

# Timberman Triathlon

July 11, 2015

## 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	236	Jena Ogston	F	44	Duluth	MN	00:09:51	6	1:41	00:01:19	00:31:20	4	21.4	00:00:48	00:22:03	3	7:20		01:05:19.54
2	21	Tara Makinen	F	36	Grand Rapids	MN	00:10:21	11	1:46	00:01:08	00:30:56	3	21.7	00:00:55	00:22:04	4	7:21		01:05:22.35
3	288	Bettina Keppers	F	32	Duluth	MN	00:09:07	1	1:34	00:01:23	00:30:27	1	22.1	00:01:14	00:24:23	11	8:07		01:06:31.53
4	289	Kerri Persons	F	40	Duluth	MN	00:09:51	4	1:41	00:01:20	00:30:54	2	21.8	00:00:59	00:23:40	7	7:53		01:06:41.36
5	266	Jennifer Lucarelli	F	29	Marshfield	WI	00:09:42	3	1:40	00:01:14	00:33:38	9	20.0	00:00:51	00:21:57	2	7:18		01:07:18.55
6	252	Hannah Bettendorf	F	16	Duluth	MN	00:10:25	12	1:47	00:02:29	00:33:19	8	20.2	00:01:27	00:20:36	1	6:51		01:08:13.64
7	290	Shauna Joas	F	40	Eagan	MN	00:10:16	10	1:45	00:01:19	00:32:24	5	20.7	00:00:48	00:23:47	9	7:55		01:08:31.48
8	277	Rachel Odland	F	35	White Bear Lake	MN	00:12:48	37	2:12	00:01:35	00:36:05	15	18.6	00:00:39	00:22:11	5	7:23		01:13:15.28
9	89	Petra Cervenka	F	48	Grand Rapids	MN	00:12:51	39	2:12	00:01:38	00:35:02	12	19.2	00:01:07	00:23:42	8	7:53		01:14:17.73
10	282	Jennifer Cornett	F	36	Blaine	MN	00:11:47	26	2:01	00:02:26	00:35:11	14	19.1	00:01:50	00:23:10	6	7:43		01:14:20.56
11	273	Julie Feldman	F	34	Inver Grove Heights	MN	00:11:51	29	2:02	00:01:29	00:33:11	7	20.3	00:01:14	00:26:51	22	8:56		01:14:34.70
12	85	Judith Peters	F	55	St. Cloud	MN	00:12:56	40	2:13	00:01:44	00:34:53	10	19.3	00:01:16	00:24:36	12	8:11		01:15:23.47
13	281	Leah Gruhn	F	36	Duluth	MN	00:12:09	32	2:05	00:01:38	00:33:11	6	20.3	00:01:30	00:28:18	35	9:25		01:16:42.96
14	274	Heather Marden	F	34	Cannon Falls	MN	00:09:33	2	1:38	00:01:49	00:37:02	18	18.2	00:01:09	00:28:14	34	9:24		01:17:44.66
15	299	Marlo Gangi	F	44	Coleraine	MN	00:13:06	43	2:15	00:01:37	00:35:05	13	19.2	00:01:03	00:27:14	26	9:04		01:18:02.30
16	285	Kati Palmer	F	38	Bagley	MN	00:12:38	35	2:10	00:01:53	00:34:53	11	19.3	00:00:43	00:28:06	32	9:21		01:18:10.67
17	272	Jessica Myers	F	33	Grand Rapids	MN	00:11:41	24	2:00	00:01:46	00:38:02	21	17.7	00:01:01	00:26:30	20	8:49		01:18:57.60
18	267	Amanda Sutherland	F	29	Woodbury	MN	00:10:08	9	1:44	00:03:47	00:39:35	35	17.0	00:01:33	00:25:27	14	8:28		01:20:28.36
19	237	Paula Hedin	F	44	Grand Rapids	MN	00:12:42	36	2:11	00:02:24	00:40:29	41	16.6	00:00:56	00:24:09	10	8:02		01:20:37.42
20	295	Kamrin Macki	F	42	Grand Forks	ND	00:12:50	38	2:12	00:02:06	00:39:08	32	17.2	00:01:30	00:25:11	13	8:23		01:20:43.48
21	241	Paula Menzel	F	45	Hermantown	MN	00:13:56	54	2:23	00:01:48	00:38:50	28	17.3	00:00:52	00:25:51	17	8:36		01:21:13.33
22	128	Lorena Jenks	F	53	Fort Frances	ON	00:12:04	31	2:04	00:01:56	00:38:40	26	17.4	00:01:32	00:27:18	27	9:05		01:21:28.57
23	260	Jocelyn Hokkanen	F	24	Lino Lakes	MN	00:10:36	15	1:49	00:02:58	00:37:44	20	17.8	00:01:47	00:28:49	38	9:36		01:21:52.23
24	268	Christine Hinrichs	F	31	Saint Paul	MN	00:10:46	17	1:51	00:02:36	00:41:11	48	16.3	00:02:02	00:25:28	15	8:29		01:21:59.82
25	246	Sandra Volkert	F	47	Denver	CO	00:13:17	44	2:17	00:02:10	00:36:11	16	18.6	00:01:35	00:28:52	39	9:37		01:22:03.88
26	297	Mina Bradley	F	42	Duluth	MN	00:10:30	14	1:48	00:01:19	00:38:22	23	17.5	00:01:16	00:30:40	48	10:13		01:22:04.50
27	244	Sue Holm	F	46	Deer River	MN	00:11:19	21	1:56	00:01:36	00:39:06	31	17.2	00:00:56	00:29:38	41	9:52		01:22:32.73
28	242	Jaleh Nahvi	F	45	Inver Grove Heights	MN	00:11:08	20	1:54	00:01:57	00:40:47	44	16.5	00:01:13	00:27:38	30	9:12		01:22:40.26
29	253	Mallery Lind	F	16	Hibbing	MN	00:11:57	30	2:03	00:01:50	00:41:53	52	16.0	00:00:48	00:26:23	19	8:47		01:22:47.57
30	287	Sharon Lahti	F	39	Esko	MN	00:13:24	47	2:18	00:01:43	00:39:12	33	17.1	00:01:39	00:26:55	23	8:58		01:22:50.72
31	25	Leslie Stanaway	F	62	Minneapolis	MN	00:13:34	50	2:20	00:02:34	00:40:20	40	16.7	00:01:07	00:26:09	18	8:42		01:23:40.75
32	298	Amy Haney	F	42	Duluth	MN	00:13:33	48	2:19	00:02:00	00:39:17	34	17.1	00:00:50	00:28:12	33	9:23		01:23:50.23
33	125	Renee Keppers	F	51	Duluth	MN	00:13:21	46	2:17	00:01:55	00:36:24	17	18.5	00:01:19	00:31:10	50	10:23		01:24:06.82
34	271	Audra Lehrke	F	32	Waconia	MN	00:12:23	33	2:07	00:02:47	00:39:01	30	17.2	00:01:24	00:28:37	36	9:32		01:24:09.52
35	250	Quincy Shelp	F	11	Maple Plain	MN	00:11:47	27	2:01	00:02:06	00:39:58	37	16.8	00:00:53	00:29:42	42	9:53		01:24:23.78

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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		
36	276	Stephanie Kemp	F	34	Hibbing	MN	00:13:41	51	2:21	00:02:14	00:40:32	42	16.6	00:01:07	00:26:58	25	8:59	01:24:29.72
37	293	Steph Iozzo	F	41	Hibbing	MN	00:13:54	53	2:23	00:02:14	00:42:13	55	15.9	00:00:44	00:25:44	16	8:34	01:24:45.67
38	239	Deanne Newborg	F	45	St. Paul	MN	00:12:56	41	2:13	00:05:05	00:38:39	25	17.4	00:01:45	00:26:49	21	8:56	01:25:12.32
39	258	Edyn Isaacs	F	19	Maple Grove	MN	00:10:06	7	1:44	00:01:54	00:42:13	56	15.9	00:00:39	00:30:32	47	10:10	01:25:21.55
40	269	Caitlin Pekuri	F	31	Woodbury	MN	00:11:24	22	1:57	00:01:52	00:41:06	46	16.4	00:01:24	00:29:54	44	9:57	01:25:37.42
41	255	Erika Blesener	F	17	Cloquet	MN	00:11:50	28	2:02	00:01:31	00:37:43	19	17.8	00:01:28	00:33:11	56	11:03	01:25:41.47
42	127	Betsy Mcbride	F	53	Grand Rapids	MN	00:14:00	56	2:24	00:02:43	00:39:54	36	16.8	00:00:54	00:28:42	37	9:33	01:26:10.70
43	240	Katrina Eisfeldt	F	45	Neillsville	WI	00:13:44	52	2:21	00:02:25	00:41:35	49	16.2	00:00:59	00:27:32	28	9:10	01:26:11.72
44	259	Jackie Sagedahl	F	22	Bovey	MN	00:10:50	18	1:51	00:03:03	00:38:54	29	17.3	00:01:37	00:31:53	53	10:37	01:26:14.72
45	263	Andrea Price	F	29	Plymouth	MN	00:10:07	8	1:44	00:03:29	00:41:10	47	16.3	00:01:40	00:29:56	45	9:58	01:26:20.20
46	126	Linda Hagen	F	52	Duluth	MN	00:13:57	55	2:23	00:01:40	00:40:18	39	16.7	00:01:36	00:29:24	40	9:47	01:26:51.82
47	294	Terry Mason	F	42	International Falls	MN	00:15:46	69	2:42	00:02:16	00:41:03	45	16.4	00:01:17	00:26:56	24	8:58	01:27:14.24
48	261	Laura Helmbrecht	F	28	Minneapolis	MN	00:10:57	19	1:52	00:02:53	00:40:01	38	16.8	00:01:57	00:32:45	55	10:54	01:28:29.32
49	254	Cari Janssen	F	17	Grand Rapids	MN	00:14:42	62	2:31	00:02:24	00:43:46	63	15.4	00:00:45	00:27:42	31	9:13	01:29:15.32
50	264	Sarah Von Ruden	F	29	Falcon Heights	MN	00:10:38	16	1:49	00:03:54	00:43:59	65	15.3	00:01:05	00:29:50	43	9:56	01:29:23.69
51	23	Patricia Sullivan Foss	F	60	Plymouth	MN	00:15:22	67	2:38	00:02:38	00:40:41	43	16.5	00:01:11	00:30:41	49	10:13	01:30:30.88
52	86	Anne Howard	F	56	Superior	WI	00:13:00	42	2:14	00:02:41	00:41:52	51	16.1	00:01:38	00:32:05	54	10:41	01:31:14.27
53	27	Nancy Roehr	F	62	Minneapolis	MN	00:14:07	57	2:25	00:02:59	00:38:44	27	17.4	00:01:48	00:34:00	59	11:19	01:31:35.80
54	24	Penny Agar	F	61	Duluth	MN	00:12:27	34	2:08	00:02:10	00:43:52	64	15.3	00:01:38	00:33:29	57	11:09	01:33:33.72
55	249	Valerie Blanchenay	F	50	Jacobson	MN	00:14:45	64	2:32	00:03:03	00:38:08	22	17.6	00:02:00	00:36:12	62	12:03	01:34:06.17
56	251	Camila Schubring	F	15	Minneapolis	MN	00:09:51	5	1:41	00:01:34	00:43:18	61	15.5	00:00:50	00:38:37	70	12:52	01:34:06.99
57	169	Susanne Bakken	F	65	Duluth	MN	00:13:20	45	2:17	00:02:30	00:42:20	57	15.9	00:01:41	00:34:45	60	11:34	01:34:33.58
58	270	Deb Laney	F	32	Grand Rapids	MN	00:15:18	65	2:37	00:02:47	00:44:31	66	15.1	00:00:53	00:31:40	51	10:33	01:35:06.33
59	280	Mindy Hess	F	36	Hibbing	MN	00:14:30	60	2:29	00:02:37	00:38:38	24	17.4	00:01:05	00:38:54	71	12:57	01:35:40.51
60	129	Allison Drummer	F	54	Mankato	MN	00:15:21	66	2:38	00:06:24	00:44:55	67	15.0	00:01:26	00:27:36	29	9:11	01:35:40.51
61	238	Kendra Light	F	44	Savage	MN	00:14:37	61	2:30	00:01:49	00:47:40	71	14.1	00:01:34	00:30:06	46	10:01	01:35:43.83
62	257	Kara Skiple	F	18	Fargo	ND	00:10:28	13	1:48	00:02:32	00:45:25	69	14.8	00:00:55	00:36:54	66	12:17	01:36:11.99
63	286	Jennifer Benedict	F	39	Hibbing	MN	00:11:46	25	2:01	00:02:53	00:43:15	60	15.5	00:02:00	00:36:33	63	12:10	01:36:24.72
64	275	Sarah Mcbroom	F	34	Coleraine	MN	00:14:21	59	2:28	00:03:21	00:45:59	70	14.6	00:01:25	00:31:51	52	10:36	01:36:53.99
65	256	Ashley Irwin	F	18	Hermantown	MN	00:11:37	23	1:59	00:03:55	00:41:48	50	16.1	00:01:31	00:38:11	69	12:43	01:37:00.30
66	243	Shelly Tischler	F	45	Superior	WI	00:15:47	71	2:43	00:01:45	00:42:45	58	15.7	00:02:04	00:35:11	61	11:43	01:37:30.58
67	88	Monica Holden	F	58	Minnetonka	MN	00:15:48	72	2:43	00:03:32	00:42:11	53	15.9	00:02:01	00:36:42	65	12:13	01:40:10.76
68	22	Susie Greupner	F	59	Eagan	MN	00:15:46	70	2:42	00:03:04	00:42:11	54	15.9	00:02:13	00:38:08	68	12:42	01:41:19.57
69	291	Michelle Hoffmann	F	41	Duluth	MN	00:14:43	63	2:31	00:04:21	00:48:47	72	13.8	00:01:29	00:33:57	58	11:18	01:43:15.22
70	262	Megan Teale	F	29	Chanhassen	MN	00:13:33	49	2:19	00:02:39	00:45:11	68	14.9	00:02:31	00:39:43	72	13:14	01:43:34.97

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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	168	Jean Wood	F	66	Excelsior	MN	00:15:41	68	2:41	00:03:21	00:43:27	62	15.5	00:02:10	00:44:35	74	14:51		01:49:10.85
72	247	Chris Rieffer	F	49	Minneapolis	MN	00:14:15	58	2:27	00:03:30	00:43:04	59	15.6	00:02:58	00:46:33	75	15:30		01:50:17.40
73	283	Heather Wangen	F	36	Grand Rapids	MN	00:17:12	74	2:57	00:03:32	00:51:25	73	13.1	00:01:17	00:37:03	67	12:20		01:50:26.59
74	278	Suzanne Kane	F	68	Edina	MN	00:16:08	73	2:46	00:03:08	00:52:33	75	12.8	00:02:20	00:40:23	73	13:27		01:54:29.53
75	26	Lynnda Nelson	F	62	Prior Lake	MN	00:20:57	75	3:36	00:04:11	00:51:52	74	13.0	00:03:35	00:36:39	64	12:12	+00:02:00	01:59:10.65

# Timberman Triathlon

July 11, 2015

## 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
1	20	Adam Himes	M	43	Plymouth	MN	00:09:31	9	1:38	00:01:00	00:28:07	2	23.9	00:00:41	00:18:18	1	6:05		00:57:34.38
2	177	John Garrison	M	43	Cohasset	MN	00:09:55	11	1:42	00:01:14	00:28:00	1	24.0	00:00:52	00:18:42	2	6:13		00:58:40.84
3	157	Dave Thomes	M	35	Brainerd	MN	00:10:46	28	1:51	00:00:59	00:28:55	4	23.2	00:00:48	00:19:30	7	6:29		01:00:54.42
4	132	Joshua Kemp	M	16	Floodwood	MN	00:10:18	15	1:46	00:01:24	00:30:37	10	22.0	00:00:27	00:18:46	3	6:15		01:01:28.40
5	156	Philip Imholte	M	35	Grand Rapids	MN	00:09:05	6	1:33	00:00:56	00:32:23	23	20.8	00:00:36	00:19:30	8	6:29		01:02:28.49
6	204	Daniel Duff	M	51	Duluth	MN	00:09:27	8	1:37	00:01:32	00:30:46	11	21.8	00:01:06	00:20:02	9	6:40		01:02:50.72
7	29	John Marshall	M	56	Minneapolis	MN	00:09:41	10	1:39	00:01:42	00:30:08	6	22.3	00:01:14	00:21:03	14	7:00		01:03:45.22
8	173	Marc Grenier	M	42	Duluth	MN	00:10:20	17	1:46	00:01:51	00:30:46	12	21.8	00:01:04	00:20:36	11	6:51		01:04:34.74
9	183	Chris Morris	M	44	Hermantown	MN	00:10:33	24	1:48	00:01:13	00:31:04	15	21.6	00:00:41	00:21:24	16	7:07		01:04:51.44
10	161	Josh Troumbly	M	36	Bovey	MN	00:11:38	41	2:00	00:01:47	00:29:47	5	22.6	00:01:09	00:21:25	17	7:08		01:05:44.79
11	170	Matthew Bettendorf	M	40	Duluth	MN	00:10:18	14	1:46	00:02:55	00:30:47	13	21.8	00:01:32	00:20:40	12	6:53		01:06:09.22
12	151	Craig Walli	M	33	Hibbing	MN	00:10:32	22	1:48	00:01:05	00:32:00	19	21.0	00:00:50	00:21:52	20	7:17		01:06:17.10
13	207	Tim Keppers	M	51	Duluth	MN	00:08:31	1	1:27	00:01:45	00:28:14	3	23.8	00:01:26	00:26:41	59	8:53		01:06:34.30
14	196	Brent Johnson	M	48	Superior	WI	00:10:20	16	1:46	00:01:24	00:31:13	16	21.5	00:00:53	00:22:57	27	7:38		01:06:45.55
15	149	Fr. Ben Hadrich	M	32	International Falls	MN	00:10:46	29	1:51	00:02:13	00:32:45	28	20.5	00:01:10	00:20:07	10	6:42		01:06:58.54
16	159	Luther Kemp	M	36	Hibbing	MN	00:10:39	26	1:49	00:01:14	00:30:32	8	22.0	00:00:48	00:23:53	39	7:57		01:07:03.90
17	222	Vasek Cervenka	M	16	Grand Rapids	MN	00:13:30	69	2:19	00:01:42	00:31:01	14	21.7	00:01:46	00:19:13	6	6:24		01:07:09.79
18	192	Doug Berg	M	47	Duluth	MN	00:11:12	36	1:55	00:01:32	00:30:28	7	22.1	00:01:12	00:23:12	31	7:43		01:07:34.52
19	148	Nicholas Rogers	M	31	Eden Prairie	MN	00:11:30	38	1:58	00:02:43	00:32:52	31	20.5	00:01:49	00:18:47	4	6:15		01:07:38.79
20	155	Joe Holz	M	35	Saginaw	MN	00:10:21	19	1:46	00:01:28	00:32:34	26	20.6	00:00:49	00:22:52	26	7:37		01:08:02.54
21	145	Luke Anton	M	30	St. Paul	MN	00:10:20	18	1:46	00:02:10	00:32:32	25	20.7	00:01:43	00:21:29	18	7:09		01:08:10.30
22	65	Tim J Walker	M	49	Minnetonka	MN	00:10:13	13	1:45	00:01:55	00:30:33	9	22.0	00:00:44	00:24:58	47	8:19		01:08:19.39
23	134	Andrew Cook	M	16	Hibbing	MN	00:08:59	4	1:32	00:01:34	00:34:42	47	19.4	00:00:31	00:22:45	24	7:34		01:08:28.55
24	164	Jere Mohr	M	37	Duluth	MN	00:10:28	21	1:48	00:01:27	00:32:55	33	20.4	00:01:16	00:22:34	23	7:31		01:08:37.11
25	176	Erik Riker-Coleman	M	43	Duluth	MN	00:10:02	12	1:43	00:01:30	00:31:20	17	21.4	00:00:54	00:25:01	48	8:20		01:08:44.78
26	184	Curt Dimberio	M	44	Duluth	MN	00:12:44	60	2:11	00:01:31	00:32:54	32	20.4	00:01:02	00:20:54	13	6:57		01:09:02.26
27	172	Alan Cornett	M	41	Blaine	MN	00:11:04	35	1:54	00:01:22	00:32:10	21	20.9	00:01:29	00:23:05	30	7:41		01:09:07.13
28	137	Colin Kemp	M	19	Floodwood	MN	00:10:23	20	1:47	00:01:30	00:33:05	35	20.3	00:00:23	00:24:06	42	8:01		01:09:24.26
29	133	Lochlan Baird	M	16	Hibbing	MN	00:13:29	68	2:19	00:01:52	00:32:30	24	20.7	00:01:02	00:21:12	15	7:03		01:10:02.47
30	200	Matt Evans	M	49	Eau Claire	WI	00:08:41	3	1:29	00:01:27	00:34:09	43	19.7	00:01:27	00:24:27	44	8:08		01:10:08.55
31	190	Tony Tallman	M	46	Hopkins	MN	00:12:00	51	2:03	00:01:36	00:32:48	29	20.5	00:00:50	00:23:15	32	7:44		01:10:26.30
32	212	Steve Stromback	M	55	Duluth	MN	00:11:51	49	2:02	00:01:49	00:31:36	18	21.3	00:01:49	00:23:52	38	7:57		01:10:54.36
33	166	Joshua Feldman	M	39	Inver Grove Heights	MN	00:11:43	44	2:01	00:01:32	00:33:53	41	19.8	00:01:18	00:22:46	25	7:35		01:11:10.46
34	219	Paul Olson	M	57	Grand Rapids	MN	00:11:44	45	2:01	00:01:35	00:33:58	42	19.8	00:00:31	00:23:41	35	7:53		01:11:27.92
35	187	Kevin Starceвич	M	44	Blaine	MN	00:11:02	33	1:53	00:01:31	00:32:52	30	20.5	00:01:27	00:24:42	45	8:13		01:11:31.78

# Timberman Triathlon

July 11, 2015

## Sprint Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	208	James Justus	M	52	Cohasset	MN	00:08:59	5	1:32	00:02:09	00:35:19	50	19.0	00:01:16	00:23:57	40	7:58		01:11:37.81
37	186	Kevin Haney	M	44	Duluth	MN	00:10:40	27	1:50	00:02:14	00:33:39	38	20.0	00:01:26	00:23:49	37	7:56		01:11:46.63
38	216	Allen Kutz	M	56	Sartell	MN	00:11:31	39	1:58	00:01:39	00:34:29	45	19.5	00:01:18	00:22:57	28	7:38		01:11:51.72
39	162	Joshua Wilson	M	36	Maple Lake	MN	00:11:43	43	2:00	00:01:37	00:33:36	37	20.0	00:01:03	00:24:24	43	8:07		01:12:19.29
40	185	Rick Kieffer	M	44	Lino Lakes	MN	00:11:03	34	1:54	00:02:24	00:35:55	55	18.7	00:01:32	00:22:29	22	7:29		01:13:20.61
41	163	Chris Knight	M	37	Lakeville	MN	00:13:21	65	2:17	00:02:25	00:32:04	20	21.0	00:01:50	00:23:44	36	7:54		01:13:21.67
42	171	Ben Nicholson	M	40	Solon	IA	00:12:05	52	2:04	00:02:59	00:34:39	46	19.4	00:02:01	00:21:47	19	7:15		01:13:28.19
43	141	Christian Froemke	M	23	Lino Lakes	MN	00:11:40	42	2:00	00:02:09	00:35:51	54	18.7	00:01:03	00:23:16	33	7:45		01:13:57.84
44	130	Hunter Kovach	M	14	Duluth	MN	00:11:47	46	2:01	00:01:53	00:36:54	60	18.2	00:01:06	00:22:27	21	7:29		01:14:04.73
45	135	Jace Isaacs	M	17	Maple Grove	MN	00:11:00	31	1:53	00:01:55	00:37:15	63	18.0	00:00:38	00:23:23	34	7:47		01:14:07.78
46	167	Mathew Wangen	M	39	Grand Rapids	MN	00:15:01	86	2:35	00:02:51	00:36:27	58	18.4	00:00:59	00:19:09	5	6:22		01:14:24.42
47	223	Bill Stroozas	M	59	Duluth	MN	00:10:57	30	1:53	00:01:43	00:35:50	53	18.8	00:01:35	00:24:45	46	8:14		01:14:46.93
48	229	Jim Miner	M	61	Duluth	MN	00:10:36	25	1:49	00:02:02	00:33:14	36	20.2	00:01:21	00:27:38	63	9:12		01:14:47.31
49	160	Bob French	M	36	International Falls	MN	00:12:47	61	2:11	00:02:02	00:33:04	34	20.3	00:00:57	00:26:12	58	8:43		01:14:59.34
50	138	Andrew Kutz	M	22	Sartell	MN	00:11:51	50	2:02	00:02:06	00:37:26	64	18.0	00:00:46	00:23:01	29	7:40		01:15:07.13
51	182	Daniel Radloff	M	44	Duluth	MN	00:12:25	58	2:08	00:01:44	00:32:35	27	20.6	00:01:22	00:27:56	64	9:18		01:15:59.41
52	225	Mark Rauschenfels	M	60	Duluth	MN	00:11:49	48	2:01	00:01:57	00:32:18	22	20.8	00:01:20	00:28:49	69	9:36		01:16:10.56
53	217	Randy Back	M	56	Superior	WI	00:14:40	81	2:31	00:02:31	00:33:40	39	20.0	00:01:13	00:25:09	49	8:22		01:17:10.62
54	150	Marty Cole	M	33	Grand Rapids	MN	00:11:25	37	1:57	00:02:14	00:36:18	56	18.5	00:02:18	00:25:11	51	8:23		01:17:24.81
55	158	Brian Grzybowski	M	36	Hibbing	MN	00:13:38	71	2:20	00:01:51	00:35:19	51	19.0	00:00:33	00:26:06	57	8:41		01:17:25.81
56	143	James Wolter	M	26	Fargo	ND	00:12:42	59	2:11	00:01:28	00:36:19	57	18.5	00:01:58	00:25:34	54	8:31		01:17:59.73
57	193	Joel Harris	M	47	Hermantown	MN	00:17:42	90	3:02	00:01:37	00:33:46	40	19.9	00:01:00	00:24:02	41	8:00		01:18:04.54
58	206	Lars Anderson	M	17	Grand Rapids	MN	00:11:49	47	2:01	00:02:27	00:37:05	61	18.1	00:01:03	00:25:58	55	8:39		01:18:18.23
59	180	Gregory Nacker	M	43	Vadnais Heights	MN	00:12:21	56	2:07	00:02:43	00:35:14	49	19.1	00:02:17	00:26:04	56	8:41		01:18:35.56
60	215	Steve Otto	M	56	Cohasset	MN	00:13:41	72	2:21	00:02:17	00:36:43	59	18.3	00:00:50	00:25:17	52	8:25		01:18:46.14
61	142	Benjamin Griggs	M	24	Grand Forks	ND	00:08:41	2	1:29	00:03:15	00:39:41	79	16.9	00:00:58	00:26:43	60	8:54		01:19:14.81
62	231	Tom Couillard	M	66	White Bear Lake	MN	00:12:17	54	2:06	00:02:07	00:35:10	48	19.1	00:01:36	00:28:32	67	9:30		01:19:39.65
63	213	Erik Lundquist	M	55	Juneau	AK	00:13:33	70	2:19	00:02:07	00:38:11	69	17.6	00:00:47	00:25:23	53	8:27		01:19:59.47
64	199	Eric Johnson	M	49	Minnetonka	MN	00:11:01	32	1:53	00:01:48	00:38:23	71	17.5	00:01:57	00:27:26	62	9:08		01:20:33.56
65	188	Frank Fairchild	M	45	Grand Rapids	MN	00:14:10	78	2:26	00:02:37	00:35:25	52	19.0	00:00:58	00:28:07	65	9:22		01:21:14.73
66	175	Chad Belanger	M	43	International Falls	MN	00:12:18	55	2:06	00:03:26	00:37:05	62	18.1	00:01:32	00:27:25	61	9:08		01:21:43.31
67	181	Scott Arntson	M	44	Duluth	MN	00:14:04	76	2:25	00:02:21	00:39:02	75	17.2	00:01:56	00:25:09	50	8:22		01:22:29.89
68	195	Neil Grunke	M	48	Deer River	MN	00:13:42	73	2:21	00:01:46	00:38:36	72	17.4	00:00:56	00:28:42	68	9:33		01:23:38.52
69	174	William Macki	M	42	Grand Forks	ND	00:12:05	53	2:04	00:02:26	00:39:02	74	17.2	00:01:10	00:29:07	70	9:42		01:23:47.47
70	203	Todd Isaacs	M	50	Maple Grove	MN	00:14:49	84	2:33	00:01:35	00:37:29	65	17.9	00:00:48	00:30:09	75	10:02		01:24:47.96

# Timberman Triathlon

July 11, 2015

## 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		
71	224	Bob Fox	M	60	Carlton	MN	00:13:27	67	2:18	00:02:43	00:37:41	67	17.8	00:01:39	00:30:22	78	10:07	01:25:50.47
72	227	Doug Jost	M	60	Centerville	MN	00:14:50	85	2:33	00:02:16	00:37:38	66	17.9	00:01:45	00:29:31	72	9:50	01:25:59.23
73	165	Chad Troumbly	M	38	Grand Rapids	MN	00:13:46	74	2:22	00:02:13	00:38:50	73	17.3	00:01:33	00:29:44	73	9:54	01:26:02.57
74	144	Sam Evans	M	26	Grand Rapids	MN	00:11:36	40	1:59	00:02:10	00:39:24	76	17.1	00:01:56	00:31:20	79	10:26	01:26:23.27
75	147	Kai Johnson	M	30	Laguna Hills	CA	00:13:25	66	2:18	00:02:43	00:39:34	78	17.0	00:00:57	00:30:13	77	10:04	01:26:48.88
76	210	Marc Chiodo	M	57	Minneapolis	MN	00:14:00	75	2:24	00:02:12	00:34:28	44	19.5	00:02:47	00:33:36	86	11:11	01:27:00.32
77	5	John Shelp	M	43	Maple Plain	MN	00:14:47	83	2:32	00:02:06	00:40:00	82	16.8	00:01:10	00:29:24	71	9:47	01:27:24.72
78	218	Glenn Davis	M	57	International Falls	MN	00:15:29	87	2:39	00:02:30	00:38:21	70	17.5	00:01:25	00:30:11	76	10:03	01:27:53.57
79	221	Lee Schumacher	M	58	Hibbing	MN	00:12:23	57	2:07	00:04:24	00:39:27	77	17.0	00:01:30	00:31:53	80	10:37	01:29:35.26
80	220	Gary Kubat	M	58	Minneapolis	MN	00:14:38	80	2:31	00:02:45	00:37:55	68	17.7	00:02:24	00:32:21	84	10:46	01:30:00.62
81	152	Kurt Koubal	M	33	Mound	MN	00:12:52	62	2:12	00:03:18	00:39:57	81	16.8	00:02:03	00:32:07	82	10:42	01:30:13.98
82	226	Frederick Klann	M	60	Denver	CO	00:14:25	79	2:28	00:03:50	00:42:12	87	15.9	00:02:33	00:28:08	66	9:22	01:31:05.16
83	202	Tom Flint	M	50	Minneapolis	MN	00:15:38	88	2:41	00:04:26	00:39:43	80	16.9	00:02:47	00:32:09	83	10:42	01:34:40.43
84	232	Richard Simpson	M	67	Shorewood	MN	00:14:09	77	2:26	00:03:59	00:42:12	86	15.9	00:02:51	00:31:54	81	10:37	01:35:01.53
85	230	Joe Kandiko	M	65	Excelsior	MN	00:13:15	64	2:16	00:02:27	00:40:26	85	16.6	00:03:02	00:36:11	88	12:03	01:35:18.19
86	201	Todd Kruse	M	50	Inver Grove Heights	MN	00:14:45	82	2:32	00:03:02	00:42:31	88	15.8	00:02:23	00:32:47	85	10:55	01:35:25.50
87	191	Alan Jylha	M	46	Grand Rapids	MN	00:12:53	63	2:13	00:00:54	00:40:25	84	16.6	00:01:58	00:39:19	90	13:06	01:35:26.51
88	197	Todd Ratcliff	M	49	St. Paul	MN	00:10:33	23	1:48	00:03:10	00:51:00	91	13.2	00:01:43	00:29:56	74	9:58	01:36:18.58
89	64	Brian Schubring	M	49	Minneapolis	MN	00:09:10	7	1:34	00:05:18	00:43:17	89	15.5	00:01:20	00:38:08	89	12:42	01:37:09.83
90	228	Jared Greupner	M	61	Eagan	MN	00:19:48	91	3:24	00:03:52	00:40:02	83	16.8	00:03:23	00:34:43	87	11:34	01:41:45.80
91	234	Francis Tuominen	M	72	Brooklyn Park	MN	00:16:42	89	2:52	00:03:52	00:45:33	90	14.8	00:03:56	00:41:06	91	13:41	01:51:06.19
92	235	Robert Powers	M	91	White Bear Lake	MN	00:26:20	92	4:31	00:06:30	00:54:56	92	12.2	00:03:14	01:03:09	92	21:02	02:34:05.71