

Best of the U.S.

June 22, 2014

Capitol City Tri Individual

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----				----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
1	230	Cathy Yndestad	F	36	Rosemount	MN	00:06:47	4	1:14	00:00:33	00:43:38	16	22.0	00:00:25	00:20:26	15	6:34		01:11:47.21
2	109	Lisa Lendway	F	33	St. Paul	MN	00:07:04	5	1:17	00:00:58	00:45:23	24	21.2	00:00:34	00:21:15	22	6:50		01:15:10.44
3	219	Tracy Serreyn	F	50	Lakeville	MN	00:08:06	18	1:29	00:01:00	00:45:49	28	21.0	00:00:50	00:21:35	25	6:56		01:17:16.52
4	169	Christel Kippenhan	F	49	Bemidji	MN	00:07:27	8	1:22	00:00:48	00:47:14	35	20.3	00:00:37	00:21:45	29	7:00		01:17:48.76
5	122	Lisa Wacek	F	44	Minneapolis	MN	00:08:55	38	1:38	00:01:13	00:46:00	29	20.9	00:00:34	00:21:38	26	6:57		01:18:17.30
6	118	Amy Botnen	F	29	St Louis Park	MN	00:08:40	34	1:35	00:01:39	00:47:22	38	20.3	00:00:35	00:20:08	10	6:28		01:18:21.42
7	132	Margaret Nigg	F	32	Minneapolis	MN	00:09:03	40	1:39	00:01:17	00:49:38	51	19.3	00:00:36	00:19:32	9	6:17		01:20:03.61
8	236	Greta Simpson	F	99	Minneapolis	MN	00:08:14	22	1:30	00:00:56	00:48:02	43	20.0	00:00:27	00:24:01	54	7:43		01:21:37.41
9	138	Michelle Simpson	F	43	East Bethel	MN	00:09:32	46	1:45	00:01:03	00:48:00	42	20.0	00:00:36	00:24:11	55	7:47		01:23:20.17
10	195	Renee Burton	F	48	Bloomington	MN	00:10:04	63	1:51	00:01:15	00:49:47	52	19.3	00:00:40	00:22:00	33	7:04		01:23:42.50
11	156	Aleta Kolan	F	25	Saint Paul	MN	00:08:00	17	1:28	00:01:03	00:51:26	62	18.7	00:00:43	00:25:35	63	8:13		01:26:43.66
12	201	Pauline Mcoilton	F	47	Mnnetonka	MN	00:09:42	52	1:47	00:00:51	00:51:01	57	18.8	00:00:46	00:25:33	61	8:13		01:27:50.08
13	237	Sandy Marshall	F	43	Minneapolis	MN	00:08:35	31	1:34	00:02:39	00:48:54	46	19.6	00:01:30	00:27:55	76	8:59		01:29:29.84
14	168	Sarah Elbing	F	26	St Paul	MN	00:09:57	57	1:49	00:01:38	00:50:43	56	18.9	00:00:47	00:26:43	67	8:35		01:29:44.89
15	200	Megan Maury	F	43	St Paul	MN	00:08:38	32	1:35	00:01:33	00:52:54	73	18.2	00:01:07	00:26:26	65	8:30		01:30:34.11
16	164	Kathy Gerhardt	F	43	Saint Louis Park	MN	00:10:07	66	1:51	00:01:32	00:51:16	58	18.7	00:00:56	00:28:22	79	9:07		01:32:11.64
17	120	Kendra Radtke	F	24	Appleton	WI	00:10:06	65	1:51	00:01:57	00:56:34	83	17.0	00:01:13	00:24:22	56	7:50		01:34:09.22
18	199	Leanne Ritz	F	45	Maple Grove	MN	00:09:19	44	1:42	00:01:31	00:53:32	76	17.9	00:01:34	00:28:33	83	9:11		01:34:25.85
19	144	Sarah Phemister	F	45	Saint Paul	MN	00:11:37	83	2:08	00:01:37	00:52:10	71	18.4	00:00:46	00:28:32	82	9:11		01:34:39.86
20	233	Tana Setness Hoefs	F	43	Grand Forks	ND	00:09:37	49	1:46	00:01:37	00:57:28	86	16.7	00:00:50	00:26:24	64	8:29		01:35:53.94
21	235	Melissa Malen	F	46	West St. Paul	MN	00:10:38	73	1:57	00:02:20	00:55:05	79	17.4	00:00:38	00:27:38	74	8:53		01:36:15.70
22	163	Tracey Ganje	F	28	Minneapolis	MN	00:09:22	45	1:43	00:02:03	00:55:38	80	17.3	00:00:42	00:28:39	84	9:13		01:36:22.08
23	135	Heidi Anderson-Isaacson	F	43	St. Paul	MN	00:12:03	89	2:13	00:03:10	00:51:33	63	18.6	00:01:13	00:29:39	89	9:32		01:37:33.98
24	167	Julie Samson	F	29	Hammond	WI	00:11:27	82	2:06	00:01:42	00:52:46	72	18.2	00:01:05	00:31:00	92	9:58		01:37:57.66
25	101	Kelly Thompson	F	30	Edina	MN	00:10:48	75	1:59	00:01:32	00:56:15	82	17.1	00:00:44	00:30:51	91	9:55		01:40:07.81
26	158	Connie Foster	F	64	River Falls	WI	00:11:44	86	2:09	00:01:51	00:59:23	91	16.2	00:01:38	00:27:00	70	8:41		01:41:33.31
27	143	Sherilyn Young	F	47	St. Paul	MN	00:12:27	91	2:17	00:01:27	00:57:13	84	16.8	00:01:02	00:29:33	87	9:30		01:41:40.13
28	239	Theresa Klamann	F	59	Circle Pines	MN	00:11:02	79	2:01	00:02:35	01:00:43	95	15.8	00:01:19	00:27:55	75	8:59		01:43:32.10
29	176	Nancy Bauer	F	67	Champlin	MN	00:13:06	93	2:24	00:02:35	00:58:05	87	16.5	00:01:52	00:28:22	78	9:07		01:43:56.74
30	225	Amanda Bumann	F	28	Sioux Falls	SD	00:11:57	88	2:11	00:02:17	00:56:00	81	17.1	00:00:47	00:33:20	96	10:43		01:44:18.47
31	186	Sarah Oman	F	39	Bloomington	MN	00:09:14	43	1:41	00:03:03	01:05:12	97	14.7	00:00:40	00:29:34	88	9:30		01:47:40.61
32	234	Michele Mckenzie	F	30	Gem Lake	MN	00:09:52	55	1:48	00:01:57	00:58:49	89	16.3	00:00:56	00:37:56	101	12:12		01:49:27.66
33	215	Sue Pilon	F	60	Blaine	MN	00:11:18	81	2:04	00:02:23	01:02:47	96	15.3	00:02:14	00:32:13	94	10:22		01:50:51.92
34	114	Karla Terry	F	46	Roseville	MN	00:10:16	69	1:53	00:01:38	01:00:12	93	16.0	00:01:52	00:45:46	105	14:44		01:59:42.32
35	150	Sara Lovat	F	41	St. Paul	MN	00:16:58	102	3:07	00:04:34	01:09:07	100	13.9	00:00:51	00:29:05	86	9:21		02:00:33.43

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Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
36	152	Jessica Hilmanowski	F	33	Saint Paul	MN	00:16:59	103	3:07	00:04:34	01:09:03	98	13.9	00:01:14	00:32:30	95	10:27		02:04:18.89
37	102	Jean Diekmann	F	51	St. Paul	MN	00:15:22	97	2:49	00:06:14	01:10:38	102	13.6	00:03:45	00:30:25	90	9:47		02:06:21.88
38	151	Mindy Brown	F	46	St. Paul	MN	00:15:30	98	2:51	00:06:00	01:09:04	99	13.9	00:01:17	00:38:06	103	12:15		02:09:55.39
39	149	Cynthia Lancaster	F	40	St. Paul	MN	00:17:01	104	3:08	00:04:32	01:09:10	101	13.9	00:01:13	00:38:03	102	12:14		02:09:57.31
40	145	Karissa Belisle-Johnson	F	35	St. Paul	MN	00:16:34	101	3:02	00:04:41	01:14:50	105	12.8	00:01:19	00:37:35	100	12:05		02:14:56.73
41	203	Sue Savage	F	49	Blaine	MN	00:15:53	99	2:55	00:03:28	01:16:28	107	12.6	00:01:50	00:42:18	104	13:37		02:19:54.64
42	131	Patsy Lillehei	F	70	Minneapolis	MN	00:16:06	100	2:57	00:04:18	01:11:58	103	13.3	00:02:39	00:50:05	107	16:07		02:25:03.06
43	129	Lindsay Nauen	F	64	St Paul	MN	00:22:08	106	4:04	00:05:47	01:14:31	104	12.9	00:02:43	00:48:24	106	15:34		02:33:30.85

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June 22, 2014

Capitol City Tri 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
1	153	Josh Blankenheim	M	34	Duluth	MN	00:07:14	6	1:19	00:00:46	00:39:46	3	24.1	00:00:26	00:16:46	3	5:23		01:04:55.48
2	128	Andy Wiberg	M	36	Lakeville	MN	00:07:46	13	1:25	00:01:04	00:39:31	1	24.3	00:00:41	00:16:45	2	5:23		01:05:43.68
3	162	Brendon Oflanagan	M	37	St. Paul	MN	00:06:38	3	1:13	00:00:44	00:40:25	6	23.8	00:00:23	00:18:02	6	5:48		01:06:08.14
4	161	Mike Buenting	M	40	Chanhassen	MN	00:07:47	14	1:25	00:00:56	00:40:07	5	23.9	00:00:24	00:17:03	5	5:29		01:06:14.42
5	119	Mike Ladendorf	M	33	Apple Valley	MN	00:07:36	9	1:23	00:00:36	00:41:42	7	23.0	00:00:25	00:16:53	4	5:25		01:07:08.21
6	125	Aaron Eicher	M	32	Burnsville	MN	00:08:13	19	1:30	00:00:54	00:42:39	9	22.5	00:00:31	00:16:29	1	5:18		01:08:43.10
7	173	David Phillips	M	29	Maple Grove	MN	00:07:52	15	1:26	00:00:50	00:39:36	2	24.2	00:00:35	00:20:50	18	6:42		01:09:41.33
8	172	Jacob Totall	M	17	Minneapolis	MN	00:06:10	1	1:08	00:00:23	00:43:00	12	22.3	00:00:23	00:20:14	12	6:30		01:10:07.07
9	107	Thomas Morgan	M	40	Minneapolis	MN	00:08:32	30	1:34	00:00:41	00:41:59	8	22.9	00:00:30	00:19:19	7	6:13		01:10:59.17
10	133	Dain Clausen	M	25	Saint Louis Park	MN	00:07:43	12	1:25	00:00:53	00:43:18	13	22.2	00:00:41	00:20:41	16	6:39		01:13:13.54
11	124	Stephen Bartos	M	44	Saint Paul	MN	00:08:19	23	1:31	00:01:04	00:42:47	10	22.4	00:00:59	00:20:25	14	6:34		01:13:30.42
12	205	Mitchell Clayton	M	18	Forest Lake	MN	00:07:26	7	1:21	00:00:39	00:44:55	22	21.4	00:00:37	00:20:12	11	6:30		01:13:46.04
13	157	Rick Christenson	M	56	Roseville	MN	00:09:57	56	1:49	00:01:49	00:40:02	4	24.0	00:00:41	00:22:10	38	7:08		01:14:36.61
14	178	Mike Basel	M	37	Blaine	MN	00:08:13	21	1:30	00:01:33	00:42:54	11	22.4	00:00:41	00:21:57	32	7:03		01:15:15.69
15	123	Steve Marshall	M	43	Minneapolis	MN	00:08:20	24	1:31	00:01:21	00:44:43	20	21.5	00:01:46	00:19:26	8	6:15		01:15:32.97
16	177	Kyle Smith	M	26	Minneapolis	MN	00:07:52	16	1:26	00:00:59	00:45:29	25	21.1	00:00:51	00:21:10	20	6:48		01:16:19.76
17	232	Jack Hiniker	M	20	Edina	MN	00:06:32	2	1:12	00:00:53	00:46:39	32	20.6	00:00:39	00:21:56	31	7:03		01:16:36.98
18	139	David Haaland	M	39	Saint Paul	MN	00:10:12	67	1:52	00:01:28	00:43:20	14	22.2	00:01:13	00:20:49	17	6:42		01:16:59.72
19	174	Corby Serk	M	41	Eden Prairie	MN	00:09:39	50	1:46	00:01:09	00:44:19	18	21.7	00:00:43	00:22:01	35	7:05		01:17:47.50
20	136	Ryan Collins	M	39	St. Louis Park	MN	00:09:49	54	1:48	00:00:57	00:43:43	17	22.0	00:00:41	00:22:50	44	7:20		01:17:56.71
21	197	Dave Burton	M	49	Bloomington	MN	00:08:38	33	1:35	00:01:22	00:46:03	30	20.9	00:00:52	00:21:14	21	6:50		01:18:07.80
22	127	Zach Lee	M	39	Bloomington	MN	00:07:41	11	1:24	00:01:10	00:45:45	27	21.0	00:00:53	00:22:54	46	7:22		01:18:20.09
23	214	Cory Clayton	M	44	Blaine	MN	00:07:40	10	1:24	00:01:00	00:43:26	15	22.1	00:00:54	00:25:35	62	8:13		01:18:31.28
24	231	Kerry Yndestad	M	54	Rosemount	MN	00:08:29	28	1:33	00:00:50	00:46:54	34	20.5	00:00:39	00:21:45	28	7:00		01:18:34.97
25	134	Duane Millslagle	M	64	Duluth	MN	00:08:31	29	1:33	00:01:25	00:45:23	23	21.2	00:01:06	00:22:24	40	7:12		01:18:46.76
26	187	James Ross	M	56	Lakeville	MN	00:08:44	36	1:36	00:01:24	00:44:33	19	21.6	00:00:58	00:22:01	34	7:05	+00:02:00	01:19:38.12
27	207	Christian Twigg	M	41	Minneapolis	MN	00:08:41	35	1:35	00:01:13	00:47:16	36	20.3	00:01:00	00:22:20	39	7:11		01:20:27.53
28	108	Bill Benning	M	52	Lakeville	MN	00:09:32	47	1:45	00:01:14	00:46:06	31	20.8	00:00:51	00:22:52	45	7:21		01:20:33.38
29	171	Kevin Knight	M	45	Minneapolis	MN	00:09:06	42	1:40	00:01:33	00:45:39	26	21.0	00:00:56	00:23:53	52	7:41		01:21:04.62
30	179	Tom Coles	M	53	Apple Valley	MN	00:08:28	26	1:33	00:01:27	00:46:49	33	20.5	00:01:31	00:23:14	47	7:28		01:21:26.20
31	160	Dan Greer	M	28	Maple Grove	MN	00:09:34	48	1:45	00:01:13	00:44:51	21	21.4	00:00:41	00:25:30	60	8:12		01:21:46.59
32	155	Joseph Piepgras	M	47	Golden Valley	MN	00:09:58	59	1:49	00:01:04	00:47:49	41	20.1	00:00:51	00:23:30	49	7:33		01:23:08.50
33	216	Nicholas Lodien	M	33	Minneapolis	MN	00:08:26	25	1:33	00:03:05	00:47:17	37	20.3	00:01:11	00:23:58	53	7:42		01:23:53.54
34	112	Andy Barringer	M	23	St. Francis	MN	00:11:02	80	2:01	00:01:37	00:47:45	40	20.1	00:00:47	00:22:46	43	7:19		01:23:54.10
35	198	Blake Pieper	M	43	Stillwater	MN	00:08:29	27	1:33	00:02:04	00:49:29	50	19.4	00:01:23	00:22:33	41	7:15		01:23:55.74

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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	184	Collin Johnson	M	25	Roseville	MN	00:10:18	70	1:53	00:00:53	00:51:34	64	18.6	00:00:54	00:20:54	19	6:43		01:24:29.68
37	213	Brian Michael	M	45	Minneapolis	MN	00:10:49	76	1:59	00:01:41	00:48:26	44	19.8	00:01:29	00:22:10	37	7:07		01:24:32.19
38	116	David Giacomini	M	23	Minneapolis	MN	00:09:44	53	1:47	00:01:55	00:50:41	55	18.9	00:00:54	00:21:30	23	6:55		01:24:40.98
39	110	Dave Link	M	47	Eden Prairie	MN	00:08:13	20	1:30	00:01:20	00:49:19	49	19.5	00:00:48	00:25:07	58	8:05		01:24:44.68
40	117	Stephen Bullard	M	57	Minneapolis	MN	00:08:58	39	1:39	00:01:13	00:48:55	47	19.6	00:00:32	00:25:29	59	8:12		01:25:04.93
41	185	Eric Mckee	M	49	East Bethel	MN	00:08:45	37	1:36	00:01:10	00:51:19	60	18.7	00:00:53	00:23:45	50	7:38		01:25:49.63
42	224	Jonathan Zimmerman	M	39	St. Paul	MN	00:10:00	60	1:50	00:02:06	00:51:46	67	18.5	00:00:48	00:22:09	36	7:07		01:26:46.36
43	141	Jacob Wernersbach	M	25	Zimmerman	MN	00:10:57	77	2:00	00:03:18	00:51:34	65	18.6	00:00:51	00:20:17	13	6:31		01:26:53.28
44	221	Nathan Fritsch	M	34	Roberts	WI	00:10:05	64	1:51	00:02:56	00:51:38	66	18.6	00:00:42	00:21:39	27	6:58		01:26:57.97
45	223	David White	M	31	Edina	MN	00:10:40	74	1:57	00:02:37	00:50:16	53	19.1	00:01:52	00:21:55	30	7:03		01:27:18.16
46	220	Steve Gaffer	M	54	New Richmond	WI	00:09:04	41	1:40	00:01:22	00:48:39	45	19.7	00:01:00	00:27:28	73	8:50		01:27:31.07
47	175	Jeremy Reichenberger	M	23	Minneapolis	MN	00:11:02	78	2:01	00:01:25	00:52:56	74	18.1	00:00:54	00:21:31	24	6:55		01:27:43.98
48	142	Michael Enright	M	49	Stillwater	MN	00:11:48	87	2:10	00:01:20	00:47:32	39	20.2	00:01:16	00:27:28	72	8:50		01:29:21.45
49	180	Robert Daniels	M	62	Savage	MN	00:10:23	71	1:54	00:02:20	00:53:28	75	18.0	00:01:00	00:23:50	51	7:40		01:30:59.37
50	202	Derek Parker	M	23	Rosemount	MN	00:10:03	62	1:51	00:02:37	00:53:52	77	17.8	00:01:22	00:23:14	48	7:28		01:31:06.79
51	165	Thomas Laberge	M	45	Blaine	MN	00:10:02	61	1:50	00:01:17	00:51:26	61	18.7	00:01:17	00:27:17	71	8:46		01:31:15.28
52	218	Robert Wild	M	21	Elk River	MN	00:13:44	95	2:31	00:02:22	00:51:54	69	18.5	00:00:55	00:22:35	42	7:16		01:31:26.24
53	226	Doug Grennan	M	47	Edina	MN	00:09:41	51	1:46	00:02:10	00:51:53	68	18.5	00:01:35	00:26:42	66	8:35		01:31:58.18
54	140	Gary Wernersbach	M	56	Zimmerman	MN	00:10:28	72	1:55	00:02:37	00:49:16	48	19.5	00:01:16	00:28:51	85	9:17		01:32:26.07
55	211	Cory D Sauer	M	23	Stillwater	MN	00:09:57	58	1:49	00:02:31	00:51:18	59	18.7	00:01:22	00:27:58	77	9:00		01:33:03.91
56	183	Bob Harmon	M	53	New Brighton	MN	00:13:50	96	2:32	00:02:36	00:50:35	54	19.0	00:01:20	00:24:59	57	8:02		01:33:17.28
57	166	William Forsberg	M	60	Golden Valley	MN	00:12:18	90	2:15	00:01:33	00:52:06	70	18.4	00:01:11	00:26:53	68	8:39		01:33:58.41
58	196	David Moore	M	52	Saint Paul	MN	00:10:15	68	1:53	00:04:44	00:54:33	78	17.6	00:01:45	00:28:25	80	9:08		01:39:39.55
59	159	Fred Roethlisberger	M	71	River Falls	WI	00:11:44	85	2:09	00:02:12	00:58:37	88	16.4	00:02:28	00:28:30	81	9:10		01:43:27.37
60	217	Tom Barringer	M	59	St.francis	MN	00:12:59	92	2:23	00:02:37	00:59:48	92	16.1	00:00:49	00:31:31	93	10:08		01:47:41.49
61	188	Tom Wentz	M	56	Burnsville	MN	00:11:39	84	2:08	00:03:04	00:59:22	90	16.2	00:01:37	00:35:28	98	11:24		01:51:06.90
62	212	Mark Benson	M	35	Plymouth	MN	00:13:42	94	2:31	00:03:53	01:00:29	94	15.9	00:01:03	00:34:07	97	10:58		01:53:11.46
63	206	John Reuter	M	52	Minnetonka	MN	00:24:32	107	4:30	00:03:46	00:57:14	85	16.8	00:01:32	00:37:13	99	11:58		02:04:14.22
64	130	Richard Weil	M	64	St Paul	MN	00:17:33	105	3:13	00:06:09	01:15:15	106	12.8	00:02:40	00:26:54	69	8:39		02:08:29.47