

NEW BRIGHTTON TRIATHLON  
Long Lake Regional Park - New Brighton, MN, June 4, 2011

1/2 Mile Swim - 14 Mile Bike - 3 Mile Run

INDIVIDUAL RESULTS

Place	Div/Tot	Bib	Name	Cat	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/34	288	Tom Pettit	I	42	M	Eden Prairie	MN	12	12:10	1:23	1:12	18	35:53	23.4	0:30	4	18:54	6:18	1:08:38
2	1/2	272	Brendon O Flanagan	E	34	M	White Bear Lake	MN	11	11:59	1:22	0:34	21	36:08	23.2	0:32	12	19:31	6:31	1:08:42
3	1/37	188	Kris Koepp	I	28	M	Rochester	MN	2	10:48	1:14	1:12	6	35:19	23.8	0:32	35	20:58	7:00	1:08:48
4	2/34	13	Kurt Becker	I	44	M	Afton	MN	6	11:28	1:19	0:49	3	34:57	24.0	0:36	41	21:07	7:03	1:08:55
5	1/50	35	Brian Brophy	I	36	M	Bloomington	MN	13	12:12	1:24	1:19	11	35:29	23.7	0:42	26	20:42	6:54	1:10:22
6	1/31	286	Jeff Peterson	I	33	M	Bloomington	MN	72	14:30	1:39	0:50	2	34:50	24.1	0:46	14	19:33	6:31	1:10:26
7	2/37	275	Jared Olhoft	I	29	M	Shoreview	MN	30	13:31	1:33	0:53	34	36:36	23.0	0:33	8	19:22	6:28	1:10:54
8	3/34	403	Todd White	I	43	M	Roseville	MN	7	11:35	1:19	0:55	47	37:01	22.7	0:38	39	21:06	7:02	1:11:13
9	1/10	312	Cody Schultz	I	22	M	White Bear Lake	MN	32	13:35	1:33	1:21	30	36:28	23.0	0:31	10	19:28	6:30	1:11:21
10	1/21	310	Charlie Roach	I	53	M	Lakeville	MN	145	15:52	1:49	1:08	5	35:06	23.9	0:39	3	18:43	6:15	1:11:27
11	1/7	451	Brandon Onopa	I	19	M	Long Lake	MN	17	12:34	1:26	0:57	28	36:21	23.1	0:27	47	21:21	7:07	1:11:38
12	1/22	391	David Voss	I	49	M	Minneapolis	MN	100	14:55	1:42	1:05	8	35:23	23.7	0:54	13	19:31	6:31	1:11:46
13	3/37	232	Nicholas McCulloch	I	28	M	Minneapolis	MN	52	14:02	1:36	0:45	23	36:12	23.2	0:29	24	20:34	6:52	1:11:59
14	4/34	299	Tim Quesnell	I	44	M	Roseville	MN	59	14:14	1:37	0:57	61	37:19	22.5	0:32	5	19:02	6:21	1:12:02
15	1/16	315	Jeremy Rondorf	C	36	M	Blaine	MN	40	13:43	1:34	1:21	1	33:46	24.9	0:56	92	22:40	7:34	1:12:23
16	4/37	225	Christopher Massey	I	26	M	Plymouth	MN	39	13:42	1:34	1:20	84	38:12	22.0	0:47	2	18:40	6:14	1:12:38
17	5/37	406	Stephen Wilson	I	25	M	Golden Valley	MN	36	13:38	1:33	0:55	39	36:46	22.8	0:28	31	20:53	6:58	1:12:39
18	6/37	448	Jason Timmer	I	25	M			1	10:40	1:13	1:11	85	38:17	21.9	1:02	53	21:30	7:10	1:12:39
19	2/50	191	Scott Koke	I	37	M	New Brighton	MN	16	12:31	1:26	1:07	35	36:41	22.9	0:42	61	21:56	7:19	1:12:55
20	2/21	462	Kerry Yndestad	I	50	M			48	13:52	1:35	0:53	24	36:15	23.2	0:28	56	21:36	7:12	1:13:03
21	2/31	105	Joel Fredricks	I	31	M	New Brighton	MN	169	16:13	1:51	0:58	40	36:48	22.8	0:50	1	18:17	6:06	1:13:04
22	2/16	70	Emmanuel Darne	C	39	M	Woodbury	MN	133	15:36	1:47	0:46	19	35:57	23.4	0:33	22	20:16	6:46	1:13:06
23	2/22	97	Sean Finn	I	45	M	Savage	MN	101	14:56	1:42	0:59	38	36:44	22.9	0:40	21	20:13	6:45	1:13:30
24	2/10	101	Jake Foley	I	23	M	White Bear Lake	MN	90	14:47	1:41	1:06	66	37:29	22.4	0:42	11	19:30	6:30	1:13:32
25	3/31	313	Erick Roen	I	34	M	Minneapolis	MN	5	11:23	1:18	1:05	73	37:47	22.2	0:45	90	22:37	7:33	1:13:35
26	3/16	324	Don Schmeichel	C	39	M	Andover	MN	14	12:15	1:24	0:59	15	35:38	23.6	0:36	146	24:12	8:04	1:13:38
27	1/14	146	Sara Hermanson	I	33	F	Andover	MN	46	13:48	1:35	1:08	10	35:27	23.7	0:49	87	22:33	7:31	1:13:43
28	7/37	154	James Hull	I	27	M	Mounds View	MN	121	15:25	1:46	0:59	45	36:58	22.7	0:38	18	19:47	6:36	1:13:44
29	3/10	250	Zachary Moss	I	24	M	Saint Paul	MN	27	13:26	1:32	1:29	59	37:15	22.6	0:45	37	21:00	7:00	1:13:53
30	3/21	328	Larry Schonhardt	I	53	M	New Hope	MN	15	12:26	1:25	1:49	20	36:02	23.3	0:34	111	23:09	7:43	1:13:58
31	4/31	269	Daniel Nowlan	I	34	M	Hugo	MN	67	14:23	1:39	1:16	52	37:05	22.7	1:03	23	20:23	6:48	1:14:09
32	3/50	216	Eric Lund	I	35	M	Stillwater	MN	44	13:45	1:34	1:07	64	37:26	22.4	0:56	36	20:59	7:00	1:14:11
33	4/50	369	Shawn Thomas	I	38	M	Eden Prairie	MN	53	14:03	1:36	1:29	53	37:05	22.7	0:43	40	21:06	7:02	1:14:24
34	2/7	293	Andrew Polasky	I	18	M	Arden Hills	MN	85	14:40	1:40	1:10	26	36:21	23.1	0:35	58	21:45	7:15	1:14:30
35	5/34	318	Jared Roy	I	42	M	St. Louis Park	MN	206	17:08	1:57	1:25	4	35:06	23.9	0:42	20	20:12	6:44	1:14:32
36	8/37	59	Carlos Conway	I	26	M	St. Paul	MN	112	15:15	1:44	1:47	37	36:43	22.9	1:10	17	19:42	6:34	1:14:35
37	4/16	349	Aaron Smith	C	37	M	Robbsindale	MN	95	14:52	1:42	1:17	17	35:52	23.4	0:40	65	22:01	7:21	1:14:40
38	1/9	283	Hilary Patzer	E	31	F	St. Paul	MN	116	15:21	1:45	0:55	42	36:56	22.7	0:42	30	20:53	6:58	1:14:45
39	4/21	147	Michael Hess	I	50	M	Andover	MN	9	11:53	1:21	1:08	87	38:19	21.9	1:05	84	22:27	7:29	1:14:49
40	2/9	268	Lydia Novotny	E	28	F	Hopkins	MN	108	15:14	1:44	0:54	49	37:04	22.7	0:47	33	20:55	6:59	1:14:52
41	3/22	386	Kirk Vesterstein	I	49	M	Duluth	MN	139	15:43	1:48	1:26	22	36:09	23.2	0:56	28	20:46	6:56	1:14:59

42	5/50	345	Bay Shock	I	38	M	Woodbury	MN	84	14:39	1:40	0:58	67	37:29	22.4	0:40	49	21:24	7:08	1:15:08
43	6/34	464	Paul Traczyk	I	41	M	Shoreview	MN	66	14:20	1:38	1:01	44	36:57	22.7	0:49	72	22:07	7:23	1:15:12
44	2/2	163	Dan Jacobson	E	19	M	Ramsey	MN	3	11:00	1:15	1:24	159	41:14	20.4	0:25	42	21:15	7:05	1:15:16
45	1/12	461	Tim Obrien	I	55	M			63	14:17	1:38	1:23	32	36:31	23.0	1:04	68	22:04	7:22	1:15:16
46	7/34	226	Thomas Masterman	I	40	M	Saint Paul	MN	71	14:30	1:39	2:11	13	35:31	23.7	1:02	78	22:18	7:26	1:15:29
47	9/37	445	Jeff Vanis	I	28	M			73	14:31	1:39	1:05	79	37:58	22.1	0:32	54	21:30	7:10	1:15:34
48	5/31	127	Nicholas Hardt	I	30	M	Lake Elmo	MN	214	17:31	2:00	1:07	41	36:56	22.7	0:50	6	19:13	6:25	1:15:35
49	4/22	289	Paul Pfeiffer	I	45	M	St. Paul	MN	28	13:28	1:32	0:51	55	37:09	22.6	0:39	121	23:41	7:54	1:15:44
50	4/10	177	Luke Kane	I	24	M	Minneapolis	MN	56	14:11	1:37	3:00	25	36:20	23.1	0:56	46	21:20	7:07	1:15:46
51	3/9	88	Jill Ellenbecker	E	38	F	Coon Rapids	MN	89	14:44	1:41	1:03	80	37:59	22.1	0:37	52	21:30	7:10	1:15:51
52	8/34	192	Bryan Korb	I	44	M	Lakeville	MN	93	14:52	1:42	1:36	16	35:45	23.5	0:59	96	22:46	7:36	1:15:56
53	10/37	439	Patrick Neilson	I	26	M	Minneapolis	MN	131	15:35	1:47	1:21	48	37:04	22.7	0:34	51	21:27	7:09	1:15:59
54	2/12	104	Greg Franzen	I	56	M	Plymouth	MN	38	13:39	1:34	1:05	88	38:20	21.9	0:48	74	22:12	7:24	1:16:02
55	5/16	395	Paul Watson	C	41	M	Farmington	MN	68	14:23	1:39	1:15	43	36:57	22.7	0:30	107	23:03	7:41	1:16:06
56	6/31	437	Kyle Gilbertson	I	30	M			83	14:38	1:40	0:53	57	37:14	22.6	0:28	103	22:56	7:39	1:16:09
57	7/31	253	Daniel Mueller	I	33	M	Minneapolis	MN	132	15:35	1:47	1:20	70	37:41	22.3	0:50	27	20:45	6:55	1:16:09
58	11/37	360	Nathan Strudle	I	29	M	Minneapolis	MN	119	15:23	1:45	0:56	91	38:30	21.8	0:29	32	20:54	6:58	1:16:11
59	6/50	199	Chad Lawrence	I	35	M	Woodbury	MN	146	15:53	1:49	1:41	60	37:18	22.5	0:35	29	20:47	6:56	1:16:12
60	6/16	246	Nathan Monette	C	37	M	Finlayson	MN	45	13:45	1:34	0:55	9	35:26	23.7	1:08	165	25:00	8:20	1:16:13
61	5/10	287	Max Peterson	I	21	M	St. Cloud	MN	106	15:06	1:43	1:24	105	39:08	21.5	1:12	9	19:26	6:29	1:16:14
62	7/50	145	Brian Heltemes	I	35	M	Eden Prairie	MN	105	15:06	1:43	1:06	127	39:54	21.1	0:52	7	19:19	6:27	1:16:15
63	1/15	219	Julia Lyng	I	44	F	Burnsville	MN	79	14:37	1:40	1:03	68	37:35	22.4	1:02	70	22:06	7:22	1:16:21
64	8/31	267	Tim Nordberg	I	30	M	Edina	MN	161	16:06	1:50	1:55	7	35:23	23.7	1:02	64	21:58	7:20	1:16:21
65	12/37	453	Casey Dillon	I	29	M	Minneapolis	MN	78	14:35	1:40	1:10	63	37:23	22.5	0:47	86	22:29	7:30	1:16:23
66	9/34	167	Mike Johnson	I	42	M	St Louis Park	MN	111	15:15	1:44	0:56	31	36:30	23.0	0:56	101	22:54	7:38	1:16:29
67	9/31	119	Adam Grovender	I	32	M	Brooklyn Park	MN	10	11:58	1:22	1:28	99	38:58	21.6	0:14	133	23:54	7:58	1:16:30
68	4/9	400	Tina Welzien	E	29	F	Woodbury	MN	19	12:46	1:28	1:01	134	40:13	20.9	0:30	67	22:02	7:21	1:16:31
69	10/34	279	Allen Overturf	I	43	M	Maple Plain	MN	29	13:29	1:32	1:19	94	38:53	21.6	0:49	69	22:04	7:22	1:16:33
70	5/22	321	Vincent Schaper	I	46	M	Saint Paul	MN	137	15:40	1:47	2:13	14	35:32	23.6	0:55	83	22:24	7:28	1:16:42
71	13/37	217	Daniel Luoma	I	26	M	Roseville	MN	107	15:08	1:44	1:30	51	37:04	22.7	0:51	77	22:17	7:26	1:16:49
72	14/37	195	Jason Kunz	I	26	M	Saint Paul	MN	167	16:11	1:51	1:36	65	37:28	22.4	0:56	34	20:55	6:59	1:17:05
73	8/50	326	Joe Schmitt	I	36	M	White Bear Lake	MN	88	14:44	1:41	2:08	58	37:15	22.6	0:57	75	22:14	7:25	1:17:16
74	10/31	348	Dustin Skarda	I	32	M	So. St. Paul	MN	98	14:54	1:42	1:08	82	38:07	22.0	0:52	79	22:18	7:26	1:17:17
75	2/15	264	Jennifer Neuman	I	41	F	Ramsey	MN	109	15:14	1:44	1:00	81	38:04	22.1	0:45	82	22:21	7:27	1:17:22
76	11/31	397	Marty Weiland	I	34	M	Lakeville	MN	192	16:48	1:55	1:22	54	37:07	22.6	0:58	43	21:15	7:05	1:17:28
77	5/21	218	Robert Lyng	I	52	M	Burnsville	MN	120	15:23	1:45	1:58	33	36:31	23.0	1:12	94	22:43	7:35	1:17:46
78	9/50	249	Oscar Morles	I	35	M	Brooklyn Park	MN	34	13:37	1:33	1:13	97	38:55	21.6	0:41	118	23:33	7:51	1:17:58
79	15/37	2	Matthew Aehle	I	25	M	Minneapolis	MN	87	14:42	1:41	0:44	162	41:21	20.3	1:06	19	20:11	6:44	1:18:02
80	7/16	213	Bryan Logue	C	40	M	New Prague	MN	60	14:15	1:38	1:19	46	36:59	22.7	1:12	151	24:21	8:07	1:18:04
81	12/31	303	Steven Rahn	I	34	M	Saint Paul	MN	77	14:35	1:40	0:54	56	37:10	22.6	0:50	163	24:51	8:17	1:18:18
82	6/10	339	Dalton Scott	I	20	M	St. Cloud	MN	156	16:02	1:50	1:36	145	40:37	20.7	0:35	15	19:36	6:32	1:18:24
83	16/37	362	Ericka Swenson	I	25	M	Alexandria	MN	148	15:54	1:49	1:12	36	36:43	22.9	1:05	122	23:41	7:54	1:18:32
84	6/22	19	Mike Berkopec	I	48	M	Eagan	MN	220	17:45	2:01	1:25	27	36:21	23.1	1:21	57	21:43	7:15	1:18:33
85	7/22	258	Chad Murphy	I	47	M	Prior Lake	MN	25	13:10	1:30	1:49	107	39:09	21.5	0:58	120	23:39	7:53	1:18:43
86	6/21	463	Jim Nack	I	51	M	Madison Lake	MN	20	12:51	1:28	2:12	83	38:07	22.0	0:48	162	24:49	8:17	1:18:45
87	1/10	165	Kathryn Jensen	I	47	F	St Paul	MN	70	14:27	1:39	1:14	74	37:48	22.2	1:15	139	24:06	8:02	1:18:48
88	13/31	380	Dan Undem	I	32	M	Chisago	MN	128	15:34	1:47	1:22	62	37:22	22.5	0:51	124	23:42	7:54	1:18:49
89	11/34	139	Michael Hebert	I	42	M	Roseville	MN	42	13:44	1:34	2:47	98	38:58	21.6	1:15	73	22:10	7:24	1:18:52
90	10/50	37	Michael Bryant	I	36	M	Maplewood	MN	91	14:50	1:42	1:37	69	37:41	22.3	0:52	132	23:54	7:58	1:18:52
91	7/21	336	Andrew Schweizer	I	50	M	New Brighton	MN	151	15:56	1:49	2:13	12	35:30	23.7	0:53	154	24:28	8:10	1:18:58

92	8/21	238	Steve Meenan	I	51	M	Woodbury	MN	94	14:52	1:42	1:20	109	39:13	21.4	0:59	91	22:38	7:33	1:19:00
93	8/16	259	Eric Naylor	C	27	M	Brooklyn Park	MN	150	15:56	1:49	1:10	50	37:04	22.7	0:52	141	24:09	8:03	1:19:09
94	8/22	42	Brad Canham	I	47	M	Eden Prairie	MN	141	15:45	1:48	1:22	86	38:18	21.9	0:58	100	22:53	7:38	1:19:13
95	5/9	77	Jessica Deegan	E	34	F	Saint Paul	MN	82	14:38	1:40	1:09	114	39:25	21.3	0:37	125	23:42	7:54	1:19:29
96	17/37	187	Ryan Knitter	I	29	M	Blaine	MN	118	15:22	1:45	1:28	106	39:08	21.5	0:58	89	22:36	7:32	1:19:30
97	1/5	359	Hannah Strom	I	17	F	Woodbury	MN												1:19:32
98	11/50	401	Jason Westenskow	I	39	M	Lakeville	MN	170	16:14	1:51	1:33	119	39:35	21.2	1:02	44	21:19	7:07	1:19:41
99	9/21	141	Steve Heikkila	I	54	M	Saint Paul	MN	31	13:33	1:33	1:20	118	39:31	21.3	0:58	153	24:21	8:07	1:19:42
100	2/14	228	Julia McCarthy	I	31	F	Saint Paul	MN	142	15:47	1:48	1:15	122	39:40	21.2	1:09	63	21:57	7:19	1:19:46
101	1/18	73	Lydia Davitt	I	25	F	Minneapolis	MN	202	16:57	1:56	1:27	113	39:23	21.3	0:55	45	21:19	7:07	1:19:59
102	2/18	281	Lindsey Palmer	I	25	F	White Bear Lake	MN	177	16:25	1:52	0:47	108	39:10	21.4	0:41	109	23:06	7:42	1:20:07
103	12/34	372	Timothy Thull	I	42	M	Lakeville	MN	147	15:53	1:49	1:57	89	38:22	21.9	1:14	95	22:46	7:36	1:20:10
104	18/37	75	Edouard De Mezerac	I	28	M	Minneapolis	MN	57	14:13	1:37	1:17	125	39:51	21.1	0:42	147	24:13	8:05	1:20:13
105	6/9	466	Greta Simpson	E	30	F	Minneapolis	MN	33	13:36	1:33	0:50	75	37:48	22.2	0:37	235	27:35	9:12	1:20:23
106	12/50	202	Kyle Lehenbauer	I	36	M	Saint Paul	MN	173	16:20	1:52	1:22	90	38:27	21.8	0:48	117	23:32	7:51	1:20:27
107	13/50	263	Csaba Nemes	I	39	M	Shoreview	MN	178	16:25	1:52	1:40	100	39:00	21.5	0:46	97	22:47	7:36	1:20:35
108	19/37	257	Brandon Murphy	I	25	M	Minneapolis	MN	75	14:34	1:40	1:18	76	37:52	22.2	0:58	196	26:05	8:42	1:20:45
109	1/11	212	Tiffany Lindstrom	I	38	F	Woodbury	MN	127	15:34	1:47	1:14	129	40:05	21.0	0:56	112	23:10	7:44	1:20:56
110	10/21	94	Todd Fawcett	I	50	M	Saint Paul	MN	233	18:22	2:06	1:11	77	37:55	22.2	1:12	85	22:28	7:30	1:21:05
111	2/10	28	Eileen Bonnert	I	49	F	Apple Valley	MN	103	14:57	1:42	1:14	174	41:42	20.1	1:22	60	21:52	7:18	1:21:06
112	11/21	207	Bob Leone	I	54	M	Plymouth	MN	138	15:42	1:48	2:48	72	37:45	22.3	1:30	119	23:34	7:52	1:21:18
113	3/7	450	Jacob Totall	I	13	M	Minneapolis	MN	24	13:10	1:30	0:32	161	41:20	20.3	0:33	183	25:45	8:35	1:21:19
114	14/31	18	Eric Bell	I	31	M	St. Anthony Villag	MN	203	16:59	1:56	2:23	103	39:05	21.5	1:05	66	22:01	7:21	1:21:32
115	7/9	189	Diana Koepp	E	26	F	Rochester	MN	286	20:12	2:18	1:02	78	37:56	22.1	0:49	55	21:34	7:12	1:21:32
116	3/18	357	Anne Stoudt	I	28	F	Bayport	MN	23	13:07	1:30	1:59	160	41:15	20.4	1:28	128	23:49	7:57	1:21:36
117	14/50	468	Irfan Khan	I	37	M	Fridley	MN	54	14:06	1:37	1:44	29	36:25	23.1	1:12	248	28:14	9:25	1:21:38
118	13/34	376	Scott Tollefson	I	44	M	Minneapolis	MN	265	19:19	2:12	1:05	92	38:31	21.8	1:04	59	21:48	7:16	1:21:45
119	9/22	254	David Mullen	I	46	M	Mendota Heights	MN	154	16:00	1:50	2:02	147	40:39	20.7	0:55	80	22:19	7:27	1:21:54
120	3/12	197	Peter Lancaster	I	56	M	Minneapolis	MN	115	15:19	1:45	2:18	111	39:15	21.4	1:04	138	24:04	8:02	1:21:58
121	3/14	149	Susan Hilal	I	34	F	Plymouth	MN	47	13:49	1:35	1:38	133	40:13	20.9	0:44	177	25:36	8:32	1:21:58
122	12/21	273	Jim Odonnell	I	50	M	Saint Louis Park	MN	231	18:11	2:04	1:13	101	39:01	21.5	1:06	93	22:42	7:34	1:22:11
123	15/50	470	Paul Johnson	I	38	M	Excelsior	MN	174	16:22	1:52	1:36	110	39:14	21.4	0:51	142	24:10	8:04	1:22:11
124	4/7	245	Cody Mingo	I	19	M	Coon Rapids	MN	65	14:19	1:38	1:30	138	40:23	20.8	0:28	176	25:35	8:32	1:22:13
125	15/31	166	Seth Jeska-Silrum	I	33	M	Minneapolis	MN	235	18:23	2:06	2:19	104	39:06	21.5	0:43	62	21:57	7:19	1:22:25
126	10/22	178	Tom Kassekert	I	48	M	Blaine	MN	165	16:09	1:51	1:23	96	38:55	21.6	1:12	161	24:49	8:17	1:22:26
127	7/10	280	Josh Owens	I	20	M	Brooklyn Park	MN	43	13:44	1:34	1:37	200	42:59	19.5	0:58	113	23:13	7:45	1:22:30
128	8/10	168	Brent Johnson	I	21	M	Arden Hills	MN	58	14:13	1:37	1:26	201	43:01	19.5	1:05	99	22:50	7:37	1:22:34
129	8/9	449	Hannah Sullivan	E	32	F	St Paul	MN	213	17:25	1:59	1:04	93	38:46	21.7	0:46	156	24:37	8:13	1:22:37
130	13/21	332	Mark Schultz	I	50	M	Prior Lake	MN	155	16:01	1:50	1:02	116	39:29	21.3	0:42	178	25:39	8:33	1:22:51
131	4/14	239	Christina Meier	I	33	F	Minneapolis	MN	37	13:38	1:33	1:11	135	40:15	20.9	0:37	226	27:17	9:06	1:22:56
132	2/11	208	Tara Liebergen	I	35	F	Minneapolis	MN	143	15:47	1:48	1:02	149	40:44	20.6	0:58	155	24:30	8:10	1:22:59
133	16/50	79	Aaron Devries	I	38	M	Richfield	MN	104	15:00	1:43	1:30	112	39:20	21.4	1:17	187	25:54	8:38	1:22:59
134	20/37	90	Nick Erickson	I	28	M	Blaine	MN	55	14:07	1:37	1:54	210	43:36	19.3	0:26	105	22:58	7:40	1:23:00
135	14/34	20	Mike Besser	I	43	M	Woodbury	MN	205	17:07	1:57	2:23	155	40:56	20.5	1:16	48	21:22	7:08	1:23:03
136	15/34	414	Darrick Zarling	I	42	M	Vadnais Heights	MN	182	16:29	1:53	1:47	136	40:18	20.8	0:56	126	23:44	7:55	1:23:12
137	3/10	50	Kristina Carson	I	49	F	Red Wing	MN	117	15:21	1:45	1:45	170	41:30	20.2	0:41	137	24:03	8:01	1:23:18
138	17/50	36	Joshua Brown	I	35	M	Golden Valley	MN	208	17:13	1:58	2:48	202	43:06	19.5	0:39	16	19:42	6:34	1:23:27
139	18/50	109	Jamie Galioto	I	35	M	Roseville	MN	8	11:46	1:21	1:17	157	41:10	20.4	1:22	242	27:56	9:19	1:23:28
140	1/6	373	Sonny Thweatt	I	60	M	Lakeville	MN	123	15:29	1:46	2:10	95	38:54	21.6	1:06	185	25:53	8:38	1:23:30
141	16/31	74	Aaron Day	I	32	M	Saint Paul	MN	193	16:48	1:55	2:35	137	40:18	20.8	1:06	98	22:49	7:37	1:23:34

142	16/34	366	Tonnis Ter Veldhuis	I	44	M	Saint Paul	MN	236	18:24	2:06	2:23	158	41:14	20.4	0:37	38	21:04	7:02	1:23:39
143	21/37	319	John Rusch	I	28	M	Bloomington	MN	186	16:33	1:53	1:19	71	37:42	22.3	0:38	233	27:33	9:11	1:23:43
144	22/37	329	Andrew Schroeder	I	28	M	St. Louis Park	MN	209	17:17	1:58	1:48	151	40:50	20.6	1:16	88	22:35	7:32	1:23:44
145	17/34	452	Smith Kent	I	42	M			97	14:53	1:42	1:58	115	39:25	21.3	1:26	199	26:16	8:46	1:23:57
146	5/7	131	Aaron Hauck	I	19	M	Champlin	MN	22	13:05	1:30	1:52	250	45:35	18.4	0:45	106	23:02	7:41	1:24:18
147	3/15	347	Jacki Shupe	I	42	F	Savage	MN	232	18:11	2:04	1:04	121	39:39	21.2	0:57	158	24:39	8:13	1:24:28
148	18/34	48	Pete Carroll	I	42	M	White Bear Townshi	MN	114	15:17	1:45	1:46	117	39:31	21.3	1:32	206	26:27	8:49	1:24:31
149	9/10	43	Garrett Cardinal	I	20	M	Champlin	MN	69	14:26	1:39	1:31	132	40:13	20.9	1:13	221	27:10	9:04	1:24:32
150	17/31	82	Ryan Dow	I	34	M	Minneapolis	MN	184	16:32	1:53	2:02	150	40:44	20.6	1:15	144	24:12	8:04	1:24:43
151	19/50	112	Nathaniel George	I	35	M	Saint Paul	MN	96	14:52	1:42	1:07	168	41:30	20.2	1:35	181	25:43	8:35	1:24:46
152	4/18	358	Megan Striffler	I	25	F	Minneapolis	IA	136	15:38	1:47	1:11	165	41:25	20.3	0:45	191	25:57	8:39	1:24:54
153	19/34	383	William Van Pilsum	I	42	M	New Brighton	MN	41	13:44	1:34	1:58	131	40:13	20.9	1:57	224	27:15	9:05	1:25:05
154	20/50	224	Dan Martin	I	36	M	Mounds View	MN	258	19:10	2:11	2:39	139	40:24	20.8	0:39	76	22:16	7:26	1:25:06
155	11/22	56	Kevin Cleereman	I	49	M	New Brighton	MN	157	16:03	1:50	2:28	120	39:35	21.2	1:24	180	25:41	8:34	1:25:10
156	21/50	292	Jeff Phillips	I	37	M	Minneapolis	MN	172	16:20	1:52	2:31	187	42:23	19.8	1:01	104	22:57	7:39	1:25:10
157	1/5	244	Jeanne Minder	I	58	F	Shoreview	MN	61	14:16	1:38	1:58	166	41:25	20.3	1:40	195	26:00	8:40	1:25:17
158	18/31	304	Dan Rehrauer	I	34	M	Coon Rapids	MN	80	14:37	1:40	0:58	234	44:38	18.8	0:47	149	24:20	8:07	1:25:19
159	22/50	323	Craig Schlichting	I	37	M	Ham Lake	MN	237	18:27	2:06	2:30	144	40:37	20.7	0:54	108	23:05	7:42	1:25:31
160	4/15	398	Carole Weiland	I	40	F	Champlin	MN	21	12:55	1:28	1:40	177	41:51	20.1	0:51	250	28:21	9:27	1:25:35
161	23/50	234	Shane McFadden	I	39	M	St. Louis Park	MN	176	16:23	1:52	3:15	188	42:24	19.8	1:41	71	22:06	7:22	1:25:47
162	3/11	367	Stacy Terebayza	I	38	F	Coon Rapids	MN	26	13:14	1:31	1:32	204	43:10	19.5	0:48	219	27:09	9:03	1:25:51
163	10/10	311	Jordan Roby	I	20	M	Stillwater	MN	219	17:45	2:01	1:27	176	41:51	20.1	1:07	127	23:46	7:56	1:25:53
164	23/37	241	Mike Meyer	I	29	M	Blaine	MN	189	16:41	1:54	0:53	130	40:13	20.9	0:55	228	27:24	9:08	1:26:04
165	5/18	276	Anne Olson	I	29	F	St. Paul	MN	51	14:01	1:36	2:21	240	44:52	18.7	0:41	150	24:20	8:07	1:26:15
166	19/31	120	Derek Guiher	I	33	M	Richfield	MN	122	15:27	1:46	2:11	167	41:28	20.3	1:03	207	26:29	8:50	1:26:37
167	14/21	220	Kevin Maguire	I	51	M	Mendota Heights	MN	92	14:51	1:42	1:44	152	40:51	20.6	1:12	247	28:11	9:24	1:26:48
168	24/50	34	Ryan Briggs	I	37	M	Chaska	MN	240	18:32	2:07	1:12	181	42:00	20.0	0:59	145	24:12	8:04	1:26:52
169	20/31	89	Ryan Ellis	I	33	M	Chaska	MN	190	16:43	1:54	2:01	182	42:00	20.0	0:57	173	25:27	8:29	1:27:05
170	12/22	122	Richard Haak	I	46	M	Roseville	MN	226	17:56	2:03	2:02	123	39:45	21.1	1:01	209	26:34	8:52	1:27:17
171	21/31	467	Paul Deleon	I	30	M			110	15:14	1:44	1:58	254	45:47	18.3	0:51	116	23:31	7:51	1:27:19
172	25/50	278	Robert Overby	I	38	M	Faribault	MN	229	18:09	2:04	1:56	193	42:47	19.6	0:38	134	23:54	7:58	1:27:22
173	2/5	39	Gabrielle Al Bunten	I	19	F	Forest Lake	MN	4	11:18	1:18	1:59	309	49:22	17.0	0:34	152	24:21	8:07	1:27:33
174	4/10	81	Sara Dougherty	I	48	F	Cloquet	MN	196	16:52	1:55	1:34	196	42:49	19.6	0:57	172	25:24	8:28	1:27:33
175	20/34	255	Sean Muniz	I	43	M	Woodbury	MN	181	16:28	1:53	2:44	156	41:05	20.4	0:57	202	26:21	8:47	1:27:33
176	24/37	382	Ryan Valek	I	26	M	Saint Paul	MN	264	19:17	2:12	3:50	189	42:24	19.8	1:42	25	20:40	6:54	1:27:53
177	6/18	277	Angie Otto	I	28	F	New Brighton	MN	242	18:33	2:07	1:22	211	43:37	19.3	0:56	115	23:26	7:49	1:27:53
178	26/50	111	James Gaul	I	39	M	Bloomington	MN	179	16:26	1:52	2:20	230	44:30	18.9	1:36	110	23:09	7:43	1:27:59
179	9/16	440	Pete Laskiewicz	C	43	M			130	15:35	1:47	2:31	143	40:37	20.7	1:41	236	27:41	9:14	1:28:02
180	10/16	384	Richard Van Sickle	C	42	M	Minneapolis	MN	49	13:58	1:36	1:22	128	39:55	21.0	0:40	309	32:09	10:43	1:28:02
181	22/31	4	Michael Amberson	I	31	M	Edina	MN	76	14:34	1:40	2:27	227	44:16	19.0	0:37	198	26:15	8:45	1:28:07
182	23/31	150	Benjamin Ho	I	30	M	St. Paul	MN	273	19:36	2:14	1:44	209	43:31	19.3	1:05	81	22:20	7:27	1:28:15
183	15/21	142	Dan Heinks	I	54	M	Cambridge	MN	212	17:20	1:59	2:31	183	42:06	20.0	1:02	171	25:23	8:28	1:28:20
184	27/50	30	Eric Boyum	I	37	M	Fridley	MN	134	15:37	1:47	2:04	197	42:50	19.6	1:31	203	26:24	8:48	1:28:23
185	21/34	388	Matthew Voda	I	42	M	Minneapolis	MN	188	16:38	1:54	2:20	186	42:21	19.8	2:02	169	25:13	8:25	1:28:33
186	13/22	356	Fred Stephens	I	46	M	White Bear Lake	MN	337	23:39	2:42	1:32	102	39:03	21.5	1:07	114	23:15	7:45	1:28:34
187	5/10	204	Henriette Lemke	I	48	F	Prior Lake	MN	160	16:06	1:50	1:23	246	45:25	18.5	0:49	167	25:08	8:23	1:28:49
188	5/14	24	Mylee Bishop	I	33	F	Burnsville	MN	195	16:50	1:55	1:59	237	44:49	18.7	0:40	159	24:41	8:14	1:28:58
189	16/21	260	Eric Nelson	I	53	M	Minneapolis	MN	199	16:56	1:56	2:16	191	42:39	19.7	1:44	174	25:30	8:30	1:29:03
190	28/50	55	Mike Clawson	I	35	M	Edina	MN	288	20:15	2:18	1:53	142	40:36	20.7	1:05	170	25:20	8:27	1:29:07
191	6/10	322	Linda Schievelbein	I	46	F	Maple Grove	MN	207	17:10	1:57	2:38	180	41:55	20.0	1:31	189	25:55	8:39	1:29:08

192	29/50	252	Tom Motzel	I	39	M	Eagan	MN	140	15:44	1:48	3:29	172	41:35	20.2	0:52	232	27:32	9:11	1:29:09
193	25/37	41	Mitch Cain	I	29	M	Roseville	MN	275	19:51	2:16	1:32	184	42:08	19.9	1:11	160	24:44	8:15	1:29:24
194	14/22	99	John Flaa	I	49	M	Plymouth	MN	125	15:30	1:46	2:13	229	44:26	18.9	1:21	192	25:58	8:40	1:29:26
195	22/34	137	Gary Heaser	I	40	M	St. Paul	MN	269	19:28	2:13	2:58	171	41:32	20.2	1:26	140	24:07	8:03	1:29:28
196	26/37	415	Jeff Zaugg	I	29	M	New Brighton	MN	159	16:06	1:50	2:30	199	42:57	19.6	0:36	229	27:25	9:09	1:29:32
197	27/37	471	Branda Schomberg	I	28	M	Minneapolis		191	16:44	1:55	1:59	190	42:26	19.8	1:05	230	27:26	9:09	1:29:39
198	5/15	282	Pauline Parker	I	43	F	Hopkins	MN	239	18:28	2:06	1:53	154	40:55	20.5	0:45	238	27:45	9:15	1:29:45
199	15/22	342	Leo Sharkey	I	47	M	Shoreview	MN	164	16:08	1:50	2:07	124	39:47	21.1	1:25	290	30:25	10:09	1:29:50
200	16/22	1	Michael Abegg	I	45	M	Minneapolis	MN	171	16:19	1:52	1:17	224	44:10	19.0	0:49	231	27:29	9:10	1:30:02
201	2/6	184	Kirk Klemme	I	60	M	Chassell	MI	251	18:47	2:08	2:38	169	41:30	20.2	1:17	190	25:56	8:39	1:30:06
202	9/9	295	Andrea Potyondy-Smith	E	34	F	Champlin	MN	168	16:11	1:51	1:20	153	40:53	20.5	0:43	298	31:21	10:27	1:30:27
203	30/50	340	David Severson	I	36	M	Blaine	MN	183	16:30	1:53	2:14	218	43:57	19.1	1:24	208	26:30	8:50	1:30:32
204	3/5	96	Jane Finn	I	16	F	Savage	MN	50	14:01	1:36	1:59	253	45:41	18.4	1:00	241	27:54	9:18	1:30:34
205	4/11	76	Karmin Declercq	I	37	F	Minneapolis	MN	215	17:34	2:00	2:40	238	44:49	18.7	1:22	143	24:12	8:04	1:30:36
206	28/37	389	Peter Von Arx	I	27	M	Minnetonka	MN	152	15:58	1:49	1:38	290	47:41	17.6	1:31	135	23:56	7:59	1:30:42
207	24/31	33	David Brezinski	I	30	M	Lakeville	MN	162	16:07	1:50	1:42	356	1:32:32	9.1		258	28:43	9:35	1:30:43
208	23/34	116	Don Graffam	I	41	M	Shoreview	MN	124	15:29	1:46	2:30	217	43:56	19.1	0:54	243	28:04	9:22	1:30:51
209	3/6	61	Tom Couillard	I	62	M	White Bear Lake	MN	218	17:43	2:01	2:06	222	44:04	19.1	1:21	184	25:49	8:37	1:31:00
210	17/22	365	Michael Taylor	I	46	M	Bloomington	MN	153	15:59	1:49	3:44	141	40:30	20.7	1:55	263	28:55	9:39	1:31:02
211	24/34	472	Dana Khoury	I	44	M			293	20:31	2:20	3:36	163	41:24	20.3	1:58	130	23:53	7:58	1:31:21
212	29/37	67	Daniel Dahl	I	26	M	Minneapolis	MN	279	19:56	2:16	2:39	192	42:42	19.7	0:30	188	25:54	8:38	1:31:40
213	2/5	57	Bethany Collins	I	55	F	New Hope	MN	86	14:42	1:41	1:22	194	42:47	19.6	1:21	301	31:33	10:31	1:31:42
214	1/8	144	Nicole Heinks	I	23	F	Cambridge	MN	185	16:33	1:53	2:47	256	45:55	18.3	1:21	168	25:13	8:25	1:31:47
215	7/18	155	Marlene Hull	I	28	F	Mounds View	MN	333	23:25	2:40	2:13	175	41:45	20.1	1:46	102	22:56	7:39	1:32:04
216	8/18	298	Heather Prois	I	28	F	St. Paul	MN	282	20:01	2:17	1:36	219	43:58	19.1	0:53	179	25:40	8:34	1:32:06
217	4/5	262	Sara Nelson	I	13	F	New Brighton	MN	18	12:40	1:27	2:20	305	48:55	17.2	0:46	237	27:42	9:14	1:32:21
218	1/9	261	Lynne Nelson	I	50	F	Eagan	MN												1:32:28
219	25/34	235	Dan McIntyre	I	42	M	Coon Rapids	MN	259	19:10	2:11	1:52	178	41:51	20.1	1:18	251	28:21	9:27	1:32:30
220	6/15	171	Joni Johnson	I	44	F	Golden Valley	MN	187	16:38	1:54	2:06	267	46:35	18.0	1:22	193	25:59	8:40	1:32:38
221	30/37	473	Jason Hibbord	I	26	M	Minneapolis	MN	228	18:07	2:04	3:25	300	48:22	17.4	1:27	50	21:26	7:09	1:32:46
222	9/18	8	Bridget Arnold	I	27	F	New Hope	MN	248	18:44	2:08	3:11	214	43:47	19.2	1:18	194	26:00	8:40	1:32:58
223	31/50	86	Keith Edwards	I	35	M	Minneapolis	MN	267	19:26	2:13	2:24	207	43:24	19.4	1:13	211	26:39	8:53	1:33:05
224	7/15	198	Lori Langlie	I	44	F	Blaine	MN	102	14:56	1:42	1:29	203	43:09	19.5	1:11	314	32:30	10:50	1:33:13
225	31/37	206	Anthony Leon	I	27	M	Hugo	MN	304	20:56	2:23	2:28				43:56	197	26:12	8:44	1:33:31
226	10/18	443	Lindsey Mellgeoun	I	25	F	St Louis Park	MN	244	18:35	2:07	4:39	228	44:18	19.0	1:26	157	24:37	8:13	1:33:33
227	5/11	302	Laura Rades	I	36	F	Andover	MN	35	13:38	1:33	2:09	251	45:38	18.4	1:58	287	30:14	10:05	1:33:36
228	26/34	227	Stephen McBride	I	40	M	Centerville	MN	284	20:08	2:18	3:02	198	42:54	19.6	0:54	212	26:46	8:56	1:33:41
229	32/50	355	Teric Steines	I	37	M	Edina	MN	255	18:58	2:10	3:46	140	40:30	20.7	1:56	261	28:53	9:38	1:34:01
230	5/5	21	Therese Besser	I	16	F	Woodbury	MN	223	17:53	2:02	2:58	289	47:34	17.7	0:41	164	24:57	8:19	1:34:02
231	32/37	334	Greg Schutte	I	29	M	Blaine	MN	349	24:51	2:50	1:09	208	43:27	19.3	0:46	129	23:51	7:57	1:34:02
232	33/50	301	Vance Rades	I	37	M	Andover	MN	210	17:19	1:59	2:30	216	43:49	19.2	1:41	260	28:45	9:35	1:34:02
233	18/22	416	Mark Zelenak	I	45	M	Fridley	MN	74	14:33	1:40	2:49	280	47:13	17.8	1:53	244	28:05	9:22	1:34:31
234	34/50	123	David Haaland	I	36	M	Saint Paul	MN	327	22:42	2:35	3:14	148	40:40	20.7	1:40	200	26:21	8:47	1:34:35
235	25/31	236	Nick McLain	I	32	M	Farmington	MN	234	18:22	2:06	1:47	213	43:46	19.2	0:42	285	30:04	10:02	1:34:39
236	27/34	325	Tom Schmidt	I	40	M	Woodbury	MN	216	17:37	2:01	2:18	223	44:04	19.1	0:57	284	29:56	9:59	1:34:51
237	35/50	285	Jason Peterson	I	37	M	Farmington	MN	271	19:31	2:13	2:03	257	45:59	18.3	0:28	215	26:58	9:00	1:34:56
238	17/21	354	David Stein	I	52	M	White Bear Lake	MN	256	19:01	2:10	1:52	225	44:13	19.0	1:41	249	28:20	9:27	1:35:06
239	36/50	222	Ivan Maramis	I	36	M	Savage	MN	245	18:36	2:07	3:30	179	41:54	20.0	1:45	276	29:30	9:50	1:35:14
240	18/21	128	Bob Harmon	I	50	M	New Brighton	MN	336	23:34	2:41	2:13	146	40:38	20.7	1:42	222	27:15	9:05	1:35:20
241	26/31	361	Dustin Swanson	I	34	M	Champlin	MN	62	14:17	1:38	2:31	195	42:48	19.6	1:29	330	34:22	11:28	1:35:24

242	2/8	38	Christa Buhl	I	24	F	Bloomington	MN	144	15:49	1:48	1:59	293	47:49	17.6	0:42	272	29:10	9:44	1:35:27
243	3/8	381	Laura Uppgaard	I	21	F	New Brighton	MN	292	20:24	2:19	2:13	275	47:00	17.9	0:53	166	25:01	8:21	1:35:28
244	28/34	210	Stefan Liiste	I	43	M	North Oaks	MN	306	21:01	2:24	2:13	287	47:31	17.7	1:13	131	23:53	7:58	1:35:49
245	6/11	353	Jennifer Sprain	I	37	F	Shoreview	MN	163	16:08	1:50	1:59	304	48:44	17.2	1:04	246	28:10	9:24	1:36:03
246	7/11	66	Kristin Cuta	I	35	F	St. Paul	MN	180	16:26	1:52	1:26	355	1:31:08	9.2		293	30:45	10:15	1:36:07
247	37/50	27	Michael Bolsoni	I	39	M	Minneapolis	MN	204	17:04	1:57	3:29	286	47:30	17.7	1:10	216	27:00	9:00	1:36:11
248	6/14	393	Emily Waitz	I	34	F	Hopkins	MN	276	19:53	2:16	1:29	231	44:33	18.9	0:57	275	29:29	9:50	1:36:19
249	19/22	314	Mike Rogers	I	46	M	Minnetonka	MN	257	19:05	2:11	1:57	269	46:43	18.0	2:17	205	26:25	8:49	1:36:26
250	20/22	368	Jeff Thole	I	47	M	Maplewood	MN	252	18:50	2:09	2:08	255	45:55	18.3	1:49	240	27:50	9:17	1:36:30
251	4/12	405	Stephen Willett	I	57	M	St Paul	MN	348	24:46	2:49	2:52	164	41:24	20.3	1:16	210	26:39	8:53	1:36:56
252	38/50	446	Michael McLue	I	35	M			316	21:28	2:27	1:41	233	44:34	18.8	2:11	220	27:10	9:04	1:37:02
253	4/8	152	Sarah Holton	I	24	F	St. Louis Park	MN	64	14:19	1:38	4:50	261	46:10	18.2	2:55	267	29:01	9:41	1:37:13
254	29/34	242	Robert Miller	I	41	M	Apple Valley	MN	260	19:14	2:12	2:51	212	43:45	19.2	1:03	289	30:23	10:08	1:37:13
255	8/15	469	Beth Nelson	I	43	F			175	16:22	1:52	2:11	281	47:20	17.7	1:40	283	29:51	9:57	1:37:22
256	11/18	396	Angela Weber	I	29	F	Minneapolis	MN	135	15:38	1:47	1:40	260	46:08	18.2	0:46	322	33:25	11:09	1:37:35
257	7/10	169	Mary Johnson	I	46	F	St Louis Park	MN	278	19:56	2:16	2:07	247	45:30	18.5	1:44	253	28:22	9:28	1:37:37
258	5/8	408	Amanda Wittig	I	24	F	Plymouth	MN	300	20:48	2:22	2:29	265	46:19	18.1	1:20	214	26:50	8:57	1:37:43
259	8/10	64	Carol Curoe	I	49	F	Minneapolis	MN	221	17:47	2:02	2:12	270	46:46	18.0	0:51	291	30:26	10:09	1:38:00
260	12/18	103	Lisa Franek	I	29	F	Robbinsdale	MN	289	20:18	2:19	2:33	277	47:03	17.9	0:48	227	27:20	9:07	1:38:00
261	2/9	44	Mary Carlson	I	50	F	Moose Lake	MN	158	16:05	1:50	1:44	282	47:25	17.7	1:15	302	31:33	10:31	1:38:01
262	39/50	174	Darin Jones	I	36	M	Centerville	MN	227	18:07	2:04	4:13	288	47:32	17.7	1:28	217	27:03	9:01	1:38:20
263	40/50	45	Bryan Carlson	I	35	M	Centerville	MN	254	18:58	2:10	3:24	303	48:44	17.2	1:34	182	25:44	8:35	1:38:21
264	6/8	374	Emily Tiffany	I	22	F	Fridley	MN	200	16:56	1:56	2:38	249	45:34	18.4	0:36	319	32:48	10:56	1:38:30
265	11/16	230	James McCormick	C	49	M	Coon Rapids	MN	238	18:28	2:06	2:38	221	44:02	19.1	1:22	306	32:04	10:42	1:38:31
266	41/50	387	Jeffrey Vigness	I	36	M	Hopkins	MN	263	19:17	2:12	1:53	241	45:01	18.7	0:59	303	31:41	10:34	1:38:49
267	27/31	221	Thomas Manley	I	31	M	Roseville	MN	320	21:55	2:30	2:43	226	44:13	19.0	1:09	266	29:01	9:41	1:39:00
268	9/15	371	Jennifer Thull	I	43	F	Lakeville	MN	241	18:32	2:07	2:20	292	47:46	17.6	1:43	259	28:44	9:35	1:39:03
269	1/7	49	Cashelle Carroll-Clark	A	38	F	Lino Lakes	MN	272	19:35	2:14	1:56	236	44:48	18.8	1:17	300	31:32	10:31	1:39:06
270	28/31	327	Matt Schomaker	I	34	M	Champlin	MN	317	21:29	2:27	2:07	273	46:54	17.9	1:12	234	27:34	9:12	1:39:14
271	42/50	158	Anthony Indovina	I	36	M	Lakeville	MN	247	18:42	2:08	3:04	242	45:01	18.7	2:03	292	30:33	10:11	1:39:21
272	4/6	140	Dave Heffernan	I	60	M	Minneapolis	MN	322	22:03	2:31	3:02	215	43:47	19.2	2:24	245	28:10	9:24	1:39:23
273	29/31	377	Ben Tramm	I	32	M	New Brighton	MN	230	18:09	2:04	2:07	263	46:15	18.2	0:45	312	32:13	10:45	1:39:27
274	5/12	69	Richard Danaher	I	55	M	Mpls.	MN	339	23:56	2:44	2:21	239	44:50	18.7	1:09	223	27:15	9:05	1:39:28
275	33/37	214	Matt Loosbrock	I	28	M	Dundee	MN	246	18:39	2:08	3:11	301	48:38	17.3	0:52	256	28:30	9:30	1:39:47
276	43/50	193	Jesse Krebs	I	35	M	Inver Grove Height	MN	291	20:24	2:19	5:09	252	45:41	18.4	2:00	213	26:48	8:56	1:39:59
277	19/21	317	David Rotondo	I	54	M	Minneapolis	MN	326	22:34	2:34	4:13	185	42:21	19.8	1:58	269	29:03	9:41	1:40:06
278	13/18	247	Kimberly Morales	I	29	F	Minnetonka	MN	323	22:07	2:31	2:50	294	47:51	17.6	1:09	204	26:24	8:48	1:40:19
279	44/50	442	Jason Schweitzer	I	37	M	Rochester	MN	315	21:22	2:26	4:15	295	47:55	17.5	0:57	186	25:53	8:38	1:40:20
280	7/14	151	Angela Holmdahl	I	34	F	Eagan	MN	296	20:34	2:21	2:51	272	46:53	17.9	1:09	265	28:59	9:40	1:40:24
281	1/1	447	Don Meck	I	71	M			266	19:23	2:13	4:33	205	43:22	19.4	2:33	294	30:57	10:19	1:40:47
282	45/50	114	John Gournaris	I	37	M	Lakeville	MN	313	21:14	2:25	2:28	243	45:15	18.6	1:41	288	30:18	10:06	1:40:54
283	10/15	85	Alyssa Dwyer	I	41	F	Savage	MN	224	17:54	2:03	2:55	321	50:33	16.6	1:49	239	27:48	9:16	1:40:58
284	30/34	270	Michael Nowlan	I	43	M	Andover	MN	274	19:46	2:15	2:56	298	48:07	17.5	0:49	278	29:32	9:51	1:41:09
285	3/9	71	Yvonne Datta	I	51	F	Minneapolis	MN	341	24:11	2:45	3:15	266	46:20	18.1	0:27	218	27:03	9:01	1:41:14
286	34/37	182	Ben Kissling	I	26	M	S. St. Paul	MN	307	21:03	2:24	3:16	329	52:37	16.0	0:40	136	23:59	8:00	1:41:33
287	8/14	29	Jane Bowman	I	31	F	St. Paul	MN	281	20:00	2:17	1:39	297	48:05	17.5	0:47	297	31:14	10:25	1:41:44
288	6/7	337	Tyler Schweizer	I	15	M	New Brighton	MN	343	24:25	2:47	4:57				48:36	148	24:17	8:06	1:42:14
289	2/7	300	Vicki Rabenberg	A	37	F	Minneapolis	MN	351	25:13	2:52	2:17	244	45:17	18.5	1:09	254	28:23	9:28	1:42:17
290	7/8	106	Meg Fuller	I	22	F	Minneapolis	MN	290	20:18	2:19	2:59	320	50:28	16.6	1:18	225	27:15	9:05	1:42:17
291	14/18	173	Katherine Johnson	I	26	F	New Hope	MN	129	15:34	1:47	3:20	323	51:02	16.5	0:18	308	32:06	10:42	1:42:19

292	35/37	407	Brian Winter	I	29	M	Plymouth	MN	353	25:45	2:56	4:20	262	46:14	18.2	0:30	175	25:33	8:31	1:42:19
293	4/9	11	Denise Baxter	I	52	F	Saint Cloud	MN	277	19:55	2:16	1:59	279	47:12	17.8	1:14	307	32:06	10:42	1:42:25
294	36/37	136	Andrew Headding	I	25	M	Champlin	MN	126	15:33	1:46						318	32:44	10:55	1:42:35
295	31/34	233	Thomas McDonald	I	42	M	Minneapolis	MN	197	16:53	1:56	2:27	258	46:05	18.2	2:03	332	35:12	11:44	1:42:38
296	8/11	344	Lori Shock	I	38	F	Woodbury	MN	346	24:42	2:49	1:35	259	46:07	18.2	1:10	270	29:08	9:43	1:42:41
297	20/21	392	David Vukson	I	51	M	New Brighton	MN	309	21:05	2:24	3:54	284	47:26	17.7	0:43	281	29:38	9:53	1:42:44
298	15/18	364	Chelsea Tabor	I	26	F	Minneapolis	MN	270	19:30	2:13	2:16	235	44:46	18.8	2:20	325	33:57	11:19	1:42:47
299	11/15	413	Kim Zarling	I	42	F	Beloit	WI	243	18:34	2:07	2:17	283	47:25	17.7	0:36	327	34:01	11:21	1:42:52
300	5/9	125	Lisa Haller	I	50	F	Minneapolis	MN	344	24:28	2:47	2:16	248	45:30	18.5	1:40	273	29:11	9:44	1:43:03
301	6/9	159	Marysue Ingman	I	52	F	Eden Prairie	MN	299	20:45	2:22	2:41	302	48:40	17.3	1:31	277	29:32	9:51	1:43:07
302	7/9	72	Elizabeth Davis	I	51	F	Arden Hills	MN	194	16:49	1:55	2:07	322	50:50	16.5	1:10	313	32:16	10:46	1:43:10
303	46/50	138	Wayne Heaser	I	38	M	St. Paul	MN	99	14:55	1:42	3:23	296	48:05	17.5	1:51	331	35:01	11:41	1:43:14
304	12/15	10	Cyndi Barrington	I	43	F	Golden Valley	MN	308	21:05	2:24	2:21	245	45:24	18.5	1:39	320	32:49	10:57	1:43:16
305	1/2	438	Darrell Wilk	I	66	M	Bloomington	MN	149	15:56	1:49	2:08	126	39:52	21.1	2:15	356	43:46	14:36	1:43:54
306	6/12	290	Charles Pflanze	I	55	M	St Paul	MN	285	20:11	2:18	2:54	278	47:10	17.8	1:33	311	32:11	10:44	1:43:57
307	9/14	394	Suzanne Walsh	I	30	F	Roseville	MN	310	21:08	2:25	2:03	206	43:23	19.4	1:31	334	36:01	12:01	1:44:04
308	10/14	378	Nicole Tramm	I	33	F	New Brighton	MN	297	20:42	2:22	3:11	268	46:35	18.0	1:46	305	31:55	10:39	1:44:07
309	32/34	351	Matthew Snell	I	42	M	Blaine	MN	330	22:55	2:37	2:02	328	52:24	16.0	0:30	201	26:21	8:47	1:44:09
310	8/9	100	Louise Floyd	I	50	F	Sun Prairie	WI	198	16:55	1:56	2:45	276	47:01	17.9	1:49	333	35:56	11:59	1:44:24
311	12/16	370	Jonathan Thompson	C	44	M	W. St. Paul	MN	303	20:56	2:23	6:10	232	44:33	18.9	2:42	286	30:06	10:02	1:44:25
312	7/12	305	Thomas Reich	I	59	M	Blaine	MN	217	17:39	2:01	2:16	312	49:32	17.0	1:36	329	34:04	11:22	1:45:04
313	13/15	164	Martie James	I	42	F	Saint Paul	MN	222	17:53	2:02	2:40	313	49:36	16.9	1:26	324	33:41	11:14	1:45:13
314	21/21	205	Mike Leon	I	54	M	Mounds View	MN	314	21:22	2:26	3:26	299	48:21	17.4	0:56	296	31:12	10:24	1:45:15
315	3/5	157	Peggy Hunter	I	59	F	White Bear Lake	MN	355	26:30	3:01	1:51	271	46:47	18.0	1:11	268	29:02	9:41	1:45:19
316	9/11	203	Lynn Leibfried	I	38	F	Plymouth	MN	302	20:55	2:23	4:17	314	49:52	16.8	0:43	280	29:35	9:52	1:45:21
317	5/6	176	Joe Kandiko	I	61	M	Excelsior	MN	201	16:57	1:56	2:08	291	47:45	17.6	1:39	339	37:07	12:23	1:45:34
318	47/50	3	Jeff Alden Pope	I	37	M	Minneapolis	MN	356	27:57	3:11	2:50	220	44:00	19.1	1:57	264	28:58	9:40	1:45:41
319	21/22	54	Marc Chiodo	I	48	M	Minneapolis	MN	312	21:13	2:25	2:14	173	41:36	20.2	4:00	338	36:48	12:16	1:45:48
320	14/15	98	Sara Fish	I	41	F	St. Paul	MN	211	17:20	1:59	1:24	307	49:01	17.1	1:30	340	37:12	12:24	1:46:25
321	30/31	93	Peter Everest	I	30	M	Minneapolis	MT	295	20:32	2:20	6:15	306	49:00	17.1	1:28	274	29:15	9:45	1:46:28
322	33/34	229	Mark McCollough	I	41	M	Minneapolis	MN	250	18:45	2:08	3:22	319	50:24	16.7	0:54	321	33:09	11:03	1:46:32
323	7/7	196	Jesse Lammi	I	19	M	Mounds View	MN	305	20:57	2:23	2:31	333	53:54	15.6	0:37	257	28:37	9:33	1:46:34
324	10/11	209	Charline Ligtenberg	I	36	F	Cottage Grove	MN	338	23:43	2:42	4:04				50:25	271	29:09	9:43	1:47:20
325	22/22	160	Brian Ip	I	49	M	Edina	MN	345	24:30	2:47	2:08	285	47:28	17.7	2:25	299	31:24	10:28	1:47:54
326	9/10	46	Dana Carmichael	I	47	F	St. Paul	MN	325	22:28	2:34	3:02	311	49:31	17.0	1:21	304	31:45	10:35	1:48:07
327	11/14	121	Janice Gundlach	I	31	F	Minneapolis	MN	311	21:09	2:25	5:22	330	52:44	15.9	0:42	252	28:21	9:27	1:48:15
328	8/12	126	Paul Haller	I	55	M	Minneapolis	MN	332	23:22	2:40	5:03	308	49:09	17.1	1:57	262	28:54	9:38	1:48:24
329	15/15	352	Theresa Snell	I	41	F	Blaine	MN	319	21:36	2:28	3:39	315	49:55	16.8	1:52	317	32:39	10:53	1:49:39
330	48/50	6	Karl Anderson	I	36	M	Blaine	MN	347	24:42	2:49	3:21	317	50:20	16.7	1:42	282	29:48	9:56	1:49:51
331	13/16	338	Michael Schwendinger	C	36	M	Saint Paul	MN	342	24:18	2:46	4:38	264	46:15	18.2	3:05	310	32:11	10:44	1:50:25
332	14/16	162	Bob Jablonski	C	47	M	Shoreview	MN	262	19:15	2:12	4:46	324	51:03	16.5	2:14	323	33:25	11:09	1:50:41
333	6/6	107	Tom Fulton	I	64	M	Saint Louis Park	MN	280	19:58	2:17	3:36	274	46:57	17.9	3:03	341	37:26	12:29	1:50:58
334	8/8	134	Amanda Hauth	I	23	F	Duluth	MN	352	25:32	2:55	3:07	318	50:21	16.7	0:57	295	31:07	10:23	1:51:02
335	3/7	5	Lori Anderson	A	34	F	Blaine	MN	283	20:03	2:17	2:25	331	53:04	15.8	1:50	326	34:00	11:20	1:51:21
336	31/31	194	Josh Krebs	I	32	M	Mounds View	MN	335	23:27	2:40	3:18	327	51:17	16.4	1:06	316	32:38	10:53	1:51:44
337	16/18	135	Katie Hawke	I	26	F	Lakeland	MN	225	17:55	2:03	3:02	340	54:59	15.3	2:33	328	34:02	11:21	1:52:30
338	49/50	78	Michael Deleon	I	36	M	Eagan	MN	253	18:53	2:09	2:42	310	49:27	17.0	1:00	352	40:46	13:36	1:52:47
339	34/34	161	Grant Isaacson	I	41	M	Andover	MN	318	21:36	2:28	3:54	316	50:15	16.7	1:09	337	36:35	12:12	1:53:26
340	17/18	296	Caitlin Powers	I	26	F	Minneapolis	MN	249	18:45	2:08	2:32	332	53:39	15.7	0:48	346	38:32	12:51	1:54:14
341	9/12	12	Richard Becker	I	59	M	New Brighton	MN	298	20:43	2:22	2:58	326	51:13	16.4	1:41	345	37:53	12:38	1:54:25

342	10/10	148	Denise Hess	I	49	F	Andover	MN	81	14:38	1:40	2:40	336	54:27	15.4	1:48	353	41:16	13:46	1:54:48
343	50/50	411	David Young	I	35	M	Fridley	MN	357	28:30	3:15	2:01	337	54:28	15.4	1:22	279	29:34	9:52	1:55:53
344	4/7	294	Heidi Polinder	A	27	F	Eagan	MN	340	23:57	2:44	3:07	325	51:07	16.4	1:26	335	36:31	12:11	1:56:06
345	9/9	31	Reina Brekke	I	53	F	Shoreview	MN	294	20:32	2:20	1:47	343	56:39	14.8	1:29	343	37:37	12:33	1:58:02
346	5/7	266	Angela Nikrad	A	24	F	Fridley	AL	324	22:19	2:33	3:36	339	54:43	15.4	0:55	336	36:33	12:11	1:58:04
347	4/5	65	Mitzi Curtis	I	56	F	Fridley	MN	321	22:02	2:31	2:13	334	53:58	15.6	1:03	348	39:28	13:10	1:58:42
348	10/12	343	John Shaw	I	57	M	Shoreview	MN	268	19:27	2:13	4:12	341	55:29	15.1	1:11	347	38:59	13:00	1:59:16
349	6/7	306	Julie Richardson	A	42	F	Hastings	MN	287	20:13	2:18	3:00	344	57:36	14.6	1:28	344	37:51	12:37	2:00:06
350	18/18	32	Alesia Brel	I	27	F	Shakopee	MN	359	30:47	3:30	2:05	335	54:11	15.5	1:12	315	32:36	10:52	2:00:50
351	12/14	215	Lacy Loosbrock	I	30	F	Arden Hills	MN	301	20:51	2:23	2:04	347	59:12	14.2	1:20	342	37:36	12:32	2:01:02
352	13/14	412	Shelly Zahn	I	33	F	Farmington	MN	331	22:57	2:37	3:30	338	54:37	15.4	1:45	351	40:35	13:32	2:03:21
353	11/11	47	Jennifer Carpenter	I	36	F	Inver Grove Height	MN	334	23:26	2:40	2:48	346	59:10	14.2	1:01	349	40:01	13:21	2:06:24
354	37/37	211	Anders Lindberg	I	25	M	Golden Valley	MN	261	19:15	2:12	1:37	354	1:22:08	10.2	1:28	123	23:41	7:54	2:08:07
355	15/16	124	Brian Hager	C	34	M	Minneapolis	MN	113	15:17	1:45	2:31	353	1:21:54	10.3	1:35	255	28:24	9:28	2:09:39
356	14/14	375	April Tillges	I	33	F	St. Paul	MN	329	22:53	2:36	2:29	349	1:01:02	13.8	2:28	354	41:27	13:49	2:10:18
357	16/16	9	Jason Backes	C	41	M	Champlin	MN	354	26:07	2:59	3:07	345	57:44	14.5	1:31	355	43:24	14:28	2:11:51
358	2/2	350	Tom Smith	I	68	M	Eden Prairie	MN	350	25:05	2:51	5:04	348	1:00:42	13.8	2:30	350	40:13	13:25	2:13:32
359	11/12	17	John Beintema	I	59	M	Bloomington	MN	166	16:10	1:51	4:00	352	1:05:08	12.9	1:40	358	49:38	16:33	2:16:34
360	5/5	110	Trudy Gardner	I	56	F	Farmington	MN	360	89:36	10:11		342	56:04	15.0	3:51	357	47:08	15:43	2:16:43
361	12/12	84	Patrick Dunleavy	I	58	M	Minnetonka	MN	358	28:37	3:16	3:19	350	1:04:44	13.0		360	109:44	36:35	2:18:20
362	7/7	95	Kris Ferkingstad	A	40	F	Blaine	MN	328	22:50	2:36	3:17	351	1:05:06	12.9	1:00	359	53:05	17:42	2:25:15

results by VacationSports

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

MALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	431	Team Seevers ;	Boyd Seevers , Yoni Seevers , Ryan Hinz												
				4	57:53	6:35		4	40:37	20.7	0:26	1	19:41	6:34	1:17:34
2	436	JJ&DrB ;	Kirby Johnson , Parker Johnson , Diahnn Borowicz												
				1	12:39	1:27	0:34	3	40:22	20.8	0:27	3	24:24	8:08	1:18:24
3	435	We can haz fast ;	Scott Sailer , Noah Odland , Kyle Ries												
				3	17:42	2:01	0:28	2	39:14	21.4	0:27	2	23:29	7:50	1:21:18
4	422	Standard Deviates ;	Benjamin Chastek , Jon Johnson , Joe Henk												
				2	13:58	1:36	0:33	1	38:28	21.8	0:30	4	30:38	10:13	1:24:05

FEMALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	426	Splash, Crash, and D ;	Meaghan Flanagan , Melissa Dahlman , Jeanine Roddy												
				4	15:46	1:48	0:35	1	35:19	23.8	0:22	1	21:21	7:07	1:13:21
2	418	Spotted Cow ;	Connie Rudolph , Connie Rudolph , Karen Dawson												
				1	13:15	1:31	0:31	2	39:11	21.4	0:22	2	21:55	7:19	1:15:13
3	430	Second Tri ;	Janel Vanarragon , Ann Harris , Paula Larson												
				2	14:06	1:37	0:32	5	41:09	20.4	0:24	4	24:50	8:17	1:20:59
4	429	Chop Chop Wiki Wiki ;	Lindsay Davis , Shannon Mckeegan , Lisa Martins												



5	420	The Three Amigos ; Jordyn Foley , Bridget Foley , Alexis Foley	3	14:46	1:41	0:30	4	40:37	20.7	0:24	6	26:26	8:49	1:22:42
6	423	Go, Go, Grrls ; Leigh Borton , Ronda Copher , Erin Buysman	6	18:21	2:06	0:43	6	45:33	18.4	0:28	3	23:33	7:51	1:28:36
7	432	Wonder Women ; Kristen Hager , Leslie Skelly , Char Herbert	5	15:49	1:48	0:29	3	39:46	21.1	0:24	8	32:54	10:58	1:29:21
8	424	Tri times a lady 2 ; Yeon Choi , Laura Lindall , Lynn Blass	7	18:38	2:08	0:39				47:18	5	25:38	8:33	1:32:12
			8	31:10	3:33	3:42	7	53:29	15.7	0:46	7	27:53	9:18	1:56:57

MIXED RELAY RESULTS

Place	Bib	TEAM	MEMBERS:	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	427	UCC New Bri ;	Jan Truchan , Velda Johnson , Scott Davis	2	14:50	1:42	0:36	2	40:44	20.6	0:22	1	18:13	6:05	1:14:43
2	434	Triple Play ;	Amy Croonquist , James Hunter , Tricia Wallace	3	15:48	1:48	0:25	1	39:55	21.0	0:23	2	23:02	7:41	1:19:31
3	441	Novotny Magnuson ;	Tim Novotny , Tim Novotny , Connie Magnuson	4	18:35	2:07	1:58	3	42:20	19.8	0:32	4	28:15	9:25	1:31:39
4	428	Trinnovus ;	Jessie Lee , Paul Buzinec , Gabriel Gomez Rey	1	13:40	1:34	0:31	5	53:10	15.8	0:26	3	25:29	8:30	1:33:14
5	425	TUC (team under cons ;	Susan Fiskness , Todd Richter , Lisa Brown	5	20:20	2:19	0:39	4	50:08	16.8	0:28	6	29:11	9:44	1:40:45
6	433	Schimenfeldt ;	Kristi Winterfeldt , Aimee Menne , Christian Schiller	6	20:37	2:21	0:52	6	1:04:12	13.1	0:33	5	29:02	9:41	1:55:14

ELITE MALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	272	Brendon O Flanagan	34	White Bear Lake	MN	2	11:59	1:22	0:34	1	36:08	23.2	0:32	1	19:31	6:31	1:08:42
2	163	Dan Jacobson	19	Ramsey	MN	1	11:00	1:15	1:24	2	41:14	20.4	0:25	2	21:15	7:05	1:15:16

ELITE FEMALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	283	Hilary Patzer	31	St. Paul	MN	6	15:21	1:45	0:55	1	36:56	22.7	0:42	1	20:53	6:58	1:14:45
2	268	Lydia Novotny	28	Hopkins	MN	5	15:14	1:44	0:54	2	37:04	22.7	0:47	2	20:55	6:59	1:14:52
3	88	Jill Ellenbecker	38	Coon Rapids	MN	4	14:44	1:41	1:03	5	37:59	22.1	0:37	3	21:30	7:10	1:15:51
4	400	Tina Welzien	29	Woodbury	MN	1	12:46	1:28	1:01	8	40:13	20.9	0:30	5	22:02	7:21	1:16:31
5	77	Jessica Deegan	34	Saint Paul	MN	3	14:38	1:40	1:09	7	39:25	21.3	0:37	6	23:42	7:54	1:19:29
6	466	Greta Simpson	30	Minneapolis	MN	2	13:36	1:33	0:50	3	37:48	22.2	0:37	8	27:35	9:12	1:20:23
7	189	Diana Koepp	26	Rochester	MN	9	20:12	2:18	1:02	4	37:56	22.1	0:49	4	21:34	7:12	1:21:32
8	449	Hannah Sullivan	32	St Paul	MN	8	17:25	1:59	1:04	6	38:46	21.7	0:46	7	24:37	8:13	1:22:37
9	295	Andrea Potyondy-Smith	34	Champlin	MN	7	16:11	1:51	1:20	9	40:53	20.5	0:43	9	31:21	10:27	1:30:27

CLYDESDALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	315	Jeremy Rondorf	36	Blaine	MN	2	13:43	1:34	1:21	1	33:46	24.9	0:56	3	22:40	7:34	1:12:23
2	70	Emmanuel Darne	39	Woodbury	MN	10	15:36	1:47	0:46	5	35:57	23.4	0:33	1	20:16	6:46	1:13:06
3	324	Don Schmeichel	39	Andover	MN	1	12:15	1:24	0:59	3	35:38	23.6	0:36	6	24:12	8:04	1:13:38
4	349	Aaron Smith	37	Robbsindale	MN	7	14:52	1:42	1:17	4	35:52	23.4	0:40	2	22:01	7:21	1:14:40
5	395	Paul Watson	41	Farmington	MN	6	14:23	1:39	1:15	6	36:57	22.7	0:30	4	23:03	7:41	1:16:06
6	246	Nathan Monette	37	Finlayson	MN	3	13:45	1:34	0:55	2	35:26	23.7	1:08	8	25:00	8:20	1:16:13
7	213	Bryan Logue	40	New Prague	MN	5	14:15	1:38	1:19	7	36:59	22.7	1:12	7	24:21	8:07	1:18:04
8	259	Eric Naylor	27	Brooklyn Park	MN	11	15:56	1:49	1:10	8	37:04	22.7	0:52	5	24:09	8:03	1:19:09
9	440	Pete Laskiewiez	43			9	15:35	1:47	2:31	10	40:37	20.7	1:41	9	27:41	9:14	1:28:02
10	384	Richard Van Sickle	42	Minneapolis	MN	4	13:58	1:36	1:22	9	39:55	21.0	0:40	13	32:09	10:43	1:28:02
11	230	James McCormick	49	Coon Rapids	MN	12	18:28	2:06	2:38	11	44:02	19.1	1:22	12	32:04	10:42	1:38:31
12	370	Jonathan Thompson	44	W. St. Paul	MN	14	20:56	2:23	6:10	12	44:33	18.9	2:42	11	30:06	10:02	1:44:25
13	338	Michael Schwendinger	36	Saint Paul	MN	15	24:18	2:46	4:38	13	46:15	18.2	3:05	14	32:11	10:44	1:50:25
14	162	Bob Jablonski	47	Shoreview	MN	13	19:15	2:12	4:46	14	51:03	16.5	2:14	15	33:25	11:09	1:50:41
15	124	Brian Hager	34	Minneapolis	MN	8	15:17	1:45	2:31	16	1:21:54	10.3	1:35	10	28:24	9:28	2:09:39
16	9	Jason Backes	41	Champlin	MN	16	26:07	2:59	3:07	15	57:44	14.5	1:31	16	43:24	14:28	2:11:51

## ATHENA OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	49	Cashelle Carroll-Clark	38	Lino Lakes	MN	1	19:35	2:14	1:56	1	44:48	18.8	1:17	2	31:32	10:31	1:39:06
2	300	Vicki Rabenberg	37	Minneapolis	MN	7	25:13	2:52	2:17	2	45:17	18.5	1:09	1	28:23	9:28	1:42:17
3	5	Lori Anderson	34	Blaine	MN	2	20:03	2:17	2:25	4	53:04	15.8	1:50	3	34:00	11:20	1:51:21
4	294	Heidi Polinder	27	Eagan	MN	6	23:57	2:44	3:07	3	51:07	16.4	1:26	4	36:31	12:11	1:56:06
5	266	Angela Nikrad	24	Fridley	AL	4	22:19	2:33	3:36	5	54:43	15.4	0:55	5	36:33	12:11	1:58:04
6	306	Julie Richardson	42	Hastings	MN	3	20:13	2:18	3:00	6	57:36	14.6	1:28	6	37:51	12:37	2:00:06
7	95	Kris Ferkingstad	40	Blaine	MN	5	22:50	2:36	3:17	7	1:05:06	12.9	1:00	7	53:05	17:42	2:25:15

## INDIVIDUAL MALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	288	Tom Pettit	42	Eden Prairie	MN	9	12:10	1:23	1:12	13	35:53	23.4	0:30	4	18:54	6:18	1:08:38
2	188	Kris Koepf	28	Rochester	MN	2	10:48	1:14	1:12	5	35:19	23.8	0:32	31	20:58	7:00	1:08:48
3	13	Kurt Becker	44	Afton	MN	4	11:28	1:19	0:49	2	34:57	24.0	0:36	37	21:07	7:03	1:08:55
4	35	Brian Brophy	36	Bloomington	MN	10	12:12	1:24	1:19	8	35:29	23.7	0:42	24	20:42	6:54	1:10:22
5	286	Jeff Peterson	33	Bloomington	MN	49	14:30	1:39	0:50	1	34:50	24.1	0:46	13	19:33	6:31	1:10:26
6	275	Jared Olhoft	29	Shoreview	MN	21	13:31	1:33	0:53	27	36:36	23.0	0:33	8	19:22	6:28	1:10:54
7	403	Todd White	43	Roseville	MN	5	11:35	1:19	0:55	37	37:01	22.7	0:38	35	21:06	7:02	1:11:13
8	312	Cody Schultz	22	White Bear Lake	MN	23	13:35	1:33	1:21	23	36:28	23.0	0:31	10	19:28	6:30	1:11:21
9	310	Charlie Roach	53	Lakeville	MN	100	15:52	1:49	1:08	4	35:06	23.9	0:39	3	18:43	6:15	1:11:27
10	451	Brandon Onopa	19	Long Lake	MN	13	12:34	1:26	0:57	21	36:21	23.1	0:27	41	21:21	7:07	1:11:38
11	391	David Voss	49	Minneapolis	MN	71	14:55	1:42	1:05	7	35:23	23.7	0:54	12	19:31	6:31	1:11:46
12	232	Nicholas McCulloch	28	Minneapolis	MN	34	14:02	1:36	0:45	16	36:12	23.2	0:29	22	20:34	6:52	1:11:59
13	299	Tim Quesnell	44	Roseville	MN	41	14:14	1:37	0:57	49	37:19	22.5	0:32	5	19:02	6:21	1:12:02
14	225	Christopher Massey	26	Plymouth	MN	28	13:42	1:34	1:20	66	38:12	22.0	0:47	2	18:40	6:14	1:12:38

15	406	Stephen Wilson	25	Golden Valley	MN	26	13:38	1:33	0:55	32	36:46	22.8	0:28	28	20:53	6:58	1:12:39
16	448	Jason Timmer	25			1	10:40	1:13	1:11	67	38:17	21.9	1:02	46	21:30	7:10	1:12:39
17	191	Scott Koke	37	New Brighton	MN	12	12:31	1:26	1:07	28	36:41	22.9	0:42	52	21:56	7:19	1:12:55
18	462	Kerry Yndestad	50			33	13:52	1:35	0:53	17	36:15	23.2	0:28	48	21:36	7:12	1:13:03
19	105	Joel Fredricks	31	New Brighton	MN	119	16:13	1:51	0:58	33	36:48	22.8	0:50	1	18:17	6:06	1:13:04
20	97	Sean Finn	45	Savage	MN	72	14:56	1:42	0:59	31	36:44	22.9	0:40	20	20:13	6:45	1:13:30
21	101	Jake Foley	23	White Bear Lake	MN	62	14:47	1:41	1:06	54	37:29	22.4	0:42	11	19:30	6:30	1:13:32
22	313	Erick Roen	34	Minneapolis	MN	3	11:23	1:18	1:05	60	37:47	22.2	0:45	75	22:37	7:33	1:13:35
23	154	James Hull	27	Mounds View	MN	85	15:25	1:46	0:59	36	36:58	22.7	0:38	17	19:47	6:36	1:13:44
24	250	Zachary Moss	24	Saint Paul	MN	18	13:26	1:32	1:29	47	37:15	22.6	0:45	33	21:00	7:00	1:13:53
25	328	Larry Schonhardt	53	New Hope	MN	11	12:26	1:25	1:49	14	36:02	23.3	0:34	92	23:09	7:43	1:13:58
26	269	Daniel Nowlan	34	Hugo	MN	46	14:23	1:39	1:16	40	37:05	22.7	1:03	21	20:23	6:48	1:14:09
27	216	Eric Lund	35	Stillwater	MN	32	13:45	1:34	1:07	52	37:26	22.4	0:56	32	20:59	7:00	1:14:11
28	369	Shawn Thomas	38	Eden Prairie	MN	35	14:03	1:36	1:29	41	37:05	22.7	0:43	36	21:06	7:02	1:14:24
29	293	Andrew Polasky	18	Arden Hills	MN	59	14:40	1:40	1:10	19	36:21	23.1	0:35	50	21:45	7:15	1:14:30
30	318	Jared Roy	42	St. Louis Park	MN	145	17:08	1:57	1:25	3	35:06	23.9	0:42	19	20:12	6:44	1:14:32
31	59	Carlos Conway	26	St. Paul	MN	79	15:15	1:44	1:47	30	36:43	22.9	1:10	16	19:42	6:34	1:14:35
32	147	Michael Hess	50	Andover	MN	7	11:53	1:21	1:08	69	38:19	21.9	1:05	70	22:27	7:29	1:14:49
33	386	Kirk Vesterstein	49	Duluth	MN	97	15:43	1:48	1:26	15	36:09	23.2	0:56	26	20:46	6:56	1:14:59
34	345	Bay Shock	38	Woodbury	MN	58	14:39	1:40	0:58	55	37:29	22.4	0:40	43	21:24	7:08	1:15:08
35	464	Paul Traczyk	41	Shoreview	MN	45	14:20	1:38	1:01	35	36:57	22.7	0:49	59	22:07	7:23	1:15:12
36	461	Tim Obrien	55			43	14:17	1:38	1:23	25	36:31	23.0	1:04	56	22:04	7:22	1:15:16
37	226	Thomas Masterman	40	Saint Paul	MN	48	14:30	1:39	2:11	10	35:31	23.7	1:02	65	22:18	7:26	1:15:29
38	445	Jeff Vanis	28			50	14:31	1:39	1:05	63	37:58	22.1	0:32	47	21:30	7:10	1:15:34
39	127	Nicholas Hardt	30	Lake Elmo	MN	150	17:31	2:00	1:07	34	36:56	22.7	0:50	6	19:13	6:25	1:15:35
40	289	Paul Pfeiffer	45	St. Paul	MN	19	13:28	1:32	0:51	43	37:09	22.6	0:39	100	23:41	7:54	1:15:44
41	177	Luke Kane	24	Minneapolis	MN	38	14:11	1:37	3:00	18	36:20	23.1	0:56	40	21:20	7:07	1:15:46
42	192	Bryan Korb	44	Lakeville	MN	65	14:52	1:42	1:36	12	35:45	23.5	0:59	80	22:46	7:36	1:15:56
43	439	Patrick Neilson	26	Minneapolis	MN	92	15:35	1:47	1:21	38	37:04	22.7	0:34	45	21:27	7:09	1:15:59
44	104	Greg Franzen	56	Plymouth	MN	27	13:39	1:34	1:05	70	38:20	21.9	0:48	61	22:12	7:24	1:16:02
45	437	Kyle Gilbertson	30			57	14:38	1:40	0:53	45	37:14	22.6	0:28	86	22:56	7:39	1:16:09
46	253	Daniel Mueller	33	Minneapolis	MN	93	15:35	1:47	1:20	57	37:41	22.3	0:50	25	20:45	6:55	1:16:09
47	360	Nathan Strudle	29	Minneapolis	MN	83	15:23	1:45	0:56	73	38:30	21.8	0:29	29	20:54	6:58	1:16:11
48	199	Chad Lawrence	35	Woodbury	MN	101	15:53	1:49	1:41	48	37:18	22.5	0:35	27	20:47	6:56	1:16:12
49	287	Max Peterson	21	St. Cloud	MN	75	15:06	1:43	1:24	86	39:08	21.5	1:12	9	19:26	6:29	1:16:14
50	145	Brian Heltemes	35	Eden Prairie	MN	74	15:06	1:43	1:06	103	39:54	21.1	0:52	7	19:19	6:27	1:16:15
51	267	Tim Nordberg	30	Edina	MN	113	16:06	1:50	1:55	6	35:23	23.7	1:02	54	21:58	7:20	1:16:21
52	453	Casey Dillon	29	Minneapolis	MN	55	14:35	1:40	1:10	51	37:23	22.5	0:47	72	22:29	7:30	1:16:23
53	167	Mike Johnson	42	St Louis Park	MN	78	15:15	1:44	0:56	24	36:30	23.0	0:56	85	22:54	7:38	1:16:29
54	119	Adam Grovender	32	Brooklyn Park	MN	8	11:58	1:22	1:28	80	38:58	21.6	0:14	110	23:54	7:58	1:16:30
55	279	Allen Overturf	43	Maple Plain	MN	20	13:29	1:32	1:19	75	38:53	21.6	0:49	57	22:04	7:22	1:16:33
56	321	Vincent Schaper	46	Saint Paul	MN	95	15:40	1:47	2:13	11	35:32	23.6	0:55	69	22:24	7:28	1:16:42
57	217	Daniel Luoma	26	Roseville	MN	76	15:08	1:44	1:30	39	37:04	22.7	0:51	64	22:17	7:26	1:16:49
58	195	Jason Kunz	26	Saint Paul	MN	118	16:11	1:51	1:36	53	37:28	22.4	0:56	30	20:55	6:59	1:17:05
59	326	Joe Schmitt	36	White Bear Lake	MN	61	14:44	1:41	2:08	46	37:15	22.6	0:57	62	22:14	7:25	1:17:16
60	348	Dustin Skarda	32	So. St. Paul	MN	69	14:54	1:42	1:08	64	38:07	22.0	0:52	66	22:18	7:26	1:17:17
61	397	Marty Weiland	34	Lakeville	MN	137	16:48	1:55	1:22	42	37:07	22.6	0:58	38	21:15	7:05	1:17:28
62	218	Robert Lyng	52	Burnsville	MN	84	15:23	1:45	1:58	26	36:31	23.0	1:12	78	22:43	7:35	1:17:46
63	249	Oscar Morles	35	Brooklyn Park	MN	25	13:37	1:33	1:13	78	38:55	21.6	0:41	97	23:33	7:51	1:17:58
64	2	Matthew Aehle	25	Minneapolis	MN	60	14:42	1:41	0:44	127	41:21	20.3	1:06	18	20:11	6:44	1:18:02

65	303	Steven Rahn	34	Saint Paul	MN	54	14:35	1:40	0:54	44	37:10	22.6	0:50	127	24:51	8:17	1:18:18
66	339	Dalton Scott	20	St.Cloud	MN	110	16:02	1:50	1:36	115	40:37	20.7	0:35	14	19:36	6:32	1:18:24
67	362	Ericka Swenson	25	Alexandria	MN	103	15:54	1:49	1:12	29	36:43	22.9	1:05	101	23:41	7:54	1:18:32
68	19	Mike Berkopec	48	Eagan	MN	156	17:45	2:01	1:25	20	36:21	23.1	1:21	49	21:43	7:15	1:18:33
69	258	Chad Murphy	47	Prior Lake	MN	17	13:10	1:30	1:49	88	39:09	21.5	0:58	99	23:39	7:53	1:18:43
70	463	Jim Nack	51	Madison Lake	MN	14	12:51	1:28	2:12	65	38:07	22.0	0:48	126	24:49	8:17	1:18:45
71	380	Dan Udem	32	Chisago	MN	91	15:34	1:47	1:22	50	37:22	22.5	0:51	103	23:42	7:54	1:18:49
72	139	Michael Hebert	42	Roseville	MN	30	13:44	1:34	2:47	79	38:58	21.6	1:15	60	22:10	7:24	1:18:52
73	37	Michael Bryant	36	Maplewood	MN	63	14:50	1:42	1:37	56	37:41	22.3	0:52	109	23:54	7:58	1:18:52
74	336	Andrew Schweizer	50	New Brighton	MN	105	15:56	1:49	2:13	9	35:30	23.7	0:53	123	24:28	8:10	1:18:58
75	238	Steve Meenan	51	Woodbury	MN	66	14:52	1:42	1:20	89	39:13	21.4	0:59	76	22:38	7:33	1:19:00
76	42	Brad Canham	47	Eden Prairie	MN	99	15:45	1:48	1:22	68	38:18	21.9	0:58	84	22:53	7:38	1:19:13
77	187	Ryan Knitter	29	Blaine	MN	82	15:22	1:45	1:28	87	39:08	21.5	0:58	74	22:36	7:32	1:19:30
78	401	Jason Westenskow	39	Lakeville	MN	120	16:14	1:51	1:33	97	39:35	21.2	1:02	39	21:19	7:07	1:19:41
79	141	Steve Heikkila	54	Saint Paul	MN	22	13:33	1:33	1:20	96	39:31	21.3	0:58	122	24:21	8:07	1:19:42
80	372	Timothy Thull	42	Lakeville	MN	102	15:53	1:49	1:57	71	38:22	21.9	1:14	79	22:46	7:36	1:20:10
81	75	Edouard De Mezerac	28	Minneapolis	MN	39	14:13	1:37	1:17	101	39:51	21.1	0:42	119	24:13	8:05	1:20:13
82	202	Kyle Lehenbauer	36	Saint Paul	MN	123	16:20	1:52	1:22	72	38:27	21.8	0:48	96	23:32	7:51	1:20:27
83	263	Csaba Nemes	39	Shoreview	MN	126	16:25	1:52	1:40	81	39:00	21.5	0:46	81	22:47	7:36	1:20:35
84	257	Brandon Murphy	25	Minneapolis	MN	52	14:34	1:40	1:18	61	37:52	22.2	0:58	147	26:05	8:42	1:20:45
85	94	Todd Fawcett	50	Saint Paul	MN	163	18:22	2:06	1:11	62	37:55	22.2	1:12	71	22:28	7:30	1:21:05
86	207	Bob Leone	54	Plymouth	MN	96	15:42	1:48	2:48	59	37:45	22.3	1:30	98	23:34	7:52	1:21:18
87	450	Jacob Totall	13	Minneapolis	MN	16	13:10	1:30	0:32	126	41:20	20.3	0:33	139	25:45	8:35	1:21:19
88	18	Eric Bell	31	St. Anthony Villag	MN	142	16:59	1:56	2:23	84	39:05	21.5	1:05	55	22:01	7:21	1:21:32
89	468	Irfan Khan	37	Fridley	MN	36	14:06	1:37	1:44	22	36:25	23.1	1:12	185	28:14	9:25	1:21:38
90	376	Scott Tollefson	44	Minneapolis	MN	186	19:19	2:12	1:05	74	38:31	21.8	1:04	51	21:48	7:16	1:21:45
91	254	David Mullen	46	Mendota Heights	MN	108	16:00	1:50	2:02	117	40:39	20.7	0:55	67	22:19	7:27	1:21:54
92	197	Peter Lancaster	56	Minneapolis	MN	81	15:19	1:45	2:18	91	39:15	21.4	1:04	114	24:04	8:02	1:21:58
93	273	Jim Odonnell	50	Saint Louis Park	MN	162	18:11	2:04	1:13	82	39:01	21.5	1:06	77	22:42	7:34	1:22:11
94	470	Paul Johnson	38	Excelsior	MN	124	16:22	1:52	1:36	90	39:14	21.4	0:51	116	24:10	8:04	1:22:11
95	245	Cody Jingo	19	Coon Rapids	MN	44	14:19	1:38	1:30	109	40:23	20.8	0:28	134	25:35	8:32	1:22:13
96	166	Seth Meska-Silrum	33	Minneapolis	MN	165	18:23	2:06	2:19	85	39:06	21.5	0:43	53	21:57	7:19	1:22:25
97	178	Tom Kassekert	48	Blaine	MN	116	16:09	1:51	1:23	77	38:55	21.6	1:12	125	24:49	8:17	1:22:26
98	280	Josh Owens	20	Brooklyn Park	MN	31	13:44	1:34	1:37	156	42:59	19.5	0:58	93	23:13	7:45	1:22:30
99	168	Brent Johnson	21	Arden Hills	MN	40	14:13	1:37	1:26	157	43:01	19.5	1:05	83	22:50	7:37	1:22:34
100	332	Mark Schultz	50	Prior Lake	MN	109	16:01	1:50	1:02	94	39:29	21.3	0:42	135	25:39	8:33	1:22:51
101	79	Aaron Devries	38	Richfield	MN	73	15:00	1:43	1:30	92	39:20	21.4	1:17	143	25:54	8:38	1:22:59
102	90	Nick Erickson	28	Blaine	MN	37	14:07	1:37	1:54	163	43:36	19.3	0:26	88	22:58	7:40	1:23:00
103	20	Mike Besser	43	Woodbury	MN	144	17:07	1:57	2:23	122	40:56	20.5	1:16	42	21:22	7:08	1:23:03
104	414	Darrick Zarling	42	Vadnais Heights	MN	129	16:29	1:53	1:47	107	40:18	20.8	0:56	104	23:44	7:55	1:23:12
105	36	Joshua Brown	35	Golden Valley	MN	146	17:13	1:58	2:48	158	43:06	19.5	0:39	15	19:42	6:34	1:23:27
106	109	Jamie Galioto	35	Roseville	MN	6	11:46	1:21	1:17	124	41:10	20.4	1:22	180	27:56	9:19	1:23:28
107	373	Sonny Thweatt	60	Lakeville	MN	87	15:29	1:46	2:10	76	38:54	21.6	1:06	141	25:53	8:38	1:23:30
108	74	Aaron Day	32	Saint Paul	MN	138	16:48	1:55	2:35	108	40:18	20.8	1:06	82	22:49	7:37	1:23:34
109	366	Tonnis Ter Veldhuis	44	Saint Paul	MN	166	18:24	2:06	2:23	125	41:14	20.4	0:37	34	21:04	7:02	1:23:39
110	319	John Rusch	28	Bloomington	MN	132	16:33	1:53	1:19	58	37:42	22.3	0:38	177	27:33	9:11	1:23:43
111	329	Andrew Schroeder	28	St. Louis Park	MN	147	17:17	1:58	1:48	120	40:50	20.6	1:16	73	22:35	7:32	1:23:44
112	452	Smith Kent	42			68	14:53	1:42	1:58	93	39:25	21.3	1:26	150	26:16	8:46	1:23:57
113	131	Aaron Hauck	19	Champlin	MN	15	13:05	1:30	1:52	185	45:35	18.4	0:45	89	23:02	7:41	1:24:18
114	48	Pete Carroll	42	White Bear Townshi	MN	80	15:17	1:45	1:46	95	39:31	21.3	1:32	156	26:27	8:49	1:24:31

115	43	Garrett Cardinal	20	Champlin	MN	47	14:26	1:39	1:31	106	40:13	20.9	1:13	168	27:10	9:04	1:24:32
116	82	Ryan Dow	34	Minneapolis	MN	131	16:32	1:53	2:02	119	40:44	20.6	1:15	117	24:12	8:04	1:24:43
117	112	Nathaniel George	35	Saint Paul	MN	67	14:52	1:42	1:07	131	41:30	20.2	1:35	137	25:43	8:35	1:24:46
118	383	William Van Pilsum	42	New Brighton	MN	29	13:44	1:34	1:58	105	40:13	20.9	1:57	171	27:15	9:05	1:25:05
119	224	Dan Martin	36	Mounds View	MN	180	19:10	2:11	2:39	110	40:24	20.8	0:39	63	22:16	7:26	1:25:06
120	56	Kevin Cleereman	49	New Brighton	MN	111	16:03	1:50	2:28	98	39:35	21.2	1:24	136	25:41	8:34	1:25:10
121	292	Jeff Phillips	37	Minneapolis	MN	122	16:20	1:52	2:31	145	42:23	19.8	1:01	87	22:57	7:39	1:25:10
122	304	Dan Rehrauer	34	Coon Rapids	MN	56	14:37	1:40	0:58	180	44:38	18.8	0:47	121	24:20	8:07	1:25:19
123	323	Craig Schlichting	37	Ham Lake	MN	167	18:27	2:06	2:30	114	40:37	20.7	0:54	90	23:05	7:42	1:25:31
124	234	Shane McFadden	39	St. Louis Park	MN	125	16:23	1:52	3:15	146	42:24	19.8	1:41	58	22:06	7:22	1:25:47
125	311	Jordan Roby	20	Stillwater	MN	155	17:45	2:01	1:27	136	41:51	20.1	1:07	105	23:46	7:56	1:25:53
126	241	Mike Meyer	29	Blaine	MN	134	16:41	1:54	0:53	104	40:13	20.9	0:55	172	27:24	9:08	1:26:04
127	120	Derek Guiher	33	Richfield	MN	86	15:27	1:46	2:11	130	41:28	20.3	1:03	157	26:29	8:50	1:26:37
128	220	Kevin Guire	51	Mendota Heights	MN	64	14:51	1:42	1:44	121	40:51	20.6	1:12	184	28:11	9:24	1:26:48
129	34	Ryan Briggs	37	Chaska	MN	168	18:32	2:07	1:12	139	42:00	20.0	0:59	118	24:12	8:04	1:26:52
130	89	Ryan Ellis	33	Chaska	MN	135	16:43	1:54	2:01	140	42:00	20.0	0:57	131	25:27	8:29	1:27:05
131	122	Richard Haak	46	Roseville	MN	157	17:56	2:03	2:02	99	39:45	21.1	1:01	159	26:34	8:52	1:27:17
132	467	Paul Deleon	30			77	15:14	1:44	1:58	187	45:47	18.3	0:51	95	23:31	7:51	1:27:19
133	278	Robert Overby	38	Faribault	MN	160	18:09	2:04	1:56	151	42:47	19.6	0:38	111	23:54	7:58	1:27:22
134	255	Sean Muniz	43	Woodbury	MN	128	16:28	1:53	2:44	123	41:05	20.4	0:57	153	26:21	8:47	1:27:33
135	382	Ryan Valek	26	Saint Paul	MN	185	19:17	2:12	3:50	147	42:24	19.8	1:42	23	20:40	6:54	1:27:53
136	111	James Gaul	39	Bloomington	MN	127	16:26	1:52	2:20	178	44:30	18.9	1:36	91	23:09	7:43	1:27:59
137	4	Michael Amberson	31	Edina	MN	53	14:34	1:40	2:27	176	44:16	19.0	0:37	149	26:15	8:45	1:28:07
138	150	Benjamin Ho	30	St. Paul	MN	192	19:36	2:14	1:44	162	43:31	19.3	1:05	68	22:20	7:27	1:28:15
139	142	Dan Heinks	54	Cambridge	MN	149	17:20	1:59	2:31	141	42:06	20.0	1:02	130	25:23	8:28	1:28:20
140	30	Eric Boyum	37	Fridley	MN	94	15:37	1:47	2:04	153	42:50	19.6	1:31	154	26:24	8:48	1:28:23
141	388	Matthew Voda	42	Minneapolis	MN	133	16:38	1:54	2:20	144	42:21	19.8	2:02	128	25:13	8:25	1:28:33
142	356	Fred Stephens	46	White Bear Lake	MN	225	23:39	2:42	1:32	83	39:03	21.5	1:07	94	23:15	7:45	1:28:34
143	260	Eric Nelson	53	Minneapolis	MN	140	16:56	1:56	2:16	149	42:39	19.7	1:44	132	25:30	8:30	1:29:03
144	55	Mike Clawson	35	Edina	MN	199	20:15	2:18	1:53	113	40:36	20.7	1:05	129	25:20	8:27	1:29:07
145	252	Tom Motzel	39	Eagan	MN	98	15:44	1:48	3:29	134	41:35	20.2	0:52	176	27:32	9:11	1:29:09
146	41	Mitch Cain	29	Roseville	MN	194	19:51	2:16	1:32	142	42:08	19.9	1:11	124	24:44	8:15	1:29:24
147	99	John Flaa	49	Plymouth	MN	89	15:30	1:46	2:13	177	44:26	18.9	1:21	146	25:58	8:40	1:29:26
148	137	Gary Heaser	40	St. Paul	MN	190	19:28	2:13	2:58	133	41:32	20.2	1:26	115	24:07	8:03	1:29:28
149	415	Jeff Zaugg	29	New Brighton	MN	112	16:06	1:50	2:30	155	42:57	19.6	0:36	173	27:25	9:09	1:29:32
150	471	Branda Schomberg	28	Minneapolis		136	16:44	1:55	1:59	148	42:26	19.8	1:05	174	27:26	9:09	1:29:39
151	342	Leo Sharkey	47	Shoreview	MN	115	16:08	1:50	2:07	100	39:47	21.1	1:25	208	30:25	10:09	1:29:50
152	1	Michael Abegg	45	Minneapolis	MN	121	16:19	1:52	1:17	173	44:10	19.0	0:49	175	27:29	9:10	1:30:02
153	184	Kirk Klemme	60	Chassell	MI	173	18:47	2:08	2:38	132	41:30	20.2	1:17	145	25:56	8:39	1:30:06
154	340	David Severson	36	Blaine	MN	130	16:30	1:53	2:14	169	43:57	19.1	1:24	158	26:30	8:50	1:30:32
155	389	Peter Von Arx	27	Minnetonka	MN	106	15:58	1:49	1:38	203	47:41	17.6	1:31	112	23:56	7:59	1:30:42
156	33	David Brezinski	30	Lakeville	MN	114	16:07	1:50	1:42	230	1:32:32	9.1		190	28:43	9:35	1:30:43
157	116	Don Graffam	41	Shoreview	MN	88	15:29	1:46	2:30	168	43:56	19.1	0:54	181	28:04	9:22	1:30:51
158	61	Tom Couillard	62	White Bear Lake	MN	154	17:43	2:01	2:06	171	44:04	19.1	1:21	140	25:49	8:37	1:31:00
159	365	Michael Taylor	46	Bloomington	MN	107	15:59	1:49	3:44	112	40:30	20.7	1:55	194	28:55	9:39	1:31:02
160	472	Dana Khoury	44			202	20:31	2:20	3:36	128	41:24	20.3	1:58	107	23:53	7:58	1:31:21
161	67	Daniel Dahl	26	Minneapolis	MN	195	19:56	2:16	2:39	150	42:42	19.7	0:30	144	25:54	8:38	1:31:40
162	235	Dan McIntyre	42	Coon Rapids	MN	181	19:10	2:11	1:52	137	41:51	20.1	1:18	187	28:21	9:27	1:32:30
163	473	Jason Hibbord	26	Minneapolis	MN	159	18:07	2:04	3:25	209	48:22	17.4	1:27	44	21:26	7:09	1:32:46
164	86	Keith Edwards	35	Minneapolis	MN	188	19:26	2:13	2:24	160	43:24	19.4	1:13	161	26:39	8:53	1:33:05

165	206	Anthony Leon	27	Hugo	MN	205	20:56	2:23	2:28			43:56	148	26:12	8:44	1:33:31	
166	227	Stephen McBride	40	Centerville	MN	197	20:08	2:18	3:02	154	42:54	19.6	0:54	162	26:46	8:56	1:33:41
167	355	Teric Steines	37	Edina	MN	177	18:58	2:10	3:46	111	40:30	20.7	1:56	192	28:53	9:38	1:34:01
168	334	Greg Schutte	29	Blaine	MN	231	24:51	2:50	1:09	161	43:27	19.3	0:46	106	23:51	7:57	1:34:02
169	301	Vance Rades	37	Andover	MN	148	17:19	1:59	2:30	167	43:49	19.2	1:41	191	28:45	9:35	1:34:02
170	416	Mark Zelenak	45	Fridley	MN	51	14:33	1:40	2:49	197	47:13	17.8	1:53	182	28:05	9:22	1:34:31
171	123	David Haaland	36	Saint Paul	MN	220	22:42	2:35	3:14	118	40:40	20.7	1:40	151	26:21	8:47	1:34:35
172	236	Nick McLain	32	Farmington	MN	164	18:22	2:06	1:47	165	43:46	19.2	0:42	205	30:04	10:02	1:34:39
173	325	Tom Schmidt	40	Woodbury	MN	152	17:37	2:01	2:18	172	44:04	19.1	0:57	204	29:56	9:59	1:34:51
174	285	Jason Peterson	37	Farmington	MN	191	19:31	2:13	2:03	189	45:59	18.3	0:28	164	26:58	9:00	1:34:56
175	354	David Stein	52	White Bear Lake	MN	178	19:01	2:10	1:52	174	44:13	19.0	1:41	186	28:20	9:27	1:35:06
176	222	Ivan Maramis	36	Savage	MN	169	18:36	2:07	3:30	138	41:54	20.0	1:45	199	29:30	9:50	1:35:14
177	128	Bob Harmon	50	New Brighton	MN	224	23:34	2:41	2:13	116	40:38	20.7	1:42	169	27:15	9:05	1:35:20
178	361	Dustin Swanson	34	Champlin	MN	42	14:17	1:38	2:31	152	42:48	19.6	1:29	220	34:22	11:28	1:35:24
179	210	Stefan Liiste	43	North Oaks	MN	207	21:01	2:24	2:13	201	47:31	17.7	1:13	108	23:53	7:58	1:35:49
180	27	Michael Bolsoni	39	Minneapolis	MN	143	17:04	1:57	3:29	200	47:30	17.7	1:10	165	27:00	9:00	1:36:11
181	314	Mike Rogers	46	Minnetonka	MN	179	19:05	2:11	1:57	193	46:43	18.0	2:17	155	26:25	8:49	1:36:26
182	368	Jeff Thole	47	Maplewood	MN	174	18:50	2:09	2:08	188	45:55	18.3	1:49	179	27:50	9:17	1:36:30
183	405	Stephen Willett	57	St Paul	MN	230	24:46	2:49	2:52	129	41:24	20.3	1:16	160	26:39	8:53	1:36:56
184	446	Michael McLue	35			214	21:28	2:27	1:41	179	44:34	18.8	2:11	167	27:10	9:04	1:37:02
185	242	Robert Miller	41	Apple Valley	MN	182	19:14	2:12	2:51	164	43:45	19.2	1:03	207	30:23	10:08	1:37:13
186	174	Darin Jones	36	Centerville	MN	158	18:07	2:04	4:13	202	47:32	17.7	1:28	166	27:03	9:01	1:38:20
187	45	Bryan Carlson	35	Centerville	MN	176	18:58	2:10	3:24	211	48:44	17.2	1:34	138	25:44	8:35	1:38:21
188	387	Jeffrey Vigness	36	Hopkins	MN	184	19:17	2:12	1:53	182	45:01	18.7	0:59	213	31:41	10:34	1:38:49
189	221	Thomas Manley	31	Roseville	MN	217	21:55	2:30	2:43	175	44:13	19.0	1:09	196	29:01	9:41	1:39:00
190	327	Matt Schomaker	34	Champlin	MN	215	21:29	2:27	2:07	194	46:54	17.9	1:12	178	27:34	9:12	1:39:14
191	158	Anthony Indovina	36	Lakeville	MN	171	18:42	2:08	3:04	183	45:01	18.7	2:03	209	30:33	10:11	1:39:21
192	140	Dave Heffernan	60	Minneapolis	MN	218	22:03	2:31	3:02	166	43:47	19.2	2:24	183	28:10	9:24	1:39:23
193	377	Ben Tramm	32	New Brighton	MN	161	18:09	2:04	2:07	192	46:15	18.2	0:45	215	32:13	10:45	1:39:27
194	69	Richard Danaher	55	Mpls.	MN	226	23:56	2:44	2:21	181	44:50	18.7	1:09	170	27:15	9:05	1:39:28
195	214	Matt Loosbrock	28	Dundee	MN	170	18:39	2:08	3:11	210	48:38	17.3	0:52	188	28:30	9:30	1:39:47
196	193	Jesse Krebs	35	Inver Grove Height	MN	201	20:24	2:19	5:09	186	45:41	18.4	2:00	163	26:48	8:56	1:39:59
197	317	David Rotondo	54	Minneapolis	MN	219	22:34	2:34	4:13	143	42:21	19.8	1:58	197	29:03	9:41	1:40:06
198	442	Jason Schweitzer	37	Rochester	MN	213	21:22	2:26	4:15	205	47:55	17.5	0:57	142	25:53	8:38	1:40:20
199	447	Don Meck	71			187	19:23	2:13	4:33	159	43:22	19.4	2:33	210	30:57	10:19	1:40:47
200	114	John Gournaris	37	Lakeville	MN	211	21:14	2:25	2:28	184	45:15	18.6	1:41	206	30:18	10:06	1:40:54
201	270	Michael Nowlan	43	Andover	MN	193	19:46	2:15	2:56	207	48:07	17.5	0:49	200	29:32	9:51	1:41:09
202	182	Ben Kissling	26	S. St. Paul	MN	208	21:03	2:24	3:16	222	52:37	16.0	0:40	113	23:59	8:00	1:41:33
203	337	Tyler Schweizer	15	New Brighton	MN	227	24:25	2:47	4:57				48:36	120	24:17	8:06	1:42:14
204	407	Brian Winter	29	Plymouth	MN	233	25:45	2:56	4:20	191	46:14	18.2	0:30	133	25:33	8:31	1:42:19
205	136	Andrew Headding	25	Champlin	MN	90	15:33	1:46						217	32:44	10:55	1:42:35
206	233	Thomas McDonald	42	Minneapolis	MN	139	16:53	1:56	2:27	190	46:05	18.2	2:03	222	35:12	11:44	1:42:38
207	392	David Vukson	51	New Brighton	MN	209	21:05	2:24	3:54	198	47:26	17.7	0:43	202	29:38	9:53	1:42:44
208	138	Wayne Heaser	38	St. Paul	MN	70	14:55	1:42	3:23	206	48:05	17.5	1:51	221	35:01	11:41	1:43:14
209	438	Darrell Wilk	66	Bloomington	MN	104	15:56	1:49	2:08	102	39:52	21.1	2:15	231	43:46	14:36	1:43:54
210	290	Charles Pflanze	55	St Paul	MN	198	20:11	2:18	2:54	196	47:10	17.8	1:33	214	32:11	10:44	1:43:57
211	351	Matthew Snell	42	Blaine	MN	221	22:55	2:37	2:02	221	52:24	16.0	0:30	152	26:21	8:47	1:44:09
212	305	Thomas Reich	59	Blaine	MN	153	17:39	2:01	2:16	215	49:32	17.0	1:36	219	34:04	11:22	1:45:04
213	205	Mike Leon	54	Mounds View	MN	212	21:22	2:26	3:26	208	48:21	17.4	0:56	211	31:12	10:24	1:45:15
214	176	Joe Kandiko	61	Excelsior	MN	141	16:57	1:56	2:08	204	47:45	17.6	1:39	225	37:07	12:23	1:45:34

215	3	Jeff Alden Pope	37	Minneapolis	MN	234	27:57	3:11	2:50	170	44:00	19.1	1:57	195	28:58	9:40	1:45:41
216	54	Marc Chiodo	48	Minneapolis	MN	210	21:13	2:25	2:14	135	41:36	20.2	4:00	224	36:48	12:16	1:45:48
217	93	Peter Everest	30	Minneapolis	MT	203	20:32	2:20	6:15	212	49:00	17.1	1:28	198	29:15	9:45	1:46:28
218	229	Mark McCollough	41	Minneapolis	MN	172	18:45	2:08	3:22	218	50:24	16.7	0:54	218	33:09	11:03	1:46:32
219	196	Jesse Lammi	19	Mounds View	MN	206	20:57	2:23	2:31	223	53:54	15.6	0:37	189	28:37	9:33	1:46:34
220	160	Brian Ip	49	Edina	MN	228	24:30	2:47	2:08	199	47:28	17.7	2:25	212	31:24	10:28	1:47:54
221	126	Paul Haller	55	Minneapolis	MN	222	23:22	2:40	5:03	213	49:09	17.1	1:57	193	28:54	9:38	1:48:24
222	6	Karl Anderson	36	Blaine	MN	229	24:42	2:49	3:21	217	50:20	16.7	1:42	203	29:48	9:56	1:49:51
223	107	Tom Fulton	64	Saint Louis Park	MN	196	19:58	2:17	3:36	195	46:57	17.9	3:03	226	37:26	12:29	1:50:58
224	194	Josh Krebs	32	Mounds View	MN	223	23:27	2:40	3:18	220	51:17	16.4	1:06	216	32:38	10:53	1:51:44
225	78	Michael Deleon	36	Eagan	MN	175	18:53	2:09	2:42	214	49:27	17.0	1:00	230	40:46	13:36	1:52:47
226	161	Grant Isaacson	41	Andover	MN	216	21:36	2:28	3:54	216	50:15	16.7	1:09	223	36:35	12:12	1:53:26
227	12	Richard Becker	59	New Brighton	MN	204	20:43	2:22	2:58	219	51:13	16.4	1:41	227	37:53	12:38	1:54:25
228	411	David Young	35	Fridley	MN	235	28:30	3:15	2:01	224	54:28	15.4	1:22	201	29:34	9:52	1:55:53
229	343	John Shaw	57	Shoreview	MN	189	19:27	2:13	4:12	225	55:29	15.1	1:11	228	38:59	13:00	1:59:16
230	211	Anders Lindberg	25	Golden Valley	MN	183	19:15	2:12	1:37	229	1:22:08	10.2	1:28	102	23:41	7:54	2:08:07
231	350	Tom Smith	68	Eden Prairie	MN	232	25:05	2:51	5:04	226	1:00:42	13.8	2:30	229	40:13	13:25	2:13:32
232	17	John Beintema	59	Bloomington	MN	117	16:10	1:51	4:00	228	1:05:08	12.9	1:40	232	49:38	16:33	2:16:34
233	84	Patrick Dunleavy	58	Minnetonka	MN	236	28:37	3:16	3:19	227	1:04:44	13.0		233	109:44	36:35	2:18:20
234	316	James Ross	52	Lakeville	MN	24	13:35	1:33	1:00								
235	175	Aaron Kadera	28	White Bear Townshi	MN	151	17:36	2:00									
236	183	Joel Kivi	40	Maple Grove	MN	200	20:15	2:18									

## INDIVIDUAL FEMALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	146	Sara Hermanson	33	Andover	MN	8	13:48	1:35	1:08	1	35:27	23.7	0:49	6	22:33	7:31	1:13:43
2	219	Julia Lyng	44	Burnsville	MN	15	14:37	1:40	1:03	2	37:35	22.4	1:02	4	22:06	7:22	1:16:21
3	264	Jennifer Neuman	41	Ramsey	MN	20	15:14	1:44	1:00	4	38:04	22.1	0:45	5	22:21	7:27	1:17:22
4	165	Kathryn Jensen	47	St Paul	MN	14	14:27	1:39	1:14	3	37:48	22.2	1:15	13	24:06	8:02	1:18:48
5	359	Hannah Strom	17	Woodbury	MN												1:19:32
6	228	Julia McCarthy	31	Saint Paul	MN	26	15:47	1:48	1:15	8	39:40	21.2	1:09	3	21:57	7:19	1:19:46
7	73	Lydia Davitt	25	Minneapolis	MN	42	16:57	1:56	1:27	6	39:23	21.3	0:55	1	21:19	7:07	1:19:59
8	281	Lindsey Palmer	25	White Bear Lake	MN	33	16:25	1:52	0:47	5	39:10	21.4	0:41	8	23:06	7:42	1:20:07
9	212	Tiffany Lindstrom	38	Woodbury	MN	22	15:34	1:47	1:14	9	40:05	21.0	0:56	9	23:10	7:44	1:20:56
10	28	Eileen Bonnert	49	Apple Valley	MN	19	14:57	1:42	1:14	18	41:42	20.1	1:22	2	21:52	7:18	1:21:06
11	357	Anne Stoudt	28	Bayport	MN	4	13:07	1:30	1:59	14	41:15	20.4	1:28	11	23:49	7:57	1:21:36
12	149	Susan Hilal	34	Plymouth	MN	9	13:49	1:35	1:38	10	40:13	20.9	0:44	26	25:36	8:32	1:21:58
13	239	Christina Meier	33	Minneapolis	MN	7	13:38	1:33	1:11	11	40:15	20.9	0:37	38	27:17	9:06	1:22:56
14	208	Tara Liebergen	35	Minneapolis	MN	27	15:47	1:48	1:02	12	40:44	20.6	0:58	17	24:30	8:10	1:22:59
15	50	Kristina Carson	49	Red Wing	MN	21	15:21	1:45	1:45	17	41:30	20.2	0:41	12	24:03	8:01	1:23:18
16	347	Jacki Shupe	42	Savage	MN	51	18:11	2:04	1:04	7	39:39	21.2	0:57	19	24:39	8:13	1:24:28
17	358	Megan Striffler	25	Minneapolis	IA	25	15:38	1:47	1:11	15	41:25	20.3	0:45	29	25:57	8:39	1:24:54
18	244	Jeanne Minder	58	Shoreview	MN	12	14:16	1:38	1:58	16	41:25	20.3	1:40	32	26:00	8:40	1:25:17
19	398	Carole Weiland	40	Champlin	MN	3	12:55	1:28	1:40	20	41:51	20.1	0:51	45	28:21	9:27	1:25:35
20	367	Stacy Terebayza	38	Coon Rapids	MN	5	13:14	1:31	1:32	25	43:10	19.5	0:48	36	27:09	9:03	1:25:51
21	276	Anne Olson	29	St. Paul	MN	11	14:01	1:36	2:21	35	44:52	18.7	0:41	15	24:20	8:07	1:26:15
22	39	Gabrielle Al Bunten	19	Forest Lake	MN	1	11:18	1:18	1:59	70	49:22	17.0	0:34	16	24:21	8:07	1:27:33
23	81	Sara Dougherty	48	Cloquet	MN	39	16:52	1:55	1:34	23	42:49	19.6	0:57	25	25:24	8:28	1:27:33
24	277	Angie Otto	28	New Brighton	MN	54	18:33	2:07	1:22	27	43:37	19.3	0:56	10	23:26	7:49	1:27:53
25	204	Henriette Lemke	48	Prior Lake	MN	30	16:06	1:50	1:23	37	45:25	18.5	0:49	23	25:08	8:23	1:28:49
26	24	Mylee Bishop	33	Burnsville	MN	38	16:50	1:55	1:59	33	44:49	18.7	0:40	20	24:41	8:14	1:28:58
27	322	Linda Schievelbein	46	Maple Grove	MN	43	17:10	1:57	2:38	21	41:55	20.0	1:31	28	25:55	8:39	1:29:08
28	282	Pauline Parker	43	Hopkins	MN	52	18:28	2:06	1:53	13	40:55	20.5	0:45	41	27:45	9:15	1:29:45
29	96	Jane Finn	16	Savage	MN	10	14:01	1:36	1:59	42	45:41	18.4	1:00	43	27:54	9:18	1:30:34
30	76	Karmin Declercq	37	Minneapolis	MN	45	17:34	2:00	2:40	34	44:49	18.7	1:22	14	24:12	8:04	1:30:36
31	57	Bethany Collins	55	New Hope	MN	17	14:42	1:41	1:22	22	42:47	19.6	1:21	65	31:33	10:31	1:31:42
32	144	Nicole Heinks	23	Cambridge	MN	35	16:33	1:53	2:47	43	45:55	18.3	1:21	24	25:13	8:25	1:31:47
33	155	Marlene Hull	28	Mounds View	MN	84	23:25	2:40	2:13	19	41:45	20.1	1:46	7	22:56	7:39	1:32:04
34	298	Heather Prois	28	St. Paul	MN	64	20:01	2:17	1:36	29	43:58	19.1	0:53	27	25:40	8:34	1:32:06
35	262	Sara Nelson	13	New Brighton	MN	2	12:40	1:27	2:20	68	48:55	17.2	0:46	40	27:42	9:14	1:32:21
36	261	Lynne Nelson	50	Eagan	MN												1:32:28
37	171	Joni Johnson	44	Golden Valley	MN	36	16:38	1:54	2:06	49	46:35	18.0	1:22	30	25:59	8:40	1:32:38
38	8	Bridget Arnold	27	New Hope	MN	57	18:44	2:08	3:11	28	43:47	19.2	1:18	31	26:00	8:40	1:32:58
39	198	Lori Langlie	44	Blaine	MN	18	14:56	1:42	1:29	24	43:09	19.5	1:11	72	32:30	10:50	1:33:13
40	443	Lindsey Mellgeoun	25	St Louis Park	MN	56	18:35	2:07	4:39	30	44:18	19.0	1:26	18	24:37	8:13	1:33:33
41	302	Laura Rades	36	Andover	MN	6	13:38	1:33	2:09	41	45:38	18.4	1:58	60	30:14	10:05	1:33:36
42	21	Therese Besser	16	Woodbury	MN	48	17:53	2:02	2:58	61	47:34	17.7	0:41	21	24:57	8:19	1:34:02
43	38	Christa Buhl	24	Bloomington	MN	28	15:49	1:48	1:59	63	47:49	17.6	0:42	54	29:10	9:44	1:35:27
44	381	Laura Uppgaard	21	New Brighton	MN	67	20:24	2:19	2:13	54	47:00	17.9	0:53	22	25:01	8:21	1:35:28



45	353 Jennifer Sprain	37 Shoreview	MN	31	16:08	1:50	1:59	67	48:44	17.2	1:04	44	28:10	9:24	1:36:03
46	66 Kristin Cuta	35 St. Paul	MN	34	16:26	1:52	1:26	92	1:31:08	9.2		62	30:45	10:15	1:36:07
47	393 Emily Waitz	34 Hopkins	MN	60	19:53	2:16	1:29	31	44:33	18.9	0:57	56	29:29	9:50	1:36:19
48	152 Sarah Holton	24 St. Louis Park	MN	13	14:19	1:38	4:50	46	46:10	18.2	2:55	50	29:01	9:41	1:37:13
49	469 Beth Nelson	43		32	16:22	1:52	2:11	58	47:20	17.7	1:40	59	29:51	9:57	1:37:22
50	396 Angela Weber	29 Minneapolis	MN	24	15:38	1:47	1:40	45	46:08	18.2	0:46	77	33:25	11:09	1:37:35
51	169 Mary Johnson	46 St Louis Park	MN	62	19:56	2:16	2:07	38	45:30	18.5	1:44	47	28:22	9:28	1:37:37
52	408 Amanda Wittig	24 Plymouth	MN	72	20:48	2:22	2:29	47	46:19	18.1	1:20	34	26:50	8:57	1:37:43
53	64 Carol Curoe	49 Minneapolis	MN	46	17:47	2:02	2:12	51	46:46	18.0	0:51	61	30:26	10:09	1:38:00
54	103 Lisa Franek	29 Robbinsdale	MN	65	20:18	2:19	2:33	56	47:03	17.9	0:48	39	27:20	9:07	1:38:00
55	44 Mary Carlson	50 Moose Lake	MN	29	16:05	1:50	1:44	59	47:25	17.7	1:15	66	31:33	10:31	1:38:01
56	374 Emily Tiffany	22 Fridley	MN	41	16:56	1:56	2:38	40	45:34	18.4	0:36	75	32:48	10:56	1:38:30
57	371 Jennifer Thull	43 Lakeville	MN	53	18:32	2:07	2:20	62	47:46	17.6	1:43	48	28:44	9:35	1:39:03
58	247 Kimberly Morales	29 Minnetonka	MN	80	22:07	2:31	2:50	64	47:51	17.6	1:09	33	26:24	8:48	1:40:19
59	151 Angela Holmdahl	34 Eagan	MN	69	20:34	2:21	2:51	53	46:53	17.9	1:09	49	28:59	9:40	1:40:24
60	85 Alyssa Dwyer	41 Savage	MN	49	17:54	2:03	2:55	77	50:33	16.6	1:49	42	27:48	9:16	1:40:58
61	71 Yvonne Datta	51 Minneapolis	MN	87	24:11	2:45	3:15	48	46:20	18.1	0:27	35	27:03	9:01	1:41:14
62	29 Jane Bowman	31 St. Paul	MN	63	20:00	2:17	1:39	65	48:05	17.5	0:47	64	31:14	10:25	1:41:44
63	106 Meg Fuller	22 Minneapolis	MN	66	20:18	2:19	2:59	76	50:28	16.6	1:18	37	27:15	9:05	1:42:17
64	173 Katherine Johnson	26 New Hope	MN	23	15:34	1:47	3:20	79	51:02	16.5	0:18	70	32:06	10:42	1:42:19
65	11 Denise Baxter	52 Saint Cloud	MN	61	19:55	2:16	1:59	57	47:12	17.8	1:14	69	32:06	10:42	1:42:25
66	344 Lori Shock	38 Woodbury	MN	89	24:42	2:49	1:35	44	46:07	18.2	1:10	52	29:08	9:43	1:42:41
67	364 Chelsea Tabor	26 Minneapolis	MN	59	19:30	2:13	2:16	32	44:46	18.8	2:20	79	33:57	11:19	1:42:47
68	413 Kim Zarling	42 Beloit	WI	55	18:34	2:07	2:17	60	47:25	17.7	0:36	80	34:01	11:21	1:42:52
69	125 Lisa Haller	50 Minneapolis	MN	88	24:28	2:47	2:16	39	45:30	18.5	1:40	55	29:11	9:44	1:43:03
70	159 Marysue Ingman	52 Eden Prairie	MN	71	20:45	2:22	2:41	66	48:40	17.3	1:31	57	29:32	9:51	1:43:07
71	72 Elizabeth Davis	51 Arden Hills	MN	37	16:49	1:55	2:07	78	50:50	16.5	1:10	71	32:16	10:46	1:43:10
72	10 Cyndi Barrington	43 Golden Valley	MN	75	21:05	2:24	2:21	36	45:24	18.5	1:39	76	32:49	10:57	1:43:16
73	394 Suzanne Walsh	30 Roseville	MN	76	21:08	2:25	2:03	26	43:23	19.4	1:31	83	36:01	12:01	1:44:04
74	378 Nicole Tramm	33 New Brighton	MN	70	20:42	2:22	3:11	50	46:35	18.0	1:46	68	31:55	10:39	1:44:07
75	100 Louise Floyd	50 Sun Prairie	WI	40	16:55	1:56	2:45	55	47:01	17.9	1:49	82	35:56	11:59	1:44:24
76	164 Martie James	42 Saint Paul	MN	47	17:53	2:02	2:40	72	49:36	16.9	1:26	78	33:41	11:14	1:45:13
77	157 Peggy Hunter	59 White Bear Lake	MN	91	26:30	3:01	1:51	52	46:47	18.0	1:11	51	29:02	9:41	1:45:19
78	203 Lynn Leibfried	38 Plymouth	MN	74	20:55	2:23	4:17	73	49:52	16.8	0:43	58	29:35	9:52	1:45:21
79	98 Sara Fish	41 St. Paul	MN	44	17:20	1:59	1:24	69	49:01	17.1	1:30	84	37:12	12:24	1:46:25
80	209 Charline Ligtenberg	36 Cottage Grove	MN	86	23:43	2:42	4:04				50:25	53	29:09	9:43	1:47:20
81	46 Dana Carmichael	47 St. Paul	MN	81	22:28	2:34	3:02	71	49:31	17.0	1:21	67	31:45	10:35	1:48:07
82	121 Janice Gundlach	31 Minneapolis	MN	77	21:09	2:25	5:22	80	52:44	15.9	0:42	46	28:21	9:27	1:48:15
83	352 Theresa Snell	41 Blaine	MN	78	21:36	2:28	3:39	74	49:55	16.8	1:52	74	32:39	10:53	1:49:39
84	134 Amanda Hauth	23 Duluth	MN	90	25:32	2:55	3:07	75	50:21	16.7	0:57	63	31:07	10:23	1:51:02
85	135 Katie Hawke	26 Lakeland	MN	50	17:55	2:03	3:02	86	54:59	15.3	2:33	81	34:02	11:21	1:52:30
86	296 Caitlin Powers	26 Minneapolis	MN	58	18:45	2:08	2:32	81	53:39	15.7	0:48	87	38:32	12:51	1:54:14
87	148 Denise Hess	49 Andover	MN	16	14:38	1:40	2:40	84	54:27	15.4	1:48	91	41:16	13:46	1:54:48
88	31 Reina Brekke	53 Shoreview	MN	68	20:32	2:20	1:47	88	56:39	14.8	1:29	86	37:37	12:33	1:58:02
89	65 Mitzi Curtis	56 Fridley	MN	79	22:02	2:31	2:13	82	53:58	15.6	1:03	88	39:28	13:10	1:58:42
90	32 Alesia Brel	27 Shakopee	MN	92	30:47	3:30	2:05	83	54:11	15.5	1:12	73	32:36	10:52	2:00:50
91	215 Lacy Loosbrock	30 Arden Hills	MN	73	20:51	2:23	2:04	90	59:12	14.2	1:20	85	37:36	12:32	2:01:02
92	412 Shelly Zahn	33 Farmington	MN	83	22:57	2:37	3:30	85	54:37	15.4	1:45	90	40:35	13:32	2:03:21
93	47 Jennifer Carpenter	36 Inver Grove Height	MN	85	23:26	2:40	2:48	89	59:10	14.2	1:01	89	40:01	13:21	2:06:24
94	375 April Tillges	33 St. Paul	MN	82	22:53	2:36	2:29	91	1:01:02	13.8	2:28	92	41:27	13:49	2:10:18

95	110	Trudy Gardner	56	Farmington	MN	93	89:36	10:11	87	56:04	15.0	3:51	93	47:08	15:43	2:16:43
----	-----	---------------	----	------------	----	----	-------	-------	----	-------	------	------	----	-------	-------	---------

## TOP TEN Swim TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Jason Timmer			25	M	10:40	1:13
2	Kris Koepp	Rochester	MN	28	M	10:48	1:14
3	Dan Jacobson	Ramsey	MN	19	M	11:00	1:15
4	Gabrielle Al Bunten	Forest Lake	MN	19	F	11:18	1:18
5	Erick Roen	Minneapolis	MN	34	M	11:23	1:18
6	Kurt Becker	Afton	MN	44	M	11:28	1:19
7	Todd White	Roseville	MN	43	M	11:35	1:19
8	Jamie Galioto	Roseville	MN	35	M	11:46	1:21
9	Michael Hess	Andover	MN	50	M	11:53	1:21
10	Adam Grovender	Brooklyn Park	MN	32	M	11:58	1:22

## TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Jeremy Rondorf	Blaine	MN	36	M	00:33:46	24.9
2	Jeff Peterson	Bloomington	MN	33	M	00:34:50	24.1
3	Kurt Becker	Afton	MN	44	M	00:34:57	24.0
4	Jared Roy	St. Louis Park	MN	42	M	00:35:06	23.9
5	Charlie Roach	Lakeville	MN	53	M	00:35:06	23.9
6	Kris Koepp	Rochester	MN	28	M	00:35:19	23.8
7	Tim Nordberg	Edina	MN	30	M	00:35:23	23.7
8	David Voss	Minneapolis	MN	49	M	00:35:23	23.7
9	Nathan Monette	Finlayson	MN	37	M	00:35:26	23.7
10	Sara Hermanson	Andover	MN	33	F	00:35:27	23.7

## TOP TEN Run TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Joel Fredricks	New Brighton	MN	31	M	18:17	6:06
2	Christopher Massey	Plymouth	MN	26	M	18:40	6:14
3	Charlie Roach	Lakeville	MN	53	M	18:43	6:15
4	Tom Pettit	Eden Prairie	MN	42	M	18:54	6:18
5	Tim Quesnell	Roseville	MN	44	M	19:02	6:21
6	Nicholas Hardt	Lake Elmo	MN	30	M	19:13	6:25
7	Brian Heltemes	Eden Prairie	MN	35	M	19:19	6:27
8	Jared Olhoft	Shoreview	MN	29	M	19:22	6:28
9	Max Peterson	St. Cloud	MN	21	M	19:26	6:29
10	Cody Schultz	White Bear Lak	MN	22	M	19:28	6:30

## TOP 10 1st\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/7	Jacob Totall	Minneapolis	MN	13	M	0:32
2	1/2	Brendon O Flanagan	White Bear Lak	MN	34	M	0:34
3	1/36	Matthew Aehle	Minneapolis	MN	25	M	0:44
4	2/36	Nicholas McCulloch	Minneapolis	MN	28	M	0:45
5	1/16	Emmanuel Darne	Woodbury	MN	39	M	0:46
6	1/18	Lindsey Palmer	White Bear Lak	MN	25	F	0:47
7	1/34	Kurt Becker	Afton	MN	44	M	0:49
8	1/9	Greta Simpson	Minneapolis	MN	30	F	0:50
9	1/31	Jeff Peterson	Bloomington	MN	33	M	0:50
10	1/22	Paul Pfeiffer	St. Paul	MN	45	M	0:51

## TOP 10 2nd\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/31	Adam Grovender	Brooklyn Park	MN	32	M	0:14
2	1/18	Katherine Johnson	New Hope	MN	26	F	0:18
3	1/2	Dan Jacobson	Ramsey	MN	19	M	0:25
4	1/38	Nick Erickson	Blaine	MN	28	M	0:26
5	1/7	Brandon Onopa	Long Lake	MN	19	M	0:27
6	1/8	Yvonne Datta	Minneapolis	MN	51	F	0:27
7	2/38	Stephen Wilson	Golden Valley	MN	25	M	0:28
8	1/50	Jason Peterson	Farmington	MN	37	M	0:28
9	1/22	Kerry Yndestad			50	M	0:28
10	2/7	Cody Mingo	Coon Rapids	MN	19	M	0:28

## TOP 50 Total\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/7	Jacob Totall	Minneapolis	MN	13	M	1:05
2	1/2	Brendon O Flanagan	White Bear Lak	MN	34	M	1:06
3	1/36	Nicholas McCulloch	Minneapolis	MN	28	M	1:14
4	1/16	Emmanuel Darne	Woodbury	MN	39	M	1:19
5	1/30	Kyle Gilbertson			30	M	1:21
6	1/21	Kerry Yndestad			50	M	1:21
7	2/36	Stephen Wilson	Golden Valley	MN	25	M	1:23
8	2/7	Brandon Onopa	Long Lake	MN	19	M	1:24
9	1/34	Kurt Becker	Afton	MN	44	M	1:25
10	3/36	Nathan Strudle	Minneapolis	MN	29	M	1:25
11	4/36	Jared Olhoft	Shoreview	MN	29	M	1:26
12	1/9	Greta Simpson	Minneapolis	MN	30	F	1:27
13	1/18	Lindsey Palmer	White Bear Lak	MN	25	F	1:28
14	2/34	Tim Quesnell	Roseville	MN	44	M	1:29
15	1/22	Paul Pfeiffer	St. Paul	MN	45	M	1:30
16	2/9	Tina Welzien	Woodbury	MN	29	F	1:31
17	3/34	Todd White	Roseville	MN	43	M	1:33
18	2/16	Don Schmeichel	Andover	MN	39	M	1:35

19	2/30	Jeff Peterson	Bloomington	MN	33	M	1:36
20	5/36	James Hull	Mounds View	MN	27	M	1:37
21	3/9	Hilary Patzer	St. Paul	MN	31	F	1:37
22	6/36	Jeff Vanis			28	M	1:37
23	1/50	Bay Shock	Woodbury	MN	38	M	1:38
24	2/22	Sean Finn	Savage	MN	45	M	1:39
25	4/9	Jill Ellenbecker	Coon Rapids	MN	38	F	1:40
26	5/9	Lydia Novotny	Hopkins	MN	28	F	1:41
27	3/30	Adam Grovender	Brooklyn Park	MN	32	M	1:42
28	4/34	Tom Pettit	Eden Prairie	MN	42	M	1:42
29	7/36	Kris Koepp	Rochester	MN	28	M	1:44
30	4/30	Steven Rahn	Saint Paul	MN	34	M	1:44
31	2/21	Mark Schultz	Prior Lake	MN	50	M	1:44
32	1/15	Jennifer Neuman	Ramsey	MN	41	F	1:45
33	3/7	Andrew Polasky	Arden Hills	MN	18	M	1:45
34	5/30	Dan Rehrauer	Coon Rapids	MN	34	M	1:45
35	3/16	Paul Watson	Farmington	MN	41	M	1:45
36	6/9	Jessica Deegan	Saint Paul	MN	34	F	1:46
37	3/21	Charlie Roach	Lakeville	MN	53	M	1:47
38	1/10	Jake Foley	White Bear Lak	MN	23	M	1:48
39	6/30	Joel Fredricks	New Brighton	MN	31	M	1:48
40	1/14	Christina Meier	Minneapolis	MN	33	F	1:48
41	8/36	Mike Meyer	Blaine	MN	29	M	1:48
42	2/2	Dan Jacobson	Ramsey	MN	19	M	1:49
43	2/50	Scott Koke	New Brighton	MN	37	M	1:49
44	9/36	Matthew Aehle	Minneapolis	MN	25	M	1:50
45	7/30	Erick Roen	Minneapolis	MN	34	M	1:50
46	5/34	Paul Traczyk	Shoreview	MN	41	M	1:50
47	7/9	Hannah Sullivan	St Paul	MN	32	F	1:50
48	8/9	Diana Koepp	Rochester	MN	26	F	1:51
49	6/34	Mike Johnson	St Louis Park	MN	42	M	1:52
50	2/10	Cody Schultz	White Bear Lak	MN	22	M	1:52

## 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	359	Hannah Strom	17	F	Woodbury	MN												1:19:32
2	39	Gabrielle Al Bunten	19	F	Forest Lake	MN	1	11:18	1:18	1:59	4	49:22	17.0	0:34	1	24:21	8:07	1:27:33
3	96	Jane Finn	16	F	Savage	MN	3	14:01	1:36	1:59	1	45:41	18.4	1:00	4	27:54	9:18	1:30:34
4	262	Sara Nelson	13	F	New Brighton	MN	2	12:40	1:27	2:20	3	48:55	17.2	0:46	3	27:42	9:14	1:32:21
5	21	Therese Besser	16	F	Woodbury	MN	4	17:53	2:02	2:58	2	47:34	17.7	0:41	2	24:57	8:19	1:34:02

## 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	144	Nicole Heinks	23	F	Cambridge	MN	3	16:33	1:53	2:47	2	45:55	18.3	1:21	2	25:13	8:25	1:31:47
2	38	Christa Buhl	24	F	Bloomington	MN	2	15:49	1:48	1:59	6	47:49	17.6	0:42	6	29:10	9:44	1:35:27
3	381	Laura Uppgaard	21	F	New Brighton	MN	6	20:24	2:19	2:13	5	47:00	17.9	0:53	1	25:01	8:21	1:35:28
4	152	Sarah Holton	24	F	St. Louis Park	MN	1	14:19	1:38	4:50	3	46:10	18.2	2:55	5	29:01	9:41	1:37:13
5	408	Amanda Wittig	24	F	Plymouth	MN	7	20:48	2:22	2:29	4	46:19	18.1	1:20	3	26:50	8:57	1:37:43

6	374	Emily Tiffany	22	F	Fridley	MN	4	16:56	1:56	2:38	1	45:34	18.4	0:36	8	32:48	10:56	1:38:30
7	106	Meg Fuller	22	F	Minneapolis	MN	5	20:18	2:19	2:59	8	50:28	16.6	1:18	4	27:15	9:05	1:42:17
8	134	Amanda Hauth	23	F	Duluth	MN	8	25:32	2:55	3:07	7	50:21	16.7	0:57	7	31:07	10:23	1:51:02

## 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	73	Lydia Davitt	25	F	Minneapolis	MN	7	16:57	1:56	1:27	2	39:23	21.3	0:55	1	21:19	7:07	1:19:59
2	281	Lindsey Palmer	25	F	White Bear Lake	MN	6	16:25	1:52	0:47	1	39:10	21.4	0:41	3	23:06	7:42	1:20:07
3	357	Anne Stoudt	28	F	Bayport	MN	1	13:07	1:30	1:59	3	41:15	20.4	1:28	5	23:49	7:57	1:21:36
4	358	Megan Striffler	25	F	Minneapolis	IA	5	15:38	1:47	1:11	4	41:25	20.3	0:45	9	25:57	8:39	1:24:54
5	276	Anne Olson	29	F	St. Paul	MN	2	14:01	1:36	2:21	11	44:52	18.7	0:41	6	24:20	8:07	1:26:15
6	277	Angie Otto	28	F	New Brighton	MN	9	18:33	2:07	1:22	6	43:37	19.3	0:56	4	23:26	7:49	1:27:53
7	155	Marlene Hull	28	F	Mounds View	MN	17	23:25	2:40	2:13	5	41:45	20.1	1:46	2	22:56	7:39	1:32:04
8	298	Heather Prois	28	F	St. Paul	MN	14	20:01	2:17	1:36	8	43:58	19.1	0:53	8	25:40	8:34	1:32:06
9	8	Bridget Arnold	27	F	New Hope	MN	11	18:44	2:08	3:11	7	43:47	19.2	1:18	10	26:00	8:40	1:32:58
10	443	Lindsey Mellgeoun	25	F	St Louis Park	MN	10	18:35	2:07	4:39	9	44:18	19.0	1:26	7	24:37	8:13	1:33:33
11	396	Angela Weber	29	F	Minneapolis	MN	4	15:38	1:47	1:40	12	46:08	18.2	0:46	15	33:25	11:09	1:37:35
12	103	Lisa Franek	29	F	Robbinsdale	MN	15	20:18	2:19	2:33	13	47:03	17.9	0:48	12	27:20	9:07	1:38:00
13	247	Kimberly Morales	29	F	Minnetonka	MN	16	22:07	2:31	2:50	14	47:51	17.6	1:09	11	26:24	8:48	1:40:19
14	173	Katherine Johnson	26	F	New Hope	MN	3	15:34	1:47	3:20	15	51:02	16.5	0:18	13	32:06	10:42	1:42:19
15	364	Chelsea Tabor	26	F	Minneapolis	MN	13	19:30	2:13	2:16	10	44:46	18.8	2:20	16	33:57	11:19	1:42:47
16	135	Katie Hawke	26	F	Lakeland	MN	8	17:55	2:03	3:02	18	54:59	15.3	2:33	17	34:02	11:21	1:52:30
17	296	Caitlin Powers	26	F	Minneapolis	MN	12	18:45	2:08	2:32	16	53:39	15.7	0:48	18	38:32	12:51	1:54:14
18	32	Alesia Brel	27	F	Shakopee	MN	18	30:47	3:30	2:05	17	54:11	15.5	1:12	14	32:36	10:52	2:00:50

## 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	146	Sara Hermanson	33	F	Andover	MN	2	13:48	1:35	1:08	1	35:27	23.7	0:49	2	22:33	7:31	1:13:43
2	228	Julia McCarthy	31	F	Saint Paul	MN	4	15:47	1:48	1:15	2	39:40	21.2	1:09	1	21:57	7:19	1:19:46
3	149	Susan Hilal	34	F	Plymouth	MN	3	13:49	1:35	1:38	3	40:13	20.9	0:44	4	25:36	8:32	1:21:58
4	239	Christina Meier	33	F	Minneapolis	MN	1	13:38	1:33	1:11	4	40:15	20.9	0:37	5	27:17	9:06	1:22:56
5	24	Mylee Bishop	33	F	Burnsville	MN	5	16:50	1:55	1:59	7	44:49	18.7	0:40	3	24:41	8:14	1:28:58
6	393	Emily Waitz	34	F	Hopkins	MN	6	19:53	2:16	1:29	6	44:33	18.9	0:57	8	29:29	9:50	1:36:19
7	151	Angela Holmdahl	34	F	Eagan	MN	8	20:34	2:21	2:51	9	46:53	17.9	1:09	7	28:59	9:40	1:40:24
8	29	Jane Bowman	31	F	St. Paul	MN	7	20:00	2:17	1:39	10	48:05	17.5	0:47	9	31:14	10:25	1:41:44
9	394	Suzanne Walsh	30	F	Roseville	MN	11	21:08	2:25	2:03	5	43:23	19.4	1:31	11	36:01	12:01	1:44:04
10	378	Nicole Tramm	33	F	New Brighton	MN	9	20:42	2:22	3:11	8	46:35	18.0	1:46	10	31:55	10:39	1:44:07
11	121	Janice Gundlach	31	F	Minneapolis	MN	12	21:09	2:25	5:22	11	52:44	15.9	0:42	6	28:21	9:27	1:48:15
12	215	Lacy Loosbrock	30	F	Arden Hills	MN	10	20:51	2:23	2:04	13	59:12	14.2	1:20	12	37:36	12:32	2:01:02
13	412	Shelly Zahn	33	F	Farmington	MN	14	22:57	2:37	3:30	12	54:37	15.4	1:45	13	40:35	13:32	2:03:21
14	375	April Tillges	33	F	St. Paul	MN	13	22:53	2:36	2:29	14	1:01:02	13.8	2:28	14	41:27	13:49	2:10:18

## 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	212	Tiffany Lindstrom	38	F	Woodbury	MN	3	15:34	1:47	1:14	1	40:05	21.0	0:56	1	23:10	7:44	1:20:56
2	208	Tara Liebergen	35	F	Minneapolis	MN	4	15:47	1:48	1:02	2	40:44	20.6	0:58	3	24:30	8:10	1:22:59
3	367	Stacy Terebayza	38	F	Coon Rapids	MN	1	13:14	1:31	1:32	3	43:10	19.5	0:48	4	27:09	9:03	1:25:51

4	76	Karmin Declercq	37	F	Minneapolis	MN	7	17:34	2:00	2:40	4	44:49	18.7	1:22	2	24:12	8:04	1:30:36
5	302	Laura Rades	36	F	Andover	MN	2	13:38	1:33	2:09	5	45:38	18.4	1:58	9	30:14	10:05	1:33:36
6	353	Jennifer Sprain	37	F	Shoreview	MN	5	16:08	1:50	1:59	7	48:44	17.2	1:04	5	28:10	9:24	1:36:03
7	66	Kristin Cuta	35	F	St. Paul	MN	6	16:26	1:52	1:26	10	1:31:08	9.2		10	30:45	10:15	1:36:07
8	344	Lori Shock	38	F	Woodbury	MN	11	24:42	2:49	1:35	6	46:07	18.2	1:10	6	29:08	9:43	1:42:41
9	203	Lynn Leibfried	38	F	Plymouth	MN	8	20:55	2:23	4:17	8	49:52	16.8	0:43	8	29:35	9:52	1:45:21
10	209	Charline Ligtenberg	36	F	Cottage Grove	MN	10	23:43	2:42	4:04				50:25	7	29:09	9:43	1:47:20
11	47	Jennifer Carpenter	36	F	Inver Grove Height	MN	9	23:26	2:40	2:48	9	59:10	14.2	1:01	11	40:01	13:21	2:06:24

## 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	219	Julia Lyng	44	F	Burnsville	MN	2	14:37	1:40	1:03	1	37:35	22.4	1:02	1	22:06	7:22	1:16:21
2	264	Jennifer Neuman	41	F	Ramsey	MN	4	15:14	1:44	1:00	2	38:04	22.1	0:45	2	22:21	7:27	1:17:22
3	347	Jacki Shupe	42	F	Savage	MN	10	18:11	2:04	1:04	3	39:39	21.2	0:57	3	24:39	8:13	1:24:28
4	398	Carole Weiland	40	F	Champlin	MN	1	12:55	1:28	1:40	5	41:51	20.1	0:51	7	28:21	9:27	1:25:35
5	282	Pauline Parker	43	F	Hopkins	MN	11	18:28	2:06	1:53	4	40:55	20.5	0:45	5	27:45	9:15	1:29:45
6	171	Joni Johnson	44	F	Golden Valley	MN	6	16:38	1:54	2:06	8	46:35	18.0	1:22	4	25:59	8:40	1:32:38
7	198	Lori Langlie	44	F	Blaine	MN	3	14:56	1:42	1:29	6	43:09	19.5	1:11	10	32:30	10:50	1:33:13
8	469	Beth Nelson	43	F			5	16:22	1:52	2:11	9	47:20	17.7	1:40	9	29:51	9:57	1:37:22
9	371	Jennifer Thull	43	F	Lakeville	MN	12	18:32	2:07	2:20	11	47:46	17.6	1:43	8	28:44	9:35	1:39:03
10	85	Alyssa Dwyer	41	F	Savage	MN	9	17:54	2:03	2:55	15	50:33	16.6	1:49	6	27:48	9:16	1:40:58
11	413	Kim Zarling	42	F	Beloit	WI	13	18:34	2:07	2:17	10	47:25	17.7	0:36	14	34:01	11:21	1:42:52
12	10	Cyndi Barrington	43	F	Golden Valley	MN	14	21:05	2:24	2:21	7	45:24	18.5	1:39	12	32:49	10:57	1:43:16
13	164	Martie James	42	F	Saint Paul	MN	8	17:53	2:02	2:40	13	49:36	16.9	1:26	13	33:41	11:14	1:45:13
14	98	Sara Fish	41	F	St. Paul	MN	7	17:20	1:59	1:24	12	49:01	17.1	1:30	15	37:12	12:24	1:46:25
15	352	Theresa Snell	41	F	Blaine	MN	15	21:36	2:28	3:39	14	49:55	16.8	1:52	11	32:39	10:53	1:49:39

## 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	165	Kathryn Jensen	47	F	St Paul	MN	1	14:27	1:39	1:14	1	37:48	22.2	1:15	3	24:06	8:02	1:18:48
2	28	Eileen Bonnert	49	F	Apple Valley	MN	3	14:57	1:42	1:14	3	41:42	20.1	1:22	1	21:52	7:18	1:21:06
3	50	Kristina Carson	49	F	Red Wing	MN	4	15:21	1:45	1:45	2	41:30	20.2	0:41	2	24:03	8:01	1:23:18
4	81	Sara Dougherty	48	F	Cloquet	MN	6	16:52	1:55	1:34	5	42:49	19.6	0:57	5	25:24	8:28	1:27:33
5	204	Henriette Lemke	48	F	Prior Lake	MN	5	16:06	1:50	1:23	6	45:25	18.5	0:49	4	25:08	8:23	1:28:49
6	322	Linda Schievelbein	46	F	Maple Grove	MN	7	17:10	1:57	2:38	4	41:55	20.0	1:31	6	25:55	8:39	1:29:08
7	169	Mary Johnson	46	F	St Louis Park	MN	9	19:56	2:16	2:07	7	45:30	18.5	1:44	7	28:22	9:28	1:37:37
8	64	Carol Curoe	49	F	Minneapolis	MN	8	17:47	2:02	2:12	8	46:46	18.0	0:51	8	30:26	10:09	1:38:00
9	46	Dana Carmichael	47	F	St. Paul	MN	10	22:28	2:34	3:02	9	49:31	17.0	1:21	9	31:45	10:35	1:48:07
10	148	Denise Hess	49	F	Andover	MN	2	14:38	1:40	2:40	10	54:27	15.4	1:48	10	41:16	13:46	1:54:48

## 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	261	Lynne Nelson	50	F	Eagan	MN												1:32:28
2	44	Mary Carlson	50	F	Moose Lake	MN	1	16:05	1:50	1:44	5	47:25	17.7	1:15	4	31:33	10:31	1:38:01
3	71	Yvonne Datta	51	F	Minneapolis	MN	7	24:11	2:45	3:15	2	46:20	18.1	0:27	1	27:03	9:01	1:41:14
4	11	Denise Baxter	52	F	Saint Cloud	MN	4	19:55	2:16	1:59	4	47:12	17.8	1:14	5	32:06	10:42	1:42:25
5	125	Lisa Haller	50	F	Minneapolis	MN	8	24:28	2:47	2:16	1	45:30	18.5	1:40	2	29:11	9:44	1:43:03

6	159	Marysue Ingman	52	F	Eden Prairie	MN	6	20:45	2:22	2:41	6	48:40	17.3	1:31	3	29:32	9:51	1:43:07
7	72	Elizabeth Davis	51	F	Arden Hills	MN	2	16:49	1:55	2:07	7	50:50	16.5	1:10	6	32:16	10:46	1:43:10
8	100	Louise Floyd	50	F	Sun Prairie	WI	3	16:55	1:56	2:45	3	47:01	17.9	1:49	7	35:56	11:59	1:44:24
9	31	Reina Brekke	53	F	Shoreview	MN	5	20:32	2:20	1:47	8	56:39	14.8	1:29	8	37:37	12:33	1:58:02

## 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	244	Jeanne Minder	58	F	Shoreview	MN	1	14:16	1:38	1:58	1	41:25	20.3	1:40	1	26:00	8:40	1:25:17
2	57	Bethany Collins	55	F	New Hope	MN	2	14:42	1:41	1:22	2	42:47	19.6	1:21	3	31:33	10:31	1:31:42
3	157	Peggy Hunter	59	F	White Bear Lake	MN	4	26:30	3:01	1:51	3	46:47	18.0	1:11	2	29:02	9:41	1:45:19
4	65	Mitzi Curtis	56	F	Fridley	MN	3	22:02	2:31	2:13	4	53:58	15.6	1:03	4	39:28	13:10	1:58:42
5	110	Trudy Gardner	56	F	Farmington	MN	5	89:36	10:11		5	56:04	15.0	3:51	5	47:08	15:43	2:16:43

## 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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

## 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
-------	-----	------	-----	-----	------	----	------	------	-------	-------	------	------	------	-------	------	-----	------	--------

## FEMALE AGE GROUP RESULTS 70 - 98

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

## MALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	451	Brandon Onopa	19	M	Long Lake	MN	1	12:34	1:26	0:57	2	36:21	23.1	0:27	1	21:21	7:07	1:11:38
2	293	Andrew Polasky	18	M	Arden Hills	MN	5	14:40	1:40	1:10	1	36:21	23.1	0:35	2	21:45	7:15	1:14:30
3	450	Jacob Totall	13	M	Minneapolis	MN	3	13:10	1:30	0:32	4	41:20	20.3	0:33	6	25:45	8:35	1:21:19
4	245	Cody Mingo	19	M	Coon Rapids	MN	4	14:19	1:38	1:30	3	40:23	20.8	0:28	5	25:35	8:32	1:22:13
5	131	Aaron Hauck	19	M	Champlin	MN	2	13:05	1:30	1:52	5	45:35	18.4	0:45	3	23:02	7:41	1:24:18
6	337	Tyler Schweizer	15	M	New Brighton	MN	7	24:25	2:47	4:57				48:36	4	24:17	8:06	1:42:14
7	196	Jesse Lammi	19	M	Mounds View	MN	6	20:57	2:23	2:31	6	53:54	15.6	0:37	7	28:37	9:33	1:46:34

## 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	312	Cody Schultz	22	M	White Bear Lake	MN	2	13:35	1:33	1:21	2	36:28	23.0	0:31	2	19:28	6:30	1:11:21
2	101	Jake Foley	23	M	White Bear Lake	MN	7	14:47	1:41	1:06	4	37:29	22.4	0:42	3	19:30	6:30	1:13:32
3	250	Zachary Moss	24	M	Saint Paul	MN	1	13:26	1:32	1:29	3	37:15	22.6	0:45	5	21:00	7:00	1:13:53
4	177	Luke Kane	24	M	Minneapolis	MN	4	14:11	1:37	3:00	1	36:20	23.1	0:56	6	21:20	7:07	1:15:46
5	287	Max Peterson	21	M	St. Cloud	MN	8	15:06	1:43	1:24	5	39:08	21.5	1:12	1	19:26	6:29	1:16:14
6	339	Dalton Scott	20	M	St. Cloud	MN	9	16:02	1:50	1:36	7	40:37	20.7	0:35	4	19:36	6:32	1:18:24
7	280	Josh Owens	20	M	Brooklyn Park	MN	3	13:44	1:34	1:37	9	42:59	19.5	0:58	8	23:13	7:45	1:22:30
8	168	Brent Johnson	21	M	Arden Hills	MN	5	14:13	1:37	1:26	10	43:01	19.5	1:05	7	22:50	7:37	1:22:34
9	43	Garrett Cardinal	20	M	Champlin	MN	6	14:26	1:39	1:31	6	40:13	20.9	1:13	10	27:10	9:04	1:24:32
10	311	Jordan Roby	20	M	Stillwater	MN	10	17:45	2:01	1:27	8	41:51	20.1	1:07	9	23:46	7:56	1:25:53



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	188	Kris Koepp	28	M	Rochester	MN	2	10:48	1:14	1:12	1	35:19	23.8	0:32	11	20:58	7:00	1:08:48
2	275	Jared Olhoft	29	M	Shoreview	MN	3	13:31	1:33	0:53	3	36:36	23.0	0:33	2	19:22	6:28	1:10:54
3	232	Nicholas McCulloch	28	M	Minneapolis	MN	6	14:02	1:36	0:45	2	36:12	23.2	0:29	6	20:34	6:52	1:11:59
4	225	Christopher Massey	26	M	Plymouth	MN	5	13:42	1:34	1:20	15	38:12	22.0	0:47	1	18:40	6:14	1:12:38
5	406	Stephen Wilson	25	M	Golden Valley	MN	4	13:38	1:33	0:55	6	36:46	22.8	0:28	8	20:53	6:58	1:12:39
6	448	Jason Timmer	25	M			1	10:40	1:13	1:11	16	38:17	21.9	1:02	14	21:30	7:10	1:12:39
7	154	James Hull	27	M	Mounds View	MN	17	15:25	1:46	0:59	7	36:58	22.7	0:38	4	19:47	6:36	1:13:44
8	59	Carlos Conway	26	M	St. Paul	MN	14	15:15	1:44	1:47	5	36:43	22.9	1:10	3	19:42	6:34	1:14:35
9	445	Jeff Vanis	28	M			9	14:31	1:39	1:05	14	37:58	22.1	0:32	15	21:30	7:10	1:15:34
10	439	Patrick Neilson	26	M	Minneapolis	MN	19	15:35	1:47	1:21	8	37:04	22.7	0:34	13	21:27	7:09	1:15:59
11	360	Nathan Strudle	29	M	Minneapolis	MN	16	15:23	1:45	0:56	17	38:30	21.8	0:29	9	20:54	6:58	1:16:11
12	453	Casey Dillon	29	M	Minneapolis	MN	11	14:35	1:40	1:10	10	37:23	22.5	0:47	17	22:29	7:30	1:16:23
13	217	Daniel Luoma	26	M	Roseville	MN	13	15:08	1:44	1:30	9	37:04	22.7	0:51	16	22:17	7:26	1:16:49
14	195	Jason Kunz	26	M	Saint Paul	MN	23	16:11	1:51	1:36	11	37:28	22.4	0:56	10	20:55	6:59	1:17:05
15	2	Matthew Aehle	25	M	Minneapolis	MN	12	14:42	1:41	0:44	22	41:21	20.3	1:06	5	20:11	6:44	1:18:02
16	362	Erica Swenson	25	M	Alexandria	MN	20	15:54	1:49	1:12	4	36:43	22.9	1:05	21	23:41	7:54	1:18:32
17	187	Ryan Knitter	29	M	Blaine	MN	15	15:22	1:45	1:28	18	39:08	21.5	0:58	19	22:36	7:32	1:19:30
18	75	Edouard De Mezerac	28	M	Minneapolis	MN	8	14:13	1:37	1:17	19	39:51	21.1	0:42	26	24:13	8:05	1:20:13
19	257	Brandon Murphy	25	M	Minneapolis	MN	10	14:34	1:40	1:18	13	37:52	22.2	0:58	30	26:05	8:42	1:20:45
20	90	Nick Erickson	28	M	Blaine	MN	7	14:07	1:37	1:54	29	43:36	19.3	0:26	20	22:58	7:40	1:23:00
21	319	John Rusch	28	M	Bloomington	MN	24	16:33	1:53	1:19	12	37:42	22.3	0:38	35	27:33	9:11	1:23:43
22	329	Andrew Schroeder	28	M	St. Louis Park	MN	27	17:17	1:58	1:48	21	40:50	20.6	1:16	18	22:35	7:32	1:23:44
23	241	Mike Meyer	29	M	Blaine	MN	25	16:41	1:54	0:53	20	40:13	20.9	0:55	32	27:24	9:08	1:26:04
24	382	Ryan Valek	26	M	Saint Paul	MN	32	19:17	2:12	3:50	24	42:24	19.8	1:42	7	20:40	6:54	1:27:53
25	41	Mitch Cain	29	M	Roseville	MN	33	19:51	2:16	1:32	23	42:08	19.9	1:11	27	24:44	8:15	1:29:24
26	415	Jeff Zaugg	29	M	New Brighton	MN	22	16:06	1:50	2:30	27	42:57	19.6	0:36	33	27:25	9:09	1:29:32
27	471	Branda Schomberg	28	M	Minneapolis	MN	26	16:44	1:55	1:59	25	42:26	19.8	1:05	34	27:26	9:09	1:29:39
28	389	Peter Von Arx	27	M	Minnetonka	MN	21	15:58	1:49	1:38	31	47:41	17.6	1:31	24	23:56	7:59	1:30:42
29	67	Daniel Dahl	26	M	Minneapolis	MN	34	19:56	2:16	2:39	26	42:42	19.7	0:30	29	25:54	8:38	1:31:40
30	473	Jason Hibbord	26	M	Minneapolis	MN	29	18:07	2:04	3:25	32	48:22	17.4	1:27	12	21:26	7:09	1:32:46
31	206	Anthony Leon	27	M	Hugo	MN	35	20:56	2:23	2:28				43:56	31	26:12	8:44	1:33:31
32	334	Greg Schutte	29	M	Blaine	MN	37	24:51	2:50	1:09	28	43:27	19.3	0:46	23	23:51	7:57	1:34:02
33	214	Matt Loosbrock	28	M	Dundee	MN	30	18:39	2:08	3:11	33	48:38	17.3	0:52	36	28:30	9:30	1:39:47
34	182	Ben Kissling	26	M	S. St. Paul	MN	36	21:03	2:24	3:16	34	52:37	16.0	0:40	25	23:59	8:00	1:41:33
35	407	Brian Winter	29	M	Plymouth	MN	38	25:45	2:56	4:20	30	46:14	18.2	0:30	28	25:33	8:31	1:42:19
36	136	Andrew Headding	25	M	Champlin	MN	18	15:33	1:46						37	32:44	10:55	1:42:35
37	211	Anders Lindberg	25	M	Golden Valley	MN	31	19:15	2:12	1:37	35	1:22:08	10.2	1:28	22	23:41	7:54	2:08:07
38	175	Aaron Kadera	28	M	White Bear Townshi	MN	28	17:36	2:00									

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	286	Jeff Peterson	33	M	Bloomington	MN	5	14:30	1:39	0:50	1	34:50	24.1	0:46	3	19:33	6:31	1:10:26
2	105	Joel Fredricks	31	M	New Brighton	MN	17	16:13	1:51	0:58	3	36:48	22.8	0:50	1	18:17	6:06	1:13:04
3	313	Erick Roen	34	M	Minneapolis	MN	1	11:23	1:18	1:05	11	37:47	22.2	0:45	12	22:37	7:33	1:13:35
4	269	Daniel Nowlan	34	M	Hugo	MN	4	14:23	1:39	1:16	5	37:05	22.7	1:03	4	20:23	6:48	1:14:09

5	127	Nicholas Hardt	30	M	Lake Elmo	MN	23	17:31	2:00	1:07	4	36:56	22.7	0:50	2	19:13	6:25	1:15:35
6	437	Kyle Gilbertson	30	M			9	14:38	1:40	0:53	8	37:14	22.6	0:28	14	22:56	7:39	1:16:09
7	253	Daniel Mueller	33	M	Minneapolis	MN	14	15:35	1:47	1:20	10	37:41	22.3	0:50	5	20:45	6:55	1:16:09
8	267	Tim Nordberg	30	M	Edina	MN	15	16:06	1:50	1:55	2	35:23	23.7	1:02	8	21:58	7:20	1:16:21
9	119	Adam Grovender	32	M	Brooklyn Park	MN	2	11:58	1:22	1:28	13	38:58	21.6	0:14	17	23:54	7:58	1:16:30
10	348	Dustin Skarda	32	M	So. St. Paul	MN	10	14:54	1:42	1:08	12	38:07	22.0	0:52	10	22:18	7:26	1:17:17
11	397	Marty Weiland	34	M	Lakeville	MN	20	16:48	1:55	1:22	6	37:07	22.6	0:58	6	21:15	7:05	1:17:28
12	303	Steven Rahn	34	M	Saint Paul	MN	7	14:35	1:40	0:54	7	37:10	22.6	0:50	20	24:51	8:17	1:18:18
13	380	Dan Undem	32	M	Chisago	MN	13	15:34	1:47	1:22	9	37:22	22.5	0:51	16	23:42	7:54	1:18:49
14	18	Eric Bell	31	M	St. Anthony Villag	MN	22	16:59	1:56	2:23	14	39:05	21.5	1:05	9	22:01	7:21	1:21:32
15	166	Seth Jeska-Silrum	33	M	Minneapolis	MN	26	18:23	2:06	2:19	15	39:06	21.5	0:43	7	21:57	7:19	1:22:25
16	74	Aaron Day	32	M	Saint Paul	MN	21	16:48	1:55	2:35	16	40:18	20.8	1:06	13	22:49	7:37	1:23:34
17	82	Ryan Dow	34	M	Minneapolis	MN	18	16:32	1:53	2:02	17	40:44	20.6	1:15	18	24:12	8:04	1:24:43
18	304	Dan Rehrauer	34	M	Coon Rapids	MN	8	14:37	1:40	0:58	25	44:38	18.8	0:47	19	24:20	8:07	1:25:19
19	120	Derek Guiher	33	M	Richfield	MN	12	15:27	1:46	2:11	18	41:28	20.3	1:03	23	26:29	8:50	1:26:37
20	89	Ryan Ellis	33	M	Chaska	MN	19	16:43	1:54	2:01	19	42:00	20.0	0:57	21	25:27	8:29	1:27:05
21	467	Paul Deleon	30	M			11	15:14	1:44	1:58	26	45:47	18.3	0:51	15	23:31	7:51	1:27:19
22	4	Michael Amberson	31	M	Edina	MN	6	14:34	1:40	2:27	24	44:16	19.0	0:37	22	26:15	8:45	1:28:07
23	150	Benjamin Ho	30	M	St. Paul	MN	27	19:36	2:14	1:44	21	43:31	19.3	1:05	11	22:20	7:27	1:28:15
24	33	David Brezinski	30	M	Lakeville	MN	16	16:07	1:50	1:42	31	1:32:32	9.1		25	28:43	9:35	1:30:43
25	236	Nick McLain	32	M	Farmington	MN	25	18:22	2:06	1:47	22	43:46	19.2	0:42	28	30:04	10:02	1:34:39
26	361	Dustin Swanson	34	M	Champlin	MN	3	14:17	1:38	2:31	20	42:48	19.6	1:29	31	34:22	11:28	1:35:24
27	221	Thomas Manley	31	M	Roseville	MN	30	21:55	2:30	2:43	23	44:13	19.0	1:09	26	29:01	9:41	1:39:00
28	327	Matt Schomaker	34	M	Champlin	MN	29	21:29	2:27	2:07	28	46:54	17.9	1:12	24	27:34	9:12	1:39:14
29	377	Ben Tramm	32	M	New Brighton	MN	24	18:09	2:04	2:07	27	46:15	18.2	0:45	29	32:13	10:45	1:39:27
30	93	Peter Everest	30	M	Minneapolis	MT	28	20:32	2:20	6:15	29	49:00	17.1	1:28	27	29:15	9:45	1:46:28
31	194	Josh Krebs	32	M	Mounds View	MN	31	23:27	2:40	3:18	30	51:17	16.4	1:06	30	32:38	10:53	1:51:44

## 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	35	Brian Brophy	36	M	Bloomington	MN	2	12:12	1:24	1:19	1	35:29	23.7	0:42	3	20:42	6:54	1:10:22
2	191	Scott Koke	37	M	New Brighton	MN	3	12:31	1:26	1:07	3	36:41	22.9	0:42	9	21:56	7:19	1:12:55
3	216	Eric Lund	35	M	Stillwater	MN	5	13:45	1:34	1:07	7	37:26	22.4	0:56	5	20:59	7:00	1:14:11
4	369	Shawn Thomas	38	M	Eden Prairie	MN	6	14:03	1:36	1:29	4	37:05	22.7	0:43	6	21:06	7:02	1:14:24
5	345	Bay Shock	38	M	Woodbury	MN	8	14:39	1:40	0:58	8	37:29	22.4	0:40	8	21:24	7:08	1:15:08
6	199	Chad Lawrence	35	M	Woodbury	MN	17	15:53	1:49	1:41	6	37:18	22.5	0:35	4	20:47	6:56	1:16:12
7	145	Brian Heltemes	35	M	Eden Prairie	MN	14	15:06	1:43	1:06	16	39:54	21.1	0:52	1	19:19	6:27	1:16:15
8	326	Joe Schmitt	36	M	White Bear Lake	MN	9	14:44	1:41	2:08	5	37:15	22.6	0:57	11	22:14	7:25	1:17:16
9	249	Oscar Morles	35	M	Brooklyn Park	MN	4	13:37	1:33	1:13	11	38:55	21.6	0:41	18	23:33	7:51	1:17:58
10	37	Michael Bryant	36	M	Maplewood	MN	10	14:50	1:42	1:37	9	37:41	22.3	0:52	19	23:54	7:58	1:18:52
11	401	Jason Westenskow	39	M	Lakeville	MN	18	16:14	1:51	1:33	15	39:35	21.2	1:02	7	21:19	7:07	1:19:41
12	202	Kyle Lehenbauer	36	M	Saint Paul	MN	20	16:20	1:52	1:22	10	38:27	21.8	0:48	17	23:32	7:51	1:20:27
13	263	Csaba Nemes	39	M	Shoreview	MN	23	16:25	1:52	1:40	12	39:00	21.5	0:46	13	22:47	7:36	1:20:35
14	468	Irfan Khan	37	M	Fridley	MN	7	14:06	1:37	1:44	2	36:25	23.1	1:12	39	28:14	9:25	1:21:38
15	470	Paul Johnson	38	M	Excelsior	MN	21	16:22	1:52	1:36	13	39:14	21.4	0:51	21	24:10	8:04	1:22:11
16	79	Aaron Devries	38	M	Richfield	MN	13	15:00	1:43	1:30	14	39:20	21.4	1:17	27	25:54	8:38	1:22:59
17	36	Joshua Brown	35	M	Golden Valley	MN	27	17:13	1:58	2:48	31	43:06	19.5	0:39	2	19:42	6:34	1:23:27
18	109	Jamie Galioto	35	M	Roseville	MN	1	11:46	1:21	1:17	22	41:10	20.4	1:22	38	27:56	9:19	1:23:28
19	112	Nathaniel George	35	M	Saint Paul	MN	11	14:52	1:42	1:07	23	41:30	20.2	1:35	24	25:43	8:35	1:24:46

20	224	Dan Martin	36	M	Mounds View	MN	38	19:10	2:11	2:39	17	40:24	20.8	0:39	12	22:16	7:26	1:25:06
21	292	Jeff Phillips	37	M	Minneapolis	MN	19	16:20	1:52	2:31	27	42:23	19.8	1:01	14	22:57	7:39	1:25:10
22	323	Craig Schlichting	37	M	Ham Lake	MN	31	18:27	2:06	2:30	20	40:37	20.7	0:54	15	23:05	7:42	1:25:31
23	234	Shane McFadden	39	M	St. Louis Park	MN	22	16:23	1:52	3:15	28	42:24	19.8	1:41	10	22:06	7:22	1:25:47
24	34	Ryan Briggs	37	M	Chaska	MN	32	18:32	2:07	1:12	26	42:00	20.0	0:59	22	24:12	8:04	1:26:52
25	278	Robert Overby	38	M	Faribault	MN	30	18:09	2:04	1:56	29	42:47	19.6	0:38	20	23:54	7:58	1:27:22
26	111	James Gaul	39	M	Bloomington	MN	24	16:26	1:52	2:20	36	44:30	18.9	1:36	16	23:09	7:43	1:27:59
27	30	Eric Boyum	37	M	Fridley	MN	15	15:37	1:47	2:04	30	42:50	19.6	1:31	29	26:24	8:48	1:28:23
28	55	Mike Clawson	35	M	Edina	MN	42	20:15	2:18	1:53	19	40:36	20.7	1:05	23	25:20	8:27	1:29:07
29	252	Tom Motzel	39	M	Eagan	MN	16	15:44	1:48	3:29	24	41:35	20.2	0:52	37	27:32	9:11	1:29:09
30	340	David Severson	36	M	Blaine	MN	25	16:30	1:53	2:14	34	43:57	19.1	1:24	30	26:30	8:50	1:30:32
31	86	Keith Edwards	35	M	Minneapolis	MN	40	19:26	2:13	2:24	32	43:24	19.4	1:13	31	26:39	8:53	1:33:05
32	355	Teric Steines	37	M	Edina	MN	37	18:58	2:10	3:46	18	40:30	20.7	1:56	41	28:53	9:38	1:34:01
33	301	Vance Raades	37	M	Andover	MN	28	17:19	1:59	2:30	33	43:49	19.2	1:41	40	28:45	9:35	1:34:02
34	123	David Haaland	36	M	Saint Paul	MN	47	22:42	2:35	3:14	21	40:40	20.7	1:40	28	26:21	8:47	1:34:35
35	285	Jason Peterson	37	M	Farmington	MN	41	19:31	2:13	2:03	42	45:59	18.3	0:28	33	26:58	9:00	1:34:56
36	222	Ivan Maramis	36	M	Savage	MN	33	18:36	2:07	3:30	25	41:54	20.0	1:45	43	29:30	9:50	1:35:14
37	27	Michael Bolsoni	39	M	Minneapolis	MN	26	17:04	1:57	3:29	43	47:30	17.7	1:10	34	27:00	9:00	1:36:11
38	446	Michael McLue	35	M			46	21:28	2:27	1:41	37	44:34	18.8	2:11	36	27:10	9:04	1:37:02
39	174	Darin Jones	36	M	Centerville	MN	29	18:07	2:04	4:13	44	47:32	17.7	1:28	35	27:03	9:01	1:38:20
40	45	Bryan Carlson	35	M	Centerville	MN	36	18:58	2:10	3:24	47	48:44	17.2	1:34	25	25:44	8:35	1:38:21
41	387	Jeffrey Vigness	36	M	Hopkins	MN	39	19:17	2:12	1:53	38	45:01	18.7	0:59	48	31:41	10:34	1:38:49
42	158	Anthony Indovina	36	M	Lakeville	MN	34	18:42	2:08	3:04	39	45:01	18.7	2:03	47	30:33	10:11	1:39:21
43	193	Jesse Krebs	35	M	Inver Grove Height	MN	43	20:24	2:19	5:09	41	45:41	18.4	2:00	32	26:48	8:56	1:39:59
44	442	Jason Schweitzer	37	M	Rochester	MN	45	21:22	2:26	4:15	45	47:55	17.5	0:57	26	25:53	8:38	1:40:20
45	114	John Gournaris	37	M	Lakeville	MN	44	21:14	2:25	2:28	40	45:15	18.6	1:41	46	30:18	10:06	1:40:54
46	138	Wayne Heaser	38	M	St. Paul	MN	12	14:55	1:42	3:23	46	48:05	17.5	1:51	49	35:01	11:41	1:43:14
47	3	Jeff Alden Pope	37	M	Minneapolis	MN	49	27:57	3:11	2:50	35	44:00	19.1	1:57	42	28:58	9:40	1:45:41
48	6	Karl Anderson	36	M	Blaine	MN	48	24:42	2:49	3:21	49	50:20	16.7	1:42	45	29:48	9:56	1:49:51
49	78	Michael Deleon	36	M	Eagan	MN	35	18:53	2:09	2:42	48	49:27	17.0	1:00	50	40:46	13:36	1:52:47
50	411	David Young	35	M	Fridley	MN	50	28:30	3:15	2:01	50	54:28	15.4	1:22	44	29:34	9:52	1:55:53

## 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	288	Tom Pettit	42	M	Eden Prairie	MN	3	12:10	1:23	1:12	5	35:53	23.4	0:30	1	18:54	6:18	1:08:38
2	13	Kurt Becker	44	M	Afton	MN	1	11:28	1:19	0:49	1	34:57	24.0	0:36	6	21:07	7:03	1:08:55
3	403	Todd White	43	M	Roseville	MN	2	11:35	1:19	0:55	8	37:01	22.7	0:38	5	21:06	7:02	1:11:13
4	299	Tim Quesnell	44	M	Roseville	MN	7	14:14	1:37	0:57	9	37:19	22.5	0:32	2	19:02	6:21	1:12:02
5	318	Jared Roy	42	M	St. Louis Park	MN	21	17:08	1:57	1:25	2	35:06	23.9	0:42	3	20:12	6:44	1:14:32
6	464	Paul Traczyk	41	M	Shoreview	MN	8	14:20	1:38	1:01	7	36:57	22.7	0:49	10	22:07	7:23	1:15:12
7	226	Thomas Masterman	40	M	Saint Paul	MN	9	14:30	1:39	2:11	3	35:31	23.7	1:02	12	22:18	7:26	1:15:29
8	192	Bryan Korb	44	M	Lakeville	MN	10	14:52	1:42	1:36	4	35:45	23.5	0:59	14	22:46	7:36	1:15:56
9	167	Mike Johnson	42	M	St Louis Park	MN	12	15:15	1:44	0:56	6	36:30	23.0	0:56	15	22:54	7:38	1:16:29
10	279	Allen Overturf	43	M	Maple Plain	MN	4	13:29	1:32	1:19	12	38:53	21.6	0:49	9	22:04	7:22	1:16:33
11	139	Michael Hebert	42	M	Roseville	MN	6	13:44	1:34	2:47	13	38:58	21.6	1:15	11	22:10	7:24	1:18:52
12	372	Timothy Thull	42	M	Lakeville	MN	15	15:53	1:49	1:57	10	38:22	21.9	1:14	13	22:46	7:36	1:20:10
13	376	Scott Tollefson	44	M	Minneapolis	MN	27	19:19	2:12	1:05	11	38:31	21.8	1:04	8	21:48	7:16	1:21:45
14	20	Mike Besser	43	M	Woodbury	MN	20	17:07	1:57	2:23	18	40:56	20.5	1:16	7	21:22	7:08	1:23:03
15	414	Darrick Zarling	42	M	Vadnais Heights	MN	17	16:29	1:53	1:47	17	40:18	20.8	0:56	16	23:44	7:55	1:23:12

16	366	Tonnis Ter Veldhuis	44	M	Saint Paul	MN	23	18:24	2:06	2:23	20	41:14	20.4	0:37	4	21:04	7:02	1:23:39
17	452	Smith Kent	42	M			11	14:53	1:42	1:58	14	39:25	21.3	1:26	21	26:16	8:46	1:23:57
18	48	Pete Carroll	42	M	White Bear Townshi	MN	13	15:17	1:45	1:46	15	39:31	21.3	1:32	24	26:27	8:49	1:24:31
19	383	William Van Pilsum	42	M	New Brighton	MN	5	13:44	1:34	1:58	16	40:13	20.9	1:57	26	27:15	9:05	1:25:05
20	255	Sean Muniz	43	M	Woodbury	MN	16	16:28	1:53	2:44	19	41:05	20.4	0:57	23	26:21	8:47	1:27:33
21	388	Matthew Voda	42	M	Minneapolis	MN	18	16:38	1:54	2:20	24	42:21	19.8	2:02	20	25:13	8:25	1:28:33
22	137	Gary Heaser	40	M	St. Paul	MN	28	19:28	2:13	2:58	22	41:32	20.2	1:26	19	24:07	8:03	1:29:28
23	116	Don Graffam	41	M	Shoreview	MN	14	15:29	1:46	2:30	27	43:56	19.1	0:54	27	28:04	9:22	1:30:51
24	472	Dana Khoury	44	M			32	20:31	2:20	3:36	21	41:24	20.3	1:58	17	23:53	7:58	1:31:21
25	235	Dan McIntyre	42	M	Coon Rapids	MN	25	19:10	2:11	1:52	23	41:51	20.1	1:18	28	28:21	9:27	1:32:30
26	227	Stephen McBride	40	M	Centerville	MN	30	20:08	2:18	3:02	25	42:54	19.6	0:54	25	26:46	8:56	1:33:41
27	325	Tom Schmidt	40	M	Woodbury	MN	22	17:37	2:01	2:18	28	44:04	19.1	0:57	30	29:56	9:59	1:34:51
28	210	Stefan Liiste	43	M	North Oaks	MN	33	21:01	2:24	2:13	30	47:31	17.7	1:13	18	23:53	7:58	1:35:49
29	242	Robert Miller	41	M	Apple Valley	MN	26	19:14	2:12	2:51	26	43:45	19.2	1:03	31	30:23	10:08	1:37:13
30	270	Michael Nowlan	43	M	Andover	MN	29	19:46	2:15	2:56	31	48:07	17.5	0:49	29	29:32	9:51	1:41:09
31	233	Thomas McDonald	42	M	Minneapolis	MN	19	16:53	1:56	2:27	29	46:05	18.2	2:03	33	35:12	11:44	1:42:38
32	351	Matthew Snell	42	M	Blaine	MN	35	22:55	2:37	2:02	34	52:24	16.0	0:30	22	26:21	8:47	1:44:09
33	229	Mark McCollough	41	M	Minneapolis	MN	24	18:45	2:08	3:22	33	50:24	16.7	0:54	32	33:09	11:03	1:46:32
34	161	Grant Isaacson	41	M	Andover	MN	34	21:36	2:28	3:54	32	50:15	16.7	1:09	34	36:35	12:12	1:53:26
35	183	Joel Kivi	40	M	Maple Grove	MN	31	20:15	2:18									

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	391	David Voss	49	M	Minneapolis	MN	4	14:55	1:42	1:05	1	35:23	23.7	0:54	1	19:31	6:31	1:11:46
2	97	Sean Finn	45	M	Savage	MN	5	14:56	1:42	0:59	5	36:44	22.9	0:40	2	20:13	6:45	1:13:30
3	386	Kirk Vesterstein	49	M	Duluth	MN	8	15:43	1:48	1:26	3	36:09	23.2	0:56	3	20:46	6:56	1:14:59
4	289	Paul Pfeiffer	45	M	St. Paul	MN	2	13:28	1:32	0:51	6	37:09	22.6	0:39	10	23:41	7:54	1:15:44
5	321	Vincent Schaper	46	M	Saint Paul	MN	7	15:40	1:47	2:13	2	35:32	23.6	0:55	6	22:24	7:28	1:16:42
6	19	Mike Berkopoc	48	M	Eagan	MN	16	17:45	2:01	1:25	4	36:21	23.1	1:21	4	21:43	7:15	1:18:33
7	258	Chad Murphy	47	M	Prior Lake	MN	1	13:10	1:30	1:49	10	39:09	21.5	0:58	9	23:39	7:53	1:18:43
8	42	Brad Canham	47	M	Eden Prairie	MN	9	15:45	1:48	1:22	7	38:18	21.9	0:58	7	22:53	7:38	1:19:13
9	254	David Mullen	46	M	Mendota Heights	MN	11	16:00	1:50	2:02	15	40:39	20.7	0:55	5	22:19	7:27	1:21:54
10	178	Tom Kassekert	48	M	Blaine	MN	14	16:09	1:51	1:23	8	38:55	21.6	1:12	11	24:49	8:17	1:22:26
11	56	Kevin Cleereman	49	M	New Brighton	MN	12	16:03	1:50	2:28	11	39:35	21.2	1:24	12	25:41	8:34	1:25:10
12	122	Richard Haak	46	M	Roseville	MN	17	17:56	2:03	2:02	12	39:45	21.1	1:01	15	26:34	8:52	1:27:17
13	356	Fred Stephens	46	M	White Bear Lake	MN	21	23:39	2:42	1:32	9	39:03	21.5	1:07	8	23:15	7:45	1:28:34
14	99	John Flaa	49	M	Plymouth	MN	6	15:30	1:46	2:13	18	44:26	18.9	1:21	13	25:58	8:40	1:29:26
15	342	Leo Sharkey	47	M	Shoreview	MN	13	16:08	1:50	2:07	13	39:47	21.1	1:25	20	30:25	10:09	1:29:50
16	1	Michael Abegg	45	M	Minneapolis	MN	15	16:19	1:52	1:17	17	44:10	19.0	0:49	16	27:29	9:10	1:30:02
17	365	Michael Taylor	46	M	Bloomington	MN	10	15:59	1:49	3:44	14	40:30	20.7	1:55	19	28:55	9:39	1:31:02
18	416	Mark Zelenak	45	M	Fridley	MN	3	14:33	1:40	2:49	21	47:13	17.8	1:53	18	28:05	9:22	1:34:31
19	314	Mike Rogers	46	M	Minnetonka	MN	19	19:05	2:11	1:57	20	46:43	18.0	2:17	14	26:25	8:49	1:36:26
20	368	Jeff Thole	47	M	Maplewood	MN	18	18:50	2:09	2:08	19	45:55	18.3	1:49	17	27:50	9:17	1:36:30
21	54	Marc Chiodo	48	M	Minneapolis	MN	20	21:13	2:25	2:14	16	41:36	20.2	4:00	22	36:48	12:16	1:45:48
22	160	Brian Ip	49	M	Edina	MN	22	24:30	2:47	2:08	22	47:28	17.7	2:25	21	31:24	10:28	1:47:54

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	310	Charlie Roach	53	M	Lakeville	MN	11	15:52	1:49	1:08	1	35:06	23.9	0:39	1	18:43	6:15	1:11:27
2	462	Kerry Yndestad	50	M			6	13:52	1:35	0:53	4	36:15	23.2	0:28	2	21:36	7:12	1:13:03
3	328	Larry Schonhardt	53	M	New Hope	MN	2	12:26	1:25	1:49	3	36:02	23.3	0:34	8	23:09	7:43	1:13:58
4	147	Michael Hess	50	M	Andover	MN	1	11:53	1:21	1:08	9	38:19	21.9	1:05	3	22:27	7:29	1:14:49
5	218	Robert Lyng	52	M	Burnsville	MN	9	15:23	1:45	1:58	5	36:31	23.0	1:12	7	22:43	7:35	1:17:46
6	463	Jim Nack	51	M	Madison Lake	MN	3	12:51	1:28	2:12	8	38:07	22.0	0:48	12	24:49	8:17	1:18:45
7	336	Andrew Schweizer	50	M	New Brighton	MN	12	15:56	1:49	2:13	2	35:30	23.7	0:53	11	24:28	8:10	1:18:58
8	238	Steve Meenan	51	M	Woodbury	MN	8	14:52	1:42	1:20	11	39:13	21.4	0:59	5	22:38	7:33	1:19:00
9	141	Steve Heikkila	54	M	Saint Paul	MN	4	13:33	1:33	1:20	13	39:31	21.3	0:58	10	24:21	8:07	1:19:42
10	94	Todd Fawcett	50	M	Saint Paul	MN	17	18:22	2:06	1:11	7	37:55	22.2	1:12	4	22:28	7:30	1:21:05
11	207	Bob Leone	54	M	Plymouth	MN	10	15:42	1:48	2:48	6	37:45	22.3	1:30	9	23:34	7:52	1:21:18
12	273	Jim Odonnell	50	M	Saint Louis Park	MN	16	18:11	2:04	1:13	10	39:01	21.5	1:06	6	22:42	7:34	1:22:11
13	332	Mark Schultz	50	M	Prior Lake	MN	13	16:01	1:50	1:02	12	39:29	21.3	0:42	15	25:39	8:33	1:22:51
14	220	Kevin Maguire	51	M	Mendota Heights	MN	7	14:51	1:42	1:44	15	40:51	20.6	1:12	17	28:11	9:24	1:26:48
15	142	Dan Heinks	54	M	Cambridge	MN	15	17:20	1:59	2:31	16	42:06	20.0	1:02	13	25:23	8:28	1:28:20
16	260	Eric Nelson	53	M	Minneapolis	MN	14	16:56	1:56	2:16	18	42:39	19.7	1:44	14	25:30	8:30	1:29:03
17	354	David Stein	52	M	White Bear Lake	MN	18	19:01	2:10	1:52	19	44:13	19.0	1:41	18	28:20	9:27	1:35:06
18	128	Bob Harmon	50	M	New Brighton	MN	22	23:34	2:41	2:13	14	40:38	20.7	1:42	16	27:15	9:05	1:35:20
19	317	David Rotondo	54	M	Minneapolis	MN	21	22:34	2:34	4:13	17	42:21	19.8	1:58	19	29:03	9:41	1:40:06
20	392	David Vukson	51	M	New Brighton	MN	19	21:05	2:24	3:54	20	47:26	17.7	0:43	20	29:38	9:53	1:42:44
21	205	Mike Leon	54	M	Mounds View	MN	20	21:22	2:26	3:26	21	48:21	17.4	0:56	21	31:12	10:24	1:45:15
22	316	James Ross	52	M	Lakeville	MN	5	13:35	1:33	1:00								

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	461	Tim Obrien	55	M			2	14:17	1:38	1:23	1	36:31	23.0	1:04	1	22:04	7:22	1:15:16
2	104	Greg Franzen	56	M	Plymouth	MN	1	13:39	1:34	1:05	2	38:20	21.9	0:48	2	22:12	7:24	1:16:02
3	197	Peter Lancaster	56	M	Minneapolis	MN	3	15:19	1:45	2:18	3	39:15	21.4	1:04	3	24:04	8:02	1:21:58
4	405	Stephen Willett	57	M	St Paul	MN	11	24:46	2:49	2:52	4	41:24	20.3	1:16	4	26:39	8:53	1:36:56
5	69	Richard Danaher	55	M	Mpls.	MN	10	23:56	2:44	2:21	5	44:50	18.7	1:09	5	27:15	9:05	1:39:28
6	290	Charles Pflanze	55	M	St Paul	MN	7	20:11	2:18	2:54	6	47:10	17.8	1:33	7	32:11	10:44	1:43:57
7	305	Thomas Reich	59	M	Blaine	MN	5	17:39	2:01	2:16	8	49:32	17.0	1:36	8	34:04	11:22	1:45:04
8	126	Paul Haller	55	M	Minneapolis	MN	9	23:22	2:40	5:03	7	49:09	17.1	1:57	6	28:54	9:38	1:48:24
9	12	Richard Becker	59	M	New Brighton	MN	8	20:43	2:22	2:58	9	51:13	16.4	1:41	9	37:53	12:38	1:54:25
10	343	John Shaw	57	M	Shoreview	MN	6	19:27	2:13	4:12	10	55:29	15.1	1:11	10	38:59	13:00	1:59:16
11	17	John Beintema	59	M	Bloomington	MN	4	16:10	1:51	4:00	12	1:05:08	12.9	1:40	11	49:38	16:33	2:16:34
12	84	Patrick Dunleavy	58	M	Minnetonka	MN	12	28:37	3:16	3:19	11	1:04:44	13.0		12	109:44	36:35	2:18:20

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	373	Sonny Thweatt	60	M	Lakeville	MN	1	15:29	1:46	2:10	1	38:54	21.6	1:06	2	25:53	8:38	1:23:30
2	184	Kirk Klemme	60	M	Chassell	MI	4	18:47	2:08	2:38	2	41:30	20.2	1:17	3	25:56	8:39	1:30:06
3	61	Tom Couillard	62	M	White Bear Lake	MN	3	17:43	2:01	2:06	4	44:04	19.1	1:21	1	25:49	8:37	1:31:00
4	140	Dave Heffernan	60	M	Minneapolis	MN	6	22:03	2:31	3:02	3	43:47	19.2	2:24	4	28:10	9:24	1:39:23
5	176	Joe Kandiko	61	M	Excelsior	MN	2	16:57	1:56	2:08	6	47:45	17.6	1:39	5	37:07	12:23	1:45:34
6	107	Tom Fulton	64	M	Saint Louis Park	MN	5	19:58	2:17	3:36	5	46:57	17.9	3:03	6	37:26	12:29	1:50:58

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	438	Darrell Wilk	66	M	Bloomington	MN	1	15:56	1:49	2:08	1	39:52	21.1	2:15	2	43:46	14:36	1:43:54
2	350	Tom Smith	68	M	Eden Prairie	MN	2	25:05	2:51	5:04	2	1:00:42	13.8	2:30	1	40:13	13:25	2:13:32

MALE AGE GROUP RESULTS 70 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	447	Don Meck	71	M			1	19:23	2:13	4:33	1	43:22	19.4	2:33	1	30:57	10:19	1:40:47

Total Registered: 465  
 Total Number of Individual Finishers: 362  
 Number of Male Finishers: 251  
 Number of Female Finishers: 111  
 Total Number of Relay Finishers: 18