

2009 Missouri Orthopaedic Institute TriZou Triathlon Final Results

Saturday, May 9, 2009 12:28:47 PM

Division: Male_Elite TriZou

| PL | No | Name | Representing | Swim | min/100yds | T1 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------------------|---------------|---------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|-----------|------|
| 1 | 1662 | STARYKOWICZ, Andrew | LONG GROVE IL | 6:10.92 | 1:24.3 | 0:13.170 | | 33:15.950 | 25.2 | 0:19.920 | | 16:20.530 | 5:26.8 | 56:20.49 | 0:00.00 | |
| 2 | 1415 | LESSING, Simon | | 6:10.62 | 1:24.2 | 0:21.030 | | 34:21.880 | 24.4 | 0:22.760 | | 15:17.140 | 5:05.7 | 56:33.43 | 0:12.94 | |
| 3 | 1497 | NICKEL, Kevin | NEWTON KS | 7:18.45 | 1:39.6 | 0:23.510 | | 35:18.790 | 23.8 | 0:30.560 | | 15:20.360 | 5:06.8 | 58:51.67 | +2:31.18 | |
| 4 | 1142 | COMPANY, Joe | COLUMBIA MO | 7:12.66 | 1:38.3 | 0:17.500 | | 34:23.940 | 24.4 | 0:25.890 | | 16:32.780 | 5:30.9 | 58:52.77 | +2:32.28 | |
| 5 | 1770 | ZEDERIC, Ted | COLUMBIA MO | 7:16.70 | 1:39.2 | 0:25.670 | | 35:32.750 | 23.6 | 0:21.270 | | 16:06.390 | 5:22.1 | 59:42.78 | +3:22.29 | |
| 6 | 1314 | VANDER LINDEN, Christopher | ANKENY IA | 6:41.26 | 1:31.2 | 0:26.980 | | 36:57.820 | 22.7 | 0:30.890 | | 15:53.650 | 5:17.9 | 1:00:30.60 | +4:10.11 | |
| 7 | 1730 | WATERSTRAAT, Christian | LISLE IL | 7:38.63 | 1:44.2 | 0:37.930 | | 35:20.680 | 23.8 | 0:26.010 | | 17:30.300 | 5:50.1 | 1:01:33.55 | +5:13.06 | |
| 8 | 1634 | SHEARON, Jonathan | COLUMBIA MO | 7:18.36 | 1:39.6 | 0:23.200 | | 36:40.190 | 22.9 | 0:22.300 | | 18:02.340 | 6:00.8 | 1:02:46.39 | +6:25.90 | |
| 9 | 1529 | PELE, Andy | COLUMBIA MO | 7:46.56 | 1:46.0 | 0:42.460 | | 36:58.810 | 22.7 | 0:25.220 | | 17:12.540 | 5:44.2 | 1:03:05.59 | +6:45.10 | |
| 10 | 1801 | YOUNT, Sam | ST LOUIS MO | 7:00.44 | 1:35.6 | 0:33.070 | | 41:39.680 | 20.2 | 0:34.760 | | 16:01.340 | 5:20.4 | 1:05:49.29 | +9:28.80 | |
| 11 | 1361 | KANUTE, Josh | GENEVA IL | 6:11.45 | 1:24.4 | 0:24.360 | | 41:13.120 | 20.4 | 0:21.370 | | 19:28.240 | 6:29.4 | 1:07:38.54 | +11:18.05 | |

Division: Female_Elite TriZou

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------------|-----------------|---------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1784 | HOWLAND, Jenn | ELBURN IL | 6:39.06 | 1:30.7 | 0:16.500 | | 41:11.680 | 20.4 | 0:21.760 | | 18:08.980 | 6:03.0 | 1:06:37.98 | 0:00.00 | |
| 2 | 1526 | PEARCE, Jackie | COLUMBIA MO | 8:08.18 | 1:51.0 | 0:26.670 | | 40:01.170 | 21.0 | 0:30.690 | | 18:32.350 | 6:10.8 | 1:07:39.06 | +1:01.08 | |
| 3 | 1731 | WATERSTRAAT, Elizabeth | LISLE IL | 7:38.16 | 1:44.1 | 0:27.330 | | 40:06.370 | 20.9 | 0:22.400 | | 19:11.280 | 6:23.8 | 1:07:45.54 | +1:07.56 | |
| 4 | 1040 | BARTEMUS, Kate | CHESTERFIELD MO | 7:30.11 | 1:42.3 | 0:26.770 | | 40:48.470 | 20.6 | 0:21.930 | | 18:45.010 | 6:15.0 | 1:07:52.29 | +1:14.31 | |
| 5 | 1198 | EARNEST, Kimberly | COLUMBIA MO | 8:25.57 | 1:54.9 | 0:39.120 | | 39:25.520 | 21.3 | 0:24.960 | | 19:07.030 | 6:22.3 | 1:08:02.20 | +1:24.22 | |
| 6 | 1380 | KING, Luise | COLUMBIA MO | 8:19.14 | 1:53.4 | 0:23.950 | | 39:29.670 | 21.3 | 0:37.190 | | 21:14.420 | 7:04.8 | 1:10:04.37 | +3:26.39 | |
| 7 | 1781 | OHLMS, Mindy | ST ALBANS MO | 8:43.60 | 1:59.0 | 0:39.750 | | 42:07.950 | 19.9 | 0:57.420 | | 19:59.880 | 6:40.0 | 1:12:28.60 | +5:50.62 | |
| 8 | 1727 | WARNKE, Aimee | ROLLA MO | 8:49.24 | 2:00.3 | 0:40.200 | | 43:42.570 | 19.2 | 0:29.640 | | 21:55.700 | 7:18.6 | 1:15:37.35 | +8:59.37 | |

Division: Overall TriZou Male

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-----------------|--------------|----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|---------|------|
| 1 | 1007 | ADKISON, Rodney | LOHMAN MO | 8:26.320 | 1:55.1 | 0:36.230 | | 36:11.110 | 23.2 | 0:30.680 | | 16:36.560 | 5:32.2 | 1:02:20.90 | 0:00.00 | |

Division: Overall TriZou Female

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|--------------|----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|---------|------|
| 1 | 1584 | ROBERTSON, Andrea | O FALLON MO | 8:34.520 | 1:56.9 | 0:28.970 | | 41:30.200 | 20.2 | 0:34.760 | | 19:00.070 | 6:20.0 | 1:10:08.52 | 0:00.00 | |

Division: F_0-14

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|--------------------|----------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|-----------|------|
| 1 | 1433 | MANN, Rachel | HOMER GLENN IL | 6:57.700 | 1:34.9 | 0:23.230 | | 45:02.930 | 18.6 | 0:32.490 | | 22:56.450 | 7:38.8 | 1:15:52.80 | 0:00.00 | |
| 2 | 1663 | STAUDACHER, Rachel | ST CHARLES IL | 7:36.510 | 1:43.8 | 0:30.450 | | 45:01.490 | 18.7 | 0:37.820 | | 24:24.530 | 8:08.2 | 1:18:10.80 | +2:18.00 | |
| 3 | 1672 | STIMAC, Heidi | GENEVA IL | 7:51.730 | 1:47.2 | 0:25.710 | | 46:09.800 | 18.2 | 0:34.550 | | 23:22.160 | 7:47.4 | 1:18:23.95 | +2:31.15 | |
| 4 | 1515 | PARADIS, Erin | BATAVIA IL | 7:32.780 | 1:42.9 | 0:23.100 | | 51:06.480 | 16.4 | 0:31.160 | | 24:45.310 | 8:15.1 | 1:24:18.83 | +8:26.03 | |
| 5 | 1176 | DELGADO, Teagan | ST CHARLES IL | 7:17.890 | 1:39.5 | 0:28.030 | | 47:59.730 | 17.5 | 0:30.430 | | 28:58.710 | 9:39.6 | 1:25:14.79 | +9:21.99 | |
| 6 | 1374 | KERNER, Sarah | SPRINGFIELD MO | 11:20.360 | 2:34.6 | 2:01.330 | | 56:11.350 | 14.9 | 1:52.500 | | 25:15.360 | 8:25.1 | 1:36:40.90 | +20:48.10 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: F_15-19

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|----------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1073 | BOURGEAIS, Lucia | COLUMBIA MO | 10:08.460 | 2:18.3 | 2:07.560 | | 57:44.320 | 14.6 | 0:50.060 | | 26:14.770 | 8:44.9 | 1:37:05.17 | 0:00.00 | |
| 2 | 1272 | GOOD, Jennifer | COLUMBIA MO | 10:01.120 | 2:16.6 | 2:01.460 | | 1:01:46.200 | 13.6 | 0:39.560 | | 26:49.200 | 8:56.4 | 1:41:17.54 | +4:12.37 | |
| 3 | 1102 | BURNWORTH, Grace | BELLEVILLE IL | 9:17.280 | 2:06.7 | 1:50.280 | | 1:01:42.670 | 13.6 | 0:49.230 | | 29:56.910 | 9:59.0 | 1:43:36.37 | +6:31.20 | |
| 4 | 1528 | PEKER, Jessica | EUREKA MO | 14:12.440 | 3:13.7 | 3:32.250 | | 1:00:09.160 | 14.0 | 1:10.160 | | 29:16.030 | 9:45.3 | 1:48:20.04 | +11:14.87 | |
| 5 | 1047 | BEATTY, Taylore | KANSAS CITY MO | 10:31.090 | 2:23.4 | 3:35.820 | | 1:13:11.530 | 11.5 | 1:31.700 | | 30:22.410 | 10:07.5 | 1:59:12.55 | +22:07.38 | |

Division: F_20-24

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-----------------------|--------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1549 | POLETTE, Molly | WILDWOOD MO | 6:51.680 | 1:33.6 | 1:09.460 | | 47:00.770 | 17.9 | 1:12.900 | | 21:05.790 | 7:01.9 | 1:17:20.60 | 0:00.00 | |
| 2 | 1033 | BALLENSKY, Kristine | SIGOURNEY IA | 9:03.770 | 2:03.6 | 1:17.020 | | 45:52.880 | 18.3 | 0:51.010 | | 20:56.490 | 6:58.8 | 1:18:01.17 | 0:40.57 | |
| 3 | 1222 | FELLERS, Malarie | TOPEKA KS | 8:22.510 | 1:54.2 | 0:36.190 | | 46:17.130 | 18.1 | 0:38.710 | | 22:43.950 | 7:34.7 | 1:18:38.49 | +1:17.89 | |
| 4 | 1226 | FISCHER, Rachael | COLUMBIA MO | 9:27.060 | 2:08.9 | 1:21.850 | | 48:19.150 | 17.4 | 0:50.120 | | 21:59.400 | 7:19.8 | 1:21:57.58 | +4:36.98 | |
| 5 | 1615 | SCHWAIGERT, Lauren | COLUMBIA MO | 8:54.280 | 2:01.4 | 1:41.670 | | 47:49.210 | 17.6 | 0:55.100 | | 22:38.970 | 7:33.0 | 1:21:59.23 | +4:38.63 | |
| 6 | 1346 | JARBOE, Melissa | KIRKSVILLE MO | 10:00.250 | 2:16.4 | 1:01.410 | | 45:44.000 | 18.4 | 0:50.120 | | 24:27.300 | 8:09.1 | 1:22:03.08 | +4:42.48 | |
| 7 | 1470 | MONTALTO, Jamie | OVERLAND PARK KS | 8:31.940 | 1:56.4 | 1:19.920 | | 49:11.760 | 17.1 | 1:34.570 | | 23:24.620 | 7:48.2 | 1:24:02.81 | +6:42.21 | |
| 8 | 1043 | BAUMANN, Coralie | COLUMBIA MO | 7:15.690 | 1:39.0 | 2:54.490 | | 52:04.860 | 16.1 | 0:46.690 | | 21:48.540 | 7:16.2 | 1:24:50.27 | +7:29.67 | |
| 9 | 1778 | DAVID, Kirsten | COLUMBIA MO | 7:03.590 | 1:36.3 | 1:46.090 | | 53:11.500 | 15.8 | 1:33.560 | | 23:42.830 | 7:54.3 | 1:27:17.57 | +9:56.97 | |
| 10 | 1054 | BENNETT, Allison | COLUMBIA MO | 7:02.320 | 1:36.0 | 3:12.060 | | 51:38.840 | 16.3 | 0:39.550 | | 24:46.290 | 8:15.4 | 1:27:19.06 | +9:58.46 | |
| 11 | 1642 | SKOZA, Emily | UNIVERSITY CITY MO | 9:34.170 | 2:10.5 | 1:39.610 | | 55:34.470 | 15.1 | 1:05.410 | | 23:03.680 | 7:41.2 | 1:30:57.34 | +13:36.74 | |
| 12 | 1393 | KOVARIK, Joanna | ROLLA MO | 10:30.240 | 2:23.2 | 2:13.990 | | 51:55.620 | 16.2 | 0:56.860 | | 25:33.420 | 8:31.1 | 1:31:10.13 | +13:49.53 | |
| 13 | 1466 | MILLER, Melia | ROLLA MO | 12:17.270 | 2:47.6 | 4:18.400 | | 53:57.720 | 15.6 | 1:09.110 | | 21:35.740 | 7:11.9 | 1:33:18.24 | +15:57.64 | |
| 14 | 1394 | KRAMER, Sarah | JEFFERSON CITY MO | 9:52.800 | 2:14.7 | 2:10.390 | | 56:21.260 | 14.9 | 0:40.060 | | 25:51.730 | 8:37.2 | 1:34:56.24 | +17:35.64 | |
| 15 | 1448 | MCGAUGHEY, E Kathleen | SPRINGFIELD MO | 10:42.960 | 2:26.1 | 3:12.090 | | 54:22.400 | 15.4 | 2:17.250 | | 24:38.580 | 8:12.9 | 1:35:13.28 | +17:52.68 | |
| 16 | 1135 | CLIFTON, Amanda | N/A | 10:51.560 | 2:28.1 | 1:20.050 | | 53:46.630 | 15.6 | 1:39.980 | | 27:46.590 | 9:15.5 | 1:35:24.81 | +18:04.21 | |
| 17 | 1593 | ROULAND, Sarah | SWANSEA IL | 9:09.310 | 2:04.8 | 3:28.570 | | 52:24.250 | 16.0 | 2:08.580 | | 28:40.530 | 9:33.5 | 1:35:51.24 | +18:30.64 | |
| 18 | 1288 | HALPIN, Rachel | COLUMBIA MO | 9:20.940 | 2:07.5 | 2:37.410 | | 53:12.390 | 15.8 | 1:21.730 | | 31:07.670 | 10:22.6 | 1:37:40.14 | +20:19.54 | |
| 19 | 1524 | PAUTLER, Allison | ST LOUIS MO | 9:43.540 | 2:12.6 | 2:45.920 | | 57:17.390 | 14.7 | 1:40.290 | | 29:54.580 | 9:58.2 | 1:41:21.72 | +24:01.12 | |
| 20 | 1035 | BARNARD, Andrea | COLUMBIA MO | 10:46.300 | 2:26.9 | 3:39.310 | | 1:02:04.440 | 13.5 | 2:11.140 | | 23:12.760 | 7:44.3 | 1:41:53.95 | +24:33.35 | |
| 21 | 1259 | GIESING, Kathryn | LEES SUMMIT MO | 10:32.130 | 2:23.7 | 4:07.580 | | 1:02:05.420 | 13.5 | 2:10.510 | | 23:14.040 | 7:44.7 | 1:42:09.68 | +24:49.08 | |
| 22 | 1677 | SUHRE, Kimberly | COLUMBIA MO | 11:12.510 | 2:32.8 | 1:41.270 | | 1:00:39.330 | 13.8 | 0:39.080 | | 28:09.270 | 9:23.1 | 1:42:21.46 | +25:00.86 | |
| 23 | 1324 | HOLDEN, Whitney | KANSAS CITY MO | 12:33.030 | 2:51.1 | 2:25.270 | | 56:08.640 | 15.0 | 2:03.350 | | 29:58.050 | 9:59.4 | 1:43:08.34 | +25:47.74 | |
| 24 | 1336 | HUENINK, Andrea | JEFFERSON CITY MO | 9:38.420 | 2:11.5 | 2:12.440 | | 1:02:05.530 | 13.5 | 0:46.050 | | 28:35.890 | 9:32.0 | 1:43:18.33 | +25:57.73 | |
| 25 | 1757 | WOODS, Jenna | COLUMBIA MO | 10:32.400 | 2:23.7 | 2:13.450 | | 1:03:27.600 | 13.2 | 0:57.870 | | 26:29.050 | 8:49.7 | 1:43:40.37 | +26:19.77 | |
| 26 | 1127 | CHONG, Laura | CHESTERFIELD MO | 10:21.690 | 2:21.3 | 2:52.280 | | 1:01:42.760 | 13.6 | 1:38.230 | | 28:03.770 | 9:21.3 | 1:44:38.73 | +27:18.13 | |
| 27 | 1310 | HERBERT, Jody | ST LOUIS MO | 12:55.500 | 2:56.2 | 3:19.710 | | 58:56.150 | 14.2 | 1:34.230 | | 29:10.260 | 9:43.4 | 1:45:55.85 | +28:35.25 | |
| 28 | 1447 | MCEACHERN, Autumn | ROLLA MO | 11:33.720 | 2:37.7 | 2:06.440 | | 59:20.240 | 14.2 | 1:47.660 | | 34:04.030 | 11:21.3 | 1:48:52.09 | +31:31.49 | |
| 29 | 1491 | NAGEL, Chrissy | COLUMBIA MO | 11:49.860 | 2:41.3 | 4:33.840 | | 1:04:40.750 | 13.0 | 1:36.330 | | 26:14.700 | 8:44.9 | 1:48:55.48 | +31:34.88 | |
| 30 | 1753 | WOOD, Carrissa | WENTZVILLE MO | 11:06.050 | 2:31.4 | 2:59.530 | | 1:06:13.590 | 12.7 | 1:05.360 | | 32:39.380 | 10:53.1 | 1:54:03.91 | +36:43.31 | |
| 31 | 1503 | OBRIEN, Erin | KANSAS CITY MO | 8:47.860 | 2:00.0 | 3:10.950 | | 1:09:25.370 | 12.1 | 0:54.520 | | 35:22.090 | 11:47.4 | 1:57:40.79 | +40:20.19 | |

Division: F_25-29

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|-------------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1591 | ROSMAN, Daniele | PALO ALTO CA | 8:55.790 | 2:01.8 | 1:09.230 | | 42:29.570 | 19.8 | 0:52.020 | | 19:03.960 | 6:21.3 | 1:12:30.57 | 0:00.00 | |
| 2 | 1659 | SPARKS, Elizabeth | CAPE GIRARDEAU MO | 10:30.100 | 2:23.2 | 0:20.590 | | 41:30.430 | 20.2 | 0:26.430 | | 20:22.940 | 6:47.6 | 1:13:10.49 | 0:39.92 | |
| 3 | 1478 | MORGAN, Mackenzie | COLUMBIA MO | 8:55.560 | 2:01.7 | 2:12.540 | | 45:25.050 | 18.5 | 2:00.820 | | 23:17.200 | 7:45.7 | 1:21:51.17 | +9:20.60 | |
| 4 | 1317 | HILLARD, Laura | COLUMBIA MO | 9:48.300 | 2:13.7 | 2:42.680 | | 49:03.420 | 17.1 | 1:13.090 | | 19:11.660 | 6:23.9 | 1:21:59.15 | +9:28.58 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: F_25-29 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------------|------------------------|-----------|------------|-----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 5 | 1130 | CLARK, Megan | ST LOUIS MO | 9:22.270 | 2:07.8 | 1:48.110 | | 49:54.850 | 16.8 | 2:04.230 | | 20:51.160 | 6:57.1 | 1:24:00.62 | +11:30.05 | |
| 6 | 1475 | MOODY, Maya | JEFFERSON CITY MO | 9:19.490 | 2:07.2 | 1:34.520 | | 49:24.900 | 17.0 | 0:48.680 | | 25:17.140 | 8:25.7 | 1:26:24.73 | +13:54.16 | |
| 7 | 1042 | BAUER, Amy | ST LOUIS MO | 10:50.930 | 2:27.9 | 2:43.890 | | 50:16.510 | 16.7 | 1:42.970 | | 22:14.680 | 7:24.9 | 1:27:48.98 | +15:18.41 | |
| 8 | 1706 | TROUTWINE, Alison | COLUMBIA MO | 9:46.160 | 2:13.2 | 2:05.500 | | 52:17.830 | 16.1 | 0:42.520 | | 23:47.570 | 7:55.9 | 1:28:39.58 | +16:09.01 | |
| 9 | 1335 | HUENINK, Kristy | NEW BLOOMFIELD MO | 10:08.470 | 2:18.3 | 1:07.430 | | 50:09.390 | 16.8 | 0:47.180 | | 26:51.830 | 8:57.3 | 1:29:04.30 | +16:33.73 | |
| 10 | 1736 | WESTHOFF, Annie | KIRKWOOD MO | 9:26.410 | 2:08.7 | 3:54.260 | | 52:22.390 | 16.0 | 1:28.280 | | 23:29.960 | 7:50.0 | 1:30:41.30 | +18:10.73 | |
| 11 | 1384 | KOBOLDT, Mary | ST LOUIS MO | 8:55.740 | 2:01.8 | 2:02.240 | | 55:41.920 | 15.1 | 1:10.290 | | 25:06.230 | 8:22.1 | 1:32:56.42 | +20:25.85 | |
| 12 | 1022 | AUGSPURG, Bridgette | PALMYRA MO | 10:08.070 | 2:18.2 | 2:37.780 | | 55:41.300 | 15.1 | 0:44.320 | | 23:49.200 | 7:56.4 | 1:33:00.67 | +20:30.10 | |
| 13 | 1358 | JUNDT, Anne | SAINT CHARLES MO | 11:29.450 | 2:36.7 | 1:47.430 | | 52:25.990 | 16.0 | 1:21.080 | | 25:56.780 | 8:38.9 | 1:33:00.73 | +20:30.16 | |
| 14 | 1170 | DAVIS, Melissa | ST LOUIS MO | 8:51.530 | 2:00.8 | 2:16.020 | | 55:36.480 | 15.1 | 0:40.500 | | 25:57.250 | 8:39.1 | 1:33:21.78 | +20:51.21 | |
| 15 | 1150 | COWAN, Abigail | SPRINGFIELD MO | 8:43.910 | 1:59.1 | 1:52.160 | | 54:05.470 | 15.5 | 0:53.110 | | 28:28.260 | 9:29.4 | 1:34:02.91 | +21:32.34 | |
| 16 | 1699 | TOBIA, Michele | COLUMBIA MO | 11:28.530 | 2:36.5 | 1:37.490 | | 56:51.770 | 14.8 | 1:18.630 | | 23:01.600 | 7:40.5 | 1:34:18.02 | +21:47.45 | |
| 17 | 1638 | SHORES, Kristen | HANNIBAL MO | 8:34.950 | 1:57.0 | 2:13.370 | | 56:40.320 | 14.8 | 1:10.660 | | 26:12.170 | 8:44.1 | 1:34:51.47 | +22:20.90 | |
| 18 | 1088 | BROUGHTON, Kristi | SAINT LOUIS MO | 10:33.780 | 2:24.0 | 1:34.400 | | 55:46.320 | 15.1 | 1:35.990 | | 25:35.760 | 8:31.9 | 1:35:06.25 | +22:35.68 | |
| 19 | 1434 | MARCOS, Susan | ST CHARLES MO | 10:16.010 | 2:20.0 | 2:57.980 | | 55:29.700 | 15.1 | 1:04.520 | | 25:34.400 | 8:31.5 | 1:35:22.61 | +22:52.04 | |
| 20 | 1800 | WELCH, Ashley | COLUMBIA MO | 8:58.690 | 2:02.4 | 1:34.360 | | 1:00:37.880 | 13.8 | 1:25.200 | | 28:23.760 | 9:27.9 | 1:40:59.89 | +28:29.32 | |
| 21 | 1527 | PECK, Kristen | ST LOUIS MO | 8:03.720 | 1:49.9 | 3:41.060 | | 1:00:55.540 | 13.8 | 1:16.680 | | 29:11.500 | 9:43.8 | 1:43:08.50 | +30:37.93 | |
| 22 | 1713 | VEIT, Elizabeth | JEFFERSON CITY MO | 13:18.960 | 3:01.6 | 2:48.750 | | 59:25.010 | 14.1 | 1:25.420 | | 26:58.350 | 8:59.4 | 1:43:56.49 | +31:25.92 | |
| 23 | 1122 | CASE, Erin | KIRKSVILLE MO | 14:24.220 | 3:16.4 | | | 1:00:40.560 | 13.8 | 0:20.820 | | 31:09.590 | 10:23.2 | 1:46:35.19 | +34:04.62 | |
| 24 | 1450 | MCGINTY, Jill | COLUMBIA MO | 12:38.190 | 2:52.3 | 2:56.770 | | 1:04:56.370 | 12.9 | 0:43.920 | | 30:23.740 | 10:07.9 | 1:51:38.99 | +39:08.42 | |
| 25 | 1488 | MULLIN, Katie | COLUMBIA MO | 10:57.110 | 2:29.3 | 4:01.350 | | 1:11:17.880 | 11.8 | 1:31.080 | | 29:22.470 | 9:47.5 | 1:57:09.89 | +44:39.32 | |
| 26 | 1734 | WEDDLE, Allison | NEBRASKA CITY NEBRASKA | 15:59.330 | 3:38.0 | 14:33.790 | | 1:17:28.240 | 10.8 | 1:18.680 | | 30:40.460 | 10:13.5 | 2:20:00.50 | +1:07:29.93 | |

Division: F_30-34

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------------|-------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1678 | SULLIVAN, Shelby | WEBSTER GROVES MO | 8:16.510 | 1:52.8 | 0:51.440 | | 42:10.850 | 19.9 | 1:00.280 | | 21:32.050 | 7:10.7 | 1:13:51.13 | 0:00.00 | |
| 2 | 1171 | DECARLO, Jennifer | O FALLON MO | 8:41.840 | 1:58.6 | 0:57.160 | | 46:52.930 | 17.9 | 0:37.590 | | 21:05.690 | 7:01.9 | 1:18:15.21 | +4:24.08 | |
| 3 | 1616 | SCHWANBECK, Leslie | ROCK HILL MO | 8:54.180 | 2:01.4 | 0:41.520 | | 46:48.360 | 17.9 | 0:36.130 | | 24:08.100 | 8:02.7 | 1:21:08.29 | +7:17.16 | |
| 4 | 1050 | BEER, Adrienne | ST CHARLES MO | 9:54.020 | 2:15.0 | 1:00.580 | | 47:02.350 | 17.9 | 1:01.230 | | 23:39.880 | 7:53.3 | 1:22:38.06 | +8:46.93 | |
| 5 | 1500 | NOLAND, Carrie | NEW LONDON MO | 10:37.960 | 2:25.0 | 2:18.640 | | 46:35.000 | 18.0 | 1:24.160 | | 22:09.170 | 7:23.1 | 1:23:04.93 | +9:13.80 | |
| 6 | 1521 | PASIEKA, Tracyjo | ST LOUIS MO | 11:28.170 | 2:36.4 | 0:45.310 | | 48:07.060 | 17.5 | | | 24:59.840 | 8:19.9 | 1:25:20.38 | +11:29.25 | |
| 7 | 1460 | MELTER, Kristen | BALLWIN MO | 7:59.610 | 1:49.0 | 1:07.400 | | 49:42.300 | 16.9 | 0:58.870 | | 25:45.030 | 8:35.0 | 1:25:33.21 | +11:42.08 | |
| 8 | 1767 | YOUNG, Amanda | SPRINGFIELD MO | 11:34.420 | 2:37.8 | 1:14.580 | | 49:42.470 | 16.9 | 0:45.900 | | 23:04.780 | 7:41.6 | 1:26:22.15 | +12:31.02 | |
| 9 | 1159 | CUNNINGHAM, Meredith | SPRINGFIELD MO | 10:13.460 | 2:19.4 | 2:08.190 | | 48:22.660 | 17.4 | 1:23.370 | | 25:13.440 | 8:24.5 | 1:27:21.12 | +13:29.99 | |
| 10 | 1742 | WILEY, Sherri | HANNIBAL MO | 8:14.810 | 1:52.5 | 2:05.190 | | 49:53.250 | 16.8 | 1:14.150 | | 26:20.630 | 8:46.9 | 1:27:48.03 | +13:56.90 | |
| 11 | 1581 | RILEY, Julie | COLUMBIA MO | 9:56.980 | 2:15.7 | 1:44.290 | | 51:00.190 | 16.5 | 1:01.710 | | 24:19.120 | 8:06.4 | 1:28:02.29 | +14:11.16 | |
| 12 | 1575 | REYNOLDS, Nicole | COLUMBIA MO | 10:47.360 | 2:27.1 | 1:02.430 | | 51:14.090 | 16.4 | 0:38.340 | | 25:05.000 | 8:21.7 | 1:28:47.22 | +14:56.09 | |
| 13 | 1538 | PERSON, Suzanne | KIRKWOOD MO | 11:21.930 | 2:35.0 | 0:52.110 | | 55:18.510 | 15.2 | 1:17.840 | | 21:43.250 | 7:14.4 | 1:30:33.64 | +16:42.51 | |
| 14 | 1071 | BOOTH, Nakeya | COLUMBIA MO | 13:16.930 | 3:01.1 | 2:41.930 | | 51:30.100 | 16.3 | 2:02.060 | | 24:50.020 | 8:16.7 | 1:34:21.04 | +20:29.91 | |
| 15 | 1419 | LOCKE, Sara | HANNIBAL MO | 10:19.970 | 2:20.9 | 2:43.050 | | 57:18.840 | 14.7 | 0:53.580 | | 24:42.460 | 8:14.2 | 1:35:57.90 | +22:06.77 | |
| 16 | 1213 | FANN, Melissa | SAINT CHARLES MO | 10:39.530 | 2:25.3 | 2:39.650 | | 55:33.820 | 15.1 | 2:03.900 | | 27:49.730 | 9:16.6 | 1:38:46.63 | +24:55.50 | |
| 17 | 1164 | DAVIDSON, Teresa | ST LOUIS MO | 13:25.190 | 3:03.0 | 1:52.240 | | 54:28.520 | 15.4 | 0:51.610 | | 29:51.540 | 9:57.2 | 1:40:29.10 | +26:37.97 | |
| 18 | 1268 | GODDARD, Stephanie | GORDONVILLE MO | 10:42.090 | 2:25.9 | 1:08.120 | | 59:20.040 | 14.2 | 0:27.040 | | 30:31.890 | 10:10.6 | 1:42:09.18 | +28:18.05 | |
| 19 | 1682 | SWEESO, Chastine | FLORISSANT MO | 11:25.450 | 2:35.8 | 1:42.060 | | 57:27.010 | 14.6 | 1:06.970 | | 30:32.360 | 10:10.8 | 1:42:13.85 | +28:22.72 | |
| 20 | 1157 | CROUCH, Heidi | COLUMBIA MO | 11:11.130 | 2:32.5 | 2:46.750 | | 57:28.730 | 14.6 | 1:57.870 | | 29:29.500 | 9:49.8 | 1:42:53.98 | +29:02.85 | |
| 21 | 1271 | GOOCH, Teresa | COLUMBIA MO | 13:26.340 | 3:03.3 | 2:27.460 | | 1:02:57.380 | 13.3 | 0:57.310 | | 23:40.210 | 7:53.4 | 1:43:28.70 | +29:37.57 | |
| 22 | 1031 | BAKER, Rachel | SPRINGFIELD MO | 12:54.850 | 2:56.1 | 2:12.420 | | 1:01:19.260 | 13.7 | 1:54.420 | | 26:26.880 | 8:49.0 | 1:44:47.83 | +30:56.70 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: F_30-34 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|----------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 23 | 1429 | MALLETT, Rachel | COLUMBIA MO | 11:36.720 | 2:38.3 | 2:04.120 | | 1:06:35.660 | 12.6 | 1:31.420 | | 26:50.290 | 8:56.8 | 1:48:38.21 | +34:47.08 | |
| 24 | 1648 | SMITH, Nicole | SPRINGFIELD MO | 12:24.640 | 2:49.2 | 2:42.220 | | 1:06:43.480 | 12.6 | 0:48.570 | | 27:03.010 | 9:01.0 | 1:49:41.92 | +35:50.79 | |
| 25 | 1578 | RICH, Kelly | SPRINGFIELD MO | 11:31.800 | 2:37.2 | 2:18.270 | | 1:06:55.890 | 12.6 | 0:44.350 | | 32:00.850 | 10:40.3 | 1:53:31.16 | +39:40.03 | |
| 26 | 1443 | MCBRIDE, Vanessa | VALLEY PARK MO | 12:48.520 | 2:54.7 | 1:45.600 | | 1:04:06.360 | 13.1 | 1:07.150 | | 35:23.650 | 11:47.9 | 1:55:11.28 | +41:20.15 | |
| 27 | 1756 | WOODS, Lori | ROLLA MO | 21:26.260 | 4:52.3 | 2:32.420 | | 1:21:16.020 | 10.3 | 1:12.070 | | 44:32.210 | 14:50.7 | 2:30:58.98 | +1:17:07.85 | |
| 28 | 1568 | RATHBUN, Michon | COLUMBIA MO | 23:29.550 | 5:20.4 | 6:42.300 | | 1:26:25.130 | 9.7 | 4:24.010 | | 39:56.920 | 13:19.0 | 2:40:57.91 | +1:27:06.78 | |

Division: F_35-39

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-----------------------|---------------------|-----------|------------|-----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1345 | JACOBS, Annette | ST LOUIS MO | 8:43.230 | 1:58.9 | 0:42.920 | | 44:10.740 | 19.0 | 0:30.920 | | 21:42.310 | 7:14.1 | 1:15:50.12 | 0:00.00 | |
| 2 | 1498 | NITSCHE, Pamela | LAKE SAINT LOUIS MO | 8:27.340 | 1:55.3 | 1:00.400 | | 45:02.670 | 18.6 | 0:47.360 | | 22:46.210 | 7:35.4 | 1:18:03.98 | +2:13.86 | |
| 3 | 1353 | JOHNSTON, Maggie | COLUMBIA MO | 9:55.200 | 2:15.3 | 1:32.240 | | 43:50.030 | 19.2 | 0:50.660 | | 23:23.790 | 7:47.9 | 1:19:31.92 | +3:41.80 | |
| 4 | 1352 | JOHNSON, Rachel | TUCSON AZ | 9:16.940 | 2:06.6 | 0:47.310 | | 49:21.150 | 17.0 | 0:56.030 | | 24:01.070 | 8:00.4 | 1:24:22.50 | +8:32.38 | |
| 5 | 1173 | DEL VECCHIO, Shana | SPRINGFIELD MO | 10:12.910 | 2:19.3 | 1:56.770 | | 47:40.440 | 17.6 | 1:12.040 | | 24:10.580 | 8:03.5 | 1:25:12.74 | +9:22.62 | |
| 6 | 1316 | HIGGINS, Julie | LEES SUMMIT MO | 9:19.430 | 2:07.1 | 1:46.230 | | 47:06.670 | 17.8 | 1:08.740 | | 26:23.460 | 8:47.8 | 1:25:44.53 | +9:54.41 | |
| 7 | 1381 | KNAACK, Angie | LAWSON MO | 9:42.250 | 2:12.3 | 1:34.140 | | 50:29.360 | 16.6 | 0:49.510 | | 23:09.600 | 7:43.2 | 1:25:44.86 | +9:54.74 | |
| 8 | 1531 | PELTIER, Michelle | COLUMBIA MO | 11:22.290 | 2:35.1 | 1:56.450 | | 50:46.640 | 16.5 | 1:04.240 | | 21:02.460 | 7:00.8 | 1:26:12.08 | +10:21.96 | |
| 9 | 1388 | KOEHLER, Shelly | KEARNEY MO | 10:26.800 | 2:22.5 | 2:00.710 | | 51:26.280 | 16.3 | 0:48.000 | | 22:31.110 | 7:30.4 | 1:27:12.90 | +11:22.78 | |
| 10 | 1304 | HECKER, Charla | LIBERTY MO | 12:42.480 | 2:53.3 | 2:47.180 | | 50:36.050 | 16.6 | 0:40.800 | | 21:47.480 | 7:15.8 | 1:28:33.99 | +12:43.87 | |
| 11 | 1326 | HOLLAND, Robyn | SPRINGFIELD MO | 11:28.810 | 2:36.5 | 1:14.190 | | 48:47.450 | 17.2 | 2:19.390 | | 25:00.950 | 8:20.3 | 1:28:50.79 | +13:00.67 | |
| 12 | 1761 | YAEGER, Nancy | COLUMBIA MO | 12:28.060 | 2:50.0 | 1:18.770 | | 50:29.240 | 16.6 | 1:21.600 | | 25:11.580 | 8:23.9 | 1:30:49.25 | +14:59.13 | |
| 13 | 1425 | LYNN, Becky | JEFFERSON CITY MO | 10:03.040 | 2:17.1 | 2:54.010 | | 54:01.880 | 15.6 | 2:05.160 | | 22:05.170 | 7:21.7 | 1:31:09.26 | +15:19.14 | |
| 14 | 1585 | RODENBAUGH, Marlene | NEW LONDON MO | 12:10.740 | 2:46.1 | 2:43.970 | | 48:34.170 | 17.3 | 1:30.670 | | 26:41.130 | 8:53.7 | 1:31:40.68 | +15:50.56 | |
| 15 | 1248 | FRAZIER, Shellaine | COLUMBIA MO | | | 13:12.690 | | 57:09.720 | 14.7 | 0:51.180 | | 21:35.690 | 7:11.9 | 1:32:49.28 | +16:59.16 | |
| 16 | 1492 | NAUGHTON, Bethany | HARTSBURG MO | 12:27.060 | 2:49.8 | 2:48.570 | | 50:57.250 | 16.5 | 1:33.540 | | 25:40.530 | 8:33.5 | 1:33:26.95 | +17:36.83 | |
| 17 | 1244 | FRANCIS, Krista | SALISBURY MO | 11:36.210 | 2:38.2 | 1:55.440 | | 55:06.530 | 15.2 | 0:49.440 | | 24:38.870 | 8:13.0 | 1:34:06.49 | +18:16.37 | |
| 18 | 1024 | BACHMAN, Sharon | COLUMBIA MO | 11:22.700 | 2:35.2 | 1:43.240 | | 55:33.170 | 15.1 | 2:02.360 | | 25:48.060 | 8:36.0 | 1:36:29.53 | +20:39.41 | |
| 19 | 1301 | HEARD, Patti | CENTRALIA IL | 11:17.120 | 2:33.9 | 2:55.640 | | 57:18.790 | 14.7 | 0:57.840 | | 26:26.320 | 8:48.8 | 1:38:55.71 | +23:05.59 | |
| 20 | 1520 | PASHIA, Dawn | ST LOUIS MO | 11:37.970 | 2:38.6 | 2:06.310 | | 55:55.490 | 15.0 | 1:55.670 | | 29:48.200 | 9:56.1 | 1:41:23.64 | +25:33.52 | |
| 21 | 1120 | CARO KEEGAN, Lynnette | COLUMBIA MO | 15:42.130 | 3:34.1 | 1:37.980 | | 56:14.330 | 14.9 | 0:55.760 | | 28:07.760 | 9:22.6 | 1:42:37.96 | +26:47.84 | |
| 22 | 1763 | YARBROUGH, Elizabeth | COLUMBIA MO | 11:58.700 | 2:43.3 | 2:12.520 | | 59:52.010 | 14.0 | 1:18.720 | | 27:19.980 | 9:06.7 | 1:42:41.93 | +26:51.81 | |
| 23 | 1256 | GEORGE, Debi | TROY MO | 12:47.400 | 2:54.4 | 1:43.780 | | 57:52.480 | 14.5 | 1:04.290 | | 30:28.910 | 10:09.6 | 1:43:56.86 | +28:06.74 | |
| 24 | 1160 | CUNNINGHAM, Lisa | ROLLA MO | 10:46.430 | 2:26.9 | 1:52.340 | | 1:05:33.130 | 12.8 | 0:45.130 | | 30:19.340 | 10:06.4 | 1:49:16.37 | +33:26.25 | |
| 25 | 1075 | BRADSHAW, Mary Ellen | COLUMBIA MO | 13:28.060 | 3:03.6 | 3:00.110 | | 1:09:16.490 | 12.1 | 2:13.520 | | 27:07.750 | 9:02.6 | 1:55:05.93 | +39:15.81 | |
| 26 | 1119 | CARL, Chrissie | CHICAGO IL | 13:44.580 | 3:07.4 | 2:58.840 | | 1:09:18.420 | 12.1 | 2:11.950 | | 27:08.010 | 9:02.7 | 1:55:21.80 | +39:31.68 | |
| 27 | 1202 | EDWARDS, Jackie | SPRINGFIELD MO | 17:37.170 | 4:00.3 | 2:44.330 | | 1:15:00.820 | 11.2 | 1:40.570 | | 27:44.810 | 9:14.9 | 2:04:47.70 | +48:57.58 | |
| 28 | 1566 | RASCO, Amanda | ROLLA MO | 15:09.730 | 3:26.8 | 8:12.910 | | 1:06:13.150 | 12.7 | 2:08.490 | | 36:11.010 | 12:03.7 | 2:07:55.29 | +52:05.17 | |

Division: F_40-44

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-----------------------|----------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1702 | TOMICIKI, Marzena | COLUMBIA MO | 9:36.360 | 2:11.0 | 1:13.650 | | 44:24.770 | 18.9 | 1:15.390 | | 19:20.510 | 6:26.8 | 1:15:50.68 | 0:00.00 | |
| 2 | 1379 | KIMBER, Carrie | QUINCY IL | 7:53.010 | 1:47.5 | 0:46.430 | | 45:41.180 | 18.4 | 0:50.900 | | 23:07.000 | 7:42.3 | 1:18:18.52 | +2:27.84 | |
| 3 | 1189 | DRAKE, Sally | VALLEY PARK MO | 9:33.130 | 2:10.3 | 1:13.430 | | 44:39.900 | 18.8 | 1:36.160 | | 22:25.990 | 7:28.7 | 1:19:28.61 | +3:37.93 | |
| 4 | 1351 | JOHNSON, Heather | ST LOUIS MO | 8:55.730 | 2:01.8 | 1:27.250 | | 43:57.990 | 19.1 | 1:10.570 | | 24:31.650 | 8:10.6 | 1:20:03.19 | +4:12.51 | |
| 5 | 1806 | HILLER, Erika | | 9:19.430 | 2:07.1 | 0:39.930 | | 46:19.060 | 18.1 | 1:02.000 | | 23:38.640 | 7:52.9 | 1:20:59.06 | +5:08.38 | |
| 6 | 1486 | MOTHERSHEAD, Kristine | ST LOUIS MO | 10:39.540 | 2:25.3 | 1:24.670 | | 48:57.680 | 17.2 | 0:53.370 | | 21:12.260 | 7:04.1 | 1:23:07.52 | +7:16.84 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: F_40-44 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------------|----------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 7 | 1397 | KRUSE, Cristy | CUBA MO | 10:01.760 | 2:16.8 | 1:28.980 | | 49:54.650 | 16.8 | 1:22.080 | | 23:40.940 | 7:53.6 | 1:26:28.41 | +10:37.73 | |
| 8 | 1354 | JONES, Keri | COLUMBIA MO | 11:08.340 | 2:31.9 | 1:17.760 | | 50:26.700 | 16.6 | 0:29.720 | | 24:06.910 | 8:02.3 | 1:27:29.43 | +11:38.75 | |
| 9 | 1426 | LYNN, Rhonda | OLATHE KS | 9:55.770 | 2:15.4 | 1:39.550 | | 50:23.380 | 16.7 | 0:58.090 | | 25:41.900 | 8:34.0 | 1:28:38.69 | +12:48.01 | |
| 10 | 1506 | ODEN, Debra | HANNIBAL MO | 12:53.350 | 2:55.8 | 1:19.320 | | 49:48.690 | 16.9 | 1:10.450 | | 24:48.330 | 8:16.1 | 1:30:00.14 | +14:09.46 | |
| 11 | 1145 | COOVERT, Kierstin | ST LOUIS MO | 9:51.970 | 2:14.5 | 2:38.310 | | 52:10.890 | 16.1 | 1:16.020 | | 25:43.520 | 8:34.5 | 1:31:40.71 | +15:50.03 | |
| 12 | 1349 | JENKINS, Angel | WILDWOOD MO | 10:55.160 | 2:28.9 | 2:15.720 | | 51:32.670 | 16.3 | 1:55.750 | | 25:42.870 | 8:34.3 | 1:32:22.17 | +16:31.49 | |
| 13 | 1673 | STIRTZ, Renee | LIBERTY MO | 14:49.280 | 3:22.1 | 2:22.330 | | 53:26.440 | 15.7 | 1:11.650 | | 21:03.010 | 7:01.0 | 1:32:52.71 | +17:02.03 | |
| 14 | 1179 | DIESTELKAMP, Stephanie | ST LOUIS MO | 10:39.270 | 2:25.3 | 1:00.260 | | 53:02.970 | 15.8 | 1:20.130 | | 27:09.290 | 9:03.1 | 1:33:11.92 | +17:21.24 | |
| 15 | 1036 | BARR, Leann | CARLINVILLE IL | 12:04.630 | 2:44.7 | 2:38.000 | | 52:42.050 | 15.9 | 1:43.270 | | 25:34.930 | 8:31.6 | 1:34:42.88 | +18:52.20 | |
| 16 | 1686 | TALLMAGE, Anne | COLUMBIA MO | 11:00.290 | 2:30.1 | 1:08.110 | | 53:22.530 | 15.7 | 0:55.950 | | 28:39.450 | 9:33.2 | 1:35:06.33 | +19:15.65 | |
| 17 | 1594 | ROULIER, Eartha | COLUMBIA MO | 12:01.580 | 2:44.0 | 2:26.980 | | 55:28.300 | 15.1 | 1:09.300 | | 25:43.780 | 8:34.6 | 1:36:49.94 | +20:59.26 | |
| 18 | 1562 | PUCKETT, Lynn | COLUMBIA MO | 12:56.110 | 2:56.4 | 2:51.350 | | 56:25.980 | 14.9 | 2:09.280 | | 25:42.510 | 8:34.2 | 1:40:05.23 | +24:14.55 | |
| 19 | 1640 | SIEVERT, Laura | COLUMBIA MO | 13:04.530 | 2:58.3 | 1:33.550 | | 54:47.890 | 15.3 | 0:55.460 | | 32:22.120 | 10:47.4 | 1:42:43.55 | +26:52.87 | |
| 20 | 1002 | ADAMS, Lisa | LIBERTY MO | 14:45.550 | 3:21.3 | 3:18.290 | | 1:00:32.410 | 13.9 | 1:20.260 | | 25:51.570 | 8:37.2 | 1:45:48.08 | +29:57.40 | |
| 21 | 1592 | ROUCH, Tracy | OFALLON IL | 15:20.450 | 3:29.2 | 2:17.180 | | 55:52.930 | 15.0 | 2:48.560 | | 0:22.900 | 0:07.6 | 1:47:29.53 | +31:38.85 | |
| 22 | 1250 | FROEHLICH, Michelle | ROLLA MO | 14:13.720 | 3:14.0 | 1:25.840 | | 1:02:41.240 | 13.4 | 1:11.820 | | 28:34.730 | 9:31.6 | 1:48:07.35 | +32:16.67 | |
| 23 | 1311 | HEROLD, Susan | BALLWIN MO | 12:37.120 | 2:52.1 | 4:20.890 | | 1:11:07.810 | 11.8 | 2:54.700 | | 29:54.960 | 9:58.3 | 2:00:55.48 | +45:04.80 | |

Division: F_45-49

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------------|------------------------|-----------|------------|----------|------|-------------|------|-----------|------|-----------|---------|------------|-------------|------|
| 1 | 1183 | DIGGES, Laurie | COLUMBIA MO | 9:34.460 | 2:10.6 | 1:42.450 | | 44:29.830 | 18.9 | 1:01.940 | | 22:33.280 | 7:31.1 | 1:19:21.96 | 0:00.00 | |
| 2 | 1006 | ADKISON, Dianna | LOHMAN MO | 10:48.460 | 2:27.4 | 0:39.670 | | 43:25.110 | 19.4 | 0:24.220 | | 24:08.220 | 8:02.7 | 1:19:25.68 | 0:03.72 | |
| 3 | 1794 | CLARK, Jennifer | ROCHPORT MO | 9:52.230 | 2:14.6 | 1:53.940 | | 44:28.000 | 18.9 | 1:16.820 | | 24:04.440 | 8:01.5 | 1:21:35.43 | +2:13.47 | |
| 4 | 1169 | DAVIS, Tina | LAKE ST LOUIS MO | 10:46.980 | 2:27.0 | 2:07.040 | | 46:27.190 | 18.1 | 1:15.800 | | 22:07.200 | 7:22.4 | 1:22:44.21 | +3:22.25 | |
| 5 | 1684 | TALLEY, Lisa | UNIVERSITY CITY MO | 11:31.820 | 2:37.2 | 2:04.430 | | 48:48.600 | 17.2 | 0:55.510 | | 21:44.240 | 7:14.7 | 1:25:04.60 | +5:42.64 | |
| 6 | 1140 | COLLINS, Sandy | HIAWATHA KS | 10:54.880 | 2:28.8 | 0:31.050 | | 48:29.070 | 17.3 | 0:44.940 | | 25:56.300 | 8:38.8 | 1:26:36.24 | +7:14.28 | |
| 7 | 1589 | ROSENHAUER, Sandy | COLUMBIA MO | 8:33.810 | 1:56.8 | 1:53.610 | | 50:22.420 | 16.7 | 1:28.320 | | 25:34.080 | 8:31.4 | 1:27:52.24 | +8:30.28 | |
| 8 | 1065 | BLAZEK, Ginger | COPPELL TX | 11:19.170 | 2:34.4 | 1:58.090 | | 52:01.910 | 16.1 | 1:40.810 | | 26:45.610 | 8:55.2 | 1:33:45.59 | +14:23.63 | |
| 9 | 1116 | CAPE, Rowena | CUBA MO | 16:41.000 | 3:47.5 | 2:40.820 | | 31:34.570 | 26.6 | 12:13.130 | | 30:57.660 | 10:19.2 | 1:34:07.18 | +14:45.22 | |
| 10 | 1440 | MATTHEWS, Julie | WEBSTER GROVES MO | 11:16.800 | 2:33.8 | 2:12.400 | | 51:26.480 | 16.3 | 1:32.450 | | 28:34.670 | 9:31.6 | 1:35:02.80 | +15:40.84 | |
| 11 | 1610 | SCHNEIDER, Betty | ST LOUIS MO | 9:53.390 | 2:14.9 | 1:34.050 | | 54:26.200 | 15.4 | 1:23.490 | | 28:35.360 | 9:31.8 | 1:35:52.49 | +16:30.53 | |
| 12 | 1287 | HALLIBURTON, Donna | CHESTERFIELD MO | 12:20.900 | 2:48.4 | 1:18.530 | | 52:54.780 | 15.9 | 1:11.930 | | 28:56.150 | 9:38.7 | 1:36:42.29 | +17:20.33 | |
| 13 | 1334 | HUDDLESTON, Raenan | ROLLA MO | 12:38.980 | 2:52.5 | 1:50.930 | | 55:36.470 | 15.1 | 0:49.270 | | 27:21.760 | 9:07.3 | 1:38:17.41 | +18:55.45 | |
| 14 | 1003 | ADAMS, Tam | COLUMBIA MO | 15:22.040 | 3:29.6 | 2:23.370 | | 53:54.940 | 15.6 | 0:43.040 | | 26:30.230 | 8:50.1 | 1:38:53.62 | +19:31.66 | |
| 15 | 1660 | SPRIGG, Cindy | CAPE GIRARDEAU MO | 13:10.510 | 2:59.7 | 2:08.130 | | 57:38.290 | 14.6 | | | 25:57.730 | 8:39.2 | 1:38:54.66 | +19:32.70 | |
| 16 | 1100 | BURGGRAF, Carrie | CHESTERFIELD MO | 10:52.680 | 2:28.3 | 1:41.260 | | 55:35.730 | 15.1 | 2:16.390 | | 28:38.830 | 9:32.9 | 1:39:04.89 | +19:42.93 | |
| 17 | 1532 | PEPPER, Julie | ST LOUIS MO | 11:24.290 | 2:35.5 | 2:30.190 | | 56:12.830 | 14.9 | 1:38.830 | | 27:39.020 | 9:13.0 | 1:39:25.16 | +20:03.20 | |
| 18 | 1421 | LOCKE, Teener | ROGERSVILLE MO | 12:19.630 | 2:48.1 | 2:11.970 | | 53:55.790 | 15.6 | 1:47.210 | | 31:54.980 | 10:38.3 | 1:42:09.58 | +22:47.62 | |
| 19 | 1631 | SHEEHEY, Mary | O FALLON IL | 14:25.180 | 3:16.6 | 2:06.030 | | 58:58.570 | 14.2 | 1:17.330 | | 30:15.480 | 10:05.2 | 1:47:02.59 | +27:40.63 | |
| 20 | 1804 | FISCHMAN, Jacqueline | ST CHARLES MO | 14:06.630 | 3:12.4 | 3:04.840 | | 57:43.650 | 14.6 | 1:55.960 | | 32:08.900 | 10:43.0 | 1:48:59.98 | +29:38.02 | |
| 21 | 1572 | REIDER, Karen | COLUMBIA MO | 17:18.760 | 3:56.1 | 2:38.400 | | 55:42.210 | 15.1 | 1:40.640 | | 32:39.540 | 10:53.2 | 1:49:59.55 | +30:37.59 | |
| 22 | 1270 | GOOCH, Laura | LIBERTY MO | 26:39.690 | 6:03.6 | 2:54.270 | | 54:47.820 | 15.3 | 1:49.890 | | 24:36.040 | 8:12.0 | 1:50:47.71 | +31:25.75 | |
| 23 | 1339 | HULSEY, Mary B | BOURBON MO | 15:17.900 | 3:28.6 | 3:35.460 | | 1:04:05.500 | 13.1 | 1:27.440 | | 33:43.660 | 11:14.6 | 1:58:09.96 | +38:48.00 | |
| 24 | 1514 | OUELLETTE, Janet | O FALLON MO | 15:58.260 | 3:37.8 | 2:59.270 | | 1:12:04.680 | 11.7 | 1:20.550 | | 35:14.820 | 11:44.9 | 2:07:37.58 | +48:15.62 | |
| 25 | 1396 | KREIFELS, Joan | NEBRASKA CITY NEBRASKA | 23:38.630 | 5:22.4 | 6:44.640 | | 1:26:23.740 | 9.7 | 4:23.530 | | 39:56.520 | 13:18.8 | 2:41:07.06 | +1:21:45.10 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: F_50-54

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|--------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 1 | 1693 | TELFORD, Teresa | ST LOUIS MO | 10:04.660 | 2:17.4 | 0:46.990 | | 45:52.580 | 18.3 | 1:09.230 | | 24:26.280 | 8:08.8 | 1:22:19.74 | 0:00.00 | |
| 2 | 1219 | FARRIS, Betsy | COLUMBIA MO | 9:33.100 | 2:10.3 | 0:50.380 | | 47:51.690 | 17.6 | 0:47.280 | | 23:43.930 | 7:54.6 | 1:22:46.38 | 0:26.64 | |
| 3 | 1569 | RATHER, Cheryl | COLUMBIA MO | 11:22.170 | 2:35.0 | 1:02.140 | | 43:40.390 | 19.2 | 1:01.080 | | 26:09.710 | 8:43.2 | 1:23:15.49 | 0:55.75 | |
| 4 | 1263 | GILLUM, Rebecca | COLUMBIA IL | 6:05.190 | 1:23.0 | 6:38.380 | | 46:08.170 | 18.2 | 2:14.490 | | 23:47.130 | 7:55.7 | 1:24:53.36 | +2:33.62 | |
| 5 | 1399 | LACY, Jody | SMITHVILLE MO | 12:53.170 | 2:55.7 | 2:12.910 | | 44:09.250 | 19.0 | 1:27.900 | | 25:10.580 | 8:23.5 | 1:25:53.81 | +3:34.07 | |
| 6 | 1108 | CAMPBELL, Rebecca | SPRINGFIELD MO | 11:38.790 | 2:38.8 | 0:46.610 | | 51:00.420 | 16.5 | 1:26.500 | | 25:18.460 | 8:26.2 | 1:30:10.78 | +7:51.04 | |
| 7 | 1220 | FAUST, Maryann | SAINT LOUIS MO | 9:24.960 | 2:08.4 | 1:31.600 | | 52:24.660 | 16.0 | 1:23.120 | | 25:33.330 | 8:31.1 | 1:30:17.67 | +7:57.93 | |
| 8 | 1266 | GOBBERDIEL, Linda | WEST DES MOINES IA | 12:13.840 | 2:46.8 | 2:22.130 | | 50:27.200 | 16.6 | 1:05.510 | | 24:57.540 | 8:19.2 | 1:31:06.22 | +8:46.48 | |
| 9 | 1039 | BARTELS, Denise | COLUMBIA MO | 11:00.880 | 2:30.2 | 1:49.220 | | 52:55.720 | 15.9 | 1:07.820 | | 25:31.070 | 8:30.4 | 1:32:24.71 | +10:04.97 | |
| 10 | 1790 | BLOUNT, Robin | COLUMBIA MO | 13:16.390 | 3:01.0 | 2:19.130 | | 53:20.140 | 15.8 | 1:35.210 | | 26:36.500 | 8:52.2 | 1:37:07.37 | +14:47.63 | |
| 11 | 1200 | EBERLY, Jody | ROLLA MO | 10:38.610 | 2:25.1 | 3:04.390 | | 57:17.610 | 14.7 | 1:13.270 | | 26:44.420 | 8:54.8 | 1:38:58.30 | +16:38.56 | |
| 12 | 1504 | OBRIEN, Alice | KANSAS CITY MO | 11:14.100 | 2:33.2 | 2:38.530 | | 56:59.190 | 14.7 | 0:57.310 | | 29:26.020 | 9:48.7 | 1:41:15.15 | +18:55.41 | |
| 13 | 1001 | ACEVEDO, Martha | ST JOSEPH MO | 10:50.790 | 2:27.9 | 4:19.410 | | 56:48.090 | 14.8 | 2:13.380 | | 27:57.670 | 9:19.2 | 1:42:09.34 | +19:49.60 | |
| 14 | 1723 | WALLACE, Melana | ROLLA MO | 11:34.510 | 2:37.8 | 1:39.890 | | 1:00:47.890 | 13.8 | 0:44.190 | | 28:04.410 | 9:21.5 | 1:42:50.89 | +20:31.15 | |
| 15 | 1600 | SANTORO, Linda | O FALLON IL | 15:07.730 | 3:26.3 | 2:33.870 | | 1:00:05.550 | 14.0 | 1:12.400 | | 31:24.440 | 10:28.1 | 1:50:23.99 | +28:04.25 | |
| 16 | 1385 | KOBOLDT, Carol | FLORISSANT MO | 12:06.820 | 2:45.2 | 2:38.920 | | 1:07:18.170 | 12.5 | 2:31.110 | | 32:53.000 | 10:57.7 | 1:57:28.02 | +35:08.28 | |
| 17 | 1422 | LOUNDON, Janice | OVERLAND PARK KS | 13:29.020 | 3:03.9 | 2:44.130 | | 1:05:13.170 | 12.9 | 2:55.870 | | 33:41.630 | 11:13.9 | 1:58:03.82 | +35:44.08 | |
| 18 | 1621 | SELBY, Christine | KANSAS CITY MO | 15:24.740 | 3:30.2 | 1:30.980 | | 1:06:16.840 | 12.7 | 1:08.830 | | 35:19.410 | 11:46.5 | 1:59:40.80 | +37:21.06 | |
| 19 | 1507 | OLSON, Marg | ROLLA MO | 15:50.380 | 3:36.0 | 1:50.890 | | 1:03:29.940 | 13.2 | 1:53.250 | | 38:46.260 | 12:55.4 | 2:01:50.72 | +39:30.98 | |
| 20 | 1126 | CHAPMAN, Beth | ROCHEPORT MO | 20:43.490 | 4:42.6 | 5:09.350 | | 1:08:12.610 | 12.3 | 3:53.560 | | 40:49.810 | 13:36.6 | 2:18:48.82 | +56:29.08 | |
| 21 | 1605 | SCHATZ, Debra | ROLLA MO | 15:56.650 | 3:37.4 | 3:04.970 | | 1:21:56.320 | 10.2 | 0:58.330 | | 42:32.570 | 14:10.9 | 2:24:28.84 | +1:02:09.10 | |

Division: F_55-59

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------|--------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1153 | CREWS, Tanya | WILDWOOD MO | 8:30.360 | 1:56.0 | 1:30.380 | | 47:35.470 | 17.6 | 1:08.780 | | 24:09.290 | 8:03.1 | 1:22:54.28 | 0:00.00 | |
| 2 | 1228 | FITCH, Diana | LIBERTY MO | 10:40.680 | 2:25.6 | 2:19.880 | | 48:53.980 | 17.2 | 0:54.480 | | 21:06.470 | 7:02.2 | 1:23:55.49 | +1:01.21 | |
| 3 | 1720 | WAGERS, Boni | JEFFERSON CITY MO | 17:23.840 | 3:57.2 | 2:19.100 | | 56:16.260 | 14.9 | 1:38.910 | | 26:18.660 | 8:46.2 | 1:43:56.77 | +21:02.49 | |
| 4 | 1519 | PARSHALL, Lynn | COLUMBIA MO | 13:45.300 | 3:07.6 | 2:34.000 | | 57:54.590 | 14.5 | 1:27.920 | | 32:05.750 | 10:41.9 | 1:47:47.56 | +24:53.28 | |
| 5 | 1383 | KNOWLES, Karen | MONTGOMERY CITY MO | 12:35.310 | 2:51.7 | 1:46.770 | | 59:20.680 | 14.2 | 1:02.310 | | 37:31.720 | 12:30.6 | 1:52:16.79 | +29:22.51 | |
| 6 | 1364 | KEARNS, Janice | CHESTERFIELD MO | 11:55.760 | 2:42.7 | 3:48.550 | | 1:07:20.760 | 12.5 | 1:32.540 | | 34:25.290 | 11:28.4 | 1:59:02.90 | +36:08.62 | |

Division: F_60-64

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|--------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1069 | BOETTCHER, Lolle | ST LOUIS MO | 11:01.690 | 2:30.4 | 1:48.480 | | 50:19.640 | 16.7 | 1:58.860 | | 24:23.550 | 8:07.9 | 1:29:32.22 | 0:00.00 | |
| 2 | 1561 | PRUETT, Marcia | COLUMBIA IL | 12:21.560 | 2:48.5 | 1:27.100 | | 50:25.930 | 16.7 | 2:21.600 | | 29:15.000 | 9:45.0 | 1:35:51.19 | +6:18.97 | |

Division: M_11-14

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|--------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|--------|------------|-----------|------|
| 1 | 1178 | DICKSON, Carter | AURORA IL | 7:23.700 | 1:40.8 | 0:24.980 | | 43:03.930 | 19.5 | 0:42.060 | | 22:16.420 | 7:25.5 | 1:13:51.09 | 0:00.00 | |
| 2 | 1704 | TOROSIAN, Martin | GENEVA IL | 7:42.860 | 1:45.2 | 0:21.630 | | 46:33.020 | 18.0 | 0:44.670 | | 22:40.460 | 7:33.5 | 1:18:02.64 | +4:11.55 | |
| 3 | 1144 | COOPER, Tate | COLUMBIA MO | 10:34.310 | 2:24.2 | 1:28.170 | | 50:42.770 | 16.6 | 1:30.590 | | 27:18.360 | 9:06.1 | 1:31:34.20 | +17:43.11 | |
| 4 | 1243 | FRANCIS, Brady | SALISBURY MO | 10:32.730 | 2:23.8 | 2:09.400 | | 1:01:37.310 | 13.6 | 0:47.100 | | 25:56.360 | 8:38.8 | 1:41:02.90 | +27:11.81 | |

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_15-19

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|-------------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|-----------|------|
| 1 | 1628 | SHAYER, Callum | ST LOUIS MO | 8:42.750 | 1:58.8 | 1:22.230 | | 38:37.680 | 21.8 | 0:45.690 | | 17:46.550 | 5:55.5 | 1:07:14.90 | 0:00.00 | |
| 2 | 1277 | GREAVES, Drew | COLUMBIA MO | 7:16.120 | 1:39.1 | 1:31.750 | | 40:45.930 | 20.6 | 0:45.230 | | 19:34.880 | 6:31.6 | 1:09:53.91 | +2:39.01 | |
| 3 | 1541 | PETERSON, Joseph | KANSAS CITY MO | 8:40.620 | 1:58.3 | 0:35.090 | | 41:52.470 | 20.1 | 0:56.850 | | 20:33.640 | 6:51.2 | 1:12:38.67 | +5:23.77 | |
| 4 | 1295 | HARDEN, Aaron | JEFFERSON CITY MO | 9:14.230 | 2:06.0 | 2:32.050 | | 44:40.180 | 18.8 | 0:40.970 | | 22:47.760 | 7:35.9 | 1:19:55.19 | +12:40.29 | |
| 5 | 1224 | FIGG, Miles | JEFFERSON CITY MO | 8:37.810 | 1:57.7 | 1:21.780 | | 45:45.090 | 18.4 | 1:14.660 | | 23:39.570 | 7:53.2 | 1:20:38.91 | +13:24.01 | |
| 6 | 1094 | BUESCHER, Jacob | SPRINGFIELD IL | 10:18.600 | 2:20.6 | 1:22.120 | | 46:37.460 | 18.0 | 0:56.690 | | 23:42.560 | 7:54.2 | 1:22:57.43 | +15:42.53 | |

Division: M_20-24

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|--------------------|----------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 1 | 1510 | ONEILL, Joe | SPRINGFIELD MO | 7:56.530 | 1:48.3 | 0:47.480 | | 41:50.710 | 20.1 | 0:23.310 | | 16:58.010 | 5:39.3 | 1:07:56.04 | 0:00.00 | |
| 2 | 1739 | WHITLOW, Austin | KANSAS CITY MO | 7:42.310 | 1:45.1 | 1:13.450 | | 40:35.340 | 20.7 | 0:51.880 | | 20:15.250 | 6:45.1 | 1:10:38.23 | +2:42.19 | |
| 3 | 1061 | BINKLEY, Ryan | KANSAS CITY MO | 8:40.260 | 1:58.2 | 0:47.910 | | 43:01.450 | 19.5 | 0:58.800 | | 17:49.620 | 5:56.5 | 1:11:18.04 | +3:22.00 | |
| 4 | 1435 | MARKS, Aaron | HOMEWOOD IL | 8:01.000 | 1:49.3 | 1:05.970 | | 41:52.540 | 20.1 | 0:45.150 | | 20:00.030 | 6:40.0 | 1:11:44.69 | +3:48.65 | |
| 5 | 1370 | KENNEDY, Josh | COLUMBIA MO | 9:00.620 | 2:02.9 | 0:49.770 | | 41:13.320 | 20.4 | 1:07.120 | | 21:06.700 | 7:02.2 | 1:13:17.53 | +5:21.49 | |
| 6 | 1199 | EBER, Noah | KANSAS CITY MO | 9:45.570 | 2:13.1 | 1:55.220 | | 43:24.660 | 19.4 | 0:48.060 | | 18:57.100 | 6:19.0 | 1:14:50.61 | +6:54.57 | |
| 7 | 1451 | MCKEE, Steven | COLUMBIA MO | 8:40.260 | 1:58.2 | 1:27.360 | | 42:33.490 | 19.7 | 1:12.250 | | 21:32.560 | 7:10.9 | 1:15:25.92 | +7:29.88 | |
| 8 | 1025 | BACON, Kirk | ST LOUIS MO | 9:37.360 | 2:11.2 | 1:09.000 | | 45:17.310 | 18.6 | 1:16.470 | | 19:41.720 | 6:33.9 | 1:17:01.86 | +9:05.82 | |
| 9 | 1252 | GARNER, Jake | COLUMBIA MO | 10:09.330 | 2:18.5 | 1:29.350 | | 45:40.100 | 18.4 | 1:21.680 | | 19:07.400 | 6:22.5 | 1:17:47.86 | +9:51.82 | |
| 10 | 1103 | BUTERBAUGH, Joseph | SPRINGFIELD MO | 11:25.940 | 2:35.9 | 3:02.240 | | 45:24.320 | 18.5 | 2:35.520 | | 18:19.260 | 6:06.4 | 1:20:47.28 | +12:51.24 | |
| 11 | 1293 | HANEY, Joshua | WARRENSBURG MO | 8:16.530 | 1:52.8 | 2:43.020 | | 46:53.630 | 17.9 | 1:17.470 | | 23:04.120 | 7:41.4 | 1:22:14.77 | +14:18.73 | |
| 12 | 1791 | BLOUNT, Lucas | COLUMBIA MO | 8:43.290 | 1:58.9 | 3:25.440 | | 48:33.710 | 17.3 | 1:57.330 | | 22:15.420 | 7:25.1 | 1:24:55.19 | +16:59.15 | |
| 13 | 1627 | SHAW, Aaron | COLUMBIA MO | 10:25.670 | 2:22.2 | 1:51.400 | | 49:52.090 | 16.8 | 1:02.010 | | 21:58.790 | 7:19.6 | 1:25:09.96 | +17:13.92 | |
| 14 | 1623 | SELLERS, Justin | COLUMBIA MO | 7:07.580 | 1:37.2 | 1:42.090 | | 47:17.070 | 17.8 | 1:29.290 | | 27:59.790 | 9:19.9 | 1:25:35.82 | +17:39.78 | |
| 15 | 1688 | TAYLOR, Michael | O GALLON IA | 7:47.120 | 1:46.2 | 2:42.020 | | 51:32.920 | 16.3 | 1:24.230 | | 25:24.190 | 8:28.1 | 1:28:50.48 | +20:54.44 | |
| 16 | 1233 | FLYNN, Taylor | COLUMBIA MO | 10:07.480 | 2:18.1 | 1:33.420 | | 53:00.880 | 15.8 | 0:42.490 | | 23:51.330 | 7:57.1 | 1:29:15.60 | +21:19.56 | |
| 17 | 1193 | DURNELL, Nathan | ST LOUIS MO | 10:36.990 | 2:24.8 | 2:07.170 | | 52:00.040 | 16.1 | 1:43.460 | | 23:01.800 | 7:40.6 | 1:29:29.46 | +21:33.42 | |
| 18 | 1646 | SMITH, Ian | COLUMBIA MO | 11:48.730 | 2:41.1 | 1:28.390 | | 51:57.660 | 16.2 | 1:07.540 | | 25:26.450 | 8:28.8 | 1:31:48.77 | +23:52.73 | |
| 19 | 1602 | SATZINGER, Brian | COLUMBIA MO | 9:35.910 | 2:10.9 | 2:21.980 | | 53:41.540 | 15.6 | 0:51.270 | | 26:14.680 | 8:44.9 | 1:32:45.38 | +24:49.34 | |
| 20 | 1700 | TOMAN, Eric | ST LOUIS MO | 10:04.250 | 2:17.3 | 3:00.500 | | 51:50.280 | 16.2 | 2:57.280 | | 27:43.040 | 9:14.3 | 1:35:35.35 | +27:39.31 | |
| 21 | 1332 | HOSKINS, Nathan | COLUMBIA MO | 10:57.810 | 2:29.5 | 2:12.180 | | 1:03:50.020 | 13.2 | 0:53.100 | | 32:19.450 | 10:46.5 | 1:50:12.56 | +42:16.52 | |
| 22 | 1721 | WALKER, Max | SCOTTSDALE AZ | 17:13.780 | 3:55.0 | 1:55.690 | | 1:29:30.530 | 9.4 | 1:00.540 | | 30:57.830 | 10:19.3 | 2:20:38.37 | +1:12:42.33 | |

Division: M_25-29

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|----------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1537 | PERSON, Andrew | KIRKWOOD MO | 7:51.040 | 1:47.1 | 0:47.250 | | 39:28.110 | 21.3 | 0:41.230 | | 17:00.360 | 5:40.1 | 1:05:47.99 | 0:00.00 | |
| 2 | 1139 | COLLINS, Tristan | TOPEKA KS | 8:13.090 | 1:52.1 | 0:23.680 | | 38:15.120 | 22.0 | 0:29.440 | | 19:08.800 | 6:22.9 | 1:06:30.13 | 0:42.14 | |
| 3 | 1185 | DISHMAN, Michael | 660 259 4592 | 7:24.590 | 1:41.0 | 0:28.530 | | 39:50.590 | 21.1 | 0:37.770 | | 18:58.380 | 6:19.5 | 1:07:19.86 | +1:31.87 | |
| 4 | 1242 | FRANCIS, Ryan | BELTON MO | 8:09.970 | 1:51.4 | 0:51.710 | | 40:41.140 | 20.6 | 0:46.020 | | 18:00.790 | 6:00.3 | 1:08:29.63 | +2:41.64 | |
| 5 | 1079 | BRENNAN, Sean | ST LOUIS MO | 7:23.930 | 1:40.9 | 0:45.800 | | 39:29.220 | 21.3 | 0:40.470 | | 20:31.970 | 6:50.7 | 1:08:51.39 | +3:03.40 | |
| 6 | 1708 | TURLEY, Tony | COLUMBIA MO | 7:48.760 | 1:46.5 | 1:01.320 | | 41:06.520 | 20.4 | 0:37.650 | | 18:43.780 | 6:14.6 | 1:09:18.03 | +3:30.04 | |
| 7 | 1697 | THORNHILL, Tyler | BRENTWOOD MO | 8:19.880 | 1:53.6 | 1:00.760 | | 40:53.920 | 20.5 | 1:15.880 | | 18:30.240 | 6:10.1 | 1:10:00.68 | +4:12.69 | |
| 8 | 1518 | PARSHALL, Stephen | COLUMBIA MO | 7:14.730 | 1:38.8 | 0:45.910 | | 41:36.740 | 20.2 | 0:37.310 | | 20:18.310 | 6:46.1 | 1:10:33.00 | +4:45.01 | |
| 9 | 1347 | JENKERSON, Dustin | FARMINGTON MO | 8:36.240 | 1:57.3 | 1:24.460 | | 41:49.620 | 20.1 | 0:43.040 | | 19:31.370 | 6:30.5 | 1:12:04.73 | +6:16.74 | |
| 10 | 1107 | CALVIN, Chris | SAINT LOUIS MO | 14:46.220 | 3:21.4 | 2:53.860 | | 28:44.130 | 29.2 | 1:29.370 | | 24:32.770 | 8:10.9 | 1:12:26.35 | +6:38.36 | |
| 11 | 1718 | VINSON, Jp | COLUMBIA MO | 10:02.350 | 2:16.9 | 1:14.710 | | 41:52.630 | 20.1 | 0:47.300 | | 19:26.330 | 6:28.8 | 1:13:23.32 | +7:35.33 | |
| 12 | 1340 | HUTSEL, Brian | COLUMBIA MO | 8:21.410 | 1:54.0 | 1:40.430 | | 43:01.170 | 19.5 | 1:23.310 | | 18:59.600 | 6:19.9 | 1:13:25.92 | +7:37.93 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_25-29 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|--------------------|---------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 13 | 1463 | MIEDEMA, Luke | COLUMBIA MO | 8:56.890 | 2:02.0 | 1:08.740 | | 44:15.980 | 19.0 | 0:56.440 | | 20:51.320 | 6:57.1 | 1:16:09.37 | +10:21.38 | |
| 14 | 1265 | GLOBKE, Nathan | SPRINGFIELD MO | 11:10.000 | 2:32.3 | 1:18.290 | | 42:45.170 | 19.6 | 1:11.690 | | 20:30.780 | 6:50.3 | 1:16:55.93 | +11:07.94 | |
| 15 | 1106 | CALABRO, Joji | KANSAS CITY MO | 7:41.330 | 1:44.8 | 2:20.530 | | 45:46.230 | 18.4 | 1:26.550 | | 20:32.400 | 6:50.8 | 1:17:47.04 | +11:59.05 | |
| 16 | 1516 | PARHAM, Rob | COLUMBIA MO | 8:25.960 | 1:55.0 | 0:49.870 | | 46:11.750 | 18.2 | 0:55.250 | | 22:09.170 | 7:23.1 | 1:18:32.00 | +12:44.01 | |
| 17 | 1104 | BUTTERMORE, Roy | KANSAS CITY MO | 11:35.520 | 2:38.1 | 1:20.380 | | 43:01.660 | 19.5 | 1:04.230 | | 22:00.020 | 7:20.0 | 1:19:01.81 | +13:13.82 | |
| 18 | 1147 | COPELAND, Zach | CLEVER MO | 10:02.420 | 2:16.9 | 0:54.290 | | 44:34.240 | 18.9 | 1:00.490 | | 22:31.070 | 7:30.4 | 1:19:02.51 | +13:14.52 | |
| 19 | 1382 | KNOLL, Alex | COLUMBIA MO | 9:42.530 | 2:12.4 | 1:37.440 | | 42:59.150 | 19.5 | 0:55.450 | | 23:48.330 | 7:56.1 | 1:19:02.90 | +13:14.91 | |
| 20 | 1313 | HEURING, Joel | PERRYVILLE MO | 9:55.070 | 2:15.2 | 1:09.990 | | 46:33.940 | 18.0 | 0:42.110 | | 21:54.530 | 7:18.2 | 1:20:15.64 | +14:27.65 | |
| 21 | 1216 | FARKAS, Kenny | BONNE TERRE MO | 10:09.650 | 2:18.6 | 1:26.890 | | 46:23.950 | 18.1 | 0:58.200 | | 22:20.990 | 7:27.0 | 1:21:19.68 | +15:31.69 | |
| 22 | 1735 | WEILBAECHER, Craig | COLUMBIA MO | 7:44.860 | 1:45.7 | 3:13.350 | | 47:29.990 | 17.7 | 0:51.630 | | 22:05.480 | 7:21.8 | 1:21:25.31 | +15:37.32 | |
| 23 | 1138 | COLFAX, Michael | MARSHALL MO | 9:53.480 | 2:14.9 | 2:07.160 | | 47:10.570 | 17.8 | 1:05.460 | | 21:54.330 | 7:18.1 | 1:22:11.00 | +16:23.01 | |
| 24 | 1493 | NEAL, Luke | COLUMBIA MO | 12:29.320 | 2:50.3 | 1:41.870 | | 46:02.820 | 18.2 | 1:13.820 | | 22:52.760 | 7:37.6 | 1:24:20.59 | +18:32.60 | |
| 25 | 1166 | DAVIS, Chad | SPRINGFIELD MO | 9:45.140 | 2:13.0 | 2:08.760 | | 49:12.490 | 17.1 | 1:14.680 | | 22:17.150 | 7:25.7 | 1:24:38.22 | +18:50.23 | |
| 26 | 1137 | COHEN, Simon | SAINT LOUIS MO | 8:53.130 | 2:01.2 | 1:15.670 | | 49:21.740 | 17.0 | 1:03.580 | | 24:24.940 | 8:08.3 | 1:24:59.06 | +19:11.07 | |
| 27 | 1338 | HULL, Justin | TULSA OK | 8:55.530 | 2:01.7 | 1:27.720 | | 49:59.020 | 16.8 | 1:23.780 | | 23:21.530 | 7:47.2 | 1:25:07.58 | +19:19.59 | |
| 28 | 1298 | HAUCK JR, Marty | ST JAMES MO | 10:19.360 | 2:20.8 | 1:14.670 | | 51:03.540 | 16.4 | 1:04.770 | | 21:55.530 | 7:18.5 | 1:25:37.87 | +19:49.88 | |
| 29 | 1223 | FERRIS, Dan | HAZELWOOD MO | 11:04.740 | 2:31.1 | 1:43.000 | | 47:32.330 | 17.7 | 1:42.950 | | 24:09.590 | 8:03.2 | 1:26:12.61 | +20:24.62 | |
| 30 | 1402 | LAHR, Jason | WRIGHT CITY MO | 9:33.430 | 2:10.3 | 2:42.750 | | 45:42.930 | 18.4 | 2:41.880 | | 25:32.240 | 8:30.7 | 1:26:13.23 | +20:25.24 | |
| 31 | 1188 | DOWNING, Jeremy | POPLAR BLUFF MO | 11:38.750 | 2:38.8 | 2:11.280 | | 48:22.260 | 17.4 | 0:55.920 | | 24:39.680 | 8:13.2 | 1:27:47.89 | +21:59.90 | |
| 32 | 1058 | BESTGEN, Nick | TIPTON MO | 12:06.540 | 2:45.1 | 2:11.760 | | 50:59.630 | 16.5 | 0:46.240 | | 21:48.920 | 7:16.3 | 1:27:53.09 | +22:05.10 | |
| 33 | 1068 | BOCKSTRUCK, Mark | HOLTS SUMMIT MO | 8:59.430 | 2:02.6 | 2:00.540 | | 51:49.860 | 16.2 | 2:00.420 | | 23:05.350 | 7:41.8 | 1:27:55.60 | +22:07.61 | |
| 34 | 1740 | WHITTECK, Jason | KEARNEY MO | 10:51.990 | 2:28.2 | 1:32.380 | | 51:32.820 | 16.3 | 0:53.430 | | 23:15.130 | 7:45.0 | 1:28:05.75 | +22:17.76 | |
| 35 | 1245 | FRANKLIN, Andrew | COLUMBIA MO | 10:51.050 | 2:28.0 | 2:37.250 | | 50:15.150 | 16.7 | 2:33.760 | | 23:08.540 | 7:42.8 | 1:29:25.75 | +23:37.76 | |
| 36 | 1427 | MACKLEY, Nathan | COLUMBIA MO | 10:22.360 | 2:21.4 | 3:57.130 | | 48:40.870 | 17.3 | 1:59.220 | | 24:56.920 | 8:19.0 | 1:29:56.50 | +24:08.51 | |
| 37 | 1714 | VEIT, Brian | JEFFERSON CITY MO | 10:09.290 | 2:18.5 | 3:14.560 | | 51:23.950 | 16.3 | 1:09.870 | | 24:09.830 | 8:03.3 | 1:30:07.50 | +24:19.51 | |
| 38 | 1728 | WASHER, John A | LIBERTY MO | 9:23.260 | 2:08.0 | 3:31.550 | | 52:38.380 | 16.0 | 1:08.460 | | 23:40.240 | 7:53.4 | 1:30:21.89 | +24:33.90 | |
| 39 | 1468 | MILLER, Ryan | ST LOUIS MO | 9:46.420 | 2:13.3 | 1:59.560 | | 55:39.630 | 15.1 | 0:55.660 | | 23:21.390 | 7:47.1 | 1:31:42.66 | +25:54.67 | |
| 40 | 1617 | SEABAUGH, Brian | KANSAS CITY MO | 13:23.830 | 3:02.7 | 1:33.990 | | 53:26.370 | 15.7 | 1:00.670 | | 24:27.400 | 8:09.1 | 1:33:52.26 | +28:04.27 | |
| 41 | 1236 | FOSTER, Matt | COLUMBIA MO | 12:11.710 | 2:46.3 | 2:21.950 | | 55:10.790 | 15.2 | 0:42.800 | | 23:29.470 | 7:49.8 | 1:33:56.72 | +28:08.73 | |
| 42 | 1342 | JACKAWAY, Joshua | KANSAS CITY MO | 12:11.270 | 2:46.2 | 2:23.370 | | 54:40.480 | 15.4 | 0:37.400 | | 26:05.440 | 8:41.8 | 1:35:57.96 | +30:09.97 | |
| 43 | 1318 | HISER, Mitchell | LIBERTY MO | 9:11.140 | 2:05.3 | 2:04.730 | | 55:39.960 | 15.1 | 0:44.480 | | 28:36.810 | 9:32.3 | 1:36:17.12 | +30:29.13 | |
| 44 | 1769 | YOUNGS, Kyle | OKLAHOMA CITY OK | 9:42.480 | 2:12.4 | 3:24.760 | | 57:08.340 | 14.7 | 1:37.110 | | 26:26.450 | 8:48.8 | 1:38:19.14 | +32:31.15 | |
| 45 | 1280 | GRUENLOH, Taylor | FLORISSANT MO | 14:00.130 | 3:10.9 | 1:50.790 | | 1:02:47.780 | 13.4 | 0:33.660 | | 31:15.750 | 10:25.3 | 1:50:28.11 | +44:40.12 | |
| 46 | 1114 | BELL, Chris | CUBA MO | 16:00.110 | 3:38.2 | 3:11.480 | | 1:01:00.240 | 13.8 | 1:05.720 | | 30:14.650 | 10:04.9 | 1:51:32.20 | +45:44.21 | |
| 47 | 1571 | REED, Cj | MARYLAND HEIGHTS MO | 11:43.510 | 2:39.9 | 3:15.400 | | 1:03:40.650 | 13.2 | 1:42.950 | | 32:54.300 | 10:58.1 | 1:53:16.81 | +47:28.82 | |

Division: M_30-34

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|-------------------|----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1333 | HOUGH, Landon | COLUMBIA MO | 7:26.460 | 1:41.5 | 0:31.980 | | 37:55.570 | 22.1 | 0:32.620 | | 19:35.750 | 6:31.9 | 1:06:02.38 | 0:00.00 | |
| 2 | 1329 | HOODENPYLE, Jim | SPRINGFIELD MO | 7:08.600 | 1:37.4 | 0:27.820 | | 39:15.400 | 21.4 | 0:38.060 | | 19:17.290 | 6:25.8 | 1:06:47.17 | 0:44.79 | |
| 3 | 1472 | MONTALTO, Mark | OVERLAND PARK KS | 8:12.300 | 1:51.9 | 1:05.800 | | 39:34.860 | 21.2 | 0:43.070 | | 18:36.110 | 6:12.0 | 1:08:12.14 | +2:09.76 | |
| 4 | 1471 | MONTALTO, Jimmy | KANSAS CITY MO | 8:20.580 | 1:53.8 | 0:49.300 | | 39:05.810 | 21.5 | 0:51.620 | | 19:06.290 | 6:22.1 | 1:08:13.60 | +2:11.22 | |
| 5 | 1771 | ZIMMER, Steve | WESTWOOD KS | 8:11.520 | 1:51.7 | 0:35.640 | | 40:12.370 | 20.9 | 0:48.100 | | 19:04.700 | 6:21.6 | 1:08:52.33 | +2:49.95 | |
| 6 | 1680 | SUTHOFF, Brad | JEFFERSON CITY MO | 8:37.980 | 1:57.7 | 1:14.850 | | 40:53.300 | 20.5 | 1:10.830 | | 19:27.100 | 6:29.0 | 1:11:24.06 | +5:21.68 | |
| 7 | 1681 | SWADER, Joel | JEFFERSON CITY MO | 8:02.330 | 1:49.6 | 0:52.400 | | 41:20.360 | 20.3 | 1:10.930 | | 21:45.060 | 7:15.0 | 1:13:11.08 | +7:08.70 | |
| 8 | 1101 | BURNS, John | LEE S SUMMIT MO | 9:36.430 | 2:11.0 | 1:04.970 | | 41:01.280 | 20.5 | 0:42.380 | | 21:40.920 | 7:13.6 | 1:14:05.98 | +8:03.60 | |
| 9 | 1536 | PEROUTKA, Michael | LAKE ST LOUIS MO | 8:32.120 | 1:56.4 | 1:48.250 | | 41:19.780 | 20.3 | 1:15.990 | | 22:59.290 | 7:39.8 | 1:15:55.43 | +9:53.05 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_30-34 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------------|------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 10 | 1096 | BUKOWSKY, Brant | COLUMBIA MO | 9:04.060 | 2:03.6 | 1:24.850 | | 44:40.980 | 18.8 | 1:06.040 | | 19:47.840 | 6:35.9 | 1:16:03.77 | +10:01.39 | |
| 11 | 1508 | ONEAL, Stephen | ST LOUIS MO | 7:58.030 | 1:48.6 | 1:44.070 | | 42:09.630 | 19.9 | 1:30.390 | | 23:41.920 | 7:54.0 | 1:17:04.04 | +11:01.66 | |
| 12 | 1267 | GOBLE, Tim | COLUMBIA MO | 9:06.210 | 2:04.1 | 2:04.790 | | 43:47.050 | 19.2 | 1:20.520 | | 21:43.410 | 7:14.5 | 1:18:01.98 | +11:59.60 | |
| 13 | 1392 | KORTE, Casey | KANSAS CITY MO | 10:05.340 | 2:17.6 | 2:05.560 | | 44:51.830 | 18.7 | 0:30.830 | | 20:30.830 | 6:50.3 | 1:18:04.39 | +12:02.01 | |
| 14 | 1725 | WALSH, Tim | SAINT LOUIS MO | 9:27.600 | 2:09.0 | 1:21.680 | | 44:16.720 | 19.0 | 1:11.230 | | 22:44.660 | 7:34.9 | 1:19:01.89 | +12:59.51 | |
| 15 | 1552 | POOLER, Eric | CENTRALIA MO | 8:06.750 | 1:50.6 | 1:43.370 | | 45:48.740 | 18.3 | 1:27.890 | | 23:19.690 | 7:46.6 | 1:20:26.44 | +14:24.06 | |
| 16 | 1469 | MOISTER, Brent | COLUMBIA MO | 8:56.660 | 2:02.0 | 2:00.870 | | 48:34.790 | 17.3 | 0:55.000 | | 20:55.060 | 6:58.4 | 1:21:22.38 | +15:20.00 | |
| 17 | 1151 | COX, David | KEARNEY MO | 10:12.470 | 2:19.2 | 1:34.630 | | 47:05.050 | 17.8 | 1:30.350 | | 21:23.530 | 7:07.8 | 1:21:46.03 | +15:43.65 | |
| 18 | 1074 | BRACKENRIDGE, Trent | FULTON MO | 12:25.880 | 2:49.5 | 1:23.710 | | 47:17.080 | 17.8 | 0:54.500 | | 20:35.850 | 6:52.0 | 1:22:37.02 | +16:34.64 | |
| 19 | 1091 | BUCKMAN, Casey | COLUMBIA MO | 10:18.190 | 2:20.5 | 2:59.490 | | 45:51.320 | 18.3 | 1:32.360 | | 23:10.630 | 7:43.5 | 1:23:51.99 | +17:49.61 | |
| 20 | 1067 | BOBBITT, Timothy | FLORISSANT MO | 9:41.410 | 2:12.1 | 1:01.250 | | 45:48.920 | 18.3 | 1:01.760 | | 26:25.120 | 8:48.4 | 1:23:58.46 | +17:56.08 | |
| 21 | 1156 | CROUCH, Nathan | COLUMBIA MO | 10:24.950 | 2:22.0 | 1:14.910 | | 46:08.420 | 18.2 | 1:03.560 | | 25:15.760 | 8:25.3 | 1:24:07.60 | +18:05.22 | |
| 22 | 1112 | CANNON, Jason | GREEN RIDGE MO | 9:22.370 | 2:07.8 | 1:51.090 | | 47:39.950 | 17.6 | 2:22.870 | | 22:54.990 | 7:38.3 | 1:24:11.27 | +18:08.89 | |
| 23 | 1249 | FRITZ, Brad | COTTLVILLE MO | 9:25.710 | 2:08.6 | 2:01.300 | | 47:50.660 | 17.6 | 1:13.430 | | 23:53.050 | 7:57.7 | 1:24:24.15 | +18:21.77 | |
| 24 | 1011 | ALBERS, Tim | COLUMBIA MO | 9:55.230 | 2:15.3 | 4:22.180 | | 50:33.070 | 16.6 | 2:17.320 | | 19:10.070 | 6:23.4 | 1:26:17.87 | +20:15.49 | |
| 25 | 1647 | SMITH, Zach | SPRINGFIELD MO | 8:51.570 | 2:00.8 | 2:46.700 | | 51:38.730 | 16.3 | 1:11.840 | | 22:05.880 | 7:22.0 | 1:26:34.72 | +20:32.34 | |
| 26 | 1661 | STANEK, Jeremy | COLUMBIA MO | 9:58.320 | 2:16.0 | 1:26.960 | | 48:54.610 | 17.2 | 0:54.720 | | 25:20.180 | 8:26.7 | 1:26:34.79 | +20:32.41 | |
| 27 | 1765 | YOUNG, Christopher | KANSAS CITY MO | 10:41.900 | 2:25.9 | 1:23.590 | | 49:33.960 | 16.9 | 1:12.620 | | 24:59.100 | 8:19.7 | 1:27:51.17 | +21:48.79 | |
| 28 | 1670 | STIFF, Todd | KANSAS CITY MO | 9:50.030 | 2:14.1 | 1:22.380 | | 48:12.610 | 17.4 | 1:42.060 | | 26:56.150 | 8:58.7 | 1:28:03.23 | +22:00.85 | |
| 29 | 1705 | TRAPP, Kevin | SAINT LOUIS MO | 11:35.530 | 2:38.1 | 1:25.510 | | 51:34.600 | 16.3 | 1:34.000 | | 22:09.620 | 7:23.2 | 1:28:19.26 | +22:16.88 | |
| 30 | 1707 | TUCKING, John | LAWSON MO | 10:35.210 | 2:24.4 | 1:48.370 | | 53:54.590 | 15.6 | 0:57.820 | | 21:25.030 | 7:08.3 | 1:28:41.02 | +22:38.64 | |
| 31 | 1230 | FLANDERMEYER, Sean | BLUE SPRINGS MO | 11:45.400 | 2:40.3 | 1:34.040 | | 51:50.970 | 16.2 | 1:05.630 | | 24:22.370 | 8:07.5 | 1:30:38.41 | +24:36.03 | |
| 32 | 1372 | KERBER, Michael | ST LOUIS MO | 8:58.120 | 2:02.3 | 4:45.600 | | 53:57.150 | 15.6 | 1:11.730 | | 22:41.810 | 7:33.9 | 1:31:34.41 | +25:32.03 | |
| 33 | 1097 | BUNCH, Matt | ARNOLD MO | 9:45.060 | 2:13.0 | 2:07.460 | | 54:16.470 | 15.5 | 1:58.910 | | 24:44.490 | 8:14.8 | 1:32:52.39 | +26:50.01 | |
| 34 | 1667 | STEIN, Andy | ST LOUIS MO | 8:30.490 | 1:56.0 | 3:40.550 | | 53:21.600 | 15.7 | 1:59.580 | | 26:06.210 | 8:42.1 | 1:33:38.43 | +27:36.05 | |
| 35 | 1760 | WOOLLEY, Matthew | CLAYTON MO | 10:02.900 | 2:17.0 | 1:58.680 | | 50:18.430 | 16.7 | 1:04.770 | | 31:09.400 | 10:23.1 | 1:34:34.18 | +28:31.80 | |
| 36 | 1215 | FARAG, Mike | OLATHE KS | 10:00.890 | 2:16.6 | 2:33.330 | | 48:44.120 | 17.2 | 3:17.360 | | 31:48.070 | 10:36.0 | 1:36:23.77 | +30:21.39 | |
| 37 | 1136 | COATS, Walter | COLUMBIA MO | 11:24.870 | 2:35.7 | 2:07.540 | | 56:56.090 | 14.8 | 0:46.430 | | 25:12.070 | 8:24.0 | 1:36:27.00 | +30:24.62 | |
| 38 | 1446 | MCDANIEL, Chris | KANSAS CITY MO | 10:06.230 | 2:17.8 | 1:50.560 | | 1:03:09.620 | 13.3 | 3:05.210 | | 23:35.500 | 7:51.8 | 1:41:47.12 | +35:44.74 | |
| 39 | 1234 | FLYNN, Patrick | COLUMBIA MO | 11:18.550 | 2:34.2 | 2:52.530 | | 59:54.150 | 14.0 | 1:43.730 | | 26:28.110 | 8:49.4 | 1:42:17.07 | +36:14.69 | |
| 40 | 1264 | GILMORE, Brandon | SPRINGFIELD MO | 17:33.590 | 3:59.5 | 3:01.840 | | 57:31.560 | 14.6 | 1:47.980 | | 33:03.390 | 11:01.1 | 1:52:58.36 | +46:55.98 | |
| 41 | 1563 | PURINTON, Randy | OVERLAND PARK KS | 14:56.160 | 3:23.7 | 2:59.070 | | 1:03:17.960 | 13.3 | 1:11.050 | | 30:53.320 | 10:17.8 | 1:53:17.56 | +47:15.18 | |
| 42 | 1758 | WOODS, Brad | ROLLA MO | 21:42.490 | 4:56.0 | 2:58.630 | | 1:19:40.220 | 10.5 | 2:21.740 | | 29:39.970 | 9:53.3 | 2:16:23.05 | +1:10:20.67 | |

Division: M_35-39

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|-----------------|----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1511 | ORR, Jay | ST LOUIS MO | 8:00.990 | 1:49.3 | 0:34.570 | | 37:08.230 | 22.6 | 0:31.920 | | 16:49.330 | 5:36.4 | 1:03:05.04 | 0:00.00 | |
| 2 | 1580 | RIGDON, Tony | COLUMBIA MO | 8:02.170 | 1:49.6 | 0:34.460 | | 38:07.180 | 22.0 | 0:32.400 | | 18:20.040 | 6:06.7 | 1:05:36.25 | +2:31.21 | |
| 3 | 1398 | KUNTZ, Jared | INDEPENDENCE MO | 6:48.100 | 1:32.8 | 1:16.290 | | 37:08.230 | 22.6 | 1:06.840 | | 19:47.760 | 6:35.9 | 1:06:07.22 | +3:02.18 | |
| 4 | 1175 | DELGADO, Danny | ST CHARLES IL | 7:13.220 | 1:38.5 | 0:36.540 | | 40:12.430 | 20.9 | 0:34.520 | | 18:55.800 | 6:18.6 | 1:07:32.51 | +4:27.47 | |
| 5 | 1155 | CROLEY, Trevor | SPRINGFIELD MO | 7:07.440 | 1:37.1 | 0:44.480 | | 40:24.590 | 20.8 | 0:44.890 | | 18:43.640 | 6:14.5 | 1:07:45.04 | +4:40.00 | |
| 6 | 1807 | LANGLEY, Spencer | ST LOUIS MO | 7:30.880 | 1:42.5 | 1:04.060 | | 39:14.160 | 21.4 | 0:59.590 | | 19:40.670 | 6:33.6 | 1:08:29.36 | +5:24.32 | |
| 7 | 1750 | WOLF, Geoff | ST LOUIS MO | 7:49.220 | 1:46.6 | 0:44.350 | | 39:12.160 | 21.4 | 0:49.780 | | 20:45.180 | 6:55.1 | 1:09:20.69 | +6:15.65 | |
| 8 | 1174 | DEL VECCHIO, Jeff | SPRINGFIELD MO | 9:07.950 | 2:04.5 | 1:23.360 | | 38:38.420 | 21.7 | 1:02.550 | | 20:02.000 | 6:40.7 | 1:10:14.28 | +7:09.24 | |
| 9 | 1167 | DAVIS, Mike | QUINCY IL | 7:54.790 | 1:47.9 | 0:33.770 | | 39:49.790 | 21.1 | 0:39.510 | | 21:21.390 | 7:07.1 | 1:10:19.25 | +7:14.21 | |
| 10 | 1327 | HOLLAND, Jason | SPRINGFIELD MO | 7:58.340 | 1:48.7 | 0:53.730 | | 39:35.030 | 21.2 | 0:56.930 | | 21:48.860 | 7:16.3 | 1:11:12.89 | +8:07.85 | |
| 11 | 1192 | DUNAFON, Cameron | COLUMBIA MO | 8:10.030 | 1:51.4 | 1:24.780 | | 40:39.610 | 20.7 | 1:32.370 | | 20:26.540 | 6:48.8 | 1:12:13.33 | +9:08.29 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_35-39 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------------|---------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 12 | 1123 | CASH, John | WASHINGTON MO | 9:19.770 | 2:07.2 | 1:26.060 | | 40:14.800 | 20.9 | 1:13.530 | | 20:04.630 | 6:41.5 | 1:12:18.79 | +9:13.75 | |
| 13 | 1359 | KAELIN, Derek | SPRINGFIELD MO | 8:40.150 | 1:58.2 | 1:15.200 | | 39:25.940 | 21.3 | 1:12.030 | | 22:24.300 | 7:28.1 | 1:12:57.62 | +9:52.58 | |
| 14 | 1741 | WIDZER, Matt | COLUMBIA MO | 9:40.440 | 2:11.9 | 0:40.700 | | 42:00.230 | 20.0 | 0:33.450 | | 20:25.890 | 6:48.6 | 1:13:20.71 | +10:15.67 | |
| 15 | 1755 | WOOD, Brad | GLENDALE MO | 8:26.730 | 1:55.2 | 0:56.490 | | 41:14.520 | 20.4 | 1:14.340 | | 21:40.210 | 7:13.4 | 1:13:32.29 | +10:27.25 | |
| 16 | 1148 | CORDERO, Patricio | O FALLON MO | 8:51.960 | 2:00.9 | 1:11.700 | | 41:51.670 | 20.1 | 1:10.680 | | 20:45.080 | 6:55.0 | 1:13:51.09 | +10:46.05 | |
| 17 | 1285 | HALL, Rick | ST LOUIS MO | 8:48.690 | 2:00.2 | 1:43.460 | | 40:25.150 | 20.8 | 1:19.700 | | 22:07.290 | 7:22.4 | 1:14:24.29 | +11:19.25 | |
| 18 | 1053 | BENIGNO, Christopher | WILDWOOD MO | 8:27.450 | 1:55.3 | 0:52.140 | | 43:24.250 | 19.4 | 0:45.730 | | 21:23.470 | 7:07.8 | 1:14:53.04 | +11:48.00 | |
| 19 | 1522 | PATEK, Jewell | RUSSELLVILLE MO | 9:06.280 | 2:04.2 | 2:37.540 | | 42:57.530 | 19.6 | 1:17.480 | | 19:27.650 | 6:29.2 | 1:15:26.48 | +12:21.44 | |
| 20 | 1780 | FULBRIGHT, Matthew | KIRKWOOD MO | 8:41.840 | 1:58.6 | 1:27.460 | | 43:16.530 | 19.4 | 0:40.450 | | 21:50.940 | 7:17.0 | 1:15:57.22 | +12:52.18 | |
| 21 | 1432 | MANCZUK, Ryan | MARYLAND HEIGHTS MO | 9:14.140 | 2:05.9 | 2:03.840 | | 39:54.030 | 21.1 | 2:11.150 | | 23:27.890 | 7:49.3 | 1:16:51.05 | +13:46.01 | |
| 22 | 1652 | SMITH, Troy | INDEPENDENCE MO | 11:29.790 | 2:36.8 | 1:33.760 | | 41:33.670 | 20.2 | 1:21.100 | | 21:20.060 | 7:06.7 | 1:17:18.38 | +14:13.34 | |
| 23 | 1698 | EARTH | Matt Thurmon | 11:09.250 | 2:32.1 | 0:45.140 | | 44:23.300 | 18.9 | 0:49.960 | | 20:53.130 | 6:57.7 | 1:18:00.78 | +14:55.74 | |
| 24 | 1378 | KIM, Bum Yong | SAINT LOUIS MO | 9:54.930 | 2:15.2 | 2:10.270 | | 43:27.600 | 19.3 | 1:03.700 | | 21:59.520 | 7:19.8 | 1:18:36.02 | +15:30.98 | |
| 25 | 1258 | GIDDINGS, Jay | COLUMBIA MO | 10:31.730 | 2:23.6 | 1:14.120 | | 45:39.590 | 18.4 | 1:48.830 | | 21:38.800 | 7:12.9 | 1:20:53.07 | +17:48.03 | |
| 26 | 1653 | SMITH, Troy | WILLARD MO | 10:40.500 | 2:25.6 | 1:36.600 | | 45:34.890 | 18.4 | 1:14.090 | | 22:04.900 | 7:21.6 | 1:21:10.98 | +18:05.94 | |
| 27 | 1459 | MCWILLIAMS, Mark | KANSAS CITY MO | 10:40.790 | 2:25.6 | 1:33.860 | | 45:54.070 | 18.3 | 2:18.210 | | 20:49.980 | 6:56.7 | 1:21:16.91 | +18:11.87 | |
| 28 | 1013 | ALLEN, Michael | WENTZVILLE MO | 10:44.930 | 2:26.6 | 2:46.820 | | 45:23.240 | 18.5 | 1:33.600 | | 20:49.490 | 6:56.5 | 1:21:18.08 | +18:13.04 | |
| 29 | 1539 | PERULFI, James | MARYVILLE IL | 8:58.340 | 2:02.4 | 2:06.470 | | 48:37.600 | 17.3 | 2:01.980 | | 20:14.630 | 6:44.9 | 1:21:59.02 | +18:53.98 | |
| 30 | 1785 | HENDERSON, Mitchell | COLUMBIA MO | 8:34.830 | 1:57.0 | 1:56.710 | | 47:52.050 | 17.6 | 1:41.570 | | 22:14.460 | 7:24.8 | 1:22:19.62 | +19:14.58 | |
| 31 | 1214 | FANNIN, Daniel | SPRINGFIELD MO | 10:57.860 | 2:29.5 | 1:05.230 | | 44:38.590 | 18.8 | 1:49.040 | | 23:52.830 | 7:57.6 | 1:22:23.55 | +19:18.51 | |
| 32 | 1565 | RABENAU, Tex | COOK STATION MO | 9:40.720 | 2:12.0 | 1:33.990 | | 45:42.350 | 18.4 | 1:27.730 | | 24:21.040 | 8:07.0 | 1:22:45.83 | +19:40.79 | |
| 33 | 1543 | PETRO, Stephen | WENTZVILLE MO | 9:12.520 | 2:05.6 | 1:38.130 | | 46:20.930 | 18.1 | 1:28.330 | | 24:12.720 | 8:04.2 | 1:22:52.63 | +19:47.59 | |
| 34 | 1186 | DIXON, Ross | COLUMBIA MO | 10:02.310 | 2:16.9 | 1:11.990 | | 47:43.370 | 17.6 | 1:47.290 | | 22:58.090 | 7:39.4 | 1:23:43.05 | +20:38.01 | |
| 35 | 1749 | WINKELER, Anthony | O FALLON MO | 9:57.040 | 2:15.7 | 0:57.360 | | 48:04.730 | 17.5 | 1:12.490 | | 23:31.550 | 7:50.5 | 1:23:43.17 | +20:38.13 | |
| 36 | 1296 | HARPOLE, Gary | NEBO IL | 10:16.790 | 2:20.2 | 1:19.050 | | 47:33.080 | 17.7 | 1:17.040 | | 24:07.050 | 8:02.4 | 1:24:33.01 | +21:27.97 | |
| 37 | 1474 | MONTIE, Mathew | COLUMBIA MO | 10:02.220 | 2:16.9 | 2:25.490 | | 47:23.380 | 17.7 | 0:47.250 | | 24:30.910 | 8:10.3 | 1:25:09.25 | +22:04.21 | |
| 38 | 1208 | ELLIOTT, Ryan | FENTON MO | 11:51.310 | 2:41.7 | 1:21.960 | | 48:15.160 | 17.4 | 1:06.040 | | 23:07.850 | 7:42.6 | 1:25:42.32 | +22:37.28 | |
| 39 | 1658 | SNIDER, Kenneth | LOCKWOOD MO | 11:30.390 | 2:36.9 | 1:29.380 | | 49:14.090 | 17.1 | 1:22.890 | | 22:23.900 | 7:28.0 | 1:26:00.65 | +22:55.61 | |
| 40 | 1712 | VAN RONZELEN, Tim | JEFFERSON CITY MO | 10:01.630 | 2:16.7 | 1:27.800 | | 51:21.350 | 16.4 | 1:11.520 | | 25:44.050 | 8:34.7 | 1:29:46.35 | +26:41.31 | |
| 41 | 1599 | RYAN, Goddard | GORDONVILLE MO | 10:44.250 | 2:26.4 | 1:14.500 | | 51:38.740 | 16.3 | 0:30.340 | | 25:53.860 | 8:38.0 | 1:30:01.69 | +26:56.65 | |
| 42 | 1495 | NEUBAUER, Axel | SAVANNAH MO | 10:14.980 | 2:19.8 | 2:21.150 | | 53:00.000 | 15.8 | 1:56.400 | | 23:53.530 | 7:57.8 | 1:31:26.06 | +28:21.02 | |
| 43 | 1690 | TAYLOR, Christopher | WILDWOOD MO | 10:59.750 | 2:29.9 | 2:51.160 | | 48:53.210 | 17.2 | 1:37.850 | | 27:23.970 | 9:08.0 | 1:31:45.94 | +28:40.90 | |
| 44 | 1133 | CLEMENTS, David | COLUMBIA MO | 11:07.750 | 2:31.8 | 2:46.180 | | 50:59.120 | 16.5 | 1:47.750 | | 26:05.230 | 8:41.7 | 1:32:46.03 | +29:40.99 | |
| 45 | 1467 | MILLER, Darin | SPRINGFIELD MO | 11:07.920 | 2:31.8 | 2:32.930 | | 55:06.360 | 15.2 | 1:33.460 | | 26:22.980 | 8:47.7 | 1:36:43.65 | +33:38.61 | |
| 46 | 1787 | PUSATERI, Vincente | LAKE ST LOUIS MO | 13:29.470 | 3:04.0 | 2:26.340 | | 49:54.720 | 16.8 | 1:17.500 | | 30:43.420 | 10:14.5 | 1:37:51.45 | +34:46.41 | |
| 47 | 1391 | KOLENIKOV, Stas | COLUMBIA MO | 12:13.640 | 2:46.7 | 5:39.840 | | 51:07.610 | 16.4 | 3:07.720 | | 28:59.810 | 9:39.9 | 1:41:08.62 | +38:03.58 | |
| 48 | 1212 | FALES, Roger | COLUMBIA MO | 11:21.250 | 2:34.8 | 3:48.190 | | 1:06:02.030 | 12.7 | 1:44.210 | | 25:32.940 | 8:31.0 | 1:48:28.62 | +45:23.58 | |
| 49 | 1656 | SMOTHERS, Jason | POPLAR BLUFF MO | 11:32.770 | 2:37.4 | 4:11.300 | | 1:00:16.500 | 13.9 | 1:55.140 | | 31:53.910 | 10:38.0 | 1:49:49.62 | +46:44.58 | |
| 50 | 1209 | ERVIN, John | HERMANN MO | 13:30.990 | 3:04.3 | 4:02.330 | | 1:08:48.510 | 12.2 | 1:37.030 | | 27:42.010 | 9:14.0 | 1:55:40.87 | +52:35.83 | |
| 51 | 1294 | HANNER, Roger | POPLAR BLUFF MO | 15:49.930 | 3:35.9 | 3:24.410 | | 1:03:04.000 | 13.3 | 2:32.490 | | 39:42.440 | 13:14.1 | 2:04:33.27 | +1:01:28.23 | |
| 52 | 1567 | RASCO, Bryan | ROLLA MO | 17:08.980 | 3:53.9 | 5:55.480 | | 1:06:00.240 | 12.7 | 2:21.380 | | 36:13.320 | 12:04.4 | 2:07:39.40 | +1:04:34.36 | |

Division: M_40-44

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------|-------------------|----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|----------|------|
| 1 | 1703 | TOPASH, Bryan | COLUMBIA MO | 7:17.750 | 1:39.5 | 0:35.320 | | 36:49.840 | 22.8 | 0:50.180 | | 17:23.400 | 5:47.8 | 1:02:56.49 | 0:00.00 | |
| 2 | 1143 | CONWAY, Tim | WEBSTER GROVES MO | 7:15.210 | 1:38.9 | 0:26.710 | | 38:00.950 | 22.1 | 0:57.890 | | 18:35.730 | 6:11.9 | 1:05:16.49 | +2:20.00 | |
| 3 | 1795 | BRINKER, Tom | COLUMBIA MO | 8:47.810 | 2:00.0 | 0:51.980 | | 35:01.230 | 24.0 | 1:13.640 | | 20:36.650 | 6:52.2 | 1:06:31.31 | +3:34.82 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_40-44 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------------|-------------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|-----------|------|
| 4 | 1777 | EARNEST, Brad | COLUMBIA MO | 8:25.080 | 1:54.8 | 0:41.050 | | 38:13.940 | 22.0 | 0:40.270 | | 18:37.790 | 6:12.6 | 1:06:38.13 | +3:41.64 | |
| 5 | 1654 | SMITH, Allyn | ST JOSEPH MO | 8:40.960 | 1:58.4 | 0:38.910 | | 38:23.300 | 21.9 | 0:46.060 | | 18:53.210 | 6:17.7 | 1:07:22.44 | +4:25.95 | |
| 6 | 1049 | BECHTOLD, Joe | COLUMBIA MO | 7:09.920 | 1:37.7 | 0:40.040 | | 40:08.620 | 20.9 | 1:03.700 | | 18:32.800 | 6:10.9 | 1:07:35.08 | +4:38.59 | |
| 7 | 1738 | WHITEHEAD, Rob | OFALLON MO | 7:41.570 | 1:44.9 | 0:20.540 | | 41:03.900 | 20.5 | 0:31.830 | | 18:44.420 | 6:14.8 | 1:08:22.26 | +5:25.77 | |
| 8 | 1590 | ROSENTHAL, Tommy | CLAYTON MO | 9:00.760 | 2:02.9 | 1:59.880 | | 41:22.670 | 20.3 | 1:15.730 | | 18:50.320 | 6:16.8 | 1:12:29.36 | +9:32.87 | |
| 9 | 1464 | MILES, Michael | BALLWIN MO | 9:18.780 | 2:07.0 | 1:10.640 | | 41:35.660 | 20.2 | 1:09.310 | | 20:06.240 | 6:42.1 | 1:13:20.63 | +10:24.14 | |
| 10 | 1203 | EDWARDS, Ken | SPRINGFIELD MO | 8:08.470 | 1:51.0 | 1:21.380 | | 42:09.940 | 19.9 | 0:48.830 | | 21:47.770 | 7:15.9 | 1:14:16.39 | +11:19.90 | |
| 11 | 1134 | CLERVI, Matthew | COLUMBIA MO | 7:44.060 | 1:45.5 | 1:22.340 | | 43:56.730 | 19.1 | 0:59.430 | | 20:56.210 | 6:58.7 | 1:14:58.77 | +12:02.28 | |
| 12 | 1390 | KOERPERICH, Michael | HIAWATHA KS | 10:30.280 | 2:23.2 | 0:32.560 | | 41:14.050 | 20.4 | 0:42.200 | | 22:23.000 | 7:27.7 | 1:15:22.09 | +12:25.60 | |
| 13 | 1547 | PIPER, Joe | COLUMBIA MO | 9:43.970 | 2:12.7 | 1:08.020 | | 40:54.170 | 20.5 | 0:58.280 | | 22:41.620 | 7:33.9 | 1:15:26.06 | +12:29.57 | |
| 14 | 1269 | GOGEL, Michael | JEFFERSON CITY MO | 9:04.130 | 2:03.7 | 1:01.480 | | 42:28.170 | 19.8 | 1:18.810 | | 22:12.510 | 7:24.2 | 1:16:05.10 | +13:08.61 | |
| 15 | 1355 | JONES, Lenny | ST LOUIS MO | 8:38.310 | 1:57.8 | 1:28.750 | | 43:28.620 | 19.3 | 1:11.160 | | 22:14.080 | 7:24.7 | 1:17:00.92 | +14:04.43 | |
| 16 | 1430 | MALLOW, Todd | SPRINGFIELD MO | 9:14.470 | 2:06.0 | 1:12.130 | | 45:26.420 | 18.5 | 1:29.930 | | 20:41.800 | 6:53.9 | 1:18:04.75 | +15:08.26 | |
| 17 | 1337 | HUGHES, Casey | JEFFERSON CITY MO | 9:57.330 | 2:15.8 | 1:40.910 | | 45:14.410 | 18.6 | 1:22.140 | | 21:28.670 | 7:09.6 | 1:19:43.46 | +16:46.97 | |
| 18 | 1485 | MORT, Terry | SAINT LOUIS MO | 9:41.670 | 2:12.2 | 1:24.550 | | 47:57.490 | 17.5 | 0:54.670 | | 20:28.240 | 6:49.4 | 1:20:26.62 | +17:30.13 | |
| 19 | 1675 | STOVER, Jeff | ROLLA MO | 8:47.820 | 2:00.0 | 1:30.560 | | 45:22.300 | 18.5 | 1:21.370 | | 23:27.460 | 7:49.2 | 1:20:29.51 | +17:33.02 | |
| 20 | 1764 | YEARLY, Steve | KANSAS CITY MO | 9:03.550 | 2:03.5 | 1:41.900 | | 44:04.360 | 19.1 | 1:15.980 | | 24:38.520 | 8:12.8 | 1:20:44.31 | +17:47.82 | |
| 21 | 1685 | TALLEY, Darin | SADDLEBROOKE MO | 9:54.630 | 2:15.1 | 1:38.670 | | 45:38.580 | 18.4 | 1:54.190 | | 21:52.560 | 7:17.5 | 1:20:58.63 | +18:02.14 | |
| 22 | 1633 | SHERN, Kyle | COLUMBIA MO | 10:26.350 | 2:22.4 | 1:45.610 | | 46:08.890 | 18.2 | 1:04.010 | | 21:42.820 | 7:14.3 | 1:21:07.68 | +18:11.19 | |
| 23 | 1535 | PEREZ, Francisco | SAINT LOUIS MO | 10:10.910 | 2:18.8 | 1:21.450 | | 45:05.500 | 18.6 | 1:18.350 | | 23:50.020 | 7:56.7 | 1:21:46.23 | +18:49.74 | |
| 24 | 1037 | BARR, Dave | CARLINVILLE IL | 11:04.170 | 2:30.9 | 0:56.390 | | 45:13.280 | 18.6 | 1:05.290 | | 23:42.430 | 7:54.1 | 1:22:01.56 | +19:05.07 | |
| 25 | 1437 | MARTIN, Robert E | COLUMBIA MO | 10:57.120 | 2:29.3 | 1:52.500 | | 45:27.500 | 18.5 | 0:54.870 | | 22:49.810 | 7:36.6 | 1:22:01.80 | +19:05.31 | |
| 26 | 1555 | POPP, Rusty | BLUE SPRINGS MO | 9:57.790 | 2:15.9 | 2:08.810 | | 46:08.430 | 18.2 | 1:18.100 | | 22:30.760 | 7:30.3 | 1:22:03.89 | +19:07.40 | |
| 27 | 1255 | GARVEY, Tim | SAINT JOSEPH MO | 10:31.250 | 2:23.5 | 1:37.550 | | 47:13.550 | 17.8 | 1:42.370 | | 21:02.660 | 7:00.9 | 1:22:07.38 | +19:10.89 | |
| 28 | 1530 | PELLIGREEN, Lee | SAINT LOUIS MO | 10:02.390 | 2:16.9 | 1:55.710 | | 46:43.530 | 18.0 | 1:09.370 | | 22:37.110 | 7:32.4 | 1:22:28.11 | +19:31.62 | |
| 29 | 1161 | DARNELL, Darren | O FALLON MO | 9:26.080 | 2:08.7 | 0:47.020 | | 45:45.400 | 18.4 | 1:55.330 | | 24:50.570 | 8:16.9 | 1:22:44.40 | +19:47.91 | |
| 30 | 1556 | PORTNOY, Kristopher | CHESTERFIELD MO | 8:45.230 | 1:59.4 | 1:01.880 | | 48:21.430 | 17.4 | 0:46.620 | | 23:52.170 | 7:57.4 | 1:22:47.33 | +19:50.84 | |
| 31 | 1076 | BRAKHANE, Mark | ROCHEPORT MO | 10:24.270 | 2:21.9 | 1:43.840 | | 46:38.640 | 18.0 | 1:50.970 | | 23:19.390 | 7:46.5 | 1:23:57.11 | +21:00.62 | |
| 32 | 1162 | DATEMA, Richard | SPRINGFIELD MO | 11:48.780 | 2:41.1 | 2:40.840 | | 43:48.100 | 19.2 | 2:10.990 | | 23:50.620 | 7:56.9 | 1:24:19.33 | +21:22.84 | |
| 33 | 1253 | GARRETT, Bill | WILDWOOD MO | 9:11.880 | 2:05.4 | 2:10.440 | | 49:46.500 | 16.9 | 1:30.070 | | 22:42.370 | 7:34.1 | 1:25:21.26 | +22:24.77 | |
| 34 | 1657 | SMYTH, Tim | COLUMBIA MO | 10:20.240 | 2:21.0 | 2:56.430 | | 47:25.700 | 17.7 | 1:52.220 | | 22:55.230 | 7:38.4 | 1:25:29.82 | +22:33.33 | |
| 35 | 1683 | SWEETWOOD, Matthew | COLUMBIA MO | 9:03.360 | 2:03.5 | 2:32.050 | | 51:26.050 | 16.3 | 0:49.750 | | 21:43.940 | 7:14.6 | 1:25:35.15 | +22:38.66 | |
| 36 | 1330 | HORNBERGER, Jack | CHESTERFIELD MO | 10:34.780 | 2:24.3 | 2:12.570 | | 49:05.010 | 17.1 | 1:42.330 | | 22:49.080 | 7:36.4 | 1:26:23.77 | +23:27.28 | |
| 37 | 1743 | WILLIAMS, Mike | ST ROBERT MO | 9:24.940 | 2:08.4 | 2:52.060 | | 50:41.470 | 16.6 | 2:15.740 | | 21:29.440 | 7:09.8 | 1:26:43.65 | +23:47.16 | |
| 38 | 1626 | SHANNON, Chris | ST CHARLES MO | 11:29.290 | 2:36.7 | 4:22.040 | | 48:12.480 | 17.4 | 1:44.940 | | 21:47.790 | 7:15.9 | 1:27:36.54 | +24:40.05 | |
| 39 | 1407 | LARSON, Kurt | SPRINGFIELD MO | 11:20.920 | 2:34.8 | 2:25.920 | | 48:37.160 | 17.3 | 1:24.420 | | 24:30.570 | 8:10.2 | 1:28:18.99 | +25:22.50 | |
| 40 | 1113 | CANNOVA, Joseph | LEAWOOD KS | 12:22.070 | 2:48.7 | 1:23.200 | | 48:21.530 | 17.4 | 1:34.570 | | 24:56.850 | 8:19.0 | 1:28:38.22 | +25:41.73 | |
| 41 | 1132 | CLEM, Robert | ST LOUIS MO | 9:29.440 | 2:09.4 | 2:07.520 | | 49:57.850 | 16.8 | 1:34.580 | | 26:05.460 | 8:41.8 | 1:29:14.85 | +26:18.36 | |
| 42 | 1564 | PUSATERI, Salvatore | CHESTERFIELD MO | 11:14.180 | 2:33.2 | 1:30.130 | | 47:46.620 | 17.6 | 1:39.450 | | 28:38.960 | 9:33.0 | 1:30:49.34 | +27:52.85 | |
| 43 | 1205 | EICHENMUELLER, Bernd | ST JOSEPH MO | 11:10.760 | 2:32.4 | 2:24.630 | | 49:55.900 | 16.8 | 1:04.420 | | 26:25.330 | 8:48.4 | 1:31:01.04 | +28:04.55 | |
| 44 | 1417 | LITTLE, Stacy | WENTZVILLE MO | 13:18.330 | 3:01.4 | 2:32.410 | | 51:26.410 | 16.3 | 1:59.760 | | 23:51.210 | 7:57.1 | 1:33:08.12 | +30:11.63 | |
| 45 | 1322 | HOEY, Brian | ASHLAND MO | 9:04.290 | 2:03.7 | 3:11.370 | | 51:27.520 | 16.3 | 1:27.360 | | 28:14.600 | 9:24.9 | 1:33:25.14 | +30:28.65 | |
| 46 | 1533 | PEREGOY, Jim | COLUMBIA MO | 11:09.940 | 2:32.3 | 4:34.620 | | 50:24.870 | 16.7 | 1:57.330 | | 26:01.160 | 8:40.4 | 1:34:07.92 | +31:11.43 | |
| 47 | 1669 | STEVENS, Rodney | COLUMBIA MO | 10:39.010 | 2:25.2 | 2:20.340 | | 54:05.670 | 15.5 | 1:46.670 | | 26:05.690 | 8:41.9 | 1:34:57.38 | +32:00.89 | |
| 48 | 1146 | COOVERT, Sander | ST LOUIS MO | 9:30.390 | 2:09.6 | 2:52.220 | | 55:02.010 | 15.3 | 2:41.100 | | 29:57.100 | 9:59.0 | 1:40:02.82 | +37:06.33 | |
| 49 | 1722 | WALKER, Andy | JEFFERSON CITY MO | 12:18.010 | 2:47.7 | 3:37.200 | | 56:05.300 | 15.0 | 1:37.780 | | 27:04.520 | 9:01.5 | 1:40:42.81 | +37:46.32 | |
| 50 | 1461 | METZGER, Joseph | ST CHARLES MO | 12:22.830 | 2:48.8 | 2:32.240 | | 54:21.490 | 15.4 | 2:55.200 | | 29:05.980 | 9:42.0 | 1:41:17.74 | +38:21.25 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_40-44 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------|--------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 51 | 1343 | JACOBS, Roy | ROLLA MO | 13:58.510 | 3:10.6 | | | 1:04:15.260 | 13.1 | | | 29:14.820 | 9:44.9 | 1:48:23.54 | +45:27.05 | |
| 52 | 1008 | AGUILAR, Dave | COLUMBIA MO | 13:59.040 | 3:10.7 | 4:04.080 | | 59:57.580 | 14.0 | 2:09.640 | | 28:37.070 | 9:32.4 | 1:48:47.41 | +45:50.92 | |
| 53 | 1576 | REZNICEK, Jim | ST LOUIS MO | 19:08.730 | 4:21.1 | 3:06.100 | | 1:00:47.710 | 13.8 | 2:06.820 | | 24:51.820 | 8:17.3 | 1:50:01.18 | +47:04.69 | |
| 54 | 1711 | VALLEY, Mike | COLUMBIA MO | 10:01.010 | 2:16.6 | 3:46.890 | | 1:03:35.160 | 13.2 | 2:35.840 | | 32:12.840 | 10:44.3 | 1:52:11.74 | +49:15.25 | |
| 55 | 1401 | LADY, Scott | WILDWOOD MO | 14:39.870 | 3:20.0 | 6:03.310 | | 1:22:41.500 | 10.2 | 0:54.020 | | 44:30.890 | 14:50.3 | 2:28:49.59 | +1:25:53.10 | |

Division: M_45-49

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------------|--------------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1341 | IRGENS, Leif | WEBSTER GROVES MO | 9:31.820 | 2:10.0 | 1:12.590 | | 39:16.400 | 21.4 | 0:25.910 | | 18:45.400 | 6:15.1 | 1:09:12.12 | 0:00.00 | |
| 2 | 1701 | TOMICKI, Tomasz | COLUMBIA MO | 7:51.290 | 1:47.1 | 0:30.920 | | 40:12.850 | 20.9 | 0:34.540 | | 20:24.840 | 6:48.3 | 1:09:34.44 | 0:22.32 | |
| 3 | 1499 | NOKES, David | REPUBLIC MO | 9:07.220 | 2:04.4 | 0:59.110 | | 40:00.890 | 21.0 | 0:39.650 | | 18:57.950 | 6:19.3 | 1:09:44.82 | 0:32.70 | |
| 4 | 1668 | STEPHENS, Gregg | OLATHE KS | 8:45.200 | 1:59.4 | 1:18.490 | | 38:32.690 | 21.8 | 0:56.300 | | 21:33.220 | 7:11.1 | 1:11:05.90 | +1:53.78 | |
| 5 | 1231 | FLEMING, Eric | QUINCY IL | 9:20.270 | 2:07.3 | 0:39.260 | | 41:19.060 | 20.3 | 0:44.460 | | 20:13.910 | 6:44.6 | 1:12:16.96 | +3:04.84 | |
| 6 | 1110 | CAMPBELL, Greg | COLUMBIA MO | 10:20.070 | 2:20.9 | 1:18.440 | | 38:46.980 | 21.7 | 0:49.690 | | 22:14.460 | 7:24.8 | 1:13:29.64 | +4:17.52 | |
| 7 | 1716 | VELLEK, Mark | COLUMBIA MO | 9:27.800 | 2:09.0 | 1:04.810 | | 40:45.240 | 20.6 | 0:39.960 | | 21:43.250 | 7:14.4 | 1:13:41.06 | +4:28.94 | |
| 8 | 1369 | KEMPENAR, John | OLATHE KS | 9:35.060 | 2:10.7 | 0:53.210 | | 41:55.700 | 20.0 | 0:42.380 | | 20:35.270 | 6:51.8 | 1:13:41.62 | +4:29.50 | |
| 9 | 1613 | SCHON, Paul | CRESTWOOD MO | 9:16.390 | 2:06.5 | 0:41.600 | | 42:15.130 | 19.9 | 0:35.200 | | 21:12.240 | 7:04.1 | 1:14:00.56 | +4:48.44 | |
| 10 | 1404 | LANE, Patrick | QUINCY IL | 8:49.950 | 2:00.4 | 0:45.000 | | 42:58.980 | 19.5 | 0:47.640 | | 20:50.860 | 6:57.0 | 1:14:12.43 | +5:00.31 | |
| 11 | 1542 | PETERSON, Scott | KANSAS CITY MO | 10:57.210 | 2:29.4 | 0:33.430 | | 41:24.620 | 20.3 | 0:28.120 | | 20:55.170 | 6:58.4 | 1:14:18.55 | +5:06.43 | |
| 12 | 1141 | COLLINS, Kevin | HIAWATHA KS | 10:25.630 | 2:22.2 | 0:50.600 | | 41:11.080 | 20.4 | 0:29.660 | | 22:21.520 | 7:27.2 | 1:15:18.49 | +6:06.37 | |
| 13 | 1424 | LUCY, Matt | COLUMBIA MO | 7:46.740 | 1:46.1 | 0:44.650 | | 45:50.540 | 18.3 | 0:47.120 | | 20:56.130 | 6:58.7 | 1:16:05.18 | +6:53.06 | |
| 14 | 1420 | LOCKE, Gary | ROGERSVILLE MO | 10:10.260 | 2:18.7 | 1:09.470 | | 43:41.100 | 19.2 | 1:28.280 | | 22:04.030 | 7:21.3 | 1:18:33.14 | +9:21.02 | |
| 15 | 1095 | BUESCHER, Keith | SPRINGFIELD IL | 11:30.920 | 2:37.0 | 0:49.470 | | 41:47.740 | 20.1 | 1:01.670 | | 23:45.360 | 7:55.1 | 1:18:55.16 | +9:43.04 | |
| 16 | 1619 | SEABAUGH, Michael T | ST LOUIS MO | 9:28.370 | 2:09.2 | 1:49.340 | | 42:39.760 | 19.7 | 1:02.870 | | 24:16.370 | 8:05.5 | 1:19:16.71 | +10:04.59 | |
| 17 | 1021 | ATKINSON, Scott | SPRINGFIELD MO | 9:29.330 | 2:09.4 | 2:44.800 | | 45:31.210 | 18.4 | 1:04.870 | | 21:15.540 | 7:05.2 | 1:20:05.75 | +10:53.63 | |
| 18 | 1038 | BARTAK, Paul | ST PETERS MO | 8:18.820 | 1:53.4 | 0:54.210 | | 45:59.680 | 18.3 | 1:40.300 | | 24:07.800 | 8:02.6 | 1:21:00.81 | +11:48.69 | |
| 19 | 1196 | DYSON, Dale | WASHINGTON MO | 10:17.560 | 2:20.4 | 2:35.610 | | 45:28.630 | 18.5 | 2:01.040 | | 21:21.590 | 7:07.2 | 1:21:44.43 | +12:32.31 | |
| 20 | 1020 | ASH, Kelly | SPRINGFIELD MO | 10:29.920 | 2:23.2 | 1:50.040 | | 47:01.100 | 17.9 | 1:23.080 | | 21:05.750 | 7:01.9 | 1:21:49.89 | +12:37.77 | |
| 21 | 1041 | BARTOLICH, Kurt | PRAIRIE VILLAGE KS | 10:21.500 | 2:21.3 | 0:58.550 | | 46:24.960 | 18.1 | 1:02.890 | | 23:06.020 | 7:42.0 | 1:21:53.92 | +12:41.80 | |
| 22 | 1418 | LOBB, Del | COLUMBIA MO | 9:34.410 | 2:10.5 | 0:36.700 | | 47:31.700 | 17.7 | 0:49.580 | | 23:34.580 | 7:51.5 | 1:22:06.97 | +12:54.85 | |
| 23 | 1201 | KRUSE, Ed | CUBA MO | 10:13.250 | 2:19.4 | 1:23.390 | | 45:22.060 | 18.5 | 1:05.940 | | 24:41.110 | 8:13.7 | 1:22:45.75 | +13:33.63 | |
| 24 | 1650 | SMITH, Mike | CRESTWOOD MO | 9:59.030 | 2:16.1 | 1:43.820 | | 48:58.500 | 17.1 | 1:26.400 | | 21:34.330 | 7:11.4 | 1:23:42.08 | +14:29.96 | |
| 25 | 1218 | FARRELL, Kelly | ST PETERS MO | 9:37.230 | 2:11.2 | 1:25.050 | | 48:07.140 | 17.5 | 1:09.580 | | 23:46.980 | 7:55.7 | 1:24:05.98 | +14:53.86 | |
| 26 | 1063 | BLADES, J W | BALLWIN MO | 8:43.090 | 1:58.9 | 2:01.710 | | 49:02.080 | 17.1 | 1:31.910 | | 25:07.440 | 8:22.5 | 1:26:26.23 | +17:14.11 | |
| 27 | 1762 | YANCEY, William | ROGERSVILLE MO | 11:19.080 | 2:34.3 | 1:47.230 | | 47:52.940 | 17.5 | 1:31.000 | | 24:15.180 | 8:05.1 | 1:26:45.43 | +17:33.31 | |
| 28 | 1438 | MARTINEZ, Miguel | CHESTERFIELD MO | 12:11.830 | 2:46.3 | 1:46.620 | | 43:50.740 | 19.2 | 3:45.880 | | 25:12.420 | 8:24.1 | 1:26:47.49 | +17:35.37 | |
| 29 | 1284 | HAHN, Mark | COLUMBIA MO | 9:17.040 | 2:06.6 | 3:05.410 | | 48:32.660 | 17.3 | 2:30.350 | | 27:31.790 | 9:10.6 | 1:30:57.25 | +21:45.13 | |
| 30 | 1055 | BENNEY, Tom | BRIDGETON MO | 10:10.140 | 2:18.7 | 1:54.820 | | 51:17.870 | 16.4 | 0:52.050 | | 26:47.350 | 8:55.8 | 1:31:02.23 | +21:50.11 | |
| 31 | 1441 | MATTHEWS, Steve | WEBSTER GROVES MO | 9:33.380 | 2:10.3 | 2:51.200 | | 49:10.530 | 17.1 | 2:28.890 | | 26:59.530 | 8:59.8 | 1:31:03.53 | +21:51.41 | |
| 32 | 1411 | LEHMAN, Schuyler | MCKINNEY TX | 11:55.330 | 2:42.6 | 2:24.480 | | 52:13.360 | 16.1 | 1:17.060 | | 25:07.710 | 8:22.6 | 1:32:57.94 | +23:45.82 | |
| 33 | 1048 | BEATTY, Richard | KANSAS CITY MO | 12:37.880 | 2:52.2 | 4:30.790 | | 51:44.100 | 16.2 | 1:35.490 | | 23:49.870 | 7:56.6 | 1:34:18.13 | +25:06.01 | |
| 34 | 1181 | DIETRICH, Alan | KANSAS CITY MO | 11:16.330 | 2:33.7 | 2:10.960 | | 54:12.700 | 15.5 | 0:48.190 | | 26:30.520 | 8:50.2 | 1:34:58.70 | +25:46.58 | |
| 35 | 1051 | BEHEN, Pat | JEFFERSON CITY MO | 13:02.910 | 2:57.9 | 2:42.230 | | 54:05.130 | 15.5 | 1:14.860 | | 24:13.130 | 8:04.4 | 1:35:18.26 | +26:06.14 | |
| 36 | 1732 | WEABLE, Thomas | COLUMBIA MO | 11:14.460 | 2:33.3 | 3:18.190 | | 53:55.990 | 15.6 | 1:40.140 | | 26:28.480 | 8:49.5 | 1:36:37.26 | +27:25.14 | |
| 37 | 1618 | SEABAUGH, Brad | CHESTERFIELD MO | 13:13.960 | 3:00.4 | 3:58.290 | | 53:29.460 | 15.7 | 1:10.570 | | 26:29.180 | 8:49.7 | 1:38:21.46 | +29:09.34 | |
| 38 | 1026 | BADER, Kenny | COLUMBIA MO | 12:50.470 | 2:55.1 | 2:48.520 | | 55:53.920 | 15.0 | 1:54.220 | | 33:02.490 | 11:00.8 | 1:46:29.62 | +37:17.50 | |
| 39 | 1375 | KIDD, Dean | GIBSON CITY IL | 18:00.390 | 4:05.5 | 2:31.950 | | 56:17.800 | 14.9 | 2:13.400 | | 29:54.370 | 9:58.1 | 1:48:57.91 | +39:45.79 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_45-49 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|----------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 40 | 1109 | CAMPBELL, Stuart | SAINT LOUIS MO | 14:47.670 | 3:21.7 | 2:57.060 | | 55:33.290 | 15.1 | 1:55.530 | | 36:24.740 | 12:08.2 | 1:51:38.29 | +42:26.17 | |
| 41 | 1479 | MORGAN, Gerald | MEXICO MO | 11:01.860 | 2:30.4 | 3:34.530 | | 1:08:26.380 | 12.3 | 1:33.560 | | 27:39.700 | 9:13.2 | 1:52:16.03 | +43:03.91 | |
| 42 | 1004 | ADAMS, Jay | GLADSTONE MO | 10:42.660 | 2:26.1 | 1:19.330 | | 1:15:48.030 | 11.1 | 0:56.590 | | 25:03.910 | 8:21.3 | 1:53:50.52 | +44:38.40 | |

Division: M_50-54

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------------|-------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1489 | MULLIN, Mark | ROLLA MO | 7:51.800 | 1:47.2 | 1:08.740 | | 40:25.960 | 20.8 | 0:36.260 | | 19:27.350 | 6:29.1 | 1:09:30.11 | 0:00.00 | |
| 2 | 1083 | BROOKS, Curtis | ST LOUIS MO | 9:03.120 | 2:03.4 | 0:55.080 | | 40:06.040 | 20.9 | 0:31.820 | | 22:00.500 | 7:20.2 | 1:12:36.56 | +3:06.45 | |
| 3 | 1550 | POLETTE, Wayne | WILDWOOD MO | 8:43.100 | 1:58.9 | 2:20.930 | | 44:14.840 | 19.0 | 1:03.080 | | 21:56.530 | 7:18.8 | 1:18:18.48 | +8:48.37 | |
| 4 | 1239 | FOUCART, Steve | SPRINGFIELD MO | 10:26.170 | 2:22.3 | 1:29.690 | | 44:27.220 | 18.9 | 1:32.250 | | 21:35.720 | 7:11.9 | 1:19:31.05 | +10:00.94 | |
| 5 | 1195 | DUVAL, Steven | WILDWOOD MO | 8:39.260 | 1:58.0 | 1:31.960 | | 45:22.350 | 18.5 | 1:11.000 | | 23:48.130 | 7:56.0 | 1:20:32.70 | +11:02.59 | |
| 6 | 1400 | LACY, Paul | SMITHVILLE MO | 9:02.480 | 2:03.3 | 1:48.520 | | 45:23.230 | 18.5 | 1:21.720 | | 23:22.340 | 7:47.4 | 1:20:58.29 | +11:28.18 | |
| 7 | 1016 | ANTOLAK, Henry | ROLLA MO | 10:46.010 | 2:26.8 | 1:02.390 | | 44:01.910 | 19.1 | 1:01.440 | | 25:32.700 | 8:30.9 | 1:22:24.45 | +12:54.34 | |
| 8 | 1177 | DIAZ ARIAS, Alberto | COLUMBIA MO | 11:03.180 | 2:30.7 | 1:18.390 | | 45:52.850 | 18.3 | 0:52.390 | | 24:13.900 | 8:04.6 | 1:23:20.71 | +13:50.60 | |
| 9 | 1476 | MOORKAMP, Bill | ROLLA MO | 9:15.660 | 2:06.3 | 1:06.500 | | 47:30.250 | 17.7 | 0:40.070 | | 25:05.300 | 8:21.8 | 1:23:37.78 | +14:07.67 | |
| 10 | 1636 | SHIPMAN, David | LEES SUMMIT MO | 9:48.400 | 2:13.7 | 2:19.410 | | 47:18.080 | 17.8 | 1:06.410 | | 23:50.250 | 7:56.8 | 1:24:22.55 | +14:52.44 | |
| 11 | 1546 | PIERCE, Tom | POPLAR BLUFF MO | 13:00.240 | 2:57.3 | 1:21.620 | | 46:26.500 | 18.1 | 1:03.880 | | 23:17.040 | 7:45.7 | 1:25:09.28 | +15:39.17 | |
| 12 | 1238 | FOSTER, Robert | COLUMBIA MO | 12:04.130 | 2:44.6 | 1:39.490 | | 45:37.100 | 18.4 | 1:01.870 | | 25:03.590 | 8:21.2 | 1:25:26.18 | +15:56.07 | |
| 13 | 1056 | BERNSEN, Thomas | KIRKWOOD MO | 8:42.250 | 1:58.7 | 1:34.430 | | 50:52.500 | 16.5 | 0:23.270 | | 24:08.040 | 8:02.7 | 1:25:40.49 | +16:10.38 | |
| 14 | 1691 | TAYLOR, Neal | BOLIVAR MO | 10:13.030 | 2:19.3 | 1:00.650 | | 49:49.760 | 16.9 | 1:15.400 | | 24:12.360 | 8:04.1 | 1:26:31.20 | +17:01.09 | |
| 15 | 1545 | PHIPPS, Jeffrey | NAPERVILLE IL | 9:04.490 | 2:03.7 | 1:46.660 | | 47:02.690 | 17.9 | 2:03.840 | | 27:52.180 | 9:17.4 | 1:27:49.86 | +18:19.75 | |
| 16 | 1368 | KELLEY, Terry | SAINT LOUIS MO | 9:38.220 | 2:11.4 | 1:56.620 | | 49:19.640 | 17.0 | 1:10.120 | | 26:44.220 | 8:54.7 | 1:28:48.82 | +19:18.71 | |
| 17 | 1548 | PITTMAN, Bryce | OVERLAND PARK KS | 12:49.240 | 2:54.8 | 2:45.150 | | 48:44.550 | 17.2 | 2:14.530 | | 24:05.100 | 8:01.7 | 1:30:38.57 | +21:08.46 | |
| 18 | 1473 | MONTIBELLER, Jeff | SAINT LOUIS MO | 10:42.770 | 2:26.1 | 1:42.430 | | 50:16.380 | 16.7 | 1:14.670 | | 26:44.950 | 8:55.0 | 1:30:41.20 | +21:11.09 | |
| 19 | 1262 | GILLUM, Donald | COLUMBIA IL | 9:42.570 | 2:12.4 | 6:38.380 | | 46:08.170 | 18.2 | 2:14.490 | | 26:45.930 | 8:55.3 | 1:31:29.54 | +21:59.43 | |
| 20 | 1598 | RYAN, Patrick | DES PERES MO | 12:40.520 | 2:52.8 | 1:37.080 | | 48:28.110 | 17.3 | 1:18.920 | | 28:22.610 | 9:27.5 | 1:32:27.24 | +22:57.13 | |
| 21 | 1279 | GRIFFEN, Larry | JEFFERSON CITY MO | 12:11.130 | 2:46.2 | 1:50.610 | | 49:05.900 | 17.1 | 2:11.420 | | 27:40.050 | 9:13.4 | 1:32:59.11 | +23:29.00 | |
| 22 | 1611 | SCHOENLEBER, Dan | COLUMBIA MO | 12:52.960 | 2:55.7 | 1:41.310 | | 51:15.740 | 16.4 | 1:17.400 | | 28:20.710 | 9:26.9 | 1:35:28.12 | +25:58.01 | |
| 23 | 1221 | FAUST, Steve | SAINT LOUIS MO | 10:07.060 | 2:18.0 | 1:53.140 | | 52:01.750 | 16.1 | 1:55.990 | | 32:09.710 | 10:43.2 | 1:38:07.65 | +28:37.54 | |
| 24 | 1289 | HALPIN, Ed | WHITINSVILLE MA | 12:02.310 | 2:44.2 | 3:35.060 | | 55:49.950 | 15.1 | 1:33.780 | | 29:54.520 | 9:58.2 | 1:42:55.62 | +33:25.51 | |
| 25 | 1387 | KOBOLDT, Don | FLORISSANT MO | 11:24.860 | 2:35.6 | 3:15.870 | | 1:00:36.290 | 13.9 | 1:07.390 | | 27:15.000 | 9:05.0 | 1:43:39.41 | +34:09.30 | |
| 26 | 1062 | BIRKEMEIER, Tom | CHESTERFIELD MO | 13:06.640 | 2:58.8 | 4:14.190 | | 57:01.890 | 14.7 | 2:21.890 | | 28:43.420 | 9:34.5 | 1:45:28.03 | +35:57.92 | |
| 27 | 1754 | WOOD, Carroll | WENTZVILLE MO | 12:41.500 | 2:53.1 | 3:59.090 | | 55:53.980 | 15.0 | 3:05.020 | | 31:27.700 | 10:29.2 | 1:47:07.29 | +37:37.18 | |

Division: M_55-59

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|-------------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|-----------|------|
| 1 | 1601 | SAPP, Ron | COLUMBIA MO | 9:41.520 | 2:12.2 | 0:57.790 | | 37:35.070 | 22.4 | 0:40.440 | | 20:08.640 | 6:42.9 | 1:09:03.46 | 0:00.00 | |
| 2 | 1630 | SHEARON, Alan | JACKSON MO | 10:08.180 | 2:18.2 | 0:20.170 | | 39:31.420 | 21.2 | 0:41.970 | | 20:46.460 | 6:55.5 | 1:11:28.20 | +2:24.74 | |
| 3 | 1445 | MCCREARY, Patrick | ALTON IL | 8:41.910 | 1:58.6 | 1:00.420 | | 41:07.320 | 20.4 | 0:36.610 | | 20:57.800 | 6:59.3 | 1:12:24.06 | +3:20.60 | |
| 4 | 1080 | BRENNAN, Kevin | ST LOUIS MO | 8:18.630 | 1:53.3 | 1:26.830 | | 41:22.210 | 20.3 | 1:11.560 | | 21:36.440 | 7:12.1 | 1:13:55.67 | +4:52.21 | |
| 5 | 1187 | DONOHUE, Jerry | COLUMBIA MO | 10:34.860 | 2:24.3 | 0:35.240 | | 41:26.210 | 20.3 | 0:36.830 | | 20:45.880 | 6:55.3 | 1:13:59.02 | +4:55.56 | |
| 6 | 1719 | VOLLMER, Barry | JEFFERSON CITY MO | 8:42.930 | 1:58.8 | 1:53.690 | | 43:50.030 | 19.2 | 1:33.630 | | 20:14.450 | 6:44.8 | 1:16:14.73 | +7:11.27 | |
| 7 | 1487 | MOUNTJOY, David | COLUMBIA MO | 9:14.700 | 2:06.1 | 1:03.290 | | 45:18.040 | 18.5 | 0:54.730 | | 22:22.900 | 7:27.6 | 1:18:53.66 | +9:50.20 | |
| 8 | 1273 | GOOD, Glenn | COLUMBIA MO | 8:47.480 | 1:59.9 | 0:47.700 | | 44:34.690 | 18.8 | 0:40.710 | | 24:28.500 | 8:09.5 | 1:19:19.08 | +10:15.62 | |
| 9 | 1261 | GILLEN, Dennis | CAMDENTON MO | 11:35.010 | 2:38.0 | 1:25.350 | | 44:37.740 | 18.8 | 1:07.880 | | 21:17.330 | 7:05.8 | 1:20:03.31 | +10:59.85 | |
| 10 | 1588 | ROSEN, Jonathon | COLUMBIA MO | 10:06.210 | 2:17.8 | 2:06.940 | | 46:31.220 | 18.1 | 1:32.670 | | 22:42.920 | 7:34.3 | 1:22:59.96 | +13:56.50 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: M_55-59 Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|--------------------|---------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 11 | 1154 | CREWS, Gary | WILDWOOD MO | 10:13.290 | 2:19.4 | 1:56.520 | | 45:52.110 | 18.3 | 1:25.020 | | 25:30.060 | 8:30.0 | 1:24:57.00 | +15:53.54 | |
| 12 | 1665 | STAUFFER, Robert | WEST PLAINS MO | 11:46.020 | 2:40.5 | 1:14.890 | | 45:40.140 | 18.4 | 1:12.330 | | 25:27.740 | 8:29.2 | 1:25:21.12 | +16:17.66 | |
| 13 | 1325 | HOLDEN, Richard | KANSAS CITY MO | 11:19.590 | 2:34.5 | 1:19.660 | | 47:36.080 | 17.6 | 1:39.110 | | 23:38.410 | 7:52.8 | 1:25:32.85 | +16:29.39 | |
| 14 | 1184 | DINGLER, David | COLUMBIA MO | 10:21.990 | 2:21.4 | 2:01.040 | | 50:01.790 | 16.8 | 1:11.180 | | 23:19.680 | 7:46.6 | 1:26:55.68 | +17:52.22 | |
| 15 | 1125 | CHAPMAN, Ron | ROCHEPORT MO | 12:14.970 | 2:47.0 | 1:41.800 | | 46:14.560 | 18.2 | 1:53.950 | | 27:11.960 | 9:04.0 | 1:29:17.24 | +20:13.78 | |
| 16 | 1416 | LIGHTNER, Steve | COLUMBIA MO | 10:20.800 | 2:21.1 | 1:57.900 | | 52:24.240 | 16.0 | 1:33.940 | | 23:11.710 | 7:43.9 | 1:29:28.59 | +20:25.13 | |
| 17 | 1168 | DAVIS, Scott | LAKE ST LOUIS MO | 10:27.200 | 2:22.5 | 3:00.150 | | 50:32.260 | 16.6 | 1:05.730 | | 27:23.620 | 9:07.9 | 1:32:28.96 | +23:25.50 | |
| 18 | 1129 | CHRISTMANN, Rick | CHESTERFIELD MO | 11:28.690 | 2:36.5 | 2:12.950 | | 51:45.120 | 16.2 | 1:54.020 | | 28:31.160 | 9:30.4 | 1:35:51.94 | +26:48.48 | |
| 19 | 1715 | VEIT, Michael | JEFFERSON CITY MO | 11:50.420 | 2:41.5 | 1:57.020 | | 50:59.930 | 16.5 | 2:37.850 | | 28:31.210 | 9:30.4 | 1:35:56.43 | +26:52.97 | |
| 20 | 1229 | FITZLER, Ron | MARYLAND HEIGHTS MO | 12:08.770 | 2:45.6 | 2:50.530 | | 52:38.210 | 16.0 | 1:11.490 | | 27:19.160 | 9:06.4 | 1:36:08.16 | +27:04.70 | |
| 21 | 1032 | BALL, John | KEARNEY MO | 11:29.360 | 2:36.7 | 3:05.530 | | 54:02.960 | 15.5 | 2:00.860 | | 26:09.500 | 8:43.2 | 1:36:48.21 | +27:44.75 | |
| 22 | 1315 | HIGGINBOTHAM, Kent | ST LOUIS MO | 13:04.590 | 2:58.3 | 1:12.750 | | 53:33.990 | 15.7 | 1:19.960 | | 28:42.560 | 9:34.2 | 1:37:53.85 | +28:50.39 | |
| 23 | 1574 | RENNE, Kevin | COLUMBIA MO | 14:25.080 | 3:16.6 | 2:46.100 | | 1:06:23.180 | 12.7 | 0:54.960 | | 29:24.200 | 9:48.1 | 1:53:53.52 | +44:50.06 | |
| 24 | 1462 | MEYER, Klaus | WENTZVILLE MO | 11:05.810 | 2:31.3 | 4:00.100 | | 1:05:54.270 | 12.8 | 3:30.120 | | 36:21.790 | 12:07.3 | 2:00:52.09 | +51:48.63 | |

Division: M_60-64

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|-------------------|-----------|------------|----------|------|-----------|------|-------------|------|-----------|---------|------------|-----------|------|
| 1 | 1350 | JEWELL, Gary | WEBSTER GROVES MO | 7:41.370 | 1:44.9 | 1:23.000 | | 46:20.960 | 18.1 | 1:16.620 | | 26:00.720 | 8:40.2 | 1:22:42.67 | 0:00.00 | |
| 2 | 1525 | PEAK, Dan | KANSAS CITY MO | 9:34.230 | 2:10.5 | 2:02.450 | | 45:33.460 | 18.4 | 1:37.480 | | 24:30.350 | 8:10.1 | 1:23:17.97 | 0:35.30 | |
| 3 | 1710 | UGARTE, Michael | COLUMBIA MO MO | 10:07.480 | 2:18.1 | 2:40.280 | | 51:35.700 | 16.3 | 1:08.890 | | 26:29.220 | 8:49.7 | 1:32:01.57 | +9:18.90 | |
| 4 | 1235 | FOLBER, Jonathan | LIBERTY MO | 11:14.940 | 2:33.4 | 1:05.260 | | 55:33.490 | 15.1 | 0:41.600 | | 26:36.690 | 8:52.2 | 1:35:11.98 | +12:29.31 | |
| 5 | 1291 | HAMMANN, Kenneth | COLUMBIA MO | | | | | | | 1:14:45.100 | | 26:16.700 | 8:45.6 | 1:41:01.80 | +18:19.13 | |
| 6 | 1428 | MAIER, Gary | ST LOUIS MO | 11:27.460 | 2:36.2 | 2:38.610 | | 54:59.100 | 15.3 | 1:43.760 | | 30:53.520 | 10:17.8 | 1:41:42.45 | +18:59.78 | |

Division: M_65-69

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------|--------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1078 | BRANDON, Harry | ST LOUIS MO | 11:35.730 | 2:38.1 | 3:36.890 | | 51:15.230 | 16.4 | 1:52.900 | | 26:01.070 | 8:40.4 | 1:34:21.82 | 0:00.00 | |
| 2 | 1412 | LEHRER, Harvey | ST LOUIS MO | 12:52.890 | 2:55.7 | 2:42.180 | | 56:31.920 | 14.9 | 2:36.610 | | 31:45.270 | 10:35.1 | 1:46:28.87 | +12:07.05 | |

Division: M_70-74

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------|----------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1635 | SHIFMAN, Mike | LENEXA KS | 13:37.990 | 3:05.9 | 2:13.490 | | 51:59.720 | 16.2 | 2:21.760 | | 34:55.470 | 11:38.5 | 1:45:08.43 | 0:00.00 | |
| 2 | 1232 | FLESHMAN, Roy | KANSAS CITY MO | 16:40.490 | 3:47.4 | 3:54.230 | | 55:10.490 | 15.2 | 3:45.580 | | 40:44.690 | 13:34.9 | 2:00:15.48 | +15:07.05 | |

Division: M_75-79

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-----------------|--------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1751 | WOLFGRAM, Edwin | ST LOUIS MO | 12:12.460 | 2:46.5 | 2:24.700 | | 56:46.450 | 14.8 | 1:57.930 | | 37:55.950 | 12:38.7 | 1:51:17.49 | 0:00.00 | |
| 2 | 1237 | FOSTER, Richard | MACOMB IL | 13:41.130 | 3:06.6 | 2:47.370 | | 1:02:56.280 | 13.3 | 2:46.280 | | 43:26.490 | 14:28.8 | 2:05:37.55 | +14:20.06 | |

Division: Clydesdale 39_Under TriZou

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|----------------|----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|-----------|------|
| 1 | 1651 | SMITH, Clint | COLUMBIA MO | 9:02.030 | 2:03.2 | 1:10.720 | | 37:35.330 | 22.4 | 0:43.620 | | 19:06.500 | 6:22.2 | 1:07:38.20 | 0:00.00 | |
| 2 | 1278 | GREENWOOD, Blair | HANNIBAL MO | 6:59.670 | 1:35.4 | 1:42.220 | | 44:15.750 | 19.0 | 0:30.870 | | 22:17.680 | 7:25.9 | 1:15:46.19 | +8:07.99 | |
| 3 | 1207 | ELLIOTT, Aaron | SPRINGFIELD MO | 7:58.120 | 1:48.7 | 1:44.400 | | 42:22.440 | 19.8 | 1:54.440 | | 22:51.100 | 7:37.0 | 1:16:50.50 | +9:12.30 | |
| 4 | 1290 | HAMMAN, Brad | VERONA MO | 7:06.200 | 1:36.9 | 0:52.920 | | 43:22.540 | 19.4 | 1:13.590 | | 26:00.140 | 8:40.0 | 1:18:35.39 | +10:57.19 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: Clydesdale 39_Under TriZou Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|---------------------|------------------|-------------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 5 | 1637 | SHOCKLEE, John | ST LOUIS MO | 8:07.620 | 1:50.8 | 1:20.950 | | 45:39.250 | 18.4 | 1:15.170 | | 22:58.950 | 7:39.7 | 1:19:21.94 | +11:43.74 | |
| 6 | 1211 | FAIRFAX, Seth | STURGEON MO | 8:19.830 | 1:53.6 | 1:38.580 | | 44:42.960 | 18.8 | 1:24.100 | | 23:55.420 | 7:58.5 | 1:20:00.89 | +12:22.69 | |
| 7 | 1449 | MCGINLEY, Kris | BLUE SPRINGS MO | 12:01.680 | 2:44.0 | 2:10.340 | | 43:22.560 | 19.4 | 1:20.180 | | 21:52.900 | 7:17.6 | 1:20:47.66 | +13:09.46 | |
| 8 | 1197 | EARHART, Todd | COLUMBIA MO | 9:50.780 | 2:14.3 | 1:40.380 | | 46:34.130 | 18.0 | 1:06.520 | | 23:10.380 | 7:43.5 | 1:22:22.19 | +14:43.99 | |
| 9 | 1149 | COSSYPHAS, Christos | COLUMBIA MO | 9:57.480 | 2:15.8 | 2:41.860 | | 45:58.340 | 18.3 | 0:57.380 | | 23:46.170 | 7:55.4 | 1:23:21.23 | +15:43.03 | |
| 10 | 1614 | SCHROEDER, Eric | REPUBLIC MO | 8:44.330 | 1:59.2 | 2:33.160 | | 47:40.770 | 17.6 | 0:56.810 | | 25:16.970 | 8:25.7 | 1:25:12.04 | +17:33.84 | |
| 11 | 1643 | SMAY, Dave | SPRINGFIELD MO | 10:19.910 | 2:20.9 | 1:25.750 | | 45:44.500 | 18.4 | 1:24.030 | | 27:02.340 | 9:00.8 | 1:25:56.53 | +18:18.33 | |
| 12 | 1247 | FRAZIER, Eldon | CANTON MO | 9:10.260 | 2:05.1 | 1:08.140 | | 44:34.900 | 18.8 | 1:11.100 | | 29:58.970 | 9:59.7 | 1:26:03.37 | +18:25.17 | |
| 13 | 1496 | NEWMAN, Brent | ST LOUIS MO | 15:34.700 | 3:32.4 | | | 46:23.530 | 18.1 | 1:30.850 | | 22:41.980 | 7:34.0 | 1:26:11.06 | +18:32.86 | |
| 14 | 1059 | BETZ JR, Donald | SAINT LOUIS MO | 9:50.310 | 2:14.2 | 1:55.670 | | 48:07.180 | 17.5 | 1:28.570 | | 25:38.510 | 8:32.8 | 1:27:00.24 | +19:22.04 | |
| 15 | 1121 | CARREL, Chad | BOLIVAR MO | 11:51.570 | 2:41.7 | 2:40.280 | | 44:52.770 | 18.7 | 1:47.490 | | 25:48.370 | 8:36.1 | 1:27:00.48 | +19:22.28 | |
| 16 | 1452 | MCKEE, George | COLUMBIA MO | 10:37.310 | 2:24.8 | 4:00.370 | | 48:41.590 | 17.2 | 1:33.550 | | 24:39.920 | 8:13.3 | 1:29:32.74 | +21:54.54 | |
| 17 | 1023 | AVILES, Matt | KEARNEY MO | 9:48.410 | 2:13.7 | 1:32.870 | | 49:19.060 | 17.0 | 1:20.370 | | 28:40.830 | 9:33.6 | 1:30:41.54 | +23:03.34 | |
| 18 | 1092 | BUEHLER, Jeff | COLUMBIA MO | 9:25.790 | 2:08.6 | 2:55.640 | | 52:01.890 | 16.1 | 1:15.520 | | 25:14.570 | 8:24.9 | 1:30:53.41 | +23:15.21 | |
| 19 | 1695 | THOMAS, Stu | FLORISSANT MO | 11:04.180 | 2:31.0 | 1:28.050 | | 52:02.280 | 16.1 | 0:44.960 | | 25:37.500 | 8:32.5 | 1:30:56.97 | +23:18.77 | |
| 20 | 1357 | JUNDT, Kyle | SAINT CHARLES MO | 10:45.580 | 2:26.7 | 2:02.690 | | 52:22.510 | 16.0 | 1:24.220 | | 24:35.910 | 8:12.0 | 1:31:10.91 | +23:32.71 | |
| 21 | 1444 | MCCAULEY, Brent | COLUMBIA MO | 14:33.210 | 3:18.5 | 2:12.330 | | 50:19.680 | 16.7 | 0:41.770 | | 24:05.890 | 8:02.0 | 1:31:52.88 | +24:14.68 | |
| 22 | 1586 | ROESLEIN, Derrick | HIGH RIDGE MO | 7:40.440 | 1:44.6 | 2:10.920 | | 52:17.260 | 16.1 | 0:36.900 | | 29:19.600 | 9:46.5 | 1:32:05.12 | +24:26.92 | |
| 23 | 1457 | MCNEW, Monte | SPRINGFIELD MO | 11:16.980 | 2:33.9 | 1:25.400 | | 52:29.540 | 16.0 | 1:39.880 | | 26:01.900 | 8:40.6 | 1:32:53.70 | +25:15.50 | |
| 24 | 1057 | BERT, Michael | SAINT LOUIS MO | 8:15.190 | 1:52.5 | 1:50.700 | | 53:28.310 | 15.7 | 1:56.140 | | 27:24.470 | 9:08.2 | 1:32:54.81 | +25:16.61 | |
| 25 | 1257 | GEORGE, Mark | TROY MO | 9:47.530 | 2:13.5 | 2:40.280 | | 50:46.900 | 16.5 | 2:17.370 | | 27:25.780 | 9:08.6 | 1:32:57.86 | +25:19.66 | |
| 26 | 1356 | JORDAN, Joe | FREEBURG IL | 13:05.970 | 2:58.6 | 1:57.290 | | 54:13.960 | 15.5 | 0:46.610 | | 23:18.900 | 7:46.3 | 1:33:22.73 | +25:44.53 | |
| 27 | 1779 | CLINKER, Anthony | COLUMBIA MO | 10:59.280 | 2:29.8 | 2:04.600 | | 55:08.110 | 15.2 | 1:10.130 | | 24:41.680 | 8:13.9 | 1:34:03.80 | +26:25.60 | |
| 28 | 1044 | BAUMANN, Thomas | COLUMBIA MO | 7:42.800 | 1:45.2 | 2:30.030 | | 55:37.330 | 15.1 | 1:33.180 | | 27:58.150 | 9:19.4 | 1:35:21.49 | +27:43.29 | |
| 29 | 1403 | LAMPE, Bryan | SAINT LOUIS MO | 12:36.040 | 2:51.8 | 2:42.470 | | 57:03.190 | 14.7 | 1:33.150 | | 25:00.100 | 8:20.0 | 1:38:54.95 | +31:16.75 | |
| 30 | 1501 | NYGAARD, Runar | ROLLA MO | 11:56.660 | 2:42.9 | 2:20.770 | | 51:23.380 | 16.4 | 2:38.000 | | 30:53.310 | 10:17.8 | 1:39:12.12 | +31:33.92 | |
| 31 | 1319 | HOCKENHULL, Nick | ARNOLD MO | 10:57.150 | 2:29.4 | 1:07.570 | | 49:30.640 | 17.0 | 1:54.910 | | 37:53.860 | 12:38.0 | 1:41:24.13 | +33:45.93 | |
| 32 | 1360 | KAISER, Shannon | COLUMBIA MO | 9:41.710 | 2:12.2 | 4:17.360 | | 52:17.500 | 16.1 | 3:22.900 | | 33:00.090 | 11:00.0 | 1:42:39.56 | +35:01.36 | |
| 33 | 1029 | BAIN, Adam | ROCK ISLAND IL | 12:35.860 | 2:51.8 | 3:17.900 | | 58:55.430 | 14.3 | 1:34.300 | | 29:12.860 | 9:44.3 | 1:45:36.35 | +37:58.15 | |
| 34 | 1624 | SEVERNS, Shane | BOLIVAR MO | 17:54.250 | 4:04.1 | 2:56.370 | | 54:26.670 | 15.4 | 2:25.910 | | 29:06.880 | 9:42.3 | 1:46:50.08 | +39:11.88 | |
| 35 | 1603 | SCHALK, Eric | POPLAR BLUFF MO | 12:02.550 | 2:44.2 | 2:46.350 | | 54:47.000 | 15.3 | 1:44.190 | | 37:43.530 | 12:34.5 | 1:49:03.62 | +41:25.42 | |
| 36 | 1625 | SHANKS, Chad | KEARNEY MO | 12:54.450 | 2:56.0 | 2:19.910 | | 1:00:12.930 | 13.9 | 1:20.130 | | 33:19.830 | 11:06.6 | 1:50:07.25 | +42:29.05 | |
| 37 | 1046 | BEAN, Dennis | SMITHVILLE MO | 14:25.170 | 3:16.6 | 2:49.840 | | 1:02:10.360 | 13.5 | 1:29.520 | | 31:04.240 | 10:21.4 | 1:51:59.13 | +44:20.93 | |
| 38 | 1689 | TAYLOR, Brian | POPLAR BLUFF MO | 15:13.610 | 3:27.6 | 3:21.730 | | 1:03:58.210 | 13.1 | 2:32.790 | | 40:22.630 | 13:27.5 | 2:05:28.97 | +57:50.77 | |
| 39 | 1609 | SCHLUETER, Jim | O FALLON MO | 1:13:19.930 | 16:40.0 | 4:35.110 | | 1:19:15.750 | 10.6 | 2:46.000 | | 46:24.960 | 15:28.3 | 3:26:21.75 | +2:18:43.55 | |

Division: Clydesdale 40+ TriZou

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|----------------------|----------------|-----------|------------|----------|------|-----------|------|----------|------|-----------|--------|------------|-----------|------|
| 1 | 1210 | FAIRBANKS, David | COLUMBIA MO | 7:41.110 | 1:44.8 | 1:16.620 | | 36:59.470 | 22.7 | 0:44.130 | | 19:18.560 | 6:26.2 | 1:05:59.89 | 0:00.00 | |
| 2 | 1737 | WHITE, Ben | COLUMBIA MO | 8:34.580 | 1:57.0 | 0:41.720 | | 41:16.310 | 20.4 | 0:32.100 | | 23:36.190 | 7:52.1 | 1:14:40.90 | +8:41.01 | |
| 3 | 1111 | CANDELA, Joe | O FALLON MO | 10:05.870 | 2:17.7 | 1:09.230 | | 41:25.020 | 20.3 | 1:15.750 | | 21:59.440 | 7:19.8 | 1:15:55.31 | +9:55.42 | |
| 4 | 1768 | YOUNG, Richard Brent | COLUMBIA MO | 10:43.850 | 2:26.3 | 0:46.810 | | 42:39.880 | 19.7 | 0:35.010 | | 21:59.200 | 7:19.7 | 1:16:44.75 | +10:44.86 | |
| 5 | 1283 | HAENNI, Patrick | SPRINGFIELD MO | 10:18.430 | 2:20.6 | 1:41.080 | | 42:26.160 | 19.8 | 1:22.150 | | 25:03.320 | 8:21.1 | 1:20:51.14 | +14:51.25 | |
| 6 | 1241 | FOX, Mike | PARKVILLE MO | 11:26.660 | 2:36.1 | 2:30.040 | | 46:00.930 | 18.2 | 2:36.660 | | 24:23.530 | 8:07.8 | 1:26:57.82 | +20:57.93 | |
| 7 | 1534 | PEREGOY, Steve | CHANNAHON IL | 9:22.540 | 2:07.8 | 4:05.680 | | 47:26.760 | 17.7 | 1:12.350 | | 24:58.210 | 8:19.4 | 1:27:05.54 | +21:05.65 | |
| 8 | 1328 | HOLLOWAY, Rick | WEST PLAINS MO | 8:54.990 | 2:01.6 | 1:15.960 | | 50:28.400 | 16.6 | 0:41.870 | | 26:21.780 | 8:47.3 | 1:27:43.00 | +21:43.11 | |
| 9 | 1190 | DUBE, Matt | SWANSEA IL | 10:16.000 | 2:20.0 | 2:15.540 | | 48:34.130 | 17.3 | 1:56.200 | | 25:30.250 | 8:30.1 | 1:28:32.12 | +22:32.23 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: Clydesdale 40+ TriZou Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|------------------|----------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 10 | 1331 | HORTON, James | O FALLON MO | 11:58.330 | 2:43.3 | 2:43.320 | | 50:07.590 | 16.8 | 1:25.270 | | 24:02.500 | 8:00.8 | 1:30:17.01 | +24:17.12 | |
| 11 | 1431 | MALONE, David | OFALLON IL | 10:40.970 | 2:25.7 | 3:34.170 | | 53:37.500 | 15.7 | 1:05.460 | | 24:42.700 | 8:14.2 | 1:33:40.80 | +27:40.91 | |
| 12 | 1191 | DUCKWORTH, Ed | LIBERTY MO | 11:32.060 | 2:37.3 | 1:41.690 | | 58:18.250 | 14.4 | 0:56.470 | | 28:32.200 | 9:30.7 | 1:41:00.67 | +35:00.78 | |
| 13 | 1089 | BROWN, Phil | ST LOUIS MO | 12:54.040 | 2:55.9 | 2:35.040 | | 55:51.890 | 15.0 | 2:15.000 | | 28:45.020 | 9:35.0 | 1:42:20.99 | +36:21.10 | |
| 14 | 1365 | KEARNS, Bob | CHESTERFIELD MO | 12:27.200 | 2:49.8 | 3:42.400 | | 58:14.900 | 14.4 | 2:47.190 | | 26:00.920 | 8:40.3 | 1:43:12.61 | +37:12.72 | |
| 15 | 1323 | HOGAN, Joseph | ST LOUIS MO | 10:42.280 | 2:26.0 | 3:50.260 | | 57:54.280 | 14.5 | 3:28.360 | | 29:00.800 | 9:40.3 | 1:44:55.98 | +38:56.09 | |
| 16 | 1274 | GRAVES, Robert | SAINT LOUIS MO | 11:15.460 | 2:33.5 | 3:51.450 | | 54:21.390 | 15.4 | 3:24.060 | | 34:01.110 | 11:20.4 | 1:46:53.47 | +40:53.58 | |
| 17 | 1641 | SIMONS, Hal | PAOLA KS | 12:38.610 | 2:52.4 | 3:21.340 | | 58:07.810 | 14.4 | 1:57.940 | | 32:06.090 | 10:42.0 | 1:48:11.79 | +42:11.90 | |
| 18 | 1027 | BAILEY, Peter | SAINT CHARLES MO | 18:42.500 | 4:15.1 | 5:09.400 | | 55:08.920 | 15.2 | 2:03.450 | | 29:06.650 | 9:42.2 | 1:50:10.92 | +44:11.03 | |
| 19 | 1018 | ARCHER, Larry | JEFFERSON CITY MO | 13:36.530 | 3:05.6 | 2:24.910 | | 1:06:19.370 | 12.7 | 0:33.380 | | 27:57.740 | 9:19.2 | 1:50:51.93 | +44:52.04 | |
| 20 | 1312 | HEROLD, Steve | FORT LEONARD WOOD MO | 16:43.230 | 3:48.0 | 2:39.510 | | 1:09:15.880 | 12.1 | 1:57.880 | | 34:43.990 | 11:34.7 | 2:05:20.49 | +59:20.60 | |
| 21 | 1217 | FARRAR, Roderick | ROLLA MO | 14:01.510 | 3:11.3 | 6:54.910 | | 1:08:21.210 | 12.3 | 2:47.980 | | 33:27.640 | 11:09.2 | 2:05:33.25 | +59:33.36 | |
| 22 | 1632 | SHEELEY, Greg | COLUMBIA MO | 13:43.110 | 3:07.1 | 5:09.290 | | 1:11:24.140 | 11.8 | 2:32.350 | | 42:58.030 | 14:19.3 | 2:15:46.92 | +1:09:47.03 | |

Division: Athena TriZou

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-----------------------|------------------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1664 | STAUDACHER, Janine | SAINT CHARLES IL | 8:27.090 | 1:55.2 | 0:53.080 | | 45:27.860 | 18.5 | 1:03.510 | | 27:41.880 | 9:14.0 | 1:23:33.42 | 0:00.00 | |
| 2 | 1240 | FOUST, Maia | LIBERTY MO | 8:19.530 | 1:53.5 | 1:28.490 | | 49:05.240 | 17.1 | 0:37.390 | | 26:02.940 | 8:41.0 | 1:25:33.59 | +2:00.17 | |
| 3 | 1299 | HAVRILLA, Heidi | LAKE ST LOUIS MO | 10:13.440 | 2:19.4 | 1:29.800 | | 46:43.890 | 18.0 | 0:50.270 | | 27:26.760 | 9:08.9 | 1:26:44.16 | +3:10.74 | |
| 4 | 1246 | FRAZIER, Michelle | CANTON MO | 11:24.530 | 2:35.6 | 0:41.690 | | 48:51.900 | 17.2 | 0:42.090 | | 27:32.940 | 9:11.0 | 1:29:13.15 | +5:39.73 | |
| 5 | 1010 | AKRE, Jennifer | SPRINGFIELD MO | 11:22.110 | 2:35.0 | 1:35.560 | | 48:40.990 | 17.2 | 1:19.600 | | 29:01.770 | 9:40.6 | 1:32:00.03 | +8:26.61 | |
| 6 | 1551 | POLK, Jenny | ST LOUIS MO | 10:47.080 | 2:27.1 | 1:46.400 | | 52:38.820 | 16.0 | 1:15.280 | | 25:56.450 | 8:38.8 | 1:32:24.03 | +8:50.61 | |
| 7 | 1666 | STEENSTRA, Denise | LIBERTY MO | 10:20.820 | 2:21.1 | 2:33.480 | | 55:31.300 | 15.1 | 0:49.160 | | 23:51.490 | 7:57.2 | 1:33:06.25 | +9:32.83 | |
| 8 | 1596 | RUDOLPHI, Laura | COLUMBIA MO | 13:29.480 | 3:04.0 | 2:30.400 | | 53:15.560 | 15.8 | 0:53.910 | | 26:22.000 | 8:47.3 | 1:36:31.35 | +12:57.93 | |
| 9 | 1152 | COX, Courtney | KEARNEY MO | 12:22.500 | 2:48.8 | 2:19.720 | | 54:26.690 | 15.4 | 0:53.060 | | 27:06.870 | 9:02.3 | 1:37:08.84 | +13:35.42 | |
| 10 | 1746 | WILSON, Tiffany | SPRINGFIELD MO | 12:22.970 | 2:48.9 | 1:53.570 | | 51:33.100 | 16.3 | 1:18.700 | | 30:18.150 | 10:06.1 | 1:37:26.49 | +13:53.07 | |
| 11 | 1606 | SHELL, Kristine | FESTUS MO | 10:49.810 | 2:27.7 | 1:37.180 | | 54:38.620 | 15.4 | 1:13.610 | | 30:00.070 | 10:00.0 | 1:38:19.29 | +14:45.87 | |
| 12 | 1015 | ANTOLAK, Laura | ROLLA MO | 10:56.000 | 2:29.1 | 1:54.350 | | 54:35.580 | 15.4 | 1:23.300 | | 30:01.260 | 10:00.4 | 1:38:50.49 | +15:17.07 | |
| 13 | 1165 | DAVIDSON, Kristen | COLUMBIA MO | 10:03.040 | 2:17.1 | 1:51.340 | | 52:32.460 | 16.0 | 0:55.440 | | 34:11.270 | 11:23.8 | 1:39:33.55 | +16:00.13 | |
| 14 | 1458 | MCNEW, Sarah | SPRINGFIELD MO | 12:01.850 | 2:44.1 | 3:02.160 | | 53:04.810 | 15.8 | 2:02.900 | | 30:01.130 | 10:00.4 | 1:40:12.85 | +16:39.43 | |
| 15 | 1105 | CADWALLADER, Gretchen | FORT LEONARD WOOD MO | 13:35.010 | 3:05.2 | 1:34.420 | | 57:24.070 | 14.6 | 1:12.890 | | 28:07.490 | 9:22.5 | 1:41:53.88 | +18:20.46 | |
| 16 | 1674 | STONER, Christin | COLUMBIA MO | 13:15.490 | 3:00.8 | 1:39.010 | | 57:27.560 | 14.6 | 0:54.460 | | 28:51.300 | 9:37.1 | 1:42:07.82 | +18:34.40 | |
| 17 | 1644 | SMAY, Trisha | SPRINGFIELD MO | 11:22.670 | 2:35.2 | 2:19.410 | | 1:01:49.520 | 13.6 | 1:40.520 | | 28:34.200 | 9:31.4 | 1:45:46.32 | +22:12.90 | |
| 18 | 1477 | MOORKAMP, Emily | ROLLA MO | 10:35.270 | 2:24.4 | 3:40.190 | | 58:37.370 | 14.3 | 3:35.990 | | 31:46.290 | 10:35.4 | 1:48:15.11 | +24:41.69 | |
| 19 | 1373 | KERBER, Sue | ST LOUIS MO | 11:56.770 | 2:42.9 | 2:15.550 | | 1:01:07.950 | 13.7 | 1:14.950 | | 32:06.330 | 10:42.1 | 1:48:41.55 | +25:08.13 | |
| 20 | 1308 | HENNESSY, Becky | COLUMBIA MO | 12:10.480 | 2:46.0 | 2:23.240 | | 1:07:02.360 | 12.5 | 2:05.040 | | 27:00.260 | 9:00.1 | 1:50:41.38 | +27:07.96 | |
| 21 | 1066 | BLUM, Stacy | NEBRASKA CITY NEBRASKA | 12:43.380 | 2:53.5 | 4:54.680 | | 1:00:55.810 | 13.8 | 0:53.290 | | 31:28.290 | 10:29.4 | 1:50:55.45 | +27:22.03 | |
| 22 | 1307 | HENDRICKSON, Suzanne | MARYLAND HEIGHTS MO | 17:44.650 | 4:02.0 | 1:26.950 | | 57:35.520 | 14.6 | 0:57.720 | | 33:18.350 | 11:06.1 | 1:51:03.19 | +27:29.77 | |
| 23 | 1587 | ROSEN, Amy | QUINCY IL | 11:33.220 | 2:37.5 | 2:30.400 | | 1:03:14.640 | 13.3 | 0:59.120 | | 33:54.000 | 11:18.0 | 1:52:11.38 | +28:37.96 | |
| 24 | 1276 | GRAY, Meg | COLUMBIA MO | 12:59.210 | 2:57.1 | 3:01.830 | | 1:00:09.060 | 14.0 | 2:43.520 | | 36:27.680 | 12:09.2 | 1:55:21.30 | +31:47.88 | |
| 25 | 1649 | SMITH, Pinky | BATTLEFIELD MO | 10:39.420 | 2:25.3 | 2:00.100 | | 1:02:51.210 | 13.4 | 1:14.120 | | 38:54.270 | 12:58.1 | 1:55:39.12 | +32:05.70 | |
| 26 | 1118 | CAREY, Heather | JONESBORO IL | 12:18.160 | 2:47.8 | 3:13.140 | | 1:02:53.640 | 13.4 | 1:11.140 | | 36:20.050 | 12:06.7 | 1:55:56.13 | +32:22.71 | |
| 27 | 1775 | COZAD, Amanda | SPRINGFIELD MO | 15:16.220 | 3:28.2 | 2:35.720 | | 1:08:27.880 | 12.3 | 1:48.150 | | 35:28.900 | 11:49.6 | 2:03:36.87 | +40:03.45 | |
| 28 | 1747 | WILSON, Barb | HOLTS SUMMIT MO | 12:33.170 | 2:51.2 | 3:24.920 | | 1:08:01.180 | 12.3 | 1:45.980 | | 41:01.210 | 13:40.4 | 2:06:46.46 | +43:13.04 | |
| 29 | 1582 | RITTER, Sherry | COLUMBIA MO | 19:47.860 | 4:30.0 | 3:07.170 | | 54:23.030 | 15.4 | 2:03.880 | | 50:14.620 | 16:44.9 | 2:09:36.56 | +46:03.14 | |
| 30 | 1453 | MCLALLEN, Catherine | SAVANNAH MO | 10:58.260 | 2:29.6 | 3:59.450 | | 1:14:42.790 | 11.2 | 2:49.160 | | 38:51.260 | 12:57.1 | 2:11:20.92 | +47:47.50 | |
| 31 | 1558 | PREWITT, Daphany | ST LOUIS MO | 28:02.000 | 6:22.3 | 4:07.170 | | 1:04:25.180 | 13.0 | 2:19.370 | | 34:28.480 | 11:29.5 | 2:13:22.20 | +49:48.78 | |

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Division: Athena TriZou Continued

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------|--------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-------------|------|
| 32 | 1484 | MORROW, Alexandra | MEXICO MO | 19:43.470 | 4:29.0 | 2:12.960 | | 1:22:50.200 | 10.1 | 1:06.300 | | 33:13.510 | 11:04.5 | 2:19:06.44 | +55:33.02 | |
| 33 | 1608 | SCHLUETER, Janice | O FALLON MO | 17:36.020 | 4:00.0 | 4:36.930 | | 1:19:14.680 | 10.6 | 2:32.980 | | 46:37.680 | 15:32.6 | 2:30:38.29 | +1:07:04.87 | |
| 34 | 1366 | KEEGAN, Mary Jude | ST LOUIS MO | 18:24.890 | 4:11.1 | 4:13.130 | | 1:52:26.660 | 7.5 | 1:17.270 | | 53:33.200 | 17:51.1 | 3:09:55.15 | +1:46:21.73 | |

Division: Team TriZou

| PL | No | Name | Representing | Swim | min/100yds | T2 | none | Bike | MPH | T2 | none | Run | min/mi | Total Time | Back | Pace |
|----|------|-------------------------------------|-----------------|-----------|------------|----------|------|-------------|------|----------|------|-----------|---------|------------|-----------|------|
| 1 | 1773 | FARROLL, Scott | SAINT LOUIS MO | 10:24.450 | 2:21.9 | 1:54.990 | | 42:00.930 | 20.0 | 1:05.980 | | 20:12.620 | 6:44.2 | 1:15:38.97 | 0:00.00 | |
| 2 | 1172 | BUTCH CASSIDY AND THE SUNDANCE KIDS | Jules Decoster | 6:54.910 | 1:34.3 | 0:37.520 | | 50:47.220 | 16.5 | 0:47.910 | | 18:01.630 | 6:00.5 | 1:17:09.19 | +1:30.22 | |
| 3 | 1389 | YOUNG AND OLD | Robert Koenig | 7:15.730 | 1:39.0 | 0:58.100 | | 46:37.890 | 18.0 | 2:58.860 | | 21:44.300 | 7:14.8 | 1:19:34.88 | +3:55.91 | |
| 4 | 1206 | TRINEWBIES | Dick Elgin | 7:59.340 | 1:48.9 | 0:33.130 | | 47:16.040 | 17.8 | 0:25.420 | | 24:03.400 | 8:01.1 | 1:20:17.33 | +4:38.36 | |
| 5 | 1423 | TEAM WHITE | Carrie Lucas | 7:17.990 | 1:39.5 | 0:43.770 | | 51:17.990 | 16.4 | 0:27.370 | | 20:35.410 | 6:51.8 | 1:20:22.53 | +4:43.56 | |
| 6 | 1799 | KC FIREFIGHTERS | Alan Buckwalter | 10:44.010 | 2:26.4 | 0:54.680 | | 54:26.930 | 15.4 | 0:48.720 | | 23:57.920 | 7:59.3 | 1:30:52.26 | +15:13.29 | |
| 7 | 1309 | CHRIS YEAGER | Jeff Henze | 10:43.550 | 2:26.3 | 1:04.000 | | 54:57.130 | 15.3 | 1:25.680 | | 23:00.590 | 7:40.2 | 1:31:10.95 | +15:31.98 | |
| 8 | 1733 | WEDDLE | Steve Weddle | 10:47.280 | 2:27.1 | 0:35.650 | | 52:25.000 | 16.0 | 0:23.660 | | 27:00.580 | 9:00.2 | 1:31:12.17 | +15:33.20 | |
| 9 | 1034 | BANKS, Mark | COLUMBIA MO | 8:15.350 | 1:52.6 | 0:59.880 | | 51:21.280 | 16.4 | 0:43.340 | | 34:33.850 | 11:31.3 | 1:35:53.70 | +20:14.73 | |
| 10 | 1793 | PILOT GROVE MO | Susan Felten | 13:43.560 | 3:07.2 | 0:36.530 | | 56:30.760 | 14.9 | 1:01.840 | | 29:28.670 | 9:49.6 | 1:41:21.36 | +25:42.39 | |
| 11 | 1204 | DARING DIVAS | Tina Ehrhardt | 14:20.600 | 3:15.6 | 0:58.930 | | 1:00:37.210 | 13.9 | 0:46.550 | | 26:25.290 | 8:48.4 | 1:43:08.58 | +27:29.61 | |
| 12 | 1726 | SOONTOWED | Vincee Walz | 15:27.890 | 3:30.9 | 3:07.120 | | 1:04:37.850 | 13.0 | 1:17.690 | | 21:06.160 | 7:02.1 | 1:45:36.71 | +29:57.74 | |

* indicates adjustments applied, see last page for details