

LAKE MINNETONKA TRIATHLON  
Long Lake Regional Park - Excelsior, MN, June 19, 2010

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

INDIVIDUAL RESULTS

Place	Div/Tot	Bib	Name	Cat	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pac
1	1/11	450	Steve Sander	E	31	M	Richfield	MN	11	10:56	1:15	1:09	1	34:11	25.5	0:42	3	17:09	5:
2	2/11		Brett Lovas	E	35	M	Minnetonka	MN	4	9:48	1:07	0:48	2	35:54	24.2	0:41	8	17:46	5:
3	3/11	41	Josh Blankenheim	E	29	M	Duluth	MN	30	11:30	1:19	0:55	3	36:13	24.0	0:35	1	16:28	5:
4	4/11	202	Eric Hendrickson	E	30	M	Minnetonka	MN	17	11:10	1:17	1:03	6	36:42	23.7	0:28	6	17:26	5:
5	5/11	454	Tony Schiller	E	52	M	Eden Prairie	MN	16	11:02	1:16	1:18	5	36:39	23.7	0:38	9	17:53	5:
6	6/11	222	Thad Ingersoll	E	40	M	St. Paul	MN	1	9:11	1:03	1:13	21	39:01	22.3	0:53	10	17:57	5:
7	7/11	596	Andy Schiesl	E	33	M			34	11:52	1:21	1:33	7	36:56	23.6	0:41	5	17:24	5:
8	8/11	532	Carl Unger	E	36	M	Prior Lake	MN	38	12:03	1:23	1:14	4	36:35	23.8	0:54	16	18:41	6:
9	1/59	65	Tom Camp	I	44	M	Minneapolis	MN	7	10:43	1:14	1:33	15	38:29	22.6	0:53	12	18:02	6:
10	9/11	59	Mike Buenting	E	35	M	Chanhassen	MN	43	12:14	1:24	1:27	14	38:22	22.7	0:28	4	17:15	5:
11	10/11	413	Derick Podratz	E	35	M	Lino Lakes	MN	53	12:46	1:28	1:05	11	38:13	22.8	0:49	7	17:35	5:
12	1/20	455	Don Schmeichel	C	38	M	Andover	MN	10	10:48	1:14	1:15	10	37:43	23.1	0:31	84	21:26	7:
13	1/43	57	Robert Brown	I	35	M	Hopkins	MN	36	11:57	1:22	1:10	26	39:17	22.1	0:52	15	18:38	6:
14	2/43	494	Don Steenson	I	39	M	Minneapolis, Mn	MN	5	10:18	1:11	1:22	37	40:09	21.7	1:00	22	19:11	6:
15	11/11	523	Nathaniel Tollefson	E	43	M	Minneapolis	MN	32	11:33	1:19	1:00	13	38:20	22.7	0:47	48	20:26	6:
16	1/39	270	David Knack	I	47	M	Prior Lake	MN	45	12:23	1:25	1:34	16	38:30	22.6	0:58	28	19:29	6:
17	1/5	337	Sarah Mercer	E	42	F	Golden Valley	MN	28	11:28	1:19	1:22	24	39:11	22.2	0:53	43	20:05	6:
18	1/26	538	Nate Vick	I	32	M	Deephaven	MN	18	11:14	1:17	1:20	17	38:35	22.5	0:51	75	21:12	7:
19	1/18	386	Nicholas Oswald	I	26	M	Plymouth	MN	49	12:32	1:26	1:32	39	40:11	21.7	0:36	13	18:20	6:
20	2/5		Jan Gunther	E	52	F	Mound	MN	35	11:56	1:22	1:20	33	39:51	21.8	0:53	27	19:27	6:
21	2/18	400	Ryan Perteile	I	28	M	Maple Grove	MN	52	12:43	1:27	1:01	25	39:17	22.1	0:45	38	19:53	6:
22	3/43	307	David Lundy	I	35	M	St. Paul	MN	97	13:37	1:33	1:25	20	38:56	22.3	0:47	17	19:01	6:
23	1/3	269	Anton Knack	I	17	M	Prior Lake	MN	3	9:41	1:07	1:14	80	42:34	20.4	0:57	30	19:37	6:
24	4/43	571	Aaron Wilson	I	36	M	Eden Prairie	MN	46	12:23	1:25	1:07	36	40:04	21.7	0:40	41	19:56	6:
25	3/18	281	Mike Ladendorf	I	28	M	Apple Valley	MN	178	15:04	1:43	1:12	42	40:21	21.6	0:37	2	17:06	5:
26	1/10	51	Gary Bork	I	57	M	Eden Prairie	MN	21	11:19	1:18	1:29	18	38:50	22.4	1:12	86	21:30	7:
27	5/43	354	Paul Mollett	I	39	M	Chaska	MN	15	11:02	1:16	1:12	30	39:40	21.9	0:57	93	21:45	7:
28	1/24	376	Kevin Olsen	I	51	M	Orono	MN	27	11:28	1:19	1:12	22	39:02	22.3	0:41	106	22:13	7:
29	4/18	182	Nick Greb	I	28	M	Windsor Heights	IA	20	11:18	1:18	1:20	61	41:40	20.9	0:45	39	19:54	6:
30	2/24	440	James Ross	I	52	M	Lakeville	MN	70	13:16	1:31	1:50	23	39:09	22.2	1:01	37	19:52	6:
31	2/26	384	Christopher Oswald	I	30	M	Rochester	MN	19	11:17	1:17	1:46	69	42:06	20.7	0:53	21	19:06	6:
32	2/59	396	Jonathan Pedersen	I	42	M	Maplewood	MN	139	14:33	1:40	1:30	12	38:15	22.7	0:40	49	20:26	6:
33	2/39	285	Brian Lavelle	I	48	M	Chaska, Mn	MN	56	12:52	1:28	1:10	19	38:54	22.4	0:53	99	22:02	7:
34	5/18	492	Tim Staloch	I	29	M	Minneapolis	MN	69	13:13	1:30	1:42	49	40:53	21.3	1:02	23	19:14	6:
35	6/43	208	Michael Hines	I	36	M	Chanhassen	MN	51	12:42	1:27	1:20	29	39:36	22.0	0:53	90	21:39	7:
36	3/26	557	Graeme Webster	I	33	M	Minneapolis	MN	123	14:04	1:36	1:34	48	40:51	21.3	0:44	20	19:05	6:
37	1/3	458	Tyler Schmidt	I	24	M	Hopkins	MN	6	10:37	1:13	2:03	63	41:44	20.8	0:34	80	21:22	7:
38	1/10	125	Benjamin Ewers	I	63	M	North Oaks	MN	80	13:24	1:32	1:45	9	37:43	23.1	1:15	113	22:23	7:
39	3/59	40	Mike Blair	I	40	M	Prior Lake	MN	161	14:47	1:41	1:48	8	37:32	23.2	0:57	91	21:41	7:
40	6/18	580	Zachary Wood	I	25	M	Hopkins	MN	2	9:30	1:05	1:34	119	44:22	19.6	0:43	57	20:40	6:
41	2/20	490	Josh Stahl	C	41	M	Minnetonka	MN	91	13:33	1:33	1:15	34	39:51	21.8	0:50	88	21:34	7:
42	4/59	4	Kurt Adams	I	40	M	Edina	MN	149	14:36	1:40	1:35	41	40:20	21.6	0:58	36	19:50	6:
43	5/59	553	Jonathan Watson	I	41	M	Minneapolis	MN	102	13:41	1:34	1:56	45	40:33	21.5	1:07	44	20:08	6:
44	6/59	133	Sean Finn	I	44	M	Savage	MN	128	14:19	1:38	1:10	53	41:14	21.1	0:54	35	19:49	6:
45	7/59	246	Marc Justinak	I	41	M	Excelsior	MN	145	14:35	1:40	1:23	27	39:28	22.0	1:05	77	21:20	7:
46	8/59	111	Mike Duggan	I	41	M	Edina	MN	81	13:24	1:32	1:00	70	42:08	20.6	0:57	52	20:32	6:
47	3/24	168	Charlie Gits	I	52	M	Edina	MN	85	13:28	1:32	1:37	76	42:24	20.5	0:54	33	19:39	6:
48	7/43	19	Derrick S Avelar	I	37	M	Minnetrista	MN	95	13:36	1:33	1:18	55	41:21	21.0	1:00	59	20:47	6:
49	4/26	511	Mitchel Talbot	I	31	M	St. Louis Park	MN	174	15:01	1:43	1:34	31	39:49	21.9	0:56	67	20:59	7:
50	9/59	305	John Luedeke	I	41	M	Hopkins	MN	129	14:19	1:38	1:48	38	40:10	21.7	1:12	62	20:55	6:
51	10/59	549	Tim J Walker	I	43	M	Minnetonka	MN	117	13:56	1:35	1:25	28	39:35	22.0	0:27	145	23:11	7:
52	4/24	578	Jim Wolter	I	52	M	Lakeville	MN	25	11:23	1:18	1:19	68	41:59	20.7	1:19	123	22:38	7:
53	2/3	199	Tyler Hecht	I	17	M	Somerset	WI	74	13:18	1:31	1:44	59	41:32	20.9	0:54	73	21:11	7:
54	5/24	581	Dale Woodbeck	I	54	M	Excelsior	MN	58	12:55	1:29	1:52	35	39:52	21.8	1:03	136	23:00	7:
55	5/26	448	Joe Rydel	I	32	M	Shakopee	MN	210	15:37	1:47	1:24	43	40:27	21.5	0:39	53	20:36	6:
56	3/39	441	Mark Roth	I	48	M	Burnsville	MN	96	13:36	1:33	1:57	85	42:43	20.4	1:07	26	19:20	6:
57	3/5	257	Tracie Kent	E	36	F	Saint Paul	MN	132	14:24	1:39	2:27	40	40:13	21.6	0:56	74	21:12	7:
58	11/59	234	Dave Jesse	I	40	M	West Allis	WI	257	16:24	1:52	2:12	62	41:42	20.9	0:55	11	17:58	6:
59	6/26	248	Nicholas Kanavati	I	30	M	Fridley	MN	37	12:00	1:22	2:34	107	43:49	19.9	1:37	24	19:16	6:
60	6/24	363	Mark Myers	I	50	M	Lake Elmo	MN	179	15:04	1:43	2:20	65	41:52	20.8	1:00	19	19:04	6:
61	4/39	191	Robb Hall	I	47	M	Chanhassen	MN	88	13:30	1:32	1:38	72	42:13	20.6	0:51	72	21:09	7:
62	12/59	527	Paul Traczyk	I	40	M	Shoreview	MN	109	13:46	1:34	1:26	57	41:30	21.0	0:53	95	21:49	7:
63	7/26	204	Michael Hendrickson	I	31	M	Duluth	MN	94	13:36	1:33	1:49	74	42:15	20.6	0:45	63	20:57	6:
64	8/26	489	William Stadtlander	I	33	M	Minneapolis	MN	23	11:20	1:18	2:01	132	45:00	19.3	0:51	46	20:20	6:
65	8/43	185	Guy Grindberg	I	38	M	Victoria	MN	185	15:09	1:44	1:33	46	40:35	21.4	0:55	78	21:21	7:
66	9/43	300	David Liske	I	38	M	Saint Louis Park	MN	173	15:01	1:43	1:40	54	41:17	21.1	0:52	60	20:49	6:
67	9/26	414	Stan Pohmer	I	31	M	St. Louis Park	MN	92	13:35	1:33	1:56	101	43:27	20.0	0:54	42	20:03	6:
68	10/43	519	Chris Thomes	I	35	M	Victoria	MN	206	15:33	1:46	1:52	64	41:45	20.8	0:53	40	19:56	6:
69	1/33	518	April Thomes	I	33	F	Victoria	MN	140	14:33	1:40	1:25	66	41:54	20.8	1:08	70	21:04	7:
70	1/25	487	Lindsey St. Martin	I	25	F	Lilydale	MN	14	11:01	1:16	1:54	82	42:36	20.4	0:53	189	23:56	7:
71	2/33	231	Jen Jensen	I	34	F	Victoria	MN	239	16:11	1:51	1:23	50	40:59	21.2	0:57	64	20:57	6:
72	11/43	205	Erik Hendrikson	I	38	M	Edina	MN	204	15:30	1:46	1:17	47	40:44	21.4	0:53	103	22:09	7:
73	4/5	318	Jen Martone	E	38	F	Minneapolis	MN	103	13:41	1:34	1:15	102	43:34	20.0	0:54	71	21:09	7:
74	5/39	461	James Schultz	I	48	M	Shorewood	MN	126	14:17	1:38	3:12	44	40:31	21.5	1:53	58	20:47	6:
75	6/39	529	Thorn Turner	I	47	M	Shorewood	MN	22	11:20									

Table with columns: Race Number, Name, Gender, Age, State, City, Zip, Time, Pace, etc. Rows include names like Aaron Engler, Robin Tedlund, Jeff Johnson, Tracy Paradise, Michael Rosow, John Fristik, Bill Peters, Brent Johnson, Caroline Skaar-Page, Chad Dohlen, Frank Blackstock, Michael Cervenka, Jessica Wilson, Martin Fossen, Todd Opdahl, Tony Karels, Bradley Close, Ryan Collins, Jacqueline Shupe, Craig Lindsay, John Willoughby, Bryan Louge, David Rosen, Rob Webb, Michael Iwan, Shawn McKibben, Kathy Newcomb, Tesha Distad, Chad Fransson, Patrick Egan, Tom Sorenson, Edward Knutson, Dave Link, Mark Ambrosen, Ryan Wakeham, Lisa Bollinger, Erika Bjorklund, Peter Von Arx, Scott Jensen, Erin Williams, Nick Shermeta, Bryan Wray, Patty Campbell, Patty Campbell, Leslie Schwanbeck, Danielle Drevlow, Greg Weaver, Mark Loken, Beth Trautman, Mark Chapman, Jake Johnson, Nate Boike, Jay Erb, Ryan Pederson, Greg Asplund, James Wassenberg, Dan Barsness, Brian Barry, Steve Wander, Frank Lombardo, Dennis Jabs, Henriette Lemke, David Klaiman, Nicholas Kish, Tracy Good, Joe Toth, Joseph Simpson, Rachel Horstmann, James Gaul, Karen Eklin, Matt Wagner, Mark Fallon, Troy Meyer, Greg Swenson, Erik Mjanger, Lawrence Nemecek, Matthew Kley, Phillip Kelaart, Ben Carter, Lisa Goepfert, Tom Rauk, Robert Ball, Helen Gunther, Kevin Cleereman, Julie Peterson, John Hughes, Pauline Parker, James Vos, Jill Bollettieri, Patrick McLellan, Michael Minick, Carrie Stolar, Pat Hughes, Rob Frischmann, Eric Bonde, Kristi O'Kane, Erik Olson, Eric Nelson, Jessica Constant, Chris Graham.

192	24/39	135	John Flaa	I	48	M	Plymouth	MN	260	16:26	1:53	1:47	217	48:09	18.1	1:03	152	23:16	7:
193	5/11	483	Peggy Sorensen	I	53	F	Chaska	MN	141	14:33	1:40	2:36	173	46:16	18.8	0:58	290	26:22	8:
194	6/11	317	Carol Marston	I	50	F	Mankato	MN	298	17:11	1:58	2:02	199	47:15	18.4	1:07	156	23:20	7:
195	11/20	286	Eric Lavigne	C	38	M	Minnetonka	MN	180	15:05	1:43	2:22	152	45:34	19.1	1:06	301	26:47	8:
196	6/19	399	Mary Perlich	I	48	F	Minnetonka	MN	289	17:03	1:57	2:23	113	44:01	19.8	1:02	295	26:30	8:
197	36/59	377	Bryan Olson	I	43	M	Victoria	MN	303	17:20	1:59	2:05	162	45:52	19.0	1:06	226	24:47	8:
198	37/59	352	David Moen	I	40	M	Victoria	MN	157	14:44	1:41	2:28	134	45:04	19.3	1:21	324	27:34	9:
199	25/39	169	Mark Glodoski	I	45	M	Excelsior	MN	309	17:26	1:59	3:26	164	45:55	18.9	1:21	303	16:23:26	7:
200	14/18	47	Greg Bollinger	I	26	M	Edina	MN	323	17:51	2:02	1:29	154	45:37	19.1	0:57	249	25:24	8:
201	5/33	298	Charis Linebaugh	I	34	F	New Hope	MN	252	16:22	1:52	2:15	166	46:00	18.9	1:04	266	25:41	8:
202	10/24	329	R. Tim McElroy	I	51	M	Saint Paul	MN	342	18:43	2:08	2:19	179	46:30	18.7	1:14	124	22:39	7:
203	38/59	61	Mike Burica	I	41	M	Plymouth	MN	119	14:00	1:36	2:48	247	49:10	17.7	1:56	163	23:32	7:
204	7/45	6	Julie Amack	I	35	F	Chanhassen	MN	313	17:33	2:00	1:58	189	46:44	18.6	1:33	173	23:43	7:
205	12/20	351	James Moeller	C	34	M	Minneapolis	MN	9	10:46	1:14	2:38	214	47:57	18.1	1:13	359	29:01	9:
206	1/5	121	Valerie Engler	I	24	F	Maple Grove	MN	13	10:59	1:15	2:07	309	52:12	16.7	1:00	244	25:16	8:
207	6/25	559	Beth Wehrman	I	29	F	Maple Grove	MN	155	14:39	1:40	3:02	232	48:36	17.9	1:49	162	23:30	7:
208	8/35	331	Genevieve McJilton	I	43	F	Deephaven	MN	231	16:03	1:50	1:51	188	46:44	18.6	0:53	280	26:10	8:
209	6/33	97	Nicole Danielsen	I	31	F	Minneapolis	MN	147	14:36	1:40	1:57	255	49:39	17.5	1:17	206	24:20	8:
210	25/43	340	Eric Mesenburg	I	37	M	Maple Grove	MN	341	18:42	2:08	2:00	144	45:15	19.2	1:09	229	24:54	8:
211	13/20	292	Scott Leo	C	48	M	Minneapolis	MN	236	16:07	1:50	2:06	141	45:12	19.2	1:14	326	27:36	9:
212	39/59	54	Neal Bradsher	I	43	M	Eden Prairie	MN	90	13:31	1:33	3:13	260	49:52	17.4	0:57	223	24:45	8:
213	26/43	9	Chad Anderson	I	37	M	Minnetonka	MN	199	15:26	1:46	2:37	181	46:31	18.7	1:38	279	26:08	8:
214	14/20	316	Chris Marshall	C	39	M	Plymouth	MN	243	16:14	1:51	2:50	210	47:42	18.2	1:36	193	24:00	8:
215	40/59	55	Jens Breiland	I	40	M	Arden Hills	MN	99	13:39	1:33	2:28	184	46:35	18.7	1:11	346	28:32	9:
216	11/24	94	Jeff Daly	I	50	M	Lakeville	MN	329	18:15	2:05	1:57	172	46:13	18.8	1:25	227	24:47	8:
217	7/33	76	Sarah Chillo	I	30	F	Minneapolis	MN	196	15:25	1:45	2:07	229	48:27	18.0	1:19	253	25:27	8:
218	41/59	144	Thomas Frerichs	I	42	M	Plymouth	MN	205	15:33	1:46	3:17	159	45:50	19.0	1:14	303	26:51	8:
219	42/59	289	Andy Leier	I	44	M	Shakopee	MN	325	18:09	2:04	3:45	177	46:20	18.8	2:26	101	22:06	7:
220	27/43	365	Jonathan Neitzell	I	35	M	Victoria	MN	404	22:00	2:30	1:54	135	45:05	19.3	1:45	110	22:18	7:
221	26/39	283	Dwight Larsen	I	47	M	Wayzata	MN	305	17:22	1:59	3:18	233	48:40	17.9	0:56	139	23:02	7:
222	15/20	465	Jacob Selseth	C	35	M	St. Paul	MN	288	17:00	1:56	1:52	200	47:17	18.4	1:23	270	25:50	8:
223	15/18	427	Aaron Richins	I	28	M	Golden Valley	MN	182	15:06	1:43	1:18	278	50:33	17.2	1:06	247	25:19	8:
224	9/35	379	Marissa Onheiber	I	42	F	St. Paul	MN	191	15:19	1:45	1:57	253	49:33	17.6	1:12	248	25:22	8:
225	10/35	100	Rachel Dehaan	I	42	F	Woodbury	MN	146	14:36	1:40	2:45	143	45:14	19.2	1:25	362	29:24	9:
226	2/10	177	Eric Goulland	I	65	M	Plymouth	MN	144	14:34	1:40	2:27	224	48:18	18.0	1:53	283	26:13	8:
227	8/33	159	Anne Garlock	I	34	F	Mound	MN	304	17:20	1:59	1:41	282	50:45	17.1	1:19	119	22:34	7:
228	8/45	35	Heather Bergeson	I	37	F	Edina	MN	227	15:54	1:49								
229	12/24	149	Tom Frischmann	I	52	M	Rochester	MN	153	14:38	1:40	2:56	201	47:19	18.4	0:57	335	28:03	9:
230	16/20	161	William Garvis	C	45	M	Plymouth	MN	382	20:21	2:19	3:11	129	44:53	19.4	1:16	204	24:14	8:
231	9/45	445	Dana Rutt	I	38	F	Minneapolis	MN	334	18:36	2:07	1:27	196	47:06	18.5	0:58	271	25:50	8:
232	7/19	463	Barbara Scouler	I	47	F	Excelsior	MN	31	11:31	1:19	2:01	270	50:16	17.3	1:17	354	28:54	9:
233	28/43	194	Jon Hard	I	37	M	Mankato	MN	131	14:23	1:39	3:12	211	47:42	18.2	1:40	310	27:09	9:
234	10/45	165	Lori Gengler	I	38	F	Victoria	MN	345	18:48	2:09	2:22	228	48:27	18.0	1:14	157	23:20	7:
235	11/45	373	Cheryl O'Connell	I	39	F	Eden Prairie	MN	225	15:52	1:49	2:29	225	48:20	18.0	1:19	292	26:28	8:
236	43/59	510	Chris Tadevich	I	43	M	Farmington	MN	235	16:07	1:50	2:43	254	49:37	17.5	1:08	230	24:54	8:
237	11/35	110	Dlee Dreyer	I	41	F	Minneapolis	MN	296	17:09	1:57	2:58	258	49:43	17.5	1:23	154	23:19	7:
238	29/43	416	Robert Prater	I	37	M	Hinckley	MN	164	14:52	1:42	2:17	317	52:34	16.6	1:00	187	23:55	7:
239	12/35	453	Julie Scherbing	I	43	F	Victoria	MN	307	17:24	1:59	2:06	230	48:34	17.9	1:00	257	25:35	8:
240	13/35	304	Julie Schonner	I	43	F	Chaska	MN	250	16:22	1:52	2:33	285	50:59	17.1	1:01	180	23:51	7:
241	12/45	10	Eleni Anderson	I	36	F	Eden Prairie	MN	254	16:24	1:52	2:29	178	46:29	18.7	1:31	332	27:54	9:
242	14/35	254	Sarah Kastan	I	42	F	Edina	MN	209	15:36	1:47	2:43	280	50:44	17.1	1:38	197	24:05	8:
243	9/33	541	Angie Volk	I	34	F	Rogers	MN	279	16:50	1:55	2:09	263	49:59	17.4	1:33	211	24:28	8:
244	10/33	573	Rebecca Wilson	I	30	F	Prior Lake	MN	33	11:45	1:21	2:17	312	52:22	16.6	1:02	325	27:35	9:
245	13/24	287	Dan Lee	I	53	M	Plymouth	MN	348	18:51	2:09	1:47	336	53:23	16.3	1:46	25	19:18	6:
246	15/35	562	Michelle Westberg	I	41	F	Minnetonka	MN	267	16:37	1:54	2:30	218	48:13	18.0	1:01	299	26:45	8:
247	13/45	479	Sally Smith	I	37	F	Corcoran	MN	242	16:14	1:51	2:19	269	50:16	17.3	1:16	235	25:08	8:
248	8/19	107	Sara Dougherty	I	47	F	Cloquet	MN	245	16:14	1:51	1:56	288	51:03	17.0	1:25	217	24:38	8:
249	14/45	495	Amy Stern	I	36	F	Eden Prairie	MN	241	16:13	1:51	2:16	213	47:52	18.2	1:18	329	27:38	9:
250	1/4	535	Dominique Veneruz	I	15	F	Thunder Bay	ON	249	16:21	1:52	2:06	296	51:36	16.9	1:10	200	24:07	8:
251	44/59	577	Jim Wise	I	42	M	Minnetonka	MN	68	13:12	1:30	2:36	257	49:42	17.5	0:58	355	28:55	9:
252	14/24	513	Tom Tedlund	I	53	M	Duluth	MN	439	26:12	2:59	2:25	58	41:31	21.0	1:25	185	23:52	7:
253	15/45	77	Robin Chose	I	35	F	Eden Prairie	MN	280	16:51	1:55	2:05	227	48:27	18.0	1:47	288	26:17	8:
254	27/39	449	John Saindon	I	45	M	Victoria	MN	64	13:02	1:29	2:36	333	53:17	16.3	1:15	250	25:24	8:
255	45/59	521	Jason Thunstrom	I	40	M	Plymouth	MN	363	19:27	2:13	2:06	237	48:46	17.8	0:52	210	24:25	8:
256	3/10	306	Gary Lund	I	66	M	Plymouth	MN	311	17:30	2:00	3:43	96	43:08	20.2	2:01	361	29:17	9:
257	46/59	229	Shaun Jamison	I	43	M	St Louis Park	MN	318	17:40	2:01	2:14	256	49:39	17.5	2:31	172	23:42	7:
258	17/20	475	Michael Sindt	C	55	M	Apple Valley	MN	265	16:36	1:54	2:24	168	46:04	18.9	1:58	352	28:47	9:
259	16/45	181	Kim Grant	I	38	F	Eden Prairie	MN	115	13:55	1:35	3:38	286	51:00	17.1	1:10	282	26:11	8:
260	17/45	534	Christina Vandell	I	35	F	Shoreview	MN	42	12:14	1:24	2:18	301	51:49	16.8	1:03	349	28:43	9:
261	9/19	402	Carol Peterson	I	45	F	Minneapolis	MN	169	14:58	1:43	2:09	304	51:55	16.8	1:06	277	26:04	8:
262	7/25	124	Christy Erickson	I	29	F	Plymouth	MN	156	14:43	1:41	3:01	231	48:36	17.9	1:48	337	28:06	9:
263	10/19	433	Debora Rodgers	I	45	F	Excelsior	MN	262	16:30	1:53	2:54	249	49:17	17.7	2:03	264	25:40	8:
264	30/43	362	David Murphy	I	36	M	Minnetonka	MN	388	20:54	2:23	1:44	283	50:47	17.1	0:51	105	22:11	7:
265	15/24	247	Vince Justinak	I	52	M	Blaine	MN	320	17:48	2:02	2:30	215	47:59	18.1	1:38	296	26:32	8:
266	47/59	429	John Ridler	I	42	M	Chaska	MN	218	15:42	1:48	3:21							

292	11/33	195	Katie Hard	I	34	F	Mankato	MN	286	16:58	1:56	3:20	292	51:18	17.0	1:46	246	25:18	8:
293	51/59	114	Robert Eastman	I	44	M	Orono	MN	211	15:37	1:47	2:43	320	52:45	16.5	2:16	254	25:27	8:
294	29/39	102	Doug Dewey	I	47	M	Eden Prairie	MN	266	16:36	1:54	1:43	245	49:06	17.7	1:30	378	30:11	10:
295	22/45	432	Nicole Roberts	I	35	F	Eden Prairie	MN	121	14:02	1:36	3:21	274	50:31	17.2	1:39	369	29:34	9:
296	12/33	226	Michelle Jacklitch	I	34	F	Plymouth	MN	217	15:42	1:47	3:13	290	51:15	17.0	1:10	334	27:59	9:
297	10/25	192	Megan Hallenberg	I	27	F	Eden Prairie	MN	339	18:41	2:08	2:53	295	51:22	16.9	1:28	243	25:16	8:
298	30/39	264	Scott Kirkwood	I	49	M	Minnetonka	MN	371	19:53	2:16	2:52	242	48:54	17.8	0:54	312	27:11	9:
299	21/26	213	Jim Horan	I	30	M	Minneapolis	MN	82	13:25	1:32	3:31	293	51:19	17.0	1:04	383	30:43	10:
300	52/59	21	Robert Bader	I	41	M	Minneapolis	MN	317	17:39	2:01	2:57	311	52:14	16.7	1:30	267	25:48	8:
301	13/33	84	Clare Cole	I	31	F	Minneapolis	MN	248	16:20	1:52	4:40	351	54:19	16.0	2:03	131	22:48	7:
302	3/4	566	Maria Wikstrom	I	17	F	Long Lake	MN	65	13:04	1:30	2:48	324	52:52	16.5	1:07	380	30:27	10:
303	18/35	342	Marcie Meyer	I	44	F	Victoria	MN	338	18:39	2:08	2:31	300	51:48	16.8	1:07	289	26:20	8:
304	31/39	536	Ken Veneruz	I	45	M	Thunder Bay	ON	417	23:14	2:39	1:45	259	49:48	17.5	1:37	202	24:08	8:
305	14/33	230	Molly Jeatran	I	30	F	Minneapolis	MN	162	14:48	1:41	2:32	275	50:31	17.2	1:30	391	31:13	10:
306	32/39	556	Kevin Weber	I	45	M	Excelsior	MN	375	20:03	2:17	3:02	248	49:16	17.7	2:37	263	25:40	8:
307	15/33	139	Sara Frandrup	I	33	F	Minneapolis	MN	269	16:40	1:54	1:30	354	54:32	16.0	1:04	306	26:57	8:
308	2/5	60	Christa Buhl	I	23	F	Bloomington	MN	62	13:00	1:29	2:45	373	55:36	15.6	0:55	347	28:34	9:
309	19/35	167	Paige Giles	I	40	F	Chanhassen	MN	330	18:25	2:06	2:47	350	54:19	16.0	1:41	183	23:51	7:
310	12/19	485	Julie Sprau	I	48	F	Chanhassen	MN	407	22:14	2:32	2:41	226	48:23	18.0	0:49	307	26:58	9:
311	20/35	30	Karen Barton	I	44	F	Minneapolis	MN	386	20:43	2:22	3:02	209	47:40	18.3	1:24	342	28:23	9:
312	13/19	375	Tammy Offerman	I	45	F	Plymouth	MN	258	16:25	1:52	2:18	313	52:23	16.6	1:24	351	28:46	9:
313	23/45	16	Wendy Asplund	I	38	F	Excelsior	MN	98	13:39	1:33	3:07	369	55:27	15.7	1:04	336	28:04	9:
314	53/59	259	Peter Kerin	I	40	M	Eden Prairie	MN	346	18:49	2:09	3:11	325	52:52	16.5	0:39	269	25:49	8:
315	35/43	390	Milam Paraschou	I	36	M	Eden Prairie	MN	335	18:37	2:07	2:02	239	48:49	17.8	3:11	350	28:43	9:
316	16/33	359	Anne-Alise Muir	I	33	F	Owatonna	MN	215	15:40	1:47	3:14	371	55:29	15.7	1:48	252	25:25	8:
317	22/26	360	Seth Muir	I	33	M	Owatonna	MN	365	19:35	2:14	3:27	297	51:39	16.8	1:32	251	25:25	8:
318	33/39	23	Curt Bailey	I	49	M	Bloomington	MN	415	23:04	2:38	1:41	277	50:33	17.2	1:18	240	25:12	8:
319	21/35	176	Tracey Gorman	I	40	F	Otsego	MN	367	19:45	2:15	2:41	303	51:50	16.8	1:32	286	26:14	8:
320	11/25	239	Katie Johnson	I	25	F	Minneapolis	MN	208	15:35	1:47	4:29	305	52:01	16.7	1:47	343	28:23	9:
321	17/33	279	Beth Kreitzer	I	31	F	Minneapolis	MN	130	14:20	1:38	1:34	355	54:36	15.9	1:03	385	30:48	10:
322	12/25	398	Janelle Pentz	I	29	F	Rogers	MN	370	19:51	2:16	1:49	388	56:40	15.4	1:09	133	22:53	7:
323	23/26	457	Tom Schmidt	I	34	M	Bloomington	MN	332	18:32	2:07	3:31	306	52:07	16.7	0:53	318	27:26	9:
324	18/33	295	Kristin Lindquist	I	33	F	Plymouth	MN	237	16:08	1:50	2:00	356	54:47	15.9	0:51	353	28:50	9:
325	16/24	447	Thomas Ryan	I	53	M	Excelsior	MN	419	23:41	2:42	3:56	235	48:43	17.9	1:33	218	24:40	8:
326	17/24	233	Joseph Jeppesen	I	54	M	Chanhassen	MN	412	22:32	2:34	3:19	271	50:20	17.3	2:17	205	24:14	8:
327	54/59	409	Jon Pierce	I	41	M	Excelsior	MN	244	16:14	1:51	2:01	339	53:35	16.2	1:40	366	29:28	9:
328	18/24	96	Richard Danaher	I	54	M	Minneapolis	MN	411	22:30	2:34	2:33	287	51:01	17.1	1:24	275	26:02	8:
329	36/43	200	Tim Heelan	I	38	M	Chanhassen	MN	86	13:28	1:32	1:48	431	1:03:39	13.7	0:40	208	24:23	8:
330	8/10	244	Doug Jost	I	55	M	Centerville	MN	315	17:36	2:00	3:06	343	53:48	16.2	1:14	339	28:15	9:
331	37/43	74	John Chapman	I	37	M	Eagan	MN	406	22:10	2:32	3:21	261	49:53	17.4	1:29	313	27:17	9:
332	14/19	189	Leslie Hacking	I	48	F	Golden Valley	MN	104	13:42	1:34	2:41	363	54:50	15.9	1:17	396	31:46	10:
333	13/25	584	Molly Zauhar	I	28	F	New Hope	MN	202	15:28	1:46	2:58	308	52:09	16.7	2:02	395	31:44	10:
334	14/25	250	Holly Kapla	I	29	F	Shakopee	MN	420	23:45	2:42	3:24	319	52:41	16.5	1:14	153	23:17	7:
335	24/45	486	Keri Sprau	I	37	F	Minnetonka	MN	333	18:34	2:07	3:16	357	54:42	15.9	1:26	293	26:28	8:
336	9/11	183	Jane Greenberg	I	52	F	Mpls	MN	310	17:27	1:59	2:29	332	53:10	16.4	1:39	370	29:43	9:
337	5/10	271	Barry Knight	I	61	M	Orono	MN	299	17:11	1:58	3:05	328	52:55	16.4	2:14	360	29:08	9:
338	22/35	477	Amy Smith	I	41	F	Excelsior	MN	324	17:57	2:03	2:25	360	54:46	15.9	1:35	341	28:20	9:
339	24/26	278	Kaleb Krause	I	30	M	Minneapolis	MN	392	21:15	2:25	1:41	131	44:56	19.4	2:08	426	35:08	11:
340	25/45	509	Jennifer Szabo	I	37	F	Plymouth	MN	340	18:42	2:08	4:09	380	56:00	15.5	1:03	241	25:15	8:
341	19/24	565	Alex Wikstrom	I	50	M	Long Lake	MN	55	12:51	1:28	4:40	299	51:45	16.8	2:13	417	33:40	11:
342	20/24	80	Bill Cizek	I	51	M	Saint Paul	MN	316	17:38	2:01	4:01	264	49:59	17.4	2:46	384	30:46	10:
343	26/45	424	Rachel Rahn	I	36	F	Edina	MN	396	21:26	2:27	3:39	329	53:07	16.4	0:51	287	26:16	8:
344	6/10	216	Jerry Hough	I	62	M	Maplewood	MN	425	24:23	2:47	2:38	323	52:50	16.5	1:42	176	23:45	7:
345	15/25	309	Blair Magnuson	I	27	F	Minnetonka	MN	294	17:09	1:57	2:59	366	55:09	15.8	0:48	364	29:26	9:
346	23/35	505	Valerie Svenningsen	I	40	F	Apple Valley	MN	327	18:12	2:05	2:30	419	1:01:03	14.3	0:53	138	23:01	7:
347	27/45	186	Junelle Grindberg	I	37	F	Victoria	MN	432	24:51	2:50	2:29	272	50:23	17.3	1:26	298	26:45	8:
348	55/59	253	Rob Kastan	I	43	M	Edina	MN	359	19:18	2:12	3:50	367	55:21	15.7	1:11	255	25:28	8:
349	28/45	187	Sarah Grobel	I	39	F	Victoria	MN	293	17:05	1:57	2:20	273	50:31	17.2	1:36	425	34:44	11:
350	56/59	240	Marshall Johnson	I	41	M	Edina	MN	238	16:11	1:51	4:43	364	54:51	15.9	3:01	321	27:32	9:
351	34/39	245	Dave Judd	I	49	M	Edina	MN	302	17:19	1:59	3:41	298	51:43	16.8	2:43	387	30:53	10:
352	18/20	11	Jared Anderson	C	32	M	Minnetonka	MN	284	16:54	1:56	2:31	322	52:49	16.5	1:17	409	32:57	10:
353	19/33	488	Alia Stadlander	I	34	F	Minneapolis	MN	226	15:53	1:49	2:18	416	1:00:14	14.4	0:39	323	27:33	9:
354	15/19	498	Joan Stone	I	45	F	Greenwood	MN	397	21:34	2:27	3:03	358	54:43	15.9	1:48	261	25:39	8:
355	24/35	106	Kelly Dougherty	I	42	F	Farmington	MN	282	16:51	1:55	3:12	334	53:18	16.3	1:19	403	32:09	10:
356	20/33	158	Alyson Gamble	I	31	F	St. Paul	MN	400	21:47	2:29	3:19	330	53:07	16.4	1:18	328	27:37	9:
357	38/43	64	Jeff Callinan	I	37	M	Wayzata	MN	379	20:17	2:19	3:10	374	55:36	15.6	1:12	305	26:54	8:
358	3/3	297	Marc Lindstrom	I	24	M	Excelsior	MN	429	24:33	2:48	3:00	341	53:36	16.2	1:03	232	24:59	8:
359	25/35	224	Christina Jabs	I	44	F	Shorewood	MN	434	25:05	2:51	1:32	291	51:15	17.0	2:08	314	27:18	9:
360	16/25	166	Andrea Geraets	I	28	F	St. Louis Park	MN	353	19:10	2:11	3:55	368	55:22	15.7	1:21	322	27:33	9:
361	26/35	410	Talia Pierce	I	41	F	Excelsior	MN	418	23:27	2:40	2:25	382	56:13	15.5	1:25	195	24:02	8:
362	9/10	412	David Piper	I	56	M	Minneapolis	MN	337	18:38	2:08	3:24	381	56:10	15.5	1:09	338	28:11	9:
363	25/26	7	Rhett Ambrose	I	33	M	Hopkins	MN	414	22:45	2:36	3:04	365	54:53	15.9	2:29	291	26:26	8:
364	29/45	175	Jennifer Gorder	I	37	F	Bloomington	MN	380	20:18	2:19	3:36	327	52:53	16.5	1:09	374	29:55	9:
365	21/24	27	Tom Barringer	I	54	M	St. Francis	MN	377	20:07	2:18	2:59	352	54:25	16.0	1:34	358	28:59	9:
366	21/33	382	Breah Ostendorf</																

392	32/45	288 Lynn Leibfried	I	37	F	Plymouth	MN	401	21:48	2:29	3:32	398	57:57	15.0	1:09	363	29:25	9:
393	58/59	44 Nate Boen	I	42	M	Minnetonka	MN	405	22:04	2:31	11:24	359	54:44	15.9	1:55	207	24:22	8:
394	30/35	503 Heidi Svendsen	I	44	F	Maple Grove	MN	122	14:04	1:36	2:28	411	59:54	14.5	1:48	430	36:17	12:
395	33/45	78 Sara Chovan	I	36	F	Minnetonka	MN	368	19:49	2:16	3:51	400	58:25	14.9	1:27	393	31:34	10:
396	34/45	34 Assumpta Bennaars-Eiden	I	35	F	Coon Rapids,	MN	264	16:34	1:53	7:02	406	59:16	14.7	2:21	373	29:55	9:
397	35/45	33 Antoinette Bennaars	I	38	F	St. Paul	MN	361	19:25	2:13	4:08	407	59:16	14.7	2:21	375	29:57	9:
398	36/45	586 Stephanie Zschokke	I	38	F	Maple Grove	MN	355	19:12	2:11	4:30	397	57:54	15.0	1:58	398	31:49	10:
399	59/59	129 Ross Fairbrother	I	44	M	Medina	MN					236	48:43	17.9	2:27	258	25:37	8:
400	31/35	437 Heidi Rosati	I	44	F	Loretto	MN	378	20:10	2:18	4:03	383	56:28	15.4	2:24	408	32:55	10:
401	41/43	563 Mike Westendorf	I	39	M	St Louis Park	MN	436	25:19	2:53	3:21	387	56:38	15.4	1:30	368	29:32	9:
402	19/19	349 Martha Mockus	I	46	F	Saint Paul	MN	422	24:01	2:44	4:16	348	54:10	16.1	2:22	406	32:30	10:
403	32/35	335 Bridget McLaughlin	I	40	F	Andover	MN	308	17:25	1:59	2:22	421	1:01:54	14.1	1:30	422	34:37	11:
404	18/25	172 Priscilla Golden	I	29	F	Eden Prairie	MN	360	19:22	2:12	3:05	424	1:03:00	13.8	1:01	394	31:37	10:
405	27/33	443 Julie Roux	I	30	F	New Hope	MN	435	25:19	2:53	2:53	393	57:10	15.2	1:39	389	31:07	10:
406	17/18	156 Michael Gale	I	27	M	New Hope	MN	312	17:31	2:00	3:34	415	1:00:07	14.5	3:49	414	33:23	11:
407	19/25	48 Kelly Bollinger	I	26	F	Edina	MN	351	18:59	2:10	2:17	395	57:36	15.1	1:43	435	37:50	12:
408	33/35	258 Nicole Kerin	I	40	F	Eden Prairie	MN	354	19:11	2:11	4:10	418	1:00:35	14.4	1:32	411	32:59	11:
409	37/45	358 Jenny Mrozek	I	37	F	Paynesville	MN	390	21:06	2:24	2:41	392	57:00	15.3	1:31	429	36:10	12:
410	10/10	313 Scott Mann	I	55	M	Minneapolis	MN					385	56:31	15.4	1:15	401	32:07	10:
411	4/5	545 Stephanie Vos	I	22	F	Golden Valley	MN	328	18:13	2:05	4:07	439	1:04:48	13.4	0:56	382	30:34	10:
412	38/45	277 Rachel Kozar	I	37	F	Minnetonka	MN	398	21:35	2:28	4:01	404	58:55	14.8	3:13	388	30:55	10:
413	9/10	514 Mike Tenney	I	65	M	Excelsior	MN	251	16:22	1:52	4:23	394	57:22	15.2	2:15	437	38:23	12:
414	39/45	53 Ann Bradsher	I	35	F	Eden Prairie	MN	413	22:35	2:34	5:01	436	1:04:14	13.5	2:02	231	24:57	8:
415	20/25	499 Lindsey Streefland	I	26	F	Richfield	MN	273	16:45	1:55	3:26	440	1:04:51	13.4	0:48	413	33:20	11:
416	18/18	25 Darshan Baldev	I	29	M	Minneapolis	MN	443	28:28	3:14	4:34	405	59:04	14.7	1:09	273	25:56	8:
417	5/5	575 Stephanie Windfeldt	I	24	F	Eden Prairie	MN	372	19:53	2:16	3:08	441	1:05:05	13.4	1:39	371	29:45	9:
418	40/45	72 Karin Cartwright	I	39	F	Saint Francis	MN	447	30:59	3:32	2:41	346	54:01	16.1	1:07	386	30:51	10:
419	41/45	136 Melanie Fogarty	I	31	F	Belle Plaine	MN	374	19:58	2:17	3:28	423	1:02:19	14.0	0:50	415	33:30	11:
420	28/33	464 Trisha Selden	I	38	F	Centerville	MN	384	20:33	2:21	2:59	427	1:03:16	13.8	2:35	390	31:08	10:
421	10/10	480 Tom Smith	I	67	M	Eden Prairie	MN	362	19:27	2:13	4:59	422	1:02:13	14.0	2:10	399	31:56	10:
422	34/35	89 B Alexis Cress	I	40	F	Bloomington	MN	445	29:42	3:23	3:53	370	55:28	15.7	2:14	365	29:27	9:
423	21/25	310 Kristin Mahon	I	29	F	Eden Prairie	MN	402	21:48	2:29	3:07	410	59:42	14.6	1:01	427	35:08	11:
424	22/25	22 Maren Badger	I	29	F	Shoreview	MN	364	19:30	2:13	3:14	399	58:09	15.0	1:44	436	38:15	12:
425	42/43	411 Mike Pietrowski	I	38	M	Hopkins	MN	442	28:15	3:13	3:51	417	1:00:29	14.4	1:03	320	27:28	9:
426	26/26	131 Josh Fields	I	31	M	Shoreview	MN	408	22:23	2:33	3:23	435	1:04:08	13.6	1:10	377	30:10	10:
427	37/39	470 Bryan Simmons	I	46	M	Minneapolis	MN	441	26:45	3:03	8:15	345	53:57	16.1	2:53	376	30:07	10:
428	35/35	87 Dina Conzemius	I	40	F	Mn	MN	387	20:43	2:22	4:05	430	1:03:39	13.7	1:36	410	32:58	11:
429	42/45	320 Lela Mathison	I	36	F	Minneapolis	MN	393	21:21	2:26	5:10	402	58:40	14.8	2:27	428	35:43	11:
430	1/2	579 Jean Wood	I	60	F	Excelsior	MN	395	21:26	2:27	3:03	389	56:53	15.3	1:49	442	40:13	13:
431	43/45	326 Kelly McCoy	I	37	F	Edina	MN	350	18:54	2:09	10:13	434	1:04:06	13.6	2:54	315	27:20	9:
432	44/45	336 Sara McLenighan	I	38	F	Edina	MN	431	24:48	2:50	4:27	433	1:03:59	13.6	2:46	319	27:27	9:
433	10/11	408 Janene Phillips	I	50	F	Eden Prairie	MN	326	18:11	2:04	3:06	437	1:04:34	13.5	1:19	434	37:08	12:
434	2/2	473 Mary Beth Simpson	I	61	F	Chanhassen	MN	416	23:05	2:38	4:41	428	1:03:34	13.7	1:27	407	32:50	10:
435	45/45	243 Lisa Jordan	I	38	F	Burnsville	MN	389	20:54	2:23	3:08	444	1:06:54	13.0	1:15	418	34:07	11:
436	23/24	403 Dale Peterson	I	54	M	Chanhassen	MN	410	22:30	2:34	5:12	361	54:46	15.9	2:28	446	42:35	14:
437	29/33	314 Tasha Mann	I	30	F	Shorewood	MN					426	1:03:16	13.8	2:33	438	38:34	12:
438	23/25	353 Shelby Molina	I	29	F	Minneapolis	MN	347	18:49	2:09	4:37	446	1:07:51	12.8	2:12	421	34:35	11:
439	30/33	312 Heather Manley	I	32	F	Hopkins	MN	399	21:38	2:28	6:29	443	1:06:08	13.2	2:03	397	31:48	10:
440	31/33	3 Deborah Ackerman	I	31	F	Vadnais Heights	MN	356	19:15	2:12	3:28	396	57:38	15.1	1:58	447	47:13	15:
441	11/11	211 Kim Hoop	I	52	F	Chanhassen	MN	437	25:32	2:55	3:52	412	59:57	14.5	2:40	439	38:53	12:
442	38/39	361 Vaughn Mulcrone	I	45	M	Shakopee	MN	403	21:56	2:30	6:05	448	1:09:13	12.6	1:31	416	33:37	11:
443	24/25	93 Cortne Dahms	I	26	F	New Hope	MN	381	20:19	2:19	5:41	449	1:14:45	11.6	1:20	392	31:29	10:
444	24/24	13 Mark Anderson	I	54	M	Excelsior	MN	366	19:38	2:14	5:20	442	1:05:54	13.2	3:12	441	39:55	13:
445	32/33	311 Lindsey Manhart	I	32	F	Maple Grove	MN	349	18:53	2:09	4:28	445	1:07:46	12.8	2:33	445	42:15	14:
446	39/39	90 Bob Curran	I	49	M	Hager City	WI	446	30:49	3:31	4:52	438	1:04:45	13.4	1:22	419	34:23	11:
447	20/20	345 Tim Miller	C	44	M	Victoria	MN	394	21:23	2:26	3:52	409	59:35	14.6	5:15	448	48:35	16:
448	25/25	190 Kristin Hackman	I	26	F	Apple Valley	MN	448	31:28	3:35	7:28	432	1:03:47	13.6	1:44	431	36:25	12:
449	43/43	62 David Burnett	I	37	M	Maple Grove	MN	444	28:36	3:15	8:22	429	1:03:36	13.7	1:24	440	39:20	13:
450	2/2	576 Vicki Windfeldt	I	57	F	Eden Prairie	MN	423	24:17	2:46	5:16	447	1:08:55	12.6	1:02	444	41:52	13:
451	4/4	543 Allison Vos	I	19	F	Golden Valley	MN	373	19:55	2:16	4:27	451	1:29:03	9.8	1:24	443	40:19	13:
452	33/33	127 Ella Bydel	I	33	F	Minnetonka	MN	449	44:02	5:01	5:00	450	1:20:38	10.8	1:13	433	36:57	12:

results by Pickle Events

results posted on: www.pickleevents.com

MALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	592	Team KNK Dynamite!	Karena Nafstad , Nicole Wander , Kelly Leslie	1	14:17	1:38	1:18	1	55:38	15.6	0:24	1	23:19	7:47	1:34:54
2	593	Team Rambo	Alison Michelsen , Michele Sundgaard , Leah Michelsen	2	23:59	2:44	1:27	2	57:59	15.0	0:31	2	24:51	8:17	1:48:45

FEMALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	595	Triple Threat	Erin Higginson , Josh Blankenship , Kelsey Larsen	2	13:18	1:31	1:00	1	37:36	23.1	0:23	1	20:15	6:45	1:12:29
2	590	Junior High Mustache	Anne Lindberg , Christophe Massey , Dan Stoudt	1	11:06	1:16	1:05	2	42:53	20.3	0:24	3	21:20	7:07	1:16:46
3	587	All in the Family	Beth Frischmann , Mike Frischmann , Bryan Frischmann	5	19:13	2:11	1:41	3	47:44	18.2	0:27	2	21:09	7:03	1:30:12
4	588	Fairfield Allstars	Carly Weaver , Christine Cutting , Andy Cutting	4	17:20	1:59	1:12	5	58:09	15.0	0:24	4	27:42	9:14	1:44:45
5	589	Farnell	Lindsay Farnell , Jeff Farnell , Lindsay Farnell	6	20:29	2:20	1:05	4	52:05	16.7	0:42	6	32:52	10:58	1:47:09
6	591	Team 185	David Moore , Joseph Moore , Joan Ficke	3	15:42	1:48	1:34	6	1:18:04	11.1	0:40	5	30:20	10:07	2:06:18

MIXED RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	595	Triple Threat	Erin Higginson , Josh Blankenship , Kelsey Larsen	2	13:18	1:31	1:00	1	37:36	23.1	0:23	1	20:15	6:45	1:12:29
2	590	Junior High Mustache	Anne Lindberg , Christophe Massey , Dan Stoudt	1	11:06	1:16	1:05	2	42:53	20.3	0:24				

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1175																	9:13:10
1174									5:02	2	59:30	14.6	1:24	1	35:18	11:46	9:59:17
284	Greg Larson	54	M	Prior Lake	MN	1	13:06	1:30	1:44	1	46:28	18.7					
415	Alyssa Prater	33	F	Hinckley	MN	2	17:58	2:03									
242	Judy Jones	57	F	Eagan	MN	3	25:14	2:52									
63	Jeff Buron	32	M	St. Paul	MN	4	44:09	5:01									
327	Leah McDaniel	33	F	Eden Prairie	MN												

ELITE MALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	450	Steve Sander	31	Richfield	MN	3	10:56	1:15	1:09	1	34:11	25.5	0:42	2	17:09	5:43	1:04:05
2	1	Brett Lovas	35	Minnetonka	MN	2	9:48	1:07	0:48	2	35:54	24.2	0:41	7	17:46	5:56	1:04:54
3	41	Josh Blankenheim	29	Duluth	MN	6	11:30	1:19	0:55	3	36:13	24.0	0:35	1	16:28	5:30	1:05:38
4	202	Eric Hendrickson	30	Minnetonka	MN	5	11:10	1:17	1:03	6	36:42	23.7	0:28	5	17:26	5:49	1:06:47
5	454	Tony Schiller	52	Eden Prairie	MN	4	11:02	1:16	1:18	5	36:39	23.7	0:38	8	17:53	5:58	1:07:28
6	222	Thad Ingersoll	40	St. Paul	MN	1	9:11	1:03	1:13	11	39:01	22.3	0:53	9	17:57	5:59	1:08:13
7	596	Andy Schiesel	33			8	11:52	1:21	1:33	7	36:56	23.6	0:41	4	17:24	5:48	1:08:23
8	532	Carl Unger	36	Prior Lake	MN	9	12:03	1:23	1:14	4	36:35	23.8	0:54	10	18:41	6:14	1:09:24
9	59	Mike Buenting	35	Chanhausen	MN	10	12:14	1:24	1:27	10	38:22	22.7	0:28	3	17:15	5:45	1:09:42
10	413	Derick Podratz	35	Lino Lakes	MN	11	12:46	1:28	1:05	8	38:13	22.8	0:49	6	17:15	5:52	1:10:26
11	523	Nathaniel Tollefson	43	Minneapolis	MN	7	11:33	1:19	1:00	9	38:20	22.7	0:47	11	20:26	6:49	1:12:03

ELITE FEMALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	337	Sarah Mercer	42	Golden Valley	MN	1	11:28	1:19	1:22	1	39:11	22.2	0:53	2	20:05	6:42	1:12:58
2	2	Jan Gunther	52	Mound	MN	2	11:56	1:22	1:20	2	39:51	21.8	0:53	1	19:27	6:29	1:13:24
3	257	Tracie Kent	36	Saint Paul	MN	4	14:24	1:39	2:27	3	40:13	21.6	0:56	4	21:12	7:04	1:19:08
4	318	Jen Martone	38	Minneapolis	MN	3	13:41	1:34	1:15	5	43:34	20.0	0:54	3	21:09	7:03	1:20:30
5	203	Julie Hendrickson	29	Duluth	MN	5	14:25	1:39	1:29	4	42:47	20.3	0:45	5	22:37	7:33	1:22:01

CLYDESDALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	455	Don Schmeichel	38	Andover	MN	2	10:48	1:14	1:15	1	37:43	23.1	0:31	1	21:26	7:09	1:11:40
2	490	Josh Stahl	41	Minnetonka	MN	5	13:33	1:33	1:15	2	39:51	21.8	0:50	2	21:34	7:12	1:17:00
3	39	Frank Blackstock	46	Plymouth	MN	13	16:43	1:54	1:52	3	41:32	20.9	1:04	6	22:49	7:37	1:23:58
4	85	Ryan Collins	34	St. Louis Park	MN	16	16:59	1:56	1:58	4	42:30	20.5	1:07	4	21:56	7:19	1:24:27
5	301	Bryan Logue	39	New Prague	MN	4	13:22	1:32	2:06	5	43:19	20.1	1:17	11	24:36	8:12	1:24:37
6	467	Nick Shermeta	42	Minnetonka	MN	6	13:40	1:34	2:07	13	46:10	18.8	1:50	5	22:07	7:23	1:25:51
7	397	Ryan Pederson	29	Victoria	MN	8	15:59	1:49	2:19	10	45:48	19.0	1:06	3	21:45	7:15	1:26:55
8	525	Joe Toth	38	Mound	MN	11	16:31	1:53	1:51	6	44:34	19.5	0:55	9	24:06	8:02	1:27:55
9	26	Robert Ball	39	Minnetonka Beach	MN	3	12:30	1:26	2:15	14	46:47	18.6	1:23	13	25:57	8:39	1:28:50
10	378	Erik Olson	38	Shakopee	MN	14	16:51	1:55	1:42	12	46:09	18.9	1:34	8	24:05	8:02	1:30:18
11	286	Eric Lavigne	38	Minnetonka	MN	7	15:05	1:43	2:22	9	45:34	19.1	1:06	14	26:47	8:56	1:30:52
12	351	James Moeller	34	Minneapolis	MN	1	10:46	1:14	2:38	17	47:57	18.1	1:13	17	29:01	9:41	1:31:32
13	292	Scott Leo	48	Minneapolis	MN	9	16:07	1:50	2:06	8	45:12	19.2	1:14	15	27:36	9:12	1:32:12
14	316	Chris Marshall	39	Plymouth	MN	10	16:14	1:51	2:50	16	47:42	18.2	1:36	7	24:00	8:00	1:32:19
15	465	Jacob Selseth	35	St. Paul	MN	17	17:00	1:56	1:52	15	47:17	18.4	1:23	12	25:50	8:37	1:33:19
16	161	William Garvis	45	Plymouth	MN	19	20:21	2:19	3:11	7	44:53	19.4	1:16	10	24:14	8:05	1:33:52
17	475	Michael Sindt	55	Apple Valley	MN	12	16:36	1:54	2:24	11	46:04	18.9	1:58	16	28:47	9:36	1:35:46
18	11	Jared Anderson	32	Minnetonka	MN	15	16:54	1:56	2:31	19	52:49	16.5	1:17	19	32:57	10:59	1:46:26
19	383	Ryan Ostendorf	29	Plymouth	MN	18	18:47	2:08	4:15	18	52:14	16.7	1:19	18	32:21	10:47	1:48:53
20	345	Tim Miller	44	Victoria	MN	20	21:23	2:26	3:52	20	59:35	14.6	5:15	20	48:35	16:12	2:18:37

ATHENA OVERALL RESULTS

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

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	65	Tom Camp	44	Minneapolis	MN	5	10:43	1:14	1:33	4	38:29	22.6	0:53	3	18:02	6:01	1:09:38
2	57	Robert Brown	35	Hopkins	MN	17	11:57	1:22	1:10	13	39:17	22.1	0:52	6	18:38	6:13	1:11:52
3	494	Don Steenson	39	Minneapolis, Mn	MN	3	10:18	1:11	1:22	22	40:09	21.7	1:00	12	19:11	6:24	1:11:57
4	270	David Knack	47	Prior Lake	MN	22	12:23	1:25	1:34	5	38:30	22.6	0:58	17	19:29	6:30	1:12:50
5	538	Nate Vick	32	Deephaven	MN	8	11:14	1:17	1:20	6	38:35	22.5	0:51	54	21:12	7:04	1:13:08
6	386	Nicholas Oswald	26	Plymouth	MN	24	12:32	1:26	1:32	24	40:11	21.7	0:36	4	18:20	6:07	1:13:11
7	400	Ryan Pertile	28	Maple Grove	MN	26	12:43	1:27	1:01	12	39:17	22.1	0:45	25	19:53	6:38	1:13:36
8	307	David Lundy	35	St. Paul	MN	62	13:37	1:33	1:25	9	38:56	22.3	0:47	7	19:01	6:21	1:13:43
9	269	Anton Knack	17	Prior Lake	MN	2	9:41	1:07	1:14	59	42:34	20.4	0:57	18	19:37	6:33	1:14:01
10	571	Aaron Wilson	36	Eden Prairie	MN	23	12:23	1:25	1:07	21	40:04	21.7	0:40	28	19:56	6:39	1:14:06
11	281	Mike Ladendorf	28	Apple Valley	MN	119	15:04	1:43	1:12	26	40:21	21.6	0:37	1	17:06	5:42	1:14:17
12	51	Gary Bork	57	Eden Prairie	MN	11	11:19	1:18	1:29	7	38:50	22.4	1:12	63	21:30	7:10	1:14:18
13	354	Paul Mollett	39	Chaska	MN	7	11:02	1:16	1:12	17	39:40	21.9	0:57	69	21:45	7:15	1:14:33
14	376	Kevin Olsen	51	Orono	MN	16	11:28	1:19	1:12	10	39:02	22.3	0:41	79	22:13	7:25	1:14:33
15	182	Nick Greb	28	Windsor Heights	IA	10	11:18	1:18	1:20	42	41:40	20.9	0:45	26	19:54	6:38	1:14:54
16	440	James Ross	52	Lakeville	MN	39	13:16	1:31	1:50	11	39:09	22.2	1:01	24	19:52	6:38	1:15:04
17	384	Christopher Oswald	30	Rochester	MN	9	11:17	1:17	1:46	49	42:06	20.7	0:53	11	19:06	6:22	1:15:06
18	396	Jonathan Pedersen	42	Maplewood	MN	92	14:33	1:40	1:30	3	38:15	22.7	0:40	33	20:26	6:49	1:15:20
19	285	Brian Lavelle	48	Chaska, Mn	MN	28	12:52	1:28	1:10	8	38:54	22.4	0:53	73	22:02	7:21	1:15:49
20	492	Tim Staloch	29	Minneapolis	MN	38	13:13	1:30	1:42	33	40:53	21.3	1:02	13	19:14	6:25	1:16:02
21	208	Michael Hines	36	Chanhausen	MN	25	12:42	1:27	1:20	16	39:36	22.0	0:53	66	21:39	7:13	1:16:08
22	557	Graeme Webster	33	Minneapolis	MN	79	14:04	1:36	1:34	32	40:51	21.3	0:44	10	19:05	6:22	1:16:17
23	458	Tyler Schmidt	24	Hopkins	MN	4	10:37	1:13	2:03	44	41:44	20.8	0:34	59	21:22	7:08	1:16:18
24	125	Benjamin Ewers	63	North Oaks	MN	46	13:24	1:32	1:45	2	37:43	23.1	1:15	85	22:23	7:28	1:16:26
25	40	Mike Blair	40	Prior Lake	MN	105	14:47	1:41	1:48	1	37:32	23.2	0:57	67	21:41	7:14	1:16:42
26	580	Zachary Wood	25	Hopkins	MN	1	9:30	1:05	1:34	88	44:22	19.6	0:43	40	20:40	6:54	1:16:47
27	4	Kurt Adams	40	Edina	MN	98	14:36	1:40	1:35	25	40:20	21.6	0:58	23	19:50	6:37	1:17:16
28	553	Jonathan Watson	41	Minneapolis	MN	65	13:41	1:34	1:56	29	40:33	21.5	1:07	30	20:08	6:43	1:17:21
29	133	Sean Finn	44	Savage	MN	84	14:19	1:38	1:10	36	41:14	21.1	0:54	22	19:49	6:37	1:17:24
30	246																

31	111 Mike Duggan	41 Edina	MN	47	13:24	1:32	1:00	50	42:08	20.6	0:57	35	20:32	6:51	1:17:59
32	168 Charlie Gits	52 Edina	MN	51	13:28	1:32	1:37	56	42:24	20.5	0:54	20	19:39	6:33	1:17:59
33	19 Derrick S Avelar	37 Minnetrista	MN	60	13:36	1:33	1:18	38	41:21	21.0	1:00	42	20:47	6:56	1:18:00
34	511 Mitchel Talbot	31 St. Louis Park	MN	115	15:01	1:43	1:34	18	39:49	21.9	0:56	49	20:59	7:00	1:18:17
35	305 John Luedke	41 Hopkins	MN	85	14:19	1:38	1:48	23	40:10	21.7	1:12	45	20:55	6:59	1:18:21
36	549 Tim J Walker	43 Minnetonka	MN	75	13:56	1:35	1:25	15	39:35	22.0	0:27	104	23:11	7:44	1:18:32
37	578 Jim Wolter	52 Lakeville	MN	14	11:23	1:18	1:19	48	41:59	20.7	1:19	91	22:38	7:33	1:18:34
38	199 Tyler Hecht	17 Somerset	WI	42	13:18	1:31	1:44	41	41:32	20.9	0:54	53	21:11	7:04	1:18:37
39	581 Dale Woodbeck	54 Excelsior	MN	30	12:55	1:29	1:52	20	39:52	21.8	1:03	98	23:00	7:40	1:18:39
40	448 Joe Rydel	32 Shakopee	MN	138	15:37	1:47	1:24	27	40:27	21.5	0:39	36	20:36	6:52	1:18:40
41	441 Mark Roth	48 Burnsville	MN	61	13:36	1:33	1:57	61	42:43	20.4	1:07	16	19:20	6:27	1:18:40
42	234 Dave Jesse	40 West Allis	WI	155	16:24	1:52	2:12	43	41:42	20.9	0:55	2	17:58	6:00	1:19:09
43	248 Nicholas Kanavati	30 Fridley	MN	18	12:00	1:22	2:34	77	43:49	19.9	1:37	14	19:16	6:26	1:19:13
44	363 Mark Myers	50 Lake Elmo	MN	120	15:04	1:43	2:20	46	41:52	20.8	1:00	9	19:04	6:22	1:19:17
45	191 Robb Hall	47 Chanhassen	MN	54	13:30	1:32	1:38	52	42:13	20.6	0:51	52	21:09	7:03	1:19:18
46	527 Paul Traczyk	40 Shoreview	MN	68	13:46	1:34	1:26	39	41:30	21.0	0:53	70	21:49	7:17	1:19:21
47	204 Michael Hendrickson	31 Duluth	MN	59	13:36	1:33	1:49	54	42:15	20.6	0:45	46	20:57	6:59	1:19:21
48	489 William Stadlander	33 Minneapolis	MN	13	11:20	1:18	2:01	97	45:00	19.3	0:51	32	20:20	6:47	1:19:29
49	185 Guy Grindberg	38 Victoria	MN	123	15:09	1:44	1:33	30	40:35	21.4	0:55	57	21:21	7:07	1:19:30
50	300 David Liske	38 Saint Louis Park	MN	114	15:01	1:43	1:40	37	41:17	21.1	0:52	43	20:49	6:57	1:19:36
51	414 Stan Pohmer	31 St. Louis Park	MN	57	13:35	1:33	1:56	73	43:27	20.0	0:54	29	20:03	6:41	1:19:53
52	519 Chris Thomes	35 Victoria	MN	136	15:33	1:46	1:52	45	41:45	20.8	0:53	27	19:56	6:39	1:19:56
53	205 Erik Hendrikson	38 Edina	MN	134	15:30	1:46	1:17	31	40:44	21.4	0:53	76	22:09	7:23	1:20:30
54	461 James Schultz	48 Shorewood	MN	82	14:17	1:38	3:12	28	40:31	21.5	1:53	41	20:47	6:56	1:20:36
55	529 Thorn Turner	47 Shorewood	MN	12	11:20	1:18	1:26	133	46:40	18.6	0:59	34	20:31	6:51	1:20:53
56	32 Kevin Bengtson	38 Minneapolis	MN	21	12:20	1:25	1:23	63	42:53	20.3	1:16	101	23:06	7:42	1:20:55
57	506 Michael Svensk	30 Blaine	MN	184	17:50	2:02	1:03	51	42:11	20.6	0:53	8	19:03	6:21	1:20:57
58	497 Dan Stone	53 Maple Grove	MN	145	15:49	1:48	1:49	34	41:04	21.2	1:43	39	20:39	6:53	1:21:02
59	551 Jeffrey Warshaw	49 Hopkins	MN	35	13:06	1:30	2:23	117	45:54	19.0	1:08	5	18:37	6:13	1:21:05
60	466 James Sheldon	32 Minnetonka	MN	69	13:48	1:35	1:22	89	44:26	19.6	0:43	47	20:57	6:59	1:21:14
61	17 Mark Augdahl	45 Chaska	MN	45	13:22	1:32	1:44	78	43:55	19.8	1:07	58	21:21	7:07	1:21:27
62	520 Chad Thompson	40 Victoria	MN	88	14:26	1:39	1:59	19	39:49	21.9	1:28	136	24:08	8:03	1:21:48
63	198 Chris Hawes	36 Saint Paul	MN	50	13:27	1:32	1:51	47	41:58	20.7	1:28	110	23:20	7:47	1:22:01
64	273 Randy Knutson	47 Mankato	MN	43	13:21	1:31	1:30	57	42:27	20.5	1:07	121	23:41	7:54	1:22:03
65	517 Shawn Thomas	37 Eden Prairie	MN	99	14:36	1:40	2:03	105	45:20	19.2	0:45	19	19:37	6:33	1:22:18
66	493 Jon Steckler	34 Minneapolis	MN	44	13:22	1:32	1:18	85	44:08	19.7	1:10	86	22:24	7:28	1:22:19
67	263 Kyle King	34 Chaska	MN	131	15:27	1:46	1:43	68	43:06	20.2	1:01	61	21:23	7:08	1:22:38
68	162 Paul Gaskin	43 Victoria	MN	19	12:03	1:23	2:03	102	45:08	19.3	0:53	90	22:35	7:32	1:22:40
69	120 Aaron Engler	28 Maple Grove	MN	73	13:52	1:35	1:31	58	42:33	20.4	1:24	113	23:30	7:50	1:22:48
70	238 Jeff Johnson	43 Shakopee	MN	109	14:56	1:42	1:51	67	43:00	20.2	1:40	64	21:31	7:11	1:22:56
71	439 Michael Rosow	34 Minneapolis	MN	147	15:51	1:48	1:30	65	42:56	20.3	0:57	71	21:55	7:19	1:23:06
72	150 John Fristik	56 Stillwater	MN	49	13:27	1:32	2:00	64	42:53	20.3	1:52	100	23:04	7:42	1:23:13
73	401 Bill Peters	49 Wayzata	MN	29	12:54	1:28	1:58	92	44:33	19.5	1:43	77	22:10	7:24	1:23:14
74	235 Brent Johnson	21 Arden Hills	MN	15	11:24	1:18	1:55	167	49:21	17.6	0:56	21	19:47	6:36	1:23:21
75	105 Chad Dohlen	42 St Paul	MN	152	16:13	1:51	1:45	53	42:15	20.6	1:09	84	22:22	7:28	1:23:42
76	73 Michael Cervenka	31 Minneapolis	MN	6	10:57	1:15	2:13	139	47:25	18.3	1:13	81	22:16	7:26	1:24:03
77	138 Martin Fossen	46 Excelsior	MN	132	15:28	1:46	2:14	82	43:58	19.8	0:37	72	21:58	7:20	1:24:11
78	380 Todd Opdahl	44 Chisago Lakes	MN	117	15:02	1:43	2:08	60	42:43	20.4	0:48	119	23:40	7:54	1:24:17
79	252 Tony Karels	40 Minnetonka	MN	89	14:29	1:39	2:53	71	43:17	20.1	1:18	87	22:24	7:28	1:24:18
80	83 Bradley Close	41 Orono	MN	113	15:00	1:43	2:15	72	43:22	20.1	1:01	94	22:44	7:35	1:24:19
81	296 Craig Lindsay	25 Minneapolis	MN	53	13:28	1:32	1:32	115	45:52	19.0	1:25	80	22:15	7:25	1:24:31
82	570 John Willoughby	42 Deephaven	MN	116	15:02	1:43	2:18	93	44:51	19.4	0:59	62	21:28	7:10	1:24:35
83	438 David Rosen	42 Lakeville	MN	93	14:34	1:40	1:55	76	43:46	19.9	0:53	118	23:37	7:53	1:24:42
84	555 Rob Webb	40 Edina	MN	87	14:24	1:39	1:26	87	44:12	19.7	0:52	127	23:51	7:57	1:24:42
85	223 Michael Iwan	39 Golden Valley	MN	197	19:18	2:12	1:50	55	42:20	20.6	0:42	37	20:36	6:52	1:24:44
86	333 Shawn McKibben	53 Lakeville	MN	74	13:56	1:35	3:00	109	45:34	19.1	1:27	51	21:04	7:02	1:24:58
87	140 Chad Frandson	33 Burnsville	MN	137	15:34	1:47	1:55	62	42:52	20.3	0:56	128	23:51	7:57	1:25:05
88	116 Patrick Egan	45 Mendota Heights	MN	66	13:45	1:34	2:21	106	45:24	19.2	0:53	95	22:46	7:36	1:25:06
89	484 Tom Sorenson	37 Shakopee	MN	71	13:51	1:35	2:01	134	46:42	18.6	1:00	65	21:38	7:13	1:25:10
90	272 Edward Knutson	41 Waconia	MN	64	13:39	1:34	2:31	91	44:33	19.5	0:51	124	23:44	7:55	1:25:15
91	299 Dave Link	43 Eden Prairie	MN	83	14:17	1:38	1:44	100	45:07	19.3	1:12	97	22:59	7:40	1:25:16
92	8 Mark Ambrosen	56 Excelsior	MN	110	14:58	1:42	2:19	81	43:56	19.8	1:28	93	22:40	7:34	1:25:18
93	547 Ryan Wakeham	29 Minneapolis	MN	104	14:46	1:41	1:21	119	46:00	18.9	0:56	88	22:26	7:29	1:25:25
94	542 Peter Von Arx	26 Minnetonka	MN	67	13:45	1:34	1:50	144	48:00	18.1	0:55	55	21:15	7:05	1:25:42
95	232 Scott Jensen	49 Grand Forks	ND	20	12:13	1:24	1:56	70	43:15	20.1	0:48	199	27:37	9:13	1:25:46
96	582 Bryan Wray	48 Eagan	MN	118	15:03	1:43	1:44	86	44:08	19.7	1:01	134	23:59	8:00	1:25:53
97	426 Bob Revoir	36 Plymouth	MN	144	15:43	1:48	1:57	79	43:55	19.8	1:22	102	23:07	7:43	1:26:00
98	554 Greg Weaver	34 Eden Prairie	MN	78	14:01	1:36	2:40	140	47:38	18.3	1:11	38	20:37	6:53	1:26:05
99	302 Mark Loken	41 Bloomington	MN	125	15:13	1:44	1:54	66	42:59	20.2	1:17	149	24:46	8:16	1:26:08
100	75 Mark Chapman	41 Victoria	MN	41	13:18	1:31	2:03	101	45:07	19.3	1:26	146	24:42	8:14	1:26:33
101	237 Jake Johnson	35 Medina	MN	190	18:38	2:07	2:08	75	43:43	19.9	1:07	50	21:01	7:01	1:26:34
102	45 Nate Boike	37 St. Louis Park	MN	124	15:12	1:44	1:44	74	43:39	19.9	1:00	157	25:11	8:24	1:26:43
103	122 Jay Erb	47 Chanhassen	MN	72	13:51	1:35	2:46	95	44:55	19.4	0:54	142	24:28	8:10	1:26:52
104	15 Greg Asplund	38 Excelsior	MN	94	14:34	1:40	2:02	108	45:31	19.1	1:12	120	23:40	7:54	1:26:57
105	552 James Wassenberg	41 Falcon Heights	MN	108	14:52	1:42	2:25	90	44:28	19.6	1:36	123	23:43	7:55	1:27:01
106	29 Dan Barsness	40 Victoria	MN	106	14:49	1:42	2:22	35	41:07	21.2	1:44	189	27:08	9:03	1:27:08
107	28 Brian Barry	44 White Bear Lake	MN	40	13:17	1:31	2:00	103	45:13	19.2	1:39	160	25:16	8:26	1:27:22
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109	303 Frank Lombardo	56 Lakeville	MN	140	15:38	1:47	2:02	136	47:00	18.5	1:13	68	21:43	7:15	1:27:33
110	225 Dennis Jabs	58 Shorewood	MN	172	17:24	1:59	1:39	83	44:02	19.8	1:22	106	23:12	7:44	1:27:37
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112	265 Nicholas Kish	25 Edina	MN	102	14:44	1:41	1:44	147	48:15	18.0	1:01	74	22:05	7:22	1:27:47
113	472 Joseph Simpson	35 Shorewood	MN	55	13:30	1:33	2:46	174	49:58	17.4				1:28:00	
114	163 James Gaul	38 Bloomington	MN	141	15:40	1:47	2:49	137	47:13</						

131	148	Rob Frischmann	46	Victoria	MN	58	13:35	1:33	2:24	155	48:49	17.8	0:50	143	24:31	8:11	1:30:06
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133	366	Eric Nelson	52	Minneapolis	MN	142	15:41	1:47	2:23	132	46:36	18.7	1:42	135	24:00	8:00	1:30:19
134	179	Chris Graham	36	Plymouth	MN	146	15:49	1:48	1:48	123	46:19	18.8	0:54	173	25:41	8:34	1:30:28
135	135	John Flaa	48	Plymouth	MN	156	16:26	1:53	1:47	145	48:09	18.1	1:03	109	23:16	7:46	1:30:38
136	377	Bryan Olson	43	Victoria	MN	170	17:20	1:59	2:05	116	45:52	19.0	1:06	150	24:47	8:16	1:31:08
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138	169	Mark Glodoski	45	Excelsior	MN	173	17:26	1:59	3:26	118	45:55	18.9	1:03	112	23:26	7:49	1:31:13
139	47	Greg Bollinger	26	Edina	MN	185	17:51	2:02	1:29	110	45:37	19.1	0:57	163	25:24	8:28	1:31:16
140	329	R. Tim McElroy	51	Saint Paul	MN	193	18:43	2:08	2:19	127	46:30	18.7	1:14	92	22:39	7:33	1:31:21
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142	340	Eric Mesenburg	37	Maple Grove	MN	192	18:42	2:08	2:00	104	45:15	19.2	1:09	152	24:54	8:18	1:31:57
143	54	Neal Bradsher	43	Eden Prairie	MN	56	13:31	1:33	3:13	172	49:52	17.4	0:57	148	24:45	8:15	1:32:16
144	9	Chad Anderson	37	Minnetonka	MN	130	15:26	1:46	2:37	129	46:31	18.7	1:38	180	26:08	8:43	1:32:17
145	55	Jens Breiland	40	Arden Hills	MN	63	13:39	1:33	2:28	131	46:35	18.7	1:11	204	28:32	9:31	1:32:21
146	94	Jeff Daly	50	Lakeville	MN	187	18:15	2:05	1:57	122	46:13	18.8	1:25	151	24:47	8:16	1:32:33
147	144	Thomas Frerichs	42	Plymouth	MN	135	15:33	1:46	3:17	113	45:50	19.0	1:14	187	26:51	8:57	1:32:42
148	289	Andy Leier	44	Shakopee	MN	186	18:09	2:04	3:45	125	46:20	18.8	2:26	75	22:06	7:22	1:32:43
149	365	Jonathan Neitzell	35	Victoria	MN	212	22:00	2:30	1:54	99	45:05	19.3	1:45	82	22:18	7:26	1:32:59
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151	427	Aaron Richins	28	Golden Valley	MN	122	15:06	1:43	1:18	182	50:33	17.2	1:06	162	25:19	8:27	1:33:19
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155	510	Chris Tadevich	43	Farmington	MN	150	16:07	1:50	2:43	168	49:37	17.5	1:08	153	24:54	8:18	1:34:26
156	416	Robert Prater	37	Hinckley	MN	107	14:52	1:42	2:17	197	52:34	16.6	1:00	131	23:55	7:59	1:34:35
157	287	Dan Lee	53	Plymouth	MN	195	18:51	2:09	1:47	206	53:23	16.3	1:46	15	19:18	6:26	1:35:02
158	577	Jim Wise	42	Minnetonka	MN	37	13:12	1:30	2:36	170	49:42	17.5	0:58	206	28:55	9:39	1:35:21
159	513	Tom Tedlund	53	Duluth	MN	228	26:12	2:59	2:25	40	41:31	21.0	1:25	130	23:52	7:58	1:35:22
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162	306	Gary Lund	66	Plymouth	MN	174	17:30	2:00	3:43	69	43:08	20.2	2:01	210	29:17	9:46	1:35:36
163	229	Shaun Jamison	43	St Louis Park	MN	180	17:40	2:01	2:14	169	49:39	17.5	2:31	122	23:42	7:54	1:35:44
164	362	David Murphy	36	Minnetonka	MN	208	20:54	2:23	1:44	184	50:47	17.1	0:51	78	22:11	7:24	1:36:24
165	247	Vince Justinak	52	Blaine	MN	182	17:48	2:02	2:30	143	47:59	18.1	1:38	185	26:32	8:51	1:36:25
166	429	John Ridler	42	Chaska	MN	143	15:42	1:48	3:21	178	50:09	17.3	2:08	156	25:08	8:23	1:36:26
167	196	Scott Haskins	38	Excelsior	MN	159	16:44	1:55	3:39	185	50:53	17.1	1:33	132	23:55	7:59	1:36:41
168	280	Marty Kuzar	MN	129	15:25	1:46	3:27	166	49:20	17.6	1:46	186	26:50	8:57	1:36:46		
169	522	Justin Thunstrom	15	Plymouth	MN	157	16:27	1:53	1:48	177	50:09	17.3	1:10	193	27:20	9:07	1:36:52
170	500	Mark Struthers	41	Chanhasen	MN	163	17:03	1:57	3:04	191	51:50	16.8	1:34	115	23:34	7:52	1:37:02
171	435	Mike Rogers	45	Minnetonka	MN	161	16:49	1:55	2:27	179	50:12	17.3	1:58	170	25:39	8:33	1:37:02
172	531	Michael Twedt	44	Minnetonka	MN	166	17:09	1:57	2:28	202	52:53	16.5	1:26	108	23:14	7:45	1:37:07
173	328	Tom McDaniel	34	Eden Prairie	MN	196	19:04	2:10	2:49	158	48:51	17.8	1:15	158	25:11	8:24	1:37:08
174	180	Andy Grant	39	Eden Prairie	MN	164	17:03	1:57	3:04	183	50:45	17.1	0:54	171	25:40	8:34	1:37:23
175	381	Nathaniel Orpen	28	St. Paul	MN	183	17:49	2:02	4:53	193	52:08	16.7	1:38	48	20:58	7:00	1:37:24
176	574	Roy Wilson	56	St Paul	MN	223	24:21	2:46	2:11	149	48:17	18.0	0:30	83	22:21	7:27	1:37:37
177	249	Joe Kandiko	60	Excelsior	MN	103	14:46	1:41	2:25	176	50:08	17.4	1:28	207	28:56	9:39	1:37:40
178	56	James Brown	38	Prior Lake	MN	149	16:05	1:50	2:43	198	52:35	16.5	0:56	181	26:11	8:44	1:38:27
179	350	Tommy Moe	35	Minnetrista	MN	165	17:05	1:57	2:36	196	52:25	16.6	0:50	169	25:37	8:33	1:38:31
180	114	Robert Eastman	44	Orono	MN	139	15:37	1:47	2:43	199	52:45	16.5	2:16	166	25:27	8:29	1:38:47
181	102	Doug Dewey	47	Eden Prairie	MN	158	16:36	1:54	1:43	162	49:06	17.7	1:30	215	30:11	10:04	1:39:04
182	264	Scott Kirkwood	49	Minnetonka	MN	203	19:53	2:16	2:52	159	48:54	17.8	0:54	191	27:11	9:04	1:39:42
183	213	Jim Horan	30	Minneapolis	MN	48	13:25	1:32	3:31	187	51:19	17.0	1:04	216	30:43	10:15	1:39:59
184	21	Robert Bader	41	Minneapolis	MN	179	17:39	2:01	2:57	194	52:14	16.7	1:30	174	25:48	8:36	1:40:06
185	536	Ken Veneruz	45	Thunder Bay	ON	221	23:14	2:39	1:45	171	49:48	17.5	1:37	137	24:08	8:03	1:40:30
186	556	Kevin Weber	45	Excelsior	MN	204	20:03	2:17	3:02	165	49:16	17.7	2:37	172	25:40	8:34	1:40:35
187	259	Peter Kerin	40	Eden Prairie	MN	194	18:49	2:09	3:11	201	52:52	16.5	0:39	175	25:49	8:37	1:41:18
188	390	Milam Paraschou	36	Eden Prairie	MN	189	18:37	2:07	2:02	156	48:49	17.8	3:11	205	28:43	9:35	1:41:19
189	360	Seth Muir	33	Owatonna	MN	201	19:35	2:14	3:27	188	51:39	16.8	1:32	165	25:25	8:29	1:41:35
190	23	Curt Bailey	49	Bloomington	MN	220	23:04	2:38	1:41	181	50:33	17.2	1:18	159	25:12	8:24	1:41:44
191	457	Tom Schmidt	34	Bloomington	MN	188	18:32	2:07	3:31	192	52:07	16.7	0:53	195	27:26	9:09	1:42:27
192	447	Thomas Ryan	53	Excelsior	MN	222	23:41	2:42	3:56	152	48:43	17.9	1:33	145	24:40	8:14	1:42:30
193	233	Joseph Jeppesen	54	Chanhasen	MN	218	22:32	2:42	3:19	180	50:20	17.3	2:17	138	24:14	8:05	1:42:39
194	409	Jon Pierce	41	Excelsior	MN	153	16:14	1:51	2:01	207	53:35	16.2	1:40	211	29:28	9:50	1:42:55
195	96	Richard Danaher	54	Minneapolis	MN	217	22:30	2:34	2:33	186	51:01	17.1	1:24	178	26:02	8:41	1:43:27
196	200	Tim Heelan	38	Chanhasen	MN	52	13:28	1:32	1:48	232	1:03:39	13.7	0:40	140	24:23	8:08	1:43:56
197	244	Doug Jost	55	Centerville	MN	177	17:36	2:00	3:06	210	53:48	16.2	1:14	203	28:15	9:25	1:43:56
198	74	John Chapman	37	Eagan	MN	214	22:10	2:32	3:21	173	49:53	17.4	1:29	192	27:17	9:06	1:44:06
199	271	Barry Knight	61	Orono	MN	167	17:11	1:58	3:05	203	52:55	16.4	2:14	209	29:08	9:43	1:44:30
200	278	Kaleb Krause	30	Minneapolis	MN	210	21:15	2:25	1:41	96	44:56	19.4	2:08	228	35:08	11:43	1:45:05
201	565	Alex Wikstrom	50	Long Lake	MN	27	12:51	1:28	4:40	190	51:45	16.8	2:13	224	33:40	11:14	1:45:07
202	80	Bill Cizek	51	Saint Paul	MN	178	17:38	2:01	4:01	175	49:59	17.4	2:46	217	30:46	10:16	1:45:07
203	216	Jerry House	62	Maplewood	MN	224	24:23	2:47	2:38	200	52:50	16.5	1:42	125	23:45	7:55	1:45:17
204	253	Rob Kastan	43	Edina	MN	198	19:18	2:12	3:50	218	55:21	15.7	2:11	167	25:28	8:30	1:46:05
205	240	Marshall Johnson	41	Edina	MN	151	16:11	1:51	4:43	216	54:51	15.9	3:01	197	27:32	9:11	1:46:15
206	245	Dave Judd	49														
207	64	Jeff Callinan	37	Wayzata	MN	169	17:19	1:59	3:41	189	51:43	16.8	2:43	218	30:53	10:18	1:46:16
208	297																



231	403	Dale Peterson	54	Chanhasen	MN	216	22:30	2:34	5:12	215	54:46	15.9	2:28	233	42:35	14:12	2:07:28
232	361	Vaughn Mulchrone	45	Shakopee	MN	211	21:56	2:30	6:05	236	1:09:13	12.6	1:31	223	33:37	11:13	2:12:19
233	13	Mark Anderson	54	Excelsior	MN	202	19:38	2:14	5:20	235	1:05:54	13.2	3:12	232	39:55	13:19	2:13:57
234	90	Bob Curran	49	Hager City	WI	234	30:49	3:31	4:52	234	1:04:45	13.4	1:22	225	34:23	11:28	2:16:10
235	62	David Burnett	37	Maple Grove	MN	233	28:36	3:15	8:22	231	1:03:36	13.7	1:24	231	39:20	13:07	2:21:14
236	284	Greg Larson	57	Prior Lake	MN	36	13:06	1:30	1:44	126	46:28	18.7					
237	63	Jeff Buron	32	St. Paul	MN	235	44:09	5:01									

## AGE GROUP FEMALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	518	April Thomes	33	Victoria	MN	27	14:33	1:40	1:25	3	41:54	20.8	1:08	6	21:04	7:02	1:20:02
2	487	Lindsey St. Martin	25	Lilydale	MN	3	11:01	1:16	1:54	5	42:36	20.4	0:53	35	23:56	7:59	1:20:17
3	231	Jen Jensen	34	Victoria	MN	64	16:11	1:51	1:23	1	40:59	21.2	0:57	5	20:57	6:59	1:20:25
4	357	Angie Mracek	39	Rosemount	MN	12	12:48	1:28	1:39	8	43:06	20.2	0:54	10	22:33	7:31	1:20:57
5	268	Amy Klosterman	48	White Bear Lake	MN	8	12:14	1:24	1:24	15	45:08	19.3	0:31	17	22:01	7:41	1:22:16
6	512	Robin Tedlund	51	Duluth	MN	79	16:26	1:52	1:47	4	42:34	20.4	0:44	7	21:22	7:08	1:22:52
7	389	Tracy Paradise	36	Excelsior	MN	37	14:57	1:42	1:44	13	45:02	19.3	0:51	4	20:26	6:49	1:22:58
8	476	Caroline Skaar-Page	43	Eden Prairie	MN	42	15:17	1:45	2:02	2	41:25	21.0					1:23:34
9	572	Jessica Wilson	39	Shorewood	MN	62	16:04	1:50	2:14	11	44:30	19.6	1:50	1	19:34	6:32	1:24:09
10	469	Jacqueline Shupe	42	Savage	MN	85	16:41	1:54	1:36	6	42:40	20.4	1:16	8	22:16	7:26	1:24:28
11	370	Kathy Newcomb	45	Woodbury	MN	22	13:43	1:34	1:38	9	43:47	19.9	1:13	48	24:42	8:14	1:25:00
12	104	Tesha Distad	35	Minneapolis	MN	99	17:10	1:58	1:19	17	45:17	19.2	0:53	3	20:24	6:48	1:25:00
13	49	Lisa Bollinger	29	Sartell	MN	31	14:37	1:40	2:07	18	45:18	19.2	0:54	13	22:42	7:34	1:25:34
14	38	Erika Bjorklund	25	St.Louis Park	MN	5	11:30	1:19	1:50	38	47:38	18.3	0:51	30	23:50	7:57	1:25:36
15	569	Erin Williams	25	Shorewood	MN	69	16:20	1:52	1:37	37	47:34	18.3	0:42	2	19:38	6:33	1:25:48
16	66	Patty Campbell	41	Plymouth	MN	13	12:57	1:29	1:30	28	46:45	18.6	0:50	34	23:54	7:58	1:25:53
17	462	Leslie Schwanbeck	33	Minneapolis	MN	21	13:42	1:34	1:38	34	47:23	18.4	0:42	12	22:40	7:34	1:26:02
18	109	Danielle Drevlow	32	Golden Valley	MN	32	14:38	1:40	2:40	12	44:51	19.4	1:14	14	22:42	7:34	1:26:02
19	528	Beth Trautman	41	Medina	MN	83	16:38	1:54	1:52	7	42:51	20.3	1:01	41	24:09	8:03	1:26:28
20	291	Henriette Lemke	47	Prior Lake	MN	33	14:38	1:40	2:02	32	47:08	18.5	0:52	19	23:03	7:41	1:27:42
21	173	Tracy Good	39	Victoria	MN	55	15:48	1:48	1:52	14	45:07	19.3	1:03	36	24:02	8:01	1:27:49
22	215	Rachel Horstmann	29	Eden Prairie	MN	18	13:19	1:31	2:05	51	48:42	17.9	0:49	21	23:12	7:44	1:28:04
23	117	Karen Eklin	46	Plymouth	MN	40	15:08	1:44	1:48	30	47:00	18.5	1:09	20	23:12	7:44	1:28:15
24	170	Lisa Goepfert	47	Blaine	MN	59	15:56	1:49	1:20	29	46:56	18.5	0:53	28	23:38	7:53	1:28:41
25	188	Heleen Gunther	53	Excelsior	MN	47	15:25	1:46	2:12	25	46:33	18.7	0:58	38	24:05	8:02	1:29:11
26	404	Julie Peterson	54	Cambridge	MN	41	15:10	1:44	2:17	20	45:40	19.1	1:42	45	24:30	8:10	1:29:16
27	391	Pauline Parker	42	Hopkins	MN	68	16:17	1:51	1:42	19	45:31	19.1	1:01	50	24:51	8:17	1:29:20
28	46	Jill Bollettieri	40	Saint Louis Park	MN	4	11:23	1:18	2:40	75	51:20	16.9	1:42	9	22:30	7:30	1:29:32
29	496	Carrie Stolar	43	Chanhasen	MN	1	10:45	1:14	2:18	65	50:42	17.2	1:05	54	25:09	8:23	1:29:57
30	374	Kristi O'Kane	52	St. Paul	MN	76	16:24	1:52	2:00	23	46:17	18.8	0:59	47	24:40	8:14	1:30:18
31	86	Jessica Constant	38	Champlin	MN	93	16:54	1:56	1:55	35	47:27	18.3	0:52	26	23:22	7:48	1:30:28
32	483	Peggy Sorensen	53	Chaska	MN	28	14:33	1:40	2:36	22	46:16	18.8	0:58	78	26:22	8:48	1:30:44
33	317	Carol Marston	50	Mankato	MN	100	17:11	1:58	2:02	33	47:15	18.4	1:07	24	23:20	7:47	1:30:52
34	399	Mary Perlich	48	Minnetonka	MN	95	17:03	1:57	2:23	10	44:01	19.8	1:02	82	26:30	8:50	1:30:58
35	298	Charis Linebaugh	34	New Hope	MN	73	16:22	1:52	2:15	21	46:00	18.9	1:04	66	25:41	8:34	1:31:19
36	6	Julie Amack	35	Chanhasen	MN	106	17:33	2:00	1:58	27	46:44	18.6	1:33	29	23:43	7:55	1:31:28
37	121	Valerie Engler	25	Maple Grove	MN	2	10:59	1:15	2:07	84	52:12	16.7	1:00	57	25:16	8:26	1:31:33
38	559	Beth Wehrman	29	Maple Grove	MN	34	14:39	1:40	3:02	50	48:36	17.9	1:49	27	23:30	7:50	1:31:34
39	331	Genevieve McJilton	43	Deephaven	MN	61	16:03	1:50	1:51	26	46:44	18.6	0:53	71	26:10	8:44	1:31:39
40	97	Nicole Daniels	31	Minneapolis	MN	30	14:36	1:40	1:57	55	49:39	17.5	1:17	42	24:20	8:07	1:31:46
41	76	Sarah Chillo	30	Minneapolis	MN	46	15:25	1:45	2:07	47	48:27	18.0	1:19	61	25:27	8:29	1:32:41
42	379	Marissa Onheiber	42	St. Paul	MN	43	15:19	1:45	1:57	54	49:33	17.6	1:12	59	25:22	8:28	1:33:20
43	100	Rachel Dehaan	42	Woodbury	MN	29	14:36	1:40	2:45	16	45:14	19.2	1:25	119	29:24	9:48	1:33:22
44	159	Anne Garlock	34	Mound	MN	102	17:20	1:59	1:41	67	50:45	17.1	1:19	11	22:34	7:32	1:33:37
45	35	Heather Bergeson	37	Edina	MN	58	15:54	1:49									1:33:40
46	445	Dana Rutt	38	Minneapolis	MN	115	18:36	2:07	1:27	31	47:06	18.5	0:58	68	25:50	8:37	1:33:54
47	463	Barbara Scouler	47	Excelsior	MN	6	11:31	1:19	2:01	59	50:16	17.3	1:17	117	28:54	9:38	1:33:56
48	165	Lori Gengler	38	Victoria	MN	120	18:48	2:09	2:22	46	48:27	18.0	1:14	25	23:20	7:47	1:34:08
49	373	Cheryl O'Connell	39	Eden Prairie	MN	56	15:52	1:49	2:29	43	48:20	18.0	1:19	79	26:28	8:50	1:34:25
50	110	Dlee Dreyer	41	Minneapolis	MN	98	17:09	1:57	2:58	56	49:43	17.5	1:23	23	23:19	7:47	1:34:30
51	453	Julie Scherbing	43	Victoria	MN	103	17:24	1:59	2:06	48	48:34	17.9	1:00	63	25:35	8:32	1:34:37
52	304	Julie Lonning	43	Chaska	MN	72	16:22	1:52	2:33	68	50:59	17.1	1:01	31	23:51	7:57	1:34:44
53	10	Eleni Anderson	36	Eden Prairie	MN	75	16:24	1:52	2:29	24	46:29	18.7	1:31	101	27:54	9:18	1:34:44
54	254	Sarah Kastan	42	Edina	MN	50	15:36	1:47	2:43	66	50:44	17.1	1:38	39	24:45	8:02	1:34:44
55	541	Angie Volk	34	Rogers	MN	90	16:50	1:55	2:09	57	49:59	17.4	1:33	44	24:28	8:10	1:34:56
56	573	Rebecca Wilson	30	Prior Lake	MN	7	11:45	1:21	2:17	85	52:22	16.6	1:02	97	27:35	9:12	1:34:58
57	562	Michelle Westberg	41	Minnetonka	MN	82	16:37	1:54	2:30	41	48:13	18.0	1:01	85	26:45	8:55	1:35:04
58	479	Sally Smith	37	Corcoran	MN	66	16:14	1:51	2:19	58	50:16	17.3	1:16	53	25:08	8:23	1:35:11
59	107	Sara Dougherty	47	Cloquet	MN	67	16:14	1:51	1:56	70	51:03	17.0	1:25	46	24:38	8:13	1:35:13
60	495	Amy Stern	36	Eden Prairie	MN	65	16:13	1:51	2:16	40	47:52	18.2	1:18	99	27:38	9:13	1:35:15
61	535	Dominique Veneruz	15	Thunder Bay	ON	71	16:21	1:52	2:06	77	51:36	16.9	1:10	40	24:07	8:03	1:35:17
62	77	Robin Chose	35	Eden Prairie	MN	91	16:51	1:55	2:05	45	48:27	18.0	1:47	76	26:17	8:46	1:35:24
63	181	Kim Grant	38	Eden Prairie	MN	23	13:55	1:35	3:38	69	51:00	17.1	1:10	72	26:11	8:44	1:35:51
64	534	Christina Vandell	35	Shoreview	MN	9	12:14	1:24	2:18	79	51:49	16.8	1:03	114	28:43	9:35	1:36:03
65	402	Carol Peterson	45	Minneapolis	MN	38	14:58	1:43	2:09	81	51:55	16.8	1:06	70	26:04	8:42	1:36:09
66	124	Christy Erickson	29	Plymouth	MN	35	14:43	1:41	3:01	49	48:36	17.9	1:48	105	28:06	9:22	1:36:10
67	433	Debora Rodgers	45	Excelsior	MN	80	16:30	1:53	2:54	52	49:17	17.7	2:03	65	25:40	8:34	1:36:22
68	68	Kathryn Carlson	51	Waite Park	MN	129	19:17	2:12	2:31	36	47:27	18.3	1:02	73	26:13	8:45	1:36:28
69	228	Rea James	39	Long Lake	MN	11	12:42	1:27	2:06	100	53:54	16.1	1:49	69	26:03	8:41	1:36:31
70	405	Sarah Peterson	47	Chanhasen	MN	17	13:18	1:31	3:21	99	53:35	16.2	1:22	67	25:48	8:36	1:37:22
71	132	Jane Finn	15	Savage	MN	10	12:28	1:25	2:00	96	53:20	16.3	1:20				

89	60	Christa Buhl	23	Bloomington	MN	14	13:00	1:29	2:45	120	55:36	15.6	0:55	112	28:34	9:32	1:40:49
90	167	Paige Giles	40	Chanhausen	MN	112	18:25	2:06	2:47	104	54:19	16.0	1:41	32	23:51	7:57	1:41:01
91	485	Julie Sprau	48	Chanhausen	MN	159	22:14	2:32	2:41	44	48:23	18.0	0:49	89	26:58	9:00	1:41:02
92	30	Karen Barton	44	Minneapolis	MN	146	20:43	2:22	3:02	39	47:40	18.3	1:24	108	28:23	9:28	1:41:10
93	375	Tammy Offerman	45	Plymouth	MN	78	16:25	1:52	2:18	86	52:23	16.6	1:24	115	28:46	9:36	1:41:14
94	16	Wendy Asplund	38	Excelsior	MN	19	13:39	1:33	3:07	117	55:27	15.7	1:04	104	28:04	9:22	1:41:17
95	359	Anne-Alice Muir	33	Owatonna	MN	52	15:40	1:47	3:14	119	55:29	15.7	1:48	60	25:25	8:29	1:41:33
96	176	Tracey Gorman	40	Otsego	MN	133	19:45	2:15	2:41	80	51:50	16.8	1:32	74	26:14	8:45	1:42:00
97	239	Katie Johnson	25	Minneapolis	MN	49	15:35	1:47	4:29	82	52:01	16.7	1:47	109	28:23	9:28	1:42:12
98	279	Beth Kreitzer	31	Minneapolis	MN	26	14:20	1:38	1:34	108	54:36	15.9	1:03	135	30:48	10:16	1:42:18
99	398	Janelle Pentz	29	Rogers	MN	136	19:51	2:16	1:49	131	56:40	15.4	1:09	16	22:53	7:38	1:42:19
100	295	Kristin Lindquist	33	Plymouth	MN	63	16:08	1:50	2:00	109	54:41	15.9	0:51	116	28:50	9:37	1:42:28
101	189	Leslie Hacking	48	Golden Valley	MN	20	13:42	1:34	2:41	114	54:50	15.9	1:17	145	31:46	10:36	1:44:15
102	584	Molly Zauhar	28	New Hope	MN	48	15:28	1:46	2:58	83	52:09	16.7	2:02	144	31:44	10:35	1:44:18
103	250	Holly Kapla	29	Shakopee	MN	164	23:45	2:42	3:24	88	52:41	16.5	1:14	22	23:17	7:46	1:44:19
104	486	Keri Sprau	37	Minnetonka	MN	114	18:34	2:07	3:16	110	54:42	15.9	1:26	80	26:28	8:50	1:44:23
105	183	Jane Greenberg	52	Mpls	MN	105	17:27	1:59	2:29	94	53:10	16.4	1:39	125	29:43	9:55	1:44:27
106	477	Amy Smith	41	Excelsior	MN	107	17:57	2:03	2:25	112	54:46	15.9	1:35	107	28:20	9:27	1:45:02
107	509	Jennifer Szabo	37	Plymouth	MN	118	18:42	2:08	4:09	126	56:00	15.5	1:03	55	25:15	8:25	1:45:06
108	424	Rachel Rahn	36	Edina	MN	152	21:26	2:27	3:39	92	53:07	16.4	0:51	75	26:16	8:46	1:45:17
109	309	Blair Magnuson	27	Minnetonka	MN	97	17:09	1:57	2:59	115	55:09	15.8	0:48	121	29:26	9:49	1:45:27
110	505	Valerie Svenningsen	40	Apple Valley	MN	110	18:12	2:05	2:30	155	1:01:03	14.3	0:53	18	23:01	7:41	1:45:36
111	186	Junelle Grindberg	37	Victoria	MN	173	24:51	2:50	2:29	60	50:23	17.3	1:26	84	26:45	8:55	1:45:52
112	187	Sarah Grobel	39	Victoria	MN	96	17:05	1:57	2:20	61	50:31	17.2	1:36	163	34:44	11:35	1:46:12
113	488	Alia Stadlander	34	Minneapolis	MN	57	15:53	1:49	2:18	153	1:00:14	14.4	0:39	96	27:33	9:11	1:46:35
114	498	Joan Stone	45	Greenwood	MN	153	21:34	2:27	3:03	111	54:43	15.9	1:48	64	25:39	8:33	1:46:45
115	106	Kelly Dougherty	42	Farmington	MN	92	16:51	1:55	3:12	95	53:18	16.3	1:19	149	32:09	10:43	1:46:47
116	158	Alyson Gamble	31	St. Paul	MN	156	21:47	2:29	3:19	93	53:07	16.4	1:18	98	27:37	9:13	1:47:06
117	224	Christina Jabs	44	Shorewood	MN	174	25:05	2:51	1:32	73	51:15	17.0	2:08	92	27:18	9:06	1:47:16
118	166	Andrea Geriets	28	St. Louis Park	MN	125	19:10	2:11	3:55	116	55:22	15.7	1:21	95	27:33	9:11	1:47:19
119	410	Talia Pierce	41	Excelsior	MN	163	23:27	2:40	2:25	127	56:13	15.5	1:25	37	24:02	8:01	1:47:29
120	175	Jennifer Gorder	37	Bloomington	MN	142	20:18	2:19	3:36	91	52:53	16.5	1:09	129	29:55	9:59	1:47:50
121	382	Breah Ostendorf	31	Plymouth	MN	145	20:39	2:21	2:29	133	56:55	15.3	1:31	83	26:36	8:52	1:48:06
122	43	Christine Boberg	37	Chanhausen	MN	101	17:13	1:58	5:51	148	59:30	14.6	1:21	62	25:35	8:32	1:49:28
123	371	Jenny Norcutt	24	Chanhausen	MN	77	16:24	1:52	2:55	144	58:44	14.8	1:39	133	30:28	10:10	1:50:07
124	395	Emily Pearl	28	Robbinsdale	MN	160	22:29	2:34	2:25	123	55:47	15.6	1:19	118	28:58	9:40	1:50:56
125	152	Kate Fullmer	31	Apple Valley	MN	51	15:37	1:47	3:04	160	1:03:11	13.8	2:18	87	26:53	8:58	1:51:01
126	134	Kristen Fisher	41	Excelsior	MN	87	16:47	1:55	3:11	152	1:00:06	14.5	1:05	127	29:55	9:59	1:51:03
127	392	Michelle Paule	46	Edina	MN	89	16:49	1:55	2:43	134	56:57	15.3	1:31	156	33:05	11:02	1:51:03
128	217	Leeann Hubbard	30	Minneapolis	MN	140	20:04	2:17	2:42	106	54:31	16.0	1:44	148	32:08	10:43	1:51:07
129	160	Rhonda Garvis	43	Plymouth	MN	178	26:06	2:58	4:16	89	52:46	16.5	1:25	86	26:46	8:56	1:51:18
130	221	Audrey Hutchinson	42	Forest Lake	MN	45	15:21	1:45	3:27	130	56:33	15.4	1:37	162	34:43	11:35	1:51:37
131	18	Angela Aune	30	Minneapolis	MN	165	23:51	2:43	2:15	129	56:29	15.4	0:54	123	29:31	9:51	1:52:58
132	319	Diana Massey	49	Edina	MN	169	24:26	2:47	3:06	121	55:42	15.6	2:09	102	27:56	9:19	1:53:17
133	540	Cherolynn Vila	31	Minneapolis	MN	60	15:59	1:49	4:04	156	1:01:42	14.1	1:37	131	30:18	10:06	1:53:36
134	330	Kate McGrath	33	St. Mary's Point	MN	168	24:24	2:47	4:00	122	55:47	15.6	1:07	110	28:25	9:29	1:53:39
135	155	Deb Gagnon	39	Champlin	MN	171	24:36	2:48	2:40	124	55:50	15.6	2:03	113	28:35	9:32	1:53:41
136	459	Tondi Schoepp	47	Chanhausen	MN	170	24:28	2:47	4:02	113	54:47	15.9	1:59	111	28:27	9:29	1:53:42
137	88	Julie Courtney	58	Excelsior	MN	135	19:51	2:16	4:19	103	54:18	16.0	2:57	150	32:24	10:48	1:53:47
138	288	Lynn Leibfried	37	Plymouth	MN	157	21:48	2:29	3:32	140	57:57	15.0	1:09	120	29:25	9:49	1:53:48
139	503	Heidi Svendsen	44	Maple Grove	MN	25	14:04	1:36	2:28	150	59:54	14.5	1:48	167	36:17	12:06	1:54:29
140	78	Sara Chovan	36	Minnetonka	MN	134	19:49	2:16	3:51	142	58:25	14.9	1:27	142	31:34	10:32	1:55:04
141	34	Assumpta Bennaars-Eiden	35	Coon Rapids	MN	81	16:34	1:53	7:02	146	59:16	14.7	2:21	128	29:55	9:59	1:55:05
142	33	Antoinette Bennaars	38	St. Paul	MN	131	19:25	2:13	4:08	147	59:16	14.7	2:21	130	29:57	9:59	1:55:05
143	586	Stephanie Zschokke	38	Maple Grove	MN	127	19:12	2:11	4:30	139	57:54	15.0	1:58	147	31:49	10:37	1:55:21
144	437	Heidi Rosati	44	Loretto	MN	141	20:10	2:18	4:03	128	56:28	15.4	2:24	153	32:55	10:59	1:55:58
145	349	Martha Mockus	46	Saint Paul	MN	166	24:01	2:44	4:16	102	54:10	16.1	2:22	151	32:30	10:50	1:57:17
146	335	Bridget McLaughlin	40	Andover	MN	104	17:25	1:59	2:22	157	1:01:54	14.1	1:30	161	34:37	11:33	1:57:47
147	172	Priscilla Golden	29	Eden Prairie	MN	130	19:22	2:12	3:05	159	1:03:00	13.8	1:01	143	31:37	10:33	1:58:02
148	443	Julie Roux	30	New Hope	MN	176	25:19	2:53	2:53	136	57:10	15.2	1:39	138	31:10	10:23	1:58:05
149	48	Kelly Bollinger	26	Edina	MN	124	18:59	2:10	2:17	137	57:36	15.1	1:43	171	37:50	12:37	1:58:22
150	258	Nicole Kerin	40	Eden Prairie	MN	126	19:11	2:11	4:10	154	1:00:35	14.4	1:32	155	32:59	11:00	1:58:24
151	358	Jenny Mrozek	37	Paynesville	MN	149	21:06	2:24	2:41	135	57:00	15.3	1:31	166	36:10	12:04	1:58:26
152	545	Stephanie Vos	22	Golden Valley	MN	111	18:13	2:05	4:07	170	1:04:48	13.4	0:56	134	30:34	10:12	1:58:35
153	277	Rachel Kozar	37	Minnetonka	MN	154	21:35	2:28	4:01	145	58:55	14.8	3:13	137	30:55	10:19	1:58:36
154	53	Ann Bradsher	35	Eden Prairie	MN	161	22:35	2:34	5:01	168	1:04:14	13.5	2:02	51	24:57	8:19	1:58:47
155	499	Lindsey Streefland	26	Richfield	MN	86	16:45	1:55	3:26	171	1:04:51	13.4	0:48	157	33:20	11:07	1:59:07
156	575	Stephanie Windfeldt	24	Eden Prairie	MN	137	19:53	2:16	3:08	172	1:05:05	13.4	1:39	126	29:45	9:55	1:59:28
157	72	Karin Cartwright	39	Saint Francis	MN	180	30:59	3:32	2:41	101	54:01	16.1	1:07	136	30:51	10:17	1:59:37
158	136	Melanie Fogarty	38	Belle Plaine	MN	139	19:58	2:17	3:28	158	1:02:19	14.0	0:50	158	33:30	11:10	2:00:02
159	464	Trisha Selden	31	Centerville	MN	144	20:33	2:21	2:59	162	1:03:16	13.8	2:35	139	31:08	10:23	2:00:28
160	89	B Alexis Cress	46	Bloomington	MN	179	29:42	3:23	3:53	118	55:28	15.7	2:14	122	29:27	9:49	2:00:43
161	310	Kristin Mahon	29	Eden Prairie	MN	158	21:48	2:29	3:07	149	59:42	14.6	1:01	164	35:08	11:43	2:00:44
162	22	Maren Badger	29	Shoreview	MN	132	19:30	2:13	3:14	141	58:09	15.0	1:44	172	38:15	12:45	2:00:49
163	87	Dina Conzemius	40	Mn	MN	147	20:43	2:22	4:05	164	1:03:39	13.7	1:36	154	32:58	11:00	2:02:59
164	320	Lela Mathison	36	Minneapolis	MN	150	21:21	2:26	5:10	143	58:40	14.8	2:27	165	35:43	11:55	2:03:17
165	579	Jean Wood	60	Excelsior	MN	151</											

PLACE	NAME	CITY	ST	AGE	S	Swim	100
						Time	yds
1	Thad Ingersoll	St. Paul	MN	40	M	9:11	1:03
2	Zachary Wood	Hopkins	MN	25	M	9:30	1:05
3	Anton Knack	Prior Lake	MN	17	M	9:41	1:07
4	Brett Lovas	Minnetonka	MN	35	M	9:48	1:07
5	Don Steenson	Minneapolis, M	MN	39	M	10:18	1:11
6	Tyler Schmidt	Hopkins	MN	24	M	10:37	1:13
7	Tom Camp	Minneapolis	MN	44	M	10:43	1:14
8	Carrie Stolar	Chanhassen	MN	43	F	10:45	1:14
9	James Moeller	Minneapolis	MN	34	M	10:46	1:14
10	Don Schmeichel	Andover	MN	38	M	10:48	1:14

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	Time	mph
1	Steve Sander	Richfield	MN	31	M	00:34:11	25.5	
2	Brett Lovas	Minnetonka	MN	35	M	00:35:54	24.2	
3	Josh Blankenheim	Duluth	MN	29	M	00:36:13	24.0	
4	Carl Unger	Prior Lake	MN	36	M	00:36:35	23.8	
5	Tony Schiller	Eden Prairie	MN	52	M	00:36:39	23.7	
6	Eric Hendrickson	Minnetonka	MN	30	M	00:36:42	23.7	
7	Andy Schiesl			33	M	00:36:56	23.6	
8	Mike Blair	Prior Lake	MN	40	M	00:37:32	23.2	
9	Benjamin Ewers	North Oaks	MN	63	M	00:37:43	23.1	
10	Don Schmeichel	Andover	MN	38	M	00:37:43	23.1	

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run	Time	Pace
1	Josh Blankenheim	Duluth	MN	29	M	16:28	5:30	
2	Mike Ladendorf	Apple Valley	MN	28	M	17:06	5:42	
3	Steve Sander	Richfield	MN	31	M	17:09	5:43	
4	Mike Buening	Chanhassen	MN	35	M	17:15	5:45	
5	Andy Schiesl			33	M	17:24	5:48	
6	Eric Hendrickson	Minnetonka	MN	30	M	17:26	5:49	
7	Derick Podratz	Lino Lakes	MN	35	M	17:35	5:52	
8	Brett Lovas	Minnetonka	MN	35	M	17:46	5:56	
9	Tony Schiller	Eden Prairie	MN	52	M	17:53	5:58	
10	Thad Ingersoll	St. Paul	MN	40	M	17:57	5:59	

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	535	Dominique Veneruz	15	F	Thunder Bay	ON	3	16:21	1:52	2:06	1	51:36	16.9	1:10	1	24:07	8:03	1:35:17
2	132	Jane Finn	15	F	Savage	MN	1	12:28	1:25	2:00	3	53:20	16.3	1:20	2	28:18	9:26	1:37:24
3	566	Maria Wikstrom	17	F	Long Lake	MN	2	13:04	1:30	2:48	2	52:52	16.5	1:07	3	30:27	10:09	1:40:15
4	543	Allison Vos	19	F	Golden Valley	MN	4	19:55	2:16	4:27	4	1:29:03	9.8	1:24	4	40:19	13:27	2:35:05

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	121	Valerie Engler	24	F	Maple Grove	MN	1	10:59	1:15	2:07	1	52:12	16.7	1:00	1	25:16	8:26	1:31:33
2	60	Christa Buhl	23	F	Bloomington	MN	2	13:00	1:29	2:45	2	55:36	15.6	0:55	2	28:34	9:32	1:40:49
3	371	Jenny Norcutt	24	F	Chanhassen	MN	3	16:24	1:52	2:55	3	58:44	14.8	1:39	4	30:28	10:10	1:50:07
4	545	Stephanie Vos	22	F	Golden Valley	MN	4	18:13	2:05	4:07	4	1:04:48	13.4	0:56	5	30:34	10:12	1:58:35
5	575	Stephanie Windfeldt	24	F	Eden Prairie	MN	5	19:53	2:16	3:08	5	1:05:05	13.4	1:39	3	29:45	9:55	1:59:28

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	487	Lindsey St. Martin	25	F	Lilydale	MN	1	11:01	1:16	1:54	1	42:36	20.4	0:53	8	23:56	7:59	1:20:17
2	49	Lisa Bollinger	29	F	Sartell	MN	4	14:37	1:40	2:07	2	45:18	19.2	0:54	2	22:42	7:34	1:25:34
3	38	Erika Bjorklund	25	F	St. Louis Park	MN	2	11:30	1:19	1:50	4	47:38	18.3	0:51	7	23:50	7:57	1:25:36
4	569	Erin Williams	25	F	Shorewood	MN	9	16:20	1:52	1:37	3	47:34	18.3	0:42	1	19:38	6:33	1:25:48
5	215	Rachel Horstmann	29	F	Eden Prairie	MN	3	13:19	1:31	2:05	7	48:42	17.9	0:49	4	23:12	7:44	1:28:04
6	559	Beth Wehrman	29	F	Maple Grove	MN	5	14:39	1:40	3:02	6	48:36	17.9	1:49	6	23:30	7:50	1:31:34
7	124	Christy Erickson	29	F	Plymouth	MN	6	14:43	1:41	3:01	5	48:36	17.9	1:48	13	28:06	9:22	1:36:10
8	422	Christine Quandt	28	F	Excelsior	MN	10	16:23	1:52	2:23	13	53:29	16.3	0:56	9	24:24	8:08	1:37:33
9	367	Katie Nelson	28	F	Minneapolis	MN	12	16:48	1:55	2:34	8	50:32	17.2	1:18	11	26:28	8:50	1:37:36
10	192	Megan Hallenberg	27	F	Eden Prairie	MN	14	18:41	2:08	2:53	9	51:22	16.9	1:28	10	25:16	8:26	1:39:37
11	239	Katie Johnson	25	F	Minneapolis	MN	8	15:35	1:47	4:29	10	52:01	16.7	1:47	14	28:23	9:28	1:42:12
12	398	Janelle Pentz	29	F	Rogers	MN	20	19:51	2:16	1:49	17	56:40	15.4	1:09	3	22:53	7:38	1:42:19
13	584	Molly Zauhar	28	F	New Hope	MN	7	15:28	1:46	2:58	11	52:09	16.7	2:02	19	31:44	10:35	1:44:18
14	250	Holly Kapla	29	F	Shakopee	MN	24	23:45	2:42	3:24	12	52:41	16.5	1:14	5	23:17	7:46	1:44:19
15	309	Blair Magnuson	27	F	Minnetonka	MN	13	17:09	1:57	2:59	14	55:09	15.8	0:48	16	29:26	9:49	1:45:27
16	166	Andrea Geraets	28	F	St. Louis Park	MN	17	19:10	2:11	3:55	15	55:22	15.7	1:21	12	27:33	9:11	1:47:19
17	395	Emily Pearl	29	F	Robbinsdale	MN	23	22:29	2:34	2:25	16	55:47	15.6	1:19	15	28:58	9:40	1:50:56
18	172	Priscilla Golden	28	F	Eden Prairie	MN	18	19:22	2:12	3:05	21	1:03:00	13.8	1:01	18	31:37	10:33	1:58:02
19	48	Kelly Bollinger	26	F	Edina	MN	16	18:59	2:10	2:17	18	57:36	15.1	1:43	24	37:50	12:37	1:58:22
20	499	Lindsey Streefeld	26	F	Richfield	MN	11	16:45	1:55	3:26	23	1:04:51	13.4	0:48	20	33:20	11:07	1:59:07
21	310	Kristin Mahon	29	F	Eden Prairie	MN	22	21:48	2:29	3:07	20	59:42	14.6	1:01	22	35:08	11:43	2:00:44
22	22	Maren Badger	29	F	Shoreview	MN	19	19:30	2:13	3:14	19	58:09	15.0	1:44	25	38:15	12:45	2:00:49
23	353	Shelby Molina	29	F	Minneapolis	MN	15	18:49	2:09	4:37	24	1:07:51	12.8	2:12	21	34:35	11:32	2:08:03
24	93	Cortne Dahms	26	F	New Hope	MN	21	20:19	2:19	5:41	25	1:14:45	11.6	1:20	17	31:29	10:30	2:13:32
25	190	Kristin Hackman	26	F	Apple Valley	MN	25	31:28	3:35	7:28	22	1:03:47	13.6	1:44	23	36:25	12:09	2:20:49

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	518	April Thomes	33	F	Victoria	MN	4	14:33	1:40	1:25	2	41:54	20.8	1:08	2	21:04	7:02	1:20:02
2	231	Jen Jensen	34	F	Victoria	MN	15	16:11	1:51	1:23	1	40:59	21.2	0:57	1	20:57	6:59	1:20:25
3	462	Leslie Schwanbeck	33	F	Minneapolis	MN	2	13:42	1:34	1:38	5	47:23	18.4	0:42	4	22:40	7:34	1:26:02
4	109	Danielle Drevlow	32	F	Golden Valley	MN	6	14:38	1:40	2:40	3	44:51	19.4	1:14	5	22:42	7:34	1:26:02
5	298	Charis Linebaugh	34	F	New Hope	MN	17	16:22	1:52	2:15	4	46:00	18.9	1:04	12	25:41	8:34	1:31:19
6	97	Nicole Daniels	31	F	Minneapolis	MN	5	14:36	1:40	1:57	7	49:39	17.5	1:17	7	24:20	8:07	1:31:46
7	76	Sarah Chillo	30	F	Minneapolis	MN	8	15:25	1:45	2:07	6	48:27	18.0	1:19	11	25:27	8:29	1:32:41

8	159	Anne Garlock	34	F	Mound	MN	21	17:20	1:59	1:41	10	50:45	17.1	1:19	3	22:34	7:32	1:33:37
9	541	Angie Volk	34	F	Rogers	MN	19	16:50	1:55	2:09	8	49:59	17.4	1:33	8	24:28	8:10	1:34:56
10	573	Rebecca Wilson	30	F	Prior Lake	MN	1	11:45	2:17	2:17	13	52:22	16.6	1:02	17	27:35	9:12	1:34:58
11	195	Katie Hard	34	F	Mankato	MN	20	16:58	1:56	3:20	12	51:18	17.0	1:46	9	25:18	8:26	1:38:36
12	226	Michelle Jacklitch	34	F	Plymouth	MN	11	15:42	1:47	3:13	11	51:15	17.0	1:10	19	27:59	9:20	1:39:16
13	84	Clare Cole	31	F	Minneapolis	MN	16	16:20	1:52	4:40	15	54:19	16.0	2:03	6	22:48	7:36	1:40:07
14	230	Molly Jeanran	30	F	Minneapolis	MN	7	14:48	1:41	2:32	9	50:31	17.2	1:30	27	31:13	10:25	1:40:32
15	139	Sara Frandrup	33	F	Minneapolis	MN	18	16:40	1:54	1:30	17	54:32	16.0	1:04	15	26:57	8:59	1:40:41
16	359	Anne-Alise Muir	33	F	Owatonna	MN	10	15:40	1:47	3:14	20	55:29	15.7	1:48	10	25:25	8:29	1:41:33
17	279	Beth Kreitzer	31	F	Minneapolis	MN	3	14:20	1:38	1:34	18	54:36	15.9	1:03	24	30:48	10:16	1:42:18
18	295	Kristin Lindquist	33	F	Plymouth	MN	14	16:08	1:50	2:00	19	54:41	15.9	0:51	21	28:50	9:37	1:42:28
19	488	Alia Stadlander	34	F	Minneapolis	MN	12	15:53	1:49	2:18	26	1:00:14	14.4	0:39	16	27:33	9:11	1:46:35
20	158	Alyson Gamble	31	F	St. Paul	MN	28	21:47	2:29	3:19	14	53:07	16.4	1:18	18	27:37	9:13	1:47:06
21	382	Breah Ostendorf	31	F	Plymouth	MN	26	20:39	2:21	2:29	23	56:55	15.3	1:31	13	26:36	8:52	1:48:06
22	152	Kate Fullmer	31	F	Apple Valley	MN	9	15:37	1:47	3:04	28	1:03:11	13.8	2:18	14	26:53	8:58	1:51:01
23	217	Leeann Hubbard	30	F	Minneapolis	MN	24	20:04	2:17	2:42	16	54:31	16.0	1:44	29	32:08	10:43	1:51:07
24	18	Angela Aune	30	F	Minneapolis	MN	29	23:51	2:43	2:15	22	56:29	15.4	0:54	22	29:31	9:51	1:52:58
25	540	Cherolynn Vila	31	F	Minneapolis	MN	13	15:59	1:49	4:04	27	1:01:42	14.1	1:37	23	30:18	10:06	1:53:36
26	330	Kate McGrath	33	F	St. Mary's Point	MN	30	24:24	2:47	4:00	21	55:47	15.6	1:07	20	28:25	9:29	1:53:39
27	443	Julie Roux	30	F	New Hope	MN	31	25:19	2:53	2:53	24	57:10	15.2	1:39	25	31:07	10:23	1:58:05
28	464	Trisha Selden	31	F	Centerville	MN	25	20:33	2:21	2:59	30	1:03:16	13.8	2:35	26	31:08	10:23	2:00:28
29	314	Tasha Mann	30	F	Shorewood	MN	29	1:03:16	13.8	2:33	31	1:06:08	13.2	2:03	28	31:48	10:36	2:08:03
30	312	Heather Manley	32	F	Hopkins	MN	27	21:38	2:28	6:29	31	1:06:08	13.2	2:03	28	31:48	10:36	2:08:03
31	3	Deborah Ackerman	31	F	Vadnais Heights	MN	23	19:15	2:12	3:28	25	57:38	15.1	1:58	33	47:13	15:45	2:09:29
32	311	Lindsey Manhart	32	F	Maple Grove	MN	22	18:53	2:09	4:28	32	1:07:46	12.8	2:33	32	42:15	14:05	2:15:53
33	127	Ella Eydel	33	F	Minnnetonka	MN	32	44:02	5:01	5:00	33	1:20:38	10.8	1:13	30	36:57	12:19	2:47:47

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	357	Angie Mracek	39	F	Rosemount	MN	3	12:48	1:28	1:39	1	43:06	20.2	0:54	4	22:33	7:31	1:20:57
2	389	Tracy Paradise	36	F	Excelsior	MN	7	14:57	1:42	1:44	3	45:02	19.3	0:51	3	20:26	6:49	1:22:58
3	572	Jessica Wilson	39	F	Shorewood	MN	13	16:04	1:50	2:14	2	44:30	19.6	1:50	1	19:34	6:32	1:24:09
4	104	Tesha Distad	35	F	Minneapolis	MN	21	17:10	1:58	1:19	5	45:17	19.2	0:53	2	20:24	6:48	1:25:00
5	173	Tracy Good	39	F	Victoria	MN	10	15:48	1:48	1:52	4	45:07	19.3	1:03	9	24:02	8:01	1:27:49
6	86	Jessica Constant	38	F	Champlin	MN	19	16:54	1:56	1:55	9	47:27	18.3	0:52	6	23:22	7:48	1:30:28
7	6	Julie Amack	35	F	Chanhassen	MN	23	17:33	2:00	1:58	7	46:44	18.6	1:33	7	23:43	7:55	1:31:28
8	35	Heather Bergeson	37	F	Edina	MN	12	15:54	1:49									1:33:40
9	445	Dana Rutt	38	F	Minneapolis	MN	26	18:36	2:07	1:27	8	47:06	18.5	0:58	15	25:50	8:37	1:33:54
10	165	Lori Gengler	38	F	Victoria	MN	28	18:48	2:09	2:22	13	48:27	18.0	1:14	5	23:20	7:47	1:34:08
11	373	Cheryl O'Connell	39	F	Eden Prairie	MN	11	15:52	1:49	2:29	11	48:20	18.0	1:19	20	26:28	8:50	1:34:25
12	10	Eleni Anderson	36	F	Eden Prairie	MN	16	16:24	1:52	2:29	6	46:29	18.7	1:31	27	27:54	9:18	1:34:44
13	479	Sally Smith	37	F	Corcoran	MN	15	16:14	1:51	2:19	15	50:16	17.3	1:16	12	25:08	8:23	1:35:11
14	495	Amy Stern	36	F	Eden Prairie	MN	14	16:13	1:51	2:16	10	47:52	18.2	1:18	25	27:38	9:13	1:35:15
15	77	Robin Chose	35	F	Eden Prairie	MN	18	16:51	1:55	2:05	12	48:27	18.0	1:47	19	26:17	8:46	1:35:24
16	181	Kim Grant	38	F	Eden Prairie	MN	5	13:55	1:35	3:38	19	51:00	17.1	1:10	17	26:11	8:44	1:35:51
17	534	Christina Vandell	35	F	Shoreview	MN	1	12:14	1:24	2:18	21	51:49	16.8	1:03	30	28:43	9:35	1:36:03
18	228	Rea James	39	F	Long Lake	MN	2	12:42	1:27	2:06	25	53:54	16.1	1:49	16	26:03	8:41	1:36:31
19	206	Leah Hendrikson	39	F	Edina	MN	24	18:25	2:06	3:04	20	51:05	17.0	1:05	8	23:51	7:57	1:37:27
20	323	Kellie McClellan	39	F	Victoria	MN	8	15:20	1:45	2:55	14	49:29	17.6	2:08	26	27:50	9:17	1:37:39
21	393	Janet Paulson	35	F	Minneapolis	MN	9	15:44	1:48	2:18	24	53:35	16.2	1:02	11	25:05	8:22	1:37:41
22	432	Nicole Roberts	35	F	Eden Prairie	MN	6	14:02	1:36	3:21	18	50:31	17.2	1:39	32	29:34	9:52	1:39:04
23	16	Wendy Asplund	38	F	Excelsior	MN	4	13:39	1:33	3:07	28	55:27	15.7	1:04	28	28:04	9:22	1:41:17
24	486	Keri Sprau	37	F	Minnnetonka	MN	25	18:34	2:07	3:16	27	54:42	15.9	1:26	21	26:28	8:50	1:44:23
25	509	Jennifer Szabo	37	F	Plymouth	MN	27	18:42	2:08	4:09	30	56:00	15.5	1:03	13	25:15	8:25	1:45:06
26	424	Rachel Rahn	36	F	Edina	MN	38	21:26	2:27	3:39	23	53:07	16.4	0:51	18	26:16	8:46	1:45:17
27	186	Junelle Grindberg	37	F	Victoria	MN	44	24:51	2:50	2:29	16	50:23	17.3	1:26	22	26:45	8:55	1:45:52
28	187	Sarah Grobel	39	F	Victoria	MN	20	17:05	1:57	2:20	17	50:31	17.2	1:36	42	34:44	11:35	1:46:12
29	175	Jennifer Gorder	37	F	Bloomington	MN	34	20:18	2:19	3:36	22	52:53	16.5	1:09	34	29:55	9:59	1:47:50
30	43	Christine Boberg	37	F	Chanhassen	MN	22	17:13	1:58	5:51	39	59:30	14.6	1:21	14	25:35	8:32	1:49:28
31	155	Deb Gagnon	39	F	Champlin	MN	42	24:36	2:48	2:40	29	55:50	15.6	2:03	29	28:35	9:32	1:53:41
32	288	Lynn Leibfried	37	F	Plymouth	MN	40	21:48	2:29	3:32	33	57:57	15.0	1:09	31	29:25	9:49	1:53:48
33	78	Sara Chovan	36	F	Minnnetonka	MN	32	19:49	2:16	3:51	34	58:25	14.9	1:27	38	31:34	10:32	1:55:04
34	34	Assumpta Bennaars-Eiden	35	F	Coon Rapids,	MN	17	16:34	1:53	7:02	37	59:16	14.7	2:21	33	29:55	9:59	1:55:05
35	33	Antoinette Bennaars	38	F	St. Paul	MN	31	19:25	2:13	4:08	38	59:16	14.7	2:21	35	29:57	9:59	1:55:05
36	586	Stephanie Zschockke	38	F	Maple Grove	MN	30	19:12	2:11	4:30	32	57:54	15.0	1:58	39	31:49	10:37	1:55:21
37	358	Jenny Mrozek	37	F	Paynesville	MN	36	21:06	2:24	2:41	31	57:00	15.3	1:31	44	36:10	12:04	1:58:26
38	277	Rachel Kozar	37	F	Minnnetonka	MN	39	21:35	2:28	4:01	36	58:55	14.8	3:13	37	30:55	10:19	1:58:36
39	53	Ann Bradsher	35	F	Eden Prairie	MN	41	22:35	2:34	5:01	43	1:04:14	13.5	2:02	10	24:57	8:19	1:58:47
40	72	Karin Cartwright	39	F	Saint Francis	MN	45	30:59	3:32	2:41	26	54:01	16.1	1:07	36	30:51	10:17	1:59:37
41	136	Melanie Fogarty	38	F	Belle Plaine	MN	33	19:58	2:17	3:28	40	1:02:19	14.0	0:50	40	33:30	11:10	2:00:02
42	320	Lela Mathison	36	F	Minneapolis	MN	37	21:21	2:26	5:10	35	58:40	14.8	2:27	43	35:43	11:55	2:03:17
43	326	Kelly McCoy	37	F	Edina	MN	29	18:54	2:09	10:13	42	1:04:06	13.6	2:54	23	27:20	9:07	2:03:24
44	336	Sara McLenighan	38	F	Edina	MN	43	24:48	2:50	4:27	41	1:03:59	13.6	2:46	24	27:27	9:09	2:03:25
45	243	Lisa Jordan	38	F	Burnsville	MN	35	20:54	2:23	3:08	44	1:06:54	13.0	1:15	41	34:07	11:23	2:06:15

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	476	Caroline Skaar-Page	43	F	Eden Prairie	MN	8	15:17	1:45	2:02	1	41:25	21.0					1:23:34
2	469	Jacqueline Shupe	42	F	Savage	MN	17	16:41	1:54	1:36	2	42:40	20.4	1:16	1	22:16	7:26	1:24:28
3	66	Patty Campbell	41	F	Plymouth	M												

22	477	Amy Smith	41 F	Excelsior	MN	23	17:57	2:03	2:25	24	54:46	15.9	1:35	23	28:20	9:27	1:45:02
23	505	Valerie Svenningsen	40 F	Apple Valley	MN	24	18:12	2:05	2:30	33	1:01:03	14.3	0:53	3	23:01	7:41	1:45:36
24	106	Kelly Dougherty	42 F	Farmington	MN	19	16:51	1:55	3:12	22	53:18	16.3	1:19	28	32:09	10:43	1:46:47
25	224	Christina Jabs	44 F	Shorewood	MN	33	25:05	2:51	1:32	16	51:15	17.0	2:08	22	27:18	9:06	1:47:16
26	410	Talia Pierce	41 F	Excelsior	MN	32	23:27	2:40	2:25	27	56:13	15.5	1:25	8	24:02	8:01	1:47:29
27	134	Kristen Fisher	41 F	Excelsior	MN	18	16:47	1:55	3:11	31	1:00:06	14.5	1:05	27	29:55	9:59	1:51:03
28	160	Rhonda Garvis	43 F	Plymouth	MN	34	26:06	2:58	4:16	21	52:46	16.5	1:25	20	26:46	8:56	1:51:18
29	221	Audrey Hutchinson	42 F	Forest Lake	MN	10	15:21	1:45	3:27	29	56:33	15.4	1:37	33	34:43	11:35	1:51:37
30	503	Heidi Svendsen	44 F	Maple Grove	MN	5	14:04	1:36	2:28	30	59:54	14.5	1:48	34	36:17	12:06	1:54:29
31	437	Heidi Rosati	44 F	Loretto	MN	29	20:10	2:18	4:03	28	56:28	15.4	2:24	29	32:55	10:59	1:55:58
32	335	Bridget McLaughlin	40 F	Andover	MN	22	17:25	1:59	2:22	34	1:01:54	14.1	1:30	32	34:37	11:33	1:57:47
33	258	Nicole Kerin	40 F	Eden Prairie	MN	27	19:11	2:11	4:10	32	1:00:35	14.4	1:32	31	32:59	11:00	1:58:24
34	89	B Alexis Cress	40 F	Bloomington	MN	35	29:42	3:23	3:53	25	55:28	15.7	2:14	26	29:27	9:49	2:00:43
35	87	Dina Conzemius	40 F	Mn	MN	31	20:43	2:22	4:05	35	1:03:39	13.7	1:36	30	32:58	11:00	2:02:59

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	268	Amy Klosterman	48 F		White Bear Lake	MN	2	12:14	1:24	1:24	3	45:08	19.3	0:31	1	23:01	7:41	1:22:16
2	370	Kathy Newcomb	45 F		Woodbury	MN	5	13:43	1:34	1:38	1	43:47	19.9	1:13	6	24:42	8:14	1:25:00
3	291	Henriette Lemke	47 F		Prior Lake	MN	6	14:38	1:40	2:02	6	47:08	18.5	0:52	2	23:03	7:41	1:27:42
4	117	Karen Eklin	46 F		Plymouth	MN	8	15:08	1:44	1:48	5	47:00	18.5	1:09	3	23:12	7:44	1:28:15
5	170	Lisa Goepfert	47 F		Blaine	MN	9	15:56	1:49	1:20	4	46:56	18.5	0:53	4	23:38	7:53	1:28:41
6	399	Mary Perlich	48 F		Minnetonka	MN	14	17:03	1:57	2:23	2	44:01	19.8	1:02	11	26:30	8:50	1:30:58
7	463	Barbara Scouler	47 F		Excelsior	MN	1	11:31	1:19	2:01	9	50:16	17.3	1:17	16	28:54	9:38	1:33:56
8	107	Sara Dougherty	47 F		Cloquet	MN	10	16:14	1:51	1:56	10	51:03	17.0	1:25	5	24:38	8:13	1:35:13
9	402	Carol Peterson	45 F		Minneapolis	MN	7	14:58	1:43	2:09	11	51:55	16.8	1:06	10	26:04	8:42	1:36:09
10	433	Debra Rodgers	45 F		Excelsior	MN	12	16:30	1:53	2:54	8	49:17	17.7	2:03	8	25:40	8:34	1:36:22
11	405	Sarah Peterson	47 F		Chanhassen	MN	3	13:18	1:31	3:21	13	53:35	16.2	1:22	9	25:48	8:36	1:37:22
12	485	Julie Sprau	48 F		Chanhassen	MN	16	22:14	2:32	2:41	7	48:23	18.0	0:49	12	26:58	9:00	1:41:02
13	375	Tammy Offerman	45 F		Plymouth	MN	11	16:25	1:52	2:18	12	52:23	16.6	1:24	15	28:46	9:36	1:41:14
14	189	Leslie Hacking	48 F		Golden Valley	MN	4	13:42	1:34	2:41	17	54:50	15.9	1:17	17	31:46	10:36	1:44:15
15	498	Joan Stone	45 F		Greenwood	MN	15	21:34	2:27	3:03	15	54:43	15.9	1:48	7	25:39	8:33	1:46:45
16	392	Michelle Paule	46 F		Edina	MN	13	16:49	1:55	2:43	19	56:57	15.3	1:31	19	33:05	11:02	1:51:03
17	319	Diana Massey	49 F		Edina	MN	18	24:26	2:47	3:06	18	55:42	15.6	2:09	13	27:56	9:19	1:53:17
18	459	Tondi Schoepp	47 F		Chanhassen,	MN	19	24:28	2:47	4:02	16	54:47	15.9	1:59	14	28:27	9:29	1:53:42
19	349	Martha Mockus	46 F		Saint Paul	MN	17	24:01	2:44	4:16	14	54:10	16.1	2:22	18	32:30	10:50	1:57:17

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	512	Robin Tedlund	51 F		Duluth	MN	5	16:26	1:52	1:47	1	42:34	20.4	0:44	1	21:22	7:08	1:22:52
2	188	Helen Gunther	53 F		Excelsior	MN	3	15:25	1:46	2:12	5	46:33	18.7	0:58	3	24:05	8:02	1:29:11
3	404	Julie Peterson	54 F		Cambridge	MN	2	15:10	1:44	2:17	2	45:40	19.1	1:42	4	24:30	8:10	1:29:16
4	374	Kristi O'Kane	52 F		St. Paul	MN	4	16:24	1:52	2:00	4	46:17	18.8	0:59	5	24:40	8:14	1:30:18
5	483	Peggy Sorensen	53 F		Chaska	MN	1	14:33	1:40	2:36	3	46:16	18.8	0:58	7	26:22	8:48	1:30:44
6	317	Carol Marston	50 F		Mankato	MN	6	17:11	1:58	2:02	6	47:15	18.4	1:07	2	23:20	7:47	1:30:52
7	68	Kathryn Carlson	51 F		Waite Park	MN	10	19:17	2:12	2:31	7	47:27	18.3	1:02	6	26:13	8:45	1:36:28
8	123	Carol Erickson	51 F		Chanhassen	MN	9	18:47	2:09	2:24	8	48:16	18.0	1:09	8	27:10	9:04	1:37:43
9	183	Jane Greenberg	52 F		Mpls	MN	7	17:27	1:59	2:29	9	53:10	16.4	1:39	9	29:43	9:55	1:44:27
10	408	Janene Phillips	50 F		Eden Prairie	MN	8	18:11	2:04	3:06	11	1:04:34	13.5	1:19	10	37:08	12:23	2:04:16
11	211	Kim Hoop	52 F		Chanhassen	MN	11	25:32	2:55	3:52	10	59:57	14.5	2:40	11	38:53	12:58	2:10:50

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	88	Julie Courtney	58 F		Excelsior	MN	1	19:51	2:16	4:19	1	54:18	16.0	2:57	1	32:24	10:48	1:53:47
2	576	Vicki Windfeldt	57 F		Eden Prairie	MN	2	24:17	2:46	5:16	2	1:08:55	12.6	1:02	2	41:52	13:58	2:21:20

FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	579	Jean Wood	60 F		Excelsior	MN	1	21:26	2:27	3:03	1	56:53	15.3	1:49	2	40:13	13:25	2:03:22
2	473	Mary Beth Simpson	61 F		Chanhassen	MN	2	23:05	2:38	4:41	2	1:03:34	13.7	1:27	1	32:50	10:57	2:05:35

FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 70 - 98

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

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	269	Anton Knack	17 M		Prior Lake	MN	1	9:41	1:07	1:14	2	42:34	20.4	0:57	1	19:37	6:33	1:14:01
2	199	Tyler Hecht	17 M		Somerset	WI	2	13:18	1:31	1:44	1	41:32	20.9	0:54	2	21:11	7:04	1:18:37
3	522	Justin Thunstrom	15 M		Plymouth	MN	3	16:27	1:53	1:48	3	50:09	17.3	1:10	3	27:20	9:07	1:36:52

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	458	Tyler Schmidt	24 M		Hopkins	MN	1	10:37	1:13	2:03	1	41:44	20.8	0:34	2	21:22	7:08	1:16:18
2	235	Brent Johnson	21 M		Arden Hills	MN	2	11:24	1:18	1:55	2	49:21	17.6	0:56	1	19:47	6:36	1:23:21
3	297	Marc Lindstrom	24 M		Excelsior	MN	3	24:33	2:48	3:00	3	53:36	16.2	1:03	3	24:59	8:20	1:47:09

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	386	Nicholas Oswald	26 M		Plymouth	MN	3	12:32	1:26	1:32	2	40:11	21.7	0:36	2	18:20	6:07	1:13:11
2	400	Ryan Pertile	28 M		Maple Grove	MN	4	12:43	1:27	1:01	1	39:17	22.1	0:45	4	19:53	6:38	1:13:36
3	281	Mike Ladendorff	28 M		Apple Valley	MN	12	15:04	1:43	1:12	3	40:21	21.6	0:37	1	17:06	5:42	1:14:17
4	182	Nick Greb	28 M		Windsor Heights	IA	2	11:18	1:18	1:20	5	41:40	20.9	0:45	5	19:54	6:38	1:14:54
5	492	Tim Staloch	29 M		Minneapolis	MN	5	13:13	1:30	1:42	4	40:53	21.3	1:02	3	19:14	6:25	1:16:02
6	580	Zachary Wood	25 M		Hopkins	MN	1	9:30	1:05	1:34	7	44:22	19.6	0:43	6	20:40	6:54	1:16:47
7	120	Aaron Engler	28 M		Maple Grove	MN	8	13:52	1:35	1:31	6	42:33	20.4	1:24	14	23:30	7:50	1:22:48
8	296	Craig Lindsay	25 M		Minneapolis	MN	6	13:28	1:32	1:32	10	45:52	19.0	1:25	10	22:15	7:25	1:24:31
9	547	Ryan Wakeham	29 M		Minneapolis	MN	10	14:46	1:41	1:21	11	46:00	18.9	0:56	11	22:26	7:29	1:25:25
10	542	Peter Von Arx	26 M		Minnetonka	MN	7	13:45	1:34	1:50	13	48:00	18.1	0:55	8	2		

11	265	Nicholas Kish	25	M	Edina	MN	9	14:44	1:41	1:44	14	48:15	18.0	1:01	9	22:05	7:22	1:27:47
12	348	Erik Mjanger	27	M	St. Paul	MN	15	17:47	2:02	1:06	9	45:51	19.0	0:51	13	22:53	7:38	1:28:26
13	267	Matthew Kley	28	M	Minneapolis	MN	11	14:59	1:43	2:10	12	47:47	18.2	1:05	12	22:34	7:32	1:28:33
14	47	Greg Bollinger	26	M	Edina	MN	17	17:51	2:02	1:29	8	45:37	19.1	0:57	16	25:24	8:28	1:31:16
15	427	Aaron Richins	28	M	Golden Valley	MN	13	15:06	1:43	1:18	15	50:33	17.2	1:06	15	25:19	8:27	1:33:19
16	381	Nathaniel Orpen	28	M	St. Paul	MN	16	17:49	2:02	4:53	16	52:08	16.7	1:38	7	20:58	7:00	1:37:24
17	156	Michael Gale	27	M	New Hope	MN	14	17:31	2:00	3:34	18	1:00:07	14.5	3:49	18	33:23	11:08	1:58:22
18	25	Darshan Baldev	29	M	Minneapolis	MN	18	28:28	3:14	4:34	17	59:04	14.7	1:09	17	25:56	8:39	1:59:09

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	538	Nate Vick	32	M	Deephaven	MN	2	11:14	1:17	1:20	1	38:35	22.5	0:51	12	21:12	7:04	1:13:08
2	384	Christopher Oswald	30	M	Rochester	MN	3	11:17	1:17	1:46	5	42:06	20.7	0:53	3	19:06	6:22	1:15:06
3	557	Graeme Webster	33	M	Minneapolis	MN	12	14:04	1:36	1:34	4	40:51	21.3	0:44	2	19:05	6:22	1:16:17
4	511	Mitchel Talbot	31	M	St. Louis Park	MN	14	15:01	1:43	1:34	2	39:49	21.9	0:56	11	20:59	7:00	1:18:17
5	448	Joe Rydel	32	M	Shakopee	MN	17	15:37	1:47	1:24	3	40:27	21.5	0:39	7	20:36	6:52	1:18:40
6	248	Nicholas Kanavati	30	M	Fridley	MN	5	12:00	1:22	2:34	12	43:49	19.9	1:37	4	19:16	6:26	1:19:13
7	204	Michael Hendrickson	31	M	Duluth	MN	9	13:36	1:33	1:49	7	42:15	20.6	0:45	9	20:57	6:59	1:19:21
8	489	William Stadtklander	33	M	Minneapolis	MN	4	11:20	1:18	2:01	16	45:00	19.3	0:51	6	20:20	6:47	1:19:29
9	414	Stan Pohmer	31	M	St. Louis Park	MN	8	13:35	1:33	1:56	11	43:27	20.0	0:54	5	20:03	6:41	1:19:53
10	506	Michael Svensk	30	M	Blaine	MN	20	17:50	2:02	1:03	6	42:11	20.6	0:53	1	19:03	6:21	1:20:57
11	466	James Sheldon	32	M	Minnetonka	MN	10	13:48	1:35	1:22	14	44:26	19.6	0:43	10	20:57	6:59	1:21:14
12	493	Jon Steckler	34	M	Minneapolis	MN	6	13:22	1:32	1:18	13	44:08	19.7	1:10	17	22:24	7:28	1:22:19
13	263	Kyle King	34	M	Chaska	MN	15	15:27	1:46	1:43	10	43:06	20.2	1:01	14	21:23	7:08	1:22:38
14	439	Michael Rosow	34	M	Minneapolis	MN	18	15:51	1:48	1:30	9	42:56	20.3	0:57	15	21:55	7:19	1:23:06
15	73	Michael Cervenka	31	M	Minneapolis	MN	1	10:57	1:15	2:13	18	47:25	18.3	1:13	16	22:16	7:26	1:24:03
16	140	Chad Frandson	33	M	Burnsville	MN	16	15:34	1:47	1:55	8	42:52	20.3	0:56	19	23:51	7:57	1:25:05
17	554	Greg Weaver	34	M	Eden Prairie	MN	11	14:01	1:36	2:40	19	47:38	18.3	1:11	8	20:37	6:53	1:26:05
18	425	Tom Rauk	32	M	Minnetonka	MN	19	16:52	1:55	3:03	17	46:52	18.6	0:44	13	21:22	7:08	1:28:49
19	347	Michael Minick	34	M	Crystal	MN	13	14:29	1:39	2:38	20	48:50	17.8	0:49	18	23:13	7:45	1:29:57
20	328	Tom McDaniel	34	M	Eden Prairie	MN	22	19:04	2:10	2:49	21	48:51	17.8	1:15	20	25:11	8:24	1:37:08
21	213	Jim Horan	30	M	Minneapolis	MN	7	13:25	1:32	3:31	22	51:19	17.0	1:04	25	30:43	10:15	1:39:59
22	360	Seth Muir	33	M	Owatonna	MN	23	19:35	2:14	3:27	23	51:39	16.8	1:32	21	25:25	8:29	1:41:35
23	457	Tom Schmidt	34	M	Bloomington	MN	21	18:32	2:07	3:31	24	52:07	16.7	0:53	23	27:26	9:09	1:42:27
24	278	Kaleb Krause	30	M	Minneapolis	MN	24	21:15	2:25	1:41	15	44:56	19.4	2:08	26	35:08	11:43	1:45:05
25	7	Rhett Ambrose	33	M	Hopkins	MN	26	22:45	2:36	3:04	25	54:53	15.9	0:29	22	26:26	8:49	1:47:34
26	131	Josh Fields	31	M	Shoreview	MN	25	22:23	2:33	3:23	26	1:04:08	13.6	1:10	24	30:10	10:04	2:01:11

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	57	Robert Brown	35	M	Hopkins	MN	3	11:57	1:22	1:10	2	39:17	22.1	0:52	1	18:38	6:13	1:11:52
2	494	Don Steenson	39	M	Minneapolis, Mn	MN	1	10:18	1:11	1:22	6	40:09	21.7	1:00	3	19:11	6:24	1:11:57
3	307	David Lundy	35	M	St. Paul	MN	11	13:37	1:33	1:25	1	38:56	22.3	0:47	2	19:01	6:21	1:13:43
4	571	Aaron Wilson	36	M	Eden Prairie	MN	5	12:23	1:25	1:07	5	40:04	21.7	0:40	6	19:56	6:39	1:14:06
5	354	Paul Mollett	39	M	Chaska	MN	2	11:02	1:16	1:12	4	39:40	21.9	0:57	16	21:45	7:15	1:14:33
6	208	Michael Hines	36	M	Chanhassen	MN	6	12:42	1:27	1:20	3	39:36	22.0	0:53	15	21:39	7:13	1:16:08
7	19	Derrick S Avelar	37	M	Minnetrستا	MN	10	13:36	1:33	1:18	10	41:21	21.0	1:00	9	20:47	6:56	1:18:00
8	185	Guy Grindberg	38	M	Victoria	MN	19	15:09	1:44	1:33	7	40:35	21.4	0:55	13	21:21	7:07	1:19:30
9	300	David Liske	38	M	Saint Louis Park	MN	18	15:01	1:43	1:40	9	41:17	21.1	0:52	10	20:49	6:57	1:19:36
10	519	Chris Thomes	35	M	Victoria	MN	24	15:33	1:46	1:52	11	41:45	20.8	0:53	5	19:56	6:39	1:19:56
11	205	Erik Hendrikson	38	M	Edina	MN	23	15:30	1:46	1:17	8	40:44	21.4	0:53	17	22:09	7:23	1:20:30
12	32	Kevin Bengtson	38	M	Minneapolis	MN	4	12:20	1:25	1:23	14	42:53	20.3	1:16	20	23:06	7:42	1:20:55
13	198	Chris Hawes	36	M	Saint Paul	MN	7	13:27	1:32	1:51	12	41:58	20.7	1:28	22	23:20	7:47	1:22:01
14	517	Shawn Thomas	37	M	Eden Prairie	MN	16	14:36	1:40	2:03	19	45:20	19.2	0:45	4	19:37	6:33	1:22:18
15	223	Michael Iwan	39	M	Golden Valley	MN	35	19:18	2:12	1:50	13	42:20	20.6	0:42	8	20:36	6:52	1:24:44
16	484	Tom Sorenson	37	M	Shakopee	MN	12	13:51	1:35	2:01	24	46:42	18.6	1:00	14	21:38	7:13	1:25:10
17	237	Jake Johnson	35	M	Medina	MN	33	18:38	2:07	2:08	16	43:43	19.9	1:07	12	21:01	7:01	1:26:34
18	45	Nate Boike	37	M	St. Louis Park	MN	20	15:12	1:44	1:44	15	43:39	19.9	1:00	28	25:11	8:24	1:26:43
19	15	Greg Asplund	38	M	Excelsior	MN	15	14:34	1:40	2:02	20	45:31	19.1	1:12	23	23:40	7:54	1:26:57
20	472	Joseph Simpson	35	M	Shorewood	MN	9	13:30	1:33	2:46	31	49:58	17.4					1:28:00
21	163	James Gaul	38	M	Bloomington	MN	25	15:40	1:47	2:49	25	47:13	18.4	1:36	11	20:54	6:58	1:28:10
22	546	Matt Wagner	39	M	Excelsior	MN	22	15:29	1:46	2:45	28	49:04	17.7	0:51	17	20:09	6:43	1:28:16
23	71	Ben Carter	36	M	Eden Prairie	MN	27	16:04	1:50	2:03	22	46:31	18.7	0:54	21	23:08	7:43	1:28:38
24	179	Chris Graham	36	M	Plymouth	MN	26	15:49	1:48	1:48	21	46:19	18.8	0:54	31	25:41	8:34	1:30:28
25	340	Eric Mesenburg	37	M	Maple Grove	MN	34	18:42	2:08	2:00	18	45:15	19.2	1:09	27	24:54	8:18	1:31:57
26	9	Chad Anderson	37	M	Minnetonka	MN	21	15:26	1:46	2:37	23	46:31	18.7	1:38	32	26:08	8:43	1:32:17
27	365	Jonathan Neitzell	35	M	Victoria	MN	38	22:00	2:30	1:54	17	45:05	19.3	1:45	19	22:18	7:26	1:32:59
28	194	Jon Hard	37	M	Mankato	MN	14	14:23	1:39	3:12	26	47:42	18.2	1:40	35	27:09	9:03	1:34:03
29	416	Robert Prater	37	M	Hinckley	MN	17	14:52	1:42	2:17	36	52:34	16.6	1:00	24	23:55	7:59	1:34:35
30	362	David Murphy	36	M	Minnetonka	MN	37	20:54	2:23	1:44	33	50:47	17.1	0:51	18	22:11	7:24	1:36:24
31	196	Scott Haskins	38	M	Excelsior	MN	29	16:44	1:55	3:39	34	50:53	17.1	1:33	25	23:55	7:59	1:36:41
32	180	Andy Grant	39	M	Eden Prairie	MN	30	17:03	1:57	3:04	32	50:45	17.1	0:54	30	25:40	8:34	1:37:23
33	56	James Brown	38	M	Prior Lake	MN	28	16:05	1:50	2:43	37	52:35	16.5	0:56	33	26:11	8:44	1:38:27
34	350	Tommy Moe	35	M	Minnetrستا	MN	31	17:05	1:57	2:36	35	52:25	16.6	0:50	29	25:37	8:33	1:38:31
35	390	Milam Paraschou	36	M	Eden Prairie	MN	32	18:37	2:07	2:02	27	48:49	17.8	3:11	39	28:43	9:35	1:41:19
36	200	Tim Heelan	38	M	Chanhassen	MN	8	13:28	1:32	1:48	43	1:03:39	13.7	0:40	26	24:23	8:08	1:43:56
37	74	John Chapman	37	M	Eagan	MN	39	22:10	2:32	3:21	30	49:53	17.4	1:29	36	27:17	9:06	1:44:06
38	64	Jeff Callinan	37	M	Wayzata	MN	36	20:17	2:19	3:10	38	55:36	15.6	1:12	34	26:54	8:58	1:47:07
39	325	Mark McClure	35	M	Minneapolis	MN	41	26:42	3:03	4:28	29	49:07	17.7	1:57	37	27:24	9:08	1:49:36
40	419	Noah Pruzek	37	M	Hudson	WI	13	14:07	1:37	4:26	40	58:37	14.8					

12	527	Paul Traczyk	40 M	Shoreview	MN	12	13:46	1:34	1:26	12	41:30	21.0	0:53	13	21:49	7:17	1:19:21
13	520	Chad Thompson	40 M	Victoria	MN	21	14:26	1:39	1:59	6	39:49	21.9	1:28	32	24:08	8:03	1:21:48
14	162	Paul Gaskin	43 M	Victoria	MN	2	12:03	1:23	2:03	31	45:08	19.3	0:53	17	22:35	7:32	1:22:40
15	238	Jeff Johnson	43 M	Shakopee	MN	32	14:56	1:42	1:51	18	43:00	20.2	1:40	11	21:31	7:11	1:22:56
16	105	Chad Dohlen	42 M	St Paul	MN	45	16:13	1:51	1:45	15	42:15	20.6	1:09	15	22:22	7:28	1:23:42
17	380	Todd Opdahl	44 M	Chisago Lakes	MN	35	15:02	1:43	2:08	16	42:43	20.4	0:48	27	23:40	7:54	1:24:17
18	252	Tony Karels	40 M	Minnnetonka	MN	22	14:29	1:39	2:53	19	43:17	20.1	1:18	16	22:24	7:28	1:24:18
19	83	Bradley Close	41 M	Orono	MN	33	15:00	1:43	2:15	20	43:22	20.1	1:01	18	22:44	7:35	1:24:19
20	570	John Willoughby	42 M	Deephaven	MN	34	15:02	1:43	2:18	26	44:51	19.4	0:59	10	21:28	7:10	1:24:35
21	438	David Rosen	42 M	Lakeville	MN	25	14:34	1:40	1:55	21	43:46	19.9	0:53	26	23:37	7:53	1:24:42
22	555	Rob Webb	40 M	Edina	MN	20	14:24	1:39	1:26	23	44:12	19.7	0:52	31	23:51	7:57	1:24:42
23	272	Edward Knutson	41 M	Waconia	MN	10	13:39	1:34	2:31	25	44:33	19.5	0:51	30	23:44	7:55	1:25:15
24	299	Dave Link	43 M	Eden Prairie	MN	17	14:17	1:38	1:44	29	45:07	19.3	1:12	19	22:59	7:40	1:25:16
25	302	Mark Loken	41 M	Bloomington	MN	36	15:13	1:44	1:54	17	42:59	20.2	1:17	40	24:46	8:16	1:26:08
26	75	Mark Chapman	41 M	Victoria	MN	6	13:18	1:31	2:03	30	45:07	19.3	1:26	37	24:42	8:14	1:26:33
27	122	Jay Erb	43 M	Chanhassen	MN	13	13:51	1:35	2:46	27	44:55	19.4	0:54	35	24:28	8:10	1:26:52
28	552	James Wassenberg	41 M	Falcon Heights	MN	31	14:52	1:42	2:25	24	44:28	19.6	1:36	29	23:43	7:55	1:27:01
29	29	Dan Barness	40 M	Victoria	MN	30	14:49	1:42	2:22	10	41:07	21.2	1:44	54	27:08	9:03	1:27:08
30	28	Brian Barry	44 M	White Bear Lake	MN	5	13:17	1:31	2:00	32	45:13	19.2	1:39	44	25:16	8:26	1:27:22
31	550	Steve Wander	42 M	Minnnetonka	MN	37	15:18	1:45	2:03	22	44:02	19.8	1:21	38	24:45	8:15	1:27:25
32	343	Troy Meyer	44 M	Victoria	MN	23	14:31	1:39	2:10	37	46:20	18.8	0:48	36	24:32	8:11	1:28:18
33	508	Treg Swenson	41 M	Rogers	MN	3	12:55	1:29	2:00	36	46:09	18.9	1:18	51	26:06	8:42	1:28:25
34	368	Lawrence Nemecek	43 M	Minnetrusta	MN	38	15:23	1:45	2:46	33	45:46	19.0	1:02	24	23:34	7:52	1:28:29
35	218	John Hughes	41 M	Long Lake	MN	16	14:16	1:38	2:30	40	48:13	18.0	0:44	25	23:36	7:52	1:29:17
36	377	Bryan Olson	43 M	Victoria	MN	50	17:20	1:59	2:05	35	45:52	19.0	1:06	41	24:47	8:16	1:31:08
37	352	David Moen	40 M	Victoria	MN	28	14:44	1:41	2:28	28	45:04	19.3	1:21	56	27:34	9:12	1:31:08
38	61	Mike Burica	41 M	Plymouth	MN	15	14:00	1:36	2:48	43	49:10	17.7	1:56	22	23:32	7:51	1:31:23
39	54	Nial Bradsher	43 M	Eden Prairie	MN	8	13:31	1:33	3:13	48	49:52	17.4	0:57	39	24:45	8:15	1:32:16
40	55	Jens Breiland	40 M	Arden Hills	MN	9	13:39	1:33	2:28	39	46:35	18.7	1:11	57	28:32	9:31	1:32:21
41	144	Thomas Frerichs	42 M	Plymouth	MN	40	15:33	1:46	3:17	34	45:50	19.0	1:14	53	26:51	8:57	1:32:42
42	289	Andy Leier	44 M	Shakopee	MN	53	18:09	2:04	3:45	38	46:20	18.8	2:26	14	22:06	7:22	1:32:43
43	510	Chris Tadevich	43 M	Farmington	MN	43	16:07	1:50	2:43	45	49:37	17.5	1:08	42	24:54	8:18	1:34:26
44	577	Jim Wise	42 M	Minnnetonka	MN	4	13:12	1:30	2:36	47	49:42	17.5	0:58	58	28:55	9:39	1:35:21
45	521	Jason Thunstrom	40 M	Plymouth	MN	56	19:27	2:13	2:06	42	48:46	17.8	0:52	34	24:25	8:09	1:35:34
46	229	Shaun Jamison	43 M	St Louis Park	MN	52	17:40	2:01	2:14	46	49:39	17.5	2:31	28	23:42	7:54	1:35:44
47	429	John Ridler	42 M	Chaska	MN	42	15:42	1:48	3:21	49	50:09	17.3	2:08	43	25:08	8:23	1:36:26
48	280	Marty Kuzar	42 M	Excelsior	MN	39	15:25	1:46	3:27	44	49:20	17.6	1:46	52	26:50	8:57	1:36:46
49	500	Mark Struthers	41 M	Chanhassen	MN	48	17:03	1:57	3:04	50	51:50	16.8	1:34	23	23:34	7:52	1:37:02
50	531	Michael Twedt	44 M	Minnnetonka	MN	49	17:09	1:57	2:28	54	52:53	16.5	1:26	21	23:14	7:45	1:37:07
51	114	Robert Eastman	44 M	Orono	MN	41	15:37	1:47	2:43	52	52:45	16.5	2:16	45	25:27	8:29	1:38:47
52	21	Robert Bader	41 M	Minneapolis	MN	51	17:39	2:01	2:57	51	52:14	16.7	1:30	48	25:48	8:36	1:40:06
53	259	Peter Kerin	40 M	Eden Prairie	MN	54	18:49	2:09	3:11	53	52:52	16.5	0:39	49	25:49	8:37	1:41:18
54	409	Jon Pierce	41 M	Excelsior	MN	46	16:14	1:51	2:01	55	53:35	16.2	1:40	59	29:28	9:50	1:42:55
55	253	Rob Kastan	43 M	Edina	MN	55	19:18	2:12	3:50	58	55:21	15.7	2:11	46	25:28	8:30	1:46:05
56	240	Marshall Johnson	41 M	Edina	MN	44	16:11	1:51	4:43	57	54:51	15.9	3:01	55	27:32	9:11	1:46:15
57	58	James Bryan	42 M	Chaska	MN	57	20:26	2:20	4:05	59	1:00:06	14.5	2:26	50	25:54	8:38	1:52:54
58	44	Nate Boen	42 M	Minnnetonka	MN	58	22:04	2:31	11:24	56	54:44	15.9	1:55	33	24:22	8:08	1:54:27
59	129	Ross Fairbrother	44 M	Medina	MN					41	48:43	17.9	2:27	47	25:37	8:33	1:55:23

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	270	David Knack	47 M		Prior Lake	MN	3	12:23	1:25	1:34	1	38:30	22.6	0:58	3	19:29	6:30	1:12:50
2	285	Brian Lavelle	48 M		Chaska, Mn	MN	4	12:52	1:28	1:10	2	38:54	22.4	0:53	9	22:02	7:21	1:15:49
3	441	Mark Roth	48 M		Burnsville	MN	13	13:36	1:33	1:57	6	42:43	20.4	1:07	2	19:20	6:27	1:18:40
4	191	Robb Hall	47 M		Chanhassen	MN	11	13:30	1:32	1:38	4	42:13	20.6	0:51	6	21:09	7:03	1:19:18
5	461	James Schultz	48 M		Shorewood	MN	17	14:17	1:38	3:12	3	40:31	21.5	1:53	5	20:47	6:56	1:20:36
6	529	Thorn Turner	47 M		Shorewood	MN	1	11:20	1:18	1:26	21	46:40	18.6	0:59	4	20:31	6:51	1:20:53
7	551	Jeffrey Warshaw	49 M		Hopkins	MN	8	13:06	1:30	2:23	17	45:54	19.0	1:08	1	18:37	6:13	1:21:05
8	17	Mark Augdahl	45 M		Chaska	MN	10	13:22	1:32	1:44	8	43:55	19.8	1:07	7	21:21	7:07	1:21:27
9	273	Randy Knutson	47 M		Mankato	MN	9	13:21	1:31	1:30	5	42:27	20.5	1:07	18	23:41	7:54	1:22:03
10	401	Bill Peters	49 M		Wayzata	MN	5	12:54	1:28	1:58	13	44:33	19.5	1:43	10	22:10	7:24	1:23:14
11	138	Martin Possen	46 M		Excelsior	MN	23	15:28	1:46	2:14	11	43:58	19.8	0:37	8	21:58	7:20	1:24:11
12	116	Patrick Egan	45 M		Mendota Heights	MN	14	13:45	1:34	2:21	15	45:24	19.2	0:53	11	22:46	7:36	1:25:06
13	232	Scott Jensen	49 M		Grand Forks	ND	2	12:13	1:24	1:56	7	43:15	20.1	0:48	32	27:37	9:13	1:25:46
14	582	Bryan Wray	48 M		Eagan	MN	20	15:03	1:43	1:44	12	44:08	19.7	1:01	22	23:59	8:00	1:25:53
15	426	Bob Revoir	46 M		Plymouth	MN	24	15:43	1:48	1:57	9	43:55	19.8	1:22	13	23:07	7:43	1:26:00
16	266	David Klaiman	45 M		Medina	MN	16	14:36	1:40	2:14	16	45:31	19.1	1:35	20	23:51	7:57	1:27:43
17	255	Phillip Kelaart	47 M		Minneapolis	MN	19	14:59	1:43	2:56	14	44:51	19.4	1:52	21	23:59	8:00	1:28:35
18	82	Kevin Cleereaman	48 M		New Brighton	MN	22	15:19	1:45	3:08	10	43:56	19.8	1:51	25	25:02	8:21	1:29:13
19	544	James Vos	47 M		Golden Valley	MN	7	13:04	1:30	2:28	27	48:58	17.8	1:10	19	23:47	7:56	1:29:25
20	324	Patrick McClellan	45 M		Victoria	MN	16	14:00	1:36	2:35								

6	363	Mark Myers	50	M	Lake Elmo	MN	9	15:04	1:43	2:20	6	41:52	20.8	1:00	1	19:04	6:22	1:19:17
7	497	Dan Stone	53	M	Maple Grove	MN	11	15:49	1:48	1:49	4	41:04	21.2	1:43	5	20:39	6:53	1:21:02
8	333	Shawn McKibben	53	M	Lakeville	MN	7	13:56	1:35	3:00	9	45:34	19.1	1:27	6	21:04	7:02	1:24:58
9	366	Eric Nelson	52	M	Minneapolis	MN	10	15:41	1:47	2:23	12	46:36	18.7	1:42	12	24:00	8:00	1:30:19
10	329	R. Tim McElroy	51	M	Saint Paul	MN	15	18:43	2:08	2:19	11	46:30	18.7	1:14	9	22:39	7:33	1:31:21
11	94	Jeff Daly	50	M	Lakeville	MN	14	18:15	2:05	1:57	10	46:13	18.8	1:25	15	24:47	8:16	1:32:33
12	149	Tom Frischmann	52	M	Rochester	MN	8	14:38	1:40	2:56	13	47:19	18.4	0:57	19	28:03	9:21	1:33:50
13	287	Dan Lee	53	M	Plymouth	MN	16	18:51	2:09	1:47	21	53:23	16.3	1:46	2	19:18	6:26	1:35:02
14	513	Tom Tedlund	53	M	Duluth	MN	24	26:12	2:59	2:25	5	41:31	21.0	1:25	11	23:52	7:58	1:35:22
15	247	Vince Justinak	52	M	Blaine	MN	13	17:48	2:02	2:30	14	47:59	18.1	1:38	17	26:32	8:51	1:36:25
16	447	Thomas Ryan	53	M	Excelsior	MN	22	23:41	2:42	3:56	15	48:43	17.9	1:33	14	24:40	8:14	1:42:30
17	233	Joseph Jeppesen	54	M	Chanhassen	MN	21	22:32	2:34	3:19	17	50:20	17.3	2:17	13	24:14	8:05	1:42:39
18	96	Richard Danaher	54	M	Minneapolis	MN	20	22:30	2:34	2:33	18	51:01	17.1	1:24	16	26:02	8:41	1:43:27
19	565	Alex Wikstrom	50	M	Long Lake	MN	3	12:51	1:28	4:40	19	51:45	16.8	2:13	22	33:40	11:14	1:45:07
20	80	Bill Cizek	51	M	Saint Paul	MN	12	17:38	2:01	4:01	16	49:59	17.4	2:46	21	30:46	10:16	1:45:07
21	27	Tom Barringer	54	M	St. Francis	MN	18	20:07	2:18	2:59	22	54:25	16.0	1:34	20	28:59	9:40	1:48:01
22	24	Mike Baker	51	M	Eden Prairie	MN	23	24:57	2:51	2:14	20	53:09	16.4	1:28	18	27:47	9:16	1:49:33
23	403	Dale Peterson	54	M	Chanhassen	MN	19	22:30	2:34	5:12	23	54:46	15.9	2:28	24	42:35	14:12	2:07:28
24	13	Mark Anderson	54	M	Excelsior	MN	17	19:38	2:14	5:20	24	1:05:54	13.2	3:12	23	39:55	13:19	2:13:57

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	51	Gary Bork	57	M	Eden Prairie	MN	1	11:19	1:18	1:29	1	38:50	22.4	1:12	1	21:30	7:10	1:14:18
2	150	John Fristik	56	M	Stillwater	MN	3	13:27	1:32	2:00	2	42:53	20.3	1:52	5	23:04	7:42	1:23:13
3	8	Mark Ambrosen	56	M	Excelsior	MN	4	14:58	1:42	2:19	3	43:56	19.8	1:28	4	22:40	7:34	1:25:18
4	303	Frank Lombardo	56	M	Lakeville	MN	5	15:38	1:47	2:02	6	47:00	18.5	1:13	2	21:43	7:15	1:27:33
5	225	Dennis Jabs	58	M	Shorewood	MN	6	17:24	1:59	1:39	4	44:02	19.8	1:22	6	23:12	7:44	1:27:37
6	130	Mark Fallon	56	M	Minnetonka	MN	2	12:58	1:29	2:12	5	45:42	19.0	1:15	7	26:14	8:45	1:28:17
7	574	Roy Wilson	56	M	St Paul	MN	9	24:21	2:46	2:11	7	48:17	18.0	0:30	3	22:21	7:27	1:37:37
8	244	Doug Jost	55	M	Centerville	MN	7	17:36	2:00	3:06	8	53:48	16.2	1:14	9	28:15	9:25	1:43:56
9	412	David Piper	56	M	Minneapolis	MN	8	18:38	2:08	3:24	9	56:10	15.5	1:09	8	28:11	9:24	1:47:30
10	313	Scott Mann	55	M	Minneapolis	MN					10	56:31	15.4	1:15	10	32:07	10:43	1:58:31

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	125	Benjamin Ewers	63	M	North Oaks	MN	1	13:24	1:32	1:45	1	37:43	23.1	1:15	1	22:23	7:28	1:16:26
2	249	Joe Kandiko	60	M	Excelsior	MN	2	14:46	1:41	2:25	2	50:08	17.4	1:28	3	28:56	9:39	1:37:40
3	271	Barry Knight	61	M	Orono	MN	3	17:11	1:58	3:05	4	52:55	16.4	2:14	4	29:08	9:43	1:44:30
4	216	Jerry House	62	M	Maplewood	MN	6	24:23	2:47	2:38	3	52:50	16.5	1:42	2	23:45	7:55	1:45:17
5	153	Tom Fulton	63	M	Saint Louis Park	MN	4	17:35	2:00	4:12	5	53:41	16.2	2:38	5	34:26	11:29	1:52:29
6	474	Richard Simpson	61	M	Chanhassen	MN	5	21:10	2:25	5:20	6	55:34	15.7					1:53:27

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	177	Eric Goullaud	65	M	Plymouth	MN	1	14:34	1:40	2:27	2	48:18	18.0	1:53	1	26:13	8:45	1:33:23
2	306	Gary Lund	66	M	Plymouth	MN	3	17:30	2:00	3:43	1	43:08	20.2	2:01	2	29:17	9:46	1:35:36
3	514	Mike Tenney	65	M	Excelsior	MN	2	16:22	1:52	4:23	3	57:22	15.2	2:15	4	38:23	12:48	1:58:42
4	480	Tom Smith	67	M	Eden Prairie	MN	4	19:27	2:13	4:59	4	1:02:13	14.0	2:10	3	31:56	10:39	2:00:41

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
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====

Total Registered: 595  
 Total Number of Individual Finishers: 452  
 Total Number of Relay Finishers: 8  
 Number of Male Finishers: 266  
 Number of Female Finishers: 186  
 Did not Finish Race or Did Not Start: 135