

**Southern Hills Youth Triathlon Results** Overall Time

**Youth Triathlon Girl's 7-8**

Abbie	Schoenberner	F	8	F 07-8	0:40:11
Lauren	Letner	F	8	F 07-8	0:40:18
Chloe	Houwman	F	7	F 07-8	0:45:51

Overall winners in each event are Highlighted in RED.

**Youth Triathlon Girl's 9-11**

Emma	Houwman	F	10	F 09-11	0:34:22
Grace	Rhoden	F	11	F 09-11	0:38:47
Olivia	Jolley	F	10	F 09-11	0:39:22
Kaitlynn	Matthew	F	10	F 09-11	0:40:40
Lauren	Hill	F	9	F 09-11	0:43:59
Angeline	Rasby	F	9	F 09-11	0:52:17

**Youth Triathlon Girl's 12-14**

<b>Hannah</b>	<b>Loftus</b>	<b>F</b>	<b>12</b>	<b>F 12-14</b>	<b>0:34:14</b>	<b>Overall Girl's Winner</b>
Madison	Mendoza	F	13	F 12-14	0:35:16	
Loreana	Rhoden	F	14	F 12-14	0:35:44	
Kayla	Huber	F	13	F 12-14	0:41:31	

**Youth Triathlon Boy's 7-8**

Trace	DeBoer	M	7	M 07-8	0:43:31
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**Youth Triathlon Boy's 9-11**

Isaac	Thompson	M	11	M 09-11	0:41:11
Eveneau	Rasby	M	10	M 09-11	0:42:55
Dom	Loftus	M	9	M 09-11	0:51:59
Tyler	Huber	M	9	M 09-11	1:17:10

**Youth Triathlon Boy's 12-14**

<b>Casen</b>	<b>Burgess</b>	<b>M</b>	<b>14</b>	<b>M 12-14</b>	<b>0:30:54</b>	<b>Overall Boy's Winner</b>
Nicholas	Looby	M	13	M 12-14	0:32:52	

**Southern Hills Duathlon Results**

**Duathlon Female 20-29**

<b>Robyn</b>	<b>Rosechandler</b>	<b>F</b>	<b>22</b>	<b>F 20-29</b>	<b>0:22:38</b>	<b>0:00:50</b>	<b>0:47:23</b>	<b>0:00:45</b>	<b>0:23:36</b>	<b>1:35:12</b>
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**Duathlon Female 30-39**

Amy	Fahey	F	39	F 30-39	0:28:02	0:01:37	0:42:36	0:02:08	0:29:51	1:44:14
Teresa	Renaud	F	33	F 30-39	0:32:53	0:01:26	0:48:59	0:01:23	0:37:12	2:01:53

**Duathlon Female 60-69**

Margaret	Sims	F	61	F 60-69	0:31:18	0:01:53	0:50:52	0:01:08	0:31:00	1:56:11
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**Duathlon Male 30-39**

Ray	Pacheco	M	35	M 30-39	0:43:26	0:02:43	0:53:36	0:02:59	0:47:09	2:29:53
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**Duathlon Male 40-49**

<b>Bob</b>	<b>Doll</b>	<b>M</b>	<b>49</b>	<b>M 40-49</b>	<b>0:22:27</b>	<b>0:01:26</b>	<b>0:36:59</b>	<b>0:01:21</b>	<b>0:22:11</b>	<b>1:24:24</b>
Todd	Mueller	M	42	M 40-49	0:22:37	0:00:56	0:40:06	0:00:54	0:24:09	1:28:42

**Duathlon Male 50-59**

Douglas	Haugan	M	55	M 50-59	0:22:27	0:01:05	0:38:07	0:00:35	0:23:39	1:25:53
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**Duathlon Male 70-79**

Sonny	Heints	M	72	M 70-79	0:37:39	0:02:57	0:53:41	0:02:50	0:37:29	2:14:36
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## Southern Hills Olympic Triathlon

## Olympic Triathlon Female 20-29

Nicki	Shinkle	F	23	F 20-29
Jeanelle	Fromelt	F	28	F 20-29

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:27:32	0:02:57	1:24:04	0:01:25	0:38:24	2:34:22
0:39:07	0:05:08	1:53:35	0:04:28	1:30:47	4:13:05

## Olympic Triathlon Female 30-39

<b>Emily</b>	<b>Cook</b>	<b>F</b>	<b>31</b>	<b>F 30-39</b>
Daisy	Pacheco	F	32	F 30-39
Kelie	Willson	F	33	F 30-39

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
<b>0:27:36</b>	<b>0:01:43</b>	<b>1:10:11</b>	<b>0:00:58</b>	<b>0:46:10</b>	<b>2:26:38</b>
0:25:46	0:02:14	1:16:49	0:01:12	0:54:24	2:40:25
0:34:46	0:04:10	1:27:26	0:01:49	1:02:12	3:10:23

## Olympic Triathlon Female 40-49

Cathy	Lynch	F	45	F 40-49
Kathryn	Spahn	F	45	F 40-49
Mary	Cihak-Storgaard	F	46	F 40-49

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:35:19	0:01:18	1:19:09	0:01:00	0:58:20	2:55:06
0:31:53	0:03:57	1:33:02	0:03:38	1:02:28	3:14:58
0:44:43	0:05:31	1:33:27	0:01:43	1:14:44	3:40:08

## Olympic Triathlon Male &lt;20

Jared	Loftus	M	18	M <20
Benjamin	Pucket	M	19	M <20

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:32:12	0:04:02	1:26:06	0:03:33	0:44:58	2:50:51
0:36:44	0:02:58	1:38:50	0:00:48	1:02:39	3:21:59

## Olympic Triathlon Male 20-29

Brandon	Zelfer	M	22	M 20-29
Luke	Watkins	M	27	M 20-29
Kyle	Gorgas	M	24	M 20-29
Cory	Brown	M	28	M 20-29
Samuel	Evans	M	29	M 20-29
Riley	Weselowski	M	26	M 20-29
Mike	Tietz	M	27	M 20-29
Nathan	Fromelt	M	25	M 20-29

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:23:27	0:01:48	1:11:41	0:00:56	0:48:38	2:26:30
0:40:03	0:02:13	1:11:09	0:01:22	0:36:38	2:31:25
0:30:20	0:02:17	1:07:54	0:01:13	0:50:21	2:32:05
0:30:44	0:03:28	1:08:02	0:01:47	0:50:00	2:34:01
0:30:31	0:03:14	1:16:54	0:01:39	0:55:08	2:47:26
0:34:09	0:03:25	1:18:36	0:00:58	0:50:23	2:47:31
0:33:44	0:03:31	1:16:05	0:01:33	0:56:47	2:51:40
0:45:15	0:03:04	1:30:33	0:01:45	1:15:10	3:35:47

## Olympic Triathlon Male 30-39

Joshua	Paull	M	31	M 30-39
Scott	Hadorn	M	32	M 30-39
Brad	Porter	M	31	M 30-39
Shannon	Deboer	M	39	M 30-39
George	Rehberg	M	34	M 30-39
Chase	Iron Eyes	M	33	M 30-39
James	Rhodes	M	37	M 30-39

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:33:51	0:01:54	1:10:30	0:02:09	0:41:52	2:30:16
0:24:31	0:01:58	1:14:45	0:01:15	0:48:43	2:31:12
0:25:48	0:01:43	1:14:23	0:00:53	0:55:45	2:38:32
0:27:13	0:01:46	1:16:23	0:01:00	0:52:50	2:39:12
0:37:09	0:03:45	1:14:45	0:01:18	0:48:57	2:45:54
0:37:19	0:02:32	1:43:19	0:02:09	0:52:16	3:17:35
0:27:50	0:03:50				DNF

## Olympic Triathlon Male 40-49

<b>Mike</b>	<b>Welu</b>	<b>M</b>	<b>46</b>	<b>M 40-49</b>
Todd	Loftus	M	41	M 40-49
Stan	Torneten	M	47	M 40-49
Andrew	Duncan	M	42	M 40-49
Thomas	Habbe	M	48	M 40-49
Scott	Gengler	M	42	M 40-49
Kenneth	Kaczmarz	M	41	M 40-49
Von	Dailey	M	44	M 40-49
Bobby	Booten	M	48	M 40-49

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
<b>0:30:24</b>	<b>0:01:28</b>	<b>1:06:56</b>	<b>0:00:50</b>	<b>0:41:03</b>	<b>2:20:41</b>
0:32:39	0:01:39	1:03:57	0:00:46	0:46:46	2:25:47
0:26:10	0:02:22	1:10:41	0:01:39	0:56:11	2:37:03
0:29:15	0:02:56	1:16:50	0:01:02	0:49:16	2:39:19
0:27:54	0:02:31	1:15:44	0:01:56	0:59:51	2:47:56
0:33:07	0:04:23	1:21:59	0:02:31	0:45:57	2:47:57
0:31:01	0:04:16	1:21:55	0:02:11	1:00:18	2:59:41
0:37:34	0:02:36	1:27:01	0:01:26	0:58:40	3:07:17
0:41:00	0:04:11	1:22:38	0:01:55	1:08:39	3:18:23

## Olympic Triathlon Male 50-59

Martin	Spahn	M	56	M 50-59
Stephen	Manlove	M	56	M 50-59
Thomas	Golis	M	51	M 50-59

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:28:30	0:03:07	1:13:11	0:01:22	0:52:45	2:38:55
0:29:59	0:03:34	1:17:11	0:01:37	0:52:37	2:44:58
0:32:54	0:02:40	1:18:43	0:00:51	0:51:51	2:46:59

## Olympic Triathlon Team

				Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
<b>Dan</b>	<b>Rasby</b>	<b>OT 2A</b>	<b>OPEN TEAM</b>	<b>0:28:06</b>	<b>0:00:57</b>	<b>1:09:35</b>	<b>0:00:25</b>	<b>0:43:57</b>	<b>2:23:00</b>
Tiffany	Bradley	OT 2B							
Brent	Bradley	OT 2C							
Ann	Thorson	OT 1A	OPEN TEAM	0:36:46	0:00:55	1:34:19	0:00:38	1:07:30	3:20:08
Karen	Solinsky	OT 1B							
Don	Solinsky	OT 1C							

## Southern Hills Sprint Triathlon

## Sprint Triathlon Female 20-29

				Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
<b>Maggie</b>	<b>Warner</b>	<b>F 24</b>	<b>F 20-29</b>	<b>0:18:29</b>	<b>0:01:46</b>	<b>0:42:26</b>	<b>0:00:59</b>	<b>0:22:53</b>	<b>1:26:33</b>
Tera	Loftus	F 28	F 20-29	0:17:46	0:03:07	0:44:55	0:01:27	0:27:44	1:34:59
Joleen	Singer	F 28	F 20-29	0:18:04	0:03:28	0:44:18	0:01:31	0:27:55	1:35:16
Crystal	Meyer	F 27	F 20-29	0:18:23	0:04:47	0:46:51	0:01:47	0:29:52	1:41:40
Katie	Messer	F 28	F 20-29	0:18:10	0:03:01	0:48:24	0:01:34	0:31:05	1:42:14
Emily	Ulrich	F 28	F 20-29	0:19:14	0:03:00	0:54:28	0:00:46	0:36:17	1:53:45
Kelley	Wolfe	F 29	F 20-29	0:22:39	0:04:20	0:50:28	0:01:35	0:38:22	1:57:24
Britni	Simunek	F 27	F 20-29	0:26:15	0:02:54	0:56:18	0:00:32	0:33:11	1:59:10
Chelsey	Miller	F 24	F 20-29	0:17:29	0:04:32	1:05:24	0:02:34	0:47:05	2:17:04

## Sprint Triathlon Female 30-39

				Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
Brandi	Christoffer	F 38	F 30-39	0:18:52	0:02:04	0:43:44	0:01:00	0:26:28	1:32:08
Karin	Hansen	F 31	F 30-39	0:20:06	0:02:08	0:43:15	0:01:16	0:25:46	1:32:31
Janet	Raymer	F 31	F 30-39	0:20:07	0:01:41	0:43:44	0:00:56	0:29:13	1:35:41
Emily	Machado	F 31	F 30-39	0:16:30	0:02:13	0:49:29	0:00:35	0:32:54	1:41:41
Ketura	Veal	F 35	F 30-39	0:21:14	0:03:25	0:55:08	0:00:40	0:28:16	1:48:43
Amy	Thompson	F 37	F 30-39	0:20:49	0:04:44	0:52:01	0:01:14	0:30:02	1:48:50
Christine	Heidebrink	F 39	F 30-39	0:24:03	0:03:06	0:52:38	0:02:55	0:30:32	1:53:14
Lorena	Veal	F 31	F 30-39	0:28:25	0:03:30	0:57:47	0:01:02	0:32:43	2:03:27

## Sprint Triathlon Female 40-49

				Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
Kristen	Loftus	F 42	F 40-49	0:15:56	0:02:22	0:41:32	0:01:10	0:27:11	1:28:11
Kelly	Hill	F 41	F 40-49	0:18:49	0:01:31	0:43:28	0:01:07	0:29:30	1:34:25
Betsy	Tieman	F 48	F 40-49	0:20:10	0:02:33	0:43:50	0:00:48	0:33:34	1:40:55
Shannon	Amiotte	F 44	F 40-49	0:22:22	0:02:29	0:48:35	0:00:52	0:28:47	1:43:05
Dawn	Claymore	F 42	F 40-49	0:20:33	0:02:10	0:48:12	0:00:38	0:31:38	1:43:11
Angie	Burton	F 40	F 40-49	0:19:08	0:04:03	0:56:22	0:00:47	0:34:18	1:54:38
Patty	Brown	F 48	F 40-49	0:25:06	0:04:26	0:52:11	0:01:00	0:33:24	1:56:07
Kim	Maschino	F 45	F 40-49	0:23:01	0:04:53	0:58:54	0:03:25	0:41:43	2:11:56

## Sprint Triathlon Female 50-59

				Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
Barb	Fetters	F 58	F 50-59	0:19:32	0:03:03	0:42:16	0:02:04	0:33:00	1:39:55
Naomi	Hatfield	F 54	F 50-59	0:21:44	0:04:06	0:45:47	0:00:55	0:28:47	1:41:19
Kim	Salveson	F 57	F 50-59	0:18:21	0:06:33	0:53:38	0:01:30	0:27:34	1:47:36
Wendi	Stull	F 54	F 50-59	0:19:18	0:03:43	0:58:38	0:01:07	0:45:30	2:08:16
Pauline	Larvie	F 50	F 50-59	0:25:50	0:04:07	1:07:15	0:01:12	0:31:58	2:10:22
Karen	Olson	F 58	F 50-59	0:36:29	0:05:19	0:59:20	0:01:34	0:32:16	2:14:58

## Sprint Triathlon Female 60-69

				Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
Karen	Nehl	F 61	F 60-69	0:17:43	0:02:43	0:40:16	0:01:34	0:27:34	1:29:50

## Sprint Triathlon Male <20

Jeffrey	Loftus	M	14	M <20
Samuel	Loftus	M	15	M <20
Brock	Loftus	M	15	M <20
Matthew	Habbe	M	13	M <20

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:15:37	0:02:15	0:41:05	0:00:59	0:26:27	1:26:23
0:16:48	0:02:19	0:45:13	0:01:26	0:26:09	1:31:55
0:20:10	0:01:40	0:49:55	0:01:50	0:26:37	1:40:12
0:16:54	0:02:52	0:45:37	0:03:39	0:35:47	1:44:49

## Sprint Triathlon Male 30-39

Dan	Linde	M	38	M 30-39
Ryan	Ryder	M	37	M 30-39
Howard	Baird	M	38	M 30-39
Matt	Worland	M	32	M 30-39
Brad	Heinert	M	34	M 30-39

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:16:25	0:02:37	0:40:43	0:00:46	0:27:26	1:27:57
0:16:37	0:03:25	0:42:32	0:01:46	0:30:55	1:35:15
0:17:41	0:04:14	0:41:47	0:02:01	0:34:59	1:40:42
0:20:46	0:02:24	0:41:59	0:01:06	0:39:47	1:46:02
0:19:52	0:02:57	1:01:49	0:00:46	0:27:43	1:53:07

## Sprint Triathlon Male 40-49

<b>Stephen</b>	<b>Kosnar</b>	<b>M</b>	<b>45</b>	<b>M 40-49</b>
John	Looby	M	43	M 40-49
Kent	Renaud	M	40	M 40-49
Chris	Houwman	M	41	M 40-49
John	Hill	M	46	M 40-49
Eric	Johnson	M	48	M 40-49
Robert	Gunderson	M	49	M 40-49
Todd	Christoffer	M	42	M 40-49
Jesse	Pangus	M	40	M 40-49
Richard	Olstad	M	42	M 40-49
Timothy	Larvie	M	47	M 40-49
Casey	Allen	M	42	M 40-49

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
<b>0:12:53</b>	<b>0:01:30</b>	<b>0:34:58</b>	<b>0:01:07</b>	<b>0:19:52</b>	<b>1:10:20</b>
0:14:40	0:01:20	0:35:59	0:00:47	0:22:07	1:14:53
0:15:51	0:01:09	0:34:02	0:00:39	0:23:37	1:15:18
0:15:16	0:01:36	0:36:37	0:00:37	0:23:20	1:17:26
0:13:56	0:01:33	0:37:08	0:00:59	0:26:15	1:19:51
0:18:13	0:04:10	0:37:30	0:01:31	0:23:21	1:24:45
0:16:01	0:02:33	0:39:41	0:01:41	0:26:21	1:26:17
0:21:20	0:01:57	0:38:53	0:01:43	0:29:36	1:33:29
0:20:25	0:03:53	0:45:22	0:01:06	0:27:10	1:37:56
0:21:18	0:03:25	0:45:07	0:03:16	0:36:32	1:49:38
0:26:02	0:03:46	0:53:52	0:01:30	0:26:15	1:51:25
0:28:48	0:05:01	0:47:11	0:01:25	0:39:45	2:02:10

## Sprint Triathlon Male 50-59

Todd	Schoenberner	M	50	M 50-59
Michael	Bowers	M	57	M 50-59
Sam	Durr	M	56	M 50-59

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:18:09	0:02:37	0:32:17	0:00:10	0:25:13	1:18:26
0:15:31	0:03:20	0:44:27	0:01:30	0:29:27	1:34:15
0:21:26	0:03:09	0:42:06	0:01:31	0:29:27	1:37:39

## Sprint Triathlon Male 60-69

Dave	Carpenter	M	62	M 60-69
Gary	Gamache	M	67	M 60-69

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
0:18:07	0:03:01	0:44:47	0:01:05	0:31:16	1:38:16
0:18:39	0:03:51	0:48:10	0:01:42	0:31:01	1:43:23

## Team Sprint Women

<b>Kayla</b>	<b>Huber</b>	<b>TW 2A</b>	<b>WOMEN TEAM</b>
Shirley	Adams	TW 2B	
Susan	Johnson	TW 2C	
Patty	Schuh	TW 1A	WOMEN TEAM
Joyce	Farrell	TW 1B	
Bethany	Culps	TW 1C	

Swim Time	Trans 1	Bike Time	Trans 2	Run Time	Overall Time
<b>0:14:44</b>	<b>0:00:55</b>	<b>0:50:59</b>	<b>0:00:34</b>	<b>0:29:57</b>	<b>1:37:09</b>
0:18:07	0:01:41	0:53:31	0:00:32	0:39:17	1:53:08