

LIFE TIME FITNESS KIDS TRIATHLON  
(Senior Class)  
June 12, 2011  
Omaha, Nebraska

100 Meter Swim, 5 Mile Bike, 1 Mile Run

TOT PLC	DIV PLC	NAME	AGE	S	SWIM time	100 yds	TRAN time	BIKE time mph	TRAN time	RUN time	pace	TOTAL TIME				
1	1/17	Garret Foley	12	M	22	2:38	2:25	1:07	1	15:17	19.6	0:34	1	5:34	5:34	25:08
2	1/5	Austin Vavra	13	M	9	1:55	1:46	1:15	2	15:45	19.0	0:45	10	8:22	8:22	28:01
3	2/5	Andrew Strahl	13	M	17	2:23	2:10	1:19	5	16:29	18.2	0:24	5	7:37	7:37	28:10
4	3/5	James Bodwell	13	M	19	2:33	2:20	1:35	4	16:00	18.8	0:23	6	7:41	7:41	28:10
5	4/5	Justin Labadie	13	M	15	2:21	2:09	1:53	3	15:57	18.8	0:29	4	7:33	7:33	28:10
6	2/17	David Kawula	11	M	3	1:42	1:34	2:05	9	16:53	17.8	0:32	3	7:29	7:29	28:40
7	3/17	Jonathan Kawula	11	M	4	1:43	1:34	1:45	10	17:02	17.6	0:35	7	7:42	7:42	28:45
8	1/13	Delaney Kottke	11	F	2	1:40	1:32	1:08	12	17:18	17.3	0:22	13	8:36	8:36	29:03
9	4/17	Tyler Bowen	11	M	1	1:37	1:29	1:16	11	17:09	17.5	0:28	17	9:21	9:21	29:49
10	5/17	Devin Geeser	11	M	10	2:00	1:50	1:15	8	16:50	17.8	0:26	18	9:24	9:24	29:53
11	6/17	Jack Butler	12	M	16	2:22	2:10	1:07	17	18:11	16.5	0:29	8	8:02	8:02	30:09
12	7/17	Noah Marik	12	M	18	2:24	2:12	1:43	13	17:37	17.0	0:24	9	8:06	8:06	30:12
13	5/5	Cristian Thompson	13	M	6	1:47	1:38	1:35	7	16:47	17.9	0:30	21	9:55	9:55	30:32
14	8/17	Callum Bikus	11	M	28	2:56	2:41	1:24	14	17:50	16.8	0:32	16	9:20	9:20	32:00
15	2/13	Cate Longo	11	F	5	1:46	1:37	1:16	18	18:43	16.0	0:27	25	10:21	10:21	32:31
16	9/17	Jonathan Gouger	11	M	25	2:47	2:32	1:35	28	21:40	13.8	0:33	2	6:27	6:27	33:00
17	10/17	Tate Nech	12	M	26	2:49	2:35	1:40	19	18:58	15.8	0:36	15	9:01	9:01	33:02
18	11/17	Spencer Gregg	12	M	7	1:51	1:41	1:37	22	19:22	15.5	0:26	22	9:56	9:56	33:10
19	1/2	Natalie Christiansen	14	F	20	2:34	2:21	1:36	6	16:33	18.1	0:27	30	12:08	12:08	33:16
20	3/13	Lauren Weis	12	F	14	2:19	2:07	2:01	24	20:27	14.7	0:34	12	8:25	8:25	33:45
21	4/13	Alexandra Swanson	12	F	21	2:38	2:24	1:45	26	20:51	14.4	0:31	14	8:59	8:59	34:42
22	12/17	William Morris	12	M	12	2:13	2:02	1:51	23	20:03	15.0	0:32	24	10:15	10:15	34:52
23	2/2	Lydia Berry	13	F	23	2:39	2:25	1:44	25	20:50	14.4	0:30	19	9:28	9:28	35:09
24	13/17	Nicolas Greve	12	M	8	1:54	1:44	1:56	15	18:06	16.6	0:36	33	12:47	12:47	35:16
25	14/17	Brendon Halpenny	11	M	37	4:44	4:19	1:14	20	19:00	15.8	0:32	23	10:06	10:06	35:34
26	15/17	Rylee Sundermann	12	M	36	3:41	3:22	1:12	21	19:15	15.6	0:30	29	11:03	11:03	35:39
27	16/17	Matt Anderson	12	M	32	3:07	2:51	2:53	16	18:06	16.6	0:37	27	11:01	11:01	35:42
28	5/13	Kerstin Swanson	12	F	24	2:39	2:26	1:45	29	21:46	13.8	0:34	20	9:40	9:40	36:22
29	6/13	Rayna Bartling	11	F	31	3:02	2:47	1:37	27	21:12	14.2	0:33	26	10:53	10:53	37:15
30	7/13	Lily Nelson	11	F	11	2:03	1:52	1:34	37	25:21	11.8	0:39	11	8:23	8:23	37:57
31	8/13	Anna Denman	11	F	13	2:15	2:04	1:12	36	24:15	12.4	0:34	28	11:01	11:01	39:15
32	9/13	Haley Beran	11	F	30	2:59	2:44	1:28	30	22:06	13.6	0:43	37	13:22	13:22	40:37
33	10/13	Abigail Konz	11	F	34	3:24	3:06	1:25	32	22:44	13.2	0:29	31	12:40	12:40	40:41
34	11/13	Suzanne Sharp	11	F	27	2:53	2:38	2:49	31	22:28	13.4	0:29	34	12:53	12:53	41:29
35	17/17	Brockton Miller	11	M	33	3:15	2:58	1:28	33	23:38	12.7	0:37	36	13:22	13:22	42:19
36	12/13	Dayna Berry	11	F	29	2:58	2:43	2:19	34	24:00	12.5	0:45	35	12:55	12:55	42:55
37	13/13	Payden Dyer	11	F	35	3:31	3:13	2:28	35	24:14	12.4	0:39	32	12:42	12:42	43:31

MALE RESULTS

TOT PLC	#	NAME	AGE	S	SWIM time	100 yds	TRAN time	BIKE time mph	TRAN time	RUN time	pace	TOTAL TIME				
1	134	Garret Foley	12	M	15	2:38	2:25	1:07	1	15:17	19.6	0:34	1	5:34	5:34	25:08
2	109	Austin Vavra	13	M	7	1:55	1:46	1:15	2	15:45	19.0	0:45	10	8:22	8:22	28:01
3	107	Andrew Strahl	13	M	12	2:23	2:10	1:19	5	16:29	18.2	0:24	5	7:37	7:37	28:10
4	105	James Bodwell	13	M	14	2:33	2:20	1:35	4	16:00	18.8	0:23	6	7:41	7:41	28:10
5	106	Justin Labadie	13	M	10	2:21	2:09	1:53	3	15:57	18.8	0:29	4	7:33	7:33	28:10
6	131	David Kawula	11	M	2	1:42	1:34	2:05	8	16:53	17.8	0:32	3	7:29	7:29	28:40
7	130	Jonathan Kawula	11	M	3	1:43	1:34	1:45	9	17:02	17.6	0:35	7	7:42	7:42	28:45
8	124	Tyler Bowen	11	M	1	1:37	1:29	1:16	10	17:09	17.5	0:28	13	9:21	9:21	29:49
9	125	Devin Geeser	11	M	8	2:00	1:50	1:15	7	16:50	17.8	0:26	14	9:24	9:24	29:53
10	128	Jack Butler	12	M	11	2:22	2:10	1:07	15	18:11	16.5	0:29	8	8:02	8:02	30:09
11	101	Noah Marik	12	M	13	2:24	2:12	1:43	11	17:37	17.0	0:24	9	8:06	8:06	30:12
12	108	Cristian Thompson	13	M	4	1:47	1:38	1:35	6	16:47	17.9	0:30	15	9:55	9:55	30:32
13	123	Callum Bikus	11	M	18	2:56	2:41	1:24	12	17:50	16.8	0:32	12	9:20	9:20	32:00
14	126	Jonathan Gouger	11	M	16	2:47	2:32	1:35	21	21:40	13.8	0:33	2	6:27	6:27	33:00
15	103	Tate Nech	12	M	17	2:49	2:35	1:40	16	18:58	15.8	0:36	11	9:01	9:01	33:02
16	135	Spencer Gregg	12	M	5	1:51	1:41	1:37	19	19:22	15.5	0:26	16	9:56	9:56	33:10
17	102	William Morris	12	M	9	2:13	2:02	1:51	20	20:03	15.0	0:32	18	10:15	10:15	34:52
18	100	Nicolas Greve	12	M	6	1:54	1:44	1:56	13	18:06	16.6	0:36	21	12:47	12:47	35:16
19	127	Brendon Halpenny	11	M	22	4:44	4:19	1:14	17	19:00	15.8	0:32	17	10:06	10:06	35:34
20	104	Rylee Sundermann	12	M	21	3:41	3:22	1:12	18	19:15	15.6	0:30	20	11:03	11:03	35:39
21	133	Matt Anderson	12	M	19	3:07	2:51	2:53	14	18:06	16.6	0:37	19	11:01	11:01	35:42
22	132	Brockton Miller	11	M	20	3:15	2:58	1:28	22	23:38	12.7	0:37	22	13:22	13:22	42:19

FEMALE RESULTS

TOT PLC	#	NAME	AGE	S	SWIM time	100 yds	TRAN time	BIKE time mph	TRAN time	RUN time	pace	TOTAL TIME				
1	116	Delaney Kottke	11	F	1	1:40	1:32	1:08	2	17:18	17.3	0:22	3	8:36	8:36	29:03
2	117	Cate Longo	11	F	2	1:46	1:37	1:16	3	18:43	16.0	0:27	7	10:21	10:21	32:31
3	110	Natalie Christiansen	14	F	6	2:34	2:21	1:36	1	16:33	18.1	0:27	10	12:08	12:08	33:16
4	113	Lauren Weis	12	F	5	2:19	2:07	2:01	4	20:27	14.7	0:34	2	8:25	8:25	33:45
5	111	Alexandra Swanson	12	F	7	2:38	2:24	1:45	6	20:51	14.4	0:31	4	8:59	8:59	34:42
6	136	Lydia Berry	13	F	8	2:39	2:25	1:44	5	20:50	14.4	0:30	5	9:28	9:28	35:09
7	112	Kerstin Swanson	12	F	9	2:39	2:26	1:45	8	21:46	13.8	0:34	6	9:40	9:40	36:22
8	120	Rayna Bartling	11	F	13	3:02	2:47	1:37	7	21:12	14.2	0:33	8	10:53	10:53	37:15
9	118	Lily Nelson	11	F	3	2:03	1:52	1:34	15	25:21	11.8	0:39	1	8:23	8:23	37:57
10	122	Anna Denman	11	F	4	2:15	2:04	1:12	14	24:15	12.4	0:34	9	11:01	11:01	39:15
11	121	Haley Beran	11	F	12	2:59	2:44	1:28	9	22:06	13.6	0:43	15	13:22	13:22	40:37
12	115	Abigail Konz	11	F	14	3:24	3:06	1:25	11	22:44	13.2	0:29	11	12:40	12:40	40:41
13	119	Suzanne Sharp	11	F	10	2:53	2:38	2:49	10	22:28	13.4	0:29	13	12:53	12:53	41:29
14	137	Dayna Berry	11	F	11	2:58	2:43	2:19	12	24:00	12.5	0:45	14	12:55	12:55	42:55
15	114	Payden Dyer	11	F	15	3:31	3:13	2:28	13	24:14	12.4	0:39	12	12:42	12:42	43:31

TOP 10 SWIM

NAME	AGE	S	time	yds
1 Tyler Bowen	11	M	1:37	1:29

2	Delaney Kottke	11 F	1:40	1:32
3	David Kawula	11 M	1:42	1:34
4	Jonathan Kawula	11 M	1:43	1:34
5	Cate Longo	11 F	1:46	1:37
6	Cristian Thompson	13 M	1:47	1:38
7	Spencer Gregg	12 M	1:51	1:41
8	Nicolas Greve	12 M	1:54	1:44
9	Austin Vavra	13 M	1:55	1:46
10	Devin Geeser	11 M	2:00	1:50

TOP 10 FIRST TRANSITION

NAME	AGE	S	time
1	Jack Butler	12 M	1:07
2	Garret Foley	12 M	1:07
3	Delaney Kottke	11 F	1:08
4	Rylee Sundermann	12 M	1:12
5	Anna Denman	11 F	1:12
6	Brendon Halpenny	11 M	1:14
7	Austin Vavra	13 M	1:15
8	Devin Geeser	11 M	1:15
9	Tyler Bowen	11 M	1:16
10	Cate Longo	11 F	1:16

TOP 10 BIKE

NAME	AGE	S	time	mph
1	Garret Foley	12 M	15:17	19.6
2	Austin Vavra	13 M	15:45	19.0
3	Justin Labadie	13 M	15:57	18.8
4	James Bodwell	13 M	16:00	18.8
5	Andrew Strahl	13 M	16:29	18.2
6	Natalie Christiansen	14 F	16:33	18.1
7	Cristian Thompson	13 M	16:47	17.9
8	Devin Geeser	11 M	16:50	17.8
9	David Kawula	11 M	16:53	17.8
10	Jonathan Kawula	11 M	17:02	17.6

TOP 10 SECOND TRANSITION

NAME	AGE	S	time
1	Delaney Kottke	11 F	0:22
2	James Bodwell	13 M	0:23
3	Noah Marik	12 M	0:24
4	Andrew Strahl	13 M	0:24
5	Devin Geeser	11 M	0:26
6	Spencer Gregg	12 M	0:26
7	Cate Longo	11 F	0:27
8	Natalie Christiansen	14 F	0:27
9	Tyler Bowen	11 M	0:28
10	Justin Labadie	13 M	0:29

TOP 10 RUN

NAME	AGE	S	time	pace
1	Garret Foley	12 M	5:34	5:34
2	Jonathan Gouger	11 M	6:27	6:27
3	David Kawula	11 M	7:29	7:29
4	Justin Labadie	13 M	7:33	7:33
5	Andrew Strahl	13 M	7:37	7:37
6	James Bodwell	13 M	7:41	7:41
7	Jonathan Kawula	11 M	7:42	7:42
8	Jack Butler	12 M	8:02	8:02
9	Noah Marik	12 M	8:06	8:06
10	Austin Vavra	13 M	8:22	8:22

FEMALE AGE GROUP RESULTS 11 - 12

NAME	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
			plc	time	time	plc	time	plc	time	time				
1	Delaney Kottke	11 F	1	1:40	1:32	1:08	1	17:18	17.3	0:22	3	8:36	8:36	29:03
2	Cate Longo	11 F	2	1:46	1:37	1:16	2	18:43	16.0	0:27	6	10:21	10:21	32:31
3	Lauren Weis	12 F	5	2:19	2:07	2:01	3	20:27	14.7	0:34	2	8:25	8:25	33:45
4	Alexandra Swanson	12 F	6	2:38	2:24	1:45	4	20:51	14.4	0:31	4	8:59	8:59	34:42
5	Kerstin Swanson	12 F	7	2:39	2:26	1:45	6	21:46	13.8	0:34	5	9:40	9:40	36:22
6	Rayna Bartling	11 F	11	3:02	2:47	1:37	5	21:12	14.2	0:33	7	10:53	10:53	37:15
7	Lily Nelson	11 F	3	2:03	1:52	1:34	13	25:21	11.8	0:39	1	8:23	8:23	37:57
8	Anna Denman	11 F	4	2:15	2:04	1:12	12	24:15	12.4	0:34	8	11:01	11:01	39:15
9	Haley Beran	11 F	10	2:59	2:44	1:28	7	22:06	13.6	0:43	13	13:22	13:22	40:37
10	Abigail Konz	11 F	12	3:24	3:06	1:25	9	22:44	13.2	0:29	9	12:40	12:40	40:41
11	Suzanne Sharp	11 F	8	2:53	2:38	2:49	8	22:28	13.4	0:29	11	12:53	12:53	41:29
12	Dayna Berry	11 F	9	2:58	2:43	2:19	10	24:00	12.5	0:45	12	12:55	12:55	42:55
13	Payden Dyer	11 F	13	3:31	3:13	2:28	11	24:14	12.4	0:39	10	12:42	12:42	43:31

MALE AGE GROUP RESULTS 11 - 12

NAME	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
			plc	time	time	plc	time	plc	time	time				
1	Garret Foley	12 M	10	2:38	2:25	1:07	1	15:17	19.6	0:34	1	5:34	5:34	25:08
2	David Kawula	11 M	2	1:42	1:34	2:05	3	16:53	17.8	0:32	3	7:29	7:29	28:40
3	Jonathan Kawula	11 M	3	1:43	1:34	1:45	4	17:02	17.6	0:35	4	7:42	7:42	28:45
4	Tyler Bowen	11 M	1	1:37	1:29	1:16	5	17:09	17.5	0:28	9	9:21	9:21	29:49
5	Devin Geeser	11 M	6	2:00	1:50	1:15	2	16:50	17.8	0:26	10	9:24	9:24	29:53

6	Jack Butler	12	M	8	2:22	2:10	1:07	10	18:11	16.5	0:29	5	8:02	8:02	30:09
7	Noah Marik	12	M	9	2:24	2:12	1:43	6	17:37	17.0	0:24	6	8:06	8:06	30:12
8	Callum Bikus	11	M	13	2:56	2:41	1:24	7	17:50	16.8	0:32	8	9:20	9:20	32:00
9	Jonathan Gouger	11	M	11	2:47	2:32	1:35	16	21:40	13.8	0:33	2	6:27	6:27	33:00
10	Tate Nech	12	M	12	2:49	2:35	1:40	11	18:58	15.8	0:36	7	9:01	9:01	33:02
11	Spencer Gregg	12	M	4	1:51	1:41	1:37	14	19:22	15.5	0:26	11	9:56	9:56	33:10
12	William Morris	12	M	7	2:13	2:02	1:51	15	20:03	15.0	0:32	13	10:15	10:15	34:52
13	Nicolas Greve	12	M	5	1:54	1:44	1:56	8	18:06	16.6	0:36	16	12:47	12:47	35:16
14	Brendon Halpenny	11	M	17	4:44	4:19	1:14	12	19:00	15.8	0:32	12	10:06	10:06	35:34
15	Rylee Sundermann	12	M	16	3:41	3:22	1:12	13	19:15	15.6	0:30	15	11:03	11:03	35:39
16	Matt Anderson	12	M	14	3:07	2:51	2:53	9	18:06	16.6	0:37	14	11:01	11:01	35:42
17	Brockton Miller	11	M	15	3:15	2:58	1:28	17	23:38	12.7	0:37	17	13:22	13:22	42:19

FEMALE AGE GROUP RESULTS 13 - 14

NAME	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Natalie Christiansen	14	F	1	2:34	2:21	1:36	1	16:33	18.1	0:27	2	12:08	12:08	33:16
2	Lydia Berry	13	F	2	2:39	2:25	1:44	2	20:50	14.4	0:30	1	9:28	9:28	35:09

MALE AGE GROUP RESULTS 13 - 14

NAME	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Austin Vavra	13	M	2	1:55	1:46	1:15	1	15:45	19.0	0:45	4	8:22	8:22	28:01
2	Andrew Strahl	13	M	4	2:23	2:10	1:19	4	16:29	18.2	0:24	2	7:37	7:37	28:10
3	James Bodwell	13	M	5	2:33	2:20	1:35	3	16:00	18.8	0:23	3	7:41	7:41	28:10
4	Justin Labadie	13	M	3	2:21	2:09	1:53	2	15:57	18.8	0:29	1	7:33	7:33	28:10
5	Cristian Thompson	13	M	1	1:47	1:38	1:35	5	16:47	17.9	0:30	5	9:55	9:55	30:32