

Brewhouse Triathlon (Short Course)
August 4, 2002
Pike Lake AAA Club, Duluth, Minnesota

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
---	---	---	---	-----	-----	---	---	---	---	time	yds	time	time	time	time	TIME				
---	---	---	---	-----	-----	---	---	---	---	---	---	---	---	---	---	---				
1	1/20			Rhett Bonner	Duluth	MN	38	M	4	10:12	1:45	0:58	1	25:59	23.8	0:56	1	13:53	6:10	51:56
2	2/20			Tim Andrew	Duluth	MN	36	M	6	10:28	1:47	1:09	3	27:18	22.7	0:55	4	14:07	6:17	53:55
3	1/15			David Goldberg	Excelsior	MN	41	M	2	10:05	1:43	1:12	8	28:50	21.4	0:52	25	15:28	6:53	56:24
4	1/28			Howie Leathers	Duluth	MN	32	M	3	10:10	1:44	1:37	18	29:45	20.8	1:13	2	14:02	6:15	56:45
5	2/28			Bill Kelley	Wrenshall	MN	30	M	33	12:52	2:12	0:55	10	29:04	21.3	1:00	5	14:16	6:21	58:05
6	3/28			Peter Spencer	Wayzata	MN	31	M	13	11:50	2:01	1:16	15	29:28	21.0	1:23	7	14:29	6:27	58:25
7	1/13			Gary Bork	Eden Prairie	MN	50	M	14	11:54	2:02	1:22	6	28:34	21.6	1:29	30	15:50	7:02	59:06
8	1/23			Chris Stoerber	Minneapolis	MN	29	M	29	12:40	2:10	1:31	14	29:20	21.1	1:03	10	14:51	6:36	59:22
9	1/45			Stephanie Hannos	Vanover	BC	23	F	11	11:38	1:59	2:24	5	27:37	22.4	1:14	48	16:44	7:27	59:36
10	2/23			Nathaniel Zinn	Minneapolis	MN	28	M	21	12:22	2:07	1:14	21	29:53	20.7	1:15	13	15:06	6:43	59:48
11	3/23			Aaron Pidde	Lakeville	MN	27	M	15	12:01	2:03	1:16	28	30:22	20.4	1:11	38	16:20	7:16	1:01:07
12	2/15			Stephen Bullard	Plymouth	MN	44	M	16	12:02	2:03	0:58	29	30:25	20.3	0:59	50	16:48	7:28	1:01:11
13	1/19			Mike Weispfenning	Duluth	MN	24	M	50	14:09	2:25	2:35	7	28:44	21.5	1:34	6	14:16	6:21	1:01:16
14	1/8			Matt Kjelland	Alexandria	MN	16	M	20	12:21	2:07	1:52	17	29:38	20.9	1:57	33	16:02	7:08	1:01:49
15	1/28			Sarah Kuetter	Duluth	MN	25	F	7	10:28	1:48	1:19	26	30:06	20.5	1:22	128	19:08	8:30	1:02:21
16	4/23			Nathan Budde	Hanover	MN	25	M	96	16:10	2:46	1:01	12	29:17	21.1	1:07	23	15:24	6:51	1:02:58
17	2/19			Cory Podany	Andover	MN	23	M	63	14:43	2:31	1:47	32	30:36	20.2	0:53	17	15:12	6:46	1:03:10
18	4/28			Mike Knight	Minneapolis	MN	30	M	1	9:58	1:42	1:24	56	32:25	19.1	1:37	95	18:11	8:05	1:03:33
19	5/28			Douglas Berg	Duluth	MN	32	M	129	17:16	2:57	1:13	4	27:22	22.6	1:25	40	16:27	7:19	1:03:41
20	2/13			Ty Frost	Superior	WI	53	M	86	15:55	2:43	1:35	9	28:57	21.4	1:42	28	15:37	6:57	1:03:44
21	2/45			Shana Letnes	Circle Pines	MN	23	F	5	10:28	1:47	1:46	89	34:02	18.2	1:06	41	16:29	7:20	1:03:50
22	2/8			Kyle Roff	Duluth	MN	15	M	69	15:10	2:35	2:01	38	31:18	19.8	1:00	12	15:04	6:42	1:04:30
23	1/10			Tim Hagley	Duluth	MN	46	M	17	12:07	2:04	1:57	52	32:06	19.3	1:31	54	16:58	7:33	1:04:37
24	3/20			Craig Lorentzson	Minneapolis	MN	36	M	73	15:22	2:38	1:53	22	30:00	20.6	1:30	31	15:56	7:05	1:04:39
25	6/28			Kent Smith	Minneapolis	MN	32	M	60	14:39	2:30	1:20	23	30:02	20.6	1:26	76	17:30	7:47	1:04:55
26	3/15			Mark Howard	Superior	WI	43	M	55	14:24	2:28	1:30	36	31:15	19.8	1:20	47	16:39	7:24	1:05:06
27	3/19			David Janowiec	Brainerd	MN	23	M	88	16:00	2:44	1:07	20	29:49	20.7	1:26	53	16:55	7:31	1:05:15
28	5/23			Tim Key	Wrenshall	MN	27	M	44	13:55	2:23	1:02	49	31:56	19.4	2:00	39	16:27	7:19	1:05:17
29	4/20			Daniel Duff	Duluth	MN	37	M	49	14:03	2:24	2:34	58	32:36	19.0	1:16	14	15:06	6:43	1:05:34
30	5/20			Matt Evans	Eau Claire	WI	36	M	172	18:35	3:10	0:38	33	30:47	20.1	0:38	11	15:02	6:41	1:05:39
31	3/45			Stephanie Howe	Forest Lake	MN	18	F	94	16:09	2:45	1:18	76	33:29	18.5	0:44	3	14:07	6:17	1:05:44
32	4/19			Erik Erickson	Circle Pines	MN	22	M	93	16:06	2:45	1:24	13	29:19	21.1	1:27	78	17:36	7:50	1:05:50
33	1/16			Heidi Eigsti	Lakewood	CO	38	F	31	12:47	2:11	2:18	55	32:23	19.1	1:30	64	17:13	7:39	1:06:07
34	2/16			Sandy Rasmussen	Melrose	MN	35	F	25	12:29	2:08	1:54	65	33:03	18.7	1:34	62	17:11	7:39	1:06:08
35	1/8			Alyssa Wildman	Milaca	MN	14	F								1:16	66	17:21	7:43	1:06:18
36	2/8			Alanna Wildman	Milaca	MN	14	F	19	12:19	2:06	1:47	77	33:36	18.4	1:15	67	17:22	7:43	1:06:18
37	6/23			Travis Ohly	Duluth	MN	25	M	174	18:41	3:11	1:41	11	29:13	21.2	1:25	22	15:21	6:49	1:06:18
38	4/15			Todd McKeever	Duluth	MN	40	M	149	17:48	3:03	5:42	2	27:13	22.7	0:57	8	14:41	6:32	1:06:18
39	6/20			David Saffris	Des Moines	IA	35	M	32	12:49	2:11	1:23	61	32:50	18.8	1:51	77	17:31	7:48	1:06:23
40	3/16			Clare Schmid	Lilydale	MN	38	F	46	13:55	2:23	1:10	41	31:30	19.6	1:23	110	18:31	8:14	1:06:27
41	4/16			Patricia Gillow	Dellwood	MN	38	F	77	15:30	2:39	1:40	25	30:05	20.6	1:22	92	18:03	8:02	1:06:39
42	5/15			Mark Bacigalupo	Andover	MN	44	M	107	16:36	2:50	1:36	35	31:03	19.9	0:49	49	16:45	7:27	1:06:48
43	1/3			Mark Malone	Tower	MN	63	M	64	14:47	2:32	2:25	19	29:45	20.8	1:54	103	18:19	8:09	1:07:08
44	1/11			Nancy Rectenwald	Duluth	MN	43	F								2:11	79	17:38	7:50	1:07:24
45	5/19			Jacob Pederson	Duluth	MN	21	M	101	16:22	2:48	1:31	63	32:53	18.8	0:45	34	16:03	7:08	1:07:32
46	6/19			Lukas Sheild	Duluth	MN	22	M	159	18:03	3:05	1:39	44	31:37	19.6	1:08	16	15:11	6:45	1:07:36
47	7/23			Troy Nickel	St. Louis Park	MN	28	M	160	18:04	3:05	1:40	27	30:08	20.5	1:30	37	16:18	7:15	1:07:37
48	7/19			Peter Sandelin	Ely	MN	23	M	152	17:53	3:03	2:09	34	30:58	20.0	1:34	15	15:08	6:44	1:07:41
49	7/28			Dan Becker	St. Louis Park	MN	31	M	48	13:59	2:23	2:01	73	33:12	18.6	2:01	45	16:35	7:23	1:07:45
50	2/10			Joel Ness	Duluth	MN	45	M	30	12:45	2:11	2:10	51	32:06	19.3	1:53	125	18:57	8:26	1:07:49
51	3/8			Ryan W. Newton	Duluth	MN	16	M	108	16:37	2:50	2:06	48	31:53	19.4	1:18	32	16:00	7:07	1:07:53
52	1/15			Constance Fergen	St. Paul	MN	32	F	37	13:05	2:14	1:38	92	34:13	18.1	0:56	94	18:09	8:04	1:07:59
53	2/28			Connie Stein	Little Falls	MN	29	F	9	11:13	1:55	1:23	79	33:42	18.3	1:44	160	20:00	8:54	1:08:00
54	4/45			Sheri Ironside	Hanover	MN	24	F	72	15:20	2:37	1:24	59	32:49	18.8	1:06	71	17:25	7:45	1:08:02
55	8/28			Burke Edgerton	Duluth	MN	34	M	130	17:19	2:58	1:37	37	31:15	19.8	1:18	46	16:35	7:23	1:08:03
56	9/28			Bruce Chalupsky	Buffalo	MN	33	M	80	15:37	2:40	3:07	39	31:19	19.7	1:22	52	16:50	7:29	1:08:13
57	7/20			Steve Vrchota	Nowthen	MN	35	M	58	14:32	2:29	2:13	46	31:42	19.5	2:13	82	17:43	7:53	1:08:20
58	3/10			Elrie Iverson	Hampton	MN	47	M	144	17:35	3:00	2:06	16	29:36	20.9	2:36	43	16:33	7:22	1:08:23
59	3/13			Lee Francisco	Superior	WI	50	M	22	12:23	2:07	2:18	57	32:32	19.0	1:54	138	19:24	8:38	1:08:30
60	8/19			Ben Stanerson	Minnetonka	MN	24	M	179	19:03	3:15	1:55	42	31:32	19.6	1:27	9	14:45	6:34	1:08:41
61	8/23			Thomas Garry	Minneapolis	MN	28	M	141	17:28	2:59	2:13	30	30:29	20.3	1:50	51	16:49	7:29	1:08:47
62	4/8			Mike Arnold	Bemidji	MN	14	M	8	11:09	1:54	1:37	163	37:34	16.5	1:35	55	16:59	7:33	1:08:51
63	8/20			Lee Kirby	Naperville	IL	35	M												1:09:17
64	5/45			Ellen Cleary	Minneapolis	MN	24	F	35	12:58	2:13	2:46	74	33:12	18.6	1:43	116	18:42	8:19	1:09:19
65	9/20			Glenn Misgen	Duluth	MN	38	M	164	18:13	3:07	2:43	43	31:36	19.6	1:51	19	15:17	6:48	1:09:38
66	9/19			Harold Hellweg	Saint Paul	MN	21	M	127	17:14	2:57	1:31	62	32:51	18.8	1:53	35	16:13	7:13	1:09:40
67	3/28			Mina Dougherty	Duluth	MN	28	F	10	11:34	1:59	2:12	143	36:36	16.9	1:11	100	18:17	8:08	1:09:48
68	6/45			Tammy Stang	St. Joseph	MN	22	F	126	17:14	2:57	2:17	83	33:48	18.3	1:04	26	15:35	6:56	1:09:56
69	10/28			Michael Segar	Hopkins	MN	32	M	120	17:00	2:54	2:21	40	31:21	19.7	2:19	56	17:00	7:33	1:09:59
70	7/45			Katrese Ringham	St. Louis Park	MN	19	F	23	12:26	2:07	2:36	124	35:44	17.3	1:41	83	17:48	7:55	1:10:13
71	11/28			Calvin Horn	Eden Prairie	MN	30	M	106	16:36	2:50	1:12	75	33:14						

85	5/28	Camilla Crosby	Inver Grove He	MN	26	F	67	14:56	2:33	1:50	80	33:43	18.3	1:40	153	19:53	8:51	1:12:00
86	11/23	Michael Pluimer	Raymond	MN	29	M	136	17:24	2:58	3:04	81	33:46	18.3	1:22	44	16:33	7:22	1:12:07
87	4/13	Les Johnson	Fridley	MN	51	M	146	17:41	3:01	1:51	85	33:52	18.3	1:26	75	17:27	7:46	1:12:16
88	10/19	Nicholas Nelson	Eagan	MN	24	M								1:57	105	18:23	8:10	1:12:23
89	9/45	Maggie Sorenson	Duluth	MN	19	F	82	15:40	2:41	2:31	115	35:21	17.5	0:59	86	17:55	7:58	1:12:24
90	12/28	Michael Johnson	St Louis Park	MN	34	M	192	19:49	3:23	1:56	45	31:40	19.5	2:14	57	17:03	7:35	1:12:41
91	2/6	Ronald Kellerman	St. Paul	MN	55	M	100	16:20	2:48	1:42	69	33:07	18.7	1:59	149	19:45	8:47	1:12:52
92	3/11	Mary Carlson	Moose Lake	MN	41	F	47	13:57	2:23	1:23	118	35:27	17.4	1:40	175	20:27	9:06	1:12:53
93	10/45	Rachael Ryan	Lauderdale	MN	22	F	36	13:00	2:13	1:38	153	36:56	16.7	1:13	165	20:15	9:00	1:13:00
94	4/8	Jennifer Schmitt	Duluth	MN	16	F	38	13:06	2:14	2:01	144	36:37	16.9	1:27	158	19:57	8:52	1:13:07
95	5/13	Joe Kandiko	Chaska	MN	52	M	71	15:16	2:36	1:46	87	33:58	18.2	1:50	180	20:39	9:11	1:13:28
96	6/13	Michael Quealy	Plymouth	MN	53	M	110	16:39	2:51	2:23	88	34:00	18.2	0:58	145	19:34	8:42	1:13:32
97	11/45	Jennifer Stanerson	Minnetonka	MN	24	F	267	61:41	10:31		148	36:44	16.8	1:25	174	20:27	9:06	1:13:37
98	11/19	Daniel Conley	Duluth	MN	21	M	234	22:43	3:53	1:29	66	33:05	18.7	0:55	24	15:27	6:52	1:13:38
99	12/19	Brian Warcholak	Duluth	MN	23	M	125	17:12	2:56	2:27	126	35:46	17.3	1:06	63	17:12	7:39	1:13:41
100	12/45	Manah Stember	Northfield	MN	22	F	75	15:24	2:38	2:02	150	36:51	16.8	1:04	107	18:25	8:11	1:13:44
101	3/6	Mark Stange	Shoreview	MN	55	M	103	16:28	2:49	2:06	72	33:11	18.6	1:49	164	20:14	9:00	1:13:46
102	12/20	John Nohner-Black	Vadnais Height	MN	38	M	18	12:19	2:06	2:34	139	36:23	17.0	2:14	176	20:28	9:06	1:13:56
103	13/45	Kathryn O'hearn	Duluth	MN	20	F	56	14:26	2:28	1:39	154	36:59	16.7	1:26	142	19:29	8:40	1:13:57
104	5/16	Lisa Vogel	Melrose	MN	39	F	115	16:50	2:53	2:34	94	34:15	18.1	1:47	117	18:44	8:20	1:14:09
105	14/45	Adrea Jeske	Melrose	MN	22	F	53	14:19	2:27	1:45	172	37:59	16.3	1:15	123	18:52	8:24	1:14:09
106	15/45	Katy Hertel	Duluth	MN	23	F								1:40	99	18:17	8:08	1:14:09
107	12/23	Jason Braegelmann	Shoreview	MN	25	M	151	17:52	3:03	2:20	100	34:38	17.9	1:11	97	18:14	8:07	1:14:14
108	6/28	Elizabeth Sipe	Minneapolis	MN	28	F	91	16:01	2:44	2:04	90	34:05	18.1	1:55	163	20:13	8:59	1:14:16
109	13/28	David Law	Andover	MN	32	M	62	14:41	2:31	2:32	125	35:45	17.3	1:06	171	20:25	9:05	1:14:27
110	4/11	Pamela Garretson	Rosemont	MN	40	F	158	18:03	3:05	1:38	108	34:57	17.7	1:53	89	18:00	8:00	1:14:28
111	7/28	Sheila Kelley	Wrenshall	MN	27	F	175	18:48	3:13	1:56	101	34:42	17.8	2:00	59	17:06	7:36	1:14:31
112	16/45	Martha Langager	Duluth	MN	18	F	137	17:24	2:58	2:42	166	37:36	16.4	1:17	27	15:36	6:56	1:14:33
113	8/28	Kristin Nelson	Eagan	MN	25	F	54	14:23	2:28	3:42	134	36:11	17.1	2:24	87	17:59	8:00	1:14:37
114	4/10	Todd Gremmes	Duluth	MN	45	M	112	16:45	2:52	1:52	105	34:48	17.8	2:14	133	19:16	8:34	1:14:52
115	13/19	Del Hansen	Fridley	MN	22	M	231	22:09	3:47	2:06	78	33:38	18.4	1:46	20	15:17	6:48	1:14:54
116	17/45	Patti Keillor	Minneapolis	MN	23	F	87	15:58	2:44	2:26	116	35:26	17.4	1:44	140	19:25	8:38	1:14:56
117	13/23	Jason Brown	Edan Prairie	MN	29	M	124	17:10	2:56	3:43	86	33:55	18.2	2:50	70	17:25	7:45	1:15:01
118	14/28	Rick Campins	Apple Valley	MN	34	M	39	13:12	2:15	1:46	158	37:07	16.7	1:36	194	21:25	9:32	1:15:05
119	9/28	Terri Butler	Duluth	MN	27	F	70	15:14	2:36	3:18	131	35:55	17.2	1:33	137	19:22	8:37	1:15:20
120	10/28	Jennifer Nansen	Roseville	MN	28	F	190	19:30	3:20	3:06	54	32:21	19.1	1:29	126	19:00	8:27	1:15:25
121	18/45	Amanda Bovee	Duluth	MN	21	F	24	12:26	2:08	1:31	187	39:10	15.8	0:54	195	21:26	9:32	1:15:25
122	14/23	Brian Podany	Andover	MN	27	M	223	21:13	3:37	2:29	53	32:19	19.1	1:34	90	18:02	8:01	1:15:35
123	15/28	Billy Haug	Duluth	MN	31	M	139	17:27	2:59	1:38	114	35:21	17.5	2:22	122	18:50	8:23	1:15:35
124	16/28	Jonathan Haug	Madison	WI	31	M	68	15:06	2:35	3:57	112	35:12	17.6	2:32	121	18:50	8:23	1:15:36
125	17/28	Tim Mcneal	Lakeville	MN	33	M	227	21:26	3:40	2:14	60	32:50	18.8	1:43	73	17:27	7:45	1:15:38
126	11/28	Carly Hultman	Richfield	MN	27	F	74	15:23	2:38	1:54	71	33:10	18.6	1:29	237	23:49	10:35	1:15:43
127	15/23	Josh Folland	St. Paul	MN	25	M	109	16:38	2:51	2:02	151	36:54	16.8	1:08	129	19:09	8:31	1:15:49
128	18/28	Mike Jonson	Two Harbors	MN	31	M	98	16:16	2:47	2:55	128	35:48	17.3	1:49	134	19:17	8:35	1:16:03
129	6/8	Elliott Surber	Minneapolis	MN	15	M	61	14:40	2:30	2:42	107	34:54	17.7	1:31	214	22:21	9:56	1:16:06
130	1/5	Cindy Grindy	Duluth	MI	45	F	57	14:32	2:29	1:47	122	35:40	17.3	1:52	217	22:24	9:58	1:16:13
131	6/16	Julie Theiler	Melrose	MN	35	F	113	16:47	2:52	1:44	140	36:34	16.9	1:18	156	19:55	8:51	1:16:16
132	14/19	Vann Pattermann	Superior	WI	24	M	240	23:36	4:02	1:45	95	34:22	18.0	1:18	21	15:20	6:49	1:16:19
133	19/45	Susan Andersen	Minnetonka	MN	21	F	89	16:00	2:44	3:13	127	35:47	17.3	1:42	167	20:18	9:02	1:16:59
134	7/16	Tara Beutelspacher	St Paul	MN	36	F								1:35	172	20:26	9:05	1:17:01
135	16/23	Adam Janke	Brookston	MN	28	M	211	20:44	3:33	2:31	82	33:46	18.3	1:13	127	19:05	8:29	1:17:17
136	8/16	Betty Skoglund	White Bear Tow	MN	35	F	59	14:33	2:29	2:45	161	37:22	16.5	1:53	182	20:48	9:15	1:17:18
137	1/3	Susanne Bakken	Duluth	MN	52	F	135	17:23	2:58	2:12	141	36:34	16.9	1:48	143	19:32	8:41	1:17:27
138	20/45	Rachel Ohly	Rochester	MN	19	F	228	21:28	3:40	1:18	110	35:07	17.6	1:22	102	18:19	8:09	1:17:32
139	8/15	Mike Mills	Duluth	MN	42	M	225	21:17	3:38	3:10	132	35:57	17.2	0:59	36	16:17	7:14	1:17:38
140	19/28	Brian Stacken	Duluth	MN	32	M	189	19:27	3:19	3:05	106	34:50	17.8	1:36	118	18:45	8:20	1:17:40
141	20/28	Michael Tschida	Minneapolis	MN	34	M	236	23:12	3:58	2:11	47	31:44	19.5	1:52	124	18:54	8:24	1:17:51
142	5/10	Jim Miner Jr	Duluth	MN	47	M	155	17:59	3:04	3:22	120	35:32	17.4	2:35	113	18:33	8:15	1:17:59
143	21/45	Claire Hartmann	Brooklyn Park	MN	22	F	157	18:01	3:05	2:12	129	35:52	17.2	2:02	159	20:00	8:53	1:18:04
144	9/15	Don Hickman	Merrifield	MN	42	M	119	16:55	2:53	3:12	137	36:17	17.0	1:13	177	20:32	9:08	1:18:06
145	9/16	Jill Waters	Minneapolis	MN	38	F	85	15:53	2:43	1:53	178	38:30	16.1	1:34	169	20:21	9:03	1:18:09
146	5/8	Amy Warndahl	Plymouth	MN	14	F	40	13:43	2:21	1:53	201	40:09	15.4	1:13	191	21:16	9:27	1:18:13
147	1/3	Jack Alexander Sr.	Duluth	MN	74	M	153	17:55	3:04	1:50	147	36:44	16.8	2:01	155	19:55	8:51	1:18:22
148	15/19	Benjamin Green	Wright	MN	22	M	43	13:51	2:22	1:26	240	45:10	13.7	1:02	61	17:11	7:38	1:18:38
149	17/23	Nick Nelson	Eagan	MN	25	M	45	13:55	2:23	2:25	212	41:13	15.0	1:28	147	19:41	8:45	1:18:39
150	12/28	Toni Christensen	Duluth	MN	25	F	65	14:53	2:33	3:35	202	40:13	15.4	1:46	98	18:16	8:07	1:18:41
151	6/8	Jessica Schmitt	Duluth	MN	14	F	42	13:49	2:22	1:32	197	39:43	15.6	1:32	213	22:14	9:53	1:18:48
152	7/13	Charles Schumacher	Duluth	MN	50	M	156	18:00	3:04	2:08	191	39:24	15.7	1:21	91	18:03	8:01	1:18:53
153	8/13	Greg Twilight	Duluth	MN	53	M	51	14:13	2:26	2:35	179	38:36	16.0	1:44	209	22:03	9:48	1:19:08
154	3/15	Donna Carson	Coon Rapids	MN	31	F	66	14:55	2:33	2:39	194	39:39	15.6	1:21	179	20:39	9:11	1:19:10
155	16/19	Jamon Exsted	Woodbury	MN	20	M	150	17:51	3:03	3:06	159	37:10	16.6	1:27	150	19:47	8:48	1:19:19
156	22/45	Andrea Balgaard	Minneapolis	MN	20	F	181	19:06	3:16	1:54	121	35:34	17.4	1:12	202	21:38	9:37	1:19:22
157	13/20	Matt Begecke	Cloquet	MN	38	M	212	20:45	3:33	3:22	136	36:17	17.0	1:58	58	17:04	7:35	1:19:23
158	10/15	Mike Fetzik	Hibbing,	MN	40	M	121	17:04	2:55	5:21	130	35:52	17.2	1:21	152	19:49	8:49	1:19:25
159	10/16	Faye I. Warzecha	Minneapolis	MN	39	F	206	20:38	3:31	1:22	149	36:47	16.8	1:16	139	19:24	8:38	1:19:25
160	1																	

178	13/28	Carissa Gehrking	Marshall	MN	25 F	122	17:05	2:55	2:23	169	37:50	16.3	2:04	221	22:47	10:08	1:22:07
179	24/45	Sarah Key	Duluth	MN	22 F	186	19:21	3:18	2:25	152	36:56	16.7	1:40	206	21:50	9:42	1:22:09
180	25/45	Stacey Sell	Carlton	MN	19 F	188	19:24	3:19	2:22	164	37:35	16.5	1:19	198	21:31	9:34	1:22:10
181	2/5	Penny Agar	Duluth	MN	48 F	133	17:23	2:58	2:25	185	38:55	15.9	1:41	210	22:03	9:48	1:22:25
182	10/13	Jim Dearmond	Duluth	MN	54 M	114	16:50	2:52	3:19	145	36:40	16.9	2:18	234	23:35	10:29	1:22:39
183	7/10	Bryan Twilight	Duluth	MN	47 M	142	17:28	2:59	2:02	199	40:01	15.5	1:20	205	21:49	9:42	1:22:39
184	14/28	Jennifer Podany	Andover	MN	28 F	128	17:15	2:57	2:21	184	38:54	15.9	1:32	222	22:50	10:09	1:22:50
185	4/15	Alyssa Rosenberger	Sauk Rapids	MN	31 F	169	18:29	3:09	1:12	160	37:17	16.6	1:29	240	24:26	10:52	1:22:51
186	26/45	Nikki Olson	Sauk Rapids	MN	22 F	131	17:20	2:58	2:06	192	39:30	15.7	1:03	228	23:04	10:15	1:23:01
187	27/45	Jeanelle Soland	Winona	MN	24 F								1:15	60	17:09	7:38	1:23:02
188	18/23	Mark Betteres	Lakeville	MN	28 M	200	20:12	3:27	3:22	96	34:25	18.0	2:10	232	23:24	10:24	1:23:29
189	18/19	Johnny Walker	Duluth	MN	24 M	166	18:23	3:08	2:55	225	42:27	14.6	1:25	112	18:33	8:15	1:23:41
190	3/5	Sandy Marden-Lokke	Duluth	MN	48 F	178	19:03	3:15	3:13	175	38:16	16.2	3:08	166	20:18	9:01	1:23:55
191	28/45	Jennifer Kusch	Saginaw	MN	19 F	210	20:41	3:32	2:45	208	40:48	15.2	1:15	109	18:30	8:14	1:23:58
192	22/28	David Parson	Maple Grove	MN	31 M	161	18:06	3:05	2:51	224	42:10	14.7	1:41	130	19:14	8:33	1:24:00
193	11/13	Glen Sorenson	Duluth	MN	50 M	176	18:49	3:13	2:14	180	38:36	16.0	1:18	233	23:29	10:27	1:24:24
194	13/16	Kym Andrew	Duluth	MN	35 F	191	19:46	3:23	2:13	133	35:57	17.2	1:39	242	24:50	11:03	1:24:24
195	23/28	Tony Stack	Cottage Grove	MN	31 M	165	18:22	3:08	2:41	167	37:40	16.4	2:29	231	23:24	10:24	1:24:33
196	12/13	Rick Hans	Brainerd	MN	54 M	253	24:55	4:15	2:58	123	35:43	17.3	1:32	151	19:47	8:48	1:24:53
197	5/15	Meg Weber	Duluth	MN	34 F	170	18:33	3:10	3:30	190	39:22	15.7	2:43	183	20:51	9:16	1:24:57
198	15/28	Jennifer Dearmond	Duluth	MN	29 F	117	16:51	2:53	1:56	214	41:19	15.0	2:38	215	22:21	9:56	1:25:04
199	16/28	Julie Jonson	Two Harbors	MN	29 F	116	16:51	2:53	1:43	205	40:30	15.3	1:43	239	24:26	10:52	1:25:10
200	19/23	Philip Janes	St. Paul	MN	25 M	261	27:53	4:45	3:14	162	37:22	16.5	1:37	18	15:13	6:46	1:25:17
201	24/28	Todd Mcgrath	Minneapolis	MN	30 M	199	20:10	3:27	2:26	222	42:01	14.7	1:11	144	19:33	8:41	1:25:18
202	7/8	Sean Doe-Simkins	St. Paul	MN	17 M	237	23:30	4:01	3:54	171	37:52	16.3	3:12	80	17:40	7:52	1:26:07
203	8/8	Tasha Kettula	Frederic	WI	15 F	254	25:14	4:18	2:38	173	38:07	16.2	1:25	120	18:49	8:22	1:26:12
204	16/20	Mark Carlson	Apple Valley	MN	39 M	232	22:38	3:52	3:44	168	37:43	16.4	1:49	168	20:20	9:02	1:26:12
205	17/28	Eileen Schuetz	Minneapolis	MN	25 F	221	21:11	3:37	3:17	198	39:59	15.5	1:10	181	20:43	9:13	1:26:17
206	20/23	Nathan Hansen	Eagan	MN	25 M	185	19:15	3:17	2:06	217	41:31	14.9	2:04	197	21:31	9:34	1:26:25
207	14/16	Sarah Carlson	Duluth	MN	35 F	118	16:52	2:53	1:49	234	43:48	14.1	1:38	220	22:28	10:00	1:26:33
208		Ted Ciriacy	Pahrump	NV	M	83	15:43	2:41	2:38	242	45:34	13.6	1:51	187	21:03	9:21	1:26:47
209	6/15	Evelyn Shashy	Rochester	MN	33 F	197	20:08	3:26	5:00	193	39:30	15.7	2:17	154	19:54	8:51	1:26:48
210	8/10	Mark Freer	White Bear Lak	MN	47 M	256	26:02	4:27	3:15	155	36:59	16.7	1:24	132	19:15	8:34	1:26:53
211	18/28	Tiffany Mcgrath	Minneapolis	MN	27 F	219	21:05	3:36	1:57	230	42:53	14.4	1:18	148	19:43	8:46	1:26:55
212	8/8	Zach Ohly	Rochester	MN	16 M	213	20:46	3:33	1:40	216	41:26	14.9	1:07	212	22:08	9:50	1:27:05
213	17/20	Mike Richmond	Minneapolis	MN	35 M	209	20:41	3:32	2:05	177	38:21	16.1	3:07	226	22:55	10:12	1:27:08
214	8/11	Mary Rowe	Maplewood	MN	41 F	196	20:07	3:26	2:59	215	41:25	14.9	1:39	188	21:09	9:24	1:27:17
215	7/15	Jeannine Steel	Bovey	MN	31 F				1:59	253	26:24	11:44	1:27:23				
216	13/13	Mike Anderson	Duluth	MN	53 M	147	17:44	3:02	2:46	209	40:51	15.1	1:33	244	25:04	11:09	1:27:56
217	29/45	Krissy Magelssen	Duluth	MN	22 F	247	24:24	4:10	2:43	203	40:20	15.3	1:06	141	19:28	8:40	1:28:00
218	2/3	Sharon Kuhlmann	St. Cloud	MN	52 F	143	17:30	2:59	1:55	207	40:48	15.2	2:09	250	25:50	11:29	1:28:10
219	3/3	Doug Dunham	Duluth	MN	63 M	183	19:13	3:17	3:59	221	41:52	14.8	1:56	199	21:35	9:36	1:28:34
220	2/3	S. J. Sokolowski	Coon Rapids	MN	70 M	233	22:39	3:52	3:59	138	36:21	17.0	2:45	227	22:57	10:12	1:28:40
221	8/15	Tricia Bergien	Lakeville	MN	30 F	218	21:03	3:36	3:35	196	39:43	15.6	3:32	201	21:37	9:37	1:29:28
222	19/28	Desiree Holm	Cloquet	MN	26 F	184	19:14	3:17	2:44	252	48:09	12.8	1:46	81	17:42	7:52	1:29:34
223	25/28	Matt Paar	Woodbury	MN	31 M	95	16:09	2:46	1:21	248	47:25	13.0	3:33	190	21:16	9:27	1:29:41
224	9/15	Jen Cable	Superior	WI	31 F	246	23:57	4:05	3:18	204	40:26	15.3	1:12	184	20:55	9:18	1:29:46
225	12/15	Scott Dulebohn	Duluth	MN	44 M	187	19:22	3:18	3:36	176	38:16	16.2	2:17	252	26:20	11:43	1:29:50
226	30/45	Jaimie Santmyer	Proctor	MN	21 F	195	19:58	3:25	3:08	210	41:06	15.0	1:41	238	24:08	10:44	1:29:59
227	31/45	Sommer Brisco	Minneapolis	MN	23 F	168	18:28	3:09	3:34	236	44:25	13.9	2:04	208	22:00	9:47	1:30:29
228	21/23	Jeremy Mattonen	Duluth	MN	27 M				249	25:38	11:24	1:30:36					
229	13/15	Ty Schroyer	Duluth	MN	43 M	229	21:36	3:41	4:36	142	36:36	16.9	4:16	235	23:35	10:29	1:30:37
230	9/11	Darlene Blascoe	Duluth	MN	41 F	132	17:21	2:58	3:24	219	41:39	14.8	1:29	258	26:49	11:55	1:30:39
231	10/11	Kimberly Hobert	Roseville	MN	40 F	248	24:29	4:11	3:09	195	39:42	15.6	1:57	200	21:36	9:36	1:30:50
232	32/45	Dee Albers	Rochester	MN	24 F	171	18:34	3:10	3:13	249	47:32	13.0	1:34	170	20:22	9:03	1:31:13
233	33/45	Renae Cornelius	Minneapolis	MN	23 F	242	23:40	4:02	2:58	258	50:53	12.1	2:20	136	19:21	8:36	1:31:20
234	34/45	Kristine Goman	Minneapolis	MN	23 F	252	24:48	4:14	2:49	223	42:04	14.7	2:21	135	19:20	8:36	1:31:20
235	14/15	John Mohn	Anoka	MN	40 M	259	26:46	4:34	4:23	103	34:43	17.8	2:37	223	22:53	10:11	1:31:21
236	9/10	Rand Adams	St. Louis Park	MN	47 M	258	26:44	4:34	4:22	104	34:43	17.8	2:41	224	22:54	10:11	1:31:22
237	35/45	Kristen Weber	Duluth	MN	22 F	255	25:51	4:25	1:44	213	41:17	15.0	1:21	196	21:29	9:33	1:31:40
238	20/28	Deanna Fischer	St. Louis Park	MN	26 F	194	19:54	3:24	3:10	229	42:53	14.4	2:34	236	23:46	10:34	1:32:15
239	36/45	Kristy Marvin	Minneapolis	MN	23 F	180	19:04	3:15	2:53	257	50:36	12.2	1:39	96	18:12	8:05	1:32:22
240	10/15	Kris Atkins	Dassel	MN	32 F	145	17:40	3:01	3:57	231	43:19	14.3	2:07	247	25:22	11:17	1:32:24
241	21/28	Tami Brown	St. Louis Park	MN	25 F	34	12:54	2:12	7:08	239	45:08	13.7	2:59	241	24:49	11:02	1:32:56
242	26/28	Michael Hoene	Minnetonka	MN	34 M	222	21:12	3:37	3:25	220	41:49	14.8	4:07	218	22:28	9:59	1:32:59
243	22/28	Lori Kroiss	St. Paul	MN	28 F	205	20:33	3:30	3:40	200	40:04	15.4	1:55	259	26:49	11:55	1:32:59
244	11/15	Tracy Carlson	Duluth	MN	31 F	220	21:07	3:36	3:05	243	46:19	13.3	1:22	189	21:10	9:25	1:33:01
245	15/15	Bruce Koke	Bloomington	MN	43 M	249	24:30	4:11	3:54	156	37:02	16.7	2:53	248	25:37	11:24	1:33:54
246	37/45	Suzanne Croft	Proctor	MN	22 F	224	21:14	3:38	3:29	233	43:39	14.2	0:53	245	25:06	11:10	1:34:19
247	38/45	Meghan McGree	River Falls	WI	23 F	138	17:26	2:59	2:54	260	56:20	11.0	1:18	42	16:30	7:20	1:34:26
248	39/45	Meghann Jones	Duluth	MN	19 F	241	23:37	4:02	2:45	226	42:34	14.5	2:06	246	25:22	11:17	1:36:22
249	12/15	Jill Swanson	Columbia Heigh	MN	31 F	235	22:51	3:54	7:06	188	39:15	15.8	1:47	251	26:03	11:35	1:37:01
250	23/28	Julie Johnson	Duluth	MN	27 F	201	20:15	3:28	4:21	232	43:34	14.2	1:35	262	27:57	12:26	1:37:40
251	13/15	Jodi Lalim	Granite Falls	MN	34 F	216	21:01	3:35	2:51	256	50:34	12.2	2:23	192	21:18	9:28	1:38:05
252	24/28	Melissa Schulte	Granite Falls	MN	26 F	204	20:32	3:30	3:19	255	50:29	12.2	2:28	225	22:54	10:11	1:39:41
253	15/16	Shari Weniger	Tucson	AZ	36 F	251	24:47	4:14	3:43	218	41:34	14.9	2:52	257	26:47	11:55	1:39:42
254	14/15	Jennette Nelson	Proctor														

271	11/11	Beth Simenstad	Eden Prairie	MN	40 F	28	12:37	2:09	3:24	266	1:45:45	5.8	2:04	271	44:45	19:54	2:48:32
272	44/45	Emily King	Duluth	MN	19 F	265	54:17	9:16	1:49	264	1:07:34	9.1	2:02	270	43:35	19:22	2:49:15
273	10/10	Rick Agar	Duluth	MN	47 M	266	61:28	10:29	2:05	265	1:08:16	9.1	1:45	272	44:55	19:58	2:58:28

DID NOT FINISH

274	28/28	Kim Casper	Chaska	MN	25 F	81	15:39	2:41	2:05	189	39:20	15.7					
275	5/5	Andrea Hayden	Shoreview	MN	45 F					259	55:18	11.2	7:44				
276	45/45	Moriah Brooks	Duluth	MN	20 F	26	12:30	2:08									
277	20/20	Michael Fanaris	Brooklyn Park	MN	38 M	99	16:17	2:47									

MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								time	yds	time	time	time	time	TIME				
											mph		pace					
1	328	Rhett Bonner	Duluth	MN	38	M	4	10:12	1:45	0:58	1	25:59	23.8	0:56	1	13:53	6:10	51:56
2	271	Tim Andrew	Duluth	MN	36	M	5	10:28	1:47	1:09	3	27:18	22.7	0:55	3	14:07	6:17	53:55
3	279	David Goldberg	Excelsior	MN	41	M	2	10:05	1:43	1:12	7	28:50	21.4	0:52	24	15:28	6:53	56:24
4	269	Howie Leathers	Duluth	MN	32	M	3	10:10	1:44	1:37	17	29:45	20.8	1:13	2	14:02	6:15	56:45
5	425	Bill Kelley	Wrenshall	MN	30	M	19	12:52	2:12	0:55	9	29:04	21.3	1:00	4	14:16	6:21	58:05
6	525	Peter Spencer	Wayzata	MN	31	M	7	11:50	2:01	1:16	14	29:28	21.0	1:23	6	14:29	6:27	58:25
7	329	Gary Bork	Eden Prairie	MN	50	M	8	11:54	2:02	1:22	5	28:34	21.6	1:29	27	15:50	7:02	59:06
8	534	Chris Stoeber	Minneapolis	MN	29	M	16	12:40	2:10	1:31	13	29:20	21.1	1:03	9	14:51	6:36	59:22
9	559	Nathaniel Zinn	Minneapolis	MN	28	M	14	12:22	2:07	1:14	20	29:53	20.7	1:15	12	15:06	6:43	59:48
10	486	Aaron Pidde	Lakeville	MN	27	M	9	12:01	2:03	1:16	25	30:22	20.4	1:11	35	16:20	7:16	1:01:07
11	339	Stephen Bullard	Plymouth	MN	44	M	10	12:02	2:03	0:58	26	30:25	20.3	0:59	44	16:48	7:28	1:01:11
12	552	Mike Weispfenning	Duluth	MN	24	M	26	14:09	2:25	2:35	6	28:44	21.5	1:34	5	14:16	6:21	1:01:16
13	431	Matt Kjelland	Alexandria	MN	16	M	13	12:21	2:07	1:52	16	29:38	20.9	1:57	30	16:02	7:08	1:01:49
14	338	Nathan Budde	Hanover	MN	25	M	49	16:10	2:46	1:01	11	29:17	21.1	1:07	22	15:24	6:51	1:02:58
15	488	Cory Podany	Andover	MN	23	M	34	14:43	2:31	1:47	29	30:36	20.2	0:53	16	15:12	6:46	1:03:10
16	432	Mike Knight	Minneapolis	MN	30	M	1	9:58	1:42	1:24	49	32:25	19.1	1:37	72	18:11	8:05	1:03:33
17	322	Douglas Berg	Duluth	MN	32	M	73	17:16	2:57	1:13	4	27:22	22.6	1:25	37	16:27	7:19	1:03:41
18	383	Ty Frost	Superior	WI	53	M	44	15:55	2:43	1:35	8	28:57	21.4	1:42	25	15:37	6:57	1:03:44
19	497	Kyle Roff	Duluth	MN	15	M	37	15:10	2:35	2:01	35	31:18	19.8	1:00	11	15:04	6:42	1:04:30
20	391	Tim Hagley	Duluth	MN	46	M	11	12:07	2:04	1:57	47	32:06	19.3	1:31	48	16:58	7:33	1:04:37
21	448	Craig Lorentzson	Minneapolis	MN	36	M	39	15:22	2:38	1:53	21	30:00	20.6	1:30	28	15:56	7:05	1:04:39
22	521	Kent Smith	Minneapolis	MN	32	M	31	14:39	2:30	1:20	22	30:02	20.6	1:26	63	17:30	7:47	1:04:55
23	274	Mark Howard	Superior	WI	43	M	29	14:24	2:28	1:30	33	31:15	19.8	1:20	42	16:39	7:24	1:05:06
24	275	David Janowiec	Brainerd	MN	23	M	45	16:00	2:44	1:07	19	29:49	20.7	1:26	47	16:55	7:31	1:05:15
25	429	Tim Key	Wrenshall	MN	27	M	22	13:55	2:23	1:02	45	31:56	19.4	2:00	36	16:27	7:19	1:05:17
26	364	Daniel Duff	Duluth	MN	37	M	25	14:03	2:24	2:34	51	32:36	19.0	1:16	13	15:06	6:43	1:05:34
27	287	Matt Evans	Eau Claire	WI	36	M	100	18:35	3:10	0:38	30	30:47	20.1	0:38	10	15:02	6:41	1:05:39
28	372	Erik Erickson	Circle Pines	MN	22	M	47	16:06	2:45	1:24	12	29:19	21.1	1:27	65	17:36	7:50	1:05:50
29	477	Travis Ohly	Duluth	MN	25	M	101	18:41	3:11	1:41	10	29:13	21.2	1:25	21	15:21	6:49	1:06:18
30	458	Todd McKeever	Duluth	MN	40	M	84	17:48	3:03	5:42	2	27:13	22.7	0:57	7	14:41	6:32	1:06:18
31	505	David Safris	Des Moines	IA	35	M	18	12:49	2:11	1:23	53	32:50	18.8	1:51	64	17:31	7:48	1:06:23
32	315	Mark Bacigalupo	Andover	MN	44	M	60	16:36	2:50	1:36	32	31:03	19.9	0:49	43	16:45	7:27	1:06:48
33	273	Mark Malone	Tower	MN	63	M	35	14:47	2:32	2:25	18	29:45	20.8	1:54	75	18:19	8:09	1:07:08
34	483	Jacob Pederson	Duluth	MN	21	M	54	16:22	2:48	1:31	55	32:53	18.8	0:45	31	16:03	7:08	1:07:32
35	519	Lukas Sheild	Duluth	MN	22	M	92	18:03	3:05	1:39	40	31:37	19.6	1:08	15	15:11	6:45	1:07:36
36	473	Troy Nickel	St. Louis Park	MN	28	M	93	18:04	3:05	1:40	24	30:08	20.5	1:30	34	16:18	7:15	1:07:37
37	259	Peter Sandelin	Ely	MN	23	M	87	17:53	3:03	2:09	31	30:58	20.0	1:34	14	15:08	6:44	1:07:41
38	319	Dan Becker	St. Louis Park	MN	31	M	24	13:59	2:23	2:01	62	33:12	18.6	2:01	40	16:35	7:23	1:07:45
39	471	Joel Ness	Duluth	MN	45	M	17	12:45	2:11	2:10	46	32:06	19.3	1:53	88	18:57	8:26	1:07:49
40	472	Ryan W. Newton	Duluth	MN	16	M	61	16:37	2:50	2:06	44	31:53	19.4	1:18	29	16:00	7:07	1:07:53
41	368	Burke Edgerton	Duluth	MN	34	M	74	17:19	2:58	1:37	34	31:15	19.8	1:18	41	16:35	7:23	1:08:03
42	560	Bruce Chalupsky	Buffalo	MN	33	M	42	15:37	2:40	3:07	36	31:19	19.7	1:22	46	16:50	7:29	1:08:13
43	543	Steve Vrchota	Nowthen	MN	35	M	30	14:32	2:29	2:13	42	31:42	19.5	2:13	67	17:43	7:53	1:08:20
44	107	Elrie Iverson	Hampton	MN	47	M	81	17:35	3:00	2:06	15	29:36	20.9	2:36	38	16:33	7:22	1:08:23
45	604	Lee Francisco	Superior	WI	50	M	15	12:23	2:07	2:18	50	32:32	19.0	1:54	95	19:24	8:38	1:08:30
46	528	Ben Stanerson	Minnetonka	MN	24	M	104	19:03	3:15	1:55	38	31:32	19.6	1:27	8	14:45	6:34	1:08:41
47	385	Thomas Garry	Minneapolis	MN	28	M	79	17:28	2:59	2:13	27	30:29	20.3	1:50	45	16:49	7:29	1:08:47
48	312	Mike Arnold	Bemidji	MN	14	M	6	11:09	1:54	1:37	110	37:34	16.5	1:35	49	16:59	7:33	1:08:51
49	430	Lee Kirby	Naperville	IL	35	M											1:09:17	
50	463	Glenn Misgen	Duluth	MN	38	M	97	18:13	3:07	2:43	39	31:36	19.6	1:51	18	15:17	6:48	1:09:38
51	401	Harold Hellweg	Saint Paul	MN	21	M	72	17:14	2:57	1:31	54	32:51	18.8	1:53	32	16:13	7:13	1:09:40
52	516	Michael Segar	Hopkins	MN	32	M	68	17:00	2:54	2:21	37	31:21	19.7	2:19	50	17:00	7:33	1:09:59
53	408	Calvin Horn	Eden Prairie	MN	30	M	59	16:36	2:50	1:12	63	33:14	18.6	1:27	68	17:51	7:56	1:10:17
54	598	Ted Schick	Esko	MN	41	M	78	17:28	2:59	2:11	28	30:36	20.2	2:01	76	18:21	8:10	1:10:34
55	537	Pat Tarnowski	Golden Valley	MN	36	M	50	16:14	2:46	1:01	76	34:34	17.9	1:29	57	17:24	7:44	1:10:40
56	340	Michael Burr	Superior	WI	35	M	46	16:01	2:44	2:07	58	33:06	18.7	2:10	59	17:26	7:45	1:10:47
57	283	Jemiah Aitch	Minneapolis	MN	25	M	41	15:35	2:40	2:35	23	30:04	20.6	2:36	106	20:02	8:55	1:10:52
58	310	Tom Andrew	Superior	WI	59	M	75	17:23	2:58	1:35	56	32:54	18.8	1:52	55	17:16	7:41	1:10:59
59	266	Roger Raymond	Cotton	MN	16	M	64	16:43	2:51	1:44	60	33:09	18.7	1:20	71	18:05	8:02	1:10:59
60	554	Terry Wiens	Duluth	MN	44	M	57	16:33	2:50	2:05	72	34:06	18.1	0:55	56	17:23	7:44	1:11:01
61	439	Nathan Kuhlmann	St. Cloud	MN	25	M	40	15:33	2:40	1:56	67	33:49	18.3	1:43	84	18:46	8:21	1:11:47
62	487	Michael Pluimer	Raymond	MN	29	M	76	17:24	2:58	3:04	65	33:46	18.3	1:22	39	16:33	7:22	1:12:07
63	417	Les Johnson	Fridley	MN	51	M	82	17:41	3:01	1:51	68	33:52	18.3	1:26	62	17:27	7:46	1:12:16
64	468	Nicholas Nelson	Eagan	MN	24	M								1:57	77	18:23	8:10	1:12:23
65	418	Michael Johnson	St Louis Park	MN	34	M	109	19:49	3:23	1:56	41	31:40	19.5	2:14	51	17:03	7:35	1:12:41
66	424	Ronald Kellerman	St. Paul	MN	55	M	53	16:20	2:48	1:42	59	33:07	18.7	1:59	99	19:45	8:47	1:12:52
67	422	Joe Kandiko	Chaska	MN	52	M	38	15:16	2:36	1:46	70	33:58	18.2	1:50	112	20:39	9:11	1:13:28
68	257	Michael Quealy	Plymouth	MN	53	M	63	16:39	2:51	2:23	71	34:00	18.2	0:58	97	19:34	8:42	1:13:32
69	351	Daniel Conley	Duluth	MN	21	M	128	22:43	3:53	1:29	57	33:0						

77	288	Jason Brown	Edan Prairie	MN	29	M	70	17:10	2:56	3:43	69	33:55	18.2	2:50	58	17:25	7:45	1:15:01
78	341	Rick Campins	Apple Valley	MN	34	M	20	13:12	2:15	1:46	107	37:07	16.7	1:36	116	21:25	9:32	1:15:05
79	562	Brian Podany	Andover	MN	27	M	120	21:13	3:37	2:29	48	32:19	19.1	1:34	69	18:02	8:01	1:15:35
80	396	Billy Haug	Duluth	MN	31	M	77	17:27	2:59	1:38	87	35:21	17.5	2:22	86	18:50	8:23	1:15:35
81	397	Jonathan Haug	Madison	WI	31	M	36	15:06	2:35	3:57	85	35:12	17.6	2:32	85	18:50	8:23	1:15:36
82	459	Tim Mcneal	Lakeville	MN	33	M	122	21:26	3:40	2:14	52	32:50	18.8	1:43	60	17:27	7:45	1:15:38
83	379	Josh Folland	St. Paul	MN	25	M	62	16:38	2:51	2:02	104	36:54	16.8	1:08	90	19:09	8:31	1:15:49
84	421	Mike Jonson	Two Harbors	MN	31	M	51	16:16	2:47	2:55	94	35:48	17.3	1:49	94	19:17	8:35	1:16:03
85	535	Elliott Surber	Minneapolis	MN	15	M	32	14:40	2:30	2:42	83	34:54	17.7	1:31	125	22:21	9:56	1:16:06
86	482	Vann Pattermann	Superior	WI	24	M	133	23:36	4:02	1:45	74	34:22	18.0	1:18	20	15:20	6:49	1:16:19
87	414	Adam Janke	Brookston	MN	28	M	114	20:44	3:33	2:31	66	33:46	18.3	1:13	89	19:05	8:29	1:17:17
88	285	Mike Mills	Duluth	MN	42	M	121	21:17	3:38	3:10	96	35:57	17.2	0:59	33	16:17	7:14	1:17:38
89	527	Brian Stacken	Duluth	MN	32	M	108	19:27	3:19	3:05	82	34:50	17.8	1:36	83	18:45	8:20	1:17:40
90	540	Michael Tschida	Minneapolis	MN	34	M	129	23:12	3:58	2:11	43	31:44	19.5	1:52	87	18:54	8:24	1:17:51
91	461	Jim Miner Jr	Duluth	MN	47	M	90	17:59	3:04	3:22	90	35:32	17.4	2:35	80	18:33	8:15	1:17:59
92	256	Don Hickman	Merrifield	MN	42	M	67	16:55	2:53	3:12	98	36:17	17.0	1:13	111	20:32	9:08	1:18:06
93	305	Jack Alexander Sr.	Duluth	MN	74	M	88	17:55	3:04	1:50	103	36:44	16.8	2:01	103	19:55	8:51	1:18:22
94	388	Benjamin Green	Wright	MN	22	M	21	13:51	2:22	1:26	136	45:10	13.7	1:02	53	17:11	7:38	1:18:38
95	469	Nick Nelson	Eagan	MN	25	M	23	13:55	2:23	2:25	126	41:13	15.0	1:28	98	19:41	8:45	1:18:39
96	515	Charles Schumacher	Duluth	MN	50	M	91	18:00	3:04	2:08	122	39:24	15.7	1:21	70	18:03	8:01	1:18:53
97	267	Greg Twilight	Duluth	MN	53	M	27	14:13	2:26	2:35	119	38:36	16.0	1:44	122	22:03	9:48	1:19:08
98	373	Jamon Exsted	Woodbury	MN	20	M	85	17:51	3:03	3:06	108	37:10	16.6	1:27	100	19:47	8:48	1:19:19
99	320	Matt Begeske	Cloquet	MN	38	M	115	20:45	3:33	3:22	97	36:17	17.0	1:58	52	17:04	7:35	1:19:23
100	376	Mike Fetzik	Hibbing,	MN	40	M	69	17:04	2:55	5:21	95	35:52	17.2	1:21	102	19:49	8:49	1:19:25
101	558	Thomas Zahler	St. Paul	MN	21	M	110	19:51	3:23	4:05	88	35:26	17.4	1:37	78	18:29	8:13	1:19:26
102	311	George Apostolou	Duluth	MN	39	M	95	18:11	3:06	3:33	111	37:35	16.5	1:53	74	18:18	8:08	1:19:29
103	278	Doug Happy	Duluth	MN	44	M	138	26:08	4:28	1:55	77	34:35	17.9	1:15	26	15:48	7:02	1:19:40
104	325	Howard Bich	Wagner	SD	62	M	103	18:50	3:13	2:27	84	35:08	17.6	1:36	123	22:04	9:49	1:20:02
105	549	Dean Wasley	Duluth	MN	33	M	118	21:01	3:35	2:29	114	37:51	16.3	1:17	61	17:27	7:46	1:20:04
106	331	Ted Bowen	Little Falls	MN	58	M	55	16:26	2:48	2:43	124	40:34	15.2	1:54	82	18:38	8:17	1:20:11
107	433	Darrell Koehlinger	Minneapolis	MN	45	M	58	16:35	2:50	2:36	116	38:13	16.2	1:17	120	21:48	9:41	1:20:26
108	434	Lyle Koivisto	Duluth	MN	57	M	131	23:33	4:01	3:05	73	34:13	18.1	1:27	81	18:33	8:15	1:20:50
109	494	Tim Richmond	Edina	MN	35	M	89	17:55	3:04	2:29	121	38:49	15.9	2:19	105	20:01	8:54	1:21:31
110	336	Narvel Brooks	Plymouth	MN	51	M	96	18:12	3:07	3:24	86	35:18	17.5	2:20	126	22:24	9:58	1:21:35
111	318	Bill Barnacle	Brainerd	MN	55	M	124	21:54	3:44	3:27	89	35:29	17.4	1:12	104	19:57	8:52	1:21:57
112	357	Jim Dearmond	Duluth	MN	54	M	66	16:50	2:52	3:19	102	36:40	16.9	2:18	136	23:55	10:29	1:22:39
113	268	Bryan Twilight	Duluth	MN	47	M	80	17:28	2:59	2:02	123	40:01	15.5	1:20	121	21:49	9:42	1:22:39
114	324	Mark Betters	Lakeville	MN	28	M	112	20:12	3:27	3:22	75	34:25	18.0	2:10	134	23:24	10:24	1:23:29
115	281	Johnny Walker	Duluth	MN	24	M	99	18:23	3:08	2:55	133	42:27	14.6	1:25	79	18:33	8:15	1:23:41
116	481	David Parson	Maple Grove	MN	31	M	94	18:06	3:05	2:51	132	42:10	14.7	1:41	91	19:14	8:33	1:24:00
117	524	Glen Sorenson	Duluth	MN	50	M	102	18:49	3:13	2:14	120	38:36	16.0	1:18	135	23:29	10:27	1:24:24
118	526	Tony Stack	Cottage Grove	MN	31	M	98	18:22	3:08	2:41	112	37:40	16.4	2:29	133	23:24	10:24	1:24:33
119	392	Rick Hans	Brainerd	MN	54	M	136	24:55	4:15	2:58	91	35:43	17.3	1:32	101	19:47	8:48	1:24:53
120	413	Philip Janes	St. Paul	MN	25	M	141	27:53	4:45	3:14	109	37:22	16.5	1:37	17	15:13	6:46	1:25:17
121	456	Todd Mcgrath	Minneapolis	MN	30	M	111	20:10	3:27	2:26	131	42:01	14.7	1:11	96	19:33	8:41	1:25:18
122	361	Sean Doe-Simkins	St. Paul	MN	17	M	130	23:30	4:01	3:54	115	37:52	16.3	3:12	66	17:40	7:52	1:26:07
123	342	Mark Carlson	Apple Valley	MN	39	M	126	22:38	3:52	3:44	113	37:43	16.4	1:49	108	20:20	9:02	1:26:12
124	394	Nathan Hansen	Eagan	MN	25	M	106	19:15	3:17	2:06	128	41:31	14.9	2:04	117	21:31	9:34	1:26:25
125	349	Ted Ciriacy	Pahrump	NV		M	43	15:43	2:41	2:38	137	45:34	13.6	1:51	113	21:03	9:21	1:26:47
126	381	Mark Freer	White Bear Lak	MN	47	M	137	26:02	4:27	3:15	105	36:59	16.7	1:24	92	19:15	8:34	1:26:53
127	478	Zach Ohly	Rochester	MN	16	M	116	20:46	3:33	1:40	127	41:26	14.9	1:07	124	22:08	9:50	1:27:05
128	493	Mike Richmond	Minneapolis	MN	35	M	113	20:41	3:32	2:05	118	38:21	16.1	3:07	130	22:55	10:12	1:27:08
129	309	Mike Anderson	Duluth	MN	53	M	83	17:44	3:02	2:46	125	40:51	15.1	1:33	138	25:04	11:09	1:27:56
130	367	Doug Dunham	Duluth	MN	63	M	105	19:13	3:17	3:59	130	41:52	14.8	1:56	118	21:35	9:36	1:28:34
131	522	S.J. Sokolowski	Coon Rapids	MN	70	M	127	22:39	3:52	3:59	99	36:21	17.0	2:45	131	22:57	10:12	1:28:40
132	480	Matt Paar	Woodbury	MN	31	M	48	16:09	2:46	1:21	139	47:25	13.0	3:33	114	21:16	9:27	1:29:41
133	366	Scott Dulebohn	Duluth	MN	44	M	107	19:22	3:18	3:36	117	38:16	16.2	2:17	141	26:20	11:43	1:29:50
134	452	Jeremy Mattonen	Duluth	MN	27	M									140	25:38	11:24	1:30:36
135	512	Ty Schroyer	Duluth	MN	43	M	123	21:36	3:41	4:36	101	36:36	16.9	4:16	137	23:35	10:29	1:30:37
136	156	John Mohn	Anoka	MN	40	M	140	26:46	4:34	4:23	79	34:43	17.8	2:37	128	22:53	10:11	1:31:21
137	6	Rand Adams	St. Louis Park	MN	47	M	139	26:44	4:34	4:22	80	34:43	17.8	2:41	129	22:54	10:11	1:31:22
138	405	Michael Hoene	Minnetonka	MN	34	M	119	21:12	3:37	3:25	129	41:49	14.8	4:07	127	22:28	9:59	1:32:59
139	435	Bruce Koke	Bloomington	MN	43	M	134	24:30	4:11	3:54	106	37:02	16.7	2:53	139	25:37	11:24	1:33:54
140	544	Tom Vrchota	Princeton	MN	37	M	142	29:22	5:01	3:44	134	44:29	13.9	1:50	115	21:19	9:29	1:40:42
141	370	Peder Engebretson	Shoreview	MN	38	M	117	20:48	3:33	3:21	138	46:47	13.2	1:52	142	28:36	12:43	1:41:21
142	495	Doug Ricketts	Duluth	MN	33	M	143	32:11	5:30	4:01	135	44:44	13.8	1:33	119	21:41	9:38	1:44:07
143	62	Clark Eichelberger	St Louis Park	MN	34	M	28	14:18	2:27	1:28	142	1:06:06	9.4	2:23	132	23:14	10:20	1:47:28
144	490	Dan Powers	New Richmond	WI	66	M	135	24:36	4:12	2:40	140	48:54	12.6	2:34	144	33:07	14:43	1:51:50
145	276	Tim Jorgensen	Duluth	MN	26	M	132	23:36	4:02	3:01	141	58:33	10.6	2:40	143	32:21	14:23	2:00:09
146	303	Rick Agar	Duluth	MN	47	M	144	61:28	10:29	2:05	143	1:08:16	9.1	1:45	145	44:55	19:58	2:58:28

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
								time	yds	time	time	time	time	TIME
											mph		pace	
1	264	Stephanie Hannos	Vanover	BC	23	F	5	11:38	1:59	2:24	1	27:37	22.4	59:36
2	438	Sarah Kuetter	Duluth	MN	25	F	2	10:28	1:48	1:19	3	30:06	20.5	1:02:21
3	447	Shana Letnes	Circle Pines	MN	23	F	1	10:28	1:47	1:46	18	34:02	18.2	1:03:50
4	409	Stephanie Howe	Forest Lake	MN	18	F	47	16:09	2:45	1:18	13	33:29	18.5	1:05:44
5	3													

17	507	Tammy Stang	St. Joseph	MN	22	F	55	17:14	2:57	2:17	17	33:48	18.3	1:04	2	15:35	6:56	1:09:56
18	496	Katrese Ringham	St.louis Park	MN	19	F	8	12:26	2:07	2:36	33	35:44	17.3	1:41	16	17:48	7:55	1:10:13
19	403	Julie Higginson	Plymouth	MN	42	F	54	17:06	2:55	1:36	10	33:06	18.7	1:10	20	18:00	8:00	1:10:55
20	143	Heather Marden	Duluth	MN	21	F	6	11:39	2:00	2:58	22	34:31	17.9	1:49	64	20:26	9:05	1:11:22
21	484	Kerri Persons	Duluth	MN	27	F	21	13:47	2:21	1:19	24	34:42	17.8	0:47	73	20:56	9:18	1:11:28
22	301	Heidi Adams	Grand Rapids	MN	17	F	12	12:30	2:08	1:42	26	34:57	17.7	1:42	67	20:39	9:11	1:11:29
23	326	Kirsten Bich	Duluth	MN	32	F	65	17:45	3:02	2:02	5	31:58	19.3	1:36	33	18:32	8:14	1:11:51
24	354	Camilla Crosby	Inver Grove He	MN	26	F	32	14:56	2:33	1:50	16	33:43	18.3	1:40	51	19:53	8:51	1:12:00
25	260	Maggie Sorenson	Duluth	MN	19	F	40	15:40	2:41	2:31	28	35:21	17.5	0:59	18	17:55	7:58	1:12:24
26	343	Mary Carlson	Moose Lake	MN	41	F	24	13:57	2:23	1:23	30	35:27	17.4	1:40	66	20:27	9:06	1:12:53
27	504	Rachael Ryan	Lauderdale	MN	22	F	17	13:00	2:13	1:38	49	36:56	16.7	1:13	58	20:15	9:00	1:13:00
28	510	Jennifer Schmitt	Duluth	MN	16	F	19	13:06	2:14	2:01	43	36:37	16.9	1:27	54	19:57	8:52	1:13:07
29	529	Jennifer Stanerson	Minnetonka	MN	24	F	123	61:41	10:31		45	36:44	16.8	1:25	65	20:27	9:06	1:13:37
30	277	Manah Stember	Northfield	MN	22	F	36	15:24	2:38	2:02	47	36:51	16.8	1:04	30	18:25	8:11	1:13:44
31	475	Kathryn O'hearn	Duluth	MN	20	F	27	14:26	2:28	1:39	50	36:59	16.7	1:26	47	19:29	8:40	1:13:57
32	541	Lisa Vogel	Melrose	MN	39	F	49	16:50	2:53	2:34	21	34:15	18.1	1:47	35	18:44	8:20	1:14:09
33	415	Adrea Jeske	Melrose	MN	22	F	25	14:19	2:27	1:45	57	37:59	16.3	1:15	37	18:52	8:24	1:14:09
34	402	Katy Hertel	Duluth	MN	23	F								1:40	26	18:17	8:08	1:14:09
35	286	Elizabeth Sipe	Minneapolis	MN	28	F	45	16:01	2:44	2:04	19	34:05	18.1	1:55	57	20:13	8:59	1:14:16
36	272	Pamela Garretson	Rosemont	MN	40	F	67	18:03	3:05	1:38	25	34:57	17.7	1:53	21	18:00	8:00	1:14:28
37	426	Sheila Kelley	Wrenshall	MN	27	F	74	18:48	3:13	1:56	23	34:42	17.8	2:00	7	17:06	7:36	1:14:31
38	444	Martha Langager	Duluth	MN	18	F	61	17:24	2:58	2:42	55	37:36	16.4	1:17	3	15:36	6:56	1:14:33
39	467	Kristin Nelson	Eagan	MN	25	F	26	14:23	2:28	3:42	38	36:11	17.1	2:24	19	17:59	8:00	1:14:37
40	120	Patti Keillor	Minneapolis	MN	23	F	43	15:58	2:44	2:26	29	35:26	17.4	1:44	45	19:25	8:38	1:14:56
41	255	Terri Butler	Duluth	MN	27	F	33	15:14	2:36	3:18	36	35:55	17.2	1:33	43	19:22	8:37	1:15:20
42	464	Jennifer Nansen	Roseville	MN	28	F	82	19:30	3:20	3:06	6	32:21	19.1	1:29	38	19:00	8:27	1:15:25
43	330	Amanda Bovee	Duluth	MN	21	F	9	12:26	2:08	1:31	66	39:10	15.8	0:54	79	21:26	9:32	1:15:25
44	410	Carly Hultman	Richfield	MN	27	F	35	15:23	2:38	1:54	11	33:10	18.6	1:29	100	23:49	10:35	1:15:43
45	390	Cindy Grindy	Duluth	MI	45	F	28	14:32	2:29	1:47	32	35:40	17.3	1:52	91	22:24	9:58	1:16:13
46	538	Julie Theiler	Melrose	MN	35	F	48	16:47	2:52	1:44	40	36:34	16.9	1:18	53	19:55	8:51	1:16:16
47	307	Susan Andersen	Minnetonka	MN	21	F	44	16:00	2:44	3:13	34	35:47	17.3	1:42	60	20:18	9:02	1:16:59
48	252	Tara Beutelspacher	St Paul	MN	36	F								1:35	63	20:26	9:05	1:17:01
49	520	Betty Skoglund	White Bear Tow	MN	35	F	29	14:33	2:29	2:45	53	37:22	16.5	1:53	70	20:48	9:15	1:17:18
50	316	Susanne Bakken	Duluth	MN	52	F	60	17:23	2:58	2:12	41	36:34	16.9	1:48	48	19:32	8:41	1:17:27
51	476	Rachel Ohly	Rochester	MN	19	F	106	21:28	3:40	1:18	27	35:07	17.6	1:22	28	18:19	8:09	1:17:32
52	395	Claire Hartmann	Brooklyn Park	MN	22	F	66	18:01	3:05	2:12	35	35:52	17.2	2:02	55	20:00	8:53	1:18:04
53	550	Jill Waters	Minneapolis	MN	38	F	42	15:53	2:43	1:53	60	38:30	16.1	1:34	61	20:21	9:03	1:18:09
54	547	Amy Warndahl	Plymouth	MN	14	F	20	13:43	2:21	1:53	78	40:09	15.4	1:13	77	21:16	9:27	1:18:13
55	348	Toni Christensen	Duluth	MN	25	F	30	14:53	2:33	3:35	79	40:13	15.4	1:46	25	18:16	8:07	1:18:41
56	511	Jessica Schmitt	Duluth	MN	14	F	22	13:49	2:22	1:32	75	39:43	15.6	1:32	89	22:14	9:53	1:18:48
57	345	Donna Carson	Coon Rapids	MN	31	F	32	14:55	2:33	2:39	72	39:39	15.6	1:21	68	20:39	9:11	1:19:10
58	317	Andrea Balgaard	Minneapolis	MN	20	F	77	19:06	3:16	1:54	31	35:34	17.4	1:12	84	21:38	9:37	1:19:22
59	548	Faye I. Warzecha	Minneapolis	MN	39	F	94	20:38	3:31	1:22	46	36:47	16.8	1:16	44	19:24	8:38	1:19:25
60	365	Heidi Dulebohn	Duluth	MN	43	F	41	15:52	2:43	1:42	65	38:56	15.9	1:57	86	21:51	9:43	1:20:16
61	75	Ann Frett	Duluth	MN	37	F	78	19:12	3:17	2:49	44	36:44	16.8	2:03	49	19:36	8:43	1:20:22
62	355	Angie Danielski	Stevens Point	WI	19	F	46	16:02	2:44	2:27	39	36:13	17.1	2:43	98	23:14	10:20	1:20:37
63	258	Shannon Quealy	Plymouth	MN	17	F	96	20:41	3:32	2:27	61	38:42	16.0	1:32	17	17:49	7:55	1:21:08
64	398	Mary Haworth	Duluth	MN	44	F	88	20:09	3:26	2:30	62	38:49	15.9	1:40	29	18:25	8:11	1:21:31
65	508	Wendi Schirvar	St Croix Falls	WI	38	F	37	15:25	2:38	2:42	86	41:09	15.0	1:34	74	20:58	9:19	1:21:46
66	347	Karen Christensen	Mendota Height	MN	42	F	98	21:00	3:35	3:13	51	37:03	16.7	1:24	40	19:15	8:34	1:21:52
67	386	Carissa Gehrking	Marshall	MN	25	F	53	17:05	2:55	2:23	56	37:50	16.3	2:04	94	22:47	10:08	1:22:07
68	428	Sarah Key	Duluth	MN	22	F	80	19:21	3:18	2:25	48	36:56	16.7	1:40	85	21:50	9:42	1:22:09
69	517	Stacey Sell	Carlton	MN	19	F	81	19:24	3:19	2:22	54	37:35	16.5	1:19	81	21:31	9:34	1:22:10
70	302	Penny Agar	Duluth	MN	48	F	59	17:23	2:58	2:25	64	38:55	15.9	1:41	88	22:03	9:48	1:22:25
71	489	Jennifer Podany	Andover	MN	28	F	56	17:15	2:57	2:21	63	38:54	15.9	1:32	95	22:50	10:09	1:22:50
72	499	Alyssa Rosenberger	Sauk Rapids	MN	31	F	70	18:29	3:09	1:12	52	37:17	16.6	1:29	103	24:26	10:52	1:22:51
73	479	Nikki Olson	Sauk Rapids	MN	22	F	57	17:20	2:58	2:06	70	39:30	15.7	1:03	97	23:04	10:15	1:23:01
74	523	Jeanelle Soland	Winona	MN	24	F								1:15	8	17:09	7:38	1:23:02
75	450	Sandy Marden-Lokke	Duluth	MN	48	F	75	19:03	3:15	3:13	59	38:16	16.2	3:08	59	20:18	9:01	1:23:55
76	441	Jennifer Kusch	Saginaw	MN	19	F	97	20:41	3:32	2:45	84	40:48	15.2	1:15	31	18:30	8:14	1:23:58
77	270	Kym Andrew	Duluth	MN	35	F	83	19:46	3:23	2:13	37	35:57	17.2	1:39	105	24:50	11:03	1:24:24
78	551	Meg Weber	Duluth	MN	34	F	71	18:33	3:10	3:30	69	39:22	15.7	2:43	71	20:51	9:16	1:24:57
79	356	Jennifer Dearmond	Duluth	MN	29	F	51	16:51	2:53	1:56	88	41:19	15.0	2:38	90	22:21	9:56	1:25:04
80	420	Julie Jonson	Two Harbors	MN	29	F	50	16:51	2:53	1:43	82	40:30	15.3	1:43	102	24:26	10:52	1:25:10
81	427	Tasha Kettula	Frederic	WI	15	F	118	25:14	4:18	2:38	58	38:07	16.2	1:25	36	18:49	8:22	1:26:12
82	513	Eileen Schuetz	Minneapolis	MN	25	F	103	21:11	3:37	3:17	76	39:59	15.5	1:10	69	20:43	9:13	1:26:17
83	282	Sarah Carlson	Duluth	MN	35	F	52	16:52	2:53	1:49	101	43:48	14.1	1:38	93	22:28	10:00	1:26:33
84	518	Evelyn Shashy	Rochester	MN	33	F	87	20:08	3:26	5:00	71	39:30	15.7	2:17	52	19:54	8:51	1:26:48
85	455	Tiffany Mcgrath	Minneapolis	MN	27	F	101	21:05	3:36	1:57	97	42:53	14.4	1:18	50	19:43	8:46	1:26:55
86	503	Mary Rowe	Maplewood	MN	41	F	86	20:07	3:26	2:59	89	41:25	14.9	1:39	75	21:09	9:24	1:27:17
87	532	Jeannine Steel	Bovey	MN	31	F								1:59	112	26:24	11:44	1:27:23
88	284	Krissy Magelssen	Duluth	MN	22	F	114	24:24	4:10	2:43	80	40:20	15.3	1:06	46	19:28	8:40	1:28:00
89	440	Sharon Kuhlmann	St. Cloud	MN	52	F	63	17:30	2:59	1:55	83	40:48	15.2	2:09	110	25:50	11:29	1:28:10
90	323	Tricia Bergien	Lakeville	MN	30	F	100	21:03	3:36	3:35	74	39:43	15.6	3:32	83	21:37	9:37	1:29:28
91	407	Desiree Holm	Cloquet	MN	26	F	79	19:14	3:17	2:44	113	48:09	12.8	1:46	15	17:42	7:52	1:29:34
92	280	Jen Cable	Superior	WI	31	F	113	23:57	4:05	3:18	81	40:26	15.3	1:12	72	20:55	9:18	1:29:46
93	506	Jaimie Santmyer	Proctor	MN	21	F	85	19:58	3:25	3:08	85	41:06	15.0	1:41	101	24:08	10:44	1:29:59</

110	536 Jill Swanson	Columbia Heigh	MN	31 F	107	22:51	3:54	7:06	67	39:15	15.8	1:47	111	26:03	11:35	1:37:01
111	416 Julie Johnson	Duluth	MN	27 F	89	20:15	3:28	4:21	99	43:34	14.2	1:35	121	27:57	12:26	1:37:40
112	443 Jodi Lalim	Granite Falls	MN	34 F	99	21:01	3:35	2:51	116	50:34	12.2	2:23	78	21:18	9:28	1:38:05
113	514 Melissa Schulte	Granite Falls	MN	26 F	92	20:32	3:30	3:19	115	50:29	12.2	2:28	96	22:54	10:11	1:39:41
114	553 Shari Weniger	Tucson	AZ	36 F	116	24:47	4:14	3:43	90	41:34	14.9	2:52	116	26:47	11:55	1:39:42
115	466 Jennette Nelson	Proctor	MN	31 F	73	18:37	3:11	4:32	109	47:21	13.1	2:50	115	26:29	11:46	1:39:47
116	360 Bobbikay Delovely	Cloquet	MN	27 F	95	20:39	3:32	2:31	105	45:21	13.6	2:19	124	29:44	13:13	1:40:33
117	332 Kathy Brackett	Floodwood	MN	50 F	90	20:19	3:28	2:50	107	46:57	13.2	2:23	123	28:07	12:30	1:40:33
118	453 Tracy Maurer	Superior	WI	37 F	112	23:54	4:05	5:18	94	42:51	14.4	3:00	113	26:26	11:45	1:41:27
119	509 Katie Schmidt	Superior	WI	24 F	91	20:20	3:28	8:51	95	42:52	14.4	3:00	114	26:27	11:46	1:41:28
120	542 Christine Voth	Eagan	MN	24 F	110	23:42	4:03	2:59	112	48:03	12.9	2:20	106	24:58	11:06	1:42:01
121	400 Karen Heinen	Melrose	MN	46 F	111	23:53	4:05	2:50	111	47:46	12.9	1:41	119	27:07	12:03	1:43:15
122	539 Joanne Thompson	Columbia Heigh	MN	26 F	120	27:13	4:39	2:44	102	43:48	14.1	2:42	122	28:02	12:28	1:44:26
123	313 Dana Asche	Willmar	MN	25 F	68	18:26	3:09	5:25	114	48:41	12.7	4:18	120	27:48	12:22	1:44:36
124	460 Lesley Miller	Eagan	MN	24 F	121	30:16	5:10	4:06	108	47:10	13.1	1:32	92	22:28	9:59	1:45:30
125	546 Amanda Walters	Eveleth	MN	23 F	105	21:25	3:39	3:25	121	58:50	10.5	4:01	125	33:17	14:48	2:00:56
126	205 Beth Simenstad	Eden Prairie	MN	40 F	13	12:37	2:09	3:24	123	1:45:45	5.8	2:04	127	44:45	19:54	2:48:32
127	121 Emily King	Duluth	MN	19 F	122	54:17	9:16	1:49	122	1:07:34	9.1	2:02	126	43:35	19:22	2:49:15

TOP 10 SWIM

NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time	mph	TRAN time	RUN time	pace	TOTAL TIME
1	Mike Knight	Minneapolis	MN	30 M	9:58	1:42							
2	David Goldberg	Excelsior	MN	41 M	10:05	1:43							
3	Howie Leathers	Duluth	MN	32 M	10:10	1:44							
4	Rhett Bonner	Duluth	MN	38 M	10:12	1:45							
5	Shana Letnes	Circle Pines	MN	23 F	10:28	1:47							
6	Tim Andrew	Duluth	MN	36 M	10:28	1:47							
7	Sarah Kuetter	Duluth	MN	25 F	10:28	1:48							
8	Mike Arnold	Bemidji	MN	14 M	11:09	1:54							
9	Connie Stein	Little Falls	MN	29 F	11:13	1:55							
10	Mina Dougherty	Duluth	MN	28 F	11:34	1:59							

TOP TO FIRST TRANSITION

NAME	CITY	ST	AGE	S	TRAN time
1	Matt Evans	Eau Clair	WI	36 M	0:38
2	Bill Kelley	Wrenshall	MN	30 M	0:55
3	Stephen Bullard	Plymouth	MN	44 M	0:58
4	Rhett Bonner	Duluth	MN	38 M	0:58
5	Nathan Budde	Hanover	MN	25 M	1:01
6	Pat Tarnowski	Golden Valley	MN	36 M	1:01
7	Tim Key	Wrenshall	MN	27 M	1:02
8	David Janowiec	Brainerd	MN	23 M	1:07
9	Tim Andrew	Duluth	MN	36 M	1:09
10	Clare Schmid	Lilydale	MN	38 F	1:10

TOP 10 BIKE

NAME	CITY	ST	AGE	S	BIKE time	mph
1	Rhett Bonner	Duluth	MN	38 M	25:59	23.8
2	Todd McKeever	Duluth	MN	40 M	27:13	22.7
3	Tim Andrew	Duluth	MN	36 M	27:18	22.7
4	Douglas Berg	Duluth	MN	32 M	27:22	22.6
5	Stephanie Hannos	Vanover	BC	23 F	27:37	22.4
6	Gary Bork	Eden Prairie	MN	50 M	28:34	21.6
7	Mike Weispfenning	Duluth	MN	24 M	28:44	21.5
8	David Goldberg	Excelsior	MN	41 M	28:50	21.4
9	Ty Frost	Superior	WI	53 M	28:57	21.4
10	Bill Kelley	Wrenshall	MN	30 M	29:04	21.3

TOP TO SECOND TRANSITION

NAME	CITY	ST	AGE	S	TRAN time
1	Matt Evans	Eau Clair	WI	36 M	0:38
2	Stephanie Howe	Forest Lake	MN	18 F	0:44
3	Jacob Pederson	Duluth	MN	21 M	0:45
4	Kerri Persons	Duluth	MN	27 F	0:47
5	Mark Bacigalupo	Andover	MN	44 M	0:49
6	David Goldberg	Excelsior	MN	41 M	0:52
7	Suzanne Croft	Proctor	MN	22 F	0:53
8	Cory Podany	Andover	MN	23 M	0:53
9	Amanda Bovee	Duluth	MN	21 F	0:54
10	Terry Wiens	Duluth	MN	44 M	0:55

TOP 10 RUN

NAME	CITY	ST	AGE	S	RUN time	pace
1	Rhett Bonner	Duluth	MN	38 M	13:53	6:10
2	Howie Leathers	Duluth	MN	32 M	14:02	6:15
3	Stephanie Howe	Forest Lake	MN	18 F	14:07	6:17
4	Tim Andrew	Duluth	MN	36 M	14:07	6:17
5	Bill Kelley	Wrenshall	MN	30 M	14:16	6:21

6	Mike Weispfenning	Duluth	MN	24	M	14:16	6:21
7	Peter Spencer	Wayzata	MN	31	M	14:29	6:27
8	Todd McKeever	Duluth	MN	40	M	14:41	6:32
9	Ben Stanerson	Minnetonka	MN	24	M	14:45	6:34
10	Chris Stoeber	Minneapolis	MN	29	M	14:51	6:36

FEMALE AGE GROUP RESULTS 01 - 17

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	Alyssa Wildman	Milaca	MN	14	F							1:16	1	17:21	7:43	1:06:18	
2	Alanna Wildman	Milaca	MN	14	F	1	12:19	2:06	1:47	1	33:36	18.4	1:15	2	17:22	7:43	1:06:18
3	Heidi Adams	Grand Rapids	MN	17	F	2	12:30	2:08	1:42	2	34:57	17.7	1:42	6	20:39	9:11	1:11:29
4	Jennifer Schmitt	Duluth	MN	16	F	3	13:06	2:14	2:01	3	36:37	16.9	1:27	5	19:57	8:52	1:13:07
5	Amy Warndahl	Plymouth	MN	14	F	4	13:43	2:21	1:53	7	40:09	15.4	1:13	7	21:16	9:27	1:18:13
6	Jessica Schmitt	Duluth	MN	14	F	5	13:49	2:22	1:32	6	39:43	15.6	1:32	8	22:14	9:53	1:18:48
7	Shannon Queealy	Plymouth	MN	17	F	6	20:41	3:32	2:27	5	38:42	16.0	1:32	3	17:49	7:55	1:21:08
8	Tasha Kettula	Frederic	WI	15	F	7	25:14	4:18	2:38	4	38:07	16.2	1:25	4	18:49	8:22	1:26:12

MALE AGE GROUP RESULTS 01 - 17

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	Matt Kjelland	Alexandria	MN	16	M	2	12:21	2:07	1:52	1	29:38	20.9	1:57	3	16:02	7:08	1:01:49
2	Kyle Roff	Duluth	MN	15	M	4	15:10	2:35	2:01	2	31:18	19.8	1:00	1	15:04	6:42	1:04:30
3	Ryan W. Newton	Duluth	MN	16	M	5	16:37	2:50	2:06	3	31:53	19.4	1:18	2	16:00	7:07	1:07:53
4	Mike Arnold	Bemidji	MN	14	M	1	11:09	1:54	1:37	6	37:34	16.5	1:35	4	16:59	7:33	1:08:51
5	Roger Raymond	Cotton	MN	16	M	6	16:43	2:51	1:44	4	33:09	18.7	1:20	6	18:05	8:02	1:10:59
6	Elliott Surber	Minneapolis	MN	15	M	3	14:40	2:30	2:42	5	34:54	17.7	1:31	8	22:21	9:56	1:16:06
7	Sean Doe-Simkins	St. Paul	MN	17	M	8	23:30	4:01	3:54	7	37:52	16.3	3:12	5	17:40	7:52	1:26:07
8	Zach Ohly	Rochester	MN	16	M	7	20:46	3:33	1:40	8	41:26	14.9	1:07	7	22:08	9:50	1:27:05

FEMALE AGE GROUP RESULTS 18 - 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	Stephanie Hannos	Vanovover	BC	23	F	2	11:38	1:59	2:24	1	27:37	22.4	1:14	6	16:44	7:27	59:36
2	Shana Letnes	Circle Pines	MN	23	F	1	10:28	1:47	1:46	6	34:02	18.2	1:06	4	16:29	7:20	1:03:50
3	Stephanie Howe	Forest Lake	MN	18	F	17	16:09	2:45	1:18	4	33:29	18.5	0:44	1	14:07	6:17	1:05:44
4	Sheri Ironside	Hanover	MN	24	F	11	15:20	2:37	1:24	2	32:49	18.8	1:06	8	17:25	7:45	1:08:02
5	Ellen Cleary	Minneapolis	MN	24	F	7	12:58	2:13	2:46	3	33:12	18.6	1:43	16	18:42	8:19	1:09:19
6	Tammy Stang	St. Joseph	MN	22	F	18	17:14	2:57	2:17	5	33:48	18.3	1:04	2	15:35	6:56	1:09:56
7	Katrese Ringham	St. Louis Park	MN	19	F	4	12:26	2:07	2:36	12	35:44	17.3	1:41	9	17:48	7:55	1:10:13
8	Heather Marden	Duluth	MN	21	F	3	11:39	2:00	2:58	7	34:31	17.9	1:49	27	20:26	9:05	1:11:22
9	Maggie Sorenson	Duluth	MN	19	F	13	15:40	2:41	2:31	9	35:21	17.5	0:59	10	17:55	7:58	1:12:24
10	Rachael Ryan	Lauderdale	MN	22	F	8	13:00	2:13	1:38	19	36:56	16.7	1:13	24	20:15	9:00	1:13:00
11	Jennifer Stanerson	Minnetonka	MN	24	F	43	61:41	10:31	1:46	16	36:44	16.8	1:25	28	20:27	9:06	1:13:37
12	Manah Stember	Northfield	MN	22	F	12	15:24	2:38	2:02	17	36:51	16.8	1:04	14	18:25	8:11	1:13:44
13	Kathryn O'hearn	Duluth	MN	20	F	10	14:26	2:28	1:39	20	36:59	16.7	1:26	22	19:29	8:40	1:13:57
14	Adrea Jeske	Melrose	MN	22	F	9	14:19	2:27	1:45	23	37:59	16.3	1:15	17	18:52	8:24	1:14:09
15	Katy Hertel	Duluth	MN	23	F								1:40	12	18:17	8:08	1:14:09
16	Martha Langager	Duluth	MN	18	F	20	17:24	2:58	2:42	22	37:36	16.4	1:17	3	15:36	6:56	1:14:33
17	Patti Keillor	Minneapolis	MN	23	F	14	15:58	2:44	2:26	10	35:26	17.4	1:44	20	19:25	8:38	1:14:56
18	Amanda Bovee	Duluth	MN	21	F	5	12:26	2:08	1:31	24	39:10	15.8	0:54	29	21:26	9:32	1:15:25
19	Susan Andersen	Minnetonka	MN	21	F	15	16:00	2:44	3:13	13	35:47	17.3	1:42	25	20:18	9:02	1:16:59
20	Rachel Ohly	Rochester	MN	19	F	34	21:28	3:40	1:18	8	35:07	17.6	1:22	13	18:19	8:09	1:17:32
21	Claire Hartmann	Brooklyn Park	MN	22	F	22	18:01	3:05	2:12	14	35:52	17.2	2:02	23	20:00	8:53	1:18:04
22	Andrea Balgaard	Minneapolis	MN	20	F	26	19:06	3:16	1:54	11	35:34	17.4	1:12	32	21:38	9:37	1:19:22
23	Angie Danielski	Stevens Point	WI	19	F	16	16:02	2:44	2:27	15	36:13	17.1	2:43	37	23:14	10:20	1:20:37
24	Sarah Key	Duluth	MN	22	F	27	19:21	3:18	2:25	18	36:56	16.7	1:40	33	21:50	9:42	1:22:09
25	Stacey Sell	Carlton	MN	19	F	28	19:24	3:19	2:22	21	37:35	16.5	1:19	31	21:31	9:34	1:22:10
26	Nikki Olson	Sauk Rapids	MN	22	F	19	17:20	2:58	2:06	25	39:30	15.7	1:03	36	23:04	10:15	1:23:01
27	Jeanelle Soland	Winona	MN	24	F								1:15	7	17:09	7:38	1:23:02
28	Jennifer Kusch	Saginaw	MN	19	F	31	20:41	3:32	2:45	27	40:48	15.2	1:15	15	18:30	8:14	1:23:58
29	Krissy Magelssen	Duluth	MN	22	F	38	24:24	4:10	2:43	26	40:20	15.3	1:06	21	19:28	8:40	1:28:00
30	Jaimie Santmyer	Proctor	MN	21	F	29	19:58	3:25	3:08	28	41:06	15.0	1:41	38	24:08	10:44	1:29:59
31	Sommer Brisco	Minneapolis	MN	23	F	23	18:28	3:09	3:34	34	44:25	13.9	2:04	34	22:00	9:47	1:30:29
32	Dee Albers	Rochester	MN	24	F	24	18:34	3:10	3:13	36	47:32	13.0	1:34	26	20:22	9:03	1:31:13
33	Renae Cornelius	Minneapolis	MN	23	F	36	23:40	4:02	3:19	39	50:53	12.1	2:20	19	19:21	8:36	1:31:20
34	Kristine Goman	Minneapolis	MN	23	F	39	24:48	4:14	2:49	30	42:04	14.7	2:21	18	19:20	8:36	1:31:20
35	Kristen Weber	Duluth	MN	22	F	40	25:51	4:25	1:44	29	41:17	15.0	1:21	30	21:29	9:33	1:31:40
36	Kristy Marvin	Minneapolis	MN	23	F	25	19:04	3:15	2:53	38	50:36	12.2	1:39	11	18:12	8:05	1:32:22
37	Suzanne Croft	Proctor	MN	22	F	32	21:14	3:38	3:29	33	43:39	14.2	0:53	40	25:06	11:10	1:34:19
38	Meghan McGree	River Falls	WI	23	F	21	17:26	2:59	2:54	40	56:20	11.0	1:18	5	16:30	7:20	1:34:26
39	Meghann Jones	Duluth	MN	19	F	35	23:37	4:02	2:45	31	42:34	14.5	2:06	41	25:22	11:17	1:36:22
40	Katie Schmidt	Superior	WI	24	F	30	20:20	3:28	8:51	32	42:52	14.4	3:00	42	26:27	11:46	1:41:28
41	Christine Voth	Eagan	MN	24	F	37	23:42	4:03	2:59	37	48:03	12.9	2:20	39	24:58	11:06	1:42:01
42	Lesley Miller	Eagan	MN	24	F	41	30:16	5:10	4:06	35	47:10	13.1	1:32	35	22:28	9:59	1:45:30
43	Amanda Walters	Eveleth	MN	23	F	33	21:25	3:39	3:25	41	58:50	10.5	4:01	43	33:17	14:48	2:00:56
44	Emily King	Duluth	MN	19	F	42	54:17	9:16	1:49	42	1:07:34	9.1	2:02	44	43:35	19:22	2:49:15

MALE AGE GROUP RESULTS 18 - 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
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1	Mike Weispfenning	Duluth	MN	24	M	2	14:09	2:25	2:35	1	28:44	21.5	1:34	1	14:16	6:21	1:01:16
2	Cory Podany	Andover	MN	23	M	3	14:43	2:31	1:47	4	30:36	20.2	0:53	5	15:12	6:46	1:03:10
3	David Janowiec	Brainerd	MN	23	M	4	16:00	2:44	1:07	3	29:49	20.7	1:26	11	16:55	7:31	1:05:15
4	Erik Erickson	Circle Pines	MN	22	M	5	16:06	2:45	1:24	2	29:19	21.1	1:27	14	17:36	7:50	1:05:50
5	Jacob Pederson	Duluth	MN	21	M	6	16:22	2:48	1:31	9	32:53	18.8	0:45	9	16:03	7:08	1:07:32
6	Lukas Sheild	Duluth	MN	22	M	11	18:03	3:05	1:39	7	31:37	19.6	1:08	4	15:11	6:45	1:07:36
7	Peter Sandelin	Ely	MN	23	M	10	17:53	3:03	2:09	5	30:58	20.0	1:34	3	15:08	6:44	1:07:41
8	Ben Stanerson	Minnetonka	MN	24	M	13	19:03	3:15	1:55	6	31:32	19.6	1:27	2	14:45	6:34	1:08:41
9	Harold Hellweg	Saint Paul	MN	21	M	8	17:14	2:57	1:31	8	32:51	18.8	1:53	10	16:13	7:13	1:09:40
10	Nicholas Nelson	Eagan	MN	24	M								1:57	15	18:23	8:10	1:12:23
11	Daniel Conley	Duluth	MN	21	M	16	22:43	3:53	1:29	10	33:05	18.7	0:55	8	15:27	6:52	1:13:38
12	Brian Warcholak	Duluth	MN	23	M	7	17:12	2:56	2:27	14	35:46	17.3	1:06	13	17:12	7:39	1:13:41
13	Del Hansen	Fridley	MN	22	M	15	22:09	3:47	2:06	11	33:38	18.4	1:46	6	15:17	6:48	1:14:54
14	Vann Pattermann	Superior	WI	24	M	17	23:36	4:02	1:45	12	34:22	18.0	1:18	7	15:20	6:49	1:16:19
15	Benjamin Green	Wright	MN	22	M	1	13:51	2:22	1:26	17	45:10	13.7	1:02	12	17:11	7:38	1:18:38
16	Jamon Exsted	Woodbury	MN	20	M	9	17:51	3:03	3:06	15	37:10	16.6	1:27	18	19:47	8:48	1:19:19
17	Thomas Zahler	St. Paul	MN	21	M	14	19:51	3:23	4:05	13	35:26	17.4	1:37	16	18:29	8:13	1:19:26
18	Johnny Walker	Duluth	MN	24	M	12	18:23	3:08	2:55	16	42:27	14.6	1:25	17	18:33	8:15	1:23:41

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
						time	yds	time	time	time	time	TIME	
									mph	plc	pace		
1	Sarah Kuetter	Duluth	MN	25	F	1	10:28	1:48	1:19	1	19:08	8:30	1:02:21
2	Connie Stein	Little Falls	MN	29	F	2	11:13	1:55	1:23	4	20:00	8:54	1:08:00
3	Mina Dougherty	Duluth	MN	28	F	3	11:34	1:59	2:12	11	18:17	8:08	1:09:48
4	Kerri Persons	Duluth	MN	27	F	5	13:47	2:21	1:19	8	20:56	9:18	1:11:28
5	Camilla Crosby	Inver Grove He	MN	26	F	8	14:56	2:33	1:50	5	19:53	8:51	1:12:00
6	Elizabeth Sipe	Minneapolis	MN	28	F	12	16:01	2:44	2:04	6	20:13	8:59	1:14:16
7	Sheila Kelley	Wrenshall	MN	27	F	18	18:48	3:13	1:56	7	17:06	7:36	1:14:31
8	Kristin Nelson	Eagan	MN	25	F	6	14:23	2:28	3:42	10	17:59	8:00	1:14:37
9	Terri Butler	Duluth	MN	27	F	9	15:14	2:36	3:18	9	19:22	8:37	1:15:20
10	Jennifer Nansen	Roseville	MN	28	F	20	19:30	3:20	3:06	2	19:00	8:27	1:15:25
11	Carly Hultman	Richfield	MN	27	F	10	15:23	2:38	1:54	3	23:49	10:35	1:15:43
12	Toni Christensen	Duluth	MN	25	F	7	14:53	2:33	3:35	17	18:16	8:07	1:18:41
13	Carissa Gehrking	Marshall	MN	25	F	15	17:05	2:55	2:23	12	22:47	10:08	1:22:07
14	Jennifer Podany	Andover	MN	28	F	16	17:15	2:57	2:21	13	22:50	10:09	1:22:50
15	Jennifer Dearmond	Duluth	MN	29	F	14	16:51	2:53	1:56	19	22:21	9:56	1:25:04
16	Julie Jonson	Two Harbors	MN	29	F	13	16:51	2:53	1:43	18	24:26	10:52	1:25:10
17	Eileen Schuetz	Minneapolis	MN	25	F	27	21:11	3:37	3:17	15	20:43	9:13	1:26:17
18	Tiffany Mcgrath	Minneapolis	MN	27	F	26	21:05	3:36	1:57	21	19:43	8:46	1:26:55
19	Desiree Holm	Cloquet	MN	26	F	19	19:14	3:17	2:44	26	17:42	7:52	1:29:34
20	Deanna Fischer	St. Louis Park	MN	26	F	21	19:54	3:24	3:10	20	23:46	10:34	1:32:15
21	Tami Brown	St. Louis Park	MN	25	F	4	12:54	2:12	7:08	24	24:49	11:02	1:32:56
22	Lori Kroiss	St. Paul	MN	28	F	24	20:33	3:30	3:40	16	26:49	11:55	1:32:59
23	Julie Johnson	Duluth	MN	27	F	22	20:15	3:28	4:21	22	27:57	12:26	1:37:40
24	Melissa Schulte	Granite Falls	MN	26	F	23	20:32	3:30	3:19	28	22:54	10:11	1:39:41
25	Bobbikay Delovely	Cloquet	MN	27	F	25	20:39	3:32	2:31	25	29:44	13:13	1:40:33
26	Joanne Thompson	Columbia Heigh	MN	26	F	28	27:13	4:39	2:44	23	28:02	12:28	1:44:26
27	Dana Asche	Willmar	MN	25	F	17	18:26	3:09	5:25	27	27:48	12:22	1:44:36

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL		
						time	yds	time	time	time	time	TIME		
									mph	plc	pace			
1	Chris Stoeber	Minneapolis	MN	29	M	3	12:40	2:10	1:31	3	14:51	6:36	59:22	
2	Nathaniel Zinn	Minneapolis	MN	28	M	2	12:22	2:07	1:14	4	15:06	6:43	59:48	
3	Aaron Pidde	Lakeville	MN	27	M	1	12:01	2:03	1:16	7	16:20	7:16	1:01:07	
4	Nathan Budde	Hanover	MN	25	M	8	16:10	2:46	1:01	2	15:24	6:51	1:02:58	
5	Tim Key	Wrenshall	MN	27	M	4	13:55	2:23	1:02	9	16:27	7:19	1:05:17	
6	Travis Ohly	Duluth	MN	25	M	15	18:41	3:11	1:41	1	15:21	6:49	1:06:18	
7	Troy Nickel	St. Louis Park	MN	28	M	14	18:04	3:05	1:40	6	16:18	7:15	1:07:37	
8	Thomas Garry	Minneapolis	MN	28	M	12	17:28	2:59	2:13	8	16:49	7:29	1:08:47	
9	Jemiah Aitch	Minneapolis	MN	25	M	7	15:35	2:40	2:35	5	20:02	8:55	1:10:52	
10	Nathan Kuhlmann	St. Cloud	MN	25	M	6	15:33	2:40	1:56	13	18:46	8:21	1:11:47	
11	Michael Pluimer	Raymond	MN	29	M	11	17:24	2:58	3:04	11	16:33	7:22	1:12:07	
12	Jason Braegelmann	Shoreview	MN	25	M	13	17:52	3:03	2:20	16	18:14	8:07	1:14:14	
13	Jason Brown	Edan Prairie	MN	29	M	10	17:10	2:56	3:43	14	17:25	7:45	1:15:01	
14	Brian Podany	Andover	MN	27	M	19	21:13	3:37	2:29	10	18:02	8:01	1:15:35	
15	Josh Folland	St. Paul	MN	25	M	9	16:38	2:51	2:02	17	19:09	8:31	1:15:49	
16	Adam Janke	Brookston	MN	28	M	18	20:44	3:33	2:31	12	19:05	8:29	1:17:17	
17	Nick Nelson	Eagan	MN	25	M	5	13:55	2:23	2:25	19	19:41	8:45	1:18:39	
18	Mark Betters	Lakeville	MN	28	M	17	20:12	3:27	3:22	15	23:24	10:24	1:23:29	
19	Philip Janes	St. Paul	MN	25	M	21	27:53	4:45	3:14	18	15:13	6:46	1:25:17	
20	Nathan Hansen	Eagan	MN	25	M	16	19:15	3:17	2:06	20	21:31	9:34	1:26:25	
21	Jeremy Mattonen	Duluth	MN	27	M						21	25:38	11:24	1:30:36
22	Tim Jorgensen	Duluth	MN	26	M	20	23:36	4:02	3:01	21	32:21	14:23	2:00:09	

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
						time	yds	time	time	time	time	TIME	
									mph	plc	pace		
1	Constance Fergen	St. Paul	MN	32	F	1	13:05	2:14	1:38	2	18:09	8:04	1:07:59
2	Kirsten Bich	Duluth	MN	32	F	4	17:45	3:02	2:02	1	18:32	8:14	1:11:51
3	Donna Carson	Coon Rapids	MN	31	F	2	14:55	2:33	2:39	7	20:39	9:11	1:19:10
4	Alyssa Rosenberger	Sauk Rapids	MN	31	F	5	18:29	3:09	1:12	3	24:26	10:52	1:22:51
5	Meg Weber	Duluth	MN	34	F	6	18:33	3:10	3:30	5	20:51	9:16	1:24:57

6 Evelyn Shashy	Rochester	MN	33	F	8	20:08	3:26	5:00	6	39:30	15.7	2:17	3	19:54	8:51	1:26:48
7 Jeannine Steel	Bovey	MN	31	F								1:59	13	26:24	11:44	1:27:23
8 Tricia Bergien	Lakeville	MN	30	F	10	21:03	3:36	3:35	8	39:43	15.6	3:32	9	21:37	9:37	1:29:28
9 Jen Cable	Superior	WI	31	F	13	23:57	4:05	3:18	9	40:26	15.3	1:12	6	20:55	9:18	1:29:46
10 Kris Atkins	Dassel	MN	32	F	3	17:40	3:01	3:57	10	43:19	14.3	2:07	11	25:22	11:17	1:32:24
11 Tracy Carlson	Duluth	MN	31	F	11	21:07	3:36	3:05	11	46:19	13.3	1:22	7	21:10	9:25	1:33:01
12 Jill Swanson	Columbia Heigh	MN	31	F	12	22:51	3:54	7:06	4	39:15	15.8	1:47	12	26:03	11:35	1:37:01
13 Jodi Lalim	Granite Falls	MN	34	F	9	21:01	3:35	2:51	13	50:34	12.2	2:23	8	21:18	9:28	1:38:05
14 Jennette Nelson	Proctor	MN	31	F	7	18:37	3:11	4:32	12	47:21	13.1	2:50	14	26:29	11:46	1:39:47

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 Howie Leathers	Duluth	MN	32	M	2	10:10	1:44	1:37	4	29:45	20.8	1:13	1	14:02	6:15	56:45
2 Bill Kelley	Wrenshall	MN	30	M	4	12:52	2:12	0:55	2	29:04	21.3	1:00	2	14:16	6:21	58:05
3 Peter Spencer	Wayzata	MN	31	M	3	11:50	2:01	1:16	3	29:28	21.0	1:23	3	14:29	6:27	58:25
4 Mike Knight	Minneapolis	MN	30	M	1	9:58	1:42	1:24	11	32:25	19.1	1:37	14	18:11	8:05	1:03:33
5 Douglas Berg	Duluth	MN	32	M	16	17:16	2:57	1:13	1	27:22	22.6	1:25	4	16:27	7:19	1:03:41
6 Kent Smith	Minneapolis	MN	32	M	8	14:39	2:30	1:20	5	30:02	20.6	1:26	12	17:30	7:47	1:04:55
7 Dan Becker	St. Louis Park	MN	31	M	6	13:59	2:23	2:01	13	33:12	18.6	2:01	5	16:35	7:23	1:07:45
8 Burke Edgerton	Duluth	MN	34	M	17	17:19	2:58	1:37	6	31:15	19.8	1:18	6	16:35	7:23	1:08:03
9 Bruce Chalupsky	Buffalo	MN	33	M	11	15:37	2:40	3:07	7	31:19	19.7	1:22	7	16:50	7:29	1:08:13
10 Michael Segar	Hopkins	MN	32	M	15	17:00	2:54	2:21	8	31:21	19.7	2:19	8	17:00	7:33	1:09:59
11 Calvin Horn	Eden Prairie	MN	30	M	14	16:36	2:50	1:12	14	33:14	18.6	1:27	13	17:51	7:56	1:10:17
12 Michael Johnson	St Louis Park	MN	34	M	22	19:49	3:23	1:56	9	31:40	19.5	2:14	9	17:03	7:35	1:12:41
13 David Law	Andover	MN	32	M	9	14:41	2:31	2:32	18	35:45	17.3	1:06	22	20:25	9:05	1:14:27
14 Rick Campins	Apple Valley	MN	34	M	5	13:12	2:15	1:46	20	37:07	16.7	1:36	24	21:25	9:32	1:15:05
15 Billy Haug	Duluth	MN	31	M	18	17:27	2:59	1:38	17	35:21	17.5	2:22	17	18:50	8:23	1:15:35
16 Jonathan Haug	Madison	WI	31	M	10	15:06	2:35	3:57	16	35:12	17.6	2:32	16	18:50	8:23	1:15:36
17 Tim Mcneal	Lakeville	MN	33	M	26	21:26	3:40	2:14	12	32:50	18.8	1:43	10	17:27	7:45	1:15:38
18 Mike Jonson	Two Harbors	MN	31	M	13	16:16	2:47	2:55	19	35:48	17.3	1:49	20	19:17	8:35	1:16:03
19 Brian Stacken	Duluth	MN	32	M	21	19:27	3:19	3:05	15	34:50	17.8	1:36	15	18:45	8:20	1:17:40
20 Michael Tschida	Minneapolis	MN	34	M	27	23:12	3:58	2:11	10	31:44	19.5	1:52	18	18:54	8:24	1:17:51
21 Dean Wasley	Duluth	MN	33	M	24	21:01	3:35	2:29	22	37:51	16.3	1:17	11	17:27	7:46	1:20:04
22 David Parson	Maple Grove	MN	31	M	19	18:06	3:05	2:51	25	42:10	14.7	1:41	19	19:14	8:33	1:24:00
23 Tony Stack	Cottage Grove	MN	31	M	20	18:22	3:08	2:41	21	37:40	16.4	2:29	28	23:24	10:24	1:24:33
24 Todd McGrath	Minneapolis	MN	30	M	23	20:10	3:27	2:26	24	42:01	14.7	1:11	21	19:33	8:41	1:25:18
25 Matt Paar	Woodbury	MN	31	M	12	16:09	2:46	1:21	27	47:25	13.0	3:33	23	21:16	9:27	1:29:41
26 Michael Hoene	Minnetonka	MN	34	M	25	21:12	3:37	3:25	23	41:49	14.8	4:07	26	22:28	9:59	1:32:59
27 Doug Ricketts	Duluth	MN	33	M	28	32:11	5:30	4:01	26	44:44	13.8	1:33	25	21:41	9:38	1:44:07
28 Clark Eichelberger	St Louis Park	MN	34	M	7	14:18	2:27	1:28	28	1:06:06	9.4	2:23	27	23:14	10:20	1:47:28

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 Heidi Eigsti	Lakewood	CO	38	F	2	12:47	2:11	2:18	3	32:23	19.1	1:30	2	17:13	7:39	1:06:07
2 Sandy Rasmussen	Melrose	MN	35	F	1	12:29	2:08	1:54	4	33:03	18.7	1:34	1	17:11	7:39	1:06:08
3 Clare Schmid	Lilydale	MN	38	F	3	13:55	2:23	1:10	2	31:30	19.6	1:23	4	18:31	8:14	1:06:27
4 Patricia Gillow	Dellwood	MN	38	F	6	15:30	2:39	1:40	1	30:05	20.6	1:22	3	18:03	8:02	1:06:39
5 Lisa Vogel	Melrose	MN	39	F	9	16:50	2:53	2:34	5	34:15	18.1	1:47	5	18:44	8:20	1:14:09
6 Julie Theiler	Melrose	MN	35	F	8	16:47	2:52	1:44	7	36:34	16.9	1:18	8	19:55	8:51	1:16:16
7 Tara Beutelspacher	St Paul	MN	36	F								1:35	10	20:26	9:05	1:17:01
8 Betty Skoglund	White Bear Tow	MN	35	F	4	14:33	2:29	2:45	10	37:22	16.5	1:53	11	20:48	9:15	1:17:18
9 Jill Waters	Minneapolis	MN	38	F	7	15:53	2:43	1:53	11	38:30	16.1	1:34	9	20:21	9:03	1:18:09
10 Faye I. Warzecha	Minneapolis	MN	39	F	13	20:38	3:31	1:22	9	36:47	16.8	1:16	6	19:24	8:38	1:19:25
11 Ann Frett	Duluth	MN	37	F	11	19:12	3:17	2:49	8	36:44	16.8	2:03	7	19:36	8:43	1:20:22
12 Wendi Schirvar	St Croix Falls	WI	38	F	5	15:25	2:38	2:42	12	41:09	15.0	1:34	12	20:58	9:19	1:21:46
13 Kym Andrew	Duluth	MN	35	F	12	19:46	3:23	2:13	6	35:57	17.2	1:39	14	24:50	11:03	1:24:24
14 Sarah Carlson	Duluth	MN	35	F	10	16:52	2:53	1:49	15	43:48	14.1	1:38	13	22:28	10:00	1:26:33
15 Shari Weniger	Tucson	AZ	36	F	15	24:47	4:14	3:43	13	41:34	14.9	2:52	16	26:47	11:55	1:39:42
16 Tracy Maurer	Superior	WI	37	F	14	23:54	4:05	5:18	14	42:51	14.4	3:00	15	26:26	11:45	1:41:27

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 Rhett Bonner	Duluth	MN	38	M	1	10:12	1:45	0:58	1	25:59	23.8	0:56	1	13:53	6:10	51:56
2 Tim Andrew	Duluth	MN	36	M	2	10:28	1:47	1:09	2	27:18	22.7	0:55	2	14:07	6:17	53:55
3 Craig Lorentzson	Minneapolis	MN	36	M	7	15:22	2:38	1:53	3	30:00	20.6	1:30	6	15:56	7:05	1:04:39
4 Daniel Duff	Duluth	MN	37	M	5	14:03	2:24	2:34	7	32:36	19.0	1:16	4	15:06	6:43	1:05:34
5 Matt Evans	Eau Clair	WI	36	M	14	18:35	3:10	0:38	4	30:47	20.1	0:38	3	15:02	6:41	1:05:39
6 David Safris	Des Moines	IA	35	M	4	12:49	2:11	1:23	8	32:50	18.8	1:51	10	17:31	7:48	1:06:23
7 Steve Vrchota	Nowthen	MN	35	M	6	14:32	2:29	2:13	6	31:42	19.5	2:13	11	17:43	7:53	1:08:20
8 Lee Kirby	Naperville	IL	35	M												1:09:17
9 Glenn Misgen	Duluth	MN	38	M	13	18:13	3:07	2:43	5	31:36	19.6	1:51	5	15:17	6:48	1:09:38
10 Pat Tarnowski	Golden Valley	MN	36	M	9	16:14	2:46	1:01	10	34:34	17.9	1:29	8	17:24	7:44	1:10:40
11 Michael Burr	Superior	WI	35	M	8	16:01	2:44	2:07	9	33:06	18.7	2:10	9	17:26	7:45	1:10:47
12 John Nohner-Black	Vadnais Height	MN	38	M	3	12:19	2:06	2:34	12	36:23	17.0	2:14	15	20:28	9:06	1:13:56
13 Matt Begecke	Cloquet	MN	38	M	16	20:45	3:33	3:22	11	36:17	17.0	1:58	7	17:04	7:35	1:19:23
14 George Apostolou	Duluth	MN	39	M	12	18:11	3:06	3:33	13	37:35	16.5	1:53	12	18:18	8:08	1:19:29
15 Tim Richmond	Edina	MN	35	M	11	17:55	3:04	2:29	16	38:49	15.9	2:19	13	20:01	8:54	1:21:31
16 Mark Carlson	Apple Valley	MN	39	M	18	22:38	3:52	3:44	14	37:43	16.4	1:49	14	20:20	9:02	1:26:12
17 Mike Richmond	Minneapolis	MN	35	M	15	20:41	3:32	2:05	15	38:21	16.1	3:07	17	22:55	10:12	1:27:08
18 Tom Vrchota	Princeton	MN	37	M	19	29:22	5:01	3:44	17	44:29	13.9	1:50	16	21:19	9:29	1:40:42
19 Peder Engbretson	Shoreview	MN	38	M	17	20:48	3:33	3:21	18	46:47	13.2	1:52	18	28:36	12:43	1:41:21

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 Nancy Rectenwald	Duluth	MN	43	F		4 17:06	2:55	1:36	1	33:06	18.7	2:11	1	17:38	7:50	1:07:24
2 Julie Higginson	Plymouth	MN	42	F		4 17:06	2:55	1:36	1	33:06	18.7	1:10	2	18:00	8:00	1:10:55
3 Mary Carlson	Moose Lake	MN	41	F		2 13:57	2:23	1:23	3	35:27	17.4	1:40	6	20:27	9:06	1:12:53
4 Pamela Garretson	Rosemont	MN	40	F		6 18:03	3:05	1:38	2	34:57	17.7	1:53	3	18:00	8:00	1:14:28
5 Heidi Dulebohn	Duluth	MN	43	F		3 15:52	2:43	1:42	6	38:56	15.9	1:57	9	21:51	9:43	1:20:16
6 Mary Haworth	Duluth	MN	44	F		8 20:09	3:26	2:30	5	38:49	15.9	1:40	4	18:25	8:11	1:21:31
7 Karen Christensen	Mendota Height	MN	42	F		9 21:00	3:35	3:13	4	37:03	16.7	1:24	5	19:15	8:34	1:21:52
8 Mary Rowe	Maplewood	MN	41	F		7 20:07	3:26	2:59	8	41:25	14.9	1:39	7	21:09	9:24	1:27:17
9 Darlene Blascoe	Duluth	MN	41	F		5 17:21	2:58	3:24	9	41:39	14.8	1:29	10	26:49	11:55	1:30:39
10 Kimberly Hobert	Roseville	MN	40	F		10 24:29	4:11	3:09	7	39:42	15.6	1:57	8	21:36	9:36	1:30:50
11 Beth Simenstad	Eden Prairie	MN	40	F		1 12:37	2:09	3:24	10	1:45:45	5.8	2:04	11	44:45	19:54	2:48:32

MALE 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 David Goldberg	Excelsior	MN	41	M		1 10:05	1:43	1:12	2	28:50	21.4	0:52	2	15:28	6:53	56:24
2 Stephen Bullard	Plymouth	MN	44	M		2 12:02	2:03	0:58	3	30:25	20.3	0:59	7	16:48	7:28	1:01:11
3 Mark Howard	Superior	WI	43	M		3 14:24	2:28	1:30	6	31:15	19.8	1:20	5	16:39	7:24	1:05:06
4 Todd Mckeever	Duluth	MN	40	M		9 17:48	3:03	5:42	1	27:13	22.7	0:57	1	14:41	6:32	1:06:18
5 Mark Bacigalupo	Andover	MN	44	M		5 16:36	2:50	1:36	5	31:03	19.9	0:49	6	16:45	7:27	1:06:48
6 Ted Schick	Esko	MN	41	M		8 17:28	2:59	2:11	4	30:36	20.2	2:01	9	18:21	8:10	1:10:34
7 Terry Wiens	Duluth	MN	44	M		4 16:33	2:50	2:05	7	34:06	18.1	0:55	8	17:23	7:44	1:11:01
8 Mike Mills	Duluth	MN	42	M		11 21:17	3:38	3:10	11	35:57	17.2	0:59	4	16:17	7:14	1:17:38
9 Don Hickman	Merrifield	MN	42	M		6 16:55	2:53	3:12	12	36:17	17.0	1:13	11	20:32	9:08	1:18:06
10 Mike Fetzik	Hibbing,	MN	40	M		7 17:04	2:55	5:21	10	35:52	17.2	1:21	10	19:49	8:49	1:19:25
11 Doug Happy	Duluth	MN	44	M		14 26:08	4:28	1:55	8	34:35	17.9	1:15	3	15:48	7:02	1:19:40
12 Scott Dulebohn	Duluth	MN	44	M		10 19:22	3:18	3:36	15	38:16	16.2	2:17	15	26:20	11:43	1:29:50
13 Ty Schroyer	Duluth	MN	43	M		12 21:36	3:41	4:36	13	36:36	16.9	4:16	13	23:35	10:29	1:30:37
14 John Mohn	Anoka	MN	40	M		15 26:46	4:34	4:23	9	34:43	17.8	2:37	12	22:53	10:11	1:31:21
15 Bruce Koke	Bloomington	MN	43	M		13 24:30	4:11	3:54	14	37:02	16.7	2:53	14	25:37	11:24	1:33:54

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 Cindy Grindy	Duluth	MI	45	F		1 14:32	2:29	1:47	1	35:40	17.3	1:52	3	22:24	9:58	1:16:13
2 Penny Agar	Duluth	MN	48	F		2 17:23	2:58	2:25	3	38:55	15.9	1:41	2	22:03	9:48	1:22:25
3 Sandy Marden-Lokke	Duluth	MN	48	F		3 19:03	3:15	3:13	2	38:16	16.2	3:08	1	20:18	9:01	1:23:55
4 Karen Heinen	Melrose	MN	46	F		4 23:53	4:05	2:50	4	47:46	12.9	1:41	4	27:07	12:03	1:43:15

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 Tim Hagley	Duluth	MN	46	M		1 12:07	2:04	1:57	3	32:06	19.3	1:31	2	16:58	7:33	1:04:37
2 Joel Ness	Duluth	MN	45	M		2 12:45	2:11	2:10	2	32:06	19.3	1:53	4	18:57	8:26	1:07:49
3 Elrie Iverson	Hampton	MN	47	M		6 17:35	3:00	2:06	1	29:36	20.9	2:36	1	16:33	7:22	1:08:23
4 Todd Gremmes	Duluth	MN	45	M		4 16:45	2:52	1:52	5	34:48	17.8	2:14	6	19:16	8:34	1:14:52
5 Jim Miner Jr	Duluth	MN	47	M		7 17:59	3:04	3:22	6	35:32	17.4	2:35	3	18:33	8:15	1:17:59
6 Darrell Koehlinger	Minneapolis	MN	45	M		3 16:35	2:50	2:36	8	38:13	16.2	1:17	7	21:48	9:41	1:20:26
7 Bryan Twilight	Duluth	MN	47	M		5 17:28	2:59	2:02	9	40:01	15.5	1:20	8	21:49	9:42	1:22:39
8 Mark Freer	White Bear Lak	MN	47	M		8 26:02	4:27	3:15	7	36:59	16.7	1:24	5	19:15	8:34	1:26:53
9 Rand Adams	St. Louis Park	MN	47	M		9 26:44	4:34	4:22	4	34:43	17.8	2:41	9	22:54	10:11	1:31:22
10 Rick Agar	Duluth	MN	47	M		10 61:28	10:29	2:05	10	1:08:16	9.1	1:45	10	44:55	19:58	2:58:28

FEMALE AGE GROUP RESULTS 50 - 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	52	F		1 17:23	2:58	2:12	1	36:34	16.9	1:48	1	19:32	8:41	1:17:27
2 Sharon Kuhlmann	St. Cloud	MN	52	F		2 17:30	2:59	1:55	2	40:48	15.2	2:09	2	25:50	11:29	1:28:10
3 Kathy Brackett	Floodwood	MN	50	F		3 20:19	3:28	2:50	3	46:57	13.2	2:23	3	28:07	12:30	1:40:33

MALE AGE GROUP RESULTS 50 - 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 Gary Bork	Eden Prairie	MN	50	M		1 11:54	2:02	1:22	1	28:34	21.6	1:29	2	15:50	7:02	59:06
2 Ty Frost	Superior	WI	53	M		5 15:55	2:43	1:35	2	28:57	21.4	1:42	1	15:37	6:57	1:03:44
3 Lee Francisco	Superior	WI	50	M		2 12:23	2:07	2:18	3	32:32	19.0	1:54	8	19:24	8:38	1:08:30
4 Tom Andrew	Superior	WI	59	M		11 17:23	2:58	1:35	4	32:54	18.8	1:52	3	17:16	7:41	1:10:59
5 Les Johnson	Fridley	MN	51	M		12 17:41	3:01	1:51	7	33:52	18.3	1:26	4	17:27	7:46	1:12:16
6 Ronald Kellerman	St. Paul	MN	55	M		6 16:20	2:48	1:42	5	33:07	18.7	1:59	10	19:45	8:47	1:12:52
7 Joe Kandiko	Chaska	MN	52	M		4 15:16	2:36	1:46	8	33:58	18.2	1:50	14	20:39	9:11	1:13:28
8 Michael Quealy	Plymouth	MN	53	M		9 16:39	2:51	2:23	9	34:00	18.2	0:58	9	19:34	8:42	1:13:32

9	Mark Stange	Shoreview	MN	55	M	8	16:28	2:49	2:06	6	33:11	18.6	1:49	13	20:14	9:00	1:13:46
10	Charles Schumacher	Duluth	MN	50	M	14	18:00	3:04	2:08	17	39:24	15.7	1:21	5	18:03	8:01	1:18:53
11	Greg Twilight	Duluth	MN	53	M	3	14:13	2:26	2:35	15	38:36	16.0	1:44	15	22:03	9:48	1:19:08
12	Ted Bowen	Little Falls	MN	58	M	7	16:26	2:48	2:43	18	40:34	15.2	1:54	7	18:38	8:17	1:20:11
13	Lyle Koivisto	Duluth	MN	57	M	18	23:33	4:01	3:05	10	34:13	18.1	1:27	6	18:33	8:15	1:20:50
14	Narvel Brooks	Plymouth	MN	51	M	15	18:12	3:07	3:24	11	35:18	17.5	2:20	16	22:24	9:58	1:21:35
15	Bill Barnacle	Brainerd	MN	55	M	17	21:54	3:44	3:27	12	35:29	17.4	1:12	12	19:57	8:52	1:21:57
16	Jim Dearmond	Duluth	MN	54	M	10	16:50	2:52	3:19	14	36:40	16.9	2:18	18	23:35	10:29	1:22:39
17	Glen Sorenson	Duluth	MN	50	M	16	18:49	3:13	2:14	16	38:36	16.0	1:18	17	23:29	10:27	1:24:24
18	Rick Hans	Brainerd	MN	54	M	19	24:55	4:15	2:58	13	35:43	17.3	1:32	11	19:47	8:48	1:24:53
19	Mike Anderson	Duluth	MN	53	M	13	17:44	3:02	2:46	19	40:51	15.1	1:33	19	25:04	11:09	1:27:56

MALE AGE GROUP RESULTS 60 - 69

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 Malone	Tower	MN	63	M	1	14:47	2:32	2:25	1	29:45	20.8	1:54	1	18:19	8:09	1:07:08
2	Howard Bich	Wagner	SD	62	M	2	18:50	3:13	2:27	2	35:08	17.6	1:36	3	22:04	9:49	1:20:02
3	Doug Dunham	Duluth	MN	63	M	3	19:13	3:17	3:59	3	41:52	14.8	1:56	2	21:35	9:36	1:28:34
4	Dan Powers	New Richmond	WI	66	M	4	24:36	4:12	2:40	4	48:54	12.6	2:34	4	33:07	14:43	1:51:50

MALE AGE GROUP RESULTS 70 - 99

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	Jack Alexander Sr.	Duluth	MN	74	M	1	17:55	3:04	1:50	2	36:44	16.8	2:01	1	19:55	8:51	1:18:22
2	S.j. Sokolowski	Coon Rapids	MN	70	M	2	22:39	3:52	3:59	1	36:21	17.0	2:45	2	22:57	10:12	1:28:40