



Event: U of Okoboji Marathon, Triathlon, Half
Race: Marathon & 10K
Date: Triathlon
 Sat, July 20, 2019

Total Runners: 141
Females: 51
Males: 90

Place	Name	City	State	Age	Bib	Sex	SWIM+	T1	BIKE	T2	RUN	Pace	Time
1	Marquardt, Ethan	Huron	SD	28	254	M	14:14/3	0:41/2	49:04/4	0:41/5	28:47/1	1:33:24.77	
2	Swart, Brent	Spencer	IA	40	373	M	17:06/21	1:25/22	47:12/3	0:46/7	30:00/4	1:36:26.00	
3	Mueting, Nathan	Minneapolis	MN	31	274	M	14:04/2	1:21/16	52:08/12	0:41/4	29:38/3	1:37:49.74	
4	Weber, Jon	Sioux Falls	SD	49	360	M	16:51/18	1:12/12	44:19/2	1:21/71	38:10/56	1:41:50.27	
5	Scieszinski, Tara	Albia	IA	31	333	F	15:29/7	1:13/13	55:01/26	0:48/8	30:35/7	1:43:02.50	
6	Dolan, Tim	Omaha	NE	48	337	M	17:35/26	1:24/20	52:41/16	2:05/118	30:09/5	1:43:51.49	
7	Tennapel, Katrina	Sioux Center	IA	39	334	F	15:36/8	1:05/7	55:15/29	1:01/30	32:15/13	1:45:10.03	
8	Coddington, Bill	Urbandale	IA	42	363	M	21:08/67	2:02/47	51:23/7	1:05/38	30:40/8	1:46:14.77	
9	Williams, Brian	Sioux Falls	SD	57	371	M	16:22/14	1:29/23	49:49/6	0:48/10	38:14/57	1:46:39.73	
10	Mueting, Andrew	Spirit Lake	IA	36	283	M	16:03/12	1:35/27	52:49/18	1:04/34	35:20/32	1:46:47.68	
11	Thaden, Christopher	Victoria	MN	36	286	M	20:43/63	1:47/38	51:45/8	1:11/48	32:12/12	1:47:34.98	
12	Peetz, Chris	Menlo Park	CA	40	374	M	18:08/34	2:41/81	51:50/10	1:59/113	33:06/16	1:47:41.37	
13	Carlson, Mark	Hudson	WI	48	351	M	16:44/17	2:04/50	54:30/23	1:12/51	33:35/20	1:48:03.21	
14	Ries, Sofia	Tacoma	WA	20	316	F	17:35/25	1:23/19	55:03/27	1:30/86	33:41/21	1:49:09.64	
15	Sacket, Barry The Great	Okoboji	IA	50	383	M	23:04/98	1:12/11	51:50/11	1:58/111	31:47/11	1:49:47.98	
16	Beck, Brad	Spirit Lake	IA	41	361	M	17:26/23	1:19/15	51:50/9	0:55/20	38:23/59	1:49:49.10	
17	Novotny, Nick	West Des Moines	IA	38	276	M	19:59/52	0:48/4	49:24/5	1:04/36	39:58/73	1:51:10.82	
18	Vande Vegte, Carter	Sioux Center	IA	17	271	M	14:53/5	1:01/6	57:13/44	1:02/32	37:09/48	1:51:16.16	
19	Peetz, Christine	Menlo Park	CA	39	335	F	17:15/22	3:09/108	56:46/39	1:27/81	33:07/17	1:51:41.90	
20	Cook, Aaron	Clive	IA	48	364	M	15:12/6	2:03/49	52:35/14	1:48/101	40:32/79	1:52:08.33	
21	Hungerford, Duke	Spirit Lake	IA	51	338	M	18:27/35	1:43/35	54:36/24	1:04/35	36:35/42	1:52:22.27	
22	Hoak, Owen	Sioux City	IA	16	258	M	14:00/1	1:09/8	1:01:00/70	0:48/9	35:50/35	1:52:43.92	
23	Crawford, Scott	Clive	IA	40	341	M	18:44/38	1:41/33	57:04/43	1:56/108	33:25/19	1:52:48.14	
24	Harms, Sam	Spirit Lake	IA	23	298	M	19:13/41	2:57/97	53:14/19	1:22/73	36:10/39	1:52:53.16	
25	Ose, Michael	Blairsburg	IA	40	359	M	22:35/91	1:38/29	56:52/40	1:19/65	31:08/10	1:53:28.52	
26	Engebretsen, Ian	Omaha	NE	31	265	M	19:29/45	3:30/115	56:40/38	1:05/40	32:52/15	1:53:35.21	
27	Steenhagen, Charlie	Ames	IA	24	241	M	20:52/64	1:22/18	55:00/25	0:44/6	35:52/36	1:53:46.78	
28	Noel, Andrew	Milford	IA	25	278	M	17:39/28	1:50/40	1:00:19/65	0:50/13	33:21/18	1:53:56.38	
29	Devries, Matthew	Omaha	NE	42	344	M	16:58/19	1:37/28	52:47/17	1:15/59	41:23/85	1:53:57.84	
30	Maass, Alex	Clive	IA	30	273	M	21:05/65	0:45/3	52:36/15	0:55/22	38:53/63	1:54:11.59	
31	Root, Tim	Centennial	CO	56	355	M	18:06/33	2:32/73	55:58/34	1:41/97	36:24/41	1:54:38.10	
32	McCurdy, Andrew	Omaha	NE	27	266	M	19:00/40	2:59/102	55:32/30	2:02/115	35:23/33	1:54:53.24	
33	Wells, Mike	LeMars	IA	60	339	M	19:29/46	0:59/5	54:28/22	1:00/28	39:00/64	1:54:54.24	
34	Shors, Thomas	MALDEN	MA	49	370	M	20:16/59	1:38/30	56:35/37	1:35/90	35:04/27	1:55:05.35	
35	Skopec, Gabby	Coralville	IA	20	318	F	20:42/62	2:24/69	1:01:43/79	1:50/103	28:55/2	1:55:31.61	
36	Irwin, Andy	Lake Park	IA	41	352	M	20:11/55	1:12/10	55:06/28	1:37/93	38:06/54	1:56:09.92	
37	Johnson, Sara	Spencer	IA	39	330	F	16:38/16	2:06/53	1:01:04/72	0:40/3	36:19/40	1:56:44.71	
38	Sugrue, Jo	Sioux Falls	SD	48	384	F	19:21/43	1:38/31	1:00:49/68	1:06/42	35:01/26	1:57:52.62	
39	Amundson, Paul	Sioux Falls	SD	57	354	M	15:45/9	2:08/55	58:40/47	2:13/121	39:33/71	1:58:16.53	
40	Hughes, William (Trey)	Council Bluffs	IA	39	290	M	18:36/37	2:43/85	1:00:28/66	1:52/104	34:42/24	1:58:18.79	
41	Fini, Lyle	West Des moines	IA	20	285	M	18:36/36	2:41/79	59:13/56	0:55/23	37:02/47	1:58:24.28	
42	Raffelson, Lyndsey	Austin	MN	36	304	F	22:00/79	1:41/32	58:42/48	0:59/27	35:09/29	1:58:28.60	
43	Reisdorph, Jt	Cedar Falls	IA	41	366	M	17:34/24	1:17/14	56:01/35	0:57/26	42:50/93	1:58:37.03	
44	Gust, Jeff	Okoboji	IA	56	353	M	22:01/80	1:53/43	56:53/41	1:21/72	36:45/44	1:58:50.00	
45	Seversen, Mara	SPencer	IA	36	332	F	19:47/50	2:10/58	1:01:18/75	0:55/24	35:07/28	1:59:14.60	
46	Richter, Paula	Milford	IA	66	239	F	21:57/78	2:22/68	54:06/21	1:45/98	39:15/67	1:59:22.62	
47	Berry, Shane	Omaha	NE	42	336	M	23:21/104	1:56/46	55:48/32	2:19/124	36:10/38	1:59:31.63	
48	Albright, Ethan	Milford	IA	18	293	M	23:19/103	2:36/76	1:02:35/85	1:12/54	30:14/6	1:59:53.72	
49	Rose, Cody	Nicollet	MN	29	255	M	19:36/48	2:18/65	55:35/31	1:52/106	40:37/83	1:59:55.36	
50	Luther, Kathleen	New York	NY	27	306	F	18:46/39	2:48/90	59:53/61	0:50/14	37:43/51	1:59:59.24	
51	Andersen, James	Omaha	NE	29	267	M	22:01/81	2:41/80	53:25/20	1:56/107	40:03/75	2:00:03.27	
52	Feenstra, Randy	Hull	IA	50	367	M	22:10/85	2:34/75	59:09/54	0:37/2	35:37/34	2:00:04.66	
53	Pritchard, Koby	Boone	IA	29	264	M	22:29/88	2:40/78	56:01/36	2:47/135	36:42/43	2:00:37.05	
54	Heineman, Jeffrey	Omaha	NE	60	356	M	17:04/20	1:22/17	57:03/42	1:27/79	44:44/107	2:01:37.37	

55	Brown, Abby	Menands	NY	24	324	F	14:33/4	2:13/59	1:08:52/121	1:17/62	35:15/31	2:02:07.08
56	Lindberg, Ryan	omaha	NE	38	259	M	23:10/101	1:42/34	1:00:42/67	1:57/110	34:48/25	2:02:15.92
57	Vander Ploeg, Lyle	Brooklyn Center	MN	28	262	M	16:00/10	0:33/1	1:01:04/73	1:06/41	43:49/99	2:02:29.22
58	Viet, Adam	Grimes	IA	35	251	M	20:15/58	4:24/132	59:27/57	2:00/114	36:48/45	2:02:49.99
59	Carlson, Pam	Hudson	WI	46	389	F	21:40/72	2:32/74	59:30/58	1:36/91	37:40/50	2:02:54.98
60	Feenstra, Erika	Hull	IA	20	328	F	19:16/42	2:07/54	1:02:19/82	0:52/17	38:33/62	2:03:04.23
61	Lyon, Dave	Schofield	WI	57	240	M	16:07/13	1:51/41	1:13:22/131	1:22/74	30:56/9	2:03:35.23
62	Taylor, Tony	Blaine	MN	57	358	M	23:07/99	2:22/67	57:28/45	1:21/69	39:32/70	2:03:46.66
63	Hendrickson, Luke	St Louis Park	MN	30	257	M	20:09/54	1:47/39	1:01:02/71	1:11/50	39:41/72	2:03:49.18
64	Shuman, Jill	Chicago	IL	41	379	F	22:30/89	1:31/24	55:50/33	1:04/33	43:23/96	2:04:15.57
65	Ellis, Christine	Sioux Falls	SD	47	378	F	22:56/96	1:32/25	59:38/59	1:01/29	39:14/65	2:04:17.55
66	Gjerde, Jeff	SPIRIT LAKE	IA	48	362	M	21:51/76	1:56/44	1:00:50/69	1:27/83	38:24/60	2:04:26.33
67	Brecher, Jaime	Milford	IA	40	392	F	19:28/44	1:24/21	59:11/55	1:47/99	42:57/94	2:04:44.27
68	Amesquita, Kevin	Milford	IA	36	297	M	26:40/130	2:58/100	58:48/49	0:36/1	36:09/37	2:05:09.16
69	Vander Ploeg, Mark	Maple Grove	MN	55	350	M	19:47/51	2:31/72	57:43/46	1:30/85	43:47/98	2:05:15.90
70	Quinlan, Benjamin	OMAHA	NE	17	287	M	17:45/31	3:43/119	1:04:57/96	1:10/45	37:54/52	2:05:26.72
71	Timmerman, David	Earlham	IA	43	345	M	23:02/97	4:12/128	1:01:41/78	1:27/82	35:13/30	2:05:32.93
72	Johnson, Pete	Omaha	NE	33	294	M	17:40/29	4:27/133	58:59/52	2:19/125	42:42/92	2:06:04.85
73	Steffens, Kyle	Atlantic	IA	29	277	M	24:33/113	3:10/110	59:48/60	1:25/77	37:29/49	2:06:23.02
74	Johnson, Anne	Glenwood	MD	58	390	F	21:07/66	1:12/9	1:03:30/89	0:51/15	40:03/74	2:06:40.70
75	Vick, Chris	Loveland	CO	45	394	F	22:08/84	2:02/48	1:01:14/74	1:12/55	40:33/80	2:07:07.59
76	Shors, Allison	Lafayette	CO	48	375	F	23:42/108	3:43/118	1:03:53/91	1:27/80	34:35/23	2:07:17.34
77	Gallus, Ryan	Lincoln	NE	24	247	M	20:14/57	7:09/145	1:02:30/84	1:14/58	36:50/46	2:07:54.28
78	Peterson, Maddie	DE WITT	IA	18	320	F	21:14/69	1:56/45	1:02:20/83	0:55/21	41:48/87	2:08:10.48
79	Campbell, Scott	Leawood	KS	34	249	M	19:32/47	3:42/116	1:07:48/114	0:49/11	38:07/55	2:09:54.71
80	Nolin, Brandon	Spencer	IA	17	292	M	26:15/127	2:46/87	52:17/13	1:12/52	47:28/119	2:09:55.24
81	Viet, Corey	Grimes	IA	32	245	M	21:49/75	3:50/122	1:03:54/92	1:08/44	39:23/68	2:10:02.23
82	Hoak, Eric	Sioux City	IA	44	343	M	16:02/11	1:43/36	1:04:56/95	1:10/47	46:23/116	2:10:12.24
83	Benit, Susan	Arnolds Park	IA	63	398	F	20:39/61	2:09/56	58:56/51	1:20/67	47:19/118	2:10:21.24
84	Snyder, Tom	Sanborn	IA	65	368	M	23:11/102	2:44/86	58:55/50	0:50/12	45:03/112	2:10:40.87
85	Hiemstra, Gregory	Lake Park	IA	29	296	M	21:14/68	2:16/63	1:04:58/98	0:53/18	41:52/89	2:11:10.73
86	Ries, Gerald	Tacoma	WA	57	348	M	22:42/94	4:00/124	1:05:40/99	1:07/43	38:01/53	2:11:27.30
87	Brown, Megan	Parkville	MO	39	317	F	28:03/135	2:43/84	1:05:40/100	2:39/133	32:29/14	2:11:31.13
88	Engholm, Jon	Mendota Heights	MN	28	256	M	25:17/122	2:29/70	1:03:09/87	1:48/100	39:15/66	2:11:54.63
89	Albright, Olivia	Milford	IA	21	329	F	24:58/117	2:37/77	59:03/53	1:20/68	44:20/103	2:12:15.06
90	Christians, Anna	Sioux Center	IA	21	321	F	22:42/93	2:06/51	1:06:21/108	1:25/76	40:36/82	2:13:06.64
91	Johnson, Rachel	Omaha	NE	39	301	F	21:29/71	1:51/42	1:06:12/106	1:13/56	42:31/91	2:13:13.39
92	Duncan, Austin	Des Moines	IA	33	275	M	28:21/137	2:49/91	1:02:07/80	2:03/116	38:24/61	2:13:43.06
93	Timmerman, Geneva	Earlham	IA	14	311	F	24:19/111	2:14/60	1:12:38/130	1:04/37	34:22/22	2:14:35.16
94	Johnson, Kyle	Fort Calhoun	NE	34	244	M	20:17/60	2:47/88	1:08:48/119	2:44/134	40:10/78	2:14:43.82
95	Rausch, Michele	North Sioux City	SD	52	391	F	21:28/70	3:09/107	1:03:49/90	1:22/75	45:00/110	2:14:46.04
96	Wilkerson, Barbara	Spencer	IA	59	388	F	22:05/83	2:30/71	1:09:42/125	1:16/61	40:03/76	2:15:33.36
97	Hoeger, Kevin	Burnsville	MN	30	261	M	24:46/114	4:34/135	1:06:42/111	1:26/78	38:22/58	2:15:47.19
98	Kelly, Jaclyn	Sioux City	IA	40	399	F	27:36/134	2:51/93	59:56/62	1:49/102	43:53/100	2:16:02.08
99	Friedrich, Melissa	Mount Ayr	IA	39	313	F	22:40/92	2:51/92	1:06:16/107	1:40/96	43:17/95	2:16:42.99
100	Dodge, Stephen	Fairmont	MN	36	248	M	26:12/125	2:17/64	59:58/63	1:58/112	46:55/117	2:17:18.60
101	Gonzalez, Diego	West Des Moines	IA	35	243	M	23:08/100	4:10/126	1:07:24/112	3:37/139	39:27/69	2:17:44.20
102	Meyers, Michael	Spirit Lake	IA	30	272	M	29:06/139	2:09/57	1:04:58/97	1:36/92	40:08/77	2:17:54.08
103	Trautman, Jamin	Spirit Lake	IA	39	331	F	22:34/90	2:18/66	1:08:51/120	1:10/46	43:54/101	2:18:43.74
104	Strait, Pat	Sioux City	IA	22	280	M	26:50/131	2:52/94	1:04:35/94	0:52/16	43:41/97	2:18:48.06
105	Maves, Mikayla	Des Moines	IA	24	310	F	24:59/118	2:06/52	1:05:44/101	1:31/88	44:41/106	2:18:58.19
106	Otis, Chris	Madrid	IA	34	269	M	17:47/32	12:52/147	1:00:11/64	4:23/142	44:02/102	2:19:12.46
107	Stocker, Myreon	Grimes	IA	38	260	M	27:07/132	3:01/103	1:06:04/105	1:14/57	42:13/90	2:19:35.99
108	Pruitt, Alex	Minneapolis	MN	33	279	M	26:20/128	4:21/130	1:02:17/81	2:16/122	44:45/108	2:19:55.83
109	Yost, James	Spirit Lake	IA	39	288	M	24:58/116	5:00/137	1:09:26/122	1:18/64	40:35/81	2:21:14.28
110	Shors, Luke	Minneapolis	MN	43	372	M	24:59/119	4:38/136	0:16/1	70:05/144	41:27/86	2:21:22.17
111	Kohlhaas, Allison	Clive	IA	36	327	F	24:05/110	3:10/109	1:06:27/110	2:09/119	45:34/115	2:21:22.50
112	Grupp, Teri	Spirit Lake	IA	59	387	F	22:24/86	2:47/89	1:10:44/126	1:11/49	44:34/104	2:21:36.69
113	Harfst, Kent	Webster City	IA	57	369	M	22:24/87	3:45/120	1:01:35/77	3:45/140	50:57/129	2:22:24.03

114	Auen, Liz	Carroll	IA	25	307 F	17:36/27	4:27/134	1:08:40/118	2:04/117	49:57/124	2:22:42.46
115	Potthoff, Kerri	Des Moines	IA	25	323 F	25:19/123	5:39/143	1:09:37/123	1:15/60	40:56/84	2:22:42.59
116	Fleckenstein, Jacob	Ankeny	IA	31	246 M	24:55/115	6:25/144	1:05:51/103	2:30/129	44:38/105	2:24:15.77
117	Strait, Steve	Sioux city	IA	36	242 M	20:06/53	3:02/105	1:02:47/86	4:45/143	53:48/133	2:24:26.61
118	Bossard, Amy	Ankeny	IA	36	302 F	26:34/129	3:14/113	1:08:28/117	2:27/126	45:04/113	2:25:43.59
119	Krile, Maggie	Key West	FL	21	322 F	23:37/106	2:43/83	1:09:40/124	1:12/53	49:58/125	2:27:07.20
120	Bohlmann, Michael	Denver	IA	18	263 M	25:16/120	3:42/117	1:08:02/115	1:52/105	48:42/122	2:27:31.46
121	Hoak, Chris	sioux city	IA	42	365 M	16:30/15	3:02/104	1:15:32/134	2:33/131	50:16/127	2:27:50.03
122	Koch, Tom	Spearfish	SD	56	357 M	27:24/133	2:57/98	1:05:48/102	1:34/89	50:09/126	2:27:50.16
123	Cox, Brady	Pella	IA	21	281 M	24:20/112	3:12/112	1:11:30/129	1:01/31	49:53/123	2:29:54.07
124	Clark, Teal	Jonesboro	AR	51	386 F	22:55/95	4:11/127	1:07:25/113	3:49/141	53:11/132	2:31:28.71
125	Christensen, Marcus	Des Moines	IA	26	291 M	28:19/136	5:36/142	1:06:24/109	3:10/137	48:39/121	2:32:06.06
126	Benton, Spencer	Van Meter	IA	23	284 M	41:23/146	2:57/96	1:01:30/76	1:30/87	44:51/109	2:32:09.20
127	Hildahl, Sam	Sioux city	IA	19	289 M	21:51/77	3:46/121	1:13:44/132	2:30/128	50:28/128	2:32:16.69
128	Cullison, Andrew	Paullina	IA	22	282 M	26:14/126	2:58/99	1:11:06/128	1:21/70	52:36/130	2:34:12.11
129	Noel, Beth	Dakota Dunes	SD	61	395 F	25:19/124	2:42/82	1:10:53/127	2:32/130	52:57/131	2:34:19.62
130	Wells, Lisa	Bettendorf	IA	62	393 F	31:21/142	2:14/61	1:03:15/88	1:57/109	57:21/136	2:36:05.41
131	Cox, Michala	West Branch	IA	21	319 F	45:39/147	1:35/26	1:04:11/93	1:18/63	45:02/111	2:37:41.99
132	Gilchrist, Ellie	Evergreen	CO	19	308 F	21:48/73	5:12/139	1:21:38/142	1:19/66	47:56/120	2:37:50.23
133	Madsen, Jessica	Lincoln	NE	42	380 F	29:14/140	4:23/131	1:08:28/116	3:30/138	53:51/134	2:39:22.99
134	Vick, Adison	Loveland	CO	16	326 F	29:05/138	3:12/111	1:16:39/136	1:05/39	54:37/135	2:44:35.16
135	Will, Sarah	Spirit Lake	IA	37	314 F	22:02/82	4:00/125	1:14:02/133	1:39/94	63:31/138	2:45:11.23
136	Stienike, Elizabeth	Elkhorn	NE	19	309 F	21:48/74	5:11/138	1:34:16/144	0:55/25	45:08/114	2:47:15.87
137	Rosendahl, Lindsey	Denver	CO	44	381 F	23:38/107	2:54/95	1:38:13/145	1:39/95	41:51/88	2:48:11.82
138	Martin, Molly	Lincoln	NE	23	303 F	20:13/56	5:20/141	1:19:48/139	2:11/120	64:57/139	2:52:26.66
139	Will, Jennifer	Spirit Lake	IA	40	385 F	25:16/121	2:58/101	1:17:54/137	1:28/84	76:37/140	3:04:10.52
140	McCarty, Daniel	Alton	IA	61	349 M	40:19/145	7:25/146	1:15:40/135	2:50/136	61:06/137	3:07:17.83
141	Petersen, Andrew	Ankeny	IA	39	270 M						4:49:20.53
9999999	Fike, Evan	Spencer	IA	29	252 M	17:41/30	1:46/37				
9999999	Schaffer, Zach	Fort Collins	CO	24	268 M	19:42/49	3:59/123	1:17:55/138	0:54/19		
9999999	Schaffer, Steven	Sloan	IA	25	295 M	23:25/105	4:16/129	1:20:19/140	2:36/132		
9999999	Cutler, Carlee	Altoona	IA	23	315 F	39:30/144	3:04/106	1:43:55/146			
9999999	Harms, Phillip	CRETE	NE	53	346 M	24:01/109	3:23/114	1:06:02/104	2:28/127		
9999999	Bohac, Kris	Waverly	NE	59	396 F	31:05/141	2:15/62	1:21:32/141	2:18/123		
9999999	Stewart, Brenda	Muscatine	IA	40	397 F	31:23/143	5:17/140	1:34:05/143			