

BREWHOUSE TRIATHLON
Pike Lake AAA Beach Club, Duluth, MN - August 3, 2008
.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	1/23	1	David Thomspson	30	M	St. Paul	MN	3	17:15	1:10	1:06	1	46:36	26.5	1:07	6	28:21	5:41	1:34:22
2	2/23	135	Curt Wood	30	M	Chaska	MN	2	17:12	1:10	1:06	2	46:39	26.5	1:21	11	29:39	5:56	1:35:53
3	1/21	2	Brian Bich	42	M	Duluth	MN	5	18:04	1:14	1:05	5	49:18	25.1	1:19	3	27:29	5:30	1:37:12
4	1/20	11	Jonathan Balabuck	29	M	Thunder Bay	ON	9	18:17	1:15	1:08	8	50:43	24.4	1:20	1	26:23	5:17	1:37:49
5	3/23	243	Dan Cohen	34	M	Eden Prairie	MN	12	19:20	1:19	1:01	3	48:04	25.7	1:21	14	30:01	6:01	1:39:44
6	2/21	242	Rhett Bonner	44	M	Duluth	MN	8	18:10	1:14	0:58	4	49:17	25.1	1:27	13	30:00	6:00	1:39:48
7	1/12	231	Neil Miller	24	M	Andover	MN	14	19:53	1:21	1:09	19	52:50	23.4	1:34	2	26:40	5:20	1:42:03
8	4/23	109	Steve Sander	30	M	Richfield	MN	21	21:09	1:26	1:33	6	49:23	25.0	1:27	9	29:21	5:53	1:42:52
9	2/20	16	Josh Blankenheim	28	M	Duluth	MN	25	21:21	1:27	1:21	16	52:09	23.7	1:20	7	28:22	5:41	1:44:29
10	1/16	79	Thomas Krenz	47	M	Chisago City	MN	18	21:01	1:26	1:35	14	51:51	23.8	1:40	15	30:08	6:02	1:46:12
11	3/21	45	Dan Frost	40	M	Oxnard	CA	11	18:41	1:16	1:10	22	53:47	23.0	1:35	27	31:25	6:17	1:46:36
12	4/21	116	Phil Spencer	41	M	Federal Way	WA	7	18:08	1:14	1:53	17	52:30	23.5	1:27	46	33:02	6:37	1:46:57
13	1/13	127	Carl Unger	35	M	Prior Lake	MN	35	21:57	1:29	1:31	12	51:33	24.0	1:45	24	31:10	6:14	1:47:53
14	5/21	124	Nathaniel Tollefson	42	M	Minneapolis	MN	16	20:25	1:23	1:32	20	53:11	23.2	1:30	31	32:09	6:26	1:48:44
15	2/12	98	Lucas Pedersen	21	M	Richfield	MN	29	21:43	1:29	1:41	45	56:33	21.9	1:26	5	28:03	5:37	1:49:23
16	6/21	100	Robert Peterson	41	M	Barron	WI	68	24:16	1:39	1:24	13	51:40	23.9	1:49	18	30:18	6:04	1:49:23
17	1/8	84	Nick Madrinich	19	M	Chaska	MN	4	17:56	1:13	1:19	42	56:09	22.0	1:17	44	32:58	6:36	1:49:37
18	7/21	18	Jey Carlson	42	M	Minnetonka	MN	55	23:41	1:36	1:31	9	50:52	24.3	1:44	35	32:34	6:31	1:50:18
19	5/23	237	Steven Hohenstein	31	M	Duluth	MN	42	22:42	1:33	1:34	18	52:41	23.5	1:30	30	32:01	6:25	1:50:25
20	2/8	26	Reilly Dougherty	18	M	Hibbing	MN	10	18:22	1:15	1:48	64	58:24	21.2	2:02	20	30:44	6:09	1:51:19
21	1/12	28	Dave Dow	53	M	West Lakeland	MN	31	21:48	1:29	1:25	23	54:20	22.7	1:47	33	32:27	6:30	1:51:44
22	6/23	114	Jason Sinnwell	31	M	Rochester	MN	41	22:36	1:32	2:12	27	54:56	22.5	1:48	17	30:17	6:04	1:51:46
23	3/20	65	James Hull	25	M	St. Louis Park	MN	49	23:19	1:35	1:10	28	55:00	22.5	1:27	25	31:11	6:15	1:52:05
24	1/14	207	Becky Youngberg	34	F	Eden Prairie	MN	24	21:20	1:27	1:21	48	56:46	21.8	1:42	22	31:07	6:14	1:52:13
25	2/13	4	Karl Adalbert	37	M	Minneapolis	MN	96	26:10	1:47	1:47	24	54:20	22.7	0:46	10	29:24	5:53	1:52:23
26	3/12	120	Joseph Stromsness	24	M	Duluth	MN	61	23:58	1:38	2:16	50	57:07	21.6	2:05	4	27:58	5:36	1:53:20
27	7/23	49	Oscar Godoi	34	M	Apple Valley	MN	6	18:06	1:14	1:29	37	56:02	22.1	0:39	86	37:08	7:26	1:53:21
28	1/7	3	Marlo McGaver	38	F	Duluth	MN	116	27:14	1:51	1:37	15	52:01	23.8	1:43	28	31:26	6:18	1:53:59
29	2/12	43	Dale Forde	50	M	Golden Valley	MN	44	22:51	1:33	1:34	47	56:35	21.8	1:55	26	31:23	6:17	1:54:16
30	3/8	50	Taylor Gombos	19	M	St. Cloud	MN	27	21:29	1:28	2:01	69	58:43	21.1	2:25	16	30:09	6:02	1:54:45
31	3/13	67	Borg Isaksen	35	M	Brule	WI	33	21:52	1:29	2:13	33	55:33	22.3	2:02	47	33:11	6:39	1:54:49
32	2/16	241	Jarrow Wahman	47	M	Duluth	MN	80	25:03	1:42	2:26	51	57:08	21.6	1:53	8	28:35	5:43	1:55:02
33	2/14	141	Michelle Andres	31	F	East Gull Lake	MN	52	23:30	1:36	1:14	40	56:06	22.0	1:34	43	32:50	6:34	1:55:10
34	8/21	236	Christopher Korkowski	43	M	Bloomington	MN	1	16:14	1:06	1:58	62	58:10	21.2	1:55	83	37:04	7:25	1:55:19
35	9/21	58	Brad Hanson	44	M	Monticello	MN	28	21:43	1:28	1:39	39	56:04	22.0	1:48	61	34:11	6:51	1:55:23
36	3/16	103	Jim Reed	49	M	Duluth	MN	58	23:53	1:37	2:08	56	57:35	21.5	1:52	12	30:00	6:00	1:55:24
37	4/13	69	Greg Johnson	36	M	Hermantown	MN	64	24:10	1:38	1:37	41	56:06	22.0	1:42	29	31:55	6:23	1:55:26
38	4/16	14	Daniel Bjorkstrand	45	M	Guthrie	MN	71	24:25	1:39	1:17	36	55:56	22.1	1:41	34	32:31	6:31	1:55:47
39	4/20	8	Harry Anderson	29	M	Duluth	MN	112	26:54	1:49	1:46	11	51:32	24.0	1:39	63	34:17	6:52	1:56:05
40	5/13	106	Wade Rockwood	38	M	Park City	UT	36	21:59	1:30	2:25	34	55:38	22.2	2:03	60	34:09	6:50	1:56:11
41	8/23	94	Joe Moyer	30	M	Rochester	MN	128	27:59	1:54	2:09	10	51:32	24.0	2:21	42	32:48	6:34	1:56:45
42	1/14	183	Brook Mutzenberger	28	F	Eden Prairie	MN	74	24:36	1:40	1:06	49	57:00	21.7	1:28	40	32:40	6:32	1:56:49
43	9/23	82	Bryan Lloyd	32	M	St. Paul	MN	48	23:15	1:35	1:11	59	57:44	21.4	1:31	48	33:14	6:39	1:56:53
44	5/20	93	Andrew Mork	29	M	Edina	MN	20	21:05	1:26	1:59	32	55:28	22.3	2:11	78	36:14	7:15	1:56:55
45	10/23	17	Andrew Broadmoore	33	M	Grinnell	IA	56	23:51	1:37	1:28	81	59:43	20.7	1:37	21	31:04	6:13	1:57:40
46	6/20	245	Brent Thompson	27	M	St. Paul	MN	38	22:15	1:31	1:46	57	57:40	21.4	1:50	62	34:16	6:52	1:57:45
47	3/12	118	Larry Stracke	52	M	Sauk Rapids	MN	111	26:53	1:49	1:54	21	53:18	23.2	1:39	59	34:06	6:50	1:57:48
48	1/2	112	Bill Schmitt	55	M	Duluth	MN	34	21:57	1:29	1:54	26	54:29	22.7	2:02	91	37:34	7:31	1:57:52
49	10/21	101	Steven Pitschka	42	M	Duluth	MN	59	23:54	1:37	1:24	31	55:22	22.3	1:38	76	36:01	7:13	1:58:15
50	7/20	252	Clint Agar	26	M	Duluth	MN	17	20:28	1:23	2:32	90	1:00:21	20.5	1:34	50	33:27	6:42	1:58:19
51	3/14	156	Maggie Fournier	33	F	Onalaska	WI	40	22:25	1:31	1:45	68	58:32	21.1	1:00	68	34:51	6:59	1:58:30

168	12/13	90 Daniel Mills	37 M	Atikokan	ON	159	31:45	2:09	5:00	120	1:04:52	19.1	4:38	182	52:10	10:26	2:38:23
169	12/12	77 Casey Kramer	22 M	Grand Forks	ND	153	30:17	2:03	3:41	176	1:15:04	16.5	3:02	169	47:47	9:34	2:39:48
170	11/12	125 David Turnham	52 M	Duluth	MN	108	26:49	1:49	3:43	178	1:17:04	16.0	2:11	179	51:17	10:16	2:41:01
171	12/12	232 Rodney Barnes	54 M	Maple Grove	MN	184	36:02	2:27	3:45	131	1:05:37	18.8	3:11	183	52:30	10:30	2:41:02
172	18/20	131 Joseph Welle	27 M	Duluth	MN	187	37:02	2:31	3:37	166	1:11:08	17.4	2:03	173	48:22	9:41	2:42:08
173	2/2	155 Connie Foster	58 F	River Falls	WI	156	30:44	2:05	3:27	179	1:18:13	15.8	3:33	168	46:51	9:23	2:42:45
174	5/7	169 Debbie La Fleur	41 F	Moose Lake	MN	174	34:52	2:22	3:47	174	1:14:57	16.5	3:58	160	45:33	9:07	2:43:03
175	19/20	119 Timothy Streff	27 M	Minneapolis	MN	186	36:48	2:30	3:51	177	1:15:37	16.3	2:13	158	45:23	9:05	2:43:49
176	7/7	143 Sascha Bates	36 F	Minneapolis	MN	181	35:27	2:24	3:11	142	1:07:20	18.4	3:21	187	55:12	11:03	2:44:26
177	12/14	179 Aj Matthews	28 F	Duluth	MN	168	32:48	2:13	3:04	182	1:19:04	15.6	3:18	171	47:56	9:36	2:46:07
178	8/10	161 Jessica Holst	24 F	Minneapolis	MN	182	35:45	2:25	5:37	170	1:13:06	16.9	3:18	175	49:46	9:58	2:47:29
179	13/14	175 Tara Lohstreter	26 F	Brooklyn Center	MN	170	33:12	2:15	2:35	181	1:18:57	15.7	2:08	180	51:19	10:16	2:48:07
180	20/20	44 Adam Freeman	26 M	Minneapolis	MN	183	35:50	2:26	4:52	175	1:15:01	16.5	2:34	176	50:37	10:08	2:48:51
181	6/7	197 Deirdre Ryan	44 F	Minneapolis	MN	173	34:31	2:20	5:21	171	1:13:26	16.8	4:12	181	51:46	10:22	2:49:14
182	13/13	59 Travis Hanson	37 M	Lake Nebagamon	WI	162	32:12	2:11	4:07	186	1:25:38	14.4	2:44	157	45:07	9:02	2:49:45
183	12/14	152 Brenda Dukek	34 F	Bagley	MN	178	35:14	2:23		188	2:16:42	9.0	3:37	185	54:05	10:49	2:51:26
184	14/14	170 Rebecca Layman	28 F	Esko	MN	177	35:13	2:23	4:30	172	1:14:01	16.7	3:39	186	54:06	10:50	2:51:27
185	13/14	140 Nicole Anderson	32 F	Eden Prairie	MN	93	26:05	1:46	2:55	187	1:27:33	14.1	3:05	184	52:46	10:34	2:52:20
186	7/7	171 Erika Lee	40 F	Pine City	MN	179	35:15	2:23	3:37	183	1:21:20	15.2	3:28	178	50:51	10:11	2:54:26
187	14/14	149 Natalie Buys	31 F	Eagan	MN	189	45:37	3:05	3:13	180	1:18:20	15.8	2:01	174	48:52	9:47	2:58:00
188	9/10	196 Caitlin Roth	24 F	Minneapolis	MN	176	35:01	2:22	4:40	185	1:24:41	14.6	3:34	188	57:39	11:32	3:05:32
189	10/10	206 Annie Wyman	23 F	St. Cloud	MN	171	33:33	2:16	3:14	184	1:21:52	15.1	5:06	189	1:02:01	12:25	3:05:42

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	263	Flash	: Kenji Sudoh , Nikoli Anikin , Josh Tesh	1	21:52	1:29	0:42	1	55:03	22.5	1:06	3	33:03	6:37	1:51:44
2	216	Rangers	: Michael Jordan , Bill Stauber , Cory Dufault	2	21:58	1:29	0:39	3	1:01:10	20.2	1:01	1	30:44	6:09	1:55:28
3	211	100 Proof	: Pete Weidman , Jon Heyesen , Jon Heyesen	3	22:18	1:31	0:58	2	56:07	22.0	1:17	4	37:16	7:28	1:57:52
4	218	Skillz	: Matt Johnson , Nick Fleming , Ross Ekberg	4	28:57	1:58	0:47	5	1:05:32	18.9	1:02	2	31:39	6:20	2:07:54
5	220	Spine & Sports	: David Holmes , Josh Sandell , Justin Thielke	6	38:00	2:35	0:32	4	1:03:27	19.5	1:27	5	46:22	9:17	2:29:45
6	212	cool dudes	: Mike Teitelbaum , David Ritchie , Zak Teitelbaum	5	32:41	2:13	0:47	6	1:08:58	17.9	1:31	6	48:33	9:43	2:32:26

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	228	The Tremendous Trio	: Juli Erickson , Brit Salmela , Marcella Ononiwu	1	21:20	1:27	0:51	2	1:07:57	18.2	1:12	2	35:39	7:08	2:06:56
2	262	Fireballs	: Rachel Johnson , Lisa Heyesen , Lisa Heyesen	7	28:40	1:57	0:55	1	1:03:27	19.5	1:04	3	38:32	7:43	2:12:34
3	226	Team Whiry	: Colleen White , Anne Rykken , Rita White	3	24:00	1:38	0:56	5	1:12:07	17.1	1:14	5	41:19	8:16	2:19:32
4	249	Maurices	: Bre Ludwig , Karley Balgaard , Nola Borash	5	27:10	1:51	0:58	4	1:11:51	17.2	1:28	6	43:28	8:42	2:24:52
5	213	Girls Just Want to H	: Pam Hieb , Holly Sanchez , Michele Kapitzka	4	24:38	1:40	1:02	3	1:11:25	17.3	1:34	8	47:06	9:26	2:25:41

6	225	Team Rockstar : Emily Nelson , Allie Upton , Kathy Westergren	6	27:17	1:51	0:56	9	1:28:50	13.9	1:12	1	34:14	6:51	2:32:25
7	222	Team LMJ : Laura Sieger , Molly Stone , Jessica Stauber	8	31:33	2:08	0:59	7	1:19:46	15.5	1:20	4	39:07	7:50	2:32:43
8	219	Slowskies : Ashley Geheren , Holly Pexa , Brianna Ladwig	2	22:22	1:31	0:53	8	1:19:56	15.5	1:25	9	50:48	10:10	2:35:22
9	250	JTT : Julie Johnson , Tracy Fabian , Tara Alfonsi	9	41:01	2:47	1:10	6	1:18:47	15.7	1:23	7	44:02	8:49	2:46:21

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	246	saoroy fliers :	Kengo Sao , Joseph Lemker , Heather Roy	2	24:11	1:39	1:01	3	1:12:58	16.9	1:11	1	34:23	6:53	2:13:40
2	224	Team O'Gara's :	Kelly O'gara Boland , Thomas Boland , Thomas Boland	4	31:36	2:09	0:59	2	1:06:17	18.6	1:27	2	37:14	7:27	2:17:29
3	258	Agar :	Micki Agar , Rick Agar , Rick Agar	5	32:11	2:11	1:03	1	1:05:02	19.0	2:48	4	43:17	8:40	2:24:19
4	221	T and The Bags :	Nathaniel Prescott M , Antoinette Simeone , Nicholas Adams	1	21:45	1:29	0:51	5	1:26:51	14.2	1:23	3	38:15	7:39	2:29:02
5	248	Lundeens :	Delaney Lundeen , Abby Lundeen , Justine Johnson	3	31:28	2:08	0:58	4	1:22:33	15.0	1:23	6	49:46	9:58	2:46:05
6	247	Team Go :	Rachel Garman , Scott Ostern , Christine Ostern	6	34:32	2:20	1:17	6	1:34:04	13.1	1:35	5	43:53	8:47	2:55:18

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	260	Team Pepsi :	Kris Kolenz , Dave Pederson , Dave Donahue	2	22:57	1:34	0:46	3	1:02:59	19.6	1:05	3	35:00	7:00	2:02:44
2	227	The Telle-Marks :	Jon Swenson Tellekso , Mark Hawkins , Kenton Johnson	5	29:13	1:59	1:03	2	56:58	21.7	1:15	2	34:27	6:54	2:02:53
3	215	No Soup For You :	John Nousaine , Ken Gephardt , Ron Hendrickson	8	35:42	2:25	0:47	1	53:44	23.0	1:10	4	35:54	7:11	2:07:13
4	261	The Silver Streaks :	Dave Malban , Larry Mckenzie , Kevin Peterson	1	22:08	1:30	1:07	5	1:18:58	15.7	1:07	1	31:28	6:18	2:14:45
5	259	Swiss Chard :	Karen Flynn , Sandra Kramer , Teri Gunnarson	3	23:40	1:36	1:01	6	1:22:06	15.1	1:18	5	39:28	7:54	2:27:29
6	230	Under Four :	Patricia Mayer , Denise Farwell , Nancy English	6	31:30	2:08	0:58	4	1:12:27	17.1	1:48	8	53:05	10:37	2:39:45
7	214	Gr8 4EVER :	Juliana Bertelsen , Cheryl Reitan , Brielle Stoyke	4	28:37	1:56	0:48	7	1:29:31	13.8	1:41	7	50:02	10:01	2:50:36
8	223	team merry sweet joy :	Mary Schmitz , Candice Geary , Dean Casperson	7	35:39	2:25	1:30	8	1:41:33	12.2	1:38	6	46:38	9:20	3:06:55

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
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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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 25 Shawn Donohue 44 M Thunder Bay ON 1 47:17 3:12
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DISQUALIFIED

Bib Name Age Sex City St Rank Swim 100yd Trn.1 Rank Bike Rate Trn.2 Rank Run Pace Finish
 =====
 71 Tommy Kalb 16 M Waconia MN 1 26:04 1:46 2:43 1 33:16 37.2 1:37 1 33:58 6:48 1:37:35
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TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Christopher Korkowski	Bloomington	MN	43	M	16:14	1:06
2	Curt Wood	Chaska	MN	30	M	17:12	1:10
3	David Thomspen	St. Paul	MN	30	M	17:15	1:10
4	Nick Madrinich	Chaska	MN	19	M	17:56	1:13
5	Brian Bich	Duluth	MN	42	M	18:04	1:14
6	Oscar Godoi	Apple Valley	MN	34	M	18:06	1:14
7	Phil Spencer	Federal Way	WA	41	M	18:08	1:14
8	Rhett Bonner	Duluth	MN	44	M	18:10	1:14
9	Jonathan Balabuck	Thunder Bay	ON	29	M	18:17	1:15
10	Reilly Dougherty	Hibbing	MN	18	M	18:22	1:15

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	David Thomspen	St. Paul	Mn	30	M	00:46:35	26.5
2	Curt Wood	Chaska	Mn	30	M	00:46:38	26.5
3	Dan Cohen	Eden Prairie	Mn	34	M	00:48:04	25.7
4	Rhett Bonner	Duluth	Mn	44	M	00:49:16	25.1
5	Brian Bich	Duluth	Mn	42	M	00:49:17	25.1
6	Steve Sander	Richfield	Mn	30	M	00:49:23	25.0
7	Rick Christenson	Roseville	Mn	50	M	00:50:33	24.5
8	Jonathan Balabuck	Thunder Bay	On	29	M	00:50:43	24.4
9	Jey Carlson	Minnetonka	Mn	42	M	00:50:51	24.3
10	Joe Moyer	Rochester	Mn	30	M	00:51:31	24.0

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Jonathan Balabuck	Thunder Bay	ON	29	M	26:23	5:17
2	Neil Miller	Andover	MN	24	M	26:40	5:20
3	Brian Bich	Duluth	MN	42	M	27:29	5:30
4	Joseph Stromsness	Duluth	MN	24	M	27:58	5:36
5	Lucas Pedersen	Richfield	MN	21	M	28:03	5:37
6	David Thomspen	St. Paul	MN	30	M	28:21	5:41
7	Josh Blankenheim	Duluth	MN	28	M	28:22	5:41
8	Jarrow Wahman	Duluth	MN	47	M	28:35	5:43
9	Steve Sander	Richfield	MN	30	M	29:21	5:53
10	Karl Adalbert	Minneapolis	MN	37	M	29:24	5:53

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	1	David Thomspou	30	M	St. Paul	MN	3	17:15	1:10	1:06	1	46:36	26.5	1:07	6	28:21	5:41	1:34:22
2	135	Curt Wood	30	M	Chaska	MN	2	17:12	1:10	1:06	2	46:39	26.5	1:21	11	29:39	5:56	1:35:53
3	2	Brian Bich	42	M	Duluth	MN	5	18:04	1:14	1:05	5	49:18	25.1	1:19	3	27:29	5:30	1:37:12
4	11	Jonathan Balabuck	29	M	Thunder Bay	ON	9	18:17	1:15	1:08	8	50:43	24.4	1:20	1	26:23	5:17	1:37:49
5	243	Dan Cohen	34	M	Eden Prairie	MN	12	19:20	1:19	1:01	3	48:04	25.7	1:21	14	30:01	6:01	1:39:44
6	242	Rhett Bonner	44	M	Duluth	MN	8	18:10	1:14	0:58	4	49:17	25.1	1:27	13	30:00	6:00	1:39:48
7	231	Neil Miller	24	M	Andover	MN	14	19:53	1:21	1:09	18	52:50	23.4	1:34	2	26:40	5:20	1:42:03
8	109	Steve Sander	30	M	Richfield	MN	20	21:09	1:26	1:33	6	49:23	25.0	1:27	9	29:21	5:53	1:42:52
9	16	Josh Blankenheim	28	M	Duluth	MN	21	21:21	1:27	1:21	15	52:09	23.7	1:20	7	28:22	5:41	1:44:29
10	79	Thomas Krenz	47	M	Chisago City	MN	17	21:01	1:26	1:35	14	51:51	23.8	1:40	15	30:08	6:02	1:46:12
11	45	Dan Frost	40	M	Oxnard	CA	11	18:41	1:16	1:10	21	53:47	23.0	1:35	25	31:25	6:17	1:46:36
12	116	Phil Spencer	41	M	Federal Way	WA	7	18:08	1:14	1:53	16	52:30	23.5	1:27	38	33:02	6:37	1:46:57
13	127	Carl Unger	35	M	Prior Lake	MN	30	21:57	1:29	1:31	12	51:33	24.0	1:45	22	31:10	6:14	1:47:53
14	124	Nathaniel Tollefson	42	M	Minneapolis	MN	15	20:25	1:23	1:32	19	53:11	23.2	1:30	28	32:09	6:26	1:48:44
15	98	Lucas Pedersen	21	M	Richfield	MN	24	21:43	1:29	1:41	43	56:33	21.9	1:26	5	28:03	5:37	1:49:23
16	100	Robert Peterson	41	M	Barron	WI	55	24:16	1:39	1:24	13	51:40	23.9	1:49	18	30:18	6:04	1:49:23
17	84	Nick Madrinich	19	M	Chaska	MN	4	17:56	1:13	1:19	40	56:09	22.0	1:17	37	32:58	6:36	1:49:37
18	18	Jey Carlson	42	M	Minnetonka	MN	45	23:41	1:36	1:31	9	50:52	24.3	1:44	31	32:34	6:31	1:50:18
19	237	Steven Hohenstein	31	M	Duluth	MN	35	22:42	1:33	1:34	17	52:41	23.5	1:30	27	32:01	6:25	1:50:25
20	26	Reilly Dougherty	18	M	Hibbing	MN	10	18:22	1:15	1:48	59	58:24	21.2	2:02	19	30:44	6:09	1:51:19
21	28	Dave Dow	53	M	West Lakeland	MN	26	21:48	1:29	1:25	22	54:20	22.7	1:47	29	32:27	6:30	1:51:44
22	114	Jason Sinnwell	31	M	Rochester	MN	34	22:36	1:32	2:12	26	54:56	22.5	1:48	17	30:17	6:04	1:51:46
23	65	James Hull	25	M	St. Louis Park	MN	40	23:19	1:35	1:10	27	55:00	22.5	1:27	23	31:11	6:15	1:52:05
24	4	Karl Adalbert	37	M	Minneapolis	MN	75	26:10	1:47	1:47	23	54:20	22.7	0:46	10	29:24	5:53	1:52:23
25	120	Joseph Stromsness	24	M	Duluth	MN	50	23:58	1:38	2:16	46	57:07	21.6	2:05	4	27:58	5:36	1:53:20
26	49	Oscar Godoi	34	M	Apple Valley	MN	6	18:06	1:14	1:29	36	56:02	22.1	0:39	70	37:08	7:26	1:53:21
27	43	Dale Forde	50	M	Golden Valley	MN	37	22:51	1:33	1:34	45	56:35	21.8	1:55	24	31:23	6:17	1:54:16
28	50	Taylor Gombos	19	M	St. Cloud	MN	22	21:29	1:28	2:01	62	58:43	21.1	2:25	16	30:09	6:02	1:54:45
29	67	Borg Isaksen	35	M	Brule	WI	28	21:52	1:29	2:13	32	55:33	22.3	2:02	39	33:11	6:39	1:54:49
30	241	Jarrow Wahman	47	M	Duluth	MN	63	25:03	1:42	2:26	47	57:08	21.6	1:53	8	28:35	5:43	1:55:02
31	236	Christopher Korkowski	43	M	Bloomington	MN	1	16:14	1:06	1:58	58	58:10	21.2	1:55	67	37:04	7:25	1:55:19
32	58	Brad Hanson	44	M	Monticello	MN	23	21:43	1:28	1:39	38	56:04	22.0	1:48	52	34:11	6:51	1:55:23
33	103	Jim Reed	49	M	Duluth	MN	48	23:53	1:37	2:08	52	57:35	21.5	1:52	12	30:00	6:00	1:55:24
34	69	Greg Johnson	36	M	Hermantown	MN	52	24:10	1:38	1:37	39	56:06	22.0	1:42	26	31:55	6:23	1:55:26
35	14	Daniel Bjorkstrand	45	M	Guthrie	MN	58	24:25	1:39	1:17	35	55:56	22.1	1:41	30	32:31	6:31	1:55:47
36	8	Harry Anderson	29	M	Duluth	MN	88	26:54	1:49	1:46	11	51:32	24.0	1:39	54	34:17	6:52	1:56:05
37	106	Wade Rockwood	38	M	Park City	UT	31	21:59	1:30	2:25	33	55:38	22.2	2:03	51	34:09	6:50	1:56:11
38	94	Joe Moyer	30	M	Rochester	MN	95	27:59	1:54	2:09	10	51:32	24.0	2:21	36	32:48	6:34	1:56:45
39	82	Bryan Lloyd	32	M	St. Paul	MN	39	23:15	1:35	1:11	55	57:44	21.4	1:31	40	33:14	6:39	1:56:53
40	93	Andrew Mork	29	M	Edina	MN	19	21:05	1:26	1:59	31	55:28	22.3	2:11	62	36:14	7:15	1:56:55
41	17	Andrew Broadmoore	33	M	Grinnell	IA	46	23:51	1:37	1:28	72	59:43	20.7	1:37	20	31:04	6:13	1:57:40
42	245	Brent Thompson	27	M	St. Paul	MN	33	22:15	1:31	1:46	53	57:40	21.4	1:50	53	34:16	6:52	1:57:45
43	118	Larry Stracke	52	M	Sauk Rapids	MN	87	26:53	1:49	1:54	20	53:18	23.2	1:39	50	34:06	6:50	1:57:48
44	112	Bill Schmitt	55	M	Duluth	MN	29	21:57	1:29	1:54	25	54:29	22.7	2:02	72	37:34	7:31	1:57:52
45	101	Steven Pitschka	42	M	Duluth	MN	49	23:54	1:37	1:24	30	55:22	22.3	1:38	60	36:01	7:13	1:58:15
46	252	Clint Agar	26	M	Duluth	MN	16	20:28	1:23	2:32	79	1:00:21	20.5	1:34	42	33:27	6:42	1:58:19
47	240	Rick Christenson	50	M	Roseville	MN	91	27:26	1:52	2:33	7	50:33	24.5	2:09	61	36:09	7:14	1:58:47
48	102	Jaysun Pyatt	33	M	Vancouver	WA	61	24:51	1:41	2:05	56	57:57	21.3	1:50	34	32:38	6:32	1:59:17
49	254	Paul Miner	28	M	Duluth	MN	38	23:08	1:34	2:07	24	54:22	22.7	2:18	71	37:29	7:30	1:59:21
50	255	Peter Miner	28	M	Duluth	MN	41	23:24	1:35	2:18	29	55:12	22.4	2:17	64	36:28	7:18	1:59:36
51	66	Philip Imholte	28	M	Duluth	MN	18	21:02	1:26	2:03	81	1:01:10	20.2	1:28	55	34:23	6:53	2:00:03
52	38	Mike Ewen	51	M	Rochester	MN	94	27:35	1:52	1:57	42	56:24	21.9	1:53	35	32:45	6:33	2:00:32
53	62	John Heinlein Iii	19	M	Stillwater	MN	43	23:34	1:36	1:30	34	55:55	22.1	1:34	78	38:13	7:39	2:00:43
54	244	Denver Rogalla	18	M	Onamia	MN	70	25:51	1:45	1:36	37	56:02	22.1	1:52	58	35:42	7:09	2:01:01
55	235	Marc Malinoski	22	M	Poplar	WI	47	23:52	1:37	1:36	66	59:25	20.8	2:17	47	33:55	6:47	2:01:03
56	73	Tyler Kilbury	23	M	Minneapolis	MN	44	23:39	1:36	2:12	74	59:54	20.6	1:54	56	34:38	6:56	2:02:14
57	264	Matt Harrison	47	M	Duluth	MN	72	25:59	1:46	3:30	48	57:12	21.6	2:10	44	33:30	6:42	2:02:20

58	92	Matthew Morden	28 M	Thunder Bay	ON	56	24:19	1:39	2:41	41	56:14	22.0	2:13	69	37:06	7:26	2:02:30
59	129	Alexander Vogel	18 M	Maple Grove	MN	27	21:49	1:29	2:04	77	1:00:13	20.5	1:48	68	37:05	7:25	2:02:56
60	30	Daniel Duff	44 M	Duluth	MN	36	22:47	1:33	2:20	85	1:02:35	19.7	2:01	43	33:29	6:42	2:03:09
61	6	Dann Albright	22 M	St. Paul	MN	97	28:00	1:54	2:21	54	57:41	21.4	1:55	41	33:17	6:40	2:03:11
62	89	Scott Meyer	19 M	Baxter	MN	77	26:15	1:47	3:31	49	57:21	21.6	2:12	49	34:01	6:49	2:03:17
63	81	Rick Lacaille	42 M	Duluth	MN	76	26:12	1:47	1:55	68	59:29	20.8	2:11	45	33:46	6:46	2:03:31
64	115	Mark Smith	47 M	Thunder Bay	ON	99	28:22	1:55	2:21	57	58:00	21.3	2:27	32	32:35	6:31	2:03:42
65	122	Doug Thiessen	28 M	Thunder Bay	ON	59	24:30	1:40	2:46	84	1:02:08	19.9	1:54	46	33:54	6:47	2:05:08
66	233	David Schultz	41 M	Duluth	MN	54	24:14	1:39	2:28	61	58:29	21.1	2:17	74	37:51	7:35	2:05:17
67	10	Dave Antonson	30 M	Duluth	MN	110	29:26	2:00	2:55	65	58:49	21.0	1:51	33	32:37	6:32	2:05:34
68	22	Greg Daw	22 M	Duluth	MN	107	28:57	1:58	1:59	44	56:35	21.8	2:15	65	36:39	7:20	2:06:21
69	85	Tim Maki	35 M	Saginaw	MN	62	24:55	1:42	1:47	76	1:00:05	20.6	1:59	75	37:54	7:35	2:06:36
70	7	Aaron Anderson	32 M	Eden Prairie	MN	71	25:54	1:45	2:08	63	58:45	21.0	1:13	87	38:53	7:47	2:06:49
71	42	Chad Folkman	27 M	Madison	WI	101	28:27	1:56	2:50	67	59:25	20.8	2:14	48	33:59	6:48	2:06:51
72	32	Phil Elkie	48 M	Thunder Bay	ON	42	23:25	1:35	2:30	73	59:50	20.7	2:23	90	39:20	7:52	2:07:24
73	61	Christopher Hawes	34 M	Saint Paul	MN	68	25:39	1:44	2:55	51	57:27	21.5	2:39	86	38:53	7:47	2:07:29
74	256	Jim Miner Jr.	54 M	Duluth	MN	69	25:42	1:45	3:02	60	58:24	21.2	2:08	79	38:15	7:39	2:07:30
75	86	Joe McGaver	38 M	Duluth	MN	128	36:42	2:29	2:44	28	55:04	22.4	2:17	21	31:09	6:14	2:07:53
76	57	Martin Halvorson	20 M	Duluth	MN	84	26:46	1:49	1:39	88	1:03:03	19.6	1:36	57	35:31	7:07	2:08:31
77	34	John Ellis	41 M	St Paul	MN	74	26:05	1:46	2:47	70	59:35	20.7	1:58	85	38:49	7:46	2:09:11
78	111	Ted Schick	47 M	Esko	MN	67	25:37	1:44	2:36	69	59:34	20.7	2:33	89	39:12	7:51	2:09:29
79	70	Todd Johnson	40 M	Duluth	MN	66	25:15	1:43	1:54	50	57:24	21.5	2:18	105	42:58	8:36	2:09:46
80	63	Donald Henderson	26 M	Grand Forks	ND	13	19:39	1:20	2:26	75	59:55	20.6	2:17	123	46:04	9:13	2:10:18
81	60	Tad Hauck	50 M	Eden Prairie	MN	51	24:00	1:38	3:03	89	1:03:04	19.6	2:52	77	38:05	7:37	2:11:01
82	137	Edward Younk	41 M	Rochester	MI	79	26:23	1:47	2:20	78	1:00:16	20.5	2:32	92	39:42	7:57	2:11:11
83	113	Michael Shafirka	31 M	Thunder Bay	ON	53	24:10	1:38	1:53	80	1:00:44	20.4	2:20	102	42:24	8:29	2:11:28
84	99	Glenn Perkins	50 M	Edina	MN	57	24:24	1:39	2:30	97	1:04:39	19.1	2:10	84	38:46	7:46	2:12:26
85	29	Matt Ducette	28 M	Waconia	MN	116	30:41	2:05	2:06	82	1:01:56	20.0	1:55	63	36:16	7:16	2:12:51
86	126	Mark Tweet	40 M	Galesville	WI	78	26:21	1:47	2:39	86	1:02:41	19.7	2:19	88	39:03	7:49	2:13:00
87	132	John Weum	48 M	Eden Prairie	MN	25	21:44	1:29	2:14	103	1:05:21	18.9	2:00	104	42:44	8:33	2:13:59
88	55	Cornelius Groenewald	30 M	Rochester	MN	81	26:26	1:48	2:19	108	1:05:57	18.7	2:28	66	36:59	7:24	2:14:05
89	134	Terry Wiens	51 M	Duluth	MN	90	27:18	1:51	2:19	107	1:05:39	18.8	2:08	73	37:38	7:32	2:14:58
90	97	Shane Olson	41 M	Duluth	MN	82	26:32	1:48	2:42	87	1:02:59	19.6	2:23	94	40:39	8:08	2:15:13
91	74	Kristofer Kimber	37 M	Minneapolis	MN	83	26:38	1:48	2:25	71	59:40	20.7	3:00	113	44:01	8:49	2:15:42
92	24	Damian Diluzio	34 M	Blaine	MN	113	29:57	2:02	2:43	83	1:02:06	19.9	2:23	82	38:40	7:44	2:15:46
93	9	Jeffry Anderson	21 M	Duluth	MN	106	28:45	1:57	2:47	96	1:04:15	19.2	2:02	83	38:46	7:46	2:16:30
94	130	Brandon Walts	33 M	Minneapolis	MN	32	22:01	1:30	2:43	92	1:03:53	19.3	2:31	122	45:54	9:11	2:16:58
95	21	Jack Daugherty	67 M	Eden Prairie	MN	109	29:17	1:59	1:43	91	1:03:30	19.5	2:05	93	40:34	8:07	2:17:05
96	39	Scott Ewen	24 M	St. Cloud	MN	86	26:52	1:49	1:54	98	1:04:43	19.1	2:19	97	41:45	8:21	2:17:30
97	41	Nick Folger	32 M	Maple Grove	MN	93	27:35	1:52	2:20	110	1:06:36	18.6	2:11	91	39:25	7:53	2:18:04
98	64	Gene Holen	67 M	Shoreview	MN	92	27:34	1:52	2:19	93	1:03:55	19.3	2:31	100	42:13	8:27	2:18:30
99	75	Michael Kokkinen	31 M	Minneapolis	MN	65	25:15	1:43	2:54	122	1:09:31	17.8	2:35	81	38:28	7:42	2:18:40
100	459	Rick E. Wheeler	57 M	River Falls	WI	100	28:27	1:56	2:15	111	1:07:07	18.4	3:03	76	38:01	7:37	2:18:49
101	234	Gregg Pattison	46 M	Lakeville	MN	114	30:13	2:03	2:39	64	58:45	21.0	2:14	120	45:35	9:07	2:19:24
102	31	Tyler Ecklund	24 M	Minneapolis	MN	112	29:48	2:01	1:59	90	1:03:09	19.6	1:45	106	43:02	8:37	2:19:38
103	15	Fred Black	48 M	Grand Forks	ND	96	28:00	1:54	2:40	100	1:04:56	19.0	3:34	99	41:57	8:24	2:21:03
104	40	Dustin Finkel	30 M	Minneapolis	MN	60	24:44	1:41	2:26	104	1:05:31	18.9	2:43	121	45:53	9:11	2:21:14
105	12	Tom Beissel	54 M	Dixon	IL	102	28:29	1:56	2:42	94	1:04:04	19.3	2:37	110	43:40	8:44	2:21:29
106	68	Adam Iversen	17 M	Victoria	MN	120	32:40	2:13	3:02	120	1:08:50	18.0	1:56	59	35:46	7:10	2:22:09
107	80	John Kurth	42 M	Duluth	MN	103	28:30	1:56	3:34	95	1:04:10	19.3	3:20	103	42:39	8:32	2:22:10
108	133	Mark Wick	45 M	Duluth	MN	98	28:13	1:55	2:08	112	1:07:09	18.4	2:34	101	42:17	8:28	2:22:18
109	36	Ryan Erdmann	32 M	Minneapolis	MN	64	25:09	1:42	2:12	116	1:08:04	18.2	1:51	124	46:44	9:21	2:23:57
110	78	Matt Kramer	27 M	St Louis Park	MN	105	28:37	1:56	2:31	109	1:06:25	18.6	2:48	111	43:45	8:45	2:24:02
111	104	Roger Remark	45 M	Wayzata	MN	111	29:27	2:00	3:00	115	1:07:58	18.2	2:13	96	41:38	8:20	2:24:12
112	5	Timothy Adams	49 M	Deer Park	WI	89	27:09	1:51	2:08	119	1:08:44	18.0	2:38	112	43:47	8:46	2:24:23
113	105	Hugh Roberts	38 M	Chanhassen	MN	122	32:47	2:13	2:55	101	1:05:11	19.0	3:13	95	40:40	8:08	2:24:43
114	83	William Macki	35 M	Grand Forks	ND	108	29:14	1:59	2:47	118	1:08:39	18.0	2:07	108	43:28	8:42	2:26:13
115	19	Wayne Chapman	38 M	Plymouth	MN	121	32:41	2:13	1:58	105	1:05:35	18.8	2:00	114	44:02	8:49	2:26:14

38	177	Kamrin Macki	35	F	Grand Forks	ND	35	28:21	1:55	2:14	44	1:12:45	17.0	2:16	30	41:10	8:14	2:26:41
39	210	Anna Zimmerman	20	F	Brainerd	MN	25	26:55	1:50	2:35	38	1:08:57	17.9	2:05	45	47:55	9:35	2:28:25
40	194	Ingrid Roberts	35	F	Chanhassen	MN	43	32:07	2:11	2:10	39	1:09:35	17.8	3:29	32	41:13	8:15	2:28:31
41	198	Allie Rykken	20	F	St. Paul	MI	41	31:32	2:08	2:35	28	1:06:52	18.5	2:46	40	45:04	9:01	2:28:45
42	158	Margo Godoi	30	F	Apple Valley	MN	34	28:10	1:55	2:47	42	1:10:21	17.6	3:06	43	46:12	9:15	2:30:34
43	201	Jessica Schmitt	20	F	Duluth	MN	12	24:04	1:38	3:48	40	1:09:54	17.7	3:05	49	50:45	10:09	2:31:33
44	168	Jennifer Kolstad	31	F	St Peter	MN	51	35:01	2:22	2:29	43	1:11:02	17.4	2:22	38	44:29	8:54	2:35:20
45	155	Connie Foster	58	F	River Falls	WI	40	30:44	2:05	3:27	49	1:18:13	15.8	3:33	44	46:51	9:23	2:42:45
46	169	Debbie La Fleur	41	F	Moose Lake	MN	50	34:52	2:22	3:47	48	1:14:57	16.5	3:58	41	45:33	9:07	2:43:03
47	143	Sascha Bates	36	F	Minneapolis	MN	56	35:27	2:24	3:11	30	1:07:20	18.4	3:21	56	55:12	11:03	2:44:26
48	179	Aj Matthews	28	F	Duluth	MN	46	32:48	2:13	3:04	52	1:19:04	15.6	3:18	46	47:56	9:36	2:46:07
49	161	Jessica Holst	24	F	Minneapolis	MN	57	35:45	2:25	5:37	45	1:13:06	16.9	3:18	48	49:46	9:58	2:47:29
50	175	Tara Lohstreter	26	F	Brooklyn Center	MN	47	33:12	2:15	2:35	51	1:18:57	15.7	2:08	51	51:19	10:16	2:48:07
51	197	Deirdre Ryan	44	F	Minneapolis	MN	49	34:31	2:20	5:21	46	1:13:26	16.8	4:12	52	51:46	10:22	2:49:14
52	152	Brenda Dukek	34	F	Bagley	MN	54	35:14	2:23		57	2:16:42	9.0	3:37	54	54:05	10:49	2:51:26
53	170	Rebecca Layman	28	F	Esko	MN	53	35:13	2:23	4:30	47	1:14:01	16.7	3:39	55	54:06	10:50	2:51:27
54	140	Nicole Anderson	32	F	Eden Prairie	MN	20	26:05	1:46	2:55	56	1:27:33	14.1	3:05	53	52:46	10:34	2:52:20
55	171	Erika Lee	40	F	Pine City	MN	55	35:15	2:23	3:37	53	1:21:20	15.2	3:28	50	50:51	10:11	2:54:26
56	149	Natalie Buys	31	F	Eagan	MN	58	45:37	3:05	3:13	50	1:18:20	15.8	2:01	47	48:52	9:47	2:58:00
57	196	Caitlin Roth	24	F	Minneapolis	MN	52	35:01	2:22	4:40	55	1:24:41	14.6	3:34	57	57:39	11:32	3:05:32
58	206	Annie Wyman	23	F	St. Cloud	MN	48	33:33	2:16	3:14	54	1:21:52	15.1	5:06	58	1:02:01	12:25	3:05:42

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	165	Gabby Keller	16	F	Maple Grove	MN	1	20:18	1:23	1:14	1	1:04:33	19.1	1:36	2	43:07	8:38	2:10:45
2	164	Alexandra Jones	19	F	Nisswa	MN	2	26:24	1:47	3:25	2	1:09:59	17.7	1:52	1	38:21	7:41	2:19:58

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	180	Laura Mills	23	F	Duluth	MN	2	22:54	1:33	2:16	1	59:57	20.6	1:31	3	34:23	6:53	2:00:58
2	154	Amy Flessert	24	F	Phillips	WI	3	23:56	1:37	2:21	4	1:08:23	18.1	1:39	1	32:26	6:30	2:08:42
3	167	Erin Kilbury	21	F	Minneapolis	MI	6	27:27	1:52	1:41					2	34:00	6:48	2:11:35
4	200	Jennifer Schmitt	22	F	Duluth	MN	1	22:24	1:31	2:10	3	1:07:52	18.2	2:23	4	40:17	8:04	2:15:02
5	210	Anna Zimmerman	20	F	Brainerd	MN	5	26:55	1:50	2:35	5	1:08:57	17.9	2:05	6	47:55	9:35	2:28:25
6	198	Allie Rykken	20	F	St. Paul	MI	7	31:32	2:08	2:35	2	1:06:52	18.5	2:46	5	45:04	9:01	2:28:45
7	201	Jessica Schmitt	20	F	Duluth	MN	4	24:04	1:38	3:48	6	1:09:54	17.7	3:05	8	50:45	10:09	2:31:33
8	161	Jessica Holst	24	F	Minneapolis	MN	10	35:45	2:25	5:37	7	1:13:06	16.9	3:18	7	49:46	9:58	2:47:29
9	196	Caitlin Roth	24	F	Minneapolis	MN	9	35:01	2:22	4:40	9	1:24:41	14.6	3:34	9	57:39	11:32	3:05:32
10	206	Annie Wyman	23	F	St. Cloud	MN	8	33:33	2:16	3:14	8	1:21:52	15.1	5:06	10	1:02:01	12:25	3:05:42

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	183	Brook Mutzenberger	28	F	Eden Prairie	MN	4	24:36	1:40	1:06	1	57:00	21.7	1:28	1	32:40	6:32	1:56:49
2	172	Lisa Lendway	27	F	Saint Paul	MN	1	21:17	1:27	1:28	3	59:51	20.7	1:42	5	38:36	7:44	2:02:50
3	178	Tara Makinen	29	F	Duluth	MN	8	27:47	1:53	1:54	2	58:26	21.2	1:54	2	34:20	6:52	2:04:18
4	163	Heather Johnson	29	F	Hermantown	MN	3	24:31	1:40	2:11	4	1:01:52	20.0	2:15	7	39:58	8:00	2:10:44
5	189	Stephanie C Prosen	26	F	Milwaukee	WI	5	25:48	1:45	2:50	5	1:03:48	19.4	2:34	6	39:06	7:50	2:14:04
6	192	Jennifer Rabbitts	29	F	Rochester	MN	10	27:53	1:54	2:16	9	1:05:26	18.9	2:09	4	37:24	7:29	2:15:04
7	181	Ann Moyer	29	F	Rochester	MN	2	24:15	1:39	2:50	7	1:05:08	19.0	3:12	9	42:04	8:25	2:17:25
8	203	Emily Tritabaugh	26	F	Minneapolis	MN	6	26:51	1:49	1:53	6	1:04:34	19.1	2:22	10	42:56	8:36	2:18:32
9	148	Moriah Brooks	26	F	Duluth	MN	9	27:52	1:53	2:18	8	1:05:22	18.9	2:20	8	41:36	8:20	2:19:24
10	191	Jessica Pyatt	26	F	Olympia	WA	11	32:16	2:11	2:54	10	1:06:55	18.5	2:14	3	35:11	7:03	2:19:27
11	142	Laura Bannon	25	F	Thunder Bay	ON	7	27:22	1:51	4:10	11	1:07:31	18.3	2:48	11	44:51	8:59	2:26:39
12	179	Aj Matthews	28	F	Duluth	MN	12	32:48	2:13	3:04	14	1:19:04	15.6	3:18	12	47:56	9:36	2:46:07
13	175	Tara Lohstreter	26	F	Brooklyn Center	MN	13	33:12	2:15	2:35	13	1:18:57	15.7	2:08	13	51:19	10:16	2:48:07

14 170 Rebecca Layman 28 F Esko MN 14 35:13 2:23 4:30 12 1:14:01 16.7 3:39 14 54:06 10:50 2:51:27

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	207	Becky Youngberg	34	F	Eden Prairie	MN	1	21:20	1:27	1:21	2	56:46	21.8	1:42	2	31:07	6:14	1:52:13
2	141	Michelle Andres	31	F	East Gull Lake	MN	3	23:30	1:36	1:14	1	56:06	22.0	1:34	4	32:50	6:34	1:55:10
3	156	Maggie Fournier	33	F	Onalaska	WI	2	22:25	1:31	1:45	3	58:32	21.1	1:00	5	34:51	6:59	1:58:30
4	205	Jenny Wilcox	34	F	Cottage Grove	MN	6	26:40	1:49	1:37	5	59:43	20.7	1:59	1	30:23	6:05	2:00:19
5	238	Angel Hohenstein	30	F	Duluth	MN	7	27:03	1:50	2:11	4	59:42	20.7	2:03	3	32:34	6:31	2:03:29
6	176	Allison Long	31	F	Minneapolis	MN	5	26:07	1:46	2:36	6	1:04:03	19.3	2:16	9	39:27	7:54	2:14:26
7	150	Heather Danforth	31	F	Minneapolis	MN	10	29:31	2:00	1:58	7	1:06:39	18.5	2:20	8	37:30	7:30	2:17:55
8	139	Amy Amundson	32	F	Minneapolis	MN	9	28:30	1:56	2:23	8	1:07:46	18.2	2:29	7	37:16	7:28	2:18:21
9	147	Amy Broadmoore	32	F	Grinnell	IA	11	32:14	2:11	2:16	9	1:08:04	18.2	1:55	6	35:49	7:10	2:20:15
10	158	Margo Godoi	30	F	Apple Valley	MN	8	28:10	1:55	2:47	10	1:10:21	17.6	3:06	11	46:12	9:15	2:30:34
11	168	Jennifer Kolstad	31	F	St Peter	MN	12	35:01	2:22	2:29	11	1:11:02	17.4	2:22	10	44:29	8:54	2:35:20
12	152	Brenda Dukek	34	F	Bagley	MN	13	35:14	2:23		14	2:16:42	9.0	3:37	14	54:05	10:49	2:51:26
13	140	Nicole Anderson	32	F	Eden Prairie	MN	4	26:05	1:46	2:55	13	1:27:33	14.1	3:05	13	52:46	10:34	2:52:20
14	149	Natalie Buys	31	F	Eagan	MN	14	45:37	3:05	3:13	12	1:18:20	15.8	2:01	12	48:52	9:47	2:58:00

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	3	Marlo McGaver	38	F	Duluth	MN	3	27:14	1:51	1:37	1	52:01	23.8	1:43	1	31:26	6:18	1:53:59
2	257	Ann Sudoh	37	F	Duluth	MN	1	21:24	1:27	1:59	3	1:01:09	20.2	1:56	2	33:00	6:36	1:59:25
3	195	Lesley Rockwood	36	F	Park City	UT	2	22:57	1:33	1:49	2	58:23	21.2	1:55	3	35:35	7:07	2:00:36
4	182	Katy Mullen	39	F	St. Paul	MN	5	30:42	2:05	4:44	4	1:05:17	18.9	4:50	4	38:15	7:39	2:23:45
5	177	Kamrin Macki	35	F	Grand Forks	ND	4	28:21	1:55	2:14	7	1:12:45	17.0	2:16	5	41:10	8:14	2:26:41
6	194	Ingrid Roberts	35	F	Chanhausen	MN	6	32:07	2:11	2:10	6	1:09:35	17.8	3:29	6	41:13	8:15	2:28:31
7	143	Sascha Bates	36	F	Minneapolis	MN	7	35:27	2:24	3:11	5	1:07:20	18.4	3:21	7	55:12	11:03	2:44:26

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	144	Karen Bebchuk	42	F	Plymouth	MN	3	25:04	1:42	1:26	1	1:01:57	20.0	1:38	1	35:00	7:00	2:05:02
2	193	Sandy Rasmussen	41	F	Melrose	MN	2	25:03	1:42	1:40	3	1:03:10	19.6	2:07	3	38:32	7:43	2:10:29
3	146	Teresa Brenneke	41	F	Cottage Grove	MN	4	27:39	1:53	2:11	4	1:03:58	19.3	2:05	2	38:29	7:42	2:14:18
4	199	Laura Schield-Jyring	43	F	Bismarck	ND	1	25:00	1:42	2:13	2	1:02:36	19.7	3:04	5	45:42	9:09	2:18:33
5	169	Debbie La Fleur	41	F	Moose Lake	MN	6	34:52	2:22	3:47	6	1:14:57	16.5	3:58	4	45:33	9:07	2:43:03
6	197	Deirdre Ryan	44	F	Minneapolis	MN	5	34:31	2:20	5:21	5	1:13:26	16.8	4:12	7	51:46	10:22	2:49:14
7	171	Erika Lee	40	F	Pine City	MN	7	35:15	2:23	3:37	7	1:21:20	15.2	3:28	6	50:51	10:11	2:54:26

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	153	Anne Elkie	48	F	Thunder Bay	PE	1	21:18	1:27	2:25	1	1:07:39	18.3	2:26	1	40:40	8:08	2:14:24

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	162	D'Arcy Honeycutt	52	F	Bismarck	ND	1	31:51	2:10	1:59	1	1:06:42	18.5	2:44	1	43:10	8:38	2:26:23

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	204	Lisa Wheeler	57	F	River Falls	WI	1	29:47	2:01	2:33	1	1:08:45	18.0	3:22	1	41:10	8:14	2:25:34
2	155	Connie Foster	58	F	River Falls	WI	2	30:44	2:05	3:27	2	1:18:13	15.8	3:33	2	46:51	9:23	2:42:45

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	84	Nick Madrinich	19	M	Chaska	MN	1	17:56	1:13	1:19	3	56:09	22.0	1:17	3	32:58	6:36	1:49:37
2	26	Reilly Dougherty	18	M	Hibbing	MN	2	18:22	1:15	1:48	5	58:24	21.2	2:02	2	30:44	6:09	1:51:19
3	50	Taylor Gombos	19	M	St. Cloud	MN	3	21:29	1:28	2:01	6	58:43	21.1	2:25	1	30:09	6:02	1:54:45
4	62	John Heinlein Iii	19	M	Stillwater	MN	5	23:34	1:36	1:30	1	55:55	22.1	1:34	8	38:13	7:39	2:00:43
5	244	Denver Rogalla	18	M	Onamia	MN	6	25:51	1:45	1:36	2	56:02	22.1	1:52	5	35:42	7:09	2:01:01
6	129	Alexander Vogel	18	M	Maple Grove	MN	4	21:49	1:29	2:04	7	1:00:13	20.5	1:48	7	37:05	7:25	2:02:56
7	89	Scott Meyer	19	M	Baxter	MN	7	26:15	1:47	3:31	4	57:21	21.6	2:12	4	34:01	6:49	2:03:17
8	68	Adam Iversen	17	M	Victoria	MN	8	32:40	2:13	3:02	8	1:08:50	18.0	1:56	6	35:46	7:10	2:22:09

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	231	Neil Miller	24	M	Andover	MN	1	19:53	1:21	1:09	1	52:50	23.4	1:34	1	26:40	5:20	1:42:03
2	98	Lucas Pedersen	21	M	Richfield	MN	2	21:43	1:29	1:41	2	56:33	21.9	1:26	3	28:03	5:37	1:49:23
3	120	Joseph Stromsness	24	M	Duluth	MN	5	23:58	1:38	2:16	4	57:07	21.6	2:05	2	27:58	5:36	1:53:20
4	235	Marc Malinoski	22	M	Poplar	WI	4	23:52	1:37	1:36	6	59:25	20.8	2:17	5	33:55	6:47	2:01:03
5	73	Tyler Kilbury	23	M	Minneapolis	MN	3	23:39	1:36	2:12	7	59:54	20.6	1:54	6	34:38	6:56	2:02:14
6	6	Dann Albright	22	M	St. Paul	MN	8	28:00	1:54	2:21	5	57:41	21.4	1:55	4	33:17	6:40	2:03:11
7	22	Greg Daw	22	M	Duluth	MN	10	28:57	1:58	1:59	3	56:35	21.8	2:15	8	36:39	7:20	2:06:21
8	57	Martin Halvorson	20	M	Duluth	MN	6	26:46	1:49	1:39	8	1:03:03	19.6	1:36	7	35:31	7:07	2:08:31
9	9	Jeffry Anderson	21	M	Duluth	MN	9	28:45	1:57	2:47	10	1:04:15	19.2	2:02	9	38:46	7:46	2:16:30
10	39	Scott Ewen	24	M	St. Cloud	MN	7	26:52	1:49	1:54	11	1:04:43	19.1	2:19	10	41:45	8:21	2:17:30
11	31	Tyler Ecklund	24	M	Minneapolis	MN	11	29:48	2:01	1:59	9	1:03:09	19.6	1:45	11	43:02	8:37	2:19:38
12	77	Casey Kramer	22	M	Grand Forks	ND	12	30:17	2:03	3:41	12	1:15:04	16.5	3:02	12	47:47	9:34	2:39:48

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	11	Jonathan Balabuck	29	M	Thunder Bay	ON	1	18:17	1:15	1:08	1	50:43	24.4	1:20	1	26:23	5:17	1:37:49
2	16	Josh Blankenheim	28	M	Duluth	MN	6	21:21	1:27	1:21	3	52:09	23.7	1:20	2	28:22	5:41	1:44:29
3	65	James Hull	25	M	St. Louis Park	MN	9	23:19	1:35	1:10	5	55:00	22.5	1:27	3	31:11	6:15	1:52:05

4	8	Harry Anderson	29	M	Duluth	MN	13	26:54	1:49	1:46	2	51:32	24.0	1:39	8	34:17	6:52	1:56:05
5	93	Andrew Mork	29	M	Edina	MN	5	21:05	1:26	1:59	7	55:28	22.3	2:11	10	36:14	7:15	1:56:55
6	245	Brent Thompson	27	M	St. Paul	MN	7	22:15	1:31	1:46	9	57:40	21.4	1:50	7	34:16	6:52	1:57:45
7	252	Clint Agar	26	M	Duluth	MN	3	20:28	1:23	2:32	12	1:00:21	20.5	1:34	4	33:27	6:42	1:58:19
8	254	Paul Miner	28	M	Duluth	MN	8	23:08	1:34	2:07	4	54:22	22.7	2:18	14	37:29	7:30	1:59:21
9	255	Peter Miner	28	M	Duluth	MN	10	23:24	1:35	2:18	6	55:12	22.4	2:17	12	36:28	7:18	1:59:36
10	66	Philip Imholte	28	M	Duluth	MN	4	21:02	1:26	2:03	13	1:01:10	20.2	1:28	9	34:23	6:53	2:00:03
11	92	Matthew Morden	28	M	Thunder Bay	ON	11	24:19	1:39	2:41	8	56:14	22.0	2:13	13	37:06	7:26	2:02:30
12	122	Doug Thiessen	28	M	Thunder Bay	ON	12	24:30	1:40	2:46	15	1:02:08	19.9	1:54	5	33:54	6:47	2:05:08
13	42	Chad Folkman	27	M	Madison	WI	14	28:27	1:56	2:50	10	59:25	20.8	2:14	6	33:59	6:48	2:06:51
14	63	Donald Henderson	26	M	Grand Forks	ND	2	19:39	1:20	2:26	11	59:55	20.6	2:17	18	46:04	9:13	2:10:18
15	29	Matt Ducette	28	M	Waconia	MN	16	30:41	2:05	2:06	14	1:01:56	20.0	1:55	11	36:16	7:16	2:12:51
16	78	Matt Kramer	27	M	St Louis Park	MN	15	28:37	1:56	2:31	16	1:06:25	18.6	2:48	16	43:45	8:45	2:24:02
17	35	Alec Erdmann	26	M	Proctor	MN	17	32:53	2:14	3:24	17	1:07:56	18.2	2:11	15	41:55	8:23	2:28:16
18	131	Joseph Welle	27	M	Duluth	MN	20	37:02	2:31	3:37	18	1:11:08	17.4	2:03	19	48:22	9:41	2:42:08
19	119	Timothy Streff	27	M	Minneapolis	MN	19	36:48	2:30	3:51	20	1:15:37	16.3	2:13	17	45:23	9:05	2:43:49
20	44	Adam Freeman	26	M	Minneapolis	MN	18	35:50	2:26	4:52	19	1:15:01	16.5	2:34	20	50:37	10:08	2:48:51

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	1	David Thomspson	30	M	St. Paul	MN	2	17:15	1:10	1:06	1	46:36	26.5	1:07	1	28:21	5:41	1:34:22
2	135	Curt Wood	30	M	Chaska	MN	1	17:12	1:10	1:06	2	46:39	26.5	1:21	3	29:39	5:56	1:35:53
3	243	Dan Cohen	34	M	Eden Prairie	MN	4	19:20	1:19	1:01	3	48:04	25.7	1:21	4	30:01	6:01	1:39:44
4	109	Steve Sander	30	M	Richfield	MN	5	21:09	1:26	1:33	4	49:23	25.0	1:27	2	29:21	5:53	1:42:52
5	237	Steven Hohenstein	31	M	Duluth	MN	8	22:42	1:33	1:34	6	52:41	23.5	1:30	7	32:01	6:25	1:50:25
6	114	Jason Sinnwell	31	M	Rochester	MN	7	22:36	1:32	2:12	7	54:56	22.5	1:48	5	30:17	6:04	1:51:46
7	49	Oscar Godoi	34	M	Apple Valley	MN	3	18:06	1:14	1:29	8	56:02	22.1	0:39	13	37:08	7:26	1:53:21
8	94	Joe Moyer	30	M	Rochester	MN	20	27:59	1:54	2:09	5	51:32	24.0	2:21	10	32:48	6:34	1:56:45
9	82	Bryan Lloyd	32	M	St. Paul	MN	9	23:15	1:35	1:11	10	57:44	21.4	1:31	11	33:14	6:39	1:56:53
10	17	Andrew Broadmoore	33	M	Grinnell	IA	10	23:51	1:37	1:28	14	59:43	20.7	1:37	6	31:04	6:13	1:57:40
11	102	Jaysun Pyatt	33	M	Vancouver	WA	13	24:51	1:41	2:05	11	57:57	21.3	1:50	9	32:38	6:32	1:59:17
12	10	Dave Antonson	30	M	Duluth	MN	21	29:26	2:00	2:55	13	58:49	21.0	1:51	8	32:37	6:32	2:05:34
13	7	Aaron Anderson	32	M	Eden Prairie	MN	17	25:54	1:45	2:08	12	58:45	21.0	1:13	17	38:53	7:47	2:06:49
14	61	Christopher Hawes	34	M	Saint Paul	MN	16	25:39	1:44	2:55	9	57:27	21.5	2:39	16	38:53	7:47	2:07:29
15	113	Michael Shafirka	31	M	Thunder Bay	ON	11	24:10	1:38	1:53	15	1:00:44	20.4	2:20	19	42:24	8:29	2:11:28
16	55	Cornelius Groenewald	30	M	Rochester	MN	18	26:26	1:48	2:19	19	1:05:57	18.7	2:28	12	36:59	7:24	2:14:05
17	24	Damian Diluzio	34	M	Blaine	MN	22	29:57	2:02	2:43	16	1:02:06	19.9	2:23	15	38:40	7:44	2:15:46
18	130	Brandon Walts	33	M	Minneapolis	MN	6	22:01	1:30	2:43	17	1:03:53	19.3	2:31	22	45:54	9:11	2:16:58
19	41	Nick Folger	32	M	Maple Grove	MN	19	27:35	1:52	2:20	20	1:06:36	18.6	2:11	18	39:25	7:53	2:18:04
20	75	Michael Kokkinen	31	M	Minneapolis	MN	15	25:15	1:43	2:54	22	1:09:31	17.8	2:35	14	38:28	7:42	2:18:40
21	40	Dustin Finkel	30	M	Minneapolis	MN	12	24:44	1:41	2:26	18	1:05:31	18.9	2:43	21	45:53	9:11	2:21:14
22	36	Ryan Erdmann	32	M	Minneapolis	MN	14	25:09	1:42	2:12	21	1:08:04	18.2	1:51	23	46:44	9:21	2:23:57
23	87	Thomas McGrath	34	M	Duluth	MN	23	31:33	2:08	4:00	23	1:14:29	16.6	2:09	20	44:48	8:58	2:36:55

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	127	Carl Unger	35	M	Prior Lake	MN	2	21:57	1:29	1:31	1	51:33	24.0	1:45	3	31:10	6:14	1:47:53
2	4	Karl Adalbert	37	M	Minneapolis	MN	6	26:10	1:47	1:47	2	54:20	22.7	0:46	1	29:24	5:53	1:52:23
3	67	Borg Isaksen	35	M	Brule	WI	1	21:52	1:29	2:13	4	55:33	22.3	2:02	5	33:11	6:39	1:54:49
4	69	Greg Johnson	36	M	Hermantown	MN	4	24:10	1:38	1:37	6	56:06	22.0	1:42	4	31:55	6:23	1:55:26
5	106	Wade Rockwood	38	M	Park City	UT	3	21:59	1:30	2:25	5	55:38	22.2	2:03	6	34:09	6:50	1:56:11
6	85	Tim Maki	35	M	Saginaw	MN	5	24:55	1:42	1:47	8	1:00:05	20.6	1:59	7	37:54	7:35	2:06:36
7	86	Joe McGaver	38	M	Duluth	MN	13	36:42	2:29	2:44	3	55:04	22.4	2:17	2	31:09	6:14	2:07:53
8	74	Kristofer Kimber	37	M	Minneapolis	MN	7	26:38	1:48	2:25	7	59:40	20.7	3:00	10	44:01	8:49	2:15:42
9	105	Hugh Roberts	38	M	Chanhassen	MN	12	32:47	2:13	2:55	10	1:05:11	19.0	3:13	8	40:40	8:08	2:24:43
10	83	William Macki	35	M	Grand Forks	ND	8	29:14	1:59	2:47	12	1:08:39	18.0	2:07	9	43:28	8:42	2:26:13

11	19	Wayne Chapman	38	M	Plymouth	MN	11	32:41	2:13	1:58	11	1:05:35	18.8	2:00	11	44:02	8:49	2:26:14
12	90	Daniel Mills	37	M	Atikokan	ON	9	31:45	2:09	5:00	9	1:04:52	19.1	4:38	13	52:10	10:26	2:38:23
13	59	Travis Hanson	37	M	Lake Nebagamon	WI	10	32:12	2:11	4:07	13	1:25:38	14.4	2:44	12	45:07	9:02	2:49:45

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	2	Brian Bich	42	M	Duluth	MN	2	18:04	1:14	1:05	2	49:18	25.1	1:19	1	27:29	5:30	1:37:12
2	242	Rhett Bonner	44	M	Duluth	MN	4	18:10	1:14	0:58	1	49:17	25.1	1:27	2	30:00	6:00	1:39:48
3	45	Dan Frost	40	M	Oxnard	CA	5	18:41	1:16	1:10	7	53:47	23.0	1:35	4	31:25	6:17	1:46:36
4	116	Phil Spencer	41	M	Federal Way	WA	3	18:08	1:14	1:53	5	52:30	23.5	1:27	7	33:02	6:37	1:46:57
5	124	Nathaniel Tollefson	42	M	Minneapolis	MN	6	20:25	1:23	1:32	6	53:11	23.2	1:30	5	32:09	6:26	1:48:44
6	100	Robert Peterson	41	M	Barron	WI	12	24:16	1:39	1:24	4	51:40	23.9	1:49	3	30:18	6:04	1:49:23
7	18	Jey Carlson	42	M	Minnetonka	MN	9	23:41	1:36	1:31	3	50:52	24.3	1:44	6	32:34	6:31	1:50:18
8	236	Christopher Korkowski	43	M	Bloomington	MN	1	16:14	1:06	1:58	11	58:10	21.2	1:55	12	37:04	7:25	1:55:19
9	58	Brad Hanson	44	M	Monticello	MN	7	21:43	1:28	1:39	9	56:04	22.0	1:48	10	34:11	6:51	1:55:23
10	101	Steven Pitschka	42	M	Duluth	MN	10	23:54	1:37	1:24	8	55:22	22.3	1:38	11	36:01	7:13	1:58:15
11	30	Daniel Duff	44	M	Duluth	MN	8	22:47	1:33	2:20	16	1:02:35	19.7	2:01	8	33:29	6:42	2:03:09
12	81	Rick Lacaille	42	M	Duluth	MN	15	26:12	1:47	1:55	13	59:29	20.8	2:11	9	33:46	6:46	2:03:31
13	233	David Schultz	41	M	Duluth	MN	11	24:14	1:39	2:28	12	58:29	21.1	2:17	13	37:51	7:35	2:05:17
14	34	John Ellis	41	M	St Paul	MN	14	26:05	1:46	2:47	14	59:35	20.7	1:58	15	38:49	7:46	2:09:11
15	70	Todd Johnson	40	M	Duluth	MN	13	25:15	1:43	1:54	10	57:24	21.5	2:18	20	42:58	8:36	2:09:46
16	137	Edward Younk	41	M	Rochester	MI	17	26:23	1:47	2:20	15	1:00:16	20.5	2:32	17	39:42	7:57	2:11:11
17	126	Mark Tweet	40	M	Galesville	WI	16	26:21	1:47	2:39	17	1:02:41	19.7	2:19	16	39:03	7:49	2:13:00
18	97	Shane Olson	41	M	Duluth	MN	18	26:32	1:48	2:42	18	1:02:59	19.6	2:23	18	40:39	8:08	2:15:13
19	80	John Kurth	42	M	Duluth	MN	19	28:30	1:56	3:34	19	1:04:10	19.3	3:20	19	42:39	8:32	2:22:10
20	20	David Ciresi	43	M	Eau Claire	WI	20	33:45	2:17	3:18	21	1:09:16	17.8	2:51	14	38:25	7:41	2:27:32
21	54	Douglas Griffin	42	M	Kasson	MN	21	35:19	2:24	3:26	20	1:05:12	19.0	2:31	21	48:02	9:37	2:34:27

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	79	Thomas Krenz	47	M	Chisago City	MN	1	21:01	1:26	1:35	1	51:51	23.8	1:40	3	30:08	6:02	1:46:12
2	241	Jarrow Wahman	47	M	Duluth	MN	6	25:03	1:42	2:26	3	57:08	21.6	1:53	1	28:35	5:43	1:55:02
3	103	Jim Reed	49	M	Duluth	MN	4	23:53	1:37	2:08	5	57:35	21.5	1:52	2	30:00	6:00	1:55:24
4	14	Daniel Bjorkstrand	45	M	Guthrie	MN	5	24:25	1:39	1:17	2	55:56	22.1	1:41	4	32:31	6:31	1:55:47
5	264	Matt Harrison	47	M	Duluth	MN	8	25:59	1:46	3:30	4	57:12	21.6	2:10	6	33:30	6:42	2:02:20
6	115	Mark Smith	47	M	Thunder Bay	ON	13	28:22	1:55	2:21	6	58:00	21.3	2:27	5	32:35	6:31	2:03:42
7	32	Phil Elkie	48	M	Thunder Bay	ON	3	23:25	1:35	2:30	9	59:50	20.7	2:23	8	39:20	7:52	2:07:24
8	111	Ted Schick	47	M	Esko	MN	7	25:37	1:44	2:36	8	59:34	20.7	2:33	7	39:12	7:51	2:09:29
9	132	John Weum	48	M	Eden Prairie	MN	2	21:44	1:29	2:14	11	1:05:21	18.9	2:00	12	42:44	8:33	2:13:59
10	234	Gregg Pattison	46	M	Lakeville	MN	15	30:13	2:03	2:39	7	58:45	21.0	2:14	16	45:35	9:07	2:19:24
11	15	Fred Black	48	M	Grand Forks	ND	11	28:00	1:54	2:40	10	1:04:56	19.0	3:34	10	41:57	8:24	2:21:03
12	133	Mark Wick	45	M	Duluth	MN	12	28:13	1:55	2:08	12	1:07:09	18.4	2:34	11	42:17	8:28	2:22:18
13	104	Roger Remark	45	M	Wayzata	MN	14	29:27	2:00	3:00	13	1:07:58	18.2	2:13	9	41:38	8:20	2:24:12
14	5	Timothy Adams	49	M	Deer Park	WI	10	27:09	1:51	2:08	15	1:08:44	18.0	2:38	14	43:47	8:46	2:24:23
15	91	Skeeter Moore	45	M	Duluthq	MN	9	26:00	1:46	3:18	16	1:11:28	17.3	2:40	15	45:25	9:05	2:28:48
16	76	Bob Kramer	49	M	Grand Forks	ND	16	40:17	2:44	3:04	14	1:08:08	18.1	3:21	13	43:15	8:39	2:38:03

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	28	Dave Dow	53	M	West Lakeland	MN	1	21:48	1:29	1:25	3	54:20	22.7	1:47	2	32:27	6:30	1:51:44
2	43	Dale Forde	50	M	Golden Valley	MN	2	22:51	1:33	1:34	5	56:35	21.8	1:55	1	31:23	6:17	1:54:16
3	118	Larry Stracke	52	M	Sauk Rapids	MN	7	26:53	1:49	1:54	2	53:18	23.2	1:39	4	34:06	6:50	1:57:48
4	240	Rick Christenson	50	M	Roseville	MN	9	27:26	1:52	2:33	1	50:33	24.5	2:09	5	36:09	7:14	1:58:47
5	38	Mike Ewen	51	M	Rochester	MN	10	27:35	1:52	1:57	4	56:24	21.9	1:53	3	32:45	6:33	2:00:32
6	256	Jim Miner Jr.	54	M	Duluth	MN	5	25:42	1:45	3:02	6	58:24	21.2	2:08	8	38:15	7:39	2:07:30

7	60	Tad Hauck	50	M	Eden Prairie	MN	3	24:00	1:38	3:03	7	1:03:04	19.6	2:52	7	38:05	7:37	2:11:01
8	99	Glenn Perkins	50	M	Edina	MN	4	24:24	1:39	2:30	9	1:04:39	19.1	2:10	9	38:46	7:46	2:12:26
9	134	Terry Wiens	51	M	Duluth	MN	8	27:18	1:51	2:19	11	1:05:39	18.8	2:08	6	37:38	7:32	2:14:58
10	12	Tom Beissel	54	M	Dixon	IL	11	28:29	1:56	2:42	8	1:04:04	19.3	2:37	10	43:40	8:44	2:21:29
11	125	David Turnham	52	M	Duluth	MN	6	26:49	1:49	3:43	12	1:17:04	16.0	2:11	11	51:17	10:16	2:41:01
12	232	Rodney Barnes	54	M	Maple Grove	MN	12	36:02	2:27	3:45	10	1:05:37	18.8	3:11	12	52:30	10:30	2:41:02

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	112	Bill Schmitt	55	M	Duluth	MN	1	21:57	1:29	1:54	1	54:29	22.7	2:02	1	37:34	7:31	1:57:52
2	459	Rick E. Wheeler	57	M	River Falls	WI	2	28:27	1:56	2:15	2	1:07:07	18.4	3:03	2	38:01	7:37	2:18:49

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	239	John Barber	60	M	Bloomington	MN	1	26:25	1:48	4:37	1	1:11:28	17.3	2:39	1	44:35	8:55	2:29:41

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	21	Jack Daugherty	67	M	Eden Prairie	MN	3	29:17	1:59	1:43	1	1:03:30	19.5	2:05	1	40:34	8:07	2:17:05
2	64	Gene Holen	67	M	Shoreview	MN	1	27:34	1:52	2:19	2	1:03:55	19.3	2:31	2	42:13	8:27	2:18:30
3	108	Fred Roethlisberger	65	M	River Falls	WI	2	28:32	1:56	3:22	3	1:07:32	18.3	3:57	3	43:38	8:44	2:26:57

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: 256
 Total Number of Individual Finishers: 189
 Total Number of Relay Finishers: 29
 Number of Male Finishers: 131
 Number of Female Finishers: 58
 Did not Finish Race or Did Not Start: 37