

Duluth Triathlon
 Island Lake Picnic Area
 Duluth, MN
 Sat, Jul 20, 2013

500yd swim
 T-1
 10 mi bike

T-2
 2.5mi run

Age Group Results

White River Sports Timing
<http://itiming.com>

Place Age/Div	Name	Bib	PL	swim	PL	T-1	PL	bike	PL	T-2	PL	run	Finish	Pen
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Buzz Ryan Sprint Triathlon Field: 92

Sprint Men Division Field: 47

1-39 Age Group Field: 24

1	3 Adams, Jesse	2 Duluth, MN		00:09:28.2		00:01:03.2		00:27:42.6		00:00:38.2		00:16:09.0	00:55:01.4	
2	4 Riboli, Marco	72 St Louis Park,		00:10:07.3		00:01:10.6		00:27:15.1		00:00:51.4		00:15:57.3	00:55:21.9	
3	9 Welch, Lewie	89 Superior, WI		00:10:54.4		00:02:07.0		00:28:03.2		00:00:52.5		00:16:26.4	00:58:23.7	
4	11 Nelson, Grant	63 Duluth, MN		00:12:40.0		00:01:24.1		00:29:09.2		00:00:56.2		00:15:21.2	00:59:31.0	
5	12 Christopher,	96 Duluth, MN		00:09:53.1		00:01:45.2		00:28:45.3		00:00:49.6		00:18:30.1	00:59:43.4	
6	13 Hay, Nathan	33 thunder Bay,		00:09:08.0		00:01:28.1		00:32:53.7		00:00:42.4		00:16:09.1	01:00:21.4	
7	14 Alexander, Greg	3 Plymouth, MN		00:10:36.3		00:01:36.6		00:29:58.5		00:00:39.2		00:17:55.8	01:00:46.5	
8	17 Sundstrom, Jared	82 Proctor, MN		00:10:46.2		00:01:18.1		00:30:07.4		00:01:03.2		00:18:47.9	01:02:03.0	
9	19 Sather, Kyle	97 Duluth, MN		00:13:13.9		00:03:10.5		00:33:42.1		00:00:55.8		00:16:28.1	01:07:30.6	
10	20 Barnes, Christian	6 Duluth, MN		00:10:37.0		00:02:28.5		00:34:02.8		00:01:11.0		00:19:58.7	01:08:18.1	
11	23 Hagen, Kevin	29 Hibbing, MN		00:13:24.9		00:01:16.7		00:32:17.4		00:01:03.7		00:21:37.5	01:09:40.3	
12	24 LaCoursiere,	50 Duluth, MN		00:14:53.8		00:02:27.1		00:32:25.5		00:01:33.8		00:18:21.7	01:09:42.0	
13	25 Eliason, Tate	21 Duluth, MN		00:15:19.4		00:01:55.7		00:32:09.8		00:01:22.7		00:19:12.5	01:10:00.2	
14	32 Gunderson, Daniel	28 Duluth, MN		00:12:42.2		00:02:04.4		00:33:35.8		00:01:18.1		00:24:26.8	01:14:07.5	
15	33 Larson, Eric	51 Minneapolis,		00:19:23.3		00:02:15.3		00:32:37.8		00:00:44.1		00:20:08.0	01:15:08.6	
16	34 Soderholm, Kevin	79 Eagan, MN		00:15:43.2		00:02:50.3		00:37:50.1		00:00:56.8		00:17:48.8	01:15:09.4	
17	35 Gaylord, Jim	25 Duluth, MN		00:16:06.2		00:02:39.4		00:35:28.2		00:01:05.2		00:20:08.5	01:15:27.7	
18	36 Davidson, Kelly	17 duluth, MN		00:19:43.7		00:01:44.0		00:31:38.5		00:01:52.4		00:20:54.6	01:15:53.3	
19	37 Heikkila, Seth	36 Saginaw , MN		00:13:28.0		00:03:06.4		00:39:26.4		00:00:40.5		00:19:31.4	01:16:12.8	
20	38 Hiestand, Chris	38 Saint Louis		00:19:52.7		00:02:26.6		00:34:43.2		00:00:45.2		00:19:51.4	01:17:39.3	
21	39 Hertsgaard, Peder	37 Golden Valley,		00:14:49.9		00:02:44.1		00:39:48.8		00:00:58.5		00:19:31.1	01:17:52.6	
22	40 Brown, Matthew	12 Duluth, MN		00:16:17.3		00:02:39.4		00:42:24.7		00:00:43.7		00:23:02.3	01:25:07.6	
23	42 Roberts, Randy	73 Duluth, MN		00:20:02.9		00:04:29.1		00:35:37.3		00:02:22.6		00:25:30.2	01:28:02.2	
24	44 Boreen, Nick	11 Superior, WI		00:24:01.1		00:04:04.0		00:43:38.9		00:01:46.9		00:23:35.0	01:37:06.1	

40-100 Age Group Field: 23

1	Bonner, Rhett	1 duluth, MN		00:09:21.1		00:00:54.0		00:25:54.7		00:00:44.4		00:15:51.0	00:52:45.4	
1	2 Struckman, Todd	81 Duluth, MN		00:09:16.1		00:01:06.4		00:26:51.0		00:00:41.1		00:16:37.1	00:54:31.9	

Buzz Ryan Sprint Triathlon			500 yd swim			T-1			10mi bike			T-2			2.5mi run		7/20/2013
Place	Name	Bib	PL	swim	PL	T-1	PL	bike	PL	T-2	PL	run	Finish	Pen			
2	5 Kelley, Bill	43	Wrenshall, MN	00:10:43.2		00:01:20.3		00:26:33.2		00:00:44.0		00:16:19.9	00:55:40.9				
3	6 Keppers, Tim	47	DULUTH, MN	00:09:24.1		00:01:29.3		00:26:50.8		00:01:01.8		00:19:02.8	00:57:49.1				
4	7 Guelzow II,	27	Eau Claire, WI	00:10:26.8		00:01:04.7		00:26:24.5		00:00:52.5		00:19:13.4	00:58:02.2				
5	8 Hay, Darrell	32	Thunder Bay,	00:10:30.5		00:01:30.3		00:27:18.6		00:00:46.5		00:18:01.6	00:58:07.7				
6	10 Schmitt, Bill	76	Duluth, MN	00:10:18.6		00:01:28.2		00:26:53.6		00:00:49.9		00:19:07.9	00:58:38.4				
7	15 Metry, Jim	56	Duluth, MN	00:12:02.2		00:01:34.3		00:27:16.8		00:00:58.6		00:19:14.6	01:01:06.6				
8	16 Pipho, David	66	Duluth, MN	00:11:06.8		00:02:00.0		00:30:10.1		00:00:56.0		00:17:10.9	01:01:23.9				
9	18 HANEY, KEVIN	31	DULUTH, MN	00:11:22.3		00:02:01.9		00:31:40.1		00:01:04.4		00:18:02.2	01:04:11.1				
10	21 Prael, Walt	69	Duluth, MN	00:14:09.5		00:01:59.3		00:30:49.6		00:01:23.8		00:21:02.1	01:09:24.6				
11	22 Kovach, Paul	49	Duluth, MN	00:15:44.5		00:01:47.6		00:29:05.7		00:01:05.7		00:21:53.7	01:09:37.4				
12	26 Kennedy, Doug	44	Portage, IN	00:12:34.2		00:02:35.4		00:35:09.6		00:01:22.9		00:19:43.2	01:11:25.5				
13	27 Olson, Paul	92	Grand Rapids,	00:15:34.1		00:02:16.1		00:32:36.4		00:00:44.3		00:20:33.2	01:11:44.2				
14	28 Dahlgren, Gregg	16	Duluth, MN	00:16:50.0		00:02:29.4		00:31:24.8		00:01:09.2		00:20:17.4	01:12:11.0				
15	29 Chasson, David	14	Finlayson, MN	00:15:27.5		00:02:51.0		00:33:29.8		00:01:12.2		00:19:28.4	01:12:29.1				
16	30 Eginton, Mark	20	Duluth, MN	00:14:03.0		00:02:25.6		00:32:40.7		00:01:18.0		00:22:37.1	01:13:04.6				
17	31 Boreen, Kevin	10	Superior, WI	00:16:47.6		00:02:09.6		00:31:56.1		00:01:02.9		00:21:58.1	01:13:54.5				
18	41 Salo, Brett	94	Cohasset, MN	00:17:33.2		00:02:42.3		00:38:31.5		00:01:17.5		00:27:00.3	01:27:05.0				
19	43 Miller, Zac	58	Little Falls, MN	00:20:23.6		00:03:42.2		00:42:13.3		00:01:36.8		00:26:28.3	01:34:24.4				
20	45 Swanstrom,	84	duluth, MN	00:21:20.4		00:02:50.3		00:44:54.6		00:01:42.4		00:27:03.3	01:37:51.2				
21	46 Petronio, Joseph	65	Woodbury, MN	00:22:50.6		00:04:18.4		00:38:12.5		00:02:20.8		00:30:48.3	01:38:30.8				
22	47 Witte, Brett	90	Minong, WI	00:30:01.2		00:06:02.3		00:41:31.5		00:03:07.5		00:23:42.7	01:44:25.4				

Sprint Women

Division Field: 45

1-39

Age Group Field: 21

1	Rossing, Jessica	74	Duluth, MN	00:10:08.5		00:01:04.8		00:29:30.0		00:00:48.2		00:16:17.6	00:57:49.3			
1	2 Keppers, Bettina	46	Duluth, MN	00:10:00.2		00:01:29.6		00:28:50.1		00:00:56.3		00:19:52.4	01:01:08.7			
2	3 Nelson, Elaine	62	Duluth, MN	00:11:29.1		00:02:22.4		00:31:46.1		00:01:22.4		00:17:54.8	01:04:55.1			
3	4 Tometich, Rachel	93	Boone, IA	00:11:26.0		00:01:22.7		00:32:43.4		00:01:00.3		00:19:38.2	01:06:10.8			
4	7 Hay, Sarah	34	Thunder Bay,	00:13:27.2		00:01:16.8		00:33:01.4		00:01:09.6		00:20:12.1	01:09:07.3			
5	8 Meyer, Melly	57	Madison, WI	00:10:57.9		00:02:39.5		00:33:17.9		00:01:20.5		00:20:57.6	01:09:13.6			
6	14 Moline, Lisa	59	Hermantown,	00:13:18.4		00:02:19.5		00:35:33.3		00:01:04.4		00:20:27.6	01:12:43.5			
7	16 Saamanen, Renee	75	Two Harbors,	00:16:00.7		00:01:59.9		00:33:16.7		00:01:48.2		00:24:48.5	01:17:54.1			
8	20 Kanoff, Julia	41	Duluth, MN	00:19:10.1		00:01:05.5		00:36:45.2		00:00:55.5		00:21:38.7	01:19:35.1			
9	23 Loynachan, Kirsten	55	Marion, IA	00:11:27.8		00:02:28.3		00:41:25.8		00:01:12.9		00:24:36.4	01:21:11.3			
10	25 Moulson, Susan	61	Thunder Bay,	00:16:43.3		00:03:43.8		00:34:50.4		00:01:47.2		00:25:31.5	01:22:36.3			
11	29 Berg, Ilena	7	Grand Marais,	00:13:50.4		00:02:20.1		00:41:57.7		00:00:51.4		00:24:45.3	01:23:45.1			

Buzz Ryan Sprint Triathlon			500 yd swim			T-1		10mi bike			T-2		2.5mi run		7/20/2013	
Place	Name	Bib	PL	swim	PL	T-1	PL	bike	PL	T-2	PL	run	Finish	Pen		
12	32 Tervo, Jodi	85 Duluth, MN		00:21:23.3		00:01:59.1		00:34:46.6		00:02:04.1		00:25:50.6	01:26:03.9			
13	33 Ervasti, Shannon	22 Centerville, MN		00:20:34.2		00:02:27.4		00:39:11.7		00:01:04.4		00:23:31.9	01:26:49.8			
14	35 Keller, Ashley	42 Duluth, MN		00:20:29.3		00:02:40.8		00:43:08.0		00:01:42.8		00:23:14.1	01:31:15.2			
15	36 Larson, Michaela	52 Minneapolis, MN		00:20:08.6		00:02:07.4		00:42:14.7		00:01:31.1		00:25:50.6	01:31:52.5			
16	37 Olson, Amy	64 cloquet, MN		00:21:14.5		00:03:32.7		00:45:49.5		00:01:15.5		00:24:22.4	01:36:14.8			
17	39 Radzak, Alexandra	71 Duluth, MN		00:20:23.3		00:04:45.3		00:44:14.4		00:01:43.9		00:27:20.5	01:38:27.6			
18	40 Schroeder ,	77 Duluth, MN		00:18:48.0		00:05:04.4		00:49:31.7		00:02:18.9		00:24:22.3	01:40:05.5			
19	41 Carpenter, Alexis	13 Carlton, MN		00:23:27.6		00:03:25.8		00:48:55.2		00:01:29.7		00:25:38.0	01:42:56.4			
20	42 Foster, Pamela	24 Duluth, MN		00:23:26.8		00:03:25.9		00:48:56.1		00:01:29.8		00:25:37.8	01:42:56.6			

40-100

Age Group Field: 24

1	5 Moline, Mary	60 Duluth, MN		00:12:20.8		00:02:05.6		00:32:09.7		00:01:04.8		00:18:56.8	01:06:37.9			
2	6 Loynachan, Brita	54 Marion, IA		00:13:27.8		00:01:39.7		00:30:34.5		00:01:14.2		00:21:47.8	01:08:44.2			
3	9 Hill, Sheila	39 Duluth, MN		00:13:17.8		00:02:51.6		00:35:03.5		00:00:50.4		00:18:42.4	01:10:45.9			
4	10 Walch, Kristin	87 Duluth, MN		00:10:24.3		00:01:56.0		00:35:35.0		00:01:27.5		00:21:41.1	01:11:04.0			
5	11 Radloff, Kimberly	70 Saginaw, MN		00:12:42.7		00:02:16.3		00:34:31.3		00:00:50.4		00:21:01.8	01:11:22.5			
6	12 Kennedy, JoAnn	45 Portage, IN		00:14:26.5		00:02:18.2		00:32:56.1		00:01:22.3		00:20:55.4	01:11:58.6			
7	13 de Rovere, Anne	18 Woodbury, MN		00:13:42.3		00:01:43.6		00:34:18.3		00:00:33.3		00:22:22.3	01:12:40.0			
8	15 Hay, Susan	35 Thunder bay, WI		00:13:52.0		00:01:36.2		00:31:02.9		00:01:26.5		00:25:09.7	01:13:07.5			
9	17 Seitz, Mary	95 Duluth, MN		00:12:26.6		00:02:18.5		00:35:57.2		00:01:20.0		00:26:09.9	01:18:12.4			
10	18 Pouliot, Denise	68 Augusta, ME		00:13:39.5		00:02:05.2		00:39:20.9		00:01:25.8		00:22:20.0	01:18:51.5			
11	19 Boreen, Cheri	9 Superior, WI		00:17:15.6		00:02:51.1		00:35:03.5		00:01:09.9		00:23:01.8	01:19:22.0			
12	21 HANEY, AMY	30 DULUTH, MN		00:17:23.5		00:02:39.4		00:35:05.4		00:00:40.6		00:24:03.4	01:19:52.4			
13	22 Kovach, Lynette	48 Duluth, MN		00:16:49.3		00:02:52.0		00:37:41.8		00:00:59.2		00:21:51.1	01:20:13.5			
14	24 Swanson,	83 STILLWATER, MN		00:17:43.3		00:02:40.2		00:34:52.0		00:01:30.3		00:24:59.5	01:21:45.7			
15	26 Pollard, Dezeray	67 Duluth, MN		00:14:18.5		00:02:37.5		00:39:42.3		00:01:50.8		00:24:32.0	01:23:01.4			
16	27 Grindy, Cynthia	26 Duluth, MN		00:13:46.9		00:03:09.6		00:37:06.8		00:01:07.9		00:27:55.5	01:23:06.8			
17	28 Shepard, Kim	78 Grand Marais, WI		00:17:41.4		00:01:57.3		00:37:23.1		00:00:52.9		00:25:40.6	01:23:35.5			
18	30 Finken, Joleen	23 Duluth, MN		00:16:40.2		00:02:03.4		00:40:24.3		00:01:48.7		00:23:57.2	01:24:54.0			
19	31 Cole, Autumn	15 Ely, MN		00:15:03.3		00:03:53.7		00:38:59.6		00:01:46.1		00:25:42.2	01:25:25.0			
20	34 Warwick, Sarah	88 Duluth, MN		00:18:40.9		00:03:40.4		00:39:41.8		00:01:19.2		00:25:35.7	01:28:58.1			
21	38 Andreasen, Gala	4 Delano, MN		00:18:46.5		00:03:23.3		00:45:19.3		00:01:09.0		00:29:11.7	01:37:50.0			
22	43 Somdahl, Deb	80 Oakdale, MN		00:19:47.2		00:03:09.0		00:48:58.5		00:00:54.9		00:30:50.3	01:43:40.1			
23	44 Zierman, Carol	91 saint paul, MN		00:26:10.2		00:03:30.5		00:45:08.4		00:01:48.6		00:37:47.3	01:54:25.1			
24	45 Asperheim,	5 Duluth, MN		00:25:05.2		00:05:10.6		00:53:50.3		00:02:00.0		00:41:55.7	02:08:02.0			

Duluth Half Iron Triathlon			1.2 mi	swim		T-1	56 mi	bike		T-2	13.1 mi	run	7/20/2013	
Place			PL	swim	PL	T-1	PL	bike	PL	T-2	PL	run	Finish	Pen
Age/Div	Name	Bib												

Duluth Half Iron Triathlon

Field: 1

Half Iron Relay - Female

Division Field: 1

Age Group Field: 1

No Nuts Just Guts

1 Tiffany, Kari	297 Duluth, MN	00:41:50.5	00:00:39.1									02:34:17.6
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