



Marshalltown Community Y 2010 Hy-Vee My Y Tri Wave Assignments



2010 Hy Vee Y Tri Results - Women														
No.	Wave	First	Last	Age	M/F	Total	Swim	Yds	/Mile	Bike	Run	Laps	/Mile	Total
84	11	English	Fiscus	20	F	6.39	0.14	250	1760	4.50	1.75	21	12	6.39
83	11	Elise	Fiscus	20	F	6.21	0.13	225	1760	4.33	1.75	21	12	6.21
38	5	Shannon	McCoy	17	F	6.18	0.17	300	1760	4.34	1.67	20	12	6.18
102	13	Torey	Lasater	21-30	F	7.42	0.21	375	1760	4.96	2.25	27	12	7.42
96	12	Lisa	Diers	21-30	F	7.13	0.20	350	1760	4.85	2.08	25	12	7.13
37	5	Kate	Pergande	21-30	F	7.05	0.13	225	1760	5.17	1.75	21	12	7.05
1	1	Sara	Dekker	21-30	F	6.49	0.14	250	1760	4.35	2.00	24	12	6.49
55	7	Mary Patrica	Carter	21-30	F	5.56	0.16	275	1760	4.24	1.17	14	12	5.56
70	9	Tracy	Stotz	31-40	F	7.59	0.27	475	1760	5.32	2.00	24	12	7.59
28	4	Sarah	Wilson	31-40	F	7.32	0.16	275	1760	5.25	1.92	23	12	7.32
59	8	Angela	Polley	31-40	F	7.20	0.27	475	1760	5.18	1.75	21	12	7.20
108	14	Kristin	Merfeld	31-40	F	7.17	0.24	425	1760	5.35	1.58	19	12	7.17
44	6	Chris	Keenan	31-40	F	7.16	0.23	400	1760	5.10	1.83	22	12	7.16
36	5	Nova	Ebersole	31-40	F	7.08	0.14	250	1760	5.27	1.67	20	12	7.08
72	9	Eden	Gaul	31-40	F	6.73	0.18	325	1760	4.55	2.00	24	12	6.73
12	2	Beth	Akason	31-40	F	6.72	0.16	275	1760	4.65	1.92	23	12	6.72
31	4	Allison	Vaughn	31-40	F	6.68	0.17	300	1760	4.59	1.92	23	12	6.68
104	13	Whitney	Smith	31-40	F	6.50	0.16	275	1760	4.43	1.92	23	12	6.50
65	9	Stacey	Noe	31-40	F	6.46	0.17	300	1760	4.54	1.75	21	12	6.46
60	8	Cori	Peterson	31-40	F	6.45	0.14	250	1760	4.56	1.75	21	12	6.45
3	1	Ashley	Denning	31-40	F	6.42	0.17	300	1760	4.50	1.75	21	12	6.42
49	7	Tina	Lansing	31-40	F	6.42	0.17	300	1760	4.50	1.75	21	12	6.42
71	9	Sara	Hillebrand	31-40	F	6.30	0.17	300	1760	4.38	1.75	21	12	6.30
13	2	Bianca	Greazel	31-40	F	6.29	0.16	275	1760	4.55	1.58	19	12	6.29
68	9	Suzanne	Askelsen	31-40	F	6.24	0.18	325	1760	4.31	1.75	21	12	6.24
112	14	Juliet	Metcalfe	31-40	F	6.16	0.14	250	1760	4.35	1.67	20	12	6.16
52	7	Julie	Hammond	31-40	F	6.09	0.18	325	1760	4.32	1.58	19	12	6.09
50	7	Lisa	Behrends	31-40	F	5.84	0.17	300	1760	4.50	1.17	14	12	5.84
66	9	Nanette	Heginger	31-40	F	5.74	0.21	375	1760	4.28	1.25	15	12	5.74

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25	4	Linda	Kuhl	41-50	F	7.66	0.18	325	1760	5.39	2.08	25	12	7.66
27	4	Lonnie	Waltermire	41-50	F	7.65	0.17	300	1760	5.40	2.08	25	12	7.65
35	5	Lisa	Gassman	41-50	F	7.08	0.17	300	1760	5.24	1.67	20	12	7.08
33	5	Melanie	Ewalt	41-50	F	7.08	0.20	350	1760	5.21	1.67	20	12	7.08
51	7	Sarah	Johnson	41-50	F	6.82	0.17	300	1760	4.90	1.75	21	12	6.82
32	4	Heidi	Geiger	41-50	F	6.81	0.20	350	1760	4.86	1.75	21	12	6.81
26	4	Tammy	Amundson	41-50	F	6.71	0.14	250	1760	4.48	2.08	25	12	6.71
111	14	Jean	Dingeman	41-50	F	6.55	0.20	350	1760	4.43	1.92	23	12	6.55
69	9	Karen	Leonhart	41-50	F	5.78	0.17	300	1760	4.03	1.58	19	12	5.78
53	7	Peggy	Cahill	51-60	F	7.61	0.14	250	1760	5.38	2.08	25	12	7.61
2	1	Mary	Harris	51-60	F	7.45	0.17	300	1760	5.36	1.92	23	12	7.45
34	5	Nancy	Lively	51-60	F	6.77	0.13	225	1760	4.98	1.67	20	12	6.77
88	11	Donna	Callahan	51-60	F	6.36	0.20	350	1760	4.66	1.50	18	12	6.36
64	8	Joyce	Burch	51-60	F	6.12	0.14	250	1760	4.23	1.75	21	12	6.12
85	11	Marie	Fiscus	51-60	F	5.70	0.13	225	1760	4.32	1.25	15	12	5.70
97	13	Lou Ellen	Brown	51-60	F	3.79	0.10	175	1760	2.86	0.83	10	12	3.79
56	7	Karen	Johnson	61+	F	6.61	0.23	400	1760	4.55	1.83	22	12	6.61
67	9	Alida	Droppert	61+	F	6.37	0.17	300	1760	4.28	1.92	23	12	6.37
54	7	Jane	Carter	61+	F	6.02	0.20	350	1760	4.32	1.50	18	12	6.02





Marshalltown Community Y 2010 Hy-Vee My Y Tri Wave Assignments



2010 Hy Vee Y Tri Results - Men														
No.	Wave	First	Last	Age	M/F	Total	Swim	Yds	/Mile	Bike	Run	Laps	/Mile	Total
105	14	Steele	Fiscus	19	M	8.47	0.16	275	1760	5.65	2.67	32	12	8.47
48	6	Richard	Walker	17	M	8.08	0.24	425	1760	5.42	2.42	29	12	8.08
87	11	Gage	Fiscus	19	M	7.99	0.14	250	1760	5.26	2.58	31	12	7.99
89	12	Hunter	Bollhoefer	15	M	6.13	0.21	375	1760	4.33	1.58	19	12	6.13
5	1	Charles	Hughes	20	M	6.11	0.18	325	1760	4.26	1.67	20	12	6.11
90	12	Parker	Bollhoefer	14	M	5.11	0.14	250	1760	3.38	1.58	19	12	5.11
17	3	Kaleb	Pergande	21-30	M	8.99	0.16	275	1760	6.42	2.42	29	12	8.99
46	6	Tim	Fencl	21-30	M	8.62	0.18	325	1760	6.27	2.17	26	12	8.62
78	10	Peter	Carter	21-30	M	8.23	0.21	375	1760	5.60	2.42	29	12	8.23
11	2	Jerret	Heil	21-30	M	7.84	0.16	275	1760	5.27	2.42	29	12	7.84
86	11	Laramie	Lowe	21-30	M	5.99	0.14	250	1760	4.43	1.42	17	12	5.99
42	6	Micah	Moore	31-40	M	9.69	0.28	500	1760	6.49	2.92	35	12	9.69
77	10	Luke	Spencer	31-40	M	9.17	0.24	425	1760	6.26	2.67	32	12	9.17
20	3	Shawn	Carlson	31-40	M	8.15	0.26	450	1760	5.56	2.33	28	12	8.15
19	3	Pete	Busch	31-40	M	7.81	0.20	350	1760	5.61	2.00	24	12	7.81
103	13	Carl	Noftsgen	31-40	M	7.74	0.23	400	1760	5.18	2.33	28	12	7.74
57	8	Rob	Van Horn	31-40	M	7.64	0.17	300	1760	5.64	1.83	22	12	7.64
73	10	Adam	Wheelock	31-40	M	7.51	0.21	375	1760	5.21	2.08	25	12	7.51
74	10	Barry	Wheelock	31-40	M	7.26	0.18	325	1760	5.24	1.83	22	12	7.26
18	3	Heath	Rhinehart	31-40	M	6.78	0.24	425	1760	4.62	1.92	23	12	6.78
6	1	Dave	Wadle	31-40	M	5.70	0.18	325	1760	4.18	1.33	16	12	5.70
99	13	Greg	Graham	41-50	M	9.17	0.26	450	1760	6.50	2.42	29	12	9.17
75	10	Jim	Hagelie	41-50	M	8.98	0.27	475	1760	6.54	2.17	26	12	8.98
9	2	Paul	Podhajsky	41-50	M	8.39	0.18	325	1760	6.12	2.08	25	12	8.39
100	13	Curt	Hoff	41-50	M	8.38	0.23	400	1760	5.99	2.17	26	12	8.38
95	12	Mark	Coberley	41-50	M	8.30	0.27	475	1760	6.03	2.00	24	12	8.30
14	2	Mike	Miller	41-50	M	7.78	0.20	350	1760	5.75	1.83	22	12	7.78
62	8	Jon	Espenschied	41-50	M	7.71	0.18	325	1760	5.61	1.92	23	12	7.71
10	2	Matt	Tullis	41-50	M	7.68	0.18	325	1760	5.75	1.75	21	12	7.68
29	4	Tom	Smith	41-50	M	7.51	0.16	275	1760	5.60	1.75	21	12	7.51
63	8	Lyndon	Johnson	41-50	M	7.45	0.17	300	1760	5.45	1.83	22	12	7.45
91	12	Vince	Bollhoefer	41-50	M	7.16	0.24	425	1760	5.09	1.83	22	12	7.16
98	13	Steve	Feld	41-50	M	7.16	0.18	325	1760	4.64	2.33	28	12	7.16
81	11	Scott	Fiscus	41-50	M	6.74	0.17	300	1760	5.40	1.17	14	12	6.74





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76	10	Denny	Cahill	51-60	M	8.83	0.20	350	1760	6.30	2.33	28	12	8.83
30	4	Brad	Smith	51-60	M	8.56	0.20	350	1760	6.44	1.92	23	12	8.56
101	13	Vince	Jenness	51-60	M	8.32	0.23	400	1760	5.84	2.25	27	12	8.32
16	2	Steven	Fulton	51-60	M	8.29	0.14	250	1760	5.98	2.17	26	12	8.29
8	1	Ric	Anderson	51-60	M	7.52	0.17	300	1760	5.43	1.92	23	12	7.52
107	14	Jim	Otten	51-60	M	7.45	0.14	250	1760	5.39	1.92	23	12	7.45
82	11	Kevin	Fiscus	51-60	M	7.21	0.16	275	1760	5.47	1.58	19	12	7.21
45	6	Bill	Pattinson	51-60	M	6.88	0.20	350	1760	4.85	1.83	22	12	6.88
4	1	Kent	Geffe	51-60	M	5.93	0.17	300	1760	4.43	1.33	16	12	5.93
80	10	Henry	Walker	51-60	M	5.76	0.09	150	1760	4.26	1.42	17	12	5.76
47	6	Michael	Moon	61+	M	6.51	0.14	250	1760	4.78	1.58	19	12	6.51
79	10	Curt	Swarm	61+	M	6.20	0.14	250	1760	4.39	1.67	20	12	6.20
15	2	Tom	Adams	61+	M	5.95	0.20	350	1760	4.33	1.42	17	12	5.95



Marshalltown Community Y 2010 Hy-Vee My Y Tri Wave Assignments



2010 Hy Vee Y Tri Results - Teams														
No.	Wave	First	Last	Age	M/F	Total								
22	3	Brandt	Bergman	10-20	M	10.50	0.37	650	1760	7.55	2.58	31	12	10.50
58	8	Shelley	Lechnir	31-40	F	8.44	0.24	425	1760	6.03	2.17	26	12	8.44
21	3	Steph	Whitemore	31-40	F	7.94	0.21	375	1760	5.48	2.25	27	12	7.94
93	12	Richard	Walker	10-20	M	7.94	0.27	475	1760	5.00	2.67	32	12	7.94
92	12	Elizabeth	Barske	10-20	F	7.82	0.31	550	1760	4.84	2.67	32	12	7.82
23	3	Amanda	Lieberg	21-30	F	7.49	0.23	400	1760	5.10	2.17	26	12	7.49
39	5	Ryan	Huck	21-30	M	6.77	0.26	450	1760	4.60	1.92	23	12	6.77
24	3	Kim	Wells	41-50	F	6.70	0.14	250	1760	4.31	2.25	27	12	6.70
110	14	Bill	Fitzgerald	51-60	M	6.64	0.23	400	1760	4.41	2.00	24	12	6.64
40	5	Nicole	Coronade	10-20	F	6.44	0.14	250	1760	4.55	1.75	21	12	6.44
7	1	Josh	Menuey	21-30	M	6.41	0.23	400	1760	4.35	1.83	22	12	6.41
41	6	Sarah	Moore	31-40	F	6.25	0.21	375	1760	4.54	1.50	18	12	6.25
94	12	Sarah	Leonhart	10-20	F	5.92	0.18	325	1760	3.82	1.92	23	12	5.92
7	1	Ashley	Woodruff	21-30	F									
7	1	Heidi	Draisey	21-30	F									
21	3	Chris	Rhinehart	41-50	F									
21	3	Phil	Waltermier	31-40	M									
22	3	Mike	Bergman	51-60	M									
22	3	Mike	Gettemy	10-20	M									
23	3	Kendra	Davis	31-40	F									
23	3	Dan	Speas	21-30	F									
24	3	Kim	Wells	41-50	F									
24	3	Zach	Wells	10-20	M									
39	5	Ashley	Ewalt	10-20	F									
39	5	Aaron	Aikens	10-20	M									
40	5	Emily	Smith	10-20	F									
40	5	Whitney	Lehman	20	F									
41	6	Sarah	Moore	31-40	F									
41	6	Andy	Boettger	31-40	M									
58	8	Al	Paxson	41-50	M									
58	8	Angie	Paxson	31-40	F									
92	12	Desiree	Determan	10-20	F									
92	12	Nathan	Menuey	10-20	M									
93	12	Mike	Harris	10-20	M									
93	12	Luke	Rebik	10-20	M									
94	12	Emily	Leonhart	10-20	F									
94	12	Alison	Leonhart	10-20	F									
110	14	Vicki	Fitzgerald	51-60	F									
110	14	Levi	Randall	10-20	M									

