

# 2019 Steamboat Triathlon Final Results

Start Time: Sunday, April 28, 2019 9:00:00 AM

Sunday, April 28, 2019 2:05:23 PM

## Overall by Distance: Sprint

PI	No	Name	Representing	Division	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
1	787	ROSS, Michael	PADUCAH KY	Male Overall	7:05.6	1:34.6	0:44.5	39:43.5	22.7	1:07.5	29:41.7	5:56.3	0:00.000	1:18:22.9
2	764	STOVER, Karl	ST LOUIS MO	Male Overall	6:21.5	1:24.8	1:02.9	37:57.4	23.7	0:41.8	33:48.7	6:45.7	0:00.000	1:19:52.5
3	757	SASS, Kirsten	MCKENZIE TN	Female Overall	7:29.0	1:39.8	0:43.8	40:36.3	22.2	0:46.1	31:51.7	6:22.4	0:00.000	1:21:27.0
4	792	PHILLIPS, Christ...	PADUCAH KY	Male Overall	7:46.3	1:43.6	0:54.4	41:23.1	21.8	1:04.2	31:00.8	6:12.2	0:00.000	1:22:09.0
5	800	ORR, Jay	BALLWIN MO	M 45-49	8:12.5	1:49.4	0:39.1	42:33.3	21.1	0:34.3	31:11.6	6:14.3	0:00.000	1:23:11.0
6	784	JOINER, Matt	MILAN TN	M 45-49	7:03.5	1:34.1	1:44.6	41:10.5	21.9	1:19.2	32:57.0	6:35.4	0:00.000	1:24:15.0
7	795	GERARD, Blake	CAPE GIRARDEAU ...	M 45-49	8:32.6	1:53.9	0:51.9	40:46.1	22.1	0:44.6	33:51.7	6:46.4	0:00.000	1:24:47.1
8	761	SMITH, Mark	MCKENZIE TN	M 35-39	9:00.5	2:00.1	0:54.0	43:09.9	20.9	1:31.6	31:35.5	6:19.1	0:00.000	1:26:11.6
9	716	CROCKER, Tery	JACKSON MO	M 50-54	7:42.8	1:42.9	1:15.5	42:22.6	21.2	1:13.5	33:43.8	6:44.8	0:00.000	1:26:18.4
10	785	KAHLE, Mathew	BALLWIN MO	M 35-39	8:12.8	1:49.5	0:52.0	42:16.8	21.3	0:51.5	34:52.9	6:58.6	0:00.000	1:27:06.1
11	788	ALVEY, David	CALVERT CITY KY	M 35-39	9:09.1	2:02.0	1:14.2	43:54.7	20.5	1:13.3	31:53.7	6:22.8	0:00.000	1:27:25.2
12	798	RUNYON, Gabe	STE. GENEVIE MO	M 35-39	8:10.2	1:49.0	1:08.8	44:43.0	20.1	0:48.0	32:54.3	6:34.9	0:00.000	1:27:44.5
13	719	FLINT, Aydan	MAYFIELD KY	M 19 & Under	8:49.9	1:57.8	1:18.4	45:13.3	19.9	1:18.6	32:28.2	6:29.7	0:00.000	1:29:08.7
14	721	FREESE, Jared	HERCULANEUM MO	M 30-34	8:07.2	1:48.3	1:50.4	43:16.8	20.8	1:13.8	35:13.4	7:02.7	0:00.000	1:29:41.7
15	760	SHERLING, Steve	PADUCAH KY	M 55-59	8:33.0	1:54.0	1:01.9	46:28.2	19.4	1:14.3	32:53.7	6:34.7	0:00.000	1:30:11.2
16	791	PFAU, Matthew	CAPE GIRARDEAU ...	M 30-34	11:31.6	2:33.7	2:02.8	47:04.1	19.1	1:00.0	28:59.4	5:47.9	0:00.000	1:30:38.0
17	766	THOMAS, Mathew	PADUCAH KY	M 30-34	9:12.8	2:02.8	1:07.1	45:42.8	19.7	1:08.4	34:06.5	6:49.3	0:00.000	1:31:17.8
18	794	TRUE, Kellan	JACKSON MO	M 30-34	9:37.7	2:08.4	1:44.0	44:33.5	20.2	0:57.1	35:27.3	7:05.5	0:00.000	1:32:19.9
19	790	WATSON, Patrick	CAPE GIRARDEAU ...	M 35-39	7:34.0	1:40.9	1:28.1	48:06.0	18.7	1:00.5	34:32.9	6:54.6	0:00.000	1:32:41.6
20	777	ZEMBAS, Edward	JACKSON MO	M 25-29	8:54.0	1:58.7	2:12.4	48:50.5	18.4	0:52.8	33:12.1	6:38.4	0:00.000	1:34:02.1
21	715	COMBS, Dan	FARMINGTON MO	M 40-44	9:08.0	2:01.8	1:26.2	48:51.6	18.4	1:43.5	33:04.3	6:36.9	0:00.000	1:34:13.7
22	781	STOVERINK, Gloria	JACKSON MO	Female Overall	6:58.0	1:32.9	2:07.6	53:09.5	16.9	1:15.8	31:38.2	6:19.6	0:00.000	1:35:09.2
23	738	KEE, Mathew	CAPE GIRARDEAU ...	M 40-44	11:14.3	2:29.9	1:19.6	45:39.1	19.7	1:42.6	35:14.0	7:02.8	0:00.000	1:35:09.9
24	735	JONES, Todd	LACENTER KY	M 30-34	9:34.2	2:07.6	1:04.6	51:41.8	17.4	1:38.3	31:12.7	6:14.6	0:00.000	1:35:11.8
25	786	WELKER, David	JACKSON MO	M 30-34	6:31.9	1:27.1	2:34.9	50:15.8	17.9	1:08.0	35:01.5	7:00.3	0:00.000	1:35:32.3
26	752	POPE, Clay	JACKSON MO	M 40-44	9:17.9	2:04.0	1:37.1	48:52.7	18.4	0:58.4	34:59.3	6:59.9	0:00.000	1:35:45.7
27	727	GOULD, Robert	FAMINGTON MO	M 35-39	8:56.3	1:59.2	1:42.7	45:52.1	19.6	0:57.2	39:00.7	7:48.1	0:00.000	1:36:29.2
28	720	FLINT, Chris	MAYFIELD KY	M 40-44	9:35.3	2:07.9	1:33.0	46:22.2	19.4	0:58.0	38:06.2	7:37.2	0:00.000	1:36:34.8
29	740	KETCHUM, Jeff	CAPE GIRARDEAU ...	M 25-29	8:51.0	1:58.0	2:47.9	49:19.5	18.2	1:26.9	34:24.2	6:52.9	0:00.000	1:36:49.8
30	797	PULS, Shannon	JACKSON MO	M 50-54	7:47.3	1:43.9	2:39.2	48:06.5	18.7	1:36.1	36:58.6	7:23.7	0:00.000	1:37:07.9
31	732	HOLMAN, Darryl	CHESTERFIELD MO	M 55-59	10:23.0	2:18.4	2:27.3	46:52.6	19.2	2:01.5	35:41.0	7:08.2	0:00.000	1:37:25.7
32	793	BALLINGER, Mary	MARTIN TN	Female Overall	8:33.1	1:54.0	2:46.3	51:51.6	17.4	1:48.4	32:57.9	6:35.6	0:00.000	1:37:57.6
33	749	NESLER, Shawn	CAPE GIRARDEAU ...	M 50-54	8:31.0	1:53.6	1:54.1	49:43.6	18.1	0:55.2	37:49.9	7:34.0	0:00.000	1:38:54.0
34	774	WILLIAMS, Shaun	HUNTINGDON TN	M 30-34	9:08.6	2:01.9	3:05.3	49:40.9	18.1	0:46.3	36:57.7	7:23.6	0:00.000	1:39:39.0
35	726	GIBSON, Dusty	MARTIN TN	M 45-49	8:30.8	1:53.5	1:20.8	47:39.1	18.9	1:21.6	41:01.1	8:12.2	0:00.000	1:39:53.6
36	707	BAKER, Bobby	FULTON TN	M 45-49	9:48.6	2:10.8	1:54.9	49:31.2	18.2	0:58.7	38:06.9	7:37.4	0:00.000	1:40:20.5
37	718	EFTINK, Sarah	CAPE GIRARDEAU ...	F 40-44	9:19.0	2:04.2	2:20.8	48:50.6	18.4	0:39.2	39:15.9	7:51.2	0:00.000	1:40:25.7
38	710	BRAWLEY, Ritchie	MARTIN TN	M 45-49	10:12.4	2:16.1	1:55.9	48:13.4	18.7	1:06.5	41:13.5	8:14.7	0:00.000	1:42:41.9
39	771	VICENZI, Rick	ANNA IL	M 55-59	9:42.8	2:09.5	2:21.1	50:06.4	18.0	1:46.1	39:09.2	7:49.8	0:00.000	1:43:05.8
40	709	BOSS, Erin	FESTUS MO	F 30-34	10:22.8	2:18.4	2:08.1	52:25.5	17.2	1:25.3	37:17.4	7:27.5	0:00.000	1:43:39.4
41	724	GARMS, Aj	CREVE COEUR MO	M 20-24	7:42.9	1:42.9	2:56.1	51:35.5	17.4	3:00.5	38:29.4	7:41.9	0:00.000	1:43:44.6
42	734	JOHNS, Troy	JACKSON MO	M 45-49	9:16.9	2:03.8	2:09.1	51:05.7	17.6	1:46.2	39:34.3	7:54.9	0:00.000	1:43:52.4
43	728	GROGAN, Eric	PADUCAH KY	M 50-54	8:49.3	1:57.6	2:44.6	53:15.3	16.9	2:18.8	37:31.9	7:30.4	0:00.000	1:44:40.1
44	755	RHAME, Brian	ST LOUIS MO	M 40-44	12:02.2	2:40.5	3:23.6	53:09.2	16.9	1:36.7	35:53.4	7:10.7	0:00.000	1:46:05.2
45	772	WARDEN, Kirk	BATESVILLE AR	M 50-54	9:38.6	2:08.6	3:00.6	52:13.4	17.2	2:05.2	39:14.6	7:50.9	0:00.000	1:46:12.6
46	780	CAMPBELL, Katie	MANCHESTER MO	F 40-44	9:26.5	2:05.9	1:44.2	53:33.2	16.8	1:05.6	41:56.8	8:23.4	0:00.000	1:47:46.5
47	736	KARR, Danielle	FESTUS MO	F 40-44	10:38.0	2:21.8	2:10.3	53:50.0	16.7	1:45.3	40:26.8	8:05.4	0:00.000	1:48:50.7
48	759	SHEPKER, Charles	FORT LEONARD W...	M 40-44	9:01.9	2:00.4	1:34.2	54:53.2	16.4	2:22.2	40:59.9	8:12.0	0:00.000	1:48:51.5
49	741	KOONCE, Denny	BENTON MO	M 60-64	7:47.7	1:43.9	5:13.3	53:30.0	16.8	1:20.7	43:31.2	8:42.3	0:00.000	1:51:23.1
50	751	OWENS, Jeff	BATESVILLE AR	M 45-49	9:27.3	2:06.1	2:39.3	58:17.6	15.4	1:16.0	42:16.6	8:27.3	0:00.000	1:53:57.1
51	723	GALATI, Giuseppe	CAPE GIRARDEAU ...	M 40-44	14:11.9	3:09.3	2:31.7	58:08.8	15.5	1:09.8	38:07.5	7:37.5	0:00.000	1:54:09.9
52	717	DAVIDSON III, W...	CARBONDALE IL	M 65+	8:51.7	1:58.2	3:01.9	55:25.4	16.2	1:34.4	45:59.5	9:11.9	0:00.000	1:54:53.0

# 2019 Steamboat Triathlon

## Overall by Distance: Sprint Continued

PI	No	Name	Representing	Division	Swim	min/100m	T1	Bike	MPH	T2	Run	min/mi	Penalty	Total Time
53	776	WOOD, James	HERCULANEUM MO	M 19 & Under	9:00.4	2:00.1	2:33.5	59:01.2	15.2	1:25.0	45:36.1	9:07.2	0:00.000	1:57:36.3
54	796	TALBUT, Riley	JACKSON MO	M 25-29	7:31.3	1:40.3	2:11.7	58:08.1	15.5	1:49.6	48:24.3	9:40.9	0:00.000	1:58:05.2
55	762	STAHR, John	SAINT PETERS MO	M 35-39	9:16.8	2:03.8	3:17.4	1:03:00.6	14.3	1:50.3	41:38.9	8:19.8	0:00.000	1:59:04.3
56	742	KUNSTMULLER, ...	CAPE GIRARDEAU ...	F 40-44	14:12.5	3:09.4	3:04.6	57:47.8	15.6	1:55.1	42:17.2	8:27.5	0:00.000	1:59:17.4
57	729	HACKER, Dave	MCKENZIE TN	M 55-59	13:21.7	2:58.2	3:02.5	52:17.0	17.2	2:24.4	49:28.4	9:53.7	0:00.000	2:00:34.1
58	711	CAGLE, Timothy	JACKSON TN	M 60-64	11:06.1	2:28.0	3:27.5	52:56.3	17.0	2:13.7	51:08.9	10:13.8	0:00.000	2:00:52.8
59	745	MECKFESSEL, K...	MURPHYSBORO IL	M 40-44	8:09.1	1:48.7	4:06.3	1:01:20.7	14.7	1:37.8	46:11.2	9:14.2	0:00.000	2:01:25.3
60	779	VOGEL/HOMAN/...	CARBONDALE IL	Male Team	8:31.1	1:53.6	0:58.4	1:14:23.5	12.1	0:29.1	37:35.2	7:31.0	0:00.000	2:01:57.4
61	758	SCOTT, Emily	ST LOUIS MO	F 35-39	7:34.5	1:41.0	2:11.0	53:29.7	16.8	1:43.2	57:01.8	11:24.4	0:00.000	2:02:00.4
62	725	GERLOCK, Cynthia	CARTERVILLE IL	F 50-54	10:41.6	2:22.6	3:44.4	59:48.1	15.1	1:39.7	46:36.2	9:19.3	0:00.000	2:02:30.3
63	782	DUENEZ, Diane	MANCHESTER MO	F 45-49	13:59.0	3:06.4	3:47.1	57:16.8	15.7	1:23.9	46:38.9	9:19.8	0:00.000	2:03:05.8
64	744	MATTINGLY, Willi...	HERRIN IL	M 65+	13:22.3	2:58.3	2:30.3	1:02:19.1	14.4	2:12.5	46:21.4	9:16.3	0:00.000	2:06:45.9
65	713	CARTER, Fred	CARBONDALE IL	M 65+	9:26.4	2:05.9	9:25.7	56:39.1	15.9	3:49.4	49:36.3	9:55.3	0:00.000	2:08:57.2
66	754	READNOUR, Elaina	FESTUS MO	F 19 & Under	9:51.4	2:11.4	2:15.0	1:09:41.0	12.9	0:56.1	46:43.4	9:20.7	0:00.000	2:09:27.1
67	730	HARDESTY, Andrea	PADUCAH KY	F 40-44	10:32.9	2:20.7	3:23.3	59:50.0	15.0	2:42.1	53:07.4	10:37.5	0:00.000	2:09:35.9
68	743	LIPE, Patrick	FAMINGTON MO	M 35-39	11:46.8	2:37.1	2:15.8	1:00:45.5	14.8	1:25.1	54:08.2	10:49.6	0:00.000	2:10:21.5
69	789	WELKER, Ann	CAPE GIRARDEAU ...	F 60-64	10:38.3	2:21.9	2:38.3	1:05:36.0	13.7	2:20.8	49:33.9	9:54.8	0:00.000	2:10:47.5
70	706	ASHLEY, Gavin	CAPE GIRARDEAU ...	M 20-24	12:19.7	2:44.4	2:56.4	1:10:08.0	12.8	0:54.4	45:03.4	9:00.7	0:00.000	2:11:22.2
71	765	STURMER, Abby	GREVE COEUR MO	F 25-29	10:03.7	2:14.2	5:57.4	1:07:14.5	13.4	2:04.0	46:33.0	9:18.6	0:00.000	2:11:52.9
72	767	THORNBURGH, ...	CLARKSVILLE TN	F 45-49	13:18.1	2:57.4	3:11.2	1:04:06.7	14.0	1:08.6	53:44.4	10:44.9	0:00.000	2:15:29.2
73	756	RIGDON, Jan	CAPE GIRARDEAU ...	F 60-64	12:51.8	2:51.5	4:31.4	1:07:35.4	13.3	2:39.8	53:19.7	10:40.0	0:00.000	2:20:58.4
74	778	CAGLE/ALPER/C...	JACKSON MO	Female Team	10:52.9	2:25.1	1:59.7	1:11:19.0	12.6	2:52.4	54:10.3	10:50.1	0:00.000	2:21:14.5
75	773	WHITEHEAD, Ben	HUNTINGDON TN	M 65+	13:32.9	3:00.7	4:03.6	1:06:26.4	13.6	2:38.4	58:28.1	11:41.6	0:00.000	2:25:09.6
76	746	MILLER, Carlene	JACKSON TN	F 65+	12:49.2	2:50.9	3:19.8	1:02:17.2	14.4	2:09.0	1:06:29.3	13:17.9	0:00.000	2:27:04.6
77	770	VEST, Kathryn	FESTUS MO	F 30-34	11:28.9	2:33.1	3:12.4	1:13:36.4	12.2	2:37.6	1:00:57.4	12:11.5	0:00.000	2:31:52.8
78	731	HARGETT, Meg	JACKSON TN	F 55-59	14:30.2	3:13.4	4:12.8	1:06:09.4	13.6	2:37.8	1:08:10.9	13:38.2	0:00.000	2:35:41.3
79	775	WOOD, David	ATWOOD TN	M 65+	17:42.9	3:56.2	4:00.7	1:05:15.3	13.8	2:00.1	1:07:11.0	13:26.2	0:00.000	2:36:10.2
80	705	ANDERSON, Kim	NEWBERN TN	F 40-44	16:02.5	3:33.9	3:08.7	1:07:59.4	13.2	1:26.0	1:08:47.0	13:45.4	0:00.000	2:37:23.7
81	739	KELLOGG, Dave	BALLWIN MO	M 45-49	13:12.3	2:56.1	6:38.5	1:20:55.8	11.1	3:59.1			0:00.000	2:44:19.4