

2008 Lake St Louis Triathlon Final Results

Thursday, September 4, 2008 10:41:29 PM

Division: Short Overall Male

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	615	LITRELL, Josh	LEES SUMMIT MO	6:20.698	1:26.5	1:13.730		36:31.960	19.7	0:25.450		15:48.270	6:19.3	1:00:20.108	0:00.000	
2	8	RIGDON, Tony	COLUMBIA MO	7:11.438	1:38.1	1:03.940		36:15.190	19.9	0:20.420		15:57.110	6:22.8	1:00:48.098	0:27.990	
3	635	ROTH, Ryan	ST. LOUIS MO	6:05.318	1:23.0	1:31.670		37:35.670	19.1	0:25.130		15:40.910	6:16.4	1:01:18.698	0:58.590	

Division: Short Overall Female

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	776	FRULAND, Amy	BALLWIN MO	7:06.197	1:36.9	1:49.950		42:03.000	17.1	0:53.110		15:56.280	6:22.5	1:07:48.530	0:00.000	
2	773	JACOBS, Annette	OLIVETTE MO	8:05.877	1:50.4	1:38.480		39:44.160	18.1	0:46.260		19:01.630	7:36.7	1:09:16.407	+1:27.877	
3	722	NEUNABER, Meghan	FLORISSANT MO	8:50.448	2:00.6	1:42.800		40:28.550	17.8	1:01.630		19:19.410	7:43.8	1:11:22.838	+3:34.308	

Division: Short_F_1-18

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	695	SUTHERLIN, Sarah	LAKE SAINT LOUIS MO	6:06.448	1:23.3	2:39.350		47:33.210	15.1	0:58.910		0:31.530	0:12.6	1:21:23.498	0:00.000	
2	696	COCKERLINE, Alyssa	KIRKWOOD MO	7:11.088	1:38.0	3:10.210		51:44.190	13.9	0:52.180		21:41.590	8:40.6	1:24:39.258	+3:15.760	
3	700	SCHWETZ, Kasey	CREVE COEUR MO	8:05.188	1:50.3	3:17.490		59:49.210	12.0	0:48.920		23:08.230	9:15.3	1:35:09.038	+13:45.540	
4	698	AUBUCHON, Kathryn	ST. LOUIS MO	8:04.968	1:50.2	3:16.260		59:50.020	12.0	0:47.580		23:10.340	9:16.1	1:35:09.168	+13:45.670	
5	692	MCGEE, Miranda	LAKE SAINT LOUIS MO	11:06.948	2:31.6	3:16.130		54:26.160	13.2	0:46.130		27:07.030	10:50.8	1:36:42.398	+15:18.900	
6	691	THURWACHTER, Kristin	LAKE SAINT LOUIS MO	8:30.268	1:56.0	2:54.100		1:05:14.860	11.0	1:10.630		24:35.670	9:50.3	1:42:25.528	+21:02.030	
7	723	CAHUA, Adriana	WENTZVILLE MO	7:14.078	1:38.7	3:30.970		1:11:38.440	10.1	3:38.040		32:23.690	12:57.5	1:58:25.218	+37:01.720	

Division: Short_F_19-24

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	701	SCHWAIGERT, Lauren	LAKE SAINT LOUIS MO	7:54.278	1:47.8	2:28.410		46:14.120	15.6	1:14.130		19:53.240	7:57.3	1:17:44.178	0:00.000	
2	705	UTHOFF, Kristi	SUNSET HILLS MO	8:26.798	1:55.2	2:38.390		51:53.580	13.9	1:04.230		20:53.420	8:21.4	1:24:56.418	+7:12.240	
3	703	MILLER, Nicole	COLUMBIA MO	10:46.028	2:26.8	3:19.630		52:18.420	13.8	0:54.020		24:35.170	9:50.1	1:31:53.268	+14:09.090	
4	704	EBERT, Melissa	WENTZVILLE MO	9:52.498	2:14.7	2:52.100		1:00:34.730	11.9	1:00.840		26:50.910	10:44.4	1:41:11.078	+23:26.900	

Division: Short_F_25-29

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	710	REED, Nikki	SAINT LOUIS MO	7:21.518	1:40.3	1:39.000		42:48.490	16.8	0:37.910		19:24.380	7:45.8	1:11:51.298	0:00.000	
2	712	FRUGE, Julianne	OLATHE KS	6:11.438	1:24.4	1:47.080		44:46.200	16.1	0:54.310		19:20.310	7:44.1	1:12:59.338	+1:08.040	
3	719	HIRSCHI, Amy	WENTZVILLE MO	8:59.398	2:02.6	1:54.080		44:02.850	16.4	0:39.600		20:27.190	8:10.9	1:16:03.118	+4:11.820	
4	713	HOUSEMAN, Lara	O FALLON MO	6:31.378	1:28.9	2:43.010		46:51.450	15.4	1:23.140		23:55.770	9:34.3	1:21:24.748	+9:33.450	
5	718	FITZLER, Megan	ST. LOUIS MO	10:16.448	2:20.1	3:02.770		47:16.480	15.2	0:57.140		20:29.720	8:11.9	1:22:02.558	+10:11.260	
6	706	BAUER, Amy	ST. LOUIS MO	9:20.458	2:07.4	2:38.690		48:26.390	14.9	1:39.560		20:13.960	8:05.6	1:22:19.058	+10:27.760	
7	716	DOWLING, Aimee	BALLWIN MO	8:58.988	2:02.5	3:35.220		49:52.710	14.4	1:26.410		23:01.320	9:12.5	1:26:54.640	+15:03.342	
8	711	SHARP, Ginger	WARRENTON MO	10:33.438	2:24.0	2:52.020		58:03.430	12.4	0:52.980		23:55.550	9:34.2	1:36:17.418	+24:26.120	
9	707	BROSH, Jen	CHESTERFIELD MO	8:49.798	2:00.4	3:53.230		1:01:22.490	11.7	0:54.880		29:09.080	11:39.6	1:44:09.478	+32:18.180	
10	715	DONALDSON, Alison	LAKE SAINT LOUIS MO	10:37.618	2:24.9	2:53.920		59:19.760	12.1	0:31.190		31:04.790	12:25.9	1:44:27.278	+32:35.980	
11	717	FIELDS, Kamara	WENTZVILLE MO	10:08.918	2:18.4	4:51.820		59:56.020	12.0	0:37.940		31:31.070	12:36.4	1:47:05.768	+35:14.470	
12	720	NORTON, Julie	ST CHARLES MO	9:25.368	2:08.5	4:40.100		1:01:46.890	11.7	1:44.950		31:38.380	12:39.4	1:49:15.688	+37:24.390	
13	714	TAYLOR, Jessica	WENTZVILLE MO	14:04.168	3:11.9	3:47.140		1:11:12.110	10.1	0:55.940		31:38.600	12:39.4	2:01:37.958	+49:46.660	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Short_F_30-34

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	766	PASIEKA, Tracyjo	ST LOUIS MO	10:41.747	2:25.9	1:40.750		43:02.920	16.7	0:39.620		20:04.800	8:01.9	1:16:09.837	0:00.000	

Division: Short_F_30-34

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
2	764	CLARKE, Nichole	OFALLON MO	9:00.607	2:02.9	2:22.180		42:49.010	16.8	0:59.350		22:06.900	8:50.8	1:17:18.047	+1:08.210	
3	757	BODINE, Stephanie	AFFTON MO	11:10.137	2:32.3	2:07.620		46:00.200	15.7	1:35.910		21:46.760	8:42.7	1:22:40.627	+6:30.790	
4	755	BARNIDGE, Ellen	ST. LOUIS MO	8:11.587	1:51.7	2:27.020		51:30.590	14.0	0:50.490		23:08.310	9:15.3	1:26:07.997	+9:58.160	
5	756	BAUER, Tammy	OFALLON MO	8:27.577	1:55.4	2:33.020		49:58.650	14.4	1:15.350		27:06.690	10:50.7	1:29:21.287	+13:11.450	
6	765	MOORE, Sarah	LAKE SAINT LOUIS MO	11:13.017	2:33.0	4:19.640		54:25.700	13.2	2:21.400		26:25.480	10:34.2	1:38:45.237	+22:35.400	
7	759	MCCAIN, Chelsea	OFALLON MO	9:52.577	2:14.7	4:14.310		55:05.800	13.1	1:26.220		28:48.680	11:31.5	1:39:27.587	+23:17.750	
8	761	OVERMAN, Katie	OFALLON MO	10:44.717	2:26.5	5:15.040		54:03.960	13.3	0:57.800		29:48.020	11:55.2	1:40:49.537	+24:39.700	
9	760	MCDONALD, Kristin	OFALLON MO	10:56.547	2:29.2	3:45.550		53:03.640	13.6	2:11.470		32:11.200	12:52.5	1:42:08.407	+25:58.570	
10	762	MCMAHON, Molly	SAINT LOUIS MO	8:28.227	1:55.5	3:25.910		1:00:26.040	11.9	1:49.270		29:33.330	11:49.3	1:43:42.777	+27:32.940	
11	763	WHITCOMB, Lori	LAKE SAINT LOUIS MO	12:19.847	2:48.1	3:25.520		58:35.570	12.3	1:52.190		28:54.920	11:34.0	1:45:08.047	+28:58.210	

Division: Short_F_35-39

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	783	HAVRILLA, Heidi	LAKE ST. LOUIS MO	8:54.857	2:01.6	2:13.470		43:10.540	16.7	1:08.490		24:34.970	9:50.0	1:20:02.327	0:00.000	
2	787	WALLNER, Kathi	ST. CHARLES MO	7:42.817	1:45.2	3:21.480		46:51.990	15.4	0:49.480		21:37.600	8:39.0	1:20:23.367	0:21.040	
3	772	DECLERCQ, Karmin	ST LOUIS MO	10:12.967	2:19.3	2:34.180		46:47.460	15.4	1:50.970		19:56.570	7:58.6	1:21:22.147	+1:19.820	
4	786	RUNGE, Sara	ST. LOUIS MO	9:13.687	2:05.8	2:42.560		50:37.120	14.2	0:37.300		23:16.070	9:18.4	1:26:26.737	+6:24.410	
5	771	CLAUS, Elena	ST. LOUIS MO	9:23.057	2:08.0	3:18.080		48:16.010	14.9	1:21.270		25:44.410	10:17.8	1:28:02.827	+8:00.500	
6	779	WATSON, Kimberly	OFALLON MO	10:25.287	2:22.1	3:45.180		49:27.280	14.6	2:53.630		22:09.660	8:51.9	1:28:41.037	+8:38.710	
7	777	GIESELMANN, Kelly	LAKE ST. LOUIS MO	9:31.787	2:10.0	2:16.490		47:12.590	15.2	1:16.530		28:30.040	11:24.0	1:28:47.437	+8:45.110	
8	774	MEISSNER, Janice	ST. LOUIS MO	8:48.237	2:00.1	2:11.700		45:53.830	15.7	0:49.490		33:10.730	13:16.3	1:30:54.010	+10:51.683	
9	778	THESSSEN, Shelie	DARDENNE PRAIRIE MO ...	9:33.087	2:10.2	2:36.270		52:12.190	13.8	2:43.430		23:51.720	9:32.7	1:30:56.697	+10:54.370	
10	780	BOHANNAN, Karyn	ST PAUL MO	9:59.867	2:16.3	2:55.850		52:54.520	13.6	0:30.320		24:47.260	9:54.9	1:31:07.817	+11:05.490	
11	785	ONEAL, Stephanie	ST. LOUIS MO	7:54.007	1:47.7	4:13.440		57:36.010	12.5	2:18.660		25:02.590	10:01.0	1:37:04.707	+17:02.380	
12	790	PATTERSON, Elizabeth	ST. LOUIS MO	9:50.867	2:14.3	7:52.150		51:32.340	14.0	0:28.760		30:44.430	12:17.8	1:40:28.547	+20:26.220	
13	770	CARLTON, Marian	WENTZVILLE MO	13:16.157	3:00.9	2:49.880		53:44.180	13.4	0:52.640		30:22.430	12:09.0	1:41:05.287	+21:02.960	
14	775	WILLIAMS, Stacy	MAYFIELD KY	12:30.027	2:50.5	2:24.530		58:30.730	12.3	2:25.410		25:48.460	10:19.4	1:41:39.157	+21:36.830	
15	781	BYRNE, Valerie	ST. CHARLES MO	10:54.497	2:28.7	3:13.720		1:02:31.210	11.5	0:53.400		29:36.020	11:50.4	1:47:08.847	+27:06.520	
16	791	MUSZALSKI, Christine	EUREKA MO	11:44.937	2:40.2	5:12.590		56:23.440	12.8	3:35.310		32:57.660	13:11.1	1:49:53.937	+29:51.610	
17	784	JANOVSKY, Jacki	CREVE COEUR MO	9:31.797	2:10.0	8:58.710		57:51.190	12.4	3:41.130		32:04.900	12:50.0	1:52:07.727	+32:05.400	
18	792	PATTERSON, Theresa	ALTON IL	10:44.417	2:26.5	4:52.530		1:10:38.560	10.2	2:09.620		32:18.620	12:55.4	2:00:43.747	+40:41.420	
19	789	GREEN, Tricia	ARNOLD MO	11:44.407	2:40.1	4:06.480		1:06:02.770	10.9	3:16.230		38:20.150	15:20.1	2:03:30.037	+43:27.710	

Division: Short_F_40-44

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	304	MARTIN, Janine	COLUMBIA MO	8:19.947	1:53.6	2:49.110		42:12.790	17.1	1:29.700		21:30.040	8:36.0	1:16:21.587	0:00.000	
2	806	RUSSELL, Becky	WEBSTER GROVES MO	8:04.617	1:50.1	2:57.430		46:47.570	15.4	0:41.140		23:23.260	9:21.3	1:21:54.017	+5:32.430	
3	810	PORTER, Ilda	OFALLON MO	10:45.727	2:26.8	3:13.770		49:15.020	14.6	1:54.570		19:29.120	7:47.6	1:24:38.207	+8:16.620	
4	818	JOHNSON, Martha	MARYLAND HEIGHTS MO ...	9:42.477	2:12.4	3:31.220		47:42.630	15.1	1:36.950		22:45.300	9:06.1	1:25:18.577	+8:56.990	
5	823	VOLK, Allison	SAINT CHARLES MO	6:58.687	1:35.2	3:32.750		49:53.420	14.4	1:56.700		24:34.360	9:49.7	1:26:55.917	+10:34.330	
6	827	PIPER, Mary	LAKE SAINT LOUIS MO	11:16.237	2:33.7	2:57.730		47:14.630	15.2	2:13.440		23:40.190	9:28.1	1:27:22.227	+11:00.640	
7	807	HART, Angela	BALLWIN MO	9:28.807	2:09.3	2:36.580		50:21.110	14.3	1:05.890		24:21.910	9:44.8	1:27:54.297	+11:32.710	
8	825	LARICE, Waleska	CHESTERFIELD MO	9:48.437	2:13.7	2:27.120		50:41.720	14.2	1:17.580		24:40.030	9:52.0	1:28:54.887	+12:33.300	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Short_F_40-44 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
9	813	WEINBERG, Katie	DES PERES MO	8:01.987	1:49.5	3:17.520		51:17.880	14.0	1:53.890		25:05.850	10:02.3	1:29:37.127	+13:15.540	
10	829	ZEIS, Sonja	ST. CHARLES MO	6:45.777	1:32.2	3:49.470		52:07.140	13.8	1:55.930		26:15.340	10:30.1	1:30:53.657	+14:32.070	
11	824	CALLAHAN, Darcy	WELDON SPRING MO	9:37.917	2:11.3	4:15.450		52:23.800	13.7	0:59.920		23:42.960	9:29.2	1:31:00.047	+14:38.460	
12	801	BALDWIN, Melissa	COLUMBUS OH	8:35.817	1:57.2	3:19.550		53:45.530	13.4	1:36.150		25:46.120	10:18.4	1:33:03.167	+16:41.580	
13	796	BURWELL, Tonya	ST. CHARLES MO	13:36.977	3:05.7	3:31.610		50:18.690	14.3	1:39.730		26:37.220	10:38.9	1:35:44.227	+19:22.640	
14	814	WILLETTE, Melissa	OFALLON MO	8:23.557	1:54.4	3:44.770		51:37.440	13.9	1:00.410		31:22.920	12:33.2	1:36:09.097	+19:47.510	
15	816	GONTHIER, Tracey	OFALLON MO	7:41.097	1:44.8	3:27.750		55:43.800	12.9	0:48.810		28:31.120	11:24.4	1:36:12.577	+19:50.990	
16	800	SVERDRUP, Marsha	LAKE SAINT LOUIS MO	9:47.107	2:13.4	3:18.430		51:36.650	13.9	2:18.040		29:40.410	11:52.2	1:36:40.637	+20:19.050	
17	821	POWELL, Joyce	LAKE SAINT LOUIS MO	12:16.037	2:47.3	3:22.990		49:04.630	14.7	2:18.540		29:38.450	11:51.4	1:36:40.647	+20:19.060	
18	828	SULLIVAN, Caroline	ST. LOUIS MO	10:54.867	2:28.8	2:53.250		59:21.970	12.1	1:43.980		22:51.370	9:08.5	1:37:45.437	+21:23.850	
19	812	SCHARK, Kim	OFALLON MO	9:03.107	2:03.4	3:08.600		1:01:21.750	11.7	1:20.510		29:24.260	11:45.7	1:44:18.227	+27:56.640	
20	798	REDMOND, Liz	WEBSTER GROVES MO	10:00.477	2:16.5	9:53.130		55:42.310	12.9	2:22.580		27:58.930	11:11.6	1:45:57.427	+29:35.840	
21	797	FITZSIMMONS, Carol	ST. LOUIS MO	9:50.357	2:14.2	4:46.550		1:00:43.780	11.9	1:22.050		30:28.190	12:11.3	1:47:10.927	+30:49.340	
22	822	RELLING, Karen	SAINT CHARLES MO	12:25.957	2:49.5	4:29.200		1:02:26.570	11.5	1:18.340		30:11.430	12:04.6	1:50:51.497	+34:29.910	
23	795	BHUYAN, Melinda	WEBSTER GROVES MO	9:19.067	2:07.1	4:38.380		1:02:18.020	11.6	2:34.000		33:28.610	13:23.4	1:52:18.077	+35:56.490	
24	802	BARBEY, Jennifer	WASHINGTON MO	9:10.517	2:05.1	13:55.800		1:16:22.330	9.4	2:17.800		34:24.610	13:45.8	2:16:11.057	+59:49.470	

Division: Short_F_45-49

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	835	DAVIS, Tina	LAKE SAINT LOUIS MO	9:54.862	2:15.2	2:36.250		43:46.860	16.4	1:22.540		20:45.300	8:18.1	1:18:25.812	0:00.000	
2	842	COCHRELL, Annmarie	WEST CHESTER OH	9:44.412	2:12.8	3:07.550		45:54.700	15.7	1:31.810		22:59.910	9:12.0	1:23:18.382	+4:52.570	
3	834	BLYTH, Peg	OLIVETTE MO	9:02.282	2:03.2	3:01.470		48:42.430	14.8	1:43.820		21:27.410	8:35.0	1:23:57.410	+5:31.598	
4	839	HILL, Karen	ST. CHARLES MO	10:13.692	2:19.5	2:42.470		48:40.440	14.8	0:27.720		24:56.050	9:58.4	1:27:00.372	+8:34.560	
5	838	BRADY, Lynda	WEBSTER GROVES MO	10:02.962	2:17.0	2:57.820		48:54.610	14.7	1:42.130		25:06.150	10:02.5	1:28:43.672	+10:17.860	
6	833	BALDAUF, Jodean	ST. LOUIS MO	11:51.132	2:41.6	3:31.780		50:43.320	14.2	1:44.950		22:55.400	9:10.2	1:30:46.582	+12:20.770	
7	849	AHLERING, Julie	TOWN & COUNTRY MO ...	3:32.522	0:48.3	3:36.240		58:34.210	12.3	1:19.060		25:02.580	10:01.0	1:32:04.612	+13:38.800	
8	847	HASTINGS, Mary	CHESTERFIELD MO	9:31.052	2:09.8	6:06.230		53:22.190	13.5	1:54.260		24:46.950	9:54.8	1:35:40.682	+17:14.870	
9	844	PEPPER, Julie	ST. LOUIS MO	8:59.372	2:02.6	3:22.560		54:48.860	13.1	1:46.100		29:39.780	11:51.9	1:38:36.672	+20:10.860	
10	857	DEYOUNG, Margaret	ST. LOUIS MO	10:18.602	2:20.6	4:34.850		55:42.350	12.9	2:22.760		27:58.910	11:11.6	1:40:57.472	+22:31.660	
11	836	MCALLISTER, Lisa	CHESTERFIELD MO	11:01.262	2:30.3	4:16.630		1:00:40.700	11.9	2:24.840		30:36.400	12:14.6	1:48:59.832	+30:34.020	
12	837	O KEEFE, Jeanne	WILDWOOD MO	10:36.382	2:24.6	4:33.590		1:06:33.400	10.8	0:51.340		31:18.690	12:31.5	1:53:53.402	+35:27.590	
13	840	HOSKING, Kimberly	SAINT LOUIS MO	9:51.742	2:14.5	5:39.970		1:09:11.960	10.4	2:49.560		29:05.030	11:38.0	1:56:38.262	+38:12.450	
14	845	RAGLAND, Anne	DES PERES MO	13:48.402	3:08.3	5:31.080		1:31:56.710	7.8	3:20.610		30:09.650	12:03.9	2:24:46.452	+1:06:20.640	

Division: Short_F_50-54

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	501	MARTENS, Margie	OFALLON MO	8:06.118	1:50.5	2:17.440		46:20.500	15.5	1:00.140		19:04.510	7:37.8	1:16:48.708	0:00.000	
2	504	KLUTENKAMPER, Nancy	LAKE SAINT LOUIS MO	9:14.558	2:06.0	2:23.030		43:34.490	16.5	0:57.040		24:21.940	9:44.8	1:20:31.058	+3:42.350	
3	505	MERRELL, Ruthie	WEBSTER GROVES MO	10:38.228	2:25.1	3:36.230		53:53.480	13.4	1:24.690		29:21.060	11:44.4	1:38:53.688	+22:04.980	
4	502	MCDONNELL, Kate	ST. LOUIS MO	11:36.758	2:38.4	5:31.370		1:00:12.170	12.0	2:56.190		35:30.170	14:12.1	1:55:46.658	+38:57.950	
5	507	BLACKFORD, Diane	LAKE ST LOUIS MO	18:44.568	4:15.6	7:43.830		1:08:26.090	10.5	5:12.430		43:14.030	17:17.6	2:23:20.948	+1:06:32.240	

Division: Short_F_55-59

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	511	STILES, Debbie	ST. LOUIS MO	11:03.208	2:30.7	2:32.230		51:35.560	14.0	1:09.880		22:17.640	8:55.1	1:28:38.518	0:00.000	
2	510	MONTGOMERY, Kathy	ST CHARLES MO	11:06.468	2:31.5	2:42.210		51:47.040	13.9	1:45.410		25:41.600	10:16.6	1:33:02.728	+4:24.210	
3	508	BARNES, Kathleen	BRENTWOOD MO	10:09.678	2:18.6	3:03.950		53:55.730	13.3	1:12.550		29:12.710	11:41.1	1:37:34.618	+8:56.100	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Short_F_55-59 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
4	509	SCHEFF, Deborah	MANCHESTER MO	18:51.528	4:17.2	5:47.160		1:01:15.190	11.8	1:57.290		32:09.140	12:51.7	2:00:00.308	+31:21.790	

Division: Short_F_60-64

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	513	TEBB, Susan	WEBSTER GROVES MO	10:47.328	2:27.1	2:25.330		53:39.240	13.4	2:10.590		28:07.030	11:14.8	1:37:09.518	0:00.000	
2	512	ANDERSON, Betsey	WEBSTER GROVES MO	11:18.708	2:34.3	2:42.480		1:05:23.080	11.0	1:03.150		29:47.130	11:54.9	1:50:14.548	+13:05.030	

Division: Short_F_65-69

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	514	TENHULA, Janet	LAKE ST LOUIS MO	13:11.378	2:59.9	7:19.470		1:02:07.750	11.6	3:54.070		33:00.410	13:12.2	1:59:33.078	0:00.000	

Division: Short_M_1-18

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	726	BULANDA, Matt	CHESTERFIELD MO	6:27.128	1:28.0	2:40.270		47:20.810	15.2	0:43.560		24:46.610	9:54.6	1:21:58.378	0:00.000	
2	727	RAGLAND, Justin	DES PERES MO	8:50.478	2:00.6	3:55.500		54:41.550	13.2	2:04.420		22:40.850	9:04.3	1:32:12.798	+10:14.420	
3	725	OMAN, Richard	LAKE SAINT LOUIS MO	6:43.768	1:31.8	3:08.300		55:08.540	13.1	0:54.960		30:46.630	12:18.7	1:36:42.198	+14:43.820	
4	724	ENGELHARD, Brian	LAKE ST. LOUIS MO	10:35.028	2:24.3	4:23.690		58:54.510	12.2	0:29.910		31:09.260	12:27.7	1:45:32.398	+23:34.020	

Division: Short_M_19-24

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	729	SOLOMONOV, Michael	CHESTERFIELD MO	6:03.028	1:22.5	2:14.980		42:22.430	17.0	0:34.400		19:36.340	7:50.5	1:10:51.178	0:00.000	
2	731	BRUNGARDT JR, Brian	ST. LOUIS MO	6:04.418	1:22.8	4:01.710		52:37.240	13.7	2:03.170		25:57.300	10:22.9	1:30:43.838	+19:52.660	
3	732	TAYLOR, Robert	LAKE SAINT LOUIS MO	8:53.768	2:01.3	3:35.820		1:03:44.660	11.3	2:35.950		37:23.000	14:57.2	1:56:13.198	+45:22.020	

Division: Short_M_25-29

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	749	BARNIDGE, Michael	SAINT PAUL MN	7:26.038	1:41.4	1:44.930		39:44.540	18.1	0:26.530		20:21.520	8:08.6	1:09:43.558	0:00.000	
2	740	BETZ, Robert	SAINT LOUIS MO	7:20.348	1:40.1	3:08.280		40:44.510	17.7	1:29.170		20:16.070	8:06.4	1:12:58.378	+3:14.820	
3	733	BRODERICK, Cade	OFALLON MO	7:01.708	1:35.8	2:46.100		43:40.930	16.5	1:28.780		23:26.120	9:22.4	1:18:23.638	+8:40.080	
4	748	SENN, John	ARNOLD MO	8:24.648	1:54.7	2:31.460		44:49.030	16.1	1:16.610		22:25.480	8:58.2	1:19:27.228	+9:43.670	
5	742	BRADLEY, Shawn	ARNOLD MO	8:06.958	1:50.7	2:35.230		45:04.650	16.0	0:43.890		23:19.670	9:19.9	1:19:50.398	+10:06.840	
6	744	HEMME, Joel	ST. LOUIS MO	9:41.798	2:12.2	2:21.950		47:26.510	15.2	0:34.520		20:53.620	8:21.4	1:20:58.398	+11:14.840	
7	751	CULVER, Nicholas	LAKE SAINT LOUIS MO	8:44.168	1:59.1	2:15.750		46:50.520	15.4	1:21.890		25:34.190	10:13.7	1:24:46.518	+15:02.960	
8	739	WILMAS, John	HAZELWOOD MO	9:04.268	2:03.7	3:04.490		46:16.400	15.6	3:04.440		23:50.060	9:32.0	1:25:19.658	+15:36.100	
9	746	MECHLIN, Grant	BRENTWOOD MO	8:22.968	1:54.3	3:33.730		51:06.230	14.1	2:19.350		24:42.370	9:52.9	1:30:04.648	+20:21.090	
10	738	MEYER, Scott	ST. LOUIS MO	11:43.238	2:39.8	4:18.740		53:02.680	13.6	1:06.120		20:44.520	8:17.8	1:30:55.298	+21:11.740	
11	735	ELDRED, Jeff	MAPLEWOOD MO	12:30.088	2:50.5	5:03.770		51:41.980	13.9	1:06.590		23:50.880	9:32.4	1:34:13.308	+24:29.750	
12	736	ANDEL, Robert	MANCHESTER MO	14:05.678	3:12.2	4:58.650		50:02.940	14.4	1:14.170		23:51.990	9:32.8	1:34:13.428	+24:29.870	
13	741	BOESSEN, Brad	TROY MO	11:25.408	2:35.8	4:45.990		53:21.830	13.5	2:34.160		29:53.420	11:57.4	1:42:00.808	+32:17.250	
14	750	TAYLOR, Andy	WENTZVILLE MO	9:48.068	2:13.7	3:29.100		1:03:28.450	11.3	1:08.610		28:38.220	11:27.3	1:46:32.448	+36:48.890	

Division: Short_M_30-34

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	619	WALLIS, Adam	CUBA MO	7:10.428	1:37.8	2:22.350		44:49.870	16.1	0:37.230		19:17.450	7:43.0	1:14:17.328	0:00.000	
2	623	DOOMS, Kevin	SAINT LOUIS MO	6:49.408	1:33.0	2:33.220		44:26.410	16.2	0:39.060		19:54.970	7:58.0	1:14:23.068	0:05.740	
3	622	CLARKE, Matthew	OFALLON MO	10:22.208	2:21.4	2:34.660		42:42.140	16.9	1:30.460		21:50.320	8:44.1	1:18:59.780	+4:42.452	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Short_M_30-34 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
4	617	SITZES, Eric	CHICAGO IL	7:37.348	1:43.9	2:54.980		43:14.880	16.6	1:04.210		24:19.400	9:43.8	1:19:10.818	+4:53.490	
5	628	MOULIN, Rodney	LAKE ST. LOUIS MO	9:49.128	2:13.9	3:49.620		43:43.860	16.5	1:37.420		21:39.520	8:39.8	1:20:39.548	+6:22.220	
6	629	NOWLAND, Jason	BALLWIN MO	12:58.708	2:57.0	2:57.090		41:24.970	17.4	2:27.660		21:33.380	8:37.4	1:21:21.808	+7:04.480	
7	620	WIESEHAN, Joel	ST. LOUIS MO	7:04.328	1:36.4	2:55.720		47:47.660	15.1	1:08.710		23:39.640	9:27.9	1:22:36.058	+8:18.730	
8	613	GROVER, Jason	ST. PETERS MO	9:17.348	2:06.7	3:03.800		49:05.670	14.7	1:25.870		21:09.320	8:27.7	1:24:02.008	+9:44.680	
9	614	GUNDER, Garry	SAINT LOUIS MO	12:45.568	2:54.0	2:24.450		45:33.350	15.8	1:38.760		23:15.150	9:18.1	1:25:37.278	+11:19.950	
10	618	FORINASH, Andrew	KIRKWOOD MO	9:42.348	2:12.4	3:44.810		48:13.680	14.9	1:36.230		26:20.790	10:32.3	1:29:37.858	+15:20.530	

Division: Short_M_35-39

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	634	ROSS, Ryan	LEAWOOD KS	7:09.918	1:37.7	1:37.710		36:38.240	19.6	0:38.820		17:14.390	6:53.8	1:03:19.078	0:00.000	
2	646	GLASS, Todd	UNIVERSITY CITY MO	6:33.688	1:29.5	1:50.420		39:11.150	18.4	0:31.640		18:01.170	7:12.5	1:06:08.068	+2:48.990	
3	655	PESSIN, David	CHESTERFIELD MO	8:20.798	1:53.8	1:37.710		39:33.570	18.2	0:55.780		18:32.880	7:25.2	1:09:00.738	+5:41.660	
4	652	KIRK, Shannon	COLUMBIA MO	8:50.748	2:00.6	2:07.010		41:24.120	17.4	0:48.240		18:29.710	7:23.9	1:11:39.828	+8:20.750	
5	657	ESTILL, John	LAKE SAINT LOUIS MO	7:43.928	1:45.4	2:33.560		41:35.550	17.3	0:58.790		19:53.080	7:57.2	1:12:44.908	+9:25.830	
6	632	MARTIN, Kevin	FENTON MO	8:10.098	1:51.4	1:30.290		43:43.440	16.5	0:52.040		20:22.840	8:09.1	1:14:38.708	+11:19.630	
7	647	HEBDA, Derek	OFALLON MO	8:51.828	2:00.9	3:07.480		44:36.450	16.1	1:01.530		20:26.880	8:10.8	1:18:04.168	+14:45.090	
8	643	SWEARENGIN, Lance	OFALLON MO	9:44.098	2:12.7	2:03.030		41:55.100	17.2	1:27.720		23:27.810	9:23.1	1:18:37.758	+15:18.680	
9	633	PETRO, Stephen	LAKE ST. LOUIS MO	9:47.458	2:13.5	3:42.510		42:25.270	17.0	1:19.220		21:40.810	8:40.3	1:18:55.268	+15:36.190	
10	640	HOLLAND, Scott	EUREKA MO	7:37.038	1:43.9	2:46.010		44:10.860	16.3	1:19.960		24:19.860	9:43.9	1:20:13.728	+16:54.650	
11	648	STOTT, Brad	KANSAS CITY MO	11:24.588	2:35.6	3:23.630		47:07.960	15.3	0:58.600		20:47.310	8:18.9	1:23:42.088	+20:23.010	
12	644	BERT, Michael	SAINT LOUIS MO	6:48.258	1:32.8	2:46.330		49:09.670	14.7	1:59.030		23:38.360	9:27.3	1:24:21.648	+21:02.570	
13	641	KIRKS, James	LAKE SAINT LOUIS MO	11:10.708	2:32.4	3:31.870		50:29.970	14.3	0:48.020		22:09.860	8:51.9	1:28:10.428	+24:51.350	
14	642	MCCLAIN, Mark	LAKE SAINT LOUIS MO	12:44.148	2:53.7	2:52.200		49:58.180	14.4	1:25.490		24:54.730	9:57.9	1:31:54.748	+28:35.670	
15	653	MCKEE, Todd	OFALLON MO	10:41.518	2:25.8	2:35.370		53:55.310	13.3	0:37.180		24:56.440	9:58.6	1:32:45.818	+29:26.740	
16	658	MCDONALD, Thomas	ST LOUIS MO	8:17.748	1:53.1	3:12.330		52:09.770	13.8	2:21.400		28:40.520	11:28.2	1:34:41.768	+31:22.690	
17	660	RUNGE, Jeff	ST. LOUIS MO	11:29.598	2:36.7	2:55.660		54:45.360	13.2	0:45.090		26:06.200	10:26.5	1:36:01.908	+32:42.830	
18	630	DECK, David	FENTON MO	10:34.768	2:24.3	4:05.280		57:19.140	12.6	0:56.870		24:49.060	9:55.6	1:37:45.118	+34:26.040	
19	637	BURTON, Jay	ST LOUIS MO	11:21.328	2:34.8	3:45.690		53:33.810	13.4	3:51.380		28:52.430	11:33.0	1:41:24.638	+38:05.560	
20	659	MUSZALSKI, Richard	EUREKA MO	16:12.898	3:41.1	10:44.920		56:24.470	12.8	3:34.870		32:57.250	13:10.9	1:59:54.408	+56:35.330	

Division: Short_M_40-44

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	665	LIND, Jason	DARDENNE PRAIRIE MO ...	7:42.368	1:45.1	1:36.960		37:31.630	19.2	0:40.150		16:27.490	6:35.0	1:03:58.598	0:00.000	
2	674	MILES, Michael	BALLWIN MO	8:47.078	1:59.8	1:40.740		37:31.850	19.2	0:46.630		16:48.730	6:43.5	1:05:35.028	+1:36.430	
3	685	MEYER, Doug	ST. LOUIS MO	6:57.858	1:35.0	2:00.300		40:54.950	17.6	0:56.300		18:16.320	7:18.5	1:09:05.728	+5:07.130	
4	680	REINSEL, Tom	ST. LOUIS MO	9:42.028	2:12.3	1:51.710		40:17.960	17.9	0:34.200		19:02.250	7:36.9	1:11:28.148	+7:29.550	
5	673	MCDOWELL, Andy	KIRKWOOD MO	8:59.158	2:02.5	1:55.540		41:43.640	17.2	1:20.920		17:49.160	7:07.7	1:11:48.418	+7:49.820	
6	681	REYNOLDS, Matthew	LAKE SAINT LOUIS MO	8:07.718	1:50.8	2:14.070		42:04.270	17.1	1:02.210		20:59.690	8:23.9	1:14:27.958	+10:29.360	
7	661	AUGER, Erik	LAKE ST. LOUIS MO	9:51.678	2:14.5	2:21.250		40:03.240	18.0	1:23.780		20:48.350	8:19.3	1:14:28.298	+10:29.700	
8	678	PORTNOY, Kristopher	WILDWOOD MO	7:09.248	1:37.6	2:08.820		44:24.820	16.2	0:49.150		21:33.400	8:37.4	1:16:05.438	+12:06.840	
9	666	MCKEE, Terry	SYMSONIA KY	8:40.808	1:58.4	3:07.060		47:41.690	15.1	0:50.290		18:37.530	7:27.0	1:18:57.378	+14:58.780	
10	675	PUSATERI, Salvatore	CHESTERFIELD MO	11:36.398	2:38.3	2:13.610		41:40.820	17.3	0:57.690		22:44.250	9:05.7	1:19:12.768	+15:14.170	
11	682	DEYOUNG, Mark	ST. LOUIS MO	7:24.538	1:41.0	2:37.280		44:18.420	16.2	2:19.910		22:39.200	9:03.7	1:19:19.348	+15:20.750	
12	670	GARRETT, Bill	WILDWOOD MO	7:45.258	1:45.7	2:50.630		48:50.940	14.7	2:00.090		21:22.460	8:33.0	1:22:49.378	+18:50.780	
13	672	BULANDA, Mark	CHESTERFIELD MO	9:31.758	2:09.9	3:41.380		44:51.000	16.1	1:41.780		23:16.040	9:18.4	1:23:01.958	+19:03.360	
14	671	REDMOND, Chris	WEBSTER GROVES MO	10:12.928	2:19.3	3:22.050		43:35.050	16.5	2:28.080		23:35.160	9:26.1	1:23:13.268	+19:14.670	
15	687	GIESELMANN, Todd	LAKE ST. LOUIS MO	10:19.828	2:20.9	3:00.190		47:56.550	15.0	1:14.360		22:55.560	9:10.2	1:25:26.488	+21:27.890	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Short_M_40-44 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
16	684	KNOWLING, Doug	WILDWOOD MO	10:59.538	2:29.9	2:28.940		47:18.040	15.2	1:18.850		25:32.550	10:13.0	1:27:37.918	+23:39.320	
17	677	MUSICK, Walter	OVERLAND PARK KS	10:46.548	2:26.9	3:23.240		46:59.610	15.3	1:19.140		25:25.140	10:10.1	1:27:53.678	+23:55.080	
18	676	VIVIANI, Mark	ST. CHARLES MO	8:36.388	1:57.4	3:01.180		50:46.770	14.2	0:59.700		24:29.900	9:48.0	1:27:53.938	+23:55.340	
19	663	HYLAN, Charles	CHESTERFIELD MO	10:59.398	2:29.9	4:15.630		54:16.660	13.3	1:20.630		23:46.480	9:30.6	1:34:38.798	+30:40.200	
20	669	CAHUA, Daniel	WENTZVILLE MO	11:51.308	2:41.7	4:21.950		55:40.420	12.9	1:19.120		26:56.380	10:46.6	1:40:09.178	+36:10.580	
21	664	LANDER, Mike	ST. LOUIS MO	10:25.498	2:22.2	3:53.130		52:57.790	13.6	2:15.570		30:49.240	12:19.7	1:40:21.228	+36:22.630	
22	662	BLOOM, Michael	OLIVETTE MO	13:16.198	3:01.0	7:41.680		1:13:12.400	9.8	2:04.740		47:01.940	18:48.8	2:23:16.958	+1:19:18.360	

Division: Short_M_45-49

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	875	KLUTENKAMPER, Larry	LAKE SAINT LOUIS MO	7:02.342	1:36.0	2:00.480		38:12.640	18.8	0:55.960		17:37.390	7:03.0	1:05:48.812	0:00.000	
2	864	BARNES, James	CHESTERFIELD MO	9:47.232	2:13.5	1:41.610		37:58.570	19.0	0:45.200		19:58.720	7:59.5	1:10:11.332	+4:22.520	
3	862	PRIBE, Daniel	CREVE COEUR MO	7:47.082	1:46.2	3:17.320		44:38.050	16.1	0:28.540		21:34.630	8:37.9	1:17:45.790	+11:56.978	
4	860	MONSEES, Rick	KANSAS CITY MO	8:29.242	1:55.7	3:08.030		43:24.860	16.6	1:35.630		22:51.660	9:08.7	1:19:29.422	+13:40.610	
5	871	KENNEY, Tim	WILDWOOD MO	9:45.882	2:13.2	3:22.520		45:13.800	15.9	1:27.980		20:10.600	8:04.2	1:20:00.782	+14:11.970	
6	866	EDLER, Steve	ST. LOUIS MO	9:52.622	2:14.7	2:48.960		43:35.860	16.5	1:10.630		23:28.300	9:23.3	1:20:56.372	+15:07.560	
7	869	GONTHIER, Art	WEST CHESTER OH	7:24.012	1:40.9	2:33.420		45:52.080	15.7	1:26.070		24:04.730	9:37.9	1:21:20.310	+15:31.498	
8	874	RUZICKA, Paul	FENTON MO	9:46.312	2:13.3	2:27.520		44:22.660	16.2	1:33.340		24:53.730	9:57.5	1:23:03.562	+17:14.750	
9	872	GILLUM, Donald	COLUMBIA IL	8:26.502	1:55.1	2:42.180		46:07.390	15.6	1:45.770		24:11.780	9:40.7	1:23:13.622	+17:24.810	
10	858	JOHNSON, Bill	MARYLAND HEIGHTS MO ...	8:32.792	1:56.5	3:15.310		47:00.490	15.3	2:44.030		22:15.250	8:54.1	1:23:47.872	+17:59.060	
11	867	PYLE, Dana	HINSDALE IL	9:53.962	2:15.0	3:23.340		52:02.180	13.8	1:09.500		21:47.440	8:43.0	1:28:16.422	+22:27.610	
12	868	WATT, James	WEBSTER GROVES MO	9:37.412	2:11.2	3:28.690		47:36.100	15.1	2:19.260		27:00.980	10:48.4	1:30:02.442	+24:13.630	
13	855	BURWELL, Scott	ST. CHARLES MO	12:05.722	2:44.9	3:45.520		49:51.240	14.4	2:56.480		23:26.700	9:22.7	1:32:05.662	+26:16.850	
14	865	GONTHIER, Gerard	OFALLON MO	7:09.582	1:37.6	3:05.600		53:52.650	13.4	1:01.740		30:23.960	12:09.6	1:35:33.532	+29:44.720	
15	873	NEFF, Curt	ST. PETERS MO	11:20.602	2:34.7	4:23.120		57:28.070	12.5	1:36.440		33:30.960	13:24.4	1:48:19.192	+42:30.380	
16	859	MIDGLEY, Gordon	SAINT CHARLES MO	11:44.722	2:40.2	8:24.020		59:48.400	12.0	1:31.980		43:19.980	17:20.0	2:04:49.102	+59:00.290	
17	853	BARBEY, Mitchell	WASHINGTON MO	12:55.262	2:56.2	5:16.980		1:16:19.110	9.4	2:18.040		34:22.640	13:45.1	2:11:12.032	+1:05:23.220	
18	854	BRILLOS, Mark	ST. LOUIS MO	16:20.852	3:42.9	8:18.380		1:09:59.160	10.3	3:29.110		34:09.270	13:39.7	2:12:16.772	+1:06:27.960	

Division: Short_M_50-54

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	522	JOHNSON, Tim	ST. CHARLES MO	6:45.478	1:32.2	1:36.290		39:28.270	18.2	0:51.970		19:25.640	7:46.3	1:08:07.648	0:00.000	
2	523	TIMMINS, Keith	MARYVILLE MO	11:16.648	2:33.8	2:23.620		38:11.740	18.9	0:35.770		17:48.230	7:07.3	1:10:16.008	+2:08.360	
3	517	MORTON JR, Charles	WILDWOOD MO	6:15.028	1:25.2	2:33.550		43:13.690	16.7	1:29.980		21:53.520	8:45.4	1:15:25.768	+7:18.120	
4	526	MCNULTY, Patrick	ST LOUIS MO	7:05.398	1:36.7	2:48.700		45:15.390	15.9	1:14.620		19:16.960	7:42.8	1:15:41.068	+7:33.420	
5	525	MATTINGLY, William	HERRIN IL	8:17.558	1:53.1	3:22.030		46:02.410	15.6	1:26.020		19:57.750	7:59.1	1:19:05.768	+10:58.120	
6	520	HIPKISS, James	BELLEVILLE IL	10:41.528	2:25.8	3:19.200		55:51.080	12.9	1:29.700		26:44.840	10:41.9	1:38:06.348	+29:58.700	
7	524	EBERT, Todd	ST. PETERS MO	15:14.288	3:27.8	23:21.970		1:12:21.750	9.9	2:22.090		45:45.920	18:18.4	2:39:06.018	+1:30:58.370	

Division: Short_M_55-59

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	528	WONN, David	NORTH LITTLE ROCK AR ...	9:13.518	2:05.8	1:44.120		38:55.850	18.5	0:38.340		20:18.490	8:07.4	1:10:50.318	0:00.000	
2	527	DRASTAL, Paul	BALLWIN MO	10:56.778	2:29.3	3:11.330		42:58.280	16.8	1:35.940		20:59.230	8:23.7	1:19:41.558	+8:51.240	
3	532	JEWELL, Gary	WEBSTER GROVES MO	6:05.488	1:23.1	2:57.200		46:25.190	15.5	1:13.660		23:39.120	9:27.6	1:20:20.658	+9:30.340	
4	529	DAVIS, Scott	LAKE SAINT LOUIS MO	8:43.788	1:59.0	2:32.860		45:16.490	15.9	1:01.460		24:24.460	9:45.8	1:21:59.058	+11:08.740	
5	531	HUCKSHOLD, Wayne	CHESTERFIELD MO	6:50.258	1:33.2	2:46.880		47:55.800	15.0	1:24.140		25:00.290	10:00.1	1:23:57.368	+13:07.050	
6	533	LLOYD JR, Jim	LEES SUMMIT MO	10:05.588	2:17.6	2:40.860		49:56.730	14.4	0:59.840		23:10.490	9:16.2	1:26:53.508	+16:03.190	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Short_M_55-59 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
7	530	GORLA, Michael	ST. LOUIS MO	10:51.768	2:28.1	3:12.450		49:20.850	14.6	2:41.590		24:18.450	9:43.4	1:30:25.108	+19:34.790	

Division: Short_M_60-64

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	537	ARNOLD, John	FRONTENAC MO	9:24.038	2:08.2	2:44.110		47:09.340	15.3	1:33.720		22:34.710	9:01.9	1:23:25.918	0:00.000	
2	536	HALAMICEK, John	ST. CHARLES MO	10:24.678	2:22.0	2:52.560		47:33.220	15.1	1:30.740		24:06.220	9:38.5	1:26:27.418	+3:01.500	

Division: Short_M_65-69

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	539	TENHULA, Thomas	LAKE ST LOUIS MO	17:29.418	3:58.5	5:53.580		52:14.380	13.8	5:39.330		37:05.400	14:50.2	1:58:22.108	0:00.000	

Division: Short_M_70-74

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	540	FLESHMAN, Roy		16:15.558	3:41.7	5:35.580		49:53.460	14.4	2:01.990		35:18.780	14:07.5	1:49:05.368	0:00.000	

Division: Short_Clydesdale

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	548	BENEDICT, Michael	LAKE SAINT LOUIS MO	6:08.958	1:23.9	3:20.270		46:12.440	15.6	0:37.680		21:00.680	8:24.3	1:17:20.028	0:00.000	
2	557	REHLING, Timothy	ST. CHARLES MO	9:17.008	2:06.6	2:25.670		44:09.920	16.3	1:24.200		22:48.200	9:07.3	1:20:04.998	+2:44.970	
3	545	FURNISS, Rick	OFALLON MO	8:55.528	2:01.7	2:57.480		45:00.850	16.0	2:20.910		23:32.860	9:25.1	1:22:47.628	+5:27.600	
4	609	TRAPPER, Ron	DARDENNE PRAIRIE MO ...	9:12.308	2:05.5	3:20.350		45:31.030	15.8	1:38.770		24:23.640	9:45.5	1:24:06.098	+6:46.070	
5	604	HILL, Gary	ST. CHARLES MO	9:11.618	2:05.4	4:32.440		47:02.700	15.3	2:16.210		21:58.430	8:47.4	1:25:01.398	+7:41.370	
6	601	KING, Michael	OFALLON MO	11:38.968	2:38.9	2:33.830		42:06.270	17.1	1:16.400		27:43.070	11:05.2	1:25:18.538	+7:58.510	
7	549	HRDINA, Chris	FLORISSANT MO	12:08.008	2:45.5	2:36.590		47:49.980	15.1	1:05.430		24:00.650	9:36.3	1:27:40.658	+10:20.630	
8	605	LANG, Jeff	ST. CHARLES MO	8:40.568	1:58.3	3:53.830		49:00.110	14.7	2:33.450		24:28.210	9:47.3	1:28:36.168	+11:16.140	
9	555	MCGEE, Rob	LAKE SAINT LOUIS MO	9:06.358	2:04.2	3:21.310		45:49.580	15.7	2:15.940		29:56.070	11:58.4	1:30:29.258	+13:09.230	
10	556	CARLTON, Travis	WENTZVILLE MO	10:36.428	2:24.6	3:10.130		48:35.720	14.8	1:12.010		28:18.190	11:19.3	1:31:52.478	+14:32.450	
11	554	RAWLINGS, Jeff	COLUMBIA IL	9:18.538	2:06.9	3:23.660		50:59.630	14.1	1:16.290		27:50.280	11:08.1	1:32:48.398	+15:28.370	
12	544	MCINTYRE, Gary	WENTZVILLE MO	10:05.698	2:17.7	4:05.280		46:40.090	15.4	4:02.020		28:02.070	11:12.8	1:32:55.158	+15:35.130	
13	559	COOLMAN, Russell	OFALLON MO	11:07.168	2:31.6	3:52.720		52:49.730	13.6	2:14.290		25:05.510	10:02.2	1:35:09.418	+17:49.390	
14	550	MCMAHON, Justin	SAINT LOUIS MO	11:33.248	2:37.6	3:16.560		55:38.120	12.9	1:23.630		26:07.730	10:27.1	1:37:59.288	+20:39.260	
15	552	SCHULTE, Cory	LAKE ST. LOUIS MO	13:27.838	3:03.6	3:06.590		51:45.830	13.9	1:18.990		30:13.470	12:05.4	1:39:52.718	+22:32.690	
16	608	DAVIS, John	LAMAR MO	10:40.728	2:25.6	4:07.630		57:37.180	12.5	2:15.300		27:34.150	11:01.7	1:42:14.988	+24:54.960	
17	551	HERNDON, Greg	MARYLAND HEIGHTS MO ...	10:12.218	2:19.1	5:06.930		54:20.020	13.2	2:58.850		29:59.690	11:59.9	1:42:37.708	+25:17.680	
18	602	PRAINITO, Mark	ST. CHARLES MO	13:08.248	2:59.1	4:09.000		56:12.050	12.8	2:01.720		27:15.870	10:54.3	1:42:46.888	+25:26.860	
19	606	MOHS, Peter	ST CHARLES MO	11:16.088	2:33.7	3:54.010		1:00:44.360	11.8	1:32.280		30:33.480	12:13.4	1:48:00.218	+30:40.190	

Division: Short_Athena

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	889	WARD, Tina	CHESTERFIELD MO	12:36.942	2:52.0	3:10.510		46:52.870	15.4	1:20.720		24:41.390	9:52.6	1:28:42.432	0:00.000	
2	886	CANADA, Carolyn	OFALLON MO	10:32.672	2:23.8	3:53.050		56:13.760	12.8	1:25.880		26:27.110	10:34.8	1:38:32.472	+9:50.040	
3	884	SALLEE, Kimberley	SAINT CHARLES MO	12:40.472	2:52.8	3:16.090		52:27.190	13.7	2:03.780		32:43.640	13:05.5	1:43:11.172	+14:28.740	
4	883	ADAMS, Nancy	WENTZVILLE MO	11:02.412	2:30.5	2:48.980		53:58.550	13.3	0:20.780		35:03.390	14:01.4	1:43:14.112	+14:31.680	
5	878	RENNER, Kelly	ST. LOUIS MO	10:09.122	2:18.4	2:48.540		1:02:21.500	11.6	2:16.990		29:27.180	11:46.9	1:47:03.332	+18:20.900	
6	880	TOUCHETTE, Rebecca	SAINT CHARLES MO	11:05.972	2:31.4	3:30.400		1:11:21.200	10.1	1:09.870		29:23.140	11:45.3	1:56:30.582	+27:48.150	
7	890	CADLE, Sharon	SAINT PETERS MO	13:09.422	2:59.4	4:20.670		1:05:10.640	11.1	1:54.260		35:13.300	14:05.3	1:59:48.292	+31:05.860	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Short_Athena Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
8	877	TOWNSEND, Nicole	MARYLAND HEIGHTS MO ...	11:50.662	2:41.5	5:51.490		1:17:46.730	9.3	1:44.240		34:52.660	13:57.1	2:12:05.782	+43:23.350	
9	879	MOORE, Meridith	ST. PETERS MO	12:22.692	2:48.8	6:12.320		1:12:17.080	10.0	2:23.590		45:50.100	18:20.0	2:19:05.782	+50:23.350	

Division: Short_Challenged

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	445	PAYNE, Amanda	ST. CHARLES MO	13:01.995	2:57.7	4:09.060		52:55.950	13.6	1:12.480		34:05.020	13:38.0	1:45:24.505	0:00.000	
2	447	DUEMPLER, Ryan	ST. PETERS MO	7:32.165	1:42.8	4:44.790		1:05:41.360	11.0	0:54.050		45:14.590	18:05.8	2:04:06.955	+18:42.450	
3	446	VOSS, Rachel	COLLINSVILLE IL	16:47.565	3:49.0	6:08.390		1:29:25.550	8.1	4:23.530		22:04.020	8:49.6	2:18:49.055	+33:24.550	
4	442	COOPER, Jordan	FLORISSANT MO	15:23.405	3:29.9	5:47.720		1:22:02.430	8.8	1:49.600		37:41.000	15:04.4	2:22:44.155	+37:19.650	
5	444	LIKER, Ariel	ST. CHARLES MO	17:25.635	3:57.6	9:00.810		1:58:15.160	6.1	1:38.260		36:30.090	14:36.0	3:02:49.955	+1:17:25.450	

Division: Short_Challenged Team

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	449	IFFRIG, Lauren	IFFRIG-DOWLING	18:21.565	4:10.4	4:53.670		58:47.740	12.2	3:42.870		12:24.130	4:57.7	1:38:09.975	0:00.000	
2	452	GONTHIER, Trevor	GONTHIER-PICKET	9:03.485	2:03.5	2:30.810		1:32:00.150	7.8	4:52.110		21:38.490	8:39.4	2:10:05.045	+31:55.070	
3	450	FOX, Will	FOX-FOX	12:04.785	2:44.7	9:22.850		1:50:49.280	6.5	0:59.670		21:51.950	8:44.8	2:35:08.535	+56:58.560	

Division: Elite_M

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	11	ONEAL, Shawn	KIRKWOOD MO	22:19.690	1:11.0	1:22.970		58:40.430	25.4	0:29.370		37:17.190	6:00.8	2:00:09.650	0:00.000	
2	16	TOPASH, Bryan	COLUMBIA MO	22:42.850	1:12.2	1:48.230		1:00:10.440	24.8	0:32.590		36:05.100	5:49.2	2:01:19.210	+1:09.560	
3	5	YOUNT, Sam	ST. LOUIS MO	20:39.410	1:05.7	1:34.330		1:06:13.080	22.5	0:38.830		34:46.430	5:36.5	2:03:52.080	+3:42.430	
4	13	BARNES, Rick	ST. LOUIS MO	20:23.950	1:04.8	1:43.300		1:05:29.860	22.8	0:38.990		36:25.930	5:52.6	2:04:42.030	+4:32.380	
5	20	ORR, Jay	ST. LOUIS MO	27:48.250	1:28.4	1:29.790		1:01:13.940	24.4	0:28.430		34:59.280	5:38.6	2:05:59.690	+5:50.040	
6	12	COHEN, Sandy	LEAWOOD KS	19:43.200	1:02.7	1:53.930		1:06:00.950	22.6	0:25.580		39:37.750	6:23.5	2:07:41.410	+7:31.760	
7	15	ZDERIC, Ted	COLUMBIA MO	21:54.000	1:09.6	1:24.920		1:07:19.770	22.1	0:25.240		37:46.420	6:05.6	2:08:50.350	+8:40.700	
8	14	GAVACH, Mark	BOULDER CO	21:46.240	1:09.2	2:20.290		1:04:07.280	23.2	0:36.530		41:21.610	6:40.3	2:10:11.950	+10:02.300	
9	19	WIERZBA, Richard	ST. LOUIS MO	29:09.400	1:32.7	1:57.520		58:33.750	25.5	0:32.920		42:09.280	6:47.9	2:12:22.870	+12:13.220	
10	3	IVANOV, Ilya	CHESTERFIELD MO	21:44.150	1:09.1	2:10.660		1:08:46.960	21.7	0:40.000		42:51.160	6:54.7	2:16:12.930	+16:03.280	
11	10	MOREY, David	RICHMOND HEIGHTS MO ...	21:51.090	1:09.5	2:22.240		1:08:37.350	21.7	0:36.270		47:25.930	7:39.0	2:20:52.880	+20:43.230	
12	7	FANETTI, Aaron	ST. LOUIS MO	30:48.140	1:37.9	2:04.510		1:07:18.000	22.1	0:41.610		48:44.710	7:51.7	2:29:36.970	+29:27.320	

Division: Long Overall Male

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	194	DEMENT, Jason	OFALLON MO	22:45.079	1:12.3	1:42.290		1:02:05.900	24.0	0:50.290		37:48.140	6:05.8	2:05:11.690	0:00.000	
2	199	DIFANI, Jason	ST. LOUIS MO	19:47.659	1:02.9	1:34.660		1:09:31.280	21.4	1:08.010		40:53.140	6:35.7	2:12:54.749	+7:43.059	
3	182	DAUGHERTY, Matthew	ST. LOUIS MO	30:42.619	1:37.6	1:23.940		1:05:00.580	22.9	0:38.740		38:05.400	6:08.6	2:15:51.279	+10:39.589	

Division: Long Overall Female

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	152	LEWIS, Lisa	CHESTERFIELD MO	22:46.379	1:12.4	1:49.970		1:09:48.290	21.4	0:44.670		37:31.140	6:03.1	2:12:40.449	0:00.000	
2	165	LEMUS, Melisa	SAINT LOUIS MO	26:07.859	1:23.1	1:48.350		1:08:40.180	21.7	0:48.950		39:38.180	6:23.6	2:17:03.519	+4:23.070	
3	214	ROBERTSON, Andrea	O FALLON MO	26:51.121	1:25.4	1:26.750		1:09:12.680	21.5	0:35.000		41:25.620	6:40.9	2:19:31.171	+6:50.722	

2008 Lake St Louis Triathlon

Division: Long_F_19-24

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	151	HOGAN, Darby	ST. LOUIS MO	31:32.509	1:40.3	2:34.830		1:25:43.290	17.4	1:03.180		1:02:02.400	10:00.4	3:02:56.209	0:00.000	
2	150	WOOD, Carrissa	BONNE TERRE MO	33:33.649	1:46.7	4:16.850		1:49:58.950	13.6	0:58.420		1:16:15.930	12:18.1	3:45:03.799	+42:07.590	

Division: Long_F_25-29

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	153	KING, Luise	COLUMBIA MO	26:00.359	1:22.7	1:34.450		1:08:33.810	21.8	0:52.020		45:30.570	7:20.4	2:22:31.209	0:00.000	
2	169	ROSMAN, Daniele	ST. LOUIS MO	29:44.779	1:34.6	1:51.490		1:09:44.770	21.4	0:47.810		40:34.170	6:32.6	2:22:43.019	0:11.810	
3	171	CLAY, Caroline	COLUMBIA IL	26:19.559	1:23.7	2:37.630		1:14:51.150	19.9	0:51.230		47:13.160	7:37.0	2:31:52.729	+9:21.520	
4	167	PETERSON, Tricia	LAKE SAINT LOUIS MO	30:02.329	1:35.5	2:30.590		1:12:58.280	20.4	0:32.080		47:22.980	7:38.5	2:33:26.259	+10:55.050	
5	202	BURKE, Kelly	ST. LOUIS MO	30:53.449	1:38.2	2:45.620		1:16:03.950	19.6	0:43.800		43:46.710	7:03.7	2:34:13.529	+11:42.320	
6	154	GUNDER, Jessica	ST. LOUIS MO	20:35.559	1:05.5	1:57.100		1:18:13.870	19.1	1:10.510		54:46.780	8:50.1	2:36:43.819	+14:12.610	
7	164	HUMPHREY, Lauryn	ST. LOUIS MO	30:54.419	1:38.2	3:32.230		1:19:14.530	18.8	1:36.670		51:58.730	8:23.0	2:47:16.579	+24:45.370	
8	175	ROSEN MCGINNIS, Erica	WILDWOOD MO	31:52.049	1:41.3	2:18.750		1:17:44.920	19.2	1:01.610		57:55.090	9:20.5	2:50:52.419	+28:21.210	
9	155	LANFER, Erin	ST. LOUIS MO	32:44.489	1:44.1	3:39.430		1:26:22.080	17.3	0:39.930		48:05.320	7:45.4	2:51:31.249	+29:00.040	
10	168	PHILLIPS, Katie	WENTZVILLE MO	25:13.159	1:20.2	2:30.200		1:26:36.320	17.2	0:58.730		56:30.750	9:06.9	2:51:49.159	+29:17.950	
11	161	BERGHOLTZ, Erin	ST. LOUIS MO	31:12.849	1:39.2	3:03.600		1:22:52.010	18.0	1:59.140		1:01:00.780	9:50.4	3:00:08.379	+37:37.170	
12	174	RILEY, Julie	COLUMBIA MO	35:02.789	1:51.4	2:39.590		1:25:07.080	17.5	1:09.290		57:57.270	9:20.9	3:01:56.019	+39:24.810	
13	160	SCOTT, Emily	ST LOUIS MO	23:52.719	1:15.9	2:54.600		1:23:13.940	17.9	1:22.520		1:10:52.280	11:25.9	3:02:16.059	+39:44.850	
14	162	CHRISTIE, Meggan	ST. LOUIS MO	26:55.819	1:25.6	5:26.640		1:31:05.820	16.4	2:33.310		1:02:49.710	10:08.0	3:08:51.299	+46:20.090	
15	173	O TOOLE, Kayla	ST LOUIS MO	33:40.649	1:47.0	2:55.470		1:27:01.860	17.1	1:32.230		1:06:47.790	10:46.4	3:11:57.999	+49:26.790	
16	170	STAHLHUT, Lynn	GLEN CARBON IL	37:57.599	2:00.7	2:33.440		1:32:28.050	16.1	1:26.190		1:05:09.370	10:30.5	3:19:34.649	+57:03.440	

Division: Long_F_30-34

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	216	SULLIVAN, Shelby	ST. LOUIS MO	21:14.951	1:07.5	2:02.740		1:10:32.310	21.1	0:43.280		47:33.210	7:40.2	2:22:06.491	0:00.000	
2	219	DUNLAP, Marcy	BALLWIN MO	29:00.271	1:32.2	2:16.470		1:13:37.680	20.2	0:49.530		47:27.990	7:39.4	2:33:11.941	+11:05.450	
3	221	SANBORN, Beth	BALLWIN MO	26:29.731	1:24.2	2:18.250		1:13:34.540	20.3	1:14.060		51:50.940	8:21.8	2:35:27.521	+13:21.030	
4	207	SOMMER, Julie	LAKE ST. LOUIS MO	29:51.141	1:34.9	2:24.310		1:13:52.160	20.2	1:05.290		50:16.430	8:06.5	2:37:29.331	+15:22.840	
5	213	HIEBERT, Stephanie	ST. LOUIS MO	24:48.151	1:18.8	2:28.640		1:20:08.390	18.6	0:42.460		53:29.270	8:37.6	2:41:36.911	+19:30.420	
6	206	MCBRIDE, Jamie	UNIVERSITY CITY MO	26:19.551	1:23.7	3:18.510		1:22:05.490	18.2	1:45.550		52:31.750	8:28.3	2:46:00.851	+23:54.360	
7	215	MELTER, Kristen	BALLWIN MO	25:13.491	1:20.2	1:48.790		1:19:26.990	18.8	0:40.590		1:05:39.930	10:35.5	2:52:49.791	+30:43.300	
8	209	WHITE, Stephanie	ST. LOUIS MO	36:22.491	1:55.6	4:29.880		1:16:05.500	19.6	1:53.820		54:23.250	8:46.3	2:53:14.941	+31:08.450	
9	211	DOUGLAS, Nichole	ST. LOUIS MO	35:09.581	1:51.8	2:25.750		1:25:19.970	17.5	2:08.530		48:48.070	7:52.3	2:53:51.901	+31:45.410	
10	217	BURKE, Jennifer	BELLEVILLE IL	30:15.091	1:36.2	4:06.940		1:35:46.390	15.6	1:28.900		1:07:38.370	10:54.6	3:19:15.691	+57:09.200	
11	210	BLAKEMORE, Natalie	OFALLON MO	40:01.031	2:07.2	3:56.780		1:33:27.680	15.9	2:12.730		1:12:28.160	11:41.3	3:32:06.381	+1:09:59.890	
12	208	SWEESO, Chastine	FLORISSANT MO	46:12.991	2:26.9	4:34.100		1:37:58.110	15.2	2:12.560		1:14:47.300	12:03.8	3:45:45.061	+1:23:38.570	
13	218	DATTILO, Tricia	LAKE SAINT LOUIS MO	42:49.391	2:16.1	5:16.320		1:50:46.140	13.5	1:37.800		1:06:40.480	10:45.2	3:47:10.131	+1:25:03.640	

Division: Long_F_35-39

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	274	HATCH, Kristy	ST. CHARLES MO	27:10.957	1:26.4	2:12.660		1:07:37.020	22.1	0:41.260		46:18.140	7:28.1	2:24:00.030	0:00.000	
2	281	NITSCHE, Pamela	LAKE ST LOUIS MO	25:11.107	1:20.1	2:00.600		1:14:19.090	20.1	1:03.550		48:39.020	7:50.8	2:31:13.367	+7:13.337	
3	268	BERNDT, Barbara	LAKE ST. LOUIS MO	25:06.727	1:19.8	2:11.480		1:17:41.300	19.2	0:53.320		50:04.980	8:04.7	2:35:57.807	+11:57.777	
4	286	ELLIS, Julie	LADUE MO	32:56.137	1:44.7	3:04.290		1:15:24.470	19.8	1:05.340		45:47.620	7:23.2	2:38:17.857	+14:17.827	
5	277	SANTIAGO, Cristel	BALLWIN MO	28:02.987	1:29.2	2:14.450		1:12:10.990	20.7	1:05.490		59:57.980	9:40.3	2:43:31.897	+19:31.867	
6	284	STEPHENS, Wendi	WOODLAND PARK CO	22:46.107	1:12.4	2:56.830		1:18:26.610	19.0	0:53.700		1:00:38.550	9:46.9	2:45:41.790	+21:41.760	
7	283	POTTINGER, Erin	ST. LOUIS MO	27:57.207	1:28.9	2:47.340		1:21:14.900	18.4	1:40.120		1:06:05.430	10:39.6	2:59:44.997	+35:44.967	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Long_F_35-39 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
8	275	MOREY, Jill	RICHMOND HEIGHTS MO ...	34:28.687	1:49.6	2:49.340		1:25:29.110	17.4	1:27.370		1:03:05.130	10:10.5	3:07:19.637	+43:19.607	
9	287	HAMILL, Tori	O FALLON MO	27:12.857	1:26.5	2:12.830		1:29:57.540	16.6	1:01.870		1:12:20.330	11:40.1	3:12:45.427	+48:45.397	
10	285	COOGAN, Michelle	LAKE ST. LOUIS MO	34:06.677	1:48.4	3:15.740		1:31:22.320	16.3	3:43.140		1:02:51.360	10:08.3	3:15:19.237	+51:19.207	
11	270	STEVENS, Lisa	WENTZVILLE MO	39:56.037	2:06.9	4:57.290		1:29:16.230	16.7	2:22.510		1:03:15.160	10:12.1	3:19:47.227	+55:47.197	
12	273	DOUCETTE, Jennifer	LAKE ST. LOUIS MO	40:02.947	2:07.3	3:17.060		1:44:06.990	14.3	1:59.210		58:09.810	9:22.9	3:27:36.017	+1:03:35.987	
13	272	STONE, Kim	ST. LOUIS MO	45:07.837	2:23.5	3:42.490		1:41:37.700	14.7	2:08.800		1:24:28.880	13:37.6	3:57:05.707	+1:33:05.677	

Division: Long_F_40-44

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	295	HARBOR, Julie	WILDWOOD MO	27:29.637	1:27.4	1:49.080		1:04:55.310	23.0	0:41.710		45:11.670	7:17.4	2:20:07.407	0:00.000	
2	296	OHLMS, Mindy	ST. ALBANS MO	28:16.427	1:29.9	1:38.400		1:08:47.680	21.7	1:05.090		43:32.510	7:01.4	2:23:20.107	+3:12.700	
3	290	HOMANN, Susan	CLAYTON MO	26:18.687	1:23.6	2:22.020		1:11:15.870	20.9	0:54.630		45:34.900	7:21.1	2:26:26.107	+6:18.700	
4	301	MORTIMER, Meredith	WOODSIDE CA	24:13.587	1:17.0	2:31.970		1:16:24.450	19.5	1:12.250		50:28.060	8:08.4	2:34:50.317	+14:42.910	
5	293	DRAKE, Sally	VALLEY PARK MO	31:58.407	1:41.6	2:32.640		1:14:13.070	20.1	1:04.010		48:54.260	7:53.3	2:38:42.387	+18:34.980	
6	306	SMITH, Suzanne	MANCHESTER MO	26:09.217	1:23.1	3:35.720		1:19:35.090	18.7	1:26.430		50:47.490	8:11.5	2:41:33.947	+21:26.540	
7	299	WOODARD, Suzanne	ST. LOUIS MO	32:30.527	1:43.3	3:59.130		1:11:39.450	20.8	1:42.600		52:08.760	8:24.6	2:42:00.467	+21:53.060	
8	297	SNYDER, Becky	WENTZVILLE MO	33:31.207	1:46.5	3:42.870		1:14:05.200	20.1	1:55.190		51:32.870	8:18.9	2:44:47.337	+24:39.930	
9	291	MORNINGSTAR KING, Tracy	OFALLON MO	32:51.917	1:44.5	2:15.720		1:16:14.010	19.6	1:16.150		53:05.450	8:33.8	2:45:43.247	+25:35.840	
10	300	BALL, Holly	ST. LOUIS MO	29:00.817	1:32.2	2:05.970		1:16:02.570	19.6	1:31.040		58:21.800	9:24.8	2:47:02.197	+26:54.790	
11	310	WEISMAN, Margy	ST. LOUIS MO	28:00.597	1:29.0	3:12.070		1:19:58.370	18.6	1:41.820		56:50.360	9:10.1	2:49:43.217	+29:35.810	
12	305	MENGHINI, Terri	FENTON MO	29:58.467	1:35.3	4:02.900		1:16:33.320	19.5	2:01.160		58:05.550	9:22.2	2:50:41.397	+30:33.990	
13	298	TURNER, Susan	WENTZVILLE MO	30:02.997	1:35.5	4:55.700		1:21:01.930	18.4	2:48.800		56:08.600	9:03.3	2:54:58.027	+34:50.620	
14	326	PORTNOY, Patti	WILDWOOD MO	30:17.397	1:36.3	2:56.570		1:28:07.790	16.9	1:24.890		1:00:06.730	9:41.7	3:02:53.377	+42:45.970	
15	292	SCHROEDER, Julie	ST. CHARLES MO	34:36.407	1:50.0	3:48.880		1:22:30.040	18.1	1:18.950		1:02:46.260	10:07.5	3:05:00.537	+44:53.130	
16	303	COOHEY, Barb	PHOENIX AZ	38:45.437	2:03.2	2:57.500		1:26:09.580	17.3	0:59.940		58:32.310	9:26.5	3:07:24.767	+47:17.360	
17	294	GRAHAM, Catherine	WELDON SPRING MO	33:16.727	1:45.8	5:34.190		1:36:19.820	15.5	2:35.030		1:03:58.660	10:19.1	3:21:44.427	+1:01:37.020	
18	302	WOOD, Lisa	BONNE TERRE MO	43:27.167	2:18.1	6:03.990		1:44:01.390	14.3	5:00.350		1:26:28.950	13:56.9	4:05:01.847	+1:44:54.440	

Division: Long_F_45-49

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	313	OFSTHUN, Bev	OFALLON MO	26:52.997	1:25.5	1:51.740		1:10:21.860	21.2	0:43.610		46:51.450	7:33.5	2:26:41.657	0:00.000	
2	317	PETERSEN, Stephanie	TOWN AND COUNTRY MO ...	24:03.277	1:16.5	2:12.990		1:16:55.040	19.4	0:52.690		43:24.240	7:00.0	2:27:28.237	0:46.580	
3	328	DIPPOLD, Kelly	OVERLAND PARK KS	21:03.037	1:06.9	2:18.820		1:13:51.510	20.2	0:55.070		50:13.520	8:06.1	2:28:21.957	+1:40.300	
4	318	ANDERT, Jennifer	ST. PETERS MO	26:23.897	1:23.9	2:46.320		1:13:58.590	20.2	1:57.340		53:33.200	8:38.3	2:38:39.347	+1:15:7.690	
5	312	KNOWLTON, Debbie	LAKE SAINT LOUIS MO	25:48.827	1:22.1	3:16.180		1:14:59.100	19.9	1:28.960		54:15.120	8:45.0	2:39:48.187	+13:06.530	
6	311	JENKINS, Tracy	ST. LOUIS MO	30:26.737	1:36.8	2:46.370		1:18:05.390	19.1	1:11.720		47:25.040	7:38.9	2:39:55.257	+13:13.600	
7	325	WILLIAMS, Deena	ST. CHARLES MO	28:19.037	1:30.0	3:06.380		1:16:52.940	19.4	1:14.040		53:51.730	8:41.2	2:43:24.127	+16:42.470	
8	320	DOWELL, Donna	WILDWOOD MO	27:47.517	1:28.3	3:25.980		1:23:53.280	17.8	1:33.790		52:33.050	8:28.6	2:49:13.617	+22:31.960	
9	314	VOLLMER, Jolene	FENTON MO	33:33.177	1:46.7	4:16.380		1:18:36.060	19.0	2:11.140		54:20.680	8:45.9	2:52:57.437	+26:15.780	
10	321	IMPICCICHE, Tamsen	CHESTERFIELD MO	37:19.787	1:58.7	3:19.850		1:26:26.340	17.2	1:39.250		53:48.520	8:40.7	3:02:33.747	+35:52.090	
11	327	CONLEY, Barb	KIRKWOOD MO	29:55.537	1:35.1	3:10.400		1:23:21.120	17.9	1:38.880		1:11:12.730	11:29.1	3:09:18.667	+42:37.010	
12	316	HEDRICK, Michele	FENTON MO	34:47.807	1:50.6	3:23.400		1:22:28.880	18.1	1:48.660		1:12:13.340	11:38.9	3:14:42.087	+48:00.430	
13	322	KAISER, Laura	PENSACOLA FL	33:36.237	1:46.8	4:02.420		1:28:21.220	16.9	2:14.980		1:10:45.560	11:24.8	3:19:00.417	+52:18.760	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Long_F_50-54

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	23	TELFORD, Teresa	ST. LOUIS MO	27:57.981	1:28.9	2:30.340		1:13:16.190	20.4	0:51.960		52:47.480	8:30.9	2:37:23.951	0:00.000	
2	26	NOONEY, Patty	ST. LOUIS MO	30:33.701	1:37.1	3:31.330		1:21:04.570	18.4	0:55.250		52:25.140	8:27.3	2:48:29.991	+11:06.040	
3	28	THURWACHTER, Cathy	LAKE SAINT LOUIS MO	30:52.631	1:38.1	2:17.760		1:23:48.170	17.8	0:47.280		1:00:08.870	9:42.1	2:57:54.711	+20:30.760	
4	25	BOSCHERT, Barbara	ST. CHARLES MO	46:33.641	2:28.0	6:11.670		2:01:02.840	12.3	1:31.320		1:30:40.330	14:37.5	4:25:59.801	+1:48:35.850	

Division: Long_F_55-59

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	29	JARUS GIERER, Terri	SAINT CHARLES MO	32:50.231	1:44.4	2:31.170		1:21:35.830	18.3	1:31.200		1:05:47.000	10:36.6	3:04:15.431	0:00.000	

Division: Long_M_1-19

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	177	TOOK, Jeffrey	FLORISSANT MO	24:47.959	1:18.8	2:45.290		1:12:44.060	20.5	1:27.200		51:18.910	8:16.6	2:33:03.419	0:00.000	
2	176	O ROURKE, Shaun	WILDWOOD MO	32:09.199	1:42.2	2:45.080		1:11:47.710	20.8	1:14.210		45:20.160	7:18.7	2:33:16.359	0:12.940	

Division: Long_M_20-24

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	178	FLYNN, Taylor	COLUMBIA MO	35:03.679	1:51.4	4:01.840		1:20:30.290	18.5	0:48.210		58:59.650	9:30.9	2:59:23.669	0:00.000	
2	183	VORHIES, David	SAINT LOUIS MO	37:22.789	1:58.8	4:17.660		1:24:11.330	17.7	1:22.240		1:05:56.150	10:38.1	3:13:10.169	+13:46.500	
3	181	CHAMBERS, Matthew	SWANSEA IL	41:49.139	2:12.9	2:40.040		1:28:21.550	16.9	1:34.660		1:09:56.900	11:16.9	3:24:22.289	+24:58.620	

Division: Long_M_25-29

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	185	BRENNAN, Sean	ST. LOUIS MO	24:04.819	1:16.5	1:51.880		1:03:58.960	23.3	0:32.650		46:13.900	7:27.4	2:16:42.209	0:00.000	
2	189	CARTER, Jase	ST. LOUIS MO	28:27.039	1:30.4	3:59.530		1:10:59.610	21.0	1:40.530		41:55.580	6:45.7	2:27:02.289	+10:20.080	
3	191	PERKINS, Eric	ST CHARLES MO	26:49.779	1:25.3	3:51.390		1:13:49.890	20.2	0:29.030		47:47.450	7:42.5	2:32:47.539	+16:05.330	
4	193	BOCKSTRUCK, Mark	HOLTS SUMMIT MO	26:43.909	1:25.0	3:49.500		1:17:35.830	19.2	1:24.580		44:34.370	7:11.4	2:34:08.189	+17:25.980	
5	192	PETERS, Adam	SAINT LOUIS MO	28:36.219	1:30.9	2:01.440		1:10:02.960	21.3	0:48.900		54:18.960	8:45.6	2:35:48.479	+19:06.270	
6	196	BUTCHKO, Michael	ST. PETERS MO	34:49.279	1:50.7	4:06.730		1:10:52.850	21.0	1:03.410		51:33.590	8:19.0	2:42:25.859	+25:43.650	
7	188	SMITH, Craig	ST. LOUIS MO	34:20.209	1:49.1	2:05.490		1:14:44.430	19.9	2:23.030		49:05.670	7:55.1	2:42:38.829	+25:56.620	
8	197	HAMILTON, Erik	GRANITE CITY IL	30:53.949	1:38.2	4:13.230		1:15:32.700	19.7	1:15.810		53:24.850	8:36.9	2:45:20.539	+28:38.330	
9	200	HIRSCHI, Cody	WENTZVILLE MO	35:57.769	1:54.3	2:28.290		1:16:08.010	19.6	0:42.050		51:34.390	8:19.1	2:46:50.509	+30:08.300	
10	201	MARTIN, Ryan	SWANSEA IL	37:58.889	2:00.7	4:39.860		1:22:15.350	18.1	2:58.900		50:01.560	8:04.1	2:57:54.559	+41:12.350	
11	195	FIELDS, Brandon	WENTZVILLE MO	35:22.539	1:52.4	3:26.680		1:21:51.960	18.2	0:44.250		56:43.380	9:08.9	2:58:08.809	+41:26.600	
12	198	MUELLER, Mark	OFALLON MO	34:55.769	1:51.0	3:11.820		1:26:00.250	17.3	1:29.820		1:03:56.800	10:18.8	3:09:34.459	+52:52.250	
13	187	IFFRIG, Nicholas	ST. PETERS MO	48:18.929	2:33.6	4:43.180		1:17:57.260	19.1	1:14.190		1:11:20.920	11:30.5	3:23:34.479	+1:06:52.270	

Division: Long_M_30-34

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	255	SCHRICK, Gregory	ST. LOUIS MO	31:15.521	1:39.4	2:08.820		1:06:48.780	22.3	0:52.810		38:08.050	6:09.0	2:19:13.981	0:00.000	
2	254	RUSSELL, Michael	ST. LOUIS MO	25:41.001	1:21.6	1:35.480		1:07:58.890	21.9	1:27.050		44:49.540	7:13.8	2:21:31.961	+2:17.980	
3	259	FOWLER, Chad	OFALLON MO	29:42.231	1:34.4	2:32.150		1:07:50.960	22.0	0:37.110		41:23.270	6:40.5	2:22:05.721	+2:51.740	
4	264	POLLNOW, David	ST. LOUIS MO	28:26.671	1:30.4	1:58.360		1:08:34.410	21.7	1:12.680		44:28.470	7:10.4	2:24:40.591	+5:26.610	
5	260	JACOBSON, Brian	SAINT LOUIS MO	29:26.111	1:33.6	2:13.120		1:07:40.610	22.0	1:54.890		44:55.130	7:14.7	2:26:09.861	+6:55.880	
6	234	PEROUTKA, Michael	LAKE ST. LOUIS MO	28:17.301	1:29.9	2:49.140		1:07:32.360	22.1	1:26.700		46:44.160	7:32.3	2:26:49.661	+7:35.680	
7	258	CORDERO, Patricio	OFALLON MO	26:06.411	1:23.0	1:51.760		1:11:37.790	20.8	1:02.210		47:23.820	7:38.7	2:28:01.991	+8:48.010	
8	251	MCCARTHY, Greg	ST. LOUIS MO	31:00.651	1:38.6	2:36.340		1:08:37.590	21.7	0:46.940		48:26.610	7:48.8	2:31:28.131	+12:14.150	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Long_M_30-34 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
9	247	BROSS, Kevin	ST PETERS MO	29:14.971	1:33.0	2:35.010		1:08:48.570	21.7	1:15.920		50:32.100	8:09.0	2:32:26.571	+13:12.590	
10	253	ONEAL, Stephen	ST. LOUIS MO	26:22.351	1:23.8	2:20.500		1:10:51.100	21.0	1:15.880		53:48.820	8:40.8	2:34:38.651	+15:24.670	
11	252	MORRIS, Billy	WRIGHT CITY MO	29:43.961	1:34.5	2:09.470		1:12:47.020	20.5	1:11.240		49:00.620	7:54.3	2:34:52.311	+15:38.330	
12	263	YATES, Matthew	DARDENNE PRAIRIE MO ...	32:50.691	1:44.4	2:53.840		1:13:32.420	20.3	1:40.140		46:28.980	7:29.8	2:37:26.071	+18:12.090	
13	242	ROLFES, Bill	ST. PETERS MO	37:11.711	1:58.2	4:06.270		1:12:29.170	20.6	1:53.000		43:38.550	7:02.3	2:39:18.701	+20:04.720	
14	246	SCHOELL, Adam	WILDWOOD MO	26:13.541	1:23.4	2:30.640		1:12:57.190	20.4	0:34.540		58:45.460	9:28.6	2:41:01.371	+21:47.390	
15	244	RYDER, Jeff	LAKE ST. LOUIS MO	30:04.551	1:35.6	2:55.980		1:15:59.390	19.6	1:34.110		51:51.810	8:21.9	2:42:25.841	+23:11.860	
16	250	HENDERSON, Scott	ST. PETERS MO	30:59.641	1:38.5	2:30.420		1:17:23.530	19.3	1:29.870		53:49.160	8:40.8	2:46:12.621	+26:58.640	
17	249	DECK, Kevin	SAINT LOUIS MO	36:02.651	1:54.6	3:35.910		1:19:03.070	18.9	1:50.230		49:12.970	7:56.3	2:49:44.831	+30:30.850	
18	235	RICHMOND, Mike	ST. LOUIS MO	28:29.891	1:30.6	4:54.880		1:22:34.740	18.1	1:53.800		52:48.390	8:31.0	2:50:41.701	+31:27.720	
19	223	HARRELL, Jake	WENTZVILLE MO	34:02.371	1:48.2	4:32.330		1:13:56.970	20.2	1:41.870		56:55.660	9:10.9	2:51:09.201	+31:55.220	
20	222	ARENS, Joe	ST. LOUIS MO	39:01.891	2:04.1	4:20.030		1:13:16.130	20.4	2:14.350		54:45.170	8:49.9	2:53:37.571	+34:23.590	
21	226	TERRY, Aaron	ST LOUIS MO	26:24.461	1:23.9	6:27.290		1:23:25.090	17.9	2:07.240		56:40.420	9:08.5	2:55:04.501	+35:50.520	
22	230	FREDERICK, Adam	PEORIA IL	34:57.331	1:51.1	4:58.530		1:19:17.480	18.8	2:41.320		56:59.570	9:11.5	2:58:54.231	+39:40.250	
23	257	BURKE, Aaron	SWANSEA IL	36:44.221	1:56.8	3:06.520		1:23:13.530	17.9	1:24.000		54:54.020	8:51.3	2:59:22.291	+40:08.310	
24	243	ROSEMAN, Jeff	ST. LOUIS MO	29:58.071	1:35.3	3:25.560		1:26:23.300	17.3	2:05.480		57:59.250	9:21.2	2:59:51.661	+40:37.680	
25	233	PATTERSON, Aaron	OFALLON MO	36:11.361	1:55.0	5:30.710		1:16:12.620	19.6	1:59.530		1:03:35.590	10:15.4	3:03:29.811	+44:15.830	
26	225	LLOYD III, James	WASHINGTON DC	32:31.821	1:43.4	3:16.360		1:13:26.360	20.3	2:00.430		1:13:28.180	11:51.0	3:04:43.151	+45:29.170	
27	238	KRENTZ, Matthew	ST. LOUIS MO	34:30.831	1:49.7	10:45.680		1:20:54.600	18.4	6:48.230		55:57.810	9:01.6	3:08:57.151	+49:43.170	
28	241	MEALEY, James	ST. LOUIS MO	40:03.551	2:07.3	5:11.750		1:20:56.850	18.4	6:46.000		55:59.150	9:01.8	3:08:57.301	+49:43.320	
29	229	CHOTT, David	BRIDGETON MO	34:48.601	1:50.6			1:33:01.740	16.0			1:02:31.470	10:05.1	3:10:21.811	+51:07.830	
30	262	SENNEFF, John	ST. LOUIS MO	32:24.051	1:43.0	2:54.520		1:27:03.460	17.1	0:26.710		1:08:34.810	11:03.7	3:11:23.551	+52:09.570	
31	239	LOPORTO, Matt	VAIL CO	36:47.671	1:57.0	8:27.560		1:23:59.830	17.8	3:46.290		59:42.520	9:37.8	3:12:43.871	+53:29.890	
32	256	TANNER, Brendan	MAPLEWOOD MO	41:48.321	2:12.9	4:01.230		1:15:12.520	19.8	2:44.030		1:13:33.550	11:51.9	3:17:19.651	+58:05.670	
33	224	HEPPERMAN, Brian	WENTZVILLE MO	57:06.991	3:01.6	5:15.460		1:39:04.370	15.1	1:03.230		1:00:17.890	9:43.5	3:42:47.941	+1:23:33.960	
34	248	DATTILO, John	BEDFORD NH	48:55.851	2:35.5	6:27.810		1:39:29.260	15.0	1:58.780		1:23:16.120	13:25.8	4:00:07.821	+1:40:53.840	

Division: Long_M_35-39

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	118	DE WEER, Jan Paul	ST. LOUIS MO	27:08.795	1:26.3	2:29.850		1:05:15.490	22.9	0:42.070		40:21.230	6:30.5	2:15:57.435	0:00.000	
2	110	ROCA, Victor	WARSON WOODS MO	22:58.665	1:13.0	2:00.330		1:11:02.820	21.0	0:39.780		42:20.790	6:49.8	2:19:02.385	+3:04.950	
3	100	BOWEN, Justin	ELLISVILLE MO	26:26.715	1:24.1	1:30.270		1:03:34.480	23.4	0:46.320		47:23.860	7:38.7	2:19:41.645	+3:44.210	
4	99	BARR, Ryan	OFALLON MO	24:36.615	1:18.2	2:04.820		1:07:35.810	22.1	0:46.240		45:12.710	7:17.5	2:20:16.195	+4:18.760	
5	136	FISCHER, Tom	SAINT LOUIS MO	26:53.535	1:25.5	2:01.180		1:06:53.350	22.3	0:56.400		44:29.420	7:10.6	2:21:13.885	+5:16.450	
6	108	TAN, Jens	ST. LOUIS MO	26:24.685	1:24.0	2:18.210		1:08:32.770	21.8	1:03.870		43:33.870	7:01.6	2:21:53.405	+5:55.970	
7	107	PEELER, Colin	OFALLON MO	21:44.625	1:09.1	2:13.440		1:05:56.170	22.6	0:30.580		53:39.210	8:39.2	2:24:04.025	+8:06.590	
8	134	BEVERIDGE, Brian	BALLWIN MO	30:12.535	1:36.0	1:43.870		1:09:34.760	21.4	0:28.330		44:11.920	7:07.7	2:26:11.415	+10:13.980	
9	94	BENIGNO, Chris	WILDWOOD MO	28:10.765	1:29.6	1:51.030		1:08:48.850	21.7	0:31.960		47:34.140	7:40.3	2:26:56.745	+10:59.310	
10	112	VEHIGE, Steven	SAINT CHARLES MO	30:57.345	1:38.4	3:19.630		1:10:53.100	21.0	1:27.950		41:14.260	6:39.1	2:27:52.285	+11:54.850	
11	125	JOURIS, Jon	OLIVETTE MO	26:22.355	1:23.8	2:10.930		1:13:22.770	20.3	1:35.130		46:27.230	7:29.6	2:29:58.415	+14:00.980	
12	130	ROBSON, Stuart	PACIFIC MO	29:39.835	1:34.3	2:40.760		1:09:09.840	21.6	0:39.420		48:29.020	7:49.2	2:30:38.875	+14:41.440	
13	145	YOUNG, Sam	OFALLON MO	31:28.005	1:40.0	3:00.630		1:08:24.210	21.8	0:44.250		47:02.330	7:35.2	2:30:39.425	+14:41.990	
14	129	RANDS, Todd	CHESTERFIELD MO	28:44.735	1:31.4	3:14.830		1:09:08.180	21.6	1:58.960		48:28.790	7:49.2	2:31:35.495	+15:38.060	
15	103	MEARS, Devin	OFALLON MO	35:45.315	1:53.7	2:28.440		1:12:17.400	20.6	0:34.660		41:13.950	6:39.0	2:32:19.765	+16:22.330	
16	135	FARRAR, Terry	ST. CHARLES MO	31:13.405	1:39.2	3:21.320		1:07:20.060	22.1	2:33.540		50:09.060	8:05.3	2:34:37.385	+18:39.950	
17	101	BRUSHABER, Eric	WILDWOOD MO	24:02.305	1:16.4	3:03.240		1:16:59.170	19.4	3:44.530		48:54.980	7:53.4	2:36:44.225	+20:46.790	
18	137	HARDIE, Jayson	ST. CHARLES MO	30:53.815	1:38.2	3:05.840		1:12:06.280	20.7	1:46.650		49:04.290	7:54.9	2:36:56.875	+20:59.440	
19	120	GREEN, Charles	ARNOLD MO	30:37.595	1:37.4	4:57.010		1:13:47.550	20.2	1:32.950		46:53.500	7:33.8	2:37:48.605	+21:51.170	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Long_M_35-39 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
20	115	AYMERICH, Ruben	BALLWIN MO	35:37.225	1:53.2	3:13.320		1:08:38.410	21.7	2:05.350		50:55.220	8:12.8	2:40:29.525	+24:32.090	
21	119	FERON, Kevin	WILDWOOD MO	26:20.635	1:23.7	2:47.260		1:15:45.940	19.7	1:16.130		55:54.320	9:01.0	2:42:04.285	+26:06.850	
22	106	OVERMAN, Joe	OFALLON MO	33:28.175	1:46.4	4:13.530		1:20:51.330	18.4	0:36.110		45:45.440	7:22.8	2:44:54.585	+28:57.150	
23	96	HUNT, Jefferson	WEBSTER GROVES MO	35:27.265	1:52.7	2:45.710		1:10:12.810	21.2	2:00.170		57:47.190	9:19.2	2:48:13.145	+32:15.710	
24	109	COTIGNOLA, Miguel	ST. LOUIS MO	28:01.105	1:29.1	2:57.420		1:20:46.400	18.5	0:44.070		57:00.770	9:11.7	2:49:29.765	+33:32.330	
25	104	MUELLER, Mark	OFALLON MO	34:08.995	1:48.6	3:18.920		1:19:09.640	18.8	1:14.540		53:55.070	8:41.8	2:51:47.165	+35:49.730	
26	111	SCHENCK, Sandy	SAINT LOUIS MO	25:53.595	1:22.3	3:45.620		1:22:56.920	18.0	1:21.670		58:01.410	9:21.5	2:51:59.215	+36:01.780	
27	127	KIRBY, Jim	FESTUS MO	35:56.195	1:54.2	4:40.030		1:19:19.750	18.8	1:46.340		54:01.830	8:42.9	2:55:44.145	+39:46.710	
28	128	KNOX, Bent	COLUMBIA IL	38:24.145	2:02.1	4:07.430		1:12:33.690	20.6	0:38.680		1:01:16.000	9:52.9	2:56:59.945	+41:02.510	
29	97	LOPEZ, Esteban	ST. LOUIS MO	35:42.845	1:53.5	3:35.190		1:21:10.010	18.4	1:37.220		56:29.580	9:06.7	2:58:34.845	+42:37.410	
30	123	IMIG, Mark	ST. LOUIS MO	28:24.915	1:30.3	2:14.580		1:24:06.090	17.7	0:52.210		1:04:43.950	10:26.4	3:00:21.745	+44:24.310	
31	139	MARTIN, Anton		38:54.525	2:03.7	4:23.220		1:26:43.710	17.2	2:09.770		51:07.330	8:14.7	3:03:18.555	+47:21.120	
32	116	BARNES, Ryan	WENTZVILLE MO	46:20.465	2:27.3	4:46.140		1:23:47.620	17.8	0:34.990		52:29.500	8:28.0	3:07:58.715	+52:01.280	
33	95	HOMRIGHOUS, Bryan	SAINT LOUIS MO	40:29.395	2:08.7	3:12.060		1:20:08.030	18.6	3:27.580		1:02:47.460	10:07.7	3:10:04.525	+54:07.090	
34	144	TANZBERGER, Todd	WEBSTER GROVES MO	34:51.445	1:50.8	4:42.420		1:23:06.430	17.9	4:00.050		1:06:10.040	10:40.3	3:12:50.385	+56:52.950	
35	138	MAHER, Sean	KANSAS CITY MO	29:51.935	1:34.9	14:19.290		1:20:21.680	18.6	4:25.610		1:04:00.300	10:19.4	3:12:58.815	+57:01.380	
36	124	JARVIS, Michael	FESTUS MO	38:08.885	2:01.3	3:00.930		1:54:25.960	13.0	1:41.050		50:41.940	8:10.6	3:27:58.765	+1:12:01.330	
37	122	HUGHES, Sean	LAKE ST. LOUIS MO	58:48.855	3:06.9	6:22.690		1:46:14.290	14.0	4:03.710		1:22:36.150	13:19.4	4:18:05.695	+2:02:08.260	

Division: Long_M_40-44

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	358	FEHER, James	DES PERES MO	27:18.465	1:26.8	2:08.630		1:05:58.570	22.6	0:42.830		45:42.890	7:22.4	2:21:51.385	0:00.000	
2	370	LEE, John	WEBSTER GROVES MO	26:38.375	1:24.7	2:21.060		1:11:21.390	20.9	0:58.540		45:33.700	7:20.9	2:26:53.065	+5:01.680	
3	336	MEARS, Shawn	BURLINGTON IA	30:06.275	1:35.7	2:26.140		1:05:01.590	22.9	1:00.420		48:21.510	7:48.0	2:26:55.935	+5:04.550	
4	353	MORRIS, Bill	BALLWIN MO	26:36.785	1:24.6	2:17.530		1:08:48.680	21.7	0:58.960		48:51.800	7:52.9	2:27:33.755	+5:42.370	
5	363	SNYDER, Steve	WENTZVILLE MO	30:57.325	1:38.4	3:43.430		1:08:43.570	21.7	2:25.630		41:58.310	6:46.2	2:27:48.265	+5:56.880	
6	364	ELSPERMAN, Dirk	TOWN & COUNTRY MO ...	24:30.835	1:17.9	2:17.940		1:12:56.190	20.4	1:06.300		47:46.970	7:42.4	2:28:38.235	+6:46.850	
7	341	WALSH, Brendan	BALLWIN MO	33:02.335	1:45.0	2:53.770		1:11:19.630	20.9	1:21.520		42:06.460	6:47.5	2:30:43.715	+8:52.330	
8	349	DOERING, Greg	WILDWOOD MO	32:05.925	1:42.0	3:30.410		1:04:22.450	23.2	1:48.690		49:32.560	7:59.4	2:31:20.035	+9:28.650	
9	366	GIPPERICH, Jeff	WILDWOOD MN	28:40.965	1:31.2	3:20.600		1:10:58.120	21.0	0:55.110		48:55.700	7:53.5	2:32:50.495	+10:59.110	
10	352	GUND, Richard	UNIVERSITY CITY MO	31:12.995	1:39.2	2:28.170		1:10:16.460	21.2	0:58.550		48:40.150	7:51.0	2:33:36.325	+11:44.940	
11	361	RYAN, Steve	EARTH CITY MO	22:30.495	1:11.5	2:16.780		1:10:31.640	21.1	1:26.140		57:09.420	9:13.1	2:33:54.475	+12:03.090	
12	357	CLOPINE, Russ	BRYN MAWR PA	30:53.705	1:38.2	2:38.300		1:12:22.860	20.6	0:47.970		47:22.350	7:38.4	2:34:05.185	+12:13.800	
13	332	CAMPBELL, Marc	WILDWOOD MO	30:50.465	1:38.0	2:39.890		1:08:49.230	21.7	1:35.670		51:15.080	8:16.0	2:35:10.335	+13:18.950	
14	340	WAHL, Todd	WILDWOOD MO	30:22.695	1:36.6	3:30.510		1:11:53.120	20.7	1:19.320		48:05.110	7:45.3	2:35:10.755	+13:19.370	
15	350	ENGELHARD, Dan	LAKE ST. LOUIS MO	30:47.545	1:37.9	2:34.710		1:13:03.690	20.4	1:19.440		47:32.640	7:40.1	2:35:18.025	+13:26.640	
16	347	HAMILL, Todd	TYRONE GA	24:53.745	1:19.1	2:46.950		1:14:39.460	20.0	2:19.320		52:32.210	8:28.4	2:37:11.685	+15:20.300	
17	330	BAIN, Richard	CHESTERFIELD MO	30:55.215	1:38.3	1:49.380		1:12:40.490	20.5	0:53.740		51:27.020	8:17.9	2:37:45.845	+15:54.460	
18	377	VAN HORN, Roger	CHESTERFIELD MO	32:54.815	1:44.6	3:00.440		1:10:52.780	21.0	1:47.200		49:15.800	7:56.7	2:37:51.035	+15:59.650	
19	348	BRYANT, Chuck	CREVE COEUR MO	30:46.775	1:37.8	2:46.530		1:14:45.150	19.9	0:45.030		49:41.750	8:00.9	2:38:45.235	+16:53.850	
20	375	MORRELL, Jeff	CHESTERFIELD MO	25:12.905	1:20.1	4:01.850		1:14:30.830	20.0	2:41.610		52:50.580	8:31.4	2:39:17.775	+17:26.390	
21	359	GAFFNEY, Chris	ST. LOUIS MO	30:15.155	1:36.2	2:24.100		1:13:44.280	20.2	1:22.020		51:40.140	8:20.0	2:39:25.695	+17:34.310	
22	337	MIYAZAKI, David	FENTON MO	30:02.265	1:35.5	2:59.130		1:14:49.210	19.9	0:46.620		51:24.900	8:17.6	2:40:02.125	+18:10.740	
23	345	CURTIN, John	LAKE SAINT LOUIS MO	29:43.815	1:34.5	2:05.690		1:14:15.580	20.1	1:00.840		53:59.660	8:42.5	2:41:05.585	+19:14.200	
24	378	WINKELMANN, Paul	ST LOUIS MO	32:56.095	1:44.7	3:23.290		1:13:14.140	20.4	1:05.050		52:22.030	8:26.8	2:43:00.605	+21:09.220	
25	339	TAUSSIG, Fred	ST. LOUIS MO	31:21.105	1:39.7	2:16.290		1:17:07.170	19.3	1:00.710		52:52.170	8:31.6	2:44:37.445	+22:46.060	
26	373	ROBINSON, Marty	OFALLON MO	30:50.135	1:38.0	3:09.190		1:18:17.810	19.0	1:08.420		55:14.900	8:54.7	2:48:40.455	+26:49.070	
27	335	HINTON, Doug	FENTON MO	29:50.565	1:34.9	3:38.480		1:19:24.860	18.8	1:24.670		55:07.280	8:53.4	2:49:25.855	+27:34.470	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Long_M_40-44 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
28	346	FOUSHEE, Jim	SAINT CHARLES MO	31:28.925	1:40.1	5:10.070		1:21:57.350	18.2	2:00.670		50:10.630	8:05.6	2:50:47.645	+28:56.260	
29	342	BAUER, Mark	ST. LOUIS MO	25:30.545	1:21.1	3:38.660		1:19:46.310	18.7	1:21.570		1:00:42.470	9:47.5	2:50:59.555	+29:08.170	
30	369	HUNSICKER, Steve	GLENDALE MO	33:23.475	1:46.1	2:59.680		1:20:13.350	18.6	1:46.080		53:43.830	8:40.0	2:52:06.415	+30:15.030	
31	360	MCCARTHY, Richard	KIRKWOOD MO	32:51.565	1:44.4	2:50.970		1:21:41.640	18.2	1:34.270		53:24.210	8:36.8	2:52:22.655	+30:31.270	
32	376	STEFFENSON, Troy	ST. LOUIS MO	37:58.655	2:00.7	2:49.540		1:19:13.850	18.8	1:04.430		53:50.690	8:41.1	2:54:57.165	+33:05.780	
33	344	CUNDIFF, Craig	ST. PETERS MO	31:09.275	1:39.0	3:36.620		1:19:47.620	18.7	1:24.330		1:04:59.250	10:28.9	3:00:57.095	+39:05.710	
34	356	BOYCE, Charlie	INNSBROOK MO	33:46.385	1:47.4	3:55.740		1:18:48.370	18.9	1:14.980		1:04:08.430	10:20.7	3:01:53.905	+40:02.520	
35	343	BRADFORD, Gene	SAINT LOUIS MO	35:42.685	1:53.5	3:26.100		1:21:38.860	18.3	1:49.510		1:04:23.440	10:23.1	3:07:00.595	+45:09.210	
36	374	RUFKAHR, Brett	WEBSTER GROVES MO	28:25.475	1:30.4	4:55.240		1:39:40.580	15.0	2:29.450		1:06:42.910	10:45.6	3:22:13.655	+1:00:22.270	
37	367	GODDARD, Mark	CHESTERFIELD MO	34:13.505	1:48.8	4:31.090		1:38:45.340	15.1	1:48.700		1:15:06.940	12:06.9	3:34:25.575	+1:12:34.190	

Division: Long_M_45-49

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	403	TEMPLETON, Phil	DARDENNE PRAIRIE MO ...	20:51.215	1:06.3	2:09.030		1:08:49.590	21.7	0:50.040		44:14.890	7:08.2	2:16:54.765	0:00.000	
2	388	LOFTON, John	WILDWOOD MO	26:39.615	1:24.7	3:53.780		1:07:18.430	22.1	1:13.190		42:29.960	6:51.3	2:21:34.975	+4:40.210	
3	384	CASWELL, William	MILLSTADT IL	27:22.465	1:27.0	2:45.760		1:09:22.890	21.5	1:22.340		40:55.820	6:36.1	2:21:49.275	+4:54.510	
4	411	DURBIN, Mike	KIRKWOOD MO	27:28.345	1:27.3	3:29.220		1:07:32.400	22.1	1:23.580		44:49.950	7:13.9	2:24:43.495	+7:48.730	
5	406	GRIGONE, Steve	KIRKWOOD MO	23:51.355	1:15.8	3:49.390		1:11:58.830	20.7	1:27.300		44:48.560	7:13.6	2:25:55.435	+9:00.670	
6	383	BAERVELDT, Lawrence	BRENTWOOD MO	25:56.795	1:22.5			1:13:55.250	20.2			47:07.400	7:36.0	2:26:59.445	+10:04.680	
7	401	HARRIGAN, George	ST. LOIS MO	29:42.525	1:34.4	3:15.460		1:09:24.370	21.5	0:51.800		43:46.270	7:03.6	2:27:00.425	+10:05.660	
8	385	CUDNEY, Kent	BEAUFORT MO	28:03.275	1:29.2	2:25.020		1:12:11.180	20.6	1:27.550		43:43.510	7:03.1	2:27:50.535	+10:55.770	
9	410	STEPHENSON, Louis	ST LOUIS MO	29:18.345	1:33.2	2:30.730		1:12:25.970	20.6	1:31.560		42:47.640	6:54.1	2:28:34.245	+11:39.480	
10	413	MCCANN, Terry	BALLWIN MO	33:05.155	1:45.2	3:05.530		1:03:31.780	23.5	1:16.530		48:47.940	7:52.2	2:29:46.935	+12:52.170	
11	409	STARRS, Greg	KIRKWOOD MO	29:19.795	1:33.2	2:55.500		1:08:17.940	21.8	2:06.460		47:27.660	7:39.3	2:30:07.355	+13:12.590	
12	408	PULTMAN, Brian	CLAYTON MO	26:20.395	1:23.7	3:54.910		1:12:52.000	20.5	1:41.080		45:56.300	7:24.6	2:30:44.685	+13:49.920	
13	397	PIATCHEK, Dan	WATERLOO IL	34:27.655	1:49.5	2:24.930		1:09:57.440	21.3	1:00.330		43:20.160	6:59.4	2:31:10.515	+14:15.750	
14	398	SCHON, Paul	CRESTWOOD MO	29:41.115	1:34.4	2:00.470		1:09:45.550	21.4	0:42.080		49:23.380	7:58.0	2:31:32.595	+14:37.830	
15	391	PIATCHEK, Michael	OFALLON MO	30:21.555	1:36.5	2:24.020		1:12:51.480	20.5	0:47.120		45:36.540	7:21.4	2:32:00.715	+15:05.950	
16	416	BERRY, Tom	BAKERSFIELD CA	25:33.195	1:21.2	5:20.660		1:10:14.210	21.2	1:59.100		49:57.230	8:03.4	2:33:04.395	+16:09.630	
17	404	WIGMORE, Gerald	BALLWIN MO	26:41.845	1:24.9	2:53.420		1:11:54.880	20.7	0:53.010		55:42.260	8:59.1	2:38:05.415	+21:10.650	
18	414	MORRIS, Jeff	TROY MO	31:55.435	1:41.5	4:57.150		1:14:13.230	20.1	1:45.880		45:43.630	7:22.5	2:38:35.325	+21:40.560	
19	390	PELCH, Steve	ST. LOUIS MO	30:02.525	1:35.5	2:53.240		1:11:35.520	20.8	1:02.220		53:02.530	8:33.3	2:38:36.035	+21:41.270	
20	399	BLADES, J W	BALLWIN MO	26:45.605	1:25.1	1:57.580		1:15:56.930	19.6	1:46.130		58:57.190	9:30.5	2:45:23.435	+28:28.670	
21	393	SNYDER, Jeff	OFALLON MO	38:06.045	2:01.1	3:00.640		1:16:37.630	19.5	1:18.820		48:34.250	7:50.0	2:47:37.385	+30:42.620	
22	392	POSKIN, Don	CHESTERFIELD MO	31:02.295	1:38.7	3:21.200		1:20:44.350	18.5	1:02.720		57:44.470	9:18.8	2:53:55.035	+37:00.270	
23	394	BOYD, Ken	KIRKWOOD MO	38:38.755	2:02.8	4:36.680		1:20:22.130	18.6	3:16.560		50:21.020	8:07.3	2:57:15.145	+40:20.380	
24	386	DVORAK, Rick	ST. CHARLES MO	33:29.365	1:46.5	3:28.790		1:22:24.070	18.1	1:54.000		56:50.160	9:10.0	2:58:06.385	+41:11.620	
25	402	SOMMER, David	LAKE ST. LOUIS MO	31:45.815	1:41.0	3:58.170		1:24:10.150	17.7	2:51.020		58:28.140	9:25.8	3:01:13.295	+44:18.530	
26	412	HURLEY, Vern	ALTON IL	37:28.295	1:59.1	3:57.760		1:25:01.220	17.5	2:16.540		53:27.820	8:37.4	3:02:11.635	+45:16.870	
27	417	MORENO, Carlos		35:30.165	1:52.9	4:46.550		1:22:50.720	18.0	3:11.140		56:45.350	9:09.3	3:03:03.925	+46:09.160	
28	389	MEERSMAN, John	DES PERES MO	31:39.325	1:40.6	3:23.990		1:25:51.130	17.4	1:18.200		1:05:55.520	10:38.0	3:08:08.165	+51:13.400	
29	415	WIETBROCK, Mark	OFALLON MO	47:03.085	2:29.6	4:38.640		1:27:19.010	17.1	2:57.930		55:20.600	8:55.6	3:17:19.265	+1:00:24.500	
30	395	BRANDT, Paul	LAKE ST. LOUIS MO	37:10.455	1:58.2	4:17.200		1:36:14.630	15.5	1:13.950		1:14:01.510	11:56.4	3:32:57.745	+1:16:02.980	

Division: Long_M_50-54

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	76	ROSENHAUER, Eric	COLUMBIA MO	26:35.451	1:24.5	2:13.370		1:06:10.500	22.5	0:28.790		46:16.520	7:27.8	2:21:44.631	0:00.000	
2	36	WALTERS, Kevin	ST. CHARLES MO	32:25.241	1:43.1	2:12.010		1:06:44.870	22.3	0:37.000		44:18.620	7:08.8	2:26:17.741	+4:33.110	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Long_M_50-54 Continued

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
3	51	HARRIS, Jim	CHESTERFIELD MO	32:29.901	1:43.3	2:52.910		1:07:21.250	22.1	1:00.230		42:59.900	6:56.1	2:26:44.191	+4:59.560	
4	55	FRYHOFF, Brian	SAINT CHARLES MO	29:42.381	1:34.4	2:18.380		1:13:27.620	20.3	0:50.110		46:37.620	7:31.2	2:32:56.111	+11:11.480	
5	42	KAISER, Charles	PENSACOLA FL	30:39.791	1:37.5	2:16.410		1:09:01.360	21.6	1:41.610		50:27.710	8:08.3	2:34:06.881	+12:22.250	
6	49	JOSTRAND, Patrick	CHESTERFIELD MO	29:49.621	1:34.8	2:50.060		1:17:24.990	19.3	0:50.820		44:33.580	7:11.2	2:35:29.071	+13:44.440	
7	30	GRIESEDECK, James	ST. LOUIS MO	29:20.401	1:33.3	3:05.890		1:13:57.490	20.2	1:08.990		48:24.200	7:48.4	2:35:56.971	+14:12.340	
8	56	LOUDERMILK, Lynn	WEBSTER GROVES MO	32:09.671	1:42.2	2:36.010		1:09:24.730	21.5	1:09.610		51:42.120	8:20.3	2:37:02.141	+15:17.510	
9	34	WALKER, Scot	WILDWOOD MO	28:06.031	1:29.3	3:03.540		1:15:00.470	19.9	0:53.620		50:01.820	8:04.2	2:37:05.481	+15:20.850	
10	47	HALL, Dave	WILDWOOD MO	24:01.741	1:16.4	2:26.090		1:16:19.230	19.5	0:59.930		57:10.980	9:13.4	2:40:57.971	+19:13.340	
11	45	STENGEL, Gordon	LAKE ST. LOUIS MO	29:30.531	1:33.8	2:32.280		1:21:13.420	18.4	1:30.070		47:12.380	7:36.8	2:41:58.681	+20:14.050	
12	75	PEEK, Randy	BALLWIN MO	29:32.141	1:33.9	2:48.330		1:13:46.470	20.2	2:05.590		55:55.830	9:01.3	2:44:08.361	+22:23.730	
13	31	HOLOHAN, Michael	ST. LOUIS MO	28:09.111	1:29.5	2:27.750		1:13:19.070	20.3	1:33.540		1:01:31.330	9:55.4	2:47:00.801	+25:16.170	
14	52	KELLEY, Terry	ST. LOUIS MO	33:00.821	1:44.9	3:10.900		1:19:51.000	18.7	1:06.170		51:38.280	8:19.7	2:48:47.171	+27:02.540	
15	43	LARICE, Rolando	CHESTERFIELD MO	35:08.771	1:51.7	3:21.340		1:14:15.250	20.1	1:31.860		56:40.280	9:08.4	2:50:57.501	+29:12.870	
16	48	JONES, Wesley	ST. LOUIS MO	24:40.881	1:18.5	4:12.950		1:23:33.910	17.8	1:51.010		58:06.300	9:22.3	2:52:25.051	+30:40.420	
17	46	VOLLMER, Raymond	FENTON MO	30:25.971	1:36.7	4:02.700		1:19:25.120	18.8	2:10.290		57:49.300	9:19.6	2:53:53.381	+32:08.750	
18	50	RUSK, Paul	BALLWIN MO	37:04.101	1:57.8	3:30.180		1:16:47.150	19.4	1:49.510		55:35.940	8:58.1	2:54:46.880	+33:02.249	
19	33	RYAN, Patrick	DES PERES MO	37:49.811	2:00.2	3:00.820		1:15:55.930	19.6	1:23.160		57:16.860	9:14.3	2:55:26.581	+33:41.950	
20	41	DURBIN, Gary	CUBA MO	37:13.841	1:58.3	4:24.490		1:18:38.280	19.0	1:16.410		54:11.870	8:44.5	2:55:44.891	+34:00.260	
21	40	COCKERLINE, Keith	KIRKWOOD MO	36:53.141	1:57.2	4:14.850		1:19:04.480	18.9	1:37.040		54:23.120	8:46.3	2:56:12.631	+34:28.000	
22	44	SPITZE, Dave	SWANSEA IL	31:56.781	1:41.5	3:09.140		1:20:55.900	18.4	1:00.130		1:02:05.770	10:00.9	2:59:07.721	+37:23.090	
23	54	MACKAY, Brian	LAKE ST. LOUIS MO	37:21.041	1:58.7	4:29.390		1:20:47.360	18.5	2:28.290		58:28.380	9:25.9	3:03:34.461	+41:49.830	
24	35	WALLACE, Thomas	NEWNAN GA	32:29.181	1:43.3	3:43.500		1:31:53.390	16.2	1:13.570		1:10:47.820	11:25.1	3:20:07.461	+58:22.830	
25	37	WOOD, Carroll	BONNE TERRE MO	43:31.271	2:18.3	7:29.130		2:02:17.510	12.2	3:30.960		1:28:12.060	14:13.6	4:25:00.931	+2:03:16.300	

Division: Long_M_55-59

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	67	PATTERSON, Bob	WOOD RIVER IL	27:24.961	1:27.1	2:11.780		1:07:17.260	22.2	1:03.460		42:41.760	6:53.2	2:20:39.221	0:00.000	
2	61	MCALLISTER, Tim	CHESTERFIELD MO	26:29.751	1:24.2	2:31.880		1:08:19.770	21.8	1:18.610		48:12.500	7:46.5	2:26:52.511	+6:13.290	
3	58	BRENNAN, Kevin	ST. LOUIS MO	26:11.741	1:23.3	2:39.940		1:10:07.080	21.3	1:32.400		47:53.650	7:43.5	2:28:24.811	+7:45.590	
4	60	HOGAN JR, Carl G	ST. LOUIS MO	28:06.261	1:29.3	3:20.200		1:12:05.370	20.7	1:21.920		1:02:37.590	10:06.1	2:47:31.341	+26:52.120	
5	62	WILKINSON, Bruce	DARDENNE PRAIRIE MO ...	29:48.741	1:34.8	3:45.940		1:17:29.130	19.2	1:19.850		55:56.240	9:01.3	2:48:19.901	+27:40.680	
6	66	WOLFMEYER, William	LAKE ST LOUIS MO	32:05.281	1:42.0	5:14.730		1:15:06.200	19.9	3:51.190		57:12.720	9:13.7	2:53:30.121	+32:50.900	
7	64	ROGALSKI, Robert	LAKE ST LOUIS MO	35:34.911	1:53.1	3:50.190		1:24:31.860	17.6	1:49.720		57:33.960	9:17.1	3:03:20.641	+42:41.420	
8	59	HIGGINBOTHAM, Kent	ST. LOUIS MO	40:48.211	2:09.7	2:52.460		1:22:57.760	18.0	1:49.560		1:01:05.350	9:51.2	3:09:33.341	+48:54.120	
9	68	WOOLSEY, Ross	ST. LOUIS MO	31:14.761	1:39.3	5:32.890		1:27:58.620	16.9	3:34.480		1:01:23.140	9:54.1	3:09:43.891	+49:04.670	
10	57	BANDER, Michael	ST. LOUIS MO	34:03.491	1:48.3	4:39.720		1:29:00.920	16.8	1:52.190		1:06:54.680	10:47.5	3:16:31.001	+55:51.780	
11	63	CHRISTMANN, Rick	CHESTERFIELD MO	34:39.371	1:50.2	3:18.730		1:26:38.970	17.2	1:54.800		1:16:26.590	12:19.8	3:22:58.461	+1:02:19.240	
12	65	LODEWYCK, Rick	DES PERES MO	30:36.331	1:37.3	4:21.490		1:37:49.570	15.2	2:41.520		1:21:55.220	13:12.8	3:37:24.131	+1:16:44.910	

Division: Long_M_60-64

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	77	NELSON, Robert	MASCOUTAH IL	29:19.951	1:33.2	3:55.550		1:17:28.000	19.2	2:13.520		54:47.770	8:50.3	2:47:44.791	0:00.000	
2	70	WAGNER, Michael	OFALLON MO	33:56.711	1:47.9	3:04.820		1:21:14.810	18.4	0:58.340		1:02:01.250	10:00.2	3:01:15.931	+13:31.140	
3	69	MATSUNO, Chris	ST. JOHN MO	41:57.521	2:13.4	6:04.160		1:27:04.950	17.1	1:57.810		1:00:02.550	9:41.1	3:17:06.991	+29:22.200	
4	71	MAIER, Gary	ST. LOUIS MO	31:02.101	1:38.6	4:17.230		1:27:45.680	17.0	1:56.260		1:14:24.740	12:00.1	3:19:26.011	+31:41.220	

* indicates adjustments applied, see last page for details

2008 Lake St Louis Triathlon

Division: Long_M_65-69

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	73	BRANDON, Harry	ST. LOUIS MO	30:49.221	1:38.0	5:42.400		1:23:48.650	17.8	1:54.540		53:32.390	8:38.1	2:55:47.201	0:00.000	
2	72	BYRNE, Patrick	ST. LOUIS MO	35:11.931	1:51.9	2:50.120		1:17:29.410	19.2	0:57.090		1:05:28.880	10:33.7	3:01:57.431	+6:10.230	

Division: Long_M_70-74

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	74	KLENK, Robert	WELDON SPRING MO	36:34.041	1:56.2	6:03.960		1:26:25.070	17.2	2:21.710		1:16:58.670	12:24.9	3:28:23.451	0:00.000	

Division: Long_Clydesdale

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	431	WYND, Doug	CHESTERFIELD MO	29:35.305	1:34.1	2:30.030		1:06:55.660	22.3	1:13.530		52:12.130	8:25.2	2:32:26.655	0:00.000	
2	433	CANDELA, Joe	OFALLON MO	34:32.835	1:49.8	2:45.510		1:08:40.440	21.7	1:19.040		48:33.740	7:50.0	2:35:51.565	+3:24.910	
3	428	SCHUSTER, Thomas	ST. PETERS MO	31:27.725	1:40.0	2:36.950		1:10:04.550	21.3	1:25.820		50:43.050	8:10.8	2:36:18.095	+3:51.440	
4	418	HUGHES, Aaron	KIRKWOOD MO	30:44.465	1:37.7	2:12.870		1:11:18.830	20.9	0:50.520		57:37.020	9:17.6	2:42:43.705	+10:17.050	
5	432	AVERY, Jim	CLAYTON MO	26:18.185	1:23.6	3:08.290		1:14:33.830	20.0	1:57.600		58:15.840	9:23.8	2:44:13.745	+11:47.090	
6	425	HATCH, Brett	ST. CHARLES MO	31:30.435	1:40.2	2:07.330		1:10:40.640	21.1	1:13.980		1:00:52.260	9:49.1	2:46:24.645	+13:57.990	
7	438	HOGANIII, Carl G	ST. LOUIS MO	32:12.085	1:42.4	2:24.800		1:10:29.110	21.1	1:34.210		1:01:36.200	9:56.2	2:48:27.405	+16:00.750	
8	420	SHOCKLEE, John	ST. LOUIS MO	25:10.165	1:20.0	2:56.900		1:16:15.440	19.6	1:55.210		1:02:20.970	10:03.4	2:48:38.685	+16:12.030	
9	427	SMITH, Greg	MANCHESTER MO	31:07.895	1:39.0	4:00.280		1:14:33.510	20.0	1:23.200		1:01:22.870	9:54.0	2:52:27.755	+20:01.100	
10	435	MARTINEZ, Miguel	CHESTERFIELD MO	34:02.095	1:48.2	3:25.920		1:15:03.760	19.9	2:19.800		1:01:22.010	9:53.9	2:56:13.585	+23:46.930	
11	436	MURPHY, John	SAINT CHARLES MO	41:46.175	2:12.8	5:15.600		1:19:22.800	18.8	2:47.470		53:21.000	8:36.3	3:02:33.045	+30:06.390	
12	426	LICAVOLI, Paul	CHESTERFIELD MO	28:49.975	1:31.6	4:28.310		1:24:27.620	17.6	1:26.070		1:09:06.150	11:08.7	3:08:18.125	+35:51.470	
13	421	GEORGE, Mark	TROY MO	30:37.715	1:37.4	4:26.520		1:22:22.530	18.1	1:51.970		1:10:05.230	11:18.3	3:09:23.965	+36:57.310	
14	422	ATEN, Doug	FLORISSANT MO	34:40.245	1:50.2	5:46.050		1:22:14.580	18.1	3:25.830		1:08:56.520	11:07.2	3:15:03.225	+42:36.570	
15	437	PANIELLO, Randal	DES PERES MO	39:17.055	2:04.9	5:29.280		1:28:39.030	16.8	0:47.960		1:12:50.420	11:44.9	3:27:03.745	+54:37.090	
16	405	CRAHAN, Tim	WILDWOOD MO	28:12.885	1:29.7	5:02.740		1:38:48.290	15.1	2:56.080		1:12:47.620	11:44.5	3:27:47.615	+55:20.960	
17	419	GRIESEDIECK, John	KIRKWOOD MO	45:39.595	2:25.1	5:13.240		1:31:36.010	16.3	4:00.440		1:18:29.670	12:39.6	3:44:58.955	+1:12:32.300	
18	434	BLANTON, Ron	UNIVERSITY CITY MO	39:35.625	2:05.9	4:15.350		1:33:14.370	16.0	5:11.900		1:31:25.640	14:44.8	3:53:42.885	+1:21:16.230	

Division: Long_Team

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	92	COLNAGS	Dave Colnags	35:21.681	1:52.4	1:49.300		1:06:01.240	22.6	0:18.010		48:50.900	7:52.7	2:32:21.131	0:00.000	
2	91	TEAM SOS	Team Team Sos	35:33.681	1:53.0	2:02.980		1:13:40.010	20.2	0:24.160		43:29.910	7:01.0	2:35:10.741	+2:49.610	
3	89	BEER RUN	Team Beer Run	22:16.161	1:10.8	1:12.560		1:20:16.240	18.6			51:36.090	8:19.4	2:35:21.051	+2:59.920	
4	87	KILLING TIME	Team Killing Time	23:33.831	1:14.9	1:48.830		1:18:35.200	19.0			54:01.800	8:42.9	2:37:59.661	+5:38.530	
5	82	NIPPLEHEADS	Team Nippleheads	33:20.251	1:46.0	1:16.090		1:13:49.580	20.2			56:41.180	9:08.6	2:45:07.101	+12:45.970	
6	81	MOMIVA	Team Momiva	31:50.711	1:41.2	1:18.480		1:23:10.750	17.9			49:39.620	8:00.6	2:45:59.561	+13:38.430	
7	90	TEAM SDA	Team Team Sda	30:45.541	1:37.8	1:33.070		1:14:40.830	20.0	0:34.220		1:00:20.870	9:44.0	2:47:54.531	+15:33.400	
8	84	WOODSIDE	Team Woodside	29:26.211	1:33.6	1:21.050		1:33:55.810	15.9	0:24.280		49:03.010	7:54.7	2:54:10.361	+21:49.230	
9	86	DAUPHIN DRAGGINS	Team Dauphin Draggins	30:13.611	1:36.1	1:26.760		1:33:16.650	16.0			52:00.960	8:23.4	2:56:57.981	+24:36.850	
10	79	FLY LIKE THE WIND	Team Fly Like The Wind	39:36.751	2:05.9	1:48.410		1:35:42.160	15.6	0:16.990		50:17.530	8:06.7	3:07:41.841	+35:20.710	
11	83	DARDENNE-O-MITE	Team Dardenne O Mite	36:27.031	1:55.9	1:36.400		1:24:35.250	17.6	0:18.230		1:16:54.050	12:24.2	3:19:50.961	+47:29.830	

Division: Long_Challenged

PL	No	Name	Representing	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	441	ANDERSON, Jonathon	ST. CHARLES MO	59:54.140	3:10.4	28:27.300		2:18:28.100	10.8	4:43.980		59:07.950	9:32.3	4:50:41.470	0:00.000	

* indicates adjustments applied, see last page for details