

LAKE MINNETONKA TRIATHLON
Long Lake Regional Park - Excelsior, MN, June 20, 2009

1/2 Mile Swim - 14.5 Mile Bike - 3 Mile Run

INDIVIDUAL RESULTS

Table with 17 columns: Place, Div/Tot, Bib, Name, Cat, Age, Sex, City, St, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Contains 88 rows of athlete performance data.

185	416	Alexandra Schoen	26 White Bear Lake	MN	195	25:19	2:53	3:32	188	1:06:55	13.0	1:14	171	34:55	11:39	2:11:52
186	549	Letitia Zilar	46 Edina	MN	194	25:01	2:51	2:46	167	1:02:01	14.0	1:58	189	41:36	13:52	2:13:20
187	470	Shannon Swartz	57 Eden Prairie	MN	86	15:31	1:46	2:29	187	1:06:36	13.1	3:11	193	45:50	15:17	2:13:35
188	300	Anna Mackin	17 Excelsior	MN	139	17:38	2:01	6:42	193	1:10:03	12.4	1:28	185	37:52	12:38	2:13:40
189	310	Heather Manley	31 Hopkins	MN	171	20:54	2:23	5:55	189	1:07:50	12.8	4:50	175	35:52	11:58	2:15:19
190	519	Jennifer Weeks	35 Hudson	MN	198	26:13	2:59	3:45	180	1:05:04	13.4	0:59	187	40:29	13:30	2:16:28
191	316	Michelle McConnell	40 Plymouth	MN	190	23:02	2:38	4:50	196	1:11:51	12.1	2:02	186	38:53	12:58	2:20:36
192	434	Miranda Sieben	22 Edina	MN	192	23:32	2:41	3:38	199	1:19:31	10.9	1:55	182	37:05	12:22	2:25:39
193	361	Pauline Parker	41 Hopkins	MN	116	16:46	1:55	10:07	181	1:05:06	13.4	3:45	196	50:12	16:44	2:25:53
194	364	Kathleen Pengelly	46 Shorewood	MN	173	20:57	2:23	5:52	182	1:05:08	13.4	3:42	197	50:16	16:46	2:25:53
195	319	Genevieve McJilton	42 Deephaven	MN	103	16:02	1:50	3:16	194	1:10:17	12.4	6:02	198	50:18	16:46	2:25:53
196	116	Ruth Edwards	68 Minnetonka	MN	202	30:26	3:28	5:09	178	1:04:24	13.5	2:22	191	43:38	14:33	2:25:57
197	537	Vicki Windfeldt	56 Eden Prairie	MN	196	25:54	2:57	4:03	195	1:10:50	12.3	1:06	194	48:51	16:17	2:30:42
198	233	Judy Jones	56 Eagan	MN	178	21:37	2:28	5:18	198	1:12:50	11.9	1:15	195	49:45	16:35	2:30:42
199	228	Shari Jerde	39 Edina	MN	187	22:38	2:35	4:13	88	51:24	16.9	3:35				
200	515	Sarah Waste	44 Maple Grove	MN	200	28:10	3:13	16:59								
201	192	Megan Haseley	34 Richfield	MN	5	11:20	1:18									
202	445	Amy Smith	40 Woodbury	MN	132	17:25	1:59									

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Becky Karnes- Toth	Mound	MN	33	F	4:41	0:32
2	Nick Madrinich	Chaska	MN	20	M	8:43	1:00
3	Thad Ingersoll	St. Paul	MN	39	M	8:43	1:00
4	Michael Williams	Maple Grove	MN	20	M	8:56	1:01
5	Oscar Godoi	Apple Valley	MN	34	M	8:58	1:02
6	Brett Lovaas	Minnetonka	MN	34	M	9:11	1:03
7	Anton Knack	Prior Lake	MN	16	M	9:31	1:05
8	Kurt Becker	Afton	MN	42	M	9:37	1:06
9	John Shelp	Maple Plain	MN	37	M	9:37	1:06
10	Chuck Smith	Minneapolis	MN	30	M	9:41	1:06

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Jeremy Sartain	St. Paul	MN	35	M	00:34:01	25.6
2	Steve Sander	Richfield	MN	30	M	00:34:04	25.5
3	Brett Lovaas	Minnetonka	MN	34	M	00:35:03	24.8
4	Tony Schiller	Spring Park	MN	51	M	00:35:41	24.4
5	Josh Blankenheim	Duluth	MN	28	M	00:35:44	24.3
6	Andy Schiesl	Prior Lake	MN	31	M	00:36:09	24.1
7	Michael Williams	Maple Grove	MN	20	M	00:36:25	23.9
8	Jim Graif	Elk River	MN	47	M	00:36:37	23.8
9	Mike Buenting	Chanhassen	MN	34	M	00:37:25	23.3
10	Don Schmeichel	Andover	MN	37	M	00:37:26	23.2

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Josh Blankenheim	Duluth	MN	28	M	16:06	5:22
2	Derick Podratz	Lino Lakes	MN	34	M	16:49	5:37
3	Steve Sander	Richfield	MN	30	M	17:03	5:41
4	Tony Schiller	Spring Park	MN	51	M	17:09	5:43
5	Taylor Gombos	St. Cloud	MN	20	M	17:23	5:48
6	Brett Lovaas	Minnetonka	MN	34	M	17:31	5:51
7	Mike Buenting	Chanhassen	MN	34	M	17:36	5:52
8	Micah Turman	Minneapolis	MN	28	M	17:56	5:59
9	Michael Williams	Maple Grove	MN	20	M	18:07	6:03
10	Chuck Smith	Minneapolis	MN	30	M	18:10	6:04

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	249	Gabby Keller	17	F	Maple Grove	MN	1	10:45	1:14	0:57	1	46:21	18.8	0:49	2	24:39	8:13	1:23:28
2	463	Elna Sukula	19	F	Excelsior	MN	2	11:14	1:17	1:50	3	48:46	17.8	0:47	1	22:42	7:34	1:25:17
3	544	Shelby Woodworth	16	F	Hutchinson	MN	7	13:55	1:35	1:27	2	48:05	18.1	1:02	3	24:59	8:20	1:29:26
4	204	Erin Higginson	16	F	Plymouth	MN	4	12:00	1:22	1:58	4	49:57	17.4	0:46	5	26:36	8:52	1:31:15
5	132	Jane Finn	14	F	Savave	MN	5	12:09	1:23	1:54	5	50:09	17.3	1:13	4	26:00	8:40	1:31:23
6	221	Krista Humbert	16	F	Mound	MN	3	11:28	1:19	3:23	6	52:29	16.6	1:39	8	31:56	10:39	1:40:53
7	307	Gilly Mangan	14	F	Plymouth	MN	6	13:48	1:34	1:35	7	56:46	15.3	0:57	6	30:47	10:16	1:43:50
8	421	Amanda Schwartz	18	F	Excelsior	MN	9	19:48	2:15	4:35	8	1:09:15	12.6	2:12	7	31:04	10:22	2:06:53
9	300	Anna Mackin	17	F	Excelsior	MN	8	17:38	2:01	6:42	9	1:10:03	12.4	1:28	9	37:52	12:38	2:13:40

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	526	Erin Williams	24	F	Shorewood	MN	6	15:27	1:46	1:47	1	47:10	18.4	0:48	1	20:23	6:48	1:25:32
2	120	Valerie Engler	23	F	Minnetonka	MN	1	10:20	1:11	2:39	3	51:08	17.0	0:56	3	26:57	8:59	1:31:58
3	505	Dana Volk	23	F	Duluth	MN	3	12:04	1:23	2:21	2	50:17	17.3	1:26	6	28:05	9:22	1:34:11
4	404	Carie Schaitberger	24	F	Eden Prairie	MN	2	11:25	1:18	1:52	8	56:45	15.3	1:00	2	26:34	8:52	1:37:33
5	65	Christa Buhl	22	F	Bloomington	MN	4	12:40	1:27	1:55	4	53:13	16.3	1:19	8	28:36	9:32	1:37:42
6	38	Jennifer Berkopec	22	F	Apple Valley	MN	7	17:45	2:01	2:59	5	54:14	16.0	1:01	7	28:22	9:28	1:44:19
7	536	Stephanie Windfeldt	23	F	Minneapolis	MN	8	17:59	2:03	2:31	6	54:36	15.9	0:49	9	30:35	10:12	1:46:28
8	153	Cortney Gamlin	21	F	Edina	MN	9	20:02	2:17	4:21	7	55:57	15.5	1:14	10	31:58	10:40	1:53:30
9	89	Megan Clifford	22	F	Eden Prairie	MN	11	22:10	2:32	4:01	10	1:02:38	13.9	1:22	4	27:49	9:17	1:57:58
10	502	Michelle Vieau	24	F	Madison	WI	12	22:24	2:33	3:47	11	1:02:40	13.9	1:20	5	27:59	9:20	1:58:08
11	88	Ann Marie Clifford	24	F	Madison	WI	10	21:25	2:26	3:06	9	59:56	14.5	0:56	11	35:36	11:52	2:00:57
12	411	Emily Schmidt	21	F	Mound	MN	5	13:52	1:35	2:57	12	1:12:04	12.1	0:38	13	40:59	13:40	2:10:28
13	434	Miranda Sieben	22	F	Edina	MN	13	23:32	2:41	3:38	13	1:19:31	10.9	1:55	12	37:05	12:22	2:25:39

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	55	Gary Bork	56	M	Eden Prairie	MN	1	10:38	1:13	1:28	1	38:30	22.6	1:06	2	21:17	7:06	1:12:55
2	263	Leonard Klun	55	M	Maple Plain	MN	3	12:01	1:22	1:59	2	41:02	21.2	0:52	1	20:12	6:44	1:16:04
3	292	Frank Lombardo	55	M	Lakeville	MN	5	13:21	1:31	2:01	7	44:22	19.6	1:08	3	21:57	7:19	1:22:45
4	225	Dennis Jabs	57	M	Shorewood	MN	11	16:39	1:54	1:49	3	41:41	20.9	1:25	5	22:51	7:37	1:24:22
5	486	Sonny Thweatt	58	M	Lakeville	MN	6	13:43	1:34	2:08	5	43:16	20.1	1:08	6	24:33	8:11	1:24:46
6	538	Mark Winholtz	57	M	Andover	MN	9	14:40	1:40	1:57	4	41:57	20.7	1:31	7	25:26	8:29	1:25:28
7	128	Mark Fallon	55	M	Minnetonka	MN	2	11:55	1:22	2:40	8	45:48	19.0	1:39	11	29:35	9:52	1:31:35
8	535	Roy Wilson	55	M	St Paul	MN	12	20:03	2:17	2:35	9	46:41	18.6	0:43	4	22:30	7:30	1:32:29
9	232	Walt Johnson	55	M	St Paul	MN	4	13:06	1:30	5:01	6	44:01	19.8	2:47	10	28:20	9:27	1:33:13
10	303	Tim Madigan	59	M	Fariabult	MN	8	14:23	1:39	3:49	11	50:59	17.1	1:44	9	28:01	9:21	1:38:54
11	239	Joe Kandiko	59	M	Excelsior	MN	7	13:50	1:35	2:06	10	48:41	17.9	1:36	12	34:54	11:38	1:41:05
12	331	Andy Mitchell	57	M	Minnetonka	MN	10	14:44	1:41	3:58	12	55:25	15.7	0:47	8	27:51	9:17	1:42:41

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	126	Benjamin Ewers	62	M	North Oaks	MN	2	12:44	1:27	1:36	1	37:31	23.2	1:17	1	21:21	7:07	1:14:27
2	320	Patrick McMorro	62	M	Eden Prairie	MN	1	11:37	1:20	2:33	2	43:01	20.2	1:06	2	23:40	7:54	1:21:54
3	218	Jerry House	61	M	Saint Paul	MN	5	20:25	2:20	3:23	3	50:20	17.3	1:42	3	23:48	7:56	1:39:35
4	406	John I Scheef	60	M	Plymouth	MN	4	18:24	2:06	6:14	4	52:15	16.7	2:06	4	24:34	8:12	1:43:31
5	30	James Barthel	62	M	Dellwood	MN	3	18:02	2:03	4:34	6	56:59	15.3	1:47	5	28:34	9:32	1:49:53
6	441	Richard Simpson	60	M	Chanhassen	MN	6	22:56	2:37	5:11	5	54:23	16.0	3:04	6	28:39	9:33	1:54:10

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	296	Gary Lund	65	M	Plymouth	MN	1	16:18	1:52	2:52	1	41:58	20.7	1:56	2	27:48	9:16	1:30:50
2	178	Larry Grimstad	66	M	Decorah	IA	3	20:28	2:20	3:51	2	59:23	14.7	1:34	1	25:58	8:40	1:51:11
3	448	Tom Smith	66	M	Eden Prairie	MN	2	17:30	2:00	5:18	3	1:04:04	13.6	2:26	3	37:09	12:23	2:06:24

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	318	Charles McJilton	78	M	Roseville	MN	1	21:07	2:24	9:27	1	1:10:21	12.4	6:05	1	50:12	16:44	2:37:09

Total Registered: 559
 Total Number of Individual Finishers: 457
 Total Number of Relay Finishers: 6
 Number of Male Finishers: 259
 Number of Female Finishers: 198
 Did not Finish Race or Did Not Start: 94