

LIFETIME KIDS TRI-OVERLAND PARK, KS
LIFETIME FITNESS, OVERLAND PARK, KS, August 28, 2011

100 Meter Swim - 5 Mile Bike - 1 Mile Run

SENIOR DIVISION INDIVIDUAL RESULTS AGES 11 - 14

Place	Div/Tot	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/4	384	Shawn Alexander	13	M	Overland Park	KS	2	2:05	1:54	0:58	1	18:47	16.0	0:28	2	8:02	8:02	30:17
2	2/4	381	Jack Zink	13	M	Leawood	KS	1	1:56	1:46	1:36	2	20:06	14.9	0:21	1	7:56	7:56	31:53
3	1/16	369	Matt Jaeger	12	M	Olathe	KS	11	2:40	2:26	1:11	3	20:41	14.5	0:29	9	9:18	9:18	34:17
4	1/12	361	Carlie Yunger	12	F	Shawnee	KS	19	2:47	2:33	2:11	5	22:20	13.4	0:24	3	8:16	8:16	35:56
5	2/12	358	Paige Poolman	11	F	Overland Park	KS	17	2:46	2:32	1:04	10	23:36	12.7	0:28	8	9:08	9:08	36:59
6	3/12	353	Emily Benton	11	F	Paola	KS	6	2:33	2:20	1:10	7	22:58	13.1	0:24	17	10:12	10:12	37:15
7	2/16	360	Blake Smith	12	M	Belton	MO	26	3:32	3:14	1:43	8	23:02	13.0	0:30	5	8:34	8:34	37:19
8	4/12	371	Sierra Alley	12	F	Shawnee	KS	5	2:30	2:18	1:58	6	22:55	13.1	0:31	11	9:30	9:30	37:22
9	3/16	368	Dominic Legato	12	M	Overland Park	KS	14	2:43	2:29	1:56	14	24:07	12.4	0:28	4	8:32	8:32	37:44
10	5/12	375	Megan Gulley	12	F	Thayer	KS	28	3:38	3:19	0:52	9	23:11	12.9	0:23	14	9:58	9:58	38:00
11	4/16	346	Devon Shewell	11	M	St. Joseph	MO	20	2:50	2:35	1:37	12	23:46	12.6	0:23	13	9:47	9:47	38:20
12	3/4	385	Benjamin Downey	13	M	Louisburg	KS	23	3:14	2:57	1:38	16	24:22	12.3	0:33	10	9:22	9:22	39:07
13	5/16	380	Nathan Trigg	12	M	Paola	KS	9	2:39	2:25	1:57	19	25:06	12.0	0:30	7	9:04	9:04	39:15
14	6/16	374	Tyler Gray	12	M	Kansas City	MO	29	3:40	3:21	1:52	13	23:59	12.5	0:32	12	9:41	9:41	39:43
15	7/16	367	Isaac Heid	12	M	Paola`	KS	10	2:39	2:26	2:17	21	25:24	11.8	0:46	6	9:02	9:02	40:05
16	1/2	382	Chloe Schade	13	F	Lenexa	KS	21	2:59	2:44	1:34	18	24:50	12.1	0:27	18	10:35	10:35	40:24
17	8/16	370	Marko Tasic	12	M	Olathe	KS	7	2:33	2:20	0:56	4	21:47	13.8	0:33	32	14:41	14:41	40:28
18	6/12	378	Megan Hegarty	12	F	Leawood	KS	4	2:23	2:11	1:48	22	25:28	11.8	0:24	25	11:25	11:25	41:26
19	9/16	366	Nathan Wittrock	12	M	Warrensburg	MO	13	2:42	2:28	1:45	24	26:28	11.3	0:23	20	10:43	10:43	41:59
20	10/16	365	Paul Davis	12	M	Kansas City	MO	33	4:09	3:48	2:53	11	23:37	12.7	0:26	22	10:56	10:56	42:00
21	7/12	372	Amberly Langford	12	F	Smithville	MO	25	3:22	3:05	1:33	23	25:35	11.7	0:29	24	11:20	11:20	42:17
22	11/16	356	Peter Downey	11	M	Louisburg	KS	34	4:56	4:30	2:04	15	24:22	12.3	0:30	19	10:37	10:37	42:26
23	8/12	362	Elaina Bartlow	12	F	Shawnee	KS	8	2:34	2:21	1:46	26	27:29	10.9	0:32	21	10:48	10:48	43:06
24	12/16	354	Alex Miller	11	M	Overland Park	KS	31	3:53	3:33	1:27	25	27:19	11.0	0:34	15	9:59	9:59	43:10
25	13/16	377	Justin Rounbehler	12	M	Olathe	KS	27	3:37	3:19	2:08	20	25:11	11.9	0:32	28	12:08	12:08	43:35
26	14/16	348	Isiah Euler	11	M	Overland Park	KS	18	2:46	2:32	1:29	29	29:36	10.1	0:26	23	11:03	11:03	45:18
27	9/12	379	Maddie Sprenger	12	F	Shawnee	KS	3	2:22	2:10	1:30	27	27:41	10.8	1:01	29	13:24	13:24	45:54
28	2/2	386	Kayley Langford	14	F	Smithville	MO	30	3:51	3:31	2:08	28	28:03	10.7	0:28	26	11:52	11:52	46:20
29	4/4	347	Ford Eaton	13	M	Overland Park	KS	22	3:14	2:57	2:49	17	24:26	12.3	0:48	33	15:12	15:12	46:27
30	10/12	350	Haley Webb	11	F	Lenexa	KS	16	2:45	2:31	1:35	31	29:51	10.1	0:36	27	12:03	12:03	46:47
31	15/16	376	Hunter Parsons	12	M	Kansas City	MO	32	3:54	3:34	2:46	30	29:39	10.1	0:30	16	10:06	10:06	46:52
32	11/12	355	Sydney Custer	11	F	Paola	KS	12	2:40	2:26	1:14	33	31:15	9.6	0:38	31	14:19	14:19	50:03
33	16/16	349	Wyatt Keena	11	M	Olathe	KS	24	3:18	3:01	2:01	32	30:28	9.8	0:56	30	13:34	13:34	50:15
34	12/12	352	Aidan Oconnor	11	F	Leawood	KS	15	2:44	2:30	1:25	34	33:10	9.0	0:36	34	16:36	16:36	54:28

INDIVIDUAL MALE SENIOR DIVISION OVERALL RESULTS AGES 11 - 14

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	384	Shawn Alexander	13	Overland Park	KS	2	2:05	1:54	0:58	1	18:47	16.0	0:28	2	8:02	8:02	30:17
2	381	Jack Zink	13	Leawood	KS	1	1:56	1:46	1:36	2	20:06	14.9	0:21	1	7:56	7:56	31:53
3	369	Matt Jaeger	12	Olathe	KS	6	2:40	2:26	1:11	3	20:41	14.5	0:29	7	9:18	9:18	34:17
4	360	Blake Smith	12	Belton	MO	14	3:32	3:14	1:43	5	23:02	13.0	0:30	4	8:34	8:34	37:19
5	368	Dominic Legato	12	Overland Park	KS	8	2:43	2:29	1:56	9	24:07	12.4	0:28	3	8:32	8:32	37:44
6	346	Devon Shewell	11	St. Joseph	MO	10	2:50	2:35	1:37	7	23:46	12.6	0:23	10	9:47	9:47	38:20
7	385	Benjamin Downey	13	Louisburg	KS	12	3:14	2:57	1:38	11	24:22	12.3	0:33	8	9:22	9:22	39:07
8	380	Nathan Trigg	12	Paola	KS	4	2:39	2:25	1:57	13	25:06	12.0	0:30	6	9:04	9:04	39:15
9	374	Tyler Gray	12	Kansas City	MO	16	3:40	3:21	1:52	8	23:59	12.5	0:32	9	9:41	9:41	39:43
10	367	Isaac Heid	12	Paola`	KS	5	2:39	2:26	2:17	15	25:24	11.8	0:46	5	9:02	9:02	40:05
11	370	Marko Tasic	12	Olathe	KS	3	2:33	2:20	0:56	4	21:47	13.8	0:33	19	14:41	14:41	40:28
12	366	Nathan Wittrock	12	Warrensburg	MO	7	2:42	2:28	1:45	16	26:28	11.3	0:23	14	10:43	10:43	41:59
13	365	Paul Davis	12	Kansas City	MO	19	4:09	3:48	2:53	6	23:37	12.7	0:26	15	10:56	10:56	42:00
14	356	Peter Downey	11	Louisburg	KS	20	4:56	4:30	2:04	10	24:22	12.3	0:30	13	10:37	10:37	42:26
15	354	Alex Miller	11	Overland Park	KS	17	3:53	3:33	1:27	17	27:19	11.0	0:34	11	9:59	9:59	43:10
16	377	Justin Rounbehler	12	Olathe	KS	15	3:37	3:19	2:08	14	25:11	11.9	0:32	17	12:08	12:08	43:35
17	348	Isiah Euler	11	Overland Park	KS	9	2:46	2:32	1:29	18	29:36	10.1	0:26	16	11:03	11:03	45:18
18	347	Ford Eaton	13	Overland Park	KS	11	3:14	2:57	2:49	12	24:26	12.3	0:48	20	15:12	15:12	46:27
19	376	Hunter Parsons	12	Kansas City	MO	18	3:54	3:34	2:46	19	29:39	10.1	0:30	12	10:06	10:06	46:52
20	349	Wyatt Keena	11	Olathe	KS	13	3:18	3:01	2:01	20	30:28	9.8	0:56	18	13:34	13:34	50:15

INDIVIDUAL FEMALE SENIOR DIVISION OVERALL RESULTS AGES 11 - 14

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	361	Carlie Yunger	12	Shawnee	KS	10	2:47	2:33	2:11	1	22:20	13.4	0:24	1	8:16	8:16	35:56
2	358	Paige Poolman	11	Overland Park	KS	9	2:46	2:32	1:04	5	23:36	12.7	0:28	2	9:08	9:08	36:59
3	353	Emily Benton	11	Paola	KS	4	2:33	2:20	1:10	3	22:58	13.1	0:24	5	10:12	10:12	37:15
4	371	Sierra Alley	12	Shawnee	KS	3	2:30	2:18	1:58	2	22:55	13.1	0:31	3	9:30	9:30	37:22
5	375	Megan Gulley	12	Thayer	KS	13	3:38	3:19	0:52	4	23:11	12.9	0:23	4	9:58	9:58	38:00
6	382	Chloe Schade	13	Lenexa	KS	11	2:59	2:44	1:34	6	24:50	12.1	0:27	6	10:35	10:35	40:24
7	378	Megan Hegarty	12	Leawood	KS	2	2:23	2:11	1:48	7	25:28	11.8	0:24	9	11:25	11:25	41:26
8	372	Amberly Langford	12	Smithville	MO	12	3:22	3:05	1:33	8	25:35	11.7	0:29	8	11:20	11:20	42:17
9	362	Elaina Bartlow	12	Shawnee	KS	5	2:34	2:21	1:46	9	27:29	10.9	0:32	7	10:48	10:48	43:06
10	379	Maddie Sprenger	12	Shawnee	KS	1	2:22	2:10	1:30	10	27:41	10.8	1:01	12	13:24	13:24	45:54
11	386	Kayley Langford	14	Smithville	MO	14	3:51	3:31	2:08	11	28:03	10.7	0:28	10	11:52	11:52	46:20
12	350	Haley Webb	11	Lenexa	KS	8	2:45	2:31	1:35	12	29:51	10.1	0:36	11	12:03	12:03	46:47
13	355	Sydney Custer	11	Paola	KS	6	2:40	2:26	1:14	13	31:15	9.6	0:38	13	14:19	14:19	50:03
14	352	Aidan Oconnor	11	Leawood	KS	7	2:44	2:30	1:25	14	33:10	9.0	0:36	14	16:36	16:36	54:28

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Jack Zink	Leawood	KS	13	M	1:56	1:46
2	Shawn Alexander	Overland Park	KS	13	M	2:05	1:54
3	Maddie Sprenger	Shawnee	KS	12	F	2:22	2:10
4	Megan Hegarty	Leawood	KS	12	F	2:23	2:11
5	Sierra Alley	Shawnee	KS	12	F	2:30	2:18
6	Emily Benton	Paola	KS	11	F	2:33	2:20
7	Marko Tasic	Olathe	KS	12	M	2:33	2:20
8	Elaina Bartlow	Shawnee	KS	12	F	2:34	2:21
9	Nathan Trigg	Paola	KS	12	M	2:39	2:25
10	Isaac Heid	Paola`	KS	12	M	2:39	2:26

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Shawn Alexander	Overland Park	KS	13	M	00:18:47	16.0
2	Jack Zink	Leawood	KS	13	M	00:20:06	14.9
3	Matt Jaeger	Olathe	KS	12	M	00:20:41	14.5
4	Marko Tasic	Olathe	KS	12	M	00:21:47	13.8
5	Carlie Yunger	Shawnee	KS	12	F	00:22:20	13.4
6	Sierra Alley	Shawnee	KS	12	F	00:22:55	13.1
7	Emily Benton	Paola	KS	11	F	00:22:58	13.1
8	Blake Smith	Belton	MO	12	M	00:23:02	13.0
9	Megan Gulley	Thayer	KS	12	F	00:23:11	12.9
10	Paige Poolman	Overland Park	KS	11	F	00:23:36	12.7

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Jack Zink	Leawood	KS	13	M	7:56	7:56
2	Shawn Alexander	Overland Park	KS	13	M	8:02	8:02
3	Carlie Yunger	Shawnee	KS	12	F	8:16	8:16
4	Dominic Legato	Overland Park	KS	12	M	8:32	8:32
5	Blake Smith	Belton	MO	12	M	8:34	8:34
6	Isaac Heid	Paola`	KS	12	M	9:02	9:02
7	Nathan Trigg	Paola	KS	12	M	9:04	9:04
8	Paige Poolman	Overland Park	KS	11	F	9:08	9:08
9	Matt Jaeger	Olathe	KS	12	M	9:18	9:18
10	Benjamin Downey	Louisburg	KS	13	M	9:22	9:22

FEMALE AGE GROUP RESULTS 11 - 12

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	361	Carlie Yunger	12	F	Shawnee	KS	10	2:47	2:33	2:11	1	22:20	13.4	0:24	1	8:16	8:16	35:56
2	358	Paige Poolman	11	F	Overland Park	KS	9	2:46	2:32	1:04	5	23:36	12.7	0:28	2	9:08	9:08	36:59
3	353	Emily Benton	11	F	Paola	KS	4	2:33	2:20	1:10	3	22:58	13.1	0:24	5	10:12	10:12	37:15
4	371	Sierra Alley	12	F	Shawnee	KS	3	2:30	2:18	1:58	2	22:55	13.1	0:31	3	9:30	9:30	37:22
5	375	Megan Gulley	12	F	Thayer	KS	12	3:38	3:19	0:52	4	23:11	12.9	0:23	4	9:58	9:58	38:00
6	378	Megan Hegarty	12	F	Leawood	KS	2	2:23	2:11	1:48	6	25:28	11.8	0:24	8	11:25	11:25	41:26
7	372	Amberly Langford	12	F	Smithville	MO	11	3:22	3:05	1:33	7	25:35	11.7	0:29	7	11:20	11:20	42:17
8	362	Elaina Bartlow	12	F	Shawnee	KS	5	2:34	2:21	1:46	8	27:29	10.9	0:32	6	10:48	10:48	43:06
9	379	Maddie Sprenger	12	F	Shawnee	KS	1	2:22	2:10	1:30	9	27:41	10.8	1:01	10	13:24	13:24	45:54
10	350	Haley Webb	11	F	Lenexa	KS	8	2:45	2:31	1:35	10	29:51	10.1	0:36	9	12:03	12:03	46:47
11	355	Sydney Custer	11	F	Paola	KS	6	2:40	2:26	1:14	11	31:15	9.6	0:38	11	14:19	14:19	50:03
12	352	Aidan Oconnor	11	F	Leawood	KS	7	2:44	2:30	1:25	12	33:10	9.0	0:36	12	16:36	16:36	54:28

FEMALE AGE GROUP RESULTS 13 - 14

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	382	Chloe Schade	13	F	Lenexa	KS	1	2:59	2:44	1:34	1	24:50	12.1	0:27	1	10:35	10:35	40:24
2	386	Kayley Langford	14	F	Smithville	MO	2	3:51	3:31	2:08	2	28:03	10.7	0:28	2	11:52	11:52	46:20

MALE AGE GROUP RESULTS 11 - 12

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	369	Matt Jaeger	12	M	Olathe	KS	4	2:40	2:26	1:11	1	20:41	14.5	0:29	5	9:18	9:18	34:17
2	360	Blake Smith	12	M	Belton	MO	10	3:32	3:14	1:43	3	23:02	13.0	0:30	2	8:34	8:34	37:19
3	368	Dominic Legato	12	M	Overland Park	KS	6	2:43	2:29	1:56	7	24:07	12.4	0:28	1	8:32	8:32	37:44
4	346	Devon Shewell	11	M	St. Joseph	MO	8	2:50	2:35	1:37	5	23:46	12.6	0:23	7	9:47	9:47	38:20
5	380	Nathan Trigg	12	M	Paola	KS	2	2:39	2:25	1:57	9	25:06	12.0	0:30	4	9:04	9:04	39:15
6	374	Tyler Gray	12	M	Kansas City	MO	12	3:40	3:21	1:52	6	23:59	12.5	0:32	6	9:41	9:41	39:43
7	367	Isaac Heid	12	M	Paola`	KS	3	2:39	2:26	2:17	11	25:24	11.8	0:46	3	9:02	9:02	40:05
8	370	Marko Tasic	12	M	Olathe	KS	1	2:33	2:20	0:56	2	21:47	13.8	0:33	16	14:41	14:41	40:28
9	366	Nathan Wittrock	12	M	Warrensburg	MO	5	2:42	2:28	1:45	12	26:28	11.3	0:23	11	10:43	10:43	41:59
10	365	Paul Davis	12	M	Kansas City	MO	15	4:09	3:48	2:53	4	23:37	12.7	0:26	12	10:56	10:56	42:00
11	356	Peter Downey	11	M	Louisburg	KS	16	4:56	4:30	2:04	8	24:22	12.3	0:30	10	10:37	10:37	42:26
12	354	Alex Miller	11	M	Overland Park	KS	13	3:53	3:33	1:27	13	27:19	11.0	0:34	8	9:59	9:59	43:10
13	377	Justin Rounbehler	12	M	Olathe	KS	11	3:37	3:19	2:08	10	25:11	11.9	0:32	14	12:08	12:08	43:35
14	348	Isiah Euler	11	M	Overland Park	KS	7	2:46	2:32	1:29	14	29:36	10.1	0:26	13	11:03	11:03	45:18
15	376	Hunter Parsons	12	M	Kansas City	MO	14	3:54	3:34	2:46	15	29:39	10.1	0:30	9	10:06	10:06	46:52
16	349	Wyatt Keena	11	M	Olathe	KS	9	3:18	3:01	2:01	16	30:28	9.8	0:56	15	13:34	13:34	50:15

MALE AGE GROUP RESULTS 13 - 14

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	384	Shawn Alexander	13	M	Overland Park	KS	2	2:05	1:54	0:58	1	18:47	16.0	0:28	2	8:02	8:02	30:17
2	381	Jack Zink	13	M	Leawood	KS	1	1:56	1:46	1:36	2	20:06	14.9	0:21	1	7:56	7:56	31:53
3	385	Benjamin Downey	13	M	Louisburg	KS	4	3:14	2:57	1:38	3	24:22	12.3	0:33	3	9:22	9:22	39:07
4	347	Ford Eaton	13	M	Overland Park	KS	3	3:14	2:57	2:49	4	24:26	12.3	0:48	4	15:12	15:12	46:27