

Timberman Triathlon

July 9, 2016

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	349	Bettina Keppers	F	33	Duluth	MN	00:09:59	1	1:43	00:01:17	00:30:18	1	22.2	00:01:10	00:22:16	6	7:25		01:04:57.49
2	26	Tara Makinen	F	37	Grand Rapids	MN	00:12:06	9	2:04	00:01:08	00:31:39	2	21.2	00:00:55	00:21:30	2	7:09		01:07:15.86
3	25	Jena Ogston	F	45	Duluth	MN	00:11:15	4	1:56	00:01:29	00:33:05	5	20.3	00:00:51	00:21:56	4	7:18		01:08:34.71
4	83	Kaytlin Garrison	F	18	Cohasset	MN	00:12:10	11	2:05	00:01:08	00:32:52	4	20.5	00:00:58	00:22:21	7	7:26		01:09:26.79
5	302	Michelle Breiland	F	39	Duluth	MN	00:10:15	2	1:45	00:01:27	00:34:14	8	19.6	00:01:15	00:22:39	8	7:32		01:09:48.30
6	228	Maisy Waech	F	16	Grand Rapids	MN	00:11:37	6	1:59	00:01:32	00:36:25	17	18.5	00:00:48	00:22:12	5	7:23		01:12:31.70
7	27	Jenna Truedson	F	19	Bemidji	MN	00:12:10	10	2:05	00:01:51	00:38:29	26	17.5	00:00:47	00:19:47	1	6:35		01:13:01.18
8	246	Megan Bettendorf	F	15	Duluth	MN	00:11:53	7	2:02	00:01:47	00:34:42	10	19.4	00:01:08	00:23:45	14	7:54		01:13:11.87
9	232	Taylor Lundquist	F	17	Osseo	MN	00:13:20	27	2:17	00:01:22	00:35:19	13	19.0	00:00:55	00:22:49	9	7:36		01:13:42.97
10	199	Julie Kemp	F	43	Floodwood	MN	00:14:39	35	2:31	00:01:41	00:33:56	6	19.8	00:01:06	00:23:09	10	7:42		01:14:28.95
11	261	Cindy Crawford	F	53	Deephaven	MN	00:12:12	12	2:05	00:01:30	00:33:58	7	19.8	00:01:12	00:25:54	28	8:37		01:14:42.59
12	244	Julie Feldman	F	35	Inver Grove Heights	MN	00:13:07	24	2:15	00:01:24	00:35:27	14	19.0	00:01:07	00:24:07	15	8:02		01:15:09.84
13	274	Amy Miller Hawkinson	F	40	Fargo	ND	00:16:10	55	2:46	00:01:33	00:35:11	11	19.1	00:01:12	00:21:51	3	7:16		01:15:55.61
14	187	Hilary Huntley	F	27	Duluth	MN	00:11:15	3	1:56	00:01:25	00:36:42	21	18.3	00:01:22	00:25:42	23	8:33		01:16:23.34
15	258	Judith Peters	F	56	Saint Cloud	MN	00:13:58	30	2:24	00:01:54	00:35:12	12	19.1	00:01:15	00:24:12	16	8:03		01:16:28.33
16	225	Colleen McCormick	F	55	Ironton	MN	00:12:42	17	2:11	00:02:00	00:36:50	22	18.2	00:01:48	00:23:40	12	7:53		01:16:57.92
17	289	Megan Ross	F	43	Fort Frances	ON	00:12:52	19	2:12	00:02:18	00:36:31	19	18.4	00:01:21	00:24:38	18	8:12		01:17:36.94
18	238	Sasha Shutter	F	40	Centennial	CO	00:12:31	15	2:09	00:01:36	00:38:49	29	17.3	00:01:09	00:24:50	19	8:16		01:18:52.60
19	253	Terri Snell	F	47	Shoreview	MN	00:12:57	22	2:13	00:02:49	00:34:40	9	19.4	00:01:35	00:27:12	36	9:03		01:19:10.71
20	233	Simone Lundquist	F	14	Osseo	MN	00:12:52	20	2:12	00:01:30	00:41:26	48	16.2	00:00:54	00:23:30	11	7:49		01:20:10.10
21	205	Kimberly Radloff	F	43	Saginaw	MN	00:13:13	26	2:16	00:02:01	00:36:27	18	18.4	00:01:07	00:28:15	45	9:24		01:21:00.99
22	35	Sara Dougherty	F	54	Cloquet	MN	00:12:51	18	2:12	00:01:36	00:39:08	33	17.2	00:01:16	00:26:14	32	8:44		01:21:02.85
23	292	Leslie Stanaway	F	63	Minneapolis	MN	00:15:51	50	2:43	00:02:13	00:37:00	24	18.2	00:00:54	00:25:17	22	8:25		01:21:13.36
24	120	Quincy Shelp	F	12	Maple Plain	MN	00:12:54	21	2:13	00:02:20	00:39:38	37	17.0	00:01:41	00:25:09	21	8:22		01:21:39.66
25	265	Julie Knochenmus	F	50	Esco	MN	00:16:22	57	2:49	00:01:24	00:35:54	15	18.7	00:01:08	00:27:22	38	9:07		01:22:07.79
26	122	Sarah Leininger	F	33	Duluth	MN	00:15:45	47	2:42	00:02:24	00:36:51	23	18.2	00:01:38	00:26:13	31	8:44		01:22:49.10
27	348	Renee Saamanen	F	40	Duluth	MN	00:15:04	41	2:35	00:02:14	00:32:50	3	20.5	00:02:12	00:30:38	52	10:12		01:22:55.32
28	150	Lily Hess	F	14	Hibbing	MN	00:15:37	46	2:41	00:02:13	00:40:47	44	16.5	00:00:38	00:23:44	13	7:54		01:22:55.86
29	254	Jennifer Cornett	F	37	Blaine	MN	00:14:14	33	2:27	00:02:25	00:38:50	30	17.3	00:01:50	00:25:44	25	8:34		01:23:01.12
30	208	Anna Dehler	F	28	International Falls	MN	00:16:41	58	2:52	00:02:09	00:39:01	31	17.2	00:01:09	00:25:00	20	8:19		01:23:56.74
31	76	Alana Jackson	F	25	Grand Rapids	MN	00:17:14	62	2:57	00:02:01	00:38:33	27	17.4	00:00:52	00:26:02	29	8:40		01:24:38.36
32	297	Cindy Shevich	F	45	Deer River	MN	00:15:33	44	2:40	00:01:45	00:39:16	34	17.1	00:01:02	00:27:19	37	9:06		01:24:53.27
33	171	Amy Haney	F	43	Duluth	MN	00:15:05	42	2:35	00:01:55	00:39:48	39	16.9	00:00:49	00:27:29	40	9:09		01:25:04.66
34	255	Susan Lamour	F	48	Inver Grove Heights	MN	00:14:12	31	2:26	00:02:36	00:36:24	16	18.5	00:02:09	00:30:06	50	10:01		01:25:24.55
35	137	Jaleh Nahvi	F	46	Inver Grove Heights	MN	00:13:09	25	2:15	00:02:10	00:40:31	43	16.6	00:01:33	00:28:08	44	9:22		01:25:28.22

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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
36	293	Jill Silvernail	F	47	Saint Cloud	MN	00:15:54	52	2:44	00:02:03	00:38:42	28	17.4	00:01:58	00:27:00	34	8:59		01:25:34.11
37	181	Veronica Kaspszak	F	46	Hermantown	MN	00:14:48	36	2:32	00:02:11	00:41:30	50	16.2	00:01:20	00:25:52	27	8:37		01:25:38.99
38	135	Sue Holm	F	47	Deer River	MN	00:12:38	16	2:10	00:02:00	00:41:34	51	16.2	00:00:53	00:28:43	47	9:34		01:25:46.31
39	220	Jocelyn Hokkanen	F	25	Anoka	MN	00:12:28	14	2:08	00:01:42	00:39:26	35	17.0	00:01:15	00:31:16	57	10:25		01:26:04.50
40	217	Susan Tegt	F	37	Saint Paul	MN	00:15:00	39	2:34	00:03:13	00:38:11	25	17.6	00:01:33	00:28:21	46	9:26		01:26:15.86
41	179	Brandy Kramer	F	35	Saint Cloud	MN	00:17:24	63	2:59	00:02:43	00:41:10	47	16.3	00:00:54	00:24:30	17	8:09		01:26:37.78
42	180	Jennifer Chirhart	F	35	Saint Cloud	MN	00:13:00	23	2:14	00:02:38	00:40:14	41	16.7	00:01:02	00:29:48	49	9:55		01:26:37.98
43	230	Megan Kakela	F	31	Saint Paul	MN	00:15:47	48	2:42	00:02:12	00:40:00	40	16.8	00:01:50	00:27:04	35	9:01		01:26:50.36
44	201	Mallery Lind	F	17	Hibbing	MN	00:13:40	29	2:21	00:02:03	00:43:44	61	15.4	00:01:26	00:26:13	30	8:44		01:27:02.78
45	147	Edyn Isaacs	F	20	Maple Grove	MN	00:11:16	5	1:56	00:02:46	00:43:26	58	15.5	00:00:51	00:29:42	48	9:53		01:27:58.37
46	304	Nancy Witherspoon	F	58	Fort Frances	ON	00:18:30	67	3:11	00:02:12	00:39:32	36	17.0	00:00:46	00:28:04	42	9:21		01:29:00.62
47	257	Renee Keppers	F	52	Duluth	MN	00:14:55	38	2:34	00:02:21	00:36:34	20	18.4	00:01:14	00:34:01	65	11:20		01:29:02.20
48	212	Carolann Janssen	F	18	Grand Rapids	MN	00:15:53	51	2:44	00:02:29	00:43:48	62	15.3	00:00:43	00:26:30	33	8:49		01:29:20.22
49	219	Stephanie Kemp	F	35	Hibbing	MN	00:15:37	45	2:41	00:01:52	00:42:52	56	15.7	00:01:39	00:27:36	41	9:11		01:29:33.37
50	259	Lori Durbin	F	53	Fort Frances	ON	00:14:20	34	2:28	00:02:19	00:41:30	49	16.2	00:00:58	00:30:38	51	10:12		01:29:42.57
51	177	Laura Helmbrecht	F	29	Minneapolis	MN	00:12:21	13	2:07	00:02:59	00:41:53	52	16.0	00:01:37	00:31:56	61	10:38		01:30:43.42
52	143	Erika Blesener	F	18	Cloquet	MN	00:15:02	40	2:35	00:01:21	00:42:20	55	15.9	00:01:32	00:31:36	60	10:31		01:31:48.12
53	252	Sarah Nevalainen	F	33	Kabetogama	MN	00:18:26	66	3:10	00:03:56	00:42:52	57	15.7	00:00:58	00:25:44	26	8:34		01:31:53.87
54	268	Erin Reisdorf	F	35	Chanhassenn	MN	00:16:04	54	2:45	00:02:46	00:41:08	46	16.3	00:01:08	00:31:00	54	10:19		01:32:05.24
55	271	Nicole Fleming	F	39	Duluth	MN	00:15:14	43	2:37	00:02:09	00:39:04	32	17.2	00:01:53	00:33:47	64	11:15		01:32:05.29
56	139	Christi Perich	F	30	Cedar Rapids	IA	00:14:13	32	2:26	00:03:45	00:41:55	53	16.0	00:02:09	00:30:51	53	10:16		01:32:51.11
57	266	Colleen McCormack	F	49	Hibbing	MN	00:17:04	61	2:56	00:02:41	00:42:09	54	15.9	00:01:08	00:31:04	55	10:21		01:34:03.20
58	251	Lisa Peterson	F	55	Minneapolis	MN	00:19:43	70	3:23	00:02:20	00:39:45	38	16.9	00:01:24	00:31:19	58	10:26		01:34:28.39
59	237	Morgan Bell	F	14	Buffalo	MN	00:16:51	59	2:54	00:01:19	00:48:09	65	14.0	00:00:43	00:27:29	39	9:09		01:34:28.49
60	273	Darla Smith	F	44	Anoka	MN	00:16:15	56	2:47	00:03:48	00:43:36	60	15.4	00:03:07	00:28:05	43	9:21		01:34:48.13
61	227	Rona Krenik	F	47	Shakopee	MN	00:12:05	8	2:04	00:07:16	00:40:27	42	16.6	00:02:56	00:32:11	63	10:43		01:34:53.14
62	210	Carrie Riley	F	44	Cohasset	MN	00:18:15	65	3:08	00:04:30	00:47:42	64	14.1	00:01:18	00:25:42	24	8:33		01:37:24.56
63	161	Sara Rick	F	38	Litchfield	MN	00:13:33	28	2:19	00:02:42	00:49:16	67	13.6	00:01:21	00:31:25	59	10:28		01:38:15.30
64	174	Megan Teale	F	30	Chanhassen	MN	00:15:47	49	2:42	00:02:32	00:43:29	59	15.5	00:02:19	00:35:27	66	11:48		01:39:30.36
65	296	Susan Hjort	F	48	Duluth	MN	00:14:51	37	2:33	00:02:50	00:48:25	66	13.9	00:01:22	00:32:10	62	10:43		01:39:34.54
66	202	Nancy Roehr	F	63	Minneapolis	MN	00:17:47	64	3:03	00:03:04	00:40:49	45	16.5	00:02:15	00:35:49	67	11:56		01:39:41.29
67	184	Casey Mahaney	F	37	Prior Lake	MN	00:18:38	69	3:12	00:04:49	00:50:12	70	13.4	00:01:34	00:31:11	56	10:23		01:46:21.43
68	152	Susan Voigt	F	60	Saint Paul	MN	00:17:00	60	2:55	00:03:07	00:49:34	68	13.6	00:01:13	00:36:51	68	12:16		01:47:42.11
69	288	Sara Breneman	F	38	Chicago	IL	00:18:37	68	3:12	00:04:13	00:47:34	63	14.1	00:02:19	00:38:43	69	12:54		01:51:23.35
70	282	Abigail Smith	F	14	Cloquet	MN	00:16:04	53	2:45	00:02:13	00:53:07	71	12.7	00:01:12	00:45:04	70	15:01		01:57:36.62

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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	155	Paula Andrist	F	41	Saint Cloud	MN	00:21:28	71	3:41	00:02:53	00:49:40	69	13.5	00:01:43	00:45:34	71	15:11		02:01:15.33

Timberman Triathlon

July 9, 2016

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	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	7	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	9	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	23	2:05	00:01:13	00:30:20	9	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	24	2:06	00:01:02	00:30:38	11	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	38	2:12	00:00:49	00:29:43	6	22.6	00:00:42	00:19:53	11	6:37		01:03:55.24
7	242	Philip Imholte	M	36	Grand Rapids	MN	00:10:19	4	1:46	00:00:56	00:32:53	22	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	30	2:08	00:01:09	00:29:44	7	22.6	00:00:46	00:20:18	16	6:45		01:04:22.30
9	277	Josh Troumbly	M	37	Bovey	MN	00:12:20	28	2:07	00:01:35	00:29:28	5	22.8	00:00:52	00:20:46	18	6:55		01:04:58.79
10	294	Somer Schrock	M	20	Cohasset	MN	00:10:51	10	1:51	00:01:56	00:32:48	21	20.5	00:00:49	00:18:43	6	6:14		01:05:03.69
11	307	Thomas Loegering	M	33	West Fargo	ND	00:12:44	34	2:11	00:01:56	00:30:11	8	22.3	00:00:49	00:19:45	9	6:34		01:05:22.39
12	275	Daniel Duff	M	52	Duluth	MN	00:10:53	11	1:52	00:01:42	00:31:58	15	21.0	00:00:59	00:19:57	13	6:38		01:05:27.56
13	250	Craig Peterson	M	54	Minneapolis	MN	00:10:33	5	1:48	00:01:14	00:32:06	16	20.9	00:00:52	00:21:09	19	7:02		01:05:50.71
14	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	59	8:17		01:06:12.25
15	166	Craig Walli	M	34	Hibbinging	MN	00:12:16	26	2:06	00:00:55	00:30:34	10	22.0	00:00:46	00:21:54	24	7:17		01:06:23.73
16	221	Matt Evans	M	50	Eau Claire	WI	00:09:37	2	1:39	00:01:09	00:34:06	37	19.7	00:00:51	00:21:18	20	7:05		01:06:59.68
17	280	Vasek Cervenka	M	17	Grand Rapids	MN	00:16:37	84	2:51	00:01:37	00:30:41	12	21.9	00:01:00	00:18:47	7	6:15		01:08:38.54
18	186	Luther Kemp	M	37	Hibbing	MN	00:12:03	22	2:04	00:01:01	00:31:34	14	21.3	00:00:46	00:23:30	46	7:49		01:08:51.52
19	191	Luke Zupan	M	28	Grand Rapids	MN	00:14:00	58	2:24	00:02:10	00:32:43	19	20.5	00:00:59	00:19:54	12	6:37		01:09:43.71
20	236	Tony Mosser	M	44	Lakeville	MN	00:11:26	14	1:58	00:01:36	00:33:52	35	19.8	00:01:19	00:21:38	23	7:12		01:09:49.28
21	60	Ryan Dewy	M	37	Grand Rapids	MN	00:11:36	15	1:59	00:01:30	00:33:10	25	20.3	00:01:09	00:22:50	33	7:36		01:10:13.16
22	189	Joe Holz	M	36	Saginaw	MN	00:12:18	27	2:07	00:01:26	00:33:50	32	19.9	00:00:47	00:22:17	26	7:25		01:10:36.40
23	285	Jere Mohr	M	38	Duluth	MN	00:11:48	19	2:01	00:01:49	00:33:13	27	20.2	00:01:20	00:22:39	32	7:32		01:10:46.52
24	121	Brett Salo	M	53	Cohasset	MN	00:11:37	16	1:59	00:02:02	00:32:38	18	20.6	00:01:08	00:23:27	45	7:48		01:10:49.32
25	245	Joshua Feldman	M	40	Inver Grove Heights	MN	00:11:52	20	2:02	00:01:55	00:33:51	33	19.9	00:01:09	00:22:36	30	7:31		01:11:19.77
26	91	Doug Berg	M	48	Duluth	MN	00:12:56	40	2:13	00:01:18	00:32:29	17	20.7	00:01:15	00:23:26	43	7:48		01:11:21.93
27	163	Brad Spry	M	47	Walker	MN	00:11:17	13	1:56	00:02:24	00:33:23	30	20.1	00:01:07	00:23:20	42	7:46		01:11:29.26
28	211	Kevin Mullaney	M	21	Excelsior	MN	00:12:34	32	2:09	00:02:58	00:35:37	54	18.9	00:00:48	00:20:01	14	6:40		01:11:55.53
29	284	Brent Johnson	M	49	Superior	WI	00:12:48	36	2:12	00:01:55	00:32:58	24	20.4	00:01:09	00:23:41	48	7:53		01:12:30.45
30	204	Daniel Radloff	M	45	Duluth	MN	00:13:46	53	2:22	00:01:30	00:31:03	13	21.6	00:01:16	00:25:07	62	8:22		01:12:40.58
31	123	Brody Nelson	M	16	Harris	MN	00:11:40	17	2:00	00:01:04	00:35:12	49	19.1	00:00:47	00:24:01	52	8:00		01:12:42.36
32	164	Andrew Cook	M	17	Hibbing	MN	00:10:36	6	1:49	00:01:32	00:36:48	67	18.3	00:00:37	00:23:11	40	7:43		01:12:42.57
33	172	Kevin Haney	M	45	Duluth	MN	00:12:54	39	2:13	00:02:25	00:33:16	28	20.2	00:01:04	00:23:09	39	7:42		01:12:46.26
34	306	John Morey	M	32	Shoreview	MN	00:12:49	37	2:12	00:01:39	00:34:37	44	19.4	00:01:02	00:23:00	38	7:39		01:13:05.30
35	193	Joshua Leibfried	M	29	Minneapolis	MN	00:12:29	31	2:08	00:02:41	00:33:52	34	19.9	00:01:35	00:22:34	29	7:31		01:13:07.74

Timberman Triathlon

July 9, 2016

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
36	305	Lochlan Baird	M	17	Hibbing	MN	00:16:35	83	2:51	00:02:04	00:32:57	23	20.4	00:01:07	00:20:37	17	6:52		01:13:17.82
37	159	Curt Dimberio	M	45	Duluth	MN	00:15:14	65	2:37	00:01:35	00:34:18	40	19.6	00:01:10	00:21:26	22	7:08		01:13:40.48
38	240	Jared Nordstrom	M	15	Minneapolis	MN	00:13:57	56	2:23	00:01:51	00:37:19	70	18.0	00:00:50	00:19:51	10	6:36		01:13:45.75
39	281	Robert Smith	M	44	Cloquet	MN	00:13:47	54	2:22	00:02:28	00:36:45	65	18.3	00:00:55	00:20:01	15	6:40		01:13:53.58
40	234	Erik Riker-Coleman	M	44	Duluth	MN	00:12:22	29	2:07	00:01:30	00:33:56	36	19.8	00:01:03	00:25:14	63	8:24		01:14:02.58
41	262	Colin Kemp	M	20	Floodwood	MN	00:12:14	25	2:06	00:01:21	00:36:17	59	18.5	00:00:25	00:23:58	51	7:59		01:14:11.77
42	209	Tom Dehler	M	31	International Falls	MN	00:15:52	74	2:43	00:02:26	00:33:31	31	20.1	00:01:18	00:21:18	21	7:05		01:14:23.56
43	148	Jace Isaacs	M	18	Maple Grove	MN	00:13:03	42	2:14	00:01:38	00:36:39	63	18.3	00:00:31	00:22:36	31	7:31		01:14:24.18
44	249	Paul Olson	M	58	Grand Rapids	MN	00:13:42	51	2:21	00:01:50	00:33:11	26	20.3	00:01:21	00:24:56	60	8:18		01:14:58.24
45	214	Dan Fillbrandt	M	38	Bovey	MN	00:15:07	64	2:36	00:02:27	00:34:11	39	19.7	00:00:45	00:22:52	34	7:37		01:15:20.45
46	173	Joel Harris	M	48	Duluth	MN	00:13:27	48	2:18	00:01:32	00:34:35	43	19.4	00:01:01	00:24:50	58	8:16		01:15:21.58
47	157	Lee Braaten	M	54	Glenwood	MN	00:11:40	18	2:00	00:01:58	00:34:09	38	19.7	00:01:14	00:26:30	73	8:49		01:15:28.83
48	169	James Justus	M	53	Cohasset	MN	00:10:45	8	1:50	00:02:01	00:37:45	71	17.8	00:01:22	00:24:48	57	8:15		01:16:38.53
49	128	Ben Nicholson	M	41	Solon	IA	00:13:59	57	2:24	00:01:54	00:36:47	66	18.3	00:01:42	00:22:33	28	7:30		01:16:52.33
50	235	Brad Scott	M	43	Duluth	MN	00:13:45	52	2:21	00:02:05	00:34:43	45	19.4	00:01:07	00:25:25	66	8:28		01:17:02.69
51	162	Tony Tallman	M	47	Hopkins	MN	00:14:12	59	2:26	00:03:23	00:35:12	48	19.1	00:01:09	00:23:12	41	7:43		01:17:05.33
52	176	Jeff Tillman	M	47	Cohasset	MN	00:15:53	76	2:44	00:01:53	00:34:23	41	19.5	00:00:56	00:24:09	54	8:02		01:17:11.81
53	197	Bill Stroozas	M	60	Duluth	MN	00:12:38	33	2:10	00:01:47	00:36:49	68	18.3	00:01:11	00:24:56	61	8:18		01:17:18.84
54	144	Glen Drexler	M	42	Duluth	MN	00:13:11	45	2:16	00:01:40	00:36:09	58	18.6	00:01:00	00:25:32	67	8:30		01:17:29.48
55	278	Randy Back	M	57	Superior	WI	00:17:21	91	2:59	00:01:52	00:33:17	29	20.2	00:01:16	00:24:10	55	8:03		01:17:54.65
56	188	Todd Ratcliff	M	50	Saint Paul	MN	00:12:01	21	2:04	00:02:56	00:37:19	69	18.0	00:01:45	00:24:08	53	8:02		01:18:05.59
57	283	Honza Cervenka	M	19	Grand Rapids	MN	00:17:21	92	2:59	00:02:03	00:35:57	55	18.7	00:00:32	00:22:22	27	7:27		01:18:12.58
58	216	Kyle Harju	M	52	Monticello	MN	00:13:10	43	2:15	00:02:39	00:35:16	50	19.1	00:01:17	00:26:08	70	8:42		01:18:27.55
59	224	Michael Clark	M	48	Rochester	MN	00:13:23	47	2:18	00:02:53	00:35:36	53	18.9	00:01:19	00:25:37	68	8:32		01:18:45.83
60	248	Mark Rauschenfels	M	61	Duluth	MN	00:13:35	49	2:20	00:02:11	00:32:48	20	20.5	00:01:20	00:29:02	86	9:40		01:18:54.13
61	229	Ryan Baxley	M	32	Saint Paul	MN	00:17:02	88	2:55	00:02:06	00:36:22	60	18.5	00:00:54	00:23:00	37	7:39		01:19:21.27
62	131	Steve Otto	M	57	Cohasset	MN	00:15:53	75	2:43	00:02:14	00:36:43	64	18.3	00:00:44	00:23:56	50	7:58		01:19:26.83
63	264	Walter Knochenmus	M	55	Esko	MN	00:15:27	68	2:39	00:01:10	00:35:35	52	18.9	00:01:00	00:26:29	72	8:49		01:19:39.20
64	290	Austin Rohling	M	28	Grand Rapids	MN	00:10:56	12	1:52	00:02:40	00:40:07	85	16.8	00:00:50	00:25:19	65	8:26		01:19:48.83
65	226	Stephen Tufo	M	52	Minneapolis	MN	00:16:31	81	2:50	00:03:15	00:34:50	46	19.3	00:01:52	00:23:27	44	7:48		01:19:52.25
66	154	Tony Radloff	M	48	Saginaw	MN	00:16:38	85	2:51	00:01:47	00:34:27	42	19.5	00:01:56	00:25:15	64	8:24		01:19:59.98
67	192	Jayson Newman	M	28	Grand Rapids	MN	00:12:59	41	2:14	00:02:40	00:39:39	82	17.0	00:00:42	00:24:48	56	8:15		01:20:44.92
68	291	Troy Carlson	M	46	Duluth	MN	00:13:35	50	2:20	00:01:43	00:36:01	57	18.7	00:01:28	00:28:41	83	9:33		01:21:25.79
69	175	Jeff Cadwell	M	49	Grand Marais	MN	00:15:30	69	2:40	00:01:42	00:36:00	56	18.7	00:01:42	00:27:22	78	9:07		01:22:14.72
70	310	Chad Belanger	M	44	International Falls	MN	00:14:15	60	2:27	00:04:02	00:36:30	61	18.4	00:01:24	00:26:52	74	8:57		01:23:01.35

Timberman Triathlon

July 9, 2016

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
71	140	John Perich	M	31	Cedar Rapids	IA	00:13:11	44	2:16	00:03:34	00:37:55	73	17.7	00:01:46	00:26:58	76	8:59		01:23:21.84
72	126	Reid Pettersen	M	22	Minneapolis	MN	00:15:37	71	2:41	00:03:28	00:39:53	84	16.9	00:01:37	00:22:56	35	7:38		01:23:29.18
73	241	Ben Baker	M	22	Chanhausen	MN	00:16:33	82	2:50	00:02:40	00:39:45	83	16.9	00:01:36	00:22:57	36	7:38		01:23:29.34
74	231	Mark Peske	M	60	Deer River	MN	00:16:59	87	2:55	00:03:06	00:41:21	95	16.3	00:00:51	00:21:57	25	7:18		01:24:11.87
75	298	David Kooda	M	55	Grand Rapids	MN	00:15:07	63	2:36	00:03:09	00:38:05	74	17.6	00:00:58	00:27:16	77	9:05		01:24:31.97
76	276	Clifton Benham	M	29	Deer River	MN	00:17:41	93	3:02	00:02:12	00:40:16	88	16.7	00:00:54	00:23:35	47	7:51		01:24:36.15
77	218	Dan Smith	M	48	Saint Paul	MN	00:15:35	70	2:40	00:03:17	00:35:25	51	19.0	00:02:23	00:28:41	84	9:33		01:25:18.59
78	215	Marc Chiodo	M	58	Minneapolis	MN	00:15:55	77	2:44	00:02:20	00:34:58	47	19.2	00:03:24	00:29:50	89	9:56		01:26:23.86
79	146	Todd Isaacs	M	51	Maple Grove	MN	00:19:32	99	3:21	00:01:28	00:36:36	62	18.4	00:00:46	00:28:15	82	9:24		01:26:34.64
80	247	Eric Omdahl	M	39	Saint Charles	MN	00:16:15	79	2:47	00:03:19	00:37:46	72	17.8	00:01:40	00:28:00	80	9:19		01:26:58.26
81	213	Alex Lindorff	M	32	Minneapolis	MN	00:17:14	90	2:58	00:03:25	00:41:50	99	16.1	00:00:58	00:23:44	49	7:54		01:27:09.60
82	145	Doug Jost	M	61	Hugo	MN	00:15:24	67	2:39	00:02:37	00:38:27	76	17.5	00:01:44	00:30:00	91	9:59		01:28:10.61
83	183	Jason Skiple	M	45	Fargo	ND	00:13:54	55	2:23	00:03:10	00:39:09	78	17.2	00:01:18	00:31:12	94	10:23		01:28:40.90
84	182	Bob Carlson	M	65	Minneapolis	MN	00:16:43	86	2:52	00:04:13	00:39:19	79	17.1	00:02:27	00:26:02	69	8:40		01:28:42.86
85	130	Kai Johnson	M	31	Laguna Hills	CA	00:15:49	72	2:43	00:03:29	00:39:32	81	17.0	00:00:45	00:29:31	88	9:50		01:29:03.98
86	350	Chad Troumbly	M	39	Grand Rapids	MN	00:15:50	73	2:43	00:02:24	00:40:32	91	16.6	00:01:09	00:29:12	87	9:43		01:29:04.18
87	287	Zach Kitkowski	M	38	Chicago	IL	00:17:43	94	3:02	00:02:23	00:38:24	75	17.5	00:01:36	00:29:50	90	9:56		01:29:53.91
88	158	Arndt Braaten	M	56	Duluth	MN	00:12:44	35	2:11	00:05:53	00:39:23	80	17.1	00:03:54	00:30:21	93	10:06		01:32:12.10
89	303	David Lutz	M	53	Cohasset	MN	00:17:49	95	3:03	00:02:54	00:44:09	101	15.2	00:00:56	00:26:54	75	8:57		01:32:39.29
90	141	Bob Fox	M	61	Carlton	MN	00:16:00	78	2:45	00:02:30	00:40:09	86	16.7	00:02:06	00:32:28	95	10:49		01:33:10.37
91	190	Owen Braaten	M	50	Minneapolis	MN	00:14:45	62	2:32	00:04:15	00:40:23	90	16.6	00:02:12	00:33:46	97	11:15		01:35:19.31
92	223	Shawn Mahaney	M	30	Prior Lake	MN	00:22:33	103	3:52	00:03:43	00:41:47	98	16.1	00:01:20	00:28:01	81	9:20		01:37:20.99
93	71	Chris Dahlberg	M	55	Duluth	MN	00:25:07	104	4:19	00:03:17	00:40:12	87	16.7	00:01:52	00:27:43	79	9:14		01:38:08.69
94	198	Joe Kandiko	M	66	Excelsior	MN	00:14:33	61	2:30	00:03:26	00:40:33	92	16.6	00:03:34	00:36:33	102	12:10		01:38:35.94
95	300	Jason Williams	M	43	Remer	MN	00:15:20	66	2:38	00:02:40	00:41:08	93	16.3	00:02:54	00:37:10	103	12:23		01:39:09.13
96	127	James Dickinson	M	56	Grand Forks	ND	00:19:22	97	3:19	00:03:08	00:41:09	94	16.3	00:02:00	00:34:05	98	11:21		01:39:41.63
97	138	Todd Kruse	M	51	Inver Grove Heights	MN	00:19:36	100	3:22	00:03:26	00:41:22	96	16.2	00:02:21	00:33:13	96	11:04		01:39:55.63
98	295	Aaron Hjort	M	16	Duluth	MN	00:13:20	46	2:17	00:03:58	00:51:18	106	13.1	00:01:09	00:30:14	92	10:04		01:39:56.22
99	270	John White	M	38	Hibbing	MN	00:28:06	106	4:50	00:03:28	00:41:34	97	16.2	00:03:07	00:26:13	71	8:44		01:42:26.86
100	153	Thomas Pearson	M	63	Saint Paul	MN	00:19:18	96	3:19	00:03:33	00:43:34	100	15.4	00:02:17	00:35:24	99	11:47		01:44:03.60
101	286	Mark Stange	M	70	Shoreview	MN	00:16:30	80	2:50	00:02:33	00:40:19	89	16.7	00:03:13	00:42:13	106	14:04		01:44:45.60
102	196	Daniel Zemke	M	47	Oronoco	MN	00:27:08	105	4:40	00:03:15	00:45:00	103	14.9	00:00:58	00:28:46	85	9:35		01:45:04.32
103	195	Joshua Zemke	M	16	Oronoco	MN	00:21:37	102	3:43	00:02:34	00:44:24	102	15.1	00:01:15	00:36:31	101	12:10		01:46:18.64
104	167	Don Meck	M	77	Siren	WI	00:17:05	89	2:56	00:05:39	00:38:59	77	17.2	00:07:22	00:37:26	104	12:28		01:46:27.15
105	267	Dominic Nalan	M	15	Grand Rapids	MN	00:20:26	101	3:30	00:02:28	00:47:58	104	14.0	00:01:22	00:36:28	100	12:09		01:48:38.85

Timberman Triathlon

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Overall Results - Male

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							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
106	136	Francis Tuominen	M	73	Brooklyn Park	MN	00:19:29	98	3:21	00:03:53	00:48:26	105	13.9	00:02:59	00:41:03	105	13:40		01:55:46.17
107	203	Robert Powers	M	92	White Bear Lake	MN	00:38:22	107	6:36	00:05:00	00:58:21	107	11.5	00:03:14	01:07:09	107	22:22		02:52:04.41