

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

TOP 10 SWIM

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

TOP TO FIRST TRANSITION

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

TOP 10 BIKE

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

TOP TO SECOND TRANSITION

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

TOP 10 RUN

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

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Nancy Rectenwald	Duluth	MN	43	F		4 17:06	2:55	1:36	1	33:06	18.7	2:11	1	17:38	7:50	1:07:24
2 Julie Higginson	Plymouth	MN	42	F		4 17:06	2:55	1:36	1	33:06	18.7	1:10	2	18:00	8:00	1:10:55
3 Mary Carlson	Moose Lake	MN	41	F		2 13:57	2:23	1:23	3	35:27	17.4	1:40	6	20:27	9:06	1:12:53
4 Pamela Garretson	Rosemont	MN	40	F		6 18:03	3:05	1:38	2	34:57	17.7	1:53	3	18:00	8:00	1:14:28
5 Heidi Dulebohn	Duluth	MN	43	F		3 15:52	2:43	1:42	6	38:56	15.9	1:57	9	21:51	9:43	1:20:16
6 Mary Haworth	Duluth	MN	44	F		8 20:09	3:26	2:30	5	38:49	15.9	1:40	4	18:25	8:11	1:21:31
7 Karen Christensen	Mendota Height	MN	42	F		9 21:00	3:35	3:13	4	37:03	16.7	1:24	5	19:15	8:34	1:21:52
8 Mary Rowe	Maplewood	MN	41	F		7 20:07	3:26	2:59	8	41:25	14.9	1:39	7	21:09	9:24	1:27:17
9 Darlene Blascoe	Duluth	MN	41	F		5 17:21	2:58	3:24	9	41:39	14.8	1:29	10	26:49	11:55	1:30:39
10 Kimberly Hobert	Roseville	MN	40	F		10 24:29	4:11	3:09	7	39:42	15.6	1:57	8	21:36	9:36	1:30:50
11 Beth Simenstad	Eden Prairie	MN	40	F		1 12:37	2:09	3:24	10	1:45:45	5.8	2:04	11	44:45	19:54	2:48:32

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 David Goldberg	Excelsior	MN	41	M		1 10:05	1:43	1:12	2	28:50	21.4	0:52	2	15:28	6:53	56:24
2 Stephen Bullard	Plymouth	MN	44	M		2 12:02	2:03	0:58	3	30:25	20.3	0:59	7	16:48	7:28	1:01:11
3 Mark Howard	Superior	WI	43	M		3 14:24	2:28	1:30	6	31:15	19.8	1:20	5	16:39	7:24	1:05:06
4 Todd Mckeever	Duluth	MN	40	M		9 17:48	3:03	5:42	1	27:13	22.7	0:57	1	14:41	6:32	1:06:18
5 Mark Bacigalupo	Andover	MN	44	M		5 16:36	2:50	1:36	5	31:03	19.9	0:49	6	16:45	7:27	1:06:48
6 Ted Schick	Esko	MN	41	M		8 17:28	2:59	2:11	4	30:36	20.2	2:01	9	18:21	8:10	1:10:34
7 Terry Wiens	Duluth	MN	44	M		4 16:33	2:50	2:05	7	34:06	18.1	0:55	8	17:23	7:44	1:11:01
8 Mike Mills	Duluth	MN	42	M		11 21:17	3:38	3:10	11	35:57	17.2	0:59	4	16:17	7:14	1:17:38
9 Don Hickman	Merrifield	MN	42	M		6 16:55	2:53	3:12	12	36:17	17.0	1:13	11	20:32	9:08	1:18:06
10 Mike Fetzik	Hibbing,	MN	40	M		7 17:04	2:55	5:21	10	35:52	17.2	1:21	10	19:49	8:49	1:19:25
11 Doug Happy	Duluth	MN	44	M		14 26:08	4:28	1:55	8	34:35	17.9	1:15	3	15:48	7:02	1:19:40
12 Scott Dulebohn	Duluth	MN	44	M		10 19:22	3:18	3:36	15	38:16	16.2	2:17	15	26:20	11:43	1:29:50
13 Ty Schroyer	Duluth	MN	43	M		12 21:36	3:41	4:36	13	36:36	16.9	4:16	13	23:35	10:29	1:30:37
14 John Mohn	Anoka	MN	40	M		15 26:46	4:34	4:23	9	34:43	17.8	2:37	12	22:53	10:11	1:31:21
15 Bruce Koke	Bloomington	MN	43	M		13 24:30	4:11	3:54	14	37:02	16.7	2:53	14	25:37	11:24	1:33:54

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Cindy Grindy	Duluth	MI	45	F		1 14:32	2:29	1:47	1	35:40	17.3	1:52	3	22:24	9:58	1:16:13
2 Penny Agar	Duluth	MN	48	F		2 17:23	2:58	2:25	3	38:55	15.9	1:41	2	22:03	9:48	1:22:25
3 Sandy Marden-Lokke	Duluth	MN	48	F		3 19:03	3:15	3:13	2	38:16	16.2	3:08	1	20:18	9:01	1:23:55
4 Karen Heinen	Melrose	MN	46	F		4 23:53	4:05	2:50	4	47:46	12.9	1:41	4	27:07	12:03	1:43:15

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tim Hagley	Duluth	MN	46	M		1 12:07	2:04	1:57	3	32:06	19.3	1:31	2	16:58	7:33	1:04:37
2 Joel Ness	Duluth	MN	45	M		2 12:45	2:11	2:10	2	32:06	19.3	1:53	4	18:57	8:26	1:07:49
3 Elrie Iverson	Hampton	MN	47	M		6 17:35	3:00	2:06	1	29:36	20.9	2:36	1	16:33	7:22	1:08:23
4 Todd Gremmes	Duluth	MN	45	M		4 16:45	2:52	1:52	5	34:48	17.8	2:14	6	19:16	8:34	1:14:52
5 Jim Miner Jr	Duluth	MN	47	M		7 17:59	3:04	3:22	6	35:32	17.4	2:35	3	18:33	8:15	1:17:59
6 Darrell Koehlinger	Minneapolis	MN	45	M		3 16:35	2:50	2:36	8	38:13	16.2	1:17	7	21:48	9:41	1:20:26
7 Bryan Twilight	Duluth	MN	47	M		5 17:28	2:59	2:02	9	40:01	15.5	1:20	8	21:49	9:42	1:22:39
8 Mark Freer	White Bear Lak	MN	47	M		8 26:02	4:27	3:15	7	36:59	16.7	1:24	5	19:15	8:34	1:26:53
9 Rand Adams	St. Louis Park	MN	47	M		9 26:44	4:34	4:22	4	34:43	17.8	2:41	9	22:54	10:11	1:31:22
10 Rick Agar	Duluth	MN	47	M		10 61:28	10:29	2:05	10	1:08:16	9.1	1:45	10	44:55	19:58	2:58:28

FEMALE AGE GROUP RESULTS 50 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Susanne Bakken	Duluth	MN	52	F		1 17:23	2:58	2:12	1	36:34	16.9	1:48	1	19:32	8:41	1:17:27
2 Sharon Kuhlmann	St. Cloud	MN	52	F		2 17:30	2:59	1:55	2	40:48	15.2	2:09	2	25:50	11:29	1:28:10
3 Kathy Brackett	Floodwood	MN	50	F		3 20:19	3:28	2:50	3	46:57	13.2	2:23	3	28:07	12:30	1:40:33

MALE AGE GROUP RESULTS 50 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Gary Bork	Eden Prairie	MN	50	M		1 11:54	2:02	1:22	1	28:34	21.6	1:29	2	15:50	7:02	59:06
2 Ty Frost	Superior	WI	53	M		5 15:55	2:43	1:35	2	28:57	21.4	1:42	1	15:37	6:57	1:03:44
3 Lee Francisco	Superior	WI	50	M		2 12:23	2:07	2:18	3	32:32	19.0	1:54	8	19:24	8:38	1:08:30
4 Tom Andrew	Superior	WI	59	M		11 17:23	2:58	1:35	4	32:54	18.8	1:52	3	17:16	7:41	1:10:59
5 Les Johnson	Fridley	MN	51	M		12 17:41	3:01	1:51	7	33:52	18.3	1:26	4	17:27	7:46	1:12:16
6 Ronald Kellerman	St. Paul	MN	55	M		6 16:20	2:48	1:42	5	33:07	18.7	1:59	10	19:45	8:47	1:12:52
7 Joe Kandiko	Chaska	MN	52	M		4 15:16	2:36	1:46	8	33:58	18.2	1:50	14	20:39	9:11	1:13:28
8 Michael Quealy	Plymouth	MN	53	M		9 16:39	2:51	2:23	9	34:00	18.2	0:58	9	19:34	8:42	1:13:32

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

MALE AGE GROUP RESULTS 60 - 69

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Mark Malone	Tower	MN	63	M	1	14:47	2:32	2:25	1	29:45	20.8	1:54	1	18:19	8:09	1:07:08
2	Howard Bich	Wagner	SD	62	M	2	18:50	3:13	2:27	2	35:08	17.6	1:36	3	22:04	9:49	1:20:02
3	Doug Dunham	Duluth	MN	63	M	3	19:13	3:17	3:59	3	41:52	14.8	1:56	2	21:35	9:36	1:28:34
4	Dan Powers	New Richmond	WI	66	M	4	24:36	4:12	2:40	4	48:54	12.6	2:34	4	33:07	14:43	1:51:50

MALE AGE GROUP RESULTS 70 - 99

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Jack Alexander Sr.	Duluth	MN	74	M	1	17:55	3:04	1:50	2	36:44	16.8	2:01	1	19:55	8:51	1:18:22
2	S.j. Sokolowski	Coon Rapids	MN	70	M	2	22:39	3:52	3:59	1	36:21	17.0	2:45	2	22:57	10:12	1:28:40