

**Trinona Triathlon
Lake Winona
Winona, MN
Sun, Jun 11, 2017**

Division Results List

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

Place	Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace mph
Battle of the Bluff				Event Field: 140			
King of the Bluff				Division Field: 86			
1		75	Rauchwarter, Sam	Minneapolis, MN	M	00:06:21.3	11.32
2		6	Long, Ryan	Omaha, NE	M	00:06:51.0	10.51
3		2	Winslow, Timothy	Boulder, CO	M	00:06:55.7	10.39
4		7	Spoth, Kris	Saint Paul, MN	M	00:07:01.4	10.25
5		3	Croteau, Jake	La Crosse, WI	M	00:07:02.1	10.23
6		5	Harrington, Sean	Santa Barbara, CA	M	00:07:11.7	10.00
7		82	Greimel, Kevin	Minneapolis, MN	M	00:07:39.1	9.408
8		133	Gillies, John	La Crosse, WI	M	00:07:56.8	9.060
9		4	Kerska, Garrett	Rochester, MN	M	00:07:57.1	9.053
10		61	Bretscher, Daniel	Northfield, MN	M	00:08:02.3	8.955
11		118	Otteson, Eric	Prescott, WI	M	00:08:33.2	8.417
12		77	Sogin, Samuel	Omaha, NE	M	00:08:35.3	8.382
13		67	Killian, Patrick	La Crosse, WI	M	00:08:38.3	8.333
14		164	Endrizzi, Mark	Onalaska, WI	M	00:08:39.1	8.320
15		99	Kruger, Michael-Ryan	Omaha, NE	M	00:08:40.6	8.296
16		64	Kalmon, Kevin	Eau Claire, WI	M	00:08:46.2	8.208
17		96	Berven, Mark	Minneapolis, MN	M	00:08:47.7	8.186
18		123	Schreiber, Kenneth	Naperville, IL	M	00:08:49.4	8.159
19		71	James, Riley	La Crosse, WI	M	00:08:57.5	8.037
20		94	Doiron, Adam	Minneapolis, MN	M	00:09:03.0	7.955
21		73	Tagtow, Brad	Rochester, MN	M	00:09:06.4	7.905
22		74	Albu, Phil	Rochester, MN	M	00:09:07.9	7.884
23		78	Clausen, Dain	Saint Paul, MN	M	00:09:11.7	7.829
24		108	Magnuson, Dale	Rochester, MN	M	00:09:21.8	7.688
25		83	Green, Clويد	Minneapolis, MN	M	00:09:22.5	7.678
26		89	Gervais, Christopher	Winona, MN	M	00:09:24.3	7.654
27		139	Appicelli, Paul	Winona, MN	M	00:09:26.8	7.621
28		76	RocheFord, Dan	Champlin, MN	M	00:09:31.0	7.564
29		81	Lindholm, Dan	San Francisco, CA	M	00:09:37.3	7.482
30		147	Tufte, Keith	Eden Prairie, MN	M	00:09:38.0	7.473
31		138	Pulver, Eric	Chippewa Falls, WI	M	00:09:41.7	7.426
32		87	Brunoni, Richard	La Crosse, WI	M	00:09:41.9	7.423
33		127	Winter, Jeff	Minneapolis, MN	M	00:09:44.0	7.396
34		140	Porter, Jerry	Colfax, WI	M	00:09:45.5	7.377
35		129	Leusink, Alan	Minneapolis, MN	M	00:09:48.3	7.342
36		124	Turck, Mike	Dallas Center, IA	M	00:09:49.8	7.323
37		130	Killian, Paul	Winona, MN	M	00:09:50.8	7.311

Place Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace mph
38	153	Lentz, Steve	Iowa City, IA	M	00:09:54.4	7.266
39	93	WETSCH, MATTHEW	Bismarck, ND	M	00:09:57.8	7.226
40	137	Galbus, Andrew	Rochester, MN	M	00:10:09.1	7.091
41	121	Johnson, Ben	Winona, MN	M	00:10:16.7	7.004
42	91	Baertsch, Jim	Winona, MN	M	00:10:17.7	6.993
43	113	Wayman, Mike	Champlin, MN	M	00:10:22.1	6.944
44	101	Ellestad, Justin	Arvada, CO	M	00:10:22.3	6.941
45	80	Sturm, Scott	Rochester, MN	M	00:10:25.6	6.904
46	111	Foss, Dan	Winona, MN	M	00:10:29.8	6.858
47	115	O'Hara, Stephen	Stillwater, MN	M	00:10:32.6	6.828
48	117	Huggins, Soren	Minneapolis, MN	M	00:10:36.3	6.788
49	128	Antoine, Bernard	Minneapolis, MN	M	00:10:42.6	6.721
50	79	Sharif, Helen	Saint Paul, MN	M	00:10:42.7	6.721
51	84	Mrozek, Dan	Galesville, WI	M	00:10:43.6	6.711
52	62	Hunt, Robert	Saint Paul, MN	M	00:10:45.2	6.695
53	105	Untereker, Jed	El Paso, TX	M	00:10:45.8	6.688
54	66	Roemer, Kevin	Chicago, IL	M	00:10:50.4	6.642
55	100	Hafner, Andrew	Onalaska, WI	M	00:10:56.0	6.584
56	135	Vlastuin, David	River Falls, WI	M	00:11:03.7	6.508
57	142	Bautch, Brian	Arcadia, WI	M	00:11:07.8	6.468
58	110	Slattery, Mark	Rochester, MN	M	00:11:13.6	6.413
59	136	Gare, Steven	Faribault, MN	M	00:11:17.3	6.378
60	116	roehl, charles	Excelsior, MN	M	00:11:19.0	6.361
61	106	Uribe Mardones, Jose	Winona, MN	M	00:11:23.3	6.321
62	131	Wolf, Scott	Pepin, WI	M	00:11:24.6	6.309
63	107	Mayer, Steven	Naperville, IL	M	00:11:27.6	6.282
64	72	Simataa, Sam	Winona, MN	M	00:11:37.9	6.189
65	98	Murray, James	La Crosse, WI	M	00:11:38.0	6.188
66	109	Rockafellow, Brent	Holland, MI	M	00:11:44.2	6.134
67	148	Olsen, Kevin	Long Lake, MN	M	00:11:45.7	6.121
68	144	Prissel, Lee	Rochester, MN	M	00:11:46.8	6.111
69	70	Olson, Micah	Minneapolis, MN	M	00:11:57.9	6.017
70	157	Patton, Edward	Minneapolis, MN	M	00:11:59.3	6.005
71	154	Christenson, Rick	Winona, MN	M	00:12:01.5	5.987
72	134	Wagner, Richard	Glenwood City, WI	M	00:12:02.2	5.981
73	86	Sharma, Aalok	Minneapolis, MN	M	00:12:06.7	5.944
74	85	Kruskol, Sean	Chicago, IL	M	00:12:06.9	5.942
75	155	Dornfeld, Glen	Winona, MN	M	00:12:13.8	5.886
76	8	Long, Keith	Lafayette, IN	M	00:12:14.9	5.877
77	102	Omdahl, Eric	Saint Charles, MN	M	00:12:39.2	5.689
78	65	Dorenkamp, Austin	Rochester, MN	M	00:12:40.5	5.680
79	146	Quinlan, Robert	Winona, MN	M	00:12:52.7	5.590
80	149	Hess, Anthony	Marine On Saint Croix, MN	M	00:13:01.6	5.526
81	156	Carter, Bill	Winona, MN	M	00:13:33.3	5.311
82	151	O'Brien, Kevin	Rushford, MN	M	00:15:15.7	4.717

Place Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace mph
83	112	Kuhns, Jeremy	Lakeville, MN	M	00:15:20.2	4.694
84	126	Swanson, Michael	Minneapolis, MN	M	00:16:24.0	4.390
85	150	Kitzman, Michael	Eau Claire, WI	M	00:20:05.2	3.584
86	120	Moschkau, Daniel	New Auburn, WI	M	00:21:40.1	3.322

Queen of the Bluff

Division Field: 43

1	10	Brennan Morrey, Ruth	Rochester, MN	F	00:08:14.9	8.728
2	12	Bunten, Gaby	Forest Lake, MN	F	00:08:19.8	8.642
3	9	Hyndman-Farrens, Erin	Maple Grove, MN	F	00:09:09.8	7.857
4	19	Dagfinrud, Jorid	East Grand Forks, MN	F	00:09:24.0	7.658
5	36	Birk, Dana	Saint Paul, MN	F	00:09:24.6	7.651
6	40	Flisram, Christina	Onalaska, WI	F	00:10:07.5	7.110
7	35	Wangberg, Robyn	Winona, MN	F	00:10:10.2	7.078
8	55	Stettler, Karen	Fountain City, WI	F	00:10:25.0	6.911
9	42	Elliott, Kate	Decorah, IA	F	00:10:25.9	6.901
10	34	Ludwig, Asta	Eden Prairie, MN	F	00:10:33.2	6.822
11	33	Harris, Meg	Des Moines, IA	F	00:10:49.3	6.653
12	37	schulz, amy	Farmington, MN	F	00:10:51.7	6.628
13	46	Hunter, Sarah	Hopkins, MN	F	00:10:59.9	6.546
14	32	Haake, Megan	Winona, MN	F	00:11:21.1	6.342
15	29	Sudberry, Nikki	Minneapolis, MN	F	00:11:25.2	6.304
16	44	Marshall, Yvette	Coleman, WI	F	00:11:25.8	6.299
17	13	Rabino, Melanie	Saint Paul, MN	F	00:11:35.3	6.212
18	20	Varley, Brigid	Saint Paul, MN	F	00:11:44.9	6.128
19	23	GRAHAM, EMILY	Minneapolis, MN	F	00:11:55.9	6.034
20	27	Vanderploeg, Lonna	Rochester, MN	F	00:12:04.2	5.964
21	18	Prissel, Christine	Rochester, MN	F	00:12:07.1	5.940
22	15	Lipinski, Sarah	Minneapolis, MN	F	00:12:29.4	5.764
23	31	Rogge, Denise	Bloomer, WI	F	00:12:33.1	5.735
24	24	DeNiel, Carrie	Minneapolis, MN	F	00:12:46.5	5.635
25	47	Weilandt, Amanda	Minnesota City, MN	F	00:12:48.4	5.621
26	176	Knaeble, Sandra	Stillwater, MN	F	00:12:53.1	5.587
27	17	Alverson, Alicia	Rochester, MN	F	00:12:53.6	5.583
28	38	Olsen, Carmen	Saint Paul, MN	F	00:13:01.0	5.531
29	59	Benjamin, Gretchen	La Crosse, WI	F	00:13:05.0	5.502
30	28	Nelson, Angie	Saint Cloud, MN	F	00:13:37.0	5.287
31	41	Warner, Kimberly	Hokah, MN	F	00:13:50.7	5.200
32	48	Ramsey, Lisa	Winona, MN	F	00:13:54.4	5.176
33	57	Cullen, Mary	Marine On Saint Croix, MN	F	00:14:07.7	5.096
34	14	Carpenter, Ali	Rochester, MN	F	00:14:26.3	4.986
35	26	Severson, Lizzie	Wisconsin Rapids, WI	F	00:14:52.0	4.842
36	16	Killian, Katie	Wisconsin Rapids, WI	F	00:15:35.0	4.619
37	171	Gregory, Ashley	Winona, MN	F	00:15:41.6	4.587
38	51	Gutting, Joleen	River Falls, WI	F	00:15:45.4	4.569
39	56	Fenner, Jolane	Thornton, CO	F	00:16:09.4	4.455

Place Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace mph
40	49	Varns, Kate	Minneapolis, MN	F	00:16:39.8	4.320
41	50	SETNESS HOEFS, TANA	Grand Forks, ND	F	00:17:02.5	4.224
42	11	Carter, Jodie	Minneapolis, MN	F	00:21:39.5	3.324
43	53	Johnson, Stephanie	River Falls, WI	F	00:24:07.5	2.984

Relay of the Bluff

Division Field: 11

1	169	Mitchell, Brad	Rochester, MN	M	00:08:11.3	8.792
2	159	Almatrok, Yousef	Winona, MN	M	00:10:00.6	7.192
3	30	Swigert, Tom		M	00:10:27.0	6.889
4	162	Morgan, Ted	Winona, MN	M	00:10:39.6	6.753
5	168	Monson, Nathan	Plainview, MN	M	00:11:02.3	6.521
6	161	Kurth, William	Winona, MN	M	00:11:12.2	6.426
7	160	Scoville, Benjamin	Winona, MN	M	00:11:28.7	6.271
8	163	Soranno, Nick	Winona, MN	M	00:11:40.4	6.167
9	166	Buytendorp, Nancy	Winona, MN	M	00:13:31.8	5.320
10	170	Viestenz, Jeff	Winona, MN	M	00:14:26.1	4.987
11	167	Henrickson-Hodge,	Black River Falls, WI	M	00:15:54.9	4.523