

BREWHOUSE TRIATHLON
Pike Lake AAA Beach Club, Duluth, MN - August 2, 2009
1/3 Mile Swim - 10.3 Mile Bike - 2.5 Mile Run

Place	Div/Tot	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/20	377	Christopher Sachs	29	M	White Bear Lake	MN	10	9:08	1:34	1:12	2	26:00	23.8	0:56	5	16:46	6:43	53:59
2	1/20	407	Connor Ziegler	24	M	Duluth	MN	1	7:52	1:21	1:25	14	28:23	21.8	1:25	2	16:20	6:32	55:22
3	1/21	395	Tim Traynor	46	M	Duluth	MN	16	9:19	1:36	1:39	1	25:19	24.4	1:01	18	18:24	7:22	55:39
4	1/5	398	Riley Unger	16	M	Winnipeg	MB	2	8:14	1:25	1:09	23	28:53	21.4	1:01	7	17:04	6:50	56:19
5	2/20	318	Jason Kask	23	M	Duluth	MN	14	9:14	1:35	1:19	8	27:48	22.2	0:56	8	17:18	6:56	56:34
6	2/5	622	Patrick Naylor	16	M	Winnipeg	MB	8	9:02	1:33	1:04	24	29:01	21.3	1:05	4	16:36	6:39	56:47
7	3/5	376	Benjamin Ryan	15	M	Winnipeg	MB	9	9:05	1:33	1:03	26	29:10	21.2	0:55	6	17:01	6:49	57:11
8	1/18	693	Bill Kelley	37	M	Wrenshall	MN	22	9:45	1:40	1:22	4	27:16	22.7	1:15	10	17:37	7:03	57:12
9	2/18	363	David Pipho	38	M	Duluth	MN	23	9:48	1:41	1:51	12	28:16	21.9	1:06	3	16:22	6:33	57:20
10	2/21	671	David Goldberg	48	M	Excelsior	MN	3	8:35	1:28	1:17	15	28:28	21.7	1:03	17	18:22	7:21	57:43
11	1/21	683	Jeanne Fleck	44	F	Proctor	MN	27	9:55	1:42	1:09	6	27:36	22.4	1:17	14	17:53	7:10	57:48
12	1/24	625	Ian Nemerov	44	M	Edina	MN	11	9:10	1:34	1:29	10	28:06	22.0	1:17	13	17:52	7:09	57:52
13	3/18	705	Howie Leathers	39	M	Duluth	MN	4	8:37	1:28	1:43	21	28:42	21.5	1:36	12	17:51	7:09	58:26
14	3/20	323	Mitchell Kieffer	24	M	Ft Walton Beach	FL	38	10:19	1:46	1:05	19	28:39	21.6	1:04	9	17:31	7:01	58:35
15	3/21	701	Kirk Vesterstein	48	M	Duluth	MN	40	10:26	1:47	1:55	5	27:23	22.6	1:23	11	17:38	7:03	58:42
16	2/24	375	Jared Roy	40	M	St Louis Park	MN	104	12:06	2:04	1:17	3	26:51	23.0	1:01	25	18:44	7:30	59:57
17	4/21	374	Jim Robb	46	M	Maple Grove	MN	55	10:54	1:52	1:34	7	27:39	22.4	1:12	32	18:57	7:35	1:00:13
18	5/21	703	Rick Abrahamson	47	M	Duluth	MN	37	10:18	1:46	1:42	11	28:10	21.9	1:12	66	20:00	8:00	1:01:20
19	1/19	344	Jeff Melby	50	M	Bloomington	MN	35	10:13	1:45	1:39	18	28:35	21.6	1:07	61	19:56	7:59	1:01:28
20	1/36	300	Brian Hanson	32	M	Chisholm	MN	90	11:43	2:00	1:45	17	28:33	21.6	1:14	16	18:20	7:20	1:01:33
21	3/24	98	Jeff Silvernale	43	M	Stroudsburg	PA	63	11:08	1:54	1:48	20	28:40	21.6	1:24	23	18:37	7:27	1:01:35
22	4/20	658	David Green	22	M	Duluth	MN	24	9:50	1:41	3:36	52	30:59	19.9	1:14	1	16:01	6:25	1:01:38
23	1/8	346	Duane Millslagle	59	M	Duluth	MN	54	10:51	1:51	1:31	30	29:20	21.1	1:30	28	18:48	7:32	1:01:56
24	4/24	690	Matt Evans	43	M	Eau Claire	WI	18	9:23	1:36	1:20	44	30:38	20.2	0:56	51	19:45	7:54	1:01:58
25	2/20	310	Philip Imholte	29	M	Duluth	MN	7	8:59	1:32	1:35	64	31:32	19.6	1:04	30	18:52	7:33	1:02:00
26	6/21	319	Rob Kaufman	46	M	Chanhausen	MN	6	8:52	1:31	1:36	32	29:30	20.9	2:10	64	19:59	8:00	1:02:04
27	1/32	439	Tara Croteau	31	F	Duluth	MN	69	11:11	1:55	1:47	28	29:15	21.1	1:38	22	18:28	7:23	1:02:17
28	7/21	288	Daniel Duff	45	M	Duluth	MN	31	10:03	1:43	2:17	43	30:29	20.3	1:24	19	18:24	7:22	1:02:35
29	2/21	421	Kirsten Bich	43	F	Duluth	MN	99	11:57	2:03	1:31	25	29:06	21.2	1:24	34	19:03	7:38	1:02:59
30	1/51	234	Jena Ogston	38	F	Duluth	MN	41	10:26	1:47	1:30	50	30:57	20.0	1:19	40	19:27	7:47	1:03:37
31	4/18	387	W. Harvey Skees	37	M	Minneapolis	MN	102	12:01	2:03	2:13	9	27:50	22.2	1:48	55	19:51	7:57	1:03:41
32	8/21	685	Tim Keppers	45	M	Duluth	MN	15	9:16	1:35	2:01	38	30:08	20.5	1:42	93	20:53	8:22	1:03:58
33	2/36	675	Tim McShane	32	M	Duluth	MN	132	12:33	2:09	2:01	42	30:20	20.4	1:11	15	18:06	7:15	1:04:08
34	1/25	681	Katie Cross	24	F	Hutchinson	MN	39	10:23	1:47	1:49	46	30:53	20.0	1:19	65	19:59	8:00	1:04:21
35	5/20	630	Jared Sundstrom	20	M	Proctor	MN	180	13:41	2:20	2:24	16	28:32	21.7	1:19	20	18:27	7:23	1:04:21
36	5/24	321	Eric Kemp	40	M	Grand Marais	MN	17	9:19	1:36	3:00	35	29:57	20.6	1:51	81	20:30	8:12	1:04:34
37	6/24	370	Jason Richardson	41	M	Mahtowa	MN	108	12:12	2:05	1:45	34	29:51	20.7	1:27	42	19:34	7:50	1:04:46
38	7/24	335	Drake Lightner	41	M	St. Paul	MN	203	13:59	2:23	2:03	13	28:19	21.8	1:53	27	18:46	7:31	1:04:57
39	9/21	623	Tom Naylor	46	M	Winnipeg	MB	64	11:09	1:54	1:39	76	32:10	19.2	1:30	33	19:01	7:37	1:05:26
40	2/51	615	Jody Zeleznikar	36	F	Esko	MN	116	12:19	2:06	1:36	61	31:27	19.7	1:20	29	18:51	7:33	1:05:31
41	3/36	399	David Urbaniak	31	M	Minneapolis	MN	93	11:46	2:01	1:30	58	31:19	19.7	1:20	49	19:44	7:54	1:05:37
42	4/36	365	Shannon Pring	33	M	Cloquet	MN	78	11:22	1:57	1:53	63	31:30	19.6	1:09	57	19:52	7:57	1:05:44
43	1/58	481	Julie Hendrickson	28	F	Duluth	MN	65	11:09	1:54	1:26	67	31:45	19.5	1:35	56	19:52	7:57	1:05:45
44	1/14	707	Sandra Mowers	45	F	Duluth	MN	44	10:29	1:48	2:08	31	29:23	21.0	1:39	136	22:12	8:53	1:05:49
45	3/21	564	Heidi Robb	42	F	Maple Grove	MN	167	13:21	2:17	1:24	33	29:45	20.8	1:13	73	20:10	8:04	1:05:50
46	2/58	684	Bettina Keppers	26	F	Duluth	MN	34	10:12	1:45	1:30	40	30:11	20.5	1:35	144	22:26	8:59	1:05:51
47	2/32	142	Megan Haseley	34	F	Richfield	MN	26	9:52	1:41	1:53	100	33:21	18.5	1:23	41	19:27	7:47	1:05:55
48	5/36	618	Mark Sams	34	M	Proctor	MN	150	12:57	2:13	1:34	27	29:14	21.1	1:17	97	20:58	8:24	1:05:59
49	5/18	676	Kevin Haney	38	M	Duluth	MN	43	10:27	1:47	3:06	51	30:58	20.0	1:49	67	20:00	8:00	1:06:17
50	4/5	702	Anthony Vecchi	17	M	Duluth	MN	5	8:44	1:30	2:09	45	30:48	20.1	1:32	168	23:15	9:18	1:06:26
51	6/18	287	Glen Drexler	35	M	Duluth	MN	60	11:03	1:53	2:05	72	32:01	19.3	1:30	70	20:04	8:02	1:06:41
52	6/36	406	Martin Wera	32	M	Minneapolis	MN	114	12:18	2:06	2:13	49	30:57	20.0	1:50	44	19:38	7:51	1:06:54
53	8/24	301	Keith Hatcher	43	M	Madison	WI	25	9:52	1:41	2:03	96	33:06	18.7	1:36	78	20:22	8:09	1:06:56
54	9/24	385	Robert Seidenkranz	42	M	Monticello	MN	92	11:45	2:00	2:57	56	31:07	19.9	2:07	36	19:07	7:39	1:07:00
55	2/25	562	Meagan Ritacco	20	F	Fort Walton Beach	FL	20	9:33	1:38	2:00	113	33:33	18.4	2:04	58	19:52	7:57	1:07:01
56	3/32	664	Betsy Peterson	33	F	Duluth	MN	59	11:02	1:53	2:30	59	31:20	19.7	1:09	104	21:22	8:33	1:07:21

377	45/51	511	Kimberly Lakhan	38	F	Duluth	MN	358	17:28	2:59	4:44	351	41:56	14.7	2:54	378	32:24	12:58	1:39:24
378	46/51	506	Katie Klessig	39	F	Duluth	MN	392	20:08	3:26	3:40	342	41:23	14.9	2:05	376	32:13	12:54	1:39:27
379	14/18	455	Lesley Ernst	50	F	Apple Valley	MN	344	17:05	2:55	1:58	339	40:59	15.1	2:11	408	37:25	14:58	1:39:37
380	28/32	476	Bobbi Halverson	34	F	Cook	MN	330	16:45	2:52	5:36	384	44:18	14.0	1:31	366	31:29	12:36	1:39:38
381	54/58	607	Allicen Waxlax	29	F	Willow River	MN	409	24:17	4:09	3:09	373	43:11	14.3	2:14	295	27:01	10:49	1:39:50
382	47/51	580	Lara Signorelli	36	F	New York	NY	223	14:31	2:29	4:14	369	42:55	14.4	2:57	401	35:23	14:10	1:39:58
383	34/36	379	Paul Sapyta	32	M	Cloquet	MN	154	12:59	2:13	4:11	403	48:35	12.7	2:25	373	32:08	12:51	1:40:16
384	12/14	601	Catherine Vitols	45	F	Burnsville	MN	290	15:44	2:41	4:55	358	42:16	14.6	2:18	399	35:15	14:06	1:40:26
385	29/32	556	Sally Raih	33	F	Minneapolis	MN	170	13:22	2:17	5:53	394	46:34	13.3	4:09	374	32:08	12:51	1:42:03
386	30/32	597	Elizabeth Uebel	30	F	Hermantown	MN	133	12:43	2:10	3:53	395	47:01	13.1	2:19	405	36:21	14:33	1:42:15
387	21/21	710	Christine McCarthy	43	F	Two Harbors	MN	326	16:40	2:51	4:22	396	47:04	13.1	2:35	375	32:11	12:53	1:42:50
388	7/8	358	Robert Olson	55	M	Duluth	MN	417	32:59	5:38	3:58	308	39:41	15.6	1:46	222	24:49	9:56	1:43:11
389	24/24	265	Nicolas Bates	42	M	Minneapolis	MN	415	30:25	5:11	4:37	353	42:03	14.7	4:28	123	21:55	8:46	1:43:26
390	55/58	613	Brandi Worthing	27	F	Duluth	MN	336	16:58	2:54	4:36	376	43:17	14.3	4:27	400	35:22	14:09	1:44:37
391	5/5	329	Brent Larson	12	M	Duluth	MN	339	17:01	2:54	5:30	383	44:15	14.0	1:20	406	36:36	14:39	1:44:38
392	13/14	445	Nancy Day	49	F	Cottage Grove	MN	400	21:21	3:39	4:30	393	46:29	13.3	4:18	328	28:24	11:22	1:45:00
393	5/5	609	Kathryn Wipperling	56	F	Bloomington	MN	372	17:53	3:03	5:00	399	48:12	12.8	2:01	377	32:15	12:54	1:45:19
394	14/14	495	Christina Johnson	45	F	Richfield	MN	403	21:52	3:44	4:30	378	43:30	14.2	2:21	382	33:08	13:16	1:45:19
395	15/18	567	Robin Ruegg	52	F	Eagan	MN	325	16:39	2:51	3:37	366	42:48	14.4	1:56	413	40:55	16:22	1:45:53
396	35/36	355	Matthew Nelson	30	M	Bloomington	MN	311	16:15	2:47	6:53	406	49:40	12.4	4:14	337	28:58	11:36	1:45:59
397	56/58	551	Nicole Peterson	28	F	Bloomington	MN	408	23:59	4:06	4:14	387	45:03	13.7	1:42	363	31:19	12:32	1:46:15
398	31/32	471	Danielle Griffin	32	F	Stewartville	MN	232	14:49	2:32	4:18	410	50:59	12.1	2:13	391	34:10	13:40	1:46:27
399	8/8	266	John Beintema	57	M	Bloomington	MN	181	13:42	2:20	6:31	402	48:32	12.7	3:59	395	34:35	13:50	1:47:17
400	48/51	453	Paula Elert	39	F	Luck	WI	349	17:13	2:56	3:53	404	49:11	12.6	3:16	388	33:57	13:35	1:47:27
401	36/36	366	Peter Raih	34	M	Minneapolis	MN	332	16:47	2:52	8:29	389	45:33	13.6	5:09	372	32:07	12:51	1:48:03
402	49/51	691	Lisa Malyuk	37	F	Andover	MN	393	20:11	3:27	3:02	391	46:01	13.4	2:03	407	36:55	14:46	1:48:09
403	25/25	543	Natalie Netzel	24	F	Duluth	MN	273	15:32	2:39	3:22	413	54:29	11.3	1:41	389	34:04	13:38	1:49:07
404	3/4	598	Suzanne Ulmer	61	F	Hayward	WI	386	19:22	3:18					4:28	393	34:24	13:46	1:50:43
405	32/32	550	Natasha Petersen	32	F	Brooklyn Center	MN	241	14:57	2:33	20:05	354	42:05	14.7	4:25	340	29:16	11:43	1:50:45
406	16/18	552	M Pfau	51	F	Edina	MN	383	18:32	3:10	5:51	401	48:27	12.8	2:26	404	35:58	14:24	1:51:12
407	3/3	304	Richard Hellman	65	M	Indianapolis	IN	412	25:13	4:18	6:32	265	37:59	16.3	4:10	409	37:32	15:01	1:51:24
408	57/58	444	Hannah Day	27	F	St. Paul	MN	381	18:14	3:07	5:06	409	50:49	12.2	2:29	410	37:37	15:03	1:54:12
409	4/4	581	Sandra Signorelli	64	F	Duluth	MN	377	18:03	3:05	5:08	380	43:55	14.1	2:05	416	45:23	18:10	1:54:32
410	18/18	261	Dennis Adamski	36	M	Hermantown	MN	397	21:02	3:35	6:50	408	49:55	12.4	2:22	396	34:42	13:53	1:54:48
411	50/51	424	Nicole Boder	37	F	Saginaw	MN	268	15:26	2:38	4:06	415	59:55	10.3	3:14	398	35:14	14:06	1:57:53
412	58/58	603	Lindsey Wagner	27	F	North Branch	MN	410	24:18	4:09	5:22	412	53:39	11.5	3:10	392	34:12	13:41	2:00:39
413	19/19	282	Jess Day	51	M	Cottage Grove	MN	416	30:49	5:15	5:55	397	47:35	13.0	2:36	412	38:55	15:34	2:05:48
414	17/18	509	Martha Krasean	50	F	Hayward	WI	394	20:14	3:27	9:46	414	56:06	11.0	3:12	411	38:46	15:31	2:08:01
415	51/51	416	Stacy Avery	38	F	Minnetonka	MN	413	25:48	4:24	7:06	392	46:25	13.3	7:33	414	42:19	16:56	2:09:09
416	8/8	402	Chris Vizanko	64	M	Duluth	MN	411	25:01	4:16	10:04	407	49:40	12.4	6:24	415	44:57	17:59	2:16:04
417	1/1	688	Alexis Pogorelskin	65	F	Duluth	MN	414	28:01	4:47	6:45	411	52:19	11.8	3:10	417	46:27	18:35	2:16:40
418	18/18	423	Diane Blight	50	F	Iron	MN	418	35:06	5:59	7:36	416	1:06:02	9.4	2:29	418	59:48	23:55	2:50:58

results by Pickle Events

results posted on: www.pickleevents.com

DID NOT FINISH

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
252	George Jennings	39	M	Proctor	MN	1	10:53	1:52									
663	Ryan Dietrich	29	M	Hanover	MN												

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Connor Ziegler	Duluth	MN	24	M	7:52	1:21
2	Riley Unger	Winnipeg	MB	16	M	8:14	1:25
3	David Goldberg	Excelsior	MN	48	M	8:35	1:28
4	Howie Leathers	Duluth	MN	39	M	8:37	1:28
5	Anthony Vecchi	Duluth	MN	17	M	8:44	1:30
6	Rob Kaufman	Chanhassen	MN	46	M	8:52	1:31
7	Philip Imholte	Duluth	MN	29	M	8:59	1:32

8	Patrick Naylor	Winnipeg	MB	16	M	9:02	1:33
9	Benjamin Ryan	Winnipeg	MB	15	M	9:05	1:33
10	Christopher Sachs	White Bear Lak	MN	29	M	9:08	1:34

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Tim Traynor	Duluth	Mn	46	M	00:25:19	24.4
2	Christopher Sachs	White Bear Lak	Mn	29	M	00:25:59	23.8
3	Jared Roy	St Louis Park	Mn	40	M	00:26:50	23.0
4	Bill Kelley	Wrenshall	Mn	37	M	00:27:16	22.7
5	Kirk Vesterstein	Duluth	Mn	48	M	00:27:23	22.6
6	Jeanne Fleck	Proctor	Mn	44	F	00:27:36	22.4
7	Jim Robb	Maple Grove	Mn	46	M	00:27:38	22.4
8	Jason Kask	Duluth	Mn	23	M	00:27:47	22.2
9	W. Harvey Skees	Minneapolis	Mn	37	M	00:27:50	22.2
10	Ian Nemerov	Edina	Mn	44	M	00:28:06	22.0

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	David Green	Duluth	MN	22	M	16:01	6:25
2	Connor Ziegler	Duluth	MN	24	M	16:20	6:32
3	David Piph	Duluth	MN	38	M	16:22	6:33
4	Patrick Naylor	Winnipeg	MB	16	M	16:36	6:39
5	Christopher Sachs	White Bear Lak	MN	29	M	16:46	6:43
6	Benjamin Ryan	Winnipeg	MB	15	M	17:01	6:49
7	Riley Unger	Winnipeg	MB	16	M	17:04	6:50
8	Jason Kask	Duluth	MN	23	M	17:18	6:56
9	Mitchell Kieffer	Ft Walton Beac	FL	24	M	17:31	7:01
10	Bill Kelley	Wrenshall	MN	37	M	17:37	7:03

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	377	Christopher Sachs	29	M	White Bear Lake	MN	10	9:08	1:34	1:12	2	26:00	23.8	0:56	5	16:46	6:43	53:59
2	407	Connor Ziegler	24	M	Duluth	MN	1	7:52	1:21	1:25	13	28:23	21.8	1:25	2	16:20	6:32	55:22
3	395	Tim Traynor	46	M	Duluth	MN	15	9:19	1:36	1:39	1	25:19	24.4	1:01	17	18:24	7:22	55:39
4	398	Riley Unger	16	M	Winnipeg	MB	2	8:14	1:25	1:09	22	28:53	21.4	1:01	7	17:04	6:50	56:19
5	318	Jason Kask	23	M	Duluth	MN	13	9:14	1:35	1:19	7	27:48	22.2	0:56	8	17:18	6:56	56:34
6	622	Patrick Naylor	16	M	Winnipeg	MB	8	9:02	1:33	1:04	23	29:01	21.3	1:05	4	16:36	6:39	56:47
7	376	Benjamin Ryan	15	M	Winnipeg	MB	9	9:05	1:33	1:03	24	29:10	21.2	0:55	6	17:01	6:49	57:11
8	693	Bill Kelley	37	M	Wrenshall	MN	18	9:45	1:40	1:22	4	27:16	22.7	1:15	10	17:37	7:03	57:12
9	363	David Piph	38	M	Duluth	MN	19	9:48	1:41	1:51	11	28:16	21.9	1:06	3	16:22	6:33	57:20
10	671	David Goldberg	48	M	Excelsior	MN	3	8:35	1:28	1:17	14	28:28	21.7	1:03	16	18:22	7:21	57:43
11	625	Ian Nemerov	44	M	Edina	MN	11	9:10	1:34	1:29	9	28:06	22.0	1:17	13	17:52	7:09	57:52
12	705	Howie Leathers	39	M	Duluth	MN	4	8:37	1:28	1:43	20	28:42	21.5	1:36	12	17:51	7:09	58:26
13	323	Mitchell Kieffer	24	M	Ft Walton Beach	FL	27	10:19	1:46	1:05	18	28:39	21.6	1:04	9	17:31	7:01	58:35
14	701	Kirk Vesterstein	48	M	Duluth	MN	28	10:26	1:47	1:55	5	27:23	22.6	1:23	11	17:38	7:03	58:42
15	375	Jared Roy	40	M	St Louis Park	MN	57	12:06	2:04	1:17	3	26:51	23.0	1:01	23	18:44	7:30	59:57
16	374	Jim Robb	46	M	Maple Grove	MN	33	10:54	1:52	1:34	6	27:39	22.4	1:12	29	18:57	7:35	1:00:13
17	703	Rick Abrahamson	47	M	Duluth	MN	26	10:18	1:46	1:42	10	28:10	21.9	1:12	51	20:00	8:00	1:01:20
18	344	Jeff Melby	50	M	Bloomington	MN	25	10:13	1:45	1:39	17	28:35	21.6	1:07	48	19:56	7:59	1:01:28
19	300	Brian Hanson	32	M	Chisholm	MN	49	11:43	2:00	1:45	16	28:33	21.6	1:14	15	18:20	7:20	1:01:33
20	98	Jeff Silvernale	43	M	Stroudsburg	PA	36	11:08	1:54	1:48	19	28:40	21.6	1:24	21	18:37	7:27	1:01:35
21	658	David Green	22	M	Duluth	MN	20	9:50	1:41	3:36	44	30:59	19.9	1:14	1	16:01	6:25	1:01:38
22	346	Duane Millslagle	59	M	Duluth	MN	32	10:51	1:51	1:31	27	29:20	21.1	1:30	26	18:48	7:32	1:01:56
23	690	Matt Evans	43	M	Eau Claire	WI	17	9:23	1:36	1:20	38	30:38	20.2	0:56	42	19:45	7:54	1:01:58
24	310	Philip Imholte	29	M	Duluth	MN	7	8:59	1:32	1:35	51	31:32	19.6	1:04	27	18:52	7:33	1:02:00
25	319	Rob Kaufman	46	M	Chanhassen	MN	6	8:52	1:31	1:36	28	29:30	20.9	2:10	50	19:59	8:00	1:02:04
26	288	Daniel Duff	45	M	Duluth	MN	23	10:03	1:43	2:17	37	30:29	20.3	1:24	18	18:24	7:22	1:02:35

27	387	W. Harvey Skees	37	M	Minneapolis	MN	56	12:01	2:03	2:13	8	27:50	22.2	1:48	44	19:51	7:57	1:03:41
28	685	Tim Keppers	45	M	Duluth	MN	14	9:16	1:35	2:01	33	30:08	20.5	1:42	70	20:53	8:22	1:03:58
29	675	Tim McShane	32	M	Duluth	MN	66	12:33	2:09	2:01	36	30:20	20.4	1:11	14	18:06	7:15	1:04:08
30	630	Jared Sundstrom	20	M	Proctor	MN	80	13:41	2:20	2:24	15	28:32	21.7	1:19	19	18:27	7:23	1:04:21
31	321	Eric Kemp	40	M	Grand Marais	MN	16	9:19	1:36	3:00	30	29:57	20.6	1:51	62	20:30	8:12	1:04:34
32	370	Jason Richardson	41	M	Mahtowa	MN	59	12:12	2:05	1:45	29	29:51	20.7	1:27	35	19:34	7:50	1:04:46
33	335	Drake Lightner	41	M	St. Paul	MN	90	13:59	2:23	2:03	12	28:19	21.8	1:53	25	18:46	7:31	1:04:57
34	623	Tom Naylor	46	M	Winnipeg	MB	37	11:09	1:54	1:39	61	32:10	19.2	1:30	30	19:01	7:37	1:05:26
35	399	David Urbaniak	31	M	Minneapolis	MN	51	11:46	2:01	1:30	48	31:19	19.7	1:20	41	19:44	7:54	1:05:37
36	365	Shannon Pring	33	M	Cloquet	MN	41	11:22	1:57	1:53	50	31:30	19.6	1:09	45	19:52	7:57	1:05:44
37	618	Mark Sams	34	M	Proctor	MN	69	12:57	2:13	1:34	25	29:14	21.1	1:17	72	20:58	8:24	1:05:59
38	676	Kevin Haney	38	M	Duluth	MN	29	10:27	1:47	3:06	43	30:58	20.0	1:49	52	20:00	8:00	1:06:17
39	702	Anthony Vecchi	17	M	Duluth	MN	5	8:44	1:30	2:09	39	30:48	20.1	1:32	110	23:15	9:18	1:06:26
40	287	Glen Drexler	35	M	Duluth	MN	34	11:03	1:53	2:05	58	32:01	19.3	1:30	54	20:04	8:02	1:06:41
41	406	Martin Wera	32	M	Minneapolis	MN	61	12:18	2:06	2:13	42	30:57	20.0	1:50	37	19:38	7:51	1:06:54
42	301	Keith Hatcher	43	M	Madison	WI	21	9:52	1:41	2:03	76	33:06	18.7	1:36	59	20:22	8:09	1:06:56
43	385	Robert Seidenkranz	42	M	Monticello	MN	50	11:45	2:00	2:57	47	31:07	19.9	2:07	32	19:07	7:39	1:07:00
44	386	Christopher Selleck	34	M	Minneapolis	MN	24	10:06	1:44	1:50	41	30:56	20.0	1:31	107	23:01	9:13	1:07:21
45	351	Aaron Mueller	30	M	Rochester	MN	78	13:22	2:17	2:01	35	30:19	20.4	1:27	57	20:17	8:07	1:07:23
46	699	Doug Berg	41	M	Duluth	MN	68	12:51	2:12	1:45	32	29:59	20.6	1:49	75	21:17	8:31	1:07:39
47	315	Keven Johnson	32	M	Hermantown	MN	117	15:12	2:36	2:29	31	29:58	20.6	1:24	22	18:42	7:29	1:07:43
48	409	Luke Zupan	21	M	Grand Rapids	MN	79	13:24	2:17	2:50	46	31:05	19.9	1:38	28	18:55	7:34	1:07:50
49	299	Jason Hansen	36	M	Duluth	MN	12	9:13	1:35	2:00	66	32:24	19.1	2:02	99	22:20	8:56	1:07:57
50	308	Steve Hoover	55	M	St. Cloud	MN	97	14:08	2:25	2:47	21	28:43	21.5	1:43	67	20:43	8:17	1:08:00
51	621	Kevin Kervina	48	M	Duluth	MN	101	14:25	2:28	1:29	45	31:04	19.9	1:21	60	20:25	8:10	1:08:41
52	341	Grant McDonald	30	M	Cokato	MN	38	11:09	1:54	1:47	72	32:51	18.8	1:17	92	21:59	8:48	1:09:01
53	353	Jimmy Mullen	26	M	Minneapolis	MN	45	11:30	1:58	2:45	62	32:11	19.2	1:11	86	21:51	8:45	1:09:25
54	326	Joe Korbicka	38	M	Forest Lake	MN	42	11:25	1:57	3:20	83	33:31	18.4	1:34	38	19:39	7:52	1:09:26
55	313	Brent Johnson	42	M	Superior	WI	92	14:02	2:24	2:40	57	31:57	19.3	1:16	36	19:34	7:50	1:09:27
56	389	William Stroozas	53	M	Duluth	MN	40	11:22	1:57	2:26	82	33:28	18.5	2:10	56	20:16	8:07	1:09:39
57	653	Mitch Benson	34	M	Fargo	ND	31	10:36	1:49	2:38	67	32:32	19.0	1:52	95	22:04	8:50	1:09:40
58	361	Charles Palokangas	46	M	Saginaw	MN	95	14:05	2:24	2:02	70	32:39	18.9	1:06	55	20:04	8:02	1:09:53
59	339	Matt Maurer	33	M	Rochester	MN	104	14:38	2:30	1:47	40	30:53	20.0	1:16	78	21:24	8:34	1:09:56
60	268	Robert Boman	50	M	Duluth	MN	44	11:29	1:58	2:34	88	33:45	18.3	1:39	66	20:42	8:17	1:10:08
61	400	Michael Vegar	29	M	Duluth	MN	83	13:46	2:21	2:55	59	32:03	19.3	1:37	47	19:56	7:59	1:10:14
62	281	Aaron Day	31	M	St. Paul	MN	102	14:28	2:28	2:36	53	31:38	19.5	2:20	34	19:25	7:46	1:10:24
63	322	Andy Kester	36	M	Duluth	MN	54	11:49	2:01	2:27	89	33:48	18.3	1:29	77	21:23	8:33	1:10:54
64	348	Tony Moen	33	M	Proctor	MN	91	14:01	2:24	3:01	75	33:04	18.7	1:23	40	19:41	7:53	1:11:08
65	354	John Mullen	20	M	Golden Valley	MN	70	12:58	2:13	2:02	91	33:52	18.2	1:30	69	20:52	8:21	1:11:12
66	371	Tom Richardson	47	M	Stillwater	MN	53	11:48	2:01	2:11	79	33:21	18.5	2:06	85	21:49	8:44	1:11:14
67	397	Grant Unger	50	M	Winnipeg	MB	67	12:50	2:12	2:06	34	30:10	20.5	2:20	122	24:23	9:46	1:11:46
68	679	Peter Aas	45	M	Duluth	MN	107	14:49	2:32	3:52	26	29:18	21.1	1:54	91	21:59	8:48	1:11:50
69	394	David Thompson	43	M	Duluth	MN	108	14:51	2:32	2:11	93	33:53	18.2	0:59	53	20:01	8:01	1:11:53
70	362	Jake Peters	28	M	Rochester	MN	93	14:03	2:24	3:29	54	31:51	19.4	1:23	76	21:17	8:31	1:12:01
71	396	Keith Tuominen	46	M	Mission Viejo	CA	94	14:04	2:24	2:34	74	33:02	18.7	2:02	65	20:33	8:13	1:12:13
72	373	Patrick Riley	33	M	Wrenshall	MN	82	13:45	2:21	2:18	90	33:50	18.3	1:58	63	20:30	8:12	1:12:19
73	628	Thomas Recht	45	M	Minneapolis	MN	39	11:17	1:56	2:45	132	37:07	16.7	1:41	39	19:39	7:52	1:12:27
74	347	Nick Miskowic	26	M	Princeton	MN	48	11:41	2:00	2:05	118	36:03	17.1	1:49	68	20:52	8:21	1:12:28
75	372	Erik Riker-Coleman	37	M	Duluth	MN	74	13:08	2:15	3:34	60	32:09	19.2	1:19	105	22:41	9:05	1:12:48
76	325	Todd Kneebone	51	M	Duluth	MN	89	13:57	2:23	2:15	69	32:37	18.9	1:35	104	22:40	9:04	1:13:01
77	624	Ryan Nelson	30	M	Duluth	MN	111	14:58	2:33	2:35	73	32:51	18.8	2:04	74	21:07	8:27	1:13:33
78	631	Jared Wiklund	23	M	Duluth	MN	161	17:46	3:02	2:26	63	32:16	19.2	1:14	46	19:54	7:58	1:13:33
79	700	Mark Rauschenfecs	54	M	Duluth	MN	88	13:55	2:23	2:19	52	31:33	19.6	1:50	117	24:08	9:39	1:13:41
80	408	Mike Zinda	30	M	St. Paul	MN	120	15:22	2:37	2:21	78	33:20	18.5	1:39	73	21:07	8:27	1:13:46
81	698	Curtis Sahll	24	M	Duluth	MN	154	17:11	2:56	2:30	49	31:27	19.7	2:00	71	20:55	8:22	1:14:01
82	393	Josh Theis	28	M	Sauk Rapids	MN	127	15:35	2:40	3:13	96	34:02	18.2	1:23	43	19:51	7:57	1:14:01
83	269	Thomas Boman	51	M	Elmira	NY	100	14:21	2:27	1:49	84	33:33	18.4	2:10	100	22:24	8:58	1:14:14
84	343	Aaron McFarlin	25	M	Bayfield	WI	138	16:13	2:46	3:54	86	33:35	18.4	1:33	31	19:06	7:39	1:14:20
85	292	Matt Fioritto	30	M	Duluth	MN	110	14:56	2:33	3:10	68	32:35	19.0	1:43	93	22:00	8:48	1:14:23
86	655	Douglas Happy	51	M	Duluth	MN	157	17:35	3:00	2:30	71	32:40	18.9	1:17	61	20:27	8:11	1:14:26
87	332	Eric Le	25	M	Minneapolis	MN	65	12:25	2:07	2:03	125	36:29	16.9	1:50	83	21:42	8:41	1:14:26
88	278	Aaron Cohen	34	M	Fargo	ND	30	10:29	1:48	1:42	92	33:53	18.2	2:16	141	26:15	10:30	1:14:34
89	369	Eric Reyers	29	M	Afton	MN	77	13:18	2:16	3:25	100	34:06	18.1	2:00	84	21:48	8:44	1:14:35
90	272	Tom Burgraff	41	M	Chippewa Falls	WI	52	11:46	2:01	3:45	55	31:54	19.4	2:09	134	25:25	10:10	1:14:57

155	276	David Chang	41	M	Hauppauge	NY	174	21:33	3:41	2:51	171	42:36	14.5	1:39	98	22:07	8:51	1:30:44
156	275	Stanford Case	51	M	Hutchinson	MN	162	17:51	3:03	3:35	156	39:28	15.7	2:07	155	27:53	11:10	1:30:52
157	359	Shawn Osell	39	M	Blaine	MN	169	20:18	3:28	3:54	127	36:37	16.9	1:53	158	28:13	11:18	1:30:54
158	364	Joe Postier	60	M	Rochester	MN	156	17:25	2:58	3:42	119	36:05	17.1	2:46	169	31:10	12:28	1:31:06
159	673	Jeff Kalm	32	M	Cloquet	MN	46	11:38	1:59	3:16	157	39:31	15.6	1:34	177	35:29	14:12	1:31:25
160	303	John Heinlein Jr	51	M	Stillwater	MN	164	18:00	3:04	2:45	108	34:46	17.8	3:09	172	33:14	13:18	1:31:51
161	368	Jason Reinarz	36	M	Two Harbors	MN	166	18:09	3:06	4:46	167	40:56	15.1	3:24	130	24:57	9:59	1:32:10
162	274	Nathan Case	24	M	Hutchinson	MN	155	17:19	2:57	6:03	160	39:38	15.6	1:50	156	27:55	11:10	1:32:42
163	289	Peder Engebretson	46	M	Saint Anthony	MN	139	16:14	2:46	3:57	140	37:51	16.3	1:38	173	33:15	13:18	1:32:53
164	659	Christopher Greene	46	M	Cape Coral	FL	176	23:20	3:59	3:08	152	38:50	15.9	2:07	135	25:33	10:13	1:32:55
165	317	Steven Kaphing	32	M	Hastings	MN	173	21:06	3:36	4:10	159	39:37	15.6	2:14	154	27:46	11:07	1:34:50
166	330	Kurt Larson	51	M	Duluth	MN	150	17:04	2:55	6:24	168	41:44	14.8	2:53	149	27:23	10:58	1:35:26
167	264	John Barneson	42	M	St. Paul	MN	177	23:21	3:59	4:50	147	38:21	16.1	1:31	157	27:59	11:12	1:35:59
168	340	Tom McCulloch	42	M	Minneapolis	MN	167	18:09	3:06	3:26	144	38:04	16.2	1:59	176	34:51	13:57	1:36:26
169	388	Klinton Stephens	29	M	Rochester	MN	149	17:01	2:54	4:18	150	38:41	16.0	1:51	178	35:29	14:12	1:37:19
170	665	Mike Iversen	47	M	Victoria	MN	147	16:58	2:54	4:07	176	47:39	13.0	2:10	145	26:46	10:43	1:37:38
171	345	Robert Mills	63	M	Duluth	MN	168	19:04	3:15	4:42	165	40:37	15.2	2:51	167	30:50	12:20	1:38:01
172	379	Paul Sapyta	32	M	Cloquet	MN	71	12:59	2:13	4:11	178	48:35	12.7	2:25	171	32:08	12:51	1:40:16
173	358	Robert Olson	55	M	Duluth	MN	182	32:59	5:38	3:58	163	39:41	15.6	1:46	128	24:49	9:56	1:43:11
174	265	Nicolas Bates	42	M	Minneapolis	MN	180	30:25	5:11	4:37	169	42:03	14.7	4:28	88	21:55	8:46	1:43:26
175	329	Brent Larson	12	M	Duluth	MN	148	17:01	2:54	5:30	173	44:15	14.0	1:20	179	36:36	14:39	1:44:38
176	355	Matthew Nelson	30	M	Bloomington	MN	140	16:15	2:47	6:53	180	49:40	12.4	4:14	160	28:58	11:36	1:45:59
177	266	John Beintema	57	M	Bloomington	MN	81	13:42	2:20	6:31	177	48:32	12.7	3:59	174	34:35	13:50	1:47:17
178	366	Peter Raih	34	M	Minneapolis	MN	145	16:47	2:52	8:29	174	45:33	13.6	5:09	170	32:07	12:51	1:48:03
179	304	Richard Hellman	65	M	Indianapolis	IN	179	25:13	4:18	6:32	143	37:59	16.3	4:10	180	37:32	15:01	1:51:24
180	261	Dennis Adamski	36	M	Hermantown	MN	171	21:02	3:35	6:50	182	49:55	12.4	2:22	175	34:42	13:53	1:54:48
181	282	Jess Day	51	M	Cottage Grove	MN	181	30:49	5:15	5:55	175	47:35	13.0	2:36	181	38:55	15:34	2:05:48
182	402	Chris Vizanko	64	M	Duluth	MN	178	25:01	4:16	10:04	181	49:40	12.4	6:24	182	44:57	17:59	2:16:04

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	683	Jeanne Fleck	44	F	Proctor	MN	6	9:55	1:42	1:09	1	27:36	22.4	1:17	1	17:53	7:10	57:48
2	439	Tara Croteau	31	F	Duluth	MN	31	11:11	1:55	1:47	3	29:15	21.1	1:38	2	18:28	7:23	1:02:17
3	421	Kirsten Bich	43	F	Duluth	MN	44	11:57	2:03	1:31	2	29:06	21.2	1:24	4	19:03	7:38	1:02:59
4	234	Jena Ogston	38	F	Duluth	MN	13	10:26	1:47	1:30	8	30:57	20.0	1:19	6	19:27	7:47	1:03:37
5	681	Katie Cross	24	F	Hutchinson	MN	12	10:23	1:47	1:49	7	30:53	20.0	1:19	15	19:59	8:00	1:04:21
6	615	Jody Zeleznikar	36	F	Esko	MN	55	12:19	2:06	1:36	13	31:27	19.7	1:20	3	18:51	7:33	1:05:31
7	481	Julie Hendrickson	28	F	Duluth	MN	28	11:09	1:54	1:26	14	31:45	19.5	1:35	12	19:52	7:57	1:05:45
8	707	Sandra Mowers	45	F	Duluth	MN	15	10:29	1:48	2:08	4	29:23	21.0	1:39	38	22:12	8:53	1:05:49
9	564	Heidi Robb	42	F	Maple Grove	MN	90	13:21	2:17	1:24	5	29:45	20.8	1:13	18	20:10	8:04	1:05:50
10	684	Bettina Keppers	26	F	Duluth	MN	10	10:12	1:45	1:30	6	30:11	20.5	1:35	44	22:26	8:59	1:05:51
11	142	Megan Haseley	34	F	Richfield	MN	5	9:52	1:41	1:53	22	33:21	18.5	1:23	7	19:27	7:47	1:05:55
12	562	Meagan Ritacco	20	F	Fort Walton Beach	FL	3	9:33	1:38	2:00	28	33:33	18.4	2:04	13	19:52	7:57	1:07:01
13	664	Betsy Peterson	33	F	Duluth	MN	26	11:02	1:53	2:30	11	31:20	19.7	1:09	28	21:22	8:33	1:07:21
14	611	Marcy Woods	38	F	Lincoln	NE	75	12:49	2:11	1:36	9	30:59	19.9	2:23	24	20:54	8:22	1:08:39
15	602	Emily Vos	35	F	Duluth	MN	84	13:09	2:15	2:22	18	32:41	18.9	1:42	9	19:45	7:54	1:09:38
16	514	Emily Larson	36	F	Duluth	MN	30	11:11	1:55	2:47	50	34:45	17.8	1:18	11	19:46	7:55	1:09:44
17	692	Mary Sands	48	F	Saint Paul	MN	51	12:15	2:06	1:35	16	32:14	19.2	1:45	36	22:00	8:48	1:09:47
18	652	Lisa Spethmann	46	F	Saint Cloud	MN	20	10:37	1:49	2:14	45	34:27	17.9	1:40	25	20:55	8:22	1:09:50
19	443	Sonja Daniels	36	F	Duluth	MN	78	12:52	2:12	1:42	12	31:23	19.7	1:32	48	22:43	9:06	1:10:10
20	695	Lisa Reed	17	F	Duluth	MN	4	9:37	1:39	2:48	52	34:57	17.7	1:03	37	22:03	8:50	1:10:27
21	686	Juliana Bertelsen	32	F	Duluth	MN	33	11:15	1:55	2:49	71	35:33	17.4	1:55	8	19:40	7:52	1:11:09
22	643	Molly Peichel	16	F	Rice	MN	1	9:11	1:34	1:55	70	35:31	17.4	1:09	64	23:28	9:23	1:11:12
23	482	Laura Heydt	28	F	St. Paul	MN	17	10:32	1:48	1:49	40	34:08	18.1	1:25	73	23:34	9:26	1:11:26
24	694	Elizabeth Reed	17	F	Duluth	MN	2	9:32	1:38	2:42	61	35:17	17.5	1:03	60	23:20	9:20	1:11:52
25	414	Elyse Anderson	26	F	St. Paul	MN	23	10:58	1:53	2:10	23	33:23	18.5	1:38	80	23:50	9:32	1:11:57
26	493	Amy Johnson	18	F	Salol	MN	37	11:18	1:56	1:56	65	35:20	17.5	0:58	49	22:46	9:07	1:12:16
27	600	Dominique Veneruz	14	F	Thunder Bay	ON	63	12:29	2:08	2:44	42	34:24	18.0	1:24	33	21:42	8:41	1:12:41
28	425	Alicia Borman	43	F	Eagan	MN	49	12:11	2:05	3:11	60	35:14	17.5	2:12	16	20:00	8:00	1:12:46
29	633	Sarah Anderson	37	F	Davenport	IA	14	10:27	1:47	3:08	27	33:33	18.4	2:13	76	23:41	9:29	1:12:59
30	572	Jessica Schiff	25	F	Duluth	MN	40	11:28	1:58	1:40	24	33:24	18.5	1:20	108	25:12	10:05	1:13:02
31	709	Laune Anderson	42	F	Duluth	MN	50	12:14	2:05	2:14	15	32:01	19.3	1:53	95	24:50	9:56	1:13:09

224	691	Lisa Malyuk	37	F	Andover	MN	225	20:11	3:27	3:02	217	46:01	13.4	2:03	228	36:55	14:46	1:48:09
225	543	Natalie Netzel	24	F	Duluth	MN	149	15:32	2:39	3:22	231	54:29	11.3	1:41	216	34:04	13:38	1:49:07
226	598	Suzanne Ulmer	61	F	Hayward	WI	218	19:22	3:18					4:28	220	34:24	13:46	1:50:43
227	550	Natasha Petersen	32	F	Brooklyn Center	MN	131	14:57	2:33	20:05	185	42:05	14.7	4:25	180	29:16	11:43	1:50:45
228	552	M Pfau	51	F	Edina	MN	216	18:32	3:10	5:51	225	48:27	12.8	2:26	226	35:58	14:24	1:51:12
229	444	Hannah Day	27	F	St. Paul	MN	214	18:14	3:07	5:06	227	50:49	12.2	2:29	230	37:37	15:03	1:54:12
230	581	Sandra Signorelli	64	F	Duluth	MN	213	18:03	3:05	5:08	209	43:55	14.1	2:05	234	45:23	18:10	1:54:32
231	424	Nicole Boder	37	F	Saginaw	MN	147	15:26	2:38	4:06	233	59:55	10.3	3:14	222	35:14	14:06	1:57:53
232	603	Lindsey Wagner	27	F	North Branch	MN	233	24:18	4:09	5:22	230	53:39	11.5	3:10	219	34:12	13:41	2:00:39
233	509	Martha Krasean	50	F	Hayward	WI	226	20:14	3:27	9:46	232	56:06	11.0	3:12	231	38:46	15:31	2:08:01
234	416	Stacy Avery	38	F	Minnetonka	MN	234	25:48	4:24	7:06	218	46:25	13.3	7:33	233	42:19	16:56	2:09:09
235	688	Alexis Pogorelskin	65	F	Duluth	MN	235	28:01	4:47	6:45	229	52:19	11.8	3:10	235	46:27	18:35	2:16:40
236	423	Diane Blight	50	F	Iron	MN	236	35:06	5:59	7:36	234	1:06:02	9.4	2:29	236	59:48	23:55	2:50:58

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	695	Lisa Reed	17	F	Duluth	MN	3	9:37	1:39	2:48	2	34:57	17.7	1:03	2	22:03	8:50	1:10:27
2	643	Molly Peichel	16	F	Rice	MN	1	9:11	1:34	1:55	5	35:31	17.4	1:09	5	23:28	9:23	1:11:12
3	694	Elizabeth Reed	17	F	Duluth	MN	2	9:32	1:38	2:42	3	35:17	17.5	1:03	4	23:20	9:20	1:11:52
4	493	Amy Johnson	18	F	Salol	MN	5	11:18	1:56	1:56	4	35:20	17.5	0:58	3	22:46	9:07	1:12:16
5	600	Dominique Veneruz	14	F	Thunder Bay	ON	6	12:29	2:08	2:44	1	34:24	18.0	1:24	1	21:42	8:41	1:12:41
6	486	Rachael Howard	16	F	Nisswa	MN	7	13:31	2:19	2:32	6	38:03	16.2	1:10	6	24:08	9:39	1:19:21
7	449	Angela Donofrio	15	F	Hermantown	MN	4	10:47	1:51	3:54	7	41:43	14.8	1:37	7	26:31	10:37	1:24:31

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	681	Katie Cross	24	F	Hutchinson	MN	2	10:23	1:47	1:49	1	30:53	20.0	1:19	4	19:59	8:00	1:04:21
2	562	Meagan Ritacco	20	F	Fort Walton Beach	FL	1	9:33	1:38	2:00	2	33:33	18.4	2:04	3	19:52	7:57	1:07:01
3	463	Carolyn Freeman	21	F	Ely	MN	13	14:53	2:33	3:45	3	34:41	17.8	1:32	1	19:08	7:40	1:13:58
4	670	Nellie Adams	21	F	Duluth	MN	20	15:39	2:40	2:22	7	36:29	16.9	1:29	2	19:45	7:54	1:15:42
5	524	Delaney Lundeen	20	F	Duluth	MN	6	13:13	2:15	2:24	9	36:56	16.7	1:29	9	22:25	8:58	1:16:24
6	500	Lindsay Keene	22	F	Cohasset	MN	11	14:23	2:28	2:46	4	35:22	17.5	1:21	14	23:19	9:20	1:17:09
7	569	Kaila Sawochka	21	F	Eagan	MN	12	14:43	2:31	4:22	8	36:47	16.8	1:32	6	20:14	8:06	1:17:35
8	599	Laura Vanden Heuvel	24	F	Edina	MN	5	12:52	2:12	3:51	6	36:24	17.0	2:24	13	23:10	9:16	1:18:38
9	480	Nicolette Helling	23	F	Duluth	MN	10	13:56	2:23	2:55	10	37:46	16.4	1:19	12	23:05	9:14	1:19:00
10	577	Alanna Schwanke	21	F	Duluth	MN	15	14:58	2:33	3:18	13	39:27	15.7	1:10	5	20:10	8:04	1:19:01
11	545	Maureen O'Connor	24	F	Minneapolis	MN	18	15:09	2:35	3:32	5	35:55	17.2	2:33	11	22:39	9:04	1:19:46
12	478	April Hansen	21	F	Duluth	MN	8	13:45	2:21	2:40	17	40:54	15.1	2:15	8	20:50	8:20	1:20:22
13	544	Allison Norgard	23	F	Duluth	MN	9	13:56	2:23	3:23	15	39:56	15.5	2:09	15	23:32	9:25	1:22:53
14	470	Amanda Grantham	23	F	Duluth	MN	7	13:17	2:16	2:54	14	39:54	15.5	1:53	19	25:47	10:19	1:23:42
15	558	Kati Reed	24	F	Eagan	MN	22	17:50	3:03	3:35	12	39:22	15.7	2:14	10	22:36	9:03	1:25:33
16	542	Kate Nelson	22	F	Fargo	ND	3	12:25	2:07	4:25	20	41:29	14.9	1:53	18	25:34	10:14	1:25:45
17	570	Nadia Sawochka	22	F	Eagan	MN	17	15:04	2:34	4:00	19	41:20	15.0	1:25	17	25:33	10:14	1:27:20
18	583	Andrea Silva	23	F	Maple Grove	MN	24	19:30	3:20	2:53	23	43:16	14.3	1:46	7	20:36	8:15	1:27:59
19	582	Leah Sikora	24	F	N. St. Paul	MN	21	16:55	2:53	3:35	21	42:17	14.6	1:24	16	24:57	9:59	1:29:05
20	452	Alexandra Economy	22	F	Duluth	MN	16	15:00	2:34	3:31	16	40:45	15.2	2:07	23	27:47	11:07	1:29:07
21	448	Billie Diver	20	F	Cloquet	MN	23	17:59	3:04	3:35	11	38:40	16.0	1:50	22	27:05	10:50	1:29:07
22	136	Megan Gibbons	24	F	Hoquiam	WA	14	14:56	2:33	5:16	22	42:57	14.4	2:11	20	26:42	10:41	1:32:00
23	540	Amanda Nelson	20	F	Fargo	ND	4	12:47	2:11	3:54	24	43:27	14.2	1:58	24	31:22	12:33	1:33:26
24	578	Brenda Schwerdt	23	F	Duluth	MN	25	21:45	3:43	6:06	18	40:59	15.1	1:29	21	26:50	10:44	1:37:07
25	543	Natalie Netzel	24	F	Duluth	MN	19	15:32	2:39	3:22	25	54:29	11.3	1:41	25	34:04	13:38	1:49:07

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	481	Julie Hendrickson	28	F	Duluth	MN	11	11:09	1:54	1:26	2	31:45	19.5	1:35	1	19:52	7:57	1:05:45
2	684	Bettina Keppers	26	F	Duluth	MN	3	10:12	1:45	1:30	1	30:11	20.5	1:35	8	22:26	8:59	1:05:51
3	482	Laura Heydt	28	F	St. Paul	MN	5	10:32	1:48	1:49	11	34:08	18.1	1:25	15	23:34	9:26	1:11:26
4	414	Elyse Anderson	26	F	St. Paul	MN	8	10:58	1:53	2:10	4	33:23	18.5	1:38	18	23:50	9:32	1:11:57
5	572	Jessica Schiff	25	F	Duluth	MN	18	11:28	1:58	1:40	5	33:24	18.5	1:20	27	25:12	10:05	1:13:02
6	418	Nicole Baur	29	F	Rochester	MN	28	13:25	2:17	1:59	9	34:04	18.1	1:35	7	22:19	8:56	1:13:20
7	518	Rebecca Layman	29	F	Bagley	MN	16	11:17	1:56	2:12	7	33:45	18.3	1:17	26	25:06	10:03	1:13:36

8	122	Moriah Brooks	27	F	Duluth	MN	21	12:18	2:06	2:02	8	33:59	18.2	1:40	17	23:42	9:29	1:13:38
9	479	Tara Haynes	29	F	Duluth	MN	15	11:17	1:56	2:25	16	35:47	17.3	1:26	9	22:48	9:08	1:13:41
10	494	Andrea Johnson	26	F	Duluth	MN	14	11:15	1:55	2:18	18	35:56	17.2	1:17	11	23:07	9:15	1:13:51
11	575	Miranda Schoenecker	26	F	Duluth	MN	25	12:59	2:13	2:03	10	34:07	18.1	1:15	12	23:29	9:24	1:13:52
12	571	Stacia Schacht	27	F	Duluth	MN	7	10:50	1:51	2:07	6	33:42	18.3	2:30	24	24:52	9:57	1:13:59
13	682	Sara Dickenson	26	F	Foxboro	WI	1	9:57	1:42	2:34	13	34:46	17.8	2:15	21	24:31	9:49	1:14:01
14	590	Emily Stenhoff	27	F	Madison	WI	31	14:54	2:33	4:21	3	32:45	18.9	2:08	2	19:57	7:59	1:14:03
15	427	Devon Brecke	28	F	Duluth	MN	12	11:11	1:55	2:00	20	36:16	17.0	1:42	19	23:56	9:35	1:15:03
16	499	Bethany Keene	26	F	Carrboro	NC	26	13:15	2:16	2:45	25	37:50	16.3	1:27	4	21:25	8:34	1:16:40
17	536	Robbi Mondati	29	F	Shakopee	MN	2	10:05	1:43	1:48	39	40:52	15.1	1:25	14	23:32	9:25	1:17:41
18	640	Heather Marden-Reilly	28	F	Hermantown	MN	13	11:14	1:55	3:09	22	37:17	16.6	2:11	31	25:35	10:14	1:19:23
19	420	Erin Belcher	26	F	Rochester	MN	6	10:36	1:49	2:55	26	37:54	16.3	1:56	36	26:26	10:35	1:19:46
20	487	Sabrina Howard	25	F	Rochester	MN	4	10:31	1:48	2:50	27	37:56	16.3	2:04	38	26:29	10:36	1:19:49
21	492	Aubree Johansson	27	F	St Paul	MN	44	16:18	2:47	2:15	19	36:11	17.1	1:32	20	24:21	9:45	1:20:34
22	656	Kendra Stritch	27	F	Saint Paul	MN	37	15:43	2:41	2:41	14	35:06	17.6	1:44	34	26:05	10:26	1:21:17
23	573	Sara Schmelzer	27	F	Minneapolis	MN	24	12:30	2:08	3:11	21	36:49	16.8	1:19	44	28:20	11:20	1:22:07
24	517	Emily Laughlin	28	F	Shakopee	MN	40	15:54	2:43	2:26	12	34:23	18.0	1:46	42	27:57	11:11	1:22:25
25	594	Alissa Theis	27	F	Sauk Rapids	MN	32	15:05	2:35	3:42	44	41:39	14.8	1:27	3	21:07	8:27	1:22:58
26	442	Jennifer Dalland	25	F	Duluth	MN	10	11:06	1:54	4:39	45	42:00	14.7	1:52	13	23:31	9:25	1:23:06
27	510	Karli Kuecker	29	F	Saint Paul	MN	42	16:01	2:44	4:18	32	39:28	15.7	2:08	6	21:38	8:40	1:23:31
28	549	Anita Patel	29	F	Minneapolis	MN	38	15:52	2:43	2:46	28	38:02	16.2	2:13	23	24:44	9:54	1:23:35
29	526	Jacqueline Marceau	26	F	Wayzata	MN	39	15:53	2:43	2:14	43	41:34	14.9	1:13	16	23:41	9:29	1:24:33
30	585	Lisa Smyth	29	F	Minneapolis	MN	49	17:34	3:00	3:38	17	35:56	17.2	1:44	33	26:01	10:25	1:24:51
31	605	Tracy Ward	28	F	Duluth	MN	33	15:16	2:36	5:14	23	37:21	16.5	1:52	29	25:15	10:06	1:24:56
32	531	Tami Mesedahl	26	F	Saginaw	MN	17	11:26	1:57	4:40	38	40:42	15.2	2:57	30	25:22	10:09	1:25:05
33	593	Genevieve Teasley	27	F	Duluth	MN	22	12:24	2:07	3:44	56	45:50	13.5	2:11	5	21:37	8:39	1:25:44
34	459	Alexis Forsberg	28	F	Roseville	MN	53	19:25	3:19	2:12	15	35:12	17.6	2:10	40	27:21	10:57	1:26:17
35	428	Diana Buck	27	F	Lauderdale	MN	19	11:40	2:00	2:28	35	40:06	15.4	3:04	47	29:29	11:48	1:26:44
36	614	Kristy Young	28	F	Gilbert	MN	35	15:33	2:39	3:30	34	39:59	15.5	3:20	25	24:58	9:59	1:27:18
37	565	Megan Robertson	28	F	Eau Claire	WI	29	13:59	2:23	4:48	36	40:12	15.4	2:33	35	26:11	10:29	1:27:42
38	451	Laura Doty	25	F	Duluth	MN	30	14:04	2:24	3:06	53	43:59	14.1	2:15	22	24:36	9:51	1:27:58
39	680	Kelsey Johnson	28	F	Minneapolis	MN	9	10:58	1:53	3:06	41	41:02	15.1	1:47	50	31:09	12:28	1:28:01
40	541	Candace Nelson	29	F	Fargo	ND	50	17:49	3:03	2:57	37	40:14	15.4	1:45	32	26:01	10:25	1:28:44
41	586	Ann Spang	29	F	Minneapolis	MN	47	17:17	2:57	3:36	24	37:42	16.4	1:59	46	28:50	11:32	1:29:22
42	462	Kristine Fredrickson	25	F	Duluth	MN	20	12:00	2:03	3:41	31	39:27	15.7	1:18	55	33:03	13:13	1:29:26
43	645	Samanthalyn Trapp	29	F	Burnsville	MN	43	16:07	2:45	2:58	33	39:50	15.5	2:43	41	27:56	11:11	1:29:33
44	648	Alley Zezoney	26	F	St. Cloud	MN	55	19:28	3:19	2:13	29	38:44	16.0	2:36	45	28:30	11:24	1:31:29
45	576	Greta Schumacher	26	F	Layton	UT	34	15:28	2:38	5:31	30	39:13	15.8	1:29	48	30:01	12:01	1:31:40
46	588	Sarah Staum	27	F	Duluth	MN	45	16:35	2:50	4:31	46	42:05	14.7	2:15	37	26:26	10:35	1:31:50
47	435	Lisa Consie	29	F	Duluth	MN	27	13:23	2:17	3:42	40	40:59	15.1	2:31	52	31:28	12:35	1:32:02
48	557	Anna Reed	27	F	Eagan	MN	51	17:51	3:03	3:36	55	45:15	13.7	3:08	10	22:51	9:09	1:32:38
49	592	Emily Takkunen	27	F	Circle Pines	MN	54	19:27	3:19	4:22	42	41:30	14.9	2:55	28	25:12	10:05	1:33:24
50	589	Carly Steen	25	F	Fargo	ND	23	12:25	2:07	3:48	49	42:53	14.4	1:59	54	32:37	13:03	1:33:40
51	458	Mandi Fontaine	27	F	Proctor	MN	48	17:24	2:58	4:11	47	42:22	14.6	2:25	43	27:58	11:12	1:34:19
52	519	Rachel Levy	26	F	Woodbridge	VA	41	15:58	2:44	3:18	48	42:51	14.4	2:09	49	30:32	12:13	1:34:46
53	563	Emily Riutta	27	F	Rochester	MN	36	15:40	2:41	4:43	51	43:15	14.3	1:48	53	32:02	12:49	1:37:26
54	607	Allicen Waxlax	29	F	Willow River	MN	57	24:17	4:09	3:09	50	43:11	14.3	2:14	39	27:01	10:49	1:39:50
55	613	Brandi Worthing	27	F	Duluth	MN	46	16:58	2:54	4:36	52	43:17	14.3	4:27	57	35:22	14:09	1:44:37
56	551	Nicole Peterson	28	F	Bloomington	MN	56	23:59	4:06	4:14	54	45:03	13.7	1:42	51	31:19	12:32	1:46:15
57	444	Hannah Day	27	F	St. Paul	MN	52	18:14	3:07	5:06	57	50:49	12.2	2:29	58	37:37	15:03	1:54:12
58	603	Lindsey Wagner	27	F	North Branch	MN	58	24:18	4:09	5:22	58	53:39	11.5	3:10	56	34:12	13:41	2:00:39

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	439	Tara Croteau	31	F	Duluth	MN	4	11:11	1:55	1:47	1	29:15	21.1	1:38	1	18:28	7:23	1:02:17
2	142	Megan Haseley	34	F	Richfield	MN	1	9:52	1:41	1:53	4	33:21	18.5	1:23	2	19:27	7:47	1:05:55
3	664	Betsy Peterson	33	F	Duluth	MN	3	11:02	1:53	2:30	2	31:20	19.7	1:09	5	21:22	8:33	1:07:21
4	686	Juliana Bertelsen	32	F	Duluth	MN	5	11:15	1:55	2:49	11	35:33	17.4	1:55	3	19:40	7:52	1:11:09
5	657	Stephanie Koebensky	30	F	Duluth	MN	14	13:21	2:17	3:01	3	32:36	19.0	1:17	10	23:26	9:23	1:13:38
6	548	Nikki Olson	30	F	Duluth	MN	7	11:59	2:03	1:57	9	35:07	17.6	1:30	12	23:35	9:26	1:14:05
7	662	Elizabeth Zimbinski	32	F	Minneapolis	MN	9	12:27	2:08	1:45	5	33:45	18.3	1:57	14	24:26	9:47	1:14:17
8	533	Gina Miller	33	F	Duluth	MN	20	14:03	2:24	3:09	8	34:57	17.7	1:45	4	20:45	8:18	1:14:36
9	604	Rebecca Walter	33	F	St. Paul	MN	2	10:17	1:46	2:13	6	33:58	18.2	2:34	20	26:22	10:33	1:15:23

10	513	Kirsten Langgguth	33	F	Chaska	MN	6	11:44	2:00	3:48	16	36:56	16.7	1:50	7	21:48	8:44	1:16:04
11	538	Kellie Mueller	30	F	Rochester	MN	12	12:45	2:11	2:06	7	34:40	17.8	1:43	19	25:57	10:23	1:17:09
12	512	Amanda Lambert	30	F	Duluth	MN	8	12:16	2:06	2:25	13	36:27	17.0	2:13	15	25:07	10:03	1:18:25
13	534	Erin Miller-Kronenb	31	F	Sartell	MN	17	13:40	2:20	1:55	20	38:11	16.2	1:06	13	23:38	9:27	1:18:29
14	483	Becky Hoepfner	33	F	Bloomington	MN	21	14:04	2:24	2:27	19	37:56	16.3	1:43	8	22:41	9:05	1:18:48
15	635	Sally Goodman	30	F	Sauk Rapids	MN	13	12:57	2:13	3:18	17	37:12	16.6	1:52	11	23:34	9:26	1:18:50
16	507	Jacquelyn Kortas	34	F	Flagstaff	AZ	25	15:04	2:34	2:15	10	35:28	17.4	2:17	16	25:08	10:03	1:20:08
17	660	Nicolle Gilbertson	31	F	Duluth	MN	16	13:39	2:20	2:58	12	35:37	17.4	2:32	17	25:42	10:17	1:20:25
18	584	Marisa Skees	33	F	Minneapolis	MN	31	16:56	2:54	3:16	14	36:27	17.0	2:25	6	21:40	8:40	1:20:43
19	422	Mehgan Blair	30	F	Duluth	MN	11	12:44	2:11	4:12	15	36:28	16.9	1:32	24	29:43	11:53	1:24:37
20	491	Mary Jenc	31	F	Superior	WI	27	16:10	2:46	3:50	23	40:19	15.3	1:24	9	22:59	9:12	1:24:41
21	687	Darcy Schonfeld	32	F	Duluth	MN	22	14:29	2:29	5:06	18	37:14	16.6	2:31	21	26:27	10:35	1:25:44
22	466	Jaime Gearhart	32	F	New Hope	MN	26	15:20	2:37	3:59	21	38:34	16.0	2:53	18	25:52	10:21	1:26:35
23	638	Alyssa Marden	31	F	Hermantown	MN	18	13:50	2:22	2:50	24	40:23	15.3	2:26	29	33:19	13:20	1:32:46
24	654	Melissa Ganje	30	F	Duluth	MN	28	16:32	2:49	5:52	29	44:19	13.9	2:02	22	26:28	10:35	1:35:10
25	568	Jennifer Saletel	33	F	Wrenshall	MN	29	16:36	2:50	3:49	27	42:57	14.4	2:05	25	30:32	12:13	1:35:57
26	464	Julie Gabrielson	31	F	Minneapolis	MN	19	13:51	2:22	4:08	22	39:41	15.6	4:41	30	34:08	13:39	1:36:28
27	642	Dawn Nuvayestewa	32	F	Isle	MN	32	17:43	3:01	4:12	26	42:45	14.5	3:03	26	30:53	12:21	1:38:33
28	476	Bobbi Halverson	34	F	Cook	MN	30	16:45	2:52	5:36	28	44:18	14.0	1:31	27	31:29	12:36	1:39:38
29	556	Sally Raih	33	F	Minneapolis	MN	15	13:22	2:17	5:53	30	46:34	13.3	4:09	28	32:08	12:51	1:42:03
30	597	Elizabeth Uebel	30	F	Hermantown	MN	10	12:43	2:10	3:53	31	47:01	13.1	2:19	32	36:21	14:33	1:42:15
31	471	Danielle Griffin	32	F	Stewartville	MN	23	14:49	2:32	4:18	32	50:59	12.1	2:13	31	34:10	13:40	1:46:27
32	550	Natasha Petersen	32	F	Brooklyn Center	MN	24	14:57	2:33	20:05	25	42:05	14.7	4:25	23	29:16	11:43	1:50:45

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	234	Jena Ogston	38	F	Duluth	MN	2	10:26	1:47	1:30	1	30:57	20.0	1:19	2	19:27	7:47	1:03:37
2	615	Jody Zeleznikar	36	F	Esko	MN	11	12:19	2:06	1:36	4	31:27	19.7	1:20	1	18:51	7:33	1:05:31
3	611	Marcy Woods	38	F	Lincoln	NE	18	12:49	2:11	1:36	2	30:59	19.9	2:23	6	20:54	8:22	1:08:39
4	602	Emily Vos	35	F	Duluth	MN	23	13:09	2:15	2:22	5	32:41	18.9	1:42	3	19:45	7:54	1:09:38
5	514	Emily Larson	36	F	Duluth	MN	5	11:11	1:55	2:47	14	34:45	17.8	1:18	4	19:46	7:55	1:09:44
6	443	Sonja Daniels	36	F	Duluth	MN	20	12:52	2:12	1:42	3	31:23	19.7	1:32	8	22:43	9:06	1:10:10
7	633	Sarah Anderson	37	F	Davenport	IA	3	10:27	1:47	3:08	9	33:33	18.4	2:13	15	23:41	9:29	1:12:59
8	446	Anne De Rovere	38	F	Woodbury	MN	15	12:31	2:08	2:40	11	33:39	18.4	1:11	17	24:05	9:38	1:14:03
9	411	Amy Aho	35	F	Merrifield	MN	24	13:41	2:20	2:17	8	33:32	18.4	1:12	13	23:31	9:25	1:14:10
10	527	Shari Marshik	38	F	Duluth	MN	8	12:06	2:04	1:45	21	36:06	17.1	1:38	9	23:02	9:13	1:14:34
11	504	Laura King	35	F	Dubuque	IA	4	11:02	1:53	2:26	13	34:26	17.9	2:14	19	24:39	9:52	1:14:45
12	438	Cathy Cortvriendt	37	F	Winnipeg	MB	13	12:27	2:08	2:38	10	33:39	18.4	1:45	21	24:48	9:56	1:15:15
13	647	Kristin Walch	39	F	Duluth	MN	1	10:01	1:43	2:44	25	36:42	16.8	1:41	20	24:41	9:53	1:15:47
14	431	Robin Chose	35	F	Eden Prairie	MN	25	13:47	2:21	2:09	7	33:24	18.5	2:38	18	24:21	9:45	1:16:16
15	632	Erika Anderson	36	F	Davenport	IA	6	11:23	1:57	3:55	12	33:48	18.3	2:27	22	24:54	9:58	1:16:24
16	646	Melanie Tuominen	38	F	Duluth	MN	34	15:33	2:39	2:07	6	33:08	18.7	2:12	12	23:29	9:24	1:16:27
17	498	Jill Kaske	38	F	Superior	WI	30	13:54	2:22	2:01	16	35:10	17.6	1:39	16	23:55	9:34	1:16:36
18	606	Gretchen Warnke	39	F	Eagan	MN	9	12:08	2:04	2:45	15	35:07	17.6	2:22	24	25:05	10:02	1:17:25
19	432	Brenda Cid	37	F	Carlton	MN	35	15:35	2:40	3:02	27	37:12	16.6	1:21	5	20:32	8:13	1:17:39
20	696	Jill Bourman	37	F	Brooklyn Center	MN	10	12:18	2:06	2:56	26	37:04	16.7	2:01	14	23:34	9:26	1:17:50
21	429	Gina Chavez	35	F	Crystal	MN	32	15:11	2:36	4:13	18	35:18	17.5	1:57	7	22:13	8:54	1:18:50
22	706	Lisa Faust	38	F	Duluth	MN	16	12:43	2:10	2:47	32	38:19	16.1	1:39	25	25:12	10:05	1:20:38
23	555	Kimberly Radloff	36	F	Saginaw	MN	29	13:53	2:22	2:25	28	37:25	16.5	1:22	27	26:07	10:27	1:21:09
24	574	Amanda Schoenauer	35	F	Menomonee Falls	WI	22	12:56	2:13	4:28	30	37:32	16.5	1:30	23	25:02	10:01	1:21:25
25	488	Deborah Hower	39	F	Eau Claire	WI	21	12:55	2:12	2:39	20	35:36	17.4	2:21	36	28:50	11:32	1:22:18
26	505	Rochon Kinney	39	F	Duluth	MN	27	13:51	2:22	3:17	22	36:11	17.1	1:39	32	27:37	11:03	1:22:33
27	677	Amy Haney	36	F	Duluth	MN	39	16:34	2:50	3:14	24	36:36	16.9	1:33	26	25:12	10:05	1:23:06
28	579	Laura Sieger	38	F	Duluth	MN	19	12:49	2:11	3:18	33	39:00	15.8	1:34	34	28:07	11:15	1:24:47
29	520	Kim Lightner	37	F	Saint Paul	MN	41	17:00	2:54	3:08	17	35:17	17.5	2:08	30	27:33	11:01	1:25:05
30	497	Anissa Karakas	38	F	Duluth	MN	26	13:50	2:22	3:31	45	42:38	14.5	2:06	10	23:02	9:13	1:25:05
31	522	Jennifer Lindstrom	36	F	Buffalo	MN	28	13:52	2:22	2:51	36	40:19	15.3	1:59	28	26:20	10:32	1:25:18
32	469	Shannon Godsey	35	F	Duluth	MN	17	12:48	2:11	2:53	31	38:18	16.1	1:52	39	30:13	12:05	1:26:01
33	566	Nell Rueckl	37	F	Minneapolis	MN	46	17:31	2:59	3:54	23	36:20	17.0	2:22	29	26:50	10:44	1:26:55
34	467	Amy Geissler	35	F	Culver	MN	47	18:02	3:05	4:23	35	40:05	15.4	1:30	11	23:22	9:21	1:27:19
35	521	Ann Lind	35	F	Duluth	MN	12	12:25	2:07	4:15	44	42:20	14.6	2:15	31	27:34	11:02	1:28:48
36	490	Amy Issendorf	36	F	Cloquet	MN	14	12:29	2:08	4:15	47	43:00	14.4	1:28	35	28:32	11:25	1:29:42
37	502	Dina Khaled	39	F	Minneapolis	MN	40	16:39	2:51	4:04	19	35:20	17.5	3:22	42	31:50	12:44	1:31:13

38	477	Sarah Hanhan	35	F	Duluth	MN	7	11:53	2:02	4:49	41	41:51	14.8	2:43	38	30:03	12:01	1:31:17
39	434	Courtney Colwell	35	F	Minneapolis	MN	37	16:17	2:47	4:01	34	39:02	15.8	3:03	37	29:11	11:41	1:31:31
40	535	Kelly Moen	39	F	Proctor	MN	36	16:02	2:44	4:24	43	42:10	14.7	2:05	33	27:37	11:03	1:32:15
41	641	Jennifer Mrozek	36	F	Paynesville	MN	38	16:29	2:49	3:25	29	37:25	16.5	2:17	46	32:57	13:11	1:32:31
42	644	Peggy Roy	37	F	St.Louis Park	MN	44	17:23	2:58	3:16	38	40:35	15.2	1:50	43	32:00	12:48	1:35:01
43	465	Carla Gamradt	39	F	Wrenshall	MN	43	17:15	2:57	6:28	39	40:36	15.2	2:53	40	30:53	12:22	1:38:01
44	454	Michelle Engbretson	38	F	Zim	MN	48	19:40	3:21	3:43	37	40:30	15.3	2:38	41	31:44	12:42	1:38:12
45	511	Kimberly Lakhan	38	F	Duluth	MN	45	17:28	2:59	4:44	42	41:56	14.7	2:54	45	32:24	12:58	1:39:24
46	506	Katie Klessig	39	F	Duluth	MN	49	20:08	3:26	3:40	40	41:23	14.9	2:05	44	32:13	12:54	1:39:27
47	580	Lara Signorelli	36	F	New York	NY	31	14:31	2:29	4:14	46	42:55	14.4	2:57	49	35:23	14:10	1:39:58
48	453	Paula Elert	39	F	Luck	WI	42	17:13	2:56	3:53	50	49:11	12.6	3:16	47	33:57	13:35	1:47:27
49	691	Lisa Malyuk	37	F	Andover	MN	50	20:11	3:27	3:02	48	46:01	13.4	2:03	50	36:55	14:46	1:48:09
50	424	Nicole Boder	37	F	Saginaw	MN	33	15:26	2:38	4:06	51	59:55	10.3	3:14	48	35:14	14:06	1:57:53
51	416	Stacy Avery	38	F	Minnetonka	MN	51	25:48	4:24	7:06	49	46:25	13.3	7:33	51	42:19	16:56	2:09:09

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	683	Jeanne Fleck	44	F	Proctor	MN	1	9:55	1:42	1:09	1	27:36	22.4	1:17	1	17:53	7:10	57:48
2	421	Kirsten Bich	43	F	Duluth	MN	3	11:57	2:03	1:31	2	29:06	21.2	1:24	2	19:03	7:38	1:02:59
3	564	Heidi Robb	42	F	Maple Grove	MN	6	13:21	2:17	1:24	3	29:45	20.8	1:13	4	20:10	8:04	1:05:50
4	425	Alicia Borman	43	F	Eagan	MN	4	12:11	2:05	3:11	10	35:14	17.5	2:12	3	20:00	8:00	1:12:46
5	709	Laune Anderson	42	F	Duluth	MN	5	12:14	2:05	2:14	5	32:01	19.3	1:53	9	24:50	9:56	1:13:09
6	437	Susan Cook	44	F	Duluth	MN	9	13:58	2:23	1:50	6	33:00	18.7	1:45	7	23:12	9:17	1:13:42
7	426	Holly Bowen-Bailey	41	F	Duluth	MN	2	10:35	1:49	2:39	12	38:11	16.2	2:34	8	23:25	9:22	1:17:21
8	532	Tania Meyer	42	F	Pengilly	MN	19	17:07	2:55	2:03	8	34:39	17.8	1:58	5	21:51	8:45	1:17:34
9	668	Andrea Lloyd	44	F	Rochester	MN	15	16:00	2:44	2:47	7	34:25	18.0	2:28	6	22:23	8:57	1:18:00
10	610	Andrea Wojahn	42	F	Minneapolis	MN	10	14:40	2:30	2:55	4	31:12	19.8	2:41	14	27:18	10:56	1:18:44
11	450	Catherine Donohue	41	F	Thunder Bay	ON	11	14:41	2:30	3:04	9	35:08	17.6	3:07	19	28:48	11:32	1:24:45
12	433	Mary Ciresi	41	F	Eau Claire	WI	13	15:02	2:34	3:32	13	38:14	16.2	1:55	15	27:22	10:57	1:26:02
13	485	Lynn Howard	42	F	Nisswa	MN	7	13:22	2:17	3:52	15	40:08	15.4	2:58	16	28:11	11:17	1:28:29
14	457	Joleen Finken	41	F	Duluth	MN	14	15:08	2:35	3:28	16	40:49	15.1	3:16	12	26:04	10:26	1:28:43
15	436	Erin Cook	42	F	Deephaven	MN	20	17:27	2:59	5:54	11	37:51	16.3	3:07	11	25:42	10:17	1:29:57
16	689	Christie Rhodes Dekko	44	F	Edina	MN	21	19:20	3:18	2:39	17	40:59	15.1	1:33	10	25:40	10:16	1:30:07
17	447	Leanne Digiuseppe	40	F	Thunder Bay	ON	12	14:52	2:32	4:17	19	42:19	14.6	2:49	13	26:50	10:44	1:31:04
18	496	Mary Johnson	40	F	Mora	MN	17	16:38	2:50	4:53	14	38:56	15.9	2:49	18	28:26	11:23	1:31:39
19	553	Durae Pfeiffer	40	F	Superior	WI	8	13:58	2:23	3:33	20	44:51	13.8	2:58	17	28:23	11:22	1:33:41
20	637	Heather Kemp	43	F	Grand Marais	MN	16	16:24	2:48	2:57	18	41:36	14.9	3:01	21	33:25	13:22	1:37:20
21	710	Christine McCarthy	43	F	Two Harbors	MN	18	16:40	2:51	4:22	21	47:04	13.1	2:35	20	32:11	12:53	1:42:50

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	707	Sandra Mowers	45	F	Duluth	MN	1	10:29	1:48	2:08	1	29:23	21.0	1:39	4	22:12	8:53	1:05:49
2	692	Mary Sands	48	F	Saint Paul	MN	3	12:15	2:06	1:35	2	32:14	19.2	1:45	3	22:00	8:48	1:09:47
3	652	Lisa Spethmann	46	F	Saint Cloud	MN	2	10:37	1:49	2:14	3	34:27	17.9	1:40	1	20:55	8:22	1:09:50
4	489	Debbie Hultman	48	F	Ely	MN	4	14:46	2:31	4:16	8	38:39	16.0	1:15	2	21:18	8:31	1:20:11
5	704	Linda Hagen	46	F	Duluth	MN	5	15:08	2:35	4:40	4	35:40	17.3	3:13	6	28:10	11:16	1:26:50
6	537	Emily Montgomery	48	F	Two Harbors	MN	8	16:43	2:51	3:30	5	36:02	17.2	2:48	7	28:13	11:18	1:27:14
7	666	Heather Wallace	45	F	Edina	MN	6	15:15	2:36	3:52	11	40:30	15.3	3:04	5	26:00	10:24	1:28:39
8	528	Amy Mayer	48	F	Minnetonka	MN	10	17:45	3:02	3:16	9	38:58	15.9	2:42	9	29:10	11:40	1:31:48
9	516	Nancy Latour-Edmonds	48	F	Duluth	MN	11	18:16	3:07	5:09	7	37:31	16.5	2:18	11	31:32	12:37	1:34:43
10	441	Ann Curnow	45	F	Blaine	MN	14	21:56	3:45	4:48	6	37:04	16.7	2:41	10	30:41	12:17	1:37:08
11	179	Sheryl Woodworth	48	F	Hutchinson	MN	9	17:11	2:56	4:25	10	39:31	15.6	3:41	13	34:33	13:50	1:39:19
12	601	Catherine Vitols	45	F	Burnsville	MN	7	15:44	2:41	4:55	12	42:16	14.6	2:18	14	35:15	14:06	1:40:26
13	445	Nancy Day	49	F	Cottage Grove	MN	12	21:21	3:39	4:30	14	46:29	13.3	4:18	8	28:24	11:22	1:45:00
14	495	Christina Johnson	45	F	Richfield	MN	13	21:52	3:44	4:30	13	43:30	14.2	2:21	12	33:08	13:16	1:45:19

FEMALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	650	Nancy Rectenwald	50	F	Duluth	MN	1	12:21	2:07	3:45	2	35:21	17.5	2:05	1	22:23	8:57	1:15:53
2	508	Kelley Kosmides	51	F	Chanhassen	MN	3	12:51	2:12	2:57	3	35:48	17.3	2:03	5	25:37	10:15	1:19:13
3	554	Sharon Quinlan	51	F	Duluth	MN	5	14:05	2:24	3:24	4	36:05	17.1	2:15	2	23:41	9:29	1:19:27

4	587	Pam Starcher	53	F	Onalaska	WI	7	15:47	2:42	2:34	1	34:29	17.9	2:26	4	25:30	10:12	1:20:43
5	419	Joan Beissel	54	F	Dixon	IL	4	13:12	2:15	3:36	5	36:37	16.9	1:39	7	26:41	10:41	1:21:44
6	484	Anne Howard	50	F	Superior	WI	13	16:44	2:51	3:15	6	37:13	16.6	1:56	6	26:14	10:30	1:25:20
7	430	Barbara Chiszar	54	F	Hayward	WI	10	16:14	2:46	2:44	8	37:53	16.3	2:02	12	30:10	12:04	1:29:01
8	596	Susan Mattis Turnham	54	F	Duluth	MN	6	14:59	2:33	3:39	7	37:34	16.5	2:04	13	30:51	12:21	1:29:05
9	560	Vicky Reed	51	F	Eagan	MN	8	15:54	2:43	4:38	9	39:02	15.8	2:05	10	28:24	11:22	1:30:00
10	412	Teri Alberico	50	F	Saint Paul	MN	11	16:19	2:47	4:18	11	40:10	15.4	2:56	8	27:23	10:57	1:31:03
11	472	Cynthia Grindy	53	F	Duluth	MN	2	12:47	2:11	7:51	10	40:01	15.4	3:04	9	27:33	11:01	1:31:13
12	546	Vickie O'Hara	50	F	St. Cloud	MN	15	17:26	2:59	3:18	14	43:32	14.2	3:37	11	28:44	11:30	1:36:34
13	475	Patti Hallback	50	F	Duluth	MN	9	16:06	2:45	5:49	15	48:18	12.8	2:15	3	24:53	9:58	1:37:19
14	455	Lesley Ernst	50	F	Apple Valley	MN	14	17:05	2:55	1:58	12	40:59	15.1	2:11	15	37:25	14:58	1:39:37
15	567	Robin Ruegg	52	F	Eagan	MN	12	16:39	2:51	3:37	13	42:48	14.4	1:56	17	40:55	16:22	1:45:53
16	552	M Pfau	51	F	Edina	MN	16	18:32	3:10	5:51	16	48:27	12.8	2:26	14	35:58	14:24	1:51:12
17	509	Martha Krasean	50	F	Hayward	WI	17	20:14	3:27	9:46	17	56:06	11.0	3:12	16	38:46	15:31	2:08:01
18	423	Diane Blight	50	F	Iron	MN	18	35:06	5:59	7:36	18	1:06:02	9.4	2:29	18	59:48	23:55	2:50:58

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
1	417	Susanne Bakken	59	F	Duluth	MN	1	12:45	2:11	2:12					1	24:47	9:55	1:15:51
2	410	Penny Agar	55	F	Duluth	MN	2	13:15	2:16	3:05	2	37:26	16.5	1:58	3	26:58	10:48	1:22:40
3	639	Sandy Marden-Lokken	56	F	Duluth	MN	3	15:36	2:40	4:22	1	36:29	16.9	3:04	2	25:20	10:08	1:24:49
4	634	Constance Bloom	55	F	Hermantown	MN	4	15:49	2:42	3:34	3	37:55	16.3	1:39	5	33:46	13:31	1:32:40
5	609	Kathryn Wipperling	56	F	Bloomington	MN	5	17:53	3:03	5:00	4	48:12	12.8	2:01	4	32:15	12:54	1:45:19

FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	595	Carole Torreano	61	F	Belleair Bluffs	FL	1	13:34	2:19	2:57	1	33:52	18.2	2:13	2	27:07	10:51	1:19:41
2	530	Connie Meek	63	F	Hayward	WI	2	15:01	2:34	5:22	2	35:29	17.4	2:49	1	24:52	9:57	1:23:30
3	598	Suzanne Ulmer	61	F	Hayward	WI	4	19:22	3:18					4:28	3	34:24	13:46	1:50:43
4	581	Sandra Signorelli	64	F	Duluth	MN	3	18:03	3:05	5:08	3	43:55	14.1	2:05	4	45:23	18:10	1:54:32

FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	688	Alexis Pogorelskin	65	F	Duluth	MN	1	28:01	4:47	6:45	1	52:19	11.8	3:10	1	46:27	18:35	2:16:40

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

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	398	Riley Unger	16	M	Winnipeg	MB	1	8:14	1:25	1:09	1	28:53	21.4	1:01	3	17:04	6:50	56:19
2	622	Patrick Naylor	16	M	Winnipeg	MB	3	9:02	1:33	1:04	2	29:01	21.3	1:05	1	16:36	6:39	56:47
3	376	Benjamin Ryan	15	M	Winnipeg	MB	4	9:05	1:33	1:03	3	29:10	21.2	0:55	2	17:01	6:49	57:11
4	702	Anthony Vecchi	17	M	Duluth	MN	2	8:44	1:30	2:09	4	30:48	20.1	1:32	4	23:15	9:18	1:06:26
5	329	Brent Larson	12	M	Duluth	MN	5	17:01	2:54	5:30	5	44:15	14.0	1:20	5	36:36	14:39	1:44:38

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	407	Connor Ziegler	24	M	Duluth	MN	1	7:52	1:21	1:25	2	28:23	21.8	1:25	2	16:20	6:32	55:22
2	318	Jason Kask	23	M	Duluth	MN	2	9:14	1:35	1:19	1	27:48	22.2	0:56	3	17:18	6:56	56:34
3	323	Mitchell Kieffer	24	M	Ft Walton Beach	FL	4	10:19	1:46	1:05	4	28:39	21.6	1:04	4	17:31	7:01	58:35
4	658	David Green	22	M	Duluth	MN	3	9:50	1:41	3:36	5	30:59	19.9	1:14	1	16:01	6:25	1:01:38
5	630	Jared Sundstrom	20	M	Proctor	MN	8	13:41	2:20	2:24	3	28:32	21.7	1:19	5	18:27	7:23	1:04:21
6	409	Luke Zupan	21	M	Grand Rapids	MN	7	13:24	2:17	2:50	6	31:05	19.9	1:38	7	18:55	7:34	1:07:50
7	354	John Mullen	20	M	Golden Valley	MN	6	12:58	2:13	2:02	10	33:52	18.2	1:30	10	20:52	8:21	1:11:12
8	631	Jared Wiklund	23	M	Duluth	MN	20	17:46	3:02	2:26	8	32:16	19.2	1:14	8	19:54	7:58	1:13:33
9	698	Curtis Sahl	24	M	Duluth	MN	18	17:11	2:56	2:30	7	31:27	19.7	2:00	11	20:55	8:22	1:14:01
10	306	Nils Hoeger-Lerdal	22	M	Eagan	MN	11	15:11	2:36	2:58	9	33:27	18.5	1:23	15	22:01	8:49	1:14:57
11	649	Brett Collins	21	M	Benson	MN	14	16:17	2:47	3:41	13	35:33	17.4	1:57	6	18:45	7:30	1:16:11
12	620	Chace Johnson	23	M	Edina	MN	9	13:48	2:21	1:55	15	37:15	16.6	1:41	13	21:40	8:40	1:16:17
13	667	Ryan Daniel	24	M	Sartell	MN	12	15:28	2:38	5:14	11	33:56	18.2	2:18	12	21:28	8:36	1:18:21
14	293	Brian Follick	22	M	Eden Prairie	MN	13	15:34	2:40	2:38	12	34:02	18.2	1:17	18	25:51	10:21	1:19:19
15	357	Andrew Olson	20	M	Duluth	MN	16	16:45	2:52	3:51	18	39:34	15.6	1:17	9	19:57	7:59	1:21:22
16	391	Zak Teitelbaum	20	M	Duluth	MN	5	12:15	2:06	3:10	20	39:38	15.6	1:47	17	24:36	9:51	1:21:25
17	336	Adam Lilyquist	24	M	Duluth	MN	17	17:05	2:55	4:19	14	36:45	16.8	1:32	14	21:54	8:46	1:21:32
18	619	Matt Bordson	22	M	Hermantown	MN	10	14:58	2:33	3:06	17	39:15	15.7	1:31	16	23:12	9:17	1:21:59
19	617	Keith Anderson	24	M	Hermantown	MN	15	16:45	2:52	3:32	16	38:48	15.9	2:57	19	26:31	10:37	1:28:29
20	274	Nathan Case	24	M	Hutchinson	MN	19	17:19	2:57	6:03	19	39:38	15.6	1:50	20	27:55	11:10	1:32:42

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	377	Christopher Sachs	29	M	White Bear Lake	MN	2	9:08	1:34	1:12	1	26:00	23.8	0:56	1	16:46	6:43	53:59
2	310	Philip Imholte	29	M	Duluth	MN	1	8:59	1:32	1:35	2	31:32	19.6	1:04	2	18:52	7:33	1:02:00
3	353	Jimmy Mullen	26	M	Minneapolis	MN	3	11:30	1:58	2:45	5	32:11	19.2	1:11	12	21:51	8:45	1:09:25
4	400	Michael Vegar	29	M	Duluth	MN	8	13:46	2:21	2:55	4	32:03	19.3	1:37	6	19:56	7:59	1:10:14
5	362	Jake Peters	28	M	Rochester	MN	9	14:03	2:24	3:29	3	31:51	19.4	1:23	9	21:17	8:31	1:12:01
6	347	Nick Miskowic	26	M	Princeton	MN	4	11:41	2:00	2:05	15	36:03	17.1	1:49	8	20:52	8:21	1:12:28
7	393	Josh Theis	28	M	Sauk Rapids	MN	16	15:35	2:40	3:13	10	34:02	18.2	1:23	5	19:51	7:57	1:14:01
8	343	Aaron McFarlin	25	M	Bayfield	WI	17	16:13	2:46	3:54	8	33:35	18.4	1:33	3	19:06	7:39	1:14:20
9	332	Eric Le	25	M	Minneapolis	MN	5	12:25	2:07	2:03	17	36:29	16.9	1:50	10	21:42	8:41	1:14:26
10	369	Eric Reyers	29	M	Afton	MN	7	13:18	2:16	3:25	12	34:06	18.1	2:00	11	21:48	8:44	1:14:35
11	271	Mike Buran	29	M	Iron River	WI	15	15:31	2:39	2:53	16	36:13	17.1	1:09	4	19:21	7:45	1:15:05
12	382	Benjamin Schumacher	27	M	Layton	UT	12	15:03	2:34	3:36	13	34:46	17.8	1:29	7	20:18	8:07	1:15:09
13	651	Adam Howard	26	M	Plymouth	MN	14	15:25	2:38	2:46	7	33:33	18.4	1:33	15	22:07	8:51	1:15:22
14	349	Derek Montgomery	28	M	Duluth	MN	6	13:12	2:15	3:00	9	34:02	18.2	1:53	18	23:46	9:31	1:15:51
15	290	Alec Erdmann	27	M	Proctor	MN	10	14:43	2:31	3:55	11	34:05	18.1	1:33	17	22:42	9:05	1:16:56
16	263	Trevor Bain	27	M	Minneapolis	MN	11	14:48	2:32	2:39	14	35:52	17.2	2:47	14	22:07	8:51	1:18:09
17	320	Luke Kavajecz	25	M	Washburn	WI	19	17:07	2:55	3:04	6	32:23	19.1	4:28	16	22:32	9:01	1:19:31
18	669	Eric Snover	26	M	Edina	MN	13	15:13	2:36	4:48	18	38:20	16.1	2:04	13	21:58	8:48	1:22:22
19	384	Tyler Schwerdt	25	M	Duluth	MN	20	17:45	3:02	3:08	20	39:01	15.8	1:26	19	26:52	10:45	1:28:10
20	388	Klinton Stephens	29	M	Rochester	MN	18	17:01	2:54	4:18	19	38:41	16.0	1:51	20	35:29	14:12	1:37:19

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	300	Brian Hanson	32	M	Chisholm	MN	9	11:43	2:00	1:45	1	28:33	21.6	1:14	2	18:20	7:20	1:01:33
2	675	Tim McShane	32	M	Duluth	MN	13	12:33	2:09	2:01	5	30:20	20.4	1:11	1	18:06	7:15	1:04:08
3	399	David Urbaniak	31	M	Minneapolis	MN	10	11:46	2:01	1:30	9	31:19	19.7	1:20	8	19:44	7:54	1:05:37
4	365	Shannon Pring	33	M	Cloquet	MN	7	11:22	1:57	1:53	10	31:30	19.6	1:09	9	19:52	7:57	1:05:44
5	618	Mark Sams	34	M	Proctor	MN	14	12:57	2:13	1:34	2	29:14	21.1	1:17	12	20:58	8:24	1:05:59
6	406	Martin Wera	32	M	Minneapolis	MN	11	12:18	2:06	2:13	8	30:57	20.0	1:50	6	19:38	7:51	1:06:54
7	386	Christopher Selleck	34	M	Minneapolis	MN	2	10:06	1:44	1:50	7	30:56	20.0	1:31	22	23:01	9:13	1:07:21
8	351	Aaron Mueller	30	M	Rochester	MN	16	13:22	2:17	2:01	4	30:19	20.4	1:27	10	20:17	8:07	1:07:23
9	315	Keven Johnson	32	M	Hermantown	MN	25	15:12	2:36	2:29	3	29:58	20.6	1:24	4	18:42	7:29	1:07:43
10	341	Grant McDonald	30	M	Cokato	MN	6	11:09	1:54	1:47	14	32:51	18.8	1:17	17	21:59	8:48	1:09:01
11	653	Mitch Benson	34	M	Fargo	ND	4	10:36	1:49	2:38	12	32:32	19.0	1:52	19	22:04	8:50	1:09:40
12	339	Matt Maurer	33	M	Rochester	MN	22	14:38	2:30	1:47	6	30:53	20.0	1:16	15	21:24	8:34	1:09:56
13	281	Aaron Day	31	M	St. Paul	MN	21	14:28	2:28	2:36	11	31:38	19.5	2:20	5	19:25	7:46	1:10:24
14	348	Tony Moen	33	M	Proctor	MN	19	14:01	2:24	3:01	16	33:04	18.7	1:23	7	19:41	7:53	1:11:08

15	373	Patrick Riley	33	M	Wrenshall	MN	17	13:45	2:21	2:18	18	33:50	18.3	1:58	11	20:30	8:12	1:12:19
16	624	Ryan Nelson	30	M	Duluth		24	14:58	2:33	2:35	15	32:51	18.8	2:04	14	21:07	8:27	1:13:33
17	408	Mike Zinda	30	M	St. Paul	MN	26	15:22	2:37	2:21	17	33:20	18.5	1:39	13	21:07	8:27	1:13:46
18	292	Matt Fioritto	30	M	Duluth	MN	23	14:56	2:33	3:10	13	32:35	19.0	1:43	18	22:00	8:48	1:14:23
19	278	Aaron Cohen	34	M	Fargo	ND	3	10:29	1:48	1:42	19	33:53	18.2	2:16	31	26:15	10:30	1:14:34
20	627	Christian Peterson	32	M	Plymouth	MN	5	11:06	1:54	3:50	24	36:13	17.1	1:22	23	23:14	9:18	1:15:43
21	661	Ryan Erdmann	33	M	Minneapolis	MN	12	12:21	2:07	2:10	26	36:20	17.0	1:28	27	24:50	9:56	1:17:07
22	294	Luke Fontaine	32	M	Proctor	MN	20	14:06	2:25	1:43	23	34:36	17.9	1:41	28	25:15	10:06	1:17:18
23	94	Cole Schneider	33	M	Duluth	MN	18	13:49	2:22	3:16	20	34:10	18.1	2:04	25	24:21	9:45	1:17:38
24	283	Greg Deegan	33	M	Saint Paul	MN	32	17:41	3:01	2:53	22	34:35	17.9	1:37	20	22:33	9:01	1:19:16
25	378	Peter Sandelin	31	M	Duluth	MN	1	9:57	1:42	1:25	35	49:17	12.5	1:10	3	18:27	7:23	1:20:15
26	45	Jeffrey Harriman	31	M	Superior	WI	34	21:03	3:36	2:30	25	36:14	17.1	1:11	16	21:33	8:38	1:22:29
27	338	Brandon Lunde	31	M	Saginaw	MN	27	15:39	2:40	3:14	32	40:38	15.2	1:23	24	23:18	9:20	1:24:10
28	296	Rich Gibbs	33	M	Rochester	MN	31	16:47	2:52	3:33	27	37:47	16.4	1:48	30	25:53	10:21	1:25:45
29	350	Ryan Moore	30	M	Baltimore	MD	33	21:02	3:35	3:11	28	38:55	15.9	2:00	21	22:36	9:03	1:27:41
30	403	Russell Waxlax	34	M	Willow River	MN	36	22:09	3:47	3:51	21	34:15	18.0	2:17	29	25:48	10:20	1:28:17
31	279	Michael Consie	34	M	Duluth	MN	28	15:44	2:41	6:28	31	39:38	15.6	2:38	26	24:40	9:52	1:29:05
32	673	Jeff Kalm	32	M	Cloquet	MN	8	11:38	1:59	3:16	29	39:31	15.6	1:34	36	35:29	14:12	1:31:25
33	317	Steven Kaphing	32	M	Hastings	MN	35	21:06	3:36	4:10	30	39:37	15.6	2:14	32	27:46	11:07	1:34:50
34	379	Paul Sapyta	32	M	Cloquet	MN	15	12:59	2:13	4:11	34	48:35	12.7	2:25	35	32:08	12:51	1:40:16
35	355	Matthew Nelson	30	M	Bloomington	MN	29	16:15	2:47	6:53	36	49:40	12.4	4:14	33	28:58	11:36	1:45:59
36	366	Peter Raih	34	M	Minneapolis	MN	30	16:47	2:52	8:29	33	45:33	13.6	5:09	34	32:07	12:51	1:48:03

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	693	Bill Kelley	37	M	Wrenshall	MN	3	9:45	1:40	1:22	1	27:16	22.7	1:15	2	17:37	7:03	57:12
2	363	David Piph	38	M	Duluth	MN	4	9:48	1:41	1:51	3	28:16	21.9	1:06	1	16:22	6:33	57:20
3	705	Howie Leathers	39	M	Duluth	MN	1	8:37	1:28	1:43	4	28:42	21.5	1:36	3	17:51	7:09	58:26
4	387	W. Harvey Skees	37	M	Minneapolis	MN	9	12:01	2:03	2:13	2	27:50	22.2	1:48	5	19:51	7:57	1:03:41
5	676	Kevin Haney	38	M	Duluth	MN	5	10:27	1:47	3:06	5	30:58	20.0	1:49	6	20:00	8:00	1:06:17
6	287	Glen Drexler	35	M	Duluth	MN	6	11:03	1:53	2:05	6	32:01	19.3	1:30	7	20:04	8:02	1:06:41
7	299	Jason Hansen	36	M	Duluth	MN	2	9:13	1:35	2:00	8	32:24	19.1	2:02	9	22:20	8:56	1:07:57
8	326	Joe Korbicka	38	M	Forest Lake	MN	7	11:25	1:57	3:20	10	33:31	18.4	1:34	4	19:39	7:52	1:09:26
9	322	Andy Kester	36	M	Duluth	MN	8	11:49	2:01	2:27	11	33:48	18.3	1:29	8	21:23	8:33	1:10:54
10	372	Erik Riker-Coleman	37	M	Duluth	MN	12	13:08	2:15	3:34	7	32:09	19.2	1:19	10	22:41	9:05	1:12:48
11	334	Thomas Lesage	37	M	Superior	WI	14	16:00	2:44	2:29	9	33:09	18.6	1:52	11	24:30	9:48	1:17:58
12	312	Tony Johnosn	35	M	New Hope	MN	10	12:23	2:07	2:59	14	36:42	16.8	1:40	16	29:20	11:44	1:23:02
13	328	Jason Kuhlman	35	M	Stacy	MN	11	13:01	2:13	3:10	12	34:04	18.1	3:25	17	29:33	11:49	1:23:10
14	352	Gregg Mueller	36	M	Minneapolis	MN	13	15:54	2:43	3:52	16	37:57	16.3	1:59	14	25:25	10:10	1:25:04
15	629	Mark Smutny	36	M	Woodbury	MN	15	18:06	3:05	4:26	15	37:56	16.3	3:21	12	24:43	9:54	1:28:30
16	359	Shawn Osell	39	M	Blaine	MN	17	20:18	3:28	3:54	13	36:37	16.9	1:53	15	28:13	11:18	1:30:54
17	368	Jason Reinarz	36	M	Two Harbors	MN	16	18:09	3:06	4:46	17	40:56	15.1	3:24	13	24:57	9:59	1:32:10
18	261	Dennis Adamski	36	M	Hermantown	MN	18	21:02	3:35	6:50	18	49:55	12.4	2:22	18	34:42	13:53	1:54:48

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	625	Ian Nemerov	44	M	Edina	MN	1	9:10	1:34	1:29	2	28:06	22.0	1:17	1	17:52	7:09	57:52
2	375	Jared Roy	40	M	St Louis Park	MN	9	12:06	2:04	1:17	1	26:51	23.0	1:01	3	18:44	7:30	59:57
3	98	Jeff Silvernale	43	M	Stroudsburg	PA	5	11:08	1:54	1:48	4	28:40	21.6	1:24	2	18:37	7:27	1:01:35
4	690	Matt Evans	43	M	Eau Claire	WI	3	9:23	1:36	1:20	8	30:38	20.2	0:56	8	19:45	7:54	1:01:58
5	321	Eric Kemp	40	M	Grand Marais	MN	2	9:19	1:36	3:00	6	29:57	20.6	1:51	11	20:30	8:12	1:04:34
6	370	Jason Richardson	41	M	Mahtowa	MN	10	12:12	2:05	1:45	5	29:51	20.7	1:27	6	19:34	7:50	1:04:46
7	335	Drake Lightner	41	M	St. Paul	MN	14	13:59	2:23	2:03	3	28:19	21.8	1:53	4	18:46	7:31	1:04:57
8	301	Keith Hatcher	43	M	Madison	WI	4	9:52	1:41	2:03	13	33:06	18.7	1:36	10	20:22	8:09	1:06:56
9	385	Robert Seidenkranz	42	M	Monticello	MN	6	11:45	2:00	2:57	9	31:07	19.9	2:07	5	19:07	7:39	1:07:00
10	699	Doug Berg	41	M	Duluth	MN	11	12:51	2:12	1:45	7	29:59	20.6	1:49	13	21:17	8:31	1:07:39
11	313	Brent Johnson	42	M	Superior	WI	15	14:02	2:24	2:40	11	31:57	19.3	1:16	7	19:34	7:50	1:09:27
12	394	David Thompson	43	M	Duluth	MN	18	14:51	2:32	2:11	14	33:53	18.2	0:59	9	20:01	8:01	1:11:53
13	272	Tom Burgraff	41	M	Chippewa Falls	WI	7	11:46	2:01	3:45	10	31:54	19.4	2:09	20	25:25	10:10	1:14:57
14	280	Gregg Dahlgren	40	M	Duluth	MN	20	16:05	2:45	2:20	12	32:23	19.1	1:40	16	23:19	9:20	1:15:44
15	267	Steve Bohunk	42	M	Edina	MN	19	15:38	2:40	3:00	18	37:11	16.6	1:36	12	20:31	8:13	1:17:53
16	22	Thomas Champaigne	40	M	Superior	WI	8	11:51	2:02	2:45	17	36:53	16.8	1:22	21	25:39	10:16	1:18:27

17	309	Chris Hower	41	M	Eau Claire	WI	17	14:32	2:29	3:54	15	34:20	18.0	2:29	18	24:23	9:45	1:19:35
18	297	Dave Gunnarson	40	M	Buyck	MN	16	14:19	2:27	2:50	19	37:40	16.4	1:31	17	23:30	9:24	1:19:47
19	311	Patrick Jennrich	44	M	Lino Lakes	MN	12	13:08	2:15	3:04	16	34:59	17.7	2:30	23	29:37	11:51	1:23:15
20	356	Brian Ninneman	40	M	Cloquet	MN	13	13:54	2:22	2:47	24	44:15	14.0	1:42	19	24:27	9:47	1:27:01
21	276	David Chang	41	M	Hauppauge	NY	22	21:33	3:41	2:51	23	42:36	14.5	1:39	15	22:07	8:51	1:30:44
22	264	John Barneson	42	M	St. Paul	MN	23	23:21	3:59	4:50	21	38:21	16.1	1:31	22	27:59	11:12	1:35:59
23	340	Tom McCulloch	42	M	Minneapolis	MN	21	18:09	3:06	3:26	20	38:04	16.2	1:59	24	34:51	13:57	1:36:26
24	265	Nicolas Bates	42	M	Minneapolis	MN	24	30:25	5:11	4:37	22	42:03	14.7	4:28	14	21:55	8:46	1:43:26

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	395	Tim Traynor	46	M	Duluth	MN	4	9:19	1:36	1:39	1	25:19	24.4	1:01	3	18:24	7:22	55:39
2	671	David Goldberg	48	M	Excelsior	MN	1	8:35	1:28	1:17	5	28:28	21.7	1:03	2	18:22	7:21	57:43
3	701	Kirk Vesterstein	48	M	Duluth	MN	7	10:26	1:47	1:55	2	27:23	22.6	1:23	1	17:38	7:03	58:42
4	374	Jim Robb	46	M	Maple Grove	MN	8	10:54	1:52	1:34	3	27:39	22.4	1:12	5	18:57	7:35	1:00:13
5	703	Rick Abrahamson	47	M	Duluth	MN	6	10:18	1:46	1:42	4	28:10	21.9	1:12	9	20:00	8:00	1:01:20
6	319	Rob Kaufman	46	M	Chanhassen	MN	2	8:52	1:31	1:36	7	29:30	20.9	2:10	8	19:59	8:00	1:02:04
7	288	Daniel Duff	45	M	Duluth	MN	5	10:03	1:43	2:17	9	30:29	20.3	1:24	4	18:24	7:22	1:02:35
8	685	Tim Keppers	45	M	Duluth	MN	3	9:16	1:35	2:01	8	30:08	20.5	1:42	13	20:53	8:22	1:03:58
9	623	Tom Naylor	46	M	Winnipeg	MB	9	11:09	1:54	1:39	11	32:10	19.2	1:30	6	19:01	7:37	1:05:26
10	621	Kevin Kervina	48	M	Duluth	MN	15	14:25	2:28	1:29	10	31:04	19.9	1:21	11	20:25	8:10	1:08:41
11	361	Charles Palokangas	46	M	Saginaw	MN	14	14:05	2:24	2:02	12	32:39	18.9	1:06	10	20:04	8:02	1:09:53
12	371	Tom Richardson	47	M	Stillwater	MN	12	11:48	2:01	2:11	14	33:21	18.5	2:06	15	21:49	8:44	1:11:14
13	679	Peter Aas	45	M	Duluth	MN	16	14:49	2:32	3:52	6	29:18	21.1	1:54	16	21:59	8:48	1:11:50
14	396	Keith Tuominen	46	M	Mission Viejo	CA	13	14:04	2:24	2:34	13	33:02	18.7	2:02	12	20:33	8:13	1:12:13
15	628	Thomas Recht	45	M	Minneapolis	MN	10	11:17	1:56	2:45	17	37:07	16.7	1:41	7	19:39	7:52	1:12:27
16	678	Ed Marciniak	46	M	Duluth	MN	11	11:28	1:58	3:06	16	35:09	17.6	1:42	17	23:56	9:35	1:15:19
17	401	Ken Veneruz	45	M	Thunder Bay	ON	18	15:40	2:40	2:33	15	34:23	18.0	1:34	14	21:32	8:37	1:15:40
18	314	Christopher Johnson	46	M	Richfield	MN	17	15:20	2:37	3:54	19	38:32	16.0	2:36	20	30:18	12:07	1:30:37
19	289	Peder Engebretson	46	M	Saint Anthony	MN	19	16:14	2:46	3:57	18	37:51	16.3	1:38	21	33:15	13:18	1:32:53
20	659	Christopher Greene	46	M	Cape Coral	FL	21	23:20	3:59	3:08	20	38:50	15.9	2:07	18	25:33	10:13	1:32:55
21	665	Mike Iversen	47	M	Victoria	BC	20	16:58	2:54	4:07	21	47:39	13.0	2:10	19	26:46	10:43	1:37:38

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	344	Jeff Melby	50	M	Bloomington	MN	1	10:13	1:45	1:39	1	28:35	21.6	1:07	1	19:56	7:59	1:01:28
2	389	William Stroozas	53	M	Duluth	MN	2	11:22	1:57	2:26	7	33:28	18.5	2:10	2	20:16	8:07	1:09:39
3	268	Robert Boman	50	M	Duluth	MN	3	11:29	1:58	2:34	9	33:45	18.3	1:39	4	20:42	8:17	1:10:08
4	397	Grant Unger	50	M	Winnipeg	MB	5	12:50	2:12	2:06	2	30:10	20.5	2:20	11	24:23	9:46	1:11:46
5	325	Todd Kneebone	51	M	Duluth	MN	7	13:57	2:23	2:15	4	32:37	18.9	1:35	7	22:40	9:04	1:13:01
6	700	Mark Rauschenfec	54	M	Duluth	MN	6	13:55	2:23	2:19	3	31:33	19.6	1:50	8	24:08	9:39	1:13:41
7	269	Thomas Boman	51	M	Elmira	NY	8	14:21	2:27	1:49	8	33:33	18.4	2:10	6	22:24	8:58	1:14:14
8	655	Douglas Happy	51	M	Duluth	MN	15	17:35	3:00	2:30	5	32:40	18.9	1:17	3	20:27	8:11	1:14:26
9	674	Dave Spenser	52	M			4	12:10	2:05	4:56	14	37:27	16.5	2:12	5	21:58	8:47	1:18:40
10	367	Mark Reed	50	M	Eagan	MN	13	15:43	2:41	3:01	6	33:26	18.5	1:26	14	26:52	10:45	1:20:25
11	107	David Turnham	53	M	Duluth	MN	11	15:31	2:39	3:45	12	36:34	16.9	1:30	9	24:16	9:43	1:21:33
12	270	Mike Brown	50	M	Bloomington	MN	12	15:36	2:40	3:40	13	37:09	16.6	2:39	12	25:22	10:09	1:24:24
13	305	Don Hickman	50	M	Merrifield	MN	9	14:58	2:33	3:23	11	34:50	17.7	2:01	17	30:12	12:05	1:25:23
14	337	Loren Lilyquist	54	M	Hermantown	MN	16	17:35	3:00	3:47	15	38:07	16.2	1:54	10	24:16	9:43	1:25:37
15	285	Tom Donofrio	50	M	Hermantown	MN	10	15:00	2:34	3:46	17	40:20	15.3	1:56	13	26:31	10:37	1:27:30
16	275	Stanford Case	51	M	Hutchinson	MN	17	17:51	3:03	3:35	16	39:28	15.7	2:07	16	27:53	11:10	1:30:52
17	303	John Heinlein Jr	51	M	Stillwater	MN	18	18:00	3:04	2:45	10	34:46	17.8	3:09	18	33:14	13:18	1:31:51
18	330	Kurt Larson	51	M	Duluth	MN	14	17:04	2:55	6:24	18	41:44	14.8	2:53	15	27:23	10:58	1:35:26
19	282	Jess Day	51	M	Cottage Grove	MN	19	30:49	5:15	5:55	19	47:35	13.0	2:36	19	38:55	15:34	2:05:48

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	346	Duane MillsLagle	59	M	Duluth	MN	1	10:51	1:51	1:31	2	29:20	21.1	1:30	1	18:48	7:32	1:01:56
2	308	Steve Hoover	55	M	St. Cloud	MN	5	14:08	2:25	2:47	1	28:43	21.5	1:43	2	20:43	8:17	1:08:00
3	277	Ted Ciriacy	56	M	Pahrump	NV	2	11:38	1:59	3:20	4	35:30	17.4	1:47	6	27:39	11:04	1:19:51
4	404	John Wehrman	59	M	St. Louis Park	MN	7	15:34	2:40	4:18	3	31:55	19.4	3:16	7	27:43	11:05	1:22:44

5	383	Charles Schumacher	58	M	Duluth	MN	4	13:48	2:21	5:01	6	38:30	16.1	2:08	3	23:34	9:26	1:22:58
6	381	Larry Schmelzer	55	M	Hibbing	MN	6	14:51	2:32	3:50	5	36:41	16.8	1:20	5	26:38	10:39	1:23:17
7	358	Robert Olson	55	M	Duluth	MN	8	32:59	5:38	3:58	7	39:41	15.6	1:46	4	24:49	9:56	1:43:11
8	266	John Beintema	57	M	Bloomington	MN	3	13:42	2:20	6:31	8	48:32	12.7	3:59	8	34:35	13:50	1:47:17

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	262	Mike Anderson	60	M	Duluth	MN	2	14:09	2:25	2:55	5	36:15	17.0	1:36	2	27:29	11:00	1:22:21
2	380	Daniel Schacht	61	M	Gem Lake	MN	3	16:20	2:47	3:11	1	33:41	18.3	2:26	4	28:38	11:28	1:24:14
3	626	Alan Peterson	61	M	Duluth	MN	1	12:20	2:06	3:31	3	35:46	17.3	2:16	6	30:59	12:24	1:24:48
4	327	Steve Krasean	61	M	Hayward	WI	6	17:59	3:04	5:44	2	35:35	17.4	1:47	3	27:44	11:06	1:28:46
5	307	William Hoffman	62	M	Cloquet	MN	4	17:05	2:55	3:25	7	42:09	14.7	1:38	1	26:11	10:29	1:30:27
6	364	Joe Postier	60	M	Rochester	MN	5	17:25	2:58	3:42	4	36:05	17.1	2:46	7	31:10	12:28	1:31:06
7	345	Robert Mills	63	M	Duluth	MN	7	19:04	3:15	4:42	6	40:37	15.2	2:51	5	30:50	12:20	1:38:01
8	402	Chris Vizanko	64	M	Duluth	MN	8	25:01	4:16	10:04	8	49:40	12.4	6:24	8	44:57	17:59	2:16:04

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	333	Richard Lebeau	66	M	Largo	FL	2	16:11	2:46	3:53	1	35:26	17.4	2:46	1	27:01	10:49	1:25:14
2	392	Mike Tenney	65	M	Excelsior	MN	1	13:11	2:15	3:49	2	37:25	16.5	3:05	2	29:49	11:56	1:27:17
3	304	Richard Hellman	65	M	Indianapolis	IN	3	25:13	4:18	6:32	3	37:59	16.3	4:10	3	37:32	15:01	1:51:24

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

Total Registered: 462
 Total Number of Individual Finishers: 418
 Total Number of Relay Finishers: 0
 Number of Male Finishers: 182
 Number of Female Finishers: 236
 Did not Finish Race or Did Not Start: 44