

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	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		5K Run Time	Ave Mile Time	Run Pos If Only Event	Finish Time
														Pos Only Event	2nd Trans- ition				
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