

## Tri-Nebraska Sprint Triathlon 2023 Results

Place	Name	Swim	T1	Bike	T2	Run	Total Time
<b>Men's Overall</b>	Jared Wach	9:32	1:55	41:06:00			1:18:29
<b>Women's Overall</b>	Mandi Meredith	6:44	1:18	44:21:00	:50	25:34:00	1:18:45
<b>Boys 12 &amp; under</b>							
<b>Girls 12 &amp; under</b>							
<b>Mens 13-19</b>							
<b>Womens 13-19</b>							
	1 Priya Frank	9:03	5:26	1:17:40	:34	43:42:00	2:16:22
<b>Mens 20-29</b>							
	1 John Guethlein	6:48	2:22	51:57:00			1:25:29
	2 Michael Stein	6:21	2:19	59:08:00	:21	23:44	1:31:51
	3 Shane Burkey	12:31	2:28	1:00:37	:56	19:29	1:35:57
	4 Jack Kenny			1:03:22	:48	28:15:00	1:44:08
	5 Raiko Martinez	9:08	4:11	1:03:40		2:27 27:35:00	1:46:58
	6 Jayson Scott	11:35	5:50	1:24:17		1:11 33:54:00	2:16:45
<b>Womens 20-29</b>							
	1 Brooke Anderson	8:25	3:09	1:03:45	:27	28:40:00	1:44:22
	2 Mariah Bottom	10:37	2:26	58:43:00		1:03 32:46:00	1:45:34
<b>Mens 30-39</b>							
	1 Kyle Bottom	9:36	1:55	48:28:00	:58	21:12	1:22:06
	2 Jake Hasenauer	10:54	2:58	48:18:00	:26	20:07	1:22:41
	3 Jesse Young	8:12	2:52	48:11:00		1:23 24:55:00	1:25:30
	4 Mark Messner	10:36	2:26	53:14:00		1:09 28:43:00	1:36:05
	5 Zach Merritt	7:34	2:37	1:02:51	:37	24:24:00	1:37:59

6 Ryan Araujo	9:49	3:17	1:01:01 :46		24:32:00	1:39:22
7 Travis Veal	9:09	3:33	55:50:00	1:51	30:39:00	1:41:00
8 Riley Pinkerton	10:53	2:55	56:11:00	1:41	30:44:00	1:42:21
9 Tommy Lyons	10:07	3:19	1:04:02			1:50:51
10 Charles Hayes	9:40	4:42	1:28:12	1:08	47:31:00	2:31:10

### Womens 30-39

1 Emily Hasenauer	10:11	2:36	1:10:35 :21		24:21:00	1:48:01
2 Whitney Kester	11:19	4:07	1:35:45	1:30	33:56:00	2:26:35

### Mens 40-49

1 Jason Blomstedt	9:43	2:51	48:55:00 :52		26:06:00	1:28:24
2 Kendal Dodge	8:14	2:04	47:49:00 :51		31:33:00	1:30:29
3 Woody Blackmore	8:20	2:35	50:33:00	1:19	32:52:00	1:35:35
4 Jarod Meinheit	9:21	1:23	49:48:00	1:13	34:01:00	1:35:42
5 Tom Pratt	8:00	4:49	56:03:00	1:02	28:07:00	1:37:58
6 Dustin Johnson	8:49	2:59	59:01:00	2:04	27:06:00	1:39:57
7 Chris Schaben	10:22	3:23	56:29:00			1:45:42
8 Casey Roy	9:39	2:59	1:03:42 :56		28:44:00	1:45:58
9 Ivan Mitchell	9:00	3:38	56:41:00	1:12	35:39:00	1:46:06
10 Eric Louder	8:59	4:40	1:03:37	1:04	34:41:00	1:52:58
11 Matthew Odle	9:01	3:36	1:41:52 :44		33:52:00	2:29:01

### Womens 40-49

1 Staci Blomstedt	10:51	1:36	50:01:00 :54		25:05:00	1:28:24
2 Steph Miller	9:52	3:20	1:01:32	1:07	26:00:00	1:41:49
3 Kellie Dodge	12:43	2:56	59:12:00	1:54	28:56:00	1:45:38
4 Heather George	11:48	4:02	1:04:41	1:00	26:29:00	1:47:57
5 Amy Sabatka	9:01	5:04	1:01:26	1:02	32:47:00	1:49:17
6 Carrie Frank	10:17	5:48	1:26:57 :59		26:13:00	2:10:11
7 Amanda Woolley	10:16	3:25	1:08:42	1:40	47:25:00	2:11:25
8 Megan Jorgenson	12:45	3:53	1:24:44 :39		30:41:00	2:12:39
9 Victoria Street	14:04	5:13	1:32:44 :52		45:28:00	2:38:18
10 Denice Louder	11:53	6:36	1:36:22 :56		53:17:00	2:49:00

**Mens 50-59**

1 Mark Cullinan	8:33	2:02	50:05:00	1:19	29:32:00	1:31:28
2 Jon Graff	10:04	2:47	46:54:00	1:19	30:37:00	1:31:39
3 Mark Murphy	13:48	7:16	58:37:00	4:04	39:40:00	2:03:22
4 John Guethlein	8:44	5:36	1:21:55	1:33	45:49:00	2:23:34

**Womens 50-59**

1 Ronda Graff	11:28	3:21	52:56:00	1:21	34:18:00	1:43:20
2 Malinda Hayes	12:55	3:39	1:03:09	1:09	28:52:00	1:49:41
3 Linda Kramer	11:26	3:15	1:07:52 :37		29:29:00	1:52:35
4 Shonna Werth	9:50	3:55	1:08:30 :52		30:43:00	1:53:47
5 Joyce Carhart	9:28	4:01	1:07:52 :36		42:42:00	2:04:36

**Mens 60-69**

1 Jim Witter	8:58	1:23	43:56:00 :43		25:25:00	1:20:52
2 John Marsh	9:23	1:45	43:20:00	1:12	27:18:00	1:22:55
3 Jeff Bargell	9:09	1:58	47:49:00 :56		23:08	1:22:57
4 James Helie	10:16	2:24	45:36:00	1:28	26:42:00	1:26:23
5 Wayne Wallace	9:57	4:47	45:54:00	3:00	23:24	1:27:00
6 Mark Bottom	10:05	3:15	54:27:00	2:01	31:49:00	1:41:35
7 Leland Poppe	9:31	2:51	52:01:00 :50		37:28:00	1:42:38
8 David Clouatre	12:34	4:28	53:33:00	2:08	38:06:00	1:50:46
9 Jim Gonzales	14:14	6:43	56:07:00	2:55	139:03:00	1:58:58
10 Bob Veal	10:35	5:07	1:22:04	1:25	37:30:00	2:16:38

**Womens 60-69**

1 Kristy Lage	10:46	3:31	57:34:00 :52		34:32:00	1:47:12
2 Lynn Lupomech	12:12	4:46	1:01:51	1:12	30:17:00	1:50:15
3 Dee Tuenge	10:36	3:16	1:07:54	1:13	41:18:00	2:04:14
4 Sharon Sewald	14:16	4:24	1:15:28	2:17	47:17:00	2:23:39
5 Cheryl Uhrmacher	12:00	4:31	1:24:21	3:02	49:12:00	2:33:04

**Mens 70 & over**

1 Jack Miettinen	10:10	1:56	1:05:20 :47		48:38:00	2:06:49
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**Womens 70 & over**

1 Deborah Doud	10:37	4:56	1:05:07	4:06	38:29:00	2:03:12
2 Mary Wahlmeier	12:31	7:12	1:23:56 2;04		39:54:00	2:25:34

**Tri-Nebraska Triathlon Relay Results 2023**

<b>Relay Overall</b>	I B U Pro Fin-Sandhills PT	7:24 :43	46:12:00 :18	31:21:00	1:25:55
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**Coed Division**

1 We Thought They RUM	10:39	2:22	55:13:00	2:05	20:20	1:30:45
2 Siblings Who Tri	11:29 :37		55:02:00 :44		23:27	1:31:16
3 Out of Our League	10:47	1:00	56:05:00	1:00	33:25:00	1:42:15
4 Oodles of Odle's	8:40 :56		1:10:04 :32		26:33:00	1:46:43
5 Arnold Power	15:14 :43		51:17:00 :17		41:35:00	1:49:04
6 Not So Quick Silver	20:40	1:22	1:26:59 :27		51:32:00	2:40:57

**Female Division**

1 Magnolias	11:40 :52		51:06:00 :26		25:25:00	1:29:26
2 At Least We Tri! SandhillsPT	12:21 :38		48:52:00 :21		32:54:00	1:35:02
3 Tri-ing With My Besties	11:21 :43		1:05:52	1:00	35:55:00	1:54:48
4 Tri? No Du!Sandhills PT	7:26 :44		1:07:14	1:19	38:31:00	1:55:12