

TRI Race	SWIM			TRANS		BIKE	TRANS		RUN	TOTAL	
DATE	RACE	DIST	TIME	1	DIST	TIME	2	DIST	TIME	TIME	NUMB
05/19/84	GALESBURG	0.25	0:08:00	0:03:27	15.0	0:49:00	0:01:15	3.0	0:19:45	1:21:27	1
09/16/84	ROCKFORD	0.50	0:15:11	0:03:20	27.0	1:28:32	0:03:00	6.2	0:46:29	2:36:32	2
09/30/84	GALESBURG	0.25	0:07:45	0:02:26	15.0	0:47:00	0:00:15	3.0	0:19:00	1:16:26	3
06/02/85	GALESBURG	0.25	0:07:23	0:02:02	15.0	0:43:10	0:00:20	3.0	0:19:51	1:12:46	4
06/22/85	CHARLESTON	0.50	0:20:51	0:02:00	23.0	1:10:00	0:01:00	5.0	0:31:36	2:05:27	5
08/18/85	CHICAGO	0.93	0:28:35	0:03:20	24.8	1:09:59	0:06:07	6.2	0:39:54	2:27:55	6
09/01/85	ST MARY	0.25	0:07:43	0:01:59	15.0	0:42:50	0:00:45	3.0	0:20:10	1:13:27	7
09/14/85	PEORIA	0.50	0:14:52	0:02:29	20.0	0:57:24	0:01:00	5.0	0:35:01	1:50:46	8
09/29/85	CHAMPAIGN	0.37	0:12:24	0:03:13	28.0	1:30:11	0:01:54	6.2	0:39:28	2:27:10	9
08/03/86	CHICAGO	0.93	0:25:14	0:03:14	24.8	1:09:31	0:02:05	6.2	0:44:11	2:24:15	10
09/06/86	PEORIA	0.50	0:14:48	0:02:24	18.5	0:51:45	0:01:05	5.0	0:35:19	1:45:21	11
06/01/87	GALESBURG	0.25	0:06:52	0:01:47	15.0	0:45:17	0:00:21	3.0	0:20:12	1:14:29	12
06/14/87	SPRINGFIELD	1.25	0:38:49	0:03:00	37.5	1:48:15	0:01:00	7.5	1:07:30	3:38:34	13
08/02/87	CHICAGO	0.93	0:26:30	0:04:45	25.0	1:08:24	0:03:00	6.2	0:47:36	2:30:15	14
08/30/87	MUNCIE	1.20	0:44:15	0:05:07	56.0	2:50:02	0:02:35	13.1	1:54:06	5:36:05	15
05/22/88	MEMPHIS	0.93	0:27:02	0:02:34	24.8	1:14:12	0:01:44	6.2	0:44:11	2:29:43	16
05/28/88	GALESBURG	0.25	0:06:12	0:02:25	15.0	0:44:49	0:00:48	3.0	0:18:56	1:13:10	17
06/05/88	BLOOMINGTON	0.50	0:14:10	0:03:07	23.0	1:13:21	0:01:50	6.2	0:44:15	2:16:43	18
06/12/88	IRONHORSE	1.50	0:44:39	0:02:03	45.0	2:12:17	0:02:31	10.0	1:15:46	4:17:16	19
07/09/88	INDIANAPOLIS	0.93	0:25:53	0:01:29	24.8	1:11:09	0:01:55	6.2	0:46:49	2:27:15	20
07/23/88	TREMONT	0.23	0:06:30	0:02:00	12.0	0:36:28	0:00:20	4.0	0:27:06	1:12:24	21
07/31/88	CHICAGO	0.93	0:23:49	0:05:47	24.8	1:08:06	0:01:58	6.2	0:44:15	2:23:55	22
09/10/88	OXFORD	1.25	0:35:35	0:02:42	19.0	0:54:34	0:01:29	6.2	0:44:56	2:19:16	23
07/08/89	FREEPORT	0.25	0:06:45	0:02:58	17.0	0:48:00	0:00:10	3.1	0:21:25	1:19:18	24
07/09/89	CHICAGO	0.93	0:24:45	0:05:07	24.8	1:10:57	0:02:35	6.2	0:45:44	2:29:08	25
08/26/89	PEORIA	0.31	0:09:02	0:02:26	12.4	0:36:20	0:00:20	3.1	0:21:02	1:09:10	26
05/26/90	GALESBURG	0.25	0:07:42	0:03:26	15.0	0:45:01	0:00:38	3.0	0:20:09	1:16:56	27
06/17/90	IRONHORSE	1.50	0:43:01	0:02:27	48.0	2:26:15	0:02:17	10.0	1:51:11	5:05:11	28
07/08/90	CHICAGO	0.93	0:25:50	0:06:32	24.8	1:13:00	0:02:50	6.2	0:47:34	2:35:46	29
08/06/90	INDIANAPOLIS	0.93	0:25:29	0:03:29	24.8	1:06:50	0:02:19	6.2	0:43:57	2:22:04	30
09/02/90	ST MARY	0.62	0:17:29	0:02:36	18.0	0:50:28	0:01:03	3.1	0:22:10	1:33:46	31
06/16/91	SPRINGFIELD	1.25	0:38:21	0:04:33	45.0	2:20:15	0:03:08	10.0	1:25:18	4:31:35	32

08/04/91	INDIANAPOLIS	0.93	0:26:24	0:03:31	24.1	1:05:14	0:01:36	6.2	0:44:26	2:21:11	33
09/01/91	ST MARY	0.55	0:15:28	0:01:37	17.8	0:50:56	0:00:39	3.1	0:21:17	1:29:57	34
09/07/91	LAKE GENEVA	0.65	0:18:20	0:02:22	25.4	1:14:40	0:01:28	6.2	0:46:16	2:23:06	35
06/07/92	EASTER SEAL	0.20	0:06:06	0:02:22	14.0	0:43:40	0:01:24	4.0	0:28:28	1:22:00	36
07/11/92	TREMONT	0.23	0:07:17	0:01:35	12.5	0:36:44	0:01:04	4.0	0:29:44	1:16:24	37
08/02/92	CHICAGO	0.93	0:27:53	0:05:42	24.8	1:12:56	0:01:57	6.2	0:45:21	2:33:49	38
08/23/92	CHICAGO	0.93	0:25:55	0:05:05	24.8	1:09:30	0:01:57	6.2	0:44:50	2:27:17	39
09/06/92	ST MARY	0.75	0:23:09	0:03:24	17.8	0:52:27	0:01:23	3.1	0:22:19	1:42:42	40
05/29/93	GALESBURG	0.15	0:04:20	0:03:42	15.0	0:44:58	0:01:16	3.0	0:20:29	1:14:45	41
06/06/93	EASTER SEAL	0.20	0:05:04	0:02:12	13.7	0:39:07	0:01:11	4.0	0:26:20	1:13:54	42
06/20/93	IRONHORSE	1.50	0:46:14	0:03:25	45.0	2:10:18	0:01:27	10.0	1:16:31	4:17:55	43
07/10/93	TREMONT	0.23	0:07:15	0:01:35	12.5	0:35:01	0:00:58	4.0	0:27:39	1:12:28	44
07/18/93	SPRINGFIELD SPRINT	0.34	0:10:28	0:01:35	11.7	0:31:42	0:01:13	3.0	0:20:48	1:05:46	45
08/01/93	CHICAGO	0.46	0:14:16	0:02:22	12.8	0:34:13	0:01:44	3.1	0:21:48	1:14:23	46
08/07/93	CANTON	0.28	0:08:48	0:01:42	12.0	0:32:38	0:00:56	3.0	0:19:58	1:04:02	47
08/14/93	MSI	0.78	0:24:46	0:01:50	21.3	0:57:59	0:01:05	4.7	0:32:20	1:58:00	48
08/29/93	MUNCIE	1.20	0:38:03	0:03:32	54.4	2:34:27	0:01:53	13.1	2:02:02	5:19:57	49
09/11/93	LAKE GENEVA	0.75	0:24:30	0:02:03	25.4	1:13:11	0:02:01	6.2	0:45:52	2:27:37	50
10/23/93	FLORIDIAN	2.40	1:19:57	0:05:42	112.0	6:09:58	0:04:18	26.2	5:14:45	12:54:40	51
07/09/94	TREMONT	0.23	0:07:42	0:02:18	12.5	0:39:38	0:01:25	4.0	0:29:03	1:20:06	52
08/06/94	CANTON	0.28	0:08:31	0:02:35	12.0	0:34:24	0:00:57	3.0	0:20:56	1:07:23	53
08/21/94	CHICAGO	0.20	0:04:59	0:05:58	24.8	1:07:56	0:01:42	6.2	0:45:06	2:05:41	54
06/03/95	TRI-SHARK	0.25	0:08:03	0:02:33	13.0	0:37:26	0:01:24	3.1	0:22:40	1:12:06	55
07/08/95	TREMONT	0.23	0:07:18	0:01:42	12.5	0:35:16	0:00:58	4.0	0:28:51	1:14:05	56
07/23/95	SPRINGFIELD SPRINT	0.30	0:08:56	0:01:59	12.0	0:32:02	0:01:10	3.0	0:20:55	1:05:02	57
08/05/95	CANTON	0.28	0:08:45	0:01:58	11.9	0:32:02	0:00:47	3.0	0:20:50	1:04:22	58
08/27/95	CHICAGO	0.93	0:29:36	0:02:34	24.8	1:07:28	0:01:40	6.2	0:47:10	2:28:28	59
05/18/96	GALENA DUO	1.80	0:15:18	0:02:06	17.4	1:05:09	0:02:31	4.2	0:33:52	1:58:56	60
07/06/96	TREMONT	0.23	0:07:15	0:02:10	12.5	0:35:09	0:01:16	4.0	0:29:09	1:14:59	61
07/14/96	CHICAGO	0.93	0:27:36	0:07:46	24.8	1:09:53	0:03:42	6.2	0:47:45	2:36:42	62
08/03/96	CANTON	0.28	0:09:20	0:02:23	11.9	0:33:52	0:01:04	3.0	0:22:08	1:08:47	63
06/06/97	GALENA	0.40	0:11:48	0:04:02	17.0	0:55:48	0:02:01	4.0	0:27:45	1:41:24	64
07/05/97	TREMONT	0.23	0:07:32	0:02:18	12.5	0:36:15	0:01:13	4.0	0:29:15	1:16:33	65
08/02/97	CANTON	0.28	0:08:56	0:02:24	11.9	0:32:22	0:00:54	3.0	0:21:32	1:06:08	66

06/21/98	IRONHORSE	1.50	0:48:02	0:03:12	45.0	2:09:15	0:01:05	10.0	1:33:00	4:34:34	67
07/23/98	SPRINGFIELD SPRINT	0.34	0:10:49	0:01:37	12.0	0:32:46	0:01:33	3.0	0:22:20	1:09:05	68
08/01/98	CANTON	0.28	0:08:57	0:01:44	12.0	0:32:05	0:00:59	3.0	0:21:51	1:05:36	69
08/30/98	CHICAGO	0.93	0:27:26	0:05:55	24.8	1:05:05	0:03:04	6.2	0:46:18	2:27:48	70
09/12/98	LAKE GENEVA	1.20	0:35:53	0:03:22	25.4	1:12:40	0:01:58	6.2	0:50:25	2:44:18	71
09/13/98	DEVILS LAKE	0.25	0:08:38	0:03:50	15.0	0:44:29	0:01:26	3.4	0:24:43	1:23:06	72
05/22/99	GALENA	0.40	0:09:29	0:05:00	17.0	0:51:22	0:02:27	4.0	0:30:43	1:39:01	73
06/12/99	TRI-SHARK	0.34	0:10:29	0:02:33	13.0	0:35:48	0:01:24	3.1	0:23:18	1:13:32	74
07/18/99	MADISON	0.45	0:14:42	0:02:40	15.0	0:41:57	0:01:23	4.0	0:29:00	1:29:42	75
08/07/99	CANTON	0.28	0:09:07	0:01:53	11.9	0:33:05	0:00:54	3.0	0:21:41	1:06:40	76
05/19/00	GALENA	0.40	0:11:05	0:04:31	17.0	0:56:41	0:02:34	4.3	0:34:27	1:49:18	77
06/03/00	TRI-SHARK	0.40	0:14:35	0:02:16	13.0	0:36:36	0:01:50	3.1	0:23:09	1:18:26	78
06/24/00	INDIANAPOLIS SPRIN	0.31	0:10:30	0:02:18	10.0	0:28:38	0:02:38	3.0	0:22:55	1:06:59	79
08/27/00	CHICAGO	0.93	0:30:00	0:05:58	24.8	1:09:25	0:02:51	6.2	0:47:42	2:35:56	80
09/09/00	LAKE GENEVA	0.93	0:28:14	0:02:33	25.4	1:22:12	0:02:40	6.2	0:50:50	2:46:29	81
06/02/01	TRI-SHARK	0.34	0:10:06	0:02:16	13.0	0:38:30	0:01:33	3.1	0:23:10	1:15:35	82
08/04/01	CANTON	0.28	0:09:12	0:02:56	11.9	0:34:39	0:00:54	3.0	0:22:16	1:09:57	83
08/26/01	CHICAGO	0.93	0:29:05	0:05:53	25.0	1:11:11	0:02:38	6.2	0:47:07	2:35:54	84
06/01/02	TRI-SHARK	0.34	0:12:13	0:02:27	13.0	0:38:41	0:01:43	3.1	0:24:57	1:20:01	85
06/29/02	OTTAWA	0.93	0:30:05	0:02:53	25.0	1:14:11	0:01:38	6.2	0:54:07	2:42:54	86
08/18/02	PLEASANT PRAIRIE	0.93	0:25:56	0:02:39	25.1	1:12:45	0:01:20	6.2	0:46:58	2:29:38	87
09/01/02	KNOX	0.60	0:17:45	0:02:28	15.5	0:45:27	0:01:10	3.1	0:23:33	1:30:23	88
05/31/03	TRI-SHARK	0.34	0:11:04	0:02:44	13.0	0:41:15	0:01:46	3.1	0:24:46	1:21:35	89
06/14/03	MENOMIE	1.50	0:46:03	0:04:25	58.5	3:32:02	0:03:40	12.4	2:20:51	6:47:01	90
06/29/03	DELLS	1.20	0:34:20	0:04:57	56.0	3:09:18	0:02:37	13.1	2:08:20	5:59:32	91
07/12/03	MUNCIE	1.20	0:38:15	0:03:52	56.0	2:47:50	0:01:45	13.1	1:59:59	5:31:41	92
07/28/03	DAIRYLAND	1.20	0:41:53	0:03:34	58.0	3:11:21	0:02:26	13.1	2:13:44	6:12:58	93
09/07/03	IRONMAN WI	2.40	1:15:00	0:09:34	112.0	7:08:06	0:04:52	26.2	6:47:11	15:24:43	94
06/05/04	TRI-SHARK	0.34	0:12:16	0:02:31	13.0	0:38:52	0:01:42	3.1	0:25:29	1:20:50	95
5/21/05	GALENA	0.37	0:10:04	0:06:20	17.0	1:03:04	0:01:52	4.3	0:37:23	1:58:43	96
06/04/05	TRI-SHARK	0.34	0:10:37	0:03:01	13.0	0:39:36	0:01:41	3.1	0:26:31	1:21:26	97
06/20/05	IRON ABE	0.60	0:20:20	0:02:52	28.0	1:24:07	0:01:25	6.5	0:52:53	2:41:37	98
07/09/05	PEKIN	1.20	0:43:11	0:03:39	26.0	1:23:49	0:01:06	4.2	0:37:11	2:48:56	99
07/16/05	SPRINGFIELD SPRINT	0.28	0:10:04	0:03:10	12.0	0:35:03	0:01:34	3.0	0:25:13	1:15:04	100

05/20/06	GALENA	0.25	0:08:35	0:06:16	17.0	1:07:58	0:02:18	4.3	0:39:05	2:04:12	101
06/03/06	TRI-SHARK	0.34	0:11:35	0:03:06	13.0	0:39:18	0:01:38	3.1	0:26:31	1:22:08	102
06/16/06	IRON ABE	0.90	0:37:10	0:02:30	25.0	1:19:29	0:01:50	6.2	1:15:38	3:16:37	103
07/22/06	EVERGREEN	0.95	0:37:09	0:02:49	24.8	1:17:41	0:02:04	6.2	0:54:51	2:54:34	104
8/5/06	CANTON	0.28	0:10:15	0:02:11	11.9	0:35:15	0:01:25	3.0	0:25:30	1:14:36	105
05/18/07	GALENA	0.37	0:10:04	0:06:20	17.0	1:03:04	0:01:52	4.3	0:37:23	1:58:43	106
06/02/07	TRI-SHARK	0.34	0:12:25	0:02:22	13.0	0:39:00	0:01:56	3.1	0:26:22	1:22:05	107
07/01/07	DECATUR	0.75	0:26:42	0:02:52	19.0	0:59:21	0:01:33	4.0	0:35:12	2:05:40	108
07/21/07	EVERGREEN	0.95	0:38:01	0:03:30	24.8	1:13:39	0:02:07	6.2	0:55:22	2:52:39	109
07/29/07	IRON ABE	0.90	0:38:48	0:02:05	25.0	1:14:57	0:01:25	6.2	0:56:16	2:53:31	110
6/21/08	TREMONT	0.23	0:07:37	0:03:00	12.6	0:41:01	0:01:27	3.1	0:26:04	1:19:09	111
07/19/08	EVERGREEN	0.95	0:34:40	0:04:23	24.8	1:21:39	0:03:29	6.2	0:57:44	3:01:55	112
07/27/08	IRON ABE	0.90	0:34:40	0:03:26	25.0	1:17:21	0:01:46	6.2	0:56:29	2:53:42	113
8/2/08	CANTON	0.28	0:09:50	0:02:14	12.0	0:35:53	0:01:40	3.0	0:25:49	1:15:26	114
06/06/09	TRI-SHARK	0.34	0:14:42	0:03:39	13.0	0:39:40	0:02:01	3.1	0:27:32	1:27:34	115
6/27/09	TREMONT	0.23	0:07:31	0:02:14	12.6	0:39:45	0:01:46	3.1	0:27:23	1:18:39	116
07/18/09	EVERGREEN	0.95	0:33:09	0:03:56	24.8	1:22:32	0:03:15	6.2	0:55:50	2:58:42	117
07/26/09	IRON ABE	0.90	0:24:30	0:02:55	25.0	1:18:47	0:01:39	6.2	0:58:02	2:45:53	118
8/1/09	CANTON	0.28	0:10:50	0:02:14	12.0	0:38:30	0:01:53	3.0	0:26:07	1:19:34	119
08/15/09	RAILSPLITTER	1.00	0:40:25	0:05:14	36.0	1:56:34	0:01:32	7.0	1:11:10	3:54:55	120
6/26/10	TREMONT	0.23	0:08:04	0:02:45	13.5	0:42:42	0:01:29	3.1	0:29:15	1:24:15	121
8/7/10	CANTON	0.28	0:11:02	0:02:14	12.0	0:36:42	0:01:41	3.0	0:28:35	1:20:14	122
06/04/11	TRI-SHARK	0.34	0:15:08	0:03:06	13.0	0:41:30	0:02:39	3.1	0:30:06	1:32:29	123
6/25/11	TREMONT	0.23	0:07:46	0:02:37	13.5	0:43:07	0:02:17	3.1	0:27:37	1:23:24	124
8/6/11	CANTON	0.28	0:11:00	0:02:27	12.0	0:37:21	0:01:40	3.0	0:27:28	1:19:56	125
06/02/12	TRI-SHARK	0.23	0:14:02	0:03:37	13.0	0:44:12	0:02:46	3.1	0:29:35	1:34:12	126
6/23/12	TREMONT	0.20	0:08:06	0:03:45	13.5	0:42:46	0:02:01	3.1	0:29:21	1:25:59	127
8/4/12	CANTON	0.28	0:11:12	0:02:58	12.0	0:39:19	0:01:37	3.0	0:29:10	1:24:16	128
6/22/13	TREMONT	0.23	0:08:17	0:04:57	15.5	0:50:01	0:01:50	3.1	0:32:40	1:37:45	129
8/3/13	CANTON	0.28	0:11:45	0:04:03	12.0	0:40:11	0:02:06	3.0	0:31:24	1:29:29	130
6/4/16	TRI-SHARK	0.34	0:16:31	0:04:51	13.0	0:45:32	0:03:04	3.1	0:35:32	1:45:30	131
6/25/16	TREMONT	0.23	0:10:02	0:02:29	15.5	0:55:09	0:02:07	3.1	0:35:36	1:45:23	132
7/10/16	DECATUR	0.23	0:13:15	0:02:59	19.0	1:08:37	0:02:10	3.1	0:35:21	2:02:22	133
8/13/16	CANTON	0.28	0:13:59	0:02:12	12.0	0:44:43	0:01:56	3.0	0:34:20	1:37:10	134

8/21/16	CLINTON LAKE	0.23	0:09:37	0:03:20	13.0	0:50:16	0:02:37	3.1	0:44:13	1:50:03	135
6/17/17	STOVEPIPE	0.36	0:14:50	0:05:25	13.0	0:56:36	0:03:10	3.1	0:37:22	1:57:23	136
7/29/17	STONEMAN	0.36	0:15:41	0:03:59	12.1	0:42:39	0:02:41	3.1	0:35:03	1:40:03	137
08/12/17	CANTON	0.28	0:13:05	0:02:32	12.0	0:44:26	0:01:50	3.0	0:33:04	1:34:57	138
6/23/18	TREMONT	0.23	0:09:40	0:05:56	15.5	0:55:09	0:02:48	3.1	0:37:07	1:50:40	139
7/28/18	STONEMAN	0.36	0:14:42	0:03:31	12.1	0:42:12	0:02:22	3.1	0:37:33	1:40:20	140
08/11/18	CANTON	0.28	0:12:57	0:02:52	12.0	0:42:51	0:02:01	3.0	0:36:31	1:37:12	141
6/22/19	TREMONT	0.23	0:09:07	0:05:03	15.5	0:56:50	0:03:05	3.1	0:36:20	1:50:25	142