

Iron Horse Triathlon 2009

Sprint Fitness

August 01, 2009

Questions About Results e-mail runsfar@kc.rr.com

Female 20 to 29										
Place	Overall Place	Name	Age	----- Swim -----		----- Bike -----		----- Run -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	14	Ashley Houtwed	25	1	17:00.8	1	57:11.8	1	53:31.4	2:07:44.2

Female 30 to 39										
Place	Overall Place	Name	Age	----- Swim -----		----- Bike -----		----- Run -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	3	Janna Mashek	32	2	13:08.9	1	46:16.3	1	43:18.7	1:42:44.0
2	10	Jodi Frager	35	5	14:58.1	2	54:26.8	2	47:33.3	1:56:58.2
3	13	Laura Heirigs	32	1	12:33.7	3	1:00:10.9	3	50:14.4	2:02:59.1
4	15	Jolene Pettera	30	4	14:16.4	5	1:01:55.5	4	54:07.1	2:10:19.1
5	17	Keely Butler	39	6	17:09.0	6	1:04:49.0	5	52:22.9	2:14:21.0
6	18	Debbie Dekleva	39	3	13:48.3	4	1:00:01.8	6	1:07:10.2	2:21:00.4

Female 40 to 49										
Place	Overall Place	Name	Age	----- Swim -----		----- Bike -----		----- Run -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	11	Jodi Lowe	42	1	12:56.1	1	56:44.6	1	49:20.7	1:59:01.5
2	12	Jean Von Segger	40	3	14:55.0	2	59:22.7	2	47:10.8	2:01:28.6
3	19	Kay Wright	47	2	14:17.0	3	1:13:42.0	3	56:55.3	2:24:54.5
4	21	Kendra Burkholder	42	4	18:05.8	4	1:16:55.5	4	1:13:11.2	2:48:12.6

Male 20-29										
Place	Overall Place	Name	Age	----- Swim -----		----- Bike -----		----- Run -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	6	Jarod Meinheit	29	1	13:06.1	1	47:26.4	1	48:09.1	1:48:41.6
2	7	Adam Peetz	20	2	17:02.1	2	54:59.1	2	37:39.7	1:49:41.1

Male 30-39										
Place	Overall Place	Name	Age	----- Swim -----		----- Bike -----		----- Run -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	1	Michael Krondak	35	1	10:41.4	2	48:56.4	1	39:47.3	1:39:25.2
2	4	Jason Gale	33	2	12:43.2	1	44:18.7	2	45:44.0	1:42:46.0
3	5	Dain Weiss	33	3	12:57.5	4	52:45.9	3	40:39.6	1:46:23.0
4	8	Jeff Grimes	36	4	13:26.2	5	53:37.2	4	46:38.1	1:53:41.6
5	9	Robert Tubbs	36	5	13:50.3	3	49:01.6	5	51:13.0	1:54:05.0

Male 40-49										
Place	Overall Place	Name	Age	----- Swim -----		----- Bike -----		----- Run -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	2	Jeff Cramer	46	1	12:56.8	1	52:17.7	1	34:36.7	1:39:51.3

Male 50-59										
Place	Overall Place	Name	Age	----- Swim -----		----- Bike -----		----- Run -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	16	Mike Creighton	55	2	19:40.9	1	56:05.1	1	57:37.2	2:13:23.3
2	20	Terry Fowler	59	1	12:11.8	2	1:15:12.8	2	1:12:43.3	2:40:07.9

Sprint Competitive

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Female 15 to 19										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	26	Brittney Zeller	19	1	14:02.4	1	58:49.1	1	37:28.5	1:50:20.2
Female 30 to 39										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	12	Jacy Cramer	32	2	12:30.5	1	45:46.1	1	38:45.6	1:37:02.2
2	22	Karen Hatch	39	1	11:56.6	2	49:53.1	2	42:31.7	1:44:21.5
3	30	Theresa Gosnell	37	3	16:13.9	3	1:01:17.2	3	34:08.5	1:51:39.7
Female 40 to 49										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	25	Jody Huckfeldt	47	2	14:59.7	1	51:12.2	1	44:07.1	1:50:19.1
2	34	Lisa Jones	45	1	14:52.5	2	59:40.0	2	46:48.6	2:01:21.2
Female 50 to 59										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	35	Marilyn Tolle	50	1	20:02.8	1	58:16.1	1	47:14.9	2:05:33.9
2	37	Tawni Stewart	50	2	20:15.7	2	1:00:50.3	2	57:25.0	2:18:31.1
Male 15 to 19										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	1	Gregory Shanahan	16	1	8:12.7	1	36:42.2	1	30:08.8	1:15:03.7
2	10	Josh States	19	2	11:20.5	2	44:53.3	2	38:08.3	1:34:22.1
3	13	Jason Pedersen	19	3	11:27.7	4	54:08.1	3	31:57.0	1:37:32.9
4	16	Sam Craig	18	4	12:46.5	3	47:05.3	4	39:29.0	1:39:20.9
5	27	Greg Nawyn	15	5	13:19.3	5	1:04:36.1	5	32:34.0	1:50:29.5
Male 20-29										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	2	Bobby Korkow	24	1	10:17.4	1	41:35.7	1	31:27.7	1:23:20.8
2	20	Scott Curry	28	2	11:50.8	2	53:03.2	2	39:17.3	1:44:11.5
Male 30-39										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	4	Ryan O'Hare	35	2	8:52.3	2	42:01.1	1	35:50.7	1:26:44.2
2	5	Dave Shelles	35	1	8:47.0	1	41:49.7	2	36:34.4	1:27:11.2
3	7	Sam Miller	35	7	12:17.6	4	43:41.6	3	34:42.0	1:30:41.3
4	9	Travis Victory	39	5	11:32.2	7	47:24.4	4	34:03.0	1:32:59.7
5	11	Jon Graff	37	6	12:06.2	3	43:29.5	5	40:44.8	1:36:20.6
6	17	Casey Osborn	33	3	10:31.2	5	47:23.8	6	43:09.6	1:41:04.7
7	18	Troy Medina	32	9	13:04.1	9	48:14.9	7	41:20.2	1:42:39.4
8	21	Ben Cooper	35	4	11:27.4	8	48:09.3	8	44:35.9	1:44:12.7
9	23	Justin Scheele	35	8	12:28.8	10	49:10.0	9	42:51.1	1:44:29.9
10	24	Jeff Van Winkle	36	10	13:26.3	6	44:54.9	10	48:33.3	1:46:54.7
11	28	Jacob Robinson	32	12	20:27.7	11	48:10.1	11	42:11.1	1:50:48.9
12	36	Rich Roeser	30	11	17:41.9	12	1:07:10.1	12	44:32.9	2:09:25.0
Male 40-49										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	8	Jim Bunker	47	1	10:42.8	1	42:43.0	1	38:49.7	1:32:15.6
2	14	Dwaine Jones	44	2	12:36.4	2	45:32.7	2	40:32.0	1:38:41.2

3	15	Jeff Bruntz	41	4	14:59.8	3	48:33.9	3	35:11.7	1:38:45.5
4	19	Timothy Naylor	42	5	1:00:37.9	4	52:25.6	4	42:47.2	1:43:25.1
5	29	Mark Bottom	49	3	13:25.4	5	59:25.6	5	38:08.6	1:50:59.7

Male 50-59										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	3	John Marsh	50	1	11:08.0	1	39:14.5	1	33:51.3	1:24:14.0
2	6	wayne wallace	52	2	12:17.5	2	43:23.7	2	33:30.8	1:29:12.1
3	31	Dave Mamich	51	3	17:55.8	4	52:01.1	3	42:18.8	1:52:15.7
4	33	Scott Selee	50	4	19:17.6	3	49:12.5	4	50:26.5	1:58:56.7

Male 60 and over										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	32	Philip Ham	66	1	16:40.1	1	46:46.1	1	50:48.8	1:54:15.1

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Place	Team No	Bib No	Team/Participant Name	Event	Rank	Time	Chip Time	Total Time	Pace
1	453	453	Tonya Townsend	Swim	1	9:50.6	1:35:25.7	9:50.6	31:43/M
			David Engle	Bike	1	45:32.0	55:22.6	55:22.6	3:02/M
			Celine Sawyer	Run	1	40:03.1	1:35:25.7	1:35:25.7	8:01/M
2	455	455	Kayla Bockus	Swim	2	10:17.8	1:56:09.9	10:17.8	33:10/M
			Kara Sandman	Bike	2	51:42.6	1:02:00.4	1:02:00.4	3:27/M
			Don Kurre	Run	2	54:09.5	1:56:09.9	1:56:09.9	10:50/M
3	454	454	Tara Naughtin	Swim	3	13:44.4	2:04:17.8	13:44.4	44:18/M
			Jim Naughtin	Bike	4	1:04:19.4	1:18:03.9	1:18:03.9	4:17/M
			Matt Naughtin	Run	3	46:13.9	2:04:17.8	2:04:17.8	9:15/M
4	456	456	Mary Pierce	Swim	4	14:08.8	2:14:03.7	14:08.8	45:35/M
			Emiel Ysebaert	Bike	3	59:11.0	1:13:19.9	1:13:19.9	3:57/M
			Lex Pierce	Run	4	1:00:43.8	2:14:03.7	2:14:03.7	12:09/M

Iron Horse Triathlon 2009 Sprint Relay-Male

Age Group Results

August 01, 2009

 Questions About Results e-mail runsfar@kc.rr.com

Male 0-99										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	1	Ian Ravenscroft	21	1	14:24.4	1	52:44.8	1	51:59.1	1:59:08.4

Super Sprint Fitness

August 01, 2009

Questions About Results e-mail runsfar@kc.rr.com

Female 20 to 29										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	13	Nichelle Nichelson	26	1	7:51.3	1	31:42.3	1	19:25.2	58:59.0
2	46	Nancy Flock	26	2	9:31.9	2	37:16.3	2	1:01:11.4	1:47:59.7

Female 30 to 39										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	6	Kristen Grimes	35	2	6:33.5	2	28:25.3	1	18:16.1	53:15.0
2	7	Lisa Klein	30	3	6:47.0	1	27:57.9	2	18:31.3	53:16.4
3	12	Lori Knoerzer	35	1	6:15.6	4	32:47.4	3	19:02.1	58:05.1
4	16	Katie Kitten	31	7	8:18.2	5	31:37.2	4	22:01.1	1:01:56.6
5	17	Sheryl McGahan	39	9	8:23.6	6	31:36.7	5	22:50.9	1:02:51.3
6	18	Raime Varvel	33	8	8:20.6	8	33:34.4	6	21:39.5	1:03:34.6
7	19	Amy Eigenberg	34	5	7:51.8	3	29:24.6	7	26:33.2	1:03:49.7
8	23	Leah Purdy	31	4	7:46.2	7	33:13.6	8	24:24.1	1:05:23.9
9	28	Kami Balthazor	35	11	8:43.5	10	39:25.1	9	18:08.6	1:06:17.3
10	30	Michelle Bucholz	37	12	9:55.5	9	35:37.5	10	21:53.6	1:07:26.6
11	38	Megan Fago	31	10	8:33.6	11	41:00.9	11	26:13.4	1:15:48.0
12	44	Sherri Buffington	33	6	8:08.7	12	42:50.3	12	35:05.0	1:26:04.1
13	48	A.J. Williams	34	13	10:13.5	13	1:21:03.0	13	34:53.2	2:06:09.8

Female 40 to 49										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	10	Donna Obermeier	49	1	7:18.0	1	29:38.6	1	21:05.8	58:02.5
2	34	Kelli King	41	5	9:21.4	3	38:42.6	2	22:15.9	1:10:20.0
3	39	Krysten Andre-Henn	44	2	7:21.9	4	43:29.0	3	25:05.9	1:15:56.8
4	43	Jana Thomas	42	4	8:08.7	5	42:47.5	4	35:05.2	1:26:01.5
5	45	Diane Tobin	47	3	7:40.6	2	37:58.4	5	45:39.9	1:31:19.0

Female 50 to 59										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	14	Cheryl Uhrmacher	54	1	7:19.5	3	34:30.4	1	19:32.7	1:01:22.7
2	15	Doris Davis	53	2	7:23.1	1	32:53.6	2	21:23.4	1:01:40.2
3	25	Marsha Creighton	56	9	10:34.7	2	30:33.1	3	24:25.4	1:05:33.2
4	26	Jan Wright	50	4	7:40.5	4	35:02.5	4	22:51.3	1:05:34.4
5	27	Renae Bottom	50	8	10:18.9	6	35:20.3	5	20:23.5	1:06:02.8
6	35	Vicki Fugate	51	3	7:32.8	5	35:22.7	6	28:44.3	1:11:39.8
7	36	Barb Chamberlin	55	5	8:26.0	7	38:36.2	7	25:17.6	1:12:19.9
8	40	Linda Selee	53	6	9:28.3	9	46:15.4	8	25:26.7	1:21:10.5
9	42	Imo Kurre	58	7	9:48.5	8	39:17.3	9	33:59.1	1:23:05.0
10	47	Bev Cohen	50	10	15:54.7	10	57:53.3	10	34:26.8	1:48:14.8

Male 15 to 19										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	32	Thomas Delka	19	1	8:51.1	1	36:23.9	1	22:59.0	1:08:14.0
2	41	Brett Hollingsworth	18	2	9:41.7	2	41:49.8	2	29:40.9	1:21:12.4

Male 20-29										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	1	Scott Pueppka	21	2	6:13.8	1	28:34.3	1	11:51.8	46:40.0
2	4	Gregory Strasburg	28	3	8:18.6	2	28:32.6	2	15:42.2	52:33.5
3	11	Jeffrey Hargrove	28	1	5:35.2	3	34:08.0	3	18:19.6	58:02.9

Male 30-39										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	2	Kelly Klein	33	1	5:53.0	1	25:16.0	1	17:00.5	48:09.5
2	3	Marcus Garstecki	36	3	7:22.6	2	26:35.7	2	15:02.8	49:01.2
3	5	Benjiman Hoatson	30	2	6:58.7	3	29:48.0	3	16:22.8	53:09.6
4	24	Ryan Purdy	31	4	8:01.0	4	33:23.9	4	23:59.1	1:05:24.1

Male 40-49										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	9	Brian Gilliland	42	1	6:53.6	2	32:05.6	1	18:05.6	57:05.0
2	20	Todd Morrison	46	2	7:32.7	3	32:14.1	2	24:21.7	1:04:08.6
3	21	Phillip Hunt	42	5	10:24.7	4	34:04.8	3	20:49.2	1:05:18.7
4	29	Rick Carpenter	44	3	8:42.3	1	29:30.5	4	28:40.3	1:06:53.2
5	31	Leo Delka	44	4	8:54.8	5	36:08.3	5	22:53.3	1:07:56.4

Male 50-59										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	8	Bob Veal	50	2	6:21.5	1	32:32.6	1	15:43.4	54:37.6
2	22	Mel McNea	55	1	6:14.7	2	32:58.9	2	26:09.1	1:05:22.8
3	33	Mark Blackledge	56	4	8:07.0	3	34:02.6	3	26:56.6	1:09:06.2
4	37	Weston Andre-Henn	57	3	7:45.6	4	39:04.6	4	27:24.3	1:14:14.6

Super Sprint Competitive

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Female 20 to 29										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	1	DeeAnn Jensen	29	2	5:59.9	1	18:12.0	1	17:29.3	41:41.3
2	13	Melissa Garcia	28	3	6:03.5	2	26:57.1	2	18:25.3	51:26.0
3	17	Heather Wellman	23	4	6:38.3	4	30:28.5	3	17:06.2	54:13.1
4	18	Nicole Gooder	25	5	7:44.1	3	28:35.9	4	18:17.2	54:37.2
5	22	Amanda Longmore	28	1	5:12.1	5	32:44.7	5	18:50.1	56:47.1
6	23	Toni Guthrie	29	6	8:03.7	6	32:58.2	6	19:51.6	1:00:53.6
7	27	Renae Brandt	27	7	8:05.5	7	35:13.2	7	23:48.7	1:07:07.5

Female 40 to 49										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	8	Dee McCroden	45	1	5:53.8	1	25:32.0	1	17:37.7	49:03.6
2	20	Wendy Schramm	42	4	9:22.8	2	28:27.1	2	17:48.4	55:38.3
3	25	Kelly Blackledge	47	2	7:24.1	3	32:27.1	3	23:40.9	1:03:32.2
4	26	Georgia Osbon	45	5	10:19.4	5	33:17.2	4	21:51.7	1:05:28.3
5	29	Jan Gaudreault	41	3	8:50.1	4	33:42.8	5	28:52.5	1:11:25.4

Female 50 to 59										
Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	19	Sue McNeil	56	2	8:38.2	1	28:32.5	1	17:58.8	55:09.6
2	24	Sue Mulligan	52	1	8:16.1	2	34:29.6	2	19:23.8	1:02:09.6

 Female 60 and over

Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	28	Ann Milton	66	1	8:39.9	1	34:27.6	1	24:54.9	1:08:02.5

Male 0-14

Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	12	Jayson Rezek	13	1	4:57.5	1	31:34.8	1	14:37.4	51:09.8

Male 15 to 19

Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	2	Andrew Pracht	15	1	5:30.7	1	26:13.0	1	13:23.7	45:07.4
2	7	Kyle Gaudreault	15	2	5:35.1	2	26:49.6	2	16:17.0	48:41.8

Male 20-29

Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	5	Lucas Witte	28	1	5:49.4	1	26:25.3	1	15:51.1	48:05.8
2	16	Tanner Pettera	29	2	6:36.9	2	30:54.6	2	16:03.4	53:35.0

Male 30-39

Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	4	Jeremy Spurgin	34	2	6:59.9	2	24:41.6	1	15:28.9	47:10.5
2	10	Clayton Lundstedt	34	1	5:07.9	1	24:20.7	2	19:50.1	49:18.8

Male 40-49

Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	3	Mike Gaudreault	40	1	5:09.0	1	25:22.0	1	15:20.2	45:51.2
2	9	Rick Heirigs	40	4	6:55.9	3	26:43.1	2	15:39.4	49:18.4
3	14	Glenn Clark	46	3	6:45.9	4	27:35.0	3	18:25.0	52:46.0
4	15	Grant Schramm	43	2	6:17.8	2	26:46.6	4	19:58.0	53:02.5

Male 50-59

Place	Overall Place	Name	Age	----- Swim 200 M -----		----- Bike 8 -----		----- Run 2 -----		Total Time
				Rnk	Time	Rnk	Time	Rnk	Time	
1	6	Ed Tobin	50	1	6:42.0	1	24:41.7	1	16:46.3	48:10.0
2	11	les maaske	51	2	6:47.6	2	26:24.1	2	17:39.2	50:51.0
3	21	Charles Osteen	58	3	7:13.0	3	28:41.8	3	19:50.5	55:45.4

Iron Horse Triathlon 2009 Super Sprint Relay -Coed

August 01, 2009

Questions About Results e-mail runsfar@kc.rr.com

Place	Team No	Bib No	Team/Participant Name	Event	Rank	Time	Chip Time	Total Time	Pace
1	572						45:15.9		
		572	Jason States	Swim	1	3:12.6	3:12.6	3:12.6	15:14/M
		572	Becky States	Bike	1	27:36.7	30:49.3	30:49.3	3:27/M
		572	Darin States	Run	1	14:26.5	45:15.9	45:15.9	7:13/M

Super Sprint Youth

August 01, 2009

Questions About Results e-mail runsfar@kc.rr.com

Female 0-99										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	1	Kaitlyn Clark	12	1	4:38.3	1	26:02.5	1	14:57.0	45:37.8
2	6	Anna Graff	12	4	7:33.6	2	36:52.1	2	19:08.7	1:03:34.5
3	8	Grace Selee	9	2	6:48.0	3	49:58.2	3	23:20.7	1:20:07.1
4	9	Rachel Hatch	7	5	11:32.6	5	1:00:53.0	4	32:59.2	1:45:24.9
DNF	DNF	Lydia Selee	14	3	6:52.4	4	52:02.1			

Male 0-99										
Place	Overall Place	Name	Age	Rnk	Swim Time	Rnk	Bike Time	Rnk	Run Time	Total Time
1	2	Cody Dierking	14	2	5:33.7	1	27:17.6	1	12:50.7	45:42.1
2	3	Jon Entz	14	1	4:55.1	2	28:35.0	2	15:30.9	49:01.1
3	4	Wyatt Gosnell	10	5	9:43.7	4	33:50.6	3	16:52.9	1:00:27.3
4	5	Isaac Craig	12	3	5:35.7	3	32:38.9	4	22:41.1	1:00:55.8
5	7	Erik Graff	7	4	8:31.7	5	43:36.7	5	17:46.8	1:09:55.3

Iron Horse Triathlon 2009 Super Sprint Relay-Youth

August 01, 2009

Questions About Results e-mail runsfar@kc.rr.com

Place	Team No	Bib No	Team/Participant Name	Event	Rank	Time	Chip Time	Total Time	Pace
1	577						45:24.2		
		577	Eric Bailey	Swim	1	3:40.0	3:40.0	3:40.0	17:28/M
			Wyatt Mcguire	Bike	1	27:16.0	30:56.0	30:56.0	3:25/M
			Grayson flanders	Run	1	14:28.2	45:24.2	45:24.2	7:14/M

Iron Horse Triathlon 2009 Super Sprint Relay-All Male

August 01, 2009

Questions About Results e-mail runsfar@kc.rr.com

Place	Team No	Bib No	Team/Participant Name	Event	Rank	Time	Chip Time	Total Time	Pace
1	574						39:27.7		
		574	Peter Lopez	Swim	1	3:22.6	3:22.6	3:22.6	16:02/M
			Jake Hasenauer	Bike	1	24:56.1	28:18.7	28:18.7	3:07/M
			Brady Mcguire	Run	1	11:08.9	39:27.7	39:27.7	5:34/M
2	573						57:46.5		
		573	Steve Teters	Swim	2	4:11.2	4:11.2	4:11.2	19:55/M
			Mike Mcguire	Bike	2	41:02.6	45:13.8	45:13.8	5:08/M
			Michael Haws	Run	2	12:32.6	57:46.5	57:46.5	6:16/M

Iron Horse Triathlon 2009 Super Sprint Relay-All Female

August 01, 2009

Questions About Results e-mail runsfar@kc.rr.com

<u>Place</u>	<u>Team No</u>	<u>Bib No</u>	<u>Team/Participant Name</u>	<u>Event</u>	<u>Rank</u>	<u>Time</u>	<u>Chip Time</u>	<u>Total Time</u>	<u>Pace</u>
1	576	576	Erica Cochran	Swim	2	4:45.8	48:20.0 4:45.8	4:45.8	22:37/M
			Cindi Cochran	Bike	1	28:01.3	32:47.1	32:47.1	3:30/M
			Robyn Dibbern	Run	1	15:32.8	48:20.0	48:20.0	7:46/M
2	575	575	Amy Weeter	Swim	1	4:09.0	1:12:18.9 4:09.0	4:09.0	19:46/M
			Missy Black	Bike	2	49:07.2	53:16.2	53:16.2	6:08/M
			Amy Weeter	Run	2	19:02.6	1:12:18.9	1:12:18.9	9:31/M
