

PRAIRIE PUNISHER DUATHLON
Saturday, July 23, 2011
Gardner, Kansas

5K Run, 34.5K Bike, 5K Run

SPLITS TIMES ARE PRELIMINARY

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	1/11	Arthur Mathisen	Lansing	KS	40	M	1	18:18	5:54	0:48	1	53:34	24.0	0:54	1	19:29	6:16	1:33:01
2	1/7	Andrew Steadman	Leavenworth	KS	34	M	3	20:03	6:27	0:34	4	56:38	22.7	0:50	2	19:48	6:23	1:37:50
3	1/7	Gregg Stephens	Olathe	KS	50	M	12	21:30	6:55	0:44	2	55:36	23.1	0:42	11	22:38	7:17	1:41:07
4	1/5	Derrick Gragg	Topeka	KS	28	M	2	19:52	6:24	0:50	11	59:15	21.7	0:43	4	21:28	6:55	1:42:06
5	1/3	Kent Bradford	Wichita	KS	56	M	8	21:14	6:50	0:58	3	56:22	22.8	1:15	12	22:38	7:17	1:42:25
6	2/5	Bret Burgess	Overland Park	KS	29	M	6	20:50	6:43	1:17	6	58:00	22.2	0:44	6	22:08	7:08	1:42:57
7	1/13	Jeff Lively	Overland Park	KS	37	M	9	21:16	6:51	0:48	5	57:22	22.4	0:43	16	23:14	7:29	1:43:21
8	2/13	Eric Otte	Olathe	KS	38	M	11	21:28	6:55	0:58	7	58:18	22.1	0:50	8	22:20	7:12	1:43:52
9	3/13	Michael Born	Liberty	MO	36	M	10	21:25	6:54	0:59	8	58:30	22.0	0:48	9	22:23	7:13	1:44:02
10	1/6	Paul Pfannenstiel	Overland Park	KS	47	M	5	20:49	6:42	1:14	10	58:37	21.9	1:06	15	23:14	7:29	1:44:57
11	2/7	Adam Roesser	Kansas City	MO	30	M	14	21:33	6:56	0:59	15	1:00:54	21.1	0:46	3	21:09	6:49	1:45:18
12	2/7	Mark Keys	Kansas City	MO	53	M	13	21:31	6:56	1:04	14	1:00:07	21.4	1:20	5	21:56	7:04	1:45:55
13	1/3	Leslie Curley	Topeka	KS	42	F	24	22:40	7:18	1:05	9	58:31	22.0	0:54	18	23:39	7:37	1:46:46
14	2/6	Steve Southard	Overland Park	KS	47	M	15	21:39	6:58	0:46	16	1:01:07	21.0	0:40	14	23:13	7:29	1:47:22
15	2/11	Brian Prosser	Shawnee	KS	42	M	22	22:36	7:17	0:56	13	59:45	21.5	0:48	19	23:43	7:38	1:47:45
16	1/3	Angela Rupp	Greely	KS	35	F	20	22:19	7:11	0:47	20	1:02:52	20.5	0:34	10	22:36	7:17	1:49:05
17	2/3	Jeff Mittelhauser	Sedalia	MO	55	M	18	22:03	7:06	1:01	17	1:01:10	21.0	1:00	23	24:20	7:50	1:49:32
18	3/7	Corey Landry	Kansas City	MO	34	M					24	1:04:00	20.1	1:05	7	22:18	7:11	1:50:06
19	3/7	Gary Munzhenke	Kansas City	MO	50	M	7	20:57	6:45	1:15	25	1:04:10	20.0	1:16	17	23:21	7:31	1:50:57
20	4/7	John Mathias	Olathe	KS	53	M	29	23:57	7:43	1:20	12	59:21	21.7	1:24	25	25:16	8:08	1:51:15
21	5/7	George Hodge	Lansing	KS	53	M	26	23:41	7:38	0:53	18	1:02:17	20.7	0:44	22	24:15	7:49	1:51:47
22	3/11	Kevin Allen	Olathe	KS	43	M	4	20:07	6:29	0:47	33	1:07:00	19.2	0:51	13	23:12	7:28	1:51:55
23	4/7	Tim Jansen	Lenexa	KS	33	M	17	21:54	7:03	1:24	23	1:03:37	20.2	1:19	29	26:00	8:22	1:54:11
24	4/13	Seth Faulkner	Kansas City	MO	36	M	16	21:40	6:59	1:14	26	1:04:10	20.0	1:37	35	26:49	8:38	1:55:28
25	5/13	Christian Kelly	Shawnee	KS	36	M	44	25:28	8:12	1:22	19	1:02:23	20.6	0:46	31	26:26	8:31	1:56:23
26	3/5	Michael Briggs	Merriam	KS	27	M	31	24:04	7:45	1:11	29	1:05:21	19.7	1:01	28	25:34	8:14	1:57:08
27	6/13	Ryan Richardson	Topeka	KS	36	M	32	24:11	7:47	1:34	21	1:02:53	20.5	1:58	34	26:48	8:38	1:57:23
28	3/6	Bob Tarne	Shawnee	KS	47	M	23	22:38	7:17	1:11	28	1:05:13	19.7	1:32	41	27:41	8:55	1:58:12
29	4/11	Patrick Rangel	Lawrence	KS	41	M	47	25:41	8:16	0:45	22	1:03:28	20.3	0:50	47	29:15	9:25	1:59:57
30	1/1	Liz Dobbins	Lawrence	KS	58	F	41	25:15	8:08	0:44	34	1:07:49	19.0	0:51	30	26:08	8:25	2:00:44
31	5/7	Jason Hinz	Gardner	KS	32	M	21	22:20	7:12	0:42	45	1:12:06	17.8	0:37	27	25:32	8:14	2:01:15
32	7/13	Marcus Findley	Olathe	KS	36	M	46	25:37	8:15	1:05	27	1:04:31	19.9	1:50	45	28:42	9:15	2:01:44
33	1/5	Mary Anthes	Kansas City	MO	46	F	36	24:37	7:56	1:10	35	1:08:02	18.9	1:14	33	26:47	8:38	2:01:48
34	5/11	Stephen Koranda	Norman	OK	43	M	25	22:42	7:19	1:15	31	1:06:35	19.3	1:43	53	31:00	9:59	2:03:12
35	4/6	Michael Chamberlain	Lee's Summit	MO	45	M	42	25:18	8:09	1:20	40	1:11:11	18.1	1:31	21	24:08	7:47	2:03:25
36	6/11	Ed Caracilio	Ft. Leavenworth	KS	42	M	19	22:18	7:11	1:17	53	1:13:32	17.5	0:56	44	28:27	9:10	2:06:28
37	4/5	Jason Hodge	Tonganoxie	KS	28	M	51	26:32	8:33	1:28	36	1:08:18	18.8	1:07	46	29:07	9:23	2:06:30
38	1/2	Lisa Matchulat	Merriam	KS	27	F	43	25:20	8:09	1:24	41	1:11:13	18.1	1:03	39	27:35	8:53	2:06:32
39	1/4	Julie Kay Toft	Gardner	KS	51	F	38	24:41	7:57	1:42	52	1:13:17	17.6	1:27	32	26:28	8:31	2:07:33
40	1/2	Tom Olerich	Olathe	KS	62	M					39	1:10:51	18.2	1:39	37	26:57	8:41	2:07:41
41	2/2	Jolene Silovsky	Topeka	KS	27	F					49	1:12:54	17.6	1:52	36	26:49	8:38	2:07:47
42	1/2	Kali Yates	Bonner Springs	KS	20	F	49	25:49	8:19	1:33	54	1:13:36	17.5	1:47	24	25:09	8:06	2:07:52
43	2/4	Tami Martin	Kansas City	MO	50	F	37	24:40	7:57	1:44	44	1:11:53	17.9	1:53	43	28:01	9:01	2:08:08
44	1/1	Rick Hogan	Leawood	KS	67	M	35	24:31	7:54	0:48	60	1:17:02	16.7	0:52	26	25:27	8:12	2:08:37
45	1/1	Holly Alexander	Derby	KS	64	F	55	27:03	8:43	1:24	47	1:12:33	17.7					2:09:14
46	7/11	Nick Miller	Olathe	KS	42	M	34	24:26	7:52	1:14	48	1:12:38	17.7	1:22	50	29:50	9:37	2:09:29
47	1/3	Megan Brown	Parkville	MO	32	F	27	23:42	7:38	1:28	62	1:18:39	16.4	2:25	20	23:53	7:41	2:10:05
48	8/13	Matt Kauffman	Macon	MO	38	M	30	24:00	7:44	2:32	43	1:11:50	17.9	1:50	51	30:14	9:44	2:10:24
49	1/1	Cody Mathias	Overland Park	KS	24	M	60	29:38	9:32	0:43	38	1:10:36	18.2	0:55	48	29:25	9:28	2:11:14
50	2/2	Gene Wee	Lawrence	KS	63	M	33	24:23	7:51	1:37	37	1:09:40	18.5	1:37	63	34:05	10:59	2:11:19
51	6/7	John Torola	Olathe	KS	52	M	59	29:07	9:23	1:43	32	1:06:47	19.3	1:42	59	32:41	10:32	2:11:58
52	2/5	Jenny Wise-Cook	Gardner	KS	49	F					50	1:12:57	17.6	1:10	58	32:04	10:20	2:12:00
53	2/3	Rhonda Stephens	Olathe	KS	42	F	66	30:43	9:53	1:10	42	1:11:50	17.9	1:12	52	30:36	9:51	2:15:29
54	9/13	William Shavce	Leavenworth	KS	38	M	39	24:58	8:02	2:04	64	1:19:45	16.1	2:12	38	27:07	8:44	2:16:03
55	10/13	Jon Davis	Kansas City	MO	35	M	56	27:11	8:45	4:39	51	1:12:59	17.6	3:46	40	27:37	8:54	2:16:10
56	11/13	Seth Phillips	Overland Park	KS	37	M	52	26:43	8:36	2:04	55	1:13:38	17.5	2:00	57	32:02	10:19	2:16:25
57	6/7	Nicholas Gonzalez	Lansing	KS	34	M	48	25:47	8:18	2:14	57	1:14:44	17.2	2:16	56	31:38	10:11	2:16:36
58	12/13	Jeremy Benninghoff	Platte City	MO	36	M	69	31:01	9:59	1:35	46	1:12:17	17.8	1:43	54	31:25	10:07	2:17:58
59	3/3	Ernst Steffen	Kansas City	MO	58	M	54	26:58	8:41	1:50	58	1:15:19	17.1	2:38	55	31:34	10:10	2:18:17
60	7/7	David Bennett	Olathe	KS	51	M	45	25:28	8:12	1:45	56	1:13:52	17.4	2:30	67	35:16	11:21	2:18:49
61	8/11	Jeremy Burd	Kansas City	MO	40	M	40	25:10	8:06	1:41	74	1:23:54	15.3	2:38	42	27:46	8:57	2:21:07
62	3/5	Tamara Fowler	Independence	MO	47	F	57	28:12	9:05	1:39	59	1:16:27	16.8	1:33	60	33:22	10:45	2:21:10
63	2/2	Shannon Bechard	Kansas City	KS	23	F	50	26:13	8:27	1:02	73	1:21:53	15.7	1:03	61	33:24	10:45	2:23:32
64	5/5	Kyle Nisonger	Lenexa	KS	25	M	64	30:02	9:40	1:24	61	1:18:05	16.5	1:03	66	34:18	11:03	2:24:50
65	2/3	Jenny Lawrence	Gardner	KS	34	F					76	1:26:35	14.9	0:53	49	29:34	9:31	2:26:05
66	9/11	Chris Baranczuk	Shawnee	KS	43	M	75	34:32	11:07	1:07	30	1:06:08	19.4	1:27	77	43:08	13:53	2:26:19
67	3/4	Deanne Yates	Bonner Springs	KS	50	F	62	29:54	9:38	1:47	67	1:20:40	15.9	2:07	64	34:10	11:00	2:28:36
68	13/13	Justin Moore	Leawood	KS	38	M	65	30:31	9:50	1:23	65	1:20:10	16.0	1:44	68	36:13	11:40	2:29:58
69	10/11	Mark Miles	Kansas City	MO	40	M	63	29:58	9:39	1:51	66	1:20:12	16.0	1:31	72	37:54	12:12	2:31:24
70	11/11	Michael Brown	Parkville	MO	44	M	28	23:43	7:38	1:29	63	1:18:44	16.3	9:37	73	37:56	12:13	2:31:26
71	4/4	Helle Tornas	Overland Park	KS	51	F	53	26:50	8:38	2:35	75	1:26:20	14.9	1:34	65	34:13	11:01	2:31:30
72	4/5	Stephanie Edwards	Lansing	KS	45	F	70	31:01	9:59	1:21	77	1:28:35	14.5	1:19	62	33:49	10:53	2:36:03
73	5/5	Christina Sipu-Rya	Kansas City	MO	47	F	68	30:59	9:59	3:53	72	1:21:36	15.8	3:12	70	36:50	11:52	2:36:27
74	5/6	Kyle Ryan	Kansas City	KS	49	M	67	30:57	9:58	3:57	70	1:21:25	15.8	3:21	69	36:49	11:51	2:36:27
75	3/3	Elizabeth Neufeld	Fairway	KS	34													

5	2/8	Team94 = Kirk Willard , Jessica Myers	5	23:32	7:35	0:32	5	1:04:11	20.0	0:37	6	26:06	8:24	1:54:55
6	1/1	Team90 = Rosie Scanlon , Claire Pickert	10	27:31	8:52	0:34	3	1:00:01	21.4	0:32	8	28:25	9:09	1:57:00
7	4/8	Team84 = David Derakhshanian , Mike Martin	6	23:42	7:38	0:27	9	1:08:46	18.7	0:30	3	23:52	7:41	1:57:15
8	5/8	Team96 = Daniel Yates , Bret Yates	3	22:10	7:08	1:05	14	1:13:38	17.5	0:30	2	22:51	7:21	2:00:11
9	3/8	Team80 = Arthur Berger , Amanda Baker	7	23:49	7:40	0:37	11	1:10:18	18.3	0:34	5	25:00	8:03	2:00:16
10	6/8	Team92 = Alan Staples , Jon Staples	12	28:18	9:07	0:33	10	1:08:53	18.7	0:34	7	28:18	9:07	2:06:33
11	4/8	Team87 = Kourtney Hopkins , Amy Hopkins	8	24:20	7:50	0:36	15	1:17:13	16.7					2:07:15
12	5/8	Team82 = David Christie , Sara Rhynerson	1	21:02	6:46	11:05	4	1:01:25	20.9	0:38	11	33:17	10:43	2:07:26
13	6/8	Team89 = Aaron Newell , Staci Newell	11	27:39	8:54	0:29	7	1:07:14	19.1	0:31	10	31:56	10:17	2:07:48
14	7/8	Team85 = Clayton Fixsen , Jerri Campbell	14	31:36	10:10	0:44	12	1:10:41	18.2	0:36	12	34:09	11:00	2:17:43
15	7/8	Team81 = Bryan Bott , Robert Giacin	16	34:45	11:11	0:46	8	1:07:19	19.1	0:37	14	37:46	12:10	2:21:11
16	8/8	Team88 = Philip Kelsey , Tucker Kelsey	13	29:30	9:30	1:46	17	1:20:37	16.0	0:36	9	31:31	10:09	2:23:57
17	8/8	Team91 = Duane Spears , Linda Wood	15	34:12	11:01	0:48	13	1:13:32	17.5	0:42	13	37:02	11:56	2:26:14
			17	39:51	12:50	0:46	16	1:18:53	16.3	0:41	15	44:50	14:26	2:45:00

MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	TRAN	BIKE	TRAN	RUN	TOTAL	
								time	time	time	time	time	TIME	
								pace	plc	time	mph	plc	pace	
1	41	Arthur Mathisen	Lansing	KS	40	M	1	18:18	5:54	0:48	1	53:34	24.0	
2	66	Andrew Steadman	Leavenworth	KS	34	M	3	20:03	6:27	0:34	4	56:38	22.7	
3	68	Gregg Stephens	Olathe	KS	50	M	12	21:30	6:55	0:44	2	55:36	23.1	
4	24	Derrick Gragg	Topeka	KS	28	M	2	19:52	6:24	0:50	10	59:15	21.7	
5	7	Kent Bradford	Wichita	KS	56	M	8	21:14	6:50	0:58	3	56:22	22.8	
6	12	Bret Burgess	Overland Park	KS	29	M	6	20:50	6:43	1:17	6	58:00	22.2	
7	35	Jeff Lively	Overland Park	KS	37	M	9	21:16	6:51	0:48	5	57:22	22.4	
8	52	Eric Otte	Olathe	KS	38	M	11	21:28	6:55	0:58	7	58:18	22.1	
9	6	Michael Born	Liberty	MO	36	M	10	21:25	6:54	0:59	8	58:30	22.0	
10	53	Paul Pfannenstiel	Overland Park	KS	47	M	5	20:49	6:42	1:14	9	58:37	21.9	
11	60	Adam Roesser	Kansas City	MO	30	M	14	21:33	6:56	0:59	14	1:00:54	21.1	
12	32	Mark Keys	Kansas City	MO	53	M	13	21:31	6:56	1:04	13	1:00:07	21.4	
13	99	Steve Southard	Overland Park	KS	47	M	15	21:39	6:58	0:46	15	1:01:07	21.0	
14	55	Brian Prosser	Shawnee	KS	42	M	21	22:36	7:17	0:56	12	59:45	21.5	
15	45	Jeff Mittelhauser	Sedalia	MO	55	M	18	22:03	7:06	1:01	16	1:01:10	21.0	
16	97	Corey Landry	Kansas City	MO	34	M				1:05	7	22:18	7:11	1:50:06
17	47	Gary Mundhenke	Kansas City	MO	50	M	7	20:57	6:45	1:15	23	1:04:10	20.0	
18	40	John Mathias	Olathe	KS	53	M	26	23:57	7:43	1:20	11	59:21	21.7	
19	26	George Hodge	Lansing	KS	53	M	24	23:41	7:38	0:53	17	1:02:17	20.7	
20	1	Kevin Allen	Olathe	KS	43	M	4	20:07	6:29	0:47	31	1:07:00	19.2	
21	29	Tim Jansen	Lenexa	KS	33	M	17	21:54	7:03	1:24	21	1:03:37	20.2	
22	20	Seth Faulkner	Kansas City	MO	36	M	16	21:40	6:59	1:14	24	1:04:10	20.0	
23	31	Christian Kelly	Shawnee	KS	36	M	36	25:28	8:12	1:22	18	1:02:23	20.6	
24	8	Michael Briggs	Merriam	KS	27	M	28	24:04	7:45	1:11	27	1:05:21	19.7	
25	59	Ryan Richardson	Topeka	KS	36	M	29	24:11	7:47	1:34	19	1:02:53	20.5	
26	70	Bob Tarne	Shawnee	KS	47	M	22	22:38	7:17	1:11	26	1:05:13	19.7	
27	56	Patrick Rangel	Lawrence	KS	41	M	39	25:41	8:16	0:45	20	1:03:28	20.3	
28	25	Jason Hinz	Gardner	KS	32	M	20	22:20	7:12	0:42	38	1:12:06	17.8	
29	21	Marcus Findley	Olathe	KS	36	M	38	25:37	8:15	1:05	25	1:04:31	19.9	
30	33	Stephen Koranda	Norman	OK	43	M	23	22:42	7:19	1:15	29	1:06:35	19.3	
31	14	Michael Chamberlai	Lee's Summit	MO	45	M	35	25:18	8:09	1:20	36	1:11:11	18.1	
32	13	Ed Caraccilo	Ft. Leavenwort	KS	42	M	19	22:18	7:11	1:17	42	1:13:32	17.5	
33	27	Jason Hodge	Tonganoxie	KS	28	M	41	26:32	8:33	1:28	32	1:08:18	18.8	
34	51	Tom Olerich	Olathe	KS	62	M				1:39	29	26:57	8:41	2:07:41
35	28	Rick Hogan	Leawood	KS	67	M	32	24:31	7:54	0:48	47	1:17:02	16.7	
36	44	Nick Miller	Olathe	KS	42	M	31	24:26	7:52	1:14	40	1:12:38	17.7	
37	30	Matt Kauffman	Macon	MO	38	M	27	24:00	7:44	2:32	37	1:11:50	17.9	
38	39	Cody Mathias	Overland Park	KS	24	M	47	29:38	9:32	0:43	34	1:10:36	18.2	
39	74	Gene Wee	Lawrence	KS	63	M	30	24:23	7:51	1:37	33	1:09:40	18.5	
40	73	John Torola	Olathe	KS	52	M	46	29:07	9:23	1:43	30	1:06:47	19.3	
41	63	William Shavce	Leavenworth	KS	38	M	33	24:58	8:02	2:04	50	1:19:45	16.1	
42	16	Jon Davis	Kansas City	MO	35	M	44	27:11	8:45	4:39	41	1:12:59	17.6	
43	54	Seth Phillips	Overland Park	KS	37	M	42	26:43	8:36	2:04	43	1:13:38	17.5	
44	23	Nicholas Gonzalez	Lansing	KS	34	M	40	25:47	8:18	2:14	45	1:14:44	17.2	
45	5	Jeremy Benninghoff	Platte City	MO	36	M	52	31:01	9:59	1:35	39	1:12:17	17.8	
46	67	Ernst Steffen	Kansas City	MO	58	M	43	26:58	8:41	1:50	46	1:15:19	17.1	
47	4	David Bennett	Olathe	KS	51	M	37	25:28	8:12	1:45	44	1:13:52	17.4	
48	11	Jeremy Burd	Kansas City	MO	40	M	34	25:10	8:06	1:41	55	1:23:54	15.3	
49	49	Kyle Nisonger	Lenexa	KS	25	M	49	30:02	9:40	1:24	48	1:18:05	16.5	
50	100	Chris Baranczuk	Shawnee	KS	43	M	54	34:32	11:07	1:07	28	1:06:08	19.4	
51	46	Justin Moore	Leawood	KS	38	M	50	30:31	9:50	1:23	51	1:20:10	16.0	
52	42	Mark Miles	Kansas City	MO	40	M	48	29:58	9:39	1:51	52	1:20:12	16.0	
53	10	Michael Brown	Parkville	MO	44	M	25	23:43	7:38	1:29	49	1:18:44	16.3	
54	62	Kyle Ryan	Kansas City	KS	49	M	51	30:57	9:58	3:57	53	1:21:25	15.8	
55	75	Bryan West	Gardner	KS	34	M	45	28:28	9:10	2:33	56	1:31:29	14.1	
56	50	Michael Oberrieder	Lawrence	KS	47	M	53	32:14	10:23	6:13	54	1:21:28	15.8	

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	TRAN	BIKE	TRAN	RUN	TOTAL	
								time	time	time	time	time	TIME	
								pace	plc	time	mph	plc	pace	
1	15	Leslie Curley	Topeka	KS	42	F	2	22:40	7:18	1:05	1	58:31	22.0	
2	61	Angela Rupp	Greely	KS	35	F	1	22:19	7:11	0:47	2	1:02:52	20.5	
3	17	Liz Dobbins	Lawrence	KS	58	F	7	25:15	8:08	0:44	3	1:07:49	19.0	
4	2	Mary Anthes	Kansas City	MO	46	F	4	24:37	7:56	1:10	4	1:08:02	18.9	
5	38	Lisa Matchulat	Merriam	KS	27	F	8	25:20	8:09	1:24	5	1:11:13	18.1	
6	71	Julie Kay Toft	Gardner	KS	51	F	6	24:41	7:57	1:42	11	1:13:17	17.6	
7	64	Jolene Silovsky	Topeka	KS	27	F				1:52	8	26:49	8:38	2:07:47
8	95	Kali Yates	Bonner Springs	KS	20	F	9	25:49	8:19	1:33	12	1:13:36	17.5	

9	36 Tami Martin	Kansas City	MO	50 F	5	24:40	7:57	1:44	7	1:11:53	17.9	1:53	10	28:01	9:01	2:08:08
10	98 Holly Alexander	Derby	KS	64 F	12	27:03	8:43	1:24	8	1:12:33	17.7					2:09:14
11	9 Megan Brown	Parkville	MO	32 F	3	23:42	7:38	1:28	14	1:18:39	16.4	2:25	3	23:53	7:41	2:10:05
12	77 Jenny Wise-Cook	Gardner	KS	49 F					10	1:12:57	17.6	1:10	13	32:04	10:20	2:12:00
13	69 Rhonda Stephens	Olathe	KS	42 F	16	30:43	9:53	1:10	6	1:11:50	17.9	1:12	12	30:36	9:51	2:15:29
14	22 Tamara Fowler	Independence	MO	47 F	13	28:12	9:05	1:39	13	1:16:27	16.8	1:33	14	33:22	10:45	2:21:10
15	3 Shannon Bechard	Kansas City	KS	23 F	10	26:13	8:27	1:02	19	1:21:53	15.7	1:03	15	33:24	10:45	2:23:32
16	34 Jenny Lawrence	Gardner	KS	34 F					21	1:26:35	14.9	0:53	11	29:34	9:31	2:26:05
17	78 Deanne Yates	Bonner Springs	KS	50 F	15	29:54	9:38	1:47	15	1:20:40	15.9	2:07	17	34:10	11:00	2:28:36
18	72 Helle Tornas	Overland Park	KS	51 F	11	26:50	8:38	2:35	20	1:26:20	14.9	1:34	18	34:13	11:01	2:31:30
19	18 Stephanie Edwards	Lansing	KS	45 F	18	31:01	9:59	1:21	22	1:28:35	14.5	1:19	16	33:49	10:53	2:36:03
20	65 Christina Sipu-Rya	Kansas City	MO	47 F	17	30:59	9:59	3:53	18	1:21:36	15.8	3:12	19	36:50	11:52	2:36:27
21	48 Elizabeth Neufeld	Fairway	KS	34 F	21	33:43	10:51	1:26	17	1:21:23	15.8	1:35	21	39:01	12:34	2:37:05
22	43 Kadee Miller	Olathe	KS	37 F	19	33:02	10:38	2:12	16	1:21:23	15.8	2:09	22	39:53	12:51	2:38:36
23	58 Jessie Richardson	Topeka	KS	36 F	14	29:45	9:35	2:28	24	1:32:41	13.9	1:47	20	37:53	12:12	2:44:32
24	37 Kristie Martinez	Lawrence	KS	40 F	20	33:21	10:44	1:36	23	1:31:38	14.0	1:13	23	46:02	14:49	2:53:47

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1	Arthur Mathisen	Lansing	KS	40 M	18:18	5:54
2	Derrick Gragg	Topeka	KS	28 M	19:52	6:24
3	Andrew Steadman	Leavenworth	KS	34 M	20:03	6:27
4	Kevin Allen	Olathe	KS	43 M	20:07	6:29
5	Paul Pfannenstiel	Overland Park	KS	47 M	20:49	6:42
6	Bret Burgess	Overland Park	KS	29 M	20:50	6:43
7	Gary Mundhenke	Kansas City	MO	50 M	20:57	6:45
8	Kourtney Hopkins	Gardner	KS		21:02	6:46
9	Kent Bradford	Wichita	KS	56 M	21:14	6:50
10	Jeff Lively	Overland Park	KS	37 M	21:16	6:51

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1	Andrew Steadman	Leavenworth	KS	34 M	0:34
2	Jason Hinz	Gardner	KS	32 M	0:42
3	Cody Mathias	Overland Park	KS	24 M	0:43
4	Gregg Stephens	Olathe	KS	50 M	0:44
5	Liz Dobbins	Lawrence	KS	58 F	0:44
6	Patrick Rangel	Lawrence	KS	41 M	0:45
7	Steve Southard	Overland Park	KS	47 M	0:46
8	Angela Rupp	Greely	KS	35 F	0:47
9	Kevin Allen	Olathe	KS	43 M	0:47
10	Jeff Lively	Overland Park	KS	37 M	0:48

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	Craig Henwood	Olathe	KS		50:04	25.7
2	Arthur Mathisen	Lansing	KS	40 M	53:34	24.0
3	Gregg Stephens	Olathe	KS	50 M	55:36	23.1
4	Kent Bradford	Wichita	KS	56 M	56:22	22.8
5	Andrew Steadman	Leavenworth	KS	34 M	56:38	22.7
6	Jeff Lively	Overland Park	KS	37 M	57:22	22.4
7	Bret Burgess	Overland Park	KS	29 M	58:00	22.2
8	Eric Otte	Olathe	KS	38 M	58:18	22.1
9	Michael Born	Liberty	MO	36 M	58:30	22.0
10	Leslie Curley	Topeka	KS	42 F	58:31	22.0

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1	Angela Rupp	Greely	KS	35 F	0:34
2	Jason Hinz	Gardner	KS	32 M	0:37
3	Steve Southard	Overland Park	KS	47 M	0:40
4	Gregg Stephens	Olathe	KS	50 M	0:42
5	Derrick Gragg	Topeka	KS	28 M	0:43
6	Jeff Lively	Overland Park	KS	37 M	0:43
7	George Hodge	Lansing	KS	53 M	0:44
8	Bret Burgess	Overland Park	KS	29 M	0:44
9	Christian Kelly	Shawnee	KS	36 M	0:46
10	Adam Roeser	Kansas City	MO	30 M	0:46

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1	Arthur Mathisen	Lansing	KS	40 M	19:29	6:16
2	Andrew Steadman	Leavenworth	KS	34 M	19:48	6:23
3	Adam Roeser	Kansas City	MO	30 M	21:09	6:49
4	Derrick Gragg	Topeka	KS	28 M	21:28	6:55
5	Mark Keys	Kansas City	MO	53 M	21:56	7:04
6	Bret Burgess	Overland Park	KS	29 M	22:08	7:08
7	Corey Landry	Kansas City	MO	34 M	22:18	7:11
8	Eric Otte	Olathe	KS	38 M	22:20	7:12
9	Michael Born	Liberty	MO	36 M	22:23	7:13
10	Angela Rupp	Greely	KS	35 F	22:36	7:17

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Kali Yates	Bonner Springs	KS	20 F	1	25:49	8:19	1:33	1	1:13:36	17.5	1:47	1	25:09	8:06	2:07:52
2	Shannon Bechard	Kansas City	KS	23 F	2	26:13	8:27	1:02	2	1:21:53	15.7	1:03	2	33:24	10:45	2:23:32

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Cody Mathias	Overland Park	KS	24	M	1	29:38	9:32	0:43	1	1:10:36	18.2	0:55	1	29:25	9:28	2:11:14

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Lisa Matchulat	Merriam	KS	27	F	1	25:20	8:09	1:24	1	1:11:13	18.1	1:03	2	27:35	8:53	2:06:32
2 Jolene Silovsky	Topeka	KS	27	F					2	1:12:54	17.6	1:52	1	26:49	8:38	2:07:47

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Derrick Gragg	Topeka	KS	28	M	1	19:52	6:24	0:50	2	59:15	21.7	0:43	1	21:28	6:55	1:42:06
2 Bret Burgess	Overland Park	KS	29	M	2	20:50	6:43	1:17	1	58:00	22.2	0:44	2	22:08	7:08	1:42:57
3 Michael Briggs	Merriam	KS	27	M	3	24:04	7:45	1:11	3	1:05:21	19.7	1:01	3	25:34	8:14	1:57:08
4 Jason Hodge	Tonganoxie	KS	28	M	4	26:32	8:33	1:28	4	1:08:18	18.8	1:07	4	29:07	9:23	2:06:30
5 Kyle Nisonger	Lenexa	KS	25	M	5	30:02	9:40	1:24	5	1:18:05	16.5	1:03	5	34:18	11:03	2:24:50

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Megan Brown	Parkville	MO	32	F	1	23:42	7:38	1:28	1	1:18:39	16.4	2:25	1	23:53	7:41	2:10:05
2 Jenny Lawrence	Gardner	KS	34	F					3	1:26:35	14.9	0:53	2	29:34	9:31	2:26:05
3 Elizabeth Neufeld	Fairway	KS	34	F	2	33:43	10:51	1:26	2	1:21:23	15.8	1:35	3	39:01	12:34	2:37:05

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Andrew Steadman	Leavenworth	KS	34	M	1	20:03	6:27	0:34	1	56:38	22.7	0:50	1	19:48	6:23	1:37:50
2 Adam Roeser	Kansas City	MO	30	M	2	21:33	6:56	0:59	2	1:00:54	21.1	0:46	2	21:09	6:49	1:45:18
3 Corey Landry	Kansas City	MO	34	M					4	1:04:00	20.1	1:05	3	22:18	7:11	1:50:06
4 Tim Jansen	Lenexa	KS	33	M	3	21:54	7:03	1:24	3	1:03:37	20.2	1:19	5	26:00	8:22	1:54:11
5 Jason Hinz	Gardner	KS	32	M	4	22:20	7:12	0:42	5	1:12:06	17.8	0:37	4	25:32	8:14	2:01:15
6 Nicholas Gonzalez	Lansing	KS	34	M	5	25:47	8:18	2:14	6	1:14:44	17.2	2:16	6	31:38	10:11	2:16:36
7 Bryan West	Gardner	KS	34	M	6	28:28	9:10	2:33	7	1:31:29	14.1	1:40	7	38:33	12:25	2:42:41

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Angela Rupp	Greely	KS	35	F	1	22:19	7:11	0:47	1	1:02:52	20.5	0:34	1	22:36	7:17	1:49:05
2 Kadee Miller	Olathe	KS	37	F	3	33:02	10:38	2:12	2	1:21:23	15.8	2:09	3	39:53	12:51	2:38:36
3 Jessie Richardson	Topeka	KS	36	F	2	29:45	9:35	2:28	3	1:32:41	13.9	1:47	2	37:53	12:12	2:44:32

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Jeff Lively	Overland Park	KS	37	M	1	21:16	6:51	0:48	1	57:22	22.4	0:43	3	23:14	7:29	1:43:21
2 Eric Otte	Olathe	KS	38	M	3	21:28	6:55	0:58	2	58:18	22.1	0:50	1	22:20	7:12	1:43:52
3 Michael Born	Liberty	MO	36	M	2	21:25	6:54	0:59	3	58:30	22.0	0:48	2	22:23	7:13	1:44:02
4 Seth Faulkner	Kansas City	MO	36	M	4	21:40	6:59	1:14	6	1:04:10	20.0	1:37	6	26:49	8:38	1:55:28
5 Christian Kelly	Shawnee	KS	36	M	8	25:28	8:12	1:22	4	1:02:23	20.6	0:46	4	26:26	8:31	1:56:23
6 Ryan Richardson	Topeka	KS	36	M	6	24:11	7:47	1:34	5	1:02:53	20.5	1:58	5	26:48	8:38	1:57:23
7 Marcus Findley	Olathe	KS	36	M	9	25:37	8:15	1:05	7	1:04:31	19.9	1:50	9	28:42	9:15	2:01:44
8 Matt Kauffman	Macon	MO	38	M	5	24:00	7:44	2:32	8	1:11:50	17.9	1:50	10	30:14	9:44	2:10:24
9 William Shavce	Leavenworth	KS	38	M	7	24:58	8:02	2:04	12	1:19:45	16.1	2:12	7	27:07	8:44	2:16:03
10 Jon Davis	Kansas City	MO	35	M	11	27:11	8:45	4:39	10	1:12:59	17.6	3:46	8	27:37	8:54	2:16:10
11 Seth Phillips	Overland Park	KS	37	M	10	26:43	8:36	2:04	11	1:13:38	17.5	2:00	12	32:02	10:19	2:16:25
12 Jeremy Benninghoff	Platte City	MO	36	M	13	31:01	9:59	1:35	9	1:12:17	17.8	1:43	11	31:25	10:07	2:17:58
13 Justin Moore	Leawood	KS	38	M	12	30:31	9:50	1:23	13	1:20:10	16.0	1:44	13	36:13	11:40	2:29:58

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Leslie Curley	Topeka	KS	42	F	1	22:40	7:18	1:05	1	58:31	22.0	0:54	1	23:39	7:37	1:46:46
2 Rhonda Stephens	Olathe	KS	42	F	2	30:43	9:53	1:10	2	1:11:50	17.9	1:12	2	30:36	9:51	2:15:29
3 Kristie Martinez	Lawrence	KS	40	F	3	33:21	10:44	1:36	3	1:31:38	14.0	1:13	3	46:02	14:49	2:53:47

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Arthur Mathisen	Lansing	KS	40	M	1	18:18	5:54	0:48	1	53:34	24.0	0:54	1	19:29	6:16	1:33:01
2 Brian Prosser	Shawnee	KS	42	M	4	22:36	7:17	0:56	2	59:45	21.5	0:48	3	23:43	7:38	1:47:45
3 Kevin Allen	Olathe	KS	43	M	2	20:07	6:29	0:47	6	1:07:00	19.2	0:51	2	23:12	7:28	1:51:55
4 Patrick Rangel	Lawrence	KS	41	M	9	25:41	8:16	0:45	3	1:03:28	20.3	0:50	6	29:15	9:25	1:59:57
5 Stephen Koranda	Norman	OK	43	M	5	22:42	7:19	1:15	5	1:06:35	19.3	1:43	8	31:00	9:59	2:03:12

6	Ed Caraccilo	Ft. Leavenwort	KS	42	M	3	22:18	7:11	1:17	8	1:13:32	17.5	0:56	5	28:27	9:10	2:06:28
7	Nick Miller	Olathe	KS	42	M	7	24:26	7:52	1:14	7	1:12:38	17.7	1:22	7	29:50	9:37	2:09:29
8	Jeremy Burd	Kansas City	MO	40	M	8	25:10	8:06	1:41	11	1:23:54	15.3	2:38	4	27:46	8:57	2:21:07
9	Chris Baranczuk	Shawnee	KS	43	M	11	34:32	11:07	1:07	4	1:06:08	19.4	1:27	11	43:08	13:53	2:26:19
10	Mark Miles	Kansas City	MO	40	M	10	29:58	9:39	1:51	10	1:20:12	16.0	1:31	9	37:54	12:12	2:31:24
11	Michael Brown	Parkville	MO	44	M	6	23:43	7:38	1:29	9	1:18:44	16.3	9:37	10	37:56	12:13	2:31:26

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Mary Anthes	Kansas City	MO	46	F	1	24:37	7:56	1:10	1	1:08:02	18.9	1:14	1	26:47	8:38	2:01:48
2	Jenny Wise-Cook	Gardner	KS	49	F					2	1:12:57	17.6	1:10	2	32:04	10:20	2:12:00
3	Tamara Fowler	Independence	MO	47	F	2	28:12	9:05	1:39	3	1:16:27	16.8	1:33	3	33:22	10:45	2:21:10
4	Stephanie Edwards	Lansing	KS	45	F	4	31:01	9:59	1:21	5	1:28:35	14.5	1:19	4	33:49	10:53	2:36:03
5	Christina Sipu-Rya	Kansas City	MO	47	F	3	30:59	9:59	3:53	4	1:21:36	15.8	3:12	5	36:50	11:52	2:36:27

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Paul Pfannenstiel	Overland Park	KS	47	M	1	20:49	6:42	1:14	1	58:37	21.9	1:06	2	23:14	7:29	1:44:57
2	Steve Southard	Overland Park	KS	47	M	2	21:39	6:58	0:46	2	1:01:07	21.0	0:40	1	23:13	7:29	1:47:22
3	Bob Tarne	Shawnee	KS	47	M	3	22:38	7:17	1:11	3	1:05:13	19.7	1:32	4	27:41	8:55	1:58:12
4	Michael Chamberlai	Lee's Summit	MO	45	M	4	25:18	8:09	1:20	4	1:11:11	18.1	1:31	3	24:08	7:47	2:03:25
5	Kyle Ryan	Kansas City	KS	49	M	5	30:57	9:58	3:57	5	1:21:25	15.8	3:21	5	36:49	11:51	2:36:27
6	Michael Oberrieder	Lawrence	KS	47	M	6	32:14	10:23	6:13	6	1:21:28	15.8	7:07	6	44:08	14:13	2:51:08

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Julie Kay Toft	Gardner	KS	51	F	2	24:41	7:57	1:42	2	1:13:17	17.6	1:27	1	26:28	8:31	2:07:33
2	Tami Martin	Kansas City	MO	50	F	1	24:40	7:57	1:44	1	1:11:53	17.9	1:53	2	28:01	9:01	2:08:08
3	Deanne Yates	Bonner Springs	KS	50	F	4	29:54	9:38	1:47	3	1:20:40	15.9	2:07	3	34:10	11:00	2:28:36
4	Helle Tornas	Overland Park	KS	51	F	3	26:50	8:38	2:35	4	1:26:20	14.9	1:34	4	34:13	11:01	2:31:30

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Gregg Stephens	Olathe	KS	50	M	2	21:30	6:55	0:44	1	55:36	23.1	0:42	2	22:38	7:17	1:41:07
2	Mark Keys	Kansas City	MO	53	M	3	21:31	6:56	1:04	3	1:00:07	21.4	1:20	1	21:56	7:04	1:45:55
3	Gary Mundhenke	Kansas City	MO	50	M	1	20:57	6:45	1:15	5	1:04:10	20.0	1:16	3	23:21	7:31	1:50:57
4	John Mathias	Olathe	KS	53	M	5	23:57	7:43	1:20	2	59:21	21.7	1:24	5	25:16	8:08	1:51:15
5	George Hodge	Lansing	KS	53	M	4	23:41	7:38	0:53	4	1:02:17	20.7	0:44	4	24:15	7:49	1:51:47
6	John Torola	Olathe	KS	52	M	7	29:07	9:23	1:43	6	1:06:47	19.3	1:42	6	32:41	10:32	2:11:58
7	David Bennett	Olathe	KS	51	M	6	25:28	8:12	1:45	7	1:13:52	17.4	2:30	7	35:16	11:21	2:18:49

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Liz Dobbins	Lawrence	KS	58	F	1	25:15	8:08	0:44	1	1:07:49	19.0	0:51	1	26:08	8:25	2:00:44

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Kent Bradford	Wichita	KS	56	M	1	21:14	6:50	0:58	1	56:22	22.8	1:15	1	22:38	7:17	1:42:25
2	Jeff Mittelhauser	Sedalia	MO	55	M	2	22:03	7:06	1:01	2	1:01:10	21.0	1:00	2	24:20	7:50	1:49:32
3	Ernst Steffen	Kansas City	MO	58	M	3	26:58	8:41	1:50	3	1:15:19	17.1	2:38	3	31:34	10:10	2:18:17

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Holly Alexander	Derby	KS	64	F	1	27:03	8:43	1:24	1	1:12:33	17.7				2:09:14

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Tom Olerich	Olathe	KS	62	M					2	1:10:51	18.2	1:39	1	26:57	8:41	2:07:41
2	Gene Wee	Lawrence	KS	63	M	1	24:23	7:51	1:37	1	1:09:40	18.5	1:37	2	34:05	10:59	2:11:19

MALE AGE GROUP RESULTS 65 - 69

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Rick Hogan	Leawood	KS	67	M	1	24:31	7:54	0:48	1	1:17:02	16.7	0:52	1	25:27	8:12	2:08:37