

# Timberman Triathlon

July 11, 2015

## Olympic 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	2	Suzie Fox	F	32	Chaska	MN	00:24:43	5	1:24	00:01:11	01:08:07	1	22.1	00:00:43	00:42:30	2	7:04		02:17:11.57
2	97	Sarah Berger	F	29	Saint Paul	MN	00:25:52	9	1:28	00:01:36	01:10:44	2	21.3	00:01:04	00:43:29	4	7:14		02:22:43.30
3	110	Sara Sampsel-Jones	F	40	Minneapolis	MN	00:24:54	6	1:24	00:01:37	01:11:52	3	21.0	00:01:30	00:46:33	5	7:45		02:26:23.11
4	12	Tiffany Kari	F	35	Duluth	MN	00:26:22	11	1:29	00:01:25	01:17:46	10	19.4	00:00:47	00:41:02	1	6:50		02:27:19.36
5	117	Christel Kippenhan	F	50	Bemidji	MN	00:23:24	2	1:19	00:01:06	01:16:04	6	19.8	00:00:58	00:47:55	8	7:59		02:29:25.78
6	113	Leanne Bronson	F	45	Superior	WI	00:27:13	12	1:32	00:01:07	01:13:31	4	20.5	00:01:03	00:48:37	9	8:06		02:31:28.37
7	14	Michelle Breiland	F	38	Duluth	MN	00:24:05	3	1:22	00:01:32	01:18:08	11	19.3	00:01:01	00:47:27	7	7:54		02:32:10.61
8	91	Kaytlin Garrison	F	17	Cohasset	MN	00:31:40	24	1:47	00:01:15	01:15:58	5	19.8	00:00:59	00:46:50	6	7:48		02:36:39.71
9	93	Chelsea Froemke	F	25	Duluth	MN	00:23:19	1	1:19	00:01:56	01:16:40	8	19.6	00:01:15	00:55:53	21	9:18		02:39:01.27
10	115	Kris Kolenz	F	50	Duluth	MN	00:24:22	4	1:23	00:01:55	01:16:43	9	19.6	00:01:29	00:55:07	19	9:11		02:39:33.36
11	90	Erika Fox	F	17	Carlton	MN	00:31:07	22	1:46	00:01:46	01:23:37	15	18.0	00:01:39	00:43:26	3	7:14		02:41:32.87
12	111	Julie Kemp	F	42	Floodwood	MN	00:30:08	16	1:42	00:01:56	01:18:58	12	19.1	00:01:09	00:50:04	11	8:20		02:42:12.63
13	123	Sheri Schrock	F	61	Cohasset	MN	00:27:59	14	1:35	00:01:41	01:16:12	7	19.8	00:01:06	00:55:48	20	9:17		02:42:43.52
14	120	Mary Sands	F	54	Saint Paul	MN	00:28:56	15	1:38	00:01:34	01:25:59	17	17.5	00:01:06	00:49:39	10	8:16		02:47:12.38
15	92	Taylor Hebner	F	19	International Falls	MN	00:26:09	10	1:29	00:01:35	01:26:14	18	17.5	00:01:15	00:52:25	15	8:44		02:47:35.57
16	114	Linda Belanger	F	48	International Falls	MN	00:33:49	26	1:55	00:01:16	01:28:47	24	17.0	00:01:00	00:50:15	12	8:22		02:55:03.34
17	112	Velda Johnson	F	44	Maplewood	MN	00:35:52	30	2:02	00:02:16	01:22:21	13	18.3	00:01:58	00:53:27	16	8:54		02:55:51.39
18	248	Patty Jaeger	F	50	Vergas	MN	00:30:20	19	1:43	00:02:32	01:28:22	22	17.0	00:01:52	00:53:44	18	8:57		02:56:46.21
19	99	Sara Morgan	F	32	Duluth	MN	00:25:22	7	1:26	00:02:20	01:25:49	16	17.6	00:01:40	01:02:13	27	10:22		02:57:22.14
20	103	Patricia Mueller	F	36	Superior	WI	00:35:48	29	2:02	00:02:11	01:28:32	23	17.0	00:01:56	00:50:24	13	8:23		02:58:49.22
21	124	Jennifer Morrissey	F	34	Blaine	MN	00:27:55	13	1:35	00:02:19	01:27:34	20	17.2	00:01:33	01:00:52	25	10:08		03:00:10.37
22	94	Jeanna Miner	F	26	Duluth	MN	00:25:51	8	1:28	00:02:43	01:30:24	25	16.7	00:01:27	01:00:04	24	10:00		03:00:26.39
23	104	Shannon Worum	F	36	Eden Prairie	MN	00:34:01	27	1:55	00:02:30	01:30:34	26	16.6	00:01:48	00:51:52	14	8:38		03:00:42.24
24	118	Sara Dougherty	F	53	Cloquet	MN	00:30:19	18	1:43	00:01:52	01:30:34	27	16.6	00:01:41	00:57:33	22	9:35		03:01:56.75
25	116	Elizabeth Seibel-Hunt	F	50	Minneapolis	MN	00:30:37	20	1:44	00:02:26	01:28:10	21	17.1	00:01:34	01:01:46	26	10:17		03:04:30.48
26	108	Renee Saamanen	F	39	Duluth	MN	00:32:53	25	1:52	00:02:39	01:22:28	14	18.3	00:01:45	01:05:29	28	10:54		03:05:11.65
27	100	Megan Steil	F	33	Ham Lake	MN	00:36:09	31	2:03	00:02:24	01:27:30	19	17.2	00:02:01	00:57:42	23	9:36		03:05:43.64
28	102	Melissa Grzybowski	F	36	Hibbing	MN	00:34:25	28	1:57	00:02:31	01:34:59	30	15.9	00:00:43	00:53:44	17	8:57		03:06:19.90
29	96	Krista Elkie	F	28	Gorham	ON	00:30:53	21	1:45	00:02:09	01:32:32	28	16.3	00:01:17	01:06:07	29	11:01		03:12:55.90
30	119	Mary Bangs	F	54	Loveland	CO	00:31:31	23	1:47	00:02:54	01:33:31	29	16.1	00:01:46	01:06:49	30	11:08		03:16:27.65
31	107	Leah Raboin	F	39	Superior	WI	00:30:13	17	1:42	00:03:09	01:37:43	31	15.4	00:02:41	01:13:35	32	12:15		03:27:18.36
32	95	Robyn Meyer-Thompson	F	28	Saint Paul	MN	00:37:52	32	2:09	00:03:34	01:54:36	32	13.1	00:01:38	01:07:22	31	11:13		03:44:58.67

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	32	Nick Nygaard	M	25	Duluth	MN	00:24:14	7	1:22	00:01:12	01:06:34	7	22.6	00:00:45	00:32:50	1	5:28	02:05:31.71
2	1	Brooks Grossinger	M	38	Mayer	MN	00:24:10	6	1:22	00:00:57	01:04:10	1	23.5	00:00:39	00:38:13	3	6:22	02:08:07.10
3	52	David Lewis	M	41	Nevis	MN	00:24:57	11	1:25	00:01:36	01:04:49	3	23.2	00:01:01	00:36:43	2	6:07	02:09:04.56
4	30	Jake Croteau	M	19	La Crosse	WI	00:23:56	2	1:21	00:01:03	01:05:07	4	23.1	00:00:43	00:38:24	4	6:23	02:09:10.44
5	40	Eric Carder	M	36	Breezy Point	MN	00:26:25	16	1:30	00:01:28	01:07:40	8	22.3	00:00:58	00:42:04	7	7:00	02:18:33.10
6	61	Tom Verry	M	46	Aspen	CO	00:23:43	1	1:20	00:01:46	01:04:43	2	23.3	00:01:10	00:47:15	18	7:52	02:18:34.33
7	51	Ryan Saline	M	41	Cloquet	MN	00:28:36	24	1:37	00:01:04	01:06:11	5	22.8	00:00:35	00:43:37	8	7:16	02:19:59.75
8	47	Nicholas Serratore	M	26	Minneapolis	MN	00:26:36	18	1:30	00:01:19	01:06:30	6	22.7	00:01:07	00:45:11	13	7:31	02:20:39.54
9	39	Peter Miner	M	35	Duluth	MN	00:27:15	19	1:32	00:01:48	01:07:46	9	22.2	00:01:27	00:45:46	14	7:37	02:24:00.60
10	78	D J Lamour	M	58	Inver Grove Heights	MN	00:23:57	3	1:21	00:02:10	01:07:57	10	22.2	00:01:39	00:48:53	20	8:08	02:24:33.25
11	73	Jim Reed	M	56	Duluth	MN	00:26:18	14	1:29	00:01:31	01:14:59	25	20.1	00:01:14	00:41:07	5	6:51	02:25:06.12
12	28	Kurt Vesterstein	M	54	Wayzata	MN	00:29:24	26	1:40	00:01:48	01:09:11	12	21.8	00:00:58	00:44:03	10	7:20	02:25:21.78
13	35	Chad Solei	M	29	Minneapolis	MN	00:28:01	21	1:35	00:01:16	01:14:07	22	20.3	00:01:16	00:41:46	6	6:57	02:26:24.28
14	74	Kevin Olsen	M	56	Orono	MN	00:23:59	4	1:21	00:01:12	01:09:34	14	21.6	00:00:51	00:51:04	26	8:30	02:26:38.57
15	63	Jay Heikkila	M	47	Delano	MN	00:24:08	5	1:22	00:01:14	01:10:39	16	21.3	00:00:57	00:50:12	25	8:21	02:27:06.53
16	36	Greg Spoelhof	M	30	Duluth	MN	00:31:20	33	1:46	00:01:42	01:08:56	11	21.8	00:01:16	00:44:01	9	7:20	02:27:12.59
17	84	Neil King	M	66	Nevis	MN	00:26:29	17	1:30	00:01:15	01:12:36	20	20.7	00:00:55	00:47:12	17	7:51	02:28:24.61
18	41	Ryan Dewey	M	36	Esko	MN	00:24:53	10	1:24	00:01:30	01:15:36	26	19.9	00:01:07	00:45:58	15	7:39	02:29:01.18
19	71	Phil Elkie	M	55	Gorham	ON	00:24:25	9	1:23	00:01:24	01:13:49	21	20.4	00:00:59	00:48:40	19	8:06	02:29:15.26
20	34	Ry Kabanuck	M	28	Bossier City	LA	00:30:12	29	1:42	00:02:06	01:11:41	17	21.0	00:02:27	00:44:28	12	7:24	02:30:52.81
21	44	Corey Tabbert	M	39	Grand Rapids	MN	00:28:34	23	1:37	00:02:19	01:14:38	23	20.2	00:01:31	00:44:18	11	7:22	02:31:17.75
22	46	Matthew Backmann	M	37	Park Rapids	MN	00:27:24	20	1:33	00:01:09	01:12:19	18	20.8	00:01:06	00:50:06	23	8:20	02:32:02.61
23	70	Paul Kovach	M	54	Duluth	MN	00:29:24	27	1:40	00:01:50	01:09:15	13	21.8	00:01:05	00:52:25	28	8:44	02:33:55.62
24	50	Ted Sampsell-Jones	M	41	Minneapolis	MN	00:30:50	31	1:45	00:01:48	01:14:42	24	20.2	00:01:21	00:46:29	16	7:44	02:35:07.97
25	45	Brad Anderson	M	39	Duluth	MN	00:28:36	25	1:37	00:01:31	01:10:14	15	21.4	00:01:11	00:53:53	29	8:58	02:35:22.61
26	77	Steve Heikkila	M	58	Saint Paul	MN	00:24:17	8	1:22	00:01:43	01:17:57	28	19.3	00:01:21	00:51:58	27	8:39	02:37:13.33
27	67	Skeeter Moore	M	52	Duluth	MN	00:26:24	15	1:29	00:01:27	01:12:26	19	20.8	00:01:27	01:03:29	41	10:34	02:45:10.67
28	59	Richard Johnson	M	46	Nevis	MN	00:31:18	32	1:46	00:01:26	01:22:53	35	18.2	00:01:12	00:50:10	24	8:21	02:46:57.13
29	79	Jonathan Byrne	M	59	Bovey	MN	00:26:04	13	1:28	00:02:44	01:21:56	31	18.4	00:01:35	00:57:18	34	9:32	02:49:33.38
30	72	Carl Hoang	M	55	Maple Grove	MN	00:31:57	35	1:48	00:02:16	01:17:31	27	19.4	00:01:28	00:58:36	37	9:45	02:51:45.13
31	31	James Jylha	M	20	Grand Rapids	MN	00:29:29	28	1:40	00:01:26	01:24:13	40	17.9	00:00:50	00:56:14	31	9:22	02:52:10.63
32	48	Meirs Moore	M	21	Duluth	MN	00:37:23	47	2:07	00:01:48	01:22:02	33	18.4	00:01:22	00:50:06	22	8:20	02:52:39.63
33	60	Jeff Tillman	M	46	Cohasset	MN	00:37:17	46	2:07	00:03:05	01:22:13	34	18.3	00:00:54	00:49:28	21	8:14	02:52:55.38
34	66	Brett Salo	M	52	Cohasset	MN	00:30:43	30	1:44	00:02:55	01:21:58	32	18.4	00:02:00	00:57:36	35	9:35	02:55:09.88
35	42	Erik Andersen	M	38	Grand Rapids	MN	00:32:52	38	1:51	00:02:03	01:18:05	29	19.3	00:01:22	01:01:50	39	10:18	02:56:08.37

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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		
36	37	Baird Miltich	M	31	Pelicanrapids	MN	00:35:10	43	1:59	00:02:37	01:21:06	30	18.6	00:01:36	00:57:08	32	9:31		02:57:34.47
37	76	Mike Hudspith	M	57	North Mankato	MN	00:34:26	42	1:57	00:02:11	01:25:18	41	17.7	00:01:41	00:55:26	30	9:14		02:58:59.96
38	56	Jason Skiple	M	44	Fargo	ND	00:33:14	40	1:53	00:02:53	01:25:39	42	17.6	00:01:03	00:57:15	33	9:32		03:00:00.87
39	62	Michael Clark	M	47	Rochester	MN	00:33:00	39	1:52	00:02:15	01:23:19	36	18.1	00:02:57	00:58:34	36	9:45		03:00:01.38
40	69	Chris Froemke	M	53	Lino Lakes	MN	00:25:39	12	1:27	00:02:48	01:26:36	43	17.4	00:02:09	01:04:19	43	10:43		03:01:29.64
41	57	Troy Carlson	M	45	Duluth	MN	00:28:19	22	1:36	00:02:26	01:23:50	38	18.0	00:01:20	01:07:22	46	11:13		03:03:14.42
42	54	Nathan Hoffmann	M	42	Duluth	MN	00:32:07	37	1:49	00:02:37	01:26:58	44	17.3	00:01:24	01:01:25	38	10:14		03:04:28.64
43	82	Walt Prah	M	62	Duluth	MN	00:35:26	44	2:00	00:02:12	01:24:10	39	17.9	00:01:24	01:03:48	42	10:37		03:06:57.20
44	75	Mike Teitelbaum	M	57	Duluth	MN	00:35:28	45	2:00	00:02:01	01:23:25	37	18.1	00:01:36	01:06:25	45	11:04		03:08:51.88
45	81	Rick Agar	M	61	Duluth	MN	00:31:48	34	1:48	00:01:56	01:31:27	45	16.5	00:01:38	01:08:31	47	11:25		03:15:17.40
46	68	Brad Irwin	M	52	Hermantown	MN	00:32:04	36	1:49	00:04:06	01:34:42	46	15.9	00:02:29	01:02:49	40	10:28		03:16:06.94
47	33	Nicholas Thompson	M	28	Saint Paul	MN	00:33:55	41	1:55	00:03:16	01:39:21	47	15.2	00:00:49	01:04:36	44	10:45		03:21:54.31