

Brewhouse Triathlon (Short Course)
August 5, 2001
Pike Lake AAA Club, Duluth, Minnesota

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
---	---	---	---	---	---	---	---	---	---	time	yds	time	time	time	time	TIME				
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---				
1	1/26			Tim Andrew	Duluth	MN	35	M	6	9:30	1:38	0:54	1	26:30	23.3	0:29	7	14:38	6:30	51:59
2	1/14			Todd Watchmaker	Edina	MN	41	M	5	9:29	1:37	0:55	11	29:19	21.1	0:28	4	13:56	6:12	54:05
3	2/14			David Goldberg	Excelsior	MN	40	M	1	8:50	1:31	0:54	9	29:12	21.2	0:28	27	16:07	7:10	55:30
4	1/18			Casey Nye			23	M	3	9:16	1:35	0:40	15	29:37	20.9	0:42	15	15:18	6:48	55:30
5	1/20			Darren Hylden	Fridley	MN	26	M	4	9:25	1:37	0:52	4	28:44	21.5	0:56	31	16:15	7:14	56:11
6	2/18			Nathan Hoffman	South Haven	MN	18	M	96	13:28	2:18	1:11	7	29:04	21.3	0:52	1	13:05	5:49	57:37
7	1/27			Morgan Luzrer	Minneapolis	MN	25	F	8	10:03	1:43	1:15	30	31:20	19.7	0:27	8	14:48	6:35	57:52
8	1/20			Chris Haukos	St. Cloud	MN	36	F	20	10:45	1:50	0:45	20	30:15	20.4	0:40	21	15:38	6:57	58:01
9	3/14			Paul Haltvick	Ashland	WI	44	M	80	12:54	2:12	0:35	5	28:47	21.5	0:26	18	15:28	6:53	58:09
10	4/14			Craig Helmer	Minneapolis	MN	40	M	83	12:59	2:13	0:57	19	29:58	20.6	0:34	3	13:45	6:07	58:11
11	5/14			Stephen Bullard	Plymouth	MN	43	M	12	10:16	1:45	0:50	22	30:20	20.4	0:18	36	16:34	7:22	58:17
12	1/8			Matt Kjelland	Alexandria	MN	15	M	22	10:51	1:51	1:53	21	30:20	20.4	1:05	5	14:30	6:27	58:36
13	3/18			Luke Hedberg	Eden Prairie	MN	20	M	39	11:42	2:00	1:10	8	29:06	21.2	0:57	24	15:44	7:00	58:37
14	1/29			Peter Spencer	Wayzata	MN	30	M	18	10:35	1:49	0:55	33	31:35	19.6	0:50	10	14:54	6:38	58:47
15	2/20			Bill Kelley	Wrenshall	MN	29	M	46	11:51	2:02	1:30	16	29:49	20.7	0:42	14	15:18	6:48	59:08
16	2/20			Anne Hed	White Bear Lak	MN	39	F	10	10:08	1:44	0:50	26	30:41	20.2	0:37	45	17:09	7:38	59:24
17	3/20			Aaron Pidde			26	M	36	11:24	1:57	1:11	12	29:20	21.1	0:30	49	17:16	7:41	59:39
18	4/18			Clint Agar	Duluth	MN	18	M	19	10:36	1:49	0:36	46	32:36	19.0	0:53	19	15:33	6:55	1:00:10
19	2/29			Howie Leathers	Duluth	MN	31	M	15	10:28	1:47	1:13	43	32:27	19.1	1:15	9	14:51	6:36	1:00:12
20	1/15			Ty Frost	Superior	WI	50	M	110	14:02	2:24	1:09	3	28:24	21.8	1:18	16	15:21	6:50	1:00:12
21	2/26			Rick Abrahamson	Duluth	MN	38	M	44	11:49	2:01	0:46	10	29:13	21.2	0:35	66	17:56	7:59	1:00:17
22	3/29			Carl Langner	Alexandria	MN	32	M	56	12:02	2:03	1:08	17	29:56	20.7	0:56	35	16:27	7:19	1:00:27
23	3/20			Jeanne Fleck	Proctor	MN	36	F	74	12:48	2:11	0:56	24	30:34	20.2	0:43	20	15:33	6:55	1:00:32
24	5/18			Ethan Richards	Duluth	MN	21	M	62	12:22	2:07	0:56	34	31:35	19.6	0:24	13	15:17	6:48	1:00:32
25	4/20			Rob Knight	Duluth	MN	27	M	11	10:09	1:44	0:43	35	31:43	19.5	0:40	55	17:24	7:44	1:00:38
26	3/26			Joel Holman	Duluth	MN	36	M	109	14:00	2:24	1:51	23	30:30	20.3	1:27	2	13:14	5:53	1:01:00
27	6/14			Rick Christenson	Roseville	MN	43	M	145	14:46	2:31	1:15	2	28:10	22.0	0:42	29	16:12	7:12	1:01:03
28	6/18			Jonathan Jones	St. Paul	MN	24	M	120	14:19	2:27	1:27	18	29:58	20.6	0:53	6	14:37	6:30	1:01:11
29	4/26			David Ousdigian			37	M	14	10:24	1:47	1:02	29	31:17	19.8	0:36	71	18:14	8:06	1:01:31
30	5/26			Daniel Duff			36	M	47	11:52	2:02	1:16	44	32:33	19.0	0:42	22	15:40	6:58	1:02:01
31	4/29			Doug Berg	Duluth	MN	32	M	100	13:38	2:20	0:39	13	29:23	21.0	0:38	63	17:50	7:56	1:02:05
32	1/12			Bob White	Duluth	MN	46	M	7	9:46	1:40	1:01	14	29:28	21.0	0:40	167	21:22	9:30	1:02:15
33	1/31			Sonja Bostrom			21	F	163	15:23	2:38	0:59	25	30:39	20.2	0:34	12	15:13	6:46	1:02:47
34	7/18			Jacob Pederson	Duluth	MN	20	M	88	13:15	2:16	1:23	41	32:05	19.3	0:14	25	16:01	7:07	1:02:57
35	8/18			Eric Stevenson	Northfield	MN	22	M	49	11:55	2:02	1:41	36	31:44	19.5	1:03	38	16:38	7:24	1:02:58
36	5/20			Mike Knight	Minneapolis	MN	29	M	2	8:51	1:31	1:08	70	33:51	18.3	0:53	79	18:24	8:11	1:03:04
37	5/29			John Hebert	Richfield	MN	30	M	111	14:03	2:24	0:41	27	31:01	19.9	1:18	33	16:21	7:16	1:03:23
38	6/20			Jeffrey Driver	St. Paul	MN	26	M	26	11:01	1:53	1:20	28	31:05	19.9	1:54	70	18:06	8:03	1:03:24
39	2/8			Seth Spencer	Duluth	MN	16	M	24	10:54	1:52	1:26	61	33:28	18.5	0:33	47	17:13	7:39	1:03:33
40	2/31			Heidi Hebert	Winona	MN	21	F	63	12:24	2:07	1:26					30	16:14	7:13	1:03:37
41	6/26			Todd Mckeever	Duluth	MN	39	M	151	14:54	2:33	1:54	32	31:34	19.6	0:19	11	15:06	6:43	1:03:46
42	1/8			Judy Geck	St. Paul	MN	43	F	135	14:35	2:30	0:59	40	32:05	19.3	0:30	23	15:41	6:58	1:03:48
43	2/27			Emily Larson	Duluth	MN	27	F	35	11:22	1:57	1:42	82	34:32	17.9	0:36	26	16:03	7:08	1:04:14
44	2/12			Tim Hagley	Duluth	MN	45	M	21	10:48	1:51	1:25	49	32:43	18.9	1:21	69	18:02	8:01	1:04:18
45	2/8			Nancy Rectenwald	Duluth	MN	42	F	53	11:59	2:03	1:05	37	32:02	19.3	1:05	75	18:20	8:09	1:04:28
46	2/15			Michael Hylden	Fridley	MN	53	M	58	12:08	2:04	1:09	39	32:03	19.3	0:53	74	18:19	8:09	1:04:30
47	6/29			Woody Leindrecker	Beridji	MN	31	M	34	11:20	1:56	1:17	54	33:13	18.6	1:45	57	17:27	7:46	1:05:00
48	7/20			Eric Johnson	Lester Prairie	MN	29	M	92	13:21	2:17	1:11	47	32:42	18.9	0:43	51	17:19	7:42	1:05:13
49	7/14			David Spencer	Duluth	MN	44	M	17	10:35	1:49	1:17	104	35:57	17.2	1:08	37	16:37	7:23	1:05:31
50	9/18			Rick Somerville			24	M	54	12:00	2:03	0:49	83	34:32	17.9	0:43	61	17:36	7:49	1:05:38
51	4/20			Clare Schmid	Lilydale	MN	37	F	42	11:47	2:01	1:03	53	33:10	18.6	1:05	82	18:38	8:17	1:05:42
52	10/18			Brian Olson	Superior	WI	23	M	41	11:46	2:01	1:00	45	32:33	19.0	1:09	114	19:30	8:40	1:05:55
53	3/15			Everett Arnold	Bemidji	MN	53	M	106	13:56	2:23	0:59	38	32:02	19.3	1:13	64	17:53	7:57	1:06:01
54	5/20			Sondra Mowers	Duluth	MN	37	F	38	11:33	1:59	0:58	150	20:32	9:08	1:06:35				
55	7/29			Clark Eichelberger	St. Louis Park	MN	33	M	37	11:28	1:58	1:20	52	33:04	18.7	0:58	136	20:14	9:00	1:07:02
56	1/11			Jenna Dickinson	Aurora	MN	16	F	9	10:08	1:44	0:59	130	36:48	16.8	0:16	95	19:02	8:28	1:07:11
57	8/29			Scott Schwartz	Hugo	MN	33	M	119	14:18	2:27	1:36	66	33:38	18.4	1:28	32	16:19	7:15	1:07:18
58	3/12			Ben Croft	Aurora	MN	47	M	116	14:11	2:25	1:16	51	32:57	18.8	0:13	87	18:45	8:20	1:07:20
59	6/20			Trina Tinglum	Eagan	MN	38	F	50	11:56	2:02	1:25	74	34:15	18.1	0:51	115	19:30	8:40	1:07:55
60	3/8			Tom Linden	Finlayson	MN	16	M	130	14:29	2:29	1:39	94	35:12	17.6	0:24	34	16:24	7:17	1:08:06
61	9/29			Bruce Chalupsky	Buffalo	MN	32	M	127	14:25	2:28	0:48	50	32:47	18.9	0:46	109	19:23	8:37	1:08:08
62	7/26			Geoff Baker	Austin	MN	35	M	139	14:39	2:30	1:46	68	33:45	18.3	0:45	53	17:22	7:43	1:08:15
63	10/29			Doug Dixon			34	M	253	20:27	3:30	1:42	6	28:52	21.4	1:04	28	16:11	7:12	1:08:15
64	4/12			Al Treece	Plymouth	MN	48	M	138	14:37	2:30	2:41	55	33:14	18.6	0:50	44	17:04	7:35	1:08:23
65	5/12			Lee Francisco			49	M	25	10:56	1:52	1:18	80	34:28	17.9	1:22	149	20:32	9:08	1:08:34
66	8/20			Jeremy Helm	Hermantown	MN	27	M	171	15:32	2:39	1:33	64	33:34	18.4	0:39	52	17:19	7:42	1:08:35
67	1/28			Judy Sargent	Minnetonka	MN	33	F	55	12:00	2:03	2:40	91	34:56	17.7	2:14	40	16:49	7:29	1:08:37
68	4/15			Les Johnson	Fridley	MN	50	M	129	14:28	2:28	1:26	65	33:37	18.4	1:12	67	17:57	7:59	1:08:39
69	11/29			Michael Rice	Grand Rapids	MN	31	M	82	12:59	2:13	1:36	79	34:22	18.0	1:43	76	18:21	8:10	1:08:58
70	12/29			Lee Kirby	Naperville	IL	34	M	133	14:33	2:29	1:29	56	33:17	18.6	0:50	98	19:11	8:32	1:09:18
71	2/28			Leanne Bronson	Superior	WI	31	F	81	12:55	2:12	1:12	89	34:47	17.8	1:08</				

85	4/27	Heidi Meyer	Minneapolis	MN	26	F	61	12:18	2:06	1:43	101	35:44	17.3	1:26	119	19:37	8:43	1:10:45
86	4/31	Jennifer Bovee			23	F	43	11:48	2:01	1:15	143	37:11	16.6	1:05	127	19:57	8:52	1:11:13
87	10/26	Tim Nefzger	Hopkins	MN	38	M	167	15:27	2:38	1:20	84	34:37	17.9	1:14	84	18:39	8:18	1:11:15
88	16/29	Dan Becker	St. Louis Park	MN	30	M	91	13:20	2:17	2:09	106	36:01	17.2	0:46	94	19:02	8:28	1:11:16
89	4/8	Brenden Haukos	St. Cloud	MN	13	M	101	13:42	2:20	1:44	108	36:03	17.2	0:21	116	19:30	8:40	1:11:17
90	7/20	Jamie Karlovich	Excelsior	MN	38	F	27	11:02	1:53	2:05	139	36:59	16.7	1:15	131	20:06	8:56	1:11:26
91	5/15	Joe Kandiko	Chaska	MN	51	M	67	12:38	2:10	1:09	72	34:05	18.1	1:03	199	22:37	10:03	1:11:30
92	12/18	Peter Mattson	Bloomington	MN	24	M	156	15:10	2:36	1:23					85	18:42	8:19	1:11:37
93	13/18	Erik Ortlip	Minneapolis	MN	21	M	169	15:30	2:39	1:11	86	34:39	17.8	0:48	117	19:33	8:41	1:11:38
94	8/20	Leigh Wright	Duluth	MN	37	F	107	13:57	2:23					0:38	126	19:55	8:52	1:11:42
95	17/29	Shane Breault	Minneapolis	MN	31	M	51	11:56	2:02	2:01	111	36:06	17.1	1:28	140	20:18	9:02	1:11:48
96	11/26	Matthew Hegge	Minneapolis	MN	37	M	141	14:42	2:31	2:32	88	34:42	17.8	0:59	97	19:03	8:28	1:11:56
97	5/31	Kristy McGiffert	Duluth	MN	24	F	79	12:53	2:12	1:29	109	36:06	17.1	0:57	151	20:34	9:09	1:11:57
98	5/8	Nathan Brine	Hudson	WI	15	M	164	15:24	2:38	1:59	90	34:54	17.7	0:37	102	19:17	8:34	1:12:08
99	6/8	Justin Linden	Finlayson	MN	15	M	98	13:33	2:19	2:15	110	36:06	17.1	0:26	125	19:54	8:51	1:12:12
100	5/27	Nicole Muehlenhaus	Plymouth	MN	25	F	236	18:58	3:14	0:51	59	33:26	18.5	1:08	65	17:54	7:58	1:12:15
101	12/26	Nick Koziel			35	M	217	17:22	2:58	1:41	31	31:26	19.7	1:30	142	20:21	9:03	1:12:18
102	6/28	Carrie Berg	Lacrosse	WI	34	F	33	11:17	1:56	2:08	124	36:37	16.9	0:28	183	21:57	9:46	1:12:26
103	6/15	Richard Blake	Grand Rapids	MN	53	M	190	16:11	2:46	2:25	99	35:39	17.3	0:50	54	17:23	7:44	1:12:27
104	7/28	Lisa Brown	Duluth	MN	33	F					114	36:22	17.0	1:16	77	18:22	8:10	1:12:29
105	7/8	Mike Arnold	Bemidji	MN	13	M	16	10:30	1:48	2:03	158	38:08	16.2	2:09	122	19:41	8:45	1:12:30
106	6/27	Brenda Skelton	Biwabik	MN	26	F	45	11:49	2:01	1:53	184	39:37	15.6	0:30	90	18:53	8:24	1:12:40
107	6/12	Mark Rauschenfels	Duluth	MN	45	M	198	16:41	2:51	1:26	71	33:59	18.2	0:26	139	20:17	9:01	1:12:47
108	7/12	Tom Ronchetti			48	M	180	15:54	2:43	1:58	78	34:22	18.0	0:45	128	19:57	8:52	1:12:54
109	8/28	Stacey Gross	Lakeville	MN	30	F	76	12:51	2:12	0:57	107	36:01	17.2	1:09	184	21:59	9:47	1:12:56
110	3/8	Cindy Grindy	Duluth	MN	44	F	73	12:47	2:11	1:12	116	36:24	17.0	0:28	189	22:08	9:50	1:12:56
111	6/31	Adrea Jeske	Minneapolis	MN	21	F					181	39:22	15.7	0:25	101	19:15	8:34	1:12:56
112	8/14	Steve Hagedorn	Duluth	MN	43	M	66	12:36	2:09	5:19	145	37:27	16.5	0:59	39	16:39	7:24	1:12:56
113	7/27	Jennifer De Armond	Duluth	MN	28	F	104	13:50	2:22	1:47	95	35:19	17.5	1:11	156	20:52	9:17	1:12:57
114	9/28	Betty Skoglund	White Bear Tow	MN	34	F	65	12:27	2:08	2:20	126	36:44	16.8	1:20	132	20:08	8:57	1:12:57
115	1/5	Fritz Nothacker	Duluth	MN	65	M	155	15:01	2:34	1:38	75	34:17	18.0	0:56	162	21:11	9:25	1:13:02
116	11/20	Troy Adams	Cloquet	MN	29	M	72	12:47	2:11	2:09	140	37:08	16.7	0:34	147	20:29	9:06	1:13:04
117	7/15	Mark Stange	Shoreview	MN	54	M	105	13:55	2:23	1:17	97	35:28	17.4	1:07	166	21:19	9:29	1:13:04
118	9/20	Amy Rowe	Mason City	IA	36	F	94	13:27	2:18	2:26	148	37:40	16.4	0:53	88	18:47	8:21	1:13:11
119	18/29	Paul Gerth	Blaine	MN	30	M	179	15:49	2:42	2:02	137	36:55	16.7	0:49	62	17:45	7:54	1:13:18
120	9/14	Alan Dartanyan			44	M	204	16:54	2:53	3:12					48	17:13	7:40	1:13:21
121	2/11	Liz Wiggen	Duluth	MN	15	F	23	10:52	1:52	1:38	175	39:02	15.8	0:24	172	21:31	9:34	1:13:25
122	8/12	Ted Ciriacy	Ely	MN	47	M	90	13:16	2:16	1:48	120	36:29	16.9	0:48	160	21:07	9:23	1:13:26
123	7/31	Caroline Disalle	Minneapolis	MN	23	F	13	10:18	1:46	1:38	135	36:53	16.8	1:04	225	23:52	10:37	1:13:42
124	3/11	Martha Langager	Duluth	MN	17	F	193	16:17	2:47	1:43	142	37:09	16.6	0:39	68	17:58	7:59	1:13:43
125	14/18	Daniel Mendel	Apple Valley	MN	24	M	218	17:28	2:59	1:46	58	33:19	18.6	0:57	143	20:22	9:03	1:13:49
126	4/11	Jenny Schmitt	Duluth	MN	15	F	40	11:43	2:00	1:49	167	38:26	16.1	0:31	171	21:27	9:32	1:13:54
127	8/15	Ronald Kellerman	St. Paul	MN	54	M	124	14:22	2:27	1:14	77	34:21	18.0	2:10	182	21:54	9:44	1:13:59
128	19/29	Rick Campins	Apple Valley	MN	33	M	48	11:54	2:02	1:13	136	36:55	16.7	0:48	213	23:15	10:20	1:14:02
129	8/8	Andy Hedberg	Eden Prairie	MN	15	M	117	14:15	2:26	1:32	169	38:45	16.0	1:20	73	18:15	8:07	1:14:04
130	8/31	Jessi Suomala	Plymouth	MN	24	F	166	15:24	2:38	2:11	150	37:47	16.4	1:30	60	17:32	7:48	1:14:22
131	9/31	Nora Folske	Golden Valley	MN	23	F	165	15:24	2:38	2:12	152	37:48	16.4	1:30	58	17:30	7:47	1:14:22
132	10/20	Jolene Forsberg	Hanover	MN	36	F	115	14:07	2:25	2:26	103	35:49	17.3	1:30	152	20:35	9:09	1:14:24
133	4/8	Mary Carlson	Moose Lake	MN	40	F	75	12:49	2:11	2:10	96	35:20	17.5	1:41	198	22:33	10:02	1:14:31
134	13/26	Chris Nelson	St. Louis Park	MN	37	M	32	11:15	1:55	1:17	192	40:10	15.4	0:57	159	21:01	9:21	1:14:38
135	8/27	Stacia Wing	Excelsior	MN	27	F	108	13:58	2:23	1:40	123	36:35	16.9	1:11	169	21:27	9:32	1:14:48
136	10/28	Elisabeth Hoff	Minneapolis	MN	30	F	77	12:52	2:12	2:13	187	39:46	15.5	0:44	104	19:20	8:36	1:14:53
137	9/15	Gary Niemi			50	M					73	34:09	18.1	2:12	106	19:21	8:36	1:14:59
138	12/20	Chad Peckels	Mpls	MN	27	M	224	17:38	3:01	3:19	42	32:17	19.2	1:59	123	19:49	8:49	1:15:00
139	13/20	Joshua Lang	Minneapolis	MN	25	M	183	15:58	2:44	3:58	128	36:45	16.8	0:59	56	17:25	7:45	1:15:03
140	10/14	Don Hickman	Merrifield	MN	41	M	148	14:48	2:32	2:06	102	35:46	17.3	0:44	177	21:43	9:39	1:15:05
141	11/28	Maureen Hood	Burnsville	MN	33	F	30	11:11	1:55	1:45	188	39:46	15.5	0:32	186	22:05	9:49	1:15:17
142	10/31	Elizabeth Spofford	Little Falls	MN	21	F	93	13:26	2:18	2:15	160	38:15	16.2	1:15	133	20:11	8:58	1:15:19
143	11/14	Joel Ness	Duluth	MN	44	M	84	13:00	2:13	2:19	87	34:40	17.8	1:37	224	23:49	10:35	1:15:23
144	11/31	Lynnsie Schramm	Minneapolis	MN	21	F	196	16:39	2:51	1:09	92	34:58	17.7	0:50	181	21:49	9:42	1:15:24
145	12/31	Rebecca Walter	Minneapolis	MN	24	F					170	38:46	15.9	0:34	193	22:16	9:54	1:15:25
146	14/26	George Apostolou	Duluth	MN	38	M	185	16:01	2:44	3:01	119	36:28	17.0	1:15	86	18:45	8:20	1:15:28
147	12/14	Matt Andrews	Duluth	MN	43	M	122	14:19	2:27	2:14	131	36:51	16.8	0:56	165	21:14	9:27	1:15:33
148	14/20	Chris Rousseau	Cloquet	MN	27	M	174	15:41	2:41	2:53	122	36:30	16.9	0:34	129	19:58	8:53	1:15:33
149	13/14	Terry Wiens	Duluth	MN	43	M	207	16:59	2:54	1:27	138	36:59	16.7					1:15:40
150	5/11	Jennie Hedberg	Eden Prairie	MN	15	F	142	14:43	2:31	1:54	210	41:30	14.9	0:48	43	17:03	7:35	1:15:57
151	12/28	Sara Bradley	Coon Rapids	MN	30	F	31	11:14	1:55	1:10	144	37:19	16.6	1:03	240	25:22	11:17	1:16:05
152	13/28	Shawn Leetz	St. Paul Park	MN	33	F	172	15:35	2:40	2:30	113	36:19	17.0	0:48	163	21:12	9:25	1:16:22
153	15/20	Jeff Jones	Minneapolis	MN	25	M	220	17:32	3:00	2:00	98	35:34	17.4	1:40	120	19:38	8:44	1:16:23
154	13/31	Moriah Brooks	Duluth	MN	19	F	177	15:43	2:41	2:46	134	36:52	16.8	1:52	103	19:18	8:35	1:16:29
155	14/31	Kendra Crowell	Duluth	MN	18	F	175	15:41	2:41	2:20	118	36:27	17.0	1:02	174	21:35	9:36	1:17:03
156	14/28	Julie Theiler	Melrose	MN	34	F	157	15:14	2:36	1:02	168	38:42	16.0	0:39	175	21:35	9:36	1:17:10
157	15/28	Lillian Leatham	St. Paul	MN	32	F	154	15:01	2:34	2:36	149	37:45	16.4	1:09	154	20:43	9:13	1:17:12
158	15/18	Josh Folland	Eagen	MN	24	M	231	18:14	3:07	2:06	127	36:45	16.8	0:55	124	19:51	8:50	1:17:49
159	11/20	Diane Baker	Austin	MN	36	F	182	15:56	2:43	2:30	165	38:24	16.1	0:47	138	20:15	9:00	1:17:50
160	20/29	Mike Jonson	Two Harbors	MN	30	M	118	14:18	2:27	2:44								

178	11/27	Toni Moe			28	F	178	15:48	2:42	2:57	117	36:25	17.0	0:22	233	24:17	10:48	1:19:46
179	21/29	Steve Dorgan	Minneapolis	MN	31	M	249	19:43	3:22	1:43	162	38:20	16.1	0:43	110	19:24	8:38	1:19:52
180	17/28	Sara Regan	St Paul	MN	30	F	87	13:09	2:15	2:07	193	40:11	15.4	1:06	218	23:24	10:24	1:19:54
181	13/20	Jennifer Gordon	Minneapolis	MN	35	F	199	16:42	2:51	2:08	215	41:47	14.8	0:51	80	18:29	8:13	1:19:55
182	16/20	Cutie Pie Larson			27	M	211	17:05	2:55	6:49	161	38:17	16.1	0:38	46	17:09	7:38	1:19:56
183	18/28	Daphne Karpan	Eagle Bend	MN	31	F	256	20:55	3:34	0:47	153	37:50	16.3	1:04	111	19:24	8:38	1:19:59
184	12/27	Lisa Thomas	St. Paul	MN	26	F	52	11:58	2:03	3:10	224	42:49	14.4	1:06	164	21:14	9:26	1:20:15
185	13/27	Carly Hultman	Richfield	MN	26	F	113	14:06	2:25	1:34								1:20:30
186	22/29	Larry Mathison	Minneapolis	MN	34	M	209	17:02	2:55	1:25	154	37:52	16.3	0:58	217	23:19	10:22	1:20:36
187	20/31	Sarah Key	Duluth	MN	21	F	201	16:45	2:52	2:12	202	40:35	15.2		187	22:06	9:49	1:20:44
188	16/18	Peter Moyer	Minneapolis	MN	24	M	197	16:39	2:51	2:33	112	36:14	17.1	2:27	208	22:59	10:13	1:20:51
189	14/27	Lisa Higgs	Minneapolis	MN	26	F	215	17:19	2:57	3:10	159	38:09	16.2	0:41	178	21:46	9:41	1:21:03
190	17/20	Jeff Bertson	St. Paul	MN	29	M	255	20:49	3:33	2:23	132	36:51	16.8	1:06	130	20:00	8:54	1:21:07
191	17/18	Matthew Hiesterman			24	M	228	18:02	3:05	3:44	166	38:26	16.1	0:42	137	20:15	9:00	1:21:08
192	15/27	Kerstin Buettner	St. paul	MN	26	F	152	14:56	2:33	3:21	164	38:22	16.1	1:04	222	23:29	10:27	1:21:11
193	14/20	Mary De Ucci			37	F	153	14:58	2:33	2:32	179	39:15	15.8	1:50	203	22:54	10:11	1:21:28
194	3/5	Doug Dunham	Duluth	MN	62	M	176	15:42	2:41	2:33	141	37:09	16.6	1:35	236	24:39	10:57	1:21:35
195	16/27	Rebecca Adamek	Mpls	MN	28	F	223	17:36	3:00	2:44	177	39:13	15.8	1:43	146	20:26	9:05	1:21:41
196	7/11	Katie Bittner	Saginaw	MN	17	F	85	13:06	2:14	1:40	229	43:27	14.2	0:39	206	22:58	10:13	1:21:48
197	21/31	Rebecca Washkun			20	F	234	18:38	3:11	1:37	197	40:21	15.3	1:30	134	20:11	8:58	1:22:15
198	8/11	Jessica Schmitt	Duluth	MN	13	F	29	11:04	1:54	2:18	233	44:01	14.0	0:58	229	24:06	10:43	1:22:24
199	22/31	Rita Rodrigue	Andover	MN	22	F	149	14:48	2:32	3:27	173	38:57	15.9	1:10	228	24:05	10:42	1:22:26
200	19/28	Alyssa Rosenberger	Sauk Rapids	MN	30	F	89	13:15	2:16	1:31	209	41:20	15.0	0:44	242	25:39	11:24	1:22:27
201	20/28	Julie Viken	Maplewood	MN	33	F	208	17:02	2:55	4:21	121	36:30	16.9	3:16	168	21:26	9:32	1:22:33
202	17/27	Julie Jonson	Two Harbors	MN	28	F	128	14:26	2:28	1:30	212	41:38	14.8	1:08	232	24:15	10:47	1:22:54
203	18/27	Karen Weir	Long Lake	MN	26	F	162	15:23	2:38	2:33	190	40:03	15.4	1:18	223	23:45	10:34	1:23:01
204	19/27	Betsy Seberson			25	F	121	14:19	2:27	2:46	221	42:39	14.5	1:08	191	22:11	9:52	1:23:02
205	15/20	Meg Steinke	Crystal	MN	38	F	112	14:05	2:24	2:11					230	24:08	10:44	1:23:17
206	21/28	Debra Stolberg	Minneapolis	MN	34	F	219	17:29	2:59	2:09	227	43:18	14.3	0:22	148	20:29	9:07	1:23:46
207	6/8	Teri Alberico	St.paul	MN	42	F	203	16:52	2:53	2:15	185	39:39	15.6	2:56	188	22:07	9:50	1:23:47
208	23/31	Nikki Olson	Duluth	MN	21	F	205	16:55	2:53	1:57	176	39:13	15.8	2:16	221	23:29	10:26	1:23:47
209	9/12	Bryan Twilight			46	M	214	17:15	2:57	3:12	195	40:15	15.4	1:08	194	22:18	9:55	1:24:05
210	22/28	Sara Carlson	Duluth	MN	34	F	126	14:24	2:28	2:24	216	41:48	14.8	1:39	231	24:13	10:46	1:24:26
211	17/26	Kip Stolberg	Minneapolis	MN	36	M	202	16:50	2:53	2:09	251	47:13	13.1	0:15	78	18:24	8:11	1:24:49
212	20/27	Amy Moore	Minnetonka	MN	25	F	210	17:04	2:55	4:59	226	43:08	14.3	1:33	72	18:14	8:06	1:24:56
213	18/26	Mike Treash			37	M	244	19:37	3:21	2:42	191	40:09	15.4	1:14	170	21:27	9:32	1:25:07
214	24/31	Laura Mcdonnell	St.paul	MN	24	F					241	45:14	13.7	0:39	192	22:16	9:54	1:25:10
215	7/8	Brenda Washburn	Shoreview	MN	43	F	242	19:33	3:20	2:53	247	47:31	13.0	1:07	180	21:49	9:42	1:25:13
216	9/11	Jessica Swenson	Duluth	MN	15	F	187	16:02	2:44	1:20	217	41:56	14.7	0:14	244	26:10	11:38	1:25:40
217	23/28	Meg Weber	Duluth	MN	33	F	192	16:15	2:47	2:35	218	42:23	14.6	2:14	196	22:32	10:01	1:25:57
218	18/18	Skip Hansen	Richfield	MN	24	M	213	17:06	2:55	2:10	238	44:25	13.9	0:49	173	21:32	9:35	1:26:00
219	1/3	Barbara Hewson	Carbondale	IL	54	F	212	17:06	2:55	4:53	244	45:29	13.6	1:18	50	17:18	7:41	1:26:02
220	23/29	Mike Richmond	Minneapolis	MN	34	M	240	19:30	3:20	2:02	205	40:40	15.2	1:36	211	23:09	10:18	1:26:54
221	14/14	Joseph Muller	Grand Rapids	MN	42	M	194	16:28	2:49	1:43	194	40:14	15.4	0:20	258	28:20	12:36	1:27:02
222	21/27	Michelle Carstens	Minneapolis	MN	28	F	144	14:45	2:31	3:05	236	44:11	14.0	1:45	220	23:26	10:25	1:27:09
223	2/3	Mary Dougherty			52	F	146	14:47	2:32	2:27	198	40:25	15.3	1:49	257	27:49	12:22	1:27:14
224	1/2	John Markham	Hopkins	MN	71	M	186	16:02	2:44	2:22	201	40:35	15.2	1:06	252	27:15	12:07	1:27:17
225	19/26	Terry Schnipkoweit	Savage	MN	37	M	222	17:34	3:00	4:54	172	38:54	15.9	2:59	207	22:59	10:13	1:27:17
226	10/12	Jay Schied	Crystal	MN	46	M	173	15:36	2:40	2:54	232	43:58	14.1	0:57	226	24:01	10:41	1:27:25
227	24/28	Rita Rosenthal	Minneapolis	MN	32	F	248	19:42	3:22	2:05	151	37:48	16.4	3:16	237	24:59	11:06	1:27:48
228	25/28	Colleen Geisen	Frederic	WI	33	F	221	17:32	3:00	2:14	223	42:43	14.5	1:02	235	24:30	10:53	1:27:59
229	24/29	Dan Hawkins	Bloomington	MN	30	M	168	15:28	2:39	1:10	156	38:01	16.3	1:44	269	31:40	14:05	1:28:01
230	16/20	Jill Waters	Minneapolis	MN	37	F	99	13:36	2:19	2:45	235	44:10	14.0	1:03	247	26:56	11:59	1:28:28
231	25/29	Robert Miettinen	Champlin	MN	30	M	263	23:03	3:56	3:44	180	39:20	15.7	0:48	176	21:37	9:37	1:28:30
232	12/15	Ron Neva	Duluth	MN	57	M	250	19:51	3:23	3:30	213	41:40	14.8	1:02	197	22:33	10:02	1:28:35
233	13/15	Charles Erdmann	St. Cloud	MN	55	M	95	13:27	2:18	3:09	225	43:02	14.4					1:28:44
234	25/31	Suzanne Baumann	Minneapolis	MN	23	F	230	18:13	3:07	2:14	196	40:18	15.3	0:47	254	27:36	12:16	1:29:06
235	20/26	Matt Begeske			37	M	265	24:55	4:15	1:54	204	40:38	15.2	0:55	161	21:09	9:24	1:29:29
236	8/8	Sue Coleman	Hopkins	MN	43	F	140	14:40	2:30	2:55	243	45:24	13.6	0:48	246	26:42	11:52	1:30:28
237	21/26	Matt Evans	Eau Claire	WI	35	M	274	42:01	7:10	0:42	48	32:42	18.9		17	15:22	6:50	1:30:43
238	22/27	Deanna Fischer	St. Louis Park	MN	25	F	247	19:41	3:22	3:08	230	43:55	14.1	1:32	212	23:13	10:19	1:31:28
239	26/31	Erin Miller	Duluth	MN	23	F	137	14:37	2:30	2:14	252	47:26	13.0	0:27	250	27:08	12:04	1:31:50
240	17/20	Colleen Belk	Duluth	MN	37	F	235	18:55	3:14	2:30	240	45:00	13.7	0:29	239	25:18	11:15	1:32:11
241	27/31	Camille Nelson	Winona	MN	20	F	68	12:40	2:10	1:06	254	48:17	12.8	1:13	266	29:47	13:15	1:33:01
242	26/29	Eric Raarup	Minnetonka	MN	31	M	259	22:08	3:47	3:00	231	43:57	14.1	2:15	190	22:09	9:51	1:33:26
243	28/31	Michelle Ehrenberg	Minneapolis	MN	23	F	200	16:43	2:51	2:13	259	51:00	12.1	0:35	209	23:00	10:14	1:33:29
244	29/31	Julie Stewart	Superior	WI	23	F	241	19:31	3:20	2:34	255	49:39	12.5	0:29	195	22:22	9:57	1:34:33
245	14/15	Mike Anderson			52	M	184	16:00	2:44	2:47	245	45:39	13.5	1:04	264	29:08	12:57	1:34:35
246	18/20	Alexis Zinn	Woodbury	MN	37	F	232	18:18	3:08	2:08	228	43:24	14.2	2:18	260	28:37	12:43	1:34:44
247	26/28	Tracy Carlson			30	F	233	18:23	3:08	2:46	257	50:47	12.2	1:08	185	22:02	9:48	1:35:04
248	23/27	Lisha Mcconnell	Minnetonka	MN	29	F	57	12:05	2:04	2:45	260	52:14	11.8	1:20	251	27:12	12:06	1:35:35
249	2/3	Karen Heinen	Melrose	MN	45	F	245	19:38	3:21	1:47	246	46:00	13.4	1:01	253	27:15	12:07	1:35:39
250	27/28	Traci Tomas	Plymouth	MN	30	F	251	20:13	3:27	3:24	247	46:04	13.4	0:57	238	25:18	11:15	1:35:53
251	22/26	Peter Zugschwert	Minneapolis	MN	36	M	125	14:24	2:28	6:58	222	42:40	14.5	3:22	262	28:54	12:51	1:36:16
252	23/26	Kevin Spreng	Minneapolis	MN	38	M					206	40:44	15.2	3:17	26			

271	27/29	Jeff Pynes	Cambridge	MN	32 M	271	27:16	4:39	3:05	249	46:42	13.2	1:30	256	27:41	12:19	1:46:12
272	11/11	Katy Stech	Duluth	MN	17 F	170	15:31	2:39	1:24	269	1:04:40	9.6	0:28	259	28:26	12:38	1:50:27
273	4/5	Dan Powers	New Richmond	MN	65 M	252	20:22	3:29	2:52	261	52:31	11.8	1:10	270	36:28	16:13	1:53:20
274	20/20	Jean Tesar			35 F					262	52:56	11.7	6:34	245	26:11	11:39	1:54:17

DID NOT FINISH

275	5/5	Sj Sokolowski	Coon Rapids	MN	69 M	114	14:06	2:25	2:21	105	36:01	17.2	3:04				
276	12/12	Charles Schumacher	Duluth	MN	49 M	158	15:15	2:36	3:15	207	40:50	15.1	1:04				
277	20/20	Kent Anderson	Richfield	MN	27 M	269	26:28	4:31	4:53	234	44:04	14.0	3:19				
278	27/27	Angela Hirschman	Maple Grove	MN	25 F	71	12:46	2:11	1:58	268	58:14	10.6	11:33				
279	28/29	Donn Boyer	St Paul	MN	33 M	191	16:14	2:46	1:06								
280	15/15	Mike Berns	St.paul	MN	51 M	272	27:55	4:46									
281	3/3	Jenean Nelson	Duluth	MN	52 F	273	28:18	4:50	4:34								

MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								time	yds	time	plc	time	plc	time	pace	TIME		
1	410	Tim Andrew	Duluth	MN	35	M	6	9:30	1:38	0:54	1	26:30	23.3	0:29	7	14:38	6:30	51:59
2	223	Todd Watchmaker	Edina	MN	41	M	5	9:29	1:37	0:55	11	29:19	21.1	0:28	4	13:56	6:12	54:05
3	483	David Goldberg	Excelsior	MN	40	M	1	8:50	1:31	0:54	9	29:12	21.2	0:28	21	16:07	7:10	55:30
4	671	Casey Nye			23	M	3	9:16	1:35	0:40	15	29:37	20.9	0:42	13	15:18	6:48	55:30
5	515	Darren Hylden	Fridley	MN	26	M	4	9:25	1:37	0:52	4	28:44	21.5	0:56	24	16:15	7:14	56:11
6	510	Nathan Hoffman	South Haven	MN	18	M	51	13:28	2:18	1:11	7	29:04	21.3	0:52	1	13:05	5:49	57:37
7	492	Paul Haltvick	Ashland	WI	44	M	42	12:54	2:12	0:35	5	28:47	21.5	0:26	16	15:28	6:53	58:09
8	505	Craig Helmer	Minneapolis	MN	40	M	44	12:59	2:13	0:57	19	29:58	20.6	0:34	3	13:45	6:07	58:11
9	441	Stephen Bullard			43	M	9	10:16	1:45	0:50	21	30:20	20.4	0:18	29	16:34	7:22	58:17
10	531	Matt Kjelland	Alexandria	MN	15	M	17	10:51	1:51	1:53	20	30:20	20.4	1:05	5	14:30	6:27	58:36
11	715	Luke Hedberg	Eden Prairie	MN	20	M	25	11:42	2:00	1:10	8	29:06	21.2	0:57	19	15:44	7:00	58:37
12	618	Peter Spencer	Wayzata	MN	30	M	14	10:35	1:49	0:55	28	31:35	19.6	0:50	9	14:54	6:38	58:47
13	527	Bill Kelley	Wrenshall	MN	29	M	28	11:51	2:02	1:30	16	29:49	20.7	0:42	12	15:18	6:48	59:08
14	673	Aaron Pidde			26	M	23	11:24	1:57	1:11	12	29:20	21.1	0:30	38	17:16	7:41	59:39
15	405	Clint Agar	Duluth	MN	18	M	15	10:36	1:49	0:36	39	32:36	19.0	0:53	17	15:33	6:55	1:00:10
16	682	Howie Leathers	Duluth	MN	31	M	11	10:28	1:47	1:13	36	32:27	19.1	1:15	8	14:51	6:36	1:00:12
17	479	Ty Frost	Superior	WI	50	M	59	14:02	2:24	1:09	3	28:24	21.8	1:18	14	15:21	6:50	1:00:12
18	401	Rick Abrahamson	Duluth	MN	38	M	27	11:49	2:01	0:46	10	29:13	21.2	0:35	50	17:56	7:59	1:00:17
19	536	Carl Langner	Alexandria	MN	32	M	34	12:02	2:03	1:08	17	29:56	20.7	0:56	28	16:27	7:19	1:00:27
20	592	Ethan Richards	Duluth	MN	21	M	36	12:22	2:07	0:56	29	31:35	19.6	0:24	11	15:17	6:48	1:00:32
21	532	Rob Knight	Duluth	MN	27	M	8	10:09	1:44	0:43	30	31:43	19.5	0:40	43	17:24	7:44	1:00:38
22	511	Joel Holman	Duluth	MN	36	M	58	14:00	2:24	1:51	22	30:30	20.3	1:27	2	13:14	5:53	1:01:00
23	447	Rick Christenson	Roseville	MN	43	M	79	14:46	2:31	1:15	2	28:10	22.0	0:42	23	16:12	7:12	1:01:03
24	520	Jonathan Jones	St. Paul	MN	24	M	66	14:19	2:27	1:27	18	29:58	20.6	0:53	6	14:37	6:30	1:01:11
25	672	David Ousdigian			37	M	10	10:24	1:47	1:02	25	31:17	19.8	0:36	54	18:14	8:06	1:01:31
26	696	Daniel Duff			36	M	29	11:52	2:02	1:16	37	32:33	19.0	0:42	18	15:40	6:58	1:02:01
27	426	Doug Berg	Duluth	MN	32	M	53	13:38	2:20	0:39	13	29:23	21.0	0:38	48	17:50	7:56	1:02:05
28	656	Bob White	Duluth	MN	46	M	7	9:46	1:40	1:01	14	29:28	21.0	0:40	109	21:22	9:30	1:02:15
29	583	Jacob Pederson	Duluth	MN	20	M	46	13:15	2:16	1:23	34	32:05	19.3	0:14	20	16:01	7:07	1:02:57
30	626	Eric Stevenson	Northfield	MN	22	M	31	11:55	2:02	1:41	31	31:44	19.5	1:03	31	16:38	7:24	1:02:58
31	533	Mike Knight	Minneapolis	MN	29	M	2	8:51	1:31	1:08	60	33:51	18.3	0:53	59	18:24	8:11	1:03:04
32	498	John Hebert	Richfield	MN	30	M	60	14:03	2:24	0:41	23	31:01	19.9	1:18	26	16:21	7:16	1:03:23
33	464	Jeffrey Driver	St. Paul	MN	26	M	20	11:01	1:53	1:20	24	31:05	19.9	1:54	53	18:06	8:03	1:03:24
34	683	Seth Spencer	Duluth	MN	16	M	18	10:54	1:52	1:26	51	33:28	18.5	0:33	36	17:13	7:39	1:03:33
35	560	Todd McKeever	Duluth	MN	39	M	82	14:54	2:33	1:54	27	31:34	19.6	0:19	10	15:06	6:43	1:03:46
36	491	Tim Hagley	Duluth	MN	45	M	16	10:48	1:51	1:25	42	32:43	18.9	1:21	52	18:02	8:01	1:04:18
37	514	Michael Hylden	Fridley	MN	53	M	35	12:08	2:04	1:09	33	32:03	19.3	0:53	56	18:19	8:09	1:04:30
38	681	Woody Leindrecker	Beridji	MN	31	M	22	11:20	1:56	1:17	46	33:13	18.6	1:45	45	17:27	7:46	1:05:00
39	517	Eric Johnson	Lester Prairie	MN	29	M	49	13:21	2:17	1:11	40	32:42	18.9	0:43	39	17:19	7:42	1:05:13
40	684	David Spencer	Duluth	MN	44	M	13	10:35	1:49	1:17	84	35:57	17.2	1:08	30	16:37	7:23	1:05:31
41	690	Rick Somerville			24	M	33	12:00	2:03	0:49	70	34:32	17.9	0:43	46	17:36	7:49	1:05:38
42	577	Brian Olson	Superior	WI	23	M	26	11:46	2:01	1:00	38	32:33	19.0	1:09	79	19:30	8:40	1:05:55
43	680	Everett Arnold	Bemidji	MN	53	M	57	13:56	2:23	0:59	32	32:02	19.3	1:13	49	17:53	7:57	1:06:01
44	470	Clark Eichelberger	St. Louis Park	MN	33	M	24	11:28	1:58	1:20	45	33:04	18.7	0:58	92	20:14	9:00	1:07:02
45	613	Scott Schwartz	Hugo	MN	33	M	65	14:18	2:27	1:36	56	33:38	18.4	1:28	25	16:19	7:15	1:07:18
46	453	Ben Croft	Aurora	MN	47	M	62	14:11	2:25	1:16	44	32:57	18.8	0:13	64	18:45	8:20	1:07:20
47	541	Tom Linden	Finlayson	MN	16	M	72	14:29	2:29	1:39	78	35:12	17.6	0:24	27	16:24	7:17	1:08:06
48	446	Bruce Chalupsky	Buffalo	MN	32	M	70	14:25	2:28	0:48	43	32:47	18.9	0:46	76	19:23	8:37	1:08:08
49	416	Geoff Baker	Austin	MN	35	M	77	14:39	2:30	1:46	58	33:45	18.3	0:45	41	17:22	7:43	1:08:15
50	707	Doug Dixon			34	M	132	20:27	3:30	1:42	6	28:52	21.4	1:04	22	16:11	7:12	1:08:15
51	642	Al Treece	Plymouth	MN	48	M	76	14:37	2:30	2:41	47	33:14	18.6	0:50	34	17:04	7:35	1:08:23
52	668	Lee Francisco			49	M	19	10:56	1:52	1:18	68	34:28	17.9	1:22	100	20:32	9:08	1:08:34
53	713	Jeremy Helm	Hermantown	MN	27	M	92	15:32	2:39	1:33	54	33:34	18.4	0:39	40	17:19	7:42	1:08:35
54	518	Les Johnson	Fridley	MN	50	M	71	14:28	2:28	1:26	55	33:37	18.4	1:12	51	17:57	7:59	1:08:39
55	188	Michael Rice	Grand Rapids	MN	31	M	43	12:59	2:13	1:36	67	34:22	18.0	1:43	57	18:21	8:10	1:08:58
56	530	Lee Kirby	Naperville	IL	34	M	74	14:33	2:29	1:29	48	33:17	18.6	0:50	70	19:11	8:32	1:09:18
57	606	Thomas Schlundt	Eagan	MN	30	M	98	15:55	2:43	1:51	53	33:32	18.4	1:33	33	16:52	7:30	1:09:42
58	594	Mike Rieder	St. Paul	MN	35	M	80	14:48	2:32	1:34	49	33:17	18.6	1:22	65	18:48	8:22	1:09:48
59	529	Tim Key	Wrenshall	MN	26	M	41	12:53	2:12	2:29	59	33:50	18.3	1:24	75	19:23	8:37	1:09:56
60	616	Kent Smith			31	M	75	14:34	2:29	1:54	52	33:31	18.4	0:46	71	19:15	8:34	1:09:59
61	448	Brad Christiansen	Duluth	MN	34	M	39	12:41	2:10	2:08	77	35:08	17.6	1:06	68	19:02	8:28	1:10:04
62	473	Joe Farrell	Minneapolis	MN	26	M	55	13:49	2:22	0:58	72	34:37	17.9	1:18	78	19:29	8:40	1:10:09
63	650	Dane Walthers	Inver Grove He	MN	22	M	87	15:17	2:37	1:07	69	34:31	17.9	0:51	66	18:55	8:25	1:10:39
64	419	Robert Bartholomew	Woodbury	MN	39	M	73	14:32	2:29	1:57	57	33:42	18.3	1:01	82	19:34	8:42	1:10:44
65	570	Tim Nefzger	Hopkins	MN	38	M	89	15:27	2:38	1:20	71	34:37	17.9	1:14	61	18:39	8:18	1:11:15
66	422	Dan Becker	St. Louis Park	MN	30													

73	679	Nathan Brine	Hudson	WI	15	M	88	15:24	2:38	1:59	76	34:54	17.7	0:37	72	19:17	8:34	1:12:08
74	542	Justin Linden	Finlayson	MN	15	M	52	13:33	2:19	2:15	88	36:06	17.1	0:26	88	19:54	8:51	1:12:12
75	691	Nick Koziel			35	M	116	17:22	2:58	1:41	26	31:26	19.7	1:30	97	20:21	9:03	1:12:18
76	676	Richard Blake	Grand Rapids	MN	53	M	103	16:11	2:46	2:25	81	35:39	17.3	0:50	42	17:23	7:44	1:12:27
77	414	Mike Arnold	Bemidji	MN	13	M	12	10:30	1:48	2:03	110	38:08	16.2	2:09	85	19:41	8:45	1:12:30
78	589	Mark Rauschenfels	Duluth	MN	45	M	107	16:41	2:51	1:26	61	33:59	18.2	0:26	94	20:17	9:01	1:12:47
79	674	Tom Ronchetti			48	M	97	15:54	2:43	1:58	66	34:22	18.0	0:45	89	19:57	8:52	1:12:54
80	490	Steve Hagedorn	Duluth	MN	43	M	37	12:36	2:09	5:19	105	37:27	16.5	0:59	32	16:39	7:24	1:12:56
81	575	Fritz Nothacker	Duluth	MN	65	M	83	15:01	2:34	1:38	64	34:17	18.0	0:56	106	21:11	9:25	1:13:02
82	404	Troy Adams	Cloquet	MN	29	M	40	12:47	2:11	2:09	103	37:08	16.7	0:34	99	20:29	9:06	1:13:04
83	621	Mark Stange	Shoreview	MN	54	M	56	13:55	2:23	1:17	79	35:28	17.4	1:07	108	21:19	9:29	1:13:04
84	482	Paul Gerth	Blaine	MN	30	M	96	15:49	2:42	2:02	101	36:55	16.7	0:49	47	17:45	7:54	1:13:18
85	706	Alan Dartanyan			44	M	109	16:54	2:53	3:12					37	17:13	7:40	1:13:21
86	449	Ted Ciriacy	Ely	MN	47	M	47	13:16	2:16	1:48	93	36:29	16.9	0:48	104	21:07	9:23	1:13:26
87	561	Daniel Mendel	Apple Valley	MN	24	M	117	17:28	2:59	1:46	50	33:19	18.6	0:57	98	20:22	9:03	1:13:49
88	526	Ronald Kellerman	St. Paul	MN	54	M	68	14:22	2:27	1:14	65	34:21	18.0	2:10	114	21:54	9:44	1:13:59
89	442	Rick Campins	Apple Valley	MN	33	M	30	11:54	2:02	1:13	100	36:55	16.7	0:48	124	23:15	10:20	1:14:02
90	717	Andy Hedberg	Eden Prairie	MN	15	M	63	14:15	2:26	1:32	114	38:45	16.0	1:20	55	18:15	8:07	1:14:04
91	571	Chris Nelson	St. Louis Park	MN	37	M	21	11:15	1:55	1:17	119	40:10	15.4	0:57	103	21:01	9:21	1:14:38
92	670	Gary Niemi			50	M					63	34:09	18.1	2:12	73	19:21	8:36	1:14:59
93	582	Chad Peckels	Mpls	MN	27	M	120	17:38	3:01	3:19	35	32:17	19.2	1:59	86	19:49	8:49	1:15:00
94	534	Joshua Lang	Minneapolis	MN	25	M	99	15:58	2:44	3:58	96	36:45	16.8	0:59	44	17:25	7:45	1:15:03
95	105	Don Hickman	Merrifield	MN	41	M	81	14:48	2:32	2:06	83	35:46	17.3	0:44	113	21:43	9:39	1:15:05
96	574	Joel Ness	Duluth	MN	44	M	45	13:00	2:13	2:19	74	34:40	17.8	1:37	127	23:49	10:35	1:15:23
97	412	George Apostolou	Duluth	MN	38	M	101	16:01	2:44	3:01	92	36:28	17.0	1:15	63	18:45	8:20	1:15:28
98	705	Matt Andrews	Duluth	MN	43	M	67	14:19	2:27	2:14	98	36:51	16.8	0:56	107	21:14	9:27	1:15:33
99	599	Chris Rousseau	Cloquet	MN	27	M	94	15:41	2:41	2:53	94	36:30	16.9	0:34	90	19:58	8:53	1:15:33
100	657	Terry Wiens	Duluth	MN	43	M	111	16:59	2:54	1:27	102	36:59	16.7					1:15:40
101	519	Jeff Jones	Minneapolis	MN	25	M	118	17:32	3:00	2:00	80	35:34	17.4	1:40	83	19:38	8:44	1:16:23
102	475	Josh Folland	Eagan	MN	24	M	123	18:14	3:07	2:06	95	36:45	16.8	0:55	87	19:51	8:50	1:17:49
103	521	Mike Jonson	Two Harbors	MN	30	M	64	14:18	2:27	2:44	117	39:51	15.5	1:35	84	19:40	8:45	1:18:06
104	430	Howard Bich	Wagner	SD	61	M	110	16:55	2:53	1:33	82	35:43	17.3	1:11	119	22:53	10:10	1:18:12
105	456	James De Armond	Duluth	MN	53	M	86	15:16	2:36	3:09	91	36:23	17.0	1:08	120	22:58	10:13	1:18:51
106	625	John Steinke	Crystal	MN	39	M	122	18:04	3:05	1:27	106	37:33	16.5	0:53	102	20:58	9:19	1:18:53
107	477	Robert Forsberg	Hanover	MN	36	M	126	19:35	3:21	2:03	108	37:57	16.3	1:03	60	18:38	8:17	1:19:15
108	418	Bill Barnacle	Brainerd	MN	54	M	128	19:40	3:22	1:42	97	36:47	16.8	0:39	101	20:47	9:15	1:19:33
109	462	Steve Dorgan	Minneapolis	MN	31	M	129	19:43	3:22	1:43	112	38:20	16.1	0:43	77	19:24	8:38	1:19:52
110	669	Cutie Pie Larson			27	M	113	17:05	2:55	6:49	111	38:17	16.1	0:38	35	17:09	7:38	1:19:56
111	551	Larry Mathison	Minneapolis	MN	34	M	112	17:02	2:55	1:25	107	37:52	16.3	0:58	126	23:19	10:22	1:20:36
112	718	Peter Moyer	Minneapolis	MN	24	M	106	16:39	2:51	2:33	90	36:14	17.1	2:27	122	22:59	10:13	1:20:51
113	429	Jeff Berntson	St. Paul	MN	29	M	134	20:49	3:33	2:23	99	36:51	16.8	1:06	91	20:00	8:54	1:21:07
114	686	Matthew Hiesterman			24	M	121	18:02	3:05	3:44	113	38:26	16.1	0:42	93	20:15	9:00	1:21:08
115	467	Doug Dunham	Duluth	MN	62	M	95	15:42	2:41	2:33	104	37:09	16.6	1:35	129	24:39	10:57	1:21:35
116	675	Bryan Twilight			46	M	115	17:15	2:57	3:12	121	40:15	15.4	1:08	116	22:18	9:55	1:24:05
117	630	Kip Stolberg	Minneapolis	MN	36	M	108	16:50	2:53	2:09	142	47:13	13.1	0:15	58	18:24	8:11	1:24:49
118	641	Mike Treash			37	M	127	19:37	3:21	2:42	118	40:09	15.4	1:14	110	21:27	9:32	1:25:07
119	493	Skip Hansen	Richfield	MN	24	M	114	17:06	2:55	2:10	137	44:25	13.9	0:49	111	21:32	9:35	1:26:00
120	593	Mike Richmond	Minneapolis	MN	34	M	125	19:30	3:20	2:02	126	40:40	15.2	1:36	123	23:09	10:18	1:26:54
121	569	Joseph Muller	Grand Rapids	MN	42	M	105	16:28	2:49	1:43	120	40:14	15.4	0:20	135	28:20	12:36	1:27:02
122	550	John Markham	Hopkins	MN	71	M	102	16:02	2:44	2:22	124	40:35	15.2	1:06	133	27:15	12:07	1:27:17
123	610	Terry Schnipkowitz	Savage	MN	37	M	119	17:34	3:00	4:54	115	38:54	15.9	2:59	121	22:59	10:13	1:27:17
124	605	Jay Schied	Crystal	MN	46	M	93	15:36	2:40	2:54	134	43:58	14.1	0:57	128	24:01	10:41	1:27:25
125	497	Dan Hawkins	Bloomington	MN	30	M	90	15:28	2:39	1:10	109	38:01	16.3	1:44	140	31:40	14:05	1:28:01
126	563	Robert Miettinen	Champlin	MN	30	M	137	23:03	3:56	3:44	116	39:20	15.7	0:48	112	21:37	9:37	1:28:30
127	709	Ron Neva	Duluth	MN	57	M	130	19:51	3:23	3:30	129	41:40	14.8	1:02	117	22:33	10:02	1:28:35
128	471	Charles Erdmann	St. Cloud	MN	55	M	50	13:27	2:18	3:09	132	43:02	14.4					1:28:44
129	666	Matt Begecke			37	M	139	24:55	4:15	1:54	125	40:38	15.2	0:55	105	21:09	9:24	1:29:29
130	472	Matt Evans	Eau Claire	WI	35	M	146	42:01	7:10	0:42	41	32:42	18.9		15	15:22	6:50	1:30:43
131	588	Eric Raarup	Minnetonka	MN	31	M	135	22:08	3:47	3:00	133	43:57	14.1	2:15	115	22:09	9:51	1:33:26
132	664	Mike Anderson			52	M	100	16:00	2:44	2:47	139	45:39	13.5	1:04	138	29:08	12:57	1:34:35
133	663	Peter Zugschwert	Minneapolis	MN	36	M	69	14:24	2:28	6:58	131	42:40	14.5	3:22	136	28:54	12:51	1:36:16
134	620	Kevin Spreng	Minneapolis	MN	38	M					127	40:44	15.2	3:17	137	28:57	12:52	1:36:16
135	645	Tom Vrchota	Princeton	MN	36	M	136	22:50	3:54	7:34	140	46:40	13.2	1:29	74	19:22	8:37	1:37:53
136	637	Lou Thomas	St. Paul	MN	28	M	124	19:11	3:17	4:58	144	53:39	11.5	1:08	96	20:19	9:02	1:39:13
137	423	Doug Becker	Isanti	MN	38	M	138	23:24	4:00	3:44	138	44:31	13.9	1:47	130	26:03	11:35	1:39:27
138	403	Rand Adams	St. Louis Park	MN	46	M	141	25:58	4:26	4:53	123	40:33	15.2	2:48	131	27:01	12:01	1:41:12
139	564	John Mohn	Anoka	MN	39	M	140	25:56	4:26	4:55	122	40:32	15.3	2:47	132	27:04	12:02	1:41:12
140	665	Aaron Bangasser			29	M	133	20:37	3:31	11:32	130	41:42	14.8	4:58	125	23:17	10:21	1:42:05
141	692	Bob Powers			77	M	142	26:01	4:26	2:42	136	44:13	14.0	2:14	139	30:34	13:35	1:45:42
142	587	Jeff Pynes	Cambridge	MN	32	M	144	27:16	4:39	3:05	141	46:42	13.2	1:30	134	27:41	12:19	1:46:12
143	585	Dan Powers	New Richmond	MN	65	M	131	20:22	3:29	2:52	143	52:31	11.8	1:10	141	36:28	16:13	1:53:20

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
=====	=====	=====	=====	=====	=====	=====	=====	time	yds	time	plc	time	plc	time	pace	TIME		
1	544	Morgan Luzrer	Minneapolis	MN	25	F	1	10:03	1:43	1:15	5	31:20	19.7	0:27	1	14:48	6:35	57:52
2	495	Chris Haukos	St. Cloud	MN	36	F	5	10:45	1:50	0:45	1	30:15	20.4	0:40	4	15:38	6:57	58:01
3	697	Anne Hed	White Bear Lak	MN	39	F	3	10:08	1:44	0:50	4	30:41	20.2	0:37	11	17:09	7:38	59:24
4	677	Jeanne Fleck	Proctor	MN	36	F	34	1										

16	700	Nichola Welde			30	F	90	16:33	2:50	1:25	10	33:28	18.5	1:09	9	16:59	7:33	1:09:32
17	450	Stephany Clasen	Stillwater	MN	30	F	56	14:21	2:27	1:33	12	34:18	18.0	0:56	29	19:11	8:32	1:10:17
18	694	Sthephanie Puffer	Duluth	MN	34	F	48	13:48	2:22	1:15	34	36:52	16.8	1:08	14	17:30	7:47	1:10:31
19	576	Katie O'hearn	Duluth	MN	19	F	24	12:08	2:05	1:27	31	36:39	16.9	0:55	35	19:25	8:38	1:10:32
20	463	Mina Dougherty	Duluth	MN	27	F	8	11:03	1:53	0:56	41	37:29	16.5	0:54	44	20:12	8:59	1:10:32
21	562	Heidi Meyer	Minneapolis	MN	26	F	26	12:18	2:06	1:43	19	35:44	17.3	1:26	37	19:37	8:43	1:10:45
22	688	Jennifer Bovee			23	F	17	11:48	2:01	1:15	39	37:11	16.6	1:05	39	19:57	8:52	1:11:13
23	524	Jamie Karlovich	Excelsior	MN	38	F	7	11:02	1:53	2:05	37	36:59	16.7	1:15	40	20:06	8:56	1:11:26
24	661	Leigh Wright	Duluth	MN	37	F	50	13:57	2:23					0:38	38	19:55	8:52	1:11:42
25	556	Kristy Mcgiffert	Duluth	MN	24	F	38	12:53	2:12	1:29	22	36:06	17.1	0:57	51	20:34	9:09	1:11:57
26	568	Nicole Muehlenhaus	Plymouth	MN	25	F	113	18:58	3:14	0:51	9	33:26	18.5	1:08	16	17:54	7:58	1:12:15
27	711	Carrie Berg	Lacrosse	WI	34	F	12	11:17	1:56	2:08	30	36:37	16.9	0:28	69	21:57	9:46	1:12:26
28	701	Lisa Brown	Duluth	MN	33	F					24	36:22	17.0	1:16	20	18:22	8:10	1:12:29
29	614	Brenda Skelton	Biwabik	MN	26	F	18	11:49	2:01	1:53	68	39:37	15.6	0:30	25	18:53	8:24	1:12:40
30	487	Stacey Gross	Lakeville	MN	30	F	36	12:51	2:12	0:57	21	36:01	17.2	1:09	70	21:59	9:47	1:12:56
31	486	Cindy Grindy	Duluth	MN	44	F	33	12:47	2:11	1:12	25	36:24	17.0	0:28	75	22:08	9:50	1:12:56
32	516	Adrea Jeske	Minneapolis	MN	21	F					65	39:22	15.7	0:25	30	19:15	8:34	1:12:56
33	457	Jennifer De Armond	Duluth	MN	28	F	49	13:50	2:22	1:47	17	35:19	17.5	1:11	55	20:52	9:17	1:12:57
34	615	Betty Skoglund	White Bear Tow	MN	34	F	29	12:27	2:08	2:20	32	36:44	16.8	1:20	41	20:08	8:57	1:12:57
35	600	Amy Rowe	Mason City	IA	36	F	45	13:27	2:18	2:26	42	37:40	16.4	0:53	24	18:47	8:21	1:13:11
36	658	Liz Wiggen	Duluth	MN	15	F	6	10:52	1:52	1:38	60	39:02	15.8	0:24	62	21:31	9:34	1:13:25
37	460	Caroline Disalle	Minneapolis	MN	23	F	4	10:18	1:46	1:38	36	36:53	16.8	1:04	98	23:52	10:37	1:13:42
38	535	Martha Langager	Duluth	MN	17	F	89	16:17	2:47	1:43	38	37:09	16.6	0:39	17	17:58	7:59	1:13:43
39	608	Jenny Schmitt	Duluth	MN	15	F	5	11:43	2:00	1:49	54	38:26	16.1	0:31	61	21:27	9:32	1:13:54
40	631	Jessi Suomala	Plymouth	MN	24	F	78	15:24	2:38	2:11	44	37:47	16.4	1:30	15	17:32	7:48	1:14:22
41	476	Nora Folske	Golden Valley	MN	23	F	77	15:24	2:38	2:12	46	37:48	16.4	1:30	13	17:30	7:47	1:14:22
42	478	Jolene Forsberg	Hanover	MN	36	F	54	14:07	2:25	2:26	20	35:49	17.3	1:30	52	20:35	9:09	1:14:24
43	444	Mary Carlson	Moose Lake	MN	40	F	35	12:49	2:11	2:10	18	35:20	17.5	1:41	81	22:33	10:02	1:14:31
44	660	Stacia Wing	Excelsior	MN	27	F	51	13:58	2:23	1:40	29	36:35	16.9	1:11	60	21:27	9:32	1:14:48
45	509	Elisabeth Hoff	Minneapolis	MN	30	F	37	12:52	2:12	2:13	71	39:46	15.5	0:44	32	19:20	8:36	1:14:53
46	512	Maureen Hood	Burnsville	MN	33	F	10	11:11	1:55	1:45	72	39:46	15.5	0:32	72	22:05	9:49	1:15:17
47	619	Elizabeth Spofford	Little Falls	MN	21	F	44	13:26	2:18	2:15	50	38:15	16.2	1:15	42	20:11	8:58	1:15:19
48	611	Lynnsie Schramm	Minneapolis	MN	21	F	91	16:39	2:51	1:09	16	34:58	17.7	0:50	68	21:49	9:42	1:15:24
49	649	Rebecca Walter	Minneapolis	MN	24	F					56	38:46	15.9	0:34	78	22:16	9:54	1:15:25
50	716	Jennie Hedberg	Eden Prairie	MN	15	F	64	14:43	2:31	1:54	82	41:30	14.9	0:48	10	17:03	7:35	1:15:57
51	437	Sara Bradley	Coon Rapids	MN	30	F	11	11:14	1:55	1:10	40	37:19	16.6	1:03	111	25:22	11:17	1:16:05
52	539	Shawn Leetz	St. Paul Park	MN	33	F	80	15:35	2:40	2:30	23	36:19	17.0	0:48	57	21:12	9:25	1:16:22
53	678	Moriah Brooks	Duluth	MN	19	F	82	15:43	2:41	2:46	35	36:52	16.8	1:52	31	19:18	8:35	1:16:29
54	454	Kendra Crowell	Duluth	MN	18	F	81	15:41	2:41	2:20	27	36:27	17.0	1:02	63	21:35	9:36	1:17:03
55	636	Julie Theiler	Melrose	MN	34	F	73	15:14	2:36	1:02	55	38:42	16.0	0:39	64	21:35	9:36	1:17:10
56	538	Lillian Leatham	St. Paul	MN	32	F	72	15:01	2:34	2:36	43	37:45	16.4	1:09	54	20:43	9:13	1:17:12
57	417	Diane Baker	Austin	MN	36	F	84	15:56	2:43	2:30	53	38:24	16.1	0:47	45	20:15	9:00	1:17:50
58	646	Valerie Waldoch	Forest Lake	MN	19	F	105	17:39	3:01	1:40	70	39:40	15.6	0:47	22	18:37	8:17	1:18:21
59	431	Allie Bittner	Saginaw	MN	17	F	41	13:08	2:15	1:35	89	42:32	14.5	0:44	47	20:26	9:05	1:18:23
60	702	Kim Kolbeck			21	F	101	17:19	2:58	2:30	57	38:49	15.9	0:47	26	19:00	8:27	1:18:23
61	586	Jane Pritz	Duluth	MN	41	F	25	12:14	2:05	0:42	83	41:31	14.9	0:48	93	23:24	10:24	1:18:37
62	489	Shannon Guernsey	Minneapolis	MN	33	F	87	16:07	2:45	2:31	51	38:21	16.1	0:46	56	21:01	9:21	1:18:45
63	601	Sarah Santema	Minneapolis	MN	25	F	61	14:36	2:30	3:56	63	39:15	15.8	0:38	53	20:39	9:11	1:19:01
64	406	Penny Agar	Duluth	MN	47	F	69	14:49	2:32	1:46	66	39:34	15.6	1:08	66	21:47	9:41	1:19:02
65	628	Susan Stock	Eden Prairie	MN	39	F	31	12:45	2:11	1:57	67	39:37	15.6	0:50	99	24:01	10:41	1:19:09
66	622	Deborah Stanoch	Bemidji	MN	23	F	28	12:26	2:08	1:17	59	39:01	15.8	2:06	106	24:26	10:52	1:19:14
67	647	Carol Waldoch	Forest Lake	MN	24	F	65	14:45	2:31	2:24	90	42:38	14.5	0:36	27	19:01	8:27	1:19:21
68	543	Theresa Lo	Minneapolis	MN	26	F	86	16:05	2:45	3:11	48	38:04	16.2	1:26	126	28:42	12:45	1:19:30
69	409	Maggie Anderson	Lombard	IL	18	F	74	15:16	2:36	2:23	79	40:36	15.2	1:09	46	20:23	9:04	1:19:45
70	710	Toni Moe			28	F	83	15:48	2:42	2:57	26	36:25	17.0	0:22	105	24:17	10:48	1:19:46
71	591	Sara Regan	St Paul	MN	30	F	42	13:09	2:15	2:07	74	40:11	15.4	1:06	92	23:24	10:24	1:19:54
72	484	Jennifer Gordon	Minneapolis	MN	35	F	92	16:42	2:51	2:08	85	41:47	14.8	0:51	21	18:29	8:13	1:19:55
73	525	Daphne Karpan	Eagle Bend	MN	31	F	122	20:55	3:34	0:47	47	37:50	16.3	1:04	34	19:24	8:38	1:19:59
74	638	Lisa Thomas	St. Paul	MN	26	F	20	11:58	2:03	3:10	93	42:49	14.4	1:06	58	21:14	9:26	1:20:15
75	513	Carly Hultman	Richfield	MN	26	F	53	14:06	2:25	1:34								1:20:30
76	528	Sarah Key	Duluth	MN	21	F	94	16:45	2:52	2:12	78	40:35	15.2		73	22:06	9:49	1:20:44
77	507	Lisa Higgs	Minneapolis	MN	26	F	100	17:19	2:57	3:10	49	38:09	16.2	0:41	65	21:46	9:41	1:21:03
78	440	Kerstin Buettner	St.paul	MN	26	F	70	14:56	2:33	3:21	52	38:22	16.1	1:04	96	23:29	10:27	1:21:11
79	712	Mary De Nucci			37	F	71	14:58	2:33	2:32	64	39:15	15.8	1:50	84	22:54	10:11	1:21:28
80	402	Rebecca Adamek	Mpls	MN	28	F	104	17:36	3:00	2:44	62	39:13	15.8	1:43	48	20:26	9:05	1:21:41
81	432	Katie Bittner	Saginaw	MN	17	F	40	13:06	2:14	1:40	97	43:27	14.2	0:39	86	22:58	10:13	1:21:48
82	687	Rebecca Washkun			20	F	111	18:38	3:11	1:37	76	40:21	15.3	1:30	43	20:11	8:58	1:22:15
83	609	Jessica Schmitt	Duluth	MN	13	F	9	11:04	1:54	2:18	99	44:01	14.0	0:58	101	24:06	10:43	1:22:24
84	596	Rita Rodrigue	Andover	MN	22	F	68	14:48	2:32	3:27	58	38:57	15.9	1:10	100	24:05	10:42	1:22:26
85	597	Alyssa Rosenberger	Sauk Rapids	MN	30	F	43	13:15	2:16	1:31	81	41:20	15.0	0:44	113	25:39	11:24	1:22:27
86	644	Julie Viken	Maplewood	MN	33	F	97	17:02	2:55	4:21	28	36:30	16.9	3:16	59	21:26	9:32	1:22:33
87	522	Julie Jonson	Two Harbors	MN	28	F	58	14:26	2:28	1:30	84	41:38	14.8	1:08	104	24:15	10:47	1:22:54
88	654	Karen Weir	Long Lake	MN	26	F	75	15:23	2:38	2:33	73	40:03	15.4	1:18	97	23:45	10:34	1:23:01
89	698	Betsy Seberson			25	F	55	14:19	2:27	2:46	91	42:39	14.5	1:08	76	22:11	9:52	1:23:02
90	624	Meg Steinke	Crystal	MN	38	F	52	14:05	2:24	2:11					102	24:08	10:44	1:23:17
91	629	Debra Stolberg	Minneapolis	MN	34	F	102	17:29	2:59	2:09	95	43:18	14.3	0:22	49	20:29	9:07	1:23:46
92	407	Teri Alberico	St.paul	MN	42	F	95	16:52	2:53	2:15	69	39:39	15.6	2:56	74	22:07	9:50	1:23:47
93	578	Nikki Olson	Duluth</															

109	699	Erin Miller	Duluth	MN	23	F	62	14:37	2:30	2:14	110	47:26	13.0	0:27	118	27:08	12:04	1:31:50
110	425	Colleen Belk	Duluth	MN	37	F	112	18:55	3:14	2:30	102	45:00	13.7	0:29	110	25:18	11:15	1:32:11
111	572	Camille Nelson	Winona	MN	20	F	30	12:40	2:10	1:06	112	48:17	12.8	1:13	128	29:47	13:15	1:33:01
112	469	Michelle Ehrenberg	Minneapolis	MN	23	F	93	16:43	2:51	2:13	117	51:00	12.1	0:35	87	23:00	10:14	1:33:29
113	627	Julie Stewart	Superior	WI	23	F	116	19:31	3:20	2:34	113	49:39	12.5	0:29	79	22:22	9:57	1:34:33
114	662	Alexis Zinn	Woodbury	MN	37	F	109	18:18	3:08	2:08	96	43:24	14.2	2:18	125	28:37	12:43	1:34:44
115	667	Tracy Carlson			30	F	110	18:23	3:08	2:46	115	50:47	12.2	1:08	71	22:02	9:48	1:35:04
116	553	Lisha Mcconnell	Minnetonka	MN	29	F	23	12:05	2:04	2:45	118	52:14	11.8	1:20	119	27:12	12:06	1:35:35
117	504	Karen Heinen	Melrose	MN	45	F	118	19:38	3:21	1:47	107	46:00	13.4	1:01	120	27:15	12:07	1:35:39
118	640	Traci Tomas	Plymouth	MN	30	F	121	20:13	3:27	3:24	108	46:04	13.4	0:57	109	25:18	11:15	1:35:53
119	559	Jenni Mckay	Mahtowa	MN	23	F	106	17:45	3:02	2:02	122	53:51	11.5	0:26	83	22:49	10:09	1:36:51
120	558	Maurita Mckay	Mahtowa	MN	17	F	107	17:47	3:02					0:25	82	22:48	10:08	1:36:52
121	685	Julie Carlson			49	F	125	22:28	3:50	4:06	104	45:20	13.6	2:54	85	22:56	10:12	1:37:42
122	540	Ingrid Lehnhoff	Edina	MN	22	F	126	22:53	3:54	4:17	126	1:05:54	9.4					1:38:01
123	549	Dorothy Marden	Minneapolis	MN	64	F	124	21:41	3:42	5:05	109	47:01	13.1	2:45	88	23:07	10:17	1:39:37
124	655	Jennifer Weyenberg	Wyzata	MN	28	F	46	13:30	2:19	4:07	116	50:58	12.1	1:18	127	29:47	13:15	1:39:38
125	581	Caroline Owens	Springfield	VA	61	F	59	14:33	2:29	3:01	121	53:45	11.5	1:40	122	27:40	12:18	1:40:36
126	424	Lavonne Becker	Isanti	MN	38	F	123	21:05	3:36	3:40	114	50:09	12.3	1:12	112	25:35	11:22	1:41:40
127	413	Kelly Arden	Buffalo	MN	29	F	114	19:20	3:18	4:28	120	53:44	11.5	1:09	90	23:15	10:20	1:41:54
128	421	Angela Baumunck	Webster City	IA	28	F	115	19:22	3:19	4:25	123	53:56	11.5	0:56	91	23:16	10:21	1:41:55
129	488	Kathryn Grubb	Duluth	MN	32	F	127	27:06	4:38	1:53	80	41:08	15.0	1:57	129	31:21	13:56	1:43:22
130	704	Katy Stech	Duluth	MN	17	F	79	15:31	2:39	1:24	125	1:04:40	9.6	0:28	124	28:26	12:38	1:50:27
131	689	Jean Tesar			35	F					119	52:56	11.7	6:34	115	26:11	11:39	1:54:17

FAMILY RESULTS

TOT DIV	PLC PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
====	====	=====	=====	==	====	=	plc	time	yds	time	plc	time	pace	TIME				
====	====	=====	=====	==	====	=	=====	=====	=====	=====	=====	=====	=====					
1		Kate Haworth	Duluth	MN		F												
2		Gene Dutkin					1	10:21	1:46	0:20	7	40:20	15.3	3:46	2	17:03	7:35	1:08:05
3		Lance Swanson	Duluth	MN		M	2	13:47	2:21	2:40	3	35:56	17.2	0:07	7	20:27	9:06	1:11:34
4		Mark Grindy	Duluth	MN		M								0:26	5	18:58	8:26	1:11:46
5		Mary Haworth	Duluth	MN		F	10	17:37	3:01	1:34	5	38:16	16.2		8	22:13	9:53	1:14:22
6		Jody Dixon					8	17:05	2:55	0:20	9	42:18	14.6	0:36	4	18:44	8:20	1:16:44
7		Scott Grindy	Duluth	MN		M	4	15:25	2:38	2:18	4	37:54	16.3	0:07	3	18:13	8:06	1:18:01
8		Melissa Hutchison	Duluth	MN		F	3	14:13	2:26	2:46	6	38:21	16.1	1:05	10	22:20	9:56	1:19:00
9		Jil Swanson	Duluth	MN		F	11	17:44	3:02	3:42	8	40:41	15.2	1:27	9	22:16	9:54	1:19:01
10		Heide Swanson	Duluth	MN		F	12	19:58	3:25	3:40	10	45:34	13.6	1:05	11	23:37	10:30	1:26:47
11		Lisa Hedin	Hastings	MN		F	7	16:08	2:45	3:28	11	49:34	12.5	1:27	12	25:17	11:14	1:35:53
12		Judy Pechacek	Hastings	MN		F					12	49:35	12.5	1:30	14	29:14	13:00	1:39:52
13		Kris Goman	Duluth	MN		F								1:30	13	29:13	13:00	1:39:52
14		Suzy Clark	Duluth	MN		F	9	17:29	2:59	5:01	14	1:05:31	9.4	6	19:17	8:34	1:47:01	
15		Wade Haworth	Duluth	MN		M	6	15:26	2:38	2:27	1	33:03	18.7	18:59	1	11:32	5:08	1:58:29
16		Steve Grindy	Duluth	MN		M	5	15:25	2:38	2:19	2	34:16	18.0					
17		Mary Goman	Duluth	MN		F					13	1:05:04	9.5					