

BREWHOUSE TRIATHLON  
Pike Lake AAA Beach Club, Duluth, MN - August 7, 2011  
.8 Mile Swim - 20.6 Mile Bike - 5 Mile Run

Place	Div/Tot	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/16	1	Devon Palmer	24	M	St. Paul	MN	2	18:02	1:14	1:20	1	48:19	25.6	0:57	4	29:00	5:48	1:37:36
2	1/23	2	Jonathan Balabuck	32	M	Thunder Bay	ON	3	18:09	1:14	1:08	4	50:16	24.6	0:53	2	28:14	5:39	1:38:38
3	1/12	3	Brian Bich	45	M	Duluth	MN	7	18:19	1:15	1:04	2	50:07	24.7	0:52	9	30:01	6:01	1:40:21
4	2/23	5	Josh Blankenheim	31	M	Duluth	MN	15	19:42	1:20	1:12	6	52:16	23.6	0:46	1	27:27	5:30	1:41:20
5	2/12	4	Rhett Bonner	47	M	Duluth	MN	8	18:26	1:15	0:57	3	50:12	24.6	1:02	14	30:59	6:12	1:41:34
6	2/16	87	Nick Madrinich	22	M	Chaska	MN	1	17:14	1:10	1:07	7	52:51	23.4	0:49	13	30:56	6:12	1:42:55
7	1/16	148	Thomas Woods, Iv	40	M	Lincoln	NE	26	21:02	1:26	1:27	5	51:14	24.1	0:54	3	28:46	5:46	1:43:21
8	3/23	131	Doug Thiessen	31	M	Thunder Bay	ON	9	18:28	1:15	1:28	12	53:55	22.9	1:12	6	29:25	5:53	1:44:26
9	4/23	419	Byron Thibenskov	30	M	Minneapolis	MN	6	18:18	1:15	1:42	13	54:03	22.9	1:44	17	31:16	6:16	1:47:01
10	1/18	270	Marc Malinoski	25	M	Duluth	MN	33	21:46	1:29	1:17	9	53:32	23.1	1:12	7	29:31	5:55	1:47:14
11	1/16	79	Thomas Krenz	50	M	Chisago City	MN	30	21:25	1:27	1:43	11	53:45	23.0	1:26	12	30:55	6:11	1:49:10
12	5/23	268	Steve Hohenstein	34	M	Duluth	MN	34	21:48	1:29	1:19	10	53:33	23.1	1:00	23	31:40	6:20	1:49:17
13	1/16	60	Bryan Hill	37	M	Minneapolis	MN	36	22:14	1:31	1:13	14	54:04	22.9	1:15	15	31:08	6:14	1:49:51
14	6/23	102	Jeff Peterson	34	M	Bloomington	MN	73	24:37	1:40	1:30	8	53:19	23.2	1:11	16	31:13	6:15	1:51:46
15	2/18	278	Strzok Ladislaus	27	M			23	20:37	1:24	1:14	15	55:01	22.5	1:18	40	33:39	6:44	1:51:46
16	2/16	756	Andrew Broadmoore	35	M	Duluth	MN	60	23:43	1:37	1:25	17	55:20	22.3	1:19	10	30:23	6:05	1:52:07
17	3/18	99	Jared Olhoft	29	M	Shoreview	MN	39	22:25	1:31	1:28	26	56:45	21.8	1:12	11	30:47	6:10	1:52:34
18	1/8	242	Becky Youngberg	37	F	Eden Prairie	MN	19	20:12	1:22	1:25	35	58:54	21.0	1:06	19	31:21	6:17	1:52:55
19	7/23	9	Thomas Alcivar	34	M	Bloomington	MN	21	20:32	1:24	1:38	36	58:56	21.0	1:08	26	31:47	6:22	1:53:59
20	3/16	43	Damon Dougherty	21	M	Hibbing	MN	11	18:57	1:17	1:55	24	56:35	21.8	1:17	56	35:32	7:07	1:54:15
21	4/16	44	Reilly Dougherty	21	M	Hibbing	MN	5	18:13	1:14	1:20	71	1:02:25	19.8	1:07	20	31:26	6:18	1:54:28
22	3/16	70	Greg Johnson	39	M	Hermantown	MN	62	23:48	1:37	1:27	22	56:23	21.9	1:17	24	31:41	6:21	1:54:33
23	1/3	58	Ted Heikkila	18	M	Delano	MN	46	22:43	1:33	1:56	47	1:00:05	20.6	0:49	5	29:07	5:50	1:54:37
24	8/23	93	Paul Miner	31	M	Duluth	MN	42	22:32	1:32	1:55	19	55:53	22.1	1:16	33	33:06	6:38	1:54:39
25	2/16	758	David Goldberg	50	M	Excelsior	MN	12	18:59	1:17	1:24	33	58:38	21.1	1:19	49	34:46	6:58	1:55:05
26	1/12	219	Jessica Rossing	26	F	Duluth	MN	32	21:39	1:28	1:20	41	59:40	20.7	0:55	25	31:42	6:21	1:55:13
27	3/12	269	John Kelley	48	M	Duluth	MN	40	22:27	1:31	1:40	30	57:39	21.4	1:02	31	32:49	6:34	1:55:34
28	1/15	208	Elaine Nelson	32	F	Duluth	MN	50	23:11	1:34	2:19	34	58:44	21.0	1:37	8	29:49	5:58	1:55:38
29	4/18	146	Stephen Wilson	26	M	Golden Valley	MN	57	23:32	1:36	1:38	27	56:57	21.7	1:06	29	32:34	6:31	1:55:44
30	3/16	136	Kirk Vesterstein	50	M	Duluth	MN	67	24:12	1:39	1:45	21	56:16	22.0	1:11	30	32:45	6:33	1:56:06
31	2/16	85	Joe Litsey	42	M	Minneapolis	MN	75	24:46	1:41	1:57	28	56:58	21.7	1:32	18	31:18	6:16	1:56:28
32	4/12	279	Keith Hatcher	45	M			16	19:51	1:21	1:38	53	1:00:38	20.4	1:14	44	34:06	6:50	1:57:24
33	1/8	45	Dave Dow	56	M	Stillwater	MN	49	23:10	1:34	1:25	18	55:44	22.2	1:29	58	35:41	7:09	1:57:25
34	2/3	139	Alexander Vogel	18	M	Maple Grove	MN	10	18:52	1:17	1:38	42	59:40	20.7	1:14	68	36:33	7:19	1:57:52
35	4/16	111	Ryan Saline	37	M	Cloquet	MN	77	24:53	1:41	1:34	20	56:07	22.0	0:49	48	34:42	6:57	1:58:02
36	4/16	105	Jim Reed	52	M	Duluth	MN	53	23:26	1:35	1:43	49	1:00:20	20.5	1:16	22	31:39	6:20	1:58:20
37	3/16	61	Joseph Hill	42	M	Sartell	MN	113	26:55	1:50	1:49	16	55:04	22.4	1:26	38	33:31	6:43	1:58:42
38	1/5	197	Kayla Kjellman	19	F	Nipigon	ON	61	23:46	1:37	1:37	38	59:00	20.9	1:12	36	33:15	6:39	1:58:46
39	1/12	276	Leanne Bronson	41	F			51	23:13	1:35	1:30	23	56:33	21.9	1:19	66	36:29	7:18	1:59:20
40	5/16	52	Dale Forde	53	M	Golden Valley	MN	48	23:08	1:34	1:41	46	59:51	20.7	1:29	35	33:13	6:39	1:59:02
41	5/16	67	Tj Jeannette	36	M	North Mankato	MN	70	24:25	1:39	1:44	48	1:00:07	20.6	0:59	27	32:14	6:27	1:59:27
42	4/16	57	Peter Hagen	43	M	Apple Valley	MN	17	19:54	1:21	1:41	61	1:01:10	20.2	1:26	61	35:46	7:10	1:59:55
43	5/12	18	Daniel Bjorkstrand	48	M	Guthrie	MN	95	25:48	1:45	1:24	31	57:56	21.3	1:03	45	34:11	6:51	2:00:20
44	6/16	999	Scott Kohls	53	M	Green Bay	WI					74	1:02:39	19.7	1:23	50	34:47	6:58	2:00:40
45	2/8	75	Leonard Klun	57	M	Maple Plain	MN	38	22:23	1:31	2:01	56	1:00:51	20.3	1:25	46	34:23	6:53	2:01:00
46	5/16	97	Erik Nielsen	20	M	Rochester	MN	14	19:31	1:20	2:11	88	1:04:22	19.2	1:36	41	33:46	6:46	2:01:23
47	2/15	272	Angel Hohenstein	33	F	Duluth	MN	78	25:03	1:42	2:06	45	59:47	20.7	1:39	39	33:33	6:43	2:02:05
48	1/6	196	Christel Kippenhan	46	F	Bemidji	MN	28	21:16	1:27	1:22	65	1:01:47	20.0	1:11	67	36:32	7:19	2:02:06
49	1/3	92	Duane Millslagle	61	M	Duluth	MN	65	23:59	1:38	1:44	44	59:45	20.7	1:18	54	35:31	7:07	2:02:15
50	9/23	94	Peter Miner	31	M	Duluth	MN	63	23:57	1:38	2:23	40	59:04	20.9	1:45	55	35:31	7:07	2:02:37
51	3/15	237	Tina Welzien	30	F	Woodbury	MN	18	20:05	1:22	2:02	95	1:04:49	19.1	1:05	51	34:52	6:59	2:02:51
52	4/15	165	Tiffany Carlson	31	F	Duluth	MN	72	24:30	1:40	1:49	73	1:02:36	19.7	1:04	37	33:27	6:42	2:03:24
53	6/16	120	Josh Smith	37	M	Watertown	MN	66	24:11	1:38	2:29	37	58:57	21.0	1:38	70	36:49	7:22	2:04:03
54	5/16	140	Kirk Walker	44	M	Elmhurst	IL	103	26:25	1:48	1:51	43	59:43	20.7	1:05	52	35:08	7:02	2:04:09
55	5/18	10	Christopher Anderson	29	M	Minneapolis	MN	114	27:01	1:50	1:29	29	57:16	21.6	1:07	85	38:15	7:39	2:05:04
56	5/15	160	Robin Brandt	32	F	Minneapolis	MN	71	24:27	1:40	2:10	64	1:01:44	20.0	1:41	63	35:53	7:11	2:05:51
57	6/16	149	Anthony Yung	41	M	Duluth	MN	31	21:37	1:28	2:25	82	1:03:38	19.4	1:28	71	37:06	7:26	2:06:10
58	2/12	271	Michelle Carlson	40	F	Plymouth	MN	24	20:59	1:26	2:16	66	1:01:51	20.0	1:24	105	40:24	8:05	2:06:52
59	7/16	7	Troy Adams	40	M	Cloquet	MN	98	26:04	1:46	1:52	32	58:18	21.2	1:30	95	39:22	7:53	2:07:02
60	6/18	56	Nick Grundman	29	M	Wayzata	MN	68	24:15	1:39	2:26	107	1:06:07	18.7	1:19	34	33:07	6:38	2:07:10
61	1/6	173	Marey Erickson	24	F	Duluth	MN	59	23:35	1:36	2:05	91	1:04:39	19.1	1:25	64	36:04	7:13	2:07:46
62	2/6	205	Nicole Mertz	24	F	Robbinsdale	MN	118	27:20	1:51	1:45	39	59:02	20.9	1:38	81	38:06	7:38	2:07:48
63	8/16	108	Jason Riley	40	M	Maple Grove	MN	94	25:43	1:45	2:21	67	1:01:54	20.0	1:41	69	36:47	7:22	2:08:23
64	6/12	751	Jim Metry	45	M	Duluth	MN	102	26:23	1:47	1:53	25	56:41	21.8	1:26	133	42:21	8:29	2:08:40
65	2/12	211	Lindsey Palmer	26	F	White Bear Lake	MN	91	25:40	1:45	1:23	81	1:03:33	19.4	1:08	72	37:09	7:26	2:08:51
66	7/18	126	Joseph Stromsness	27	M	Duluth	MN	145	29:49	2:01	1:38	68	1:02:03	19.9	1:38	43	34:01	6:49	2:09:07
67	7/16	91	Chris Messerly	53	M	Vadnais Heights	MN	138	28:46	1:57	2:26	50	1:00:20	20.5	1:15	65	36:10	7:14	2:09:54
68	10/23	82	Jason Laplant	32	M	Minneapolis	MN	37	22:23	1:31	2:02	69	1:02:12	19.9	1:36	126	41:54	8:23	2:10:03
69	6/16	59	Nicholas Hess	21	M	Duluth	MN	148	30:12	2:03	2:39	80	1:03:25	19.5	1:22	28	32:34	6:31	2:10:07
70	9/16	132	Scott Tollefson	44	M	Minneapolis	MN	146	30:06	2:02	1:55	72	1:02:30	19.8	2:01	42	33:59	6:48	2:10:28
71	11/23	130	Matt Thell	33	M	Plymouth	MN	86	25:27	1:44	3:06	92	1:04:41	19.1	1:35				

84	8/16	65	Adam Iversen	20	M	Victoria	MN	81	25:09	1:42	2:06	110	1:06:19	18.6	2:45	73	37:10	7:26	2:13:26	
85	6/15	202	Christina Meier	34	F	Minneapolis	MN	44	22:39	1:32	1:31	100	1:05:11	19.0	1:06	142	43:15	8:39	2:13:38	
86	2/6	181	Lori Green	48	F	Fort Frances	ON	82	25:11	1:43	2:41	62	1:01:28	20.1	2:21	130	42:09	8:26	2:13:47	
87	3/8	143	Joe Wildman	55	M	Milaca	MN	22	20:33	1:24	3:10	155	1:10:59	17.4	1:36	79	37:40	7:32	2:13:54	
88	9/16	89	Ryan Mattison	37	M	Madison	WI					579:58	94	1:04:44	19.1	1:41	92	39:02	7:49	2:14:00
89	8/12	121	Kent Smith	49	M	Bloomington	MN	56	23:32	1:36	2:40	76	1:02:46	19.7	1:51	146	43:31	8:43	2:14:18	
90	9/16	113	Ted Schick	50	M	Esko	MN	123	27:45	1:53	2:14	70	1:02:20	19.8	1:35	109	40:30	8:06	2:14:21	
91	3/8	161	Elizabeth Bugbee	39	F	North East	PA	47	22:48	1:33	2:08	136	1:09:02	17.9	1:42	90	38:49	7:46	2:14:24	
92	3/12	201	Marlo McGaver	41	F	Duluth	MN	169	32:19	2:11	2:23	113	1:06:39	18.5	1:41	21	31:33	6:19	2:14:32	
93	10/16	759	Jason Kabel	38	M	Fort Frances		136	28:42	1:57	2:11	57	1:00:52	20.3	2:05	116	41:05	8:13	2:14:51	
94	2/5	162	Gabrielle Bunten	19	F	Forest Lake	MN	4	18:10	1:14	2:09	124	1:07:34	18.3	1:32	163	45:33	9:07	2:14:55	
95	3/5	212	Kelly Pechous	19	F	Hastings	MN	162	31:09	2:07	1:53	129	1:08:08	18.1	1:04	32	32:49	6:34	2:15:00	
96	11/16	42	Dustin Dierks	37	M	Sioux Falls	SD	101	26:12	1:47	1:49	77	1:03:15	19.5	1:49	140	42:53	8:35	2:15:56	
97	4/5	179	Mollie Gillberg	18	F	Coon Rapids	MN					579:21	180	1:15:38	16.3	0:54	47	34:39	6:56	2:16:00
98	12/16	30	Paul Caviglia	38	M	North East	PA	13	19:17	1:19	1:40	172	1:13:31	16.8	1:45	101	40:04	8:01	2:16:13	
99	3/6	198	Lucy Kruesel	24	F	Grand Marais	MN	90	25:39	1:44	2:07	102	1:05:28	18.9	1:50	119	41:24	8:17	2:16:22	
100	10/16	119	Jack Shovelin	52	M	North Oaks	MN	140	28:55	1:58	2:48	84	1:03:51	19.4	2:44	89	38:36	7:44	2:16:52	
101	13/16	24	Peter Breitsprecher	36	M	Thunder Bay	ON	137	28:43	1:57	3:02	79	1:03:22	19.5	1:50	103	40:10	8:02	2:17:04	
102	5/5	186	Erin Hill	19	F	Sartell	MN	58	23:34	1:36	2:28	133	1:08:32	18.0	1:31	122	41:35	8:19	2:17:37	
103	14/23	114	Dan Schuchman	31	M	Minneapolis	MN	89	25:36	1:44	2:57	122	1:07:26	18.3	2:13	99	39:59	8:00	2:18:09	
104	11/16	80	Didier Lamour	54	M	Inver Grove Height	MN	64	23:59	1:38	3:01	109	1:06:15	18.7	1:56	141	43:06	8:38	2:18:14	
105	12/16	23	Dave Brandt	53	M	Rochester	MN	121	27:28	1:52	3:16	55	1:00:48	20.3	1:47	161	45:09	9:02	2:18:25	
106	10/18	277	Lee Brown	29	M			195	38:23	2:36	1:32	59	1:00:58	20.3	2:10	59	35:42	7:09	2:18:42	
107	11/18	49	Scott Ewen	27	M	St. Cloud	MN	127	28:09	1:55	1:40	98	1:04:56	19.0	1:58	128	42:04	8:25	2:18:43	
108	4/12	192	Rea James	40	F	Long Lake	MN	35	21:49	1:29	2:53	146	1:10:15	17.6	1:37	131	42:16	8:28	2:18:48	
109	4/12	183	Kristina Hedberg	25	F	St. Louis Park	MN	45	22:42	1:32	1:42	154	1:10:55	17.4	1:16	135	42:26	8:30	2:18:57	
110	7/15	158	Erin Bradshaw	31	F	Wrenshall	MN	104	26:32	1:48	2:15	120	1:07:08	18.4	1:46	118	41:24	8:17	2:19:02	
111	9/16	103	Matt Rasmussen	21	M	Chaska	MN	170	32:19	2:11	2:51	101	1:05:28	18.9	1:18	76	37:19	7:28	2:19:11	
112	11/16	83	Corey Lebrasseur	41	M	Cloquet	MN	135	28:39	1:57	2:52	116	1:07:00	18.4	3:00	80	37:55	7:35	2:19:24	
113	10/16	752	Paul Brockwood	23	M	Superior	WI	183	35:27	2:24	2:43	93	1:04:41	19.1	1:13	60	35:42	7:09	2:19:43	
114	13/16	142	Terry Wiens	54	M	Duluth	MN	164	31:14	2:07	2:53	106	1:06:00	18.7	1:39	84	38:07	7:38	2:19:50	
115	1/6	241	Susan Woods	50	F	Shoreview	MN	119	27:26	1:52	1:28	123	1:07:29	18.3	1:11	136	42:26	8:30	2:19:57	
116	11/16	110	Timothy Rousar	24	M	White Bear Lake	MN	160	31:01	2:06	2:19	63	1:01:33	20.1	2:02	143	43:15	8:39	2:20:05	
117	15/23	112	Joe Sandstrom	34	M	Wrenshall	MN	149	30:18	2:03	1:50	89	1:04:29	19.2	1:46	127	42:00	8:24	2:20:21	
118	12/16	74	Tony Karels	41	M	Minnetonka	MN	108	26:39	1:49	3:04	105	1:06:00	18.7	2:58	123	41:52	8:23	2:20:31	
119	9/12	33	David Ciresi	46	M	Eau Claire	WI	152	30:33	2:04	2:23	128	1:08:06	18.1	2:31	75	37:17	7:28	2:20:48	
120	5/12	217	Janna Radtke	26	F	Duluth	MN	106	26:34	1:48	2:41	165	1:12:06	17.1	1:44	83	38:07	7:38	2:21:05	
121	6/12	176	Amy Flessert	27	F	Superior	WI	74	24:41	1:41	4:00	168	1:12:46	17.0	2:29	77	37:24	7:29	2:21:17	
122	16/23	50	Chad Fait	34	M	St. Paul	MN	83	25:14	1:43	3:33	90	1:04:39	19.1	1:52	167	46:08	9:14	2:21:23	
123	4/8	166	Gina Chavez	37	F	Crystal	MN	105	26:33	1:48	4:00	137	1:09:10	17.9	1:36	108	40:28	8:06	2:21:43	
124	7/12	199	Cecile Lamour	27	F	St Paul	MN	43	22:36	1:32	2:27	153	1:10:45	17.5	1:18	148	43:42	8:45	2:21:45	
125	5/8	175	Nicole Finstad	37	F	Birchwood	WI	93	25:42	1:45	1:50	178	1:14:54	16.5	1:28	87	38:28	7:42	2:22:19	
126	12/18	118	Tony Shoberg	28	M	Duluth	MN	20	20:31	1:24	2:09	187	1:18:18	15.8	1:24	102	40:09	8:02	2:22:29	
127	17/23	21	Ryan Boman	31	M	Duluth	MN	107	26:39	1:48	3:24	115	1:06:44	18.5	2:06	151	43:53	8:47	2:22:43	
128	4/6	171	Amelia Donars	23	F	Duluth	MN	133	28:34	1:56	2:14	159	1:11:17	17.3	1:45	91	39:02	7:49	2:22:48	
129	3/3	13	Alex Barrette	15	M	Houlton	WI	128	28:24	1:56	1:16	85	1:03:58	19.3	1:47	173	47:27	9:30	2:22:49	
130	8/15	184	Jamie Henningson	32	F	Ankeny	IA	147	30:11	2:03	2:55	117	1:07:01	18.4	1:59	113	40:52	8:11	2:22:55	
131	9/15	240	Carie Winn	32	F	Stevens Point	WI	156	30:57	2:06	2:07	121	1:07:11	18.4	1:53	121	41:33	8:19	2:23:39	
132	18/23	39	Aaron Day	33	M	Saint Paul	MN	172	32:22	2:12	2:41	114	1:06:39	18.5	1:49	106	40:25	8:05	2:23:53	
133	13/18	78	Alexander Kraker	26	M	Saint Paul	MN	182	35:08	2:23	2:59	75	1:02:45	19.7	2:28	111	40:36	8:08	2:23:53	
134	13/16	100	Shane Olson	44	M	Duluth	MN	129	28:24	1:56	1:49	131	1:08:28	18.1	1:48	145	43:27	8:42	2:23:53	
135	10/15	155	Mylee Bishop	33	F	Burnsville	MN	84	25:22	1:43	2:51	175	1:14:18	16.6	1:54	96	39:43	7:57	2:24:05	
136	12/16	138	Jordan Vlastuin	20	M	Duluth	MN	166	31:49	2:09	1:51	108	1:06:10	18.7	2:17	132	42:19	8:28	2:24:22	
137	3/6	239	Sally Winecke	47	F	Egan	MN	69	24:24	1:39	2:42	103	1:05:44	18.8	2:41	179	49:03	9:49	2:24:29	
138	19/23	144	Rob Williams	31	M	Minneapolis	MN	178	33:56	2:18	2:43	87	1:04:11	19.3	2:27	117	41:17	8:16	2:24:31	
139	5/12	209	Carla Nordenstrom	40	F	Maple Grove	MN	92	25:41	1:45	1:59	138	1:09:19	17.8	1:35	168	46:17	9:16	2:24:48	
140	4/8	133	David Turnham	55	M	Duluth	MN	110	26:43	1:49	2:53	142	1:09:56	17.7	1:34	150	43:47	8:46	2:24:50	
141	13/16	68	Collin Johnson	22	M	Roseville	MN	168	31:58	2:10	2:31	143	1:10:08	17.6	2:09	86	38:25	7:41	2:25:07	
142	6/12	177	Julie Flotten	41	F	Duluth	MN	125	27:57	1:54	2:56	126	1:07:39	18.3	2:30	155	44:18	8:52	2:25:17	
143	6/8	226	Lisa Skrzeczkoskibz	35	F	Minneapolis	MN	76	24:52	1:41	2:18	127	1:07:50	18.2	1:50	175	48:33	9:43	2:25:21	
144	14/16	17	Bradley Benson	43	M	Saint Paul	MN	130	28:28	1:56	4:56	134	1:08:38	18.0	2:11	124	41:53	8:23	2:26:03	
145	14/16	84	Aleksander Lied	37	M	South Range	WI	131	28:30	1:56	3:51	112	1:06:36	18.6	3:16	153	43:57	8:48	2:26:07	
146	11/15	224	Kathy Sherman	31	F	Winona	MN	80	25:08	1:42	2:27	176	1:14:24	16.6	1:46	149	43:44	8:45	2:27:25	
147	4/6	156	Alicia Borman	45	F	Eagan	MN	117	27:11	1:51	3:21	183	1:16:03	16.3	2:01	93	39:03	7:49	2:27:36	
148	20/23	95	Jere Mohr	33	M	Duluth	MN	100	26:10	1:47	2:31	158	1:11:13	17.4	1:49	170	46:37	9:20	2:28:17	
149	2/6	191	Debra Hultman	50	F	Ely	MN	134	28:34	1:56	2:19	182	1:15:49	16.3	1:29	107	40:27	8:06	2:28:36	
150	7/12	213	Sharron Peltier	41	F	Stacy	MN	122	27:44	1:53	2:43	118	1:07:02	18.4	1:56	182	49:32	9:55	2:28:53	
151	14/18	96	Nathan Monson	28	M	Plainview	MN	112	26:53	1:49	3:30	139	1:09:23	17.8	2:11	171	47:00	9:24	2:28:54	
152	5/8	104	Mark Rauschenfels	56	M	Duluth	MN	151	30:31	2:04	2:55	99	1:05:03	19.0	2:00	178	48:51	9:47	2:29:17	
153	8/12	151	Laura Andrews	29	F	Minneapolis	MN	165	31:32	2:08	3:43	160	1:11:32	17.3	2:11	110	40:35	8:07	2:29:30	
154	15/1																			

175	3/3	26 Paul Buchanan	60 M	Duluth	MN	142	29:09	1:59	4:13	188	1:18:20	15.8	2:10	152	43:54	8:47	2:37:43
176	11/12	167 Erin Cook	44 F	Shorewood	MN	181	35:02	2:22	5:26	167	1:12:32	17.0	1:56	144	43:15	8:39	2:38:06
177	16/18	127 Scott Sturm	26 M	White Bear Lake	MN	163	31:10	2:07	3:21	181	1:15:42	16.3	2:49	162	45:33	9:07	2:38:32
178	16/16	134 Dan Valentine	53 M	Winona	MN	191	36:40	2:29	5:47	163	1:11:57	17.2	2:32	139	42:50	8:34	2:39:43
179	12/12	174 Kris Erie	42 F	Hoyt Lakes	MN	132	28:32	1:56	4:18	184	1:16:33	16.1	2:37	177	48:50	9:46	2:40:48
180	15/16	128 Scott Swanson	24 M	Robbinsdale	MN	179	34:12	2:19	2:05	171	1:13:27	16.8	1:26	184	50:04	10:01	2:41:12
181	11/12	137 David Vlastuin	46 M	Ellsworth	WI	193	37:20	2:32	2:57	170	1:13:25	16.8	2:10	164	45:37	9:08	2:41:25
182	17/18	53 Miker Frantes	27 M	Minneapolis	MN	190	36:39	2:29	7:17	156	1:11:08	17.4	5:07	134	42:22	8:29	2:42:30
183	1/2	152 Nancy Beery	55 F	Duluth	MN	155	30:49	2:05	3:53	191	1:19:37	15.5	3:26	165	45:37	9:08	2:43:15
184	23/23	81 Marcus Lane	32 M	Hermantown	MN	196	38:26	2:36	4:25	164	1:11:58	17.2	3:51	159	44:45	8:57	2:43:21
185	16/16	109 Zachary Rockers	21 M	Shorewood	MN	144	29:45	2:01	6:40	193	1:19:43	15.5	3:04	158	44:36	8:56	2:43:45
186	12/15	182 Leah Gruhn	32 F	Duluth	MN	158	31:00	2:06	3:40	169	1:13:16	16.9	2:24	193	54:10	10:50	2:44:26
187	5/6	225 Jade Shovein	50 F	Shoreview	MN	154	30:49	2:05	3:58	166	1:12:31	17.0	2:39	196	54:45	10:57	2:44:38
188	9/12	200 Malory Manderfield	25 F	Duluth	MN	54	23:26	1:35	3:59	194	1:21:25	15.2	2:17	192	54:03	10:49	2:45:06
189	6/6	236 Sue Watt	52 F	Esco	MN	161	31:05	2:06	2:26	189	1:19:17	15.6	2:06	186	50:21	10:05	2:45:12
190	8/8	8 Rick Agar	57 M	Duluth	MN	109	26:41	1:49	2:37	190	1:19:35	15.5	1:28	197	55:09	11:02	2:45:27
191	8/8	221 Sara Schoen	37 F	Minneapolis	MN	187	36:14	2:27	3:49	162	1:11:48	17.2	7:10	190	54:01	10:49	2:52:59
192	13/15	203 Kristen Melby	34 F	Minneapolis	MN	185	35:35	2:25	3:11	186	1:18:04	15.8	2:11	191	54:02	10:49	2:52:59
193	14/15	164 Amanda Carlson	31 F	Duluth	MN				588:36	195	1:24:01	14.7	2:53	194	54:32	10:55	2:55:3
194	16/16	73 Curtiss Jones	41 M	Andover	MN	167	31:54	2:10	3:38	185	1:16:57	16.1	2:33	203	1:03:51	12:47	2:58:50
195	6/6	190 Dorice Hughes	48 F	McFarland	WI	184	35:32	2:25	3:18	192	1:19:40	15.5	2:38	200	58:40	11:44	2:59:44
196	18/18	48 Nicholas Erickson	28 M	St. Paul	MN	55	23:30	1:36	4:26	201	1:41:30	12.2	1:23	180	49:08	9:50	2:59:55
197	10/12	215 Caitlin Powers	26 F	Minneapolis	MN	115	27:03	1:50	4:21	198	1:29:24	13.8	1:31	199	57:54	11:35	3:00:10
198	11/12	228 Kristen Strissel	27 F	Minneapolis	MN	192	36:48	2:30	6:10	196	1:27:44	14.1	2:45	176	48:40	9:44	3:02:03
199	12/12	229 Genevieve Teasley	29 F	Duluth	MN	174	32:46	2:13	3:36	200	1:31:53	13.5	1:25	195	54:45	10:57	3:04:22
200	15/15	194 Amanda Jones	31 F	Blaine	MN	197	38:51	2:38	3:16	197	1:28:40	13.9	1:49	189	53:59	10:48	3:06:32
201	6/6	232 Tania Trowbridge	22 F	Shakopee	MN	188	36:26	2:28					1:50	201	1:00:32	12:07	3:10:26
202	12/12	25 David Brody	46 M	Madison	WI	186	35:36	2:25	4:14	199	1:30:25	13.7	2:14	202	1:03:49	12:46	3:16:15
203	2/2	157 Jean Bostrom	58 F	Zimmerman	MN	198	39:31	2:41					1:52	188	53:57	10:48	3:20:37

results by Pickle Events

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

MALE: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	267	Wookiee Juice Racing	: Scott Gordon , Doug Nixon , Jon Flaa	2	19:57	1:21	0:39	1	54:19	22.8	0:33	1	29:17	5:52	1:44:42
2	283	the Joe Show	: Joe Vecchi , Anthony Vecchi , Jake Kucera	1	18:04	1:14	0:41	2	55:04	22.4	0:36	3	33:04	6:37	1:47:28
3	254	Team D.O.M.	: Ryan Dewey , Patrick Oltmanns , Brian Mirsch	5	20:44	1:25	1:04	3	1:01:15	20.2	0:34	2	31:54	6:23	1:55:29
4	247	Johnnie on the spot	: Nick Zarns , Mike Tyler Karp , John Jantzer	4	20:35	1:24					0:39	4	35:52	7:11	2:10:43
5	259	The Simsons	: Allan Simson , William Simson , Robert Simson	3	20:08	1:22	0:59	4	1:14:55	16.5	0:39	5	36:52	7:23	2:13:30
6	256	Team Noob	: Pat Collins , Tony Altieri , Romesh Lakhan	6	26:26	1:48	0:55	5	1:22:27	15.0	0:39	7	41:46	8:22	2:32:10
7	250	Nassin	: Joe Nassin , Joe Nassin , Brian Nassin	7	32:50	2:14					0:40	6	40:33	8:07	2:44:48

FEMALE: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	246	Dick's Girls	: Melissa Kuzma , Dina Morrison , Nicole Blasing	2	23:52	1:37	0:50	1	1:03:11	19.6	0:40	1	36:00	7:12	2:04:30
2	261	Tiramisu	: Elisabeth Hoff , Lynette Wong , Susan Gingery	3	24:02	1:38	0:58	3	1:13:49	16.7	0:58	3	43:14	8:39	2:22:59
3	248	Lester River Ladies	: Katie Johnson , Angela Toftey , Heather Shetka	5	30:30	2:04	0:51	2	1:11:23	17.3	0:46	2	39:38	7:56	2:23:05
4	258	THE D TEAM	: Andi Sorvig , Emily Mugaas , Lisa Mckercher	4	25:13	1:43					0:52	5	44:05	8:49	2:38:16
5	243	CatonDoarMooney	: Jessica Doar , Annette Mooney , Molly Caton	1	19:47	1:21	0:50	5	1:46:44	11.6	0:44	4	43:56	8:48	2:51:58
6	255	Team Dream	: Christine Mitchell , Heather Youngquist , Marie Hoder	6	35:16	2:23	0:56	4	1:32:28	13.4	0:48	6	45:52	9:11	2:55:16

MIXED: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	265	Wii 'Not So' Fit	: Sam Swanson , Lou Hughes , Kyle Larson	5	26:26	1:48					0:31	1	27:01	5:25	1:51:27
2	251	Pete's Crazy Crew	: Dan Jacobson , Pete Tremaine , Megan Manthe	1	17:41	1:12	0:35	4	1:05:12	19.0	0:33	4	36:14	7:15	2:00:12
3	252	Splash, Crash & Dash	: Melanie Jakubek , Barry Brokaw , Ryan Soule	4	25:32	1:44	0:48	3	1:02:56	19.6	0:40	2	31:15	6:15	2:01:08
4	266	Wild Wild Wests	: Hanna West , Todd West , Stacy Terebayza	2	24:06	1:38	0:49	5	1:06:20	18.6	0:46	5	37:16	7:28	2:09:14
5	244	CLLI	: Amy Issendorf , Bill Schwalbe , Kenji Ogura	7	30:50	2:05	1:03	1	59:08	20.9	0:45	7	41:18	8:16	2:13:01
6	274	Spang Gang Racing Te	: Gretchen Manchester , Bill Spang , Stephannie Alcivar	3	24:33	1:40	1:03	7	1:21:27	15.2	0:45	3	35:49	7:10	2:23:35
7	262	Two Cocks and a Hen	: Alex Tollison , Audrey Tessmer , Chandler Tollison	6	26:37	1:48	0:54	6	1:16:41	16.1	0:43	6	40:09	8:02	2:25:01
8	260	Threes Company	: Paige Lunsford , Matt Hagelin , Ashley Hagelin	8	33:08	2:15	1:08	2	1:01:04	20.2	0:54	8	55:22	11:05	2:31:32

SILVER 120: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	257	TelleMarks	: Jon Swenson Tellekso , Mark Hawkins , Kenton Johnson	2	22:41	1:32					0:40	1	34:50	6:58	1:54:57
2	753	The KP Crew	: Dave Malban , Matt Harrison , Kevin Peterson	3	23:32	1:36	1:04					2	36:37	7:20	1:57:44
3	253	Still Interested	: Rolf Lindberg , Jim Berry , Jim Berry	1	21:14	1:27	0:57	2	1:08:12	18.1	0:39	3	44:21	8:53	2:15:20
4	263	VAT 172	: Patrick Carey , Tim Perala , Tanya Repka	5	29:23	2:00	0:45	1	1:02:52	19.7	0:55	4	58:13	11:39	2:32:04
5	264	We Try Harder	: Scott Harder , Carol Batton , Dawn Reinarz	4	24:04	1:38	1:10	3	1:33:10	13.3	1:14	5	1:13:05	14:37	3:12:39

YOUTH: LONG COURSE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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PENALTY TIME ISSUED

No.	Name	Age	Sex	City	St	Penalty	Penalty	Comment
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Number of records: 0

DID NOT FINISH

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
14	Charles Barrette	39	M	Houlton	WI	2	24:02	1:38	1:47	1	1:00:03	20.6					
230	Emily Tritabaugh	29	F	Minneapolis	MN	3	24:31	1:40	2:04								
220	Laura Schield-Jyring	46	F	Bismarck	ND	1	24:01	1:38	2:46								

DISQUALIFIED

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
12	Rodney Barnes	57	M	Maple Grove	MN	1	41:30	2:49					3:29	1	13:59	2:48	2:17:34

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim	100
						Time	yds
1	Nick Madrinich	Chaska	MN	22	M	17:14	1:10
2	Devon Palmer	St. Paul	MN	24	M	18:02	1:14
3	Jonathan Balabuck	Thunder Bay	ON	32	M	18:09	1:14
4	Gabrielle Buntten	Forest Lake	MN	19	F	18:10	1:14
5	Reilly Dougherty	Hibbing	MN	21	M	18:13	1:14
6	Byron Lubenkov	Minneapolis	MN	30	M	18:18	1:15
7	Brian Bich	Duluth	MN	45	M	18:19	1:15
8	Rhett Bonner	Duluth	MN	47	M	18:26	1:15
9	Doug Thiessen	Thunder Bay	ON	31	M	18:28	1:15
10	Alexander Vogel	Maple Grove	MN	18	M	18:52	1:17

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	Time	mph
1	Devon Palmer	St. Paul	Mn	24	M	00:48:18	25.6	
2	Brian Bich	Duluth	Mn	45	M	00:50:07	24.7	
3	Rhett Bonner	Duluth	Mn	47	M	00:50:11	24.6	
4	Jonathan Balabuck	Thunder Bay	On	32	M	00:50:16	24.6	
5	Thomas Woods, Iv	Lincoln	Ne	40	M	00:51:13	24.1	
6	Josh Blankenheim	Duluth	Mn	31	M	00:52:16	23.6	
7	Nick Madrinich	Chaska	Mn	22	M	00:52:51	23.4	
8	Jeff Peterson	Bloomington	Mn	34	M	00:53:18	23.2	
9	Marc Malinoski	Duluth	Mn	25	M	00:53:31	23.1	
10	Steve Hohenstein	Duluth	Mn	34	M	00:53:33	23.1	

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run	Time	Pace
1	Josh Blankenheim	Duluth	MN	31	M	27:27	5:30	
2	Jonathan Balabuck	Thunder Bay	ON	32	M	28:14	5:39	
3	Thomas Woods, Iv	Lincoln	NE	40	M	28:46	5:46	
4	Devon Palmer	St. Paul	MN	24	M	29:00	5:48	
5	Ted Heikkila	Delano	MN	18	M	29:07	5:50	
6	Doug Thiessen	Thunder Bay	ON	31	M	29:25	5:53	
7	Marc Malinoski	Duluth	MN	25	M	29:31	5:55	
8	Elaine Nelson	Duluth	MN	32	F	29:49	5:58	
9	Brian Bich	Duluth	MN	45	M	30:01	6:01	
10	Andrew Broadmoore	Duluth	MN	35	M	30:23	6:05	

## INDIVIDUAL MALE OVERALL RESULTS

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1	Devon Palmer	24	M	St. Paul	MN	2	18:02	1:14	1:20	1	48:19	25.6	0:57	4	29:00	5:48	1:37:36
2	2	Jonathan Balabuck	32	M	Thunder Bay	ON	3	18:09	1:14	1:08	4	50:16	24.6	0:53	2	28:14	5:39	1:38:38
3	3	Brian Bich	45	M	Duluth	MN	6	18:19	1:15	1:04	2	50:07	24.7	0:52	8	30:01	6:01	1:40:21
4	5	Josh Blankenheim	31	M	Duluth	MN	14	19:42	1:20	1:12	6	52:16	23.6	0:46	1	27:27	5:30	1:41:20
5	4	Rhett Bonner	47	M	Duluth	MN	7	18:26	1:15	0:57	3	50:12	24.6	1:02	13	30:59	6:12	1:41:34
6	87	Nick Madrinich	22	M	Chaska	MN	1	17:14	1:10	1:07	7	52:51	23.4	0:49	12	30:56	6:12	1:42:55
7	148	Thomas Woods, Iv	40	M	Lincoln	NE	22	21:02	1:26	1:27	5	51:14	24.1	0:54	3	28:46	5:46	1:43:21
8	131	Doug Thiessen	31	M	Thunder Bay	ON	8	18:28	1:15	1:28	12	53:55	22.9	1:12	6	29:25	5:53	1:44:26
9	419	Byron Lubnikov	30	M	Minneapolis	MN	5	18:18	1:15	1:42	13	54:03	22.9	1:44	16	31:16	6:16	1:47:01
10	270	Marc Malinoski	25	M	Duluth	MN	26	21:46	1:29	1:17	9	53:32	23.1	1:12	7	29:31	5:55	1:47:14
11	79	Thomas Krenz	50	M	Chisago City	MN	24	21:25	1:27	1:43	11	53:45	23.0	1:26	11	30:55	6:11	1:49:10
12	268	Steve Hohenstein	34	M	Duluth	MN	27	21:48	1:29	1:19	10	53:33	23.1	1:00	20	31:40	6:20	1:49:17
13	60	Bryan Hill	37	M	Minneapolis	MN	28	22:14	1:31	1:13	14	54:04	22.9	1:15	14	31:08	6:14	1:49:51
14	102	Jeff Peterson	34	M	Bloomington	MN	52	24:37	1:40	1:30	8	53:19	23.2	1:11	15	31:13	6:15	1:51:46
15	278	Strzok Ladislaus	27	M		MN	20	20:37	1:24	1:14	15	55:01	22.5	1:18	32	33:39	6:44	1:51:46
16	756	Andrew Broadmoore	35	M	Duluth	MN	43	23:43	1:37	1:25	17	55:20	22.3	1:19	9	30:23	6:05	1:52:07
17	99	Jared Olthoff	29	M	Shoreview	MN	31	22:25	1:31	1:28	25	56:45	21.8	1:12	10	30:47	6:10	1:52:34
18	9	Thomas Alcivar	34	M	Bloomington	MN	18	20:32	1:24	1:38	33	58:56	21.0	1:08	22	31:47	6:22	1:53:59
19	43	Damon Dougherty	21	M	Hibbing	MN	10	18:57	1:17	1:55	23	56:35	21.8	1:17	46	35:32	7:07	1:54:15
20	44	Reilly Dougherty	21	M	Hibbing	MN	4	18:13	1:14	1:20	60	1:02:25	19.8	1:07	18	31:26	6:18	1:54:28
21	70	Greg Johnson	39	M	Hermantown	MN	44	23:48	1:37	1:27	22	56:23	21.9	1:17	21	31:41	6:21	1:54:33
22	58	Ted Heikkila	18	M	Delano	MN	35	22:43	1:33	1:56	40	1:00:05	20.6	0:49	5	29:07	5:50	1:54:37
23	93	Paul Miner	31	M	Duluth	MN	34	22:32	1:32	1:55	19	55:53	22.1	1:16	28	33:06	6:38	1:54:39
24	758	David Goldberg	50	M	Excelsior	MN	11	18:59	1:17	1:24	32	58:38	21.1	1:19	40	34:46	6:58	1:55:05
25	269	John Kelley	48	M	Duluth	MN	32	22:27	1:31	1:40	29	57:39	21.4	1:02	27	32:49	6:34	1:55:34
26	146	Stephen Wilson	26	M	Golden Valley	MN	42	23:32	1:36	1:38	26	56:57	21.7	1:06	25	32:34	6:31	1:55:44
27	136	Kirk Vesterstein	50	M	Duluth	MN	49	24:12	1:39	1:45	21	56:16	22.0	1:11	26	32:45	6:33	1:56:06
28	85	Joe Litsey	42	M	Minneapolis	MN	53	24:46	1:41	1:57	27	56:58	21.7	1:32	17	31:18	6:16	1:56:28
29	279	Keith Hatcher	45	M		MN	15	19:51	1:21	1:38	46	1:00:38	20.4	1:14	36	34:06	6:50	1:57:24
30	45	Dave Dow	56	M	Stillwater	MN	37	23:10	1:34	1:25	18	55:44	22.2	1:29	48	35:41	7:09	1:57:25
31	139	Alexander Vogel	18	M	Maple Grove	MN	9	18:52	1:17	1:38	36	59:40	20.7	1:14	54	36:33	7:19	1:57:52
32	111	Ryan Saline	37	M	Cloquet	MN	54	24:53	1:41	1:34	20	56:07	22.0	0:49	39	34:42	6:57	1:58:02
33	105	Jim Reed	52	M	Duluth	MN	39	23:26	1:35	1:43	42	1:00:20	20.5	1:16	19	31:39	6:20	1:58:20
34	61	Joseph Hill	42	M	Sartell	MN	76	26:55	1:50	1:49	16	55:04	22.4	1:26	31	33:31	6:43	1:58:42
35	52	Dale Forde	53	M	Golden Valley	MN	36	23:08	1:34	1:41	39	59:51	20.7	1:29	30	33:13	6:39	1:59:20
36	67	Tj Jeannette	36	M	North Mankato	MN	51	24:25	1:39	1:44	41	1:00:07	20.6	0:59	23	32:14	6:27	1:59:27
37	57	Peter Hagen	43	M	Apple Valley	MN	16	19:54	1:21	1:41	54	1:01:10	20.2	1:26	51	35:46	7:10	1:59:55
38	18	Daniel Bjorkstrand	48	M	Guthrie	MN	63	25:48	1:45	1:24	30	57:56	21.3	1:03	37	34:11	6:51	2:00:20
39	999	Scott Kohls	53	M	Green Bay	WI	62	1:02:39	19.7	1:23	41	1:02:39	19.7	1:23	41	34:47	6:58	2:00:40
40	75	Leonard Klun	57	M	Maple Plain	MN	30	22:23	1:31	2:01	49	1:00:51	20.3	1:25	38	34:23	6:53	2:01:00
41	97	Erik Nielsen	20	M	Rochester	MN	13	19:31	1:20	2:11	74	1:04:22	19.2	1:36	33	33:46	6:46	2:01:23
42	92	Duane Millslagle	61	M	Duluth	MN	47	23:59	1:38	1:44	38	59:45	20.7	1:18	44	35:31	7:07	2:02:15
43	94	Peter Miner	31	M	Duluth	MN	45	23:57	1:38	2:23	35	59:04	20.9	1:45	45	35:31	7:07	2:02:37
44	120	Josh Smith	37	M	Watertown	MN	48	24:11	1:38	2:29	34	58:57	21.0	1:38	56	36:49	7:22	2:04:03
45	140	Kirk Walker	44	M	Elmhurst	IL	70	26:25	1:48	1:51	37	59:43	20.7	1:05	42	35:08	7:02	2:04:09
46	10	Christopher Anderson	29	M	Minneapolis	MN	77	27:01	1:50	1:29	28	57:16	21.6	1:07	66	38:15	7:39	2:05:04
47	149	Anthony Yung	41	M	Duluth	MN	25	21:37	1:28	2:25	69	1:03:38	19.4	1:28	57	37:06	7:26	2:06:10
48	7	Troy Adams	40	M	Cloquet	MN	65	26:04	1:46	1:52	31	58:18	21.2	1:30	72	39:22	7:53	2:07:02
49	56	Nick Grundman	29	M	Wayzata	MN	50	24:15	1:39	2:26	88	1:06:07	18.7	1:19	29	33:07	6:38	2:07:10
50	108	Jason Riley	40	M	Maple Grove	MN	62	25:43	1:45	2:21	56	1:01:54	20.0	1:41	55	36:47	7:22	2:08:23
51	751	Jim Metry	45	M	Duluth	MN	69	26:23	1:47	1:53	24	56:41	21.8	1:26	95	42:21	8:29	2:08:40
52	126	Joseph Stromsness	27	M	Duluth	MN	97	29:49	2:01	1:38	57	1:02:03	19.9	1:38	35	34:01	6:49	2:09:07
53	91	Chris Messerly	53	M	Vadnais Heights	MN	91	28:46	1:57	2:26	43	1:00:20	20.5	2:15	53	36:10	7:14	2:09:54
54	82	Jason Laplant	32	M	Minneapolis	MN	29	22:23	1:31	2:02	58	1:02:12	19.9	1:36	90	41:54	8:23	2:10:03
55	59	Nicholas Hess	21	M	Duluth	MN	99	30:12	2:03	2:39	68	1:03:25	19.5	1:22	24	32:34	6:31	2:10:07
56	132	Scott Tollefson	44	M	Minneapolis	MN	98	30:06	2:02	1:55	61	1:02:30	19.8	2:01	34	33:59	6:48	2:10:28
57	130	Matt Thell	33	M	Plymouth	MN	58	25:27	1:44	3:06	77	1:04:41	19.1	1:35	52	35:47	7:10	2:10:33
58	117	Michael Shafirka	34	M	Thunder Bay	ON	23	21:07	1:26	2:16	85	1:05:57	18.7	2:08	73	39:51	7:59	2:11:17
59	76	Ben Kohls	30	M	Riverview	FL	60	25:33	1:44	1:55	51	1:00:58	20.3	1:55	82	40:59	8:12	2:11:37
60	86	Jon Loye	35	M	Red Wing	MN	92	28:51	1:57	2:18	45	1:00:38	20.4	1:46	64	38:07	7:38	2:11:37
61	107	Erik Riker-Coleman	39	M	Duluth	MN	38	23:22	1:35	2:04	70	1:03:42	19.4	1:29	83	41:04	8:13	2:11:37
62	101	Michael Parker	26	M	Hopkins	MN	94	29:05	1:58	1:26	47	1:00:45	20.3	1:56	68	38:34	7:43	2:11:42
63	123	William Stack	23	M	Superior	WI	104	30:59	2:06	2:38	53	1:01:09	20.2	1:30	47	35:34	7:07	2:11:46
64	37	Bryce Davidson	29	M	Minneapolis	MN	33	22:31	1:32	3:43	97	1:07:02	18.4	1:24	59	37:10	7:26	2:11:47
65	19	Jaye Blanshan	50	M	Eden Prairie	MN	66	26:07	1:46	2:24	44	1:00:29	20.4	1:30	89	41:53	8:23	2:12:20
66	275	Skeeter Moore	48	M		MN	59	25:29	1:44	2:12	66	1:03:20	19.5	1:50	74	39:57	8:00	2:12:43
67	90	Shane McFadden	40	M	St. Louis Park	MN	78	27:07	1:50	3:18	80	1:04:54	19.0	2:19	43	35:11	7:03	2:12:45
68	65	Adam Iversen	20	M	Victoria	MN	56	25:09	1:42	2:06	91	1:06:19	18.6	2:45	58	37:10	7:26	2:13:26
69	143	Joe Wildman	55	M	Milaca	MN	19	20:33	1:24	3:10	114	1:10:59	17.4	1:36	62	37:40	7:32	2:13:54
70	89	Ryan Mattison	37	M	Madison	WI				579:58	79	1:04:44	19.1	1:41	70	39:02	7:49	2:14:02
71	121	Kent Smith	49	M	Bloomington	MN	41	23:32	1:36	2:40	64	1:02:46	19.7	1:51	104	43:31	8:43	2:14:18
72	113	Ted Schick	50	M	Esko	MN	80	27:45	1:53	2:14	59	1:02:20	19.8	1:35	80	40:30	8:06	2:14:21
73	759	Jason Kabel	38	M	Fort Frances	MN	89	28:42	1:57	2:11	50	1:00:52	20.3	2:05	84	41:05	8:13	2:14:51
74	42	Dustin Dierks	37	M	Sioux Falls	SD	68	26:12	1:47	1:49	65	1:03:15	19.5	1:49	100	42:53	8:35	2:15:56
75	30	Paul Caviglia	38	M	North East	PA	12	19:17	1:19	1:40	123	1:13:31	16.8	1:45	76	40:04	8:01	2:16:13

87	110	Timothy Rousar	24	M	White Bear Lake	MN	105	31:01	2:06	2:19	55	1:01:33	20.1	2:02	102	43:15	8:39	2:20:05
88	112	Joe Sandstrom	34	M	Wrenshall	MN	100	30:18	2:03	1:50	75	1:04:29	19.2	1:46	91	42:00	8:24	2:20:21
89	74	Tony Karels	41	M	Minnetonka	MN	72	26:39	1:49	3:04	86	1:06:00	18.7	2:58	87	41:52	8:23	2:20:31
90	33	David Ciresi	46	M	Eau Claire	WI	103	30:33	2:04	2:23	100	1:08:06	18.1	2:31	60	37:17	7:28	2:20:48
91	50	Chad Fait	34	M	St. Paul	MN	57	25:14	1:43	3:33	76	1:04:39	19.1	1:52	116	46:08	9:14	2:21:23
92	118	Tony Shoberg	28	M	Duluth	MN	17	20:31	1:24	2:09	126	1:18:18	15.8	1:24	77	40:09	8:02	2:22:29
93	21	Ryan Boman	31	M	Duluth	MN	71	26:39	1:48	3:24	95	1:06:44	18.5	2:06	107	43:53	8:47	2:22:43
94	13	Alex Barrette	15	M	Houlton	WI	84	28:24	1:56	1:16	72	1:03:58	19.3	1:47	120	47:27	9:30	2:22:49
95	39	Aaron Day	33	M	Saint Paul	MN	113	32:22	2:12	2:41	94	1:06:39	18.5	1:49	79	40:25	8:05	2:23:53
96	78	Alexander Kraker	26	M	Saint Paul	MN	119	35:08	2:23	2:59	63	1:02:45	19.7	2:28	81	40:36	8:08	2:23:53
97	100	Shane Olson	44	M	Duluth	MN	85	28:24	1:56	1:49	102	1:08:28	18.1	1:48	103	43:27	8:42	2:23:53
98	138	Jordan Vlastuin	20	M	Duluth	MN	108	31:49	2:09	1:51	89	1:06:10	18.7	2:17	94	42:19	8:28	2:24:22
99	144	Rob Williams	31	M	Minneapolis	MN	117	33:56	2:18	2:43	73	1:04:11	19.3	2:27	85	41:17	8:16	2:24:31
100	133	David Turnham	55	M	Duluth	MN	74	26:43	1:49	2:53	107	1:09:56	17.7	1:34	106	43:47	8:46	2:24:50
101	68	Collin Johnson	22	M	Roseville	MN	110	31:58	2:10	2:31	108	1:10:08	17.6	2:09	67	38:25	7:41	2:25:07
102	17	Bradley Benson	43	M	Saint Paul	MN	86	28:28	1:56	4:56	104	1:08:38	18.0	2:11	88	41:53	8:23	2:26:03
103	84	Aleksander Lied	37	M	South Range	WI	87	28:30	1:56	3:51	93	1:06:36	18.6	3:16	109	43:57	8:48	2:26:07
104	95	Jere Mohr	33	M	Duluth	MN	67	26:10	1:47	2:31	117	1:11:13	17.4	1:49	118	46:37	9:20	2:28:17
105	96	Nathan Monson	28	M	Plainview	MN	75	26:53	1:49	3:30	105	1:09:23	17.8	2:11	119	47:00	9:24	2:28:54
106	104	Mark Rauschenfels	56	M	Duluth	MN	102	30:31	2:04	2:55	83	1:05:03	19.0	2:00	122	48:51	9:47	2:29:17
107	147	Scott Winn	36	M	Stevens Point	WI	115	33:27	2:16	2:13	99	1:07:36	18.3	2:16	110	44:07	8:50	2:29:36
108	129	Michael Teitelbaum	53	M	Duluth	MN	101	30:25	2:04	1:41	92	1:06:23	18.6	1:39	125	49:56	10:00	2:30:02
109	27	Gavin Burke	31	M	Lake Forest	IL	64	25:57	1:46	4:25	109	1:10:11	17.6	3:44	117	46:22	9:17	2:30:35
110	11	Mark Anderson	59	M	Lombard	IL	55	25:07	1:42	3:12	118	1:11:41	17.2	2:08	124	49:25	9:53	2:31:30
111	36	Max Davenport	26	M	Minneapolis	MN	114	32:40	2:13	4:47	112	1:10:23	17.6	2:26	86	41:30	8:18	2:31:42
112	122	Jeff Solum	49	M	Shorewood	MN	122	36:32	2:29	2:54	101	1:08:15	18.1	2:06	93	42:06	8:26	2:31:49
113	72	Keith Johnson	51	M	Aurora	MN	126	38:17	2:36	3:48	103	1:08:28	18.1	2:30	71	39:04	7:49	2:32:05
114	22	Tim Boulay	64	M	Thunder Bay	ON	82	28:05	1:54	3:12	111	1:10:16	17.6	2:42	121	48:10	9:38	2:32:22
115	62	Terry Hill	59	M	Maple Grove	MN	112	32:21	2:12	4:20	106	1:09:39	17.7	2:52	105	43:33	8:43	2:32:43
116	66	Michael Iwan	41	M	Golden Valley	MN	129	42:08	2:51	1:54	81	1:04:55	19.0	1:30	97	42:34	8:31	2:32:59
117	29	Christopher Cassandro	20	M	Cloquet	MN	116	33:28	2:16	4:28	113	1:10:36	17.5	2:59	98	42:44	8:33	2:34:12
118	46	Michael Dunn	38	M	Andover	MN	81	27:47	1:53	4:40	110	1:10:16	17.6	2:49	127	50:19	10:04	2:35:48
119	98	Erik Nelson	30	M	Minneapolis	MN	21	21:02	1:26	3:22	116	1:11:12	17.4	3:29	129	57:08	11:26	2:36:10
120	26	Paul Buchanan	60	M	Duluth	MN	95	29:09	1:59	4:13	127	1:18:20	15.8	2:10	108	43:54	8:47	2:37:43
121	127	Scott Sturm	26	M	White Bear Lake	MN	106	31:10	2:07	3:21	124	1:15:42	16.3	2:49	114	45:33	9:07	2:38:32
122	134	Dan Valentine	53	M	Winona	MN	124	36:40	2:29	5:47	119	1:11:57	17.2	2:32	99	42:50	8:34	2:39:43
123	128	Scott Swanson	24	M	Robbinsdale	MN	118	34:12	2:19	2:05	122	1:13:27	16.8	1:26	126	50:04	10:01	2:41:12
124	137	David Vlastuin	46	M	Ellsworth	WI	125	37:20	2:32	2:57	121	1:13:25	16.8	2:10	115	45:37	9:08	2:41:25
125	53	Miker Frantes	27	M	Minneapolis	MN	123	36:39	2:29	7:17	115	1:11:08	17.4	5:07	96	42:22	8:29	2:42:30
126	81	Marcus Lane	32	M	Hermantown	MN	128	38:26	2:36	4:25	120	1:11:58	17.2	3:51	112	44:45	8:57	2:43:21
127	109	Zachary Rockers	21	M	Shorewood	MN	96	29:45	2:01	6:40	129	1:19:43	15.5	3:04	111	44:36	8:56	2:43:45
128	8	Rick Agar	57	M	Duluth	MN	73	26:41	1:49	2:37	128	1:19:35	15.5	1:28	128	55:09	11:02	2:45:27
129	73	Curtiss Jones	41	M	Andover	MN	109	31:54	2:10	3:38	125	1:16:57	16.1	2:33	131	1:03:51	12:47	2:58:50
130	48	Nicholas Erickson	28	M	St. Paul	MN	40	23:30	1:36	4:26	131	1:41:30	12.2	1:23	123	49:08	9:50	2:59:55
131	25	David Brody	46	M	Madison	WI	121	35:36	2:25	4:14	130	1:30:25	13.7	2:14	130	1:03:49	12:46	3:16:15

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	242	Becky Youngberg	37	F	Eden Prairie	MN	3	20:12	1:22	1:25	3	58:54	21.0	1:06	2	31:21	6:17	1:52:55
2	219	Jessica Rossing	26	F	Duluth	MN	7	21:39	1:28	1:20	6	59:40	20.7	0:55	4	31:42	6:21	1:55:13
3	208	Elaine Nelson	32	F	Duluth	MN	13	23:11	1:34	2:19	2	58:44	21.0	1:37	1	29:49	5:58	1:55:38
4	197	Kayla Kjellman	19	F	Nipigon	ON	18	23:46	1:37	1:37	4	59:00	20.9	1:12	6	33:15	6:39	1:58:46
5	276	Leanne Bronson	41	F			14	23:13	1:35	1:30	1	56:33	21.9	1:19	13	36:29	7:18	1:59:02
6	272	Angel Hohenstein	33	F	Duluth	MN	24	25:03	1:42	2:06	7	59:47	20.7	1:39	8	33:33	6:43	2:02:05
7	196	Christel Kippenhan	46	F	Bemidji	MN	5	21:16	1:27	1:22	10	1:01:47	20.0	1:11	14	36:32	7:19	2:02:06
8	237	Tina Welzien	30	F	Woodbury	MN	2	20:05	1:22	2:02	16	1:04:49	19.1	1:05	10	34:52	6:59	2:02:51
9	165	Tiffany Carlson	31	F	Duluth	MN	21	24:30	1:40	1:49	12	1:02:36	19.7	1:04	7	33:27	6:42	2:03:24
10	160	Robin Brandt	32	F	Minneapolis	MN	20	24:27	1:40	2:10	9	1:01:44	20.0	1:41	11	35:53	7:11	2:05:51
11	271	Michelle Carlson	40	F	Plymouth	MN	4	20:59	1:26	2:16	11	1:01:51	20.0	1:24	27	40:24	8:05	2:06:52
12	173	Marey Erickson	24	F	Duluth	MN	17	23:35	1:36	2:05	15	1:04:39	19.1	1:25	12	36:04	7:13	2:07:46
13	205	Nicole Mertz	24	F	Robbinsdale	MN	40	27:20	1:51	1:45	5	59:02	20.9	1:38	18	38:06	7:38	2:07:48
14	211	Lindsey Palmer	26	F	White Bear Lake	MN	30	25:40	1:45	1:23	13	1:03:33	19.4	1:08	15	37:09	7:26	2:08:51
15	185	Sara Hess	37	F	Kohler	WI	33	25:50	1:45	2:45	14	1:04:04	19.3	1:42	17	37:27	7:30	2:11:44
16	153	Louise Bilek	25	F	Minneapolis	MN	6	21:19	1:27	1:58	31	1:08:40	18.0	1:13	25	40:00	8:00	2:13:08
17	202	Christina Meier	34	F	Minneapolis	MN	10	22:39	1:32	1:31	17	1:05:11	19.0	1:06	41	43:15	8:39	2:13:38
18	181	Lori Green	48	F	Fort Frances	ON	26	25:11	1:43	2:41	8	1:01:28	20.1	2:21	37	42:09	8:26	2:13:47
19	161	Elizabeth Bugbee	39	F	North East	PA	12	22:48	1:33	2:08	32	1:09:02	17.9	1:42	21	38:49	7:46	2:14:24
20	201	Marlo McGaver	41	F	Duluth	MN	59	32:19	2:11	2:23	20	1:06:39	18.5	1:41	3	31:33	6:19	2:14:32
21	162	Gabrielle Bunten	19	F	Forest Lake	MN	1	18:10	1:14	2:09	26	1:07:34	18.3	1:32	49	45:33	9:07	2:14:55
22	212	Kelly Pechoux	19	F	Hastings	MN	57	31:09	2:07	1:53	29	1:08:08	18.1	1:04	5	32:49	6:34	2:15:00
23	179	Mollie Gillberg	18	F	Coon Rapids	MN				579:21	57	1:15:38	16.3	0:54	9	34:39	6:56	2:16:07
24	198	Lucy Kruesel	24	F	Grand Marais	MN	29	25:39	1:44	2:07	18	1:05:28	18.9	1:50	34	41:24	8:17	2:16:26
25	186	Erin Hill	19	F	Sartell	MN	16	23:34	1:36	2:28	30	1:08:32	18.0	1:31	36	41:35	8:19	2:17:37
26	192	Rea James	40	F	Long Lake	MN	8	21:49	1:29	2:53	37	1:10:15	17.6	1:37	38	42:16	8:28	2:18:48
27	183	Kristina Hedberg	25	F	St. Louis Park	MN	11	22:42	1:32	1:42	41	1:10:55	17.4	1:16	39	42:26	8:30	2:18:57
28	158	Erin Bradshaw	31	F	Wrenshall	MN	34	26:32	1:48	2:15	23	1:07:08	18.4	1:46	33	41:24	8:17	2:19:02
29	241	Susan Woods	50	F	Shoreview	MN	41	27:26										

42	226	Lisa Skrzeczkoskibz	35	F	Minneapolis	MN	23	24:52	1:41	2:18	28	1:07:50	18.2	1:50	54	48:33	9:43	2:25:21
43	224	Kathy Sherman	31	F	Winona	MN	25	25:08	1:42	2:27	53	1:14:24	16.6	1:46	44	43:44	8:45	2:27:25
44	156	Alicia Borman	45	F	Eagan	MN	39	27:11	1:51	3:21	59	1:16:03	16.3	2:01	23	39:03	7:49	2:27:36
45	191	Debra Hultman	50	F	Ely	MN	47	28:34	1:56	2:19	58	1:15:49	16.3	1:29	28	40:27	8:06	2:28:36
46	213	Sharron Peltier	41	F	Stacy	MN	43	27:44	1:53	2:43	22	1:07:02	18.4	1:56	58	49:32	9:55	2:28:53
47	151	Laura Andrews	29	F	Minneapolis	MN	58	31:32	2:08	3:43	43	1:11:32	17.3	2:11	30	40:35	8:07	2:29:30
48	235	Gretchen Warnke	41	F	Eagan	MN	37	26:47	1:49	2:38	35	1:09:51	17.7	3:00	53	47:26	9:30	2:29:40
49	187	Andrea Hoff	41	F	Northfield	MN	50	30:36	2:04	2:48	38	1:10:23	17.6	2:17	46	44:19	8:52	2:30:20
50	168	Hannah Cooperrider	23	F	Minneapolis	MN	61	33:39	2:17	3:43	39	1:10:27	17.5	2:41	31	40:47	8:10	2:31:15
51	216	Kimberly Radloff	38	F	Saginaw	MN	42	27:27	1:52	3:07	50	1:13:33	16.8	1:48	51	46:06	9:14	2:31:58
52	159	Jane Brandt	53	F	Rochester	MN	28	25:23	1:43	3:37	36	1:10:15	17.6	2:47	60	51:00	10:12	2:32:57
53	204	Paula Menzel	41	F	Hermantown	MN	62	34:23	2:20	2:28	56	1:14:54	16.5	1:17	26	40:22	8:05	2:33:20
54	163	Abbe Burke	53	F	Lake Forest	IL	48	29:44	2:01	3:34	54	1:14:32	16.6	2:40	47	44:28	8:54	2:34:55
55	180	Kimberly Gorman	45	F	Plymouth	MN	55	31:00	2:06	2:51	51	1:13:48	16.7	2:23	48	45:07	9:02	2:35:06
56	167	Erin Cook	44	F	Shorewood	MN	63	35:02	2:22	5:26	47	1:12:32	17.0	1:56	42	43:15	8:39	2:38:06
57	174	Kris Erie	42	F	Hoyt Lakes	MN	45	28:32	1:56	4:18	60	1:16:33	16.1	2:37	56	48:50	9:46	2:40:18
58	152	Nancy Beery	55	F	Duluth	MN	52	30:49	2:05	3:53	63	1:19:37	15.5	3:26	50	45:37	9:08	2:43:19
59	182	Leah Gruhn	32	F	Duluth	MN	54	31:00	2:06	3:40	49	1:13:16	16.9	2:24	66	54:10	10:50	2:44:26
60	225	Jade Shovein	50	F	Shoreview	MN	51	30:49	2:05	3:58	46	1:12:31	17.0	2:39	69	54:45	10:57	2:44:38
61	200	Malory Manderfield	25	F	Duluth	MN	15	23:26	1:35	3:59	65	1:21:25	15.2	2:17	65	54:03	10:49	2:45:06
62	236	Sue Watt	52	F	Esko	MN	56	31:05	2:06	2:26	62	1:19:17	15.6	2:06	59	50:21	10:05	2:45:12
63	221	Sara Schoen	37	F	Minneapolis	MN	66	36:14	2:27	3:49	44	1:11:48	17.2	7:10	63	54:01	10:49	2:52:59
64	203	Kristen Melby	34	F	Minneapolis	MN	65	35:35	2:25	3:11	61	1:18:04	15.8	2:11	64	54:02	10:49	2:52:59
65	164	Amanda Carlson	31	F	Duluth	MN				588:36	66	1:24:01	14.7	2:53	67	54:32	10:55	2:55:37
66	190	Dorice Hughes	48	F	McFarland	WI	64	35:32	2:25	3:18	64	1:19:40	15.5	2:38	71	58:40	11:44	2:59:44
67	215	Caitlin Powers	26	F	Minneapolis	MN	38	27:03	1:50	4:21	69	1:29:24	13.8	1:31	70	57:54	11:35	3:00:10
68	228	Kristen Strissel	27	F	Minneapolis	MN	68	36:48	2:30	6:10	67	1:27:44	14.1	2:45	55	48:40	9:44	3:02:03
69	229	Genevieve Teasley	29	F	Duluth	MN	60	32:46	2:13	3:36	70	1:31:53	13.5	1:25	68	54:45	10:57	3:04:22
70	194	Amanda Jones	31	F	Blaine	MN	69	38:51	2:38	3:16	68	1:28:40	13.9	1:49	62	53:59	10:48	3:06:32
71	232	Tania Trowbridge	22	F	Shakopee	MN	67	36:26	2:28					1:50	72	1:00:32	12:07	3:10:26
72	157	Jean Bostrom	58	F	Zimmerman	MN	70	39:31	2:41				1:52	61	53:57	10:48	3:20:37	

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	197	Kayla Kjellman	19	F	Nipigon	ON	3	23:46	1:37	1:37	1	59:00	20.9	1:12	2	33:15	6:39	1:58:46
2	162	Gabrielle Bunten	19	F	Forest Lake	MN	1	18:10	1:14	2:09	2	1:07:34	18.3	1:32	5	45:33	9:07	2:14:55
3	212	Kelly Pechous	19	F	Hastings	MN	4	31:09	2:07	1:53	3	1:08:08	18.1	1:04	1	32:49	6:34	2:15:00
4	179	Mollie Gillberg	18	F	Coon Rapids	MN				579:21	5	1:15:38	16.3	0:54	3	34:39	6:56	2:16:07
5	186	Erin Hill	19	F	Sartell	MN	2	23:34	1:36	2:28	4	1:08:32	18.0	1:31	4	41:35	8:19	2:17:37

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	173	Marey Erickson	24	F	Duluth	MN	1	23:35	1:36	2:05	2	1:04:39	19.1	1:25	1	36:04	7:13	2:07:46
2	205	Nicole Mertz	24	F	Robbinsdale	MN	3	27:20	1:51	1:45	1	59:02	20.9	1:38	2	38:06	7:38	2:07:48
3	198	Lucy Kruesel	24	F	Grand Marais	MN	2	25:39	1:44	2:07	3	1:05:28	18.9	1:50	5	41:24	8:17	2:16:26
4	171	Amelia Donars	23	F	Duluth	MN	4	28:34	1:56	2:14	5	1:11:17	17.3	1:45	3	39:02	7:49	2:22:48
5	168	Hannah Cooperrider	23	F	Minneapolis	MN	5	33:39	2:17	3:43	4	1:10:27	17.5	2:41	4	40:47	8:10	2:31:15
6	232	Tania Trowbridge	22	F	Shakopee	MN	6	36:26	2:28					1:50	6	1:00:32	12:07	3:10:26

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	219	Jessica Rossing	26	F	Duluth	MN	2	21:39	1:28	1:20	1	59:40	20.7	0:55	1	31:42	6:21	1:55:13
2	211	Lindsey Palmer	26	F	White Bear Lake	MN	7	25:40	1:45	1:23	2	1:03:33	19.4	1:08	2	37:09	7:26	2:08:51
3	153	Louise Bilek	25	F	Minneapolis	MN	1	21:19	1:27	1:58	3	1:08:40	18.0	1:13	5	40:00	8:00	2:13:08
4	183	Kristina Hedberg	25	F	St. Louis Park	MN	4	22:42	1:32	1:42	5	1:10:55	17.4	1:16	7	42:26	8:30	2:18:57
5	217	Janna Radtke	26	F	Duluth	MN	8	26:34	1:48	2:41	7	1:12:06	17.1	1:44	4	38:07	7:38	2:21:09
6	176	Amy Flessert	27	F	Superior	WI	6	24:41	1:41	4:00	8	1:12:46	17.0	2:29	3	37:24	7:29	2:21:17
7	199	Cecile Lamour	27	F	St Paul	MN	3	22:36	1:32	2:27	4	1:10:45	17.5	2:18	8	43:42	8:45	2:21:45
8	151	Laura Andrews	29	F	Minneapolis	MN	10	31:32	2:08	3:43	6	1:11:32	17.3	2:11	6	40:35	8:07	2:29:30
9	200	Malory Manderfield	25	F	Duluth	MN	5	23:26	1:35	3:59	9	1:21:25	15.2	2:17	10	54:03	10:49	2:45:06
10	215	Caitlin Powers	26	F	Minneapolis	MN	9	27:03	1:50	4:21	11	1:29:24	13.8	1:31	12	57:54	11:35	3:00:10
11	228	Kristen Strissel	27	F	Minneapolis	MN	12	36:48	2:30	6:10	10	1:27:44	14.1	2:45	9	48:40	9:44	3:02:03
12	229	Genevieve Teasley	29	F	Duluth	MN	11	32:46	2:13	3:36	12	1:31:53	13.5	1:25	11	54:45	10:57	3:04:22

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	208	Elaine Nelson	32	F	Duluth	MN	3	23:11	1:34	2:19	1	58:44	21.0	1:37	1	29:49	5:58	1:55:38
2	272	Angel Hohenstein	33	F	Duluth	MN	6	25:03	1:42	2:06	2	59:47	20.7	1:39	3	33:33	6:43	2:02:05
3	237	Tina Welzien	30	F	Woodbury	MN	1	20:05	1:22	2:02	5	1:04:49	19.1	1:05	4	34:52	6:59	2:02:51
4	165	Tiffany Carlson	31	F	Duluth	MN	5	24:30	1:40	1:49	4	1:02:36	19.7	1:04	2	33:27	6:42	2:03:24
5	160	Robin Brandt	32	F	Minneapolis	MN	4	24:27	1:40	2:10	3	1:01:44	20.0	1:41	5	35:53	7:11	2:05:51
6	202	Christina Meier	34	F	Minneapolis	MN	2	22:39	1:32	1:31	6	1:05:11	19.0	1:06	10	43:15	8:39	2:13:38
7	158	Erin Bradshaw	31	F	Wrenshall	MN	9	26:32	1:48	2:15	8	1:07:08	18.4	1:46	8	41:24	8:17	2:19:52
8	184	Jamie Henningson	32	F	Ankeny	IA	10	30:11	2:03	2:55	7	1:07:01	18.4	1:59	7	40:52	8:11	2:22:05
9	240	Carie Winn	32	F	Stevens Point	WI	11	30:57	2:06	2:07	9	1:07:11	18.4	1:53	9	41:33	8:19	2:23:39
10	155	Mylee Bishop	33	F	Burnsville	MN	8	25:22	1:43	2:51	11	1:14:18	16.6	1:54	6	39:43	7:57	2:24:05
11	224	Kathy Sherman	31	F	Winona	MN	7	25:08	1:42	2:27	12	1:14:24	16.6	1:46	11	43:44	8:45	2:27:25
12	182	Leah Gruhn	32	F	Duluth	MN	12	31:00	2:06	3:40	10	1:13:16	16.9	2:24	14	54:10	10:50	2:44:26
13	203	Kristen Melby	34	F	Minneapolis	MN	13	35:35	2:25	3:11	13	1:18:04	15.8	2:11	13	54:02	10:49	2:52:59
14	164	Amanda Carlson	31	F	Duluth	MN				588:36	14	1:24:01	14.7	2:53	15	54:32	10:55	2:55:37
15	194	Amanda Jones	31	F	Blaine	MN	14	38:51	2:38	3:16	15	1:28:40	13.9	1:49	12	53:59	10:48	3:06:32

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</
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3	161	Elizabeth Bugbee	39	F	North East	PA	2	22:48	1:33	2:08	4	1:09:02	17.9	1:42	4	38:49	7:46	2:14:24
4	166	Gina Chavez	37	F	Crystal	MN	6	26:33	1:48	4:00	5	1:09:10	17.9	1:36	5	40:28	8:06	2:21:43
5	175	Nicole Finstad	37	F	Birchwood	WI	4	25:42	1:45	1:50	8	1:14:54	16.5	1:28	3	38:28	7:42	2:22:19
6	226	Lisa Skrzeczkoskibz	35	F	Minneapolis	MN	3	24:52	1:41	2:18	3	1:07:50	18.2	1:50	7	48:33	9:43	2:25:21
7	216	Kimberly Radloff	38	F	Saginaw	MN	7	27:27	1:52	3:07	7	1:13:33	16.8	1:48	6	46:06	9:14	2:31:58
8	221	Sara Schoen	37	F	Minneapolis	MN	8	36:14	2:27	3:49	6	1:11:48	17.2	7:10	8	54:01	10:49	2:52:59

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	276	Leanne Bronson	41	F			3	23:13	1:35	1:30	1	56:33	21.9	1:19	2	36:29	7:18	1:59:02
2	271	Michelle Carlson	40	F	Plymouth	MN	1	20:59	1:26	2:16	2	1:01:51	20.0	1:24	4	40:24	8:05	2:06:52
3	201	Marlo McGaver	41	F	Duluth	MN	10	32:19	2:11	2:23	3	1:06:39	18.5	1:41	1	31:33	6:19	2:14:32
4	192	Rea James	40	F	Long Lake	MN	2	21:49	1:29	2:53	8	1:10:15	17.6	1:37	5	42:16	8:28	2:18:48
5	209	Carla Nordenstrom	40	F	Maple Grove	MN	4	25:41	1:45	1:59	6	1:09:19	17.8	1:35	9	46:17	9:16	2:24:48
6	177	Julie Flotten	41	F	Duluth	MN	7	27:57	1:54	2:56	5	1:07:39	18.3	2:30	7	44:18	8:52	2:25:17
7	213	Sharron Peltier	41	F	Stacy	MN	6	27:44	1:53	2:43	4	1:07:02	18.4	1:56	12	49:32	9:55	2:28:53
8	235	Gretchen Warnke	41	F	Eagan	MN	5	26:47	1:49	2:38	7	1:09:51	17.7	3:00	10	47:26	9:30	2:29:40
9	187	Andrea Hoff	41	F	Northfield	MN	9	30:36	2:04	2:48	9	1:10:23	17.6	2:17	8	44:19	8:52	2:30:20
10	204	Paula Menzel	41	F	Hermantown	MN	11	34:23	2:20	2:28	11	1:14:54	16.5	1:17	3	40:22	8:05	2:33:20
11	167	Erin Cook	44	F	Shorewood	MN	12	35:02	2:22	5:26	10	1:12:32	17.0	1:56	6	43:15	8:39	2:38:06
12	174	Kris Erie	42	F	Hoyt Lakes	MN	8	28:32	1:56	4:18	12	1:16:33	16.1	2:37	11	48:50	9:46	2:40:48

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	196	Christel Kippenhan	46	F	Bemidji	MN	1	21:16	1:27	1:22	2	1:01:47	20.0	1:11	1	36:32	7:19	2:02:06
2	181	Lori Green	48	F	Fort Frances	ON	3	25:11	1:43	2:41	1	1:01:28	20.1	2:21	3	42:09	8:26	2:13:47
3	239	Sally Winecke	47	F	Eagan	MN	2	24:24	1:39	2:42	3	1:05:44	18.8	2:41	5	49:03	9:49	2:24:29
4	156	Alicia Borman	45	F	Eagan	MN	4	27:11	1:51	3:21	5	1:16:03	16.3	2:01	2	39:03	7:49	2:27:36
5	180	Kimberly Gorman	45	F	Plymouth	MN	5	31:00	2:06	2:51	4	1:13:48	16.7	2:23	4	45:07	9:02	2:35:06
6	190	Dorice Hughes	48	F	McFarland	WI	6	35:32	2:25	3:18	6	1:19:40	15.5	2:38	6	58:40	11:44	2:59:44

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	241	Susan Woods	50	F	Shoreview	MN	2	27:26	1:52	1:28	1	1:07:29	18.3	1:11	2	42:26	8:30	2:19:57
2	191	Debra Hultman	50	F	Ely	MN	3	28:34	1:56	2:19	5	1:15:49	16.3	1:29	1	40:27	8:06	2:28:36
3	159	Jane Brandt	53	F	Rochester	MN	1	25:23	1:43	3:37	2	1:10:15	17.6	2:47	5	51:00	10:12	2:32:57
4	163	Abbe Burke	53	F	Lake Forest	IL	4	29:44	2:01	3:34	4	1:14:32	16.6	2:40	3	44:28	8:54	2:34:55
5	225	Jade Shovein	50	F	Shoreview	MN	5	30:49	2:05	3:58	3	1:12:31	17.0	2:39	6	54:45	10:57	2:44:38
6	236	Sue Watt	52	F	Esko	MN	6	31:05	2:06	2:26	6	1:19:17	15.6	2:06	4	50:21	10:05	2:45:12

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	152	Nancy Beery	55	F	Duluth	MN	1	30:49	2:05	3:53	1	1:19:37	15.5	3:26	1	45:37	9:08	2:43:19
2	157	Jean Bostrom	58	F	Zimmerman	MN	2	39:31	2:41					1:52	2	53:57	10:48	3:20:37

FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 70 - 74

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 75 - 79

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 80 - 84

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 85 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	58	Ted Heikkila	18	M	Delano	MN	2	22:43	1:33	1:56	2	1:00:05	20.6	0:49	1	29:07	5:50	1:54:37
2	139	Alexander Vogel	18	M	Maple Grove	MN	1	18:52	1:17	1:38	1	59:40	20.7	1:14	2	36:33	7:19	1:57:52
3	13	Alex Barrette	15	M	Houlton	WI	3	28:24	1:56	1:16	3	1:03:58	19.3	1:47	3	47:27	9:30	2:22:49

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	1	Devon Palmer	24	M	St. Paul	MN	2	18:02	1:14	1:20	1	48:19	25.6	0:57	1	29:00	5:48	1:37:36
2	87	Nick Madrinich	22	M	Chaska	MN	1	17:14	1:10	1:07	2	52:51	23.4	0:49	2	30:56	6:12	1:42:55
3	43	Damon Dougherty	21	M	Hibbing	MN	4	18:57	1:17	1:55	3	56:35	21.8	1:17	6	35:32	7:07	1:54:15
4	44	Reilly Dougherty	21	M	Hibbing	MN	3	18:13	1:14	1:20	6	1:02:25	19.8	1:07	3	31:26	6:18	1:54:28
5	97	Erik Nielsen	20	M	Rochester	MN	5	19:31	1:20	2:11	8	1:04:22	19.2	1:36	5	33:46	6:46	2:01:23
6	59	Nicholas Hess	21	M	Duluth	MN	8	30:12	2:03	2:39	7	1:03:25	19.5	1:22	4	32:34	6:31	2:10:07
7	123	William Stack	23	M	Superior	WI	9	30:59	2:06	2:38	4	1:01:09	20.2	1:30	7	35:34	7:07	2:11:46
8	65	Adam Iversen	20	M	Victoria	MN	6	25:09	1:42	2:06	12	1:06:19	18.6	2:45	9	37:10	7:26	2:13:26



9	103	Matt Rasmussen	21	M	Chaska	MN	13	32:19	2:11	2:51	10	1:05:28	18.9	1:18	10	37:19	7:28	2:19:11
10	752	Paul Brockwood	23	M	Superior	WI	16	35:27	2:24	2:43	9	1:04:41	19.1	1:13	8	35:42	7:09	2:19:43
11	110	Timothy Rousar	24	M	White Bear Lake	MN	10	31:01	2:06	2:19	5	1:01:33	20.1	2:02	14	43:15	8:39	2:20:05
12	138	Jordan Vlastuin	20	M	Duluth	MN	11	31:49	2:09	1:51	11	1:06:10	18.7	2:17	12	42:19	8:28	2:24:22
13	68	Collin Johnson	22	M	Roseville	MN	12	31:58	2:10	2:31	13	1:10:08	17.6	2:09	11	38:25	7:41	2:25:07
14	29	Christopher Cassandro	20	M	Cloquet	MN	14	33:28	2:16	4:28	14	1:10:36	17.5	2:59	13	42:44	8:33	2:34:12
15	128	Scott Swanson	24	M	Robbinsdale	MN	15	34:12	2:19	2:05	15	1:13:27	16.8	1:26	16	50:04	10:01	2:41:12
16	109	Zachary Rockers	21	M	Shorewood	MN	7	29:45	2:01	6:40	16	1:19:43	15.5	3:04	15	44:36	8:56	2:43:45

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	270	Marc Malinoski	25	M	Duluth	MN	3	21:46	1:29	1:17	1	53:32	23.1	1:12	1	29:31	5:55	1:47:14
2	278	Strzok Ladislaus	27	M			2	20:37	1:24	1:14	2	55:01	22.5	1:18	5	33:39	6:44	1:51:46
3	99	Jared Olhoft	29	M	Shoreview	MN	4	22:25	1:31	1:28	3	56:45	21.8	1:12	2	30:47	6:10	1:52:34
4	146	Stephen Wilson	26	M	Golden Valley	MN	7	23:32	1:36	1:38	4	56:57	21.7	1:06	3	32:34	6:31	1:55:44
5	10	Christopher Anderson	29	M	Minneapolis	MN	10	27:01	1:50	1:29	5	57:16	21.6	1:07	9	38:15	7:39	2:05:04
6	56	Nick Grundman	29	M	Wayzata	MN	8	24:15	1:39	2:26	11	1:06:07	18.7	1:19	4	33:07	6:38	2:07:10
7	126	Joseph Stromsness	27	M	Duluth	MN	13	29:49	2:01	1:38	8	1:02:03	19.9	1:38	6	34:01	6:49	2:09:07
8	101	Michael Parker	26	M	Hopkins	MN	12	29:05	1:58	1:26	6	1:00:45	20.3	1:56	10	38:34	7:43	2:11:42
9	37	Bryce Davidson	29	M	Minneapolis	MN	5	22:31	1:32	3:43	12	1:07:02	18.4	1:24	8	37:10	7:26	2:11:47
10	277	Lee Brown	29	M			18	38:23	2:36	1:32	7	1:00:58	20.3	2:10	7	35:42	7:09	2:18:42
11	49	Scott Ewen	27	M	St. Cloud	MN	11	28:09	1:55	1:40	10	1:04:56	19.0	1:58	14	42:04	8:25	2:18:43
12	118	Tony Shoberg	28	M	Duluth	MN	1	20:31	1:24	2:09	17	1:18:18	15.8	1:24	11	40:09	8:02	2:22:29
13	78	Alexander Kraker	26	M	Saint Paul	MN	16	35:08	2:23	2:59	9	1:02:45	19.7	2:28	12	40:36	8:08	2:23:53
14	96	Nathan Monson	28	M	Plainview	MN	9	26:53	1:49	3:30	13	1:09:23	17.8	2:11	17	47:00	9:24	2:28:54
15	36	Max Davenport	26	M	Minneapolis	MN	15	32:40	2:13	4:47	14	1:10:23	17.6	2:26	13	41:30	8:18	2:31:42
16	127	Scott Sturm	26	M	White Bear Lake	MN	14	31:10	2:07	3:21	16	1:15:42	16.3	2:49	16	45:33	9:07	2:38:32
17	53	Miker Frantes	27	M	Minneapolis	MN	17	36:39	2:29	7:17	15	1:11:08	17.4	5:07	15	42:22	8:29	2:42:30
18	48	Nicholas Erickson	28	M	St. Paul	MN	6	23:30	1:36	4:26	18	1:41:30	12.2	1:23	18	49:08	9:50	2:59:55

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	2	Jonathan Balabuck	32	M	Thunder Bay	ON	1	18:09	1:14	1:08	1	50:16	24.6	0:53	2	28:14	5:39	1:38:38
2	5	Josh Blankenheim	31	M	Duluth	MN	4	19:42	1:20	1:12	2	52:16	23.6	0:46	1	27:27	5:30	1:41:20
3	131	Doug Thiessen	31	M	Thunder Bay	ON	3	18:28	1:15	1:28	5	53:55	22.9	1:12	3	29:25	5:53	1:44:26
4	419	Byron Lubenkov	30	M	Minneapolis	MN	2	18:18	1:15	1:42	6	54:03	22.9	1:44	5	31:16	6:16	1:47:01
5	268	Steve Hohenstein	34	M	Duluth	MN	8	21:48	1:29	1:19	4	53:33	23.1	1:00	6	31:40	6:20	1:49:17
6	102	Jeff Peterson	34	M	Bloomington	MN	12	24:37	1:40	1:30	3	53:19	23.2	1:11	4	31:13	6:15	1:51:46
7	9	Thomas Alcivar	34	M	Bloomington	MN	5	20:32	1:24	1:38	8	58:56	21.0	1:08	7	31:47	6:22	1:53:59
8	93	Paul Miner	31	M	Duluth	MN	10	22:32	1:32	1:55	7	55:53	22.1	1:16	8	33:06	6:38	1:54:39
9	94	Peter Miner	31	M	Duluth	MN	11	23:57	1:38	2:23	9	59:04	20.9	1:45	9	35:31	7:07	2:02:37
10	82	Jason Laplant	32	M	Minneapolis	MN	9	22:23	1:31	2:02	11	1:02:12	19.9	1:36	16	41:54	8:23	2:10:03
11	130	Matt Thell	33	M	Plymouth	MN	14	25:27	1:44	3:06	15	1:04:41	19.1	1:35	10	35:47	7:10	2:10:33
12	117	Michael Shafirka	34	M	Thunder Bay	ON	7	21:07	1:26	2:16	16	1:05:57	18.7	2:08	11	39:51	7:59	2:11:17
13	76	Ben Kohls	30	M	Riverview	FL	15	25:33	1:44	1:55	10	1:00:58	20.3	1:55	14	40:59	8:12	2:11:17
14	114	Dan Schuchman	31	M	Minneapolis	MN	16	25:36	1:44	2:57	19	1:07:26	18.3	2:13	12	39:59	8:00	2:18:09
15	112	Joe Sandstrom	34	M	Wrenshall	MN	20	30:18	2:03	1:50	13	1:04:29	19.2	1:46	17	42:00	8:24	2:20:21
16	50	Chad Fait	34	M	St. Paul	MN	13	25:14	1:43	3:33	14	1:04:39	19.1	1:52	20	46:08	9:14	2:21:23
17	21	Ryan Boman	31	M	Duluth	MN	19	26:39	1:48	3:24	18	1:06:44	18.5	2:06	18	43:53	8:47	2:22:43
18	39	Aaron Day	33	M	Saint Paul	MN	21	32:22	2:12	2:41	17	1:06:39	18.5	1:49	13	40:25	8:05	2:23:53
19	144	Rob Williams	31	M	Minneapolis	MN	22	33:56	2:18	2:43	12	1:04:11	19.3	2:27	15	41:17	8:16	2:24:31
20	95	Jere Mohr	33	M	Duluth	MN	18	26:10	1:47	2:31	22	1:11:13	17.4	1:49	22	46:37	9:20	2:28:17
21	27	Gavin Burke	31	M	Lake Forest	IL	17	25:57	1:46	4:25	20	1:10:11	17.6	3:44	21	46:22	9:17	2:30:35
22	98	Erik Nelson	30	M	Minneapolis	MN	6	21:02	1:26	3:22	21	1:11:12	17.4	3:29	23	57:08	11:26	2:36:10
23	81	Marcus Lane	32	M	Hermantown	MN	23	38:26	2:36	4:25	23	1:11:58	17.2	3:51	19	44:45	8:57	2:43:21

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	60	Bryan Hill	37	M	Minneapolis	MN	2	22:14	1:31	1:13	1	54:04	22.9	1:15	2	31:08	6:14	1:49:51
2	756	Andrew Broadmoore	35	M	Duluth	MN	4	23:43	1:37	1:25	2	55:20	22.3	1:19	1	30:23	6:05	1:52:07
3	70	Greg Johnson	39	M	Hermantown	MN	5	23:48	1:37	1:27	4	56:23	21.9	1:17	3	31:41	6:21	1:54:33
4	111	Ryan Saline	37	M	Cloquet	MN	8	24:53	1:41	1:34	3	56:07	22.0	0:49	5	34:42	6:57	1:58:02
5	67	Tj Jeannette	36	M	North Mankato	MN	7	24:25	1:39	1:44	6	1:00:07	20.6	0:59	4	32:14	6:27	1:59:27
6	120	Josh Smith	37	M	Watertown	MN	6	24:11	1:38	2:29	5	58:57	21.0	1:38	6	36:49	7:22	2:04:03
7	86	Jon Loye	35	M	Red Wing	MN	14	28:51	1:57	2:18	7	1:00:38	20.4	1:46	7	38:07	7:38	2:11:37
8	107	Erik Riker-Coleman	39	M	Duluth	MN	3	23:22	1:35	2:04	11	1:03:42	19.4	1:29	11	41:04	8:13	2:11:37
9	89	Ryan Mattison	37	M	Madison	WI				579:58	12	1:04:44	19.1	1:41	8	39:02	7:49	2:14:02
10	759	Jason Kabel	38	M	Fort Frances	SD	12	28:42	1:57	2:11	8	1:00:52	20.3	2:05	12	41:05	8:13	2:14:51
11	42	Dustin Dierks	37	M	Sioux Falls	SD	9	26:12	1:47	1:49	9	1:03:15	19.5	1:49	13	42:53	8:35	2:15:56
12	30	Paul Caviglia	38	M	North East	PA	1	19:17	1:19	1:40	16	1:13:31	16.8	1:45	9	40:04	8:01	2:16:13
13	24	Peter Breitsprecher	36	M	Thunder Bay	ON	13	28:43	1:57	3:02	10	1:03:22	19.5	1:50	10	40:10	8:02	2:17:04
14	84	Aleksander Lied	37	M	South Range	WI	11	28:30	1:56	3:51	13	1:06:36	18.6	3:16	14	43:57	8:48	2:26:07
15	147	Scott Winn	36	M	Stevens Point	WI	15	33:27	2:16	2:13	14	1:07:36	18.3	2:16	15	44:07	8:50	2:29:36
16	46	Michael Dunn	38	M	Andover	MN	10	27:47	1:53	4:40	15	1:10:16	17.6	2:49	16	50:19	10:04	2:35:48

MALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	148	Thomas Woods, Iv	40	M	Lincoln	NE	2	21:02	1:26	1:27	1	51:14	24.1	0:54	1	28:46	5:46	1:43:21
2	85	Joe Litsey	42	M	Minneapolis	MN	4	24:46	1:41	1:57	3	56:58	21.7	1:32	2	31:18	6:16	1:56:28
3	61	Joseph Hill	42	M	Sartell	MN	9	26:55	1:50	1:49	2	55:04	22.4	1:26	3	33:31	6:43	1:58:42
4	57	Peter Hagen	43	M	Apple Valley	MN	1	19:54	1:21	1:41	6	1:01:10	20.2	1:26	7	35:46	7:10	1:59:55
5	140	Kirk Walker	44	M	Elmhurst	IL	7	26:25	1:48	1:51	5	59:43	20.7	1:05	5	35:08	7:02	2:04:09
6	149	Anthony Yung	41	M	Duluth	MN	3	21:37	1:28	2:25	9	1:03:38	19.4	1:28	9			

11	83	Corey Lebrasseur	41	M	Cloquet	MN	13	28:39	1:57	2:52	13	1:07:00	18.4	3:00	10	37:55	7:35	2:19:24
12	74	Tony Karels	41	M	Minnetonka	MN	8	26:39	1:49	3:04	12	1:06:00	18.7	2:58	12	41:52	8:23	2:20:31
13	100	Shane Olson	44	M	Duluth	MN	11	28:24	1:56	1:49	14	1:08:28	18.1	1:48	15	43:27	8:42	2:23:53
14	17	Bradley Benson	43	M	Saint Paul	MN	12	28:28	1:56	4:56	15	1:08:38	18.0	2:11	13	41:53	8:23	2:26:03
15	66	Michael Iwan	41	M	Golden Valley	MN	16	42:08	2:51	1:54	11	1:04:55	19.0	1:30	14	42:34	8:31	2:32:59
16	73	Curtiss Jones	41	M	Andover	MN	15	31:54	2:10	3:38	16	1:16:57	16.1	2:33	16	1:03:51	12:47	2:58:50

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	3	Brian Bich	45	M	Duluth	MN	1	18:19	1:15	1:04	1	50:07	24.7	0:52	1	30:01	6:01	1:40:21
2	4	Rhett Bonner	47	M	Duluth	MN	2	18:26	1:15	0:57	2	50:12	24.6	1:02	2	30:59	6:12	1:41:34
3	269	John Kelley	48	M	Duluth	MN	4	22:27	1:31	1:40	4	57:39	21.4	1:02	3	32:49	6:34	1:55:34
4	279	Keith Hatcher	45	M			3	19:51	1:21	1:38	6	1:00:38	20.4	1:14	4	34:06	6:50	1:57:24
5	18	Daniel Bjorkstrand	48	M	Guthrie	MN	7	25:48	1:45	1:24	5	57:56	21.3	1:03	5	34:11	6:51	2:00:20
6	751	Jim Metry	45	M	Duluth	MN	8	26:23	1:47	1:53	3	56:41	21.8	1:26	9	42:21	8:29	2:08:40
7	275	Skeeter Moore	48	M			6	25:29	1:44	2:12	8	1:03:20	19.5	1:50	7	39:57	8:00	2:12:43
8	121	Kent Smith	49	M	Bloomington	MN	5	23:32	1:36	2:40	7	1:02:46	19.7	1:51	10	43:31	8:43	2:14:18
9	33	David Ciresi	46	M	Eau Claire	WI	9	30:33	2:04	2:23	9	1:08:06	18.1	2:31	6	37:17	7:28	2:20:48
10	122	Jeff Solum	49	M	Shorewood	MN	11	36:32	2:29	2:54	10	1:08:15	18.1	2:06	8	42:06	8:26	2:31:49
11	137	David Vlastuin	46	M	Ellsworth	WI	12	37:20	2:32	2:57	11	1:13:25	16.8	2:10	11	45:37	9:08	2:41:25
12	25	David Brody	46	M	Madison	WI	10	35:36	2:25	4:14	12	1:30:25	13.7	2:14	12	1:03:49	12:46	3:16:15

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	79	Thomas Krenz	50	M	Chisago City	MN	2	21:25	1:27	1:43	1	53:45	23.0	1:26	1	30:55	6:11	1:49:10
2	758	David Goldberg	50	M	Excelsior	MN	1	18:59	1:17	1:24	3	58:38	21.1	1:19	5	34:46	6:58	1:55:05
3	136	Kirk Vesterstein	50	M	Duluth	MN	6	24:12	1:39	1:45	2	56:16	22.0	1:11	3	32:45	6:33	1:56:06
4	105	Jim Reed	52	M	Duluth	MN	4	23:26	1:35	1:43	5	1:00:20	20.5	1:16	2	31:39	6:20	1:58:20
5	52	Dale Forde	53	M	Golden Valley	MN	3	23:08	1:34	1:41	4	59:51	20.7	1:29	4	33:13	6:39	1:59:20
6	999	Scott Kohls	53	M	Green Bay	WI	10	1:02:39	19.7	1:23	6	34:47	6:58	2:00:40				
7	91	Chris Messerly	53	M	Vadnais Heights	MN	10	28:46	1:57	2:26	6	1:00:20	20.5	2:15	7	38:50	7:14	2:09:54
8	19	Jaye Blanshan	50	M	Eden Prairie	MN	7	26:07	1:46	2:24	7	1:00:29	20.4	1:30	12	41:53	8:23	2:12:20
9	113	Ted Schick	50	M	Esko	MN	9	27:45	1:53	2:14	9	1:02:20	19.8	1:35	11	40:30	8:06	2:14:21
10	119	Jack Shovein	52	M	North Oaks	MN	11	28:55	1:58	2:48	11	1:03:51	19.4	2:44	9	38:36	7:44	2:16:52
11	80	Didier Lamour	54	M	Inver Grove Height	MN	5	23:59	1:38	3:01	13	1:06:15	18.7	1:56	14	43:06	8:38	2:18:14
12	23	Dave Brandt	53	M	Rochester	MN	8	27:28	1:52	3:16	8	1:00:48	20.3	1:47	15	45:09	9:02	2:18:25
13	142	Terry Wiens	54	M	Duluth	MN	13	31:14	2:07	2:53	12	1:06:00	18.7	1:39	8	38:07	7:38	2:19:50
14	129	Michael Teitelbaum	53	M	Duluth	MN	12	30:25	2:04	1:41	14	1:06:23	18.6	1:39	16	49:56	10:00	2:30:02
15	72	Keith Johnson	51	M	Aurora	MN	15	38:17	2:36	3:48	15	1:08:28	18.1	2:30	10	39:04	7:49	2:32:05
16	134	Dan Valentine	53	M	Winona	MN	14	36:40	2:29	5:47	16	1:11:57	17.2	2:32	13	42:50	8:34	2:39:43

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	45	Dave Dow	56	M	Stillwater	MN	3	23:10	1:34	1:25	1	55:44	22.2	1:29	2	35:41	7:09	1:57:25
2	75	Leonard Klun	57	M	Maple Plain	MN	2	22:23	1:31	2:01	2	1:00:51	20.3	1:25	1	34:23	6:53	2:01:00
3	143	Joe Wildman	55	M	Milaca	MN	1	20:33	1:24	3:10	6	1:10:59	17.4	1:36	3	37:40	7:32	2:13:54
4	133	David Turnham	55	M	Duluth	MN	6	26:43	1:49	2:53	5	1:09:56	17.7	1:34	5	43:47	8:46	2:24:50
5	104	Mark Rauschenfels	56	M	Duluth	MN	7	30:31	2:04	2:55	3	1:05:03	19.0	2:00	6	48:51	9:47	2:29:17
6	11	Mark Anderson	59	M	Lombard	IL	4	25:07	1:42	3:12	7	1:11:41	17.2	2:08	7	49:25	9:53	2:31:30
7	62	Terry Hill	59	M	Maple Grove	MN	8	32:21	2:12	4:20	4	1:09:39	17.7	2:52	4	43:33	8:43	2:32:43
8	8	Rick Agar	57	M	Duluth	MN	5	26:41	1:49	2:37	8	1:19:35	15.5	1:28	8	55:09	11:02	2:45:27

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	92	Duane Millslagle	61	M	Duluth	MN	1	23:59	1:38	1:44	1	59:45	20.7	1:18	1	35:31	7:07	2:02:15
2	22	Tim Boulay	64	M	Thunder Bay	ON	2	28:05	1:54	3:12	2	1:10:16	17.6	2:42	3	48:10	9:38	2:32:22
3	26	Paul Buchanan	60	M	Duluth	MN	3	29:09	1:59	4:13	3	1:18:20	15.8	2:10	2	43:54	8:47	2:37:43

MALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 70 - 74

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 75 - 79

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 80 - 84

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 85 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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Total Registered: 272  
 Total Number of Individual Finishers: 203  
 Total Number of Relay Finishers: 26  
 Number of Male Finishers: 131  
 Number of Female Finishers: 72  
 Did not Finish Race or Did Not Start: 42