



## 2010 Howlin Half 70.3 Final Results

Start Time: Sunday, October 31, 2010 8:00:00 AM

Monday, November 1, 2010 8:24:03 AM

### Division: Male Overall

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	45	STOFFEL, Will	MEMPHIS, TN	13:54.841	19:19:30.1	2	4:32.265	2:25:06.787	23.1	2	1:22.712	1:32:02.059	7:01.5	2	0:00.000	4:16:58	+0:00
2	27	ORR, Jay	ST. LOUIS, MO	18:05.922	25:08:13.5	3	2:51.343	2:24:58.827	23.2	1	0:51.985	1:30:35.115	6:54.9	1	0:00.000	4:17:23	+0:25
3	16	STEINER, David	WAYNESVILLE, OH	13:26.660	18:40:21.7	1	3:00.396	2:26:05.788	23.0	3	1:07.179	1:36:48.352	7:23.4	3	0:00.000	4:20:28	+3:30

### Division: Female Overall

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	76	DEHNER, Lora	FARMINGTON, MO	16:19.564	22:40:30.3	1	4:49.818	2:46:40.519	20.2	1	1:30.481	2:02:25.311	9:20.7	1	0:00.000	5:11:45	+0:00
2	83	SMITH, Tiffiney	JACKSON, MO	20:53.706	29:01:15.5	2	6:29.545	3:03:27.925	18.3	2	2:05.347	2:04:27.344	9:30.0	3	0:00.000	5:37:23	+25:38
3	89	ATWOOD, Valerie	SMITHVILLE, MO	21:08.082	29:21:13.5	3	5:48.710	3:08:44.553	17.8	3	2:05.810	2:02:38.983	9:21.8	2	0:00.000	5:40:26	+28:41

### Division: Masters Male Champion

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	24	ROLLINS, Brad	SPRING HILL, TN	13:34.816	18:51:41.3	1	5:00.274	2:26:20.085	23.0	1	0:55.454	1:31:16.734	6:58.1	1	0:00.000	4:17:07	+0:00

### Division: Masters Female Champion

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	74	SPRIGG, Cynthia	CAPE GIRARDEAU, MO	24:04.319	33:25:59.9	1	9:41.393	3:37:38.403	15.4	1	3:54.889	2:09:26.974	9:52.9	1	0:00.000	6:24:45	+0:00

### Division: Mens Team

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	100	BECK-SHEARON-TANZ	CAPE COED	15:46.741	21:54:55.1	1	1:52.326	2:37:49.472	21.3	1	0:21.623	1:18:41.418	6:00.4	1	0:00.000	4:14:31	+0:00
2	95	HASHEIDER-BREITENSTEIN	HASHEIDER-BREITENSTEIN	22:47.236	31:38:56.3	2	2:07.265	2:59:36.693	18.7	2	2:45.271	1:52:55.135	8:37.2	2	0:00.000	5:20:11	+1:05:40

### Division: Womens Team

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	96	BUCHHEIT-MOROSCHER-TAYLOR	WOMENS TEAM	18:49.072	26:08:09.3	1	2:08.968	3:04:00.343	18.3	1		1:50:05.253	8:24.2	1	0:00.000	5:15:03	+0:00

### Division: COED Team

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	99	MCCAIN-BRAET-BERGFELD	STL MASSAGE	13:57.441	19:23:06.8	1	1:37.289	2:32:39.781	22.0	1	0:27.067	1:26:16.816	6:35.2	1	0:00.000	4:14:58	+0:00
2	97	KINNAMAN-PHEGLEY-MILLER	CAPE COED	15:51.511	22:01:32.6	2	1:44.249	2:51:25.157	19.6	2		1:42:47.261	7:50.8	2	0:00.000	4:51:48	+36:50
	98	KINNAMAN-SHEARON-KINNAMAN	KINNAMAN-SHEARON	15:51.612	22:01:41.0	3	1:42.563	2:36:16.496	21.5	2		1:39:00.726	7:33.5	2	0:00.000	DQ	

### Division: F16-19

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
	94	DOENLEN, Hannah	BOULDER, CO			1				1				1	0:00.000	DNS	

### Division: M20-24

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	56	ROSALES, Jose	MANKATO, MN	12:21.658	17:10:04.8	1	4:38.979	2:46:16.334	20.2	1	0:30.285	1:39:39.395	7:36.4	2	0:00.000	4:43:26	+0:00
2	54	HUNT, Ryan	NORTHVILLE, MI	18:24.113	25:33:29.4	3	6:00.864	2:47:34.171	20.1	2	2:29.894	1:39:01.397	7:33.5	1	0:00.000	4:53:30	+10:04
3	59	WELKER, David	CAPE GIRARDEAU, MO	12:50.099	17:49:34.9	2	5:56.671	2:52:18.468	19.5	3	1:35.068	1:53:23.343	8:39.3	3	0:00.000	5:06:03	+22:37
	58	PROFFER, Luke	CAPE GIRARDEAU, MO	21:24.349	29:43:49.1	4	7:32.934	2:56:00.264	19.1	4	2:48.814	1:56:03.636	8:51.6	4	0:00.000	DQ	
	57	LESTER, Joshua	CAPE GIRARDEAU, MO			1				1				1	0:00.000	DNS	

\* indicates adjustments applied, see last page for details

# 2010 Howlin Half 70.3

## Division: M20-24 Continued

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
55		MANION, Michael	BISHOP, CA			1				1				1	0:00.000	DNS	

## Division: F20-24

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	93	WILLIAMS, Nicole	STERLING, IL	20:01.706	27:49:02.2	1	13:49.066	3:03:05.442	18.4	1	3:16.741	2:13:48.681	10:12.9	1	0:00.000	5:54:01	+0:00

## Division: M25-29

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	50	MCKINNEY, Shawn	HERNANDO, MS	18:44.040	26:01:10.0	2	5:53.948	2:44:18.176	20.4	1	1:04.021	1:59:08.587	9:05.7	5	0:00.000	5:09:08	+0:00
2	49	SHEWMAKER, Wayne	IOWA CITY, IA	19:34.716	27:11:33.0	3	6:09.036	2:57:43.682	18.9	3	1:03.810	1:47:09.796	8:10.8	1	0:00.000	5:11:41	+2:33
3	48	HERENDEEN, Michael	BALLWIN, MO	16:42.149	23:11:52.4	1	4:29.506	2:45:26.435	20.3	2	2:01.810	2:14:37.043	10:16.6	6	0:00.000	5:23:16	+14:08
4	44	BANDERMANN, Ryan	CAPE GIRARDEAU, MO	19:50.450	27:33:24.2	5	5:28.956	3:23:21.232	16.5	8	3:08.313	1:53:46.360	8:41.1	2	0:00.000	5:45:35	+36:27
5	46	HENCHY, Patrick	ST LOUIS, MO	20:55.619	29:03:54.9	7	8:39.430	3:20:00.603	16.6	7	4:31.015	1:56:58.038	8:55.7	3	0:00.000	5:54:04	+44:56
6	47	BROCKMEYER, Adam	FORISTELL, MO	20:55.276	29:03:26.3	6	9:07.477	3:22:54.694	16.6	6	3:53.190	1:57:15.485	8:57.1	4	0:00.000	5:54:06	+44:58
7	51	WHEATLEY, Dan	BLOOMINGTON, IL	19:40.716	27:19:53.0	4	9:46.054	3:09:02.568	17.8	4	6:04.663	2:25:33.395	11:06.7	8	0:00.000	6:10:07	+1:00:59
8	53	DIFFEE, Jamey	PERRYVILLE, MO	21:29.762	29:51:20.2	9	6:06.204	3:35:13.872	15.6	9	4:21.588	2:18:13.653	10:33.1	7	0:00.000	6:25:25	+1:16:17
9	52	STRICKLIN, Ben	SIKESTON, MO	21:02.341	29:13:15.1	8	5:17.261	3:13:24.557	17.4	5	1:51.658	2:51:10.108	13:04.0	9	0:00.000	6:32:45	+1:23:37
42		BUCKNER, Clayton	OFALLON, MO			1				1				1	0:00.000	DNS	
43		TOWNSEND, John	MEMPHIS, TN			1				1				1	0:00.000	DNS	

## Division: F25-29

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	91	SHEWMAKER, Diana	IOWA CITY, IA	18:00.382	25:00:31.8	1	4:58.593	3:24:51.617	16.4	1	1:49.345	1:58:35.019	9:03.1	1	0:00.000	5:48:14	+0:00
2	90	LYTTLE, Rebekah	OFALLON, MO	20:17.551	28:11:02.6	2	8:44.524	3:36:46.810	15.5	2	3:20.875	2:37:55.358	12:03.3	2	0:00.000	6:47:05	+58:51
3	88	MILLER, Nicole	ST. CHARLES, MO	22:25.947	31:09:22.2	3	6:24.327	3:49:55.710	14.6	3	3:05.290	2:49:06.921	12:54.6	3	0:00.000	7:10:58	+1:22:44
92		WHEATLEY, Laura	BLOOMINGTON, IL	19:56.711	27:42:05.9	2	8:47.899	2:49:15.512	19.9	1				1	0:00.000	DNF	

## Division: M30-34

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	36	ATWOOD, David	SMITHVILLE, MO	15:19.507	21:17:05.6	1	3:32.218	2:37:14.955	21.4	2	1:17.621	1:35:24.200	7:17.0	2	0:00.000	4:32:48	+0:00
2	34	SNYDER, Neil	LEAVENWORTH, KS	17:43.470	24:37:02.5	4	7:15.278	2:42:33.867	20.7	4	2:14.266	1:36:37.921	7:22.6	3	0:00.000	4:46:24	+13:36
3	38	BISHOP, Stephen	ST. CHARLES, MO	15:50.680	22:00:23.3	2	4:29.568	2:37:41.716	21.3	3	2:10.265	1:47:36.174	8:12.8	4	0:00.000	4:47:48	+15:00
4	40	BANDERMAN, Jason	CAPE GIRARDEAU, MO	16:55.879	23:30:56.6	3	6:53.520	0:37.791	5,334.6	1	3:12:21.943	3:18.402	0:15.1	1	0:00.000	5:41:35	+1:08:47
5	39	MYERS, Chadrick	ST. CHARLES, MO	20:37.853	28:39:14.4	6	7:35.025	3:13:56.886	17.3	6	2:39.608	2:15:41.118	10:21.5	7	0:00.000	6:00:30	+1:27:42
6	37	PETERSEN, Chad	LINCOLN, NE	21:28.626	29:49:45.5	7	7:18.726	2:59:23.557	18.7	5	1:39.911	2:30:40.884	11:30.1	8	0:00.000	6:00:31	+1:27:43
7	41	HEURING, Joel	PERRYVILLE, MO	19:45.437	27:26:26.4	5	6:13.234	3:37:16.305	15.5	8	3:56.521	2:05:32.584	9:35.0	6	0:00.000	6:12:44	+1:39:56
8	35	BRANSON, Ben	ST. CHARLES, MO	22:08.911	30:45:42.6	8	8:04.323	3:35:25.792	15.6	7	5:50.032	2:47:20.266	12:46.4	9	0:00.000	6:58:49	+2:26:01

## Division: F30-34

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
86		HUIDSON, Alexis	FLORISSANT, MO			1				1				1	0:00.000	DNS	
85		PON, Katrina	ST. LOUIS, MO			1				1				1	0:00.000	DNS	

## Division: M35-39

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	61	VAUGHN, Taylor	CAPE GIRARDEAU, MO	18:05.079	25:07:03.3	3	4:36.871	2:33:08.739	21.9	1	1:01.065	1:38:01.924	7:29.0	2	0:00.000	4:34:53	+0:00
2	33	WHITTEN, Kristopher	OLIVE BRANCH, MS	16:02.468	22:16:45.7	1	5:17.766	2:44:12.182	20.5	2	1:06.217	1:30:35.078	6:54.9	1	0:00.000	4:37:13	+2:20
3	30	JURGENSMAYER, Chris	CLARKSVILLE, TN	21:16.565	29:33:00.4	4	8:58.654	2:44:55.342	20.4	3	3:33.355	1:42:57.528	7:51.6	3	0:00.000	5:01:41	+26:48
4	29	LARSEN, Don	PERRYVILLE, MO	17:23.840	24:09:46.7	2	5:46.171	3:10:48.096	17.6	5	2:21.708	2:10:17.167	9:56.7	6	0:00.000	5:46:36	+1:11:43
5	32	FLANIGAN, Charles Jr.	BARTLETT, TN	23:28.141	32:35:45.1	6	6:45.789	3:09:24.405	17.7	4	2:00.189	2:07:06.872	9:42.2	4	0:00.000	5:48:45	+1:13:52
6	31	FOWLER, Brent	STE. GENEVIEVE, MO	28:35.626	39:42:48.8	7	8:46.320	3:28:06.706	16.1	6	4:32.376	2:08:56.932	9:50.6	5	0:00.000	6:18:57	+1:44:04
7	28	FERRELL, Chris	LAMAR, MS	21:45.232	30:12:49.3	5	8:54.768	3:48:30.970	14.7	7	3:49.728	3:12:05.479	14:39.8	7	0:00.000	7:35:06	+3:00:13

## Division: F35-39

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	80	COYKENDALL, Susan	SALINA, KS	19:28.649	27:03:07.4	2	5:38.997	3:22:58.185	16.6	1	4:05.096	2:04:07.756	9:28.5	1	0:00.000	5:56:18	+0:00
2	84	MANCH, Missy	FARMINGTON, MO	22:29.818	31:14:44.8	3	7:50.427	3:30:18.874	16.0	3	2:13.653	2:24:30.637	11:01.9	2	0:00.000	6:27:23	+31:05
3	81	PRUIETT, Kathryn	PERRYVILLE, MO	18:03.661	25:05:05.1	1	9:27.853	3:28:33.308	16.1	2	3:38.340	2:37:14.916	12:00.2	3	0:00.000	6:36:58	+40:40
79		HECKEMEYER, Kim	SIKESTON, MO			1				1				1	0:00.000	DNS	

# 2010 Howlin Half 70.3

## Division: M40-44

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	25	HILLYARD, Mike	EVANSVILLE, IN	19:12.847	26:41:10.6	5	6:17.857	2:41:46.074	20.8	1	1:37.479	1:27:13.294	6:39.5	1	0:00.000	4:36:07	+0:00
2	18	SEIFERT, Steve	GLENDAL, MO	15:40.003	21:45:33.6	1	4:42.612	2:42:07.865	20.7	2	1:26.451	1:41:42.019	7:45.8	2	0:00.000	4:45:38	+9:31
3	22	KERR, Glenn	CLARKSVILLE, TN	18:01.422	25:01:58.5	3	4:36.808	2:44:58.168	20.4	3	1:34.838	1:50:57.115	8:28.2	4	0:00.000	5:00:08	+24:01
4	14	HAHS, Patrick	Almo, Ky	16:56.305	23:31:32.1	2	7:15.909	2:55:32.308	19.1	6	3:09.890	1:52:53.278	8:37.0	5	0:00.000	5:15:47	+39:40
5	26	BECK, Bryan	CAPE GIRARDEAU, MO	20:37.543	28:38:48.6	8	6:28.130	2:59:34.012	18.7	7	3:06.455	1:49:42.474	8:22.5	3	0:00.000	5:19:28	+43:21
6	20	FROMM, Steve	KANSAS CITY, MO	19:52.582	27:36:21.8	7	7:08.383	2:49:29.323	19.8	4	2:53.453	2:02:01.334	9:18.9	7	0:00.000	5:21:25	+45:18
7	23	JELLISS, Paul	ST LOUIS, MO	19:15.662	26:45:05.2	6	10:09.565	2:49:54.960	19.8	5	2:44.009	2:18:01.196	10:32.2	8	0:00.000	5:40:05	+1:03:58
8	17	SUNDY, Rael	ST LOUIS, MO	18:08.223	25:11:25.3	4	10:19.292	3:24:56.337	16.4	8	6:00.498	1:55:34.613	8:49.4	6	0:00.000	5:54:58	+1:18:51
	15	CUNNINGHAM, Jeff	BRENTWOOD, TN			1				1				1	0:00.000	DNS	
	19	GREENBURG, Darren	CORDOVA, TN			1				1				1	0:00.000	DNS	
	21	POUNDS, Darin	COLLIERSVILLE, TN			1				1				1	0:00.000	DNS	

## Division: F40-44

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	75	POTRATZ, Jen	ST. LOUIS, MO	23:45.837	33:00:19.8	1	11:19.417	3:49:03.881	14.7	1	3:54.374	2:23:47.263	10:58.6	1	0:00.000	6:51:50	+0:00
	77	STANISH, Christine	CROWN POINT, IN			1				1				1	0:00.000	DNS	
	78	WIMMER, Elizabeth	BROOKFIELD, IL			1				1				1	0:00.000	DNS	

## Division: M45-49

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	9	GREVE, Joel	ALLEN, NE	16:45.989	23:17:12.4	3	4:38.831	2:49:19.433	19.8	1	1:20.252	1:59:09.077	9:05.7	1	0:00.000	5:11:13	+0:00
2	7	LOBB, Del	COLUMBIA, MO	15:14.147	21:09:38.9	1	5:29.280	3:04:40.629	18.2	2	2:06.708	2:09:04.745	9:51.2	3	0:00.000	5:36:35	+25:22
3	13	COOTS, Mark	CAPE GIRARDEAU, MO	16:36.057	23:03:24.8	2	6:56.172	3:13:42.388	17.4	3	2:19.502	2:07:48.907	9:45.4	2	0:00.000	5:47:23	+36:10
4	11	FIRESTONE, Brad	KANSAS CITY, KS	20:05.863	27:54:48.6	5	5:51.119	3:18:03.677	17.0	4	2:46.478	2:14:50.740	10:17.6	4	0:00.000	6:01:37	+50:24
5	8	MURRAY, Paul	WEST PLAINS, MO	19:14.217	26:43:04.8	4	7:34.390	3:18:39.357	16.9	5	2:39.697	2:16:48.944	10:26.6	5	0:00.000	6:04:56	+53:43
	12	SEILER, Stan	LEOPOLD, MO			1				1				1	0:00.000	DNS	
	10	STANISH, Paul	CROWN POINT, IN			1				1				1	0:00.000	DNS	

## Division: M50-54

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	6	HOLLOWAY, Rick	WEST PLAINS, MO	18:29.541	25:41:01.8	1	6:45.651	3:02:23.472	18.4	1	2:35.836	2:07:00.357	9:41.7	2	0:00.000	5:37:14	+0:00
2	5	ERICSON, Bob	ST. LOUIS, MO	19:02.805	26:27:13.8	2	6:46.427	3:05:27.799	18.1	2	2:08.861	2:06:54.866	9:41.3	1	0:00.000	5:40:20	+3:06

## Division: F50-54

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
	73	WATTS, Jeanine	LAMAR, MS			1				1				1	0:00.000	DNS	

## Division: M55-59

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
1	4	RING, Dan	PARAGOULD	28:08.520	39:05:10.0	2	54:15.216	3:21:00.110	16.7	1	6:26.656	2:10:27.661	9:57.5	1	0:00.000	7:00:18	+0:00
2	2	WHEATLEY, Lew	COLFAX, IL	28:38.003	39:46:06.9	3	16:48.447	3:39:28.079	15.3	2	9:18.865	3:28:44.153	15:56.0	3	0:00.000	8:02:57	+1:02:39
3	3	SHADWICK, Benjamin	PARAGOULD, AR	27:26.101	38:06:15.1	1	16:21.733	4:14:08.009	13.2	3	7:51.700	3:22:55.232	15:29.4	2	0:00.000	8:28:42	+1:28:24

## Division: M60-64

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
	1	HAGER, Don	FARMINGTON, MO			1				1				1	0:00.000	DNS	

# 2010 Howlin Half 70.3

## Division: Adjustments

PL	No	Name	Representing	Swim	min/100m	PI	T1	Bike	MPH	PI	T2	Run	min/mi	PI	Penalty	Total Time	Back
58		PROFFER, Luke															
98		KINNAMAN-SHEARON-KINNAMAN															