

# HRC Summer Slam Triathlon

## Overall Results

Race Date

August 01, 2015

### Triathlon

### Female

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>			<u>Trans 1</u>			<u>Bike</u>			<u>Trans 2</u>		<u>Run</u>		<u>Total</u>
				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>			
1	Helen Hands	117	1 F 50-59	4	8:56.6	35:44	1:22.1	1	38:21.2	3:12	0:18.7	4	28:09.4	9:05	1:17:08.2		
2	Nicole Jones	102	1 F 30-39	1	7:04.6	28:16	1:08.6	2	38:47.2	3:14	0:31.4	6	29:54.4	9:39	1:17:26.3		
3	Heather Quillin	118	1 F 17-29	8	9:58.9	39:52	1:17.4	3	40:00.7	3:20	0:25.8	3	25:55.0	8:22	1:17:38.1		
4	Kathryn Heinzen	138	2 F 30-39	3	8:29.6	33:56	1:34.5	13	53:15.7	4:26	0:25.7	1	20:06.4	6:29	1:23:52.1		
5	Katy Ebert	139	3 F 30-39	7	9:58.1	39:52	3:25.5	6	44:53.2	3:44	1:08.4	2	25:08.1	8:06	1:24:33.5		
6	Laura Haffner	113	4 F 30-39	5	9:21.8	37:24	1:34.0	9	45:33.6	3:48	0:26.1	8	31:14.2	10:05	1:28:09.8		
7	Rose Helens-Hart	128	5 F 30-39	6	9:22.2	37:28	2:51.1	5	43:05.3	3:35	1:05.8	9	33:11.1	10:42	1:29:35.7		
8	Dayna Kocinkski	132	2 F 17-29	13	11:59.5	47:56	1:59.0	10	47:35.4	3:58	0:30.8	7	30:09.1	9:44	1:32:14.0		
9	Tracy Anderes	142	6 F 30-39	11	10:54.4	43:36	3:25.1	4	42:52.8	3:34	1:06.8	11	35:26.1	11:26	1:33:45.4		
10	Sarah Labriel	116	7 F 30-39	2	7:50.6	31:20	2:10.1	8	45:27.9	3:47	0:24.5	15	37:57.4	12:15	1:33:50.8		
11	Kara Cochrane	122	3 F 17-29	10	10:42.2	42:48	2:31.8	7	44:58.9	3:45	0:58.3	12	36:48.9	11:52	1:36:00.2		
12	Amber Pope	144	8 F 30-39	15	13:24.4	53:36	2:32.3	11	48:26.2	4:02	0:35.0	10	34:44.8	11:12	1:39:42.8		
13	Melody Green	140	9 F 30-39	9	10:12.1	40:48	1:25.5	14	54:19.6	4:32	0:29.1	14	36:52.9	11:54	1:43:19.4		
14	Hillary Evert	135	10 F 30-39	16	13:52.9	55:28	1:39.7	16	58:51.8	4:54	1:27.2	5	28:21.4	9:09	1:44:13.3		
15	Wendy Conway	143	1 F 60-99	12	11:27.3	45:48	2:19.7	12	50:50.1	4:14	3:02.1	13	36:50.5	11:53	1:44:29.8		
16	Kara Berry	126	4 F 17-29	14	13:21.1	53:24	3:43.4	15	54:25.1	4:32	0:48.1	16	49:40.4	16:01	2:01:58.2		

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Triathlon																Male		
Place	Name	Bib No	AG Place	Swim			Trans 1			Bike			Trans 2			Run		Total Time
				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Pace		
1	Kevin Nickel	101	1 M 30-39	2	6:03.2	24:12	0:38.2	1	27:13.4	2:16	0:26.0	1	17:44.6	5:43	52:05.5			
2	Tyler Opheim	103	1 M 17-29	1	5:55.1	23:40	0:29.5	3	31:23.9	2:37	0:29.0	4	21:30.9	6:56	59:48.6			
3	Kurt David	106	1 M 50-59	5	6:48.0	27:12	1:15.8	2	28:31.8	2:23	0:38.6	8	23:33.6	7:36	1:00:47.8			
4	Randy Rodgers	114	1 M 60-99	9	7:53.9	31:32	1:21.5	6	34:31.9	2:53	0:17.3	3	21:25.2	6:55	1:05:30.0			
5	Doug Dreher	111	2 M 30-39	6	7:08.0	28:32	0:59.0	8	34:53.7	2:54	0:30.8	5	22:15.4	7:11	1:05:47.2			
6	Jeff Rhoden	136	3 M 30-39	11	8:23.2	33:32	1:20.5	9	35:51.6	2:59	0:10.9	2	20:23.8	6:35	1:06:10.3			
7	Sean Rodger	119	4 M 30-39	13	8:27.5	33:48	0:31.8	5	33:47.5	2:49	1:04.4	6	22:29.8	7:15	1:06:21.1			
8	Bob Sanderson	107	2 M 60-99	10	8:01.4	32:04	1:02.8	4	33:13.8	2:46	0:32.6	10	24:34.6	7:55	1:07:25.3			
9	Brent Whitaker	120	1 M 40-49	8	7:42.2	30:48	0:55.5	7	34:50.6	2:54	0:35.9	9	23:39.8	7:38	1:07:44.2			
10	Jay Moore	112	2 M 40-49	4	6:29.0	25:56	1:28.0	10	36:53.2	3:04	0:29.6	16	27:27.4	8:51	1:12:47.4			
11	Dan Quillin	109	2 M 17-29	7	7:38.5	30:32	1:06.4	13	37:17.1	3:06	0:47.3	15	27:07.0	8:45	1:13:56.4			
12	Drew Schmidtberger	124	3 M 17-29	21	10:51.5	43:24	2:58.8	15	38:25.5	3:12	0:30.6	7	22:35.2	7:17	1:15:21.9			
13	Bruce Opheim	121	2 M 50-59	16	9:44.7	38:56	1:15.5	12	37:01.4	3:05	0:43.5	18	30:58.4	9:59	1:19:43.8			
14	Dax Ruhs	110	4 M 17-29	12	8:26.7	33:44	2:34.9	16	39:46.9	3:19	0:30.9	17	28:47.4	9:17	1:20:07.0			
15	Mike Koerner	123	3 M 50-59	18	10:09.3	40:36	3:04.9	17	39:49.9	3:19	1:13.3	13	26:22.9	8:30	1:20:40.6			
16	Daniel Conway	130	5 M 17-29	24	11:12.0	44:48	2:56.9	19	42:31.5	3:33		24	1:06:53.3	21:35	1:21:08.3			
17	Bylan Sonnenbert	108	6 M 17-29	20	10:46.3	43:04	5:04.4	14	38:10.0	3:11	2:16.9	14	26:49.1	8:39	1:23:06.9			
18	Josh Pfannenstiel	137	7 M 17-29	19	10:14.4	40:56	2:19.0	22	46:35.0	3:53	0:32.1	11	25:47.8	8:19	1:25:28.5			
19	Ryan Maender	104	5 M 30-39	3	6:22.4	25:28	1:21.9	18	41:54.8	3:30	1:23.8	20	35:20.2	11:24	1:26:23.3			
20	Michael Gross	127	1 M 0-16	17	9:46.8	39:04	2:13.3	23	48:37.9	4:03	0:24.6	12	25:56.2	8:22	1:26:58.9			
21	David Green	131	4 M 50-59	15	9:03.5	36:12	2:19.5	11	36:58.4	3:05	0:58.5	22	39:11.5	12:38	1:28:31.5			
22	Raine Schmidtberger	125	8 M 17-29	25	12:23.4	49:32	2:29.8	24	50:52.6	4:14		25	1:14:52.0	24:09	1:29:52.3			
23	Robert Manske	115	3 M 40-49	14	8:46.9	35:04	1:38.1	20	43:10.9	3:36	1:12.5	21	38:27.5	12:24	1:33:16.1			
24	Heath Meder	134	9 M 17-29	22	11:06.6	44:24	2:56.3	21	46:34.4	3:53	0:34.8	19	32:10.9	10:23	1:33:23.0			
25	Brett Whitaker	129	6 M 30-39	23	11:08.2	44:32	2:19.7	25	57:33.9	4:48	0:24.6	23	42:03.5	13:34	1:53:30.2			

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Race Date  
August 01, 2015

### Team Division

### Male

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Pace</u>	<u>Trans 1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Pace</u>	<u>Trans 2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	Team Kocinski	145	1 M 1-99	1	11:20.1	45:20	0:35.8	1	50:18.4	4:12	0:30.9	1	24:20.6	7:51	1:27:05.8