

LIFE TIME FITNESS KIDS TRIATHLON
(Senior Class)
June 20, 2009
Omaha, Nebraska

100 Yard.Swim, 5.4 Mile Bike, 1 Mile Run

| TOT PLC | DIV PLC | NAME | CITY | ST | AGE | S | SWIM plc | 100 time | 100 yds | TRAN time | BIKE plc | BIKE time | BIKE mph | TRAN time | RUN plc | RUN time | RUN pace | TOTAL TIME |
|------------|------------|--------------------|-------------|----|-----|---|-------------|-------------|------------|--------------|-------------|--------------|-------------|--------------|------------|-------------|-------------|---------------|
| 1 | 1/6 | Connor Hogue | Omaha | NE | 14 | M | 6 | 2:02 | 2:02 | 1:23 | 2 | 18:12 | 17.8 | 0:34 | 1 | 8:03 | 8:03 | 30:13 |
| 2 | 2/6 | Brenden Dostal | Shenandoah | IA | 13 | M | 7 | 2:07 | 2:07 | 1:36 | 1 | 17:58 | 18.0 | 0:34 | 4 | 8:38 | 8:38 | 30:51 |
| 3 | 1/6 | Abbey Lenz | Omaha | NE | 11 | F | 5 | 2:02 | 2:02 | 1:49 | 6 | 19:05 | 17.0 | 0:36 | 5 | 8:48 | 8:48 | 32:18 |
| 4 | 3/6 | Zach Lau | Lavista | NE | 14 | M | 2 | 1:56 | 1:56 | 1:10 | 3 | 18:17 | 17.7 | 0:46 | 11 | 11:02 | 11:02 | 33:10 |
| 5 | 2/6 | Kaelie Lenz | Omaha | NE | 12 | F | 9 | 2:16 | 2:16 | 2:09 | 5 | 19:05 | 17.0 | 0:34 | 6 | 9:20 | 9:20 | 33:22 |
| 6 | 1/1 | Brianna Shaw | Omaha | NE | 13 | F | 1 | 1:48 | 1:48 | 1:38 | 10 | 19:53 | 16.3 | 0:38 | 7 | 9:31 | 9:31 | 33:26 |
| 7 | 1/7 | Ashton Legenza | Elkhorn | NE | 12 | M | 10 | 2:18 | 2:18 | 2:10 | 4 | 18:34 | 17.5 | 0:32 | 12 | 11:06 | 11:06 | 34:38 |
| 8 | 4/6 | Alex Lopez | Omaha | NE | 13 | M | 14 | 2:30 | 2:30 | 1:44 | 8 | 19:11 | 16.9 | 0:35 | 10 | 10:45 | 10:45 | 34:42 |
| 9 | 5/6 | Dallas Luckey | Omaha | NE | 14 | M | 15 | 2:37 | 2:37 | 2:24 | 13 | 20:55 | 15.5 | 0:36 | 2 | 8:24 | 8:24 | 34:53 |
| 10 | 2/7 | Kyle Stevens | Omaha | NE | 11 | M | 20 | 3:50 | 3:50 | 1:27 | 12 | 20:42 | 15.7 | 0:41 | 3 | 8:27 | 8:27 | 35:05 |
| 11 | 3/6 | Allison Grunkemeye | Omaha | NE | 11 | F | 3 | 1:57 | 1:57 | 1:50 | 7 | 19:10 | 16.9 | 0:44 | 17 | 13:46 | 13:46 | 37:25 |
| 12 | 3/7 | Daniel Lundstedt | Wymore | NE | 11 | M | 13 | 2:29 | 2:29 | 1:14 | 9 | 19:14 | 16.8 | 0:35 | 18 | 14:06 | 14:06 | 37:35 |
| 13 | 4/7 | Tom Barnhart | Omaha | NE | 12 | M | 16 | 2:37 | 2:37 | 2:14 | 15 | 23:28 | 13.8 | 0:58 | 9 | 10:33 | 10:33 | 39:49 |
| 14 | 6/6 | David Landers | Omaha | NE | 13 | M | 8 | 2:12 | 2:12 | 1:45 | 14 | 23:20 | 13.9 | 0:57 | 14 | 12:10 | 12:10 | 40:22 |
| 15 | 5/7 | Sam Pinkerton | Omaha | NE | 12 | M | 11 | 2:19 | 2:19 | 1:36 | 11 | 20:10 | 16.1 | 0:36 | 20 | 17:55 | 17:55 | 42:34 |
| 16 | 6/7 | Chandler Melcher | Elkhorn | NE | 11 | M | 19 | 3:25 | 3:25 | 1:59 | 16 | 25:30 | 12.7 | 0:33 | 13 | 11:29 | 11:29 | 42:54 |
| 17 | 4/6 | Tenley Propst | Plattsmouth | NE | 12 | F | 4 | 1:59 | 1:59 | 2:12 | 17 | 26:39 | 12.2 | 1:00 | 15 | 13:15 | 13:15 | 45:04 |
| 18 | 7/7 | Reuben Lammers | Elkhorn | NE | 11 | M | 17 | 3:02 | 3:02 | 2:11 | 19 | 29:21 | 11.0 | 0:56 | 8 | 10:06 | 10:06 | 45:34 |
| 19 | 5/6 | Ke'alohe Neill | Gretna | NE | 12 | F | 12 | 2:21 | 2:21 | 2:02 | 18 | 26:57 | 12.0 | 0:42 | 19 | 14:10 | 14:10 | 46:10 |
| 20 | 6/6 | Macy Hutchinson | Omaha | NE | 11 | F | 18 | 3:22 | 3:22 | 1:44 | 20 | 29:55 | 10.8 | 1:22 | 16 | 13:16 | 13:16 | 49:37 |

MALE RESULTS

| TOT PLC | # | NAME | CITY | ST | AGE | S | SWIM plc | 100 time | 100 yds | TRAN time | BIKE plc | BIKE time | BIKE mph | TRAN time | RUN plc | RUN time | RUN pace | TOTAL TIME |
|------------|-----|------------------|------------|----|-----|---|-------------|-------------|------------|--------------|-------------|--------------|-------------|--------------|------------|-------------|-------------|---------------|
| 1 | 425 | Connor Hogue | Omaha | NE | 14 | M | 2 | 2:02 | 2:02 | 1:23 | 2 | 18:12 | 17.8 | 0:34 | 1 | 8:03 | 8:03 | 30:13 |
| 2 | 423 | Brenden Dostal | Shenandoah | IA | 13 | M | 3 | 2:07 | 2:07 | 1:36 | 1 | 17:58 | 18.0 | 0:34 | 4 | 8:38 | 8:38 | 30:51 |
| 3 | 426 | Zach Lau | Lavista | NE | 14 | M | 1 | 1:56 | 1:56 | 1:10 | 3 | 18:17 | 17.7 | 0:46 | 8 | 11:02 | 11:02 | 33:10 |
| 4 | 412 | Ashton Legenza | Elkhorn | NE | 12 | M | 5 | 2:18 | 2:18 | 2:10 | 4 | 18:34 | 17.5 | 0:32 | 9 | 11:06 | 11:06 | 34:38 |
| 5 | 422 | Alex Lopez | Omaha | NE | 13 | M | 8 | 2:30 | 2:30 | 1:44 | 5 | 19:11 | 16.9 | 0:35 | 7 | 10:45 | 10:45 | 34:42 |
| 6 | 427 | Dallas Luckey | Omaha | NE | 14 | M | 9 | 2:37 | 2:37 | 2:24 | 9 | 20:55 | 15.5 | 0:36 | 2 | 8:24 | 8:24 | 34:53 |
| 7 | 405 | Kyle Stevens | Omaha | NE | 11 | M | 13 | 3:50 | 3:50 | 1:27 | 8 | 20:42 | 15.7 | 0:41 | 3 | 8:27 | 8:27 | 35:05 |
| 8 | 404 | Daniel Lundstedt | Wymore | NE | 11 | M | 7 | 2:29 | 2:29 | 1:14 | 6 | 19:14 | 16.8 | 0:35 | 12 | 14:06 | 14:06 | 37:35 |
| 9 | 409 | Tom Barnhart | Omaha | NE | 12 | M | 10 | 2:37 | 2:37 | 2:14 | 11 | 23:28 | 13.8 | 0:58 | 6 | 10:33 | 10:33 | 39:49 |
| 10 | 421 | David Landers | Omaha | NE | 13 | M | 4 | 2:12 | 2:12 | 1:45 | 10 | 23:20 | 13.9 | 0:57 | 11 | 12:10 | 12:10 | 40:22 |
| 11 | 419 | Sam Pinkerton | Omaha | NE | 12 | M | 6 | 2:19 | 2:19 | 1:36 | 7 | 20:10 | 16.1 | 0:36 | 13 | 17:55 | 17:55 | 42:34 |
| 12 | 402 | Chandler Melcher | Elkhorn | NE | 11 | M | 12 | 3:25 | 3:25 | 1:59 | 12 | 25:30 | 12.7 | 0:33 | 10 | 11:29 | 11:29 | 42:54 |
| 13 | 401 | Reuben Lammers | Elkhorn | NE | 11 | M | 11 | 3:02 | 3:02 | 2:11 | 13 | 29:21 | 11.0 | 0:56 | 5 | 10:06 | 10:06 | 45:34 |

FEMALE RESULTS

| TOT PLC | # | NAME | CITY | ST | AGE | S | SWIM plc | 100 time | 100 yds | TRAN time | BIKE plc | BIKE time | BIKE mph | TRAN time | RUN plc | RUN time | RUN pace | TOTAL TIME |
|------------|-----|--------------------|-------------|----|-----|---|-------------|-------------|------------|--------------|-------------|--------------|-------------|--------------|------------|-------------|-------------|---------------|
| 1 | 403 | Abbey Lenz | Omaha | NE | 11 | F | 4 | 2:02 | 2:02 | 1:49 | 2 | 19:05 | 17.0 | 0:36 | 1 | 8:48 | 8:48 | 32:18 |
| 2 | 414 | Kaelie Lenz | Omaha | NE | 12 | F | 5 | 2:16 | 2:16 | 2:09 | 1 | 19:05 | 17.0 | 0:34 | 2 | 9:20 | 9:20 | 33:22 |
| 3 | 417 | Brianna Shaw | Omaha | NE | 13 | F | 1 | 1:48 | 1:48 | 1:38 | 4 | 19:53 | 16.3 | 0:38 | 3 | 9:31 | 9:31 | 33:26 |
| 4 | 406 | Allison Grunkemeye | Omaha | NE | 11 | F | 2 | 1:57 | 1:57 | 1:50 | 3 | 19:10 | 16.9 | 0:44 | 6 | 13:46 | 13:46 | 37:25 |
| 5 | 413 | Tenley Propst | Plattsmouth | NE | 12 | F | 3 | 1:59 | 1:59 | 2:12 | 5 | 26:39 | 12.2 | 1:00 | 4 | 13:15 | 13:15 | 45:04 |
| 6 | 416 | Ke'alohe Neill | Gretna | NE | 12 | F | 6 | 2:21 | 2:21 | 2:02 | 6 | 26:57 | 12.0 | 0:42 | 7 | 14:10 | 14:10 | 46:10 |
| 7 | 411 | Macy Hutchinson | Omaha | NE | 11 | F | 7 | 3:22 | 3:22 | 1:44 | 7 | 29:55 | 10.8 | 1:22 | 5 | 13:16 | 13:16 | 49:37 |

TOP 10 SWIM

| NAME | CITY | ST | AGE | S | time | yds | |
|------|--------------------|-------------|-----|----|------|------|------|
| 1 | Brianna Shaw | Omaha | NE | 13 | F | 1:48 | 1:48 |
| 2 | Zach Lau | Lavista | NE | 14 | M | 1:56 | 1:56 |
| 3 | Allison Grunkemeye | Omaha | NE | 11 | F | 1:57 | 1:57 |
| 4 | Tenley Propst | Plattsmouth | NE | 12 | F | 1:59 | 1:59 |
| 5 | Abbey Lenz | Omaha | NE | 11 | F | 2:02 | 2:02 |
| 6 | Connor Hogue | Omaha | NE | 14 | M | 2:02 | 2:02 |
| 7 | Brenden Dostal | Shenandoah | IA | 13 | M | 2:07 | 2:07 |
| 8 | David Landers | Omaha | NE | 13 | M | 2:12 | 2:12 |
| 9 | Kaelie Lenz | Omaha | NE | 12 | F | 2:16 | 2:16 |
| 10 | Ashton Legenza | Elkhorn | NE | 12 | M | 2:18 | 2:18 |

TOP 10 FIRST TRANSITION

| NAME | CITY | ST | AGE | S | time | mph |
|------|------------------|------------|-----|----|------|------|
| 1 | Zach Lau | Lavista | NE | 14 | M | 1:10 |
| 2 | Daniel Lundstedt | Wymore | NE | 11 | M | 1:14 |
| 3 | Connor Hogue | Omaha | NE | 14 | M | 1:23 |
| 4 | Kyle Stevens | Omaha | NE | 11 | M | 1:27 |
| 5 | Brenden Dostal | Shenandoah | IA | 13 | M | 1:36 |
| 6 | Sam Pinkerton | Omaha | NE | 12 | M | 1:36 |
| 7 | Brianna Shaw | Omaha | NE | 13 | F | 1:38 |
| 8 | Alex Lopez | Omaha | NE | 13 | M | 1:44 |
| 9 | Macy Hutchinson | Omaha | NE | 11 | F | 1:44 |
| 10 | David Landers | Omaha | NE | 13 | M | 1:45 |

TOP 10 BIKE

| NAME | CITY | ST | AGE | S | time | mph | |
|------|----------------|------------|-----|----|------|-------|------|
| 1 | Brenden Dostal | Shenandoah | IA | 13 | M | 17:58 | 18.0 |
| 2 | Connor Hogue | Omaha | NE | 14 | M | 18:12 | 17.8 |

| | | | | | | | |
|----|--------------------|---------|----|----|---|-------|------|
| 3 | Zach Lau | Lavista | NE | 14 | M | 18:17 | 17.7 |
| 4 | Ashton Legenza | Elkhorn | NE | 12 | M | 18:34 | 17.5 |
| 5 | Kaelie Lenz | Omaha | NE | 12 | F | 19:05 | 17.0 |
| 6 | Abbey Lenz | Omaha | NE | 11 | F | 19:05 | 17.0 |
| 7 | Allison Grunkemeye | Omaha | NE | 11 | F | 19:10 | 16.9 |
| 8 | Alex Lopez | Omaha | NE | 13 | M | 19:11 | 16.9 |
| 9 | Daniel Lundstedt | Wymore | NE | 11 | M | 19:14 | 16.8 |
| 10 | Brianna Shaw | Omaha | NE | 13 | F | 19:53 | 16.3 |

TOP 10 SECOND TRANSITION

| NAME | CITY | ST | AGE | S | time |
|------|------------------|----|-----|---|------|
| 1 | Ashton Legenza | NE | 12 | M | 0:32 |
| 2 | Chandler Melcher | NE | 11 | M | 0:33 |
| 3 | Connor Hogue | NE | 14 | M | 0:34 |
| 4 | Brenden Dostal | IA | 13 | M | 0:34 |
| 5 | Kaelie Lenz | NE | 12 | F | 0:34 |
| 6 | Alex Lopez | NE | 13 | M | 0:35 |
| 7 | Daniel Lundstedt | NE | 11 | M | 0:35 |
| 8 | Dallas Luckey | NE | 14 | M | 0:36 |
| 9 | Abbey Lenz | NE | 11 | F | 0:36 |
| 10 | Sam Pinkerton | NE | 12 | M | 0:36 |

TOP 10 RUN

| NAME | CITY | ST | AGE | S | time | pace |
|------|----------------|----|-----|---|-------|-------|
| 1 | Connor Hogue | NE | 14 | M | 8:03 | 8:03 |
| 2 | Dallas Luckey | NE | 14 | M | 8:24 | 8:24 |
| 3 | Kyle Stevens | NE | 11 | M | 8:27 | 8:27 |
| 4 | Brenden Dostal | IA | 13 | M | 8:38 | 8:38 |
| 5 | Abbey Lenz | NE | 11 | F | 8:48 | 8:48 |
| 6 | Kaelie Lenz | NE | 12 | F | 9:20 | 9:20 |
| 7 | Brianna Shaw | NE | 13 | F | 9:31 | 9:31 |
| 8 | Reuben Lammers | NE | 11 | M | 10:06 | 10:06 |
| 9 | Tom Barnhart | NE | 12 | M | 10:33 | 10:33 |
| 10 | Alex Lopez | NE | 13 | M | 10:45 | 10:45 |

FEMALE AGE GROUP RESULTS 11 - 12

| NAME | CITY | ST | AGE | S | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | | |
|------|--------------------|----|-----|---|------|------|------|------|------|-------|-------|------|---|-------|-------|-------|
| | | | | | plc | time | time | plc | time | plc | time | | | | | |
| 1 | Abbey Lenz | NE | 11 | F | 3 | 2:02 | 2:02 | 1:49 | 2 | 19:05 | 17.0 | 0:36 | 1 | 8:48 | 8:48 | 32:18 |
| 2 | Kaelie Lenz | NE | 12 | F | 4 | 2:16 | 2:16 | 2:09 | 1 | 19:05 | 17.0 | 0:34 | 2 | 9:20 | 9:20 | 33:22 |
| 3 | Allison Grunkemeye | NE | 11 | F | 1 | 1:57 | 1:57 | 1:50 | 3 | 19:10 | 16.9 | 0:44 | 5 | 13:46 | 13:46 | 37:25 |
| 4 | Tenley Propst | NE | 12 | F | 2 | 1:59 | 1:59 | 2:12 | 4 | 26:39 | 12.2 | 1:00 | 3 | 13:15 | 13:15 | 45:04 |
| 5 | Ke'alo'hi Neill | NE | 12 | F | 5 | 2:21 | 2:21 | 2:02 | 5 | 26:57 | 12.0 | 0:42 | 6 | 14:10 | 14:10 | 46:10 |
| 6 | Macy Hutchinson | NE | 11 | F | 6 | 3:22 | 3:22 | 1:44 | 6 | 29:55 | 10.8 | 1:22 | 4 | 13:16 | 13:16 | 49:37 |

MALE AGE GROUP RESULTS 11 - 12

| NAME | CITY | ST | AGE | S | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | | |
|------|------------------|----|-----|---|------|------|------|------|------|-------|-------|------|---|-------|-------|-------|
| | | | | | plc | time | time | plc | time | plc | time | | | | | |
| 1 | Ashton Legenza | NE | 12 | M | 1 | 2:18 | 2:18 | 2:10 | 1 | 18:34 | 17.5 | 0:32 | 4 | 11:06 | 11:06 | 34:38 |
| 2 | Kyle Stevens | NE | 11 | M | 7 | 3:50 | 3:50 | 1:27 | 4 | 20:42 | 15.7 | 0:41 | 1 | 8:27 | 8:27 | 35:05 |
| 3 | Daniel Lundstedt | NE | 11 | M | 3 | 2:29 | 2:29 | 1:14 | 2 | 19:14 | 16.8 | 0:35 | 6 | 14:06 | 14:06 | 37:35 |
| 4 | Tom Barnhart | NE | 12 | M | 4 | 2:37 | 2:37 | 2:14 | 5 | 23:28 | 13.8 | 0:58 | 3 | 10:33 | 10:33 | 39:49 |
| 5 | Sam Pinkerton | NE | 12 | M | 2 | 2:19 | 2:19 | 1:36 | 3 | 20:10 | 16.1 | 0:36 | 7 | 17:55 | 17:55 | 42:34 |
| 6 | Chandler Melcher | NE | 11 | M | 6 | 3:25 | 3:25 | 1:59 | 6 | 25:30 | 12.7 | 0:33 | 5 | 11:29 | 11:29 | 42:54 |
| 7 | Reuben Lammers | NE | 11 | M | 5 | 3:02 | 3:02 | 2:11 | 7 | 29:21 | 11.0 | 0:56 | 2 | 10:06 | 10:06 | 45:34 |

FEMALE AGE GROUP RESULTS 13 - 14

| NAME | CITY | ST | AGE | S | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | | |
|------|--------------|----|-----|---|------|------|------|------|------|-------|-------|------|---|------|------|-------|
| | | | | | plc | time | time | plc | time | plc | time | | | | | |
| 1 | Brianna Shaw | NE | 13 | F | 1 | 1:48 | 1:48 | 1:38 | 1 | 19:53 | 16.3 | 0:38 | 1 | 9:31 | 9:31 | 33:26 |

MALE AGE GROUP RESULTS 13 - 14

| NAME | CITY | ST | AGE | S | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | | |
|------|----------------|----|-----|---|------|------|------|------|------|-------|-------|------|---|-------|-------|-------|
| | | | | | plc | time | time | plc | time | plc | time | | | | | |
| 1 | Connor Hogue | NE | 14 | M | 2 | 2:02 | 2:02 | 1:23 | 2 | 18:12 | 17.8 | 0:34 | 1 | 8:03 | 8:03 | 30:13 |
| 2 | Brenden Dostal | IA | 13 | M | 3 | 2:07 | 2:07 | 1:36 | 1 | 17:58 | 18.0 | 0:34 | 3 | 8:38 | 8:38 | 30:51 |
| 3 | Zach Lau | NE | 14 | M | 1 | 1:56 | 1:56 | 1:10 | 3 | 18:17 | 17.7 | 0:46 | 5 | 11:02 | 11:02 | 33:10 |
| 4 | Alex Lopez | NE | 13 | M | 5 | 2:30 | 2:30 | 1:44 | 4 | 19:11 | 16.9 | 0:35 | 4 | 10:45 | 10:45 | 34:42 |
| 5 | Dallas Luckey | NE | 14 | M | 6 | 2:37 | 2:37 | 2:24 | 5 | 20:55 | 15.5 | 0:36 | 2 | 8:24 | 8:24 | 34:53 |
| 6 | David Landers | NE | 13 | M | 4 | 2:12 | 2:12 | 1:45 | 6 | 23:20 | 13.9 | 0:57 | 6 | 12:10 | 12:10 | 40:22 |

LIFE TIME FITNESS KIDS TRIATHLON

(Junior Class)

June 20, 2009

Omaha, Nebraska

50 Yard Swim, 2.4 Mile Bike, .5 Mile Run

| TOT | PLC | PLC | NAME | CITY | ST | AGE | S | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | |
|------|-------|------|--------------------|---------------|------|------|------|------|------|------|-------|------|-------|-------|-----------------------------|
| ==== | ==== | ==== | ===== | ===== | ==== | ==== | ==== | plc | time | yds | time | plc | time | pace | TIME |
| 1 | 1/19 | | Logan Gartin | Benton | AR | 9 | M | 5 | 1:05 | 2:09 | 0:33 | 2 | 10:22 | 13.9 | 0:41 4 5:24 10:47 18:03 |
| 2 | 2/19 | | Hugo Schreur | Overland Park | KS | 9 | M | 3 | 1:04 | 2:07 | 1:30 | 1 | 10:21 | 13.9 | 0:57 2 4:47 9:34 18:36 |
| 3 | 3/19 | | Jack Butler | Elkhorn | NE | 10 | M | 8 | 1:11 | 2:21 | 1:10 | 3 | 12:13 | 11.8 | 0:43 6 5:31 11:02 20:46 |
| 4 | 4/19 | | Caiden Groff | Bennington | NE | 10 | M | 22 | 1:28 | 2:55 | 1:22 | 5 | 12:33 | 11.5 | 0:30 9 5:42 11:23 21:32 |
| 5 | 5/19 | | Chris Evans | Omaha | NE | 9 | M | 1 | 1:02 | 2:04 | 1:21 | 4 | 12:22 | 11.6 | 0:51 15 6:15 12:30 21:50 |
| 6 | 6/19 | | Quin Tarrence | Omaha | NE | 10 | M | 16 | 1:24 | 2:47 | 1:48 | 19 | 14:14 | 10.1 | 0:29 1 4:33 9:06 22:27 |
| 7 | 1/20 | | Logan Reelfs | Omaha | NE | 8 | M | 41 | 1:46 | 3:31 | 1:41 | 6 | 13:13 | 10.9 | 0:34 3 5:19 10:38 22:30 |
| 8 | 2/20 | | Nick Sundstrom | Elkhorn | NE | 8 | M | 27 | 1:31 | 3:02 | 1:36 | 7 | 13:14 | 10.9 | 0:32 10 5:48 11:36 22:40 |
| 9 | 7/19 | | Matt Hotovy | Omaha | NE | 9 | M | 10 | 1:16 | 2:31 | 1:35 | 18 | 14:04 | 10.2 | 0:44 5 5:27 10:53 23:03 |
| 10 | 1/16 | | Abby Butler | Elkhorn | NE | 8 | F | 36 | 1:40 | 3:19 | 1:16 | 17 | 14:04 | 10.2 | 0:36 13 6:07 12:13 23:40 |
| 11 | 8/19 | | Jonathan Kawula | Bellevue | NE | 9 | M | 2 | 1:03 | 2:05 | 2:10 | 14 | 13:52 | 10.4 | 0:50 11 5:52 11:44 23:45 |
| 12 | 9/19 | | David Kawula | Bellevue | NE | 9 | M | 4 | 1:04 | 2:08 | 2:32 | 10 | 13:28 | 10.7 | 0:53 12 5:53 11:45 23:48 |
| 13 | 10/19 | | Callum Bikus | Omaha | NE | 9 | M | 18 | 1:25 | 2:49 | 2:12 | 8 | 13:22 | 10.8 | 0:42 19 6:26 12:51 24:04 |
| 14 | 1/17 | | Delaney Kottke | Elkhorn | NE | 9 | F | 7 | 1:05 | 2:10 | 2:37 | 9 | 13:25 | 10.7 | 0:40 26 6:37 13:13 24:22 |
| 15 | 2/17 | | Meredith Zielie | Omaha | NE | 10 | F | 11 | 1:17 | 2:33 | 1:46 | 20 | 14:15 | 10.1 | 0:42 21 6:29 12:57 24:27 |
| 16 | 3/17 | | Rayna Bartling | Omaha | NE | 9 | F | 37 | 1:40 | 3:20 | 2:03 | 11 | 13:29 | 10.7 | 0:41 28 6:41 13:21 24:32 |
| 17 | 11/19 | | Grant Ray | Omaha | NE | 10 | M | 14 | 1:19 | 2:38 | 1:59 | 16 | 13:56 | 10.3 | 0:40 29 6:46 13:31 24:37 |
| 18 | 2/16 | | Josie Dostal | Shenandoah | IA | 8 | F | 24 | 1:30 | 3:00 | 1:42 | 25 | 15:03 | 9.6 | 0:39 20 6:28 12:56 25:21 |
| 19 | 4/17 | | Madeline Shaffer | Omaha | NE | 10 | F | 6 | 1:05 | 2:09 | 1:56 | 21 | 14:19 | 10.1 | 0:37 35 7:11 15:02 25:25 |
| 20 | 3/20 | | Owen Strunc | Omaha | NE | 7 | M | 44 | 1:51 | 3:41 | 1:35 | 15 | 13:53 | 10.4 | 2:03 22 6:29 12:58 25:49 |
| 21 | 5/17 | | Kerstin Swanson | Elkhorn | NE | 10 | F | 13 | 1:18 | 2:36 | 1:39 | 28 | 15:28 | 9.3 | 1:07 17 6:22 12:43 25:52 |
| 22 | 4/20 | | Clay Frost | Omaha | NE | 7 | M | 28 | 1:32 | 3:03 | 2:02 | 44 | 16:45 | 8.6 | 0:36 8 5:40 11:19 26:33 |
| 23 | 5/20 | | Evan Eggers | Omaha | NE | 7 | M | 66 | 2:33 | 5:06 | 2:22 | 22 | 14:26 | 10.0 | 0:54 18 6:23 12:45 26:37 |
| 24 | 6/20 | | Quin Woods | Lincoln | NE | 8 | M | 40 | 1:46 | 3:31 | 2:28 | 13 | 13:47 | 10.4 | 0:44 43 8:14 16:28 26:56 |
| 25 | 7/20 | | Drew Butler | Elkhorn | NE | 6 | M | 65 | 2:31 | 5:02 | 2:20 | 30 | 15:44 | 9.2 | 0:51 7 5:38 11:15 27:02 |
| 26 | 12/19 | | Jonathan Gouger | Omaha | NE | 9 | M | 33 | 1:37 | 3:14 | 2:07 | 24 | 14:55 | 9.7 | 0:47 37 7:41 15:21 27:06 |
| 27 | 13/19 | | Jackson Henery | Omaha | NE | 10 | M | 50 | 1:58 | 3:56 | 2:02 | 27 | 15:24 | 9.4 | 0:57 30 6:49 13:37 27:08 |
| 28 | 14/19 | | Parker Watkins | Omaha | NE | 10 | M | 34 | 1:38 | 3:15 | 2:04 | 12 | 13:46 | 10.5 | 0:46 52 8:57 17:53 27:08 |
| 29 | 6/17 | | Ana Flanagan | Lincoln | NE | 9 | F | 29 | 1:32 | 3:04 | 1:35 | 23 | 14:51 | 9.7 | 0:52 44 8:20 16:39 27:09 |
| 30 | 3/16 | | Victoria Swanson | Elkhorn | NE | 7 | F | 32 | 1:37 | 3:14 | 1:57 | 45 | 16:45 | 8.6 | 0:37 16 6:20 12:40 27:15 |
| 31 | 8/20 | | Mac Nelson | Bennington | NE | 7 | M | 30 | 1:35 | 3:09 | 1:34 | 40 | 16:25 | 8.8 | 0:46 34 7:09 14:17 27:26 |
| 32 | 9/20 | | Bobby Payne | Elkhorn | NE | 8 | M | 45 | 1:51 | 3:42 | 1:39 | 33 | 15:50 | 9.1 | 1:22 31 6:57 13:53 27:38 |
| 33 | 10/20 | | Maddock Bikus | Elkhorn | NE | 7 | M | 21 | 1:27 | 2:54 | 2:52 | 37 | 16:17 | 8.8 | 0:40 23 6:30 12:59 27:44 |
| 34 | 11/20 | | Quinn Frost | Omaha | NE | 6 | M | 52 | 2:00 | 3:59 | 2:17 | 39 | 16:23 | 8.8 | 0:49 25 6:33 13:06 28:00 |
| 35 | 15/19 | | Connor Gove | Elkhorn | NE | 9 | M | 47 | 1:54 | 3:48 | 3:22 | 31 | 15:44 | 9.2 | 0:54 14 6:15 12:29 28:08 |
| 36 | 12/20 | | Jackson Fisher | Elkhorn | NE | 8 | M | 35 | 1:38 | 3:16 | 2:45 | 42 | 16:33 | 8.7 | 0:46 32 7:02 14:03 28:42 |
| 37 | 7/17 | | Alexandra Swanson | Elkhorn | NE | 10 | F | 12 | 1:17 | 2:34 | 1:58 | 52 | 17:56 | 8.0 | 0:58 27 6:41 13:21 28:49 |
| 38 | 16/19 | | Henry Strunc | Omaha | NE | 10 | M | 26 | 1:31 | 3:02 | 1:36 | 34 | 15:52 | 9.1 | 0:55 55 9:13 18:26 29:07 |
| 39 | 17/19 | | Carter Calvert | Omaha | NE | 10 | M | 58 | 2:12 | 4:23 | 1:59 | 32 | 15:48 | 9.1 | 1:01 48 8:36 17:11 29:34 |
| 40 | 4/16 | | Emma Grunkemeyer | Omaha | NE | 8 | F | 15 | 1:21 | 2:42 | 2:21 | 36 | 16:08 | 8.9 | 0:44 54 9:06 18:11 29:38 |
| 41 | 8/17 | | Abby Morrow | Omaha | NE | 9 | F | 17 | 1:24 | 2:47 | 2:54 | 35 | 15:54 | 9.1 | 0:47 53 9:05 18:09 30:01 |
| 42 | 13/20 | | Colin Summers | Omaha | NE | 8 | M | 62 | 2:23 | 4:46 | 2:19 | 26 | 15:10 | 9.5 | 0:57 57 9:22 18:44 30:10 |
| 43 | 5/16 | | Zoe Zingler | Elkhorn | NE | 7 | F | 46 | 1:53 | 3:46 | 2:33 | 43 | 16:36 | 8.7 | 0:52 46 8:27 16:54 30:21 |
| 44 | 9/17 | | Taylor Ulrich | Elkhorn | NE | 9 | F | 31 | 1:36 | 3:11 | 1:34 | 65 | 20:11 | 7.1 | 0:38 24 6:32 13:03 30:29 |
| 45 | 14/20 | | Cameron Watson | Omaha | NE | 8 | M | 38 | 1:43 | 3:25 | 2:17 | 54 | 18:03 | 8.0 | 0:40 41 8:04 16:07 30:44 |
| 46 | 10/17 | | Amira Barsoom | Omaha | NE | 10 | F | 9 | 1:13 | 2:26 | 1:43 | 38 | 16:19 | 8.8 | 1:04 62 10:48 21:35 31:05 |
| 47 | 11/17 | | Brooklyn Basche | Elkhorn | NE | 9 | F | 56 | 2:08 | 4:15 | 2:22 | 50 | 17:44 | 8.1 | 1:01 40 7:55 15:49 31:07 |
| 48 | 12/17 | | Abigail Konz | Omaha | NE | 9 | F | 42 | 1:46 | 3:32 | 2:02 | 29 | 15:32 | 9.3 | 1:05 63 10:51 21:41 31:14 |
| 49 | 13/17 | | Ellie Messerschmid | Omaha | NE | 9 | F | 54 | 2:01 | 4:01 | 2:41 | 49 | 17:28 | 8.2 | 1:08 42 8:10 16:19 31:26 |
| 50 | 6/16 | | Stella Shotkoski | Omaha | NE | 7 | F | 67 | 2:34 | 5:07 | 1:55 | 51 | 17:47 | 8.1 | 0:51 45 8:22 16:44 31:28 |
| 51 | 7/16 | | Maddie Warrick | Omaha | NE | 7 | F | 48 | 1:55 | 3:50 | 2:51 | 57 | 18:37 | 7.7 | 1:06 33 7:02 14:04 31:30 |
| 52 | 8/16 | | Cassidy Coltvvet | Elkhorn | NE | 8 | F | 59 | 2:20 | 4:39 | 2:46 | 47 | 17:02 | 8.5 | 0:48 50 8:44 17:28 31:37 |
| 53 | 15/20 | | Ryan Gent | Omaha | NE | 8 | M | 55 | 2:04 | 4:07 | 3:24 | 48 | 17:23 | 8.3 | 1:18 36 7:36 15:12 31:44 |
| 54 | 9/16 | | Tess Ray | Omaha | NE | 8 | F | 49 | 1:57 | 3:54 | 2:26 | 61 | 18:59 | 7.6 | 0:49 39 7:46 15:32 31:56 |
| 55 | 16/20 | | Andrew Pick | Omaha | NE | 7 | M | 61 | 2:20 | 4:40 | 3:34 | 41 | 16:29 | 8.7 | 0:54 51 8:45 17:30 31:59 |
| 56 | 14/17 | | Jennifer Thompson | Omaha | NE | 9 | F | 53 | 2:00 | 4:00 | 2:51 | 46 | 16:56 | 8.5 | 0:41 59 10:03 20:05 32:29 |
| 57 | 10/16 | | Ellen Payne | Elkhorn | NE | 7 | F | 70 | 3:17 | 6:34 | 2:08 | 60 | 18:42 | 7.7 | 0:40 38 7:46 15:32 32:31 |
| 58 | 15/17 | | Pi'ikea Neill | Gretna | NE | 9 | F | 23 | 1:28 | 2:56 | 3:16 | 68 | 20:49 | 6.9 | 1:04 49 8:44 17:28 35:20 |
| 59 | 16/17 | | Anna Pick | Omaha | NE | 9 | F | 20 | 1:25 | 2:50 | 1:39 | 53 | 17:57 | 8.0 | 1:03 70 13:52 27:44 35:54 |
| 60 | 11/16 | | Carly Gove | Elkhorn | NE | 7 | F | 57 | 2:10 | 4:19 | 4:01 | 66 | 20:15 | 7.1 | 1:18 47 8:29 16:58 36:12 |
| 61 | 17/20 | | Cole Larsen | Elkhorn | NE | 8 | M | 25 | 1:31 | 3:02 | 3:20 | 58 | 18:38 | 7.7 | 1:16 66 12:02 24:04 36:47 |
| 62 | 12/16 | | Kayley Hutchinson | Omaha | NE | 8 | F | 69 | 2:55 | 5:49 | 2:58 | 64 | 20:05 | 7.2 | 0:53 58 9:58 19:56 36:47 |
| 63 | 18/19 | | Jack Gaines | Omaha | NE | 9 | M | 64 | 2:28 | 4:55 | 2:45 | 56 | 18:14 | 7.9 | 1:15 67 12:07 24:13 36:47 |
| 64 | 13/16 | | Lucy Gaines | Omaha | NE | 8 | F | 63 | 2:27 | 4:54 | 3:38 | 63 | 19:37 | 7.3 | 1:15 60 10:11 20:21 37:06 |
| 65 | 17/17 | | Alexis Frank | Omaha | NE | 9 | F | 43 | 1:50 | 3:39 | 2:25 | 67 | 20:25 | 7.1 | 1:20 65 11:35 23:10 37:34 |
| 66 | 19/19 | | Morgan Eby | Papillion | NE | 9 | M | 51 | 1:59 | 3:58 | 2:41 | 62 | 19:23 | 7.4 | 1:08 69 13:12 26:23 38:21 |
| 67 | 18/20 | | Joshua Lundstedt | Wymore | NE | 8 | M | 19 | 1:25 | 2:49 | 1:42 | | | | 72 14:48 29:36 38:43 |
| 68 | 14/16 | | Mia Olson | Omaha | NE | 7 | F | 60 | 2:20 | 4:39 | 3:37 | 69 | 20:59 | 6.9 | 3:05 56 9:18 18:35 39:17 |
| 69 | 15/16 | | Reese Munson | Omaha | NE | 7 | F | 72 | 3:55 | 7:49 | 4:43 | 55 | 18:12 | 7.9 | 2:39 64 11:06 22:11 40:33 |
| 70 | 19/20 | | Austin Swanson | Omaha | NE | 8 | M | 68 | 2:35 | 5:09 | 3:50 | 59 | 18:41 | 7.7 | 2:09 71 14:17 28:34 41:30 |
| 71 | 20/20 | | Cooper Watkins | Omaha | NE | 8 | M | 39 | 1:44 | 3:28 | 3:52 | 70 | 23:33 | 6.1 | 1:34 68 12:27 24:53 43:07 |
| 72 | 16/16 | | Abby Kohl | Omaha | NE | 7 | F | 71 | 3:32 | 7:03 | 13:49 | 71 | 32:29 | 4.4 | 1:18 61 10:40 21:19 1:01:46 |

DID NOT COMPLETE ENTIRE COURSE

| TOT | PLC | PLC | NAME | CITY | ST | AGE | S | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | |
|------|------|------|----------------|------------|------|------|------|------|------|------|------|------|-------|-------|------|
| ==== | ==== | ==== | ===== | ===== | ==== | ==== | ==== | plc | time | yds | time | plc | time | pace | TIME |
| 1 | 1/1 | | Caleb Grundman | Bennington | NE | 8 | M | 1 | 2:56 | 5:52 | 1:35 | 1 | 17:15 | 8.3 | 2:50 |

MALE RESULTS

| TOT | PLC | # | NAME | CITY | ST | AGE | S | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | |
|------|------|------|--------------|---------------|------|------|------|------|------|------|------|------|-------|-------|-------------------------|
| ==== | ==== | ==== | ===== | ===== | ==== | ==== | ==== | plc | time | yds | time | plc | time | pace | TIME |
| 1 | 152 | | Logan Gartin | Benton | AR | 9 | M | 5 | 1:05 | 2:09 | 0:33 | 2 | 10:22 | 13.9 | 0:41 4 5:24 10:47 18:03 |
| 2 | 159 | | Hugo Schreur | Overland Park | KS | 9 | M | 3 | 1:04 | 2:07 | 1:30 | 1 | 10:21 | 13.9 | 0:57 2 4:47 9:34 18:36 |
| 3 | 178 | | Jack Butler | Elkhorn | NE | 10 | M | 8 | 1:11 | 2:21 | 1:10 | 3 | 12:13 | 11.8 | 0:43 6 5:31 11:02 20:46 |
| 4 | 173 | | Caiden Groff | Bennington | NE | 10 | M | 13 | 1:28 | 2:55 | 1:22 | 5 | 12:33 | 11.5 | 0:30 9 5:42 11: |

| | | | | | | | | | | | | | | | | | |
|----|----------------------|------------|----|----|---|----|------|------|------|----|-------|------|------|----|-------|-------|-------|
| 8 | 122 Nick Sundstrom | Elkhorn | NE | 8 | M | 16 | 1:31 | 3:02 | 1:36 | 7 | 13:14 | 10.9 | 0:32 | 10 | 5:48 | 11:36 | 22:40 |
| 9 | 139 Matt Hotovy | Omaha | NE | 9 | M | 7 | 1:16 | 2:31 | 1:35 | 15 | 14:04 | 10.2 | 0:44 | 5 | 5:27 | 10:53 | 23:03 |
| 10 | 144 Jonathan Kawula | Bellevue | NE | 9 | M | 2 | 1:03 | 2:05 | 2:10 | 12 | 13:52 | 10.4 | 0:50 | 11 | 5:52 | 11:44 | 23:45 |
| 11 | 145 David Kawula | Bellevue | NE | 9 | M | 4 | 1:04 | 2:08 | 2:32 | 9 | 13:28 | 10.7 | 0:53 | 12 | 5:53 | 11:45 | 23:48 |
| 12 | 151 Callum Bikus | Omaha | NE | 9 | M | 10 | 1:25 | 2:49 | 2:12 | 8 | 13:22 | 10.8 | 0:42 | 16 | 6:26 | 12:51 | 24:04 |
| 13 | 163 Grant Ray | Omaha | NE | 10 | M | 8 | 1:19 | 2:38 | 1:59 | 14 | 13:56 | 10.3 | 0:40 | 20 | 6:46 | 13:31 | 24:37 |
| 14 | 180 Owen Strunc | Omaha | NE | 7 | M | 26 | 1:51 | 3:41 | 1:35 | 13 | 13:53 | 10.4 | 2:03 | 17 | 6:29 | 12:58 | 25:49 |
| 15 | 105 Clay Frost | Omaha | NE | 7 | M | 17 | 1:32 | 3:03 | 2:02 | 31 | 16:45 | 8.6 | 0:36 | 8 | 5:40 | 11:19 | 26:33 |
| 16 | 112 Evan Eggers | Omaha | NE | 7 | M | 38 | 2:33 | 5:06 | 2:22 | 17 | 14:26 | 10.0 | 0:54 | 15 | 6:23 | 12:45 | 26:37 |
| 17 | 132 Quin Woods | Lincoln | NE | 8 | M | 24 | 1:46 | 3:31 | 2:28 | 11 | 13:47 | 10.4 | 0:44 | 28 | 8:14 | 16:28 | 26:56 |
| 18 | 103 Drew Butler | Elkhorn | NE | 6 | M | 37 | 2:31 | 5:02 | 2:20 | 21 | 15:44 | 9.2 | 0:51 | 7 | 5:38 | 11:15 | 27:02 |
| 19 | 156 Jonathan Gouger | Omaha | NE | 9 | M | 19 | 1:37 | 3:14 | 2:07 | 18 | 14:55 | 9.7 | 0:47 | 26 | 7:41 | 15:21 | 27:06 |
| 20 | 171 Jackson Henery | Omaha | NE | 10 | M | 29 | 1:58 | 3:56 | 2:02 | 20 | 15:24 | 9.4 | 0:57 | 21 | 6:49 | 13:37 | 27:08 |
| 21 | 172 Parker Watkins | Omaha | NE | 10 | M | 20 | 1:38 | 3:15 | 2:04 | 10 | 13:46 | 10.5 | 0:46 | 31 | 8:57 | 17:53 | 27:08 |
| 22 | 113 Mac Nelson | Bennington | NE | 7 | M | 18 | 1:35 | 3:09 | 1:34 | 28 | 16:25 | 8.8 | 0:46 | 24 | 7:09 | 14:17 | 27:26 |
| 23 | 118 Bobby Payne | Elkhorn | NE | 8 | M | 27 | 1:51 | 3:42 | 1:39 | 24 | 15:50 | 9.1 | 1:22 | 22 | 6:57 | 13:53 | 27:38 |
| 24 | 116 Madock Bikus | Elkhorn | NE | 7 | M | 12 | 1:27 | 2:54 | 2:52 | 26 | 16:17 | 8.8 | 0:40 | 18 | 6:30 | 12:59 | 27:44 |
| 25 | 102 Quinn Frost | Omaha | NE | 6 | M | 31 | 2:00 | 3:59 | 2:17 | 27 | 16:23 | 8.8 | 0:49 | 19 | 6:33 | 13:06 | 28:00 |
| 26 | 146 Connor Gove | Elkhorn | NE | 9 | M | 28 | 1:54 | 3:48 | 3:22 | 22 | 15:44 | 9.2 | 0:54 | 13 | 6:15 | 12:29 | 28:08 |
| 27 | 119 Jackson Fisher | Elkhorn | NE | 8 | M | 21 | 1:38 | 3:16 | 2:45 | 30 | 16:33 | 8.7 | 0:46 | 23 | 7:02 | 14:03 | 28:42 |
| 28 | 179 Henry Strunc | Omaha | NE | 10 | M | 15 | 1:31 | 3:02 | 1:36 | 25 | 15:52 | 9.1 | 0:55 | 32 | 9:13 | 18:26 | 29:07 |
| 29 | 176 Carter Calvert | Omaha | NE | 10 | M | 33 | 2:12 | 4:23 | 1:59 | 23 | 15:48 | 9.1 | 1:01 | 29 | 8:36 | 17:11 | 29:34 |
| 30 | 121 Colin Summers | Omaha | NE | 8 | M | 35 | 2:23 | 4:46 | 2:19 | 19 | 15:10 | 9.5 | 0:57 | 33 | 9:22 | 18:44 | 30:10 |
| 31 | 127 Cameron Watson | Omaha | NE | 8 | M | 22 | 1:43 | 3:25 | 2:17 | 33 | 18:03 | 8.0 | 0:40 | 27 | 8:04 | 16:07 | 30:44 |
| 32 | 130 Ryan Gent | Omaha | NE | 8 | M | 32 | 2:04 | 4:07 | 3:24 | 32 | 17:23 | 8.3 | 1:18 | 25 | 7:06 | 15:12 | 31:44 |
| 33 | 167 Andrew Pick | Omaha | NE | 7 | M | 34 | 2:20 | 4:40 | 3:34 | 29 | 16:29 | 8.7 | 0:54 | 30 | 8:45 | 17:30 | 31:59 |
| 34 | 137 Cole Larsen | Elkhorn | NE | 8 | M | 14 | 1:31 | 3:02 | 3:20 | 35 | 18:38 | 7.7 | 1:16 | 34 | 12:02 | 24:04 | 36:47 |
| 35 | 140 Jack Gaines | Omaha | NE | 9 | M | 36 | 2:28 | 4:55 | 2:45 | 34 | 18:14 | 7.9 | 1:15 | 35 | 12:07 | 24:13 | 36:47 |
| 36 | 158 Morgan Eby | Papillion | NE | 9 | M | 30 | 1:59 | 3:58 | 2:41 | 37 | 19:23 | 7.4 | 1:08 | 37 | 13:12 | 26:23 | 38:21 |
| 37 | 126 Joshua Lundstedt | Wymore | NE | 8 | M | 11 | 1:25 | 2:49 | 1:42 | | | | | 39 | 14:48 | 29:36 | 38:43 |
| 38 | 131 Austin Swanson | Omaha | NE | 8 | M | 39 | 2:35 | 5:09 | 3:50 | 36 | 18:41 | 7.7 | 2:09 | 38 | 14:17 | 28:34 | 41:30 |
| 39 | 125 Cooper Watkins | Omaha | NE | 8 | M | 23 | 1:44 | 3:28 | 3:52 | 38 | 23:33 | 6.1 | 1:34 | 36 | 12:27 | 24:53 | 43:07 |

FEMALE RESULTS

| TOT | PLC # | NAME | CITY | ST | AGE | S | plc | SWIM | 100 | TRAN | plc | BIKE | TRAN | plc | RUN | TOTAL | | |
|-----|-------|--------------------|------------|----|-----|---|-----|------|------|-------|------|-------|------|------|------|-------|-------|---------|
| | | | | | | | | time | yds | time | time | mph | time | time | pace | TIME | | |
| 1 | 135 | Abby Butler | Elkhorn | NE | 8 | F | 15 | 1:40 | 3:19 | 1:16 | 3 | 14:04 | 10.2 | 0:36 | 1 | 6:07 | 12:13 | 23:40 |
| 2 | 147 | Delaney Kottke | Elkhorn | NE | 9 | F | 2 | 1:05 | 2:10 | 2:37 | 1 | 13:25 | 10.7 | 0:40 | 7 | 6:37 | 13:13 | 24:22 |
| 3 | 166 | Meredith Zielie | Omaha | NE | 10 | F | 4 | 1:17 | 2:33 | 1:46 | 4 | 14:15 | 10.1 | 0:42 | 5 | 6:29 | 12:57 | 24:27 |
| 4 | 150 | Rayna Bartling | Omaha | NE | 9 | F | 16 | 1:40 | 3:20 | 2:03 | 2 | 13:29 | 10.7 | 0:41 | 9 | 6:41 | 13:21 | 24:32 |
| 5 | 134 | Josie Postal | Shenandoah | IA | 8 | F | 11 | 1:30 | 3:00 | 1:42 | 7 | 15:03 | 9.6 | 0:39 | 4 | 6:28 | 12:56 | 25:21 |
| 6 | 165 | Madeline Shaffer | Omaha | NE | 10 | F | 1 | 1:05 | 2:09 | 1:56 | 5 | 14:19 | 10.1 | 0:37 | 11 | 7:31 | 15:02 | 25:25 |
| 7 | 160 | Kerstin Swanson | Elkhorn | NE | 10 | F | 6 | 1:18 | 2:36 | 1:39 | 8 | 15:28 | 9.3 | 1:07 | 3 | 6:22 | 12:43 | 25:52 |
| 8 | 142 | Ana Flanagan | Lincoln | NE | 9 | F | 12 | 1:32 | 3:04 | 1:35 | 6 | 14:51 | 9.7 | 0:52 | 16 | 8:20 | 16:39 | 27:09 |
| 9 | 104 | Victoria Swanson | Elkhorn | NE | 7 | F | 14 | 1:37 | 3:14 | 1:57 | 14 | 16:45 | 8.6 | 0:37 | 2 | 6:20 | 12:40 | 27:15 |
| 10 | 161 | Alexandra Swanson | Elkhorn | NE | 10 | F | 5 | 1:17 | 2:34 | 1:58 | 20 | 17:56 | 8.0 | 0:58 | 8 | 6:41 | 13:21 | 28:49 |
| 11 | 128 | Emma Grunkemeyer | Omaha | NE | 8 | F | 7 | 1:21 | 2:42 | 2:21 | 11 | 16:08 | 8.9 | 0:44 | 23 | 9:06 | 18:11 | 29:38 |
| 12 | 138 | Abby Morrow | Omaha | NE | 9 | F | 8 | 1:24 | 2:47 | 2:54 | 10 | 15:54 | 9.1 | 0:47 | 22 | 9:05 | 18:09 | 30:01 |
| 13 | 110 | Zoe Zingler | Elkhorn | NE | 7 | F | 19 | 1:53 | 3:46 | 2:33 | 13 | 16:36 | 8.7 | 0:52 | 18 | 8:27 | 16:54 | 30:21 |
| 14 | 141 | Taylor Ulrich | Elkhorn | NE | 9 | F | 13 | 1:36 | 3:11 | 1:34 | 28 | 20:11 | 7.1 | 0:38 | 6 | 6:32 | 13:03 | 30:29 |
| 15 | 174 | Amira Barsoom | Omaha | NE | 10 | F | 3 | 1:13 | 2:26 | 1:43 | 12 | 16:19 | 8.8 | 1:04 | 29 | 10:48 | 21:35 | 31:05 |
| 16 | 148 | Brooklyn Basche | Elkhorn | NE | 9 | F | 24 | 2:08 | 4:15 | 2:22 | 18 | 17:44 | 8.1 | 1:01 | 14 | 7:55 | 15:49 | 31:07 |
| 17 | 154 | Abigail Konz | Omaha | NE | 9 | F | 17 | 1:46 | 3:32 | 2:02 | 9 | 15:32 | 9.3 | 1:05 | 30 | 10:51 | 21:41 | 31:14 |
| 18 | 143 | Ellie Messerschmid | Omaha | NE | 9 | F | 23 | 2:01 | 4:01 | 2:41 | 17 | 17:28 | 8.2 | 1:08 | 15 | 8:10 | 16:19 | 31:26 |
| 19 | 114 | Stella Shotkoski | Omaha | NE | 7 | F | 29 | 2:34 | 5:07 | 1:55 | 19 | 17:47 | 8.1 | 0:51 | 17 | 8:22 | 16:44 | 31:28 |
| 20 | 170 | Maddie Warrick | Omaha | NE | 7 | F | 20 | 1:55 | 3:50 | 2:51 | 23 | 18:37 | 7.7 | 1:06 | 10 | 7:02 | 14:04 | 31:30 |
| 21 | 129 | Cassidy Colvet | Elkhorn | NE | 8 | F | 26 | 2:20 | 4:39 | 2:46 | 16 | 17:02 | 8.5 | 0:48 | 21 | 8:44 | 17:28 | 31:37 |
| 22 | 123 | Tess Ray | Omaha | NE | 8 | F | 21 | 1:57 | 3:54 | 2:26 | 25 | 18:59 | 7.6 | 0:49 | 13 | 7:46 | 15:32 | 31:56 |
| 23 | 153 | Jennifer Thompson | Omaha | NE | 9 | F | 22 | 2:00 | 4:00 | 2:51 | 15 | 16:56 | 8.5 | 0:41 | 26 | 10:03 | 20:05 | 32:29 |
| 24 | 106 | Ellen Payne | Elkhorn | NE | 7 | F | 31 | 3:17 | 6:34 | 2:08 | 24 | 18:42 | 7.7 | 0:40 | 12 | 7:46 | 15:32 | 32:31 |
| 25 | 155 | Pi'ikea Neill | Gretna | NE | 9 | F | 10 | 1:28 | 2:56 | 3:16 | 31 | 20:49 | 6.9 | 1:04 | 20 | 8:44 | 17:28 | 35:20 |
| 26 | 168 | Anna Pick | Omaha | NE | 9 | F | 9 | 1:25 | 2:50 | 1:39 | 21 | 17:57 | 8.0 | 1:03 | 33 | 13:52 | 27:44 | 35:54 |
| 27 | 111 | Carly Gove | Elkhorn | NE | 7 | F | 25 | 2:10 | 4:19 | 4:01 | 29 | 20:15 | 7.1 | 1:18 | 19 | 8:29 | 16:58 | 36:12 |
| 28 | 136 | Kayley Hutchinson | Omaha | NE | 8 | F | 30 | 2:55 | 5:49 | 2:58 | 27 | 20:05 | 7.2 | 0:53 | 25 | 9:58 | 19:56 | 36:47 |
| 29 | 117 | Lucy Gaines | Omaha | NE | 8 | F | 28 | 2:27 | 4:54 | 3:38 | 26 | 19:37 | 7.3 | 1:15 | 27 | 10:11 | 20:21 | 37:06 |
| 30 | 177 | Alexis Frank | Omaha | NE | 9 | F | 18 | 1:50 | 3:39 | 2:25 | 30 | 20:25 | 7.1 | 1:20 | 32 | 11:35 | 23:10 | 37:34 |
| 31 | 109 | Mia Olson | Omaha | NE | 7 | F | 27 | 2:20 | 4:39 | 3:37 | 32 | 20:59 | 6.9 | 3:05 | 24 | 9:18 | 18:35 | 39:17 |
| 32 | 107 | Reese Munson | Omaha | NE | 7 | F | 33 | 3:55 | 7:49 | 4:43 | 22 | 18:12 | 7.9 | 2:39 | 31 | 11:06 | 22:11 | 40:33 |
| 33 | 115 | Abby Kohll | Omaha | NE | 7 | F | 32 | 3:32 | 7:03 | 13:49 | 33 | 32:29 | 4.4 | 1:18 | 28 | 10:40 | 21:19 | 1:01:46 |

TOP 10 SWIM

| NAME | CITY | ST | AGE | S | time | yds | |
|------|------------------|---------------|-----|----|------|------|------|
| 1 | Chris Evans | Omaha | NE | 9 | M | 1:02 | 2:04 |
| 2 | Jonathan Kawula | Bellevue | NE | 9 | M | 1:03 | 2:05 |
| 3 | Hugo Schreur | Overland Park | KS | 9 | M | 1:04 | 2:07 |
| 4 | David Kawula | Bellevue | NE | 9 | M | 1:04 | 2:08 |
| 5 | Logan Gartin | Benton | AR | 9 | M | 1:05 | 2:09 |
| 6 | Madeline Shaffer | Omaha | NE | 10 | F | 1:05 | 2:09 |
| 7 | Delaney Kottke | Elkhorn | NE | 9 | F | 1:05 | 2:10 |
| 8 | Jack Butler | Elkhorn | NE | 10 | M | 1:11 | 2:21 |
| 9 | Amira Barsoom | Omaha | NE | 10 | F | 1:13 | 2:26 |
| 10 | Matt Hotovy | Omaha | NE | 9 | M | 1:16 | 2:31 |

TOP 10 FIRST TRANSITION

| NAME | CITY | ST | AGE | S | time | |
|------|---------------|---------------|-----|----|------|------|
| 1 | Logan Gartin | Benton | AR | 9 | M | 0:33 |
| 2 | Jack Butler | Elkhorn | NE | 10 | M | 1:10 |
| 3 | Abby Butler | Elkhorn | NE | 8 | F | 1:16 |
| 4 | Chris Evans | Omaha | NE | 9 | M | 1:21 |
| 5 | Caiden Groff | Bennington | NE | 10 | M | 1:22 |
| 6 | Hugo Schreur | Overland Park | KS | 9 | M | 1:30 |
| 7 | Mac Nelson | Bennington | NE | 7 | M | 1:34 |
| 8 | Taylor Ulrich | Elkhorn | NE | 9 | F | 1:34 |
| 9 | Owen Strunc | Omaha | NE | 7 | M | 1:35 |
| 10 | Matt Hotovy | Omaha | NE | 9 | M | 1:35 |

TOP 10 BIKE

| NAME | CITY | ST | AGE | S | time | mph |
|------------------|---------------|----|-----|---|-------|------|
| 1 Hugo Schreur | Overland Park | KS | 9 | M | 10:21 | 13.9 |
| 2 Logan Gartin | Benton | AR | 9 | M | 10:22 | 13.9 |
| 3 Jack Butler | Elkhorn | NE | 10 | M | 12:13 | 11.8 |
| 4 Chris Evans | Omaha | NE | 9 | M | 12:22 | 11.6 |
| 5 Caiden Groff | Bennington | NE | 10 | M | 12:33 | 11.5 |
| 6 Logan Reelfs | Omaha | NE | 8 | M | 13:13 | 10.9 |
| 7 Nick Sundstrom | Elkhorn | NE | 8 | M | 13:14 | 10.9 |
| 8 Callum Bikus | Omaha | NE | 9 | M | 13:22 | 10.8 |
| 9 Delaney Kottke | Elkhorn | NE | 9 | F | 13:25 | 10.7 |
| 10 David Kawula | Bellevue | NE | 9 | M | 13:28 | 10.7 |

TOP 10 SECOND TRANSITION

| NAME | CITY | ST | AGE | S | time |
|--------------------|------------|----|-----|---|------|
| 1 Quin Tarrence | Omaha | NE | 10 | M | 0:29 |
| 2 Caiden Groff | Bennington | NE | 10 | M | 0:30 |
| 3 Nick Sundstrom | Elkhorn | NE | 8 | M | 0:32 |
| 4 Logan Reelfs | Omaha | NE | 8 | M | 0:34 |
| 5 Abby Butler | Elkhorn | NE | 8 | F | 0:36 |
| 6 Clay Frost | Omaha | NE | 7 | M | 0:36 |
| 7 Madeline Shaffer | Omaha | NE | 10 | F | 0:37 |
| 8 Victoria Swanson | Elkhorn | NE | 7 | F | 0:37 |
| 9 Taylor Ulrich | Elkhorn | NE | 9 | F | 0:38 |
| 10 Josie Dostal | Shenandoah | IA | 8 | F | 0:39 |

TOP 10 RUN

| NAME | CITY | ST | AGE | S | time | pace |
|-------------------|---------------|----|-----|---|------|-------|
| 1 Quin Tarrence | Omaha | NE | 10 | M | 4:33 | 9:06 |
| 2 Hugo Schreur | Overland Park | KS | 9 | M | 4:47 | 9:34 |
| 3 Logan Reelfs | Omaha | NE | 8 | M | 5:19 | 10:38 |
| 4 Logan Gartin | Benton | AR | 9 | M | 5:24 | 10:47 |
| 5 Matt Hotovy | Omaha | NE | 9 | M | 5:27 | 10:53 |
| 6 Jack Butler | Elkhorn | NE | 10 | M | 5:31 | 11:02 |
| 7 Drew Butler | Elkhorn | NE | 6 | M | 5:38 | 11:15 |
| 8 Clay Frost | Omaha | NE | 7 | M | 5:40 | 11:19 |
| 9 Caiden Groff | Bennington | NE | 10 | M | 5:42 | 11:23 |
| 10 Nick Sundstrom | Elkhorn | NE | 8 | M | 5:48 | 11:36 |

FEMALE AGE GROUP RESULTS 1 - 8

| NAME | CITY | ST | AGE | S | plc | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | |
|---------------------|------------|----|-----|---|-----|------|------|-------|------|-------|------|-------|----|-------|-------|---------|
| | | | | | | time | yds | time | time | time | time | TIME | | | | |
| 1 Abby Butler | Elkhorn | NE | 8 | F | 4 | 1:40 | 3:19 | 1:16 | 1 | 14:04 | 10.2 | 0:36 | 1 | 6:07 | 12:13 | 23:40 |
| 2 Josie Dostal | Shenandoah | IA | 8 | F | 2 | 1:30 | 3:00 | 1:42 | 2 | 15:03 | 9.6 | 0:39 | 3 | 6:28 | 12:56 | 25:21 |
| 3 Victoria Swanson | Elkhorn | NE | 7 | F | 3 | 1:37 | 3:14 | 1:57 | 5 | 16:45 | 8.6 | 0:37 | 2 | 6:20 | 12:40 | 27:15 |
| 4 Emma Grunkemeyer | Omaha | NE | 8 | F | 1 | 1:21 | 2:42 | 2:21 | 3 | 16:08 | 8.9 | 0:44 | 11 | 9:06 | 18:11 | 29:38 |
| 5 Zoe Zingler | Elkhorn | NE | 7 | F | 5 | 1:53 | 3:46 | 2:33 | 4 | 16:36 | 8.7 | 0:52 | 8 | 8:27 | 16:54 | 30:21 |
| 6 Stella Shotkoski | Omaha | NE | 7 | F | 12 | 2:34 | 5:07 | 1:55 | 7 | 17:47 | 8.1 | 0:51 | 7 | 8:22 | 16:44 | 31:28 |
| 7 Maddie Warrick | Omaha | NE | 7 | F | 6 | 1:55 | 3:50 | 2:51 | 9 | 18:37 | 7.7 | 1:06 | 4 | 7:02 | 14:04 | 31:30 |
| 8 Cassidy Coltvvet | Elkhorn | NE | 8 | F | 9 | 2:20 | 4:39 | 2:46 | 6 | 17:02 | 8.5 | 0:48 | 10 | 8:44 | 17:28 | 31:37 |
| 9 Tess Ray | Omaha | NE | 8 | F | 7 | 1:57 | 3:54 | 2:26 | 11 | 18:59 | 7.6 | 0:49 | 6 | 7:46 | 15:32 | 31:56 |
| 10 Ellen Payne | Elkham | NE | 7 | F | 14 | 3:17 | 6:34 | 2:08 | 10 | 18:42 | 7.7 | 0:40 | 5 | 7:46 | 15:32 | 32:31 |
| 11 Carly Gove | Elkhorn | NE | 7 | F | 8 | 2:10 | 4:19 | 4:01 | 14 | 20:15 | 7.1 | 1:18 | 9 | 8:29 | 16:58 | 36:12 |
| 12 Kaley Hutchinson | Omaha | NE | 8 | F | 13 | 2:55 | 5:49 | 2:58 | 13 | 20:05 | 7.2 | 0:53 | 13 | 9:58 | 19:56 | 36:47 |
| 13 Lucy Gaines | Omaha | NE | 8 | F | 11 | 2:27 | 4:54 | 3:38 | 12 | 19:37 | 7.3 | 1:15 | 14 | 10:11 | 20:21 | 37:06 |
| 14 Mia Olson | Omaha | NE | 7 | F | 10 | 2:20 | 4:39 | 3:37 | 15 | 20:59 | 6.9 | 3:05 | 12 | 9:18 | 18:35 | 39:17 |
| 15 Reese Munson | Omaha | NE | 7 | F | 16 | 3:55 | 7:49 | 4:43 | 8 | 18:12 | 7.9 | 2:39 | 16 | 11:06 | 22:11 | 40:33 |
| 16 Abby Kohll | Omaha | NE | 7 | F | 15 | 3:32 | 7:03 | 13:49 | 16 | 32:29 | 4.4 | 1:18 | 15 | 10:40 | 21:19 | 1:01:46 |

MALE AGE GROUP RESULTS 1 - 8

| NAME | CITY | ST | AGE | S | plc | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | |
|---------------------|------------|----|-----|---|-----|------|------|------|------|-------|------|-------|-------|-------|-------|-------|
| | | | | | | time | yds | time | time | time | time | TIME | | | | |
| 1 Logan Reelfs | Omaha | NE | 8 | M | 11 | 1:46 | 3:31 | 1:41 | 1 | 13:13 | 10.9 | 0:34 | 1 | 5:19 | 10:38 | 22:30 |
| 2 Nick Sundstrom | Elkhorn | NE | 8 | M | 4 | 1:31 | 3:02 | 1:36 | 2 | 13:14 | 10.9 | 0:32 | 4 | 5:48 | 11:36 | 22:40 |
| 3 Owen Strunc | Omaha | NE | 7 | M | 12 | 1:51 | 3:41 | 1:35 | 4 | 13:53 | 10.4 | 2:03 | 6 | 6:29 | 12:58 | 25:49 |
| 4 Clay Frost | Omaha | NE | 7 | M | 5 | 1:32 | 3:03 | 2:02 | 14 | 16:45 | 8.6 | 0:36 | 3 | 5:40 | 11:19 | 26:33 |
| 5 Evan Eggers | Omaha | NE | 7 | M | 19 | 2:33 | 5:06 | 2:22 | 5 | 14:26 | 10.0 | 0:54 | 5 | 6:23 | 12:45 | 26:37 |
| 6 Quin Woods | Lincoln | NE | 8 | M | 10 | 1:46 | 3:31 | 2:28 | 3 | 13:47 | 10.4 | 0:44 | 14 | 8:14 | 16:28 | 26:56 |
| 7 Drew Butler | Elkhorn | NE | 6 | M | 18 | 2:31 | 5:02 | 2:20 | 7 | 15:44 | 9.2 | 0:51 | 2 | 5:38 | 11:15 | 27:02 |
| 8 Mac Nelson | Bennington | NE | 7 | M | 6 | 1:35 | 3:09 | 1:34 | 11 | 16:25 | 8.8 | 0:46 | 11 | 7:09 | 14:17 | 27:26 |
| 9 Bobby Payne | Elkhorn | NE | 8 | M | 13 | 1:51 | 3:42 | 1:39 | 8 | 15:50 | 9.1 | 1:22 | 9 | 6:57 | 13:53 | 27:38 |
| 10 Madock Bikus | Elkhorn | NE | 7 | M | 2 | 1:27 | 2:54 | 2:52 | 9 | 16:17 | 8.8 | 0:40 | 7 | 6:30 | 12:59 | 27:44 |
| 11 Quinn Frost | Omaha | NE | 6 | M | 14 | 2:00 | 3:59 | 2:17 | 10 | 16:23 | 8.8 | 0:49 | 8 | 6:33 | 13:06 | 28:00 |
| 12 Jackson Fisher | Elkhorn | NE | 8 | M | 7 | 1:38 | 3:16 | 2:45 | 13 | 16:33 | 8.7 | 0:46 | 10 | 7:02 | 14:03 | 28:42 |
| 13 Colin Summers | Omaha | NE | 8 | M | 17 | 2:23 | 4:46 | 2:19 | 6 | 15:10 | 9.5 | 0:57 | 16 | 9:22 | 18:44 | 30:10 |
| 14 Cameron Watson | Omaha | NE | 8 | M | 8 | 1:43 | 3:25 | 2:17 | 16 | 18:03 | 8.0 | 0:40 | 13 | 8:04 | 16:07 | 30:44 |
| 15 Ryan Gent | Omaha | NE | 8 | M | 15 | 2:04 | 4:07 | 3:24 | 15 | 17:23 | 8.3 | 1:18 | 12 | 7:36 | 15:12 | 31:44 |
| 16 Andrew Pick | Omaha | NE | 7 | M | 16 | 2:20 | 4:40 | 3:34 | 12 | 16:29 | 8.7 | 0:54 | 15 | 8:45 | 17:30 | 31:59 |
| 17 Cole Larsen | Elkhorn | NE | 8 | M | 3 | 1:31 | 3:02 | 3:20 | 17 | 18:38 | 7.7 | 1:16 | 17 | 12:02 | 24:04 | 36:47 |
| 18 Joshua Lundstedt | Wymore | NE | 8 | M | 1 | 1:25 | 2:49 | 1:42 | | | | 20 | 14:48 | 29:36 | 38:43 | |
| 19 Austin Swanson | Omaha | NE | 8 | M | 20 | 2:35 | 5:09 | 3:50 | 18 | 18:41 | 7.7 | 2:09 | 19 | 14:17 | 28:34 | 41:30 |
| 20 Cooper Watkins | Omaha | NE | 8 | M | 9 | 1:44 | 3:28 | 3:52 | 19 | 23:33 | 6.1 | 1:34 | 18 | 12:27 | 24:53 | 43:07 |

FEMALE AGE GROUP RESULTS 9 - 10

| NAME | CITY | ST | AGE | S | plc | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | |
|------------------|---------|----|-----|---|-----|------|------|------|------|-------|------|-------|---|------|-------|-------|
| | | | | | | time | yds | time | time | time | time | TIME | | | | |
| 1 Delaney Kottke | Elkhorn | NE | 9 | F | 2 | 1:05 | 2:10 | 2:37 | 1 | 13:25 | 10.7 | 0:40 | 4 | 6:37 | 13:13 | 24:22 |

| | | | | | | | | | | | | | | | | | |
|----|--------------------|---------|----|----|---|----|------|------|------|----|-------|------|------|----|-------|-------|-------|
| 2 | Meredith Zielie | Omaha | NE | 10 | F | 4 | 1:17 | 2:33 | 1:46 | 3 | 14:15 | 10.1 | 0:42 | 2 | 6:29 | 12:57 | 24:27 |
| 3 | Rayna Bartling | Omaha | NE | 9 | F | 12 | 1:40 | 3:20 | 2:03 | 2 | 13:29 | 10.7 | 0:41 | 6 | 6:41 | 13:21 | 24:32 |
| 4 | Madeline Shaffer | Omaha | NE | 10 | F | 1 | 1:05 | 2:09 | 1:56 | 4 | 14:19 | 10.1 | 0:37 | 7 | 7:31 | 15:02 | 25:25 |
| 5 | Kerstin Swanson | Elkhorn | NE | 10 | F | 6 | 1:18 | 2:36 | 1:39 | 6 | 15:28 | 9.3 | 1:07 | 1 | 6:22 | 12:43 | 25:52 |
| 6 | Ana Flanagan | Lincoln | NE | 9 | F | 10 | 1:32 | 3:04 | 1:35 | 5 | 14:51 | 9.7 | 0:52 | 10 | 8:20 | 16:39 | 27:09 |
| 7 | Alexandra Swanson | Elkhorn | NE | 10 | F | 5 | 1:17 | 2:34 | 1:58 | 13 | 17:56 | 8.0 | 0:58 | 5 | 6:41 | 13:21 | 28:49 |
| 8 | Abby Morrow | Omaha | NE | 9 | F | 7 | 1:24 | 2:47 | 2:54 | 8 | 15:54 | 9.1 | 0:47 | 12 | 9:05 | 18:09 | 30:01 |
| 9 | Taylor Ulrich | Elkhorn | NE | 9 | F | 11 | 1:36 | 3:11 | 1:34 | 15 | 20:11 | 7.1 | 0:38 | 3 | 6:32 | 13:03 | 30:29 |
| 10 | Amira Barsoom | Omaha | NE | 10 | F | 3 | 1:13 | 2:26 | 1:43 | 9 | 16:19 | 8.8 | 1:04 | 14 | 10:48 | 21:35 | 31:05 |
| 11 | Brooklyn Basche | Elkhorn | NE | 9 | F | 17 | 2:08 | 4:15 | 2:22 | 12 | 17:44 | 8.1 | 1:01 | 8 | 7:55 | 15:49 | 31:07 |
| 12 | Abigail Konz | Omaha | NE | 9 | F | 13 | 1:46 | 3:32 | 2:02 | 7 | 15:32 | 9.3 | 1:05 | 15 | 10:51 | 21:41 | 31:14 |
| 13 | Ellie Messerschmid | Omaha | NE | 9 | F | 16 | 2:01 | 4:01 | 2:41 | 11 | 17:28 | 8.2 | 1:08 | 9 | 8:10 | 16:19 | 31:26 |
| 14 | Jennifer Thompson | Omaha | NE | 9 | F | 15 | 2:00 | 4:00 | 2:51 | 10 | 16:56 | 8.5 | 0:41 | 13 | 10:03 | 20:05 | 32:29 |
| 15 | Pi'ikea Neill | Gretna | NE | 9 | F | 9 | 1:28 | 2:56 | 3:16 | 17 | 20:49 | 6.9 | 1:04 | 11 | 8:44 | 17:28 | 35:20 |
| 16 | Anna Pick | Omaha | NE | 9 | F | 8 | 1:25 | 2:50 | 1:39 | 14 | 17:57 | 8.0 | 1:03 | 17 | 13:52 | 27:44 | 35:54 |
| 17 | Alexis Frank | Omaha | NE | 9 | F | 14 | 1:50 | 3:39 | 2:25 | 16 | 20:25 | 7.1 | 1:20 | 16 | 11:35 | 23:10 | 37:34 |

MALE AGE GROUP RESULTS 9 - 10

| NAME | CITY | ST | AGE | S | plc | SWIM | 100 | TRAN | BIKE | TRAN | RUN | TOTAL | | | | | |
|-------|-----------------|---------------|------|----|-------|-------|-------|-------|-------|-------|-------|-------|------|----|-------|-------|-------|
| ===== | ===== | == | ==== | = | ===== | ===== | ===== | ===== | ===== | ===== | ===== | ===== | | | | | |
| 1 | Logan Gartin | Benton | AR | 9 | M | 5 | 1:05 | 2:09 | 0:33 | 2 | 10:22 | 13.9 | 0:41 | 3 | 5:24 | 10:47 | 18:03 |
| 2 | Hugo Schreur | Overland Park | KS | 9 | M | 3 | 1:04 | 2:07 | 1:30 | 1 | 10:21 | 13.9 | 0:57 | 2 | 4:47 | 9:34 | 18:36 |
| 3 | Jack Butler | Elkhorn | NE | 10 | M | 6 | 1:11 | 2:21 | 1:10 | 3 | 12:13 | 11.8 | 0:43 | 5 | 5:31 | 11:02 | 20:46 |
| 4 | Caiden Groff | Bennington | NE | 10 | M | 11 | 1:28 | 2:55 | 1:22 | 5 | 12:33 | 11.5 | 0:30 | 6 | 5:42 | 11:23 | 21:32 |
| 5 | Chris Evans | Omaha | NE | 9 | M | 1 | 1:02 | 2:04 | 1:21 | 4 | 12:22 | 11.6 | 0:51 | 10 | 6:15 | 12:30 | 21:50 |
| 6 | Quin Tarrence | Omaha | NE | 10 | M | 9 | 1:24 | 2:47 | 1:48 | 12 | 14:14 | 10.1 | 0:29 | 1 | 4:33 | 9:06 | 22:27 |
| 7 | Matt Hotovy | Omaha | NE | 9 | M | 7 | 1:16 | 2:31 | 1:35 | 11 | 14:04 | 10.2 | 0:44 | 4 | 5:27 | 10:53 | 23:03 |
| 8 | Jonathan Kawula | Bellevue | NE | 9 | M | 2 | 1:03 | 2:05 | 2:10 | 9 | 13:52 | 10.4 | 0:50 | 7 | 5:52 | 11:44 | 23:45 |
| 9 | David Kawula | Bellevue | NE | 9 | M | 4 | 1:04 | 2:08 | 2:32 | 7 | 13:28 | 10.7 | 0:53 | 8 | 5:53 | 11:45 | 23:48 |
| 10 | Callum Bikus | Omaha | NE | 9 | M | 10 | 1:25 | 2:49 | 2:12 | 6 | 13:22 | 10.8 | 0:42 | 11 | 6:26 | 12:51 | 24:04 |
| 11 | Grant Ray | Omaha | NE | 10 | M | 8 | 1:19 | 2:38 | 1:59 | 10 | 13:56 | 10.3 | 0:40 | 12 | 6:46 | 13:31 | 24:37 |
| 12 | Jonathan Gouger | Omaha | NE | 9 | M | 13 | 1:37 | 3:14 | 2:07 | 13 | 14:55 | 9.7 | 0:47 | 14 | 7:41 | 15:21 | 27:06 |
| 13 | Jackson Henery | Omaha | NE | 10 | M | 16 | 1:58 | 3:56 | 2:02 | 14 | 15:24 | 9.4 | 0:57 | 13 | 6:49 | 13:37 | 27:08 |
| 14 | Parker Watkins | Omaha | NE | 10 | M | 14 | 1:38 | 3:15 | 2:04 | 8 | 13:46 | 10.5 | 0:46 | 16 | 8:57 | 17:53 | 27:08 |
| 15 | Connor Gove | Elkhorn | NE | 9 | M | 15 | 1:54 | 3:48 | 3:22 | 15 | 15:44 | 9.2 | 0:54 | 9 | 6:15 | 12:29 | 28:08 |
| 16 | Henry Strunc | Omaha | NE | 10 | M | 12 | 1:31 | 3:02 | 1:36 | 17 | 15:52 | 9.1 | 0:55 | 17 | 9:13 | 18:26 | 29:07 |
| 17 | Carter Calvert | Omaha | NE | 10 | M | 18 | 2:12 | 4:23 | 1:59 | 16 | 15:48 | 9.1 | 1:01 | 15 | 8:36 | 17:11 | 29:34 |
| 18 | Jack Gaines | Omaha | NE | 9 | M | 19 | 2:28 | 4:55 | 2:45 | 18 | 18:14 | 7.9 | 1:15 | 18 | 12:07 | 24:13 | 36:47 |
| 19 | Morgan Eby | Papillion | NE | 9 | M | 17 | 1:59 | 3:58 | 2:41 | 19 | 19:23 | 7.4 | 1:08 | 19 | 13:12 | 26:23 | 38:21 |