

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

.3 Mile Swim, 10.8 Mile Bike, 3 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	1/3	Mark Johnson	Grand Rapids	MN	22	M	9	9:11	1:35	1:11	5	29:07	22.3	0:59	1	17:34	5:52	58:01
2	1/15	Adam Himes	Richfield	MN	37	M	47	10:42	1:51	1:07	2	28:35	22.7	0:38	2	17:34	5:52	58:34
3	1/15	James Kelley	Centuria	WI	48	M	20	9:49	1:42	1:29	1	28:10	23.0	0:56	4	18:14	6:05	58:36
4	2/15	Kirk Vesterstein	Duluth	MN	48	M	36	10:22	1:47	1:38	3	28:54	22.4	0:54	7	19:29	6:30	1:01:14
5	1/20	Peter Sandelin	Duluth	MN	31	M	7	9:03	1:34	1:22	12	30:36	21.2	0:38	10	19:45	6:35	1:01:23
6	1/15	Tony Carter	Coleraine	MN	51	M	61	10:59	1:54	1:27	6	29:21	22.1	1:05	9	19:34	6:32	1:02:25
7	2/15	Bay Shock	Woodbury	MN	37	M	54	10:46	1:52	1:19	9	30:08	21.5	0:48	8	19:30	6:30	1:02:28
8	3/15	Philip Rogers	Esko	MN	46	M	42	10:33	1:49	1:29	4	28:59	22.4	1:13	18	20:32	6:51	1:02:44
9	1/14	Eric Anderson	Southlake	TX	25	M	19	9:47	1:42	1:13	25	31:56	20.3	1:11	5	18:40	6:14	1:02:46
10	2/14	Craig Walli	Hibbing	MN	27	M	11	9:15	1:36	1:22	17	31:05	20.8	0:47	16	20:20	6:47	1:02:47
11	1/20	Tara Croteau	Duluth	MN	31	F	39	10:27	1:48	1:44	10	30:22	21.3	0:53	13	20:07	6:43	1:03:32
12	3/15	George Jennings	Proctor	MN	39	M	40	10:28	1:49	1:53	21	31:30	20.6	0:51	6	19:18	6:26	1:03:57
13	3/14	Philip Imholte	Duluth	MN	29	M	4	8:51	1:32	1:42	36	32:46	19.8	0:50	12	20:01	6:41	1:04:07
14	1/12	Jody Quesnell	Roseville	MN	42	F	22	9:52	1:42	1:28	13	30:43	21.1	1:07	32	21:15	7:05	1:04:23
15	2/20	Tara Makinen	Duluth	MN	30	F	34	10:17	1:47	1:34	16	31:03	20.9	0:54	24	20:53	6:58	1:04:39
16	4/15	Wade Lennox	Mora	MN	36	M	25	10:00	1:44	1:15	33	32:33	19.9	0:41	14	20:11	6:44	1:04:39
17	4/15	Rick Abrahamson	Duluth	MN	47	M	14	9:23	1:37	1:32	11	30:35	21.2	1:10	44	22:04	7:22	1:04:41
18	5/15	Chris Morris	Hermantown	MN	38	M	66	11:06	1:55	1:19	19	31:27	20.6	0:53	17	20:25	6:49	1:05:10
19	5/15	Paul Mullaney	Chanhasen	MN	48	M	2	8:42	1:30	1:56	15	31:02	20.9	0:57	53	22:36	7:32	1:05:11
20	1/5	Duane Millslagle	Duluth	MN	59	M	26	10:02	1:44	1:36	27	31:58	20.3	0:57	21	20:44	6:55	1:05:15
21	6/15	Daniel Duff	Duluth	MN	45	M	17	9:39	1:40	2:07	24	31:43	20.4	1:58	11	19:56	6:39	1:05:21
22	1/24	Jena Ogston	Duluth	MN	38	F	15	9:36	1:40	1:31	32	32:14	20.1	0:56	35	21:31	7:11	1:05:46
23	7/15	Paul Cool	Willmar	MN	46	M	5	8:58	1:33	1:47	37	32:47	19.8	1:14	30	21:05	7:02	1:05:50
24	8/15	Patrick Acciani	Minneapolis	MN	45	M	85	11:46	2:02	1:13	30	32:07	20.2	0:52	15	20:12	6:44	1:06:08
25	2/15	Roger Rask	Duluth	MN	53	M	46	10:41	1:51	1:36	23	31:38	20.5	1:09	31	21:08	7:03	1:06:10
26	2/20	Harry Anderson	Duluth	MN	30	M	81	11:29	1:59	1:31	7	29:48	21.7	0:52	54	22:39	7:33	1:06:16
27	3/15	John Healy	St. Paul	MN	52	M	33	10:14	1:46	1:57	22	31:36	20.5	1:01	34	21:30	7:10	1:06:17
28	4/14	Dustin Lucarelli	Livonia	MI	26	M	21	9:50	1:42	1:43	18	31:23	20.6	0:55	52	22:36	7:32	1:06:25
29	3/20	Luther Kemp	Hibbing	MN	30	M	43	10:34	1:50	1:25	20	31:30	20.6	0:50	48	22:13	7:25	1:06:30
30	5/14	Matt Himes	Minneapolis	MN	27	M	82	11:31	1:59	1:27	28	32:02	20.2	0:40	28	21:04	7:02	1:06:41
31	1/4	Cory Carter	Grand Rapids	MN	17	M	13	9:22	1:37	2:31	80	35:50	18.1	1:35	3	17:57	5:59	1:07:12
32	1/11	Amy Klosterman	White Bear Lak	MN	47	F	10	9:13	1:36	1:23	40	33:02	19.6	0:50	59	22:51	7:37	1:07:18
33	4/20	Ryan Rogers	Bemidji	MN	30	M	53	10:45	1:51	1:20	29	32:05	20.2	1:01	46	22:12	7:24	1:07:21
34	2/24	Angie Mracek	Rosemount	MN	38	F	8	9:09	1:35	2:05	42	33:22	19.4	1:04	42	21:53	7:18	1:07:30
35	2/3	Tom Dehler	Saint Paul	MN	24	M	114	12:51	2:13	2:31	14	30:54	21.0	1:33	20	20:38	6:53	1:08:26
36	3/20	Shauna Joas	Eagan	MN	34	F	65	11:04	1:55	1:15	35	32:35	19.9	1:18	62	23:05	7:42	1:09:16
37	3/24	Jody Zeleznikar	Esko	MN	36	F	55	10:48	1:52	1:25	41	33:15	19.5	1:14	22	20:46	6:56	1:09:26
38	2/11	Mary Sands	Saint Paul	MN	48	F	71	11:16	1:57	1:22	48	33:52	19.1	0:50	57	22:43	7:35	1:10:00
39	5/20	Tony Moen	Proctor	MN	33	M	80	11:28	1:59	2:44	50	34:10	19.0	0:48	29	21:04	7:02	1:10:11
40	6/14	Brian Walli	Minneapolis	MN	29	M	75	11:21	1:58	1:58	65	35:04	18.5	1:19	19	20:35	6:52	1:10:15
41	4/15	Dave Suhr	Eden Prairie	MN	50	M	102	12:29	2:09	3:00	31	32:08	20.2	1:18	33	21:27	7:09	1:10:19
42	6/15	Jeffrey Haiskanen	Fargo	ND	39	M	88	12:03	2:05	1:58	53	34:24	18.8	1:12	25	20:57	6:59	1:10:33
43	9/15	Todd Fawcett	Saint Paul	MN	48	M	101	12:28	2:09	2:48	26	31:58	20.3	1:18	43	22:03	7:21	1:10:33
44	4/24	Lisa Himes	Richfield	MN	39	F	59	10:58	1:54	2:08	67	35:08	18.4	0:34	40	21:50	7:17	1:10:36
45	7/15	James Gaul	Bloomington	MN	38	M	62	11:01	1:54	2:17	59	34:49	18.6	2:02	23	20:47	6:56	1:10:55
46	5/15	William Stroozas	Duluth	MN	53	M	30	10:10	1:45	2:03	58	34:31	18.8	1:46	50	22:28	7:30	1:10:56
47	6/15	Al Kutz	Sartell	MN	50	M	51	10:45	1:51	2:19	61	34:53	18.6	1:00	47	22:12	7:24	1:11:08
48	4/20	Rachel Ann Johnson	Duluth	MN	33	F	45	10:40	1:51	1:48	85	36:06	18.0	0:58	38	21:38	7:13	1:11:09
49	1/8	Sarah Berger	Hugo	MN	23	F	73	11:19	1:57	2:08	69	35:11	18.4	1:11	36	21:32	7:11	1:11:20
50	1/14	Mary Langdon	Cloquet	MN	26	F	123	13:12	2:17	1:52	39	32:56	19.7	0:52	55	22:39	7:33	1:11:29
51	1/17	Tim J Walker	Minnetonka	MN	43	M	37	10:25	1:48	1:45	8	30:07	21.5	0:54	158	28:24	9:28	1:11:32
52	7/14	Brett Puffer	Hermantown	MN	25	M	68	11:07	1:55	2:30	63	34:54	18.6	1:21	39	21:48	7:16	1:11:39
53	2/4	Anthony Vecchi	Duluth	MN	17	M	3	8:43	1:30	1:54	55	34:25	18.8	0:55	108	25:56	8:39	1:11:51
54	2/14	Meghan Anderson	Duluth	MN	28	F	18	9:40	1:40	1:47	68	35:09	18.4	0:58	49	22:26	7:29	1:11:58
55	3/4	Bob Carter	Coleraine	MN	17	M	83	11:33	2:00	2:26	52	34:21	18.9	0:51	26	20:58	7:00	1:12:06
56	2/8	Jennifer Lucarelli	Livonia	MI	23	F	24	10:00	1:44	1:53	82	35:51	18.1	0:52	69	23:36	7:52	1:12:11
57	3/8	Kalie Ann Mix	Grand Rapids	MN	21	F	121	13:10	2:17	1:38	34	32:34	19.9	1:09	72	23:50	7:57	1:12:19
58	1/7	Addie Byrne	Bovey	MN	19	F	74	11:20	1:58	1:58	47	33:52	19.1	1:15	77	23:56	7:59	1:12:19
59	2/17	Matt Evans	Eau Claire	WI	43	M	1	8:31	1:28	1:20	38	32:51	19.7	1:58	143	27:46	9:16	1:12:25
60	5/24	Mina Bradley	Duluth	MN	36	F	16	9:36	1:40	1:36	83	35:52	18.1	0:59	93	24:56	8:19	1:12:58
61	1/3	Kevin Mullaney	Chanhasen	MN	14	M	58	10:51	1:53	3:55	71	35:17	18.4	0:52	45	22:11	7:24	1:13:03
62	3/14	Ashley Lahti	Hermantown	MN	26	F	49	11:14	1:56	2:18	74	35:27	18.3	0:52	64	23:18	7:46	1:13:07
63	6/20	Rob Morehouse	Superior	WI	32	M	49	10:43	1:51	2:03	95	36:37	17.7	1:20	56	22:41	7:34	1:13:23
64	1/7	Judy Wick	Duluth	MN	53	F	86	11:47	2:02	1:42	64	34:56	18.5	1:27	83	24:20	8:07	1:14:10
65	8/15	Joe Dolan	Minneapolis	MN	35	M	92	12:11	2:06	2:47	62	34:54	18.6	1:23	61	22:59	7:40	1:14:12
66	3/17	Tony Tallman	Hopkins	MN	40	M	109	12:42	2:12	1:50	60	34:50	18.6	1:02	75	23:54	7:58	1:14:16
67	4/17	Craig Hanson	Minneapolis	MN	42	M	96	12:18	2:07	2:33	99	36:59	17.5	0:44	51	22:28	7:30	1:15:00
68	8/14	Jonathan Siverson	Mendota Height	MN	28	M	107	12:37	2:11	2:56	102	37:03	17.5	0:53	37	21:37	7:13	1:15:05
69	10/15	Chuck Palokangas	Duluth	MN	46	M	95	12:16	2:07	2:15	78	35:42	18.2	1:00	76	23:55	7:59	1:15:06
70	6/24	Lori Sheedy	Cohasset	MN	38	F	117	13:06	2:16	2:37	72	35:17	18.4	0:50	67	23:24	7:48	1:15:13
71	3/11	Leigh Wright	Duluth	MN	46	F	77	11:23	1:58	1:29	113	37:49	17.1	1:15	68	23:36	7:52	1:15:30
72	2/3	Brad Sandeen	Cohasset	MN	15	M	137	13:31	2:20	2:32	73	35:25	18.3	1:02	65	23:18	7:46	1:15:47
73	5/17	Joel Heckman	Hermantown	MN	43	M	139	13:34	2:21	1:48	56	34:27	18.8	1:05	60	22:55	7:39	1:15:47
74	5/20	Tara Liebergen	Minneapolis	MN	33	F	142	13:40	2:22	2:17	79	35:45	18.1	1:14	63	23:08	7:43	1:16:01
75	6/20	Kathryn Noah	Stillwater	MN	32	F	94	12:14	2:07	3:25	46							

95	7/20	Matthew Kustritz	Grand Rapids	MN	30	M	212	19:01	3:17	3:13	51	34:16	18.9	1:14	27	21:01	7:01	1:18:42
96	9/15	Chris Nylund	Duluth	MN	37	M	148	13:46	2:23	2:02	76	35:30	18.3	1:07	82	24:19	8:07	1:18:43
97	8/17	Jeff Tillman	Cohasset	MN	40	M	146	13:45	2:22	2:55	94	36:37	17.7	0:45	91	24:51	8:17	1:18:51
98	4/7	Anna Mix	Grand Rapids	MN	17	F	28	10:05	1:45	2:04	128	38:30	16.8	0:49	137	27:31	9:11	1:18:58
99	8/24	Toni Tallman	Hopkins	MN	38	F	23	9:59	1:44	1:56	137	38:51	16.7	1:21	128	26:58	9:00	1:19:03
100	9/17	Dave Snuggerud	Chaska	MN	43	M	153	13:53	2:24	2:55	87	36:09	17.9	1:04	97	25:08	8:23	1:19:06
101	8/15	Gregory Dehler	Saint Paul	MN	53	M	178	15:22	2:39	2:10	45	33:41	19.2	1:47	113	26:17	8:46	1:19:16
102	8/20	Matt Fioritto	Duluth	MN	30	M	140	13:36	2:21	3:12	86	36:09	17.9	1:42	87	24:42	8:14	1:19:18
103	9/24	Veronica Kaspaszak	Hermantown	MN	39	F	141	13:38	2:21	1:44	133	38:38	16.8	0:47	85	24:41	8:14	1:19:28
104	10/14	Justin Savstrom	Lakeville	MN	26	M	52	10:45	1:51	2:57	98	36:50	17.6	2:16	121	26:43	8:54	1:19:29
105	4/11	Sara Mullaney	Chanassen	MN	48	F	69	11:14	1:56	3:05	115	37:54	17.1	1:45	103	25:34	8:32	1:19:30
106	9/20	Becky Senft	Maple Plain	MN	34	F	125	13:16	2:17	1:51	81	35:51	18.1	1:29	131	27:09	9:03	1:19:34
107	9/15	Darrol Schmidt	Grand Rapids	MN	54	M	164	14:21	2:29	3:06	118	37:59	17.1	1:27	66	23:21	7:47	1:20:12
108	3/3	James Jylha	Grand Rapids	MN	14	M	79	11:27	1:59	1:26	148	39:14	16.5	1:00	130	27:06	9:02	1:20:12
109	9/14	Kaley Kosak	Grand Rapids	MN	26	F	103	12:30	2:10	3:11	114	37:52	17.1	1:11	104	25:36	8:32	1:20:18
110	2/5	James Bakker	Marcell	MN	62	M	144	13:42	2:22	2:59	125	38:14	16.9	2:07	71	23:38	7:53	1:20:38
111	10/17	Romesh Lakhan	Duluth	MN	41	M	104	12:31	2:10	3:43	106	37:30	17.3	2:09	90	24:51	8:17	1:20:42
112	10/15	Tom Lesage	Superior	WI	37	M	129	13:21	2:18	2:18	75	35:28	18.3	2:07	146	27:55	9:19	1:21:07
113	11/17	Brett Kinney	Duluth	MN	42	M	57	10:51	1:52	3:59	167	40:20	16.1	2:12	73	23:52	7:58	1:21:11
114	10/20	Lisa Midgarden	Golden Valley	MN	32	F	50	10:44	1:51	3:06	129	38:32	16.8	2:02	127	26:49	8:57	1:21:11
115	5/11	Mary Carlson	Moose Lake Rd	MN	48	F	76	11:22	1:58	2:18	107	37:31	17.3	2:00	149	28:03	9:21	1:21:12
116	11/20	Desiree Holm	Cloquet	MN	33	F	152	13:52	2:24	2:28	164	40:14	16.1	1:03	70	23:37	7:53	1:21:13
117	2/5	Steve Regli	Lakeville	MN	57	M	171	14:38	2:32	2:32	90	36:19	17.8	1:49	109	25:57	8:39	1:21:13
118	9/20	Matthew Zelen	Shakopee	MN	33	M	6	9:02	1:34	2:56	160	40:04	16.2	0:55	161	28:28	9:30	1:21:24
119	10/24	Erica Chopskie	Cloquet	MN	36	F	72	11:16	1:57	1:47	141	39:05	16.6	0:49	162	28:33	9:31	1:21:28
120	3/12	Tania Meyer	Pengilly	MN	42	F	196	16:26	2:50	1:47	116	37:55	17.1	1:25	84	24:27	8:09	1:21:58
121	10/20	Mitchell Noah	Stillwater	MN	30	M	110	12:43	2:12	2:31	109	37:38	17.2	1:39	141	27:39	9:13	1:22:08
122	3/5	Clint Moen	Duluth	MN	62	M	63	11:04	1:55	3:13	100	37:02	17.5	1:52	171	29:33	9:51	1:22:41
123	11/14	Thomas Besonen	Minneapolis	MN	26	M	158	14:05	2:26	2:26	145	39:13	16.5	0:28	118	26:33	8:51	1:22:43
124	4/8	Kimbra Kosak	Grand Rapids	MN	22	F	130	13:22	2:18	2:53	142	39:05	16.6	1:13	112	26:15	8:45	1:22:46
125	4/12	Kris Ebert	Waconia	MN	41	F	199	16:36	2:52	2:02	151	39:23	16.5	0:54	80	24:03	8:01	1:22:56
126	12/20	Sarah Pierce	Grand Rapids	MN	33	F	124	13:14	2:17	1:45	140	39:03	16.6	0:46	154	28:12	9:24	1:22:59
127	10/15	Joseph Muller	Grand Rapids	MN	51	M	154	13:54	2:24	2:02	124	38:14	16.9	0:48	151	28:08	9:23	1:23:03
128	11/24	Jill Kaske	Superior	WI	38	F	128	13:21	2:18	2:06	155	39:32	16.4	1:24	123	26:44	8:55	1:23:04
129	2/7	Julie Higginson	Plymouth	MN	50	F	105	12:31	2:10	2:53	158	39:52	16.3	1:09	120	26:40	8:54	1:23:04
130	10/14	Janna Johnson	Grand Rapids	MN	25	F	135	13:27	2:19	2:06	121	38:12	17.0	1:24	152	28:09	9:23	1:23:17
131	11/20	Matt Hoppe	Hutchinson	MN	32	M	116	13:03	2:15	2:20	163	40:12	16.1	1:02	122	26:43	8:55	1:23:19
132	6/11	Melody Pekarek	St. Louis Park	MN	46	F	160	14:17	2:28	3:36	146	39:13	16.5	0:49	102	25:30	8:30	1:23:22
133	5/7	Anja Morris	Hermantown	MN	16	F	161	14:17	2:28	1:44	93	36:34	17.7	1:35	169	29:14	9:45	1:23:22
134	12/20	Brian Grzybowski	Lino Lakes	MN	30	M	169	14:33	2:31	2:27	149	39:19	16.5	0:45	114	26:25	8:49	1:23:28
135	11/15	Russell Savstrom	Stillwater	MN	53	M	198	16:33	2:51	3:08	97	36:46	17.6	1:08	111	26:03	8:41	1:23:36
136	12/24	Valerie Morris	Hermantown	MN	39	F	176	15:11	2:37	2:08	104	37:20	17.4	1:29	139	27:34	9:12	1:23:39
137	1/3	Susanne Bakken	Duluth	MN	59	F	127	13:18	2:18	2:23	126	38:14	16.9	1:40	150	28:06	9:22	1:23:40
138	13/15	Thomas Frick	Grand Rapids	MN	48	M	149	13:47	2:23	2:02	179	41:24	15.7	0:50	105	25:50	8:37	1:23:51
139	13/24	Anita Henderson	Detroit Lakes	MN	35	F	133	13:23	2:19	1:54	150	39:22	16.5	0:59	159	28:25	9:29	1:24:02
140	5/12	Beth Solie Phelps	Plymouth	MN	42	F	188	15:50	2:44	2:26	89	36:14	17.9	2:09	140	27:36	9:12	1:24:13
141	13/20	Mike Consie	Duluth	MN	34	M	113	12:49	2:13	4:41	174	41:00	15.8	1:48	86	24:42	8:14	1:24:59
142	12/17	David Gunnarson	Duluth	MN	40	M	118	13:06	2:16	3:12	165	40:15	16.1	1:17	135	27:21	9:07	1:25:09
143	12/15	Doug Jost	Centerville	MN	54	M	132	13:23	2:19	2:42	144	39:12	16.5	1:44	153	28:12	9:24	1:25:10
144	6/12	Jennifer Hofman	Bloomington	MN	41	F	213	19:15	3:19	2:14	123	38:14	16.9	1:35	78	24:02	8:01	1:25:17
145	14/24	Ladawn Kovala	Cohasset	MN	36	F	151	13:52	2:24	2:20	139	39:03	16.6	1:06	166	29:01	9:41	1:25:20
146	13/17	Andrew Miller	Eagan	MN	44	M	143	13:42	2:22	2:40	122	38:13	17.0	1:10	174	29:40	9:54	1:25:22
147	3/5	Joe Kandiko	Excelsior	MN	59	M	91	12:09	2:06	2:05	111	37:44	17.2	1:59	185	31:30	10:30	1:25:25
148	14/20	Joel Boblit	Stillwater	MN	33	M	98	12:21	2:08	2:29	108	37:38	17.2	1:28	191	32:19	10:47	1:26:12
149	15/20	Steve Oberstar	Circle Pines	MN	30	M	183	15:38	2:42	2:40	130	38:32	16.8	1:26	160	28:26	9:29	1:26:41
150	5/8	Annie Wyman	St. Cloud	MN	24	F	97	12:20	2:08	3:25	159	39:59	16.2	1:52	168	29:13	9:45	1:26:47
151	7/11	Pamela Garretson	Lakeville	MN	47	F	187	15:47	2:44	2:12	182	41:31	15.6	1:34	107	25:52	8:38	1:26:55
152	14/17	Tim Fox	Grand Rapids	MN	44	M	185	15:42	2:43	3:52	136	38:46	16.7	1:25	136	27:24	9:08	1:27:07
153	11/15	Robert McDonald	Duluth	MN	39	M	222	21:27	3:42	3:23	88	36:12	17.9	1:23	100	25:20	8:27	1:27:44
154	7/12	Shani Johnson	Chippewa Falls	WI	44	F	205	17:34	3:02	1:59	134	38:39	16.8	1:37	164	28:45	9:35	1:28:32
155	12/15	William Chopskie	Cloquet	MN	37	M	197	16:29	2:51	4:19	91	36:25	17.8	1:07	179	30:16	10:06	1:28:34
156	4/4	John Cutshall	Duluth	MN	18	M	31	10:11	1:46	2:12	197	42:52	15.1	0:51	195	32:39	10:53	1:28:44
157	8/12	Rebecca Chandler	Bovey	MN	44	F	200	17:05	2:57	2:41	162	40:10	16.1	2:22	117	26:31	8:51	1:28:46
158	6/7	Lauren Savstrom	Stillwater	MN	19	F	100	12:25	2:09	4:01	206	44:17	14.6	1:13	129	27:03	9:01	1:28:56
159	13/15	Greg Lanzo	Cohasset	MN	51	M	179	15:24	2:39	2:49	153	39:30	16.4	1:23	177	29:54	9:58	1:28:59
160	14/15	David Turnham	Duluth	MN	53	M	84	11:45	2:02	3:12	172	40:54	15.8	1:37	188	31:58	10:40	1:29:25
161	15/17	Alan Jylha	Grand Rapid	MN	40	M	93	12:14	2:07	1:01	119	38:03	17.0	1:26	216	36:46	12:16	1:29:28
162	6/8	Hilary Huntley	Grand Rapids	MN	20	F	29	10:09	1:45	4:51	184	42:03	15.4	0:56	186	31:34	10:32	1:29:30
163	15/24	Kelly Moen	Proctor	MN	39	F	166	14:26	2:30	2:24	196	42:49	15.1	1:37	155	28:19	9:27	1:29:33
164	16/17	Robert Lucas	Duluth	MN	43	M	193	16:17	2:49	4:19	131	38:36	16.8	1:45	163	28:40	9:34	1:29:36
165	13/15	Jacob Salmi	Andover	MN	38	M	108	12:39	2:11	1:56	190	42:21	15.3	1:26	184	31:26	10:29	1:29:46
166	7/8	Erin Donahue	Duluth	MN	21	F	90	12:07	2:06	2:36	207	44:22	14.6	1:10	176	29:51	9:57	1:30:04
167	11/14	Becky Johnson	Hermantown	MN	29	F	155	13:56	2:24	3:57	138	38:52	16.7	1:19	190	32:15	10:45	1:30:17
168	12/14	Martha Miltich	Grand Rapids	MN	29	F	195	16:26	2:50	3:33	215	45:54	14.1	0:45	74	23:52	7:58	1:30:28
169	16/20	Chris Prudhomme	Big Lake	MN	34													

200	11/12	Leslie Skelly	New Brighton	MN	42	F	202	17:24	3:00	4:35	195	42:42	15.2	1:42	173	29:38	9:53	1:35:58
201	1/2	Jean Wood	Excelsior	MN	60	F	159	14:14	2:27	3:16	166	40:19	16.1	1:19	217	36:58	12:20	1:36:04
202	20/20	Chris Waskey	St. Louis Park	MN	30	M	216	19:49	3:25	2:17	161	40:05	16.2	1:05	197	32:52	10:58	1:36:06
203	18/20	Amanda Peterson	St. Louis Park	MN	32	F	208	18:17	3:09	3:26	154	39:31	16.4	1:40	203	33:40	11:14	1:36:32
204	20/24	Heather Freeberg	Hibbing	MN	36	F	214	19:21	3:20	3:59	185	42:05	15.4	1:44	172	29:33	9:51	1:36:40
205	15/15	Gregory Nacker	Vadnais Height	MN	37	M	186	15:42	2:43	7:15	199	42:58	15.1	3:39	144	27:48	9:16	1:37:19
206	7/7	Sara Schmitt	Duluth	MN	18	F	112	12:47	2:12	4:36	223	51:28	12.6	1:42	133	27:19	9:07	1:37:50
207	14/14	Lisa Consie	Duluth	MN	29	F	147	13:46	2:23	3:04	211	45:14	14.3	1:46	208	34:25	11:29	1:38:13
208	13/14	Zach Serre	Minneapolis	MN	28	M	145	13:43	2:22	4:12	200	43:13	15.0	2:53	209	34:54	11:38	1:38:53
209	10/11	Kathy Timm	Grand Rapids	MN	49	F	181	15:32	2:41	4:16	188	42:15	15.3	1:09	214	36:06	12:02	1:39:17
210	12/12	Valerie Blanchenay	Jacobson	MN	44	F	218	19:53	3:26	3:07	147	39:13	16.5	1:40	213	35:31	11:51	1:39:22
211	19/20	Sara Knutson	Big Lake	MN	34	F	204	17:30	3:01	4:00	218	47:28	13.7	2:51	142	27:41	9:14	1:39:29
212	11/11	Lisa Davis	Savage	MN	46	F	219	19:58	3:27	3:14	187	42:10	15.4	1:17	198	33:01	11:01	1:39:38
213	5/7	Amy Croonquist	North Oaks	MN	50	F	119	13:08	2:16	3:13	219	47:32	13.6	2:37	204	33:44	11:15	1:40:12
214	21/24	Mary McDonald	Duluth	MN	36	F	194	16:25	2:50	4:23	205	44:03	14.7	1:23	212	35:06	11:42	1:41:17
215	20/20	Molly Ziells	Duluth	MN	30	F	206	17:40	3:03	2:46	214	45:48	14.1	1:40	205	33:44	11:15	1:41:37
216	22/24	Shelly Tischler	Superior	WI	39	F	207	17:53	3:05	2:35	217	47:04	13.8	1:45	193	32:25	10:49	1:41:41
217	15/15	Michael Wilson	Woodbury	MN	53	M	217	19:51	3:26	5:05	198	42:57	15.1	1:10	207	33:58	11:20	1:43:00
218	14/14	Brian Breemeersch	Proctor	MN	28	M	203	17:28	3:01	3:30	221	49:06	13.2	1:28	206	33:57	11:19	1:45:27
219	23/24	Rachel Hable	St. Paul	MN	36	F	182	15:34	2:41	2:21	191	42:22	15.3	1:23	223	45:36	15:12	1:47:13
220	6/7	Susan Mattis Turnh	Duluth	MN	54	F	189	15:56	2:45	5:06	183	41:59	15.4	1:55	222	45:34	15:12	1:50:28
221	3/3	Georgia Kandiko	Excelsior	MN	56	F	223	21:53	3:47	4:41	220	47:58	13.5	1:40	218	37:44	12:35	1:53:54
222	7/7	Linda Wiza	Chisago City	MN	51	F	215	19:40	3:24	4:42	212	45:15	14.3	3:01	220	41:41	13:54	1:54:17
223	24/24	Kimberly Lakhani	Duluth	MN	38	F	209	18:38	3:13	4:53	224	51:34	12.6	2:07	221	43:21	14:27	2:00:31
224	2/2	Ladonna Peterson	Crookston	MN	60	F	220	20:13	3:29	5:41	216	46:08	14.0	2:56	224	49:05	16:22	2:04:01

#### PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
PLC	PLC	NAME	CITY	ST	AGE	S	plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1	1/1	Henry Eichman	Duluth	MN	32	M	5	11:02	1:54	1:22	1	30:31	21.2	0:47	1	17:50	5:57	1:01:30
2	1/4	Terry Lesage	Superior	WI	40	M	2	9:05	1:34	3:38	2	35:13	18.4	2:19	2	27:55	9:19	1:18:07
3	2/4	Tom Champaigne	Superior	WI	40	M	1	7:49	1:21	3:59	4	38:54	16.7	2:21	3	29:54	9:58	1:24:56
4	1/1	Carter Rohling	Lakeville	MN							6	54:23	11.9	1:15	4	42:54	14:18	1:56:24
5	1/1	Mark Stange	Shoreview	MN	63	M	7	14:31	2:30	2:29	3	38:19	16.9	2:17				
6	1/1	Ann Stein	St. Paul	MN	45	F	8	22:23	3:52	3:50	5	43:34	14.9	2:06				
7	1/1	Kevin Block	Farmington	MN	39	M	3	9:14	1:36									
8	3/4	Tim Quesnell	Roseville	MN	43	M	4	9:17	1:36	1:43								
9	4/4	Chris Bysse	Plymouth	MN	42	M	6	12:03	2:05	2:25								
10	1/1	Barbara Kennedy	St. Paul	MN	37	F												

#### RECEIVED A PENALTY

No.	Name	City	St	Age	S	Penalty
89	Kari Borgman	Grand Rapids	MN			2:00 5.10f Position
205	Bob Carter	Coleraine	MN	17	M	2:00 5.10a Drafting
252	Chris Nylund	Duluth	MN	37	M	2:00 5.10a Drafting
265	Tom Champaigne	Superior	WI	40	M	2:00 5.10a Draftinb
290	Joel Heckman	Hermantown	MN	43	M	2:00 5.10a Drafting
386	Meghan Anderson	Duluth	MN	28	F	2:00 5.10a Drafting
414	Jody Zeleznikar	Esko	MN	36	F	2:00 5.10a Drafting
489	Nancy Roehr	Minneapolis	MN	56	F	2:00 5.10a Drafting

#### TEAM RESULTS

TOTAL	DIV	PLC	PLC	TEAM	MEMBERS:	SWIMMER,	BIKER,	RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
PLC	PLC	TEAM	MEMBERS:	SWIMMER,	BIKER,	RUNNER	plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1	1/5	B R R = Mary Jo Behr , Andrew Tillman , Kimberly Rostvold					1	9:18	1:36	0:59	1	31:45	20.4	0:32	4	21:59	7:20	1:04:31
2	1/4	Team Vaneps = Zack Vaneps , Luke Vaneps , Seth Vaneps					5	9:52	1:42	0:45	3	34:52	18.6	0:32	3	20:02	6:41	1:06:02
3	2/4	J And N = John Ellis , John Ellis , Nate Waech					8	11:29	1:59	2:14	2	33:59	19.1	0:39	1	19:18	6:26	1:07:37
4	3/4	S S C = Bryan Sandeen , Somer Schrock , Honza Cervenka					7	10:55	1:53	0:55	5	35:15	18.4	0:38	5	22:26	7:29	1:10:07
5	2/5	2 Beauties And A Beast = Connor Schmidt , Mike Maguire , Karen Jorgensen					2	9:26	1:38	0:59	7	37:14	17.4	0:51	7	23:49	7:57	1:12:18
6	4/4	M P 1 = Bob Lindahl , Ron Childs , Brad Belich					9	12:10	2:06	1:10	6	35:23	18.3	0:41	8	23:50	7:57	1:13:13
7	1/6	Super H T H = Hanna Yoki , Tanja Mattonen , Hailey Cook					3	9:43	1:41	0:55	10	40:07	16.2	0:48	6	23:07	7:43	1:14:38
8	2/6	The 3 Non-Blondes = Kari Borgman , Marlo Gangi , Sarah Yankowiak					14	14:11	2:27	1:13	4	34:55	18.6	0:48	9	24:19	8:07	1:17:23
9	3/5	Hopeful To Finish = Chuck Allen , Sue Allen , Tony Baker					6	10:32	1:49	0:51	11	40:07	16.2	0:47	10	25:09	8:23	1:17:24
10	3/6	3 Musketeers = Meghan Allen , Bailey Tillman , Erin Baker					10	12:25	2:09	0:54	13	44:12	14.7	0:34	2	19:25	6:29	1:17:29
11	4/6	Just Kidding = Anne Tofte , Pam Mark , Carrie Thorvig					15	14:25	2:29	1:05	9	37:46	17.2	0:45	11	25:24	8:28	1:19:23
12	5/6	Grossingers = Kristina Grossinger , Mariel Grossinger , Dawn Grossinger					13	14:07	2:26	1:07	8	37:38	17.2	0:44	14	28:06	9:22	1:21:39
13	6/6	Wild Irish Rose = Linnea Soular , Patty Carlin-Janssen , Rose Villeneuve					12	12:59	2:15	1:04	12	42:19	15.3	0:55	13	27:05	9:02	1:24:20
14	4/5	2 F O = Bryan Feldhaus , Megan Owens , Claire Feldhaus					11	12:50	2:13	1:08	14	44:37	14.5	0:49	15	30:47	10:16	1:30:08
15	5/5	Two Tri Geeks & A Newbie = Jake Savstrom , Nancy Savstrom , Angie Savstrom					4	9:51	1:42	1:23	15	1:05:03	10.0	0:44	12	26:01	8:41	1:43:00

#### MALE RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
PLC	PLC	NAME	CITY	ST	AGE	S	plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1	209	Mark Johnson	Grand Rapids	MN	22	M	8	9:11	1:35	1:11	5	29:07	22.3	0:59	1	17:34	5:52	58:01
2	255	Adam Himes	Richfield	MN	37	M	29	10:42	1:51	1:07	2	28:35	22.7	0:38	2	17:34	5:52	58:34
3	308	James Kelley	Centuria	WI	48	M	14	9:49	1:42	1:29	1	28:10	23.0	0:56	4	18:14	6:05	58:36
4	304	Kirk Vesterstein	Duluth	MN	48	M	21	10:22	1:47	1:38	3	28:54	22.4	0:54	7	19:29	6:30	1:01:14
5	238	Peter Sandelin	Duluth	MN	31	M	7	9:03	1:34	1:22	11	30:36	21.2	0:38	10	19:45	6:35	1:01:23

6	318	Tony Carter	Coleraine	MN	51	M	38	10:59	1:54	1:27	6	29:21	22.1	1:05	9	19:34	6:32	1:02:25
7	251	Bay Shock	Woodbury	MN	37	M	34	10:46	1:52	1:19	9	30:08	21.5	0:48	8	19:30	6:30	1:02:28
8	299	Philip Rogers	Esko	MN	46	M	26	10:33	1:49	1:29	4	28:59	22.4	1:13	17	20:32	6:51	1:02:44
9	213	Eric Anderson	Southlake	TX	25	M	13	9:47	1:42	1:13	22	31:56	20.3	1:11	5	18:40	6:14	1:02:46
10	217	Craig Walli	Hibbing	MN	27	M	9	9:15	1:36	1:22	14	31:05	20.8	0:47	15	20:20	6:47	1:02:47
11	262	George Jennings	Proctor	MN	39	M	24	10:28	1:49	1:53	18	31:30	20.6	0:51	6	19:18	6:26	1:03:57
12	227	Philip Imholte	Duluth	MN	29	M	4	8:51	1:32	1:42	30	32:46	19.8	0:50	12	20:01	6:41	1:04:07
13	64	Wade Lennox	Mora	MN	36	M	16	10:00	1:44	1:15	29	32:33	19.9	0:41	13	20:11	6:44	1:04:39
14	306	Rick Abrahamson	Duluth	MN	47	M	11	9:23	1:37	1:32	10	30:35	21.2	1:10	35	22:04	7:22	1:04:41
15	258	Chris Morris	Hermantown	MN	38	M	41	11:06	1:55	1:19	16	31:27	20.6	0:53	16	20:25	6:49	1:05:10
16	307	Paul Mullaney	Chanhassen	MN	48	M	2	8:42	1:30	1:56	13	31:02	20.9	0:57	43	22:36	7:32	1:05:11
17	334	Duane Millslagle	Duluth	MN	59	M	17	10:02	1:44	1:36	24	31:58	20.3	0:57	20	20:44	6:55	1:05:15
18	297	Daniel Duff	Duluth	MN	45	M	12	9:39	1:40	2:07	21	31:43	20.4	1:58	11	19:56	6:39	1:05:21
19	302	Paul Cool	Willmar	MN	46	M	5	8:58	1:33	1:47	31	32:47	19.8	1:14	27	21:05	7:02	1:05:50
20	298	Patrick Acciani	Minneapolis	MN	45	M	51	11:46	2:02	1:13	27	32:07	20.2	0:52	14	20:12	6:44	1:06:08
21	323	Roger Rask	Duluth	MN	53	M	28	10:41	1:51	1:36	20	31:38	20.5	1:09	28	21:08	7:03	1:06:10
22	237	Harry Anderson	Duluth	MN	30	M	47	11:29	1:59	1:31	7	29:48	21.7	0:52	44	22:39	7:33	1:06:16
23	319	John Healy	St. Paul	MN	52	M	20	10:14	1:46	1:57	19	31:36	20.5	1:01	30	21:30	7:10	1:06:17
24	215	Dustin Lucarelli	Livonia	MI	26	M	15	9:50	1:42	1:43	15	31:23	20.6	0:55	42	22:36	7:32	1:06:25
25	232	Luther Kemp	Hibbing	MN	30	M	27	10:34	1:50	1:25	17	31:30	20.6	0:50	39	22:13	7:25	1:06:30
26	218	Matt Himes	Minneapolis	MN	27	M	48	11:31	1:59	1:27	25	32:02	20.2	0:40	25	21:04	7:02	1:06:41
27	495	Cory Carter	Grand Rapids	MN	17	M	10	9:22	1:37	2:31	57	35:50	18.1	1:35	3	17:57	5:59	1:07:12
28	226	Ryan Rogers	Bemidji	MN	30	M	33	10:45	1:51	1:20	26	32:05	20.2	1:01	37	22:12	7:24	1:07:21
29	212	Tom Dehler	Saint Paul	MN	24	M	71	12:51	2:13	2:31	12	30:54	21.0	1:33	19	20:38	6:53	1:08:26
30	243	Tony Moen	Proctor	MN	33	M	46	11:28	1:59	2:44	37	34:10	19.0	0:48	26	21:04	7:02	1:10:11
31	221	Brian Walli	Minneapolis	MN	29	M	43	11:21	1:58	1:58	51	35:04	18.5	1:19	18	20:35	6:52	1:10:15
32	314	Dave Suhr	Eden Prairie	MN	50	M	62	12:29	2:09	3:00	28	32:08	20.2	1:18	29	21:27	7:09	1:10:19
33	263	Jeffrey Haiskanen	Fargo	ND	39	M	53	12:03	2:05	1:58	40	34:24	18.8	1:12	22	20:57	6:59	1:10:33
34	310	Todd Fawcett	Saint Paul	MN	48	M	61	12:28	2:09	2:48	23	31:58	20.3	1:18	34	22:03	7:21	1:10:33
35	259	James Gaul	Bloomington	MN	38	M	39	11:01	1:54	2:17	46	34:49	18.6	2:02	21	20:47	6:56	1:10:55
36	321	William Stroozas	Duluth	MN	53	M	18	10:10	1:45	2:03	45	34:31	18.8	1:46	40	22:28	7:30	1:10:56
37	317	Al Kutz	Sartell	MN	50	M	31	10:45	1:51	2:19	48	34:53	18.6	1:00	38	22:12	7:24	1:11:08
38	108	Tim J Walker	Minnetonka	MN	43	M	22	10:25	1:48	1:45	8	30:07	21.5	0:54	87	28:24	9:28	1:11:32
39	311	Brett Puffer	Hermantown	MN	25	M	42	11:07	1:55	2:30	50	34:54	18.6	1:21	32	21:48	7:16	1:11:39
40	204	Anthony Vecchi	Duluth	MN	17	M	3	8:43	1:30	1:54	42	34:25	18.8	0:55	66	25:56	8:39	1:11:51
41	205	Bob Carter	Coleraine	MN	17	M	49	11:33	2:00	2:26	39	34:21	18.9	0:51	23	20:58	7:00	1:12:06
42	291	Matt Evans	Eau Claire	WI	43	M	1	8:31	1:28	1:20	32	32:51	19.7	1:58	81	27:46	9:16	1:12:25
43	201	Kevin Mullaney	Chanhassen	MN	14	M	37	10:51	1:53	3:55	52	35:17	18.4	0:52	36	22:11	7:24	1:13:03
44	239	Rob Morehouse	Superior	WI	32	M	30	10:43	1:51	2:03	65	36:37	17.7	1:20	45	22:41	7:34	1:13:23
45	61	Joe Dolan	Minneapolis	MN	35	M	55	12:11	2:06	2:47	49	34:54	18.6	1:23	47	22:59	7:40	1:14:12
46	277	Tony Tallman	Hopkins	MN	40	M	67	12:42	2:12	1:50	47	34:50	18.6	1:02	52	23:54	7:58	1:14:16
47	283	Craig Hanson	Minneapolis	MN	42	M	58	12:18	2:07	2:33	68	36:59	17.5	0:44	41	22:28	7:30	1:15:00
48	222	Jonathan Siverson	Mendota Height	MN	28	M	65	12:37	2:11	2:56	70	37:03	17.5	0:53	31	21:37	7:13	1:15:05
49	300	Chuck Palokangas	Duluth	MN	46	M	57	12:16	2:07	2:15	56	35:42	18.2	1:00	53	23:55	7:59	1:15:06
50	203	Brad Sandeen	Cohasset	MN	15	M	79	13:31	2:20	2:32	53	35:25	18.3	1:02	48	23:18	7:46	1:15:47
51	290	Joel Heckman	Hermantown	MN	43	M	80	13:34	2:21	1:48	43	34:27	18.8	1:05	46	22:55	7:39	1:15:47
52	296	David Pederson	Duluth	MN	45	M	25	10:30	1:49	2:27	71	37:17	17.4	2:06	54	24:02	8:01	1:16:21
53	219	Billy Dehler	St. Paul	MN	27	M	93	14:18	2:28	2:16	41	34:25	18.8	0:54	58	24:42	8:14	1:16:34
54	327	Mark Rauschenfels	Duluth	MN	54	M	52	11:58	2:04	2:03	33	33:29	19.4	1:22	84	27:55	9:19	1:16:45
55	337	Ronald Grossinger	St. Michael	MN	61	M	75	13:17	2:18	2:31	44	34:27	18.8	1:10	64	25:29	8:30	1:16:52
56	303	Marc Chiodo	Minneapolis	MN	47	M	72	13:02	2:15	1:48	36	34:00	19.1	2:40	68	26:01	8:41	1:17:28
57	287	Todd Ratcliff	St. Paul	MN	43	M	35	10:49	1:52	3:05	75	37:39	17.2	1:14	62	25:18	8:26	1:18:04
58	284	Mark Czech	Hastings	MN	42	M	106	16:05	2:47	3:13	58	35:52	18.1	1:10	33	21:53	7:18	1:18:11
59	207	Bryan Sergot	Grand Rapids	MN	22	M	60	12:22	2:08	2:00	34	33:31	19.3	0:59	94	29:44	9:55	1:18:34
60	231	Matthew Kustritz	Grand Rapids	MN	30	M	112	19:01	3:17	3:13	38	34:16	18.9	1:14	24	21:01	7:01	1:18:42
61	252	Chris Nylund	Duluth	MN	37	M	86	13:46	2:23	2:02	55	35:30	18.3	1:07	55	24:19	8:07	1:18:43
62	276	Jeff Tillman	Cohasset	MN	40	M	85	13:45	2:22	2:55	64	36:37	17.7	0:45	60	24:51	8:17	1:18:51
63	286	Dave Snuggerud	Chaska	MN	43	M	89	13:53	2:24	2:55	60	36:09	17.9	1:04	61	25:08	8:23	1:19:06
64	325	Gregory Dehler	Saint Paul	MN	53	M	101	15:22	2:39	2:10	35	33:41	19.2	1:47	70	26:17	8:46	1:19:16
65	235	Matt Fioritto	Duluth	MN	30	M	81	13:36	2:21	3:12	59	36:09	17.9	1:42	57	24:42	8:14	1:19:18
66	214	Justin Savstrom	Lakeville	MN	26	M	32	10:45	1:51	2:57	67	36:50	17.6	2:16	73	26:43	8:54	1:19:29
67	326	Darrol Schmidt	Grand Rapids	MN	54	M	94	14:21	2:29	3:06	77	37:59	17.1	1:27	49	23:21	7:47	1:20:12
68	202	James Jylha	Grand Rapids	MN	14	M	45	11:27	1:59	1:26	88	39:14	16.5	1:00	76	27:06	9:02	1:20:12
69	339	James Bakker	Marcell	MN	62	M	83	13:42	2:22	2:59	81	38:14	16.9	2:07	50	23:38	7:53	1:20:38
70	280	Romesh Lakhani	Duluth	MN	41	M	63	12:31	2:10	3:43	72	37:30	17.3	2:09	59	24:51	8:17	1:20:42
71	254	Tom Lesage	Superior	WI	37	M	76	13:21	2:18	2:18	54	35:28	18.3	2:07	83	27:55	9:19	1:21:07
72	282	Brett Kinney	Duluth	MN	42	M	36	10:51	1:52	3:59	96	40:20	16.1	2:12	51	23:52	7:58	1:21:11
73	331	Steve Regli	Lakeville	MN	57	M	98	14:38	2:32	2:32	62	36:19	17.8	1:49	67	25:57	8:39	1:21:13
74	242	Matthew Zelen	Shakopee	MN	33	M	6	9:02	1:34	2:56	92	40:04	16.2	0:55	89	28:28	9:30	1:21:24
75	230	Mitchell Noah	Stillwater	MN	30	M	68	12:43	2:12	2:31	74	37:38	17.2	1:39	80	27:39	9:13	1:22:08
76	338	Clint Moen	Duluth	MN	62	M	40	11:04	1:55	3:13	69	37:02	17.5	1:52	92	29:33	9:51	1:22:41
77	216	Thomas Besonen	Minneapolis	MN	26	M	91	14:05	2:26	2:26	87	39:13	16.5	0:28	72	26:33	8:51	1:22:43
78	315	Joseph Muller	Grand Rapids	MN	51	M	90	13:54	2:24	2:02	80	38:14	16.9	0:48	85	28:08	9:23	1:23:03
79	240	Matt Hoppe	Hutchinson	MN	32	M	73	13:03	2:15	2:20	94	40:12	16.1	1:02	74	26:43	8:55	1:23:19
80	234	Brian Grzybowski	Lino Lakes	MN	30	M	97	14:33	2:31	2:27	89	39:19	16.5	0:45	71	26:25	8:49	1:23:28
81	322	Russell Savstrom	Stillwater	MN	53	M	110	16:33	2:51	3:08	66	36:46	17.6	1:08	69	26:03	8:41	1:23:36
82	309	Thomas Frick	Grand Rapids	MN	48	M	87	13:47	2:23	2:02	104	41:24	15.					

111	47	Jeff Kalm	Cloquet	MN	32	M	23	10:26	1:48	3:18	109	42:37	15.2	0:57	116	37:59	12:40	1:35:16
112	228	Chris Waskey	St. Louis Park	MN	30	M	113	19:49	3:25	2:17	93	40:05	16.2	1:05	108	32:52	10:58	1:36:06
113	253	Gregory Nacker	Vadnais Height	MN	37	M	105	15:42	2:43	7:15	112	42:58	15.1	3:39	82	27:48	9:16	1:37:19
114	223	Zach Serre	Minneapolis	MN	28	M	84	13:43	2:22	4:12	113	43:13	15.0	2:53	112	34:54	11:38	1:38:53
115	320	Michael Wilson	Woodbury	MN	53	M	114	19:51	3:26	5:05	111	42:57	15.1	1:10	111	33:58	11:20	1:43:00
116	220	Brian Breemeersch	Proctor	MN	28	M	111	17:28	3:01	3:30	116	49:06	13.2	1:28	110	33:57	11:19	1:45:27

FEMALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
								plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1	397	Tara Croteau	Duluth	MN	31	F	16	10:27	1:48	1:44	1	30:22	21.3	0:53	1	20:07	6:43	1:03:32	
2	457	Jody Quesnell	Roseville	MN	42	F	7	9:52	1:42	1:28	2	30:43	21.1	1:07	4	21:15	7:05	1:04:23	
3	395	Tara Makinen	Duluth	MN	30	F	14	10:17	1:47	1:34	3	31:03	20.9	0:54	3	20:53	6:58	1:04:39	
4	430	Jena Ogston	Duluth	MN	38	F	4	9:36	1:40	1:31	4	32:14	20.1	0:56	5	21:31	7:11	1:05:46	
5	471	Amy Klosterman	White Bear Lak	MN	47	F	2	9:13	1:36	1:23	8	33:02	19.6	0:50	14	22:51	7:37	1:07:18	
6	431	Angie Mracek	Rosemount	MN	38	F	1	9:09	1:35	2:05	10	33:22	19.4	1:04	9	21:53	7:18	1:07:30	
7	412	Shauna Joas	Eagan	MN	34	F	25	11:04	1:55	1:15	6	32:35	19.9	1:18	15	23:05	7:42	1:09:16	
8	414	Jody Zeleznikar	Esco	MN	36	F	21	10:48	1:52	1:25	9	33:15	19.5	1:14	2	20:46	6:56	1:09:26	
9	473	Mary Sands	Saint Paul	MN	48	F	29	11:16	1:57	1:22	13	33:52	19.1	0:50	12	22:43	7:35	1:10:00	
10	440	Lisa Himes	Richfield	MN	39	F	22	10:58	1:54	2:08	16	35:08	18.4	0:34	8	21:50	7:17	1:10:36	
11	465	Rachel Ann Johnson	Duluth	MN	33	F	18	10:40	1:51	1:48	27	36:06	18.0	0:58	7	21:38	7:13	1:11:09	
12	368	Sarah Berger	Hugo	MN	23	F	31	11:19	1:57	2:08	18	35:11	18.4	1:11	6	21:32	7:11	1:11:20	
13	375	Mary Langdon	Cloquet	MN	26	F	49	13:12	2:17	1:52	7	32:56	19.7	0:52	11	22:39	7:33	1:11:29	
14	386	Meghan Anderson	Duluth	MN	28	F	6	9:40	1:40	1:47	17	35:09	18.4	0:58	10	22:26	7:29	1:11:58	
15	366	Jennifer Lucarelli	Livonia	MI	23	F	9	10:00	1:44	1:53	25	35:51	18.1	0:52	20	23:36	7:52	1:12:11	
16	362	Kallie Ann Mix	Grand Rapids	MN	17	F	47	13:10	2:17	1:38	5	32:34	19.9	1:09	22	23:50	7:57	1:12:19	
17	359	Addie Byrne	Bovey	MN	21	F	32	11:20	2:18	1:58	12	33:52	19.1	1:15	24	23:56	7:59	1:12:19	
18	422	Mina Bradley	Duluth	MN	36	F	5	9:36	1:40	1:36	26	35:52	18.1	0:59	33	24:56	8:19	1:12:58	
19	376	Ashley Lahti	Hermantown	MN	26	F	28	11:14	1:56	2:18	21	35:27	18.3	0:52	17	23:18	7:46	1:13:07	
20	196	Judy Wick	Duluth	MN	53	F	35	11:47	2:02	1:42	14	34:56	18.5	1:27	28	24:20	8:07	1:14:10	
21	429	Lori Sheedy	Cohasset	MN	38	F	44	13:06	2:16	2:37	20	35:17	18.4	0:50	18	23:24	7:48	1:15:13	
22	467	Leigh Wright	Duluth	MN	46	F	34	11:23	1:58	1:29	37	37:49	17.1	1:15	19	23:36	7:52	1:15:30	
23	405	Tara Liebergen	Minneapolis	MN	33	F	61	13:40	2:22	2:17	23	35:45	18.1	1:14	16	23:08	7:43	1:16:01	
24	399	Kathryn Noah	Stillwater	MN	32	F	38	12:14	2:07	3:25	11	33:51	19.1	1:47	32	24:55	8:19	1:16:09	
25	402	Amara Hill	St. Louis Park	MN	32	F	24	11:04	1:55	2:12	32	37:02	17.5	1:15	35	24:59	8:20	1:16:30	
26	351	Erin Higginson	Plymouth	MN	17	F	3	9:15	1:36	1:52	42	38:06	17.0	0:52	44	26:29	8:50	1:16:33	
27	382	Jessica Silversen	Mendota Height	MN	28	F	15	10:18	1:47	3:26	41	37:58	17.1	0:50	27	24:13	8:05	1:16:43	
28	354	Kelly Kjolrien	Grand Rapids	MN	17	F	48	13:11	2:17	2:22	15	35:07	18.5	0:58	36	25:06	8:22	1:16:43	
29	371	Jessica Schiff	Duluth	MN	25	F	17	10:38	1:50	1:43	19	35:13	18.4	1:14	70	28:20	9:27	1:17:06	
30	459	Petra Cervenkova	Grand Rapids	MN	42	F	67	14:04	2:26	1:51	34	37:24	17.3	1:06	13	22:45	7:35	1:17:08	
31	372	Julie Ruuska	Duluth	MN	25	F	66	13:58	2:25	1:23	29	36:26	17.8	0:38	37	25:17	8:26	1:17:40	
32	417	Julie Kemp	Floodwood	MN	36	F	46	13:10	2:16	2:52	22	35:39	18.2	1:36	31	24:45	8:15	1:18:00	
33	391	Deborah Brzezinski	Superior	WI	29	F	59	13:32	2:20	2:22	31	36:44	17.6	0:50	34	24:58	8:20	1:18:23	
34	394	Nikki Olson	Duluth	MN	30	F	19	10:43	1:51	2:01	36	37:49	17.1	1:05	51	26:47	8:56	1:18:24	
35	385	Devon Brecke	Duluth	MN	28	F	10	10:02	1:44	2:18	46	38:15	16.9	1:21	50	26:45	8:55	1:18:40	
36	353	Anna Mix	Grand Rapids	MN	17	F	11	10:05	1:45	2:04	47	38:30	16.8	0:49	59	27:31	9:11	1:18:58	
37	428	Toni Tallman	Hopkins	MN	38	F	8	9:59	1:44	1:56	53	38:51	16.7	1:21	53	26:58	9:00	1:19:03	
38	439	Veronica Kaspszak	Hermantown	MN	39	F	60	13:38	2:21	1:44	50	38:38	16.8	0:47	30	24:41	8:14	1:19:28	
39	474	Sara Mullaney	Chanhassen	MN	48	F	27	11:14	1:56	3:05	39	37:54	17.1	1:45	39	25:34	8:32	1:19:30	
40	409	Becky Senft	Maple Plain	MN	34	F	51	13:16	2:17	1:51	24	35:51	18.1	1:29	55	27:09	9:03	1:19:34	
41	377	Kaley Kosak	Grand Rapids	MN	26	F	41	12:30	2:10	3:11	38	37:52	17.1	1:11	40	25:36	8:32	1:20:18	
42	400	Lisa Midgarden	Golden Valley	MN	32	F	20	10:44	1:51	3:06	48	38:32	16.8	2:02	52	26:49	8:57	1:21:11	
43	476	Mary Carlson	Moose Lake Rd	MN	48	F	33	11:22	1:58	2:18	35	37:31	17.3	2:00	65	28:03	9:21	1:21:12	
44	407	Desiree Holm	Cloquet	MN	33	F	64	13:52	2:24	2:28	70	40:14	16.1	1:03	21	23:37	7:53	1:21:13	
45	421	Erica Chopskie	Cloquet	MN	36	F	30	11:16	1:57	1:47	57	39:05	16.6	0:49	73	28:33	9:31	1:21:28	
46	458	Tania Meyer	Pengilly	MN	42	F	88	16:22	2:50	1:47	40	37:55	17.1	1:25	29	24:27	8:09	1:21:58	
47	364	Kimbra Kosak	Grand Rapids	MN	22	F	54	13:22	2:18	2:53	58	39:05	16.6	1:13	43	26:15	8:45	1:22:46	
48	452	Kris Ebent	Waconia	MN	41	F	89	16:36	2:52	2:02	62	39:23	16.5	0:54	26	24:03	8:01	1:22:56	
49	404	Sarah Pierce	Grand Rapids	MN	33	F	50	13:14	2:17	1:45	56	39:03	16.6	0:46	68	28:12	9:24	1:22:59	
50	434	Jill Kaske	Superior	WI	38	F	53	13:21	2:18	2:06	64	39:32	16.4	1:24	49	26:44	8:55	1:23:04	
51	480	Julie Higginson	Plymouth	MN	50	F	42	12:31	2:10	2:53	67	39:52	16.3	1:09	48	26:40	8:54	1:23:04	
52	373	Janna Johnson	Grand Rapids	MN	25	F	57	13:27	2:19	2:06	43	38:12	17.0	1:24	67	28:09	9:23	1:23:17	
53	469	Melody Pekarek	St. Louis Park	MN	46	F	69	14:17	2:28	3:36	59	39:13	16.5	0:49	38	25:30	8:30	1:23:22	
54	352	Anja Morris	Hermantown	MN	16	F	70	14:17	2:28	1:44	30	36:34	17.7	1:35	78	29:14	9:45	1:23:22	
55	437	Valerie Morris	Hermantown	MN	39	F	76	15:11	2:37	2:08	33	37:20	17.4	1:29	60	27:34	9:12	1:23:39	
56	492	Susanne Bakken	Duluth	MN	59	F	52	13:18	2:18	2:23	45	38:14	16.9	1:40	66	28:06	9:22	1:23:40	
57	413	Anita Henderson	Detroit Lakes	MN	35	F	55	13:23	2:19	1:54	61	39:22	16.5	0:59	72	28:25	9:29	1:24:02	
58	455	Beth Solie Phelps	Plymouth	MN	42	F	83	15:50	2:44	2:26	28	36:14	17.9	2:09	61	27:36	9:12	1:24:13	
59	451	Jennifer Hofman	Bloomington	MN	41	F	101	19:15	3:19	2:14	44	38:14	16.9	1:35	25	24:02	8:01	1:25:17	
60	416	Ladawn Kovala	Cohasset	MN	36	F	63	13:52	2:24	2:20	55	39:03	16.6	1:06	76	29:01	9:41	1:25:20	
61	369	Annie Wyman	St. Cloud	MN	24	F	39	12:20	2:08	3:25	68	39:59	16.2	1:52	77	29:13	9:45	1:26:47	
62	472	Pamela Garretson	Lakeville	MN	47	F	82	15:47	2:44	2:12	76	41:31	15.6	1:34	42	25:52	8:38	1:26:55	
63	462	Shani Johnson	Chippewa Falls	WI	44	F	94	17:34	3:02	1:59	51	38:39	16.8	1:37	74	28:45	9:35	1:28:32	
64	180	Rebecca Chandler	Bovey	MN	44	F	90	17:05	2:57	2:41	69	40:10	16.1	2:22	46	26:31	8:51	1:28:46	
65	356	Lauren Savstrom	Stillwater	MN	19	F	40	12:25	2:09	4:01	91	44:17	14.6	1:13	54	27:03	9:01	1:28:56	
66	360	Hilary Huntley	Grand Rapids	MN	20	F	12	10:09	1:45	4:51	78	42:03	15.4	0:56	84	31:34	10:32	1:29:30	
67	432	Kelly Moen	Proctor	MN	39	F	71	14:26	2:30	2:24	87	42:49	15.1	1:37	69	28:19	9:27	1:29:33	
68	363	Erin Donahue	Duluth	MN	21	F	37	12:07	2:06	2:36	92	44:22	14.6	1:10	82	29:51	9:57	1:30:04	
69	388	Becky Johnson	Hermantown	MN	29	F	65</												

93	355 Sara Schmitt	Duluth	MN	18 F	43	12:47	2:12	4:36	107	51:28	12.6	1:42	57	27:19	9:07	1:37:50
94	390 Lisa Consie	Duluth	MN	29 F	62	13:46	2:23	3:04	96	45:14	14.3	1:46	97	34:25	11:29	1:38:13
95	477 Kathy Timm	Grand Rapids	MN	49 F	79	15:32	2:41	4:16	82	42:15	15.3	1:09	100	36:06	12:02	1:39:17
96	463 Valerie Blanchenay	Jacobson	MN	44 F	104	19:53	3:26	3:07	60	39:13	16.5	1:40	99	35:31	11:51	1:39:22
97	406 Sara Knutson	Big Lake	MN	34 F	93	17:30	3:01	4:00	103	47:28	13.7	2:51	62	27:41	9:14	1:39:29
98	470 Lisa Davis	Savage	MN	46 F	105	19:58	3:27	3:14	81	42:10	15.4	1:17	90	33:01	11:01	1:39:38
99	482 Amy Croonquist	North Oaks	MN	50 F	45	13:08	2:16	3:13	104	47:32	13.6	2:37	95	33:44	11:15	1:40:12
100	415 Mary McDonald	Duluth	MN	36 F	86	16:25	2:50	4:23	90	44:03	14.7	1:23	98	35:06	11:42	1:41:17
101	392 Molly Ziells	Duluth	MN	30 F	95	17:40	3:03	2:46	99	45:48	14.1	1:40	96	33:44	11:15	1:41:37
102	436 Shelly Tischler	Superior	WI	39 F	96	17:53	3:05	2:35	102	47:04	13.8	1:45	88	32:25	10:49	1:41:41
103	418 Rachel Hable	St. Paul	MN	36 F	80	15:34	2:41	2:21	84	42:22	15.3	1:23	107	45:36	15:12	1:47:13
104	487 Susan Mattis Turnh	Duluth	MN	54 F	84	15:56	2:45	5:06	77	41:59	15.4	1:55	106	45:34	15:12	1:50:28
105	490 Georgia Kandiko	Excelsior	MN	56 F	108	21:53	3:47	4:41	105	47:58	13.5	1:40	103	37:44	12:35	1:53:54
106	483 Linda Wiza	Chisago City	MN	51 F	103	19:40	3:24	4:42	97	45:15	14.3	3:01	104	41:41	13:54	1:54:17
107	433 Kimberly Lakhan	Duluth	MN	38 F	98	18:38	3:13	4:53	108	51:34	12.6	2:07	105	43:21	14:27	2:00:31
108	494 Ladonna Peterson	Crookston	MN	60 F	106	20:13	3:29	5:41	101	46:08	14.0	2:56	108	49:05	16:22	2:04:01

#### TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds
1	Matt Evans	Eau Claire	WI	43 M	8:31	1:28
2	Paul Mullaney	Chanhasen	MN	48 M	8:42	1:30
3	Anthony Vecchi	Duluth	MN	17 M	8:43	1:30
4	Philip Imholte	Duluth	MN	29 M	8:51	1:32
5	Paul Cool	Willmar	MN	46 M	8:58	1:33
6	Matthew Zelen	Shakopee	MN	33 M	9:02	1:34
7	Peter Sandelin	Duluth	MN	31 M	9:03	1:34
8	Angie Mracek	Rosemount	MN	38 F	9:09	1:35
9	Mark Johnson	Grand Rapids	MN	22 M	9:11	1:35
10	Amy Klosterman	White Bear Lak	MN	47 F	9:13	1:36

#### TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1	Alan Jylha	Grand Rapid	MN	40 M	1:01
2	Adam Himes	Richfield	MN	37 M	1:07
3	Mark Johnson	Grand Rapids	MN	22 M	1:11
4	Eric Anderson	Southlake	TX	25 M	1:13
5	Patrick Acciani	Minneapolis	MN	45 M	1:13
6	Wade Lennox	Mora	MN	36 M	1:15
7	Shauna Joas	Eagan	MN	34 F	1:15
8	Bay Shock	Woodbury	MN	37 M	1:19
9	Chris Morris	Hermantown	MN	38 M	1:19
10	Ryan Rogers	Bemidji	MN	30 M	1:20

#### TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	James Kelley	Centuria	WI	48 M	28:10	23.0
2	Adam Himes	Richfield	MN	37 M	28:35	22.7
3	Kirk Vesterstein	Duluth	MN	48 M	28:54	22.4
4	Phillip Rogers	Esko	MN	46 M	28:59	22.4
5	Mark Johnson	Grand Rapids	MN	22 M	29:07	22.3
6	Tony Carter	Coleraine	MN	51 M	29:21	22.1
7	Harry Anderson	Duluth	MN	30 M	29:48	21.7
8	Tim J Walker	Minnetonka	MN	43 M	30:07	21.5
9	Bay Shock	Woodbury	MN	37 M	30:08	21.5
10	Tara Croteau	Duluth	MN	31 F	30:22	21.3

#### TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1	Thomas Besonen	Minneapolis	MN	26 M	0:28
2	Lisa Himes	Richfield	MN	39 F	0:34
3	Julie Ruuska	Duluth	MN	25 F	0:38
4	Adam Himes	Richfield	MN	37 M	0:38
5	Peter Sandelin	Duluth	MN	31 M	0:38
6	Matt Himes	Minneapolis	MN	27 M	0:40
7	Wade Lennox	Mora	MN	36 M	0:41
8	Craig Hanson	Minneapolis	MN	42 M	0:44
9	Deanne Zelen	Shakopee	MN	33 F	0:44
10	Brian Grzybowski	Lino Lakes	MN	30 M	0:45

#### TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1	Mark Johnson	Grand Rapids	MN	22 M	17:34	5:52
2	Adam Himes	Richfield	MN	37 M	17:34	5:52
3	Cory Carter	Grand Rapids	MN	17 M	17:57	5:59
4	James Kelley	Centuria	WI	48 M	18:14	6:05
5	Eric Anderson	Southlake	TX	25 M	18:40	6:14
6	George Jennings	Proctor	MN	39 M	19:18	6:26
7	Nate Waech	Saint Paul	MN		19:18	6:26
8	Erin Baker	Cohasset	MN		19:25	6:29
9	Kirk Vesterstein	Duluth	MN	48 M	19:29	6:30
10	Bay Shock	Woodbury	MN	37 M	19:30	6:30

#### MALE AGE GROUP RESULTS 1 - 15

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1	Kevin Mullaney	Chanhasen	MN	14 M	1	10:51	1:53	3:55	1	35:17	18.4	0:52	1	22:11	7:24	1:13:03
2	Brad Sandeen	Cohasset	MN	15 M	3	13:31	2:20	2:32	2	35:25	18.3	1:02	2	23:18	7:46	1:15:47

3 James Jylha Grand Rapids MN 14 M 2 11:27 1:59 1:26 3 39:14 16.5 1:00 3 27:06 9:02 1:20:12

FEMALE AGE GROUP RESULTS 16 - 19

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 Addie Byrne	Bovey	MN	19	F	3	11:20	1:58	1:58	1	33:52	19.1	1:15	1	23:56	7:59	1:12:19
2 Erin Higginson	Plymouth	MN	17	F	1	9:15	1:36	1:52	4	38:06	17.0	0:52	3	26:29	8:50	1:16:33
3 Kelly Kjolrien	Grand Rapids	MN	17	F	6	13:11	2:17	2:22	2	35:07	18.5	0:58	2	25:06	8:22	1:16:43
4 Anna Mix	Grand Rapids	MN	17	F	2	10:05	1:45	2:04	5	38:30	16.8	0:49	6	27:31	9:11	1:18:58
5 Anja Morris	Hermantown	MN	16	F	7	14:17	2:28	1:44	3	36:34	17.7	1:35	7	29:14	9:45	1:23:22
6 Lauren Savstrom	Stillwater	MN	19	F	4	12:25	2:09	4:01	6	44:17	14.6	1:13	4	27:03	9:01	1:28:56
7 Sara Schmitt	Duluth	MN	18	F	5	12:47	2:12	4:36	7	51:28	12.6	1:42	5	27:19	9:07	1:37:50

MALE AGE GROUP RESULTS 16 - 19

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 Cory Carter	Grand Rapids	MN	17	M	2	9:22	1:37	2:31	3	35:50	18.1	1:35	1	17:57	5:59	1:07:12
2 Anthony Vecchi	Duluth	MN	17	M	1	8:43	1:30	1:54	2	34:25	18.8	0:55	3	25:56	8:39	1:11:51
3 Bob Carter	Coleraine	MN	17	M	4	11:33	2:00	2:26	1	34:21	18.9	0:51	2	20:58	7:00	1:12:06
4 John Cutshall	Duluth	MN	18	M	3	10:11	1:46	2:12	4	42:52	15.1	0:51	4	32:39	10:53	1:28:44

FEMALE AGE GROUP RESULTS 20 - 24

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 Sarah Berger	Hugo	MN	23	F	4	11:19	1:57	2:08	2	35:11	18.4	1:11	1	21:32	7:11	1:11:20
2 Jennifer Lucarelli	Livonia	MI	23	F	1	10:00	1:44	1:53	3	35:51	18.1	0:52	2	23:36	7:52	1:12:11
3 Kalie Ann Mix	Grand Rapids	MN	21	F	7	13:10	2:17	1:38	1	32:34	19.9	1:09	3	23:50	7:57	1:12:19
4 Kimbra Kosak	Grand Rapids	MN	22	F	8	13:22	2:18	2:53	4	39:05	16.6	1:13	4	26:15	8:45	1:22:46
5 Annie Wyman	St. Cloud	MN	24	F	6	12:20	2:08	3:25	5	39:59	16.2	1:52	5	29:13	9:45	1:26:47
6 Hilary Huntley	Grand Rapids	MN	20	F	2	10:09	1:45	4:51	6	42:03	15.4	0:56	7	31:34	10:32	1:29:30
7 Erin Donahue	Duluth	MN	21	F	5	12:07	2:06	2:36	8	44:22	14.6	1:10	6	29:51	9:57	1:30:04
8 Blair Prokop	Grand Rapids	MN	22	F	3	10:58	1:54	3:53	7	42:08	15.4	1:02	8	32:36	10:52	1:30:34

MALE AGE GROUP RESULTS 20 - 24

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 Mark Johnson	Grand Rapids	MN	22	M	1	9:11	1:35	1:11	1	29:07	22.3	0:59	1	17:34	5:52	58:01
2 Tom Dehler	Saint Paul	MN	24	M	3	12:51	2:13	2:31	2	30:54	21.0	1:33	2	20:38	6:53	1:08:26
3 Bryan Sergot	Grand Rapids	MN	22	M	2	12:22	2:08	2:00	3	33:31	19.3	0:59	3	29:44	9:55	1:18:34

FEMALE AGE GROUP RESULTS 25 - 29

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 Mary Langdon	Cloquet	MN	26	F	7	13:12	2:17	1:52	1	32:56	19.7	0:52	2	22:39	7:33	1:11:29
2 Meghan Anderson	Duluth	MN	28	F	1	9:40	1:40	1:47	2	35:09	18.4	0:58	1	22:26	7:29	1:11:58
3 Ashley Lahti	Hermantown	MN	26	F	5	11:14	1:56	2:18	4	35:27	18.3	0:52	3	23:18	7:46	1:13:07
4 Jessica Siverson	Mendota Height	MN	28	F	3	10:18	1:47	3:26	8	37:58	17.1	0:50	5	24:13	8:05	1:16:43
5 Jessica Schiff	Duluth	MN	25	F	4	10:38	1:50	1:43	3	35:13	18.4	1:14	12	28:20	9:27	1:17:06
6 Julie Ruuska	Duluth	MN	25	F	12	13:58	2:25	1:23	5	36:26	17.8	0:38	7	25:17	8:26	1:17:40
7 Deborah Brzezinski	Superior	WI	29	F	9	13:32	2:20	2:22	6	36:44	17.6	0:50	6	24:58	8:20	1:18:23
8 Devon Brecke	Duluth	MN	28	F	2	10:02	1:44	2:18	10	38:15	16.9	1:21	10	26:45	8:55	1:18:40
9 Kaley Kosak	Grand Rapids	MN	26	F	6	12:30	2:10	3:11	7	37:52	17.1	1:11	8	25:36	8:32	1:20:18
10 Janna Johnson	Grand Rapids	MN	25	F	8	13:27	2:19	2:06	9	38:12	17.0	1:24	11	28:09	9:23	1:23:17
11 Becky Johnson	Hermantown	MN	29	F	11	13:56	2:24	3:57	11	38:52	16.7	1:19	13	32:15	10:45	1:30:17
12 Martha Miltich	Grand Rapids	MN	29	F	13	16:26	2:50	3:33	14	45:54	14.1	0:45	4	23:52	7:58	1:30:28
13 Alissa Gallagher	Proctor	MN	29	F	14	18:44	3:14	4:08	12	40:50	15.9	1:22	9	25:52	8:38	1:30:54
14 Lisa Consie	Duluth	MN	29	F	10	13:46	2:23	3:04	13	45:14	14.3	1:46	14	34:25	11:29	1:38:13

MALE AGE GROUP RESULTS 25 - 29

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 Eric Anderson	Southlake	TX	25	M	3	9:47	1:42	1:13	3	31:56	20.3	1:11	1	18:40	6:14	1:02:46
2 Craig Walli	Hibbing	MN	27	M	2	9:15	1:36	1:22	1	31:05	20.8	0:47	3	20:20	6:47	1:02:47
3 Philip Imholte	Duluth	MN	29	M	1	8:51	1:32	1:42	5	32:46	19.8	0:50	2	20:01	6:41	1:04:07
4 Dustin Lucarelli	Livonia	MI	26	M	4	9:50	1:42	1:43	2	31:23	20.6	0:55	8	22:36	7:32	1:06:25
5 Matt Himes	Minneapolis	MN	27	M	8	11:31	1:59	1:27	4	32:02	20.2	0:40	5	21:04	7:02	1:06:41
6 Brian Walli	Minneapolis	MN	29	M	7	11:21	1:58	1:58	8	35:04	18.5	1:19	4	20:35	6:52	1:10:15
7 Brett Puffer	Hermantown	MN	25	M	6	11:07	1:55	2:30	7	34:54	18.6	1:21	7	21:48	7:16	1:11:39
8 Jonathan Siverson	Mendota Height	MN	28	M	9	12:37	2:11	2:56	10	37:03	17.5	0:53	6	21:37	7:13	1:15:05
9 Billy Dehler	St. Paul	MN	27	M	12	14:18	2:28	2:16	6	34:25	18.8	0:54	9	24:42	8:14	1:16:34
10 Justin Savstrom	Lakeville	MN	26	M	5	10:45	1:51	2:57	9	36:50	17.6	2:16	11	26:43	8:54	1:19:29
11 Thomas Besonen	Minneapolis	MN	26	M	11	14:05	2:26	2:26	11	39:13	16.5	0:28	10	26:33	8:51	1:22:43
12 Sam Richie	St. Paul	MN	25	M	13	14:31	2:30	3:30	12	41:15	15.7	2:23	12	32:20	10:47	1:33:57
13 Zach Serre	Minneapolis	MN	28	M	10	13:43	2:22	4:12	13	43:13	15.0	2:53	14	34:54	11:38	1:38:53
14 Brian Breemeersch	Proctor	MN	28	M	14	17:28	3:01	3:30	14	49:06	13.2	1:28	13	33:57	11:19	1:45:27

FEMALE AGE GROUP RESULTS 30 - 34

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 Tara Croteau	Duluth	MN	31	F	3	10:27	1:48	1:44	1	30:22	21.3	0:53	1	20:07	6:43	1:03:32
2 Tara Makinen	Duluth	MN	30	F	2	10:17	1:47	1:34	2	31:03	20.9	0:54	2	20:53	6:58	1:04:39
3 Shauna Joas	Eagan	MN	34	F	8	11:04	1:55	1:15	3	32:35	19.9	1:18	4	23:05	7:42	1:09:16
4 Rachel Ann Johnson	Duluth	MN	33	F	4	10:40	1:51	1:48	7	36:06	18.0	0:58	3	21:38	7:13	1:11:09
5 Tara Liebergen	Minneapolis	MN	33	F	13	13:40	2:22	2:17	5	35:45	18.1	1:14	5	23:08	7:43	1:16:01

6	Kathryn Noah	Stillwater	MN	32	F	10	12:14	2:07	3:25	4	33:51	19.1	1:47	7	24:55	8:19	1:16:09
7	Amara Hill	St. Louis Park	MN	32	F	7	11:04	1:55	2:12	8	37:02	17.5	1:15	8	24:59	8:20	1:16:30
8	Nikki Olson	Duluth	MN	30	F	5	10:43	1:51	2:01	9	37:49	17.1	1:05	10	26:47	8:56	1:18:24
9	Becky Senft	Maple Plain	MN	34	F	12	13:16	2:17	1:51	6	35:51	18.1	1:29	12	27:09	9:03	1:19:34
10	Lisa Midgarden	Golden Valley	MN	32	F	6	10:44	1:51	3:06	10	38:32	16.8	2:02	11	26:49	8:57	1:21:11
11	Desiree Holm	Cloquet	MN	33	F	14	13:52	2:24	2:28	14	40:14	16.1	1:03	6	23:37	7:53	1:21:13
12	Sarah Pierce	Grand Rapids	MN	33	F	11	13:14	2:17	1:45	11	39:03	16.6	0:46	17	28:12	9:24	1:22:59
13	Erin Hoppe	Hutchinson	MN	31	F	15	15:25	2:40	4:04	17	44:54	14.4	0:50	9	26:37	8:53	1:31:49
14	Nicole Lindstrom	Rosemount	MN	34	F	1	10:14	1:46	4:18	16	44:50	14.5	1:21	18	31:36	10:32	1:32:17
15	Danelle Carlson	Apple Valley	MN	33	F	16	17:07	2:57	3:20	15	43:40	14.8	0:59	13	27:20	9:07	1:32:25
16	Deanne Zelen	Shakopee	MN	33	F	9	11:06	1:55	3:34	20	49:48	13.0	0:44	15	27:48	9:16	1:32:58
17	Kate Scheffler	Minneapolis	MN	30	F	20	20:55	3:37	3:20	13	39:36	16.4	1:45	16	27:59	9:20	1:33:33
18	Amanda Peterson	St. Louis Park	MN	32	F	19	18:17	3:09	3:26	12	39:31	16.4	1:40	19	33:40	11:14	1:36:32
19	Sara Knutson	Big Lake	MN	34	F	17	17:30	3:01	4:00	19	47:28	13.7	2:51	14	27:41	9:14	1:39:29
20	Molly Ziells	Duluth	MN	30	F	18	17:40	3:03	2:46	18	45:48	14.1	1:40	20	33:44	11:15	1:41:37

MALE AGE GROUP RESULTS 30 - 34

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	Peter Sandelin	Duluth	MN	31	M	2	9:03	1:34	1:22	2	30:36	21.2	0:38	1	19:45	6:35	1:01:23
2	Harry Anderson	Duluth	MN	30	M	8	11:29	1:59	1:31	1	29:48	21.7	0:52	6	22:39	7:33	1:06:16
3	Luther Kemp	Hibbing	MN	30	M	4	10:34	1:50	1:25	3	31:30	20.6	0:50	5	22:13	7:25	1:06:30
4	Ryan Rogers	Bemidji	MN	30	M	6	10:45	1:51	1:20	4	32:05	20.2	1:01	4	22:12	7:24	1:07:21
5	Tony Moen	Proctor	MN	33	M	7	11:28	1:59	2:44	5	34:10	19.0	0:48	3	21:04	7:02	1:10:11
6	Rob Morehouse	Superior	WI	32	M	5	10:43	1:51	2:03	8	36:37	17.7	1:20	7	22:41	7:34	1:13:23
7	Matthew Kustritz	Grand Rapids	MN	30	M	18	19:01	3:17	3:13	6	34:16	18.9	1:14	2	21:01	7:01	1:18:42
8	Matt Fioritto	Duluth	MN	30	M	13	13:36	2:21	3:12	7	36:09	17.9	1:42	9	24:42	8:14	1:19:18
9	Matthew Zelen	Shakopee	MN	33	M	1	9:02	1:34	2:56	13	40:04	16.2	0:55	15	28:28	9:30	1:21:24
10	Mitchell Noah	Stillwater	MN	30	M	10	12:43	2:12	2:31	10	37:38	17.2	1:39	13	27:39	9:13	1:22:08
11	Matt Hoppe	Hutchinson	MN	32	M	12	13:03	2:15	2:20	15	40:12	16.1	1:02	11	26:43	8:55	1:23:19
12	Brian Grzybowski	Lino Lakes	MN	30	M	16	14:33	2:31	2:27	12	39:19	16.5	0:45	10	26:25	8:49	1:23:28
13	Mike Consie	Duluth	MN	34	M	11	12:49	2:13	4:41	17	41:00	15.8	1:48	8	24:42	8:14	1:24:59
14	Joel Boblit	Stillwater	MN	33	M	9	12:21	2:08	2:29	9	37:38	17.2	1:28	18	32:19	10:47	1:26:12
15	Steve Oberstar	Circle Pines	MN	30	M	17	15:38	2:42	2:40	11	38:32	16.8	1:26	14	28:26	9:29	1:26:41
16	Chris Prudhomme	Big Lake	MN	34	M	15	14:24	2:29	3:36	18	41:13	15.7	1:08	16	30:11	10:04	1:30:31
17	Jared Anderson	Proctor	MN	33	M	14	13:48	2:23	4:07	16	40:58	15.8	1:49	17	30:35	10:12	1:31:15
18	Matt Flaig	Shakopee	MN	33	M	20	22:20	3:51	3:05	19	41:28	15.6	1:10	12	26:49	8:57	1:34:51
19	Jeff Kalm	Cloquet	MN	32	M	3	10:26	1:48	3:18	20	42:37	15.2	0:57	20	37:59	12:40	1:35:16
20	Chris Waskey	St. Louis Park	MN	30	M	19	19:49	3:25	2:17	14	40:05	16.2	1:05	19	32:52	10:58	1:36:06

FEMALE AGE GROUP RESULTS 35 - 39

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	Jena Ogston	Duluth	MN	38	F	2	9:36	1:40	1:31	1	32:14	20.1	0:56	2	21:31	7:11	1:05:46
2	Angie Mracek	Rosemount	MN	38	F	1	9:09	1:35	2:05	3	33:22	19.4	1:04	4	21:53	7:18	1:07:30
3	Jody Zeleznikar	Esko	MN	36	F	5	10:48	1:52	1:25	2	33:15	19.5	1:14	1	20:46	6:56	1:09:26
4	Lisa Himes	Richfield	MN	39	F	6	10:58	1:54	2:08	4	35:08	18.4	0:34	3	21:50	7:17	1:10:36
5	Mina Bradley	Duluth	MN	36	F	3	9:36	1:40	1:36	7	35:52	18.1	0:59	8	24:56	8:19	1:12:58
6	Lori Sheedy	Cohasset	MN	38	F	9	13:06	2:16	2:37	5	35:17	18.4	0:50	5	23:24	7:48	1:15:13
7	Julie Kemp	Floodwood	MN	36	F	10	13:10	2:16	2:52	6	35:39	18.2	1:36	7	24:45	8:15	1:18:00
8	Toni Tallman	Hopkins	MN	38	F	4	9:59	1:44	1:56	10	38:51	16.7	1:21	11	26:58	9:00	1:19:03
9	Veronica Kaspszak	Hermantown	MN	39	F	13	13:38	2:21	1:44	9	38:38	16.8	0:47	6	24:41	8:14	1:19:28
10	Erica Chopskie	Cloquet	MN	36	F	7	11:16	1:57	1:47	12	39:05	16.6	0:49	17	28:33	9:31	1:21:28
11	Jill Kaske	Superior	WI	38	F	11	13:21	2:18	2:06	14	39:32	16.4	1:24	10	26:44	8:55	1:23:04
12	Valerie Morris	Hermantown	MN	39	F	17	15:11	2:37	2:08	8	37:20	17.4	1:29	13	27:34	9:12	1:23:39
13	Anita Henderson	Detroit Lakes	MN	35	F	12	13:23	2:19	1:54	13	39:22	16.5	0:59	16	28:25	9:29	1:24:02
14	Ladawn Kovala	Cohasset	MN	36	F	14	13:52	2:24	2:20	11	39:03	16.6	1:06	18	29:01	9:41	1:25:20
15	Kelly Moen	Proctor	MN	39	F	15	14:26	2:30	2:24	20	42:49	15.1	1:37	14	28:19	9:27	1:29:33
16	Shanti Lakhan	Minneapolis	MN	37	F	19	15:58	2:45	3:37	18	42:16	15.3	1:01	15	28:20	9:27	1:31:09
17	Lisa Fox	Grand Rapids	MN	38	F	16	15:06	2:36	4:22	21	43:18	15.0	1:45	12	27:18	9:06	1:31:49
18	Dianna Kennedy	Minneapolis	MN	37	F	8	12:06	2:05	2:26	15	40:22	16.1	1:26	22	36:12	12:04	1:32:31
19	Janine Cushman	Plymouth	MN	39	F	23	18:53	3:16	5:41	16	41:16	15.7	1:59	9	26:30	8:50	1:34:16
20	Heather Freeberg	Hibbing	MN	36	F	24	19:21	3:20	3:59	17	42:05	15.4	1:44	19	29:33	9:51	1:36:40
21	Mary McDonald	Duluth	MN	36	F	20	16:25	2:50	4:23	22	44:03	14.7	1:23	21	35:06	11:42	1:41:17
22	Shelly Tischler	Superior	WI	39	F	21	17:53	3:05	2:35	23	47:04	13.8	1:45	20	32:25	10:49	1:41:41
23	Rachel Hable	St. Paul	MN	36	F	18	15:34	2:41	2:21	19	42:22	15.3	1:23	24	45:36	15:12	1:47:13
24	Kimberly Lakhan	Duluth	MN	38	F	22	18:38	3:13	4:53	24	51:34	12.6	2:07	23	43:21	14:27	2:00:31

MALE AGE GROUP RESULTS 35 - 39

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	Adam Himes	Richfield	MN	37	M	3	10:42	1:51	1:07	1	28:35	22.7	0:38	1	17:34	5:52	58:34
2	Bay Shock	Woodbury	MN	37	M	4	10:46	1:52	1:19	2	30:08	21.5	0:48	3	19:30	6:30	1:02:28
3	George Jennings	Proctor	MN	39	M	2	10:28	1:49	1:53	4	31:30	20.6	0:51	2	19:18	6:26	1:03:57
4	Wade Lennox	Mora	MN	36	M	1	10:00	1:44	1:15	5	32:33	19.9	0:41	4	20:11	6:44	1:04:39
5	Chris Morris	Hermantown	MN	38	M	6	11:06	1:55	1:19	3	31:27	20.6	0:53	5	20:25	6:49	1:05:10
6	Jeffrey Haiskanen	Fargo	ND	39	M	7	12:03	2:05	1:58	6	34:24	18.8	1:12	7	20:57	6:59	1:10:33
7	James Gaul	Bloomington	MN	38	M	5	11:01	1:54	2:17	7	34:49	18.6	2:02	6	20:47	6:56	1:10:55
8	Joe Dolan	Minneapolis	MN	35	M	8	12:11	2:06	2:47	8	34:54	18.6	1:23	8	22:59	7:40	1:14:12
9	Chris Nylund	Duluth	MN	37	M	11	13:46	2:23	2:02	10	35:30	18.3	1:07	9	24:19	8:07	1:18:43
10	Tom Lesage	Superior	WI	37	M	10	13:21	2:18	2:18	9	35:28	18.3	2:07	13	27:55	9:19	1:21:07
11	Robert McDonald	Duluth	MN	39	M	15	21:27	3:42	3:23	11	36:12	17.9	1:23	10	25:20	8:27	1:27:44
12	William Chopskie	Cloquet	MN	37	M	14	16:29	2:51	4:19	12	36:25	17.8	1:07	14	30:16	10:06	1:28:34
13	Jacob Salmi	Andover	MN	38	M	9	12:39	2:11	1:56	13	42:21	15.3	1:26	15	31:26	10:29	1:29:46
14	Scott Stein	Floodwood	MN	35	M	12	14:40	2:32	4:21	15	43:21	14.9	1:31	11	27:32	9:11	1:31:22
15	Gregory Nacker	Vadnais Height	MN	37	M	13	15:42	2:43	7:15	14	42:58	15.1	3:39	12	27:48	9:16	1:37:19

FEMALE AGE GROUP RESULTS 40 - 44

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	Jody Quesnell	Roseville	MN	42	F	1	9:52	1:42	1:28	1	30:43	21.1	1:07	1	21:15	

3	Tania Meyer	Pengilly	MN	42	F	6	16:26	2:50	1:47	4	37:55	17.1	1:25	5	24:27	8:09	1:21:58
4	Kris Ebent	Waconia	MN	41	F	7	16:36	2:52	2:02	8	39:23	16.5	0:54	4	24:03	8:01	1:22:56
5	Beth Solie Phelps	Plymouth	MN	42	F	5	15:50	2:44	2:26	2	36:14	17.9	2:09	7	27:36	9:12	1:24:13
6	Jennifer Hofman	Bloomington	MN	41	F	11	19:15	3:19	2:14	5	38:14	16.9	1:35	3	24:02	8:01	1:25:17
7	Shani Johnson	Chippewa Falls	WI	44	F	10	17:34	3:02	1:59	6	38:39	16.8	1:37	8	28:45	9:35	1:28:32
8	Rebecca Chandler	Bovey	MN	44	F	8	17:05	2:57	2:41	10	40:10	16.1	2:22	6	26:31	8:51	1:28:46
9	Spice Donohue	Thunder Bay	ON	41	F	2	13:26	2:19	3:06	9	39:34	16.4	2:30	11	32:13	10:45	1:30:47
10	Wendy Carson	Eagan	MN	42	F	4	14:36	2:31	2:30	12	44:32	14.6	1:00	10	31:09	10:23	1:33:46
11	Leslie Skelly	New Brighton	MN	42	F	9	17:24	3:00	4:35	11	42:42	15.2	1:42	9	29:38	9:53	1:35:58
12	Valerie Blanchenay	Jacobson	MN	44	F	12	19:53	3:26	3:07	7	39:13	16.5	1:40	12	35:31	11:51	1:39:22

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Tim J Walker	Minnetonka	MN	43	M	2	10:25	1:48	1:45	1	30:07	21.5	0:54	13	28:24	9:28	1:11:32
2	Matt Evans	Eau Claire	WI	43	M	1	8:31	1:28	1:20	2	32:51	19.7	1:58	12	27:46	9:16	1:12:25
3	Tony Tallman	Hopkins	MN	40	M	8	12:42	2:12	1:50	4	34:50	18.6	1:02	5	23:54	7:58	1:14:16
4	Craig Hanson	Minneapolis	MN	42	M	6	12:18	2:07	2:33	8	36:59	17.5	0:44	2	22:28	7:30	1:15:00
5	Joel Heckman	Hermantown	MN	43	M	10	13:34	2:21	1:48	3	34:27	18.8	1:05	3	22:55	7:39	1:15:47
6	Todd Ratcliff	St. Paul	MN	43	M	3	10:49	1:52	3:05	10	37:39	17.2	1:14	9	25:18	8:26	1:18:04
7	Mark Czech	Hastings	MN	42	M	16	16:05	2:47	3:13	5	35:52	18.1	1:10	1	21:53	7:18	1:18:11
8	Jeff Tillman	Cohasset	MN	40	M	12	13:45	2:22	2:55	7	36:37	17.7	0:45	7	24:51	8:17	1:18:51
9	Dave Snuggerud	Chaska	MN	43	M	13	13:53	2:24	2:55	6	36:09	17.9	1:04	8	25:08	8:23	1:19:06
10	Romesh Lakhan	Duluth	MN	41	M	7	12:31	2:10	3:43	9	37:30	17.3	2:09	6	24:51	8:17	1:20:42
11	Brett Kinney	Duluth	MN	42	M	4	10:51	1:52	3:59	16	40:20	16.1	2:12	4	23:52	7:58	1:21:11
12	David Gunnarson	Duluth	MN	40	M	9	13:06	2:16	3:12	15	40:15	16.1	1:17	10	27:21	9:07	1:25:09
13	Andrew Miller	Eagan	MN	44	M	11	13:42	2:22	2:40	12	38:13	17.0	1:10	16	29:40	9:54	1:25:22
14	Tim Fox	Grand Rapids	MN	44	M	15	15:42	2:43	3:52	14	38:46	16.7	1:25	11	27:24	9:08	1:27:07
15	Alan Jylha	Grand Rapid	MN	40	M	5	12:14	2:07	1:01	11	38:03	17.0	1:26	17	36:46	12:16	1:29:28
16	Robert Lucas	Duluth	MN	43	M	17	16:17	2:49	4:19	13	38:36	16.8	1:45	14	28:40	9:34	1:29:36
17	Michael Clark	Rochester	MN	41	M	14	14:17	2:28	3:21	17	42:23	15.3	2:16	15	29:04	9:42	1:31:19

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Amy Klosterman	White Bear Lak	MN	47	F	1	9:13	1:36	1:23	1	33:02	19.6	0:50	2	22:51	7:37	1:07:18
2	Mary Sands	Saint Paul	MN	48	F	3	11:16	1:57	1:22	2	33:52	19.1	0:50	1	22:43	7:35	1:10:00
3	Leigh Wright	Duluth	MN	46	F	5	11:23	1:58	1:29	4	37:49	17.1	1:15	3	23:36	7:52	1:15:30
4	Sara Mullaney	Chanhasen	MN	48	F	2	11:14	1:56	3:05	5	37:54	17.1	1:45	5	25:34	8:32	1:19:30
5	Mary Carlson	Moose Lake Rd	MN	48	F	4	11:22	1:58	2:18	3	37:31	17.3	2:00	7	28:03	9:21	1:21:12
6	Melody Pekarek	St. Louis Park	MN	46	F	6	14:17	2:28	3:36	7	39:13	16.5	0:49	4	25:30	8:30	1:23:22
7	Pamela Garretson	Lakeville	MN	47	F	10	15:47	2:44	2:12	8	41:31	15.6	1:34	6	25:52	8:38	1:26:55
8	Cathy Klopp	Fridley	MN	48	F	7	15:16	2:38	2:21	6	38:40	16.8	1:50	10	33:09	11:03	1:31:14
9	Linda Lindeman	Victoria	MN	46	F	9	15:41	2:42	3:24	11	45:23	14.3	2:00	8	28:57	9:39	1:35:23
10	Kathy Timm	Grand Rapids	MN	49	F	8	15:32	2:41	4:16	10	42:15	15.3	1:09	11	36:06	12:02	1:39:17
11	Lisa Davis	Savage	MN	46	F	11	19:58	3:27	3:14	9	42:10	15.4	1:17	9	33:01	11:01	1:39:38

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	James Kelley	Centuria	WI	48	M	5	9:49	1:42	1:29	1	28:10	23.0	0:56	1	18:14	6:05	58:36
2	Kirk Vesterstein	Duluth	MN	48	M	6	10:22	1:47	1:38	2	28:54	22.4	0:54	2	19:29	6:30	1:01:14
3	Philip Rogers	Esko	MN	46	M	8	10:33	1:49	1:29	3	28:59	22.4	1:13	5	20:32	6:51	1:02:44
4	Rick Abrahamson	Duluth	MN	47	M	3	9:23	1:37	1:32	4	30:35	21.2	1:10	8	22:04	7:22	1:04:41
5	Paul Mullaney	Chanhasen	MN	48	M	1	8:42	1:30	1:56	5	31:02	20.9	0:57	9	22:36	7:32	1:05:11
6	Daniel Duff	Duluth	MN	45	M	4	9:39	1:40	2:07	6	31:43	20.4	1:58	3	19:56	6:39	1:05:21
7	Paul Cool	Willmar	MN	46	M	2	8:58	1:33	1:47	9	32:47	19.8	1:14	6	21:05	7:02	1:05:50
8	Patrick Acciani	Minneapolis	MN	45	M	9	11:46	2:02	1:13	8	32:07	20.2	0:52	4	20:12	6:44	1:06:08
9	Todd Fawcett	Saint Paul	MN	48	M	11	12:28	2:09	2:48	7	31:58	20.3	1:18	7	22:03	7:21	1:10:33
10	Chuck Palokangas	Duluth	MN	46	M	10	12:16	2:07	2:15	11	35:42	18.2	1:00	10	23:55	7:59	1:15:06
11	David Pederson	Duluth	MN	45	M	7	10:30	1:49	2:27	12	37:17	17.4	2:06	11	24:02	8:01	1:16:21
12	Marc Chodo	Minneapolis	MN	47	M	13	13:02	2:15	1:48	10	34:00	19.1	2:40	13	26:01	8:41	1:17:28
13	Thomas Frick	Grand Rapids	MN	48	M	15	13:47	2:23	2:02	14	41:24	15.7	0:50	12	25:50	8:37	1:23:51
14	Stephen Pherson	Highlands Ranc	CO	49	M	14	13:22	2:19	3:45	13	40:46	15.9	2:13	15	31:15	10:25	1:31:20
15	Robert Meyerson	Lakeville	MN	49	M	12	12:32	2:10	5:05	15	43:16	15.0	1:11	14	30:24	10:08	1:32:27

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Judy Wick	Duluth	MN	53	F	1	11:47	2:02	1:42	1	34:56	18.5	1:27	1	24:20	8:07	1:14:10
2	Julie Higginson	Plymouth	MN	50	F	2	12:31	2:10	2:53	2	39:52	16.3	1:09	2	26:40	8:54	1:23:04
3	Anne Howard	Superior	WI	50	F	5	14:55	2:34	3:38	3	41:07	15.8	1:52	3	29:28	9:50	1:30:58
4	Karen Buchert	Grand Rapids	MN	51	F	4	13:27	2:19	2:46	5	42:31	15.2	1:22	4	33:37	11:13	1:33:40
5	Amy Croonquist	North Oaks	MN	50	F	3	13:08	2:16	3:13	7	47:32	13.6	2:37	5	33:44	11:15	1:40:12
6	Susan Mattis Turnh	Duluth	MN	54	F	6	15:56	2:45	5:06	4	41:59	15.4	1:55	7	45:34	15:12	1:50:28
7	Linda Wiza	Chisago City	MN	51	F	7	19:40	3:24	4:42	6	45:15	14.3	3:01	6	41:41	13:54	1:54:17

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Tony Carter	Coleraine	MN	51	M	5	10:59	1:54	1:27	1	29:21	22.1	1:05	1	19:34	6:32	1:02:25
2	Roger Rask	Duluth	MN	53	M	3	10:41	1:51	1:36	3	31:38	20.5	1:09	2	21:08	7:03	1:06:10
3	John Healy	St. Paul	MN	52	M	2	10:14	1:46	1:57	2	31:36	20.5	1:01	4	21:30	7:10	1:06:17
4	Dave Suhr	Eden Prairie	MN	50	M	8	12:29	2:09	3:00	4	32:08	20.2	1:18	3	21:27	7:09	1:10:19
5	William Stroozas	Duluth	MN	53	M	1	10:10	1:45	2:03	7	34:31	18.8	1:46	6	22:28	7:30	1:10:56
6	Al Kutz	Sartell	MN	50	M	4	10:45	1:51	2:19	8	34:53	18.6	1:00	5	22:12	7:24	1:11:08
7	Mark Rauschenfels	Duluth	MN	54	M	7	11:58	2:04	2:03	5	33:29	19.4	1:22	10	27:55	9:19	1:16:45
8	Gregory Dehler	Saint Paul	MN	53	M	12	15:22	2:39	2:10	6	33:41	19.2	1:47	9	26:17	8:46	1:19:16

9	Darrol Schmidt	Grand Rapids	MN	54	M	11	14:21	2:29	3:06	10	37:59	17.1	1:27	7	23:21	7:47	1:20:12
10	Joseph Muller	Grand Rapids	MN	51	M	10	13:54	2:24	2:02	11	38:14	16.9	0:48	11	28:08	9:23	1:23:03
11	Russell Savstrom	Stillwater	MN	53	M	14	16:33	2:51	3:08	9	36:46	17.6	1:08	8	26:03	8:41	1:23:36
12	Doug Jost	Centerville	MN	54	M	9	13:23	2:19	2:42	12	39:12	16.5	1:44	12	28:12	9:24	1:25:10
13	Greg Lanzo	Cohasset	MN	51	M	13	15:24	2:39	2:49	13	39:30	16.4	1:23	13	29:54	9:58	1:28:59
14	David Turnham	Duluth	MN	53	M	6	11:45	2:02	3:12	14	40:54	15.8	1:37	14	31:58	10:40	1:29:25
15	Michael Wilson	Woodbury	MN	53	M	15	19:51	3:26	5:05	15	42:57	15.1	1:10	15	33:58	11:20	1:43:00

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	Susanne Bakken	Duluth	MN	59	F	1	13:18	2:18	2:23	1	38:14	16.9	1:40	1	28:06	9:22	1:23:40
2	Nancy Roehr	Minneapolis	MN	56	F	2	14:29	2:30	2:53	2	38:37	16.8	1:37	2	33:11	11:04	1:32:45
3	Georgia Kandiko	Excelsior	MN	56	F	3	21:53	3:47	4:41	3	47:58	13.5	1:40	3	37:44	12:35	1:53:54

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	Duane Millslagle	Duluth	MN	59	M	1	10:02	1:44	1:36	1	31:58	20.3	0:57	1	20:44	6:55	1:05:15
2	Steve Regli	Lakeville	MN	57	M	4	14:38	2:32	2:32	2	36:19	17.8	1:49	2	25:57	8:39	1:21:13
3	Joe Kandiko	Excelsior	MN	59	M	2	12:09	2:06	2:05	3	37:44	17.2	1:59	3	31:30	10:30	1:25:25
4	Curtis Savstrom	Lakeville	MN	56	M	3	12:46	2:12	5:10	5	41:24	15.7	1:19	4	33:25	11:09	1:34:02
5	Dennis Anderson	Southlake	TX	57	M	5	14:59	2:35	4:08	4	39:11	16.5	1:26	5	34:56	11:39	1:34:38

FEMALE 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	Jean Wood	Excelsior	MN	60	F	1	14:14	2:27	3:16	1	40:19	16.1	1:19	1	36:58	12:20	1:36:04
2	Ladonna Peterson	Crookston	MN	60	F	2	20:13	3:29	5:41	2	46:08	14.0	2:56	2	49:05	16:22	2:04:01

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	Ronald Grossinger	St. Michael	MN	61	M	3	13:17	2:18	2:31	1	34:27	18.8	1:10	2	25:29	8:30	1:16:52
2	James Bakker	Marcell	MN	62	M	4	13:42	2:22	2:59	3	38:14	16.9	2:07	1	23:38	7:53	1:20:38
3	Clint Moen	Duluth	MN	62	M	1	11:04	1:55	3:13	2	37:02	17.5	1:52	3	29:33	9:51	1:22:41
4	Alan Peterson	Duluth	MN	61	M	2	11:27	1:59	1:59	5	40:24	16.0	2:01	5	34:55	11:39	1:30:44
5	Thomas Harms	Pengilly	MN	63	M	5	16:15	2:48	2:35	4	39:24	16.4	1:56	4	32:40	10:54	1:32:48