

19th Annual Southern Hills Triathlon

Olympic Triathlon

Female 20 to 29

Overall					----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	13	Jessica Barrientos	1174	27	1	0.026471	38:07/M	0.001875	1	0.061622	3:33/M	0.000831	1	0.039471	9:28/M	0.130272	0.130272

Female 30 to 39

Overall					----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	11	Jenny Mosley	1175	31	1	0.025425	36:36/M	0.0012141	1	0.05898	3:24/M	0.0006065	1	0.040293	9:40/M	0.126521	0.126521
2	16	Kim Fjell	1176	35	2	0.027405	39:27/M	0.000978	2	0.063924	3:41/M	0.0010058	2	0.046551	11:10/M	0.139865	0.139865

Female 40 to 49

Overall					----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	14	Stacey Nelson	519	43	1	0.029997	43:11/M	0.0012639	1	0.058282	3:21/M	0.0007708	1	0.042929	10:18/M	0.133244	0.133244

Male 20 to 29

Overall					----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	1	Brandon Zelfer	1193	27	1	0.018127	26:06/M	0.0004907	1	0.044206	2:33/M	0.0002743	1	0.028729	6:54/M	0.09183	0.09183
2	2	Erick Sykora	1183	29	2	0.021368	30:46/M	0.000809	3	0.049249	2:50/M	0.0004907	2	0.030484	7:19/M	0.102403	0.102403
3	3	John Enos	1184	29	3	0.024947	35:55/M	0.0006076	2	0.048168	2:46/M	0.0009711	3	0.03483	8:22/M	0.109524	0.109524
4	12	Matthew Jester	1182	29	6	0.034124	49:08/M	0.0015556	4	0.054064	3:07/M	0.0013241	4	0.03883	9:19/M	0.129899	0.129899
5	15	Daniel Nelson	1181	28	4	0.032278	46:28/M	0.0010718	5	0.056159	3:14/M	0.0006123	6	0.048659	11:41/M	0.138782	0.138782
6	17	Eduardo Barrientos	1178	24	5	0.033988	48:56/M	0.0026169	6	0.060589	3:29/M	0.0005648	5	0.04441	10:40/M	0.142171	0.142171

Male 30 to 39

Overall					----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	6	Corey Hayes	1185	30	2	0.025141	36:12/M	0.0011042	2	0.056155	3:14/M	0.0007616	2	0.030861	7:24/M	0.114025	0.114025
2	7	Dustin Beaudette	1186	33	1	0.023541	33:53/M	0.0011794	1	0.052082	3:00/M	0.0015914	4	0.039865	9:34/M	0.11826	0.11826
3	8	Giovanni Paoli	1187	33	3	0.028053	40:23/M	0.001853	4	0.059398	3:25/M	0.0007431	3	0.033978	8:09/M	0.124027	0.124027
4	10	Aaron Ude	1188	33	4	0.032453	46:43/M	0.0024051	3	0.059058	3:24/M	0.000515	1	0.0306	7:21/M	0.125031	0.125031

Male 40 to 49

Overall		----- Swim -----			T1	----- Bike -----		T2	----- Run -----			Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	4	TJ Loftus	1192	46	1	0.025205	36:17/M	0.0006921	1	0.048287	2:47/M	0.0008877	1	0.034919	8:23/M	0.109993	0.109993

Male 50 to 59

Overall		----- Swim -----			T1	----- Bike -----		T2	----- Run -----			Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	5	John Marsh	1190	57	2	0.024587	35:24/M	0.0005845	1	0.051538	2:58/M	0.0007025	1	0.033277	7:59/M	0.110691	0.110691
2	9	Martin Spahn	1189	56	1	0.024374	35:05/M	0.0023229	2	0.055145	3:11/M	0.0014838	2	0.041035	9:51/M	0.124362	0.124362

Sprint Triathlon

Female 19 and Under

Overall		----- Swim -----			T1	----- Bike -----		T2	----- Run -----			Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	37	Anna Capron	502	18	1	26:04.5	52:08/M	02:40.2	1	54:35.4	4:33/M	00:45.3	1	29:02.0	9:41/M	53:07.5	53:07.5

Female 20 to 29

Overall		----- Swim -----			T1	----- Bike -----		T2	----- Run -----			Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	9	Sage Riss	503	20	1	16:24.7	32:48/M	00:53.3	3	45:18.4	3:47/M	00:47.8	7	31:12.2	10:24/M	34:36.7	34:36.7
2	11	Felicia King	508	25	6	23:08.6	46:16/M	01:45.6	1	44:18.8	3:42/M	00:23.2	3	25:21.7	8:27/M	34:58.1	34:58.1
3	12	Krista Steinbesser	504	21	2	19:02.7	38:04/M	01:18.7	2	45:17.4	3:46/M	00:33.3	6	28:51.0	9:37/M	35:03.3	35:03.3
4	13	Taylor Ihmels	501	20	3	20:39.4	41:18/M	01:05.7	5	47:20.2	3:57/M	00:41.2	4	25:28.0	8:29/M	35:14.6	35:14.6
5	14	Kaylee Lamb	505	21	5	22:42.7	45:24/M	01:20.5	4	46:13.0	3:51/M	00:44.0	2	24:32.7	8:11/M	35:33.1	35:33.1
6	18	Melissa Hampton	509	28	4	21:11.9	42:22/M	01:01.7	7	53:23.9	4:27/M	00:26.1	1	24:24.8	8:08/M	40:28.6	40:28.6
7	41	Mallory Capron	506	22	8	34:22.3	68:44/M	01:19.1	8	54:48.4	4:34/M	00:35.3	5	26:37.6	8:52/M	57:42.8	57:42.8
8	43	Allison Londregan	507	22	7	31:28.4	62:56/M	03:42.0	6	51:09.3	4:16/M	01:01.9	8	32:15.3	10:45/M	59:37.2	59:37.2

Female 30 to 39

Overall		----- Swim -----			T1	----- Bike -----		T2	----- Run -----			Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	6	Emily Cook	513	36	1	18:36.7	37:12/M	01:18.0	1	38:40.6	3:13/M	01:02.5	1	24:04.6	8:01/M	23:42.5	23:42.5
2	20	Christie Nichols	515	39	3	25:02.4	50:04/M	02:05.7	2	45:22.1	3:47/M	00:29.2	5	27:47.1	9:16/M	40:46.7	40:46.7
3	22	Brenda Reems	547	39	2	23:10.4	46:20/M	01:39.2	4	46:11.2	3:51/M	01:05.7	6	30:45.0	10:15/M	42:51.6	42:51.6

4	23 Jennifer Powell	514	38	4	25:36.5	51:12/M	01:59.6	6	46:40.3	3:53/M	01:10.5	3	27:31.4	9:10/M	42:58.5	42:58.5
5	26 Brittany Neiles	510	31	6	27:18.5	54:36/M	03:29.0	3	45:36.3	3:48/M	01:06.8	2	27:23.3	9:08/M	44:54.1	44:54.1
6	29 Kellee Walton	557	30	7	27:42.5	55:24/M	03:11.3	5	46:32.4	3:53/M	01:23.1	4	27:32.6	9:11/M	46:22.1	46:22.1
7	44 Lacey Boehm	511	32	8	29:18.1	58:36/M	01:48.0	7	52:33.6	4:23/M		7	36:23.6	12:08/M	00:03.4	00:03.4
8	51 Randi Norton	512	34	5	26:22.8	52:44/M	03:27.6	8	00:36.2	5:03/M	00:44.2	8	43:32.3	14:31/M	14:43.2	14:43.2

Female 40 to 49

Overall		----- Swim -----				T1		----- Bike -----				T2		----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	21	Treese DeBoer	545	43	2	24:25.3	48:50/M	01:55.9	3	45:38.6	3:48/M	01:01.7	2	28:09.0	9:23/M	41:10.6	41:10.6
2	30	Marit Johnson	517	43	4	25:33.7	51:06/M	02:15.6	1	44:07.8	3:41/M	01:40.4	5	33:25.4	11:08/M	47:03.1	47:03.1
3	34	Cheri St. Pierre	518	42	3	24:59.6	49:58/M	03:23.9	5	48:09.3	4:01/M	01:55.7	6	33:28.1	11:09/M	51:56.7	51:56.7
4	35	Kristi Rayman	521	49	6	30:14.8	60:28/M	02:45.9	2	45:24.1	3:47/M	01:03.4	4	32:44.4	10:55/M	52:12.8	52:12.8
5	40	Sonja Brue	552	42	8	33:47.6	67:34/M	02:23.8	4	47:17.4	3:56/M	00:49.2	3	31:08.2	10:23/M	55:26.4	55:26.4
6	45	Amy Lane	516	41	5	26:48.3	53:36/M					34:05.0	1	00:13.9	0:04/M	01:07.4	01:07.4
7	52	Jeannine Davison	520	40	7	32:35.4	65:10/M	03:38.9	6	19:58.8	6:40/M	00:55.1	7	43:46.1	14:35/M	40:54.5	40:54.5

Female 50 to 59

Overall		----- Swim -----				T1		----- Bike -----				T2		----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	48	Christi Hampton	523	58	1	25:48.5	51:36/M	01:18.4	1	55:06.2	4:36/M	01:39.4	2	41:56.8	13:59/M	05:49.4	05:49.4
2	50	Mary Storgaard	522	50	2	26:52.4	53:44/M	03:13.8	2	03:02.4	5:15/M	01:12.4	1	36:42.9	12:14/M	11:04.1	11:04.1

Female 60 to 69

Overall		----- Swim -----				T1		----- Bike -----				T2		----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	46	Barbara Fetters	524	63	1	23:20.2	46:40/M	02:22.0	1	48:00.4	4:00/M	02:14.4	1	45:46.4	15:15/M	01:43.7	01:43.7

Male 19 and Under

Overall		----- Swim -----				T1		----- Bike -----				T2		----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	2	Jeffrey Loftus	554	19	1	17:00.5	34:00/M	01:19.1	1	35:00.4	2:55/M	00:36.2	1	22:31.9	7:30/M	16:28.3	16:28.3
2	19	Andrew Jennissen	525	17	2	26:11.4	52:22/M	01:43.3	2	44:06.3	3:41/M	00:53.4	2	27:48.7	9:16/M	40:43.4	40:43.4

Male 20 to 29

Overall		----- Swim -----				T1		----- Bike -----				T2		----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time

1	7 Jonathan Wenger	526	23	2	23:22.4	46:44/M	01:54.9	1	39:42.2	3:19/M	00:36.6	1	23:08.7	7:43/M	28:44.9	28:44.9
2	8 Samuel Loftus	555	20	1	20:12.1	40:24/M	01:40.2	2	41:39.9	3:28/M	01:00.4	3	27:45.3	9:15/M	32:18.1	32:18.1
3	25 Charlie Carkin	527	27	3	31:50.9	63:40/M	03:17.3	3	42:22.2	3:32/M	01:44.2	2	25:11.9	8:24/M	44:26.7	44:26.7

Male 30 to 39

Overall		----- Swim -----				T1	----- Bike -----		T2	----- Run -----		Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	24	Stephen Roberts	528	30	2	23:42.7	47:24/M	03:55.7	3	51:23.4	4:17/M	00:42.5	1	23:52.9	7:57/M	43:37.4	43:37.4
2	27	Dustin Wagner	530	34	1	23:25.7	46:50/M	04:15.1	2	49:06.2	4:06/M	00:45.2	2	27:50.7	9:17/M	45:23.1	45:23.1
3	31	Matt Mathiesen	541	38	3	24:02.4	48:04/M	02:13.2	1	47:42.9	3:59/M	01:25.0	3	32:31.8	10:50/M	47:55.5	47:55.5
4	49	Nathan Rasmussen	529	31	4	33:25.6	66:50/M	00:45.1	4	57:38.3	4:48/M	01:24.1	4	35:02.5	11:41/M	08:15.9	08:15.9
5	53	Nathaniel Hansen	531	36	5	48:40.5	97:20/M	01:46.0	5	21:22.1	6:47/M	00:58.6	5	51:36.4	17:12/M	04:23.8	04:23.8

Male 40 to 49

Overall		----- Swim -----				T1	----- Bike -----		T2	----- Run -----		Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	1	Lance Bergeson	544	48	2	18:24.0	36:48/M	00:38.3	1	36:40.0	3:03/M	00:31.4	1	19:38.7	6:33/M	15:52.4	15:52.4
2	4	Todd Christoffer	532	47	3	18:29.3	36:58/M	00:57.9	3	38:53.3	3:14/M	00:42.5	2	23:31.6	7:50/M	22:34.8	22:34.8
3	5	Shannon Deboer	556	44	1	17:16.2	34:32/M	01:13.5	2	38:05.5	3:10/M	00:46.1	3	25:39.6	8:33/M	23:01.1	23:01.1
4	10	Dave Shelles	542	43	4	18:31.8	37:02/M	01:23.9	4	42:21.1	3:32/M	01:28.1	5	30:58.8	10:19/M	34:43.8	34:43.8
5	16	Matt Stephens	548	48	5	20:21.2	40:42/M	02:11.0	5	44:13.4	3:41/M	01:54.0	4	28:47.5	9:36/M	37:27.3	37:27.3
6	28	Dallis Cowen	550	46	6	24:29.3	48:58/M	02:11.2	6	46:52.7	3:54/M	01:45.7	6	31:02.6	10:21/M	46:21.7	46:21.7

Male 50 to 59

Overall		----- Swim -----				T1	----- Bike -----		T2	----- Run -----		Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	3	Mike Welu	543	51	2	19:24.4	38:48/M	00:52.8	1	36:38.2	3:03/M	00:45.2	1	21:25.0	7:08/M	19:05.8	19:05.8
2	15	Andrew Duncan	534	55	1	18:55.2	37:50/M	01:03.0	6	49:00.6	4:05/M	00:31.2	2	26:43.5	8:54/M	36:13.6	36:13.6
3	17	Dan Jennissen	533	53	4	25:55.4	51:50/M	02:48.5	4	43:33.8	3:38/M	00:40.5	3	27:01.4	9:00/M	39:59.7	39:59.7
4	32	John Curry	551	54	6	32:43.3	65:26/M	02:26.4	2	40:21.8	3:22/M	01:15.9	7	32:32.7	10:51/M	49:20.3	49:20.3
5	33	Mitch Richter	538	55	5	27:59.2	55:58/M	02:16.9	3	40:55.2	3:25/M	01:31.1	8	36:39.8	12:13/M	49:22.4	49:22.4
6	38	Matt Fitting	546	52	3	24:28.3	48:56/M	04:14.1	8	53:21.6	4:27/M	02:47.7	5	28:39.4	9:33/M	53:31.3	53:31.3
7	42	Matthew Lim	536	59	7	35:05.8	70:10/M	02:07.0	7	49:12.1	4:06/M	01:19.7	6	30:49.7	10:16/M	58:34.4	58:34.4
8	47	Steven Schelske	535	58	8	46:22.9	92:44/M	03:40.3	5	46:02.0	3:50/M	01:32.7	4	27:33.5	9:11/M	05:11.6	05:11.6

Male 60 to 69

Overall		----- Swim -----				T1	----- Bike -----		T2	----- Run -----		Chip	Gun				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time

1	36 James Simpson	537	62	1	27:51.5	55:42/M	02:49.5	1	48:02.0	4:00/M	01:30.3	1	32:48.6	10:56/M	53:02.1	53:02.1	
Male 70 to 79																	
Overall						----- Swim -----		T1	----- Bike -----				T2	----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	39	Gary Gamache	539	72	1	25:21.7	50:42/M	03:38.6	1	52:42.3	4:24/M	01:07.1	1	32:09.6	10:43/M	54:59.5	54:59.5

Duathlon

Female 30 to 39

Overall						----- Swim -----		T1	----- Bike -----				T2	----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	2	Steph Davis	1086	31	2	25:31.8	25:31/M	02:09.4	1	41:24.4	1:39/M	00:49.7	1	25:30.7	4:15/M	35:26.2	35:26.2
2	4	Sarah Lewis	1087	31	1	25:21.3	25:21/M	02:06.5	2	45:06.2	1:48/M	01:30.3	2	26:30.6	4:25/M	40:35.1	40:35.1

Female 40 to 49

Overall						----- Swim -----		T1	----- Bike -----				T2	----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	3	Brandi Christoffer	1088	43	1	25:30.5	25:30/M	00:37.3	1	43:59.7	1:46/M	00:28.6	1	28:04.5	4:41/M	38:40.8	38:40.8

Female 50 to 59

Overall						----- Swim -----		T1	----- Bike -----				T2	----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	1	Patti Tisdall	1092	51	1	22:54.6	22:54/M	00:54.9	1	43:19.9	1:44/M	00:50.8	1	24:50.5	4:08/M	32:50.8	32:50.8
2	5	Debbie Doolittle	1090	55				29:15.4	2	47:28.9	1:54/M		2	17:03.6	12:51/M	45:35.4	45:35.4

Male 60 to 69

Overall						----- Swim -----		T1	----- Bike -----				T2	----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	6	Roger Johnsen	1089	69				50:16.9	1	12:17.8	2:53/M		1	03:52.4	20:39/M	52:47.3	52:47.3

Olympic Relay - Mixed

Female 99 and Under

Overall						----- Swim -----		T1	----- Bike -----				T2	----- Run -----		Chip	Gun
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time

1	1 Katie Cashin	1191	23	1	42:22.4	42:22/M	01:35.1	1	27:58.9	3:31/M	1	52:48.2	8:48/M	04:44.7	04:44.7
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Sprint Relay - Mixed

Female 99 and Under

Overall		----- Swim -----				T1	----- Bike -----				T2	----- Run -----			Chip	Gun	
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	1	Susan Serge	540	29	1	17:33.4	35:06/M	00:45.3	1	42:53.9	3:34/M	1	44:17.8	14:46/M	45:30.6	45:30.6	

Sprint Relay - Female

Female 99 and Under

Overall		----- Swim -----				T1	----- Bike -----				T2	----- Run -----			Chip	Gun	
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time
1	1	Paige Loftus	553	18	1	21:03.1	42:06/M					1	26:37.1	28:52/M	47:40.3	47:40.3	