

BREWHOUSE TRIATHLON
Pike Lake AAA Beach Club, Duluth, MN - August 5, 2007
.8 Mile Swim - 20.6 Mile Bike - 5 Mile Run

Place	Div/Tot	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/21	138	David Thompson	29	M	St. Paul	MN	1	18:02	1:14	1:01	3	48:54	25.3	1:15	7	27:12	5:27	1:36:23
2	1/22	1	Brian Bich	41	M	Duluth	MN	7	19:17	1:19	1:11	2	48:19	25.6	1:23	8	27:14	5:27	1:37:20
3	1/20	122	Jeremy Sartain	33	M	St. Paul	MN	12	20:05	1:22	1:19	1	46:53	26.4	1:20	9	28:28	5:42	1:38:03
4	2/21	10	Jonathan Balabuck	28	M	Thunder Bay	MN	5	18:43	1:16	1:07	6	50:31	24.5	1:27	3	26:34	5:19	1:38:20
5	1/16	93	Neil Miller	23	M	St. Paul	MN	14	20:28	1:23	1:02	8	51:05	24.2	1:32	1	26:14	5:15	1:40:19
6	2/20	83	Brett Lovaas	33	M	Minnetonka	MN	6	18:50	1:17	1:06	5	50:29	24.5	1:34	12	29:32	5:55	1:41:29
7	2/16	648	Marc Ellingson	24	M	Waconia	MN	21	21:31	1:28	1:20	15	53:03	23.3	1:25	2	26:19	5:16	1:43:36
8	2/22	653	Rhett Bonner	43	M	Duluth	MN	10	19:20	1:19	1:06	11	52:13	23.7	1:35	14	29:49	5:58	1:43:59
9	3/16	60	Samuel Hauck	23	M	Shoreview	MN	20	21:29	1:28	1:36	16	53:04	23.3	1:20	4	26:53	5:23	1:44:19
10	3/21	6	Jesse Adams	25	M	Duluth	MN	9	19:20	1:19	1:21	18	53:13	23.2	1:25	17	30:12	6:03	1:45:27
11	1/14	34	Dave Dow	52	M	West Lakeland	MN	24	22:01	1:30	1:29	12	52:28	23.6	1:48	20	30:17	6:04	1:48:00
12	3/22	24	Jey Carlson	41	M	Minnetonka	MN	41	23:38	1:36	1:16	4	50:17	24.6	1:48	28	31:09	6:14	1:48:03
13	4/21	18	Josh Blankenheim	27	M	Duluth	MN	39	23:19	1:35	1:41	24	54:37	22.6	1:22	5	27:10	5:26	1:48:06
14	4/22	649	Montgomery Mouw	44	M	White Bear Lake	MN	3	18:38	1:16	1:36	27	54:58	22.5	1:42	31	31:28	6:18	1:48:20
15	1/23	111	Kevin Preckel	36	M	Duluth	MN	22	21:40	1:28	1:22	19	53:31	23.1	1:31	21	30:24	6:05	1:48:27
16	3/20	141	Michael Waataja	32	M	Plymouth	MN	11	19:50	1:21	1:04	10	51:59	23.8	1:42	58	34:30	6:54	1:49:02
17	5/22	25	Phillippe Chabot	42	M	Winnepeg	MB	17	21:11	1:26	1:22	22	54:12	22.8	1:38	39	32:32	6:31	1:50:52
18	4/20	67	Steven Hohenstein	30	M	Duluth	MN	52	24:12	1:39	1:28	14	53:01	23.3	1:23	33	31:35	6:19	1:51:36
19	4/16	4	Jason Lindelof	23	M	Duluth	MN	47	23:51	1:37	1:31	39	56:35	21.8	1:41	11	29:13	5:51	1:52:49
20	5/16	28	Ben Cogger	23	M	Washburn	WI	129	29:35	2:00	1:13	20	53:37	23.1	1:43	6	27:11	5:27	1:53:16
21	1/9	2	Marlo Crosby Mcgaver	37	F	Duluth	MN	112	28:43	1:57	1:36	7	50:59	24.2	1:39	23	30:36	6:08	1:53:30
22	2/23	119	Todd Sample	35	M	Minneapolis	MN	19	21:21	1:27	1:38	33	55:48	22.2	2:20	40	32:40	6:32	1:53:44
23	3/23	3	Kris Swarthout	36	M	Minneapolis	MN	23	21:46	1:29	1:19	25	54:51	22.5	1:40	57	34:21	6:53	1:53:54
24	4/23	86	Scott Marsh	39	M	Austin	MN	34	23:09	1:34	2:19	38	56:31	21.9	1:40	22	30:30	6:06	1:54:06
25	5/23	148	Damin Zacho	39	M	Eau Claire	WI	66	25:15	1:43	2:07	23	54:14	22.8	1:58	25	30:49	6:10	1:54:21
26	5/20	63	Bryan Hill	33	M	Minneapolis	MN	29	22:29	1:32	1:33	41	56:39	21.8	1:52	36	31:58	6:24	1:54:28
27	1/13	113	Jim Reed	48	M	Duluth	MN	69	25:24	1:43	1:41	35	55:52	22.1	1:49	15	29:54	5:59	1:54:38
28	5/21	29	Daniel Conley	26	M	Shoreview	MN	58	24:44	1:41	1:53	28	55:27	22.3	1:54	29	31:14	6:15	1:55:09
29	6/22	107	Robert Peterson	40	M	Barron	WV	85	27:12	1:51	2:16	17	53:07	23.3	2:05	24	30:37	6:08	1:55:14
30	6/20	20	Edward Bradley	31	M	Dickerson	MD	31	22:41	1:32	2:36	61	59:27	20.8	2:11	10	28:30	5:42	1:55:22
31	7/22	22	Allen Campbell	40	M	Eau Claire	WI	55	24:32	1:40	2:39	9	51:56	23.8	2:22	59	34:44	6:57	1:56:09
32	6/23	72	Greg Johnson	35	M	Carlton	MN	70	25:25	1:43	1:29	29	55:29	22.3	1:41	37	32:09	6:26	1:56:10
33	7/20	59	Brian Hanson	30	M	Chisholm	MN	99	27:56	1:54	1:17	21	54:01	22.9	1:43	32	31:34	6:19	1:56:27
34	8/22	58	Brad Hanson	43	M	Monticello	MN	43	23:40	1:36	1:34	32	55:42	22.2	1:42	52	34:02	6:49	1:56:37
35	2/13	44	Dale Forde	49	M	Golden Valley	MN	46	23:50	1:37	1:43	52	58:39	21.1	1:41	26	30:53	6:11	1:56:44
36	1/13	195	Kate McCann	24	F	Andover	MN	16	21:08	1:26	1:10	55	58:45	21.0	1:31	55	34:15	6:51	1:56:46
37	1/5	54	Taylor Gombos	18	M	St. Cloud	MN	25	22:12	1:30	2:12	65	59:39	20.7	2:01	27	31:02	6:13	1:57:04
38	8/20	92	Kevin Miller	30	M	Shoreview	MN	26	22:15	1:31	1:49	37	56:27	21.9	2:15	65	35:14	7:03	1:57:57
39	9/22	17	Dan Bjorkstrand	44	M	Guthrie	MN	62	24:53	1:41	1:51	46	56:55	21.7	1:45	44	33:24	6:41	1:58:46
40	9/20	100	David Olheiser	34	M	Minneapolis	MN	110	28:26	1:56	2:21	13	52:44	23.4	2:16	43	33:15	6:39	1:59:00
41	6/21	77	Jesse Kling	28	M	Blaine	MN	28	22:22	1:31	1:46	59	59:25	20.8	2:07	45	33:26	6:42	1:59:04
42	2/5	33	Reilly Dougherty	17	M	Hibbing	MN	4	18:39	1:16	1:27	140	1:06:42	18.5	2:32	16	30:00	6:00	1:59:18
43	2/14	124	Bill Schmitt	54	M	Duluth	MN	40	23:20	1:35	1:56	30	55:38	22.2	2:13	80	36:21	7:17	1:59:26
44	7/23	88	Bob McKenzie	36	M	Maple Grove	MN	102	28:04	1:54	1:52	36	56:16	22.0	1:53	35	31:46	6:22	1:59:48
45	6/16	104	Andy Ottum	21	M	Eau Claire	WI	8	19:19	1:19	2:05	100	1:02:50	19.7	2:18	48	33:39	6:44	2:00:08
46	2/13	213	Abby Ruess	23	F	Saint Paul	MN	2	18:35	1:16	1:59	57	59:21	20.8	2:07	99	38:09	7:38	2:00:09
47	10/22	109	Steven Pitschka	41	M	Duluth	MN	65	25:12	1:43	1:37	42	56:43	21.8	2:05	64	35:06	7:02	2:00:39
48	7/21	658	Clint Agar	25	M	Duluth	MN	27	22:18	1:31	2:33	67	59:42	20.7	2:40	47	33:31	6:43	2:00:41
49	8/23	115	Wade Rockwood	37	M	Park City	UT	42	23:39	1:36	3:05	40	56:39	21.8	2:06	66	35:16	7:04	2:00:41
50	2/9	654	Ann Sudoh	36	F	Duluth	MN	15	21:06	1:26	2:15	84	1:01:40	20.0	2:32	42	33:14	6:39	2:00:43
51	3/14	388	Dale Woodbeck	51	M	Excelsior	MN	45	23:50	1:37	2:05	31	55:41	22.2	2:13	88	37:18	7:28	2:01:03

52	9/23	42 Mark Evans	39 M	Minneapolis	MN	143	30:19	2:03	1:50	48	57:17	21.6	2:13	13	29:39	5:56	2:01:15
53	7/16	9 Bryce Bachman	20 M	Virginia	MN	18	21:18	1:27	2:14	87	1:01:51	20.0	1:38	56	34:20	6:52	2:01:17
54	8/16	133 Ladislaus Strzok	23 M	Duluth	MN	32	22:44	1:33	2:06	68	59:46	20.7	1:48	62	35:04	7:01	2:01:26
55	3/9	211 Lesley Rockwood	35 F	Park City	UT	53	24:17	1:39	2:25	50	57:57	21.3	1:57	63	35:04	7:01	2:01:39
56	3/13	120 Robert Samples	49 M	Austin	MN	13	20:25	1:23	2:30	54	58:43	21.1	2:52	109	38:47	7:46	2:03:14
57	1/3	90 Patrick McMorrow	60 M	Eden Prairie	MN	36	23:11	1:34	1:41	74	1:00:21	20.5	2:04	76	36:18	7:16	2:03:31
58	8/21	101 Aaron Olson	29 M	St. Paul	MN	80	26:27	1:48	1:22	49	57:41	21.4	1:56	82	36:35	7:19	2:03:59
59	9/16	130 Daniel Skold	23 M	Hopkins	MN	90	27:31	1:52	2:12	53	58:41	21.1	2:10	51	33:55	6:47	2:04:26
60	9/21	123 Todd Schellenberg	27 M	Blaine	MN	91	27:32	1:52	2:02	56	58:53	21.0	2:07	54	34:14	6:51	2:04:46
61	1/15	181 Angel Hohenstein	29 F	Duluth	MN	113	28:47	1:57	2:12	62	59:29	20.8	2:01	41	32:48	6:34	2:05:12
62	10/20	46 Christopher Frykman	30 M	Shakapee	MN	88	27:24	1:52	2:37	34	55:50	22.1	1:54	96	38:01	7:37	2:05:45
63	4/14	43 Mike Ewen	50 M	Rochester	MN	116	28:53	1:58	1:35	70	59:49	20.7	1:55	49	33:41	6:45	2:05:49
64	5/14	71 Doug Johnson	50 M	Minneapolis	MN	77	26:14	1:47	1:35	82	1:01:25	20.1	1:59	60	34:46	6:58	2:05:56
65	4/13	136 Schick Ted	46 M	Esko	MN	60	24:49	1:41	1:52	60	59:26	20.8	2:29	92	37:38	7:32	2:06:10
66	1/15	174 Becca Hatch	32 F	Minneapolis	MN	50	24:01	1:38	1:37	92	1:02:09	19.9	1:53	84	36:58	7:24	2:06:36
67	2/15	207 Kristin Pletsch	25 F	Waconia	MN	63	25:01	1:42	1:53	85	1:01:42	20.0	1:56	75	36:12	7:15	2:06:40
68	10/23	134 William Sutherland	37 M	Saint Paul	MN	73	25:54	1:45	1:27	80	1:01:16	20.2	1:56	73	36:11	7:15	2:06:41
69	11/22	595 Paul Thorne	40 M	Hopkins	MN	74	25:58	1:46	1:41	77	1:00:50	20.3	1:48	83	36:46	7:22	2:06:59
70	12/22	78 Rick Lacaille	41 M	Duluth	MN	101	27:59	1:54	1:55	79	1:01:12	20.2	1:55	53	34:05	6:49	2:07:03
71	11/20	127 Michael Shafirka	30 M	Thunder Bay	ON	44	23:43	1:37	2:56	72	59:56	20.6	2:35	98	38:09	7:38	2:07:16
72	11/23	146 Matthew Wise	37 M	Grand Forks	ND	94	27:45	1:53	3:51	47	57:16	21.6	2:18	74	36:11	7:15	2:07:16
73	2/15	177 Jessica Hill	32 F	Minneapolis	MN	114	28:47	1:57	1:39	81	1:01:17	20.2	2:03	69	35:27	7:06	2:09:09
74	3/15	227 Jenny Wilcox	33 F	Cottage Grove	MN	162	32:04	2:10	2:22	102	1:03:20	19.5	1:23	18	30:13	6:03	2:09:19
75	1/4	215 Amy Samples	50 F	Austin	MN	61	24:50	1:41	2:59	130	1:05:44	18.8	2:10	50	33:54	6:47	2:09:34
76	3/13	169 Jenna Dickinson	22 F	Aurora	MN	57	24:40	1:40	2:01	125	1:05:23	18.9	2:03	70	35:48	7:10	2:09:52
77	13/22	591 Trevor Distad	40 M	Pine Island	MN	84	27:10	1:51	3:09	93	1:02:13	19.9	2:07	68	35:26	7:06	2:10:03
78	5/13	594 Glenn Perkins	49 M	Edina	MN	68	25:23	1:43	2:22	94	1:02:21	19.8	2:13	102	38:20	7:40	2:10:36
79	12/23	87 Joe McGaver	37 M	Duluth	MN	200	39:17	2:40	2:10	26	54:57	22.5	2:12	38	32:10	6:26	2:10:43
80	12/20	664 Kenji Sudoh	34 M	Duluth	MN	30	22:30	1:32	2:38	144	1:07:17	18.4	2:00	81	36:30	7:18	2:10:53
81	4/13	172 Sara Frederickson	22 F	Ramsey	MN	92	27:39	1:53	2:30	126	1:05:29	18.9	2:10	46	33:29	6:42	2:11:13
82	13/20	125 Andrew Schoppe	30 M	St. Paul	MN	96	27:50	1:53	3:11	123	1:05:10	19.0	4:31	30	31:26	6:18	2:12:06
83	14/22	102 Shane Olson	40 M	Duluth	MN	103	28:05	1:54	3:00	98	1:02:37	19.7	2:10	79	36:21	7:17	2:12:10
84	14/20	12 Douglas Barkema	32 M	St Louis Park	MN	153	31:08	2:07	3:10	44	56:44	21.8	3:00	104	38:28	7:42	2:12:27
85	10/21	143 Dylan Wiek	29 M	Bloomington	MN	202	40:50	2:46	1:23	45	56:53	21.7	1:46	34	31:41	6:21	2:12:31
86	15/22	126 David Schultz	40 M	Duluth	MN	72	25:26	1:44	2:18	103	1:03:21	19.5	2:14	117	39:17	7:52	2:12:32
87	4/15	182 Kelly Ingham	30 F	Minneapolis	MN	157	31:40	2:09	1:57	71	59:50	20.7	1:56	95	37:56	7:36	2:13:16
88	1/5	168 Jackie Dezellar	44 F	Eden Prairie	MN	123	29:05	1:58	2:01	117	1:04:24	19.2	2:21	71	35:52	7:11	2:13:40
89	6/13	118 Troy Rustad	46 M	Minneapolis	MN	59	24:44	1:41	1:58	43	56:43	21.8	2:36	188	48:01	9:37	2:13:59
90	6/14	639 Jim Miner Jr	53 M	Duluth	MN	86	27:15	1:51	2:08	86	1:01:43	20.0	2:19	136	40:57	8:12	2:14:18
91	16/22	57 Chad Hanna	41 M	Rapid City	SD	121	29:03	1:58	2:15	99	1:02:38	19.7	2:34	97	38:01	7:37	2:14:28
92	11/21	62 Joel Haugen	27 M	Jordan	MN	56	24:32	1:40	2:32	128	1:05:36	18.8	1:58	125	40:07	8:02	2:14:42
93	3/15	187 Nicole Johnson	29 F	Minneapolis	MN	151	30:58	2:06	2:26	97	1:02:32	19.8	2:33	78	36:20	7:16	2:14:47
94	5/13	640 Colleen Mikelson	20 F	Detroit Lakes	MN	35	23:10	1:34	3:34	88	1:01:57	20.0	3:23	152	42:59	8:36	2:15:00
95	7/14	129 Cameron Skold	52 M	Hopkins	MN	89	27:27	1:52	2:45	143	1:06:59	18.5	2:32	67	35:21	7:05	2:15:02
96	12/21	82 Sean Loughran	28 M	Rochester	MN	133	29:45	2:01	2:05	58	59:24	20.8	3:06	135	40:54	8:11	2:15:11
97	2/5	208 Stephanie Puffer	40 F	Hermantown	MN	87	27:19	1:51	2:15	114	1:04:17	19.2	2:20	115	39:16	7:52	2:15:25
98	13/23	98 Douglas Nixon	36 M	Minnetonka	MN	168	32:27	2:12	2:17	51	58:31	21.1	2:16	128	40:14	8:03	2:15:43
99	3/5	217 Laura Schield-Jyring	42 F	Bismarck	ND	75	26:11	1:47	1:56	73	1:00:06	20.6	2:27	170	45:19	9:04	2:15:57
100	14/23	13 Paul Bartlam	38 M	Duluth	MN	76	26:12	1:47	1:45	107	1:03:39	19.4	2:04	148	42:42	8:33	2:16:19
101	10/16	31 Bevin Dawson	23 M	St. Paul	MN	137	30:02	2:02	3:22	108	1:03:46	19.4	3:16	72	36:00	7:12	2:16:24
102	15/20	26 Denis Charlebois	32 M	Thunder Bay	MN	93	27:39	1:53	4:13	104	1:03:25	19.5	2:43	106	38:35	7:43	2:16:31
103	5/15	178 Amy Hite	31 F	Cottage Grove	MN	95	27:49	1:53	1:51	122	1:04:49	19.1	2:04	124	40:05	8:01	2:16:35
104	7/13	73 Keith Johnson	47 M	Aurora	MN	155	31:29	2:08	3:36	91	1:02:05	19.9	2:22	86	37:11	7:27	2:16:40
105	6/15	220 Kathryn Splan	31 F	St. Paul	MN	154	31:27	2:08	2:42	127	1:05:31	18.9	2:10	61	35:02	7:01	2:16:49
106	13/21	35 Ryan Dresher	28 M	Marshall	MN	127	29:29	2:00	2:42	137	1:06:30	18.6	1:54	77	36:19	7:16	2:16:52
107	11/16	96 Peter Nagell	22 M	Duluth	MN	128	29:30	2:00	2:44	121	1:04:49	19.1	1:46	100	38:11	7:39	2:16:56
108	1/3	30 John Daugherty	66 M	Eden Prairie	MN	134	29:51	2:01	1:56	90	1:02:05	19.9	2:27	134	40:44	8:09	2:16:59
109	15/23	117 Jason Rupert	39 M	Forest Lake	MN	97	27:51	1:53	3:29	113	1:04:00	19.3	3:33	103	38:22	7:41	2:17:12

110	17/22	94 Skeeter Moore	44 M	Duluth	MN	115	28:50	1:57	2:18	110	1:03:53	19.3	2:35	121	39:44	7:57	2:17:17
111	3/5	681 Scott Meyer	18 M	Baxter	MN	140	30:09	2:03	3:24	96	1:02:29	19.8	3:54	90	37:27	7:30	2:17:20
112	8/13	667 Doug Mills	49 M	New Richmond	WI	83	27:08	1:50	2:45	120	1:04:43	19.1	2:45	131	40:16	8:04	2:17:32
113	9/13	75 Timothy Jung	45 M	Minneapolis	MN	145	30:36	2:05	2:34	78	1:01:02	20.3	72:44				2:17:36
114	4/5	183 Cheri Johnson	43 F	Aurora	MN	120	29:03	1:58	2:28	129	1:05:37	18.8	2:25	105	38:31	7:43	2:18:01
115	16/20	108 Diego Pineda	31 M	Mexico	D.	117	28:56	1:58	1:27	139	1:06:36	18.6	2:33	110	38:51	7:47	2:18:21
116	14/21	47 Ben Fuller	26 M	Iowa City	IA	118	28:57	1:58	3:21	105	1:03:29	19.5	3:50	111	38:53	7:47	2:18:26
117	17/20	48 Brett Furber	30 M	Minneapolis	MN	78	26:17	1:47	1:51	153	1:08:12	18.1	2:13	122	40:01	8:01	2:18:31
118	8/14	144 Terry Wiens	50 M	Duluth	MN	122	29:04	1:58	2:18	146	1:07:32	18.3	2:19	91	37:31	7:31	2:18:41
119	18/20	53 Michael Given	34 M	Sauk Rapids	MN	67	25:22	1:43	4:31	83	1:01:37	20.1	3:19	163	44:02	8:49	2:18:49
120	6/13	175 Lauren Haugen	24 F	Northfield	MN	51	24:07	1:38	2:33	164	1:10:27	17.5	2:42	116	39:16	7:52	2:19:01
121	7/15	151 Mandy Back	32 F	Elk River	MN	38	23:12	1:35	2:12	165	1:10:42	17.5	2:23	133	40:36	8:08	2:19:02
122	18/22	646 John Kurth	41 M	Duluth	MN	125	29:16	1:59	3:08	112	1:03:56	19.3	2:40	126	40:09	8:02	2:19:05
123	16/23	19 Greg Bode	38 M	Eden Prairie	MN	98	27:51	1:53	2:49	95	1:02:26	19.8	2:38	156	43:28	8:42	2:19:09
124	10/13	55 Gregg Graton	45 M	Golden Valley	MN	160	31:58	2:10	4:25	69	59:48	20.7	2:39	132	40:22	8:05	2:19:09
125	12/16	644 Tyler Bjorhus	21 M	Duluth	MN					194	1:17:54	15.9	3:24	19	30:15	6:03	2:19:49
126	7/13	210 Nikki Reed	20 F	Duluth	MN	33	23:02	1:34	2:20	181	1:14:03	16.7	1:44	108	38:46	7:46	2:19:52
127	4/15	158 Moriah Brooks	25 F	Duluth	MN	107	28:18	1:55	3:19	135	1:06:16	18.7	2:39	119	39:28	7:54	2:19:57
128	4/9	164 Amy Carlson	36 F	Duluth	MN	161	31:59	2:10	2:04	109	1:03:46	19.4	2:10	130	40:15	8:03	2:20:12
129	8/13	218 Jenny Schmitt	21 F	Duluth	MN	64	25:11	1:43	2:28	151	1:07:46	18.2	2:30	149	42:47	8:34	2:20:38
130	1/5	216 Mary Sands	46 F	St. Paul	MN	144	30:25	2:04	1:24	145	1:07:25	18.3	2:02	120	39:28	7:54	2:20:43
131	17/23	114 Chad Rempe	35 M	Duluth	MN	185	35:38	2:25						112	38:57	7:48	2:20:59
132	13/16	645 Aron Lipkin	23 M	St. Paul	MN	165	32:19	2:11	3:08	141	1:06:43	18.5	1:56	89	37:20	7:28	2:21:24
133	8/15	150 Amy Amundson	31 F	Minneapolis	MN	119	29:01	1:58	2:04	161	1:09:43	17.7	2:26	101	38:20	7:40	2:21:31
134	5/9	154 Dee Bartlam	39 F	Duluth	MN	158	31:41	2:09	1:48	76	1:00:45	20.3	2:32	168	45:00	9:00	2:21:43
135	18/23	665 Todd Johnson	39 M	Duluth	MN	111	28:33	1:56	2:38	106	1:03:35	19.4	2:31	166	44:37	8:56	2:21:50
136	15/21	65 Benjamin Ho	26 M	Minneapolis	MN	189	36:06	2:27	2:38	101	1:03:14	19.5	2:05	94	37:53	7:35	2:21:53
137	14/16	110 Chris Poferl	22 M	Eden Prairie	MN	178	33:46	2:17	2:18	75	1:00:22	20.5	2:40	151	42:57	8:36	2:22:00
138	19/22	142 Mark Wick	44 M	Duluth	MN	104	28:08	1:55	2:21	134	1:06:06	18.7	2:15	158	43:36	8:44	2:22:23
139	11/13	50 Troy Geheren	46 M	Ramsey	MN	175	33:26	2:16	2:35	116	1:04:23	19.2	2:06	127	40:11	8:03	2:22:36
140	5/15	225 Ann Vogt	25 F	Minneapolis	MN	126	29:24	2:00	1:44	156	1:08:46	18.0	1:30	142	41:38	8:20	2:22:58
141	5/5	642 Tracey Carey	44 F	Superior	WI	193	37:14	2:31	2:48	115	1:04:22	19.2	2:15	85	37:08	7:26	2:23:45
142	19/20	41 Ryan Erdmann	31 M	Minneapolis	MN	82	26:58	1:50	2:15	142	1:06:45	18.5	1:46	178	46:25	9:17	2:24:06
143	9/14	140 David Turnham	51 M	Duluth	MN	108	28:22	1:55	2:47	159	1:09:31	17.8	2:15	140	41:33	8:19	2:24:24
144	19/23	76 Kristofer Kimber	36 M	Minneapolis	MN	192	37:12	2:31	1:53	64	59:37	20.7	2:10	159	43:37	8:44	2:24:26
145	2/5	197 Ginna Moores	48 F	Esko	MN	131	29:40	2:01	1:46	177	1:12:42	17.0	1:45	107	38:44	7:45	2:24:36
146	10/14	15 Tom Beissel	53 M	Dixon	IL	132	29:40	2:01	2:49	119	1:04:36	19.1	2:39	172	45:51	9:11	2:25:32
147	16/21	95 Colin Mulcahy	26 M	Wayzata	MN	166	32:21	2:12	2:06	131	1:05:51	18.8	2:37	147	42:40	8:32	2:25:32
148	20/23	103 Thomas Olson	36 M	Woodbury	MN	71	25:25	1:44	4:41	182	1:14:07	16.7	2:22	118	39:22	7:53	2:25:54
149	6/15	186 Heather Johnson	28 F	Carlton	MN	146	30:37	2:05	2:13	147	1:07:34	18.3	2:06	155	43:28	8:42	2:25:55
150	2/4	201 Norine Oda	51 F	Thunder Bay	ON	54	24:29	1:40	3:14	179	1:13:38	16.8	3:15	139	41:30	8:18	2:26:03
151	7/15	170 Sarah Dragsten	29 F	Minneapolis	MN	81	26:33	1:48	4:19	180	1:13:46	16.8	3:02	113	39:02	7:49	2:26:39
152	3/5	677 Katherine Rubin	45 F	Duluth	MN	124	29:12	1:59	3:39	166	1:10:46	17.5	3:03	123	40:04	8:01	2:26:42
153	2/3	91 Don Meck	68 M	Siren	WI	142	30:17	2:03	3:04	124	1:05:10	19.0	3:35	167	44:43	8:57	2:26:45
154	21/23	36 Mark Eginton	38 M	Duluth	MN	156	31:37	2:09	3:37	132	1:05:51	18.8	2:48	154	43:22	8:41	2:27:12
155	17/21	68 Benjamin Horton	26 M	Iowa City	IA	130	29:38	2:01	3:05	148	1:07:35	18.3	3:17	162	44:01	8:49	2:27:33
156	9/15	193 Julie Ludwig	31 F	Minneapolis	MN	109	28:24	1:56	2:37	171	1:11:28	17.3	3:03	146	42:20	8:28	2:27:48
157	4/5	643 Christopher Victor	19 M	Minneapolis	MN	190	36:10	2:27	2:11	118	1:04:35	19.1	1:39	160	43:53	8:47	2:28:25
158	1/3	683 Mark D Anderson	55 M	Lombard	IL	79	26:25	1:48	3:08	157	1:09:12	17.9	3:06	183	47:13	9:27	2:29:01
159	20/22	45 Eric Forseth	43 M	Bloomington	MN	152	30:59	2:06	3:11	133	1:06:06	18.7	2:14	185	47:32	9:31	2:30:00
160	1/3	188 Alexandra Jones	18 F	Brainerd	MN	106	28:17	1:55	3:08	188	1:15:58	16.3	2:04	137	40:58	8:12	2:30:21
161	12/13	64 Michael Hillmeyer	46 M	Duluth	MN	184	35:35	2:25	3:34	66	59:40	20.7	2:52	195	49:21	9:53	2:30:59
162	18/21	11 Benjamin Barclay	28 M	Saint Charles	MN	170	32:35	2:13	3:22	89	1:01:59	19.9	3:28	197	50:05	10:01	2:31:27
163	8/15	190 Carrie Kling	25 F	Blaine	MN	147	30:39	2:05	2:36	178	1:13:32	16.8	2:51	144	41:55	8:23	2:31:30
164	2/3	198 Grace Moores	17 F	Esko	MN	48	23:52	1:37	1:49	198	1:18:43	15.7	2:13	171	45:19	9:04	2:31:53
165	2/3	657 John Haire	56 M	Duluth	MN	49	23:55	1:37	0:50	207	1:25:10	14.5	1:20	138	41:14	8:15	2:32:26
166	15/16	61 Joe Haugen	21 M	Washburn	WI	209	48:56	3:19	3:31	63	59:36	20.7	2:48	93	37:47	7:34	2:32:35
167	6/9	221 Jami Stromberg	37 F	Maple Grove	MN	187	35:56	2:26	3:14	158	1:09:12	17.9	2:29	145	41:55	8:23	2:32:43

168	22/23	131 Tony Stack	36 M	Inver Grove Height	MN	141	30:09	2:03	2:51	149	1:07:37	18.3	3:04	193	49:15	9:51	2:32:53
169	19/21	32 Justin Devine	25 M	Apple Valley	MN	199	38:51	2:38	4:21	111	1:03:54	19.3	2:16	157	43:35	8:43	2:32:54
170	20/20	112 Shannon Pring	31 M	Cloquet	MN	180	34:06	2:19	3:03	152	1:07:47	18.2	2:06	174	45:58	9:12	2:32:58
171	9/15	194 Sarah Maslowski	26 F	Minneapolis	MN	179	33:59	2:18	2:42	187	1:15:53	16.3	2:14	114	39:08	7:50	2:33:53
172	10/15	152 Erin Barnes	26 F	Minneapolis	MN	105	28:15	1:55	2:55	184	1:15:08	16.5	2:53	169	45:15	9:03	2:34:23
173	11/15	212 Laurel Ronchetti	26 F	St Louis Park	MN	138	30:03	2:02	2:43	190	1:16:37	16.1	3:48	141	41:37	8:20	2:34:46
174	3/3	105 Steve Paladie	65 M	Bloomington	MN	169	32:28	2:12	2:20	170	1:11:18	17.3	3:08	176	46:03	9:13	2:35:14
175	23/23	27 David Clement	38 M	St. Paul	MN	173	32:58	2:14	2:54	162	1:09:44	17.7	3:52	177	46:14	9:15	2:35:39
176	11/14	590 Rodney Barnes	53 M	Maple Grove	MN	183	35:04	2:23	3:04	136	1:06:29	18.6	3:43	186	47:35	9:31	2:35:52
177	12/14	37 Jim Emil	51 M	Andover	MN	163	32:06	2:11	2:54	167	1:10:54	17.4	3:38	182	47:06	9:26	2:36:34
178	13/14	139 Harvey Thorleifson	50 M	Minneapolis	MN	172	32:56	2:14	1:53	174	1:11:46	17.2	2:51	189	48:05	9:37	2:37:26
179	3/3	21 Paul Buchanan	56 M	Duluth	MN	176	33:30	2:16	2:33	189	1:16:24	16.2	2:40	153	43:00	8:36	2:38:05
180	2/3	116 Fred Roethlisberger	64 M	River Falls	WI	148	30:44	2:05	3:33	163	1:10:03	17.6	10:12	165	44:08	8:50	2:38:36
181	9/13	202 Alyssa Perry	22 F	Brooklyn Park	MN	181	34:28	2:20	4:07	175	1:12:25	17.1	3:49	161	44:00	8:48	2:38:45
182	16/16	70 Ryan Gallagher	23 M	Lake Nebogamon	WI	207	45:45	3:06	3:21	160	1:09:37	17.8	3:15	87	37:14	7:27	2:39:09
183	10/13	179 Erin Hmielewski	22 F	Ashland	WI	164	32:14	2:11	2:15	183	1:14:21	16.6	2:32	187	47:50	9:34	2:39:09
184	1/1	171 Connie Foster	57 F	River Falls	WI	177	33:40	2:17	2:47	191	1:16:44	16.1	3:22	150	42:55	8:35	2:39:25
185	7/9	191 Heidi Klukas	35 F	Minneapolis	MN	196	38:15	2:36	3:46	155	1:08:34	18.0	3:13	175	46:00	9:12	2:39:45
186	20/21	56 Nick Gunderson	26 M	Lakeville	MN	203	41:37	2:49	3:13	138	1:06:33	18.6	2:10	179	46:28	9:18	2:39:57
187	10/15	167 Cindy Crecelius	31 F	Farmington	MN	194	37:23	2:32	2:09	150	1:07:38	18.3	3:33	194	49:19	9:52	2:39:59
188	21/22	89 John McLaughlin	43 M	Eagan	MN	159	31:54	2:10	4:34	168	1:11:06	17.4	3:48	196	49:31	9:55	2:40:50
189	11/13	149 Sharia Ahmed	21 F	Savage	MN	201	39:42	2:41	4:22	173	1:11:43	17.2	1:54	164	44:04	8:49	2:41:42
190	22/22	51 Joe Germscheid	42 M	Brooklyn Park	MN					154	1:08:16	18.1	4:09	202	54:37	10:56	2:41:45
191	3/3	211 Anna Zimmerman	19 F	Brainerd	MN	139	30:04	2:02	3:58	197	1:18:17	15.8	4:08	184	47:19	9:28	2:43:42
192	12/15	239 Erin Schumacher	26 F	Minneapolis	MN	150	30:57	2:06	4:16	195	1:18:03	15.8	5:44	173	45:57	9:12	2:44:54
193	12/13	206 Chrissy Piram	24 F	Maple Grove	MN	136	29:55	2:02	2:55	211	1:29:59	13.7	1:58	129	40:15	8:03	2:44:57
194	13/15	165 Billie Checkalski	26 F	Weyerhaeuser	WI	135	29:52	2:02	2:51	185	1:15:33	16.4	2:51	201	54:24	10:53	2:45:27
195	14/15	163 Erin Callinan	26 F	Eagan	MN	100	27:58	1:54	3:14	206	1:24:50	14.6	3:13	180	46:38	9:20	2:45:50
196	13/13	66 Chuck Hodgson	49 M	West St. Paul	MN	174	33:00	2:14	3:09	169	1:11:06	17.4	3:32	204	55:33	11:07	2:46:19
197	13/13	222 Whitney Ulvestad	21 F	Excelsior	MN	37	23:12	1:35	2:15	200	1:21:05	15.2	2:43	207	57:27	11:30	2:46:39
198	11/15	223 Kara Underdahl	30 F	Minneapolis	MN	188	36:03	2:27	3:26	199	1:19:20	15.6	2:54	181	46:46	9:22	2:48:26
199	3/3	647 Bill Getts	61 M	Minneapolis	MN	205	45:37	3:05	5:04	176	1:12:37	17.0	3:33	143	41:47	8:22	2:48:34
200	12/15	180 Theresa Hoffoss	30 F	Minneapolis	MN	191	37:00	2:30	3:59	196	1:18:06	15.8	2:38	190	48:23	9:41	2:50:03
201	3/4	199 Lois Nilson	50 F	Minneapolis	MN	149	30:56	2:06	4:15	186	1:15:39	16.3	3:43	205	55:37	11:08	2:50:07
202	21/21	69 Jason Howard	28 M	Duluth	MN	182	35:02	2:23	4:21	203	1:23:09	14.9	2:36	200	52:29	10:30	2:57:35
203	14/14	52 Stephen Giles	54 M	Dana Point	CA	171	32:44	2:13	5:37	193	1:17:37	15.9	4:27	208	57:48	11:34	2:58:09
204	5/5	81 Max Lindsey	19 M	Washburn	WI	206	45:41	3:06	2:37	172	1:11:36	17.3	3:09	206	55:46	11:10	2:58:47
205	13/15	641 Dana Robertson	32 F	Havre	MT	195	38:05	2:35	4:03	202	1:22:20	15.0	5:56	191	48:52	9:47	2:59:12
206	4/4	156 Jean Bostrom	54 F	Zimmerman	MN	198	38:29	2:36	4:01	209	1:25:40	14.4	2:08	192	48:58	9:48	2:59:13
207	14/15	224 Heidi Van De Berg	31 F	St. Paul	MN	208	48:17	3:16	2:33	192	1:17:10	16.0	3:15	198	50:13	10:03	3:01:25
208	4/5	166 Ann Courtney-Rasse	49 F	St Paul	MN	197	38:21	2:36	5:08	208	1:25:36	14.4	2:39	203	54:45	10:57	3:06:27
209	15/15	214 Susan Rupert	33 F	Forest Lake	MN	167	32:25	2:12	3:20	210	1:27:08	14.2	1:20	209	1:04:12	12:51	3:08:21
210	5/5	229 Lisa Wissbaum	46 F	Eagan	MN	204	45:14	3:04	5:22	201	1:21:51	15.1	4:30	199	52:24	10:29	3:09:19
211	15/15	161 Mary Calantoc	26 F	Saint Cloud	MN	186	35:44	2:25	5:42	204	1:23:11	14.9	3:56	212	1:15:49	15:10	3:24:20
212	8/9	676 Kristin Louzek	39 F	Sturgeon Lake	MN	210	49:24	3:21	6:14	205	1:23:49	14.7	7:12	211	1:11:40	14:20	3:38:18
213	9/9	675 Monica Lahr	39 F	Wahkon	MN	211	49:32	3:21	6:12	212	1:31:55	13.4	4:05	210	1:06:36	13:20	3:38:18

results by Pickle Events

results posted on: www.pickleevents.com

MALE: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	655	Mean Machine	: Robert Mcgrail , Fletcher Koos , Troy Schultz	1	23:53	1:37	0:38	1	1:01:26	20.1	1:12	1	31:53	6:23	1:58:58
2	249	The Flyers	: Daniel Bellamy , Duncan Puffer , Jeff Somrock	2	24:00	1:38	0:42	2	1:01:26	20.1	1:06	3	36:23	7:17	2:03:35

3	651 Sweet Nectar of Life : Greg Lulich , Lars Fiorio , Luke Larson	5	31:25	2:08	0:50	4	1:03:30	19.5	1:03	2	35:52	7:11	2:12:36
4	235 He Man Women Haters : Phillip Desmarais , Abel Gustafson , Chad Kucza	6	1:08:55	17.9	1:11	5	37:04	7:25	2:18:27				
5	247 Tachy Pacers : Tim Taylor , David Ray , Darren Olson	3	27:55	1:54	0:45	7	1:09:07	17.9	1:21	7	40:18	8:04	2:19:23
6	252 TTR : Mike Teitelbaum , David Ritchie , Zak Teitelbaum	6	31:51	2:10	0:44	5	1:07:39	18.3	1:13	6	40:05	8:01	2:21:29
7	233 Cardinals : Jim McCormick , Jim McCormick , Zach McCormick	4	29:32	2:00	2:58	3	1:03:16	19.5	1:10	8	44:44	8:57	2:21:38
8	250 The Hiway Men : Body Tuve , Rod Gunderson , Duane Waller	7	35:02	2:22	0:55	8	1:13:49	16.7	1:26	4	36:56	7:24	2:28:05

FEMALE: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	232	Brew-Nettes	Juli Erickson , Michelle Abrahamson , Marcella Ononiwu	1	22:02	1:30	0:48	1	1:07:49	18.2	1:14	1	36:04	7:13	2:07:55
2	244	Sisu Gals	Patty Salo Downs , Elizabeth Baxter , Arlene Eldon	4	34:38	2:21	1:09	2	1:10:08	17.6	1:34	3	41:13	8:15	2:28:39
3	246	Super Heroes	Rachel Vonderhaar , Rebecca Lungerguilla , Jennifer Lungerguill	2	25:29	1:44	0:58	4	1:15:36	16.3	1:34	5	47:58	9:36	2:31:31
4	248	Team Blizzard	Allie Erken , Anne Rykken , Heidi Douglass	3	33:44	2:17	0:43	3	1:14:11	16.7	1:30	4	42:46	8:34	2:32:50
5	673	Dynamic Divas	Mary Soyring , Mary Soyring , Michele Denoble	5	37:29	2:32	3:10	5	1:19:25	15.6	1:30	2	40:12	8:03	2:41:42

MIXED: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	656	Road Runners	Leanne Bronson , Heather Roy , David Piph	3	25:05	1:42	0:46	3	59:42	20.7	1:04	1	28:45	5:45	1:55:20
2	241	Peace Coffee Racing	Joe Moyer , Joe Moyer , Ann Moyer	4	25:38	1:44	0:50	1	53:36	23.1	1:18	4	34:26	6:54	1:55:45
3	245	Spring Lake Athletic	Gretchen Manchester , Stephanie Spang , Tom Alcivar	5	27:55	1:54	1:12	2	57:37	21.5	1:10	2	31:16	6:16	1:59:06
4	238	Loon Lakers	Carrie Stolar , Melissa Hanson , Brad Hanson	1	20:53	1:25	0:55	5	1:05:47	18.8	1:09	3	33:36	6:44	2:02:17
5	243	Puffer Fish	Kelly Emmons , Jon Woerheide , Ron Hendrickson	10	36:01	2:26	0:51	4	1:00:52	20.3	1:18	5	35:50	7:10	2:14:48
6	596	Rare Feets	Micki Agar , Rob Bevars , Rob Bevars	6	29:04	1:58	1:06	6	1:07:34	18.3	1:27	6	38:02	7:37	2:17:10
7	240	PBR Gang Tri-Club	Rhonda Mittlefehldt , John Manion , Kristin Manion	7	30:45	2:05	0:59	8	1:13:04	16.9	1:50	9	46:41	9:21	2:33:16
8	234	Cremation Society of	Grace Christenson , Joe Green , Matt Johnsrud	11	36:20	2:28	1:10	7	1:11:55	17.2	1:20	8	42:49	8:34	2:33:31
9	237	Lindskis	Chris Lindsey , Coke Lindsey , Trevor Hmielewski	8	32:00	2:10	1:07	9	1:25:18	14.5	1:23	7	39:25	7:53	2:39:10
10	251	The Rolfenators	Kasey Phifer , Donald Mattson , Candice Geary	2	24:23	1:39	0:55	11	1:37:51	12.6	1:41	10	47:59	9:36	2:52:46
11	236	Krustybutts	Leah Beyer , Derek Beyer , Jess Beyer	9	34:12	2:19	1:04	10	1:29:02	13.9	1:28	11	48:19	9:40	2:54:02

SILVER 120: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	672	Silver Streaks	: Dave Malban , Dan Chisczinski , Kevin Peterson	1	23:04	1:34	1:05	1	54:21	22.7	1:02	1	30:09	6:02	1:49:37
2	242	Peterson	: Beth Peterson , Cindy Tiedke , Aileen Cleary	2	25:10	1:43	1:01	2	1:00:54	20.3	1:26	3	40:05	8:01	2:08:32
3	652	Sherri and the Sheme	: Jon Swenson Tellekso , Sherri Juenemann , Kenton Johnson	3	26:18	1:47	1:03	3	1:07:15	18.4	1:19	2	34:25	6:53	2:10:16
4	239	Oklasota JJs	: Joseph Walters , Joseph Walters , Julie Duncan	4	30:56	2:06					2:17	4	57:00	11:24	2:56:21

YOUTH: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	650	the nordic crew	: Bria Kask , Alena Tofte , Sarah Allen	1	26:13	1:47	0:50	1	1:02:30	19.8	1:05	1	35:51	7:11	2:06:25

DID NOT FINISH

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
228	Liv Williamsen	29	F	Chanhassen	MN	1	22:21	1:31	2:05	1	54:13	22.8					
153	Barbara Barry	36	F	Minneapolis	MN	2	39:19	2:40	4:38								
162	Rebecca Calantoc	24	F	Minneapolis	MN	3	45:52	3:06	3:40								

DISQUALIFIED

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
592	Rick Hueffmeier	44	M	Excelsior	MN	1	15:21	1:03	7:07	1	41:25	29.8	2:03	1	46:54	9:23	1:52:46

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim	100
						Time	yds
1	David Thompson	St. Paul	MN	29	M	18:02	1:14
2	Abby Ruess	Saint Paul	MN	23	F	18:35	1:16
3	Montgomery Mouw	White Bear Lak	MN	44	M	18:38	1:16
4	Reilly Dougherty	Hibbing	MN	17	M	18:39	1:16
5	Jonathan Balabuck	Thunder Bay	MN	28	M	18:43	1:16
6	Brett Lovaas	Minnetonka	MN	33	M	18:50	1:17
7	Brian Bich	Duluth	MN	41	M	19:17	1:19
8	Andy Ottum	Eau Claire	WI	21	M	19:19	1:19
9	Jesse Adams	Duluth	MN	25	M	19:20	1:19
10	Rhett Bonner	Duluth	MN	43	M	19:20	1:19

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	mph
						Time	
1	Jeremy Sartain	St. Paul	Mn	33	M	00:46:52	26.4
2	Brian Bich	DULUTH	Mn	41	M	00:48:18	25.6
3	David Thompson	St. Paul	Mn	29	M	00:48:54	25.3

4	Jey Carlson	Minnetonka	Mn	41	M	00:50:16	24.6
5	Brett Lovaas	Minnetonka	Mn	33	M	00:50:28	24.5
6	Jonathan Balabuck	Thunder Bay	Mn	28	M	00:50:30	24.5
7	Marlo Crosby Mcgaver	Duluth	Mn	37	F	00:50:59	24.2
8	Neil Miller	St. Paul	Mn	23	M	00:51:04	24.2
9	Allen Campbell	Eau Claire	Wi	40	M	00:51:55	23.8
10	Michael Waataja	Plymouth	Mn	32	M	00:51:59	23.8

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Neil Miller	St. Paul	MN	23	M	26:14	5:15
2	Marc Ellingson	Waconia	MN	24	M	26:19	5:16
3	Jonathan Balabuck	Thunder Bay	MN	28	M	26:34	5:19
4	Samuel Hauck	Shoreview	MN	23	M	26:53	5:23
5	Josh Blankenheim	Duluth	MN	27	M	27:10	5:26
6	Ben Cogger	Washburn	WI	23	M	27:11	5:27
7	David Thompson	St. Paul	MN	29	M	27:12	5:27
8	Brian Bich	DULUTH	MN	41	M	27:14	5:27
9	Jeremy Sartain	St. Paul	MN	33	M	28:28	5:42
10	Edward Bradley	Dickerson	MD	31	M	28:30	5:42

INDIVIDUAL MALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	138	David Thompson	29	M	St. Paul	MN	1	18:02	1:14	1:01	3	48:54	25.3	1:15	7	27:12	5:27	1:36:23
2	1	Brian Bich	41	M	Duluth	MN	6	19:17	1:19	1:11	2	48:19	25.6	1:23	8	27:14	5:27	1:37:20
3	122	Jeremy Sartain	33	M	St. Paul	MN	11	20:05	1:22	1:19	1	46:53	26.4	1:20	9	28:28	5:42	1:38:03
4	10	Jonathan Balabuck	28	M	Thunder Bay	MN	4	18:43	1:16	1:07	6	50:31	24.5	1:27	3	26:34	5:19	1:38:20
5	93	Neil Miller	23	M	St. Paul	MN	13	20:28	1:23	1:02	7	51:05	24.2	1:32	1	26:14	5:15	1:40:19
6	83	Brett Lovaas	33	M	Minnetonka	MN	5	18:50	1:17	1:06	5	50:29	24.5	1:34	12	29:32	5:55	1:41:29
7	648	Marc Ellingson	24	M	Waconia	MN	18	21:31	1:28	1:20	14	53:03	23.3	1:25	2	26:19	5:16	1:43:36
8	653	Rhett Bonner	43	M	Duluth	MN	9	19:20	1:19	1:06	10	52:13	23.7	1:35	14	29:49	5:58	1:43:59
9	60	Samuel Hauck	23	M	Shoreview	MN	17	21:29	1:28	1:36	15	53:04	23.3	1:20	4	26:53	5:23	1:44:19
10	6	Jesse Adams	25	M	Duluth	MN	8	19:20	1:19	1:21	17	53:13	23.2	1:25	17	30:12	6:03	1:45:27
11	34	Dave Dow	52	M	West Lakeland	MN	21	22:01	1:30	1:29	11	52:28	23.6	1:48	19	30:17	6:04	1:48:00
12	24	Jey Carlson	41	M	Minnetonka	MN	34	23:38	1:36	1:16	4	50:17	24.6	1:48	26	31:09	6:14	1:48:03
13	18	Josh Blankenheim	27	M	Duluth	MN	32	23:19	1:35	1:41	23	54:37	22.6	1:22	5	27:10	5:26	1:48:06
14	649	Montgomery Mouw	44	M	White Bear Lake	MN	2	18:38	1:16	1:36	26	54:58	22.5	1:42	29	31:28	6:18	1:48:20
15	111	Kevin Preckel	36	M	Duluth	MN	19	21:40	1:28	1:22	18	53:31	23.1	1:31	20	30:24	6:05	1:48:27
16	141	Michael Waataja	32	M	Plymouth	MN	10	19:50	1:21	1:04	9	51:59	23.8	1:42	51	34:30	6:54	1:49:02
17	25	Phillippe Chabot	42	M	Winnepeg	MB	14	21:11	1:26	1:22	21	54:12	22.8	1:38	37	32:32	6:31	1:50:52
18	67	Steven Hohenstein	30	M	Duluth	MN	42	24:12	1:39	1:28	13	53:01	23.3	1:23	31	31:35	6:19	1:51:36
19	4	Jason Lindelof	23	M	Duluth	MN	40	23:51	1:37	1:31	38	56:35	21.8	1:41	11	29:13	5:51	1:52:49
20	28	Ben Cogger	23	M	Washburn	WI	95	29:35	2:00	1:13	19	53:37	23.1	1:43	6	27:11	5:27	1:53:16
21	119	Todd Sample	35	M	Minneapolis	MN	16	21:21	1:27	1:38	32	55:48	22.2	2:20	38	32:40	6:32	1:53:44
22	3	Kris Swarthout	36	M	Minneapolis	MN	20	21:46	1:29	1:19	24	54:51	22.5	1:40	50	34:21	6:53	1:53:54
23	86	Scott Marsh	39	M	Austin	MN	30	23:09	1:34	2:19	37	56:31	21.9	1:40	21	30:30	6:06	1:54:06
24	148	Damin Zacho	39	M	Eau Claire	WI	50	25:15	1:43	2:07	22	54:14	22.8	1:58	23	30:49	6:10	1:54:21
25	63	Bryan Hill	33	M	Minneapolis	MN	26	22:29	1:32	1:33	40	56:39	21.8	1:52	34	31:58	6:24	1:54:28
26	113	Jim Reed	48	M	Duluth	MN	53	25:24	1:43	1:41	34	55:52	22.1	1:49	15	29:54	5:59	1:54:38
27	29	Daniel Conley	26	M	Shoreview	MN	45	24:44	1:41	1:53	27	55:27	22.3	1:54	27	31:14	6:15	1:55:09
28	107	Robert Peterson	40	M	Barron	WV	67	27:12	1:51	2:16	16	53:07	23.3	2:05	22	30:37	6:08	1:55:14
29	20	Edward Bradley	31	M	Dickerson	MD	28	22:41	1:32	2:36	57	59:27	20.8	2:11	10	28:30	5:42	1:55:22
30	22	Allen Campbell	40	M	Eau Claire	WI	43	24:32	1:40	2:39	8	51:56	23.8	2:22	52	34:44	6:57	1:56:09
31	72	Greg Johnson	35	M	Carlton	MN	54	25:25	1:43	1:29	28	55:29	22.3	1:41	35	32:09	6:26	1:56:10

32	59	Brian Hanson	30	M	Chisholm	MN	78	27:56	1:54	1:17	20	54:01	22.9	1:43	30	31:34	6:19	1:56:27
33	58	Brad Hanson	43	M	Monticello	MN	36	23:40	1:36	1:34	31	55:42	22.2	1:42	46	34:02	6:49	1:56:37
34	44	Dale Forde	49	M	Golden Valley	MN	39	23:50	1:37	1:43	50	58:39	21.1	1:41	24	30:53	6:11	1:56:44
35	54	Taylor Gombos	18	M	St. Cloud	MN	22	22:12	1:30	2:12	60	59:39	20.7	2:01	25	31:02	6:13	1:57:04
36	92	Kevin Miller	30	M	Shoreview	MN	23	22:15	1:31	1:49	36	56:27	21.9	2:15	56	35:14	7:03	1:57:57
37	17	Dan Bjorkstrand	44	M	Guthrie	MN	48	24:53	1:41	1:51	45	56:55	21.7	1:45	40	33:24	6:41	1:58:46
38	100	David Olheiser	34	M	Minneapolis	MN	84	28:26	1:56	2:21	12	52:44	23.4	2:16	39	33:15	6:39	1:59:00
39	77	Jesse Kling	28	M	Blaine	MN	25	22:22	1:31	1:46	55	59:25	20.8	2:07	41	33:26	6:42	1:59:04
40	33	Reilly Dougherty	17	M	Hibbing	MN	3	18:39	1:16	1:27	114	1:06:42	18.5	2:32	16	30:00	6:00	1:59:18
41	124	Bill Schmitt	54	M	Duluth	MN	33	23:20	1:35	1:56	29	55:38	22.2	2:13	66	36:21	7:17	1:59:26
42	88	Bob McKenzie	36	M	Maple Grove	MN	80	28:04	1:54	1:52	35	56:16	22.0	1:53	33	31:46	6:22	1:59:48
43	104	Andy Ottum	21	M	Eau Claire	WI	7	19:19	1:19	2:05	86	1:02:50	19.7	2:18	43	33:39	6:44	2:00:08
44	109	Steven Pitschka	41	M	Duluth	MN	49	25:12	1:43	1:37	41	56:43	21.8	2:05	55	35:06	7:02	2:00:39
45	658	Clint Agar	25	M	Duluth	MN	24	22:18	1:31	2:33	62	59:42	20.7	2:40	42	33:31	6:43	2:00:41
46	115	Wade Rockwood	37	M	Park City	UT	35	23:39	1:36	3:05	39	56:39	21.8	2:06	57	35:16	7:04	2:00:41
47	388	Dale Woodbeck	51	M	Excelsior	MN	38	23:50	1:37	2:05	30	55:41	22.2	2:13	72	37:18	7:28	2:01:03
48	42	Mark Evans	39	M	Minneapolis	MN	104	30:19	2:03	1:50	47	57:17	21.6	2:13	13	29:39	5:56	2:01:15
49	9	Bryce Bachman	20	M	Virginia	MN	15	21:18	1:27	2:14	76	1:01:51	20.0	1:38	49	34:20	6:52	2:01:17
50	133	Ladislaus Strzok	23	M	Duluth	MN	29	22:44	1:33	2:06	63	59:46	20.7	1:48	54	35:04	7:01	2:01:26
51	120	Robert Samples	49	M	Austin	MN	12	20:25	1:23	2:30	52	58:43	21.1	2:52	87	38:47	7:46	2:03:14
52	90	Patrick McMorro	60	M	Eden Prairie	MN	31	23:11	1:34	1:41	67	1:00:21	20.5	2:04	63	36:18	7:16	2:03:31
53	101	Aaron Olson	29	M	St. Paul	MN	63	26:27	1:48	1:22	48	57:41	21.4	1:56	68	36:35	7:19	2:03:59
54	130	Daniel Skold	23	M	Hopkins	MN	71	27:31	1:52	2:12	51	58:41	21.1	2:10	45	33:55	6:47	2:04:26
55	123	Todd Schellenberg	27	M	Blaine	MN	72	27:32	1:52	2:02	53	58:53	21.0	2:07	48	34:14	6:51	2:04:46
56	46	Christopher Frykman	30	M	Shakapee	MN	69	27:24	1:52	2:37	33	55:50	22.1	1:54	79	38:01	7:37	2:05:45
57	43	Mike Ewen	50	M	Rochester	MN	87	28:53	1:58	1:35	65	59:49	20.7	1:55	44	33:41	6:45	2:05:49
58	71	Doug Johnson	50	M	Minneapolis	MN	60	26:14	1:47	1:35	73	1:01:25	20.1	1:59	53	34:46	6:58	2:05:56
59	136	Schick Ted	46	M	Esko	MN	47	24:49	1:41	1:52	56	59:26	20.8	2:29	76	37:38	7:32	2:06:10
60	134	William Sutherland	37	M	Saint Paul	MN	57	25:54	1:45	1:27	72	1:01:16	20.2	1:56	61	36:11	7:15	2:06:41
61	595	Paul Thorne	40	M	Hopkins	MN	58	25:58	1:46	1:41	69	1:00:50	20.3	1:48	69	36:46	7:22	2:06:59
62	78	Rick Lacaille	41	M	Duluth	MN	79	27:59	1:54	1:55	71	1:01:12	20.2	1:55	47	34:05	6:49	2:07:03
63	127	Michael Shafirka	30	M	Thunder Bay	ON	37	23:43	1:37	2:56	66	59:56	20.6	2:35	81	38:09	7:38	2:07:16
64	146	Matthew Wise	37	M	Grand Forks	ND	74	27:45	1:53	3:51	46	57:16	21.6	2:18	62	36:11	7:15	2:07:16
65	591	Trevor Distad	40	M	Pine Island	MN	66	27:10	1:51	3:09	80	1:02:13	19.9	2:07	59	35:26	7:06	2:10:03
66	594	Glenn Perkins	49	M	Edina	MN	52	25:23	1:43	2:22	81	1:02:21	19.8	2:13	83	38:20	7:40	2:10:36
67	87	Joe McGaver	37	M	Duluth	MN	135	39:17	2:40	2:10	25	54:57	22.5	2:12	36	32:10	6:26	2:10:43
68	664	Kenji Sudoh	34	M	Duluth	MN	27	22:30	1:32	2:38	118	1:07:17	18.4	2:00	67	36:30	7:18	2:10:53
69	125	Andrew Schoppe	30	M	St. Paul	MN	75	27:50	1:53	3:11	103	1:05:10	19.0	4:31	28	31:26	6:18	2:12:06
70	102	Shane Olson	40	M	Duluth	MN	81	28:05	1:54	3:00	84	1:02:37	19.7	2:10	65	36:21	7:17	2:12:10
71	12	Douglas Barkema	32	M	St Louis Park	MN	108	31:08	2:07	3:10	43	56:44	21.8	3:00	85	38:28	7:42	2:12:27
72	143	Dylan Wiek	29	M	Bloomington	MN	136	40:50	2:46	1:23	44	56:53	21.7	1:46	32	31:41	6:21	2:12:31
73	126	David Schultz	40	M	Duluth	MN	56	25:26	1:44	2:18	88	1:03:21	19.5	2:14	91	39:17	7:52	2:12:32
74	118	Troy Rustad	46	M	Minneapolis	MN	46	24:44	1:41	1:58	42	56:43	21.8	2:36	132	48:01	9:37	2:13:59
75	639	Jim Miner Jr	53	M	Duluth	MN	68	27:15	1:51	2:08	75	1:01:43	20.0	2:19	103	40:57	8:12	2:14:18
76	57	Chad Hanna	41	M	Rapid City	SD	90	29:03	1:58	2:15	85	1:02:38	19.7	2:34	80	38:01	7:37	2:14:28
77	62	Joel Haugen	27	M	Jordan	MN	44	24:32	1:40	2:32	105	1:05:36	18.8	1:58	95	40:07	8:02	2:14:42
78	129	Cameron Skold	52	M	Hopkins	MN	70	27:27	1:52	2:45	117	1:06:59	18.5	2:32	58	35:21	7:05	2:15:02
79	82	Sean Loughran	28	M	Rochester	MN	98	29:45	2:01	2:05	54	59:24	20.8	3:06	102	40:54	8:11	2:15:11
80	98	Douglas Nixon	36	M	Minnetonka	MN	116	32:27	2:12	2:17	49	58:31	21.1	2:16	98	40:14	8:03	2:15:43
81	13	Paul Bartlam	38	M	Duluth	MN	59	26:12	1:47	1:45	92	1:03:39	19.4	2:04	108	42:42	8:33	2:16:19
82	31	Bevin Dawson	23	M	St. Paul	MN	100	30:02	2:02	3:22	93	1:03:46	19.4	3:16	60	36:00	7:12	2:16:24
83	26	Denis Charlebois	32	M	Thunder Bay	MN	73	27:39	1:53	4:13	89	1:03:25	19.5	2:43	86	38:35	7:43	2:16:31
84	73	Keith Johnson	47	M	Aurora	MN	109	31:29	2:08	3:36	79	1:02:05	19.9	2:22	70	37:11	7:27	2:16:40
85	35	Ryan Dresher	28	M	Marshall	MN	93	29:29	2:00	2:42	111	1:06:30	18.6	1:54	64	36:19	7:16	2:16:52
86	96	Peter Nagell	22	M	Duluth	MN	94	29:30	2:00	2:44	102	1:04:49	19.1	1:46	82	38:11	7:39	2:16:56
87	30	John Daugherty	66	M	Eden Prairie	MN	99	29:51	2:01	1:56	78	1:02:05	19.9	2:27	101	40:44	8:09	2:16:59
88	117	Jason Rupert	39	M	Forest Lake	MN	76	27:51	1:53	3:29	97	1:04:00	19.3	3:33	84	38:22	7:41	2:17:12
89	94	Skeeter Moore	44	M	Duluth	MN	86	28:50	1:57	2:18	94	1:03:53	19.3	2:35	93	39:44	7:57	2:17:17

90	681	Scott Meyer	18	M	Baxter	MN	101	30:09	2:03	3:24	83	1:02:29	19.8	3:54	74	37:27	7:30	2:17:20
91	667	Doug Mills	49	M	New Richmond	WI	65	27:08	1:50	2:45	101	1:04:43	19.1	2:45	99	40:16	8:04	2:17:32
92	75	Timothy Jung	45	M	Minneapolis	MN	105	30:36	2:05	2:34	70	1:01:02	20.3	72:44				2:17:36
93	108	Diego Pineda	31	M	Mexico	D.	88	28:56	1:58	1:27	113	1:06:36	18.6	2:33	88	38:51	7:47	2:18:21
94	47	Ben Fuller	26	M	Iowa City	IA	89	28:57	1:58	3:21	90	1:03:29	19.5	3:50	89	38:53	7:47	2:18:26
95	48	Brett Furber	30	M	Minneapolis	MN	61	26:17	1:47	1:51	123	1:08:12	18.1	2:13	94	40:01	8:01	2:18:31
96	144	Terry Wiens	50	M	Duluth	MN	91	29:04	1:58	2:18	119	1:07:32	18.3	2:19	75	37:31	7:31	2:18:41
97	53	Michael Given	34	M	Sauk Rapids	MN	51	25:22	1:43	4:31	74	1:01:37	20.1	3:19	118	44:02	8:49	2:18:49
98	646	John Kurth	41	M	Duluth	MN	92	29:16	1:59	3:08	96	1:03:56	19.3	2:40	96	40:09	8:02	2:19:05
99	19	Greg Bode	38	M	Eden Prairie	MN	77	27:51	1:53	2:49	82	1:02:26	19.8	2:38	112	43:28	8:42	2:19:09
100	55	Gregg Graton	45	M	Golden Valley	MN	112	31:58	2:10	4:25	64	59:48	20.7	2:39	100	40:22	8:05	2:19:09
101	644	Tyler Bjorhus	21	M	Duluth	MN					140	1:17:54	15.9	3:24	18	30:15	6:03	2:19:49
102	114	Chad Rempe	35	M	Duluth	MN	130	35:38	2:25						90	38:57	7:48	2:20:59
103	645	Aron Lipkin	23	M	St. Paul	MN	114	32:19	2:11	3:08	115	1:06:43	18.5	1:56	73	37:20	7:28	2:21:24
104	665	Todd Johnson	39	M	Duluth	MN	85	28:33	1:56	2:38	91	1:03:35	19.4	2:31	120	44:37	8:56	2:21:50
105	65	Benjamin Ho	26	M	Minneapolis	MN	131	36:06	2:27	2:38	87	1:03:14	19.5	2:05	78	37:53	7:35	2:21:53
106	110	Chris Poferl	22	M	Eden Prairie	MN	125	33:46	2:17	2:18	68	1:00:22	20.5	2:40	109	42:57	8:36	2:22:00
107	142	Mark Wick	44	M	Duluth	MN	82	28:08	1:55	2:21	109	1:06:06	18.7	2:15	114	43:36	8:44	2:22:23
108	50	Troy Geheren	46	M	Ramsey	MN	123	33:26	2:16	2:35	98	1:04:23	19.2	2:06	97	40:11	8:03	2:22:36
109	41	Ryan Erdmann	31	M	Minneapolis	MN	64	26:58	1:50	2:15	116	1:06:45	18.5	1:46	126	46:25	9:17	2:24:06
110	140	David Turnham	51	M	Duluth	MN	83	28:22	1:55	2:47	126	1:09:31	17.8	2:15	105	41:33	8:19	2:24:24
111	76	Kristofer Kimber	36	M	Minneapolis	MN	133	37:12	2:31	1:53	59	59:37	20.7	2:10	115	43:37	8:44	2:24:26
112	15	Tom Beissel	53	M	Dixon	IL	97	29:40	2:01	2:49	100	1:04:36	19.1	2:39	122	45:51	9:11	2:25:32
113	95	Colin Mulcahy	26	M	Wayzata	MN	115	32:21	2:12	2:06	106	1:05:51	18.8	2:37	107	42:40	8:32	2:25:32
114	103	Thomas Olson	36	M	Woodbury	MN	55	25:25	1:44	4:41	137	1:14:07	16.7	2:22	92	39:22	7:53	2:25:54
115	91	Don Meck	68	M	Siren	WI	103	30:17	2:03	3:04	104	1:05:10	19.0	3:35	121	44:43	8:57	2:26:45
116	36	Mark Eginton	38	M	Duluth	MN	110	31:37	2:09	3:37	107	1:05:51	18.8	2:48	111	43:22	8:41	2:27:12
117	68	Benjamin Horton	26	M	Iowa City	IA	96	29:38	2:01	3:05	120	1:07:35	18.3	3:17	117	44:01	8:49	2:27:33
118	643	Christopher Victor	19	M	Minneapolis	MN	132	36:10	2:27	2:11	99	1:04:35	19.1	1:39	116	43:53	8:47	2:28:25
119	683	Mark D Anderson	55	M	Lombard	IL	62	26:25	1:48	3:08	125	1:09:12	17.9	3:06	129	47:13	9:27	2:29:01
120	45	Eric Forseth	43	M	Bloomington	MN	107	30:59	2:06	3:11	108	1:06:06	18.7	2:14	130	47:32	9:31	2:30:00
121	64	Michael Hillmeyer	46	M	Duluth	MN	129	35:35	2:25	3:34	61	59:40	20.7	2:52	135	49:21	9:53	2:30:59
122	11	Benjamin Barclay	28	M	Saint Charles	MN	118	32:35	2:13	3:22	77	1:01:59	19.9	3:28	137	50:05	10:01	2:31:27
123	657	John Haire	56	M	Duluth	MN	41	23:55	1:37	0:50	142	1:25:10	14.5	1:20	104	41:14	8:15	2:32:26
124	61	Joe Haugen	21	M	Washburn	WI	141	48:56	3:19	3:31	58	59:36	20.7	2:48	77	37:47	7:34	2:32:35
125	131	Tony Stack	36	M	Inver Grove Height	MN	102	30:09	2:03	2:51	121	1:07:37	18.3	3:04	134	49:15	9:51	2:32:53
126	32	Justin Devine	25	M	Apple Valley	MN	134	38:51	2:38	4:21	95	1:03:54	19.3	2:16	113	43:35	8:43	2:32:54
127	112	Shannon Pring	31	M	Cloquet	MN	126	34:06	2:19	3:03	122	1:07:47	18.2	2:06	123	45:58	9:12	2:32:58
128	105	Steve Paladie	65	M	Bloomington	MN	117	32:28	2:12	2:20	133	1:11:18	17.3	3:08	124	46:03	9:13	2:35:14
129	27	David Clement	38	M	St. Paul	MN	121	32:58	2:14	2:54	128	1:09:44	17.7	3:52	125	46:14	9:15	2:35:39
130	590	Rodney Barnes	53	M	Maple Grove	MN	128	35:04	2:23	3:04	110	1:06:29	18.6	3:43	131	47:35	9:31	2:35:52
131	37	Jim Emil	51	M	Andover	MN	113	32:06	2:11	2:54	130	1:10:54	17.4	3:38	128	47:06	9:26	2:36:34
132	139	Harvey Thorleifson	50	M	Minneapolis	MN	120	32:56	2:14	1:53	135	1:11:46	17.2	2:51	133	48:05	9:37	2:37:26
133	21	Paul Buchanan	56	M	Duluth	MN	124	33:30	2:16	2:33	138	1:16:24	16.2	2:40	110	43:00	8:36	2:38:05
134	116	Fred Roethlisberger	64	M	River Falls	WI	106	30:44	2:05	3:33	129	1:10:03	17.6	10:12	119	44:08	8:50	2:38:36
135	70	Ryan Gallagher	23	M	Lake Nebogamon	WI	140	45:45	3:06	3:21	127	1:09:37	17.8	3:15	71	37:14	7:27	2:39:09
136	56	Nick Gunderson	26	M	Lakeville	MN	137	41:37	2:49	3:13	112	1:06:33	18.6	2:10	127	46:28	9:18	2:39:57
137	89	John McLaughlin	43	M	Eagan	MN	111	31:54	2:10	4:34	131	1:11:06	17.4	3:48	136	49:31	9:55	2:40:50
138	51	Joe Germscheid	42	M	Brooklyn Park	MN					124	1:08:16	18.1	4:09	139	54:37	10:56	2:41:45
139	66	Chuck Hodgson	49	M	West St. Paul	MN	122	33:00	2:14	3:09	132	1:11:06	17.4	3:32	140	55:33	11:07	2:46:19
140	647	Bill Getts	61	M	Minneapolis	MN	138	45:37	3:05	5:04	136	1:12:37	17.0	3:33	106	41:47	8:22	2:48:34
141	69	Jason Howard	28	M	Duluth	MN	127	35:02	2:23	4:21	141	1:23:09	14.9	2:36	138	52:29	10:30	2:57:35
142	52	Stephen Giles	54	M	Dana Point	CA	119	32:44	2:13	5:37	139	1:17:37	15.9	4:27	142	57:48	11:34	2:58:09
143	81	Max Lindsey	19	M	Washburn	WI	139	45:41	3:06	2:37	134	1:11:36	17.3	3:09	141	55:46	11:10	2:58:47

INDIVIDUAL FEMALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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1	2	Marlo Crosby Mcgaver	37	F	Duluth	MN	27	28:43	1:57	1:36	1	50:59	24.2	1:39	2	30:36	6:08	1:53:30
2	195	Kate McCann	24	F	Andover	MN	3	21:08	1:26	1:10	3	58:45	21.0	1:31	7	34:15	6:51	1:56:46
3	213	Abby Ruess	23	F	Saint Paul	MN	1	18:35	1:16	1:59	4	59:21	20.8	2:07	18	38:09	7:38	2:00:09
4	654	Ann Sudoh	36	F	Duluth	MN	2	21:06	1:26	2:15	10	1:01:40	20.0	2:32	4	33:14	6:39	2:00:43
5	211	Lesley Rockwood	35	F	Park City	UT	11	24:17	1:39	2:25	2	57:57	21.3	1:57	9	35:04	7:01	2:01:39
6	181	Angel Hohenstein	29	F	Duluth	MN	28	28:47	1:57	2:12	5	59:29	20.8	2:01	3	32:48	6:34	2:05:12
7	174	Becca Hatch	32	F	Minneapolis	MN	9	24:01	1:38	1:37	13	1:02:09	19.9	1:53	15	36:58	7:24	2:06:36
8	207	Kristin Pletsch	25	F	Waconia	MN	15	25:01	1:42	1:53	11	1:01:42	20.0	1:56	13	36:12	7:15	2:06:40
9	177	Jessica Hill	32	F	Minneapolis	MN	29	28:47	1:57	1:39	9	1:01:17	20.2	2:03	10	35:27	7:06	2:09:09
10	227	Jenny Wilcox	33	F	Cottage Grove	MN	50	32:04	2:10	2:22	15	1:03:20	19.5	1:23	1	30:13	6:03	2:09:19
11	215	Amy Samples	50	F	Austin	MN	14	24:50	1:41	2:59	25	1:05:44	18.8	2:10	6	33:54	6:47	2:09:34
12	169	Jenna Dickinson	22	F	Aurora	MN	13	24:40	1:40	2:01	21	1:05:23	18.9	2:03	11	35:48	7:10	2:09:52
13	172	Sara Frederickson	22	F	Ramsey	MN	20	27:39	1:53	2:30	22	1:05:29	18.9	2:10	5	33:29	6:42	2:11:13
14	182	Kelly Ingham	30	F	Minneapolis	MN	47	31:40	2:09	1:57	6	59:50	20.7	1:56	17	37:56	7:36	2:13:16
15	168	Jackie Dezellar	44	F	Eden Prairie	MN	32	29:05	1:58	2:01	19	1:04:24	19.2	2:21	12	35:52	7:11	2:13:40
16	187	Nicole Johnson	29	F	Minneapolis	MN	45	30:58	2:06	2:26	14	1:02:32	19.8	2:33	14	36:20	7:16	2:14:47
17	640	Colleen Mikelson	20	F	Detroit Lakes	MN	5	23:10	1:34	3:34	12	1:01:57	20.0	3:23	43	42:59	8:36	2:15:00
18	208	Stephanie Puffer	40	F	Hermantown	MN	19	27:19	1:51	2:15	17	1:04:17	19.2	2:20	25	39:16	7:52	2:15:25
19	217	Laura Schield-Jyring	42	F	Bismarck	ND	17	26:11	1:47	1:56	7	1:00:06	20.6	2:27	49	45:19	9:04	2:15:57
20	178	Amy Hite	31	F	Cottage Grove	MN	21	27:49	1:53	1:51	20	1:04:49	19.1	2:04	30	40:05	8:01	2:16:35
21	220	Kathryn Splan	31	F	St. Paul	MN	46	31:27	2:08	2:42	23	1:05:31	18.9	2:10	8	35:02	7:01	2:16:49
22	183	Cheri Johnson	43	F	Aurora	MN	31	29:03	1:58	2:28	24	1:05:37	18.8	2:25	20	38:31	7:43	2:18:01
23	175	Lauren Haugen	24	F	Northfield	MN	10	24:07	1:38	2:33	35	1:10:27	17.5	2:42	26	39:16	7:52	2:19:01
24	151	Mandy Back	32	F	Elk River	MN	7	23:12	1:35	2:12	36	1:10:42	17.5	2:23	33	40:36	8:08	2:19:02
25	210	Nikki Reed	20	F	Duluth	MN	4	23:02	1:34	2:20	45	1:14:03	16.7	1:44	22	38:46	7:46	2:19:52
26	158	Moriah Brooks	25	F	Duluth	MN	25	28:18	1:55	3:19	26	1:06:16	18.7	2:39	27	39:28	7:54	2:19:57
27	164	Amy Carlson	36	F	Duluth	MN	49	31:59	2:10	2:04	16	1:03:46	19.4	2:10	32	40:15	8:03	2:20:12
28	218	Jenny Schmitt	21	F	Duluth	MN	16	25:11	1:43	2:28	30	1:07:46	18.2	2:30	41	42:47	8:34	2:20:38
29	216	Mary Sands	46	F	St. Paul	MN	40	30:25	2:04	1:24	27	1:07:25	18.3	2:02	28	39:28	7:54	2:20:43
30	150	Amy Amundson	31	F	Minneapolis	MN	30	29:01	1:58	2:04	34	1:09:43	17.7	2:26	19	38:20	7:40	2:21:31
31	154	Dee Bartlam	39	F	Duluth	MN	48	31:41	2:09	1:48	8	1:00:45	20.3	2:32	47	45:00	9:00	2:21:43
32	225	Ann Vogt	25	F	Minneapolis	MN	34	29:24	2:00	1:44	32	1:08:46	18.0	1:30	37	41:38	8:20	2:22:58
33	642	Tracey Carey	44	F	Superior	WI	60	37:14	2:31	2:48	18	1:04:22	19.2	2:15	16	37:08	7:26	2:23:45
34	197	GINNA MOORES	48	F	Esko	MN	35	29:40	2:01	1:46	41	1:12:42	17.0	1:45	21	38:44	7:45	2:24:36
35	186	Heather Johnson	28	F	Carlton	MN	41	30:37	2:05	2:13	28	1:07:34	18.3	2:06	44	43:28	8:42	2:25:55
36	201	Norine Oda	51	F	Thunder Bay	ON	12	24:29	1:40	3:14	43	1:13:38	16.8	3:15	35	41:30	8:18	2:26:03
37	170	Sarah Dragsten	29	F	Minneapolis	MN	18	26:33	1:48	4:19	44	1:13:46	16.8	3:02	23	39:02	7:49	2:26:39
38	677	Katherine Rubin	45	F	Duluth	MN	33	29:12	1:59	3:39	37	1:10:46	17.5	3:03	29	40:04	8:01	2:26:42
39	193	Julie Ludwig	31	F	Minneapolis	MN	26	28:24	1:56	2:37	38	1:11:28	17.3	3:03	40	42:20	8:28	2:27:48
40	188	Alexandra Jones	18	F	Brainerd	MN	24	28:17	1:55	3:08	51	1:15:58	16.3	2:04	34	40:58	8:12	2:30:21
41	190	Carrie Kling	25	F	Blaine	MN	42	30:39	2:05	2:36	42	1:13:32	16.8	2:51	38	41:55	8:23	2:31:30
42	198	Grace Moores	17	F	Esko	MN	8	23:52	1:37	1:49	58	1:18:43	15.7	2:13	50	45:19	9:04	2:31:53
43	221	Jami Stromberg	37	F	Maple Grove	MN	57	35:56	2:26	3:14	33	1:09:12	17.9	2:29	39	41:55	8:23	2:32:43
44	194	Sarah Maslowski	26	F	Minneapolis	MN	54	33:59	2:18	2:42	50	1:15:53	16.3	2:14	24	39:08	7:50	2:33:53
45	152	Erin Barnes	26	F	Minneapolis	MN	23	28:15	1:55	2:55	47	1:15:08	16.5	2:53	48	45:15	9:03	2:34:23
46	212	Laurel Ronchetti	26	F	St Louis Park	MN	38	30:03	2:02	2:43	52	1:16:37	16.1	3:48	36	41:37	8:20	2:34:46
47	202	Alyssa Perry	22	F	Brooklyn Park	MN	55	34:28	2:20	4:07	40	1:12:25	17.1	3:49	45	44:00	8:48	2:38:45
48	179	Erin Hmielewski	22	F	Ashland	WI	51	32:14	2:11	2:15	46	1:14:21	16.6	2:32	56	47:50	9:34	2:39:09
49	171	Connie Foster	57	F	River Falls	WI	53	33:40	2:17	2:47	53	1:16:44	16.1	3:22	42	42:55	8:35	2:39:25
50	191	Heidi Klukas	35	F	Minneapolis	MN	63	38:15	2:36	3:46	31	1:08:34	18.0	3:13	52	46:00	9:12	2:39:45
51	167	Cindy Crecelius	31	F	Farmington	MN	61	37:23	2:32	2:09	29	1:07:38	18.3	3:33	60	49:19	9:52	2:39:59
52	149	Sharia Ahmed	21	F	Savage	MN	66	39:42	2:41	4:22	39	1:11:43	17.2	1:54	46	44:04	8:49	2:41:42
53	231	Anna Zimmerman	19	F	Brainerd	MN	39	30:04	2:02	3:58	57	1:18:17	15.8	4:08	55	47:19	9:28	2:43:42
54	219	Erin Schumacher	26	F	Minneapolis	MN	44	30:57	2:06	4:16	55	1:18:03	15.8	5:44	51	45:57	9:12	2:44:54
55	206	Chrissy Piram	24	F	Maple Grove	MN	37	29:55	2:02	2:55	69	1:29:59	13.7	1:58	31	40:15	8:03	2:44:57
56	165	Billie Checkalski	26	F	Weyerhaeuser	WI	36	29:52	2:02	2:51	48	1:15:33	16.4	2:51	63	54:24	10:53	2:45:27
57	163	Erin Callinan	26	F	Eagan	MN	22	27:58	1:54	3:14	65	1:24:50	14.6	3:13	53	46:38	9:20	2:45:50

58	222	Whitney Ulvestad	21	F	Excelsior	MN	6	23:12	1:35	2:15	60	1:21:05	15.2	2:43	66	57:27	11:30	2:46:39
59	223	Kara Underdahl	30	F	Minneapolis	MN	58	36:03	2:27	3:26	59	1:19:20	15.6	2:54	54	46:46	9:22	2:48:26
60	180	Theresa Hoffoss	30	F	Minneapolis	MN	59	37:00	2:30	3:59	56	1:18:06	15.8	2:38	57	48:23	9:41	2:50:03
61	199	Lois Nilson	50	F	Minneapolis	MN	43	30:56	2:06	4:15	49	1:15:39	16.3	3:43	65	55:37	11:08	2:50:07
62	641	Dana Robertson	32	F	Havre	MT	62	38:05	2:35	4:03	62	1:22:20	15.0	5:56	58	48:52	9:47	2:59:12
63	156	Jean Bostrom	54	F	Zimmerman	MN	65	38:29	2:36	4:01	67	1:25:40	14.4	2:08	59	48:58	9:48	2:59:13
64	224	Heidi Van De Berg	31	F	St. Paul	MN	68	48:17	3:16	2:33	54	1:17:10	16.0	3:15	61	50:13	10:03	3:01:25
65	166	Ann Courtney-Rasse	49	F	St Paul	MN	64	38:21	2:36	5:08	66	1:25:36	14.4	2:39	64	54:45	10:57	3:06:27
66	214	Susan Rupert	33	F	Forest Lake	MN	52	32:25	2:12	3:20	68	1:27:08	14.2	1:20	67	1:04:12	12:51	3:08:21
67	229	Lisa Wissbaum	46	F	Eagan	MN	67	45:14	3:04	5:22	61	1:21:51	15.1	4:30	62	52:24	10:29	3:09:19
68	161	Mary Calantoc	26	F	Saint Cloud	MN	56	35:44	2:25	5:42	63	1:23:11	14.9	3:56	70	1:15:49	15:10	3:24:20
69	676	Kristin Louzek	39	F	Sturgeon Lake	MN	69	49:24	3:21	6:14	64	1:23:49	14.7	7:12	69	1:11:40	14:20	3:38:18
70	675	Monica Lahr	39	F	Wahkon	MN	70	49:32	3:21	6:12	70	1:31:55	13.4	4:05	68	1:06:36	13:20	3:38:18

FEMALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	188	Alexandra Jones	18	F	Brainerd	MN	2	28:17	1:55	3:08	1	1:15:58	16.3	2:04	1	40:58	8:12	2:30:21
2	198	Grace Moores	17	F	Esko	MN	1	23:52	1:37	1:49	3	1:18:43	15.7	2:13	2	45:19	9:04	2:31:53
3	231	Anna Zimmerman	19	F	Brainerd	MN	3	30:04	2:02	3:58	2	1:18:17	15.8	4:08	3	47:19	9:28	2:43:42

FEMALE AGE GROUP RESULTS 20 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	195	Kate McCann	24	F	Andover	MN	2	21:08	1:26	1:10	1	58:45	21.0	1:31	2	34:15	6:51	1:56:46
2	213	Abby Ruess	23	F	Saint Paul	MN	1	18:35	1:16	1:59	2	59:21	20.8	2:07	4	38:09	7:38	2:00:09
3	169	Jenna Dickinson	22	F	Aurora	MN	7	24:40	1:40	2:01	4	1:05:23	18.9	2:03	3	35:48	7:10	2:09:52
4	172	Sara Frederickson	22	F	Ramsey	MN	9	27:39	1:53	2:30	5	1:05:29	18.9	2:10	1	33:29	6:42	2:11:13
5	640	Colleen Mikelson	20	F	Detroit Lakes	MN	4	23:10	1:34	3:34	3	1:01:57	20.0	3:23	9	42:59	8:36	2:15:00
6	175	Lauren Haugen	24	F	Northfield	MN	6	24:07	1:38	2:33	7	1:10:27	17.5	2:42	6	39:16	7:52	2:19:01
7	210	Nikki Reed	20	F	Duluth	MN	3	23:02	1:34	2:20	10	1:14:03	16.7	1:44	5	38:46	7:46	2:19:52
8	218	Jenny Schmitt	21	F	Duluth	MN	8	25:11	1:43	2:28	6	1:07:46	18.2	2:30	8	42:47	8:34	2:20:38
9	202	Alyssa Perry	22	F	Brooklyn Park	MN	12	34:28	2:20	4:07	9	1:12:25	17.1	3:49	10	44:00	8:48	2:38:45
10	179	Erin Hmielewski	22	F	Ashland	WI	11	32:14	2:11	2:15	11	1:14:21	16.6	2:32	12	47:50	9:34	2:39:09
11	149	Sharia Ahmed	21	F	Savage	MN	13	39:42	2:41	4:22	8	1:11:43	17.2	1:54	11	44:04	8:49	2:41:42
12	206	Chrissy Piram	24	F	Maple Grove	MN	10	29:55	2:02	2:55	13	1:29:59	13.7	1:58	7	40:15	8:03	2:44:57
13	222	Whitney Ulvestad	21	F	Excelsior	MN	5	23:12	1:35	2:15	12	1:21:05	15.2	2:43	13	57:27	11:30	2:46:39

FEMALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	181	Angel Hohenstein	29	F	Duluth	MN	6	28:47	1:57	2:12	1	59:29	20.8	2:01	1	32:48	6:34	2:05:12
2	207	Kristin Pletsch	25	F	Waconia	MN	1	25:01	1:42	1:53	2	1:01:42	20.0	1:56	2	36:12	7:15	2:06:40
3	187	Nicole Johnson	29	F	Minneapolis	MN	13	30:58	2:06	2:26	3	1:02:32	19.8	2:33	3	36:20	7:16	2:14:47
4	158	Moriah Brooks	25	F	Duluth	MN	5	28:18	1:55	3:19	4	1:06:16	18.7	2:39	6	39:28	7:54	2:19:57
5	225	Ann Vogt	25	F	Minneapolis	MN	7	29:24	2:00	1:44	6	1:08:46	18.0	1:30	8	41:38	8:20	2:22:58
6	186	Heather Johnson	28	F	Carlton	MN	10	30:37	2:05	2:13	5	1:07:34	18.3	2:06	10	43:28	8:42	2:25:55
7	170	Sarah Dragsten	29	F	Minneapolis	MN	2	26:33	1:48	4:19	8	1:13:46	16.8	3:02	4	39:02	7:49	2:26:39
8	190	Carrie Kling	25	F	Blaine	MN	11	30:39	2:05	2:36	7	1:13:32	16.8	2:51	9	41:55	8:23	2:31:30
9	194	Sarah Maslowski	26	F	Minneapolis	MN	14	33:59	2:18	2:42	11	1:15:53	16.3	2:14	5	39:08	7:50	2:33:53
10	152	Erin Barnes	26	F	Minneapolis	MN	4	28:15	1:55	2:55	9	1:15:08	16.5	2:53	11	45:15	9:03	2:34:23
11	212	Laurel Ronchetti	26	F	St Louis Park	MN	9	30:03	2:02	2:43	12	1:16:37	16.1	3:48	7	41:37	8:20	2:34:46
12	219	Erin Schumacher	26	F	Minneapolis	MN	12	30:57	2:06	4:16	13	1:18:03	15.8	5:44	12	45:57	9:12	2:44:54
13	165	Billie Checkalski	26	F	Weyerhaeuser	WI	8	29:52	2:02	2:51	10	1:15:33	16.4	2:51	14	54:24	10:53	2:45:27
14	163	Erin Callinan	26	F	Eagan	MN	3	27:58	1:54	3:14	15	1:24:50	14.6	3:13	13	46:38	9:20	2:45:50
15	161	Mary Calantoc	26	F	Saint Cloud	MN	15	35:44	2:25	5:42	14	1:23:11	14.9	3:56	15	1:15:49	15:10	3:24:20

FEMALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	174	Becca Hatch	32	F	Minneapolis	MN	2	24:01	1:38	1:37	3	1:02:09	19.9	1:53	4	36:58	7:24	2:06:36
2	177	Jessica Hill	32	F	Minneapolis	MN	5	28:47	1:57	1:39	2	1:01:17	20.2	2:03	3	35:27	7:06	2:09:09
3	227	Jenny Wilcox	33	F	Cottage Grove	MN	9	32:04	2:10	2:22	4	1:03:20	19.5	1:23	1	30:13	6:03	2:09:19
4	182	Kelly Ingham	30	F	Minneapolis	MN	8	31:40	2:09	1:57	1	59:50	20.7	1:56	5	37:56	7:36	2:13:16
5	178	Amy Hite	31	F	Cottage Grove	MN	3	27:49	1:53	1:51	5	1:04:49	19.1	2:04	7	40:05	8:01	2:16:35
6	220	Kathryn Splan	31	F	St. Paul	MN	7	31:27	2:08	2:42	6	1:05:31	18.9	2:10	2	35:02	7:01	2:16:49
7	151	Mandy Back	32	F	Elk River	MN	1	23:12	1:35	2:12	9	1:10:42	17.5	2:23	8	40:36	8:08	2:19:02
8	150	Amy Amundson	31	F	Minneapolis	MN	6	29:01	1:58	2:04	8	1:09:43	17.7	2:26	6	38:20	7:40	2:21:31
9	193	Julie Ludwig	31	F	Minneapolis	MN	4	28:24	1:56	2:37	10	1:11:28	17.3	3:03	9	42:20	8:28	2:27:48
10	167	Cindy Crecelius	31	F	Farmington	MN	13	37:23	2:32	2:09	7	1:07:38	18.3	3:33	13	49:19	9:52	2:39:59
11	223	Kara Underdahl	30	F	Minneapolis	MN	11	36:03	2:27	3:26	13	1:19:20	15.6	2:54	10	46:46	9:22	2:48:26
12	180	Theresa Hoffoss	30	F	Minneapolis	MN	12	37:00	2:30	3:59	12	1:18:06	15.8	2:38	11	48:23	9:41	2:50:03
13	641	Dana Robertson	32	F	Havre	MT	14	38:05	2:35	4:03	14	1:22:20	15.0	5:56	12	48:52	9:47	2:59:12
14	224	Heidi Van De Berg	31	F	St. Paul	MN	15	48:17	3:16	2:33	11	1:17:10	16.0	3:15	14	50:13	10:03	3:01:25
15	214	Susan Rupert	33	F	Forest Lake	MN	10	32:25	2:12	3:20	15	1:27:08	14.2	1:20	15	1:04:12	12:51	3:08:21

FEMALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	2	Marlo Crosby Mcgaver	37	F	Duluth	MN	3	28:43	1:57	1:36	1	50:59	24.2	1:39	1	30:36	6:08	1:53:30
2	654	Ann Sudoh	36	F	Duluth	MN	1	21:06	1:26	2:15	4	1:01:40	20.0	2:32	2	33:14	6:39	2:00:43
3	211	Lesley Rockwood	35	F	Park City	UT	2	24:17	1:39	2:25	2	57:57	21.3	1:57	3	35:04	7:01	2:01:39
4	164	Amy Carlson	36	F	Duluth	MN	5	31:59	2:10	2:04	5	1:03:46	19.4	2:10	4	40:15	8:03	2:20:12
5	154	Dee Bartlam	39	F	Duluth	MN	4	31:41	2:09	1:48	3	1:00:45	20.3	2:32	6	45:00	9:00	2:21:43
6	221	Jami Stromberg	37	F	Maple Grove	MN	6	35:56	2:26	3:14	7	1:09:12	17.9	2:29	5	41:55	8:23	2:32:43
7	191	Heidi Klukas	35	F	Minneapolis	MN	7	38:15	2:36	3:46	6	1:08:34	18.0	3:13	7	46:00	9:12	2:39:45
8	676	Kristin Louzek	39	F	Sturgeon Lake	MN	8	49:24	3:21	6:14	8	1:23:49	14.7	7:12	9	1:11:40	14:20	3:38:18
9	675	Monica Lahr	39	F	Wahkon	MN	9	49:32	3:21	6:12	9	1:31:55	13.4	4:05	8	1:06:36	13:20	3:38:18

FEMALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	168	Jackie Dezellar	44	F	Eden Prairie	MN	4	29:05	1:58	2:01	4	1:04:24	19.2	2:21	1	35:52	7:11	2:13:40
2	208	Stephanie Puffer	40	F	Hermantown	MN	2	27:19	1:51	2:15	2	1:04:17	19.2	2:20	4	39:16	7:52	2:15:25
3	217	Laura Schield-Jyring	42	F	Bismarck	ND	1	26:11	1:47	1:56	1	1:00:06	20.6	2:27	5	45:19	9:04	2:15:57
4	183	Cheri Johnson	43	F	Aurora	MN	3	29:03	1:58	2:28	5	1:05:37	18.8	2:25	3	38:31	7:43	2:18:01
5	642	Tracey Carey	44	F	Superior	WI	5	37:14	2:31	2:48	3	1:04:22	19.2	2:15	2	37:08	7:26	2:23:45

FEMALE AGE GROUP RESULTS 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	216	Mary Sands	46	F	St. Paul	MN	3	30:25	2:04	1:24	1	1:07:25	18.3	2:02	2	39:28	7:54	2:20:43
2	197	Ginna Moores	48	F	Esko	MN	2	29:40	2:01	1:46	3	1:12:42	17.0	1:45	1	38:44	7:45	2:24:36
3	677	Katherine Rubin	45	F	Duluth	MN	1	29:12	1:59	3:39	2	1:10:46	17.5	3:03	3	40:04	8:01	2:26:42
4	166	Ann Courtney-Rasse	49	F	St Paul	MN	4	38:21	2:36	5:08	5	1:25:36	14.4	2:39	5	54:45	10:57	3:06:27
5	229	Lisa Wissbaum	46	F	Eagan	MN	5	45:14	3:04	5:22	4	1:21:51	15.1	4:30	4	52:24	10:29	3:09:19

FEMALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	215	Amy Samples	50	F	Austin	MN	2	24:50	1:41	2:59	1	1:05:44	18.8	2:10	1	33:54	6:47	2:09:34
2	201	Norine Oda	51	F	Thunder Bay	ON	1	24:29	1:40	3:14	2	1:13:38	16.8	3:15	2	41:30	8:18	2:26:03
3	199	Lois Nilson	50	F	Minneapolis	MN	3	30:56	2:06	4:15	3	1:15:39	16.3	3:43	4	55:37	11:08	2:50:07
4	156	Jean Bostrom	54	F	Zimmerman	MN	4	38:29	2:36	4:01	4	1:25:40	14.4	2:08	3	48:58	9:48	2:59:13

FEMALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	171	Connie Foster	57	F	River Falls	WI	1	33:40	2:17	2:47	1	1:16:44	16.1	3:22	1	42:55	8:35	2:39:25

FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 70 - 74

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 75 - 79

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 80 - 84

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 85 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	54	Taylor Gombos	18	M	St. Cloud	MN	2	22:12	1:30	2:12	1	59:39	20.7	2:01	2	31:02	6:13	1:57:04
2	33	Reilly Dougherty	17	M	Hibbing	MN	1	18:39	1:16	1:27	4	1:06:42	18.5	2:32	1	30:00	6:00	1:59:18
3	681	Scott Meyer	18	M	Baxter	MN	3	30:09	2:03	3:24	2	1:02:29	19.8	3:54	3	37:27	7:30	2:17:20
4	643	Christopher Victor	19	M	Minneapolis	MN	4	36:10	2:27	2:11	3	1:04:35	19.1	1:39	4	43:53	8:47	2:28:25
5	81	Max Lindsey	19	M	Washburn	WI	5	45:41	3:06	2:37	5	1:11:36	17.3	3:09	5	55:46	11:10	2:58:47

MALE AGE GROUP RESULTS 20 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	93	Neil Miller	23	M	St. Paul	MN	2	20:28	1:23	1:02	1	51:05	24.2	1:32	1	26:14	5:15	1:40:19
2	648	Marc Ellingson	24	M	Waconia	MN	5	21:31	1:28	1:20	2	53:03	23.3	1:25	2	26:19	5:16	1:43:36
3	60	Samuel Hauck	23	M	Shoreview	MN	4	21:29	1:28	1:36	3	53:04	23.3	1:20	3	26:53	5:23	1:44:19
4	4	Jason Lindelof	23	M	Duluth	MN	7	23:51	1:37	1:31	5	56:35	21.8	1:41	5	29:13	5:51	1:52:49
5	28	Ben Cogger	23	M	Washburn	WI	10	29:35	2:00	1:13	4	53:37	23.1	1:43	4	27:11	5:27	1:53:16
6	104	Andy Ottum	21	M	Eau Claire	WI	1	19:19	1:19	2:05	11	1:02:50	19.7	2:18	7	33:39	6:44	2:00:08
7	9	Bryce Bachman	20	M	Virginia	MN	3	21:18	1:27	2:14	10	1:01:51	20.0	1:38	9	34:20	6:52	2:01:17
8	133	Ladislaus Strzok	23	M	Duluth	MN	6	22:44	1:33	2:06	8	59:46	20.7	1:48	10	35:04	7:01	2:01:26
9	130	Daniel Skold	23	M	Hopkins	MN	8	27:31	1:52	2:12	6	58:41	21.1	2:10	8	33:55	6:47	2:04:26
10	31	Bevin Dawson	23	M	St. Paul	MN	11	30:02	2:02	3:22	12	1:03:46	19.4	3:16	11	36:00	7:12	2:16:24
11	96	Peter Nagell	22	M	Duluth	MN	9	29:30	2:00	2:44	13	1:04:49	19.1	1:46	15	38:11	7:39	2:16:56
12	644	Tyler Bjorhus	21	M	Duluth	MN					16	1:17:54	15.9	3:24	6	30:15	6:03	2:19:49
13	645	Aron Lipkin	23	M	St. Paul	MN	12	32:19	2:11	3:08	14	1:06:43	18.5	1:56	13	37:20	7:28	2:21:24
14	110	Chris Poferl	22	M	Eden Prairie	MN	13	33:46	2:17	2:18	9	1:00:22	20.5	2:40	16	42:57	8:36	2:22:00
15	61	Joe Haugen	21	M	Washburn	WI	15	48:56	3:19	3:31	7	59:36	20.7	2:48	14	37:47	7:34	2:32:35
16	70	Ryan Gallagher	23	M	Lake Nebogamon	WI	14	45:45	3:06	3:21	15	1:09:37	17.8	3:15	12	37:14	7:27	2:39:09

MALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	138	David Thompson	29	M	St. Paul	MN	1	18:02	1:14	1:01	1	48:54	25.3	1:15	3	27:12	5:27	1:36:23
2	10	Jonathan Balabuck	28	M	Thunder Bay	MN	2	18:43	1:16	1:07	2	50:31	24.5	1:27	1	26:34	5:19	1:38:20
3	6	Jesse Adams	25	M	Duluth	MN	3	19:20	1:19	1:21	3	53:13	23.2	1:25	4	30:12	6:03	1:45:27
4	18	Josh Blankenheim	27	M	Duluth	MN	6	23:19	1:35	1:41	4	54:37	22.6	1:22	2	27:10	5:26	1:48:06
5	29	Daniel Conley	26	M	Shoreview	MN	8	24:44	1:41	1:53	5	55:27	22.3	1:54	5	31:14	6:15	1:55:09
6	77	Jesse Kling	28	M	Blaine	MN	5	22:22	1:31	1:46	10	59:25	20.8	2:07	7	33:26	6:42	1:59:04
7	658	Clint Agar	25	M	Duluth	MN	4	22:18	1:31	2:33	11	59:42	20.7	2:40	8	33:31	6:43	2:00:41
8	101	Aaron Olson	29	M	St. Paul	MN	9	26:27	1:48	1:22	7	57:41	21.4	1:56	11	36:35	7:19	2:03:59
9	123	Todd Schellenberg	27	M	Blaine	MN	10	27:32	1:52	2:02	8	58:53	21.0	2:07	9	34:14	6:51	2:04:46
10	143	Dylan Wiek	29	M	Bloomington	MN	20	40:50	2:46	1:23	6	56:53	21.7	1:46	6	31:41	6:21	2:12:31
11	62	Joel Haugen	27	M	Jordan	MN	7	24:32	1:40	2:32	16	1:05:36	18.8	1:58	14	40:07	8:02	2:14:42
12	82	Sean Loughran	28	M	Rochester	MN	14	29:45	2:01	2:05	9	59:24	20.8	3:06	15	40:54	8:11	2:15:11
13	35	Ryan Dresher	28	M	Marshall	MN	12	29:29	2:00	2:42	18	1:06:30	18.6	1:54	10	36:19	7:16	2:16:52
14	47	Ben Fuller	26	M	Iowa City	IA	11	28:57	1:58	3:21	14	1:03:29	19.5	3:50	13	38:53	7:47	2:18:26
15	65	Benjamin Ho	26	M	Minneapolis	MN	18	36:06	2:27	2:38	13	1:03:14	19.5	2:05	12	37:53	7:35	2:21:53
16	95	Colin Mulcahy	26	M	Wayzata	MN	15	32:21	2:12	2:06	17	1:05:51	18.8	2:37	16	42:40	8:32	2:25:32
17	68	Benjamin Horton	26	M	Iowa City	IA	13	29:38	2:01	3:05	20	1:07:35	18.3	3:17	18	44:01	8:49	2:27:33
18	11	Benjamin Barclay	28	M	Saint Charles	MN	16	32:35	2:13	3:22	12	1:01:59	19.9	3:28	20	50:05	10:01	2:31:27
19	32	Justin Devine	25	M	Apple Valley	MN	19	38:51	2:38	4:21	15	1:03:54	19.3	2:16	17	43:35	8:43	2:32:54
20	56	Nick Gunderson	26	M	Lakeville	MN	21	41:37	2:49	3:13	19	1:06:33	18.6	2:10	19	46:28	9:18	2:39:57
21	69	Jason Howard	28	M	Duluth	MN	17	35:02	2:23	4:21	21	1:23:09	14.9	2:36	21	52:29	10:30	2:57:35

MALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	122	Jeremy Sartain	33	M	St. Paul	MN	3	20:05	1:22	1:19	1	46:53	26.4	1:20	1	28:28	5:42	1:38:03
2	83	Brett Lovaas	33	M	Minnetonka	MN	1	18:50	1:17	1:06	2	50:29	24.5	1:34	3	29:32	5:55	1:41:29
3	141	Michael Waataja	32	M	Plymouth	MN	2	19:50	1:21	1:04	3	51:59	23.8	1:42	9	34:30	6:54	1:49:02
4	67	Steven Hohenstein	30	M	Duluth	MN	9	24:12	1:39	1:28	5	53:01	23.3	1:23	6	31:35	6:19	1:51:36
5	63	Bryan Hill	33	M	Minneapolis	MN	5	22:29	1:32	1:33	9	56:39	21.8	1:52	7	31:58	6:24	1:54:28
6	20	Edward Bradley	31	M	Dickerson	MD	7	22:41	1:32	2:36	11	59:27	20.8	2:11	2	28:30	5:42	1:55:22
7	59	Brian Hanson	30	M	Chisholm	MN	16	27:56	1:54	1:17	6	54:01	22.9	1:43	5	31:34	6:19	1:56:27
8	92	Kevin Miller	30	M	Shoreview	MN	4	22:15	1:31	1:49	8	56:27	21.9	2:15	10	35:14	7:03	1:57:57
9	100	David Olheiser	34	M	Minneapolis	MN	17	28:26	1:56	2:21	4	52:44	23.4	2:16	8	33:15	6:39	1:59:00
10	46	Christopher Frykman	30	M	Shakapee	MN	13	27:24	1:52	2:37	7	55:50	22.1	1:54	12	38:01	7:37	2:05:45
11	127	Michael Shafirka	30	M	Thunder Bay	ON	8	23:43	1:37	2:56	12	59:56	20.6	2:35	13	38:09	7:38	2:07:16
12	664	Kenji Sudoh	34	M	Duluth	MN	6	22:30	1:32	2:38	18	1:07:17	18.4	2:00	11	36:30	7:12	2:10:53
13	125	Andrew Schoppe	30	M	St. Paul	MN	15	27:50	1:53	3:11	15	1:05:10	19.0	4:31	4	31:26	6:18	2:12:06
14	12	Douglas Barkema	32	M	St Louis Park	MN	19	31:08	2:07	3:10	10	56:44	21.8	3:00	14	38:28	7:42	2:12:27
15	26	Denis Charlebois	32	M	Thunder Bay	MN	14	27:39	1:53	4:13	14	1:03:25	19.5	2:43	15	38:35	7:43	2:16:31
16	108	Diego Pineda	31	M	Mexico	D.	18	28:56	1:58	1:27	16	1:06:36	18.6	2:33	16	38:51	7:47	2:18:21
17	48	Brett Furber	30	M	Minneapolis	MN	11	26:17	1:47	1:51	20	1:08:12	18.1	2:13	17	40:01	8:01	2:18:31
18	53	Michael Given	34	M	Sauk Rapids	MN	10	25:22	1:43	4:31	13	1:01:37	20.1	3:19	18	44:02	8:49	2:18:49
19	41	Ryan Erdmann	31	M	Minneapolis	MN	12	26:58	1:50	2:15	17	1:06:45	18.5	1:46	20	46:25	9:17	2:24:06
20	112	Shannon Pring	31	M	Cloquet	MN	20	34:06	2:19	3:03	19	1:07:47	18.2	2:06	19	45:58	9:12	2:32:58

MALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	111	Kevin Preckel	36	M	Duluth	MN	2	21:40	1:28	1:22	1	53:31	23.1	1:31	2	30:24	6:05	1:48:27
2	119	Todd Sample	35	M	Minneapolis	MN	1	21:21	1:27	1:38	6	55:48	22.2	2:20	8	32:40	6:32	1:53:44
3	3	Kris Swarthout	36	M	Minneapolis	MN	3	21:46	1:29	1:19	3	54:51	22.5	1:40	9	34:21	6:53	1:53:54
4	86	Scott Marsh	39	M	Austin	MN	4	23:09	1:34	2:19	8	56:31	21.9	1:40	3	30:30	6:06	1:54:06
5	148	Damin Zacho	39	M	Eau Claire	WI	6	25:15	1:43	2:07	2	54:14	22.8	1:58	4	30:49	6:10	1:54:21
6	72	Greg Johnson	35	M	Carlton	MN	7	25:25	1:43	1:29	5	55:29	22.3	1:41	6	32:09	6:26	1:56:10
7	88	Bob McKenzie	36	M	Maple Grove	MN	14	28:04	1:54	1:52	7	56:19	22.0	1:53	5	31:46	6:22	1:59:48

8	115	Wade Rockwood	37	M	Park City	UT	5	23:39	1:36	3:05	9	56:39	21.8	2:06	10	35:16	7:04	2:00:41
9	42	Mark Evans	39	M	Minneapolis	MN	17	30:19	2:03	1:50	11	57:17	21.6	2:13	1	29:39	5:56	2:01:15
10	134	William Sutherland	37	M	Saint Paul	MN	9	25:54	1:45	1:27	14	1:01:16	20.2	1:56	11	36:11	7:15	2:06:41
11	146	Matthew Wise	37	M	Grand Forks	ND	11	27:45	1:53	3:51	10	57:16	21.6	2:18	12	36:11	7:15	2:07:16
12	87	Joe McGaver	37	M	Duluth	MN	23	39:17	2:40	2:10	4	54:57	22.5	2:12	7	32:10	6:26	2:10:43
13	98	Douglas Nixon	36	M	Minnetonka	MN	19	32:27	2:12	2:17	12	58:31	21.1	2:16	16	40:14	8:03	2:15:43
14	13	Paul Bartlam	38	M	Duluth	MN	10	26:12	1:47	1:45	17	1:03:39	19.4	2:04	17	42:42	8:33	2:16:19
15	117	Jason Rupert	39	M	Forest Lake	MN	12	27:51	1:53	3:29	18	1:04:00	19.3	3:33	13	38:22	7:41	2:17:12
16	19	Greg Bode	38	M	Eden Prairie	MN	13	27:51	1:53	2:49	15	1:02:26	19.8	2:38	19	43:28	8:42	2:19:09
17	114	Chad Rempe	35	M	Duluth	MN	21	35:38	2:25						14	38:57	7:48	2:20:59
18	665	Todd Johnson	39	M	Duluth	MN	15	28:33	1:56	2:38	16	1:03:35	19.4	2:31	21	44:37	8:56	2:21:50
19	76	Kristofer Kimber	36	M	Minneapolis	MN	22	37:12	2:31	1:53	13	59:37	20.7	2:10	20	43:37	8:44	2:24:26
20	103	Thomas Olson	36	M	Woodbury	MN	8	25:25	1:44	4:41	22	1:14:07	16.7	2:22	15	39:22	7:53	2:25:54
21	36	Mark Eginton	38	M	Duluth	MN	18	31:37	2:09	3:37	19	1:05:51	18.8	2:48	18	43:22	8:41	2:27:12
22	131	Tony Stack	36	M	Inver Grove Height	MN	16	30:09	2:03	2:51	20	1:07:37	18.3	3:04	23	49:15	9:51	2:32:53
23	27	David Clement	38	M	St. Paul	MN	20	32:58	2:14	2:54	21	1:09:44	17.7	3:52	22	46:14	9:15	2:35:39

MALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1	Brian Bich	41	M	Duluth	MN	2	19:17	1:19	1:11	1	48:19	25.6	1:23	1	27:14	5:27	1:37:20
2	653	Rhett Bonner	43	M	Duluth	MN	3	19:20	1:19	1:06	4	52:13	23.7	1:35	2	29:49	5:58	1:43:59
3	24	Jey Carlson	41	M	Minnetonka	MN	5	23:38	1:36	1:16	2	50:17	24.6	1:48	4	31:09	6:14	1:48:03
4	649	Montgomery Mow	44	M	White Bear Lake	MN	1	18:38	1:16	1:36	7	54:58	22.5	1:42	5	31:28	6:18	1:48:20
5	25	Phillippe Chabot	42	M	Winnepeg	MB	4	21:11	1:26	1:22	6	54:12	22.8	1:38	6	32:32	6:31	1:50:52
6	107	Robert Peterson	40	M	Barron	WV	13	27:12	1:51	2:16	5	53:07	23.3	2:05	3	30:37	6:08	1:55:14
7	22	Allen Campbell	40	M	Eau Claire	WI	7	24:32	1:40	2:39	3	51:56	23.8	2:22	10	34:44	6:57	1:56:09
8	58	Brad Hanson	43	M	Monticello	MN	6	23:40	1:36	1:34	8	55:42	22.2	1:42	8	34:02	6:49	1:56:37
9	17	Dan Bjorkstrand	44	M	Guthrie	MN	8	24:53	1:41	1:51	10	56:55	21.7	1:45	7	33:24	6:41	1:58:46
10	109	Steven Pitschka	41	M	Duluth	MN	9	25:12	1:43	1:37	9	56:43	21.8	2:05	11	35:06	7:02	2:00:39
11	595	Paul Thorne	40	M	Hopkins	MN	11	25:58	1:46	1:41	11	1:00:50	20.3	1:48	14	36:46	7:22	2:06:59
12	78	Rick Lacaille	41	M	Duluth	MN	14	27:59	1:54	1:55	12	1:01:12	20.2	1:55	9	34:05	6:49	2:07:03
13	591	Trevor Distad	40	M	Pine Island	MN	12	27:10	1:51	3:09	13	1:02:13	19.9	2:07	12	35:26	7:06	2:10:03
14	102	Shane Olson	40	M	Duluth	MN	15	28:05	1:54	3:00	14	1:02:37	19.7	2:10	13	36:21	7:17	2:12:10
15	126	David Schultz	40	M	Duluth	MN	10	25:26	1:44	2:18	16	1:03:21	19.5	2:14	16	39:17	7:52	2:12:32
16	57	Chad Hanna	41	M	Rapid City	SD	18	29:03	1:58	2:15	15	1:02:38	19.7	2:34	15	38:01	7:37	2:14:28
17	94	Skeeter Moore	44	M	Duluth	MN	17	28:50	1:57	2:18	17	1:03:53	19.3	2:35	17	39:44	7:57	2:17:17
18	646	John Kurth	41	M	Duluth	MN	19	29:16	1:59	3:08	18	1:03:56	19.3	2:40	18	40:09	8:02	2:19:05
19	142	Mark Wick	44	M	Duluth	MN	16	28:08	1:55	2:21	20	1:06:06	18.7	2:15	19	43:36	8:44	2:22:23
20	45	Eric Forseth	43	M	Bloomington	MN	20	30:59	2:06	3:11	19	1:06:06	18.7	2:14	20	47:32	9:31	2:30:00
21	89	John McLaughlin	43	M	Eagan	MN	21	31:54	2:10	4:34	22	1:11:06	17.4	3:48	21	49:31	9:55	2:40:50
22	51	Joe Germscheid	42	M	Brooklyn Park	MN					21	1:08:16	18.1	4:09	22	54:37	10:56	2:41:45

MALE AGE GROUP RESULTS 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	113	Jim Reed	48	M	Duluth	MN	6	25:24	1:43	1:41	1	55:52	22.1	1:49	1	29:54	5:59	1:54:38
2	44	Dale Forde	49	M	Golden Valley	MN	2	23:50	1:37	1:43	3	58:39	21.1	1:41	2	30:53	6:11	1:56:44
3	120	Robert Samples	49	M	Austin	MN	1	20:25	1:23	2:30	4	58:43	21.1	2:52	6	38:47	7:46	2:03:14
4	136	Schick Ted	46	M	Esko	MN	4	24:49	1:41	1:52	5	59:26	20.8	2:29	4	37:38	7:32	2:06:10
5	594	Glenn Perkins	49	M	Edina	MN	5	25:23	1:43	2:22	10	1:02:21	19.8	2:13	5	38:20	7:40	2:10:36
6	118	Troy Rustad	46	M	Minneapolis	MN	3	24:44	1:41	1:58	2	56:43	21.8	2:36	10	48:01	9:37	2:13:59
7	73	Keith Johnson	49	M	Aurora	MN	9	31:29	2:08	3:36	9	1:02:05	19.9	2:22	3	37:11	7:27	2:16:40
8	667	Doug Mills	49	M	New Richmond	WI	7	27:08	1:50	2:45	12	1:04:43	19.1	2:45	8	40:16	8:04	2:17:32
9	75	Timothy Jung	45	M	Minneapolis	MN	8	30:36	2:05	2:34	8	1:01:02	20.3	72:44				2:17:36
10	55	Gregg Graton	45	M	Golden Valley	MN	10	31:58	2:10	4:25	7	59:48	20.7	2:39	9	40:22	8:05	2:19:09
11	50	Troy Geheren	46	M	Ramsey	MN	12	33:26	2:16	2:35	11	1:04:23	19.2	2:06	7	40:11	8:03	2:22:36
12	64	Michael Hillmeyer	46	M	Duluth	MN	13	35:35	2:25	3:34	6	59:40	20.7	2:52	11	49:21	9:53	2:30:59

13 66 Chuck Hodgson 49 M West St. Paul MN 11 33:00 2:14 3:09 13 1:11:06 17.4 3:32 12 55:33 11:07 2:46:19

MALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	34	Dave Dow	52	M	West Lakeland	MN	1	22:01	1:30	1:29	1	52:28	23.6	1:48	1	30:17	6:04	1:48:00
2	124	Bill Schmitt	54	M	Duluth	MN	2	23:20	1:35	1:56	2	55:38	22.2	2:13	5	36:21	7:17	1:59:26
3	388	Dale Woodbeck	51	M	Excelsior	MN	3	23:50	1:37	2:05	3	55:41	22.2	2:13	6	37:18	7:28	2:01:03
4	43	Mike Ewen	50	M	Rochester	MN	8	28:53	1:58	1:35	4	59:49	20.7	1:55	2	33:41	6:45	2:05:49
5	71	Doug Johnson	50	M	Minneapolis	MN	4	26:14	1:47	1:35	5	1:01:25	20.1	1:59	3	34:46	6:58	2:05:56
6	639	Jim Miner Jr	53	M	Duluth	MN	5	27:15	1:51	2:08	6	1:01:43	20.0	2:19	8	40:57	8:12	2:14:18
7	129	Cameron Skold	52	M	Hopkins	MN	6	27:27	1:52	2:45	9	1:06:59	18.5	2:32	4	35:21	7:05	2:15:02
8	144	Terry Wiens	50	M	Duluth	MN	9	29:04	1:58	2:18	10	1:07:32	18.3	2:19	7	37:31	7:31	2:18:41
9	140	David Turnham	51	M	Duluth	MN	7	28:22	1:55	2:47	11	1:09:31	17.8	2:15	9	41:33	8:19	2:24:24
10	15	Tom Beissel	53	M	Dixon	IL	10	29:40	2:01	2:49	7	1:04:36	19.1	2:39	10	45:51	9:11	2:25:32
11	590	Rodney Barnes	53	M	Maple Grove	MN	14	35:04	2:23	3:04	8	1:06:29	18.6	3:43	12	47:35	9:31	2:35:52
12	37	Jim Emil	51	M	Andover	MN	11	32:06	2:11	2:54	12	1:10:54	17.4	3:38	11	47:06	9:26	2:36:34
13	139	Harvey Thorleifson	50	M	Minneapolis	MN	13	32:56	2:14	1:53	13	1:11:46	17.2	2:51	13	48:05	9:37	2:37:26
14	52	Stephen Giles	54	M	Dana Point	CA	12	32:44	2:13	5:37	14	1:17:37	15.9	4:27	14	57:48	11:34	2:58:09

MALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	683	Mark D Anderson	55	M	Lombard	IL	2	26:25	1:48	3:08	1	1:09:12	17.9	3:06	3	47:13	9:27	2:29:01
2	657	John Haire	56	M	Duluth	MN	1	23:55	1:37	0:50	3	1:25:10	14.5	1:20	1	41:14	8:15	2:32:26
3	21	Paul Buchanan	56	M	Duluth	MN	3	33:30	2:16	2:33	2	1:16:24	16.2	2:40	2	43:00	8:36	2:38:05

MALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	90	Patrick McMorrow	60	M	Eden Prairie	MN	1	23:11	1:34	1:41	1	1:00:21	20.5	2:04	1	36:18	7:16	2:03:31
2	116	Fred Roethlisberger	64	M	River Falls	WI	2	30:44	2:05	3:33	2	1:10:03	17.6	10:12	3	44:08	8:50	2:38:36
3	647	Bill Getts	61	M	Minneapolis	MN	3	45:37	3:05	5:04	3	1:12:37	17.0	3:33	2	41:47	8:22	2:48:34

MALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	30	John Daugherty	66	M	Eden Prairie	MN	1	29:51	2:01	1:56	1	1:02:05	19.9	2:27	1	40:44	8:09	2:16:59
2	91	Don Meck	68	M	Siren	WI	2	30:17	2:03	3:04	2	1:05:10	19.0	3:35	2	44:43	8:57	2:26:45
3	105	Steve Paladie	65	M	Bloomington	MN	3	32:28	2:12	2:20	3	1:11:18	17.3	3:08	3	46:03	9:13	2:35:14

MALE AGE GROUP RESULTS 70 - 74

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 75 - 79

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 80 - 84

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 85 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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Total Registered:

281

Total Number of Individual Finishers:	213
Total Number of Relay Finishers:	29
Number of Male Finishers:	143
Number of Female Finishers:	70
Did not Finish Race or Did Not Start:	38