

# Timberman Triathlon

July 13, 2019

## 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	8/166	1/80	261	Bettina Keppers	36	F	Duluth	MN	00:07:00.28	00:29:54.96	00:22:46.29		01:01:56.82

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/166	1/86	45	Brooks Grossinger	42	M	Mayer	MN	00:06:41.16	00:26:53.87	00:17:20.50		00:52:52.22

### Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/166	2/80	331	Jody Quesnell	52	F	Saint Paul	MN	00:07:58.63	00:30:46.09	00:22:42.06		01:03:43.35

### Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	2/166	2/86	247	John Shelp	47	M	Maple Plain	MN	00:06:12.69	00:28:12.85	00:19:16.98		00:56:00.50

### Female Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	53/166	19/80	315	Gabrielle Chalupsky	15	F	East Gull Lake	MN	00:07:15.41	00:37:42.20	00:25:35.58		01:12:50.58
2	63/166	23/80	142	Sanny Gangi	14	F	Coleraine	MN	00:08:29.91	00:37:38.96	00:24:31.18		01:13:34.26
3	68/166	27/80	177	Quincy Shelp	15	F	Maple Plain	MN	00:07:48.17	00:38:38.88	00:25:14.51		01:15:14.55
4	70/166	28/80	128	Macy Bell	14	F	Maple Grove	MN	00:08:46.99	00:39:05.90	00:25:00.66		01:15:14.80
5	112/166	48/80	147	Livia Isaacs	15	F	Osseo	MN	00:06:58.84	00:44:42.72	00:27:22.26		01:22:34.56
6	148/166	69/80	275	Sophia Verke	14	F	Grand Rapids	MN	00:07:11.67	00:48:30.24	00:36:09.53		01:35:11.07

### Male Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	28/166	21/86	270	Matej Cervenka	15	M	Grand Rapids	MN	00:11:01.24	00:35:05.94	00:19:21.62		01:08:37.26

# Timberman Triathlon

July 13, 2019

## Overall Division Results

## Sprint Individual

### Male Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
2	79/166	47/86	208	Thomas Hagen	14	M	Hibbing	MN	00:10:28.76	00:36:06.30	00:26:56.50		01:16:32.26
3	83/166	50/86	303	Austen Durocher	14	M	Cohasset	MN	00:10:31.42	00:33:34.57	00:29:23.17		01:17:23.68
4	123/166	69/86	322	Nathan Hjort	15	M	Duluth	MN	00:07:34.62	00:41:48.99	00:33:54.49		01:26:32.14
5	136/166	76/86	227	Nolan Macki	15	M	Grand Forks	ND	00:09:27.93	00:41:59.59	00:34:36.02		01:31:18.42
6	158/166	82/86	243	Drew Reck	10	M	Centennial	CO	00:10:21.05	00:57:24.05	00:29:47.63		01:42:51.43

### Female Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/166	4/80	157	Simone Lundquist	17	F	Maple Grove	MN	00:07:13.41	00:33:14.38	00:22:12.00		01:05:01.23
2	38/166	9/80	129	Morgan Bell	17	F	Maple Grove	MN	00:08:30.72	00:34:17.97	00:25:03.35		01:10:27.77
3	43/166	13/80	304	Emma Stertz	19	F	Grand Rapids	MN	00:10:11.66	00:36:18.44	00:21:28.80		01:11:06.58
4	62/166	22/80	185	Elsa Viren	16	F	Bovey	MN	00:07:22.62	00:38:30.46	00:24:49.90		01:13:33.44
5	67/166	26/80	184	Annika Viren	19	F	Bovey	MN	00:07:22.62	00:37:35.25	00:26:45.41		01:15:12.55
6	90/166	35/80	161	Sarah Most	19	F	Eagan	MN	00:10:25.91	00:40:24.65	00:24:55.55		01:18:55.30

### Male Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	3/166	3/86	116	Garrett Beckrich	19	M	Grand Rapids	MN	00:09:29.41	00:29:36.75	00:17:15.77		00:58:30.25
2	76/166	46/86	323	David Hjort	17	M	Duluth	MN	00:09:50.95	00:36:49.85	00:26:28.46		01:16:14.54
3	84/166	51/86	214	Cort Isaacs	17	M	Osseo	MN	00:08:46.67	00:42:09.29	00:24:33.62		01:17:28.74

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	108/166	46/80	133	Courtney Carson	20	F	Eagan	MN	00:09:52.41	00:39:04.59	00:29:34.69		01:22:12.46
2	134/166	59/80	153	Makayla Langei	21	F	East Grand Forks	MN	00:13:07.64	00:42:47.33	00:29:56.77		01:30:49.82
3	157/166	76/80	178	Allison Shober	22	F	Superior	WI	00:14:14.94	00:53:15.93	00:29:53.58		01:42:32.33

# Timberman Triathlon

July 13, 2019

## Overall Division Results

## Sprint Individual

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/166	8/86	196	Eddie Carlson	21	M	South Saint Paul	MN	00:09:52.56	00:34:04.77	00:17:13.21		01:03:50.97
2	101/166	60/86	215	Jace Isaacs	21	M	Maple Grove	MN	00:09:31.92	00:41:41.96	00:27:17.52		01:21:01.54
3	103/166	61/86	328	Michael Greene	23	M	Inver Grove Heights	MN	00:07:50.42	00:39:36.60	00:29:32.23		01:21:31.27

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	33/166	8/80	169	Hannah Pierskalla	29	F	Duluth	MN	00:06:44.16	00:36:03.64	00:23:43.54		01:09:37.78
2	45/166	14/80	126	Abby Baier	28	F	Minneapolis	MN	00:08:26.16	00:36:53.44	00:23:00.90		01:11:11.79
3	51/166	18/80	138	Carly Eichten	25	F	Mounds View	MN	00:09:16.03	00:34:55.35	00:23:56.50		01:12:03.04
4	64/166	24/80	174	Meredith Rothstein	28	F	Grand Rapids	MN	00:08:15.08	00:37:35.68	00:24:53.70		01:13:35.47
5	99/166	40/80	187	Lillian Welch	28	F	Duluth	MN	00:11:02.09	00:37:56.05	00:26:39.76		01:20:41.05
6	100/166	41/80	154	Renae Lapham	26	F	Farmington	MN	00:10:12.41	00:38:31.71	00:28:45.01		01:20:55.05
7	106/166	44/80	144	Jordan Greene	26	F	Saint Paul	MN	00:08:56.57	00:37:42.12	00:31:51.40		01:21:57.63
8	120/166	52/80	150	Katelin Kruger	25	F	Minneapolis	MN	00:11:01.71	00:42:23.29	00:28:07.71		01:24:49.42
9	140/166	63/80	162	Rylee Nixon	29	F	Fort Frances	ON	00:14:19.24	00:44:37.16	00:30:21.10		01:32:48.65
10	149/166	70/80	132	Chelsey Carlson	29	F	Grand Rapids	MN	00:11:04.95	00:46:32.97	00:34:59.19		01:36:07.18
11	150/166	71/80	159	Haley Mcneil	27	F	Grand Rapids	MN	00:09:51.39	00:48:25.87	00:35:03.15		01:36:27.83
12	152/166	73/80	156	Olga Litvinovich	26	F	New Hope	MN	00:13:04.39	00:47:35.97	00:33:01.02		01:38:30.58

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/166	10/86	257	Steven Wert	29	M	Waconia	MN	00:09:44.91	00:32:33.29	00:18:30.97		01:04:15.75
2	20/166	16/86	217	Reed Johnson	26	M	Duluth	MN	00:10:22.25	00:33:37.90	00:20:15.14		01:06:42.53
3	27/166	20/86	246	David Roetman	27	M	Minneapolis	MN	00:07:35.84	00:37:31.47	00:20:24.39		01:08:36.67
4	30/166	23/86	211	Daniel Hoolihan	29	M	Saint Paul	MN	00:09:50.54	00:33:40.33	00:22:20.44		01:09:00.83
5	32/166	25/86	226	Cory Lapham	26	M	Farmington	MN	00:09:38.16	00:32:15.45	00:24:38.03		01:09:35.36
6	39/166	30/86	199	Adam Chant	26	M	Shakopee	MN	00:09:22.83	00:35:11.23	00:23:10.41		01:10:29.13
7	94/166	58/86	221	Mike Kruger	27	M	Minneapolis	MN	00:10:34.91	00:41:29.70	00:23:40.00		01:19:54.96
8	115/166	66/86	245	Alec Richards	29	M	Minneapolis	MN	00:11:30.17	00:39:12.39	00:27:09.44		01:23:15.04
9	159/166	83/86	234	Brady Munroe	25	M	Dover	MN	00:13:25.87	00:48:53.68	00:34:28.35		01:43:22.90
10	160/166	84/86	241	Cory Plinck	26	M	Dover	MN	00:13:26.07	00:46:49.91	00:34:28.76		01:43:23.08

# Timberman Triathlon

July 13, 2019

## Overall Division Results

## Sprint Individual

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	21/166	5/80	141	Sara Gaalaas	32	F	Grand Rapids	MN	00:09:06.50	00:34:00.12	00:20:47.82		01:06:47.53
2	40/166	10/80	137	Anna Dehler	31	F	Duluth	MN	00:09:57.91	00:35:06.36	00:22:45.93		01:10:42.79
3	54/166	20/80	299	Jessica Meyers	33	F	Hastings	MN	00:10:05.01	00:36:42.69	00:21:18.00		01:12:52.79
4	92/166	36/80	181	Hayley Sutton	33	F	Aberdeen	SD	00:08:23.80	00:40:12.14	00:27:52.79		01:19:47.09
5	102/166	42/80	165	Molly Ongaro	32	F	Hibbing	MN	00:08:55.16	00:43:17.31	00:25:12.44		01:21:17.87
6	109/166	47/80	146	Laura Helmbrecht	32	F	Grand Rapids	MN	00:08:41.32	00:39:06.75	00:30:33.18		01:22:23.61
7	122/166	54/80	155	Courtney Litchke	30	F	Duluth	MN	00:09:55.06	00:41:29.28	00:31:16.05		01:25:48.06
8	125/166	55/80	13	Melissa Edmundson	30	F	Windom	MN	00:10:17.62	00:47:05.08	00:25:29.51		01:26:47.53
9	133/166	58/80	311	Rebekah Svadlenka	33	F	Deer River	MN	00:12:42.63	00:40:19.27	00:33:12.17		01:30:12.56
10	135/166	60/80	28	Leslie Olson	30	F	Fulda	MN	00:10:03.79	00:47:42.53	00:29:40.78		01:31:13.82
11	141/166	64/80	16	Elisa Gutierrez	32	F	Chicago	IL	00:11:50.91	00:44:24.81	00:30:34.80		01:32:56.32
12	154/166	74/80	131	Rachael Cappola	34	F	Elk River	MN	00:12:43.60	00:48:57.69	00:32:26.11		01:39:38.05
13	155/166	75/80	136	Alyssa Cross	31	F	Elk River	MN	00:11:03.91	00:49:02.11	00:32:26.50		01:39:38.25
14	161/166	77/80	172	Brittany Roberts	30	F	Richfield	MN	00:12:12.66	00:51:59.81	00:34:09.39		01:43:47.09

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	11/166	9/86	249	Ryan Smith	33	M	Superior	WI	00:07:41.16	00:31:51.70	00:22:10.73		01:04:12.51
2	61/166	40/86	256	Donald Waltz	33	M	Grand Forks	ND	00:11:07.79	00:38:22.43	00:21:20.49		01:13:32.78
3	72/166	44/86	195	Brandon Boyd	30	M	Rochester	MN	00:09:41.78	00:41:29.18	00:21:42.97		01:15:35.28
4	98/166	59/86	253	Anthony Von Ruden	34	M	Saint Paul	MN	00:10:00.90	00:36:39.95	00:28:50.95		01:20:30.49
5	138/166	77/86	320	Benjamin Roberts	31	M	Minneapolis	MN	00:10:55.91	00:44:55.52	00:32:19.14		01:32:28.81

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	26/166	7/80	329	Tanya Hass	38	F	Fargo	ND	00:09:22.14	00:35:09.36	00:19:42.79		01:08:34.26
2	46/166	15/80	160	Rachel Moen	39	F	Detroit Lakes	MN	00:08:39.68	00:37:06.21	00:22:04.44		01:11:12.48
3	75/166	30/80	170	Amber Rattray	36	F	Hutchinson	MN	00:09:11.91	00:34:34.72	00:28:28.03		01:16:11.04
4	78/166	32/80	135	Bonnie Chapin	38	F	Duluth	MN	00:09:59.74	00:36:47.61	00:27:02.53		01:16:23.29
5	80/166	33/80	21	Erika Kuehn	37	F	Minneapolis	MN	00:09:30.64	00:35:54.40	00:26:47.03		01:16:33.78
6	96/166	38/80	265	Audra Lehrke	36	F	Mayer	MN	00:09:45.09	00:36:30.82	00:30:05.66		01:19:57.68
7	117/166	51/80	188	Naomi Youngren	37	F	Grand Rapids	MN	00:09:46.41	00:38:46.98	00:31:43.89		01:24:09.18

# Timberman Triathlon

July 13, 2019

## Overall Division Results

## Sprint Individual

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
8	121/166	53/80	100	Cassie Christensen	35	F	Elk River	MN	00:11:40.41	00:44:02.03	00:26:12.77		01:25:18.31
9	129/166	57/80	182	Jen Toewe	39	F	Grand Rapids	MN	00:10:13.74	00:46:54.08	00:28:32.22		01:29:21.19
10	145/166	66/80	168	Sarah Petite	38	F	Duluth	MN	00:14:56.08	00:47:24.24	00:27:20.26		01:33:43.02
11	166/166	80/80	307	Andrea Wilson	39	F	Blaine	MN	00:15:29.00	00:59:38.68	00:37:42.39		01:58:49.27

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/166	5/86	213	Philip Imholte	39	M	Grand Rapids	MN	00:07:07.22	00:32:40.54	00:19:43.64		01:01:22.42
2	18/166	14/86	255	Craig Walli	37	M	Hibbing	MN	00:08:40.61	00:31:34.67	00:23:10.59		01:05:17.26
3	36/166	28/86	308	Matthew Johnson	35	M	Duluth	MN	00:08:29.41	00:36:21.77	00:21:39.03		01:10:16.56
4	71/166	43/86	222	Steve Kruger	37	M	Forest Lake	MN	00:08:53.92	00:34:16.01	00:28:44.86		01:15:25.64
5	87/166	53/86	239	Adam Pavek	37	M	Grand Rapids	MN	00:11:11.88	00:37:15.16	00:24:41.56		01:17:57.98
6	88/166	54/86	260	Cory Zika	39	M	Hibbing	MN	00:09:51.76	00:36:44.45	00:28:01.95		01:17:59.80
7	89/166	55/86	254	David Von Ruden	39	M	Bloomington	MN	00:09:31.60	00:37:48.20	00:26:39.29		01:18:16.27
8	119/166	68/86	212	Anthony Iacovo	35	M	Grand Rapids	MN	00:12:02.90	00:43:18.81	00:25:31.88		01:24:31.93
9	153/166	80/86	229	Josh Mettling	36	M	New Hope	MN	00:13:44.60	00:44:08.56	00:35:04.25		01:39:11.00
10	164/166	86/86	210	Phillip Hermel	38	M	Cohasset	MN	00:12:40.92	00:54:16.85	00:33:25.03		01:46:44.49

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	14/166	3/80	158	Tara Makinen	40	F	Grand Rapids	MN	00:08:28.51	00:31:47.67	00:22:01.20		01:04:30.49
2	86/166	34/80	175	Renee Saamanen	43	F	Duluth	MN	00:09:48.10	00:33:16.82	00:29:54.22		01:17:30.51
3	95/166	37/80	183	Meghan Van Wagenen	40	F	Colorado Springs	CO	00:10:31.64	00:38:57.16	00:25:14.28		01:19:55.27
4	104/166	43/80	171	Kristin Riker-Coleman	44	F	Duluth	MN	00:08:58.36	00:38:10.18	00:30:25.58		01:21:45.81
5	116/166	50/80	166	Kathy Pavek	42	F	Grand Rapids	MN	00:11:03.97	00:40:33.93	00:28:18.42		01:23:31.72

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/166	4/86	40	Phil Brown	41	M	Thunder Bay	ON	00:06:56.83	00:29:17.12	00:21:27.72		01:00:12.46
2	6/166	6/86	122	Josh Troumbly	40	M	Grand Rapids	MN	00:08:22.64	00:29:37.92	00:20:52.25		01:01:28.20

# Timberman Triathlon

July 13, 2019

## Overall Division Results

## Sprint Individual

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
3	19/166	15/86	231	Andrew Moen	40	M	Detroit Lakes	MN	00:07:46.04	00:33:41.91	00:20:18.49		01:05:49.77
4	34/166	26/86	119	Luther Kemp	40	M	Esko	MN	00:08:34.05	00:32:39.87	00:25:37.42		01:09:47.20
5	57/166	37/86	332	Chad Troumbly	42	M	Grand Rapids	MN	00:09:20.84	00:35:47.58	00:24:26.00		01:13:09.78
6	65/166	41/86	207	Kevin Hagen	42	M	Hibbing	MN	00:08:51.53	00:35:07.92	00:27:04.56		01:13:39.29
7	105/166	62/86	235	Keith Murphy	41	M	Bovey	MN	00:08:19.80	00:38:25.23	00:29:39.94		01:21:52.55
8	156/166	81/86	244	Robert Reck	43	M	Centennial	CO	00:13:05.01	00:47:04.85	00:29:46.99		01:39:52.03

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	22/166	6/80	164	Jena Ogston	48	F	Duluth	MN	00:07:58.42	00:33:12.46	00:23:36.50		01:07:00.28
2	48/166	16/80	148	Julie Kemp	46	F	Esko	MN	00:10:02.66	00:34:00.67	00:24:11.75		01:11:53.04
3	58/166	21/80	30	Tana Setness Hoefs	48	F	Grand Forks	ND	00:09:11.53	00:35:33.56	00:25:55.06		01:13:11.23
4	165/166	79/80	130	Lisa Bowman	45	F	Saint Paul	MN	00:10:28.40	00:50:07.54	00:43:12.70		01:50:17.18

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/166	17/86	232	Chris Morris	48	M	Duluth	MN	00:09:02.41	00:33:37.58	00:22:22.51		01:07:17.79
2	55/166	35/86	224	Doobie Kurus	47	M	Hopkins	MN	00:07:57.60	00:36:00.66	00:25:44.61		01:12:56.10
3	69/166	42/86	259	Steven Wold	46	M	Bemidji	MN	00:08:04.32	00:32:23.23	00:29:19.50		01:15:14.65
4	118/166	67/86	194	Chad Belanger	47	M	International Falls	MN	00:09:51.95	00:39:35.10	00:27:51.83		01:24:20.72

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	41/166	11/80	127	Linda Belanger	52	F	International Falls	MN	00:09:42.91	00:35:10.04	00:23:25.17		01:10:48.05
2	42/166	12/80	269	Petra Cervenkova	52	F	Grand Rapids	MN	00:09:55.65	00:35:23.18	00:22:45.34		01:10:48.25
3	73/166	29/80	317	Jenny Gunsbury	51	F	Nisswa	MN	00:09:16.41	00:37:45.37	00:24:47.20		01:15:52.80
4	77/166	31/80	151	Susan Lamour	51	F	Inver Grove Heights	MN	00:10:04.59	00:33:58.45	00:28:50.47		01:16:14.98
5	97/166	39/80	134	Miaja Cassidy	53	F	Saint Paul	MN	00:10:25.54	00:35:39.38	00:30:17.97		01:20:07.47
6	114/166	49/80	143	Allison Geske	53	F	Dayton	MN	00:10:30.16	00:37:28.68	00:30:33.14		01:23:12.43
7	137/166	61/80	179	Kathleen Skeie	51	F	Osseo	MN	00:10:24.66	00:41:55.68	00:34:13.90		01:31:31.94

# Timberman Triathlon

July 13, 2019

## Overall Division Results

## Sprint Individual

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
8	139/166	62/80	325	Susan Hjort	51	F	Duluth	MN	00:09:46.65	00:46:54.53	00:32:16.56		01:32:46.32
9	144/166	65/80	139	Sam Eliason	51	F	Duluth	MN	00:11:56.41	00:45:03.07	00:31:50.61		01:33:38.66
10	147/166	68/80	152	Christine Langei	51	F	East Grand Forks	MN	00:11:52.81	00:40:32.45	00:36:36.36		01:34:26.15
11	151/166	72/80	189	Toni Zerebeski	51	F	Kensington	MN	00:12:39.39	00:41:15.15	00:37:45.49		01:36:59.78

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/166	19/86	216	Brent Johnson	52	M	Superior	WI	00:08:33.23	00:32:41.88	00:23:49.78		01:07:37.88
2	29/166	22/86	205	Matt Evans	53	M	Eau Claire	WI	00:07:08.85	00:35:04.25	00:24:10.29		01:08:50.53
3	31/166	24/86	250	Tony Tallman	50	M	Hopkins	MN	00:08:51.92	00:33:37.19	00:23:40.02		01:09:30.28
4	37/166	29/86	209	Kerry Hanson	54	M	Saginaw	MN	00:07:51.42	00:36:39.71	00:21:55.21		01:10:19.78
5	44/166	31/86	251	Jeff Tillman	50	M	Cohasset	MN	00:09:34.89	00:34:10.37	00:24:15.79		01:11:08.54
6	56/166	36/86	258	Mike Wingate	50	M	Overland Park	KS	00:08:38.41	00:34:35.71	00:26:14.87		01:13:08.04
7	110/166	63/86	201	Michael Clark	51	M	Rochester	MN	00:09:14.13	00:38:45.19	00:29:45.74		01:22:25.76
8	131/166	74/86	140	Troy Eliason	51	M	Duluth	MN	00:13:37.14	00:41:06.74	00:30:18.52		01:29:57.31

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	50/166	17/80	327	Molly Breslin	55	F	Jackson	WY	00:09:39.54	00:34:06.97	00:25:47.74		01:12:03.00
2	66/166	25/80	167	Judith Peters	59	F	Saint Cloud	MN	00:09:43.81	00:36:24.33	00:24:55.43		01:14:19.55

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/166	7/86	240	Craig Peterson	57	M	Minneapolis	MN	00:07:31.22	00:31:09.15	00:20:58.52		01:01:36.08
2	13/166	11/86	197	Jon Carlson	55	M	South Saint Paul	MN	00:09:27.91	00:33:05.48	00:18:26.73		01:04:25.76
3	15/166	12/86	117	Daniel Duff	55	M	Duluth	MN	00:07:43.99	00:33:05.44	00:20:42.89		01:04:45.02
4	24/166	18/86	333	Craig Stertz	58	M	Grand Rapids	MN	00:09:54.16	00:33:24.17	00:20:42.83		01:07:22.03
5	47/166	32/86	313	Skeeter Moore	56	M	Duluth	MN	00:09:51.95	00:32:32.73	00:26:34.72		01:11:31.00
6	52/166	34/86	252	Stephen Tufo	55	M	Minneapolis	MN	00:09:20.17	00:34:40.47	00:23:32.41		01:12:16.29
7	91/166	56/86	219	David Kooda	58	M	Grand Rapids	MN	00:09:22.16	00:37:14.58	00:27:07.36		01:19:39.05

# Timberman Triathlon

July 13, 2019

## Overall Division Results

## Sprint Individual

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
8	93/166	57/86	236	Gary Nygaard	59	M	Shoreview	MN	00:09:49.50	00:34:08.96	00:28:16.61		01:19:52.65
9	124/166	70/86	198	Brendan Cassidy	55	M	Saint Paul	MN	00:14:10.16	00:39:35.41	00:26:03.12		01:26:46.56
10	132/166	75/86	220	Ken Kruger	58	M	Forest Lake	MN	00:11:07.14	00:41:11.85	00:32:46.01		01:30:07.25
11	142/166	78/86	123	Bruce Bolton	57	M	Park Rapids	MN	00:11:25.23	00:41:56.94	00:33:37.14		01:32:59.55
12	143/166	79/86	193	John Barrett	57	M	Hibbing	MN	00:09:19.81	00:45:35.22	00:33:34.69		01:33:04.24

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	107/166	45/80	298	Nancy Witherspoon	61	F	Fort Frances	ON	00:11:22.70	00:38:37.38	00:29:09.84		01:22:00.56

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/166	27/86	225	Allen Kutz	60	M	Sartell	MN	00:08:59.03	00:35:38.94	00:23:04.37		01:10:14.24
2	60/166	39/86	192	Randy Back	60	M	Superior	WI	00:12:17.25	00:33:07.43	00:25:10.48		01:13:19.47
3	74/166	45/86	238	Steve Otto	60	M	Cohasset	MN	00:10:36.26	00:37:13.61	00:25:00.90		01:15:56.54
4	81/166	48/86	242	Mark Rauschenfels	64	M	Duluth	MN	00:09:30.80	00:33:25.79	00:30:06.04		01:16:39.74
5	111/166	64/86	230	Peter Miller	62	M	Zimmerman	MN	00:11:28.66	00:37:05.72	00:29:58.17		01:22:31.45
6	113/166	65/86	200	Marc Chiodo	61	M	Minneapolis	MN	00:11:38.87	00:34:40.38	00:31:46.98		01:23:01.73
7	126/166	71/86	75	Bob Oxborough	64	M	Plymouth	MN	00:11:23.17	00:40:04.72	00:30:03.28		01:26:58.56
8	130/166	73/86	218	Doug Jost	64	M	Centerville	MN	00:10:45.03	00:39:36.34	00:33:41.20		01:29:52.22

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	127/166	56/80	176	Michel Sanders	66	F	Saint Paul	MN	00:11:05.60	00:39:07.68	00:31:59.49		01:27:11.15
2	146/166	67/80	173	Nancy Roehr	66	F	Minneapolis	MN	00:11:07.03	00:40:01.67	00:37:07.41		01:33:48.98
3	163/166	78/80	149	Nancy Krueger	68	F	Hoyt Lakes	MN	00:14:31.66	00:47:06.31	00:36:59.42		01:45:51.23



# Timberman Triathlon

July 13, 2019

## 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	16/166	13/86	50	Luke Harned	67	M	Saint Paul	MN	00:08:06.37	00:30:26.43	00:23:22.58		01:04:52.54
2	49/166	33/86	202	Mike Connolly	65	M	Saint Paul	MN	00:10:46.83	00:33:40.44	00:23:53.51		01:11:58.02
3	59/166	38/86	68	Jim Miner	65	M	Duluth	MN	00:09:01.41	00:31:32.58	00:28:39.81		01:13:16.21
4	82/166	49/86	248	Michael Sjogren	68	M	Saint Cloud	MN	00:09:11.03	00:33:58.39	00:28:59.79		01:16:49.26
5	128/166	72/86	191	Marty Asleson	67	M	Circle Pines	MN	00:10:40.91	00:37:30.94	00:34:07.40		01:27:34.94

### Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	85/166	52/86	203	Tom Couillard	70	M	White Bear Lake	MN	00:10:06.58	00:35:25.59	00:26:59.81		01:17:29.04

### Male Ages 80 - 84

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	162/166	85/86	228	Don Meck	80	M	Siren	WI	00:12:34.94	00:39:53.57	00:38:53.73		01:45:04.03