

Southern Hills Triathlon

Overall Results

September 03, 2022

Results By Black Hills Timing Company

Sprint Triathlon

Place	Name	City	Bib No	Age	Gender	Age Group	Rnk	Swim Time	T1 Time	Rnk	Bike Time	T2 Time	Rnk	Run Time	Time Back	Chip Time	Gun Time
1	Brandon Zelfer		203	33	M	1:30-39	2	5:16.6	1:37.6	1	34:31.6		4	22:37.7		1:03:36.3	1:03:36.3
2	Troy Phillips	Loveland CO	128	51	M	1:50-59	4	5:52.9	1:58.3	3	36:55.3		5	23:04.4	3:50.5	1:07:26.8	1:07:26.8
3	Sallie Doty	Pierre SD	84	33	F	1:30-39	3	5:46.3	1:40.8	6	37:40.5		17	25:49.9		1:10:35.1	1:10:35.1
4	Ty Christoffer	Rapid City SD	76	17	M	1: 0-19	10	7:16.1	2:00.4	9	38:16.1		12	24:25.9	8:13.5	1:11:49.8	1:11:49.8
5	Mandi Meredith	Rapid City SD	179	41	F	1:40-49	1	5:15.8	2:21.7	8	38:10.2		22	26:36.3	1:38.9	1:12:14.0	1:12:14.0
6	Mike Welu	Hill City SD	140	57	M	2:50-59	19	8:28.2	2:23.5	7	37:52.6	0:06.4	9	23:59.1	9:13.6	1:12:49.9	1:12:49.9
7	Jason Venn	Miles City MT	138	43	M	1:40-49	20	8:29.4	3:11.7	4	37:19.0	0:31.9	8	23:49.5	9:45.3	1:13:21.6	1:13:21.6
8	Sean Phelps	Grand Junction CO	127	59	M	3:50-59	6	6:15.1	1:56.6	12	38:42.0		21	26:32.6	9:50.1	1:13:26.5	1:13:26.5
9	Brady Dierks	Mitchell NE	83	27	M	1:20-29	9	7:05.5	3:00.9	14	39:28.3		13	24:50.1	10:08.0	1:13:44.3	1:13:44.3
10	Zack Andrews	Douglas WY	66	41	M	2:40-49	34	10:03.6	2:22.1	5	37:28.3		11	24:13.7	10:21.0	1:13:57.3	1:13:57.3
11	Ryan Campbell	Sioux Falls SD	72	46	M	3:40-49	32	9:27.6	1:51.1	2	36:12.0		23	27:03.9	10:47.2	1:14:23.6	1:14:23.6
12	Logan Long	Mitchell SD	209	27	M	2:20-29	12	7:46.6	2:10.6	13	39:05.3		15	25:30.5	10:47.3	1:14:23.7	1:14:23.7
13	Brent Hardy	Belle Fourche SD	96	38	M	2:30-39	16	8:05.3	2:54.4	30	43:48.5		2	20:34.0	11:22.5	1:14:58.8	1:14:58.8
14	Matt Phillips	Miles City MT	129	47	M	4:40-49	26	9:10.1	3:36.0	15	39:34.4	0:23.0	6	23:24.6	12:32.0	1:16:08.3	1:16:08.3
15	Tristan Christoffer	Fort Bragg NC	176	24	M	3:20-29	40	10:32.8	2:01.4	11	38:36.8	0:20.7	14	25:07.3	13:02.8	1:16:39.2	1:16:39.2
16	Sydney Campbell	Sioux Falls SD	73	17	F	1: 0-19	17	8:18.3	1:35.0	22	41:44.7		19	26:11.0	6:47.7	1:17:22.8	1:17:22.8
17	Jon David	Miles City MT	81	48	M	5:40-49	23	8:54.1	3:14.6	17	40:24.0		20	26:15.0	15:11.4	1:18:47.8	1:18:47.8
18	Carter Barkley	Rapid City SD	68	26	M	4:20-29	5	6:11.1	3:04.8	44	47:31.6		7	23:25.1	16:00.7	1:19:37.1	1:19:37.1
19	Shannan Nelson	Sioux Falls SD	120	53	M	4:50-59	52	11:17.1	3:12.3	10	38:27.8	0:17.0	24	27:05.7	16:43.8	1:20:20.1	1:20:20.1
20	Karris Kaiser	Rapid City SD	102	33	F	2:30-39	39	10:28.5	3:31.8	25	42:54.1	0:05.1	10	24:08.0	10:32.6	1:21:07.7	1:21:07.7
21	Julian Lancaster	Pierre SD	105	64	M	1:60-69	35	10:08.6	2:30.8	20	40:58.1	0:14.2	28	27:39.8	17:55.3	1:21:31.6	1:21:31.6
22	Kenneth Pearce	Highlands Ranch CO	126	60	M	2:60-69	22	8:37.6	2:44.6	19	40:34.2	0:44.1	35	29:26.7	18:31.0	1:22:07.4	1:22:07.4
23	Bruno Cortes Espejo	Herreid SD	77	31	M	3:30-39	47	10:59.9	1:56.5	23	42:12.3		27	27:31.5	18:51.5	1:22:27.9	1:22:27.9

24	Aaron Grinager	Rapid City SD	95	49	M	6:40-49	8	6:39.8	3:28.3	21	41:13.3	0:00.8	42	31:15.8	19:01.9	1:22:38.3	1:22:38.3
25	Ryan Andrews	Douglas WY	65	38	F	3:30-39	28	9:15.1	2:41.7	27	43:08.5	0:11.9	25	27:24.7	12:07.0	1:22:42.1	1:22:42.1
							----- Swim -----	T1	----- Bike -----	T2	----- Run -----	Time	Chip	Gun			
Place	Name	City	Bib No	Age	Gender	Age Group	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Back	Time	Time
26	Athena Meneses	Plattsmouth NE	114	45	F	2:40-49	24	8:57.8	2:40.6	26	43:07.2		30	28:44.3	12:42.4	1:23:17.5	1:23:17.5
27	Carol Nelson	Sioux Falls SD	119	58	F	1:50-59	18	8:23.3	2:20.4	24	42:41.1		39	30:28.6	13:00.0	1:23:35.1	1:23:35.1
28	Lisa Murphy	Rapid City SD	115	54	F	2:50-59	29	9:19.8	2:19.0	16	39:55.5		55	33:09.1	14:05.5	1:24:40.6	1:24:40.6
29	Joleen Wilson	Rapid City SD	142	56	F	3:50-59	25	9:05.9	4:14.9	37	45:13.8	0:24.0	16	25:42.4	14:06.1	1:24:41.2	1:24:41.2
30	Stacey Nelson	Rapid City SD	121	49	F	3:40-49	36	10:16.3	2:37.4	18	40:25.9	0:18.9	48	31:59.5	15:03.0	1:25:38.1	1:25:38.1
31	Alec Nelson	Mitchell SD	117	21	M	5:20-29	62	11:45.6	3:57.9	47	48:30.2		3	22:27.6	23:00.5	1:26:36.9	1:26:36.9
32	Carly Johnson	Rapid City SD	101	33	F	4:30-39	27	9:12.5	2:54.2	41	46:05.6	0:06.9	31	28:47.6	16:31.8	1:27:06.9	1:27:06.9
33	Megan Wilson	Rapid City SD	144	24	F	1:20-29	14	7:55.3	3:39.4	54	50:31.3		18	25:56.4	17:04.2	1:27:39.3	1:27:39.3
34	Preston Herring	Rapid City SD	99	25	M	6:20-29	15	7:59.6	2:46.6	46	48:24.6	0:18.3	29	28:13.6	24:06.5	1:27:42.8	1:27:42.8
35	Kari Kathman	Hot Springs SD	103	34	F	5:30-39	48	11:00.5	3:04.8	32	44:02.4		38	30:23.4	17:35.0	1:28:10.1	1:28:10.1
36	Matt Stephens	Rapid City SD	135	54	M	5:50-59	21	8:35.2	3:30.0	29	43:32.3	1:12.1	44	31:29.6	24:43.0	1:28:19.3	1:28:19.3
37	Dan Elliott	Rapid City SD	86	50	M	6:50-59	45	10:58.1	4:18.4	35	44:45.3	0:13.9	34	29:17.0	25:56.6	1:29:32.9	1:29:32.9
38	Matthew Finke	Madison SD	88	47	M	7:40-49							86	1:29:49.9	26:13.5	1:29:49.9	1:29:49.9
39	Daisha Seyfer	Spearfish SD	133	43	F	4:40-49	56	11:23.8	2:44.8	33	44:11.4	1:00.2	40	30:46.0	19:31.3	1:30:06.4	1:30:06.4
40	Treese DeBoer	Hot Springs SD	82	49	F	5:40-49	31	9:22.7	4:07.5	34	44:26.5	0:18.4	52	32:44.9	20:25.0	1:31:00.1	1:31:00.1
41	Sonja Brue	Gillette WY	71	48	F	6:40-49	37	10:23.5	3:34.4	36	44:49.8	0:50.5	45	31:36.8	20:40.1	1:31:15.2	1:31:15.2
42	Joseph Creager	Rapid City SD	78	61	M	3:60-69	71	12:26.6	4:04.3	31	43:53.4	0:40.6	41	30:53.8	28:22.4	1:31:58.7	1:31:58.7
43	Krista Leischner	Rapid City SD	106	31	F	6:30-39	54	11:22.6	3:20.7	39	45:35.2		46	31:51.6	21:24.0	1:31:59.1	1:31:59.1
44	Stacy Nehring	Rapid City SD	197	43	F	7:40-49	64	11:57.4	4:31.8	42	46:49.5		33	29:00.8	21:33.4	1:32:08.5	1:32:08.5
45	Lynne Mazzone	Rapid City SD	112	60	F	1:60-69	30	9:22.5	2:40.2	40	45:41.9	0:11.3	62	35:13.2	22:34.2	1:33:09.3	1:33:09.3
46	Selinda England	Moose Jaw SASKA	177	47	F	8:40-49	75	12:50.3		45	48:04.5	0:22.8	54	32:48.1	23:30.8	1:34:05.9	1:34:05.9
47	Logan Stone	Spearfish SD	136	40	F	9:40-49	41	10:34.1	4:17.3	52	50:08.3		36	29:59.1	24:13.8	1:34:48.9	1:34:48.9
48	Alexa Klimes	Rapid City SD	104	27	F	2:20-29	7	6:21.1	3:35.4	62	53:06.3		50	32:13.1	24:19.6	1:34:54.7	1:34:54.7
49	Anna Torvi	Rapid City SD	208	36	F	7:30-39	49	11:01.3	3:54.4	50	49:04.3		49	32:02.9	24:56.5	1:35:31.6	1:35:31.6
50	Melinda Daley	Piedmont SD	80	37	F	8:30-39	51	11:16.6	3:24.9	43	47:21.8		59	35:01.0	25:57.3	1:36:32.4	1:36:32.4
							----- Swim -----	T1	----- Bike -----	T2	----- Run -----	Time	Chip	Gun			
Place	Name	City	Bib No	Age	Gender	Age Group	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Back	Time	Time
51	Talmage Nehring	Rapid City SD	199	13	M	2: 0-19	46	10:59.5	4:00.2	67	55:24.9		26	27:25.8	33:38.9	1:37:15.2	1:37:15.2
52	Isabella Nehring	Rapid City SD	198	16	F	2: 0-19	59	11:27.6	3:51.9	53	50:10.3	0:10.8	51	32:30.6	27:36.3	1:38:11.4	1:38:11.4
53	Robert Bergles	Pueblo CO	70	59	M	7:50-59	53	11:22.1	4:00.0	28	43:21.7	1:42.5	69	38:43.0	35:33.0	1:39:09.4	1:39:09.4
54	Ashley Anderson	Brookings SD	64	22	F	3:20-29	38	10:23.8	5:18.9	57	52:00.5		53	32:45.7	29:46.5	1:40:21.6	1:40:21.6
55	Jennifer Powell	Rapid City SD	130	44	F	10:40-49	50	11:05.8	3:14.1	58	52:06.2	0:36.0	57	33:39.1	30:06.3	1:40:41.4	1:40:41.4
56	Diane Gill	Sioux Falls SD	94	62	F	2:60-69	42	10:40.6	5:56.7	48	48:42.8	1:19.5	61	35:10.7	31:15.3	1:41:50.4	1:41:50.4

57	Jerry Gill	Sioux Falls SD	93	62	M	4:60-69	68	12:18.9	4:22.3	51	50:04.3	0:00.0	60	35:05.0	38:14.3	1:41:50.7	1:41:50.7
58	Anna Hays	Rapid City SD	187	28	F	4:20-29	11	7:39.3	3:34.3	71	56:27.0	0:24.8	63	35:26.9	32:57.3	1:43:32.4	1:43:32.4
59	Rebecca Medina	Pueblo CO	113	52	F	4:50-59	83	15:03.5	3:18.7	63	53:07.8	0:51.3	43	31:23.1	33:09.6	1:43:44.7	1:43:44.7
60	Mark Terry	Rapid City SD	205	43	M	8:40-49	61	11:34.3	4:18.0	49	49:03.8		70	38:57.9	40:15.3	1:43:51.6	1:43:51.6
61	Tanya Shattuck	Custer SD	134	56	F	5:50-59	81	14:24.6	2:42.1	38	45:33.6	0:35.3	77	40:56.4	33:37.0	1:44:12.1	1:44:12.1
62	David Wright	Casper WY	145	66	M	5:60-69	66	12:01.4	4:35.2	69	56:02.7	0:09.1	47	31:55.2	41:07.3	1:44:43.7	1:44:43.7
63	Christine Heidebrink	Hot Springs SD	98	50	F	6:50-59	77	13:05.4	2:59.3	72	56:39.8		56	33:26.4	35:09.6	1:45:44.7	1:45:44.7
64	Elizabeth Antonsen	Platte SD	67	37	F	9:30-39	74	12:38.5	3:08.6	64	53:59.5		64	36:00.8	35:12.1	1:45:47.2	1:45:47.2
65	Tristen Ness	Vermillion SD	122	20	F	5:20-29	73	12:36.6	5:26.0	83	1:09:17.2	0:18.5	1	18:30.6	35:34.1	1:46:09.2	1:46:09.2
66	Ashely Martin	Sundance WY	110	30	F	10:30-39	60	11:33.2	3:35.5	56	51:20.6		75	40:25.9	36:09.8	1:46:44.9	1:46:44.9
67	Brianna Harman	Upton WY	97	30	F	11:30-39	70	12:21.9	2:36.5	77	1:02:02.4		37	30:16.7	36:11.0	1:46:46.1	1:46:46.1
68	Frankie Chretien	Rapid City SD	75	40	F	11:40-49	33	9:43.1	4:17.4	68	55:58.2	0:11.4	65	36:57.9	36:33.1	1:47:08.2	1:47:08.2
69	Dustin Dale	Rapid City SD	79	37	M	4:30-39	79	13:42.7	3:08.8	61	52:51.1	0:15.2	66	37:37.3	43:58.8	1:47:35.2	1:47:35.2
70	Suzette Wasvick	Hill City SD	139	50	F	7:50-59	58	11:24.8	3:21.8	60	52:43.9	0:34.8	74	40:15.9	37:46.3	1:48:21.4	1:48:21.4
71	Gabrielle Martin	Fairplay SC	111	26	F	6:20-29	57	11:24.4	3:27.3	82	1:05:05.5		32	28:51.8	37:52.1	1:48:27.2	1:48:27.2
72	David Fitzpatrick	Rapid City SD	89	44	M	9:40-49	63	11:51.7	5:22.5	59	52:06.3	0:49.0	78	42:55.6	49:28.9	1:53:05.3	1:53:05.3
73	Jodie Lim	Hot Springs SD	107	34	F	12:30-39	65	12:00.4	5:55.5	74	56:49.8	0:15.6	68	38:40.7	43:07.0	1:53:42.1	1:53:42.1
74	Drew Lim	Hot Springs SD	108	34	M	5:30-39	72	12:30.3	5:27.2	70	56:21.1	0:42.9	67	38:40.4	50:05.8	1:53:42.1	1:53:42.1
75	Brian Madigan	Hot springs SD	109	42	M	10:40-49	43	10:48.3	3:57.1	76	59:53.1		71	39:21.7	50:08.8	1:53:45.2	1:53:45.2

Place	Name	City	Bib No	Age	Gender	Age Group	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
								----- Swim -----	T1	----- Bike -----	T2	----- Run -----	Time	Chip	Gun		
								Time	Time	Time	Time	Time	Back	Time	Time		
76	Mariah Nelson	Crawford NE	118	29	F	7:20-29	67	12:15.8	4:01.9	73	56:44.6	0:43.0	76	40:49.2	43:59.6	1:54:34.7	1:54:34.7
77	Alexis Geuke	Spearfish SD	91	29	F	8:20-29	69	12:19.1	5:40.0	78	1:02:03.0	0:09.3	58	34:44.4	44:20.8	1:54:55.9	1:54:55.9
78	Mark Nelson	Mitchell SD	116	53	M	8:50-59	78	13:16.2	3:39.3	75	59:36.5		72	39:33.0	52:10.3	1:55:46.7	1:55:46.7
79	Davis Terry	Rapid City SD	206	16	M	3: 0-19	55	11:22.7	3:48.0	66	55:06.9	0:14.0	80	46:19.7	53:15.2	1:56:51.5	1:56:51.5
80	Alicyn Chapman	Miles City MT	74	37	F	13:30-39	44	10:57.9	5:13.9	79	1:02:05.3		73	40:02.3	47:44.1	1:58:19.2	1:58:19.2
81	Naomi Scherrer	Rapid City SD	132	23	F	9:20-29	13	7:54.3	5:43.1	81	1:03:53.1	0:00.5	79	44:24.0	51:20.2	2:01:55.3	2:01:55.3
82	Jennifer Franke	Sioux Falls SD	190	49	F	12:40-49	80	13:49.6	4:44.1	65	54:01.4	0:58.0	84	50:27.9	53:26.1	2:04:01.2	2:04:01.2
83	Kim Thome-Maschino	Sturgis SD	137	57	F	8:50-59	76	12:51.5	4:11.9	80	1:03:04.6	0:12.1	83	49:19.4	59:04.6	2:09:39.7	2:09:39.7
84	Barb Fetters	Hot Springs SD	87	69	F	3:60-69	85	16:24.8	3:46.5	55	51:20.2	1:36.0	85	1:06:10.7	1:08:43.3	2:19:18.4	2:19:18.4
85	Jillian Elliott	Rapid City SD	85	42	F	13:40-49	84	15:28.6	6:10.2	84	1:16:16.7	0:26.4	82	48:27.4	1:16:14.2	2:26:49.3	2:26:49.3
86	Jessica Sever	Rapid City SD	194	41	F	14:40-49	82	14:51.3	5:35.2	85	1:21:55.9	0:27.7	81	47:52.8	1:20:08.0	2:30:43.1	2:30:43.1