

## Southern Hills Triathlon

Age Group Results

## Sprint Triathlon

## Female 30 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	3	Amanda Meredith-Dunlo	13	37	1	14:21.8	28:42	1:05.7	1	39:43.1	3:19	0:39.0	4	25:28.0	8:13	1:21:17.6
2	7	Kjersti-Helene Ehlers	14	39	3	20:41.1	41:22	1:22.7	2	40:11.9	3:21	0:50.6	2	25:13.8	8:08	1:28:20.4
3	14	Steph Davis	7	33	7	23:22.7	46:44	2:55.8	3	40:28.6	3:22	1:21.9	3	25:16.3	8:09	1:33:25.4
4	15	Melissa Hampton	4	30	6	22:44.8	45:28	1:13.3	6	46:19.0	3:52	0:29.5	5	26:04.0	8:25	1:36:50.7
5	18	Shannon Olberding	59	33	4	21:38.8	43:16	1:22.4	4	44:21.7	3:42	1:05.1	7	29:39.2	9:34	1:38:07.4
6	24	Amelia Dery	11	36	9	27:42.8	55:24	2:36.0	5	44:31.6	3:43	1:24.8	1	25:03.3	8:05	1:41:18.6
7	26	Tricia Sund-Wiebusch	15	39	2	19:59.3	39:58	2:11.2	10	53:46.0	4:29	0:41.1	6	26:42.0	8:37	1:43:19.7
8	36	Katie Urban	12	36	5	22:39.5	45:18	4:43.8	7	48:52.1	4:04	2:38.4	11	34:47.9	11:13	1:53:41.9
9	38	Kimberly Talcott	8	33	8	26:28.7	52:56	2:06.2	11	55:30.4	4:38	0:48.0	8	29:41.5	9:35	1:54:34.9
10	40	Lindsey Wosepka	9	34	11	28:05.1	56:10	4:00.8	9	52:17.1	4:21	0:46.5	9	32:13.0	10:24	1:57:22.7
11	41	Katie Sandvig	5	30	10	28:02.1	56:04	4:07.1	8	52:12.6	4:21	0:47.1	10	32:14.6	10:24	1:57:23.7

## Female 40 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	6	Melissa Heyen	18	41	2	22:51.7	45:42	1:05.4	1	39:02.1	3:15	0:47.6	1	23:36.5	7:37	1:27:23.4
2	16	Jennifer Powell	16	40	3	25:14.8	50:28	1:18.3	2	43:06.8	3:36	0:47.3	2	27:00.5	8:43	1:37:27.8
3	19	Treese DeBoer	25	45	1	22:13.4	44:26	2:39.9	3	43:54.6	3:40	1:14.4	3	28:29.2	9:11	1:38:31.7
4	34	Donna Hanks	26	46	4	26:24.3	52:48	3:11.0	5	49:17.2	4:06	1:16.8	4	30:48.7	9:56	1:50:58.1
5	43	Amy Lane	21	43	7	30:02.3	60:04	2:57.3	4	48:52.5	4:04	0:34.1	7	38:42.3	12:29	2:01:08.7
6	46	Kari Guge	24	44	6	29:54.1	59:48	3:30.5	8	59:45.2	4:59	1:07.3	5	33:15.0	10:44	2:07:32.2
7	47	Azure Summers	19	41	5	29:34.8	59:08	3:41.7	6	56:48.2	4:44	0:47.0	8	43:57.8	14:11	2:14:49.8
8	48	Jaimi Espy	20	41	9	37:55.6	75:50	4:49.5	7	57:11.1	4:46	1:02.1	6	37:05.6	11:58	2:18:04.1
9	51	Bree Oatman	22	43	8	37:48.3	75:36	6:01.7	9	1:11:02.5	5:55	2:32.5	9	44:31.7	14:22	2:41:56.8

Southern Hills Triathlon

Age Group Results

Sprint Triathlon

Female 50 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	13	Carol Nelson	27	54	1	19:22.4	38:44	1:26.8	1	43:00.9	3:35	0:34.6	1	28:29.2	9:11	1:32:54.1
2	39	Jane Pfeifle	28	59	2	25:17.3	50:34	2:05.0	2	57:09.0	4:46	0:34.4	2	31:54.8	10:17	1:57:00.7

Female 60 to 69

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	25	Christine Davis	30	61	1	25:27.8	50:54	1:44.5	1	45:54.1	3:50	1:20.0	1	28:24.4	9:10	1:42:50.9
2	44	Christi Hampton	29	60	2	26:34.5	53:08	1:43.8	3	53:23.8	4:27	1:37.3	2	38:18.8	12:21	2:01:38.3
3	49	Barb Fetters	31	65	4	31:13.3	62:26	3:21.0	2	47:29.8	3:57	2:31.8	4	53:51.7	17:22	2:18:27.9
4	50	Laurie Carsrud	60	60	3	28:22.7	56:44	3:32.0	4	1:06:21.9	5:32	0:38.9	3	51:21.2	16:34	2:30:16.8

Southern Hills Triathlon

Age Group Results

Sprint Triathlon

Male 19 and Under

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	21	Daniel Jensen	62	14	2	23:06.8	46:12	2:06.6	1	46:25.8	3:52	0:25.3	2	26:40.3	8:36	1:38:44.9
2	23	Andrew Jensen	61	13	1	19:43.9	39:26	5:48.4	2	50:26.4	4:12	0:28.8	1	23:41.7	7:38	1:40:09.4
3	45	Preston Knobloch	32	19	3	28:46.7	57:32	1:18.9	3	1:04:41.2	5:23	0:34.1	3	27:23.1	8:50	2:02:44.1

Male 20 to 29

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	10	Ethan Knobloch	36	22	2	21:17.7	42:34	1:40.3	4	43:08.1	3:36	0:20.9	2	24:12.0	7:48	1:30:39.1
2	11	Chase Goddard	33	21	1	20:23.1	40:46	0:46.7	1	39:25.9	3:17	0:24.8	4	30:12.0	9:45	1:31:12.6
3	20	Kurt Mentele	35	21	3	31:27.7	62:54	3:04.9	2	41:28.1	3:27	0:44.4	1	21:47.0	7:02	1:38:32.4
4	28	Job Goodale	34	21	4	35:06.4	70:12	1:04.3	3	42:47.3	3:34	0:29.0	3	24:52.9	8:01	1:44:20.1

Male 30 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	4	Justin Branch	39	35	3	20:53.9	41:46	2:17.6	1	39:50.1	3:19	0:26.7	1	22:05.2	7:07	1:25:33.6
2	5	Casey Clement	41	36	1	18:47.4	37:34	1:42.9	4	42:22.8	3:32	0:46.6	2	23:38.5	7:37	1:27:18.3
3	8	Garrett Brock	42	37	2	19:12.6	38:24	1:36.1	3	41:31.3	3:28	0:42.4	3	25:32.2	8:14	1:28:34.9
4	22	John Talcott	38	34	4	21:48.2	43:36	2:22.5	6	45:23.7	3:47	1:05.2	5	28:17.0	9:07	1:38:56.9
5	29	Adam De Hueck	40	35	6	28:34.8	57:08	3:12.6	2	40:12.9	3:21	6:11.7	4	27:02.1	8:43	1:45:14.2
6	30	Nathan Rasmussen	37	33	5	28:26.7	56:52	2:31.5	5	44:34.9	3:43	1:12.4	6	31:01.3	10:00	1:47:46.9

Southern Hills Triathlon

Age Group Results

Sprint Triathlon

Male 40 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	2	Phil Hackbarth	47	49	1	15:02.7	30:04	1:23.5	1	36:25.0	3:02	0:39.5	1	21:07.1	6:49	1:14:38.0
2	9	Troy Hoskin	46	45	2	22:31.2	45:02	1:24.5	2	38:09.0	3:11	1:10.1	3	26:19.4	8:29	1:29:34.3
3	17	Kent Jacobs	43	43	6	28:53.3	57:46	3:11.8	3	38:29.3	3:12	1:29.7	2	25:35.2	8:15	1:37:39.4
4	27	Keith Knobloch	44	43	3	24:15.9	48:30	2:00.3	5	46:46.2	3:54	0:41.3	5	30:03.7	9:42	1:43:47.6
5	32	Jeff Summers	45	43	5	28:35.7	57:10	3:47.4	4	46:23.0	3:52	1:14.0	4	28:29.0	9:11	1:48:29.3
6	37	Gary Rains	52	40	4	27:36.5	55:12	4:41.1	6	49:01.7	4:05	2:09.5	6	30:19.6	9:47	1:53:48.6

Male 50 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	1	Lance Bergeson	48	50	1	18:49.2	37:38	0:34.9	1	34:43.2	2:54	0:32.9	1	19:40.6	6:21	1:14:21.1
2	12	Matt Stephens	58	50	2	19:42.7	39:24	2:03.9	2	41:26.3	3:27	1:31.8	2	27:37.5	8:55	1:32:22.3
3	35	Craig Pfeifle	49	58	3	22:05.9	44:10	2:34.9	3	55:56.3	4:40	0:41.7	3	30:50.0	9:57	1:52:08.9

Male 60 to 69

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	31	Michael Bowers	50	64	1	22:20.7	44:40	2:16.1	1	47:27.8	3:57	1:38.9	2	34:06.2	11:00	1:47:49.9
2	33	Robert Overturf	57	61	2	24:47.3	49:34	2:46.3	2	48:31.5	4:03	0:31.4	1	33:50.4	10:55	1:50:27.1

Race Date  
September 01, 2018

Southern Hills Triathlon  
Age Group Results  
Sprint Triathlon

Male 70 to 79

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>T1</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>T2</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	42	Gary Gamache	51	74	1	26:07.2	52:14	4:17.0	1	51:43.8	4:19	2:34.5	1	35:24.5	11:25	2:00:07.2	