

# Timberman Triathlon

July 8, 2017

## Overall Results

Note: Penalty list at end of results

### Olympic Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	271	Jordan Roby	M	27	St. Louis Park	MN	00:22:24	7	1:16	00:01:03	01:01:30	2	24.5	00:00:38	00:34:17	2	5:42	01:59:49.90
2	187	Brooks Grossinger	M	40	Mayer	MN	00:23:00	10	1:18	00:01:00	01:01:34	3	24.5	00:00:45	00:35:27	3	5:54	02:01:43.17
3	292	Chris Tatton	M	40	Blaine	MN	00:21:29	3	1:13	00:01:16	01:05:12	7	23.1	00:00:52	00:36:55	5	6:09	02:05:42.40
4	259	Kris Nisula	M	41	Thunder Bay	ON	00:23:40	14	1:20	00:01:26	01:01:20	1	24.6	00:00:54	00:38:55	6	6:29	02:06:12.32
5	237	David Lewis	M	43	Nevis	MN	00:24:10	19	1:22	00:01:19	01:04:27	6	23.4	00:00:59	00:36:24	4	6:03	02:07:16.40
6	255	Scott Myers	M	42	Minneapolis	MN	00:21:49	5	1:14	00:01:07	01:05:38	10	23.0	00:00:57	00:39:56	10	6:39	02:09:24.53
7	280	Nicholas Serratore	M	28	Grand Rapids	MN	00:23:44	17	1:20	00:01:08	01:02:54	5	23.9	00:00:45	00:41:17	13	6:52	02:09:45.65
8	162	Phil Brown	M	39	Thunder Bay	ON	00:23:32	13	1:20	00:01:32	01:05:20	8	23.1	00:01:07	00:39:20	8	6:33	02:10:49.15
9	2	Christina Roberts	F	31	Minneapolis	MN	00:20:22	1	1:09	00:01:10	01:10:23	22	21.4	00:00:46	00:39:57	11	6:39	02:12:36.08
10	215	Michael Johnson	M	48	Chippewa Falls	WI	00:25:27	27	1:26	00:01:34	01:02:45	4	24.0	00:01:28	00:41:26	14	6:54	02:12:37.11
11	261	Rod Raymond	M	52	Duluth	MN	00:23:17	11	1:19	00:00:51	01:05:27	9	23.0	00:00:52	00:43:26	22	7:14	02:13:49.90
12	300	Nathan Waech	M	48	Grand Rapids	MN	00:25:43	31	1:27	00:00:56	01:08:04	11	22.1	00:01:01	00:39:36	9	6:35	02:15:17.15
13	244	John Marshall	M	58	Minneapolis	MN	00:22:05	6	1:15	00:01:35	01:09:47	19	21.6	00:01:08	00:42:11	15	7:01	02:16:43.66
14	99	Andrea Myers	F	41	Minneapolis	MN	00:21:37	4	1:13	00:00:52	01:10:36	24	21.3	00:00:47	00:44:09	26	7:21	02:17:58.16
15	199	Jay Heikkila	M	49	Delano	MN	00:23:17	12	1:19	00:01:43	01:09:41	18	21.6	00:01:09	00:42:32	18	7:05	02:18:20.07
16	183	John Garrison	M	45	Cohasset	MN	00:26:04	36	1:28	00:01:12	01:08:23	13	22.0	00:00:55	00:43:16	20	7:12	02:19:47.11
17	340	Brian Schubring	M	51	Minneapolis	MN	00:23:42	16	1:20	00:01:45	01:10:43	26	21.3	00:00:58	00:43:31	23	7:15	02:20:36.39
18	250	Paul Miner	M	37	Duluth	MN	00:23:50	18	1:21	00:01:37	01:08:24	14	22.0	00:01:12	00:45:41	33	7:36	02:20:40.91
19	63	Tiffany Kari	F	37	Duluth	MN	00:25:37	29	1:27	00:01:36	01:13:31	32	20.5	00:01:05	00:40:47	12	6:47	02:22:33.83
20	7	Hannah Bettendorf	F	18	Duluth	MN	00:26:41	42	1:30	00:01:38	01:11:11	27	21.2	00:01:01	00:42:27	17	7:04	02:22:55.94
21	252	Kirk Vesterstein	M	56	Wayzata	MN	00:27:21	50	1:33	00:02:11	01:08:12	12	22.1	00:01:02	00:44:17	27	7:22	02:23:00.41
22	358	Bob Shine	M	59	Thunder Bay	ON	00:24:51	23	1:24	00:02:06	01:09:49	20	21.6	00:01:34	00:44:59	31	7:29	02:23:17.66
23	220	John Kelley	M	54	Duluth	MN	00:27:23	51	1:33	00:02:04	01:08:43	15	21.9	00:01:04	00:44:59	29	7:29	02:24:10.83
24	191	Jared Hall	M	37	Fargo	ND	00:25:09	25	1:25	00:02:33	01:09:09	16	21.8	00:01:05	00:46:28	38	7:44	02:24:21.49
25	198	Douglas Haugen	M	30	Grand Forks	ND	00:21:26	2	1:13	00:02:45	01:13:08	31	20.6	00:01:14	00:46:22	37	7:43	02:24:50.89
26	227	Kyle Kolquist	M	39	Duluth	MN	00:26:00	34	1:28	00:01:44	01:10:03	21	21.5	00:02:07	00:45:44	34	7:37	02:25:35.55
27	319	Ammon Hall	M	38	Coon Rapids	MN	00:27:43	54	1:34	00:02:03	01:10:24	23	21.4	00:01:12	00:44:59	30	7:29	02:26:18.15
28	272	Ryan Rogers	M	38	Bemidji	MN	00:26:43	43	1:31	00:01:15	01:14:21	36	20.3	00:01:09	00:43:15	19	7:12	02:26:39.66
29	69	Christel Kippenhan	F	52	Bemidji	MN	00:22:49	9	1:17	00:01:08	01:14:50	38	20.1	00:00:48	00:47:28	40	7:54	02:27:00.16
30	182	Frank M Gangi	M	43	Coleraine	MN	00:30:58	68	1:45	00:01:30	01:09:41	17	21.6	00:01:38	00:43:17	21	7:12	02:27:00.84
31	157	Matthew Bettendorf	M	42	Duluth	MN	00:27:13	48	1:32	00:01:39	01:14:45	37	20.1	00:01:30	00:42:13	16	7:02	02:27:17.66
32	12	Leanne Bronson	F	47	Superior	WI	00:26:28	39	1:30	00:01:25	01:12:25	30	20.8	00:01:26	00:47:07	39	7:51	02:28:48.56
33	3	Jacquelyn Bacigalupi	F	40	Baxter	MN	00:27:42	53	1:34	00:01:26	01:14:15	35	20.3	00:01:10	00:45:25	32	7:34	02:29:54.12
34	224	Neil King	M	68	Nevis	MN	00:25:47	32	1:27	00:01:09	01:14:02	34	20.3	00:00:57	00:48:37	43	8:06	02:30:29.64
35	367	Justin Cummins	M	42	Duluth	MN	00:36:43	92	2:05	00:01:42	01:11:41	29	21.0	00:01:43	00:38:55	7	6:29	02:30:40.39
36	155	Ben Bahr	M	36	Forest Lake	MN	00:26:58	45	1:31	00:02:22	01:16:36	43	19.7	00:01:26	00:44:28	28	7:24	02:31:48.04

# Timberman Triathlon

July 8, 2017

## Overall Results

Note: Penalty list at end of results

### Olympic Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	177	Tim Duffy	M	43	Bemidji	MN	00:27:07	47	1:32	00:02:23	01:13:57	33	20.4	00:01:39	00:47:36	41	7:55		02:32:39.13
38	216	Thomas Jokinen	M	29	Kailua	HI	00:24:57	24	1:25	00:01:55	01:15:15	39	20.0	00:01:39	00:49:28	44	8:14		02:33:11.03
39	343	James Jylha	M	22	Duluth	MN	00:27:18	49	1:33	00:01:02	01:19:57	54	18.8	00:01:35	00:43:38	24	7:16		02:33:28.42
40	275	Pat Ryan	M	43	Chanhassen	MN	00:26:00	35	1:28	00:02:09	01:16:20	42	19.7	00:01:21	00:49:33	45	8:15		02:35:21.17
41	287	Brad Spry	M	48	Walker	MN	00:26:06	37	1:28	00:02:09	01:15:17	40	20.0	00:01:33	00:52:22	60	8:43		02:37:25.35
42	315	Alan Cornett	M	43	Blaine	MN	00:33:27	88	1:54	00:01:37	01:10:36	25	21.3	00:01:47	00:51:00	52	8:29		02:38:23.92
43	8	Megan Bettendorf	F	16	Duluth	MN	00:24:48	22	1:24	00:01:45	01:19:38	52	18.9	00:01:13	00:51:17	55	8:32		02:38:38.41
44	262	Kristoffer Osthus	M	41	Duluth	MN	00:25:35	28	1:27	00:01:57	01:11:32	28	21.1	00:01:14	00:58:28	81	9:44		02:38:43.67
45	234	Thomas Laberge	M	48	Blaine	MN	00:25:54	33	1:28	00:02:34	01:16:39	44	19.7	00:01:58	00:52:12	58	8:41		02:39:15.14
46	200	Steve Heikkila	M	60	Saint Paul	MN	00:24:13	20	1:22	00:01:38	01:20:43	57	18.7	00:01:17	00:52:13	59	8:42		02:40:01.42
47	144	Maisy Waech	F	17	Grand Rapids	MN	00:26:38	41	1:30	00:01:14	01:23:27	70	18.0	00:00:52	00:47:53	42	7:58		02:40:01.92
48	137	Pam Stevens	F	64	Sartell	MN	00:27:02	46	1:32	00:01:55	01:15:23	41	20.0	00:01:37	00:54:35	65	9:05		02:40:29.58
49	35	Hannah Gartner	F	26	Duluth	MN	00:23:42	15	1:20	00:01:51	01:23:01	68	18.1	00:01:35	00:50:28	49	8:24		02:40:34.48
50	40	Helen Gunther	F	60	Excelsior	MN	00:29:01	58	1:38	00:01:39	01:18:43	49	19.1	00:01:22	00:50:11	47	8:21		02:40:53.56
51	313	Conrad Hjort	M	49	Duluth	MN	00:28:46	56	1:38	00:03:35	01:21:59	63	18.4	00:01:16	00:45:51	35	7:38		02:41:25.42
52	32	Chelsea Froemke	F	27	Duluth	MN	00:22:34	8	1:16	00:02:05	01:18:38	48	19.2	00:01:23	00:57:04	78	9:30		02:41:41.43
53	359	Lori Green	F	54	Fort Frances	ON	00:26:32	40	1:30	00:03:04	01:19:31	51	18.9	00:02:02	00:50:55	51	8:29		02:42:00.92
54	126	Mary Sands	F	56	Saint Paul	MN	00:29:46	62	1:41	00:01:26	01:20:07	55	18.8	00:01:26	00:50:16	48	8:22		02:42:57.42
55	150	Mark Adams	M	44	West Linn	OR	00:25:41	30	1:27	00:02:31	01:19:30	50	18.9	00:01:50	00:53:52	63	8:58		02:43:21.07
56	189	Steve Gunther	M	60	Excelsior	MN	00:25:11	26	1:25	00:01:23	01:21:26	60	18.5	00:01:09	00:54:39	67	9:06		02:43:44.85
57	276	Brett Salo	M	54	Cohasset	MN	00:27:41	52	1:34	00:02:07	01:18:08	46	19.3	00:01:30	00:54:46	68	9:07		02:44:09.62
58	232	Matthew Kustritz	M	38	Stillwater	MN	00:31:45	77	1:48	00:03:19	01:22:09	65	18.3	00:01:44	00:45:59	36	7:39		02:44:52.85
59	349	Yaniha Giebel	F	39	Saint Paul	MN	00:33:05	84	1:52	00:02:15	01:18:16	47	19.2	00:02:16	00:50:06	46	8:20		02:45:55.65
60	60	Judy Januschka Murray	F	58	Sartell	MN	00:31:04	71	1:45	00:02:35	01:19:41	53	18.9	00:01:48	00:51:57	57	8:39		02:47:03.16
61	245	Robert Maurer	M	34	Minneapolis	MN	00:26:08	38	1:29	00:04:15	01:24:07	71	17.9	00:01:23	00:51:14	54	8:32		02:47:03.93
62	103	Chris Nehring	F	49	Kimball	MN	00:32:06	80	1:49	00:02:20	01:17:49	45	19.4	00:01:14	00:54:36	66	9:05		02:48:02.78
63	73	Liz Kolquist	F	32	Duluth	MN	00:30:12	66	1:42	00:04:41	01:27:36	81	17.2	00:02:15	00:43:53	25	7:18		02:48:33.92
64	17	Shannon Carroll	F	38	Eden Prairie	MN	00:31:08	72	1:46	00:02:10	01:21:17	59	18.5	00:01:28	00:53:24	61	8:53		02:49:24.94
65	106	Victoria Nill	F	44	Blaine	MN	00:33:26	87	1:53	00:02:10	01:21:54	62	18.4	00:01:16	00:50:52	50	8:28		02:49:34.85
66	279	Connor Schmidt	M	23	Saint Michael	MN	00:28:08	55	1:35	00:01:57	01:25:59	77	17.5	00:02:05	00:54:53	70	9:08		02:52:59.74
67	107	Susan Nygaard	F	54	Shoreview	MN	00:24:14	21	1:22	00:03:35	01:26:53	80	17.3	00:04:03	00:55:15	71	9:12		02:53:56.93
68	59	Mary Januschka	F	56	Cambridge	MN	00:35:11	91	1:59	00:03:20	01:21:45	61	18.4	00:03:07	00:51:19	56	8:33		02:54:40.16
69	51	Margaret Howard	F	48	Rio Rancho	NM	00:31:24	76	1:47	00:02:40	01:22:02	64	18.4	00:01:42	00:57:13	79	9:32		02:54:57.93
70	42	Jan Handlos	F	63	Baxter	MN	00:29:51	63	1:41	00:02:53	01:20:24	56	18.7	00:01:14	01:00:41	85	10:06		02:55:01.07
71	249	Jim Miner	M	63	Duluth	MN	00:29:28	59	1:40	00:02:37	01:21:01	58	18.6	00:02:25	01:01:01	87	10:10		02:56:29.12
72	303	Terry Wiens	M	60	Duluth	MN	00:33:52	89	1:55	00:02:16	01:25:31	75	17.6	00:01:22	00:53:45	62	8:57		02:56:42.93

# Timberman Triathlon

July 8, 2017

## Overall Results

Note: Penalty list at end of results

### Olympic Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	347	Beau Raymond-Iaquinto	M	26	Minneapolis	MN	00:32:34	82	1:50	00:02:13	01:23:12	69	18.1	00:02:40	00:56:10	72	9:21	02:56:45.91
74	123	Elise Ryan	F	43	Chanhassen	MN	00:30:39	67	1:44	00:03:09	01:24:24	72	17.8	00:02:49	00:56:17	73	9:22	02:57:15.13
75	24	Stephanie Etterman	F	52	Brainerd	MN	00:31:23	75	1:46	00:01:52	01:28:24	84	17.0	00:02:12	00:54:32	64	9:05	02:58:20.43
76	351	Brian Spaulding	M	47	Bloomington	IL	00:29:38	61	1:40	00:02:01	01:25:00	73	17.7	00:02:15	01:00:02	83	10:00	02:58:52.18
77	364	Matt Peterson	M	33	Foxboro	WI	00:32:15	81	1:49	00:03:08	01:22:39	66	18.2	00:02:04	00:58:53	82	9:48	02:58:57.13
78	181	Christian Froemke	M	25	Circle Pines	MN	00:31:11	73	1:46	00:03:26	01:26:49	79	17.3	00:00:58	00:56:44	76	9:27	02:59:06.18
79	165	Troy Carlson	M	47	Duluth	MN	00:28:54	57	1:38	00:02:12	01:25:01	74	17.7	00:01:27	01:02:39	89	10:26	03:00:10.93
80	23	Kristina Elfering	F	40	North Oaks	MN	00:31:50	78	1:48	00:02:02	01:28:23	83	17.0	00:01:44	00:56:37	75	9:26	03:00:33.93
81	288	Thomas Stephens	M	56	Cadott	WI	00:29:37	60	1:40	00:01:59	01:22:47	67	18.2	00:01:45	01:05:29	90	10:54	03:01:34.64
82	19	Amy Coad	F	48	Saint Paul	MN	00:30:01	65	1:42	00:04:16	01:30:16	87	16.7	00:01:34	00:56:36	74	9:25	03:02:39.94
83	151	Tom Adams	M	70	Eden Prairie	MN	00:31:02	70	1:45	00:04:11	01:26:24	78	17.4	00:03:35	00:58:14	80	9:42	03:03:23.80
84	148	Sherry Wright	F	48	Baxter	MN	00:31:15	74	1:46	00:01:39	01:37:36	94	15.4	00:02:18	00:51:08	53	8:31	03:03:53.61
85	136	Megan Steil	F	35	Ham Lake	MN	00:32:51	83	1:51	00:03:27	01:31:47	92	16.4	00:01:54	00:54:52	69	9:08	03:04:47.40
86	260	Gary Nygaard	M	57	Shoreview	MN	00:33:22	85	1:53	00:03:56	01:25:45	76	17.6	00:03:32	01:00:12	84	10:01	03:06:45.18
87	145	Emma Ward	F	16	Angora	MN	00:31:00	69	1:45	00:02:41	01:33:47	93	16.1	00:01:07	01:00:46	86	10:07	03:09:19.65
88	353	Twyla Anderson	F	65	Minneapolis	MN	00:32:05	79	1:49	00:02:42	01:30:23	88	16.7	00:01:45	01:05:32	91	10:55	03:12:25.69
89	264	Bob Oxborough	M	62	Plymouth	MN	00:39:08	94	2:13	00:03:13	01:31:17	90	16.5	00:01:51	00:56:59	77	9:29	03:12:26.77
90	163	Daniel Cafferty	M	53	Lino Lakes	MN	00:26:55	44	1:31	00:04:20	01:40:30	95	15.0	00:02:02	01:02:32	88	10:25	03:16:16.69
91	21	Jessica Deshaw	F	40	Brainerd	MN	00:29:53	64	1:41	00:03:39	01:27:39	82	17.2	00:02:37	01:13:32	94	12:15	03:17:17.19
92	57	Toni Peck	F	36	Fort Myers	FL	00:33:24	86	1:53	00:02:09	01:29:31	85	16.8	00:01:47	01:11:47	93	11:57	03:18:35.94
93	205	Steven Hoard	M	49	Brownsville	TX	00:41:26	95	2:21	00:03:51	01:31:39	91	16.4	00:02:16	01:08:30	92	11:24	03:27:38.95
94	71	Cathy Klopp	F	56	Minneapolis	MN	00:37:50	93	2:08	00:02:17	01:30:43	89	16.6	00:01:48	01:16:15	95	12:42	03:28:49.19
95	101	Lindsay Nauen	F	67	Saint Paul	MN	01:27:08	96	4:57	00:07:11	01:29:32	86	16.8	00:03:06	00:26:32	1	4:25	03:33:27.19
96	41	Linda Hagen	F	54	Duluth	MN	00:34:30	90	1:57	00:02:55	01:51:54	96	13.5	00:02:25	01:19:05	96	13:10	03:50:45.71

# Timberman Triathlon

July 8, 2017

## Did Not Finish or Disqualified

### Olympic Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
DNF	1	Wade Cruser	M	30	Sauk Rapids	MN	00:22:42		1:17	00:01:02								
DNF	225	Chris Knight	M	39	Lakeville	MN					01:19:32	18.9	00:02:30	00:52:33		8:45		02:38:46