

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

500yd swim  
 T-1  
 10 mi bike

T-2  
 2.5mi run

Division Results

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

Place Div/Age	Name	Bib	PL	swim	PL	T-1	PL	bike	PL	T-2	PL	run	Finish	Pen
<b>Buzz Ryan Sprint Triathlon</b>													Field: 92	
<b>Sprint Men</b>													Division Field: 47	
1	Bonner, Rhett	1	duluth, MN	3	00:09:21.1	1	00:00:54.0	1	00:25:54.7	10	00:00:44.4	2	00:15:51.0	00:52:45.4
2	1 Struckman, Todd	81	Duluth, MN	2	00:09:16.1	4	00:01:06.4	5	00:26:51.0	4	00:00:41.1	9	00:16:37.1	00:54:31.9
3	1 Adams, Jesse	2	Duluth, MN	5	00:09:28.2	2	00:01:03.2	10	00:27:42.6	1	00:00:38.2	4	00:16:09.0	00:55:01.4
4	2 Riboli, Marco	72	St Louis Park,	7	00:10:07.3	5	00:01:10.6	7	00:27:15.1	15	00:00:51.4	3	00:15:57.3	00:55:21.9
5	2 Kelley, Bill	43	Wrenshall, MN	13	00:10:43.2	8	00:01:20.3	3	00:26:33.2	7	00:00:44.0	6	00:16:19.9	00:55:40.9
6	3 Keppers, Tim	47	DULUTH, MN	4	00:09:24.1	12	00:01:29.3	4	00:26:50.8	24	00:01:01.8	18	00:19:02.8	00:57:49.1
7	4 Guelzow II,	27	Eau Claire, WI	9	00:10:26.8	3	00:01:04.7	2	00:26:24.5	17	00:00:52.5	21	00:19:13.4	00:58:02.2
8	5 Hay, Darrell	32	Thunder Bay,	10	00:10:30.5	13	00:01:30.3	9	00:27:18.6	12	00:00:46.5	13	00:18:01.6	00:58:07.7
9	3 Welch, Lewie	89	Superior, WI	15	00:10:54.4	24	00:02:07.0	11	00:28:03.2	16	00:00:52.5	7	00:16:26.4	00:58:23.7
10	6 Schmitt, Bill	76	Duluth, MN	8	00:10:18.6	11	00:01:28.2	6	00:26:53.6	14	00:00:49.9	19	00:19:07.9	00:58:38.4
11	4 Nelson, Grant	63	Duluth, MN	20	00:12:40.0	9	00:01:24.1	14	00:29:09.2	20	00:00:56.2	1	00:15:21.2	00:59:31.0
12	5 Christopher,	96	Duluth, MN	6	00:09:53.1	17	00:01:45.2	12	00:28:45.3	13	00:00:49.6	16	00:18:30.1	00:59:43.4
13	6 Hay, Nathan	33	thunder Bay,	1	00:09:08.0	10	00:01:28.1	29	00:32:53.7	5	00:00:42.4	5	00:16:09.1	01:00:21.4
14	7 Alexander, Greg	3	Plymouth, MN	11	00:10:36.3	15	00:01:36.6	15	00:29:58.5	2	00:00:39.2	12	00:17:55.8	01:00:46.5
15	7 Metry, Jim	56	Duluth, MN	18	00:12:02.2	14	00:01:34.3	8	00:27:16.8	23	00:00:58.6	22	00:19:14.6	01:01:06.6
16	8 Pipho, David	66	Duluth, MN	16	00:11:06.8	21	00:02:00.0	17	00:30:10.1	19	00:00:56.0	10	00:17:10.9	01:01:23.9
17	8 Sundstrom, Jared	82	Proctor, MN	14	00:10:46.2	7	00:01:18.1	16	00:30:07.4	26	00:01:03.2	17	00:18:47.9	01:02:03.0
18	9 HANEY, KEVIN	31	DULUTH, MN	17	00:11:22.3	22	00:02:01.9	21	00:31:40.1	28	00:01:04.4	14	00:18:02.2	01:04:11.1
19	9 Sather, Kyle	97	Duluth, MN	22	00:13:13.9	42	00:03:10.5	32	00:33:42.1	18	00:00:55.8	8	00:16:28.1	01:07:30.6
20	10 Barnes, Christian	6	Duluth, MN	12	00:10:37.0	31	00:02:28.5	33	00:34:02.8	32	00:01:11.0	28	00:19:58.7	01:08:18.1
21	10 Prael, Walt	69	Duluth, MN	26	00:14:09.5	20	00:01:59.3	18	00:30:49.6	39	00:01:23.8	34	00:21:02.1	01:09:24.6
22	11 Kovach, Paul	49	Duluth, MN	33	00:15:44.5	18	00:01:47.6	13	00:29:05.7	30	00:01:05.7	36	00:21:53.7	01:09:37.4
23	11 Hagen, Kevin	29	Hibbing, MN	23	00:13:24.9	6	00:01:16.7	24	00:32:17.4	27	00:01:03.7	35	00:21:37.5	01:09:40.3
24	12 LaCoursiere,	50	Duluth, MN	28	00:14:53.8	30	00:02:27.1	25	00:32:25.5	40	00:01:33.8	15	00:18:21.7	01:09:42.0
25	13 Eliason, Tate	21	Duluth, MN	29	00:15:19.4	19	00:01:55.7	23	00:32:09.8	37	00:01:22.7	20	00:19:12.5	01:10:00.2
26	12 Kennedy, Doug	44	Portage, IN	19	00:12:34.2	33	00:02:35.4	35	00:35:09.6	38	00:01:22.9	26	00:19:43.2	01:11:25.5
27	13 Olson, Paul	92	Grand Rapids,	31	00:15:34.1	27	00:02:16.1	26	00:32:36.4	9	00:00:44.3	32	00:20:33.2	01:11:44.2
28	14 Dahlgren, Gregg	16	Duluth, MN	37	00:16:50.0	32	00:02:29.4	19	00:31:24.8	31	00:01:09.2	31	00:20:17.4	01:12:11.0
29	15 Chasson, David	14	Finlayson, MN	30	00:15:27.5	40	00:02:51.0	30	00:33:29.8	33	00:01:12.2	23	00:19:28.4	01:12:29.1

Buzz Ryan Sprint Triathlon Place			500 yd swim		T-1		10mi bike		T-2		2.5mi run		7/20/2013	
Div/Age	Name	Bib	PL	swim	PL	T-1	PL	bike	PL	T-2	PL	run	Finish	Pen
30	16 Eginton, Mark	20 Duluth, MN	25	00:14:03.0	28	00:02:25.6	28	00:32:40.7	35	00:01:18.0	38	00:22:37.1	01:13:04.6	
31	17 Boreen, Kevin	10 Superior, WI	36	00:16:47.6	25	00:02:09.6	22	00:31:56.1	25	00:01:02.9	37	00:21:58.1	01:13:54.5	
32	14 Gunderson, Daniel	28 Duluth, MN	21	00:12:42.2	23	00:02:04.4	31	00:33:35.8	36	00:01:18.1	42	00:24:26.8	01:14:07.5	
33	15 Larson, Eric	51 Minneapolis, MN	39	00:19:23.3	26	00:02:15.3	27	00:32:37.8	8	00:00:44.1	29	00:20:08.0	01:15:08.6	
34	16 Soderholm, Kevin	79 Eagan, MN	32	00:15:43.2	38	00:02:50.3	38	00:37:50.1	21	00:00:56.8	11	00:17:48.8	01:15:09.4	
35	17 Gaylord, Jim	25 Duluth, MN	34	00:16:06.2	35	00:02:39.4	36	00:35:28.2	29	00:01:05.2	30	00:20:08.5	01:15:27.7	
36	18 Davidson, Kelly	17 Duluth, MN	40	00:19:43.7	16	00:01:44.0	20	00:31:38.5	44	00:01:52.4	33	00:20:54.6	01:15:53.3	
37	19 Heikkila, Seth	36 Saginaw, MN	24	00:13:28.0	41	00:03:06.4	41	00:39:26.4	3	00:00:40.5	25	00:19:31.4	01:16:12.8	
38	20 Hiestand, Chris	38 Saint Louis, MO	41	00:19:52.7	29	00:02:26.6	34	00:34:43.2	11	00:00:45.2	27	00:19:51.4	01:17:39.3	
39	21 Hertsgaard, Peder	37 Golden Valley, MN	27	00:14:49.9	37	00:02:44.1	42	00:39:48.8	22	00:00:58.5	24	00:19:31.1	01:17:52.6	
40	22 Brown, Matthew	12 Duluth, MN	35	00:16:17.3	34	00:02:39.4	45	00:42:24.7	6	00:00:43.7	39	00:23:02.3	01:25:07.6	
41	18 Salo, Brett	94 Cohasset, MN	38	00:17:33.2	36	00:02:42.3	40	00:38:31.5	34	00:01:17.5	45	00:27:00.3	01:27:05.0	
42	23 Roberts, Randy	73 Duluth, MN	42	00:20:02.9	46	00:04:29.1	37	00:35:37.3	46	00:02:22.6	43	00:25:30.2	01:28:02.2	
43	19 Miller, Zac	58 Little Falls, MN	43	00:20:23.6	43	00:03:42.2	44	00:42:13.3	41	00:01:36.8	44	00:26:28.3	01:34:24.4	
44	24 Boreen, Nick	11 Superior, WI	46	00:24:01.1	44	00:04:04.0	46	00:43:38.9	43	00:01:46.9	40	00:23:35.0	01:37:06.1	
45	20 Swanstrom, Joseph	84 Duluth, MN	44	00:21:20.4	39	00:02:50.3	47	00:44:54.6	42	00:01:42.4	46	00:27:03.3	01:37:51.2	
46	21 Petronio, Joseph	65 Woodbury, MN	45	00:22:50.6	45	00:04:18.4	39	00:38:12.5	45	00:02:20.8	47	00:30:48.3	01:38:30.8	
47	22 Witte, Brett	90 Minong, WI	47	00:30:01.2	47	00:06:02.3	43	00:41:31.5	47	00:03:07.5	41	00:23:42.7	01:44:25.4	

### Sprint Women

Division Field: 45

1	Rossing, Jessica	74 Duluth, MN	2	00:10:08.5	1	00:01:04.8	2	00:29:30.0	3	00:00:48.2	1	00:16:17.6	00:57:49.3	
2	1 Keppers, Bettina	46 Duluth, MN	1	00:10:00.2	5	00:01:29.6	1	00:28:50.1	10	00:00:56.3	6	00:19:52.4	01:01:08.7	
3	2 Nelson, Elaine	62 Duluth, MN	7	00:11:29.1	22	00:02:22.4	5	00:31:46.1	27	00:01:22.4	2	00:17:54.8	01:04:55.1	
4	3 Tometich, Rachel	93 Boone, IA	5	00:11:26.0	4	00:01:22.7	7	00:32:43.4	12	00:01:00.3	5	00:19:38.2	01:06:10.8	
5	1 Moline, Mary	60 Duluth, MN	8	00:12:20.8	15	00:02:05.6	6	00:32:09.7	15	00:01:04.8	4	00:18:56.8	01:06:37.9	
6	2 Loynachan, Brita	54 Marion, IA	14	00:13:27.8	7	00:01:39.7	3	00:30:34.5	21	00:01:14.2	14	00:21:47.8	01:08:44.2	
7	4 Hay, Sarah	34 Thunder Bay, WI	13	00:13:27.2	3	00:01:16.8	9	00:33:01.4	18	00:01:09.6	7	00:20:12.1	01:09:07.3	
8	5 Meyer, Melly	57 Madison, WI	4	00:10:57.9	27	00:02:39.5	11	00:33:17.9	25	00:01:20.5	10	00:20:57.6	01:09:13.6	
9	3 Hill, Sheila	39 Duluth, MN	11	00:13:17.8	31	00:02:51.6	17	00:35:03.5	5	00:00:50.4	3	00:18:42.4	01:10:45.9	
10	4 Walch, Kristin	87 Duluth, MN	3	00:10:24.3	9	00:01:56.0	21	00:35:35.0	30	00:01:27.5	13	00:21:41.1	01:11:04.0	
11	5 Radloff, Kimberly	70 Saginaw, MN	10	00:12:42.7	17	00:02:16.3	13	00:34:31.3	4	00:00:50.4	11	00:21:01.8	01:11:22.5	
12	6 Kennedy, JoAnn	45 Portage, IN	21	00:14:26.5	18	00:02:18.2	8	00:32:56.1	26	00:01:22.3	9	00:20:55.4	01:11:58.6	
13	7 de Rovere, Anne	18 Woodbury, MN	16	00:13:42.3	8	00:01:43.6	12	00:34:18.3	1	00:00:33.3	17	00:22:22.3	01:12:40.0	
14	6 Moline, Lisa	59 Hermantown, MN	12	00:13:18.4	20	00:02:19.5	20	00:35:33.3	14	00:01:04.4	8	00:20:27.6	01:12:43.5	
15	8 Hay, Susan	35 Thunder bay, WI	19	00:13:52.0	6	00:01:36.2	4	00:31:02.9	29	00:01:26.5	30	00:25:09.7	01:13:07.5	
16	7 Saamanen, Renee	75 Two Harbors, WI	23	00:16:00.7	12	00:01:59.9	10	00:33:16.7	39	00:01:48.2	28	00:24:48.5	01:17:54.1	
17	9 Seitz, Mary	95 Duluth, MN	9	00:12:26.6	19	00:02:18.5	22	00:35:57.2	24	00:01:20.0	39	00:26:09.9	01:18:12.4	

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		
18	10 Pouliot, Denise	68	Augusta, ME	15	00:13:39.5	14	00:02:05.2	29	00:39:20.9	28	00:01:25.8	16	00:22:20.0	01:18:51.5		
19	11 Boreen, Cheri	9	Superior, WI	27	00:17:15.6	30	00:02:51.1	18	00:35:03.5	19	00:01:09.9	18	00:23:01.8	01:19:22.0		
20	8 Kanoff, Julia	41	Duluth, MN	34	00:19:10.1	2	00:01:05.5	23	00:36:45.2	9	00:00:55.5	12	00:21:38.7	01:19:35.1		
21	12 HANEY, AMY	30	DULUTH, MN	28	00:17:23.5	26	00:02:39.4	19	00:35:05.4	2	00:00:40.6	22	00:24:03.4	01:19:52.4		
22	13 Kovach, Lynette	48	Duluth, MN	26	00:16:49.3	32	00:02:52.0	26	00:37:41.8	11	00:00:59.2	15	00:21:51.1	01:20:13.5		
23	9 Loynachan, Kirsten	55	Marion, IA	6	00:11:27.8	24	00:02:28.3	33	00:41:25.8	20	00:01:12.9	26	00:24:36.4	01:21:11.3		
24	14 Swanson,	83	STILLWATER,	30	00:17:43.3	28	00:02:40.2	16	00:34:52.0	33	00:01:30.3	29	00:24:59.5	01:21:45.7		
25	10 Moulson, Susan	61	Thunder Bay,	25	00:16:43.3	41	00:03:43.8	15	00:34:50.4	38	00:01:47.2	31	00:25:31.5	01:22:36.3		
26	15 Pollard, Dezeray	67	Duluth, MN	20	00:14:18.5	25	00:02:37.5	31	00:39:42.3	42	00:01:50.8	25	00:24:32.0	01:23:01.4		
27	16 Grindy, Cynthia	26	Duluth, MN	17	00:13:46.9	34	00:03:09.6	24	00:37:06.8	16	00:01:07.9	41	00:27:55.5	01:23:06.8		
28	17 Shepard, Kim	78	Grand Marais,	29	00:17:41.4	10	00:01:57.3	25	00:37:23.1	7	00:00:52.9	35	00:25:40.6	01:23:35.5		
29	11 Berg, Ilena	7	Grand Marais,	18	00:13:50.4	21	00:02:20.1	34	00:41:57.7	6	00:00:51.4	27	00:24:45.3	01:23:45.1		
30	18 Finken, Joleen	23	Duluth, MN	24	00:16:40.2	13	00:02:03.4	32	00:40:24.3	41	00:01:48.7	21	00:23:57.2	01:24:54.0		
31	19 Cole, Autumn	15	Ely, MN	22	00:15:03.3	42	00:03:53.7	27	00:38:59.6	37	00:01:46.1	36	00:25:42.2	01:25:25.0		
32	12 Tervo, Jodi	85	Duluth, MN	41	00:21:23.3	11	00:01:59.1	14	00:34:46.6	44	00:02:04.1	37	00:25:50.6	01:26:03.9		
33	13 Ervasti, Shannon	22	Centerville, MN	39	00:20:34.2	23	00:02:27.4	28	00:39:11.7	13	00:01:04.4	20	00:23:31.9	01:26:49.8		
34	20 Warwick, Sarah	88	Duluth, MN	31	00:18:40.9	40	00:03:40.4	30	00:39:41.8	23	00:01:19.2	32	00:25:35.7	01:28:58.1		
35	14 Keller, Ashley	42	Duluth, MN	38	00:20:29.3	29	00:02:40.8	36	00:43:08.0	35	00:01:42.8	19	00:23:14.1	01:31:15.2		
36	15 Larson, Michaela	52	Minneapolis,	36	00:20:08.6	16	00:02:07.4	35	00:42:14.7	34	00:01:31.1	38	00:25:50.6	01:31:52.5		
37	16 Olson, Amy	64	cloquet, MN	40	00:21:14.5	39	00:03:32.7	40	00:45:49.5	22	00:01:15.5	24	00:24:22.4	01:36:14.8		
38	21 Andreasen, Gala	4	Delano, MN	32	00:18:46.5	35	00:03:23.3	39	00:45:19.3	17	00:01:09.0	42	00:29:11.7	01:37:50.0		
39	17 Radzak, Alexandra	71	Duluth, MN	37	00:20:23.3	43	00:04:45.3	37	00:44:14.4	36	00:01:43.9	40	00:27:20.5	01:38:27.6		
40	18 Schroeder ,	77	Duluth, MN	33	00:18:48.0	44	00:05:04.4	44	00:49:31.7	45	00:02:18.9	23	00:24:22.3	01:40:05.5		
41	19 Carpenter, Alexis	13	Carlton, MN	43	00:23:27.6	36	00:03:25.8	41	00:48:55.2	31	00:01:29.7	34	00:25:38.0	01:42:56.4		
42	20 Foster, Pamela	24	Duluth, MN	42	00:23:26.8	37	00:03:25.9	42	00:48:56.1	32	00:01:29.8	33	00:25:37.8	01:42:56.6		
43	22 Somdahl, Deb	80	Oakdale, MN	35	00:19:47.2	33	00:03:09.0	43	00:48:58.5	8	00:00:54.9	43	00:30:50.3	01:43:40.1		
44	23 Zierman, Carol	91	saint paul, MN	45	00:26:10.2	38	00:03:30.5	38	00:45:08.4	40	00:01:48.6	44	00:37:47.3	01:54:25.1		
45	24 Asperheim,	5	Duluth, MN	44	00:25:05.2	45	00:05:10.6	45	00:53:50.3	43	00:02:00.0	45	00:41:55.7	02:08:02.0		

Place	Div/Age	Name	Bib	PL	swim	PL	T-1	PL	bike	PL	T-2	PL	run	Finish	Pen
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**Duluth Half Iron Triathlon**

Field: 1

**Half Iron Relay - Female**

Division Field: 1

**No Nuts Just Guts**

1		Tiffany, Kari	297 Duluth, MN	2	00:41:50.5	2	00:00:39.1							02:34:17.6	
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