

Timberman Triathlon

July 9, 2016

Super Sprint

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
1	335	Sara Wells	F	46	West Allis	WI	00:12:24	14	4:41	00:01:34	00:18:20	1	18.0	00:01:01	00:13:34	1	9:02		00:46:51.44
2	343	Michelle Furuseth	F	48	Northome	MN	00:08:12	2	3:06	00:02:29	00:20:50	5	15.9	00:00:56	00:15:29	6	10:19		00:47:54.41
3	338	Anita Anselmo	F	48	Bemidji	MN	00:09:05	7	3:26	00:02:29	00:20:31	2	16.1	00:00:59	00:15:15	3	10:09		00:48:16.56
4	336	Crystal Brown	F	51	Maple	WI	00:08:58	6	3:23	00:02:59	00:20:41	3	16.0	00:01:13	00:15:16	4	10:10		00:49:04.48
5	341	Audra Vogel	F	47	Sartell	MN	00:09:25	9	3:33	00:02:14	00:20:46	4	15.9	00:01:25	00:15:18	5	10:11		00:49:07.30
6	333	Desiree Bell	F	53	Buffalo	MN	00:09:56	12	3:45	00:01:52	00:22:00	9	15.0	00:00:54	00:15:15	2	10:09		00:49:55.25
7	334	Gretchen Hinchley	F	42	Osseo	MN	00:09:34	10	3:37	00:01:52	00:21:39	8	15.3	00:01:05	00:15:56	9	10:37		00:50:04.19
8	119	Clancy Shelp	F	10	Maple Plain	MN	00:09:25	8	3:33	00:02:49	00:22:23	10	14.7	00:00:59	00:15:48	8	10:31		00:51:21.81
9	331	Wendy Carson	F	49	Saint Paul	MN	00:08:46	5	3:19	00:03:04	00:22:40	11	14.6	00:01:12	00:16:05	10	10:42		00:51:44.78
10	263	Mary Laplant	F	54	Grand Rapids	MN	00:09:39	11	3:39	00:04:09	00:21:36	6	15.3	00:01:00	00:15:39	7	10:25		00:52:01.10
11	346	Jennifer Benedict	F	40	Hibbing	MN	00:08:46	4	3:18	00:02:33	00:23:15	12	14.2	00:01:43	00:20:37	12	13:44		00:56:51.50
12	339	Michelle Smyth	F	49	Saint Paul	MN	00:10:07	13	3:49	00:03:38	00:21:37	7	15.3	00:02:08	00:20:29	11	13:38		00:57:56.94
13	328	Mckenzie Radloff	F	13	Duluth	MN	00:07:58	1	3:00	00:02:29	00:26:55	14	12.3	00:00:41	00:22:47	13	15:10		01:00:47.33
14	329	Elena Siers	F	13	Duluth	MN	00:08:45	3	3:18	00:02:44	00:24:50	13	13.3	00:00:54	00:23:37	14	15:44		01:00:47.58

Timberman Triathlon

July 9, 2016

Super Sprint

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
1	337	Carter Swift	M	42	Cottage Grove	MN	00:07:03	1	2:40	00:02:50	00:18:00	1	18.3	00:00:43	00:11:46	2	7:50		00:40:20.70
2	308	Luke Bettendorf	M	13	Duluth	MN	00:09:47	7	3:42	00:02:25	00:22:05	3	14.9	00:00:58	00:12:01	5	8:00		00:47:13.99
3	342	Nathan Hjort	M	12	Duluth	MN	00:07:06	2	2:41	00:02:20	00:24:49	7	13.3	00:00:40	00:12:49	6	8:32		00:47:41.60
4	344	Griffin Benedict	M	13	Hibbing	MN	00:08:41	4	3:17	00:02:39	00:23:13	4	14.2	00:01:33	00:11:39	1	7:45		00:47:42.41
5	345	Reilly Benedict	M	13	Hibbing	MN	00:08:43	5	3:17	00:02:36	00:23:15	5	14.2	00:01:33	00:11:50	3	7:52		00:47:54.41
6	340	Shane Smyth	M	24	Saint Paul	MN	00:09:04	6	3:25	00:03:02	00:21:16	2	15.5	00:00:49	00:13:54	7	9:15		00:48:02.52
7	332	Kevin Krenik	M	12	Shakopee	MN	00:08:10	3	3:05	00:04:09	00:23:52	6	13.8	00:01:07	00:11:57	4	7:57		00:49:12.99
8	326	Nolan Macki	M	12	Grand Forks	ND	00:11:22	9	4:18	00:03:11	00:26:11	8	12.6	00:01:02	00:18:53	8	12:35		01:00:36.23
9	260	Steve Miller	M	47	Duluth	MN	00:11:13	8	4:14	00:05:17	00:41:16	9	8.0	00:01:11	00:26:44	9	17:49		01:25:38.88