

Best of the U.S.

June 22, 2014

Overall Division Results

Capitol City Tri Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/107	1/43	230	Cathy Yndestad	36	F	Rosemount	MN	00:06:46.77	00:43:37.59	00:20:25.27		01:11:47.21

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/107	1/64	153	Josh Blankenheim	34	M	Duluth	MN	00:07:13.90	00:39:45.63	00:16:45.06		01:04:55.48

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/107	8/64	172	Jacob Totall	17	M	Minneapolis	MN	00:06:09.49	00:42:59.01	00:20:13.68		01:10:07.07

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	74/107	17/43	120	Kendra Radtke	24	F	Appleton	WI	00:10:05.17	00:56:33.63	00:24:21.25		01:34:09.22

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/107	17/64	232	Jack Hiniker	20	M	Edina	MN	00:06:31.32	00:46:38.99	00:21:55.64		01:16:36.98
2	44/107	34/64	112	Andy Barringer	23	M	St. Francis	MN	00:11:01.72	00:47:44.17	00:22:45.46		01:23:54.10
3	48/107	38/64	116	David Giacomini	23	M	Minneapolis	MN	00:09:43.19	00:50:40.52	00:21:29.14		01:24:40.98

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	28/107	6/43	118	Amy Botnen	29	F	St Louis Park	MN	00:08:39.86	00:47:21.45	00:20:07.55		01:18:21.42
2	52/107	11/43	156	Aleta Kolan	25	F	Saint Paul	MN	00:07:59.23	00:51:25.85	00:25:34.28		01:26:43.66
3	62/107	14/43	168	Sarah Elbing	26	F	St Paul	MN	00:09:56.49	00:50:42.77	00:26:42.22		01:29:44.89

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Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/107	7/64	173	David Phillips	29	M	Maple Grove	MN	00:07:51.19	00:39:35.52	00:20:49.96		01:09:41.33
2	11/107	10/64	133	Dain Clausen	25	M	Saint Louis Park	MN	00:07:42.54	00:43:17.54	00:20:40.91		01:13:13.54
3	18/107	16/64	177	Kyle Smith	26	M	Minneapolis	MN	00:07:51.83	00:45:28.68	00:21:09.69		01:16:19.76

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	15/107	2/43	109	Lisa Lendway	33	F	St. Paul	MN	00:07:03.50	00:45:22.03	00:21:14.61		01:15:10.44
2	33/107	7/43	132	Margaret Nigg	32	F	Minneapolis	MN	00:09:02.46	00:49:37.02	00:19:31.50		01:20:03.61
3	83/107	25/43	101	Kelly Thompson	30	F	Edina	MN	00:10:47.39	00:56:14.96	00:30:50.91		01:40:07.81

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/107	5/64	119	Mike Ladendorf	33	M	Apple Valley	MN	00:07:35.10	00:41:41.56	00:16:52.01		01:07:08.21
2	6/107	6/64	125	Aaron Eicher	32	M	Burnsville	MN	00:08:12.34	00:42:38.12	00:16:28.20		01:08:43.10
3	43/107	33/64	216	Nicholas Lodien	33	M	Minneapolis	MN	00:08:25.37	00:47:16.23	00:23:57.10		01:23:53.54

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	90/107	31/43	186	Sarah Oman	39	F	Bloomington	MN	00:09:13.79	01:05:11.77	00:29:33.42		01:47:40.61
2	104/107	40/43	145	Karissa Belisle-Johnson	35	F	St. Paul	MN	00:16:33.02	01:14:49.64	00:37:34.53		02:14:56.73

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	2/107	2/64	128	Andy Wiberg	36	M	Lakeville	MN	00:07:45.01	00:39:30.07	00:16:44.84		01:05:43.68
2	3/107	3/64	162	Brendon Oflanagan	37	M	St. Paul	MN	00:06:37.27	00:40:24.22	00:18:01.26		01:06:08.14
3	16/107	14/64	178	Mike Basel	37	M	Blaine	MN	00:08:12.56	00:42:53.80	00:21:56.43		01:15:15.69

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Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	26/107	5/43	122	Lisa Wacek	44	F	Minneapolis	MN	00:08:54.21	00:45:59.32	00:21:37.84		01:18:17.30
2	41/107	9/43	138	Michelle Simpson	43	F	East Bethel	MN	00:09:31.61	00:47:59.85	00:24:10.78		01:23:20.17
3	61/107	13/43	237	Sandy Marshall	43	F	Minneapolis	MN	00:08:34.51	00:48:53.00	00:27:54.49		01:29:29.84

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/107	4/64	161	Mike Buenting	40	M	Chanhassen	MN	00:07:46.39	00:40:06.45	00:17:02.83		01:06:14.42
2	9/107	9/64	107	Thomas Morgan	40	M	Minneapolis	MN	00:08:31.86	00:41:58.87	00:19:18.97		01:10:59.17
3	12/107	11/64	124	Stephen Bartos	44	M	Saint Paul	MN	00:08:18.08	00:42:46.44	00:20:24.49		01:13:30.42

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/107	4/43	169	Christel Kippenhan	49	F	Bemidji	MN	00:07:26.22	00:47:13.21	00:21:44.78		01:17:48.76
2	42/107	10/43	195	Renee Burton	48	F	Bloomington	MN	00:10:03.49	00:49:46.21	00:21:59.50		01:23:42.50
3	59/107	12/43	201	Pauline Mcjilton	47	F	Minnetonka	MN	00:09:41.30	00:51:00.17	00:25:32.14		01:27:50.08

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/107	21/64	197	Dave Burton	49	M	Bloomington	MN	00:08:37.79	00:46:02.32	00:21:13.99		01:18:07.80
2	36/107	29/64	171	Kevin Knight	45	M	Minneapolis	MN	00:09:05.63	00:45:38.37	00:23:52.04		01:21:04.62
3	40/107	32/64	155	Joseph Piepgras	47	M	Golden Valley	MN	00:09:57.01	00:47:48.28	00:23:29.48		01:23:08.50

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	21/107	3/43	219	Tracy Serreyn	50	F	Lakeville	MN	00:08:05.03	00:45:48.03	00:21:34.85		01:17:16.52
2	100/107	37/43	102	Jean Diekmann	51	F	St. Paul	MN	00:15:21.59	01:10:37.06	00:30:24.74		02:06:21.88

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Overall Division Results

Capitol City Tri Individual

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/107	24/64	231	Kerry Yndestad	54	M	Rosemount	MN	00:08:28.78	00:46:53.50	00:21:44.72		01:18:34.97
2	35/107	28/64	108	Bill Benning	52	M	Lakeville	MN	00:09:31.97	00:46:05.94	00:22:51.34		01:20:33.38

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	87/107	28/43	239	Theresa Klamann	59	F	Circle Pines	MN	00:11:01.47	01:00:42.86	00:27:54.27		01:43:32.10

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	14/107	13/64	157	Rick Christenson	56	M	Roseville	MN	00:09:56.45	00:40:01.96	00:22:09.45		01:14:36.61
2	32/107	26/64	187	James Ross	56	M	Lakeville	MN	00:08:43.95	00:44:32.63	00:22:00.35	+00:02:00.00	01:19:38.12

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	84/107	26/43	158	Connie Foster	64	F	River Falls	WI	00:11:43.94	00:59:22.31	00:26:59.86		01:41:33.31
2	93/107	33/43	215	Sue Pilon	60	F	Blaine	MN	00:11:17.94	01:02:46.02	00:32:12.27		01:50:51.92

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/107	25/64	134	Duane Millslage	64	M	Duluth	MN	00:08:30.20	00:45:22.03	00:22:23.64		01:18:46.76
2	64/107	49/64	180	Robert Daniels	62	M	Savage	MN	00:10:22.76	00:53:27.25	00:23:49.66		01:30:59.37

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	88/107	29/43	176	Nancy Bauer	67	F	Champlin	MN	00:13:05.19	00:58:04.62	00:28:21.10		01:43:56.74

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Overall Division Results

Capitol City Tri Individual

Female Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	106/107	42/43	131	Patsy Lillehei	70	F	Minneapolis	MN	00:16:05.32	01:11:57.36	00:50:04.94		02:25:03.06

Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/107	59/64	159	Fred Roethlisberger	71	M	River Falls	WI	00:11:43.37	00:58:36.78	00:28:29.09		01:43:27.37

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June 22, 2014

Overall Division Results

Capitol City Tri Team

Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	1/4	227	The Package	Minneapolis	MN	00:06:54.79	00:48:56.39	00:26:17.21		01:23:09.22