

Capitol City Tri

June 14, 2015

Overall Division Results

Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/131	1/54	136	Nicole Heininger	27	F	White Bear Lake	MN	00:08:26.66	00:33:51.19	00:20:38.48		01:04:27.17
2	27/131	2/54	8	Gaby Bunten	23	F	Forest Lake	MN	00:08:10.41	00:35:33.77	00:19:54.45		01:05:11.19
3	28/131	3/54	9	Kortney Haag	36	F	Maple Grove	MN	00:09:38.97	00:34:02.52	00:20:30.25		01:05:40.84

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/131	1/77	3	Matthew Payne	38	M	Columbia Heights	MN	00:07:12.73	00:29:43.80	00:16:58.12		00:55:11.65
2	2/131	2/77	1	Josh Blankenheim	35	M	Duluth	MN	00:07:46.67	00:31:40.80	00:16:25.68		00:57:11.19
3	3/131	3/77	6	Mike Ward	26	M	Duluth	MN	00:08:00.81	00:31:09.00	00:16:46.35		00:57:15.92

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/131	13/54	100	Reilly Ingersoll	18	F	St. Paul	MI	00:08:23.64	00:43:38.78	00:26:35.58		01:20:25.36
2	125/131	48/54	80	Kayla Siebold	19	F	Lakeville	MN	00:11:33.84	00:49:30.22	00:41:06.49		01:46:10.72

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	14/131	14/77	135	Elliot Slade	19	M	St. Louis Park	MN	00:07:54.72	00:34:36.53	00:17:07.36		01:01:29.16
2	34/131	30/77	130	Max Peterson	16	M	St. Paul	MI	00:09:10.66	00:38:30.35	00:20:25.55		01:10:49.12

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/131	4/54	137	Olivia Bagnall	24	F	Lakeville	MN	00:08:44.13	00:36:04.11	00:20:22.98		01:06:37.81
2	44/131	7/54	122	Mata Agre	22	F	Corcoran	MN	00:11:43.32	00:40:30.36	00:20:18.99		01:14:44.19
3	55/131	9/54	127	Jessica Padniewski	23	F	Eden Prairie	MN	00:09:46.47	00:43:25.72	00:22:33.71		01:18:25.65

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Overall Division Results

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Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/131	12/77	153	Marcus Duval	24	M	Bloomington	MN	00:06:19.67	00:32:12.27	00:19:11.23		00:59:51.43
2	17/131	17/77	125	Lee Brown	23	M	Maple	WI	00:08:54.23	00:34:00.82	00:17:54.62		01:02:10.86

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	61/131	12/54	60	Sara Dalton	26	F	Saint Cloud	MN	00:12:36.50	00:41:01.85	00:23:55.64		01:20:03.90
2	92/131	26/54	117	Tess Cotter	26	F	St. Paul	MN	00:10:33.86	00:49:28.74	00:27:32.09		01:31:23.20
3	126/131	49/54	24	Kourtney Rose	27	F	Prior Lake	MN	00:16:52.30	00:50:17.76	00:36:44.68		01:48:40.47

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/131	7/77	154	Brian Sames	29	M	Chaska	MN	00:07:58.47	00:32:27.59	00:16:31.41		00:58:32.61
2	8/131	8/77	7	Kyle Serreyn	25	M	Lakeville	MI	00:07:54.37	00:32:48.28	00:16:49.88		00:58:39.66
3	50/131	43/77	115	Steve Dahlke	25	M	Minneapolis	MN	00:10:38.20	00:41:42.65	00:21:44.84		01:17:16.61

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	38/131	6/54	123	Kimberly Ault	34	F	Plymouth	MN	00:11:39.14	00:36:34.27	00:21:44.07		01:11:33.57
2	53/131	8/54	142	Megan Mcculloch	30	F	Brooklyn Park	MN	00:10:45.49	00:39:17.36	00:25:25.97		01:17:56.76
3	68/131	16/54	56	Julie Feldman	34	F	Inver Grove Height	MN	00:13:19.79	00:39:15.11	00:27:04.57		01:21:48.33

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/131	5/77	13	Bennett Isabella	33	M	Burnsville	MN	00:08:04.56	00:31:21.92	00:16:41.05		00:57:37.63
2	16/131	16/77	151	Mike Ladendorf	34	M	Farmington	MN	00:08:32.81	00:34:31.18	00:17:39.37		01:02:02.90
3	21/131	21/77	18	John Taipale	30	M	Hammond	WI	00:09:18.82	00:33:05.70	00:19:59.82		01:03:43.45

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Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	56/131	10/54	143	Sarah Nichols	37	F	Maple Grove	MN	00:11:43.90	00:40:15.32	00:24:52.63		01:18:31.15
2	59/131	11/54	76	Marisa Skees	39	F	Eden Prairie	MN	00:12:42.24	00:40:32.11	00:23:16.45		01:19:14.69
3	66/131	15/54	42	Emily Koski	37	F	Minneapolis	MN	00:12:30.90	00:42:56.74	00:23:25.60		01:21:00.44

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/131	6/77	103	Eric Hendrickson	35	M	Minnetonka	MN	00:07:29.79	00:31:46.83	00:17:45.99		00:58:12.99
2	9/131	9/77	2	Andy Wiberg	37	M	Lakeville	MN	00:08:07.31	00:32:10.31	00:17:01.61		00:58:53.41
3	11/131	11/77	93	Travis Miller	36	M	Nisswa	MN	00:08:26.94	00:31:52.34	00:17:37.90		00:59:18.21

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	71/131	18/54	81	Tana Setness Horfs	44	F	Grand Forks	ND	00:12:29.32	00:41:46.97	00:25:43.99		01:22:50.19
2	89/131	24/54	69	Heidi Anderson Isaacson	44	F	St. Paul	MN	00:14:45.49	00:41:16.10	00:29:25.41		01:30:11.70
3	119/131	45/54	50	Nichole Hall	42	F	Farmington	MN	00:12:14.32	00:50:49.77	00:33:25.24		01:41:45.85

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/131	4/77	4	Kevin O'connor	44	M	Medina	MN	00:07:30.39	00:31:33.25	00:17:05.91		00:57:24.91
2	10/131	10/77	11	Brett Lovaas	41	M	Hopkins	MN	00:06:58.48	00:32:09.99	00:18:38.86		00:59:02.86
3	19/131	19/77	119	Jeffrey Bishop	40	M	Minneapolis	MN	00:08:32.83	00:32:57.23	00:19:11.46		01:02:43.78

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	75/131	19/54	72	Janice Stanford	45	F	Bloomington	MN	00:12:50.33	00:42:31.63	00:25:49.07		01:23:59.81
2	86/131	22/54	94	Erika Lee	47	F	Duluth	MN	00:14:28.33	00:43:28.74	00:26:48.24		01:28:17.18
3	87/131	23/54	79	Kim Siebold	46	F	Lakeville	MN	00:14:02.33	00:43:09.12	00:28:08.34		01:29:04.69

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Individual

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	15/131	15/77	101	Thaddeus Ingersoll	45	M	St. Paul	MI	00:06:44.44	00:35:13.67	00:18:06.60		01:01:48.42
2	20/131	20/77	109	Jim Guenter	45	M	St. Paul	MN	00:07:25.31	00:34:38.35	00:19:49.02		01:03:27.42
3	33/131	29/77	30	Joe Piepgras	48	M	Robbinsdale	MN	00:11:08.32	00:35:23.60	00:22:02.95		01:10:24.40

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/131	5/54	10	Christel Kippenhan	50	F	Bemidji	MN	00:09:35.50	00:37:45.64	00:22:28.85		01:11:20.43
2	65/131	14/54	116	Cindy Crawford	52	F	Deephaven	MN	00:11:51.98	00:39:37.26	00:27:01.52		01:20:50.86
3	85/131	21/54	145	Joyce Olson Kapell	52	F	Minneapolis	MN	00:15:48.83	00:43:30.48	00:25:24.35		01:28:15.71

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	46/131	39/77	67	Bill Benning	53	M	Lakeville	MN	00:11:31.69	00:37:47.89	00:24:11.13		01:15:24.88
2	49/131	42/77	37	Eric Mckee	50	M	Cedar	MN	00:09:40.17	00:40:13.10	00:23:47.15		01:16:04.36
3	52/131	45/77	155	Jeff Dahle	53	M	St Paul	MN	00:11:46.28	00:36:44.10	00:26:13.65		01:17:55.44

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	98/131	31/54	82	Sharon Schneider	55	F	Ham Lake	MN	00:13:05.32	00:45:50.79	00:29:40.79		01:32:25.14
2	115/131	43/54	31	Laurie Payton	57	F	West Saint Paul	MN	00:22:27.32	00:42:59.84	00:31:33.70		01:40:09.21
3	128/131	51/54	111	Christine Fjalstad	55	F	Prior Lake	MN	00:29:11.85	00:51:50.32	00:43:06.75		02:11:17.00

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	82/131	62/77	27	Michael Powers	59	M	Minneapolis	MN	00:13:15.79	00:40:31.61	00:30:03.03		01:27:12.30

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Overall Division Results

Individual

Female Ages 60 +

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	99/131	32/54	141	Dianne Gregory	64	F	St. Paul	MN	00:13:00.98	00:46:18.81	00:29:19.59		01:32:41.89
2	105/131	35/54	73	Leslie Stanaway	62	F	Minneapolis	MN	00:16:18.96	00:48:10.88	00:27:21.03		01:35:00.64
3	110/131	39/54	22	Michel Sanders	62	F	Saint Paul	MN	00:16:51.88	00:45:26.82	00:31:20.84		01:37:40.21

Male Ages 60 +

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/131	31/77	36	Duane Millslagle	65	M	Savage	MN	00:09:19.29	00:36:38.33	00:22:21.82		01:10:58.47
2	74/131	56/77	62	Thomas Couillard	66	M	White Bear Lake	MN	00:12:52.82	00:41:26.32	00:25:20.82		01:23:59.64
3	78/131	59/77	44	Daniel Kirk	69	M	Blaine	MN	00:13:51.32	00:42:19.87	00:25:24.80		01:25:09.40