

Timberman Triathlon

July 9, 2016

Overall Division Results

Sprint Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/178	1/71	349	Bettina Keppers	33	F	Duluth	MN	00:09:58.82	00:30:17.66	00:22:15.67		01:04:57.49

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/178	1/107	301	Brian Bich	50	M	Duluth	MN	00:09:09.78	00:27:40.49	00:18:10.87		00:56:42.44

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/178	3/71	25	Jena Ogston	45	F	Duluth	MN	00:11:14.83	00:33:04.72	00:21:55.91		01:08:34.71

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	2/178	2/107	20	Adam Himes	44	M	Minneapolis	MN	00:10:39.00	00:28:42.68	00:18:37.27		00:59:34.55

Female Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	43/178	8/71	246	Megan Bettendorf	15	F	Duluth	MN	00:11:52.30	00:34:41.62	00:23:44.59		01:13:11.87
2	86/178	20/71	233	Simone Lundquist	14	F	Osseo	MN	00:12:51.81	00:41:25.04	00:23:29.62		01:20:10.10
3	92/178	24/71	120	Quincy Shelp	12	F	Maple Plain	MN	00:12:53.26	00:39:37.78	00:25:08.51		01:21:39.66

Male Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	47/178	38/107	240	Jared Nordstrom	15	M	Minneapolis	MN	00:13:56.32	00:37:18.61	00:19:50.48		01:13:45.75
2	173/178	105/107	267	Dominic Nalan	15	M	Grand Rapids	MN	00:20:25.33	00:47:57.04	00:36:27.32		01:48:38.85

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Female Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	22/178	4/71	83	Kaytlin Garrison	18	F	Cohasset	MN	00:12:09.96	00:32:51.43	00:22:20.46		01:09:26.79
2	35/178	6/71	228	Maisy Waech	16	F	Grand Rapids	MN	00:11:36.82	00:36:24.52	00:22:11.38		01:12:31.70
3	40/178	7/71	27	Jenna Truedson	19	F	Bemidji	MN	00:12:09.33	00:38:28.14	00:19:46.60		01:13:01.18

Male Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/178	4/107	239	Josh Nordstrom	18	M	Minneapolis	MN	00:12:10.98	00:30:19.18	00:18:01.30		01:02:36.55
2	5/178	5/107	200	Joshua Kemp	17	M	Floodwood	MN	00:12:12.57	00:30:37.24	00:18:23.19		01:02:43.53
3	20/178	17/107	280	Vasek Cervenka	17	M	Grand Rapids	MN	00:16:36.52	00:30:40.16	00:18:46.36		01:08:38.54

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	126/178	45/71	147	Edyn Isaacs	20	F	Maple Grove	MN	00:11:15.51	00:43:25.75	00:29:41.85		01:27:58.37

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	3/178	3/107	178	Lee Brown	24	M	Maple	WI	00:10:44.87	00:29:18.05	00:18:13.53		00:59:52.83
2	6/178	6/107	269	Jacob Braaten	24	M	Superior	WI	00:12:50.56	00:29:42.13	00:19:52.91		01:03:55.24
3	11/178	10/107	294	Somer Schrock	20	M	Cohasset	MN	00:10:50.16	00:32:47.51	00:18:42.28		01:05:03.69

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	61/178	14/71	187	Hilary Huntley	27	F	Duluth	MN	00:11:14.30	00:36:41.58	00:25:41.03		01:16:23.34
2	103/178	30/71	208	Anna Dehler	28	F	International Falls	MN	00:16:40.51	00:39:00.10	00:24:59.75		01:23:56.74
3	107/178	31/71	76	Alana Jackson	25	F	Grand Rapids	MN	00:17:13.33	00:38:32.17	00:26:01.09		01:24:38.36

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Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/178	19/107	191	Luke Zupan	28	M	Grand Rapids	MN	00:13:59.49	00:32:42.38	00:19:53.94		01:09:43.71
2	42/178	35/107	193	Joshua Leibfried	29	M	Minneapolis	MN	00:12:28.28	00:33:51.07	00:22:33.50		01:13:07.74
3	83/178	64/107	290	Austin Rohling	28	M	Grand Rapids	MN	00:10:55.63	00:40:06.04	00:25:18.06		01:19:48.83

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	95/178	26/71	122	Sarah Leininger	33	F	Duluth	MN	00:15:44.39	00:36:50.01	00:26:12.88		01:22:49.10
2	122/178	43/71	230	Megan Kakela	31	F	Saint Paul	MN	00:15:46.43	00:39:59.42	00:27:03.61		01:26:50.36
3	140/178	53/71	252	Sarah Nevalainen	33	F	Kabetogama	MN	00:18:25.38	00:42:51.84	00:25:44.00		01:31:53.87

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/178	8/107	125	Joel Paulson	34	M	Maple Grove	MN	00:12:27.56	00:29:43.52	00:20:17.97		01:04:22.30
2	12/178	11/107	307	Thomas Loegering	33	M	West Fargo	ND	00:12:43.31	00:30:10.97	00:19:44.62		01:05:22.39
3	16/178	15/107	166	Craig Walli	34	M	Hibbinging	MN	00:12:15.82	00:30:33.51	00:21:53.91		01:06:23.73

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	18/178	2/71	26	Tara Makinen	37	F	Grand Rapids	MN	00:12:05.79	00:31:38.22	00:21:29.42		01:07:15.86
2	24/178	5/71	302	Michelle Breiland	39	F	Duluth	MN	00:10:14.32	00:34:13.56	00:22:38.98		01:09:48.30
3	56/178	12/71	244	Julie Feldman	35	F	Inver Grove Heights	MN	00:13:06.58	00:35:26.75	00:24:06.39		01:15:09.84

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/178	7/107	242	Philip Imholte	36	M	Grand Rapids	MN	00:10:18.62	00:32:52.55	00:19:27.72		01:04:17.54
2	10/178	9/107	277	Josh Troumbly	37	M	Bovey	MN	00:12:19.93	00:29:27.74	00:20:45.26		01:04:58.79
3	21/178	18/107	186	Luther Kemp	37	M	Hibbing	MN	00:12:02.48	00:31:33.18	00:23:29.97		01:08:51.52

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Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	53/178	10/71	199	Julie Kemp	43	F	Floodwood	MN	00:14:38.68	00:33:55.47	00:23:08.62		01:14:28.95
2	60/178	13/71	274	Amy Miller Hawkinson	40	F	Fargo	ND	00:16:09.91	00:35:10.70	00:21:50.79		01:15:55.61
3	71/178	17/71	289	Megan Ross	43	F	Fort Frances	ON	00:12:51.31	00:36:30.71	00:24:37.32		01:17:36.94

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/178	20/107	236	Tony Mosser	44	M	Lakeville	MN	00:11:25.70	00:33:51.86	00:21:37.71		01:09:49.28
2	30/178	25/107	245	Joshua Feldman	40	M	Inver Grove Heights	MN	00:11:51.11	00:33:50.95	00:22:35.19		01:11:19.77
3	48/178	39/107	281	Robert Smith	44	M	Cloquet	MN	00:13:46.47	00:36:44.76	00:20:00.96		01:13:53.58

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	79/178	19/71	253	Terri Snell	47	F	Shoreview	MN	00:12:56.83	00:34:39.66	00:27:11.56		01:19:10.71
2	108/178	32/71	297	Cindy Shevich	45	F	Deer River	MN	00:15:32.71	00:39:15.81	00:27:18.74		01:24:53.27
3	111/178	34/71	255	Susan Lamour	48	F	Inver Grove Heights	MN	00:14:11.48	00:36:23.74	00:30:05.80		01:25:24.55

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/178	26/107	91	Doug Berg	48	M	Duluth	MN	00:12:55.29	00:32:28.95	00:23:25.61		01:11:21.93
2	32/178	27/107	163	Brad Spry	47	M	Walker	MN	00:11:16.82	00:33:22.46	00:23:19.68		01:11:29.26
3	34/178	29/107	284	Brent Johnson	49	M	Superior	WI	00:12:47.75	00:32:57.98	00:23:40.95		01:12:30.45

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	54/178	11/71	261	Cindy Crawford	53	F	Deephaven	MN	00:12:11.53	00:33:57.39	00:25:53.27		01:14:42.59
2	89/178	22/71	35	Sara Dougherty	54	F	Cloquet	MN	00:12:50.50	00:39:07.29	00:26:13.36		01:21:02.85
3	93/178	25/71	265	Julie Knochenmus	50	F	Esko	MN	00:16:21.68	00:35:53.12	00:27:21.54		01:22:07.79

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Sprint Individual

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	13/178	12/107	275	Daniel Duff	52	M	Duluth	MN	00:10:53.00	00:31:57.21	00:19:56.98		01:05:27.56
2	14/178	13/107	250	Craig Peterson	54	M	Minneapolis	MN	00:10:32.68	00:32:05.01	00:21:08.04		01:05:50.71
3	15/178	14/107	256	Tim Keppers	52	M	Duluth	MN	00:09:47.67	00:28:58.63	00:24:51.90		01:06:12.25

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	62/178	15/71	258	Judith Peters	56	F	Saint Cloud	MN	00:13:57.49	00:35:11.10	00:24:11.74		01:16:28.33
2	65/178	16/71	225	Colleen McCormick	55	F	Ironton	MN	00:12:41.72	00:36:49.74	00:23:39.59		01:16:57.92
3	130/178	46/71	304	Nancy Witherspoon	58	F	Fort Frances	ON	00:18:29.50	00:39:31.01	00:28:03.32		01:29:00.62

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	55/178	44/107	249	Paul Olson	58	M	Grand Rapids	MN	00:13:41.98	00:33:10.87	00:24:55.59		01:14:58.24
2	72/178	55/107	278	Randy Back	57	M	Superior	WI	00:17:20.83	00:33:16.70	00:24:09.83		01:17:54.65
3	81/178	62/107	131	Steve Otto	57	M	Cohasset	MN	00:15:52.42	00:36:42.92	00:23:55.03		01:19:26.83

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	90/178	23/71	292	Leslie Stanaway	63	F	Minneapolis	MN	00:15:50.78	00:36:59.41	00:25:16.37		01:21:13.36
2	161/178	66/71	202	Nancy Roehr	63	F	Minneapolis	MN	00:17:46.29	00:40:48.11	00:35:48.73		01:39:41.29
3	172/178	68/71	152	Susan Voigt	60	F	Saint Paul	MN	00:16:59.40	00:49:33.87	00:36:50.17		01:47:42.11

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	69/178	53/107	197	Bill Stroozas	60	M	Duluth	MN	00:12:37.79	00:36:48.00	00:24:55.73		01:17:18.84
2	78/178	60/107	248	Mark Rauschenfels	61	M	Duluth	MN	00:13:34.57	00:32:47.22	00:29:01.41		01:18:54.13
3	104/178	74/107	231	Mark Peske	60	M	Deer River	MN	00:16:58.47	00:41:20.89	00:21:56.99		01:24:11.87

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Overall Division Results

Sprint Individual

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	129/178	84/107	182	Bob Carlson	65	M	Minneapolis	MN	00:16:42.58	00:39:18.79	00:26:01.58		01:28:42.86
2	157/178	94/107	198	Joe Kandiko	66	M	Excelsior	MN	00:14:32.75	00:40:32.57	00:36:32.41		01:38:35.94

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	167/178	101/107	286	Mark Stange	70	M	Shoreview	MN	00:16:29.82	00:40:18.90	00:42:12.49		01:44:45.60
2	175/178	106/107	136	Francis Tuominen	73	M	Brooklyn Park	MN	00:19:28.29	00:48:25.18	00:41:02.34		01:55:46.17

Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	171/178	104/107	167	Don Meck	77	M	Siren	WI	00:17:04.16	00:38:58.08	00:37:25.38		01:46:27.15

Male Ages 85+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	178/178	107/107	203	Robert Powers	92	M	White Bear Lake	MN	00:38:21.37	00:58:20.90	01:07:08.63		02:52:04.41