

BREWHOUSE TRIATHLON
Pike Lake AAA Beach Club, Duluth, MN - August 2, 2009
.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	1/24	1	David Thompson	31	M	St Paul	MN	3	16:43	1:08	1:02	2	48:54	25.3	0:54	3	26:33	5:19	1:34:05
2	2/24	203	Jonathan Balabuck	30	M	Thunder Bay	ON	6	17:40	1:12	1:08	3	49:43	24.9	1:11	4	26:41	5:21	1:36:20
3	1/13	81	Patrick Parish	24	M	Circle Pines	MN	10	18:33	1:16	1:19	6	50:44	24.4	0:51	1	25:37	5:08	1:37:01
4	1/15	2	Brian Bich	43	M	Duluth	MN	5	17:39	1:12	1:07	4	49:48	24.8	1:00	7	28:24	5:41	1:37:53
5	1/9	4	Rhett Bonner	45	M	Duluth	MN	7	17:43	1:12	1:00	5	49:52	24.8	1:10	11	29:33	5:55	1:39:15
6	3/24	89	Greg Rhodes	30	M	Bloomington	MN	2	16:40	1:08	1:04	7	51:42	23.9	1:04	12	29:42	5:57	1:40:08
7	1/21	205	Eric Ellingson	26	M	St Louis Park	MN	11	18:39	1:16	1:24	14	53:02	23.3	1:01	2	26:31	5:19	1:40:33
8	2/21	16	Joshua Blankenheim	29	M	Duluth	MN	20	20:46	1:25	1:10	13	53:00	23.3	0:52	5	27:48	5:34	1:43:32
9	1/16	113	Thomas Woods, Iv	38	M	Lincoln	NE	16	20:11	1:22	1:22	16	53:31	23.1	1:09	8	28:45	5:45	1:44:56
10	4/24	232	Steve Hohenstein	32	M	Duluth	MN	22	20:50	1:25	1:21	8	51:54	23.8	1:03	22	31:01	6:13	1:46:07
11	3/21	104	Doug Thiessen	29	M	Thunder Bay	ON	9	18:30	1:15	1:30	28	55:50	22.1	1:01	19	30:32	6:07	1:47:20
12	2/15	12	Leon Ball	44	M	Minneapolis	MN	23	20:55	1:25	1:51	21	55:13	22.4	1:10	9	28:59	5:48	1:48:05
13	5/24	15	David Binsfeld	34	M	St. Louis Park	MN	18	20:25	1:23	1:46	17	54:11	22.8	1:15	24	31:15	6:15	1:48:50
14	2/13	62	Matt Kramer	24	M	Cloquet	MN	25	21:18	1:27	1:40	38	56:58	21.7	1:08	6	27:55	5:35	1:48:55
15	3/13	48	John Heinlein Iii	20	M	Stillwater	MN	31	21:46	1:29	1:24	12	52:58	23.3	0:54	27	32:03	6:25	1:49:02
16	1/3	36	Reilly Dougherty	19	M	Hibbing	MN	4	17:30	1:11	1:37	62	59:25	20.8	0:59	14	30:06	6:02	1:49:34
17	2/16	240	Bill Corcoran	37	M	Waite Park	MN	49	22:30	1:32	1:24	10	52:16	23.6	1:09	29	32:18	6:28	1:49:34
18	4/13	236	Lucas Pedersen	22	M	Richfield	MN	27	21:20	1:27	1:34	40	57:04	21.7	1:13	10	29:02	5:49	1:50:10
19	4/21	27	Daniel Conley	28	M	Arden Hills	MN	24	21:13	1:27	1:19	23	55:16	22.4	1:02	26	31:43	6:21	1:50:30
20	1/4	238	Heidi Keller-Miler	45	F	Chaska	MN	8	17:48	1:13	1:09	51	58:48	21.0	1:10	35	33:00	6:36	1:51:51
21	3/15	207	Scott Marsh	41	M	Austin	MN	44	22:09	1:30	1:26	39	57:03	21.7	1:16	13	30:06	6:02	1:51:57
22	5/13	31	Greg Daw	23	M	Duluth	MN	41	22:07	1:30	1:20	19	54:50	22.5	0:49	38	33:20	6:40	1:52:24
23	6/24	251	Christopher Frykman	32	M	Mpls	MN	33	21:53	1:29	1:21	9	52:00	23.8	1:01	48	34:12	6:51	1:52:24
24	1/13	86	Jim Reed	50	M	Duluth	MN	39	22:02	1:30	1:32	44	57:22	21.5	1:21	20	30:42	6:09	1:52:57
25	2/9	68	Dave Lundberg	45	M	Woodbury	MN	47	22:29	1:32	2:20	15	53:16	23.2	1:22	43	33:36	6:44	1:53:01
26	7/24	110	Emmerson Ward	32	M	Saint Paul	MN	77	24:47	1:41	2:03	11	52:54	23.4	1:17	36	33:09	6:38	1:54:08
27	3/16	111	Darin Wieneke	35	M	St. Paul	MN	87	25:21	1:43	1:24	29	56:07	22.0	1:10	15	30:22	6:05	1:54:21
28	6/13	44	Taylor Gombos	20	M	St. Cloud	MN	26	21:19	1:27	1:55	53	59:01	20.9	1:45	18	30:25	6:05	1:54:22
29	4/16	212	Quintin Plitzkow	35	M	Eagan	MN	45	22:15	1:31	2:49	31	56:14	22.0	1:15	32	32:53	6:35	1:55:23
30	2/13	37	David Dow	54	M	West Lakeland	MN	48	22:29	1:32	1:45	22	55:13	22.4	1:26	55	34:56	7:00	1:55:47
31	5/16	90	Wade Rockwood	39	M	Park City	UT	52	22:43	1:33	2:28	27	55:36	22.2	1:43	41	33:25	6:41	1:55:52
32	1/12	217	Marlo McGaver	39	F	Duluth	MN	120	27:36	1:52	2:04	18	54:31	22.7	1:21	21	30:53	6:11	1:56:21
33	2/12	165	Lesley Rockwood	37	F	Park City	UT	36	21:59	1:30	1:43	48	57:50	21.4	1:13	44	33:42	6:45	1:56:24
34	4/15	79	Stephen Olson	41	M	Plymouth	MN	32	21:49	1:29	2:05	37	56:58	21.7	1:38	49	34:17	6:52	1:56:45
35	5/21	208	Paul Miner	29	M	Duluth	MN	53	22:51	1:33	2:23	24	55:20	22.3	1:28	53	34:46	6:58	1:56:45
36	1/10	93	Bill Schmitt	56	M	Duluth	MN	40	22:06	1:30	2:11	20	55:09	22.4	1:35	72	36:06	7:14	1:57:04
37	6/21	209	Peter Miner	29	M	Duluth	MN	64	23:48	1:37	1:59	26	55:23	22.3	1:43	51	34:37	6:56	1:57:27
38	8/24	41	Henry Eichman	32	M	Duluth	MN	103	26:24	1:47	2:00	46	57:42	21.4	1:09	17	30:25	6:05	1:57:38
39	3/13	103	David Swanson	52	M	St Paul	MN	91	25:27	1:44	1:30	30	56:12	22.0	1:16	37	33:19	6:40	1:57:41
40	3/12	237	Jenny Wilcox	35	F	Cottage Grove	MN	76	24:45	1:41	2:03	52	58:52	21.0	2:03	16	30:22	6:05	1:58:02
41	7/21	211	Tyler Olson	29	M	Duluth	MN	63	23:45	1:37	1:35	33	56:29	21.9	1:29	58	35:08	7:02	1:58:24
42	8/21	10	Jeff Austin-Phillip	29	M	Saint Paul	MN	60	23:31	1:36	2:24	41	57:06	21.6	1:25	50	34:25	6:53	1:58:47
43	3/9	28	Michael Danielson	46	M	Tonka Bay	MN	51	22:36	1:32					1:15	30	32:30	6:30	1:58:52
44	1/17	176	Kristen Vidlak	26	F	Thunder Bay On	ON	34	21:56	1:29	1:43	59	59:14	20.9	1:13	60	35:24	7:05	1:59:26
45	1/16	216	Stephanie Alcivar	30	F	Bloomington	MN	12	19:05	1:18	1:57	55	59:06	20.9	1:41	91	37:43	7:33	1:59:29
46	5/15	17	Doug Bowen-Bailey	40	M	Duluth	MN	67	23:57	1:38	2:34	34	56:30	21.9	1:26	59	35:12	7:03	1:59:35
47	4/9	42	Phil Elkie	49	M	Thunder Bay	ON	37	21:59	1:30	1:49	42	57:06	21.6	1:07	92	37:48	7:34	1:59:46
48	2/16	233	Angel Hohenstein	31	F	Duluth	MN	73	24:33	1:40	2:23	58	59:13	20.9	1:28	28	32:13	6:27	1:59:47
49	9/21	206	Nate Labelle	28	M	Duluth	MN	96	25:46	1:45	2:23	47	57:45	21.4	1:29	31	32:33	6:31	1:59:53
50	4/13	241	Larry Stracke	53	M	Sauk Rapids	MN	109	26:37	1:48	2:15	25	55:23	22.3	1:16	57	35:06	7:02	2:00:33
51	6/16	70	Tim Maki	36	M	Saginaw	MN	46	22:24	1:31	1:28	57	59:12	20.9	1:38	67	35:55	7:11	2:00:35

52	7/16	23 Robert Chose	36 M	Eden Prairie	MN	66	23:54	1:37	1:22	45	57:40	21.4	1:20	80	37:17	7:28	2:01:31
53	7/13	67 Spencer Lund	23 M	Lake Lillian	MN	142	29:32	2:00	2:04	49	57:58	21.3	0:53	25	31:24	6:17	2:01:49
54	1/6	149 Katie Krasean	24 F	Duluth	MN	176	34:09	2:19	4:05	1	40:14	30.7	2:01	126	41:27	8:18	2:01:54
55	8/16	99 Josh Smith	35 M	Watertown	MN	95	25:43	1:45	2:25	35	56:33	21.9	1:52	62	35:32	7:07	2:02:02
56	9/24	52 Tj Jeannette	34 M	North Mankato	MN	75	24:39	1:40	1:50	73	1:01:28	20.1	0:57	40	33:21	6:41	2:02:14
57	5/13	255 Bruce Bockus	54 M	Oklahoma City	OK	1	15:31	1:03	4:17	95	1:03:22	19.5	1:50	82	37:20	7:28	2:02:17
58	3/16	152 Tara Makinen	30 F	Duluth	MN	80	24:56	1:42	1:55	56	59:08	20.9	1:24	56	34:58	7:00	2:02:18
59	10/21	5 Brendan Abrams	28 M	Minneapolis	MN	127	28:01	1:54	2:30	43	57:19	21.6	1:19	39	33:21	6:41	2:02:28
60	8/13	50 Ed Hirsch	22 M	Superior	WI	15	20:02	1:22	1:36	126	1:07:21	18.4	1:06	34	32:55	6:35	2:02:58
61	6/15	66 Dave Link	42 M	Eden Prairie	MN	28	21:32	1:28	2:25	96	1:03:32	19.5	1:31	47	34:04	6:49	2:03:02
62	9/13	73 Scott Meyer	20 M	Baxter	MN	100	26:07	1:46	2:57	36	56:50	21.7	1:43	61	35:28	7:06	2:03:03
63	4/16	127 Jessica Deegan	33 F	Saint Paul	MN	54	22:53	1:33	1:36	81	1:01:51	20.0	1:19	64	35:47	7:10	2:03:23
64	9/16	29 Emmanuel Darne	38 M	Woodbury	MN	129	28:14	1:55	2:06	50	58:25	21.2	1:21	45	33:44	6:45	2:03:46
65	10/13	34 John Dimenna	20 M	West Point	NY	13	19:49	1:21	2:17	87	1:02:13	19.9	1:20	101	38:33	7:43	2:04:10
66	6/13	46 Tad Hauck	51 M	Eden Prairie	MN	56	23:05	1:34	2:38	61	59:23	20.8	2:21	78	37:04	7:25	2:04:28
67	10/24	231 Nick Stromme	32 M	Kloten	ND	174	33:27	2:16	2:03	32	56:19	21.9	1:44	23	31:12	6:15	2:04:42
68	11/24	91 William Schell	34 M	Bozeman	MT	43	22:09	1:30	2:18	78	1:01:38	20.1	1:13	87	37:36	7:32	2:04:52
69	2/17	154 Sawra Maurer	29 F	Rochester	MN	14	19:57	1:21	1:45	124	1:07:12	18.4	1:17	54	34:48	6:58	2:04:57
70	11/21	100 Ladislaus Strzok	25 M	Duluth	MN	17	20:23	1:23	1:32	88	1:02:15	19.9	2:14	103	38:38	7:44	2:04:59
71	12/21	213 Tony Shoberg	26 M	Duluth	MN	29	21:33	1:28	2:17	90	1:02:23	19.8	1:28	83	37:22	7:29	2:05:00
72	13/21	229 Jared Harris	28 M	Minneapolis	MN	85	25:12	1:43	2:27	84	1:02:07	19.9	2:02	42	33:27	6:42	2:05:12
73	11/13	7 Jeffry Anderson	22 M	Dulth	MN	50	22:33	1:32	2:02	72	1:01:26	20.1	1:20	93	38:00	7:36	2:05:19
74	2/3	51 Adam Iversen	18 M	Victoria	MN	61	23:35	1:36	2:39	108	1:04:23	19.2	1:38	46	34:02	6:49	2:06:15
75	7/15	78 Shane Olson	42 M	Duluth	MN	118	27:30	1:52	1:23	66	1:00:53	20.3	1:19	66	35:53	7:11	2:06:54
76	10/16	21 Bryan Chadderdon	37 M	Casper	WV	86	25:20	1:43	2:25	71	1:01:20	20.2	1:56	70	36:06	7:14	2:07:03
77	8/15	54 Darrin Johnson	42 M	Alexandria	MN	107	26:33	1:48	1:38	76	1:01:37	20.1	1:22	69	36:04	7:13	2:07:11
78	3/17	153 Hilarie Martin	28 F	Minneapolis	MN	72	24:23	1:39	2:29	75	1:01:34	20.1	1:42	79	37:15	7:27	2:07:20
79	2/6	164 Kari Reed	24 F	Hopkins	MN	30	21:35	1:28	1:26	100	1:03:59	19.3	1:19	108	39:09	7:50	2:07:24
80	12/24	84 Stan Pohmer	31 M	St. Louis Park	MN	93	25:39	1:44	2:35	77	1:01:37	20.1	2:03	65	35:49	7:10	2:07:41
81	5/9	228 Skeeter Moore	46 M	Duluth	MN	81	25:04	1:42	2:24	74	1:01:31	20.1	1:34	81	37:20	7:28	2:07:50
82	11/16	80 Tom Olson	38 M	Wayzata	MN	58	23:15	1:35	5:23	67	1:01:01	20.3	2:07	76	36:32	7:19	2:08:15
83	7/13	82 Glenn Perkins	51 M	Edina	MS	71	24:17	1:39	3:29	70	1:01:19	20.2	1:16	94	38:00	7:36	2:08:19
84	13/24	96 Michael Shafirka	32 M	Thunder Bay	ON	78	24:51	1:41	2:10	89	1:02:17	19.8	1:28	89	37:38	7:32	2:08:21
85	2/10	210 Jim Miner Jr	55 M	Duluth	MN	89	25:25	1:44	2:04	63	59:27	20.8	1:49	113	39:44	7:57	2:08:25
86	4/12	137 Gina Graves	38 F	St. Louis Park	MN	62	23:41	1:37	2:33	91	1:02:24	19.8	1:42	102	38:34	7:43	2:08:52
87	9/15	226 Todd Johnson	41 M	Duluth	MN	92	25:37	1:44	2:10	65	1:00:41	20.4	1:58	100	38:31	7:43	2:08:54
88	3/3	214 Benjamin Welch	19 M	Duluth	MN	163	31:24	2:08	1:56	60	59:16	20.9	0:57	63	35:41	7:09	2:09:11
89	8/13	254 Ron Van Dell	53 M	Duluth	MN	112	26:59	1:50	1:02	131	1:07:57	18.2	0:39	33	32:55	6:35	2:09:29
90	14/24	58 Kris King	33 M	Ramsey	MN	38	21:59	1:30	2:11	98	1:03:44	19.4	1:20	118	40:17	8:04	2:09:29
91	1/2	119 Diane Birkeland	43 F	Minneapolis	MN	114	27:02	1:50	3:22	64	1:00:21	20.5	2:45	71	36:06	7:14	2:09:32
92	14/21	49 Craig Hill	26 M	Minneapolis	MN	133	28:29	1:56	2:28	82	1:01:56	20.0	1:22	68	35:56	7:12	2:10:08
93	5/12	172 Debbie Tufts	37 F	Minneapolis	MN	113	27:01	1:50	1:52	92	1:02:40	19.7	1:26	86	37:31	7:31	2:10:28
94	6/9	88 Frank Rezac	45 M	Saint Cloud	MN	42	22:08	1:30	3:19	69	1:01:17	20.2	2:01	136	42:25	8:29	2:11:07
95	2/4	131 Anne Elkie	49 F	Thunder Bay	ON	21	20:47	1:25	2:26	122	1:06:46	18.5	1:21	115	39:58	8:00	2:11:15
96	3/4	129 Jackie Dezellar	46 F	Eden Prairie	MN	128	28:10	1:55	2:13	68	1:01:07	20.2	1:56	96	38:05	7:37	2:11:27
97	5/16	144 Amy Hite	33 F	Cottage Grove	MN	83	25:09	1:42	2:09	99	1:03:49	19.4	1:20	109	39:09	7:50	2:11:32
98	3/6	118 Sarah Berger	23 F	St. Paul	MN	108	26:35	1:48	2:14	110	1:05:07	19.0	1:19	74	36:22	7:17	2:11:34
99	15/21	38 Matthew Ducette	29 M	Waconia	MN	153	30:41	2:05	2:12	80	1:01:45	20.0	1:39	73	36:10	7:14	2:12:26
100	6/12	150 Angela Langsdorf	36 F	Minneapolis	MN	70	24:17	1:39	2:09	107	1:04:23	19.2	1:21	121	40:25	8:05	2:12:31
101	4/4	218 Katherine Rubin	47 F	Duluth	MN	111	26:54	1:50	2:28	85	1:02:08	19.9	1:34	112	39:44	7:57	2:12:43
102	4/6	219 Casey Slezniow	21 F	Minneapolis	MN	55	22:58	1:34	2:51	83	1:01:57	20.0	1:39	142	43:23	8:41	2:12:46
103	7/12	159 Tracy Paradise	35 F	Excelsior	MN	84	25:09	1:42	2:46	112	1:05:25	18.9	2:00	90	37:39	7:32	2:12:55
104	9/13	33 Christopher Delaney	50 M	Ames	IA	117	27:15	1:51	2:44	79	1:01:41	20.0	1:40	116	39:58	8:00	2:13:15
105	4/17	177 Erin Williams	25 F	Shorewood	MN	141	29:28	2:00	2:05	121	1:06:40	18.5	1:19	52	34:44	6:57	2:14:13
106	16/21	227 Pete Holm	28 M	Shakopee	MN	106	26:32	1:48	3:09	105	1:04:17	19.2	2:28	98	38:23	7:41	2:14:45
107	5/17	561 Kristen Regas	28 F	Duluth	MN	97	25:52	1:45	2:29	123	1:07:11	18.4	1:59	88	37:37	7:32	2:15:04
108	3/10	85 William Portilla	58 M	Duluth	MN	104	26:24	1:48	3:39	104	1:04:14	19.2	2:10	104	38:42	7:45	2:15:06
109	17/21	13 Nicholas Beamer	28 M	Grand Forks Afb	ND	161	31:02	2:06	1:26	109	1:05:00	19.0	1:26	75	36:29	7:18	2:15:21

110	15/24	53	Heath Jensen	30	M	Roseville	MN	19	20:27	1:23	3:10	129	1:07:46	18.2	1:24	137	42:40	8:32	2:15:25
111	6/17	146	Rachel Holzemer	27	F	St. Paul	MN	68	23:57	1:38	2:16	139	1:08:55	17.9	1:42	107	38:55	7:47	2:15:42
112	7/17	124	Tiffany Carlson	29	F	Duluth	MN	116	27:07	1:50	2:17	138	1:08:50	18.0	1:10	77	36:52	7:23	2:16:12
113	4/10	223	Rick E. Wheeler	58	M	River Falls	WI	121	27:52	1:53	3:18	94	1:03:13	19.6	1:44	122	40:29	8:06	2:16:33
114	16/24	235	Pete Mattson	32	M	Duluth	MN	98	25:57	1:46	2:59	118	1:06:20	18.6	2:09	110	39:22	7:53	2:16:44
115	8/17	171	Emily Tritabaugh	27	F	Minneapolis	MN	88	25:24	1:43	2:07	116	1:05:52	18.8	1:32	132	42:00	8:24	2:16:52
116	12/13	9	Tyler Anderson	21	M	North Mankato	MN	167	31:43	2:09	2:41	93	1:03:01	19.6	1:02	105	38:48	7:46	2:17:12
117	18/21	56	Phil Johnson	25	M	Edina	MN	166	31:29	2:08	2:26	117	1:06:03	18.7	1:09	85	37:31	7:31	2:18:35
118	1/2	143	Erin Hill	17	F	Duluth	MN	57	23:07	1:34	3:40	130	1:07:53	18.2	2:24	131	41:56	8:24	2:18:56
119	8/12	128	Deborah Deknock	38	F	Thunder Bay	ON	74	24:38	1:40	3:00	149	1:10:43	17.5	1:52	106	38:51	7:47	2:19:01
120	10/13	112	Terry Wiens	52	M	Duluth	MN	126	28:00	1:54	3:42	128	1:07:33	18.3	1:46	95	38:03	7:37	2:19:02
121	11/13	30	Steven Davidson	53	M	Edina	MN	147	29:59	2:02	2:48	101	1:04:02	19.3	1:37	125	41:27	8:18	2:19:49
122	19/21	32	Peter Deanovic	26	M	Edina	MN	151	30:36	2:05	2:45	111	1:05:20	18.9	1:59	111	39:29	7:54	2:20:06
123	9/17	170	Emily Toot	25	F	Minneapolis	MN	35	21:58	1:30	2:48	159	1:13:04	16.9	1:05	124	41:16	8:16	2:20:06
124	20/21	71	Dan McLaughlin	29	M	Anoka	MN	146	29:54	2:02	2:29	54	59:03	20.9	2:07	164	46:52	9:23	2:20:21
125	6/16	162	Anna Pohmer	30	F	St. Louis Park	MN	82	25:08	1:42	2:54	142	1:09:02	17.9	1:44	129	41:43	8:21	2:20:27
126	17/24	18	Nick Brooks	31	M	Saint Paul	MN	139	29:18	1:59	2:03	106	1:04:23	19.2	2:16	141	43:01	8:37	2:20:58
127	10/15	95	Chad Scott	42	M	Hermantown	MN	131	28:23	1:56	4:20	103	1:04:12	19.3	2:41	130	41:44	8:21	2:21:17
128	5/10	14	Tom Beissel	55	M	Dixon	IL	137	28:49	1:57	3:30	86	1:02:12	19.9	1:55	154	45:06	9:02	2:21:29
129	12/16	11	Mateo Ayala	38	M	Apo	AP	65	23:51	1:37	1:45	153	1:11:05	17.4	1:50	143	43:33	8:43	2:22:03
130	18/24	76	Vance Okstad	32	M	Proctor	MN	158	30:59	2:06	2:54	120	1:06:33	18.6	1:26	120	40:18	8:04	2:22:07
131	13/16	222	Ryan Goei	35	M	Duluth	MN	157	30:56	2:06	3:41	115	1:05:42	18.8	2:12	119	40:17	8:04	2:22:44
132	21/21	63	Matt Kramer	28	M	St Louis Park	MN	143	29:35	2:00	2:17	119	1:06:29	18.6	1:39	139	42:49	8:34	2:22:46
133	7/9	35	Shawn Donohue	45	M	Thunder Bay	ON	138	29:01	1:58	4:07	97	1:03:40	19.4	1:57	148	44:21	8:53	2:23:03
134	11/15	25	David Ciresi	44	M	Eau Claire	WI	159	30:59	2:06	3:33	136	1:08:33	18.0	2:31	84	37:31	7:31	2:23:06
135	7/16	145	Lisa Holzemer	30	F	Minneapolis	MN	122	27:53	1:53	2:27	154	1:11:29	17.3	2:17	117	40:08	8:02	2:24:11
136	6/10	204	Richard Crowell	58	M	Duluth	MN	125	28:00	1:54	4:14	113	1:05:28	18.9	2:20	156	45:22	9:05	2:25:19
137	7/10	6	Rick Agar	55	M	Duluth	MN	115	27:06	1:50	3:04	140	1:08:59	17.9	1:25	153	45:05	9:01	2:25:35
138	2/2	178	Shelby Woodworth	17	F	Hutchinson	MN	130	28:15	1:55	1:56	132	1:08:00	18.2	1:10	158	46:21	9:17	2:25:39
139	8/10	8	Mark Anderson	57	M	Lombard	IL	90	25:26	1:44	3:00	134	1:08:16	18.1	2:19	163	46:49	9:22	2:25:47
140	1/1	147	D'Arcy Honeycutt	53	F	Bismarck	ND	144	29:45	2:01	2:55	127	1:07:22	18.3	2:20	145	43:39	8:44	2:25:58
141	8/16	116	Hope Austin-Phillip	32	F	Saint Paul	MN	123	27:54	1:54	3:13	165	1:14:53	16.5	1:54	99	38:25	7:41	2:26:17
142	9/12	132	Ann Fellman	35	F	Minneapolis	MN	124	27:56	1:54	1:42	157	1:12:21	17.1	1:33	140	42:52	8:35	2:26:23
143	13/13	92	Ryan Schmidt	24	M	Minneapolis	MN	180	36:10	2:27	3:45	102	1:04:08	19.3	1:35	128	41:33	8:19	2:27:09
144	14/16	39	Benjamin Duffy	36	M	Minneapolis	MN	94	25:41	1:45	3:58	156	1:12:08	17.1	2:03	144	43:36	8:44	2:27:24
145	12/15	114	Douglas Zychowski	42	M	Superior	WI	135	28:34	1:56	2:56	151	1:10:55	17.4	1:48	147	43:50	8:46	2:28:00
146	13/15	40	Mark Eginton	40	M	Duluth	MN	156	30:55	2:06	2:58	125	1:07:18	18.4	1:36	155	45:16	9:04	2:28:01
147	10/17	133	Amy Flessert	25	F	Superior	WI	152	30:37	2:05	3:19	163	1:14:41	16.5	1:14	97	38:17	7:40	2:28:05
148	19/24	101	Christopher Suick	32	M	Deerfield	WI	69	24:15	1:39									2:28:12
149	20/24	230	Scott Vanderwoude	31	M	Minneapolis	MN	178	34:44	2:21	3:37	143	1:09:18	17.8	1:38	114	39:51	7:59	2:29:07
150	15/16	20	Jeremey Carel	37	M	Otsego	MN	79	24:54	1:41	2:43	114	1:05:37	18.8	2:49	177	53:38	10:44	2:29:39
151	21/24	74	Jere Mohr	31	M	Duluth	MN	105	26:25	1:48	3:38	152	1:10:57	17.4	2:21	161	46:47	9:22	2:30:05
152	10/12	175	Karma Unverzagt	35	F	Robbinsdale	MN	110	26:47	1:49	4:02	144	1:09:34	17.8	3:20	160	46:40	9:20	2:30:19
153	16/16	19	Dan Campion	37	M	Danbury	WI	99	26:02	1:46	3:24	158	1:12:34	17.0	1:34	165	47:08	9:26	2:30:39
154	11/17	138	Karlene Griggs	28	F	Maple Grove	MN	134	28:33	1:56	3:04	133	1:08:12	18.1	2:26	170	49:12	9:51	2:31:24
155	14/15	65	Romesh Lakhan	41	M	Duluth	MN	171	32:58	2:14	4:18	148	1:10:22	17.6	2:06	133	42:15	8:27	2:31:55
156	8/9	87	Roger Remark	46	M	Wayzata	MN	160	31:01	2:06	3:08	160	1:13:16	16.9	2:58	134	42:23	8:29	2:32:43
157	12/17	253	Maggie Mork	25	F	Duluth	MN	150	30:25	2:04	3:17	170	1:15:55	16.3	1:50	127	41:30	8:18	2:32:53
158	22/24	24	Erik Christianson	33	M	Mound	MN	164	31:25	2:08	3:32	150	1:10:54	17.4	2:33	151	44:39	8:56	2:33:01
159	12/13	60	Bob Kramer	50	M	Grand Forks	ND	181	36:27	2:28	2:34	146	1:10:17	17.6	1:54	138	42:45	8:33	2:33:54
160	13/13	109	Jim Vonasek	53	M	Big Lake	MN	154	30:47	2:05	3:49	135	1:08:18	18.1	1:18	175	50:25	10:05	2:34:34
161	5/6	134	Laura Friedenber	24	F	Minneapolis	MN	162	31:12	2:07	2:38	155	1:11:42	17.2	1:56	172	49:50	9:58	2:37:15
162	6/6	163	Janna Radtke	24	F	Superior	WI	177	34:13	2:19	5:23	162	1:14:27	16.6	2:48	123	40:36	8:08	2:37:22
163	9/10	83	Gary Peterson	55	M	Superior	WI	148	29:59	2:02	5:55	167	1:15:27	16.4	2:10	149	44:24	8:53	2:37:52
164	11/12	123	Tara Carlson	38	F	Sturgeon Lake	MN	170	32:16	2:11	3:31	166	1:15:11	16.4	2:06	157	45:57	9:12	2:38:58
165	9/16	139	Leah Gruhn	30	F	Duluth	MN	149	30:10	2:03	4:36	147	1:10:18	17.6	2:55	176	51:09	10:14	2:39:05
166	13/17	169	Kathleen Stillmunkes	25	F	Atlanta	GA	173	33:23	2:16	3:39	176	1:18:30	15.7	1:27	135	42:24	8:29	2:39:21
167	1/1	72	Don Meck	70	M	Siren	WI	155	30:52	2:06	6:14	137	1:08:47	18.0	4:00	171	49:35	9:55	2:39:25

168	10/16	167	Bridget Schmitz	30	F	St. Paul	MN	136	28:39	1:57	3:00	171	1:16:23	16.2	2:49	169	49:01	9:49	2:39:49
169	14/17	125	Alexa Carroll	25	F	Duluth	MN	169	32:07	2:11	3:25	168	1:15:29	16.4	2:36	162	46:49	9:22	2:40:23
170	11/16	121	Anna Brabec	34	F	Eau Claire	WI	145	29:54	2:02	4:06	169	1:15:39	16.3	2:20	168	48:57	9:48	2:40:52
171	10/10	225	Rodney Barnes	55	M	Maple Grove	MN	179	36:08	2:27	3:34	141	1:09:01	17.9	2:43	173	49:59	10:00	2:41:21
172	12/16	115	Katie Abrams	30	F	Bloomington	MN	102	26:12	1:47	7:00	178	1:20:54	15.3	4:15	146	43:46	8:46	2:42:04
173	1/1	59	Lyle Koivisto	64	M	Duluth	MN	182	37:22	2:32	3:40	145	1:09:57	17.7	1:25	174	50:07	10:02	2:42:27
174	2/2	126	Vicki Carver	41	F	Lino Lakes	MN	119	27:32	1:52	3:38	177	1:19:57	15.5	2:39	167	48:57	9:48	2:42:40
175	23/24	102	Jie Sun	33	M	Plymouth	MN	172	33:23	2:16	4:22	172	1:16:44	16.1	1:21	166	48:04	9:37	2:43:52
176	15/17	117	Sarah Ayers	28	F	Louisville	KY	185	39:35	2:41	5:30	164	1:14:51	16.5	3:08	152	44:46	8:58	2:47:46
177	16/17	215	Sarah Krasean	26	F	Hayward	WI	140	29:22	2:00	4:34	181	1:29:33	13.8	1:58	150	44:36	8:56	2:50:00
178	12/12	156	Jennifer Morris	38	F	Eau Claire	WI	59	23:23	1:35	4:12	175	1:17:49	15.9	3:42	182	1:02:10	12:26	2:51:12
179	15/15	108	John Unverzagt	44	M	Robbinsdale	MN	101	26:11	1:47	4:58	161	1:14:21	16.6	3:27	184	1:04:02	12:49	2:52:55
180	24/24	64	Chris Lafayette	30	M	Stacy	MN	168	31:48	2:09	3:22	174	1:17:49	15.9	2:00	185	1:04:36	12:56	2:59:33
181	9/9	224	Jim Anderson	49	M	Duluth	MN	184	38:46	2:38	5:08	173	1:17:38	15.9	3:28	178	55:10	11:02	3:00:07
182	13/16	168	Maria Spitael	33	F	New Brighton	MN	175	33:48	2:17	6:01	179	1:24:49	14.6	1:37	179	55:28	11:06	3:01:40
183	14/16	120	Melinda Bors	30	F	Bloomington	MN	165	31:26	2:08	5:08	183	1:38:12	12.6	1:46	159	46:38	9:20	3:03:08
184	15/16	148	Bridget Johnson	31	F	Dillon	CA	132	28:25	1:56	3:42	180	1:28:01	14.0	3:15	183	1:02:16	12:28	3:05:37
185	17/17	161	Katie Pettit	29	F	Duluth	MN	183	38:28	2:36	5:48	182	1:30:24	13.7	3:31	181	59:14	11:51	3:17:21
186	16/16	174	Emily Umulis	30	F	West Lafayette	IN	186	39:46	2:42	5:09	184	1:43:58	11.9	1:30	180	57:10	11:26	3:27:29

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	199	Three Stooges	: Reed Fulghum , Tyler Overby , Sean Ferguson								0:37	1	35:31	7:07	1:54:06
2	191	Park It	: Parker Adams , Jeff Adams , Max Lieberman	1	24:17	1:39	0:57	1	1:01:27	20.1	0:47	2	46:06	9:14	2:13:30

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	184	Flying Rocks	: Diana Ostrowski , Heidi Seeland , Anna Peterson	4	24:25	1:39	0:54	5	1:07:00	18.4	0:40	2	36:53	7:23	2:09:48
2	247	Team MJS	: Suzanne Anderson , Jessica Brown , Missy Grindahl	6	28:27	1:56	1:03	2	1:04:18	19.2	0:45	3	38:12	7:39	2:12:42
3	183	De Cook's	: Margaret Cook , Kathleen Dewahl , Kathleen Dewahl	7	29:56	2:02	1:15	1	1:02:33	19.8	1:42	4	38:37	7:44	2:14:00
4	181	Brawny & Nimble	: Katie Berg , Samantha Carlson , Christine L'abbe	5	25:09	1:42	0:47	7	1:12:08	17.1	0:41	1	35:26	7:06	2:14:07
5	200	Tri-mendous Trio	: Julie Erickson , Brit Salmela , Julianne Peters	2	21:22	1:27	0:51	6	1:09:30	17.8	0:42	7	42:21	8:29	2:14:42
6	197	The Great Dalmutis	: Colleen White , Rita White , Katie Beutel	1	21:00	1:26	0:56	8	1:14:12	16.7	0:41	6	40:02	8:01	2:16:48
7	194	Team EJA	: Elisa Schmitz , Hedin Kari Jacobson , Jennifer Julsrud	8	31:17	2:07	1:08	4	1:06:48	18.5	0:43	5	38:48	7:46	2:18:40
8	249	TEAM ABS	: Emily Brown , Amy Stech , Bonnie Steward	9	35:01	2:22	0:54	3	1:05:43	18.8	0:49	8	42:36	8:32	2:24:59
9	189	Mary's Team	: Katie , Mary , Sarah	3	22:59	1:34	0:56	9	1:22:45	14.9	0:47	9	45:11	9:03	2:32:35

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	187	JB/GL racing	: Jessie Bittner , Gary Lepisto , Jeremy Polson	9	25:53	1:45	0:48	2	58:35	21.1	0:32	1	25:54	5:11	1:51:38
2	192	Red Team GO!!!	: Meredith Hendricks , Zach Chase , Tom Knoll	4	23:26	1:35	1:10	10	1:07:26	18.3	0:35	2	30:14	6:03	2:02:47
3	201	Triple AAA	: Nicole Anderson , Andy Anderson , Aaron Anderson	6	24:00	1:38	1:00	4	1:03:22	19.5	0:39	3	34:50	6:58	2:03:48
4	193	Southside Lakers	: Ashley A Geheren , Troy D Geheren , Allen Merger	8	24:19	1:39					0:38	6	37:42	7:33	2:04:22
5	220	Shining Stars	: Bob Shine , Bob Shine , Nancy Shine	2	22:38	1:32	2:01	1	55:10	22.4	1:08	12	45:03	9:01	2:05:57
6	202	Try-Athletes	: Meghan Anderson , Michael Clabugh , Ryan Sandefer	1	22:16	1:31	0:52	6	1:05:14	18.9	0:36	5	37:10	7:26	2:06:05
7	256	Happy Chiefs	: Jessica Rossing , Al Johnson , Beau Raymond	5	23:48	1:37	0:49	7	1:05:51	18.8	0:43	9	41:23	8:17	2:12:31
8	195	Team G	: Clara Goellner , Mark Goellner , Mitch Gage	7	24:18	1:39	0:54	9	1:06:53	18.5	0:44	10	43:00	8:36	2:15:46
9	198	The Trifection	: Katie Lund , Rick Peterson , Bill Scott	12	29:50	2:01	0:50	11	1:10:16	17.6	0:36	4	35:05	7:01	2:16:33
10	186	Jankrandallofsky	: Kristin Anne Randall , Kurt Anton Jankofsky , Sara Jeanne Jankofsk	13	32:10	2:11	1:09	3	59:56	20.6	0:48	11	43:33	8:43	2:17:33
11	196	The Flesh Monkeys	: Jim Gaylord , Sarah Dungan , Richard Villella	11	28:36	1:56	0:53	12	1:11:08	17.4	0:44	7	39:11	7:51	2:20:29
12	242	Boogie Racing #1	: Gus Layman , Chuck Bugge , Amy Bugge	3	23:12	1:35	0:59	14	1:15:13	16.4	0:49	14	45:34	9:07	2:25:44
13	185	JAK-ed Up	: Justin Liles , Alek Lied , Kim Johnson	15	42:00	2:51	0:54	8	1:06:18	18.6	0:46	8	39:28	7:54	2:29:24
14	250	TNG	: Cate Tsufis , Wayne Gatlin , Morgan Karim	14	32:26	2:12	0:59	5	1:04:27	19.2	0:54	15	56:06	11:14	2:34:49
15	180	Aloadae Callisto	: Andrea Smith , Steve Lokken , Kristen Jeanetta	16	42:29	2:53	1:01	13	1:11:52	17.2	0:52	13	45:16	9:04	2:41:28
16	188	KLAUS	: Kristian Jankofsky , Clifton Toles , Katia Toles	10	26:00	1:46	0:41	15	1:20:23	15.4	0:51	16	58:09	11:38	2:46:01

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	245	Crippled Crappies	: Dave Malban , Jon Heyesen , Kevin Peterson	2	23:13	1:35	1:12	1	52:45	23.4	0:35	1	31:13	6:15	1:48:55
2	221	Wounded Telle-Marks	: Jon Swenson Tellekso , Mark Hawkins , Kenton Johnson	1	22:09	1:30	1:00	2	56:38	21.8	0:39	2	34:05	6:49	1:54:28
3	248	Tsunami	: Joe Mayasich , Dan Beldon , Brandon Kohlts	3	25:22	1:43	1:01	3	1:05:59	18.7	0:44	3	35:16	7:04	2:08:19
4	244	Geezers 153 LLC	: Lucy Grina , Leo Babeu , Craig A.J. Brown	5	30:56	2:06	1:00	6	1:12:33	17.0	0:45	4	38:06	7:38	2:23:17
5	190	Three Old Hams	: Ann Hutchins , Mary Evans , Angela Ross	4	29:13	1:59	1:16	5	1:09:54	17.7	0:53	6	43:32	8:43	2:24:45
6	243	Boogie Racing #2	: Norbert Norman , Paul Bugge , Pat Phillips	6	42:03	2:51	0:55	4	1:06:42	18.5	0:52	5	40:11	8:03	2:30:40

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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 1 182 CitiusFortiusSuprnus : Rosemary Pechous , Kelly Pechous , Casey Baker
 1 24:42 1:41 0:50 1 1:02:34 19.8 0:36 1 34:08 6:50 2:02:47
 Page 1

PENALTY TIME ISSUED

No.	Name	Age	Sex	City	St	Penalty	Penalty	Comment
251	Christopher Frykman	32	M	Mpls	MN	2:00		Drafting

Number of records: 1

DID NOT FINISH

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
151	Marta Lewinski	36	F	Edina	MN	1	24:09	1:38	1:30	1	1:01:46	20.0					

DISQUALIFIED

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	Bruce Bockus	Oklahoma City	OK	54	M	15:31	1:03
2	Greg Rhodes	Bloomington	MN	30	M	16:40	1:08
3	David Thompson	St Paul	MN	31	M	16:43	1:08
4	Reilly Dougherty	Hibbing	MN	19	M	17:30	1:11
5	Brian Bich	Duluth	MN	43	M	17:39	1:12
6	Jonathan Balabuck	Thunder Bay	ON	30	M	17:40	1:12
7	Rhett Bonner	Duluth	MN	45	M	17:43	1:12
8	Heidi Keller-Miler	Chaska	MN	45	F	17:48	1:13
9	Doug Thiessen	Thunder Bay	ON	29	M	18:30	1:15
10	Patrick Parish	Circle Pines	MN	24	M	18:33	1:16

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	mph
						Time	
1	Katie Krasean	Duluth	Mn	24	F	00:40:14	30.7
2	David Thompson	St Paul	Mn	31	M	00:48:54	25.3
3	Jonathan Balabuck	Thunder Bay	On	30	M	00:49:43	24.9
4	Brian Bich	Duluth	Mn	43	M	00:49:48	24.8
5	Rhett Bonner	Duluth	Mn	45	M	00:49:51	24.8
6	Patrick Parish	Circle Pines	Mn	24	M	00:50:44	24.4
7	Greg Rhodes	Bloomington	Mn	30	M	00:51:41	23.9
8	Steve Hohenstein	Duluth	Mn	32	M	00:51:53	23.8
9	Christopher Frykman	Mpls	Mn	32	M	00:52:00	23.8
10	Bill Corcoran	Waite Park	Mn	37	M	00:52:16	23.6

TOP TEN RUN TIMES

Run

PLACE	NAME	CITY	ST	AGE	S	Time	Pace
1	Patrick Parish	Circle Pines	MN	24	M	25:37	5:08
2	Eric Ellingson	St Louis Park	MN	26	M	26:31	5:19
3	David Thompson	St Paul	MN	31	M	26:33	5:19
4	Jonathan Balabuck	Thunder Bay	ON	30	M	26:41	5:21
5	Joshua Blankenheim	Duluth	MN	29	M	27:48	5:34
6	Matt Kramer	Cloquet	MN	24	M	27:55	5:35
7	Brian Bich	Duluth	MN	43	M	28:24	5:41
8	Thomas Woods, Iv	Lincoln	NE	38	M	28:45	5:45
9	Leon Ball	Minneapolis	MN	44	M	28:59	5:48
10	Lucas Pedersen	Richfield	MN	22	M	29:02	5:49

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 Thompson	31	M	St Paul	MN	3	16:43	1:08	1:02	1	48:54	25.3	0:54	3	26:33	5:19	1:34:05
2	203	Jonathan Balabuck	30	M	Thunder Bay	ON	6	17:40	1:12	1:08	2	49:43	24.9	1:11	4	26:41	5:21	1:36:20
3	81	Patrick Parish	24	M	Circle Pines	MN	9	18:33	1:16	1:19	5	50:44	24.4	0:51	1	25:37	5:08	1:37:01
4	2	Brian Bich	43	M	Duluth	MN	5	17:39	1:12	1:07	3	49:48	24.8	1:00	7	28:24	5:41	1:37:53
5	4	Rhett Bonner	45	M	Duluth	MN	7	17:43	1:12	1:00	4	49:52	24.8	1:10	11	29:33	5:55	1:39:15
6	89	Greg Rhodes	30	M	Bloomington	MN	2	16:40	1:08	1:04	6	51:42	23.9	1:04	12	29:42	5:57	1:40:08
7	205	Eric Ellingson	26	M	St Louis Park	MN	10	18:39	1:16	1:24	13	53:02	23.3	1:01	2	26:31	5:19	1:40:33
8	16	Joshua Blankenheim	29	M	Duluth	MN	17	20:46	1:25	1:10	12	53:00	23.3	0:52	5	27:48	5:34	1:43:32
9	113	Thomas Woods, Iv	38	M	Lincoln	NE	13	20:11	1:22	1:22	15	53:31	23.1	1:09	8	28:45	5:45	1:44:56
10	232	Steve Hohenstein	32	M	Duluth	MN	18	20:50	1:25	1:21	7	51:54	23.8	1:03	20	31:01	6:13	1:46:07
11	104	Doug Thiessen	29	M	Thunder Bay	ON	8	18:30	1:15	1:30	26	55:50	22.1	1:01	18	30:32	6:07	1:47:20
12	12	Leon Ball	44	M	Minneapolis	MN	19	20:55	1:25	1:51	19	55:13	22.4	1:10	9	28:59	5:48	1:48:05
13	15	David Binsfeld	34	M	St. Louis Park	MN	15	20:25	1:23	1:46	16	54:11	22.8	1:15	22	31:15	6:15	1:48:50
14	62	Matt Kramer	24	M	Cloquet	MN	21	21:18	1:27	1:40	36	56:58	21.7	1:08	6	27:55	5:35	1:48:55
15	48	John Heinlein Iii	20	M	Stillwater	MN	26	21:46	1:29	1:24	11	52:58	23.3	0:54	25	32:03	6:25	1:49:02
16	36	Reilly Dougherty	19	M	Hibbing	MN	4	17:30	1:11	1:37	53	59:25	20.8	0:59	14	30:06	6:02	1:49:34
17	240	Bill Corcoran	37	M	Waite Park	MN	41	22:30	1:32	1:24	9	52:16	23.6	1:09	26	32:18	6:28	1:49:34
18	236	Lucas Pedersen	22	M	Richfield	MN	23	21:20	1:27	1:34	38	57:04	21.7	1:13	10	29:02	5:49	1:50:10
19	27	Daniel Conley	28	M	Arden Hills	MN	20	21:13	1:27	1:19	21	55:16	22.4	1:02	24	31:43	6:21	1:50:30
20	207	Scott Marsh	41	M	Austin	MN	36	22:09	1:30	1:26	37	57:03	21.7	1:16	13	30:06	6:02	1:51:57
21	31	Greg Daw	23	M	Duluth	MN	33	22:07	1:30	1:20	17	54:50	22.5	0:49	34	33:20	6:40	1:52:24
22	251	Christopher Frykman	32	M	Mpls	MN	28	21:53	1:29	1:21	8	52:00	23.8	1:01	43	34:12	6:51	1:52:24
23	86	Jim Reed	50	M	Duluth	MN	31	22:02	1:30	1:32	42	57:22	21.5	1:21	19	30:42	6:09	1:52:57
24	68	Dave Lundberg	45	M	Woodbury	MN	39	22:29	1:32	2:20	14	53:16	23.2	1:22	39	33:36	6:44	1:53:01
25	110	Emmerson Ward	32	M	Saint Paul	MN	58	24:47	1:41	2:03	10	52:54	23.4	1:17	32	33:09	6:38	1:54:08
26	111	Darin Wieneke	35	M	St. Paul	MN	64	25:21	1:43	1:24	27	56:07	22.0	1:10	15	30:22	6:05	1:54:21
27	44	Taylor Gombos	20	M	St. Cloud	MN	22	21:19	1:27	1:55	48	59:01	20.9	1:45	17	30:25	6:05	1:54:22
28	212	Quintin Plitzkow	35	M	Eagan	MN	37	22:15	1:31	2:49	29	56:14	22.0	1:15	29	32:53	6:35	1:55:23
29	37	David Dow	54	M	West Lakeland	MN	40	22:29	1:32	1:45	20	55:13	22.4	1:26	48	34:56	7:00	1:55:47
30	90	Wade Rockwood	39	M	Park City	UT	44	22:43	1:33	2:28	25	55:36	22.2	1:43	37	33:25	6:41	1:55:52
31	79	Stephen Olson	41	M	Plymouth	MN	27	21:49	1:29	2:05	35	56:58	21.7	1:38	44	34:17	6:52	1:56:45
32	208	Paul Miner	29	M	Duluth	MN	45	22:51	1:33	2:23	22	55:20	22.3	1:28	47	34:46	6:58	1:56:45
33	93	Bill Schmitt	56	M	Duluth	MN	32	22:06	1:30	2:11	18	55:09	22.4	1:35	61	36:06	7:14	1:57:04
34	209	Peter Miner	29	M	Duluth	MN	51	23:48	1:37	1:59	24	55:23	22.3	1:43	46	34:37	6:56	1:57:27
35	41	Henry Eichman	32	M	Duluth	MN	77	26:24	1:47	2:00	44	57:42	21.4	1:09	16	30:25	6:05	1:57:38
36	103	David Swanson	52	M	St Paul	MN	67	25:27	1:44	1:30	28	56:12	22.0	1:16	33	33:19	6:40	1:57:41
37	211	Tyler Olson	29	M	Duluth	MN	50	23:45	1:37	1:35	31	56:29	21.9	1:29	50	35:08	7:02	1:58:24
38	10	Jeff Austin-Phillip	29	M	Saint Paul	MN	48	23:31	1:36	2:24	39	57:06	21.6	1:25	45	34:25	6:53	1:58:47
39	28	Michael Danielson	46	M	Tonka Bay	MN	43	22:36	1:32					1:15	27	32:30	6:30	1:58:52
40	17	Doug Bowen-Bailey	40	M	Duluth	MN	54	23:57	1:38	2:34	32	56:30	21.9	1:26	51	35:12	7:03	1:59:35
41	42	Phil Elkie	49	M	Thunder Bay	ON	29	21:59	1:30	1:49	40	57:06	21.6	1:07	74	37:48	7:34	1:59:46

42	206	Nate Labelle	28	M	Duluth	MN	72	25:46	1:45	2:23	45	57:45	21.4	1:29	28	32:33	6:31	1:59:53
43	241	Larry Stracke	53	M	Sauk Rapids	MN	82	26:37	1:48	2:15	23	55:23	22.3	1:16	49	35:06	7:02	2:00:33
44	70	Tim Maki	36	M	Saginaw	MN	38	22:24	1:31	1:28	50	59:12	20.9	1:38	57	35:55	7:11	2:00:35
45	23	Robert Chose	36	M	Eden Prairie	MN	53	23:54	1:37	1:22	43	57:40	21.4	1:20	66	37:17	7:28	2:01:31
46	67	Spencer Lund	23	M	Lake Lillian	MN	98	29:32	2:00	2:04	46	57:58	21.3	0:53	23	31:24	6:17	2:01:49
47	99	Josh Smith	35	M	Watertown	MN	71	25:43	1:45	2:25	33	56:33	21.9	1:52	53	35:32	7:07	2:02:02
48	52	Tj Jeannette	34	M	North Mankato	MN	57	24:39	1:40	1:50	62	1:01:28	20.1	0:57	36	33:21	6:41	2:02:14
49	255	Bruce Bockus	54	M	Oklahoma City	OK	1	15:31	1:03	4:17	78	1:03:22	19.5	1:50	68	37:20	7:28	2:02:17
50	5	Brendan Abrams	28	M	Minneapolis	MN	90	28:01	1:54	2:30	41	57:19	21.6	1:19	35	33:21	6:41	2:02:28
51	50	Ed Hirsch	22	M	Superior	WI	12	20:02	1:22	1:36	99	1:07:21	18.4	1:06	31	32:55	6:35	2:02:58
52	66	Dave Link	42	M	Eden Prairie	MN	24	21:32	1:28	2:25	79	1:03:32	19.5	1:31	42	34:04	6:49	2:03:02
53	73	Scott Meyer	20	M	Baxter	MN	75	26:07	1:46	2:57	34	56:50	21.7	1:43	52	35:28	7:06	2:03:03
54	29	Emmanuel Darne	38	M	Woodbury	MN	91	28:14	1:55	2:06	47	58:25	21.2	1:21	40	33:44	6:45	2:03:46
55	34	John Dimenna	20	M	West Point	NY	11	19:49	1:21	2:17	72	1:02:13	19.9	1:20	80	38:33	7:43	2:04:10
56	46	Tad Hauck	51	M	Eden Prairie	MN	46	23:05	1:34	2:38	52	59:23	20.8	2:21	65	37:04	7:25	2:04:28
57	231	Nick Stromme	32	M	Kloten	ND	120	33:27	2:16	2:03	30	56:19	21.9	1:44	21	31:12	6:15	2:04:42
58	91	William Schell	34	M	Bozeman	MT	35	22:09	1:30	2:18	66	1:01:38	20.1	1:13	72	37:36	7:32	2:04:52
59	100	Ladislaus Strzok	25	M	Duluth	MN	14	20:23	1:23	1:32	73	1:02:15	19.9	2:14	81	38:38	7:44	2:04:59
60	213	Tony Shoberg	26	M	Duluth	MN	25	21:33	1:28	2:17	75	1:02:23	19.8	1:28	69	37:22	7:29	2:05:00
61	229	Jared Harris	28	M	Minneapolis	MN	62	25:12	1:43	2:27	70	1:02:07	19.9	2:02	38	33:27	6:42	2:05:12
62	7	Jeffry Anderson	22	M	Dulth	MN	42	22:33	1:32	2:02	61	1:01:26	20.1	1:20	75	38:00	7:36	2:05:19
63	51	Adam Iversen	18	M	Victoria	MN	49	23:35	1:36	2:39	88	1:04:23	19.2	1:38	41	34:02	6:49	2:06:15
64	78	Shane Olson	42	M	Duluth	MN	86	27:30	1:52	1:23	56	1:00:53	20.3	1:19	56	35:53	7:11	2:06:54
65	21	Bryan Chadderdon	37	M	Casper	WV	63	25:20	1:43	2:25	60	1:01:20	20.2	1:56	60	36:06	7:14	2:07:03
66	54	Darrin Johnson	42	M	Alexandria	MN	81	26:33	1:48	1:38	64	1:01:37	20.1	1:22	59	36:04	7:13	2:07:11
67	84	Stan Pohmer	31	M	St. Louis Park	MN	69	25:39	1:44	2:35	65	1:01:37	20.1	2:03	55	35:49	7:10	2:07:41
68	228	Skeeter Moore	46	M	Duluth	MN	61	25:04	1:42	2:24	63	1:01:31	20.1	1:34	67	37:20	7:28	2:07:50
69	80	Tom Olson	38	M	Wayzata	MN	47	23:15	1:35	5:23	57	1:01:01	20.3	2:07	64	36:32	7:19	2:08:15
70	82	Glenn Perkins	51	M	Edina	MS	56	24:17	1:39	3:29	59	1:01:19	20.2	1:16	76	38:00	7:36	2:08:19
71	96	Michael Shafirka	32	M	Thunder Bay	ON	59	24:51	1:41	2:10	74	1:02:17	19.8	1:28	73	37:38	7:32	2:08:21
72	210	Jim Miner Jr	55	M	Duluth		65	25:25	1:44	2:04	54	59:27	20.8	1:49	86	39:44	7:57	2:08:25
73	226	Todd Johnson	41	M	Duluth	MN	68	25:37	1:44	2:10	55	1:00:41	20.4	1:58	79	38:31	7:43	2:08:54
74	214	Benjamin Welch	19	M	Duluth	MN	113	31:24	2:08	1:56	51	59:16	20.9	0:57	54	35:41	7:09	2:09:11
75	254	Ron Van Dell	53	M	Duluth	MN	83	26:59	1:50	1:02	102	1:07:57	18.2	0:39	30	32:55	6:35	2:09:29
76	58	Kris King	33	M	Ramsey	MN	30	21:59	1:30	2:11	81	1:03:44	19.4	1:20	89	40:17	8:04	2:09:29
77	49	Craig Hill	26	M	Minneapolis	MN	93	28:29	1:56	2:28	69	1:01:56	20.0	1:22	58	35:56	7:12	2:10:08
78	88	Frank Rezac	45	M	Saint Cloud	MN	34	22:08	1:30	3:19	58	1:01:17	20.2	2:01	98	42:25	8:29	2:11:07
79	38	Matthew Ducette	29	M	Waconia	MN	104	30:41	2:05	2:12	68	1:01:45	20.0	1:39	62	36:10	7:14	2:12:26
80	33	Christopher Delaney	50	M	Ames	IA	85	27:15	1:51	2:44	67	1:01:41	20.0	1:40	88	39:58	8:00	2:13:15
81	227	Pete Holm	28	M	Shakopee	MN	80	26:32	1:48	3:09	86	1:04:17	19.2	2:28	78	38:23	7:41	2:14:45
82	85	William Portilla	58	M	Duluth	MN	78	26:24	1:48	3:39	85	1:04:14	19.2	2:10	82	38:42	7:45	2:15:06
83	13	Nicholas Beamer	28	M	Grand Forks Afb	ND	112	31:02	2:06	1:26	89	1:05:00	19.0	1:26	63	36:29	7:18	2:15:21
84	53	Heath Jensen	30	M	Roseville	MN	16	20:27	1:23	3:10	101	1:07:46	18.2	1:24	99	42:40	8:32	2:15:25
85	223	Rick E. Wheeler	58	M	River Falls	WI	87	27:52	1:53	3:18	77	1:03:13	19.6	1:44	92	40:29	8:06	2:16:33
86	235	Pete Mattson	32	M	Duluth	MN	73	25:57	1:46	2:59	95	1:06:20	18.6	2:09	84	39:22	7:53	2:16:44
87	9	Tyler Anderson	21	M	North Mankato	MN	116	31:43	2:09	2:41	76	1:03:01	19.6	1:02	83	38:48	7:46	2:17:12
88	56	Phil Johnson	25	M	Edina	MN	115	31:29	2:08	2:26	94	1:06:03	18.7	1:09	71	37:31	7:31	2:18:35
89	112	Terry Wiens	52	M	Duluth	MN	89	28:00	1:54	3:42	100	1:07:33	18.3	1:46	77	38:03	7:37	2:19:02
90	30	Steven Davidson	53	M	Edina	MN	101	29:59	2:02	2:48	82	1:04:02	19.3	1:37	93	41:27	8:18	2:19:49
91	32	Peter Deanovic	26	M	Edina	MN	103	30:36	2:05	2:45	90	1:05:20	18.9	1:59	85	39:29	7:54	2:20:06
92	71	Dan McLaughlin	29	M	Anoka	MN	100	29:54	2:02	2:29	49	59:03	20.9	2:07	115	46:52	9:23	2:20:21
93	18	Nick Brooks	31	M	Saint Paul	MN	97	29:18	1:59	2:03	87	1:04:23	19.2	2:16	102	43:01	8:37	2:20:58
94	95	Chad Scott	42	M	Hermantown	MN	92	28:23	1:56	4:20	84	1:04:12	19.3	2:41	95	41:44	8:21	2:21:17
95	14	Tom Beissel	55	M	Dixon	IL	95	28:49	1:57	3:30	71	1:02:12	19.9	1:55	110	45:06	9:02	2:21:29
96	11	Mateo Ayala	38	M	Apo	AP	52	23:51	1:37	1:45	116	1:11:05	17.4	1:50	103	43:33	8:43	2:22:03
97	76	Vance Okstad	32	M	Proctor	MN	109	30:59	2:06	2:54	97	1:06:33	18.6	1:26	91	40:18	8:04	2:22:07
98	222	Ryan Goei	35	M	Duluth	MN	108	30:56	2:06	3:41	93	1:05:42	18.8	2:12	90	40:17	8:04	2:22:44
99	63	Matt Kramer	28	M	St Louis Park	MN	99	29:35	2:00	2:17	96	1:06:29	18.6	1:39	101	42:49	8:34	2:22:46

100	35	Shawn Donohue	45	M	Thunder Bay	ON	96	29:01	1:58	4:07	80	1:03:40	19.4	1:57	106	44:21	8:53	2:23:03
101	25	David Ciresi	44	M	Eau Claire	WI	110	30:59	2:06	3:33	105	1:08:33	18.0	2:31	70	37:31	7:31	2:23:06
102	204	Richard Crowell	58	M	Duluth	MN	88	28:00	1:54	4:14	91	1:05:28	18.9	2:20	112	45:22	9:05	2:25:19
103	6	Rick Agar	55	M	Duluth	MN	84	27:06	1:50	3:04	107	1:08:59	17.9	1:25	109	45:05	9:01	2:25:35
104	8	Mark Anderson	57	M	Lombard	IL	66	25:26	1:44	3:00	103	1:08:16	18.1	2:19	114	46:49	9:22	2:25:47
105	92	Ryan Schmidt	24	M	Minneapolis	MN	123	36:10	2:27	3:45	83	1:04:08	19.3	1:35	94	41:33	8:19	2:27:09
106	39	Benjamin Duffy	36	M	Minneapolis	MN	70	25:41	1:45	3:58	117	1:12:08	17.1	2:03	104	43:36	8:44	2:27:24
107	114	Douglas Zychowski	42	M	Superior	WI	94	28:34	1:56	2:56	114	1:10:55	17.4	1:48	105	43:50	8:46	2:28:00
108	40	Mark Eginton	40	M	Duluth	MN	107	30:55	2:06	2:58	98	1:07:18	18.4	1:36	111	45:16	9:04	2:28:01
109	101	Christopher Suick	32	M	Deerfield	WI	55	24:15	1:39									2:28:12
110	230	Scott Vanderwoude	31	M	Minneapolis	MN	121	34:44	2:21	3:37	109	1:09:18	17.8	1:38	87	39:51	7:59	2:29:07
111	20	Jeremey Carel	37	M	Otsego	MN	60	24:54	1:41	2:43	92	1:05:37	18.8	2:49	122	53:38	10:44	2:29:39
112	74	Jere Mohr	31	M	Duluth	MN	79	26:25	1:48	3:38	115	1:10:57	17.4	2:21	113	46:47	9:22	2:30:05
113	19	Dan Champion	37	M	Danbury	WI	74	26:02	1:46	3:24	118	1:12:34	17.0	1:34	116	47:08	9:26	2:30:39
114	65	Romesh Lakhan	41	M	Duluth	MN	118	32:58	2:14	4:18	112	1:10:22	17.6	2:06	96	42:15	8:27	2:31:55
115	87	Roger Remark	46	M	Wayzata	MN	111	31:01	2:06	3:08	119	1:13:16	16.9	2:58	97	42:23	8:29	2:32:43
116	24	Erik Christianson	33	M	Mound	MN	114	31:25	2:08	3:32	113	1:10:54	17.4	2:33	108	44:39	8:56	2:33:01
117	60	Bob Kramer	50	M	Grand Forks	ND	124	36:27	2:28	2:34	111	1:10:17	17.6	1:54	100	42:45	8:33	2:33:54
118	109	Jim Vonasek	53	M	Big Lake	MN	105	30:47	2:05	3:49	104	1:08:18	18.1	1:18	121	50:25	10:05	2:34:34
119	83	Gary Peterson	55	M	Superior	WI	102	29:59	2:02	5:55	121	1:15:27	16.4	2:10	107	44:24	8:53	2:37:52
120	72	Don Meck	70	M	Siren	WI	106	30:52	2:06	6:14	106	1:08:47	18.0	4:00	118	49:35	9:55	2:39:25
121	225	Rodney Barnes	55	M	Maple Grove	MN	122	36:08	2:27	3:34	108	1:09:01	17.9	2:43	119	49:59	10:00	2:41:21
122	59	Lyle Koivisto	64	M	Duluth	MN	125	37:22	2:32	3:40	110	1:09:57	17.7	1:25	120	50:07	10:02	2:42:27
123	102	Jie Sun	33	M	Plymouth	MN	119	33:23	2:16	4:22	122	1:16:44	16.1	1:21	117	48:04	9:37	2:43:52
124	108	John Unverzagt	44	M	Robbinsdale	MN	76	26:11	1:47	4:58	120	1:14:21	16.6	3:27	124	1:04:02	12:49	2:52:55
125	64	Chris Lafayette	30	M	Stacy	MN	117	31:48	2:09	3:22	124	1:17:49	15.9	2:00	125	1:04:36	12:56	2:59:33
126	224	Jim Anderson	49	M	Duluth	MN	126	38:46	2:38	5:08	123	1:17:38	15.9	3:28	123	55:10	11:02	3:00:07

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	238	Heidi Keller-Miler	45	F	Chaska	MN	1	17:48	1:13	1:09	4	58:48	21.0	1:10	4	33:00	6:36	1:51:51
2	217	Marlo McGaver	39	F	Duluth	MN	34	27:36	1:52	2:04	2	54:31	22.7	1:21	2	30:53	6:11	1:56:21
3	165	Lesley Rockwood	37	F	Park City	UT	8	21:59	1:30	1:43	3	57:50	21.4	1:13	5	33:42	6:45	1:56:24
4	237	Jenny Wilcox	35	F	Cottage Grove	MN	19	24:45	1:41	2:03	5	58:52	21.0	2:03	1	30:22	6:05	1:58:02
5	176	Kristen Vidlak	26	F	Thunder Bay On	ON	6	21:56	1:29	1:43	9	59:14	20.9	1:13	9	35:24	7:05	1:59:26
6	216	Stephanie Alcivar	30	F	Bloomington	MN	2	19:05	1:18	1:57	6	59:06	20.9	1:41	18	37:43	7:33	1:59:29
7	233	Angel Hohenstein	31	F	Duluth	MN	17	24:33	1:40	2:23	8	59:13	20.9	1:28	3	32:13	6:27	1:59:47
8	149	Katie Krasean	24	F	Duluth	MN	56	34:09	2:19	4:05	1	40:14	30.7	2:01	33	41:27	8:18	2:01:54
9	152	Tara Makinen	30	F	Duluth	MN	20	24:56	1:42	1:55	7	59:08	20.9	1:24	8	34:58	7:00	2:02:18
10	127	Jessica Deegan	33	F	Saint Paul	MN	9	22:53	1:33	1:36	13	1:01:51	20.0	1:19	10	35:47	7:10	2:03:23
11	154	Sawra Maurer	29	F	Rochester	MN	3	19:57	1:21	1:45	27	1:07:12	18.4	1:17	7	34:48	6:58	2:04:57
12	153	Hilarie Martin	28	F	Minneapolis	MN	16	24:23	1:39	2:29	12	1:01:34	20.1	1:42	14	37:15	7:27	2:07:20
13	164	Kari Reed	24	F	Hopkins	MN	5	21:35	1:28	1:26	19	1:03:59	19.3	1:19	25	39:09	7:50	2:07:24
14	137	Gina Graves	38	F	St. Louis Park	MN	13	23:41	1:37	2:33	16	1:02:24	19.8	1:42	22	38:34	7:43	2:08:52
15	119	Diane Birkeland	43	F	Minneapolis	MN	31	27:02	1:50	3:22	10	1:00:21	20.5	2:45	11	36:06	7:14	2:09:32
16	172	Debbie Tufts	37	F	Minneapolis	MN	30	27:01	1:50	1:52	17	1:02:40	19.7	1:26	15	37:31	7:31	2:10:28
17	131	Anne Elkie	49	F	Thunder Bay	ON	4	20:47	1:25	2:26	25	1:06:46	18.5	1:21	28	39:58	8:00	2:11:15
18	129	Jackie Dezellar	46	F	Eden Prairie	MN	38	28:10	1:55	2:13	11	1:01:07	20.2	1:56	19	38:05	7:37	2:11:27
19	144	Amy Hite	33	F	Cottage Grove	MN	22	25:09	1:42	2:09	18	1:03:49	19.4	1:20	26	39:09	7:50	2:11:32
20	118	Sarah Berger	23	F	St. Paul	MN	27	26:35	1:48	2:14	21	1:05:07	19.0	1:19	12	36:22	7:17	2:11:34
21	150	Angela Langsdorf	36	F	Minneapolis	MN	15	24:17	1:39	2:09	20	1:04:23	19.2	1:21	30	40:25	8:05	2:12:31
22	218	Katherine Rubin	47	F	Duluth	MN	29	26:54	1:50	2:28	15	1:02:08	19.9	1:34	27	39:44	7:57	2:12:43
23	219	Casey Slezniow	21	F	Minneapolis	MN	10	22:58	1:34	2:51	14	1:01:57	20.0	1:39	40	43:23	8:41	2:12:46
24	159	Tracy Paradise	35	F	Excelsior	MN	23	25:09	1:42	2:46	22	1:05:25	18.9	2:00	17	37:39	7:32	2:12:55
25	177	Erin Williams	25	F	Shorewood	MN	44	29:28	2:00	2:05	24	1:06:40	18.5	1:19	6	34:44	6:57	2:14:13
26	561	Kristen Regas	28	F	Duluth	MN	25	25:52	1:45	2:29	26	1:07:11	18.4	1:59	16	37:37	7:32	2:15:04

27	146	Rachel Holzemer	27	F	St. Paul	MN	14	23:57	1:38	2:16	33	1:08:55	17.9	1:42	24	38:55	7:47	2:15:42
28	124	Tiffany Carlson	29	F	Duluth	MN	32	27:07	1:50	2:17	32	1:08:50	18.0	1:10	13	36:52	7:23	2:16:12
29	171	Emily Tritabaugh	27	F	Minneapolis	MN	24	25:24	1:43	2:07	23	1:05:52	18.8	1:32	37	42:00	8:24	2:16:52
30	143	Erin Hill	17	F	Duluth	MN	11	23:07	1:34	3:40	29	1:07:53	18.2	2:24	36	41:56	8:24	2:18:56
31	128	Deborah Deknock	38	F	Thunder Bay	ON	18	24:38	1:40	3:00	37	1:10:43	17.5	1:52	23	38:51	7:47	2:19:01
32	170	Emily Toot	25	F	Minneapolis	MN	7	21:58	1:30	2:48	41	1:13:04	16.9	1:05	32	41:16	8:16	2:20:06
33	162	Anna Pohmer	30	F	St. Louis Park	MN	21	25:08	1:42	2:54	34	1:09:02	17.9	1:44	35	41:43	8:21	2:20:27
34	145	Lisa Holzemer	30	F	Minneapolis	MN	35	27:53	1:53	2:27	38	1:11:29	17.3	2:17	29	40:08	8:02	2:24:11
35	178	Shelby Woodworth	17	F	Hutchinson	MN	39	28:15	1:55	1:56	30	1:08:00	18.2	1:10	46	46:21	9:17	2:25:39
36	147	D'Arcy Honeycutt	53	F	Bismarck	ND	45	29:45	2:01	2:55	28	1:07:22	18.3	2:20	41	43:39	8:44	2:25:58
37	116	Hope Austin-Phillip	32	F	Saint Paul	MN	36	27:54	1:54	3:13	45	1:14:53	16.5	1:54	21	38:25	7:41	2:26:17
38	132	Ann Fellman	35	F	Minneapolis	MN	37	27:56	1:54	1:42	40	1:12:21	17.1	1:33	39	42:52	8:35	2:26:23
39	133	Amy Flessert	25	F	Superior	WI	49	30:37	2:05	3:19	43	1:14:41	16.5	1:14	20	38:17	7:40	2:28:05
40	175	Karma Unverzagt	35	F	Robbinsdale	MN	28	26:47	1:49	4:02	35	1:09:34	17.8	3:20	48	46:40	9:20	2:30:19
41	138	Karlene Griggs	28	F	Maple Grove	MN	41	28:33	1:56	3:04	31	1:08:12	18.1	2:26	53	49:12	9:51	2:31:24
42	253	Maggie Mork	25	F	Duluth	MN	48	30:25	2:04	3:17	49	1:15:55	16.3	1:50	34	41:30	8:18	2:32:53
43	134	Laura Friedenber	24	F	Minneapolis	MN	50	31:12	2:07	2:38	39	1:11:42	17.2	1:56	54	49:50	9:58	2:37:15
44	163	Janna Radtke	24	F	Superior	WI	57	34:13	2:19	5:23	42	1:14:27	16.6	2:48	31	40:36	8:08	2:37:22
45	123	Tara Carlson	38	F	Sturgeon Lake	MN	53	32:16	2:11	3:31	46	1:15:11	16.4	2:06	45	45:57	9:12	2:38:58
46	139	Leah Gruhn	30	F	Duluth	MN	47	30:10	2:03	4:36	36	1:10:18	17.6	2:55	55	51:09	10:14	2:39:05
47	169	Kathleen Stillmunkes	25	F	Atlanta	GA	54	33:23	2:16	3:39	52	1:18:30	15.7	1:27	38	42:24	8:29	2:39:21
48	167	Bridget Schmitz	30	F	St. Paul	MN	42	28:39	1:57	3:00	50	1:16:23	16.2	2:49	52	49:01	9:49	2:39:49
49	125	Alexa Carroll	25	F	Duluth	MN	52	32:07	2:11	3:25	47	1:15:29	16.4	2:36	49	46:49	9:22	2:40:23
50	121	Anna Brabec	34	F	Eau Claire	WI	46	29:54	2:02	4:06	48	1:15:39	16.3	2:20	51	48:57	9:48	2:40:52
51	115	Katie Abrams	30	F	Bloomington	MN	26	26:12	1:47	7:00	54	1:20:54	15.3	4:15	42	43:46	8:46	2:42:04
52	126	Vicki Carver	41	F	Lino Lakes	MN	33	27:32	1:52	3:38	53	1:19:57	15.5	2:39	50	48:57	9:48	2:42:40
53	117	Sarah Ayers	28	F	Louisville	KY	59	39:35	2:41	5:30	44	1:14:51	16.5	3:08	44	44:46	8:58	2:47:46
54	215	Sarah Krasean	26	F	Hayward	WI	43	29:22	2:00	4:34	57	1:29:33	13.8	1:58	43	44:36	8:56	2:50:00
55	156	Jennifer Morris	38	F	Eau Claire	WI	12	23:23	1:35	4:12	51	1:17:49	15.9	3:42	59	1:02:10	12:26	2:51:12
56	168	Maria Spitael	33	F	New Brighton	MN	55	33:48	2:17	6:01	55	1:24:49	14.6	1:37	56	55:28	11:06	3:01:40
57	120	Melinda Bors	30	F	Bloomington	MN	51	31:26	2:08	5:08	59	1:38:12	12.6	1:46	47	46:38	9:20	3:03:08
58	148	Bridget Johnson	31	F	Dillon	CA	40	28:25	1:56	3:42	56	1:28:01	14.0	3:15	60	1:02:16	12:28	3:05:37
59	161	Katie Pettit	29	F	Duluth	MN	58	38:28	2:36	5:48	58	1:30:24	13.7	3:31	58	59:14	11:51	3:17:21
60	174	Emily Umulis	30	F	West Lafayette	IN	60	39:46	2:42	5:09	60	1:43:58	11.9	1:30	57	57:10	11:26	3:27:29

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	143	Erin Hill	17	F	Duluth	MN	1	23:07	1:34	3:40	1	1:07:53	18.2	2:24	1	41:56	8:24	2:18:56
2	178	Shelby Woodworth	17	F	Hutchinson	MN	2	28:15	1:55	1:56	2	1:08:00	18.2	1:10	2	46:21	9:17	2:25:39

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	149	Katie Krasean	24	F	Duluth	MN	5	34:09	2:19	4:05	1	40:14	30.7	2:01	4	41:27	8:18	2:01:54
2	164	Kari Reed	24	F	Hopkins	MN	1	21:35	1:28	1:26	3	1:03:59	19.3	1:19	2	39:09	7:50	2:07:24
3	118	Sarah Berger	23	F	St. Paul	MN	3	26:35	1:48	2:14	4	1:05:07	19.0	1:19	1	36:22	7:17	2:11:34
4	219	Casey Slezniow	21	F	Minneapolis	MN	2	22:58	1:34	2:51	2	1:01:57	20.0	1:39	5	43:23	8:41	2:12:46
5	134	Laura Friedenber	24	F	Minneapolis	MN	4	31:12	2:07	2:38	5	1:11:42	17.2	1:56	6	49:50	9:58	2:37:15
6	163	Janna Radtke	24	F	Superior	WI	6	34:13	2:19	5:23	6	1:14:27	16.6	2:48	3	40:36	8:08	2:37:22

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	176	Kristen Vidlak	26	F	Thunder Bay On	ON	2	21:56	1:29	1:43	1	59:14	20.9	1:13	3	35:24	7:05	1:59:26
2	154	Sawra Maurer	29	F	Rochester	MN	1	19:57	1:21	1:45	6	1:07:12	18.4	1:17	2	34:48	6:58	2:04:57
3	153	Hilarie Martin	28	F	Minneapolis	MN	5	24:23	1:39	2:29	2	1:01:34	20.1	1:42	5	37:15	7:27	2:07:20
4	177	Erin Williams	25	F	Shorewood	MN	11	29:28	2:00	2:05	4	1:06:40	18.5	1:19	1	34:44	6:57	2:14:13

5	561	Kristen Regas	28	F	Duluth	MN	7	25:52	1:45	2:29	5	1:07:11	18.4	1:59	6	37:37	7:32	2:15:04
6	146	Rachel Holzemer	27	F	St. Paul	MN	4	23:57	1:38	2:16	9	1:08:55	17.9	1:42	8	38:55	7:47	2:15:42
7	124	Tiffany Carlson	29	F	Duluth	MN	8	27:07	1:50	2:17	8	1:08:50	18.0	1:10	4	36:52	7:23	2:16:12
8	171	Emily Tritabaugh	27	F	Minneapolis	MN	6	25:24	1:43	2:07	3	1:05:52	18.8	1:32	11	42:00	8:24	2:16:52
9	170	Emily Toot	25	F	Minneapolis	MN	3	21:58	1:30	2:48	10	1:13:04	16.9	1:05	9	41:16	8:16	2:20:06
10	133	Amy Flessert	25	F	Superior	WI	13	30:37	2:05	3:19	11	1:14:41	16.5	1:14	7	38:17	7:40	2:28:05
11	138	Karlene Griggs	28	F	Maple Grove	MN	9	28:33	1:56	3:04	7	1:08:12	18.1	2:26	16	49:12	9:51	2:31:24
12	253	Maggie Mork	25	F	Duluth	MN	12	30:25	2:04	3:17	14	1:15:55	16.3	1:50	10	41:30	8:18	2:32:53
13	169	Kathleen Stillmunkes	25	F	Atlanta	GA	15	33:23	2:16	3:39	15	1:18:30	15.7	1:27	12	42:24	8:29	2:39:21
14	125	Alexa Carroll	25	F	Duluth	MN	14	32:07	2:11	3:25	13	1:15:29	16.4	2:36	15	46:49	9:22	2:40:23
15	117	Sarah Ayers	28	F	Louisville	KY	17	39:35	2:41	5:30	12	1:14:51	16.5	3:08	14	44:46	8:58	2:47:46
16	215	Sarah Krasean	26	F	Hayward	WI	10	29:22	2:00	4:34	16	1:29:33	13.8	1:58	13	44:36	8:56	2:50:00
17	161	Katie Pettit	29	F	Duluth	MN	16	38:28	2:36	5:48	17	1:30:24	13.7	3:31	17	59:14	11:51	3:17:21

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	216	Stephanie Alcivar	30	F	Bloomington	MN	1	19:05	1:18	1:57	1	59:06	20.9	1:41	4	37:43	7:33	1:59:29
2	233	Angel Hohenstein	31	F	Duluth	MN	3	24:33	1:40	2:23	3	59:13	20.9	1:28	1	32:13	6:27	1:59:47
3	152	Tara Makinen	30	F	Duluth	MN	4	24:56	1:42	1:55	2	59:08	20.9	1:24	2	34:58	7:00	2:02:18
4	127	Jessica Deegan	33	F	Saint Paul	MN	2	22:53	1:33	1:36	4	1:01:51	20.0	1:19	3	35:47	7:10	2:03:23
5	144	Amy Hite	33	F	Cottage Grove	MN	6	25:09	1:42	2:09	5	1:03:49	19.4	1:20	6	39:09	7:50	2:11:32
6	162	Anna Pohmer	30	F	St. Louis Park	MN	5	25:08	1:42	2:54	6	1:09:02	17.9	1:44	8	41:43	8:21	2:20:27
7	145	Lisa Holzemer	30	F	Minneapolis	MN	8	27:53	1:53	2:27	8	1:11:29	17.3	2:17	7	40:08	8:02	2:24:11
8	116	Hope Austin-Phillip	32	F	Saint Paul	MN	9	27:54	1:54	3:13	9	1:14:53	16.5	1:54	5	38:25	7:41	2:26:17
9	139	Leah Gruhn	30	F	Duluth	MN	13	30:10	2:03	4:36	7	1:10:18	17.6	2:55	13	51:09	10:14	2:39:05
10	167	Bridget Schmitz	30	F	St. Paul	MN	11	28:39	1:57	3:00	11	1:16:23	16.2	2:49	12	49:01	9:49	2:39:49
11	121	Anna Brabec	34	F	Eau Claire	WI	12	29:54	2:02	4:06	10	1:15:39	16.3	2:20	11	48:57	9:48	2:40:52
12	115	Katie Abrams	30	F	Bloomington	MN	7	26:12	1:47	7:00	12	1:20:54	15.3	4:15	9	43:46	8:46	2:42:04
13	168	Maria Spitael	33	F	New Brighton	MN	15	33:48	2:17	6:01	13	1:24:49	14.6	1:37	14	55:28	11:06	3:01:40
14	120	Melinda Bors	30	F	Bloomington	MN	14	31:26	2:08	5:08	15	1:38:12	12.6	1:46	10	46:38	9:20	3:03:08
15	148	Bridget Johnson	31	F	Dillon	CA	10	28:25	1:56	3:42	14	1:28:01	14.0	3:15	16	1:02:16	12:28	3:05:37
16	174	Emily Umulis	30	F	West Lafayette	IN	16	39:46	2:42	5:09	16	1:43:58	11.9	1:30	15	57:10	11:26	3:27:29

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	217	Marlo McGaver	39	F	Duluth	MN	10	27:36	1:52	2:04	1	54:31	22.7	1:21	2	30:53	6:11	1:56:21
2	165	Lesley Rockwood	37	F	Park City	UT	1	21:59	1:30	1:43	2	57:50	21.4	1:13	3	33:42	6:45	1:56:24
3	237	Jenny Wilcox	35	F	Cottage Grove	MN	6	24:45	1:41	2:03	3	58:52	21.0	2:03	1	30:22	6:05	1:58:02
4	137	Gina Graves	38	F	St. Louis Park	MN	3	23:41	1:37	2:33	4	1:02:24	19.8	1:42	6	38:34	7:43	2:08:52
5	172	Debbie Tufts	37	F	Minneapolis	MN	9	27:01	1:50	1:52	5	1:02:40	19.7	1:26	4	37:31	7:31	2:10:28
6	150	Angela Langsdorf	36	F	Minneapolis	MN	4	24:17	1:39	2:09	6	1:04:23	19.2	1:21	8	40:25	8:05	2:12:31
7	159	Tracy Paradise	35	F	Excelsior	MN	7	25:09	1:42	2:46	7	1:05:25	18.9	2:00	5	37:39	7:32	2:12:55
8	128	Deborah Deknock	38	F	Thunder Bay	ON	5	24:38	1:40	3:00	9	1:10:43	17.5	1:52	7	38:51	7:47	2:19:01
9	132	Ann Fellman	35	F	Minneapolis	MN	11	27:56	1:54	1:42	10	1:12:21	17.1	1:33	9	42:52	8:35	2:26:23
10	175	Karma Unverzagt	35	F	Robbinsdale	MN	8	26:47	1:49	4:02	8	1:09:34	17.8	3:20	11	46:40	9:20	2:30:19
11	123	Tara Carlson	38	F	Sturgeon Lake	MN	12	32:16	2:11	3:31	11	1:15:11	16.4	2:06	10	45:57	9:12	2:38:58
12	156	Jennifer Morris	38	F	Eau Claire	WI	2	23:23	1:35	4:12	12	1:17:49	15.9	3:42	12	1:02:10	12:26	2:51:12

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	119	Diane Birkeland	43	F	Minneapolis	MN	1	27:02	1:50	3:22	1	1:00:21	20.5	2:45	1	36:06	7:14	2:09:32
2	126	Vicki Carver	41	F	Lino Lakes	MN	2	27:32	1:52	3:38	2	1:19:57	15.5	2:39	2	48:57	9:48	2:42:40

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
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1	238	Heidi Keller-Miler	45	F	Chaska	MN	1	17:48	1:13	1:09	1	58:48	21.0	1:10	1	33:00	6:36	1:51:51
2	131	Anne Elkie	49	F	Thunder Bay	ON	2	20:47	1:25	2:26	4	1:06:46	18.5	1:21	4	39:58	8:00	2:11:15
3	129	Jackie Dezellar	46	F	Eden Prairie	MN	4	28:10	1:55	2:13	2	1:01:07	20.2	1:56	2	38:05	7:37	2:11:27
4	218	Katherine Rubin	47	F	Duluth	MN	3	26:54	1:50	2:28	3	1:02:08	19.9	1:34	3	39:44	7:57	2:12:43

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	147	D'Arcy Honeycutt	53	F	Bismarck	ND	1	29:45	2:01	2:55	1	1:07:22	18.3	2:20	1	43:39	8:44	2:25:58

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
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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	36	Reilly Dougherty	19	M	Hibbing	MN	1	17:30	1:11	1:37	2	59:25	20.8	0:59	1	30:06	6:02	1:49:34
2	51	Adam Iversen	18	M	Victoria	MN	2	23:35	1:36	2:39	3	1:04:23	19.2	1:38	2	34:02	6:49	2:06:15
3	214	Benjamin Welch	19	M	Duluth	MN	3	31:24	2:08	1:56	1	59:16	20.9	0:57	3	35:41	7:09	2:09:11

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	81	Patrick Parish	24	M	Circle Pines	MN	1	18:33	1:16	1:19	1	50:44	24.4	0:51	1	25:37	5:08	1:37:01
2	62	Matt Kramer	24	M	Cloquet	MN	4	21:18	1:27	1:40	5	56:58	21.7	1:08	2	27:55	5:35	1:48:55
3	48	John Heinlein Iii	20	M	Stillwater	MN	7	21:46	1:29	1:24	2	52:58	23.3	0:54	6	32:03	6:25	1:49:02
4	236	Lucas Pedersen	22	M	Richfield	MN	6	21:20	1:27	1:34	6	57:04	21.7	1:13	3	29:02	5:49	1:50:10
5	31	Greg Daw	23	M	Duluth	MN	8	22:07	1:30	1:20	3	54:50	22.5	0:49	8	33:20	6:40	1:52:24
6	44	Taylor Gombos	20	M	St. Cloud	MN	5	21:19	1:27	1:55	8	59:01	20.9	1:45	4	30:25	6:05	1:54:22
7	67	Spencer Lund	23	M	Lake Lillian	MN	11	29:32	2:00	2:04	7	57:58	21.3	0:53	5	31:24	6:17	2:01:49
8	50	Ed Hirsch	22	M	Superior	WI	3	20:02	1:22	1:36	13	1:07:21	18.4	1:06	7	32:55	6:35	2:02:58
9	73	Scott Meyer	20	M	Baxter	MN	10	26:07	1:46	2:57	4	56:50	21.7	1:43	9	35:28	7:06	2:03:03

10	34	John Dimenna	20	M	West Point	NY	2	19:49	1:21	2:17	10	1:02:13	19.9	1:20	11	38:33	7:43	2:04:10
11	7	Jeffry Anderson	22	M	Duluth	MN	9	22:33	1:32	2:02	9	1:01:26	20.1	1:20	10	38:00	7:36	2:05:19
12	9	Tyler Anderson	21	M	North Mankato	MN	12	31:43	2:09	2:41	11	1:03:01	19.6	1:02	12	38:48	7:46	2:17:12
13	92	Ryan Schmidt	24	M	Minneapolis	MN	13	36:10	2:27	3:45	12	1:04:08	19.3	1:35	13	41:33	8:19	2:27:09

MALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	205	Eric Ellingson	26	M	St Louis Park	MN	2	18:39	1:16	1:24	2	53:02	23.3	1:01	1	26:31	5:19	1:40:33
2	16	Joshua Blankenheim	29	M	Duluth	MN	4	20:46	1:25	1:10	1	53:00	23.3	0:52	2	27:48	5:34	1:43:32
3	104	Doug Thiessen	29	M	Thunder Bay	ON	1	18:30	1:15	1:30	6	55:50	22.1	1:01	3	30:32	6:07	1:47:20
4	27	Daniel Conley	28	M	Arden Hills	MN	5	21:13	1:27	1:19	3	55:16	22.4	1:02	4	31:43	6:21	1:50:30
5	208	Paul Miner	29	M	Duluth	MN	7	22:51	1:33	2:23	4	55:20	22.3	1:28	10	34:46	6:58	1:56:45
6	209	Peter Miner	29	M	Duluth	MN	10	23:48	1:37	1:59	5	55:23	22.3	1:43	9	34:37	6:56	1:57:27
7	211	Tyler Olson	29	M	Duluth	MN	9	23:45	1:37	1:35	7	56:29	21.9	1:29	11	35:08	7:02	1:58:24
8	10	Jeff Austin-Phillip	29	M	Saint Paul	MN	8	23:31	1:36	2:24	8	57:06	21.6	1:25	8	34:25	6:53	1:58:47
9	206	Nate Labelle	28	M	Duluth	MN	12	25:46	1:45	2:23	10	57:45	21.4	1:29	5	32:33	6:31	1:59:53
10	5	Brendan Abrams	28	M	Minneapolis	MN	14	28:01	1:54	2:30	9	57:19	21.6	1:19	6	33:21	6:41	2:02:28
11	100	Ladislaus Strzok	25	M	Duluth	MN	3	20:23	1:23	1:32	15	1:02:15	19.9	2:14	18	38:38	7:44	2:04:59
12	213	Tony Shoberg	26	M	Duluth	MN	6	21:33	1:28	2:17	16	1:02:23	19.8	1:28	15	37:22	7:29	2:05:00
13	229	Jared Harris	28	M	Minneapolis	MN	11	25:12	1:43	2:27	14	1:02:07	19.9	2:02	7	33:27	6:42	2:05:12
14	49	Craig Hill	26	M	Minneapolis	MN	15	28:29	1:56	2:28	13	1:01:56	20.0	1:22	12	35:56	7:12	2:10:08
15	38	Matthew Ducette	29	M	Waconia	MN	19	30:41	2:05	2:12	12	1:01:45	20.0	1:39	13	36:10	7:14	2:12:26
16	227	Pete Holm	28	M	Shakopee	MN	13	26:32	1:48	3:09	17	1:04:17	19.2	2:28	17	38:23	7:41	2:14:45
17	13	Nicholas Beamer	28	M	Grand Forks Afb	ND	20	31:02	2:06	1:26	18	1:05:00	19.0	1:26	14	36:29	7:18	2:15:21
18	56	Phil Johnson	25	M	Edina	MN	21	31:29	2:08	2:26	20	1:06:03	18.7	1:09	16	37:31	7:31	2:18:35
19	32	Peter Deanovic	26	M	Edina	MN	18	30:36	2:05	2:45	19	1:05:20	18.9	1:59	19	39:29	7:54	2:20:06
20	71	Dan McLaughlin	29	M	Anoka	MN	17	29:54	2:02	2:29	11	59:03	20.9	2:07	21	46:52	9:23	2:20:21
21	63	Matt Kramer	28	M	St Louis Park	MN	16	29:35	2:00	2:17	21	1:06:29	18.6	1:39	20	42:49	8:34	2:22:46

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 Thompson	31	M	St Paul	MN	2	16:43	1:08	1:02	1	48:54	25.3	0:54	1	26:33	5:19	1:34:05
2	203	Jonathan Balabuck	30	M	Thunder Bay	ON	3	17:40	1:12	1:08	2	49:43	24.9	1:11	2	26:41	5:21	1:36:20
3	89	Greg Rhodes	30	M	Bloomington	MN	1	16:40	1:08	1:04	3	51:42	23.9	1:04	3	29:42	5:57	1:40:08
4	232	Steve Hohenstein	32	M	Duluth	MN	6	20:50	1:25	1:21	4	51:54	23.8	1:03	5	31:01	6:13	1:46:07
5	15	David Binsfeld	34	M	St. Louis Park	MN	4	20:25	1:23	1:46	7	54:11	22.8	1:15	7	31:15	6:15	1:48:50
6	251	Christopher Frykman	32	M	Mpls	MN	7	21:53	1:29	1:21	5	52:00	23.8	1:01	10	34:12	6:51	1:52:24
7	110	Emmerson Ward	32	M	Saint Paul	MN	12	24:47	1:41	2:03	6	52:54	23.4	1:17	8	33:09	6:38	1:54:08
8	41	Henry Eichman	32	M	Duluth	MN	16	26:24	1:47	2:00	9	57:42	21.4	1:09	4	30:25	6:05	1:57:38
9	52	Tj Jeannette	34	M	North Mankato	MN	11	24:39	1:40	1:50	10	1:01:28	20.1	0:57	9	33:21	6:41	2:02:14
10	231	Nick Stromme	32	M	Kloten	ND	23	33:27	2:16	2:03	8	56:19	21.9	1:44	6	31:12	6:15	2:04:42
11	91	William Schell	34	M	Bozeman	MT	9	22:09	1:30	2:18	12	1:01:38	20.1	1:13	12	37:36	7:32	2:04:52
12	84	Stan Pohmer	31	M	St. Louis Park	MN	14	25:39	1:44	2:35	11	1:01:37	20.1	2:03	11	35:49	7:10	2:07:41
13	96	Michael Shafirka	32	M	Thunder Bay	ON	13	24:51	1:41	2:10	13	1:02:17	19.8	1:28	13	37:38	7:32	2:08:21
14	58	Kris King	33	M	Ramsey	MN	8	21:59	1:30	2:11	14	1:03:44	19.4	1:20	16	40:17	8:04	2:09:29
15	53	Heath Jensen	30	M	Roseville	MN	5	20:27	1:23	3:10	18	1:07:46	18.2	1:24	18	42:40	8:32	2:15:25
16	235	Pete Mattson	32	M	Duluth	MN	15	25:57	1:46	2:59	16	1:06:20	18.6	2:09	14	39:22	7:53	2:16:44
17	18	Nick Brooks	31	M	Saint Paul	MN	18	29:18	1:59	2:03	15	1:04:23	19.2	2:16	19	43:01	8:37	2:20:58
18	76	Vance Okstad	32	M	Proctor	MN	19	30:59	2:06	2:54	17	1:06:33	18.6	1:26	17	40:18	8:04	2:22:07
19	101	Christopher Suick	32	M	Deerfield	WI	10	24:15	1:39									2:28:12
20	230	Scott Vanderwoude	31	M	Minneapolis	MN	24	34:44	2:21	3:37	19	1:09:18	17.8	1:38	15	39:51	7:59	2:29:07
21	74	Jere Mohr	31	M	Duluth	MN	17	26:25	1:48	3:38	21	1:10:57	17.4	2:21	21	46:47	9:22	2:30:05
22	24	Erik Christianson	33	M	Mound	MN	20	31:25	2:08	3:32	20	1:10:54	17.4	2:33	20	44:39	8:56	2:33:01
23	102	Jie Sun	33	M	Plymouth	MN	22	33:23	2:16	4:22	22	1:16:44	16.1	1:21	22	48:04	9:37	2:43:52
24	64	Chris Lafayette	30	M	Stacy	MN	21	31:48	2:09	3:22	23	1:17:49	15.9	2:00	23	1:04:36	12:56	2:59:33

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	113	Thomas Woods, Iv	38	M	Lincoln	NE	1	20:11	1:22	1:22	2	53:31	23.1	1:09	1	28:45	5:45	1:44:56
2	240	Bill Corcoran	37	M	Waite Park	MN	4	22:30	1:32	1:24	1	52:16	23.6	1:09	3	32:18	6:28	1:49:34
3	111	Darin Wieneke	35	M	St. Paul	MN	11	25:21	1:43	1:24	4	56:07	22.0	1:10	2	30:22	6:05	1:54:21
4	212	Quintin Plitzkow	35	M	Eagan	MN	2	22:15	1:31	2:49	5	56:14	22.0	1:15	4	32:53	6:35	1:55:23
5	90	Wade Rockwood	39	M	Park City	UT	5	22:43	1:33	2:28	3	55:36	22.2	1:43	5	33:25	6:41	1:55:52
6	70	Tim Maki	36	M	Saginaw	MN	3	22:24	1:31	1:28	9	59:12	20.9	1:38	8	35:55	7:11	2:00:35
7	23	Robert Chose	36	M	Eden Prairie	MN	8	23:54	1:37	1:22	7	57:40	21.4	1:20	11	37:17	7:28	2:01:31
8	99	Josh Smith	35	M	Watertown	MN	13	25:43	1:45	2:25	6	56:33	21.9	1:52	7	35:32	7:07	2:02:02
9	29	Emmanuel Darne	38	M	Woodbury	MN	15	28:14	1:55	2:06	8	58:25	21.2	1:21	6	33:44	6:45	2:03:46
10	21	Bryan Chadderdon	37	M	Casper	WV	10	25:20	1:43	2:25	11	1:01:20	20.2	1:56	9	36:06	7:14	2:07:03
11	80	Tom Olson	38	M	Wayzata	MN	6	23:15	1:35	5:23	10	1:01:01	20.3	2:07	10	36:32	7:19	2:08:15
12	11	Mateo Ayala	38	M	Apo	AP	7	23:51	1:37	1:45	14	1:11:05	17.4	1:50	13	43:33	8:43	2:22:03
13	222	Ryan Goei	35	M	Duluth	MN	16	30:56	2:06	3:41	13	1:05:42	18.8	2:12	12	40:17	8:04	2:22:44
14	39	Benjamin Duffy	36	M	Minneapolis	MN	12	25:41	1:45	3:58	15	1:12:08	17.1	2:03	14	43:36	8:44	2:27:24
15	20	Jeremey Carel	37	M	Otsego	MN	9	24:54	1:41	2:43	12	1:05:37	18.8	2:49	16	53:38	10:44	2:29:39
16	19	Dan Champion	37	M	Danbury	WI	14	26:02	1:46	3:24	16	1:12:34	17.0	1:34	15	47:08	9:26	2:30:39

MALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	2	Brian Bich	43	M	Duluth	MN	1	17:39	1:12	1:07	1	49:48	24.8	1:00	1	28:24	5:41	1:37:53
2	12	Leon Ball	44	M	Minneapolis	MN	2	20:55	1:25	1:51	2	55:13	22.4	1:10	2	28:59	5:48	1:48:05
3	207	Scott Marsh	41	M	Austin	MN	5	22:09	1:30	1:26	5	57:03	21.7	1:16	3	30:06	6:02	1:51:57
4	79	Stephen Olson	41	M	Plymouth	MN	4	21:49	1:29	2:05	4	56:58	21.7	1:38	5	34:17	6:52	1:56:45
5	17	Doug Bowen-Bailey	40	M	Duluth	MN	6	23:57	1:38	2:34	3	56:30	21.9	1:26	6	35:12	7:03	1:59:35
6	66	Dave Link	42	M	Eden Prairie	MN	3	21:32	1:28	2:25	9	1:03:32	19.5	1:31	4	34:04	6:49	2:03:02
7	78	Shane Olson	42	M	Duluth	MN	10	27:30	1:52	1:23	7	1:00:53	20.3	1:19	7	35:53	7:11	2:06:54
8	54	Darrin Johnson	42	M	Alexandria	MN	9	26:33	1:48	1:38	8	1:01:37	20.1	1:22	8	36:04	7:13	2:07:11
9	226	Todd Johnson	41	M	Duluth	MN	7	25:37	1:44	2:10	6	1:00:41	20.4	1:58	10	38:31	7:43	2:08:54
10	95	Chad Scott	42	M	Hermantown	MN	11	28:23	1:56	4:20	10	1:04:12	19.3	2:41	11	41:44	8:21	2:21:17
11	25	David Ciresi	44	M	Eau Claire	WI	14	30:59	2:06	3:33	12	1:08:33	18.0	2:31	9	37:31	7:31	2:23:06
12	114	Douglas Zychowski	42	M	Superior	WI	12	28:34	1:56	2:56	14	1:10:55	17.4	1:48	13	43:50	8:46	2:28:00
13	40	Mark Eginton	40	M	Duluth	MN	13	30:55	2:06	2:58	11	1:07:18	18.4	1:36	14	45:16	9:04	2:28:01
14	65	Romesh Lakhan	41	M	Duluth	MN	15	32:58	2:14	4:18	13	1:10:22	17.6	2:06	12	42:15	8:27	2:31:55
15	108	John Unverzagt	44	M	Robbinsdale	MN	8	26:11	1:47	4:58	15	1:14:21	16.6	3:27	15	1:04:02	12:49	2:52:55

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	4	Rhett Bonner	45	M	Duluth	MN	1	17:43	1:12	1:00	1	49:52	24.8	1:10	1	29:33	5:55	1:39:15
2	68	Dave Lundberg	45	M	Woodbury	MN	4	22:29	1:32	2:20	2	53:16	23.2	1:22	3	33:36	6:44	1:53:01
3	28	Michael Danielson	46	M	Tonka Bay	MN	5	22:36	1:32					1:15	2	32:30	6:30	1:58:52
4	42	Phil Elkie	49	M	Thunder Bay	ON	2	21:59	1:30	1:49	3	57:06	21.6	1:07	5	37:48	7:34	1:59:46
5	228	Skeeter Moore	46	M	Duluth	MN	6	25:04	1:42	2:24	5	1:01:31	20.1	1:34	4	37:20	7:28	2:07:50
6	88	Frank Rezac	45	M	Saint Cloud	MN	3	22:08	1:30	3:19	4	1:01:17	20.2	2:01	7	42:25	8:29	2:11:07
7	35	Shawn Donohue	45	M	Thunder Bay	ON	7	29:01	1:58	4:07	6	1:03:40	19.4	1:57	8	44:21	8:53	2:23:03
8	87	Roger Remark	46	M	Wayzata	MN	8	31:01	2:06	3:08	7	1:13:16	16.9	2:58	6	42:23	8:29	2:32:43
9	224	Jim Anderson	49	M	Duluth	MN	9	38:46	2:38	5:08	8	1:17:38	15.9	3:28	9	55:10	11:02	3:00:07

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	86	Jim Reed	50	M	Duluth	MN	2	22:02	1:30	1:32	4	57:22	21.5	1:21	1	30:42	6:09	1:52:57
2	37	David Dow	54	M	West Lakeland	MN	3	22:29	1:32	1:45	1	55:13	22.4	1:26	4	34:56	7:00	1:55:47
3	103	David Swanson	52	M	St Paul	MN	6	25:27	1:44	1:30	3	56:12	22.0	1:16	3	33:19	6:40	1:57:41

4	241	Larry Stracke	53	M	Sauk Rapids	MN	7	26:37	1:48	2:15	2	55:23	22.3	1:16	5	35:06	7:02	2:00:33
5	255	Bruce Bockus	54	M	Oklahoma City	OK	1	15:31	1:03	4:17	8	1:03:22	19.5	1:50	7	37:20	7:28	2:02:17
6	46	Tad Hauck	51	M	Eden Prairie	MN	4	23:05	1:34	2:38	5	59:23	20.8	2:21	6	37:04	7:25	2:04:28
7	82	Glenn Perkins	51	M	Edina	MS	5	24:17	1:39	3:29	6	1:01:19	20.2	1:16	8	38:00	7:36	2:08:19
8	254	Ron Van Dell	53	M	Duluth	MN	8	26:59	1:50	1:02	11	1:07:57	18.2	0:39	2	32:55	6:35	2:09:29
9	33	Christopher Delaney	50	M	Ames	IA	9	27:15	1:51	2:44	7	1:01:41	20.0	1:40	10	39:58	8:00	2:13:15
10	112	Terry Wiens	52	M	Duluth	MN	10	28:00	1:54	3:42	10	1:07:33	18.3	1:46	9	38:03	7:37	2:19:02
11	30	Steven Davidson	53	M	Edina	MN	11	29:59	2:02	2:48	9	1:04:02	19.3	1:37	11	41:27	8:18	2:19:49
12	60	Bob Kramer	50	M	Grand Forks	ND	13	36:27	2:28	2:34	13	1:10:17	17.6	1:54	12	42:45	8:33	2:33:54
13	109	Jim Vonasek	53	M	Big Lake	MN	12	30:47	2:05	3:49	12	1:08:18	18.1	1:18	13	50:25	10:05	2:34:34

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	93	Bill Schmitt	56	M	Duluth	MN	1	22:06	1:30	2:11	1	55:09	22.4	1:35	1	36:06	7:14	1:57:04
2	210	Jim Miner Jr	55	M	Duluth	MN	2	25:25	1:44	2:04	2	59:27	20.8	1:49	3	39:44	7:57	2:08:25
3	85	William Portilla	58	M	Duluth	MN	4	26:24	1:48	3:39	5	1:04:14	19.2	2:10	2	38:42	7:45	2:15:06
4	223	Rick E. Wheeler	58	M	River Falls	WI	6	27:52	1:53	3:18	4	1:03:13	19.6	1:44	4	40:29	8:06	2:16:33
5	14	Tom Beissel	55	M	Dixon	IL	8	28:49	1:57	3:30	3	1:02:12	19.9	1:55	7	45:06	9:02	2:21:29
6	204	Richard Crowell	58	M	Duluth	MN	7	28:00	1:54	4:14	6	1:05:28	18.9	2:20	8	45:22	9:05	2:25:19
7	6	Rick Agar	55	M	Duluth	MN	5	27:06	1:50	3:04	8	1:08:59	17.9	1:25	6	45:05	9:01	2:25:35
8	8	Mark Anderson	57	M	Lombard	IL	3	25:26	1:44	3:00	7	1:08:16	18.1	2:19	9	46:49	9:22	2:25:47
9	83	Gary Peterson	55	M	Superior	WI	9	29:59	2:02	5:55	10	1:15:27	16.4	2:10	5	44:24	8:53	2:37:52
10	225	Rodney Barnes	55	M	Maple Grove	MN	10	36:08	2:27	3:34	9	1:09:01	17.9	2:43	10	49:59	10:00	2:41:21

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	59	Lyle Koivisto	64	M	Duluth	MN	1	37:22	2:32	3:40	1	1:09:57	17.7	1:25	1	50:07	10:02	2:42:27

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
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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	72	Don Meck	70	M	Siren	WI	1	30:52	2:06	6:14	1	1:08:47	18.0	4:00	1	49:35	9:55	2:39:25

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: 244
 Total Number of Individual Finishers: 186
 Total Number of Relay Finishers: 34
 Number of Male Finishers: 126
 Number of Female Finishers: 60
 Did not Finish Race or Did Not Start: 24