

Individual Sprint Distance - Individual Sprint Overall By Interval

The Southern Hills Tri 2023

Generated on 09/07/2023 4:15 pm

Overall

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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	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

Overall

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
12	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
13	KENDRA MUNSTERMAN	Billings, MT	F20-29	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
14	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
15	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
16	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
17	LOGAN LONG	Mitchell, SD	M20-29	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
18	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
19	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
20	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
21	LYNNE MAZZONE	Rapid City, SD	F60-69	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
22	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
23	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
24	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

Overall

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
25	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
26	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
27	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
28	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
29	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
30	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
31	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
32	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
33	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
34	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
35	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
36	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
37	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

Overall

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
38	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
39	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
40	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
41	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
42	TALMAGE NEHRING	Rapid City, SD	M13-19	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
43	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
44	JOHN SCHUELLER	Sioux Falls, SD	M20-29	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
45	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
46	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
47	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
48	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
49	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
50	ASHLEY ANDERSON	Brookings, SD	F20-29	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

Overall

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
51	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
52	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
53	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
54	JACOB MONTIS	Volga, SD	M20-29	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
55	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
56	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
57	ISABELLA NEHRING	Rapid City, SD	F13-19	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
58	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
59	ROBERT OVERTURF	Rapid City, SD	M60-69	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
60	CHERYL MCDONALD-PUGH	Loveland, CO	F70+	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
61	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
62	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
63	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

Overall

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
64	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
65	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
66	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
67	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
68	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
69	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
70	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
71	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
72	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
73	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
74	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
75	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

Overall

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76	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
77	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
78	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
79	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
80	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
81	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
82	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
83	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
84	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