

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
2	13/107	12/64	205	Mitchell Clayton	18	M	Forest Lake	MN	00:07:25.01	00:44:54.38	00:20:11.61		01:13:46.04

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
4	58/107	47/64	175	Jeremy Reichenberger	23	M	Minneapolis	MN	00:11:01.05	00:52:55.27	00:21:30.02		01:27:43.98
5	65/107	50/64	202	Derek Parker	23	M	Rosemount	MN	00:10:02.76	00:53:51.84	00:23:13.92		01:31:06.79
6	67/107	52/64	218	Robert Wild	21	M	Elk River	MN	00:13:43.02	00:51:53.06	00:22:34.31		01:31:26.24
7	71/107	55/64	211	Cory D Sauer	23	M	Stillwater	MN	00:09:56.75	00:51:17.64	00:27:57.26		01:33:03.91

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Overall Division Results

Capitol City Tri Individual

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
4	79/107	22/43	163	Tracey Ganje	28	F	Minneapolis	MN	00:09:21.22	00:55:37.86	00:28:38.89		01:36:22.08
5	81/107	24/43	167	Julie Samson	29	F	Hammond	WI	00:11:26.92	00:52:45.70	00:30:59.08		01:37:57.66
6	89/107	30/43	225	Amanda Bumann	28	F	Sioux Falls	SD	00:11:56.22	00:55:59.80	00:33:19.99		01:44:18.47

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
4	39/107	31/64	160	Dan Greer	28	M	Maple Grove	MN	00:09:33.85	00:44:50.56	00:25:29.05		01:21:46.59
5	46/107	36/64	184	Collin Johnson	25	M	Roseville	MN	00:10:17.96	00:51:33.02	00:20:53.17		01:24:29.68
6	54/107	43/64	141	Jacob Wernersbach	25	M	Zimmerman	MN	00:10:56.71	00:51:33.18	00:20:16.13		01:26:53.28

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
4	92/107	32/43	234	Michele Mckenzie	30	F	Gem Lake	MN	00:09:51.08	00:58:48.84	00:37:55.87		01:49:27.66
5	99/107	36/43	152	Jessica Hilmanowski	33	F	Saint Paul	MN	00:16:58.59	01:09:02.91	00:32:29.68		02:04:18.89

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June 22, 2014

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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
4	55/107	44/64	221	Nathan Fritsch	34	M	Roberts	WI	00:10:04.34	00:51:37.43	00:21:38.98		01:26:57.97
5	56/107	45/64	223	David White	31	M	Edina	MN	00:10:39.72	00:50:15.77	00:21:54.73		01:27:18.16

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
4	20/107	18/64	139	David Haaland	39	M	Saint Paul	MN	00:10:11.87	00:43:19.71	00:20:48.92		01:16:59.72
5	24/107	20/64	136	Ryan Collins	39	M	St. Louis Park	MN	00:09:48.27	00:43:42.50	00:22:49.26		01:17:56.71
6	27/107	22/64	127	Zach Lee	39	M	Bloomington	MN	00:07:40.21	00:45:44.92	00:22:53.17		01:18:20.09
7	53/107	42/64	224	Jonathan Zimmerman	39	M	St. Paul	MN	00:09:59.72	00:51:45.85	00:22:08.29		01:26:46.36
8	95/107	62/64	212	Mark Benson	35	M	Plymouth	MN	00:13:41.51	01:00:28.67	00:34:06.48		01:53:11.46

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June 22, 2014

Overall Division Results

Capitol City Tri Individual

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
4	63/107	15/43	200	Megan Maury	43	F	St Paul	MN	00:08:37.30	00:52:53.17	00:26:25.19		01:30:34.11
5	69/107	16/43	164	Kathy Gerhardt	43	F	Saint Louis Park	MN	00:10:06.82	00:51:15.41	00:28:21.76		01:32:11.64
6	77/107	20/43	233	Tana Setness Hoefs	43	F	Grand Forks	ND	00:09:36.86	00:57:27.08	00:26:23.34		01:35:53.94
7	80/107	23/43	135	Heidi Anderson-Isaacson	43	F	St. Paul	MN	00:12:02.23	00:51:32.06	00:29:38.19		01:37:33.98
8	97/107	35/43	150	Sara Lovat	41	F	St. Paul	MN	00:16:57.94	01:09:06.86	00:29:04.75		02:00:33.43
9	103/107	39/43	149	Cynthia Lancaster	40	F	St. Paul	MN	00:17:00.92	01:09:09.30	00:38:02.82		02:09:57.31

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
4	17/107	15/64	123	Steve Marshall	43	M	Minneapolis	MN	00:08:19.36	00:44:42.47	00:19:25.62		01:15:32.97
5	22/107	19/64	174	Corby Serk	41	M	Eden Prairie	MN	00:09:38.24	00:44:18.09	00:22:00.64		01:17:47.50
6	29/107	23/64	214	Cory Clayton	44	M	Blaine	MN	00:07:39.00	00:43:25.27	00:25:34.16		01:18:31.28
7	34/107	27/64	207	Christian Twigg	41	M	Minneapolis	MN	00:08:40.06	00:47:15.28	00:22:19.75		01:20:27.53
8	45/107	35/64	198	Blake Pieper	43	M	Stillwater	MN	00:08:28.65	00:49:28.49	00:22:32.67		01:23:55.74

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June 22, 2014

Overall Division Results

Capitol City Tri Individual

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
4	75/107	18/43	199	Leanne Ritz	45	F	Maple Grove	MN	00:09:18.02	00:53:31.18	00:28:32.89		01:34:25.85
5	76/107	19/43	144	Sarah Phemister	45	F	Saint Paul	MN	00:11:36.99	00:52:09.22	00:28:31.79		01:34:39.86
6	78/107	21/43	235	Melissa Malen	46	F	West St. Paul	MN	00:10:37.16	00:55:04.13	00:27:37.90		01:36:15.70
7	85/107	27/43	143	Sherilyn Young	47	F	St. Paul	MN	00:12:26.51	00:57:12.72	00:29:32.59		01:41:40.13
8	96/107	34/43	114	Karla Terry	46	F	Roseville	MN	00:10:15.78	01:00:11.11	00:45:45.80		01:59:42.32
9	102/107	38/43	151	Mindy Brown	46	F	St. Paul	MN	00:15:29.62	01:09:03.45	00:38:05.75		02:09:55.39
10	105/107	41/43	203	Sue Savage	49	F	Blaine	MN	00:15:52.48	01:16:27.79	00:42:17.72		02:19:54.64

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
4	47/107	37/64	213	Brian Michael	45	M	Minneapolis	MN	00:10:48.45	00:48:25.71	00:22:09.18		01:24:32.19
5	49/107	39/64	110	Dave Link	47	M	Eden Prairie	MN	00:08:12.46	00:49:18.22	00:25:06.58		01:24:44.68
6	51/107	41/64	185	Eric Mckee	49	M	East Bethel	MN	00:08:44.54	00:51:18.04	00:23:44.93		01:25:49.63
7	60/107	48/64	142	Michael Enright	49	M	Stillwater	MN	00:11:47.07	00:47:31.91	00:27:27.28		01:29:21.45
8	66/107	51/64	165	Thomas Laberge	45	M	Blaine	MN	00:10:01.33	00:51:25.06	00:27:16.31		01:31:15.28
9	68/107	53/64	226	Doug Grennan	47	M	Edina	MN	00:09:40.05	00:51:52.54	00:26:41.76		01:31:58.18

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
3	37/107	30/64	179	Tom Coles	53	M	Apple Valley	MN	00:08:27.48	00:46:48.96	00:23:13.59		01:21:26.20
4	57/107	46/64	220	Steve Gaffer	54	M	New Richmond	WI	00:09:03.71	00:48:38.33	00:27:27.88		01:27:31.07
5	72/107	56/64	183	Bob Harmon	53	M	New Brighton	MN	00:13:49.61	00:50:34.05	00:24:58.15		01:33:17.28
6	82/107	58/64	196	David Moore	52	M	Saint Paul	MN	00:10:14.91	00:54:32.17	00:28:24.73		01:39:39.55
7	98/107	63/64	206	John Reuter	52	M	Minnetonka	MN	00:24:31.47	00:57:13.62	00:37:12.85		02:04:14.22

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
3	50/107	40/64	117	Stephen Bullard	57	M	Minneapolis	MN	00:08:57.84	00:48:54.69	00:25:28.95		01:25:04.93
4	70/107	54/64	140	Gary Wernersbach	56	M	Zimmerman	MN	00:10:27.54	00:49:15.96	00:28:50.17		01:32:26.07
5	91/107	60/64	217	Tom Barringer	59	M	St.francis	MN	00:12:58.73	00:59:47.10	00:31:30.10		01:47:41.49
6	94/107	61/64	188	Tom Wentz	56	M	Burnsville	MN	00:11:38.68	00:59:21.08	00:35:27.02		01:51:06.90

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
3	107/107	43/43	129	Lindsay Nauen	64	F	St Paul	MN	00:22:07.16	01:14:30.97	00:48:23.68		02:33:30.85

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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 Millslagle	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
3	73/107	57/64	166	William Forsberg	60	M	Golden Valley	MN	00:12:17.59	00:52:05.49	00:26:52.49		01:33:58.41
4	101/107	64/64	130	Richard Weil	64	M	St Paul	MN	00:17:32.81	01:15:14.30	00:26:53.91		02:08:29.47

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

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

Female Ages 99 - 99

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	38/107	8/43	236	Greta Simpson	99	F	Minneapolis	MN	00:08:13.03	00:48:01.01	00:24:00.45		01:21:37.41