

# Individual Sprint Distance - Individual Sprint M & F - All Intervals

# The Southern Hills Tri 2023

Generated on 09/07/2023 4:13 pm

## Female

RANK	NAME	HOMETOWN	PR DIV	AWARD TIME	PACE	BIB	Swim	T1	Start to T1 Out	Bike	Start to T2 In	T2	Start to T2 Out	ANNOUNCER	Run
1	MANDI MEREDITH	Rapid City, SD	F40-49	01:12:22		26	00:05:49	00:01:13	00:07:02	00:37:23	00:44:24	00:01:02	00:45:25	01:12:23	00:26:58
2	KARRIS KAISER	Rapid City, SD	F30-39	01:14:56		81	00:09:43	00:01:37	00:11:20	00:39:08	00:50:27	00:01:10	00:51:36	01:14:57	00:23:20
3	ELLAYNA POTTER	Fort Collins, CO	F13-19	01:15:48		149	00:06:52	00:00:32	00:07:23	00:42:31	00:49:54	00:01:20	00:51:13	01:15:49	00:24:35
4	KAYLAN KEMINK	Mandan, ND	F30-39	01:19:41		72	00:08:40	00:01:20	00:09:59	00:40:28	00:50:27	00:01:16	00:51:42	01:19:41	00:27:59
5	KENDRA MUNSTERMAN	Billings, MT	F20-29	01:20:16		67	00:10:14	00:01:17	00:11:31	00:42:07	00:53:37	00:00:22	00:53:59	01:20:17	00:26:18
6	RYAN ANDREWS	Douglas, WY	F40-49	01:20:31		90	00:09:12	00:02:03	00:11:14	00:41:10	00:52:24	00:01:09	00:53:32	01:20:32	00:26:59
7	KRISTEN HULS	Chadron, NE	F40-49	01:21:27		99	00:06:22	00:00:57	00:07:18	00:45:23	00:52:41	00:00:56	00:53:36	01:21:26	00:27:51
8	NICKI MCCONNELL	Rapid City, SD	F30-39	01:23:11		43	00:06:51	00:01:34	00:08:24	00:45:23	00:53:47	00:00:39	00:54:25	01:23:11	00:28:47
9	LYNNE MAZZONE	Rapid City, SD	F60-69	01:24:14		40	00:08:07	00:01:35	00:09:41	00:40:51	00:50:32	00:01:01	00:51:33	01:24:13	00:32:42
10	SABRINA WINDER	Rapid City, SD	F30-39	01:24:42		71	00:12:02	00:01:14	00:13:15	00:42:35	00:55:50	00:00:38	00:56:27	01:24:43	00:28:15
11	DANA COWPER	Severance, CO	F40-49	01:24:47		97	00:07:34	00:01:07	00:08:41	00:41:08	00:49:48	00:00:48	00:50:35	01:24:47	00:34:13
12	ANNALISA BERGMAN	Rapid City, SD	F30-39	01:25:54		32	00:08:01	00:02:03	00:10:03	00:45:10	00:55:12	00:00:57	00:56:09	01:25:55	00:29:45

## Female

RANK	NAME	HOMETOWN	PR DIV	AWARD TIME	PACE	BIB	Swim	T1	Start to T1 Out	Bike	Start to T2 In	T2	Start to T2 Out	ANNOUNCER	Run
13	TREESE DEBOER	Hot Springs, SD	F50-59	01:26:05		69	00:08:29	00:01:35	00:10:03	00:42:18	00:52:21	00:01:24	00:53:44	01:26:05	00:32:21
14	JOLEEN WILSON	Rapid City, SD	F50-59	01:26:59		76	00:08:55	00:02:11	00:11:05	00:47:28	00:58:33	00:02:05	01:00:38	01:26:59	00:26:22
15	MEGAN WILSON	Rapid City, SD	F 20-29	01:27:00		77	00:08:22	00:01:21	00:09:43	00:49:42	00:59:24	00:01:14	01:00:38	01:27:00	00:26:23
16	STACY NEHRING	Rapid City, SD	F40-49	01:28:41		54	00:11:02	00:03:15	00:14:16	00:46:27	01:00:43	00:01:06	01:01:48	01:28:43	00:26:54
17	LORI DAHLY	Hot Springs, SD	F30-39	01:29:59		70	00:08:42	00:01:28	00:10:09	00:46:03	00:56:12	00:00:34	00:56:45	01:30:00	00:33:15
18	ELIZABETH GALLOWAY	Sioux Falls, SD	F40-49	01:30:38		41	00:09:35	00:01:46	00:11:21	00:44:22	00:55:42	00:00:52	00:56:34	01:30:38	00:34:05
19	ALEXANDRA GREEN	Douglas, WY	F30-39	01:32:26		93	00:08:10	00:02:03	00:10:13	00:51:30	01:01:42	00:01:02	01:02:44	01:32:26	00:29:42
20	ERIN BERRYMAN	Loveland, CO	F40-49	01:32:40		147	00:09:56	00:01:54	00:11:50	00:45:13	00:57:02	00:01:55	00:58:56	01:32:40	00:33:45
21	ANGELA LANGSTAFF	Summerset, SD	F40-49	01:32:47		88	00:10:36	00:01:46	00:12:21	00:46:49	00:59:09	00:01:45	01:00:54	01:32:47	00:31:54
22	JENNIFER POWELL	Rapid City, SD	F40-49	01:36:41		45	00:10:52	00:01:49	00:12:40	00:48:08	01:00:48	00:01:19	01:02:06	01:36:41	00:34:36
23	SUZY FERRIN	Fort Collins, CO	F40-49	01:37:14		83	00:09:51	00:02:57	00:12:48	00:51:10	01:03:57	00:01:20	01:05:16	01:37:15	00:31:58
24	AMY LANE	Hot Springs, SD	F40-49	01:39:11		48	00:10:10	00:02:14	00:12:23	00:47:12	00:59:34	00:00:27	01:00:01	01:39:11	00:39:10
25	ASHLEY ANDERSON	Brookings, SD	F 20-29	01:40:31		142	00:09:52	00:03:00	00:12:52	00:53:22	01:06:13	00:00:28	01:06:41	01:40:31	00:33:51
26	COURTNEY PITSOR	Black Hawk, SD	F30-39	01:41:30		56	00:13:33	00:02:26	00:15:59	00:54:55	01:10:53	00:00:59	01:11:51	01:41:31	00:29:39

## Female

RANK	NAME	HOMETOWN	PR DIV	AWARD TIME	PACE	BIB	Swim	T1	Start to T1 Out	Bike	Start to T2 In	T2	Start to T2 Out	ANNOUNCER	Run
27	JODIE LIM	Hot Springs, SD	F30-39	01:51:41		84	00:09:02	00:03:46	00:12:48	00:58:13	01:11:00	00:00:57	01:11:56	01:51:41	00:39:45
28	LEAH WEIKERT	Sioux Center, IA	F30-39	01:51:43		85	00:11:00	00:01:51	00:12:50	00:54:41	01:07:30	00:04:27	01:11:57	01:51:42	00:39:46
29	ISABELLA NEHRING	Rapid City, SD	F13-19	01:51:57		58	00:09:47	00:03:46	00:13:32	00:55:29	01:09:01	00:00:28	01:09:29	01:51:56	00:42:28
30	CHERYL MCDONALD-PUGH	Loveland, CO	F70+	01:54:19		96	00:12:56	00:02:07	00:15:03	00:49:54	01:04:56	00:02:34	01:07:30	01:54:17	00:46:50
31	MICHELLE MCKAY	Loveland, CO	F50-59	01:54:58		94	00:12:49	00:02:45	00:15:33	01:01:24	01:16:57	00:01:42	01:18:38	01:54:57	00:36:20
32	MELISSA STEVENS	Rapid City, SD	F40-49	01:55:52		22	00:12:39	00:02:49	00:15:27	00:57:33	01:13:00	00:00:54	01:13:53	01:55:53	00:42:00
33	SARAH STORM	Rapid City, SD	F20-29	01:57:58		28	00:12:08	00:04:36	00:16:44	01:00:28	01:17:11	00:02:05	01:19:15	01:57:57	00:38:43
34	DAISHA SEYFER	Mitchell, SD	F40-49	02:00:25		145	00:09:21	00:01:25	00:10:45	01:11:29	01:22:14	00:01:20	01:23:33	02:00:24	00:36:52
35	MARIAH NELSON	Crawford, NE	F30-39	02:04:17		100	00:10:52	00:02:44	00:13:35	01:05:25	01:18:59	00:01:33	01:20:32	02:04:16	00:43:46
36	KAITIE VANDEWATER	Brookings, SD	F20-29	02:07:00		34	00:12:14	00:02:37	00:14:51	01:08:44	01:23:34	00:00:42	01:24:15	02:06:58	00:42:45
37	ELLY STORM	Rapid City, SD	F20-29	02:12:21		29	00:15:11	00:27:20	00:42:30	00:39:02	01:21:32	00:01:27	01:22:58	02:12:20	00:49:24
38	KARYN SCOTT	Spearfish, SD	F40-49	02:13:07		36	00:09:52	00:01:56	00:11:48	01:15:53	01:27:41	00:01:11	01:28:51	02:13:06	00:44:17
39	EMMA WERMERS	Rapid City, SD	F13-19	02:16:53		24	00:12:56	00:01:44	00:14:39	01:21:44	01:36:23	00:00:45	01:37:08	02:16:53	00:39:45

## Female

RANK	NAME	HOMETOWN	PR DIV	AWARD TIME	PACE	BIB	Swim	T1	Start to T1 Out	Bike	Start to T2 In	T2	Start to T2 Out	ANNOUNCER	Run
40	HALLE WOODLAND	Heber City, UT	F 20-29	02:20:18		53	00:18:17	00:08:38	00:26:54	01:11:10	01:38:04	00:05:05	01:43:09	02:20:17	00:37:10
41	ELIZA WOODLAND	Heber City, UT	F40-49	02:20:23		51	00:18:27	00:08:55	00:27:21	01:10:43	01:38:04	00:05:10	01:43:13	02:20:22	00:37:11
42	RENEE GOLDIE	Medicine Hat, Canada	F40-49	02:25:11		59	00:16:16	00:03:44	00:19:59	01:15:40	01:35:39	00:01:55	01:37:34	02:25:10	00:47:38
43	BARB FETTERS	Hot Springs, SD	F 70+	02:28:56		98	00:16:53	00:03:22	00:20:14	00:57:22	01:17:35	00:02:48	01:20:23	02:28:50	01:08:33

## Male

RANK	NAME	HOMETOWN	PR DIV	AWARD TIME	PACE	BIB	Swim	T1	Start to T1 Out	Bike	Start to T2 In	T2	Start to T2 Out	ANNOUNCER	Run
1	ZACK ANDREWS	Douglas, WY	M40-49	01:09:00		89	00:09:06	00:01:07	00:10:13	00:34:56	00:45:08	00:00:52	00:45:59	01:09:01	00:23:01
2	JEFFREY GRABER	Madison, SD	M20-29	01:09:21		144	00:07:29	00:01:40	00:09:09	00:36:21	00:45:29	00:01:05	00:46:34	01:09:22	00:22:47
3	JOHN KAISER	Rapid City, SD	M30-39	01:12:36		60	00:10:46	00:01:24	00:12:09	00:37:52	00:50:01	00:00:54	00:50:54	01:12:36	00:21:42
4	ERIC ANDERSON	Spearfish, SD	M40-49	01:13:29		143	00:06:49	00:01:29	00:08:17	00:38:33	00:46:50	00:01:22	00:48:12	01:13:29	00:25:18
5	MATTHEW WILSON	Rapid City, SD	M20-29	01:13:43		78	00:06:54	00:02:29	00:09:23	00:42:32	00:51:54	00:01:36	00:53:30	01:13:44	00:20:13
6	LUIS RAMIREZ	Vermillion, SD	M20-29	01:16:43		74	00:06:54	00:01:41	00:08:35	00:46:08	00:54:42	00:00:29	00:55:10	01:16:44	00:21:34
7	JOSHUA PAULL	Rapid City, SD	M40-49	01:17:44		27	00:08:17	00:01:25	00:09:42	00:38:57	00:48:38	00:02:03	00:50:41	01:17:44	00:27:03
8	DANIEL JOHNSON	Colorado Spgs, CO	M30-39	01:18:00		73	00:07:45	00:00:13	00:07:58	00:42:33	00:50:30	00:01:23	00:51:53	01:18:00	00:26:08
9	JOSHUA NEHRING	Rapid City, SD	M40-49	01:21:07		55	00:09:44	00:01:29	00:11:13	00:41:34	00:52:46	00:02:37	00:55:22	01:21:08	00:25:46
10	LOGAN LONG	Mitchell, SD	M20-29	01:21:54		86	00:07:44	00:01:09	00:08:53	00:40:12	00:49:05	00:00:40	00:49:44	01:21:54	00:32:11
11	BRUNO CORTES ESPEJO	Herreid, SD	M30-39	01:22:58		62	00:10:09	00:01:45	00:11:54	00:42:16	00:54:09	00:01:01	00:55:10	01:22:59	00:27:48
12	DAN LINDE	Rapid City, SD	M50-59	01:24:04		35	00:07:11	00:01:45	00:08:55	00:42:53	00:51:47	00:00:40	00:52:27	01:24:03	00:31:37
13	BRENNAN SARGENT	Cheyenne, WY	M30-39	01:24:16		82	00:09:47	00:02:52	00:12:38	00:43:20	00:55:57	00:00:42	00:56:38	01:24:17	00:27:39

## Male

RANK	NAME	HOMETOWN	PR DIV	AWARD TIME	PACE	BIB	Swim	T1	Start to T1 Out	Bike	Start to T2 In	T2	Start to T2 Out	ANNOUNCER	Run
14	TRISTIN NELSON	Rapid City, SD	M 13- 19	01:25:36		39	00:12:14	00:01:53	00:14:06	00:41:49	00:55:55	00:00:23	00:56:17	01:25:38	00:29:19
15	CADE WICHMANN	Rapid City, SD	M 13- 19	01:25:36		63	00:12:13	00:01:52	00:14:05	00:41:09	00:55:14	00:01:03	00:56:17		00:29:19
16	SCOTT DEIBERT	Sioux Falls, SD	M40- 49	01:27:58		126	00:08:04	00:02:08	00:10:12	00:45:48	00:56:00	00:00:44	00:56:44	01:27:58	00:31:15
17	BILL GOODGION	Rapid City, SD	M50- 59	01:29:38		101	00:12:50	00:01:53	00:14:42	00:40:48	00:55:29	00:01:15	00:56:43	01:29:39	00:32:55
18	MATT STEPHENS	Rapid City, SD	M50- 59	01:29:39		44	00:08:11	00:02:17	00:10:28	00:44:02	00:54:29	00:01:38	00:56:07	01:29:37	00:33:32
19	RYAN FOWLER	Pierre, SD	M40- 49	01:32:27		61	00:11:24	00:01:54	00:13:17	00:44:17	00:57:34	00:01:10	00:58:44	01:32:26	00:33:44
20	ROGER BECK	Sturgis, SD	M50- 59	01:33:16		25	00:09:36	00:03:17	00:12:52	00:44:34	00:57:26	00:01:53	00:59:19	01:33:15	00:33:58
21	TALMAGE NEHRING	Rapid City, SD	M 13- 19	01:34:12		57	00:09:56	00:01:51	00:11:47	00:54:35	01:06:21	00:00:30	01:06:51	01:34:14	00:27:22
22	DAVID SWANK	Rapid City, SD	M40- 49	01:34:19		46	00:06:23	00:02:12	00:08:34	00:42:49	00:51:23	00:01:27	00:52:49	01:34:18	00:41:30
23	JOHN SCHUELLER	Sioux Falls, SD	M 20- 29	01:36:34		75	00:06:34	00:01:50	00:08:24	00:53:19	01:01:43	00:00:32	01:02:14	01:36:32	00:34:20
24	JOSEPH POTTER	Fort Collins, CO	M40- 49	01:37:16		148	00:09:56	00:02:58	00:12:54	00:51:07	01:04:00	00:01:16	01:05:16	01:37:16	00:32:01
25	MARK TERRY	Rapid City, SD	M40- 49	01:38:46		37	00:10:04	00:01:55	00:11:58	00:48:44	01:00:42	00:01:05	01:01:47	01:38:46	00:37:00
26	BRENT TAYLOR	GILLETTE, WY	M40- 49	01:42:44		146	01:03:24		00:15:22	00:46:01	01:01:22	00:02:02	01:03:24	01:42:43	00:39:21

## Male

RANK	NAME	HOMETOWN	PR DIV	AWARD TIME	PACE	BIB	Swim	T1	Start to T1 Out	Bike	Start to T2 In	T2	Start to T2 Out	ANNOUNCER	Run
27	MARC STEWART	Loveland, CO	M50-59	01:44:52		95	00:09:35	00:02:28	00:12:02	00:48:49	01:00:51	00:01:44	01:02:35	01:44:51	00:42:18
28	JACOB MONTIS	Volga, SD	M20-29	01:46:12		141	00:11:26	00:03:47	00:15:13	00:56:32	01:11:44	00:00:46	01:12:30	01:46:12	00:33:43
29	SCOTT DAHLY	Hot Springs, SD	M30-39	01:53:08		140	00:12:11	00:03:23	00:15:33	00:58:42	01:14:14	00:01:37	01:15:51	01:53:07	00:37:18
30	ROBERT OVERTURF	Rapid City, SD	M60-69	01:54:04		49	00:11:22	00:03:42	00:15:03	00:55:15	01:10:18	00:01:41	01:11:59	01:54:03	00:42:06
31	EVAN HAMMER	Rapid City, SD	M30-39	01:57:01		66	00:10:52	00:02:12	00:13:04	00:59:21	01:12:25	00:00:43	01:13:07	01:57:02	00:43:54
32	GEODY VANDEWATER	Sturgis, SD	M40-49	01:57:14		33	00:12:54	00:02:57	00:15:50	00:52:32	01:08:21	00:01:40	01:10:01	01:57:13	00:47:14
33	NOAH STORM	Rapid City, SD	M20-29	01:57:58		30	00:12:14	00:04:31	00:16:45	01:01:42	01:18:26	00:00:49	01:19:15	01:57:57	00:38:44
34	MARK NELSON	Mitchell, SD	M50-59	01:58:54		120	00:09:54	00:02:30	00:12:24	00:57:50	01:10:13	00:01:15	01:11:27	01:58:55	00:47:27
35	THOMAS JACOBSON	Sioux Falls, SD	M60-69	02:06:20		91	00:17:29	00:03:25	00:20:54	00:51:57	01:12:51	00:03:13	01:16:03	02:06:16	00:50:17
36	COLTON HALL	Rapid City, SD	M20-29	02:06:55		64	00:11:40	00:03:30	00:15:10	01:08:32	01:23:41	00:00:49	01:24:29	02:06:55	00:42:26
37	DAVID TEACHOUT	Hot Springs, SD	M40-49	02:11:13		79	00:09:09	00:04:45	00:13:54	01:09:50	01:23:43	00:00:53	01:24:35	02:11:13	00:46:39
38	JAESON GARCIA	Lake Andes, SD	M20-29	02:12:22		31	00:15:09	00:04:45	00:19:54	01:01:37	01:21:30	00:01:29	01:22:59	02:12:21	00:49:23

**Male**

<b>RANK</b>	<b>NAME</b>	<b>HOMETOWN</b>	<b>PR DIV</b>	<b>AWARD TIME</b>	<b>PACE</b>	<b>BIB</b>	<b>Swim</b>	<b>T1</b>	<b>Start to T1 Out</b>	<b>Bike</b>	<b>Start to T2 In</b>	<b>T2</b>	<b>Start to T2 Out</b>	<b>ANNOUNCER</b>	<b>Run</b>
39	BRIAN BOWERS	Rapid City, SD	M50-59	02:16:51		47	00:14:31	00:04:23	00:18:54	01:04:02	01:22:55	00:02:03	01:24:58	02:16:50	00:51:54
40	JUSTIN WERMERS	Rapid City, SD	M30-39	02:16:54		23	00:12:55	00:01:43	00:14:37	01:21:39	01:36:16	00:00:52	01:37:08	02:16:54	00:39:46
41	DON REMKE	Rapid City, SD	M20-29	02:31:22		21	00:15:42	00:05:51	00:21:32	01:09:15	01:30:46	00:01:18	01:32:04	02:31:21	00:59:19