

2009 Missouri Orthopaedic Institute TriZou Triathlon Final Results

Saturday, May 9, 2009 12:26:32 PM

Overall by Distance: TriZou

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T1	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
1	/	1 / 1	1662	STARYKOWICZ, Andrew	LONG GROVE IL	Male_Elite Tri...	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	/	2 / 2	1415	LESSING, Simon		Male_Elite Tri...	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	/	3 / 3	1497	NICKEL, Kevin	NEWTON KS	Male_Elite Tri...	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	/	4 / 4	1142	COMPANY, Joe	COLUMBIA MO	Male_Elite Tri...	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	/	5 / 5	1770	ZEDERIC, Ted	COLUMBIA MO	Male_Elite Tri...	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	/	6 / 6	1314	VANDER LINDEN, Christ...	ANKENY IA	Male_Elite Tri...	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	/	7 / 7	1730	WATERSTRAAT, Christian	LISLE IL	Male_Elite Tri...	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	/	8 / 1	1007	ADKISON, Rodney	LOHMAN MO	Overall TriZo...	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	+6:00.41	
9	/	9 / 8	1634	SHEARON, Jonathan	COLUMBIA MO	Male_Elite Tri...	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	
10	/	10 / 1	1703	TOPASH, Bryan	COLUMBIA MO	M_40-44	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	+6:36.00	
11	/	11 / 1	1511	ORR, Jay	ST LOUIS MO	M_35-39	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	+6:44.55	
12	/	12 / 9	1529	PELE, Andy	COLUMBIA MO	Male_Elite Tri...	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	
13	/	13 / 2	1143	CONWAY, Tim	WEBSTER GROVE...	M_40-44	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	+8:56.00	
14	/	14 / 2	1580	RIGDON, Tony	COLUMBIA MO	M_35-39	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	+9:15.76	
15	/	15 / 1	1537	PERSON, Andrew	KIRKWOOD MO	M_25-29	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	+9:27.50	
16	/	16 / 10	1801	YOUNT, Sam	ST LOUIS MO	Male_Elite Tri...	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	
17	/	17 / 1	1210	FAIRBANKS, David	COLUMBIA MO	Clydesdale 4...	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	+9:39.40	
18	/	18 / 1	1333	HOUGH, Landon	COLUMBIA MO	M_30-34	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	+9:41.89	
19	/	19 / 3	1398	KUNTZ, Jared	INDEPENDENCE MOM	M_35-39	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	+9:46.73	
20	/	20 / 2	1139	COLLINS, Tristan	TOPEKA KS	M_25-29	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	+10:09.64	
21	/	21 / 3	1795	BRINKER, Tom	COLUMBIA MO	M_40-44	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	+10:10.82	
22	/	1 / 1	1784	HOWLAND, Jenn	ELBURN IL	Female_Elite ...	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	+10:17.49	
23	/	22 / 4	1777	EARNEST, Brad	COLUMBIA MO	M_40-44	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	+10:17.64	
24	/	23 / 2	1329	HOODENPYLE, Jim	SPRINGFIELD MOM	M_30-34	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	+10:26.68	
25	/	24 / 1	1628	SHAYER, Callum	ST LOUIS MO	M_15-19	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	+10:54.41	
26	/	25 / 3	1185	DISHMAN, Michael	660 259 4592	M_25-29	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	+10:59.37	
27	/	26 / 5	1654	SMITH, Allyn	ST JOSEPH MO	M_40-44	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	+11:01.95	
28	/	27 / 4	1175	DELGADO, Danny	ST CHARLES IL	M_35-39	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	+11:12.02	
29	/	28 / 6	1049	BECHTOLD, Joe	COLUMBIA MO	M_40-44	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	+11:14.59	
30	/	29 / 1	1651	SMITH, Clint	COLUMBIA MO	Clydesdale 3...	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	+11:17.71	
31	/	30 / 11	1361	KANUTE, Josh	GENEVA IL	Male_Elite Tri...	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	
32	/	2 / 2	1526	PEARCE, Jackie	COLUMBIA MO	Female_Elite ...	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	+11:18.57	
33	/	31 / 5	1155	CROLEY, Trevor	SPRINGFIELD MOM	M_35-39	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	+11:24.55	
34	/	3 / 3	1731	WATERSTRAAT, Elizabeth	LISLE IL	Female_Elite ...	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	+11:25.05	
35	/	4 / 4	1040	BARTEMUS, Kate	CHESTERFIELD MO	Female_Elite ...	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	+11:31.80	
36	/	32 / 1	1510	ONEILL, Joe	SPRINGFIELD MOM	M_20-24	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	+11:35.55	
37	/	5 / 5	1198	EARNEST, Kimberly	COLUMBIA MO	Female_Elite ...	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	+11:41.71	
38	/	33 / 3	1472	MONTALTO, Mark	OVERLAND PARK...	M_30-34	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	+11:51.65	
39	/	34 / 4	1471	MONTALTO, Jimmy	KANSAS CITY MO	M_30-34	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	+11:53.11	
40	/	35 / 7	1738	WHITEHEAD, Rob	OFALLON MO	M_40-44	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	+12:01.77	
41	/	36 / 6	1807	LANGLEY, Spencer	ST LOUIS MO	M_35-39	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	+12:08.87	
42	/	37 / 4	1242	FRANCIS, Ryan	BELTON MO	M_25-29	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	+12:09.14	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
43	/	38 / 5	1079	BRENNAN, Sean	ST LOUIS MO	M_25-29	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	+12:30.90	
44	/	39 / 5	1771	ZIMMER, Steve	WESTWOOD KS	M_30-34	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	+12:31.84	
45	/	40 / 1	1601	SAPP, Ron	COLUMBIA MO	M_55-59	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	+12:42.97	
46	/	41 / 1	1341	IRGENS, Leif	WEBSTER GROVE...	M_45-49	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	+12:51.63	
47	/	42 / 6	1708	TURLEY, Tony	COLUMBIA MO	M_25-29	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	+12:57.54	
48	/	43 / 7	1750	WOLF, Geoff	ST LOUIS MO	M_35-39	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	+13:00.20	
49	/	44 / 1	1489	MULLIN, Mark	ROLLA MO	M_50-54	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	+13:09.62	
50	/	45 / 2	1701	TOMICIKI, Tomasz	COLUMBIA MO	M_45-49	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	+13:13.95	
51	/	46 / 3	1499	NOKES, David	REPUBLIC MO	M_45-49	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	+13:24.33	
52	/	47 / 2	1277	GREAVES, Drew	COLUMBIA MO	M_15-19	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	+13:33.42	
53	/	48 / 7	1697	THORNHILL, Tyler	BRENTWOOD MOM_25-29		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	+13:40.19	
54	/	6 / 6	1380	KING, Luise	COLUMBIA MO	Female_Elite ...	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	+13:43.88	
55	/	7 / 1	1584	ROBERTSON, Andrea	O FALLON MO	Overall TriZo...	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	+13:48.03	
56	/	49 / 8	1174	DEL VECCHIO, Jeff	SPRINGFIELD MOM_35-39		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	+13:53.79	
57	/	50 / 9	1167	DAVIS, Mike	QUINCY IL	M_35-39	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	+13:58.76	
58	/	51 / 8	1518	PARSHALL, Stephen	COLUMBIA MO	M_25-29	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	+14:12.51	
59	/	52 / 2	1739	WHITLOW, Austin	KANSAS CITY MO	M_20-24	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	+14:17.74	
60	/	53 / 4	1668	STEPHENS, Gregg	OLATHE KS	M_45-49	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	+14:45.41	
61	/	54 / 10	1327	HOLLAND, Jason	SPRINGFIELD MOM_35-39		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	+14:52.40	
62	/	55 / 3	1061	BINKLEY, Ryan	KANSAS CITY MO	M_20-24	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	+14:57.55	
63	/	56 / 6	1680	SUTHOFF, Brad	JEFFERSON CITY ...	M_30-34	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	+15:03.57	
64	/	57 / 2	1630	SHEARON, Alan	JACKSON MO	M_55-59	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	+15:07.71	
65	/	58 / 4	1435	MARKS, Aaron	HOMEWOOD IL	M_20-24	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	+15:24.20	
66	/	59 / 9	1347	JENKERSON, Dustin	FARMINGTON MO	M_25-29	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	+15:44.24	
67	/	60 / 11	1192	DUNAFON, Cameron	COLUMBIA MO	M_35-39	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	+15:52.84	
68	/	61 / 5	1231	FLEMING, Eric	QUINCY IL	M_45-49	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	+15:56.47	
69	/	62 / 12	1123	CASH, John	WASHINGTON MO	M_35-39	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	+15:58.30	
70	/	63 / 3	1445	MCCREARY, Patrick	ALTON IL	M_55-59	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	+16:03.57	
71	/	64 / 10	1107	CALVIN, Chris	SAINT LOUIS MO	M_25-29	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	+16:05.86	
72	/	8 / 7	1781	OHLMS, Mindy	ST ALBANS MO	Female_Elite ...	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	+16:08.11	
73	/	65 / 8	1590	ROSENTHAL, Tommy	CLAYTON MO	M_40-44	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	+16:08.87	
74	/	9 / 1	1591	ROSMAN, Daniele	PALO ALTO CA	F_25-29	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	+16:10.08	
75	/	66 / 2	1083	BROOKS, Curtis	ST LOUIS MO	M_50-54	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	+16:16.07	
76	/	67 / 3	1541	PETERSON, Joseph	KANSAS CITY MO	M_15-19	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	+16:18.18	
77	/	68 / 13	1359	KAELIN, Derek	SPRINGFIELD MOM_35-39		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	+16:37.13	
78	/	10 / 2	1659	SPARKS, Elizabeth	CAPE GIRARDEAU... F_25-29		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	+16:50.00	
79	/	69 / 7	1681	SWADER, Joel	JEFFERSON CITY ...	M_30-34	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	+16:50.59	
80	/	70 / 5	1370	KENNEDY, Josh	COLUMBIA MO	M_20-24	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	+16:57.04	
81	/	71 / 9	1464	MILES, Michael	BALLWIN MO	M_40-44	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	+17:00.14	
82	/	72 / 14	1741	WIDZER, Matt	COLUMBIA MO	M_35-39	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	+17:00.22	
83	/	73 / 11	1718	VINSON, Jp	COLUMBIA MO	M_25-29	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	+17:02.83	
84	/	74 / 12	1340	HUTSEL, Brian	COLUMBIA MO	M_25-29	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	+17:05.43	
85	/	75 / 6	1110	CAMPBELL, Greg	COLUMBIA MO	M_45-49	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	+17:09.15	
86	/	76 / 15	1755	WOOD, Brad	GLENDALE MO	M_35-39	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	+17:11.80	
87	/	77 / 7	1716	VELLEK, Mark	COLUMBIA MO	M_45-49	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	+17:20.57	
88	/	78 / 8	1369	KEMPENAR, John	OLATHE KS	M_45-49	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	+17:21.13	
89	/	79 / 1	1178	DICKSON, Carter	AURORA IL	M_11-14	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	+17:30.60	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
89	/	79 / 16	1148	CORDERO, Patricio	O FALLON MO	M_35-39	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	+17:30.60	
91	/	11 / 1	1678	SULLIVAN, Shelby	WEBSTER GROVE...	F_30-34	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	+17:30.64	
92	/	81 / 4	1080	BRENNAN, Kevin	ST LOUIS MO	M_55-59	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	+17:35.18	
93	/	82 / 5	1187	DONOHUE, Jerry	COLUMBIA MO	M_55-59	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	+17:38.53	
94	/	83 / 9	1613	SCHON, Paul	CRESTWOOD MOM	M_45-49	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	+17:40.07	
95	/	84 / 8	1101	BURNS, John	LEES SUMMIT MO	M_30-34	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	+17:45.49	
96	/	85 / 10	1404	LANE, Patrick	QUINCY IL	M_45-49	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	+17:51.94	
97	/	86 / 10	1203	EDWARDS, Ken	SPRINGFIELD MOM	M_40-44	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	+17:55.90	
98	/	87 / 11	1542	PETERSON, Scott	KANSAS CITY MO	M_45-49	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	+17:58.06	
99	/	88 / 17	1285	HALL, Rick	ST LOUIS MO	M_35-39	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	+18:03.80	
100	/	89 / 2	1737	WHITE, Ben	COLUMBIA MO	Clydesdale 4...	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	+18:20.41	
101	/	90 / 6	1199	EBER, Noah	KANSAS CITY MO	M_20-24	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	+18:30.12	
102	/	91 / 18	1053	BENIGNO, Christopher	WILDWOOD MO	M_35-39	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	+18:32.55	
103	/	92 / 11	1134	CLERVI, Matthew	COLUMBIA MO	M_40-44	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	+18:38.28	
104	/	93 / 12	1141	COLLINS, Kevin	HIAWATHA KS	M_45-49	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	+18:58.00	
105	/	94 / 12	1390	KOERPERICH, Michael	HIAWATHA KS	M_40-44	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	+19:01.60	
106	/	95 / 7	1451	MCKEE, Steven	COLUMBIA MO	M_20-24	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	+19:05.43	
107	/	96 / 13	1547	PIPER, Joe	COLUMBIA MO	M_40-44	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	+19:05.57	
108	/	97 / 19	1522	PATEK, Jewell	RUSSELLVILLE MO	M_35-39	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	+19:05.99	
109	/	12 / 8	1727	WARNKE, Aimee	ROLLA MO	Female_Elite ...	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	+19:16.86	
110	/	1 / 1	1773	FARROLL, Scott	SAINT LOUIS MO	Team TriZou	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	+19:18.48	
111	/	98 / 2	1278	GREENWOOD, Blair	HANNIBAL MO	Clydesdale 3...	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	+19:25.70	
112	/	13 / 1	1345	JACOBS, Annette	ST LOUIS MO	F_35-39	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	+19:29.63	
113	/	14 / 1	1702	TOMICIKI, Marzena	COLUMBIA MO	F_40-44	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	+19:30.19	
114	/	15 / 1	1433	MANN, Rachel	HOMER GLENN IL	F_0-14	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	+19:32.31	
115	/	99 / 3	1111	CANDELA, Joe	O FALLON MO	Clydesdale 4...	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	+19:34.82	
116	/	100 / 9	1536	PEROUTKA, Michael	LAKE ST LOUIS MO	M_30-34	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	+19:34.94	
117	/	101 / 20	1780	FULBRIGHT, Matthew	KIRKWOOD MO	M_35-39	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	+19:36.73	
118	/	102 / 10	1096	BUKOWSKY, Brant	COLUMBIA MO	M_30-34	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	+19:43.28	
119	/	103 / 14	1269	GOGEL, Michael	JEFFERSON CITY ...	M_40-44	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	+19:44.61	
120	/	104 / 13	1424	LUCY, Matt	COLUMBIA MO	M_45-49	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	+19:44.69	
121	/	105 / 13	1463	MIEDEMA, Luke	COLUMBIA MO	M_25-29	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	+19:48.88	
122	/	106 / 6	1719	VOLLMER, Barry	JEFFERSON CITY ...	M_55-59	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	+19:54.24	
123	/	107 / 4	1768	YOUNG, Richard Brent	COLUMBIA MO	Clydesdale 4...	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	+20:24.26	
124	/	108 / 3	1207	ELLIOTT, Aaron	SPRINGFIELD MO	Clydesdale 3...	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	+20:30.01	
125	/	109 / 21	1432	MANCZUK, Ryan	MARYLAND HEIG...	M_35-39	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	+20:30.56	
126	/	110 / 14	1265	GLOBKE, Nathan	SPRINGFIELD MOM	M_25-29	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	+20:35.44	
127	/	111 / 15	1355	JONES, Lenny	ST LOUIS MO	M_40-44	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	+20:40.43	
128	/	112 / 8	1025	BACON, Kirk	ST LOUIS MO	M_20-24	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	+20:41.37	
129	/	113 / 11	1508	ONEAL, Stephen	ST LOUIS MO	M_30-34	7:58.030	1:48.6	1:44.070		42:09.630	19.9	1:30.390		22:01.920	7:54.0	1:17:04.04	+20:43.55	
130	/	2 / 2	1172	BUTCH CASSIDY AND T...	Jules Decoster	Team TriZou	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	+20:48.70	
131	/	114 / 22	1652	SMITH, Troy	INDEPENDENCE MOM	M_35-39	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	+20:57.89	
132	/	16 / 1	1549	POLETTE, Molly	WILDWOOD MO	F_20-24	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	+21:00.11	
133	/	115 / 15	1106	CALABRO, Joji	KANSAS CITY MO	M_25-29	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	+21:26.55	
134	/	116 / 9	1252	GARNER, Jake	COLUMBIA MO	M_20-24	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	+21:27.37	
135	/	117 / 23	1698	EARTH	Matt Thurmon	M_35-39	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	+21:40.29	
136	/	17 / 2	1033	BALLENSKY, Kristine	SIGOURNEY IA	F_20-24	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	+21:40.68	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
137	/	118 / 12	1267	GOBLE, Tim	COLUMBIA MO	M_30-34	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	+21:41.49	
138	/	119 / 2	1704	TOROSIAN, Martin	GENEVA IL	M_11-14	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	+21:42.15	
139	/	18 / 2	1498	NITSCH, Pamela	LAKE SAINT LOUIS MO	F_35-39	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	+21:43.49	
140	/	120 / 13	1392	KORTE, Casey	KANSAS CITY MO	M_30-34	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	+21:43.90	
141	/	121 / 16	1430	MALLOW, Todd	SPRINGFIELD MOM	M_40-44	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	+21:44.26	
142	/	19 / 2	1663	STAUDACHER, Rachel	ST CHARLES IL	F_0-14	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	+21:50.31	
143	/	20 / 2	1171	DECARLO, Jennifer	O FALLON MO	F_30-34	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	+21:54.72	
144	/	122 / 3	1550	POLETTE, Wayne	WILDWOOD MO	M_50-54	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	+21:57.99	
145	/	21 / 2	1379	KIMBER, Carrie	QUINCY IL	F_40-44	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	+21:58.03	
146	/	22 / 3	1672	STIMAC, Heidi	GENEVA IL	F_0-14	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	+22:03.46	
147	/	123 / 16	1516	PARHAM, Rob	COLUMBIA MO	M_25-29	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	+22:11.51	
148	/	124 / 14	1420	LOCKE, Gary	ROGERSVILLE MO	M_45-49	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	+22:12.65	
149	/	125 / 4	1290	HAMMAN, Brad	VERONA MO	Clydesdale 3...	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	+22:14.90	
150	/	126 / 24	1378	KIM, Bum Yong	SAINT LOUIS MO	M_35-39	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	+22:15.53	
151	/	23 / 3	1222	FELLERS, Malarie	TOPEKA KS	F_20-24	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	+22:18.00	
152	/	127 / 7	1487	MOUNTJOY, David	COLUMBIA MO	M_55-59	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	+22:33.17	
153	/	128 / 15	1095	BUESCHER, Keith	SPRINGFIELD IL	M_45-49	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	+22:34.67	
154	/	129 / 17	1104	BUTTERMORE, Roy	KANSAS CITY MO	M_25-29	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	+22:41.32	
155	/	130 / 14	1725	WALSH, Tim	SAINT LOUIS MO	M_30-34	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	+22:41.40	
156	/	131 / 18	1147	COPELAND, Zach	CLEVER MO	M_25-29	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	+22:42.02	
157	/	132 / 19	1382	KNOLL, Alex	COLUMBIA MO	M_25-29	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	+22:42.41	
158	/	133 / 16	1619	SEABAUGH, Michael T	ST LOUIS MO	M_45-49	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	+22:56.22	
159	/	134 / 8	1273	GOOD, Glenn	COLUMBIA MO	M_55-59	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	+22:58.59	
160	/	135 / 5	1637	SHOCKLEE, John	ST LOUIS MO	Clydesdale 3...	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	+23:01.45	
161	/	24 / 1	1183	DIGGES, Laurie	COLUMBIA MO	F_45-49	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	+23:01.47	
162	/	25 / 2	1006	ADKISON, Dianna	LOHMAN MO	F_45-49	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	+23:05.19	
163	/	26 / 3	1189	DRAKE, Sally	VALLEY PARK MO	F_40-44	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	+23:08.12	
164	/	136 / 4	1239	FOUCART, Steve	SPRINGFIELD MOM	M_50-54	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	+23:10.56	
165	/	27 / 3	1353	JOHNSTON, Maggie	COLUMBIA MO	F_35-39	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	+23:11.43	
166	/	3 / 3	1389	YOUNG AND OLD	Robert Koenig	Team TriZou	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	+23:14.39	
167	/	137 / 17	1337	HUGHES, Casey	JEFFERSON CITY ...	M_40-44	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	+23:22.97	
168	/	138 / 4	1295	HARDEN, Aaron	JEFFERSON CITY ...	M_15-19	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	+23:34.70	
169	/	139 / 6	1211	FAIRFAX, Seth	STURGEON MO	Clydesdale 3...	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	+23:40.40	
170	/	28 / 4	1351	JOHNSON, Heather	ST LOUIS MO	F_40-44	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	+23:42.70	
171	/	140 / 9	1261	GILLEN, Dennis	CAMDENTON MO	M_55-59	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	+23:42.82	
172	/	141 / 17	1021	ATKINSON, Scott	SPRINGFIELD MOM	M_45-49	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	+23:45.26	
173	/	142 / 20	1313	HEURING, Joel	PERRYVILLE MO	M_25-29	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	+23:55.15	
174	/	4 / 4	1206	TRINEWBIES	Dick Elgin	Team TriZou	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	+23:56.84	
175	/	5 / 5	1423	TEAM WHITE	Carrie Lucas	Team TriZou	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	+24:02.04	
176	/	143 / 15	1552	POOLER, Eric	CENTRALIA MO	M_30-34	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	+24:05.95	
177	/	144 / 18	1485	MORT, Terry	SAINT LOUIS MO	M_40-44	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	+24:06.13	
178	/	145 / 19	1675	STOVER, Jeff	ROLLA MO	M_40-44	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	+24:09.02	
179	/	146 / 5	1195	DUVAL, Steven	WILDWOOD MO	M_50-54	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	+24:12.21	
180	/	147 / 5	1224	FIGG, Miles	JEFFERSON CITY ...	M_15-19	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	+24:18.42	
181	/	148 / 20	1764	YEARY, Steve	KANSAS CITY MO	M_40-44	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	+24:23.82	
182	/	149 / 10	1103	BUTERBAUGH, Joseph	SPRINGFIELD MOM	M_20-24	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	+24:26.79	
183	/	150 / 7	1449	MCGINLEY, Kris	BLUE SPRINGS MO	Clydesdale 3...	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	+24:27.17	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
184	/	151 / 5	1283	HAENNI, Patrick	SPRINGFIELD MO	Clydesdale 4...	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	+24:30.65	
185	/	152 / 25	1258	GIDDINGS, Jay	COLUMBIA MO	M_35-39	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	+24:32.58	
186	/	153 / 6	1400	LACY, Paul	SMITHVILLE MO	M_50-54	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	+24:37.80	
187	/	154 / 21	1685	TALLEY, Darin	SADDLEBROOKE ...	M_40-44	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	+24:38.14	
188	/	29 / 5	1806	HILLER, Erika		F_40-44	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	+24:38.57	
189	/	155 / 18	1038	BARTAK, Paul	ST PETERS MO	M_45-49	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	+24:40.32	
190	/	156 / 22	1633	SHERN, Kyle	COLUMBIA MO	M_40-44	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	+24:47.19	
191	/	30 / 3	1616	SCHWANBECK, Leslie	ROCK HILL MO	F_30-34	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	+24:47.80	
192	/	157 / 26	1653	SMITH, Troy	WILLARD MO	M_35-39	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	+24:50.49	
193	/	158 / 27	1459	MCWILLIAMS, Mark	KANSAS CITY MO	M_35-39	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	+24:56.42	
194	/	159 / 28	1013	ALLEN, Michael	WENTZVILLE MO	M_35-39	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	+24:57.59	
195	/	160 / 21	1216	FARKAS, Kenny	BONNE TERRE MO	M_25-29	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	+24:59.19	
196	/	161 / 16	1469	MOISTER, Brent	COLUMBIA MO	M_30-34	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	+25:01.89	
197	/	162 / 22	1735	WEILBAECHER, Craig	COLUMBIA MO	M_25-29	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	+25:04.82	
198	/	31 / 3	1794	CLARK, Jennifer	ROCHPORT MO	F_45-49	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	+25:14.94	
199	/	163 / 19	1196	DYSON, Dale	WASHINGTON MO	M_45-49	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	+25:23.94	
200	/	164 / 17	1151	COX, David	KEARNEY MO	M_30-34	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	+25:25.54	
201	/	165 / 23	1535	PEREZ, Francisco	SAINT LOUIS MO	M_40-44	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	+25:25.74	
202	/	166 / 20	1020	ASH, Kelly	SPRINGFIELD MO	M_45-49	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	+25:29.40	
203	/	32 / 3	1478	MORGAN, Mackenzie	COLUMBIA MO	F_25-29	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	+25:30.68	
204	/	167 / 21	1041	BARTOLICH, Kurt	PRAIRIE VILLAGE KS	M_45-49	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	+25:33.43	
205	/	33 / 4	1226	FISCHER, Rachael	COLUMBIA MO	F_20-24	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	+25:37.09	
206	/	168 / 29	1539	PERULFI, James	MARYVILLE IL	M_35-39	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	+25:38.53	
207	/	34 / 4	1317	HILLARD, Laura	COLUMBIA MO	F_25-29	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	+25:38.66	
208	/	35 / 5	1615	SCHWAIGERT, Lauren	COLUMBIA MO	F_20-24	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	+25:38.74	
209	/	169 / 24	1037	BARR, Dave	CARLINVILLE IL	M_40-44	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	+25:41.07	
210	/	170 / 25	1437	MARTIN, Robert E	COLUMBIA MO	M_40-44	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	+25:41.31	
211	/	36 / 6	1346	JARBOE, Melissa	KIRKSVILLE MO	F_20-24	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	+25:42.59	
212	/	171 / 26	1555	POPP, Rusty	BLUE SPRINGS MO	M_40-44	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	+25:43.40	
213	/	172 / 22	1418	LOBB, Del	COLUMBIA MO	M_45-49	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	+25:46.48	
214	/	173 / 27	1255	GARVEY, Tim	SAINT JOSEPH MO	M_40-44	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	+25:46.89	
215	/	174 / 23	1138	COLFAX, Michael	MARSHALL MO	M_25-29	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	+25:50.51	
216	/	175 / 11	1293	HANEY, Joshua	WARRENSBURG MO	M_20-24	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	+25:54.28	
217	/	176 / 30	1785	HENDERSON, Mitchell	COLUMBIA MO	M_35-39	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	+25:59.13	
218	/	37 / 1	1693	TELFORD, Teresa	ST LOUIS MO	F_50-54	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	+25:59.25	
219	/	177 / 8	1197	EARHART, Todd	COLUMBIA MO	Clydesdale 3...	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	+26:01.70	
220	/	178 / 31	1214	FANNIN, Daniel	SPRINGFIELD MO	M_35-39	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	+26:03.06	
221	/	179 / 7	1016	ANTOLAK, Henry	ROLLA MO	M_50-54	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	+26:03.96	
222	/	180 / 28	1530	PELLIGREEN, Lee	SAINT LOUIS MO	M_40-44	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	+26:07.62	
223	/	181 / 18	1074	BRACKENRIDGE, Trent	FULTON MO	M_30-34	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	+26:16.53	
224	/	38 / 4	1050	BEER, Adrienne	ST CHARLES MO	F_30-34	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	+26:17.57	
225	/	182 / 1	1350	JEWELL, Gary	WEBSTER GROVE...	M_60-64	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	+26:22.18	
226	/	39 / 4	1169	DAVIS, Tina	LAKE ST LOUIS MO	F_45-49	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	+26:23.72	
227	/	183 / 29	1161	DARNELL, Darren	O FALLON MO	M_40-44	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	+26:23.91	
228	/	184 / 23	1201	KRUSE, Ed	CUBA MO	M_45-49	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	+26:25.26	
229	/	185 / 32	1565	RABENAU, Tex	COOK STATION ...	M_35-39	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	+26:25.34	
230	/	40 / 2	1219	FARRIS, Betsy	COLUMBIA MO	F_50-54	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	+26:25.89	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
231	/	186 / 30	1556	PORTNOY, Kristopher	CHESTERFIELD MO	M_40-44	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	+26:26.84	
232	/	187 / 33	1543	PETRO, Stephen	WENTZVILLE MO	M_35-39	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	+26:32.14	
233	/	41 / 1	1153	CREWS, Tanya	WILDWOOD MO	F_55-59	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	+26:33.79	
234	/	188 / 6	1094	BUESCHER, Jacob	SPRINGFIELD IL	M_15-19	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	+26:36.94	
235	/	189 / 10	1588	ROSEN, Jonathon	COLUMBIA MO	M_55-59	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	+26:39.47	
236	/	42 / 5	1500	NOLAND, Carrie	NEW LONDON MO	F_30-34	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	+26:44.44	
237	/	43 / 6	1486	MOTHERSHEAD, Kristine	ST LOUIS MO	F_40-44	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	+26:47.03	
238	/	44 / 3	1569	RATHERT, Cheryl	COLUMBIA MO	F_50-54	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	+26:55.00	
239	/	190 / 2	1525	PEAK, Dan	KANSAS CITY MO	M_60-64	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	+26:57.48	
240	/	191 / 8	1177	DIAZ ARIAS, Alberto	COLUMBIA MO	M_50-54	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	+27:00.22	
241	/	192 / 9	1149	COSSYPHAS, Christos	COLUMBIA MO	Clydesdale 3...	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	+27:00.74	
242	/	45 / 1	1664	STAUDACHER, Janine	SAINT CHARLES IL	Athena TriZou	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	+27:12.93	
243	/	193 / 9	1476	MOORKAMP, Bill	ROLLA MO	M_50-54	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	+27:17.29	
244	/	194 / 24	1650	SMITH, Mike	CRESTWOOD MO	M_45-49	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	+27:21.59	
245	/	195 / 34	1186	DIXON, Ross	COLUMBIA MO	M_35-39	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	+27:22.56	
246	/	196 / 35	1749	WINKELER, Anthony	O FALLON MO	M_35-39	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	+27:22.68	
247	/	197 / 19	1091	BUCKMAN, Casey	COLUMBIA MO	M_30-34	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	+27:31.50	
248	/	46 / 2	1228	FITCH, Diana	LIBERTY MO	F_55-59	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	+27:35.00	
249	/	198 / 31	1076	BRAKHANE, Mark	ROCHEPORT MO	M_40-44	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	+27:36.62	
250	/	199 / 20	1067	BOBBITT, Timothy	FLORISSANT MO	M_30-34	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	+27:37.97	
251	/	47 / 5	1130	CLARK, Megan	ST LOUIS MO	F_25-29	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	+27:40.13	
252	/	48 / 7	1470	MONTALTO, Jamie	OVERLAND PARK...	F_20-24	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	+27:42.32	
253	/	200 / 25	1218	FARRELL, Kelly	ST PETERS MO	M_45-49	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	+27:45.49	
254	/	201 / 21	1156	CROUCH, Nathan	COLUMBIA MO	M_30-34	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	+27:47.11	
255	/	202 / 22	1112	CANNON, Jason	GREEN RIDGE MO	M_30-34	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	+27:50.78	
256	/	49 / 4	1515	PARADIS, Erin	BATAVIA IL	F_0-14	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	+27:58.34	
257	/	203 / 32	1162	DATEMA, Richard	SPRINGFIELD MOM	M_40-44	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	+27:58.84	
258	/	204 / 24	1493	NEAL, Luke	COLUMBIA MO	M_25-29	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	+28:00.10	
259	/	50 / 4	1352	JOHNSON, Rachel	TUCSON AZ	F_35-39	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	+28:02.01	
260	/	205 / 10	1636	SHIPMAN, David	LEES SUMMIT MO	M_50-54	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	+28:02.06	
261	/	206 / 23	1249	FRITZ, Brad	COTTLEVILLE MO	M_30-34	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	+28:03.66	
262	/	207 / 36	1296	HARPOLE, Gary	NEBO IL	M_35-39	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	+28:12.52	
263	/	208 / 25	1166	DAVIS, Chad	SPRINGFIELD MOM	M_25-29	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	+28:17.73	
264	/	51 / 8	1043	BAUMANN, Coralie	COLUMBIA MO	F_20-24	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	+28:29.78	
265	/	52 / 4	1263	GILLUM, Rebecca	COLUMBIA IL	F_50-54	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	+28:32.87	
266	/	209 / 12	1791	BLOUNT, Lucas	COLUMBIA MO	M_20-24	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	+28:34.70	
267	/	210 / 11	1154	CREWS, Gary	WILDWOOD MO	M_55-59	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	+28:36.51	
268	/	211 / 26	1137	COHEN, Simon	SAINT LOUIS MOM	M_25-29	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	+28:38.57	
269	/	53 / 5	1684	TALLEY, Lisa	UNIVERSITY CITY...	F_45-49	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	+28:44.11	
270	/	212 / 27	1338	HULL, Justin	TULSA OK	M_25-29	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	+28:47.09	
271	/	213 / 37	1474	MONTIE, Mathew	COLUMBIA MO	M_35-39	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	+28:48.76	
272	/	214 / 11	1546	PIERCE, Tom	POPLAR BLUFF MO	M_50-54	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	+28:48.79	
273	/	215 / 13	1627	SHAW, Aaron	COLUMBIA MO	M_20-24	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	+28:49.47	
274	/	216 / 10	1614	SCHROEDER, Eric	REPUBLIC MO	Clydesdale 3...	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	+28:51.55	
275	/	54 / 5	1173	DEL VECCHIO, Shana	SPRINGFIELD MOF	M_35-39	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	+28:52.25	
276	/	55 / 5	1176	DELGADO, Teagan	ST CHARLES IL	F_0-14	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	+28:54.30	
277	/	56 / 6	1521	PASIEKA, Tracyjo	ST LOUIS MO	F_30-34	11:28.170	2:36.4	0:45.310		48:07.060	17.5			24:59.840	8:19.9	1:25:20.38	+28:59.89	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
278	/	217 / 12	1665	STAUFFER, Robert	WEST PLAINS	MOM_55-59	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	+29:00.63	
279	/	218 / 33	1253	GARRETT, Bill	WILDWOOD	MO M_40-44	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	+29:00.77	
280	/	219 / 12	1238	FOSTER, Robert	COLUMBIA	MO M_50-54	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	+29:05.69	
281	/	220 / 34	1657	SMYTH, Tim	COLUMBIA	MO M_40-44	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	+29:09.33	
282	/	221 / 13	1325	HOLDEN, Richard	KANSAS CITY	MO M_55-59	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	+29:12.36	
283	/	57 / 7	1460	MELTER, Kristen	BALLWIN	MO F_30-34	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	+29:12.72	
284	/	58 / 2	1240	FOUST, Maia	LIBERTY	MO Athena TriZou	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	+29:13.10	
285	/	222 / 35	1683	SWEETWOOD, Matthew	COLUMBIA	MO M_40-44	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	+29:14.66	
286	/	223 / 14	1623	SELLERS, Justin	COLUMBIA	MO M_20-24	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	+29:15.33	
287	/	224 / 28	1298	HAUCK JR, Marty	ST JAMES	MO M_25-29	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	+29:17.38	
288	/	225 / 13	1056	BERNSEN, Thomas	KIRKWOOD	MO M_50-54	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	+29:20.00	
289	/	226 / 38	1208	ELLIOTT, Ryan	FENTON	MO M_35-39	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	+29:21.83	
290	/	59 / 6	1316	HIGGINS, Julie	LEES SUMMIT	MO F_35-39	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	+29:24.04	
291	/	60 / 7	1381	KNAACK, Angie	LAWSON	MO F_35-39	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	+29:24.37	
292	/	61 / 5	1399	LACY, Jody	SMITHVILLE	MO F_50-54	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	+29:33.32	
293	/	227 / 11	1643	SMAY, Dave	SPRINGFIELD	MO Clydesdale 3...	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	+29:36.04	
294	/	228 / 39	1658	SNIDER, Kenneth	LOCKWOOD	MO M_35-39	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	+29:40.16	
295	/	229 / 12	1247	FRAZIER, Eldon	CANTON	MO Clydesdale 3...	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	+29:42.88	
296	/	230 / 13	1496	NEWMAN, Brent	ST LOUIS	MO Clydesdale 3...	15:34.700	3:32.4			46:23.530	18.1	1:30.850		22:41.980	7:34.0	1:26:11.06	+29:50.57	
297	/	62 / 8	1531	PELTIER, Michelle	COLUMBIA	MO F_35-39	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	+29:51.59	
298	/	231 / 29	1223	FERRIS, Dan	HAZELWOOD	MOM_25-29	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	+29:52.12	
299	/	232 / 30	1402	LAHR, Jason	WRIGHT CITY	MO M_25-29	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	+29:52.74	
300	/	233 / 24	1011	ALBERS, Tim	COLUMBIA	MO M_30-34	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	+29:57.38	
301	/	63 / 8	1767	YOUNG, Amanda	SPRINGFIELD	MO F_30-34	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	+30:01.66	
302	/	234 / 36	1330	HORNBERGER, Jack	CHESTERFIELD	MO M_40-44	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	+30:03.28	
303	/	64 / 6	1475	MOODY, Maya	JEFFERSON CITY	... F_25-29	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	+30:04.24	
304	/	235 / 26	1063	BLADES, J W	BALLWIN	MO M_45-49	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	+30:05.74	
305	/	65 / 7	1397	KRUSE, Cristy	CUBA	MO F_40-44	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	+30:07.92	
306	/	236 / 14	1691	TAYLOR, Neal	BOLIVAR	MO M_50-54	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	+30:10.71	
307	/	237 / 25	1647	SMITH, Zach	SPRINGFIELD	MOM_30-34	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	+30:14.23	
308	/	238 / 26	1661	STANEK, Jeremy	COLUMBIA	MO M_30-34	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	+30:14.30	
309	/	66 / 6	1140	COLLINS, Sandy	HIAWATHA	KS F_45-49	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	+30:15.75	
310	/	239 / 37	1743	WILLIAMS, Mike	ST ROBERT	MO M_40-44	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	+30:23.16	
311	/	67 / 3	1299	HAVRILLA, Heidi	LAKE ST LOUIS	MO Athena TriZou	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	+30:23.67	
312	/	240 / 27	1762	YANCEY, William	ROGERSVILLE	MO M_45-49	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	+30:24.94	
313	/	241 / 28	1438	MARTINEZ, Miguel	CHESTERFIELD	MO M_45-49	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	+30:27.00	
314	/	242 / 14	1184	DINGLER, David	COLUMBIA	MO M_55-59	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	+30:35.19	
315	/	243 / 6	1241	FOX, Mike	PARKVILLE	MO Clydesdale 4...	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	+30:37.33	
316	/	244 / 14	1059	BETZ JR, Donald	SAINT LOUIS	MO Clydesdale 3...	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	+30:39.75	
317	/	245 / 15	1121	CARREL, Chad	BOLIVAR	MO Clydesdale 3...	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	+30:39.99	
318	/	246 / 7	1534	PEREGOY, Steve	CHANNAHON	IL Clydesdale 4...	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	+30:45.05	
319	/	68 / 9	1388	KOEHLER, Shelly	KEARNEY	MO F_35-39	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	+30:52.41	
320	/	69 / 9	1778	DAVID, Kirsten	COLUMBIA	MO F_20-24	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	+30:57.08	
321	/	70 / 10	1054	BENNETT, Allison	COLUMBIA	MO F_20-24	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	+30:58.57	
322	/	71 / 9	1159	CUNNINGHAM, Meredith	SPRINGFIELD	MO F_30-34	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	+31:00.63	
323	/	72 / 8	1354	JONES, Keri	COLUMBIA	MO F_40-44	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	+31:08.94	
324	/	247 / 38	1626	SHANNON, Chris	ST CHARLES	MOM_40-44	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	+31:16.05	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
325	/	248 / 8	1328	HOLLOWAY, Rick	WEST PLAINS MO	Clydesdale 4...	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	+31:22.51	
326	/	249 / 31	1188	DOWNING, Jeremy	POPLAR BLUFF MO	M_25-29	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	+31:27.40	
327	/	73 / 10	1742	WILEY, Sherri	HANNIBAL MO	F_30-34	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	+31:27.54	
328	/	74 / 7	1042	BAUER, Amy	ST LOUIS MO	F_25-29	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	+31:28.49	
329	/	250 / 15	1545	PHIPPS, Jeffrey	NAPERVILLE IL	M_50-54	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	+31:29.37	
330	/	251 / 27	1765	YOUNG, Christopher	KANSAS CITY MO	M_30-34	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	+31:30.68	
331	/	75 / 7	1589	ROSENHAUER, Sandy	COLUMBIA MO	F_45-49	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	+31:31.75	
332	/	252 / 32	1058	BESTGEN, Nick	TIPTON MO	M_25-29	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	+31:32.60	
333	/	253 / 33	1068	BOCKSTRUCK, Mark	HOLTS SUMMIT MO	M_25-29	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	+31:35.11	
334	/	76 / 11	1581	RILEY, Julie	COLUMBIA MO	F_30-34	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	+31:41.80	
335	/	254 / 28	1670	STIFF, Todd	KANSAS CITY MO	M_30-34	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	+31:42.74	
336	/	255 / 34	1740	WHITTECK, Jason	KEARNEY MO	M_25-29	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	+31:45.26	
337	/	256 / 39	1407	LARSON, Kurt	SPRINGFIELD MO	M_40-44	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	+31:58.50	
338	/	257 / 29	1705	TRAPP, Kevin	SAINT LOUIS MO	M_30-34	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	+31:58.77	
339	/	258 / 9	1190	DUBE, Matt	SWANSEA IL	Clydesdale 4...	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	+32:11.63	
340	/	77 / 10	1304	HECKER, Charla	LIBERTY MO	F_35-39	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	+32:13.50	
341	/	259 / 40	1113	CANNOVA, Joseph	LEAWOOD KS	M_40-44	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	+32:17.73	
342	/	78 / 9	1426	LYNN, Rhonda	OLATHE KS	F_40-44	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	+32:18.20	
343	/	79 / 8	1706	TROUTWINE, Alison	COLUMBIA MO	F_25-29	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	+32:19.09	
344	/	260 / 30	1707	TUCKING, John	LAWSON MO	M_30-34	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	+32:20.53	
345	/	80 / 12	1575	REYNOLDS, Nicole	COLUMBIA MO	F_30-34	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	+32:26.73	
346	/	261 / 16	1368	KELLEY, Terry	SAINT LOUIS MO	M_50-54	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	+32:28.33	
347	/	262 / 15	1688	TAYLOR, Michael	O GALLON IA	M_20-24	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	+32:29.99	
348	/	81 / 11	1326	HOLLAND, Robyn	SPRINGFIELD MO	F_35-39	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	+32:30.30	
349	/	82 / 9	1335	HUENINK, Kristy	NEW BLOOMFIEL...	F_25-29	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	+32:43.81	
350	/	83 / 4	1246	FRAZIER, Michelle	CANTON MO	Athena TriZou	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	+32:52.66	
351	/	263 / 41	1132	CLEM, Robert	ST LOUIS MO	M_40-44	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	+32:54.36	
352	/	264 / 16	1233	FLYNN, Taylor	COLUMBIA MO	M_20-24	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	+32:55.11	
353	/	265 / 15	1125	CHAPMAN, Ron	ROCHEPORT MO	M_55-59	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	+32:56.75	
354	/	266 / 35	1245	FRANKLIN, Andrew	COLUMBIA MO	M_25-29	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	+33:05.26	
355	/	267 / 16	1416	LIGHTNER, Steve	COLUMBIA MO	M_55-59	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	+33:08.10	
356	/	268 / 17	1193	DURNELL, Nathan	ST LOUIS MO	M_20-24	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	+33:08.97	
357	/	84 / 1	1069	BOETTCHER, Lolle	ST LOUIS MO	F_60-64	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	+33:11.73	
358	/	269 / 16	1452	MCKEE, George	COLUMBIA MO	Clydesdale 3...	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	+33:12.25	
359	/	270 / 40	1712	VAN RONZELEN, Tim	JEFFERSON CITY ...	M_35-39	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	+33:25.86	
360	/	271 / 36	1427	MACKLEY, Nathan	COLUMBIA MO	M_25-29	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	+33:36.01	
361	/	85 / 10	1506	ODEN, Debra	HANNIBAL MO	F_40-44	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	+33:39.65	
362	/	272 / 41	1599	RYAN, Goddard	GORDONVILLE MO	M_35-39	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	+33:41.20	
363	/	273 / 37	1714	VEIT, Brian	JEFFERSON CITY ...	M_25-29	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	+33:47.01	
364	/	86 / 6	1108	CAMPBELL, Rebecca	SPRINGFIELD MO	F_50-54	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	+33:50.29	
365	/	274 / 10	1331	HORTON, James	O FALLON MO	Clydesdale 4...	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	+33:56.52	
366	/	87 / 7	1220	FAUST, Maryann	SAINT LOUIS MO	F_50-54	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	+33:57.18	
367	/	275 / 38	1728	WASHER, John A	LIBERTY MO	M_25-29	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	+34:01.40	
368	/	88 / 13	1538	PERSON, Suzanne	KIRKWOOD MO	F_30-34	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	+34:13.15	
369	/	276 / 31	1230	FLANDERMEYER, Sean	BLUE SPRINGS MO	M_30-34	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	+34:17.92	
370	/	277 / 17	1548	PITTMAN, Bryce	OVERLAND PARK...	M_50-54	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	+34:18.08	
371	/	278 / 18	1473	MONTIBELLER, Jeff	SAINT LOUIS MO	M_50-54	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	+34:20.71	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
372	/ 89	/ 10	1736	WESTHOFF, Annie	KIRKWOOD MO	F_25-29	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	+34:20.81	
373	/ 279	/ 17	1023	AVILES, Matt	KEARNEY MO	Clydesdale 3...	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	+34:21.05	
374	/ 90	/ 12	1761	YAEGER, Nancy	COLUMBIA MO	F_35-39	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	+34:28.76	
375	/ 280	/ 42	1564	PUSATERI, Salvatore	CHESTERFIELD MO	M_40-44	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	+34:28.85	
376	/ 6	/ 6	1799	KC FIREFIGHTERS	Alan Buckwalter	Team TriZou	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	+34:31.77	
377	/ 281	/ 18	1092	BUEHLER, Jeff	COLUMBIA MO	Clydesdale 3...	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	+34:32.92	
378	/ 282	/ 19	1695	THOMAS, Stu	FLORISSANT MO	Clydesdale 3...	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	+34:36.48	
379	/ 283	/ 29	1284	HAHN, Mark	COLUMBIA MO	M_45-49	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	+34:36.76	
380	/ 91	/ 11	1642	SKOZA, Emily	UNIVERSITY CITY...	F_20-24	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	+34:36.85	
381	/ 284	/ 43	1205	EICHENMUELLER, Bernd	ST JOSEPH MO	M_40-44	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	+34:40.55	
382	/ 285	/ 30	1055	BENNEY, Tom	BRIDGETON MO	M_45-49	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	+34:41.74	
383	/ 286	/ 31	1441	MATTHEWS, Steve	WEBSTER GROVE...	M_45-49	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	+34:43.04	
384	/ 92	/ 8	1266	GOBBERDIEL, Linda	WEST DES MOINE...	F_50-54	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	+34:45.73	
385	/ 93	/ 13	1425	LYNN, Becky	JEFFERSON CITY ...	F_35-39	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	+34:48.77	
386	/ 94	/ 12	1393	KOVARIK, Joanna	ROLLA MO	F_20-24	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	+34:49.64	
387	/ 287	/ 20	1357	JUNDT, Kyle	SAINT CHARLES ...	Clydesdale 3...	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	+34:50.42	
388	/ 7	/ 7	1309	CHRIS YEAGER	Jeff Henze	Team TriZou	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	+34:50.46	
389	/ 8	/ 8	1733	WEDDLE	Steve Weddle	Team TriZou	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	+34:51.68	
390	/ 288	/ 42	1495	NEUBAUER, Axel	SAVANNAH MO	M_35-39	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	+35:05.57	
391	/ 289	/ 19	1262	GILLUM, Donald	COLUMBIA IL	M_50-54	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	+35:09.05	
392	/ 290	/ 3	1144	COOPER, Tate	COLUMBIA MO	M_11-14	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	+35:13.71	
393	/ 291	/ 32	1372	KERBER, Michael	ST LOUIS MO	M_30-34	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	+35:13.92	
394	/ 95	/ 14	1585	RODENBAUGH, Marlene	NEW LONDON MO	F_35-39	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	+35:20.19	
395	/ 96	/ 11	1145	COOVERT, Kierstin	ST LOUIS MO	F_40-44	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	+35:20.22	
396	/ 292	/ 39	1468	MILLER, Ryan	ST LOUIS MO	M_25-29	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	+35:22.17	
397	/ 293	/ 43	1690	TAYLOR, Christopher	WILDWOOD MO	M_35-39	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	+35:25.45	
398	/ 294	/ 18	1646	SMITH, Ian	COLUMBIA MO	M_20-24	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	+35:28.28	
399	/ 295	/ 21	1444	MCCAULEY, Brent	COLUMBIA MO	Clydesdale 3...	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	+35:32.39	
400	/ 97	/ 5	1010	AKRE, Jennifer	SPRINGFIELD MO	Athena TriZou	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	+35:39.54	
401	/ 296	/ 3	1710	UGARTE, Michael	COLUMBIA MO	MOM_60-64	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	+35:41.08	
402	/ 297	/ 22	1586	ROESLEIN, Derrick	HIGH RIDGE MO	Clydesdale 3...	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	+35:44.63	
403	/ 98	/ 12	1349	JENKINS, Angel	WILDWOOD MO	F_40-44	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	+36:01.68	
404	/ 99	/ 6	1551	POLK, Jenny	ST LOUIS MO	Athena TriZou	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	+36:03.54	
405	/ 100	/ 9	1039	BARTELS, Denise	COLUMBIA MO	F_50-54	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	+36:04.22	
406	/ 298	/ 20	1598	RYAN, Patrick	DES PERES MO	M_50-54	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	+36:06.75	
407	/ 299	/ 17	1168	DAVIS, Scott	LAKE ST LOUIS MO	M_55-59	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	+36:08.47	
408	/ 300	/ 19	1602	SATZINGER, Brian	COLUMBIA MO	M_20-24	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	+36:24.89	
409	/ 301	/ 44	1133	CLEMENTS, David	COLUMBIA MO	M_35-39	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	+36:25.54	
410	/ 101	/ 15	1248	FRAZIER, Shellaine	COLUMBIA MO	F_35-39			13:12.690		57:09.720	14.7	0:51.180		21:35.690	7:11.9	1:32:49.28	+36:28.79	
411	/ 302	/ 33	1097	BUNCH, Matt	ARNOLD MO	M_30-34	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	+36:31.90	
412	/ 102	/ 13	1673	STIRTZ, Renee	LIBERTY MO	F_40-44	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	+36:32.22	
413	/ 303	/ 23	1457	MCNEW, Monte	SPRINGFIELD MO	Clydesdale 3...	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	+36:33.21	
414	/ 304	/ 24	1057	BERT, Michael	SAINT LOUIS MO	Clydesdale 3...	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	+36:34.32	
415	/ 103	/ 11	1384	KOBOLDT, Mary	ST LOUIS MO	F_25-29	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	+36:35.93	
416	/ 305	/ 25	1257	GEORGE, Mark	TROY MO	Clydesdale 3...	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	+36:37.37	
417	/ 306	/ 32	1411	LEHMAN, Schuyler	MCKINNEY TX	M_45-49	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	+36:37.45	
418	/ 307	/ 21	1279	GRIFFEN, Larry	JEFFERSON CITY ...	M_50-54	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	+36:38.62	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll / Gndr / Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
419 / 104 / 12	1022	AUGSPURG, Bridgette	PALMYRA MO	F_25-29	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	+36:40.18	
420 / 105 / 13	1358	JUNDT, Anne	SAINT CHARLES ...	F_25-29	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	+36:40.24	
421 / 106 / 7	1666	STEENSTRA, Denise	LIBERTY MO	Athena TriZou	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	+36:45.76	
422 / 308 / 44	1417	LITTLE, Stacy	WENTZVILLE MO	M_40-44	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	+36:47.63	
423 / 107 / 14	1179	DIESTELKAMP, Stephanie	ST LOUIS MO	F_40-44	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	+36:51.43	
424 / 108 / 13	1466	MILLER, Melia	ROLLA MO	F_20-24	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	+36:57.75	
425 / 109 / 14	1170	DAVIS, Melissa	ST LOUIS MO	F_25-29	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	+37:01.29	
426 / 309 / 26	1356	JORDAN, Joe	FREEBURG IL	Clydesdale 3...	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	+37:02.24	
427 / 310 / 45	1322	HOEY, Brian	ASHLAND MO	M_40-44	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	+37:04.65	
428 / 110 / 16	1492	NAUGHTON, Bethany	HARTSBURG MO	F_35-39	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	+37:06.46	
429 / 311 / 34	1667	STEIN, Andy	ST LOUIS MO	M_30-34	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	+37:17.94	
430 / 312 / 11	1431	MALONE, David	OFALLON IL	Clydesdale 4...	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	+37:20.31	
431 / 111 / 8	1065	BLAZEK, Ginger	COPPELL TX	F_45-49	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	+37:25.10	
432 / 313 / 40	1617	SEABAUGH, Brian	KANSAS CITY MO	M_25-29	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	+37:31.77	
433 / 314 / 41	1236	FOSTER, Matt	COLUMBIA MO	M_25-29	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	+37:36.23	
434 / 112 / 15	1150	COWAN, Abigail	SPRINGFIELD MO	F_25-29	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	+37:42.42	
435 / 315 / 27	1779	CLINKER, Anthony	COLUMBIA MO	Clydesdale 3...	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	+37:43.31	
436 / 113 / 17	1244	FRANCIS, Krista	SALISBURY MO	F_35-39	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	+37:46.00	
437 / 114 / 9	1116	CAPE, Rowena	CUBA MO	F_45-49	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	+37:46.69	
438 / 316 / 46	1533	PEREGOY, Jim	COLUMBIA MO	M_40-44	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	+37:47.43	
439 / 115 / 16	1699	TOBIA, Michele	COLUMBIA MO	F_25-29	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	+37:57.53	
440 / 317 / 33	1048	BEATTY, Richard	KANSAS CITY MO	M_45-49	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	+37:57.64	
441 / 116 / 14	1071	BOOTH, Nakeya	COLUMBIA MO	F_30-34	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	+38:00.55	
442 / 318 / 1	1078	BRANDON, Harry	ST LOUIS MO	M_65-69	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	+38:01.33	
443 / 319 / 35	1760	WOOLLEY, Matthew	CLAYTON MO	M_30-34	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	+38:13.69	
444 / 117 / 15	1036	BARR, Leann	CARLINVILLE IL	F_40-44	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	+38:22.39	
445 / 118 / 17	1638	SHORES, Kristen	HANNIBAL MO	F_25-29	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	+38:30.98	
446 / 119 / 14	1394	KRAMER, Sarah	JEFFERSON CITY ...	F_20-24	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	+38:35.75	
447 / 320 / 47	1669	STEVENS, Rodney	COLUMBIA MO	M_40-44	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	+38:36.89	
448 / 321 / 34	1181	DIETRICH, Alan	KANSAS CITY MO	M_45-49	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	+38:38.21	
449 / 120 / 10	1440	MATTHEWS, Julie	WEBSTER GROVE...	F_45-49	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	+38:42.31	
450 / 121 / 18	1088	BROUGHTON, Kristi	SAINT LOUIS MO	F_25-29	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	+38:45.76	
451 / 122 / 16	1686	TALLMAGE, Anne	COLUMBIA MO	F_40-44	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	+38:45.84	
452 / 322 / 4	1235	FOLBER, Jonathan	LIBERTY MO	M_60-64	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	+38:51.49	
453 / 123 / 15	1448	MCGAUGHEY, E Kathleen	SPRINGFIELD MO	F_20-24	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	+38:52.79	
454 / 323 / 35	1051	BEHEN, Pat	JEFFERSON CITY ...	M_45-49	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	+38:57.77	
455 / 324 / 28	1044	BAUMANN, Thomas	COLUMBIA MO	Clydesdale 3...	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	+39:01.00	
456 / 124 / 19	1434	MARCOS, Susan	ST CHARLES MO	F_25-29	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	+39:02.12	
457 / 125 / 16	1135	CLIFTON, Amanda	N/A	F_20-24	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	+39:04.32	
458 / 325 / 22	1611	SCHOENLEBER, Dan	COLUMBIA MO	M_50-54	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	+39:07.63	
459 / 326 / 20	1700	TOMAN, Eric	ST LOUIS MO	M_20-24	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	+39:14.86	
460 / 126 / 2	1561	PRUETT, Marcia	COLUMBIA IL	F_60-64	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	+39:30.70	
461 / 127 / 17	1593	ROULAND, Sarah	SWANSEA IL	F_20-24	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	+39:30.75	
462 / 327 / 18	1129	CHRISTMANN, Rick	CHESTERFIELD MO	M_55-59	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	+39:31.45	
463 / 128 / 11	1610	SCHNEIDER, Betty	ST LOUIS MO	F_45-49	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	+39:32.00	
464 / 9 / 9	1034	BANKS, Mark	COLUMBIA MO	Team TriZou	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	+39:33.21	
465 / 328 / 19	1715	VEIT, Michael	JEFFERSON CITY ...	M_55-59	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	+39:35.94	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
466	/	129 / 15	1419	LOCKE, Sara	HANNIBAL MO	F_30-34	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	+39:37.41	
467	/	329 / 42	1342	JACKAWAY, Joshua	KANSAS CITY MO	M_25-29	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	+39:37.47	
468	/	330 / 20	1229	FITZLER, Ron	MARYLAND HEIG...	M_55-59	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	+39:47.67	
469	/	331 / 43	1318	HISER, Mitchell	LIBERTY MO	M_25-29	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	+39:56.63	
470	/	332 / 36	1215	FARAG, Mike	OLATHE KS	M_30-34	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	+40:03.28	
471	/	333 / 37	1136	COATS, Walter	COLUMBIA MO	M_30-34	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	+40:06.51	
472	/	130 / 18	1024	BACHMAN, Sharon	COLUMBIA MO	F_35-39	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	+40:09.04	
473	/	131 / 8	1596	RUDOLPHI, Laura	COLUMBIA MO	Athena TriZou	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	+40:10.86	
474	/	334 / 36	1732	WEABLE, Thomas	COLUMBIA MO	M_45-49	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	+40:16.77	
475	/	132 / 6	1374	KERNER, Sarah	SPRINGFIELD MO	F_0-14	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	+40:20.41	
476	/	133 / 12	1287	HALLIBURTON, Donna	CHESTERFIELD MO	F_45-49	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	+40:21.80	
477	/	335 / 45	1467	MILLER, Darin	SPRINGFIELD MO	M_35-39	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	+40:23.16	
478	/	336 / 21	1032	BALL, John	KEARNEY MO	M_55-59	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	+40:27.72	
479	/	134 / 17	1594	ROULIER, Eartha	COLUMBIA MO	F_40-44	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	+40:29.45	
480	/	135 / 1	1073	BOURGEOIS, Lucia	COLUMBIA MO	F_15-19	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	+40:44.68	
481	/	136 / 10	1790	BLOUNT, Robin	COLUMBIA MO	F_50-54	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	+40:46.88	
482	/	137 / 9	1152	COX, Courtney	KEARNEY MO	Athena TriZou	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	+40:48.35	
483	/	138 / 10	1746	WILSON, Tiffany	SPRINGFIELD MO	Athena TriZou	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	+41:06.00	
484	/	139 / 18	1288	HALPIN, Rachel	COLUMBIA MO	F_20-24	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	+41:19.65	
485	/	337 / 46	1787	PUSATERI, Vincente	LAKE ST LOUIS MO	M_35-39	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	+41:30.96	
486	/	338 / 22	1315	HIGGINBOTHAM, Kent	ST LOUIS MO	M_55-59	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	+41:33.36	
487	/	339 / 23	1221	FAUST, Steve	SAINT LOUIS MO	M_50-54	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	+41:47.16	
488	/	140 / 13	1334	HUDDLESTON, Raenan	ROLLA MO	F_45-49	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	+41:56.92	
489	/	340 / 44	1769	YOUNGS, Kyle	OKLAHOMA CITY...	M_25-29	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	+41:58.65	
490	/	141 / 11	1606	SHELL, Kristine	FESTUS MO	Athena TriZou	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	+41:58.80	
491	/	341 / 37	1618	SEABAUGH, Brad	CHESTERFIELD MO	M_45-49	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	+42:00.97	
492	/	142 / 16	1213	FANN, Melissa	SAINT CHARLES ...	F_30-34	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	+42:26.14	
493	/	143 / 12	1015	ANTOLAK, Laura	ROLLA MO	Athena TriZou	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	+42:30.00	
494	/	144 / 14	1003	ADAMS, Tam	COLUMBIA MO	F_45-49	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	+42:33.13	
495	/	145 / 15	1660	SPRIGG, Cindy	CAPE GIRARDEAU...	F_45-49	13:10.510	2:59.7	2:08.130		57:38.290	14.6			25:57.730	8:39.2	1:38:54.66	+42:34.17	
496	/	342 / 29	1403	LAMPE, Bryan	SAINT LOUIS MO	Clydesdale 3...	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	+42:34.46	
497	/	146 / 19	1301	HEARD, Patti	CENTRALIA IL	F_35-39	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	+42:35.22	
498	/	147 / 11	1200	EBERLY, Jody	ROLLA MO	F_50-54	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	+42:37.81	
499	/	148 / 16	1100	BURGGRAF, Carrie	CHESTERFIELD MO	F_45-49	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	+42:44.40	
500	/	343 / 30	1501	NYGAARD, Runar	ROLLA MO	Clydesdale 3...	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	+42:51.63	
501	/	149 / 17	1532	PEPPER, Julie	ST LOUIS MO	F_45-49	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	+43:04.67	
502	/	150 / 13	1165	DAVIDSON, Kristen	COLUMBIA MO	Athena TriZou	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	+43:13.06	
503	/	344 / 48	1146	COOVERT, Sander	ST LOUIS MO	M_40-44	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	+43:42.33	
504	/	151 / 18	1562	PUCKETT, Lynn	COLUMBIA MO	F_40-44	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	+43:44.74	
505	/	152 / 14	1458	MCNEW, Sarah	SPRINGFIELD MO	Athena TriZou	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	+43:52.36	
506	/	153 / 17	1164	DAVIDSON, Teresa	ST LOUIS MO	F_30-34	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	+44:08.61	
507	/	345 / 49	1722	WALKER, Andy	JEFFERSON CITY ...	M_40-44	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	+44:22.32	
508	/	154 / 20	1800	WELCH, Ashley	COLUMBIA MO	F_25-29	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	+44:39.40	
509	/	346 / 12	1191	DUCKWORTH, Ed	LIBERTY MO	Clydesdale 4...	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	+44:40.18	
510	/	347 / 5	1291	HAMMANN, Kenneth	COLUMBIA MO	M_60-64							1:14:45.100		26:16.700	8:45.6	1:41:01.80	+44:41.31	
511	/	348 / 4	1243	FRANCIS, Brady	SALISBURY MO	M_11-14	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	+44:42.41	
512	/	349 / 47	1391	KOLENIKOV, Stas	COLUMBIA MO	M_35-39	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	+44:48.13	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll / Gndr / Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
513 / 155 / 12	1504	OBRIEN, Alice	KANSAS CITY MO	F_50-54	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	+44:54.66	
514 / 156 / 2	1272	GOOD, Jennifer	COLUMBIA MO	F_15-19	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	+44:57.05	
515 / 350 / 50	1461	METZGER, Joseph	ST CHARLES MO	M_40-44	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	+44:57.25	
516 / 10 / 10	1793	PILOT GROVE MO	Susan Felten	Team TriZou	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	+45:00.87	
517 / 157 / 19	1524	PAUTLER, Allison	ST LOUIS MO	F_20-24	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	+45:01.23	
518 / 158 / 20	1520	PASHIA, Dawn	ST LOUIS MO	F_35-39	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	+45:03.15	
519 / 351 / 31	1319	HOCKENHULL, Nick	ARNOLD MO	Clydesdale 3...	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	+45:03.64	
520 / 352 / 6	1428	MAIER, Gary	ST LOUIS MO	M_60-64	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	+45:21.96	
521 / 353 / 38	1446	MCDANIEL, Chris	KANSAS CITY MO	M_30-34	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	+45:26.63	
522 / 159 / 15	1105	CADWALLADER, Gretchen	FORT LEONARD...	Athena TriZou	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	+45:33.39	
523 / 160 / 20	1035	BARNARD, Andrea	COLUMBIA MO	F_20-24	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	+45:33.46	
524 / 161 / 16	1674	STONER, Christin	COLUMBIA MO	Athena TriZou	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	+45:47.33	
525 / 162 / 18	1268	GODDARD, Stephanie	GORDONVILLE MO	F_30-34	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	+45:48.69	
526 / 163 / 13	1001	ACEVEDO, Martha	ST JOSEPH MO	F_50-54	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	+45:48.85	
527 / 164 / 18	1421	LOCKE, Teener	ROGERSVILLE MO	F_45-49	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	+45:49.09	
528 / 165 / 21	1259	GIESING, Kathryn	LEES SUMMIT MO	F_20-24	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	+45:49.19	
529 / 166 / 19	1682	SWEESO, Chastine	FLORISSANT MO	F_30-34	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	+45:53.36	
530 / 354 / 39	1234	FLYNN, Patrick	COLUMBIA MO	M_30-34	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	+45:56.58	
531 / 355 / 13	1089	BROWN, Phil	ST LOUIS MO	Clydesdale 4...	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	+46:00.50	
532 / 167 / 22	1677	SUHRE, Kimberly	COLUMBIA MO	F_20-24	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	+46:00.97	
533 / 168 / 21	1120	CARO KEEGAN, Lynnette	COLUMBIA MO	F_35-39	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	+46:17.47	
534 / 356 / 32	1360	KAISER, Shannon	COLUMBIA MO	Clydesdale 3...	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	+46:19.07	
535 / 169 / 22	1763	YARBROUGH, Elizabeth	COLUMBIA MO	F_35-39	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	+46:21.44	
536 / 170 / 19	1640	SIEVERT, Laura	COLUMBIA MO	F_40-44	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	+46:23.06	
537 / 171 / 14	1723	WALLACE, Melana	ROLLA MO	F_50-54	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	+46:30.40	
538 / 172 / 20	1157	CROUCH, Heidi	COLUMBIA MO	F_30-34	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	+46:33.49	
539 / 357 / 24	1289	HALPIN, Ed	WHITINSVILLE MA	M_50-54	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	+46:35.13	
540 / 173 / 23	1324	HOLDEN, Whitney	KANSAS CITY MO	F_20-24	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	+46:47.85	
541 / 174 / 21	1527	PECK, Kristen	ST LOUIS MO	F_25-29	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	+46:48.01	
542 / 11 / 11	1204	DARING DIVAS	Tina Ehrhardt	Team TriZou	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	+46:48.09	
543 / 358 / 14	1365	KEARNS, Bob	CHESTERFIELD MO	Clydesdale 4...	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	+46:52.12	
544 / 175 / 24	1336	HUENINK, Andrea	JEFFERSON CITY ...	F_20-24	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	+46:57.84	
545 / 176 / 21	1271	GOOCH, Teresa	COLUMBIA MO	F_30-34	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	+47:08.21	
546 / 177 / 3	1102	BURNWORTH, Grace	BELLEVILLE IL	F_15-19	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	+47:15.88	
547 / 359 / 25	1387	KOBOLDT, Don	FLORISSANT MO	M_50-54	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	+47:18.92	
548 / 178 / 25	1757	WOODS, Jenna	COLUMBIA MO	F_20-24	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	+47:19.88	
549 / 179 / 22	1713	VEIT, Elizabeth	JEFFERSON CITY ...	F_25-29	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	+47:36.00	
550 / 180 / 3	1720	WAGERS, Boni	JEFFERSON CITY ...	F_55-59	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	+47:36.28	
551 / 181 / 23	1256	GEORGE, Debi	TROY MO	F_35-39	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	+47:36.37	
552 / 182 / 26	1127	CHONG, Laura	CHESTERFIELD MO	F_20-24	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	+48:18.24	
553 / 183 / 22	1031	BAKER, Rachel	SPRINGFIELD MO	F_30-34	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	+48:27.34	
554 / 360 / 15	1323	HOGAN, Joseph	ST LOUIS MO	Clydesdale 4...	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	+48:35.49	
555 / 361 / 1	1635	SHIFMAN, Mike	LENEXA KS	M_70-74	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	+48:47.94	
556 / 362 / 26	1062	BIRKEMEIER, Tom	CHESTERFIELD MO	M_50-54	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	+49:07.54	
557 / 363 / 33	1029	BAIN, Adam	ROCK ISLAND IL	Clydesdale 3...	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	+49:15.86	
558 / 12 / 12	1726	SOONTOWED	Vincee Walz	Team TriZou	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	+49:16.22	
559 / 184 / 17	1644	SMAY, Trisha	SPRINGFIELD MO	Athena TriZou	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	+49:25.83	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
560	/	185 / 20	1002	ADAMS, Lisa	LIBERTY MO	F_40-44	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	+49:27.59	
561	/	186 / 27	1310	HERBERT, Jody	ST LOUIS MO	F_20-24	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	+49:35.36	
562	/	364 / 2	1412	LEHRER, Harvey	ST LOUIS MO	M_65-69	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	+50:08.38	
563	/	365 / 38	1026	BADER, Kenny	COLUMBIA MO	M_45-49	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	+50:09.13	
564	/	187 / 23	1122	CASE, Erin	KIRKSVILLE MO	F_25-29	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	+50:14.70	
565	/	366 / 34	1624	SEVERNS, Shane	BOLIVAR MO	Clydesdale 3...	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	+50:29.59	
566	/	367 / 16	1274	GRAVES, Robert	SAINT LOUIS MO	Clydesdale 4...	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	+50:32.98	
567	/	188 / 19	1631	SHEEHEY, Mary	O FALLON IL	F_45-49	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	+50:42.10	
568	/	368 / 27	1754	WOOD, Carroll	WENTZVILLE MO	M_50-54	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	+50:46.80	
569	/	189 / 21	1592	ROUCH, Tracy	OFALLON IL	F_40-44	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	+51:09.04	
570	/	190 / 4	1519	PARSHALL, Lynn	COLUMBIA MO	F_55-59	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	+51:27.07	
571	/	191 / 22	1250	FROEHLICH, Michelle	ROLLA MO	F_40-44	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	+51:46.86	
572	/	369 / 17	1641	SIMONS, Hal	PAOLA KS	Clydesdale 4...	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	+51:51.30	
573	/	192 / 18	1477	MOORKAMP, Emily	ROLLA MO	Athena TriZou	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	+51:54.62	
574	/	193 / 4	1528	PEKER, Jessica	EUREKA MO	F_15-19	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	+51:59.55	
575	/	370 / 51	1343	JACOBS, Roy	ROLLA MO	M_40-44	13:58.510	3:10.6			1:04:15.260	13.1			29:14.820	9:44.9	1:48:23.54	+52:03.05	
576	/	371 / 48	1212	FALES, Roger	COLUMBIA MO	M_35-39	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	+52:08.13	
577	/	194 / 23	1429	MALLETT, Rachel	COLUMBIA MO	F_30-34	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	+52:17.72	
578	/	195 / 19	1373	KERBER, Sue	ST LOUIS MO	Athena TriZou	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	+52:21.06	
579	/	372 / 52	1008	AGUILAR, Dave	COLUMBIA MO	M_40-44	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	+52:26.92	
580	/	196 / 28	1447	MCEACHERN, Autumn	ROLLA MO	F_20-24	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	+52:31.60	
581	/	197 / 29	1491	NAGEL, Chrissy	COLUMBIA MO	F_20-24	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	+52:34.99	
582	/	373 / 39	1375	KIDD, Dean	GIBSON CITY IL	M_45-49	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	+52:37.42	
583	/	198 / 20	1804	FISCHMAN, Jacqueline	ST CHARLES MO	F_45-49	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	+52:39.49	
584	/	374 / 35	1603	SCHALK, Eric	POPLAR BLUFF MO	Clydesdale 3...	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	+52:43.13	
585	/	199 / 24	1160	CUNNINGHAM, Lisa	ROLLA MO	F_35-39	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	+52:55.88	
586	/	200 / 24	1648	SMITH, Nicole	SPRINGFIELD MO	F_30-34	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	+53:21.43	
587	/	375 / 49	1656	SMOTHERS, Jason	POPLAR BLUFF MO	M_35-39	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	+53:29.13	
588	/	201 / 21	1572	REIDER, Karen	COLUMBIA MO	F_45-49	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	+53:39.06	
589	/	376 / 53	1576	REZNICEK, Jim	ST LOUIS MO	M_40-44	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	+53:40.69	
590	/	377 / 36	1625	SHANKS, Chad	KEARNEY MO	Clydesdale 3...	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	+53:46.76	
591	/	378 / 18	1027	BAILEY, Peter	SAINT CHARLES ...	Clydesdale 4...	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	+53:50.43	
592	/	379 / 21	1332	HOSKINS, Nathan	COLUMBIA MO	M_20-24	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	+53:52.07	
593	/	202 / 15	1600	SANTORO, Linda	O FALLON IL	F_50-54	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	+54:03.50	
594	/	380 / 45	1280	GRUENLOH, Taylor	FLORISSANT MO	M_25-29	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	+54:07.62	
595	/	203 / 20	1308	HENNESSY, Becky	COLUMBIA MO	Athena TriZou	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	+54:20.89	
596	/	204 / 22	1270	GOOCH, Laura	LIBERTY MO	F_45-49	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	+54:27.22	
597	/	381 / 19	1018	ARCHER, Larry	JEFFERSON CITY ...	Clydesdale 4...	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	+54:31.44	
598	/	205 / 21	1066	BLUM, Stacy	NEBRASKA CITY ...	Athena TriZou	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	+54:34.96	
599	/	206 / 22	1307	HENDRICKSON, Suzanne	MARYLAND HEIG...	Athena TriZou	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	+54:42.70	
600	/	382 / 1	1751	WOLFGRAM, Edwin	ST LOUIS MO	M_75-79	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	+54:57.00	
601	/	383 / 46	1114	BELL, Chris	CUBA MO	M_25-29	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	+55:11.71	
602	/	384 / 40	1109	CAMPBELL, Stuart	SAINT LOUIS MO	M_45-49	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	+55:17.80	
603	/	207 / 24	1450	MCGINTY, Jill	COLUMBIA MO	F_25-29	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	+55:18.50	
604	/	385 / 37	1046	BEAN, Dennis	SMITHVILLE MO	Clydesdale 3...	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	+55:38.64	
605	/	208 / 23	1587	ROSEN, Amy	QUINCY IL	Athena TriZou	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	+55:50.89	
606	/	386 / 54	1711	VALLEY, Mike	COLUMBIA MO	M_40-44	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	+55:51.25	

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
607	/	387	/	41	1479	MORGAN, Gerald	MEXICO MO	M_45-49	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	+55:55.54
608	/	209	/	5	1383	KNOWLES, Karen	MONTOGOMERY ...	F_55-59	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	+55:56.30
609	/	388	/	40	1264	GILMORE, Brandon	SPRINGFIELD MOM	_30-34	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	+56:37.87
610	/	389	/	47	1571	REED, CJ	MARYLAND HEIG...	M_25-29	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	+56:56.32
611	/	390	/	41	1563	PURINTON, Randy	OVERLAND PARK...	M_30-34	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	+56:57.07
612	/	210	/	25	1578	RICH, Kelly	SPRINGFIELD MOF	_30-34	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	+57:10.67
613	/	391	/	42	1004	ADAMS, Jay	GLADSTONE MO	M_45-49	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	+57:30.03
614	/	392	/	23	1574	RENNE, Kevin	COLUMBIA MO	M_55-59	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	+57:33.03
615	/	211	/	30	1753	WOOD, Carrissa	WENTZVILLE MO	F_20-24	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	+57:43.42
616	/	212	/	25	1075	BRADSHAW, Mary Ellen	COLUMBIA MO	F_35-39	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	+58:45.44
617	/	213	/	26	1443	MCBRIDE, Vanessa	VALLEY PARK MO	F_30-34	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	+58:50.79
618	/	214	/	24	1276	GRAY, Meg	COLUMBIA MO	Athena TriZou	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	+59:00.81
619	/	215	/	26	1119	CARL, Chrissie	CHICAGO IL	F_35-39	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	+59:01.31
620	/	216	/	25	1649	SMITH, Pinky	BATTLEFIELD MO	Athena TriZou	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	+59:18.63
621	/	393	/	50	1209	ERVIN, John	HERMANN MO	M_35-39	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	+59:20.38
622	/	217	/	26	1118	CAREY, Heather	JONESBORO IL	Athena TriZou	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	+59:35.64
623	/	218	/	25	1488	MULLIN, Katie	COLUMBIA MO	F_25-29	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	+1:00:49.40
624	/	219	/	16	1385	KOBOLDT, Carol	FLORISSANT MO	F_50-54	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	+1:01:07.53
625	/	220	/	31	1503	OBRIEN, Erin	KANSAS CITY MO	F_20-24	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	+1:01:20.30
626	/	221	/	17	1422	LOUNDON, Janice	OVERLAND PARK...	F_50-54	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	+1:01:43.33
627	/	222	/	23	1339	HULSEY, Mary B	BOURBON MO	F_45-49	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	+1:01:49.47
628	/	223	/	6	1364	KEARNS, Janice	CHESTERFIELD MO	F_55-59	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	+1:02:42.41
629	/	224	/	5	1047	BEATTY, Taylore	KANSAS CITY MO	F_15-19	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	+1:02:52.06
630	/	225	/	18	1621	SELBY, Christine	KANSAS CITY MO	F_50-54	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	+1:03:20.31
631	/	394	/	2	1232	FLESHMAN, Roy	KANSAS CITY MO	M_70-74	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	+1:03:54.99
632	/	395	/	24	1462	MEYER, Klaus	WENTZVILLE MO	M_55-59	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	+1:04:31.60
633	/	226	/	23	1311	HEROLD, Susan	BALLWIN MO	F_40-44	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	+1:04:34.99
634	/	227	/	19	1507	OLSON, Marg	ROLLA MO	F_50-54	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	+1:05:30.23
635	/	228	/	27	1775	COZAD, Amanda	SPRINGFIELD MO	Athena TriZou	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	+1:07:16.38
636	/	396	/	51	1294	HANNER, Roger	POPLAR BLUFF MO	M_35-39	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	+1:08:12.78
637	/	229	/	27	1202	EDWARDS, Jackie	SPRINGFIELD MOF	_35-39	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	+1:08:27.21
638	/	397	/	20	1312	HEROLD, Steve	FORT LEONARD ...	Clydesdale 4...	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	+1:09:00.00
639	/	398	/	38	1689	TAYLOR, Brian	POPLAR BLUFF MO	Clydesdale 3...	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	+1:09:08.48
640	/	399	/	21	1217	FARRAR, Roderick	ROLLA MO	Clydesdale 4...	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	+1:09:12.76
641	/	400	/	2	1237	FOSTER, Richard	MACOMB IL	M_75-79	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	+1:09:17.06
642	/	230	/	28	1747	WILSON, Barb	HOLTS SUMMIT MO	Athena TriZou	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	+1:10:25.97
643	/	231	/	24	1514	OUELLETTE, Janet	O FALLON MO	F_45-49	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	+1:11:17.09
644	/	401	/	52	1567	RASCO, Bryan	ROLLA MO	M_35-39	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	+1:11:18.91
645	/	232	/	28	1566	RASCO, Amanda	ROLLA MO	F_35-39	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	+1:11:34.80
646	/	233	/	29	1582	RITTER, Sherry	COLUMBIA MO	Athena TriZou	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	+1:13:16.07
647	/	234	/	30	1453	MCLALLEN, Catherine	SAVANNAH MO	Athena TriZou	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	+1:15:00.43
648	/	235	/	31	1558	PREWITT, Daphany	ST LOUIS MO	Athena TriZou	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	+1:17:01.71
649	/	402	/	22	1632	SHEELEY, Greg	COLUMBIA MO	Clydesdale 4...	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	+1:19:26.43
650	/	403	/	42	1758	WOODS, Brad	ROLLA MO	M_30-34	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	+1:20:02.56
651	/	236	/	20	1126	CHAPMAN, Beth	ROCHEPORT MO	F_50-54	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	+1:22:28.33
652	/	237	/	32	1484	MORROW, Alexandra	MEXICO MO	Athena TriZou	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	+1:22:45.95
653	/	238	/	26	1734	WEDDLE, Allison	NEBRASKA CITY ...	F_25-29	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	+1:23:40.01

* indicates adjustments applied, see last page for details

2009 Missouri Orthopaedic Institute TriZou Triathlon

Overall by Distance: TriZou Continued

OvrAll / Gndr / Div	No	Name	Representing	Division	Swim	min/100yds	T2	none	Bike	MPH	T2	none	Run	min/mi	Total Time	Back	Pace
654 / 404 / 22	1721	WALKER, Max	SCOTTSDALE AZ	M_20-24	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	+1:24:17.88	
655 / 239 / 21	1605	SCHATZ, Debra	ROLLA MO	F_50-54	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	+1:28:08.35	
656 / 405 / 55	1401	LADY, Scott	WILDWOOD MO	M_40-44	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	+1:32:29.10	
657 / 240 / 33	1608	SCHLUETER, Janice	O FALLON MO	Athena TriZou	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	+1:34:17.80	
658 / 241 / 27	1756	WOODS, Lori	ROLLA MO	F_30-34	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	+1:34:38.49	
659 / 242 / 28	1568	RATHBUN, Michon	COLUMBIA MO	F_30-34	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	+1:44:37.42	
660 / 243 / 25	1396	KREIFELS, Joan	NEBRASKA CITY...	F_45-49	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	+1:44:46.57	
661 / 244 / 34	1366	KEEGAN, Mary Jude	ST LOUIS MO	Athena TriZou	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	+2:13:34.66	
662 / 406 / 39	1609	SCHLUETER, Jim	O FALLON MO	Clydesdale 3...	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	+2:30:01.26	

* indicates adjustments applied, see last page for details