

TIMBERMAN TRIATHLON
(International Distance Course)
July 11, 2009
Ruttger's Sugar Lake Lodge, Grand Rapids, Minnesota

1 Mile Swim, 23.8 Mile Bike, 6 Mile Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM plc time	100 yds	TRAN time	BIKE plc time mph	TRAN time plc	RUN time pace	TOTAL TIME					
1	1/17	Dan Cohen	Eden Prairie	MN	35	M	6	20:09	1:09	0:49	1	56:24	25.3	0:43	3	36:06	6:01	1:54:09
2	1/6	Brooks Grossinger	Mayer	MN	32	M	14	20:55	1:12	1:17	2	59:11	24.1	0:44	1	34:23	5:44	1:56:28
3	2/17	Brett Lovaas	Minnetonka	MN	35	M	2	18:18	1:03	1:00	5	59:56	23.8	0:40	6	37:49	6:19	1:57:41
4	3/17	John Shelp	Maple Plain	MN	37	M	4	19:09	1:06	1:01	8	1:00:19	23.7	0:52	7	37:58	6:20	1:59:16
5	4/17	Kevin Preckel	Duluth	MN	38	M	9	20:30	1:10	1:13	4	59:41	23.9	0:47	5	37:22	6:14	1:59:31
6	1/12	Josh Blankenheim	Duluth	MN	29	M	17	21:57	1:15	1:07	9	1:02:02	23.0	0:44	2	34:57	5:50	2:00:45
7	1/2	Reilly Dougherty	Hibbing	MN	19	M	3	18:30	1:04	1:41	7	1:00:08	23.7	1:07	16	40:11	6:42	2:01:35
8	2/6	Steven Hohenstein	Duluth	MN	32	M	8	20:25	1:10	1:26	6	59:58	23.8	0:51	14	39:36	6:36	2:02:14
9	5/17	Jason Midgarden	Golden Valley	MN	37	M	5	19:10	1:06	1:31	19	1:06:11	21.6	1:00	8	38:01	6:21	2:05:52
10	1/8	Greg Taylor	Mankato	MN	55	M	18	21:57	1:15	1:39	10	1:02:16	22.9	0:54	15	39:40	6:37	2:06:23
11	1/11	Michael Johnson	Chippewa Falls	WI	40	M	31	23:11	1:20	1:35	3	59:28	24.0	1:07	26	42:35	7:06	2:07:54
12	2/11	Dan Friedrichs	Mankato	MN	41	M	36	23:53	1:22	1:11	16	1:04:54	22.0	0:48	10	38:33	6:26	2:09:17
13	1/6	Taylor Gombos	Superior	WI	20	M	20	22:22	1:17	1:38	28	1:07:40	21.1	1:39	4	37:21	6:14	2:10:38
14	3/6	Brian Kirkvold	Excelsior	MN	32	M	1	16:41	0:57	1:32	25	1:07:17	21.2	1:04	34	44:13	7:23	2:10:46
15	6/17	Shane Waskey	St Louis Park	MN	35	M	41	24:13	1:23	1:24	15	1:04:30	22.1	0:52	17	40:59	6:50	2:11:55
16	7/17	David Pipho	Duluth	MN	38	M	26	22:54	1:19	1:46	29	1:07:56	21.0	0:47	11	38:46	6:28	2:12:08
17	2/12	Donald Sawyer	Minneapolis	MN	28	M	28	23:03	1:19	2:38	17	1:05:06	21.9	1:02	19	41:09	6:52	2:12:57
18	1/7	Marlo McGaver	Duluth	MN	39	F	97	29:52	1:42	1:20	11	1:02:49	22.7	0:53	12	38:57	6:30	2:13:48
19	2/8	Gary Bork	Eden Prairie	MN	57	M	15	20:59	1:12	1:48	18	1:05:57	21.7	1:01	37	44:27	7:25	2:14:10
20	8/17	Darin Wieneke	St. Paul	MN	35	M	69	27:09	1:33	1:10	24	1:07:16	21.2	0:47	9	38:12	6:22	2:14:32
21	9/17	Steven Kramer	Duluth	MN	37	M	23	22:50	1:18	1:51	21	1:06:36	21.4	0:53	32	43:37	7:17	2:15:45
22	1/6	Patrick McCann	Hudson	WI	54	M	33	23:17	1:20	1:33	23	1:07:08	21.3	1:00	29	42:55	7:10	2:15:52
23	3/12	Paul Miner	Duluth	MN	29	M	43	24:23	1:24	1:57	13	1:04:25	22.2	1:40	33	43:59	7:20	2:16:22
24	3/8	Bill Schmitt	Duluth	MN	56	M	32	23:13	1:20	2:05	12	1:04:18	22.2	1:07	52	46:13	7:43	2:16:54
25	1/4	Angel Hohenstein	Duluth	MN	31	F	59	26:02	1:29	2:00	33	1:08:22	20.9	1:35	13	39:24	6:34	2:17:21
26	4/12	Peter Miner	Duluth	MN	29	M	51	25:19	1:27	1:59	14	1:04:27	22.2	1:44	42	44:50	7:29	2:18:17
27	3/11	Steven Pitschka	Duluth	MN	43	M	25	22:53	1:18	1:08	36	1:08:48	20.8	1:07	36	44:23	7:24	2:18:18
28	10/17	Ryan Saline	Maple Grove	MN	35	M	45	24:31	1:24	1:03	26	1:07:22	21.2	0:38	43	44:55	7:30	2:18:26
29	1/2	Lydia Novotny	Hopkins	MN	26	F	64	26:36	1:31	1:29	32	1:08:16	20.9	1:08	20	41:27	6:55	2:18:53
30	11/17	Rick Gibbs	Woodbury	MN	39	M	7	20:11	1:09	1:17	38	1:09:43	20.5	1:43	61	47:01	7:51	2:19:53
31	2/6	Ed Hirsch	Superior	WI	22	M	10	20:36	1:11	2:21	70	1:15:16	19.0	1:06	18	41:05	6:51	2:20:21
32	4/11	Steven Neuharth	Savage	MN	43	M	49	25:09	1:26	1:44	27	1:07:32	21.1	1:06	46	45:04	7:31	2:20:33
33	1/4	Kelly McCann	Hudson	WI	23	F	12	20:40	1:11	1:23	45	1:11:00	20.1	1:08	55	46:29	7:45	2:20:39
34	5/12	Tyler Olson	Duluth	MN	29	M	47	24:40	1:25	1:59	22	1:06:56	21.3	1:19	50	46:10	7:42	2:21:03
35	12/17	Shawn Nelson	Rogers	MN	35	M	44	24:26	1:24	1:40	48	1:11:48	19.9	1:43	23	41:40	6:57	2:21:15
36	6/12	Clint Agar	Duluth	MN	27	M	16	21:47	1:15	1:30	69	1:14:59	19.0	0:57	30	42:57	7:10	2:22:07
37	3/6	Matt Dodds	Apple Valley	MN	21	M	77	27:52	1:35	1:59	37	1:09:34	20.5	1:35	21	41:31	6:56	2:22:29
38	2/4	Kerri Persons	Duluth	MN	34	F	34	23:34	1:21	1:33	40	1:10:14	20.3	1:08	49	46:10	7:42	2:22:37
39	4/6	Dave Antonson	Duluth	MN	31	M	83	28:36	1:38	3:24	34	1:08:29	20.9	1:41	22	41:35	6:56	2:23:43
40	4/8	Michael Colaizy	Osceola	WI	59	M	98	29:56	1:43	1:52	20	1:06:34	21.5	1:02	38	44:29	7:25	2:23:52
41	1/8	Ann Snuggerud	Chaska	MN	42	F	19	22:16	1:16	2:22	66	1:14:53	19.1	1:30	28	42:54	7:09	2:23:53
42	1/8	David Kittleson	White Bear Lak	MN	49	M	66	26:56	1:32	2:00	35	1:08:42	20.8	1:19	48	45:26	7:35	2:24:20
43	13/17	Troy Adams	Cloquet	MN	38	M	57	25:45	1:28	2:00	31	1:08:15	20.9	1:04	65	47:40	7:57	2:24:42
44	5/11	Eric Johnson	Minnetonka	MN	43	M	24	22:52	1:18	1:41	50	1:11:55	19.9	0:57	63	47:20	7:54	2:24:42
45	6/11	David Schultz	Duluth	MN	42	M	42	24:14	1:23	2:03	30	1:08:14	20.9	2:01	72	48:26	8:05	2:24:56
46	2/4	Nordica Stocker	Minneapolis	MN	24	F	22	22:41	1:18	1:33	60	1:13:49	19.3	0:57	56	46:36	7:46	2:25:33
47	7/11	Mark Augdahl	Chaska	MN	44	M	61	26:17	1:30	2:15	46	1:11:02	20.1	1:47	41	44:49	7:29	2:26:08
48	4/6	Scott Meyer	Baxter	MN	20	M	73	27:13	1:33	2:52	39	1:09:58	20.4	1:28	47	45:06	7:31	2:26:35
49	1/6	Dawn Kittleson	White Bear Lak	MN	46	F	35	23:37	1:21	1:45	58	1:13:36	19.4	1:37	51	46:13	7:43	2:26:47
50	2/8	Kirsten Bich	Duluth	MN	40	F	86	29:09	1:40	1:23	42	1:10:41	20.2	1:04	40	44:41	7:27	2:26:56
51	2/7	Heather Roy	Duluth	MN	35	F	79	28:08	1:36	2:26	44	1:10:45	20.2	1:11	39	44:30	7:25	2:26:57
52	8/11	Jim Cushman	Plymouth	MN	41	M	76	27:47	1:35	1:38	52	1:12:20	19.7	2:50	27	42:40	7:07	2:27:13
53	2/6	Gregg Garretson	Lakeville	MN	52	M	39	24:10	1:23	2:15	57	1:13:19	19.5	1:05	58	46:52	7:49	2:27:40
54	2/8	Steve Gaffer	New Richmond	WI	49	M	30	23:07	1:19	2:02	41	1:10:35	20.2	1:14	80	50:51	8:29	2:27:46
55	3/8	Kris Kolenz	Duluth	MN	44	F	37	24:00	1:22	2:16	56	1:13:10	19.5	1:58	62	47:18	7:53	2:28:40
56	5/8	Mike McCann	Eden Prairie	MN	56	M	74	27:28	1:34	1:52	43	1:10:43	20.2	0:55	67	47:53	7:59	2:28:50
57	3/4	Jessica Rossing	Duluth	MN	24	F	52	25:28	1:27	1:35	83	1:19:17	18.0	0:58	24	41:41	6:57	2:28:56
58	9/11	Todd Phelps	Saint Paul	MN	40	M	53	25:30	1:27	1:28	72	1:15:43	18.9	1:55	35	44:22	7:24	2:28:57
59	3/7	Leanne Bronson	Superior	WI	39	F	54	25:39	1:28	1:43	55	1:13:00	19.6	1:17	64	47:38	7:57	2:29:16
60	3/8	David Talen	Plymouth	MN	48	M	50	25:15	1:27	2:25	64	1:14:42	19.1	1:19	53	46:20	7:44	2:29:59
61	4/8	Cindy Schlafmann	Champlin	MN	43	F	58	25:47	1:28	1:31	71	1:15:21	19.0	0:58	57	46:42	7:47	2:30:17
62	3/4	Lisa Waskey	St Louis Park	MN	31	F	56	25:44	1:28	2:03	74	1:16:11	18.7	1:23	45	45:01	7:31	2:30:22
63	4/7	Denise Kaitala	Duluth	MN	36	F	27	22:59	1:19	1:41	59	1:13:41	19.4	0:49	83	51:34	8:36	2:30:43
64	14/17	Scott Koke	New Brighton	MN	36	M	11	20:39	1:11	2:15	87	1:20:36	17.7	2:05	54	46:23	7:44	2:31:56
65	4/8	Skeeter Moore	Duluth	MN	46	M	75	27:33	1:34	2:16	51	1:12:06	19.8	1:10	59	46:59	7:50	2:32:01
66	7/12	Tony Shoberg	Duluth	MN	26	M	29	23:07	1:19	3:23	62	1:13:55	19.3	2:00	73	49:53	8:19	2:32:16
67	5/6	Ben Nicholson	Iowa City	IA	34	M	96	29:51	1:42	2:38	67	1:14:54	19.1	2:41	25	42:19	7:04	2:32:21
68	2/6	Sondra Mowers	Duluth	MN	45	F	46	24:37	1:24	2:32	49	1:11:49	19.9	1:37	89	52:50	8:49	2:33:23
69	6/8	Jim Miner	Duluth	MN	55	M	71	27:11	1:33	2:22	47	1:11:22	20.0	2:07	81	50:55	8:30	2:33:55
70	5/8	Jeff Roehl	White Bear Lak	MN	48	M	80	28:11	1:37	1:41	61	1:13:52	19.3	1:19	76	50:13	8:23	2:35:14
71	3/6	Jon Byrne	Bovey	MN	53	M	48	24:44	1:25	3:42	54	1:12:46	19.6	1:43	92	53:09	8:52	2:36:02
72	8/12	Jesse Schelitzche	St. Louis Park	MN	28	M	102	31:25	1:48	1:45	80	1:18:28	18.2	1:31	31	43:01	7:11	2:36:09
73	4/6	Terry Wiens	Duluth	MN	52	M	85	29:00	1:39	1:59	73	1:15:59	18.8	1:08	71	48:21	8:04	2:36:26
74	1/5	Carolyn Milbrath	Hudson	WI	52	F	40	24:11	1:23	1:28	77	1:17:11	18.5	1:1				

96	4/4	Anna Zimmerman	Brainerd	MN	21	F	63	26:31	1:31	3:10	95	1:23:08	17.2	1:29	101	58:08	9:42	2:52:24
97	8/8	Rosslyn Kendrick	Duluth	MN	41	F	60	26:15	1:30	2:31	111	1:31:49	15.6	1:55	79	50:34	8:26	2:53:01
98	15/17	Mark Huberty	Maplewood	MN	39	M	105	33:08	1:53	3:44	94	1:22:39	17.3	2:24	82	51:16	8:33	2:53:10
99	5/7	Tracey Campbell	Hugo	MN	38	F	90	29:26	1:41	2:15	113	1:33:27	15.3	1:33	70	48:12	8:02	2:54:50
100	11/11	Pete Wach	Lake Zurich	IL	40	M	62	26:29	1:31	4:34	112	1:32:04	15.5	1:54	74	50:00	8:20	2:54:58
101	1/1	Sheri Schrock	Cohasset	MN	55	F	93	29:39	1:42	2:46	85	1:20:06	17.8	1:34	109	1:01:15	10:13	2:55:17
102	1/3	Stephen Higgins	Centennial	CO	62	M	72	27:13	1:33	4:10	98	1:23:44	17.1	2:15	105	59:32	9:56	2:56:51
103	6/7	Kami Macki	Grand Forks	ND	36	F	94	29:42	1:42	2:53	110	1:31:29	15.6	1:21	96	54:44	9:08	3:00:08
104	7/7	Kristin Anderson	Grand Rapids	MN	39	F	103	31:45	1:49	2:46	100	1:24:27	16.9	1:06	107	1:00:12	10:02	3:00:14
105	16/17	Bill Macki	Grand Forks	ND	36	M	106	33:50	1:56	2:29	101	1:25:42	16.7	1:05	104	59:09	9:52	3:02:12
106	4/5	Carol Erickson	Chanassen	MN	51	F	109	34:25	1:58	2:37	99	1:24:09	17.0	2:00	106	59:44	9:58	3:02:53
107	2/2	Allison Spoelhof	Stewartville	MN	25	F	104	33:05	1:53	4:31	106	1:28:55	16.1	3:31	110	1:01:23	10:14	3:11:23
108	2/3	Herbert Lefler	Minneapolis	MN	63	M	108	34:13	1:57	4:24	103	1:27:00	16.4	2:15	112	1:07:17	11:13	3:15:07
109	5/5	Lois Nilson	Minneapolis	MN	52	F	95	29:48	1:42	3:25	109	1:31:07	15.7	1:47	115	1:10:46	11:48	3:16:52
110	12/12	Phillip Thouin	Grand Rapids	MN	28	M	114	42:52	2:27	5:54	105	1:28:13	16.2	3:31	98	56:36	9:26	3:17:05
111	4/4	Nicole Vaughn	White Bear Lak	MN	34	F	113	38:40	2:12	3:37	114	1:34:02	15.2	2:11	111	1:02:19	10:24	3:20:47
112	3/3	Tom Couillard	White Bear Lak	MN	60	M	89	29:26	1:41	3:40	117	1:49:40	13.0	1:49	108	1:00:52	10:09	3:25:24
113	8/8	Steve Libby	Arden Hills	MN	56	M	115	46:50	2:40	3:29	115	1:34:26	15.1	2:31	103	58:35	9:46	3:25:49
114	6/6	Gary Kubat	Minneapolis	MN	52	M	112	37:38	2:09	3:52	108	1:31:01	15.7	2:47	114	1:10:44	11:48	3:26:01
115	6/6	Linda Hagen	Duluth	MN	46	F	111	36:50	2:06	4:21	116	1:42:07	14.0	1:57	116	1:11:34	11:56	3:36:47
116	1/1	Jerry Lunke	Duluth	MN	71	M	117	53:50	3:04	5:11	107	1:30:45	15.7	2:04	113	1:09:37	11:37	3:41:24
117	17/17	Doran O'Brien	Scandia	MN	38	M	116	51:46	2:57	2:45	102	1:26:42	16.5	2:04	117	1:18:21	13:04	3:41:37

RECEIVED A PENALTY

No.	Name	City	St	Age	S	Penalty	Violation
121	Skeeter Moore	Duluth	MN	46	M	2:00	5.10a Drafting
123	Steve Wiza	Chisago City	MN	48	M	2:00	5.10a Drafting
135	Walter Milbrath	Hudson	WI	54	M	2:00	5.10a Drafting

TEAM RESULTS

TOTAL PLACE	DIV	TEAM	MEMBERS:	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
	PLC			plc	time	time	plc	time	plc	time					
1	1/3	Men Of Steel	= Tom Pogue , John Garrison , Adam Stainiger	1	23:48	1:22	0:57	1	1:08:07	21.0	0:37	1	34:36	5:46	2:08:04
2	1/3	M S R	= Molly Tulek , Seth Nelson , Ryan Sutherland	3	25:47	1:28	0:55	4	1:16:39	18.6	0:32	3	42:20	7:04	2:26:11
3	2/3	E K J	= John Latimer , John Fedje-Johnston , Kevin Friesen	7	37:42	2:09	1:09	2	1:09:35	20.5	0:36	4	42:59	7:10	2:31:58
4	3/3	Ghostriders	= Pat Oman , Erik Blesener , Doug Juntunen	6	35:14	2:01	1:40	3	1:14:50	19.1	0:46	2	40:47	6:48	2:33:15
5	2/3	Tri 3	= Tiffany Osterman , Kathy Kooda , Bob Heinzen	5	29:09	1:40	1:16	5	1:21:53	17.4	0:34	5	47:00	7:50	2:39:50
6	3/3	Lake Country Power	= Dave Kooda , Todd Johnson , Angie Hanttula	2	24:44	1:25	1:06	6	1:28:57	16.1	0:51	6	51:25	8:35	2:47:02
7	1/1	Three For The Road	= Janice Rourk , Beth Jacqmain , Amanda Leinum	4	27:03	1:33	1:00	7	1:33:59	15.2	0:35	7	53:21	8:54	2:55:57

MALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
							plc	time	time	plc	time	plc	time					
1	1	Dan Cohen	Eden Prairie	MN	35	M	6	20:09	1:09	0:49	1	56:24	25.3	0:43	3	36:06	6:01	1:54:09
2	5	Brooks Grossinger	Mayer	MN	32	M	12	20:55	1:12	1:17	2	59:11	24.1	0:44	1	34:23	5:44	1:56:28
3	59	Brett Lovaa	Minnetonka	MN	35	M	2	18:18	1:03	1:00	5	59:56	23.8	0:40	6	37:49	6:19	1:57:41
4	4	John Shelp	Maple Plain	MN	37	M	4	19:09	1:06	1:01	8	1:00:19	23.7	0:52	7	37:58	6:20	1:59:16
5	69	Kevin Preckel	Duluth	MN	38	M	9	20:30	1:10	1:13	4	59:41	23.9	0:47	5	37:22	6:14	1:59:31
6	43	Josh Blankenheim	Duluth	MN	29	M	15	21:57	1:15	1:07	9	1:02:02	23.0	0:44	2	34:57	5:50	2:00:45
7	22	Reilly Dougherty	Hibbing	MN	19	M	3	18:30	1:04	1:41	7	1:00:08	23.7	1:07	14	40:11	6:42	2:01:35
8	48	Steven Hohenstein	Duluth	MN	32	M	8	20:25	1:10	1:26	6	59:58	23.8	0:51	12	39:36	6:36	2:02:14
9	72	Jason Midgarden	Golden Valley	MN	37	M	5	19:10	1:06	1:31	18	1:06:11	21.6	1:00	8	38:01	6:21	2:05:52
10	138	Greg Taylor	Mankato	MN	55	M	16	21:57	1:15	1:39	10	1:02:16	22.9	0:54	13	39:40	6:37	2:06:23
11	102	Michael Johnson	Chippewa Falls	WI	40	M	26	23:11	1:20	1:35	3	59:28	24.0	1:07	22	42:35	7:06	2:07:54
12	104	Dan Friedrichs	Mankato	MN	41	M	29	23:53	1:22	1:11	15	1:04:54	22.0	0:48	10	38:33	6:26	2:09:17
13	24	Taylor Gombos	Superior	WI	20	M	17	22:22	1:17	1:38	27	1:07:40	21.1	1:39	4	37:21	6:14	2:10:38
14	46	Brian Kirkvold	Excelsior	MN	32	M	1	16:41	0:57	1:32	24	1:07:17	21.2	1:04	29	44:13	7:23	2:10:46
15	56	Shane Waskey	St Louis Park	MN	35	M	32	24:13	1:23	1:24	14	1:04:30	22.1	0:52	15	40:59	6:50	2:11:55
16	70	David Pippo	Duluth	MN	38	M	22	22:54	1:19	1:46	28	1:07:56	21.0	0:47	11	38:46	6:28	2:12:08
17	38	Donald Sawyer	Minneapolis	MN	28	M	23	23:03	1:19	2:38	16	1:05:06	21.9	1:02	17	41:09	6:52	2:12:57
18	143	Gary Bork	Eden Prairie	MN	57	M	13	20:59	1:12	1:48	17	1:05:57	21.7	1:01	32	44:27	7:25	2:14:10
19	55	Darin Wieneke	St. Paul	MN	35	M	49	27:09	1:33	1:10	23	1:07:16	21.2	0:47	9	38:12	6:22	2:14:32
20	67	Steven Kramer	Duluth	MN	37	M	19	22:50	1:18	1:51	20	1:06:36	21.4	0:53	27	43:37	7:17	2:15:45
21	137	Patrick McCann	Hudson	WI	54	M	28	23:17	1:20	1:33	22	1:07:08	21.3	1:00	24	42:55	7:10	2:15:52
22	41	Paul Miner	Duluth	MN	29	M	34	24:23	1:24	1:57	12	1:04:25	22.2	1:40	28	43:59	7:20	2:16:22
23	141	Bill Schmitt	Duluth	MN	56	M	27	23:13	1:20	2:05	11	1:04:18	22.2	1:07	42	46:13	7:43	2:16:54
24	42	Peter Miner	Duluth	MN	29	M	41	25:19	1:27	1:59	13	1:04:27	22.2	1:44	35	44:50	7:29	2:18:17
25	110	Steven Pitschka	Duluth	MN	43	M	21	22:53	1:18	1:08	33	1:08:48	20.8	1:07	31	44:23	7:24	2:18:18
26	57	Ryan Saline	Maple Grove	MN	35	M	36	24:31	1:24	1:03	25	1:07:22	21.2	0:38	36	44:55	7:30	2:18:26
27	75	Rick Gibbs	Woodbury	MN	39	M	7	20:11	1:09	1:17	35	1:09:43	20.5	1:43	47	47:01	7:51	2:19:53
28	26	Ed Hirsch	Superior	WI	22	M	10	20:36	1:11	2:21	54	1:15:16	19.0	1:06	16	41:05	6:51	2:20:21
29	111	Steven Neuharth	Savage	MN	43	M	39	25:09	1:26	1:44	26	1:07:32	21.1	1:06	38	45:04	7:31	2:20:33
30	40	Tyler Olson	Duluth	MN	29	M	37	24:40	1:25	1:59	21	1:06:56	21.3	1:19	41	46:10	7:42	2:21:03
31	58	Shawn Nelson	Rogers	MN	35	M	35	24:26	1:24	1:40	41	1:11:48	19.9	1:43	20	41:40	6:57	2:21:15
32	35	Clint Agar	Duluth	MN	27	M	14	21:47	1:15	1:30	53	1:14:59	19.0	0:57	25	42:57	7:10	2:22:07
33	25	Matt Dodds	Apple Valley	MN	21	M	57	27:52	1:35	1:59	34	1:09:34	20.5	1:35	18	41:31	6:56	2:22:29
34	45	Dave Antonson	Duluth	MN	31	M	61	28:36	1:38	3:24	31	1:08:29	20.9	1:41	19	41:35	6:56	2:23:43
35	146	Michael Colaizy	Osceola	WI	59	M	68	29:56	1:43	1:52	19	1:06:34	21.5	1:02	33	44:29	7:25	2:23:52
36	128	David Kittleson	White Bear Lak	MN	49	M	46	26:56	1:32	2:00	32	1:08:42	20.8	1:19	40	45:26	7:35	2:24:20
37	73	Troy Adams	Cloquet	MN	38	M	43	25:45	1:28	2:00	30	1:08:15	20.9	1:04	49	47:40	7:57	2:24:42
38	112	Eric Johnson	Minnetonka	MN	43	M	20	22:52	1:18	1:41	42	1:11:55	19.9	0:57	48	47:20	7:54	2:24:42
39	106	David Schultz	Duluth	MN	42	M	33	24:14	1:23	2:03	29	1:08:14	20.9	2:01	54	48:26	8:05	2:24:56
40	119	Mark Augdahl	Chaska	MN	44	M	44	26:17	1:30	2:15	39	1:11:02	20.1	1:47	34	44:49	7:29	2:26:08
41	23	Scott Meyer	Baxter	MN	20	M												

47	125	David Talen	Plymouth	MN	48	M	40	25:15	1:27	2:25	50	1:14:42	19.1	1:19	43	46:20	7:44	2:29:59
48	65	Scott Koke	New Brighton	MN	36	M	11	20:39	1:11	2:15	65	1:20:36	17.7	2:05	44	46:23	7:44	2:31:56
49	121	Skeeter Moore	Duluth	MN	46	M	55	27:33	1:34	2:16	43	1:12:06	19.8	1:10	46	46:59	7:50	2:32:01
50	31	Tony Shoberg	Duluth	MN	26	M	24	23:07	1:19	3:23	49	1:13:55	19.3	2:00	55	49:53	8:19	2:32:16
51	53	Ben Nicholson	Iowa City	IA	34	M	67	29:51	1:42	2:38	52	1:14:54	19.1	2:41	21	42:19	7:04	2:32:21
52	139	Jim Miner	Duluth	MN	55	M	51	27:11	1:33	2:22	40	1:11:22	20.0	2:07	61	50:55	8:30	2:33:55
53	127	Jeff Roehl	White Bear Lak	MN	48	M	59	28:11	1:37	1:41	48	1:13:52	19.3	1:19	57	50:13	8:23	2:35:14
54	136	Jon Byrne	Bovey	MN	53	M	38	24:44	1:25	3:42	46	1:12:46	19.6	1:43	66	53:09	8:52	2:36:02
55	37	Jesse Schelitzche	St. Louis Park	MN	28	M	71	31:25	1:48	1:45	61	1:18:28	18.2	1:31	26	43:01	7:11	2:36:09
56	130	Terry Wiens	Duluth	MN	52	M	62	29:00	1:39	1:59	56	1:15:59	18.8	1:08	53	48:21	8:04	2:36:26
57	39	Benjamin Nelson	Richfield	MN	28	M	58	28:07	1:36	3:15	60	1:18:15	18.2	1:15	51	48:04	8:01	2:38:53
58	117	Rob Levitz	Ossian	IN	44	M	70	31:03	1:46	2:27	63	1:19:02	18.1	1:27	37	44:59	7:30	2:38:57
59	54	Jeremy Kersten	Bloomington	MN	34	M	47	27:06	1:33	3:22	62	1:18:35	18.2	1:55	59	50:33	8:26	2:41:30
60	144	Rick Wheeler	River Falls	WI	58	M	66	29:37	1:41	1:55	58	1:16:57	18.6	1:21	64	52:15	8:43	2:42:03
61	27	John Loscheider	Little Falls	MN	23	M	65	29:30	1:41	2:11	66	1:21:36	17.5	0:52	52	48:05	8:01	2:42:12
62	126	Ted Schick	Esko	MN	48	M	48	27:08	1:33	2:59	45	1:12:43	19.6	1:29	72	58:03	9:41	2:42:19
63	20	Alex Johnson	Duluth	MN	18	M	30	24:02	1:22	2:44	70	1:23:32	17.1	2:05	58	50:27	8:25	2:42:49
64	28	Greg Spoelhof	Stewartville	MN	24	M	63	29:19	1:40	3:15	51	1:14:50	19.1	1:52	65	53:02	8:51	2:44:16
65	224	Colin Mulcahy	St. Louis Park	MN	28	M	60	28:34	1:38	1:56	64	1:20:07	17.8	1:34	67	53:18	8:53	2:45:28
66	32	Mike Kuzniar	St. Louis Park	MN	26	M	75	35:13	2:01	2:50	57	1:16:37	18.6	1:45	63	51:53	8:39	2:48:16
67	120	Shawn Donohue	Thunder Bay	ON	45	M	69	30:13	1:43	5:21	59	1:17:12	18.5	2:05	69	55:01	9:11	2:49:50
68	123	Steve Wiza	Chisago City	MN	48	M	18	22:25	1:17	5:47	69	1:23:24	17.1	3:26	68	53:41	8:57	2:50:40
69	135	Walter Milbrath	Hudson	WI	54	M	50	27:11	1:33	2:11	67	1:22:21	17.3	1:07	71	57:02	9:31	2:51:49
70	74	Mark Huberty	Maplewood	MN	39	M	72	33:08	1:53	3:44	68	1:22:39	17.3	2:24	62	51:16	8:33	2:53:10
71	100	Pete Wach	Lake Zurich	IL	40	M	45	26:29	1:31	4:34	78	1:32:04	15.5	1:54	56	50:00	8:20	2:54:58
72	148	Stephen Higgins	Centennial	CO	62	M	52	27:13	1:33	4:10	71	1:23:44	17.1	2:15	75	59:32	9:56	2:56:51
73	63	Bill Macki	Grand Forks	ND	36	M	73	33:50	1:56	2:29	72	1:25:42	16.7	1:05	74	59:09	9:52	3:02:12
74	149	Herbert Lefler	Minneapolis	MN	63	M	74	34:13	1:57	4:24	74	1:27:00	16.4	2:15	77	1:07:17	11:13	3:15:07
75	36	Phillip Thouin	Grand Rapids	MN	28	M	77	42:52	2:27	5:54	75	1:28:13	16.2	3:31	70	56:36	9:26	3:17:05
76	147	Tom Couillard	White Bear Lak	MN	60	M	64	29:26	1:41	3:40	80	1:49:40	13.0	1:49	76	1:00:52	10:09	3:25:24
77	140	Steve Libby	Arden Hills	MN	56	M	78	46:50	2:40	3:29	79	1:34:26	15.1	2:31	73	58:35	9:46	3:25:49
78	132	Gary Kubat	Minneapolis	MN	52	M	76	37:38	2:09	3:52	77	1:31:01	15.7	2:47	79	1:10:44	11:48	3:26:01
79	150	Jerry Lunke	Duluth	MN	71	M	80	53:50	3:04	5:11	76	1:30:45	15.7	2:04	78	1:09:37	11:37	3:41:24
80	71	Doran O'Brien	Scandia	MN	38	M	79	51:46	2:57	2:45	73	1:26:42	16.5	2:04	80	1:18:21	13:04	3:41:37

FEMALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								plc	time	time	plc	time	plc	time				
1	191	Marlo McGaver	Duluth	MN	39	F	30	29:52	1:42	1:20	1	1:02:49	22.7	0:53	1	38:57	6:30	2:13:48
2	11	Angel Hohenstein	Duluth	MN	31	F	16	26:02	1:29	2:00	3	1:08:22	20.9	1:35	2	39:24	6:34	2:17:21
3	158	Lydia Novotny	Hopkins	MN	26	F	19	26:36	1:31	1:29	2	1:08:16	20.9	1:08	3	41:27	6:55	2:18:53
4	153	Kelly McCann	Hudson	WI	23	F	1	20:40	1:11	1:23	7	1:11:00	20.1	1:08	11	46:29	7:45	2:20:39
5	162	Kerri Persons	Duluth	MN	34	F	6	23:34	1:21	1:33	4	1:10:14	20.3	1:08	9	46:10	7:42	2:22:37
6	175	Ann Snuggerud	Chaska	MN	42	F	3	22:16	1:16	2:22	15	1:14:53	19.1	1:30	5	42:54	7:09	2:23:53
7	154	Nordica Stocker	Minneapolis	MN	24	F	4	22:41	1:18	1:33	13	1:13:49	19.3	0:57	12	46:36	7:46	2:25:33
8	184	Dawn Kittleson	White Bear Lak	MN	46	F	7	23:37	1:21	1:45	11	1:13:36	19.4	1:37	10	46:13	7:43	2:26:47
9	172	Kirsten Bich	Duluth	MN	40	F	24	29:09	1:40	1:23	5	1:10:41	20.2	1:04	7	44:41	7:27	2:26:56
10	164	Heather Roy	Duluth	MN	35	F	21	28:08	1:36	2:26	6	1:10:45	20.2	1:11	6	44:30	7:25	2:26:57
11	178	Kris Kolenz	Duluth	MN	44	F	8	24:00	1:22	2:16	10	1:13:10	19.5	1:58	15	47:18	7:53	2:28:40
12	155	Jessica Rossing	Duluth	MN	24	F	11	25:28	1:27	1:35	20	1:19:17	18.0	0:58	4	41:41	6:57	2:28:56
13	170	Leanne Bronson	Superior	WI	39	F	12	25:39	1:28	1:43	9	1:13:00	19.6	1:17	16	47:38	7:57	2:29:16
14	177	Cindy Schlafmann	Champlin	MN	43	F	15	25:47	1:28	1:31	17	1:15:21	19.0	0:58	13	46:42	7:47	2:30:17
15	159	Lisa Waskey	St. Louis Park	MN	31	F	14	25:44	1:28	2:03	18	1:16:11	18.7	1:23	8	45:01	7:31	2:30:22
16	166	Denise Kaitala	Duluth	MN	36	F	5	22:59	1:19	1:41	12	1:13:41	19.4	0:49	21	51:34	8:36	2:30:43
17	182	Sondra Mowers	Duluth	MN	45	F	10	24:37	1:24	2:32	8	1:11:49	19.9	1:37	25	52:50	8:49	2:33:23
18	195	Carolyn Milbrath	Hudson	WI	52	F	9	24:11	1:23	1:28	19	1:17:11	18.5	1:15	24	52:40	8:47	2:36:43
19	197	Beth Guck	Andover	MN	53	F	20	26:39	1:31	2:00	25	1:21:42	17.5	1:29	14	47:00	7:50	2:38:49
20	173	Kathryn Tiede	Shoreview	MN	41	F	2	20:44	1:11	4:22	23	1:21:19	17.6	1:50	22	51:38	8:37	2:39:51
21	181	Kim Weibel	San Diego	CA	46	F	25	29:17	1:40	2:54	16	1:14:58	19.0	1:50	23	51:44	8:38	2:40:41
22	171	Renee Neuharth	Savage	MN	43	F	13	25:41	1:28	2:50	21	1:19:59	17.9	2:10	27	53:49	8:59	2:44:27
23	192	Laura Hansen	White Bear Lak	MN	51	F	23	28:43	1:38	3:18	14	1:14:25	19.2	2:10	30	58:16	9:43	2:46:50
24	176	Stephanie Puffer	Hermantown	MN	42	F	22	28:30	1:38	2:06	26	1:22:17	17.4	1:21	26	53:05	8:51	2:47:17
25	188	Judith Peters	St. Cloud	MN	49	F	34	34:02	1:57	2:55	24	1:21:35	17.5	1:47	19	50:07	8:22	2:50:25
26	187	Diane Lang	Burnsville	MN	47	F	31	30:23	1:44	4:12	30	1:27:37	16.3	1:44	17	47:48	7:58	2:51:43
27	151	Anna Zimmerman	Brainerd	MN	21	F	18	26:31	1:31	3:10	27	1:23:08	17.2	1:29	29	58:08	9:42	2:52:24
28	174	Rosslyn Kendrick	Duluth	MN	41	F	17	26:15	1:30	2:31	34	1:31:49	15.6	1:55	20	50:34	8:26	2:53:01
29	168	Tracey Campbell	Hugo	MN	38	F	26	29:26	1:41	2:15	35	1:33:27	15.3	1:33	18	48:12	8:02	2:54:50
30	488	Sheri Schrock	Cohasset	MN	55	F	27	29:39	1:42	2:46	22	1:20:06	17.8	1:34	33	1:01:15	10:13	2:55:17
31	165	Kami Macki	Grand Forks	ND	36	F	28	29:42	1:42	2:53	33	1:31:29	15.6	1:21	28	54:44	9:08	3:00:08
32	169	Kristin Anderson	Grand Rapids	MN	39	F	32	31:45	1:49	2:46	29	1:24:27	16.9	1:06	32	1:00:12	10:02	3:00:14
33	193	Carol Erickson	Chanassen	MN	51	F	35	34:25	1:58	2:37	28	1:24:09	17.0	2:00	31	59:44	9:58	3:02:53
34	157	Allison Spoelhof	Stewartville	MN	25	F	33	33:05	1:53	4:31	31	1:28:55	16.1	3:31	34	1:01:23	10:14	3:11:23
35	194	Lois Nilson	Minneapolis	MN	52	F	29	29:48	1:42	3:25	32	1:31:07	15.7	1:47	36	1:10:46	11:48	3:16:52
36	161	Nicole Vaughn	White Bear Lak	MN	34	F	37	38:40	2:12	3:37	36	1:34:02	15.2	2:11	35	1:02:19	10:24	3:20:47
37	185	Linda Hagen	Duluth	MN	46	F	36	36:50	2:06	4:21	37	1:42:07	14.0	1:57	37	1:11:34	11:56	3:36:47

TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds
1	Brian Kirkvold	MN	32	M	16:41	0:57
2	Brett Lovaas	MN	35	M	18:18	1:03
3	Reilly Dougherty	MN	19	M	18:30	1:04
4	John Shelp	MN	37	M	19:09	1:06
5	Jason Midgarden	MN	37	M	19:10	1:06</

6	Steven Pitschka	Duluth	MN	43	M	1:08
7	Darin Wieneke	St. Paul	MN	35	M	1:10
8	Dan Friedrichs	Mankato	MN	41	M	1:11
9	Kevin Preckel	Duluth	MN	38	M	1:13
10	Brooks Grossinger	Mayer	MN	32	M	1:17

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	Dan Cohen	Eden Prairie	MN	35	M	56:24 25.3
2	Brooks Grossinger	Mayer	MN	32	M	59:11 24.1
3	Michael Johnson	Chippewa Falls	WI	40	M	59:28 24.0
4	Kevin Preckel	Duluth	MN	38	M	59:41 23.9
5	Brett Lovaas	Minnetonka	MN	35	M	59:56 23.8
6	Steven Hohenstein	Duluth	MN	32	M	59:58 23.8
7	Reilly Dougherty	Hibbing	MN	19	M	1:00:08 23.7
8	John Shelp	Maple Plain	MN	37	M	1:00:19 23.7
9	Josh Blankenheim	Duluth	MN	29	M	1:02:02 23.0
10	Greg Taylor	Mankato	MN	55	M	1:02:16 22.9

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Ryan Saline	Maple Grove	MN	35	M	0:38
2	Brett Lovaas	Minnetonka	MN	35	M	0:40
3	Dan Cohen	Eden Prairie	MN	35	M	0:43
4	Josh Blankenheim	Duluth	MN	29	M	0:44
5	Brooks Grossinger	Mayer	MN	32	M	0:44
6	Darin Wieneke	St. Paul	MN	35	M	0:47
7	Kevin Preckel	Duluth	MN	38	M	0:47
8	David Piph	Duluth	MN	38	M	0:47
9	Dan Friedrichs	Mankato	MN	41	M	0:48
10	Denise Kaitala	Duluth	MN	36	F	0:49

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1	Brooks Grossinger	Mayer	MN	32	M	34:23 5:44
2	Adam Stainiger	Cohasset	MN			34:36 5:46
3	Josh Blankenheim	Duluth	MN	29	M	34:57 5:50
4	Dan Cohen	Eden Prairie	MN	35	M	36:06 6:01
5	Taylor Gombos	Superior	WI	20	M	37:21 6:14
6	Kevin Preckel	Duluth	MN	38	M	37:22 6:14
7	Brett Lovaas	Minnetonka	MN	35	M	37:49 6:19
8	John Shelp	Maple Plain	MN	37	M	37:58 6:20
9	Jason Midgarden	Golden Valley	MN	37	M	38:01 6:21
10	Darin Wieneke	St. Paul	MN	35	M	38:12 6:22

MALE AGE GROUP RESULTS 16 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
					plc	time	yds	time	plc	time	pace	TIME		
1	Reilly Dougherty	Hibbing	MN	19	M	1 18:30	1:04	1:41	1 1:00:08	23.7	1:07	1 40:11	6:42	2:01:35
2	Alex Johnson	Duluth	MN	18	M	2 24:02	1:22	2:44	2 1:23:32	17.1	2:05	2 50:27	8:25	2:42:49

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
					plc	time	yds	time	plc	time	pace	TIME		
1	Kelly McCann	Hudson	WI	23	F	1 20:40	1:11	1:23	1 1:11:00	20.1	1:08	2 46:29	7:45	2:20:39
2	Nordica Stocker	Minneapolis	MN	24	F	2 22:41	1:18	1:33	2 1:13:49	19.3	0:57	3 46:36	7:46	2:25:33
3	Jessica Rossing	Duluth	MN	24	F	3 25:28	1:27	1:35	3 1:19:17	18.0	0:58	1 41:41	6:57	2:28:56
4	Anna Zimmerman	Brainerd	MN	21	F	4 26:31	1:31	3:10	4 1:23:08	17.2	1:29	4 58:08	9:42	2:52:24

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
					plc	time	yds	time	plc	time	pace	TIME		
1	Taylor Gombos	Superior	WI	20	M	2 22:22	1:17	1:38	1 1:07:40	21.1	1:39	1 37:21	6:14	2:10:38
2	Ed Hirsch	Superior	WI	22	M	1 20:36	1:11	2:21	5 1:15:16	19.0	1:06	2 41:05	6:51	2:20:21
3	Matt Dodds	Apple Valley	MN	21	M	4 27:52	1:35	1:59	2 1:09:34	20.5	1:35	3 41:31	6:56	2:22:29
4	Scott Meyer	Baxter	MN	20	M	3 27:13	1:33	2:52	3 1:09:58	20.4	1:28	4 45:06	7:31	2:26:35
5	John Loscheider	Little Falls	MN	23	M	6 29:30	1:41	2:11	6 1:21:36	17.5	0:52	5 48:05	8:01	2:42:12
6	Greg Spoelhof	Stewartville	MN	24	M	5 29:19	1:40	3:15	4 1:14:50	19.1	3:52	6 53:02	8:51	2:44:16

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
					plc	time	yds	time	plc	time	pace	TIME		
1	Lydia Novotny	Hopkins	MN	26	F	1 26:36	1:31	1:29	1 1:08:16	20.9	1:08	1 41:27	6:55	2:18:53
2	Allison Spoelhof	Stewartville	MN	25	F	2 33:05	1:53	4:31	2 1:28:55	16.1	3:31	2 1:01:23	10:14	3:11:23

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
					plc	time	yds	time	plc	time	pace	TIME		
1	Josh Blankenheim	Duluth	MN	29	M	2 21:57	1:15	1:07	1 1:02:02	23.0	0:44	1 34:57	5:50	2:00:45
2	Donald Sawyer	Minneapolis	MN	28	M	3 23:03	1:19	2:38	4 1:05:06	21.9	1:02	2 41:09	6:52	2:12:57
3	Paul Miner	Duluth	MN	29	M	5 24:23	1:24	1:57	2 1:04:25	22.2	1:40	5 43:59	7:20	2:16:22

4	Peter Miner	Duluth	MN	29	M	7	25:19	1:27	1:59	3	1:04:27	22.2	1:44	6	44:50	7:29	2:18:17
5	Tyler Olson	Duluth	MN	29	M	6	24:40	1:25	1:59	5	1:06:56	21.3	1:19	7	46:10	7:42	2:21:03
6	Clint Agar	Duluth	MN	27	M	1	21:47	1:15	1:30	7	1:14:59	19.0	0:57	3	42:57	7:10	2:22:07
7	Tony Shoberg	Duluth	MN	26	M	4	23:07	1:19	3:23	6	1:13:55	19.3	2:00	9	49:53	8:19	2:32:16
8	Jesse Schelitzche	St. Louis Park	MN	28	M	10	31:25	1:48	1:45	10	1:18:28	18.2	1:31	4	43:01	7:11	2:36:09
9	Benjamin Nelson	Richfield	MN	28	M	8	28:07	1:36	3:15	9	1:18:15	18.2	1:15	8	48:04	8:01	2:38:53
10	Colin Mulcahy	St. Louis Park	MN	28	M	9	28:34	1:38	1:56	11	1:20:07	17.8	1:34	11	53:18	8:53	2:45:28
11	Mike Kuzniar	St. Louis Park	MN	26	M	11	35:13	2:01	2:50	8	1:16:37	18.6	1:45	10	51:53	8:39	2:48:16
12	Phillip Thouin	Grand Rapids	MN	28	M	12	42:52	2:27	5:54	12	1:28:13	16.2	3:31	12	56:36	9:26	3:17:05

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME		
1	Angel Hohenstein	Duluth	MN	31	F	3	26:02	1:29	2:00	1	1:08:22	20.9	1:35	1	39:24	6:34	2:17:21
2	Kerri Persons	Duluth	MN	34	F	1	23:34	1:21	1:33	2	1:10:14	20.3	1:08	3	46:10	7:42	2:22:37
3	Lisa Waskey	St. Louis Park	MN	31	F	2	25:44	1:28	2:03	3	1:16:11	18.7	1:23	2	45:01	7:31	2:30:22
4	Nicole Vaughn	White Bear Lak	MN	34	F	4	38:40	2:12	3:37	4	1:34:02	15.2	2:11	4	1:02:19	10:24	3:20:47

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME		
1	Brooks Grossinger	Mayer	MN	32	M	3	20:55	1:12	1:17	1	59:11	24.1	0:44	1	34:23	5:44	1:56:28
2	Steven Hohenstein	Duluth	MN	32	M	2	20:25	1:10	1:26	2	59:58	23.8	0:51	2	39:36	6:36	2:02:14
3	Brian Kirkvold	Excelsior	MN	32	M	1	16:41	0:57	1:32	3	1:07:17	21.2	1:04	5	44:13	7:23	2:10:46
4	Dave Antonson	Duluth	MN	31	M	5	28:36	1:38	3:24	4	1:08:29	20.9	1:41	3	41:35	6:56	2:23:43
5	Ben Nicholson	Iowa City	IA	34	M	6	29:51	1:42	2:38	5	1:14:54	19.1	2:41	4	42:19	7:04	2:32:21
6	Jeremy Kersten	Bloomington	MN	34	M	4	27:06	1:33	3:22	6	1:18:35	18.2	1:55	6	50:33	8:26	2:41:30

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME		
1	Marlo McGaver	Duluth	MN	39	F	6	29:52	1:42	1:20	1	1:02:49	22.7	0:53	1	38:57	6:30	2:13:48
2	Heather Roy	Duluth	MN	35	F	3	28:08	1:36	2:26	2	1:10:45	20.2	1:11	2	44:30	7:25	2:26:57
3	Leanne Bronson	Superior	WI	39	F	2	25:39	1:28	1:43	3	1:13:00	19.6	1:17	3	47:38	7:57	2:29:16
4	Denise Kaitala	Duluth	MN	36	F	1	22:59	1:19	1:41	4	1:13:41	19.4	0:49	5	51:34	8:36	2:30:43
5	Tracey Campbell	Hugo	MN	38	F	4	29:26	1:41	2:15	7	1:33:27	15.3	1:33	4	48:12	8:02	2:54:50
6	Kami Macki	Grand Forks	ND	36	F	5	29:42	1:42	2:53	6	1:31:29	15.6	1:21	6	54:44	9:08	3:00:08
7	Kristin Anderson	Grand Rapids	MN	39	F	7	31:45	1:49	2:46	5	1:24:27	16.9	1:06	7	1:00:12	10:02	3:00:14

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME		
1	Dan Cohen	Eden Prairie	MN	35	M	4	20:09	1:09	0:49	1	56:24	25.3	0:43	1	36:06	6:01	1:54:09
2	Brett Lovaas	Minnetonka	MN	35	M	1	18:18	1:03	1:00	3	59:56	23.8	0:40	3	37:49	6:19	1:57:41
3	John Shelp	Maple Plain	MN	37	M	2	19:09	1:06	1:01	4	1:00:19	23.7	0:52	4	37:58	6:20	1:59:16
4	Kevin Preckel	Duluth	MN	38	M	6	20:30	1:10	1:13	2	59:41	23.9	0:47	2	37:22	6:14	1:59:31
5	Jason Midgarden	Golden Valley	MN	37	M	3	19:10	1:06	1:31	6	1:06:11	21.6	1:00	5	38:01	6:21	2:05:52
6	Shane Waskey	St. Louis Park	MN	35	M	10	24:13	1:23	1:24	5	1:04:30	22.1	0:52	8	40:59	6:50	2:11:55
7	David Pippo	Duluth	MN	38	M	9	22:54	1:19	1:46	10	1:07:56	21.0	0:47	7	38:46	6:28	2:12:08
8	Darin Wieneke	St. Paul	MN	35	M	14	27:09	1:33	1:10	8	1:07:16	21.2	0:47	6	38:12	6:22	2:14:32
9	Steven Kramer	Duluth	MN	37	M	8	22:50	1:18	1:51	7	1:06:36	21.4	0:53	10	43:37	7:17	2:15:45
10	Ryan Saline	Maple Grove	MN	35	M	12	24:31	1:24	1:03	9	1:07:22	21.2	0:38	11	44:55	7:30	2:18:26
11	Rick Gibbs	Woodbury	MN	39	M	5	20:11	1:09	1:17	12	1:09:43	20.5	1:43	13	47:01	7:51	2:19:53
12	Shawn Nelson	Rogers	MN	35	M	11	24:26	1:24	1:40	13	1:11:48	19.9	1:43	9	41:40	6:57	2:21:15
13	Troy Adams	Cloquet	MN	38	M	13	25:45	1:28	2:00	11	1:08:15	20.9	1:04	14	47:40	7:57	2:24:42
14	Scott Koke	New Brighton	MN	36	M	7	20:39	1:11	2:15	14	1:20:36	17.7	2:05	12	46:23	7:44	2:31:56
15	Mark Huberty	Maplewood	MN	39	M	15	33:08	1:53	3:44	15	1:22:39	17.3	2:24	15	51:16	8:33	2:53:10
16	Bill Macki	Grand Forks	ND	36	M	16	33:50	1:56	2:29	16	1:25:42	16.7	1:05	16	59:09	9:52	3:02:12
17	Doran O'Brien	Scandia	MN	38	M	17	51:46	2:57	2:45	17	1:26:42	16.5	2:04	17	1:18:21	13:04	3:41:37

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME		
1	Ann Snuggerud	Chaska	MN	42	F	2	22:16	1:16	2:22	3	1:14:53	19.1	1:30	1	42:54	7:09	2:23:53
2	Kirsten Bich	Duluth	MN	40	F	8	29:09	1:40	1:23	1	1:10:41	20.2	1:04	2	44:41	7:27	2:26:56
3	Kris Kolenz	Duluth	MN	44	F	3	24:00	1:22	2:16	2	1:13:10	19.5	1:58	4	47:18	7:53	2:28:40
4	Cindy Schlafmann	Champlin	MN	43	F	5	25:47	1:28	1:31	4	1:15:21	19.0	0:58	3	46:42	7:47	2:30:17
5	Kathryn Tiede	Shoreview	MN	41	F	1	20:44	1:11	4:22	6	1:21:19	17.6	1:50	6	51:38	8:37	2:39:51
6	Renee Neuharth	Savage	MN	43	F	4	25:41	1:28	2:50	5	1:19:59	17.9	2:10	8	53:49	8:59	2:44:27
7	Stephanie Puffer	Hermantown	MN	42	F	7	28:30	1:38	2:06	7	1:22:17	17.4	1:21	7	53:05	8:51	2:47:17
8	Rosslyn Kendrick	Duluth	MN	41	F	6	26:15	1:30	2:31	8	1:31:49	15.6	1:55	5	50:34	8:26	2:53:01

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME		
1	Michael Johnson	Chippewa Falls	WI	40	M	3	23:11	1:20	1:35	1	59:28	24.0	1:07	2	42:35	7:06	2:07:54
2	Dan Friedrichs	Mankato	MN	41	M	4	23:53	1:22	1:11	2	1:04:54	22.0	0:48	1	38:33	6:26	2:09:17
3	Steven Pitschka	Duluth	MN	43	M	2	22:53	1:18	1:08	5	1:08:48	20.8	1:07	5	44:23	7:24	2:18:18
4	Steven Neuharth	Savage	MN	43	M	6	25:09	1:26	1:44	3	1:07:32	21.1	1:06	8	45:04	7:31	2:20:33
5	Eric Johnson	Minnetonka	MN	43	M	1	22:52	1:18	1:41	7	1:11:55	19.9	0:57	9	47:20	7:54	2:24:42
6	David Schultz	Duluth	MN	42	M	5	24:14	1:23	2:03	4	1:08:14	20.9	2:01	10	48:26	8:05	2:24:56
7	Mark Augdahl	Chaska	MN	44	M	8	26:17	1:30	2:15	6	1:11:02	20.1	1:47	6	44:49	7:29	2:26:08
8	Jim Cushman	Plymouth	MN	41	M	10	27:47	1:35	1:38	8	1:12:20	19.7	2:50	3	42:40	7:07	2:27:13
9	Todd Phelps	Saint Paul	MN	40	M	7	25:30	1:27	1:28	9	1:15:43	18.9	1:55	4	44:22	7:24	2:28:57
10	Rob Levitz	Ossian	IN	44	M	11	31:03	1:46	2:27	10	1:19:02	18.1	1:27	7	44:59	7:30	2:38:57
11	Pete Wach	Lake Zurich	IL	40	M	9	26:29	1:31	4:34	11	1:32:04	15.5	1:54	11	50:00	8:20	2:54:58

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Dawn Kittleson	White Bear Lak	MN	46	F	1	23:37	1:21	1:45	2	1:13:36	19.4	1:37	1	46:13	7:43	2:26:47
2 Sondra Mowers	Duluth	MN	45	F	2	24:37	1:24	2:32	1	1:11:49	19.9	1:37	5	52:50	8:49	2:33:23
3 Kim Weibel	San Diego	CA	46	F	3	29:17	1:40	2:54	3	1:14:58	19.0	1:50	4	51:44	8:38	2:40:41
4 Judith Peters	St. Cloud	MN	49	F	5	34:02	1:57	2:55	4	1:21:35	17.5	1:47	3	50:07	8:22	2:50:25
5 Diane Lang	Burnsillve	MN	47	F	4	30:23	1:44	4:12	5	1:27:37	16.3	1:44	2	47:48	7:58	2:51:43
6 Linda Hagen	Duluth	MN	46	F	6	36:50	2:06	4:21	6	1:42:07	14.0	1:57	6	1:11:34	11:56	3:36:47

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 David Kittleson	White Bear Lak	MN	49	M	4	26:56	1:32	2:00	1	1:08:42	20.8	1:19	1	45:26	7:35	2:24:20
2 Steve Gaffer	New Richmond	WI	49	M	2	23:07	1:19	2:02	2	1:10:35	20.2	1:14	5	50:51	8:29	2:27:46
3 David Talen	Plymouth	MN	48	M	3	25:15	1:27	2:25	6	1:14:42	19.1	1:19	2	46:20	7:44	2:29:59
4 Skeeter Moore	Duluth	MN	46	M	6	27:33	1:34	2:16	3	1:12:06	19.8	1:10	3	46:59	7:50	2:32:01
5 Jeff Roehl	White Bear Lak	MN	48	M	7	28:11	1:37	1:41	5	1:13:52	19.3	1:19	4	50:13	8:23	2:35:14
6 Ted Schick	Esko	MN	48	M	5	27:08	1:33	2:59	4	1:12:43	19.6	1:29	8	58:03	9:41	2:42:19
7 Shawn Donohue	Thunder Bay	ON	45	M	8	30:13	1:43	5:21	7	1:17:12	18.5	2:05	7	55:01	9:11	2:49:50
8 Steve Wiza	Chisago City	MN	48	M	1	22:25	1:17	5:47	8	1:23:24	17.1	3:26	6	53:41	8:57	2:50:40

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Carolyn Milbrath	Hudson	WI	52	F	1	24:11	1:23	1:28	2	1:17:11	18.5	1:15	2	52:40	8:47	2:36:43
2 Beth Guck	Andover	MN	53	F	2	26:39	1:31	2:00	3	1:21:42	17.5	1:29	1	47:00	7:50	2:38:49
3 Laura Hansen	White Bear Lak	MN	51	F	3	28:43	1:38	3:18	1	1:14:25	19.2	2:10	3	58:16	9:43	2:46:50
4 Carol Erickson	Chanhasen	MN	51	F	5	34:25	1:58	2:37	4	1:24:09	17.0	2:00	4	59:44	9:58	3:02:53
5 Lois Nilson	Minneapolis	MN	52	F	4	29:48	1:42	3:25	5	1:31:07	15.7	1:47	5	1:10:46	11:48	3:16:52

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Patrick McCann	Hudson	WI	54	M	1	23:17	1:20	1:33	1	1:07:08	21.3	1:00	1	42:55	7:10	2:15:52
2 Gregg Garretson	Lakeville	MN	52	M	2	24:10	1:23	2:15	3	1:13:19	19.5	1:05	2	46:52	7:49	2:27:40
3 Jon Byrne	Bovey	MN	53	M	3	24:44	1:25	3:42	2	1:12:46	19.6	1:43	4	53:09	8:52	2:36:02
4 Terry Wiens	Duluth	MN	52	M	5	29:00	1:39	1:59	4	1:15:59	18.8	1:08	3	48:21	8:04	2:36:26
5 Walter Milbrath	Hudson	WI	54	M	4	27:11	1:33	2:11	5	1:22:21	17.3	1:07	5	57:02	9:31	2:51:49
6 Gary Kubat	Minneapolis	MN	52	M	6	37:38	2:09	3:52	6	1:31:01	15.7	2:47	6	1:10:44	11:48	3:26:01

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Sheri Schrock	Cohasset	MN	55	F	1	29:39	1:42	2:46	1	1:20:06	17.8	1:34	1	1:01:15	10:13	2:55:17

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Greg Taylor	Mankato	MN	55	M	2	21:57	1:15	1:39	1	1:02:16	22.9	0:54	1	39:40	6:37	2:06:23
2 Gary Bork	Eden Prairie	MN	57	M	1	20:59	1:12	1:48	3	1:05:57	21.7	1:01	2	44:27	7:25	2:14:10
3 Bill Schmitt	Duluth	MN	56	M	3	23:13	1:20	2:05	2	1:04:18	22.2	1:07	4	46:13	7:43	2:16:54
4 Michael Colaizy	Osceola	WI	59	M	7	29:56	1:43	1:52	4	1:06:34	21.5	1:02	3	44:29	7:25	2:23:52
5 Mike McCann	Eden Prairie	MN	56	M	5	27:28	1:34	1:52	5	1:10:43	20.2	0:55	5	47:53	7:59	2:28:50
6 Jim Miner	Duluth	MN	55	M	4	27:11	1:33	2:22	6	1:11:22	20.0	2:07	6	50:55	8:30	2:33:55
7 Rick Wheeler	River Falls	WI	58	M	6	29:37	1:41	1:55	7	1:16:57	18.6	1:21	7	52:15	8:43	2:42:03
8 Steve Libby	Arden Hills	MN	56	M	8	46:50	2:40	3:29	8	1:34:26	15.1	2:31	8	58:35	9:46	3:25:49

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Stephen Higgins	Centennial	CO	62	M	1	27:13	1:33	4:10	1	1:23:44	17.1	2:15	1	59:32	9:56	2:56:51
2 Herbert Lefler	Minneapolis	MN	63	M	3	34:13	1:57	4:24	2	1:27:00	16.4	2:15	3	1:07:17	11:13	3:15:07
3 Tom Couillard	White Bear Lak	MN	60	M	2	29:26	1:41	3:40	3	1:49:40	13.0	1:49	2	1:00:52	10:09	3:25:24

MALE AGE GROUP RESULTS 70 - 74

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Jerry Lunke	Duluth	MN	71	M	1	53:50	3:04	5:11	1	1:30:45	15.7	2:04	1	1:09:37	11:37	3:41:24