

Men's

TRI-DATE & PARTICIPANT NAME	Short Course					Points for improving time					
	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Partici pation (5)	Swi m (1)	Bike (1)	Run (1)	overall (3)	Total Pts
October 21, 2018											
Jeremy Adamson	0:05:30	0:32:16	0:41:07	0:27:36	1:11:46	5	1	1	1	3	11
Tim Almstedt	0:06:07	0:37:26	0:47:00	0:34:34	1:24:18	5	1	1	1	3	11
Chris Brobst	0:05:56	0:30:18	0:38:34	0:23:58	1:03:16	5	1	1	1	3	11
Adam Duchek	0:06:06	0:39:05	0:48:10	0:36:04	1:25:30	5	1	1	1	3	11
Mike Duckek	0:06:03	0:38:48	0:49:50	0:47:32	1:40:28	5	1	1	1	3	11
Tony Kersting	0:05:35	0:31:34	0:41:23	0:28:04	1:12:35	5	1	1	1	3	11
Tariq Quadri	0:05:00	0:32:40	0:39:30	0:23:50	1:04:02	5	1	1	1	3	11
Jeff Oberle	0:05:19	0:31:50	0:41:07	0:24:26	1:07:14	5	1	1	1	3	11
October 28, 2018											
Jeremy Adamson	0:05:36	0:32:02	0:40:25	0:28:45	1:11:00	5		1		3	9
Tim Almstedt	0:05:32	0:34:39	0:43:57	0:38:09	1:24:41	5	1	1			7
Chris Brobst	0:06:07	0:29:29	0:38:04	0:24:02	1:02:00	5		1			6
Adam Duchek	0:06:26	0:53:56	1:03:13	0:35:56	1:40:24	5			1		6
Devin Duckek	0:08:54	1:30:40	1:40:54	0:45:28	2:40:25	5	1	1	1	3	11
Tony Kersting	0:05:29	0:29:45	0:38:15	0:25:28	1:05:45	5	1	1	1	3	11
Tariq Quadri	0:04:56	0:29:03	0:35:58	0:22:52	0:59:28	5	1	1	1	3	11
Ross Brayton	0:05:55	0:31:50	0:42:07	0:37:13	1:24:18	5	1	1	1	3	11
November 4, 2018											
Jeremy Adamson	0:05:48	0:32:00	0:41:44	0:36:48	1:21:11	5		1			6
Tim Almstedt	0:05:30	0:34:20	0:42:57	0:40:39	1:26:41	5	1	1			7
Ross Brayton	0:06:07	0:31:20	0:41:20	0:39:00	1:25:15	5		1			6
Chris Brobst	0:05:45	0:29:09	0:37:43	0:24:05	1:20:23	5	1	1	1	3	11
Adam Duchek	0:06:21	0:40:01	0:49:15	0:33:34	1:24:50	5	1	1	1	3	11
Devin Duckek	0:09:15	0:50:28	1:04:35	1:06:40	2:13:21	5		1	1	3	10
Tony Kersting	0:05:07	0:30:38	0:39:39	0:27:38	1:09:47	5	1				6
Tariq Quadri	0:04:57	0:28:00	0:34:51	0:23:19	0:58:56	5				3	8
Fernando Magnelli	0:05:28	0:40:52	0:49:30	0:32:49	1:24:15	5	1	1	1	3	11
November 18, 2018											
Jeremy Adamson	0:05:47	0:30:49	0:39:53	0:36:50	1:13:03	5	1	1		3	10

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Tim Almstedt	0:05:34	0:33:47	0:45:18	0:35:10	1:21:24	5		1	1	3	10
Ross Brayton	0:05:42	0:31:35	0:42:06	0:36:35	1:24:54	5	1		1	3	10
Chris Brobst	0:05:55	0:29:50	0:38:52	0:25:30	1:05:09	5			1	3	9
Adam Duchek	0:06:16	0:39:24	0:48:35	0:33:25	1:24:35	5	1	1	1	3	11
Devin Duckek	0:09:27	0:47:30	1:00:45	0:57:40	2:10:10	5		1	1	3	10
Matt Cecil	0:06:25	0:29:36	0:38:15	0:25:31	1:04:36	5	1	1	1	3	11
Bob Boles	0:05:24	0:35:12	0:43:31	0:44:08	1:29:27	5	1	1	1	3	11
Scott Paneitz	0:04:55	0:30:42	0:38:12	0:28:10	1:07:55	5	1	1	1	3	11
Steven Maher	0:06:36	0:35:05	0:45:58	0:41:08	1:28:55	5	1	1	1	3	11
December 2, 2018											
Jeremy Adamson	0:05:44	0:36:25	0:46:20	0:39:40	1:29:43	5	1				6
Tim Almstedt	0:05:36	0:33:43	0:43:36	0:38:49	1:25:20	5		1			6
Ross Brayton	0:05:42	0:31:15	0:41:25	0:39:30	1:23:32	5	1	1	1	3	11
Chris Brobst	0:05:51	0:29:47	0:38:20	0:24:30	1:03:43	5	1	1	1	3	11
Tariq Quadri	0:05:05	0:28:05	0:34:56	0:22:00	0:57:44	5			1	3	9
Bill Sanders	0:08:50	0:34:33	0:46:07	0:35:02	1:23:08	5	1	1	1	3	11
Evan Lardinois	0:05:31	0:25:14	0:33:22	0:22:51	0:57:35	5	1	1	1	3	11
December 16, 2018											
Jeremy Adamson	0:05:43	0:37:21	0:46:44	0:32:54	1:22:56	5	1		1	3	10
Tim Almstedt	0:05:34	0:33:24	0:42:48	0:38:05	1:22:57	5	1	1	1	3	11
Chris Brobst	0:05:53	0:29:17	0:37:48	0:24:39	1:02:14	5		1		3	9
Tony Kersting	0:05:29	0:29:40	0:39:27	0:27:29	1:09:29	5		1		3	9
Tariq Quadri	0:05:24	0:27:14	0:34:17	0:22:30	0:57:40	5		1		3	9
Marlon Gibbons	DNF	0:40:32	0:48:48	DNF	DNF	5		1			6
Jeff Oberle	0:05:22	0:30:06	0:38:54	0:23:58	1:05:15	5		1	1	3	10
John James	0:05:08	0:31:02	0:40:38	0:21:50	1:03:50	5	1	1	1	3	11
December 30, 2018											
Jeremy Adamson	0:05:53	0:40:03	0:49:15	0:21:22	1:20:17	5			1		6
Tim Almstedt	0:05:29	0:33:26	0:43:22	0:37:16	1:24:10	5	1		1		7
Tariq Quadri	0:04:56	0:28:05	0:35:04	0:22:46	0:59:08	5	1				6

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Bill Sanders	0:08:45	0:34:57	0:46:24	0:34:06	1:21:50	5	1		1	3	10
Jeffrey Gear	0:15:45	0:31:07	0:51:19	0:27:36	1:20:45	5	1	1	1	3	11
Jo Ridgeway	0:06:13	0:27:44	0:37:23	0:31:31	1:10:00	5	1	1	1	3	11
Ross Brayton	0:05:54	0:33:27	0:43:52	0:42:00	1:28:30	5					5
January 13, 2019											
Jeremy Adamson	0:05:36	0:32:25	0:41:20	0:28:00	1:15:56	5	1	1		3	10
Tim Almstedt	0:05:29	0:33:08	0:43:12	0:37:32	1:22:54	5		1		3	9
Mike Ducek	0:05:15	0:31:36	0:41:29	0:41:00	1:24:40	5	1	1	1	3	11
Ross Brayton	0:05:40	0:31:36	0:42:20	0:42:32	1:33:18	5	1	1			7
Chris Brobst	0:06:02	0:29:27	0:38:40	0:25:02	1:04:40	5					5
Adam Duchek	0:05:53	0:35:59	0:52:37	0:30:38	1:24:58	5	1	1	1	3	11
Devin Ducek	0:09:17	0:54:34	1:08:00	0:56:33	2:07:38	5	1		1	3	10
Tony Kersting	0:05:15	0:29:00	0:38:35	0:27:28	1:08:22	5	1	1		3	10
Tariq Quadri	0:04:48	0:27:25	0:34:06	0:22:36	0:57:30	5	1	1	1	3	11
Trevon Michael	0:06:56	0:31:27	0:42:01	0:28:26	1:29:13	5	1	1	1	3	11
January 27, 2019											
Jeremy Adamson	0:05:37	0:32:48	0:42:20	0:27:40	1:14:33	5			1	3	9
Chris Brobst	0:06:01	0:29:45	0:38:20	0:24:29	1:03:56	5	1		1		7
Tony Kersting	0:05:40	0:28:02	0:38:30	0:26:25	1:07:32	5		1	1	3	10
Tariq Quadri	0:04:48	0:27:10	0:34:09	0:22:24	0:59:19	5		1	1		7
Ryan Wojtowicz	0:05:25	0:27:58	0:36:17	0:29:37	1:07:32	5	1	1	1	3	11
Mike Ducek	0:05:14	0:38:14	0:46:55	0:28:29	1:10:25	5	1		1	3	10
Adam Duchek	0:05:46	0:34:15	1:05:03	0:29:41	1:16:52	5	1	1	1	3	11
Devin Ducek	0:07:59	0:54:52	1:08:20	0:54:30	1:52:03	5	1		1	3	10
Brandon Smith	0:09:23	0:29:40	0:43:21	0:26:07	1:12:45	5	1	1	1	3	11
Jake Duff	0:05:58	0:33:29	0:42:38	0:23:27	1:10:34	5	1	1	1	3	11
Fernando Magnelli	0:05:14	0:34:17	0:41:27	0:29:41	1:12:12	5	1	1	1	3	11
February 10, 2019											
Tim Almstedt	0:06:07	0:36:20	0:47:57	0:43:59	1:35:30	5					5
Tony Kersting	0:05:13	0:28:15	0:37:50	0:26:04	1:06:40	5	1	1	1	3	11

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Jake Duff	0:05:44	0:28:39	0:38:20	0:23:31	1:03:00	5	1	1		3	10
Adam Duchek	0:06:26	0:35:05	0:47:32	0:31:17	1:20:15	5					5
Devin Duckek	0:09:07	0:51:46	1:07:11	NA	1:55:00	5		1			6
Kain Royer	0:09:24	0:39:32	1:00:04	0:25:40	1:31:40	5	1	1	1	3	11
Marc Tahull	0:03:26	0:31:49	0:37:36	0:29:21	1:08:01	5	1	1	1	3	11
March 3, 2019											
Tim Almstedt	0:05:41	0:35:32	0:46:45	0:40:51	1:30:31	5	1	1	1	3	11
Chris Brobst	0:05:56	0:29:18	0:38:23	0:24:59	1:04:36	5	1	1			7
Tony Kersting	0:05:04	0:28:47	0:38:46	0:24:50	1:06:30	5	1		1	3	10
Tariq Quadri	0:04:59	0:27:02	0:33:57	0:22:07	0:53:32	5		1	1	3	10
Devin Duckek	0:09:15	0:49:47	1:03:33	NA	2:10:28	5		1			6
Ross Brayton	0:05:48	0:31:04	0:42:37	0:34:26	1:18:35	5		1	1	3	10
March 10, 2019											
Mike Duckek	0:05:15	0:29:14	NA	0:44:06	1:45:47	5		1			6
Cort Smith	0:06:26	0:42:07	0:52:09	0:29:51	1:25:39	5	1	1	1	3	11
Jeremy Adamson	0:08:01	0:31:36	0:43:24	0:27:41	1:13:22	5		1		3	9
Chris Ahl	0:05:09	0:29:55	0:37:28	0:27:24	1:06:44	5	1	1	1	3	11
Ross Brayton	0:06:14	0:31:06	0:47:28	0:36:08	1:20:30	5					5
Jeff Oberle	0:05:17	0:27:38	0:35:15	0:25:16	1:42:24	5		1			6
Adam Duchek	0:05:36	0:34:12	0:42:10	0:28:10	1:12:16	5	1	1	1	3	11
March 24, 2019											
Mike Duckek	0:05:23	0:31:48	0:40:50	0:28:09	1:12:16	5			1	3	9
Adam Duchek	0:06:23	0:38:24	0:54:51	0:39:21	1:35:36	5					5
Devin Duckek	0:09:43	0:49:45	1:02:00	0:46:08	2:01:24	5		1	1	3	10
Greg Anderson	0:5:16	0:27:52	0:36:35	0:29:45	1:07:35	5	1	1	1	3	11
John Stahr	0:05:12	0:27:53	0:35:03	0:25:04	1:05:55	5	1	1	1	3	11
Justin Stahr	0:04:43	0:30:54	0:39:13	0:42:58	0:56:32	5	1	1	1	3	11
Ross Brayton	0:06:12	0:29:26	0:43:58	0:33:48	1:19:33	5	1	1	1	3	11
Chris Ahl	0:05:11	0:30:06	0:58:26	0:32:28	1:13:00	5					5
Tony Kersting	0:05:18	0:28:47	0:40:07	0:31:10	1:14:48	5					5

