

# 2013 Spring Migration Triathlon

## Overall

April 14, 2013

Results By Race Heartland Timing ([www.heartlandtiming.com](http://www.heartlandtiming.com)) [Heartland Timing](#)

Place	Name	Bib	Age	Gender	-Age Group--		Swim	Transition	Bike	Transition	Run	Total	
					Pos	Group	Rnk	Time	Rnk	Time	Rnk	Time	
1	Kevin Nickel	7	32	M	1	30-34	5	5:56.2	1	0:40.7	3	17:47.1	54:56.3
2	Allyn Smith	10	47	M	1	45-49	23	7:14.3	2	0:53.7	5	19:44.7	1:00:33.6
3	Patrick Smith	2	42	M	1	40-44	1	5:38.0	5	0:48.5	9	20:33.3	1:00:58.0
4	David Reed	9	54	M	1	50-54	2	5:40.1	9	0:36.4	13	21:00.0	1:01:48.8
5	Alan Farrington	49	50	M	2	50-54	19	7:08.9	6	0:34.7	11	20:37.1	1:02:13.8
6	Michael White	28	58	M	1	55-59	35	7:43.8	4	0:44.6	12	20:51.1	1:02:36.4
7	Jimmy Adams	13	37	M	1	35-39	14	6:54.4	7	1:02.7	7	20:22.7	1:03:09.2
8	Dan Zieg	27	28	M	1	25-29	26	7:31.5	3	1:32.4	18	21:22.5	1:03:51.5
9	Asher Delmott	64	23	M	1	20-24	57	8:29.5	30	1:34.2	2	16:32.7	1:04:23.3
10	Ryan Ross	8	40	M	2	40-44	15	7:02.0	11	1:19.9	15	21:09.8	1:05:08.6
11	Holland Smith	4	16	F	1	15-19	4	5:51.2	34	0:46.3	6	20:20.2	1:05:30.3
12	Sam Owens	31	35	M	2	35-39	49	8:13.8	10	1:00.4	8	20:29.9	1:05:43.1
13	Kyle Ricke	20	39	M	3	35-39	8	6:29.6	21	0:58.3	14	21:08.6	1:05:56.3
14	Nathan LaFrance	1	15	M	1	15-19	7	6:23.2	13	1:23.4	22	21:42.6	1:06:03.2
15	Michael Strong	25	38	M	4	35-39	20	7:13.0	23	1:18.7	16	21:13.7	1:07:23.6
16	Williams Team	55		M	1	0- 0	42	7:56.5	12	0:48.0	36	23:22.9	1:07:57.9
17	J Sam Tovar	48	41	M	3	40-44	17	7:07.5	27	0:42.8	29	22:32.8	1:08:03.3
18	Rhett Heflin	34	41	M	4	40-44	32	7:39.7	20	0:52.3	27	22:24.4	1:08:17.0
19	Bradley Cutting	17	37	M	5	35-39	21	7:14.0	31	1:20.3	23	21:46.1	1:08:18.1
20	Stanley May	74	48	M	2	45-49	52	8:23.3	25	1:03.2	19	21:25.1	1:08:20.3
21	Ethan Deckert	18	24	M	2	20-24	22	7:14.2	22	1:42.1	26	22:10.0	1:08:34.9
22	John Doerksen	41	16	M	2	15-19	39	7:49.6	33	1:12.3	21	21:41.4	1:08:42.4
23	Earl Barnes	15	41	M	5	40-44	6	6:09.4	19	2:19.0	28	22:27.6	1:08:47.6
24	Sarah Flauding	72	30	F	1	30-34	51	8:19.7	29	1:05.8	20	21:34.9	1:09:05.9
25	Mark Taussig	54	61	M	1	60-64	64	8:59.3	8	1:07.9	49	24:40.6	1:09:39.1
26	Quinton Gaspard	63	32	M	2	30-34	65	9:00.0	24	1:18.3	24	21:47.2	1:09:46.7
27	Matthew O'Neill	61	35	M	6	35-39	43	7:58.3	16	1:54.2	37	23:25.2	1:10:23.5
28	Becky Hall	37	40	F	1	40-44	36	7:45.4	32	1:25.7	38	23:28.6	1:10:34.3
29	David Snodgrass	39	34	M	3	30-34	58	8:37.5	17	1:16.1	32	22:52.9	1:10:40.4
30	Meredith Dowty	69	52	M	3	50-54	27	7:32.5	14	1:11.7	58	25:50.6	1:11:07.9
31	Scott Toom	68	43	M	6	40-44	47	8:02.3	39	0:50.4	31	22:44.4	1:11:10.2
32	Bob Sanderson	81	65	M	1	65-69	59	8:42.6	28	1:13.8	39	23:30.6	1:11:13.7
33	mike knorp	30	46	M	3	45-49	24	7:23.0	40	0:46.6	41	23:47.8	1:11:22.2
34	Jan Gutschenritter	53	56	F	1	55-59	68	9:19.8	15	1:11.2	48	24:33.4	1:11:54.5
35	Matt Liston	59	45	M	4	45-49	34	7:42.9	35	1:50.4	44	23:54.2	1:12:25.1
36	Arran Leach	70	38	M	7	35-39	62	8:53.9	37	1:12.1	42	23:48.2	1:13:19.0
37	Jeff Schelling	23	47	M	5	45-49	11	6:45.2	49	0:55.7	47	24:26.4	1:13:19.8
38	Caleb Smith	16	13	M	1	1-14	10	6:37.3	46	0:59.5	50	24:48.3	1:13:35.4
39	patrick benson	6	33	M	4	30-34	9	6:31.0	59	0:54.3	35	23:18.4	1:13:49.1
40	Rebecca Moore	83	31	F	2	30-34	82	10:05.0	47	1:32.0	17	21:22.1	1:14:00.2
41	Dale Bing	89	61	M	2	60-64	87	10:25.1	43	2:15.8	10	20:35.4	1:14:13.2
42	Justin Hill	14	25	M	2	25-29	18	7:08.2	71	2:09.8	4	19:39.8	1:14:14.8
43	John Hepford	21	39	M	8	35-39	16	7:06.2	41	1:38.1	66	26:42.7	1:15:40.0
44	Aric DeYoung	57	44	M	7	40-44	81	10:01.7	26	2:21.5	51	25:00.5	1:15:44.1
45	james dickerson	36	60	M	3	60-64	25	7:25.5	54	1:04.7	52	25:12.8	1:16:29.3
46	Richard Clark	56	42	M	8	40-44	55	8:28.4	44	1:28.6	56	25:42.3	1:16:39.4
47	Caesie Reynolds	80	21	F	1	20-24	29	7:33.4	66	1:29.2	30	22:40.2	1:16:44.0
48	Marten Peterson	5	26	M	3	25-29	3	5:42.6	73	1:22.9	1	0:54.4	1:17:19.0
49	Kourtney Hopkins	58	34	M	5	30-34	13	6:49.7	18	3:17.3	84	29:28.3	1:17:32.6
50	Michael Howland	75	47	M	6	45-49	72	9:39.2	36	1:25.4	71	27:32.1	1:17:47.8
51	ROB DOWNING JR	90	43	M	9	40-44	85	10:18.4	51	1:09.9	45	24:09.8	1:17:59.2
52	Mark Hosford	44	56	M	2	55-59	123		65	4:35.0	70	27:22.8	1:18:32.4
53	Douglas Johnson	110	57	M	3	55-59	92	10:35.8	61	2:15.4	25	22:09.3	1:18:40.2
54	Joshua Bright	62	40	M	10	40-44	75	9:46.3	57	1:51.8	40	23:41.4	1:18:52.5
55	Jordan Kitchen	52	31	M	6	30-34	38	7:48.7	48	0:53.7	79	29:06.0	1:19:05.6
56	Dane Cook	50	70	M	1	70-99	40	7:52.1	42	2:05.8	78	28:53.4	1:19:11.6
57	Austin Schopper	71	26	M	4	25-29	67	9:07.9	68	2:16.6	34	23:16.0	1:19:37.4
58	Jim Clennan	98	45	M	7	45-49	46	8:00.8	56	2:46.3	53	25:29.9	1:19:56.2
59	Nancy McKenzie	24	33	F	3	30-34	12	6:47.7	70	2:13.0	59	25:51.1	1:21:23.1
60	richard shaw	111	58	M	4	55-59	112	12:32.6	45	1:28.1	60	25:59.8	1:21:55.1
61	David Shiflett	42	39	M	9	35-39	28	7:32.6	52	1:32.1	87	30:34.6	1:22:20.7
62	vickie tucker	79	55	F	2	55-59	66	9:05.5	62	1:56.5	69	27:16.5	1:22:54.1
63	Charlotte Pinick	92	51	F	1	50-54	83	10:06.6	75	1:52.6	33	23:06.3	1:22:56.5
64	Troy Ochs	96	44	M	11	40-44	90	10:34.6	50	2:42.8	68	26:47.6	1:23:24.6
65	Donna Spoonemore	73	51	F	2	50-54	77	9:55.0	74	1:08.5	54	25:34.5	1:23:29.5
66	Helena Duerksen	40	54	F	3	50-54	48	8:06.6	60	2:15.2	75	28:26.1	1:23:34.2
67	Kerry Hale	60	38	F	1	35-39	63	8:56.9	53	4:52.9	55	25:40.9	1:23:38.7
68	Kevin Kenney	85	56	M	5	55-59	91	10:35.6	55	1:49.4	72	27:44.2	1:23:47.7
69	Nick Neustrom	26	29	M	5	25-29	54	8:23.7	81	2:20.1	43	23:49.9	1:24:05.6
70	Liston Sanford	12	34	F	4	30-34	53	8:23.6	72	2:34.0	74	28:03.9	1:25:05.9
71	Lisa Decker	29	48	F	1	45-49	61	8:52.5	69	2:28.6	73	27:46.2	1:25:07.9
72	MELISSA BAILEY	106	34	F	5	30-34	69	9:22.2	77	1:43.7	65	26:31.5	1:25:48.5
73	Cindy Zumbrunn	104	47	F	2	45-49	88	10:26.6	58	2:53.4	76	28:26.7	1:26:04.7
74	Alejandra Prendes	22	43	F	2	40-44	44	7:59.1	64	2:01.0	88	30:46.3	1:26:22.1
75	Amanda Cunningham	67	36	F	2	35-39	56	8:28.4	82	2:11.6	57	25:45.1	1:26:46.4
76	Travis Petersen	128	33	M	7	30-34	97	11:00.4	76	2:46.0	61	26:04.5	1:28:02.1
77	J. Tucker Smith	47	40	M	12	40-44	37	7:47.7	63	3:24.4	97	32:20.8	1:28:29.9
78	Peter Shoemaker	97	24	M	3	20-24	100	11:23.4	67	1:56.9	86	30:20.1	1:28:36.9
79	David Moore	84	29	M	6	25-29	74	9:41.5	95	2:06.3	46	24:23.5	1:28:57.5
80	Jason Williams	109	38	M	10	35-39	73	9:40.7	79	3:44.0	62	26:06.8	1:29:30.0
81	AnnMarie SCHWARTING	105	41	F	3	40-44	80	10:01.2	84	2:51.6	64	26:24.9	1:29:55.7

82	Galan Jeffery	122	27	M	7	25-29	79	9:58.5	2:12.1	92	50:46.4	0:41.2	63	26:17.4	1:29:55.7
83	Jesse Tweed III	43	42	M	13	40-44	110	12:23.1	1:14.7	86	50:28.8	0:48.4	67	26:47.4	1:31:42.6
84	Laura Brady	77	38	F	3	35-39	89	10:32.4	2:36.8	88	50:33.8	1:19.2	77	28:39.1	1:33:41.5
85	Hannah Haag	66	23	F	2	20-24	84	10:10.8	2:52.7	87	50:31.4	1:36.6	82	29:23.5	1:34:35.2
86	Matthew Haag	65	54	M	4	50-54	50	8:15.4	5:02.5	89	50:35.6	1:33.8	81	29:22.7	1:34:50.2
87	Al Hunt	91	56	M	6	55-59	78	9:57.7	2:14.0	94	51:11.7	0:39.3	89	30:49.7	1:34:52.6
88	david normile	130	53	M	5	50-54	103	11:34.0	2:29.9	90	50:41.8	1:27.6	83	29:24.6	1:35:38.1
89	Doug Bolton	46	36	M	11	35-39	45	7:59.1	3:23.8	38	38:41.1	1:54.6	121	44:12.4	1:36:11.1
90	Wayne Van Andel	102	70	M	2	70-99	109	12:20.1	2:04.0	96	52:15.1	0:41.1	80	29:07.8	1:36:28.2
91	Amy Stonebraker	33	26	F	1	25-29	41	7:53.7	3:22.8	102	53:34.4	0:51.4	91	31:11.0	1:36:53.5
92	Debbie Sellers	38	61	F	1	60-64	31	7:39.6	3:20.7	97	52:28.3	0:55.8	100	32:55.7	1:37:20.3
93	Carmen Leeds	100	47	F	3	45-49	94	10:41.8	3:59.0	80	48:14.8	2:38.5	104	34:49.8	1:40:24.1
94	Jamie Studebaker	125	37	F	4	35-39	108	12:14.0	3:19.2	91	50:46.1	2:37.9	95	31:33.8	1:40:31.0
95	Kathy Chambers	86	38	F	5	35-39	95	10:46.5	2:34.4	106	54:20.1	1:27.6	94	31:28.1	1:40:36.8
96	Debra Smart	126	52	F	4	50-54	114	12:47.9	1:50.3	104	53:56.9	0:51.7	92	31:25.6	1:40:52.5
97	Crystal Salierno	113	26	F	2	25-29	98	11:04.1	2:10.3	110	56:36.7	1:08.2	85	30:08.4	1:41:07.8
98	Jan Briggs	123	55	F	3	55-59	115	13:58.0	4:13.5	93	50:50.8	1:24.2	93	31:26.9	1:41:53.6
99	doug hunley	101	53	M	6	50-54	101	11:27.4	4:07.8	100	52:38.1	1:21.6	99	32:46.9	1:42:21.9
100	Cary Beach	115	40	F	4	40-44	70	9:26.5	3:35.7	103	53:43.5	1:48.3	101	34:06.4	1:42:40.4

Place	Name	Bib	Age	Gend	-Age Group--		---- Swim ----		Transition ----		Bike ----		Transition ----		Run ----		Total
					Pos	Group	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
101	allen kossoy	35	60	M	4	60-64	30	7:33.5	2:44.3	105	54:18.4	1:45.2	110	36:31.3	1:42:52.8		
102	Leon Small	99	72	M	3	70-99	106	11:58.1	3:15.2	83	49:37.3	1:57.1	108	36:24.5	1:43:12.4		
103	Mark Clark	119	56	M	7	55-59	117	14:00.0	2:23.4	107	54:32.5	0:31.6	96	32:18.9	1:43:46.7		
104	Marcus Gann	45	44	M	14	40-44	33	7:41.0	2:20.0	98	52:33.0	1:50.2	114	39:33.8	1:43:58.2		
105	Cassiana Shroeder	76	28	F	3	25-29	86	10:19.6	3:16.8	99	52:36.6	2:23.4	106	35:57.4	1:44:34.1		
106	Michael Henry	82	36	M	12	35-39	93	10:39.0	2:03.7	109	55:33.5	2:07.5	103	34:24.2	1:44:48.0		
107	Lori Henning	78	41	F	5	40-44	76	9:49.0	3:21.8	101	53:21.5	2:20.1	111	37:22.3	1:46:14.9		
108	Mike Shifman	118	75	M	4	70-99	116	13:58.4	2:16.7	78	47:46.2	1:25.2	120	42:35.9	1:48:02.6		
109	Scot Harrington	107	49	M	8	45-49	120	15:33.7	5:43.0	85	49:47.9	3:58.2	102	34:13.9	1:49:17.0		
110	Jared Morrison	93	34	M	8	30-34	60	8:49.6	2:49.2	111	56:46.7	0:42.3	117	41:25.0	1:50:33.0		
111	Kimberly Smith	87	19	F	2	15-19	111	12:26.1	3:24.6	122	1:02:14.6	1:57.9	90	30:53.7	1:50:57.1		
112	Jennifer Burrus	117	51	F	5	50-54	99	11:15.6	2:50.9	116	58:57.5	2:12.2	107	36:15.5	1:51:31.9		
113	Aleksander Sternfeld-Du	114	33	M	9	30-34	71	9:37.2	2:10.5	112	56:51.3	2:08.8	119	41:47.6	1:52:35.6		
114	Morgan Carter	129	33	F	6	30-34	105	11:55.9	3:32.7	108	54:40.1	2:39.8	116	40:10.7	1:52:59.3		
115	Cindy Johnson	103	51	F	6	50-54	107	12:06.9	4:31.3	115	58:21.5	1:53.1	109	36:28.7	1:53:21.6		
116	Rosalie Ramirez	120	30	F	7	30-34	102	11:31.9	3:01.6	118	59:31.9	1:46.4	113	37:54.1	1:53:46.0		
117	Kay Melander	112	28	F	4	25-29	104	11:41.4	3:07.2	120	1:00:48.7	0:49.9	112	37:41.9	1:54:09.4		
118	Julie Campbell	108	49	F	4	45-49	96	10:52.1	3:49.0	123	1:05:52.1	1:54.7	98	32:21.6	1:54:49.7		
119	Heather Morrison	124	34	F	8	30-34	121	15:35.1	4:39.0	114	57:15.3	1:36.8	105	35:47.5	1:54:54.0		
120	Amber Rogers	3	24	F	3	20-24	113	12:47.8	2:50.0	117	59:07.5	2:29.6	115	39:58.4	1:57:13.3		
121	Barbara Klotzbach	116	59	F	4	55-59	118	14:22.4	2:55.3	121	1:01:30.0	1:26.6	118	41:38.7	2:01:53.2		
122	Steve Kelley	121	76	M	5	70-99	119	14:42.5	2:42.0	113	57:02.0	2:06.9	123	51:45.0	2:08:18.7		
123	Tammy Alford	127	52	F	7	50-54	122	15:47.0	3:51.8	119	1:00:22.8	2:14.5	122	47:06.6	2:09:22.9		