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

Overall 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	4	17:55.6	0:40.3	1	39:17.3	23.7	0:24.5	6	13:21	6:41	1:11:38.2
2	1/18	155	CARL MATSON	39	M	5	17:57.9	0:31.6	2	41:26.4	22.4	0:29.7	5	13:14	6:37	1:13:39.5
3	1/8	182	GREG SMITH	24	M	9	18:34.1	0:49.0	3	42:00.6	22.1	0:28.9	9	13:32	6:46	1:15:23.9
4	1/8	7	HARRY POINTERS		T	1	16:23.3	0:24.5	17	46:46.0	19.9	0:18.5	1	11:34	5:47	1:15:25.5
5	2/18	118	ROZ CRANEY	36	M	6	18:02.2	0:32.0	8	43:31.3	21.4	0:27.6	4	12:56	6:28	1:15:28.8
6	2/8	9	Racing Banditos		T	2	17:01.7	0:20.6	16	46:37.2	19.9	0:20.0	2	12:06	6:03	1:16:24.5
7	2/8	206	BRIAN ATKINSON	21	M	3	17:16.4	0:56.4	15	45:32.3	20.4	0:56.8	3	12:11	6:06	1:16:52.2
8	1/23	132	BILL GILMORE	49	M	7	18:17.8	0:41.2	9	43:55.9	21.2	0:41.1	10	13:33	6:47	1:17:08.0
9	3/18	210	TIM WACKER	30	M	16	19:16.2	0:37.0	6	43:10.9	21.5	0:38.4	12	14:05	7:03	1:17:47.2
10	2/23	168	DONALD OUIMET	45	M	12	18:51.9	0:53.9	10	44:02.0	21.1	0:43.3	8	13:29	6:45	1:17:59.1
11	3/23	106	MARK BADGER	43	M	19	19:32.0	0:48.4	4	42:40.9	21.8	0:37.0	21	15:07	7:34	1:18:44.5
12	4/23	215	Christopher Berge	49	M	17	19:19.0	1:08.7	5	42:42.0	21.8	0:46.8	27	15:27	7:44	1:19:22.7
13	5/23	170	BRENT PETERS	45	M	18	19:31.4	0:26.7	11	44:44.3	20.8	0:28.2	14	14:21	7:11	1:19:30.7
14	4/18	161	JEFF MUELLER	33	M	29	21:03.6	1:09.3	7	43:23.5	21.4	0:39.4	34	15:54	7:57	1:22:09.3
15	5/18	217	Randy Thompson	39	M	10	18:37.5	0:51.4	19	47:07.0	19.7	0:54.9	17	14:51	7:26	1:22:21.5
16	6/23	151	BILL KOENEN	43	M	24	20:11.3	0:52.1	14	45:24.2	20.5	0:48.6	25	15:19	7:40	1:22:34.6
17	6/18	137	JASON HERHEIM	33	M	22	19:58.6	0:59.9	13	45:21.4	20.5	1:05.3	28	15:33	7:47	1:22:58.0
18	7/23	173	MARTIN REDMANN	45	M	23	20:06.8	0:49.3	20	47:28.5	19.6	0:35.9	20	15:02	7:31	1:24:01.4
19	1/1	197	CHRISTA WALTER	36	F	26	20:44.5	0:55.6	25	49:00.8	19.0	0:41.8	18	14:57	7:29	1:26:18.9
20	7/18	198	SCOTT WIEGMANN	38	M	20	19:43.4	1:15.2	30	49:16.9	18.9	1:26.0	24	15:15	7:38	1:26:56.3
21	3/8	180	ROB SHIRLEY	23	M	11	18:47.3	1:42.9	42	51:22.4	18.1	1:59.2	7	13:22	6:41	1:27:13.3
22	1/7	222	Mike Palm	59	M	52	23:09.7	1:43.9	12	45:15.9	20.5	1:04.4	44	16:26	8:13	1:27:39.3
23	4/8	184	JOHN SOWATSKY	20	M	28	21:02.2	0:42.1	33	50:03.7	18.6	0:24.3	35	15:56	7:58	1:28:07.8
24	1/14	179	SUZY SHAIN	46	F	34	21:24.8	1:02.0	27	49:06.3	18.9	1:05.1	37	16:01	8:01	1:28:38.2
25	1/4	135	JUSTIN HAGEMAN	18	M	25	20:27.8	0:52.8	47	52:04.5	17.9	0:28.6	23	15:13	7:37	1:29:06.1
26	8/23	202	JOHN OEHME	48	M	32	21:24.1	1:46.6	23	48:33.6	19.1	1:27.8	41	16:16	8:08	1:29:27.9
27	8/18	186	JOHN STRANGFELD	32	M	21	19:52.3	0:32.9	56	53:38.6	17.3	0:20.4	26	15:23	7:42	1:29:46.8
28	2/4	203	LOGAN POURCHOT	17	M	36	22:12.5	0:37.0	48	52:16.4	17.8	0:25.7	13	14:18	7:09	1:29:48.4
29	1/29	128	TRACY FRITZ	35	F	30	21:04.9	0:39.5	51	52:46.1	17.6	0:27.1	19	15:01	7:31	1:29:57.4
30	2/29	105	JENNIFER BADGER	38	F	47	22:59.6	0:51.4	28	49:09.6	18.9	0:36.5	49	16:48	8:24	1:30:24.0
31	1/3	216	Ed Walsh	60	M	53	23:13.7	0:31.8	26	49:00.8	19.0	0:27.2	58	17:17	8:39	1:30:29.5
32	9/23	204	REGAN POURCHOT	49	M	65	23:57.9	0:49.1	21	47:56.8	19.4	0:27.6	63	17:38	8:49	1:30:48.4
33	9/18	119	DANIEL DAUBE	37	M	8	18:33.6	1:26.7	76	56:45.0	16.4	0:26.4	11	13:57	6:59	1:31:07.8
34	10/23	167	STEVE OSTROWSKI	43	M	37	22:23.2	0:54.1	36	50:54.5	18.3	0:46.1	43	16:24	8:12	1:31:21.5
35	11/23	212	DIXON GAHNZ	40	M	14	19:07.4	0:56.1	66	54:53.4	16.9	0:37.4	36	16:00	8:00	1:31:33.7
36	5/8	205	JOSEPH SKORPINSKI	21	M	43	22:37.2	1:43.9	29	49:14.9	18.9	1:25.9	48	16:40	8:20	1:31:41.3
37	2/7	133	HERMAN GOTH	51	M	46	22:57.2	1:13.6	32	49:49.3	18.7	1:05.3	47	16:37	8:19	1:31:41.4
38	10/18	141	MATTHEW HOUSER	38	M	73	24:24.8	1:19.7	22	48:06.9	19.3	1:03.6	57	17:12	8:36	1:32:06.1
39	3/29	196	HEATHER WALKER	36	F	55	23:20.0	0:32.0	35	50:50.2	18.3	0:33.7	52	16:54	8:27	1:32:09.2
40	4/29	166	JODY OECHSLE	32	F	35	22:04.3	0:40.6	50	52:40.8	17.7	0:42.8	39	16:06	8:03	1:32:14.3
41	2/14	142	TAMARA HOUSER	40	F	50	23:05.3	1:05.0	38	51:11.4	18.2	0:58.5	38	16:04	8:02	1:32:23.4
42	3/4	211	ELDON DAVIDSON	16	M	15	19:08.1	0:44.8	80	57:25.2	16.2	0:38.0	15	14:31	7:16	1:32:26.3
43	12/23	153	DANIEL KUNZE	40	M	31	21:19.6	1:08.7	53	53:07.6	17.5	1:15.1	29	15:39	7:50	1:32:29.7
44	13/23	104	PETER BACHMAN	40	M	61	23:34.3	2:25.6	18	47:01.9	19.8	1:11.8	70	18:19	9:10	1:32:31.7
45	3/14	171	PAM PETERSEN	41	F	41	22:32.6	1:46.1	39	51:11.5	18.2	1:12.1	33	15:54	7:57	1:32:35.2
46	11/18	181	CHRIS SKOWEN	38	M	71	24:12.1	1:17.5	24	48:39.2	19.1	1:03.8	60	17:27	8:44	1:32:39.1
47	14/23	156	JACK MCMAHON	43	M	27	21:00.0	1:30.4	55	53:21.8	17.4	1:06.2	31	15:51	7:56	1:32:49.1
48	5/29	163	BETHANY NODOLF	32	F	49	23:02.5	0:51.8	40	51:19.5	18.1	1:04.2	50	16:54	8:27	1:33:10.9
49	12/18	164	JESSE NODOLF	32	M	48	23:00.7	0:55.0	37	51:05.8	18.2	1:16.5	51	16:54	8:27	1:33:11.2
50	6/29	160	ERIKA MUELLER	36	F	64	23:53.5	1:10.6	31	49:39.7	18.7	0:53.3	66	18:02	9:01	1:33:38.6

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51	15/23	150	JON KLINK	42	M	54	23:14.8	1:36.4	34	50:10.8	18.5	1:38.0	55	17:08	8:34	1:33:47.8
52	3/7	101	ROB ALLEN	54	M	45	22:41.8	0:58.4	59	54:07.5	17.2	0:36.7	32	15:51	7:56	1:34:14.9
53	2/3	208	DONALD LEONARD	61	M	38	22:27.2	0:31.2	57	53:52.4	17.3	0:32.9	54	17:08	8:34	1:34:31.2
54	4/4	148	STEVEN KELLY	16	M	13	19:01.8	1:09.2	85	59:42.7	15.6	0:23.6	16	14:48	7:24	1:35:04.5
55	4/14	200	AUDREY WOZNICKI	44	F	66	24:02.3	0:57.7	43	51:26.5	18.1	0:41.8	65	17:58	8:59	1:35:05.2
56	13/18	221	Carlos Solis	39	M	33	21:24.4	0:51.3	79	57:21.7	16.2	0:38.4	22	15:11	7:36	1:35:26.1
57	1/6	125	ANNA EVANS	26	F	44	22:37.7	0:36.6	71	55:46.6	16.7	0:30.1	42	16:23	8:12	1:35:53.5
58	7/29	195	KRISTI WAITS	34	F	42	22:36.7	1:29.5	54	53:15.6	17.5	1:28.8	53	17:06	8:33	1:35:55.7
59	6/8	159	JUSTIN MORGAN	21	M	56	23:20.5	2:08.4	44	51:42.6	18.0	1:50.2	61	17:36	8:48	1:36:37.3
60	5/14	109	LISA BECK	42	F	74	24:27.8	1:06.1	41	51:19.8	18.1	1:06.0	77	18:39	9:20	1:36:37.9
61	2/6	144	ANNE JAEGER	27	F	39	22:31.6	1:41.4	64	54:45.2	17.0	1:29.3	46	16:33	8:17	1:36:59.6
62	7/8	136	DUSTIN HEBEL	27	M	40	22:32.3	1:42.8	65	54:45.2	17.0	1:27.8	45	16:32	8:16	1:36:59.6
63	3/6	120	ALISON DAUGHTERS	24	F	59	23:25.2	2:44.8	49	52:18.6	17.8	1:01.3	71	18:22	9:11	1:37:51.0
64	3/3	140	HOWARD HOLMBURG	66	M	81	24:55.6	0:45.4	62	54:32.7	17.0	0:29.4	64	17:57	8:59	1:38:39.6
65	8/29	187	BECKY STRUCK	32	F	86	25:52.3	1:15.6	45	51:45.8	18.0	0:46.1	86	20:00	10:00	1:39:39.4
66	4/7	201	PAUL ZIEBARTH	58	M	91	25:58.9	0:36.2	46	51:52.3	17.9	0:38.4	98	20:44	10:22	1:39:49.4
67	16/23	108	GARY BECK	43	M	63	23:48.8	0:55.1	73	56:23.5	16.5	0:48.3	69	18:15	9:08	1:40:10.3
68	4/6	122	JAMIE EDGE	28	F	76	24:43.8	0:55.6	74	56:34.1	16.4	0:48.8	59	17:17	8:39	1:40:18.8
69	3/8	5	JENIFER/STACEY		T	79	24:47.5	0:28.9	77	56:57.7	16.3	0:29.8	62	17:37	8:49	1:40:20.6
70	1/2	219	Kathi Braun	50	F	83	25:05.1	2:18.9	58	53:55.0	17.2	1:35.5	67	18:05	9:03	1:40:59.2
71	4/8	6	ESSER/LANGER		T	72	24:14.3	0:35.2	82	59:14.0	15.7	0:27.8	56	17:11	8:36	1:41:41.4
72	14/18	178	TOM SCHNEIDER	39	M	98	27:13.1	0:40.1	52	52:59.9	17.5	0:30.1	92	20:21	10:11	1:41:43.6
73	1/1	169	MOLLY PAULSON	19	F	57	23:22.1	1:03.2	89	60:54.4	15.3	0:42.2	40	16:12	8:06	1:42:12.9
74	9/29	149	MELANIE KENNEDY	38	F	80	24:47.7	1:29.7	75	56:34.7	16.4	1:11.7	68	18:12	9:06	1:42:15.1
75	10/29	107	MARY TUBBS-BEAUDETTE	36	F	68	24:03.9	2:56.3	69	55:14.8	16.8	1:34.2	76	18:39	9:20	1:42:27.1
76	17/23	185	DAN STEINHOFF	45	M	60	23:32.0	1:28.4	81	57:45.3	16.1	1:13.6	78	18:49	9:25	1:42:47.4
77	15/18	131	MATT GILLAM	35	M	75	24:38.4	1:57.5	63	54:44.9	17.0	1:39.2	89	20:07	10:04	1:43:05.9
78	18/23	124	KEITH ESSER	44	M	92	26:24.4	1:11.8	68	54:56.2	16.9	1:04.3	82	19:45	9:53	1:43:21.2
79	11/29	127	SARAH FRANKS	30	F	62	23:46.4	2:21.9	72	55:46.7	16.7	2:17.6	81	19:15	9:38	1:43:27.4
80	6/14	199	ANGELA WILLIAMSON	40	F	93	26:31.6	1:01.2	67	54:55.2	16.9	0:32.9	101	20:47	10:24	1:43:47.5
81	2/2	209	DOROTHY LEONARD	58	F	89	25:56.7	0:55.1	70	55:26.0	16.8	1:05.2	100	20:45	10:23	1:44:07.7
82	8/8	121	STEPHEN DAUGHTERS	23	M	77	24:45.5	1:30.1	83	59:14.2	15.7	0:34.1	97	20:44	10:22	1:46:47.5
83	12/29	154	CONNIE LANTER	37	F	78	24:46.3	1:12.3	91	61:33.0	15.1	0:33.1	79	18:53	9:27	1:46:57.3
84	7/14	113	KIM BANKS-BREDESON	40	F	90	25:58.7	1:00.5	84	59:38.7	15.6	0:41.2	88	20:05	10:03	1:47:23.8
85	16/18	139	PAUL HERRICK	35	M	94	26:39.6	2:05.8	61	54:26.7	17.1	1:15.1	111	23:37	11:49	1:48:03.5
86	5/7	193	DAVE TRUMMER	53	M	58	23:22.7	1:36.7	92	61:34.2	15.1	1:07.4	99	20:45	10:23	1:48:25.0
87	19/23	147	DAN KELLY	47	M	67	24:03.6	1:32.0	93	62:10.7	15.0	1:03.4	83	19:48	9:54	1:48:37.1
88	13/29	123	LAURA EGNASH	39	F	69	24:10.1	2:18.5	95	63:06.9	14.7	1:02.7	73	18:30	9:15	1:49:07.3
89	17/18	223	CT Olson	39	M	109	29:36.6	1:02.2	60	54:09.0	17.2	0:39.8	114	24:25	12:13	1:49:51.5
90	14/29	143	HEATHER HOWDY SHELL	33	F	105	27:57.9	1:17.4	78	57:04.3	16.3	1:24.4	108	22:23	11:12	1:50:06.5
91	6/7	213	BRUCE SMALLWOOD	52	M				94	62:23.2	14.9	1:12.8	85	19:55	9:58	1:50:26.7
92	15/29	138	DAWN HERRICK	35	F	95	26:39.8	1:56.5	88	60:07.1	15.5	1:06.7	102	20:48	10:24	1:50:37.1
93	20/23	158	BILL MORGAN	48	M	99	27:13.8	1:36.0	86	59:53.4	15.5	1:51.8	90	20:09	10:05	1:50:43.0
94	21/23	172	RICK PROKOPEC	44	M	85	25:51.4	0:47.4	87	59:56.5	15.5	0:52.8	110	23:23	11:42	1:50:50.8
95	8/14	165	BETH NORD	42	F	101	27:36.5	1:34.0	90	61:19.8	15.2	0:59.8	84	19:50	9:55	1:51:19.6
96	16/29	114	KARA BROKISH	38	F	82	24:59.6	2:02.2	100	65:21.8	14.2	1:05.2	75	18:34	9:17	1:52:02.3
97	17/29	188	JOANNA SWITZKY	36	F	70	24:11.3	2:39.2	102	66:05.0	14.1	1:11.8	74	18:32	9:16	1:52:38.8
98	18/29	174	DIANA RENKEN	38	F	51	23:08.9	3:47.2	107	69:33.9	13.4	1:28.6	30	15:48	7:54	1:53:46.3
99	5/8	1	DYNAMIC DUO		T	106	28:22.6	0:31.9	101	65:26.8	14.2	0:35.6	94	20:28	10:14	1:55:24.6
100	22/23	129	TODD GELTEMEYER	47	M	102	27:44.4	1:16.5	103	66:28.1	14.0					1:55:26.2

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101	19/29	220	Mona Willis	36	F	87	25:54.4	0:59.4	110	70:32.2	13.2	0:43.6	72	18:30	9:15	1:56:38.6
102	5/6	134	KATIE GRANT	27	F	84	25:12.7	1:43.0	109	69:53.5	13.3	1:09.8	80	19:10	9:35	1:57:08.0
103	9/14	218	Beth Klosowski	46	F	97	27:12.9	3:15.2	99	64:18.9	14.5	2:17.8	91	20:20	10:10	1:57:23.8
104	10/14	157	BARB MICKELSON	42	F	100	27:22.6	1:44.2	104	66:54.5	13.9	0:46.6	103	21:08	10:34	1:57:55.4
105	6/8	4	PINK LADIES		T	116	32:03.3	0:27.1	98	63:35.6	14.6	0:25.6	106	22:16	11:08	1:58:47.4
106	7/8	3	CHICKS LOVE 40 ROCK		T	115	31:03.4	0:40.9	105	67:11.6	13.8	0:31.3	105	21:57	10:59	2:01:23.9
107	7/7	102	JOSEPH ALIOTA	54	M	88	25:56.4	1:27.4	112	70:54.9	13.1	1:13.5	109	23:09	11:35	2:02:41.0
108	6/6	145	AMANDA KAUFMAN	20	F	96	27:08.3	2:33.5	119	74:43.0	12.4	1:04.6	87	20:00	10:00	2:05:29.2
109	20/29	146	ANDREA KAY	36	F	120	32:38.5	2:07.6	96	63:17.8	14.7	2:23.6	119	25:15	12:38	2:05:41.8
110	18/18	162	THOMAS NICHOLS	39	M	119	32:37.7	2:08.1	97	63:18.7	14.7	1:42.3	122	25:56	12:58	2:05:42.3
111	11/14	115	DAEDRE CARLSON	40	F	113	30:30.7	2:29.2	108	69:34.6	13.4	1:52.2	104	21:40	10:50	2:06:05.6
112	8/8	2	DOS FLORES		T	117	32:03.6	0:33.7	111	70:52.2	13.1	0:31.4	107	22:22	11:11	2:06:22.0
113	12/14	194	CHERYL UTKE	43	F	110	29:54.3	0:58.3	106	67:58.4	13.7	0:49.9	124	27:33	13:47	2:07:12.9
114	21/29	117	ANGELA CLOUSE	30	F	108	28:41.8	1:28.5	123	75:27.0	12.3	1:09.9	96	20:40	10:20	2:07:26.6
115	22/29	130	LINDSEY GENNRICH	31	F	107	28:41.7	1:29.0	122	75:24.5	12.3	1:12.3	95	20:40	10:20	2:07:26.8
116	23/23	190	PAUL TESSMER	49	M	118	32:10.1	1:50.7	113	72:36.6	12.8	1:01.0	93	20:23	10:12	2:08:00.7
117	13/14	189	JULIE TESSMER	47	F	121	33:09.6	0:48.2	114	72:41.6	12.8	0:59.9	116	24:33	12:17	2:12:12.1
118	23/29	152	LAURA KOENEN	35	F	114	30:37.9	0:58.4	116	73:09.6	12.7	0:55.4	123	26:47	13:24	2:12:27.4
119	24/29	176	JENNY SCHMITZ	30	F	104	27:52.1	0:50.2	125	79:37.4	11.7	0:57.1	118	24:37	12:19	2:13:52.7
120	25/29	177	SARA-ANN SCHMITZ	34	F	103	27:52.0	0:51.9	124	79:35.2	11.7	0:59.0	117	24:36	12:18	2:13:53.1
121	26/29	214	Amy Blanchard	39	F	122	33:44.9	1:51.2	115	73:03.2	12.7	1:20.2	115	24:32	12:16	2:14:30.6
122	27/29	175	THERESA RIGGS	33	F	111	30:28.5	2:53.2	120	75:12.1	12.4	1:47.9	112	24:16	12:08	2:14:36.9
123	28/29	110	JEAN-MARIE BERNARDS	30	F	112	30:28.7	2:53.2	121	75:12.7	12.4	1:47.6	113	24:16	12:08	2:14:37.6
124	29/29	191	STACIE TOMKINS	39	F	123	34:04.1	1:22.8	117	74:21.7	12.5	0:47.4	121	25:25	12:43	2:16:00.6
125	14/14	207	CONNIE O'CONNELL	45	F	124	34:04.3	1:23.3	118	74:22.6	12.5	0:46.5	120	25:25	12:43	2:16:00.8