

# Timberman Triathlon

July 8, 2017

## Sprint Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	67	Bettina Keppers	F	34	Duluth	MN	00:09:41	3	1:39	00:01:21	00:29:55	1	22.5	00:01:14	00:22:49	8	7:36		01:04:58.35
2	117	Jody Quesnell	F	50	Saint Paul	MN	00:10:37	10	1:49	00:01:23	00:30:17	2	22.2	00:01:03	00:22:26	5	7:28		01:05:43.38
3	70	Kayla Kjellman	F	25	Thunder Bay	ON	00:09:03	1	1:33	00:01:51	00:30:35	3	22.0	00:01:04	00:23:22	10	7:47		01:05:53.12
4	34	Kaytlin Garrison	F	19	Cohasset	MN	00:11:34	20	1:59	00:01:03	00:31:19	5	21.5	00:00:49	00:21:22	3	7:07		01:06:05.18
5	184	Amanda Kautzer	F	19	Houghton	MI	00:09:16	2	1:35	00:01:55	00:33:21	9	20.2	00:00:45	00:21:14	2	7:04		01:06:28.17
6	109	Jena Ogston	F	46	Duluth	MN	00:10:24	7	1:47	00:01:19	00:31:21	6	21.4	00:00:54	00:22:36	7	7:31		01:06:31.92
7	87	Tara Makinen	F	38	Grand Rapids	MN	00:11:15	15	1:56	00:01:15	00:31:23	7	21.4	00:00:46	00:21:59	4	7:19		01:06:35.37
8	111	Kerri Persons	F	42	Duluth	MN	00:10:29	8	1:48	00:01:18	00:31:04	4	21.6	00:00:53	00:23:35	14	7:51		01:07:17.60
9	84	Taylor Lundquist	F	18	Maple Grove	MN	00:10:58	13	1:53	00:01:29	00:34:48	15	19.3	00:00:57	00:20:42	1	6:53		01:08:51.63
10	25	Julie Feldman	F	36	Inver Grove Heights	MN	00:11:25	16	1:57	00:01:34	00:33:14	8	20.2	00:01:08	00:25:20	23	8:26		01:12:37.84
11	83	Simone Lundquist	F	15	Maple Grove	MN	00:10:30	9	1:48	00:01:42	00:37:50	29	17.8	00:01:00	00:22:32	6	7:30		01:13:31.36
12	147	Terry Wosmek	F	30	Duluth	MN	00:13:30	41	2:19	00:01:16	00:34:39	13	19.4	00:00:59	00:23:50	16	7:56		01:14:11.31
13	18	Petra Cervenkova	F	50	Grand Rapids	MN	00:13:28	37	2:18	00:01:38	00:35:09	17	19.1	00:01:11	00:23:08	9	7:42		01:14:30.88
14	314	Michelle Shelp	F	43	Maple Plain	MN	00:12:01	28	2:04	00:01:49	00:33:27	10	20.1	00:01:30	00:25:50	26	8:36		01:14:34.95
15	53	Hilary Huntley	F	28	Duluth	MN	00:10:23	5	1:47	00:01:15	00:36:07	21	18.6	00:01:17	00:25:44	25	8:34		01:14:43.38
16	128	Quincy Shelp	F	13	Maple Plain	MN	00:11:34	19	1:59	00:02:15	00:36:10	22	18.6	00:01:00	00:24:34	19	8:11		01:15:30.11
17	65	Julie Kemp	F	44	Esko	MN	00:13:52	48	2:23	00:02:18	00:34:02	12	19.7	00:01:17	00:24:12	17	8:03		01:15:39.07
18	72	Julie Knochenmus	F	51	Esko	MN	00:13:22	35	2:17	00:01:30	00:34:39	14	19.4	00:01:00	00:25:18	22	8:25		01:15:47.38
19	112	Judith Peters	F	57	Saint Cloud	MN	00:13:37	44	2:20	00:01:47	00:35:10	18	19.1	00:01:10	00:24:38	20	8:12		01:16:20.88
20	344	Julianna French	F	21	Duluth	MN	00:13:35	42	2:20	00:01:44	00:36:47	24	18.3	00:01:01	00:23:33	13	7:50		01:16:37.63
21	78	Mallery Lind	F	18	Hibbing	MN	00:11:52	23	2:02	00:01:41	00:39:06	38	17.2	00:00:49	00:23:36	15	7:51		01:17:01.87
22	20	Anna Dehler	F	29	International Falls	MN	00:14:35	54	2:30	00:01:56	00:37:01	25	18.2	00:01:10	00:23:30	12	7:49		01:18:08.63
23	47	Sommer Heikkila	F	21	Delano	MN	00:09:59	4	1:43	00:01:41	00:41:10	55	16.3	00:00:53	00:24:54	21	8:17		01:18:33.80
24	308	Colleen Mccullough	F	23	Maple Grove	MN	00:13:48	47	2:22	00:02:55	00:37:52	30	17.7	00:01:10	00:23:25	11	7:48		01:19:08.29
25	88	Heather Marden	F	20	Duluth	MN	00:10:24	6	1:47	00:02:21	00:37:26	27	18.0	00:01:17	00:27:49	37	9:16		01:19:13.79
26	33	Marlo Gangi	F	46	Coleraine	MN	00:13:28	39	2:19	00:01:38	00:35:16	19	19.1	00:01:21	00:27:55	40	9:18		01:19:34.89
27	95	Emily Michog	F	32	Duluth	MN	00:12:14	30	2:06	00:02:36	00:36:41	23	18.3	00:00:56	00:27:51	38	9:16		01:20:14.88
28	124	Renee Saamanen	F	41	Duluth	MN	00:13:28	38	2:18	00:01:43	00:33:28	11	20.1	00:01:49	00:30:08	57	10:02		01:20:32.99
29	100	Jaleh Nahvi	F	47	Inver Grove Heights	MN	00:11:56	26	2:03	00:02:01	00:38:27	34	17.5	00:01:34	00:27:42	36	9:13		01:21:38.18
30	134	Terri Snell	F	48	Shoreview	MN	00:13:36	43	2:20	00:02:50	00:35:05	16	19.2	00:02:08	00:28:10	42	9:23		01:21:45.64
31	118	Kimberly Radloff	F	44	Saginaw	MN	00:12:10	29	2:05	00:01:52	00:38:01	31	17.7	00:01:13	00:28:53	45	9:37		01:22:06.39
32	77	Susan Lamour	F	49	Inver Grove Heights	MN	00:13:46	45	2:22	00:02:13	00:35:44	20	18.8	00:01:41	00:29:52	55	9:57		01:23:13.59
33	346	Cindy Shevich	F	46	Deer River	MN	00:15:01	62	2:34	00:01:30	00:38:13	33	17.6	00:00:56	00:27:37	34	9:12		01:23:13.98
34	16	Kathleen Carlson	F	49	Minneapolis	MN	00:12:56	34	2:13	00:02:15	00:37:09	26	18.1	00:02:10	00:29:26	49	9:48		01:23:53.89
35	10	Mina Bradley	F	44	Duluth	MN	00:11:26	17	1:57	00:01:27	00:38:48	36	17.3	00:01:01	00:31:20	67	10:26		01:23:58.46

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
36	146	Mary Wilcox	F	50	Falls Church	VA	00:11:37	22	1:59	00:02:17	00:39:47	43	16.9	00:01:40	00:29:16	48	9:45	01:24:35.39
37	39	Jordan Greene	F	24	Saint Paul	MN	00:11:55	25	2:03	00:02:14	00:39:06	37	17.2	00:00:54	00:30:36	59	10:11	01:24:42.24
38	48	Laura Helmbrecht	F	30	Minneapolis	MN	00:11:33	18	1:59	00:02:52	00:39:08	39	17.2	00:01:58	00:29:28	50	9:49	01:24:55.64
39	85	Jessie Maher	F	33	Bemidji	MN	00:11:07	14	1:54	00:01:47	00:44:57	77	15.0	00:00:51	00:26:36	28	8:51	01:25:14.51
40	98	Quinlyn Mullaney	F	25	Minneapolis	MN	00:12:20	31	2:07	00:05:46	00:41:04	53	16.4	00:02:19	00:24:21	18	8:06	01:25:47.39
41	66	Stephanie Kemp	F	36	Hibbing	MN	00:14:40	56	2:31	00:01:56	00:41:23	57	16.2	00:01:22	00:26:41	29	8:53	01:26:01.01
42	61	Lorena Jenks	F	55	Fort Frances	ON	00:14:41	58	2:31	00:01:59	00:39:47	44	16.9	00:01:42	00:27:59	41	9:19	01:26:06.71
43	79	Courtney Litchke	F	28	Grand Forks	ND	00:13:53	49	2:23	00:02:36	00:39:11	40	17.2	00:01:01	00:29:37	54	9:52	01:26:16.14
44	55	Edyn Isaacs	F	21	Maple Grove	MN	00:10:44	11	1:50	00:01:50	00:43:44	71	15.4	00:00:49	00:29:11	47	9:43	01:26:16.39
45	43	Amy Haney	F	44	Duluth	MN	00:15:02	63	2:35	00:02:22	00:39:38	41	17.0	00:00:47	00:28:44	43	9:34	01:26:30.85
46	125	Tonya Tepley Rabasco	F	44	Pillager	MN	00:17:06	73	2:56	00:02:22	00:37:32	28	17.9	00:02:45	00:27:03	31	9:00	01:26:45.40
47	90	Gina Marsalla	F	23	Hibbing	MN	00:10:46	12	1:51	00:03:10	00:42:31	65	15.8	00:00:54	00:29:28	51	9:49	01:26:46.39
48	36	Lori Golightly	F	41	Minneapolis	MN	00:14:22	53	2:28	00:02:07	00:40:14	47	16.7	00:01:36	00:28:47	44	9:35	01:27:02.64
49	135	Beverly Soukup	F	56	Sartell	MN	00:16:54	72	2:54	00:02:42	00:40:24	49	16.6	00:01:41	00:25:26	24	8:28	01:27:04.64
50	49	Sue Holm	F	48	Deer River	MN	00:12:01	27	2:04	00:02:06	00:41:43	59	16.1	00:01:19	00:30:23	58	10:07	01:27:29.39
51	102	Holly Neary	F	39	Cohasset	MN	00:13:53	50	2:23	00:02:35	00:40:54	51	16.4	00:01:14	00:28:59	46	9:39	01:27:31.53
52	52	Carolin Humpal	F	41	Grand Rapids	MN	00:11:54	24	2:02	00:03:06	00:44:34	76	15.1	00:01:53	00:27:51	39	9:16	01:29:15.65
53	92	Sarah Mcbroom	F	36	Coleraine	MN	00:14:53	60	2:33	00:02:39	00:43:47	72	15.3	00:01:03	00:27:25	33	9:08	01:29:44.85
54	310	Jen Toewe	F	37	Grand Rapids	MN	00:14:36	55	2:30	00:03:38	00:43:27	69	15.5	00:01:14	00:27:07	32	9:02	01:29:59.89
55	105	Sarah Nevalainen	F	34	Kabetogama	MN	00:18:24	80	3:09	00:03:41	00:40:09	46	16.7	00:01:11	00:26:48	30	8:55	01:30:10.10
56	355	Nancy Witherspoon	F	59	Fort Frances	ON	00:17:10	74	2:57	00:01:47	00:39:47	42	16.9	00:01:15	00:31:50	68	10:36	01:31:45.86
57	26	Nicole Fleming	F	40	Duluth	MN	00:13:28	40	2:19	00:02:04	00:38:33	35	17.4	00:02:05	00:35:42	80	11:53	01:31:50.15
58	15	Chelsey Carlson	F	27	Grand Rapids	MN	00:16:29	71	2:50	00:02:08	00:42:08	63	16.0	00:01:14	00:29:58	56	9:59	01:31:54.50
59	93	Haley Mcneil	F	25	Hill City	MN	00:14:15	52	2:27	00:02:12	00:41:34	58	16.2	00:00:55	00:33:05	72	11:01	01:31:58.47
60	345	Nancy Bauer	F	70	Champlin	MN	00:16:20	70	2:48	00:02:02	00:40:22	48	16.6	00:02:23	00:30:59	62	10:19	01:32:03.35
61	110	Molly Ongaro	F	30	Hibbing	MN	00:12:50	33	2:12	00:04:26	00:47:23	82	14.2	00:01:52	00:26:11	27	8:43	01:32:38.86
62	82	Taylor Lundberg	F	25	Chicago	IL	00:15:13	66	2:37	00:02:54	00:41:04	54	16.4	00:02:19	00:31:16	64	10:25	01:32:43.64
63	140	Emily Takekawa	F	29	Eden Prairie	MN	00:15:11	65	2:36	00:02:24	00:42:10	64	15.9	00:01:35	00:32:37	70	10:52	01:33:54.75
64	45	Elaine Hanson	F	65	Nevis	MN	00:17:56	79	3:05	00:02:07	00:38:10	32	17.6	00:02:07	00:33:43	76	11:14	01:34:00.65
65	44	Tealen Hansen	F	43	Suffolk	VA	00:14:43	59	2:31	00:02:38	00:42:06	62	16.0	00:02:00	00:32:49	71	10:56	01:34:12.85
66	14	Crystal Brown	F	52	Maple	WI	00:15:18	67	2:37	00:03:48	00:43:06	66	15.6	00:01:17	00:31:14	63	10:24	01:34:39.82
67	363	Marin Peterson	F	35	Foxboro	WI	00:18:39	81	3:12	00:03:05	00:41:49	60	16.1	00:01:42	00:29:30	52	9:49	01:34:41.60
68	149	Melissa Zamzow	F	26	Duluth	MN	00:13:55	51	2:23	00:04:01	00:40:50	50	16.5	00:02:38	00:33:26	73	11:08	01:34:47.65
69	113	Lisa Peterson	F	56	Mpls	MN	00:20:14	82	3:28	00:02:34	00:39:50	45	16.9	00:01:07	00:31:19	66	10:26	01:35:02.98
70	143	Audra Vogel	F	48	Sartell	MN	00:17:31	78	3:00	00:03:47	00:41:11	56	16.3	00:02:02	00:30:41	60	10:13	01:35:09.40

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
71	131	Jackie Smalley	F	35	Saint Paul	MN	00:13:47	46	2:22	00:03:06	00:43:21	68	15.5	00:01:48	00:33:48	77	11:15		01:35:47.62
72	171	Alyce Appleby	F	24	Saint Paul	MN	00:17:17	76	2:58	00:03:05	00:45:09	78	14.9	00:01:10	00:29:34	53	9:51		01:36:12.90
73	54	Dayle Hushagen	F	39	Pequot Lakes	MN	00:14:56	61	2:34	00:03:44	00:41:01	52	16.4	00:02:12	00:34:34	78	11:31		01:36:23.73
74	122	Hillary Ross	F	34	Minneapolis	MN	00:12:43	32	2:11	00:03:08	00:45:11	79	14.9	00:01:22	00:34:43	79	11:34		01:37:04.90
75	64	Danielle Kemp	F	14	Esko	MN	00:13:25	36	2:18	00:02:07	00:43:08	67	15.6	00:00:56	00:37:37	82	12:32		01:37:10.44
76	139	Cara Stromback	F	29	Duluth	MN	00:14:41	57	2:31	00:03:56	00:44:31	74	15.1	00:01:35	00:32:31	69	10:50		01:37:10.84
77	89	Sandy Marden-Lokken	F	64	Duluth	MN	00:17:18	77	2:58	00:03:19	00:43:30	70	15.5	00:02:38	00:30:44	61	10:14		01:37:27.07
78	130	Kara Skiple	F	20	Fargo	ND	00:11:36	21	1:59	00:03:09	00:45:55	81	14.6	00:01:18	00:35:51	81	11:56		01:37:46.90
79	11	Margi Braun	F	68	Palos Verdes Estates	CA	00:15:37	68	2:41	00:04:15	00:45:14	80	14.9	00:01:53	00:31:17	65	10:25		01:38:13.00
80	104	Paige Nelson	F	29	International Falls	MN	00:17:12	75	2:57	00:03:48	00:49:50	84	13.5	00:01:04	00:27:38	35	9:12		01:39:29.05
81	138	Danielle Stolze	F	19	Williamsburg	IA	00:15:51	69	2:43	00:04:18	00:44:32	75	15.1	00:01:44	00:33:37	75	11:12		01:39:59.08
82	116	Alyssa Purdy	F	43	Saint Paul	MN	00:15:08	64	2:36	00:02:32	00:41:53	61	16.0	00:02:56	00:41:29	83	13:49		01:43:56.13
83	80	Olga Lopez	F	47	Suffolk	VA	00:21:11	83	3:38	00:03:38	00:48:20	83	13.9	00:03:00	00:33:27	74	11:08		01:49:34.91
84	4	Alicia Benham	F	27	Minneapolis	MN	00:28:18	85	4:52	00:05:58	00:43:49	73	15.3	00:03:32	00:43:22	84	14:27		02:04:56.77
85	108	Maris O'connell	F	62	Moorhead	MN	00:24:42	84	4:15	00:08:04	00:54:32	85	12.3	00:05:36	00:43:35	85	14:31		02:16:27.17

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	203	Adam Himes	M	45	Plymouth	MN	00:09:41	5	1:39	00:01:07	00:28:40	1	23.4	00:00:42	00:18:29	3	6:09	00:58:35.61
2	221	Joshua Kemp	M	18	Esko	MN	00:11:11	14	1:55	00:01:11	00:30:06	7	22.3	00:00:29	00:17:45	1	5:54	01:00:39.36
3	169	Mitchell Clayton	M	21	Forest Lake	MN	00:09:21	2	1:36	00:01:10	00:29:22	3	22.9	00:00:47	00:20:20	11	6:46	01:00:57.61
4	266	Craig Peterson	M	55	Mpls	MN	00:09:51	6	1:41	00:01:05	00:29:53	5	22.5	00:00:47	00:20:25	12	6:48	01:01:58.98
5	368	Thomas Loegering	M	34	West Fargo	ND	00:11:24	18	1:57	00:01:38	00:28:50	2	23.3	00:00:41	00:19:51	8	6:36	01:02:21.48
6	204	Sam Himes	M	17	Plymouth	MN	00:11:37	24	1:59	00:01:05	00:31:29	13	21.3	00:00:41	00:17:53	2	5:57	01:02:43.11
7	185	Summer Schrock	M	21	Cohasset	MN	00:09:58	8	1:42	00:01:40	00:31:51	17	21.1	00:00:54	00:19:21	4	6:26	01:03:41.07
8	209	Philip Imholte	M	37	Grand Rapids	MN	00:09:23	3	1:36	00:01:03	00:32:54	24	20.4	00:00:52	00:19:46	5	6:35	01:03:56.37
9	339	Bill Kelley	M	45	Wrenshall	MN	00:10:07	9	1:44	00:01:21	00:30:52	11	21.8	00:01:09	00:20:53	13	6:57	01:04:19.61
10	301	Craig Walli	M	35	Hibbing	MN	00:10:08	11	1:44	00:01:15	00:30:31	8	22.0	00:00:47	00:22:08	18	7:22	01:04:46.61
11	176	Daniel Duff	M	53	Duluth	MN	00:10:07	10	1:44	00:01:53	00:31:35	14	21.3	00:01:03	00:20:18	10	6:45	01:04:54.69
12	348	Marc Grenier	M	44	Duluth	MN	00:12:24	40	2:07	00:01:24	00:30:49	10	21.8	00:01:04	00:20:59	14	6:59	01:06:37.21
13	158	Christofer Botten	M	47	Duluth	MN	00:11:22	16	1:57	00:02:12	00:30:00	6	22.4	00:01:10	00:22:15	21	7:24	01:06:56.30
14	253	Tony Mosser	M	45	Lakeville	MN	00:10:17	12	1:46	00:01:48	00:32:35	20	20.6	00:01:32	00:21:19	15	7:06	01:07:28.96
15	317	Josh Troumbly	M	38	Bovey	MN	00:11:43	29	2:00	00:01:41	00:29:46	4	22.6	00:01:03	00:23:35	34	7:51	01:07:44.37
16	254	Mike Murray	M	58	Sartell	MN	00:11:08	13	1:54	00:01:24	00:31:49	16	21.1	00:01:00	00:23:06	30	7:41	01:08:24.62
17	222	Luther Kemp	M	38	Hibbing	MN	00:11:27	19	1:58	00:01:17	00:31:18	12	21.5	00:00:52	00:24:04	39	8:01	01:08:55.61
18	316	Fr. Ben Hadrich	M	34	International Falls	MN	00:11:30	21	1:58	00:02:35	00:34:17	39	19.6	00:01:35	00:19:48	6	6:35	01:09:41.06
19	229	Paul Kovach	M	56	Duluth	MN	00:12:05	35	2:04	00:01:46	00:30:41	9	21.9	00:00:41	00:25:15	49	8:24	01:10:25.38
20	129	Doug Berg	M	49	Duluth	MN	00:12:05	36	2:04	00:01:50	00:31:48	15	21.1	00:01:24	00:23:40	35	7:53	01:10:44.28
21	251	Andrew Moe	M	31	Minneapolis	MN	00:14:09	60	2:26	00:02:09	00:33:09	30	20.3	00:01:58	00:19:50	7	6:36	01:11:12.40
22	211	Jace Isaacs	M	19	Maple Grove	MN	00:11:54	33	2:02	00:01:34	00:35:03	47	19.2	00:00:35	00:22:17	22	7:25	01:11:22.12
23	192	Kevin Haney	M	46	Duluth	MN	00:11:19	15	1:56	00:02:07	00:33:09	32	20.3	00:01:22	00:23:28	32	7:49	01:11:22.63
24	286	Matthew Snell	M	49	Shoreview	MN	00:11:49	31	2:02	00:03:21	00:33:09	31	20.3	00:01:39	00:22:21	23	7:26	01:12:16.88
25	175	Curt Dimberio	M	46	Duluth	MN	00:15:21	81	2:38	00:01:32	00:33:02	26	20.4	00:01:06	00:21:43	16	7:14	01:12:41.63
26	210	Cort Isaacs	M	15	Maple Grove	MN	00:11:24	17	1:57	00:01:34	00:36:34	64	18.4	00:00:43	00:22:37	27	7:32	01:12:49.87
27	350	Jason Mattson	M	21	Duluth	MN	00:14:20	62	2:27	00:03:22	00:34:32	40	19.5	00:00:46	00:19:57	9	6:38	01:12:55.37
28	233	Allen Kutz	M	58	Sartell	MN	00:12:27	42	2:08	00:02:06	00:34:54	44	19.3	00:00:43	00:22:49	29	7:36	01:12:56.25
29	208	Michael Hushagen	M	41	Pequot Lakes	MN	00:11:31	22	1:58	00:01:44	00:33:08	29	20.3	00:01:28	00:25:20	51	8:26	01:13:09.63
30	167	Ryan Christensen	M	33	Prior Lake	MN	00:11:40	28	2:00	00:01:52	00:32:38	22	20.6	00:01:03	00:26:10	59	8:43	01:13:20.53
31	226	Walter Knochenmus	M	56	Esko	MN	00:12:38	45	2:10	00:01:05	00:33:20	34	20.2	00:01:16	00:25:09	48	8:22	01:13:26.93
32	218	James Justus	M	54	Cohasset	MN	00:09:53	7	1:42	00:02:08	00:36:12	57	18.6	00:01:24	00:23:54	37	7:57	01:13:29.88
33	352	Hans Viren	M	19	Bovey	MN	00:11:34	23	1:59	00:02:41	00:36:19	60	18.5	00:00:42	00:22:22	24	7:27	01:13:36.12
34	294	Jeff Tillman	M	48	Cohasset	MN	00:13:21	52	2:17	00:02:07	00:33:54	37	19.8	00:00:51	00:24:10	40	8:03	01:14:19.88
35	309	Matthew Johnson	M	33	Duluth	MN	00:11:29	20	1:58	00:03:12	00:36:26	61	18.4	00:01:07	00:22:10	19	7:23	01:14:22.12

# Timberman Triathlon

July 8, 2017

## Sprint Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	173	Thomas Dehler	M	32	International Falls	MN	00:13:56	57	2:23	00:02:28	00:34:48	43	19.3	00:01:20	00:22:14	20	7:24		01:14:44.38
37	188	Jake Guello	M	27	Bemidji	MN	00:14:38	68	2:31	00:02:42	00:33:41	35	20.0	00:01:27	00:22:31	26	7:30		01:14:56.57
38	360	Rich Heytens	M	55	Brooklyn Park	MN	00:13:06	50	2:15	00:01:57	00:32:36	21	20.6	00:01:12	00:26:08	58	8:42		01:14:57.05
39	269	Tony Radloff	M	49	Saginaw	MN	00:14:56	72	2:34	00:02:13	00:32:04	18	21.0	00:01:35	00:24:23	42	8:07		01:15:07.00
40	190	Kevin Hagen	M	40	Hibbing	MN	00:12:25	41	2:08	00:01:32	00:34:33	41	19.5	00:01:25	00:25:16	50	8:25		01:15:09.23
41	298	Billy Utter	M	28	Plymouth	MN	00:13:46	55	2:22	00:02:20	00:36:46	67	18.3	00:00:51	00:21:49	17	7:16		01:15:28.06
42	154	Randy Back	M	58	Superior	WI	00:17:23	93	2:59	00:01:22	00:32:41	23	20.6	00:01:03	00:23:17	31	7:45		01:15:43.75
43	284	Isaiah Skiple	M	17	Fargo	ND	00:08:55	1	1:31	00:03:34	00:37:59	73	17.7	00:00:50	00:24:34	45	8:11		01:15:49.87
44	291	Tony Tallman	M	48	Hopkins	MN	00:13:14	51	2:16	00:02:30	00:35:34	52	18.9	00:01:10	00:23:31	33	7:50		01:15:55.76
45	366	Matt Evans	M	51	Eau Claire	WI	00:09:33	4	1:38	00:04:01	00:34:57	46	19.2	00:01:31	00:26:30	64	8:49		01:16:29.31
46	257	Drew Nelson	M	31	International Falls	MN	00:14:28	67	2:29	00:02:42	00:36:13	58	18.6	00:01:26	00:22:26	25	7:28		01:17:12.76
47	242	John Mahowald	M	67	Saint Cloud	MN	00:15:11	77	2:36	00:02:10	00:33:16	33	20.2	00:01:50	00:24:59	47	8:19		01:17:24.50
48	290	Bill Stroozas	M	61	Duluth	MN	00:11:49	30	2:01	00:02:11	00:36:01	55	18.7	00:01:42	00:25:53	56	8:37		01:17:32.64
49	270	Mark Rauschenfels	M	62	Duluth	MN	00:12:45	47	2:11	00:02:06	00:32:55	25	20.4	00:01:31	00:28:35	75	9:31		01:17:49.63
50	197	Joel Harris	M	49	Duluth	MN	00:12:12	38	2:05	00:01:57	00:35:41	53	18.8	00:01:10	00:27:14	69	9:04		01:18:11.03
51	168	Michael Clark	M	49	Rochester	MN	00:11:51	32	2:02	00:03:11	00:36:07	56	18.6	00:01:24	00:25:46	55	8:35		01:18:17.29
52	268	Daniel Radloff	M	46	Duluth	MN	00:13:54	56	2:23	00:01:51	00:32:22	19	20.8	00:01:17	00:29:00	76	9:39		01:18:20.63
53	256	Dominic Nalan	M	16	Grand Rapids	MN	00:14:09	61	2:26	00:02:28	00:35:19	49	19.0	00:01:09	00:25:36	53	8:31		01:18:39.07
54	305	Brooks Zamzow	M	25	Duluth	MN	00:11:39	26	2:00	00:02:32	00:36:59	69	18.2	00:02:07	00:25:28	52	8:29		01:18:42.32
55	263	Steve Otto	M	58	Cohasset	MN	00:14:59	73	2:34	00:02:15	00:36:35	65	18.4	00:00:51	00:24:28	43	8:09		01:19:05.00
56	258	Eric Nelson	M	59	Minneapolis	MN	00:12:08	37	2:05	00:02:15	00:36:31	63	18.4	00:01:51	00:26:28	62	8:49		01:19:09.38
57	202	Charles Hilligoss	M	28	Minneapolis	MN	00:14:22	63	2:28	00:02:54	00:35:30	51	18.9	00:01:59	00:24:31	44	8:10		01:19:14.38
58	170	Daniel Conway	M	67	Erskine	MN	00:12:59	49	2:13	00:02:17	00:35:28	50	19.0	00:01:30	00:27:09	68	9:02		01:19:19.86
59	273	Nick Rothstein	M	32	Minneapolis	MN	00:14:23	64	2:28	00:02:37	00:39:12	76	17.1	00:01:01	00:22:45	28	7:34		01:19:55.63
60	228	David Kooda	M	56	Grand Rapids	MN	00:11:39	27	2:00	00:03:48	00:36:35	66	18.4	00:01:04	00:26:55	65	8:58		01:19:58.21
61	239	Gabriel Lopez	M	44	Suffolk	VA	00:13:38	54	2:20	00:02:23	00:34:39	42	19.4	00:01:51	00:27:31	70	9:10		01:19:59.84
62	362	Bronson Crites	M	25	Duluth	MN	00:11:38	25	2:00	00:01:28	00:33:05	27	20.3	00:01:20	00:32:32	91	10:50		01:20:00.88
63	296	Travis Tufte	M	28	Hopkins	MN	00:15:19	80	2:38	00:03:04	00:36:15	59	18.5	00:01:28	00:23:58	38	7:59		01:20:01.88
64	174	Scott Deturk	M	53	Newark	DE	00:14:46	69	2:32	00:02:34	00:35:10	48	19.1	00:01:29	00:26:17	61	8:45		01:20:14.63
65	196	Kyle Harju	M	53	Monticello	MN	00:12:14	39	2:06	00:03:06	00:33:49	36	19.9	00:01:38	00:29:58	81	9:59		01:20:43.63
66	246	Douglas Mcneil	M	54	Hill City	MN	00:14:51	70	2:33	00:03:03	00:36:55	68	18.2	00:00:55	00:27:01	67	9:00		01:22:42.64
67	166	Marc Chiodo	M	59	Minneapolis	MN	00:16:08	85	2:46	00:02:00	00:33:06	28	20.3	00:02:44	00:29:09	79	9:42		01:23:05.37
68	283	Michael Sjogren	M	66	Saint Cloud	MN	00:12:42	46	2:11	00:02:07	00:34:56	45	19.2	00:01:49	00:31:59	89	10:39		01:23:31.14
69	312	Aaron Hjort	M	17	Duluth	MN	00:12:27	43	2:08	00:03:09	00:41:19	84	16.3	00:00:56	00:26:17	60	8:45		01:24:04.14
70	194	Parker Hansen	M	16	Suffolk	VA	00:14:52	71	2:33	00:02:53	00:41:33	85	16.2	00:00:49	00:24:21	41	8:06		01:24:24.48

# Timberman Triathlon

July 8, 2017

## Sprint Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	153	Ben Anderson	M	37	Moorhead	MN	00:15:14	78	2:37	00:03:02	00:36:59	70	18.2	00:01:25	00:29:09	78	9:42		01:25:48.08
72	320	Mike Wingate	M	48	Overland Park	KS	00:12:03	34	2:04	00:03:18	00:43:18	91	15.5	00:01:16	00:26:02	57	8:40		01:25:53.82
73	193	L J Hansen	M	51	Suffolk	VA	00:15:01	74	2:35	00:02:56	00:37:50	72	17.8	00:01:46	00:28:26	72	9:28		01:25:56.84
74	212	Todd Isaacs	M	52	Maple Grove	MN	00:16:42	90	2:52	00:01:46	00:36:27	62	18.4	00:00:44	00:31:12	84	10:23		01:26:49.05
75	172	Greg Dehler	M	61	Roseville	MN	00:16:19	88	2:48	00:02:55	00:34:04	38	19.7	00:02:23	00:31:24	86	10:27		01:27:02.39
76	164	Bob Carlson	M	66	Minneapolis	MN	00:16:47	91	2:53	00:04:30	00:38:14	75	17.6	00:03:09	00:24:56	46	8:18		01:27:34.31
77	357	Mark Peske	M	61	Deer River	MN	00:17:19	92	2:58	00:03:19	00:42:03	87	16.0	00:01:30	00:23:40	36	7:53		01:27:49.14
78	295	Chad Troumbly	M	40	Grand Rapids	MN	00:15:03	75	2:35	00:02:06	00:40:01	79	16.8	00:01:25	00:29:25	80	9:48		01:27:57.46
79	152	Rick Agar	M	63	Duluth	MN	00:16:14	86	2:47	00:02:24	00:38:05	74	17.7	00:01:15	00:30:03	82	10:00		01:27:59.14
80	285	Jason Skiple	M	46	Fargo	ND	00:12:51	48	2:12	00:03:48	00:40:45	80	16.5	00:01:20	00:31:15	85	10:24		01:29:58.40
81	278	Matt Scardigli	M	28	Minneapolis	MN	00:14:27	65	2:29	00:03:34	00:43:34	92	15.4	00:01:56	00:27:00	66	8:59		01:30:29.61
82	179	Joseph Erickson	M	30	Park Rapids	MN	00:13:31	53	2:19	00:03:33	00:39:36	78	17.0	00:01:03	00:33:30	92	11:09		01:31:10.07
83	178	Hartman Erickson	M	66	Burnsville	MN	00:12:28	44	2:08	00:03:12	00:39:15	77	17.1	00:02:55	00:33:40	93	11:13		01:31:28.18
84	341	James Lefor	M	46	Superior	WI	00:14:28	66	2:29	00:01:53	00:37:36	71	17.9	00:01:33	00:36:33	95	12:10		01:32:00.39
85	243	Jascha Marchuk	M	28	Blaine	MN	00:15:28	83	2:39	00:03:36	00:44:21	96	15.2	00:01:17	00:28:16	71	9:25		01:32:55.89
86	214	Kai Johnson	M	32	Laguna Hills	CA	00:14:04	58	2:25	00:03:30	00:42:24	89	15.9	00:01:06	00:32:29	90	10:49		01:33:30.73
87	289	Daryl Stevens	M	75	Sartell	MN	00:15:07	76	2:36	00:02:08	00:35:54	54	18.7	00:01:18	00:39:27	97	13:08		01:33:51.89
88	365	Bruce Bolton	M	55	Park Rapids	MN	00:17:57	94	3:05	00:03:15	00:40:57	81	16.4	00:01:38	00:31:46	87	10:35		01:35:31.15
89	265	Bobby Pearson	M	27	Grand Forks	ND	00:18:07	95	3:06	00:02:46	00:42:59	90	15.6	00:02:42	00:29:09	77	9:42		01:35:40.14
90	230	Todd Kruse	M	52	Inver Grove Heights	MN	00:16:40	89	2:52	00:02:56	00:41:04	83	16.4	00:01:45	00:33:47	94	11:15		01:36:10.08
91	236	Romesh Lakhan	M	49	Duluth	MN	00:15:16	79	2:37	00:05:47	00:42:09	88	15.9	00:07:09	00:26:28	63	8:49		01:36:45.61
92	307	Joshua Zemke	M	17	Oronoco	MN	00:20:49	99	3:34	00:02:23	00:44:34	98	15.1	00:01:13	00:31:54	88	10:37		01:40:50.96
93	306	Daniel Zemke	M	50	Oronoco	MN	00:25:44	101	4:25	00:02:18	00:44:08	95	15.2	00:00:57	00:28:31	74	9:30		01:41:35.25
94	219	Joe Kandiko	M	67	Excelsior	MN	00:14:07	59	2:25	00:02:20	00:41:04	82	16.4	00:04:00	00:40:12	98	13:23		01:41:39.71
95	293	David Thesing	M	59	Coon Rapids	MN	00:15:26	82	2:39	00:04:22	00:49:27	101	13.6	00:02:22	00:30:07	83	10:02		01:41:42.15
96	361	Mark Stange	M	71	Shoreview	MN	00:15:36	84	2:41	00:02:39	00:41:55	86	16.0	00:03:36	00:44:44	101	14:54		01:48:28.03
97	302	Richard Weil	M	67	Saint Paul	MN	00:20:56	100	3:36	00:06:08	00:49:10	100	13.7	00:03:55	00:28:28	73	9:29		01:48:34.32
98	235	Hansraj Lakhan	M	34	Minneapolis	MN	00:20:30	98	3:31	00:03:30	00:47:36	99	14.1	00:01:45	00:36:59	96	12:19		01:50:16.90
99	282	Trenton Simon	M	37	Park Rapids	MN	00:19:54	97	3:25	00:02:51	00:44:31	97	15.1	00:02:49	00:42:12	99	14:03		01:52:15.12
100	156	Luke Bettendorf	M	14	Duluth	MN	00:16:17	87	2:48	00:03:01	01:10:33	102	9.5	00:02:45	00:25:37	54	8:32		01:58:09.82
101	247	Don Meck	M	78	Siren	WI	00:19:45	96	3:23	00:07:00	00:43:49	94	15.3	00:07:18	00:47:30	102	15:49		02:05:19.66
102	207	Ed Howat	M	72	Saint Paul	MN	00:31:18	103	5:23	00:06:01	00:43:46	93	15.4	00:03:32	00:43:21	100	14:26		02:07:56.17