

Race Date

September 05, 2015

Hot Springs, South Dakota USA

Southern Hills Triathlon

Age Group Results

Olympic Triathlon

Female 20 to 29

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	8	Becca Ceremuga	860	21	1	43:54.1	43:54	3:27.4	1	1:26:12.8	3:27	1:00.1	1	52:55.5	8:49	3:07:30.1

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	4	Steph Davis	861	30	4	45:46.1	45:46	3:29.1	1	1:12:20.4	2:54	1:02.9	1	52:44.9	8:47	2:55:23.6
2	7	Jenny Mosley	873	30	3	42:00.2	42:00	3:23.0	2	1:21:36.0	3:16	1:17.9	2	58:11.3	9:42	3:06:28.6
3	11	Kim Fjell	877	34	2	41:28.7	41:28	2:47.0	3	1:21:57.3	3:17	1:21.6	3	1:05:31.6	10:55	3:13:06.4
4	13	Kelie Willson	872	37	1	37:24.8	37:24	3:56.9	4	1:24:57.5	3:24	2:58.4	4	1:08:25.4	11:24	3:17:43.2

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	Stacey Nelson	876	42	1	42:41.6	42:41	1:47.3	1	1:17:09.4	3:05	1:22.7	1	1:02:44.4	10:27	3:05:45.6
2	15	Mary Storgaard	862	49	2	54:13.3	54:13	3:45.4	2	1:31:24.2	3:39	1:36.7	2	1:15:04.9	12:31	3:46:04.7

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	10	Christine Davis	864	58	1	47:19.6	47:19	2:26.6	1	1:24:57.4	3:24	1:40.0	1	56:09.1	9:22	3:12:32.9

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Male 20 to 29

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	1	Brandon Zelfer	874	26	1	27:19.5	27:19	0:42.6	1	1:02:19.7	2:30	0:26.8	1	44:52.7	7:29	2:15:41.5
2	3	Corey Hayes	868	29	2	38:00.1	38:00	2:40.8	2	1:19:46.5	3:11	1:24.4	2	48:20.9	8:03	2:50:12.8
3	9	Nicholas Kluck	867	28	5	45:02.3	45:02	3:15.6	3	1:25:09.7	3:24	0:51.8	3	57:44.8	9:37	3:12:04.4
4	12	Eric Jones	866	27	4	41:08.6	41:08	4:54.5	4	1:27:34.3	3:30	2:42.6	4	59:30.6	9:55	3:15:50.7
5	14	Brett Brune	865	23	3	40:27.8	40:27	3:32.6	5	1:29:36.6	3:35	0:43.3	5	1:23:05.0	13:51	3:37:25.6

Male 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	16	Russell Fink	869	38	1	54:12.7	54:12	2:45.0	1	1:49:41.8	4:23	0:44.3	1	1:09:17.3	11:33	3:56:41.2

Male 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	2	TJ Loftus	875	45	1	37:07.8	37:07	1:00.4	1	1:05:52.4	2:38	0:55.4	1	47:48.7	7:58	2:32:44.8

Male 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	5	Martin Spahn	870	55	1	36:58.3	36:58	2:48.8	1	1:15:31.2	3:01	2:08.6	1	59:32.6	9:55	2:56:59.8

Southern Hills Triathlon

Age Group Results

Sprint Triathlon

Female 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	8	Katie Christy	1846	18	2	20:36.6	41:12	1:32.9	2	42:05.8	3:30	0:26.0	1	24:21.2	8:07	1:29:02.7
2	10	Illianna Shuck	1847	18	3	24:42.4	49:24	0:46.1	1	40:52.1	3:24	0:23.0	2	24:46.5	8:15	1:31:30.2
3	29	Andrea Johnson	1802	19	1	19:52.8	39:44	1:52.0	3	49:31.7	4:08	0:37.7	4	34:00.9	11:20	1:45:55.2
4	51	Alyssa Franke	1801	14	4	38:11.9	76:22	4:56.6	4	57:57.9	4:50	0:49.6	3	27:31.3	9:10	2:09:27.6

Female 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	4	Tess Byrd	1851	21	3	19:18.1	38:36	1:05.5	2	40:02.7	3:20	0:26.0	1	22:18.9	7:26	1:23:11.4
2	6	Kate Griffin	1848	20	5	20:25.8	40:50	1:22.9	1	39:47.2	3:19	0:23.8	2	24:31.2	8:10	1:26:30.9
3	7	Shenae LaCroix	1850	21	2	18:13.2	36:26	0:57.7	3	42:55.4	3:35	0:27.0	3	25:08.0	8:23	1:27:41.4
4	12	Amber Frankland	1803	20	1	17:38.9	35:16	1:19.7	4	45:21.5	3:47	0:31.8	5	29:52.1	9:57	1:34:44.1
5	27	Jamie Seals	1804	24	6	22:23.6	44:46	2:09.1	6	50:35.9	4:13	1:14.2	4	28:58.3	9:39	1:45:21.2
6	38	Kimberly DeHueck	1568	29	7	24:43.8	49:26	4:06.4	5	48:06.0	4:01	1:20.1	6	36:14.3	12:05	1:54:30.7
7	57	Rebecca Barron	1805	24	4	19:24.6	38:48	4:28.8	8	1:10:07.5	5:51	1:47.3	7	43:47.6	14:36	2:19:35.9
8	58	Jennifer De Hueck	1870	26	8	32:54.6	65:48	4:44.6	7	54:51.4	4:34	1:38.5	8	46:58.9	15:39	2:21:08.3

Female 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	3	Emily Cook	1810	35	1	17:37.5	35:14	1:05.2	1	36:30.5	3:03	0:38.3	1	23:21.2	7:47	1:19:13.0
2	9	Kristen Dirks	1818	33	2	20:06.8	40:12	1:07.6	2	43:09.0	3:36	0:42.1	2	26:18.5	8:46	1:31:24.2
3	21	Jennifer Powell	1852	37	5	26:59.3	53:58	0:00.0	3	44:15.0	3:41	1:31.3	7	29:04.8	9:41	1:41:50.5

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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>
4	26	Sarah Feist	1809	35	7	27:54.1	55:48	1:57.4	5	45:06.1	3:46	0:39.6	6	28:56.3	9:39	1:44:33.7
5	28	Melissa Hendricks	1811	37	6	27:51.4	55:42	1:56.6	7	48:22.7	4:02	0:37.6	3	26:38.9	8:53	1:45:27.5
6	32	Brittany Neiles	1806	30	9	28:51.1	57:42	3:28.4	4	45:02.9	3:45	2:13.2	4	27:51.6	9:17	1:47:27.5
7	34	Kellee Walton	1859	36	12	30:38.1	61:16	5:17.5	6	45:11.7	3:46	1:15.3	5	28:53.1	9:38	1:51:15.9
8	36	Jeanmarie Hilt	1857	34	3	24:29.3	48:58	4:07.3	8	50:37.2	4:13	1:59.9	9	31:02.6	10:21	1:52:16.6
9	45	Jacey Moran	1808	32	8	28:03.1	56:06	3:29.7	11	57:46.3	4:49	2:41.0	8	31:02.1	10:21	2:03:02.3
10	49	Fancy Foral	1863	39	13	32:54.1	65:48	4:41.7	10	54:55.5	4:35	1:36.1	10	34:08.8	11:23	2:08:16.3
11	50	Randi Norton	1842	33	4	25:01.5	50:02	3:31.9	12	1:01:58.7	5:10	1:12.6	11	36:58.2	12:19	2:08:43.1
12	53	Crystal Knobloch	1812	38	10	29:01.8	58:02	4:10.9	9	54:50.3	4:34	1:45.9	12	40:45.4	13:35	2:10:34.5
13	60	Jessica Bagwell	1840	36	11	29:34.7	59:08	2:26.1	13	1:08:25.6	5:42	1:20.1	13	42:46.5	14:15	2:24:33.3

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	20	Stacy Cowen	1861	45	1	22:03.9	44:06	2:44.2	1	43:52.0	3:39	2:07.0	1	30:25.9	10:08	1:41:13.1
2	39	Cheri St. Pierre	1858	41	3	26:05.9	52:10	2:34.6	2	46:10.0	3:51	3:25.8	4	37:04.4	12:21	1:55:20.9
3	48	Jennifer Smart	1814	42	2	24:37.3	49:14	2:30.9	4	53:38.1	4:28	1:18.0	5	42:36.4	14:12	2:04:40.9
4	54	Elaine Marion	1813	41	6	43:59.9	87:58	4:23.6	3	51:41.1	4:18	1:03.0	2	30:56.6	10:19	2:12:04.3
5	55	Jenn Franke	1815	42	4	38:13.4	76:26	4:49.2	5	55:31.7	4:38	1:14.4	3	34:13.0	11:24	2:14:01.9
6	62	Victoria Swan	1853	43									6	3:09:46.8	63:15	3:09:46.8

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	18	Lisa Talley	1816	52	1	24:10.1	48:20	1:54.1	1	45:35.9	3:48	0:58.3	1	27:44.9	9:15	1:40:23.4
2	23	Naomi Hatfield	1843	58	2	24:34.6	49:08	2:04.1	2	46:02.9	3:50	0:37.2	2	29:05.2	9:42	1:42:24.2

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	11	Karen Nehl	1839	65	1	20:11.5	40:22	2:09.3	1	39:53.8	3:19	1:30.2	1	29:57.8	9:59	1:33:42.7
2	42	Barbara Fetters	1817	62	2	22:25.5	44:50	2:26.0	2	45:57.0	3:50	1:40.2	2	46:30.3	15:30	1:58:59.1

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	13	Ethan Knobloch	1820	19	1	24:24.4	48:48	2:16.8	1	45:35.9	3:48	0:43.3	1	21:43.8	7:14	1:34:44.3
2	24	Preston Knobloch	1819	16	2	28:53.3	57:46	4:28.9	2	45:47.9	3:49	0:58.5	2	22:23.6	7:28	1:42:32.3

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	16	Luke Alstiel	1864	20	1	24:26.5	48:52	1:28.0	1	41:21.8	3:27	1:00.0	1	28:13.0	9:24	1:36:29.5
2	22	Brendan Lushbough	1821	22	2	25:59.4	51:58	1:32.8	2	42:37.3	3:33	0:42.5	2	31:10.5	10:23	1:42:02.7
3	43	Brandon Varilek	1822	25	3	28:36.4	57:12	3:25.3	3	46:43.7	3:54	1:41.7	3	40:37.2	13:32	2:01:04.4

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	5	Zach Andrews	1865	34	2	21:05.4	42:10	1:51.8	1	36:18.0	3:02	0:49.4	1	23:58.2	7:59	1:24:02.9
2	17	Adam De Hueck	1567	32	4	25:51.1	51:42	2:49.5	2	40:05.7	3:20	1:32.9	2	27:03.0	9:01	1:37:22.2
3	25	Dustin Wagner	1868	33	3	22:37.8	45:14	4:26.5	3	47:30.8	3:58	0:36.0	3	29:13.9	9:44	1:44:25.1
4	31	Kyle King	1872	30	1	20:41.8	41:22	3:32.4	4	48:58.9	4:05	0:59.8	4	33:02.6	11:01	1:47:15.7

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

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Male 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	1	Dan Linde	1824	42	1	14:55.6	29:50	1:04.5	1	33:26.9	2:47	0:31.0	1	23:18.7	7:46	1:13:17.0
2	2	Shannon DeBoer	1825	43	2	16:04.1	32:08	0:54.1	2	35:53.3	2:59	1:02.5	2	23:52.8	7:57	1:17:47.0
3	14	Matt Stephens	1854	47	3	19:30.3	39:00	2:22.1	3	41:59.8	3:30	1:43.9	3	29:46.0	9:55	1:35:22.3
4	30	Brent Zeigler	1827	48	5	25:13.3	50:26	2:47.2	6	47:06.1	3:56	0:19.7	4	30:55.3	10:18	1:46:21.8
5	37	Dallis Cowen	1862	45	6	28:19.6	56:38	2:53.9	4	45:14.1	3:46	1:36.8	5	35:00.8	11:40	1:53:05.3
6	41	Tim Lushbough	1826	48	4	24:25.9	48:50	3:10.4	5	46:52.9	3:54	1:48.1	6	40:28.3	13:29	1:56:45.8
7	52	Keith Knobloch	1823	40	7	29:01.4	58:02	4:15.4	7	54:46.1	4:34	1:46.7	7	40:44.6	13:35	2:10:34.3

Male 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	15	Michael Talley	1829	53	2	25:44.1	51:28	1:03.4	3	40:41.8	3:23	1:09.9	1	27:10.3	9:03	1:35:49.7
2	33	Mitchel Richter	1838	55	3	28:13.8	56:26	2:46.2	2	39:35.5	3:18	1:39.9	2	37:29.9	12:30	1:49:45.5
3	40	Richard Olstad	1828	51	1	25:25.4	50:50	3:46.3	5	45:04.6	3:45	1:59.3	3	40:16.0	13:25	1:56:31.8
4	44	ANDREWS DUNCAN	1869	54									6	2:01:17.0	40:26	2:01:17.0
5	59	Dar Coy	1830	57	5	51:00.9	** :00	3:42.4	4	43:57.8	3:40	1:35.7	4	41:40.4	13:53	2:21:57.4
6	61	John McKnight	1844	56	4	41:20.7	82:40	5:25.6	1	33:26.0	2:47	1:46.9	5	1:06:48.0	22:16	2:28:47.4

Male 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	19	Carpenter Dave	1855	66	1	19:24.4	38:48	2:17.0	1	43:56.0	3:40	1:05.1	1	33:50.1	11:17	1:40:32.7
2	46	James Simpson	1831	61	4	37:17.5	74:34	2:37.3	2	45:51.7	3:49	1:31.6	2	35:46.5	11:55	2:03:04.7

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results
Sprint Triathlon

Male 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>
3	47	Tim Peterson	1866	63	2	27:16.6	54:32	3:23.9	3	52:46.1	4:24	1:05.1	3	39:01.0	13:00	2:03:32.9
4	56	Scott Bruce	1832	65	3	31:56.7	63:52	4:19.8	4	53:41.2	4:28	1:20.7	4	44:40.8	14:53	2:15:59.4

Male 70 to 79

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	35	Gary Gamache	1833	71	1	25:24.8	50:48	3:10.8	1	49:12.9	4:06	1:12.2	1	32:58.5	10:59	1:51:59.5

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results

Duathlon

Female 30 to 39

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	2	Tricia Knutson	1171	39	1	26:48.4	26:48	0:41.1	1	46:18.5	1:51	0:40.2	1	29:47.0	4:58	1:44:15.4

Female 50 to 59

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	4	Laurie Ceremuga	1168	56	1	36:57.4	36:57	1:53.8	1	1:03:21.2	2:32	1:25.3	1	41:53.8	6:59	2:25:31.7

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results

Duathlon

Male 30 to 39

Place		Name	Bib No	Age	Swim		T1	Bike			T2	Run		Total		
Overall					Rnk	Time		Pace	Rnk	Time		Pace	Time		Rnk	Time
1	1	John "Dylan" Moro	1170	32	1	22:01.1	22:01	0:34.6	1	37:47.7	1:31	0:27.7	1	20:54.7	3:29	1:21:46.0

Male 40 to 49

Place		Name	Bib No	Age	Swim		T1	Bike			T2	Run		Total		
Overall					Rnk	Time		Pace	Rnk	Time		Pace	Time		Rnk	Time
1	3	Jason Knutson	1172	41	1	26:48.1	26:48	0:39.2	1	46:18.6	1:51	0:43.1	1	29:47.0	4:58	1:44:16.2

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results
Youth Triathlon

Female 13 and Under

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total	
Overall	Place				Rnk	Time		Pace	Rnk		Time	Pace		Rnk
1	5	Carlie DeBoer	134	9	4	1:50.9	1:50				3	16:28.3	2:45	18:19.2
2	6	Siri Knutson	151	6	5	2:44.2	2:44				4	16:38.3	2:46	19:22.6
3	7	Shawna Shadbolt	152	11	2	1:18.7	1:18				5	18:56.7	3:09	20:15.5
4	12	Sage Forsting	144	13	1	0:27.8	0:27				6	23:18.8	3:53	23:46.6
5	13	Riley Cook	133	8	7	3:38.5	3:38				7	24:00.5	4:00	27:39.1
6	16	Josie Shadbolt	153	13	6	2:45.8	2:45				8	30:02.0	5:00	32:47.8
7	20	Abbigail Wagner	149	10	8	34:34.8	34:34				2	13:14.8	2:12	47:49.7
8	21	Mia Willson	142	9	3	1:31.5	1:31			39:37.0	1	11:21.8	1:54	52:30.4

Southern Hills Triathlon

Age Group Results

Youth Triathlon

Male 13 and Under

Place	Overall	Name	Bib No	Age	Swim Rnk	Swim Time	Swim Pace	T1 Time	Bike Rnk	Bike Time	Bike Pace	T2 Time	Run Rnk	Run Time	Run Pace	Total Time
1	1	Grady Loos	155	9	10	7:45.8	7:45						1	8:11.7	1:22	15:57.6
2	2	Jerred Zeigler	136	10	8	2:10.5	2:10						5	14:12.6	2:22	16:23.1
3	3	Logan Brown	147	9	4	1:31.5	1:31						6	14:57.7	2:30	16:29.3
4	4	JOHNNY HILL	154	10	5	1:39.1	1:39						7	15:45.8	2:38	17:25.0
5	8	Trace DeBoer	137	11	1	0:26.6	0:26						9	22:43.5	3:47	23:10.2
6	9	Andrew Naples	145	11	11	14:54.1	14:54						2	8:27.6	1:25	23:21.8
7	10	Lane Knutson	146	8	3	1:30.9	1:30						8	22:12.6	3:42	23:43.5
8	11	Dawson Wagner	150	8									10	23:44.3	3:57	23:44.3
9	14	Micah Willson	141	10	2	1:12.8	1:12						12	28:12.3	4:42	29:25.1
10	15	William Dirks	140	12	6	1:44.2	1:44						11	27:51.9	4:39	29:36.1
11	17	Leo Simpson	138	12	12	22:05.8	22:05						3	11:01.6	1:50	33:07.5
12	18	Isaac Willson	143	7	7	2:00.8	2:00					20:46.7	4	13:19.7	2:13	36:07.3
13	19	Jase Dee	148	10	9	2:26.8	2:26						13	37:10.5	6:12	39:37.4

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results
Olympic Relay - Mixed

Female No Age Provided

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Swim Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Bike Pace</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Run Pace</u>	<u>Total Time</u>
1	1	Three Musketeers	871	0	1	45:04.4	45:04	0:33.8	1	1:14:08.7	2:58	0:24.7	1	57:57.1	9:40	2:58:08.8

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results
Sprint Relay - Mixed

Female No Age Provided

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Swim Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Bike Pace</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Run Pace</u>	<u>Total Time</u>
1	1	Grueb Ranch	1835	0	1	24:00.3	48:00	0:43.4	1	1:03:50.9	5:19	0:34.6	1	31:48.5	10:36	2:00:57.8

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results
Sprint Relay - Male

Male No Age Provided

<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>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>T2</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	1	Thunder Road	1834	0	1	19:06.7	38:12	0:16.2		1	40:12.3	3:21	0:19.1		1	32:40.2	10:53	1:32:34.7	

Race Date
September 05, 2015

Southern Hills Triathlon
Age Group Results
Sprint Relay - Female

Female No Age Provided

<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	1	Not So Fast, Just Furious	1867		1	15:52.7	31:44	0:31.5	2	48:41.2	4:03	0:24.1	1	26:03.4	8:41	1:31:33.1	
2	2	Better with Age	1837	0	2	17:48.8	35:36	0:37.7	1	47:18.6	3:57	0:24.9	3	36:54.1	12:18	1:43:04.4	
3	3	The Infamous Prancing Turtles	1836	0	3	32:36.4	65:12	1:17.0	3	1:28:55.9	7:25	0:39.9	2	28:24.6	9:28	2:31:54.1	