

# January 13 & 14, 2023 - Ballwin, Missouri USA

Run 15 minutes, Bike 15 minutes, Swim 10 minutes

## 2023 Ballwin Upside Down Indoor Triathlon

### Results by Gender

					Run		Bike		Swim		Total	
Male												
Place	Gender	Age	Last Name	First Name	Miles	Yards	Miles	Yards	Miles	Yards	Miles	Yards
1	Male	44	Trost	Eric	2.32	4088	7.1	12496	0.340909	600	9.763778	17184.25
2	Male	32	Warnecke	Brandon	2.47	4347	6.9	12144	0.340909	600	9.710795	17091
3	Male	46	Frankenberger	Nathan	2.09	3674	7.3	12848	0.305398	537.5	9.69304	17059.75
4	Male	26	Matzig	Steve	2.50	4399	6.4	11264	0.294744	518.75	9.194034	16181.5
5	Male	32	Manix	Andrew	2.03	3571	6.7	11792	0.340909	600	9.069744	15962.75
6	Male	40	Fatino	Anthony	2.03	3571	6.7	11792	0.323153	568.75	9.051989	15931.5
7	Male	54	Little	Stephen	2.21	3881	6.4	11264	0.301847	531.25	8.907102	15676.5
8	Male	48	Nelms	Steven	1.91	3364	6.7	11792	0.28054	493.75	8.891761	15649.5
9	Male	43	McKinnon	Brian	2.12	3726	6.5	11440	0.245028	431.25	8.862074	15597.25
10	Male	65	Kaiser	Chuck	1.85	3260	6.5	11440	0.3125	550	8.664915	15250.25
11	Male	35	Biver	Samuel	2.12	3726	5.9	10384	0.227273	400	8.244318	14510
12	Male	63	Watson	Gerald	1.79	3157	6	10560	0.308949	543.75	8.102557	14260.5
13	Male	51	Singh	Ashutosh	1.56	2743	6.1	10736	0.22017	387.5	7.878551	13866.25
14	Male	39	Gifford	Jay	1.50	2639	6.1	10736	0.195313	343.75	7.794886	13719
15	Male	28	Gibson	Joshua	2.18	3830	5.2	9152	0.305398	537.5	7.68125	13519
16	Male	39	Killian	Joshua	2.15	3778	4.8	8448	0.227273	400	7.173722	12625.75
17	Male	76	Shayne	Phil	1.23	2174	5.3	9328	0.166903	293.75	6.701847	11795.25
18	Male	59	Gerth	Bill	1.29	2277	5.2	9152	0.181108	318.75	6.674858	11747.75
19	Male	54	Merrifield	Dan	1.29	2277	5	8800	0.241477	425	6.535227	11502
20	Male	29	aluvala	koushik goud	1.62	2846	4.7	8272	0.106534	187.5	6.423722	11305.75
21	Male	85	Evans	Roy	0.88	1553	4.3	7568	0.170455	300	5.352557	9420.5

### Female

1	Female	59	Meyer	Jennifer	2.21	3881	6.4	11264	0.401278	706.25	9.006534	15851.5
2	Female	42	Deschamp	Jennifer	2.15	3778	6.1	10736	0.355114	625	8.601563	15138.75
3	Female	66	Hey	Lucy	1.82	3209	6.5	11440	0.269886	475	8.592898	15123.5

4	Female	13	McKinnon	Claire	2.15	3778	6	10560	0.28054	493.75	8.426989	14831.5
5	Female	46	Clark	Kristin	2.12	3726	5.8	10208	0.316051	556.25	8.233097	14490.25
6	Female	46	Pendleton	Katie	1.71	3002	6.2	10912	0.291193	512.5	8.196591	14426
7	Female	42	Frankenberger	Melissa	1.53	2691	6.3	11088	0.262784	462.5	8.091761	14241.5
8	Female	26	Little	Ansley	2.12	3726	5.7	10032	0.255682	450	8.072727	14208
9	Female	57	Tarantino	Melissa	1.91	3364	5.6	9856	0.301847	531.25	7.813068	13751
10	Female	62	Kaiser	Laura	1.38	2432	6	10560	0.252131	443.75	7.634091	13436
11	Female	52	Gill	Susannah	1.73	3053	5.6	9856	0.234375	412.5	7.569176	13321.75
12	Female	61	Schreyer	Laurette	1.44	2536	5.8	10208	0.191761	337.5	7.432528	13081.25
13	Female	54	weyhlich	sarah	1.21	2122	5.6	9856	0.305398	537.5	7.110938	12515.25
14	Female	50	Anderson	Lela	1.71	3002	5.1	8976	0.209517	368.75	7.014915	12346.25
15	Female	46	Merrifield	Vincee	1.79	3157	4.8	8448	0.24858	437.5	6.842188	12042.25
16	Female	28	Klevorn	Katie	1.06	1863	5.5	9680	0.166903	293.75	6.725426	11836.75
17	Female	29	Kamara	Fatima	1.15	2018	5.4	9504	0.131392	231.25	6.678125	11753.5
18	Female	42	Shayne	Alison	1.62	2846	4.7	8272	0.245028	431.25	6.562216	11549.5
19	Female	62	Etherton	Donna	1.62	2846	4.6	8096	0.273438	481.25	6.490625	11423.5
20	Female	28	Gibson	Melissa	1.73	3053	4	7040	0.191761	337.5	5.926563	10430.75
21	Female	14	Frankenberger	Karly	1.26	2225	4	7040	0.245028	431.25	5.509375	9696.5