



# Tri-Flake Winter Triathlon

## Overall Results

Place	Bib#	First Name	Last Name	Age Group	Run	T1	Bike	T2	Ski	Finish
<b>Individual Female</b>										
1	168	Jessica	Vetsch	F 35 - 39	28:48	01:32	49:10	01:41	20:27	1:41:41
2	144	Ruth	McGovern	F 35 - 39	29:05	00:32	56:36	01:09	21:43	1:49:06
3	153	Karina	Packer	F 30 - 34	29:47	00:41	59:33	01:19	20:15	1:51:37
4	127	Heather	Helzer	F 35 - 39	30:04	01:12	58:25	01:12	23:25	1:54:20
5	143	Colleen	McGovern	F 25 - 29	28:51	00:37	1:02:08	00:30	24:13	1:56:22
6	101	Alison	Arians	F 50 - 54	31:52	00:44	1:02:41	01:55	19:16	1:56:31
7	146	Allison	Melocik	F 50 - 54	30:00	01:01	59:01	01:39	25:38	1:57:23
8	132	Katie	Kajdan Bell	F 40 - 44	32:46	01:59	58:51	01:40	26:23	2:01:42
9	100	Morgan	Aldridge	F 40 - 44	34:44	01:05	1:04:19	01:47	23:38	2:05:36
10	141	Holly	Martinson	F 40 - 44	33:32	00:52	1:06:11	01:16	25:12	2:07:06
11	122	Rose	Garner	F 55 - 59	37:09	00:59	1:01:07	01:53	28:59	2:10:10
12	105	Erika	Bennett	F 50 - 54	36:11	01:04	1:02:24	02:21	28:18	2:10:21
13	159	Jennifer	Schmidt	F 45 - 49	33:42	01:41	1:00:30	02:21	33:51	2:12:09
14	108	Rebecca	Carroll	F 40 - 44	34:05	01:32	1:03:33	04:41	30:15	2:14:09
15	156	Kristin	Riall	F 35 - 39	36:40	01:48	1:07:34	03:53	28:11	2:18:08
16	162	Sara	Sjostrom	F 45 - 49	40:05	01:36	1:07:36	02:58	41:46	2:34:05
17	121	Anna	Foley	F 20 - 24	35:36	01:11	1:26:05	04:00	27:48	2:34:43
18	152	Megan	Olson	F 50 - 54	39:41	01:07	1:25:44	02:35	35:35	2:44:44
19	166	Rachel	Stone	F 45 - 49	42:41	03:10	1:29:27	03:32	29:59	2:48:52
20	113	Kelsey	Darrell	F 25 - 29	42:23	03:11	1:26:04	04:17	34:32	2:50:30
21	154	Sarah	Peters	F 45 - 49	46:28	02:36	1:30:05	03:52	40:54	3:03:58
22	110	Jilleen	Charette	F 35 - 39	42:27	03:53	1:24:03	03:43	50:32	3:04:41
23	125	Sara	Haley	Athena 39 & under	47:11	01:09	1:26:59	03:36	45:49	3:04:48
24	118	Danielle	Edwards	F 30 - 34	39:18	01:13	1:38:47	04:59	46:23	3:10:43
25	116	Brie	Drummond	F 40 - 44	44:00	02:55	1:47:04	03:54	36:12	3:14:07
26	134	Gretchen	Keil	F 25 - 29	42:32	03:06	1:52:17	05:11	41:36	3:24:45
27	131	Kira	Judd	F 25 - 29	40:43	01:06	1:56:01	05:17	46:59	3:30:09
28	155	Tori	Reilley	F 30 - 34	36:06	01:06	2:05:09	03:42	52:10	3:38:16
29	123	Kelly	Gerlach	F 50 - 54	39:16	01:22	1:49:29	11:41	56:27	3:38:17
30	136	Heather	Lescanec	F 40 - 44	48:38	01:29	2:09:54	03:40	1:12:54	4:16:37
31	163	Elley	Slwooko	F 30 - 34	40:22	07:12	2:22:39	05:40	1:10:52	4:26:47



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## Overall Results

Place	Bib#	First Name	Last Name	Age Group	Run	T1	Bike	T2	Ski	Finish
<b>Individual Male</b>										
1	102	Lars	Arneson	M 30 - 34	22:35	00:45	43:10	00:52	17:44	1:25:08
2	135	Jason	Lamoreaux	M 45 - 49	25:30	00:41	41:13	01:09	18:40	1:27:16
3	120	Eric	Flanders	M 40 - 44	24:51	01:08	41:23	01:27	18:25	1:27:17
4	145	William	Mcgovern	M 25 - 29	21:11	00:41	48:28	01:14	18:27	1:30:03
5	167	Taylor	Turney	M 30 - 34	23:32	00:25	45:55	00:06	20:25	1:30:27
6	140	Brad	Manderfeld	M 45 - 49	27:27	01:12	44:03	01:50	20:57	1:35:32
7	164	Grant	Stevenson	M 35 - 39	25:43	00:53	51:51	02:05	20:11	1:40:47
8	157	Matt	Rombach	M 40 - 44	29:53	01:52	51:31	02:01	24:42	1:50:02
9	117	Andrew	Duenow	M 55 - 59	31:52	00:47	51:58	02:27	23:08	1:50:16
10	147	Mark	Moeller	M 35 - 39	29:43	00:56	48:18	02:10	29:44	1:50:54
11	137	Daniel	Linnell	M 35 - 39	28:03	01:07	55:23	02:37	27:45	1:54:58
12	106	Chris	Burgess	M 30 - 34	32:11	00:44	56:39	01:41	24:20	1:55:37
13	148	Dave	Moore	M 35 - 39	32:41	03:39	51:39	02:57	25:40	1:56:40
14	109	Todd	Carroll	M 50 - 54	31:35	01:37	1:06:11	04:33	30:03	2:14:02
15	149	Rob	Morgan	M 40 - 44	32:11	00:41	1:05:22	02:27	37:21	2:18:04
16	107	Jay	Butler	M 65 - 69	34:55	04:02	1:09:26	03:57	27:07	2:19:30
17	104	Robert	Beaumont	M 30 - 34	31:51	03:19	1:09:23	02:43	32:53	2:20:13
18	103	Timothy	Ballard	M 55 - 59	32:22	00:55	1:12:48	02:56	32:18	2:21:22
19	112	Nelson	Crone	M 35 - 39	37:26	02:20	1:13:05	03:38	26:55	2:23:26
20	111	Matthew	Coburn	M 35 - 39	34:54	01:29	1:12:18	03:41	32:35	2:24:59
21	119	John	Fick	Clydesdale 60+	37:36	02:05	1:33:07	04:18	30:54	2:48:04
22	165	Chris	Stone	M 40 - 44	42:41	03:23	1:29:16	03:48	31:39	2:50:50
23	169	Sean	Wisner	M 55 - 59	45:16	02:46	1:18:28	03:04	44:26	2:54:03
24	138	Dustin	Longacre	M 25 - 29	35:15	01:48	1:43:58	05:28	59:15	3:25:47
25	158	Ryan	Schenkelberg	M 25 - 29	38:21	04:00	1:47:32	04:28	1:00:42	3:35:05