

Individual Olympic Distance - Individual Olympic M&F All Intervals

The Southern Hills Tri 2023

Generated on 09/07/2023 4:22 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	MARNIE WALTH	Bismarck, ND	F50-59	02:34:42		166	00:27:34	00:01:26	00:29:00	01:15:07	01:44:07	00:00:56	01:45:02	02:34:43	00:49:40
2	DANA WEATHERBY	Bozeman, MT	F 20-29	02:54:30		183	00:28:47	00:01:26	00:30:12	01:23:50	01:54:02	00:01:30	01:55:31	02:54:29	00:58:59
3	HOLLY ANDERSON	Rapid City, SD	F 20-29	03:02:42		159	00:28:35	00:02:23	00:30:57	01:24:27	01:55:24	00:00:41	01:56:04	03:02:42	01:06:38
4	SHANNON KAHRIG	Belle Fourche, SD	F30-39	03:03:36		158	00:31:43	00:01:44	00:33:26	01:31:51	02:05:16	00:00:37	02:05:52	03:03:36	00:57:44
5	STEPHANIE HILL	Loveland, CO	F50-59	03:24:05		173	00:34:11	00:02:06	00:36:17	01:30:51	02:07:07	00:01:50	02:08:56	03:24:05	01:15:09
6	NICHOLE MOONEY	Clarksville, TN	F 20-29	03:59:24		153	00:28:25	00:03:06	00:31:30	02:04:41	02:36:10	00:01:33	02:37:43		01:21:41
7	SONJA BRUE	Gillette, WY	F50-59	04:01:06		179	00:45:10	00:02:48	00:47:58	01:51:04	02:39:01	00:02:57	02:41:58		01:19:09
8	MARANDA WILLIAMSON	Sturgis, SD	F40-49	04:01:36		155	00:47:53	00:02:06	00:49:58	02:04:29	02:54:27	00:00:34	02:55:00		01:06:37
9	LIZ HAGLER	Box Elder, SD	F30-39	04:10:52		152	00:41:32	00:05:29	00:47:00	01:48:46	02:35:45	00:02:30	02:38:15		01:32:38
10	BRODIE WILSON	Rapid City, SD	F 20-29	04:25:31		151	00:48:52	00:04:06	00:52:58	01:49:03	02:42:00	00:01:43	02:43:42		01:41:49

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	KEVIN MITCHELL	Sioux Falls, SD	M50-59	02:19:25		170	00:28:09	00:00:38	00:28:47	01:02:09	01:30:55	00:00:32	01:31:26	02:19:24	00:47:59
2	THOMAS DEFAWE	Bozeman, MT	M20-29	02:31:47		182	00:24:19	00:01:34	00:25:53	01:12:15	01:38:07	00:01:28	01:39:35	02:31:47	00:52:13
3	ANDREW MANESS	Van Buren, AR	M20-29	02:33:25		150	00:27:46	00:01:04	00:28:49	01:11:58	01:40:47	00:01:07	01:41:53	02:33:26	00:51:32
4	ANTHONY SCHWAN	Aberdeen, SD	M40-49	02:35:37		175	00:28:41	00:01:03	00:29:44	01:10:08	01:39:51	00:00:54	01:40:45	02:35:37	00:54:53
5	RAY MUNSTERMAN	Billings, MT	M20-29	02:36:26		164	00:29:54	00:01:09	00:31:03	01:12:08	01:43:10	00:00:30	01:43:39	02:36:27	00:52:47
6	LANCE BERGESON	Hartford, SD	M50-59	02:37:53		176	00:31:50	00:01:12	00:33:02	01:11:22	01:44:23	00:00:56	01:45:18	02:37:52	00:52:35
7	BRIAN WILLIAMS	Sioux Falls, SD	M60-69	02:41:52		171	00:27:31	00:01:01	00:28:32	01:10:10	01:38:42	00:00:49	01:39:30	02:41:52	01:02:22
8	PETER SMITH	Rapid city, SD	M20-29	02:43:30		181	00:40:43	00:01:56	00:42:38	01:16:13	01:58:50	00:01:42	02:00:31	02:43:32	00:42:59
9	B WILLARD	Timnath, CO	M50-59	02:43:35		177	00:28:22	00:01:55	00:30:17	01:11:58	01:42:15	00:01:31	01:43:46	02:43:35	00:59:49
10	CARTER FELTMAN	Rapid City, SD	M20-29	02:52:01		156	00:29:13	00:01:16	00:30:29	01:14:42	01:45:11	00:01:12	01:46:22	02:52:00	01:05:39
11	BRENDT HALL	Rapid City, SD	M50-59	02:53:20		163	00:26:59	00:02:41	00:29:39	01:20:37	01:50:15	00:00:56	01:51:11	02:53:19	01:02:09
12	CYRUS BOWMAN	Hot Springs, SD	M30-39	02:57:33		180	00:37:20	00:02:35	00:39:54	01:21:36	02:01:30	00:02:07	02:03:36	02:57:35	00:53:57

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
13	MARTY TAKAGI	Mitchell, SD	M50-59	03:09:24		165	00:41:57	00:01:13	00:43:10	01:15:50	01:58:59	00:00:58	01:59:57	03:09:24	01:09:28
14	MATT ERNST	Kansas City, MO	M60-69	03:12:12		174	00:34:43	00:03:17	00:38:00	01:29:35	02:07:35	00:02:15	02:09:49	03:12:11	01:02:23
15	JAMES WHITCHER	Rapid City, SD	M30-39	03:14:37		178	00:41:21	00:03:34	00:44:54	01:29:02	02:13:55	00:01:38	02:15:33	03:14:37	00:59:04
16	JAMES BAKER	Wheatland, WY	M40-49	03:15:09		167	00:42:32	00:01:51	00:44:23	01:22:32	02:06:55	00:01:43	02:08:37	03:15:08	01:06:32
17	MARK JEANS	Minneapolis, MN	M40-49	03:22:18		157	00:36:57	00:02:47	00:39:44	01:25:27	02:05:11	00:02:16	02:07:26	03:22:20	01:14:52
18	JAMES HILL	Loveland, CO	M50-59	03:39:16		172	00:37:29	00:02:26	00:39:55	01:17:49	01:57:43	00:02:12	01:59:55		01:39:22
19	ANTHONY GERVASI	Rapid City, SD	M40-49	03:45:54		154	00:42:52	00:03:40	00:46:31	01:34:36	02:21:07	00:02:31	02:23:37		01:22:18
20	DARREN HALL	Pierre, SD	M50-59	03:47:22		162	00:33:33	00:01:20	00:34:53	01:33:37	02:08:30	00:02:23	02:10:53		01:36:29
21	MAXWELL DONOHUE	Sioux Falls, SD	M20-29	03:48:41		169	00:45:51	00:02:52	00:48:43	01:33:27	02:22:09	00:02:07	02:24:16		01:24:26
22	MAX BOYUM	SIOUX FALLS, SD	M20-29	04:12:23		168	00:46:20	00:02:42	00:49:02	02:14:15	03:03:17	00:01:15	03:04:31		01:07:52
23	AARON TATHAM	Saskatoon, Canada	M40-49	04:39:44		160	00:46:47	00:03:34	00:50:21	02:11:40	03:02:01	00:02:52	03:04:52		01:34:52