

BREWHOUSE TRIATHLON  
Pike Lake AAA Beach Club, Duluth, MN - August 7, 2011  
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	1/14	502	Mike Ward	22	M	Duluth	MN	8	9:38	1:39	1:22	1	28:36	21.6	1:00	4	15:26	6:11	55:59
2	1/30	400	Jason Kask	25	M	Golden Valley	MN	7	9:35	1:38	1:12	7	29:38	20.9	0:55	3	14:55	5:58	56:12
3	2/30	38	Greg Daw	25	M	Duluth	MN	9	9:42	1:39	1:29	3	28:52	21.4	0:50	12	16:23	6:33	57:12
4	1/23	755	Bill Kelley	39	M	Wrenshall	MN	14	10:01	1:43	1:31	11	30:01	20.6	1:17	7	15:53	6:21	58:40
5	1/32	379	Michael Hendrickson	33	M	Duluth	MN	25	10:23	1:47	1:38	5	29:14	21.1	1:12	16	16:45	6:42	59:11
6	2/14	491	Jared Sundstrom	22	M	Proctor	MN	63	11:12	1:55	1:16	9	29:44	20.8	1:14	6	15:50	6:20	59:15
7	1/19	401	Tim Keppers	47	M	Duluth	MN	1	9:00	1:32	1:32	6	29:38	20.9	1:33	41	17:41	7:05	59:20
8	2/32	141	Emmerson Ward	34	M	Saint Paul	MN	42	10:47	1:51	1:34	2	28:42	21.5	1:23	22	17:02	6:49	59:26
9	1/10	757	Zachary Goldberg	16	M	Excelsior	MN	6	9:31	1:38	1:29	58	33:11	18.6	1:07	1	14:16	5:43	59:31
10	1/32	381	George Hess	40	M	Kohler	WI	11	9:50	1:41	1:27	13	30:23	20.3	1:19	19	16:49	6:44	59:46
11	1/49	724	Kristen Vidlak	28	F	Thunder Bay	ON	22	10:14	1:45	1:32	8	29:38	20.9	1:18	33	17:25	6:58	1:00:05
12	3/32	743	Tim McShane	34	M	Duluth	MN	89	11:41	2:00	1:26	12	30:21	20.4	1:02	9	15:56	6:23	1:00:24
13	2/23	484	Harvey Skees	39	M	Eden Prairie	MN	38	10:40	1:50	1:22	4	29:13	21.2	1:26	49	17:58	7:12	1:00:37
14	2/19	341	Daniel Duff	47	M	Duluth	MN	23	10:15	1:45	1:54	22	31:15	19.8	1:16	11	16:11	6:29	1:00:49
15	3/19	482	Jeff Silvernale	45	M	Pocono Mountains	PA	71	11:20	1:56	1:58	10	30:00	20.6	1:11	20	16:51	6:45	1:01:18
16	1/30	657	Jena Ogston	40	F	Duluth	MN	30	10:27	1:47	1:26	23	31:15	19.8	1:09	25	17:11	6:53	1:01:25
17	3/14	322	Brenton Button	24	M	Nipigon	ON	13	10:00	1:43	1:52	19	30:50	20.0	1:53	30	17:18	6:56	1:01:51
18	1/13	431	Jeff Melby	52	M	Bloomington	MN	28	10:26	1:47	1:45	17	30:40	20.2	1:09	61	18:30	7:24	1:02:28
19	2/30	634	Connie Lutkevich	43	F	Duluth	MN	65	11:13	1:55	1:41	28	31:41	19.5	1:12	18	16:49	6:44	1:02:33
20	2/32	464	Jason Richardson	43	M	Mahtowa	MN	79	11:25	1:57	1:43	16	30:27	20.3	1:30	36	17:31	7:01	1:02:34
21	4/32	367	Justin Gundelach	30	M	Rochester	MN	2	9:08	1:34	1:43	55	33:03	18.7	1:43	27	17:14	6:54	1:02:47
22	4/14	323	Garrett Cardinal	20	M	Champlin	MN	16	10:02	1:43	1:40	33	31:47	19.4	1:16	65	18:35	7:26	1:03:17
23	1/11	475	Bill Schmitt	58	M	Duluth	MN	17	10:07	1:44	1:48	15	30:27	20.3	1:27	94	19:32	7:49	1:03:19
24	3/23	386	Dusty Hough	39	M	Barnesville	MN	51	11:00	1:53	1:35	27	31:32	19.6	1:09	58	18:20	7:20	1:03:33
25	4/23	481	Nick Shultz	35	M	St. Michael	MN	99	11:59	2:03	2:17	32	31:47	19.4	1:25	10	16:10	6:28	1:03:35
26	2/10	317	Clare Brandt	17	M	Rochester	MN	53	11:04	1:54	1:53	97	34:25	18.0	1:46	2	14:38	5:51	1:03:43
27	1/15	746	Kris Kolenz	45	F			18	10:08	1:44	1:30	48	32:36	19.0	1:29	56	18:13	7:17	1:03:53
28	1/48	170	Jessica Deegan	35	F	Saint Paul	MN	27	10:24	1:47	1:49	45	32:30	19.0	1:08	57	18:14	7:18	1:04:03
29	1/36	517	Karla Bailey	33	F	Thunder Bay	ON	41	10:43	1:50	1:28	57	33:09	18.6	1:24	37	17:33	7:01	1:04:14
30	3/10	352	Colin Finnegan	15	M	St. Paul	ON	3	9:21	1:36	2:25	98	34:35	17.9	1:22	17	16:45	6:42	1:04:26
31	2/48	602	Shauna Joas	36	F	Eagan	MN	61	11:08	1:54	1:52	26	31:24	19.7	1:28	72	18:46	7:31	1:04:35
32	5/32	449	Mickey Pearson	33	M	Duluth	MN	134	12:39	2:10	2:01	63	33:18	18.6	0:51	8	15:54	6:22	1:04:41
33	2/36	563	Kerrie Fabius	32	F	Grand Marais	MN	58	11:06	1:54	1:39	46	32:31	19.0	1:11	60	18:21	7:21	1:04:45
34	6/32	409	Erik Laing	32	M	Eagan	MN	31	10:27	1:47	2:06	51	32:42	18.9	1:44	55	18:10	7:16	1:05:07
35	5/23	340	Glen Drexler	37	M	Du	MN	57	11:06	1:54	1:38	70	33:38	18.4	1:11	40	17:40	7:04	1:05:10
36	3/48	739	Jody Zeleznikar	38	F	Esko	MN	114	12:19	2:06	1:28	47	32:32	19.0	1:28	39	17:39	7:04	1:05:24
37	2/11	433	Jim Miner Jr.	57	M	Duluth	MN	77	11:25	1:57	1:46	20	31:00	19.9	1:36	98	19:44	7:54	1:05:28
38	4/10	392	Drew Johnson	18	M	Aurora	MN	24	10:22	1:46	3:07	120	35:43	17.3	1:03	5	15:26	6:11	1:05:38
39	6/23	435	Tony Moen	35	M	Proctor	MN	113	12:19	2:06	2:08	50	32:39	18.9	1:52	15	16:43	6:41	1:05:38
40	4/48	706	Becka Swanson	36	F	Circle Pines	MN	166	13:24	2:17	1:47	18	30:49	20.1	1:10	64	18:33	7:26	1:05:41
41	2/49	611	Bettina Keppers	28	F	Duluth	MN	36	10:37	1:49	1:34	24	31:16	19.8	1:22	148	21:08	8:28	1:05:54
42	7/23	455	Shannon Pring	35	M	Cloquet	MN	81	11:26	1:57	1:58	53	32:56	18.8	1:47	48	17:58	7:11	1:06:02
43	3/30	737	Marcy Woods	40	F	Lincoln	NE	84	11:31	1:58	1:52	43	32:28	19.0	1:41	75	18:56	7:35	1:06:25
44	3/30	448	Tyler Overby	25	M	Duluth	MN	173	13:34	2:19	1:34	25	31:20	19.7	0:59	77	19:01	7:37	1:06:26
45	1/8	589	Annie Harvieux	17	F	Duluth	MN	19	10:09	1:44	2:12	54	33:00	18.7	1:49	89	19:21	7:45	1:06:28
46	3/32	371	Kevin Haney	40	M	Duluth	MN	43	10:48	1:51	2:39	44	32:30	19.0	1:27	82	19:07	7:39	1:06:29
47	7/32	330	Darren Christopher	34	M	Duluth	MN	44	10:49	1:51	2:10	30	31:44	19.5	1:13	124	20:36	8:15	1:06:30
48	5/48	727	Emily Vos	37	F	Duluth	MN	105	12:09	2:05	1:36	66	33:21	18.5	1:24	52	18:06	7:15	1:06:33
49	8/32	394	Keven Johnson	34	M	Hermantown	MN	237	14:55	2:33	2:02	31	31:46	19.5	1:15	14	16:41	6:41	1:06:37
50	4/19	350	Matt Evans	45	M	Eau Claire	WI	4	9:25	1:37	1:37	74	33:47	18.3	1:14	129	20:44	8:18	1:06:44
51	6/48	511	Marilyn Ailey	37	F	Thunder Bay	ON	128	12:35	2:09	1:58	29	31:42	19.5	1:32	79	19:03	7:38	1:06:47
52	2/15	748	Sondra Mowers	47	F	Duluth	MN	56	11:05	1:54	1:51	21	31:11	19.8	1:39	144	21:04	8:26	1:06:47
53	7/48	608	Rachel Johnson	35	F	Duluth	MN	37	10:40	1:49	1:53	87	34:08	18.1	1:19	76	19:00	7:36	1:06:57
54	5/14	303	Jeffry Anderson	24	M	Duluth	MN	75	11:22	1:57	1:40	89	34:14	18.1	1:20	63	18:33	7:25	1:07:06
55	2/13	314	Robert Boman	52	M	Duluth	MN	76	11:24	1:57	1:46	85	34:06	18.1	1:19	68	18:42	7:29	1:07:15
56	3/49	545	Caitlin Coomes	28	F	Minneapolis	MN	86	11:36	1:59	1:59	92	34:17	18.0	2:16	32	17:24	6:58	1:07:29
57	4/32	446	Troy Otterson	40	M	Duluth	MN	119	12:23	2:07	2:47	60	33:15	18.6	0:58	54	18:09	7:16	1:07:30
58	4/49	725	Rena Viehbeck	28	F	Thunder Bay	ON	193	14:02	2:24	2:14	49	32:38	18.9	1:52	21	16:58	6:48	1:07:41
59	5/49	592	Michelle Hoffman	26	F	Maple Grove	MN	26	10:24	1:47	1:30	111	35:13	17.5	1:15	91	19:23	7:45	1:07:43
60	5/19	301	Rick Abrahamson	49	M	Andover	MN	60	11:08	1:54	2:45	35	31:53	19.4	1:33	122	20:30	8:12	1:07:46
61	4/30	478	William Schumacher	25	M	Minneapolis	MN	97	11:55	2:02	2:18	101	34:42	17.8	1:17	38	17:39	7:04	1:07:48
62	5/30	382	Craig Hill	28	M	Minneapolis	MN	198	14:08	2:25	1:44	62	33:16	18.6	1:42	26	17:11	6:53	1:07:58
63	8/48	671	Kristi Plante	38	F	Hermantown	MN	135	12:41	2:10	1:35	36	31:58	19.3	1:16	123	20:31	8:13	1:07:59
64	6/19	465	Tom Richardson	49	M	Stillwater	MN	91	11:44	2:00	1:34	80	33:58	18.2	1:46	80	19:06	7:39	1:08:06
65	3/36	537	Michelle Breiland	34	F	Duluth	MN	10	9:49	1:41	1:43	139	36:14	17.1	1:41	69	18:43	7:29	1:08:06
66	9/32	483	David Simmer	33	M	Eden Prairie	MN	201	14:10	2:25	1:48	39	32:04	19.3	1:09	84	19:12	7:41	1:08:20
67	5/32	359	Rick Gearhart	44	M	St. Croix Falls	WI	21	10:12	1:45	2:18	108	35:00	17.7	1:40	87	19:20	7:44	1:08:26
68	10/32	420	Brandon Lunde	33	M	Saginaw	MN	149	13:05	2:14	2:41	82	33:59	18.2	1:40	31	17:20	6:56	1:08:41
69	4/30	599	Jennifer Huelsmann	42	F	Minneapolis	MN	151	13:07	2:15	1:49	81	33:58	18.2	2:30	35	17:28	6:59	1:08:49
70	5/10	355	Henry French	15	M	Duluth	MN	139	12:44	2:10	2:40	118	35:41	17.3	1:11	13	16:41	6:41	1:08:55
71	3/11	488	Bill Stroozas	55	M	Duluth	MN	64	11:13	1:55	1:52	106	34:55	17.7	1:				

84	6/32	745	Nate Waech	42	M	Grand Rapids	MN	152	13:09	2:15	2:29	130	36:04	17.1	1:46	29	17:16	6:55	1:10:42
85	7/49	693	Chandra Shoberg	28	F	Duluth	MN	190	14:01	2:24	2:37	41	32:12	19.2	1:58	103	19:58	7:59	1:10:43
86	8/19	749	Brian Voeg	45	M			306	16:29	2:49	1:38	67	33:23	18.5	1:12	53	18:07	7:15	1:10:47
87	7/10	747	Meirs Moore	16	M			207	14:21	2:27	2:27	59	33:14	18.6	1:26	92	19:25	7:46	1:10:49
88	11/32	750	Ryan Nelson	31	M			141	12:47	2:11	2:39	71	33:40	18.4	1:55	100	19:52	7:57	1:10:50
89	7/30	357	Darren Galligan	28	M	St. Paul	MN	67	11:16	1:56	3:00	96	34:24	18.0	1:37	130	20:45	8:18	1:10:59
90	7/32	337	Curt Dimberio	40	M	Duluth	MN	357	18:10	3:06	2:06	40	32:08	19.2	1:16	34	17:26	6:59	1:11:04
91	11/23	452	Aaron Phillips	39	M	Albert Lea	MN	153	13:12	2:15	2:03	34	31:49	19.4	1:17	225	22:52	9:09	1:11:10
92	1/9	368	Marcus Gustafson	60	M	Edina	MN	117	12:22	2:07	2:18	37	32:00	19.3	1:59	206	22:34	9:02	1:11:11
93	8/32	374	Joel Harris	43	M	Hermantown	MN	202	14:14	2:26	2:15	95	34:19	18.0	1:44	71	18:45	7:30	1:11:14
94	7/14	424	Andrew Malovrh	24	M	Virginia	MN	204	14:15	2:26	1:56	91	34:16	18.0	1:29	93	19:31	7:49	1:11:25
95	8/30	106	Victor Rigling	28	M	Hermantown	MN	253	15:14	2:36	2:10	42	32:13	19.2	1:54	105	19:58	8:00	1:11:26
96	9/32	308	Doug Berg	42	M	Duluth	MN	356	18:08	3:06	2:07	38	32:04	19.3	1:22	42	17:48	7:08	1:11:27
97	8/49	581	Stacia Grayson	29	F	Duluth	MN	15	10:02	1:43	2:00	113	35:16	17.5	1:35	213	22:42	9:05	1:11:32
98	8/10	403	Logan Kittelson	14	M	South Range	WI	39	10:41	1:50	2:31	155	36:45	16.8	1:29	116	20:15	8:06	1:11:39
99	12/23	396	Peter Jokinen	35	M	Highbridge	WI	104	12:08	2:05	2:47				565:04	108	20:07	8:03	1:11:4
100	10/32	329	Ross Christenson	44	M	Esko	MN	277	15:43	2:41	2:08	56	33:08	18.7	2:08	81	19:07	7:39	1:12:11
101	4/36	643	Erin Miller	33	F	Saint Joseph	MN	143	12:55	2:13	2:06	110	35:09	17.6	1:25	126	20:39	8:16	1:12:12
102	5/36	627	Rebecca Layman	31	F	Bagley	MN	85	11:36	1:59	2:30	69	33:34	18.4	1:52	215	22:46	9:07	1:12:14
103	9/10	395	Sam Johnson	16	M	Aurora	MN	98	11:56	2:02	3:41	133	36:07	17.1	2:39	47	17:54	7:10	1:12:15
104	6/36	660	Kati Palmer	34	F	Superior	WI	226	14:38	2:30	1:43	84	34:00	18.2	1:15	128	20:43	8:18	1:12:16
105	1/17	606	Hannah Johnson	21	F	Minneapolis	MN	160	13:17	2:16	2:10	83	33:59	18.2	1:39	150	21:15	8:30	1:12:17
106	9/49	708	Kelli Taylor	25	F	Watford City	ND	90	11:43	2:00	2:30	64	33:18	18.6	2:57	189	22:07	8:51	1:12:33
107	10/48	528	Paige Benson	35	F	Duluth	MN	155	13:12	2:15	1:55	177	37:37	16.4	1:27	66	18:39	7:28	1:12:47
108	10/49	615	Mary Krauel	28	F	Milaca	MN	248	15:06	2:35	1:29	151	36:36	16.9	1:06	67	18:42	7:29	1:12:55
109	11/48	623	Kirsten Langguth	35	F	Chaska	MN	80	11:25	1:57	1:58	135	36:10	17.1	1:35	173	21:50	8:44	1:12:56
110	1/3	282	Andrew Harting	69	M	London	WI	73	11:21	1:56	3:20	183	37:54	16.3	1:16	83	19:08	7:40	1:12:56
111	4/13	360	Troy Geheren	50	M	Dayton	MN	188	13:58	2:23	1:33	77	33:49	18.3	2:46	137	20:55	8:22	1:12:59
112	11/32	485	Christopher Solberg	41	M	Inver Grove Height	MN	66	11:14	1:55	2:27	156	36:52	16.8	3:11	86	19:19	7:44	1:13:00
113	9/30	428	Robert Marshall	29	M	Maple Grove	MN	165	13:22	2:17	2:12	121	35:44	17.3	1:07	134	20:49	8:20	1:13:11
114	10/30	115	Andrew Scully	27	M	Duluth	MN	154	13:12	2:15	2:07	75	33:49	18.3	2:04	193	22:15	8:54	1:13:23
115	12/32	407	Kaleb Krause	32	M	Minneapolis	MN	82	11:27	1:57	1:41	14	30:26	20.3	1:27	372	28:55	11:34	1:13:52
116	13/32	497	Benjamin Utter	32	M	St. Paul	MN	307	16:31	2:49	2:31	68	33:25	18.5	1:34	102	19:54	7:58	1:13:53
117	1/11	584	Nancy Hamilton	54	F	Thunder Bay	ON	144	12:56	2:13	1:57	102	34:45	17.8	1:56	200	22:26	8:59	1:13:57
118	14/32	320	Mike Buran	31	M	Iron River	WI	263	15:22	2:38	3:05	175	37:35	16.4	0:57	23	17:03	6:49	1:13:59
119	15/32	358	John Galligan	30	M	Minneapolis	MN	32	10:29	1:48	4:09	145	36:24	17.0	1:33	163	21:28	8:35	1:14:00
120	16/32	328	Benjamin Chastek	31	M	Minneapolis	MN	40	10:42	1:50	2:42	125	35:50	17.2	1:55	235	23:09	9:16	1:14:16
121	2/17	593	Jeanna Holcombe	22	F	Superior	WI	107	12:11	2:05	2:26	132	36:07	17.1	1:43	184	21:57	8:47	1:14:22
122	12/32	345	Mark Eginton	42	M	Duluth	MN	164	13:22	2:17	3:11	90	34:14	18.1	1:54	170	21:47	8:43	1:14:25
123	12/48	733	Sheryl Williams	36	F	Duluth	MN	74	11:21	1:56	2:14	105	34:54	17.7	2:42	241	23:19	9:20	1:14:28
124	13/32	413	David Law	42	M	Andover	MN	48	10:55	1:52	1:47	173	37:29	16.5	2:08	197	22:12	8:56	1:14:35
125	6/30	722	Marie Van Overmeiren	43	F	Superior	WI	216	14:28	2:28	3:03	197	38:11	16.2	1:11	43	17:50	7:08	1:14:40
126	11/49	535	Kristi Boman	25	F	Somerville	MA	5	9:25	1:37	2:07	236	39:43	15.6	1:28	185	22:00	8:48	1:14:41
127	7/36	740	Molly Ziells	32	F	Duluth	MN	116	12:22	2:07	2:01	188	38:03	16.2	1:47	131	20:46	8:19	1:14:45
128	12/49	549	Krista Dierkhising	25	F	Park Rapids	MN	103	12:08	2:04	3:03	189	38:03	16.2	1:36	110	20:09	8:04	1:14:55
129	8/36	689	Laura Seitz	33	F	Duluth	MN	168	13:29	2:18	2:24	138	36:13	17.1	1:42	153	21:19	8:32	1:15:05
130	9/36	595	Amanda Holdsworth	30	F	Thunder Bay	ON	126	12:34	2:09	2:23	192	38:05	16.2	1:34	125	20:37	8:15	1:15:10
131	3/17	633	Delaney Lundeen	22	F	Duluth	MN	170	13:30	2:18	1:42	216	38:40	16.0	1:08	117	20:19	8:08	1:15:16
132	5/13	377	Bruce Hegge	50	M	Spring Grove	MN	158	13:15	2:16	4:47	93	34:18	18.0	2:14	133	20:49	8:20	1:15:21
133	14/32	389	Matthew Jere James	41	M	Long Lake	MN	189	13:59	2:23	3:52	94	34:19	18.0	3:03	111	20:12	8:05	1:15:22
134	8/14	459	Matthew Rausch	22	M	Buffalo	MN	256	15:16	2:37	3:10	88	34:11	18.1	1:35	149	21:14	8:30	1:15:25
135	6/13	315	Tom Boman	53	M	Elmira	NY	163	13:20	2:17	2:19	142	36:19	17.0	1:41	177	21:52	8:45	1:15:28
136	11/30	32	Gabriel Christenson	27	M	Mahtomedi	MN	210	14:22	2:27	2:17	129	36:04	17.1	1:24	160	21:26	8:35	1:15:29
137	13/49	641	Tami Mesedahl	28	F	Duluth	MN	68	11:16	1:56	2:27	217	38:54	15.9	1:27	164	21:30	8:36	1:15:32
138	14/49	734	Charlene Wilson	27	F	Thunder Bay	ON	109	12:15	2:06	3:14	161	36:59	16.7	1:48	155	21:20	8:32	1:15:33
139	7/30	678	Jill Reinking	40	F	Zimmerman	MN	192	14:01	2:24	2:14	208	38:30	16.1	1:20	96	19:33	7:49	1:15:36
140	12/30	344	Douglas Edwards	28	M	Canton	MI	219	14:30	2:29	3:03	169	37:18	16.6	1:49	78	19:03	7:37	1:15:41
141	10/36	688	Crystal Scuffy	33	F	Eveleth	MN	175	13:40	2:20	1:51	152	36:36	16.9	1:46	181	21:56	8:47	1:15:47
142	13/48	686	Elisa Schmitz	36	F	Hermantown	MN	194	14:04	2:24	1:59	136	36:11	17.1	1:21	196	22:18	8:56	1:15:51
143	13/30	383	Nils Hoeger-Lerdal	28	M	Hutchinson	MN	287	15:55	2:43	2:28	112	35:13	17.5	1:29	135	20:51	8:21	1:15:54
144	9/19	365	Wayne Graves	46	M	Brookston	MN	255	15:16	2:36	3:56	117	35:40	17.3	1:11	106	20:02	8:01	1:16:03
145	15/49	546	Kendra Crowell	29	F	St. Paul	MN	124	12:29	2:08	2:51	128	36:03	17.1	2:47	180	21:56	8:47	1:16:04
146	15/32	321	Tom Burgraff	43	M	Chippewa Falls	WI	137	12:42	2:10	3:02	78	33:50	18.3	2:31	261	24:05	9:38	1:16:08
147	14/30	310	Daniel Bierschank	26	M	Woodbury	MN	302	16:17	2:47	2:38	65	33:18	18.6	2:07	174	21:51	8:45	1:16:08
148	15/30	373	Paul Harder	27	M	Bartlett	IL	96	11:55	2:02	2:25	211	38:34	16.0	1:23	182	21:57	8:47	1:16:10
149	16/49	674	Megan Rausch	25	F	Duluth	MN	195	14:04	2:24	2:20	154	36:41	16.8	2:17	136	20:51	8:21	1:16:10
150	17/32	444	Brian Olson	33	M	Superior	WI	101	12:06	2:04	2:12	167	37:10	16.6	1:59	219	22:49	9:08	1:16:14
151	16/30	473	Eric Sautbine	27	M	Duluth	MN	328	16:54	2:53	3:22	114	35:19	17.5	2:06	70	18:43	7:30	1:16:21
152	16/32	312	David Bolf	40	M	Duluth	MN	184	13:54	2:23	2:13	157	36:52	16.8	2:05	156	21:20	8:32	1:16:21
153	14/48	559	Kelli Enders	38	F	Minneapolis	MN	146	12:58	2:13	3:08	107	34:56	17.7	1:51	254	23:45	9:30	1:16:36
154	13/23	492	Charles Swensson	39	M	Maple Grove	MN	314	16:38	2:50	2:40	103	34:51	17.7					

175	2/3	406	Lyle Koivisto	66	M	Saginaw	MN	333	17:00	2:54	1:40	99	34:35	17.9	1:14	246	23:36	9:27	1:18:03		
176	6/17	754	Lisa Hoiuum	22	F	Duluth	MN	102	12:06	2:04	2:32	278	41:04	15.0	1:21	145	21:05	8:26	1:18:05		
177	3/15	543	Susan Cook	46	F	Duluth	MN	214	14:26	2:28	2:00	187	38:03	16.2	1:41	186	22:01	8:49	1:18:07		
178	13/36	658	Jessica Olen	31	F	Mora	MN	221	14:32	2:29	2:04	162	36:59	16.7	2:28	211	22:40	9:04	1:18:41		
179	1/4	519	Susanne Bakken	61	F	Duluth	MN	180	13:48	2:22	2:13						574:56	239	23:14	9:18	1:18:4
180	17/32	325	Troy Carlson	41	M	Bellbrook	OH	191	14:01	2:24	2:37	170	37:24	16.5	2:16	205	22:33	9:02	1:18:49		
181	14/36	556	Megan Duley	31	F	Somerset	WI	205	14:17	2:26	2:33	204	38:27	16.1	1:30	188	22:07	8:51	1:18:51		
182	7/13	404	Todd Kneebone	53	M	Duluth	MN	290	15:56	2:43	3:18	124	35:49	17.3	1:12	223	22:51	9:09	1:19:03		
183	4/15	586	Kara Hanson	46	F	Duluth	MN	110	12:16	2:06	2:12	190	38:04	16.2	2:12	271	24:24	9:46	1:19:04		
184	15/36	613	Amy Kotzer	32	F	Minneapolis	MN	59	11:07	1:54	2:14	233	39:37	15.6	2:28	250	23:43	9:29	1:19:05		
185	2/8	590	Zoe Harvieux	14	F	Duluth	MN	20	10:09	1:44	2:19	243	39:55	15.5	2:09	285	24:51	9:57	1:19:20		
186	11/30	233	Melanie Tuominen	40	F	Duluth	MN	313	16:36	2:50	1:58	160	36:59	16.7	1:44	192	22:13	8:53	1:19:28		
187	7/17	572	Ashley Geheren	21	F	Dayton	MN	108	12:12	2:05	3:14	234	39:38	15.6	1:17	236	23:10	9:16	1:19:29		
188	21/49	705	Joy Swanoski	25	F	Duluth	MN	297	16:05	2:45	2:19	201	38:22	16.1	1:54	138	20:56	8:23	1:19:33		
189	16/36	720	Erin Van Bergen	30	F	Bloomington	MN	100	12:01	2:03	2:08	290	41:42	14.8	1:16	207	22:35	9:02	1:19:39		
190	19/32	331	Patrick Cleary	31	M	Brooklyn Park	MN	222	14:33	2:29	2:32	185	37:59	16.3	1:29	238	23:12	9:17	1:19:42		
191	18/30	489	Derrick Sundeen	28	M	Barnesville	MN	388	19:35	3:21	2:23	178	37:40	16.4	1:15	73	18:53	7:33	1:19:44		
192	12/30	534	Sarah Bogel	41	F	Roseville	MN	251	15:09	2:35	2:18	109	35:01	17.6	2:47	278	24:42	9:53	1:19:55		
193	19/30	356	David Fulton	28	M	St. Paul	MN	182	13:51	2:22	3:45	186	38:01	16.3	2:02	210	22:38	9:04	1:20:15		
194	20/32	281	Chris Cutrala	32	M	Chicago	IL	322	16:47	2:52	2:24	242	39:53	15.5	1:23	101	19:52	7:57	1:20:18		
195	18/32	441	Brian Winneman	42	M	Cloquet	MN	138	12:43	2:10	2:23	301	42:17	14.6	1:30	162	21:27	8:35	1:20:18		
196	20/30	479	Tyler Schwerdt	27	M	Duluth	MN	334	17:04	2:55	2:08	184	37:57	16.3	1:22	176	21:51	8:45	1:20:19		
197	19/32	422	Chris Maca	44	M	Brooklyn Park	MN	132	12:38	2:09	2:48	140	36:16	17.0	1:38	336	27:06	10:51	1:20:23		
198	22/49	644	Kelsey Mills	28	F	Red Wing	MN	133	12:39	2:10	3:05	279	41:07	15.0	1:21	194	22:15	8:54	1:20:25		
199	20/32	487	Joe Stark	40	M	Cloquet	MN	118	12:23	2:07	2:50	174	37:30	16.5	1:48	310	26:00	10:24	1:20:28		
200	16/48	193	Pamela Johnson	35	F	Sagaw	MN	283	15:53	2:43	2:56	224	39:12	15.8	1:16	152	21:18	8:31	1:20:32		
201	21/30	416	Adam Lillyquist	26	M	Duluth	MN	325	16:50	2:52	2:39	261	40:25	15.3	1:09	95	19:32	7:49	1:20:33		
202	21/32	504	Mark Weiberg	40	M	Courtland	MN	145	12:57	2:13	3:37	181	37:49	16.3	1:30	280	24:45	9:54	1:20:35		
203	8/17	704	Jessi Swanoski	24	F	St. Louis Park	MN	267	15:28	2:39	2:18	256	40:16	15.3	1:43	140	20:59	8:24	1:20:42		
204	21/32	311	Josh Birchhill	31	M	Duluth	MN	376	18:57	3:14	4:02	168	37:10	16.6	2:51	44	17:52	7:09	1:20:49		
205	2/4	715	Carole Torreano	63	F	Largo	FL	213	14:24	2:28	2:53	149	36:33	16.9	1:56	296	25:10	10:04	1:20:53		
206	17/23	418	Jeffrey Lindstrom	38	M	Buffalo	MN	339	17:23	2:58	2:29	235	39:40	15.6	1:13	113	20:13	8:05	1:20:56		
207	9/14	319	Stephen Brannan	23	M	Duluth	MN	106	12:09	2:05	4:36	247	40:00	15.4	1:31	221	22:50	9:08	1:21:04		
208	17/48	670	Anne Pilarski	36	F	Cushing	MN	88	11:39	1:59	2:27	226	39:15	15.7	2:17	304	25:35	10:14	1:21:10		
209	3/9	398	Joe Kandiko	61	M	Excelsior	MN	162	13:20	2:17	2:17	195	38:07	16.2	2:04	303	25:32	10:13	1:21:18		
210	18/48	566	Julie Frantz	35	F	Woodbury	MN	185	13:56	2:23	1:51	249	40:03	15.4	2:08	244	23:26	9:23	1:21:20		
211	23/49	648	Amy Mulder	26	F	Becker	MN	236	14:53	2:33	3:03	202	38:23	16.1	2:23	212	22:42	9:05	1:21:21		
212	22/32	351	Frank Fairchild	41	M	Swan River	MN	332	16:56	2:54	4:04	164	37:01	16.7	1:52	166	21:34	8:38	1:21:24		
213	3/8	619	Emily Krulc	19	F	Virginia	MN	203	14:14	2:26	3:21	308	42:32	14.5	1:25	104	19:58	7:59	1:21:27		
214	13/30	694	Laura Sieger	40	F	Duluth	MN	167	13:25	2:18	2:44	196	38:10	16.2	2:17	291	24:59	10:00	1:21:32		
215	11/19	336	Joe Derock	45	M	Spring Lake Park	MN	304	16:27	2:49	3:40	206	38:28	16.2	2:49	114	20:14	8:06	1:21:36		
216	24/49	530	Jamie Bertram	29	F	Isanti	MN	50	10:56	1:52	3:26	231	39:32	15.6	4:10	247	23:41	9:29	1:21:41		
217	22/32	318	Eric Brandt	31	M	Duluth	MN	401	21:21	3:39	4:06	141	36:17	17.0	1:41	59	18:20	7:20	1:21:43		
218	17/36	539	Sarah Buhs	32	F	Cloquet	MN	224	14:35	2:29	2:35	309	42:41	14.5	1:16	132	20:46	8:19	1:21:50		
219	9/17	575	Anna Germundson	22	F	Saint Paul	MN	218	14:30	2:29	2:11	158	36:53	16.8	2:16	312	26:06	10:27	1:21:53		
220	19/48	628	Brandee Lian	38	F	Duluth	MN	243	15:02	2:34	3:33	237	39:47	15.5	1:57	169	21:43	8:41	1:21:59		
221	25/49	577	Kristin Glumack	28	F	Duluth	MN	120	12:24	2:07	2:20	268	40:46	15.2	1:31	292	25:02	10:01	1:22:01		
222	23/32	503	Dave Warren	42	M	Golden Valley	MN	318	16:42	2:51	3:23	248	40:02	15.4	2:06	99	19:51	7:57	1:22:03		
223	18/36	548	Whitney Davidson	32	F	Duluth	MN	317	16:38	2:50	2:54	176	37:35	16.4	2:05	231	23:05	9:14	1:22:15		
224	26/49	667	Noel Phillips	28	F	Minneapolis	MN	281	15:48	2:42	2:42	209	38:30	16.1	1:40	255	23:48	9:31	1:22:24		
225	14/30	536	Lisa Brandt	44	F	Coleraine	MN	271	15:32	2:39	3:44	265	40:37	15.2	2:31	115	20:15	8:06	1:22:36		
226	20/48	555	Brenda Dukek	37	F	Bagley	MN	240	14:59	2:34	2:19	148	36:28	16.9	2:45	314	26:08	10:28	1:22:37		
227	21/48	547	Kim Darosa	37	F	Thunder Bay	ON	131	12:36	2:09	2:21	286	41:30	14.9	2:04	264	24:10	9:40	1:22:38		
228	19/36	616	Beth Kreitzer	33	F	Minneapolis	MN	92	11:46	2:01	2:25	238	39:48	15.5	2:03	328	26:48	10:44	1:22:47		
229	22/48	594	Suzanne Holderness	38	F	Plymouth	MN	278	15:46	2:42	2:32	258	40:23	15.3	1:49	198	22:24	8:58	1:22:52		
230	24/32	305	Ronald Beckman	40	M	Northome	MN	358	18:11	3:06	3:17	223	39:11	15.8	1:17	142	21:00	8:24	1:22:54		
231	23/32	499	Christopher Virta	31	M	Duluth	MN	371	18:45	3:12	2:50	146	36:25	17.0	2:22	208	22:35	9:02	1:22:54		
232	1/1	640	Connie Meek	65	F	Hayward	WI	292	15:58	2:44	3:07	172	37:27	16.5	2:56	245	23:34	9:26	1:22:59		
233	23/48	702	Stacey Sundquist	35	F	Virginia	MN	284	15:54	2:43	2:39	281	41:18	15.0	1:29	172	21:48	8:44	1:23:04		
234	8/13	397	Ronald Jyring	52	M	Bismarck	ND	308	16:32	2:49	2:42	212	38:35	16.0	2:23	232	23:05	9:14	1:23:14		
235	12/19	453	Brian Piekarski	45	M	Grand Rapids	MN	347	17:37	3:00	3:44	215	38:40	16.0	2:02	157	21:21	8:33	1:23:20		
236	25/32	443	Duane Olsen	41	M	Sturgeon Lake	MN	378	19:02	3:15	2:51	219	38:58	15.9	1:42	141	20:59	8:24	1:23:30		
237	24/48	680	Kristin Rish	39	F	Esko	MN	296	16:03	2:44	3:52	269	40:46	15.2	1:35	158	21:21	8:33	1:23:35		
238	5/15	571	Marie Garbe	48	F	Woodbury	MN	174	13:40	2:20	3:30	251	40:05	15.4	2:14	272	24:24	9:46	1:23:50		
239	5/11	474	Larry Schmelzer	57	M	Hibbing	MN	242	14:59	2:34	2:59	205	38:28	16.1	1:35	307	25:54	10:22	1:23:53		
240	2/11	582	Allison Halsted	50	F	Champlin	MN	250	15:06	2:35	2:29	166	37:10	16.6	2:20	330	26:52	10:45	1:23:54		
241	22/30	438	Blake Naber	28	M	Duluth	MN	62	11:10	1:55	2:36	364	46:09	13.4	1:25	209	22:38	9:03	1:23:55		
242	6/11	417	Loren Lilyquist	56	M	Hermantown	MN	326	16:51	2:53	1:46	239	39:52	15.5	3:05	199	22:25	8:58	1:23:56		
243	25/48	522	Kim Batcheller	35	F	Minneapolis	MN	171	13:30	2:18	2:54	207	38:30	16.1	1:51	343	27:23	10:58	1:24:06		
244	6/15	656	Gina Oesterreich	49	F	Marine On Saint Cr	MN	225	14:35	2:30	3:01	270	40:50	15.1	2:28	242	23:20	9:20	1:24:12		
245																					

266	7/11	761	George Sweezy	59	M	Duluth	MN	384	19:21	3:18	3:42	193	38:06	16.2	2:18	191	22:11	8:53	1:25:35	
267	4/11	597	Anne Howard	52	F	Superior	WI	211	14:22	2:27	2:59	275	41:00	15.1	2:21	290	24:59	10:00	1:25:38	
268	18/30	195	Jill Kaske	40	F	Superior	WI	206	14:20	2:27	2:44	297	41:58	14.7	1:45	288	24:54	9:58	1:25:39	
269	5/9	304	Michael Anderson	62	M	Duluth	MN	229	14:38	2:30	2:55	225	39:14	15.8	1:53	337	27:08	10:51	1:25:45	
270	24/30	47	Alec Erdmann	29	M	Proctor	MN	288	15:56	2:43	4:07	287	41:34	14.9	1:22	220	22:49	9:08	1:25:45	
271	25/32	393	James Johnson	30	M	Minneapolis	MN	323	16:48	2:52	3:52	253	40:09	15.4	1:25	183	21:57	8:47	1:25:58	
272	19/30	565	Joleen Finken	43	F	Duluth	MN	252	15:11	2:36	1:55	339	44:05	14.0	2:18	216	22:48	9:08	1:26:15	
273	5/8	551	Angela Donofrio	17	F	Hermantown	MN	12	9:58	1:42	2:29	360	45:35	13.6	1:33	324	26:43	10:41	1:26:16	
274	6/8	552	Mariah Donofrio	14	F	Hermantown	MN	129	12:35	2:09	3:01	381	48:21	12.8	1:21	143	21:01	8:25	1:26:16	
275	9/15	679	Cathy Richardson	46	F	Stillwater	MN	319	16:43	2:51	2:20	298	42:09	14.7	1:29	252	23:43	9:29	1:26:21	
276	27/48	669	Jodi Piekarski	36	F	Grand Rapids	MN	275	15:40	2:40	3:11	322	43:19	14.3	1:28	217	22:49	9:08	1:26:23	
277	27/32	495	Barrett Todd	40	M	Shorewood	MN	305	16:27	2:49	2:35	182	37:50	16.3	2:36	334	26:59	10:48	1:26:26	
278	13/19	469	Matt Royseth	45	M	Duluth	MN	408	23:26	4:00	3:56	153	36:38	16.9	2:06	118	20:24	8:10	1:26:27	
279	21/36	716	Terri-Lee Tremblay	30	F	International Fall	MN	330	16:55	2:53	3:25	318	43:04	14.3	1:46	159	21:22	8:33	1:26:29	
280	19/23	436	Mike More	39	M	Edina	MN	361	18:20	3:08	3:02	291	41:44	14.8	2:14	151	21:16	8:31	1:26:32	
281	10/17	558	Alexandra Economy	24	F	Winona	MN	264	15:24	2:38	2:57	245	39:58	15.5	2:01	318	26:23	10:33	1:26:40	
282	10/14	348	Gerick Engle	22	M	Rogers	MN	338	17:21	2:58	3:24	328	43:38	14.2	2:09	112	20:12	8:05	1:26:41	
283	30/49	655	Allison Norgard	25	F	Duluth	MN	331	16:55	2:53	3:00	293	41:49	14.8	1:52	233	23:07	9:15	1:26:41	
284	22/36	617	Heather Krohn	31	F	Duluth	MN	130	12:36	2:09	3:09	310	42:41	14.5	1:42	326	26:44	10:42	1:26:48	
285	28/48	661	Jamie Parask	35	F	Cloquet	MN	276	15:41	2:41	3:52	331	43:41	14.1	1:14	201	22:27	8:59	1:26:53	
286	11/14	369	Joseph Haertzen	22	M	Duluth	MN	346	17:35	3:00	4:03	300	42:10	14.7	1:45	161	21:26	8:35	1:26:55	
287	3/3	414	Richard Lebeau	68	M	Largo	FL	245	15:03	2:34	3:24	200	38:16	16.1	2:22	357	27:53	11:10	1:26:57	
288	10/13	327	Stanford Case	53	M	Hutchinson	MN	268	15:31	2:39	2:53	250	40:04	15.4	2:34	315	26:17	10:31	1:27:16	
289	23/36	596	Jessica Honza	31	F	Maple Grove	MN	228	14:38	2:30	3:03	325	43:29	14.2	1:50	268	24:21	9:45	1:27:18	
290	26/32	498	Trever Vanderburg	31	M	Superior	WI	259	15:20	2:37	2:46	289	41:37	14.8	2:30	298	25:16	10:07	1:27:27	
291	28/32	423	Arne Maijala, Jr.	43	M	Wrenshall	MN	363	18:26	3:09	4:06	228	39:23	15.7	1:53	249	23:42	9:29	1:27:28	
292	31/49	588	Meghan Hanson	26	F	Maple Grove	MN	269	15:32	2:39	2:42	333	43:42	14.1	1:09	276	24:37	9:51	1:27:39	
293	29/48	681	Jennifer Rosato	36	F	Duluth	MN	46	10:53	1:52	2:55	393	49:46	12.4	1:29	227	22:54	9:10	1:27:54	
294	30/48	620	Ailie Kubow	35	F	Blaine	MN	289	15:56	2:43	3:04	315	42:58	14.4	2:13	259	23:49	9:32	1:27:57	
295	29/32	415	Gardner Lepp	40	M	Albion	MN	407	23:11	3:57	3:14	203	38:26	16.1	2:13	139	20:59	8:24	1:28:01	
296	27/32	467	Matthew Roberts	33	M	Davenport	IA	344	17:32	3:00	3:17	271	40:51	15.1	2:04	270	24:23	9:46	1:28:04	
297	11/17	684	Nadia Sawochka	23	F	Eagan	MN	298	16:10	2:46	3:05	305	42:27	14.6	1:52	286	24:53	9:57	1:28:24	
298	20/30	711	Juleen Thom	41	F	Blaine	MN	316	16:38	2:50	2:44	361	45:44	13.5	1:37	171	21:47	8:43	1:28:28	
299	21/30	731	Christine Welsand	40	F	Lino Lakes	MN	377	19:02	3:15	2:14	302	42:19	14.6	2:07	218	22:49	9:08	1:28:28	
300	8/11	477	Russ Schumacher	59	M	Duluth	MN	387	19:35	3:21	3:30	285	41:27	14.9	1:47	195	22:15	8:54	1:28:31	
301	20/23	463	Jason Reinarz	38	M	Two Harbors	MN	294	16:00	2:44	2:50	307	42:27	14.6	2:15	294	25:05	10:02	1:28:35	
302	7/8	651	Sydney Nelson	15	F	Duluth	MN	87	11:37	1:59	3:36	320	43:18	14.3	2:01	367	28:21	11:21	1:28:50	
303	31/48	560	Dawn Epperson	37	F	Richfield	MN	351	17:51	3:03	3:27	220	39:01	15.8	2:25	320	26:29	10:36	1:29:10	
304	22/30	647	Kelly Moen	41	F	Proctor	MN	353	18:02	3:05	3:04	282	41:19	15.0	1:38	297	25:13	10:05	1:29:13	
305	12/14	458	Elliot Radeke	23	M	Superior	WI	412	24:13	4:08	2:27	221	39:01	15.8	1:58	175	21:51	8:45	1:29:27	
306	32/48	523	Heather Baumbach	38	F	Minneapolis	MN	208	14:21	2:27	2:48	283	41:21	14.9	2:54	364	28:07	11:15	1:29:28	
307	11/13	402	Gregory Keyport	52	M	Albertville	MN	402	21:42	3:42	3:46	144	36:22	17.0	2:18	302	25:32	10:13	1:29:37	
308	24/36	719	Tya Vaccina	30	F	Minneapolis	MN	111	12:18	2:06	4:15	353	44:52	13.8	1:58	317	26:19	10:32	1:29:39	
309	25/36	638	Caitlin Marlotte	34	F	Minneapolis	MN	177	13:41	2:20	3:58	304	42:26	14.6	2:48	329	26:51	10:45	1:29:42	
310	14/19	346	Peder Engebretson	48	M	St. Anthony	MN	320	16:45	2:52	3:29	263	40:28	15.3	1:35	348	27:29	11:00	1:29:44	
311	32/49	687	Brenda Schwerdt	25	F	Duluth	MN	394	20:31	3:30	1:46	299	42:10	14.7	1:19	262	24:07	9:39	1:29:51	
312	26/36	668	Brenda Piekarski	34	F	Minneapolis	MN	352	17:56	3:04	3:18	317	43:03	14.4	1:54	257	23:49	9:32	1:29:58	
313	30/32	445	Shawn Osell	41	M	Blaine	MN	379	19:09	3:16	3:19	252	40:07	15.4	2:02	300	25:24	10:10	1:29:59	
314	28/32	399	Steven Kaphing	34	M	Hastings	MN	349	17:47	3:02	2:57	267	40:45	15.2	2:03	321	26:33	10:38	1:30:01	
315	29/32	370	Kevin Hagen	34	M	Hibbing	MN	375	18:53	3:13	4:02	232	39:33	15.6	2:48	282	24:48	9:56	1:30:02	
316	12/17	540	Katie Burke	21	F	Lake Forest	IL	52	11:03	1:53	3:23	356	44:58	13.7	3:02	355	27:43	11:06	1:30:06	
317	33/48	692	Kristin Shields	37	F	Ramsey	MN	159	13:15	2:16	5:02	273	40:59	15.1	3:49	339	27:15	10:54	1:30:17	
318	34/48	585	Amy Haney	38	F	Duluth	MN	341	17:28	2:59	3:38	324	43:27	14.2	1:19	284	24:50	9:56	1:30:44	
319	6/9	476	Charles Schumacher	60	M	Duluth	MN	232	14:45	2:31	4:27	363	45:54	13.5	2:33	234	23:08	9:15	1:30:40	
320	25/30	494	William Thomason	28	M	Ironwood	MI	390	19:45	3:22	2:52	163	36:59	16.7	3:45	350	27:33	11:01	1:30:52	
321	33/49	712	Jessie Thorson	29	F	Hudson	WI	197	14:06	2:25	2:59	352	44:48	13.8	1:50	342	27:23	10:57	1:31:03	
322	27/36	676	Stephanie Reid	33	F	Bayport	MN	72	11:20	1:56	2:55	371	46:56	13.2	2:48	338	27:08	10:52	1:31:05	
323	10/15	675	Toni Rausch	49	F	Buffalo	MN	161	13:19	2:17	3:07	276	41:03	15.1	2:30	396	31:17	12:31	1:31:13	
324	35/48	223	Trisha Shaw	35	F	Superior	WI	187	13:58	2:23	3:04	370	46:54	13.2	1:24	311	26:02	10:25	1:31:18	
325	34/49	635	Kem Tae Lynch	29	F	Saint Paul	MN	123	12:28	2:08	4:27	314	42:55	14.4	2:49	373	28:58	11:36	1:31:35	
326	13/17	736	Alison Wood	22	F	Duluth	MN	254	15:16	2:36	3:14	348	44:28	13.9	1:53	327	26:47	10:43	1:31:36	
327	13/14	333	Michael Collins	22	M	Superior	WI	368	18:36	3:10	3:33	334	43:44	14.1	2:01	258	23:49	9:32	1:31:40	
328	35/49	569	Kirstyn Fulton	29	F	St. Paul	MN	247	15:05	2:35	2:30	330	43:39	14.2	2:55	363	28:03	11:14	1:32:09	
329	2/4	527	Joan Beissel	56	F	Dixon	IL	176	13:40	2:20	5:56	296	41:52	14.8	2:05	371	28:47	11:31	1:32:18	
330	36/48	607	Michele Johnson	35	F	Duluth	MN					537:33	378	47:58	12.9	1:28	279	24:42	9:53	1:32:11
331	28/36	529	Kim Berrisford	30	F	Duluth	MN	220	14:31	2:29	2:46	387	49:05	12.6	1:31	275	24:37	9:51	1:32:26	
332	37/48	653	Stacey Nelson-Birchhi	35	F	Duluth	MN	286	15:55	2:43	2:30	384	48:45	12.7	2:19	229	23:02	9:13	1:32:28	
333	29/36	561	Kaite Erickson	30	F	Duluth	MN	315	16:38	2:50	3:38	241	39:53	15.5	4:28	360	28:00	11:12	1:32:35	
334	23/30	735	Heather Winesett	40	F	Duluth	MN	291	15:57	2:43	4:17	244	39:58	15.5	4:25	361	28:01	11:13	1:32:35	
335	30/32	472	Paul Sapya	34	M	Cloquet	MN	140	12:46	2:11	3:19	362	45:44	13.5	1:57	374				

357	15/17	650	Kate Nelson	24	F	Fargo	ND	200	14:09	2:25	4:46	374	47:36	13.0	4:46	293	25:03	10:01	1:36:18
358	39/49	538	Gayle Briggs	28	F	Chaska	MN	45	10:49	1:51	4:20	351	44:43	13.8	2:36	413	34:05	13:38	1:36:31
359	11/15	707	Gina Swanson	49	F	Saginaw	MN	300	16:15	2:46	3:06	312	42:54	14.4	2:25	402	32:03	12:50	1:36:41
360	26/30	525	Colleen Began	40	F	Barnum	MN	293	15:59	2:44	2:37	350	44:35	13.9	3:05	393	30:29	12:12	1:36:44
361	13/13	461	Mark Reed	52	M	Eagan	MN	395	20:37	3:31	3:12	274	41:00	15.1	2:49	378	29:13	11:41	1:36:47
362	9/11	307	Tom Beissel	57	M	Dixon	IL	392	19:50	3:23	4:47	288	41:36	14.9	2:21	370	28:46	11:31	1:37:17
363	31/36	544	Erin Cooke	30	F	Barnum	MN	78	11:25	1:57	3:25	390	49:28	12.5	2:14	395	30:51	12:21	1:37:21
364	16/17	625	Danielle Larson	24	F	Hermantown	MN	172	13:31	2:19	2:35	365	46:24	13.3	1:48	408	33:06	13:15	1:37:21
365	8/8	603	Anna Johnson	13	F	Aurora	MN	244	15:02	2:34	6:06	338	44:00	14.0	3:23	376	29:10	11:40	1:37:40
366	12/15	605	Cheri Johnson	47	F	Aurora	MN	249	15:06	2:35	6:05	337	43:59	14.1	3:23	377	29:11	11:41	1:37:41
367	31/32	363	Kent Graves	42	M	Elk River	MN	411	23:57	4:05	5:14	349	44:30	13.9	2:33	167	21:40	8:40	1:37:52
368	10/11	306	John Beintema	59	M	Bloomington	MN	127	12:34	2:09	4:44	359	45:27	13.6	5:16	389	30:05	12:02	1:38:04
369	27/30	662	Brenda Parker Thompso	40	F	Hayward	WI	354	18:06	3:05	2:57	336	43:56	14.1	2:43	392	30:26	12:11	1:38:05
370	11/11	470	Larry Ryan	56	M	Chicago	IL	383	19:17	3:18	5:00				586:29	301	25:26	10:11	1:38:03
371	17/19	316	Corey Bowman	46	M	Bloomington	MN	389	19:38	3:21	5:15	341	44:15	14.0	2:35	335	27:04	10:50	1:38:44
372	40/48	701	Tammy Sundbom Otters	39	F	Duluth	MN	393	20:18	3:28	5:44	354	44:56	13.8	2:18	306	25:47	10:19	1:39:01
373	41/48	604	Briana Johnson	37	F	Duluth	MN	327	16:53	2:53	3:49	379	48:11	12.8	1:57	366	28:20	11:20	1:39:08
374	18/19	468	Drake Rosenwinkel	49	M	Madison Lake	MN	416	25:37	4:22	2:34	262	40:26	15.3	2:06	369	28:40	11:28	1:39:21
375	32/36	516	Elizabeth Baczkiewicz	33	F	Superior	WI	280	15:48	2:42	5:53	366	49:02	12.6	1:44	333	26:58	10:47	1:39:23
376	2/2	342	Doug Dunham	73	M	Duluth	MN	364	18:27	3:09	7:10	255	40:16	15.3	3:49	386	29:47	11:55	1:39:27
377	28/30	760	Nicholas Ertz	29	M	Minneapolis	MN	366	18:34	3:10	8:38	369	46:54	13.2	2:18	251	23:43	9:29	1:40:04
378	6/11	610	Joann Jordan	51	F	Minnetonka	MN	266	15:27	2:38	4:15	405	52:10	11.8	1:42	325	26:43	10:42	1:40:15
379	19/19	332	Jeff Collie	49	M	Virginia	MN	362	18:25	3:09	5:29	345	44:22	13.9	4:37	358	27:54	11:10	1:40:44
380	33/36	718	Elizabeth Uebel	32	F	Hermantown	MN	95	11:54	2:02	4:23	355	44:56	13.8	4:20	415	35:17	14:07	1:40:48
381	34/36	514	Amanda Bach	31	F	South Range	WI	246	15:03	2:34	6:21	319	43:11	14.3	3:48	406	32:37	13:03	1:40:59
382	40/49	624	Stacy Langguth	29	F	Duluth	MN	342	17:29	2:59	4:09	395	50:14	12.3	3:18	309	25:57	10:23	1:41:04
383	7/11	526	Leslie Beiers	53	F	Duluth	MN	321	16:46	2:52	4:32	377	47:58	12.9	4:00	368	28:38	11:28	1:41:50
384	42/48	666	Beth Pfeifer	35	F	Minneapolis	MN	257	15:17	2:37	3:57	399	50:48	12.2	2:32	380	29:26	11:47	1:41:57
385	8/11	626	Nancy Latour-Edmonds	50	F	Duluth	MN	391	19:48	3:23	3:10	340	44:10	14.0	2:44	404	32:20	12:56	1:42:05
386	9/9	339	Jim Douglass	63	M	Lake Elmo	MN	212	14:23	2:27	4:15	398	50:45	12.2	3:00	387	29:51	11:57	1:42:12
387	43/48	583	Bobbi Halverson	36	F	Cook	MN	373	18:47	3:12	3:04	380	48:20	12.8	1:25	394	30:43	12:18	1:42:16
388	44/48	729	Kerry Waschke Collie	38	F	Virginia	MN	336	17:17	2:57	4:58	394	49:53	12.4	4:18	308	25:56	10:23	1:42:19
389	41/49	659	Megan Owens	25	F	Hopkins	MN	417	25:38	4:22	4:45	294	41:50	14.8	2:37	351	27:34	11:02	1:42:21
390	9/11	587	Mary Hanson	53	F	Chaska	MN	404	22:13	3:47	3:19	367	46:45	13.2	1:50	375	29:02	11:37	1:43:05
391	13/15	698	Kelly Smith	45	F	Brainerd	MN	235	14:52	2:32	3:13	392	49:43	12.4	2:13	409	33:18	13:20	1:43:17
392	14/15	509	Sue Adams	48	F	Brooklyn Park	MN	311	16:33	2:50	4:22	368	46:53	13.2	2:15	405	32:25	12:58	1:43:25
393	45/48	600	Elissa Hughes	38	F	Blaine	MN	406	22:46	3:53	2:59	385	48:47	12.7	1:45	349	27:31	11:01	1:43:46
394	10/11	618	Linda Krug	54	F	Duluth	MN	399	21:19	3:38	5:19	332	43:42	14.1	2:56	397	31:29	12:36	1:44:43
395	29/30	326	Nathan Case	26	M	Hutchinson	MN	350	17:49	3:03	5:53	389	49:24	12.5	2:19	382	29:29	11:48	1:44:52
396	46/48	652	Jen Nelson Albee	38	F	Duluth	MN	397	21:03	3:36	4:41	375	47:51	12.9	2:08	383	29:31	11:49	1:45:12
397	42/49	515	Valerie Bach	29	F	Tempe	AZ	386	19:31	3:20	4:32	397	50:40	12.2	2:42	362	28:03	11:13	1:45:25
398	35/36	672	Dory Pohl	34	F	Duluth	MN	272	15:37	2:40	4:17	410	53:48	11.5	2:28	379	29:23	11:45	1:45:29
399	30/30	451	Matthew Petcoff	25	M	Saint Paul	MN	370	18:43	3:12	4:23	409	53:17	11.6	1:31	356	27:49	11:08	1:45:40
400	36/36	664	Aimee Peter	34	F	Rosemount	MN	343	17:31	2:59	6:03	376	47:52	12.9	2:47	398	31:37	12:39	1:45:47
401	47/48	682	Tonya Roth	36	F	Duluth	MN	410	23:46	4:03	4:38	357	44:59	13.7	2:34	391	30:25	12:10	1:46:18
402	31/32	421	Tom Lynch	31	M	Saint Paul	MN	420	30:45	5:15	7:52	284	41:21	14.9	2:20	281	24:47	9:55	1:47:02
403	22/23	364	Kevin Graves	38	M	Hermantown	MN	415	24:53	4:15	4:30	347	44:27	13.9	2:26	403	32:10	12:52	1:48:22
404	32/32	425	Noah Markon	32	M	Richfield	MN	374	18:49	3:13	5:22	414	56:47	10.9	2:12	305	25:37	10:15	1:48:44
405	28/30	636	Lisa Mackin	42	F	Tomahawk	WI	372	18:46	3:12	3:30	403	51:47	11.9	3:00	399	31:47	12:43	1:48:48
406	43/49	557	Molly Dwyer	28	F	St. Paul	MN	150	13:07	2:14	3:51	413	55:50	11.1	2:09	414	34:06	13:39	1:49:00
407	44/49	646	Adrienne Moen	25	F	Hermantown	MN	329	16:54	2:53	5:59	412	55:49	11.1	1:51	384	29:36	11:51	1:50:06
408	32/32	507	John Zywicki	40	M	Duluth	MN	405	22:18	3:48	6:14	401	51:13	12.1	2:56	353	27:41	11:05	1:50:32
409	29/30	690	Kathy Seppala	42	F	Virginia	MN	312	16:34	2:50	5:53	408	52:58	11.7	3:12	400	31:59	12:48	1:50:32
410	45/49	531	Alison Bierschank	29	F	Saint Paul	MN	380	19:11	3:16	5:00	388	49:07	12.6	3:18	416	35:47	14:19	1:52:21
411	4/4	717	Susan Mattis Turnham	56	F	Duluth	MN	209	14:21	2:27	3:48	316	43:01	14.4	3:31	421	48:10	19:16	1:52:48
412	46/49	726	Erin Virta	28	F	Duluth	MN	418	28:56	4:56	2:29	396	50:29	12.2	1:53	381	29:26	11:47	1:53:11
413	30/30	513	Stacy Avery	40	F	Minnetonka	MN	403	21:48	3:43	5:35	383	48:41	12.7	4:44	412	34:02	13:37	1:54:49
414	23/23	480	Chad Seppala	39	M	Virginia	MN	413	24:40	4:13	2:47	407	52:57	11.7	3:12	401	31:59	12:48	1:55:33
415	47/49	710	Kelcie Thoennes	26	F	West Fargo	ND	355	18:08	3:06	4:19	406	52:55	11.7	3:15	417	39:41	15:53	1:58:16
416	17/17	649	Amanda Nelson	22	F	Fargo	ND	199	14:08	2:25	4:50	411	54:11	11.4	2:06	419	43:05	17:14	1:58:16
417	48/49	699	Carly Steen	27	F	Fargo	ND	196	14:05	2:24	4:04	415	57:43	10.7	2:46	418	39:54	15:58	1:58:25
418	48/48	520	Elizabeth Barbo	39	F	Duluth	MN	398	21:05	3:36	3:36	417	59:35	10.4	2:15	410	33:32	13:25	2:00:01
419	15/15	709	Michelle Thewis	45	F	Two Harbors	MN	421	38:18	6:32	4:22	402	51:27	12.0	2:19	407	32:49	13:08	2:09:12
420	49/49	524	Emily Beck	28	F	Duluth	MN	419	29:37	5:03	3:09	419	1:04:24	9.6	1:57	411	33:41	13:29	2:12:47
421	11/11	579	Sandy Grant	52	F	Superior	WI	409	23:42	4:03	5:57	416	57:56	10.7	3:07	420	48:01	19:13	2:18:40
422	1/1	454	Daniel Powers	75	M	Surprise	AZ	414	24:50	4:14	6:49	418	59:38	10.4	3:35	422	50:00	20:00	2:24:48

results by Pickle Events

results posted on: www.pickleevents.com

DID NOT FINISH

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
69	Doug Johnson	54	M	Minneapolis	MN	1	11:09	1:54	2:40	1	33:01	18.7	2:10				

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Mike Ward	Duluth	Mn	22	M	00:28:36	21.6
2	Emmerson Ward	Saint Paul	Mn	34	M	00:28:42	21.5
3	Greg Daw	Duluth	Mn	25	M	00:28:51	21.4
4	Harvey Skees	Eden Prairie	Mn	39	M	00:29:12	21.2
5	Michael Hendrickson	Duluth	Mn	33	M	00:29:14	21.1
6	Tim Keppers	Duluth	Mn	47	M	00:29:37	20.9
7	Jason Kask	Golden Valley	Mn	25	M	00:29:38	20.9
8	Kristen Vidlak	Thunder Bay	On	28	F	00:29:38	20.9
9	Jared Sundstrom	Proctor	Mn	22	M	00:29:44	20.8
10	Jeff Silvernale	Pocono Mountai	Pa	45	M	00:30:00	20.6

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Zachary Goldberg	Excelsior	MN	16	M	14:16	5:43
2	Clare Brandt	Rochester	MN	17	M	14:38	5:51
3	Jason Kask	Golden Valley	MN	25	M	14:55	5:58
4	Mike Ward	Duluth	MN	22	M	15:26	6:11
5	Drew Johnson	Aurora	MN	18	M	15:26	6:11
6	Jared Sundstrom	Proctor	MN	22	M	15:50	6:20
7	Bill Kelley	Wrenshall	MN	39	M	15:53	6:21
8	Mickey Pearson	Duluth	MN	33	M	15:54	6:22
9	Tim McShane	Duluth	MN	34	M	15:56	6:23
10	Nick Shultz	St. Michael	MN	35	M	16:10	6:28

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	502	Mike Ward	22	M	Duluth	MN	7	9:38	1:39	1:22	1	28:36	21.6	1:00	4	15:26	6:11	55:59
2	400	Jason Kask	25	M	Golden Valley	MN	6	9:35	1:38	1:12	7	29:38	20.9	0:55	3	14:55	5:58	56:12
3	38	Greg Daw	25	M	Duluth	MN	8	9:42	1:39	1:29	3	28:52	21.4	0:50	12	16:23	6:33	57:12
4	755	Bill Kelley	39	M	Wrenshall	MN	11	10:01	1:43	1:31	10	30:01	20.6	1:17	7	15:53	6:21	58:40
5	379	Michael Hendrickson	33	M	Duluth	MN	17	10:23	1:47	1:38	5	29:14	21.1	1:12	16	16:45	6:42	59:11
6	491	Jared Sundstrom	22	M	Proctor	MN	35	11:12	1:55	1:16	8	29:44	20.8	1:14	6	15:50	6:20	59:15
7	401	Tim Keppers	47	M	Duluth	MN	1	9:00	1:32	1:32	6	29:38	20.9	1:33	33	17:41	7:05	59:20
8	141	Emmerson Ward	34	M	Saint Paul	MN	25	10:47	1:51	1:34	2	28:42	21.5	1:23	20	17:02	6:49	59:26
9	757	Zachary Goldberg	16	M	Excelsior	MN	5	9:31	1:38	1:29	40	33:11	18.6	1:07	1	14:16	5:43	59:31
10	381	George Hess	40	M	Kohler	WI	9	9:50	1:41	1:27	12	30:23	20.3	1:19	18	16:49	6:44	59:46
11	743	Tim McShane	34	M	Duluth	MN	49	11:41	2:00	1:26	11	30:21	20.4	1:02	9	15:56	6:23	1:00:24
12	484	Harvey Skees	39	M	Eden Prairie	MN	22	10:40	1:50	1:22	4	29:13	21.2	1:26	39	17:58	7:12	1:00:37
13	341	Daniel Duff	47	M	Duluth	MN	15	10:15	1:45	1:54	19	31:15	19.8	1:16	11	16:11	6:29	1:00:49
14	482	Jeff Silvernale	45	M	Pocono Mountains	PA	40	11:20	1:56	1:58	9	30:00	20.6	1:11	19	16:51	6:45	1:01:18
15	322	Brenton Button	24	M	Nipigon	ON	10	10:00	1:43	1:52	17	30:50	20.0	1:53	27	17:18	6:56	1:01:51
16	431	Jeff Melby	52	M	Bloomington	MN	18	10:26	1:47	1:45	16	30:40	20.2	1:09	47	18:30	7:24	1:02:28
17	464	Jason Richardson	43	M	Mahtowa	MN	45	11:25	1:57	1:43	15	30:27	20.3	1:30	30	17:31	7:01	1:02:34
18	367	Justin Gundelach	30	M	Rochester	MN	2	9:08	1:34	1:43	38	33:03	18.7	1:43	24	17:14	6:54	1:02:47
19	323	Garrett Cardinal	20	M	Champlin	MN	12	10:02	1:43	1:40	25	31:47	19.4	1:16	50	18:35	7:26	1:03:17
20	475	Bill Schmitt	58	M	Duluth	MN	13	10:07	1:44	1:48	14	30:27	20.3	1:27	69	19:32	7:49	1:03:19
21	386	Dusty Hough	39	M	Barnesville	MN	29	11:00	1:53	1:35	21	31:32	19.6	1:09	45	18:20	7:20	1:03:33
22	481	Nick Shultz	35	M	St. Michael	MN	55	11:59	2:03	2:17	24	31:47	19.4	1:25	10	16:10	6:28	1:03:35
23	317	Clare Brandt	17	M	Rochester	MN	30	11:04	1:54	1:53	69	34:25	18.0	1:46	2	14:38	5:51	1:03:43
24	352	Colin Finnegan	15	M	St. Paul	MN	3	9:21	1:36	2:25	70	34:35	17.9	1:22	17	16:45	6:42	1:04:26
25	449	Mickey Pearson	33	M	Duluth	MN	67	12:39	2:10	2:01	45	33:18	18.6	0:51	8	15:54	6:22	1:04:41
26	409	Erik Laing	32	M	Eagan	MN	19	10:27	1:47	2:06	35	32:42	18.9	1:44	44	18:10	7:16	1:05:07
27	340	Glen Drexler	37	M	Du	MN	32	11:06	1:54	1:38	49	33:38	18.4	1:11	32	17:40	7:04	1:05:10
28	433	Jim Miner Jr.	57	M	Duluth	MN	44	11:25	1:57	1:46	18	31:00	19.9	1:36	72	19:44	7:54	1:05:28
29	392	Drew Johnson	18	M	Aurora	MN	16	10:22	1:46	3:07	84	35:43	17.3	1:03	5	15:26	6:11	1:05:38
30	435	Tony Moen	35	M	Proctor	MN	59	12:19	2:06	2:08	34	32:39	18.9	1:52	15	16:43	6:41	1:05:38
31	455	Shannon Pring	35	M	Cloquet	MN	46	11:26	1:57	1:58	37	32:56	18.8	1:47	38	17:58	7:11	1:06:02
32	448	Tyler Overby	25	M	Duluth	MN	88	13:34	2:19	1:34	20	31:20	19.7	0:59	56	19:01	7:37	1:06:26
33	371	Kevin Haney	40	M	Duluth	MN	26	10:48	1:51	2:39	33	32:30	19.0	1:27	60	19:07	7:39	1:06:29
34	330	Darren Christopher	34	M	Duluth	MN	27	10:49	1:51	2:10	22	31:44	19.5	1:13	91	20:36	8:15	1:06:30
35	394	Keven Johnson	34	M	Hermantown	MN	111	14:55	2:33	2:02	23	31:46	19.5	1:15	14	16:41	6:41	1:06:37
36	350	Matt Evans	45	M	Eau Claire	WI	4	9:25	1:37	1:37	52	33:47	18.3	1:14	92	20:44	8:18	1:06:44
37	303	Jeffrey Anderson	24	M	Duluth	MN	42	11:22	1:57	1:40	62	34:14	18.1	1:20	49	18:33	7:25	1:07:06
38	314	Robert Boman	52	M	Duluth	MN	43	11:24	1:57	1:46	59	34:06	18.1	1:19	51	18:42	7:29	1:07:15
39	446	Troy Otterson	40	M	Duluth	MN	62	12:23	2:07	2:47	42	33:15	18.6	0:58	43	18:09	7:16	1:07:30
40	301	Rick Abrahamson	49	M	Andover	MN	33	11:08	1:54	2:45	27	31:53	19.4	1:33	90	20:30	8:12	1:07:46
41	478	William Schumacher	25	M	Minneapolis	MN	53	11:55	2:02	2:18	72	34:42	17.8	1:17	31	17:39	7:04	1:07:48
42	382	Craig Hill	28	M	Minneapolis	MN	97	14:08	2:25	1:44	44	33:16	18.6	1:42	23	17:11	6:53	1:07:58
43	465	Tom Richardson	49	M	Stillwater	MN	50	11:44	2:00	1:34	57	33:58	18.2	1:46	58	19:06	7:39	1:08:06
44	483	David Simmer	33	M	Eden Prairie	MN	98	14:10	2:25	1:48	30	32:04	19.3	1:09	62	19:12	7:41	1:08:20
45	359	Rick Gearhart	44	M	St. Croix Falls	WI	14	10:12	1:45	2:18	76	35:00	17.7	1:40	64	19:20	7:44	1:08:26
46	420	Brandon Lunde	33	M	Saginaw	MN	76	13:05	2:14	2:41	58	33:59	18.2	1:40	28	17:20	6:56	1:08:41
47	355	Henry French	15	M	Duluth	MN	71	12:44	2:10	2:40	82	35:41	17.3	1:11	13	16:41	6:41	1:08:55
48	488	Bill Stroozas	55	M	Duluth	MN	36	11:13	1:55	1:52	75	34:55	17.7	1:41	66	19:21	7:45	1:09:00
49	361	Lewis Gillesby	21	M	Andover	MN	81	13:13	2:16	1:57	91	36:01	17.2	1:01	25	17:16	6:55	1:09:25
50	466	Patrick Riley	35	M	Wrenshall	MN	64	12:27	2:08	1:56	80	35:38	17.3	1:36	36	17:54	7:10	1:09:28
51	434	Nick Miskowic	28	M	Princeton	MN	31	11:05	1:54	2:27	79	35:29	17.4	1:06	71	19:40	7:52	1:09:44
52	302	Eric Anderson	38	M	Hermantown	MN	110	14:48	2:32	2:58	36	32:50	18.8	1:19	41	18:06	7:15	1:09:59
53	353	Glen Flanagan	39	M	Saginaw	MN	122	15:32	2:39	1:55	60	34:07	18.1	1:28	22	17:05	6:50	1:10:05
54	347	Chandler Engle	17	M	Corcoran	MN	63	12:25	2:07	2:15	83	35:43	17.3	1:19	48	18:32	7:25	1:10:11
55	372	Doug Happy	53	M	Duluth	MN	106	14:33	2:29	1:49	54	33:49	18.3	1:09	55	18:55	7:34	1:10:14
56	496	Keith Tuominen	48	M	Mission Viejo	CA	90	13:50	2:22	2:49	51	33:40	18.4	2:17	40	18:02	7:13	1:10:36
57	744	David Spencer	55	M	Duluth	MN	48	11:29	1:58	2:03	94	36:04	17.1	1:46	65	19:20	7:44	1:10:39

58	745	Nate Waech	42	M	Grand Rapids	MN	77	13:09	2:15	2:29	93	36:04	17.1	1:46	26	17:16	6:55	1:10:42
59	749	Brian Voige	45	M			135	16:29	2:49	1:38	47	33:23	18.5	1:12	42	18:07	7:15	1:10:47
60	747	Meirs Moore	16	M			101	14:21	2:27	2:27	41	33:14	18.6	1:26	67	19:25	7:46	1:10:49
61	750	Ryan Nelson	31	M			73	12:47	2:11	2:39	50	33:40	18.4	1:55	74	19:52	7:57	1:10:50
62	357	Darren Galligan	28	M	St. Paul	MN	38	11:16	1:56	3:00	68	34:24	18.0	1:37	93	20:45	8:18	1:10:59
63	337	Curt Dimberio	40	M	Duluth	MN	160	18:10	3:06	2:06	31	32:08	19.2	1:16	29	17:26	6:59	1:11:04
64	452	Aaron Phillips	39	M	Albert Lea	MN	78	13:12	2:15	2:03	26	31:49	19.4	1:17	136	22:52	9:09	1:11:10
65	368	Marcus Gustafson	60	M	Edina	MN	60	12:22	2:07	2:18	28	32:00	19.3	1:59	128	22:34	9:02	1:11:11
66	374	Joel Harris	43	M	Hermantown	MN	99	14:14	2:26	2:15	67	34:19	18.0	1:44	53	18:45	7:30	1:11:14
67	424	Andrew Malovrh	24	M	Virginia	MN	100	14:15	2:26	1:56	64	34:16	18.0	1:29	68	19:31	7:49	1:11:25
68	106	Victor Rigling	28	M	Hermantown	MN	114	15:14	2:36	2:10	32	32:13	19.2	1:54	77	19:58	8:00	1:11:26
69	308	Doug Berg	42	M	Duluth	MN	159	18:08	3:06	2:07	29	32:04	19.3	1:22	34	17:48	7:08	1:11:27
70	403	Logan Kittelson	14	M	South Range	WI	23	10:41	1:50	2:31	107	36:45	16.8	1:29	86	20:15	8:06	1:11:39
71	396	Peter Jokinen	35	M	Highbridge	WI	57	12:08	2:05	2:47				565:04	80	20:07	8:03	1:11:47
72	329	Ross Christenson	44	M	Esko	MN	124	15:43	2:41	2:08	39	33:08	18.7	2:08	59	19:07	7:39	1:12:11
73	395	Sam Johnson	16	M	Aurora	MN	54	11:56	2:02	3:41	95	36:07	17.1	2:39	37	17:54	7:10	1:12:15
74	282	Andrew Harting	69	M	London	MN	41	11:21	1:56	3:20	123	37:54	16.3	1:16	61	19:08	7:40	1:12:56
75	360	Troy Geheren	50	M	Dayton	MN	94	13:58	2:23	1:33	55	33:49	18.3	2:46	97	20:55	8:22	1:12:59
76	485	Christopher Solberg	41	M	Inver Grove Height	MN	37	11:14	1:55	2:27	108	36:52	16.8	3:11	63	19:19	7:44	1:13:00
77	428	Robert Marshall	29	M	Maple Grove	MN	86	13:22	2:17	2:12	85	35:44	17.3	1:07	95	20:49	8:20	1:13:11
78	115	Andrew Scully	27	M	Duluth	MN	79	13:12	2:15	2:07	53	33:49	18.3	2:04	122	22:15	8:54	1:13:23
79	407	Kaleb Krause	32	M	Minneapolis	MN	47	11:27	1:57	1:41	13	30:26	20.3	1:27	190	28:55	11:34	1:13:52
80	497	Benjamin Utter	32	M	St. Paul	MN	136	16:31	2:49	2:31	48	33:25	18.5	1:34	76	19:54	7:58	1:13:53
81	320	Mike Buran	31	M	Iron River	WI	120	15:22	2:38	3:05	118	37:35	16.4	0:57	21	17:03	6:49	1:13:59
82	358	John Galligan	30	M	Minneapolis	MN	20	10:29	1:48	4:09	103	36:24	17.0	1:33	108	21:28	8:35	1:14:00
83	328	Benjamin Chastek	31	M	Minneapolis	MN	24	10:42	1:50	2:42	89	35:50	17.2	1:55	139	23:09	9:16	1:14:16
84	345	Mark Eginton	42	M	Duluth	MN	85	13:22	2:17	3:11	63	34:14	18.1	1:54	112	21:47	8:43	1:14:25
85	413	David Law	42	M	Andover	MN	28	10:55	1:52	1:47	116	37:29	16.5	2:08	124	22:19	8:56	1:14:35
86	377	Bruce Hegge	50	M	Spring Grove	MN	82	13:15	2:16	4:47	65	34:18	18.0	2:14	94	20:49	8:20	1:15:21
87	389	Matthew Jere James	41	M	Long Lake	MN	95	13:59	2:23	3:52	66	34:19	18.0	3:03	82	20:12	8:05	1:15:22
88	459	Matthew Rausch	22	M	Buffalo	MN	116	15:16	2:37	3:10	61	34:11	18.1	1:35	101	21:14	8:30	1:15:25
89	315	Tom Boman	53	M	Elmira	NY	84	13:20	2:17	2:19	100	36:19	17.0	1:41	116	21:52	8:45	1:15:28
90	32	Gabriel Christenson	27	M	Mahtomedi	MN	102	14:22	2:27	2:17	92	36:04	17.1	1:24	105	21:26	8:35	1:15:29
91	344	Douglas Edwards	28	M	Canton	MI	104	14:30	2:29	3:03	114	37:18	16.6	1:49	57	19:03	7:37	1:15:41
92	383	Nils Hoeger-Lerdal	28	M	Hutchinson	MN	127	15:55	2:43	2:28	77	35:13	17.5	1:29	96	20:51	8:21	1:15:54
93	365	Wayne Graves	46	M	Brookston	MN	115	15:16	2:36	3:56	81	35:40	17.3	1:11	78	20:02	8:01	1:16:03
94	321	Tom Burgraff	43	M	Chippewa Falls	WI	69	12:42	2:10	3:02	56	33:50	18.3	2:31	147	24:05	9:38	1:16:08
95	310	Daniel Bierschank	26	M	Woodbury	MN	132	16:17	2:47	2:38	46	33:18	18.6	2:07	113	21:51	8:45	1:16:08
96	373	Paul Harder	27	M	Bartlett	IL	52	11:55	2:02	2:25	133	38:34	16.0	1:23	118	21:57	8:47	1:16:10
97	444	Brian Olson	33	M	Superior	WI	56	12:06	2:04	2:12	112	37:10	16.6	1:59	132	22:49	9:08	1:16:14
98	473	Eric Sautbine	27	M	Duluth	MN	146	16:54	2:53	3:22	78	35:19	17.5	2:06	52	18:43	7:30	1:16:21
99	312	David Bolf	40	M	Duluth	MN	93	13:54	2:23	2:13	109	36:52	16.8	2:05	103	21:20	8:32	1:16:21
100	492	Charles Swensson	39	M	Maple Grove	MN	138	16:38	2:50	2:40	73	34:51	17.7	2:04	88	20:29	8:12	1:16:39
101	343	Dudley Edmondson	49	M	Duluth	MN	123	15:38	2:40	2:55	74	34:52	17.7	2:03	109	21:33	8:38	1:16:59
102	742	Jason Malmstrom	37	M	Hermantown	MN	125	15:48	2:42	2:48	96	36:08	17.1	2:23	79	20:03	8:01	1:17:07
103	408	Jonas Kyllonen	32	M	Duluth	MN	186	20:43	3:32	1:43	43	33:15	18.6	1:02	89	20:29	8:12	1:17:09
104	334	Richard Crowell	60	M	Duluth	MN	39	11:17	1:56	2:55	86	35:46	17.3	2:24	157	24:54	9:58	1:17:13
105	427	Christopher Marshall	39	M	Red Wing	MN	87	13:30	2:18	2:50	97	36:11	17.1	2:37	120	22:11	8:53	1:17:17
106	349	Ryan Erdmann	35	M	Minneapolis	MN	51	11:47	2:01	2:21	120	37:46	16.4	1:35	149	24:11	9:41	1:17:37
107	411	Brent Larson	14	M	Duluth	MN	21	10:32	1:48	3:08	141	39:24	15.7	1:08	143	23:41	9:29	1:17:51
108	390	Eric Jensen	28	M	Minneapolis	MN	143	16:49	2:52	3:58	87	35:46	17.3	1:23	81	20:09	8:04	1:18:02
109	406	Lyle Koivisto	66	M	Saginaw	MN	148	17:00	2:54	1:40	71	34:35	17.9	1:14	142	23:36	9:27	1:18:03
110	325	Troy Carlson	41	M	Bellbrook	OH	96	14:01	2:24	2:37	115	37:24	16.5	2:16	127	22:33	9:02	1:18:49
111	404	Todd Kneebone	53	M	Duluth	MN	129	15:56	2:43	3:18	88	35:49	17.3	1:12	135	22:51	9:09	1:19:03
112	331	Patrick Cleary	31	M	Brooklyn Park	MN	105	14:33	2:29	2:32	125	37:59	16.3	1:29	140	23:12	9:17	1:19:42
113	489	Derrick Sundeen	28	M	Barnesville	MN	181	19:35	3:21	2:23	119	37:40	16.4	1:15	54	18:53	7:33	1:19:44
114	356	David Fulton	28	M	St. Paul	MN	91	13:51	2:22	3:45	126	38:01	16.3	2:02	131	22:38	9:04	1:20:15
115	281	Chris Cutrara	32	M	Chicago	IL	141	16:47	2:52	2:24	146	39:53	15.5	1:23	75	19:52	7:57	1:20:18
116	441	Brian Schineman	42	M	Cloquet	MN	70	12:43	2:10	2:23	168	42:17	14.6	1:30	107	21:27	8:35	1:20:18
117	479	Tyler Schwerdt	27	M	Duluth	MN	149	17:04	2:55	2:08	124	37:57	16.3	1:22	115	21:51	8:45	1:20:19
118	422	Chris Maca	44	M	Brooklyn Park	MN	66	12:38	2:09	2:48	98	36:16	17.0	1:38	176	27:06	10:51	1:20:23
119	487	Joe Stark	40	M	Cloquet	MN	61	12:23	2:07	2:50	117	37:30	16.5	1:48	166	26:00	10:24	1:20:28
120	416	Adam Lilyquist	26	M	Duluth	MN	144	16:50	2:52	2:39	155	40:25	15.3	1:09	70	19:32	7:49	1:20:33
121	504	Mark Weiberg	40	M	Courtland	MN	75	12:57	2:13	3:37	121	37:49	16.3	1:30	153	24:45	9:54	1:20:35
122	311	Josh Birchhill	31	M	Duluth	MN	174	18:57	3:14	4:02	113	37:10	16.6	2:51	35	17:52	7:09	1:20:49
123	418	Jeffrey Lindstrom	38	M	Buffalo	MN	151	17:23	2:58	2:29	144	39:40	15.6	1:13	84	20:13	8:05	1:20:56
124	319	Stephen Brannan	23	M	Duluth	MN	58	12:09	2:05	4:36	148	40:00	15.4	1:31	134	22:50	9:08	1:21:04
125	398	Joe Kandiko	61	M	Excelsior	MN	83	13:20	2:17	2:17	128	38:07	16.2	2:04	163	25:32	10:13	1:21:18
126	351	Frank Fairchild	41	M	Swan River	MN	147	16:56	2:54	4:04	111	37:01	16.7	1:52	110	21:34	8:38	1:21:24
127	336	Joe Derock	45	M	Spring Lake Park	MN	133	16:27	2:49	3:40	132	38:28	16.1	2:49	85	20:14	8:06	1:21:36
128	318	Eric Brandt	31	M	Duluth	MN	188	21:21	3:39	4:06	99	36:17	17.0	1:41	46	18:20	7:20	1:21:43
129	503	Dave Warren	42	M	Golden Valley	MN	139	16:42	2:51	3:23	149	40:02	15.4	2:06	73	19:51	7:57	1:22:03
130	305	Ronald Beckman	40	M	Northome	MN	161	18:11	3:06	3:17	138	39:11	15.8	1:17	100	21:00	8:24	1:22:54
131	499	Christopher Virta	31	M	Duluth	MN	171	18:45	3:12	2:50	104	36:25	17.0	2:22	129	22:35	9:02	1:22:54
132	397	Ronald Jyring	52	M	Bismarck	ND	137	16:32	2:49	2:42	134	38:35	16.0	2:23	137	23:05	9:14	1:23:14
133	453	Brian Piekarski	45	M														

149	495	Barrett Todd	40	M	Shorewood	MN	134	16:27	2:49	2:35	122	37:50	16.3	2:36	174	26:59	10:48	1:26:26
150	469	Matt Royseth	45	M	Duluth	MN	192	23:26	4:00	3:56	106	36:38	16.9	2:06	87	20:24	8:10	1:26:27
151	436	Mike More	39	M	Edina	MN	163	18:20	3:08	3:02	166	41:44	14.8	2:14	102	21:16	8:31	1:26:32
152	348	Gerick Engle	22	M	Rogers	MN	150	17:21	2:58	3:24	174	43:38	14.2	2:09	83	20:12	8:05	1:26:41
153	369	Joseph Haertzen	22	M	Duluth	MN	154	17:35	3:00	4:03	167	42:10	14.7	1:45	106	21:26	8:35	1:26:55
154	414	Richard Lebeau	68	M	Largo	FL	113	15:03	2:34	3:24	129	38:16	16.1	2:22	185	27:53	11:10	1:26:57
155	327	Stanford Case	53	M	Hutchinson	MN	121	15:31	2:39	2:53	150	40:04	15.4	2:34	168	26:17	10:31	1:27:16
156	498	Trever Vanderburg	31	M	Superior	WI	117	15:20	2:37	2:46	165	41:37	14.8	2:30	159	25:16	10:07	1:27:27
157	423	Arne Maijala, Jr.	43	M	Wrenshall	MN	165	18:26	3:09	4:06	140	39:23	15.7	1:53	144	23:42	9:29	1:27:28
158	415	Gardner Lepp	40	M	Alborn	MN	191	23:11	3:57	3:14	130	38:26	16.1	2:13	98	20:59	8:24	1:28:01
159	467	Matthew Roberts	33	M	Davenport	IA	152	17:32	3:00	3:17	159	40:51	15.1	2:04	150	24:23	9:46	1:28:04
160	477	Russ Schumacher	59	M	Duluth	MN	180	19:35	3:21	3:30	162	41:27	14.9	1:47	123	22:15	8:54	1:28:31
161	463	Jason Reinartz	38	M	Two Harbors	MN	130	16:00	2:44	2:50	170	42:27	14.6	2:15	158	25:05	10:02	1:28:35
162	458	Elliot Radeke	23	M	Superior	WI	194	24:13	4:08	2:27	137	39:01	15.8	1:58	114	21:51	8:45	1:29:27
163	402	Gregory Keyport	52	M	Albertville	MN	189	21:42	3:42	3:46	102	36:22	17.0	2:18	162	25:32	10:13	1:29:37
164	346	Peder Engebretson	48	M	St. Anthony	MN	140	16:45	2:52	3:29	157	40:28	15.3	1:35	180	27:29	11:00	1:29:44
165	445	Shawn Osell	41	M	Blaine	MN	176	19:09	3:16	3:19	151	40:07	15.4	2:02	160	25:24	10:10	1:29:59
166	399	Steven Kaphing	34	M	Hastings	MN	157	17:47	3:02	2:57	158	40:45	15.2	2:03	171	26:33	10:38	1:30:01
167	370	Kevin Hagen	34	M	Hibbing	MN	173	18:53	3:13	4:02	143	39:33	15.6	2:48	155	24:48	9:56	1:30:02
168	476	Charles Schumacher	60	M	Duluth	MN	109	14:45	2:31	4:27	185	45:54	13.5	2:33	138	23:08	9:15	1:30:44
169	494	William Thomason	28	M	Ironwood	MI	183	19:45	3:22	2:52	110	36:59	16.7	3:45	181	27:33	11:01	1:30:52
170	333	Michael Collins	22	M	Superior	WI	169	18:36	3:10	3:33	175	43:44	14.1	2:01	146	23:49	9:32	1:31:40
171	472	Paul Sapyta	34	M	Cloquet	MN	72	12:46	2:11	3:19	184	45:44	13.5	1:57	191	28:59	11:36	1:32:43
172	380	Daniel Herman	27	M	Minneapolis	MN	126	15:54	2:43	3:05	179	44:25	13.9	1:58	179	27:27	10:59	1:32:46
173	410	Tim Langguth	63	M	Moose Lake	MN	187	21:20	3:38	4:37	147	39:58	15.5	2:52	151	24:27	9:47	1:33:12
174	450	Jeffrey Petcoff	27	M	Hermantown	MN	167	18:30	3:09	4:24	171	42:46	14.5	1:47	167	26:08	10:27	1:33:31
175	354	Jesse Foley	22	M	Duluth	MN	89	13:41	2:20	4:13	193	51:57	11.9	2:03	117	21:56	8:47	1:33:47
176	440	Jeffrey Nelson	45	M	Duluth	MN	92	13:51	2:22	6:22	172	43:18	14.3	2:04	187	28:18	11:19	1:33:50
177	439	Jason Nederhoff	38	M	Richfield	MN	131	16:16	2:47	3:52	182	45:23	13.6	2:12	170	26:29	10:36	1:34:09
178	388	Mike Iversen	49	M	Victoria	MN	153	17:33	3:00	3:12	189	48:25	12.8	1:48	141	23:19	9:20	1:34:15
179	338	Tom Donofrio	52	M	Hermantown	MN	119	15:22	2:37	3:30	188	47:15	13.1	2:11	169	26:18	10:32	1:34:34
180	457	Michael Quinn	62	M	Minneapolis	MN	162	18:17	3:07	2:29	176	43:46	14.1	3:13	173	26:54	10:46	1:34:36
181	461	Mark Reed	52	M	Eagan	MN	185	20:37	3:31	3:12	160	41:00	15.1	2:49	192	29:13	11:41	1:36:47
182	307	Tom Beissel	57	M	Dixon	IL	184	19:50	3:23	4:47	164	41:36	14.9	2:21	189	28:46	11:31	1:37:17
183	363	Kent Graves	42	M	Elk River	MN	193	23:57	4:05	5:14	181	44:30	13.9	2:33	111	21:40	8:40	1:37:52
184	306	John Beintema	59	M	Bloomington	MN	65	12:34	2:09	4:44	183	45:27	13.6	5:16	196	30:05	12:02	1:38:04
185	470	Larry Ryan	56	M	Chicago	IL	178	19:17	3:18	5:00				586:29	161	25:26	10:11	1:38:31
186	316	Corey Bowman	46	M	Bloomington	MN	182	19:38	3:21	5:15	177	44:15	14.0	2:35	175	27:04	10:50	1:38:44
187	468	Drake Rosenwinkel	49	M	Madison Lake	MN	198	25:37	4:22	2:34	156	40:26	15.3	2:06	188	28:40	11:28	1:39:21
188	342	Doug Dunham	73	M	Duluth	MN	166	18:27	3:09	7:10	153	40:16	15.3	3:49	194	29:47	11:55	1:39:27
189	760	Nicholas Ertz	29	M	Minneapolis	MN	168	18:34	3:10	8:38	187	46:54	13.2	2:18	145	23:43	9:29	1:40:04
190	332	Jeff Collie	49	M	Virginia	MN	164	18:25	3:09	5:29	178	44:22	13.9	4:37	186	27:54	11:10	1:40:44
191	339	Jim Douglass	63	M	Lake Elmo	MN	103	14:23	2:27	4:15	191	50:45	12.2	3:00	195	29:51	11:57	1:42:12
192	326	Nathan Case	26	M	Hutchinson	MN	158	17:49	3:03	5:53	190	49:24	12.5	2:19	193	29:29	11:48	1:44:52
193	451	Matthew Petcoff	25	M	Saint Paul	MN	170	18:43	3:12	4:23	195	53:17	11.6	1:31	184	27:49	11:08	1:45:40
194	421	Tom Lynch	31	M	Saint Paul	MN	199	30:45	5:15	7:52	161	41:21	14.9	2:20	154	24:47	9:55	1:47:02
195	364	Kevin Graves	38	M	Hermantown	MN	197	24:53	4:15	4:30	180	44:27	13.9	2:26	198	32:10	12:52	1:48:22
196	425	Noah Markon	32	M	Richfield	MN	172	18:49	3:13	5:22	196	56:47	10.9	2:12	164	25:37	10:15	1:48:44
197	507	John Zywicki	40	M	Duluth	MN	190	22:18	3:48	6:14	192	51:13	12.1	2:56	182	27:41	11:05	1:50:20
198	480	Chad Seppala	39	M	Virginia	MN	195	24:40	4:13	2:47	194	52:57	11.7	3:12	197	31:59	12:48	1:55:33
199	454	Daniel Powers	75	M	Surprise	AZ	196	24:50	4:14	6:49	197	59:38	10.4	3:35	199	50:00	20:00	2:24:48

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	724	Kristen Vidlak	28	F	Thunder Bay	ON	8	10:14	1:45	1:32	1	29:38	20.9	1:18	5	17:25	6:58	1:00:05
2	657	Jena Ogston	40	F	Duluth	MN	12	10:27	1:47	1:26	4	31:15	19.8	1:09	3	17:11	6:53	1:01:25
3	634	Connie Lutkevich	43	F	Duluth	MN	29	11:13	1:55	1:41	7	31:41	19.5	1:12	1	16:49	6:44	1:02:33
4	746	Kris Kolenz	45	F			5	10:08	1:44	1:30	15	32:36	19.0	1:29	12	18:13	7:17	1:03:53
5	170	Jessica Deegan	35	F	Saint Paul	MN	10	10:24	1:47	1:49	12	32:30	19.0	1:08	13	18:14	7:18	1:04:03
6	517	Karla Bailey	33	F	Thunder Bay	ON	17	10:43	1:50	1:28	18	33:09	18.6	1:24	7	17:33	7:01	1:04:14
7	602	Shauna Joas	36	F	Eagan	MN	28	11:08	1:54	1:52	6	31:24	19.7	1:28	19	18:46	7:31	1:04:35
8	563	Kerrie Fabius	32	F	Grand Marais	MN	26	11:06	1:54	1:39	13	32:31	19.0	1:11	14	18:21	7:21	1:04:45
9	739	Jody Zeleznikar	38	F	Esko	MN	55	12:19	2:06	1:28	14	32:32	19.0	1:28	8	17:39	7:04	1:05:24
10	706	Becka Swanson	36	F	Circle Pines	MN	80	13:24	2:17	1:47	2	30:49	20.1	1:10	15	18:33	7:26	1:05:41
11	611	Bettina Keppers	28	F	Duluth	MN	15	10:37	1:49	1:34	5	31:16	19.8	1:22	48	21:08	8:28	1:05:54
12	737	Marcy Woods	40	F	Lincoln	NE	36	11:31	1:58	1:52	11	32:28	19.0	1:41	20	18:56	7:35	1:06:25
13	589	Annie Harvieux	17	F	Duluth	MN	6	10:09	1:44	2:12	17	33:00	18.7	1:49	24	19:21	7:45	1:06:28
14	727	Emily Vos	37	F	Duluth	MN	48	12:09	2:05	1:36	20	33:21	18.5	1:24	11	18:06	7:15	1:06:33
15	511	Marilyn Ailey	37	F	Thunder Bay	ON	63	12:35	2:09	1:58	8	31:42	19.5	1:32	22	19:03	7:38	1:06:47
16	748	Sondra Mowers	47	F	Duluth	MN	25	11:05	1:54	1:51	3	31:11	19.8	1:39	44	21:04	8:26	1:06:47
17	608	Rachel Johnson	35	F	Duluth	MN	16	10:40	1:49	1:53	27	34:08	18.1	1:19	21	19:00	7:36	1:06:57
18	545	Caitlin Coomes	28	F	Minneapolis	MN	38	11:36	1:59	1:59	28	34:17	18.0	2:16	4	17:24	6:58	1:07:29
19	725	Rena Viehbeck	28	F	Thunder Bay	ON	97	14:02	2:24	2:14	16	32:38	18.9	1:52	2	16:58	6:48	1:07:41
20	592	Michelle Hoffman	26	F	Maple Grove	MN	9	10:24	1:47	1:30	35	35:13	17.5	1:15	25	19:23	7:45	1:07:43
21	671	Kristi Plante	38	F	Hermantown	MN	68	12:41	2:10	1:35	9	31:58	19.3	1:16	33	20:31	8:13	1:07:59
22	537	Michelle Breiland	34	F	Duluth	MN	2	9:49	1:41	1:43	42	36:14	17.1	1:41	18	18:43	7:29	1:08:06
23	599	Jennifer Huelsmann	42	F	Minneapolis													

36	623	Kirsten Langguth	35	F	Chaska	MN	35	11:25	1:57	1:58	39	36:10	17.1	1:35	61	21:50	8:44	1:12:56
37	584	Nancy Hamilton	54	F	Thunder Bay	ON	70	12:56	2:13	1:57	30	34:45	17.8	1:56	75	22:26	8:59	1:13:57
38	593	Jeanna Holcombe	22	F	Superior	WI	49	12:11	2:05	2:26	38	36:07	17.1	1:43	65	21:57	8:47	1:14:22
39	733	Sheryl Williams	36	F	Duluth	MN	33	11:21	1:56	2:14	31	34:54	17.7	2:42	100	23:19	9:20	1:14:28
40	722	Marie Van Overmeiren	43	F	Superior	WI	113	14:28	2:28	3:03	69	38:11	16.2	1:11	9	17:50	7:08	1:14:40
41	535	Kristi Boman	25	F	Somerville	MA	1	9:25	1:37	2:07	92	39:43	15.6	1:28	66	22:00	8:48	1:14:41
42	740	Molly Ziells	32	F	Duluth	MN	57	12:22	2:07	2:01	62	38:03	16.2	1:47	38	20:46	8:19	1:14:55
43	549	Krista Dierkhising	25	F	Park Rapids	MN	47	12:08	2:04	3:03	63	38:03	16.2	1:36	29	20:09	8:04	1:14:55
44	689	Laura Seitz	33	F	Duluth	MN	82	13:29	2:18	2:24	41	36:13	17.1	1:42	51	21:19	8:32	1:15:05
45	595	Amanda Holdsworth	30	F	Thunder Bay	ON	62	12:34	2:09	2:23	66	38:05	16.2	1:34	34	20:37	8:15	1:15:10
46	633	Delaney Lundeen	22	F	Duluth	MN	83	13:30	2:18	1:42	81	38:40	16.0	1:08	31	20:19	8:08	1:15:16
47	641	Tami Mesedahl	28	F	Duluth	MN	30	11:16	1:56	2:27	82	38:54	15.9	1:27	56	21:30	8:36	1:15:32
48	734	Charlene Wilson	27	F	Thunder Bay	ON	51	12:15	2:06	3:14	52	36:59	16.7	1:48	53	21:20	8:32	1:15:33
49	678	Jill Reinking	40	F	Zimmerman	MN	96	14:01	2:24	2:14	76	38:30	16.1	1:20	26	19:33	7:49	1:15:36
50	688	Crystal Scuffy	33	F	Eveleth	MN	87	13:40	2:20	1:51	47	36:36	16.9	1:46	64	21:56	8:47	1:15:47
51	686	Elisa Schmitz	36	F	Hermantown	MN	98	14:04	2:24	1:59	40	36:11	17.1	1:21	73	22:18	8:56	1:15:51
52	546	Kendra Crowell	29	F	St. Paul	MN	60	12:29	2:08	2:51	37	36:03	17.1	2:47	63	21:56	8:47	1:16:04
53	674	Megan Rausch	25	F	Duluth	MN	99	14:04	2:24	2:20	48	36:41	16.8	2:17	40	20:51	8:21	1:16:10
54	559	Kelli Enders	38	F	Minneapolis	MN	71	12:58	2:13	3:08	32	34:56	17.7	1:51	109	23:45	9:30	1:16:36
55	697	Marisa Skees	35	F	Eden Prairie	MN	114	14:28	2:28	2:27	45	36:34	16.9	1:55	52	21:19	8:32	1:16:41
56	614	Andrea Kraft	26	F	Prior Lake	MN	130	14:59	2:34	2:07	65	38:04	16.2	0:57	36	20:42	8:17	1:16:47
57	741	Elizabeth Zimbinksi	34	F	Minneapolis	MN	54	12:18	2:06	2:02	56	37:24	16.5	2:03	94	23:04	9:14	1:16:48
58	609	Shawna Jokinen	29	F	Hermantown	MN	21	10:56	1:52	2:44	78	38:32	16.0	1:46	92	22:56	9:11	1:16:52
59	703	Lyssa Supinski	40	F	South Range	WI	14	10:34	1:48	2:33	70	38:14	16.2	1:46	114	24:04	9:38	1:17:08
60	728	Kristin Walch	41	F	Duluth	MN	11	10:27	1:47	2:32	113	40:58	15.1	1:19	68	22:06	8:51	1:17:19
61	218	Kathleen Roberts	27	F	Davenport	IA	123	14:42	2:31	3:18	50	36:54	16.7	2:15	32	20:25	8:10	1:17:31
62	567	Susan Frericks	44	F	Silver Bay	MN	73	13:02	2:14	2:27	71	38:15	16.2	2:03	62	21:54	8:46	1:17:39
63	568	Nicole Frye	32	F	Minneapolis	MN	165	16:03	2:44	1:59	79	38:36	16.0	1:47	23	19:18	7:44	1:17:40
64	695	Elyse Sienko	28	F	St. Paul	MN	43	11:49	2:01	3:04	60	37:45	16.4	2:19	83	22:46	9:07	1:17:40
65	629	Margaret Loeffelholz	21	F	Minneapolis	MN	93	13:56	2:23	2:08	54	37:09	16.6	2:00	77	22:31	9:01	1:17:41
66	554	Katie Douglass	24	F	Lake Elmo	MN	56	12:20	2:06	1:46	85	39:11	15.8	1:17	98	23:11	9:17	1:17:41
67	754	Lisa Hoiium	22	F	Duluth	MN	46	12:06	2:04	2:32	118	41:04	15.0	1:21	45	21:05	8:26	1:18:05
68	543	Susan Cook	46	F	Duluth	MN	111	14:26	2:28	2:00	61	38:03	16.2	1:41	67	22:01	8:49	1:18:07
69	658	Jessica Olen	31	F	Mora	MN	117	14:32	2:29	2:04	53	36:59	16.7	2:28	80	22:40	9:04	1:18:41
70	519	Susanne Bakken	61	F	Duluth	MN	91	13:48	2:22	2:13				574:56	99	23:14	9:18	1:18:46
71	556	Megan Duley	31	F	Somerset	WI	105	14:17	2:26	2:33	74	38:27	16.1	1:30	69	22:07	8:51	1:18:51
72	586	Kara Hanson	46	F	Duluth	MN	52	12:16	2:06	2:12	64	38:04	16.2	2:12	121	24:24	9:46	1:19:04
73	613	Amy Kotzer	32	F	Minneapolis	MN	27	11:07	1:54	2:14	90	39:37	15.6	2:28	106	23:43	9:29	1:19:05
74	590	Zoe Harvieux	14	F	Duluth	MN	7	10:09	1:44	2:19	97	39:55	15.5	2:09	129	24:51	9:57	1:19:20
75	233	Melanie Tuominen	40	F	Duluth	MN	176	16:36	2:50	1:58	51	36:59	16.7	1:44	71	22:13	8:53	1:19:28
76	572	Ashley Geheren	21	F	Dayton	MN	50	12:12	2:05	3:14	91	39:38	15.6	1:17	97	23:10	9:16	1:19:29
77	705	Joy Swanoski	25	F	Duluth	MN	167	16:05	2:45	2:19	72	38:22	16.1	1:54	41	20:56	8:23	1:19:33
78	720	Erin Van Bergen	30	F	Bloomington	MN	45	12:01	2:03	2:08	125	41:42	14.8	1:16	79	22:35	9:02	1:19:39
79	534	Sarah Bogel	41	F	Roseville	MN	138	15:09	2:35	2:18	33	35:01	17.6	2:47	126	24:42	9:53	1:19:55
80	644	Kelsey Mills	28	F	Red Wing	MN	67	12:39	2:10	3:05	119	41:07	15.0	1:21	72	22:15	8:54	1:20:25
81	193	Pamela Johnson	35	F	Sagnaw	MN	158	15:53	2:43	2:56	86	39:12	15.8	1:16	50	21:18	8:31	1:20:32
82	704	Jessi Swanoski	24	F	St. Louis Park	MN	147	15:28	2:39	2:18	103	40:16	15.3	1:43	42	20:59	8:24	1:20:42
83	715	Carole Torreano	63	F	Largo	FL	110	14:24	2:28	2:53	44	36:33	16.9	1:56	138	25:10	10:04	1:20:53
84	670	Anne Pilarski	36	F	Cushing	MN	40	11:39	1:59	2:27	87	39:15	15.7	2:17	141	25:35	10:14	1:21:10
85	566	Julie Frantz	35	F	Woodbury	MN	92	13:56	2:23	1:51	100	40:03	15.4	2:08	103	23:26	9:23	1:21:20
86	648	Amy Mulder	26	F	Becker	MN	126	14:53	2:33	3:03	73	38:23	16.1	2:23	81	22:42	9:05	1:21:21
87	619	Emily Krulc	19	F	Virginia	MN	104	14:14	2:26	3:21	138	42:32	14.5	1:25	28	19:58	7:59	1:21:27
88	694	Laura Siegler	40	F	Duluth	MN	81	13:25	2:18	2:44	68	38:10	16.2	2:17	134	24:59	10:00	1:21:32
89	530	Jamie Bertram	29	F	Isanti	MN	22	10:56	1:52	3:26	89	39:32	15.6	4:10	105	23:41	9:29	1:21:41
90	539	Sarah Buhs	32	F	Cloquet	MN	118	14:35	2:29	2:35	139	42:41	14.5	1:16	39	20:46	8:19	1:21:50
91	575	Anna Germundson	22	F	Saint Paul	MN	115	14:30	2:29	2:11	49	36:53	16.8	2:16	146	26:06	10:27	1:21:53
92	628	Brandee Lian	38	F	Duluth	MN	131	15:02	2:34	3:33	93	39:47	15.5	1:57	58	21:43	8:41	1:21:59
93	577	Kristin Glumack	28	F	Duluth	MN	58	12:24	2:07	2:20	110	40:46	15.2	1:31	135	25:02	10:01	1:22:01
94	548	Whitney Davidson	32	F	Duluth	MN	179	16:38	2:50	2:54	58	37:35	16.4	2:05	95	23:05	9:14	1:22:15
95	667	Noel Phillips	28	F	Minneapolis	MN	156	15:48	2:42	2:42	77	38:30	16.1	1:40	110	23:48	9:31	1:22:24
96	536	Lisa Brandt	44	F	Coleraine	MN	149	15:32	2:39	3:44	108	40:37	15.2	2:31	30	20:15	8:06	1:22:36
97	555	Brenda Dukek	37	F	Bagley	MN	129	14:59	2:34	2:19	43	36:28	16.9	2:45	147	26:08	10:28	1:22:37
98	547	Kim Darosa	37	F	Thunder Bay	ON	66	12:36	2:09	2:21	124	41:30	14.9	2:04	116	24:10	9:40	1:22:38
99	616	Beth Kreitzer	33	F	Minneapolis	MN	42	11:46	2:01	2:25	94	39:48	15.5	2:03	156	26:48	10:44	1:22:47
100	594	Suzanne Holderness	38	F	Plymouth	MN	154	15:46	2:42	2:32	105	40:23	15.3	1:49	74	22:24	8:58	1:22:52
101	640	Connie Meek	65	F	Hayward	WI	163	15:58	2:44	3:07	57	37:27	16.5	2:56	104	23:34	9:26	1:22:59
102	702	Stacey Sundquist	35	F	Virginia	MN	159	15:54	2:43	2:39	121	41:18	15.0	1:29	60	21:48	8:44	1:23:04
103	680	Kristin Rish	39	F	Esko	MN	166	16:03	2:44	3:52	111	40:46	15.2	1:35	54	21:21	8:33	1:23:35
104	571	Marie Garbe	48	F	Woodbury	MN	86	13:40	2:20	3:30	101	40:05	15.4	2:14	122	24:24	9:46	1:23:50
105	582	Allison Halsted	50	F	Champlin	MN	137	15:06	2:35	2:29	55	37:10	16.6	2:20	158	26:52	10:45	1:23:54
106	522	Kim Batcheller	35	F	Minneapolis	MN	84	13:30	2:18	2:54	75	38:30	16.1	1:51	165	27:23	10:58	1:24:06
107	656	Gina Oesterreich	49	F	Marine On Saint Cr	MN	119	14:35	2:30	3:01	112	40:50	15.1	2:28	101	23:20	9:20	1:24:12
108	550	Leanne Digiuseppe	42	F	Thunder Bay	ON	112	14:26	2:28	3:37	106	40:23	15.3	2:01	111	23:48	9:31	1:24:13
109	612	Renee Keppers	47	F	Duluth	MN	186	17:10	2:56	2:57	67	38:07	16.2	1:50	117	24:12	9:41	1:24:13
110	564	Kelly Henstad	28	F	Silver Bay	MN	173	16:32	2:49	2:45	109	40:38	15.2	1:34	88	22:50	9:08	1:24:16
111	601	Peggy Hunter	60	F	White Bear Lake	MN	18											

127	679	Cathy Richardson	46	F	Stillwater	MN	180	16:43	2:51	2:20	132	42:09	14.7	1:29	107	23:43	9:29	1:26:21	
128	669	Jodi Piekarski	36	F	Grand Rapids	MN	152	15:40	2:40	3:11	150	43:19	14.3	1:28	86	22:49	9:08	1:26:23	
129	716	Terri-Lee Tremblay	30	F	International Fall	MN	184	16:55	2:53	3:25	147	43:04	14.3	1:46	55	21:22	8:33	1:26:29	
130	558	Alexandra Economy	24	F	Winona	MN	144	15:24	2:38	2:57	99	39:58	15.5	2:01	149	26:23	10:33	1:26:40	
131	655	Allison Norgard	25	F	Duluth	MN	185	16:55	2:53	3:00	127	41:49	14.8	1:52	96	23:07	9:15	1:26:41	
132	617	Heather Krohn	31	F	Duluth	MN	65	12:36	2:09	3:09	140	42:41	14.5	1:42	154	26:44	10:42	1:26:48	
133	661	Jamie Parask	35	F	Cloquet	MN	153	15:41	2:41	3:52	157	43:41	14.1	1:14	76	22:27	8:59	1:26:53	
134	596	Jessica Honza	31	F	Maple Grove	MN	122	14:38	2:30	3:03	153	43:29	14.2	1:50	119	24:21	9:45	1:27:18	
135	588	Meghan Hanson	26	F	Maple Grove	MN	148	15:32	2:39	2:42	159	43:42	14.1	1:09	125	24:37	9:51	1:27:39	
136	681	Jennifer Rosato	36	F	Duluth	MN	19	10:53	1:52	2:55	203	49:46	12.4	1:29	91	22:54	9:10	1:27:54	
137	620	Ailie Kubow	35	F	Blaine	MN	161	15:56	2:43	3:04	144	42:58	14.4	2:13	113	23:49	9:32	1:27:57	
138	684	Nadia Sawochka	23	F	Eagan	MN	168	16:10	2:46	3:05	136	42:27	14.6	1:52	130	24:53	9:57	1:28:24	
139	711	Juleen Thom	41	F	Blaine	MN	178	16:38	2:50	2:44	178	45:44	13.5	1:37	59	21:47	8:43	1:28:28	
140	731	Christine Welsand	40	F	Lino Lakes	MN	203	19:02	3:15	2:14	134	42:19	14.6	2:07	87	22:49	9:08	1:28:28	
141	651	Sydney Nelson	15	F	Duluth	MN	39	11:37	1:59	3:36	149	43:18	14.3	2:01	180	28:21	11:21	1:28:50	
142	560	Dawn Epperson	37	F	Richfield	MN	193	17:51	3:03	3:27	84	39:01	15.8	2:25	150	26:29	10:36	1:29:10	
143	647	Kelly Moen	41	F	Proctor	MN	195	18:02	3:05	3:04	122	41:19	15.0	1:38	139	25:13	10:05	1:29:13	
144	523	Heather Baumbach	38	F	Minneapolis	MN	107	14:21	2:27	2:48	123	41:21	14.9	2:54	178	28:07	11:15	1:29:28	
145	719	Tya Vacchina	30	F	Minneapolis	MN	53	12:18	2:06	4:15	172	44:52	13.8	1:58	148	26:19	10:32	1:29:39	
146	638	Caitlin Marlotte	34	F	Minneapolis	MN	89	13:41	2:20	3:58	135	42:26	14.6	2:48	157	26:51	10:45	1:29:42	
147	687	Brenda Schwerdt	25	F	Duluth	MN	210	20:31	3:30	1:46	133	42:10	14.7	1:19	115	24:07	9:39	1:29:51	
148	668	Brenda Piekarski	34	F	Minneapolis	MN	194	17:56	3:04	3:18	146	43:03	14.4	1:54	112	23:49	9:32	1:29:58	
149	540	Katie Burke	21	F	Lake Forest	IL	23	11:03	1:53	3:23	175	44:58	13.7	3:02	172	27:43	11:06	1:30:06	
150	692	Kristin Shields	37	F	Ramsey	MN	77	13:15	2:16	5:02	114	40:59	15.1	3:49	162	27:15	10:54	1:30:17	
151	585	Amy Haney	38	F	Duluth	MN	190	17:28	2:59	3:38	152	43:27	14.2	1:19	128	24:50	9:56	1:30:40	
152	712	Jessie Thorson	29	F	Hudson	WI	101	14:06	2:25	2:59	171	44:48	13.8	1:50	164	27:23	10:57	1:31:03	
153	676	Stephanie Reid	33	F	Bayport	MN	32	11:20	1:56	2:55	184	46:56	13.2	2:48	161	27:08	10:52	1:31:05	
154	675	Toni Rausch	49	F	Buffalo	MN	79	13:19	2:17	3:07	116	41:03	15.1	2:30	200	31:17	12:31	1:31:13	
155	223	Trisha Shaw	35	F	Superior	WI	94	13:58	2:23	3:04	183	46:54	13.2	1:24	145	26:02	10:25	1:31:18	
156	635	Kem Tae Lynch	29	F	Saint Paul	MN	59	12:28	2:08	4:27	143	42:55	14.4	2:49	183	28:58	11:36	1:31:35	
157	736	Alison Wood	22	F	Duluth	MN	140	15:16	2:36	3:14	168	44:28	13.9	1:53	155	26:47	10:43	1:31:36	
158	569	Kirstyn Fulton	29	F	St. Paul	MN	134	15:05	2:35	2:30	156	43:39	14.2	2:55	177	28:03	11:14	1:32:09	
159	527	Joan Beissel	56	F	Dixon	IL	88	13:40	2:20	5:56	130	41:52	14.8	2:05	182	28:47	11:31	1:32:18	
160	607	Michele Johnson	35	F	Duluth	MN					537:33	190	47:58	12.9	1:28	127	24:42	9:53	1:32:18
161	529	Kim Berrisford	30	F	Duluth	MN	116	14:31	2:29	2:46	198	49:05	12.6	1:31	124	24:37	9:51	1:32:26	
162	653	Stacey Nelson-Birchhi	35	F	Duluth	MN	160	15:55	2:43	2:30	195	48:45	12.7	2:19	93	23:02	9:13	1:32:28	
163	561	Kaite Erickson	30	F	Duluth	MN	177	16:38	2:50	3:38	96	39:53	15.5	4:28	174	28:00	11:12	1:32:35	
164	735	Heather Winesett	40	F	Duluth	MN	162	15:57	2:43	4:17	98	39:58	15.5	4:25	175	28:01	11:13	1:32:35	
165	673	Sara Quinn	62	F	Minneapolis	MN	151	15:38	2:40	2:38	126	41:46	14.8	3:01	193	29:55	11:58	1:32:56	
166	721	Amy Van Overmeiren	27	F	Superior	WI	24	11:05	1:54	2:32	209	50:53	12.1	1:29	168	27:26	10:59	1:33:23	
167	732	Tory White	24	F	Duluth	MN	206	19:26	3:19	3:30	166	44:18	14.0	2:00	123	24:31	9:49	1:33:42	
168	677	Gretchen Reineke	35	F	Waconia	MN	72	13:00	2:13	4:15	201	49:34	12.5	1:51	137	25:07	10:03	1:33:45	
169	637	Melissa MacPhail	33	F	Minneapolis	MN	205	19:15	3:17	3:20	129	41:51	14.8	3:13	151	26:39	10:40	1:34:16	
170	6	Jenna Johnson	26	F	Minneapolis	MN	189	17:27	2:59	4:50	185	47:07	13.1	2:01	108	23:44	9:30	1:35:05	
171	622	Kimberly Laing	29	F	Eagan	MN	172	16:32	2:49	3:00	155	43:39	14.2	2:00	194	30:13	12:06	1:35:20	
172	730	Nicole Weiberg	39	F	Courtland	MN	169	16:13	2:46	4:12	151	43:25	14.2	2:14	192	29:40	11:52	1:35:42	
173	570	Carla Gamradt	41	F	Wrenshall	MN	199	18:35	3:10	3:54	154	43:33	14.2	2:13	171	27:35	11:02	1:35:47	
174	621	Lois Kubow	58	F	Duluth	MN	128	14:58	2:33	4:14	180	46:43	13.2	2:19	173	27:57	11:11	1:36:07	
175	683	Sarah Royseth	41	F	Hoyt Lakes	MN	198	18:18	3:07	3:21	165	44:18	14.0	2:58	166	27:23	10:58	1:36:15	
176	630	Kathy Loke	54	F	Duluth	MN	142	15:20	2:37	6:22	167	44:20	13.9	2:53	167	27:24	10:58	1:36:16	
177	650	Kate Nelson	24	F	Fargo	ND	103	14:09	2:25	4:46	186	47:36	13.0	4:46	136	25:03	10:01	1:36:18	
178	538	Gayle Briggs	28	F	Chaska	MN	18	10:49	1:51	4:20	170	44:43	13.8	2:36	215	34:05	13:38	1:36:31	
179	707	Gina Swanson	49	F	Saginaw	MN	170	16:15	2:46	3:06	141	42:54	14.4	2:25	205	32:03	12:50	1:36:41	
180	525	Colleen Began	40	F	Barnum	MN	164	15:59	2:44	2:37	169	44:35	13.9	3:05	197	30:29	12:12	1:36:44	
181	544	Erin Cooke	30	F	Barnum	MN	34	11:25	1:57	3:25	200	49:28	12.5	2:14	199	30:51	12:21	1:37:21	
182	625	Danielle Larson	24	F	Hermantown	MN	85	13:31	2:19	2:35	179	46:24	13.3	1:48	210	33:06	13:15	1:37:21	
183	603	Anna Johnson	13	F	Aurora	MN	132	15:02	2:34	6:06	162	44:00	14.0	3:23	185	29:10	11:40	1:37:40	
184	605	Cheri Johnson	47	F	Aurora	MN	136	15:06	2:35	6:05	161	43:59	14.1	3:23	186	29:11	11:41	1:37:41	
185	662	Brenda Parker Thompso	40	F	Hayward	WI	196	18:06	3:05	2:57	160	43:56	14.1	2:43	196	30:26	12:11	1:38:05	
186	701	Tammy Sundbom Otters	39	F	Duluth	MN	209	20:18	3:28	5:44	173	44:56	13.8	2:18	142	25:47	10:19	1:39:01	
187	604	Briana Johnson	37	F	Duluth	MN	182	16:53	2:53	3:49	191	48:11	12.8	1:57	179	28:20	11:20	1:39:08	
188	516	Elizabeth Baczkiewicz	33	F	Superior	WI	155	15:48	2:42	5:53	197	49:02	12.6	1:44	160	26:58	10:47	1:39:23	
189	610	Joann Jordan	51	F	Minnetonka	MN	146	15:27	2:38	4:15	212	52:10	11.8	1:42	153	26:43	10:42	1:40:15	
190	718	Elizabeth Uebel	32	F	Hermantown	WI	44	11:54	2:02	4:23	174	44:56	13.8	4:20	217	35:17	14:07	1:40:48	
191	514	Amanda Bach	31	F	South Range	MI	133	15:03	2:34	6:21	148	43:11	14.3	3:48	208	32:37	13:03	1:40:59	
192	624	Stacy Langguth	29	F	Duluth	MN	191	17:29	2:59	4:09	205	50:14	12.3	3:18	144	25:57	10:23	1:41:04	
193	526	Leslie Beiers	53	F	Duluth	MN	181	16:46	2:52	4:32	189	47:58	12.9	4:00	181	28:38	11:28	1:41:50	
194	666	Beth Pfeifer	35	F	Minneapolis	MN	141	15:17	2:37	3:57	208	50:48	12.2	2:32	188	29:26	11:47	1:41:57	
195	626	Nancy Latour-Edmonds	50	F	Duluth	MN	208	19:48	3:23	3:10	164	44:10	14.0	2:44	206	32:20	12:56	1:42:09	
196	583	Bobbi Halverson	36	F	Cook	MN	202	18:47	3:12	3:04	192	48:20	12.8	1:25	198	30:43	12:18	1:42:16	
197	729	Kerry Waschke Collie	38	F	Virginia	MN	187	17:17	2:57	4:58	204	49:53	12.4	4:18	143	25:56	10:23	1:42:19	
198	659	Megan Owens	25	F	Hopkins	MN	219	25:38	4:22	4:45	128	41:50	14.8	2:37	170	27:34	11:02	1:42:21	
199	587	Mary Hanson	53	F	Chaska	MN	215	22:13	3:47	3:19	181	46:45	13.2	1:50	184	29:02	11:37	1:43:05	
200	698	Kelly Smith	45	F	Brainerd	MN	125	14:52	2:32	3:13	202	49:43	12.4	2:13	211	33:18	13:20		

218	649	Amanda Nelson	22	F	Fargo	ND	102	14:08	2:25	4:50	216	54:11	11.4	2:06	221	43:05	17:14	1:58:16
219	699	Carly Steen	27	F	Fargo	ND	100	14:05	2:24	4:04	219	57:43	10.7	2:46	220	39:54	15:58	1:58:29
220	520	Elizabeth Barbo	39	F	Duluth	MN	212	21:05	3:36	3:36	221	59:35	10.4	2:15	212	33:32	13:25	2:00:01
221	709	Michelle Thewis	45	F	Two Harbors	MN	222	38:18	6:32	4:22	210	51:27	12.0	2:19	209	32:49	13:08	2:09:12
222	524	Emily Beck	28	F	Duluth	MN	221	29:37	5:03	3:09	222	1:04:24	9.6	1:57	213	33:41	13:29	2:12:47
223	579	Sandy Grant	52	F	Superior	WI	217	23:42	4:03	5:57	220	57:56	10.7	3:07	222	48:01	19:13	2:18:40

FEMALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	589	Annie Harvieux	17	F	Duluth	MN	2	10:09	1:44	2:12	1	33:00	18.7	1:49	1	19:21	7:45	1:06:28
2	590	Zoe Harvieux	14	F	Duluth	MN	3	10:09	1:44	2:19	2	39:55	15.5	2:09	4	24:51	9:57	1:19:20
3	619	Emily Krulc	19	F	Virginia	MN	7	14:14	2:26	3:21	4	42:32	14.5	1:25	2	19:58	7:59	1:21:27
4	663	Rosemary Pechous	14	F	Hastings	MN	4	10:32	1:48	3:02	3	42:27	14.6	1:50	6	27:22	10:57	1:25:11
5	551	Angela Donofrio	17	F	Hermantown	MN	1	9:58	1:42	2:29	7	45:35	13.6	1:33	5	26:43	10:41	1:26:16
6	552	Mariah Donofrio	14	F	Hermantown	MN	6	12:35	2:09	3:01	8	48:21	12.8	1:21	3	21:01	8:25	1:26:16
7	651	Sydney Nelson	15	F	Duluth	MN	5	11:37	1:59	3:36	5	43:18	14.3	2:01	7	28:21	11:21	1:28:50
8	603	Anna Johnson	13	F	Aurora	MN	8	15:02	2:34	6:06	6	44:00	14.0	3:23	8	29:10	11:40	1:37:40

FEMALE AGE GROUP RESULTS 20 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	606	Hannah Johnson	21	F	Minneapolis	MN	7	13:17	2:16	2:10	1	33:59	18.2	1:39	4	21:15	8:30	1:12:17
2	593	Jeanna Holcombe	22	F	Superior	WI	4	12:11	2:05	2:26	2	36:07	17.1	1:43	5	21:57	8:47	1:14:22
3	633	Delaney Lundeen	22	F	Duluth	MN	8	13:30	2:18	1:42	5	38:40	16.0	1:08	1	20:19	8:08	1:15:16
4	629	Margaret Loeffelholz	21	F	Minneapolis	MN	10	13:56	2:23	2:08	4	37:09	16.6	2:00	6	22:31	9:01	1:17:41
5	554	Katie Douglass	24	F	Lake Elmo	MN	6	12:20	2:06	1:46	6	39:11	15.8	1:17	8	23:11	9:17	1:17:41
6	754	Lisa Hoium	22	F	Duluth	MN	3	12:06	2:04	2:32	10	41:04	15.0	1:21	3	21:05	8:26	1:18:05
7	572	Ashley Geheren	21	F	Dayton	MN	5	12:12	2:05	3:14	7	39:38	15.6	1:17	7	23:10	9:16	1:19:29
8	704	Jessi Gernowski	24	F	St. Louis Park	MN	16	15:28	2:39	2:18	9	40:16	15.3	1:43	2	20:59	8:24	1:20:42
9	575	Anna Germundson	22	F	Saint Paul	MN	13	14:30	2:29	2:11	3	36:53	16.8	2:16	11	26:06	10:27	1:21:53
10	558	Alexandra Economy	24	F	Winona	MN	15	15:24	2:38	2:57	8	39:58	15.5	2:01	12	26:23	10:33	1:26:40
11	684	Nadia Sawochka	23	F	Eagan	MN	17	16:10	2:46	3:05	11	42:27	14.6	1:52	9	24:53	9:57	1:28:24
12	540	Katie Burke	21	F	Lake Forest	IL	1	11:03	1:53	3:23	13	44:58	13.7	3:02	15	27:43	11:06	1:30:06
13	736	Alison Oover	22	F	Duluth	MN	14	15:16	2:36	3:14	12	44:28	13.9	1:53	13	26:47	10:43	1:31:36
14	721	Amy Van Overmeiren	24	F	Superior	WI	2	11:05	1:54	2:32	16	50:53	12.1	1:29	14	27:26	10:59	1:33:23
15	650	Kate Nelson	24	F	Fargo	ND	12	14:09	2:25	4:46	15	47:36	13.0	4:46	10	25:03	10:01	1:36:18
16	625	Danielle Larson	24	F	Hermantown	MN	9	13:31	2:19	2:35	14	46:24	13.3	1:48	16	33:06	13:15	1:37:21
17	649	Amanda Nelson	22	F	Fargo	ND	11	14:08	2:25	4:50	17	54:11	11.4	2:06	17	43:05	17:14	1:58:16

FEMALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	724	Kristen Vidlak	28	F	Thunder Bay	ON	3	10:14	1:45	1:32	1	29:38	20.9	1:18	3	17:25	6:58	1:00:05
2	611	Bettina Keppers	28	F	Duluth	MN	5	10:37	1:49	1:34	2	31:16	19.8	1:22	13	21:08	8:28	1:05:54
3	545	Caitlin Coomes	28	F	Minneapolis	MN	10	11:36	1:59	1:59	6	34:17	18.0	2:16	2	17:24	6:58	1:07:29
4	725	Rena Viehbeck	28	F	Thunder Bay	ON	23	14:02	2:24	2:14	4	32:38	18.9	1:52	1	16:58	6:48	1:07:41
5	592	Michelle Hoffman	26	F	Maple Grove	MN	4	10:24	1:47	1:30	8	35:13	17.5	1:15	6	19:23	7:45	1:07:43
6	280	Emily Beresford	26	F	Saint Paul	MN	18	12:33	2:09	2:24	7	34:37	17.9	1:43	4	17:52	7:09	1:09:07
7	693	Chandra Shoberg	28	F	Duluth	MN	22	14:01	2:24	2:37	3	32:12	19.2	1:58	7	19:58	7:59	1:10:43
8	581	Stacia Grayson	29	F	Duluth	MN	2	10:02	1:43	2:00	9	35:16	17.5	1:35	22	22:42	9:05	1:11:32
9	708	Kelli Taylor	25	F	Watford City	ND	11	11:43	2:00	2:30	5	33:18	18.6	2:57	19	22:07	8:51	1:12:33
10	615	Mary Krauel	28	F	Milaca	MN	31	15:06	2:35	1:29	11	36:36	16.9	1:06	5	18:42	7:29	1:12:55
11	535	Kristi Boman	25	F	Somerville	MA	1	9:25	1:37	2:07	25	39:43	15.6	1:28	18	22:00	8:48	1:14:41
12	549	Krista Dierkhising	25	F	Park Rapids	MN	13	12:08	2:04	3:03	16	38:03	16.2	1:36	8	20:09	8:04	1:14:55
13	641	Tami Mesedahl	28	F	Duluth	MN	9	11:16	1:56	2:27	23	38:54	15.9	1:27	15	21:30	8:36	1:15:32
14	734	Charlene Wilson	27	F	Thunder Bay	ON	14	12:15	2:06	3:14	14	36:59	16.7	1:48	14	21:20	8:32	1:15:33
15	546	Kendra Crowell	29	F	St. Paul	MN	17	12:29	2:08	2:51	10	36:03	17.1	2:47	17	21:56	8:47	1:16:04
16	674	Megan Rausch	25	F	Duluth	MN	24	14:04	2:24	2:20	12	36:41	16.8	2:17	11	20:51	8:21	1:16:10
17	614	Andrea Kraft	26	F	Prior Lake	MN	29	14:59	2:34	2:07	17	38:04	16.2	0:57	10	20:42	8:17	1:16:47
18	609	Shawna Jokinen	29	F	Hermantown	MN	7	10:56	1:52	2:44	21	38:32	16.0	1:46	25	22:56	9:11	1:16:52
19	218	Kathleen Roberts	27	F	Davenport	IA	27	14:42	2:31	3:18	13	36:54	16.7	2:15	9	20:25	8:10	1:17:31
20	695	Elyse Sienko	28	F	St. Paul	MN	12	11:49	2:01	3:04	15	37:45	16.4	2:19	23	22:46	9:07	1:17:40
21	705	Joy Swanoski	25	F	Duluth	MN	34	16:05	2:45	2:19	18	38:22	16.1	1:54	12	20:56	8:23	1:19:33
22	644	Kelsey Nils	28	F	Red Wing	MN	19	12:39	2:10	3:05	29	41:07	15.0	1:21	20	22:15	8:54	1:20:25
23	648	Amy Mulder	26	F	Becker	MN	28	14:53	2:33	3:03	19	38:23	16.1	2:23	21	22:42	9:05	1:21:21
24	530	Jamie Bertram	29	F	Isanti	MN	8	10:56	1:52	3:26	24	39:32	15.6	4:10	27	23:41	9:29	1:21:41
25	577	Kristin Glumack	28	F	Duluth	MN	15	12:24	2:07	2:20	28	40:46	15.2	1:31	33	25:02	10:01	1:22:01
26	667	Noel Phillips	28	F	Minneapolis	MN	33	15:48	2:42	2:42	20	38:30	16.1	1:40	29	23:48	9:31	1:22:24
27	564	Kelly Fenstad	28	F	Silver Bay	MN	36	16:32	2:49	2:45	27	40:38	15.2	1:34	24	22:50	9:08	1:24:16
28	691	Jonna Shields	29	F	Eden Prairie	MN	42	18:36	3:11	2:37	22	38:39	16.0	2:48	16	21:42	8:41	1:24:19
29	654	Natalie Netzel	26	F	Duluth	MN	21	13:44	2:21	1:38	26	40:10	15.4	1:57	35	26:54	10:46	1:24:20
30	655	Allison Norgard	25	F	Duluth	MN	38	16:55	2:53	3:00	30	41:49	14.8	1:52	26	23:07	9:15	1:26:41
31	588	Meghan Hanson	26	F	Maple Grove	MN	32	15:32	2:39	2:42	36	43:42	14.1	1:09	32	24:37	9:51	1:27:39
32	687	Brenda Schwerdt	25	F	Duluth	MN	46	20:31	3:30	1:46	32	42:10	14.7	1:19	30	24:07	9:39	1:29:51
33	712	Jessie Thorson	29	F	Hudson	WI	26	14:06	2:25	2:59	39	44:48	13.8	1:50	36	27:23	10:57	1:31:03
34	635	Kem Tae Lynch	29	F	Saint Paul	MN	16	12:28	2:08	4:27	33	42:55	14.4	2:49	40	28:58	11:36	1:31:35
35	569	Kirstyn Fulton	29	F	St. Paul	MN	35	15:05	2:35	2:30	35	43:39	14.2	2:55	39	28:03	11:14	1:32:09
36	732	Tory White	27	F	Duluth	MN	44	19:26	3:19	3:30	37	44:18	14.0	2:00	31	24:31	9:49	1:33:42
37	6	Jenna Johnson	26	F	Minneapolis	MN	39	17:27	2:59	4:50	40	47:07	13.1	2:01	28	23:44	9:30	1:35:05
38	622	Kimberly Laing	29	F	Eagan	MN	35	16:32	2:49	3:00	34	43:39	14.2	2:00	43	30:13	12:06	1:35:20
39	538	Gayle Briggs	28	F	Chaska	MN	6	10:49	1:51	4:20	38	44:43	13.8	2:36	45	34:05	13:38	1:36:31
40	624	Stacy Langguth	29	F	Duluth	MN	40	17:29	2:59	4:09	42	50:14	12.3	3:18	34	25:57	10:23	1:41:04
41	659	Megan Owens	25	F	Hopkins	MN	47	25:38	4:22	4:45	31	41:50	14.8	2:37	37	27:34	11:	

49 524 Emily Beck 28 F Duluth MN 49 29:37 5:03 3:09 49 1:04:24 9.6 1:57 44 33:41 13:29 2:12:47

FEMALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	517	Karla Bailey	33	F	Thunder Bay	ON	2	10:43	1:50	1:28	2	33:09	18.6	1:24	1	17:33	7:01	1:04:14
2	563	Kerrie Fabius	32	F	Grand Marais	MN	3	11:06	1:54	1:39	1	32:31	19.0	1:11	2	18:21	7:21	1:04:45
3	537	Michelle Breiland	34	F	Duluth	MN	1	9:49	1:41	1:43	7	36:14	17.1	1:41	3	18:43	7:29	1:08:06
4	643	Erin Miller	33	F	Saint Joseph	MN	16	12:55	2:13	2:06	5	35:09	17.6	1:25	6	20:39	8:16	1:12:12
5	627	Rebecca Layman	31	F	Bagley	MN	7	11:36	1:59	2:30	3	33:34	18.4	1:52	16	22:46	9:07	1:12:14
6	660	Kati Palmer	34	F	Superior	WI	24	14:38	2:30	1:43	4	34:00	18.2	1:15	7	20:43	8:18	1:12:16
7	740	Molly Ziells	32	F	Duluth	MN	13	12:22	2:07	2:01	12	38:03	16.2	1:47	8	20:46	8:19	1:14:55
8	689	Laura Seitz	33	F	Duluth	MN	17	13:29	2:18	2:24	6	36:13	17.1	1:42	10	21:19	8:32	1:15:05
9	595	Amanda Holdsworth	30	F	Thunder Bay	ON	14	12:34	2:09	2:23	13	38:05	16.2	1:34	5	20:37	8:15	1:15:10
10	688	Crystal Scuffy	33	F	Eveleth	MN	18	13:40	2:20	1:51	8	36:36	16.9	1:46	12	21:56	8:47	1:15:47
11	741	Elizabeth Zimbinksi	34	F	Minneapolis	MN	12	12:18	2:06	2:02	10	37:24	16.5	2:03	18	23:04	9:14	1:16:48
12	568	Nicole Frye	32	F	Minneapolis	MN	30	16:03	2:44	1:59	15	38:36	16.0	1:47	4	19:18	7:44	1:17:40
13	658	Jessica Olen	31	F	Mora	MN	22	14:32	2:29	2:04	9	36:59	16.7	2:28	15	22:40	9:04	1:18:41
14	556	Megan Duley	31	F	Somerset	WI	20	14:17	2:26	2:33	14	38:27	16.1	1:30	13	22:07	8:51	1:18:51
15	613	Amy Kotzer	32	F	Minneapolis	MN	4	11:07	1:54	2:14	16	39:37	15.6	2:28	20	23:43	9:29	1:19:05
16	720	Erin Van Bergen	30	F	Bloomington	MN	10	12:01	2:03	2:08	20	41:42	14.8	1:16	14	22:35	9:02	1:19:39
17	539	Sarah Buhs	32	F	Cloquet	MN	23	14:35	2:29	2:35	23	42:41	14.5	1:16	9	20:46	8:19	1:21:50
18	548	Whitney Davidson	32	F	Duluth	MN	32	16:38	2:50	2:54	11	37:35	16.4	2:05	19	23:05	9:14	1:22:15
19	616	Beth Kreitzer	33	F	Minneapolis	MN	8	11:46	2:01	2:25	17	39:48	15.5	2:03	27	26:48	10:44	1:22:47
20	521	Maria Barrell	34	F	Duluth	MN	29	15:51	2:42	3:18	19	41:04	15.0	1:38	17	22:51	9:09	1:24:40
21	716	Terri-Lee Tremblay	30	F	International Fall	MN	33	16:55	2:53	3:25	26	43:04	14.3	1:46	11	21:22	8:33	1:26:29
22	617	Heather Krohn	31	F	Duluth	MN	15	12:36	2:09	3:09	24	42:41	14.5	1:42	26	26:44	10:42	1:26:48
23	596	Jessica Honza	31	F	Maple Grove	MN	25	14:38	2:30	3:03	28	43:29	14.2	1:50	22	24:21	9:45	1:27:18
24	719	Tya Vacchina	30	F	Minneapolis	MN	11	12:18	2:06	4:15	29	44:52	13.8	1:58	24	26:19	10:32	1:29:39
25	638	Caitlin Marlotte	34	F	Minneapolis	MN	19	13:41	2:20	3:58	22	42:26	14.6	2:48	28	26:51	10:45	1:29:42
26	668	Brenda Piekarski	34	F	Minneapolis	MN	35	17:56	3:04	3:18	25	43:03	14.4	1:54	21	23:49	9:32	1:29:58
27	676	Stephanie Reid	33	F	Bayport	MN	5	11:20	1:56	2:55	31	46:56	13.2	2:48	30	27:08	10:52	1:31:05
28	529	Kim Berrisford	30	F	Duluth	MN	21	14:31	2:29	2:46	34	49:05	12.6	1:31	23	24:37	9:51	1:32:26
29	561	Kaite Erickson	30	F	Duluth	MN	31	16:38	2:50	3:38	18	39:53	15.5	4:28	31	28:00	11:12	1:32:35
30	637	Melissa MacPhail	33	F	Minneapolis	MN	36	19:15	3:17	3:20	21	41:51	14.8	3:13	25	26:39	10:40	1:34:16
31	544	Erin Cooke	30	F	Barnum	MN	6	11:25	1:57	3:25	35	49:28	12.5	2:14	33	30:51	12:21	1:37:21
32	516	Elizabeth Baczkiewicz	33	F	Superior	WI	28	15:48	2:42	5:53	33	49:02	12.6	1:44	29	26:58	10:47	1:39:23
33	718	Elizabeth Uebel	32	F	Hermantown	MN	9	11:54	2:02	4:23	30	44:56	13.8	4:20	36	35:17	14:07	1:40:48
34	514	Amanda Bach	31	F	South Range	WI	26	15:03	2:34	6:21	27	43:11	14.3	3:48	35	32:37	13:03	1:40:59
35	672	Dory Pohl	34	F	Duluth	MN	27	15:37	2:40	4:17	36	53:48	11.5	2:28	32	29:23	11:45	1:45:29
36	664	Aimee Peter	34	F	Rosemount	MN	34	17:31	2:59	6:03	32	47:52	12.9	2:47	34	31:37	12:39	1:45:47

FEMALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	170	Jessica Deegan	35	F	Saint Paul	MN	1	10:24	1:47	1:49	5	32:30	19.0	1:08	3	18:14	7:18	1:04:03
2	602	Shauna Joas	36	F	Eagan	MN	4	11:08	1:54	1:52	2	31:24	19.7	1:28	6	18:46	7:31	1:04:35
3	739	Jody Zeleznikar	38	F	Esko	MN	10	12:19	2:06	1:28	6	32:32	19.0	1:28	1	17:39	7:04	1:05:24
4	706	Becka Swanson	36	F	Circle Pines	MN	18	13:24	2:17	1:47	1	30:49	20.1	1:10	4	18:33	7:26	1:05:41
5	727	Emily Vos	37	F	Duluth	MN	9	12:09	2:05	1:36	7	33:21	18.5	1:24	2	18:06	7:15	1:06:33
6	511	Marilyn Ailey	37	F	Thunder Bay	ON	11	12:35	2:09	1:58	3	31:42	19.5	1:32	8	19:03	7:38	1:06:47
7	608	Rachel Johnson	35	F	Duluth	MN	2	10:40	1:49	1:53	9	34:08	18.1	1:19	7	19:00	7:36	1:06:57
8	671	Kristi Plante	38	F	Hermantown	MN	13	12:41	2:10	1:35	4	31:58	19.3	1:16	9	20:31	8:13	1:07:59
9	632	Teresa Lund	36	F	Brainerd	MN	5	11:20	1:56	1:46	8	33:57	18.2	1:10	10	21:08	8:27	1:09:18
10	528	Paige Benson	35	F	Duluth	MN	16	13:12	2:15	1:55	16	37:37	16.4	1:27	5	18:39	7:28	1:12:47
11	623	Kirsten Langguth	35	F	Chaska	MN	7	11:25	1:57	1:58	12	36:10	17.1	1:35	16	21:50	8:44	1:12:56
12	733	Sheryl Williams	36	F	Duluth	MN	6	11:21	1:56	2:14	10	34:54	17.7	2:42	23	23:19	9:20	1:14:28
13	686	Elisa Schmitz	36	F	Hermantown	MN	22	14:04	2:24	1:59	13	36:11	17.1	1:21	17	22:18	8:56	1:15:51
14	559	Kelli Enders	38	F	Minneapolis	MN	14	12:58	2:13	3:08	11	34:56	17.7	1:51	26	23:45	9:30	1:16:36
15	697	Marisa Skees	35	F	Eden Prairie	MN	24	14:28	2:28	2:27	15	36:34	16.9	1:55	12	21:19	8:32	1:16:41
16	193	Pamela Johnson	35	F	Sagnew	MN	32	15:53	2:43	2:56	19	39:12	15.8	1:16	11	21:18	8:31	1:20:32
17	670	Anne Pilarski	36	F	Cushing	MN	8	11:39	1:59	2:27	20	39:15	15.7	2:17	32	25:35	10:14	1:21:10
18	566	Julie Frantz	35	F	Woodbury	MN	20	13:56	2:23	1:51	22	40:03	15.4	2:08	25	23:26	9:23	1:21:20
19	628	Brandee Lian	38	F	Duluth	MN	27	15:02	2:34	3:33	21	39:47	15.5	1:57	14	21:43	8:41	1:21:59
20	555	Brenda Dukek	37	F	Bagley	MN	26	14:59	2:34	2:19	14	36:28	16.9	2:45	36	26:08	10:28	1:22:37
21	547	Kim Darosa	37	F	Thunder Bay	ON	12	12:36	2:09	2:21	28	41:30	14.9	2:04	28	24:10	9:40	1:22:38
22	594	Suzanne Holderness	38	F	Plymouth	MN	31	15:46	2:42	2:32	23	40:23	15.3	1:49	18	22:24	8:58	1:22:52
23	702	Stacey Sundquist	35	F	Virginia	MN	33	15:54	2:43	2:39	26	41:18	15.0	1:29	15	21:48	8:44	1:23:04
24	680	Kristin Rish	39	F	Esko	MN	36	16:03	2:44	3:52	24	40:46	15.2	1:35	13	21:21	8:33	1:23:35
25	522	Kim Batcheller	35	F	Minneapolis	MN	19	13:30	2:18	2:54	17	38:30	16.1	1:51	39	27:23	10:58	1:24:06
26	714	Carrie Todd	38	F	Shorewood	MN	25	14:49	2:32	2:32	29	42:55	14.4	1:57	24	23:22	9:21	1:25:31
27	669	Jodi Piekarski	36	F	Grand Rapids	MN	29	15:40	2:40	3:11	31	43:19	14.3	1:28	20	22:49	9:08	1:26:23
28	661	Jamie Parask	35	F	Cloquet	MN	30	15:41	2:41	3:52	34	43:41	14.1	1:14	19	22:27	8:59	1:26:53
29	681	Jennifer Rosato	36	F	Duluth	MN	3	10:53	1:52	2:55	45	49:46	12.4	1:29	21	22:54	9:10	1:27:54
30	620	Allie Kubow	35	F	Blaine	MN	35	15:56	2:43	3:04	30	42:58	14.4	2:13	27	23:49	9:32	1:27:57
31	560	Dawn Epperson	37	F	Richfield	MN	41	17:51	3:03	3:27	18	39:01	15.8	2:25	37	26:29	10:36	1:29:10
32	523	Heather Baumbach	38	F	Minneapolis	MN	23	14:21	2:27	2:48	27	41:21	14.9	2:54	41	28:07	11:15	1:29:28
33	692	Kristin Shields	37	F	Ramsey	MN	17	13:15	2:16	5:02	25	40:59	15.1	3:49	38	27:15	10:54	1:30:17
34	585	Amy Haney	38	F	Duluth	MN	40	17:28	2:59	3:38	33	43:27	14.2	1:19	30	24:50	9:56	1:30:40
35	223	Trisha Shaw	35	F	Superior	WI	21	13:58	2:23	3:04	37	46:54	13.2	1:24	35	26:02	10:25	1:31:18
36	607	Michele Johnson	35	F	Duluth	MN				537:33	39	47:58	12.9	1:28	29	24:42	9:53	1:32:18
37	653	Stacey Nelson-Birchhi	35	F	Duluth	MN	34	15:55	2:43	2:30	42	48:45	12.					

47	682	Tonya Roth	36	F	Duluth	MN	47	23:46	4:03	4:38	36	44:59	13.7	2:34	46	30:25	12:10	1:46:18
48	520	Elizabeth Barbo	39	F	Duluth	MN	45	21:05	3:36	3:36	48	59:35	10.4	2:15	48	33:32	13:25	2:00:01

FEMALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	657	Jena Ogston	40	F	Duluth	MN	2	10:27	1:47	1:26	1	31:15	19.8	1:09	2	17:11	6:53	1:01:25
2	634	Connie Lutkevich	43	F	Duluth	MN	5	11:13	1:55	1:41	2	31:41	19.5	1:12	1	16:49	6:44	1:02:33
3	737	Marcy Woods	40	F	Lincoln	NE	6	11:31	1:58	1:52	3	32:28	19.0	1:41	5	18:56	7:35	1:06:25
4	599	Jennifer Huelsmann	42	F	Minneapolis	MN	8	13:07	2:15	1:49	5	33:58	18.2	2:30	3	17:28	6:59	1:08:49
5	580	Gina Graves	40	F	St. Louis Park	MN	4	10:55	1:52	2:38	4	33:42	18.3	1:58	8	21:08	8:28	1:10:18
6	722	Marie Van Overmeiren	43	F	Superior	WI	13	14:28	2:28	3:03	9	38:11	16.2	1:11	4	17:50	7:08	1:14:40
7	678	Jill Reinking	40	F	Zimmerman	MN	10	14:01	2:24	2:14	12	38:30	16.1	1:20	6	19:33	7:49	1:15:36
8	703	Lyssa Supinski	40	F	South Range	WI	3	10:34	1:48	2:33	10	38:14	16.2	1:46	17	24:04	9:38	1:17:08
9	728	Kristin Walch	41	F	Duluth	MN	1	10:27	1:47	2:32	18	40:58	15.1	1:19	11	22:06	8:51	1:17:19
10	567	Susan Frericks	44	F	Silver Bay	MN	7	13:02	2:14	2:27	11	38:15	16.2	2:03	10	21:54	8:46	1:17:39
11	233	Melanie Tuominen	40	F	Duluth	MN	22	16:36	2:50	1:58	7	36:59	16.7	1:44	12	22:13	8:53	1:19:28
12	534	Sarah Bogel	41	F	Roseville	MN	15	15:09	2:35	2:18	6	35:01	17.6	2:47	18	24:42	9:53	1:19:55
13	694	Laura Sieger	40	F	Duluth	MN	9	13:25	2:18	2:44	8	38:10	16.2	2:17	20	24:59	10:00	1:21:32
14	536	Lisa Brandt	44	F	Coleraine	MN	18	15:32	2:39	3:44	17	40:37	15.2	2:31	7	20:15	8:06	1:22:36
15	550	Leanne Digiuseppe	42	F	Thunder Bay	ON	12	14:26	2:28	3:37	15	40:23	15.3	2:01	16	23:48	9:31	1:24:13
16	665	Angela Pitschnick	41	F	Fort Frances	ON	17	15:25	2:38	2:45	13	39:52	15.5	3:42	15	22:53	9:09	1:24:34
17	713	Shelly Tischler	41	F	Superior	WI	14	14:38	2:30	2:31	16	40:31	15.3	2:18	22	25:19	10:08	1:25:14
18	195	Jill Kaske	40	F	Superior	WI	11	14:20	2:27	2:44	20	41:58	14.7	1:45	19	24:54	9:58	1:25:39
19	565	Joleen Finken	43	F	Duluth	MN	16	15:11	2:36	1:55	24	44:05	14.0	2:18	13	22:48	9:08	1:26:15
20	711	Juleen Thom	41	F	Blaine	MN	23	16:38	2:50	2:44	27	45:44	13.5	1:37	9	21:47	8:43	1:28:28
21	731	Christine Welsand	40	F	Lino Lakes	MN	29	19:02	3:15	2:14	21	42:19	14.6	2:07	14	22:49	9:08	1:28:28
22	647	Kelly Moen	41	F	Proctor	MN	24	18:02	3:05	3:04	19	41:19	15.0	1:38	21	25:13	10:05	1:29:13
23	735	Heather Winesett	40	F	Duluth	MN	19	15:57	2:43	4:17	14	39:58	15.5	4:25	25	28:01	11:13	1:32:35
24	570	Carla Gamradt	41	F	Wrenshall	MN	27	18:35	3:10	3:54	22	43:33	14.2	2:13	24	27:35	11:02	1:35:47
25	683	Sarah Royseth	41	F	Hoyt Lakes	MN	26	18:18	3:07	3:21	25	44:18	14.0	2:58	23	27:23	10:58	1:36:15
26	525	Colleen Began	40	F	Barnum	MN	20	15:59	2:44	2:37	26	44:35	13.9	3:05	27	30:29	12:12	1:36:44
27	662	Brenda Parker Thomps	40	F	Hayward	WI	25	18:06	3:05	2:57	23	43:56	14.1	2:43	26	30:26	12:11	1:38:05
28	636	Lisa Mackin	42	F	Tomahawk	WI	28	18:46	3:12	3:30	29	51:47	11.9	3:00	28	31:47	12:43	1:48:48
29	690	Kathy Seppala	42	F	Virginia	MN	21	16:34	2:50	5:53	30	52:58	11.7	3:12	29	31:59	12:48	1:50:32
30	513	Stacy Avery	40	F	Minnnetonka	MN	30	21:48	3:43	5:35	28	48:41	12.7	4:44	30	34:02	13:37	1:54:49

FEMALE AGE GROUP RESULTS 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	746	Kris Kolenz	45	F			1	10:08	1:44	1:30	2	32:36	19.0	1:29	1	18:13	7:17	1:03:53
2	748	Sondra Mowers	47	F	Duluth	MN	2	11:05	1:54	1:51	1	31:11	19.8	1:39	2	21:04	8:26	1:06:47
3	543	Susan Cook	46	F	Duluth	MN	6	14:26	2:28	2:00	3	38:03	16.2	1:41	3	22:01	8:49	1:18:07
4	586	Kara Hanson	46	F	Duluth	MN	3	12:16	2:06	2:12	4	38:04	16.2	2:12	8	24:24	9:46	1:19:04
5	571	Marie Garbe	48	F	Woodbury	MN	5	13:40	2:20	3:30	7	40:05	15.4	2:14	9	24:24	9:46	1:23:50
6	656	Gina Oesterreich	49	F	Marine On Saint Cr	MN	7	14:35	2:30	3:01	8	40:50	15.1	2:28	4	23:20	9:20	1:24:12
7	612	Renee Keppers	47	F	Duluth	MN	14	17:10	2:56	2:57	5	38:07	16.2	1:50	6	24:12	9:41	1:24:13
8	642	Diane Miller	47	F	Hugo	MN	11	16:22	2:48	3:18	6	38:57	15.9	2:43	7	24:18	9:43	1:25:35
9	679	Cathy Richardson	46	F	Stillwater	MN	13	16:43	2:51	2:20	10	42:09	14.7	1:29	5	23:43	9:29	1:26:21
10	675	Toni Rausch	49	F	Buffalo	MN	4	13:19	2:17	3:07	9	41:03	15.1	2:30	11	31:17	12:31	1:31:13
11	707	Gina Swanson	49	F	Saginaw	MN	10	16:15	2:46	3:06	11	42:54	14.4	2:25	12	32:03	12:50	1:36:41
12	605	Cheri Johnson	47	F	Aurora	WI	9	15:06	2:35	6:05	12	43:59	14.1	3:23	10	29:11	11:41	1:37:41
13	698	Kelly Smith	45	F	Brainerd	MN	8	14:52	2:32	3:13	14	49:43	12.4	2:13	15	33:18	13:20	1:43:17
14	509	Sue Adams	48	F	Brooklyn Park	MN	12	16:33	2:50	4:22	13	46:53	13.2	3:15	13	32:25	12:58	1:43:25
15	709	Michelle Thewis	45	F	Two Harbors	MN	15	38:18	6:32	4:22	15	51:27	12.0	2:19	14	32:49	13:08	2:09:12

FEMALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	584	Nancy Hamilton	54	F	Thunder Bay	ON	1	12:56	2:13	1:57	1	34:45	17.8	1:56	1	22:26	8:59	1:13:57
2	582	Allison Halsted	50	F	Champlin	MN	3	15:06	2:35	2:29	2	37:10	16.6	2:20	5	26:52	10:45	1:23:54
3	639	Joann Marshall	52	F	Sauk Rapids	MN	5	15:21	2:37	2:34	3	40:20	15.3	1:37	2	24:58	10:00	1:24:48
4	597	Anne Howard	52	F	Superior	WI	2	14:22	2:27	2:59	4	41:00	15.1	2:21	3	24:59	10:00	1:25:38
5	630	Kathy Loke	54	F	Duluth	MN	4	15:20	2:37	6:22	7	44:20	13.9	2:53	6	27:24	10:58	1:36:16
6	610	Joann Jordan	51	F	Minnnetonka	MN	6	15:27	2:38	4:15	10	52:10	11.8	1:42	4	26:43	10:42	1:40:15
7	526	Leslie Beiers	53	F	Duluth	MN	7	16:46	2:52	4:32	9	47:58	12.9	4:00	7	28:38	11:28	1:41:50
8	626	Nancy Latour-Edmonds	50	F	Duluth	MN	8	19:48	3:23	3:10	6	44:10	14.0	2:44	10	32:20	12:56	1:42:09
9	587	Mary Hanson	53	F	Chaska	MN	10	22:13	3:47	3:19	8	46:45	13.2	1:50	8	29:02	11:37	1:43:05
10	618	Linda Krug	54	F	Duluth	MN	9	21:19	3:38	5:19	5	43:42	14.1	2:56	9	31:29	12:36	1:44:43
11	579	Sandy Grant	52	F	Superior	WI	11	23:42	4:03	5:57	11	57:56	10.7	3:07	11	48:01	19:13	2:18:40

FEMALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	510	Penny Agar	57	F	Duluth	MN	3	14:57	2:33	1:52	1	41:16	15.0	1:55	1	24:22	9:45	1:24:20
2	527	Joan Beissel	56	F	Dixon	IL	1	13:40	2:20	5:56	2	41:52	14.8	2:05	3	28:47	11:31	1:32:18
3	621	Lois Kubow	58	F	Duluth	MN	4	14:58	2:33	4:14	4	46:43	13.2	2:19	2	27:57	11:11	1:36:07
4	717	Susan Mattis Turnham	56	F	Duluth	MN	2	14:21	2:27	3:48	3	43:01	14.4	3:31	4	48:10	19:16	1:52:48

FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	519	Susanne Bakken	61	F	Duluth	MN	1	13:48	2:22	2:13				574:56	2	23:14	9:18	1:18:46
2	715	Carole Torreano	63	F	Largo	FL	2	14:24	2:28	2:53	1	36:33	16.9	1:56	3	25:10	10:04	1:20:53
3	601	Peggy Hunter	60	F	White Bear Lake	MN	4	17:19	2:57	3:05	2	39:23	15.7	2:02	1	22:31	9:01	1:24:18
4	673	Sara Quinn	62	F	Minneapolis	MN	3	15:38	2:40	2:38	3	41:46	14.8	3:01	4	29:55	11:58	1:32:56

FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	640	Connie Meek	65	F	Hayward	WI	1	15:58	2:44	3:07	1	37:27	16.5	2:56	1	23:34	9:26	1:22:59

FEMALE AGE GROUP RESULTS 70 - 74

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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FEMALE AGE GROUP RESULTS 75 - 79

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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FEMALE AGE GROUP RESULTS 80 - 84

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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FEMALE AGE GROUP RESULTS 85 - 98

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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MALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	757	Zachary Goldberg	16	M	Excelsior	MN	2	9:31	1:38	1:29	1	33:11	18.6	1:07	1	14:16	5:43	59:31
2	317	Clare Brandt	17	M	Rochester	MN	6	11:04	1:54	1:53	3	34:25	18.0	1:46	2	14:38	5:51	1:03:43
3	352	Colin Finnegan	15	M	St. Paul	MN	1	9:21	1:36	2:25	4	34:35	17.9	1:22	5	16:45	6:42	1:04:26
4	392	Drew Johnson	18	M	Aurora	MN	3	10:22	1:46	3:07	7	35:43	17.3	1:03	3	15:26	6:11	1:05:38
5	355	Henry French	15	M	Duluth	MN	9	12:44	2:10	2:40	5	35:41	17.3	1:11	4	16:41	6:41	1:08:55
6	347	Chandler Engle	17	M	Corcoran	MN	8	12:25	2:07	2:15	6	35:43	17.3	1:19	7	18:32	7:25	1:10:11
7	747	Meirs Moore	16	M			10	14:21	2:27	2:27	2	33:14	18.6	1:26	8	19:25	7:46	1:10:49
8	403	Logan Kittelson	14	M	South Range	WI	5	10:41	1:50	2:31	9	36:45	16.8	1:29	9	20:15	8:06	1:11:39
9	395	Sam Johnson	16	M	Aurora	MN	7	11:56	2:02	3:41	8	36:07	17.1	2:39	6	17:54	7:10	1:12:15
10	411	Brent Larson	14	M	Duluth	MN	4	10:32	1:48	3:08	10	39:24	15.7	1:08	10	23:41	9:29	1:17:51

MALE AGE GROUP RESULTS 20 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	502	Mike Ward	22	M	Duluth	MN	1	9:38	1:39	1:22	1	28:36	21.6	1:00	1	15:26	6:11	55:59
2	491	Jared Sundstrom	22	M	Proctor	MN	4	11:12	1:55	1:16	2	29:44	20.8	1:14	2	15:50	6:20	59:15
3	322	Brenton Button	24	M	Nipigon	ON	2	10:00	1:43	1:52	3	30:50	20.0	1:53	4	17:18	6:56	1:01:51
4	323	Garrett Cardinal	20	M	Champlin	MN	3	10:02	1:43	1:40	4	31:47	19.4	1:16	6	18:35	7:26	1:03:17
5	303	Jeffry Anderson	24	M	Duluth	MN	5	11:22	1:57	1:40	6	34:14	18.1	1:20	5	18:33	7:25	1:07:06
6	361	Lewis Gillesby	21	M	Andover	MN	7	13:13	2:16	1:57	8	36:01	17.2	1:01	3	17:16	6:55	1:09:25
7	424	Andrew Malovrh	24	M	Virginia	MN	9	14:15	2:26	1:56	7	34:16	18.0	1:29	7	19:31	7:49	1:11:25
8	459	Matthew Rausch	22	M	Buffalo	MN	10	15:16	2:37	3:10	5	34:11	18.1	1:35	9	21:14	8:30	1:15:25
9	319	Stephen Brannan	23	M	Duluth	MN	6	12:09	2:05	4:36	10	40:00	15.4	1:31	13	22:50	9:08	1:21:04
10	348	Gerick Engle	22	M	Rogers	MN	11	17:21	2:58	3:24	12	43:38	14.2	2:09	8	20:12	8:05	1:26:41
11	369	Joseph Haertzen	22	M	Duluth	MN	12	17:35	3:00	4:03	11	42:10	14.7	1:45	10	21:26	8:35	1:26:55
12	458	Elliot Radeke	23	M	Superior	WI	14	24:13	4:08	2:27	9	39:01	15.8	1:58	11	21:51	8:45	1:29:27
13	333	Michael Collins	22	M	Superior	WI	13	18:36	3:10	3:33	13	43:44	14.1	2:01	14	23:49	9:32	1:31:40
14	354	Jesse Foley	22	M	Duluth	MN	8	13:41	2:20	4:13	14	51:57	11.9	2:03	12	21:56	8:47	1:33:47

MALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	400	Jason Kask	25	M	Golden Valley	MN	1	9:35	1:38	1:12	2	29:38	20.9	0:55	1	14:55	5:58	56:12
2	38	Greg Daw	25	M	Duluth	MN	2	9:42	1:39	1:29	1	28:52	21.4	0:50	2	16:23	6:33	57:12
3	448	Tyler Overby	25	M	Duluth	MN	10	13:34	2:19	1:34	3	31:20	19.7	0:59	7	19:01	7:37	1:06:26
4	478	William Schumacher	25	M	Minneapolis	MN	7	11:55	2:02	2:18	9	34:42	17.8	1:17	4	17:39	7:04	1:07:48
5	382	Craig Hill	28	M	Minneapolis	MN	12	14:08	2:25	1:44	5	33:16	18.6	1:42	3	17:11	6:53	1:07:58
6	434	Nick Miskowic	28	M	Princeton	MN	3	11:05	1:54	2:27	12	35:29	17.4	1:06	10	19:40	7:52	1:09:44
7	357	Darren Galligan	28	M	St. Paul	MN	5	11:16	1:56	3:00	8	34:24	18.0	1:37	13	20:45	8:18	1:10:59
8	106	Victor Rigling	28	M	Hermantown	MN	15	15:14	2:36	2:10	4	32:13	19.2	1:54	11	19:58	8:00	1:11:26
9	428	Robert Marshall	29	M	Maple Grove	MN	9	13:22	2:17	2:12	13	35:44	17.3	1:07	14	20:49	8:20	1:13:11
10	115	Andrew Scully	27	M	Duluth	MN	8	13:12	2:15	2:07	7	33:49	18.3	2:04	20	22:15	8:54	1:13:23
11	32	Gabriel Christenson	27	M	Mahtomedi	MN	13	14:22	2:27	2:17	15	36:04	17.1	1:24	16	21:26	8:35	1:15:29
12	344	Douglas Edwards	28	M	Canton	MI	14	14:30	2:29	3:03	18	37:18	16.6	1:49	8	19:03	7:37	1:15:41
13	383	Nils Hoeger-Lerdal	28	M	Hutchinson	MN	17	15:55	2:43	2:28	10	35:13	17.5	1:29	15	20:51	8:21	1:15:54
14	310	Daniel Bierschank	26	M	Woodbury	MN	19	16:17	2:47	2:38	6	33:18	18.6	2:07	17	21:51	8:45	1:16:08
15	373	Paul Harder	27	M	Bartlett	IL	6	11:55	2:02	2:25	22	38:34	16.0	1:23	19	21:57	8:47	1:16:10
16	473	Eric Sautbine	27	M	Duluth	MN	22	16:54	2:53	3:22	11	35:19	17.5	2:06	5	18:43	7:30	1:16:21
17	390	Eric Jensen	28	M	Minneapolis	MN	20	16:49	2:52	3:58	14	35:46	17.3	1:23	12	20:09	8:04	1:18:02
18	489	Derrick Sundeen	28	M	Barnesville	MN	29	19:35	3:21	2:23	19	37:40	16.4	1:15	6	18:53	7:33	1:19:44
19	356	David Fulton	28	M	St. Paul	MN	11	13:51	2:22	3:45	21	38:01	16.3	2:02	23	22:38	9:04	1:20:15
20	479	Tyler Schwerdt	27	M	Duluth	MN	23	17:04	2:55	2:08	20	37:57	16.3	1:22	18	21:51	8:45	1:20:19
21	416	Adam Lilyquist	26	M	Duluth	MN	21	16:50	2:52	2:39	23	40:25	15.3	1:09	9	19:32	7:49	1:20:33
22	438	Blake Naber	28	M	Duluth	MN	4	11:10	1:55	2:36	27	46:09	13.4	1:25	22	22:38	9:03	1:23:55
23	378	Joshua Hegman	29	M	Ashland	WI	28	19:12	3:17	4:31	16	36:21	17.0	2:53	21	22:31	9:01	1:25:25
24	47	Alec Erdmann	29	M	Proctor	MN	18	15:56	2:43	4:07	24	41:34	14.9	1:22	24	22:49	9:08	1:25:45
25	494	William Thomason	28	M	Ironwood	MI	30	19:45	3:22	2:52	17	36:59	16.7	3:45	28	27:33	11:01	1:30:52
26	380	Daniel Herman	27	M	Minneapolis	MN	16	15:54	2:43	3:05	26	44:25	13.9	1:58	27	27:27	10:59	1:32:46
27	450	Jeffrey Petcoff	27	M	Hermantown	MN	25	18:30	3:09	4:24	25	42:46	14.5	1:47	26	26:08	10:27	1:33:31
28	760	Nicholas Ertz	29	M	Minneapolis	MN	26	18:34	3:10	8:38	28	46:54	13.2	2:18	25	23:43	9:29	1:40:04
29	326	Nathan Case	26	M	Hutchinson	MN	24	17:49	3:03	5:53	29	49:24	12.5	2:19	30	29:29	11:48	1:44:52
30	451	Matthew Petcoff	25	M	Saint Paul	MN	27	18:43	3:12	4:23	30	53:17	11.6	1:31	29	27:49	11:08	1:45:40

MALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	379	Michael Hendrickson	33	M	Duluth	MN	2	10:23	1:47	1:38	2	29:14	21.1	1:12	4	16:45	6:42	59:11
2	141	Emmerson Ward	34	M	Saint Paul	MN	6	10:47	1:51	1:34	1	28:42	21.5	1:23	5	17:02	6:49	59:26
3	743	Tim McShane	34	M	Duluth	MN	9	11:41	2:00	1:26	3	30:21	20.4	1:02	2	15:56	6:23	1:00:24
4	367	Justin Gundelach	30	M	Rochester	MN	1	9:08	1:34	1:43	9	33:03	18.7	1:43	7	17:14	6:54	1:02:47
5	449	Mickey Pearson	33	M	Duluth	MN	11	12:39	2:10	2:01	11	33:18	18.6	0:51	1	15:54	6:22	1:04:41

6	409	Erik Laing	32	M	Eagan	MN	3	10:27	1:47	2:06	8	32:42	18.9	1:44	10	18:10	7:16	1:05:07
7	330	Darren Christopher	34	M	Duluth	MN	7	10:49	1:51	2:10	5	31:44	19.5	1:13	17	20:36	8:15	1:06:30
8	394	Keven Johnson	34	M	Hermantown	MN	17	14:55	2:33	2:02	6	31:46	19.5	1:15	3	16:41	6:41	1:06:37
9	483	David Simmer	33	M	Eden Prairie	MN	15	14:10	2:25	1:48	7	32:04	19.3	1:09	12	19:12	7:41	1:08:20
10	420	Brandon Lunde	33	M	Saginaw	MN	14	13:05	2:14	2:41	14	33:59	18.2	1:40	8	17:20	6:56	1:08:41
11	750	Ryan Nelson	31	M			13	12:47	2:11	2:39	13	33:40	18.4	1:55	13	19:52	7:57	1:10:50
12	407	Kaleb Krause	32	M	Minneapolis	MN	8	11:27	1:57	1:41	4	30:26	20.3	1:27	31	28:55	11:34	1:13:52
13	497	Benjamin Utter	32	M	St. Paul	MN	21	16:31	2:49	2:31	12	33:25	18.5	1:34	15	19:54	7:58	1:13:53
14	320	Mike Buran	31	M	Iron River	WI	20	15:22	2:38	3:05	22	37:35	16.4	0:57	6	17:03	6:49	1:13:59
15	358	John Galligan	30	M	Minneapolis	MN	4	10:29	1:48	4:09	17	36:24	17.0	1:33	18	21:28	8:35	1:14:00
16	328	Benjamin Chastek	31	M	Minneapolis	MN	5	10:42	1:50	2:42	15	35:50	17.2	1:55	22	23:09	9:16	1:14:16
17	444	Brian Olson	33	M	Superior	WI	10	12:06	2:04	2:12	20	37:10	16.6	1:59	21	22:49	9:08	1:16:14
18	408	Jonas Kyllonen	32	M	Duluth	MN	30	20:43	3:32	1:43	10	33:15	18.6	1:02	16	20:29	8:12	1:17:09
19	331	Patrick Cleary	31	M	Brooklyn Park	MN	16	14:33	2:29	2:32	23	37:59	16.3	1:29	23	23:12	9:17	1:19:42
20	281	Chris Cutrara	32	M	Chicago	IL	22	16:47	2:52	2:24	25	39:53	15.5	1:23	14	19:52	7:57	1:20:18
21	311	Josh Birchhill	31	M	Duluth	MN	29	18:57	3:14	4:02	21	37:10	16.6	2:51	9	17:52	7:09	1:20:49
22	318	Eric Brandt	31	M	Duluth	MN	31	21:21	3:39	4:06	16	36:17	17.0	1:41	11	18:20	7:20	1:21:43
23	499	Christopher Virta	31	M	Duluth	MN	26	18:45	3:12	2:50	18	36:25	17.0	2:22	20	22:35	9:02	1:22:54
24	426	Rob Marlotte	33	M	Minneapolis	MN	19	15:21	2:37	3:09	19	36:27	17.0	2:34	30	27:41	11:05	1:25:09
25	393	James Johnson	30	M	Minneapolis	MN	23	16:48	2:52	3:52	26	40:09	15.4	3:15	19	21:57	8:47	1:25:58
26	498	Trever Vanderburg	31	M	Superior	WI	18	15:20	2:37	2:46	30	41:37	14.8	2:30	27	25:16	10:07	1:27:27
27	467	Matthew Roberts	33	M	Davenport	IA	24	17:32	3:00	3:17	28	40:51	15.1	2:04	24	24:23	9:46	1:28:04
28	399	Steven Kaphing	34	M	Hastings	MN	25	17:47	3:02	2:57	27	40:45	15.2	2:03	29	26:33	10:38	1:30:01
29	370	Kevin Hagen	34	M	Hibbing	MN	28	18:53	3:13	4:02	24	39:33	15.6	2:48	26	24:48	9:56	1:30:02
30	472	Paul Sapya	34	M	Cloquet	MN	12	12:46	2:11	3:19	31	45:44	13.5	1:57	32	28:59	11:36	1:32:43
31	421	Tom Lynch	31	M	Saint Paul	MN	32	30:45	5:15	7:52	29	41:21	14.9	2:20	25	24:47	9:55	1:47:02
32	425	Noah Markon	32	M	Richfield	MN	27	18:49	3:13	5:22	32	56:47	10.9	2:12	28	25:37	10:15	1:48:44

MALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	755	Bill Kelley	39	M	Wrenshall	MN	1	10:01	1:43	1:31	2	30:01	20.6	1:17	1	15:53	6:21	58:40
2	484	Harvey Skees	39	M	Eden Prairie	MN	2	10:40	1:50	1:22	1	29:13	21.2	1:26	8	17:58	7:12	1:00:37
3	386	Dusty Hough	39	M	Barnesville	MN	3	11:00	1:53	1:35	3	31:32	19.6	1:09	10	18:20	7:20	1:03:33
4	481	Nick Shultz	35	M	St. Michael	MN	7	11:59	2:03	2:17	4	31:47	19.4	1:25	2	16:10	6:28	1:03:35
5	340	Glen Drexler	37	M	Du	MN	4	11:06	1:54	1:38	9	33:38	18.4	1:11	5	17:40	7:04	1:05:10
6	435	Tony Moen	35	M	Proctor	MN	9	12:19	2:06	2:08	6	32:39	18.9	1:52	3	16:43	6:41	1:05:38
7	455	Shannon Pring	35	M	Cloquet	MN	5	11:26	1:57	1:58	8	32:56	18.8	1:47	7	17:58	7:11	1:06:02
8	466	Patrick Riley	35	M	Wrenshall	MN	10	12:27	2:08	1:56	12	35:38	17.3	1:36	6	17:54	7:10	1:09:28
9	302	Eric Anderson	38	M	Hermantown	MN	14	14:48	2:32	2:58	7	32:50	18.8	1:19	9	18:06	7:15	1:09:59
10	353	Glen Flanagan	39	M	Saginaw	MN	15	15:32	2:39	1:55	10	34:07	18.1	1:28	4	17:05	6:50	1:10:05
11	452	Aaron Phillips	39	M	Albert Lea	MN	12	13:12	2:15	2:03	5	31:49	19.4	1:17	17	22:52	9:09	1:11:10
12	396	Peter Jokinen	35	M	Highbridge	WI	8	12:08	2:05	2:47				565:04	12	20:07	8:03	1:11:47
13	492	Charles Swensson	39	M	Maple Grove	MN	19	16:38	2:50	2:40	11	34:51	17.7	2:04	14	20:29	8:12	1:16:39
14	742	Jason Malstrom	37	M	Hermantown	MN	16	15:48	2:42	2:48	13	36:08	17.1	2:23	11	20:03	8:01	1:17:07
15	427	Christopher Marshall	39	M	Red Wing	MN	13	13:30	2:18	2:50	14	36:11	17.1	2:37	16	22:11	8:53	1:17:17
16	349	Ryan Erdmann	35	M	Minneapolis	MN	6	11:47	2:01	2:21	15	37:46	16.4	1:35	19	24:11	9:41	1:17:37
17	418	Jeffrey Lindstrom	38	M	Buffalo	MN	20	17:23	2:58	2:29	16	39:40	15.6	1:13	13	20:13	8:05	1:20:56
18	490	Karl Sundquist	36	M	Virginia	MN	11	12:52	2:12	2:49	19	43:30	14.2	1:39	18	24:08	9:40	1:24:55
19	436	Mike More	39	M	Edina	MN	21	18:20	3:08	3:02	17	41:44	14.8	2:14	15	21:16	8:31	1:26:32
20	463	Jason Reinartz	38	M	Two Harbors	MN	17	16:00	2:44	2:50	18	42:27	14.6	2:15	20	25:05	10:02	1:28:35
21	439	Jason Nederhoff	38	M	Richfield	MN	18	16:16	2:47	3:52	21	45:23	13.6	2:12	21	26:29	10:36	1:34:09
22	364	Kevin Graves	38	M	Hermantown	MN	23	24:53	4:15	4:30	20	44:27	13.9	2:26	23	32:10	12:52	1:48:22
23	480	Chad Seppala	39	M	Virginia	MN	22	24:40	4:13	2:47	22	52:57	11.7	3:12	22	31:59	12:48	1:55:33

MALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	381	George Hess	40	M	Kohler	WI	1	9:50	1:41	1:27	1	30:23	20.3	1:19	1	16:49	6:44	59:46
2	464	Jason Richardson	43	M	Mahtowa	MN	6	11:25	1:57	1:43	2	30:27	20.3	1:30	4	17:31	7:01	1:02:34
3	371	Kevin Haney	40	M	Duluth	MN	3	10:48	1:51	2:39	5	32:30	19.0	1:27	9	19:07	7:39	1:06:29
4	446	Troy Otterson	40	M	Duluth	MN	8	12:23	2:07	2:47	7	33:15	18.6	0:58	6	18:09	7:16	1:07:30
5	359	Rick Gearhart	44	M	St. Croix Falls	WI	2	10:12	1:45	2:18	12	35:00	17.7	1:40	11	19:20	7:44	1:08:26
6	745	Nate Waech	42	M	Grand Rapids	MN	14	13:09	2:15	2:29	13	36:04	17.1	1:46	2	17:16	6:55	1:10:42
7	337	Curt Dimberio	40	M	Duluth	MN	25	18:10	3:06	2:06	4	32:08	19.2	1:16	3	17:26	6:59	1:11:04
8	374	Joel Harris	43	M	Hermantown	MN	19	14:14	2:26	2:15	11	34:19	18.0	1:44	7	18:45	7:30	1:11:14
9	308	Doug Berg	42	M	Duluth	MN	24	18:08	3:06	2:07	3	32:04	19.3	1:22	5	17:48	7:08	1:11:27
10	329	Ross Christenson	44	M	Esko	MN	20	15:43	2:41	2:08	6	33:08	18.7	2:08	8	19:07	7:39	1:12:21
11	485	Christopher Solberg	41	M	Inver Grove Height	MN	5	11:14	1:55	2:27	15	36:52	16.8	3:11	10	19:19	7:44	1:13:00
12	345	Mark Eginton	42	M	Duluth	MN	15	13:22	2:17	3:11	9	34:14	18.1	1:54	21	21:47	8:43	1:14:25
13	413	David Law	42	M	Andover	MN	4	10:55	1:52	1:47	19	37:29	16.5	2:08	22	22:19	8:56	1:14:35
14	389	Matthew Jere James	41	M	Long Lake	MN	17	13:59	2:23	3:52	10	34:19	18.0	3:03	13	20:12	8:05	1:15:22
15	321	Tom Burgraff	43	M	Chippewa Falls	WI	11	12:42	2:10	3:02	8	33:50	18.3	2:31	25	24:05	9:38	1:16:08
16	312	David Bolf	40	M	Duluth	MN	16	13:54	2:23	2:13	16	36:52	16.8	2:05	17	21:20	8:32	1:16:21
17	325	Troy Carlson	41	M	Bellbrook	OH	18	14:01	2:24	2:37	18	37:24	16.5	2:16	23	22:33	9:02	1:18:49
18	441	Brian Ninneman	42	M	Cloquet	MN	12	12:43	2:10	2:23	30	42:17	14.6	1:30	18	21:27	8:35	1:20:18
19	422	Chris Maca	44	M	Brooklyn Park	MN	9	12:38	2:09	2:48	14	36:16	17.0	1:38	30	27:06	10:51	1:20:23
20	487	Joe Stark	40	M	Cloquet	MN	7	12:23	2:07	2:50	20	37:30	16.5	1:48	28	26:00	10:24	1:20:28
21	504	Mark Weiberg	40	M	Courtland	MN	13	12:57	2:13	3:37	21	37:49	16.3	1:30	26	24:45	9:54	1:20:35
22	351	Frank Fairchild	41	M	Swan River	MN	23	16:56	2:54	4:04	17	37:01	16.7	1:52	19	21:34	8:38	1:21:24
23	503	Dave Warren	42	M	Golden Valley	MN	22	16:42	2:51	3:23	28	40:02	15.4	2:06	12	19:51	7:57	1:22:03
24	305	Ronald Beckman	40	M	Northome	MN	26	18:11	3:06	3:17	25	39:11	15.8	1:17</				

MALE AGE GROUP RESULTS 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	401	Tim Keppers	47	M	Duluth	MN	1	9:00	1:32	1:32	1	29:38	20.9	1:33	3	17:41	7:05	59:20
2	341	Daniel Duff	47	M	Duluth	MN	3	10:15	1:45	1:54	3	31:15	19.8	1:16	1	16:11	6:29	1:00:49
3	482	Jeff Silvernale	45	M	Pocono Mountains	PA	5	11:20	1:56	1:58	2	30:00	20.6	1:11	2	16:51	6:45	1:01:18
4	350	Matt Evans	45	M	Eau Claire	WI	2	9:25	1:37	1:37	7	33:47	18.3	1:14	11	20:44	8:18	1:06:44
5	301	Rick Abrahamson	49	M	Andover	MN	4	11:08	1:54	2:45	4	31:53	19.4	1:33	10	20:30	8:12	1:07:46
6	465	Tom Richardson	49	M	Stillwater	MN	6	11:44	2:00	1:34	8	33:58	18.2	1:46	6	19:06	7:39	1:08:06
7	496	Keith Tuominen	48	M	Mission Viejo	CA	7	13:50	2:22	2:49	6	33:40	18.4	2:17	4	18:02	7:13	1:10:36
8	749	Brian Voge	45	M			12	16:29	2:49	1:38	5	33:23	18.5	1:12	5	18:07	7:15	1:10:47
9	365	Wayne Graves	46	M	Brookston	MN	9	15:16	2:36	3:56	10	35:40	17.3	1:11	7	20:02	8:01	1:16:03
10	343	Dudley Edmondson	49	M	Duluth	MN	10	15:38	2:40	2:55	9	34:52	17.7	2:03	13	21:33	8:38	1:16:59
11	336	Joe Derock	45	M	Spring Lake Park	MN	11	16:27	2:49	3:40	12	38:28	16.1	2:49	8	20:14	8:06	1:21:36
12	453	Brian Piekarski	45	M	Grand Rapids	MN	15	17:37	3:00	3:44	13	38:40	16.0	2:02	12	21:21	8:33	1:23:20
13	469	Matt Royseth	45	M	Duluth	MN	18	23:26	4:00	3:56	11	36:38	16.9	2:06	9	20:24	8:10	1:26:27
14	346	Peder Engebretson	48	M	St. Anthony	MN	13	16:45	2:52	3:29	15	40:28	15.3	1:35	16	27:29	11:00	1:29:44
15	440	Jeffrey Nelson	45	M	Duluth	MN	8	13:51	2:22	6:22	16	43:18	14.3	2:04	18	28:18	11:19	1:33:50
16	388	Mike Iversen	49	M	Victoria	MN	14	17:33	3:00	3:12	19	48:25	12.8	1:48	14	23:19	9:20	1:34:15
17	316	Corey Bowman	46	M	Bloomington	MN	17	19:38	3:21	5:15	17	44:15	14.0	2:35	15	27:04	10:50	1:38:44
18	468	Drake Rosenwinkel	49	M	Madison Lake	MN	19	25:37	4:22	2:34	14	40:26	15.3	2:06	19	28:40	11:28	1:39:21
19	332	Jeff Collie	49	M	Virginia	MN	16	18:25	3:09	5:29	18	44:22	13.9	4:37	17	27:54	11:10	1:40:44

MALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	431	Jeff Melby	52	M	Bloomington	MN	1	10:26	1:47	1:45	1	30:40	20.2	1:09	1	18:30	7:24	1:02:28
2	314	Robert Boman	52	M	Duluth	MN	2	11:24	1:57	1:46	4	34:06	18.1	1:19	2	18:42	7:29	1:07:15
3	372	Doug Happy	53	M	Duluth	MN	6	14:33	2:29	1:49	2	33:49	18.3	1:09	3	18:55	7:34	1:10:14
4	360	Troy Geheren	50	M	Dayton	MN	5	13:58	2:23	1:33	3	33:49	18.3	2:46	5	20:55	8:22	1:12:59
5	377	Bruce Hegge	50	M	Spring Grove	MN	3	13:15	2:16	4:47	5	34:18	18.0	2:14	4	20:49	8:20	1:15:21
6	315	Tom Boman	53	M	Elmira	NY	4	13:20	2:17	2:19	7	36:19	17.0	1:41	6	21:52	8:45	1:15:28
7	404	Todd Kneebone	53	M	Duluth	MN	10	15:56	2:43	3:18	6	35:49	17.3	1:12	7	22:51	9:09	1:19:03
8	397	Ronald Jyring	52	M	Bismarck	ND	11	16:32	2:49	2:42	9	38:35	16.0	2:23	8	23:05	9:14	1:23:14
9	412	Kurt Larson	53	M	Duluth	MN	7	14:41	2:30	3:22	11	40:25	15.3	2:06	9	24:49	9:56	1:25:21
10	327	Stanford Case	53	M	Hutchinson	MN	9	15:31	2:39	2:53	10	40:04	15.4	2:34	11	26:17	10:31	1:27:16
11	402	Gregory Keyport	52	M	Albertville	MN	13	21:42	3:42	3:46	8	36:22	17.0	2:18	10	25:32	10:13	1:29:37
12	338	Tom Donofrio	52	M	Hermantown	MN	8	15:22	2:37	3:30	13	47:15	13.1	2:11	12	26:18	10:32	1:34:34
13	461	Mark Reed	52	M	Eagan	MN	12	20:37	3:31	3:12	12	41:00	15.1	2:49	13	29:13	11:41	1:36:47

MALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	475	Bill Schmitt	58	M	Duluth	MN	1	10:07	1:44	1:48	1	30:27	20.3	1:27	3	19:32	7:49	1:03:19
2	433	Jim Miner Jr.	57	M	Duluth	MN	3	11:25	1:57	1:46	2	31:00	19.9	1:36	4	19:44	7:54	1:05:28
3	488	Bill Stroozas	55	M	Duluth	MN	2	11:13	1:55	1:52	3	34:55	17.7	1:41	2	19:21	7:45	1:09:00
4	744	David Spencer	55	M	Duluth	MN	4	11:29	1:58	2:03	4	36:04	17.1	1:46	1	19:20	7:44	1:10:39
5	474	Larry Schmelzer	57	M	Hibbing	MN	6	14:59	2:34	2:59	6	38:28	16.1	1:35	9	25:54	10:22	1:23:53
6	417	Loren Lilyquist	56	M	Hermantown	MN	7	16:51	2:53	1:46	7	39:52	15.5	3:05	7	22:25	8:58	1:23:56
7	761	George Sweezy	59	M	Duluth	MN	9	19:21	3:18	3:42	5	38:06	16.2	2:18	5	22:11	8:53	1:25:35
8	477	Russ Schumacher	59	M	Duluth	MN	10	19:35	3:21	3:30	8	41:27	14.9	1:47	6	22:15	8:54	1:28:31
9	307	Tom Beissel	57	M	Dixon	IL	11	19:50	3:23	4:47	9	41:36	14.9	2:21	10	28:46	11:31	1:37:17
10	306	John Beintema	59	M	Bloomington	MN	5	12:34	2:09	4:44	10	45:27	13.6	5:16	11	30:05	12:02	1:38:04
11	470	Larry Ryan	56	M	Chicago	IL	8	19:17	3:18	5:00				586:29	8	25:26	10:11	1:38:31

MALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	368	Marcus Gustafson	60	M	Edina	MN	2	12:22	2:07	2:18	1	32:00	19.3	1:59	1	22:34	9:02	1:11:11
2	334	Richard Crowell	60	M	Duluth	MN	1	11:17	1:56	2:55	2	35:46	17.3	2:24	5	24:54	9:58	1:17:13
3	398	Joe Kandiko	61	M	Excelsior	MN	4	13:20	2:17	2:17	3	38:07	16.2	2:04	6	25:32	10:13	1:21:18
4	324	Greg Carlson	62	M	Moose Lake	MN	3	13:13	2:16	2:36	6	42:20	14.6	2:29	4	24:39	9:52	1:25:14
5	304	Michael Anderson	62	M	Duluth	MN	6	14:38	2:30	2:55	4	39:14	15.8	1:53	8	27:08	10:51	1:25:45
6	476	Charles Schumacher	60	M	Duluth	MN	7	14:45	2:31	4:27	8	45:54	13.5	2:33	2	23:08	9:15	1:30:44
7	410	Tim Langguth	63	M	Moose Lake	MN	9	21:20	3:38	4:37	5	39:58	15.5	2:52	3	24:27	9:47	1:33:12
8	457	Michael Quinn	62	M	Minneapolis	MN	8	18:17	3:07	2:29	7	43:46	14.1	3:13	7	26:54	10:46	1:34:36
9	339	Jim Douglass	63	M	Lake Elmo	MN	5	14:23	2:27	4:15	9	50:45	12.2	3:00	9	29:51	11:57	1:42:12

MALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	282	Andrew Harting	69	M	London		1	11:21	1:56	3:20	2	37:54	16.3	1:16	1	19:08	7:40	1:12:56
2	406	Lyle Koivisto	66	M	Saginaw	MN	3	17:00	2:54	1:40	1	34:35	17.9	1:14	2	23:36	9:27	1:18:03
3	414	Richard Lebeau	68	M	Largo	FL	2	15:03	2:34	3:24	3	38:16	16.1	2:22	3	27:53	11:10	1:26:57

MALE AGE GROUP RESULTS 70 - 74

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	309	Howard Bich	71	M	Sioux Falls	SD	1	17:37	3:00	2:52	1	35:53	17.2	1:49	1	26:39	10:40	1:24:48
2	342	Doug Dunham	73	M	Duluth	MN	2	18:27	3:09	7:10	2	40:16	15.3	3:49	2	29:47	11:55	1:39:27

MALE AGE GROUP RESULTS 75 - 79

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	454	Daniel Powers	75	M	Surprise	AZ	1	24:50	4:14	6:49	1	59:38	10.4	3:35	1	50:00	20:00	2:24:48

MALE AGE GROUP RESULTS 80 - 84

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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MALE AGE GROUP RESULTS 85 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish	
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
Total Registered:																			473
Total Number of Individual Finishers:																			422
Total Number of Relay Finishers:																			0
Number of Male Finishers:																			199
Number of Female Finishers:																			223
Did not Finish Race or Did Not Start:																			51