

KEWPEE/YMCA SHORT COURSE TRIATHLON
July 30, 2006
OTTAWA METRO PARK
LIMA LAKE ON STATE ROUTE 81
1/2 Mile Swim, 30 Kilometer Bike, 5 Kilometer Run

Race Rank	Group Rank	Bib #	Last	First	Sex	Age	Swim Time	Swim Pace/100 yds	Pos Only	1st Trans-ition	Bike Time	Ave Bike mph	Pos After Bike	Bike Pos If Only Event	2nd Trans-ition	Run Time	Ave Mile Time	Run Pos If Only Event	Finish Time
1	1st OA	203	Coudron	Jeff	Male	35	12:17	1:24	9	0:55	0:47:47	23.4	1	4	0:34	0:20:13	06:31	5	1:21:46
2	2nd OA	90	Reed	William	Male	33	12:23	1:24	12	0:47	0:49:44	22.4	3	7	0:42	0:19:35	06:19	3	1:23:11
3	3rd OA	86	Long	Nathan	Male	33	15:16	1:44	34	1:24	0:45:42	24.4	2	1	1:06	0:21:46	07:01	14	1:25:14
4	1	109	Hiskey	Justin	Male	22	11:54	1:21	6	0:28	0:50:43	22.0	4	12	0:49	0:21:43	07:00	13	1:25:37
5	1	44	McCracken	Daniel	Male	18	15:47	1:48	38	1:32	0:48:44	22.9	9	5	1:55	0:18:01	05:49	1	1:25:59
6	1	92	Brown	Jeff	Male	48	12:18	1:24	10	1:04	0:50:36	22.1	6	11	0:51	0:22:15	07:11	19	1:27:04
7	2	132	Mason	Jonathan	Male	21	15:35	1:46	36	1:09	0:46:49	23.8	5	3	0:39	0:23:11	07:29	30	1:27:23
8	1st OA	202	Chaney	Cheryl	Female	44	14:09	1:36	21	0:44	0:49:48	22.4	8	8	0:56	0:22:42	07:19	23	1:28:19
9	1	69	Warner	Heath	Male	32	16:39	1:54	47	1:12	0:50:27	22.1	15	10	0:46	0:19:51	06:24	4	1:28:55
10	1	209	Bowers	Robert	Male	41	15:14	1:44	33	1:53	0:49:39	22.5	10	6	1:08	0:22:25	07:14	21	1:30:19
11	1	31	Suppan	Jason	Male	37	13:01	1:29	14	0:50	0:50:43	22.0	7	13	0:46	0:25:34	08:15	51	1:30:54
12	2	61	Thobe	Chris	Male	43	15:09	1:43	32	1:54	0:52:23	21.3	16	21	0:25	0:21:10	06:50	12	1:31:01
13	3	78	Kuhlman	Kurt	Male	43	16:35	1:53	44	1:11	0:50:27	22.1	14	9	0:53	0:22:20	07:12	20	1:31:26
14	2	201	Prater	Brady	Male	15	11:38	1:19	5	1:23	0:57:23	19.4	19	43	0:42	0:21:05	06:48	10	1:32:11
15	3	204	Savale	David	Male	20	16:36	1:53	46	0:21	0:51:08	21.8	13	14	0:16	0:24:16	07:50	35	1:32:37
16	1	129	Blevins	Heath	Male	29	17:05	1:56	53	2:08	0:51:21	21.7	20	15	0:41	0:22:11	07:09	17	1:33:26
17	2	65	Ausdenmoore	Bob	Male	48	14:25	1:38	25	1:13	0:52:10	21.4	12	18	0:17	0:25:58	08:23	54	1:34:03
18	2	49	Coleman	Bryan	Male	26	16:35	1:53	45	0:51	0:52:17	21.3	17	19	1:07	0:23:23	07:33	31	1:34:13
19	2	117	Corrion	Dean	Male	36	16:00	1:49	41	1:00	0:54:37	20.4	22	26	0:43	0:23:01	07:25	25	1:35:21
20	4	208	Keller	Ken	Male	42	16:40	1:54	48	1:07	0:52:02	21.4	18	17	0:56	0:24:38	07:57	40	1:35:23
21	5	21	Gerlach	Charles	Male	41	19:20	2:12	86	1:36	0:46:36	23.9	11	2	1:44	0:27:21	08:49	69	1:36:37
22	3	210	Byrne	John	Male	18	12:20	1:24	11	1:40	1:00:22	18.5	30	64	1:24	0:20:53	06:44	8	1:36:39
23	6	105	Ballas	Mike	Male	40	14:31	1:39	26	1:35	0:56:09	19.9	25	32	1:33	0:23:04	07:26	28	1:36:52
24	2	42	Albertson	Roy	Male	33	18:00	2:03	70	1:19	0:52:19	21.3	23	20	1:19	0:24:08	07:47	34	1:37:05
25	3	54	Liffick	Tod	Male	34	17:01	1:56	52	0:35	0:56:55	19.6	32	39	1:31	0:21:07	06:49	11	1:37:09
26	2nd OA	28	Woodward	Beth	Female	31	17:29	1:59	61	1:42	0:56:17	19.8	39	34	1:12	0:20:47	06:42	7	1:37:27
27	1	27	Marik	Don	Male	50	17:16	1:58	57	1:37	0:53:55	20.7	27	23	1:21	0:24:29	07:54	38	1:38:38
28	7	113	Thompson	Mark	Male	44	17:40	2:00	66	1:35	0:56:24	19.8	41	35	1:06	0:21:57	07:05	16	1:38:42
29	4	104	Pellam	Brian	Male	17	11:12	1:16	4	1:12	0:58:17	19.1	21	47	1:04	0:27:14	08:47	68	1:38:59
30	5	91	Kantner	Royce	Male	13	10:02	1:08	1	2:48	0:59:08	18.9	24	53	0:43	0:26:31	08:33	59	1:39:12
31	8	122	Cherholzer	Michael	Male	40	20:08	2:17	96	1:47	0:56:07	19.9	56	31	2:13	0:18:58	06:07	2	1:39:13
32	6	51	Monnin	Daron	Male	18	14:03	1:36	20	2:12	1:00:00	18.6	44	61	0:45	0:22:44	07:20	24	1:39:44
33	3rd OA	205	Glenn	Christina	Female	20	14:24	1:38	24	1:01	0:56:56	19.6	26	40	1:19	0:26:42	08:37	61	1:40:22
34	7	127	Kremer	Alan	Male	14	11:02	1:15	2	0:38	1:02:10	18.0	29	82	0:31	0:26:22	08:30	58	1:40:43
35	3	126	Chamberlin	John	Male	47	18:24	2:05	78	1:20	0:53:26	20.9	28	22	0:49	0:26:46	08:38	62	1:40:45
36	4	56	Newmister	Sean	Male	21	17:58	2:02	69	1:59	0:54:44	20.4	34	27	1:51	0:24:22	07:52	36	1:40:54
37	1	102	Wahl	Laura	Female	14	13:42	1:33	17	1:27	0:59:14	18.8	31	54	0:42	0:25:52	08:21	53	1:40:57
38	5	785	Seitz	Andrew	Male	24	14:18	1:37	22	0:42	1:00:56	18.3	157	69	0:41	0:24:44	07:59	41	1:41:21
39	1	80	Preston	Diane	Female	45	15:28	1:45	35	1:58	0:58:11	19.2	40	46	0:58	0:25:04	08:05	43	1:41:39
40	9	74	Gehret	John	Male	40	20:06	2:17	95	5:12	0:52:01	21.5	51	16	1:52	0:23:03	07:26	27	1:42:14

Race Rank	Group Rank	Bib #	Last	First	Sex	Age	Swim Time or bike	Swim Pace/ 100 yds	Pos If Only Event	1st Trans-ition	Bike Time	Ave Bike mph	Pos After Bike	Bike Pos If Only Event	2nd Trans-ition	Run Time	Ave Mile Time	Run Pos If Only Event	Finish Time
41	10	48	Cook	Mark	Male	40	18:28	2:06	81	2:16	0:54:00	20.7	35	25	0:52	0:26:53	08:40	64	1:42:29
42	2	115	McKinnon	James	Male	50	19:22	2:12	87	0:52	0:56:01	19.9	45	30	1:17	0:25:15	08:09	47	1:42:47
43	6	83	Randolph	Ben	Male	20	15:50	1:48	39	1:41	0:57:30	19.4	37	44	1:12	0:26:49	08:39	63	1:43:02
44	3	63	Callow	Dave	Male	50	18:09	2:04	71	1:50	0:56:51	19.6	47	37	0:50	0:25:32	08:14	50	1:43:12
45	1	34	Sining	Melissa	Female	35	16:31	1:53	42	2:37	1:03:02	17.7	74	84	0:58	0:20:15	06:32	6	1:43:23
46	3	67	Moynihar	Bryan	Male	36	14:50	1:41	27	1:18	1:00:33	18.4	46	65	0:46	0:26:03	08:24	55	1:43:30
47	4	81	Bender	David	Male	47	18:22	2:05	76	1:40	0:54:55	20.3	36	28	0:58	0:27:45	08:57	74	1:43:40
48	4	18	Spath	Robert	Male	31	20:41	2:21	106	1:13	0:58:00	19.2	63	45	1:05	0:23:01	07:25	26	1:44:00
49	1	55	Pickett	Jim	Male	56	19:51	2:15	93	1:38	0:55:58	19.9	52	29	1:33	0:25:07	08:06	45	1:44:07
50	5	110	Blankenship	Paul	Male	45	16:40	1:54	49	1:03	0:56:54	19.6	33	38	1:13	0:28:38	09:14	83	1:44:28
51	5	76	Earl	Joseph	Male	33	17:12	1:57	55	1:04	0:59:33	18.7	54	55	0:26	0:26:18	08:29	57	1:44:33
52	8	112	Westrick	Dylan	Male	16	12:06	1:23	7	2:24	1:07:42	16.5	75	103	1:03	0:21:46	07:01	15	1:45:01
53	4	39	Hotmire	Darrel	Male	39	15:40	1:47	37	4:18	0:58:26	19.1	58	49	0:56	0:26:04	08:25	56	1:45:24
54	11	99	Bertram	Scott	Male	43	17:48	2:01	67	2:55	0:59:48	18.7	67	59	1:49	0:23:05	07:27	29	1:45:25
55	12	114	Okeson	H John	Male	41	14:01	1:36	19	1:01	1:01:01	18.3	42	70	0:52	0:28:46	09:17	85	1:45:41
56	13	87	Beyer	Rob	Male	40	17:26	1:59	59	1:34	0:56:10	19.9	38	33	2:00	0:28:39	09:15	84	1:45:49
57	2	128	Greunke	Ed	Male	55	18:13	2:04	73	1:37	0:57:04	19.6	48	41	0:56	0:28:23	09:09	80	1:46:13
58	1	25	Meyer	Chris	Female	41	18:51	2:09	84	2:07	1:01:51	18.0	81	79	1:21	0:22:13	07:10	18	1:46:23
59	2	103	Emerick	Nancy	Female	39	14:22	1:38	23	1:27	1:01:51	18.0	53	78	1:36	0:27:58	09:01	77	1:47:14
60	1	52	Inddings	Carolyn	Female	33	18:21	2:05	75	1:54	1:03:07	17.7	86	85	1:31	0:22:31	07:16	22	1:47:24
61	6	64	Presar	Tim	Male	46	22:10	2:31	114	3:02	0:56:40	19.7	72	36	1:08	0:24:34	07:55	39	1:47:34
62	5	14	Schmutz	R Todd	Male	38	21:35	2:27	108	1:39	0:58:37	19.0	71	51	0:34	0:25:19	08:10	49	1:47:44
63	7	26	Raesky	Mark	Male	47	15:07	1:43	31	2:06	1:00:02	18.6	50	62	1:05	0:29:28	09:30	89	1:47:48
64	14	20	Hullinger	Eddie	Male	44	17:30	1:59	62	0:57	1:00:13	18.5	60	63	1:10	0:28:09	09:05	78	1:47:59
65	9	36	Johnson	Darren	Male	16	13:51	1:34	18	2:26	1:06:17	16.8	79	93	1:02	0:24:27	07:53	37	1:48:03
66	3	45	Williams	Brandon	Male	29	18:17	2:05	74	2:23	0:59:46	18.7	65	58	1:03	0:26:39	08:36	60	1:48:08
67	3	88	Hawks	Candy	Female	35	17:34	2:00	63	1:44	1:03:22	17.6	80	86	0:32	0:25:08	08:06	46	1:48:20
68	4	93	Henkaline	Laura	Female	35	15:02	1:42	29	2:48	1:06:20	16.8	88	94	0:57	0:23:45	07:40	33	1:48:52
69	2	15	Schaaf	Marlena	Female	33	13:21	1:31	15	1:40	1:04:51	17.2	62	88	0:36	0:28:30	09:12	81	1:48:58
70	10	98	Violet	Chase	Male	16	17:34	2:00	64	3:26	1:00:48	18.4	70	68	1:36	0:25:39	08:16	52	1:49:03
71	15	97	Violet	Rob	Male	41	19:26	2:13	89	1:58	1:01:47	18.1	85	76	0:48	0:25:05	08:05	44	1:49:04
72	11	100	Wahl	David	Male	19	13:33	1:32	16	1:53	1:00:48	18.4	43	67	0:38	0:32:15	10:24	100	1:49:07
73	3	106	Keller	Steve	Male	59	21:54	2:29	111	1:04	0:59:52	18.6	82	60	1:07	0:25:16	08:09	48	1:49:13
74	6	40	Williams	Jim	Male	38	20:04	2:17	94	1:41	0:58:35	19.0	64	50	1:10	0:27:50	08:59	76	1:49:20
75	7	53	Mominee	Alex	Male	22	17:35	2:00	65	1:49	0:58:55	18.9	57	52	1:09	0:29:56	09:39	91	1:49:24
76	1	57	Mominee	Sarah	Female	23	17:27	1:59	60	1:42	1:01:21	18.2	66	72	0:36	0:28:19	09:08	79	1:49:25
77	6	121	Boeding	Ryan	Male	31	20:14	2:18	98	1:28	1:02:27	17.9	87	83	0:39	0:24:46	07:59	42	1:49:34
78	12	62	Spicer	Anthony	Male	16	18:26	2:06	79	2:34	1:06:51	16.7	95	96	1:39	0:21:01	06:47	9	1:50:31
79	4	23	Fynes	Jack	Male	54	20:46	2:22	107	2:27	0:53:56	20.7	49	24	2:59	0:30:32	09:51	94	1:50:40
80	4	30	Rex	Jerry	Male	55	20:09	2:17	97	1:30	1:01:31	18.1	84	73	0:35	0:27:08	08:45	65	1:50:53
81	16	22	Richards	Craig	Male	44	18:11	2:04	72	3:16	1:01:34	18.1	83	74	0:29	0:27:48	08:58	75	1:51:18
82	7	108	Mustaine	Todd	Male	36	17:54	2:02	68	2:10	1:01:40	18.1	69	75	1:36	0:28:36	09:14	82	1:51:56
83	4	131	Swaney	Doug	Male	25	17:07	1:57	54	2:24	1:01:58	18.0	68	80	1:11	0:29:21	09:28	87	1:52:01
84	13	24	Meyer	Jacob	Male	15	16:44	1:54	50	2:53	0:58:23	19.1	55	48	1:25	0:33:28	10:48	101	1:52:53
85	2	66	Lunt	Carolyn	Female	46	18:49	2:08	83	1:41	1:01:48	18.1	76	77	1:27	0:30:27	09:49	93	1:54:12
86	17	47	Hall	Mark	Male	41	11:09	1:16	3	2:11	1:05:07	17.1	59	90	0:46	0:35:20	11:24	110	1:54:33
87	3	29	Leggett	Sherry	Female	30	18:51	2:09	85	1:41	1:04:18	17.4	91	87	2:07	0:28:49	09:18	86	1:55:46
88	5	89	Vergiels	Harold	Male	50	17:15	1:58	56	1:36	1:01:01	18.3	61	71	0:38	0:35:50	11:34	112	1:56:20
89	7	58	Lucas	Travis	Male	30	21:51	2:29	109	2:40	0:57:22	19.5	73	42	3:49	0:31:06	10:02	97	1:56:48
90	15	82	Wsterheide	Jason	Male	16	16:50	1:55	51	1:25	1:10:50	15.8	97	108	0:44	0:27:27	08:51	72	1:57:16

Race Rank	Group Rank	Bib #	Last	First	Sex	Age	Swim Time or bike	Swim Pace/ 100 yds	Pos If Only Event	1st Trans- ition	Bike Time	Ave Bike mph	Pos After Bike	Bike Pos If Only Event	2nd Trans- ition	Run Time	Ave Mile Time	Run Pos If Only Event	Finish Time
91	2	130	Conine	Amy	Female	23	17:19	1:58	58	1:52	1:05:14	17.1	89	91	0:35	0:33:47	10:54	104	1:58:47
92	5	43	Williams	Jeff	Male	27	19:28	2:13	90	2:16	1:00:45	18.4	78	66	1:31	0:35:16	11:23	108	1:59:16
93	2	79	Kuhlman	Julie	Female	41	22:24	2:33	118	0:57	1:04:58	17.2	96	89	0:29	0:30:37	09:53	95	1:59:25
94	4	85	McKanna	Kasey	Female	34	22:21	2:32	116	1:53	1:07:36	16.5	102	102	1:15	0:27:26	08:51	71	2:00:31
95	5	41	Reed	Jodi	Female	33	22:19	2:32	115	1:58	1:07:35	16.5	103	101	1:15	0:27:25	08:51	70	2:00:32
96	16	111	Burchfield	Will	Male	16	12:09	1:23	8	2:16	1:11:29	15.6	92	111	1:01	0:33:37	10:51	102	2:00:32
97	2	37	Johnson	Josie	Female	13	14:59	1:42	28	3:17	1:11:08	15.7	98	110	1:11	0:30:25	09:49	92	2:01:00
98	6	59	Merkle	Tom	Male	27	25:23	2:53	124	2:43	0:59:41	18.7	94	56	3:17	0:30:42	09:54	96	2:01:46
99	7	84	Lepley	Travis	Male	25	22:04	2:30	113	3:03	1:08:27	16.3	107	104	1:01	0:27:13	08:47	67	2:01:48
100	3	118	Spradlin	Beth	Female	48	18:23	2:05	77	2:44	1:05:33	17.0	93	92	2:19	0:34:09	11:01	105	2:03:08
101	6	16	Tuneberg	Jeff	Male	53	19:41	2:14	92	2:57	0:59:45	18.7	77	57	1:56	0:39:11	12:38	119	2:03:30
102	3	32	Rowand	Jessica	Female	22	22:33	2:34	120	2:57	1:07:30	16.5	105	99	1:29	0:31:58	10:19	98	2:06:27
103	3	35	Michels	Mary	Female	17	15:06	1:43	30	2:30	1:12:54	15.3	100	118	0:49	0:35:10	11:21	107	2:06:29
104	8	71	Porter	Shane	Male	20	20:31	2:20	102	3:03	1:06:35	16.8	99	95	0:51	0:36:22	11:44	115	2:07:22
105	4	38	Johnson	Nancy	Female	47	18:27	2:06	80	2:48	1:11:45	15.6	106	113	1:14	0:33:43	10:53	103	2:07:57
106	6	75	Stewart	Jessica	Female	34	20:35	2:20	103	2:27	1:07:34	16.5	101	100	1:55	0:35:49	11:33	111	2:08:20
107	18	101	Kantonen	Andrew	Male	42	22:26	2:33	119	4:54	1:11:43	15.6	117	112	1:39	0:27:40	08:55	73	2:08:22
108	8	95	Lulfs	Brian	Male	32	15:59	1:49	40	6:47	1:22:26	13.5	124	124	0:53	0:23:41	07:38	32	2:09:46
109	9	119	Cole	Edd	Male	34	23:00	2:37	121	2:30	1:07:13	16.6	104	98	0:58	0:36:11	11:40	114	2:09:52
110	5	70	Weaver	Amy	Female	39	19:31	2:13	91	3:59	1:10:58	15.7	109	109	3:32	0:32:11	10:23	99	2:10:11
111	4	123	Dahlinghaus	Katie	Female	16	20:20	2:19	100	2:53	1:19:27	14.0	121	123	1:16	0:27:08	08:45	66	2:11:04
112	8	124	Minning	Mike	Male	35	22:00	2:30	112	4:24	1:09:48	16.0	112	106	2:33	0:34:14	11:03	106	2:12:59
113	5	207	Arnold	Regan Lee	Female	15	20:30	2:20	101	2:43	1:19:24	14.1	120	122	1:20	0:29:22	09:28	88	2:13:19
114	19	77	Hoehne	Glenn	Male	40	20:16	2:18	99	3:33	1:13:25	15.2	115	119	1:21	0:35:17	11:23	109	2:13:52
115	1	17	Schwaiger	Joe	Male	79	25:00	2:50	123	2:08	1:09:06	16.2	113	105	2:32	0:36:49	11:53	116	2:15:35
116	5	19	Martin	Doreen	Female	45	24:40	2:48	122	4:35	1:07:04	16.6	114	97	1:11	0:38:27	12:24	118	2:15:57
117	7	73	Busenbark	Nicole	Female	32	18:32	2:06	82	3:29	1:12:07	15.5	108	116	4:18	0:38:13	12:20	117	2:16:39
118	20	116	Clark	Ronald	Male	40	20:39	2:21	104	4:00	1:15:14	14.8	118	121	2:15	0:36:01	11:37	113	2:18:09
119	17	50	Bagley	Justin	Male	18	21:52	2:29	110	3:13	1:25:36	13.0	125	126	0:29	0:29:37	09:33	90	2:20:47
120	1	33	Leggett	Jim	Male	60	19:24	2:12	88	2:46	1:12:46	15.3	111	117	1:19	0:48:11	15:33	123	2:24:26
121	8	120	Bouza	Heidi	Female	34	16:34	1:53	43	2:32	1:24:34	13.2	122	125	1:19	0:40:39	13:07	120	2:25:38
122	21	206	Fowler	Rich	Male	41	36:00	4:05	126	2:23	1:02:09	18.0	119	81	1:55	0:44:05	14:13	122	2:26:32
123	6	60	Rudolph	Elizabeth	Female	18	12:31	1:25	13	1:24	1:10:38	15.8	90	107	5:22	0:56:40	18:17	126	2:26:35
124	6	46	Schlachter	Sandy	Female	37	20:40	2:21	105	2:28	1:11:47	15.5	110	114	1:15	0:50:35	16:19	124	2:26:45
125	5	532	Bowers	Garland	Male	59	25:34	2:54	125	4:36	1:14:26	15.0	123	120	1:44	0:41:38	13:26	121	2:27:58
126	7	68	Weaver	Doug	Male	53	22:21	2:32	117	4:35	1:11:53	15.5	116	115	4:16	0:54:10	17:28	125	2:37:15

KEWPTEE/YMCA SHORT COURSE DUATHLON

July 30, 2006

OTTAWA METRO PARK

LIMA LAKE ON STATE ROUTE 81

2 Mile Run, 30 Kilometer Bike, 5 Kilometer Run

Race Rank	Group Rank	Bib #	Last	First	Sex	Age	1st Run Time	Ave Mile Time	Pos If Only Event	First Trans - ition	Bike Time	Ave Bike mph	Pos After Bike	Bike		2nd Trans- ition	5K Run Time	Ave Mile Time	Run Pos If Only Event	Finish Time
														Pos Only Event	Pos Only Event					
1	1st OA	750	Lillard	Derrick	Male	14	11:54	5:57	1	0:24	0:55:31	20.1	1	3	0:22	22:30	7:15	5	1:30:41	
2	2nd OA	748	Endicott	Jeff	Male	38	14:31	7:15	14	0:53	0:53:09	21.0	2	1	0:36	21:33	6:57	3	1:30:42	
3	3rd OA	752	Spitnale	Larry	Male	49	14:10	7:05	11	0:58	0:55:37	20.1	4	5	0:55	20:01	6:27	1	1:31:41	
4	1	786	Kruse	David	Male	28	12:46	6:23	4	0:40	0:59:28	18.8	7	11	0:34	22:37	7:18	6	1:36:05	
5	1	749	Inddings	Tony	Male	36	13:12	6:36	6	1:32	0:56:46	19.7	6	6	0:33	24:15	7:49	12	1:36:18	
6	1	761	Burkholder	Nick	Male	17	11:55	5:58	3	1:02	1:02:33	17.8	12	22	0:52	20:03	6:28	2	1:36:25	
7	1	782	Straub	James	Male	49	14:40	7:20	17	1:07	0:54:10	20.6	3	2	0:51	26:01	8:24	18	1:36:49	
8	1	774	LeaMee	Brian	Male	31	14:33	7:16	15	1:06	0:55:33	20.1	5	4	0:43	25:40	8:17	16	1:37:35	
9	1	771	Compton	Shawn	Male	41	14:28	7:14	13	1:37	0:59:17	18.8	10	10	1:10	22:49	7:22	7	1:39:21	
10	2	760	Robison	Doug	Male	44	13:53	6:57	7	0:52	0:59:47	18.7	8	12	0:40	25:44	8:18	17	1:40:56	
11	2	742	Variell	Michael	Male	49	15:01	7:30	18	0:56	1:00:06	18.6	15	15	0:47	24:11	7:48	11	1:41:01	
12	1st OA	770	Grime	Renee	Female	25	15:05	7:32	21	1:11	1:00:20	18.5	18	16	0:43	23:58	7:44	9	1:41:17	
13	2	754	Borchers	Neil	Male	25	14:07	7:03	10	0:40	1:05:25	17.1	23	27	1:00	23:11	7:29	8	1:44:23	
14	2	755	Barnhorst	Jason	Male	19	11:54	5:57	2	0:31	1:09:18	16.1	25	32	0:34	22:08	7:08	4	1:44:25	
15	3	765	Prater	Scott	Male	40	13:59	7:00	8	0:29	1:01:18	18.2	13	18	0:42	28:01	9:02	25	1:44:29	
16	3	743	Pargeon	Bill	Male	28	15:11	7:36	22	0:57	0:59:47	18.7	14	13	0:18	28:23	9:09	27	1:44:36	
17	3	740	Maus	Jerry	Male	45	14:05	7:02	9	0:52	1:01:37	18.1	17	19	0:51	27:19	8:49	22	1:44:44	
18	4	784	Crist	K Ryan	Male	28	14:35	7:17	16	1:46	0:59:06	18.9	11	9	1:25	28:03	9:03	26	1:44:55	
19	2nd OA	762	Goecke	Kathy	Female	38	15:54	7:57	29	1:09	1:02:16	17.9	21	21	0:55	25:21	8:11	13	1:45:35	
20	4	753	Bloomfield	James	Male	46	15:35	7:47	23	1:41	0:58:52	19.0	16	8	1:02	29:26	9:30	28	1:46:36	
21	2	783	Weber	Rick	Male	35	15:50	7:55	28	1:08	0:59:50	18.7	19	14	1:24	29:44	9:35	29	1:47:56	
22	3rd OA	776	Dieringer	Sandy	Female	51	17:10	8:35	36	1:30	1:02:00	18.0	24	20	0:58	26:29	8:33	20	1:48:07	
23	1	772	Horstman	Erin	Female	23	16:22	8:11	32	1:01	1:04:48	17.2	28	25	0:35	25:37	8:16	15	1:48:23	
24	5	739	Simon	Joseph	Male	48	15:38	7:49	24	1:35	0:57:59	19.2	9	7	1:33	31:39	10:13	36	1:48:24	
25	4	764	McCracken	Jay	Male	42	15:45	7:52	26	1:11	1:05:04	17.2	27	26	1:21	25:27	8:13	14	1:48:48	
26	2	751	Stewart	Chad	Male	33	15:03	7:31	19	1:21	1:00:57	18.3	20	17	1:17	30:30	9:50	33	1:49:08	
27	5	779	Gillespie	Darin	Male	29	14:23	7:11	12	1:15	1:04:25	17.3	22	24	1:07	30:53	9:58	34	1:52:03	
28	1	756	Stephenson	Rich	Male	59	17:40	8:50	37	1:22	1:07:23	16.6	29	30	1:35	26:08	8:26	19	1:54:08	
29	5	763	Goecke	Mark	Male	40	17:48	8:54	38	1:34	1:02:34	17.8	26	23	0:59	33:30	10:48	39	1:56:25	
30	6	758	Macwhinney	Eric	Male	27	15:40	7:50	25	1:49	1:13:11	15.2	34	33	3:16	23:59	7:44	10	1:57:55	
31	3	775	Tonneas	Josh	Male	16	13:05	6:32	5	1:18	1:13:27	15.2	30	35	0:30	30:10	9:44	31	1:58:30	
32	7	766	Schnipke	Chris	Male	28	15:47	7:53	27	1:41	1:13:14	15.2	35	34	3:12	26:56	8:41	21	2:00:50	
33	1	744	Emerson	Ryan	Male	20	16:16	8:08	30	1:02	1:15:17	14.8	36	37	0:47	27:40	8:55	24	2:01:02	
34	3	745	Pargeon	Kathy	Female	25	18:06	9:03	40	1:08	1:09:10	16.1	31	31	0:56	32:26	10:28	37	2:01:46	
35	1	757	Worden	Brystal	Female	19	15:04	7:32	20	1:36	1:17:47	14.3	39	41	1:00	27:35	8:54	23	2:03:02	
36	1	780	Klausing	Trisha	Female	33	16:28	8:14	33	1:14	1:18:13	14.3	41	43	0:58	30:00	9:41	30	2:06:53	
37	3	781	Pauff	Matt	Male	39	18:00	9:00	39	2:40	1:13:46	15.1	38	36	1:33	31:17	10:05	35	2:07:16	
38	1	746	Emerson	Ken	Male	52	16:16	8:08	31	1:21	1:15:40	14.7	37	38	1:17	32:53	10:36	38	2:07:27	
39	1	759	Hovermar	Connie	Female	60	17:05	8:33	35	0:51	1:19:06	14.1	42	45	1:38	30:24	9:48	32	2:09:04	
40	1	737	Goens	Nancy	Female	45	16:36	8:18	34	1:16	1:18:02	14.3	40	42	0:57	34:06	11:00	40	2:10:57	
41	1	778	Harthun	Linda	Female	55	20:03	10:01	42	2:08	1:06:50	16.7	32	29	1:14	42:00	13:33	44	2:12:15	
42	2	787	Ligg	David	Male	54	20:02	10:01	41	2:25	1:06:38	16.7	33	28	8:31	40:07	12:56	43	2:17:43	
43	2	741	Varner	Kim	Female	24	20:13	10:06	43	2:17	1:18:59	14.1	45	44	1:30	36:10	11:40	41	2:19:09	
44	3	769	Butler	Dawn	Female	29	20:20	10:10	45	2:01	1:16:57	14.5	43	40	1:45	39:09	12:38	42	2:20:12	
45	2	738	Ardoin	Sarah	Female	31	20:18	10:09	44	2:11	1:16:51	14.5	44	39	1:40	42:11	13:36	45	2:23:11	

KEWP/YMCA SHORT COURSE TEAM TRIATHLON
July 30, 2006
OTTAWA METRO PARK
LIMA LAKE ON STATE ROUTE 81
1/2 Mile Swim, 30 Kilometer Bike, 5 Kilometer Run

Race Rank	Group Rank	Team Event	Bib #	Last	Swim Time	Swim Pace/ 100 yds	Pos After Swim	First Transition	Bike Time	Ave Bike Mph	Bike		Run Time	Ave Mile Time	Run	
											Pos If Only Event	2nd Transition			Pos If Only Event	Finish Time
1	1	Team Co-Ed	520	Kohli / Sanderson / Sowinsk	11:36	1:19	1	0:14	50:32	22.1	1	18	18:32	5:59	2	1:20:54
2	1	Team Master	530	Van Dyne / Richardson / Weitz	11:42	1:20	2	0:16	51:02	21.9	2	16	20:44	6:41	3	1:23:44
3	2	Team Master	523	Frederick / Mason / Rotund	12:35	1:26	6	0:30	51:51	21.5	3	10	22:08	7:08	6	1:27:04
4	1	Team Male	526	Beaschler / Beaschler / Mau	12:31	1:25	5	0:31	59:21	18.8	7	12	16:11	5:13	1	1:28:34
5	3	Team Master	519	Coscarelli / Kuntz / Martine	12:02	1:22	3	0:35	56:48	19.6	6	17	21:55	7:04	5	1:31:20
6	4	Team Master	524	Thobe / Jay / Wilson	18:45	2:08	12	0:25	56:22	19.8	5	17	25:52	8:21	10	1:41:24
7	2	Team Co-Ed	788	Greendyke / Osterur / Witters	12:28	1:25	4	0:22	1:06:19	16.8	13	20	24:41	7:58	9	1:43:50
8	2	Team Male	531	Frantz / Rex / Van Dyn	16:45	1:54	8	0:36	55:59	19.9	4	19	30:38	9:53	12	1:43:58
9	3	Team Male	516	Gersten / Howe / Simindinge	20:43	2:21	13	0:31	1:00:15	18.5	9	16	23:10	7:28	7	1:44:39
10	5	Team Master	529	Foltz / Jennings / Re	17:18	1:58	9	0:29	1:02:59	17.7	10	14	24:13	7:49	8	1:44:59
11	1	Team Female	517	Bilodeau / Martin / Saxb	15:43	1:47	7	0:37	1:00:02	18.6	8	19	33:16	10:44	14	1:49:38
12	-	Team No Awarc	527	Violet / Violet ,	20:45	2:21	14	2:46	1:06:17	16.8	12	15	20:56	6:45	4	1:50:44
13	3	Team Co-Ed	528	Kremer / Schindler / Balla	18:30	2:06	10	0:30	1:06:54	16.7	15	19	31:05	10:02	13	1:56:59
14	4	Team Male	525	Preston / Preston / Prestor	18:44	2:08	11	0:35	1:16:26	14.6	17	15	27:19	8:49	11	2:03:04
15	-	Team No Awarc	521	Rhodes / Rhodes ,	23:26	2:40	15	0:29	1:03:12	17.7	11	23	42:55	13:51	17	2:10:02
16	6	Team Master	518	Lucas / Rowand / Rowanc	23:54	2:43	16	1:13	1:12:47	15.3	16	28	35:28	11:26	15	2:13:22
17	4	Team Co-Ed	522	Mink / Ulatowski / Ulatowsk	25:40	2:55	17	1:10	1:06:44	16.7	14	24	39:50	12:51	16	2:13:24