

BREWHOUSE TRIATHLON
 PIKE LAKE AAA BEACH CLUB, DULUTH, MN - AUGUST 6, 2006
 LONG COURSE: .8 Mile Swim - 20.6 Mile Bike - 5 Mile Run

Place	Div/Tot	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/17	878	Brian Bich	40	M	Duluth	MN	3	19:04	1:22	1:09	2	48:46	25.3	1:19	4	28:40	5:44	1:38:54
2	1/26	23	Mark Carey	35	M	Rochester	MN	6	19:05	1:22	1:09	3	50:14	24.6	1:09	6	29:33	5:55	1:41:08
3	1/19	96	Neil Miller	22	M	Saint Paul	MN	11	21:03	1:30	1:14	10	53:22	23.2	1:11	1	25:57	5:12	1:42:44
4	2/17	870	Rhett Bonner	42	M	Duluth	MN	2	18:57	1:21	1:02	5	52:26	23.6	1:18	8	29:54	5:59	1:43:35
5	1/20	90	Brett Lovaas	32	M	Minnetonka	MN	4	19:04	1:22	1:18	4	52:02	23.8	1:07	12	30:19	6:04	1:43:47
6	2/20	120	Jeremy Sartain	32	M	St. Paul	MN	23	22:28	1:36	1:26	1	48:34	25.4	1:22	11	30:14	6:03	1:44:00
7	1/19	869	Eric Hendrickson	26	M	Hopkins	MN	9	20:35	1:28	1:07	8	53:10	23.2	1:09	14	30:34	6:07	1:46:33
8	2/19	6	Jesse Adams	24	M	Saint Cloud	MN	8	19:40	1:24	1:13	12	54:06	22.8	1:16	19	31:00	6:12	1:47:13
9	3/19	89	Jason Liebsch	21	M	Minneapolis	MN	33	23:12	1:39	1:16	11	53:28	23.1	1:18	5	29:29	5:54	1:48:41
10	3/17	17	Leon Ball	41	M	Minneapolis	MN	24	22:32	1:36	2:06	13	54:31	22.7	1:34	3	28:36	5:44	1:49:16
11	4/17	25	Jey Carlson	40	M	Minnetonka	MN	36	23:27	1:40	1:15	7	53:07	23.3	1:23	17	30:56	6:12	1:50:06
12	1/16	29	Edan Corcoran	47	M	Thunder Bay	MN	12	21:15	1:31	1:39	21	55:48	22.2	1:30	15	30:36	6:08	1:50:45
13	2/26	862	Patrick Lewis	35	M	Brooklyn Park	MN	29	22:53	1:38	1:14	14	54:37	22.6	1:25	16	30:46	6:10	1:50:54
14	3/26	118	Jonathan Sage-Martinson	37	M	Saint Paul	MN	27	22:37	1:37	1:32	19	55:30	22.3	1:24	10	30:10	6:02	1:51:10
15	1/11	162	Marlo Crosby	36	F	Duluth	MN	68	25:56	1:51	1:28	6	52:34	23.5	1:27	7	29:48	5:58	1:51:11
16	5/17	135	Nathaniel Tollefson	40	M	Minneapolis	MN	20	22:11	1:35	1:28	22	56:06	22.0	1:33	21	31:20	6:16	1:52:37
17	1/7	182	Heidi Keller Miler	42	F	Chaska	MN	5	19:04	1:22	1:14	48	59:31	20.8	1:18	26	32:20	6:28	1:53:25
18	4/26	59	Jay Heikkila	38	M	Delano	MN	15	21:36	1:33	1:32	27	56:41	21.8	1:32	27	32:37	6:32	1:53:55
19	3/20	68	Borg Isaksen	33	M	Brule	WI	51	24:42	1:46	1:48	15	54:46	22.6	1:44	28	32:39	6:32	1:55:37
20	2/16	42	Dale Forde	48	M	Golden Valley	MN	32	23:10	1:39	1:51	38	57:57	21.3	1:40	22	31:26	6:18	1:56:01
21	4/19	28	Ben Cogger	22	M	Washburn	WI	108	29:12	2:05	1:28	23	56:16	22.0	1:51	2	27:41	5:33	1:56:26
22	3/16	113	Jim Reed	47	M	Duluth	MN	43	24:13	1:44	1:55	42	58:46	21.0	1:41	9	30:01	6:01	1:56:33
23	2/19	56	Brian Hanson	29	M	Chisholm	MN	85	27:10	1:56	1:19	20	55:41	22.2	1:25	20	31:10	6:14	1:56:42
24	5/26	140	Todd White	39	M	Roseville	MN	7	19:39	1:24	1:36	51	59:46	20.7	1:36	39	34:13	6:51	1:56:47
25	6/17	8	Charles Allgood	42	M	Brooklyn Park	MN	74	26:20	1:53	1:35	30	56:54	21.7	1:31	18	30:57	6:12	1:57:14
26	6/26	69	Jim Johanning	37	M	Detroit Lakes	MN	47	24:29	1:45	1:10	24	56:19	21.9	1:32	41	34:27	6:54	1:57:55
27	4/20	858	Nicholas Graham	33	M	Minneapolis	MN	81	26:50	1:55	1:38	28	56:43	21.8	1:41	23	31:39	6:20	1:58:27
28	7/26	147	Damin Zacho	38	M	Eau Claire	WI	45	24:14	1:44	2:51	25	56:38	21.8	2:16	30	32:43	6:33	1:58:39
29	1/8	86	Leonard Klun	52	M	Maple Plain	MN	26	22:37	1:37	1:56	49	59:35	20.7	1:45	34	33:28	6:42	1:59:18
30	8/26	5	Karl Adalbert	35	M	Minneapolis	MN	61	25:44	1:50	2:00	46	59:13	20.9	2:00	13	30:25	6:05	1:59:20
31	4/16	40	Thomas Erickson	45	M	Edina	MN	55	25:01	1:47	1:54	26	56:38	21.8	1:56	46	35:04	7:01	2:00:30
32	1/9	769	Katherine McCann	23	F	Andover	MN	19	22:02	1:34	1:16	45	59:06	20.9	1:39	64	36:31	7:19	2:00:32
33	1/11	174	Heidi Hebert	27	F	Duluth	MI	37	23:36	1:41	1:26	44	59:03	20.9	1:50	45	35:03	7:01	2:00:55
34	5/16	865	Matt Harrison	45	M	Duluth	MN	86	27:12	1:56	2:55	16	55:16	22.4	1:58	37	34:01	6:49	2:01:21
35	5/19	254	Adam Sanders	22	M	Burnsville	MN	14	21:30	1:32	1:58	34	57:40	21.4	2:03	80	38:12	7:39	2:01:21
36	5/20	27	Jeffrey Chinnock	30	M	Breckenridge	CO	34	23:15	1:40	1:51	31	56:58	21.7	1:56	74	37:26	7:30	2:01:23
37	7/17	11	Todd Anderson	44	M	Minneapolis	MN	13	21:15	1:31	2:36	41	58:42	21.1	2:22	66	36:34	7:19	2:01:26
38	8/17	67	Guy Hummel	42	M	Woodbury	MN	71	26:15	1:52	2:21	35	57:48	21.4	1:58	33	33:20	6:40	2:01:39
39	9/17	76	Todd Jorgenson	42	M	Bloomington	MN	53	24:59	1:47	3:35	37	57:55	21.3	1:54	32	33:19	6:40	2:01:39
40	6/20	137	Michael Waataja	31	M	Plymouth	MN	16	21:41	1:33	1:32	18	55:27	22.3	1:40	120	41:32	8:19	2:01:49
41	7/20	83	Tim King	34	M	Dubuque	IA	22	22:24	1:36	1:58	36	57:49	21.4	2:05	75	37:45	7:33	2:01:58
42	3/19	66	Matt Hudson	29	M	Ashland	WI	46	24:27	1:45	1:42	68	1:01:32	20.1	1:44	29	32:40	6:32	2:02:02
43	2/8	122	Bill Schmitt	53	M	Duluth	MN	44	24:14	1:44	2:02	29	56:53	21.7	1:53	69	37:05	7:25	2:02:04
44	8/20	31	Sean Curtis	30	M	Conway	AR	39	23:45	1:42	1:48	47	59:17	20.8	1:42	57	35:59	7:12	2:02:29
45	10/17	19	Mark Birchard	43	M	Edina	MN	17	21:41	1:33	1:59	53	1:00:05	20.6	1:51	71	37:07	7:26	2:02:41
46	2/11	210	Sarra Zimmermann-White	37	F	Roseville	MN	31	23:04	1:39	1:22	70	1:01:44	20.0	1:27	48	35:12	7:03	2:02:47
47	11/17	70	David Johnson	42	M	Grand Forks	ND	66	25:51	1:51	1:58	9	53:21	23.2	1:57	103	39:54	7:59	2:02:59
48	6/19	119	Nate Sanders	24	M	Burnsville	MN	57	25:24	1:49	2:04	43	58:50	21.0	1:21	58	35:59	7:12	2:03:36
49	3/8	55	Tim Hagley	50	M	Duluth	MN	18	22:01	1:34	2:09	62	1:01:11	20.2	1:43	67	36:51	7:23	2:03:52
50	2/7	152	Karen Bebchuk	40	F	Plymouth	MN	54	25:00	1:47	1:28	61	1:01:03	20.2	1:30	49	35:15	7:03	2:04:14
51	1/10	216	Karen Rosehart	31	F	Thunder Bay	MN	30	23:02	1:39	2:20	59	1:00:47	20.3	1:32	68	36:51	7:23	2:04:30
52	9/26	22	Allen Campbell	39	M	Eau Claire	WI	106	28:43	2:03	2:13	17	55:23	22.3	2:19	63	36:25	7:17	2:05:00

53	4/19	44	Andrew Freeman	29	M	Falcon Heights	MN	111	29:23	2:06	1:28	33	57:17	21.6	1:19	56	35:56	7:12	2:05:20
54	3/11	857	Ann Sudoh	35	F	Duluth	MN	40	23:57	1:43	2:11	88	1:03:15	19.5	2:02	38	34:07	6:50	2:05:29
55	7/19	51	Matt Gress	23	M	St. Paul	MN	58	25:26	1:49	1:51	67	1:01:28	20.1	1:33	53	35:30	7:06	2:05:45
56	6/16	88	Michael Laughlin	45	M	Duluth	MN	42	24:10	1:43	2:02	86	1:03:14	19.5	2:02	44	34:49	6:58	2:06:14
57	10/26	21	Richard Bunten	38	M	Duluth	MN	84	27:09	1:56	2:01	54	1:00:13	20.5	1:34	52	35:26	7:06	2:06:20
58	5/19	41	John Ferriter	27	M	St Paul	MN	28	22:38	1:37	1:59	57	1:00:44	20.4	2:10	96	39:20	7:52	2:06:49
59	3/7	209	Pam Zachman	42	F	Golden Valley	MN	25	22:35	1:37	1:21	75	1:02:18	19.8	1:43	90	39:01	7:49	2:06:55
60	12/17	14	Scott Armstrong	42	M	Bayfield	WI	82	26:53	1:55	3:09	69	1:01:39	20.0	2:19	36	33:48	6:46	2:07:45
61	6/19	35	Aaron Douglas	28	M	La Crosse	WI	157	32:10	2:18	3:10	40	58:15	21.2	1:30	31	33:18	6:40	2:08:20
62	7/19	123	Andrew Schoppe	29	M	St. Paul	MN	97	27:58	2:00	3:32	83	1:02:59	19.6	2:10	24	31:59	6:24	2:08:35
63	13/17	128	Gary Tabor	40	M	Thunder Bay	CN	83	26:57	1:55	2:20	60	1:00:57	20.3	1:40	70	37:06	7:26	2:08:58
64	9/20	54	John Hagen	32	M	Plainview	MN	101	28:22	2:01	2:51	58	1:00:46	20.3	2:30	42	34:35	6:55	2:09:01
65	11/26	72	Todd Johnson	38	M	Duluth	MN	67	25:54	1:51	2:47	52	59:51	20.7	1:46	94	39:15	7:51	2:09:30
66	8/19	102	Nicholas Olson	27	M	Superior	WI	41	24:06	1:43	2:27	66	1:01:25	20.1	2:04	100	39:45	7:57	2:09:45
67	2/9	168	Sara Frederickson	21	F	Duluth	MN	95	27:44	1:59	1:53	94	1:04:16	19.2	1:26	43	34:40	6:56	2:09:56
68	8/19	98	Andrew Minck	22	M	Duluth	MN	110	29:22	2:06	2:43	32	57:11	21.6	2:03	88	38:55	7:47	2:10:12
69	9/19	52	Ben Hadrich	23	M	Duluth	MN	162	32:44	2:20	3:02	56	1:00:26	20.5	2:06	25	32:06	6:26	2:10:23
70	12/26	116	Jeff Rosga	35	M	St. Paul	MN	137	30:55	2:12	2:48	39	58:12	21.2	2:37	59	36:02	7:13	2:10:32
71	10/19	34	Weston Dornhecker	23	M	Duluth	MN	99	28:04	2:00	1:41	90	1:03:25	19.5	1:58	62	36:16	7:16	2:11:21
72	13/26	148	Shane Zindel	36	M	Roseville	MN	90	27:16	1:57	2:32	50	59:41	20.7	2:04	110	40:14	8:03	2:11:45
73	11/19	60	Calvin Heiling	20	M	Redwood Falls	MN	105	28:42	2:03	2:31	98	1:04:43	19.1	2:26	35	33:41	6:45	2:12:00
74	14/26	80	Joe Kelzer	36	M	New Richmond	WI	127	30:17	2:10	1:44	95	1:04:20	19.2	1:40	40	34:18	6:52	2:12:18
75	2/11	188	Amy Mickschl	27	F	Robbinsdale	MN	10	20:54	1:30	2:04	100	1:04:54	19.0	2:02	126	42:32	8:31	2:12:23
76	4/11	170	Gina Graves	35	F	St. Louis Park	MN	56	25:03	1:47	2:26	79	1:02:42	19.7	2:13	106	40:04	8:01	2:12:25
77	2/10	200	Becka Swanson	31	F	Circle Pines	MN	96	27:48	1:59	1:33	65	1:01:20	20.2	1:42	108	40:05	8:01	2:12:27
78	14/17	16	Mark Augdahl	41	M	Chaska	MN	128	30:18	2:10	2:24	71	1:01:48	20.0	2:04	60	36:04	7:13	2:12:35
79	15/26	45	Bryan French	36	M	Duluth	MN	63	25:49	1:50	2:52	64	1:01:16	20.2	2:29	117	40:44	8:09	2:13:09
80	10/20	57	Aaron Hartman	32	M	Duluth	MN	80	26:47	1:55	2:31	80	1:02:45	19.7	2:19	92	39:09	7:50	2:13:29
81	5/11	888	Leanne Bronson	36	F	Superior	WI	65	25:51	1:51	2:00	91	1:03:34	19.4	2:05	112	40:24	8:05	2:13:50
82	11/20	859	Steven Dahlager	34	M	Minneapolis	MN	165	32:57	2:21	2:07	55	1:00:16	20.5	2:41	65	36:32	7:19	2:14:30
83	12/19	887	Ladislaus Strzok	22	M	Duluth	MN	91	27:34	1:58	1:46	81	1:02:49	19.7	2:22	107	40:05	8:01	2:14:34
84	1/1	215	Gretchen Kirschling	12	F	Minneapolis	MN	52	24:57	1:47	2:11	154	1:10:06	17.6	1:59	55	35:52	7:11	2:15:04
85	13/19	97	Scott Miller	22	M	Mound	MN	107	28:57	2:04	3:17	73	1:01:54	20.0	2:36	83	38:38	7:44	2:15:19
86	12/20	126	Matthew Stay	31	M	Minneapolis	MN	38	23:36	1:41	2:30	127	1:07:16	18.4	2:55	93	39:14	7:51	2:15:28
87	1/5	124	Michael Sjogren	55	M	St. Cloud	MN	138	30:59	2:13	3:13	76	1:02:19	19.8	1:54	72	37:11	7:27	2:15:34
88	9/19	138	Nathan Weiler	26	M	Duluth	MN	129	30:23	2:10	2:29	106	1:05:10	19.0	2:51	50	35:17	7:04	2:16:07
89	16/26	134	Paul Thorne	39	M	Hopkins	MN	98	27:59	2:00	1:35	77	1:02:22	19.8	1:33	130	42:47	8:34	2:16:13
90	14/19	94	Joseph Matak	24	M	Duluth	MN	76	26:34	1:54	2:21	110	1:05:52	18.8	2:01	101	39:47	7:58	2:16:33
91	10/19	99	Scott Morris	26	M	Minneapolis	MN	64	25:50	1:51	4:13	104	1:05:07	19.0	2:42	86	38:50	7:46	2:16:39
92	4/7	181	Cheri Johnson	42	F	Aurora	MN	77	26:34	1:54	2:55	103	1:05:05	19.0	2:12	109	40:12	8:03	2:16:56
93	11/19	33	Charles Delbridge	26	M	St. Paul	MN	48	24:31	1:45	2:44	87	1:03:15	19.5	2:00	140	44:58	9:00	2:17:25
94	17/26	212	Trevor Distad	39	M	Pine Island	MN	125	30:08	2:09	3:23	105	1:05:08	19.0	2:08	73	37:16	7:28	2:18:01
95	18/26	127	Malcolm Sutherland	39	M	Thunder Bay	MN	116	29:45	2:07	2:14	85	1:03:12	19.6	1:52	122	41:43	8:21	2:18:44
96	1/3	39	Jeff Erickson	19	M	Inver Grove Height	MN	35	23:16	1:40	1:38	111	1:05:55	18.8	1:45	155	46:32	9:19	2:19:03
97	15/19	129	Michael Tangen	23	M	St. Paul	MN	172	33:22	2:23	2:53	82	1:02:52	19.7	2:07	81	38:15	7:39	2:19:26
98	3/10	150	Amy Amundson	30	F	Minneapolis	MN	93	27:40	1:58	2:25	141	1:08:53	17.9	2:46	78	37:55	7:35	2:19:36
99	16/19	73	Tyler Johnson	20	M	Two Harbors	MN	135	30:47	2:12	1:46	99	1:04:50	19.1	2:14	105	40:04	8:01	2:19:38
100	3/11	166	Alyssa Douglas	27	F	La Crosse	WI	145	31:24	2:14	2:39	113	1:06:03	18.7	1:39	79	38:04	7:37	2:19:47
101	19/26	146	Patrick Yoon	35	M	Minneapolis	MN	117	29:49	2:08	2:50	145	1:09:18	17.8	1:55	61	36:04	7:13	2:19:54
102	1/2	171	Beth Guck	50	F	Andover	MN	62	25:49	1:50	2:47	159	1:10:24	17.6	2:14	84	38:44	7:45	2:19:54
103	2/3	13	Joshua Appleman	19	M	Minneapolis	MN	72	26:18	1:53	2:24	124	1:06:56	18.5	2:22	124	42:09	8:26	2:20:07
104	20/26	82	Stan Kietlinski	38	M	Hudson	WI	153	31:53	2:16	3:34	123	1:06:53	18.5	2:59	47	35:07	7:02	2:20:24
105	3/9	192	Kristin Pletsch	24	F	Waconia	MN	69	26:02	1:51	2:09	119	1:06:41	18.5	2:18	133	43:17	8:40	2:20:24
106	6/11	193	Stephanie Puffer	39	F	Hermantown	MN	73	26:19	1:53	2:07	158	1:10:22	17.6	2:03	104	39:58	8:00	2:20:47
107	17/19	93	Marc Malinoski	20	M	Poplar	WI	185	37:42	2:41	1:59	92	1:03:44	19.4	2:15	54	35:32	7:07	2:21:08
108	21/26	18	Paul Bartlam	37	M	Duluth	MN	88	27:14	1:57	1:35	97	1:04:42	19.1	2:13	143	45:30	9:06	2:21:12
109	4/11	214	Erin Carey	25	F	Rochester	MN	70	26:09	1:52	2:34	125	1:07:09	18.4	2:52	127	42:35	8:31	2:21:17
110	7/16	141	Terry Wiens	49	M	Duluth	MN	130	30:25	2:10	2:38	138	1:08:20	18.1	1:40	91	39:02	7:49	2:22:03
111	4/8	149	Jim Zuehlke	52	M	Minnetonka	MN	151	31:50	2:16	3:08	93	1:04:04	19.3	2:38	116	40:34	8:07	2:22:11

112	7/11	160	Tricia Buntun	36	F	Duluth	MN	152	31:51	2:16	2:08	121	1:06:50	18.5	1:48	97	39:38	7:56	2:22:13
113	4/10	205	Jennifer Weiler	34	F	Minneapolis	MN	132	30:37	2:11	1:45	63	1:01:12	20.2	1:50	161	47:06	9:26	2:22:28
114	3/3	92	Nicholas Maki	18	M	Aurora	MN	140	31:14	2:14	2:09	120	1:06:42	18.5	2:42	99	39:45	7:57	2:22:29
115	15/17	78	Timothy Jung	44	M	Minneapolis	MN	148	31:40	2:15	2:45	72	1:01:49	20.0	1:59	137	44:43	8:57	2:22:53
116	12/19	64	Benjamin Ho	25	M	Minneapolis	MN	164	32:55	2:21	2:30	107	1:05:15	18.9	1:51	113	40:26	8:06	2:22:54
117	5/11	179	Sara Hudson	28	F	Ashland	WI	109	29:17	2:05	2:26	128	1:07:17	18.4	2:32	118	41:30	8:18	2:22:59
118	13/20	879	Denis Charlebois	31	M	Thunder Bay On	CN	156	32:03	2:17	3:31	115	1:06:13	18.7	3:23	77	37:53	7:35	2:23:00
119	1/3	190	Judith Peters	46	F	St. Cloud	MN	124	30:05	2:09	2:37	156	1:10:20	17.6	1:47	85	38:44	7:45	2:23:31
120	14/20	211	Timothy Borgen	30	M	Minneapolis	MN	189	38:40	2:45	2:46	96	1:04:24	19.2	2:25	51	35:26	7:06	2:23:38
121	18/19	861	Matthew Hofer	21	M	Rochester	MN	159	32:29	2:19	2:42	116	1:06:17	18.6	2:25	102	39:53	7:59	2:23:43
122	5/7	196	Kari Roles	40	F	Prior Lake	MN	161	32:36	2:19	2:43	130	1:07:36	18.3	2:08	87	38:50	7:46	2:23:50
123	13/19	101	Mitchell Noah	27	M	Stillwater	MN	102	28:27	2:02	2:33	131	1:07:42	18.3	2:23	131	42:48	8:34	2:23:51
124	5/10	175	Amy Hite	30	F	Cottage Grove	MN	120	30:02	2:08	2:16	133	1:07:47	18.2	1:45	129	42:46	8:34	2:24:33
125	8/16	7	Tim Adams	47	M	Deer Park	WI	100	28:05	2:00	2:21	147	1:09:36	17.8	2:21	125	42:23	8:29	2:24:44
126	6/11	173	Karin Hamilton	29	F	Minneapolis	MN	160	32:31	2:19	1:53	146	1:09:28	17.8	2:01	89	38:55	7:47	2:24:46
127	2/3	198	Mary Sands	45	F	St. Paul	MN	113	29:30	2:06	1:50	150	1:09:56	17.7	2:03	119	41:31	8:19	2:24:47
128	22/26	74	Mark Johnston	39	M	Crystal	MN	163	32:46	2:20	2:06	132	1:07:44	18.2	2:05	111	40:17	8:04	2:24:55
129	5/8	868	Tom Beissel	52	M	Dixon	IL	118	29:50	2:08	3:18	102	1:04:57	19.0	2:41	135	44:26	8:54	2:25:10
130	8/11	151	Dee Bartlam	38	F	Duluth	MN	134	30:43	2:11	2:05	78	1:02:28	19.8	2:29	163	47:35	9:31	2:25:17
131	6/10	207	Connie Wurst	34	F	Chaska	MN	75	26:26	1:53	2:58	178	1:16:12	16.2	1:39	82	38:18	7:40	2:25:30
132	2/5	108	Murray Pearlman	57	M	Encinitas	CA	79	26:39	1:54	3:06	163	1:11:04	17.4	2:02	128	42:42	8:33	2:25:30
133	16/17	20	Jordan Bonney	41	M	Bloomington	MN	50	24:41	1:46	4:11	144	1:09:18	17.8	2:16	145	45:34	9:07	2:25:56
134	23/26	105	Michael Palmer	39	M	Crystal Lake	IL	149	31:44	2:16	2:47	114	1:06:11	18.7	2:18	132	43:00	8:36	2:25:57
135	14/19	143	Charles Wild	26	M	Watertown	MN	168	33:07	2:22	2:12	89	1:03:17	19.5	1:54	153	46:13	9:15	2:26:40
136	9/16	117	Troy Rustad	45	M	Minneapolis	MN	94	27:40	1:58	1:52	74	1:02:03	19.9	2:30	181	52:59	10:36	2:27:01
137	19/19	48	Charlie Goeke	20	M	Rochester	MN	166	33:04	2:21	1:44	164	1:11:08	17.4	1:39	114	40:26	8:06	2:27:58
138	10/16	111	Chris Pofertl	46	M	Eden Prairie	MN	122	30:04	2:09	2:49	109	1:05:41	18.8	2:37	160	46:59	9:24	2:28:07
139	11/16	866	Michael Richards	47	M	Eau Claire	WI	183	36:04	2:34	4:28	122	1:06:53	18.5	2:58	76	37:47	7:34	2:28:09
140	15/19	53	Aaron Hagen	29	M	St Cloud	MN	78	26:37	1:54	3:39	112	1:05:55	18.8	2:27	173	50:01	10:01	2:28:36
141	12/16	132	Mike Teitelbaum	48	M	Duluth	MN	169	33:11	2:22	2:16	101	1:04:55	19.0	1:58	157	46:36	9:20	2:28:54
142	16/19	213	Leo McNamara	25	M	St Paul	MN	158	32:12	2:18	2:34	169	1:12:37	17.0	2:00	98	39:40	7:56	2:29:01
143	1/1	95	Donald Meck	67	M	Siren	WI	133	30:42	2:11	3:35	117	1:06:18	18.6	3:22	142	45:21	9:05	2:29:16
144	15/20	145	Shawn Woods	31	M	St. Cloud	MN	89	27:15	1:57	3:27	152	1:10:05	17.6	2:08	156	46:33	9:19	2:29:25
145	7/11	180	Lisa Jamison	29	F	Belle Plaine	MN	171	33:20	2:23	2:02	172	1:13:18	16.9	1:34	95	39:19	7:52	2:29:31
146	17/19	107	Justin Paur	26	M	St. Louis Park	MN	1	10:23	0:45	7:11	181	1:17:25	16.0	5:45	168	49:10	9:50	2:29:52
147	16/20	46	Michael Given	33	M	Sauk Rapids	MN	167	33:06	2:22	3:24	118	1:06:20	18.6	1:55	146	45:36	9:08	2:30:19
148	8/11	153	Greta Bell	27	F	Minneapolis	MN	92	27:36	1:58	1:41	165	1:11:18	17.3	2:31	164	47:38	9:32	2:30:42
149	6/8	10	Mark Anderson	54	M	Lombard	IL	59	25:39	1:50	2:51	157	1:10:21	17.6	3:23	167	48:31	9:43	2:30:43
150	3/3	163	Christine Davis	49	F	Duluth	MN	123	30:04	2:09	3:01	140	1:08:49	18.0	2:36	154	46:22	9:17	2:30:49
151	17/17	43	Eric Forseth	42	M	Bloomington	MN	126	30:15	2:09	2:36	143	1:09:02	17.9	2:06	166	48:00	9:36	2:31:57
152	1/2	115	Fred Roethlisberger	63	M	River Falls	WI	119	29:56	2:08	3:08	142	1:08:59	17.9	3:13	159	46:52	9:23	2:32:07
153	4/9	201	Sandy Thiel	22	F	St. Paul	MN	103	28:29	2:02	2:12	175	1:14:29	16.6	1:54	151	46:05	9:13	2:33:06
154	7/10	161	Autumn Connell	34	F	Saint Paul	MN	139	31:02	2:13	2:46	126	1:07:15	18.4	2:40	170	49:31	9:55	2:33:13
155	7/8	895	Rick Agar	52	M	Duluth	MN	155	32:03	2:17	3:20	151	1:09:57	17.7	2:09	149	45:49	9:10	2:33:16
156	9/11	204	Megan Vizanko	25	F	Eden Prairie	MN	112	29:28	2:06	1:56	173	1:13:31	16.8	2:25	152	46:12	9:15	2:33:29
157	10/11	178	Deanne Horter	29	F	Savage	MN	142	31:21	2:14	2:39	170	1:12:46	17.0	2:09	139	44:47	8:58	2:33:40
158	13/16	87	Butch Kuronen	47	M	Duluth	MN	131	30:31	2:10	3:44	139	1:08:20	18.1	3:27	165	47:45	9:33	2:33:45
159	2/2	860	Michael Robinson	62	M	Duluth	MN	121	30:02	2:08	3:24	167	1:12:19	17.1	2:53	141	45:19	9:04	2:33:55
160	8/10	159	Kerstin Buettner	32	F	St. Paul	MN	146	31:32	2:15	2:19	134	1:07:47	18.2	2:34	172	49:58	10:00	2:34:07
161	17/20	106	Josh Paur	32	M	Savage	MN	187	38:01	2:42	3:19	135	1:08:09	18.1	3:09	123	42:02	8:25	2:34:36
162	18/20	81	Jeremy Kersten	31	M	Bloomington	MN	143	31:22	2:14	3:07	171	1:13:07	16.9	3:05	136	44:37	8:56	2:35:16
163	19/20	65	Tim Hoke	33	M	Crystal	MN	104	28:37	2:02	2:25	155	1:10:13	17.6	2:08	179	52:45	10:33	2:36:06
164	5/9	187	Anne Mehr	23	F	Burnsville	MN	144	31:23	2:14	2:59	182	1:18:10	15.8	2:13	121	41:32	8:19	2:36:15
165	3/5	30	Tom Couillard	57	M	White Bear Lake	MN	173	33:31	2:23	3:22	153	1:10:06	17.6	3:38	150	45:49	9:10	2:36:23
166	14/16	63	Michael Hillmeyer	45	M	Duluth	MN	177	34:54	2:29	2:36	84	1:03:04	19.6	2:44	183	53:52	10:47	2:37:07
167	18/19	50	Sean Green	28	M	St. Paul	MN	193	40:04	2:51	4:25	148	1:09:52	17.7	3:08	115	40:32	8:07	2:37:59
168	15/16	36	John Duball	45	M	Rochester	MN	141	31:18	2:14	3:24	136	1:08:12	18.1	2:47	176	52:24	10:29	2:38:03
169	24/26	104	Matt Paar	35	M	Minneapolis	MN	136	30:50	2:12	3:29	108	1:05:15	18.9	4:13	184	54:48	10:58	2:38:33
170	11/11	155	Emily Bittner	26	F	Phoenix	AZ	176	34:52	2:29	2:58	168	1:12:26	17.1	2:38	147	45:42	9:09	2:38:34

171	25/26	103	Shane Olson	39	M	Duluth	MN	181	35:48	2:33	3:02	137	1:08:13	18.1	2:38	169	49:22	9:53	2:39:02
172	26/26	37	Mark Eginton	37	M	Duluth	MN	154	31:55	2:16	4:12	129	1:07:33	18.3	2:49	180	52:51	10:35	2:39:17
173	20/20	58	Peter Hatinen	33	M	Minneapolis	MN	184	36:54	2:38	4:08	162	1:10:50	17.4	3:00	138	44:45	8:57	2:39:34
174	4/5	114	Charles Rhea	59	M	Plymouth	MN	179	35:23	2:31	3:57	161	1:10:47	17.5	3:47	158	46:47	9:22	2:40:39
175	8/8	867	Rodney Barnes	52	M	Maple Grove	MN	175	34:44	2:28	2:57	160	1:10:45	17.5	3:20	174	50:45	10:09	2:42:27
176	9/10	165	Sarah Dempsey	31	F	Minneapolis	MN	60	25:40	1:50	4:26	179	1:16:21	16.2	2:59	182	53:04	10:37	2:42:29
177	5/5	24	Greg Carlson	57	M	Moose Lake	MN	114	29:31	2:06	2:10	176	1:14:32	16.6	2:13	185	54:58	11:00	2:43:21
178	9/11	157	Heidi Brown	35	F	Rush City	MN	87	27:12	1:56	3:32	174	1:13:40	16.8	2:11	190	56:56	11:24	2:43:28
179	6/9	202	Whitney Ulvestad	20	F	Excelsior	MN	21	22:24	1:36	2:23	184	1:20:31	15.4	2:32	188	56:31	11:19	2:44:18
180	16/16	133	Harvey Thorleifson	49	M	Minneapolis	MN	170	33:17	2:22	2:40	149	1:09:53	17.7	2:34	187	56:24	11:17	2:44:46
181	1/2	167	Connie Foster	56	F	River Falls	WI	178	35:23	2:31	2:39	185	1:20:40	15.3	2:56	134	43:39	8:44	2:45:14
182	7/9	855	Rachel Gilbertson	22	F	Saginaw	MN	180	35:32	2:32	2:26	177	1:15:21	16.4	2:30	171	49:32	9:55	2:45:18
183	2/2	195	Ann Rhea	59	F	Plymouth	MN	115	29:41	2:07	2:57	186	1:21:37	15.1	2:24	178	52:42	10:33	2:49:18
184	10/11	688	Lisa Dooley	39	F	Minneapolis	MN	174	33:43	2:24	90:07				1:58	144	45:30	9:06	2:49:19
185	10/10	206	Heather White	34	F	Minneapolis	MN	192	39:17	2:48	83:13				2:57	162	47:20	9:28	2:49:48
186	6/7	169	Elizabeth Fry	44	F	Nolalu, Ont	CN	49	24:33	1:45	3:17	183	1:19:38	15.5	2:41	191	1:00:18	12:04	2:50:26
187	11/11	197	Kristin Rouleau	39	F	Maple Grove	MN	186	37:58	2:42	2:34	166	1:11:25	17.3	2:27	189	56:46	11:22	2:51:08
188	2/2	199	Pam Solberg/tapper	53	F	Duluth	MN	191	38:58	2:47	4:26	188	1:22:27	15.0	1:52	148	45:44	9:09	2:53:24
189	8/9	176	Erin Hmielewski	21	F	Minneapolis	MN	150	31:46	2:16	2:17	189	1:26:42	14.3	2:00	177	52:25	10:29	2:55:07
190	9/9	203	Jessica Vanderlinde	20	F	Watertown	MN	190	38:41	2:45	2:16	187	1:21:41	15.1	1:59	175	51:24	10:17	2:55:59
191	19/19	100	Donny Nevins	26	M	Superior	WI	147	31:34	2:15	6:46	180	1:17:12	16.0	3:15	192	1:03:16	12:40	3:02:01
192	7/7	191	Susan Peterson	40	F	Fergus Falls	MN	182	35:51	2:33	4:44	190	1:27:14	14.2	2:15	186	55:53	11:11	3:05:54
193	1/1	854	Rhoda Robinson	63	F	Duluth	MN	188	38:29	2:44	4:28	191	1:44:38	11.8	3:49	193	1:08:02	13:37	3:39:23

results by Pickle Events

Results posted on: www.pickleevents.com

INDIVIDUAL MALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	878	Brian Bich	40	M	Duluth	MN	3	19:04	1:22	1:09	2	48:46	25.3	1:19	4	28:40	5:44	1:38:54
2	23	Mark Carey	35	M	Rochester	MN	5	19:05	1:22	1:09	3	50:14	24.6	1:09	6	29:33	5:55	1:41:08
3	96	Neil Miller	22	M	Saint Paul	MN	9	21:03	1:30	1:14	9	53:22	23.2	1:11	1	25:57	5:12	1:42:44
4	870	Rhett Bonner	42	M	Duluth	MN	2	18:57	1:21	1:02	5	52:26	23.6	1:18	7	29:54	5:59	1:43:35
5	90	Brett Lovaas	32	M	Minnetonka	MN	4	19:04	1:22	1:18	4	52:02	23.8	1:07	11	30:19	6:04	1:43:47
6	120	Jeremy Sartain	32	M	St. Paul	MN	19	22:28	1:36	1:26	1	48:34	25.4	1:22	10	30:14	6:03	1:44:00
7	869	Eric Hendrickson	26	M	Hopkins	MN	8	20:35	1:28	1:07	7	53:10	23.2	1:09	13	30:34	6:07	1:46:33
8	6	Jesse Adams	24	M	Saint Cloud	MN	7	19:40	1:24	1:13	11	54:06	22.8	1:16	18	31:00	6:12	1:47:13
9	89	Jason Liebsch	21	M	Minneapolis	MN	26	23:12	1:39	1:16	10	53:28	23.1	1:18	5	29:29	5:54	1:48:41
10	17	Leon Ball	41	M	Minneapolis	MN	20	22:32	1:36	2:06	12	54:31	22.7	1:34	3	28:36	5:44	1:49:16
11	25	Jey Carlson	40	M	Minnetonka	MN	29	23:27	1:40	1:15	6	53:07	23.3	1:23	16	30:56	6:12	1:50:06
12	29	Edan Corcoran	47	M	Thunder Bay	MN	10	21:15	1:31	1:39	20	55:48	22.2	1:30	14	30:36	6:08	1:50:45
13	862	Patrick Lewis	35	M	Brooklyn Park	MN	24	22:53	1:38	1:14	13	54:37	22.6	1:25	15	30:46	6:10	1:50:54
14	118	Jonathan Sage-Martinson	37	M	Saint Paul	MN	22	22:37	1:37	1:32	18	55:30	22.3	1:24	9	30:10	6:02	1:51:10
15	135	Nathaniel Tollefson	40	M	Minneapolis	MN	17	22:11	1:35	1:28	21	56:06	22.0	1:33	20	31:20	6:16	1:52:37
16	59	Jay Heikkila	38	M	Delano	MN	13	21:36	1:33	1:32	26	56:41	21.8	1:32	25	32:37	6:32	1:53:55
17	68	Borg Isaksen	33	M	Brule	WI	41	24:42	1:46	1:48	14	54:46	22.6	1:44	26	32:39	6:32	1:55:37
18	42	Dale Forde	48	M	Golden Valley	MN	25	23:10	1:39	1:51	37	57:57	21.3	1:40	21	31:26	6:18	1:56:01
19	28	Ben Cogger	22	M	Washburn	WI	80	29:12	2:05	1:28	22	56:16	22.0	1:51	2	27:41	5:33	1:56:26
20	113	Jim Reed	47	M	Duluth	MN	34	24:13	1:44	1:55	41	58:46	21.0	1:41	8	30:01	6:01	1:56:33
21	56	brian hanson	29	M	chisholm	MN	63	27:10	1:56	1:19	19	55:41	22.2	1:25	19	31:10	6:14	1:56:42
22	140	Todd White	39	M	Roseville	MN	6	19:39	1:24	1:36	47	59:46	20.7	1:36	36	34:13	6:51	1:56:47
23	8	Charles Allgood	42	M	Brooklyn Park	MN	54	26:20	1:53	1:35	29	56:54	21.7	1:31	17	30:57	6:12	1:57:14
24	69	Jim Johanning	37	M	Detroit Lakes	MN	38	24:29	1:45	1:10	23	56:19	21.9	1:32	38	34:27	6:54	1:57:55
25	858	Nicholas Graham	33	M	Minneapolis	MN	59	26:50	1:55	1:38	27	56:43	21.8	1:41	22	31:39	6:20	1:58:27
26	147	Damin Zacho	38	M	Eau Claire	WI	36	24:14	1:44	2:51	24	56:38	21.8	2:16	28	32:43	6:33	1:58:39
27	86	Leonard Klun	52	M	Maple Plain	MN	21	22:37	1:37	1:56	45	59:35	20.7	1:45	32	33:28	6:42	1:59:18
28	5	Karl Adalbert	35	M	Minneapolis	MN	47	25:44	1:50	2:00	43	59:13	20.9	2:00	12	30:25	6:05	1:59:20
29	40	Thomas Erickson	45	M	Edina	MN	43	25:01	1:47	1:54	25	56:38	21.8	1:56	41	35:04	7:01	2:00:30

30	865	Matt Harrison	45	M	Duluth	MN	64	27:12	1:56	2:55	15	55:16	22.4	1:58	35	34:01	6:49	2:01:21
31	254	Adam Sanders	22	M	Burnsville	MN	12	21:30	1:32	1:58	33	57:40	21.4	2:03	68	38:12	7:39	2:01:21
32	27	Jeffrey Chinnock	30	M	Breckenridge	CO	27	23:15	1:40	1:51	30	56:58	21.7	1:56	64	37:26	7:30	2:01:23
33	11	Todd Anderson	44	M	Minneapolis	MN	11	21:15	1:31	2:36	40	58:42	21.1	2:22	57	36:34	7:19	2:01:26
34	67	Guy Hummel	42	M	Woodbury	MN	52	26:15	1:52	2:21	34	57:48	21.4	1:58	31	33:20	6:40	2:01:39
35	76	todd jorgenson	42	M	bloomington	MN	42	24:59	1:47	3:35	36	57:55	21.3	1:54	30	33:19	6:40	2:01:39
36	137	Michael Waataja	31	M	Plymouth	MN	14	21:41	1:33	1:32	17	55:27	22.3	1:40	93	41:32	8:19	2:01:49
37	83	tim king	34	M	dubuque	IA	18	22:24	1:36	1:58	35	57:49	21.4	2:05	65	37:45	7:33	2:01:58
38	66	Matt Hudson	29	M	Ashland	WI	37	24:27	1:45	1:42	60	1:01:32	20.1	1:44	27	32:40	6:32	2:02:02
39	122	Bill Schmitt	53	M	Duluth	MN	35	24:14	1:44	2:02	28	56:53	21.7	1:53	59	37:05	7:25	2:02:04
40	31	Sean Curtis	30	M	Conway	AR	31	23:45	1:42	1:48	44	59:17	20.8	1:42	49	35:59	7:12	2:02:29
41	19	Mark Birchard	43	M	Edina	MN	15	21:41	1:33	1:59	49	1:00:05	20.6	1:51	61	37:07	7:26	2:02:41
42	70	David Johnson	42	M	Grand Forks	ND	50	25:51	1:51	1:58	8	53:21	23.2	1:57	83	39:54	7:59	2:02:59
43	119	Nate Sanders	24	M	Burnsville	MN	44	25:24	1:49	2:04	42	58:50	21.0	1:21	50	35:59	7:12	2:03:36
44	55	Tim Hagley	50	M	Duluth	MN	16	22:01	1:34	2:09	56	1:01:11	20.2	1:43	58	36:51	7:23	2:03:52
45	22	Allen Campbell	39	M	Eau Claire	WI	78	28:43	2:03	2:13	16	55:23	22.3	2:19	55	36:25	7:17	2:05:00
46	44	Andrew Freeman	29	M	Falcon Heights	MN	82	29:23	2:06	1:28	32	57:17	21.6	1:19	48	35:56	7:12	2:05:20
47	51	Matt Gress	23	M	St. Paul	MN	45	25:26	1:49	1:51	59	1:01:28	20.1	1:33	46	35:30	7:06	2:05:45
48	88	Michael Laughlin	45	M	Duluth	MN	33	24:10	1:43	2:02	74	1:03:14	19.5	2:02	40	34:49	6:58	2:06:14
49	21	Richard Bunten	38	M	Duluth	MN	62	27:09	1:56	2:01	50	1:00:13	20.5	1:34	45	35:26	7:06	2:06:20
50	41	John Ferriter	27	M	St Paul	MN	23	22:38	1:37	1:59	53	1:00:44	20.4	2:10	77	39:20	7:52	2:06:49
51	14	Scott Armstrong	42	M	Bayfield	WI	60	26:53	1:55	3:09	61	1:01:39	20.0	2:19	34	33:48	6:46	2:07:45
52	35	Aaron Douglas	28	M	La Crosse	WI	113	32:10	2:18	3:10	39	58:15	21.2	1:30	29	33:18	6:40	2:08:20
53	123	Andrew Schoppe	29	M	St. Paul	MN	70	27:58	2:00	3:32	71	1:02:59	19.6	2:10	23	31:59	6:24	2:08:35
54	128	gary tabor	40	M	Thunder Bay	CN	61	26:57	1:55	2:20	55	1:00:57	20.3	1:40	60	37:06	7:26	2:08:58
55	54	John Hagen	32	M	Plainview	MN	74	28:22	2:01	2:51	54	1:00:46	20.3	2:30	39	34:35	6:55	2:09:01
56	72	Todd Johnson	38	M	Duluth	MN	51	25:54	1:51	2:47	48	59:51	20.7	1:46	76	39:15	7:51	2:09:30
57	102	Nicholas Olson	27	M	Superior	WI	32	24:06	1:43	2:27	58	1:01:25	20.1	2:04	80	39:45	7:57	2:09:45
58	98	Andrew Minck	22	M	Duluth	MN	81	29:22	2:06	2:43	31	57:11	21.6	2:03	72	38:55	7:47	2:10:12
59	52	Ben Hadrlich	23	M	Duluth	MN	116	32:44	2:20	3:02	52	1:00:26	20.5	2:06	24	32:06	6:26	2:10:23
60	116	Jeff Rosga	35	M	St. Paul	MN	100	30:55	2:12	2:48	38	58:12	21.2	2:37	51	36:02	7:13	2:10:32
61	34	Weston Dornhecker	23	M	Duluth	MN	72	28:04	2:00	1:41	77	1:03:25	19.5	1:58	54	36:16	7:16	2:11:21
62	148	Shane Zindel	36	M	Roseville	MN	67	27:16	1:57	2:32	46	59:41	20.7	2:04	86	40:14	8:03	2:11:45
63	60	Calvin Heiling	20	M	Redwood Falls	MN	77	28:42	2:03	2:31	83	1:04:43	19.1	2:26	33	33:41	6:45	2:12:00
64	80	joe kelzer	36	M	new richmond	WI	92	30:17	2:10	1:44	80	1:04:20	19.2	1:40	37	34:18	6:52	2:12:18
65	16	Mark Augdahl	41	M	Chaska	MN	93	30:18	2:10	2:24	62	1:01:48	20.0	2:04	52	36:04	7:13	2:12:35
66	45	Bryan French	36	M	Duluth	MN	48	25:49	1:50	2:52	57	1:01:16	20.2	2:29	92	40:44	8:09	2:13:09
67	57	Aaron Hartman	32	M	Duluth	MN	58	26:47	1:55	2:31	68	1:02:45	19.7	2:19	74	39:09	7:50	2:13:29
68	859	Steven dahlager	34	M	Minneapolis	MN	119	32:57	2:21	2:07	51	1:00:16	20.5	2:41	56	36:32	7:19	2:14:30
69	887	Ladislaus Strzok	22	M	Duluth	MN	68	27:34	1:58	1:46	69	1:02:49	19.7	2:22	85	40:05	8:01	2:14:34
70	97	Scott Miller	22	M	Mound	MN	79	28:57	2:04	3:17	64	1:01:54	20.0	2:36	70	38:38	7:44	2:15:19
71	126	Matthew Stay	31	M	Minneapolis	MN	30	23:36	1:41	2:30	105	1:07:16	18.4	2:55	75	39:14	7:51	2:15:28
72	124	Michael Sjogren	55	M	St. Cloud	MN	101	30:59	2:13	3:13	66	1:02:19	19.8	1:54	62	37:11	7:27	2:15:34
73	138	Nathan Weiler	26	M	Duluth	MN	94	30:23	2:10	2:29	89	1:05:10	19.0	2:51	43	35:17	7:04	2:16:07
74	134	Paul Thorne	39	M	Hopkins	MN	71	27:59	2:00	1:35	67	1:02:22	19.8	1:33	99	42:47	8:34	2:16:13
75	94	Joseph Matak	24	M	Duluth	MN	55	26:34	1:54	2:21	93	1:05:52	18.8	2:01	81	39:47	7:58	2:16:33
76	99	Scott Morris	26	M	Minneapolis	MN	49	25:50	1:51	4:13	87	1:05:07	19.0	2:42	71	38:50	7:46	2:16:39
77	33	Charles Delbridge	26	M	St. Paul	MN	39	24:31	1:45	2:44	75	1:03:15	19.5	2:00	106	44:58	9:00	2:17:25
78	212	Trevor Distad	39	M	Pine Island	MN	90	30:08	2:09	3:23	88	1:05:08	19.0	2:08	63	37:16	7:28	2:18:01
79	127	Malcolm Sutherland	39	M	Thunder Bay	MN	84	29:45	2:07	2:14	73	1:03:12	19.6	1:52	94	41:43	8:21	2:18:44
80	39	Jeff erickson	19	M	inver grove height	MN	28	23:16	1:40	1:38	94	1:05:55	18.8	1:45	115	46:32	9:19	2:19:03
81	129	Michael Tangen	23	M	St. Paul	MN	125	33:22	2:23	2:53	70	1:02:52	19.7	2:07	69	38:15	7:39	2:19:26
82	73	Tyler Johnson	20	M	Two Harbors	MN	98	30:47	2:12	1:46	84	1:04:50	19.1	2:14	84	40:04	8:01	2:19:38
83	146	Patrick Yoon	35	M	Minneapolis	MN	85	29:49	2:08	2:50	117	1:09:18	17.8	1:55	53	36:04	7:13	2:19:54
84	13	Joshua Appleman	19	M	Minneapolis	MN	53	26:18	1:53	2:24	104	1:06:56	18.5	2:22	96	42:09	8:26	2:20:07
85	82	Stan Kietlinski	38	M	Hudson	WI	109	31:53	2:16	3:34	103	1:06:53	18.5	2:59	42	35:07	7:02	2:20:24
86	93	marc malinoski	20	M	Poplar	WI	133	37:42	2:41	1:59	78	1:03:44	19.4	2:15	47	35:32	7:07	2:21:08
87	18	Paul Bartlam	37	M	Duluth	MN	65	27:14	1:57	1:35	82	1:04:42	19.1	2:13	109	45:30	9:06	2:21:12
88	141	Terry Wiens	49	M	Duluth	MN	95	30:25	2:10	2:38	112	1:08:20	18.1	1:40	73	39:02	7:49	2:22:03

89	149	jim zuehlke	52	M	minnetonka	MN	108	31:50	2:16	3:08	79	1:04:04	19.3	2:38	91	40:34	8:07	2:22:11
90	92	Nicholas Maki	18	M	Aurora	MN	102	31:14	2:14	2:09	101	1:06:42	18.5	2:42	79	39:45	7:57	2:22:29
91	78	timothy jung	44	M	minneapolis	MN	106	31:40	2:15	2:45	63	1:01:49	20.0	1:59	104	44:43	8:57	2:22:53
92	64	Benjamin Ho	25	M	Minneapolis	MN	118	32:55	2:21	2:30	90	1:05:15	18.9	1:51	88	40:26	8:06	2:22:54
93	879	Denis Charlebois	31	M	Thunder Bay ON	CN	112	32:03	2:17	3:31	97	1:06:13	18.7	3:23	67	37:53	7:35	2:23:00
94	211	Timothy BORGEN	30	M	MINNEAPOLIS	MN	135	38:40	2:45	2:46	81	1:04:24	19.2	2:25	44	35:26	7:06	2:23:38
95	861	Matthew Hofer	21	M	Rochester	MN	115	32:29	2:19	2:42	98	1:06:17	18.6	2:25	82	39:53	7:59	2:23:43
96	101	Mitchell Noah	27	M	Stillwater	MN	75	28:27	2:02	2:33	107	1:07:42	18.3	2:23	100	42:48	8:34	2:23:51
97	7	Tim Adams	47	M	Deer Park	WI	73	28:05	2:00	2:21	118	1:09:36	17.8	2:21	97	42:23	8:29	2:24:44
98	74	Mark Johnston	39	M	Crystal	MN	117	32:46	2:20	2:06	108	1:07:44	18.2	2:05	87	40:17	8:04	2:24:55
99	868	Tom Beissel	52	M	Dixon	IL	86	29:50	2:08	3:18	86	1:04:57	19.0	2:41	102	44:26	8:54	2:25:10
100	108	Murray Pearlman	57	M	Encinitas	CA	57	26:39	1:54	3:06	129	1:11:04	17.4	2:02	98	42:42	8:33	2:25:30
101	20	Jordan Bonney	41	M	Bloomington	MN	40	24:41	1:46	4:11	116	1:09:18	17.8	2:16	110	45:34	9:07	2:25:56
102	105	Michael Palmer	39	M	Crystal Lake	IL	107	31:44	2:16	2:47	96	1:06:11	18.7	2:18	101	43:00	8:36	2:25:57
103	143	Charles Wild	26	M	Watertown	MN	122	33:07	2:22	2:12	76	1:03:17	19.5	1:54	114	46:13	9:15	2:26:40
104	117	Troy Rustad	45	M	Minneapolis	MN	69	27:40	1:58	1:52	65	1:02:03	19.9	2:30	131	52:59	10:36	2:27:01
105	48	Charlie Goeke	20	M	Rochester	MN	120	33:04	2:21	1:44	130	1:11:08	17.4	1:39	89	40:26	8:06	2:27:58
106	111	Chris Pofertl	46	M	Edu Prairie	MN	89	30:04	2:09	2:49	92	1:05:41	18.8	2:37	120	46:59	9:24	2:28:07
107	866	Michael Richards	47	M	Eau Claire	WI	131	36:04	2:34	4:28	102	1:06:53	18.5	2:58	66	37:47	7:34	2:28:09
108	53	Aaron Hagen	29	M	St Cloud	MN	56	26:37	1:54	3:39	95	1:05:55	18.8	2:27	126	50:01	10:01	2:28:36
109	132	Mike Teitelbaum	48	M	Duluth	MN	123	33:11	2:22	2:16	85	1:04:55	19.0	1:58	117	46:36	9:20	2:28:54
110	213	Leo McNamara	25	M	St Paul	MN	114	32:12	2:18	2:34	132	1:12:37	17.0	2:00	78	39:40	7:56	2:29:01
111	95	Donald Meck	67	M	Siren	WI	97	30:42	2:11	3:35	99	1:06:18	18.6	3:22	108	45:21	9:05	2:29:16
112	145	Shawn Woods	31	M	St. Cloud	MN	66	27:15	1:57	3:27	122	1:10:05	17.6	2:08	116	46:33	9:19	2:29:25
113	107	Justin Paur	26	M	St. Louis Park	MN	1	10:23	0:45	7:11	136	1:17:25	16.0	5:45	124	49:10	9:50	2:29:52
114	46	Michael Given	33	M	Sauk Rapids	MN	121	33:06	2:22	3:24	100	1:06:20	18.6	1:55	111	45:36	9:08	2:30:19
115	10	Mark Anderson	54	M	Lombard	IL	46	25:39	1:50	2:51	125	1:10:21	17.6	3:23	123	48:31	9:43	2:30:43
116	43	Eric Forseth	42	M	Bloomington	MN	91	30:15	2:09	2:36	115	1:09:02	17.9	2:06	122	48:00	9:36	2:31:57
117	115	Fred Roethlisberger	63	M	River Falls	WI	87	29:56	2:08	3:08	114	1:08:59	17.9	3:13	119	46:52	9:23	2:32:07
118	895	Rick Agar	52	M	Duluth	MN	111	32:03	2:17	3:20	121	1:09:57	17.7	2:09	112	45:49	9:10	2:33:16
119	87	Butch Kuronen	47	M	Duluth	MN	96	30:31	2:10	3:44	113	1:08:20	18.1	3:27	121	47:45	9:33	2:33:45
120	860	Michael Robinson	62	M	Duluth	MN	88	30:02	2:08	3:24	131	1:12:19	17.1	2:53	107	45:19	9:04	2:33:55
121	106	Josh Paur	32	M	Savage	MN	134	38:01	2:42	3:19	109	1:08:09	18.1	3:09	95	42:02	8:25	2:34:36
122	81	Jeremy Kersten	31	M	Bloomington	MN	104	31:22	2:14	3:07	133	1:13:07	16.9	3:05	103	44:37	8:56	2:35:16
123	65	Tim Hoke	33	M	Crystal	MN	76	28:37	2:02	2:25	124	1:10:13	17.6	2:08	129	52:45	10:33	2:36:06
124	30	Tom Couillard	57	M	White Bear Lake	MN	126	33:31	2:23	3:22	123	1:10:06	17.6	3:38	113	45:49	9:10	2:36:23
125	63	Michael Hillmeyer	45	M	Duluth	MN	128	34:54	2:29	2:36	72	1:03:04	19.6	2:44	132	53:52	10:47	2:37:07
126	50	Sean Green	28	M	St. Paul	MN	136	40:04	2:51	4:25	119	1:09:52	17.7	3:08	90	40:32	8:07	2:37:59
127	36	John DuBall	45	M	Rochester	MN	103	31:18	2:14	3:24	110	1:08:12	18.1	2:47	128	52:24	10:29	2:38:03
128	104	Matt Paar	35	M	Minneapolis	MN	99	30:50	2:12	3:29	91	1:05:15	18.9	4:13	133	54:48	10:58	2:38:33
129	103	Shane Olson	39	M	Duluth	MN	130	35:48	2:33	3:02	111	1:08:13	18.1	2:38	125	49:22	9:53	2:39:02
130	37	Mark Eginton	37	M	Duluth	MN	110	31:55	2:16	4:12	106	1:07:33	18.3	2:49	130	52:51	10:35	2:39:17
131	58	Peter Hatinen	33	M	Minneapolis	MN	132	36:54	2:38	4:08	128	1:10:50	17.4	3:00	105	44:45	8:57	2:39:34
132	114	Charles Rhea	59	M	Plymouth	MN	129	35:23	2:31	3:57	127	1:10:47	17.5	3:47	118	46:47	9:22	2:40:39
133	867	Rodney Barnes	52	M	Maple Grove	MN	127	34:44	2:28	2:57	126	1:10:45	17.5	3:20	127	50:45	10:09	2:42:27
134	24	Greg Carlson	57	M	Moose Lake	MN	83	29:31	2:06	2:10	134	1:14:32	16.6	2:13	134	54:58	11:00	2:43:21
135	133	Harvey Thorleifson	49	M	Minneapolis	MN	124	33:17	2:22	2:40	120	1:09:53	17.7	2:34	135	56:24	11:17	2:44:46
136	100	Donny Nevins	26	M	Superior	WI	105	31:34	2:15	6:46	135	1:17:12	16.0	3:15	136	63:16	12:40	3:02:01

INDIVIDUAL FEMALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	162	Marlo Crosby	36	F	Duluth	MN	17	25:56	1:51	1:28	1	52:34	23.5	1:27	1	29:48	5:58	1:51:11
2	182	Heidi Keller Miler	42	F	Chaska	MN	1	19:04	1:22	1:14	4	59:31	20.8	1:18	2	32:20	6:28	1:53:25
3	769	Katherine McCann	23	F	Andover	MN	3	22:02	1:34	1:16	3	59:06	20.9	1:39	9	36:31	7:19	2:00:32
4	174	Heidi Hebert	27	F	Duluth	MI	8	23:36	1:41	1:26	2	59:03	20.9	1:50	5	35:03	7:01	2:00:55
5	210	Sarra Zimmermann-White	37	F	Roseville	MN	7	23:04	1:39	1:22	9	1:01:44	20.0	1:27	6	35:12	7:03	2:02:47

6	152	Karen	Bebchuk	40	F	Plymouth	MN	12	25:00	1:47	1:28	6	1:01:03	20.2	1:30	7	35:15	7:03	2:04:14
7	216	Karen	Rosehart	31	F	Thunder Bay	MN	6	23:02	1:39	2:20	5	1:00:47	20.3	1:32	10	36:51	7:23	2:04:30
8	857	Ann	Sudoh	35	F	Duluth	MN	9	23:57	1:43	2:11	13	1:03:15	19.5	2:02	3	34:07	6:50	2:05:29
9	209	pam	zachman	42	F	golden valley	MN	5	22:35	1:37	1:21	10	1:02:18	19.8	1:43	18	39:01	7:49	2:06:55
10	168	Sara	Frederickson	21	F	Duluth	MN	26	27:44	1:59	1:53	15	1:04:16	19.2	1:26	4	34:40	6:56	2:09:56
11	188	Amy	Mickschl	27	F	Robbinsdale	MN	2	20:54	1:30	2:04	16	1:04:54	19.0	2:02	29	42:32	8:31	2:12:23
12	170	Gina	Graves	35	F	St. Louis Park	MN	13	25:03	1:47	2:26	12	1:02:42	19.7	2:13	22	40:04	8:01	2:12:25
13	200	Becka	Swanson	31	F	Circle Pines	MN	27	27:48	1:59	1:33	8	1:01:20	20.2	1:42	23	40:05	8:01	2:12:27
14	888	Leanne	Bronson	36	F	Superior	WI	16	25:51	1:51	2:00	14	1:03:34	19.4	2:05	25	40:24	8:05	2:13:50
15	215	Gretchen	Kirschling	12	F	Minneapolis	MN	11	24:57	1:47	2:11	31	1:10:06	17.6	1:59	8	35:52	7:11	2:15:04
16	181	Cheri	Johnson	42	F	Aurora	MN	22	26:34	1:54	2:55	17	1:05:05	19.0	2:12	24	40:12	8:03	2:16:56
17	150	Amy	Amundson	30	F	Minneapolis	MN	25	27:40	1:58	2:25	28	1:08:53	17.9	2:46	11	37:55	7:35	2:19:36
18	166	Alyssa	Douglas	27	F	La Crosse	WI	41	31:24	2:14	2:39	18	1:06:03	18.7	1:39	12	38:04	7:37	2:19:47
19	171	Beth	Guck	50	F	Andover	MN	15	25:49	1:50	2:47	34	1:10:24	17.6	2:14	14	38:44	7:45	2:19:54
20	192	Kristin	Pletsch	24	F	Waconia	MN	18	26:02	1:51	2:09	19	1:06:41	18.5	2:18	32	43:17	8:40	2:20:24
21	193	Stephanie	Puffer	39	F	Hermantown	MN	20	26:19	1:53	2:07	33	1:10:22	17.6	2:03	21	39:58	8:00	2:20:47
22	214	Erica	Carey	25	F	Rochester	MN	19	26:09	1:52	2:34	21	1:07:09	18.4	2:52	30	42:35	8:31	2:21:17
23	160	Tricia	Bunten	36	F	Duluth	MN	44	31:51	2:16	2:08	20	1:06:50	18.5	1:48	20	39:38	7:56	2:22:13
24	205	Jennifer	Weiler	34	F	minneapolis	MN	36	30:37	2:11	1:45	7	1:01:12	20.2	1:50	41	47:06	9:26	2:22:28
25	179	Sara	Hudson	28	F	Ashland	WI	29	29:17	2:05	2:26	23	1:07:17	18.4	2:32	26	41:30	8:18	2:22:59
26	190	Judith	Peters	46	F	St. Cloud	MN	35	30:05	2:09	2:37	32	1:10:20	17.6	1:47	15	38:44	7:45	2:23:31
27	196	Kari	Roles	40	F	Prior Lake	MN	46	32:36	2:19	2:43	24	1:07:36	18.3	2:08	16	38:50	7:46	2:23:50
28	175	Amy	Hite	30	F	Cottage Grove	MN	33	30:02	2:08	2:16	25	1:07:47	18.2	1:45	31	42:46	8:34	2:24:33
29	173	Karin	Hamilton	29	F	Minneapolis	MN	45	32:31	2:19	1:53	29	1:09:28	17.8	2:01	17	38:55	7:47	2:24:46
30	198	Mary	Sands	45	F	St. Paul	MN	31	29:30	2:06	1:50	30	1:09:56	17.7	2:03	27	41:31	8:19	2:24:47
31	151	Dee	Bartlam	38	F	Duluth	MN	37	30:43	2:11	2:05	11	1:02:28	19.8	2:29	43	47:35	9:31	2:25:17
32	207	Connie	Wurst	34	F	Chaska	MN	21	26:26	1:53	2:58	44	1:16:12	16.2	1:39	13	38:18	7:40	2:25:30
33	180	lisa	jamison	29	F	belle plaine	MN	47	33:20	2:23	2:02	39	1:13:18	16.9	1:34	19	39:19	7:52	2:29:31
34	153	greta	bell	27	F	Minneapolis	MN	24	27:36	1:58	1:41	35	1:11:18	17.3	2:31	44	47:38	9:32	2:30:42
35	163	Christine	Davis	49	F	Duluth	MN	34	30:04	2:09	3:01	27	1:08:49	18.0	2:36	40	46:22	9:17	2:30:49
36	201	Sandy	Thiel	22	F	St. Paul	MN	28	28:29	2:02	2:12	42	1:14:29	16.6	1:54	38	46:05	9:13	2:33:06
37	161	autumn	connell	34	F	saint paul	MN	38	31:02	2:13	2:46	22	1:07:15	18.4	2:40	45	49:31	9:55	2:33:13
38	204	Megan	Vizanko	25	F	eden Prairie	MN	30	29:28	2:06	1:56	40	1:13:31	16.8	2:25	39	46:12	9:15	2:33:29
39	178	Deanne	Horter	29	F	Savage	MN	39	31:21	2:14	2:39	38	1:12:46	17.0	2:09	34	44:47	8:58	2:33:40
40	159	Kerstin	Buettner	32	F	St. Paul	MN	42	31:32	2:15	2:19	26	1:07:47	18.2	2:34	47	49:58	10:00	2:34:07
41	187	Anne	Mehr	23	F	Burnsville	MN	40	31:23	2:14	2:59	46	1:18:10	15.8	2:13	28	41:32	8:19	2:36:15
42	155	Emily	Bittner	26	F	Phoenix	AZ	49	34:52	2:29	2:58	37	1:12:26	17.1	2:38	36	45:42	9:09	2:38:34
43	165	Sarah	Dempsey	31	F	Minneapolis	MN	14	25:40	1:50	4:26	45	1:16:21	16.2	2:59	51	53:04	10:37	2:42:29
44	157	Heidi	Brown	35	F	Rush City	MN	23	27:12	1:56	3:32	41	1:13:40	16.8	2:11	55	56:56	11:24	2:43:28
45	202	Whitney	Ulvestad	20	F	Excelsior	MN	4	22:24	1:36	2:23	48	1:20:31	15.4	2:32	53	56:31	11:19	2:44:18
46	167	Connie	Foster	56	F	River Falls	WI	50	35:23	2:31	2:39	49	1:20:40	15.3	2:56	33	43:39	8:44	2:45:14
47	855	Rachel	Gilbertson	22	F	Saginaw	MN	51	35:32	2:32	2:26	43	1:15:21	16.4	2:30	46	49:32	9:55	2:45:18
48	195	Ann	Rhea	59	F	Plymouth	MN	32	29:41	2:07	2:57	50	1:21:37	15.1	2:24	50	52:42	10:33	2:49:18
49	688	Lisa	Dooley	39	F	Minneapolis	MN	48	33:43	2:24	90:07				1:58	35	45:30	9:06	2:49:19
50	206	Heather	White	34	F	Minneapolis	MN	57	39:17	2:48	83:13				2:57	42	47:20	9:28	2:49:48
51	169	Elizabeth	Fry	44	F	Nolalu, ONT	CN	10	24:33	1:45	3:17	47	1:19:38	15.5	2:41	56	60:18	12:04	2:50:26
52	197	Kristin	Rouleau	39	F	Maple Grove	MN	53	37:58	2:42	2:34	36	1:11:25	17.3	2:27	54	56:46	11:22	2:51:08
53	199	Pam	Solberg/Tapper	53	F	Duluth	MN	56	38:58	2:47	4:26	52	1:22:27	15.0	1:52	37	45:44	9:09	2:53:24
54	176	Erin	Hmielewski	21	F	Minneapolis	MN	43	31:46	2:16	2:17	53	1:26:42	14.3	2:00	49	52:25	10:29	2:55:07
55	203	Jessica	Vanderlinde	20	F	Watertown	MN	55	38:41	2:45	2:16	51	1:21:41	15.1	1:59	48	51:24	10:17	2:55:59
56	191	Susan	Peterson	40	F	Fergus Falls	MN	52	35:51	2:33	4:44	54	1:27:14	14.2	2:15	52	55:53	11:11	3:05:54
57	854	Rhoda	Robinson	63	F	Duluth	MN	54	38:29	2:44	4:28	55	1:44:38	11.8	3:49	57	68:02	13:37	3:39:23

DID NOT FINISH OR DISQUALIFIED

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
715	Pam Guilford	48	F	Champlin	MN	2	22:27	1:36	3:47	1	45:01	27.5	3:56	1	35:15	7:03	1:50:24

107 Justin Paur	26 M	St. Louis Park	MN	1	10:23	0:45	7:11	3	1:17:25	16.0	5:45	2	49:10	9:50	2:29:52
85 Paul Kline	39 M	Brooklyn Park	MN	3	25:29	1:49	1:49	2	57:15	21.6	59:02				

LONG COURSE: MALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish	
1	225	NORTHERN ORAL SURGEONS	: Daniel Bellamy , Duncan Puffer , Jeffrey Somrock		1	25:20	1:48	0:50	1	1:04:13	19.2	1:03	1	38:57	7:48	2:10:19
2	229	Team McCormick	: Jim McCormick , Jim McCormick , Zach McCormick		2	30:41	2:11	3:21	2	1:06:35	18.6	1:10	2	43:38	8:44	2:25:23

LONG COURSE: FEMALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish	
1	227	Sister Power	: Jessica Schmitt , Jenny Schmitt , Sara Schmitt		1	21:05	1:30	0:50	1	1:06:06	18.7	1:13	2	43:59	8:48	2:13:10
2	224	Gypsy Queens	: Barb Morrison , Sherri Juenemann , Heidi Mccabe		3	26:07	1:52	1:02	2	1:09:46	17.7	1:14	1	37:53	7:35	2:16:00
3	873	Impulsive Athenas	: Lisa Butler , Edna Mullen , Trish Kloeckl		5	37:05	2:38	1:04	3	1:12:03	17.2	1:09	3	44:15	8:51	2:35:33
4	221	Dragonflies	: Amanda Kittleston , Stephanie Morris , Anna Zimmermann		4	29:58	2:08		5	2:19:23	8.9	1:14	4	46:49	9:22	2:38:42
5	226	Nye's Tri	: Patricia Nye , Sarah Nye , Genevieve Nye		2	24:09	1:43	0:44	4	1:22:21	15.0	1:17	5	55:23	11:05	2:43:51

LONG COURSE: MIXED RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish	
1	222	Give it a Tri	: Carrie Stolar , Melissa Hanson , Brad Hanson		1	19:21	1:23	0:53	6	1:07:20	18.4	1:04	3	34:03	6:49	2:02:38
2	871	The Clean Team	: Valerie Edwards , Dudley Edmondson , David Shuenman		8	33:05	2:21	0:49	1	1:00:15	20.5	0:59	1	29:30	5:54	2:04:36
3	217	Anonymous	: Mike Kendall , Nick Oswald , Kayleen Fabini		6	30:15	2:09	1:18	2	1:00:20	20.5	0:59	6	36:39	7:20	2:09:29
4	219	Connorsville Comets	: Brandon Harnisch , Robert Duerst , Alicia Hartung								1:01	7	36:55	7:23	2:13:19	
5	223	Government Mules	: Melissa Rauner , Trent Wickman , Jesse Anderson		5	26:25	1:53	1:02	4	1:06:10	18.7	1:04	9	40:29	8:06	2:15:08
6	230	Team Mills	: Doug Mills , Doug Mills , Laura Mills		4	26:19	1:53	2:39	5	1:07:19	18.4	1:16	8	40:28	8:06	2:17:58
7	218	Cajun-Scandihoovisions	: Jon Swenson-Tellikse , Linneu Swenson-Telli , Kenton Johnson		3	25:38	1:50	77:17			1:08	4	35:20	7:04	2:18:14	
8	232	Two hot chicks and an	: Ted Schick , Kate Ratkovich , Maicie Schick		2	25:25	1:49	0:56	3	1:06:07	18.7	1:24	10	49:32	9:55	2:23:20
9	220	Delf Dental	: Angela Delf , Joe Green , Jon Delf		7	30:46	2:12	0:53	7	1:24:30	14.6	0:50	2	32:43	6:33	2:29:39
10	231	Trampled by Turtles	: Molly Mcgrane , Lauren Brin , Vincent Ruiz-Ponce		9	38:54	2:46	91:13			1:12	5	35:27	7:06	2:45:33	

LONG COURSE: SILVER RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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1	880	Better than Chedder	: Dave Malban , Ryan Marshik , Kevin Peterson	1	22:38	1:37	1:05	1	54:23	22.7	1:01	1	33:12	6:39	1:52:17
2	228	Team Carey	: John Carey , Tracey Carey , John Carey	2	24:42	1:46	0:49	2	1:02:07	19.9	1:08	2	34:09	6:50	2:02:51

LONG COURSE: YOUTH RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	872	Team Shocker	: Alex Johnson , Cam Mitchell , Gus Downs	1	25:36	1:50	0:39	1	1:01:54	20.0	0:58	1	34:21	6:53	2:03:26

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Justin Paur	St. Louis Park	MN	26	M	10:23	0:45
2	Rhett Bonner	Duluth	MN	42	M	18:57	1:21
3	Brian Bich	Duluth	MN	40	M	19:04	1:22
4	Brett Lovaas	Minnetonka	MN	32	M	19:04	1:22
5	Heidi Keller Miler	Chaska	MN	42	F	19:04	1:22
6	Mark Carey	Rochester	MN	35	M	19:05	1:22
7	Todd White	Roseville	MN	39	M	19:39	1:24
8	Jesse Adams	Saint Cloud	MN	24	M	19:40	1:24
9	Eric Hendrickson	Hopkins	MN	26	M	20:35	1:28
10	Amy Mickschl	Robbinsdale	MN	27	F	20:54	1:30

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Jeremy Sartain	St. Paul	MN	32	M	00:48:34	25.4
2	Brian Bich	Duluth	MN	40	M	00:48:46	25.3
3	Mark Carey	Rochester	MN	35	M	00:50:14	24.6
4	Brett Lovaas	Minnetonka	MN	32	M	00:52:02	23.8
5	Rhett Bonner	Duluth	MN	42	M	00:52:26	23.6
6	Marlo Crosby	Duluth	MN	36	F	00:52:34	23.5
7	Jey Carlson	Minnetonka	MN	40	M	00:53:07	23.3
8	Eric Hendrickson	Hopkins	MN	26	M	00:53:10	23.2
9	David Johnson	Grand Forks	ND	42	M	00:53:21	23.2
10	Neil Miller	Saint Paul	MN	22	M	00:53:22	23.2

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Neil Miller	Saint Paul	MN	22	M	25:57	5:12
2	Ben Cogger	Washburn	WI	22	M	27:41	5:33
3	Leon Ball	Minneapolis	MN	41	M	28:36	5:44
4	Brian Bich	Duluth	MN	40	M	28:40	5:44
5	Jason Liebsch	Minneapolis	MN	21	M	29:29	5:54
6	Mark Carey	Rochester	MN	35	M	29:33	5:55
7	Marlo Crosby	Duluth	MN	36	F	29:48	5:58
8	Rhett Bonner	Duluth	MN	42	M	29:54	5:59
9	Jim Reed	Duluth	MN	47	M	30:01	6:01
10	Jonathan Sage-Martins	Saint Paul	MN	37	M	30:10	6:02

BREWHOUSE TRIATHLON
 PIKE LAKE AAA BEACH CLUB, DULUTH, MN - AUGUST 6, 2006
 LONG COURSE: AGE GROUP RESULTS

FEMALE AGE GROUP 24 - UNDER

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	769	Katherine McCann	23	F	Andover	MN	1	22:02	1:34	1:16	1	59:06	20.9	1:39	3	36:31	7:19	2:00:32
2	168	Sara Frederickson	21	F	Duluth	MN	5	27:44	1:59	1:53	2	1:04:16	19.2	1:26	1	34:40	6:56	2:09:56
3	215	Gretchen Kirschling	12	F	Minneapolis	MN	3	24:57	1:47	2:11	4	1:10:06	17.6	1:59	2	35:52	7:11	2:15:04
4	192	Kristin Pletsch	24	F	Waconia	MN	4	26:02	1:51	2:09	3	1:06:41	18.5	2:18	5	43:17	8:40	2:20:24
5	201	Sandy Thiel	22	F	St. Paul	MN	6	28:29	2:02	2:12	5	1:14:29	16.6	1:54	6	46:05	9:13	2:33:06
6	187	Anne Mehr	23	F	Burnsville	MN	7	31:23	2:14	2:59	7	1:18:10	15.8	2:13	4	41:32	8:19	2:36:15
7	202	Whitney Ulvestad	20	F	Excelsior	MN	2	22:24	1:36	2:23	8	1:20:31	15.4	2:32	10	56:31	11:19	2:44:18
8	855	Rachel Gilbertson	22	F	Saginaw	MN	9	35:32	2:32	2:26	6	1:15:21	16.4	2:30	7	49:32	9:55	2:45:18
9	176	Erin Hmielewski	21	F	Minneapolis	MN	8	31:46	2:16	2:17	10	1:26:42	14.3	2:00	9	52:25	10:29	2:55:07
10	203	Jessica Vanderlinde	20	F	Watertown	MN	10	38:41	2:45	2:16	9	1:21:41	15.1	1:59	8	51:24	10:17	2:55:59

MALE AGE GROUP 24 - UNDER

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	96	Neil Miller	22	M	Saint Paul	MN	2	21:03	1:30	1:14	1	53:22	23.2	1:11	1	25:57	5:12	1:42:44
2	6	Jesse Adams	24	M	Saint Cloud	MN	1	19:40	1:24	1:13	3	54:06	22.8	1:16	4	31:00	6:12	1:47:13
3	89	Jason Liebsch	21	M	Minneapolis	MN	4	23:12	1:39	1:16	2	53:28	23.1	1:18	3	29:29	5:54	1:48:41
4	28	Ben Cogger	22	M	Washburn	WI	14	29:12	2:05	1:28	4	56:16	22.0	1:51	2	27:41	5:33	1:56:26
5	254	Adam Sanders	22	M	Burnsville	MN	3	21:30	1:32	1:58	6	57:40	21.4	2:03	11	38:12	7:39	2:01:21
6	119	Nate Sanders	24	M	Burnsville	MN	6	25:24	1:49	2:04	7	58:50	21.0	1:21	9	35:59	7:12	2:03:36
7	51	Matt Gress	23	M	St. Paul	MN	7	25:26	1:49	1:51	9	1:01:28	20.1	1:33	7	35:30	7:06	2:05:45
8	98	Andrew Minck	22	M	Duluth	MN	15	29:22	2:06	2:43	5	57:11	21.6	2:03	14	38:55	7:47	2:10:12
9	52	Ben Hadrich	23	M	Duluth	MN	19	32:44	2:20	3:02	8	1:00:26	20.5	2:06	5	32:06	6:26	2:10:23
10	34	Weston Dornhecker	23	M	Duluth	MN	11	28:04	2:00	1:41	13	1:03:25	19.5	1:58	10	36:16	7:16	2:11:21
11	60	Calvin Heiling	20	M	Redwood Falls	MN	12	28:42	2:03	2:31	15	1:04:43	19.1	2:26	6	33:41	6:45	2:12:00
12	887	Ladislaus Strzok	22	M	Duluth	MN	10	27:34	1:58	1:46	11	1:02:49	19.7	2:22	19	40:05	8:01	2:14:34
13	97	Scott Miller	22	M	Mound	MN	13	28:57	2:04	3:17	10	1:01:54	20.0	2:36	13	38:38	7:44	2:15:19
14	94	Joseph Matak	24	M	Duluth	MN	9	26:34	1:54	2:21	17	1:05:52	18.8	2:01	16	39:47	7:58	2:16:33
15	39	Jeff Erickson	19	M	Inver Grove Height	MN	5	23:16	1:40	1:38	18	1:05:55	18.8	1:45	22	46:32	9:19	2:19:03
16	129	Michael Tangen	23	M	St. Paul	MN	21	33:22	2:23	2:53	12	1:02:52	19.7	2:07	12	38:15	7:39	2:19:26
17	73	Tyler Johnson	20	M	Two Harbors	MN	16	30:47	2:12	1:46	16	1:04:50	19.1	2:14	18	40:04	8:01	2:19:38
18	13	Joshua Appleman	19	M	Minneapolis	MN	8	26:18	1:53	2:24	21	1:06:56	18.5	2:22	21	42:09	8:26	2:20:07
19	93	Marc Malinoski	20	M	Poplar	WI	22	37:42	2:41	1:59	14	1:03:44	19.4	2:15	8	35:32	7:07	2:21:08
20	92	Nicholas Maki	18	M	Aurora	MN	17	31:14	2:14	2:09	20	1:06:42	18.5	2:42	15	39:45	7:57	2:22:29
21	861	Matthew Hofer	21	M	Rochester	MN	18	32:29	2:19	2:42	19	1:06:17	18.6	2:25	17	39:53	7:59	2:23:43
22	48	Charlie Goeke	20	M	Rochester	MN	20	33:04	2:21	1:44	22	1:11:08	17.4	1:39	20	40:26	8:06	2:27:58

FEMALE AGE GROUP 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	174	Heidi Hebert	27	F	Duluth	MI	2	23:36	1:41	1:26	1	59:03	20.9	1:50	1	35:03	7:01	2:00:55
2	188	Amy Mickschl	27	F	Robbinsdale	MN	1	20:54	1:30	2:04	2	1:04:54	19.0	2:02	6	42:32	8:31	2:12:23
3	166	Alyssa Douglas	27	F	La Crosse	WI	8	31:24	2:14	2:39	3	1:06:03	18.7	1:39	2	38:04	7:37	2:19:47
4	214	Erin Carey	25	F	Rochester	MN	3	26:09	1:52	2:34	4	1:07:09	18.4	2:52	7	42:35	8:31	2:21:17
5	179	Sara Hudson	28	F	Ashland	WI	5	29:17	2:05	2:26	5	1:07:17	18.4	2:32	5	41:30	8:18	2:22:59
6	173	Karin Hamilton	29	F	Minneapolis	MN	9	32:31	2:19	1:53	6	1:09:28	17.8	2:01	3	38:55	7:47	2:24:46
7	180	Lisa Jamison	29	F	Belle Plaine	MN	10	33:20	2:23	2:02	10	1:13:18	16.9	1:34	4	39:19	7:52	2:29:31
8	153	Greta Bell	27	F	Minneapolis	MN	4	27:36	1:58	1:41	7	1:11:18	17.3	2:31	11	47:38	9:32	2:30:42
9	204	Megan Vizanko	25	F	Eden Prairie	MN	6	29:28	2:06	1:56	11	1:13:31	16.8	2:25	10	46:12	9:15	2:33:29
10	178	Deanne Horter	29	F	Savage	MN	7	31:21	2:14	2:39	9	1:12:46	17.0	2:09	8	44:47	8:58	2:33:40

11 155 Emily Bittner 26 F Phoenix AZ 11 34:52 2:29 2:58 8 1:12:26 17.1 2:38 9 45:42 9:09 2:38:34

MALE AGE GROUP 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	869	Eric Hendrickson	26	M	Hopkins	MN	2	20:35	1:28	1:07	1	53:10	23.2	1:09	1	30:34	6:07	1:46:33
2	56	Brian Hanson	29	M	Chisholm	MN	9	27:10	1:56	1:19	2	55:41	22.2	1:25	2	31:10	6:14	1:56:42
3	66	Matt Hudson	29	M	Ashland	WI	5	24:27	1:45	1:42	7	1:01:32	20.1	1:44	4	32:40	6:32	2:02:02
4	44	Andrew Freeman	29	M	Falcon Heights	MN	12	29:23	2:06	1:28	3	57:17	21.6	1:19	7	35:56	7:12	2:05:20
5	41	John Ferriter	27	M	St Paul	MN	3	22:38	1:37	1:59	5	1:00:44	20.4	2:10	9	39:20	7:52	2:06:49
6	35	Aaron Douglas	28	M	La Crosse	WI	15	32:10	2:18	3:10	4	58:15	21.2	1:30	5	33:18	6:40	2:08:20
7	123	Andrew Schoppe	29	M	St. Paul	MN	10	27:58	2:00	3:32	8	1:02:59	19.6	2:10	3	31:59	6:24	2:08:35
8	102	Nicholas Olson	27	M	Superior	WI	4	24:06	1:43	2:27	6	1:01:25	20.1	2:04	11	39:45	7:57	2:09:45
9	138	Nathan Weiler	26	M	Duluth	MN	13	30:23	2:10	2:29	12	1:05:10	19.0	2:51	6	35:17	7:04	2:16:07
10	99	Scott Morris	26	M	Minneapolis	MN	7	25:50	1:51	4:13	11	1:05:07	19.0	2:42	8	38:50	7:46	2:16:39
11	33	Charles Delbridge	26	M	St. Paul	MN	6	24:31	1:45	2:44	9	1:03:15	19.5	2:00	15	44:58	9:00	2:17:25
12	64	Benjamin Ho	25	M	Minneapolis	MN	17	32:55	2:21	2:30	13	1:05:15	18.9	1:51	12	40:26	8:06	2:22:54
13	101	Mitchell Noah	27	M	Stillwater	MN	11	28:27	2:02	2:33	15	1:07:42	18.3	2:23	14	42:48	8:34	2:23:51
14	143	Charles Wild	26	M	Watertown	MN	18	33:07	2:22	2:12	10	1:03:17	19.5	1:54	16	46:13	9:15	2:26:40
15	53	Aaron Hagen	29	M	St Cloud	MN	8	26:37	1:54	3:39	14	1:05:55	18.8	2:27	18	50:01	10:01	2:28:36
16	213	Leo McNamara	25	M	St Paul	MN	16	32:12	2:18	2:34	17	1:12:37	17.0	2:00	10	39:40	7:56	2:29:01
17	107	Justin Paur	26	M	St. Louis Park	MN	1	10:23	0:45	7:11	19	1:17:25	16.0	5:45	17	49:10	9:50	2:29:52
18	50	Sean Green	28	M	St. Paul	MN	19	40:04	2:51	4:25	16	1:09:52	17.7	3:08	13	40:32	8:07	2:37:59
19	100	Donny Nevins	26	M	Superior	WI	14	31:34	2:15	6:46	18	1:17:12	16.0	3:15	19	1:03:16	12:40	3:02:01

FEMALE AGE GROUP 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	216	Karen Rosehart	31	F	Thunder Bay	MN	1	23:02	1:39	2:20	1	1:00:47	20.3	1:32	1	36:51	7:23	2:04:30
2	200	Becka Swanson	31	F	Circle Pines	MN	5	27:48	1:59	1:33	3	1:01:20	20.2	1:42	4	40:05	8:01	2:12:27
3	150	Amy Amundson	30	F	Minneapolis	MN	4	27:40	1:58	2:25	7	1:08:53	17.9	2:46	2	37:55	7:35	2:19:36
4	205	Jennifer Weiler	34	F	Minneapolis	MN	7	30:37	2:11	1:45	2	1:01:12	20.2	1:50	6	47:06	9:26	2:22:28
5	175	Amy Hite	30	F	Cottage Grove	MN	6	30:02	2:08	2:16	5	1:07:47	18.2	1:45	5	42:46	8:34	2:24:33
6	207	Connie Wurst	34	F	Chaska	MN	3	26:26	1:53	2:58	8	1:16:12	16.2	1:39	3	38:18	7:40	2:25:30
7	161	Autumn Connell	34	F	Saint Paul	MN	8	31:02	2:13	2:46	4	1:07:15	18.4	2:40	8	49:31	9:55	2:33:13
8	159	Kerstin Buettner	32	F	St. Paul	MN	9	31:32	2:15	2:19	6	1:07:47	18.2	2:34	9	49:58	10:00	2:34:07
9	165	Sarah Dempsey	31	F	Minneapolis	MN	2	25:40	1:50	4:26	9	1:16:21	16.2	2:59	10	53:04	10:37	2:42:29
10	206	Heather White	34	F	Minneapolis	MN	10	39:17	2:48	83:13				2:57	7	47:20	9:28	2:49:48

MALE AGE GROUP 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	90	Brett Lovaas	32	M	Minnetonka	MN	1	19:04	1:22	1:18	2	52:02	23.8	1:07	2	30:19	6:04	1:43:47
2	120	Jeremy Sartain	32	M	St. Paul	MN	4	22:28	1:36	1:26	1	48:34	25.4	1:22	1	30:14	6:03	1:44:00
3	68	Borg Isaksen	33	M	Brule	WI	8	24:42	1:46	1:48	3	54:46	22.6	1:44	4	32:39	6:32	1:55:37
4	858	Nicholas Graham	33	M	Minneapolis	MN	10	26:50	1:55	1:38	5	56:43	21.8	1:41	3	31:39	6:20	1:58:27
5	27	Jeffrey Chinnock	30	M	Breckenridge	CO	5	23:15	1:40	1:51	6	56:58	21.7	1:56	9	37:26	7:30	2:01:23
6	137	Michael Waataja	31	M	Plymouth	MN	2	21:41	1:33	1:32	4	55:27	22.3	1:40	14	41:32	8:19	2:01:49
7	83	Tim King	34	M	Dubuque	IA	3	22:24	1:36	1:58	7	57:49	21.4	2:05	10	37:45	7:33	2:01:58
8	31	Sean Curtis	30	M	Conway	AR	7	23:45	1:42	1:48	8	59:17	20.8	1:42	7	35:59	7:12	2:02:29
9	54	John Hagen	32	M	Plainview	MN	12	28:22	2:01	2:51	10	1:00:46	20.3	2:30	5	34:35	6:55	2:09:01
10	57	Aaron Hartman	32	M	Duluth	MN	9	26:47	1:55	2:31	11	1:02:45	19.7	2:19	12	39:09	7:50	2:13:29
11	859	Steven Dahlager	34	M	Minneapolis	MN	16	32:57	2:21	2:07	9	1:00:16	20.5	2:41	8	36:32	7:19	2:14:30
12	126	Matthew Stay	31	M	Minneapolis	MN	6	23:36	1:41	2:30	15	1:07:16	18.4	2:55	13	39:14	7:51	2:15:28
13	879	Denis Charlebois	31	M	Thunder Bay On	CN	15	32:03	2:17	3:31	13	1:06:13	18.7	3:23	11	37:53	7:35	2:23:00
14	211	Timothy Borgen	30	M	Minneapolis	MN	20	38:40	2:45	2:46	12	1:04:24	19.2	2:25	6	35:26	7:06	2:23:38
15	145	Shawn Woods	31	M	St. Cloud	MN	11	27:15	1:57	3:27	17	1:10:05	17.6	2:08	19	46:33	9:19	2:29:25
16	46	Michael Given	33	M	Sauk Rapids	MN	17	33:06	2:22	3:24	14	1:06:20	18.6	1:55	18	45:36	9:08	2:30:19
17	106	Josh Paur	32	M	Savage	MN	19	38:01	2:42	3:19	16	1:08:09	18.1	3:09	15	42:02	8:25	2:34:36

18	81	Jeremy Kersten	31	M	Bloomington	MN	14	31:22	2:14	3:07	20	1:13:07	16.9	3:05	16	44:37	8:56	2:35:16
19	65	Tim Hoke	33	M	Crystal	MN	13	28:37	2:02	2:25	18	1:10:13	17.6	2:08	20	52:45	10:33	2:36:06
20	58	Peter Hatinen	33	M	Minneapolis	MN	18	36:54	2:38	4:08	19	1:10:50	17.4	3:00	17	44:45	8:57	2:39:34

FEMALE AGE GROUP 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	162	Marlo Crosby	36	F	Duluth	MN	5	25:56	1:51	1:28	1	52:34	23.5	1:27	1	29:48	5:58	1:51:11
2	210	Sarra Zimmermann-White	37	F	Roseville	MN	1	23:04	1:39	1:22	2	1:01:44	20.0	1:27	3	35:12	7:03	2:02:47
3	857	Ann Sudoh	35	F	Duluth	MN	2	23:57	1:43	2:11	5	1:03:15	19.5	2:02	2	34:07	6:50	2:05:29
4	170	Gina Graves	35	F	St. Louis Park	MN	3	25:03	1:47	2:26	4	1:02:42	19.7	2:13	6	40:04	8:01	2:12:25
5	888	Leanne Bronson	36	F	Superior	WI	4	25:51	1:51	2:00	6	1:03:34	19.4	2:05	7	40:24	8:05	2:13:50
6	193	Stephanie Puffer	39	F	Hermantown	MN	6	26:19	1:53	2:07	8	1:10:22	17.6	2:03	5	39:58	8:00	2:20:47
7	160	Tricia Bunten	36	F	Duluth	MN	9	31:51	2:16	2:08	7	1:06:50	18.5	1:48	4	39:38	7:56	2:22:13
8	151	Dee Bartlam	38	F	Duluth	MN	8	30:43	2:11	2:05	3	1:02:28	19.8	2:29	9	47:35	9:31	2:25:17
9	157	Heidi Brown	35	F	Rush City	MN	7	27:12	1:56	3:32	10	1:13:40	16.8	2:11	11	56:56	11:24	2:43:28
10	688	Lisa Dooley	39	F	Minneapolis	MN	10	33:43	2:24	90:07				1:58	8	45:30	9:06	2:49:19
11	197	Kristin Rouleau	39	F	Maple Grove	MN	11	37:58	2:42	2:34	9	1:11:25	17.3	2:27	10	56:46	11:22	2:51:08

MALE AGE GROUP 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	23	Mark Carey	35	M	Rochester	MN	1	19:05	1:22	1:09	1	50:14	24.6	1:09	1	29:33	5:55	1:41:08
2	862	Patrick Lewis	35	M	Brooklyn Park	MN	5	22:53	1:38	1:14	2	54:37	22.6	1:25	4	30:46	6:10	1:50:54
3	118	Jonathan Sage-Martinson	37	M	Saint Paul	MN	4	22:37	1:37	1:32	4	55:30	22.3	1:24	2	30:10	6:02	1:51:10
4	59	Jay Heikkila	38	M	Delano	MN	3	21:36	1:33	1:32	7	56:41	21.8	1:32	5	32:37	6:32	1:53:55
5	140	Todd White	39	M	Roseville	MN	2	19:39	1:24	1:36	12	59:46	20.7	1:36	7	34:13	6:51	1:56:47
6	69	Jim Johanning	37	M	Detroit Lakes	MN	7	24:29	1:45	1:10	5	56:19	21.9	1:32	9	34:27	6:54	1:57:55
7	147	Damin Zacho	38	M	Eau Claire	WI	6	24:14	1:44	2:51	6	56:38	21.8	2:16	6	32:43	6:33	1:58:39
8	5	Karl Adalbert	35	M	Minneapolis	MN	9	25:44	1:50	2:00	10	59:13	20.9	2:00	3	30:25	6:05	1:59:20
9	22	Allen Campbell	39	M	Eau Claire	WI	16	28:43	2:03	2:13	3	55:23	22.3	2:19	14	36:25	7:17	2:05:00
10	21	Richard Bunten	38	M	Duluth	MN	12	27:09	1:56	2:01	14	1:00:13	20.5	1:34	11	35:26	7:06	2:06:20
11	72	Todd Johnson	38	M	Duluth	MN	11	25:54	1:51	2:47	13	59:51	20.7	1:46	16	39:15	7:51	2:09:30
12	116	Jeff Rosga	35	M	St. Paul	MN	22	30:55	2:12	2:48	9	58:12	21.2	2:37	12	36:02	7:13	2:10:32
13	148	Shane Zindel	36	M	Roseville	MN	14	27:16	1:57	2:32	11	59:41	20.7	2:04	17	40:14	8:03	2:11:45
14	80	Joe Kelzer	36	M	New Richmond	WI	20	30:17	2:10	1:44	18	1:04:20	19.2	1:40	8	34:18	6:52	2:12:18
15	45	Bryan French	36	M	Duluth	MN	10	25:49	1:50	2:52	15	1:01:16	20.2	2:29	19	40:44	8:09	2:13:09
16	134	Paul Thorne	39	M	Hopkins	MN	15	27:59	2:00	1:35	16	1:02:22	19.8	1:33	21	42:47	8:34	2:16:13
17	212	Trevor Distad	39	M	Pine Island	MN	19	30:08	2:09	3:23	20	1:05:08	19.0	2:08	15	37:16	7:28	2:18:01
18	127	Malcolm Sutherland	39	M	Thunder Bay		17	29:45	2:07	2:14	17	1:03:12	19.6	1:52	20	41:43	8:21	2:18:44
19	146	Patrick Yoon	35	M	Minneapolis	MN	18	29:49	2:08	2:50	27	1:09:18	17.8	1:55	13	36:04	7:13	2:19:54
20	82	Stan Kietlinski	38	M	Hudson	WI	24	31:53	2:16	3:34	23	1:06:53	18.5	2:59	10	35:07	7:02	2:20:24
21	18	Paul Bartlam	37	M	Duluth	MN	13	27:14	1:57	1:35	19	1:04:42	19.1	2:13	23	45:30	9:06	2:21:12
22	74	Mark Johnston	39	M	Crystal	MN	26	32:46	2:20	2:06	25	1:07:44	18.2	2:05	18	40:17	8:04	2:24:55
23	105	Michael Palmer	39	M	Crystal Lake	IL	23	31:44	2:16	2:47	22	1:06:11	18.7	2:18	22	43:00	8:36	2:25:57
24	104	Matt Paar	35	M	Minneapolis	MN	21	30:50	2:12	3:29	21	1:05:15	18.9	4:13	26	54:48	10:58	2:38:33
25	103	Shane Olson	39	M	Duluth	MN	27	35:48	2:33	3:02	26	1:08:13	18.1	2:38	24	49:22	9:53	2:39:02
26	37	Mark Eginton	37	M	Duluth	MN	25	31:55	2:16	4:12	24	1:07:33	18.3	2:49	25	52:51	10:35	2:39:17
27	85	Paul Kline	39	M	Brooklyn Park	MN	8	25:29	1:49	1:49	8	57:15	21.6	59:02				

FEMALE AGE GROUP 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	182	Heidi Keller Miler	42	F	Chaska	MN	1	19:04	1:22	1:14	1	59:31	20.8	1:18	1	32:20	6:28	1:53:25
2	152	Karen Bebchuk	40	F	Plymouth	MN	4	25:00	1:47	1:28	2	1:01:03	20.2	1:30	2	35:15	7:03	2:04:14
3	209	Pam Zachman	42	F	Golden Valley	MN	2	22:35	1:37	1:21	3	1:02:18	19.8	1:43	4	39:01	7:49	2:06:55
4	181	Cheri Johnson	42	F	Aurora	MN	5	26:34	1:54	2:55	4	1:05:05	19.0	2:12	5	40:12	8:03	2:16:56
5	196	Kari Roles	40	F	Prior Lake	MN	6	32:36	2:19	2:43	5	1:07:36	18.3	2:08	3	38:50	7:46	2:23:50
6	169	Elizabeth Fry	44	F	Nolalu, Ont	CN	3	24:33	1:45	3:17	6	1:19:38	15.5	2:41	7	1:00:18	12:04	2:50:26

7 191 Susan Peterson 40 F Fergus Falls MN 7 35:51 2:33 4:44 7 1:27:14 14.2 2:15 6 55:53 11:11 3:05:54

MALE AGE GROUP 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	878	Brian Bich	40	M	Duluth	MN	2	19:04	1:22	1:09	1	48:46	25.3	1:19	2	28:40	5:44	1:38:54
2	870	Rhett Bonner	42	M	Duluth	MN	1	18:57	1:21	1:02	2	52:26	23.6	1:18	3	29:54	5:59	1:43:35
3	17	Leon Ball	41	M	Minneapolis	MN	6	22:32	1:36	2:06	5	54:31	22.7	1:34	1	28:36	5:44	1:49:16
4	25	Jey Carlson	40	M	Minnetonka	MN	7	23:27	1:40	1:15	3	53:07	23.3	1:23	4	30:56	6:12	1:50:06
5	135	Nathaniel Tollefson	40	M	Minneapolis	MN	5	22:11	1:35	1:28	6	56:06	22.0	1:33	6	31:20	6:16	1:52:37
6	8	Charles Allgood	42	M	Brooklyn Park	MN	12	26:20	1:53	1:35	7	56:54	21.7	1:31	5	30:57	6:12	1:57:14
7	11	Todd Anderson	44	M	Minneapolis	MN	3	21:15	1:31	2:36	10	58:42	21.1	2:22	11	36:34	7:19	2:01:26
8	67	Guy Hummel	42	M	Woodbury	MN	11	26:15	1:52	2:21	8	57:48	21.4	1:58	8	33:20	6:40	2:01:39
9	76	Todd Jorgenson	42	M	Bloomington	MN	9	24:59	1:47	3:35	9	57:55	21.3	1:54	7	33:19	6:40	2:01:39
10	19	Mark Birchard	43	M	Edina	MN	4	21:41	1:33	1:59	11	1:00:05	20.6	1:51	13	37:07	7:26	2:02:41
11	70	David Johnson	42	M	Grand Forks	ND	10	25:51	1:51	1:58	4	53:21	23.2	1:57	14	39:54	7:59	2:02:59
12	14	Scott Armstrong	42	M	Bayfield	WI	13	26:53	1:55	3:09	13	1:01:39	20.0	2:19	9	33:48	6:46	2:07:45
13	128	Gary Tabor	40	M	Thunder Bay	CN	14	26:57	1:55	2:20	12	1:00:57	20.3	1:40	12	37:06	7:26	2:08:58
14	16	Mark Augdahl	41	M	Chaska	MN	16	30:18	2:10	2:24	14	1:01:48	20.0	2:04	10	36:04	7:13	2:12:35
15	78	Timothy Jung	44	M	Minneapolis	MN	17	31:40	2:15	2:45	15	1:01:49	20.0	1:59	15	44:43	8:57	2:22:53
16	20	Jordan Bonney	41	M	Bloomington	MN	8	24:41	1:46	4:11	17	1:09:18	17.8	2:16	16	45:34	9:07	2:25:56
17	43	Eric Forseth	42	M	Bloomington	MN	15	30:15	2:09	2:36	16	1:09:02	17.9	2:06	17	48:00	9:36	2:31:57

FEMALE AGE GROUP 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	190	Judith Peters	46	F	St. Cloud	MN	3	30:05	2:09	2:37	3	1:10:20	17.6	1:47	1	38:44	7:45	2:23:31
2	198	Mary Sands	45	F	St. Paul	MN	1	29:30	2:06	1:50	2	1:09:56	17.7	2:03	2	41:31	8:19	2:24:47
3	163	Christine Davis	49	F	Duluth	MN	2	30:04	2:09	3:01	1	1:08:49	18.0	2:36	3	46:22	9:17	2:30:49

MALE AGE GROUP 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	29	Edan Corcoran	47	M	Thunder Bay	MN	1	21:15	1:31	1:39	2	55:48	22.2	1:30	2	30:36	6:08	1:50:45
2	42	Dale Forde	48	M	Golden Valley	MN	2	23:10	1:39	1:51	4	57:57	21.3	1:40	3	31:26	6:18	1:56:01
3	113	Jim Reed	47	M	Duluth	MN	4	24:13	1:44	1:55	5	58:46	21.0	1:41	1	30:01	6:01	1:56:33
4	40	Thomas Erickson	45	M	Edina	MN	5	25:01	1:47	1:54	3	56:38	21.8	1:56	6	35:04	7:01	2:00:30
5	865	Matt Harrison	45	M	Duluth	MN	6	27:12	1:56	2:55	1	55:16	22.4	1:58	4	34:01	6:49	2:01:21
6	88	Michael Laughlin	45	M	Duluth	MN	3	24:10	1:43	2:02	8	1:03:14	19.5	2:02	5	34:49	6:58	2:06:14
7	141	Terry Wiens	49	M	Duluth	MN	10	30:25	2:10	2:38	13	1:08:20	18.1	1:40	8	39:02	7:49	2:22:03
8	7	Tim Adams	47	M	Deer Park	WI	8	28:05	2:00	2:21	15	1:09:36	17.8	2:21	9	42:23	8:29	2:24:44
9	117	Troy Rustad	45	M	Minneapolis	MN	7	27:40	1:58	1:52	6	1:02:03	19.9	2:30	14	52:59	10:36	2:27:01
10	111	Chris Poferl	46	M	Eden Prairie	MN	9	30:04	2:09	2:49	10	1:05:41	18.8	2:37	11	46:59	9:24	2:28:07
11	866	Michael Richards	47	M	Eau Claire	WI	16	36:04	2:34	4:28	11	1:06:53	18.5	2:58	7	37:47	7:34	2:28:09
12	132	Mike Teitelbaum	48	M	Duluth	MN	13	33:11	2:22	2:16	9	1:04:55	19.0	1:58	10	46:36	9:20	2:28:54
13	87	Butch Kuronen	47	M	Duluth	MN	11	30:31	2:10	3:44	14	1:08:20	18.1	3:27	12	47:45	9:33	2:33:45
14	63	Michael Hillmeyer	45	M	Duluth	MN	15	34:54	2:29	2:36	7	1:03:04	19.6	2:44	15	53:52	10:47	2:37:07
15	36	John Duball	45	M	Rochester	MN	12	31:18	2:14	3:24	12	1:08:12	18.1	2:47	13	52:24	10:29	2:38:03
16	133	Harvey Thorleifson	49	M	Minneapolis	MN	14	33:17	2:22	2:40	16	1:09:53	17.7	2:34	16	56:24	11:17	2:44:46

FEMALE AGE GROUP 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	171	Beth Guck	50	F	Andover	MN	1	25:49	1:50	2:47	1	1:10:24	17.6	2:14	1	38:44	7:45	2:19:54
2	199	Pam Solberg/tapper	53	F	Duluth	MN	2	38:58	2:47	4:26	2	1:22:27	15.0	1:52	2	45:44	9:09	2:53:24

MALE AGE GROUP 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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1	86	Leonard Klun	52	M	Maple Plain	MN	2	22:37	1:37	1:56	2	59:35	20.7	1:45	1	33:28	6:42	1:59:18
2	122	Bill Schmitt	53	M	Duluth	MN	3	24:14	1:44	2:02	1	56:53	21.7	1:53	3	37:05	7:25	2:02:04
3	55	Tim Hagley	50	M	Duluth	MN	1	22:01	1:34	2:09	3	1:01:11	20.2	1:43	2	36:51	7:23	2:03:52
4	149	Jim Zuehlke	52	M	Minnetonka	MN	6	31:50	2:16	3:08	4	1:04:04	19.3	2:38	4	40:34	8:07	2:22:11
5	868	Tom Beissel	52	M	Dixon	IL	5	29:50	2:08	3:18	5	1:04:57	19.0	2:41	5	44:26	8:54	2:25:10
6	10	Mark Anderson	54	M	Lombard	IL	4	25:39	1:50	2:51	7	1:10:21	17.6	3:23	7	48:31	9:43	2:30:43
7	895	Rick Agar	52	M	Duluth	MN	7	32:03	2:17	3:20	6	1:09:57	17.7	2:09	6	45:49	9:10	2:33:16
8	867	Rodney Barnes	52	M	Maple Grove	MN	8	34:44	2:28	2:57	8	1:10:45	17.5	3:20	8	50:45	10:09	2:42:27

FEMALE AGE GROUP 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	167	Connie Foster	56	F	River Falls	WI	2	35:23	2:31	2:39	1	1:20:40	15.3	2:56	1	43:39	8:44	2:45:14
2	195	Ann Rhea	59	F	Plymouth	MN	1	29:41	2:07	2:57	2	1:21:37	15.1	2:24	2	52:42	10:33	2:49:18

MALE AGE GROUP 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	124	Michael Sjogren	55	M	St. Cloud	MN	3	30:59	2:13	3:13	1	1:02:19	19.8	1:54	1	37:11	7:27	2:15:34
2	108	Murray Pearlman	57	M	Encinitas	CA	1	26:39	1:54	3:06	4	1:11:04	17.4	2:02	2	42:42	8:33	2:25:30
3	30	Tom Couillard	57	M	White Bear Lake	MN	4	33:31	2:23	3:22	2	1:10:06	17.6	3:38	3	45:49	9:10	2:36:23
4	114	Charles Rhea	59	M	Plymouth	MN	5	35:23	2:31	3:57	3	1:10:47	17.5	3:47	4	46:47	9:22	2:40:39
5	24	Greg Carlson	57	M	Moose Lake	MN	2	29:31	2:06	2:10	5	1:14:32	16.6	2:13	5	54:58	11:00	2:43:21

FEMALE AGE GROUP 60 - OVER

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	854	Rhoda Robinson	63	F	Duluth	MN	1	38:29	2:44	4:28	1	1:44:38	11.8	3:49	1	1:08:02	13:37	3:39:23

MALE AGE GROUP 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	115	Fred Roethlisberger	63	M	River Falls	WI	1	29:56	2:08	3:08	1	1:08:59	17.9	3:13	2	46:52	9:23	2:32:07
2	860	Michael Robinson	62	M	Duluth	MN	2	30:02	2:08	3:24	2	1:12:19	17.1	2:53	1	45:19	9:04	2:33:55

MALE AGE GROUP 65 - OVER

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	95	Donald Meck	67	M	Siren	WI	1	30:42	2:11	3:35	1	1:06:18	18.6	3:22	1	45:21	9:05	2:29:16

Total Individuals Registered: 228
 Total Teams Registered: 228
 Total Number of Finishers: 193
 Number of Male Finishers: 136
 Number of Female Finishers: 57
 Did not Finish Race or Did Not Start: 35

BREWHOUSE TRIATHLON

PIKE LAKE AAA BEACH CLUB, DULUTH, MN - AUGUST 6, 2006
 SHORT COURSE: 1/3 Mile Swim - 10.3 Mile Bike - 2.5 Mile Run

Place	Div/Tot	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/17	568	Jason Kask	20	M	Duluth	MN	4	9:29	1:37	1:32	9	28:05	22.0	1:13	2	14:08	5:39	54:24
2	1/14	262	Dave Goldberg	46	M	Minneapolis	MN	1	8:56	1:32	1:07	4	27:24	22.6	1:25	17	16:08	6:27	54:58
3	1/22	79	Bill Kelley	34	M	Wrenshall	MN	15	11:01	1:53	1:24	1	26:51	23.0	1:19	14	15:52	6:21	56:25
4	1/16	622	Chris Sachs	26	M	White Bear Lake	MN	10	10:49	1:51	1:23	10	28:11	21.9	1:15	6	14:54	5:58	56:29
5	1/23	259	David Piphon	35	M	Duluth	MN	8	10:37	1:49	1:45	13	28:25	21.7	1:28	3	14:25	5:46	56:37
6	2/16	512	Josh Blankenheim	26	M	Duluth	MN	76	13:12	2:15	1:28	5	27:29	22.5	1:13	1	13:27	5:23	56:46
7	1/26	563	Ian Holmen	17	M	Grand Marais	MN	6	10:28	1:47	1:26	7	27:50	22.2	1:50	8	15:25	6:10	56:56

8	2/26	600	Leif Nordgren	17	M	Marine On St Croix	MN	56	12:49	2:11	1:34	3	27:14	22.7	1:18	11	15:42	6:17	58:34
9	1/21	627	Chris Schubert	53	M	Lacrescent	MN	5	10:08	1:44	1:45	8	28:03	22.0	1:54	43	17:15	6:54	59:03
10	3/26	247	Reilly Dougherty	16	M	Hibbing	MN	2	9:24	1:37	1:40	93	32:16	19.2	1:15	5	14:45	5:54	59:17
11	2/22	504	Justin Antus	32	M	Savage	MN	13	10:57	1:52	1:24	74	31:26	19.7	1:26	4	14:29	5:48	59:40
12	1/22	534	Daniel Duff	42	M	Duluth	MN	12	10:56	1:52	1:55	38	30:09	20.5	2:07	10	15:41	6:17	1:00:45
13	2/23	519	Brian Burdette	35	M	Hermantown	MN	40	12:24	2:07	1:40	20	29:09	21.2	1:31	21	16:33	6:37	1:01:14
14	2/22	618	Tom Richardson	44	M	Orr	MN	20	11:25	1:57	1:46	17	29:04	21.3	2:01	38	17:08	6:52	1:01:22
15	3/23	625	Michael Scherer	38	M	Duluth	MN	41	12:27	2:08	1:49	19	29:08	21.2	1:37	24	16:39	6:40	1:01:38
16	2/14	639	Kirk Vesterstein	45	M	Duluth	MN	38	12:20	2:06	2:16	26	29:24	21.0	1:50	16	16:01	6:25	1:01:47
17	1/35	778	Jena Ogston	35	F	Duluth	MN												1:01:54
18	3/16	523	Tom Cawcutt	29	M	Carlton	MN	128	14:08	2:25	1:39	18	29:07	21.2	1:15	18	16:08	6:28	1:02:15
19	3/22	569	Rob Kaufman	43	M	Chanhassen	MN	17	11:12	1:55	1:10	43	30:24	20.3	1:58	51	17:35	7:02	1:02:16
20	2/17	511	Ben Bittner	20	M	Twig	MN	46	12:33	2:09	1:42	23	29:18	21.1	1:40	42	17:11	6:53	1:02:22
21	3/22	632	David Schutz	30	M	Minneapolis	MN	31	12:06	2:04	1:32	41	30:21	20.4	1:33	31	16:52	6:45	1:02:22
22	3/14	574	Scott Kohls	48	M	Green Bay	WI	71	13:05	2:14	1:27	25	29:22	21.0	1:57	25	16:41	6:41	1:02:30
23	4/22	903	Aaron Piddle	31	M	Bloomington	MN	14	10:58	1:53	1:48	30	29:39	20.8	1:50	93	18:55	7:34	1:03:08
24	1/16	730	Stephanie Howe	23	F	Forest Lake	MN	91	13:26	2:18	2:30	57	30:50	20.0	1:28	7	15:02	6:01	1:03:14
25	1/14	593	Duane Millslagle	56	M	Duluth	MN	42	12:29	2:08	1:56	44	30:25	20.3	1:49	34	16:57	6:47	1:03:34
26	1/22	753	Amy Klosterman	44	F	Saint Paul	MN	11	10:55	1:52	1:15	84	31:56	19.4	1:34	69	18:01	7:13	1:03:40
27	4/22	597	Glenn Misgen	43	M	Duluth	MN	66	12:56	2:13	2:02	65	31:08	19.9	1:49	13	15:48	6:19	1:03:40
28	3/17	610	Michael Peterson	23	M	Duluth	MN	88	13:25	2:18	2:08	11	28:18	21.8	2:12	57	17:40	7:04	1:03:40
29	1/33	653	Meghan Anderson	25	F	Duluth	MN	28	11:55	2:02	1:34	61	30:58	20.0	1:41	53	17:36	7:03	1:03:42
30	5/22	883	Rick Abrahmson	44	M	Duluth	MN	18	11:24	1:57	2:02	22	29:16	21.1	1:56	105	19:17	7:43	1:03:52
31	2/21	613	Roger Rask	50	M	Duluth	MN	96	13:31	2:19	1:32	29	29:37	20.9	2:10	37	17:08	6:52	1:03:55
32	5/22	851	Greg Johnson	34	M	Carlton	MN	197	15:38	2:40	1:49	15	28:46	21.5	1:56	15	15:54	6:22	1:04:01
33	6/22	503	Ronnie Anderson	43	M	Minneapolis	MN	131	14:14	2:26	1:24	12	28:24	21.8	2:16	62	17:48	7:08	1:04:02
34	6/22	256	Carlos E Guerra Ruiz	31	M	Duluth	MN	163	14:56	2:33	1:20	14	28:35	21.6	1:35	67	17:58	7:11	1:04:20
35	4/23	615	Jason Richardson	38	M	Mahtowa	MN	82	13:19	2:17	1:52	32	29:45	20.8	2:15	44	17:16	6:55	1:04:23
36	5/23	863	Nathan Waech	37	M	Grand Rapids	MN	77	13:13	2:16	2:14	78	31:41	19.5	1:43	12	15:43	6:18	1:04:31
37	4/16	573	Benjamin Kohls	25	M	Mankato	MN	195	15:38	2:40	2:17	6	27:45	22.3	1:49	47	17:28	6:59	1:04:53
38	4/17	508	Mike Auge	24	M	Roseville	MN	68	13:00	2:13	2:14	16	28:48	21.5	2:29	82	18:32	7:25	1:04:59
39	4/26	679	Catie Cogger	18	F	Washburn	WI	118	14:00	2:24	1:15	75	31:31	19.6	1:30	28	16:49	6:44	1:05:03
40	1/34	742	Denise Kaitala	33	F	Duluth	MN	7	10:28	1:47	1:50	69	31:11	19.8	2:07	115	19:34	7:50	1:05:08
41	5/26	250	Mike Mueller	18	M	Minnetonka	MN	164	14:58	2:33	1:55	67	31:09	19.8	1:46	9	15:32	6:13	1:05:17
42	2/35	904	Krystyne Kras	36	F	Bloomington	MN	145	14:38	2:30	2:33	21	29:13	21.2	2:25	20	16:30	6:36	1:05:18
43	4/14	264	Steve Heikkila	49	M	St. Paul	MN	59	12:51	2:12	1:35	45	30:28	20.3	1:55	87	18:41	7:29	1:05:26
44	2/34	898	Jody Zeleznikav	33	F	Duluth	MN	115	13:59	2:23	1:41	63	31:06	19.9	1:52	35	16:58	6:47	1:05:33
45	3/34	786	Kerri Persons	31	F	Duluth	MN	21	11:34	1:59	1:24	79	31:44	19.5	1:55	98	19:03	7:37	1:05:37
46	5/16	595	Peter Miner	26	M	Duluth	MN	134	14:19	2:27	1:40	31	29:41	20.8	2:35	46	17:28	6:59	1:05:39
47	6/26	517	Steve Brannan	18	M	Duluth	MN	19	11:24	1:57	2:37	94	32:20	19.1	1:34	70	18:02	7:13	1:05:54
48	2/33	735	Kelly Ingham	29	F	St. Paul	MN	107	13:50	2:22	2:02	46	30:29	20.3	1:44	63	17:53	7:09	1:05:56
49	1/19	241	Diane Holliday-Welsh	47	F	Duluth	MN	51	12:42	2:10	1:55	40	30:21	20.4	2:34	86	18:38	7:28	1:06:07
50	6/23	882	Doug Berg	38	M	Duluth	MN	92	13:27	2:18	2:00	34	29:47	20.7	2:18	90	18:48	7:32	1:06:18
51	6/16	518	Kelly Brevik	25	M	Moorhead	MN	138	14:23	2:28	1:33	55	30:46	20.1	2:04	54	17:36	7:03	1:06:21
52	2/14	647	Rick Wheeler	55	M	River Falls	WI	136	14:22	2:27	2:04	53	30:44	20.1	1:44	49	17:32	7:01	1:06:23
53	5/14	570	Kevin Kervina	45	M	Duluth	MN	215	16:10	2:46	1:18	39	30:18	20.4	1:36	41	17:11	6:53	1:06:29
54	5/17	255	Tim Larson	23	M	Ashland	WI	27	11:54	2:02	2:47	116	32:57	18.8	1:25	55	17:38	7:04	1:06:39
55	2/16	676	Sara Champlin	24	F	Prescott	WI	16	11:05	1:54	2:10	164	34:30	17.9	1:32	56	17:39	7:04	1:06:53
56	7/16	624	Donald Sawyer	25	M	New Brighton	MN	149	14:44	2:31	2:03	27	29:25	21.0	2:25	76	18:18	7:20	1:06:53
57	7/23	847	Roberto Bucci	39	M	Thunder Bay	MN	167	15:02	2:34	3:14	2	26:51	23.0	3:42	72	18:12	7:17	1:06:58
58	8/16	591	Grant McDonald	26	M	Dassel	MN	109	13:51	2:22	1:45	66	31:09	19.8	1:46	83	18:33	7:25	1:07:00
59	9/16	581	Nate Labelle	25	M	Duluth	MN	248	17:12	2:56	1:50	24	29:22	21.0	1:54	30	16:50	6:44	1:07:06
60	10/16	594	Paul Miner	26	M	Duluth	MN	108	13:50	2:22	2:04	33	29:46	20.8	2:34	92	18:54	7:34	1:07:06
61	7/26	761	Kimberly Linde	19	F	Bloomington	MN	9	10:43	1:50	1:48	108	32:48	18.8	1:59	135	20:08	8:03	1:07:23
62	3/14	268	William Portilla	55	M	Duluth	MN	141	14:28	2:28	1:48	47	30:35	20.2	2:16	81	18:26	7:23	1:07:31
63	6/17	253	Brian Klatt	21	M	Grand Forks	ND	45	12:32	2:09	3:13	127	33:20	18.5	1:30	36	17:05	6:50	1:07:37
64	3/21	266	Kevin Welsh	51	M	Duluth	MN	146	14:39	2:30	2:21	35	29:56	20.6	2:13	84	18:33	7:26	1:07:40
65	4/21	514	Will Bonk	53	M	Duluth	MN	160	14:53	2:33	2:12	68	31:10	19.8	1:24	71	18:11	7:17	1:07:48
66	6/14	553	Dougl's Happy	48	M	Duluth	MN	246	17:10	2:56	1:49	49	30:39	20.2	1:40	22	16:33	6:38	1:07:49

67	2/22	889 Leigh Wright	43 F	Duluth	MN	67	12:57	2:13	1:27	126	33:19	18.5	1:50	79	18:22	7:21	1:07:53
68	2/19	712 Cheryl Goldberg	47 F	Duluth	MN	133	14:19	2:27	1:51	56	30:48	20.1	2:11	91	18:48	7:32	1:07:55
69	5/21	596 Jim Miner Jr.	52 M	Duluth	MN	94	13:27	2:18	1:54	70	31:14	19.8	2:08	106	19:18	7:43	1:07:57
70	3/35	764 Connie Lutkevich	38 F	Duluth	MN	111	13:55	2:23	2:00	87	32:04	19.3	2:03	68	18:00	7:12	1:08:00
71	4/35	238 Kirsten Bich	37 F	Duluth	MN	188	15:26	2:38	1:38	51	30:43	20.1	2:01	73	18:14	7:18	1:08:00
72	7/22	589 Tj Lynch	41 M	St Louis Park	MN	158	14:53	2:33	3:06	71	31:16	19.8	2:00	27	16:48	6:44	1:08:00
73	3/22	774 Sondra Mowers	42 F	Duluth	MN	32	12:08	2:05	1:51	88	32:05	19.3	2:04	122	19:54	7:58	1:08:00
74	8/22	32 Jeffrey Dykema	41 M	Lonsdale	MN	130	14:11	2:26	1:59	52	30:44	20.1	2:12	109	19:21	7:45	1:08:24
75	9/22	636 Keith Tuominen	43 M	Mission Viejo	CA	153	14:48	2:32	2:23	62	31:04	19.9	2:44	52	17:35	7:02	1:08:30
76	3/33	681 Sara Conrad	27 F	St Paul	MN	207	15:53	2:43	1:32	100	32:35	19.0	1:41	33	16:57	6:47	1:08:35
77	10/22	642 Brian Voge	40 M	Bemidji	MN	230	16:36	2:50	2:14	42	30:21	20.4	1:41	61	17:48	7:07	1:08:37
78	8/23	566 George Jennings	36 M	Pengilly	MO	90	13:26	2:18	2:40	148	34:03	18.1	1:56	23	16:37	6:39	1:08:40
79	9/23	541 Nick Faust	37 M	Muskegon	MI	147	14:42	2:31	2:51	50	30:41	20.1	2:34	66	17:56	7:11	1:08:40
80	7/22	590 Christopher Marshall	34 M	Red Wing	MN	124	14:05	2:24	1:39	54	30:46	20.1	2:38	119	19:36	7:51	1:08:41
81		263 Brian Daugherty	M	Duluth	MN	70	13:02	2:14	2:19	152	34:08	18.1	1:23	64	17:54	7:10	1:08:42
82	10/23	848 Gregg Dahlgren	37 M	Duluth	MN	242	17:05	2:55	1:53	36	30:04	20.6	2:10	58	17:40	7:04	1:08:49
83	7/14	542 Troy Geheren	45 M	Anoka	MN	170	15:05	2:35	2:05	83	31:56	19.4	1:41	77	18:20	7:20	1:09:05
84	3/19	798 Nancy Rectenwald	47 F	Duluth,	MN	53	12:43	2:11	1:59	124	33:16	18.6	2:12	103	19:14	7:42	1:09:23
85	4/14	269 John Barber	58 M	Bloomington	MN	132	14:15	2:26	2:32	64	31:08	19.9	2:34	101	19:06	7:39	1:09:31
86	4/33	782 Kati Palmer	29 F	Superior	WI	171	15:07	2:35	1:54	92	32:13	19.2	1:40	88	18:42	7:29	1:09:33
87	8/14	577 William Krauss	45 M	Rochester	MN	86	13:25	2:18	2:33	91	32:11	19.2	2:31	95	18:57	7:35	1:09:33
88	7/17	61 Jason Hein	20 M	St. Cloud	MN	113	13:57	2:23	2:18	110	32:51	18.8	2:06	85	18:34	7:26	1:09:43
89	11/22	261 Chuck Palokangos	43 M	Duluth	MN	209	15:58	2:44	2:26	81	31:53	19.4	1:54	59	17:41	7:05	1:09:48
90	4/34	736 Melanie Jakubek	34 F	Duluth	MN	55	12:48	2:11	2:18	118	32:59	18.7	2:33	107	19:20	7:44	1:09:56
91	6/21	524 Timothy Chisholm	52 M	North Branch	MN	139	14:24	2:28	1:48	80	31:52	19.4	2:37	112	19:24	7:46	1:10:02
92	11/23	633 Michael Stowman	38 M	Duluth	MN	85	13:23	2:17	4:11	90	32:09	19.2	2:39	65	17:55	7:10	1:10:15
93	8/17	578 Brian Kronstedt	20 M	Shoreview	MN	47	12:34	2:09	3:43	140	33:49	18.3	1:57	78	18:22	7:21	1:10:22
94	7/21	267 Lee Francisco	54 M	Superior	WI	22	11:40	2:00	1:58	106	32:47	18.9	2:07	209	21:53	8:45	1:10:22
95	8/26	635 Nicholas Tollefson	12 M	Minneapolis	MN	103	13:45	2:21	1:59	109	32:48	18.8	2:22	121	19:40	7:52	1:10:31
96	5/35	750 Teresa Kimberley	35 F	Minneapolis	MN	137	14:23	2:27	1:59	76	31:34	19.6	1:53	166	20:46	8:19	1:10:32
97	12/22	893 Matt Evans	40 M	Eau Claire	WI	309	20:06	3:26	1:18	60	30:58	20.0	1:19	39	17:09	6:52	1:10:46
98	11/16	507 Dave Ashmead	27 M	Roseville	MN	179	15:22	2:38	1:59	161	34:26	17.9	2:13	29	16:49	6:44	1:10:47
99	9/26	251 Tom Fewer	18 M	Minnetonka	MN	48	12:35	2:09	2:16	154	34:11	18.1	1:51	132	20:00	8:00	1:10:50
100	5/33	689 Sarah Dragsten	28 F	Minneapolis	MN	36	12:15	2:06	2:42	217	36:40	16.9	1:40	60	17:43	7:05	1:10:58
101	12/23	558 George Hess Iii	35 M	Kohler	WI	180	15:22	2:38	2:43	96	32:29	19.0	2:08	80	18:23	7:21	1:11:03
102	8/21	265 Mark Rauschenfels	51 M	Duluth	MN	125	14:05	2:24	1:57	58	30:55	20.0	2:58	191	21:21	8:33	1:11:13
103	1/3	657 Susanne Bakken	56 F	Duluth	MN	105	13:47	2:21	2:04	119	33:04	18.7	2:09	136	20:13	8:05	1:11:15
104	8/22	557 Eric Henderson	34 M	St. Louis Park	MN	208	15:55	2:43	3:17	112	32:54	18.8	2:19	32	16:54	6:46	1:11:17
105	5/14	890 Clinton Moen	59 M	Duluth	MN	79	13:13	2:16	2:20	82	31:54	19.4	2:22	196	21:33	8:37	1:11:19
106	9/22	582 Matt Lampi	31 M	Maple Grove	MN	106	13:50	2:22	2:17	113	32:55	18.8	1:58	155	20:29	8:12	1:11:26
107	10/22	509 John Bergquist	33 M	Red Wing	MN	264	17:51	3:03	2:24	37	30:09	20.5	2:00	102	19:06	7:39	1:11:26
108	11/22	258 Jamie Wright	33 M	Eden Prairie	MN	25	11:50	2:01	2:28	150	34:05	18.1	2:52	139	20:15	8:06	1:11:28
109	6/35	698 Kris Erie	37 F	Fisher	MN	72	13:06	2:14	2:21	102	32:39	18.9	2:21	176	21:04	8:26	1:11:29
110	5/34	820 Shawn Strathe	33 F	Minneapolis	MN	182	15:23	2:38	1:28	114	32:55	18.8	2:09	120	19:36	7:51	1:11:30
111	13/22	527 Pat Cutshall	41 M	Duluth	MN	100	13:39	2:20	2:30	72	31:18	19.7	2:35	198	21:39	8:40	1:11:39
112	6/33	840 Nicole Willemsen Holma	29 F	Maple Grove	MN	210	16:00	2:44	2:22	104	32:40	18.9	1:43	94	18:56	7:35	1:11:39
113	12/16	648 Ryan Wickum	26 M	Burnsville	MN	239	16:58	2:54	3:12	103	32:39	18.9	2:10	26	16:46	6:43	1:11:43
114	6/14	552 John Haire	55 M	Duluth	MN	98	13:35	2:19	2:17	89	32:07	19.2	2:50	171	20:56	8:23	1:11:44
115	4/22	802 Katherine Rubin	44 F	Duluth	MN	57	12:49	2:12	2:27	120	33:05	18.7	2:43	161	20:42	8:17	1:11:44
116	9/17	245 Luke Kavajecz	22 M	Washburn	WI	276	18:21	3:08	2:02	28	29:33	20.9	2:32	108	19:20	7:44	1:11:46
117	6/34	692 Tonya Dunn	34 F	Minneapolis	MN	102	13:44	2:21	2:35	162	34:28	17.9	2:19	89	18:48	7:31	1:11:52
118	7/14	609 Alan Peterson	58 M	Duluth	MN	69	13:00	2:13	2:32	73	31:21	19.7	2:25	232	22:42	9:05	1:11:57
119	13/16	850 Matthew Hagelin	27 M	Duluth	MN	155	14:50	2:32	2:57	98	32:30	19.0	1:58	124	19:55	7:58	1:12:07
120	13/23	640 Darrin Viot	38 M	St. Louis Park	MN	174	15:11	2:36	2:08	115	32:55	18.8	1:24	159	20:34	8:14	1:12:11
121	10/26	246 Zach Goldberg	12 M	Minneapolis	MN	80	13:14	2:16	1:28	208	36:25	17.0	1:44	111	19:24	7:46	1:12:12
122	10/17	631 Will Schumacher	20 M	Duluth	MN	189	15:27	2:38	3:10	189	35:35	17.4	1:52	19	16:20	6:32	1:12:21
123	9/21	604 Patrick O`connor	50 M	Thunder Bay	CN	150	14:44	2:31	2:20	48	30:39	20.2	2:31	216	22:14	8:54	1:12:25
124	3/16	675 Breanna Caywood	21 F	Duluth	MN	112	13:55	2:23	2:05	146	34:01	18.2	1:53	158	20:33	8:13	1:12:26
125	10/21	62 Terry Hill	54 M	Maple Grove	MN	99	13:36	2:20	3:01	97	32:29	19.0	2:08	190	21:21	8:33	1:12:32

126	5/22	172	Maida Gunther	40	F	Brooklyn Park	MN	217	16:13	2:46	2:32	117	32:58	18.7	1:00	130	19:59	8:00	1:12:40
127	7/33	718	Linsey Hamilton	27	F	Saint Paul	MN	117	13:59	2:23	1:43	151	34:06	18.1	2:12	170	20:56	8:23	1:12:54
128	6/22	787	Carol Peterson	42	F	Minneapolis	MN	120	14:01	2:24	1:45	201	36:16	17.0	2:03	97	19:02	7:37	1:13:05
129	9/14	901	Todd Kneebone	48	M	Duluth	MN	205	15:50	2:42	1:49	77	31:41	19.5	2:43	199	21:40	8:40	1:13:41
130	1/14	713	Cindy Grindy	50	F	Duluth	MN	61	12:53	2:12	1:39	173	34:52	17.7	1:44	229	22:35	9:02	1:13:42
131	11/17	38	Alec Erdmann	24	M	Duluth	MN	187	15:26	2:38	3:15	129	33:34	18.4	2:08	110	19:21	7:45	1:13:42
132	12/22	539	Ryan Erdmann	30	M	Minneapolis	MN	58	12:50	2:12	2:32	134	33:44	18.3	1:52	237	22:47	9:07	1:13:42
133	8/14	649	Mark Winholtz	55	M	Andover	MN	212	16:01	2:44	2:07	85	31:59	19.3	2:07	194	21:31	8:37	1:13:43
134	13/22	620	Patrick Riley	30	M	Wrenshall	MN	191	15:31	2:39	2:57	136	33:46	18.3	2:28	100	19:05	7:38	1:13:44
135	11/26	644	Alexander Wepsala	19	M	Walker	MN	251	17:14	2:57	2:10	105	32:45	18.9	1:44	126	19:55	7:58	1:13:45
136	8/33	722	Debbie Henderson	29	F	St. Louis Park	MN	186	15:25	2:38	2:07	128	33:31	18.4	2:33	137	20:15	8:06	1:13:48
137	4/16	853	Molly Donahue	21	F	Superior	WI	33	12:09	2:05	2:11	224	37:02	16.7	2:05	149	20:24	8:10	1:13:49
138	7/35	728	Dana Horihan	35	F	Forest Lake	MN	122	14:02	2:24	2:26	132	33:43	18.3	2:41	177	21:04	8:26	1:13:53
139	7/22	813	Diane Solbrack	43	F	Cambridge	MN	127	14:07	2:25	2:22	138	33:46	18.3	2:30	186	21:17	8:31	1:14:01
140	7/34	723	Sara Hess	32	F	Kohler	WI	142	14:35	2:30	3:02	143	33:55	18.2	2:17	141	20:16	8:07	1:14:02
141	5/16	809	Kathryn Sederberg	22	F	Duluth	MN	39	12:22	2:07	1:47	237	37:29	16.5	1:37	167	20:52	8:21	1:14:06
142	10/14	592	Mike Mills	47	M	Duluth	MN	126	14:06	2:25	1:45	200	36:15	17.0	1:39	157	20:31	8:13	1:14:12
143	9/33	189	Kathryn Noah	29	F	Stillwater	MN	159	14:53	2:33	3:00	95	32:28	19.0	2:30	197	21:33	8:38	1:14:22
144	14/23	513	Greg Bode	37	M	Eden Prairie	MN	123	14:03	2:24	2:23	99	32:34	19.0	2:19	245	23:09	9:16	1:14:25
145	12/17	629	Ben Schumacher	24	M	Duluth	MN	231	16:42	2:51	2:40	172	34:51	17.7	2:01	75	18:18	7:19	1:14:29
146	10/33	654	Aimee Arikian	27	F	St. Pau	MN	63	12:54	2:12	2:36	197	36:07	17.1	1:32	192	21:23	8:33	1:14:30
147	14/22	614	Thomas Recht	42	M	Minneapolis	MN	93	13:27	2:18	4:03	234	37:25	16.5	2:13	45	17:26	6:59	1:14:32
148	8/34	707	Julie Frantz	30	F	Plymouth	MN	152	14:46	2:32	1:48	198	36:07	17.1	2:02	125	19:55	7:58	1:14:37
149	4/19	674	Mary Carlson	45	F	Moose Lake	MN	65	12:55	2:13	2:15	137	33:46	18.3	2:03	260	23:41	9:29	1:14:39
150	11/21	884	Bill Helwig	50	M	Barnum	MN	243	17:09	2:56	3:41	107	32:48	18.8	2:09	96	18:58	7:36	1:14:42
151	15/23	555	Billy Haug	35	M	Billings	MT	95	13:29	2:18	3:45	121	33:09	18.6	3:20	182	21:16	8:31	1:14:56
152	12/26	646	Zakk West	17	M	Apple Valley	MN	135	14:20	2:27	3:00	188	35:34	17.4	1:53	143	20:16	8:07	1:15:01
153	13/26	248	Lars Fiorio	18	M	Ashland	WI	114	13:58	2:23	2:43	167	34:40	17.8	1:55	204	21:48	8:43	1:15:02
154	14/26	249	Luke Larson	18	M	Ashland	WI	84	13:22	2:17	2:31	220	36:56	16.7	1:47	153	20:29	8:12	1:15:03
155	15/26	588	Greg Lulich	19	M	Ashland	WI	64	12:55	2:13	2:31	233	37:24	16.5	1:47	154	20:29	8:12	1:15:04
156	11/33	767	Heather Marden-Reilly	25	F	Duluth	MN	26	11:52	2:02	2:31	196	36:05	17.1	2:29	217	22:15	8:54	1:15:10
157	12/21	565	Robert Idziorek	54	M	Duluth	MN	169	15:03	2:34	3:32	144	33:59	18.2	1:23	184	21:17	8:31	1:15:11
158	8/22	744	Pauline Kaplan	43	F	Minneapolis	MN	54	12:48	2:11	2:32	206	36:22	17.0	1:56	206	21:50	8:44	1:15:26
159	14/22	531	Glen Drexler	32	M	Duluth	MN	185	15:25	2:38	4:07	141	33:52	18.2	2:47	113	19:29	7:48	1:15:37
160	9/34	800	Julie Rosga	31	F	St. Paul	MN	200	15:41	2:41	2:05	184	35:21	17.5	2:17	144	20:17	8:07	1:15:40
161	13/17	520	Eric Busse	21	M	Woodbury	MN	238	16:56	2:54	3:02	160	34:26	17.9	1:58	116	19:35	7:50	1:15:55
162	13/21	579	Jon Kronstedt	54	M	Shoreview	MN	37	12:16	2:06	2:52	149	34:05	18.1	2:30	272	24:19	9:44	1:15:58
163	8/35	781	Marissa Onheiber	38	F	Saint Paul	MN	204	15:50	2:42	2:20	170	34:50	17.7	2:17	165	20:44	8:18	1:15:59
164	16/23	525	Brian Corrigan	35	M	Minneapolis	MN	274	18:14	3:07	1:24	166	34:39	17.8	2:01	134	20:06	8:03	1:16:20
165	12/33	691	Brenda Drickhamer	25	F	Duluth	MN	83	13:21	2:17	2:03	210	36:26	17.0	2:44	205	21:48	8:44	1:16:21
166	9/14	567	Joe Kandiko	56	M	Excelsior	MN	116	13:59	2:23	2:09	125	33:16	18.6	2:11	283	24:53	9:58	1:16:25
167	13/33	765	Alyssa Marden	28	F	Duluth	MN	104	13:47	2:21	2:25	228	37:12	16.6	2:06	174	21:01	8:25	1:16:29
168	10/14	521	Patrick Carey	57	M	Duluth	MN	162	14:55	2:33	2:47	209	36:25	17.0	1:42	163	20:43	8:18	1:16:29
169	14/33	745	Christiana Kapsner	28	F	Duluth	MN	165	14:58	2:33	3:06	135	33:46	18.3	3:11	195	21:32	8:37	1:16:30
170	15/33	780	Wendy Olson	29	F	Maple Grove	MN	213	16:04	2:45	2:45	163	34:29	17.9	2:22	168	20:53	8:22	1:16:31
171	9/35	812	Anita Siers	37	F	Duluth	MN	101	13:43	2:21	3:48	205	36:21	17.0	3:13	114	19:33	7:50	1:16:35
172	17/23	638	Steve Vanderheiden	39	M	Duluth	MN	29	12:02	2:03	2:42	190	35:43	17.3	3:01	248	23:13	9:17	1:16:38
173	11/14	530	Dave Donahue	46	M	Esko	MN	291	18:49	3:13	2:20	159	34:25	18.0	2:14	99	19:03	7:37	1:16:48
174	5/19	706	Rose Flato	47	F	St. Paul	MN	266	17:52	3:03	2:03	130	33:40	18.4	3:22	133	20:00	8:00	1:16:55
175	15/22	522	Jon Carlson	40	M	St. Peter	MN	73	13:10	2:15	3:04	176	35:01	17.6	3:12	228	22:35	9:02	1:16:58
176	14/21	516	Rodger Brannan	54	M	Duluth	MN	292	18:50	3:13	2:30	191	35:43	17.3	1:48	74	18:15	7:18	1:17:04
177	6/16	817	Marciann Stech	21	F	Duluth	MN	273	18:11	3:06	2:29	155	34:17	18.0	1:55	140	20:15	8:06	1:17:05
178	10/35	702	Lisa Faust	35	F	Muskegon	MI	148	14:42	2:31	2:24	165	34:36	17.9	2:11	249	23:14	9:18	1:17:05
179	16/33	234	Kristin Donley	27	F	Duluth	MN	168	15:02	2:34	1:48	142	33:54	18.2	2:18	270	24:06	9:39	1:17:05
180	14/17	891	Steve Morris	23	M	Forest Lake	MN	227	16:33	2:50	1:36	230	37:21	16.5	1:41	129	19:57	7:59	1:17:07
181	11/35	747	Jill Kaske	35	F	Superior	WI	194	15:36	2:40	2:30	174	34:58	17.7	2:22	203	21:44	8:42	1:17:08
182	12/14	528	Wally Danielson	45	M	Shakopee	MN	35	12:13	2:05	2:11	131	33:42	18.3	2:58	300	26:09	10:28	1:17:10
183	16/22	510	Matt Beseske	43	M	Duluth	MN	206	15:52	2:43	3:20	186	35:25	17.4	2:47	128	19:57	7:59	1:17:17
184	17/33	757	Elizabeth Kollen	26	F	Minneapolis	MN	202	15:44	2:41	2:17	214	36:35	16.9	2:14	156	20:30	8:12	1:17:19

185	15/22	560	Joe Hlebain	33	M	Britt	MN	331	21:41	3:42	2:35	59	30:56	20.0	2:16	123	19:55	7:58	1:17:20
186	11/14	605	Earnest Peaslee	57	M	Duluth	MN	237	16:56	2:54	4:06	123	33:13	18.6	1:52	188	21:20	8:32	1:17:25
187	12/35	748	Veronica Kaspszak	36	F	Hermantown	MN	262	17:49	3:03	2:19	183	35:19	17.5	1:44	145	20:18	8:08	1:17:27
188	6/19	240	Kathy Graves	45	F	North Attleboro	MA	203	15:46	2:42	1:48	101	32:36	19.0	2:26	285	24:55	9:58	1:17:28
189	7/19	835	Sue Watt	47	F	Esko	MN	184	15:25	2:38	2:17	248	38:10	16.2	1:28	148	20:22	8:09	1:17:40
190	10/34	789	Anne Pilarski	31	F	Plymouth	MN	34	12:10	2:05	2:18	258	38:44	16.0	1:52	234	22:45	9:06	1:17:46
191	13/35	650	Christine Aas-Larson	38	F	Denver	CO	201	15:42	2:41	2:56	145	34:00	18.2	3:28	201	21:43	8:41	1:17:47
192	11/34	825	Nichole Tubman	33	F	Apple Valley	MN	44	12:31	2:08	2:46	212	36:28	16.9	2:43	251	23:21	9:21	1:17:48
193	14/16	900	Ben Johnson	27	M	Faribault	MN	294	18:53	3:14	2:50	133	33:43	18.3	1:47	164	20:44	8:18	1:17:54
194	9/22	739	Deborah Johnson	42	F	St. Paul	MN	50	12:38	2:10	2:40	241	37:49	16.3	1:57	240	22:55	9:10	1:17:57
195	7/16	721	Briony Heltne	22	F	Duluth	MN	43	12:31	2:08	2:08	222	37:01	16.7	1:45	277	24:36	9:51	1:17:58
196	16/22	556	Jonathan Haug	32	M	Duluth	MN	225	16:30	2:49	3:44	122	33:11	18.6	3:20	183	21:16	8:31	1:17:59
197	13/14	598	Joseph Muller	48	M	Grand Rapids	MN	254	17:18	2:57	2:15	171	34:51	17.7	1:56	202	21:44	8:42	1:18:00
198	15/17	252	Dane Gottschall	20	M	Ashland	WI	265	17:51	3:03	3:00	240	37:46	16.4	1:59	48	17:30	7:00	1:18:04
199	12/34	684	Suzanne Darnell	32	F	Minneapolis	MN	296	19:03	3:15	3:15	219	36:51	16.8	1:49	40	17:11	6:53	1:18:07
200	17/22	572	Benjamin Knutson	31	M	Duluth	MN	143	14:36	2:30	2:59	204	36:17	17.0	3:18	172	20:59	8:24	1:18:07
201	15/21	536	Jim Emil	50	M	Andover	MN	156	14:50	2:32	2:11	169	34:46	17.8	2:47	261	23:42	9:29	1:18:13
202	1/5	575	Lyle Koivisto	61	M	Duluth	MN	301	19:11	3:17	2:39	86	32:00	19.3	2:10	222	22:17	8:55	1:18:15
203	16/26	714	Kristen Grossman	18	F	Golden Valley	MN	229	16:36	2:50	2:56	178	35:10	17.6	2:03	200	21:41	8:41	1:18:23
204	13/34	720	Nicole Haskins	31	F	Minneapolis	MN	177	15:17	2:37	1:50	236	37:29	16.5	2:01	208	21:52	8:45	1:18:27
205	12/14	561	William Hoffman	59	M	Cloquet	MN	193	15:35	2:40	2:30	235	37:29	16.5	1:55	181	21:14	8:30	1:18:40
206	14/35	803	Gretchen Sage-Martinson	37	F	Saint Paul	MN	97	13:35	2:19	2:39	221	36:59	16.7	2:00	257	23:32	9:25	1:18:43
207	18/33	667	Amanda Brauer	25	F	Brooklyn Park	MN	23	11:44	2:00	2:15	153	34:10	18.1	2:53	312	27:47	11:07	1:18:47
208	19/33	235	Erin Barnes	25	F	Maple Grove	MN	24	11:49	2:01	2:46	301	41:00	15.1	1:24	207	21:50	8:44	1:18:49
209	15/35	826	Melanie Tuominen	35	F	Hermantown	MN	236	16:56	2:54	2:42	175	35:00	17.7	2:09	211	22:08	8:52	1:18:52
210	15/16	584	Teddy Larson	25	M	Roseville	MN	140	14:27	2:28	2:21	215	36:38	16.9	2:08	253	23:23	9:22	1:18:55
211	16/21	586	Steve Laskowski	54	M	Duluth	MN	178	15:18	2:37	3:26	147	34:02	18.2	2:42	259	23:40	9:28	1:19:05
212	20/33	810	Suzy Shaughnessy	26	F	Duluth	MN	176	15:17	2:37	2:50	259	38:46	15.9	1:52	150	20:24	8:10	1:19:06
213	14/34	814	Courtney Spiegler	31	F	Robbinsdale	MN	154	14:48	2:32	2:10	267	39:06	15.8	1:52	193	21:23	8:33	1:19:17
214	17/22	606	David Pederson	42	M	Duluth	MN	181	15:23	2:38	2:08	111	32:53	18.8	3:01	296	25:57	10:23	1:19:19
215	10/22	788	Susan Peterson	44	F	Minneapolis	MN	173	15:09	2:35	3:01	225	37:06	16.7	2:00	218	22:15	8:54	1:19:30
216	17/26	529	Jeremy Dietmeier	19	M	St Croix Falls	WI	302	19:12	3:17	2:52	246	38:07	16.2	1:53	50	17:33	7:02	1:19:34
217	17/21	637	David Turnham	50	M	Duluth	MN	175	15:12	2:36	3:08	207	36:24	17.0	2:45	214	22:12	8:53	1:19:39
218	18/26	687	Erin Donahue Donahue	18	F	Superior	WI	60	12:53	2:12	1:49	303	41:07	15.0	1:42	221	22:17	8:55	1:19:47
219	16/35	669	Holly Buchanan	38	F	Minneapolis	MN	166	15:00	2:34	2:43	289	40:17	15.3	1:55	138	20:15	8:06	1:20:08
220	19/26	799	Leah Rogotzke	17	F	Duluth	MN	49	12:38	2:10	2:19	266	39:01	15.8	1:55	273	24:21	9:45	1:20:12
221	18/22	849	Dennis Gunther	40	M	Brooklyn Park	MN	293	18:51	3:13	2:02	187	35:33	17.4	1:44	223	22:21	8:57	1:20:28
222	15/34	693	Kirsten Dussault	30	F	Chaska	MN	78	13:13	2:16	2:56	273	39:25	15.7	2:33	225	22:31	9:01	1:20:38
223	18/21	634	George Sweezy	54	M	Duluth	MN	312	20:16	3:28	3:19	158	34:23	18.0	2:24	147	20:20	8:08	1:20:39
224	16/34	665	Jill Bourman	34	F	Brooklyn Park	MN	161	14:55	2:33	2:17	270	39:11	15.8	2:15	220	22:17	8:55	1:20:52
225	18/23	562	John Holland	36	M	Minneapolis	MN	277	18:22	3:08	3:31	202	36:16	17.0	2:18	160	20:38	8:16	1:21:02
226	19/23	260	Kyle Smith	37	M	Duluth	MN	321	21:13	3:37	2:33	157	34:19	18.0	1:58	175	21:02	8:25	1:21:02
227	2/5	545	William Getts	60	M	Minneapolis	MN	319	20:51	3:34	3:15	168	34:44	17.8	2:59	104	19:17	7:43	1:21:03
228	19/22	551	Thomas Gust	41	M	Blaine	MN	250	17:14	2:57	2:29	177	35:03	17.6	2:43	262	23:45	9:30	1:21:11
229	19/21	602	Dan Ohman	51	M	Hermantown	MN	261	17:47	3:02	3:00	232	37:23	16.5	1:54	189	21:21	8:33	1:21:21
230	17/34	733	Kristin Humke	33	F	Wayzata	MN	252	17:14	2:57	1:54	254	38:33	16.0	2:23	187	21:20	8:32	1:21:22
231	2/14	896	Penny Agar	52	F	Duluth	MN	172	15:07	2:35	2:53	247	38:09	16.2	2:38	235	22:45	9:06	1:21:30
232	17/35	741	Sarah Johnson	36	F	Minneapolis	MN	216	16:12	2:46	2:50	226	37:07	16.7	3:16	227	22:35	9:02	1:21:58
233	13/14	630	Charles Schumacher	55	M	Duluth	MN	157	14:51	2:32	3:03	295	40:52	15.1	3:23	127	19:56	7:59	1:22:03
234	21/33	791	Jessie Potaracke	27	F	Savage	MN	121	14:02	2:24	2:44	274	39:26	15.7	1:59	266	23:59	9:36	1:22:07
235	8/16	844	Kellie Zoesch	20	F	Woodbury	MN	183	15:24	2:38	3:01	292	40:30	15.3	2:17	173	21:00	8:24	1:22:10
236	3/14	243	Joan Beissel	51	F	Dixon	IL	198	15:40	2:41	3:43	242	37:51	16.3	2:06	242	22:58	9:11	1:22:16
237	18/34	683	Sonja Daniels	33	F	Duluth	MN	226	16:33	2:50	2:50	231	37:21	16.5	2:26	247	23:13	9:17	1:22:21
238	4/14	763	Lise Lunge-Larsen	51	F	Duluth	MN	144	14:38	2:30	2:25	256	38:36	16.0	2:57	265	23:54	9:34	1:22:28
239	20/26	599	Connor Nelson	11	M	Eden Prairie	MN	75	13:11	2:15	2:02	268	39:07	15.8	2:12	297	25:58	10:23	1:22:28
240	18/22	544	Sean Gervais	32	M	Minneapolis	MN					245	38:03	16.2	2:41	244	23:04	9:14	1:22:37
241	5/14	766	Sandra Marden-Lokken	53	F	Duluth	MN	220	16:19	2:47	3:33	251	38:22	16.1	3:23	179	21:11	8:29	1:22:46
242	18/35	842	Andrea Wojahn	39	F	Mpls	MN	223	16:25	2:48	4:01	156	34:18	18.0	3:38	279	24:46	9:55	1:23:06
243	19/35	805	Trina Sandlie	37	F	Circle Pines	MN	257	17:38	3:01	2:58	194	35:58	17.2	2:42	268	24:01	9:37	1:23:15

244	22/33	756	Amanda Koehler	29	F	Minneapolis	MN	247	17:12	2:56	2:22	223	37:02	16.7	2:11	274	24:31	9:49	1:23:16
245	20/35	724	Sarah Hick	36	F	Minneapolis	MN	269	18:00	3:04	2:38	195	36:04	17.1	1:57	281	24:49	9:56	1:23:26
246	2/3	690	Susan Dragsten	59	F	Minneapolis	MN	221	16:20	2:47	3:48	193	35:53	17.2	2:44	278	24:45	9:54	1:23:27
247	23/33	697	Nicole Erickson	29	F	Bloomington	MN	222	16:22	2:48	3:19	244	37:54	16.3	3:25	230	22:39	9:04	1:23:38
248	11/22	239	Melinda Appold	42	F	Duluth	MN	129	14:08	2:25	2:52	284	40:02	15.4	2:25	275	24:33	9:49	1:23:58
249	19/34	708	Shannon Gardner	32	F	St. Paul	MN	255	17:25	2:59	3:06	260	38:46	15.9	2:41	210	22:05	8:50	1:24:00
250	9/16	822	Joy Swanoski	20	F	Duluth	MN	308	20:03	3:25	2:36	263	38:53	15.9	2:03	152	20:28	8:12	1:24:01
251	6/14	719	Kathy Hanten	52	F	Duluth	MN	196	15:38	2:40	3:24	300	40:57	15.1	3:00	178	21:05	8:26	1:24:02
252	10/16	752	Stephanie Kistner	23	F	Duluth	MN	233	16:53	2:53	3:22	238	37:38	16.4	2:14	269	24:02	9:37	1:24:06
253	19/22	881	Scott Newcomb	31	M	Forest Lake	MN	275	18:16	3:07	3:39	182	35:19	17.5	3:56	246	23:10	9:16	1:24:18
254	20/34	668	Christina Briggs	34	F	Coon Rapids	MN	322	21:23	3:39	2:45	218	36:45	16.8	3:35	131	19:59	8:00	1:24:25
255	1/1	270	Jack Alexander	79	M	Duluth	MN	286	18:39	3:11	2:35	213	36:32	16.9	3:05	263	23:47	9:31	1:24:36
256	21/34	185	Mindy McCartney	30	F	Minneapolis	MN	267	17:54	3:04	3:26	297	40:52	15.1	2:18	142	20:16	8:07	1:24:45
257	21/26	535	William Ebeling	16	M	Eagan	MN	218	16:15	2:47	3:47	261	38:46	15.9	2:35	258	23:33	9:25	1:24:54
258	21/35	717	Molly Halls	38	F	Faribault	MN	316	20:46	3:33	4:25	203	36:16	17.0	2:22	180	21:14	8:30	1:25:01
259	20/22	548	Darrell Goldberg	43	M	Duluth	MN	110	13:54	2:23	3:01	279	39:50	15.5	2:21	298	26:00	10:24	1:25:03
260	7/14	244	Cynthia Hagley	52	F	Duluth	MN	62	12:54	2:12	3:55	313	42:23	14.6	3:40	215	22:14	8:54	1:25:03
261	20/22	540	Chad Erickson	30	M	Bloomington	MN	284	18:34	3:10	2:43	249	38:18	16.1	3:10	226	22:32	9:01	1:25:14
262	21/22	547	Joe Golcz	30	M	Duluth	MN	305	19:25	3:19	2:24	253	38:30	16.1	2:23	233	22:45	9:06	1:25:24
263	22/26	821	Jessi Swanoski	19	F	Duluth	MN	228	16:34	2:50	3:24	302	41:02	15.1	2:14	219	22:16	8:55	1:25:28
264	12/22	838	Sue White	40	F	Champlin	MN	234	16:53	2:53	4:22	185	35:24	17.5	3:33	291	25:38	10:15	1:25:48
265	8/14	771	Cathy McGregor	52	F	Duluth	MN	219	16:17	2:47	2:58	255	38:35	16.0	3:12	286	24:58	10:00	1:25:59
266	8/19	790	Christine Poganski	48	F	St. Cloud,	MN	268	17:57	3:04	2:30	288	40:16	15.3	2:45	231	22:41	9:05	1:26:08
267	23/26	550	Kyle Graves	17	M	Attleboro	MA	328	21:35	3:41	2:29	199	36:14	17.1	2:33	250	23:19	9:20	1:26:08
268	1/2	628	Dean Schulstrom	67	M	Coon Rapids	MN	323	21:32	3:41	3:27	180	35:15	17.5	2:38	255	23:30	9:24	1:26:18
269	24/33	762	Tina Lueth	26	F	Mayer	MN	249	17:12	2:56	4:05	323	43:34	14.2	1:54	117	19:36	7:51	1:26:20
270	9/14	709	Lynn Gibson	50	F	Twig	MN	119	14:00	2:24	2:52	305	41:11	15.0	2:26	299	26:07	10:27	1:26:35
271	22/34	725	Lisa Higgs	32	F	St. Paul	MN	271	18:06	3:06	4:06	264	38:57	15.9	3:01	224	22:27	8:59	1:26:36
272	23/34	680	Jeanine Connell	34	F	Hayward	WI	245	17:09	2:56	4:30	281	39:57	15.5	2:12	252	23:22	9:21	1:27:09
273	24/26	874	Emily Graves	12	F	North Attleboro	MA	240	16:59	2:54	3:16	306	41:42	14.8	2:36	238	22:48	9:08	1:27:20
274	13/22	726	Kimberly Hobert	44	F	Roseville	MN	303	19:16	3:17	2:49	229	37:16	16.6	3:11	284	24:55	9:58	1:27:25
275	25/33	783	Anita Patel	26	F	Minneapolis	MN	260	17:41	3:01	3:44	294	40:43	15.2	2:32	243	23:02	9:13	1:27:40
276	9/19	729	Anne Howard	47	F	Superior	WI	306	19:52	3:24	4:12	252	38:23	16.1	2:55	236	22:46	9:07	1:28:06
277	24/34	892	Amanda Cherne	31	F	Duluth	MN	89	13:25	2:18	2:20	314	42:29	14.5	2:20	313	27:50	11:08	1:28:21
278	26/33	695	Jessie Egley	26	F	Golden Valley	MN	211	16:01	2:44	2:33	310	42:21	14.6	2:06	290	25:28	10:12	1:28:26
279	27/33	661	Teri Berg	28	F	Barnum	MN	339	22:37	3:52	3:26	262	38:46	15.9	1:46	213	22:11	8:53	1:28:44
280	20/23	533	Chris Duesman	37	M	Minneapolis	MN	340	22:37	3:52	5:30	243	37:53	16.3	3:11	118	19:36	7:51	1:28:45
281	22/35	754	Amy Knox	36	F	Minneapolis	MN	363	1:05:09	11:07		290	40:20	15.3	3:59	241	22:58	9:11	1:29:09
282	23/35	797	Michele Rapinac	38	F	Maple Grove	MN	283	18:32	3:10	4:32	265	38:57	15.9	3:11	267	24:01	9:37	1:29:11
283	28/33	233	Kelsey Johnson	25	F	Duluth	MN	52	12:43	2:11	2:58	291	40:28	15.3	2:54	331	30:17	12:07	1:29:17
284	1/1	549	David Goldberg	71	M	Duluth	MN	332	21:50	3:44	2:42	216	36:39	16.9	2:05	307	26:38	10:39	1:29:52
285	22/22	500	Jay Altman	32	M	Minneapolis	MN	295	18:56	3:14	3:35	227	37:08	16.6	3:27	308	26:55	10:46	1:29:58
286	25/34	828	Jessica Ubl	30	F	Apple Valley	MN	199	15:40	2:41	2:21	329	44:46	13.8	2:34	282	24:49	9:56	1:30:08
287	24/35	662	Susan Bergquist	36	F	Red Wing	MN	299	19:08	3:16	2:47	299	40:55	15.1	2:25	287	25:02	10:01	1:30:16
288	16/17	506	Nick Aretz	24	M	Duluth	MN	361	29:46	5:05	3:18	179	35:12	17.6	1:49	146	20:20	8:08	1:30:22
289	29/33	677	Lindsey Charlton	25	F	Duluth	MN	241	17:03	2:55	2:39	335	45:52	13.5	2:12	239	22:52	9:09	1:30:36
290	26/34	832	Amy Votel	34	F	Mendota Heights	MN	258	17:40	3:01	3:10	282	39:58	15.5	2:41	310	27:12	10:53	1:30:38
291	25/35	673	Amy Carlson	39	F	Minneapolis	MN	347	23:31	4:01	4:21	271	39:12	15.8	2:40	185	21:17	8:31	1:30:59
292	10/14	743	Georgia Kandiko	53	F	Excelsior	MN	270	18:04	3:05	3:53	285	40:03	15.4	3:45	294	25:47	10:19	1:31:30
293	21/23	546	Hart Gilchrist	38	M	Roseville	MN	325	21:34	3:41	4:03	280	39:54	15.5	2:19	264	23:49	9:32	1:31:37
294	11/14	819	Sally Stockbridge	51	F	Minneapolis	MN	192	15:31	2:39	3:16	319	42:57	14.4	2:51	309	27:11	10:53	1:31:44
295	10/19	737	Conny Jay	49	F	Maple Grove	MN	281	18:28	3:09	3:33	296	40:52	15.1	2:38	301	26:25	10:34	1:31:54
296	11/19	656	Linda Bailey	49	F	Ashland	WI	314	20:42	3:32	4:02	277	39:28	15.7	3:35	271	24:10	9:40	1:31:56
297	3/5	538	C Jeff Erdmann	60	M	St. Cloud	MN	81	13:18	2:16	4:50	287	40:13	15.4	3:37	330	30:04	12:02	1:31:59
298	11/16	845	Katie Zwolski	24	F	St. Paul	MN	74	13:10	2:15	2:51	333	45:21	13.6	2:37	314	28:13	11:17	1:32:10
299	14/22	897	Cathy Richardson	41	F	Stillwater	MN	298	19:05	3:16	3:31	311	42:21	14.6	3:57	256	23:31	9:25	1:32:23
300	12/19	699	Lesley Ernst	47	F	Apple Valley	MN	324	21:33	3:41	2:19	275	39:27	15.7	2:42	304	26:28	10:35	1:32:28
301	15/22	843	Annie Young	43	F	Burnsville	MN	326	21:34	3:41	2:19	276	39:27	15.7	2:43	303	26:26	10:35	1:32:28
302	22/23	571	Brett Kinney	39	M	Duluth	MN	259	17:40	3:01	3:44	269	39:07	15.8	2:54	322	29:25	11:46	1:32:48

303	16/22	823	Wendy Swanson	44	F	Bloomington	MN	253	17:17	2:57	3:07	250	38:19	16.1	2:47	340	31:35	12:38	1:33:02
304	1/4	727	Elizabeth Holt	61	F	Duluth	MN	280	18:27	3:09	4:06	307	41:53	14.8	3:55	288	25:05	10:02	1:33:24
305	27/34	658	Gina Ballweber	34	F	Brooklyn Park	MN	333	21:52	3:44	3:02	293	40:36	15.2	2:17	293	25:42	10:17	1:33:26
306	14/14	543	Steven Gerber	45	M	Delano	MN	304	19:20	3:18	4:34	181	35:17	17.5	3:48	334	30:46	12:19	1:33:42
307	26/35	834	Mary Waters	39	F	Minneapolis	MN	232	16:43	2:51	3:15	308	41:58	14.7	2:16	324	29:39	11:52	1:33:49
308	13/19	886	Anne Hed	45	F	North Oaks	MN	30	12:04	2:04	2:01	324	44:04	14.0	2:54	349	32:50	13:08	1:33:52
309	16/16	611	Joshua Potaracke	26	M	Savage	MN	327	21:35	3:41	4:26	211	36:27	17.0	3:07	315	28:23	11:22	1:33:57
310	25/26	776	Ellen Nelson	17	F	Wyoming	MN	349	23:46	4:03	4:08	304	41:09	15.0	2:22	254	23:28	9:23	1:34:49
311	27/35	830	Rebecca Viot	39	F	St. Louis Park	MN	341	22:55	3:55	4:02	334	45:21	13.6	2:14	151	20:26	8:11	1:34:55
312	2/4	670	Margaret Byrne	61	F	St. Louis Park	MN	353	24:27	4:10	3:27	257	38:37	16.0	2:37	295	25:55	10:22	1:35:00
313	12/16	794	Rachel Quinn	23	F	Minneapolis	MN	151	14:45	2:31	3:02	358	55:10	11.2	1:54	169	20:54	8:22	1:35:43
314	28/35	808	Tami Schuster	37	F	Brooklyn Park	MN	272	18:09	3:06	3:43	336	46:16	13.4	2:39	289	25:19	10:08	1:36:04
315	12/14	827	Susan Mattis Turnham	51	F	Duluth	MN	300	19:10	3:16	3:47	298	40:53	15.1	3:16	320	29:14	11:42	1:36:18
316	21/22	515	Bryon Bothun	44	M	Winona	MN	330	21:39	3:42	3:42	272	39:16	15.7	3:20	316	28:41	11:29	1:36:35
317	3/3	836	Karen West	55	F	Apple Valley	MN	235	16:54	2:53	4:41	283	39:59	15.5	5:33	323	29:38	11:52	1:36:44
318	29/35	796	Jill Radman	36	F	St. Paul	MN	87	13:25	2:18	5:51	192	35:45	17.3	2:06	363	40:37	16:15	1:37:42
319	30/35	777	Lynn Newton	36	F	West St. Paul	MN	3	9:26	1:37	2:18	139	33:48	18.3	3:06	364	49:07	19:39	1:37:43
320	30/33	839	Alissa Wild	26	F	Watertown	MN	278	18:22	3:08	2:12	316	42:44	14.5	2:34	344	32:05	12:50	1:37:55
321	28/34	760	Andrea Legut-Greene	34	F	New Richmond	WI	289	18:44	3:12	3:17	327	44:35	13.9	3:18	318	28:46	11:31	1:38:38
322	13/16	660	Amanda Becker	22	F	Apple Valley	MN	334	21:53	3:44	2:55	340	46:54	13.2	2:26	280	24:47	9:55	1:38:53
323	14/19	902	Tamie Kugler	46	F	Watertown	MN	214	16:10	2:46	3:26	337	46:20	13.3	3:28	325	29:44	11:54	1:39:06
324	31/35	663	Christine Bothun	39	F	Winona	MN	279	18:22	3:08	2:48	322	43:15	14.3	2:49	341	31:54	12:46	1:39:06
325	20/21	612	John Quinn	50	M	Golden Valley	MN	263	17:50	3:03	3:02	357	54:58	11.2	2:58	162	20:43	8:17	1:39:28
326	31/33	664	Stephanie Bourgeois	26	F	Eden Prairie	MN	307	19:55	3:24	3:15	343	47:40	13.0	2:31	302	26:26	10:35	1:39:45
327	32/35	806	Lisa Scherer	36	F	West Des Moines	IA	285	18:34	3:10	2:13	350	49:57	12.4	3:29	292	25:41	10:17	1:39:52
328	15/19	793	Carol Quinn	47	F	Golden Valley	MN	346	23:28	4:00	4:16	317	42:46	14.5	2:17	311	27:31	11:01	1:40:14
329	33/35	792	Anne Quinn	37	F	Minnetonka	MN	320	20:55	3:34	4:51	342	47:30	13.0	3:12	276	24:35	9:50	1:41:01
330	32/33	785	Jennifer Peck	27	F	Minneapolis	MN	224	16:27	2:49	5:09	309	42:01	14.7	4:39	351	32:57	13:11	1:41:11
331	17/22	703	Jeannine Ferland	42	F	Minneapolis	MN	288	18:43	3:12	4:28	321	43:05	14.3	3:51	339	31:26	12:35	1:41:30
332	22/22	621	Tim Russell	43	M	Savage	MN	354	24:48	4:14	5:13	239	37:45	16.4	4:25	326	29:46	11:55	1:41:54
333	29/34	759	Christine Legg	31	F	Duluth	MN	318	20:49	3:33	3:56	344	47:48	12.9	3:14	306	26:31	10:37	1:42:15
334	30/34	755	Sarah Knutson	32	F	Duluth	MN	317	20:47	3:33	3:57	345	47:50	12.9	3:13	305	26:30	10:36	1:42:15
335	17/17	607	David Pederson Jr	20	M	Duluth	MN	329	21:38	3:42	2:32	355	54:22	11.4	2:32	212	22:08	8:52	1:43:09
336	13/14	685	Lannie Dawson	50	F	Minneapolis	MN	297	19:04	3:15	4:52	332	45:08	13.7	3:30	335	30:51	12:21	1:43:23
337	1/1	678	Kathleen Clark	65	F	Duluth	MN	311	20:11	3:27	4:25	320	43:03	14.4	4:23	346	32:17	12:55	1:44:17
338	14/16	655	Sarah Azhadi	22	F	Thunder Bay	CN	244	17:09	2:56	3:23	347	48:46	12.7	2:48	348	32:43	13:06	1:44:46
339	18/22	815	Crystal Sroga	42	F	Minneapolis	MN	282	18:31	3:10	4:15	341	47:11	13.1	3:48	336	31:05	12:26	1:44:49
340	21/21	645	Peter West	51	M	Apple Valley	MN	358	26:46	4:34	5:15	286	40:04	15.4	3:37	321	29:16	11:43	1:44:56
341	34/35	773	Anne Mollerus	39	F	Eden Prairie	MN	344	23:22	3:59	5:22	318	42:50	14.4	3:23	332	30:18	12:08	1:45:14
342	4/5	641	Chris Vizanko	61	M	Duluth	MN	345	23:23	4:00	4:35	315	42:34	14.5	3:02	342	31:57	12:47	1:45:28
343	14/14	738	Monica Jochmans	53	F	Shoreview	MN	343	23:14	3:58	3:35	312	42:22	14.6	3:58	350	32:52	13:09	1:45:59
344	31/34	746	Julie Karlen	31	F	Mendota Heights	MN	287	18:41	3:11	3:31	348	48:58	12.6	3:00	343	32:02	12:49	1:46:09
345	33/33	818	Erika Stienessen	29	F	Belle Plaine	MN	290	18:49	3:13	6:10	326	44:24	13.9	5:12	347	32:42	13:05	1:47:14
346	19/22	770	Christine McCarthy	40	F	Two Harbors	MN	337	22:25	3:50	5:19	330	44:59	13.7	3:40	338	31:17	12:31	1:47:38
347	15/16	651	Kim Aho	22	F	Duluth	MN	352	24:23	4:10	4:17	349	49:03	12.6	2:38	317	28:42	11:29	1:49:01
348	20/22	768	Jonna Math	41	F	Medford	MN	256	17:29	2:59	6:29	346	47:53	12.9	3:29	354	33:44	13:30	1:49:02
349	16/19	696	Cory Emil	48	F	Andover	MN	342	22:57	3:55	3:05	325	44:11	14.0	3:47	358	35:59	14:24	1:49:56
350	21/22	824	Elizabeth Tillotson	44	F	Minneapolis	MN	355	24:53	4:15	4:52	339	46:53	13.2	3:20	328	29:59	12:00	1:49:56
351	17/19	811	Kate Short	45	F	Minneapolis	MN	356	24:54	4:15	4:57	338	46:52	13.2	3:15	329	30:00	12:00	1:49:57
352	18/19	715	Pam Guilford	48	F	Champlin	MN	338	22:27	3:50	3:47	331	45:01	13.7	3:56	356	35:15	14:06	1:50:24
353	32/34	831	Jennifer Voge	34	F	Bemidji	MN	310	20:08	3:26	4:00	353	52:48	11.7	3:10	333	30:43	12:17	1:50:46
354	2/2	564	Curt Hutchens	65	M	Duluth	MN	357	25:52	4:25	5:10	278	39:41	15.6	3:40	360	37:32	15:01	1:51:51
355	33/34	841	Lorelei Wink	34	F	Glenwood City	WI	336	21:59	3:45	4:33	356	54:28	11.3	2:30	319	29:04	11:38	1:52:31
356	5/5	505	Michael Appleman	60	M	Minneapolis	MN									337	31:09	12:28	1:53:11
357	16/16	716	Kelly Haines	20	F	Duluth	MN	351	24:22	4:10	4:19	351	50:36	12.2	2:01	345	32:05	12:50	1:53:20
358	22/22	672	Susan Cadwell	44	F	Stillwater	MN	313	20:34	3:31	7:48	354	52:53	11.7	2:47	327	29:50	11:56	1:53:50
359	23/23	626	Lee Schotzko	36	M	Afton	MN	362	30:55	5:17	50:24					355	33:45	13:30	1:55:03
360	26/26	671	Samantha Cadwell	18	F	Stillwater	MN	348	23:38	4:02	5:04	352	52:43	11.7	2:33	352	33:32	13:25	1:57:29
361	34/34	875	Kristine Stave	34	F	Duluth	MN	315	20:44	3:32	5:54	360	57:04	10.8	3:34	353	33:40	13:28	2:00:53

362	14/14	619 Gary Rieks	57 M	Maple Grove	MN	360	27:40	4:43	5:30	328	44:35	13.9	3:19	362	40:19	16:08	2:01:20
363	3/4	876 Dr. Alexis Pogorelskin	62 F	Duluth	MN	335	21:56	3:45	7:32	359	56:31	10.9	4:02	357	35:42	14:17	2:05:40
364	35/35	705 Tami Fisher	35 F	Fridley	MN	190	15:28	2:39	7:05	362	1:02:47	9.8	3:36	359	37:07	14:51	2:06:01
365	4/4	784 Exilda Pearlman	63 F	Encinitas	CA	359	26:53	4:35	4:55	361	57:29	10.8	3:11	361	39:48	15:56	2:12:14
366	19/19	686 Beth Domholdt	48 F	Duluth	MN	350	23:56	4:05	7:45	363	1:05:47	9.4	6:47	365	49:58	19:59	2:34:11

results by Pickle Events

Results posted on: www.pickleevents.com

INDIVIDUAL MALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	568	Jason Kask	20	M	Duluth	MN	3	9:29	1:37	1:32	9	28:05	22.0	1:13	2	14:08	5:39	54:24
2	262	Dave Goldberg	46	M	Minneapolis	MN	1	8:56	1:32	1:07	4	27:24	22.6	1:25	16	16:08	6:27	54:58
3	79	Bill Kelley	34	M	Wrenshall	MN	11	11:01	1:53	1:24	1	26:51	23.0	1:19	13	15:52	6:21	56:25
4	622	Chris Sachs	26	M	White Bear Lake	MN	7	10:49	1:51	1:23	10	28:11	21.9	1:15	6	14:54	5:58	56:29
5	259	David Pipho	35	M	Duluth	MN	6	10:37	1:49	1:45	13	28:25	21.7	1:28	3	14:25	5:46	56:37
6	512	Josh Blankenheim	26	M	Duluth	MN	42	13:12	2:15	1:28	5	27:29	22.5	1:13	1	13:27	5:23	56:46
7	563	Ian Holmen	17	M	Grand Marais	MN	5	10:28	1:47	1:26	7	27:50	22.2	1:50	7	15:25	6:10	56:56
8	600	Leif Nordgren	17	M	Marine on St Croix	MN	31	12:49	2:11	1:34	3	27:14	22.7	1:18	10	15:42	6:17	58:34
9	627	chris schubert	53	M	LaCrescent	MN	4	10:08	1:44	1:45	8	28:03	22.0	1:54	37	17:15	6:54	59:03
10	247	Reilly Dougherty	16	M	Hibbing	MN	2	9:24	1:37	1:40	77	32:16	19.2	1:15	5	14:45	5:54	59:17
11	504	Justin Antus	32	M	Savage	MN	9	10:57	1:52	1:24	65	31:26	19.7	1:26	4	14:29	5:48	59:40
12	534	Daniel Duff	42	M	Duluth	MN	8	10:56	1:52	1:55	37	30:09	20.5	2:07	9	15:41	6:17	1:00:45
13	519	Brian Burdette	35	M	Hermantown	MN	24	12:24	2:07	1:40	20	29:09	21.2	1:31	19	16:33	6:37	1:01:14
14	618	Tom Richardson	44	M	Orr	MN	15	11:25	1:57	1:46	17	29:04	21.3	2:01	33	17:08	6:52	1:01:22
15	625	Michael Scherer	38	M	Duluth	MN	25	12:27	2:08	1:49	19	29:08	21.2	1:37	22	16:39	6:40	1:01:38
16	639	Kirk Vesterstein	45	M	Duluth	MN	23	12:20	2:06	2:16	25	29:24	21.0	1:50	15	16:01	6:25	1:01:47
17	523	Tom Cawcutt	29	M	Carlton	MN	73	14:08	2:25	1:39	18	29:07	21.2	1:15	17	16:08	6:28	1:02:15
18	569	Rob Kaufman	43	M	Chanhassen	MN	12	11:12	1:55	1:10	41	30:24	20.3	1:58	45	17:35	7:02	1:02:16
19	511	Ben Bittner	20	M	Twig	MN	28	12:33	2:09	1:42	22	29:18	21.1	1:40	36	17:11	6:53	1:02:22
20	632	David Schutz	30	M	Minneapolis	MN	20	12:06	2:04	1:32	39	30:21	20.4	1:33	28	16:52	6:45	1:02:22
21	574	Scott Kohls	48	M	Green Bay	WI	39	13:05	2:14	1:27	24	29:22	21.0	1:57	23	16:41	6:41	1:02:30
22	903	Aaron Piddle	31	M	Bloomington	MN	10	10:58	1:53	1:48	29	29:39	20.8	1:50	75	18:55	7:34	1:03:08
23	593	duane millslagle	56	M	Duluth	MN	26	12:29	2:08	1:56	42	30:25	20.3	1:49	30	16:57	6:47	1:03:34
24	597	Glenn Misgen	43	M	Duluth	MN	35	12:56	2:13	2:02	57	31:08	19.9	1:49	12	15:48	6:19	1:03:40
25	610	Michael Peterson	23	M	Duluth	MN	51	13:25	2:18	2:08	11	28:18	21.8	2:12	49	17:40	7:04	1:03:40
26	883	Rick Abrahamson	44	M	Duluth	MN	13	11:24	1:57	2:02	21	29:16	21.1	1:56	83	19:17	7:43	1:03:52
27	613	Roger Rask	50	M	Duluth	MN	57	13:31	2:19	1:32	28	29:37	20.9	2:10	32	17:08	6:52	1:03:55
28	851	greg johnson	34	M	carlton	MN	113	15:38	2:40	1:49	15	28:46	21.5	1:56	14	15:54	6:22	1:04:01
29	503	ronnie anderson	43	M	minneapolis	MN	75	14:14	2:26	1:24	12	28:24	21.8	2:16	53	17:48	7:08	1:04:02
30	256	carlos e guerra ruiz	31	M	duluth	MN	96	14:56	2:33	1:20	14	28:35	21.6	1:35	57	17:58	7:11	1:04:20
31	615	Jason Richardson	38	M	Mahtowa	MN	47	13:19	2:17	1:52	31	29:45	20.8	2:15	38	17:16	6:55	1:04:23
32	863	Nathan Waech	37	M	Grand Rapids	MN	43	13:13	2:16	2:14	67	31:41	19.5	1:43	11	15:43	6:18	1:04:31
33	573	Benjamin Kohls	25	M	Mankato	MN	112	15:38	2:40	2:17	6	27:45	22.3	1:49	41	17:28	6:59	1:04:53
34	508	Mike Auge	24	M	Roseville	MN	36	13:00	2:13	2:14	16	28:48	21.5	2:29	68	18:32	7:25	1:04:59
35	250	Mike Mueller	18	M	Minnetonka	MN	97	14:58	2:33	1:55	59	31:09	19.8	1:46	8	15:32	6:13	1:05:17
36	264	Steve Heikkila	49	M	St. Paul	MN	33	12:51	2:12	1:35	43	30:28	20.3	1:55	72	18:41	7:29	1:05:26
37	595	Peter Miner	26	M	Duluth	MN	77	14:19	2:27	1:40	30	29:41	20.8	2:35	40	17:28	6:59	1:05:39
38	517	Steve Brannan	18	M	Duluth	MN	14	11:24	1:57	2:37	78	32:20	19.1	1:34	58	18:02	7:13	1:05:54
39	882	Doug Berg	38	M	Duluth	MN	53	13:27	2:18	2:00	33	29:47	20.7	2:18	73	18:48	7:32	1:06:18
40	518	Kelly Brevik	25	M	Moorhead	MN	80	14:23	2:28	1:33	51	30:46	20.1	2:04	47	17:36	7:03	1:06:21
41	647	Rick Wheeler	55	M	River Falls	WI	79	14:22	2:27	2:04	49	30:44	20.1	1:44	43	17:32	7:01	1:06:23
42	570	Kevin Kervina	45	M	Duluth	MN	119	16:10	2:46	1:18	38	30:18	20.4	1:36	35	17:11	6:53	1:06:29
43	255	Tim Larson	23	M	Ashland	WI	18	11:54	2:02	2:47	93	32:57	18.8	1:25	48	17:38	7:04	1:06:39
44	624	Donald Sawyer	25	M	New Brighton	MN	87	14:44	2:31	2:03	26	29:25	21.0	2:25	63	18:18	7:20	1:06:53
45	847	Roberto Bucci	39	M	Thunder Bay	MN	98	15:02	2:34	3:14	2	26:51	23.0	3:42	60	18:12	7:17	1:06:58
46	591	GRANT MCDONALD	26	M	DASSEL	MN	64	13:51	2:22	1:45	58	31:09	19.8	1:46	69	18:33	7:25	1:07:00
47	581	Nate Labelle	25	M	Duluth	MN	131	17:12	2:56	1:50	23	29:22	21.0	1:54	27	16:50	6:44	1:07:06

48	594 Paul Miner	26 M	Duluth	MN	63	13:50	2:22	2:04	32	29:46	20.8	2:34	74	18:54	7:34	1:07:06
49	268 William Portilla	55 M	Duluth	MN	83	14:28	2:28	1:48	44	30:35	20.2	2:16	67	18:26	7:23	1:07:31
50	253 Brian Klatt	21 M	Grand Forks	ND	27	12:32	2:09	3:13	98	33:20	18.5	1:30	31	17:05	6:50	1:07:37
51	266 Kevin Welsh	51 M	Duluth	MN	85	14:39	2:30	2:21	34	29:56	20.6	2:13	70	18:33	7:26	1:07:40
52	514 will bonk	53 M	duluth	MN	94	14:53	2:33	2:12	60	31:10	19.8	1:24	59	18:11	7:17	1:07:48
53	553 dougls happy	48 M	duluth	MN	130	17:10	2:56	1:49	46	30:39	20.2	1:40	20	16:33	6:38	1:07:49
54	596 Jim Miner Jr.	52 M	Duluth	MN	55	13:27	2:18	1:54	61	31:14	19.8	2:08	84	19:18	7:43	1:07:57
55	589 TJ Lynch	41 M	St Louis Park	MN	93	14:53	2:33	3:06	62	31:16	19.8	2:00	25	16:48	6:44	1:08:00
56	32 Jeffrey Dykema	41 M	Lonsdale	MN	74	14:11	2:26	1:59	48	30:44	20.1	2:12	86	19:21	7:45	1:08:24
57	636 Keith Tuominen	43 M	Mission Viejo	CA	89	14:48	2:32	2:23	55	31:04	19.9	2:44	46	17:35	7:02	1:08:30
58	642 Brian Voge	40 M	Bemidji	MN	123	16:36	2:50	2:14	40	30:21	20.4	1:41	52	17:48	7:07	1:08:37
59	566 George Jennings	36 M	Pengilly	MO	52	13:26	2:18	2:40	108	34:03	18.1	1:56	21	16:37	6:39	1:08:40
60	541 Nick Faust	37 M	Muskegon	MI	86	14:42	2:31	2:51	47	30:41	20.1	2:34	56	17:56	7:11	1:08:40
61	590 Christopher marshall	34 M	red wing	MN	70	14:05	2:24	1:39	50	30:46	20.1	2:38	93	19:36	7:51	1:08:41
62	263 Brian Daugherty	M	Duluth	MN	38	13:02	2:14	2:19	111	34:08	18.1	1:23	54	17:54	7:10	1:08:42
63	848 Gregg Dahlgren	37 M	Duluth	MN	128	17:05	2:55	1:53	35	30:04	20.6	2:10	50	17:40	7:04	1:08:49
64	542 Troy Geheren	45 M	Anoka	MN	100	15:05	2:35	2:05	71	31:56	19.4	1:41	64	18:20	7:20	1:09:05
65	269 John Barber	58 M	Bloomington	MN	76	14:15	2:26	2:32	56	31:08	19.9	2:34	80	19:06	7:39	1:09:31
66	577 William Krauss	45 M	Rocheater	MN	50	13:25	2:18	2:33	76	32:11	19.2	2:31	76	18:57	7:35	1:09:33
67	61 Jason Hein	20 M	St. Cloud	MN	66	13:57	2:23	2:18	88	32:51	18.8	2:06	71	18:34	7:26	1:09:43
68	261 Chuck Palokangos	43 M	Duluth	MN	117	15:58	2:44	2:26	69	31:53	19.4	1:54	51	17:41	7:05	1:09:48
69	524 Timothy Chisholm	52 M	North Branch	MN	81	14:24	2:28	1:48	68	31:52	19.4	2:37	89	19:24	7:46	1:10:02
70	633 Michael stowman	38 M	duluth	MN	49	13:23	2:17	4:11	75	32:09	19.2	2:39	55	17:55	7:10	1:10:15
71	578 Brian Kronstedt	20 M	Shoreview	MN	29	12:34	2:09	3:43	104	33:49	18.3	1:57	65	18:22	7:21	1:10:22
72	267 Lee Francisco	54 M	Superior	WI	16	11:40	2:00	1:58	85	32:47	18.9	2:07	133	21:53	8:45	1:10:22
73	635 Nicholas Tollefson	12 M	Minneapolis	MN	61	13:45	2:21	1:59	87	32:48	18.8	2:22	94	19:40	7:52	1:10:31
74	893 Matt Evans	40 M	Eau Claire	WI	155	20:06	3:26	1:18	54	30:58	20.0	1:19	34	17:09	6:52	1:10:46
75	507 Dave Ashmead	27 M	Roseville	MN	104	15:22	2:38	1:59	117	34:26	17.9	2:13	26	16:49	6:44	1:10:47
76	251 Tom Fewer	18 M	Minnetonka	MN	30	12:35	2:09	2:16	112	34:11	18.1	1:51	101	20:00	8:00	1:10:50
77	558 George Hess III	35 M	Kohler	WI	105	15:22	2:38	2:43	79	32:29	19.0	2:08	66	18:23	7:21	1:11:03
78	265 Mark Rauschenfels	51 M	Duluth	MN	71	14:05	2:24	1:57	52	30:55	20.0	2:58	126	21:21	8:33	1:11:13
79	557 Eric Henderson	34 M	St. Louis Park	MN	116	15:55	2:43	3:17	90	32:54	18.8	2:19	29	16:54	6:46	1:11:17
80	890 Clinton Moen	59 M	Duluth	MN	44	13:13	2:16	2:20	70	31:54	19.4	2:22	128	21:33	8:37	1:11:19
81	582 Matt Lampi	31 M	Maple Grove	MN	62	13:50	2:22	2:17	91	32:55	18.8	1:58	109	20:29	8:12	1:11:26
82	509 John Bergquist	33 M	Red Wing	MN	138	17:51	3:03	2:24	36	30:09	20.5	2:00	81	19:06	7:39	1:11:26
83	258 Jamie Wright	33 M	Eden Prairie	MN	17	11:50	2:01	2:28	110	34:05	18.1	2:52	103	20:15	8:06	1:11:28
84	527 Pat Cutshall	41 M	Duluth	MN	60	13:39	2:20	2:30	63	31:18	19.7	2:35	129	21:39	8:40	1:11:39
85	648 Ryan Wickum	26 M	Burnsville	MN	127	16:58	2:54	3:12	83	32:39	18.9	2:10	24	16:46	6:43	1:11:43
86	552 John Haire	55 M	Duluth	MN	58	13:35	2:19	2:17	74	32:07	19.2	2:50	116	20:56	8:23	1:11:44
87	245 Luke Kavajecz	22 M	Washburn	WI	142	18:21	3:08	2:02	27	29:33	20.9	2:32	85	19:20	7:44	1:11:46
88	609 Alan Peterson	58 M	Duluth	MN	37	13:00	2:13	2:32	64	31:21	19.7	2:25	141	22:42	9:05	1:11:57
89	850 Matthew Hagelin	27 M	Duluth	MN	90	14:50	2:32	2:57	81	32:30	19.0	1:58	96	19:55	7:58	1:12:07
90	640 Darrin Viot	38 M	St. Louis Park	MN	101	15:11	2:36	2:08	92	32:55	18.8	1:24	111	20:34	8:14	1:12:11
91	246 Zach Goldberg	12 M	Minneapolis	MN	45	13:14	2:16	1:28	141	36:25	17.0	1:44	88	19:24	7:46	1:12:12
92	631 will schumacher	20 M	duluth	MN	109	15:27	2:38	3:10	133	35:35	17.4	1:52	18	16:20	6:32	1:12:21
93	604 Patrick O`Connor	50 M	Thunder Bay	CN	88	14:44	2:31	2:20	45	30:39	20.2	2:31	136	22:14	8:54	1:12:25
94	62 terry hill	54 M	maple grove	MN	59	13:36	2:20	3:01	80	32:29	19.0	2:08	125	21:21	8:33	1:12:32
95	901 Todd Kneebone	48 M	Duluth	MN	114	15:50	2:42	1:49	66	31:41	19.5	2:43	130	21:40	8:40	1:13:41
96	38 Alec Erdmann	24 M	Duluth	MN	108	15:26	2:38	3:15	99	33:34	18.4	2:08	87	19:21	7:45	1:13:42
97	539 Ryan Erdmann	30 M	Minneapolis	MN	32	12:50	2:12	2:32	102	33:44	18.3	1:52	143	22:47	9:07	1:13:42
98	649 Mark Winholtz	55 M	Andover	MN	118	16:01	2:44	2:07	72	31:59	19.3	2:07	127	21:31	8:37	1:13:43
99	620 Patrick Riley	30 M	Wrenshall	MN	110	15:31	2:39	2:57	103	33:46	18.3	2:28	79	19:05	7:38	1:13:44
100	644 Alexander Wepsala	19 M	Walker	MN	133	17:14	2:57	2:10	84	32:45	18.9	1:44	97	19:55	7:58	1:13:45
101	592 Mike Mills	47 M	Duluth	MN	72	14:06	2:25	1:45	137	36:15	17.0	1:39	110	20:31	8:13	1:14:12
102	513 Greg Bode	37 M	Eden Prairie	MN	69	14:03	2:24	2:23	82	32:34	19.0	2:19	145	23:09	9:16	1:14:25
103	629 ben schumacher	24 M	duluth	MN	124	16:42	2:51	2:40	123	34:51	17.7	2:01	62	18:18	7:19	1:14:29
104	614 Thomas Recht	42 M	Minneapolis	MN	54	13:27	2:18	4:03	152	37:25	16.5	2:13	39	17:26	6:59	1:14:32
105	884 Bill Helwig	50 M	Barnum	MN	129	17:09	2:56	3:41	86	32:48	18.8	2:09	77	18:58	7:36	1:14:42
106	555 Billy Haug	35 M	Billings	MT	56	13:29	2:18	3:45	94	33:09	18.6	3:20	120	21:16	8:31	1:14:56

107	646	Zakk West	17	M	Apple Valley	MN	78	14:20	2:27	3:00	132	35:34	17.4	1:53	104	20:16	8:07	1:15:01
108	248	Lars Fiorio	18	M	Ashland	WI	67	13:58	2:23	2:43	119	34:40	17.8	1:55	132	21:48	8:43	1:15:02
109	249	Luke Larson	18	M	Ashland	WI	48	13:22	2:17	2:31	147	36:56	16.7	1:47	107	20:29	8:12	1:15:03
110	588	Greg Lulich	19	M	Ashland	WI	34	12:55	2:13	2:31	151	37:24	16.5	1:47	108	20:29	8:12	1:15:04
111	565	Robert Idziorek	54	M	Duluth	MN	99	15:03	2:34	3:32	106	33:59	18.2	1:23	122	21:17	8:31	1:15:11
112	531	Glen Drexler	32	M	Duluth	MN	107	15:25	2:38	4:07	105	33:52	18.2	2:47	90	19:29	7:48	1:15:37
113	520	Eric Busse	21	M	Woodbury	MN	126	16:56	2:54	3:02	116	34:26	17.9	1:58	91	19:35	7:50	1:15:55
114	579	Jon Kronstedt	54	M	Shoreview	MN	22	12:16	2:06	2:52	109	34:05	18.1	2:30	157	24:19	9:44	1:15:58
115	525	Brian Corrigan	35	M	Minneapolis	MN	140	18:14	3:07	1:24	118	34:39	17.8	2:01	102	20:06	8:03	1:16:20
116	567	Joe kandiko	56	M	excelsior	MN	68	13:59	2:23	2:09	97	33:16	18.6	2:11	158	24:53	9:58	1:16:25
117	521	Patrick Carey	57	M	Duluth	MN	95	14:55	2:33	2:47	142	36:25	17.0	1:42	114	20:43	8:18	1:16:29
118	638	Steve Vanderheiden	39	M	Duluth	MN	19	12:02	2:03	2:42	134	35:43	17.3	3:01	147	23:13	9:17	1:16:38
119	530	Dave Donahue	46	M	Esko	MN	146	18:49	3:13	2:20	115	34:25	18.0	2:14	78	19:03	7:37	1:16:48
120	522	Jon Carlson	40	M	St. Peter	MN	40	13:10	2:15	3:04	124	35:01	17.6	3:12	140	22:35	9:02	1:16:58
121	516	Rodger Brannan	54	M	Duluth	MN	147	18:50	3:13	2:30	135	35:43	17.3	1:48	61	18:15	7:18	1:17:04
122	891	Steve Morris	23	M	Forest Lake	MN	122	16:33	2:50	1:36	149	37:21	16.5	1:41	100	19:57	7:59	1:17:07
123	528	Wally Danielson	45	M	Shakopee	MN	21	12:13	2:05	2:11	100	33:42	18.3	2:58	162	26:09	10:28	1:17:10
124	510	Matt Beseske	43	M	Duluth	MN	115	15:52	2:43	3:20	130	35:25	17.4	2:47	99	19:57	7:59	1:17:17
125	560	Joe hlebain	33	M	britt	MN	165	21:41	3:42	2:35	53	30:56	20.0	2:16	95	19:55	7:58	1:17:20
126	605	Earnest Peaslee	57	M	Duluth	MN	125	16:56	2:54	4:06	96	33:13	18.6	1:52	123	21:20	8:32	1:17:25
127	900	Ben Johnson	27	M	Faribault	MN	149	18:53	3:14	2:50	101	33:43	18.3	1:47	115	20:44	8:18	1:17:54
128	556	Jonathan Haug	32	M	Duluth	MN	121	16:30	2:49	3:44	95	33:11	18.6	3:20	121	21:16	8:31	1:17:59
129	598	Joseph Muller	48	M	Grand Rapids	MN	134	17:18	2:57	2:15	122	34:51	17.7	1:56	131	21:44	8:42	1:18:00
130	252	Dane Gottschall	20	M	Ashland	WI	139	17:51	3:03	3:00	155	37:46	16.4	1:59	42	17:30	7:00	1:18:04
131	572	Benjamin Knutson	31	M	Duluth	MN	84	14:36	2:30	2:59	139	36:17	17.0	3:18	117	20:59	8:24	1:18:07
132	536	Jim Emil	50	M	Andover	MN	91	14:50	2:32	2:11	121	34:46	17.8	2:47	153	23:42	9:29	1:18:13
133	575	Lyle Koivisto	61	M	Duluth	MN	151	19:11	3:17	2:39	73	32:00	19.3	2:10	137	22:17	8:55	1:18:15
134	561	William Hoffman	59	M	Cloquet	MN	111	15:35	2:40	2:30	153	37:29	16.5	1:55	119	21:14	8:30	1:18:40
135	584	Teddy Larson	25	M	Roseville	MN	82	14:27	2:28	2:21	145	36:38	16.9	2:08	149	23:23	9:22	1:18:55
136	586	Steve Laskowski	54	M	Duluth	MN	103	15:18	2:37	3:26	107	34:02	18.2	2:42	152	23:40	9:28	1:19:05
137	606	David Pederson	42	M	Duluth	MN	106	15:23	2:38	2:08	89	32:53	18.8	3:01	159	25:57	10:23	1:19:19
138	529	Jeremy Dietmeier	19	M	St Croix Falls	WI	152	19:12	3:17	2:52	158	38:07	16.2	1:53	44	17:33	7:02	1:19:34
139	637	David Turnham	50	M	Duluth	MN	102	15:12	2:36	3:08	140	36:24	17.0	2:45	135	22:12	8:53	1:19:39
140	849	Dennis Gunther	40	M	Brooklyn Park	MN	148	18:51	3:13	2:02	131	35:33	17.4	1:44	138	22:21	8:57	1:20:28
141	634	George Sweezy	54	M	Duluth	MN	156	20:16	3:28	3:19	114	34:23	18.0	2:24	106	20:20	8:08	1:20:39
142	562	John Holland	36	M	Minneapolis	MN	143	18:22	3:08	3:31	138	36:16	17.0	2:18	112	20:38	8:16	1:21:02
143	260	Kyle Smith	37	M	Duluth	MN	158	21:13	3:37	2:33	113	34:19	18.0	1:58	118	21:02	8:25	1:21:02
144	545	William Getts	60	M	Minneapolis	MN	157	20:51	3:34	3:15	120	34:44	17.8	2:59	82	19:17	7:43	1:21:03
145	551	thomas gust	41	M	blaine	MN	132	17:14	2:57	2:29	125	35:03	17.6	2:43	154	23:45	9:30	1:21:11
146	602	dan ohman	51	M	hermantown	MN	136	17:47	3:02	3:00	150	37:23	16.5	1:54	124	21:21	8:33	1:21:21
147	630	charles schumacher	55	M	duluth	MN	92	14:51	2:32	3:03	170	40:52	15.1	3:23	98	19:56	7:59	1:22:03
148	599	Connor Nelson	11	M	Eden Prairie	MN	41	13:11	2:15	2:02	162	39:07	15.8	2:12	160	25:58	10:23	1:22:28
149	544	Sean Gervais	32	M	Minneapolis	MN					157	38:03	16.2	2:41	144	23:04	9:14	1:22:37
150	881	Scott Newcomb	31	M	Forest Lake	MN	141	18:16	3:07	3:39	129	35:19	17.5	3:56	146	23:10	9:16	1:24:18
151	270	Jack Alexander	79	M	Duluth	MN	145	18:39	3:11	2:35	144	36:32	16.9	3:05	155	23:47	9:31	1:24:36
152	535	William Ebeling	16	M	Eagan	MN	120	16:15	2:47	3:47	161	38:46	15.9	2:35	151	23:33	9:25	1:24:54
153	548	Darrell Goldberg	43	M	Duluth	MN	65	13:54	2:23	3:01	166	39:50	15.5	2:21	161	26:00	10:24	1:25:03
154	540	Chad Erickson	30	M	Bloomington	MN	144	18:34	3:10	2:43	159	38:18	16.1	3:10	139	22:32	9:01	1:25:14
155	547	Joe Golcz	30	M	Duluth	MN	154	19:25	3:19	2:24	160	38:30	16.1	2:23	142	22:45	9:06	1:25:24
156	550	Kyle Graves	17	M	Attleboro	MA	162	21:35	3:41	2:29	136	36:14	17.1	2:33	148	23:19	9:20	1:26:08
157	628	dean schulstrom	67	M	coon rapids	MN	159	21:32	3:41	3:27	127	35:15	17.5	2:38	150	23:30	9:24	1:26:18
158	533	chris duesman	37	M	minneapolis	MN	167	22:37	3:52	5:30	156	37:53	16.3	3:11	92	19:36	7:51	1:28:45
159	549	David Goldberg	71	M	Duluth	MN	166	21:50	3:44	2:42	146	36:39	16.9	2:05	163	26:38	10:39	1:29:52
160	500	Jay Altman	32	M	minneapolis	MN	150	18:56	3:14	3:35	148	37:08	16.6	3:27	164	26:55	10:46	1:29:58
161	506	Nick Aretz	24	M	duluth	MN	173	29:46	5:05	3:18	126	35:12	17.6	1:49	105	20:20	8:08	1:30:22
162	546	Hart Gilchrist	38	M	Roseville	MN	160	21:34	3:41	4:03	167	39:54	15.5	2:19	156	23:49	9:32	1:31:37
163	538	C Jeff Erdmann	60	M	St. Cloud	MN	46	13:18	2:16	4:50	169	40:13	15.4	3:37	170	30:04	12:02	1:31:59
164	571	Brett Kinney	39	M	Duluth	MN	135	17:40	3:01	3:44	163	39:07	15.8	2:54	168	29:25	11:46	1:32:48
165	543	Steven Gerber	45	M	Delano	MN	153	19:20	3:18	4:34	128	35:17	17.5	3:48	171	30:46	12:19	1:33:42

166	611	Joshua Potaracke	26	M	Savage	MN	161	21:35	3:41	4:26	143	36:27	17.0	3:07	165	28:23	11:22	1:33:57
167	515	Bryon Bothun	44	M	Winona	MN	164	21:39	3:42	3:42	164	39:16	15.7	3:20	166	28:41	11:29	1:36:35
168	612	John Quinn	50	M	Golden Valley	MN	137	17:50	3:03	3:02	174	54:58	11.2	2:58	113	20:43	8:17	1:39:28
169	621	Tim Russell	43	M	Savage	MN	169	24:48	4:14	5:13	154	37:45	16.4	4:25	169	29:46	11:55	1:41:54
170	607	David Pederson Jr	20	M	Duluth	MN	163	21:38	3:42	2:32	173	54:22	11.4	2:32	134	22:08	8:52	1:43:09
171	645	Peter West	51	M	Apple Valley	MN	171	26:46	4:34	5:15	168	40:04	15.4	3:37	167	29:16	11:43	1:44:56
172	641	Chris Vizanko	61	M	Duluth	MN	168	23:23	4:00	4:35	171	42:34	14.5	3:02	173	31:57	12:47	1:45:28
173	564	Curt Hutchens	65	M	Duluth	MN	170	25:52	4:25	5:10	165	39:41	15.6	3:40	175	37:32	15:01	1:51:51
174	505	Michael Appleman	60	M	minneapolis	MN									172	31:09	12:28	1:53:11
175	626	Lee Schotzko	36	M	Afton	MN	174	30:55	5:17	50:24					174	33:45	13:30	1:55:03
176	619	Gary Rieks	57	M	maple grove	MN	172	27:40	4:43	5:30	172	44:35	13.9	3:19	176	40:19	16:08	2:01:20

INDIVIDUAL FEMALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	778	Jena Ogston	35	F	Duluth	MN												1:01:54
2	730	Stephanie Howe	23	F	Forest Lake	MN	39	13:26	2:18	2:30	6	30:50	20.0	1:28	1	15:02	6:01	1:03:14
3	753	Amy Klosterman	44	F	Saint Paul	MN	4	10:55	1:52	1:15	13	31:56	19.4	1:34	12	18:01	7:13	1:03:40
4	653	Meghan Anderson	25	F	Duluth	MN	10	11:55	2:02	1:34	7	30:58	20.0	1:41	7	17:36	7:03	1:03:42
5	679	Catie Cogger	18	F	Washburn	WI	50	14:00	2:24	1:15	10	31:31	19.6	1:30	3	16:49	6:44	1:05:03
6	742	Denise Kaitala	33	F	Duluth	MN	2	10:28	1:47	1:50	9	31:11	19.8	2:07	25	19:34	7:50	1:05:08
7	904	Krystyne Kras	36	F	Bloomington	MN	61	14:38	2:30	2:33	1	29:13	21.2	2:25	2	16:30	6:36	1:05:18
8	898	Jody Zeleznikav	33	F	Duluth	MN	48	13:59	2:23	1:41	8	31:06	19.9	1:52	5	16:58	6:47	1:05:33
9	786	Kerri Persons	31	F	Duluth	MN	6	11:34	1:59	1:24	12	31:44	19.5	1:55	21	19:03	7:37	1:05:37
10	735	Kelly Ingham	29	F	St. Paul	MN	45	13:50	2:22	2:02	3	30:29	20.3	1:44	10	17:53	7:09	1:05:56
11	241	Diane Holliday-Welsh	47	F	Duluth	MN	21	12:42	2:10	1:55	2	30:21	20.4	2:34	15	18:38	7:28	1:06:07
12	676	Sara Champlin	24	F	Prescott	WI	5	11:05	1:54	2:10	47	34:30	17.9	1:32	8	17:39	7:04	1:06:53
13	761	Kimberly Linde	19	F	Bloomington	MN	3	10:43	1:50	1:48	22	32:48	18.8	1:59	33	20:08	8:03	1:07:23
14	889	Leigh Wright	43	F	Duluth	MN	32	12:57	2:13	1:27	29	33:19	18.5	1:50	14	18:22	7:21	1:07:53
15	712	Cheryl Goldberg	47	F	Duluth	MN	57	14:19	2:27	1:51	5	30:48	20.1	2:11	18	18:48	7:32	1:07:55
16	764	Connie Lutkevich	38	F	Duluth	MN	46	13:55	2:23	2:00	14	32:04	19.3	2:03	11	18:00	7:12	1:08:00
17	238	Kirsten Bich	37	F	Duluth	MN	80	15:26	2:38	1:38	4	30:43	20.1	2:01	13	18:14	7:18	1:08:00
18	774	Sondra Mowers	42	F	Duluth	MN	12	12:08	2:05	1:51	15	32:05	19.3	2:04	28	19:54	7:58	1:08:00
19	681	Sara Conrad	27	F	St Paul	MN	92	15:53	2:43	1:32	18	32:35	19.0	1:41	4	16:57	6:47	1:08:35
20	798	Nancy Rectenwald	47	F	duluth,	MN	23	12:43	2:11	1:59	28	33:16	18.6	2:12	22	19:14	7:42	1:09:23
21	782	Kati Palmer	29	F	Superior	WI	71	15:07	2:35	1:54	16	32:13	19.2	1:40	16	18:42	7:29	1:09:33
22	736	Melanie Jakubek	34	F	Duluth	MN	25	12:48	2:11	2:18	25	32:59	18.7	2:33	23	19:20	7:44	1:09:56
23	750	Teresa Kimberley	35	F	Minneapolis	MN	58	14:23	2:27	1:59	11	31:34	19.6	1:53	51	20:46	8:19	1:10:32
24	689	Sarah Dragsten	28	F	Minneapolis	MN	15	12:15	2:06	2:42	71	36:40	16.9	1:40	9	17:43	7:05	1:10:58
25	657	Susanne Bakken	56	F	Duluth	MN	44	13:47	2:21	2:04	26	33:04	18.7	2:09	34	20:13	8:05	1:11:15
26	698	Kris Erie	37	F	Fisher	MN	33	13:06	2:14	2:21	20	32:39	18.9	2:21	58	21:04	8:26	1:11:29
27	820	Shawn Strathe	33	F	Minneapolis	MN	76	15:23	2:38	1:28	23	32:55	18.8	2:09	27	19:36	7:51	1:11:30
28	840	Nicole Willemsen Holma	29	F	Maple Grove	MN	93	16:00	2:44	2:22	21	32:40	18.9	1:43	19	18:56	7:35	1:11:39
29	802	Katherine Rubin	44	F	Duluth	MN	26	12:49	2:12	2:27	27	33:05	18.7	2:43	49	20:42	8:17	1:11:44
30	692	Tonya Dunn	34	F	Minneapolis	MN	42	13:44	2:21	2:35	45	34:28	17.9	2:19	17	18:48	7:31	1:11:52
31	675	Breanna Caywood	21	F	Duluth	MN	47	13:55	2:23	2:05	40	34:01	18.2	1:53	48	20:33	8:13	1:12:26
32	172	Maida Gunther	40	F	Brooklyn Park	MN	98	16:13	2:46	2:32	24	32:58	18.7	1:00	30	19:59	8:00	1:12:40
33	718	Linsey Hamilton	27	F	Saint Paul	MN	49	13:59	2:23	1:43	41	34:06	18.1	2:12	55	20:56	8:23	1:12:54
34	787	Carol Peterson	42	F	Minneapolis	MN	52	14:01	2:24	1:45	64	36:16	17.0	2:03	20	19:02	7:37	1:13:05
35	713	Cindy Grindy	50	F	Duluth	MN	28	12:53	2:12	1:39	50	34:52	17.7	1:44	89	22:35	9:02	1:13:42
36	722	Debbie Henderson	29	F	St. Louis Park	MN	79	15:25	2:38	2:07	30	33:31	18.4	2:33	35	20:15	8:06	1:13:48
37	853	Molly Donahue	21	F	Superior	WI	13	12:09	2:05	2:11	77	37:02	16.7	2:05	43	20:24	8:10	1:13:49
38	728	Dana Horihan	35	F	Forest Lake	MN	54	14:02	2:24	2:26	32	33:43	18.3	2:41	59	21:04	8:26	1:13:53
39	813	Diane Solbrack	43	F	Cambridge	MN	55	14:07	2:25	2:22	35	33:46	18.3	2:30	64	21:17	8:31	1:14:01
40	723	Sara Hess	32	F	Kohler	WI	59	14:35	2:30	3:02	38	33:55	18.2	2:17	38	20:16	8:07	1:14:02
41	809	Kathryn Sederberg	22	F	Duluth	MN	16	12:22	2:07	1:47	84	37:29	16.5	1:37	52	20:52	8:21	1:14:06
42	189	Kathryn Noah	29	F	Stillwater	MN	66	14:53	2:33	3:00	17	32:28	19.0	2:30	69	21:33	8:38	1:14:22

43	654	Aimee Arikian	27	F	St. Pau	MN	30	12:54	2:12	2:36	62	36:07	17.1	1:32	66	21:23	8:33	1:14:30
44	707	Julie frantz	30	F	Plymouth	MN	64	14:46	2:32	1:48	63	36:07	17.1	2:02	29	19:55	7:58	1:14:37
45	674	Mary Carlson	45	F	Moose Lake	MN	31	12:55	2:13	2:15	34	33:46	18.3	2:03	108	23:41	9:29	1:14:39
46	767	Heather Marden-Reilly	25	F	Duluth	MN	9	11:52	2:02	2:31	61	36:05	17.1	2:29	81	22:15	8:54	1:15:10
47	744	Pauline Kaplan	43	F	Minneapolis	MN	24	12:48	2:11	2:32	67	36:22	17.0	1:56	74	21:50	8:44	1:15:26
48	800	Julie Rosga	31	F	St. Paul	MN	87	15:41	2:41	2:05	55	35:21	17.5	2:17	40	20:17	8:07	1:15:40
49	781	Marissa Onheiber	38	F	Saint Paul	MN	91	15:50	2:42	2:20	49	34:50	17.7	2:17	50	20:44	8:18	1:15:59
50	691	Brenda Drickhamer	25	F	Duluth	MN	36	13:21	2:17	2:03	68	36:26	17.0	2:44	73	21:48	8:44	1:16:21
51	765	Alyssa Marden	28	F	Duluth	MN	43	13:47	2:21	2:25	80	37:12	16.6	2:06	57	21:01	8:25	1:16:29
52	745	Christiana Kapsner	28	F	Duluth	MN	68	14:58	2:33	3:06	33	33:46	18.3	3:11	68	21:32	8:37	1:16:30
53	780	Wendy Olson	29	F	Maple Grove	MN	95	16:04	2:45	2:45	46	34:29	17.9	2:22	53	20:53	8:22	1:16:31
54	812	Anita Siers	37	F	Duluth	MN	41	13:43	2:21	3:48	66	36:21	17.0	3:13	24	19:33	7:50	1:16:35
55	706	Rose Flato	47	F	St. Paul	MN	127	17:52	3:03	2:03	31	33:40	18.4	3:22	32	20:00	8:00	1:16:55
56	817	Marciann Stech	21	F	Duluth	MN	134	18:11	3:06	2:29	43	34:17	18.0	1:55	37	20:15	8:06	1:17:05
57	702	Lisa Faust	35	F	Muskegon	MI	62	14:42	2:31	2:24	48	34:36	17.9	2:11	102	23:14	9:18	1:17:05
58	234	Kristin Donley	27	F	Duluth	MN	70	15:02	2:34	1:48	37	33:54	18.2	2:18	114	24:06	9:39	1:17:05
59	747	Jill Kaske	35	F	Superior	WI	83	15:36	2:40	2:30	51	34:58	17.7	2:22	72	21:44	8:42	1:17:08
60	757	Elizabeth Kollen	26	F	Minneapolis	MN	89	15:44	2:41	2:17	70	36:35	16.9	2:14	47	20:30	8:12	1:17:19
61	748	Veronica Kaspszak	36	F	Hermantown	MN	126	17:49	3:03	2:19	54	35:19	17.5	1:44	41	20:18	8:08	1:17:27
62	240	Kathy Graves	45	F	North Attleboro	MA	90	15:46	2:42	1:48	19	32:36	19.0	2:26	127	24:55	9:58	1:17:28
63	835	Sue Watt	47	F	Esko	MN	78	15:25	2:38	2:17	90	38:10	16.2	1:28	42	20:22	8:09	1:17:40
64	789	anne pilarski	31	F	Plymouth	MN	14	12:10	2:05	2:18	98	38:44	16.0	1:52	92	22:45	9:06	1:17:46
65	650	Christine Aas-Larson	38	F	Denver	CO	88	15:42	2:41	2:56	39	34:00	18.2	3:28	71	21:43	8:41	1:17:47
66	825	Nichole Tubman	33	F	Apple Valley	MN	18	12:31	2:08	2:46	69	36:28	16.9	2:43	103	23:21	9:21	1:17:48
67	739	Deborah Johnson	42	F	St. Paul	MN	20	12:38	2:10	2:40	86	37:49	16.3	1:57	97	22:55	9:10	1:17:57
68	721	Briony Heltne	22	F	Duluth	MN	17	12:31	2:08	2:08	75	37:01	16.7	1:45	120	24:36	9:51	1:17:58
69	684	Suzanne Darnell	32	F	Minneapolis	MN	146	19:03	3:15	3:15	73	36:51	16.8	1:49	6	17:11	6:53	1:18:07
70	714	Kristen Grossman	18	F	Golden Valley	MN	107	16:36	2:50	2:56	53	35:10	17.6	2:03	70	21:41	8:41	1:18:23
71	720	Nicole Haskins	31	F	Minneapolis	MN	75	15:17	2:37	1:50	83	37:29	16.5	2:01	76	21:52	8:45	1:18:27
72	803	Gretchen Sage-Martinson	37	F	Saint Paul	MN	40	13:35	2:19	2:39	74	36:59	16.7	2:00	107	23:32	9:25	1:18:43
73	667	Amanda Brauer	25	F	Brooklyn Park	MN	7	11:44	2:00	2:15	42	34:10	18.1	2:53	148	27:47	11:07	1:18:47
74	235	Erin Barnes	25	F	Maple Grove	MN	8	11:49	2:01	2:46	131	41:00	15.1	1:24	75	21:50	8:44	1:18:49
75	826	Melanie Tuominen	35	F	Hermantown	MN	112	16:56	2:54	2:42	52	35:00	17.7	2:09	78	22:08	8:52	1:18:52
76	810	Suzy Shaughnessy	26	F	Duluth	MN	74	15:17	2:37	2:50	99	38:46	15.9	1:52	44	20:24	8:10	1:19:06
77	814	Courtney Spiegler	31	F	Robbinsdale	MN	65	14:48	2:32	2:10	106	39:06	15.8	1:52	67	21:23	8:33	1:19:17
78	788	Susan Peterson	44	F	Minneapolis	MN	73	15:09	2:35	3:01	78	37:06	16.7	2:00	82	22:15	8:54	1:19:30
79	687	Erin Donahue Donahue	18	F	Superior	WI	27	12:53	2:12	1:49	133	41:07	15.0	1:42	85	22:17	8:55	1:19:47
80	669	Holly Buchanan	38	F	Minneapolis	MN	69	15:00	2:34	2:43	120	40:17	15.3	1:55	36	20:15	8:06	1:20:08
81	799	Leah Rogotzke	17	F	Duluth	MN	19	12:38	2:10	2:19	105	39:01	15.8	1:55	116	24:21	9:45	1:20:12
82	693	Kirsten Dussault	30	F	Chaska	MN	35	13:13	2:16	2:56	109	39:25	15.7	2:33	87	22:31	9:01	1:20:38
83	665	Jill Bourman	34	F	Brooklyn Park	MN	67	14:55	2:33	2:17	107	39:11	15.8	2:15	84	22:17	8:55	1:20:52
84	733	Kristin Humke	33	F	Wayzata	MN	119	17:14	2:57	1:54	94	38:33	16.0	2:23	65	21:20	8:32	1:21:22
85	896	Penny Agar	52	F	Duluth	MN	72	15:07	2:35	2:53	89	38:09	16.2	2:38	93	22:45	9:06	1:21:30
86	741	Sarah Johnson	36	F	Minneapolis	MN	97	16:12	2:46	2:50	79	37:07	16.7	3:16	88	22:35	9:02	1:21:58
87	791	Jessie Potaracke	27	F	Savage	MN	53	14:02	2:24	2:44	110	39:26	15.7	1:59	110	23:59	9:36	1:22:07
88	844	Kellie Zoesch	20	F	Woodbury	MN	77	15:24	2:38	3:01	123	40:30	15.3	2:17	56	21:00	8:24	1:22:10
89	243	Joan Beissel	51	F	Dixon	IL	85	15:40	2:41	3:43	87	37:51	16.3	2:06	99	22:58	9:11	1:22:16
90	683	Sonja Daniels	33	F	Duluth	MN	105	16:33	2:50	2:50	82	37:21	16.5	2:26	101	23:13	9:17	1:22:21
91	763	Lise Lunge-Larsen	51	F	Duluth	MN	60	14:38	2:30	2:25	96	38:36	16.0	2:57	109	23:54	9:34	1:22:28
92	766	Sandra Marden-Lokken	53	F	Duluth	MN	100	16:19	2:47	3:33	92	38:22	16.1	3:23	61	21:11	8:29	1:22:46
93	842	andrea wojahn	39	F	mpls	MN	103	16:25	2:48	4:01	44	34:18	18.0	3:38	122	24:46	9:55	1:23:06
94	805	Trina Sandlie	37	F	Circle Pines	MN	123	17:38	3:01	2:58	59	35:58	17.2	2:42	112	24:01	9:37	1:23:15
95	756	Amanda Koehler	29	F	Minneapolis	MN	117	17:12	2:56	2:22	76	37:02	16.7	2:11	117	24:31	9:49	1:23:16
96	724	Sarah Hick	36	F	Minneapolis	MN	130	18:00	3:04	2:38	60	36:04	17.1	1:57	124	24:49	9:56	1:23:26
97	690	Susan Dragsten	59	F	Minneapolis	MN	101	16:20	2:47	3:48	58	35:53	17.2	2:44	121	24:45	9:54	1:23:27
98	697	Nicole Erickson	29	F	Bloomington	MN	102	16:22	2:48	3:19	88	37:54	16.3	3:25	90	22:39	9:04	1:23:38
99	239	Melinda Appold	42	F	Duluth	MN	56	14:08	2:25	2:52	117	40:02	15.4	2:25	118	24:33	9:49	1:23:58
100	708	Shannon Gardner	32	F	St. Paul	MN	121	17:25	2:59	3:06	100	38:46	15.9	2:41	77	22:05	8:50	1:24:00
101	822	Joy Swanoski	20	F	Duluth	MN	154	20:03	3:25	2:36	102	38:53	15.9	2:03	46	20:28	8:12	1:24:01

102	719	Kathy Hanten	52	F	Duluth	MN	84	15:38	2:40	3:24	130	40:57	15.1	3:00	60	21:05	8:26	1:24:02
103	752	Stephanie Kistner	23	F	Duluth	MN	109	16:53	2:53	3:22	85	37:38	16.4	2:14	113	24:02	9:37	1:24:06
104	668	Christina Briggs	34	F	Coon Rapids	MN	164	21:23	3:39	2:45	72	36:45	16.8	3:35	31	19:59	8:00	1:24:25
105	185	Mindy McCartney	30	F	Minneapolis	MN	128	17:54	3:04	3:26	127	40:52	15.1	2:18	39	20:16	8:07	1:24:45
106	717	Molly Halls	38	F	Faribault	MN	160	20:46	3:33	4:25	65	36:16	17.0	2:22	62	21:14	8:30	1:25:01
107	244	Cynthia Hagley	52	F	Duluth	MN	29	12:54	2:12	3:55	143	42:23	14.6	3:40	80	22:14	8:54	1:25:03
108	821	Jessi Swanoski	19	F	Duluth	MN	106	16:34	2:50	3:24	132	41:02	15.1	2:14	83	22:16	8:55	1:25:28
109	838	Sue White	40	F	Champlin	MN	110	16:53	2:53	4:22	56	35:24	17.5	3:33	133	25:38	10:15	1:25:48
110	771	Cathy McGregor	52	F	Duluth	MN	99	16:17	2:47	2:58	95	38:35	16.0	3:12	128	24:58	10:00	1:25:59
111	790	christine poganski	48	F	St. Cloud,	MN	129	17:57	3:04	2:30	119	40:16	15.3	2:45	91	22:41	9:05	1:26:08
112	762	Tina Lueth	26	F	Mayer	MN	118	17:12	2:56	4:05	152	43:34	14.2	1:54	26	19:36	7:51	1:26:20
113	709	Lynn Gibson	50	F	Twig	MN	51	14:00	2:24	2:52	135	41:11	15.0	2:26	138	26:07	10:27	1:26:35
114	725	Lisa Higgs	32	F	St. Paul	MN	132	18:06	3:06	4:06	103	38:57	15.9	3:01	86	22:27	8:59	1:26:36
115	680	Jeanine Connell	34	F	Hayward	WI	116	17:09	2:56	4:30	114	39:57	15.5	2:12	104	23:22	9:21	1:27:09
116	874	Emily Graves	12	F	North Attleboro	MA	113	16:59	2:54	3:16	136	41:42	14.8	2:36	95	22:48	9:08	1:27:20
117	726	kimberly hobert	44	F	roseville	MN	151	19:16	3:17	2:49	81	37:16	16.6	3:11	126	24:55	9:58	1:27:25
118	783	Anita Patel	26	F	Minneapolis	MN	125	17:41	3:01	3:44	125	40:43	15.2	2:32	100	23:02	9:13	1:27:40
119	729	anne howard	47	F	superior	WI	152	19:52	3:24	4:12	93	38:23	16.1	2:55	94	22:46	9:07	1:28:06
120	892	Amanda Cherne	31	F	Duluth	MN	38	13:25	2:18	2:20	144	42:29	14.5	2:20	149	27:50	11:08	1:28:21
121	695	Jessie Egley	26	F	Golden Valley	MN	94	16:01	2:44	2:33	140	42:21	14.6	2:06	132	25:28	10:12	1:28:26
122	661	Teri Berg	28	F	Barnum	MN	173	22:37	3:52	3:26	101	38:46	15.9	1:46	79	22:11	8:53	1:28:44
123	754	Amy Knox	36	F	Minneapolis	MN	189	65:09	11:07		121	40:20	15.3	3:59	98	22:58	9:11	1:29:09
124	797	Michele Rapinac	38	F	Maple Grove	MN	140	18:32	3:10	4:32	104	38:57	15.9	3:11	111	24:01	9:37	1:29:11
125	233	Kelsey Johnson	25	F	Duluth	MN	22	12:43	2:11	2:58	122	40:28	15.3	2:54	161	30:17	12:07	1:29:17
126	828	Jessica Ubl	30	F	Apple Valley	MN	86	15:40	2:41	2:21	157	44:46	13.8	2:34	125	24:49	9:56	1:30:08
127	662	Susan Bergquist	36	F	Red Wing	MN	149	19:08	3:16	2:47	129	40:55	15.1	2:25	129	25:02	10:01	1:30:16
128	677	Lindsey Charlton	25	F	Duluth	MN	114	17:03	2:55	2:39	163	45:52	13.5	2:12	96	22:52	9:09	1:30:36
129	832	Amy Votel	34	F	Mendota Heights	MN	124	17:40	3:01	3:10	115	39:58	15.5	2:41	146	27:12	10:53	1:30:38
130	673	Amy Carlson	39	F	Minneapolis	MN	179	23:31	4:01	4:21	108	39:12	15.8	2:40	63	21:17	8:31	1:30:59
131	743	georgia kandiko	53	F	excelsior	MN	131	18:04	3:05	3:53	118	40:03	15.4	3:45	136	25:47	10:19	1:31:30
132	819	Sally Stockbridge	51	F	Minneapolis	MN	82	15:31	2:39	3:16	148	42:57	14.4	2:51	145	27:11	10:53	1:31:44
133	737	Conny Jay	49	F	maple grove	MN	138	18:28	3:09	3:33	126	40:52	15.1	2:38	139	26:25	10:34	1:31:54
134	656	Linda Bailey	49	F	Ashland	WI	158	20:42	3:32	4:02	113	39:28	15.7	3:35	115	24:10	9:40	1:31:56
135	845	Katie Zwolski	24	F	St. Paul	MN	34	13:10	2:15	2:51	161	45:21	13.6	2:37	150	28:13	11:17	1:32:10
136	897	Cathy Richardson	41	F	Stillwater	MN	148	19:05	3:16	3:31	141	42:21	14.6	3:57	106	23:31	9:25	1:32:23
137	699	Lesley Ernst	47	F	Apple Valley	MN	165	21:33	3:41	2:19	111	39:27	15.7	2:42	142	26:28	10:35	1:32:28
138	843	Annie Young	43	F	Burnsville	MN	166	21:34	3:41	2:19	112	39:27	15.7	2:43	141	26:26	10:35	1:32:28
139	823	Wendy Swanson	44	F	Bloomington	MN	120	17:17	2:57	3:07	91	38:19	16.1	2:47	168	31:35	12:38	1:33:02
140	727	Elizabeth Holt	61	F	Duluth	MN	137	18:27	3:09	4:06	137	41:53	14.8	3:55	130	25:05	10:02	1:33:24
141	658	Gina Ballweber	34	F	Brooklyn Park	MN	167	21:52	3:44	3:02	124	40:36	15.2	2:17	135	25:42	10:17	1:33:26
142	834	Mary Waters	39	F	Minneapolis	MN	108	16:43	2:51	3:15	138	41:58	14.7	2:16	156	29:39	11:52	1:33:49
143	886	Anne Hed	45	F	North Oaks	MN	11	12:04	2:04	2:01	153	44:04	14.0	2:54	176	32:50	13:08	1:33:52
144	776	Ellen Nelson	17	F	Wyoming	MN	181	23:46	4:03	4:08	134	41:09	15.0	2:22	105	23:28	9:23	1:34:49
145	830	Rebecca Viot	39	F	st. Louis Park	MN	174	22:55	3:55	4:02	162	45:21	13.6	2:14	45	20:26	8:11	1:34:55
146	670	Margaret Byrne	61	F	St. Louis Park	MN	185	24:27	4:10	3:27	97	38:37	16.0	2:37	137	25:55	10:22	1:35:00
147	794	Rachel Quinn	23	F	Minneapolis	MN	63	14:45	2:31	3:02	184	55:10	11.2	1:54	54	20:54	8:22	1:35:43
148	808	Tami Schuster	37	F	Brooklyn Park	MN	133	18:09	3:06	3:43	164	46:16	13.4	2:39	131	25:19	10:08	1:36:04
149	827	Susan Mattis Turnham	51	F	Duluth	MN	150	19:10	3:16	3:47	128	40:53	15.1	3:16	154	29:14	11:42	1:36:18
150	836	Karen West	55	F	Apple Valley	MN	111	16:54	2:53	4:41	116	39:59	15.5	5:33	155	29:38	11:52	1:36:44
151	796	Jill Radman	36	F	st. paul	MN	37	13:25	2:18	5:51	57	35:45	17.3	2:06	187	40:37	16:15	1:37:42
152	777	Lynn Newton	36	F	West St. Paul	MN	1	9:26	1:37	2:18	36	33:48	18.3	3:06	188	49:07	19:39	1:37:43
153	839	Alissa Wild	26	F	Watertown	MN	135	18:22	3:08	2:12	145	42:44	14.5	2:34	171	32:05	12:50	1:37:55
154	760	Andrea Legut-Greene	34	F	New Richmond	WI	144	18:44	3:12	3:17	156	44:35	13.9	3:18	152	28:46	11:31	1:38:38
155	660	Amanda Becker	22	F	Apple Valley	MN	168	21:53	3:44	2:55	168	46:54	13.2	2:26	123	24:47	9:55	1:38:53
156	902	Tamie Kugler	46	F	Watertown	MN	96	16:10	2:46	3:26	165	46:20	13.3	3:28	157	29:44	11:54	1:39:06
157	663	Christine Bothun	39	F	Winona	MN	136	18:22	3:08	2:48	151	43:15	14.3	2:49	169	31:54	12:46	1:39:06
158	664	Stephanie Bourgeois	26	F	Eden Prairie	MN	153	19:55	3:24	3:15	171	47:40	13.0	2:31	140	26:26	10:35	1:39:45
159	806	Lisa Scherer	36	F	West Des Moines	IA	141	18:34	3:10	2:13	178	49:57	12.4	3:29	134	25:41	10:17	1:39:52
160	793	Carol Quinn	47	F	Golden Valley	MN	178	23:28	4:00	4:16	146	42:46	14.5	2:17	147	27:31	11:01	1:40:14

161	792	Anne Quinn	37	F	Minnetonka	MN	163	20:55	3:34	4:51	170	47:30	13.0	3:12	119	24:35	9:50	1:41:01
162	785	Jennifer Peck	27	F	Minneapolis	MN	104	16:27	2:49	5:09	139	42:01	14.7	4:39	178	32:57	13:11	1:41:11
163	703	Jeannine Ferland	42	F	minneapolis	MN	143	18:43	3:12	4:28	150	43:05	14.3	3:51	167	31:26	12:35	1:41:30
164	759	Christine Legg	31	F	Duluth	MN	162	20:49	3:33	3:56	172	47:48	12.9	3:14	144	26:31	10:37	1:42:15
165	755	Sarah Knutson	32	F	Duluth	MN	161	20:47	3:33	3:57	173	47:50	12.9	3:13	143	26:30	10:36	1:42:15
166	685	Lannie Dawson	50	F	Minneapolis	MN	147	19:04	3:15	4:52	160	45:08	13.7	3:30	164	30:51	12:21	1:43:23
167	678	Kathleen Clark	65	F	Duluth	MN	156	20:11	3:27	4:25	149	43:03	14.4	4:23	173	32:17	12:55	1:44:17
168	655	Sarah Azhadi	22	F	Thunder Bay	CN	115	17:09	2:56	3:23	175	48:46	12.7	2:48	175	32:43	13:06	1:44:46
169	815	Crystal Sroga	42	F	Minneapolis	MN	139	18:31	3:10	4:15	169	47:11	13.1	3:48	165	31:05	12:26	1:44:49
170	773	Anne Mollerus	39	F	Eden Prairie	MN	177	23:22	3:59	5:22	147	42:50	14.4	3:23	162	30:18	12:08	1:45:14
171	738	monica jochmans	53	F	shoreview	MN	176	23:14	3:58	3:35	142	42:22	14.6	3:58	177	32:52	13:09	1:45:59
172	746	Julie Karlen	31	F	Mendota Heights	MN	142	18:41	3:11	3:31	176	48:58	12.6	3:00	170	32:02	12:49	1:46:09
173	818	Erika Stienessen	29	F	Belle Plaine	MN	145	18:49	3:13	6:10	155	44:24	13.9	5:12	174	32:42	13:05	1:47:14
174	770	Christine McCarthy	40	F	Two Harbors	MN	171	22:25	3:50	5:19	158	44:59	13.7	3:40	166	31:17	12:31	1:47:38
175	651	Kim Aho	22	F	duluth	MN	184	24:23	4:10	4:17	177	49:03	12.6	2:38	151	28:42	11:29	1:49:01
176	768	Jonna Math	41	F	medford	MN	122	17:29	2:59	6:29	174	47:53	12.9	3:29	181	33:44	13:30	1:49:02
177	696	Cory Emil	48	F	Andover	MN	175	22:57	3:55	3:05	154	44:11	14.0	3:47	184	35:59	14:24	1:49:56
178	824	Elizabeth Tillotson	44	F	Minneapolis	MN	186	24:53	4:15	4:52	167	46:53	13.2	3:20	159	29:59	12:00	1:49:56
179	811	Kate Short	45	F	Minneapolis	MN	187	24:54	4:15	4:57	166	46:52	13.2	3:15	160	30:00	12:00	1:49:57
180	715	Pam Guilford	48	F	Champlin	MN	172	22:27	3:50	3:47	159	45:01	13.7	3:56	182	35:15	14:06	1:50:24
181	831	Jennifer Voge	34	F	Bemidji	MN	155	20:08	3:26	4:00	181	52:48	11.7	3:10	163	30:43	12:17	1:50:46
182	841	Lorelei Wink	34	F	Glenwood City	WI	170	21:59	3:45	4:33	183	54:28	11.3	2:30	153	29:04	11:38	1:52:31
183	716	Kelly Haines	20	F	Duluth	MN	183	24:22	4:10	4:19	179	50:36	12.2	2:01	172	32:05	12:50	1:53:20
184	672	Susan Cadwell	44	F	Stillwater	MN	157	20:34	3:31	7:48	182	52:53	11.7	2:47	158	29:50	11:56	1:53:50
185	671	Samantha Cadwell	18	F	Stillwater	MN	180	23:38	4:02	5:04	180	52:43	11.7	2:33	179	33:32	13:25	1:57:29
186	875	Kristine Stave	34	F	Duluth	MN	159	20:44	3:32	5:54	186	57:04	10.8	3:34	180	33:40	13:28	2:00:53
187	876	Dr. Alexis Pogorelskin	62	F	Duluth	MN	169	21:56	3:45	7:32	185	56:31	10.9	4:02	183	35:42	14:17	2:05:40
188	705	Tami Fisher	35	F	Fridley	MN	81	15:28	2:39	7:05	188	1:02:47	9.8	3:36	185	37:07	14:51	2:06:01
189	784	Exilda Pearlman	63	F	Encinitas	CA	188	26:53	4:35	4:55	187	57:29	10.8	3:11	186	39:48	15:56	2:12:14
190	686	Beth Domholdt	48	F	Duluth	MN	182	23:56	4:05	7:45	189	1:05:47	9.4	6:47	189	49:58	19:59	2:34:11

DID NOT FINISH OR DISQUALIFIED

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
715	Pam Guilford	48	F	Champlin	MN	2	22:27	3:50	3:47	1	45:01	13.7	3:56	1	35:15	14:06	1:50:24
107	Justin Paur	26	M	St. Louis Park	MN	1	10:23	1:47	7:11	2	1:17:25	8.0	5:45	2	49:10	19:40	2:29:52
877	Erin Stave	34	M	Duluth	MN	3	23:53	4:05	5:13								

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Dave Goldberg	Minneapolis	MN	46	M	8:56	1:32
2	Reilly Dougherty	Hibbing	MN	16	M	9:24	1:37
3	Lynn Newton	West St. Paul	MN	36	F	9:26	1:37
4	Jason Kask	Duluth	MN	20	M	9:29	1:37
5	chris schubert	LaCrescent	MN	53	M	10:08	1:44
6	Ian Holmen	Grand Marais	MN	17	M	10:28	1:47
7	Denise Kaitala	Duluth	MN	33	F	10:28	1:47
8	David Pipho	Duluth	MN	35	M	10:37	1:49
9	Kimberly Linde	Bloomington	MN	19	F	10:43	1:50
10	Chris Sachs	White Bear Lak	MN	26	M	10:49	1:51

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
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1	Bill Kelley	Wrenshall	MN	34	M	00:26:51	23.0
2	Roberto Bucci	Thunder Bay	MN	39	M	00:26:51	23.0
3	Leif Nordgren	Marine on St C	MN	17	M	00:27:14	22.7
4	Dave Goldberg	Minneapolis	MN	46	M	00:27:24	22.6
5	Josh Blankenheim	Duluth	MN	26	M	00:27:29	22.5
6	Benjamin Kohls	Mankato	MN	25	M	00:27:45	22.3
7	Ian Holmen	Grand Marais	MN	17	M	00:27:50	22.2
8	chris schubert	LaCrescent	MN	53	M	00:28:03	22.0
9	Jason Kask	Duluth	MN	20	M	00:28:05	22.0
10	Chris Sachs	White Bear Lak	MN	26	M	00:28:11	21.9

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Josh Blankenheim	Duluth	MN	26	M	13:27	5:23
2	Jason Kask	Duluth	MN	20	M	14:08	5:39
3	David Piph	Duluth	MN	35	M	14:25	5:46
4	Justin Antus	Savage	MN	32	M	14:29	5:48
5	Reilly Dougherty	Hibbing	MN	16	M	14:45	5:54
6	Chris Sachs	White Bear Lak	MN	26	M	14:54	5:58
7	Stephanie Howe	Forest Lake	MN	23	F	15:02	6:01
8	Ian Holmen	Grand Marais	MN	17	M	15:25	6:10
9	Mike Mueller	Minnetonka	MN	18	M	15:32	6:13
10	Daniel Duff	Duluth	MN	42	M	15:41	6:17

BREWHOUSE TRIATHLON

PIKE LAKE AAA BEACH CLUB, DULUTH, MN - AUGUST 6, 2006
SHORT COURSE: AGE GROUP RESULTS

FEMALE AGE GROUP 1 - 17

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	799	Leah Rogotzke	17	F	Duluth	MN	1	12:38	2:10	2:19	1	39:01	15.8	1:55	3	24:21	9:45	1:20:12
2	874	Emily Graves	12	F	North Attleboro	MA	2	16:59	2:54	3:16	3	41:42	14.8	2:36	1	22:48	9:08	1:27:20
3	776	Ellen Nelson	17	F	Wyoming	MN	3	23:46	4:03	4:08	2	41:09	15.0	2:22	2	23:28	9:23	1:34:49

MALE AGE GROUP 1 - 17

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	563	Ian Holmen	17	M	Grand Marais	MN	2	10:28	1:47	1:26	2	27:50	22.2	1:50	2	15:25	6:10	56:56
2	600	Leif Nordgren	17	M	Marine On St Croix	MN	3	12:49	2:11	1:34	1	27:14	22.7	1:18	3	15:42	6:17	58:34
3	247	Reilly Dougherty	16	M	Hibbing	MN	1	9:24	1:37	1:40	3	32:16	19.2	1:15	1	14:45	5:54	59:17
4	635	Nicholas Tollefson	12	M	Minneapolis	MN	6	13:45	2:21	1:59	4	32:48	18.8	2:22	5	19:40	7:52	1:10:31
5	246	Zach Goldberg	12	M	Minneapolis	MN	5	13:14	2:16	1:28	7	36:25	17.0	1:44	4	19:24	7:46	1:12:12
6	646	Zakk West	17	M	Apple Valley	MN	7	14:20	2:27	3:00	5	35:34	17.4	1:53	6	20:16	8:07	1:15:01
7	599	Connor Nelson	11	M	Eden Prairie	MN	4	13:11	2:15	2:02	9	39:07	15.8	2:12	9	25:58	10:23	1:22:28
8	535	William Ebeling	16	M	Eagan	MN	8	16:15	2:47	3:47	8	38:46	15.9	2:35	8	23:33	9:25	1:24:54
9	550	Kyle Graves	17	M	Attleboro	MA	9	21:35	3:41	2:29	6	36:14	17.1	2:33	7	23:19	9:20	1:26:08

FEMALE AGE GROUP 18 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	730	Stephanie Howe	23	F	Forest Lake	MN	8	13:26	2:18	2:30	1	30:50	20.0	1:28	1	15:02	6:01	1:03:14
2	679	Catie Cogger	18	F	Washburn	WI	10	14:00	2:24	1:15	2	31:31	19.6	1:30	2	16:49	6:44	1:05:03
3	676	Sara Champlin	24	F	Prescott	WI	2	11:05	1:54	2:10	6	34:30	17.9	1:32	3	17:39	7:04	1:06:53
4	761	Kimberly Linde	19	F	Bloomington	MN	1	10:43	1:50	1:48	3	32:48	18.8	1:59	4	20:08	8:03	1:07:23

5	675	Breanna Caywood	21	F	Duluth	MN	9	13:55	2:23	2:05	4	34:01	18.2	1:53	8	20:33	8:13	1:12:26
6	853	Molly Donahue	21	F	Superior	WI	3	12:09	2:05	2:11	9	37:02	16.7	2:05	6	20:24	8:10	1:13:49
7	809	Kathryn Sederberg	22	F	Duluth	MN	4	12:22	2:07	1:47	10	37:29	16.5	1:37	9	20:52	8:21	1:14:06
8	817	Marciann Stech	21	F	Duluth	MN	17	18:11	3:06	2:29	5	34:17	18.0	1:55	5	20:15	8:06	1:17:05
9	721	Briony Heltne	22	F	Duluth	MN	5	12:31	2:08	2:08	8	37:01	16.7	1:45	16	24:36	9:51	1:17:58
10	714	Kristen Grossman	18	F	Golden Valley	MN	14	16:36	2:50	2:56	7	35:10	17.6	2:03	12	21:41	8:41	1:18:23
11	687	Erin Donahue Donahue	18	F	Superior	WI	6	12:53	2:12	1:49	15	41:07	15.0	1:42	14	22:17	8:55	1:19:47
12	844	Kellie Zoesch	20	F	Woodbury	MN	12	15:24	2:38	3:01	13	40:30	15.3	2:17	11	21:00	8:24	1:22:10
13	822	Joy Swanoski	20	F	Duluth	MN	18	20:03	3:25	2:36	12	38:53	15.9	2:03	7	20:28	8:12	1:24:01
14	752	Stephanie Kistner	23	F	Duluth	MN	15	16:53	2:53	3:22	11	37:38	16.4	2:14	15	24:02	9:37	1:24:06
15	821	Jessi Swanoski	19	F	Duluth	MN	13	16:34	2:50	3:24	14	41:02	15.1	2:14	13	22:16	8:55	1:25:28
16	845	Katie Zwolski	24	F	St. Paul	MN	7	13:10	2:15	2:51	16	45:21	13.6	2:37	18	28:13	11:17	1:32:10
17	794	Rachel Quinn	23	F	Minneapolis	MN	11	14:45	2:31	3:02	22	55:10	11.2	1:54	10	20:54	8:22	1:35:43
18	660	Amanda Becker	22	F	Apple Valley	MN	19	21:53	3:44	2:55	17	46:54	13.2	2:26	17	24:47	9:55	1:38:53
19	655	Sarah Azhadi	22	F	Thunder Bay	CN	16	17:09	2:56	3:23	18	48:46	12.7	2:48	21	32:43	13:06	1:44:46
20	651	Kim Aho	22	F	Duluth	MN	22	24:23	4:10	4:17	19	49:03	12.6	2:38	19	28:42	11:29	1:49:01
21	716	Kelly Haines	20	F	Duluth	MN	21	24:22	4:10	4:19	20	50:36	12.2	2:01	20	32:05	12:50	1:53:20
22	671	Samantha Cadwell	18	F	Stillwater	MN	20	23:38	4:02	5:04	21	52:43	11.7	2:33	22	33:32	13:25	1:57:29

MALE AGE GROUP 18 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	568	Jason Kask	20	M	Duluth	MN	1	9:29	1:37	1:32	1	28:05	22.0	1:13	1	14:08	5:39	54:24
2	511	Ben Bittner	20	M	Twig	MN	5	12:33	2:09	1:42	4	29:18	21.1	1:40	5	17:11	6:53	1:02:22
3	610	Michael Peterson	23	M	Duluth	MN	11	13:25	2:18	2:08	2	28:18	21.8	2:12	9	17:40	7:04	1:03:40
4	508	Mike Auge	24	M	Roseville	MN	9	13:00	2:13	2:14	3	28:48	21.5	2:29	13	18:32	7:25	1:04:59
5	250	Mike Mueller	18	M	Minnetonka	MN	14	14:58	2:33	1:55	6	31:09	19.8	1:46	2	15:32	6:13	1:05:17
6	517	Steve Brannan	18	M	Duluth	MN	2	11:24	1:57	2:37	7	32:20	19.1	1:34	10	18:02	7:13	1:05:54
7	255	Tim Larson	23	M	Ashland	WI	3	11:54	2:02	2:47	10	32:57	18.8	1:25	8	17:38	7:04	1:06:39
8	253	Brian Klatt	21	M	Grand Forks	ND	4	12:32	2:09	3:13	11	33:20	18.5	1:30	4	17:05	6:50	1:07:37
9	61	Jason Hein	20	M	St. Cloud	MN	12	13:57	2:23	2:18	9	32:51	18.8	2:06	14	18:34	7:26	1:09:43
10	578	Brian Kronstedt	20	M	Shoreview	MN	6	12:34	2:09	3:43	13	33:49	18.3	1:57	12	18:22	7:21	1:10:22
11	251	Tom Fewer	18	M	Minnetonka	MN	7	12:35	2:09	2:16	14	34:11	18.1	1:51	20	20:00	8:00	1:10:50
12	245	Luke Kavajecz	22	M	Washburn	WI	22	18:21	3:08	2:02	5	29:33	20.9	2:32	15	19:20	7:44	1:11:46
13	631	Will Schumacher	20	M	Duluth	MN	16	15:27	2:38	3:10	19	35:35	17.4	1:52	3	16:20	6:32	1:12:21
14	38	Alec Erdmann	24	M	Duluth	MN	15	15:26	2:38	3:15	12	33:34	18.4	2:08	16	19:21	7:45	1:13:42
15	644	Alexander Wepsala	19	M	Walker	MN	20	17:14	2:57	2:10	8	32:45	18.9	1:44	18	19:55	7:58	1:13:45
16	629	Ben Schumacher	24	M	Duluth	MN	18	16:42	2:51	2:40	17	34:51	17.7	2:01	11	18:18	7:19	1:14:29
17	248	Lars Fiorio	18	M	Ashland	WI	13	13:58	2:23	2:43	16	34:40	17.8	1:55	24	21:48	8:43	1:15:02
18	249	Luke Larson	18	M	Ashland	WI	10	13:22	2:17	2:31	20	36:56	16.7	1:47	22	20:29	8:12	1:15:03
19	588	Greg Lulich	19	M	Ashland	WI	8	12:55	2:13	2:31	22	37:24	16.5	1:47	23	20:29	8:12	1:15:04
20	520	Eric Busse	21	M	Woodbury	MN	19	16:56	2:54	3:02	15	34:26	17.9	1:58	17	19:35	7:50	1:15:55
21	891	Steve Morris	23	M	Forest Lake	MN	17	16:33	2:50	1:36	21	37:21	16.5	1:41	19	19:57	7:59	1:17:07
22	252	Dane Gottschall	20	M	Ashland	WI	21	17:51	3:03	3:00	23	37:46	16.4	1:59	6	17:30	7:00	1:18:04
23	529	Jeremy Dietmeier	19	M	St Croix Falls	WI	23	19:12	3:17	2:52	24	38:07	16.2	1:53	7	17:33	7:02	1:19:34
24	506	Nick Aretz	24	M	Duluth	MN	25	29:46	5:05	3:18	18	35:12	17.6	1:49	21	20:20	8:08	1:30:22
25	607	David Pederson Jr	20	M	Duluth	MN	24	21:38	3:42	2:32	25	54:22	11.4	2:32	25	22:08	8:52	1:43:09

FEMALE AGE GROUP 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	653	Meghan Anderson	25	F	Duluth	MN	4	11:55	2:02	1:34	2	30:58	20.0	1:41	2	17:36	7:03	1:03:42
2	735	Kelly Ingham	29	F	St. Paul	MN	10	13:50	2:22	2:02	1	30:29	20.3	1:44	4	17:53	7:09	1:05:56
3	681	Sara Conrad	27	F	St. Paul	MN	20	15:53	2:43	1:32	5	32:35	19.0	1:41	1	16:57	6:47	1:08:35
4	782	Kati Palmer	29	F	Superior	WI	16	15:07	2:35	1:54	3	32:13	19.2	1:40	5	18:42	7:29	1:09:33
5	689	Sarah Dragsten	28	F	Minneapolis	MN	5	12:15	2:06	2:42	17	36:40	16.9	1:40	3	17:43	7:05	1:10:58
6	840	Nicole Willemssen Holma	29	F	Maple Grove	MN	21	16:00	2:44	2:22	6	32:40	18.9	1:43	6	18:56	7:35	1:11:39
7	718	Linsey Hamilton	27	F	Saint Paul	MN	11	13:59	2:23	1:43	10	34:06	18.1	2:12	12	20:56	8:23	1:12:54
8	722	Debbie Henderson	29	F	St. Louis Park	MN	18	15:25	2:38	2:07	7	33:31	18.4	2:33	8	20:15	8:06	1:13:48

9	189	Kathryn Noah	29	F	Stillwater	MN	13	14:53	2:33	3:00	4	32:28	19.0	2:30	16	21:33	8:38	1:14:22
10	654	Aimee Arikian	27	F	St. Pau	MN	7	12:54	2:12	2:36	14	36:07	17.1	1:32	14	21:23	8:33	1:14:30
11	767	Heather Marden-Reilly	25	F	Duluth	MN	3	11:52	2:02	2:31	13	36:05	17.1	2:29	20	22:15	8:54	1:15:10
12	691	Brenda Drickhamer	25	F	Duluth	MN	8	13:21	2:17	2:03	15	36:26	17.0	2:44	17	21:48	8:44	1:16:21
13	765	Alyssa Marden	28	F	Duluth	MN	9	13:47	2:21	2:25	19	37:12	16.6	2:06	13	21:01	8:25	1:16:29
14	745	Christiana Kapsner	28	F	Duluth	MN	14	14:58	2:33	3:06	8	33:46	18.3	3:11	15	21:32	8:37	1:16:30
15	780	Wendy Olson	29	F	Maple Grove	MN	23	16:04	2:45	2:45	12	34:29	17.9	2:22	11	20:53	8:22	1:16:31
16	234	Kristin Donley	27	F	Duluth	MN	15	15:02	2:34	1:48	9	33:54	18.2	2:18	25	24:06	9:39	1:17:05
17	757	Elizabeth Kollen	26	F	Minneapolis	MN	19	15:44	2:41	2:17	16	36:35	16.9	2:14	10	20:30	8:12	1:17:19
18	667	Amanda Brauer	25	F	Brooklyn Park	MN	1	11:44	2:00	2:15	11	34:10	18.1	2:53	29	27:47	11:07	1:18:47
19	235	Erin Barnes	25	F	Maple Grove	MN	2	11:49	2:01	2:46	26	41:00	15.1	1:24	18	21:50	8:44	1:18:49
20	810	Suzy Shaughnessy	26	F	Duluth	MN	17	15:17	2:37	2:50	21	38:46	15.9	1:52	9	20:24	8:10	1:19:06
21	791	Jessie Potaracke	27	F	Savage	MN	12	14:02	2:24	2:44	23	39:26	15.7	1:59	24	23:59	9:36	1:22:07
22	756	Amanda Koehler	29	F	Minneapolis	MN	27	17:12	2:56	2:22	18	37:02	16.7	2:11	26	24:31	9:49	1:23:16
23	697	Nicole Erickson	29	F	Bloomington	MN	24	16:22	2:48	3:19	20	37:54	16.3	3:25	21	22:39	9:04	1:23:38
24	762	Tina Lueth	26	F	Mayer	MN	28	17:12	2:56	4:05	30	43:34	14.2	1:54	7	19:36	7:51	1:26:20
25	783	Anita Patel	26	F	Minneapolis	MN	29	17:41	3:01	3:44	25	40:43	15.2	2:32	23	23:02	9:13	1:27:40
26	695	Jessie Egley	26	F	Golden Valley	MN	22	16:01	2:44	2:33	28	42:21	14.6	2:06	27	25:28	10:12	1:28:26
27	661	Teri Berg	28	F	Barnum	MN	33	22:37	3:52	3:26	22	38:46	15.9	1:46	19	22:11	8:53	1:28:44
28	233	Kelsey Johnson	25	F	Duluth	MN	6	12:43	2:11	2:58	24	40:28	15.3	2:54	30	30:17	12:07	1:29:17
29	677	Lindsey Charlton	25	F	Duluth	MN	26	17:03	2:55	2:39	32	45:52	13.5	2:12	22	22:52	9:09	1:30:36
30	839	Alissa Wild	26	F	Watertown	MN	30	18:22	3:08	2:12	29	42:44	14.5	2:34	31	32:05	12:50	1:37:55
31	664	Stephanie Bourgeois	26	F	Eden Prairie	MN	32	19:55	3:24	3:15	33	47:40	13.0	2:31	28	26:26	10:35	1:39:45
32	785	Jennifer Peck	27	F	Minneapolis	MN	25	16:27	2:49	5:09	27	42:01	14.7	4:39	33	32:57	13:11	1:41:11
33	818	Erika Stienessen	29	F	Belle Plaine	MN	31	18:49	3:13	6:10	31	44:24	13.9	5:12	32	32:42	13:05	1:47:14

MALE AGE GROUP 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	622	Chris Sachs	26	M	White Bear Lake	MN	1	10:49	1:51	1:23	3	28:11	21.9	1:15	2	14:54	5:58	56:29
2	512	Josh Blankenheim	26	M	Duluth	MN	2	13:12	2:15	1:28	1	27:29	22.5	1:13	1	13:27	5:23	56:46
3	523	Tom Cawcutt	29	M	Carlton	MN	5	14:08	2:25	1:39	4	29:07	21.2	1:15	3	16:08	6:28	1:02:15
4	573	Benjamin Kohls	25	M	Mankato	MN	12	15:38	2:40	2:17	2	27:45	22.3	1:49	8	17:28	6:59	1:04:53
5	595	Peter Miner	26	M	Duluth	MN	6	14:19	2:27	1:40	7	29:41	20.8	2:35	7	17:28	6:59	1:05:39
6	518	Kelly Brevik	25	M	Moorhead	MN	7	14:23	2:28	1:33	9	30:46	20.1	2:04	9	17:36	7:03	1:06:21
7	624	Donald Sawyer	25	M	New Brighton	MN	9	14:44	2:31	2:03	6	29:25	21.0	2:25	10	18:18	7:20	1:06:53
8	591	Grant McDonald	26	M	Dassel	MN	4	13:51	2:22	1:45	10	31:09	19.8	1:46	11	18:33	7:25	1:07:00
9	581	Nate Labelle	25	M	Duluth	MN	14	17:12	2:56	1:50	5	29:22	21.0	1:54	6	16:50	6:44	1:07:06
10	594	Paul Miner	26	M	Duluth	MN	3	13:50	2:22	2:04	8	29:46	20.8	2:34	12	18:54	7:34	1:07:06
11	507	Dave Ashmead	27	M	Roseville	MN	11	15:22	2:38	1:59	14	34:26	17.9	2:13	5	16:49	6:44	1:10:47
12	648	Ryan Wickum	26	M	Burnsville	MN	13	16:58	2:54	3:12	12	32:39	18.9	2:10	4	16:46	6:43	1:11:43
13	850	Matthew Hagelin	27	M	Duluth	MN	10	14:50	2:32	2:57	11	32:30	19.0	1:58	13	19:55	7:58	1:12:07
14	900	Ben Johnson	27	M	Faribault	MN	15	18:53	3:14	2:50	13	33:43	18.3	1:47	14	20:44	8:18	1:17:54
15	584	Teddy Larson	25	M	Roseville	MN	8	14:27	2:28	2:21	16	36:38	16.9	2:08	15	23:23	9:22	1:18:55
16	611	Joshua Potaracke	26	M	Savage	MN	16	21:35	3:41	4:26	15	36:27	17.0	3:07	16	28:23	11:22	1:33:57

FEMALE AGE GROUP 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	742	Denise Kaitala	33	F	Duluth	MN	1	10:28	1:47	1:50	2	31:11	19.8	2:07	6	19:34	7:50	1:05:08
2	898	Jody Zeleznikav	33	F	Duluth	MN	9	13:59	2:23	1:41	1	31:06	19.9	1:52	1	16:58	6:47	1:05:33
3	786	Kerri Persons	31	F	Duluth	MN	2	11:34	1:59	1:24	3	31:44	19.5	1:55	4	19:03	7:37	1:05:37
4	736	Melanie Jakubek	34	F	Duluth	MN	5	12:48	2:11	2:18	5	32:59	18.7	2:33	5	19:20	7:44	1:09:56
5	820	Shawn Strathe	33	F	Minneapolis	MN	15	15:23	2:38	1:28	4	32:55	18.8	2:09	7	19:36	7:51	1:11:30
6	692	Tonya Dunn	34	F	Minneapolis	MN	8	13:44	2:21	2:35	7	34:28	17.9	2:19	3	18:48	7:31	1:11:52
7	723	Sara Hess	32	F	Kohler	WI	10	14:35	2:30	3:02	6	33:55	18.2	2:17	10	20:16	8:07	1:14:02
8	707	Julie Frantz	30	F	Plymouth	MN	11	14:46	2:32	1:48	9	36:07	17.1	2:02	8	19:55	7:58	1:14:37
9	800	Julie Rosga	31	F	St. Paul	MN	17	15:41	2:41	2:05	8	35:21	17.5	2:17	12	20:17	8:07	1:15:40
10	789	Anne Pilarski	31	F	Plymouth	MN	3	12:10	2:05	2:18	16	38:44	16.0	1:52	20	22:45	9:06	1:17:46

11	825	Nichole Tubman	33	F	Apple Valley	MN	4	12:31	2:08	2:46	10	36:28	16.9	2:43	22	23:21	9:21	1:17:48
12	684	Suzanne Darnell	32	F	Minneapolis	MN	27	19:03	3:15	3:15	12	36:51	16.8	1:49	2	17:11	6:53	1:18:07
13	720	Nicole Haskins	31	F	Minneapolis	MN	14	15:17	2:37	1:50	14	37:29	16.5	2:01	15	21:52	8:45	1:18:27
14	814	Courtney Spiegler	31	F	Robbinsdale	MN	12	14:48	2:32	2:10	19	39:06	15.8	1:52	14	21:23	8:33	1:19:17
15	693	Kirsten Dussault	30	F	Chaska	MN	6	13:13	2:16	2:56	21	39:25	15.7	2:33	19	22:31	9:01	1:20:38
16	665	Jill Bourman	34	F	Brooklyn Park	MN	13	14:55	2:33	2:17	20	39:11	15.8	2:15	17	22:17	8:55	1:20:52
17	733	Kristin Humke	33	F	Wayzata	MN	20	17:14	2:57	1:54	15	38:33	16.0	2:23	13	21:20	8:32	1:21:22
18	683	Sonja Daniels	33	F	Duluth	MN	18	16:33	2:50	2:50	13	37:21	16.5	2:26	21	23:13	9:17	1:22:21
19	708	Shannon Gardner	32	F	St. Paul	MN	21	17:25	2:59	3:06	17	38:46	15.9	2:41	16	22:05	8:50	1:24:00
20	668	Christina Briggs	34	F	Coon Rapids	MN	32	21:23	3:39	2:45	11	36:45	16.8	3:35	9	19:59	8:00	1:24:25
21	185	Mindy McCartney	30	F	Minneapolis	MN	23	17:54	3:04	3:26	25	40:52	15.1	2:18	11	20:16	8:07	1:24:45
22	725	Lisa Higgs	32	F	St. Paul	MN	24	18:06	3:06	4:06	18	38:57	15.9	3:01	18	22:27	8:59	1:26:36
23	680	Jeanine Connell	34	F	Hayward	WI	19	17:09	2:56	4:30	22	39:57	15.5	2:12	23	23:22	9:21	1:27:09
24	892	Amanda Cherne	31	F	Duluth	MN	7	13:25	2:18	2:20	26	42:29	14.5	2:20	29	27:50	11:08	1:28:21
25	828	Jessica Ubl	30	F	Apple Valley	MN	16	15:40	2:41	2:21	28	44:46	13.8	2:34	24	24:49	9:56	1:30:08
26	832	Amy Votel	34	F	Mendota Heights	MN	22	17:40	3:01	3:10	23	39:58	15.5	2:41	28	27:12	10:53	1:30:38
27	658	Gina Ballweber	34	F	Brooklyn Park	MN	33	21:52	3:44	3:02	24	40:36	15.2	2:17	25	25:42	10:17	1:33:26
28	760	Andrea Legut-Greene	34	F	New Richmond	WI	26	18:44	3:12	3:17	27	44:35	13.9	3:18	30	28:46	11:31	1:38:38
29	759	Christine Legg	31	F	Duluth	MN	31	20:49	3:33	3:56	29	47:48	12.9	3:14	27	26:31	10:37	1:42:15
30	755	Sarah Knutson	32	F	Duluth	MN	30	20:47	3:33	3:57	30	47:50	12.9	3:13	26	26:30	10:36	1:42:15
31	746	Julie Karlen	31	F	Mendota Heights	MN	25	18:41	3:11	3:31	31	48:58	12.6	3:00	33	32:02	12:49	1:46:09
32	831	Jennifer Voge	34	F	Bemidji	MN	28	20:08	3:26	4:00	32	52:48	11.7	3:10	32	30:43	12:17	1:50:46
33	841	Lorelei Wink	34	F	Glenwood City	WI	34	21:59	3:45	4:33	33	54:28	11.3	2:30	31	29:04	11:38	1:52:31
34	875	Kristine Stave	34	F	Duluth	MN	29	20:44	3:32	5:54	34	57:04	10.8	3:34	34	33:40	13:28	2:00:53

MALE AGE GROUP 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	79	Bill Kelley	34	M	Wrenshall	MN	3	11:01	1:53	1:24	1	26:51	23.0	1:19	2	15:52	6:21	56:25
2	504	Justin Antus	32	M	Savage	MN	1	10:57	1:52	1:24	9	31:26	19.7	1:26	1	14:29	5:48	59:40
3	632	David Schutz	30	M	Minneapolis	MN	5	12:06	2:04	1:32	6	30:21	20.4	1:33	4	16:52	6:45	1:02:22
4	903	Aaron Piddle	31	M	Bloomington	MN	2	10:58	1:53	1:48	4	29:39	20.8	1:50	7	18:55	7:34	1:03:08
5	851	Greg Johnson	34	M	Carlton	MN	13	15:38	2:40	1:49	3	28:46	21.5	1:56	3	15:54	6:22	1:04:01
6	256	Carlos E Guerra Ruiz	31	M	Duluth	MN	10	14:56	2:33	1:20	2	28:35	21.6	1:35	6	17:58	7:11	1:04:20
7	590	Christopher Marshall	34	M	Red Wing	MN	8	14:05	2:24	1:39	7	30:46	20.1	2:38	11	19:36	7:51	1:08:41
8	557	Eric Henderson	34	M	St. Louis Park	MN	14	15:55	2:43	3:17	10	32:54	18.8	2:19	5	16:54	6:46	1:11:17
9	582	Matt Lampi	31	M	Maple Grove	MN	7	13:50	2:22	2:17	11	32:55	18.8	1:58	14	20:29	8:12	1:11:26
10	509	John Bergquist	33	M	Red Wing	MN	16	17:51	3:03	2:24	5	30:09	20.5	2:00	9	19:06	7:39	1:11:26
11	258	Jamie Wright	33	M	Eden Prairie	MN	4	11:50	2:01	2:28	16	34:05	18.1	2:52	13	20:15	8:06	1:11:28
12	539	Ryan Erdmann	30	M	Minneapolis	MN	6	12:50	2:12	2:32	13	33:44	18.3	1:52	19	22:47	9:07	1:13:42
13	620	Patrick Riley	30	M	Wrenshall	MN	12	15:31	2:39	2:57	14	33:46	18.3	2:28	8	19:05	7:38	1:13:44
14	531	Glen Drexler	32	M	Duluth	MN	11	15:25	2:38	4:07	15	33:52	18.2	2:47	10	19:29	7:48	1:15:37
15	560	Joe Hlebain	33	M	Britt	MN	21	21:41	3:42	2:35	8	30:56	20.0	2:16	12	19:55	7:58	1:17:20
16	556	Jonathan Haug	32	M	Duluth	MN	15	16:30	2:49	3:44	12	33:11	18.6	3:20	16	21:16	8:31	1:17:59
17	572	Benjamin Knutson	31	M	Duluth	MN	9	14:36	2:30	2:59	18	36:17	17.0	3:18	15	20:59	8:24	1:18:07
18	544	Sean Gervais	32	M	Minneapolis	MN					20	38:03	16.2	2:41	20	23:04	9:14	1:22:37
19	881	Scott Newcomb	31	M	Forest Lake	MN	17	18:16	3:07	3:39	17	35:19	17.5	3:56	21	23:10	9:16	1:24:18
20	540	Chad Erickson	30	M	Bloomington	MN	18	18:34	3:10	2:43	21	38:18	16.1	3:10	17	22:32	9:01	1:25:14
21	547	Joe Golcz	30	M	Duluth	MN	20	19:25	3:19	2:24	22	38:30	16.1	2:23	18	22:45	9:06	1:25:24
22	500	Jay Altman	32	M	Minneapolis	MN	19	18:56	3:14	3:35	19	37:08	16.6	3:27	22	26:55	10:46	1:29:58
23	877	Erin Stave	34	M	Duluth	MN	22	23:53	4:05	5:13								

FEMALE AGE GROUP 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	778	Jena Ogston	35	F	Duluth	MN												1:01:54
2	904	Krystyne Kras	36	F	Bloomington	MN	9	14:38	2:30	2:33	1	29:13	21.2	2:25	1	16:30	6:36	1:05:18
3	764	Connie Lutkevich	38	F	Duluth	MN	6	13:55	2:23	2:00	4	32:04	19.3	2:03	2	18:00	7:12	1:08:00
4	238	Kirsten Bich	37	F	Duluth	MN	12	15:26	2:38	1:38	2	30:43	20.1	2:01	3	18:14	7:18	1:08:00

5	750	Teresa Kimberley	35	F	Minneapolis	MN	8	14:23	2:27	1:59	3	31:34	19.6	1:53	9	20:46	8:19	1:10:32
6	698	Kris Erie	37	F	Fisher	MN	2	13:06	2:14	2:21	5	32:39	18.9	2:21	10	21:04	8:26	1:11:29
7	728	Dana Horihan	35	F	Forest Lake	MN	7	14:02	2:24	2:26	6	33:43	18.3	2:41	11	21:04	8:26	1:13:53
8	781	Marissa Onheiber	38	F	Saint Paul	MN	16	15:50	2:42	2:20	11	34:50	17.7	2:17	8	20:44	8:18	1:15:59
9	812	Anita Siers	37	F	Duluth	MN	5	13:43	2:21	3:48	19	36:21	17.0	3:13	4	19:33	7:50	1:16:35
10	702	Lisa Faust	35	F	Muskegon	MI	10	14:42	2:31	2:24	10	34:36	17.9	2:11	19	23:14	9:18	1:17:05
11	747	Jill Kaske	35	F	Superior	WI	14	15:36	2:40	2:30	12	34:58	17.7	2:22	15	21:44	8:42	1:17:08
12	748	Veronica Kaspszak	36	F	Hermantown	MN	22	17:49	3:03	2:19	14	35:19	17.5	1:44	6	20:18	8:08	1:17:27
13	650	Christine Aas-Larson	38	F	Denver	CO	15	15:42	2:41	2:56	8	34:00	18.2	3:28	14	21:43	8:41	1:17:47
14	803	Gretchen Sage-Martinson	37	F	Saint Paul	MN	4	13:35	2:19	2:39	20	36:59	16.7	2:00	20	23:32	9:25	1:18:43
15	826	Melanie Tuominen	35	F	Hermantown	MN	20	16:56	2:54	2:42	13	35:00	17.7	2:09	16	22:08	8:52	1:18:52
16	669	Holly Buchanan	38	F	Minneapolis	MN	11	15:00	2:34	2:43	24	40:17	15.3	1:55	5	20:15	8:06	1:20:08
17	741	Sarah Johnson	36	F	Minneapolis	MN	17	16:12	2:46	2:50	21	37:07	16.7	3:16	17	22:35	9:02	1:21:58
18	842	Andrea Wojahn	39	F	Mpls	MN	18	16:25	2:48	4:01	9	34:18	18.0	3:38	24	24:46	9:55	1:23:06
19	805	Trina Sandlie	37	F	Circle Pines	MN	21	17:38	3:01	2:58	16	35:58	17.2	2:42	22	24:01	9:37	1:23:15
20	724	Sarah Hick	36	F	Minneapolis	MN	23	18:00	3:04	2:38	17	36:04	17.1	1:57	25	24:49	9:56	1:23:26
21	717	Molly Halls	38	F	Faribault	MN	29	20:46	3:33	4:25	18	36:16	17.0	2:22	12	21:14	8:30	1:25:01
22	754	Amy Knox	36	F	Minneapolis	MN	34	1:05:09	11:07		25	40:20	15.3	3:59	18	22:58	9:11	1:29:09
23	797	Michele Rapinac	38	F	Maple Grove	MN	26	18:32	3:10	4:32	22	38:57	15.9	3:11	21	24:01	9:37	1:29:11
24	662	Susan Bergquist	36	F	Red Wing	MN	28	19:08	3:16	2:47	26	40:55	15.1	2:25	26	25:02	10:01	1:30:16
25	673	Amy Carlson	39	F	Minneapolis	MN	33	23:31	4:01	4:21	23	39:12	15.8	2:40	13	21:17	8:31	1:30:59
26	834	Mary Waters	39	F	Minneapolis	MN	19	16:43	2:51	3:15	27	41:58	14.7	2:16	29	29:39	11:52	1:33:49
27	830	Rebecca Viot	39	F	St. Louis Park	MN	31	22:55	3:55	4:02	30	45:21	13.6	2:14	7	20:26	8:11	1:34:55
28	808	Tami Schuster	37	F	Brooklyn Park	MN	24	18:09	3:06	3:43	31	46:16	13.4	2:39	27	25:19	10:08	1:36:04
29	796	Jill Radman	36	F	St. Paul	MN	3	13:25	2:18	5:51	15	35:45	17.3	2:06	33	40:37	16:15	1:37:42
30	777	Lynn Newton	36	F	West St. Paul	MN	1	9:26	1:37	2:18	7	33:48	18.3	3:06	34	49:07	19:39	1:37:43
31	663	Christine Bothun	39	F	Winona	MN	25	18:22	3:08	2:48	29	43:15	14.3	2:49	31	31:54	12:46	1:39:06
32	806	Lisa Scherer	36	F	West Des Moines	IA	27	18:34	3:10	2:13	33	49:57	12.4	3:29	28	25:41	10:17	1:39:52
33	792	Anne Quinn	37	F	Minnetonka	MN	30	20:55	3:34	4:51	32	47:30	13.0	3:12	23	24:35	9:50	1:41:01
34	773	Anne Mollerus	39	F	Eden Prairie	MN	32	23:22	3:59	5:22	28	42:50	14.4	3:23	30	30:18	12:08	1:45:14
35	705	Tami Fisher	35	F	Fridley	MN	13	15:28	2:39	7:05	34	1:02:47	9.8	3:36	32	37:07	14:51	2:06:01

MALE AGE GROUP 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	259	David Pipho	35	M	Duluth	MN	1	10:37	1:49	1:45	2	28:25	21.7	1:28	1	14:25	5:46	56:37
2	519	Brian Burdette	35	M	Hermantown	MN	3	12:24	2:07	1:40	4	29:09	21.2	1:31	3	16:33	6:37	1:01:14
3	625	Michael Scherer	38	M	Duluth	MN	4	12:27	2:08	1:49	3	29:08	21.2	1:37	5	16:39	6:40	1:01:38
4	615	Jason Richardson	38	M	Mahtowa	MN	6	13:19	2:17	1:52	5	29:45	20.8	2:15	6	17:16	6:55	1:04:23
5	863	Nathan Waech	37	M	Grand Rapids	MN	5	13:13	2:16	2:14	9	31:41	19.5	1:43	2	15:43	6:18	1:04:31
6	882	Doug Berg	38	M	Duluth	MN	9	13:27	2:18	2:00	6	29:47	20.7	2:18	12	18:48	7:32	1:06:18
7	847	Roberto Bucci	39	M	Thunder Bay	MN	13	15:02	2:34	3:14	1	26:51	23.0	3:42	10	18:12	7:17	1:06:58
8	566	George Jennings	36	M	Pengilly	MO	8	13:26	2:18	2:40	15	34:03	18.1	1:56	4	16:37	6:39	1:08:40
9	541	Nick Faust	37	M	Muskegon	MI	12	14:42	2:31	2:51	8	30:41	20.1	2:34	9	17:56	7:11	1:08:40
10	848	Gregg Dahlgren	37	M	Duluth	MN	16	17:05	2:55	1:53	7	30:04	20.6	2:10	7	17:40	7:04	1:08:49
11	633	Michael Stowman	38	M	Duluth	MN	7	13:23	2:17	4:11	10	32:09	19.2	2:39	8	17:55	7:10	1:10:15
12	558	George Hess Iii	35	M	Kohler	WI	15	15:22	2:38	2:43	11	32:29	19.0	2:08	11	18:23	7:21	1:11:03
13	640	Darrin Viot	38	M	St. Louis Park	MN	14	15:11	2:36	2:08	13	32:55	18.8	1:24	15	20:34	8:14	1:12:11
14	513	Greg Bode	37	M	Eden Prairie	MN	11	14:03	2:24	2:23	12	32:34	19.0	2:19	19	23:09	9:16	1:14:25
15	555	Billy Haug	35	M	Billings	MT	10	13:29	2:18	3:45	14	33:09	18.6	3:20	18	21:16	8:31	1:14:56
16	525	Brian Corrigan	35	M	Minneapolis	MN	18	18:14	3:07	1:24	17	34:39	17.8	2:01	14	20:06	8:03	1:16:20
17	638	Steve Vanderheiden	39	M	Duluth	MN	2	12:02	2:03	2:42	18	35:43	17.3	3:01	20	23:13	9:17	1:16:38
18	562	John Holland	36	M	Minneapolis	MN	19	18:22	3:08	3:31	19	36:16	17.0	2:18	16	20:38	8:16	1:21:02
19	260	Kyle Smith	37	M	Duluth	MN	20	21:13	3:37	2:33	16	34:19	18.0	1:58	17	21:02	8:25	1:21:02
20	533	Chris Duesman	37	M	Minneapolis	MN	22	22:37	3:52	5:30	20	37:53	16.3	3:11	13	19:36	7:51	1:28:45
21	546	Hart Gilchrist	38	M	Roseville	MN	21	21:34	3:41	4:03	22	39:54	15.5	2:19	21	23:49	9:32	1:31:37
22	571	Brett Kinney	39	M	Duluth	MN	17	17:40	3:01	3:44	21	39:07	15.8	2:54	22	29:25	11:46	1:32:48
23	626	Lee Schotzko	36	M	Afton	MN	23	30:55	5:17	50:24					23	33:45	13:30	1:55:03

FEMALE AGE GROUP 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	753	Amy Klosterman	44	F	Saint Paul	MN	1	10:55	1:52	1:15	1	31:56	19.4	1:34	1	18:01	7:13	1:03:40
2	889	Leigh Wright	43	F	Duluth	MN	6	12:57	2:13	1:27	5	33:19	18.5	1:50	2	18:22	7:21	1:07:53
3	774	Sondra Mowers	42	F	Duluth	MN	2	12:08	2:05	1:51	2	32:05	19.3	2:04	4	19:54	7:58	1:08:00
4	802	Katherine Rubin	44	F	Duluth	MN	5	12:49	2:12	2:27	4	33:05	18.7	2:43	6	20:42	8:17	1:11:44
5	172	Maida Gunther	40	F	Brooklyn Park	MN	11	16:13	2:46	2:32	3	32:58	18.7	1:00	5	19:59	8:00	1:12:40
6	787	Carol Peterson	42	F	Minneapolis	MN	7	14:01	2:24	1:45	8	36:16	17.0	2:03	3	19:02	7:37	1:13:05
7	813	Diane Solbrack	43	F	Cambridge	MN	8	14:07	2:25	2:22	6	33:46	18.3	2:30	7	21:17	8:31	1:14:01
8	744	Pauline Kaplan	43	F	Minneapolis	MN	4	12:48	2:11	2:32	9	36:22	17.0	1:56	8	21:50	8:44	1:15:26
9	739	Deborah Johnson	42	F	St. Paul	MN	3	12:38	2:10	2:40	12	37:49	16.3	1:57	10	22:55	9:10	1:17:57
10	788	Susan Peterson	44	F	Minneapolis	MN	10	15:09	2:35	3:01	10	37:06	16.7	2:00	9	22:15	8:54	1:19:30
11	239	Melinda Appold	42	F	Duluth	MN	9	14:08	2:25	2:52	15	40:02	15.4	2:25	12	24:33	9:49	1:23:58
12	838	Sue White	40	F	Champlin	MN	12	16:53	2:53	4:22	7	35:24	17.5	3:33	14	25:38	10:15	1:25:48
13	726	Kimberly Hobert	44	F	Roseville	MN	18	19:16	3:17	2:49	11	37:16	16.6	3:11	13	24:55	9:58	1:27:25
14	897	Cathy Richardson	41	F	Stillwater	MN	17	19:05	3:16	3:31	16	42:21	14.6	3:57	11	23:31	9:25	1:32:23
15	843	Annie Young	43	F	Burnsville	MN	20	21:34	3:41	2:19	14	39:27	15.7	2:43	15	26:26	10:35	1:32:28
16	823	Wendy Swanson	44	F	Bloomington	MN	13	17:17	2:57	3:07	13	38:19	16.1	2:47	21	31:35	12:38	1:33:02
17	703	Jeannine Ferland	42	F	Minneapolis	MN	16	18:43	3:12	4:28	17	43:05	14.3	3:51	20	31:26	12:35	1:41:30
18	815	Crystal Sroga	42	F	Minneapolis	MN	15	18:31	3:10	4:15	20	47:11	13.1	3:48	18	31:05	12:26	1:44:49
19	770	Christine McCarthy	40	F	Two Harbors	MN	21	22:25	3:50	5:19	18	44:59	13.7	3:40	19	31:17	12:31	1:47:38
20	768	Jonna Math	41	F	Medford	MN	14	17:29	2:59	6:29	21	47:53	12.9	3:29	22	33:44	13:30	1:49:02
21	824	Elizabeth Tillotson	44	F	Minneapolis	MN	22	24:53	4:15	4:52	19	46:53	13.2	3:20	17	29:59	12:00	1:49:56
22	672	Susan Cadwell	44	F	Stillwater	MN	19	20:34	3:31	7:48	22	52:53	11.7	2:47	16	29:50	11:56	1:53:50

MALE AGE GROUP 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	534	Daniel Duff	42	M	Duluth	MN	1	10:56	1:52	1:55	4	30:09	20.5	2:07	1	15:41	6:17	1:00:45
2	618	Tom Richardson	44	M	Orr	MN	4	11:25	1:57	1:46	2	29:04	21.3	2:01	4	17:08	6:52	1:01:22
3	569	Rob Kaufman	43	M	Chanhassen	MN	2	11:12	1:55	1:10	6	30:24	20.3	1:58	7	17:35	7:02	1:02:16
4	597	Glenn Misgen	43	M	Duluth	MN	5	12:56	2:13	2:02	10	31:08	19.9	1:49	2	15:48	6:19	1:03:40
5	883	Rick Abrahamson	44	M	Duluth	MN	3	11:24	1:57	2:02	3	29:16	21.1	1:56	12	19:17	7:43	1:03:52
6	503	Ronnie Anderson	43	M	Minneapolis	MN	11	14:14	2:26	1:24	1	28:24	21.8	2:16	11	17:48	7:08	1:04:02
7	589	Tj Lynch	41	M	St Louis Park	MN	13	14:53	2:33	3:06	11	31:16	19.8	2:00	3	16:48	6:44	1:04:00
8	32	Jeffrey Dykema	41	M	Lonsdale	MN	10	14:11	2:26	1:59	7	30:44	20.1	2:12	13	19:21	7:45	1:08:24
9	636	Keith Tuominen	43	M	Mission Viejo	CA	12	14:48	2:32	2:23	9	31:04	19.9	2:44	8	17:35	7:02	1:08:30
10	642	Brian Voge	40	M	Bemidji	MN	17	16:36	2:50	2:14	5	30:21	20.4	1:41	10	17:48	7:07	1:08:37
11	261	Chuck Palokangos	43	M	Duluth	MN	16	15:58	2:44	2:26	13	31:53	19.4	1:54	9	17:41	7:05	1:09:48
12	893	Matt Evans	40	M	Eau Claire	WI	20	20:06	3:26	1:18	8	30:58	20.0	1:19	5	17:09	6:52	1:10:46
13	527	Pat Cutshall	41	M	Duluth	MN	8	13:39	2:20	2:30	12	31:18	19.7	2:35	15	21:39	8:40	1:11:39
14	614	Thomas Recht	42	M	Minneapolis	MN	7	13:27	2:18	4:03	19	37:25	16.5	2:13	6	17:26	6:59	1:14:32
15	522	Jon Carlson	40	M	St. Peter	MN	6	13:10	2:15	3:04	15	35:01	17.6	3:12	17	22:35	9:02	1:16:58
16	510	Matt Beseske	43	M	Duluth	MN	15	15:52	2:43	3:20	17	35:25	17.4	2:47	14	19:57	7:59	1:17:17
17	606	David Pederson	42	M	Duluth	MN	14	15:23	2:38	2:08	14	32:53	18.8	3:01	19	25:57	10:23	1:19:19
18	849	Dennis Gunther	40	M	Brooklyn Park	MN	19	18:51	3:13	2:02	18	35:33	17.4	1:44	16	22:21	8:57	1:20:28
19	551	Thomas Gust	41	M	Blaine	MN	18	17:14	2:57	2:29	16	35:03	17.6	2:43	18	23:45	9:30	1:21:11
20	548	Darrell Goldberg	43	M	Duluth	MN	9	13:54	2:23	3:01	22	39:50	15.5	2:21	20	26:00	10:24	1:25:03
21	515	Bryon Bothun	44	M	Winona	MN	21	21:39	3:42	3:42	21	39:16	15.7	3:20	21	28:41	11:29	1:36:35
22	621	Tim Russell	43	M	Savage	MN	22	24:48	4:14	5:13	20	37:45	16.4	4:25	22	29:46	11:55	1:41:54

FEMALE AGE GROUP 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	241	Diane Holliday-Welsh	47	F	Duluth	MN	2	12:42	2:10	1:55	1	30:21	20.4	2:34	1	18:38	7:28	1:06:07
2	712	Cheryl Goldberg	47	F	Duluth	MN	5	14:19	2:27	1:51	2	30:48	20.1	2:11	2	18:48	7:32	1:07:55
3	798	Nancy Rectenwald	47	F	Duluth,	MN	3	12:43	2:11	1:59	4	33:16	18.6	2:12	3	19:14	7:42	1:09:23
4	674	Mary Carlson	45	F	Moose Lake	MN	4	12:55	2:13	2:15	6	33:46	18.3	2:03	8	23:41	9:29	1:14:39

5	706	Rose Flato	47	F	St. Paul	MN	9	17:52	3:03	2:03	5	33:40	18.4	3:22	4	20:00	8:00	1:16:55
6	240	Kathy Graves	45	F	North Attleboro	MA	7	15:46	2:42	1:48	3	32:36	19.0	2:26	10	24:55	9:58	1:17:28
7	835	Sue Watt	47	F	Esko	MN	6	15:25	2:38	2:17	7	38:10	16.2	1:28	5	20:22	8:09	1:17:40
8	790	Christine Poganski	48	F	St. Cloud,	MN	10	17:57	3:04	2:30	11	40:16	15.3	2:45	6	22:41	9:05	1:26:08
9	729	Anne Howard	47	F	Superior	WI	12	19:52	3:24	4:12	8	38:23	16.1	2:55	7	22:46	9:07	1:28:06
10	737	Conny Jay	49	F	Maple Grove	MN	11	18:28	3:09	3:33	12	40:52	15.1	2:38	11	26:25	10:34	1:31:54
11	656	Linda Bailey	49	F	Ashland	WI	13	20:42	3:32	4:02	10	39:28	15.7	3:35	9	24:10	9:40	1:31:56
12	699	Lesley Ernst	47	F	Apple Valley	MN	14	21:33	3:41	2:19	9	39:27	15.7	2:42	12	26:28	10:35	1:32:28
13	886	Anne Hed	45	F	North Oaks	MN	1	12:04	2:04	2:01	14	44:04	14.0	2:54	16	32:50	13:08	1:33:52
14	902	Tamie Kugler	46	F	Watertown	MN	8	16:10	2:46	3:26	17	46:20	13.3	3:28	14	29:44	11:54	1:39:06
15	793	Carol Quinn	47	F	Golden Valley	MN	17	23:28	4:00	4:16	13	42:46	14.5	2:17	13	27:31	11:01	1:40:14
16	696	Cory Emil	48	F	Andover	MN	16	22:57	3:55	3:05	15	44:11	14.0	3:47	18	35:59	14:24	1:49:56
17	811	Kate Short	45	F	Minneapolis	MN	19	24:54	4:15	4:57	18	46:52	13.2	3:15	15	30:00	12:00	1:49:57
18	715	Pam Guilford	48	F	Champlin	MN	15	22:27	3:50	3:47	16	45:01	13.7	3:56	17	35:15	14:06	1:50:24
19	686	Beth Domholdt	48	F	Duluth	MN	18	23:56	4:05	7:45	19	1:05:47	9.4	6:47	19	49:58	19:59	2:34:11

MALE AGE GROUP 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	262	Dave Goldberg	46	M	Minneapolis	MN	1	8:56	1:32	1:07	1	27:24	22.6	1:25	2	16:08	6:27	54:58
2	639	Kirk Vesterstein	45	M	Duluth	MN	3	12:20	2:06	2:16	3	29:24	21.0	1:50	1	16:01	6:25	1:01:47
3	574	Scott Kohls	48	M	Green Bay	WI	5	13:05	2:14	1:27	2	29:22	21.0	1:57	4	16:41	6:41	1:02:30
4	264	Steve Heikkila	49	M	St. Paul	MN	4	12:51	2:12	1:35	5	30:28	20.3	1:55	7	18:41	7:29	1:05:26
5	570	Kevin Kervina	45	M	Duluth	MN	10	16:10	2:46	1:18	4	30:18	20.4	1:36	5	17:11	6:53	1:06:29
6	553	Dougl's Happy	48	M	Duluth	MN	11	17:10	2:56	1:49	6	30:39	20.2	1:40	3	16:33	6:38	1:07:49
7	542	Troy Geheren	45	M	Anoka	MN	8	15:05	2:35	2:05	8	31:56	19.4	1:41	6	18:20	7:20	1:09:05
8	577	William Krauss	45	M	Rochester	MN	6	13:25	2:18	2:33	9	32:11	19.2	2:31	8	18:57	7:35	1:09:33
9	901	Todd Kneebone	48	M	Duluth	MN	9	15:50	2:42	1:49	7	31:41	19.5	2:43	11	21:40	8:40	1:13:41
10	592	Mike Mills	47	M	Duluth	MN	7	14:06	2:25	1:45	14	36:15	17.0	1:39	10	20:31	8:13	1:14:12
11	530	Dave Donahue	46	M	Esko	MN	13	18:49	3:13	2:20	11	34:25	18.0	2:14	9	19:03	7:37	1:16:48
12	528	Wally Danielson	45	M	Shakopee	MN	2	12:13	2:05	2:11	10	33:42	18.3	2:58	13	26:09	10:28	1:17:10
13	598	Joseph Muller	48	M	Grand Rapids	MN	12	17:18	2:57	2:15	12	34:51	17.7	1:56	12	21:44	8:42	1:18:00
14	543	Steven Gerber	45	M	Delano	MN	14	19:20	3:18	4:34	13	35:17	17.5	3:48	14	30:46	12:19	1:33:42

FEMALE AGE GROUP 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	713	Cindy Grindy	50	F	Duluth	MN	1	12:53	2:12	1:39	1	34:52	17.7	1:44	4	22:35	9:02	1:13:42
2	896	Penny Agar	52	F	Duluth	MN	5	15:07	2:35	2:53	3	38:09	16.2	2:38	5	22:45	9:06	1:21:30
3	243	Joan Beissel	51	F	Dixon	IL	8	15:40	2:41	3:43	2	37:51	16.3	2:06	6	22:58	9:11	1:22:16
4	763	Lise Lunge-Larsen	51	F	Duluth	MN	4	14:38	2:30	2:25	6	38:36	16.0	2:57	7	23:54	9:34	1:22:28
5	766	Sandra Marden-Lokken	53	F	Duluth	MN	10	16:19	2:47	3:33	4	38:22	16.1	3:23	2	21:11	8:29	1:22:46
6	719	Kathy Hanten	52	F	Duluth	MN	7	15:38	2:40	3:24	9	40:57	15.1	3:00	1	21:05	8:26	1:24:02
7	244	Cynthia Hagley	52	F	Duluth	MN	2	12:54	2:12	3:55	12	42:23	14.6	3:40	3	22:14	8:54	1:25:03
8	771	Cathy McGregor	52	F	Duluth	MN	9	16:17	2:47	2:58	5	38:35	16.0	3:12	8	24:58	10:00	1:25:59
9	709	Lynn Gibson	50	F	Twig	MN	3	14:00	2:24	2:52	10	41:11	15.0	2:26	10	26:07	10:27	1:26:35
10	743	Georgia Kandiko	53	F	Excelsior	MN	11	18:04	3:05	3:53	7	40:03	15.4	3:45	9	25:47	10:19	1:31:30
11	819	Sally Stockbridge	51	F	Minneapolis	MN	6	15:31	2:39	3:16	13	42:57	14.4	2:51	11	27:11	10:53	1:31:44
12	827	Susan Mattis Turnham	51	F	Duluth	MN	13	19:10	3:16	3:47	8	40:53	15.1	3:16	12	29:14	11:42	1:36:18
13	685	Lannie Dawson	50	F	Minneapolis	MN	12	19:04	3:15	4:52	14	45:08	13.7	3:30	13	30:51	12:21	1:43:23
14	738	Monica Jochmans	53	F	Shoreview	MN	14	23:14	3:58	3:35	11	42:22	14.6	3:58	14	32:52	13:09	1:45:59

MALE AGE GROUP 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	627	Chris Schubert	53	M	Lacrescent	MN	1	10:08	1:44	1:45	1	28:03	22.0	1:54	2	17:15	6:54	59:03
2	613	Roger Rask	50	M	Duluth	MN	5	13:31	2:19	1:32	2	29:37	20.9	2:10	1	17:08	6:52	1:03:55
3	266	Kevin Welsh	51	M	Duluth	MN	9	14:39	2:30	2:21	3	29:56	20.6	2:13	5	18:33	7:26	1:07:40
4	514	Will Bonk	53	M	Duluth	MN	12	14:53	2:33	2:12	6	31:10	19.8	1:24	3	18:11	7:17	1:07:48

5	596	Jim Miner Jr.	52	M	Duluth	MN	4	13:27	2:18	1:54	7	31:14	19.8	2:08	7	19:18	7:43	1:07:57
6	524	Timothy Chisholm	52	M	North Branch	MN	8	14:24	2:28	1:48	8	31:52	19.4	2:37	8	19:24	7:46	1:10:02
7	267	Lee Francisco	54	M	Superior	WI	2	11:40	2:00	1:58	10	32:47	18.9	2:07	15	21:53	8:45	1:10:22
8	265	Mark Rauschenfels	51	M	Duluth	MN	7	14:05	2:24	1:57	5	30:55	20.0	2:58	14	21:21	8:33	1:11:13
9	604	Patrick O`connor	50	M	Thunder Bay	CN	10	14:44	2:31	2:20	4	30:39	20.2	2:31	17	22:14	8:54	1:12:25
10	62	Terry Hill	54	M	Maple Grove	MN	6	13:36	2:20	3:01	9	32:29	19.0	2:08	13	21:21	8:33	1:12:32
11	884	Bill Helwig	50	M	Barnum	MN	16	17:09	2:56	3:41	11	32:48	18.8	2:09	6	18:58	7:36	1:14:42
12	565	Robert Idziorek	54	M	Duluth	MN	13	15:03	2:34	3:32	12	33:59	18.2	1:23	11	21:17	8:31	1:15:11
13	579	Jon Kronstedt	54	M	Shoreview	MN	3	12:16	2:06	2:52	14	34:05	18.1	2:30	20	24:19	9:44	1:15:58
14	516	Rodger Brannan	54	M	Duluth	MN	19	18:50	3:13	2:30	17	35:43	17.3	1:48	4	18:15	7:18	1:17:04
15	536	Jim Emil	50	M	Andover	MN	11	14:50	2:32	2:11	16	34:46	17.8	2:47	19	23:42	9:29	1:18:13
16	586	Steve Laskowski	54	M	Duluth	MN	15	15:18	2:37	3:26	13	34:02	18.2	2:42	18	23:40	9:28	1:19:05
17	637	David Turnham	50	M	Duluth	MN	14	15:12	2:36	3:08	18	36:24	17.0	2:45	16	22:12	8:53	1:19:39
18	634	George Sweezy	54	M	Duluth	MN	20	20:16	3:28	3:19	15	34:23	18.0	2:24	9	20:20	8:08	1:20:39
19	602	Dan Ohman	51	M	Hermantown	MN	17	17:47	3:02	3:00	19	37:23	16.5	1:54	12	21:21	8:33	1:21:21
20	612	John Quinn	50	M	Golden Valley	MN	18	17:50	3:03	3:02	21	54:58	11.2	2:58	10	20:43	8:17	1:39:28
21	645	Peter West	51	M	Apple Valley	MN	21	26:46	4:34	5:15	20	40:04	15.4	3:37	21	29:16	11:43	1:44:56

FEMALE AGE GROUP 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	657	Susanne Bakken	56	F	Duluth	MN	1	13:47	2:21	2:04	1	33:04	18.7	2:09	1	20:13	8:05	1:11:15
2	690	Susan Dragsten	59	F	Minneapolis	MN	2	16:20	2:47	3:48	2	35:53	17.2	2:44	2	24:45	9:54	1:23:27
3	836	Karen West	55	F	Apple Valley	MN	3	16:54	2:53	4:41	3	39:59	15.5	5:33	3	29:38	11:52	1:36:44

MALE AGE GROUP 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	593	Duane Millslagle	56	M	Duluth	MN	1	12:29	2:08	1:56	1	30:25	20.3	1:49	1	16:57	6:47	1:03:34
2	647	Rick Wheeler	55	M	River Falls	WI	7	14:22	2:27	2:04	3	30:44	20.1	1:44	2	17:32	7:01	1:06:23
3	268	William Portilla	55	M	Duluth	MN	8	14:28	2:28	1:48	2	30:35	20.2	2:16	3	18:26	7:23	1:07:31
4	269	John Barber	58	M	Bloomington	MN	6	14:15	2:26	2:32	4	31:08	19.9	2:34	4	19:06	7:39	1:09:31
5	890	Clinton Moen	59	M	Duluth	MN	3	13:13	2:16	2:20	6	31:54	19.4	2:22	11	21:33	8:37	1:11:19
6	552	John Haire	55	M	Duluth	MN	4	13:35	2:19	2:17	8	32:07	19.2	2:50	7	20:56	8:23	1:11:44
7	609	Alan Peterson	58	M	Duluth	MN	2	13:00	2:13	2:32	5	31:21	19.7	2:25	12	22:42	9:05	1:11:57
8	649	Mark Winholtz	55	M	Andover	MN	12	16:01	2:44	2:07	7	31:59	19.3	2:07	10	21:31	8:37	1:13:43
9	567	Joe Kandiko	56	M	Excelsior	MN	5	13:59	2:23	2:09	10	33:16	18.6	2:11	13	24:53	9:58	1:16:25
10	521	Patrick Carey	57	M	Duluth	MN	10	14:55	2:33	2:47	11	36:25	17.0	1:42	6	20:43	8:18	1:16:29
11	605	Earnest Peaslee	57	M	Duluth	MN	13	16:56	2:54	4:06	9	33:13	18.6	1:52	9	21:20	8:32	1:17:25
12	561	William Hoffman	59	M	Cloquet	MN	11	15:35	2:40	2:30	12	37:29	16.5	1:55	8	21:14	8:30	1:18:40
13	630	Charles Schumacher	55	M	Duluth	MN	9	14:51	2:32	3:03	13	40:52	15.1	3:23	5	19:56	7:59	1:22:03
14	619	Gary Rieks	57	M	Maple Grove	MN	14	27:40	4:43	5:30	14	44:35	13.9	3:19	14	40:19	16:08	2:01:20

FEMALE AGE GROUP 60 - OVER

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	727	Elizabeth Holt	61	F	Duluth	MN	1	18:27	3:09	4:06	2	41:53	14.8	3:55	1	25:05	10:02	1:33:24
2	670	Margaret Byrne	61	F	St. Louis Park	MN	4	24:27	4:10	3:27	1	38:37	16.0	2:37	2	25:55	10:22	1:35:00
3	678	Kathleen Clark	65	F	Duluth	MN	2	20:11	3:27	4:25	3	43:03	14.4	4:23	3	32:17	12:55	1:44:17
4	876	Dr. Alexis Pogorelskin	62	F	Duluth	MN	3	21:56	3:45	7:32	4	56:31	10.9	4:02	4	35:42	14:17	2:05:40
5	784	Exilda Pearlman	63	F	Encinitas	CA	5	26:53	4:35	4:55	5	57:29	10.8	3:11	5	39:48	15:56	2:12:14

MALE AGE GROUP 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	575	Lyle Koivisto	61	M	Duluth	MN	2	19:11	3:17	2:39	1	32:00	19.3	2:10	2	22:17	8:55	1:18:15
2	545	William Getts	60	M	Minneapolis	MN	3	20:51	3:34	3:15	2	34:44	17.8	2:59	1	19:17	7:43	1:21:03
3	538	C Jeff Erdmann	60	M	St. Cloud	MN	1	13:18	2:16	4:50	3	40:13	15.4	3:37	3	30:04	12:02	1:31:59
4	641	Chris Vizanko	61	M	Duluth	MN	4	23:23	4:00	4:35	4	42:34	14.5	3:02	5	31:57	12:47	1:45:28

5 505 Michael Appleman

60 M Minneapolis MN

4 31:09 12:28 1:53:11

MALE AGE GROUP 65 - OVER

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	270	Jack Alexander	79	M	Duluth	MN	1	18:39	3:11	2:35	2	36:32	16.9	3:05	2	23:47	9:31	1:24:36
2	628	Dean Schulstrom	67	M	Coon Rapids	MN	2	21:32	3:41	3:27	1	35:15	17.5	2:38	1	23:30	9:24	1:26:18
3	549	David Goldberg	71	M	Duluth	MN	3	21:50	3:44	2:42	3	36:39	16.9	2:05	3	26:38	10:39	1:29:52
4	564	Curt Hutchens	65	M	Duluth	MN	4	25:52	4:25	5:10	4	39:41	15.6	3:40	4	37:32	15:01	1:51:51

Total Registered: 419
 Total Number of Finishers: 366
 Number of Male Finishers: 176
 Number of Female Finishers: 190
 Did not Finish Race or Did Not Start: 53