

James O'Rourke Memorial Triathlon Fitness

Age Group Results

April 26, 2009

[Questions About Results e-mail runsfar@kc.rr.com](#)

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Female 19 and under

Overall			Swim		Bike			Run			Total		
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	92	Sara Eichner	19	1	16:47.0	59:56	1	1:15:43.0	5:25	1	30:21.1	9:47	2:02:51.1

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Female 20 to 29

Overall			Swim		Bike			Run			Total		
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	15	DeeAnn Jensen	29	1	11:44.0	41:54	3	50:29.0	3:36	3	26:40.6	8:36	1:28:53.6
2	16	Melissa Garcia	28	3	12:25.0	44:21	2	50:09.0	3:35	2	26:19.9	8:29	1:28:53.9
3	27	MIRANDA WOODARD	26	5	13:12.0	47:09	1	49:56.0	3:34	4	28:47.7	9:17	1:31:55.7
4	55	Ashley Houtwed	25	8	14:32.0	51:54	5	54:13.0	3:52	8	31:06.8	10:02	1:39:51.8
5	59	Tina Marie Mayfield	27	10	15:35.0	55:39	4	54:08.0	3:52	9	31:39.5	10:13	1:41:22.5
6	62	Toni Guthrie	29	9	15:30.0	55:21	6	57:45.0	4:08	6	30:15.1	9:45	1:43:30.1
7	68	Sara Kolala	27	2	12:15.0	43:45	8	1:00:41.0	4:20	10	33:05.8	10:40	1:46:01.8
8	72	Nancy Flock	26	11	16:16.0	58:06	7	1:00:33.0	4:20	5	30:10.8	9:44	1:46:59.8
9	94	Nichelle Nichelson	26	6	13:43.0	48:59	10	1:10:34.0	5:02	11	38:59.3	12:35	2:03:16.3
10	96	Jamie Werkmeister	29	4	13:10.0	47:01	13	1:26:29.0	6:11	1	24:48.1	8:00	2:04:27.1
11	98	Hillary Brock	28	12	17:17.0	61:44	9	1:07:57.0	4:51	13	40:17.4	13:00	2:05:31.4
12	100	Ashley Milton	22	7	14:19.0	51:08	11	1:21:18.0	5:48	7	30:19.0	9:47	2:05:56.0
13	113	Megan Souther	25	13	18:23.0	65:39	12	1:21:35.0	5:50	12	39:58.2	12:54	2:19:56.2

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Female 30 to 39

Overall			Swim		Bike			Run			Total		
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	9	Janna Mashek	32	10	12:45.0	45:32	1	46:37.0	3:20	3	26:20.0	8:30	1:25:42.0
2	12	Harmoni Wagner	32	1	9:28.0	33:49	2	48:07.0	3:26	10	28:40.4	9:15	1:26:15.4
3	23	Jacy Cramer	32	5	11:22.0	40:36	6	53:29.0	3:49	1	25:00.0	8:04	1:29:51.0
4	24	Lindsey Pankonin	30	8	12:26.0	44:24	4	52:46.0	3:46	2	25:21.3	8:11	1:30:33.3
5	31	Kara Sandman	35	7	12:05.0	43:09	5	53:11.0	3:48	4	27:13.9	8:47	1:32:29.9
6	40	Heather Cramer	35	11	12:57.0	46:15	9	54:06.0	3:52	9	27:47.6	8:58	1:34:50.6
7	39	Kelly McCann	35	12	13:24.0	47:51	7	53:41.0	3:50	8	27:45.6	8:57	1:34:50.6
8	43	Laura Heirigs	32	4	11:09.0	39:49	12	54:42.0	3:54	12	30:12.1	9:45	1:36:03.1
9	47	Donelle Kimberling	35	3	11:08.0	39:46	13	58:07.0	4:09	6	27:27.2	8:51	1:36:42.2
10	49	Kristen Grimes	35	13	14:09.0	50:32	8	53:58.0	3:51	11	28:47.0	9:17	1:36:54.0
11	50	Katy Secrest	35	15	15:03.0	53:45	11	54:21.0	3:53	7	27:31.5	8:53	1:36:55.5
12	53	Emily Nessen	31	19	17:16.0	61:40	3	50:58.0	3:38	13	30:51.4	9:57	1:39:05.4
13	71	Christine Anderson	39	20	18:57.0	67:41	10	54:12.0	3:52	14	33:36.9	10:50	1:46:45.9
14	74	Trina Malsbury	35	2	10:33.0	37:41	19	1:10:35.0	5:03	5	27:24.4	8:50	1:48:32.4
15	83	Shannon Gibson	36	6	12:02.0	42:59	16	1:07:23.0	4:49	15	36:21.1	11:44	1:55:46.1
16	88	Shantel Clark	35	9	12:31.0	44:42	14	1:04:41.0	4:37	19	41:29.2	13:23	1:58:41.2
17	90	Leah Purdy	30	14	14:20.0	51:11	17	1:07:39.0	4:50	16	38:19.4	12:22	2:00:18.4
18	93	Tina Schechinger	33	18	17:03.0	60:54	15	1:05:34.0	4:41	17	40:29.5	13:04	2:03:06.5
19	102	Amy Philofsky	33	16	16:08.0	57:37	18	1:09:05.0	4:56	18	40:56.0	13:12	2:06:09.0
20	117	Jenny Muehling	38	17	16:10.0	57:44	20	1:26:33.0	6:11	20	54:50.2	17:41	2:37:33.2

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Female 40 to 49

Overall			Swim		Bike			Run			Total		
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	19	Jody Huckfeldt	46	7	13:54.0	49:39	1	48:33.0	3:28	3	26:37.5	8:35	1:29:04.5
2	26	Rhonda Sell	47	15	15:35.0	55:39	3	49:58.0	3:34	1	26:02.8	8:24	1:31:35.8
3	32	Wendy Schramm	41	9	14:29.0	51:44	4	50:13.0	3:35	7	28:21.4	9:09	1:33:03.4
4	33	Nancy Norwood	47	10	15:03.0	53:45	5	51:36.0	3:41	4	26:41.4	8:36	1:33:20.4
5	36	Mary Pierce	49	16	15:54.0	56:47	2	49:24.0	3:32	8	28:40.6	9:15	1:33:58.6
6	44	Allison Huebner	40	5	13:44.0	49:03	8	55:17.0	3:57	5	27:17.1	8:48	1:36:18.1
7	56	Jean Von Seggern	40	18	16:47.0	59:56	10	56:23.0	4:02	6	27:22.6	8:50	1:40:32.6
8	58	Stephanie Liska	44	11	15:05.0	53:52	6	53:12.0	3:48	14	32:54.2	10:37	1:41:11.2
9	61	Denise Olson	41	20	17:14.0	61:33	9	56:06.0	4:00	10	28:44.2	9:16	1:42:04.2
10	64	Becky States	45	1	12:07.0	43:16	7	54:15.0	3:53	18	38:01.3	12:16	1:44:23.3
11	66	Kay Wright	47	2	12:09.0	43:24	12	59:15.0	4:14	15	33:34.3	10:50	1:44:58.3
12	73	Jodi Lowe	41	6	13:49.0	49:21	15	1:02:31.0	4:28	13	31:57.4	10:18	1:48:17.4
13	75	Donna Obermeier	49	3	12:31.0	44:42	13	1:00:26.0	4:19	16	35:40.2	11:30	1:48:37.2
14	77	Theresa Barry	47	22	20:42.0	73:56	14	1:02:24.0	4:27	2	26:23.5	8:31	1:49:29.5

15	78	Jan Schartz	43	4	13:27.0	48:02	11	57:16.0	4:05	19	38:59.4	12:35	1:49:42.4
16	81	Gina Farley	44	8	14:09.0	50:32	17	1:04:42.0	4:37	12	31:09.0	10:03	1:50:00.0
17	82	Eileen Shannahan	43	24	23:06.0	82:30	16	1:02:58.0	4:30	9	28:44.0	9:16	1:54:48.0
18	104	Lori Wortman	45	21	18:17.0	65:18	19	1:11:29.0	5:06	17	36:39.6	11:49	2:06:25.6
19	108	Jana Thomas	41	17	16:18.0	58:13	18	1:10:13.0	5:01	23	45:05.6	14:33	2:11:36.6
20	109	Anita Peterson	45	19	16:58.0	60:36	20	1:12:02.0	5:09	22	43:49.1	14:08	2:12:49.1
21	110	Maria Eichner	49	23	20:52.0	74:31	23	1:21:50.0	5:51	11	30:20.9	9:47	2:13:02.9
22	111	JoAnn Flaxbeard	49	14	15:26.0	55:07	21	1:18:29.0	5:36	21	42:06.1	13:35	2:16:01.1
23	112	Krysten Andre-Hehn	44	12	15:06.0	53:56	22	1:19:17.0	5:40	24	45:08.5	14:34	2:19:31.5
24	114	Teresa Keck	47	13	15:26.0	55:07	24	1:25:24.0	6:06	20	41:46.6	13:28	2:22:36.6

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Female 50 to 59

Overall			----- Swim -----				----- Bike -----			----- Run -----			Total
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	70	Margo Hirschfeld	53	1	13:42.0	48:56	5	1:01:59.0	4:26	1	30:48.0	9:56	1:46:29.0
2	76	Deb Wurl	51	12	18:41.0	66:44	1	56:21.0	4:02	3	33:49.3	10:55	1:48:51.3
3	79	Marcy Rowe	54	8	16:43.0	59:42	3	59:58.0	4:17	2	33:02.6	10:39	1:49:43.6
4	85	Jan Wright	50	4	15:08.0	54:03	6	1:02:14.0	4:27	5	39:13.3	12:39	1:56:35.3
5	86	Tawni Stewart	50	11	18:10.0	64:53	7	1:03:52.0	4:34	4	35:06.9	11:19	1:57:08.9
6	87	Jean Cox	51	3	14:40.0	52:23	2	59:21.0	4:14	9	43:48.4	14:08	1:57:49.4
7	91	Theresa Kehler	53	7	16:23.0	58:31	4	1:01:16.0	4:23	10	44:21.1	14:18	2:02:00.1
8	101	Doris Davis	52	2	14:20.0	51:11	10	1:09:04.0	4:56	7	42:32.4	13:43	2:05:56.4
9	106	Jane McCrone	56	9	17:45.0	63:24	9	1:08:50.0	4:55	6	42:17.0	13:38	2:08:52.0
10	107	Renee Gant	56	10	18:06.0	64:39	8	1:07:11.0	4:48	11	44:50.2	14:28	2:10:07.2
11	115	Imo Kurre	57	5	15:41.0	56:01	11	1:15:59.0	5:26	12	55:54.7	18:02	2:27:34.7
12	116	Linda Selee	53	6	15:58.0	57:01	12	1:31:02.0	6:30	8	43:46.4	14:07	2:30:46.4

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Male 0 to 19

Overall			----- Swim -----				----- Bike -----			----- Run -----			Total
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	10	Brent McKain	19	2	15:00.0	53:34	1	48:52.0	3:29	1	22:04.5	7:07	1:25:56.5
2	29	Mark Huebner	14	1	13:42.0	48:56	2	50:11.0	3:35	2	28:24.6	9:10	1:32:17.6
3	99	Derek Gonzales	16	3	17:36.0	62:51	3	1:11:46.0	5:08	3	36:27.8	11:45	2:05:49.8

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Male 20 To 29

Overall			----- Swim -----				----- Bike -----			----- Run -----			Total
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	17	Brady Willhite	24	4	16:48.0	60:00	1	46:50.0	3:21	1	25:20.4	8:10	1:28:58.4
2	34	Jarod Meinheit	29	1	12:01.0	42:55	2	51:45.0	3:42	3	29:42.4	9:35	1:33:28.4
3	52	Joe Flaxbeard	23	3	15:49.0	56:29	3	55:12.0	3:57	2	27:37.3	8:55	1:38:38.3
4	60	Kyle Sperry	21	2	14:03.0	50:11	4	56:49.0	4:04	4	30:42.7	9:54	1:41:34.7
5	95	Andrew Horn	27	5	18:47.0	67:05	5	1:11:20.0	5:06	5	33:47.4	10:54	2:03:54.4

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Male 30 to 39

Overall			----- Swim -----				----- Bike -----			----- Run -----			Total
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	2	Jason Gale	32	1	11:20.0	40:29	1	43:28.0	3:06	2	24:38.7	7:57	1:19:26.7
2	14	Marcus Garstecki	36	8	15:26.0	55:07	3	49:55.0	3:34	1	22:45.2	7:20	1:28:06.2
3	20	Jeffrey Grimes	36	5	12:37.0	45:04	2	48:47.0	3:29	6	28:00.6	9:02	1:29:24.6
4	25	Michael Krondak	35	2	11:47.0	42:05	5	52:11.0	3:44	3	26:36.3	8:35	1:30:34.3
5	37	Tim Fertig	32	6	12:54.0	46:04	4	50:33.0	3:37	8	31:03.5	10:01	1:34:30.5
6	38	Jason Young	38	3	11:51.0	42:19	6	52:26.0	3:45	7	30:30.2	9:50	1:34:47.2
7	45	mark cain	36	10	16:04.0	57:23	7	53:33.0	3:50	4	26:52.0	8:40	1:36:29.0
8	46	Charlie Oborny	38	9	15:59.0	57:05	8	53:37.0	3:50	5	26:53.1	8:40	1:36:29.1
9	63	Ryan Purdy	31	4	12:04.0	43:06	9	56:44.0	4:03	10	35:23.6	11:25	1:44:11.6
10	65	Toby Sanger	35	7	13:13.0	47:12	10	57:03.0	4:05	9	34:20.4	11:05	1:44:36.4

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Male 40 to 49

Overall			----- Swim -----				----- Bike -----			----- Run -----			Total
Place	Place	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	1	Mike Gaudreault	40	2	10:33.0	37:41	1	44:54.0	3:12	4	23:09.4	7:28	1:18:36.4
2	3	David Haldeman	48	8	12:27.0	44:28	5	45:43.0	3:16	3	22:48.7	7:21	1:20:58.7
3	4	Jerry Woodard	49	11	13:48.0	49:17	2	44:57.0	3:13	2	22:25.9	7:14	1:21:10.9
4	5	Leland Poppe	47	6	11:49.0	42:12	3	45:19.0	3:14	8	25:59.8	8:23	1:23:07.8
5	6	jeffrey cramer	46	9	12:41.0	45:18	11	50:17.0	3:36	1	22:00.3	7:06	1:24:58.3
6	8	Brian Toalson	43	3	10:38.0	37:59	4	45:22.0	3:14	11	29:30.3	9:31	1:25:30.3
7	11	Bob Barr	46	4	10:40.0	38:06	12	50:53.0	3:38	5	24:25.1	7:53	1:25:58.1
8	21	Kelvin Thurman	42	1	10:22.0	37:01	6	48:32.0	3:28	14	30:46.9	9:55	1:29:40.9
9	22	Eric Schwartzkopf	45	10	12:57.0	46:15	10	49:51.0	3:34	9	26:56.0	8:41	1:29:44.0
10	28	Mark Krtek	41	12	14:31.0	51:51	8	49:32.0	3:32	10	27:56.0	9:01	1:31:59.0
11	35	Grant Schramm	42	5	11:12.0	40:00	9	49:39.0	3:33	15	32:41.8	10:33	1:33:32.8
12	41	John Bowling	41	16	17:11.0	61:22	14	52:42.0	3:46	6	24:59.7	8:04	1:34:52.7
13	48	Christopher Denney	47	14	16:53.0	60:18	7	49:26.0	3:32	12	30:24.9	9:48	1:36:43.9
14	51	Philip Fitzpatrick	42	7	12:03.0	43:02	13	51:58.0	3:43	16	33:10.1	10:42	1:37:11.1
15	57	Dan Moore	46	17	19:27.0	69:28	16	56:00.0	4:00	7	25:29.9	8:13	1:40:56.9
16	80	rich raska	45	15	16:55.0	60:25	17	1:02:23.0	4:27	13	30:37.4	9:53	1:49:55.4
17	89	Rick Carpenter	44	13	15:45.0	56:15	15	55:23.0	3:57	17	47:51.9	15:26	1:58:59.9

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Male 50 to 59

Overall			----- Swim -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	30	Charles Osteen	58	2	12:33.0	44:49	1	49:50.0	3:34	1	30:03.0	9:42	1:32:26.0
2	42	Michael McAtee	52	5	13:35.0	48:31	2	50:29.0	3:36	2	31:44.6	10:14	1:35:48.6
3	67	Mike Creighton	55	7	18:31.0	66:08	3	52:09.0	3:44	4	34:55.4	11:16	1:45:35.4
4	69	Craig Stemple	57	6	18:19.0	65:25	4	55:17.0	3:57	3	32:33.9	10:30	1:46:09.9
5	84	Mel McNea	54	1	12:26.0	44:24	6	1:01:25.0	4:23	6	42:40.4	13:46	1:56:31.4
6	97	Terry Fowler	59	3	13:07.0	46:51	8	1:10:22.0	5:02	5	41:22.1	13:21	2:04:51.1
7	103	Chuck Mullikin	59	8	19:51.0	70:54	5	1:01:16.0	4:23	7	45:04.6	14:32	2:06:11.6
8	105	Weston Andre-Hehn	56	4	13:17.0	47:26	7	1:10:13.0	5:01	8	45:13.3	14:35	2:08:43.3

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Male 60 to 69

Overall			----- Swim -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	7	Philip Ham	66	2	13:20.0	47:37	1	43:41.0	3:07	2	28:14.9	9:06	1:25:15.9
2	13	Jack Price	61	1	11:51.0	42:19	2	44:17.0	3:10	4	31:35.6	10:11	1:27:43.6
3	18	Tom Nelson	63	3	15:24.0	55:00	3	48:27.0	3:28	1	25:12.5	8:08	1:29:03.5
4	54	Eddie Schrack	60	4	16:28.0	58:49	4	53:05.0	3:48	3	30:17.6	9:46	1:39:50.6
