

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

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	1/26	Brian Bich	Duluth	MN	36	M	9	20:39	1:28	0:57	1	50:36	24.4	0:51	1	28:45	5:45	1:41:46
2	1/37	Nathan Kortuem	Andover	MN	22	M	4	19:50	1:25	1:06	5	52:39	23.5	0:46	4	29:20	5:52	1:43:39
3	1/19	Brett Lovaa	Hopkins	MN	27	M	5	19:55	1:25	1:01	2	52:08	23.7	1:04	6	29:52	5:59	1:43:58
4	2/37	Phil Smith	Minneapolis	MN	24	M	8	20:19	1:27	0:47	24	55:11	22.4	1:17	3	28:55	5:47	1:46:28
5	3/37	Charles Smith	Minneapolis	MN	24	M	14	21:49	1:33	0:34	27	55:23	22.3	0:55	2	28:50	5:46	1:47:29
6	1/28	Mike Sweeney	Cottage Grove	MN	33	M	6	19:56	1:25	1:02	13	54:16	22.8	1:00	14	31:58	6:24	1:48:10
7	2/28	Andy Zoldak	San Jose	CA	32	M	15	21:54	1:34	1:20	7	52:47	23.4	1:03	9	31:12	6:15	1:48:14
8	1/15	Dave Dow	St. Paul	MN	47	M	21	22:29	1:36	1:04	4	52:27	23.6	1:19	11	31:36	6:20	1:48:53
9	2/26	Leon Ball	Minneapolis	MN	37	M	29	23:09	1:39	1:52	10	53:43	23.0	1:07	5	29:45	5:57	1:49:34
10	3/28	David Rogowski	Fargo	ND	34	M	2	19:36	1:24	1:14	36	56:19	22.0	1:00	20	32:06	6:26	1:50:13
11	4/37	Jesse Adams	Grand Rapids	MN	20	M	12	21:46	1:33	0:53	21	55:05	22.4	0:55	18	32:05	6:25	1:50:42
12	1/14	Dan Schueller	Brooklyn Cente	MN	40	M	44	24:09	1:43	1:03	9	53:33	23.1	0:57	21	32:11	6:27	1:51:51
13	1/21	Emily Deppe	Minneapolis	MN	22	F	7	20:02	1:26	1:11	22	55:05	22.4	1:06	45	34:43	6:57	1:52:05
14	5/37	Mike Gruba	White Bear Lk	MN	24	M	54	24:32	1:45	1:19	25	55:20	22.3	0:50	7	30:24	6:05	1:52:22
15	1/19	Wendy Woods	Minneapolis	MN	28	F								1:07	44	34:35	6:55	1:52:27
16	3/26	Charles Parsons	Minneapolis	MN	35	M	19	22:12	1:35	1:38	38	56:36	21.8	1:15	8	30:56	6:12	1:52:35
17	2/19	Daniel Abercrombie	Eagan	MN	28	M	47	24:15	1:44	1:04	14	54:28	22.7	1:05	13	31:51	6:23	1:52:41
18	4/26	Kenneth Ripp	Duluth	MN	37	M	26	23:02	1:39	1:22	20	55:03	22.5	1:20	24	32:27	6:30	1:53:12
19	3/19	Joe Langel	Minnetonka	MN	29	M	17	22:00	1:34	1:22	15	54:31	22.7	1:02	47	34:48	6:58	1:53:41
20	1/12	Tina Paulson	Plymouth	MN	34	F	28	23:07	1:39	1:15	12	54:13	22.8	0:58	39	34:23	6:53	1:53:54
21	6/37	Greg Rhodes	Bloomington	MN	23	M	1	19:01	1:21	0:58	39	56:37	21.8	0:53	68	36:27	7:18	1:53:55
22	7/37	Jeffrey Cincoski	St. Paul	MN	19	M	11	21:44	1:33	1:00	34	56:03	22.1	1:04	41	34:25	6:53	1:54:13
23	2/14	Dale Forde	Golden Valley	MN	44	M	61	24:55	1:47	1:54	19	55:02	22.5	1:15	10	31:34	6:19	1:54:39
24	1/3	Nathan Kark	Stillwater	MN	17	M	35	23:27	1:40	1:09	33	56:02	22.1	1:23	28	33:06	6:38	1:55:05
25	4/28	Duey Carlson	Inver Grove He	MN	30	M	57	24:43	1:46	0:50	11	54:13	22.8	0:54	43	34:34	6:55	1:55:12
26	4/19	Micheal Waataja	Golden Valley	MN	27	M	16	21:55	1:34	1:28	35	56:12	22.0	1:24	37	34:16	6:52	1:55:14
27	5/26	Peter Ekberg	Minneapolis	MN	37	M	51	24:28	1:45	1:17	31	55:52	22.1	1:12	25	32:36	6:32	1:55:23
28	2/15	Joe Wildman	Milaca	MN	45	M	13	21:48	1:33	1:25	43	57:00	21.7	1:28	33	33:53	6:47	1:55:32
29	5/19	Austin Ramsland	Boulder	CO	27	M	27	23:05	1:39	1:09	30	55:30	22.3	1:32	42	34:30	6:54	1:55:44
30	3/15	Jack Alexander Jr.	Duluth	MN	47	M	33	23:20	1:40	0:56	17	54:45	22.6	1:33	58	35:42	7:09	1:56:14
31	4/15	Paul Haltwick	Ashland	WI	45	M	124	30:02	2:08	0:38	6	52:46	23.4	0:58	26	33:00	6:36	1:57:23
32	6/19	Jonathan Jones	Minneapolis	MN	25	M	48	24:23	1:44	1:52	46	57:15	21.6	1:13	30	33:25	6:41	1:58:06
33	1/2	Patrick Mcmorrow	Eden Prairie	MN	55	M	24	22:39	1:37	1:34	51	57:33	21.5	1:11	53	35:22	7:05	1:58:17
34	6/26	Kris Barber	St. Paul	MN	39	M	20	22:26	1:36	1:22	53	58:00	21.3	1:36	50	35:03	7:01	1:58:25
35	5/28	Scott Rownd	Fergus Falls	MN	33	M	60	24:51	1:46	1:40	28	55:24	22.3	1:13	56	35:34	7:07	1:58:40
36	8/37	Nathan Hoffman	South Haven	MN	19	M	106	28:40	2:03	1:14	32	55:56	22.1	1:19	12	31:44	6:21	1:58:51
37	9/37	Anton Pshon	Ukrane	MN	20	M	66	25:15	1:48	1:39	40	56:41	21.8	1:20	35	34:07	6:50	1:58:59
38	7/26	Kevin Pilarski	Oakdale	MN	36	M	96	28:12	2:01	1:24	42	56:55	21.7	0:41	15	31:59	6:24	1:59:09
39	2/19	Becky Youngberg	Eden Prairie	MN	27	F	23	22:37	1:37	1:28	48	57:27	21.5	1:11	74	36:40	7:20	1:59:22
40	6/28	Michael T. Olson	Minneapolis	MN	31	M	69	25:56	1:51	1:35	44	57:03	21.7	1:18	31	33:39	6:44	1:59:28
41	10/37	Brian Rosenberg	St. Louis Park	MN	23	M	56	24:36	1:45	2:15	3	52:21	23.6	1:38	104	39:08	7:50	1:59:55
42	11/37	Chris Sachs	White Bear Lak	MN	22	M	102	28:27	2:02	1:18	18	54:46	22.6	1:07	48	34:52	6:59	2:00:28
43	2/21	Elaine Eggleston	St. Paul	MN	23	F	25	23:01	1:39	2:13	102	1:02:38	19.7	1:15	16	32:00	6:24	2:01:05
44	7/28	Kris Swarthout	Crystal	MN	30	M	78	26:49	1:55	1:24	23	55:11	22.4	1:22	69	36:31	7:19	2:01:16
45	8/28	Steve Kramer	Duluth	MN	30	M	59	24:48	1:46	1:23	59	59:42	20.7	1:13	38	34:22	6:53	2:01:26
46	9/28	Ted Zuhlsdorf	Maple Grove	MN	30	M	87	27:52	1:59	2:02	16	54:33	22.7	1:39	60	35:53	7:11	2:01:56
47	10/28	Dave Skansberg	Duluth	MN	32	M	86	27:49	1:59	1:26								2:02:00
48	11/28	Craig Pluta	Saint Paul	MN	30	M	64	25:02	1:47	1:42	82	1:01:03	20.3	1:27	27	33:02	6:37	2:02:14
49	12/37	Danny Noonan	Eau Claire	WI	22	M	39	23:52	1:42	1:48	84	1:01:12	20.2	1:50	34	34:06	6:50	2:02:46
50	3/14	Dean Carpenter	Superior	WI	41	M	41	24:03	1:43	2:21	55	58:15	21.2	1:39	82	36:57	7:24	2:03:12
51	5/15	Leonard Klun	Maple Plain	MN	48	M	32	23:20	1:40	2:04	61	59:48	20.7	1:33	70	36:32	7:19	2:03:14
52	8/26	Joe Sarakaitis	St Paul	MN	38	M	46	24:13	1:44	1:46	67	1:00:16	20.5	1:21	63	35:59	7:12	2:03:33
53	12/28	Ron Shashy	Rochester	MN	33	M	40	24:02	1:43	3:27	41	56:45	21.8	2:16	86	37:20	7:28	2:03:46
54	6/15	William Schmitt	Duluth	MN	48	M	43	24:06	1:43	2:01	54	58:09	21.3	1:26	95	38:08	7:38	2:03:49
55	13/37	Adam Book	Northfield	MN	21	M	73	26:25	1:53	1:25	106	1:02:54	19.7	1:23	17	32:05	6:25	2:04:11
56	4/14	James Reed	Duluth	MN	42	M	82	27:21	1:57	2:02	86	1:01:18	20.2	1:23	22	32:15	6:27	2:04:17
57	14/37	Clint Agar	Duluth	MN	19	M	34	23:25	1:40	1:38	88	1:01:27	20.1	1:57	64	36:00	7:12	2:04:24
58	15/37	Christian Brekke	Stillwater	MN	19	M	98	28:17	2:01	1:39	50	57:32	21.5	1:52	54	35:24	7:05	2:04:42
59	2/12	Sara Hollingsworth	Duluth	MN	30	F	30	23:10	1:39	1:34	99	1:02:26	19.8	1:24	67	36:21	7:17	2:04:52
60	16/37	Matthew Etten	Maplewood	MN	20	M	52	24:29	1:45	1:39	71	1:00:25	20.5	1:43	80	36:53	7:23	2:05:07
61	1/8	Duane Millslagle	Duluth	MN	51	M	83	27:24	1:57	1:42	77	1:00:42	20.4	1:18	36	34:10	6:50	2:05:14
62	5/14	Jaye Blanshan	Eden Prairie	MN	40	M	76	26:38	1:54	2:14	45	57:06	21.7	1:19	92	38:01	7:37	2:05:15
63	17/37	Matt Aro	Superior	WI	23	M	157	32:53	2:21	2:27	8	53:27	23.1	1:56	46	34:46	6:58	2:05:27
64	7/19	Aaron Walters	Minneapolis	MN	26	M	62	24:57	1:47	2:07	57	58:57	21.0	1:33	99	38:27	7:42	2:05:59
65	18/37	Josef Haas	Hastings	MN	23	M	38	23:39	1:41	2:12	134	1:05:05	19.0	1:55	29	33:14	6:39	2:06:02
66	6/14	Carl Tubbs	Stillwater	MN	44	M	80	26:56	1:55	2:01	49	57:27	21.5	1:50	89	37:50	7:34	2:06:03
67	13/28	John Clough	Minnetonka	MN	32	M	147	32:04	2:17	1:42	26	55:23	22.3	1:37	55	35:24	7:05	2:06:08
68	19/37	Anthony Hirschman	Maple Grove	MN	22	M	108	28:48	2:03	2:03	56	58:37	21.1	1:49	52	35:17	7:04	2:06:32
69	9/26	Jim Merickel	Maple Grove	MN	37	M	50	24:27	1:45	2:03	75	1:00:39	20.4	1:41	97	38:14	7:39	2:07:02
70	10/26	Mark Reed	Hermantown	MN	38	M	89	27:55	1:59	1:41	123	1:04:04	19.3	1:20	23	32:22	6:29	2:07:20
71	11/26	Anthony Sarrack	Elk River	MN	36	M	18	22:08	1:35	1:58	117	1:03:44	19.4	2:14	94	38:08	7:38	2:08:10
72	3/12	Gina Hamer	St. Paul	MN	31	F	103	28:29	2:02	1:28	65	1:00:09	20.6	1:52	78	36:50	7:22	2:08:45
73	7/14	Steve Gaffer	Hudson	WI	42	M	55	24:35	1:45	1:00	70	1:00:24	20.5	2:05	132	40:52	8:11	2:08:53
74	20/37	Edward Arntson	Hawley	MN	22	M	90	27:58	2:00	1:39	97	1:02:13	19.9	1:15	61	35:53	7:11	2:08:57
75	12/26	Robert Jarvis																

94	23/37	Brad Vieths	Esko	MN	23	M	149	32:07	2:17	2:31	76	1:00:41	20.4	1:08	66	36:14	7:15	2:12:41
95	1/3	Christina Fisher	Willmar	MN	16	F	71	26:23	1:53	1:55	100	1:02:26	19.8	2:33	117	39:48	7:58	2:13:03
96	9/19	Clayton Weiby	Saint Louis Pa	MN	29	M	141	31:25	2:14	1:37	91	1:01:43	20.0	1:43	85	37:09	7:26	2:13:36
97	5/21	Amber Rioppel	Minneapolis	MN	22	F	84	27:28	1:57	1:01	126	1:04:27	19.2	2:00	102	38:53	7:47	2:13:46
98	24/37	Nicholas Axtell	Cromwell	MN	23	M	133	30:52	2:12	1:39	95	1:02:01	19.9	2:15	87	37:28	7:30	2:14:12
99	25/37	Patrick Horst	Stillwater	MN	19	M	155	32:35	2:19	1:29	73	1:00:32	20.4	1:57	88	37:46	7:34	2:14:18
100	3/12	Amy Klosterman	St Paul	MN	40	F	45	24:12	1:44	1:06	151	1:07:21	18.4	1:15	131	40:45	8:09	2:14:37
101	6/21	Lauren Frana	Minneapolis	MN	21	F	3	19:39	1:24	6:13	130	1:04:43	19.1	1:59	149	42:14	8:27	2:14:45
102	4/12	Judy Peters	Sauk Rapids	MN	42	F	127	30:26	2:10	1:33	124	1:04:17	19.2	1:48	77	36:48	7:22	2:14:50
103	15/28	Paul Schlagel	Clearwater	MN	32	M	119	30:01	2:08	2:45	37	56:31	21.9	1:53	167	43:56	8:48	2:15:03
104	16/28	Mike Adams	Minneapolis	MN	34	M	152	32:16	2:18	1:13	112	1:03:20	19.5	3:18	49	34:59	7:00	2:15:04
105	5/12	Vicki Vandersloot	Minneapolis	MN	44	F	107	28:47	2:03	3:01	62	59:57	20.6	2:04	140	41:30	8:18	2:15:16
106	17/28	Troy Adams	Clouet	MN	30	M	77	26:45	1:54	2:21	96	1:02:10	19.9	1:56	150	42:16	8:28	2:15:26
107	26/37	Jesse Struve	Eden Prairie	MN	24	M	118	29:57	2:08	1:46	66	1:00:09	20.6	2:07	141	41:32	8:19	2:15:29
108	10/19	Jarad Niemi	Roseville	MN	25	M	125	30:03	2:09	1:17	87	1:01:22	20.1	1:16	142	41:35	8:19	2:15:30
109	3/7	Michelle Creasman	Morristown	MN	39	F	95	28:11	2:01	2:05	148	1:06:58	18.5	1:55	79	36:51	7:23	2:15:58
110	6/12	Lori Lindgren	Duluth	MN	34	F	63	24:59	1:47	2:18	149	1:07:03	18.4	1:49	128	40:38	8:08	2:16:45
111	15/26	Mark Hesser	St Michael	MN	35	M	120	30:01	2:08	2:22	109	1:03:03	19.6	1:53	109	39:29	7:54	2:16:47
112	2/8	John Barber	Bloomington	MN	54	M	112	29:10	2:05	1:58	108	1:02:58	19.6	2:00	135	41:02	8:13	2:17:05
113	11/19	Chad Ramler	Bloomington	MN	28	M	148	32:06	2:17	2:26	81	1:01:01	20.3	2:27	105	39:19	7:52	2:17:18
114	12/19	Daniel Mendel	Lakeville	MN	25	M	93	28:03	2:00	1:25	98	1:02:21	19.8	1:57	165	43:50	8:46	2:17:34
115	3/19	Amy Hexum	St. Paul	MN	25	F	150	32:12	2:18	1:16	110	1:03:08	19.6	1:13	122	40:05	8:01	2:17:52
116	18/28	Mike Arntson	Hawley	MN	32	M	186	35:53	2:33	1:28	64	1:00:00	20.6	1:34	103	39:06	7:50	2:17:59
117	16/26	Keith Tuominen	Mission Viejo	CA	38	M	144	31:48	2:16	1:40	111	1:03:14	19.6	1:46	113	39:34	7:55	2:17:59
118	10/14	Archie Woodworth	Hutchinson	MN	40	M	37	23:36	1:41	2:21	143	1:06:29	18.6	1:15	175	44:56	9:00	2:18:35
119	27/37	Tom Dowd	Glenview	IL	24	M	58	24:44	1:46	2:33	133	1:04:51	19.1	2:25	171	44:07	8:50	2:18:37
120	7/12	Patti Schmidt	Hampton	MN	31	F	139	31:21	2:14	1:58	113	1:03:29	19.5	1:44	126	40:17	8:04	2:18:46
121	8/15	Guy Sprenger	St Cloud	MN	45	M	94	28:09	2:00	1:47	125	1:04:23	19.2	2:15	161	43:16	8:40	2:19:48
122	13/19	Eric Gubricky	Somerset	WI	29	M	126	30:16	2:09	2:26	107	1:02:56	19.6	4:24	119	39:53	7:59	2:19:52
123	28/37	Matthew Leibfried	Duluth	MN	20	M	198	37:54	2:42	2:43	74	1:00:33	20.4	2:29	72	36:34	7:19	2:20:12
124	4/19	Emily Vos	Duluth	MN	27	F	160	33:01	2:21	3:22	105	1:02:51	19.7	1:44	107	39:20	7:52	2:20:17
125	3/8	Paul Greenblatt	Minneapolis	MN	50	M	130	30:35	2:11	3:02	78	1:00:43	20.4	2:03	168	44:00	8:48	2:20:20
126	29/37	Karl Leif Erickson	Circle Pines	MN	20	M	131	30:40	2:11	2:23	116	1:03:41	19.4	1:52	145	41:48	8:22	2:20:22
127	6/12	Stacy Creamer	New York	NY	42	F	116	29:48	2:07	1:39	164	1:08:54	17.9	1:03	108	39:28	7:54	2:20:50
128	19/28	Ken Legan	Shakopee	MN	31	M	123	30:02	2:08	2:10	171	1:10:30	17.5	1:27	83	36:58	7:24	2:21:06
129	5/19	Jodi Waks	Spring Lake Pa	MN	26	F	42	24:06	1:43	1:27	165	1:08:56	17.9	1:32	179	45:20	9:04	2:21:18
130	7/21	Maren Flynn	Fridley	MN	22	F	158	32:56	2:21	2:26	162	1:08:37	18.0	1:47	59	35:48	7:10	2:21:32
131	30/37	Budahn Michael	Lauderdale	MN	22	M	10	21:20	1:31	1:08	204	1:17:33	15.9	1:06	127	40:36	8:08	2:21:41
132	31/37	Mark Byrnes	Duluth	MN	24	M								1:15	223	2:00:27	24:06	2:21:52
133	32/37	Steven Warndahl	Plymouth	MN	19	M	53	24:31	1:45	2:35	114	1:03:31	19.5	2:07	196	49:09	9:50	2:21:52
134	4/8	Everett Arnold	Bemidji	MN	54	M	142	31:37	2:15	1:44	129	1:04:39	19.1	1:39	153	42:27	8:30	2:22:03
135	2/3	Kari Reed	Duluth	MN	16	F	22	22:36	1:37	2:06	152	1:07:27	18.3	3:01	187	47:03	9:25	2:22:11
136	7/12	Regina Palis	Brooklyn Cente	MN	40	F	156	32:38	2:20	1:28	157	1:08:08	18.1	2:00	93	38:05	7:37	2:22:18
137	5/8	Val Landwehr	Minneapolis	MN	52	M	195	37:23	2:40	3:58	122	1:04:02	19.3	1:39	41	22:82	8:17	2:22:21
138	8/12	Leanne Bronson	Superior	WI	32	F	97	28:15	2:01	1:45	145	1:06:48	18.5	1:36	169	40:43	8:49	2:22:26
139	11/14	Rick Mcgee	Brooklyn Park	MN	40	M	184	35:42	2:33	1:59	131	1:04:43	19.1	1:34	100	38:39	7:44	2:22:37
140	14/19	Bryan Grane	Addison	IL	26	M	145	31:49	2:16	2:19	146	1:06:55	18.5	1:41	121	39:58	8:00	2:22:41
141	6/19	Jody Zeleznikar	Duluth	MN	29	F	161	33:26	2:23	1:10	154	1:07:48	18.2	1:52	101	38:43	7:45	2:22:56
142	3/3	Antonia Slaughter	Maple Plain	MN	17	F	81	27:00	1:56	1:35	180	1:12:01	17.2	2:42	116	39:40	7:56	2:22:57
143	17/26	Daniel Howe	Duluth	MN	39	M	154	32:34	2:19	2:42	139	1:05:49	18.8	1:22	129	40:39	8:08	2:23:04
144	7/19	Audrey Hazleton	Duluth	MN	29	F	70	26:13	1:52	2:02	178	1:11:50	17.2	1:43	144	41:46	8:22	2:23:33
145	9/12	Brenda Olson	Duluth	MN	32	F	68	25:19	1:48	2:32	169	1:10:07	17.6	2:13	164	43:40	8:44	2:23:50
146	20/28	Paul Gerth	Blaine	MN	31	M	163	33:30	2:23	2:11	144	1:06:29	18.6	0:47	137	41:09	8:14	2:24:04
147	8/21	Jessica Krog	Duluth	MN	23	F	135	30:56	2:12	2:02	60	59:46	20.7	2:59	193	48:28	9:42	2:24:09
148	9/15	Brian Bergeron	Hermontown	MN	46	M	182	35:38	2:32	2:37	93	1:01:48	20.0	3:03	147	42:08	8:26	2:25:12
149	8/12	Mary Moline	Duluth	MN	43	F	170	34:20	2:27	1:42	174	1:10:46	17.5	1:51	76	36:43	7:21	2:25:19
150	15/19	Michael Marek	St. Paul	MN	26	M	165	33:36	2:24	1:38	147	1:06:56	18.5	2:11	136	41:08	8:14	2:25:27
151	10/15	Marty Carson	Roseville	MN	48	M	132	30:47	2:12	2:29	115	1:03:32	19.5	2:50	181	45:53	9:11	2:25:29
152	33/37	Brian Warden	Ham Lake	MN	23	M	117	29:51	2:08	2:06	135	1:05:06	19.0	2:04	184	46:27	9:18	2:25:33
153	4/7	Stephanie Puffer	Hermantown	MN	35	F	113	29:28	2:06	1:30	176	1:10:49	17.5	1:42	152	42:22	8:29	2:25:50
154	18/26	Timothy Tanner	Plymouth	MN	38	M	171	34:26	2:27	3:12	142	1:06:08	18.7	2:30	118	39:52	7:59	2:26:05
155	16/19	Jeff Jones	Minneapolis	MN	26	M	138	31:10	2:13	1:59	141	1:06:03	18.7	2:38	173	44:25	8:53	2:26:14
156	1/3	Tom Brix	Plymouth	MN	60	M	202	38:10	2:43	3:12	83	1:01:04	20.2	1:55	146	41:55	8:23	2:26:15
157	17/19	Jeremy Jones	Duluth	MN	25	M	212	40:59	2:55	2:13	128	1:04:32	19.2	2:46	65	36:04	7:13	2:26:33
158	19/26	Matthew Hegge	Minneapolis	MN	38	M	136	30:59	2:13	3:11	136	1:05:14	19.0	1:49	180	45:30	9:06	2:26:42
159	21/28	Michael Bradshaw	Minneapolis	MN	32	M	99	28:20	2:01	2:49	172	1:10:32	17.5	2:03	177	44:57	9:00	2:28:40
160	18/19	Peter Mattson	Apple Valley	MN	25	M	187	36:00	2:34	2:46	140	1:06:00	18.7	1:31	157	42:59	8:36	2:29:14
161	9/21	Erin Hyndman	Andover	MN	21	F	181	35:38	2:32	1:55	155	1:07:58	18.2	1:10	159	43:08	8:38	2:29:48
162	34/37	Aaron Sorenson	St. Louis Park	MN	23	M	173	34:35	2:28	3:24	118	1:03:45	19.4	4:54	163	43:39	8:44	2:30:15
163	11/15	Doug Johnson	Minneapolis	MN	45	M	169	34:13	2:26	6:05	137	1:05:26	18.9	2:00	156	42:50	8:34	2:30:32
164	20/26	Paul Noreau	Minneapolis	MN	35	M	177	35:06	2:30	2:33	89	1:01:29	20.1	1:18	198	50:13	10:03	2:30:37
165	10/21	Rebecca Washkuhn	Madison	WI	21	F	189	36:38	2:37	1:25	175	1:10:48	17.5	1:40	123	40:10	8:02	2:30:38
166	11/21	Ellen Bjork	St. Paul	MN	18	F	92	28:03	2:00	3:02	209	1:18:58	15.7	1:39	111	39:31	7:55	2:31:10
167	12/21	Annie Mills	St. Paul	MN	18	F	143	31:39	2:15	2:37	202	1:15:3						

197	36/37	Matt Dixon	Minneapolis	MN	24	M	193	36:59	2:38	3:32	185	1:13:22	16.9	2:12	172	44:13	8:51	2:40:17
198	12/19	Holly Kraus	Richfield	MN	28	F	88	27:54	1:59	2:31	195	1:14:24	16.6	1:46	212	53:50	10:46	2:40:24
199	1/1	Pam Solberg-Tapper	Duluth	MN	49	F	207	38:32	2:45	2:43	200	1:15:14	16.4	0:53	160	43:11	8:39	2:40:32
200	7/7	Eileen Carey	St. Paul	MN	39	F	204	38:27	2:44	2:34	196	1:14:44	16.5	1:16	183	46:17	9:16	2:43:16
201	16/21	Meghan Milbrath	Hudson	WI	22	F	146	31:49	2:16	2:07	194	1:14:21	16.6	2:28	209	52:41	10:33	2:43:25
202	13/15	Mike Kjelland	Alexandria	MN	48	M	208	38:38	2:45	3:01	197	1:14:46	16.5	3:17	174	44:38	8:56	2:44:18
203	13/19	Anne Schlukebier	St. Paul	MN	28	F	206	38:30	2:45	3:34	201	1:15:15	16.4	2:07	185	46:32	9:19	2:45:56
204	14/19	Christyn Malone	Duluth	MN	27	F	178	35:09	2:30	1:54	214	1:21:43	15.1	2:27	178	45:08	9:02	2:46:19
205	17/21	Katie Hooley	Stillwater	MN	19	F	180	35:22	2:31	2:39	198	1:14:50	16.5	2:07	205	51:50	10:22	2:46:46
206	8/8	Sol Mirelez	Prior Lake	MN	52	M	223	55:04	3:55	3:28	132	1:04:45	19.1	2:42	143	41:42	8:21	2:47:39
207	18/21	Jill Laber	White Bear Lak	MN	22	F	174	34:38	2:28	2:21	216	1:25:18	14.5	1:08	189	47:23	9:29	2:50:46
208	9/12	Monica Surber	Minneapolis	MN	41	F	153	32:21	2:18	2:48	208	1:18:31	15.7	2:37	216	55:35	11:07	2:51:50
209	24/26	Thomas Whitney	Crystal	MN	36	M	197	37:42	2:41	1:35	203	1:16:54	16.1	3:34	210	52:43	10:33	2:52:26
210	19/21	Naomi Scott	St. Paul	MN	18	F	79	26:51	1:55	3:47	215	1:23:37	14.8	2:46	217	55:48	11:10	2:52:46
211	14/15	Ted Dickey	Chaska	MN	47	M	201	38:05	2:43	3:38	206	1:18:00	15.8	4:43	206	52:17	10:28	2:56:41
212	25/26	Craig Jacques	Plymouth	MN	38	M	209	40:12	2:52	3:10	218	1:28:17	14.0	1:39	176	44:57	9:00	2:58:13
213	10/12	Ronda Copher	Minneapolis	MN	33	F	215	42:35	3:02	1:43	190	1:13:50	16.7	2:00	220	58:47	11:46	2:58:54
214	15/19	Robin Brown	Eden Prairie	MN	29	F	213	41:21	2:57	4:19	199	1:14:53	16.5	3:27	214	54:58	11:00	2:58:55
215	10/12	Virginia Mahar	Jacksonville	FL	40	F	179	35:19	2:31	3:58	217	1:27:37	14.1	2:15	199	50:56	10:12	3:00:03
216	26/26	John Schneider	Mpls	MN	36	M	219	50:15	3:35	2:44	187	1:13:31	16.8	2:52	200	51:06	10:14	3:00:26
217	11/12	Sheryl Woodworth	Hutchinson	MN	40	F	196	37:26	2:40	2:59	207	1:18:23	15.8	3:14	221	1:00:10	12:02	3:02:10
218	20/21	Rita Rodrigue	Andover	MN	23	F	159	32:57	2:21	3:24	210	1:20:28	15.4	2:10	222	1:05:49	13:10	3:04:46
219	12/12	Teri Alberico	Saint Paul	MN	43	F	216	43:48	3:07	3:25	212	1:20:48	15.3	7:04	208	52:26	10:30	3:07:28
220	16/19	Jody Hilleshiem	Saint Louis Pa	MN	28	F	218	48:20	3:26	4:06	211	1:20:32	15.4	2:34	218	56:47	11:22	3:12:17
221	11/12	Deanna Bartlam	Duluth	MN	33	F	224	58:45	4:11	3:36	170	1:10:29	17.5	2:41	219	58:16	11:40	3:13:46
222	12/12	Rebecca Peterson	Duluth	MN	30	F	225	58:50	4:11	4:47								3:21:51
223	17/19	Shannon Skibicki	Duluth	MN	29	F	221	50:41	3:36	6:51	221	1:41:30	12.2	4:00	202	51:37	10:20	3:34:37
224	21/21	Cindy Skibicki	Mankato	MN	24	F	220	50:40	3:36	6:52	220	1:41:29	12.2	4:00	203	51:37	10:20	3:34:37
225	3/3	Dan Durand	Esko	MN	60	M	226	73:11	5:12					4:07	215	55:24	11:05	3:50:24

DID NOT FINISH

226	18/19	Julie Frantz	St. Louis Park	MN	26	F	199	37:56	2:42	3:06	219	1:28:28	14.0					
227	28/28	Patrick Hill	Minneapolis	MN	33	M	121	30:02	2:08									
228	19/19	Stephanie Roscoe	Rosemount	MN	29	F	222	52:44	3:45	4:29								

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	1	Brian Bich	Duluth	MN	36	M	7	20:39	1:28	0:57	1	50:36	24.4	0:51	1	28:45	5:45	1:41:46
2	127	Nathan Kortuem	Andover	MN	22	M	3	19:50	1:25	1:06	5	52:39	23.5	0:46	4	29:20	5:52	1:43:39
3	138	Brett Lovaas	Hopkins	MN	27	M	4	19:55	1:25	1:01	2	52:08	23.7	1:04	6	29:52	5:59	1:43:58
4	211	Phil Smith	Minneapolis	MN	24	M	6	20:19	1:27	0:47	22	55:11	22.4	1:17	3	28:55	5:47	1:46:28
5	210	Charles Smith	Minneapolis	MN	24	M	12	21:49	1:33	0:34	25	55:23	22.3	0:55	2	28:50	5:46	1:47:29
6	219	Mike Sweeney	Cottage Grove	MN	33	M	5	19:56	1:25	1:02	12	54:16	22.8	1:00	14	31:58	6:24	1:48:10
7	249	Andy Zoldak	San Jose	CA	32	M	13	21:54	1:34	1:20	7	52:47	23.4	1:03	9	31:12	6:15	1:48:14
8	57	Dave Dow	St. Paul	MN	47	M	19	22:29	1:36	1:04	4	52:27	23.6	1:19	11	31:36	6:20	1:48:53
9	21	Leon Ball	Minneapolis	MN	37	M	23	23:09	1:39	1:52	10	53:43	23.0	1:07	5	29:45	5:57	1:49:34
10	498	David Rogowski	Fargo	ND	34	M	2	19:36	1:24	1:14	34	56:19	22.0	1:00	19	32:06	6:26	1:50:13
11	4	Jesse Adams	Grand Rapids	MN	20	M	10	21:46	1:33	0:53	20	55:05	22.4	0:55	17	32:05	6:25	1:50:42
12	202	Dan Schueller	Brooklyn Cente	MN	40	M	36	24:09	1:43	1:03	9	53:33	23.1	0:57	20	32:11	6:27	1:51:51
13	84	Mike Gruba	White Bear Lk	MN	24	M	44	24:32	1:45	1:19	23	55:20	22.3	0:50	7	30:24	6:05	1:52:22
14	167	Charles Parsons	Minneapolis	MN	35	M	17	22:12	1:35	1:38	36	56:36	21.8	1:15	8	30:56	6:12	1:52:35
15	3	Daniel Abercrombie	Eagan	MN	28	M	38	24:15	1:44	1:04	13	54:28	22.7	1:05	13	31:51	6:23	1:52:41
16	180	Kenneth Ripp	Duluth	MN	37	M	21	23:02	1:39	1:22	19	55:03	22.5	1:20	23	32:27	6:30	1:53:12
17	133	Joe Langel	Minnetonka	MN	29	M	15	22:00	1:34	1:22	14	54:31	22.7	1:02	43	34:48	6:58	1:53:41
18	179	Greg Rhodes	Bloomington	MN	23	M	1	19:01	1:21	0:58	37	56:37	21.8	0:53	60	36:27	7:18	1:53:55
19	46	Jeffrey Cincoski	St. Paul	MN	19	M	9	21:44	1:33	1:00	32	56:03	22.1	1:04	39	34:25	6:53	1:54:13
20	72	Dale Forde	Golden Valley	MN	44	M	51	24:55	1:47	1:54	18	55:02	22.5	1:15	10	31:34	6:19	1:54:39
21	119	Nathan Kark	Stillwater	MN	17	M	28	23:27	1:40	1:09	31	56:02	22.1	1:23	27	33:06	6:38	1:55:05
22	42	Duey Carlson	Inver Grove He	MN	30	M	47	24:43	1:46	0:50	11	54:13	22.8	0:54	41	34:34	6:55	1:55:12
23	231	Micheal Waataja	Golden Valley	MN	27	M	14	21:55	1:34	1:28	33	56:12	22.0	1:24	36	34:16	6:52	1:55:14
24	63	Peter Ekberg	Minneapolis	MN	37	M	41	24:28	1:45	1:17	29	55:52	22.1	1:12	24	32:36	6:32	1:55:23
25	241	Joe Wildman	Milaca	MN	45	M	11	21:48	1:33	1:25	41	57:00	21.7	1:28	32	33:53	6:47	1:55:32
26	566	Austin Ramsland	Boulder	CO	27	M	22	23:05	1:39	1:09	28	55:30	22.3	1:32	40	34:30	6:54	1:55:44
27	11	Jack Alexander Jr.	Duluth	MN	47	M	26	23:20	1:40	0:56	16	54:45	22.6	1:33	53	35:42	7:09	1:56:14
28	87	Paul Haltvick	Ashland	WI	45	M	91	30:02	2:08	0:38	6	52:46	23.4	0:58	25	33:00	6:36	1:57:23
29	116	Jonathan Jones	Minneapolis	MN	25	M	39	24:23	1:44	1:52	44	57:15	21.6	1:13	29	33:25	6:41	1:58:06
30	147	Patrick Mcmorrow	Eden Prairie	MN	55	M	20	22:39	1:37	1:34	48	57:33	21.5	1:11	49	35:22	7:05	1:58:17
31	23	Kris Barber	St. Paul	MN	39	M	18	22:26	1:36	1:22	50	58:00	21.3	1:36	46	35:03	7:01	1:58:25
32	185	Scot Rownd	Fergus Falls	MN	33	M	50	24:51	1:46	1:40	26	55:24	22.3	1:13	52	35:34	7:07	1:58:40
33	568	Nathan Hoffman	South Haven	MN	19	M	79	28:40	2:03	1:14	30	55:56	22.1	1:19	12	31:44	6:21	1:58:51
34	565	Anton Pshon	Ukraine	MN	20	M	55	25:15	1:48	1:39	38	56:41	21.8	1:20	34	34:07	6:50	1:58:59
35	170	Kevin Pilarski	Oakdale	MN	36	M	73	28:12	2:01	1:24	40	56:55	21.7	0:41	15	31:59	6:24	1:59:09
36	163	Michael T. Olson	Minneapolis	MN	31	M	56	25:56	1:51	1:35	42	57:03	21.7	1:18	30	33:39	6:44	1:59:28
37	184	Brian Rosenberg	St. Louis Park	MN	23	M	46	24:36	1:45	2:15	3	52:21	23.6	1:38	86	39:08	7:50	1:59:55
38	189	Chris Sachs	White Bear Lak	MN	22	M	77	28:27	2:02	1:18	17	54:46	22.6	1:07	44	34:52	6:59	2:00:28
39	218	Kris Swarthout	Crystal	MN	30	M	61	26:49	1:55	1:24	21	55:11	22.4	1:22	61	36:31	7:19	2:01:16
40	129	Steve Kramer	Duluth	MN	30	M	49	24:48	1:46	1:23	56	59:42	20.7	1:13	37	34:22	6:53	2:01:26
41	250	Ted Zuhlsdorf	Maple Grove	MN	30	M	67	27:52	1:59	2:02	15	54:33	22.7	1:39	54	35:53	7:11	2:01:56
42	206	Dave Skansberg	Duluth	MN	32	M	66	27:49	1:59	1:26								

62	100	Anthony Hirschman	Maple Grove	MN	22	M	80	28:48	2:03	2:03	53	58:37	21.1	1:49	48	35:17	7:04	2:06:32
63	149	Jim Merickel	Maple Grove	MN	37	M	40	24:27	1:45	2:03	67	1:00:39	20.4	1:41	81	38:14	7:39	2:07:20
64	178	Mark Reed	Hermantown	MN	38	M	68	27:55	1:59	1:41	103	1:04:04	19.3	1:20	22	32:22	6:29	2:07:20
65	192	Anthony Sarrack	Elk River	MN	36	M	16	22:08	1:35	1:58	98	1:03:44	19.4	2:14	78	38:08	7:38	2:08:10
66	76	Steve Gaffer	Hudson	WI	42	M	45	24:35	1:45	1:00	62	1:00:24	20.5	2:05	99	40:52	8:11	2:08:53
67	17	Edward Arntson	Hawley	MN	22	M	69	27:58	2:00	1:39	86	1:02:13	19.9	1:15	55	35:53	7:11	2:08:57
68	599	Robert Jarvis	Morris	MN	38	M	78	28:36	2:02	1:38	64	1:00:27	20.5	1:40	64	36:39	7:20	2:08:58
69	117	Chuck Julson	Bloomington	MN	37	M	70	28:00	2:00	1:41	61	1:00:18	20.5	2:43	65	36:41	7:21	2:09:21
70	45	Rick Christenson	Roseville	MN	44	M	114	33:34	2:24	2:05	27	55:28	22.3	1:25	70	36:58	7:24	2:09:29
71	77	Gregg Garretson	Rosemount	MN	44	M	54	25:11	1:48	2:51	80	1:01:36	20.1	1:48	82	38:17	7:40	2:09:42
72	602	Andrew Sorenson		MN	24	M	83	29:30	2:06	2:39	100	1:03:48	19.4	2:23	18	32:06	6:26	2:10:23
73	251	Brian Arett	Moorhead	MN	46	M	126	35:39	2:32	1:42	45	57:26	21.5	1:47	31	33:53	6:47	2:10:25
74	90	Kelly Haworth	Duluth	MN	17	M	24	23:15	1:40	1:54	115	1:05:43	18.8	1:52	76	37:54	7:35	2:10:36
75	217	Jeff Swanson	Andover	MN	30	M	84	29:33	2:06	2:10	55	59:13	20.9	1:47	80	38:13	7:39	2:10:54
76	93	Michael Helke	Marine On The	MN	19	M	98	30:54	2:12	2:25	71	1:00:58	20.3	2:23	38	34:24	6:53	2:11:03
77	78	Mark Gaspersich	Boise	IA	28	M	81	29:00	2:04	3:31	82	1:01:44	20.0	1:46	47	35:05	7:01	2:11:06
78	567	Rick Abarahamson	Duluth	MN	39	M	57	26:23	1:53	2:24	49	57:41	21.4	1:05	125	44:06	8:50	2:11:37
79	229	Brad Vieths	Esko	MN	23	M	107	32:07	2:17	2:31	68	1:00:41	20.4	1:08	59	36:14	7:15	2:12:41
80	238	Clayton Weiby	Saint Louis Pa	MN	29	M	101	31:25	2:14	1:37	81	1:01:43	20.0	1:43	71	37:09	7:26	2:13:36
81	20	Nicholas Axtell	Cromwell	MN	23	M	97	30:52	2:12	1:39	84	1:02:01	19.9	2:15	73	37:28	7:30	2:14:12
82	104	Patrick Horst	Stillwater	MN	19	M	110	32:35	2:19	1:29	65	1:00:32	20.4	1:57	74	37:46	7:34	2:14:18
83	197	Paul Schlagel	Clearwater	MN	32	M	87	30:01	2:08	2:45	35	56:31	21.9	1:53	123	43:56	8:48	2:15:03
84	5	Mike Adams	Minneapolis	MN	34	M	108	32:16	2:18	1:13	94	1:03:20	19.5	3:18	45	34:59	7:00	2:15:04
85	7	Troy Adams	Cloquet	MN	30	M	60	26:45	1:54	2:21	85	1:02:10	19.9	1:56	113	42:16	8:28	2:15:26
86	215	Jesse Struve	Eden Prairie	MN	24	M	86	29:57	2:08	1:46	59	1:00:09	20.6	2:07	106	41:32	8:19	2:15:29
87	159	Jarad Niemi	Roseville	MN	25	M	92	30:03	2:09	1:17	77	1:01:22	20.1	1:16	107	41:35	8:19	2:15:30
88	94	Mark Hesser	St Michael	MN	35	M	88	30:01	2:08	2:22	92	1:03:03	19.6	1:53	89	39:29	7:54	2:16:47
89	22	John Barber	Bloomington	MN	54	M	82	29:10	2:05	1:58	91	1:02:58	19.6	2:00	101	41:02	8:13	2:17:05
90	175	Chad Ramler	Bloomington	MN	28	M	106	32:06	2:17	2:26	72	1:01:01	20.3	2:27	87	39:19	7:52	2:17:18
91	148	Daniel Mendel	Lakeville	MN	25	M	71	28:03	2:00	1:25	87	1:02:21	19.8	1:57	121	43:50	8:46	2:17:34
92	18	Mike Arntson	Hawley	MN	32	M	129	35:53	2:33	1:28	58	1:00:00	20.6	1:34	85	39:06	7:50	2:17:59
93	224	Keith Tuominen	Mission Viejo	CA	38	M	103	31:48	2:16	1:40	93	1:03:14	19.6	1:46	91	39:34	7:55	2:17:59
94	244	Archie Woodworth	Hutchinson	MN	40	M	30	23:36	1:41	2:21	120	1:06:29	18.6	1:15	130	44:56	9:00	2:18:35
95	58	Tom Dowd	Glenview	IL	24	M	48	24:44	1:46	2:33	110	1:04:51	19.1	2:25	126	44:07	8:50	2:18:37
96	214	Guy Sprenger	St Cloud	MN	45	M	72	28:09	2:00	1:47	104	1:04:23	19.2	2:15	119	43:16	8:40	2:19:48
97	85	Eric Gubricky	Somerset	WI	29	M	93	30:16	2:09	2:26	90	1:02:56	19.6	4:24	93	39:53	7:59	2:19:52
98	136	Matthew Leibfried	Duluth	MN	20	M	139	37:54	2:42	2:43	66	1:00:33	20.4	2:29	63	36:34	7:19	2:20:12
99	83	Paul Greenblatt	Minneapolis	MN	50	M	94	30:35	2:11	3:02	70	1:00:43	20.4	2:03	124	44:00	8:48	2:20:20
100	65	Karl Leif Erickson	Circle Pines	MN	20	M	95	30:40	2:11	2:23	97	1:03:41	19.4	1:52	109	41:48	8:22	2:20:22
101	135	Ken Legan	Shakopee	MN	31	M	90	30:02	2:08	2:10	132	1:10:30	17.5	1:27	69	36:58	7:24	2:21:06
102	150	Budahn Michael	Lauderdale	MN	22	M	8	21:20	1:31	1:08	146	1:17:33	15.9	1:06	97	40:36	8:08	2:21:41
103	40	Mark Byrnes	Duluth	MN	24	M								1:15	151	2:00:27	24:06	2:21:52
104	236	Steven Warndahl	Plymouth	MN	19	M	43	24:31	1:45	2:35	95	1:03:31	19.5	2:07	141	49:09	9:50	2:21:52
105	16	Everett Arnold	Bemidji	MN	54	M	102	31:37	2:15	1:44	107	1:04:39	19.1	1:39	114	42:27	8:30	2:22:03
106	132	Val Landwehr	Minneapolis	MN	52	M	137	37:23	2:40	3:58	102	1:04:02	19.3	1:05	141	41:22	8:17	2:22:21
107	146	Rick Mcgee	Brooklyn Park	MN	40	M	127	35:42	2:33	1:59	108	1:04:43	19.1	1:34	84	38:39	7:44	2:22:37
108	82	Bryan Grane	Addison	IL	26	M	104	31:49	2:16	2:19	122	1:06:55	18.5	1:41	94	39:58	8:00	2:22:41
109	105	Daniel Howe	Duluth	MN	39	M	109	32:34	2:19	2:42	116	1:05:49	18.8	1:22	98	40:39	8:08	2:23:04
110	79	Paul Gerth	Blaine	MN	31	M	113	33:30	2:23	2:11	121	1:06:29	18.6	0:47	103	41:09	8:14	2:24:04
111	570	Brian Bergeron	Hermantown	MN	46	M	125	35:38	2:32	2:37	83	1:01:48	20.0	3:03	111	42:08	8:26	2:25:12
112	144	Michael Marek	St. Paul	MN	26	M	115	33:36	2:24	1:38	123	1:06:56	18.5	2:11	102	41:08	8:14	2:25:27
113	601	Marty Carson	Roseville	MN	48	M	96	30:47	2:12	2:29	96	1:03:32	19.5	2:50	134	45:53	9:11	2:25:29
114	234	Brian Warden	Ham Lake	MN	23	M	85	29:51	2:08	2:06	112	1:05:06	19.0	2:04	135	46:27	9:18	2:25:33
115	220	Timothy Tanner	Plymouth	MN	38	M	119	34:26	2:27	3:12	119	1:06:08	18.7	2:30	92	39:52	7:59	2:26:05
116	114	Jeff Jones	Minneapolis	MN	26	M	100	31:10	2:13	1:59	118	1:06:03	18.7	2:38	128	44:25	8:53	2:26:14
117	37	Tom Brix	Plymouth	MN	60	M	142	38:10	2:43	3:12	74	1:01:04	20.2	1:55	110	41:55	8:23	2:26:15
118	115	Jeremy Jones	Duluth	MN	25	M	148	40:59	2:55	2:13	106	1:04:32	19.2	2:46	58	36:04	7:13	2:26:33
119	92	Matthew Hegge	Minneapolis	MN	38	M	99	30:59	2:13	3:11	113	1:05:14	19.0	1:49	133	45:30	9:06	2:26:42
120	35	Michael Bradshaw	Minneapolis	MN	32	M	75	28:20	2:01	2:49	133	1:10:32	17.5	2:03	132	44:57	9:00	2:28:40
121	145	Peter Mattson	Apple Valley	MN	25	M	130	36:00	2:34	2:46	117	1:06:00	18.7	1:31	117	42:59	8:36	2:29:14
122	213	Aaron Sorenson	St. Louis Park	MN	23	M	121	34:35	2:28	3:24	99	1:03:45	19.4	4:54	120	43:39	8:44	2:30:15
123	112	Doug Johnson	Minneapolis	MN	45	M	118	34:13	2:26	6:05	114	1:05:26	18.9	2:00	116	42:50	8:34	2:30:32
124	161	Paul Noreau	Minneapolis	MN	35	M	124	35:06	2:30	2:33	79	1:01:29	20.1	1:18	142	50:13	10:03	2:30:37
125	122	Michael Kirschling	Duluth	AR	16	M	29	23:29	1:40	2:56	142	1:14:17	16.6	1:37	139	49:02	9:49	2:31:19
126	195	Mark Scheib	Duluth	MN	32	M	143	38:20	2:44	3:41	126	1:08:29	18.1	2:03	88	39:20	7:52	2:31:50
127	27	Brian Belich	Carlton	MN	34	M	128	35:43	2:33	2:32	135	1:12:09	17.1	1:17	95	40:13	8:03	2:31:52
128	573	Randy Cable	Superior	WI	41	M	76	28:23	2:01	2:30	127	1:08:30	18.0	1:19	144	51:18	10:16	2:31:58
129	225	Kory Tuominen	Lake City	MN	30	M	136	37:13	2:39	1:34	136	1:12:47	17.0	0:59	90	39:33	7:55	2:32:04
130	142	Chris Mandery	Savage	MN	35	M	134	36:53	2:38	2:14	129	1:09:21	17.8	2:28	112	42:09	8:26	2:33:02
131	134	Jon Larson	Northfield	MN	22	M	120	34:34	2:28	0:51	141	1:13:59	16.7	1:22	115	42:32	8:31	2:33:16
132	24	Rodney Barnes	Duluth	MN	47	M	131	36:06	2:34	2:03	88	1:02:39	19.7	3:49	140	49:04	9:49	2:33:40
133	14	Gary Andrews	Duluth	MN	38	M	133	36:47	2:37	3:03	134	1:11:22	17.3	1:30	100	41:00	8:12	2:33:41
134	139	Jerry Lunke	Duluth	MN	64	M	116	33:38	2:24	2:22	128	1:08:35	18.0	2:00	138	47:46	9:34	2:34:20
135	13	Mark Anderson	Lombard	IL	50	M	65	27:33	1:58	2:13	131	1:09:43	17.7	3:24	149	52:46	10:34	2:35:38
136	33	Thomas Boland	St. Paul	MN	33	M	149	46:33	3:19	2:18	130	1:09:25	17.8	0:55	67	36:57	7:24	2:36:05
137	49	Dennis L. Co																

6	101	Sara Hollingsworth	Duluth	MN	30	F	7	23:10	1:39	1:34	12	1:02:26	19.8	1:24	8	36:21	7:17	2:04:52
7	88	Gina Hamer	St. Paul	MN	31	F	26	28:29	2:02	1:28	7	1:00:09	20.6	1:52	13	36:50	7:22	2:08:45
8	91	Heidi Hebert	Rochester	MN	22	F	29	29:06	2:04	1:26	9	1:00:53	20.3	1:36	9	36:33	7:19	2:09:33
9	89	Patti Harvieux	Duluth	MN	36	F	27	28:33	2:02	1:24	11	1:01:57	20.0	2:37	5	35:38	7:08	2:10:06
10	28	Amy Bergeron	St. Paul	MN	44	F	16	26:33	1:54	1:21	10	1:01:15	20.2	1:34	24	39:39	7:56	2:10:20
11	43	Michelle Carlson	Maple Grove	MN	30	F	10	24:26	1:45	1:10	20	1:03:45	19.4	1:37	23	39:36	7:56	2:10:32
12	158	Suzann Mouw	White Bear Lak	MN	38	F	12	25:17	1:48	1:34	14	1:02:37	19.7	1:41	27	39:56	8:00	2:11:03
13	70	Lauren Fithian	Minneapolis	MN	44	F	35	30:32	2:11	2:19	8	1:00:16	20.5	2:14	7	35:57	7:12	2:11:16
14	188	Colleen Ryan	Austin	TX	30	F	25	28:26	2:02	0:51	6	1:00:00	20.6	1:10	34	40:53	8:11	2:11:19
15	128	Liina Koukkari	Minneapolis	MN	24	F	17	26:34	1:54	1:36	16	1:02:49	19.7	2:35	15	37:53	7:35	2:11:26
16	68	Christina Fisher	Willmar	MN	16	F	15	26:23	1:53	1:55	13	1:02:26	19.8	2:33	26	39:48	7:58	2:13:03
17	600	Amber Riopel	Minneapolis	MN	22	F	20	27:28	1:57	1:01	22	1:04:27	19.2	2:00	18	38:53	7:47	2:13:46
18	125	Amy Klosterman	St. Paul	MN	40	F	9	24:12	1:44	1:06	28	1:07:21	18.4	1:15	33	40:45	8:09	2:14:37
19	73	Lauren Frana	Minneapolis	MN	21	F	1	19:39	1:24	6:13	23	1:04:43	19.1	1:59	37	42:14	8:27	2:14:45
20	485	Judy Peters	Sauk Rapids	MN	42	F	34	30:26	2:10	1:33	21	1:04:17	19.2	1:48	12	36:48	7:22	2:14:50
21	227	Vicki Vandersloot	Minneapolis	MN	44	F	28	28:47	2:03	3:01	5	59:57	20.6	2:04	35	41:30	8:18	2:14:56
22	51	Michelle Creasman	Morristown	MN	39	F	23	28:11	2:01	2:05	25	1:06:58	18.5	1:55	14	36:51	7:23	2:15:58
23	137	Lori Lindgren	Duluth	MN	34	F	11	24:59	1:47	2:18	26	1:07:03	18.4	1:49	31	40:38	8:08	2:16:45
24	95	Amy Hexum	St. Paul	MN	25	F	43	32:12	2:18	1:16	18	1:03:08	19.6	1:13	28	40:05	8:01	2:17:52
25	289	Patti Schmidt	Hampton	MN	31	F	39	31:21	2:14	1:58	19	1:03:29	19.5	1:44	30	40:17	8:04	2:18:46
26	230	Emily Vos	Duluth	MN	27	F	49	33:01	2:12	3:22	17	1:02:51	19.7	1:44	19	39:20	7:52	2:20:17
27	574	Stacy Creamer	New York	NY	42	F	32	29:48	2:07	1:39	36	1:08:54	17.9	1:03	20	39:28	7:54	2:20:50
28	232	Jodi Waks	Spring Lake Pa	MN	26	F	8	24:06	1:43	1:27	37	1:08:56	17.9	1:32	47	45:20	9:04	2:21:18
29	71	Maren Flynn	Fridley	MN	22	F	47	32:56	2:21	2:26	34	1:08:37	18.0	1:47	6	35:48	7:10	2:21:32
30	177	Kari Reed	Duluth	MN	16	F	3	22:36	1:37	2:06	29	1:07:27	18.3	3:01	51	47:03	9:25	2:22:11
31	605	Regina Palis	Brooklyn Cente	MN	40	F	46	32:38	2:20	1:28	33	1:08:08	18.1	2:00	16	38:05	7:37	2:22:18
32	38	Leanne Bronson	Superior	WI	32	F	24	28:15	2:01	1:45	24	1:06:48	18.5	1:36	45	44:03	8:49	2:22:26
33	248	Jody Zeleznikar	Duluth	MN	29	F	50	33:26	2:23	1:10	31	1:07:48	18.2	1:52	17	38:43	7:43	2:22:56
34	209	Antonia Slaughter	Maple Plain	MN	17	F	19	27:00	1:56	1:35	46	1:12:01	17.2	2:42	25	39:40	7:56	2:22:57
35	564	Audrey Hazleton	Duluth	MN	29	F	14	26:13	1:52	2:02	44	1:11:50	17.2	1:43	36	41:46	8:22	2:23:33
36	162	Brenda Olson	Duluth	MN	32	F	13	25:19	1:48	2:32	38	1:10:07	17.6	2:13	44	43:40	8:44	2:23:50
37	597	Jessica Krog	Duluth	MN	23	F	37	30:56	2:12	2:02	4	59:46	20.7	2:59	55	48:28	9:42	2:24:09
38	157	Mary Moline	Duluth	MN	43	F	52	34:20	2:27	1:42	41	1:10:46	17.5	1:51	11	36:43	7:21	2:25:19
39	173	Stephanie Puffer	Hermantown	MN	35	F	31	29:28	2:06	1:30	43	1:10:49	17.5	1:42	39	42:22	8:29	2:25:50
40	106	Erin Hyndman	Andover	MN	21	F	57	35:38	2:32	1:55	32	1:07:58	18.2	1:10	41	43:08	8:38	2:29:48
41	237	Rebecca Washkuhn	Madison	WI	21	F	58	36:38	2:37	1:25	42	1:10:48	17.5	1:40	29	40:10	8:02	2:30:38
42	31	Ellen Bjork	St. Paul	MN	18	F	22	28:03	2:00	3:02	61	1:18:58	15.7	1:39	22	39:31	7:55	2:31:10
43	152	Annie Mills	St. Paul	MN	18	F	41	31:39	2:15	2:37	58	1:15:33	16.4	1:53	21	39:31	7:55	2:31:10
44	64	Holly Erickson	St. Paul	MN	20	F	33	30:02	2:08	4:26	35	1:08:42	18.0	2:49	48	46:04	9:13	2:32:01
45	246	Leigh Wright	Duluth	MN	38	F	44	32:14	2:18	1:30	49	1:13:36	16.8	1:26	43	43:39	8:44	2:32:24
46	108	Penni Jacobson	Prior Lake	MN	35	F	66	42:25	3:01	2:09	30	1:07:47	18.2	1:36	32	40:42	8:09	2:34:38
47	187	Heidi Rubenzer	Amery	WI	28	F	64	40:40	2:54	3:03	27	1:07:06	18.4	1:11	40	42:48	8:34	2:34:46
48	99	Angie Hirschman	Maple Grove	MN	26	F	40	31:22	2:14	2:23	47	1:12:06	17.1	2:53	52	47:07	9:26	2:35:50
49	30	Sara Bertelsen	Minneapolis	MN	24	F	36	30:32	2:11	1:50	48	1:13:28	16.8	1:55	56	49:30	9:54	2:37:13
50	55	Amy Dewey	Cloquet	MN	28	F	30	29:10	2:05	3:31	65	1:20:56	15.3	1:44	38	42:20	8:28	2:37:39
51	15	Melissa Arikian	St. Paul	MN	27	F	51	34:01	2:25	2:35	45	1:11:53	17.2	2:18	54	47:41	9:33	2:38:26
52	194	Billie Scalzo	Rice Lake	WI	21	F	38	31:05	2:13	1:25	40	1:10:32	17.5	2:34	64	54:03	10:49	2:39:37
53	130	Holly Kraus	Richfield	MN	28	F	21	27:54	1:59	2:31	52	1:14:24	16.6	1:46	63	53:50	10:46	2:40:24
54	212	Pam Solberg-Tapper	Duluth	MN	49	F	63	38:32	2:45	2:43	56	1:15:14	16.4	0:53	42	43:11	8:39	2:40:32
55	41	Eileen Carey	St. Paul	MN	39	F	61	38:27	2:44	2:34	53	1:14:44	16.5	1:16	49	46:17	9:16	2:43:16
56	151	Meghan Milbrath	Hudson	WI	22	F	42	31:49	2:16	2:07	51	1:14:21	16.6	2:28	62	52:41	10:33	2:43:25
57	198	Anne Schlukebieber	St. Paul	MN	28	F	62	38:30	2:45	3:34	57	1:15:15	16.4	2:07	50	46:32	9:19	2:45:56
58	141	Christyn Malone	Duluth	MN	27	F	54	35:09	2:30	1:54	66	1:21:43	15.1	2:27	46	45:08	9:02	2:46:19
59	103	Katie Hooley	Stillwater	MN	19	F	56	35:22	2:31	2:39	54	1:14:50	16.5	2:07	60	51:50	10:22	2:46:46
60	131	Jill Laber	White Bear Lak	MN	22	F	53	34:38	2:28	2:21	68	1:25:18	14.5	1:08	53	47:23	9:29	2:50:46
61	216	Monica Surber	Minneapolis	MN	41	F	45	32:21	2:18	2:48	60	1:18:31	15.7	2:37	66	55:35	11:07	2:51:50
62	203	Naomi Scott	St. Paul	MN	18	F	18	26:51	1:55	3:47	67	1:23:37	14.8	2:46	67	55:48	11:10	2:52:46
63	50	Ronda Copher	Minneapolis	MN	33	F	67	42:35	3:02	1:43	50	1:13:50	16.7	2:00	70	58:47	11:46	2:58:54
64	39	Robin Brown	Eden Prairie	MN	29	F	65	41:21	2:57	4:19	55	1:14:53	16.5	3:27	65	54:58	11:00	2:58:55
65	140	Virginia Mahar	Jacksonville	FL	40	F	55	35:19	2:31	3:58	69	1:27:37	14.1	2:15	57	50:56	10:12	3:00:03
66	245	Sheryl Woodworth	Hutchinson	MN	40	F	59	37:26	2:40	2:59	59	1:18:23	15.8	3:14	71	1:00:10	12:02	3:02:10
67	181	Rita Rodrigue	Andover	MN	23	F	48	32:57	2:21	3:24	62	1:20:28	15.4	2:10	72	1:05:49	13:10	3:04:46
68	10	Teri Alberico	Saint Paul	MN	43	F	68	43:48	3:07	3:25	64	1:20:48	15.3	7:04	61	52:26	10:30	3:07:28
69	98	Jody Hilleshiem	Saint Louis Pa	MN	28	F	69	48:20	3:26	4:06	63	1:20:32	15.4	2:34	68	56:47	11:22	3:12:17
70	25	Deanna Bartlam	Duluth	MN	33	F	73	58:45	4:11	3:36	39	1:10:29	17.5	2:41	69	58:16	11:40	3:13:46
71	169	Rebecca Peterson	Duluth	MN	30	F	74	58:50	4:11	4:47								3:21:51
72	208	Shannon Skibicki	Duluth	MN	29	F	71	50:41	3:36	6:51	72	1:41:30	12.2	4:00	58	51:37	10:20	3:34:37
73	207	Cindy Skibicki	Mankato	MN	24	F	70	50:40	3:36	6:52	71	1:41:29	12.2	4:00	59	51:37	10:20	3:34:37

TEAM RESULTS

TOTAL PLACE	DIV	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
=====	====	=====	=====	plc	time	yds	plc	time	plc	time					
1	1/3	Team Kumite	Allen Holappa , Andy Sackmann , Cale Schmidt-Jackson	1	21:02	1:30	0:24	1	53:13	23.2	0:32	1	28:08	5:38	1:43:16
2	1/10	Team Barkesdale	Ann Barkesdale , Henry Barkesdale , Henry Barkesdale	4	24:08	1:43	0:32	2	53:59	22.9	0:54	4	31:02	6:13	1:50:34
3	1/6	Croft/Brown/Ekman	Ben Croft , Perry Brown , Steve Ekman	3	23:37	1:41	0:44	6	57:42	21.4	0:40	5	32:19	6:28	1:55:00
4	2/10	Voss/Tremaine/Manthe	Steve Voss , Pete Tremaine , Megan Manthe	2	21:03	1:30	0:25	9	1:02:35	19.8	0:38	3	30:54	6:11	1:55:33
5	3/10	The Bom-diggity	Meghan B. Donahue , Harry F. Anderson , Harry F. Anderson	7	24:48	1:46	0:19	3	55:45	22.2	1:21	12	38:15	7:39	2:00:26
6	2/6	Better Cheddar	David Malban , Mike Mennes , Kathy Hanten	5	24:09	1:43	1:24	7	59:11	20.9	0:35				

15	5/6	RPK	Gil Rein , Steve Parker , Tom Parker		17 32:07	2:17	1:34	11 1:04:21	19.2	0:50	19	44:34	8:55	2:23:24
16	7/10	Raich	Rachel Raich , Al Hagen , Cathy McLaughlin		21 36:06	2:34	0:26	15 1:08:54	17.9	0:38	17	41:47	8:22	2:27:49
17	2/5	Fireflies	Martha Larson , Amy Carlson , Julie Reichoff		20 33:13	2:22		22 1:58:06	10.5	0:33	16	40:29	8:06	2:28:13
18	3/5	Chicken Chicks	Lori Ekman , Sally Croft , Kris Weikum		13 30:49	2:12	0:16	14 1:08:40	18.0	0:40	21	49:35	9:55	2:29:57
19	8/10	Olsen & Hanna	Becky Olson , Terry Olson , Leslie Hanna		11 27:33	1:58	0:31	16 1:11:59	17.2	0:41	22	49:55	9:59	2:30:37
20	9/10	Smith & Traver	Jeremy Smith , Tina Traver , Jeremy Smith		18 32:53	2:21	0:26	20 1:29:04	13.9	0:44	2	30:33	6:07	2:33:38
21	4/5	Tri Team Try!	Dina Scheib , Cindy Nylander , Shelly Pierson		16 31:39	2:15	0:28	18 1:14:03	16.7	0:36	23	53:47	10:46	2:40:33
22	10/10	JAG	Greg Follmer , Amy Burke , Joe Walker		12 28:55	2:04	0:28	21 1:34:17	13.1	0:52	18	43:07	8:38	2:47:37
23	6/6	Bob Swor	Bob Swor , Ronald Smith , Roy Sundbom		23 50:32	3:36	0:29	19 1:16:15	16.2	0:32	20	47:24	9:29	2:55:10
24	5/5	Moosees	Suzy Clark , Mary Goman , Suzy Clark		22 40:38	2:54	1:44							3:23:11

TOP 10 SWIM

				SWIM 100	
NAME	CITY	ST	AGE	S	time yds
1	Greg Rhodes	Bloomington	MN	23 M	19:01 1:21
2	David Rogowski	Fargo	ND	34 M	19:36 1:24
3	Lauren Frana	Minneapolis	MN	21 F	19:39 1:24
4	Nathan Kortuem	Andover	MN	22 M	19:50 1:25
5	Brett Lovaas	Hopkins	MN	27 M	19:55 1:25
6	Mike Sweeney	Cottage Grove	MN	33 M	19:56 1:25
7	Emily Deppe	Minneapolis	MN	22 F	20:02 1:26
8	Phil Smith	Minneapolis	MN	24 M	20:19 1:27
9	Brian Bich	Duluth	MN	36 M	20:39 1:28
10	Allen Holappa	Duluth	MN		21:02 1:30

TOP TO FIRST TRANSITION

				TRAN	
NAME	CITY	ST	AGE	S	time
1	Charles Smith	Minneapolis	MN	24 M	0:34
2	Paul Haltvick	Ashland	WI	45 M	0:38
3	Phil Smith	Minneapolis	MN	24 M	0:47
4	Duey Carlson	Inver Grove He	MN	30 M	0:50
5	Jon Larson	Northfield	MN	22 M	0:51
6	Colleen Ryan	Austin	TX	30 F	0:51
7	Jesse Adams	Grand Rapids	MN	20 M	0:53
8	Jack Alexander Jr.	Duluth	MN	47 M	0:56
9	Brian Bich	Duluth	MN	36 M	0:57
10	Greg Rhodes	Bloomington	MN	23 M	0:58

TOP 10 BIKE

				BIKE	
NAME	CITY	ST	AGE	S	time mph
1	Brian Bich	Duluth	MN	36 M	50:36 24.4
2	Brett Lovaas	Hopkins	MN	27 M	52:08 23.7
3	Brian Rosenberg	St. Louis Park	MN	23 M	52:21 23.6
4	Dave Dow	St. Paul	MN	47 M	52:27 23.6
5	Nathan Kortuem	Andover	MN	22 M	52:39 23.5
6	Paul Haltvick	Ashland	WI	45 M	52:46 23.4
7	Andy Zoldak	San Jose	CA	32 M	52:47 23.4
8	Andy Sackmann	Duluth	MN		53:13 23.2
9	Matt Aro	Superior	WI	23 M	53:27 23.1
10	Dan Schueller	Brooklyn Cente	MN	40 M	53:33 23.1

TOP 10 SECOND TRANSITION

				TRAN	
NAME	CITY	ST	AGE	S	time
1	Kevin Pilarski	Oakdale	MN	36 M	0:41
2	Nathan Kortuem	Andover	MN	22 M	0:46
3	Paul Gerth	Blaine	MN	31 M	0:47
4	Mike Gruba	White Bear Lk	MN	24 M	0:50
5	Brian Bich	Duluth	MN	36 M	0:51
6	Pam Solberg-Tapper	Duluth	MN	49 F	0:53
7	Greg Rhodes	Bloomington	MN	23 M	0:53
8	Duey Carlson	Inver Grove He	MN	30 M	0:54
9	Charles Smith	Minneapolis	MN	24 M	0:55
10	Jesse Adams	Grand Rapids	MN	20 M	0:55

TOP 10 RUN

				RUN	
NAME	CITY	ST	AGE	S	time pace
1	Cale Schmidt-Jacks	Duluth	MN		28:08 5:38
2	Brian Bich	Duluth	MN	36 M	28:45 5:45
3	Charles Smith	Minneapolis	MN	24 M	28:50 5:46
4	Phil Smith	Minneapolis	MN	24 M	28:55 5:47
5	Nathan Kortuem	Andover	MN	22 M	29:20 5:52
6	Leon Ball	Minneapolis	MN	37 M	29:45 5:57
7	Brett Lovaas	Hopkins	MN	27 M	29:52 5:59
8	Mike Gruba	White Bear Lk	MN	24 M	30:24 6:05
9	Jeremy Smith	Eden Prairie	MN		30:33 6:07
10	Megan Manthe	Andover	MN		30:54 6:11

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Emily Deppe	Minneapolis	MN	22	F	2	20:02	1:26	1:11	1	55:05	22.4	1:06	2	34:43	6:57	1:52:05
2 Elaine Eggleston	St. Paul	MN	23	F	4	23:01	1:39	2:13	5	1:02:38	19.7	1:15	1	32:00	6:24	2:01:05
3 Heidi Hebert	Rochester	MN	22	F	11	29:06	2:04	1:26	3	1:00:53	20.3	1:36	4	36:33	7:19	2:09:33
4 Liina Koukkari	Minneapolis	MN	24	F	6	26:34	1:54	1:36	6	1:02:49	19.7	2:35	5	37:53	7:35	2:11:26
5 Christina Fisher	Willmar	MN	16	F	5	26:23	1:53	1:55	4	1:02:26	19.8	2:33	10	39:48	7:58	2:13:03
6 Amber Riopel	Minneapolis	MN	22	F	9	27:28	1:57	1:01	7	1:04:27	19.2	2:00	6	38:53	7:47	2:13:46
7 Lauren Frana	Minneapolis	MN	21	F	1	19:39	1:24	6:13	8	1:04:43	19.1	1:59	12	42:14	8:27	2:14:45
8 Maren Flynn	Fridley	MN	22	F	18	32:56	2:21	2:26	11	1:08:37	18.0	1:47	3	35:48	7:10	2:21:32
9 Kari Reed	Duluth	MN	16	F	3	22:36	1:37	2:06	9	1:07:27	18.3	3:01	15	47:03	9:25	2:22:11
10 Antonia Slaughter	Maple Plain	MN	17	F	8	27:00	1:56	1:35	15	1:12:01	17.2	2:42	9	39:40	7:56	2:22:57
11 Jessica Krog	Duluth	MN	23	F	14	30:56	2:12	2:02	2	59:46	20.7	2:59	17	48:28	9:42	2:24:09
12 Erin Hyndman	Andover	MN	21	F	22	35:38	2:32	1:55	10	1:07:58	18.2	1:10	13	43:08	8:38	2:29:48
13 Rebecca Washkuhn	Madison	WI	21	F	23	36:38	2:37	1:25	14	1:10:48	17.5	1:40	11	40:10	8:02	2:30:38
14 Ellen Bjork	St. Paul	MN	18	F	10	28:03	2:00	3:02	20	1:18:58	15.7	1:39	8	39:31	7:55	2:31:10
15 Annie Mills	St. Paul	MN	18	F	16	31:39	2:15	2:37	19	1:15:33	16.4	1:53	7	39:31	7:55	2:31:10
16 Holly Erickson	St. Paul	MN	20	F	12	30:02	2:08	4:26	12	1:08:42	18.0	2:49	14	46:04	9:13	2:32:01
17 Sara Bertelsen	Minneapolis	MN	24	F	13	30:32	2:11	1:50	16	1:13:28	16.8	1:55	18	49:30	9:54	2:37:13
18 Billie Scalzo	Rice Lake	WI	21	F	15	31:05	2:13	1:25	13	1:10:32	17.5	2:34	22	54:03	10:49	2:39:37
19 Meghan Milbrath	Hudson	WI	22	F	17	31:49	2:16	2:07	17	1:14:21	16.6	2:28	21	52:41	10:33	2:43:25
20 Katie Hooley	Stillwater	MN	19	F	21	35:22	2:31	2:39	18	1:14:50	16.5	2:07	20	51:50	10:22	2:46:46
21 Jill Laber	White Bear Lak	MN	22	F	20	34:38	2:28	2:21	23	1:25:18	14.5	1:08	16	47:23	9:29	2:50:46
22 Naomi Scott	St. Paul	MN	18	F	7	26:51	1:55	3:47	22	1:23:37	14.8	2:46	23	55:48	11:10	2:52:46
23 Rita Rodrigue	Andover	MN	23	F	19	32:57	2:21	3:24	21	1:20:28	15.4	2:10	24	1:05:49	13:10	3:04:46
24 Cindy Skibicki	Mankato	MN	24	F	24	50:40	3:36	6:52	24	1:41:29	12.2	4:00	19	51:37	10:20	3:34:37

MALE AGE GROUP RESULTS 01 - 24

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Nathan Kortuem	Andover	MN	22	M	2	19:50	1:25	1:06	2	52:39	23.5	0:46	3	29:20	5:52	1:43:39
2 Phil Smith	Minneapolis	MN	24	M	3	20:19	1:27	0:47	6	55:11	22.4	1:17	2	28:55	5:47	1:46:28
3 Charles Smith	Minneapolis	MN	24	M	7	21:49	1:33	0:34	8	55:23	22.3	0:55	1	28:50	5:46	1:47:29
4 Jesse Adams	Grand Rapids	MN	20	M	6	21:46	1:33	0:53	5	55:05	22.4	0:55	7	32:05	6:25	1:50:42
5 Mike Gruba	White Bear Lk	MN	24	M	16	24:32	1:45	1:19	7	55:20	22.3	0:50	4	30:24	6:05	1:52:22
6 Greg Rhodes	Bloomington	MN	23	M	1	19:01	1:21	0:58	12	56:37	21.8	0:53	22	36:27	7:18	1:53:55
7 Jeffrey Cincoski	St. Paul	MN	19	M	5	21:44	1:33	1:00	11	56:03	22.1	1:04	14	34:25	6:53	1:54:13
8 Nathan Kark	Stillwater	MN	17	M	10	23:27	1:40	1:09	10	56:02	22.1	1:23	9	33:06	6:38	1:55:05
9 Nathan Hoffman	South Haven	MN	19	M	24	28:40	2:03	1:14	9	55:56	22.1	1:19	5	31:44	6:21	1:58:51
10 Anton Pshon	Ukrane	MN	20	M	19	25:15	1:48	1:39	13	56:41	21.8	1:20	12	34:07	6:50	1:58:59
11 Brian Rosenberg	St. Louis Park	MN	23	M	17	24:36	1:45	2:15	1	52:21	23.6	1:38	28	39:08	7:50	1:59:55
12 Chris Sachs	White Bear Lak	MN	22	M	23	28:27	2:02	1:18	4	54:46	22.6	1:07	16	34:52	6:59	2:00:28
13 Danny Noonan	Eau Claire	WI	22	M	13	23:52	1:42	1:48	22	1:01:12	20.2	1:50	11	34:06	6:50	2:02:46
14 Adam Book	Northfield	MN	21	M	20	26:25	1:53	1:25	26	1:02:54	19.7	1:23	6	32:05	6:25	2:04:11
15 Clint Agar	Duluth	MN	19	M	9	23:25	1:40	1:38	23	1:01:27	20.1	1:57	20	36:00	7:12	2:04:24
16 Christian Brekke	Stillwater	MN	19	M	22	28:17	2:01	1:39	14	57:32	21.5	1:52	18	35:24	7:05	2:04:42
17 Matthew Etten	Maplewood	MN	20	M	14	24:29	1:45	1:39	17	1:00:25	20.5	1:43	24	36:53	7:23	2:05:07
18 Matt Aro	Superior	WI	23	M	34	32:53	2:21	2:27	3	53:27	23.1	1:56	15	34:46	6:58	2:05:27
19 Josef Haas	Hastings	MN	23	M	12	23:39	1:41	2:12	32	1:05:05	19.0	1:55	10	33:14	6:39	2:06:02
20 Anthony Hirschman	Maple Grove	MN	22	M	25	28:48	2:03	2:03	15	58:37	21.1	1:49	17	35:17	7:04	2:06:32
21 Edward Arntson	Hawley	MN	22	M	21	27:58	2:00	1:39	25	1:02:13	19.9	1:15	19	35:53	7:11	2:08:57
22 Andrew Sorenson		MN	24	M	26	29:30	2:06	2:39	30	1:03:48	19.4	2:23	8	32:06	6:26	2:10:23
23 Kelly Haworth	Duluth	MN	17	M	8	23:15	1:40	1:54	34	1:05:43	18.8	1:52	27	37:54	7:35	2:10:36
24 Michael Helke	Marine On The	MN	19	M	31	30:54	2:12	2:25	21	1:00:58	20.3	2:23	13	34:24	6:53	2:11:03
25 Brad Vieths	Esko	MN	23	M	32	32:07	2:17	2:31	20	1:00:41	20.4	1:08	21	36:14	7:15	2:12:41
26 Nicholas Axtell	Cromwell	MN	23	M	30	30:52	2:12	1:39	24	1:02:01	19.9	2:15	25	37:28	7:30	2:14:12
27 Patrick Horst	Stillwater	MN	19	M	33	32:35	2:19	1:29	18	1:00:32	20.4	1:52	26	37:46	7:34	2:14:18
28 Jesse Struve	Eden Prairie	MN	24	M	28	29:57	2:08	1:46	16	1:00:09	20.6	2:07	30	41:32	8:19	2:15:29
29 Tom Dowd	Glenview	IL	24	M	18	24:44	1:46	2:33	31	1:04:51	19.1	2:25	34	44:07	8:50	2:18:37
30 Matthew Leibfried	Duluth	MN	20	M	38	37:54	2:42	2:43	19	1:00:33	20.4	2:29	23	36:34	7:19	2:20:12
31 Karl Leif Erickson	Circle Pines	MN	20	M	29	30:40	2:11	2:23	28	1:03:41	19.4	1:52	31	41:48	8:22	2:20:22
32 Budahn Michael	Lauderdale	MN	22	M	4	21:20	1:31	1:08	38	1:17:33	15.9	1:06	29	40:36	8:08	2:21:41
33 Mark Byrnes	Duluth	MN	24	M								1:15	39	2:00:27	24:06	2:21:52
34 Steven Warndahl	Plymouth	MN	19	M	15	24:31	1:45	2:35	27	1:03:31	19.5	2:07	38	49:09	9:50	2:21:52
35 Brian Warden	Ham Lake	MN	23	M	27	29:51	2:08	2:06	33	1:05:06	19.0	2:04	36	46:27	9:18	2:25:33
36 Aaron Sorenson	St. Louis Park	MN	23	M	36	34:35	2:28	3:24	29	1:03:45	19.4	4:54	33	43:39	8:44	2:30:15
37 Michael Kirschling	Duluth	AR	16	M	11	23:29	1:40	2:56	37	1:14:17	16.6	1:37	37	49:02	9:49	2:31:19
38 Jon Larson	Northfield	MN	22	M	35	34:34	2:28	0:51	36	1:13:59	16.7	1:22	32	42:32	8:31	2:33:16
39 Matt Dixon	Minneapolis	MN	24	M	37	36:59	2:38	3:32	35	1:13:22	16.9	2:12	35	44:13	8:51	2:40:17

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Wendy Woods	Minneapolis	MN	28	F								1:07	1	34:35	6:55	1:52:27
2 Becky Youngberg	Eden Prairie	MN	27	F	1	22:37	1:37	1:28	1	57:27	21.5	1:11	2	36:40	7:20	1:59:22
3 Amy Hexum	St. Paul	MN	25	F	7	32:12	2:18	1:16	3	1:03:08	19.6	1:13	5	40:05	8:01	2:17:52
4 Emily Vos	Duluth	MN	27	F	8	33:01	2:21	3:22	2	1:02:51	19.7	1:44	4	39:20	7:52	2:20:17
5 Jodi Waks	Spring Lake Pa	MN	26	F	2	24:06	1:43	1:27	6	1:08:56	17.9	1:32	10	45:20	9:04	2:21:18
6 Jody Zeleznikar	Duluth	MN	29	F	9	33:26	2:23	1:10	5	1:07:48	18.2	1:52	3	38:43	7:45	2:22:56
7 Audrey Hazleton	Duluth	MN	29	F	3	26:13	1:52	2:02	7	1:11:50	17.2	1:43	6	41:46	8:22	2:23:33
8 Heidi Rubenzer	Amery	WI	28	F	14	40:40	2:54	3:03	4	1:07:06	18.4	1:11	8	42:48	8:34	2:34:46
9 Angie Hirschman	Maple Grove	MN	26	F	6	31:22	2:14	2:23	9	1:12:06	17.1	2:53	12	47:07	9:26	2:35:50
10 Amy Dewey	Cloquet	MN	28	F	5	29:10	2:05	3:31	14	1:20:56	15.3	1:44	7	42:20	8:28	2:37:39
11 Melissa Arikian	St. Paul	MN	27	F	10	34:01	2:25	2:35	8	1:11:53	17.2	2:18	13	47:41	9:33	2:38:26
12 Holly Kraus	Richfield	MN	28	F	4	27:54	1:59	2:31	10	1:14:24	16.6	1:46	15	53:50	10:46	2:40:24
13 Anne Schlukebier	St. Paul	MN	28	F	13	38:30	2:45	3:34	12	1:15:15	16.4	2:07	11	46:32	9:19	2:45:56
14 Christyn Malone	Duluth	MN	27	F	11	35:09	2:30	1:54	15	1:21:43	15.1	2:27	9	45:08	9:02	2:46:19
15 Robin Brown	Eden Prairie	MN	29	F	15	41:21	2:57	4:19	11	1:14:53	16.5	3:27	16			

NAME	CITY	ST	AGE	S	plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1 Brett Lovaas	Hopkins	MN	27	M	1	19:55	1:25	1:01	1	52:08	23.7	1:04	1	29:52	5:59	1:43:58
2 Daniel Abercrombie	Eagan	MN	28	M	5	24:15	1:44	1:04	2	54:28	22.7	1:05	2	31:51	6:23	1:52:41
3 Joe Langel	Minnetonka	MN	29	M	3	22:00	1:34	1:22	3	54:31	22.7	1:02	6	34:48	6:58	1:53:41
4 Micheal Waataja	Golden Valley	MN	27	M	2	21:55	1:34	1:28	5	56:12	22.0	1:24	4	34:16	6:52	1:55:14
5 Austin Ramsland	Boulder	CO	27	M	4	23:05	1:39	1:09	4	55:30	22.3	1:32	5	34:30	6:54	1:55:44
6 Jonathan Jones	Minneapolis	MN	25	M	6	24:23	1:44	1:52	6	57:15	21.6	1:13	3	33:25	6:41	1:58:06
7 Aaron Walters	Minneapolis	MN	26	M	7	24:57	1:47	2:07	7	58:57	21.0	1:33	10	38:27	7:42	2:05:59
8 Mark Gaspersich	Boise	IA	28	M	9	29:00	2:04	3:31	11	1:01:44	20.0	1:46	7	35:05	7:01	2:11:06
9 Clayton Weiby	Saint Louis Pa	MN	29	M	13	31:25	2:14	1:37	10	1:01:43	20.0	1:43	9	37:09	7:26	2:13:36
10 Jarad Niemi	Roseville	MN	25	M	10	30:03	2:09	1:17	9	1:01:22	20.1	1:16	16	41:35	8:19	2:15:30
11 Chad Ramler	Bloomington	MN	28	M	15	32:06	2:17	2:26	8	1:01:01	20.3	2:27	11	39:19	7:52	2:17:18
12 Daniel Mendel	Lakeville	MN	25	M	8	28:03	2:00	1:25	12	1:02:21	19.8	1:57	18	43:50	8:46	2:17:34
13 Eric Gubricky	Somerset	WI	29	M	11	30:16	2:09	2:26	13	1:02:56	19.6	4:24	12	39:53	7:59	2:19:52
14 Bryan Grane	Addison	IL	26	M	14	31:49	2:16	2:19	17	1:06:55	18.5	1:41	13	39:58	8:00	2:22:41
15 Michael Marek	St. Paul	MN	26	M	16	33:36	2:24	1:38	18	1:06:56	18.5	2:11	14	41:08	8:14	2:25:27
16 Jeff Jones	Minneapolis	MN	26	M	12	31:10	2:13	1:59	16	1:06:03	18.7	2:38	19	44:25	8:53	2:26:14
17 Jeremy Jones	Duluth	MN	25	M	19	40:59	2:55	2:13	14	1:04:32	19.2	2:46	8	36:04	7:13	2:26:33
18 Peter Mattson	Apple Valley	MN	25	M	17	36:00	2:34	2:46	15	1:06:00	18.7	1:31	17	42:59	8:36	2:29:14
19 Richard Veness	River Falls	WI	29	M	18	38:02	2:43	3:49	19	1:13:43	16.8	1:45	15	41:21	8:17	2:38:37

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL	
1 Tina Paulson	Plymouth	MN	34	F	1	23:07	1:39	1:15	1	54:13	22.8	0:58	1	34:23	6:53	1:53:54
2 Sara Hollingsworth	Duluth	MN	30	F	2	23:10	1:39	1:34	4	1:02:26	19.8	1:24	2	36:21	7:17	2:04:52
3 Gina Hamer	St. Paul	MN	31	F	8	28:29	2:02	1:28	3	1:00:09	20.6	1:52	3	36:50	7:22	2:08:45
4 Michelle Carlson	Maple Grove	MN	30	F	3	24:26	1:45	1:10	6	1:03:45	19.4	1:37	4	39:36	7:56	2:10:32
5 Colleen Ryan	Austin	TX	30	F	7	28:26	2:02	0:51	2	1:00:00	20.6	1:10	7	40:53	8:11	2:11:19
6 Lori Lindgren	Duluth	MN	34	F	4	24:59	1:47	2:18	8	1:07:03	18.4	1:49	6	40:38	8:08	2:16:45
7 Patti Schmidt	Hampton	MN	31	F	9	31:21	2:14	1:58	5	1:03:29	19.5	1:44	5	40:17	8:04	2:18:46
8 Leanne Bronson	Superior	WI	32	F	6	28:15	2:01	1:45	7	1:06:48	18.5	1:36	9	44:03	8:49	2:22:26
9 Brenda Olson	Duluth	MN	32	F	5	25:19	1:48	2:32	9	1:10:07	17.6	2:13	8	43:40	8:44	2:23:50
10 Ronda Copher	Minneapolis	MN	33	F	10	42:35	3:02	1:43	11	1:13:50	16.7	2:00	11	58:47	11:46	2:58:54
11 Deanna Bartlam	Duluth	MN	33	F	11	58:45	4:11	3:36	10	1:10:29	17.5	2:41	10	58:16	11:40	3:13:46
12 Rebecca Peterson	Duluth	MN	30	F	12	58:50	4:11	4:47								3:21:51

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL	
1 Mike Sweeney	Cottage Grove	MN	33	M	2	19:56	1:25	1:02	3	54:16	22.8	1:00	2	31:58	6:24	1:48:10
2 Andy Zoldak	San Jose	CA	32	M	3	21:54	1:34	1:20	1	52:47	23.4	1:03	1	31:12	6:15	1:48:14
3 David Rogowski	Fargo	ND	34	M	1	19:36	1:24	1:14	8	56:19	22.0	1:00	3	32:06	6:26	1:50:13
4 Duey Carlson	Inver Grove He	MN	30	M	5	24:43	1:46	0:50	2	54:13	22.8	0:54	7	34:34	6:55	1:55:12
5 Scot Rownd	Fergus Falls	MN	33	M	7	24:51	1:46	1:40	7	55:24	22.3	1:13	10	35:34	7:07	1:58:40
6 Michael T. Olson	Minneapolis	MN	31	M	9	25:56	1:51	1:35	11	57:03	21.7	1:18	5	33:39	6:44	1:59:28
7 Kris Swarthout	Crystal	MN	30	M	11	26:49	1:55	1:24	5	55:11	22.4	1:22	12	36:31	7:19	2:01:16
8 Steve Kramer	Duluth	MN	30	M	6	24:48	1:46	1:23	13	59:42	20.7	1:13	6	34:22	6:53	2:01:26
9 Ted Zuhlsdorf	Maple Grove	MN	30	M	13	27:52	1:59	2:02	4	54:33	22.7	1:39	11	35:53	7:11	2:01:56
10 Dave Skansberg	Duluth	MN	32	M	12	27:49	1:59	1:26								2:02:00
11 Craig Pluta	Saint Paul	MN	30	M	8	25:02	1:47	1:42	15	1:01:03	20.3	1:27	4	33:02	6:37	2:02:14
12 Ron Shashy	Rochester	MN	33	M	4	24:02	1:43	3:27	10	56:45	21.8	2:16	15	37:20	7:28	2:03:46
13 John Clough	Minnetonka	MN	32	M	19	32:04	2:17	1:42	6	55:23	22.3	1:37	9	35:24	7:05	2:06:08
14 Jeff Swanson	Andover	MN	30	M	15	29:33	2:06	2:10	12	59:13	20.9	1:47	16	38:13	7:39	2:10:54
15 Paul Schlagel	Clearwater	MN	32	M	16	30:01	2:08	2:45	9	56:31	21.9	1:53	24	43:56	8:48	2:15:03
16 Mike Adams	Minneapolis	MN	34	M	20	32:16	2:18	1:13	17	1:03:20	19.5	3:18	8	34:59	7:00	2:15:04
17 Troy Adams	Cloquet	MN	30	M	10	26:45	1:54	2:21	16	1:02:10	19.9	1:56	22	42:16	8:28	2:15:26
18 Mike Arntson	Hawley	MN	32	M	23	35:53	2:33	1:28	14	1:00:00	20.6	1:34	17	39:06	7:50	2:17:59
19 Ken Legan	Shakopee	MN	31	M	18	30:02	2:08	2:10	23	1:10:30	17.5	1:27	14	36:58	7:24	2:21:06
20 Paul Gerth	Blaine	MN	31	M	21	33:30	2:23	2:11	19	1:06:29	18.6	0:47	21	41:09	8:14	2:24:04
21 Michael Bradshaw	Minneapolis	MN	32	M	14	28:20	2:01	2:49	24	1:10:32	17.5	2:03	25	44:57	9:00	2:28:40
22 Mark Scheib	Duluth	MN	32	M	25	38:20	2:44	3:41	21	1:08:29	18.1	2:03	18	39:20	7:52	2:31:50
23 Brian Belich	Carlton	MN	34	M	22	35:43	2:33	2:32	25	1:12:09	17.1	1:17	20	40:13	8:03	2:31:52
24 Kory Tuominen	Lake City	MN	30	M	24	37:13	2:39	1:34	26	1:12:47	17.0	0:59	19	39:33	7:55	2:32:04
25 Thomas Boland	St. Paul	MN	33	M	28	46:33	3:19	2:18	22	1:09:25	17.8	0:55	13	36:57	7:24	2:36:05
26 Christopher Jones	Minneapolis	MN	31	M	27	40:34	2:53	2:56	20	1:08:08	18.1	1:36	23	43:05	8:37	2:36:17
27 Erik Blesener	Cloquet	MN	33	M	26	38:29	2:44	2:51	18	1:03:59	19.3	2:10	26	51:38	10:20	2:39:05

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL	
1 Patti Harvieux	Duluth	MN	36	F	3	28:33	2:02	1:24	1	1:01:57	20.0	2:37	1	35:38	7:08	2:10:06
2 Suzann Mouw	White Bear Lak	MN	38	F	1	25:17	1:48	1:34	2	1:02:37	19.7	1:41	3	39:56	8:00	2:11:03
3 Michelle Creasman	Morristown	MN	39	F	2	28:11	2:01	2:05	3	1:06:58	18.5	1:55	2	36:51	7:23	2:15:58
4 Stephanie Puffer	Hermantown	MN	35	F	4	29:28	2:06	1:30	5	1:10:49	17.5	1:42	5	42:22	8:29	2:25:50
5 Leigh Wright	Duluth	MN	38	F	5	32:14	2:18	1:30	6	1:13:36	16.8	1:26	6	43:39	8:44	2:32:24
6 Penni Jacobson	Prior Lake	MN	35	F	7	42:25	3:01	2:09	4	1:07:47	18.2	1:36	4	40:42	8:09	2:34:38
7 Eileen Carey	St. Paul	MN	39	F	6	38:27	2:44	2:34	7	1:14:44	16.5	1:16	7	46:17	9:16	2:43:16

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL	
1 Brian Bich	Duluth	MN	36	M	1	20:39	1:28	0:57	1	50:36	24.4	0:51	1	28:45	5:45	1:41:46
2 Leon Ball	Minneapolis	MN	37	M	6	23:09	1:39	1:52	2	53:43	23.0	1:07	2	29:45	5:57	1:49:34
3 Charles Parsons	Minneapolis	MN	35	M	3	22:12	1:35	1:38	5	56:36	21.8	1:15	3	30:56	6:12	1:52:35
4 Kenneth Ripp	Duluth	MN	37	M	5	23:02	1:39	1:22	3	55:03	22.5	1:20	6	32:27	6:30	1:53:12
5 Peter Ekberg	Minneapolis	MN	37	M	9	24:28	1:45	1:17	4	55:52	22.1	1:12	7	32:36	6:32	1:55:23
6 Kris Barber	St. Paul	MN	39	M	4	22:26	1:36	1:22	8	58:00	21.3	1:36	8	35:03	7:01	1:58:25
7 Kevin Pilarski	Oakdale	MN	36	M	13	28:12	2:01	1:24	6	56:55	21.7	0:41	4	31:59	6:24	1:59:09
8 Joe Sarakaitis	St Paul	MN	38	M	7	24:13	1:44	1:46	9	1:00:16	20.5	1:21	9	35:59	7:12	2:03:33

9	Jim Merickel	Maple Grove	MN	37	M	8	24:27	1:45	2:03	12	1:00:39	20.4	1:41	13	38:14	7:39	2:07:02
10	Mark Reed	Hermantown	MN	38	M	11	27:55	1:59	1:41	17	1:04:04	19.3	1:20	5	32:22	6:29	2:07:20
11	Anthony Sarrack	Elk River	MN	36	M	2	22:08	1:35	1:58	16	1:03:44	19.4	2:14	12	38:08	7:38	2:08:10
12	Robert Jarvis	Morris	MN	38	M	14	28:36	2:02	1:38	11	1:00:27	20.5	1:40	10	36:39	7:20	2:08:58
13	Chuck Julson	Bloomington	MN	37	M	12	28:00	2:00	1:41	10	1:00:18	20.5	2:43	11	36:41	7:21	2:09:21
14	Rick Abarahamson	Duluth	MN	39	M	10	26:23	1:53	2:24	7	57:41	21.4	1:05	21	44:06	8:50	2:11:37
15	Mark Hesser	St Michael	MN	35	M	15	30:01	2:08	2:22	14	1:03:03	19.6	1:53	14	39:29	7:54	2:16:47
16	Keith Tuominen	Mission Viejo	CA	38	M	17	31:48	2:16	1:40	15	1:03:14	19.6	1:46	15	39:34	7:55	2:17:59
17	Daniel Howe	Duluth	MN	39	M	18	32:34	2:19	2:42	19	1:05:49	18.8	1:22	17	40:39	8:08	2:23:04
18	Timothy Tanner	Plymouth	MN	38	M	19	34:26	2:27	3:12	20	1:06:08	18.7	2:30	16	39:52	7:59	2:26:05
19	Matthew Hegge	Minneapolis	MN	38	M	16	30:59	2:13	3:11	18	1:05:14	19.0	1:49	23	45:30	9:06	2:26:42
20	Paul Noreau	Minneapolis	MN	35	M	20	35:06	2:30	2:33	13	1:01:29	20.1	1:18	24	50:13	10:03	2:30:37
21	Chris Mandery	Savage	MN	35	M	23	36:53	2:38	2:14	21	1:09:21	17.8	2:28	19	42:09	8:26	2:33:02
22	Gary Andrews	Duluth	MN	38	M	22	36:47	2:37	3:03	22	1:11:22	17.3	1:30	18	41:00	8:12	2:33:41
23	Robert Milne	Bemidji	MN	36	M	21	36:40	2:37	2:32	24	1:14:20	16.6	1:32	20	43:52	8:47	2:38:55
24	Thomas Whitney	Crystal	MN	36	M	24	37:42	2:41	1:35	25	1:16:54	16.1	3:34	26	52:43	10:33	2:52:26
25	Craig Jacques	Plymouth	MN	38	M	25	40:12	2:52	3:10	26	1:28:17	14.0	1:39	22	44:57	9:00	2:58:13
26	John Schneider	Mpls	MN	36	M	26	50:15	3:35	2:44	23	1:13:31	16.8	2:52	25	51:06	10:14	3:00:26

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Amy Bergeron	St. Paul	MN	44	F	2	26:33	1:54	1:21	3	1:01:15	20.2	1:34	6	39:39	7:56	2:10:20
2	Lauren Pithian	Minneapolis	MN	44	F	6	30:32	2:11	2:19	2	1:00:16	20.5	2:14	1	35:57	7:12	2:11:16
3	Amy Klosterman	St Paul	MN	40	F	1	24:12	1:44	1:06	5	1:07:21	18.4	1:15	7	40:45	8:09	2:14:37
4	Judy Peters	Sauk Rapids	MN	42	F	5	30:26	2:10	1:33	4	1:04:17	19.2	1:48	3	36:48	7:22	2:14:50
5	Vicki Vandersloot	Minneapolis	MN	44	F	3	28:47	2:03	3:01	1	59:57	20.6	2:04	8	41:30	8:18	2:15:16
6	Stacy Creamer	New York	NY	42	F	4	29:48	2:07	1:39	7	1:08:54	17.9	1:03	5	39:28	7:54	2:20:50
7	Regina Palis	Brooklyn Cente	MN	40	F	8	32:38	2:20	1:28	6	1:08:08	18.1	2:00	4	38:05	7:37	2:22:18
8	Mary Moline	Duluth	MN	43	F	9	34:20	2:27	1:42	8	1:10:46	17.5	1:51	2	36:43	7:21	2:25:19
9	Monica Surber	Minneapolis	MN	41	F	7	32:21	2:18	2:48	10	1:18:31	15.7	2:37	11	55:35	11:07	2:51:50
10	Virginia Mahar	Jacksonville	FL	40	F	10	35:19	2:31	3:58	12	1:27:37	14.1	2:15	9	50:56	10:12	3:00:03
11	Sheryl Woodworth	Hutchinson	MN	40	F	11	37:26	2:40	2:59	9	1:18:23	15.8	3:14	12	1:00:10	12:02	3:02:10
12	Teri Alberico	Saint Paul	MN	43	F	12	43:48	3:07	3:25	11	1:20:48	15.3	7:04	10	52:26	10:30	3:07:28

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Dan Schueller	Brooklyn Cente	MN	40	M	3	24:09	1:43	1:03	1	53:33	23.1	0:57	2	32:11	6:27	1:51:51
2	Dale Forde	Golden Valley	MN	44	M	5	24:55	1:47	1:54	2	55:02	22.5	1:15	1	31:34	6:19	1:54:39
3	Dean Carpenter	Superior	WI	41	M	2	24:03	1:43	2:21	6	58:15	21.2	1:39	4	36:57	7:24	2:03:12
4	James Reed	Duluth	MN	42	M	9	27:21	1:57	2:02	8	1:01:18	20.2	1:23	3	32:15	6:23	2:04:17
5	Jaye Blanshan	Eden Prairie	MN	40	M	7	26:38	1:54	2:14	4	57:06	21.7	1:19	7	38:01	7:37	2:05:15
6	Carl Tubbs	Stillwater	MN	44	M	8	26:56	1:55	2:01	5	57:27	21.5	1:50	6	37:50	7:34	2:06:03
7	Steve Gaffer	Hudson	WI	42	M	4	24:35	1:45	1:00	7	1:00:24	20.5	2:05	11	40:52	8:11	2:08:53
8	Rick Christenson	Roseville	MN	44	M	12	33:34	2:24	2:05	3	55:28	22.3	1:25	5	36:58	7:24	2:09:29
9	Gregg Garretson	Rosemount	MN	44	M	6	25:11	1:48	2:51	9	1:01:36	20.1	1:48	8	38:17	7:40	2:09:42
10	Archie Woodworth	Hutchinson	MN	40	M	1	23:36	1:41	2:21	11	1:06:29	18.6	1:15	12	44:56	9:00	2:18:35
11	Rick Mcgee	Brooklyn Park	MN	40	M	14	35:42	2:33	1:59	10	1:04:43	19.1	1:34	9	38:39	7:44	2:22:37
12	Randy Cable	Superior	WI	41	M	10	28:23	2:01	2:30	12	1:08:30	18.0	1:19	14	51:18	10:16	2:31:58
13	Bruce Warndahl	Plymouth	MN	44	M	11	33:27	2:23	2:54	13	1:13:16	16.9	1:24	13	46:51	9:23	2:37:49
14	Joey Sandal	Hutchinson	MN	40	M	13	35:06	2:30	2:51	14	1:17:41	15.9	1:59	10	40:15	8:03	2:37:51

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Pam Solberg-Tapper	Duluth	MN	49	F	1	38:32	2:45	2:43	1	1:15:14	16.4	0:53	1	43:11	8:39	2:40:32

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Dave Dow	St. Paul	MN	47	M	2	22:29	1:36	1:04	1	52:27	23.6	1:19	1	31:36	6:20	1:48:53
2	Joe Wildman	Milaca	MN	45	M	1	21:48	1:33	1:25	4	57:00	21.7	1:28	4	33:53	6:47	1:55:32
3	Jack Alexander Jr.	Duluth	MN	47	M	4	23:20	1:40	0:56	3	54:45	22.6	1:33	5	35:42	7:09	1:56:14
4	Paul Haltvick	Ashland	WI	45	M	7	30:02	2:08	0:38	2	52:46	23.4	0:58	2	33:00	6:36	1:57:23
5	Leonard Klun	Maple Plain	MN	48	M	3	23:20	1:40	2:04	7	59:48	20.7	1:33	6	36:32	7:19	2:03:14
6	William Schmitt	Duluth	MN	48	M	5	24:06	1:43	2:01	6	58:09	21.3	1:26	7	38:08	7:38	2:03:49
7	Brian Arett	Moorhead	MN	46	M	11	35:39	2:32	1:42	5	57:26	21.5	1:47	3	33:53	6:47	2:10:25
8	Guy Sprenger	St Cloud	MN	45	M	6	28:09	2:00	1:47	11	1:04:23	19.2	2:15	10	43:16	8:40	2:19:48
9	Brian Bergeron	Hermontown	MN	46	M	10	35:38	2:32	2:37	8	1:01:48	20.0	3:03	8	42:08	8:26	2:25:12
10	Marty Carson	Roseville	MN	48	M	8	30:47	2:12	2:29	10	1:03:32	19.5	2:50	12	45:53	9:11	2:25:29
11	Doug Johnson	Minneapolis	MN	45	M	9	34:13	2:26	6:05	12	1:05:26	18.9	2:00	9	42:50	8:34	2:30:32
12	Rodney Barnes	Duluth	MN	47	M	12	36:06	2:34	2:03	9	1:02:39	19.7	3:49	13	49:04	9:49	2:33:40
13	Mike Kjelland	Alexandria	MN	48	M	14	38:38	2:45	3:01	13	1:14:46	16.5	3:17	11	44:38	8:56	2:44:18
14	Ted Dickey	Chaska	MN	47	M	13	38:05	2:43	3:38	14	1:18:00	15.8	4:43	14	52:17	10:28	2:56:41

MALE AGE GROUP RESULTS 50 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Patrick Mcmorrow	Eden Prairie	MN	55	M	1	22:39	1:37	1:34	1	57:33	21.5	1:11	2	35:22	7:05	1:58:17
2	Duane Millslagle	Duluth	MN	51	M	2	27:24	1:57	1:42	2	1:00:42	20.4	1:18	1	34:10	6:50	2:05:14
3	John Barber	Bloomington	MN	54	M	4	29:10	2:05	1:58	4	1:02:58	19.6	2:00	3	41:02	8:13	2:17:05
4	Paul Greenblatt	Minneapolis	MN	50	M	5	30:35	2:11	3:02	3	1:00:43	20.4	2:03	7	44:00	8:48	2:20:20
5	Everett Arnold	Bemidji	MN	54	M	6	31:37	2:15	1:44	7	1:04:39	19.1	1:39	6	42:27	8:30	2:22:03
6	Val Landwehr	Minneapolis	MN	52	M	9	37:23	2:40	3:58	5	1:04:02	19.3		4	41:22	8:17	2:22:21
7	Mark Anderson	Lombard	IL	50	M	3	27:33	1:58	2:13	10	1:09:43	17.7	3:24	10	52:46	10:34	2:35:38
8	Dennis L. Coe	Minneapolis	MN	51	M	7	33:48	2:25	3:45	9	1:08:17	18.1	2:55	8	47:24	9:29	2:36:08
9	Don Fisher	Willmar	MN	57	M	8	34:41	2:28	2:42	6	1:04:32	19.2	3:00	9	52:23	10:29	2:37:15

10 Sol Mirelez Prior Lake MN 52 M 10 55:04 3:55 3:28 8 1:04:45 19.1 2:42 5 41:42 8:21 2:47:39

MALE AGE GROUP RESULTS 60 - 69

NAME	CITY	ST	AGE	S	plc	SWIM 100 time yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tom Brix	Plymouth	MN	60	M	2	38:10 2:43	3:12	1	1:01:04 20.2	1:55	1	41:55	8:23	2:26:15
2 Jerry Lunke	Duluth	MN	64	M	1	33:38 2:24	2:22	2	1:08:35 18.0	2:00	2	47:46	9:34	2:34:20
3 Dan Durand	Esko	MN	60	M	3	73:11 5:12				4:07	3	55:24	11:05	3:50:24