

Individual Sprint Distance - Individual Sprint by bracket - All Intervals

The Southern Hills Tri 2023

Generated on 09/07/2023 4:12 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

F 13-19

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	ELLAYNA POTTER	Fort Collins, CO	F 13-19	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
2	ISABELLA NEHRING	Rapid City, SD	F 13-19	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
3	EMMA WERMERS	Rapid City, SD	F 13-19	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

F 20-29

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	KENDRA MUNSTERMAN	Billings, MT	F 20-29	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
2	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
3	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
4	SARAH STORM	Rapid City, SD	F 20-29	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
5	KAITIE VANDEWATER	Brookings, SD	F 20-29	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
6	ELLY STORM	Rapid City, SD	F 20-29	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
7	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

F30-39

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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	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

F40-49

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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	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
12	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
13	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
14	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

F40-49

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
15	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

F50-59

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	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
2	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
3	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

F 60-69

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	LYNNE MAZZONE	Rapid City, SD	F 60-69	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

F 70+

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	CHERYL MCDONALD-PUGH	Loveland, CO	F 70+	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
2	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

M 13-19

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	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
2	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
3	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

M 20-29

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	JEFFREY GRABER	Madison, SD	M 20-29	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
2	MATTHEW WILSON	Rapid City, SD	M 20-29	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
3	LUIS RAMIREZ	Vermillion, SD	M 20-29	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
4	LOGAN LONG	Mitchell, SD	M 20-29	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
5	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
6	JACOB MONTIS	Volga, SD	M 20-29	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
7	NOAH STORM	Rapid City, SD	M 20-29	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
8	COLTON HALL	Rapid City, SD	M 20-29	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
9	JAESON GARCIA	Lake Andes, SD	M 20-29	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
10	DON REMKE	Rapid City, SD	M 20-29	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

M30-39

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	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
2	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
3	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
4	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
5	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
6	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
7	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

M40-49

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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	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

M50-59

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	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
2	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
3	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
4	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
5	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
6	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
7	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

M 60-69

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	ROBERT OVERTURF	Rapid City, SD	M 60-69	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
2	THOMAS JACOBSON	Sioux Falls, SD	M 60-69	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