

# Southern Hills Triathlon

## Overall Results

September 03, 2022

Results By Black Hills Timing Company

### Olympic Triathlon

Place	Name	City	Bib No	Age	Gender	Age Group	Swim Rnk	Swim Time	T1 Time	Bike Rnk	Bike Time	T2 Time	Run Rnk	Run Time	Time Back	Chip Time	Gun Time
1	Brian Folts	Centennial CO	42	35	M	1:30-39	2	22:10.3	1:37.4	1	57:07.1		1	38:16.5		1:59:04.4	1:59:04.4
2	Garth Wadsworth	Rapid City SD	175	54	M	1:50-59	1	21:16.6	1:58.6	2	57:42.9		2	41:20.0	3:08.2	2:02:12.6	2:02:12.6
3	kevin mitchell	Sioux Falls SD	53	52	M	2:50-59	7	25:53.2	1:43.2	3	1:00:21.2		3	43:44.5	12:17.8	2:11:22.2	2:11:22.2
4	Anthony Schwan	Aberdeen SD	57	38	M	2:30-39	8	26:02.1	1:58.8	5	1:05:16.2		6	48:29.1	22:28.5	2:21:32.9	2:21:32.9
5	Marnie Walth	Bismarck ND	180	53	F	1:50-59	10	26:55.1	2:10.5	7	1:05:19.8		5	47:38.0		2:21:49.5	2:21:49.5
6	Kathy Grady	Sioux Falls SD	46	56	F	2:50-59	6	25:40.1	2:15.0	6	1:05:18.2		10	49:54.2	1:01.6	2:22:51.2	2:22:51.2
7	Lance Bergeson	Hartford SD	174	54	M	3:50-59	17	29:02.3	2:08.3	11	1:08:26.7		4	45:42.0	26:14.7	2:25:19.1	2:25:19.1
8	Brian Williams	Sioux Falls SD	60	60	M	1:60-69	4	25:20.8	2:18.9	8	1:05:34.6	0:01.0	15	53:41.1	27:52.1	2:26:56.6	2:26:56.6
9	Doug Jesse	Moose Jaw SASKA	178	55	M	4:50-59	11	27:03.9	2:33.9	9	1:07:10.0	0:38.3	11	50:37.6	28:59.4	2:28:03.8	2:28:03.8
10	Nadia Patry	Denver CO	55	40	F	1:40-49	15	28:48.8	2:44.3	16	1:12:47.9		8	48:59.4	11:27.0	2:33:16.6	2:33:16.6
11	Jesse Demmel	Niwot CO	37	44	M	1:40-49	18	29:28.2	2:11.3	10	1:07:26.4	0:32.6	17	54:10.9	34:45.2	2:33:49.7	2:33:49.7
12	Kathleen Dykstra	Rapid City SD	40	37	F	1:30-39	19	30:55.3	2:06.4	15	1:12:05.9	0:03.6	7	48:50.1	12:12.0	2:34:01.5	2:34:01.5
13	Thomas Defawe	Rapid City SD	183	20	M	1:20-29	3	22:55.7	2:43.8	19	1:19:08.6	0:43.0	9	48:59.5	35:26.3	2:34:30.7	2:34:30.7
14	B Willard	Timnath CO	59	56	M	5:50-59	12	27:04.7	3:37.0	13	1:11:12.6	0:34.0	14	52:31.0	35:55.0	2:34:59.4	2:34:59.4
15	Zach Lange	Rapid City SD	51	42	M	2:40-49	16	28:51.7	2:36.8	17	1:15:59.3		18	54:59.4	42:52.7	2:41:57.1	2:41:57.1
16	Dana Weatherby	Sheridan WY	184	19	F	1: 0-19	5	25:33.8	3:01.3	23	1:23:06.5	0:25.5	12	51:13.9	21:31.6	2:43:21.1	2:43:21.1
17	Brendt Hall	Rapid City SD	48	50	M	6:50-59	9	26:47.5	3:39.3	18	1:16:56.3		19	56:31.7	44:34.8	2:43:39.2	2:43:39.2
18	Chris Robinson	Rapid City SD	56	41	M	3:40-49	21	34:04.6	3:17.0	20	1:19:18.2		16	53:48.2	51:15.0	2:50:19.5	2:50:19.5
19	Jousha Weller	Bozeman MT	189	22	M	2:20-29	24	37:09.3	2:34.3	14	1:11:46.2		22	1:00:08.8	52:19.1	2:51:23.5	2:51:23.5
20	Isaiah Horst	Chadron NE	50	15	M	1: 0-19	13	28:36.7	3:23.4	21	1:21:31.2	0:20.8	20	57:41.9	52:29.8	2:51:34.2	2:51:34.2
21	Alexy Orr	Loveland CO	188	19	F	2: 0-19	14	28:45.6	3:51.1	24	1:24:00.7	0:00.7	21	58:11.0	32:59.7	2:54:49.2	2:54:49.2
22	Alyssa Franke	Black Hawk SD	43	21	F	1:20-29	26	40:25.8	4:14.9	28	1:28:48.4		13	51:39.7	42:48.6	3:04:38.1	3:04:38.1
23	Peter Kinney	Box Elder SD	211	50	M	7:50-59	23	36:24.3	5:33.4	4	1:02:17.3		32	2:32:52.2	1:13:11.4	3:12:15.8	3:12:15.8

24	Jordan Washington	Box Elder SD	58	29	F	2:20-29	27	41:40.4	3:41.4	22	1:21:56.2	0:33.6	24	1:06:17.5	52:19.8	3:14:09.3	3:14:09.3
25	Emma Nippe	Chicago IL	54	24	F	3:20-29	20	33:17.9	3:34.8	25	1:27:01.8	3:55.6	26	1:16:34.5	1:02:35.2	3:24:24.8	3:24:24.8
								----- Swim -----	T1		----- Bike -----	T2		----- Run -----	Time	Chip	Gun
<b>Place</b>	<b>Name</b>	<b>City</b>	<b>Bib No</b>	<b>Age</b>	<b>Gender</b>	<b>Age Group</b>	<b>Rnk</b>	<b>Time</b>	<b>Time</b>	<b>Rnk</b>	<b>Time</b>	<b>Time</b>	<b>Rnk</b>	<b>Time</b>	<b>Back</b>	<b>Time</b>	<b>Time</b>
26	Joshua Nehring	Rapid City SD	196	44	M	4:40-49	32	52:31.1	3:12.6	26	1:27:51.2	1:47.2	23	1:03:06.1	1:29:23.9	3:28:28.3	3:28:28.3
27	MacKenzie Demmel	Niwot CO	39	19	F	3: 0-19	25	39:15.5	3:34.7	29	1:30:41.9		27	1:20:41.0	1:12:12.2	3:34:01.8	3:34:01.8
28	Darren Hall	Pierre SD	49	55	M	8:50-59	22	34:19.8	3:52.3	27	1:27:59.8	1:32.9	29	1:35:03.6	1:43:44.3	3:42:48.7	3:42:48.7
29	Eric Medina	Pueblo CO	52	54	M	9:50-59	31	48:21.3	3:47.0	12	1:10:02.0	1:25.0	30	1:43:13.9	1:47:45.0	3:46:49.5	3:46:49.5
30	Sarah Demmel	Niwot CO	38	44	F	2:40-49	30	45:31.8	3:34.0	31	1:41:19.1	0:45.5	25	1:15:53.6	1:25:14.6	3:47:04.1	3:47:04.1
31	Mark Wortman	Elkhorn NE	61	69	M	2:60-69	29	45:24.1	3:45.3	32	1:43:47.7	0:11.6	28	1:21:39.9	1:55:44.4	3:54:48.8	3:54:48.8
32	David Brenner	Sarasota FL	35	65	M	3:60-69	28	44:06.8	6:54.5	30	1:39:28.3	1:22.5	31	1:46:12.7	2:19:00.5	4:18:05.0	4:18:05.0

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