

# 2016 Steamboat Sprint Triathlon Final Results

Start Time: Sunday, April 24, 2016 9:00:00 AM

Sunday, April 24, 2016 12:57:43 PM

## Division: Male Overall

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	28	HOOVER-GRINDE, Ian	CEDAR RAPIDS IA	6:03.1	1:20.7	0:57.9	37:07.1	24.2	0:53.1	28:54.4	5:46.9	0:00.000	1:13:55.9
2	148	ROSS, Michael	PADUCAH KY	7:11.9	1:36.0	0:42.8	39:37.5	22.7	0:39.7	31:05.4	6:13.1	0:00.000	1:19:17.5
3	43	PHILLIPS, Chris	PADUCAH KY	7:49.9	1:44.4	0:57.4	41:25.3	21.7	0:54.4	32:40.0	6:32.0	0:00.000	1:23:47.2

## Division: Female Overall

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	50	SASS, Kirsten	MCKENZIE TN	7:29.4	1:39.9	0:48.0	43:36.7	20.6	0:39.2	32:53.3	6:34.7	0:00.000	1:25:26.8
2	20	EFTINK, Sarah	CAPE GIRARDEAU MO	10:21.9	2:18.2	1:26.0	43:58.8	20.5	0:54.2	36:46.6	7:21.3	0:00.000	1:33:27.7
3	146	BALLINGER, Mary	MARTIN TN	8:47.5	1:57.2	1:20.2	52:05.9	17.3	1:08.7	30:35.0	6:07.0	0:00.000	1:33:57.6

## Division: F 19 & Under

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	145	PUJOL, Allie	CAPE GIRARDEAU MO	7:38.0	1:41.8	2:01.5	54:33.0	16.5	0:50.2	41:25.9	8:17.2	0:00.000	1:46:28.7
2	2	ARNOLD, Madison	MARION IL	12:51.2	2:51.4	2:05.4	57:20.3	15.7	0:50.2	46:57.2	9:23.5	0:00.000	2:00:04.4

## Division: M 19 & Under

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	17	DAVIS, Cole	PARIS TN	7:14.2	1:36.5	0:38.0	46:05.1	19.5	0:31.2	31:53.1	6:22.6	0:00.000	1:26:21.7

## Division: F 20-24

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	138	CLOUGH, Hannah	CAPE GIRARDEAU MO	9:46.2	2:10.3	1:46.9	55:34.1	16.2	0:52.3	37:47.4	7:33.5	0:00.000	1:45:47.1
2	56	STURMER, Abby	BALLWIN MO	10:09.7	2:15.5	4:01.7	1:10:51.2	12.7	1:54.0	49:24.1	9:52.8	0:00.000	2:16:21.0
3	35	KOONCE, Katie	BENTON MO	9:54.1	2:12.0	2:10.5	1:01:39.5	14.6	1:22.6	1:04:17.9	12:51.6	0:00.000	2:19:24.8
4	55	STEVENSON, Kendra	SEARCY AR	10:47.1	2:23.8	2:15.4	1:28:26.3	10.2	1:18.9	1:03:23.3	12:40.7	0:00.000	2:46:11.3

## Division: M 20-24

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	14	COHEN, Stephen	ANNA IL	6:39.9	1:28.9	1:15.1	50:48.4	17.7	1:22.1	35:43.4	7:08.7	0:00.000	1:35:49.1
2	51	SCHNEIDER, Andy	CAPE GIRARDEAU MO	10:10.6	2:15.7	1:53.0	52:42.9	17.1	1:03.4	42:02.1	8:24.4	0:00.000	1:47:52.3

## Division: F 25-29

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	6	BENSON, Cat	LOUISVILLE KY	9:35.9	2:08.0	1:35.6	52:41.5	17.1	1:13.7	41:53.9	8:22.8	0:00.000	1:47:00.8
2	38	MOSES, Angie	JACKSON MO	11:33.2	2:34.0	1:57.5	54:12.5	16.6	0:45.7	39:33.2	7:54.6	0:00.000	1:48:02.3
3	47	RODGERS, Samantha	DONIPHAN MO	13:07.9	2:55.1	2:52.8	1:31:04.7	9.9	0:55.3	58:27.3	11:41.5	0:00.000	2:46:28.2

## Division: M 25-29

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	65	WELKER, David	CAPE GIRARDEAU MO	6:20.5	1:24.6	1:11.3	47:44.1	18.9	0:55.3	42:25.6	8:29.1	0:00.000	1:38:37.0
2	82	KETCHUM, Jeff	CAPE GIRARDEAU MO	9:38.7	2:08.6	2:49.6	51:03.3	17.6	2:04.2	35:42.4	7:08.5	0:00.000	1:41:18.3
3	21	FREESE, Jared	HERCULANEUM MO	9:07.1	2:01.6	1:08.7	46:18.0	19.4	1:02.4	44:33.4	8:54.7	0:00.000	1:42:09.7
4	133	LOUGHLIN, Nick		12:18.3	2:44.1	3:54.7	1:02:06.2	14.5	1:19.1	42:10.9	8:26.2	0:00.000	2:01:49.5

## Division: F 30-34

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	130	HILEMAN, Kate	CAPE GIRARDEAU MO	7:26.8	1:39.3	2:25.1	53:42.3	16.8	0:54.7	41:51.6	8:22.3	0:00.000	1:46:20.7
2	139	WASHAM, Aimee	FARMINGTON MO	8:33.1	1:54.0	1:56.9	55:01.1	16.4	1:30.8	39:40.9	7:56.2	0:00.000	1:46:43.0

# 2016 Steamboat Sprint Triathlon

## Division: M 30-34

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	31	KAHLE, Matt	BALLWIN MO	8:08.5	1:48.6	0:55.6	41:47.3	21.5	0:55.5	34:32.1	6:54.4	0:00.000	1:26:19.2

## Division: M 30-34

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
2	18	DILDAY, Patrick	SOUTH FULTON TN	8:46.5	1:57.0	1:06.9	44:49.0	20.1	0:55.4	34:39.5	6:55.9	0:00.000	1:30:17.4
3	5	BASLER, Tim	ST. LOUIS MO	8:27.4	1:52.8	1:28.1	44:09.0	20.4	1:04.5	35:51.7	7:10.3	0:00.000	1:31:00.9
4	142	MARTIN, Brock	CAPE GIRARDEAU MO	11:04.8	2:27.7	1:58.4	48:08.5	18.7	0:56.8	34:39.5	6:55.9	0:00.000	1:36:48.3
5	144	JONES, Todd	LACENTER KY	9:36.0	2:08.0	1:42.5	57:35.1	15.6	1:16.9	30:29.7	6:06.0	0:00.000	1:40:40.4
6	9	BRILLEMBOURG, Adrian	CAPE GIRARDEAU MO	8:13.1	1:49.6	1:42.3	51:28.6	17.5	1:45.5	40:41.0	8:08.2	0:00.000	1:43:50.7
7	12	CECIL, Thomas	CAPE GIRARDEAU MO	13:40.5	3:02.3	3:07.1	56:54.9	15.8	1:23.3	42:20.4	8:28.1	0:00.000	1:57:26.4
8	7	BOYLE, Anthony	ST. PETERS MO	13:55.5	3:05.7	3:28.0	56:34.8	15.9	1:12.0	42:28.5	8:29.7	0:00.000	1:57:38.9
9	13	CISSELL, Cory	CAPE GIRARDEAU MO	8:07.3	1:48.3	1:22.4	56:13.1	16.0	1:30.6	53:09.1	10:37.8	0:00.000	2:00:22.6

## Division: F 35-39

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	53	SHERIDAN, Laura	CAPE GIRARDEAU MO	9:05.1	2:01.1	1:32.8	47:29.2	18.9	1:04.7	34:54.9	6:59.0	0:00.000	1:34:06.9
2	71	WINSTON, Tami	DRESDEN TN	10:09.2	2:15.4	1:15.6	49:21.8	18.2	0:59.8	40:43.4	8:08.7	0:00.000	1:42:29.9
3	54	SMITH, Candra	MARTIN TN	10:38.7	2:21.9	1:32.6	52:32.2	17.1	1:06.3	37:04.8	7:25.0	0:00.000	1:42:54.7
4	57	SUMMERS, Ashley	FISK MO	10:50.9	2:24.7	1:37.6	47:45.7	18.8	1:18.9	43:24.4	8:40.9	0:00.000	1:44:57.7
5	67	WHEELER, Kimberly	FOHNA MO	11:05.0	2:27.8	2:08.8	55:08.0	16.3	1:37.5	51:34.7	10:19.0	0:00.000	2:01:34.1
6	62	TRUEBLOOD, Amy	CAPE GIRARDEAU MO	8:56.5	1:59.2	3:59.3	59:39.8	15.1	2:16.7	59:06.7	11:49.3	0:00.000	2:13:59.3

## Division: M 35-39

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	137	SKAGGS, Jason	MARION IL	10:24.1	2:18.7	1:10.4	44:08.2	20.4	1:22.7	33:09.8	6:38.0	0:00.000	1:30:15.4
2	44	POPE, Clay	JACKSON MO	8:55.0	1:58.9	1:03.5	46:58.6	19.2	0:51.1	36:44.4	7:20.9	0:00.000	1:34:32.7
3	30	JUDD, Ira	NEWBERN TN	9:44.4	2:09.9	2:06.8	50:04.2	18.0	1:14.2	38:10.5	7:38.1	0:00.000	1:41:20.4
4	24	GOULD, Robert	FARMINGTON MO	8:07.1	1:48.3	2:06.1	47:58.0	18.8	2:02.4	48:17.9	9:39.6	0:00.000	1:48:31.7
5	3	ARNOLD, Quentin	MARION IL	11:12.3	2:29.4	2:30.8	50:15.7	17.9	2:13.6	47:48.4	9:33.7	0:00.000	1:54:01.0
6	10	BUEZA, Paul	CARTERVILLE IL	13:05.8	2:54.6	2:36.6	52:41.3	17.1	2:08.5	52:43.4	10:32.7	0:00.000	2:03:15.8

## Division: F 40-44

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	32	KARR, Danielle	FESTUS MO	10:27.8	2:19.5	1:08.9	48:07.5	18.7	1:12.5	41:43.3	8:20.7	0:00.000	1:42:40.2
2	11	BURKE, Sandra	ST. LOUIS MO	11:59.7	2:39.9	2:34.6	1:02:05.5	14.5	1:50.0	46:59.7	9:24.0	0:00.000	2:05:29.6
3	48	ROSATI, Jessica	CAPE GIRARDEAU MO	15:04.1	3:20.9	2:23.1	1:04:36.4	13.9	0:45.5	48:07.3	9:37.5	0:00.000	2:10:56.5

## Division: M 40-44

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	22	GIBSON, Dusty	MARTIN TN	8:15.7	1:50.2	1:11.5	44:08.7	20.4	1:03.6	42:12.6	8:26.5	0:00.000	1:36:52.3
2	33	KARR, Shane	FESTUS MO	8:35.1	1:54.5	1:15.4	45:15.2	19.9	1:05.4	40:48.0	8:09.6	0:00.000	1:36:59.3
3	149	OGBURN, Alex	CAPE GIRARDEAU MO	9:14.5	2:03.2	1:05.7	45:33.8	19.8	1:09.0	40:17.3	8:03.5	0:00.000	1:37:20.5
4	8	BRAWLEY, Ritchie	MARTIN TN	10:22.4	2:18.3	1:07.4	48:44.2	18.5	1:05.1	36:30.8	7:18.2	0:00.000	1:37:50.2
5	135	SIDES, Dewayne	CAPE GIRARDEAU MO	14:50.5	3:17.9	2:21.4	52:43.3	17.1	2:14.3	42:57.7	8:35.6	0:00.000	1:55:07.4
6	37	MCCLAINE, James	LEOPOLD MO	17:09.9	3:48.9	4:32.4	58:56.0	15.3	1:48.2	51:50.8	10:22.2	0:00.000	2:14:17.5
7	61	TJAARDA, Pieter	DEXTER MO	11:10.4	2:29.0	2:20.0	1:06:28.7	13.5	4:16.6	51:50.5	10:22.1	0:00.000	2:16:06.4

## Division: F 45-49

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	40	NULL, Dawn	CARTERVILLE IL	10:26.9	2:19.3	2:06.8	52:38.1	17.1	1:29.2	45:19.7	9:04.0	0:00.000	1:52:00.9
2	141	CROSSETT, Paula	HUNTINGDON TN	16:32.1	3:40.5	1:50.8	57:54.9	15.5	1:53.4	44:23.2	8:52.6	0:00.000	2:02:34.6
3	25	GRILLO, Deborah	OFALLON MO	9:48.2	2:10.7	1:37.7	1:01:04.1	14.7	1:25.7	49:41.8	9:56.4	0:00.000	2:03:37.7
4	80	GOODE, Emily	CAPE GIRARDEAU MO	10:31.6	2:20.4	2:59.2	1:03:44.9	14.1	2:02.2	51:16.6	10:15.3	0:00.000	2:10:34.7
5	45	PUTNAM, Karen	HERMITAGE TN	12:00.1	2:40.0	1:40.0	56:45.2	15.9	2:05.0	1:01:52.0	12:22.4	0:00.000	2:14:22.5

# 2016 Steamboat Sprint Triathlon

## Division: M 45-49

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	147	GERARD, Blake	CAPE GIRARDEAU MO	8:35.1	1:54.5	0:54.3	40:50.7	22.0	0:48.0	33:27.2	6:41.4	0:00.000	1:24:35.5
2	4	BAKER, Bobby	SOUTH FULTON TN	9:23.8	2:05.3	1:13.1	43:46.0	20.6	1:12.5	34:12.1	6:50.4	0:00.000	1:29:47.7
3	134	RUBRIGHT, Charles	CAPE GIRARDEAU MO	9:19:29.1	2:04:19.8	1:37.1	42:03.0	21.4	1:13.7			0:00.000	1:35:05.3
4	29	JOHNS, Troy	JACKSON MO	8:59.9	2:00.0	1:25.4	45:30.8	19.8	1:23.2	39:07.8	7:49.6	0:00.000	1:36:27.4
5	49	RUBI, Rodney	POPLAR BLUFF MO	12:59.6	2:53.2	1:23.4	47:20.2	19.0	1:36.1	47:01.2	9:24.2	0:00.000	1:50:20.6
6	60	THOMPSON, Michael	LOUISVILLE KY	12:40.0	2:48.9	2:36.4	50:33.9	17.8	1:28.6	46:29.6	9:17.9	0:00.000	1:53:48.7
7	41	OATES, Keith	MARION IL	11:00.3	2:26.8	2:24.0	53:44.8	16.8	2:13.8	45:05.9	9:01.2	0:00.000	1:54:29.0

## Division: F 50-54

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	39	NEWMAN, Sherri	DONIPHAN MO	18:34.7	4:07.7	2:48.9	1:09:19.0	13.0	1:43.4	1:03:09.1	12:37.8	0:00.000	2:35:35.4
2	63	VOGT, Jane	IMPERIAL MO	15:16.2	3:23.6	3:36.2	1:10:29.2	12.8	2:38.4	1:14:33.7	14:54.7	0:00.000	2:46:33.9

## Division: M 50-54

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	15	CROCKER, Terry	JACKSON MO	7:25.8	1:39.1	1:00.6	41:45.2	21.6	1:10.9	32:57.0	6:35.4	0:00.000	1:24:19.7
2	150	SHERLING, Steve	PADUCAH KY	8:06.1	1:48.0	1:16.6	45:50.9	19.6	0:59.6	33:24.6	6:40.9	0:00.000	1:29:38.1
3	46	PUTNAM, Paul	HERMITAGE TN	10:16.5	2:17.0	1:41.6	46:08.3	19.5	1:46.5	38:47.5	7:45.5	0:00.000	1:38:40.6
4	58	SUTTERER, Jeff	PERRYVILLE MO	9:32.5	2:07.2	3:35.7	55:06.8	16.3	2:05.3	43:42.7	8:44.5	0:00.000	1:54:03.2
5	27	HENDRICKS, Lawrence	CAPE GIRARDEAU MO	15:24.2	3:25.4	3:26.8	1:06:08.0	13.6	2:12.6	56:45.2	11:21.1	0:00.000	2:23:57.0
6	26	HAMANN, Jeffrey	PUXICO MO	16:52.8	3:45.1	4:20.4	1:12:05.8	12.5	5:14.0	1:06:01.6	13:12.3	0:00.000	2:44:34.7

## Division: F 55-59

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	64	WELKER, Ann	CAPE GIRARDEAU MO	10:38.4	2:21.9	1:51.6	1:00:42.0	14.8	2:29.8	52:26.3	10:29.3	0:00.000	2:08:08.4

## Division: M 55-59

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	34	KOONCE, Denny	BENTON MO	7:44.9	1:43.3	2:02.3	46:08.2	19.5	1:20.4	42:09.8	8:26.0	0:00.000	1:39:25.9
2	143	CROSSETT, Jimmy	HUNTINGDON TN	11:55.2	2:38.9	1:07.9	6:14.1	144.3	48:00.1	37:24.6	7:28.9	0:00.000	1:44:42.1
3	68	WILLEN, Reid	CAPE GIRARDEAU MO	14:17.4	3:10.6	3:21.9	56:00.7	16.1	1:18.8	44:36.5	8:55.3	0:00.000	1:59:35.6

## Division: F 60-64

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	131	RIGDON, Jan	CAPE GIRARDEAU MO	13:27.6	2:59.5	3:06.4	1:02:30.7	14.4	1:43.9	52:30.3	10:30.1	0:00.000	2:13:19.2

## Division: M 60-64

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	1	ANDERSON, Gwin	DRESDEN TN	8:16.5	1:50.3	1:21.8	45:28.9	19.8	0:48.5	35:58.1	7:11.6	0:00.000	1:31:54.0
2	16	DAVIDSON, Wallace	CARBONDALE IL	8:24.5	1:52.1	2:16.3	49:23.6	18.2	1:17.8	44:20.7	8:52.2	0:00.000	1:45:43.1
3	70	WINKLER, Volker	MCKENZIE TN	9:24.1	2:05.4	1:18.7	46:22.4	19.4	1:34.1	51:50.3	10:22.1	0:00.000	1:50:29.8
4	132	WEHNER, Brian	FESTUS MO	10:14.3	2:16.5	3:12.3	52:51.9	17.0	1:21.1	44:15.1	8:51.0	0:00.000	1:51:54.8
5	42	OLSEN, Robert	BALLWIN MO	9:59.7	2:13.3	3:33.1	48:36.9	18.5	2:22.1	54:05.0	10:49.0	0:00.000	1:58:37.0
6	66	WELKER, Jim	CAPE GIRARDEAU MO	14:13.6	3:09.7	2:50.2	54:35.1	16.5	2:18.3	57:49.9	11:34.0	0:00.000	2:11:47.3
7	140	WOOD, David	ATWOOD TN	16:47.9	3:44.0	3:11.1	55:52.0	16.1	1:38.6	1:02:59.5	12:35.9	0:00.000	2:20:29.3

## Division: M 65+

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	59	TATE, Wayne	MARION IL	15:34.6	3:27.7	2:04.6	50:44.7	17.7	1:55.6	51:00.2	10:12.0	0:00.000	2:01:19.9
2	136	HAGER, Donald	FARMINGTON MO	13:02.3	2:53.9	3:18.0	54:06.0	16.6	2:51.7	57:27.8	11:29.6	0:00.000	2:10:46.0

## Division: M Para-Athlete

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	128	YOUNG, Zach	JACKSON MO	10:36.1	2:21.4	2:23.1	52:22.7	17.2				0:00.000	1:36:20.9

# 2016 Steamboat Sprint Triathlon

## Division: Masters Team

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	73	JONES/WELKER/RENAUD	CAPE GIRARDEAU MO	9:14.5	2:03.2	0:59.7	57:00.6	15.8	0:47.2	45:38.2	9:07.7	0:00.000	1:53:40.3
2	129	SMITH/THOMPSON/NULL		10:07.7	2:15.0	1:16.3	53:57.2	16.7	0:42.1	52:45.4	10:33.1	0:00.000	1:58:48.9
3	75	MAGNUS/MAGNUS/BREEDING	CAPE GIRARDEAU MO	16:54.1	3:45.4	2:12.3	58:28.1	15.4	0:36.1	43:09.1	8:37.8	0:00.000	2:01:19.9

## Division: Male Team

PL	No	Name	Representing	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	81	BUCHHEIT/NESLER/HAMMES	CAPE GIRARDEAU MO	8:07.0	1:48.2	0:50.7	44:48.5	20.1	0:25.3	29:28.5	5:53.7	0:00.000	1:23:40.1