

# Timberman Triathlon

July 9, 2016

## Overall Results

Note: Penalty list at end of results

### Sprint Individual

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	301	Brian Bich	M	50	Duluth	MN	00:09:10	1	1:34	00:00:59	00:27:41	1	24.3	00:00:43	00:18:11	2	6:03		00:56:42.44
2	20	Adam Himes	M	44	Minneapolis	MN	00:10:39	9	1:50	00:00:57	00:28:43	2	23.4	00:00:39	00:18:38	5	6:12		00:59:34.55
3	178	Lee Brown	M	24	Maple	WI	00:10:45	11	1:51	00:01:02	00:29:19	4	22.9	00:00:36	00:18:14	3	6:04		00:59:52.83
4	239	Josh Nordstrom	M	18	Minneapolis	MN	00:12:11	34	2:05	00:01:13	00:30:20	10	22.2	00:00:53	00:18:02	1	6:00		01:02:36.55
5	200	Joshua Kemp	M	17	Floodwood	MN	00:12:13	36	2:06	00:01:02	00:30:38	12	21.9	00:00:30	00:18:24	4	6:07		01:02:43.53
6	269	Jacob Braaten	M	24	Superior	WI	00:12:51	56	2:12	00:00:49	00:29:43	6	22.6	00:00:42	00:19:53	12	6:37		01:03:55.24
7	242	Philip Imholte	M	36	Grand Rapids	MN	00:10:19	6	1:46	00:00:56	00:32:53	26	20.4	00:00:44	00:19:28	8	6:29		01:04:17.54
8	125	Joel Paulson	M	34	Maple Grove	MN	00:12:28	44	2:08	00:01:09	00:29:44	7	22.6	00:00:46	00:20:18	17	6:45		01:04:22.30
9	349	Bettina Keppers	F	33	Duluth	MN	00:09:59	4	1:43	00:01:17	00:30:18	9	22.2	00:01:10	00:22:16	31	7:25		01:04:57.49
10	277	Josh Troumbly	M	37	Bovey	MN	00:12:20	40	2:07	00:01:35	00:29:28	5	22.8	00:00:52	00:20:46	19	6:55		01:04:58.79
11	294	Somer Schrock	M	20	Cohasset	MN	00:10:51	12	1:51	00:01:56	00:32:48	23	20.5	00:00:49	00:18:43	6	6:14		01:05:03.69
12	307	Thomas Loegering	M	33	West Fargo	ND	00:12:44	51	2:11	00:01:56	00:30:11	8	22.3	00:00:49	00:19:45	9	6:34		01:05:22.39
13	275	Daniel Duff	M	52	Duluth	MN	00:10:53	13	1:52	00:01:42	00:31:58	17	21.0	00:00:59	00:19:57	14	6:38		01:05:27.56
14	250	Craig Peterson	M	54	Minneapolis	MN	00:10:33	7	1:48	00:01:14	00:32:06	18	20.9	00:00:52	00:21:09	20	7:02		01:05:50.71
15	256	Tim Keppers	M	52	Duluth	MN	00:09:48	3	1:41	00:01:29	00:28:59	3	23.2	00:01:06	00:24:52	78	8:17		01:06:12.25
16	166	Craig Walli	M	34	Hibbinging	MN	00:12:16	38	2:06	00:00:55	00:30:34	11	22.0	00:00:46	00:21:54	27	7:17		01:06:23.73
17	221	Matt Evans	M	50	Eau Claire	WI	00:09:37	2	1:39	00:01:09	00:34:06	44	19.7	00:00:51	00:21:18	21	7:05		01:06:59.68
18	26	Tara Makinen	F	37	Grand Rapids	MN	00:12:06	31	2:04	00:01:08	00:31:39	16	21.2	00:00:55	00:21:30	24	7:09		01:07:15.86
19	25	Jena Ogston	F	45	Duluth	MN	00:11:15	16	1:56	00:01:29	00:33:05	29	20.3	00:00:51	00:21:56	28	7:18		01:08:34.71
20	280	Vasek Cervenka	M	17	Grand Rapids	MN	00:16:37	141	2:51	00:01:37	00:30:41	13	21.9	00:01:00	00:18:47	7	6:15		01:08:38.54
21	186	Luther Kemp	M	37	Hibbing	MN	00:12:03	29	2:04	00:01:01	00:31:34	15	21.3	00:00:46	00:23:30	57	7:49		01:08:51.52
22	83	Kaytlin Garrison	F	18	Cohasset	MN	00:12:10	33	2:05	00:01:08	00:32:52	25	20.5	00:00:58	00:22:21	33	7:26		01:09:26.79
23	191	Luke Zupan	M	28	Grand Rapids	MN	00:14:00	88	2:24	00:02:10	00:32:43	21	20.5	00:00:59	00:19:54	13	6:37		01:09:43.71
24	302	Michelle Breiland	F	39	Duluth	MN	00:10:15	5	1:45	00:01:27	00:34:14	47	19.6	00:01:15	00:22:39	40	7:32		01:09:48.30
25	236	Tony Mosser	M	44	Lakeville	MN	00:11:26	19	1:58	00:01:36	00:33:52	40	19.8	00:01:19	00:21:38	25	7:12		01:09:49.28
26	60	Ryan Dewy	M	37	Grand Rapids	MN	00:11:36	20	1:59	00:01:30	00:33:10	30	20.3	00:01:09	00:22:50	42	7:36		01:10:13.16
27	189	Joe Holz	M	36	Saginaw	MN	00:12:18	39	2:07	00:01:26	00:33:50	37	19.9	00:00:47	00:22:17	32	7:25		01:10:36.40
28	285	Jere Mohr	M	38	Duluth	MN	00:11:48	25	2:01	00:01:49	00:33:13	32	20.2	00:01:20	00:22:39	39	7:32		01:10:46.52
29	121	Brett Salo	M	53	Cohasset	MN	00:11:37	21	1:59	00:02:02	00:32:38	20	20.6	00:01:08	00:23:27	55	7:48		01:10:49.32
30	245	Joshua Feldman	M	40	Inver Grove Heights	MN	00:11:52	26	2:02	00:01:55	00:33:51	38	19.9	00:01:09	00:22:36	37	7:31		01:11:19.77
31	91	Doug Berg	M	48	Duluth	MN	00:12:56	61	2:13	00:01:18	00:32:29	19	20.7	00:01:15	00:23:26	53	7:48		01:11:21.93
32	163	Brad Spry	M	47	Walker	MN	00:11:17	18	1:56	00:02:24	00:33:23	35	20.1	00:01:07	00:23:20	52	7:46		01:11:29.26
33	211	Kevin Mullaney	M	21	Excelsior	MN	00:12:34	47	2:09	00:02:58	00:35:37	68	18.9	00:00:48	00:20:01	15	6:40		01:11:55.53
34	284	Brent Johnson	M	49	Superior	WI	00:12:48	53	2:12	00:01:55	00:32:58	28	20.4	00:01:09	00:23:41	60	7:53		01:12:30.45
35	228	Maisy Waech	F	16	Grand Rapids	MN	00:11:37	22	1:59	00:01:32	00:36:25	77	18.5	00:00:48	00:22:12	30	7:23		01:12:31.70
36	204	Daniel Radloff	M	45	Duluth	MN	00:13:46	82	2:22	00:01:30	00:31:03	14	21.6	00:01:16	00:25:07	82	8:22		01:12:40.58

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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	Pace
37	123	Brody Nelson	M	16	Harris	MN	00:11:40	23	2:00	00:01:04	00:35:12	61	19.1	00:00:47	00:24:01	66	8:00		01:12:42.36
38	164	Andrew Cook	M	17	Hibbing	MN	00:10:36	8	1:49	00:01:32	00:36:48	88	18.3	00:00:37	00:23:11	50	7:43		01:12:42.57
39	172	Kevin Haney	M	45	Duluth	MN	00:12:54	60	2:13	00:02:25	00:33:16	33	20.2	00:01:04	00:23:09	49	7:42		01:12:46.26
40	27	Jenna Truedson	F	19	Bemidji	MN	00:12:10	32	2:05	00:01:51	00:38:29	102	17.5	00:00:47	00:19:47	10	6:35		01:13:01.18
41	306	John Morey	M	32	Shoreview	MN	00:12:49	54	2:12	00:01:39	00:34:37	52	19.4	00:01:02	00:23:00	47	7:39		01:13:05.30
42	193	Joshua Leibfried	M	29	Minneapolis	MN	00:12:29	45	2:08	00:02:41	00:33:52	39	19.9	00:01:35	00:22:34	36	7:31		01:13:07.74
43	246	Megan Bettendorf	F	15	Duluth	MN	00:11:53	27	2:02	00:01:47	00:34:42	54	19.4	00:01:08	00:23:45	63	7:54		01:13:11.87
44	305	Lochlan Baird	M	17	Hibbing	MN	00:16:35	140	2:51	00:02:04	00:32:57	27	20.4	00:01:07	00:20:37	18	6:52		01:13:17.82
45	159	Curt Dimberio	M	45	Duluth	MN	00:15:14	107	2:37	00:01:35	00:34:18	48	19.6	00:01:10	00:21:26	23	7:08		01:13:40.48
46	232	Taylor Lundquist	F	17	Osseo	MN	00:13:20	72	2:17	00:01:22	00:35:19	63	19.0	00:00:55	00:22:49	41	7:36		01:13:42.97
47	240	Jared Nordstrom	M	15	Minneapolis	MN	00:13:57	85	2:23	00:01:51	00:37:19	94	18.0	00:00:50	00:19:51	11	6:36		01:13:45.75
48	281	Robert Smith	M	44	Cloquet	MN	00:13:47	83	2:22	00:02:28	00:36:45	86	18.3	00:00:55	00:20:01	16	6:40		01:13:53.58
49	234	Erik Riker-Coleman	M	44	Duluth	MN	00:12:22	42	2:07	00:01:30	00:33:56	42	19.8	00:01:03	00:25:14	84	8:24		01:14:02.58
50	262	Colin Kemp	M	20	Floodwood	MN	00:12:14	37	2:06	00:01:21	00:36:17	74	18.5	00:00:25	00:23:58	65	7:59		01:14:11.77
51	209	Tom Dehler	M	31	International Falls	MN	00:15:52	124	2:43	00:02:26	00:33:31	36	20.1	00:01:18	00:21:18	22	7:05		01:14:23.56
52	148	Jace Isaacs	M	18	Maple Grove	MN	00:13:03	65	2:14	00:01:38	00:36:39	83	18.3	00:00:31	00:22:36	38	7:31		01:14:24.18
53	199	Julie Kemp	F	43	Floodwood	MN	00:14:39	96	2:31	00:01:41	00:33:56	41	19.8	00:01:06	00:23:09	48	7:42		01:14:28.95
54	261	Cindy Crawford	F	53	Deephaven	MN	00:12:12	35	2:05	00:01:30	00:33:58	43	19.8	00:01:12	00:25:54	96	8:37		01:14:42.59
55	249	Paul Olson	M	58	Grand Rapids	MN	00:13:42	80	2:21	00:01:50	00:33:11	31	20.3	00:01:21	00:24:56	79	8:18		01:14:58.24
56	244	Julie Feldman	F	35	Inver Grove Heights	MN	00:13:07	66	2:15	00:01:24	00:35:27	65	19.0	00:01:07	00:24:07	67	8:02		01:15:09.84
57	214	Dan Fillbrandt	M	38	Bovey	MN	00:15:07	106	2:36	00:02:27	00:34:11	46	19.7	00:00:45	00:22:52	43	7:37		01:15:20.45
58	173	Joel Harris	M	48	Duluth	MN	00:13:27	75	2:18	00:01:32	00:34:35	51	19.4	00:01:01	00:24:50	77	8:16		01:15:21.58
59	157	Lee Braaten	M	54	Glenwood	MN	00:11:40	24	2:00	00:01:58	00:34:09	45	19.7	00:01:14	00:26:30	105	8:49		01:15:28.83
60	274	Amy Miller Hawkinson	F	40	Fargo	ND	00:16:10	133	2:46	00:01:33	00:35:11	58	19.1	00:01:12	00:21:51	26	7:16		01:15:55.61
61	187	Hilary Huntley	F	27	Duluth	MN	00:11:15	15	1:56	00:01:25	00:36:42	84	18.3	00:01:22	00:25:42	91	8:33		01:16:23.34
62	258	Judith Peters	F	56	Saint Cloud	MN	00:13:58	86	2:24	00:01:54	00:35:12	59	19.1	00:01:15	00:24:12	71	8:03		01:16:28.33
63	169	James Justus	M	53	Cohasset	MN	00:10:45	10	1:50	00:02:01	00:37:45	95	17.8	00:01:22	00:24:48	75	8:15		01:16:38.53
64	128	Ben Nicholson	M	41	Solon	IA	00:13:59	87	2:24	00:01:54	00:36:47	87	18.3	00:01:42	00:22:33	35	7:30		01:16:52.33
65	225	Colleen Mccormick	F	55	Ironton	MN	00:12:42	50	2:11	00:02:00	00:36:50	90	18.2	00:01:48	00:23:40	59	7:53		01:16:57.92
66	235	Brad Scott	M	43	Duluth	MN	00:13:45	81	2:21	00:02:05	00:34:43	55	19.4	00:01:07	00:25:25	88	8:28		01:17:02.69
67	162	Tony Tallman	M	47	Hopkins	MN	00:14:12	89	2:26	00:03:23	00:35:12	60	19.1	00:01:09	00:23:12	51	7:43		01:17:05.33
68	176	Jeff Tillman	M	47	Cohasset	MN	00:15:53	127	2:44	00:01:53	00:34:23	49	19.5	00:00:56	00:24:09	69	8:02		01:17:11.81
69	197	Bill Stroozas	M	60	Duluth	MN	00:12:38	48	2:10	00:01:47	00:36:49	89	18.3	00:01:11	00:24:56	80	8:18		01:17:18.84
70	144	Glen Drexler	M	42	Duluth	MN	00:13:11	70	2:16	00:01:40	00:36:09	73	18.6	00:01:00	00:25:32	89	8:30		01:17:29.48
71	289	Megan Ross	F	43	Fort Frances	ON	00:12:52	57	2:12	00:02:18	00:36:31	80	18.4	00:01:21	00:24:38	73	8:12		01:17:36.94
72	278	Randy Back	M	57	Superior	WI	00:17:21	153	2:59	00:01:52	00:33:17	34	20.2	00:01:16	00:24:10	70	8:03		01:17:54.65

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	188	Todd Ratcliff	M	50	Saint Paul	MN	00:12:01	28	2:04	00:02:56	00:37:19	93	18.0	00:01:45	00:24:08	68	8:02	01:18:05.59
74	283	Honza Cervenka	M	19	Grand Rapids	MN	00:17:21	154	2:59	00:02:03	00:35:57	70	18.7	00:00:32	00:22:22	34	7:27	01:18:12.58
75	216	Kyle Harju	M	52	Monticello	MN	00:13:10	68	2:15	00:02:39	00:35:16	62	19.1	00:01:17	00:26:08	99	8:42	01:18:27.55
76	224	Michael Clark	M	48	Rochester	MN	00:13:23	74	2:18	00:02:53	00:35:36	67	18.9	00:01:19	00:25:37	90	8:32	01:18:45.83
77	238	Sasha Shutter	F	40	Centennial	CO	00:12:31	46	2:09	00:01:36	00:38:49	105	17.3	00:01:09	00:24:50	76	8:16	01:18:52.60
78	248	Mark Rauschenfels	M	61	Duluth	MN	00:13:35	77	2:20	00:02:11	00:32:48	22	20.5	00:01:20	00:29:02	133	9:40	01:18:54.13
79	253	Terri Snell	F	47	Shoreview	MN	00:12:57	62	2:13	00:02:49	00:34:40	53	19.4	00:01:35	00:27:12	112	9:03	01:19:10.71
80	229	Ryan Baxley	M	32	Saint Paul	MN	00:17:02	148	2:55	00:02:06	00:36:22	75	18.5	00:00:54	00:23:00	46	7:39	01:19:21.27
81	131	Steve Otto	M	57	Cohasset	MN	00:15:53	125	2:43	00:02:14	00:36:43	85	18.3	00:00:44	00:23:56	64	7:58	01:19:26.83
82	264	Walter Knochenmus	M	55	Esko	MN	00:15:27	111	2:39	00:01:10	00:35:35	66	18.9	00:01:00	00:26:29	104	8:49	01:19:39.20
83	290	Austin Rohling	M	28	Grand Rapids	MN	00:10:56	14	1:52	00:02:40	00:40:07	125	16.8	00:00:50	00:25:19	87	8:26	01:19:48.83
84	226	Stephen Tufo	M	52	Minneapolis	MN	00:16:31	138	2:50	00:03:15	00:34:50	56	19.3	00:01:52	00:23:27	54	7:48	01:19:52.25
85	154	Tony Radloff	M	48	Saginaw	MN	00:16:38	142	2:51	00:01:47	00:34:27	50	19.5	00:01:56	00:25:15	85	8:24	01:19:59.98
86	233	Simone Lundquist	F	14	Osseo	MN	00:12:52	58	2:12	00:01:30	00:41:26	144	16.2	00:00:54	00:23:30	56	7:49	01:20:10.10
87	192	Jayson Newman	M	28	Grand Rapids	MN	00:12:59	63	2:14	00:02:40	00:39:39	119	17.0	00:00:42	00:24:48	74	8:15	01:20:44.92
88	205	Kimberly Radloff	F	43	Saginaw	MN	00:13:13	71	2:16	00:02:01	00:36:27	78	18.4	00:01:07	00:28:15	126	9:24	01:21:00.99
89	35	Sara Dougherty	F	54	Cloquet	MN	00:12:51	55	2:12	00:01:36	00:39:08	110	17.2	00:01:16	00:26:14	103	8:44	01:21:02.85
90	292	Leslie Stanaway	F	63	Minneapolis	MN	00:15:51	123	2:43	00:02:13	00:37:00	92	18.2	00:00:54	00:25:17	86	8:25	01:21:13.36
91	291	Troy Carlson	M	46	Duluth	MN	00:13:35	78	2:20	00:01:43	00:36:01	72	18.7	00:01:28	00:28:41	129	9:33	01:21:25.79
92	120	Quincy Shelp	F	12	Maple Plain	MN	00:12:54	59	2:13	00:02:20	00:39:38	118	17.0	00:01:41	00:25:09	83	8:22	01:21:39.66
93	265	Julie Knochenmus	F	50	Esko	MN	00:16:22	136	2:49	00:01:24	00:35:54	69	18.7	00:01:08	00:27:22	115	9:07	01:22:07.79
94	175	Jeff Cadwell	M	49	Grand Marais	MN	00:15:30	112	2:40	00:01:42	00:36:00	71	18.7	00:01:42	00:27:22	116	9:07	01:22:14.72
95	122	Sarah Leininger	F	33	Duluth	MN	00:15:45	118	2:42	00:02:24	00:36:51	91	18.2	00:01:38	00:26:13	102	8:44	01:22:49.10
96	348	Renee Saamanen	F	40	Duluth	MN	00:15:04	103	2:35	00:02:14	00:32:50	24	20.5	00:02:12	00:30:38	145	10:12	01:22:55.32
97	150	Lily Hess	F	14	Hibbing	MN	00:15:37	116	2:41	00:02:13	00:40:47	136	16.5	00:00:38	00:23:44	61	7:54	01:22:55.86
98	254	Jennifer Cornett	F	37	Blaine	MN	00:14:14	92	2:27	00:02:25	00:38:50	106	17.3	00:01:50	00:25:44	93	8:34	01:23:01.12
99	310	Chad Belanger	M	44	International Falls	MN	00:14:15	93	2:27	00:04:02	00:36:30	79	18.4	00:01:24	00:26:52	107	8:57	01:23:01.35
100	140	John Perich	M	31	Cedar Rapids	IA	00:13:11	69	2:16	00:03:34	00:37:55	97	17.7	00:01:46	00:26:58	109	8:59	01:23:21.84
101	126	Reid Pettersen	M	22	Minneapolis	MN	00:15:37	117	2:41	00:03:28	00:39:53	123	16.9	00:01:37	00:22:56	44	7:38	01:23:29.18
102	241	Ben Baker	M	22	Chanhassen	MN	00:16:33	139	2:50	00:02:40	00:39:45	120	16.9	00:01:36	00:22:57	45	7:38	01:23:29.34
103	208	Anna Dehler	F	28	International Falls	MN	00:16:41	143	2:52	00:02:09	00:39:01	108	17.2	00:01:09	00:25:00	81	8:19	01:23:56.74
104	231	Mark Peske	M	60	Deer River	MN	00:16:59	146	2:55	00:03:06	00:41:21	142	16.3	00:00:51	00:21:57	29	7:18	01:24:11.87
105	298	David Kooda	M	55	Grand Rapids	MN	00:15:07	105	2:36	00:03:09	00:38:05	98	17.6	00:00:58	00:27:16	113	9:05	01:24:31.97
106	276	Clifton Benham	M	29	Deer River	MN	00:17:41	156	3:02	00:02:12	00:40:16	129	16.7	00:00:54	00:23:35	58	7:51	01:24:36.15
107	76	Alana Jackson	F	25	Grand Rapids	MN	00:17:14	151	2:57	00:02:01	00:38:33	103	17.4	00:00:52	00:26:02	97	8:40	01:24:38.36
108	297	Cindy Shevich	F	45	Deer River	MN	00:15:33	113	2:40	00:01:45	00:39:16	112	17.1	00:01:02	00:27:19	114	9:06	01:24:53.27

# Timberman Triathlon

July 9, 2016

## Overall Results

Note: Penalty list at end of results

### Sprint Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	171	Amy Haney	F	43	Duluth	MN	00:15:05	104	2:35	00:01:55	00:39:48	122	16.9	00:00:49	00:27:29	118	9:09		01:25:04.66
110	218	Dan Smith	M	48	Saint Paul	MN	00:15:35	114	2:40	00:03:17	00:35:25	64	19.0	00:02:23	00:28:41	130	9:33		01:25:18.59
111	255	Susan Lamour	F	48	Inver Grove Heights	MN	00:14:12	90	2:26	00:02:36	00:36:24	76	18.5	00:02:09	00:30:06	141	10:01		01:25:24.55
112	137	Jaleh Nahvi	F	46	Inver Grove Heights	MN	00:13:09	67	2:15	00:02:10	00:40:31	133	16.6	00:01:33	00:28:08	125	9:22		01:25:28.22
113	293	Jill Silvernail	F	47	Saint Cloud	MN	00:15:54	128	2:44	00:02:03	00:38:42	104	17.4	00:01:58	00:27:00	110	8:59		01:25:34.11
114	181	Veronica Kaspszak	F	46	Hermantown	MN	00:14:48	98	2:32	00:02:11	00:41:30	146	16.2	00:01:20	00:25:52	95	8:37		01:25:38.99
115	135	Sue Holm	F	47	Deer River	MN	00:12:38	49	2:10	00:02:00	00:41:34	147	16.2	00:00:53	00:28:43	131	9:34		01:25:46.31
116	220	Jocelyn Hokkanen	F	25	Anoka	MN	00:12:28	43	2:08	00:01:42	00:39:26	115	17.0	00:01:15	00:31:16	151	10:25		01:26:04.50
117	217	Susan Tegt	F	37	Saint Paul	MN	00:15:00	101	2:34	00:03:13	00:38:11	99	17.6	00:01:33	00:28:21	128	9:26		01:26:15.86
118	215	Marc Chiodo	M	58	Minneapolis	MN	00:15:55	129	2:44	00:02:20	00:34:58	57	19.2	00:03:24	00:29:50	138	9:56		01:26:23.86
119	146	Todd Isaacs	M	51	Maple Grove	MN	00:19:32	168	3:21	00:01:28	00:36:36	82	18.4	00:00:46	00:28:15	127	9:24		01:26:34.64
120	179	Brandy Kramer	F	35	Saint Cloud	MN	00:17:24	155	2:59	00:02:43	00:41:10	141	16.3	00:00:54	00:24:30	72	8:09		01:26:37.78
121	180	Jennifer Chirhart	F	35	Saint Cloud	MN	00:13:00	64	2:14	00:02:38	00:40:14	128	16.7	00:01:02	00:29:48	137	9:55		01:26:37.98
122	230	Megan Kakela	F	31	Saint Paul	MN	00:15:47	119	2:42	00:02:12	00:40:00	124	16.8	00:01:50	00:27:04	111	9:01		01:26:50.36
123	247	Eric Omdahl	M	39	Saint Charles	MN	00:16:15	135	2:47	00:03:19	00:37:46	96	17.8	00:01:40	00:28:00	121	9:19		01:26:58.26
124	201	Mallery Lind	F	17	Hibbing	MN	00:13:40	79	2:21	00:02:03	00:43:44	161	15.4	00:01:26	00:26:13	100	8:44		01:27:02.78
125	213	Alex Lindorff	M	32	Minneapolis	MN	00:17:14	152	2:58	00:03:25	00:41:50	150	16.1	00:00:58	00:23:44	62	7:54		01:27:09.60
126	147	Edyn Isaacs	F	20	Maple Grove	MN	00:11:16	17	1:56	00:02:46	00:43:26	157	15.5	00:00:51	00:29:42	136	9:53		01:27:58.37
127	145	Doug Jost	M	61	Hugo	MN	00:15:24	110	2:39	00:02:37	00:38:27	101	17.5	00:01:44	00:30:00	140	9:59		01:28:10.61
128	183	Jason Skiple	M	45	Fargo	ND	00:13:54	84	2:23	00:03:10	00:39:09	111	17.2	00:01:18	00:31:12	150	10:23		01:28:40.90
129	182	Bob Carlson	M	65	Minneapolis	MN	00:16:43	144	2:52	00:04:13	00:39:19	113	17.1	00:02:27	00:26:02	98	8:40		01:28:42.86
130	304	Nancy Witherspoon	F	58	Fort Frances	ON	00:18:30	162	3:11	00:02:12	00:39:32	116	17.0	00:00:46	00:28:04	123	9:21		01:29:00.62
131	257	Renee Keppers	F	52	Duluth	MN	00:14:55	100	2:34	00:02:21	00:36:34	81	18.4	00:01:14	00:34:01	162	11:20		01:29:02.20
132	130	Kai Johnson	M	31	Laguna Hills	CA	00:15:49	121	2:43	00:03:29	00:39:32	117	17.0	00:00:45	00:29:31	135	9:50		01:29:03.98
133	350	Chad Troumbly	M	39	Grand Rapids	MN	00:15:50	122	2:43	00:02:24	00:40:32	134	16.6	00:01:09	00:29:12	134	9:43		01:29:04.18
134	212	Carolan Janssen	F	18	Grand Rapids	MN	00:15:53	126	2:44	00:02:29	00:43:48	162	15.3	00:00:43	00:26:30	106	8:49		01:29:20.22
135	219	Stephanie Kemp	F	35	Hibbing	MN	00:15:37	115	2:41	00:01:52	00:42:52	155	15.7	00:01:39	00:27:36	119	9:11		01:29:33.37
136	259	Lori Durbin	F	53	Fort Frances	ON	00:14:20	94	2:28	00:02:19	00:41:30	145	16.2	00:00:58	00:30:38	144	10:12		01:29:42.57
137	287	Zach Kitkowski	M	38	Chicago	IL	00:17:43	157	3:02	00:02:23	00:38:24	100	17.5	00:01:36	00:29:50	139	9:56		01:29:53.91
138	177	Laura Helmbrecht	F	29	Minneapolis	MN	00:12:21	41	2:07	00:02:59	00:41:53	151	16.0	00:01:37	00:31:56	155	10:38		01:30:43.42
139	143	Erika Blesener	F	18	Cloquet	MN	00:15:02	102	2:35	00:01:21	00:42:20	154	15.9	00:01:32	00:31:36	154	10:31		01:31:48.12
140	252	Sarah Nevalainen	F	33	Kabetogama	MN	00:18:26	161	3:10	00:03:56	00:42:52	156	15.7	00:00:58	00:25:44	94	8:34		01:31:53.87
141	268	Erin Reisdorf	F	35	Chanhassenn	MN	00:16:04	132	2:45	00:02:46	00:41:08	139	16.3	00:01:08	00:31:00	147	10:19		01:32:05.24
142	271	Nicole Fleming	F	39	Duluth	MN	00:15:14	108	2:37	00:02:09	00:39:04	109	17.2	00:01:53	00:33:47	161	11:15		01:32:05.29
143	158	Arndt Braaten	M	56	Duluth	MN	00:12:44	52	2:11	00:05:53	00:39:23	114	17.1	00:03:54	00:30:21	143	10:06		01:32:12.10
144	303	David Lutz	M	53	Cohasset	MN	00:17:49	159	3:03	00:02:54	00:44:09	163	15.2	00:00:56	00:26:54	108	8:57		01:32:39.29

# Timberman Triathlon

July 9, 2016

## Overall Results

Note: Penalty list at end of results

### Sprint Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
145	139	Christi Perich	F	30	Cedar Rapids	IA	00:14:13	91	2:26	00:03:45	00:41:55	152	16.0	00:02:09	00:30:51	146	10:16		01:32:51.11
146	141	Bob Fox	M	61	Carlton	MN	00:16:00	130	2:45	00:02:30	00:40:09	126	16.7	00:02:06	00:32:28	158	10:49		01:33:10.37
147	266	Colleen McCormack	F	49	Hibbing	MN	00:17:04	149	2:56	00:02:41	00:42:09	153	15.9	00:01:08	00:31:04	148	10:21		01:34:03.20
148	251	Lisa Peterson	F	55	Minneapolis	MN	00:19:43	170	3:23	00:02:20	00:39:45	121	16.9	00:01:24	00:31:19	152	10:26		01:34:28.39
149	237	Morgan Bell	F	14	Buffalo	MN	00:16:51	145	2:54	00:01:19	00:48:09	169	14.0	00:00:43	00:27:29	117	9:09		01:34:28.49
150	273	Darla Smith	F	44	Anoka	MN	00:16:15	134	2:47	00:03:48	00:43:36	160	15.4	00:03:07	00:28:05	124	9:21		01:34:48.13
151	227	Rona Krenik	F	47	Shakopee	MN	00:12:05	30	2:04	00:07:16	00:40:27	132	16.6	00:02:56	00:32:11	157	10:43		01:34:53.14
152	190	Owen Braaten	M	50	Minneapolis	MN	00:14:45	97	2:32	00:04:15	00:40:23	131	16.6	00:02:12	00:33:46	160	11:15		01:35:19.31
153	223	Shawn Mahaney	M	30	Prior Lake	MN	00:22:33	174	3:52	00:03:43	00:41:47	149	16.1	00:01:20	00:28:01	122	9:20		01:37:20.99
154	210	Carrie Riley	F	44	Cohasset	MN	00:18:15	160	3:08	00:04:30	00:47:42	167	14.1	00:01:18	00:25:42	92	8:33		01:37:24.56
155	71	Chris Dahlberg	M	55	Duluth	MN	00:25:07	175	4:19	00:03:17	00:40:12	127	16.7	00:01:52	00:27:43	120	9:14		01:38:08.69
156	161	Sara Rick	F	38	Litchfield	MN	00:13:33	76	2:19	00:02:42	00:49:16	172	13.6	00:01:21	00:31:25	153	10:28		01:38:15.30
157	198	Joe Kandiko	M	66	Excelsior	MN	00:14:33	95	2:30	00:03:26	00:40:33	135	16.6	00:03:34	00:36:33	169	12:10		01:38:35.94
158	300	Jason Williams	M	43	Remer	MN	00:15:20	109	2:38	00:02:40	00:41:08	138	16.3	00:02:54	00:37:10	171	12:23		01:39:09.13
159	174	Megan Teale	F	30	Chanhassen	MN	00:15:47	120	2:42	00:02:32	00:43:29	158	15.5	00:02:19	00:35:27	165	11:48		01:39:30.36
160	296	Susan Hjort	F	48	Duluth	MN	00:14:51	99	2:33	00:02:50	00:48:25	170	13.9	00:01:22	00:32:10	156	10:43		01:39:34.54
161	202	Nancy Roehr	F	63	Minneapolis	MN	00:17:47	158	3:03	00:03:04	00:40:49	137	16.5	00:02:15	00:35:49	166	11:56		01:39:41.29
162	127	James Dickinson	M	56	Grand Forks	ND	00:19:22	166	3:19	00:03:08	00:41:09	140	16.3	00:02:00	00:34:05	163	11:21		01:39:41.63
163	138	Todd Kruse	M	51	Inver Grove Heights	MN	00:19:36	169	3:22	00:03:26	00:41:22	143	16.2	00:02:21	00:33:13	159	11:04		01:39:55.63
164	295	Aaron Hjort	M	16	Duluth	MN	00:13:20	73	2:17	00:03:58	00:51:18	176	13.1	00:01:09	00:30:14	142	10:04		01:39:56.22
165	270	John White	M	38	Hibbing	MN	00:28:06	177	4:50	00:03:28	00:41:34	148	16.2	00:03:07	00:26:13	101	8:44		01:42:26.86
166	153	Thomas Pearson	M	63	Saint Paul	MN	00:19:18	165	3:19	00:03:33	00:43:34	159	15.4	00:02:17	00:35:24	164	11:47		01:44:03.60
167	286	Mark Stange	M	70	Shoreview	MN	00:16:30	137	2:50	00:02:33	00:40:19	130	16.7	00:03:13	00:42:13	175	14:04		01:44:45.60
168	196	Daniel Zemke	M	47	Oronoco	MN	00:27:08	176	4:40	00:03:15	00:45:00	165	14.9	00:00:58	00:28:46	132	9:35		01:45:04.32
169	195	Joshua Zemke	M	16	Oronoco	MN	00:21:37	173	3:43	00:02:34	00:44:24	164	15.1	00:01:15	00:36:31	168	12:10		01:46:18.64
170	184	Casey Mahaney	F	37	Prior Lake	MN	00:18:38	164	3:12	00:04:49	00:50:12	175	13.4	00:01:34	00:31:11	149	10:23		01:46:21.43
171	167	Don Meck	M	77	Siren	WI	00:17:05	150	2:56	00:05:39	00:38:59	107	17.2	00:07:22	00:37:26	172	12:28		01:46:27.15
172	152	Susan Voigt	F	60	Saint Paul	MN	00:17:00	147	2:55	00:03:07	00:49:34	173	13.6	00:01:13	00:36:51	170	12:16		01:47:42.11
173	267	Dominic Nalan	M	15	Grand Rapids	MN	00:20:26	171	3:30	00:02:28	00:47:58	168	14.0	00:01:22	00:36:28	167	12:09		01:48:38.85
174	288	Sara Breneman	F	38	Chicago	IL	00:18:37	163	3:12	00:04:13	00:47:34	166	14.1	00:02:19	00:38:43	173	12:54		01:51:23.35
175	136	Francis Tuominen	M	73	Brooklyn Park	MN	00:19:29	167	3:21	00:03:53	00:48:26	171	13.9	00:02:59	00:41:03	174	13:40		01:55:46.17
176	282	Abigail Smith	F	14	Cloquet	MN	00:16:04	131	2:45	00:02:13	00:53:07	177	12.7	00:01:12	00:45:04	176	15:01		01:57:36.62
177	155	Paula Andrist	F	41	Saint Cloud	MN	00:21:28	172	3:41	00:02:53	00:49:40	174	13.5	00:01:43	00:45:34	177	15:11		02:01:15.33
178	203	Robert Powers	M	92	White Bear Lake	MN	00:38:22	178	6:36	00:05:00	00:58:21	178	11.5	00:03:14	01:07:09	178	22:22		02:52:04.41

# Timberman Triathlon

July 9, 2016

## Did Not Finish or Disqualified

### Sprint Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
DQ	129	John Shelp	M	44	Maple Plain	MN	00:22:25	3:51	00:02:47	00:22:28	29.9	00:11:54	00:25:12	8:23		01:24:43	
DQ	185	Penny Agar	F	62	Duluth	MN	00:14:13	2:26	00:02:09	00:22:17	30.2	00:01:42	00:31:11	10:23		01:11:30	