
 2nd Annual Norski Duathlon
 Deforest Middle School, Deforest, WI
 June 13th, 2009

Individual Results

Place	Category Place	NO.	NAME	AGE	SEX	RUN1 RANK	RUN1 TIME	T1	BIKE RANK	BIKE TIME	MPH	T2	RUN2 RANK	RUN2 TIME	PACE	OVERALL TIME
1	1/1	116	CHRISTOPHER CLAUSEN	25	M	2	17:55.6	0:40.3	1	39:17.3	23.7	0:24.5	4	13:21	6:41	1:11:38.2
2	1/18	155	CARL MATSON	39	M	3	17:57.9	0:31.6	2	41:26.4	22.4	0:29.7	3	13:14	6:37	1:13:39.5
3	1/8	182	GREG SMITH	24	M	7	18:34.1	0:49.0	3	42:00.6	22.1	0:28.9	7	13:32	6:46	1:15:23.9
4	2/18	118	ROZ CRANEY	36	M	4	18:02.2	0:32.0	8	43:31.3	21.4	0:27.6	2	12:56	6:28	1:15:28.8
5	2/8	206	BRIAN ATKINSON	21	M	1	17:16.4	0:56.4	15	45:32.3	20.4	0:56.8	1	12:11	6:06	1:16:52.2
6	1/23	132	BILL GILMORE	49	M	5	18:17.8	0:41.2	9	43:55.9	21.2	0:41.1	8	13:33	6:47	1:17:08.0
7	3/18	210	TIM WACKER	30	M	14	19:16.2	0:37.0	6	43:10.9	21.5	0:38.4	10	14:05	7:03	1:17:47.2
8	2/23	168	DONALD OUMET	45	M	10	18:51.9	0:53.9	10	44:02.0	21.1	0:43.3	6	13:29	6:45	1:17:59.1
9	3/23	106	MARK BADGER	43	M	17	19:32.0	0:48.4	4	42:40.9	21.8	0:37.0	19	15:07	7:34	1:18:44.5
10	4/23	215	Christopher Berge	49	M	15	19:19.0	1:08.7	5	42:42.0	21.8	0:46.8	25	15:27	7:44	1:19:22.7
11	5/23	170	BRENT PETERS	45	M	16	19:31.4	0:26.7	11	44:44.3	20.8	0:28.2	12	14:21	7:11	1:19:30.7
12	4/18	161	JEFF MUELLER	33	M	27	21:03.6	1:09.3	7	43:23.5	21.4	0:39.4	32	15:54	7:57	1:22:09.3
13	5/18	217	Randy Thompson	39	M	8	18:37.5	0:51.4	17	47:07.0	19.7	0:54.9	15	14:51	7:26	1:22:21.5
14	6/23	151	BILL KOENEN	43	M	22	20:11.3	0:52.1	14	45:24.2	20.5	0:48.6	23	15:19	7:40	1:22:34.6
15	6/18	137	JASON HERHEIM	33	M	20	19:58.6	0:59.9	13	45:21.4	20.5	1:05.3	26	15:33	7:47	1:22:58.0
16	7/23	173	MARTIN REDMANN	45	M	21	20:06.8	0:49.3	18	47:28.5	19.6	0:35.9	18	15:02	7:31	1:24:01.4
17	1/1	197	CHRISTA WALTER	36	F	24	20:44.5	0:55.6	23	49:00.8	19.0	0:41.8	16	14:57	7:29	1:26:18.9
18	7/18	198	SCOTT WIEGMANN	38	M	18	19:43.4	1:15.2	28	49:16.9	18.9	1:26.0	22	15:15	7:38	1:26:56.3
19	3/8	180	ROB SHIRLEY	23	M	9	18:47.3	1:42.9	40	51:22.4	18.1	1:59.2	5	13:22	6:41	1:27:13.3
20	1/7	222	Mike Palm	59	M	50	23:09.7	1:43.9	12	45:15.9	20.5	1:04.4	42	16:26	8:13	1:27:39.3
21	4/8	184	JOHN SOWATSKY	20	M	26	21:02.2	0:42.1	31	50:03.7	18.6	0:24.3	33	15:56	7:58	1:28:07.8
22	1/14	179	SUZY SHAIN	46	F	32	21:24.8	1:02.0	25	49:06.3	18.9	1:05.1	35	16:01	8:01	1:28:38.2
23	1/4	135	JUSTIN HAGEMAN	18	M	23	20:27.8	0:52.8	45	52:04.5	17.9	0:28.6	21	15:13	7:37	1:29:06.1
24	8/23	202	JOHN OEHME	48	M	30	21:24.1	1:46.6	21	48:33.6	19.1	1:27.8	39	16:16	8:08	1:29:27.9
25	8/18	186	JOHN STRANGFELD	32	M	19	19:52.3	0:32.9	54	53:38.6	17.3	0:20.4	24	15:23	7:42	1:29:46.8
26	2/4	203	LOGAN POURCHOT	17	M	34	22:12.5	0:37.0	46	52:16.4	17.8	0:25.7	11	14:18	7:09	1:29:48.4
27	1/29	128	TRACY FRITZ	35	F	28	21:04.9	0:39.5	49	52:46.1	17.6	0:27.1	17	15:01	7:31	1:29:57.4
28	2/29	105	JENNIFER BADGER	38	F	45	22:59.6	0:51.4	26	49:09.6	18.9	0:36.5	47	16:48	8:24	1:30:24.0
29	1/3	216	Ed Walsh	60	M	51	23:13.7	0:31.8	24	49:00.8	19.0	0:27.2	55	17:17	8:39	1:30:29.5
30	9/23	204	REGAN POURCHOT	49	M	63	23:57.9	0:49.1	19	47:56.8	19.4	0:27.6	59	17:38	8:49	1:30:48.4
31	9/18	119	DANIEL DAUBE	37	M	6	18:33.6	1:26.7	74	56:45.0	16.4	0:26.4	9	13:57	6:59	1:31:07.8
32	10/23	167	STEVE OSTROWSKI	43	M	35	22:23.2	0:54.1	34	50:54.5	18.3	0:46.1	41	16:24	8:12	1:31:21.5
33	11/23	212	DIXON GAHNZ	40	M	12	19:07.4	0:56.1	64	54:53.4	16.9	0:37.4	34	16:00	8:00	1:31:33.7
34	5/8	205	JOSEPH SKORPINSKI	21	M	41	22:37.2	1:43.9	27	49:14.9	18.9	1:25.9	46	16:40	8:20	1:31:41.3
35	2/7	133	HERMAN GOTH	51	M	44	22:57.2	1:13.6	30	49:49.3	18.7	1:05.3	45	16:37	8:19	1:31:41.4
36	10/18	141	MATTHEW HOUSER	38	M	70	24:24.8	1:19.7	20	48:06.9	19.3	1:03.6	54	17:12	8:36	1:32:06.1
37	3/29	196	HEATHER WALKER	36	F	53	23:20.0	0:32.0	33	50:50.2	18.3	0:33.7	50	16:54	8:27	1:32:09.2
38	4/29	166	JODY OECHSLE	32	F	33	22:04.3	0:40.6	48	52:40.8	17.7	0:42.8	37	16:06	8:03	1:32:14.3
39	2/14	142	TAMARA HOUSER	40	F	48	23:05.3	1:05.0	36	51:11.4	18.2	0:58.5	36	16:04	8:02	1:32:23.4
40	3/4	211	ELDON DAVIDSON	16	M	13	19:08.1	0:44.8	77	57:25.2	16.2	0:38.0	13	14:31	7:16	1:32:26.3
41	12/23	153	DANIEL KUNZE	40	M	29	21:19.6	1:08.7	51	53:07.6	17.5	1:15.1	27	15:39	7:50	1:32:29.7
42	13/23	104	PETER BACHMAN	40	M	59	23:34.3	2:25.6	16	47:01.9	19.8	1:11.8	66	18:19	9:10	1:32:31.7
43	3/14	171	PAM PETERSEN	41	F	39	22:32.6	1:46.1	37	51:11.5	18.2	1:12.1	31	15:54	7:57	1:32:35.2
44	11/18	181	CHRIS SKOWEN	38	M	69	24:12.1	1:17.5	22	48:39.2	19.1	1:03.8	57	17:27	8:44	1:32:39.1
45	14/23	156	JACK MCMAHON	43	M	25	21:00.0	1:30.4	53	53:21.8	17.4	1:06.2	29	15:51	7:56	1:32:49.1
46	5/29	163	BETHANY NODOLF	32	F	47	23:02.5	0:51.8	38	51:19.5	18.1	1:04.2	48	16:54	8:27	1:33:10.9
47	12/18	164	JESSE NODOLF	32	M	46	23:00.7	0:55.0	35	51:05.8	18.2	1:16.5	49	16:54	8:27	1:33:11.2
48	6/29	160	ERIKA MUELLER	36	F	62	23:53.5	1:10.6	29	49:39.7	18.7	0:53.3	62	18:02	9:01	1:33:38.6
49	15/23	150	JON KLINK	42	M	52	23:14.8	1:36.4	32	50:10.8	18.5	1:38.0	53	17:08	8:34	1:33:47.8
50	3/7	101	ROB ALLEN	54	M	43	22:41.8	0:58.4	57	54:07.5	17.2	0:36.7	30	15:51	7:56	1:34:14.9

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Place	Category Place	NO.	NAME	AGE	SEX	RUN1 RANK	RUN1 TIME	T1	BIKE RANK	BIKE TIME	MPH	T2	RUN2 RANK	RUN2 TIME	PACE	OVERALL TIME
51	2/3	208	DONALD LEONARD	61	M	36	22:27.2	0:31.2	55	53:52.4	17.3	0:32.9	52	17:08	8:34	1:34:31.2
52	4/4	148	STEVEN KELLY	16	M	11	19:01.8	1:09.2	81	59:42.7	15.6	0:23.6	14	14:48	7:24	1:35:04.5
53	4/14	200	AUDREY WOZNICKI	44	F	64	24:02.3	0:57.7	41	51:26.5	18.1	0:41.8	61	17:58	8:59	1:35:05.2
54	13/18	221	Carlos Solis	39	M	31	21:24.4	0:51.3	76	57:21.7	16.2	0:38.4	20	15:11	7:36	1:35:26.1
55	1/6	125	ANNA EVANS	26	F	42	22:37.7	0:36.6	69	55:46.6	16.7	0:30.1	40	16:23	8:12	1:35:53.5
56	7/29	195	KRISTI WAITS	34	F	40	22:36.7	1:29.5	52	53:15.6	17.5	1:28.8	51	17:06	8:33	1:35:55.7
57	6/8	159	JUSTIN MORGAN	21	M	54	23:20.5	2:08.4	42	51:42.6	18.0	1:50.2	58	17:36	8:48	1:36:37.3
58	5/14	109	LISA BECK	42	F	71	24:27.8	1:06.1	39	51:19.8	18.1	1:06.0	73	18:39	9:20	1:36:37.9
59	2/6	144	ANNE JAEGER	27	F	37	22:31.6	1:41.4	62	54:45.2	17.0	1:29.3	44	16:33	8:17	1:36:59.6
60	7/8	136	DUSTIN HEBEL	27	M	38	22:32.3	1:42.8	63	54:45.2	17.0	1:27.8	43	16:32	8:16	1:36:59.6
61	3/6	120	ALISON DAUGHTERS	24	F	57	23:25.2	2:44.8	47	52:18.6	17.8	1:01.3	67	18:22	9:11	1:37:51.0
62	3/3	140	HOWARD HOLMBURG	66	M	77	24:55.6	0:45.4	60	54:32.7	17.0	0:29.4	60	17:57	8:59	1:38:39.6
63	8/29	187	BECKY STRUCK	32	F	82	25:52.3	1:15.6	43	51:45.8	18.0	0:46.1	82	20:00	10:00	1:39:39.4
64	4/7	201	PAUL ZIEBARTH	58	M	87	25:58.9	0:36.2	44	51:52.3	17.9	0:38.4	93	20:44	10:22	1:39:49.4
65	16/23	108	GARY BECK	43	M	61	23:48.8	0:55.1	71	56:23.5	16.5	0:48.3	65	18:15	9:08	1:40:10.3
66	4/6	122	JAMIE EDGE	28	F	73	24:43.8	0:55.6	72	56:34.1	16.4	0:48.8	56	17:17	8:39	1:40:18.8
67	1/2	219	Kathi Braun	50	F	79	25:05.1	2:18.9	56	53:55.0	17.2	1:35.5	63	18:05	9:03	1:40:59.2
68	14/18	178	TOM SCHNEIDER	39	M	94	27:13.1	0:40.1	50	52:59.9	17.5	0:30.1	88	20:21	10:11	1:41:43.6
69	1/1	169	MOLLY PAULSON	19	F	55	23:22.1	1:03.2	85	60:54.4	15.3	0:42.2	38	16:12	8:06	1:42:12.9
70	9/29	149	MELANIE KENNEDY	38	F	76	24:47.7	1:29.7	73	56:34.7	16.4	1:11.7	64	18:12	9:06	1:42:15.1
71	10/29	107	MARY TUBBS-BEAUDETTE	36	F	66	24:03.9	2:56.3	67	55:14.8	16.8	1:34.2	72	18:39	9:20	1:42:27.1
72	17/23	185	DAN STEINHOFF	45	M	58	23:32.0	1:28.4	78	57:45.3	16.1	1:13.6	74	18:49	9:25	1:42:47.4
73	15/18	131	MATT GILLAM	35	M	72	24:38.4	1:57.5	61	54:44.9	17.0	1:39.2	85	20:07	10:04	1:43:05.9
74	18/23	124	KEITH ESSER	44	M	88	26:24.4	1:11.8	66	54:56.2	16.9	1:04.3	78	19:45	9:53	1:43:21.2
75	11/29	127	SARAH FRANKS	30	F	60	23:46.4	2:21.9	70	55:46.7	16.7	2:17.6	77	19:15	9:38	1:43:27.4
76	6/14	199	ANGELA WILLIAMSON	40	F	89	26:31.6	1:01.2	65	54:55.2	16.9	0:32.9	96	20:47	10:24	1:43:47.5
77	2/2	209	DOROTHY LEONARD	58	F	85	25:56.7	0:55.1	68	55:26.0	16.8	1:05.2	95	20:45	10:23	1:44:07.7
78	8/8	121	STEPHEN DAUGHTERS	23	M	74	24:45.5	1:30.1	79	59:14.2	15.7	0:34.1	92	20:44	10:22	1:46:47.5
79	12/29	154	CONNIE LANTER	37	F	75	24:46.3	1:12.3	87	61:33.0	15.1	0:33.1	75	18:53	9:27	1:46:57.3
80	7/14	113	KIM BANKS-BREDESON	40	F	86	25:58.7	1:00.5	80	59:38.7	15.6	0:41.2	84	20:05	10:03	1:47:23.8
81	16/18	139	PAUL HERRICK	35	M	90	26:39.6	2:05.8	59	54:26.7	17.1	1:15.1	103	23:37	11:49	1:48:03.5
82	5/7	193	DAVE TRUMMER	53	M	56	23:22.7	1:36.7	88	61:34.2	15.1	1:07.4	94	20:45	10:23	1:48:25.0
83	19/23	147	DAN KELLY	47	M	65	24:03.6	1:32.0	89	62:10.7	15.0	1:03.4	79	19:48	9:54	1:48:37.1
84	13/29	123	LAURA EGNASH	39	F	67	24:10.1	2:18.5	91	63:06.9	14.7	1:02.7	69	18:30	9:15	1:49:07.3
85	17/18	223	CT Olson	39	M	104	29:36.6	1:02.2	58	54:09.0	17.2	0:39.8	106	24:25	12:13	1:49:51.5
86	14/29	143	HEATHER HOWDYSHELL	33	F	101	27:57.9	1:17.4	75	57:04.3	16.3	1:24.4	100	22:23	11:12	1:50:06.5
87	6/7	213	BRUCE SMALLWOOD	52	M				90	62:23.2	14.9	1:12.8	81	19:55	9:58	1:50:26.7
88	15/29	138	DAWN HERRICK	35	F	91	26:39.8	1:56.5	84	60:07.1	15.5	1:06.7	97	20:48	10:24	1:50:37.1
89	20/23	158	BILL MORGAN	48	M	95	27:13.8	1:36.0	82	59:53.4	15.5	1:51.8	86	20:09	10:05	1:50:43.0
90	21/23	172	RICK PROKOPEC	44	M	81	25:51.4	0:47.4	83	59:56.5	15.5	0:52.8	102	23:23	11:42	1:50:50.8
91	8/14	165	BETH NORD	42	F	97	27:36.5	1:34.0	86	61:19.8	15.2	0:59.8	80	19:50	9:55	1:51:19.6
92	16/29	114	KARA BROKISH	38	F	78	24:59.6	2:02.2	95	65:21.8	14.2	1:05.2	71	18:34	9:17	1:52:02.3
93	17/29	188	JOANNA SWITZKY	36	F	68	24:11.3	2:39.2	96	66:05.0	14.1	1:11.8	70	18:32	9:16	1:52:38.8
94	18/29	174	DIANA RENKEN	38	F	49	23:08.9	3:47.2	100	69:33.9	13.4	1:28.6	28	15:48	7:54	1:53:46.3
95	22/23	129	TODD GELTEMEYER	47	M	98	27:44.4	1:16.5	97	66:28.1	14.0					1:55:26.2
96	19/29	220	Mona Willis	36	F	83	25:54.4	0:59.4	103	70:32.2	13.2	0:43.6	68	18:30	9:15	1:56:38.6
97	5/6	134	KATIE GRANT	27	F	80	25:12.7	1:43.0	102	69:53.5	13.3	1:09.8	76	19:10	9:35	1:57:08.0
98	9/14	218	Beth Klosowski	46	F	93	27:12.9	3:15.2	94	64:18.9	14.5	2:17.8	87	20:20	10:10	1:57:23.8
99	10/14	157	BARB MICKELSON	42	F	96	27:22.6	1:44.2	98	66:54.5	13.9	0:46.6	98	21:08	10:34	1:57:55.4
100	7/7	102	JOSEPH ALIOTA	54	M	84	25:56.4	1:27.4	104	70:54.9	13.1	1:13.5	101	23:09	11:35	2:02:41.0

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101	6/6	145	AMANDA KAUFMAN	20	F	92	27:08.3	2:33.5	111	74:43.0	12.4	1:04.6	83	20:00	10:00	2:05:29.2
102	20/29	146	ANDREA KAY	36	F	112	32:38.5	2:07.6	92	63:17.8	14.7	2:23.6	111	25:15	12:38	2:05:41.8
103	18/18	162	THOMAS NICHOLS	39	M	111	32:37.7	2:08.1	93	63:18.7	14.7	1:42.3	114	25:56	12:58	2:05:42.3
104	11/14	115	DAEDRE CARLSON	40	F	108	30:30.7	2:29.2	101	69:34.6	13.4	1:52.2	99	21:40	10:50	2:06:05.6
105	12/14	194	CHERYL UTKE	43	F	105	29:54.3	0:58.3	99	67:58.4	13.7	0:49.9	116	27:33	13:47	2:07:12.9
106	21/29	117	ANGELA CLOUSE	30	F	103	28:41.8	1:28.5	115	75:27.0	12.3	1:09.9	91	20:40	10:20	2:07:26.6
107	22/29	130	LINDSEY GENNRICH	31	F	102	28:41.7	1:29.0	114	75:24.5	12.3	1:12.3	90	20:40	10:20	2:07:26.8
108	23/23	190	PAUL TESSMER	49	M	110	32:10.1	1:50.7	105	72:36.6	12.8	1:01.0	89	20:23	10:12	2:08:00.7
109	13/14	189	JULIE TESSMER	47	F	113	33:09.6	0:48.2	106	72:41.6	12.8	0:59.9	108	24:33	12:17	2:12:12.1
110	23/29	152	LAURA KOENEN	35	F	109	30:37.9	0:58.4	108	73:09.6	12.7	0:55.4	115	26:47	13:24	2:12:27.4
111	24/29	176	JENNY SCHMITZ	30	F	100	27:52.1	0:50.2	117	79:37.4	11.7	0:57.1	110	24:37	12:19	2:13:52.7
112	25/29	177	SARA-ANN SCHMITZ	34	F	99	27:52.0	0:51.9	116	79:35.2	11.7	0:59.0	109	24:36	12:18	2:13:53.1
113	26/29	214	Amy Blanchard	39	F	114	33:44.9	1:51.2	107	73:03.2	12.7	1:20.2	107	24:32	12:16	2:14:30.6
114	27/29	175	THERESA RIGGS	33	F	106	30:28.5	2:53.2	112	75:12.1	12.4	1:47.9	104	24:16	12:08	2:14:36.9
115	28/29	110	JEAN-MARIE BERNARDS	30	F	107	30:28.7	2:53.2	113	75:12.7	12.4	1:47.6	105	24:16	12:08	2:14:37.6
116	29/29	191	STACIE TOMKINS	39	F	115	34:04.1	1:22.8	109	74:21.7	12.5	0:47.4	113	25:25	12:43	2:16:00.6
117	14/14	207	CONNIE O'CONNELL	45	F	116	34:04.3	1:23.3	110	74:22.6	12.5	0:46.5	112	25:25	12:43	2:16:00.8