

BREWHOUSE TRIATHLON  
Pike Lake AAA Beach Club, Duluth, MN - August 1, 2010  
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	1/19	680	Timothy W. Andrew	44	M	Duluth	MN	6	8:22	1:26	1:13					23	15:00	6:00	52:20
2	1/18	610	Jason Kask	24	M	Duluth	MN	11	8:45	1:30	1:09	11	28:23	21.8	0:54	6	13:48	5:31	52:55
3	1/20	676	Kirk Vesterstein	48	M	Duluth	MN	37	9:52	1:41	1:24	2	26:33	23.3	1:06	14	14:21	5:45	53:13
4	1/16	84	Harvey Skees	38	M	Minneapolis	MN	25	9:25	1:37	1:21	1	26:28	23.4	1:07	27	15:15	6:06	53:32
5	1/18	686	Zach Goldberg	13	M	Excelsior	MN	5	8:18	1:25	1:28	43	30:16	20.4	1:06	2	12:47	5:07	53:52
6	2/16	661	Bill Kelley	38	M	Wrenshall	MN	24	9:20	1:36	1:26	4	27:18	22.6	1:17	18	14:35	5:50	53:53
7	2/20	662	Ian Nemerov	45	M	Edina	MN	8	8:33	1:28	1:36	5	27:54	22.2	1:11	32	15:35	6:14	54:46
8	2/19	348	Keith Hatcher	44	M	Madison	WI	2	7:44	1:19	1:19	30	29:23	21.0	1:21	26	15:10	6:04	54:53
9	2/18	356	Darian Hole	13	M	Winnipeg	MB	17	9:06	1:33	1:15	35	29:54	20.7	1:05	7	13:53	5:34	55:10
10	3/16	613	Jeremy Rondorf	35	M	Blaine	MN	33	9:42	1:39	1:37	3	26:57	22.9	1:19	48	16:22	6:33	55:54
11	1/15	660	Clint Agar	28	M	Duluth	MN	7	8:32	1:28	1:08	59	30:55	20.0	1:04	13	14:19	5:44	55:56
12	3/20	332	Daniel Duff	46	M	Duluth	MN	12	8:53	1:31	2:03	24	29:01	21.3	1:24	21	14:46	5:55	56:04
13	4/20	666	Tim Keppers	46	M	Duluth	MN	4	8:17	1:25	1:50	13	28:28	21.7	1:24	42	16:10	6:28	56:05
14	1/27	633	Tim McShane	33	M	Duluth	MN	74	10:45	1:50	1:34	10	28:23	21.8	1:04	15	14:26	5:47	56:08
15	2/27	351	Michael Hendrickson	32	M	Duluth	MN	29	9:33	1:38	1:44	22	29:00	21.3	1:05	29	15:19	6:08	56:38
16	2/18	424	Jared Sundstrom	21	M	Proctor	MN	71	10:41	1:50	1:13	8	28:20	21.8	1:02	30	15:30	6:12	56:43
17	3/18	405	Chad Ray	16	M	Hibbing	MN	10	8:42	1:29	1:25	95	32:28	19.0	1:01	3	13:27	5:23	57:00
18	3/27	419	David Simmer	32	M	Eden Prairie	MN	115	11:36	1:59	1:23	9	28:20	21.8	1:01	22	14:50	5:56	57:07
19	3/19	685	Matt Evans	43	M	Eau Claire	WI	3	8:06	1:23	1:09	55	30:48	20.1	1:07	41	16:06	6:27	57:14
20	1/34	555	Jena Ogston	39	F	Duluth	MN	30	9:38	1:39	1:24	33	29:30	20.9	1:06	39	15:53	6:22	57:28
21	4/19	408	Jason Richardson	42	M	Mahtowa	MN	81	10:56	1:52	1:14	14	28:32	21.7	1:17	31	15:32	6:13	57:29
22	1/19	387	Jeff Melby	51	M	Bloomington	MN	32	9:40	1:39	1:35	12	28:25	21.7	1:18	69	16:44	6:42	57:41
23	5/20	309	Dana Bartholomew	45	M	Madison	WI	102	11:23	1:57	2:19	20	28:59	21.3	1:12	10	14:04	5:38	57:54
24	1/15	639	Bill Schmit	57	M	Duluth	MN	26	9:26	1:37	1:35	7	28:19	21.8	1:16	101	17:37	7:03	58:11
25	1/26	501	Julie Hendrickson	29	F	Duluth	MN	46	10:06	1:44	1:22	32	29:29	21.0	1:06	43	16:11	6:29	58:13
26	3/18	629	Erik Escher	22	M	Duluth	MN	75	10:46	1:50	1:42	91	32:19	19.1	0:52	1	12:38	5:03	58:14
27	4/18	432	Mike Ward	21	M	Duluth	MN	109	11:27	1:58	1:57	31	29:23	21.0	0:57	19	14:40	5:52	58:21
28	6/20	303	Rick Abrahamson	48	M	Duluth	MN	27	9:28	1:37	1:38	29	29:21	21.1	1:26	75	16:58	6:48	58:49
29	4/27	399	Mickey Pearson	32	M	Duluth	MN	121	11:46	2:01	2:08	45	30:20	20.4	0:49	12	14:12	5:41	59:12
30	7/20	409	Tom Richardson	48	M	Stillwater	MN	36	9:50	1:41	1:30	34	29:49	20.7	1:24	70	16:44	6:42	59:14
31	5/27	435	Rob Williams	30	M	Minneapolis	MN	161	12:18	2:06	1:48	18	28:57	21.3	1:19	24	15:03	6:02	59:23
32	1/15	521	Amy Klosterman	48	F	White Bear Lake	MN	13	8:56	1:32	1:17	65	31:06	19.9	1:00	83	17:10	6:52	59:27
33	1/39	654	Elaine Nelson	31	F	Duluth	MN	101	11:23	1:57	2:26	40	30:01	20.6	1:38	11	14:08	5:39	59:32
34	2/26	540	Felicitas Mensing	26	F	Minneapolis	MN	148	12:09	2:05	1:32	50	30:38	20.2	1:24	8	13:54	5:34	59:34
35	5/18	640	Logan Seipel	20	M	Colfax	WI	67	10:34	1:48	2:26	89	32:12	19.2	0:57	4	13:33	5:25	59:40
36	8/20	411	Philip Rogers	47	M	Esko	MN	99	11:22	1:57	1:37	16	28:43	21.5	1:21	66	16:41	6:41	59:42
37	2/15	665	Sondra Mowers	46	F	Duluth	MN	43	10:04	1:43	1:13	21	29:00	21.3	1:18	121	18:17	7:19	59:50
38	6/27	402	Jerid Prahl	33	M	Hermantown	MN	88	11:10	1:55	1:46	25	29:01	21.3	1:30	67	16:43	6:41	1:00:07
39	7/27	377	Erik Laing	31	M	Eagan	MN	15	9:02	1:33	2:31	47	30:32	20.2	1:44	62	16:35	6:38	1:00:20
40	4/16	331	Glen Drexler	36	M	Duluth	MN	49	10:10	1:44	1:42	54	30:42	20.1	1:16	63	16:36	6:39	1:00:24
41	2/15	368	Jeffrey Klein	28	M	Minneapolis	MN	137	12:01	2:03	1:29	27	29:13	21.2	1:37	46	16:14	6:30	1:00:32
42	9/20	301	Peter Aas	46	M	Duluth	MN	85	11:02	1:53	2:05	17	28:53	21.4	1:33	89	17:15	6:54	1:00:46
43	3/26	537	Hilarie Martin	29	F	Minneapolis	MN	42	10:02	1:43	2:12	41	30:06	20.5	1:25	84	17:10	6:52	1:00:53
44	10/20	395	Scott Nelson	49	M	Eagan	MN	139	12:02	2:03	1:47	19	28:58	21.3	1:23	79	17:02	6:49	1:01:09
45	5/16	346	Kevin Haney	39	M	Duluth	MN	38	9:54	1:42	2:23	58	30:55	20.0	1:32	55	16:29	6:36	1:01:11
46	8/27	362	Keven Johnson	33	M	Hermantown	MN	251	14:25	2:28	2:08	26	29:06	21.2	1:08	16	14:28	5:47	1:01:12
47	9/27	667	Darren Christopher	33	M	Duluth	MN	44	10:04	1:43	2:07	23	29:00	21.3	1:24	140	18:47	7:31	1:01:21
48	2/34	603	Marcy Woods	39	F	Lincoln	NE	77	10:50	1:51	1:49	46	30:31	20.3	1:41	60	16:34	6:38	1:01:23
49	4/26	605	Kym Zhao	28	F	Minneapolis	MN	35	9:46	1:40	2:06	84	31:59	19.3	1:19	51	16:23	6:34	1:01:30
50	11/20	406	Thomas Recht	46	M	Minneapolis	MN	60	10:24	1:47	2:42	49	30:37	20.2	1:33	54	16:28	6:36	1:01:42
51	2/15	634	Jim Miner Jr.	56	M	Duluth	MN	51	10:13	1:45	1:57	36	29:57	20.6	1:31	115	18:12	7:17	1:01:47

52	3/34	514 Shauna Joas	35 F	Eagan	MN	64	10:29	1:48	1:58	56	30:48	20.1	1:37	76	16:58	6:48	1:01:49
53	5/26	490 Jaci Grafenberg	26 F	Eau Claire	WI	91	11:13	1:55	1:35	28	29:16	21.1	1:17	134	18:38	7:27	1:01:55
54	1/7	499 Annie Harvieux	16 F	Duluth	MN	22	9:18	1:35	2:28	57	30:50	20.0	1:39	109	17:53	7:09	1:02:05
55	5/19	304 Brett Anderson	42 M	Farmington	MN	221	13:40	2:20	1:26	15	28:42	21.5	1:20	80	17:03	6:49	1:02:09
56	2/19	319 Stephen Bullard	53 M	Minneapolis	MN	39	9:55	1:42	1:37	52	30:40	20.2	1:15	146	18:53	7:33	1:02:17
57	6/18	636 John Mullen	21 M	Golden Valley	MN	57	10:18	1:46	2:12	82	31:55	19.4	1:13	71	16:46	6:43	1:02:22
58	4/18	608 Drew Johnson	17 M	Aurora	MN	14	8:59	1:32	2:40	146	34:29	17.9	1:32	20	14:46	5:55	1:02:22
59	6/26	616 Heather Marden-Reilly	29 F	Rochester	MN	18	9:06	1:34	2:08	67	31:14	19.8	1:37	124	18:20	7:20	1:02:23
60	10/27	404 Shannon Pring	34 M	Cloquet	MN	89	11:11	1:55	2:00	68	31:15	19.8	1:02	78	17:01	6:49	1:02:27
61	3/15	315 Jimmy Boortz	26 M	Maple Grove	MN	128	11:49	2:01	2:06	112	33:15	18.6	1:24	9	14:00	5:36	1:02:32
62	1/31	663 Mary Kallemeyn	23 F	Duluth	MN	61	10:24	1:47	1:38	104	32:52	18.8	1:08	59	16:33	6:38	1:02:32
63	6/16	357 Dustin Hough	38 M	Barnesville	MN	129	11:50	2:01	1:51	72	31:35	19.6	1:34	34	15:48	6:20	1:02:36
64	7/18	361 Ben Johnson	24 M	Roseville	MN	173	12:35	2:09	2:09	42	30:07	20.5	1:45	44	16:11	6:29	1:02:44
65	11/27	392 Tony Moen	34 M	Proctor	MN	153	12:12	2:05	2:12	79	31:45	19.5	1:01	35	15:50	6:20	1:02:57
66	2/39	455 Michelle Breiland	33 F	Duluth	MN	34	9:45	1:40	1:54	107	32:57	18.8	1:10	88	17:15	6:54	1:02:59
67	4/15	342 Justin Gundelach	29 M	Rochester	MN	9	8:41	1:29	2:17	123	33:40	18.4	1:53	64	16:36	6:39	1:03:05
68	4/34	577 Beth Shipston	38 F	Thunder Bay	ON	271	14:52	2:32	1:58	39	30:00	20.6	1:15	25	15:05	6:02	1:03:08
69	3/19	423 William Stroozas	54 M	Duluth	MN	56	10:18	1:46	2:04	93	32:21	19.1	1:47	73	16:51	6:45	1:03:19
70	12/27	611 Brandon Lunde	32 M	Saginaw	MN	167	12:27	2:08	2:14	61	31:03	19.9	1:17	52	16:27	6:35	1:03:24
71	5/18	681 Anthony Vecchi	17 M	Duluth	MN	1	7:43	1:19	9:45	6	28:08	22.0	1:29	56	16:30	6:36	1:03:32
72	8/18	607 Tyler Bjorhus	24 M	Bismarck	ND	261	14:38	2:30	2:39	37	29:57	20.6	2:47	5	13:34	5:26	1:03:34
73	4/19	313 Robert Boman	51 M	Duluth	MN	41	10:00	1:43	1:50	94	32:27	19.0	1:23	112	17:59	7:12	1:03:36
74	7/26	498 Marie Harke	27 F	Rochester	MN	54	10:16	1:45	1:39	60	30:59	19.9	1:21	172	19:28	7:48	1:03:40
75	9/18	416 William Schumacher	24 M	Duluth	MN	96	11:21	1:56	2:52	96	32:31	19.0	1:22	33	15:39	6:16	1:03:41
76	6/18	306 Corey Arsenault	14 M	Winnipeg	MB	86	11:04	1:54	1:37	110	33:02	18.7	0:59	87	17:14	6:54	1:03:53
77	5/34	620 Kristi Plante	37 F	Hermantown	MN	132	11:53	2:02	1:50	44	30:18	20.4	1:29	129	18:27	7:23	1:03:55
78	13/27	353 Zach Hitchcock	32 M	Carlton	MN	66	10:32	1:48	2:04	69	31:15	19.8	1:13	156	19:03	7:38	1:04:04
79	6/34	664 Emily Larson	37 F	Duluth	MN	45	10:06	1:44	2:39	128	33:51	18.3	1:12	57	16:32	6:37	1:04:17
80	6/19	438 Douglas Zychowski	43 M	Superior	WI	100	11:22	1:57	2:03	90	32:14	19.2	1:15	99	17:31	7:01	1:04:23
81	5/15	412 John Rusch	28 M	Bloomington	MN	195	12:54	2:12	1:55	38	29:59	20.6	1:17	127	18:22	7:21	1:04:25
82	8/26	505 Michelle Hoffman	25 F	Maple Grove	MN	16	9:06	1:33	2:03	124	33:40	18.4	1:01	136	18:40	7:28	1:04:28
83	7/18	421 Ryan Soule	18 M	Duluth	MN	90	11:13	1:55	3:05	115	33:25	18.5	0:58	38	15:53	6:21	1:04:31
84	14/27	327 Aaron Day	32 M	St. Paul	MN	210	13:19	2:17	2:44	73	31:36	19.6	1:24	36	15:50	6:20	1:04:51
85	5/19	625 Tim Bradshaw	54 M	Duluth	MN	130	11:52	2:02	2:32	63	31:05	19.9	2:06	97	17:29	7:00	1:05:02
86	6/15	390 Nick Miskowic	27 M	Princeton	MN	19	9:12	1:34	1:20	134	34:05	18.1	1:24	162	19:11	7:41	1:05:09
87	10/18	339 Lewis Gillesby	20 M	Andover	MN	140	12:03	2:04	2:35	122	33:40	18.4	0:55	45	16:13	6:29	1:05:23
88	11/18	382 Steven Lokken	21 M	St Joseph	MN	117	11:37	1:59	2:15	108	32:58	18.7	1:07	100	17:32	7:01	1:05:27
89	15/27	410 Patrick Riley	34 M	Wrenshall	MN	169	12:28	2:08	1:52	111	33:13	18.6	1:27	68	16:43	6:42	1:05:41
90	6/19	642 David Turnham	54 M	Duluth	MN	78	10:51	1:51	2:42	102	32:51	18.8	1:34	104	17:48	7:08	1:05:44
91	12/18	386 Mitchell McNeil	24 M	Mahtomedi	MN	84	11:00	1:53	2:29	135	34:06	18.1	1:08	82	17:10	6:52	1:05:49
92	7/15	322 Gabriel Christenson	26 M	Mendota Heights,	MN	174	12:36	2:09	2:36	106	32:52	18.8	0:55	74	16:55	6:46	1:05:51
93	2/31	482 Carolyn Freeman	22 F	Ely	MN	237	14:02	2:24	1:35	133	34:05	18.1	1:48	17	14:34	5:50	1:06:02
94	3/31	138 Kelli Taylor	24 F	Fargo	ND	55	10:16	1:45	2:58	64	31:06	19.9	1:56	202	20:16	8:07	1:06:30
95	8/18	626 Trevor Cotter	19 M	Duluth	MN	181	12:44	2:11	1:53	101	32:48	18.8	1:55	90	17:19	6:56	1:06:37
96	3/15	657 Mary Sands	49 F	Saint Paul	MN	116	11:37	1:59	1:34	114	33:24	18.5	1:43	125	18:21	7:21	1:06:38
97	3/39	674 Kati Palmer	33 F	Superior	WI	216	13:27	2:18	1:52	75	31:42	19.5	1:07	135	18:40	7:28	1:06:45
98	9/18	641 Ian Thatcher	19 M	Austin	MN	31	9:40	1:39	2:10	207	36:48	16.8	1:05	81	17:06	6:51	1:06:46
99	4/39	601 Laura Wellington	30 F	Minneapolis	MN	231	13:51	2:22	2:16	88	32:11	19.2	1:46	72	16:47	6:43	1:06:48
100	7/16	86 Keith Storniolo	35 M	Pensacola	FL	149	12:11	2:05	2:39	140	34:13	18.1	1:14	65	16:37	6:39	1:06:50
101	8/16	335 John Erdelyi	39 M	Braham	MN	20	9:12	1:35	2:18	113	33:19	18.5	2:36	171	19:27	7:47	1:06:51
102	2/7	595 Dominique Veneruz	15 F	Thunder Bay	ON	50	10:10	1:44	2:13	171	35:20	17.5	1:47	94	17:25	6:58	1:06:52
103	7/19	630 Doug Happy	52 M	Duluth	MN	259	14:35	2:29	2:07	85	32:02	19.3	1:14	77	16:58	6:48	1:06:54
104	7/34	508 Danielle Ingram	38 F	Minneapolis	MN	113	11:33	1:58	1:47	87	32:07	19.2	1:35	192	19:54	7:58	1:06:55
105	5/39	444 Tammy Anderson	32 F	Duluth	MN	97	11:21	1:56	2:38	174	35:31	17.4	1:07	61	16:34	6:38	1:07:09
106	3/15	675 Mark Ranschenfels	55 M	Duluth	MN	194	12:54	2:12	2:08	53	30:40	20.2	1:39	190	19:51	7:57	1:07:10
107	7/19	643 Richard Villella	42 M	Saint Paul	MN	198	12:58	2:13	2:54	48	30:35	20.2	1:56	147	18:53	7:33	1:07:14
108	9/16	434 Russell Waxlax	35 M	Willow River	MN	125	11:48	2:01	2:39	92	32:19	19.1	1:31	158	19:05	7:38	1:07:19
109	6/39	570 Jen Rybar	34 F	Farmington	MN	62	10:26	1:47	1:55	143	34:16	18.0	1:28	184	19:40	7:52	1:07:41

110	7/39	647	Erin Bradshaw	30	F	Duluth	MN	151	12:11	2:05	2:54	129	33:56	18.2	1:21	98	17:31	7:01	1:07:51
111	9/26	442	Elyse Anderson	27	F	St. Paul	MN	53	10:14	1:45	1:33	160	35:02	17.6	1:35	174	19:30	7:48	1:07:52
112	12/20	330	Shawn Donohue	46	M	Thunder Bay	ON	156	12:16	2:06	3:12	71	31:34	19.6	1:49	159	19:09	7:40	1:07:57
113	16/27	428	Benjamin Utter	31	M	St. Paul	MN	204	13:07	2:15	2:01	77	31:44	19.5	1:23	185	19:46	7:55	1:07:58
114	8/19	422	David Spencer	54	M	Duluth	MN	70	10:39	1:49	3:04	144	34:16	18.0	2:13	105	17:49	7:08	1:07:59
115	13/18	302	Sam Abrahamson	20	M	Ham Lake	MN	119	11:42	2:00	2:07	156	34:48	17.8	1:04	128	18:23	7:21	1:08:02
116		623	Doug Berg		M	Duluth	MN	318	16:19	2:47	2:16	66	31:09	19.8	2:09	50	16:23	6:33	1:08:13
117		628	Curt Dimberio		M	Duluth		319	16:21	2:47	2:23	62	31:04	19.9	2:07	49	16:22	6:33	1:08:14
118	10/16	381	Alek Lied	36	M	De Pere	WI	152	12:12	2:05	2:25	76	31:42	19.5	2:02	194	20:02	8:01	1:08:20
119	4/15	461	Susan Cook	45	F	Duluth	MN	207	13:18	2:16	2:04	81	31:52	19.4	1:44	181	19:35	7:50	1:08:30
120	17/27	363	Peter Jokinen	34	M	Highbridge	WI	136	11:56	2:02	2:44	136	34:08	18.1	1:00	141	18:47	7:31	1:08:32
121	10/18	609	Samuel Johnson	15	M	Aurora	MN	138	12:02	2:03	3:44	118	33:35	18.4	2:04	86	17:12	6:53	1:08:33
122	13/20	360	Alec Johnson	46	M	Saint Paul	MN	191	12:52	2:12	2:51	70	31:19	19.7	1:47	187	19:49	7:56	1:08:35
123	18/27	637	Ryan Nelson	31	M	Duluth	MN	206	13:11	2:15	1:51	131	34:01	18.2	1:47	107	17:50	7:08	1:08:37
124	4/31	530	Delaney Lundeen	21	F	Duluth	MN	147	12:09	2:05	1:39	176	35:36	17.4	1:04	122	18:19	7:20	1:08:44
125	1/21	443	Laurie Anderson	43	F	Duluth	MN	72	10:44	1:50	1:45	105	32:52	18.8	1:42	241	21:43	8:42	1:08:45
126	11/16	673	Eric Anderson	37	M	Duluth	MN	278	15:13	2:36	2:16	99	32:35	19.0	2:30	47	16:17	6:31	1:08:48
127	8/34	511	Melanie Jakubek	38	F	Duluth	MN	95	11:21	1:56	2:16	147	34:29	17.9	2:09	133	18:37	7:27	1:08:50
128	9/19	314	Tom Boman	52	M	Elmira	NY	146	12:08	2:04	2:00	126	33:50	18.3	1:31	169	19:25	7:46	1:08:52
129	8/39	450	Paige Benson	34	F	Duluth	MN	183	12:45	2:11	1:50	177	35:39	17.3	1:29	93	17:24	6:58	1:09:05
130	19/27	336	Ryan Erickson	32	M	Duluth	MN	272	15:00	2:34	2:41	97	32:31	19.0	2:30	53	16:28	6:35	1:09:06
131	10/26	596	Erin Walsh	29	F	Minneapolis	MN	155	12:14	2:05	2:15	163	35:10	17.6	1:42	110	17:53	7:09	1:09:11
132	9/39	457	Sarah Chandler	31	F	Duluth	MN	196	12:57	2:13	2:19	141	34:13	18.1	1:40	117	18:13	7:17	1:09:19
133	10/39	651	Gina Miller	34	F	Duluth	MN	178	12:41	2:10	3:28	157	34:50	17.7	1:12	85	17:11	6:53	1:09:20
134	2/21	500	Ann Heimbach	42	F	Duluth	MN	158	12:17	2:06	2:32	120	33:35	18.4	2:08	145	18:50	7:32	1:09:21
135	10/19	369	Todd Kneebone	52	M	Duluth	MN	172	12:33	2:09	3:12	83	31:58	19.3					1:09:25
136	14/20	397	John Nohner-Black	46	M	Vadnais Heights	MN	21	9:18	1:35	2:19	125	33:43	18.3	2:56	233	21:25	8:34	1:09:38
137	4/15	344	Marcus Gustafson	59	M	Edina	MN	163	12:20	2:06	2:24	51	30:39	20.2	2:26	255	22:00	8:48	1:09:46
138	11/26	650	Tami Mesedahl	27	F	Duluth	MN	48	10:09	1:44	2:29	190	35:58	17.2	1:19	193	19:56	7:59	1:09:48
139	5/15	403	Walt Prah	57	M	Duluth	MN	186	12:48	2:11	1:40	103	32:51	18.8	1:50	211	20:42	8:17	1:09:49
140	15/20	429	Ken Veneruz	46	M	Thunder Bay	ON					132	34:03	18.1	2:01	95	17:25	6:58	1:09:52
141	8/15	380	Allen Lepien	28	M	Superior	WI	93	11:17	1:56	2:22	130	34:00	18.2	1:44	207	20:33	8:13	1:09:52
142	8/19	388	Lane Meyer	42	M	Pengilly	MN	269	14:52	2:32	3:16	78	31:44	19.5	1:50	120	18:17	7:19	1:09:57
143	16/20	638	Charles Palokangas	47	M	Saginaw	MN	220	13:37	2:20	3:02	154	34:44	17.8	1:26	91	17:22	6:57	1:10:10
144	14/18	373	Brian Kronstedt	24	M	Shoreview	MN	104	11:23	1:57	3:31	185	35:51	17.2	1:17	118	18:13	7:18	1:10:13
145	3/21	558	Sharron Peltier	40	F	Stacy	MN	69	10:37	1:49	2:06	109	32:59	18.7	1:50	273	22:43	9:06	1:10:13
146	5/15	454	Rose Bortolon	48	F	Thunder Bay	ON	270	14:52	2:32	1:59	100	32:40	18.9	1:35	163	19:12	7:41	1:10:15
147	1/10	566	Nancy Recten Rectenwald	51	F	Duluth	MN	106	11:25	1:57	2:10	173	35:31	17.4	1:44	178	19:33	7:50	1:10:22
148	11/39	481	Julie Frantz	34	F	Woodbury	MN	193	12:53	2:12	2:01	165	35:11	17.6	1:20	152	19:01	7:37	1:10:23
149	6/15	374	Jon Kronstedt	58	M	Shoreview	MN	28	9:30	1:38	3:11	162	35:07	17.6	1:20	230	21:20	8:32	1:10:25
150	11/18	367	Logan Kittelson	13	M	South Range	WI	52	10:14	1:45	2:40	229	37:26	16.5	1:29	138	18:44	7:30	1:10:31
151	15/18	624	Daniel Bocock	24	M	Spring Valley	WI	335	17:22	2:58	2:33	80	31:51	19.4	1:29	96	17:26	6:59	1:10:40
152	9/15	372	Steve Kraushaar	25	M	Cottage Grov	MN	238	14:03	2:24	2:45	137	34:08	18.1	1:44	116	18:12	7:17	1:10:50
153	12/39	582	Marisa Skees	34	F	Minneapolis	MN	202	13:06	2:14	2:35	155	34:45	17.8	2:19	114	18:08	7:15	1:10:50
154	1/4	365	Joe Kandiko	60	M	Excelsior	MN	112	11:31	1:58	2:07	119	33:35	18.4	1:42	254	22:00	8:48	1:10:52
155	9/34	529	Teresa Lund	35	F	Brainerd	MN	98	11:21	1:56	2:15	195	36:20	17.0	1:11	188	19:49	7:56	1:10:55
156	10/34	565	Kimberly Radloff	37	F	Saginaw	MN	94	11:18	1:56	2:04	192	36:00	17.2	1:23	204	20:24	8:10	1:11:06
157	5/31	477	Sara Faver	22	F	Bemidji	MN	40	9:57	1:42	2:33	252	38:45	15.9	1:06	161	19:10	7:40	1:11:27
158	11/34	614	Patty Hausmann	39	F	Duluth	MN	227	13:49	2:22	2:11	121	33:39	18.4	2:18	177	19:33	7:49	1:11:27
159	12/26	653	Amy Mulder	25	F	Minneapolis	MN	190	12:51	2:12	2:37	178	35:40	17.3	1:44	137	18:41	7:29	1:11:30
160	1/1	445	Susanne Bakken	60	F	Duluth	MN	131	11:53	2:02	1:52	164	35:10	17.6	1:34	226	21:16	8:31	1:11:42
161	9/19	635	Robert Mrozek	42	M	Paynesville	MN	304	15:54	2:43	2:52	74	31:40	19.5	2:10	167	19:23	7:46	1:11:57
162	12/34	572	Elisa Schmitz	35	F	Hermantown	MN	197	12:58	2:13	2:10	145	34:21	18.0	1:13	232	21:23	8:34	1:12:04
163	13/34	593	Melanie Tuominen	39	F	Duluth	MN	240	14:06	2:25	2:03	116	33:27	18.5	1:51	210	20:41	8:17	1:12:06
164	10/19	343	David Gunnarson	41	M	Duluth	MN	164	12:23	2:07	2:58	194	36:16	17.0	1:24	164	19:14	7:42	1:12:13
165	13/39	542	Amy Miller	34	F	Fargo	ND	311	16:02	2:44	2:24	180	35:43	17.3	2:21	40	15:55	6:22	1:12:22
166	4/21	682	Carolyn Haney	41	F	Duluth	MN	124	11:47	2:01	3:25	193	36:11	17.1	2:10	148	18:53	7:34	1:12:25
167	6/31	503	Alison Hirsch	22	F	Apple Valley	MN	185	12:47	2:11	1:44	158	34:51	17.7	1:26	240	21:41	8:41	1:12:27

168	14/34	526 Jennifer Lindstrom	37 F	Buffalo	MN	120	11:43	2:00	1:53	191	35:59	17.2	1:48	221	21:06	8:27	1:12:28
169	7/31	604 Terry Wosmek	23 F	Duluth	MN	184	12:46	2:11	2:01	220	37:16	16.6	2:38	111	17:55	7:10	1:12:34
170	11/19	341 Mark Gross	43 M	South Range	WI	188	12:49	2:11	3:29	167	35:17	17.5	1:30	176	19:31	7:49	1:12:34
171	11/19	364 Ronald Jyring	51 M	Bismarck	ND	217	13:35	2:19	2:41	161	35:05	17.6	1:44	175	19:31	7:49	1:12:35
172	12/16	383 Christopher Marshall	38 M	Red Wing	MN	176	12:38	2:09	3:34	98	32:32	19.0	3:06	214	20:49	8:20	1:12:36
173	15/34	655 Karina Palokangas	38 F	Ashland	WI	212	13:23	2:17	2:41	183	35:49	17.3	1:43	155	19:02	7:37	1:12:36
174	6/15	465 Judith Derauf	48 F	Duluth	MN	294	15:33	2:39	2:50	139	34:12	18.1	2:03	113	18:02	7:13	1:12:38
175	2/10	598 Sue Watt Watt	51 F	Esko	MN	135	11:55	2:02	1:49	201	36:35	16.9	1:41	215	20:49	8:20	1:12:46
176	12/19	355 John Hoivik	52 M	Duluth	MN	246	14:15	2:26	1:49	151	34:32	17.9	2:12	196	20:09	8:04	1:12:54
177	8/31	617 Kaitlin Morrison	21 F	Duluth	MN	47	10:08	1:44	3:17	221	37:17	16.6	1:25	216	20:50	8:20	1:12:55
178	9/31	518 Katherine Kasl	24 F	Rochester	MN	253	14:26	2:28	2:19	181	35:47	17.3	1:28	153	19:02	7:37	1:13:00
179	13/19	677 Dan Theis	52 M	Duluth	MN	247	14:16	2:26	2:25	117	33:28	18.5	2:01	218	21:02	8:25	1:13:09
180	16/34	517 Anissa Karakas	39 F	Duluth	MN	157	12:17	2:06	2:20	214	37:05	16.7	2:03	173	19:29	7:48	1:13:12
181	10/31	448 Jennifer Beilke	24 F	Baxter	MN	82	10:57	1:52	2:52	245	38:33	16.0	1:54	157	19:04	7:38	1:13:17
182	12/19	340 Gerald Gould	44 M	Farmington	MN	295	15:34	2:39	2:25	127	33:50	18.3	1:46	186	19:48	7:55	1:13:21
183	11/31	476 Meredith Evenson	23 F	Rochester	MN	245	14:15	2:26	2:05	200	36:33	16.9	1:33	165	19:15	7:42	1:13:39
184	17/34	648 Julie Greely	35 F	Chanhasen	MN	83	10:58	1:53	2:21	202	36:35	16.9	2:00	246	21:49	8:44	1:13:42
185	13/16	62 Scott Myers	35 M	Fridley	MN	230	13:50	2:22	2:00	150	34:30	17.9	2:31	217	20:56	8:23	1:13:44
186	14/16	420 Nathan Sonstegard	35 M	Minneapolis	MN	58	10:23	1:47	2:51	247	38:35	16.0	1:47	203	20:21	8:09	1:13:56
187	3/10	504 Jodene Hirsch	50 F	Apple Valley	MN	218	13:36	2:19	2:55	189	35:57	17.2	2:09	170	19:25	7:46	1:14:00
188	7/15	413 Larry Schmelzer	56 M	Hibbing	MN	252	14:26	2:28	2:39	168	35:18	17.5	1:31	199	20:11	8:05	1:14:03
189	12/18	338 Henry French	14 M	Duluth	MN	145	12:06	2:04	2:30	268	39:37	15.6	1:05	149	18:56	7:35	1:14:11
190	2/4	683 Clint Moen	63 M	Duluth	MN	118	11:42	2:00	2:45	184	35:49	17.3	2:16	243	21:45	8:42	1:14:14
191	13/26	551 Natalie Netzel	25 F	Duluth	MN	141	12:04	2:04	1:50	209	36:49	16.8	1:23	259	22:12	8:53	1:14:15
192	14/26	460 Caitlin Conboy	29 F	Minneapolis	MN	257	14:30	2:29	2:40	175	35:36	17.4	2:09	168	19:24	7:46	1:14:17
193	13/19	308 John Barneson	43 M	St. Paul	MN	303	15:52	2:43	3:21	142	34:13	18.1	1:16	183	19:39	7:52	1:14:18
194	20/27	437 Jacob Zdon	32 M	St. Paul	MN	279	15:13	2:36	3:46	197	36:23	17.0	1:32	106	17:49	7:08	1:14:41
195	14/19	321 Stanford Case	52 M	Hutchinson	MN	192	12:52	2:12					1:35	223	21:13	8:30	1:14:42
196	5/21	98 Lisa Brandt	43 F	Coleraine	MN	170	12:29	2:08	2:44	269	39:40	15.6	1:15	139	18:47	7:31	1:14:53
197	14/39	123 Jessica Lemler	32 F	Bayfield	WI	309	16:00	2:44	3:59	153	34:37	17.9	1:55	130	18:32	7:25	1:15:00
198	7/15	658 Mary Seitz	47 F	Duluth	MN	108	11:26	1:57	2:08	224	37:21	16.5	2:04	257	22:09	8:52	1:15:06
199	16/18	324 Peter Christopherson	22 M	St. Paul	MN	243	14:08	2:25	2:24	234	37:33	16.5	1:21	195	20:07	8:03	1:15:30
200	15/26	571 Andrea Schilling	25 F	Chaska	MN	266	14:49	2:32	2:40	239	38:06	16.2	1:13	144	18:50	7:32	1:15:34
201	12/31	474 Gina Elmer	22 F	Lakeland	MN	250	14:24	2:28	1:56	203	36:37	16.9	1:38	220	21:03	8:26	1:15:37
202	17/18	396 Travis Noffke	24 M	Minneapolis	MN	87	11:05	1:54	4:30	169	35:19	17.5	4:49	198	20:11	8:05	1:15:50
203	15/39	473 Sarah Dungan	32 F	Minneapolis	MN	203	13:07	2:15	4:17	149	34:29	17.9	2:44	229	21:17	8:31	1:15:52
204	13/31	553 Katelyn Nyberg	21 F	Coon Rapids	MN	171	12:31	2:08	2:30	291	40:36	15.2	1:36	150	18:57	7:35	1:16:07
205	16/39	606 Molly Ziells	31 F	Duluth	MN	127	11:48	2:01	2:25	258	39:01	15.8	1:33	234	21:25	8:34	1:16:10
206	17/39	513 Mary Jenc	32 F	Superior	WI	189	12:50	2:12	3:04	261	39:16	15.7	1:22	189	19:51	7:57	1:16:20
207	14/31	458 Kristen Chodek	22 F	Eagan	MN	213	13:24	2:17	2:23	288	40:32	15.2	1:16	143	18:49	7:32	1:16:22
208	15/31	486 Ashley Geheren	20 F	Ramsey	MN	68	10:36	1:49	2:21	270	39:42	15.6	1:17	271	22:37	9:03	1:16:30
209	8/15	496 Kara Hanson	45 F	Duluth	MN	168	12:27	2:08	2:16	198	36:23	17.0	2:57	269	22:34	9:02	1:16:35
210	18/39	491 Jennie Graff-Dolezal	30 F	Brooklyn Park	MN	280	15:18	2:37	2:41	237	37:49	16.3	1:31	166	19:22	7:45	1:16:38
211	19/39	483 Katie Fritz	31 F	Minneapolis	MN	177	12:39	2:10	2:23	232	37:30	16.5	2:24	242	21:45	8:42	1:16:38
212	13/18	425 Andrew Switzer	18 M	Duluth	MN	337	17:26	2:59	2:32	217	37:08	16.6	1:17	123	18:20	7:20	1:16:40
213	18/34	579 Laura Sieger	39 F	Duluth	MN	160	12:18	2:06	2:17	219	37:15	16.6	1:22	298	23:34	9:26	1:16:44
214	21/27	371 Khristopher Korell	32 M	Duluth	MN	362	22:36	3:51	2:31	86	32:02	19.3	1:58	103	17:45	7:06	1:16:49
215	6/21	589 Sheila Sutton	44 F	Duluth	MN	208	13:18	2:16	2:47	208	36:49	16.8	2:09	252	21:57	8:47	1:16:58
216	19/34	588 Lyssa Supinski	39 F	South Range	WI	59	10:24	1:47	4:19	206	36:48	16.8	2:28	284	23:05	9:14	1:17:01
217	8/15	325 Ted Ciriacy	57 M	Ely	MN	103	11:23	1:57	2:43	218	37:08	16.6	1:54	303	23:56	9:35	1:17:01
218	15/16	627 Brett Defoe	36 M	Superior	WI	336	17:23	2:58	3:34	199	36:32	16.9	1:47	108	17:50	7:08	1:17:04
219	17/20	359 Patrick Jennrich	45 M	Lino Lakes	MN	144	12:05	2:04	2:55	138	34:09	18.1	2:16	327	25:47	10:19	1:17:10
220	22/27	366 Steven Kaphing	33 M	Hastings	MN	293	15:30	2:39	2:42	152	34:35	17.9	1:51	270	22:35	9:02	1:17:11
221	15/19	398 Rod Olson	51 M	White Bear Lake	MN	114	11:36	1:59	2:30	172	35:29	17.4	2:50	318	24:50	9:56	1:17:13
222	1/4	370 Lyle Koivisto	65 M	Tucson	AZ	291	15:27	2:38	2:25	148	34:29	17.9	1:33	289	23:22	9:21	1:17:13
223	7/21	575 Angie Seiberlich	42 F	Mahtomedi	MN	165	12:24	2:07	3:18	186	35:53	17.2	2:36	287	23:18	9:19	1:17:27
224	14/19	323 Ross Christenson	43 M	Esko	MN	329	16:57	2:54	2:19	212	36:58	16.7	1:38	182	19:39	7:52	1:17:27
225	16/26	528 Sara Loss	28 F	St. Paul	MN	150	12:11	2:05	2:20	222	37:19	16.6	1:33	310	24:14	9:42	1:17:34

226	9/15	684 Gary Black	56 M	Duluth	MN	214	13:25	2:17	2:52	299	41:10	15.0	2:33	102	17:42	7:05	1:17:38
227	4/10	585 Pam Starcher	54 F	Onalaska	WI	275	15:08	2:35	2:25	166	35:14	17.5	1:55	285	23:06	9:15	1:17:47
228	3/7	471 Angela Donofrio	16 F	Hermantown	MN	23	9:19	1:36	2:43	292	40:48	15.1	1:38	290	23:22	9:21	1:17:48
229	23/27	345 Finn Haley	30 M	Minneapolis	MN	285	15:22	2:37	3:37	223	37:20	16.6	2:23	160	19:09	7:40	1:17:49
230	16/31	541 Katelyn Meyer	21 F	Mantorville	MN	263	14:39	2:30	3:02	215	37:05	16.7	2:00	222	21:12	8:29	1:17:55
231	9/15	527 Shannon Lorbiecki	48 F	Lake Elmo	MN	325	16:40	2:51	4:20	235	37:45	16.4	2:40	58	16:32	6:37	1:17:56
232	10/15	312 Aaron Benney	27 M	Proctor	MN	92	11:16	1:56	4:08	226	37:24	16.5	2:43	266	22:28	8:59	1:17:57
233	20/39	538 Molly McCoy	32 F	Minneapolis	MN	321	16:26	2:48	3:32	241	38:09	16.2	1:08	142	18:48	7:31	1:18:01
234	17/26	590 Maicie Sykes	25 F	Duluth	MN	262	14:38	2:30	2:58	170	35:19	17.5	2:54	262	22:18	8:56	1:18:06
235	1/5	536 Sandy Marden-Lokken	57 F	Duluth	MN	273	15:02	2:34	2:58	210	36:54	16.7	2:35	212	20:44	8:18	1:18:11
236	2/5	441 Penny Agar	56 F	Duluth	MN	233	13:57	2:23	2:09	244	38:30	16.1	1:49	251	21:56	8:47	1:18:18
237	18/26	656 Katie Peterson	25 F	Hermantown	MN	308	15:59	2:44	2:18	267	39:35	15.6	1:54	132	18:36	7:27	1:18:19
238	3/5	449 Joan Beissel	55 F	Dixon	IL	134	11:54	2:02	3:08	246	38:35	16.0	1:28	288	23:19	9:20	1:18:23
239	24/27	307 Parker Backstrom	34 M	Virginia	MN	299	15:46	2:42	3:03	250	38:40	16.0	2:27	131	18:35	7:26	1:18:29
240	17/31	487 Ally Gerads	20 F	Chanhassen	MN	248	14:22	2:27	3:25	297	41:09	15.0	1:23	119	18:13	7:18	1:18:30
241	8/21	534 Lynn Mandinec	43 F	Prior Lake	MN	264	14:40	2:30	2:07	216	37:07	16.7	2:16	265	22:25	8:58	1:18:33
242	21/39	645 Daisy Anderson	34 F	Chanhassen	MN	284	15:21	2:37	3:05	179	35:42	17.3	3:19	227	21:16	8:31	1:18:40
243	9/21	468 Leanne Digiuseppe	41 F	Thunder Bay	ON	222	13:42	2:21	2:57	242	38:14	16.2	2:19	237	21:33	8:37	1:18:42
244	10/15	615 Renee Keppers	46 F	Duluth	MN	260	14:38	2:30	2:39	249	38:39	16.0	1:19	236	21:31	8:37	1:18:43
245	14/18	317 Zachery Bourgeault	18 M	Saginaw	MN	342	18:05	3:05	1:41	302	41:13	15.0	2:00	37	15:51	6:21	1:18:46
246	3/4	305 Michael Anderson	61 M	Duluth	MN	182	12:44	2:11	2:46	213	36:59	16.7	1:38	316	24:44	9:54	1:18:49
247	10/21	519 Rochon Kinney	40 F	Duluth	MN	200	13:02	2:14	2:52	238	37:58	16.3	1:32	295	23:27	9:23	1:18:49
248	22/39	522 Heather Krohn	30 F	Duluth	MN	143	12:05	2:04	3:14	264	39:18	15.7	1:38	272	22:39	9:04	1:18:52
249	11/15	543 Diane Miller	46 F	Lino Lakes	MN	323	16:28	2:49	3:28	187	35:54	17.2	2:08	219	21:02	8:25	1:18:57
250	11/15	417 Tyler Schwerdt	26 M	Duluth	MN	288	15:25	2:38	2:07	275	40:01	15.4	1:18	201	20:15	8:06	1:19:02
251	15/18	378 Brent Larson	13 M	Duluth	MN	63	10:26	1:47	4:00	282	40:13	15.4	1:16	293	23:24	9:22	1:19:17
252	19/26	107 Sarah Ekerholm	28 F	Minneapolis	MN	105	11:24	1:57	3:02	265	39:20	15.7	2:01	297	23:33	9:25	1:19:17
253	15/19	391 Jordan Moe	44 M	Duluth	MN	307	15:59	2:44	2:53	159	34:56	17.7	1:41	302	23:55	9:34	1:19:22
254	10/15	415 Charles Schumacher	59 M	Duluth	MN	175	12:37	2:09	4:09	296	41:07	15.0	2:10	179	19:33	7:50	1:19:33
255	18/31	510 Melissa Jackson	24 F	Duluth	MN	255	14:30	2:29	2:43	306	41:22	14.9	2:02	154	19:02	7:37	1:19:35
256	12/15	384 Robert Marshall	28 M	Maple Grove	MN	223	13:44	2:21	2:45	273	39:58	15.5	1:20	247	21:54	8:46	1:19:39
257	13/15	668 Timothy Johansson	28 M	St Paul	MN	258	14:32	2:29	3:22	182	35:48	17.3	3:03	283	23:02	9:13	1:19:44
258	5/10	649 Joann Marshall	51 F	Sauk Rapids	MN	211	13:22	2:17	2:50	251	38:43	16.0	1:29	292	23:23	9:21	1:19:46
259	11/15	679 George Sweezy	58 M	Duluth	MN	341	18:04	3:05	3:28	188	35:55	17.2	2:48	180	19:34	7:50	1:19:47
260	6/10	507 Anne Howard	51 F	Superior	WI	229	13:49	2:22	2:33	259	39:03	15.8	2:05	264	22:19	8:56	1:19:48
261	4/7	550 Sydney Nelson	14 F	Duluth	MN	126	11:48	2:01	2:42	274	40:00	15.4	2:31	280	22:59	9:12	1:19:57
262	16/19	394 Jeffrey Nelson	44 M	Duluth	MN	123	11:47	2:01	2:43	276	40:01	15.4	2:29	281	22:59	9:12	1:19:57
263	23/39	556 Jamie Parask	34 F	Cloquet	MN	268	14:51	2:32	3:02	286	40:28	15.3	2:05	191	19:53	7:57	1:20:15
264	20/34	583 Hilary Sonstegard	35 F	Minneapolis	MN	286	15:22	2:38	2:42	298	41:09	15.0	2:06	151	19:01	7:37	1:20:18
265	11/21	592 Shelly Tischler	40 F	Superior	WI	228	13:49	2:22	2:09	231	37:30	16.5	2:24	313	24:30	9:48	1:20:19
266	19/31	619 Kelsey Picha	20 F	Ramsey	MN	339	17:41	3:01	1:54	308	41:33	14.9	1:09	126	18:22	7:21	1:20:37
267	12/15	567 Catherine Richardson	45 F	Stillwater	MN	276	15:11	2:36	2:26	272	39:48	15.5	1:27	245	21:48	8:43	1:20:39
268	24/39	472 Kara Dudy	31 F	Saint Paul	MN	187	12:48	2:11	3:39	225	37:22	16.5	3:04	300	23:51	9:33	1:20:42
269	20/31	644 Carley Amys	24 F	Duluth	MN	324	16:40	2:51	2:19	256	38:51	15.9	1:44	228	21:17	8:31	1:20:48
270	16/19	329 Tom Donofrio	51 M	Hermantown	MN	224	13:44	2:21	3:12	253	38:45	15.9	1:47	291	23:23	9:21	1:20:49
271	12/21	479 Joleen Finken	42 F	Duluth	MN	267	14:50	2:32	2:14	285	40:24	15.3	2:12	224	21:15	8:30	1:20:54
272	25/39	669 Jenae Hutchins	34 F	Minneapolis	MN	306	15:59	2:44	2:21	277	40:02	15.4	2:00	209	20:40	8:16	1:21:00
273	13/21	509 Sherri Irving	42 F	Hermantown	MN	300	15:46	2:42	3:24	211	36:54	16.7	2:57	256	22:04	8:50	1:21:03
274	26/39	535 Alyssa Marden	32 F	Hermantown	MN	159	12:18	2:06	2:29	230	37:29	16.5	2:11	340	26:47	10:43	1:21:10
275	27/39	456 Sarah Buhs	31 F	Cloquet	MN	242	14:07	2:25	3:00	311	42:03	14.7	1:19	213	20:47	8:19	1:21:14
276	18/20	431 Michael Ward	49 M	St. Croix Falls	WI	180	12:43	2:10	4:05	236	37:47	16.4	2:58	301	23:52	9:33	1:21:23
277	4/5	622 Susan Mattis Turnham	55 F	Duluth	MN	166	12:26	2:08	3:16	248	38:37	16.0	1:54	322	25:11	10:05	1:21:24
278	14/21	484 Carla Gamradt	40 F	Wrenshall	MN	317	16:15	2:47	3:02	228	37:26	16.5	1:55	276	22:50	9:08	1:21:25
279	16/18	632 Michael Hirsch	19 M	Austin	MN	357	21:05	3:36	2:10	196	36:23	17.0	1:19	208	20:35	8:14	1:21:29
280	28/39	489 Jessica Gerchak	30 F	Maple Grove	MN	199	13:00	2:13	3:17	307	41:28	14.9	2:18	238	21:35	8:38	1:21:34
281	29/39	600 Christy Weinberger	34 F	Ashland	WI	79	10:55	1:52	2:42	326	43:20	14.3	2:03	274	22:44	9:06	1:21:42
282	30/39	139 Marcia Terwey	31 F	Pensacola	FL	326	16:51	2:53	2:54	205	36:39	16.9	1:48	296	23:33	9:25	1:21:42
283	25/27	52 Chris Knapp	33 M	St. Paul	MN	332	17:06	2:55	3:56	257	38:57	15.9	1:42	197	20:11	8:05	1:21:49

284	7/10	621	Lisa Prusak	50	F	Duluth,	MN	265	14:46	2:31	3:11	255	38:48	15.9	2:54	260	22:13	8:54	1:21:51
285	21/31	452	Sara Bielski	20	F	Chanhasen	MN	76	10:46	1:51	3:42	325	43:17	14.3	1:48	278	22:57	9:11	1:22:28
286	4/4	354	William Hoffman	63	M	Cloquet	MN	241	14:07	2:25	3:16	305	41:16	15.0	1:33	263	22:18	8:56	1:22:28
287	17/19	379	Kurt Larson	52	M	Duluth	MN	232	13:54	2:23	3:14	283	40:14	15.4	1:47	294	23:27	9:23	1:22:34
288	17/18	672	Matt Rengo	14	M	Esko	MN	350	18:52	3:13	2:47	332	44:34	13.9	1:12	28	15:18	6:08	1:22:41
289	21/34	576	Peggy Seipp Roy	38	F	St Louis Park	MN	215	13:26	2:18	2:56	279	40:07	15.4	1:50	315	24:34	9:50	1:22:51
290	2/4	426	Mike Tenney	66	M	Excelsior	MN	154	12:13	2:05	4:09	227	37:25	16.5	2:48	336	26:19	10:32	1:22:51
291	16/16	407	Jason Reinartz	37	M	Two Harbors	MN	312	16:03	2:44	2:44	266	39:23	15.7	1:50	286	23:10	9:16	1:23:07
292	14/15	433	Christopher Warren	28	M	Minneapolis	MN	344	18:19	3:08	3:38	263	39:17	15.7	2:01	200	20:15	8:06	1:23:27
293	22/31	470	Billie Diver	21	F	Cloquet	MN	239	14:05	2:24	3:58	309	41:34	14.9	1:38	261	22:18	8:56	1:23:30
294	31/39	515	Kaitlin Johnson	31	F	Minneapolis	MN	345	18:20	3:08	3:13	233	37:31	16.5	2:35	250	21:55	8:46	1:23:31
295	22/34	485	Shannon Gardner	38	F	Duluth	MN	328	16:56	2:53	2:16	240	38:08	16.2	1:42	314	24:33	9:49	1:23:32
296	20/26	523	Kimberly Laing	28	F	Eagan	MN	244	14:12	2:26	2:34	278	40:06	15.4	1:45	325	25:35	10:14	1:24:09
297	26/27	400	Luke Peterson	30	M	Saint Paul	MN	201	13:04	2:14	3:14	327	43:24	14.2	3:18	225	21:15	8:30	1:24:12
298	19/20	358	Michael Iversen	48	M	Victoria	MN	292	15:29	2:39	3:27	314	42:31	14.5	1:29	231	21:20	8:32	1:24:13
299	21/26	459	Dawn Cole	27	F	Wichita	KS	226	13:45	2:21	3:00	324	43:08	14.3	1:41	275	22:46	9:07	1:24:17
300	15/21	544	Kelly Moen	40	F	Proctor	MN	301	15:47	2:42	3:05	262	39:16	15.7	1:59	311	24:17	9:43	1:24:22
301	22/26	462	Laura Dake	28	F	Cloquet	MN	322	16:27	2:48					1:04	308	24:12	9:41	1:24:54
302	32/39	578	Stephanie Shubitz	34	F	Duluth	MN	133	11:53	2:02	2:44	319	42:50	14.4	2:13	324	25:28	10:11	1:25:05
303	13/15	554	Gina Oesterreich	48	F	Marine On Saint Cr	MN	249	14:23	2:27	3:33	304	41:14	15.0	3:11	277	22:57	9:11	1:25:17
304	23/26	497	Meghan Hanson	25	F	Maple Grove	MN	287	15:25	2:38	3:05	322	43:04	14.3	1:21	267	22:28	9:00	1:25:20
305	23/31	574	Brenda Schwerdt	24	F	Duluth	MN	348	18:40	3:11	2:50	271	39:42	15.6	1:29	279	22:58	9:12	1:25:37
306	24/26	659	Kim Whitney	28	F	Thunder Bay	ON	219	13:36	2:19	2:33	260	39:13	15.8	1:48	349	28:31	11:25	1:25:40
307	12/15	418	Tad Sears	58	M	Duluth	MN	340	17:57	3:04	4:21	254	38:46	15.9	2:11	268	22:30	9:00	1:25:42
308	8/10	618	Brenda Palokangas	50	F	Saginaw	MN	330	16:57	2:54	2:21	312	42:10	14.7	1:17	282	23:02	9:13	1:25:45
309	24/31	546	Katie Muehe	24	F	Minneapolis	MN	254	14:29	2:28	3:01	303	41:13	15.0	1:37	326	25:40	10:16	1:25:58
310	13/15	385	John Marxhausen	58	M	Duluth	MN	343	18:19	3:08	3:27	301	41:12	15.0	1:38	249	21:55	8:46	1:26:29
311	23/34	652	Jennifer Mrozek	37	F	Paynesville	MN	283	15:21	2:37	2:15	280	40:08	15.4	2:04	342	26:50	10:44	1:26:35
312	27/27	414	Graham Schultz	30	M	Saint Paul	MN	347	18:28	3:09	4:08	284	40:23	15.3	1:31	258	22:11	8:53	1:26:39
313	3/4	430	Peter Walman	68	M	Minneapolis	MN	235	14:02	2:24	2:42	300	41:10	15.0	2:09	341	26:48	10:43	1:26:48
314	24/34	495	Sarah Hanhan	36	F	Duluth	MN	80	10:56	1:52	4:08	329	43:48	14.1	3:16	319	24:51	9:57	1:26:57
315	25/34	451	Piper Beuthling	39	F	Somerset	WI	236	14:02	2:24	4:03	281	40:08	15.4	1:53	343	26:56	10:47	1:26:59
316	14/15	311	John Beintema	58	M	Bloomington	MN	73	10:45	1:50	3:38	333	45:03	13.7	2:45	321	25:07	10:03	1:27:16
317	5/5	446	Susan Barrick	55	F	Darwin	MN	256	14:30	2:29	3:52	295	40:58	15.1	2:00	334	26:10	10:28	1:27:29
318	5/7	531	Sarah Lyle	15	F	Duluth	MN	297	15:41	2:41	3:51	334	45:09	13.7	2:41	205	20:28	8:12	1:27:47
319	25/31	552	Hannah Newman	21	F	Malibu	CA	296	15:41	2:41	3:51	335	45:09	13.7	2:41	206	20:28	8:12	1:27:47
320	1/1	333	Doug Dunham	72	M	Duluth	MN	331	17:05	2:55	5:02	204	36:38	16.9	3:45	344	27:02	10:49	1:29:29
321	18/18	678	Ian Theis	21	M	Duluth	MN	333	17:19	2:57	3:37	355	48:13	12.8	3:05	92	17:24	6:58	1:29:35
322	6/7	671	Alissa Marlow	13	F	Duluth	MN	110	11:30	1:58	2:49	361	50:51	12.2	1:24	299	23:48	9:31	1:30:19
323	26/31	549	Shivan Nelson	24	F	Bemidji	MN	107	11:25	1:57	2:58	360	50:36	12.2	1:46	307	24:08	9:39	1:30:51
324	1/2	506	Liz Holt	65	F	Duluth	MN	281	15:20	2:37	3:36	289	40:35	15.2	3:08	347	28:29	11:24	1:31:04
325	33/39	533	Elise Makler	32	F	Portland	OR	277	15:12	2:36	3:42	290	40:35	15.2	3:09	348	28:29	11:24	1:31:04
326	16/21	520	Katie Klessig	40	F	Duluth	MN	349	18:52	3:13	3:22	294	40:56	15.1	1:58	330	26:02	10:25	1:31:07
327	18/18	337	Brendan Fenning	16	M	Luck	WI	225	13:44	2:21	3:53	336	45:25	13.6	1:55	335	26:15	10:30	1:31:10
328	17/21	492	Theresa Gunnarson	42	F	Duluth	MN	355	20:33	3:30	2:54	331	44:03	14.0	2:20	239	21:36	8:39	1:31:23
329	26/34	108	Dawn Epperson	36	F	Eden Prairie	MN	314	16:08	2:45	3:00	337	45:47	13.5	1:47	317	24:50	9:56	1:31:30
330	34/39	563	Dory Pohl	33	F	Duluth	MN	234	14:01	2:24	4:15	344	46:03	13.4	1:57	323	25:19	10:08	1:31:32
331	27/34	557	Brenda Parker Thompso	39	F	Hayward	WI	310	16:02	2:44	3:12	310	41:58	14.7	2:00	350	28:31	11:25	1:31:40
332	27/31	524	Danielle Larson	23	F	Duluth	MN	274	15:04	2:34	3:06	323	43:06	14.3	1:47	355	28:41	11:29	1:31:41
333	35/39	591	Jo Thompson	31	F	Duluth	MN	334	17:21	2:58	3:26	349	47:28	13.0	1:40	253	21:59	8:48	1:31:51
334	9/10	488	Joan Gerads	50	F	Chanhasen	MN	354	20:18	3:28	3:24	287	40:30	15.3	1:58	332	26:04	10:26	1:32:13
335	18/21	584	Michele Speltz	43	F	Altura	MN	320	16:21	2:47	3:40	339	45:55	13.5	3:12	304	24:03	9:37	1:33:08
336	28/34	564	Wanda Prudoehl	39	F	Lewiston	MN	316	16:13	2:46	3:47	338	45:52	13.5	2:51	312	24:27	9:47	1:33:08
337	36/39	599	Allicen Waxlax	30	F	Willow River	MN	365	23:21	3:59	3:08	320	42:57	14.4	1:53	248	21:55	8:46	1:33:10
338	10/10	464	Nancy Day	50	F	Cottage Grove	MN	346	18:27	3:09	3:02	330	43:55	14.1	2:06	331	26:02	10:25	1:33:29
339	29/34	493	Bobbi Halverson	35	F	Cook	MN	290	15:26	2:38	2:37	343	46:02	13.4	2:00	353	28:38	11:28	1:34:41
340	28/31	602	Alison Wood	21	F	Eau Claire	WI	305	15:55	2:43	3:39	345	46:24	13.3	1:56	345	27:02	10:49	1:34:53
341	18/19	427	Kurtis Ulrich	53	M	Champlin	MN	364	23:04	3:56	4:53	318	42:49	14.4	2:44	235	21:25	8:34	1:34:54

342	15/15	320	Nathan Case	25	M	Hutchinson	MN	315	16:12	2:46	3:59	352	47:59	12.9	1:43	320	25:04	10:02	1:34:54
343	19/21	502	Julie Herbst	44	F	Prior Lake	MN	313	16:04	2:45	3:22	358	49:48	12.4	1:45	309	24:13	9:41	1:35:09
344	14/15	478	Kristi Fenning	48	F	Luck	WI	289	15:25	2:38	3:43	315	42:35	14.5	2:14	364	31:47	12:43	1:35:41
345	29/31	548	Kate Nelson	23	F	Fargo	ND	179	12:41	2:10	4:21	353	48:02	12.9	2:11	351	28:33	11:25	1:35:46
346	30/31	547	Amanda Nelson	21	F	Fargo	ND	162	12:19	2:06	3:59	356	48:47	12.7	2:09	352	28:34	11:26	1:35:46
347	25/26	586	Carly Steen	26	F	Fargo	ND	122	11:47	2:01	4:07	350	47:34	13.0	1:53	358	30:28	12:12	1:35:46
348	26/26	559	Nicole Peterson	29	F	Bloomington	MN	327	16:54	2:53	3:57	341	46:00	13.4	1:43	346	27:16	10:55	1:35:48
349	20/21	466	Mary Beth Devaney	41	F	Duluth	MN	298	15:46	2:42	3:17	328	43:33	14.2	2:48	361	30:53	12:22	1:36:15
350	30/34	580	Lara Signorelli	37	F	New York	NY	205	13:09	2:15	5:09	321	43:03	14.4	2:00	367	33:10	13:16	1:36:29
351	31/34	512	Kristen Jeanetta	37	F	Duluth	MN	358	21:05	3:36	3:13	357	49:00	12.6	1:29	244	21:46	8:43	1:36:30
352	37/39	516	Michele Johnson	34	F	Duluth	MN	209	13:18	2:16	2:58	363	52:26	11.8	1:56	329	25:59	10:24	1:36:35
353	2/2	581	Sandra Signorelli	65	F	Duluth	MN	282	15:20	2:37	3:41	293	40:50	15.1	2:03	369	34:59	14:00	1:36:50
354	32/34	463	Jennifer Davey	39	F	Duluth	MN	361	22:13	3:47	3:36	317	42:35	14.5	3:42	333	26:08	10:27	1:38:11
355	38/39	545	Teresa Mosiniak	31	F	Duluth	MN	353	19:00	3:15	3:54	348	46:30	13.3	2:14	338	26:45	10:42	1:38:20
356	33/34	494	Amy Haney	37	F	Duluth	MN	352	18:55	3:14	3:56	346	46:27	13.3	2:17	339	26:46	10:43	1:38:20
357	21/21	532	Lisa Mackin	41	F	Tomahawk	WI	338	17:33	3:00	3:26	340	45:57	13.4	2:09	356	29:37	11:51	1:38:40
358	31/31	594	Amy Van Overmeiren	23	F	Superior	WI	65	10:31	1:48	3:15	366	58:25	10.6	1:26	337	26:20	10:32	1:39:53
359	15/15	326	David Cooperrider	56	M	Chagrin Falls	OH	142	12:05	2:04	4:12	364	53:02	11.7	2:15	359	30:32	12:13	1:42:03
360	4/4	349	Richard Hellman	66	M	Indianapolis	IN	366	24:27	4:10	6:24	243	38:14	16.2	3:21	360	30:46	12:19	1:43:11
361	20/20	352	Phil Herbst	46	M	Prior Lake	MN	359	21:11	3:37	3:48	342	46:02	13.4	4:14	357	29:54	11:58	1:45:06
362	1/2	539	Betty Meck	73	F	Siren	WI	356	20:51	3:34	4:49	316	42:35	14.5	3:06	368	33:48	13:31	1:45:07
363	15/15	440	Sue Adams	47	F	Brooklyn Park	MN	302	15:50	2:42	4:45	362	51:25	12.0	2:25	362	30:59	12:24	1:45:22
364	17/19	393	Markus Mueller	44	M	New York	NY	351	18:55	3:14	5:09	359	50:28	12.2	3:14	363	31:25	12:34	1:49:08
365	18/19	612	Frank Molina	44	M	St Paul	MN	370	37:12	6:21	2:46	313	42:17	14.6	2:14	328	25:59	10:24	1:50:25
366	34/34	525	Kim Levens	39	F	Duluth	MN	360	21:50	3:44	3:26	365	55:11	11.2	3:02	365	31:55	12:46	1:55:22
367	19/19	328	Jess Day	52	M	Cottage Grove	MN	367	31:16	5:20	4:52	347	46:27	13.3	2:28	366	32:57	13:11	1:57:58
368	2/2	439	Martha Aas	73	F	Duluth	MN	363	22:39	3:52	5:21	354	48:09	12.8	4:12	370	38:08	15:16	1:58:27
369	7/7	453	Rachel Bonner	14	F	Duluth	MN	111	11:30	1:58	2:50	367	1:14:05	8.3	1:33	354	28:41	11:29	1:58:36
370	19/19	310	Nick Bates	43	M	Minnetonka	MN	369	34:30	5:53	12:54	351	47:58	12.9	2:45	305	24:04	9:38	2:02:09
371	39/39	447	Natasha Bates	33	F	Minnetonka	MN	368	34:12	5:50					2:51	306	24:05	9:38	2:02:09

results by Pickle Events

results posted on: [www.pickleevents.com](http://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
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim	100
=====	=====	=====	=====	=====	=====	Time	yds
1	Anthony Vecchi	Duluth	MN	17	M	7:43	1:19
2	Keith Hatcher	Madison	WI	44	M	7:44	1:19
3	Matt Evans	Eau Claire	WI	43	M	8:06	1:23
4	Tim Keppers	Duluth	MN	46	M	8:17	1:25
5	Zach Goldberg	Excelsior	MN	13	M	8:18	1:25
6	Timothy W. Andrew	Duluth	MN	44	M	8:22	1:26
7	Clint Agar	Duluth	MN	28	M	8:32	1:28
8	Ian Nemerov	Edina	MN	45	M	8:33	1:28
9	Justin Gundelach	Rochester	MN	29	M	8:41	1:29
10	Chad Ray	Hibbing	MN	16	M	8:42	1:29

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	mph
=====	=====	=====	=====	=====	=====	Time	=====

1	Harvey Skees	Minneapolis	Mn	38	M	00:26:27	23.4
2	Kirk Vesterstein	Duluth	Mn	48	M	00:26:32	23.3
3	Jeremy Rondorf	Blaine	Mn	35	M	00:26:57	22.9
4	Bill Kelley	Wrenshall	Mn	38	M	00:27:18	22.6
5	Ian Nemerov	Edina	Mn	45	M	00:27:53	22.2
6	Anthony Vecchi	Duluth	Mn	17	M	00:28:07	22.0
7	Bill Schmit	Duluth	Mn	57	M	00:28:18	21.8
8	David Simmer	Eden Prairie	Mn	32	M	00:28:19	21.8
9	Jared Sundstrom	Proctor	Mn	21	M	00:28:20	21.8
10	Tim McShane	Duluth	Mn	33	M	00:28:22	21.8

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Time	Pace
1	Erik Escher	Duluth	MN	22	M	12:38	5:03
2	Zach Goldberg	Excelsior	MN	13	M	12:47	5:07
3	Chad Ray	Hibbing	MN	16	M	13:27	5:23
4	Logan Seipel	Colfax	WI	20	M	13:33	5:25
5	Tyler Bjorhus	Bismarck	ND	24	M	13:34	5:26
6	Jason Kask	Duluth	MN	24	M	13:48	5:31
7	Darian Hole	Winnipeg	MB	13	M	13:53	5:34
8	Felicitas Mensing	Minneapolis	MN	26	F	13:54	5:34
9	Jimmy Boortz	Maple Grove	MN	26	M	14:00	5:36
10	Dana Bartholomew	Madison	WI	45	M	14:04	5:38

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	680	Timothy W. Andrew	44	M	Duluth	MN	6	8:22	1:26	1:13					20	15:00	6:00	52:20
2	610	Jason Kask	24	M	Duluth	MN	11	8:45	1:30	1:09	11	28:23	21.8	0:54	6	13:48	5:31	52:55
3	676	Kirk Vesterstein	48	M	Duluth	MN	29	9:52	1:41	1:24	2	26:33	23.3	1:06	12	14:21	5:45	53:13
4	84	Harvey Skees	38	M	Minneapolis	MN	20	9:25	1:37	1:21	1	26:28	23.4	1:07	23	15:15	6:06	53:32
5	686	Zach Goldberg	13	M	Excelsior	MN	5	8:18	1:25	1:28	36	30:16	20.4	1:06	2	12:47	5:07	53:52
6	661	Bill Kelley	38	M	Wrenshall	MN	19	9:20	1:36	1:26	4	27:18	22.6	1:17	15	14:35	5:50	53:53
7	662	Ian Nemerov	45	M	Edina	MN	8	8:33	1:28	1:36	5	27:54	22.2	1:11	28	15:35	6:14	54:46
8	348	Keith Hatcher	44	M	Madison	WI	2	7:44	1:19	1:19	28	29:23	21.0	1:21	22	15:10	6:04	54:53
9	356	Darian Hole	13	M	Winnipeg	MB	15	9:06	1:33	1:15	31	29:54	20.7	1:05	7	13:53	5:34	55:10
10	613	Jeremy Rondorf	35	M	Blaine	MN	27	9:42	1:39	1:37	3	26:57	22.9	1:19	41	16:22	6:33	55:54
11	660	Clint Agar	28	M	Duluth	MN	7	8:32	1:28	1:08	47	30:55	20.0	1:04	11	14:19	5:44	55:56
12	332	Daniel Duff	46	M	Duluth	MN	12	8:53	1:31	2:03	23	29:01	21.3	1:24	18	14:46	5:55	56:04
13	666	Tim Keppers	46	M	Duluth	MN	4	8:17	1:25	1:50	13	28:28	21.7	1:24	36	16:10	6:28	56:05
14	633	Tim McShane	33	M	Duluth	MN	47	10:45	1:50	1:34	10	28:23	21.8	1:04	13	14:26	5:47	56:08
15	351	Michael Hendrickson	32	M	Duluth	MN	24	9:33	1:38	1:44	21	29:00	21.3	1:05	25	15:19	6:08	56:38
16	424	Jared Sundstrom	21	M	Proctor	MN	45	10:41	1:50	1:13	8	28:20	21.8	1:02	26	15:30	6:12	56:43
17	405	Chad Ray	16	M	Hibbing	MN	10	8:42	1:29	1:25	74	32:28	19.0	1:01	3	13:27	5:23	57:00
18	419	David Simmer	32	M	Eden Prairie	MN	69	11:36	1:59	1:23	9	28:20	21.8	1:01	19	14:50	5:56	57:07
19	685	Matt Evans	43	M	Eau Claire	WI	3	8:06	1:23	1:09	45	30:48	20.1	1:07	35	16:06	6:27	57:14
20	408	Jason Richardson	42	M	Mahtowa	MN	50	10:56	1:52	1:14	14	28:32	21.7	1:17	27	15:32	6:13	57:29
21	387	Jeff Melby	51	M	Bloomington	MN	26	9:40	1:39	1:35	12	28:25	21.7	1:18	56	16:44	6:42	57:41
22	309	Dana Bartholomew	45	M	Madison	WI	63	11:23	1:57	2:19	20	28:59	21.3	1:12	9	14:04	5:38	57:54
23	639	Bill Schmit	57	M	Duluth	MN	21	9:26	1:37	1:35	7	28:19	21.8	1:16	79	17:37	7:03	58:11
24	629	Erik Escher	22	M	Duluth	MN	48	10:46	1:50	1:42	70	32:19	19.1	0:52	1	12:38	5:03	58:14
25	432	Mike Ward	21	M	Duluth	MN	66	11:27	1:58	1:57	29	29:23	21.0	0:57	16	14:40	5:52	58:21
26	303	Rick Abrahamson	48	M	Duluth	MN	22	9:28	1:37	1:38	27	29:21	21.1	1:26	61	16:58	6:48	58:49
27	399	Mickey Pearson	32	M	Duluth	MN	73	11:46	2:01	2:08	37	30:20	20.4	0:49	10	14:12	5:41	59:12
28	409	Tom Richardson	48	M	Stillwater	MN	28	9:50	1:41	1:30	30	29:49	20.7	1:24	57	16:44	6:42	59:14



29	435	Rob Williams	30	M	Minneapolis	MN	93	12:18	2:06	1:48	18	28:57	21.3	1:19	21	15:03	6:02	59:23
30	640	Logan Seipel	20	M	Colfax	WI	43	10:34	1:48	2:26	68	32:12	19.2	0:57	4	13:33	5:25	59:40
31	411	Philip Rogers	47	M	Esco	MN	61	11:22	1:57	1:37	16	28:43	21.5	1:21	53	16:41	6:41	59:42
32	402	Jerid Prah	33	M	Hermantown	MN	55	11:10	1:55	1:46	24	29:01	21.3	1:30	54	16:43	6:41	1:00:07
33	377	Erik Laing	31	M	Eagan	MN	14	9:02	1:33	2:31	38	30:32	20.2	1:44	49	16:35	6:38	1:00:20
34	331	Glen Drexler	36	M	Duluth	MN	34	10:10	1:44	1:42	44	30:42	20.1	1:16	50	16:36	6:39	1:00:24
35	368	Jeffrey Klein	28	M	Minneapolis	MN	80	12:01	2:03	1:29	26	29:13	21.2	1:37	39	16:14	6:30	1:00:32
36	301	Peter Aas	46	M	Duluth	MN	52	11:02	1:53	2:05	17	28:53	21.4	1:33	70	17:15	6:54	1:00:46
37	395	Scott Nelson	49	M	Eagan	MN	82	12:02	2:03	1:47	19	28:58	21.3	1:23	64	17:02	6:49	1:01:09
38	346	Kevin Haney	39	M	Duluth	MN	30	9:54	1:42	2:23	46	30:55	20.0	1:32	47	16:29	6:36	1:01:11
39	362	Keven Johnson	33	M	Hermantown	MN	132	14:25	2:28	2:08	25	29:06	21.2	1:08	14	14:28	5:47	1:01:12
40	667	Darren Christopher	33	M	Duluth	MN	33	10:04	1:43	2:07	22	29:00	21.3	1:24	97	18:47	7:31	1:01:21
41	406	Thomas Recht	46	M	Minneapolis	MN	40	10:24	1:47	2:42	40	30:37	20.2	1:33	46	16:28	6:36	1:01:42
42	634	Jim Miner Jr.	56	M	Duluth	MN	35	10:13	1:45	1:57	32	29:57	20.6	1:31	88	18:12	7:17	1:01:47
43	304	Brett Anderson	42	M	Farmington	MN	120	13:40	2:20	1:26	15	28:42	21.5	1:20	65	17:03	6:49	1:02:09
44	319	Stephen Bullard	53	M	Minneapolis	MN	31	9:55	1:42	1:37	42	30:40	20.2	1:15	99	18:53	7:33	1:02:17
45	636	John Mullen	21	M	Golden Valley	MN	38	10:18	1:46	2:12	64	31:55	19.4	1:13	58	16:46	6:43	1:02:22
46	608	Drew Johnson	17	M	Aurora	MN	13	8:59	1:32	2:40	108	34:29	17.9	1:32	17	14:46	5:55	1:02:22
47	404	Shannon Pring	34	M	Cloquet	MN	56	11:11	1:55	2:00	52	31:15	19.8	1:02	63	17:01	6:49	1:02:27
48	315	Jimmy Boortz	26	M	Maple Grove	MN	76	11:49	2:01	2:06	86	33:15	18.6	1:24	8	14:00	5:36	1:02:32
49	357	Dustin Hough	38	M	Barnesville	MN	77	11:50	2:01	1:51	56	31:35	19.6	1:34	30	15:48	6:20	1:02:36
50	361	Ben Johnson	24	M	Roseville	MN	99	12:35	2:09	2:09	35	30:07	20.5	1:45	37	16:11	6:29	1:02:44
51	392	Tony Moen	34	M	Proctor	MN	90	12:12	2:05	2:12	62	31:45	19.5	1:01	31	15:50	6:20	1:02:57
52	342	Justin Gundelach	29	M	Rochester	MN	9	8:41	1:29	2:17	93	33:40	18.4	1:53	51	16:36	6:39	1:03:05
53	423	William Stroozas	54	M	Duluth	MN	37	10:18	1:46	2:04	72	32:21	19.1	1:47	59	16:51	6:45	1:03:19
54	611	Brandon Lunde	32	M	Saginaw	MN	96	12:27	2:08	2:14	48	31:03	19.9	1:17	44	16:27	6:35	1:03:24
55	681	Anthony Vecchi	17	M	Duluth	MN	1	7:43	1:19	9:45	6	28:08	22.0	1:29	48	16:30	6:36	1:03:32
56	607	Tyler Bjorhus	24	M	Bismarck	ND	136	14:38	2:30	2:39	33	29:57	20.6	2:47	5	13:34	5:26	1:03:34
57	313	Robert Boman	51	M	Duluth	MN	32	10:00	1:43	1:50	73	32:27	19.0	1:23	87	17:59	7:12	1:03:36
58	416	William Schumacher	24	M	Duluth	MN	60	11:21	1:56	2:52	75	32:31	19.0	1:22	29	15:39	6:16	1:03:41
59	306	Corey Arsenault	14	M	Winnipeg	MB	53	11:04	1:54	1:37	84	33:02	18.7	0:59	69	17:14	6:54	1:03:53
60	353	Zach Hitchcock	32	M	Carlton	MN	42	10:32	1:48	2:04	53	31:15	19.8	1:13	102	19:03	7:38	1:04:04
61	438	Douglas Zychowski	43	M	Superior	WI	62	11:22	1:57	2:03	69	32:14	19.2	1:15	77	17:31	7:01	1:04:23
62	412	John Rusch	28	M	Bloomington	MN	111	12:54	2:12	1:55	34	29:59	20.6	1:17	93	18:22	7:21	1:04:25
63	421	Ryan Soule	18	M	Duluth	MN	57	11:13	1:55	3:05	88	33:25	18.5	0:58	34	15:53	6:21	1:04:31
64	327	Aaron Day	32	M	St. Paul	MN	116	13:19	2:17	2:44	57	31:36	19.6	1:24	32	15:50	6:20	1:04:51
65	625	Tim Bradshaw	54	M	Duluth	MN	78	11:52	2:02	2:32	50	31:05	19.9	2:06	76	17:29	7:00	1:05:02
66	390	Nick Miskowic	27	M	Princeton	MN	16	9:12	1:34	1:20	100	34:05	18.1	1:24	106	19:11	7:41	1:05:09
67	339	Lewis Gillesby	20	M	Andover	MN	83	12:03	2:04	2:35	92	33:40	18.4	0:55	38	16:13	6:29	1:05:23
68	382	Steven Lokken	21	M	St Joseph	MN	70	11:37	1:59	2:15	83	32:58	18.7	1:07	78	17:32	7:01	1:05:27
69	410	Patrick Riley	34	M	Wrenshall	MN	97	12:28	2:08	1:52	85	33:13	18.6	1:27	55	16:43	6:42	1:05:41
70	642	David Turnham	54	M	Duluth	MN	49	10:51	1:51	2:42	80	32:51	18.8	1:34	82	17:48	7:08	1:05:44
71	386	Mitchell McNeil	24	M	Mahtomedi	MN	51	11:00	1:53	2:29	101	34:06	18.1	1:08	67	17:10	6:52	1:05:49
72	322	Gabriel Christenson	26	M	Mendota Heights,	MN	100	12:36	2:09	2:36	82	32:52	18.8	0:55	60	16:55	6:46	1:05:51
73	626	Trevor Cotter	19	M	Duluth	MN	104	12:44	2:11	1:53	79	32:48	18.8	1:55	71	17:19	6:56	1:06:37
74	641	Ian Thatcher	19	M	Austin	MN	25	9:40	1:39	2:10	131	36:48	16.8	1:05	66	17:06	6:51	1:06:46
75	86	Keith Storniolo	35	M	Pensacola	FL	88	12:11	2:05	2:39	105	34:13	18.1	1:14	52	16:37	6:39	1:06:50
76	335	John Erdelyi	39	M	Braham	MN	17	9:12	1:35	2:18	87	33:19	18.5	2:36	110	19:27	7:47	1:06:51
77	630	Doug Happy	52	M	Duluth	MN	135	14:35	2:29	2:07	66	32:02	19.3	1:14	62	16:58	6:48	1:06:54
78	675	Mark Ranschenfels	55	M	Duluth	MN	110	12:54	2:12	2:08	43	30:40	20.2	1:39	120	19:51	7:57	1:07:10
79	643	Richard Villedella	42	M	Saint Paul	MN	112	12:58	2:13	2:54	39	30:35	20.2	1:56	100	18:53	7:33	1:07:14
80	434	Russell Waxlax	35	M	Willow River	MN	75	11:48	2:01	2:39	71	32:19	19.1	1:31	103	19:05	7:38	1:07:19
81	330	Shawn Donohue	46	M	Thunder Bay	ON	92	12:16	2:06	3:12	55	31:34	19.6	1:49	104	19:09	7:40	1:07:57
82	428	Benjamin Utter	31	M	St. Paul	MN	114	13:07	2:15	2:01	60	31:44	19.5	1:23	117	19:46	7:55	1:07:58
83	422	David Spencer	54	M	Duluth	MN	44	10:39	1:49	3:04	107	34:16	18.0	2:13	83	17:49	7:08	1:07:59
84	302	Sam Abrahamsen	20	M	Ham Lake	MN	72	11:42	2:00	2:07	114	34:48	17.8	1:04	94	18:23	7:21	1:08:02
85	623	Doug Berg		M	Duluth	MN	153	16:19	2:47	2:16	51	31:09	19.8	2:09	43	16:23	6:33	1:08:13
86	628	Curt Dimberio		M	Duluth	MN	154	16:21	2:47	2:23	49	31:04	19.9	2:07	42	16:22	6:33	1:08:14

87	381	Alek Lied	36	M	De Pere	WI	89	12:12	2:05	2:25	59	31:42	19.5	2:02	121	20:02	8:01	1:08:20
88	363	Peter Jokinen	34	M	Highbridge	WI	79	11:56	2:02	2:44	102	34:08	18.1	1:00	98	18:47	7:31	1:08:32
89	609	Samuel Johnson	15	M	Aurora	MN	81	12:02	2:03	3:44	90	33:35	18.4	2:04	68	17:12	6:53	1:08:33
90	360	Alec Johnson	46	M	Saint Paul	MN	108	12:52	2:12	2:51	54	31:19	19.7	1:47	119	19:49	7:56	1:08:35
91	637	Ryan Nelson	31	M	Duluth	MN	115	13:11	2:15	1:51	98	34:01	18.2	1:47	85	17:50	7:08	1:08:37
92	673	Eric Anderson	37	M	Duluth	MN	139	15:13	2:36	2:16	78	32:35	19.0	2:30	40	16:17	6:31	1:08:48
93	314	Tom Boman	52	M	Elmira	NY	87	12:08	2:04	2:00	95	33:50	18.3	1:31	109	19:25	7:46	1:08:52
94	336	Ryan Erickson	32	M	Duluth	MN	138	15:00	2:34	2:41	76	32:31	19.0	2:30	45	16:28	6:35	1:09:06
95	369	Todd Kneebone	52	M	Duluth	MN	98	12:33	2:09	3:12	65	31:58	19.3					1:09:25
96	397	John Nohner-Black	46	M	Vadnais Heights	MN	18	9:18	1:35	2:19	94	33:43	18.3	2:56	140	21:25	8:34	1:09:38
97	344	Marcus Gustafson	59	M	Edina	MN	94	12:20	2:06	2:24	41	30:39	20.2	2:26	146	22:00	8:48	1:09:46
98	403	Walt Prahl	57	M	Duluth	MN	106	12:48	2:11	1:40	81	32:51	18.8	1:50	132	20:42	8:17	1:09:49
99	429	Ken Veneruz	46	M	Thunder Bay	ON					99	34:03	18.1	2:01	74	17:25	6:58	1:09:52
100	380	Allen Lepien	28	M	Superior	WI	59	11:17	1:56	2:22	97	34:00	18.2	1:44	130	20:33	8:13	1:09:52
101	388	Lane Meyer	42	M	Pengilly	MN	137	14:52	2:32	3:16	61	31:44	19.5	1:50	91	18:17	7:19	1:09:57
102	638	Charles Palokangas	47	M	Saginaw	MN	119	13:37	2:20	3:02	113	34:44	17.8	1:26	72	17:22	6:57	1:10:10
103	373	Brian Kronstedt	24	M	Shoreview	MN	65	11:23	1:57	3:31	124	35:51	17.2	1:17	90	18:13	7:18	1:10:13
104	374	Jon Kronstedt	58	M	Shoreview	MN	23	9:30	1:38	3:11	117	35:07	17.6	1:20	138	21:20	8:32	1:10:25
105	367	Logan Kittelson	13	M	South Range	WI	36	10:14	1:45	2:40	139	37:26	16.5	1:29	96	18:44	7:30	1:10:31
106	624	Daniel Bocock	24	M	Spring Valley	WI	159	17:22	2:58	2:33	63	31:51	19.4	1:29	75	17:26	6:59	1:10:40
107	372	Steve Kraushaar	25	M	Cottage Grov	MN	127	14:03	2:24	2:45	103	34:08	18.1	1:44	89	18:12	7:17	1:10:50
108	365	Joe Kandiko	60	M	Excelsior	MN	67	11:31	1:58	2:07	91	33:35	18.4	1:42	145	22:00	8:48	1:10:52
109	635	Robert Mrozek	42	M	Paynesville	MN	149	15:54	2:43	2:52	58	31:40	19.5	2:10	108	19:23	7:46	1:11:57
110	343	David Gunnarson	41	M	Duluth	MN	95	12:23	2:07	2:58	126	36:16	17.0	1:24	107	19:14	7:42	1:12:13
111	341	Mark Gross	43	M	South Range	WI	107	12:49	2:11	3:29	118	35:17	17.5	1:30	112	19:31	7:49	1:12:34
112	364	Ronald Jyring	51	M	Bismarck	ND	118	13:35	2:19	2:41	116	35:05	17.6	1:44	111	19:31	7:49	1:12:35
113	383	Christopher Marshall	38	M	Red Wing	MN	102	12:38	2:09	3:34	77	32:32	19.0	3:06	133	20:49	8:20	1:12:36
114	355	John Hoivik	52	M	Duluth	MN	130	14:15	2:26	1:49	111	34:32	17.9	2:12	123	20:09	8:04	1:12:54
115	677	Dan Theis	52	M	Duluth	MN	131	14:16	2:26	2:25	89	33:28	18.5	2:01	135	21:02	8:25	1:13:09
116	340	Gerald Gould	44	M	Farmington	MN	146	15:34	2:39	2:25	96	33:50	18.3	1:46	118	19:48	7:55	1:13:21
117	62	Scott Myers	35	M	Fridley	MN	124	13:50	2:22	2:00	110	34:30	17.9	2:31	134	20:56	8:23	1:13:44
118	420	Nathan Sonstegard	35	M	Minneapolis	MN	39	10:23	1:47	2:51	143	38:35	16.0	1:47	129	20:21	8:09	1:13:56
119	413	Larry Schmelzer	56	M	Hibbing	MN	133	14:26	2:28	2:39	119	35:18	17.5	1:31	126	20:11	8:05	1:14:03
120	338	Henry French	14	M	Duluth	MN	86	12:06	2:04	2:30	150	39:37	15.6	1:05	101	18:56	7:35	1:14:11
121	683	Clint Moen	63	M	Duluth	MN	71	11:42	2:00	2:45	123	35:49	17.3	2:16	142	21:45	8:42	1:14:14
122	308	John Barneson	43	M	St. Paul	MN	148	15:52	2:43	3:21	106	34:13	18.1	1:16	116	19:39	7:52	1:14:18
123	437	Jacob Zdon	32	M	St. Paul	MN	140	15:13	2:36	3:46	128	36:23	17.0	1:32	84	17:49	7:08	1:14:41
124	321	Stanford Case	52	M	Hutchinson	MN	109	12:52	2:12					1:35	136	21:13	8:30	1:14:42
125	324	Peter Christopherson	22	M	St. Paul	MN	129	14:08	2:25	2:24	140	37:33	16.5	1:21	122	20:07	8:03	1:15:30
126	396	Travis Noffke	24	M	Minneapolis	MN	54	11:05	1:54	4:30	120	35:19	17.5	4:49	125	20:11	8:05	1:15:50
127	425	Andrew Switzer	18	M	Duluth	MN	161	17:26	2:59	2:32	134	37:08	16.6	1:17	92	18:20	7:20	1:16:40
128	371	Khristopher Korell	32	M	Duluth	MN	172	22:36	3:51	2:31	67	32:02	19.3	1:58	81	17:45	7:06	1:16:49
129	325	Ted Ciriacy	57	M	Ely	MN	64	11:23	1:57	2:43	135	37:08	16.6	1:54	161	23:56	9:35	1:17:01
130	627	Brett Defoe	36	M	Superior	WI	160	17:23	2:58	3:34	129	36:32	16.9	1:47	86	17:50	7:08	1:17:04
131	359	Patrick Jennrich	45	M	Lino Lakes	MN	85	12:05	2:04	2:55	104	34:09	18.1	2:16	167	25:47	10:19	1:17:10
132	366	Steven Kaphing	33	M	Hastings	MN	145	15:30	2:39	2:42	112	34:35	17.9	1:51	151	22:35	9:02	1:17:11
133	398	Rod Olson	51	M	White Bear Lake	MN	68	11:36	1:59	2:30	121	35:29	17.4	2:50	164	24:50	9:56	1:17:13
134	370	Lyle Koivisto	65	M	Tucson	AZ	143	15:27	2:38	2:25	109	34:29	17.9	1:33	155	23:22	9:21	1:17:13
135	323	Ross Christenson	43	M	Esko	MN	155	16:57	2:54	2:19	132	36:58	16.7	1:38	115	19:39	7:52	1:17:27
136	684	Gary Black	56	M	Duluth	MN	117	13:25	2:17	2:52	158	41:10	15.0	2:33	80	17:42	7:05	1:17:38
137	345	Finn Haley	30	M	Minneapolis	MN	141	15:22	2:37	3:37	136	37:20	16.6	2:23	105	19:09	7:40	1:17:49
138	312	Aaron Benney	27	M	Proctor	MN	58	11:16	1:56	4:08	137	37:24	16.5	2:43	149	22:28	8:59	1:17:57
139	307	Parker Backstrom	34	M	Virginia	MN	147	15:46	2:42	3:03	144	38:40	16.0	2:27	95	18:35	7:26	1:18:29
140	317	Zachery Bourgeault	18	M	Saginaw	MN	164	18:05	3:05	1:41	161	41:13	15.0	2:00	33	15:51	6:21	1:18:46
141	305	Michael Anderson	61	M	Duluth	MN	105	12:44	2:11	2:46	133	36:59	16.7	1:38	163	24:44	9:54	1:18:49
142	417	Tyler Schwerdt	26	M	Duluth	MN	142	15:25	2:38	2:07	152	40:01	15.4	1:18	128	20:15	8:06	1:19:02
143	378	Brent Larson	13	M	Duluth	MN	41	10:26	1:47	4:00	154	40:13	15.4	1:16	157	23:24	9:22	1:19:17
144	391	Jordan Moe	44	M	Duluth	MN	150	15:59	2:44	2:53	115	34:56	17.7	1:41	160	23:55	9:34	1:19:22

145	415	Charles Schumacher	59	M	Duluth	MN	101	12:37	2:09	4:09	157	41:07	15.0	2:10	113	19:33	7:50	1:19:33
146	384	Robert Marshall	28	M	Maple Grove	MN	121	13:44	2:21	2:45	151	39:58	15.5	1:20	143	21:54	8:46	1:19:39
147	668	Timothy Johansson	28	M	St Paul	MN	134	14:32	2:29	3:22	122	35:48	17.3	3:03	153	23:02	9:13	1:19:44
148	679	George Sweezy	58	M	Duluth	MN	163	18:04	3:05	3:28	125	35:55	17.2	2:48	114	19:34	7:50	1:19:47
149	394	Jeffrey Nelson	44	M	Duluth	MN	74	11:47	2:01	2:43	153	40:01	15.4	2:29	152	22:59	9:12	1:19:57
150	329	Tom Donofrio	51	M	Hermantown	MN	122	13:44	2:21	3:12	145	38:45	15.9	1:47	156	23:23	9:21	1:20:49
151	431	Michael Ward	49	M	St. Croix Falls	WI	103	12:43	2:10	4:05	141	37:47	16.4	2:58	159	23:52	9:33	1:21:23
152	632	Michael Hirsch	19	M	Austin	MN	170	21:05	3:36	2:10	127	36:23	17.0	1:19	131	20:35	8:14	1:21:29
153	52	Chris Knapp	33	M	St. Paul	MN	157	17:06	2:55	3:56	147	38:57	15.9	1:42	124	20:11	8:05	1:21:49
154	354	William Hoffman	63	M	Cloquet	MN	128	14:07	2:25	3:16	162	41:16	15.0	1:33	148	22:18	8:56	1:22:28
155	379	Kurt Larson	52	M	Duluth	MN	125	13:54	2:23	3:14	155	40:14	15.4	1:47	158	23:27	9:23	1:22:34
156	672	Matt Rengo	14	M	Esco	MN	168	18:52	3:13	2:47	167	44:34	13.9	1:12	24	15:18	6:08	1:22:41
157	426	Mike Tenney	66	M	Excelsior	MN	91	12:13	2:05	4:09	138	37:25	16.5	2:48	170	26:19	10:32	1:22:51
158	407	Jason Reinarz	37	M	Two Harbors	MN	151	16:03	2:44	2:44	149	39:23	15.7	1:50	154	23:10	9:16	1:23:07
159	433	Christopher Warren	28	M	Minneapolis	MN	166	18:19	3:08	3:38	148	39:17	15.7	2:01	127	20:15	8:06	1:23:27
160	400	Luke Peterson	30	M	Saint Paul	MN	113	13:04	2:14	3:14	166	43:24	14.2	3:18	137	21:15	8:30	1:24:12
161	358	Michael Iversen	48	M	Victoria	MN	144	15:29	2:39	3:27	164	42:31	14.5	1:29	139	21:20	8:32	1:24:13
162	418	Tad Sears	58	M	Duluth	MN	162	17:57	3:04	4:21	146	38:46	15.9	2:11	150	22:30	9:00	1:25:42
163	385	John Marxhausen	58	M	Duluth	MN	165	18:19	3:08	3:27	160	41:12	15.0	1:38	144	21:55	8:46	1:26:29
164	414	Graham Schultz	30	M	Saint Paul	MN	167	18:28	3:09	4:08	156	40:23	15.3	1:31	147	22:11	8:53	1:26:39
165	430	Peter Walman	68	M	Minneapolis	MN	126	14:02	2:24	2:42	159	41:10	15.0	2:09	171	26:48	10:43	1:26:48
166	311	John Beintema	58	M	Bloomington	MN	46	10:45	1:50	3:38	168	45:03	13.7	2:45	166	25:07	10:03	1:27:16
167	333	Doug Dunham	72	M	Duluth	MN	156	17:05	2:55	5:02	130	36:38	16.9	3:45	172	27:02	10:49	1:29:29
168	678	Ian Theis	21	M	Duluth	MN	158	17:19	2:57	3:37	174	48:13	12.8	3:05	73	17:24	6:58	1:29:35
169	337	Brendan Fenning	16	M	Luck	WI	123	13:44	2:21	3:53	169	45:25	13.6	1:55	169	26:15	10:30	1:31:10
170	427	Kurtis Ulrich	53	M	Champlin	MN	173	23:04	3:56	4:53	165	42:49	14.4	2:44	141	21:25	8:34	1:34:54
171	320	Nathan Case	25	M	Hutchinson	MN	152	16:12	2:46	3:59	173	47:59	12.9	1:43	165	25:04	10:02	1:34:54
172	326	David Cooperrider	56	M	Chagrin Falls	OH	84	12:05	2:04	4:12	176	53:02	11.7	2:15	174	30:32	12:13	1:42:03
173	349	Richard Hellman	66	M	Indianapolis	IN	174	24:27	4:10	6:24	142	38:14	16.2	3:21	175	30:46	12:19	1:43:11
174	352	Phil Herbst	46	M	Prior Lake	MN	171	21:11	3:37	3:48	170	46:02	13.4	4:14	173	29:54	11:58	1:45:06
175	393	Markus Mueller	44	M	New York	NY	169	18:55	3:14	5:09	175	50:28	12.2	3:14	176	31:25	12:34	1:49:08
176	612	Frank Molina	44	M	St Paul	MN	177	37:12	6:21	2:46	163	42:17	14.6	2:14	168	25:59	10:24	1:50:25
177	328	Jess Day	52	M	Cottage Grove	MN	175	31:16	5:20	4:52	171	46:27	13.3	2:28	177	32:57	13:11	1:57:58
178	310	Nick Bates	43	M	Minnetonka	MN	176	34:30	5:53	12:54	172	47:58	12.9	2:45	162	24:04	9:38	2:02:09

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	555	Jena Ogston	39	F	Duluth	MN	6	9:38	1:39	1:24	4	29:30	20.9	1:06	5	15:53	6:22	57:28
2	501	Julie Hendrickson	29	F	Duluth	MN	13	10:06	1:44	1:22	3	29:29	21.0	1:06	7	16:11	6:29	58:13
3	521	Amy Klosterman	48	F	White Bear Lake	MN	1	8:56	1:32	1:17	15	31:06	19.9	1:00	16	17:10	6:52	59:27
4	654	Elaine Nelson	31	F	Duluth	MN	39	11:23	1:57	2:26	6	30:01	20.6	1:38	2	14:08	5:39	59:32
5	540	Felicitas Mensing	26	F	Minneapolis	MN	61	12:09	2:05	1:32	10	30:38	20.2	1:24	1	13:54	5:34	59:34
6	665	Sondra Mowers	46	F	Duluth	MN	11	10:04	1:43	1:13	1	29:00	21.3	1:18	30	18:17	7:19	59:50
7	537	Hilarie Martin	29	F	Minneapolis	MN	10	10:02	1:43	2:12	7	30:06	20.5	1:25	17	17:10	6:52	1:00:53
8	603	Marcy Woods	39	F	Lincoln	NE	29	10:50	1:51	1:49	9	30:31	20.3	1:41	12	16:34	6:38	1:01:23
9	605	Kym Zhao	28	F	Minneapolis	MN	8	9:46	1:40	2:06	19	31:59	19.3	1:19	8	16:23	6:34	1:01:30
10	514	Shauna Joas	35	F	Eagan	MN	23	10:29	1:48	1:58	11	30:48	20.1	1:37	15	16:58	6:48	1:01:49
11	490	Jaci Grafenberg	26	F	Eau Claire	WI	34	11:13	1:55	1:35	2	29:16	21.1	1:17	39	18:38	7:27	1:01:55
12	499	Annie Harvieux	16	F	Duluth	MN	4	9:18	1:35	2:28	12	30:50	20.0	1:39	23	17:53	7:09	1:02:05
13	616	Heather Marden-Reilly	29	F	Rochester	MN	3	9:06	1:34	2:08	16	31:14	19.8	1:37	32	18:20	7:20	1:02:23
14	663	Mary Kallemeyn	23	F	Duluth	MN	21	10:24	1:47	1:38	23	32:52	18.8	1:08	11	16:33	6:38	1:02:32
15	455	Michelle Breiland	33	F	Duluth	MN	7	9:45	1:40	1:54	25	32:57	18.8	1:10	19	17:15	6:54	1:02:59
16	577	Beth Shipston	38	F	Thunder Bay	ON	134	14:52	2:32	1:58	5	30:00	20.6	1:15	4	15:05	6:02	1:03:08
17	498	Marie Harke	27	F	Rochester	MN	18	10:16	1:45	1:39	13	30:59	19.9	1:21	62	19:28	7:48	1:03:40
18	620	Kristi Plante	37	F	Hermantown	MN	54	11:53	2:02	1:50	8	30:18	20.4	1:29	35	18:27	7:23	1:03:55
19	664	Emily Larson	37	F	Duluth	MN	12	10:06	1:44	2:39	32	33:51	18.3	1:12	9	16:32	6:37	1:04:17

20	505	Michelle Hoffman	25	F	Maple Grove	MN	2	9:06	1:33	2:03	31	33:40	18.4	1:01	41	18:40	7:28	1:04:28
21	482	Carolyn Freeman	22	F	Ely	MN	111	14:02	2:24	1:35	34	34:05	18.1	1:48	3	14:34	5:50	1:06:02
22	138	Kelli Taylor	24	F	Fargo	ND	19	10:16	1:45	2:58	14	31:06	19.9	1:56	74	20:16	8:07	1:06:30
23	657	Mary Sands	49	F	Saint Paul	MN	47	11:37	1:59	1:34	27	33:24	18.5	1:43	33	18:21	7:21	1:06:38
24	674	Kati Palmer	33	F	Superior	WI	99	13:27	2:18	1:52	17	31:42	19.5	1:07	40	18:40	7:28	1:06:45
25	601	Laura Wellington	30	F	Minneapolis	MN	107	13:51	2:22	2:16	21	32:11	19.2	1:46	14	16:47	6:43	1:06:48
26	595	Dominique Veneruz	15	F	Thunder Bay	ON	16	10:10	1:44	2:13	51	35:20	17.5	1:47	21	17:25	6:58	1:06:52
27	508	Danielle Ingram	38	F	Minneapolis	MN	46	11:33	1:58	1:47	20	32:07	19.2	1:35	72	19:54	7:58	1:06:55
28	444	Tammy Anderson	32	F	Duluth	MN	37	11:21	1:56	2:38	53	35:31	17.4	1:07	13	16:34	6:38	1:07:09
29	570	Jen Rybar	34	F	Farmington	MN	22	10:26	1:47	1:55	37	34:16	18.0	1:28	68	19:40	7:52	1:07:41
30	647	Erin Bradshaw	30	F	Duluth	MN	63	12:11	2:05	2:54	33	33:56	18.2	1:21	22	17:31	7:01	1:07:51
31	442	Elyse Anderson	27	F	St. Paul	MN	17	10:14	1:45	1:33	45	35:02	17.6	1:35	64	19:30	7:48	1:07:52
32	461	Susan Cook	45	F	Duluth	MN	92	13:18	2:16	2:04	18	31:52	19.4	1:44	67	19:35	7:50	1:08:30
33	530	Delaney Lundeen	21	F	Duluth	MN	60	12:09	2:05	1:39	55	35:36	17.4	1:04	31	18:19	7:20	1:08:44
34	443	Laurie Anderson	43	F	Duluth	MN	27	10:44	1:50	1:45	24	32:52	18.8	1:42	100	21:43	8:42	1:08:45
35	511	Melanie Jakubek	38	F	Duluth	MN	36	11:21	1:56	2:16	39	34:29	17.9	2:09	38	18:37	7:27	1:08:50
36	450	Paige Benson	34	F	Duluth	MN	78	12:45	2:11	1:50	56	35:39	17.3	1:29	20	17:24	6:58	1:09:05
37	596	Erin Walsh	29	F	Minneapolis	MN	64	12:14	2:05	2:15	46	35:10	17.6	1:42	24	17:53	7:09	1:09:11
38	457	Sarah Chandler	31	F	Duluth	MN	85	12:57	2:13	2:19	36	34:13	18.1	1:40	28	18:13	7:17	1:09:19
39	651	Gina Miller	34	F	Duluth	MN	76	12:41	2:10	3:28	43	34:50	17.7	1:12	18	17:11	6:53	1:09:20
40	500	Ann Heimbach	42	F	Duluth	MN	66	12:17	2:06	2:32	29	33:35	18.4	2:08	47	18:50	7:32	1:09:21
41	650	Tami Mesedahl	27	F	Duluth	MN	15	10:09	1:44	2:29	65	35:58	17.2	1:19	73	19:56	7:59	1:09:48
42	558	Sharron Peltier	40	F	Stacy	MN	26	10:37	1:49	2:06	26	32:59	18.7	1:50	122	22:43	9:06	1:10:13
43	454	Rose Bortolon	48	F	Thunder Bay	ON	133	14:52	2:32	1:59	22	32:40	18.9	1:35	57	19:12	7:41	1:10:15
44	566	Nancy Recten Rectenwald	51	F	Duluth	MN	41	11:25	1:57	2:10	52	35:31	17.4	1:44	66	19:33	7:50	1:10:22
45	481	Julie Frantz	34	F	Woodbury	MN	84	12:53	2:12	2:01	48	35:11	17.6	1:20	51	19:01	7:37	1:10:23
46	582	Marisa Skees	34	F	Minneapolis	MN	89	13:06	2:14	2:35	42	34:45	17.8	2:19	27	18:08	7:15	1:10:50
47	529	Teresa Lund	35	F	Brainerd	MN	38	11:21	1:56	2:15	69	36:20	17.0	1:11	69	19:49	7:56	1:10:55
48	565	Kimberly Radloff	37	F	Saginaw	MN	35	11:18	1:56	2:04	67	36:00	17.2	1:23	75	20:24	8:10	1:11:06
49	477	Sara Faver	22	F	Bemidji	MN	9	9:57	1:42	2:33	108	38:45	15.9	1:06	56	19:10	7:40	1:11:27
50	614	Patty Hausmann	39	F	Duluth	MN	104	13:49	2:22	2:11	30	33:39	18.4	2:18	65	19:33	7:49	1:11:27
51	653	Amy Mulder	25	F	Minneapolis	MN	83	12:51	2:12	2:37	57	35:40	17.3	1:44	42	18:41	7:29	1:11:30
52	445	Susanne Bakken	60	F	Duluth	MN	53	11:53	2:02	1:52	47	35:10	17.6	1:34	89	21:16	8:31	1:11:42
53	572	Elisa Schmitz	35	F	Hermantown	MN	86	12:58	2:13	2:10	38	34:21	18.0	1:13	93	21:23	8:34	1:12:04
54	593	Melanie Tuominen	39	F	Duluth	MN	113	14:06	2:25	2:03	28	33:27	18.5	1:51	79	20:41	8:17	1:12:06
55	542	Amy Miller	34	F	Fargo	ND	161	16:02	2:44	2:24	59	35:43	17.3	2:21	6	15:55	6:22	1:12:22
56	682	Carolyn Haney	41	F	Duluth	MN	50	11:47	2:01	3:25	68	36:11	17.1	2:10	48	18:53	7:34	1:12:25
57	503	Alison Hirsch	22	F	Apple Valley	MN	80	12:47	2:11	1:44	44	34:51	17.7	1:26	99	21:41	8:41	1:12:27
58	526	Jennifer Lindstrom	37	F	Buffalo	MN	48	11:43	2:00	1:53	66	35:59	17.2	1:48	86	21:06	8:27	1:12:28
59	604	Terry Wosmek	23	F	Duluth	MN	79	12:46	2:11	2:01	85	37:16	16.6	2:38	25	17:55	7:10	1:12:34
60	655	Karina Palokangas	38	F	Ashland	WI	96	13:23	2:17	2:41	61	35:49	17.3	1:43	54	19:02	7:37	1:12:36
61	465	Judith Derauf	48	F	Duluth	MN	149	15:33	2:39	2:50	35	34:12	18.1	2:03	26	18:02	7:13	1:12:38
62	598	Sue Watt Watt	51	F	Esko	MN	57	11:55	2:02	1:49	72	36:35	16.9	1:41	82	20:49	8:20	1:12:46
63	617	Kaitlin Morrison	21	F	Duluth	MN	14	10:08	1:44	3:17	86	37:17	16.6	1:25	83	20:50	8:20	1:12:55
64	518	Katherine Kasl	24	F	Rochester	MN	120	14:26	2:28	2:19	60	35:47	17.3	1:28	52	19:02	7:37	1:13:00
65	517	Anissa Karakas	39	F	Duluth	MN	65	12:17	2:06	2:20	81	37:05	16.7	2:03	63	19:29	7:48	1:13:12
66	448	Jennifer Beilke	24	F	Baxter	MN	32	10:57	1:52	2:52	103	38:33	16.0	1:54	55	19:04	7:38	1:13:17
67	476	Meredith Evenson	23	F	Rochester	MN	116	14:15	2:26	2:05	71	36:33	16.9	1:33	58	19:15	7:42	1:13:39
68	648	Julie Greely	35	F	Chanhassen	MN	33	10:58	1:53	2:21	73	36:35	16.9	2:00	104	21:49	8:44	1:13:42
69	504	Jodene Hirsch	50	F	Apple Valley	MN	100	13:36	2:19	2:55	64	35:57	17.2	2:09	61	19:25	7:46	1:14:00
70	551	Natalie Netzel	25	F	Duluth	MN	58	12:04	2:04	1:50	78	36:49	16.8	1:23	112	22:12	8:53	1:14:15
71	460	Caitlin Conboy	29	F	Minneapolis	MN	124	14:30	2:29	2:40	54	35:36	17.4	2:09	60	19:24	7:46	1:14:17
72	98	Lisa Brandt	43	F	Coleraine	MN	73	12:29	2:08	2:44	119	39:40	15.6	1:15	43	18:47	7:31	1:14:53
73	123	Jessica Lemler	32	F	Bayfield	WI	159	16:00	2:44	3:59	41	34:37	17.9	1:55	36	18:32	7:25	1:15:00
74	658	Mary Seitz	47	F	Duluth	MN	43	11:26	1:57	2:08	88	37:21	16.5	2:04	111	22:09	8:52	1:15:06
75	571	Andrea Schilling	25	F	Chaska	MN	130	14:49	2:32	2:40	98	38:06	16.2	1:13	46	18:50	7:32	1:15:34
76	474	Gina Elmer	22	F	Lakeland	MN	119	14:24	2:28	1:56	74	36:37	16.9	1:38	85	21:03	8:26	1:15:37
77	473	Sarah Dungan	32	F	Minneapolis	MN	90	13:07	2:15	4:17	40	34:29	17.9	2:44	92	21:17	8:31	1:15:52

78	553	Katelyn Nyberg	21	F	Coon Rapids	MN	74	12:31	2:08	2:30	135	40:36	15.2	1:36	49	18:57	7:35	1:16:07
79	606	Molly Ziells	31	F	Duluth	MN	52	11:48	2:01	2:25	111	39:01	15.8	1:33	94	21:25	8:34	1:16:10
80	513	Mary Jenc	32	F	Superior	WI	82	12:50	2:12	3:04	114	39:16	15.7	1:22	70	19:51	7:57	1:16:20
81	458	Kristen Chodek	22	F	Eagan	MN	97	13:24	2:17	2:23	132	40:32	15.2	1:16	45	18:49	7:32	1:16:22
82	486	Ashley Geheren	20	F	Ramsey	MN	25	10:36	1:49	2:21	120	39:42	15.6	1:17	120	22:37	9:03	1:16:30
83	496	Kara Hanson	45	F	Duluth	MN	72	12:27	2:08	2:16	70	36:23	17.0	2:57	119	22:34	9:02	1:16:35
84	491	Jennie Graff-Dolezal	30	F	Brooklyn Park	MN	140	15:18	2:37	2:41	96	37:49	16.3	1:31	59	19:22	7:45	1:16:38
85	483	Katie Fritz	31	F	Minneapolis	MN	75	12:39	2:10	2:23	93	37:30	16.5	2:24	101	21:45	8:42	1:16:38
86	579	Laura Sieger	39	F	Duluth	MN	68	12:18	2:06	2:17	84	37:15	16.6	1:22	140	23:34	9:26	1:16:44
87	589	Sheila Sutton	44	F	Duluth	MN	93	13:18	2:16	2:47	77	36:49	16.8	2:09	108	21:57	8:47	1:16:58
88	588	Lyssa Supinski	39	F	South Range	WI	20	10:24	1:47	4:19	76	36:48	16.8	2:28	131	23:05	9:14	1:17:01
89	575	Angie Seiberlich	42	F	Mahtomedi	MN	70	12:24	2:07	3:18	62	35:53	17.2	2:36	133	23:18	9:19	1:17:27
90	528	Sara Loss	28	F	St. Paul	MN	62	12:11	2:05	2:20	87	37:19	16.6	1:33	148	24:14	9:42	1:17:34
91	585	Pam Starcher	54	F	Onalaska	WI	137	15:08	2:35	2:25	49	35:14	17.5	1:55	132	23:06	9:15	1:17:47
92	471	Angela Donofrio	16	F	Hermantown	MN	5	9:19	1:36	2:43	136	40:48	15.1	1:38	135	23:22	9:21	1:17:48
93	541	Katelyn Meyer	21	F	Mantorville	MN	127	14:39	2:30	3:02	82	37:05	16.7	2:00	87	21:12	8:29	1:17:55
94	527	Shannon Lorbiecki	48	F	Lake Elmo	MN	171	16:40	2:51	4:20	95	37:45	16.4	2:40	10	16:32	6:37	1:17:56
95	538	Molly McCoy	32	F	Minneapolis	MN	167	16:26	2:48	3:32	100	38:09	16.2	1:08	44	18:48	7:31	1:18:01
96	590	Maicie Sykes	25	F	Duluth	MN	126	14:38	2:30	2:58	50	35:19	17.5	2:54	115	22:18	8:56	1:18:06
97	536	Sandy Marden-Lokken	57	F	Duluth	MN	135	15:02	2:34	2:58	79	36:54	16.7	2:35	80	20:44	8:18	1:18:11
98	441	Penny Agar	56	F	Duluth	MN	108	13:57	2:23	2:09	102	38:30	16.1	1:49	107	21:56	8:47	1:18:18
99	656	Katie Peterson	25	F	Hermantown	MN	158	15:59	2:44	2:18	118	39:35	15.6	1:54	37	18:36	7:27	1:18:19
100	449	Joan Beissel	55	F	Dixon	IL	56	11:54	2:02	3:08	104	38:35	16.0	1:28	134	23:19	9:20	1:18:23
101	487	Ally Gerads	20	F	Chanhassen	MN	117	14:22	2:27	3:25	140	41:09	15.0	1:23	29	18:13	7:18	1:18:30
102	534	Lynn Mandinec	43	F	Prior Lake	MN	128	14:40	2:30	2:07	83	37:07	16.7	2:16	117	22:25	8:58	1:18:33
103	645	Daisy Anderson	34	F	Chanhassen	MN	144	15:21	2:37	3:05	58	35:42	17.3	3:19	90	21:16	8:31	1:18:40
104	468	Leanne Diguseppe	41	F	Thunder Bay	ON	102	13:42	2:21	2:57	101	38:14	16.2	2:19	96	21:33	8:37	1:18:42
105	615	Renee Keppers	46	F	Duluth	MN	125	14:38	2:30	2:39	106	38:39	16.0	1:19	95	21:31	8:37	1:18:43
106	519	Rochon Kinney	40	F	Duluth	MN	88	13:02	2:14	2:52	97	37:58	16.3	1:32	137	23:27	9:23	1:18:49
107	522	Heather Krohn	30	F	Duluth	MN	59	12:05	2:04	3:14	116	39:18	15.7	1:38	121	22:39	9:04	1:18:52
108	543	Diane Miller	46	F	Lino Lakes	MN	169	16:28	2:49	3:28	63	35:54	17.2	2:08	84	21:02	8:25	1:18:57
109	107	Sarah Ekerholm	28	F	Minneapolis	MN	40	11:24	1:57	3:02	117	39:20	15.7	2:01	139	23:33	9:25	1:19:17
110	510	Melissa Jackson	24	F	Duluth	MN	122	14:30	2:29	2:43	144	41:22	14.9	2:02	53	19:02	7:37	1:19:35
111	649	Joann Marshall	51	F	Sauk Rapids	MN	95	13:22	2:17	2:50	107	38:43	16.0	1:29	136	23:23	9:21	1:19:46
112	507	Anne Howard	51	F	Superior	WI	106	13:49	2:22	2:33	112	39:03	15.8	2:05	116	22:19	8:56	1:19:48
113	550	Sydney Nelson	14	F	Duluth	MN	51	11:48	2:01	2:42	123	40:00	15.4	2:31	129	22:59	9:12	1:19:57
114	556	Jamie Parask	34	F	Cloquet	MN	132	14:51	2:32	3:02	130	40:28	15.3	2:05	71	19:53	7:57	1:20:15
115	583	Hilary Sonstegard	35	F	Minneapolis	MN	145	15:22	2:38	2:42	141	41:09	15.0	2:06	50	19:01	7:37	1:20:18
116	592	Shelly Tischler	40	F	Superior	WI	105	13:49	2:22	2:09	92	37:30	16.5	2:24	151	24:30	9:48	1:20:19
117	619	Kelsey Picha	20	F	Ramsey	MN	178	17:41	3:01	1:54	146	41:33	14.9	1:09	34	18:22	7:21	1:20:37
118	567	Catherine Richardson	45	F	Stillwater	MN	138	15:11	2:36	2:26	122	39:48	15.5	1:27	103	21:48	8:43	1:20:39
119	472	Kara Dudy	31	F	Saint Paul	MN	81	12:48	2:11	3:39	89	37:22	16.5	3:04	142	23:51	9:33	1:20:42
120	644	Carley Amys	24	F	Duluth	MN	170	16:40	2:51	2:19	110	38:51	15.9	1:44	91	21:17	8:31	1:20:48
121	479	Joleen Finken	42	F	Duluth	MN	131	14:50	2:32	2:14	129	40:24	15.3	2:12	88	21:15	8:30	1:20:54
122	669	Jenae Hutchins	34	F	Minneapolis	MN	157	15:59	2:44	2:21	124	40:02	15.4	2:00	78	20:40	8:16	1:21:00
123	509	Sherri Irving	42	F	Hermantown	MN	153	15:46	2:42	3:24	80	36:54	16.7	2:57	110	22:04	8:50	1:21:03
124	535	Alyssa Marden	32	F	Hermantown	MN	67	12:18	2:06	2:29	91	37:29	16.5	2:11	170	26:47	10:43	1:21:10
125	456	Sarah Buhs	31	F	Cloquet	MN	114	14:07	2:25	3:00	149	42:03	14.7	1:19	81	20:47	8:19	1:21:14
126	622	Susan Mattis Turnham	55	F	Duluth	MN	71	12:26	2:08	3:16	105	38:37	16.0	1:54	156	25:11	10:05	1:21:24
127	484	Carla Gamradt	40	F	Wrenshall	MN	165	16:15	2:47	3:02	90	37:26	16.5	1:55	125	22:50	9:08	1:21:25
128	489	Jessica Gerchak	30	F	Maple Grove	MN	87	13:00	2:13	3:17	145	41:28	14.9	2:18	97	21:35	8:38	1:21:34
129	600	Christy Weinberger	34	F	Ashland	WI	30	10:55	1:52	2:42	161	43:20	14.3	2:03	123	22:44	9:06	1:21:42
130	139	Marcia Terwey	31	F	Pensacola	FL	172	16:51	2:53	2:54	75	36:39	16.9	1:48	138	23:33	9:25	1:21:42
131	621	Lisa Prusak	50	F	Duluth,	MN	129	14:46	2:31	3:11	109	38:48	15.9	2:54	113	22:13	8:54	1:21:51
132	452	Sara Bielski	20	F	Chanhassen	MN	28	10:46	1:51	3:42	160	43:17	14.3	1:48	127	22:57	9:11	1:22:28
133	576	Peggy Seipp Roy	38	F	St Louis Park	MN	98	13:26	2:18	2:56	126	40:07	15.4	1:50	153	24:34	9:50	1:22:51
134	470	Billie Diver	21	F	Cloquet	MN	112	14:05	2:24	3:58	147	41:34	14.9	1:38	114	22:18	8:56	1:23:30
135	515	Kaitlin Johnson	31	F	Minneapolis	MN	179	18:20	3:08	3:13	94	37:31	16.5	2:35	106	21:55	8:46	1:23:31

136	485	Shannon Gardner	38	F	Duluth	MN	174	16:56	2:53	2:16	99	38:08	16.2	1:42	152	24:33	9:49	1:23:32
137	523	Kimberly Laing	28	F	Eagan	MN	115	14:12	2:26	2:34	125	40:06	15.4	1:45	159	25:35	10:14	1:24:09
138	459	Dawn Cole	27	F	Wichita	KS	103	13:45	2:21	3:00	159	43:08	14.3	1:41	124	22:46	9:07	1:24:17
139	544	Kelly Moen	40	F	Proctor	MN	154	15:47	2:42	3:05	115	39:16	15.7	1:59	149	24:17	9:43	1:24:22
140	462	Laura Dake	28	F	Cloquet	MN	168	16:27	2:48					1:04	146	24:12	9:41	1:24:54
141	578	Stephanie Shubitz	34	F	Duluth	MN	55	11:53	2:02	2:44	154	42:50	14.4	2:13	158	25:28	10:11	1:25:05
142	554	Gina Oesterreich	48	F	Marine On Saint Cr	MN	118	14:23	2:27	3:33	143	41:14	15.0	3:11	126	22:57	9:11	1:25:17
143	497	Meghan Hanson	25	F	Maple Grove	MN	146	15:25	2:38	3:05	157	43:04	14.3	1:21	118	22:28	9:00	1:25:20
144	574	Brenda Schwerdt	24	F	Duluth	MN	181	18:40	3:11	2:50	121	39:42	15.6	1:29	128	22:58	9:12	1:25:37
145	659	Kim Whitney	28	F	Thunder Bay	ON	101	13:36	2:19	2:33	113	39:13	15.8	1:48	177	28:31	11:25	1:25:40
146	618	Brenda Palokangas	50	F	Saginaw	MN	175	16:57	2:54	2:21	150	42:10	14.7	1:17	130	23:02	9:13	1:25:45
147	546	Katie Muehe	24	F	Minneapolis	MN	121	14:29	2:28	3:01	142	41:13	15.0	1:37	160	25:40	10:16	1:25:58
148	652	Jennifer Mrozek	37	F	Paynesville	MN	143	15:21	2:37	2:15	127	40:08	15.4	2:04	171	26:50	10:44	1:26:35
149	495	Sarah Hanhan	36	F	Duluth	MN	31	10:56	1:52	4:08	163	43:48	14.1	3:16	155	24:51	9:57	1:26:57
150	451	Piper Beuthling	39	F	Somerset	WI	110	14:02	2:24	4:03	128	40:08	15.4	1:53	172	26:56	10:47	1:26:59
151	446	Susan Barrick	55	F	Darwin	MN	123	14:30	2:29	3:52	139	40:58	15.1	2:00	166	26:10	10:28	1:27:29
152	531	Sarah Lyle	15	F	Duluth	MN	151	15:41	2:41	3:51	166	45:09	13.7	2:41	76	20:28	8:12	1:27:47
153	552	Hannah Newman	21	F	Malibu	CA	150	15:41	2:41	3:51	167	45:09	13.7	2:41	77	20:28	8:12	1:27:47
154	671	Alissa Marlow	13	F	Duluth	MN	44	11:30	1:58	2:49	186	50:51	12.2	1:24	141	23:48	9:31	1:30:19
155	549	Shivan Nelson	24	F	Bemidji	MN	42	11:25	1:57	2:58	185	50:36	12.2	1:46	145	24:08	9:39	1:30:51
156	506	Liz Holt	65	F	Duluth	MN	141	15:20	2:37	3:36	133	40:35	15.2	3:08	175	28:29	11:24	1:31:04
157	533	Elise Makler	32	F	Portland	OR	139	15:12	2:36	3:42	134	40:35	15.2	3:09	176	28:29	11:24	1:31:04
158	520	Katie Klessig	40	F	Duluth	MN	182	18:52	3:13	3:22	138	40:56	15.1	1:58	162	26:02	10:25	1:31:07
159	492	Theresa Gunnarson	42	F	Duluth	MN	186	20:33	3:30	2:54	165	44:03	14.0	2:20	98	21:36	8:39	1:31:23
160	108	Dawn Epperson	36	F	Eden Prairie	MN	163	16:08	2:45	3:00	168	45:47	13.5	1:47	154	24:50	9:56	1:31:30
161	563	Dory Pohl	33	F	Duluth	MN	109	14:01	2:24	4:15	174	46:03	13.4	1:57	157	25:19	10:08	1:31:32
162	557	Brenda Parker Thompso	39	F	Hayward	WI	160	16:02	2:44	3:12	148	41:58	14.7	2:00	178	28:31	11:25	1:31:40
163	524	Danielle Larson	23	F	Duluth	MN	136	15:04	2:34	3:06	158	43:06	14.3	1:47	183	28:41	11:29	1:31:41
164	591	Jo Thompson	31	F	Duluth	MN	176	17:21	2:58	3:26	178	47:28	13.0	1:40	109	21:59	8:48	1:31:51
165	488	Joan Gerads	50	F	Chanhassen	MN	185	20:18	3:28	3:24	131	40:30	15.3	1:58	164	26:04	10:26	1:32:13
166	584	Michele Speltz	43	F	Altura	MN	166	16:21	2:47	3:40	170	45:55	13.5	3:12	143	24:03	9:37	1:33:08
167	564	Wanda Prudoehl	39	F	Lewiston	MN	164	16:13	2:46	3:47	169	45:52	13.5	2:51	150	24:27	9:47	1:33:08
168	599	Allicen Waxlax	30	F	Willow River	MN	192	23:21	3:59	3:08	155	42:57	14.4	1:53	105	21:55	8:46	1:33:10
169	464	Nancy Day	50	F	Cottage Grove	MN	180	18:27	3:09	3:02	164	43:55	14.1	2:06	163	26:02	10:25	1:33:29
170	493	Bobbi Halverson	35	F	Cook	MN	148	15:26	2:38	2:37	173	46:02	13.4	2:00	181	28:38	11:28	1:34:41
171	602	Alison Wood	21	F	Eau Claire	WI	156	15:55	2:43	3:39	175	46:24	13.3	1:56	173	27:02	10:49	1:34:53
172	502	Julie Herbst	44	F	Prior Lake	MN	162	16:04	2:45	3:22	184	49:48	12.4	1:45	147	24:13	9:41	1:35:09
173	478	Kristi Fenning	48	F	Luck	WI	147	15:25	2:38	3:43	151	42:35	14.5	2:14	188	31:47	12:43	1:35:41
174	548	Kate Nelson	23	F	Fargo	ND	77	12:41	2:10	4:21	180	48:02	12.9	2:11	179	28:33	11:25	1:35:46
175	547	Amanda Nelson	21	F	Fargo	ND	69	12:19	2:06	3:59	182	48:47	12.7	2:09	180	28:34	11:26	1:35:46
176	586	Carly Steen	26	F	Fargo	ND	49	11:47	2:01	4:07	179	47:34	13.0	1:53	185	30:28	12:12	1:35:46
177	559	Nicole Peterson	29	F	Bloomington	MN	173	16:54	2:53	3:57	172	46:00	13.4	1:43	174	27:16	10:55	1:35:48
178	466	Mary Beth Devaney	41	F	Duluth	MN	152	15:46	2:42	3:17	162	43:33	14.2	2:48	186	30:53	12:22	1:36:15
179	580	Lara Signorelli	37	F	New York	NY	91	13:09	2:15	5:09	156	43:03	14.4	2:00	190	33:10	13:16	1:36:29
180	512	Kristen Jeanetta	37	F	Duluth	MN	188	21:05	3:36	3:13	183	49:00	12.6	1:29	102	21:46	8:43	1:36:30
181	516	Michele Johnson	34	F	Duluth	MN	94	13:18	2:16	2:58	188	52:26	11.8	1:56	161	25:59	10:24	1:36:35
182	581	Sandra Signorelli	65	F	Duluth	MN	142	15:20	2:37	3:41	137	40:50	15.1	2:03	192	34:59	14:00	1:36:50
183	463	Jennifer Davey	39	F	Duluth	MN	190	22:13	3:47	3:36	153	42:35	14.5	3:42	165	26:08	10:27	1:38:11
184	545	Teresa Mosiniak	31	F	Duluth	MN	184	19:00	3:15	3:54	177	46:30	13.3	2:14	168	26:45	10:42	1:38:20
185	494	Amy Haney	37	F	Duluth	MN	183	18:55	3:14	3:56	176	46:27	13.3	2:17	169	26:46	10:43	1:38:20
186	532	Lisa Mackin	41	F	Tomahawk	WI	177	17:33	3:00	3:26	171	45:57	13.4	2:09	184	29:37	11:51	1:38:40
187	594	Amy Van Overmeiren	23	F	Superior	WI	24	10:31	1:48	3:15	190	58:25	10.6	1:26	167	26:20	10:32	1:39:53
188	539	Betty Meck	73	F	Siren	WI	187	20:51	3:34	4:49	152	42:35	14.5	3:06	191	33:48	13:31	1:45:07
189	440	Sue Adams	47	F	Brooklyn Park	MN	155	15:50	2:42	4:45	187	51:25	12.0	2:25	187	30:59	12:24	1:45:22
190	525	Kim Levens	39	F	Duluth	MN	189	21:50	3:44	3:26	189	55:11	11.2	3:02	189	31:55	12:46	1:55:22
191	439	Martha Aas	73	F	Duluth	MN	191	22:39	3:52	5:21	181	48:09	12.8	4:12	193	38:08	15:16	1:58:27
192	453	Rachel Bonner	14	F	Duluth	MN	45	11:30	1:58	2:50	191	1:14:05	8.3	1:33	182	28:41	11:29	1:58:36
193	447	Natasha Bates	33	F	Minnetonka	MN	193	34:12	5:50					2:51	144	24:05	9:38	2:02:09

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	499	Annie Harvieux	16	F	Duluth	MN	1	9:18	1:35	2:28	1	30:50	20.0	1:39	2	17:53	7:09	1:02:05
2	595	Dominique Veneruz	15	F	Thunder Bay	ON	3	10:10	1:44	2:13	2	35:20	17.5	1:47	1	17:25	6:58	1:06:52
3	471	Angela Donofrio	16	F	Hermantown	MN	2	9:19	1:36	2:43	4	40:48	15.1	1:38	5	23:22	9:21	1:17:48
4	550	Sydney Nelson	14	F	Duluth	MN	6	11:48	2:01	2:42	3	40:00	15.4	2:31	4	22:59	9:12	1:19:57
5	531	Sarah Lyle	15	F	Duluth	MN	7	15:41	2:41	3:51	5	45:09	13.7	2:41	3	20:28	8:12	1:27:47
6	671	Alissa Marlow	13	F	Duluth	MN	4	11:30	1:58	2:49	6	50:51	12.2	1:24	6	23:48	9:31	1:30:19
7	453	Rachel Bonner	14	F	Duluth	MN	5	11:30	1:58	2:50	7	1:14:05	8.3	1:33	7	28:41	11:29	1:58:36

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	663	Mary Kallemeyn	23	F	Duluth	MN	4	10:24	1:47	1:38	2	32:52	18.8	1:08	2	16:33	6:38	1:02:32
2	482	Carolyn Freeman	22	F	Ely	MN	17	14:02	2:24	1:35	3	34:05	18.1	1:48	1	14:34	5:50	1:06:02
3	138	Kelli Taylor	24	F	Fargo	ND	3	10:16	1:45	2:58	1	31:06	19.9	1:56	14	20:16	8:07	1:06:30
4	530	Delaney Lundeen	21	F	Duluth	MN	10	12:09	2:05	1:39	5	35:36	17.4	1:04	5	18:19	7:20	1:08:44
5	477	Sara Faver	22	F	Bemidji	MN	1	9:57	1:42	2:33	13	38:45	15.9	1:06	12	19:10	7:40	1:11:27
6	503	Alison Hirsch	22	F	Apple Valley	MN	15	12:47	2:11	1:44	4	34:51	17.7	1:26	20	21:41	8:41	1:12:27
7	604	Terry Wosmek	23	F	Duluth	MN	14	12:46	2:11	2:01	10	37:16	16.6	2:38	3	17:55	7:10	1:12:34
8	617	Kaitlin Morrison	21	F	Duluth	MN	2	10:08	1:44	3:17	11	37:17	16.6	1:25	16	20:50	8:20	1:12:55
9	518	Katherine Kasl	24	F	Rochester	MN	22	14:26	2:28	2:19	6	35:47	17.3	1:28	9	19:02	7:37	1:13:00
10	448	Jennifer Beilke	24	F	Baxter	MN	8	10:57	1:52	2:52	12	38:33	16.0	1:54	11	19:04	7:38	1:13:17
11	476	Meredith Evenson	23	F	Rochester	MN	19	14:15	2:26	2:05	7	36:33	16.9	1:33	13	19:15	7:42	1:13:39
12	474	Gina Elmer	22	F	Lakeland	MN	21	14:24	2:28	1:56	8	36:37	16.9	1:38	17	21:03	8:26	1:15:37
13	553	Katelyn Nyberg	21	F	Coon Rapids	MN	12	12:31	2:08	2:30	18	40:36	15.2	1:36	8	18:57	7:35	1:16:07
14	458	Kristen Chodek	22	F	Eagan	MN	16	13:24	2:17	2:23	17	40:32	15.2	1:16	7	18:49	7:32	1:16:22
15	486	Ashley Geheren	20	F	Ramsey	MN	6	10:36	1:49	2:21	15	39:42	15.6	1:17	22	22:37	9:03	1:16:30
16	541	Katelyn Meyer	21	F	Mantorville	MN	25	14:39	2:30	3:02	9	37:05	16.7	2:00	18	21:12	8:29	1:17:55
17	487	Ally Gerads	20	F	Chanhassen	MN	20	14:22	2:27	3:25	19	41:09	15.0	1:23	4	18:13	7:18	1:18:30
18	510	Melissa Jackson	24	F	Duluth	MN	24	14:30	2:29	2:43	21	41:22	14.9	2:02	10	19:02	7:37	1:19:35
19	619	Kelsey Picha	20	F	Ramsey	MN	30	17:41	3:01	1:54	22	41:33	14.9	1:09	6	18:22	7:21	1:20:37
20	644	Carley Amys	24	F	Duluth	MN	29	16:40	2:51	2:19	14	38:51	15.9	1:44	19	21:17	8:31	1:20:48
21	452	Sara Bielski	20	F	Chanhassen	MN	7	10:46	1:51	3:42	25	43:17	14.3	1:48	23	22:57	9:11	1:22:28
22	470	Billie Diver	21	F	Cloquet	MN	18	14:05	2:24	3:58	23	41:34	14.9	1:38	21	22:18	8:56	1:23:30
23	574	Brenda Schwerdt	24	F	Duluth	MN	31	18:40	3:11	2:50	16	39:42	15.6	1:29	24	22:58	9:12	1:25:37
24	546	Katie Muehe	24	F	Minneapolis	MN	23	14:29	2:28	3:01	20	41:13	15.0	1:37	26	25:40	10:16	1:25:58
25	552	Hannah Newman	21	F	Malibu	CA	27	15:41	2:41	3:51	26	45:09	13.7	2:41	15	20:28	8:12	1:27:47
26	549	Shivan Nelson	24	F	Bemidji	MN	9	11:25	1:57	2:58	30	50:36	12.2	1:46	25	24:08	9:39	1:30:51
27	524	Danielle Larson	23	F	Duluth	MN	26	15:04	2:34	3:06	24	43:06	14.3	1:47	31	28:41	11:29	1:31:41
28	602	Alison Wood	21	F	Eau Claire	WI	28	15:55	2:43	3:39	27	46:24	13.3	1:56	28	27:02	10:49	1:34:53
29	548	Kate Nelson	23	F	Fargo	ND	13	12:41	2:10	4:21	28	48:02	12.9	2:11	29	28:33	11:25	1:35:46
30	547	Amanda Nelson	21	F	Fargo	ND	11	12:19	2:06	3:59	29	48:47	12.7	2:09	30	28:34	11:26	1:35:46
31	594	Amy Van Overmeiren	23	F	Superior	WI	5	10:31	1:48	3:15	31	58:25	10.6	1:26	27	26:20	10:32	1:39:53

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	501	Julie Hendrickson	29	F	Duluth	MN	5	10:06	1:44	1:22	2	29:29	21.0	1:06	2	16:11	6:29	58:13
2	540	Felicita Mensing	26	F	Minneapolis	MN	13	12:09	2:05	1:32	4	30:38	20.2	1:24	1	13:54	5:34	59:34
3	537	Hilarie Martin	29	F	Minneapolis	MN	4	10:02	1:43	2:12	3	30:06	20.5	1:25	4	17:10	6:52	1:00:53
4	605	Kym Zhao	28	F	Minneapolis	MN	3	9:46	1:40	2:06	7	31:59	19.3	1:19	3	16:23	6:34	1:01:30
5	490	Jaci Grafenberg	26	F	Eau Claire	WI	9	11:13	1:55	1:35	1	29:16	21.1	1:17	8	18:38	7:27	1:01:55
6	616	Heather Marden-Reilly	29	F	Rochester	MN	2	9:06	1:34	2:08	6	31:14	19.8	1:37	6	18:20	7:20	1:02:23
7	498	Marie Harke	27	F	Rochester	MN	8	10:16	1:45	1:39	5	30:59	19.9	1:21	13	19:28	7:48	1:03:40
8	505	Michelle Hoffman	25	F	Maple Grove	MN	1	9:06	1:33	2:03	8	33:40	18.4	1:01	9	18:40	7:28	1:04:28

9	442	Elyse Anderson	27	F	St. Paul	MN	7	10:14	1:45	1:33	9	35:02	17.6	1:35	14	19:30	7:48	1:07:52
10	596	Erin Walsh	29	F	Minneapolis	MN	15	12:14	2:05	2:15	10	35:10	17.6	1:42	5	17:53	7:09	1:09:11
11	650	Tami Mesedahl	27	F	Duluth	MN	6	10:09	1:44	2:29	14	35:58	17.2	1:19	15	19:56	7:59	1:09:48
12	653	Amy Mulder	25	F	Minneapolis	MN	16	12:51	2:12	2:37	13	35:40	17.3	1:44	10	18:41	7:29	1:11:30
13	551	Natalie Netzel	25	F	Duluth	MN	12	12:04	2:04	1:50	15	36:49	16.8	1:23	16	22:12	8:53	1:14:15
14	460	Caitlin Conboy	29	F	Minneapolis	MN	20	14:30	2:29	2:40	12	35:36	17.4	2:09	12	19:24	7:46	1:14:17
15	571	Andrea Schilling	25	F	Chaska	MN	22	14:49	2:32	2:40	17	38:06	16.2	1:13	11	18:50	7:32	1:15:34
16	528	Sara Loss	28	F	St. Paul	MN	14	12:11	2:05	2:20	16	37:19	16.6	1:33	22	24:14	9:42	1:17:34
17	590	Maicie Sykes	25	F	Duluth	MN	21	14:38	2:30	2:58	11	35:19	17.5	2:54	17	22:18	8:56	1:18:06
18	656	Katie Peterson	25	F	Hermantown	MN	24	15:59	2:44	2:18	20	39:35	15.6	1:54	7	18:36	7:27	1:18:19
19	107	Sarah Ekerholm	28	F	Minneapolis	MN	10	11:24	1:57	3:02	19	39:20	15.7	2:01	20	23:33	9:25	1:19:17
20	523	Kimberly Laing	28	F	Eagan	MN	19	14:12	2:26	2:34	21	40:06	15.4	1:45	23	25:35	10:14	1:24:09
21	459	Dawn Cole	27	F	Wichita	KS	18	13:45	2:21	3:00	23	43:08	14.3	1:41	19	22:46	9:07	1:24:17
22	462	Laura Dake	28	F	Cloquet	MN	25	16:27	2:48					1:04	21	24:12	9:41	1:24:54
23	497	Meghan Hanson	25	F	Maple Grove	MN	23	15:25	2:38	3:05	22	43:04	14.3	1:21	18	22:28	9:00	1:25:20
24	659	Kim Whitney	28	F	Thunder Bay	ON	17	13:36	2:19	2:33	18	39:13	15.8	1:48	25	28:31	11:25	1:25:40
25	586	Carly Steen	26	F	Fargo	ND	11	11:47	2:01	4:07	25	47:34	13.0	1:53	26	30:28	12:12	1:35:46
26	559	Nicole Peterson	29	F	Bloomington	MN	26	16:54	2:53	3:57	24	46:00	13.4	1:43	24	27:16	10:55	1:35:48

FEMALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	654	Elaine Nelson	31	F	Duluth	MN	5	11:23	1:57	2:26	1	30:01	20.6	1:38	1	14:08	5:39	59:32
2	455	Michelle Breiland	33	F	Duluth	MN	1	9:45	1:40	1:54	4	32:57	18.8	1:10	6	17:15	6:54	1:02:59
3	674	Kati Palmer	33	F	Superior	WI	22	13:27	2:18	1:52	2	31:42	19.5	1:07	12	18:40	7:28	1:06:45
4	601	Laura Wellington	30	F	Minneapolis	MN	23	13:51	2:22	2:16	3	32:11	19.2	1:46	4	16:47	6:43	1:06:48
5	444	Tammy Anderson	32	F	Duluth	MN	4	11:21	1:56	2:38	13	35:31	17.4	1:07	3	16:34	6:38	1:07:09
6	570	Jen Rybar	34	F	Farmington	MN	2	10:26	1:47	1:55	7	34:16	18.0	1:28	16	19:40	7:52	1:07:41
7	647	Erin Bradshaw	30	F	Duluth	MN	9	12:11	2:05	2:54	5	33:56	18.2	1:21	8	17:31	7:01	1:07:51
8	450	Paige Benson	34	F	Duluth	MN	13	12:45	2:11	1:50	14	35:39	17.3	1:29	7	17:24	6:58	1:09:05
9	457	Sarah Chandler	31	F	Duluth	MN	17	12:57	2:13	2:19	6	34:13	18.1	1:40	10	18:13	7:17	1:09:19
10	651	Gina Miller	34	F	Duluth	MN	12	12:41	2:10	3:28	11	34:50	17.7	1:12	5	17:11	6:53	1:09:20
11	481	Julie Frantz	34	F	Woodbury	MN	16	12:53	2:12	2:01	12	35:11	17.6	1:20	14	19:01	7:37	1:10:23
12	582	Marisa Skees	34	F	Minneapolis	MN	19	13:06	2:14	2:35	10	34:45	17.8	2:19	9	18:08	7:15	1:10:50
13	542	Amy Miller	34	F	Fargo	ND	32	16:02	2:44	2:24	16	35:43	17.3	2:21	2	15:55	6:22	1:12:22
14	123	Jessica Lemler	32	F	Bayfield	WI	31	16:00	2:44	3:59	9	34:37	17.9	1:55	11	18:32	7:25	1:15:00
15	473	Sarah Dungan	32	F	Minneapolis	MN	20	13:07	2:15	4:17	8	34:29	17.9	2:44	22	21:17	8:31	1:15:52
16	606	Molly Ziells	31	F	Duluth	MN	6	11:48	2:01	2:25	24	39:01	15.8	1:33	23	21:25	8:34	1:16:10
17	513	Mary Jenc	32	F	Superior	WI	15	12:50	2:12	3:04	25	39:16	15.7	1:22	17	19:51	7:57	1:16:20
18	491	Jennie Graff-Dolezal	30	F	Brooklyn Park	MN	28	15:18	2:37	2:41	22	37:49	16.3	1:31	15	19:22	7:45	1:16:38
19	483	Katie Fritz	31	F	Minneapolis	MN	11	12:39	2:10	2:23	20	37:30	16.5	2:24	25	21:45	8:42	1:16:38
20	538	Molly McCoy	32	F	Minneapolis	MN	33	16:26	2:48	3:32	23	38:09	16.2	1:08	13	18:48	7:31	1:18:01
21	645	Daisy Anderson	34	F	Chanhausen	MN	29	15:21	2:37	3:05	15	35:42	17.3	3:19	21	21:16	8:31	1:18:40
22	522	Heather Krohn	30	F	Duluth	MN	8	12:05	2:04	3:14	26	39:18	15.7	1:38	29	22:39	9:04	1:18:52
23	556	Jamie Parask	34	F	Cloquet	MN	26	14:51	2:32	3:02	28	40:28	15.3	2:05	18	19:53	7:57	1:20:15
24	472	Kara Dudy	31	F	Saint Paul	MN	14	12:48	2:11	3:39	18	37:22	16.5	3:04	32	23:51	9:33	1:20:42
25	669	Jenae Hutchins	34	F	Minneapolis	MN	30	15:59	2:44	2:21	27	40:02	15.4	2:00	19	20:40	8:16	1:21:00
26	535	Alyssa Marden	32	F	Hermantown	MN	10	12:18	2:06	2:29	19	37:29	16.5	2:11	38	26:47	10:43	1:21:10
27	456	Sarah Buhs	31	F	Cloquet	MN	25	14:07	2:25	3:00	31	42:03	14.7	1:19	20	20:47	8:19	1:21:14
28	489	Jessica Gerchak	30	F	Maple Grove	MN	18	13:00	2:13	3:17	30	41:28	14.9	2:18	24	21:35	8:38	1:21:34
29	600	Christy Weinberger	34	F	Ashland	WI	3	10:55	1:52	2:42	34	43:20	14.3	2:03	30	22:44	9:06	1:21:42
30	139	Marcia Terwey	31	F	Pensacola	FL	34	16:51	2:53	2:54	17	36:39	16.9	1:48	31	23:33	9:25	1:21:42
31	515	Kaitlin Johnson	31	F	Minneapolis	MN	36	18:20	3:08	3:13	21	37:31	16.5	2:35	27	21:55	8:46	1:23:31
32	578	Stephanie Shubitz	34	F	Duluth	MN	7	11:53	2:02	2:44	32	42:50	14.4	2:13	35	25:28	10:11	1:25:05
33	533	Elise Makler	32	F	Portland	OR	27	15:12	2:36	3:42	29	40:35	15.2	3:09	39	28:29	11:24	1:31:04
34	563	Dory Pohl	33	F	Duluth	MN	24	14:01	2:24	4:15	35	46:03	13.4	1:57	34	25:19	10:08	1:31:32
35	591	Jo Thompson	31	F	Duluth	MN	35	17:21	2:58	3:26	37	47:28	13.0	1:40	28	21:59	8:48	1:31:51
36	599	Allicen Waxlax	30	F	Willow River	MN	38	23:21	3:59	3:08	33	42:57	14.4	1:53	26	21:55	8:46	1:33:10



37	516	Michele Johnson	34	F	Duluth	MN	21	13:18	2:16	2:58	38	52:26	11.8	1:56	36	25:59	10:24	1:36:35
38	545	Teresa Mosiniak	31	F	Duluth	MN	37	19:00	3:15	3:54	36	46:30	13.3	2:14	37	26:45	10:42	1:38:20
39	447	Natasha Bates	33	F	Minnetonka	MN	39	34:12	5:50					2:51	33	24:05	9:38	2:02:09

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	555	Jena Ogston	39	F	Duluth	MN	1	9:38	1:39	1:24	1	29:30	20.9	1:06	2	15:53	6:22	57:28
2	603	Marcy Woods	39	F	Lincoln	NE	5	10:50	1:51	1:49	4	30:31	20.3	1:41	4	16:34	6:38	1:01:23
3	514	Shauna Joas	35	F	Eagan	MN	4	10:29	1:48	1:58	5	30:48	20.1	1:37	5	16:58	6:48	1:01:49
4	577	Beth Shipston	38	F	Thunder Bay	ON	23	14:52	2:32	1:58	2	30:00	20.6	1:15	1	15:05	6:02	1:03:08
5	620	Kristi Plante	37	F	Hermantown	MN	13	11:53	2:02	1:50	3	30:18	20.4	1:29	6	18:27	7:23	1:03:55
6	664	Emily Larson	37	F	Duluth	MN	2	10:06	1:44	2:39	9	33:51	18.3	1:12	3	16:32	6:37	1:04:17
7	508	Danielle Ingram	38	F	Minneapolis	MN	11	11:33	1:58	1:47	6	32:07	19.2	1:35	13	19:54	7:58	1:06:55
8	511	Melanie Jakubek	38	F	Duluth	MN	9	11:21	1:56	2:16	11	34:29	17.9	2:09	7	18:37	7:27	1:08:50
9	529	Teresa Lund	35	F	Brainerd	MN	10	11:21	1:56	2:15	15	36:20	17.0	1:11	12	19:49	7:56	1:10:55
10	565	Kimberly Radloff	37	F	Saginaw	MN	8	11:18	1:56	2:04	14	36:00	17.2	1:23	14	20:24	8:10	1:11:06
11	614	Patty Hausmann	39	F	Duluth	MN	20	13:49	2:22	2:11	8	33:39	18.4	2:18	11	19:33	7:49	1:11:27
12	572	Elisa Schmitz	35	F	Hermantown	MN	16	12:58	2:13	2:10	10	34:21	18.0	1:13	17	21:23	8:34	1:12:04
13	593	Melanie Tuominen	39	F	Duluth	MN	22	14:06	2:25	2:03	7	33:27	18.5	1:51	15	20:41	8:17	1:12:06
14	526	Jennifer Lindstrom	37	F	Buffalo	MN	12	11:43	2:00	1:53	13	35:59	17.2	1:48	16	21:06	8:27	1:12:28
15	655	Karina Palokangas	38	F	Ashland	WI	18	13:23	2:17	2:41	12	35:49	17.3	1:43	9	19:02	7:37	1:12:36
16	517	Anissa Karakas	39	F	Duluth	MN	14	12:17	2:06	2:20	18	37:05	16.7	2:03	10	19:29	7:48	1:13:12
17	648	Julie Greely	35	F	Chanhausen	MN	7	10:58	1:53	2:21	16	36:35	16.9	2:00	19	21:49	8:44	1:13:42
18	579	Laura Sieger	39	F	Duluth	MN	15	12:18	2:06	2:17	19	37:15	16.6	1:22	21	23:34	9:26	1:16:44
19	588	Lyssa Supinski	39	F	South Range	WI	3	10:24	1:47	4:19	17	36:48	16.8	2:28	20	23:05	9:14	1:17:01
20	583	Hilary Sonstegard	35	F	Minneapolis	MN	25	15:22	2:38	2:42	24	41:09	15.0	2:06	8	19:01	7:37	1:20:18
21	576	Peggy Seipp Roy	38	F	St Louis Park	MN	19	13:26	2:18	2:56	21	40:07	15.4	1:50	24	24:34	9:50	1:22:51
22	485	Shannon Gardner	38	F	Duluth	MN	30	16:56	2:53	2:16	20	38:08	16.2	1:42	23	24:33	9:49	1:23:32
23	652	Jennifer Mrozek	37	F	Paynesville	MN	24	15:21	2:37	2:15	22	40:08	15.4	2:04	29	26:50	10:44	1:26:35
24	495	Sarah Hanhan	36	F	Duluth	MN	6	10:56	1:52	4:08	28	43:48	14.1	3:16	26	24:51	9:57	1:26:57
25	451	Piper Beuthling	39	F	Somerset	WI	21	14:02	2:24	4:03	23	40:08	15.4	1:53	30	26:56	10:47	1:26:59
26	108	Dawn Epperson	36	F	Eden Prairie	MN	28	16:08	2:45	3:00	29	45:47	13.5	1:47	25	24:50	9:56	1:31:30
27	557	Brenda Parker Thompso	39	F	Hayward	WI	27	16:02	2:44	3:12	25	41:58	14.7	2:00	31	28:31	11:25	1:31:40
28	564	Wanda Prudoehl	39	F	Lewiston	MN	29	16:13	2:46	3:47	30	45:52	13.5	2:51	22	24:27	9:47	1:33:08
29	493	Bobbi Halverson	35	F	Cook	MN	26	15:26	2:38	2:37	31	46:02	13.4	2:00	32	28:38	11:28	1:34:41
30	580	Lara Signorelli	37	F	New York	NY	17	13:09	2:15	5:09	27	43:03	14.4	2:00	34	33:10	13:16	1:36:29
31	512	Kristen Jeanetta	37	F	Duluth	MN	32	21:05	3:36	3:13	33	49:00	12.6	1:29	18	21:46	8:43	1:36:30
32	463	Jennifer Davey	39	F	Duluth	MN	34	22:13	3:47	3:36	26	42:35	14.5	3:42	27	26:08	10:27	1:38:11
33	494	Amy Haney	37	F	Duluth	MN	31	18:55	3:14	3:56	32	46:27	13.3	2:17	28	26:46	10:43	1:38:20
34	525	Kim Levens	39	F	Duluth	MN	33	21:50	3:44	3:26	34	55:11	11.2	3:02	33	31:55	12:46	1:55:22

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	443	Laurie Anderson	43	F	Duluth	MN	2	10:44	1:50	1:45	1	32:52	18.8	1:42	7	21:43	8:42	1:08:45
2	500	Ann Heimbach	42	F	Duluth	MN	4	12:17	2:06	2:32	3	33:35	18.4	2:08	2	18:50	7:32	1:09:21
3	558	Sharron Peltier	40	F	Stacy	MN	1	10:37	1:49	2:06	2	32:59	18.7	1:50	11	22:43	9:06	1:10:13
4	682	Carolyn Haney	41	F	Duluth	MN	3	11:47	2:01	3:25	5	36:11	17.1	2:10	3	18:53	7:34	1:12:25
5	98	Lisa Brandt	43	F	Coleraine	MN	6	12:29	2:08	2:44	14	39:40	15.6	1:15	1	18:47	7:31	1:14:53
6	589	Sheila Sutton	44	F	Duluth	MN	8	13:18	2:16	2:47	6	36:49	16.8	2:09	8	21:57	8:47	1:16:58
7	575	Angie Seiberlich	42	F	Mahtomedi	MN	5	12:24	2:07	3:18	4	35:53	17.2	2:36	13	23:18	9:19	1:17:27
8	534	Lynn Mandinec	43	F	Prior Lake	MN	11	14:40	2:30	2:07	8	37:07	16.7	2:16	10	22:25	8:58	1:18:33
9	468	Leanne Diguseppe	41	F	Thunder Bay	ON	9	13:42	2:21	2:57	12	38:14	16.2	2:19	5	21:33	8:37	1:18:42
10	519	Rochon Kinney	40	F	Duluth	MN	7	13:02	2:14	2:52	11	37:58	16.3	1:32	14	23:27	9:23	1:18:49
11	592	Shelly Tischler	40	F	Superior	WI	10	13:49	2:22	2:09	10	37:30	16.5	2:24	18	24:30	9:48	1:20:19
12	479	Joleen Finken	42	F	Duluth	MN	12	14:50	2:32	2:14	15	40:24	15.3	2:12	4	21:15	8:30	1:20:54
13	509	Sherri Irving	42	F	Hermantown	MN	14	15:46	2:42	3:24	7	36:54	16.7	2:57	9	22:04	8:50	1:21:03

14	484	Carla Gamradt	40	F	Wrenshall	MN	17	16:15	2:47	3:02	9	37:26	16.5	1:55	12	22:50	9:08	1:21:25
15	544	Kelly Moen	40	F	Proctor	MN	15	15:47	2:42	3:05	13	39:16	15.7	1:59	17	24:17	9:43	1:24:22
16	520	Katie Klessig	40	F	Duluth	MN	20	18:52	3:13	3:22	16	40:56	15.1	1:58	19	26:02	10:25	1:31:07
17	492	Theresa Gunnarson	42	F	Duluth	MN	21	20:33	3:30	2:54	18	44:03	14.0	2:20	6	21:36	8:39	1:31:23
18	584	Michele Speltz	43	F	Altura	MN	18	16:21	2:47	3:40	19	45:55	13.5	3:12	15	24:03	9:37	1:33:08
19	502	Julie Herbst	44	F	Prior Lake	MN	16	16:04	2:45	3:22	21	49:48	12.4	1:45	16	24:13	9:41	1:35:09
20	466	Mary Beth Devaney	41	F	Duluth	MN	13	15:46	2:42	3:17	17	43:33	14.2	2:48	21	30:53	12:22	1:36:15
21	532	Lisa Mackin	41	F	Tomahawk	WI	19	17:33	3:00	3:26	20	45:57	13.4	2:09	20	29:37	11:51	1:38:40

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
1	521	Amy Klosterman	48	F	White Bear Lake	MN	1	8:56	1:32	1:17	2	31:06	19.9	1:00	2	17:10	6:52	59:27
2	665	Sondra Mowers	46	F	Duluth	MN	2	10:04	1:43	1:13	1	29:00	21.3	1:18	4	18:17	7:19	59:50
3	657	Mary Sands	49	F	Saint Paul	MN	4	11:37	1:59	1:34	5	33:24	18.5	1:43	5	18:21	7:21	1:06:38
4	461	Susan Cook	45	F	Duluth	MN	6	13:18	2:16	2:04	3	31:52	19.4	1:44	7	19:35	7:50	1:08:30
5	454	Rose Bortolon	48	F	Thunder Bay	ON	9	14:52	2:32	1:59	4	32:40	18.9	1:35	6	19:12	7:41	1:10:15
6	465	Judith Derauf	48	F	Duluth	MN	12	15:33	2:39	2:50	6	34:12	18.1	2:03	3	18:02	7:13	1:12:38
7	658	Mary Seitz	47	F	Duluth	MN	3	11:26	1:57	2:08	9	37:21	16.5	2:04	11	22:09	8:52	1:15:06
8	496	Kara Hanson	45	F	Duluth	MN	5	12:27	2:08	2:16	8	36:23	17.0	2:57	12	22:34	9:02	1:16:35
9	527	Shannon Lorbiecki	48	F	Lake Elmo	MN	15	16:40	2:51	4:20	10	37:45	16.4	2:40	1	16:32	6:37	1:17:56
10	615	Renee Keppers	46	F	Duluth	MN	8	14:38	2:30	2:39	11	38:39	16.0	1:19	9	21:31	8:37	1:18:43
11	543	Diane Miller	46	F	Lino Lakes	MN	14	16:28	2:49	3:28	7	35:54	17.2	2:08	8	21:02	8:25	1:18:57
12	567	Catherine Richardson	45	F	Stillwater	MN	10	15:11	2:36	2:26	12	39:48	15.5	1:27	10	21:48	8:43	1:20:39
13	554	Gina Oesterreich	48	F	Marine On Saint Cr	MN	7	14:23	2:27	3:33	13	41:14	15.0	3:11	13	22:57	9:11	1:25:17
14	478	Kristi Fenning	48	F	Luck	WI	11	15:25	2:38	3:43	14	42:35	14.5	2:14	15	31:47	12:43	1:35:41
15	440	Sue Adams	47	F	Brooklyn Park	MN	13	15:50	2:42	4:45	15	51:25	12.0	2:25	14	30:59	12:24	1:45:22

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	566	Nancy Recten Rectenwald	51	F	Duluth	MN	1	11:25	1:57	2:10	2	35:31	17.4	1:44	2	19:33	7:50	1:10:22
2	598	Sue Watt Watt	51	F	Esko	MN	2	11:55	2:02	1:49	4	36:35	16.9	1:41	3	20:49	8:20	1:12:46
3	504	Jodene Hirsch	50	F	Apple Valley	MN	4	13:36	2:19	2:55	3	35:57	17.2	2:09	1	19:25	7:46	1:14:00
4	585	Pam Starcher	54	F	Onalaska	WI	7	15:08	2:35	2:25	1	35:14	17.5	1:55	7	23:06	9:15	1:17:47
5	649	Joann Marshall	51	F	Sauk Rapids	MN	3	13:22	2:17	2:50	5	38:43	16.0	1:29	8	23:23	9:21	1:19:46
6	507	Anne Howard	51	F	Superior	WI	5	13:49	2:22	2:33	7	39:03	15.8	2:05	5	22:19	8:56	1:19:48
7	621	Lisa Prusak	50	F	Duluth,	MN	6	14:46	2:31	3:11	6	38:48	15.9	2:54	4	22:13	8:54	1:21:51
8	618	Brenda Palokangas	50	F	Saginaw	MN	8	16:57	2:54	2:21	9	42:10	14.7	1:17	6	23:02	9:13	1:25:45
9	488	Joan Gerads	50	F	Chanhassen	MN	10	20:18	3:28	3:24	8	40:30	15.3	1:58	10	26:04	10:26	1:32:13
10	464	Nancy Day	50	F	Cottage Grove	MN	9	18:27	3:09	3:02	10	43:55	14.1	2:06	9	26:02	10:25	1:33:29

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	536	Sandy Marden-Lokken	57	F	Duluth	MN	5	15:02	2:34	2:58	1	36:54	16.7	2:35	1	20:44	8:18	1:18:11
2	441	Penny Agar	56	F	Duluth	MN	3	13:57	2:23	2:09	2	38:30	16.1	1:49	2	21:56	8:47	1:18:18
3	449	Joan Beissel	55	F	Dixon	IL	1	11:54	2:02	3:08	3	38:35	16.0	1:28	3	23:19	9:20	1:18:23
4	622	Susan Mattis Turnham	55	F	Duluth	MN	2	12:26	2:08	3:16	4	38:37	16.0	1:54	4	25:11	10:05	1:21:24
5	446	Susan Barrick	55	F	Darwin	MN	4	14:30	2:29	3:52	5	40:58	15.1	2:00	5	26:10	10:28	1:27:29

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	445	Susanne Bakken	60	F	Duluth	MN	1	11:53	2:02	1:52	1	35:10	17.6	1:34	1	21:16	8:31	1:11:42

FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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1	506	Liz Holt	65	F	Duluth	MN	1	15:20	2:37	3:36	1	40:35	15.2	3:08	1	28:29	11:24	1:31:04
2	581	Sandra Signorelli	65	F	Duluth	MN	2	15:20	2:37	3:41	2	40:50	15.1	2:03	2	34:59	14:00	1:36:50

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
1	539	Betty Meck	73	F	Siren	WI	1	20:51	3:34	4:49	1	42:35	14.5	3:06	1	33:48	13:31	1:45:07
2	439	Martha Aas	73	F	Duluth	MN	2	22:39	3:52	5:21	2	48:09	12.8	4:12	2	38:08	15:16	1:58:27

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	686	Zach Goldberg	13	M	Excelsior	MN	2	8:18	1:25	1:28	3	30:16	20.4	1:06	1	12:47	5:07	53:52
2	356	Darian Hole	13	M	Winnipeg	MB	5	9:06	1:33	1:15	2	29:54	20.7	1:05	3	13:53	5:34	55:10
3	405	Chad Ray	16	M	Hibbing	MN	3	8:42	1:29	1:25	4	32:28	19.0	1:01	2	13:27	5:23	57:00
4	608	Drew Johnson	17	M	Aurora	MN	4	8:59	1:32	2:40	9	34:29	17.9	1:32	4	14:46	5:55	1:02:22
5	681	Anthony Vecchi	17	M	Duluth	MN	1	7:43	1:19	9:45	1	28:08	22.0	1:29	8	16:30	6:36	1:03:32
6	306	Corey Arsenault	14	M	Winnipeg	MB	9	11:04	1:54	1:37	6	33:02	18.7	0:59	11	17:14	6:54	1:03:53
7	421	Ryan Soule	18	M	Duluth	MN	10	11:13	1:55	3:05	7	33:25	18.5	0:58	7	15:53	6:21	1:04:31
8	626	Trevor Cotter	19	M	Duluth	MN	13	12:44	2:11	1:53	5	32:48	18.8	1:55	12	17:19	6:56	1:06:37
9	641	Ian Thatcher	19	M	Austin	MN	6	9:40	1:39	2:10	11	36:48	16.8	1:05	9	17:06	6:51	1:06:46
10	609	Samuel Johnson	15	M	Aurora	MN	11	12:02	2:03	3:44	8	33:35	18.4	2:04	10	17:12	6:53	1:08:33
11	367	Logan Kittelson	13	M	South Range	WI	7	10:14	1:45	2:40	13	37:26	16.5	1:29	14	18:44	7:30	1:10:31
12	338	Henry French	14	M	Duluth	MN	12	12:06	2:04	2:30	14	39:37	15.6	1:05	15	18:56	7:35	1:14:11
13	425	Andrew Switzer	18	M	Duluth	MN	15	17:26	2:59	2:32	12	37:08	16.6	1:17	13	18:20	7:20	1:16:40
14	317	Zachery Bourgeault	18	M	Saginaw	MN	16	18:05	3:05	1:41	16	41:13	15.0	2:00	6	15:51	6:21	1:18:46
15	378	Brent Larson	13	M	Duluth	MN	8	10:26	1:47	4:00	15	40:13	15.4	1:16	17	23:24	9:22	1:19:17
16	632	Michael Hirsch	19	M	Austin	MN	18	21:05	3:36	2:10	10	36:23	17.0	1:19	16	20:35	8:14	1:21:29
17	672	Matt Rengo	14	M	Esko	MN	17	18:52	3:13	2:47	17	44:34	13.9	1:12	5	15:18	6:08	1:22:41
18	337	Brendan Fenning	16	M	Luck	WI	14	13:44	2:21	3:53	18	45:25	13.6	1:55	18	26:15	10:30	1:31:10

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	610	Jason Kask	24	M	Duluth	MN	1	8:45	1:30	1:09	2	28:23	21.8	0:54	4	13:48	5:31	52:55
2	424	Jared Sundstrom	21	M	Proctor	MN	4	10:41	1:50	1:13	1	28:20	21.8	1:02	6	15:30	6:12	56:43
3	629	Erik Escher	22	M	Duluth	MN	5	10:46	1:50	1:42	9	32:19	19.1	0:52	1	12:38	5:03	58:14
4	432	Mike Ward	21	M	Duluth	MN	10	11:27	1:58	1:57	3	29:23	21.0	0:57	5	14:40	5:52	58:21
5	640	Logan Seipel	20	M	Colfax	WI	3	10:34	1:48	2:26	8	32:12	19.2	0:57	2	13:33	5:25	59:40
6	636	John Mullen	21	M	Golden Valley	MN	2	10:18	1:46	2:12	7	31:55	19.4	1:13	10	16:46	6:43	1:02:22
7	361	Ben Johnson	24	M	Roseville	MN	14	12:35	2:09	2:09	5	30:07	20.5	1:45	8	16:11	6:29	1:02:44
8	607	Tyler Bjorhus	24	M	Bismarck	ND	16	14:38	2:30	2:39	4	29:57	20.6	2:47	3	13:34	5:26	1:03:34
9	416	William Schumacher	24	M	Duluth	MN	8	11:21	1:56	2:52	10	32:31	19.0	1:22	7	15:39	6:16	1:03:41
10	339	Lewis Gillesby	20	M	Andover	MN	13	12:03	2:04	2:35	12	33:40	18.4	0:55	9	16:13	6:29	1:05:23
11	382	Steven Lokken	21	M	St Joseph	MN	11	11:37	1:59	2:15	11	32:58	18.7	1:07	14	17:32	7:01	1:05:27

12	386	Mitchell McNeil	24	M	Mahtomedi	MN	6	11:00	1:53	2:29	13	34:06	18.1	1:08	11	17:10	6:52	1:05:49
13	302	Sam Abrahamsen	20	M	Ham Lake	MN	12	11:42	2:00	2:07	14	34:48	17.8	1:04	16	18:23	7:21	1:08:02
14	373	Brian Kronstedt	24	M	Shoreview	MN	9	11:23	1:57	3:31	16	35:51	17.2	1:17	15	18:13	7:18	1:10:13
15	624	Daniel Bockock	24	M	Spring Valley	WI	18	17:22	2:58	2:33	6	31:51	19.4	1:29	13	17:26	6:59	1:10:40
16	324	Peter Christopherson	22	M	St. Paul	MN	15	14:08	2:25	2:24	17	37:33	16.5	1:21	17	20:07	8:03	1:15:30
17	396	Travis Noffke	24	M	Minneapolis	MN	7	11:05	1:54	4:30	15	35:19	17.5	4:49	18	20:11	8:05	1:15:50
18	678	Ian Theis	21	M	Duluth	MN	17	17:19	2:57	3:37	18	48:13	12.8	3:05	12	17:24	6:58	1:29:35

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	660	Clint Agar	28	M	Duluth	MN	1	8:32	1:28	1:08	3	30:55	20.0	1:04	2	14:19	5:44	55:56
2	368	Jeffrey Klein	28	M	Minneapolis	MN	7	12:01	2:03	1:29	1	29:13	21.2	1:37	3	16:14	6:30	1:00:32
3	315	Jimmy Boortz	26	M	Maple Grove	MN	6	11:49	2:01	2:06	5	33:15	18.6	1:24	1	14:00	5:36	1:02:32
4	342	Justin Gundelach	29	M	Bloomer	MN	2	8:41	1:29	2:17	6	33:40	18.4	1:53	4	16:36	6:39	1:03:05
5	412	John Rusch	28	M	Bloomington	MN	9	12:54	2:12	1:55	2	29:59	20.6	1:17	7	18:22	7:21	1:04:25
6	390	Nick Miskowic	27	M	Princeton	MN	3	9:12	1:34	1:20	8	34:05	18.1	1:24	8	19:11	7:41	1:05:09
7	322	Gabriel Christenson	26	M	Mendota Heights,	MN	8	12:36	2:09	2:36	4	32:52	18.8	0:55	5	16:55	6:46	1:05:51
8	380	Allen Lepien	28	M	Superior	WI	5	11:17	1:56	2:22	7	34:00	18.2	1:44	11	20:33	8:13	1:09:52
9	372	Steve Kraushaar	25	M	Cottage Grov	MN	11	14:03	2:24	2:45	9	34:08	18.1	1:44	6	18:12	7:17	1:10:50
10	312	Aaron Benney	27	M	Proctor	MN	4	11:16	1:56	4:08	11	37:24	16.5	2:43	13	22:28	8:59	1:17:57
11	417	Tyler Schwerdt	26	M	Duluth	MN	13	15:25	2:38	2:07	14	40:01	15.4	1:18	10	20:15	8:06	1:19:02
12	384	Robert Marshall	28	M	Maple Grove	MN	10	13:44	2:21	2:45	13	39:58	15.5	1:20	12	21:54	8:46	1:19:39
13	668	Timothy Johansson	28	M	St Paul	MN	12	14:32	2:29	3:22	10	35:48	17.3	3:03	14	23:02	9:13	1:19:44
14	433	Christopher Warren	28	M	Minneapolis	MN	15	18:19	3:08	3:38	12	39:17	15.7	2:01	9	20:15	8:06	1:23:27
15	320	Nathan Case	25	M	Hutchinson	MN	14	16:12	2:46	3:59	15	47:59	12.9	1:43	15	25:04	10:02	1:34:54

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	633	Tim McShane	33	M	Duluth	MN	5	10:45	1:50	1:34	2	28:23	21.8	1:04	2	14:26	5:47	56:08
2	351	Michael Hendrickson	32	M	Duluth	MN	2	9:33	1:38	1:44	4	29:00	21.3	1:05	6	15:19	6:08	56:38
3	419	David Simmer	32	M	Eden Prairie	MN	8	11:36	1:59	1:23	1	28:20	21.8	1:01	4	14:50	5:56	57:07
4	399	Mickey Pearson	32	M	Duluth	MN	9	11:46	2:01	2:08	8	30:20	20.4	0:49	1	14:12	5:41	59:12
5	435	Rob Williams	30	M	Minneapolis	MN	12	12:18	2:06	1:48	3	28:57	21.3	1:19	5	15:03	6:02	59:23
6	402	Jerid Prah	33	M	Hermantown	MN	6	11:10	1:55	1:46	6	29:01	21.3	1:30	12	16:43	6:41	1:00:07
7	377	Erik Laing	31	M	Eagan	MN	1	9:02	1:33	2:31	9	30:32	20.2	1:44	11	16:35	6:38	1:00:20
8	362	Keven Johnson	33	M	Hermantown	MN	19	14:25	2:28	2:08	7	29:06	21.2	1:08	3	14:28	5:47	1:01:12
9	667	Darren Christopher	33	M	Duluth	MN	3	10:04	1:43	2:07	5	29:00	21.3	1:24	19	18:47	7:31	1:01:21
10	404	Shannon Pring	34	M	Cloquet	MN	7	11:11	1:55	2:00	11	31:15	19.8	1:02	14	17:01	6:49	1:02:27
11	392	Tony Moen	34	M	Proctor	MN	11	12:12	2:05	2:12	15	31:45	19.5	1:01	7	15:50	6:20	1:02:57
12	611	Brandon Lunde	32	M	Saginaw	MN	13	12:27	2:08	2:14	10	31:03	19.9	1:17	9	16:27	6:35	1:03:24
13	353	Zach Hitchcock	32	M	Carlton	MN	4	10:32	1:48	2:04	12	31:15	19.8	1:13	21	19:03	7:38	1:04:04
14	327	Aaron Day	32	M	St. Paul	MN	18	13:19	2:17	2:44	13	31:36	19.6	1:24	8	15:50	6:20	1:04:51
15	410	Patrick Riley	34	M	Wrenshall	MN	14	12:28	2:08	1:52	18	33:13	18.6	1:27	13	16:43	6:42	1:05:41
16	428	Benjamin Utter	31	M	St. Paul	MN	16	13:07	2:15	2:01	14	31:44	19.5	1:23	23	19:46	7:55	1:07:58
17	363	Peter Jokinen	34	M	Highbridge	WI	10	11:56	2:02	2:44	20	34:08	18.1	1:00	20	18:47	7:31	1:08:32
18	637	Ryan Nelson	31	M	Duluth	MN	17	13:11	2:15	1:51	19	34:01	18.2	1:47	17	17:50	7:08	1:08:37
19	336	Ryan Erickson	32	M	Duluth	MN	20	15:00	2:34	2:41	17	32:31	19.0	2:30	10	16:28	6:35	1:09:06
20	437	Jacob Zdon	32	M	St. Paul	MN	21	15:13	2:36	3:46	22	36:23	17.0	1:32	16	17:49	7:08	1:14:41
21	371	Khristopher Korell	32	M	Duluth	MN	27	22:36	3:51	2:31	16	32:02	19.3	1:58	15	17:45	7:06	1:16:49
22	366	Steven Kaphing	33	M	Hastings	MN	23	15:30	2:39	2:42	21	34:35	17.9	1:51	27	22:35	9:02	1:17:11
23	345	Finn Haley	30	M	Minneapolis	MN	22	15:22	2:37	3:37	23	37:20	16.6	2:23	22	19:09	7:40	1:17:49
24	307	Parker Backstrom	34	M	Virginia	MN	24	15:46	2:42	3:03	24	38:40	16.0	2:27	18	18:35	7:26	1:18:29
25	52	Chris Knapp	33	M	St. Paul	MN	25	17:06	2:55	3:56	25	38:57	15.9	1:42	24	20:11	8:05	1:21:49
26	400	Luke Peterson	30	M	Saint Paul	MN	15	13:04	2:14	3:14	27	43:24	14.2	3:18	25	21:15	8:30	1:24:12
27	414	Graham Schultz	30	M	Saint Paul	MN	26	18:28	3:09	4:08	26	40:23	15.3	1:31	26	22:11	8:53	1:26:39

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	84	Harvey Skees	38	M	Minneapolis	MN	3	9:25	1:37	1:21	1	26:28	23.4	1:07	2	15:15	6:06	53:32
2	661	Bill Kelley	38	M	Wrenshall	MN	2	9:20	1:36	1:26	3	27:18	22.6	1:17	1	14:35	5:50	53:53
3	613	Jeremy Rondorf	35	M	Blaine	MN	4	9:42	1:39	1:37	2	26:57	22.9	1:19	5	16:22	6:33	55:54
4	331	Glen Drexler	36	M	Duluth	MN	6	10:10	1:44	1:42	4	30:42	20.1	1:16	7	16:36	6:39	1:00:24
5	346	Kevin Haney	39	M	Duluth	MN	5	9:54	1:42	2:23	5	30:55	20.0	1:32	6	16:29	6:36	1:01:11
6	357	Dustin Hough	38	M	Barnesville	MN	9	11:50	2:01	1:51	6	31:35	19.6	1:34	3	15:48	6:20	1:02:36
7	86	Keith Storniolo	35	M	Pensacola	FL	10	12:11	2:05	2:39	12	34:13	18.1	1:14	8	16:37	6:39	1:06:50
8	335	John Erdelyi	39	M	Braham	MN	1	9:12	1:35	2:18	11	33:19	18.5	2:36	11	19:27	7:47	1:06:51
9	434	Russell Waxlax	35	M	Willow River	MN	8	11:48	2:01	2:39	8	32:19	19.1	1:31	10	19:05	7:38	1:07:19
10	381	Alek Lied	36	M	De Pere	WI	11	12:12	2:05	2:25	7	31:42	19.5	2:02	12	20:02	8:01	1:08:20
11	673	Eric Anderson	37	M	Duluth	MN	14	15:13	2:36	2:16	10	32:35	19.0	2:30	4	16:17	6:31	1:08:48
12	383	Christopher Marshall	38	M	Red Wing	MN	12	12:38	2:09	3:34	9	32:32	19.0	3:06	14	20:49	8:20	1:12:36
13	62	Scott Myers	35	M	Fridley	MN	13	13:50	2:22	2:00	13	34:30	17.9	2:31	15	20:56	8:23	1:13:44
14	420	Nathan Sonstegard	35	M	Minneapolis	MN	7	10:23	1:47	2:51	15	38:35	16.0	1:47	13	20:21	8:09	1:13:56
15	627	Brett Defoe	36	M	Superior	WI	16	17:23	2:58	3:34	14	36:32	16.9	1:47	9	17:50	7:08	1:17:04
16	407	Jason Reinarz	37	M	Two Harbors	MN	15	16:03	2:44	2:44	16	39:23	15.7	1:50	16	23:10	9:16	1:23:07

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	680	Timothy W. Andrew	44	M	Duluth	MN	3	8:22	1:26	1:13					1	15:00	6:00	52:20
2	348	Keith Hatcher	44	M	Madison	WI	1	7:44	1:19	1:19	3	29:23	21.0	1:21	2	15:10	6:04	54:53
3	685	Matt Evans	43	M	Eau Claire	WI	2	8:06	1:23	1:09	5	30:48	20.1	1:07	4	16:06	6:27	57:14
4	408	Jason Richardson	42	M	Mahtowa	MN	4	10:56	1:52	1:14	1	28:32	21.7	1:17	3	15:32	6:13	57:29
5	304	Brett Anderson	42	M	Farmington	MN	10	13:40	2:20	1:26	2	28:42	21.5	1:20	5	17:03	6:49	1:02:09
6	438	Douglas Zychowski	43	M	Superior	WI	5	11:22	1:57	2:03	8	32:14	19.2	1:15	6	17:31	7:01	1:04:23
7	643	Richard Villella	42	M	Saint Paul	MN	9	12:58	2:13	2:54	4	30:35	20.2	1:56	8	18:53	7:33	1:07:14
8	388	Lane Meyer	42	M	Pengilly	MN	11	14:52	2:32	3:16	7	31:44	19.5	1:50	7	18:17	7:19	1:09:57
9	635	Robert Mrozek	42	M	Paynesville	MN	14	15:54	2:43	2:52	6	31:40	19.5	2:10	10	19:23	7:46	1:11:57
10	343	David Gunnarson	41	M	Duluth	MN	7	12:23	2:07	2:58	13	36:16	17.0	1:24	9	19:14	7:42	1:12:13
11	341	Mark Gross	43	M	South Range	WI	8	12:49	2:11	3:29	12	35:17	17.5	1:30	11	19:31	7:49	1:12:34
12	340	Gerald Gould	44	M	Farmington	MN	12	15:34	2:39	2:25	9	33:50	18.3	1:46	14	19:48	7:55	1:13:21
13	308	John Barneson	43	M	St. Paul	MN	13	15:52	2:43	3:21	10	34:13	18.1	1:16	13	19:39	7:52	1:14:18
14	323	Ross Christenson	43	M	Esko	MN	16	16:57	2:54	2:19	14	36:58	16.7	1:38	12	19:39	7:52	1:17:27
15	391	Jordan Moe	44	M	Duluth	MN	15	15:59	2:44	2:53	11	34:56	17.7	1:41	16	23:55	9:34	1:19:22
16	394	Jeffrey Nelson	44	M	Duluth	MN	6	11:47	2:01	2:43	15	40:01	15.4	2:29	15	22:59	9:12	1:19:57
17	393	Markus Mueller	44	M	New York	NY	17	18:55	3:14	5:09	18	50:28	12.2	3:14	19	31:25	12:34	1:49:08
18	612	Frank Molina	44	M	St Paul	MN	19	37:12	6:21	2:46	16	42:17	14.6	2:14	18	25:59	10:24	1:50:25
19	310	Nick Bates	43	M	Minnetonka	MN	18	34:30	5:53	12:54	17	47:58	12.9	2:45	17	24:04	9:38	2:02:09

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	676	Kirk Vesterstein	48	M	Duluth	MN	7	9:52	1:41	1:24	1	26:33	23.3	1:06	2	14:21	5:45	53:13
2	662	Ian Nemerov	45	M	Edina	MN	2	8:33	1:28	1:36	2	27:54	22.2	1:11	4	15:35	6:14	54:46
3	332	Daniel Duff	46	M	Duluth	MN	3	8:53	1:31	2:03	8	29:01	21.3	1:24	3	14:46	5:55	56:04
4	666	Tim Keppers	46	M	Duluth	MN	1	8:17	1:25	1:50	3	28:28	21.7	1:24	5	16:10	6:28	56:05
5	309	Dana Bartholomew	45	M	Madison	WI	11	11:23	1:57	2:19	7	28:59	21.3	1:12	1	14:04	5:38	57:54
6	303	Rick Abrahamson	48	M	Duluth	MN	5	9:28	1:37	1:38	9	29:21	21.1	1:26	9	16:58	6:48	58:49
7	409	Tom Richardson	48	M	Stillwater	MN	6	9:50	1:41	1:30	10	29:49	20.7	1:24	8	16:44	6:42	59:14
8	411	Philip Rogers	47	M	Esko	MN	10	11:22	1:57	1:37	4	28:43	21.5	1:21	7	16:41	6:41	59:42
9	301	Peter Aas	46	M	Duluth	MN	9	11:02	1:53	2:05	5	28:53	21.4	1:33	11	17:15	6:54	1:00:46
10	395	Scott Nelson	49	M	Eagan	MN	12	12:02	2:03	1:47	6	28:58	21.3	1:23	10	17:02	6:49	1:01:09
11	406	Thomas Recht	46	M	Minneapolis	MN	8	10:24	1:47	2:42	11	30:37	20.2	1:33	6	16:28	6:36	1:01:42
12	330	Shawn Donohue	46	M	Thunder Bay	ON	14	12:16	2:06	3:12	13	31:34	19.6	1:49	14	19:09	7:40	1:07:57

13	360	Alec Johnson	46	M	Saint Paul	MN	16	12:52	2:12	2:51	12	31:19	19.7	1:47	15	19:49	7:56	1:08:35
14	397	John Nohner-Black	46	M	Vadnais Heights	MN	4	9:18	1:35	2:19	14	33:43	18.3	2:56	17	21:25	8:34	1:09:38
15	429	Ken Veneruz	46	M	Thunder Bay	ON					15	34:03	18.1	2:01	13	17:25	6:58	1:09:52
16	638	Charles Palokangas	47	M	Saginaw	MN	17	13:37	2:20	3:02	17	34:44	17.8	1:26	12	17:22	6:57	1:10:10
17	359	Patrick Jennrich	45	M	Lino Lakes	MN	13	12:05	2:04	2:55	16	34:09	18.1	2:16	19	25:47	10:19	1:17:10
18	431	Michael Ward	49	M	St. Croix Falls	WI	15	12:43	2:10	4:05	18	37:47	16.4	2:58	18	23:52	9:33	1:21:23
19	358	Michael Iversen	48	M	Victoria	MN	18	15:29	2:39	3:27	19	42:31	14.5	1:29	16	21:20	8:32	1:24:13
20	352	Phil Herbst	46	M	Prior Lake	MN	19	21:11	3:37	3:48	20	46:02	13.4	4:14	20	29:54	11:58	1:45:06

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	387	Jeff Melby	51	M	Bloomington	MN	1	9:40	1:39	1:35	1	28:25	21.7	1:18	1	16:44	6:42	57:41
2	319	Stephen Bullard	53	M	Minneapolis	MN	2	9:55	1:42	1:37	2	30:40	20.2	1:15	8	18:53	7:33	1:02:17
3	423	William Stroozas	54	M	Duluth	MN	4	10:18	1:46	2:04	6	32:21	19.1	1:47	2	16:51	6:45	1:03:19
4	313	Robert Boman	51	M	Duluth	MN	3	10:00	1:43	1:50	7	32:27	19.0	1:23	7	17:59	7:12	1:03:36
5	625	Tim Bradshaw	54	M	Duluth	MN	8	11:52	2:02	2:32	3	31:05	19.9	2:06	4	17:29	7:00	1:05:02
6	642	David Turnham	54	M	Duluth	MN	6	10:51	1:51	2:42	8	32:51	18.8	1:34	5	17:48	7:08	1:05:44
7	630	Doug Happy	52	M	Duluth	MN	17	14:35	2:29	2:07	5	32:02	19.3	1:14	3	16:58	6:48	1:06:54
8	422	David Spencer	54	M	Duluth	MN	5	10:39	1:49	3:04	11	34:16	18.0	2:13	6	17:49	7:08	1:07:59
9	314	Tom Boman	52	M	Elmira	NY	9	12:08	2:04	2:00	10	33:50	18.3	1:31	9	19:25	7:46	1:08:52
10	369	Todd Kneebone	52	M	Duluth	MN	10	12:33	2:09	3:12	4	31:58	19.3					1:09:25
11	364	Ronald Jyring	51	M	Bismarck	ND	12	13:35	2:19	2:41	13	35:05	17.6	1:44	10	19:31	7:49	1:12:35
12	355	John Hoivik	52	M	Duluth	MN	15	14:15	2:26	1:49	12	34:32	17.9	2:12	11	20:09	8:04	1:12:54
13	677	Dan Theis	52	M	Duluth	MN	16	14:16	2:26	2:25	9	33:28	18.5	2:01	12	21:02	8:25	1:13:09
14	321	Stanford Case	52	M	Hutchinson	MN	11	12:52	2:12					1:35	13	21:13	8:30	1:14:42
15	398	Rod Olson	51	M	White Bear Lake	MN	7	11:36	1:59	2:30	14	35:29	17.4	2:50	17	24:50	9:56	1:17:13
16	329	Tom Donofrio	51	M	Hermantown	MN	13	13:44	2:21	3:12	15	38:45	15.9	1:47	15	23:23	9:21	1:20:49
17	379	Kurt Larson	52	M	Duluth	MN	14	13:54	2:23	3:14	16	40:14	15.4	1:47	16	23:27	9:23	1:22:34
18	427	Kurtis Ulrich	53	M	Champlin	MN	18	23:04	3:56	4:53	17	42:49	14.4	2:44	14	21:25	8:34	1:34:54
19	328	Jess Day	52	M	Cottage Grove	MN	19	31:16	5:20	4:52	18	46:27	13.3	2:28	18	32:57	13:11	1:57:58

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	639	Bill Schmit	57	M	Duluth	MN	1	9:26	1:37	1:35	1	28:19	21.8	1:16	1	17:37	7:03	58:11
2	634	Jim Miner Jr.	56	M	Duluth	MN	3	10:13	1:45	1:57	2	29:57	20.6	1:31	3	18:12	7:17	1:01:47
3	675	Mark Ranschenfels	55	M	Duluth	MN	10	12:54	2:12	2:08	4	30:40	20.2	1:39	6	19:51	7:57	1:07:10
4	344	Marcus Gustafson	59	M	Edina	MN	7	12:20	2:06	2:24	3	30:39	20.2	2:26	11	22:00	8:48	1:09:46
5	403	Walt Prahl	57	M	Duluth	MN	9	12:48	2:11	1:40	5	32:51	18.8	1:50	8	20:42	8:17	1:09:49
6	374	Jon Kronstedt	58	M	Shoreview	MN	2	9:30	1:38	3:11	6	35:07	17.6	1:20	9	21:20	8:32	1:10:25
7	413	Larry Schmelzer	56	M	Hibbing	MN	12	14:26	2:28	2:39	7	35:18	17.5	1:31	7	20:11	8:05	1:14:03
8	325	Ted Ciriacy	57	M	Ely	MN	5	11:23	1:57	2:43	9	37:08	16.6	1:54	13	23:56	9:35	1:17:01
9	684	Gary Black	56	M	Duluth	MN	11	13:25	2:17	2:52	12	41:10	15.0	2:33	2	17:42	7:05	1:17:38
10	415	Charles Schumacher	59	M	Duluth	MN	8	12:37	2:09	4:09	11	41:07	15.0	2:10	4	19:33	7:50	1:19:33
11	679	George Sweezy	58	M	Duluth	MN	14	18:04	3:05	3:28	8	35:55	17.2	2:48	5	19:34	7:50	1:19:47
12	418	Tad Sears	58	M	Duluth	MN	13	17:57	3:04	4:21	10	38:46	15.9	2:11	12	22:30	9:00	1:25:42
13	385	John Marxhausen	58	M	Duluth	MN	15	18:19	3:08	3:27	13	41:12	15.0	1:38	10	21:55	8:46	1:26:29
14	311	John Beintema	58	M	Bloomington	MN	4	10:45	1:50	3:38	14	45:03	13.7	2:45	14	25:07	10:03	1:27:16
15	326	David Cooperrider	56	M	Chagrin Falls	OH	6	12:05	2:04	4:12	15	53:02	11.7	2:15	15	30:32	12:13	1:42:03

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	365	Joe Kandiko	60	M	Excelsior	MN	1	11:31	1:58	2:07	1	33:35	18.4	1:42	2	22:00	8:48	1:10:52
2	683	Clint Moen	63	M	Duluth	MN	2	11:42	2:00	2:45	2	35:49	17.3	2:16	1	21:45	8:42	1:14:14
3	305	Michael Anderson	61	M	Duluth	MN	3	12:44	2:11	2:46	3	36:59	16.7	1:38	4	24:44	9:54	1:18:49
4	354	William Hoffman	63	M	Cloquet	MN	4	14:07	2:25	3:16	4	41:16	15.0	1:33	3	22:18	8:56	1:22:28

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	370	Lyle Koivisto	65	M	Tucson	AZ	3	15:27	2:38	2:25	1	34:29	17.9	1:33	1	23:22	9:21	1:17:13
2	426	Mike Tenney	66	M	Excelsior	MN	1	12:13	2:05	4:09	2	37:25	16.5	2:48	2	26:19	10:32	1:22:51
3	430	Peter Walman	68	M	Minneapolis	MN	2	14:02	2:24	2:42	4	41:10	15.0	2:09	3	26:48	10:43	1:26:48
4	349	Richard Hellman	66	M	Indianapolis	IN	4	24:27	4:10	6:24	3	38:14	16.2	3:21	4	30:46	12:19	1:43:11

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	333	Doug Dunham	72	M	Duluth	MN	1	17:05	2:55	5:02	1	36:38	16.9	3:45	1	27:02	10:49	1:29:29

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: 394  
 Total Number of Individual Finishers: 371  
 Total Number of Relay Finishers: 0  
 Number of Male Finishers: 178  
 Number of Female Finishers: 193  
 Did not Finish Race or Did Not Start: 23