

BREWHOUSE TRIATHLON
Pike Lake AAA Beach Club, Duluth, MN - August 5, 2007
1/3 Mile Swim - 10.3 Mile Bike - 2.5 Mile Run

Place	Div/Tot	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/11	661	David Goldberg	47	M	Duluth	MN	1	9:02	1:33	1:07	2	27:01	22.9	1:34	9	17:27	6:59	56:08
2	1/20	679	Tim Andrew	42	M	Duluth	MN	5	9:54	1:42	1:08	3	27:04	22.8	1:26	5	16:48	6:44	56:18
3	1/18	316	Jason Kask	21	M	Duluth	MN	3	9:51	1:41	1:19	7	28:54	21.4	1:29	2	15:29	6:12	57:00
4	2/20	634	Ian Nemerov	42	M	Edina	MN	7	10:15	1:45	2:08	5	28:04	22.0	2:07	7	17:17	6:55	59:49
5	1/20	302	Adam Himes	35	M	Richfield	MN	87	13:11	2:15	1:12	4	28:00	22.1	1:26	3	16:02	6:25	59:49
6	1/31	366	Peter Sandelin	29	M	Duluth	MN	30	11:43	2:00	1:31	17	29:21	21.1	1:31	11	17:27	6:59	1:01:30
7	1/6	338	Duane Millslagle	57	M	Duluth	MN	61	12:46	2:11	1:55	20	29:37	20.9	2:14	1	15:03	6:01	1:01:32
8	3/20	259	Ronnie Anderson	44	M	Bloomington	MN	119	14:11	2:25	1:14	1	26:35	23.2	1:51	19	18:00	7:12	1:01:49
9	2/31	623	Donald Sawyer	26	M	Circle Pines	MN	35	11:55	2:02	2:09	6	28:18	21.8	2:00	14	17:39	7:04	1:01:59
10	1/38	500	Lisa Lendway	26	F	Saint Paul	MN	9	10:17	1:46	1:24	30	30:03	20.6	1:40	36	18:57	7:35	1:02:18
11	4/20	289	Matt Evans	41	M	Eau Claire	WI	21	11:18	1:56	1:23	33	30:17	20.4	1:26	26	18:23	7:21	1:02:44
12	2/11	629	Jeff Melby	48	M	Bloomington	MN	31	11:46	2:01	1:18	11	29:05	21.2	1:51	42	19:14	7:42	1:03:11
13	1/20	448	Jeanne Fleck	42	F	Proctor	MN	34	11:54	2:02	1:47	15	29:11	21.2	2:51	16	17:48	7:07	1:03:27
14	5/20	602	Daniel Duff	43	M	Duluth	MN	12	10:47	1:51	2:14	46	31:04	19.9	2:02	13	17:33	7:02	1:03:37
15	1/14	295	Tim Hagley	51	M	Duluth	MN	4	9:51	1:41	2:13	39	30:37	20.2	1:59	38	19:01	7:37	1:03:38
16	6/20	318	Rob Kaufman	44	M	Chanhassen	MN	13	10:57	1:52	1:18	18	29:30	20.9	2:17	54	19:41	7:53	1:03:41
17	1/13	294	Kenneth Gilkerson	19	M	Brooklyn Park	MN	74	12:55	2:12	1:57	64	31:42	19.5	1:25	4	16:12	6:29	1:04:09
18	1/32	482	Denise Kaitala	34	F	Duluth	MN	8	10:16	1:45	1:31	47	31:06	19.9	1:42	52	19:37	7:51	1:04:09
19	3/11	253	Rick Abrahamson	45	M	Duluth	MN	23	11:24	1:57	1:30	29	29:58	20.6	1:40	63	20:08	8:04	1:04:38
20	3/31	269	Eric Carder	28	M	Breezy Point	MN	76	12:56	2:13	1:55	34	30:25	20.3	2:03	12	17:29	7:00	1:04:46
21	2/32	586	Jody Zeleznikar	34	F	Duluth	MN	83	13:05	2:14	1:33	41	30:43	20.1	1:57	20	18:09	7:16	1:05:24
22	2/20	306	George Jennings	37	M	Pengilly	MN	72	12:52	2:12	1:58	23	29:45	20.8	1:54	39	19:08	7:39	1:05:35
23	1/40	526	Jena Ogston	36	F	Duluth	MN	36	11:57	2:03	1:35	42	30:46	20.1	1:48	46	19:31	7:49	1:05:35
24	3/20	359	Jason Richardson	39	M	Mahtowa	MN	112	14:00	2:24	1:29	21	29:39	20.8	2:05	31	18:43	7:29	1:05:54
25	2/40	408	Kirsten Bich	38	F	Duluth	MN	164	15:02	2:34	1:47	8	29:00	21.3	2:06	28	18:38	7:27	1:06:30
26	2/14	268	Stephen Bullard	50	M	Golden Valley	MN	46	12:17	2:06	1:38	26	29:51	20.7	1:49	100	21:10	8:28	1:06:43
27	1/10	422	Catie Cogger	19	F	Washburn	WI	105	13:44	2:21	1:16	61	31:35	19.6	1:51	23	18:19	7:20	1:06:43
28	7/20	680	Glenn Misgen	44	M	Duluth	MN	85	13:06	2:14	2:11	35	30:25	20.3	2:20	35	18:55	7:34	1:06:56
29	2/18	263	Benjamin Bittner	21	M	Twig	MN	81	13:02	2:14	2:09	9	29:00	21.3	2:05	84	20:44	8:18	1:06:56
30	3/18	74	Tyler Johnson	21	M	Two Harbors	MN	19	11:11	1:55	3:28	22	29:40	20.8	3:00	53	19:40	7:52	1:06:56
31	4/18	604	Michael Oswald	22	M	Duluth	MN	47	12:25	2:07	1:50	48	31:07	19.9	1:55	57	19:46	7:55	1:07:00
32	4/11	360	Tom Richardson	45	M	Stillwater	MN	68	12:49	2:11	1:39	25	29:50	20.7	2:26	73	20:20	8:08	1:07:00
33	2/13	335	Aaron Matusecki	18	M	Duluth	MN	6	10:05	1:44	2:50	53	31:18	19.7	2:50	74	20:20	8:08	1:07:21
34	2/38	425	Sara Conrad	28	F	St Paul	MN	134	14:27	2:28	1:55	57	31:25	19.7	1:49	25	18:22	7:21	1:07:55
35	5/18	319	Luke Kavajecz	23	M	Washburn	WI	69	12:49	2:11	1:34	24	29:47	20.7	2:21	103	21:29	8:36	1:07:57
36	4/31	636	Paul Miner	27	M	Duluth	MN	58	12:40	2:10	2:26	13	29:09	21.2	2:58	87	20:47	8:19	1:07:59
37	5/31	635	Peter Miner	27	M	Duluth	MN	59	12:43	2:10	2:23	12	29:09	21.2	3:00	86	20:46	8:19	1:07:59
38	3/38	396	Meghan Anderson	26	F	Duluth	MN	41	12:10	2:05	1:24	76	32:09	19.2	2:22	61	20:00	8:00	1:08:02
39	3/32	431	Jessica Deegan	31	F	Saint Paul	MN	90	13:20	2:17	2:11	59	31:30	19.6	1:48	64	20:09	8:04	1:08:06
40	6/18	622	Nick Miskovic	24	M	Princeton	MN	38	12:01	2:03	1:55	141	34:24	18.0	1:24	29	18:39	7:28	1:08:20
41	8/20	297	Richard Haney	42	M	Duluth	MN	161	15:01	2:34	2:33	10	29:05	21.2	2:20	47	19:32	7:49	1:08:29
42	4/38	401	Jeanna Baratto	25	F	Crosslake	MN	97	13:30	2:18	1:57	54	31:20	19.7	2:11	49	19:36	7:51	1:08:31
43	6/31	339	Jamie Miskovic	28	M	Delano	MN	42	12:11	2:05	1:49	113	33:25	18.5	1:44	45	19:25	7:46	1:08:31
44	3/40	506	Connie Lutkevich	39	F	Duluth	MN	73	12:55	2:12	1:38	74	32:04	19.3	1:54	76	20:23	8:10	1:08:51
45	5/38	555	Stacia Schacht	25	F	Saint Paul	MN	10	10:24	1:47	2:00	88	32:33	19.0	2:31	106	21:33	8:37	1:08:58
46	7/31	351	Matthew Poore	26	M	Superior	WI	216	16:53	2:53	2:17	40	30:41	20.1	2:19	6	17:09	6:52	1:09:16
47	4/20	300	Nathan Hellyer	37	M	Zumbrota	MN	82	13:05	2:14	2:36	27	29:52	20.7	2:52	92	20:59	8:24	1:09:21
48	8/31	363	Jesse Rorvig	25	M	Minneapolis	MN	152	14:50	2:32	2:18	43	30:49	20.1	1:19	67	20:13	8:06	1:09:26
49	9/31	256	Alan Anderson	25	M	Albert Lea	MN	262	18:21	3:08	2:10	14	29:09	21.2	2:21	15	17:42	7:05	1:09:41
50	1/23	515	Laura Mills	22	F	Duluth	MN	62	12:46	2:11	2:19	115	33:29	18.5	2:01	40	19:09	7:40	1:09:42
51	1/20	284	Glen Drexler	33	M	Duluth	MN	63	12:47	2:11	1:57	91	32:42	18.9	2:14	69	20:17	8:07	1:09:54
52	5/20	296	Kevin Haney	36	M	Duluth	MN	95	13:23	2:17	2:28	75	32:08	19.2	2:02	59	19:55	7:58	1:09:54
53	6/20	273	Bryan Chadderdon	35	M	Casper	WY	190	15:42	2:41	2:19	51	31:13	19.8	1:09	55	19:43	7:53	1:10:03
54	4/32	571	Michelle Tanner	33	F	Minneapolis	MN	40	12:06	2:04	1:43	63	31:39	19.5	2:12	138	22:44	9:06	1:10:21
55	2/20	349	Benjamin Pofahl	32	M	Minneapolis	MN	169	15:10	2:35	2:16	32	30:16	20.4	2:16	78	20:31	8:13	1:10:27
56	9/20	264	Jordan Bonney	42	M	Bloomington	MN	16	11:06	1:54	2:00	111	33:23	18.5	2:12	114	21:50	8:44	1:10:29
57	7/18	283	Jason Dreier	23	M	Minneapolis	MN	248	17:46	3:02	2:23	55	31:21	19.7	1:38	10	17:27	6:59	1:10:31
58	10/20	347	Charles Palokangas	44	M	Duluth	MN	187	15:40	2:41	1:59	62	31:39	19.5	1:47	50	19:36	7:51	1:10:38
59	10/31	309	Luke Johanneck	25	M	Red Lake Falls	MN	98	13:31	2:19	2:49	38	30:36	20.2	1:54	116	21:51	8:45	1:10:38
60	11/31	637	Nate Labelle	26	M	Duluth	MN	234	17:22	2:58	1:55	36	30:31	20.3	2:01	37	18:58	7:35	1:10:44
61	3/13	619	Logan Langley	16	M	Zumbrota	MN	141	14:33	2:29	3:33	96	32:55	18.8	2:28	8	17:24	6:58	1:10:49
62	3/20	311	Keven Johnson	30	M	Duluth	MN	249	17:52	3:03	2:06	45	31:04	19.9	1:58	18	17:55	7:10	1:10:51
63	2/23	532	Anna Persuitti	24	F	Arden Hills	MN	48	12:26	2:08	1:34	84	32:25	19.1	2:20	126	22:11	8:53	1:10:54
64	4/20	387	Steven Williamsen	33	M	Chanhassen	MN	33	11:52	2:02	2:36	31	30:10	20.5	2:30	177	23:48	9:32	1:10:55
65	12/31	364	Doug Runke	25	M	Loretto	MN	99	13:32	2:19	2:53	110	33:21	18.5	2:05	43	19:15	7:42	1:11:04
66	8/18	374	Kalen Stoddard	22	M	Grand Forks	ND	170	15:11	2:36	2:47	60	31:32	19.6	2:02	56	19:45	7:54	1:11:15
67	2/20	662	Leigh Wright	44	F	Duluth	MN	75	12:56	2:13	1:54	105	33:13	18.6	2:14	93	21:03	8:25	1:11:16
68	9/18	633	Eric Johnson	22	M	Duluth	MN	20	11:13	1:55	2:50	149	34:39	17.8	2:20	79	20:31	8:13	1:11:30
69	4/13	669	Zach Goldberg	13	M	Excelsior	MN	79	13:00	2:13	1:38	128	34:01	18.2	1:49	96	21:07	8:27	1:11:32
70	5/32	529	Kati Palmer	30	F	Superior	WI	165	15:05	2:35	1:51	65	31:44	19.5	1:51	99	21:08	8:28	1:11:36
71	5/11	631	Douglas Happy	49	M	Duluth	MN	217	16:57	2:54	2:29	44	30:59	19.9	1:47	48	19:33	7:49	1:1

101	8/20	333	Christopher Marshall	35	M	Red Wing	MN	177	15:24	2:38	2:19	50	31:10	19.8	2:17	139	22:44	9:06	1:13:51
102	15/20	384	Tim Walker	41	M	Minnetonka	MN	209	16:24	2:48	2:29	19	29:32	20.9	2:21	156	23:09	9:16	1:13:52
103	10/18	606	William Schumacher	21	M	Duluth	MN	172	15:12	2:36	2:54	181	35:47	17.3	1:58	22	18:19	7:20	1:14:09
104	9/20	331	Peter Malen	39	M	Saint Paul	MN	183	15:35	2:40	2:53	80	32:13	19.2	1:59	108	21:37	8:39	1:14:14
105	6/23	560	Kathryn Sederberg	23	F	Duluth	MN	44	12:15	2:06	1:44	203	36:31	16.9	1:47	125	22:08	8:51	1:14:22
106	7/40	528	Catherine Olson	35	F	Edina	MN	50	12:33	2:09	2:21	161	35:03	17.6	1:55	132	22:35	9:02	1:14:25
107	7/23	398	Jenna Arotta	24	F	St. Paul	MN	126	14:20	2:27	2:24	95	32:55	18.8	2:29	129	22:21	8:57	1:14:26
108	1/3	400	Susanne Bakken	57	F	Duluth	MN	131	14:26	2:28	2:01	121	33:41	18.3	1:30	145	22:56	9:11	1:14:31
109	16/31	372	Matthew Sobiech	28	M	Loretto	MN	208	16:23	2:48	3:24	134	34:19	18.0	1:56	32	18:43	7:30	1:14:43
110	11/18	621	Nicholas Patton	21	M	Montevideo	MN	52	12:37	2:09	1:56	102	33:11	18.6	3:02	185	24:02	9:37	1:14:45
111	5/14	632	David Langley	53	M	Zumbrota	MN	226	17:11	2:56	4:07	16	29:19	21.1	3:21	88	20:52	8:21	1:14:47
112	8/40	554	Sara Sarvela	39	F	Duluth	MN	114	14:06	2:25	2:20	94	32:53	18.8	2:20	165	23:27	9:23	1:15:02
113	8/23	565	Kristen Stangel	21	F	Grand Rapids	MN	184	15:35	2:40	2:04	107	33:19	18.5	1:44	130	22:28	9:00	1:15:07
114	6/20	344	Jeremy Olson	34	M	Edina	MN	251	17:56	3:04	1:45	90	32:37	18.9	2:34	70	20:18	8:07	1:15:08
115	9/23	543	Rachel Quinn	24	F	Golden Valley	MN	168	15:09	2:35	2:29	109	33:21	18.5	2:09	122	22:03	8:50	1:15:09
116	9/40	395	Kristin Anderson	37	F	Grand Rapids	MN	153	14:51	2:32	1:18	81	32:15	19.2	2:23	198	24:29	9:48	1:15:13
117	5/20	540	Pamela Preusser	42	F	Andover	MN	43	12:13	2:05	2:39	124	33:47	18.3	2:26	190	24:11	9:41	1:15:13
118	2/3	579	Lisa Wheeler	56	F	River Falls	WI	137	14:28	2:28	2:06	116	33:30	18.4	2:42	131	22:31	9:01	1:15:14
119	10/40	468	Elisabeth Hoff	36	F	Minneapolis	MN	55	12:38	2:10	2:35	177	35:37	17.4	1:47	134	22:40	9:04	1:15:14
120	6/14	599	Rick Agar	53	M	D	MN	163	15:02	2:34	2:05	92	32:48	18.8	2:22	155	23:07	9:15	1:15:21
121	11/32	450	Julie Frantz	31	F	Plymouth	MN	166	15:06	2:35	2:23	139	34:24	18.0	1:40	115	21:50	8:44	1:15:21
122	6/13	357	Doug Reimers	19	M	Jamestown	ND	22	11:22	1:57	2:13	263	39:21	15.7	2:33	60	19:56	7:59	1:15:22
123	10/20	84	Andrew Magill	35	M	Minneapolis	MN	142	14:33	2:29	3:56	104	33:13	18.6	3:11	80	20:33	8:14	1:15:24
124	7/20	626	Patrick Riley	31	M	Wrenshall	MN	156	14:55	2:33	3:09	108	33:19	18.5	2:59	97	21:07	8:27	1:15:26
125	11/40	507	Melissa Malen	39	F	Saint Paul	MN	86	13:06	2:14	2:07	158	34:55	17.7	1:47	171	23:34	9:26	1:15:27
126	7/13	267	Steve Brannan	19	M	Duluth	MN	84	13:06	2:14	4:04	103	33:12	18.6	1:56	169	23:32	9:25	1:15:46
127	17/31	350	Gavin Poindexter	27	M	Minneapolis	MN	49	12:32	2:09	2:52	183	35:52	17.2	2:44	120	21:56	8:47	1:15:55
128	8/13	310	Drew Johnson	14	M	Aurora	MN	54	12:37	2:09	3:28	157	34:55	17.7	2:08	143	22:51	9:09	1:15:56
129	12/32	200	Kathryn Noah	30	F	Stillwater	MN	158	14:57	2:33	2:44	73	32:00	19.3	2:59	164	23:26	9:23	1:16:04
130	7/14	358	Nelson Rhodus	54	M	St. Paul	MN	197	15:55	2:43	1:55	117	33:31	18.4	2:13	133	22:38	9:03	1:16:09
131	8/14	601	Tim Chisholm	53	M	North Branch	MN	139	14:32	2:29	2:28	125	33:54	18.2	2:39	137	22:44	9:06	1:16:14
132	12/40	389	Christine Aas-Larson	39	F	Duluth	MN	118	14:11	2:25	2:16	67	31:46	19.5	2:37	229	25:35	10:14	1:16:23
133	11/20	49	James Gaul	36	M	Bloomington	MN	93	13:21	2:17	3:11	238	38:07	16.2	1:12	82	20:36	8:15	1:16:25
134	18/31	266	Adam Bornholdt	27	M	Richfield	MN	211	16:29	2:49	2:57	144	34:33	17.9	2:27	62	20:05	8:02	1:16:29
135	2/6	254	John Adams	59	M	Grand Rapids	MN	132	14:26	2:28	2:12	114	33:28	18.5	2:24	189	24:08	9:40	1:16:37
136	13/40	610	Lisa Koivisto	36	F	Muskegon	MI	121	14:12	2:26	2:13	97	32:55	18.8	2:13	217	25:10	10:04	1:16:41
137	3/6	315	Joe Kandiko	57	M	Excelsior	MN	115	14:06	2:25	1:59	99	33:04	18.7	2:35	216	25:08	10:04	1:16:49
138	9/14	354	John Quinn	51	M	Golden Valley	MN	200	16:02	2:44	2:08	100	33:05	18.7	2:26	159	23:13	9:18	1:16:52
139	8/38	441	Brenda Drickhamer	26	F	Duluth	MN	92	13:21	2:17	1:45	153	34:50	17.7	2:26	200	24:33	9:49	1:16:53
140	12/20	278	Brian Corrigan	36	M	Minneapolis	MN	276	18:53	3:13	1:53	101	33:07	18.7	1:59	95	21:06	8:27	1:16:55
141	19/31	378	Ryan Tesch	26	M	Minneapolis	MN	14	10:59	1:53	4:06	188	36:04	17.1	2:09	176	23:46	9:31	1:17:02
142	9/38	417	Erin Cary	25	F	Hibbing	MN	77	12:59	2:13	2:00	215	37:12	16.6	1:54	148	23:03	9:14	1:17:05
143	3/10	435	Erin Donahue	19	F	Duluth	MN	78	13:00	2:13	1:33	198	36:22	17.0	1:50	197	24:26	9:47	1:17:09
144	10/38	614	Heather Marden-Reilly	26	F	Duluth	MN	60	12:46	2:11	2:12	160	35:03	17.6	2:49	196	24:23	9:46	1:17:10
145	13/32	427	Kelly Dahl	32	F	Grand Marais	MN	66	12:48	2:11	1:46	135	34:21	18.0	2:22	238	25:57	10:23	1:17:11
146	16/20	371	Russ Smith	42	M	Duluth	MN					162	35:06	17.6	3:19	147	23:01	9:13	1:17:22
147	11/38	397	Laura Andrews	25	F	St. Louis Park	MN	203	16:04	2:45	3:31	133	34:17	18.0	2:43	91	20:55	8:22	1:17:28
148	2/11	578	Sue Watt	48	F	Esko	MN	128	14:22	2:27	1:56	176	35:35	17.4	2:23	160	23:15	9:18	1:17:29
149	9/13	682	Connor Nelson	12	M	Eden Prairie	MN	57	12:39	2:10	1:38	197	36:22	17.0	2:12	202	24:43	9:54	1:17:32
150	14/40	533	Shannon Pettitt	36	F	Inver Grove Height	MN	24	11:31	1:58	2:08	130	34:05	18.1	2:49	266	27:13	10:54	1:17:43
151	12/38	508	Alyssa Marden	29	F	Duluth	MN	107	13:50	2:22	2:48	150	34:40	17.8	2:16	194	24:21	9:45	1:17:51
152	20/31	624	Matthew Hagelin	28	M	Duluth	MN	129	14:22	2:27	2:21	167	35:13	17.5	2:30	175	23:41	9:29	1:18:05
153	8/20	262	Jeffrey Birman	32	M	Duluth	MN	179	15:28	2:38	3:04	126	34:01	18.2	2:05	173	23:35	9:26	1:18:09
154	14/32	587	Elizabeth Ziminski	30	F	Minneapolis	MN	80	13:01	2:13	2:29	166	35:12	17.6	2:47	203	24:44	9:54	1:18:10
155	12/18	348	Raymond Perry	24	M	Rochester	MN	176	15:20	2:37	2:23	241	38:17	16.1	2:00	77	20:28	8:12	1:18:24
156	3/11	567	Monica Surber	46	F	Minneapolis	MN	111	14:00	2:24	2:57	118	33:33	18.4	3:04	212	25:01	10:01	1:18:32
157	10/13	660	Keith Linne	19	M	Proctor	MN	285	19:15	3:17	2:13	223	37:36	16.4	1:48	17	17:52	7:09	1:18:42
158	4/10	613	Lindsey Waytashek	19	F	Sartell	MN	140	14:32	2:29	2:19	200	36:25	17.0	2:54	142	22:50	9:08	1:18:57
159	1/17	458	Chynthia Grindy	51	F	Duluth	MN	89	13:20	2:17	2:29	136	34:21	18.0	2:27	248	26:25	10:34	1:19:00
160	10/23	394	Elyse Anderson	24	F	Danbury	WI	104	13:44	2:21	2:53	145	34:33	17.9	2:11	232	25:43	10:18	1:19:02
161	11/13	620	Jared Sundstrom	18	M	Proctor	MN	233	17:20	2:58	3:16	245	38:30	16.1	1:53	21	18:12	7:17	1:19:08
162	13/38	445	Heidi Faul	26	F	Roseville	MN	307	20:31	3:30	2:09	154	34:52	17.7	1:57	58	19:50	7:56	1:19:15
163	9/20	276	Aaron Cohen	32	M	Fargo	ND	18	11:10	1:55	2:52	87	32:31	19.0	3:43	293	29:04	11:38	1:19:17
164	21/31	99	Mitchell Noah	28	M	Stillwater	MN	157	14:56	2:33	2:40	174	35:25	17.4	2:24	184	23:58	9:35	1:19:20
165	15/32	470	Joy Holicky	30	F	Minneapolis	MN	189	15:41	2:41	2:59	147	34:36	17.9	2:02	187	24:06	9:39	1:19:21
166	13/20	292	Chris George	36	M	Denver	CO	144	14:34	2:29	1:47	169	35:18	17.5	2:17	233	25:47	10:19	1:19:40
167	6/20	552	Kristin Rouleau	40	F	Maple Grove	MN	193	15:47	2:42	2:17	120	33:40	18.4	2:27	227	25:33	10:14	1:19:42
168	15/40	488	Jill Kaske	36	F	Superior	WI	201	16:04	2:45	1:41	168	35:17	17.5	2:10	201	24:34	9:50	1:19:43
169	4/11	433	Judith Derauf	45	F	Duluth	MN	198	15:55	2:43	4:01	194	36:21	17.0	3:58	51	19:36	7:51	1:19:49
170	5/10	558	Jessica Schmitt	19	F	Duluth	MN	32	11:50	2:01	2:24	192	36:16	17.0	3:02	247	26:25	10:34	1:19:54
171	6/10	541	Torrey Puncochar	16	F	Shoreview	MN	149	14:47	2:32	6:31	175	35:30	17.4	2:52	72	20:18	8:07	1:19:

208	2/4	303	William Hoffman	60	M	Cloquet	MN	180	15:29	2:39	2:40	266	39:30	15.6	2:06	180	23:53	9:34	1:23:35
209	7/11	301	Don Hickman	48	M	Merrifield	MN	206	16:17	2:47	3:31	138	34:22	18.0	2:41	259	26:48	10:44	1:23:37
210	19/32	612	Nichole Tubman	34	F	Apple Valley	MN	88	13:12	2:15	2:44	219	37:27	16.5	2:20	283	28:04	11:14	1:23:44
211	12/14	288	John Edwards Jr	54	M	Duluth	MN	317	21:10	3:37	2:59	146	34:36	17.9	3:02	124	22:05	8:50	1:23:50
212	13/23	434	Sara Dickenson	24	F	Duluth	MN	25	11:39	1:59	3:09	272	39:59	15.5	2:13	262	26:57	10:47	1:23:53
213	8/11	336	Jeff Miller	45	M	Duluth	MN	289	19:21	3:18	3:19	205	36:39	16.9	1:19	161	23:20	9:20	1:23:55
214	16/38	484	Erica Kanewischer	26	F	Stillwater	MN	65	12:48	2:11	3:01	264	39:27	15.7	3:30	220	25:12	10:05	1:23:56
215	17/38	498	Emily Laughlin	26	F	Shakopee	MN	218	17:01	2:54	3:00	225	37:38	16.4	2:02	195	24:22	9:45	1:23:59
216	12/20	293	Dave George	34	M	Rosemount	MN	122	14:13	2:26	2:24	291	41:06	15.0	1:58	199	24:30	9:48	1:24:09
217	14/18	385	David Wardlow	21	M	Minnetonka	MN	207	16:20	2:47	3:08	304	41:50	14.8	1:44	105	21:32	8:37	1:24:32
218	26/31	332	Jeremy Marincel	28	M	Champlin	MN	282	19:04	3:15	2:41	253	38:49	15.9	2:00	121	22:03	8:49	1:24:35
219	18/38	192	Jessie Larson	25	F	Duluth	MN	160	14:59	2:34	2:15	220	37:28	16.5	2:43	271	27:22	10:57	1:24:44
220	1/2	439	Susan Dragsten	60	F	Minneapolis	MN	212	16:30	2:49	4:28	170	35:21	17.5	3:08	234	25:47	10:19	1:25:11
221	18/20	628	Matt Beuges	44	M	Duluth	MN	283	19:06	3:16	4:07	217	37:15	16.6	1:42	152	23:04	9:14	1:25:12
222	4/17	618	Lise Lunge-Larsen	52	F	Duluth	MN	151	14:49	2:32	3:22	243	38:25	16.1	3:34	218	25:10	10:04	1:25:19
223	14/23	480	Meg Jones	24	F	Duluth	MN	305	20:25	3:29	2:50	159	35:01	17.6	1:43	223	25:24	10:10	1:25:20
224	23/40	501	Kim Lightner	35	F	Saint Paul	MN	266	18:31	3:10	2:20	171	35:21	17.5	2:38	249	26:32	10:37	1:25:20
225	8/10	451	Laura Frericks	19	F	Sartell	MN	173	15:14	2:36	3:33	218	37:25	16.5	2:19	260	26:51	10:45	1:25:20
226	19/38	423	Breanna Cohen	28	F	Fargo	ND	113	14:05	2:24	4:11	237	38:07	16.2	2:25	254	26:39	10:40	1:25:24
227	20/32	663	Anne Normand	34	F	Duluth	MN	295	19:36	3:21	4:18	274	40:05	15.4	2:36	34	18:52	7:33	1:25:25
228	20/38	413	Diana Buck	25	F	Lauderdale	MN	45	12:16	2:06	3:01	265	39:29	15.7	3:42	264	26:59	10:48	1:25:25
229	13/20	327	Jason Kuhlman	33	M	Linwood Twp	MN	130	14:24	2:28	6:13	199	36:25	17.0	2:36	240	26:06	10:27	1:25:41
230	5/17	499	Katie Lee	50	F	Minnetonka	MN	210	16:25	2:48	2:59	242	38:18	16.1	1:25	252	26:38	10:40	1:25:43
231	7/20	580	Sue White	41	F	Champlin	MN	241	17:33	3:00	2:32	143	34:29	17.9	3:14	285	28:11	11:17	1:25:57
232	21/32	563	Hilary Sonstegard	32	F	Minneapolis	MN	253	17:59	3:04	2:30	267	39:31	15.6	3:17	136	22:43	9:05	1:25:57
233	13/14	346	Patrick O'connor	51	M	Thunder Bay	ON	250	17:52	3:03	2:45	140	34:24	18.0	3:01	282	28:00	11:12	1:26:00
234	15/18	325	John Kostek	22	M	Duluth	MN	302	19:59	3:25	5:21	66	31:46	19.5	3:30	225	25:27	10:11	1:26:01
235	6/17	406	Joan Beissel	52	F	Dixon	IL	185	15:36	2:40	3:02	214	37:10	16.6	2:46	275	27:35	11:02	1:26:06
236	9/11	313	Ronald Jyring	48	M	Bismarck	ND	238	17:28	2:59	4:31	249	38:44	16.0	2:17	174	23:41	9:29	1:26:37
237	15/23	568	Jessica Swanski	20	F	Duluth	MN	224	17:08	2:55	2:20	252	38:48	15.9	2:17	241	26:08	10:28	1:26:38
238	24/40	585	Lynette Wong	35	F	Saint Paul	MN	202	16:04	2:45	3:02	165	35:10	17.6	3:04	297	29:38	11:52	1:26:54
239	22/32	527	Amy Olson	32	F	Redwing	MN	264	18:25	3:09	2:53	279	40:27	15.3	2:10	150	23:04	9:14	1:26:56
240	21/38	513	Erin McGowan	28	F	Minneapolis	MN	219	17:02	2:55	2:53	260	39:13	15.8	2:23	228	25:35	10:14	1:27:03
241	7/17	456	Susan Graner	50	F	Minot	ND	244	17:37	3:01	3:23	261	39:20	15.7	2:54	179	23:52	9:33	1:27:04
242	8/17	509	Sandy Marden-Lokken	54	F	Duluth	MN	246	17:38	3:01	3:20	222	37:34	16.5	3:41	210	24:54	9:58	1:27:10
243	25/40	668	Christina Briggs	35	F	Minneapolis	MN	319	21:22	3:39	2:38	216	37:12	16.6	2:48	158	23:11	9:17	1:27:10
244	16/23	471	Jessica Holst	23	F	Minneapolis	MN	261	18:21	3:08	5:21	213	36:59	16.7	3:32	151	23:04	9:14	1:27:13
245	9/10	510	Lexi Marthaler	17	F	Sauk Rapids	MN	37	11:58	2:03	3:27	276	40:10	15.4	2:33	294	29:16	11:43	1:27:21
246	26/40	535	Carol Pillarski	36	F	Big Lake	MN	299	19:48	3:23	2:36	232	37:59	16.3	2:19	209	24:52	9:57	1:27:31
247	17/23	569	Joy Swanson	21	F	Duluth	MN	297	19:46	3:22	2:21	240	38:13	16.2	2:13	214	25:06	10:03	1:27:36
248	9/17	430	Lannie Dawson	51	F	Minneapolis	MN	199	15:58	2:44	3:37	233	38:02	16.2	2:49	273	27:26	10:59	1:27:50
249	18/23	521	Katie Nelson	20	F	Fargo	ND	125	14:20	2:27	3:08	278	40:17	15.3	2:29	277	27:43	11:06	1:27:55
250	3/4	326	Robert Kranz	60	M	Kapaa	HI	286	19:15	3:17	3:12	186	35:56	17.2	3:15	246	26:24	10:34	1:28:01
251	27/40	514	Tania McVean	37	F	Duluth	MN	280	18:58	3:14	4:49	227	37:42	16.4	2:53	183	23:56	9:35	1:28:16
252	8/20	512	Stephanie Martin	40	F	Lake Bluff	IL	215	16:51	2:53	2:27	303	41:44	14.8	2:14	215	25:06	10:03	1:28:20
253	14/20	373	Nathan Sonstegard	32	M	Minneapolis	MN	101	13:36	2:19	3:12	300	41:33	14.9	2:40	272	27:25	10:58	1:28:23
254	19/23	455	Stephanie Graner	23	F	Minot	ND	214	16:49	2:52	3:11	285	40:48	15.1	2:12	226	25:32	10:13	1:28:30
255	12/13	287	Will Ebeling	17	M	Eagan	MN	178	15:26	2:38	2:49	239	38:10	16.2	2:23	301	29:56	11:59	1:28:41
256	23/32	678	Julian Bertelsen	30	F	Duluth	MN	127	14:20	2:27	7:00	335	45:34	13.6	1:50	66	20:13	8:05	1:28:55
257	3/3	544	Sara Quinn	58	F	Minneapolis	MN	213	16:47	2:52	2:20	229	37:46	16.4	4:07	286	28:15	11:18	1:29:12
258	19/20	307	Patrick Jennrich	42	M	Lino Lakes	MN	229	17:16	2:57	3:19	201	36:25	17.0	2:44	298	29:39	11:52	1:29:20
259	10/17	607	Penny Agar	53	F	Duluth	MN	274	18:44	3:12	2:51	257	39:11	15.8	2:34	239	26:05	10:26	1:29:22
260	16/18	258	Keith Anderson	22	M	Hermantown	MN	281	19:02	3:15	4:11	275	40:08	15.4	2:31	172	23:35	9:26	1:29:24
261	24/32	465	Amy Haney	34	F	Duluth	MN	279	18:57	3:14	4:51	226	37:42	16.4	2:52	213	25:05	10:02	1:29:25
262	15/20	386	John Wardlow	30	M	St. Louis Park	MN	270	18:38	3:11	2:49	294	41:12	15.0	2:06	205	24:45	9:54	1:29:28
263	22/38	589	Katie Zwolski	25	F	St. Paul	MN	64	12:48	2:11	2:39	295	41:14	15.0	2:30	309	30:43	12:18	1:29:52
264	9/20	550	Cathy Richardson	42	F	Stillwater	MN	294	19:34	3:20	3:09	268	39:40	15.6	2:20	221	25:14	10:06	1:29:54
265	28/40	477	Sarah Johnson	37	F	Minneapolis	MN	243	17:36	3:00	2:38	281	40:30	15.3	3:09	251	26:36	10:39	1:30:25
266	27/31	343	Danny Nevins	27	M	Superior	WI	242	17:34	3:00	3:50	280	40:29	15.3	2:44	237	25:54	10:22	1:30:29
267	28/31	280	John Donlon Jr	29	M	Woodbury	MN	171	15:11	2:36	2:58	307	42:12	14.6	2:12	281	27:58	11:12	1:30:29
268	18/20	304	John Holland	37	M	Minneapolis	MN	311	20:57	3:35	4:19	184	35:54	17.2	2:55	253	26:39	10:40	1:30:41
269	23/38	475	Kelsey Johnson	26	F	Minneapolis	MN	39	12:02	2:03	2:58	301	41:36	14.9	2:34	321	31:38	12:39	1:30:45
270	16/20	277	Michael Consie	32	M	Duluth	MN	312	20:58	3:35	5:36	286	40:54	15.1	2:47	89	20:52	8:21	1:31:03
271	29/31	329	John Lucenta	27	M	Saint Paul Park	MN	287	19:16	3:17	2:27	247	38:42	16.0	3:39	269	27:18	10:55	1:31:18
272	17/20	312	Matthew Jones	32	M	Duluth	MN	303	20:03	3:25	3:54	324	43:33	14.2	2:16	123	22:04	8:50	1:31:47
273	24/38	409	Emily Bittner	27	F	Phoenix	AZ	247	17:40	3:01	3:36	196	36:22	17.0	3:58	305	30:25	12:10	1:31:58
274	25/32	494	Heather Klever	34	F	Little Falls	MN	138	14:29	2:28	3:14	326	44:11	14.0	2:35	278	27:46	11:07	1:32:13
275	26/32	402	Heather Baumbach	34	F	Minneapolis	MN	222	17:06	2:55	4:18	259	39:12	15.8	4:02	284	28:07	11:15	1:32:41
276	5/11	524	Vickie O'Hara	48	F	St. Cloud	MN	278	18:56	3:14	2:47	255	38:53	15.9	3:40	292	28:35	11:26	1:32:49
277	10/20	583	Andrea Wojahn	40	F	Mpls	MN	338	24:17	4:09	3:50	122	33:42	18.3	4:05	268	27:15	10:54	1:33:06
278	27/32	674	Kimberly Radloff	34</															

315	20/23	391	Kim Aho	23	F	Duluth	MN	334	23:03	3:56	3:53	299	41:28	14.9	2:00	295	29:22	11:45	1:39:43
316	29/32	404	Carrie Bechtold	30	F	St Paul	MN	223	17:06	2:55	3:52	336	45:39	13.5	6:34	255	26:43	10:41	1:39:51
317	30/32	581	Catherine Williamson	30	F	Saint Paul	MN	321	21:30	3:40	3:33	325	44:02	14.0	2:26	290	28:28	11:23	1:39:55
318	15/20	446	Jeannine Ferland	43	F	Minneapolis	MN	272	18:41	3:11	2:53	305	41:51	14.8	3:35	337	33:28	13:23	1:40:25
319	14/17	410	Connie Bloom	53	F	Duluth	MN	310	20:46	3:33	4:36	292	41:08	15.0	2:55	324	32:05	12:50	1:41:28
320	10/11	547	Ann Rank	45	F	New Richmond	WI	335	23:06	3:57	3:05	311	42:33	14.5	3:03	302	29:56	11:59	1:41:41
321	16/20	490	Heather Kemp	41	F	Grand Marais	MN	268	18:35	3:10	3:00	330	44:57	13.7	2:58	333	32:52	13:09	1:42:20
322	19/20	308	Troy Jensen	31	M	Crystal	MN	341	24:40	4:13	5:37	308	42:12	14.6	3:23	256	26:46	10:43	1:42:36
323	35/38	419	Janelle Chisholm	25	F	North Branch	MN	345	25:34	4:22	2:40	293	41:11	15.0	2:25	310	30:55	12:22	1:42:42
324	36/40	542	Anne Quinn	38	F	Minnetonka	MN	323	21:42	3:42	4:40	323	43:31	14.2	2:57	303	30:04	12:02	1:42:52
325	10/11	272	Stanford Case	49	M	Hutchinson	MN	324	21:46	3:43	4:53	328	44:42	13.8	4:57	258	26:48	10:43	1:43:03
326	18/18	271	Nathan Case	22	M	Hutchinson	MN	322	21:37	3:41	5:05	339	46:49	13.2	2:48	257	26:47	10:43	1:43:03
327	10/10	436	Angela Donofrio	13	F	Hermantown	MN	120	14:11	2:25	4:00	345	49:47	12.4	2:58	331	32:46	13:07	1:43:39
328	1/1	420	Kathleen Clark	66	F	Duluth	MN	316	21:08	3:36	5:13	289	41:01	15.1	4:59	319	31:29	12:36	1:43:48
329	17/20	424	Lisa Coleman	42	F	Saint Paul	MN	309	20:40	3:32	4:52	270	39:52	15.5	6:14	328	32:31	13:01	1:44:07
330	19/20	659	Erin Stave	35	M	Duluth	MN	330	22:40	3:52	5:56	273	40:05	15.4	5:21	312	31:08	12:28	1:45:07
331	37/40	437	Jill Dotseth	35	F	Eden Prairie	MN	329	22:25	3:50	2:54	334	45:33	13.6	2:32	329	32:37	13:03	1:45:58
332	38/40	576	Jacinda Vanhorn	38	F	Ashland	WI	255	18:01	3:04	3:32	332	45:09	13.7	2:57	342	36:34	14:38	1:46:09
333	11/11	281	Tom Donofrio	48	M	Hermantown	MN	228	17:11	2:56	3:58	346	49:48	12.4	2:58	332	32:47	13:07	1:46:39
334	21/23	442	Barbara Dunham	24	F	Duluth	MN	273	18:44	3:12	5:07	309	42:25	14.6	3:51	343	36:39	14:40	1:46:42
335	11/11	412	Terry Brown	48	F	St. Paul	MN	182	15:32	2:39	3:42	312	42:40	14.5	3:44	353	41:19	16:32	1:46:55
336	15/17	483	Georgia Kandiko	54	F	Excelsior	MN	269	18:38	3:11	3:45	321	43:30	14.2	4:58	345	37:04	14:50	1:47:51
337	20/20	320	Eric Kemp	38	M	Grand Marais	MO	340	24:36	4:12	3:03	329	44:56	13.8	2:56	334	32:52	13:09	1:48:20
338	4/4	382	Chris Vizanko	62	M	Duluth	MN	331	22:44	3:53	4:12	302	41:39	14.8	3:40	344	36:40	14:40	1:48:52
339	39/40	449	Kristen Frank	36	F	Eden Prairie	MN	313	20:58	3:35	6:24	317	43:09	14.3	4:35	339	34:05	13:38	1:49:08
340	22/23	462	Kelly Haines	21	F	Duluth	MN	333	23:02	3:56	4:06	337	46:12	13.4	2:22	338	33:39	13:28	1:49:19
341	16/17	474	Monica Jochmans	54	F	Shoreview	MN	346	25:59	4:26	4:07	314	43:00	14.4	4:10	326	32:24	12:58	1:49:37
342	36/38	531	Jennifer Peck	28	F	Minneapolis	MN	230	17:17	2:57	3:45	341	47:18	13.1	5:13	346	37:25	14:58	1:50:56
343	37/38	414	Candice Buss	27	F	Inver Grove Height	MN	332	22:56	3:55	3:57	298	41:19	15.0	3:31	351	39:16	15:43	1:50:57
344	31/32	559	Jessie Schultz	30	F	Eden Prairie	MN	328	22:20	3:49	4:44	348	51:19	12.0	2:08	308	30:35	12:14	1:51:03
345	32/32	545	Molly Quinn-Jensen	30	F	Crystal	MN	349	30:33	5:13	5:43	306	42:06	14.7	3:32	304	30:05	12:02	1:51:56
346	38/38	530	Tracy Pavlicek	26	F	Rogers	MN	351	32:38	5:34	1:51	353	54:15	11.4	4:49	71	20:18	8:07	1:53:48
347	18/20	611	Lisa Sharbo	40	F	Eagan	MN	337	23:57	4:05	4:20	331	45:08	13.7	3:22	348	38:23	15:22	1:55:07
348	19/20	393	Margarita Alvarez	40	F	Golden Valley	MN	277	18:54	3:14	4:37	350	51:49	11.9	6:14	347	37:30	15:00	1:59:01
349	40/40	463	Jean Hammarstedt	39	F	Duluth	MN	240	17:33	3:00	4:48	355	54:34	11.3	3:09	350	39:15	15:42	1:59:16
350	23/23	421	Kelly Clements	23	F	Farmington	MN	336	23:24	4:00	9:30	349	51:28	12.0	3:53	317	31:24	12:34	1:59:36
351	14/14	275	David Clements	54	M	Rosemount	MN	350	30:54	5:16	3:24	347	50:02	12.4	3:56	316	31:23	12:33	1:59:36
352	2/2	305	Curt Hutchens	66	M	Duluth	MN	348	30:18	5:10	5:20	271	39:54	15.5	6:15	349	39:10	15:40	2:00:54
353	20/20	582	Jennifer Willis-Rivera	42	F	River Falls	WI	252	17:56	3:04	6:32	352	54:11	11.4	4:08	352	40:52	16:21	2:03:36
354	17/17	469	Linda Hoff	54	F	Duluth	MN	308	20:37	3:31	4:45	354	54:30	11.3	3:41	354	46:42	18:41	2:10:13
355	2/2	537	Alexis Pogorelskin	63	F	Duluth	MN	347	27:39	4:43	7:05	351	52:16	11.8	4:34	355	48:09	19:16	2:19:42
356	20/20	279	Aaron Cross	32	M	St. Cloud	MN	352	35:30	6:03	4:19	356	1:30:02	6.9	6:54	235	25:48	10:19	2:42:30

results by Pickle Events

results posted on: www.pickleevents.com

DID NOT FINISH

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim	100
						Time	yds
1	David Goldberg	Duluth	MN	47	M	9:02	1:33
2	Suzie O'Gorman	Cologne	MN	32	F	9:49	1:41
3	Jason Kask	Duluth	MN	21	M	9:51	1:41
4	Tim Hagley	Duluth	MN	51	M	9:51	1:41
5	Tim Andrew	Duluth	MN	42	M	9:54	1:42
6	Aaron Matuseski	Duluth	MN	18	M	10:05	1:44
7	Ian Nemerov	Edina	MN	42	M	10:15	1:45
8	Denise Kaitala	Duluth	MN	34	F	10:16	1:45
9	Lisa Lendway	Saint Paul	MN	26	F	10:17	1:46
10	Stacia Schacht	Saint Paul	MN	25	F	10:24	1:47

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	
						Time	mph
1	Ronnie Anderson	Bloomington	Mn	44	M	00:26:35	23.2
2	David Goldberg	DULUTH	Mn	47	M	00:27:00	22.9
3	Tim Andrew	DULUTH	Mn	42	M	00:27:04	22.8
4	Adam Himes	Richfield	Mn	35	M	00:28:00	22.1
5	Ian Nemerov	Edina	Mn	42	M	00:28:04	22.0
6	Donald Sawyer	Circle Pines	Mn	26	M	00:28:18	21.8
7	Jason Kask	Duluth	Mn	21	M	00:28:54	21.4
8	Benjamin Bittner	Twig	Mn	21	M	00:28:59	21.3
9	Kirsten Bich	Duluth	Mn	38	F	00:28:59	21.3
10	Jeff Melby	Bloomington	Mn	48	M	00:29:05	21.2

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run	
						Time	Pace
1	duane millslagle	duluth	MN	57	M	15:03	6:01
2	Jason Kask	Duluth	MN	21	M	15:29	6:12
3	Adam Himes	Richfield	MN	35	M	16:02	6:25
4	Kenneth Gilkerson	Brooklyn Park	MN	19	M	16:12	6:29
5	Tim Andrew	DULUTH	MN	42	M	16:48	6:44
6	Matthew Poore	Superior	WI	26	M	17:09	6:52
7	Ian Nemerov	Edina	MN	42	M	17:17	6:55
8	Logan Langley	Zumbrota	MN	16	M	17:24	6:58
9	David Goldberg	DULUTH	MN	47	M	17:27	6:59
10	Jason Dreier	Minneapolis	MN	23	M	17:27	6:59

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	661	David Goldberg	47	M	Duluth	MN	1	9:02	1:33	1:07	2	27:01	22.9	1:34	9	17:27	6:59	56:08
2	679	Tim Andrew	42	M	Duluth	MN	4	9:54	1:42	1:08	3	27:04	22.8	1:26	5	16:48	6:44	56:18
3	316	Jason Kask	21	M	Duluth	MN	2	9:51	1:41	1:19	7	28:54	21.4	1:29	2	15:29	6:12	57:00
4	634	Ian Nemerov	42	M	Edina	MN	6	10:15	1:45	2:08	5	28:04	22.0	2:07	7	17:17	6:55	59:49
5	302	Adam Himes	35	M	Richfield	MN	46	13:11	2:15	1:12	4	28:00	22.1	1:26	3	16:02	6:25	59:49
6	366	Peter Sandelin	29	M	Duluth	MN	19	11:43	2:00	1:31	15	29:21	21.1	1:31	11	17:27	6:59	1:01:30
7	338	Duane Millslagle	57	M	Duluth	MN	33	12:46	2:11	1:55	18	29:37	20.9	2:14	1	15:03	6:01	1:01:32

8	259	Ronnie Anderson	44	M	Bloomington	MN	58	14:11	2:25	1:14	1	26:35	23.2	1:51	18	18:00	7:12	1:01:49
9	623	Donald Sawyer	26	M	Circle Pines	MN	22	11:55	2:02	2:09	6	28:18	21.8	2:00	14	17:39	7:04	1:01:59
10	289	Matt Evans	41	M	Eau Claire	WI	15	11:18	1:56	1:23	30	30:17	20.4	1:26	22	18:23	7:21	1:02:44
11	629	Jeff Melby	48	M	Bloomington	MN	20	11:46	2:01	1:18	10	29:05	21.2	1:51	34	19:14	7:42	1:03:11
12	602	Daniel Duff	43	M	Duluth	MN	8	10:47	1:51	2:14	41	31:04	19.9	2:02	13	17:33	7:02	1:03:37
13	295	Tim Hagley	51	M	Duluth	MN	3	9:51	1:41	2:13	36	30:37	20.2	1:59	31	19:01	7:37	1:03:38
14	318	Rob Kaufman	44	M	Chanhausen	MN	9	10:57	1:52	1:18	16	29:30	20.9	2:17	42	19:41	7:53	1:03:41
15	294	Kenneth Gilkerson	19	M	Kenneth Park	MN	39	12:55	2:12	1:57	51	31:42	19.5	1:25	4	16:12	6:29	1:04:09
16	253	Rick Abrahamson	45	M	Duluth	MN	17	11:24	1:57	1:30	27	29:58	20.6	1:40	49	20:08	8:04	1:04:38
17	269	Eric Carder	28	M	Breezy Point	MN	40	12:56	2:13	1:55	31	30:25	20.3	2:03	12	17:29	7:00	1:04:46
18	306	George Jennings	37	M	Pengilly	MN	38	12:52	2:12	1:58	21	29:45	20.8	1:54	32	19:08	7:39	1:05:35
19	359	Jason Richardson	39	M	Mahtowa	MN	55	14:00	2:24	1:29	19	29:39	20.8	2:05	26	18:43	7:29	1:05:54
20	268	Stephen Bullard	50	M	Golden Valley	MN	25	12:17	2:06	1:38	24	29:51	20.7	1:49	73	21:10	8:28	1:06:43
21	680	Glenn Misgen	44	M	Duluth	MN	45	13:06	2:14	2:11	32	30:25	20.3	2:20	29	18:55	7:34	1:06:56
22	263	Benjamin Bittner	21	M	Twig	MN	42	13:02	2:14	2:09	8	29:00	21.3	2:05	63	20:44	8:18	1:06:56
23	74	Tyler Johnson	21	M	Two Harbors	MN	13	11:11	1:55	3:28	20	29:40	20.8	3:00	41	19:40	7:52	1:06:56
24	604	Michael Oschwald	22	M	Duluth	MN	26	12:25	2:07	1:50	42	31:07	19.9	1:55	45	19:46	7:55	1:07:00
25	360	Tom Richardson	45	M	Stillwater	MN	36	12:49	2:11	1:39	23	29:50	20.7	2:26	55	20:20	8:08	1:07:00
26	335	Aaron Matuseski	18	M	Duluth	MN	5	10:05	1:44	2:50	45	31:18	19.7	2:50	56	20:20	8:08	1:07:21
27	319	Luke Kavajecz	23	M	Washburn	WI	37	12:49	2:11	1:34	22	29:47	20.7	2:21	74	21:29	8:36	1:07:57
28	636	Paul Miner	27	M	Duluth	MN	31	12:40	2:10	2:26	12	29:09	21.2	2:58	65	20:47	8:19	1:07:59
29	635	Peter Miner	27	M	Duluth	MN	32	12:43	2:10	2:23	11	29:09	21.2	3:00	64	20:46	8:19	1:07:59
30	622	Nick Miskowic	24	M	Princeton	MN	23	12:01	2:03	1:55	92	34:24	18.0	1:24	24	18:39	7:28	1:08:20
31	297	Richard Haney	42	M	Duluth	MN	75	15:01	2:34	2:33	9	29:05	21.2	2:20	38	19:32	7:49	1:08:29
32	339	Jamie Miskowic	28	M	Delano	MN	24	12:11	2:05	1:49	79	33:25	18.5	1:44	37	19:25	7:46	1:08:31
33	351	Matthew Poore	26	M	Superior	WI	103	16:53	2:53	2:17	37	30:41	20.1	2:19	6	17:09	6:52	1:09:16
34	300	Nathan Hellyer	37	M	Zumbrota	MN	43	13:05	2:14	2:36	25	29:52	20.7	2:52	68	20:59	8:24	1:09:21
35	363	Jesse Rorvig	25	M	Minneapolis	MN	69	14:50	2:32	2:18	38	30:49	20.1	1:19	51	20:13	8:06	1:09:26
36	256	Alan Anderson	25	M	Albert Lea	MN	123	18:21	3:08	2:10	13	29:09	21.2	2:21	15	17:42	7:05	1:09:41
37	284	Glen Drexler	33	M	Duluth	MN	34	12:47	2:11	1:57	64	32:42	18.9	2:14	53	20:17	8:07	1:09:54
38	296	Kevin Haney	36	M	Duluth	MN	48	13:23	2:17	2:28	55	32:08	19.2	2:02	46	19:55	7:58	1:09:54
39	273	Bryan Chadderdon	35	M	Casper	WY	92	15:42	2:41	2:19	44	31:13	19.8	1:09	43	19:43	7:53	1:10:03
40	349	Benjamin Pofahl	32	M	Minneapolis	MN	78	15:10	2:35	2:16	29	30:16	20.4	2:16	58	20:31	8:13	1:10:27
41	264	Jordan Bonney	42	M	Bloomington	MN	11	11:06	1:54	2:00	78	33:23	18.5	2:12	80	21:50	8:44	1:10:29
42	283	Jason Dreier	23	M	Minneapolis	MN	116	17:46	3:02	2:23	46	31:21	19.7	1:38	10	17:27	6:59	1:10:31
43	347	Charles Palokangas	44	M	Duluth	MN	91	15:40	2:41	1:59	50	31:39	19.5	1:47	40	19:36	7:51	1:10:38
44	309	Luke Johanneck	25	M	Red Lake Falls	MN	50	13:31	2:19	2:49	35	30:36	20.2	1:54	81	21:51	8:45	1:10:38
45	637	Nate Labelle	26	M	Duluth	MN	112	17:22	2:58	1:55	33	30:31	20.3	2:01	30	18:58	7:35	1:10:44
46	619	Logan Langley	16	M	Zumbrota	MN	65	14:33	2:29	3:33	67	32:55	18.8	2:28	8	17:24	6:58	1:10:49
47	311	Keven Johnson	30	M	Duluth	MN	117	17:52	3:03	2:06	40	31:04	19.9	1:58	17	17:55	7:10	1:10:51
48	387	Steven Williamsen	33	M	Chanhausen	MN	21	11:52	2:02	2:36	28	30:10	20.5	2:30	113	23:48	9:32	1:10:55
49	364	Doug Runke	25	M	Loretto	MN	51	13:32	2:19	2:53	77	33:21	18.5	2:05	35	19:15	7:42	1:11:04
50	374	Kalen Stoddard	22	M	Grand Forks	ND	79	15:11	2:36	2:47	49	31:32	19.6	2:02	44	19:45	7:54	1:11:15
51	633	Eric Johnson	22	M	Duluth	MN	14	11:13	1:55	2:50	95	34:39	17.8	2:20	59	20:31	8:13	1:11:30
52	669	Zach Goldberg	13	M	Excelsior	MN	41	13:00	2:13	1:38	86	34:01	18.2	1:49	71	21:07	8:27	1:11:32
53	631	Douglas Happy	49	M	Duluth	MN	104	16:57	2:54	2:29	39	30:59	19.9	1:47	39	19:33	7:49	1:11:41
54	671	Elliott Hodgson	16	M	West Saint Paul	MN	74	14:58	2:33	2:34	58	32:16	19.2	2:43	33	19:12	7:41	1:11:41
55	341	Joel Ness	51	M	Duluth	MN	18	11:43	2:00	2:47	48	31:26	19.7	2:29	103	23:25	9:22	1:11:48
56	356	Thomas Recht	43	M	Minneapolis	MN	35	12:49	2:11	2:34	117	36:42	16.8	1:54	21	18:20	7:20	1:12:16
57	376	Malcolm Sutherland	40	M	Thunder Bay	ON	71	14:54	2:33	1:51	47	31:24	19.7	2:07	87	22:17	8:55	1:12:30
58	381	David Urbaniak	29	M	Minneapolis	MN	93	15:42	2:41	2:07	62	32:35	19.0	1:57	50	20:12	8:05	1:12:31
59	334	Andrew Martin	28	M	Minneapolis	MN	68	14:44	2:31	2:46	54	31:58	19.3	1:41	82	21:53	8:46	1:13:01
60	375	William Stroozas	51	M	Duluth	MN	57	14:10	2:25	3:10	56	32:11	19.2	2:37	69	21:06	8:27	1:13:12
61	321	Tim Keppers	43	M	Duluth	MN	7	10:35	1:49	2:43	85	34:01	18.2	2:52	94	23:04	9:14	1:13:12
62	383	David Vukelich	30	M	Duluth	MN	121	18:10	3:06	3:02	26	29:58	20.6	1:48	61	20:36	8:15	1:13:31
63	261	Dave Ashmead	28	M	Richfield	MN	107	17:11	2:56	2:20	75	33:17	18.6	2:09	25	18:40	7:28	1:13:34
64	342	Tracky Nevells	40	M	St. Louis Park	MN	90	15:36	2:40	2:13	104	35:43	17.3	1:40	23	18:29	7:24	1:13:39
65	361	Daniel Rivera	39	M	River Falls	WI	120	18:00	3:04	3:04	34	30:34	20.2	2:45	36	19:23	7:46	1:13:42
66	333	Christopher Marshall	35	M	Red Wing	MN	84	15:24	2:38	2:19	43	31:10	19.8	2:17	91	22:44	9:06	1:13:51
67	384	Tim Walker	41	M	Minnetonka	MN	101	16:24	2:48	2:29	17	29:32	20.9	2:21	99	23:09	9:16	1:13:52
68	606	William Schumacher	21	M	Duluth	MN	81	15:12	2:36	2:54	105	35:47	17.3	1:58	20	18:19	7:20	1:14:09
69	331	Peter Malen	39	M	Saint Paul	MN	89	15:35	2:40	2:53	57	32:13	19.2	1:59	77	21:37	8:39	1:14:14
70	372	Matthew Sobiech	28	M	Loretto	MN	100	16:23	2:48	3:24	89	34:19	18.0	1:56	27	18:43	7:30	1:14:43
71	621	Nicholas Patton	21	M	Montevideo	MN	28	12:37	2:09	1:56	72	33:11	18.6	3:02	118	24:02	9:37	1:14:45
72	632	David Langley	53	M	Zumbrota	MN	106	17:11	2:56	4:07	14	29:19	21.1	3:21	66	20:52	8:21	1:14:47
73	344	Jeremy Olson	34	M	Edina	MN	119	17:56	3:04	1:45	63	32:37	18.9	2:34	54	20:18	8:07	1:15:08
74	599	Rick Agar	53	M	D	MN	76	15:02	2:34	2:05	65	32:48	18.8	2:22	98	23:07	9:15	1:15:21
75	357	Doug Reimers	19	M	Jamestown	ND	16	11:22	1:57	2:13	134	39:21	15.7	2:33	47	19:56	7:59	1:15:22
76	84	Andrew Magill	35	M	Minneapolis	MN	66	14:33	2:29	3:56	74	33:13	18.6	3:11	60	20:33	8:14	1:15:24
77	626	Patrick Riley	31	M	Wrenshall	MN	72	14:55	2:33	3:09	76	33:19	18.5	2:59	72	21:07	8:27	1:15:26
78	267	Steve Brannan	19	M	Duluth	MN	44	13:06	2:14	4:04	73	33:12	18.6	1:56	106	23:32	9:25	1:15:46
79	350	Gavin Poindexter	27	M	Minneapolis	MN	27	12:32	2:09	2:52	107	35:52	17.2	2:44	83	21:56	8:47	1:15:55
80	310	Drew Johnson	14	M	Aurora	MN	29	12:37	2:09	3:28	96	34:55	17.7	2:08	92	22:51	9:09	1:15:56
81	358	Nelson Rhodus	54	M	St. Paul	MN	95	15:55	2:43	1:55	81	33:31	18.4	2:13	88	22:38	9:03	1:16:09
82	601	Tim Chisholm	53	M	North Branch	MN	64	14:32	2:29	2:28	83	33:54	18.2	2:39	90	22:44	9:06	1:16:14
83	49	James Gaul	36	M	Bloomington	MN	47	13:21	2:17	3:11	124	38:07	16.2	1:12	62	20:36	8:15	1:16:25
84	266	Adam Bornholdt	27	M	Richfield	MN	102	16:29										

115	603	Lyle Koivisto	62	M	Tucson	AZ	140	20:29	3:30	2:07	60	32:25	19.1	2:02	131	25:53	10:21	1:22:53
116	605	Charles Schumacher	56	M	Duluth	MN	82	15:17	2:37	3:10	130	38:42	16.0	2:44	97	23:06	9:15	1:22:56
117	353	Scott Puncocchar	44	M	Shoreview	MN	147	22:08	3:47	3:24	88	34:15	18.0	3:00	52	20:14	8:06	1:22:57
118	627	Casimir Sienkiewicz	32	M	Minneapolis	MN	144	21:29	3:40	3:38	59	32:23	19.1	2:58	96	23:05	9:14	1:23:30
119	303	William Hoffman	60	M	Cloquet	MN	87	15:29	2:39	2:40	135	39:30	15.6	2:06	115	23:53	9:34	1:23:35
120	301	Don Hickman	48	M	Merrifield	MN	98	16:17	2:47	3:31	90	34:22	18.0	2:41	141	26:48	10:44	1:23:37
121	288	John Edwards Jr	54	M	Duluth	MN	143	21:10	3:37	2:59	94	34:36	17.9	3:02	86	22:05	8:50	1:23:50
122	336	Jeff Miller	45	M	Duluth	MN	135	19:21	3:18	3:19	116	36:39	16.9	1:19	101	23:20	9:20	1:23:55
123	293	Dave George	34	M	Rosemount	MN	59	14:13	2:26	2:24	142	41:06	15.0	1:58	122	24:30	9:48	1:24:09
124	385	David Wardlow	21	M	Minnetonka	MN	99	16:20	2:47	3:08	146	41:50	14.8	1:44	75	21:32	8:37	1:24:32
125	332	Jeremy Marincel	28	M	Champlin	MN	129	19:04	3:15	2:41	133	38:49	15.9	2:00	84	22:03	8:49	1:24:35
126	628	Matt Begecke	44	M	Duluth	MN	130	19:06	3:16	4:07	121	37:15	16.6	1:42	95	23:04	9:14	1:25:12
127	327	Jason Kuhlman	33	M	Linwood Twp	MN	62	14:24	2:28	6:13	114	36:25	17.0	2:36	133	26:06	10:27	1:25:41
128	346	Patrick O'connor	51	M	Thunder Bay	ON	118	17:52	3:03	2:45	91	34:24	18.0	3:01	147	28:00	11:12	1:26:00
129	325	John Kostek	22	M	Duluth	MN	137	19:59	3:25	5:21	52	31:46	19.5	3:30	127	25:27	10:11	1:26:01
130	313	Ronald Jyring	48	M	Bismarck	ND	113	17:28	2:59	4:31	131	38:44	16.0	2:17	110	23:41	9:29	1:26:37
131	326	Robert Kranz	60	M	Kapaa	HI	132	19:15	3:17	3:12	109	35:56	17.2	3:15	136	26:24	10:34	1:28:01
132	373	Nathan Sonstegard	32	M	Minneapolis	MN	52	13:36	2:19	3:12	144	41:33	14.9	2:40	144	27:25	10:58	1:28:23
133	287	Will Ebeling	17	M	Eagan	MN	85	15:26	2:38	2:49	125	38:10	16.2	2:23	151	29:56	11:59	1:28:41
134	307	Patrick Jennrich	42	M	Lino Lakes	MN	109	17:16	2:57	3:19	115	36:25	17.0	2:44	149	29:39	11:52	1:29:20
135	258	Keith Anderson	22	M	Hermantown	MN	128	19:02	3:15	4:11	139	40:08	15.4	2:31	108	23:35	9:26	1:29:24
136	386	John Wardlow	30	M	St. Louis Park	MN	126	18:38	3:11	2:49	143	41:12	15.0	2:06	124	24:45	9:54	1:29:28
137	343	Donny Nevins	27	M	Superior	WI	115	17:34	3:00	3:50	140	40:29	15.3	2:44	132	25:54	10:22	1:30:29
138	280	John Donlon Jr	29	M	Woodbury	MN	80	15:11	2:36	2:58	147	42:12	14.6	2:12	146	27:58	11:12	1:30:29
139	304	John Holland	37	M	Minneapolis	MN	141	20:57	3:35	4:19	108	35:54	17.2	2:55	137	26:39	10:40	1:30:41
140	277	Michael Consie	32	M	Duluth	MN	142	20:58	3:35	5:36	141	40:54	15.1	2:47	67	20:52	8:21	1:31:03
141	329	John Lucenta	27	M	Saint Paul Park	MN	133	19:16	3:17	2:27	129	38:42	16.0	3:39	142	27:18	10:55	1:31:18
142	312	Matthew Jones	32	M	Duluth	MN	138	20:03	3:25	3:54	151	43:33	14.2	2:16	85	22:04	8:50	1:31:47
143	625	Steve Peterson	29	M	Duluth	MN	136	19:53	3:24	3:44	149	43:09	14.3	2:40	116	23:54	9:34	1:33:18
144	286	Doug Dunham	69	M	Duluth	MN	110	17:19	2:57	5:58	118	36:43	16.8	4:02	150	29:40	11:52	1:33:38
145	298	Ben Hanson	22	M	Minneapolis	MN	156	36:41	6:15	3:12	68	33:01	18.4	2:07	79	21:45	8:42	1:36:43
146	362	Rocket Robertson	18	M	Saginaw	MN	139	20:03	3:25	4:05	156	48:33	12.7	2:07	89	22:40	9:04	1:37:26
147	322	Brett Kinney	40	M	Duluth	MN	97	16:17	2:47	4:42	136	39:52	15.5	3:51	156	33:16	13:19	1:37:54
148	314	Jeffrey Kalm	30	M	Cloquet	MN	60	14:19	2:27	3:57	150	43:30	14.2	3:46	157	33:27	13:23	1:38:56
149	377	Sam Tabaka	28	M	Duluth	MN	152	25:02	4:16	3:52	154	46:36	13.3	4:49	28	18:51	7:33	1:39:07
150	308	Troy Jensen	31	M	Crystal	MN	151	24:40	4:13	5:37	148	42:12	14.6	3:23	138	26:46	10:43	1:42:36
151	272	Stanford Case	49	M	Hutchinson	MN	146	21:46	3:43	4:53	152	44:42	13.8	4:57	140	26:48	10:43	1:43:03
152	271	Nathan Case	22	M	Hutchinson	MN	145	21:37	3:41	5:05	155	46:49	13.2	2:48	139	26:47	10:43	1:43:03
153	659	Erin Stave	35	M	Duluth	MN	148	22:40	3:52	5:56	138	40:05	15.4	5:21	152	31:08	12:28	1:45:07
154	281	Tom Donofrio	48	M	Hermantown	MN	108	17:11	2:56	3:58	157	49:48	12.4	2:58	154	32:47	13:07	1:46:39
155	320	Eric Kemp	38	M	Grand Marais	MO	150	24:36	4:12	3:03	153	44:56	13.8	2:56	155	32:52	13:09	1:48:20
156	382	Chris Vizanko	62	M	Duluth	MN	149	22:44	3:53	4:12	145	41:39	14.8	3:40	158	36:40	14:40	1:48:52
157	275	David Clements	54	M	Rosemount	MN	154	30:54	5:16	3:24	158	50:02	12.4	3:56	153	31:23	12:33	1:59:36
158	305	Curt Hutchens	66	M	Duluth	MN	153	30:18	5:10	5:20	137	39:54	15.5	6:15	159	39:10	15:40	2:00:54
159	279	Aaron Cross	32	M	St. Cloud	MN	155	35:30	6:03	4:19	159	1:30:02	6.9	6:54	130	25:48	10:19	2:42:30

INDIVIDUAL FEMALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	500	Lisa Lendway	26	F	Saint Paul	MN	3	10:17	1:46	1:24	3	30:03	20.6	1:40	7	18:57	7:35	1:02:18
2	448	Jeanne Fleck	42	F	Proctor	MN	13	11:54	2:02	1:47	2	29:11	21.2	2:51	1	17:48	7:07	1:03:27
3	482	Denise Kaitala	34	F	Duluth	MN	2	10:16	1:45	1:31	6	31:06	19.9	1:42	12	19:37	7:51	1:04:09
4	586	Jody Zeleznikar	34	F	Duluth	MN	40	13:05	2:14	1:33	4	30:43	20.1	1:57	2	18:09	7:16	1:05:24
5	526	Jena Ogston	36	F	Duluth	MN	14	11:57	2:03	1:35	5	30:46	20.1	1:48	9	19:31	7:49	1:05:35
6	408	Kirsten Bich	38	F	Duluth	MN	88	15:02	2:34	1:47	1	29:00	21.3	2:06	5	18:38	7:27	1:06:30
7	422	Catie Cogger	19	F	Washburn	WI	52	13:44	2:21	1:16	12	31:35	19.6	1:51	3	18:19	7:20	1:06:43
8	425	Sara Conrad	28	F	St Paul	MN	71	14:27	2:28	1:55	10	31:25	19.7	1:49	4	18:22	7:21	1:07:55
9	396	Meghan Anderson	26	F	Duluth	MN	18	12:10	2:05	1:24	21	32:09	19.2	2:22	14	20:00	8:00	1:08:02
10	431	Jessica Deegan	31	F	Saint Paul	MN	44	13:20	2:17	1:21	11	31:30	19.6	1:48	15	20:09	8:04	1:08:06
11	401	Jeanna Baratto	25	F	Crosslake	MN	48	13:30	2:18	1:57	9	31:20	19.7	2:11	10	19:36	7:51	1:08:31
12	506	Connie Lutkevich	39	F	Duluth	MN	35	12:55	2:12	1:38	20	32:04	19.3	1:54	20	20:23	8:10	1:08:51
13	555	Stacia Schacht	25	F	Saint Paul	MN	4	10:24	1:47	2:00	27	32:33	19.0	2:31	31	21:33	8:37	1:08:58
14	515	Laura Mills	22	F	Duluth	MN	29	12:46	2:11	2:19	35	33:29	18.5	2:01	8	19:09	7:40	1:09:42
15	571	Michelle Tanner	33	F	Minneapolis	MN	17	12:06	2:04	1:43	13	31:39	19.5	2:12	48	22:44	9:06	1:10:21
16	532	Anna Persuitti	24	F	Arden Hills	MN	22	12:26	2:08	1:34	25	32:25	19.1	2:20	40	22:11	8:53	1:10:54
17	662	Leigh Wright	44	F	Duluth	MN	36	12:56	2:13	1:54	31	33:13	18.6	2:14	25	21:03	8:25	1:11:16
18	529	Kati Palmer	30	F	Superior	WI	89	15:05	2:35	1:51	14	31:44	19.5	1:51	27	21:08	8:28	1:11:36
19	443	Kirsten Dussault	31	F	Chaska	MN	24	12:36	2:09	1:38	44	34:06	18.1	2:10	28	21:27	8:35	1:11:54
20	503	Amy Lindgren	25	F	Duluth	MN	72	14:28	2:28	2:29	16	31:48	19.4	2:32	22	20:44	8:18	1:11:59
21	617	Nancy Rectenwald	48	F	Duluth	MN	50	13:41	2:20	1:37	22	32:10	19.2	2:52	33	21:43	8:42	1:12:01
22	497	Emily Larson	34	F	Duluth	MN	9	11:40	2:00	2:37	79	36:15	17.0		197	57:47	23:07	1:12:02
23	209	Kari Reed	22	F	Duluth	MN	6	11:09	1:54	2:41	56	34:41	17.8	2:30	26	21:08	8:27	1:12:06
24	476	Kelsey Johnson	19	F	Duluth	MN	5	11:01	1:53	1:24	61	34:53	17.7	1:52	54	22:59	9:12	1:12:06
25	566	Shawn Strathe	34	F	Minneapolis	MN	93	15:16	2:36	1:32	18	31:58	19.3	2:06	29	21:28	8:35	1:12:16
26	615	Stephany Clasen	37	F	West Lakeland	MN	73	14:28	2:28	1:35	23	32:12	19.2	2:19	37	21:55	8:46	1:12:26
27	492	Teresa Kimberley	36	F	Minneapolis	MN	49	13:35	2:19	1:59	17	31:48	19.4	2:20	52	22:54	9:10	1:12:33
28	564	Lisa Spethmann	44	F	St. Cloud	MN	25	12:37	2:09	2:18	48	34:22	18.0	2:40	21	20:38	8:16	1:12:33
29	523	Suzie O'Gorman	32	F	Cologne	MN	1	9:49	1:41	2:15	26	32:27	19.0	2:05	109	26:14	10:30	1:12:46
30	517																	

58	578 Sue Watt	48 F	Esko MN	68	14:22	2:27	1:56	74	35:35	17.4	2:23	60	23:15	9:18	1:17:29
59	533 Shannon Pettitt	36 F	Inver Grove Height MN	7	11:31	1:58	2:08	43	34:05	18.1	2:49	125	27:13	10:54	1:17:43
60	508 Alyssa Marden	29 F	Duluth MN	54	13:50	2:22	2:48	55	34:40	17.8	2:16	73	24:21	9:45	1:17:51
61	587 Elizabeth Ziminski	30 F	Minneapolis MN	39	13:01	2:13	2:29	68	35:12	17.6	2:47	80	24:44	9:54	1:18:10
62	567 Monica Surber	46 F	Minneapolis MN	57	14:00	2:24	2:57	37	33:33	18.4	3:04	87	25:01	10:01	1:18:32
63	613 Lindsey Waytashek	19 F	Sartell MN	76	14:32	2:29	2:19	86	36:25	17.0	2:54	51	22:50	9:08	1:18:57
64	458 Cynthia Grindy	51 F	Duluth MN	43	13:20	2:17	2:29	47	34:21	18.0	2:27	112	26:25	10:34	1:19:00
65	394 Elyse Anderson	24 F	Danbury WI	51	13:44	2:21	2:53	52	34:33	17.9	2:11	104	25:43	10:18	1:19:02
66	445 Heidi Paul	26 F	Roseville MN	167	20:31	3:30	2:09	59	34:52	17.7	1:57	13	19:50	7:56	1:19:15
67	470 Joy Holicky	30 F	Minneapolis MN	98	15:41	2:41	2:59	53	34:36	17.9	2:02	68	24:06	9:39	1:19:21
68	552 Kristin Rouleau	40 F	Maple Grove MN	100	15:47	2:42	2:17	39	33:40	18.4	2:27	100	25:33	10:14	1:19:42
69	488 Jill Kaske	36 F	Superior WI	105	16:04	2:45	1:41	69	35:17	17.5	2:10	79	24:34	9:50	1:19:43
70	433 Judith Derauf	45 F	Duluth MN	103	15:55	2:43	4:01	82	36:21	17.0	3:58	11	19:36	7:51	1:19:49
71	558 Jessica Schmitt	19 F	Duluth MN	12	11:50	2:01	2:24	80	36:16	17.0	3:02	111	26:25	10:34	1:19:54
72	541 Torrey Puncochar	16 F	Shoreview MN	81	14:47	2:32	6:31	73	35:30	17.4	2:52	18	20:18	8:07	1:19:57
73	588 Kimberley Zoller	38 F	Denver CO	102	15:52	2:43	2:21	54	34:37	17.9	2:55	72	24:20	9:44	1:20:03
74	459 Kristen Grossman	19 F	Golden Valley MN	116	17:04	2:55	1:53	72	35:23	17.5	1:59	71	24:15	9:42	1:20:32
75	440 Erin Dreier	23 F	Minneapolis MN	64	14:17	2:26	3:09	77	35:55	17.2	2:31	82	24:49	9:56	1:20:39
76	416 Jennifer Carlson	26 F	Duluth MN	45	13:21	2:17	2:08	81	36:17	17.0	2:06	122	26:58	10:48	1:20:48
77	525 Heather O'Neill	35 F	Minneapolis MN	27	12:39	2:10	1:43	60	34:53	17.7	3:17	140	28:19	11:20	1:20:49
78	411 Jill Bourman	35 F	Brooklyn Park MN	82	14:48	2:32	1:49	118	38:37	16.0	1:51	66	23:55	9:34	1:20:58
79	429 Sonja Daniels	34 F	Duluth MN	99	15:47	2:42	2:14	78	36:06	17.1	2:06	83	24:51	9:57	1:21:00
80	481 Hannah Julien	25 F	Minnetrista MN	130	17:38	3:01	2:47	83	36:22	17.0	3:02	30	21:30	8:36	1:21:15
81	574 Melanie Tuominen	36 F	Duluth MN	117	17:04	2:55	2:13	38	33:35	18.4	2:30	110	26:15	10:30	1:21:34
82	415 Christin Carlson	37 F	Edina MN	79	14:41	2:30	2:58	129	39:21	15.7	2:13	50	22:47	9:07	1:21:56
83	597 Katy Mullen	38 F	St. Paul MN	56	13:55	2:23	5:32	57	34:47	17.8	6:01	36	21:52	8:45	1:22:05
84	390 Cheryl Adams	54 F	Grand Rapids MN	70	14:26	2:28	1:58	76	35:37	17.4	3:21	120	26:56	10:47	1:22:16
85	495 Catherine Lafontaine	32 F	St. Paul MN	125	17:27	2:59	2:04	87	36:28	16.9	2:28	69	24:06	9:39	1:22:30
86	556 Laura Schaeffer	33 F	Plymouth MN	60	14:09	2:25	2:30	107	37:54	16.3	2:37	103	25:37	10:15	1:22:44
87	461 Cynthia Hagley	53 F	Duluth MN	55	13:51	2:22	2:47	121	38:50	15.9	2:40	81	24:45	9:54	1:22:49
88	403 Jennifer Bawcom	35 F	Saint Paul MN	136	18:05	3:05	3:52	92	36:55	16.7	2:44	32	21:42	8:41	1:23:15
89	392 Natalie Aldrich	24 F	Minneapolis MN	108	16:09	2:46	2:07	100	37:31	16.5	2:17	96	25:21	10:09	1:23:22
90	612 Nichole Tubman	34 F	Apple Valley MN	42	13:12	2:15	2:44	98	37:27	16.5	2:20	136	28:04	11:14	1:23:44
91	434 Sara Dickenson	24 F	Duluth MN	8	11:39	1:59	3:09	135	39:59	15.5	2:13	121	26:57	10:47	1:23:53
92	484 Erica Kanewischer	26 F	Stillwater MN	31	12:48	2:11	3:01	130	39:27	15.7	3:30	94	25:12	10:05	1:23:56
93	498 Emily Laughlin	26 F	Shakopee MN	114	17:01	2:54	3:00	102	37:38	16.4	2:02	74	24:22	9:45	1:23:59
94	192 Jessia Larson	25 F	Duluth MN	86	14:59	2:34	2:15	99	37:28	16.5	2:43	128	27:22	10:57	1:24:44
95	439 Susan Dragsten	60 F	Minneapolis MN	110	16:30	2:49	4:28	70	35:21	17.5	3:08	105	25:47	10:19	1:25:11
96	618 Lise Lunge-Larsen	52 F	Duluth MN	83	14:49	2:32	3:22	117	38:25	16.1	3:34	92	25:10	10:04	1:25:19
97	480 Meg Jones	24 F	Duluth MN	166	20:25	3:29	2:50	63	35:01	17.6	1:43	97	25:24	10:10	1:25:20
98	501 Kim Lightner	35 F	Saint Paul MN	142	18:31	3:10	2:20	71	35:21	17.5	2:38	113	26:32	10:37	1:25:20
99	451 Laura Frericks	19 F	Sartell MN	92	15:14	2:36	3:33	97	37:25	16.5	2:19	119	26:51	10:45	1:25:20
100	423 Breanna Cohen	28 F	Fargo ND	58	14:05	2:24	4:11	114	38:07	16.2	2:25	117	26:39	10:40	1:25:24
101	663 Anne Normand	34 F	Duluth MN	160	19:36	3:21	4:18	136	40:05	15.4	2:36	6	18:52	7:33	1:25:25
102	413 Diana Buck	25 F	Lauderdale MN	21	12:16	2:06	3:01	131	39:29	15.7	3:42	123	26:59	10:48	1:25:25
103	499 Katie Lee	50 F	Minnetonka MN	109	16:25	2:48	2:59	116	38:18	16.1	1:25	116	26:38	10:40	1:25:43
104	580 Sue White	41 F	Champlin MN	127	17:33	3:00	2:32	51	34:29	17.9	3:14	138	28:11	11:17	1:25:57
105	563 Hilary Sonstegard	32 F	Minneapolis MN	134	17:59	3:04	2:30	132	39:31	15.6	3:17	47	22:43	9:05	1:25:57
106	406 Joan Beissel	52 F	Dixon IL	96	15:36	2:40	3:02	94	37:10	16.6	2:46	131	27:35	11:02	1:26:06
107	568 Jessica Swanoski	20 F	Duluth MN	120	17:08	2:55	2:20	120	38:48	15.9	2:17	108	26:08	10:28	1:26:38
108	585 Lynette Wong	35 F	Saint Paul MN	106	16:04	2:45	3:02	67	35:10	17.6	3:04	149	29:38	11:52	1:26:54
109	527 Amy Olson	32 F	Redwing MN	140	18:25	3:09	2:53	140	40:27	15.3	2:10	56	23:04	9:14	1:26:56
110	513 Erin McGowan	28 F	Minneapolis MN	115	17:02	2:55	2:53	127	39:13	15.8	2:23	101	25:35	10:14	1:27:03
111	456 Susan Graner	50 F	Minot ND	129	17:37	3:01	3:23	128	39:20	15.7	2:54	65	23:52	9:33	1:27:04
112	509 Sandy Marden-Lokken	54 F	Duluth MN	131	17:38	3:01	3:20	101	37:34	16.5	3:41	85	24:54	9:58	1:27:06
113	668 Christina Briggs	35 F	Minneapolis MN	176	21:22	3:39	2:38	96	37:12	16.6	2:48	59	23:11	9:17	1:27:10
114	471 Jessica Holst	23 F	Minneapolis MN	139	18:21	3:08	5:21	93	36:59	16.7	3:32	57	23:04	9:14	1:27:13
115	510 Lexi Marthaler	17 F	Sauk Rapids MN	15	11:58	2:03	3:27	137	40:10	15.4	2:33	146	29:16	11:43	1:27:21
116	535 Carol Pilarski	36 F	Big Lake MN	164	19:48	3:23	2:36	109	37:59	16.3	2:19	84	24:52	9:57	1:27:31
117	569 Joy Swanoski	21 F	Duluth MN	162	19:46	3:22	2:21	115	38:13	16.2	2:13	89	25:06	10:03	1:27:36
118	430 Lannie Dawson	51 F	Minneapolis MN	104	15:58	2:44	3:37	110	38:02	16.2	2:49	129	27:26	10:59	1:27:50
119	521 Katie Nelson	20 F	Fargo ND	65	14:20	2:27	3:08	139	40:17	15.3	2:29	133	27:43	11:06	1:27:55
120	514 Tania McVean	37 F	Duluth MN	153	18:58	3:14	4:49	104	37:42	16.4	2:53	67	23:56	9:35	1:28:16
121	512 Stephanie Martin	40 F	Lake Bluff IL	113	16:51	2:53	2:27	158	41:44	14.8	2:14	90	25:06	10:03	1:28:20
122	455 Stephanie Graner	23 F	Minot ND	112	16:49	2:52	3:11	145	40:48	15.1	2:12	99	25:32	10:13	1:28:30
123	678 Julian Bertelsen	30 F	Duluth MN	67	14:20	2:27	7:00	182	45:34	13.6	1:50	16	20:13	8:05	1:28:55
124	544 Sara Quinn	58 F	Minneapolis MN	111	16:47	2:52	2:20	106	37:46	16.4	4:07	139	28:15	11:18	1:29:12
125	607 Penny Agar	53 F	Duluth MN	148	18:44	3:12	2:51	124	39:11	15.8	2:34	107	26:05	10:26	1:29:22
126	465 Amy Haney	34 F	Duluth MN	152	18:57	3:14	4:51	103	37:42	16.4	2:52	88	25:05	10:02	1:29:25
127	589 Katie Zwolski	25 F	St. Paul MN	30	12:48	2:11	2:39	152	41:14	15.0	2:30	158	30:43	12:18	1:29:52
128	550 Cathy Richardson	42 F	Stillwater MN	159	19:34	3:20	3:09	133	39:40	15.6	2:20	95	25:14	10:06	1:29:54
129	477 Sarah Johnson	37 F	Minneapolis MN	128	17:36	3:00	2:38	141	40:30	15.3	3:09	115	26:36	10:39	1:30:25
130	475 Kelsey Johnson	26 F	Minneapolis MN	16	12:02	2:03	2:58	157	41:36	14.9	2:34	168	31:38	12:39	1:30:45
131	409 Emily Bittner	27 F	Phoenix AZ	132	17:40	3:01	3:36	84	36:22	17.0	3:58	154	30:25	12:10	1:31:58
132	494 Heather Klever	34 F	Little Falls MN	75	14:29	2:28	3:14	175	44:11	14.0	2:35	134	27:46	11:07	1:32:13
133	402 Heather Baumbach	34 F	Minneapolis MN	118	17:06	2:55	4:18	126	39:12	15.8	4:02	137	28:07	11:15	1:32:41
134	524 Vickie O'Hara	48 F	St. Cloud MN	151	18:56	3:14	2:47	122	38:53	15.9	3:40	145	28:35	11:26	1:32:49
135	583 Andrea Wojahn	40 F	Mpls MN	189	24:17	4:09	3:50	41	33:42	18.3	4:05	127	27:15	10:54	1:33:06
136	674 Kimberly Radloff	34 F	Saginaw MN	157	19:31	3:20	3:48	143	40:35	15.2	2:13	124	27:09	10:52	1:33:12
137	522 Kristin Nelson	25 F	St. Paul MN	53	13:48	2:21	4:12	125	39:12	15.8	3:59	174	32:25	12:58	1:33:32
138	399 Linda Bailey	50 F	Ashland WI	154	19:15	3:17	4:47	113	38:05	16.2	3:41	135	27:57	11:11	1:33:42
139	418 Leslie Chaplin	38 F	Culver MN	124	17:25	2:59	2:56	105	37:43	16.4	3:08	177	32:40	13:04	1:33:50
140	577 Mary Waters	40 F	Minneapolis MN	122											

165	608	Jennifer Farnham	35	F	Duluth	MN	149	18:51	3:13	3:06	188	49:34	12.5	2:33	98	25:25	10:10	1:39:26
166	391	Kim Aho	23	F	Duluth	MN	185	23:03	3:56	3:53	156	41:28	14.9	2:00	147	29:22	11:45	1:39:43
167	404	Carrie Bechtold	30	F	St Paul	MN	119	17:06	2:55	3:52	183	45:39	13.5	6:34	118	26:43	10:41	1:39:51
168	581	Catherine Williamson	30	F	Saint Paul	MN	177	21:30	3:40	3:33	174	44:02	14.0	2:26	143	28:28	11:23	1:39:55
169	446	Jeannine Ferland	43	F	Minneapolis	MN	146	18:41	3:11	2:53	159	41:51	14.8	3:35	180	33:28	13:23	1:40:25
170	410	Connie Bloom	53	F	Duluth	MN	170	20:46	3:33	4:36	150	41:08	15.0	2:55	171	32:05	12:50	1:41:28
171	547	Ann Rank	45	F	New Richmond	WI	186	23:06	3:57	3:05	163	42:33	14.5	3:03	151	29:56	11:59	1:41:41
172	490	Heather Kemp	41	F	Grand Marais	MN	143	18:35	3:10	3:00	177	44:57	13.7	2:58	179	32:52	13:09	1:42:20
173	419	Janelle Chisholm	25	F	North Branch	MN	193	25:34	4:22	2:40	151	41:11	15.0	2:25	159	30:55	12:22	1:42:42
174	542	Anne Quinn	38	F	Minnetonka	MN	178	21:42	3:42	4:40	173	43:31	14.2	2:57	152	30:04	12:02	1:42:52
175	436	Angela Donofrio	13	F	Hermantown	MN	62	14:11	2:25	4:00	189	49:47	12.4	2:58	178	32:46	13:07	1:43:39
176	420	Kathleen Clark	66	F	Duluth	MN	174	21:08	3:36	5:13	148	41:01	15.1	4:59	166	31:29	12:36	1:43:48
177	424	Lisa Coleman	42	F	Saint Paul	MN	169	20:40	3:32	4:52	134	39:52	15.5	6:14	175	32:31	13:01	1:44:07
178	437	Jill Dotseth	35	F	Eden Prairie	MN	182	22:25	3:50	2:54	181	45:33	13.6	2:32	176	32:37	13:03	1:45:58
179	576	Jacinda Vanhorn	38	F	Ashland	WI	135	18:01	3:04	3:32	179	45:09	13.7	2:57	185	36:34	14:38	1:46:09
180	442	Barbara Dunham	24	F	Duluth	MN	147	18:44	3:12	5:07	161	42:25	14.6	3:51	186	36:39	14:40	1:46:42
181	412	Terry Brown	48	F	St. Paul	MN	94	15:32	2:39	3:42	164	42:40	14.5	3:44	194	41:19	16:32	1:46:55
182	483	Georgia Kandiko	54	F	Excelsior	MN	144	18:38	3:11	3:45	172	43:30	14.2	4:58	187	37:04	14:50	1:47:51
183	449	Kristen Frank	36	F	Eden Prairie	MN	171	20:58	3:35	6:24	169	43:09	14.3	4:35	182	34:05	13:38	1:49:08
184	462	Kelly Haines	21	F	Duluth	MN	184	23:02	3:56	4:06	184	46:12	13.4	2:22	181	33:39	13:28	1:49:19
185	474	Monica Jochmans	54	F	Shoreview	MN	194	25:59	4:26	4:07	166	43:00	14.4	4:10	173	32:24	12:58	1:49:37
186	531	Jennifer Peck	28	F	Minneapolis	MN	121	17:17	2:57	3:45	186	47:18	13.1	5:13	188	37:25	14:58	1:50:56
187	414	Candice Buss	27	F	Inver Grove Height	MN	183	22:56	3:55	3:57	155	41:19	15.0	3:31	192	39:16	15:43	1:50:57
188	559	Jessie Schultz	30	F	Eden Prairie	MN	181	22:20	3:49	4:44	190	51:19	12.2	2:08	157	30:35	12:14	1:51:03
189	545	Molly Quinn-Jensen	30	F	Crystal	MN	196	30:33	5:13	5:43	160	42:06	14.7	3:32	153	30:05	12:02	1:51:56
190	530	Tracy Pavlicek	26	F	Rogers	MN	197	32:38	5:34	1:51	195	54:15	11.4	4:49	17	20:18	8:07	1:53:48
191	611	Lisa Sharbo	40	F	Eagan	MN	188	23:57	4:05	4:20	178	45:08	13.7	3:22	190	38:23	15:22	1:55:07
192	393	Margarita Alvarez	40	F	Golden Valley	MN	150	18:54	3:14	4:37	192	51:49	11.9	6:14	189	37:30	15:00	1:59:01
193	463	Jean Hammarstedt	39	F	Duluth	MN	126	17:33	3:00	4:48	197	54:34	11.3	3:09	191	39:15	15:42	1:59:16
194	421	Kelly Clements	23	F	Farmington	MN	187	23:24	4:00	9:30	191	51:28	12.0	3:53	164	31:24	12:34	1:59:36
195	582	Jennifer Willis-Rivera	42	F	River Falls	WI	133	17:56	3:04	6:32	194	54:11	11.4	4:08	193	40:52	16:21	2:03:36
196	469	Linda Hoff	54	F	Duluth	MN	168	20:37	3:31	4:45	196	54:30	11.3	3:41	195	46:42	18:41	2:10:13
197	537	Alexis Pogorelskin	63	F	Duluth	MN	195	27:39	4:43	7:05	193	52:16	11.8	4:34	196	48:09	19:16	2:19:42

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	422	Catie Cogger	19	F	Washburn	WI	5	13:44	2:21	1:16	1	31:35	19.6	1:51	1	18:19	7:20	1:06:43
2	476	Kelsey Johnson	19	F	Duluth	MN	1	11:01	1:53	1:24	2	34:53	17.7	1:52	4	22:59	9:12	1:12:06
3	435	Erin Donahue	19	F	Duluth	MN	4	13:00	2:13	1:33	6	36:22	17.0	1:50	6	24:26	9:47	1:17:09
4	613	Lindsey Waytashek	19	F	Sartell	MN	7	14:32	2:29	2:19	7	36:25	17.0	2:54	3	22:50	9:08	1:18:57
5	558	Jessica Schmitt	19	F	Duluth	MN	2	11:50	2:01	2:24	5	36:16	17.0	3:02	7	26:25	10:34	1:19:54
6	541	Torrey Puncoschar	16	F	Shoreview	MN	8	14:47	2:32	6:31	4	35:30	17.4	2:52	2	20:18	8:07	1:19:57
7	459	Kristen Grossman	19	F	Golden Valley	MN	10	17:04	2:55	1:53	3	35:23	17.5	1:59	5	24:15	9:42	1:20:32
8	451	Laura Frericks	19	F	Sartell	MN	9	15:14	2:36	3:33	8	37:25	16.5	2:19	8	26:51	10:45	1:25:20
9	510	Lexi Marthaler	17	F	Sauk Rapids	MN	3	11:58	2:03	3:27	9	40:10	15.4	2:33	9	29:16	11:43	1:27:21
10	436	Angela Donofrio	13	F	Hermantown	MN	6	14:11	2:25	4:00	10	49:47	12.4	2:58	10	32:46	13:07	1:43:39

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	515	Laura Mills	22	F	Duluth	MN	6	12:46	2:11	2:19	6	33:29	18.5	2:01	1	19:09	7:40	1:09:42
2	532	Anna Persuitti	24	F	Arden Hills	MN	5	12:26	2:08	1:34	1	32:25	19.1	2:20	6	22:11	8:53	1:10:54
3	209	Kari Reed	22	F	Duluth	MN	1	11:09	1:54	2:41	9	34:41	17.8	2:30	3	21:08	8:27	1:12:06
4	457	Talia Greenslade	21	F	Duluth	MN	11	15:01	2:34	2:08	5	33:23	18.5	1:46	2	20:55	8:22	1:13:12
5	405	Laura Becotte	20	F	Thunder Bay	ON	3	11:43	2:00	1:52	7	34:25	18.0	2:21	10	23:30	9:24	1:13:48
6	560	Kathryn Sederberg	23	F	Duluth	MN	4	12:15	2:06	1:44	12	36:31	16.9	1:47	5	22:08	8:51	1:14:22
7	398	Jenna Arotta	24	F	St. Paul	MN	10	14:20	2:27	2:24	2	32:55	18.8	2:29	7	22:21	8:57	1:14:26
8	565	Kristen Stangel	21	F	Grand Rapids	MN	13	15:35	2:40	2:04	3	33:19	18.5	1:44	8	22:28	9:00	1:15:07
9	543	Rachel Quinn	24	F	Golden Valley	MN	12	15:09	2:35	2:29	4	33:21	18.5	2:09	4	22:03	8:50	1:15:09
10	394	Elyse Anderson	24	F	Danbury	WI	7	13:44	2:21	2:53	8	34:33	17.9	2:11	16	25:43	10:18	1:19:02
11	440	Erin Dreier	23	F	Minneapolis	MN	8	14:17	2:26	3:09	11	35:55	17.2	2:31	11	24:49	9:56	1:20:39
12	392	Natalie Aldrich	24	F	Minneapolis	MN	14	16:09	2:46	2:07	14	37:31	16.5	2:17	13	25:21	10:09	1:23:22
13	434	Sara Dickenson	24	F	Duluth	MN	2	11:39	1:59	3:09	17	39:59	15.5	2:13	18	26:57	10:47	1:23:53
14	480	Meg Jones	24	F	Duluth	MN	20	20:25	3:29	2:50	10	35:01	17.6	1:43	14	25:24	10:10	1:25:20
15	568	Jessica Swanoski	20	F	Duluth	MN	16	17:08	2:55	2:20	16	38:48	15.9	2:17	17	26:08	10:28	1:26:38
16	471	Jessica Holst	23	F	Minneapolis	MN	17	18:21	3:08	5:21	13	36:59	16.7	3:32	9	23:04	9:14	1:27:13
17	569	Joy Swanoski	21	F	Duluth	MN	19	19:46	3:22	2:21	15	38:13	16.2	2:13	12	25:06	10:03	1:27:36
18	521	Katie Nelson	20	F	Fargo	ND	9	14:20	2:27	3:08	18	40:17	15.3	2:29	19	27:43	11:06	1:27:55
19	455	Stephanie Graner	23	F	Minot	ND	15	16:49	2:52	3:11	19	40:48	15.1	2:12	15	25:32	10:13	1:28:30
20	391	Kim Aho	23	F	Duluth	MN	22	23:03	3:56	3:53	20	41:28	14.9	2:00	20	29:22	11:45	1:39:43
21	442	Barbara Dunham	24	F	Duluth	MN	18	18:44	3:12	5:07	21	42:25	14.6	3:51	23	36:39	14:40	1:46:42
22	462	Kelly Haines	21	F	Duluth	MN	21	23:02	3:56	4:06	22	46:12	13.4	2:22	22	33:39	13:28	1:49:19
23	421	Kelly Clements	23	F	Farmington	MN	23	23:24	4:00	9:30	23	51:28	12.0	3:53	21	31:24	12:34	1:59:36

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	500	Lisa Lendway	26	F	Saint Paul	MN	1	10:17	1:46	1:24	1	30:03	20.6	1:40	2	18:57	7:35	1:02:18
2	425	Sara Conrad	28	F	St Paul	MN	18	14:27	2:28	1:55	3	31:25	19.7	1:49	1	18:22	7:21	1:07:55
3	396	Meghan Anderson	26	F	Duluth	MN	5	12:10	2:05	1:24	5	32:09	19.2	2:22	5	20:00	8:00	1:08:02
4	401	Jeanna Baratto	25	F	Crosslake	MN	14	13:30	2:18	1:57	2	31:20	19.7	2:11	3	19:36	7:51	1:08:31
5	555	Stacia Schacht	25	F	Saint Paul	MN	2	10:24	1:47	2:00	6	32:33	19.0	2:31	10	21:33	8:37	1:08:58
6	503	Amy Lindgren	25	F	Duluth	MN	19	14:28										

30	505	Paige Lunsford	26	F	Duluth	MN	13	13:22	2:17	4:11	34	44:12	14.0	3:35	32	31:05	12:26	1:36:22
31	546	Amy Rabe	28	F	Minnetonka	MN	36	24:34	4:12	3:53	19	38:03	16.2	2:21	26	27:42	11:05	1:36:30
32	511	Andrea Martin	28	F	Minneapolis	MN	34	21:51	3:44	3:26	29	41:16	15.0	3:20	24	27:14	10:54	1:37:05
33	467	Sarah Hennen	26	F	Lilydale	MN	29	19:38	3:21	3:11	36	47:09	13.1	2:17	18	25:12	10:05	1:37:24
34	557	Stacy Scheller	25	F	Lilydale	MN	30	19:49	3:23	3:18	25	40:44	15.2	3:26	33	31:32	12:37	1:38:47
35	419	Janelle Chisholm	25	F	North Branch	MN	37	25:34	4:22	2:40	27	41:11	15.0	2:25	31	30:55	12:22	1:42:42
36	531	Jennifer Peck	28	F	Minneapolis	MN	26	17:17	2:57	3:45	37	47:18	13.1	5:13	37	37:25	14:58	1:50:56
37	414	Candice Buss	27	F	Inver Grove Height	MN	35	22:56	3:55	3:57	31	41:19	15.0	3:31	38	39:16	15:43	1:50:57
38	530	Tracy Pavlicek	26	F	Rogers	MN	38	32:38	5:34	1:51	38	54:15	11.4	4:49	6	20:18	8:07	1:53:48

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	482	Denise Kaitala	34	F	Duluth	MN	2	10:16	1:45	1:31	2	31:06	19.9	1:42	3	19:37	7:51	1:04:09
2	586	Jody Zeleznikar	34	F	Duluth	MN	8	13:05	2:14	1:33	1	30:43	20.1	1:57	1	18:09	7:16	1:05:24
3	431	Jessica Deegan	31	F	Saint Paul	MN	10	13:20	2:17	1:21	4	31:30	19.6	1:48	4	20:09	8:04	1:08:06
4	571	Michelle Tanner	33	F	Minneapolis	MN	4	12:06	2:04	1:43	5	31:39	19.5	2:12	12	22:44	9:06	1:10:21
5	529	Kati Palmer	30	F	Superior	WI	15	15:05	2:35	1:51	6	31:44	19.5	1:51	6	21:08	8:28	1:11:36
6	443	Kirsten Dussault	31	F	Chaska	MN	5	12:36	2:09	1:38	10	34:06	18.1	2:10	7	21:27	8:35	1:11:54
7	497	Emily Larson	34	F	Duluth	MN	3	11:40	2:00	2:37	16	36:15	17.0		32	57:47	23:07	1:12:02
8	566	Shawn Strathe	34	F	Minneapolis	MN	17	15:16	2:36	1:32	7	31:58	19.3	2:06	8	21:28	8:35	1:12:16
9	523	Suzie O'Gorman	32	F	Cologne	MN	1	9:49	1:41	2:15	9	32:27	19.0	2:05	22	26:14	10:30	1:12:46
10	478	Stephanie Johnson	31	F	Duluth	MN	18	15:41	2:41	2:21	3	31:09	19.8	2:13	10	22:18	8:56	1:13:39
11	450	Julie Frantz	31	F	Plymouth	MN	16	15:06	2:35	2:23	12	34:24	18.0	1:40	9	21:50	8:44	1:15:21
12	200	Kathryn Noah	30	F	Stillwater	MN	14	14:57	2:33	2:44	8	32:00	19.3	2:59	14	23:26	9:23	1:16:04
13	427	Kelly Dahl	32	F	Grand Marais	MN	6	12:48	2:11	1:46	11	34:21	18.0	2:22	21	25:57	10:23	1:17:11
14	587	Elizabeth Ziminski	30	F	Minneapolis	MN	7	13:01	2:13	2:29	14	35:12	17.6	2:47	17	24:44	9:54	1:18:10
15	470	Joy Holicky	30	F	Minneapolis	MN	19	15:41	2:41	2:59	13	34:36	17.9	2:02	15	24:06	9:39	1:19:21
16	429	Sonja Daniels	34	F	Duluth	MN	20	15:47	2:42	2:14	15	36:06	17.1	2:02	18	24:51	9:57	1:21:00
17	495	Catherine Lafontaine	32	F	St. Paul	MN	24	17:27	2:59	2:04	17	36:28	16.9	2:28	16	24:06	9:39	1:22:30
18	556	Laura Schaeffer	33	F	Plymouth	MN	11	14:09	2:25	2:30	20	37:54	16.3	2:37	20	25:37	10:15	1:22:44
19	612	Nichole Tubman	34	F	Apple Valley	MN	9	13:12	2:15	2:44	18	37:27	16.5	2:20	26	28:04	11:14	1:23:44
20	663	Anne Normand	34	F	Duluth	MN	29	19:36	3:21	4:18	23	40:05	15.4	2:36	2	18:52	7:33	1:25:25
21	563	Hilary Sonstegard	32	F	Minneapolis	MN	25	17:59	3:04	2:30	22	39:31	15.6	3:17	11	22:43	9:05	1:25:57
22	527	Amy Olson	32	F	Redwing	MN	26	18:25	3:09	2:53	25	40:27	15.3	2:10	13	23:04	9:14	1:26:56
23	678	Julian Bertelsen	30	F	Duluth	MN	12	14:20	2:27	7:00	30	45:34	13.6	1:50	5	20:13	8:05	1:28:55
24	465	Amy Haney	34	F	Duluth	MN	27	18:57	3:14	4:51	19	37:42	16.4	2:52	19	25:05	10:02	1:29:25
25	494	Heather Klever	34	F	Little Falls	MN	13	14:29	2:28	3:14	29	44:11	14.0	2:35	25	27:46	11:07	1:32:13
26	402	Heather Baumbach	34	F	Minneapolis	MN	22	17:06	2:55	4:18	21	39:12	15.8	4:02	27	28:07	11:15	1:32:41
27	674	Kimberly Radloff	34	F	Saginaw	MN	28	19:31	3:20	3:48	26	40:35	15.2	2:13	24	27:09	10:52	1:33:12
28	609	Kristen Hendrickson	34	F	River Falls	WI	21	15:49	2:42	3:26	24	40:16	15.3	3:49	31	31:20	12:32	1:34:37
29	404	Carrie Bechtold	30	F	St Paul	MN	23	17:06	2:55	3:52	31	45:39	13.5	6:34	23	26:43	10:41	1:39:51
30	581	Catherine Williamson	30	F	Saint Paul	MN	30	21:30	3:40	3:33	28	44:02	14.0	2:26	28	28:28	11:23	1:39:55
31	559	Jessie Schultz	30	F	Eden Prairie	MN	31	22:20	3:49	4:44	32	51:19	12.0	2:08	30	30:35	12:14	1:51:03
32	545	Molly Quinn-Jensen	30	F	Crystal	MN	32	30:33	5:13	5:43	27	42:06	14.7	3:32	29	30:05	12:02	1:51:56

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	526	Jena Ogston	36	F	Duluth	MN	2	11:57	2:03	1:35	2	30:46	20.1	1:48	2	19:31	7:49	1:05:35
2	408	Kirsten Bich	38	F	Duluth	MN	18	15:02	2:34	1:47	1	29:00	21.3	2:06	1	18:38	7:27	1:06:30
3	506	Connie Lutkevich	39	F	Duluth	MN	7	12:55	2:12	1:38	5	32:04	19.3	1:54	4	20:23	8:10	1:08:51
4	615	Stephany Clasen	37	F	West Lakeland	MN	14	14:28	2:28	1:35	6	32:12	19.2	2:19	7	21:55	8:46	1:12:26
5	492	Teressa Kimberley	36	F	Minneapolis	MN	9	13:35	2:19	1:59	4	31:48	19.4	2:20	11	22:54	9:10	1:12:33
6	489	Katherine Kebbekus	39	F	Duluth	MN	6	12:50	2:12	2:50	17	35:08	17.6	2:10	3	20:22	8:09	1:13:18
7	528	Catherine Olson	35	F	Edina	MN	3	12:33	2:09	2:21	16	35:03	17.6	1:55	8	22:35	9:02	1:14:25
8	554	Sara Sarvela	39	F	Duluth	MN	11	14:06	2:25	2:20	8	32:53	18.8	2:20	13	23:27	9:23	1:15:02
9	395	Kristin Anderson	37	F	Grand Rapids	MN	17	14:51	2:32	1:18	7	32:15	19.2	2:23	18	24:29	9:48	1:15:13
10	468	Elisabeth Hoff	36	F	Minneapolis	MN	4	12:38	2:10	2:35	21	35:37	17.4	1:47	9	22:40	9:04	1:15:14
11	507	Melissa Malen	39	F	Saint Paul	MN	8	13:06	2:14	2:07	15	34:55	17.7	1:47	14	23:34	9:26	1:15:27
12	389	Christine Aas-Larson	39	F	Duluth	MN	12	14:11	2:25	2:16	3	31:46	19.5	2:37	23	25:35	10:14	1:16:23
13	610	Lisa Koivisto	36	F	Muskegon	MI	13	14:12	2:26	2:13	9	32:55	18.8	2:13	21	25:10	10:04	1:16:41
14	533	Shannon Pettitt	36	F	Inver Grove Height	MN	1	11:31	1:58	2:08	11	34:05	18.1	2:49	27	27:13	10:54	1:17:43
15	488	Jill Kaske	36	F	Superior	WI	20	16:04	2:45	1:41	19	35:17	17.5	2:10	19	24:34	9:50	1:19:43
16	588	Kimberly Zoller	38	F	Denver	CO	19	15:52	2:43	2:21	12	34:37	17.9	2:55	17	24:20	9:44	1:20:03
17	525	Heather O'Neill	35	F	Minneapolis	MN	5	12:39	2:10	1:43	14	34:53	17.7	3:17	28	28:19	11:20	1:20:49
18	411	Jill Bourman	35	F	Brooklyn Park	MN	16	14:48	2:32	1:49	27	38:37	16.0	1:51	15	23:55	9:34	1:20:58
19	574	Melanie Tuominen	36	F	Duluth	MN	22	17:04	2:55	2:13	10	33:35	18.4	2:30	24	26:15	10:30	1:21:34
20	415	Christin Carlson	37	F	Edina	MN	15	14:41	2:30	2:58	28	39:21	15.7	2:13	10	22:47	9:07	1:21:56
21	597	Katy Mullen	38	F	St. Paul	MN	10	13:55	2:23	5:32	13	34:47	17.8	6:01	6	21:52	8:45	1:22:05
22	403	Jennifer Bawcom	35	F	Saint Paul	MN	28	18:05	3:05	3:52	22	36:55	16.7	2:44	5	21:42	8:41	1:23:15
23	501	Kim Lightner	35	F	Saint Paul	MN	30	18:31	3:10	2:20	20	35:21	17.5	2:38	25	26:32	10:37	1:25:20
24	585	Lynette Wong	35	F	Saint Paul	MN	21	16:04	2:45	3:02	18	35:10	17.6	3:04	32	29:38	11:52	1:26:54
25	668	Christina Briggs	35	F	Minneapolis	MN	38	21:22	3:39	2:38	23	37:12	16.6	2:48	12	23:11	9:17	1:27:10
26	535	Carol Pilarski	36	F	Big Lake	MN	35	19:48	3:23	2:36	26	37:59	16.3	2:19	20	24:52	9:57	1:27:31
27	514	Tania McVean	37	F	Duluth	MN	32	18:58	3:14	4:49	24	37:42	16.4	2:53	16	23:56	9:35	1:28:16
28	477	Sarah Johnson	37	F	Minneapolis	MN	26	17:36	3:00	2:38	29	40:30	15.3	3:09	26	26:36	10:39	1:30:25
29	418	Leslie Chaplin	38	F	Culver	MN	24	17:25	2:59	2:56	25	37:43	16.4	3:08	37	32:40	13:04	1:33:50
30	562	Karie Simpson	39	F	Duluth	MN	34	19:29	3:20	2:56	30	40:34	15.2	2:25	31	29:27	11:47	1:34:48
31	534	Durae Pfeffer	38	F	Superior	WI	23	17:23	2:58	3:47	34	43:06	14.3	3:23	30	28:34	11:26	1:36:10
32	516	Kelly Moen	37	F	Proctor	MN	37	20:59	3:35	3:03	31	40:56	15.1	2:57	29	28:20	11:20	1:36:13
33	438	Jennifer Dowden	38	F	Soudan	MN	29	18:16	3:07	2:23	33	42:59	14.4					

15	446	Jeannine Ferland	43	F	Minneapolis	MN	13	18:41	3:11	2:53	15	41:51	14.8	3:35	17	33:28	13:23	1:40:25
16	490	Heather Kemp	41	F	Grand Marais	MN	12	18:35	3:10	3:00	17	44:57	13.7	2:58	16	32:52	13:09	1:42:20
17	424	Lisa Coleman	42	F	Saint Paul	MN	17	20:40	3:32	4:52	12	39:52	15.5	6:14	15	32:31	13:01	1:44:07
18	611	Lisa Sharbo	40	F	Eagan	MN	18	23:57	4:05	4:20	18	45:08	13.7	3:22	19	38:23	15:22	1:55:07
19	393	Margarita Alvarez	40	F	Golden Valley	MN	14	18:54	3:14	4:37	19	51:49	11.9	6:14	18	37:30	15:00	1:59:01
20	582	Jennifer Willis-Rivera	42	F	River Falls	WI	10	17:56	3:04	6:32	20	54:11	11.4	4:08	20	40:52	16:21	2:03:36

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	617	Nancy Rectenwald	48	F	Duluth	MN	1	13:41	2:20	1:37	1	32:10	19.2	2:52	2	21:43	8:42	1:12:01
2	578	Sue Watt	48	F	Esco	MN	3	14:22	2:27	1:56	3	35:35	17.4	2:23	4	23:15	9:18	1:17:29
3	567	Monica Surber	46	F	Minneapolis	MN	2	14:00	2:24	2:57	2	33:33	18.4	3:04	5	25:01	10:01	1:18:32
4	433	Judith Derauf	45	F	Duluth	MN	5	15:55	2:43	4:01	4	36:21	17.0	3:58	1	19:36	7:51	1:19:49
5	524	Vickie O'Hara	48	F	St. Cloud	MN	8	18:56	3:14	2:47	7	38:53	15.9	3:40	7	28:35	11:26	1:32:49
6	485	Michele Kapitzke	48	F	Andover	MN	9	22:17	3:48	4:20	8	39:00	15.8	4:14	6	26:33	10:37	1:36:21
7	519	Leslee Naslund	45	F	Barnum	MN	6	18:28	3:09	3:50	11	49:11	12.6	2:44	3	22:46	9:07	1:36:56
8	570	Wendy Swanson	45	F	Bloomington	MN	7	18:41	3:11	2:23	6	38:03	16.2	2:53	10	35:51	14:21	1:37:48
9	444	Lesley Ernst	48	F	Apple Valley	MN	11	24:43	4:13	2:18	5	36:43	16.8	3:18	9	32:00	12:48	1:38:58
10	547	Ann Rank	45	F	New Richmond	WI	10	23:06	3:57	3:05	9	42:33	14.5	3:03	8	29:56	11:59	1:41:41
11	412	Terry Brown	48	F	St. Paul	MN	4	15:32	2:39	3:42	10	42:40	14.5	3:44	11	41:19	16:32	1:46:55

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	458	Cynthia Grindy	51	F	Duluth	MN	1	13:20	2:17	2:29	1	34:21	18.0	2:27	6	26:25	10:34	1:19:00
2	390	Cheryl Adams	54	F	Grand Rapids	MN	3	14:26	2:28	1:58	2	35:37	17.4	3:21	8	26:56	10:47	1:22:16
3	461	Cynthia Hagley	53	F	Duluth	MN	2	13:51	2:22	2:47	10	38:50	15.9	2:40	2	24:45	9:54	1:22:49
4	618	Lise Lunge-Larsen	52	F	Duluth	MN	5	14:49	2:32	3:22	8	38:25	16.1	3:34	4	25:10	10:04	1:25:19
5	499	Katie Lee	50	F	Minnetonka	MN	8	16:25	2:48	2:59	7	38:18	16.1	1:25	7	26:38	10:40	1:25:43
6	406	Joan Beissel	52	F	Dixon	IL	6	15:36	2:40	3:02	3	37:10	16.6	2:46	10	27:35	11:02	1:26:06
7	456	Susan Graner	50	F	Minot	ND	9	17:37	3:01	3:23	12	39:20	15.7	2:54	1	23:52	9:33	1:27:04
8	509	Sandy Marden-Lokken	54	F	Duluth	MN	10	17:38	3:01	3:20	4	37:34	16.5	3:41	3	24:54	9:58	1:27:06
9	430	Lannie Dawson	51	F	Minneapolis	MN	7	15:58	2:44	3:37	5	38:02	16.2	2:49	9	27:26	10:59	1:27:50
10	607	Penny Agar	53	F	Duluth	MN	12	18:44	3:12	2:51	11	39:11	15.8	2:34	5	26:05	10:26	1:29:22
11	399	Linda Bailey	50	F	Ashland	WI	13	19:15	3:17	4:47	6	38:05	16.2	3:41	11	27:57	11:11	1:33:42
12	454	Lynn Gibson	51	F	Twig	MN	4	14:37	2:30	3:26	15	43:24	14.2	2:43	12	29:45	11:54	1:33:53
13	575	Susan Mattis Turnham	52	F	Duluth	MN	14	19:46	3:22	3:04	9	38:45	15.9	2:54	13	31:24	12:34	1:35:51
14	410	Connie Bloom	53	F	Duluth	MN	16	20:46	3:33	4:36	13	41:08	15.0	2:55	14	32:05	12:50	1:41:28
15	483	Georgia Kandiko	54	F	Excelsior	MN	11	18:38	3:11	3:45	16	43:30	14.2	4:58	16	37:04	14:50	1:47:51
16	474	Monica Jochmans	54	F	Shoreview	MN	17	25:59	4:26	4:07	14	43:00	14.4	4:10	15	32:24	12:58	1:49:37
17	469	Linda Hoff	54	F	Duluth	MN	15	20:37	3:31	4:45	17	54:30	11.3	3:41	17	46:42	18:41	2:10:13

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	400	Susanne Bakken	57	F	Duluth	MN	1	14:26	2:28	2:01	2	33:41	18.3	1:30	2	22:56	9:11	1:14:31
2	579	Lisa Wheeler	56	F	River Falls	WI	2	14:28	2:28	2:06	1	33:30	18.4	2:42	1	22:31	9:01	1:15:14
3	544	Sara Quinn	58	F	Minneapolis	MN	3	16:47	2:52	2:20	3	37:46	16.4	4:07	3	28:15	11:18	1:29:12

FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	439	Susan Dragsten	60	F	Minneapolis	MN	1	16:30	2:49	4:28	1	35:21	17.5	3:08	1	25:47	10:19	1:25:11
2	537	Alexis Pogorelskin	63	F	Duluth	MN	2	27:39	4:43	7:05	2	52:16	11.8	4:34	2	48:09	19:16	2:19:42

FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	420	Kathleen Clark	66	F	Duluth	MN	1	21:08	3:36	5:13	1	41:01	15.1	4:59	1	31:29	12:36	1:43:48

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	294	Kenneth Gilkerson	19	M	Brooklyn Park	MN	5	12:55	2:12	1:57	2	31:42	19.5	1:25	1	16:12	6:29	1:04:09
2	335	Aaron Matuseski	18	M	Duluth	MN	1	10:05	1:44	2:50	1	31:18	19.7	2:50	7	20:20	8:08	1:07:21
3	619	Logan Langley	16	M	Zumbrota	MN	8	14:33	2:29	3:33	4	32:55	18.8	2:28	2	17:24	6:58	1:10:49
4	669	Zach Goldberg	13	M	Excelsior	MN	6	13:00	2:13	1:38	6	34:01	18.2	1:49	8	21:07	8:27	1:11:32
5	671	Elliott Hodgson	16	M	West Saint Paul	MN	9	14:58	2:33	2:34	3	32:16	19.2	2:43	5	19:12	7:41	1:11:41
6	357	Doug Reimers	19	M	Jamestown	ND	2	11:22	1:57	2:13	12	39:21	15.7	2:33	6	19:56	7:59	1:15:22
7	267	Steve Brannan	19	M	Duluth	MN	7	13:06	2:14	4:04	5	33:12	18.6	1:56	11	23:32	9:25	1:15:46
8	310	Drew Johnson	14	M	Aurora	MN	3	12:37	2:09	3:28	7	34:55	17.7	2:08	10	22:51	9:09	1:15:56
9	682	Connor Nelson	12	M	Eden Prairie	MN	4	12:39	2:10	1:38	8	36:22	17.0	2:12	12	24:43	9:54	1:17:32
10	660	Keith Linne	19	M	Proctor	MN	12	19:15	3:17	2:13	9	37:36	16.4	1:48	3	17:52	7:09	1:18:42
11	620	Jared Sundstrom	18	M	Proctor	MN	11	17:20	2:58	3:16	11	38:30	16.1	1:53	4	18:12	7:17	1:19:08
12	287	Will Ebeling	17	M	Eagan	MN	10	15:26	2:38	2:49	10	38:10	16.2	2:23	13	29:56	11:59	1:28:41
13	362	Rocket Robertson	18	M	Saginaw	MN	13	20:03	3:25	4:05	13	48:33	12.7	2:07	9	22:40	9:04	1:37:26

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	316	Jason Kask	21	M	Duluth	MN	1	9:51	1:41	1:19	1	28:54	21.4	1:29	1	15:29	6:12	57:00
2	263	Benjamin Bittner	21	M	Twig	MN	8	13:02	2:14	2:09	2	29:00	21.3	2:05	10	20:44	8:18	1:06:56
3	74	Tyler Johnson	21	M	Two Harbors	MN	2	11:11	1:55	3:28	3	29:40	20.8	3:00	5	19:40	7:52	1:06:56
4	604	Michael Oschwald	22	M	Duluth	MN	5	12:25	2:07	1:50	5	31:07	19.9	1:55	7	19:46	7:55	1:07:00
5	319	Luke Kavajecz	23	M	Washburn	WI	7	12:49	2:11	1:34	4	29:47	20.7	2:21	11	21:29	8:36	1:07:57
6	622	Nick Miskowic	24	M	Princeton	MN	4	12:01	2:03	1:55	11	34:24	18.0	1:24	4	18:39	7:28	1:08:20
7	283	Jason Dreier	23	M	Minneapolis	MN	13	17:46	3:02	2:23	6	31:21	19.7	1:38	2	17:27	6:59	1:10:31
8	374	Kalen Stoddard	22	M	Grand Forks	ND	9	15:11	2:36	2:47	7	31:32	19.6	2:02	6	19:45	7:54	1:11:15
9	633	Eric Johnson	22	M	Duluth													

11	621	Nicholas Patton	21	M	Montevideo	MN	6	12:37	2:09	1:56	10	33:11	18.6	3:02	16	24:02	9:37	1:14:45
12	348	Raymond Perry	24	M	Rochester	MN	11	15:20	2:37	2:23	15	38:17	16.1	2:00	8	20:28	8:12	1:18:24
13	265	Matt Bordson	20	M	Hermantown	MN	15	19:18	3:18	2:36	13	35:40	17.3	2:17	13	21:33	8:37	1:21:22
14	385	David Wardlow	21	M	Minnetonka	MN	12	16:20	2:47	3:08	17	41:50	14.8	1:44	12	21:32	8:37	1:24:32
15	325	John Kostek	22	M	Duluth	MN	16	19:59	3:25	5:21	8	31:46	19.5	3:30	17	25:27	10:11	1:26:01
16	258	Keith Anderson	22	M	Hermantown	MN	14	19:02	3:15	4:11	16	40:08	15.4	2:31	15	23:35	9:26	1:29:24
17	298	Ben Hanson	22	M	Minneapolis	MN	18	36:41	6:15	3:12	9	33:01	18.7	2:07	14	21:45	8:42	1:36:43
18	271	Nathan Case	22	M	Hutchinson	MN	17	21:37	3:41	5:05	18	46:49	13.2	2:48	18	26:47	10:43	1:43:03

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	366	Peter Sandelin	29	M	Duluth	MN	2	11:43	2:00	1:31	5	29:21	21.1	1:31	2	17:27	6:59	1:01:30
2	623	Donald Sawyer	26	M	Circle Pines	MN	3	11:55	2:02	2:09	1	28:18	21.8	2:00	4	17:39	7:04	1:01:59
3	269	Eric Carder	28	M	Breezy Point	MN	8	12:56	2:13	1:55	6	30:25	20.3	2:03	3	17:29	7:00	1:04:46
4	636	Paul Miner	27	M	Duluth	MN	6	12:40	2:10	2:26	3	29:09	21.2	2:58	16	20:47	8:19	1:07:59
5	635	Peter Miner	27	M	Duluth	MN	7	12:43	2:10	2:23	2	29:09	21.2	3:00	15	20:46	8:19	1:07:59
6	339	Jamie Miskowic	28	M	Delano	MN	4	12:11	2:05	1:49	16	33:25	18.5	1:44	11	19:25	7:46	1:08:31
7	351	Matthew Poore	26	M	Superior	WI	19	16:53	2:53	2:17	9	30:41	20.1	2:19	1	17:09	6:52	1:09:16
8	363	Jesse Rorvig	25	M	Minneapolis	MN	13	14:50	2:32	2:18	10	30:49	20.1	1:19	14	20:13	8:06	1:09:26
9	256	Alan Anderson	25	M	Albert Lea	MN	25	18:21	3:08	2:10	4	29:09	21.2	2:21	5	17:42	7:05	1:09:41
10	309	Luke Johanneck	25	M	Red Lake Falls	MN	9	13:31	2:19	2:49	8	30:36	20.2	1:54	17	21:51	8:45	1:10:38
11	637	Nate Labelle	26	M	Duluth	MN	22	17:22	2:58	1:55	7	30:31	20.3	2:01	9	18:58	7:35	1:10:44
12	364	Doug Runke	25	M	Loretto	MN	10	13:32	2:19	2:53	15	33:21	18.5	2:05	10	19:15	7:42	1:11:04
13	381	David Urbaniak	29	M	Minneapolis	MN	16	15:42	2:41	2:07	13	32:35	19.0	1:57	13	20:12	8:05	1:12:31
14	334	Andrew Martin	28	M	Minneapolis	MN	12	14:44	2:31	2:46	12	31:58	19.3	1:41	18	21:53	8:46	1:13:01
15	261	Dave Ashmead	28	M	Richfield	MN	21	17:11	2:56	2:20	14	33:17	18.6	2:09	6	18:40	7:28	1:13:34
16	372	Matthew Sobiech	28	M	Loretto	MN	17	16:23	2:48	3:24	18	34:19	18.0	1:56	7	18:43	7:30	1:14:43
17	350	Gavin Poindexter	27	M	Minneapolis	MN	5	12:32	2:09	2:52	23	35:52	17.2	2:44	19	21:56	8:47	1:15:55
18	266	Adam Bornholdt	27	M	Richfield	MN	18	16:29	2:49	2:57	19	34:33	17.9	2:27	12	20:05	8:02	1:16:29
19	378	Ryan Tesch	26	M	Minneapolis	MN	1	10:59	1:53	4:06	24	36:04	17.1	2:09	24	23:46	9:31	1:17:02
20	624	Matthew Hagelin	28	M	Duluth	MN	11	14:22	2:27	2:21	21	35:13	17.5	2:30	23	23:41	9:29	1:18:05
21	99	Mitchell Noah	28	M	Stillwater	MN	14	14:56	2:33	2:40	22	35:25	17.4	2:24	26	23:58	9:25	1:19:20
22	40	Alec Erdmann	25	M	Proctor	MN	20	17:08	2:56	3:28	20	35:08	17.6	1:56	21	23:30	9:24	1:21:07
23	379	Benjamin Tonneson	29	M	Shoreview	MN	24	18:11	3:06	2:10	17	34:04	18.1	3:16	22	23:33	9:25	1:21:11
24	106	Mark Pankratz	29	M	Minneapolis	MN	26	18:31	3:10	2:06	11	31:50	19.4	2:36	30	27:21	10:57	1:22:23
25	380	Dylan Tusher	26	M	Duluth	MN					25	38:26	16.1	2:10	27	24:05	9:38	1:22:44
26	332	Jeremy Marincel	28	M	Champlin	MN	27	19:04	3:15	2:41	27	38:49	15.9	2:00	20	22:03	8:49	1:24:35
27	343	Donny Nevins	27	M	Superior	WI	23	17:34	3:00	3:50	28	40:29	15.3	2:44	28	25:54	10:22	1:30:29
28	280	John Donlon Jr	29	M	Woodbury	MN	15	15:11	2:36	2:58	29	42:12	14.6	2:12	31	27:58	11:12	1:30:29
29	329	John Lucenta	27	M	Saint Paul Park	MN	28	19:16	3:17	2:27	26	38:42	16.0	3:39	29	27:18	10:55	1:31:18
30	625	Steve Peterson	29	M	Duluth	MN	29	19:53	3:24	3:44	30	43:09	14.3	2:40	25	23:54	9:34	1:33:18
31	377	Sam Tabaka	28	M	Duluth	MN	30	25:02	4:16	3:52	31	46:36	13.3	4:49	8	18:51	7:33	1:39:07

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	284	Glen Drexler	33	M	Duluth	MN	3	12:47	2:11	1:57	8	32:42	18.9	2:14	2	20:17	8:07	1:09:54
2	349	Benjamin Pofahl	32	M	Minneapolis	MN	10	15:10	2:35	2:16	3	30:16	20.4	2:16	4	20:31	8:13	1:10:27
3	311	Keven Johnson	30	M	Duluth	MN	12	17:52	3:03	2:06	4	31:04	19.9	1:58	1	17:55	7:10	1:10:51
4	387	Steven Williamsen	33	M	Chanhausen	MN	2	11:52	2:02	2:36	2	30:10	20.5	2:30	11	23:48	9:32	1:10:55
5	383	David Vukelich	30	M	Duluth	MN	14	18:10	3:06	3:02	1	29:58	20.6	1:48	5	20:36	8:15	1:13:31
6	344	Jeremy Olson	34	M	Edina	MN	13	17:56	3:04	1:45	7	32:37	18.9	2:34	3	20:18	8:07	1:15:08
7	626	Patrick Riley	31	M	Wrenshall	MN	9	14:55	2:33	3:09	10	33:19	18.5	2:59	7	21:07	8:27	1:15:26
8	262	Jeffrey Birman	32	M	Duluth	MN	11	15:28	2:38	3:04	11	34:01	18.2	2:05	10	23:35	9:26	1:18:09
9	276	Aaron Cohen	32	M	Fargo	ND	1	11:10	1:55	2:52	6	32:31	19.0	3:43	19	29:04	11:38	1:19:17
10	147	Shawn Woods	32	M	St. Cloud	MN	5	13:57	2:23	3:27	9	32:50	18.8	2:48	18	27:58	11:11	1:20:56
11	627	Casimir Sienkiewicz	32	M	Minneapolis	MN	18	21:29	3:40	3:38	5	32:23	19.1	2:58	9	23:05	9:14	1:23:30
12	293	Dave George	34	M	Rosemount	MN	6	14:13	2:26	2:24	14	41:06	15.0	1:58	12	24:30	9:48	1:24:09
13	327	Jason Kuhlman	33	M	Linwood Twp	MN	8	14:24	2:28	6:13	12	36:25	17.0	2:36	15	26:06	10:27	1:25:41
14	373	Nathan Sonstegard	32	M	Minneapolis	MN	4	13:36	2:19	3:12	16	41:33	14.9	2:40	17	27:25	10:58	1:28:23
15	386	John Wardlow	30	M	St. Louis Park	MN	15	18:38	3:11	2:49	15	41:12	15.0	2:06	13	24:45	9:54	1:29:28
16	277	Michael Consie	32	M	Duluth	MN	17	20:58	3:35	5:36	13	40:54	15.1	2:47	6	20:52	8:21	1:31:03
17	312	Matthew Jones	32	M	Duluth	MN	16	20:03	3:25	3:54	19	43:33	14.2	2:16	8	22:04	8:50	1:31:47
18	314	Jeffrey Kalm	30	M	Cloquet	MN	7	14:19	2:27	3:57	18	43:30	14.2	3:46	20	33:27	13:23	1:38:56
19	308	Troy Jensen	31	M	Crystal	MN	19	24:40	4:13	5:37	17	42:12	14.6	3:23	16	26:46	10:43	1:42:36
20	279	Aaron Cross	32	M	St. Cloud	MN	20	35:30	6:03	4:19	20	1:30:02	6.9	6:54	14	25:48	10:19	2:42:30

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	302	Adam Himes	35	M	Richfield	MN	3	13:11	2:15	1:12	1	28:00	22.1	1:26	1	16:02	6:25	59:49
2	306	George Jennings	37	M	Pengilly	MN	1	12:52	2:12	1:58	3	29:45	20.8	1:54	3	19:08	7:39	1:05:35
3	359	Jason Richardson	39	M	Mahtowa	MN	6	14:00	2:24	1:29	2	29:39	20.8	2:05	2	18:43	7:29	1:05:54
4	300	Nathan Hellyer	37	M	Zumbrota	MN	2	13:05	2:14	2:36	4	29:52	20.7	2:52	9	20:59	8:24	1:09:21
5	296	Kevin Haney	36	M	Duluth	MN	5	13:23	2:17	2:28	8	32:08	19.2	2:02	6	19:55	7:58	1:09:54
6	273	Bryan Chadderdon	35	M	Casper	WY	11	15:42	2:41	2:19	7	31:13	19.8	1:09	5	19:43	7:53	1:10:03
7	361	Daniel Rivera	39	M	River Falls	WI	14	18:00	3:04	3:04	5	30:34	20.2	2:45	4	19:23	7:46	1:13:42
8	333	Christopher Marshall	35	M	Red Wing	MN	9	15:24	2:38	2:19	6	31:10	19.8	2:17	13	22:44	9:06	1:13:51
9	331	Peter Malen	39	M	Saint Paul	MN	10	15:35	2:40	2:53	9	32:13	19.2	1:59	11	21:37	8:39	1:14:14
10	84	Andrew Magill	35	M	Minneapolis	MN	7	14:33	2:29	3:56	11	33:13	18.6	3:11	7	20:33	8:14	1:15:24
11	49	James Gaul	36	M	Bloomington	MN	4	13:21	2:17	3:11	18	38:07	16.2	1:12	8	20:36	8:15	1:16:25
12	278	Brian Corrigan	36	M	Minneapolis	MN	16	18:53	3:13	1:53	10	33:07	18.7	1:59	10	21:06	8:27	1:16:55
13	292	Chris George	36	M	Denver	CO	8	14:34	2:29	1:47	13	35:18	17.5	2:17	17	25:47	10:19	1:19:40
14	255	Ken Ailes	37	M	Jordan	MN					17	36:47	16.8	1:56	12	21:40	8:40	1:20:10
15	29																	

13	321	Tim Keppers	43	M	Duluth	MN	3	10:35	1:49	2:43	13	34:01	18.2	2:52	16	23:04	9:14	1:13:12
14	342	Tracky Nevells	40	M	St. Louis Park	MN	13	15:36	2:40	2:13	16	35:43	17.3	1:40	7	18:29	7:24	1:13:39
15	384	Tim Walker	41	M	Minnetonka	MN	16	16:24	2:48	2:29	6	29:32	20.9	2:21	18	23:09	9:16	1:13:52
16	371	Russ Smith	42	M	Duluth	MN					15	35:06	17.6	3:19	15	23:01	9:13	1:17:22
17	353	Scott Puncocar	44	M	Shoreview	MN	19	22:08	3:47	3:24	14	34:15	18.0	3:00	12	20:14	8:06	1:22:57
18	628	Matt Begeske	44	M	Duluth	MN	18	19:06	3:16	4:07	19	37:15	16.6	1:42	17	23:04	9:14	1:25:12
19	307	Patrick Jennrich	42	M	Lino Lakes	MN	17	17:16	2:57	3:19	17	36:25	17.0	2:44	19	29:39	11:52	1:29:20
20	322	Brett Kinney	40	M	Duluth	MN	15	16:17	2:47	4:42	20	39:52	15.5	3:51	20	33:16	13:19	1:37:54

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	661	David Goldberg	47	M	Duluth	MN	1	9:02	1:33	1:07	1	27:01	22.9	1:34	1	17:27	6:59	56:08
2	629	Jeff Melby	48	M	Bloomington	MN	3	11:46	2:01	1:18	2	29:05	21.2	1:51	2	19:14	7:42	1:03:11
3	253	Rick Abrahamson	45	M	Duluth	MN	2	11:24	1:57	1:30	4	29:58	20.6	1:40	4	20:08	8:04	1:04:38
4	360	Tom Richardson	45	M	Stillwater	MN	4	12:49	2:11	1:39	3	29:50	20.7	2:26	5	20:20	8:08	1:07:00
5	631	Douglas Happy	49	M	Duluth	MN	7	16:57	2:54	2:29	5	30:59	19.9	1:47	3	19:33	7:49	1:11:41
6	630	Gary Perkins	49	M	Edina	MN	5	15:30	2:39	2:43	8	36:51	16.8	2:48	7	23:27	9:23	1:21:15
7	301	Don Hickman	48	M	Merrifield	MN	6	16:17	2:47	3:31	6	34:22	18.0	2:41	10	26:48	10:44	1:23:37
8	336	Jeff Miller	45	M	Duluth	MN	10	19:21	3:18	3:19	7	36:39	16.9	1:19	6	23:20	9:20	1:23:55
9	313	Ronald Jyring	48	M	Bismarck	ND	9	17:28	2:59	4:31	9	38:44	16.0	2:17	8	23:41	9:29	1:26:37
10	272	Stanford Case	49	M	Hutchinson	MN	11	21:46	3:43	4:53	10	44:42	13.8	4:57	9	26:48	10:43	1:43:03
11	281	Tom Donofrio	48	M	Hermantown	MN	8	17:11	2:56	3:58	11	49:48	12.4	2:58	11	32:47	13:07	1:46:39

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	295	Tim Hagley	51	M	Duluth	MN	1	9:51	1:41	2:13	3	30:37	20.2	1:59	1	19:01	7:37	1:03:38
2	268	Stephen Bullard	50	M	Golden Valley	MN	3	12:17	2:06	1:38	2	29:51	20.7	1:49	4	21:10	8:28	1:06:43
3	341	Joel Ness	51	M	Duluth	MN	2	11:43	2:00	2:47	4	31:26	19.7	2:29	10	23:25	9:22	1:11:48
4	375	William Stroozas	51	M	Duluth	MN	6	14:10	2:25	3:10	5	32:11	19.2	2:37	3	21:06	8:27	1:13:12
5	632	David Langley	53	M	Zumbrota	MN	11	17:11	2:56	4:07	1	29:19	21.1	3:21	2	20:52	8:21	1:14:47
6	599	Rick Agar	53	M	D	MN	8	15:02	2:34	2:05	6	32:48	18.8	2:22	8	23:07	9:15	1:15:21
7	358	Nelson Rhodus	54	M	St. Paul	MN	9	15:55	2:43	1:55	8	33:31	18.4	2:13	6	22:38	9:03	1:16:09
8	601	Tim Chisholm	53	M	North Branch	MN	7	14:32	2:29	2:28	9	33:54	18.2	2:39	7	22:44	9:06	1:16:14
9	354	John Quinn	51	M	Golden Valley	MN	10	16:02	2:44	2:08	7	33:05	18.7	2:26	9	23:13	9:18	1:16:52
10	324	Steve Kokotovich	53	M	Duluth	MN	4	13:25	2:18	3:13	13	38:44	16.0	2:05	11	24:52	9:57	1:22:16
11	274	Ted Ciriacy	54	M	Ely	MN	5	13:37	2:20	2:01	12	37:37	16.4	3:10	12	26:23	10:34	1:22:46
12	288	John Edwards Jr	54	M	Duluth	MN	13	21:10	3:37	2:59	11	34:36	17.9	3:02	5	22:05	8:50	1:23:50
13	346	Patrick O'connor	51	M	Thunder Bay	ON	12	17:52	3:03	2:45	10	34:24	18.0	3:01	13	28:00	11:12	1:26:00
14	275	David Clements	54	M	Rosemount	MN	14	30:54	5:16	3:24	14	50:02	12.4	3:56	14	31:23	12:33	1:59:36

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	338	Duane Millslagle	57	M	Duluth	MN	1	12:46	2:11	1:55	1	29:37	20.9	2:14	1	15:03	6:01	1:01:32
2	254	John Adams	59	M	Grand Rapids	MN	3	14:26	2:28	2:12	3	33:28	18.5	2:24	3	24:08	9:40	1:16:37
3	315	Joe Kandiko	57	M	Excelsior	MN	2	14:06	2:25	1:59	2	33:04	18.7	2:35	4	25:08	10:04	1:16:49
4	600	Michael Anderson	58	M	Duluth	MN	4	14:52	2:32	2:51	4	35:50	17.2	2:13	6	26:11	10:29	1:21:55
5	270	Greg Carlson	58	M	Moose Lake	MN	5	15:08	2:35	2:36	5	36:05	17.1	2:44	5	25:41	10:17	1:22:11
6	605	Charles Schumacher	56	M	Duluth	MN	6	15:17	2:37	3:10	6	38:42	16.0	2:44	2	23:06	9:15	1:22:56

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	603	Lyle Koivisto	62	M	Tucson	AZ	3	20:29	3:30	2:07	1	32:25	19.1	2:02	2	25:53	10:21	1:22:53
2	303	William Hoffman	60	M	Cloquet	MN	1	15:29	2:39	2:40	3	39:30	15.6	2:06	1	23:53	9:34	1:23:35
3	326	Robert Kranz	60	M	Kapaa	HI	2	19:15	3:17	3:12	2	35:56	17.2	3:15	3	26:24	10:34	1:28:01
4	382	Chris Vizanko	62	M	Duluth	MN	4	22:44	3:53	4:12	4	41:39	14.8	3:40	4	36:40	14:40	1:48:52

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	286	Doug Dunham	69	M	Duluth	MN	1	17:19	2:57	5:58	1	36:43	16.8	4:02	1	29:40	11:52	1:33:38
2	305	Curt Hutchens	66	M	Duluth	MN	2	30:18	5:10	5:20	2	39:54	15.5	6:15	2	39:10	15:40	2:00:54

MALE AGE GROUP RESULTS 70 - 74

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	603	Lyle Koivisto	62	M	Tucson	AZ	3	20:29	3:30	2:07	1	32:25	19.1	2:02	2	25:53	10:21	1:22:53
2	303	William Hoffman	60	M	Cloquet	MN	1	15:29	2:39	2:40	3	39:30	15.6	2:06	1	23:53	9:34	1:23:35
3	326	Robert Kranz	60	M	Kapaa	HI	2	19:15	3:17	3:12	2	35:56	17.2	3:15	3	26:24	10:34	1:28:01
4	382	Chris Vizanko	62	M	Duluth	MN	4	22:44	3:53	4:12	4	41:39	14.8	3:40	4	36:40	14:40	1:48:52

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: 404
 Total Number of Individual Finishers: 356
 Total Number of Relay Finishers: 0
 Number of Male Finishers: 159
 Number of Female Finishers: 197
 Did not Finish Race or Did Not Start: 48