

# Timberman Triathlon

July 13, 2013

## Overall Results - Female

### Olympic Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	11	Suzie Fox	Female	30	Chaska	MN	00:20:38	18	1:10	00:01:15	01:06:54	12	21.4	00:00:47	00:42:12	12	7:01		02:11:43.64
2	6	Ann Snuggerud	Female	46	Chaska	MN	00:19:54	10	1:07	00:01:20	01:12:21	27	19.8	00:00:50	00:42:03	11	7:00		02:16:24.38
3	45	Kerri Persons	Female	38	Duluth	MN	00:20:54	21	1:11	00:01:14	01:09:03	20	20.8	00:00:48	00:46:36	26	7:45		02:18:32.53
4	7	Leanne Bronson	Female	43	Superior	WI	00:21:00	23	1:11	00:01:17	01:08:55	19	20.8	00:01:00	00:47:45	30	7:57		02:19:53.62
5	33	Tiffany Kari	Female	33	Duluth	MN	00:22:16	33	1:15	00:01:45	01:13:58	32	19.4	00:00:52	00:42:25	13	7:04	+02:00.00	02:23:13.15
6	51	Tracie Kent	Female	39	Saint Paul	MN	00:24:40	51	1:24	00:01:40	01:11:51	26	20.0	00:01:03	00:45:53	24	7:38		02:25:05.23
7	61	Kris Kolenz	Female	48	Duluth	MN	00:20:59	22	1:11	00:01:45	01:16:12	41	18.8	00:01:12	00:46:56	28	7:49		02:27:02.21
8	41	Michelle Breiland	Female	36	Duluth	MN	00:20:13	15	1:08	00:01:35	01:18:21	51	18.3	00:01:12	00:46:18	25	7:42		02:27:35.58
9	30	Bettina Keppers	Female	30	Duluth	MN	00:20:08	14	1:08	00:01:38	01:12:22	28	19.8	00:01:11	00:56:59	71	9:29		02:32:16.27
10	28	Chandra Shoberg	Female	30	Duluth	MN	00:27:30	89	1:33	00:01:55	01:14:17	33	19.3	00:01:14	00:49:31	40	8:15		02:34:25.57
11	55	Julie Kemp	Female	40	Floodwood	MN	00:25:25	66	1:26	00:01:51	01:17:52	48	18.4	00:01:05	00:48:34	32	8:05		02:34:44.88
12	69	Lori Green	Female	50	Fort Frances	ON	00:22:48	36	1:17	00:02:34	01:17:30	46	18.5	00:01:46	00:50:54	45	8:28		02:35:29.50
13	26	Kelly Wier	Female	29	Grand Rapids	MN	00:19:57	11	1:07	00:03:02	01:29:52	92	16.0	00:01:01	00:43:11	17	7:11		02:37:00.44
14	52	Anne Hoeschen	Female	40	Freeport	MN	00:26:11	73	1:29	00:01:37	01:18:39	52	18.2	00:01:09	00:52:37	55	8:46		02:40:10.69
15	58	Julie Flotten	Female	43	Duluth	MN	00:24:24	49	1:23	00:02:09	01:18:01	49	18.4	00:01:43	00:55:46	68	9:17		02:42:00.77
16	38	Anne Gustin	Female	35	Edina	MN	00:24:24	48	1:23	00:01:15	01:23:31	73	17.2	00:00:56	00:52:18	53	8:42		02:42:20.99
17	49	Elise Ryan	Female	39	Chanhassen	MN	00:24:51	53	1:24	00:02:10	01:19:24	57	18.1	00:01:33	00:55:28	66	9:14		02:43:23.86
18	48	Kendra Rahne	Female	39	Orlando	FL	00:21:03	24	1:11	00:02:21	01:26:22	85	16.6	00:01:07	00:53:53	60	8:58		02:44:44.38
19	66	Sara Dougherty	Female	51	Cloquet	MN	00:25:07	58	1:25	00:01:53	01:24:55	77	16.9	00:01:30	00:53:03	58	8:50		02:46:25.31
20	24	Amy Flessert	Female	29	Superior	WI	00:18:58	5	1:04	00:03:28	01:32:24	100	15.5	00:01:36	00:50:14	42	8:22		02:46:37.30
21	40	Christina Andersen	Female	35	Grand Rapids	MN	00:27:12	87	1:32	00:02:06	01:24:38	75	16.9	00:01:31	00:51:21	47	8:33		02:46:44.48
22	74	Sheri Schrock	Female	59	Cohasset	MN	00:24:57	54	1:25	00:01:42	01:22:42	68	17.3	00:01:14	00:56:27	70	9:24		02:46:59.61
23	65	Kim Weibel	Female	50	San Diego	CA	00:26:34	79	1:30	00:02:42	01:22:09	64	17.5	00:01:32	00:54:41	62	9:06		02:47:36.78
24	46	Melissa King	Female	38	Deer River	MN	00:28:36	94	1:37	00:02:00	01:23:02	70	17.3	00:01:46	00:52:40	56	8:46		02:48:01.54
25	43	Rachel Johnson	Female	37	Duluth	MN	00:26:11	74	1:29	00:01:31	01:27:11	87	16.4	00:01:11	00:52:44	57	8:47		02:48:46.11
26	37	Teresa Drexler	Female	34	Apple Valley	MN	00:25:12	62	1:25	00:01:23	01:19:05	56	18.1	00:01:16	01:01:55	86	10:19		02:48:48.52
27	20	Anja Morris	Female	20	Hermantown	MN	00:25:25	65	1:26	00:02:04	01:19:01	54	18.1	00:01:29	00:59:11	76	9:51	+02:00.00	02:49:07.23
28	32	Sara Dickenson	Female	30	Eau Claire	WI	00:20:50	20	1:10	00:02:16	01:24:43	76	16.9	00:01:46	01:00:28	82	10:04		02:50:00.05
29	44	Sandi Heegard	Female	37	Park Rapids	MN	00:25:11	61	1:25	00:01:36	01:24:29	74	17.0	00:01:27	00:57:54	72	9:38		02:50:34.34
30	64	Jacquelyn Mardesich	Female	49	Gilroy	CA	00:25:08	60	1:25	00:02:57	01:26:09	82	16.6	00:02:14	00:55:10	65	9:11		02:51:35.67
31	29	Kathryn Ferguson	Female	30	Duluth	MN	00:24:59	55	1:25	00:01:35	01:22:56	69	17.3	00:01:06	01:05:01	93	10:50		02:55:33.84
32	53	Kristi Plante	Female	40	Hermantown	MN	00:29:48	98	1:41	00:01:54	01:19:02	55	18.1	00:01:13	01:04:00	91	10:39		02:55:54.67
33	42	Andrea Potyondy-Smith	Female	37	Brooklyn Park	MN	00:25:56	69	1:28	00:02:49	01:22:08	63	17.5	00:02:13	01:06:33	101	11:05		02:59:37.76
34	54	Kimberly Radloff	Female	40	Saginaw	MN	00:26:58	85	1:31	00:03:03	01:31:05	94	15.7	00:00:58	00:58:31	74	9:45		03:00:32.51
35	63	Carmen Lachappelle	Female	49	Crystal	MN	00:27:33	90	1:33	00:02:08	01:28:51	89	16.1	00:01:23	01:02:12	87	10:21		03:02:06.03
36	31	Tami Mesedahl	Female	30	Duluth	MN	00:22:55	37	1:18	00:02:06	01:33:23	102	15.4	00:02:02	01:03:21	90	10:33		03:03:43.87

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July 13, 2013

## Overall Results - Female

### Olympic Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
37	50	Anita Henderson	Female	39	Detroit Lakes	MN	00:26:36	80	1:30	00:01:58	01:28:54	90	16.1	00:01:32	01:05:39	98	10:56	03:04:37.23
38	35	Shannon Worum	Female	34	Golden Valley	MN	00:29:27	95	1:40	00:03:29	01:32:01	97	15.6	00:01:43	00:58:06	73	9:40	03:04:43.91
39	39	Crystal Scuffy	Female	35	Eveleth	MN	00:27:04	86	1:32	00:02:15	01:32:31	101	15.5	00:01:36	01:01:49	85	10:18	03:05:13.51
40	22	Jeanna Holcombe	Female	24	Superior	WI	00:21:22	25	1:12	00:02:27	01:35:04	104	15.1	00:01:56	01:06:24	100	11:03	03:07:11.46
41	21	Lyndsay Leingang	Female	21	Fargo	ND	00:25:05	57	1:25	00:02:22	01:47:43	111	13.3	00:00:56	00:53:36	59	8:55	03:09:39.61
42	36	Mindy Hess	Female	34	Hibbing	MN	00:33:14	108	1:53	00:02:04	01:35:09	105	15.1	00:01:40	00:59:34	78	9:55	03:11:39.23
43	67	Rose Bortolon	Female	51	Thunder Bay	ON	00:29:30	96	1:40	00:02:07	01:32:23	99	15.5	00:01:24	01:07:22	102	11:13	03:12:43.56
44	23	Christi Perich	Female	27	Cedar Rapids	IA	00:28:06	92	1:35	00:02:46	01:37:51	107	14.7	00:01:56	01:02:19	88	10:23	03:12:55.03
45	72	Nancy Beery	Female	57	Duluth	MN	00:32:48	107	1:51	00:03:35	01:31:35	96	15.7	00:02:37	01:04:28	92	10:44	03:15:00.36
46	70	Amy Bauch	Female	55	Minneapolis	MN	00:32:45	106	1:51	00:02:56	01:27:10	86	16.5	00:01:41	01:13:26	107	12:14	03:17:55.38
47	34	Anathea Alberda	Female	33	Northfield	MN	00:30:51	104	1:45	00:02:09	01:43:18	110	13.9	00:01:53	01:03:19	89	10:33	03:21:27.77
48	62	Valerie Blanchenay	Female	48	Jacobson	MN	00:35:32	111	2:01	00:03:22	01:32:13	98	15.6	00:02:08	01:13:25	106	12:14	03:26:37.40
49	68	Janice Rourk	Female	53	Cohasset	MN	00:26:13	75	1:29	00:03:01	01:26:10	83	16.6	00:03:29	01:31:05	111	15:10	03:29:55.95
50	71	Lois Nilson	Female	56	Minneapolis	MN	00:25:44	68	1:27	00:03:34	01:40:09	108	14.3	00:03:34	01:16:59	109	12:49	03:29:56.41

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July 13, 2013

## Overall Results - Male

### Olympic Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	1	Brooks Grossinger	Male	36	Mayer	MN	00:20:05	12	1:08	00:01:01	01:01:56	1	23.2	00:00:38	00:35:06	1	5:50		01:58:43.80
2	10	Brendon O'flanagan	Male	36	St. Paul	MN	00:17:28	1	0:59	00:00:56	01:02:24	2	23.0	00:00:42	00:38:40	3	6:26		02:00:07.01
3	5	Gregory Taylor	Male	59	Yankton	SD	00:19:22	7	1:06	00:01:13	01:03:20	4	22.6	00:00:46	00:39:18	4	6:32		02:03:56.92
4	3	John Shelp	Male	41	Maple Plain	MN	00:18:02	2	1:01	00:01:05	01:04:31	5	22.2	00:00:48	00:41:22	9	6:53		02:05:45.79
5	4	Rhett Bonner	Male	49	Duluth	MN	00:18:25	3	1:02	00:00:54	01:04:41	7	22.2	00:00:55	00:43:05	16	7:10		02:07:58.10
6	118	Mike Johnson	Male	44	Chippewa Falls	WI	00:22:18	34	1:15	00:01:18	01:02:42	3	22.9	00:00:50	00:41:05	8	6:50		02:08:10.87
7	80	Chaz Heikkila	Male	22	Delano	MN	00:20:28	17	1:09	00:01:26	01:09:23	21	20.7	00:00:48	00:36:19	2	6:03		02:08:22.06
8	138	Thomas Krenz	Male	52	Chisago City	MN	00:20:05	13	1:08	00:01:24	01:06:43	10	21.5	00:00:57	00:40:07	5	6:41		02:09:12.62
9	82	John Heinlein	Male	24	Stillwater	MN	00:18:49	4	1:04	00:00:53	01:05:14	8	22.0	00:00:35	00:44:00	19	7:19		02:09:28.14
10	101	David Lewis	Male	39	Nevis	MN	00:22:15	32	1:15	00:01:22	01:04:36	6	22.2	00:01:02	00:40:23	6	6:43		02:09:35.75
11	137	Kirk Vesterstein	Male	52	Wayzata	MN	00:23:42	42	1:20	00:01:44	01:06:38	9	21.5	00:00:52	00:41:33	10	6:55		02:14:27.02
12	120	Jay Heikkila	Male	45	Delano	MN	00:19:48	9	1:07	00:01:23	01:07:59	15	21.1	00:00:53	00:44:40	20	7:26		02:14:40.72
13	85	Jesse Adams	Male	31	Duluth	MN	00:19:19	6	1:05	00:01:11	01:09:40	22	20.6	00:00:41	00:45:26	22	7:34		02:16:14.99
14	131	John Kelley	Male	50	Duluth	MN	00:21:44	28	1:14	00:01:29	01:07:43	14	21.2	00:00:57	00:45:40	23	7:36		02:17:30.88
15	86	Peter Miner	Male	33	Duluth	MN	00:22:25	35	1:16	00:01:49	01:07:00	13	21.4	00:01:23	00:44:58	21	7:29		02:17:32.47
16	108	John Garrison	Male	41	Cohasset	MN	00:24:49	52	1:24	00:01:07	01:08:21	16	21.0	00:00:50	00:42:31	14	7:05		02:17:36.11
17	103	Andy Brink	Male	39	Chaska	MN	00:25:08	59	1:25	00:01:47	01:11:35	25	20.0	00:01:13	00:41:01	7	6:50		02:20:41.48
18	148	Bill Schmitt	Male	60	Duluth	MN	00:20:39	19	1:10	00:01:44	01:08:41	17	20.9	00:01:10	00:49:13	37	8:12		02:21:23.67
19	84	Tony Shoberg	Male	30	Duluth	MN	00:20:24	16	1:09	00:01:22	01:13:01	30	19.6	00:00:44	00:46:40	27	7:46		02:22:08.56
20	117	Tom Verry	Male	44	Aspen	CO	00:22:00	30	1:14	00:01:57	01:08:48	18	20.8	00:01:04	00:49:02	35	8:10		02:22:48.68
21	132	Skeeter Moore	Male	50	Duluth	MN	00:21:45	29	1:14	00:01:28	01:10:29	24	20.3	00:01:11	00:50:47	44	8:27		02:25:36.52
22	114	Jon Fagerness	Male	42	Blaine	MN	00:21:28	26	1:13	00:01:35	01:13:25	31	19.5	00:01:04	00:49:03	36	8:10		02:26:33.42
23	102	Patrick Ryan	Male	39	Chanhassen	MN	00:23:09	39	1:18	00:02:10	01:12:53	29	19.7	00:01:39	00:49:21	38	8:13		02:29:09.73
24	152	Michael Colaizy	Male	63	Osceola	WI	00:26:45	83	1:31	00:01:31	01:10:23	23	20.4	00:01:05	00:50:32	43	8:25		02:30:14.07
25	141	Gregg Garretson	Male	56	Lakeville	MN	00:23:27	40	1:19	00:02:08	01:15:16	34	19.1	00:01:05	00:51:36	48	8:35		02:33:29.49
26	105	Jeff Koehn	Male	40	Grand Rapids	MN	00:26:04	71	1:28	00:01:41	01:16:08	39	18.8	00:01:07	00:48:50	34	8:08		02:33:47.25
27	96	Louis Schweim	Male	38	Hutchinson	MN	00:26:01	70	1:28	00:01:55	01:15:28	35	19.0	00:00:36	00:49:52	41	8:18		02:33:48.36
28	151	Daniel Jr Conway	Male	63	Shoreview	MN	00:23:29	41	1:20	00:01:26	01:15:39	36	19.0	00:01:17	00:54:24	61	9:03		02:36:11.74
29	78	Andy Rudberg	Male	18	Hibbing	MN	00:26:18	76	1:29	00:04:17	01:22:10	65	17.5	00:01:02	00:42:35	15	7:05		02:36:20.79
30	76	Tim Ruff	Male	46	Savage	MN	00:26:44	82	1:31	00:02:17	01:19:01	53	18.2	00:01:15	00:47:30	29	7:54		02:36:43.60
31	129	Jim Metry	Male	47	Duluth	MN	00:23:47	45	1:21	00:01:27	01:06:48	11	21.5	00:01:11	01:01:35	84	10:15	+02:00.00	02:36:44.37
32	122	Michael Clabaugh	Male	45	Duluth	MN	00:26:42	81	1:30	00:01:59	01:18:09	50	18.4	00:01:30	00:48:41	33	8:06		02:36:57.85
33	112	Brian Trombley	Male	41	Exelsior	MN	00:23:51	46	1:21	00:02:32	01:20:51	59	17.7	00:01:29	00:49:28	39	8:14		02:38:06.92
34	139	Jack Shovein	Male	54	North Oaks	MN	00:26:08	72	1:29	00:02:19	01:17:18	44	18.6	00:01:32	00:51:56	51	8:39		02:39:10.56
35	89	Patrick Higgins	Male	35	Denver	CO	00:22:03	31	1:15	00:02:55	01:17:04	43	18.6	00:01:52	00:55:39	67	9:16		02:39:31.70
36	79	William Maki	Male	18	Hibbing	MN	00:28:14	93	1:36	00:02:31	01:21:46	61	17.5	00:01:45	00:43:23	18	7:13	+02:00.00	02:39:36.45

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	136	Kevin Finkenbiner	Male	52	Omaha	NE	00:25:21	64	1:26	00:02:47	01:17:30	47	18.5	00:01:50	00:52:13	52	8:42		02:39:38.97
38	83	John Perich	Male	28	Cedar Rapids	IA	00:25:39	67	1:27	00:03:11	01:17:23	45	18.5	00:01:53	00:51:55	50	8:39		02:39:57.92
39	95	Kris King	Male	37	Ramsey	MN	00:23:43	43	1:20	00:01:49	01:22:25	67	17.4	00:01:07	00:52:27	54	8:44		02:41:28.69
40	116	Paul Wilken	Male	43	Poplar	WI	00:34:49	109	1:58	00:03:09	01:16:10	40	18.8	00:02:55	00:48:04	31	8:00		02:45:04.52
41	90	Erik Andersen	Male	36	Grand Rapids	MN	00:26:33	78	1:30	00:01:47	01:16:04	38	18.9	00:01:33	00:59:59	79	9:59		02:45:54.18
42	149	Walt Prael	Male	60	Duluth	MN	00:30:24	103	1:43	00:01:56	01:17:01	42	18.6	00:01:24	00:55:53	69	9:18		02:46:35.89
43	127	Dave Snuggerud	Male	47	Chaska	MN	00:26:57	84	1:31	00:02:35	01:15:48	37	18.9	00:01:51	01:00:13	81	10:02		02:47:21.84
44	134	Dennis Hetland	Male	52	Fargo	ND	00:23:44	44	1:20	00:02:30	01:26:03	81	16.7	00:01:38	00:54:44	63	9:07		02:48:36.40
45	135	Steven Harder	Male	52	Spring Valley	MN	00:19:41	8	1:07	00:02:09	01:23:29	72	17.2	00:02:06	01:01:14	83	10:12		02:48:36.74
46	110	James Timmerman	Male	41	Omaha	NE	00:29:53	100	1:41	00:04:07	01:21:13	60	17.7	00:02:56	00:51:19	46	8:33		02:49:25.92
47	142	Jonathan Byrne	Male	57	Bovey	MN	00:24:34	50	1:23	00:02:50	01:21:50	62	17.5	00:01:47	00:59:08	75	9:51		02:50:06.23
48	124	John Hick	Male	46	Minneapolis	MN	00:25:13	63	1:25	00:02:39	01:25:46	79	16.7	00:01:28	00:55:05	64	9:10		02:50:08.68
49	140	Terry Wiens	Male	56	Duluth	MN	00:29:43	97	1:41	00:02:28	01:25:33	78	16.8	00:01:16	00:51:48	49	8:37		02:50:45.12
50	111	Jason Kabel	Male	41	Fort Frances	ON	00:22:55	38	1:18	00:02:42	01:19:31	58	18.0	00:02:20	01:08:44	103	11:27		02:56:09.15
51	93	Michael Kokkinen	Male	36	St. Paul	MN	00:21:40	27	1:13	00:02:17	01:26:13	84	16.6	00:01:19	01:05:32	97	10:55		02:56:57.76
52	145	Rick Agar	Male	59	Duluth	MN	00:25:04	56	1:25	00:02:18	01:26:01	80	16.7	00:01:17	01:05:13	94	10:52		02:59:50.64
53	77	James Jylha	Male	18	Grand Rapids	MN	00:24:08	47	1:22	00:01:35	01:30:04	93	15.9	00:00:55	01:05:57	99	10:59		03:02:35.78
54	133	Allen Donais	Male	50	Embarrass	MN	00:35:28	110	2:00	00:02:53	01:22:16	66	17.4	00:02:21	01:00:04	80	10:00		03:02:59.75
55	147	Gary Black	Male	59	Duluth	MT	00:27:45	91	1:34	00:03:48	01:31:16	95	15.7	00:02:50	00:59:30	77	9:54		03:05:06.78
56	128	Jeff Metzler	Male	47	Mpls	MN	00:27:17	88	1:33	00:02:12	01:23:28	71	17.2	00:01:59	01:11:20	105	11:53		03:06:13.13
57	94	Jim Daniel	Male	36	Southrange	WI	00:30:06	101	1:42	00:02:32	01:27:46	88	16.3	00:01:30	01:05:27	96	10:54		03:07:18.43
58	144	Louis Bortolon	Male	58	Thunder Bay	ON	00:32:08	105	1:49	00:02:51	01:29:41	91	16.0	00:01:43	01:05:23	95	10:53		03:11:42.48
59	153	Stephen Higgins	Male	66	Centennial	CO	00:26:28	77	1:30	00:04:58	01:34:36	103	15.2	00:02:09	01:10:53	104	11:48		03:19:00.89
60	91	Caleb Maki	Male	36	Duluth	MN	00:30:12	102	1:42	00:03:13	01:35:19	106	15.0	00:03:09	01:14:28	108	12:24		03:26:18.61
61	154	Herbert Lefler	Male	67	Edina	MN	00:29:49	99	1:41	00:05:15	01:40:45	109	14.2	00:02:18	01:17:06	110	12:50		03:35:11.17