEN, Tricia	ARNOLD MO	US Short_F_35-39	12:53.200	00:51:32.8	4:53.700	1:04:52.500	11.1	1:48.900	34:18.700	00:13:43.5	1:59:10.0	+49:14.0
82 / 209 / 17	778	SACKMAN, Julie	COLUMBIA IL	US Short_F_30-34	13:41.400	00:54:45.6	3:07.200	1:11:38.100	10.1	1:52.100	33:10.900	00:13:16.4	2:03:44.5	+53:48.5
83 / 214 / 6	821	BELL, Suzanne	ST. LOUIS MO	US Short_Athena	9:05.300	00:36:21.2	4:16.400	1:16:13.400	9.4	3:17.700	41:37.000	00:16:38.8	2:14:49.0	+1:04:53.0
84 / 218 / 18	781	RODMAN, Vanessa	OFALLON MO	US Short_F_30-34	18:41.800	01:14:47.2	5:34.300	1:18:00.000	9.2	2:36.100	38:42.800	00:15:29.1	2:23:35.0	+1:13:39.0
85 / 219 / 6	580	RAGLAND, Anne	DES PERES MO	US Short_F_45-49	13:49.200	00:55:16.8	5:38.700	1:17:33.500	9.3	3:15.600	43:28.800	00:17:23.5	2:24:16.8	+1:14:20.8
86 / 222 / 19	766	SCHOENHOLZ, Jennifer	ST. LOUIS MO	US Short_F_30-34	6:31.500	00:26:06.0	2:14.600	1:25:57.100	8.4	58:22.900		00:00:00.0	2:33:06.1	+1:23:10.1

## Overall By Gender: Female Long Course

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
1 / 12 / 1	2	MOUNDAY, Amber	ST LOUIS MO	US Long Overall Female23-11.700	00:23:35.8	1:40.800	1:05:27.300	22.7	0:50.200	40:46.100	00:06:34.5	2:12:05.8	0:00.0	
2 / 14 / 2	198	MOORE, Kristin	ST. CHARLES MO	... Long Overall Female26:39.700	00:27:07.4	1:25.800	1:03:56.000	23.3	0:41.000	39:34.500	00:06:23.0	2:12:28.1	0:22.3	
3 / 26 / 3	313	CONLEY, Maureen	BALLWIN MO	US Long Overall Female28:43.500	00:29:13.3	1:40.600	1:12:17.200	20.6	1:42.300	36:08.800	00:05:49.8	2:20:40.6	+8:34.8	
4 / 34 / 1	191	ROBERTSON, Andrea	O FALLON MO	US Long_F_30-34	28:03.100	00:28:32.2	1:27.200	1:09:11.600	21.5	0:41.400	43:41.100	00:07:02.8	2:23:17.3	+11:11.5
5 / 39 / 1	256	PETERSEN, Stephanie	TOWN AND COUNTRY M...	Long_F_45-49	24:18.600	00:24:43.8	2:08.000	1:14:42.000	19.9	1:05.100	42:22.200	00:06:50.0	2:24:47.5	+12:41.7
6 / 44 / 1	312	CONLEY, Maggie	BALLWIN MO	US Long_F_20-24	29:03.400	00:29:33.6	1:42.800	1:13:45.100	20.2	1:53.000	39:47.400	00:06:25.1	2:26:21.6	+14:15.8
7 / 45 / 1	1	CUNNANE, Jennifer	ST. LOUIS MO	US Elite_F	26:36.100	00:27:03.7	2:27.900	1:10:21.600	21.1	1:08.200	45:41.500	00:07:22.2	2:26:28.5	+14:22.7
8 / 55 / 1	451	OFSTHUN, Bev	OFALLON MO	US Long_F_40-44	28:59.000	00:29:29.1	2:26.600	1:10:46.100	21.0	1:30.600	45:28.500	00:07:20.1	2:29:22.8	+17:17.0
9 / 58 / 2	443	MORTIMER, Meredith	WOODSIDE CA	US Long_F_40-44	26:44.400	00:27:12.1	2:20.600	1:13:47.000	20.2	1:22.400	45:54.900	00:07:24.3	2:30:22.4	+18:16.6
10 / 64 / 2	201	JACOBS, Annette	OLIVETTE MO	US Long_F_30-34	31:29.900	00:32:02.6	1:37.900	1:11:25.400	20.8	1:07.200	46:20.000	00:07:28.4	2:32:11.4	+20:05.6
11 / 65 / 1	323	CLAY, Caroline	COLUMBIA IL	US Long_F_25-29	26:09.800	00:26:36.9	2:26.600	1:15:18.600	19.8	1:12.400	47:12.900	00:07:36.9	2:32:30.8	+20:25.0
12 / 78 / 3	438	BALL, Holly	ST. LOUIS MO	US Long_F_40-44	27:58.000	00:28:27.0	2:32.400	1:13:00.000	20.4	1:58.600	49:14.500	00:07:56.5	2:34:56.0	+22:50.2
13 / 80 / 1	422	NITSCHE, Pamela	LAKE ST LOUIS MO	... Long_F_35-39	27:50.700	00:28:19.6	2:26.900	1:14:16.600	20.0	1:39.200	49:03.400	00:07:54.7	2:35:29.9	+23:24.1
14 / 82 / 2	263	GRIEGE, Teri	ST. LOUIS NC	US Long_F_45-49	24:37.400	00:25:03.0	2:44.400	1:18:19.300	19.0	1:45.900	48:07.200	00:07:45.7	2:35:45.6	+23:39.8
15 / 85 / 3	266	WRIGHT, Carol	WILDWOOD MO	US Long_F_45-49	34:02.900	00:34:38.2	2:49.700	1:16:37.900	19.4	1:15.100	41:17.500	00:06:39.6	2:36:14.8	+24:09.0
16 / 94 / 4	435	OHLMS, Mindy	ST. ALBANS MO	US Long_F_40-44	30:44.300	00:31:16.2	2:32.900	1:16:20.100	19.5	2:01.100	46:19.000	00:07:28.2	2:38:09.7	+26:03.9
17 / 95 / 5	432	HOST, Helen	ST. LOUIS MO	US Long_F_40-44	32:49.900	00:33:24.0	2:37.400	1:12:23.200	20.6	2:23.500	47:47.200	00:07:42.5	2:38:15.8	+26:10.0
18 / 97 / 4	271	TELFORD, Teresa	ST. LOUIS MO	US Long_F_45-49	30:13.000	00:30:44.4	2:32.300	1:12:10.700	20.6	1:39.500	51:46.900	00:08:21.1	2:38:35.3	+26:29.5
19 / 98 / 2	324	HAVENS, Becca	ST. LOUIS MO	US Long_F_25-29	27:21.200	00:27:49.6	2:24.300	1:18:08.800	19.0	1:32.700	49:13.300	00:07:56.3	2:38:52.1	+26:46.3
20 / 101 / 3	326	WAHL, Erin	ST. LOUIS MO	US Long_F_25-29	27:21.000	00:27:49.4	2:50.300	1:12:22.000	20.6	2:31.700	53:43.000	00:08:39.8	2:39:02.0	+26:56.2
21 / 105 / 3	200	SCHWE, Kerri	WILDWOOD MO	US Long_F_30-34	31:15.600	00:31:48.0	1:51.700	1:13:31.000	20.2	1:09.900	51:54.400	00:08:22.3	2:39:55.5	+27:49.7
22 / 108 / 2	416	HATCH, Kristy	ST. CHARLES MO	... Long_F_35-39	34:27.000	00:35:02.7	2:11.000	1:11:28.400	20.8	1:34.900	50:20.700	00:08:07.2	2:40:15.4	+28:09.6
23 / 111 / 6	439	BERRA, Lisa	CHESTERFIELD MO	... Long_F_40-44	29:16.400	00:29:46.8	2:29.000	1:17:30.100	19.2	1:33.200	50:05.000	00:08:04.7	2:41:03.2	+28:57.4
24 / 118 / 7	453	MARTIN, Janine	COLUMBIA MO	US Long_F_40-44	32:16.100	00:32:49.6	3:30.400	1:14:45.600	19.9	2:50.600	48:10.000	00:07:46.1	2:41:45.3	+29:39.5
25 / 120 / 4	197	DUNLAP, Marcy	ST. LOUIS MO	US Long_F_30-34	31:29.000	00:32:01.7	2:40.900	1:16:23.900	19.5	1:18.300	50:03.100	00:08:04.4	2:42:07.9	+30:02.1
26 / 121 / 5	187	CORNTHWAITE, Lauren	VALLEY PARK MO	... Long_F_30-34	35:51.500	00:36:28.7	2:06:16.500		INF.0		00:00:00.0	2:42:08.0	+30:02.2	
27 / 122 / 5	269	GILLUM, Rebecca	COLUMBIA IL	US Long_F_45-49	36:48.500	00:37:26.7	3:07.500	1:12:07.000	20.6	1:31.500	48:43.600	00:07:51.5	2:42:32.8	+30:27.0
28 / 125 / 6	260	ANDERT, Jennifer	ST. PETERS MO	US Long_F_45-49	28:59.600	00:29:29.7	2:27.800	1:15:55.100	19.6	2:00.900	53:08.900	00:08:34.3	2:42:44.0	+30:38.2
29 / 143 / 4	315	LANFER, Erin	ST. LOUIS MO	US Long_F_25-29	34:00.000	00:34:35.3	3:19.300	1:23:32.700	17.8	1:03.000	42:26.500	00:06:50.7	2:44:32.7	+32:26.9
30 / 145 / 2	3	PHILLIPS, Katie	WENTZVILLE MO	... Elite_F	25:49.300	00:26:16.1	2:13.600	1:22:34.700	18.0	1:17.800	52:27.500	00:08:27.7	2:44:35.4	+32:29.6
31 / 151 / 8	448	MENGHINI, Terri	FENTON MO	US Long_F_40-44	29:18.000	00:29:48.4	5:02.400	1:17:28.700	19.2	3:36.100	49:33.300	00:07:59.6	2:45:09.3	+33:03.5
32 / 156 / 6	190	HIEBERT, Stephanie	ST. LOUIS MO	US Long_F_30-34	27:01.200	00:27:29.2	3:16.100	1:20:24.200	18.5	1:48.800	53:10.000	00:08:34.5	2:45:51.4	+33:45.6
33 / 159 / 7	265	WILLIAMS, Deena	ST. CHARLES MO	... Long_F_45-49	32:44.200	00:33:18.2	2:50.000	1:16:47.300	19.4	1:23.900	52:33.900	00:08:28.7	2:46:32.7	+34:26.9
34 / 160 / 1	140	THORN, Debbie	OFALLON MO	US Long_F_50-54	26:18.600	00:26:45.9	2:15.500	1:22:07.200	18.1	1:51.000	53:55.200	00:08:41.8	2:46:40.3	+34:34.5
35 / 165 / 1	143	BOETTCHER, Lolle	UNIVERSITY CITY MO	... Long_F_60-64	34:37.900	00:35:13.8	2:51.200	1:18:35.100	18.9	2:46.700	48:58.900	00:07:54.0	2:48:02.9	+35:57.1
36 / 173 / 5	327	CROWDER, Jennifer	CHESTERFIELD MO	... Long_F_25-29	34:16.900	00:34:52.5	3:00.300	1:18:00.600	19.1	2:02.200	51:45.700	00:08:20.9	2:49:18.4	+37:12.6
37 / 174 / 3	431	MORNINGSTAR-KING, Tracy	OFALLON MO	US Long_F_35-39	33:52.000	00:34:27.1	3:03.300	1:19:28.700	18.7	2:18.900	51:01.700	00:08:13.8	2:49:57.3	+37:51.5
38 / 182 / 2	136	BRANHAM, Janice	MANCHESTER MO	... Long_F_50-54	36:38.600	00:37:16.6	3:08.500	1:19:06.100	18.8	1:37.400	50:30.800	00:08:08.8	2:51:11.7	+39:05.9
39 / 187 / 2	308	EMMONS, Mary	OFALLON MO	US Long_F_20-24	26:16.800	00:26:44.1	2:18.700	1:31:03.500	16.3	1:13.900	50:45.100	00:08:11.1	2:51:51.5	+39:45.7
40 / 189 / 8	267	CZARNECKI, Celeste	ST LOUIS MO	US Long_F_45-49	37:18.900	00:37:57.6	2:11.800	1:14:01.200	20.1	1:18.400	57:11.500	00:09:13.5	2:52:15.5	+40:09.7
41 / 190 / 3	314	LAMBRECHTS, Karen	ST. PETERS MO	US Long_F_20-24	29:30.900	00:30:01.5	2:50.000	1:17:29.500	19.2	1:15.600	1:01:01.700	00:09:50.6	2:52:19.1	+40:13.3
42 / 198 / 3	141	THURWACHTER, Cathy	LAKE SAINT LOUIS MO	... Long_F_50-54	32:25.900	00:32:59.6	2:13.100	1:20:58.400	18.4	1:15.900	56:48.100	00:09:09.7	2:54:01.2	+41:55.4
43 / 204 / 6	329	SOMMER, Julie	LAKE ST. LOUIS MO	... Long_F_25-29	32:23.100	00:32:56.7	3:12.300	1:23:20.600	17.9	1:31.600	54:21.900	00:08:46.1	2:55:05.5	+42:59.7
44 / 208 / 4	137	TICKNER, Dianna	COLLINSVILLE IL	US Long_F_50-54	39:06.800	00:39:47.4	2:10.300	1:18:02.500	19.1	1:54.200	54:08.200	00:08:43.9	2:55:36.4	+43:30.6
45 / 209 / 7	316	PHILLIPS, Theresa	CENTERVILLE MO	... Long_F_25-29	24:52.600	00:25:18.4	2:55.300	1:26:50.500	17.1	2:02.400	58:46.800	00:09:28.8	2:55:39.9	+43:34.1
46 / 210 / 9	450	KNOWLTON, Debbie	LAKE SAINT LOUIS MO	... Long_F_40-44	26:41.500	00:27:09.2	3:26.000	1:26:15.700	17.2	1:54.100	57:26.600	00:09:15.9	2:55:43.9	+43:38.1
47 / 211 / 10	449	WEISMAN, Margy	ST. LOUIS MO	US Long_F_40-44	30:34.600	00:31:06.3	3:00.400	1:25:55.100	17.3	1:55.600	54:19.900	00:08:45.8	2:55:45.6	+43:39.8
48 / 213 / 4	413	DENOYER, Datra	OFALLON MO	US Long_F_35-39	34:24.900	00:35:00.6	3:08.200	1:26:48.000	17.1	1:57.300	49:37.400	00:08:00.2	2:55:55.8	+43:50.0

\* indicates adjustments applied, see last page for details

# Lake St Louis Triathlon

## Overall By Gender: Female Long Course Continued

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
49 / 217 / 11	452	VOLLMER, Jolene	FENTON MO	US Long_F_40-44	35:25.100	00:38:00.2	4:19.000	1:20:54.000	18.4	2:39.500	52:58.500	00:08:32.7	2:56:16.1	+44:10.3
50 / 218 / 8	331	WHITE, Stephanie	ST. LOUIS MO	US Long_F_25-29	39:53.200	00:42:47.8	3:30.000	1:19:07.100	18.9	2:26.800	51:22.100	00:08:17.1	2:56:31.7	+44:25.9
51 / 225 / 7	202	WATSON, Kelly	ST LOUIS MO	US Long_F_30-34	39:44.500	00:42:38.5	2:48.300	1:22:15.000	18.1	2:12.600	51:23.000	00:08:17.3	2:58:36.9	+46:31.1
52 / 226 / 8	189	HAGER, Christy	ST. LOUIS MO	US Long_F_30-34	33:22.000	00:35:48.1	2:20.500	1:20:23.500	18.6	1:46.200	1:01:10.700	00:09:52.0	2:59:22.0	+47:16.2
53 / 228 / 5	415	FORSYTHE, Larissa	BALLWIN MO	US Long_F_35-39	38:05.800	00:40:52.6	3:16.300	1:22:32.300	18.1	1:37.800	54:28.600	00:08:47.2	3:00:00.8	+47:55.0
54 / 229 / 12	437	SNYDER, Becky	WENTZVILLE MO	... Long_F_40-44	34:59.200	00:37:32.4	4:37.900	1:18:32.500	19.0	2:57.800	59:11.000	00:09:32.7	3:00:18.4	+48:12.6
55 / 236 / 13	444	WEINBERG, Katie	DES PERES MO	US Long_F_40-44	29:13.500	00:31:21.4	4:56.400	1:25:07.900	17.5	3:17.500	58:54.100	00:09:30.0	3:01:29.4	+49:23.6
56 / 237 / 9	270	MENKE, Debbie	LAKE ST. LOUIS MO	... Long_F_45-49	35:45.800	00:38:22.4	4:54.500	1:21:23.200	18.3	3:24.200	56:55.500	00:09:10.9	3:02:34.4	+50:28.6
57 / 241 / 14	441	HAINES, Cindy	MANCHESTER MO	... Long_F_40-44	42:48.000	00:45:55.4	3:06.500	1:21:48.900	18.2	2:07.200	53:08.900	00:08:34.3	3:02:59.5	+50:53.7
58 / 247 / 10	261	DOERNER, Diana	CHESTERFIELD MO	... Long_F_45-49	31:11.800	00:33:28.4	2:59.700	1:23:58.500	17.8	2:55.600	1:03:17.600	00:10:12.5	3:04:40.0	+52:34.2
59 / 249 / 6	428	COMBS, Laurie	MARYLAND HEIGHTS MO...	Long_F_35-39	35:28.800	00:38:04.1	3:40.100	1:25:14.000	17.5	5:03.800	55:58.600	00:09:01.7	3:05:25.3	+53:19.5
60 / 257 / 1	142	HAVENS, Barb	ST. LOUIS MO	US Long_F_55-59	42:49.200	00:45:56.7	3:47.700	1:25:21.500	17.5	2:18.200	52:32.400	00:08:28.5	3:07:01.3	+54:55.5
61 / 262 / 9	317	TERRY, Sandra	ST. LOUIS MO	US Long_F_25-29	44:38.400	00:47:53.8	2:40.700	1:29:57.100	16.6	1:41.700	49:08.400	00:07:55.5	3:08:06.3	+56:00.5
62 / 263 / 10	322	STAHLHUT, Lynn	EDWARDSVILLE IL	... Long_F_25-29	39:59.900	00:42:55.0	2:15.500	1:26:46.100	17.2	1:42.500	57:37.800	00:09:17.7	3:08:21.8	+56:16.0
63 / 266 / 4	311	CARLSON, Ruth	ST. LOUIS MO	US Long_F_20-24	26:05.800	00:28:00.0	2:07.400	1:46:45.100	14.0	2:18.700	52:16.000	00:08:25.8	3:09:33.0	+57:27.2
64 / 269 / 11	257	PEPPER, Julie	ST. LOUIS MO	US Long_F_45-49	31:04.700	00:33:20.8	4:20.700	1:30:12.700	16.5	2:48.800	1:03:21.900	00:10:13.2	3:11:48.8	+59:43.0
65 / 271 / 7	426	LUPO, Tonya	ST LOUIQQ MO	US Long_F_35-39	35:26.000	00:38:01.1	4:15.800	1:30:58.100	16.4	2:57.400	58:39.900	00:09:27.7	3:12:17.2	+1:00:11.4
66 / 272 / 15	446	COOHEY, Barb	PHOENIX AZ	US Long_F_40-44	40:43.900	00:43:42.2	3:04.300	1:30:49.300	16.4	1:31.900	56:22.900	00:09:05.6	3:12:32.3	+1:00:26.5
67 / 273 / 8	429	HOWELL, Cathy	DARDENNE PRAIRIE MO	... Long_F_35-39	39:46.600	00:42:40.7	4:15.400	1:27:35.100	17.0	2:00.300	58:56.800	00:09:30.5	3:12:34.2	+1:00:28.4
68 / 276 / 9	419	RUNGE, Sara	ST. LOUIS MO	US Long_F_35-39	34:34.800	00:37:06.2	3:32.800	1:30:00.900	16.6	2:06.900	1:03:20.300	00:10:13.0	3:13:35.7	+1:01:29.9
69 / 279 / 12	268	WATKINS, Danita	ST CHARLES MO	US Long_F_45-49	33:33.800	00:36:00.7	3:35.800	1:33:26.800	16.0	3:15.200	1:01:01.500	00:09:50.6	3:14:53.1	+1:02:47.3
70 / 281 / 1	463	SCOTT, Emily	ST LOUIS MO	US Long_Athena	25:37.000	00:27:29.1	3:32.300	1:23:54.800	17.8	2:48.400	1:20:15.800	00:12:56.7	3:16:08.3	+1:04:02.5
71 / 284 / 10	430	MCGRAIL, Tammy	KIRKWOOD MO	US Long_F_35-39	35:04.900	00:37:38.5	4:12.600	1:30:33.600	16.5	3:11.200	1:03:25.100	00:10:13.7	3:16:27.4	+1:04:21.6
72 / 289 / 11	417	PATTERSON, Elizabeth	ST. LOUIS MO	US Long_F_35-39	37:57.000	00:40:43.1	7:44.900	1:28:03.900	16.9	1:21.600	1:06:08.000	00:10:40.0	3:21:15.4	+1:09:09.6
73 / 291 / 12	414	DOUCETTE, Jennifer	LAKE ST. LOUIS MO	... Long_F_35-39	43:29.700	00:46:40.1	3:27.300	1:40:01.200	14.9	2:03.300	53:32.700	00:08:38.2	3:22:34.2	+1:10:28.4
74 / 292 / 16	434	MOSCOSO, Lisa	WEBSTER GROVES MO	... Long_F_40-44	46:03.100	00:49:24.7	5:22.300	1:28:10.100	16.9	2:24.600	1:00:48.200	00:09:48.4	3:22:48.3	+1:10:42.5
75 / 300 / 17	440	CASAGRANDE, Kara	ST. CHARLES MO	... Long_F_40-44	41:42.600	00:44:45.2	6:11.400	1:42:31.700	14.5	1:22.900	57:01.700	00:09:11.9	3:28:50.3	+1:16:44.5
76 / 301 / 13	255	HILL, Karen	ST. CHARLES MO	... Long_F_45-49	43:01.100	00:46:09.4	5:14.100	1:29:58.800	16.6	3:42.300	1:07:29.800	00:10:53.2	3:29:26.1	+1:17:20.3
77 / 303 / 18	442	EDDY, Patricia	ST. CHARLES MO	... Long_F_40-44	42:57.500	00:46:05.6	3:57.700	1:25:22.700	17.5	3:07.100	1:15:27.600	00:12:10.3	3:30:52.6	+1:18:46.8
78 / 305 / 9	195	KOENIG, Carolyn	ST. LOUIS MO	US Long_F_30-34	43:24.100	00:46:34.1	5:07.200	1:42:06.000	14.6	2:53.500	1:02:12.200	00:10:02.0	3:35:43.0	+1:23:37.2
79 / 306 / 13	412	BOHANNAN, Karyn	ST PAUL MO	US Long_F_35-39	36:24.800	00:39:04.2	3:38.400	1:42:30.200	14.6	1:48.600	1:14:17.300	00:11:58.9	3:38:39.3	+1:26:33.5
80 / 310 / 10	199	PHILBRICK, Kristin	LSTL MO	US Long_F_30-34	45:41.300	00:49:01.3	4:09.800	1:39:25.400	15.0	3:59.400	1:15:52.700	00:12:14.3	3:49:08.6	+1:37:02.8
81 / 311 / 2	464	SHIELL, Rita	CHESTERFIELD MO	... Long_Athena	42:51.400	00:45:59.0	3:41.400	1:43:23.500	14.4	2:53.300	1:18:08.500	00:12:36.2	3:50:58.1	+1:38:52.3
82 / 312 / 11	330	SWEESO, Chastine	FLORISSANT MO	... Long_F_25-29	41:59.800	00:45:03.6	2:54.900	1:45:54.700	14.1	2:00.000	1:21:59.000	00:13:13.4	3:54:48.4	+1:42:42.6

## Overall By Gender: Mixed Short Course

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
1 / 180 / 1	519	PAYNE, Amanda	ST. CHARLES MO	... Short_Wheelchair	15:20.800	01:01:23.2	5:19.200	48:25.200	14.9	1:45.300	30:55.600	00:12:22.2	1:42:01.8	0:00.0
2 / 182 / 2	515	GRASSI, David	BALLWIN MO	US Short_Wheelchair	11:22.800	00:45:31.2	4:22.800	1:09:16.100	10.4	2:45.700	14:28.600	00:05:47.4	1:42:27.2	0:25.4
3 / 199 / 1	528	LIKER, Ariel	HOLLYWOOD	Short_Wheelchair Team	07.400	01:08:29.6	4:49.600	50:33.600	14.2	2:09.700	35:02.600	00:14:01.0	1:50:01.1	+7:59.3
4 / 211 / 3	520	VOSS, Rachel	COLLINSVILLE IL	US Short_Wheelchair	16:32.300	01:06:09.2	5:41.900	1:27:44.500	8.2	5:15.600	16:50.100	00:06:44.0	2:12:18.0	+30:16.2
5 / 213 / 4	521	DUEMPLER, Ryan	ST. PETERS MO	US Short_Wheelchair	10:22.200	00:41:28.8	7:01.100	1:09:39.000	10.3	2:01.300	44:47.600	00:17:55.0	2:14:11.0	+32:09.2
6 / 215 / 2	526	BEHLMANN, Kelly	FIRECRACKERS	Short_Wheelchair Team	10.000	01:00:40.0	5:54.700	1:18:50.000	9.1	2:34.000	35:37.400	00:14:15.0	2:18:18.0	+36:16.2
7 / 216 / 5	514	ANDERSON, Jonathon	ST. CHARLES MO	... Short_Wheelchair	20:12.300	01:20:49.2	5:23.700	1:29:27.700	8.1	4:58.900	18:23.100	00:07:21.2	2:18:41.0	+36:39.2
8 / 220 / 3	527	IFFRIG, Lauren	DYNAMITE	Short_Wheelchair Team	23.000	01:09:32.0	4:48.300	1:35:52.300	7.5	5:36.800	23:22.200	00:09:20.9	2:27:16.5	+45:14.7
9 / 221 / 6	518	KELLEN, Kelsie	OFALLOM MO	US Short_Wheelchair	15:52.000	01:03:28.0	6:03.300	1:39:11.300	7.3	4:10.700	22:04.200	00:08:49.7	2:27:38.1	+45:36.3
10 / 223 / 4	493	DONAHUE, Karen	FLY LIKE THE WIND	Short_Wheelchair Team	06.600	02:28:26.4	1:46.200	1:38:21.300	7.3	0:43.500	53:27.900	00:21:23.2	3:11:25.5	+1:29:23.7
11 / 224 / 7	497	STAEBELL, Michelle	STABRAGGARINO	Short_Wheelchair	43:39.400	02:54:37.6	1:39.400	1:39:26.600	7.2	0:36.500	1:00:03.200	00:24:01.3	3:25:25.1	+1:43:23.3

## Overall By Gender: Mixed Long Course

Gndr / OvrAll / Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
1 / 27 / 1	498	TISHAUS, Paula	TISHAUS-METZGER-JENK...	Team	30:27.700	00:32:41.1	1:35.500	1:05:00.000	22.9	0:30.700	43:14.200	00:06:58.4	2:21:02.3	0:00.0
2 / 41 / 2	499	VOLK, Allison	VOLK/BALLOS/VOLK	Team	26:44.500	00:28:41.6	1:41.600	1:10:20.500	21.2	0:31.200	45:47.500	00:07:23.1	2:25:14.2	+4:11.9
3 / 71 / 3	500	WILHELM, Peggy	AUBURN HILLS RACING T...	Team	32:41.100	00:35:04.2	1:25.400	1:14:21.400	20.1	0:35.600	44:14.300	00:07:08.1	2:33:30.0	+12:27.7
4 / 81 / 4	503	ESTILL, John	3 AMIGOS	Team	35:59.100	00:38:36.6	1:31.600	1:10:46.100	21.1	0:36.500	46:34.700	00:07:30.8	2:35:36.5	+14:34.2
5 / 119 / 5	494	FISCHER, Linda	IF THEN ELSE	Team	29:18.900	00:31:27.2	1:29.000	1:13:45.500	20.2	0:00.000	57:29.000	00:09:16.3	2:42:02.4	+21:00.1
6 / 130 / 6	502	BOEHM, Ted	BEER RUN	Team	27:36.900	00:29:37.8	1:24.900	1:23:39.300	17.8	0:40.300	49:59.200	00:08:03.7	2:43:36.5	+22:34.2
7 / 152 / 7	508	VACCARO, Scott	VACCARO	Team	27:28.500	00:29:28.8	1:31.900	1:23:12.100	17.9	0:33.900	52:33.600	00:08:28.6	2:45:32.5	+24:30.2
8 / 162 / 8	495	HARRISON, Teresa	THE TWAINERS	Team	28:16.000	00:30:19.7	1:55.800	1:16:30.400	19.5	0:47.800	59:50.800	00:09:39.2	2:47:20.8	+26:18.5
9 / 178 / 9	504	HALL, Mark	NIPPLEHEADS	Team	37:58.800	00:40:45.1	1:41.200	1:13:46.300	20.2	0:00.000	57:26.800	00:09:15.9	2:50:53.1	+29:50.8
10 / 184 / 10	507	RELLING, Tim	MUIRFIELD	Team	26:15.800	00:28:10.8	2:05.700	1:26:41.300	17.2	0:44.900	55:55.900	00:09:01.3	2:51:43.6	+30:41.3

\* indicates adjustments applied, see last page for details

# Lake St Louis Triathlon

## Overall By Gender: Mixed Long Course Continued

Gndr	/OvrAll	/ Div	No	Name	Representing	Division	Swim	min/mi	T1	Bike	MPH	T2	Run	min/mi	Total Time	Back
11	/ 255	/ 11	506	PHELPS, Jim	AUBURN HILLS RACING T...	Team	48:11.600	00:51:42.6	2:00.200	1:24:02.800	17.7	2:40.300	49:30.600	00:07:59.1	3:06:25.5	+45:23.2
12	/ 287	/ 12	496	PARROTT, Gail	TEAM PARROTT	Team	50:17.400	00:53:57.6	1:40.000	1:31:05.900	16.4	0:34.600	55:51.100	00:09:00.5	3:19:29.0	+58:26.7
13	/ 290	/ 13	505	HOLLINGER, Darrel	DAUPHINE DRAGGINGS	Team	35:34.100	00:38:09.8	2:03.700	1:37:17.900	15.3	1:00.900	1:05:32.300	00:10:34.2	3:21:28.9	+1:00:26.6