

KEWPEE SHORT COURSE DUATHLON
July 29, 2007
OTTAWA METRO PARK
LIMA LAKE ON STATE ROUTE 81
2 Mile Run, 30 Kilometer Bike, 5 Kilometer Run
 First transition is in the Bike Time, Second Transition is in the Run Time

Race Rank	Group Rank	Group	Bib #	Last	First	Sex	Age	2 Mile Run Time	Ave Mile Time	Pos if			Bike Pos			Run Pos		Finish Time
										Only Event	Bike Time	Ave Bike mph	Pos After Bike	if Only Event	5K Run Time	Ave Mile Time	If Only Event	
1	1st OA	0	831	Lillard	Derrick	Male	15	10:31	5:15	1	51:50	21.5	1	1	19:21	6:15	1	1:21:42
2	2nd OA	0	824	Barhorst	Jason	Male	20	10:55	5:28	2	57:44	19.3	4	13	21:00	6:46	4	1:29:39
3	3rd OA	0	826	Bertram	Scott	Male	44	12:30	6:15	6	56:59	19.6	7	7	21:50	7:03	5	1:31:19
4	1	10	848	Jame	Stroub	Male	50	14:07	7:03	19	53:25	20.9	2	2	24:08	7:47	11	1:31:40
5	1	2	823	Webb	Dylon	Male	14	11:15	5:37	3	1:00:49	18.4	15	23	20:16	6:32	3	1:32:20
6	1	6	818	Morrissey	Jim	Male	32	12:31	6:15	7	57:00	19.6	8	8	22:58	7:25	6	1:32:29
7	1	8	801	Turner	Scott	Male	43	12:45	6:22	9	57:19	19.5	9	11	23:00	7:25	7	1:33:04
8	2	6	815	Freewalt	Jason	Male	33	12:19	6:09	4	1:02:17	17.9	22	27	19:42	6:21	2	1:34:18
9	2	3	805	Kremer	Alan	Male	15	12:25	6:12	5	57:01	19.6	6	9	24:59	8:04	16	1:34:25
10	2	8	806	Prater	Scott	Male	41	13:34	6:47	15	55:39	20.1	5	4	25:15	8:09	19	1:34:28
11	2	10	817	Spitnale	Larry	Male	50	13:55	6:57	17	57:04	19.6	13	10	24:06	7:46	10	1:35:05
12	1	7	849	Dan	Bosch	Male	36	12:39	6:19	8	58:14	19.2	12	15	24:38	7:57	15	1:35:31
13	1	9	840	Bender	David	Male	48	14:30	7:15	23	54:02	20.7	3	3	27:18	8:48	27	1:35:50
14	2	9	846	Metz	Doug	Male	49	14:26	7:13	22	57:44	19.3	16	14	25:06	8:06	17	1:37:16
15	3	9	825	Chivington	Doug	Male	47	13:57	6:58	18	59:28	18.8	18	17	23:56	7:43	9	1:37:21
16	3	8	816	Way	Paul	Male	43	13:31	6:45	13	1:00:23	18.5	19	21	24:31	7:55	13	1:38:25
17	1	11	842	Safian	John	Male	57	15:27	7:44	30	56:05	19.9	14	5	27:07	8:45	26	1:38:39
18	1	5	829	Grime	Greg	Male	29	13:33	6:46	14	1:00:37	18.4	20	22	25:07	8:06	18	1:39:17
19	3	6	802	Lucas	Travis	Male	31	14:18	7:09	20	56:19	19.8	10	6	29:04	9:23	34	1:39:41
20	4	9	799	Simon	Joseph	Male	49	15:03	7:31	27	57:41	19.3	17	12	27:36	8:54	28	1:40:20
21	4	8	809	Compton	Shaun	Male	42	14:22	7:11	21	1:00:20	18.5	23	20	25:44	8:18	21	1:40:26
22	1st OA	0	828	Grime	Renee	Female	26	14:39	7:19	25	1:00:01	18.6	11	18	26:17	8:29	24	1:40:57
23	3	3	833	Schluneker	Matt	Male	16	13:08	6:34	11	1:04:07	17.4	30	31	23:44	7:39	8	1:40:59
24	5	9	827	Maus	Jerry	Male	46	13:45	6:53	16	1:01:57	18.0	27	26	25:42	8:17	20	1:41:24
25	2nd OA	0	830	Storrer	Sarah	Female	22	14:35	7:17	24	1:03:37	17.5	21	30	24:36	7:56	14	1:42:48
26	1	4	838	Bogner	Jeff	Male	22	12:51	6:26	10	1:06:35	16.8	32	33	24:11	7:48	12	1:43:37
27	3rd OA	0	804	Webb	Barb	Female	43	15:28	7:44	31	1:03:15	17.6	24	29	25:49	8:20	22	1:44:32
28	3	10	811	Kramer	Don	Male	53	16:45	8:22	39	58:28	19.1	26	16	30:32	9:51	39	1:45:45
29	4	10	800	Variell	Michael	Male	50	15:14	7:37	28	1:01:16	18.2	29	25	29:39	9:34	36	1:46:09
30	5	8	812	Schroeder	Gary	Male	41	15:18	7:39	29	1:01:10	18.2	28	24	30:31	9:51	38	1:46:59
31	2	5	834	Pargeon	Bill	Male	29	14:57	7:28	26	1:00:04	18.6	25	19	33:28	10:48	45	1:48:29
32	2	11	807	Morgan	Joe	Male	57	17:05	8:33	42	1:02:35	17.8	33	28	29:00	9:21	33	1:48:40
33	5	10	810	Whittington	Allen	Male	52	13:19	6:39	12	1:11:06	15.7	37	42	25:53	8:21	23	1:50:18
34	1	7	845	McKanna	Kasey	Female	35	16:08	8:04	37	1:06:06	16.9	31	32	28:16	9:07	31	1:50:30
35	1	5	792	Bowersock	Christina	Female	29	16:59	8:30	41	1:06:52	16.7	34	34	30:22	9:48	37	1:54:13

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										Only Event	Bike Time			if Only Event	Time			If Only Event	Time	
36	1	4	836	Duling	Julie	Female	22	15:47	7:53	33	1:12:53	15.3	41	44	26:38	8:35	25	1:55:18		
37	3	5	839	Wren	Brandon	Male	27	16:01	8:00	36	1:12:11	15.5	36	36	28:27	9:11	32	1:56:39		
38	1	12	808	Stephenson	Rich	Male	60	17:35	8:48	44	1:07:21	16.6	42	35	32:17	10:25	43	1:57:13		
39	1	6	796	Steffan	Leslee	Female	33	16:52	8:26	40	1:10:22	15.9	35	39	31:24	10:08	40	1:58:38		
40	2	6	803	Nielson	Stephanie	Female	32	15:54	7:57	35	1:14:24	15.0	43	45	29:05	9:23	35	1:59:23		
41	2	4	837	Thomas	Lindsey	Female	22	15:47	7:53	34	1:15:29	14.8	44	48	28:15	9:07	30	1:59:31		
42	1	10	798	Salsburey	Lisa	Female	50	18:17	9:09	46	1:10:12	15.9	39	38	31:38	10:12	41	2:00:07		
43	3	11	821	Deel	Dan	Male	55	15:29	7:44	32	1:19:11	14.1	51	51	28:10	9:05	29	2:02:50		
44	1	3	847	Metz	Kathryn	Female	18	17:22	8:41	43	1:11:05	15.7	38	41	35:01	11:18	47	2:03:28		
45	3	6	793	Croft	Jodi	Female	34	17:47	8:53	45	1:14:52	14.9	46	46	32:29	10:29	44	2:05:08		
46	1	8	835	Kremer	Joyce	Female	42	19:31	9:45	49	1:09:06	16.2	40	37	37:28	12:05	49	2:06:05		
47	4	6	813	Butler	Dawn	Female	30	20:22	10:11	53	1:10:55	15.7	45	40	36:56	11:55	48	2:08:13		
48	2	10	795	Rowand	Joyce	Female	51	19:32	9:46	50	1:14:56	14.9	48	47	34:06	11:00	46	2:08:34		
49	4	6	820	Nielson	Terry	Male	34	18:27	9:13	47	1:11:08	15.7	47	43	40:31	13:04	51	2:10:06		
50	2	7	794	Fraser	Chapin	Female	38	16:16	8:08	38	1:22:03	13.6	50	53	32:13	10:24	42	2:10:32		
51	5	6	843	Freewalt	Carolyn	Female	34	19:00	9:30	48	1:17:37	14.4	49	49	40:31	13:04	52	2:17:08		
52	3	7	832	Myers	Karen	Female	36	19:40	9:50	51	1:19:30	14.0	52	52	37:59	12:15	50	2:17:09		
53	3	10	791	Ladd	Ruth	Female	53	22:47	11:23	55	1:18:58	14.1	53	50	43:05	13:54	55	2:24:50		
54	4	7	797	Vandemark	Kris	Female	38	20:13	10:06	52	1:33:26	11.9	54	55	41:23	13:21	53	2:35:02		
55	6	6	814	Ball	Trina	Female	31	20:23	10:11	54	1:33:25	11.9	55	54	41:29	13:23	54	2:35:17		