

**Sanford Wellness Center
Indoor Triathlon Results
27-Feb-10**

Men's Results

Men	12 & Under				
Place	Name	Swim	Bike	Run	Overall Time
1	Brayden Krikke	14:19.0	09:37.0	10:07.9	34:04.9
2	Simon Krikke	15:32.00	27:55.10	08:46.22	52:13.3

Men	20 - 29				
Place	Name	Swim	Bike	Run	Overall Time
1	Kevin Eggert	09:28.00	08:34.00	06:17.40	24:19.4
2	Trevor Alvatrez	17:00.00	09:37.00	07:20.69	33:57.7
3	Jesse Ruden	13:52.00	09:57.00	10:55.69	34:44.7

Men	30 - 39				
Place	Name	Swim	Bike	Run	Overall Time
1	Nick Madland	07:22.16	07:24.00	06:06.06	20:52.2
2	Erick Amundson	09:49.31	07:13.00	06:09.82	23:12.1
3	Jeff Vettkamp	08:05.00	09:44.00	06:16.10	24:05.1
4	Quenten Esser	13:39.00	09:34.00	06:45.78	29:58.8

Men	40 - 49				
Place	Name	Swim	Bike	Run	Overall Time
1	Phillip Tau	08:34.66	09:09.00	06:46.28	24:29.9
2	Lance Bergeson	10:15.00	09:26.00	05:53.47	25:34.5
3	Terry Mashek	08:49.00	10:15.00	07:51.34	26:55.3
4	Mike Philbrick	09:42.00	10:57.00	08:51.50	29:30.5
5	Barry Krikke	13:03.00	09:30.00	07:56.30	30:29.3
6	Kevin Horner	11:07.00	11:36.00	08:05.41	30:48.4
7	Jason Kahler	09:45.00	09:33.00	13:12.96	32:31.0
8	Greg Dyer	19:07.94	10:45.00	07:39.60	37:32.5

Men	50 - 59				
Place	Name	Swim	Bike	Run	Overall Time
1	Kevin Hanson	08:42.11	08:08.00	07:10.46	24:00.6
2	Randy Bury	09:38.00	09:00.00	07:50.35	26:28.3
3	Bob Wenger	13:42.00	09:19.00	07:21.03	30:22.0

Men	60 +				
Place	Name	Swim	Bike	Run	Overall Time
1	Jim Dickerson	20:30.19	11:33.00	12:53.64	44:56.8

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Women's Results

Women	12 & Under				
Place	Name	Swim	Bike	Run	Overall Time
1	Cassidy Rodman	08:14.28	08:07.00	06:24.78	22:46.1

Women	13 - 19				
Place	Name	Swim	Bike	Run	Overall Time
1	Rachel Horner	18:50.00	11:09.00	09:32.34	39:31.3

Women	20 - 29				
Place	Name	Swim	Bike	Run	Overall Time
1	Megan Peterson	06:14.16	11:05.00	07:30.19	24:49.4
2	Maggie Wenger	08:37.00	09:50.00	07:21.03	25:48.0
3	Sarah Alberts	11:45.00	07:39.00	07:16.62	26:40.6
4	Kjerstin Rygh	10:32.00	08:05.00	09:00.03	27:37.0
5	Angie Glover	09:04.00	09:16.00	10:10.06	28:30.1
6	Kayla Taverna	11:32.00	09:28.00	08:05.19	30:29.3
7	Colette Manning	13:15.04	09:51.00	08:16.98	31:23.0

Women	30 - 39				
Place	Name	Swim	Bike	Run	Overall Time
1	Hiedi Johnson	09:00.00	07:10.00	06:02.03	22:12.0
2	Michelle Carlson	09:14.00	08:47.00	07:08.47	25:09.47
3	Sarah Jennings	08:28.00	08:50.00	07:55.70	25:13.7
4	Ann HenKhaus	10:02.00	09:08.00	08:40.50	27:50.5
5	Carry Pederson	10:56.00	08:10.00	09:45.48	28:51.5
6	Jenny Esser	13:39.00	09:39.00	06:45.78	30:03.8
7	Cathy Newcomb	11:12.00	09:49.00	09:39.57	30:40.6
8	Rachel Aasheim	11:02.00	10:51.00	08:48.40	30:41.4
9	Mellissa McCauley	10:04.00	09:48.00	11:57.63	31:49.6

Women	40 - 49				
Place	Name	Swim	Bike	Run	Overall Time
1	Sarah Ailts	08:54.00	07:08.00	07:41.04	23:43.0
2	Teresa VanHyfte	08:10.00	09:04.00	07:21.41	24:35.4
3	Susie Patrck	09:58.00	08:04.00	06:56.97	24:59.0
4	Liz Hansen	08:53.00	08:27.00	08:09.53	25:29.5
5	Michelle Wolf	11:35.41	08:08.00	06:20.75	26:04.2
6	Tracy Nielson	09:00.00	09:35.00	09:27.56	28:02.6
7	Trudy Rodman	10:43.00	10:20.00	08:32.22	29:35.2
8	Carol Kurta	10:36.00	09:23.00	09:43.56	29:42.6
9	Dana Dyer	09:54.18	09:50.00	10:19.22	30:03.4
10	Allisson Suttle	11:22.00	09:41.00	09:31.34	30:34.3