

LAKE MINNETONKA TRIATHLON
 Excelsior Commons - Excelsior, MN - June 15, 2013
 1/2 Mile Swim - 14.5 Mile Bike - 3 Mile Run

Place	Div/Tot	Bib Name	City	St	Age	Sex	Rank	SWIM	100yd	Trn.1	Rank	BIKE	MPH	Trn.2	Rank	RUN	Pace	FINISH
1	1/17	558 David Thompson	Long Lake	MN	38	M	3	9:31	1:55	0:43	1	34:03	25.6	0:38	3	16:02	5:21	1:00:56
2	2/17	414 Patrick Parish	Bloomington	MN	28	M	11	10:34	2:07	0:48	3	35:00	24.9	0:37	2	15:50	5:17	1:02:47
3	3/17	1 Brooks Grossinger	Mayer	MN	36	M	25	11:23	2:17	0:59	4	35:04	24.8	0:43	4	16:31	5:31	1:04:39
4	4/17	479 Brian Sames	Shakopee	MN	26	M	27	11:27	2:18	1:16	9	36:27	23.9	0:46	1	15:37	5:13	1:05:32
5	5/17	485 Tony Schiller	Eden Prairie	MN	54	M	20	10:51	2:11	1:02	7	35:38	24.4	0:43	7	17:26	5:49	1:05:38
6	6/17	596 Ross Weinzierl	Saint Paul	MN	27	M	26	11:25	2:17	0:52	6	35:30	24.5	0:38	8	17:43	5:55	1:06:06
7	7/17	636 Andy Schiesl	Prior Lake	MN	35	M	35	11:35	2:19	1:23	2	34:40	25.1	0:40	18	18:26	6:09	1:06:42
8	8/17	481 Steve Sander	Richfield	MN	34	M	30	11:30	2:18	1:06	5	35:17	24.7	0:49	12	18:11	6:04	1:06:51
9	9/17	346 Brett Lovaas	Minnetonka	MN	38	M	6	10:05	2:01	0:52	11	36:58	23.5	0:46	19	18:38	6:13	1:07:18
10	10/17	603 Andy Wiberg	Eden Prairie	MN	34	M	58	12:21	2:29	1:17	8	36:06	24.1	0:46	6	17:09	5:43	1:07:38
11	11/17	607 Michael Williams	Maple Grove	MN	24	M	18	10:48	2:10	0:58	15	37:39	23.1	0:40	25	19:02	6:21	1:09:05
12	1/39	33 Doug Barkema	St Louis Park	MN	37	M	38	11:39	2:20	1:03	10	36:40	23.7	0:42	26	19:04	6:22	1:09:07
13	1/54	136 Greg Dummer	Minneapolis	MN	42	M	51	12:01	2:25	1:32	12	37:08	23.4	0:38	13	18:16	6:06	1:09:35
14	12/17	139 Andrew Eichelman	Greenwood	MN	44	M	12	10:34	2:07	1:37	13	37:15	23.4	1:03	27	19:11	6:24	1:09:38
15	1/31	550 Scott Swenson	Saint Louis Park	MN	34	M	39	11:39	2:20	1:00	21	38:16	22.7	0:55	15	18:23	6:08	1:10:11
16	1/39	42 Kurt Becker	Afton	MN	46	M	7	10:13	2:03	1:27	16	37:53	23.0	0:45	42	19:59	6:40	1:10:14
17	1/7	327 Heather Lendway	Saint Paul	MN	28	F	4	9:34	1:55	1:01	23	38:37	22.5	0:49	53	20:33	6:51	1:10:32
18	13/17	115 Dennis Dane	Golden Valley	MN	33	M	40	11:42	2:21	0:59	46	39:57	21.8	0:51	11	18:05	6:02	1:11:33
19	14/17	52 Josh Bertelson	Minnetonka	MN	33	M	14	10:35	2:07	0:58	33	39:27	22.1	0:47	41	19:59	6:40	1:11:44
20	15/17	459 Jordan Roby	Saint Paul	MN	23	M	59	12:23	2:29	1:08	29	39:09	22.2	0:49	14	18:19	6:07	1:11:47
21	2/39	75 Robert Brown	Hopkins	MN	38	M	55	12:14	2:27	1:06	26	38:57	22.3	0:39	21	18:56	6:19	1:11:49
22	2/54	526 Tim Sosnowski	Eden Prairie	MN	42	M	24	11:18	2:16	1:31	18	38:08	22.8	0:59	46	20:10	6:44	1:12:04
23	1/41	322 Brian Lavelle	Chaska	MN	51	M	50	12:01	2:25					0:53	77	21:23	7:08	1:12:53
24	2/31	141 Aaron Eicher	Burnsville	MN	30	M	105	13:36	2:44	1:23	63	40:53	21.3	0:35	5	16:32	5:31	1:12:57
25	3/31	208 Adam Grovender	Brooklyn Park	MN	34	M	13	10:34	2:07	1:19	27	39:04	22.3	1:09	61	20:56	6:59	1:13:00
26	3/54	25 Omar Awad	Shoreview	MN	44	M	19	10:50	2:10	1:33	74	41:22	21.0	0:45	20	18:39	6:13	1:13:07
27	4/54	421 Tom Pettit	Eden Prairie	MN	44	M	32	11:33	2:19	1:31	49	40:05	21.7	0:48	32	19:21	6:27	1:13:16
28	5/54	20 Jon Armour	Golden Valley	MN	43	M	22	11:06	2:14	1:11	24	38:43	22.5	0:55	79	21:28	7:10	1:13:20
29	1/27	326 Catherine Lee	Cincinnati	MN	39	F	67	12:50	2:34	1:16	22	38:18	22.7	0:45	48	20:19	6:47	1:13:25
30	4/31	403 Christian Oestreich	Minnetonka	MN	34	M	43	11:44	2:21	1:04	35	39:32	22.0	0:51	51	20:25	6:49	1:13:33
31	3/39	349 David Lundy	Saint Paul	MN	38	M	137	14:10	2:50	1:41	17	38:04	22.9	0:43	23	18:59	6:20	1:13:35
32	6/54	615 David Winecoff	St Louis Park	MN	40	M	42	11:42	2:21	1:14	28	39:08	22.2	0:38	69	21:08	7:03	1:13:48
33	7/54	56 Mike Blair	Prior Lake	MN	43	M	85	13:16	2:40	1:23	19	38:10	22.8	0:37	52	20:25	6:49	1:13:50
34	16/17	117 Michael Danielson	Tonka Bay	MN	49	M	56	12:15	2:27	1:44	61	40:46	21.3	1:04	16	18:24	6:08	1:14:11
35	2/41	579 Kirk Vesterstein	Wayzata	MN	51	M	147	14:20	2:52	1:41	14	37:30	23.2	0:59	39	19:48	6:36	1:14:16
36	4/39	611 Aaron Wilson	Eden Prairie	MN	39	M	84	13:15	2:39	1:15	38	39:35	22.0	0:44	38	19:39	6:33	1:14:26
37	1/30	298 Brian Kirkvold	Excelsior	MN	35	M	2	9:04	1:49	1:32	81	41:39	20.9	0:59	72	21:16	7:06	1:14:28
38	2/7	608 Liv Williamsen	Chanhassen	MN	35	F	36	11:36	2:20	1:34	37	39:34	22.0	0:46	63	21:00	7:00	1:14:28
39	5/39	500 Aaron Shapley	Shorewood	MN	38	M	5	9:42	1:57	1:52	50	40:06	21.7	1:20	82	21:32	7:11	1:14:30
40	6/39	569 Matthew Trok	Maple Grove	MN	36	M	135	14:08	2:50	1:38	47	39:57	21.8	1:15	9	17:54	5:58	1:14:49
41	3/7	210 Jan Gunther	Excelsior	MN	54	F	64	12:37	2:32	1:26	44	39:55	21.8	0:57	44	20:06	6:42	1:14:59
42	8/54	557 Shawn Thomas	Chanhassen	MN	40	M	86	13:18	2:40	1:24	52	40:07	21.7	0:47	35	19:32	6:31	1:15:06
43	4/7	456 Christina Roberts	St. Louis Park	MN	27	F	17	10:38	2:08	1:29	96	42:09	20.6	0:47	49	20:24	6:48	1:15:26
44	5/31	204 Nick Greb	Windsor Heights	IA	31	M	60	12:26	2:30	1:26	56	40:31	21.5	0:40	58	20:40	6:54	1:15:41
45	5/7	373 Sarah Mercer	Golden Valley	MN	45	F	34	11:34	2:19	1:27	40	39:40	21.9	0:59	100	22:03	7:21	1:15:41
46	9/54	360 Pearce McCarty	Orono	MN	43	M	160	14:39	2:56	1:26	25	38:49	22.4	1:00	40	19:54	6:38	1:15:46
47	3/41	284 Robert Kaufman	Chanhassen	MN	50	M	37	11:36	2:20	1:10	48	40:04	21.7	1:03	94	21:55	7:19	1:15:48
48	4/41	566 John Trettel	Excelsior	MN	54	M	99	13:30	2:42	2:04	59	40:41	21.4	0:51	24	19:01	6:21	1:16:05
49	7/39	112 Ryan Dailey	Maple Grove	MN	36	M	69	12:53	2:35	1:20	36	39:32	22.0	0:49	87	21:38	7:13	1:16:10
50	6/7	522 Ann Snuggerud	Chaska	MN	45	F	48	11:55	2:23	1:21	77	41:35	20.9	1:15	45	20:07	6:43	1:16:12
51	10/54	493 John Seaverson	Chaska	MN	40	M	95	13:28	2:42	2:03	58	40:34	21.4	0:52	33	19:24	6:28	1:16:19
52	1/22	161 Skip Fitting	Buffalo	MN	58	M	188	14:56	3:00	1:49	43	39:55	21.8	0:44	36	19:33	6:31	1:16:55

53	1/3	564 Nick Traxler	Deephaven	MN	18 M	106	13:38	2:44	1:17	119	43:00	20.2	0:40	17	18:25	6:09	1:16:59
54	6/31	54 Mike Bibelheimer	Plymouth	MN	32 M	66	12:41	2:33	1:45	94	42:08	20.6	1:08	30	19:19	6:27	1:17:00
55	11/54	358 Steve Marshall	Minneapolis	MN	41 M	79	13:10	2:38	2:02	34	39:29	22.0	1:11	71	21:15	7:05	1:17:05
56	7/31	378 Tom Miller	Robbinsdale	MN	32 M	207	15:12	3:03	1:17	20	38:12	22.8	1:03	90	21:48	7:16	1:17:30
57	8/39	650 Scott Beesley	Commerce Township	MI	35 M	73	12:57	2:36	1:35	113	42:49	20.3	0:42	37	19:34	6:32	1:17:36
58	8/31	189 Kyle Gilbertson	Edina	MN	32 M	71	12:54	2:35	1:09	99	42:17	20.6	0:45	59	20:44	6:55	1:17:48
59	2/39	536 Gregg Steiger	Minnetonka	MN	47 M	138	14:10	2:50	1:46	30	39:10	22.2	1:08	88	21:38	7:13	1:17:51
60	9/39	308 Scott Stoeke	New Brighton	MN	39 M	45	11:45	2:21	1:40	32	39:25	22.1	0:51	174	24:17	8:06	1:17:56
61	5/41	301 David Knack	Prior Lake	MN	50 M	61	12:31	2:30	1:48	45	39:57	21.8	0:51	123	22:54	7:38	1:17:58
62	2/27	5 Christine Agazzi	Eden Prairie	MN	37 F	68	12:52	2:35	1:59	83	41:49	20.8	0:45	54	20:34	6:52	1:17:59
63	3/39	586 Tim J Walker	Minnetonka	MN	46 M	94	13:26	2:42	1:39	41	39:44	21.9	0:50	112	22:30	7:30	1:18:08
64	1/27	111 Juli Currie	Chanhassen	MN	41 F	88	13:21	2:41	1:37	68	41:09	21.1	0:42	80	21:28	7:10	1:18:14
65	4/39	612 Don Wilson	Chicago	IL	45 M	125	14:00	2:48	1:45	91	42:00	20.7	1:17	31	19:20	6:27	1:18:19
66	12/54	491 Sean Sciara	Blaine	MN	41 M	87	13:20	2:40	2:21	57	40:31	21.5	1:16	66	21:03	7:01	1:18:28
67	2/22	36 Patrick Baskfield	Madelia	MN	55 M	134	14:07	2:50	1:59	42	39:48	21.9	1:17	84	21:33	7:11	1:18:43
68	1/14	386 Jody Mullet	Chaska	MN	25 F	194	15:05	3:01	1:18	39	39:36	22.0	1:20	81	21:29	7:10	1:18:47
69	9/31	469 Yuval Rooz	Chicago	IL	32 M	110	13:41	2:45	1:25	104	42:28	20.5	0:47	57	20:39	6:53	1:18:57
70	1/23	328 Lisa Lendway	St. Paul	MN	32 F	33	11:33	2:19	1:20	95	42:09	20.6	0:57	128	23:07	7:43	1:19:05
71	13/54	339 David Liske	Saint Louis Park	MN	41 M	150	14:25	2:53	1:43	62	40:51	21.3	1:00	68	21:08	7:03	1:19:07
72	10/39	70 Andy Brink	Chaska	MN	39 M	193	15:00	3:00	2:00	86	41:55	20.8	1:07	28	19:16	6:26	1:19:15
73	2/27	166 Sarah Foley	Colon	MN	42 F	96	13:28	2:42	1:26	70	41:13	21.1	0:59	104	22:14	7:25	1:19:17
74	6/41	503 Eric Showers	Minnetonka	MN	50 M	70	12:54	2:35	1:40	60	40:44	21.4	0:59	127	23:04	7:42	1:19:19
75	1/10	180 Matt Fuller	Hugo	MN	29 M	227	15:35	3:07	2:07	72	41:14	21.1	1:31	22	18:56	6:19	1:19:21
76	2/10	532 Patrick Stanaway	Minneapolis	MN	26 M	8	10:15	2:03	1:39	195	45:43	19.0	0:49	64	21:00	7:00	1:19:25
77	2/23	473 Christina Ross	Victoria	MN	34 F	49	11:58	2:24	2:17	110	42:37	20.4	1:12	78	21:26	7:09	1:19:29
78	10/31	151 Aaron Engler	Maple Grove	MN	31 M	144	14:17	2:52	1:48	53	40:10	21.7	0:57	115	22:34	7:32	1:19:44
79	3/23	568 Brenda Trok	Maple Grove	MN	34 F	93	13:24	2:41	1:53	84	41:51	20.8	0:46	93	21:53	7:18	1:19:44
80	3/22	281 Mike Jovanovich	Neeah	WI	55 M	303	17:13	3:27	1:18	31	39:20	22.1	0:54	73	21:17	7:06	1:20:00
81	3/27	376 Lynne Miller	Elk River	MN	39 F	182	14:54	2:59	1:34	85	41:53	20.8	0:37	75	21:17	7:06	1:20:13
82	14/54	261 Brad Ingles	Saint Paul	MN	43 M	143	14:16	2:52	1:30	64	40:54	21.3	1:10	110	22:26	7:29	1:20:15
83	7/41	108 Nicholas Cronin	Edina	MN	51 M	91	13:23	2:41	1:57	92	42:04	20.7	1:08	92	21:52	7:18	1:20:22
84	1/4	300 Anton Knack	Prior Lake	MN	20 M	28	11:28	2:18	1:35	157	44:31	19.5	1:19	83	21:32	7:11	1:20:24
85	4/22	192 Paul Glade	Cedar Falls	IA	58 M	213	15:25	3:05	1:12	101	42:23	20.5	1:06	50	20:24	6:48	1:20:28
86	8/41	570 Thorn Turner	Shorewood	MN	50 M	44	11:44	2:21	1:38	149	44:22	19.6	0:51	96	21:56	7:19	1:20:29
87	7/7	77 Gabrielle Bunten	Forest Lake	MN	21 F	10	10:19	2:04	1:03	168	44:55	19.4	1:03	131	23:14	7:45	1:20:30
88	2/30	472 Brian Ross	Shorewood	MN	37 M	72	12:54	2:35	2:02	78	41:35	20.9	0:39	143	23:26	7:49	1:20:35
89	15/54	385 Tony Mosser	Mayer	MN	40 M	115	13:44	2:45	2:31	112	42:45	20.4	1:21	47	20:17	6:46	1:20:37
90	1/17	548 Laura Swartz	St. Louis Park	MN	46 F	229	15:39	3:08	1:14	75	41:24	21.0	1:11	74	21:17	7:06	1:20:43
91	9/41	509 Wayne Siegel	St. Louis Park,	MN	51 M	269	16:32	3:19	1:40	51	40:07	21.7	1:12	76	21:17	7:06	1:20:46
92	2/14	527 Brianna Spaeth	Maple Grove	MN	27 F	112	13:42	2:45	1:57	66	41:08	21.2	0:52	144	23:28	7:50	1:21:05
93	3/30	407 Erik Olson	Shakopee	MN	41 M	139	14:12	2:51	1:51	71	41:13	21.1	1:15	117	22:41	7:34	1:21:09
94	16/54	233 Michael Hebert	Roseville	MN	44 M	46	11:52	2:23	2:05	116	42:51	20.3	1:17	129	23:08	7:43	1:21:11
95	10/41	581 James Vos	Golden Valley	MN	50 M	31	11:30	2:18	2:12	137	43:42	19.9	1:15	124	22:57	7:39	1:21:35
96	4/23	24 Kimberly Ault	Mound	MN	31 F	157	14:35	2:55	1:18	69	41:11	21.1	0:47	157	23:59	8:00	1:21:49
97	5/39	23 Mark Augdahl	Chaska	MN	47 M	103	13:31	2:43	1:59	124	43:10	20.2	1:19	98	21:59	7:20	1:21:56
98	5/23	168 Megan Forbes	Boulder	MN	33 F	233	15:41	3:09	1:48	98	42:14	20.6	1:18	65	21:01	7:01	1:22:00
99	17/54	27 Scott Backman	Brooklyn Park	MN	41 M	275	16:44	3:21	1:43	79	41:37	20.9	1:09	60	20:52	6:58	1:22:03
100	18/54	240 Kevin Hill	Mpls	MN	43 M	130	14:03	2:49	2:09	175	45:09	19.3	0:46	43	19:59	6:40	1:22:05
101	6/39	580 Tim Vicchiollo	Chanhassen	MN	48 M	185	14:56	3:00	3:27	109	42:37	20.4	1:58	29	19:16	6:26	1:22:11
102	4/30	531 Josh Stahl	Minnetonka	MN	44 M	149	14:22	2:53	1:47	54	40:16	21.6	0:57	193	24:54	8:18	1:22:14
103	4/27	495 Leslie Sedlak	Bloomington	MN	36 F	92	13:23	2:41	1:38	148	44:14	19.7	0:56	102	22:11	7:24	1:22:20
104	11/31	89 Michael Cervenka	Minneapolis	MN	34 M	21	11:02	2:13	2:10	172	45:02	19.3	1:30	120	22:46	7:36	1:22:29
105	11/39	471 Michael Rosow	Minneapolis	MN	37 M	166	14:42	2:57	1:52	127	43:22	20.1	0:48	91	21:50	7:17	1:22:32
106	17/17	622 Zach Wood	Maple Grove	MN	28 M	9	10:17	2:04	1:56	144	44:00	19.8	1:03	219	25:31	8:31	1:22:46
107	7/39	395 Lawrence Nemecek	Minnetrista	MN	46 M	187	14:56	3:00	1:53	65	41:02	21.2	1:31	149	23:34	7:52	1:22:53
108	12/39	167 Nicholas Folger	Maple Grove	MN	37 M	219	15:30	3:06	1:23	114	42:50	20.3	0:57	111	22:27	7:29	1:23:05
109	5/22	319 Peter Lancaster	Minneapolis	MN	58 M	83	13:15	2:39	2:09	108	42:35	20.4	1:23	155	23:53	7:58	1:23:12
110	3/27	497 Mary Sellke	Golden Valley	MN	43 F	132	14:04	2:49	1:27	128	43:23	20.1	1:06	132	23:15	7:45	1:23:12
111	5/30	48 Bill Benning	Lakeville	MN	51 M	162	14:40	2:56	1:22	97	42:14	20.6	1:15	162	24:02	8:01	1:23:31

112	19/54	231 Lance Hauge	St Louis Park	MN	42 M	136	14:09	2:50	2:22	133	43:34	20.0	1:04	109	22:26	7:29	1:23:32
113	20/54	215 Dan Hackenberg	Eden Prairie	MN	40 M	128	14:03	2:49	2:37	158	44:34	19.5	0:56	85	21:33	7:11	1:23:41
114	8/39	274 Dallas Johnson	Wayzata	MN	47 M	196	15:07	3:02	2:16	82	41:41	20.9	1:01	156	23:53	7:58	1:23:56
115	11/41	441 Kevin Register	Fargo	ND	51 M	74	12:58	2:36	2:00	111	42:39	20.4	0:41	234	25:44	8:35	1:24:01
116	13/39	147 Barry Ellinger	Chaska	MN	39 M	122	13:56	2:48	1:53	140	43:50	19.8	1:10	141	23:24	7:48	1:24:11
117	14/39	609 Steven Williamssen	Chanhassen	MN	38 M	113	13:42	2:45	1:49	103	42:26	20.5	0:45	244	25:58	8:40	1:24:40
118	6/23	299 Sarah Klein	Chanhassen	MN	32 F	123	13:56	2:48	2:04	203	46:02	18.9	1:01	89	21:40	7:14	1:24:41
119	21/54	28 Andrew Baedke	Chaska	MN	43 M	172	14:49	2:58	2:39	126	43:21	20.1	1:23	113	22:31	7:31	1:24:41
120	22/54	613 Garrett Wilson	Edina	MN	42 M	159	14:38	2:56	2:26	88	41:59	20.7	0:57	192	24:50	8:17	1:24:49
121	3/10	165 Bryan Flood	Minneapolis	MN	26 M	245	15:52	3:11	2:29	163	44:45	19.4	0:54	67	21:05	7:02	1:25:04
122	4/27	6 Sara Ahlquist	Minnetonka	MN	43 F	124	13:58	2:48	1:49	151	44:23	19.6	1:02	169	24:11	8:04	1:25:20
123	15/39	461 Eric Roesner	Minnetonka	MN	38 M	177	14:52	2:59	1:53	182	45:18	19.2	0:43	116	22:39	7:33	1:25:22
124	2/17	563 Beth Trautman	Medina	MN	46 F	270	16:32	3:19	1:23	93	42:04	20.7	0:53	187	24:37	8:13	1:25:29
125	23/54	402 Hal Odden	Fort Wayne	IN	42 M	62	12:35	2:31	2:05	139	43:48	19.9	1:25	225	25:40	8:34	1:25:31
126	9/39	338 Dave Link	Eden Prairie	MN	46 M	119	13:48	2:46	1:54	132	43:33	20.0	1:08	209	25:18	8:26	1:25:38
127	12/31	540 Eric Stevenson	Bloomington	MN	32 M	336	17:55	3:35	2:27	204	46:03	18.9	1:25	10	17:59	6:00	1:25:46
128	10/39	543 Nick Summers	Mound	MN	45 M	153	14:32	2:55	1:48	115	42:50	20.3	1:15	214	25:24	8:28	1:25:48
129	24/54	307 Matthew Koeppeen	Chanhassen	MN	42 M	189	14:57	3:00	1:37	155	44:31	19.5	1:08	150	23:38	7:53	1:25:49
130	6/30	332 Mike Lesage	Chanhassen	MN	43 M	359	18:43	3:45	2:14	87	41:58	20.7	0:45	103	22:11	7:24	1:25:49
131	12/41	434 Mark Pruetter	Wayzata	MN	50 M	155	14:34	2:55	2:36	138	43:44	19.9	1:57	126	23:02	7:41	1:25:51
132	13/41	286 Marty Kaye	Chaska	MN	52 M	290	17:02	3:25	1:41	102	42:25	20.5	0:50	160	24:02	8:01	1:25:58
133	16/39	547 Shane Swanson	Forest Lake	MN	38 M	236	15:44	3:09	1:45	143	44:00	19.8	1:12	142	23:25	7:49	1:26:04
134	14/41	556 Steve Theis	Deephaven	MN	53 M	78	13:09	2:38	1:45	107	42:34	20.4	0:55	310	27:45	9:15	1:26:06
135	13/31	573 Luke Twedt	Burnsville	MN	31 M	107	13:40	2:44	1:44	229	47:11	18.4	1:19	105	22:15	7:25	1:26:07
136	25/54	291 Dj Kennedy	Chanhassen	MN	41 M	293	17:04	3:25	2:26	125	43:13	20.1	1:19	107	22:18	7:26	1:26:17
137	15/41	103 Darrell Coyle	Prior Lake	MN	51 M	191	14:59	3:00	1:51	130	43:25	20.0	0:46	211	25:22	8:28	1:26:19
138	5/27	384 Jennifer Mortale	St Louis Park	MN	36 F	175	14:50	2:58	1:40	179	45:14	19.2	1:12	148	23:33	7:51	1:26:27
139	7/23	121 Kelley Delmonico	Minneapolis	MN	31 F	192	14:59	3:00	1:28	217	46:34	18.7	0:43	122	22:48	7:36	1:26:30
140	26/54	583 Matt Wagner	Excelsior	MN	42 M	120	13:52	2:47	4:21	174	45:08	19.3	1:46	86	21:36	7:12	1:26:41
141	6/27	279 Rebecca Joseph	Minnetonka	MN	38 F	89	13:22	2:41	2:10	247	48:13	18.0	1:00	97	21:58	7:20	1:26:41
142	7/30	452 Christopher Ries	Minneapolis	MN	33 M	121	13:56	2:48	2:16	117	42:54	20.3	1:38	251	26:03	8:41	1:26:45
143	17/39	51 Scott Berry	St. Louis Park	MN	35 M	186	14:56	3:00	1:48	161	44:41	19.5	0:45	189	24:44	8:15	1:26:52
144	27/54	145 Nathan Eklund	Golden Valley	MN	40 M	366	18:55	3:47	2:45	76	41:31	21.0	1:02	121	22:47	7:36	1:26:59
145	3/14	619 Erika Wood	Maple Grove	MN	28 F	47	11:53	2:23	2:15	209	46:11	18.8	1:05	224	25:39	8:33	1:27:02
146	1/13	193 Lisa Goepfert	Blaine	MN	50 F					145	44:01	19.8	0:29	201	25:10	8:24	1:27:02
147	14/31	7 Jeff Akre	Maple Grove	MN	33 M	360	18:46	3:46	2:41	67	41:08	21.2	1:13	136	23:17	7:46	1:27:04
148	4/10	567 Brian Tripp	Plymouth	MN	27 M	283	16:55	3:23	2:20	206	46:04	18.9	1:15	55	20:36	6:52	1:27:08
149	16/41	224 Chris Harristhal	Minneapolis	MN	51 M	146	14:19	2:52	3:02	178	45:14	19.2	1:19	134	23:17	7:46	1:27:08
150	8/23	133 Teresa Drexler	Apple Valley	MN	34 F	222	15:32	3:07	1:25	105	42:30	20.5	1:06	281	26:46	8:56	1:27:17
151	8/30	561 Joe Toth	Mound	MN	41 M	310	17:24	3:29	1:39	80	41:39	20.9	1:19	218	25:27	8:29	1:27:26
152	17/41	600 John Weum	Eden Prairie	MN	52 M	29	11:30	2:18	2:08	220	46:45	18.6	1:09	248	26:03	8:41	1:27:32
153	15/31	463 Sam Rogers	Green Wood	MN	31 M	173	14:49	2:58	2:00	225	46:54	18.6	1:01	125	22:58	7:40	1:27:40
154	16/31	53 Anthony Berticelli	Mound	MN	33 M	114	13:42	2:45	2:02	187	45:30	19.1	1:21	213	25:23	8:28	1:27:56
155	17/31	230 Eric Hathaway	Minneapolis	MN	34 M	294	17:05	3:25	2:46	55	40:19	21.6	1:16	268	26:33	8:51	1:27:57
156	18/41	221 Ed Hanzlik	Excelsior	MN	51 M	65	12:39	2:32	2:47	201	45:58	18.9	1:46	191	24:50	8:17	1:27:58
157	5/10	212 Jeff Gustafson	Edina	MN	27 M	180	14:53	2:59	2:20	231	47:17	18.4	0:49	119	22:44	7:35	1:28:01
158	18/31	8 Scott Albrecht	Minneapolis	MN	32 M	75	12:59	2:36	2:04	169	44:55	19.4	1:26	280	26:44	8:55	1:28:06
159	5/27	601 Brook Wheeler	Maple Grove	MN	42 F	184	14:55	2:59	2:09	186	45:29	19.1	1:17	176	24:20	8:07	1:28:09
160	28/54	383 Andrew Morrow	Excelsior	MN	44 M	208	15:13	3:03	1:38	233	47:19	18.4	1:18	118	22:43	7:35	1:28:10
161	1/6	155 Laura Erickson	Rochester	MN	28 F	214	15:25	3:05	2:33	205	46:03	18.9	0:54	139	23:20	7:47	1:28:13
162	18/39	604 Darin Wieneke	St. Paul	MN	39 M	308	17:21	3:29	2:07	197	45:47	19.0	1:07	95	21:56	7:19	1:28:16
163	29/54	512 Chris Simons	Deephaven	MN	42 M	205	15:12	3:03	3:30	199	45:53	19.0	1:22	108	22:21	7:27	1:28:17
164	3/17	484 Linda Schievelbein	Minnetonka	MN	49 F	165	14:41	2:57	1:52	122	43:04	20.2	1:38	291	27:04	9:02	1:28:17
165	2/13	359 Carol Marston	Mankato	MN	53 F	292	17:04	3:25	1:39	141	43:54	19.8	1:11	186	24:33	8:11	1:28:19
166	6/22	62 Mike Borneke	Eagle Lake	MN	59 M	367	18:57	3:48	2:10	73	41:18	21.1	1:05	195	24:56	8:19	1:28:25
167	3/13	106 Cindy Crawford	Deephaven	MN	50 F	117	13:47	2:46	2:07	191	45:34	19.1	1:27	221	25:34	8:32	1:28:27
168	11/39	94 Kevin Christenson	Minnetonka	MN	45 M	129	14:03	2:49	1:10	165	44:48	19.4	0:50	312	27:45	9:15	1:28:34
169	7/27	545 Jodi Sussner	Chaska	MN	37 F	220	15:30	3:06	1:48	212	46:18	18.8	1:49	130	23:13	7:45	1:28:36
170	30/54	78 Michael Burica	Plymouth	MN	44 M	90	13:22	2:41	2:39	183	45:19	19.2	1:18	254	26:05	8:42	1:28:41

171	19/41	206	Tom Griffin	Bloomington	MN	50	M	226	15:35	3:07	2:16	156	44:31	19.5	0:37	237	25:50	8:37	1:28:48
172	20/41	95	Charles Cliffe	North Oaks	MN	51	M	97	13:28	2:42	3:14	106	42:32	20.5	1:30	332	28:16	9:26	1:28:58
173	31/54	361	Mike McClure	Apple Valley	MN	41	M	223	15:33	3:07	3:15	176	45:09	19.3	1:53	140	23:21	7:47	1:29:10
174	9/30	478	Ken Saddler	Chanhasen	MN	48	M	127	14:03	2:49	1:56	129	43:23	20.1	1:49	324	28:04	9:22	1:29:13
175	7/22	159	Mark Fallon	Minnetonka	MN	59	M	77	13:09	2:38	2:40	150	44:22	19.6	0:59	329	28:08	9:23	1:29:16
176	12/39	450	John Ridler	Chaska	MN	45	M	264	16:23	3:17	3:03	147	44:11	19.7	1:21	177	24:23	8:08	1:29:20
177	21/41	162	John Flaa	Plymouth	MN	51	M	151	14:28	2:54	2:24	232	47:19	18.4	1:14	158	23:59	8:00	1:29:23
178	22/41	114	Jeff Daly	Shakopee	MN	53	M	318	17:32	3:31	2:06	123	43:06	20.2	1:16	217	25:26	8:29	1:29:25
179	4/17	541	Carrie Stolar	Chanhasen	MN	46	F	15	10:37	2:08	1:48	270	49:07	17.7	1:33	266	26:27	8:49	1:29:30
180	13/39	528	Todd Spaeth	Hastings	MN	48	M	224	15:34	3:07	2:39	131	43:31	20.0	1:02	286	26:52	8:58	1:29:35
181	1/12	12	Tom Amundson	Minneapolis	MN	62	M	212	15:22	3:05	1:54	171	45:00	19.3	1:20	252	26:04	8:42	1:29:38
182	23/41	239	Randy Herman	Excelsior	MN	54	M	266	16:25	3:17	3:09	152	44:24	19.6	2:25	137	23:18	7:46	1:29:40
183	32/54	257	John Hughes	Long Lake	MN	44	M	131	14:04	2:49	2:45	236	47:27	18.3	1:23	161	24:02	8:01	1:29:40
184	24/41	194	Michael Gonzales	Lakeville	MN	54	M	228	15:37	3:08	2:17	146	44:09	19.7	1:00	276	26:39	8:53	1:29:41
185	8/27	320	Kirsten Langguth	Chaska	MN	36	F	163	14:41	2:57	2:09	210	46:12	18.8	1:09	220	25:33	8:31	1:29:41
186	14/39	190	Kevin Gilligan	Saint Paul	MN	47	M	241	15:49	3:10	2:49	185	45:27	19.1	1:15	180	24:25	8:09	1:29:42
187	6/27	60	Jill Bollettieri	Saint Louis Park	MN	43	F	57	12:21	2:29	3:15	276	49:25	17.6	0:42	165	24:07	8:03	1:29:48
188	25/41	625	Tim Woodfield	Victoria	MN	50	M	82	13:13	2:39	2:27	235	47:23	18.4	1:11	229	25:41	8:34	1:29:53
189	33/54	605	Chris Wilhoit	St. Louis Park	MN	43	M	218	15:29	3:06	2:18	135	43:40	19.9	1:24	292	27:06	9:02	1:29:54
190	5/17	451	Kris Ridler	Chaska	MN	46	F	54	12:12	2:27	2:35	269	49:07	17.7	0:58	202	25:11	8:24	1:30:01
191	15/39	348	Dan Lund	Chanhasen	MN	48	M	268	16:31	3:19	4:02	89	41:59	20.7	1:38	239	25:54	8:38	1:30:02
192	2/4	256	Scott Hudson	Shoreview	MN	23	M	250	16:02	3:13	2:07	207	46:04	18.9	1:02	198	25:04	8:22	1:30:17
193	19/39	244	Tim Hoke	Crystal	MN	39	M	230	15:39	3:08	1:46	192	45:35	19.1	0:58	264	26:25	8:49	1:30:20
194	8/22	341	Frank Lombardo	Lakeville	MN	59	M	248	15:57	3:12	2:16	181	45:17	19.2	1:21	222	25:36	8:32	1:30:24
195	20/39	86	Ben Carter	Eden Prairie	MN	39	M	355	18:33	3:43	1:52	160	44:41	19.5	0:50	185	24:32	8:11	1:30:26
196	34/54	61	Mark Bontrager	Robbinsdale	MN	42	M	164	14:41	2:57	3:03	226	46:56	18.5	1:09	188	24:40	8:14	1:30:27
197	26/41	38	Terry Beachey	Excelsior	MN	51	M	378	19:31	3:55	1:51	134	43:38	19.9	1:04	181	24:25	8:09	1:30:27
198	21/39	45	Weldon Bell	Minnetonka	MN	35	M	354	18:31	3:43	2:17	250	48:26	18.0	0:38	56	20:38	6:53	1:30:28
199	4/14	621	Summer Wood	Maple Grove	MN	25	F	23	11:13	2:15	2:15	349	52:48	16.5	1:04	133	23:16	7:46	1:30:33
200	16/39	355	Dan Maras	Shakopee	MN	47	M	109	13:40	2:44	2:52	215	46:25	18.7	1:16	265	26:26	8:49	1:30:37
201	9/23	214	Anne Gustin	Edina	MN	34	F	183	14:55	2:59	1:53	253	48:35	17.9	0:54	179	24:23	8:08	1:30:38
202	22/39	227	Alan Haskins	Hugo	MN	37	M	145	14:19	2:52	2:09	254	48:36	17.9	1:10	183	24:30	8:10	1:30:43
203	23/39	460	Elliott Rodgers	Minnetonka	MN	37	M	53	12:07	2:26	2:31	307	50:33	17.2	1:33	166	24:07	8:03	1:30:49
204	17/39	120	Rob Delaune	Shoreview	MN	48	M	395	20:56	4:12	3:19	121	43:04	20.2	1:25	101	22:10	7:24	1:30:51
205	18/39	523	Dave Snuggerud	Chaska	MN	46	M	247	15:56	3:12	2:38	166	44:50	19.4	0:59	273	26:37	8:53	1:30:58
206	1/2	323	Brianna Lavelle	Chaska	MN	15	F	41	11:42	2:21	1:27	251	48:29	17.9	0:49	341	28:34	9:32	1:30:59
207	19/39	84	Jr Campuzano	Shorewood	MN	48	M	346	18:13	3:39	2:57	153	44:25	19.6	1:08	175	24:20	8:07	1:31:00
208	10/30	498	Jacob Selseth	St. Paul	MN	39	M	204	15:11	3:03	2:14	173	45:06	19.3	1:37	290	27:02	9:01	1:31:08
209	11/30	110	Bill Currie	Chanhasen	MN	43	M	52	12:01	2:25	2:52	100	42:18	20.6	0:59	406	33:02	11:01	1:31:10
210	20/39	41	Paul Beckel	Wausau	WI	49	M	271	16:37	3:20	3:56	240	47:45	18.2	1:42	70	21:14	7:05	1:31:11
211	19/31	102	Joshua Covlin	Brooklyn Park	MN	30	M	216	15:26	3:06	2:52	243	48:05	18.1	1:19	147	23:31	7:51	1:31:11
212	21/39	406	Bryan Olson	Victoria	MN	46	M	358	18:40	3:44	2:50	142	43:57	19.8	0:52	194	24:56	8:19	1:31:12
213	24/39	188	Bryan Gilbert	Wayzata	MN	37	M	108	13:40	2:44	2:58	242	47:57	18.1	1:30	204	25:13	8:25	1:31:16
214	25/39	236	Craig Hendrickson	Hopkins	MN	36	M	171	14:49	2:58	2:43	259	48:45	17.8	1:50	135	23:17	7:46	1:31:22
215	10/23	93	Sarah Chillo	Minneapolis	MN	33	F	199	15:08	3:02	2:15	224	46:54	18.6	1:28	232	25:43	8:35	1:31:26
216	35/54	203	Andy Grant	Eden Prairie	MN	41	M	262	16:15	3:15	2:38	159	44:38	19.5	1:23	272	26:35	8:52	1:31:27
217	1/5	158	Colin Fall	Seattle	WA	23	F	299	17:09	3:26	2:38	227	47:01	18.5	0:50	159	24:00	8:00	1:31:36
218	27/41	486	Kurt Schmid	Orono	MN	52	M	232	15:40	3:08	2:19	162	44:44	19.4	2:02	288	26:54	8:58	1:31:37
219	12/30	209	Kyle Gulbrandson	Eagan	MN	33	M	116	13:45	2:45	3:12	244	48:06	18.1	1:17	210	25:20	8:27	1:31:39
220	7/27	50	Theresa Bergren	Chanhasen	MN	40	F	239	15:47	3:10	3:40	268	49:03	17.7	1:14	99	22:01	7:21	1:31:43
221	22/39	312	Eric Krantz	Mn	MN	47	M	342	18:05	3:37	2:40	190	45:34	19.1	1:18	170	24:11	8:04	1:31:46
222	11/23	595	Heather Weerheim	Plymouth	MN	31	F	300	17:11	3:27	3:04	285	49:50	17.5	0:48	62	20:58	7:00	1:31:49
223	36/54	424	Jon Pierce	Excelsior	MN	44	M	282	16:52	3:23	2:04	170	44:56	19.4	1:09	287	26:53	8:58	1:31:53
224	8/27	207	Sarah Grobel	Victoria	MN	42	F	174	14:49	2:58	2:29	221	46:46	18.6	1:49	250	26:03	8:41	1:31:55
225	37/54	535	Rob Stefonowicz	Minnetonka	MN	41	M	375	19:20	3:52	2:57	198	45:49	19.0	1:22	114	22:33	7:31	1:31:58
226	38/54	426	Mike Pietrowski	Hopkins	MN	41	M	200	15:10	3:02	3:17	279	49:34	17.6	0:45	138	23:20	7:47	1:32:04
227	28/41	490	Kurt Schultz	Lakeville	MN	50	M	340	18:01	3:37	1:45	118	42:54	20.3	1:41	311	27:45	9:15	1:32:05
228	9/27	399	Cheryl O'Connell	Eden Prairie	MN	42	F	243	15:49	3:10	2:46	189	45:30	19.1	1:19	282	26:48	8:56	1:32:10
229	9/27	517	Marisa Skees	Eden Prairie	MN	37	F	288	17:01	3:25	1:39	260	48:45	17.8	1:08	151	23:39	7:53	1:32:10

230	6/10	336	Craig Lindsay	Minneapolis	MN	28	M	152	14:29	2:54	3:13	262	48:52	17.8	1:36	164	24:06	8:02	1:32:13
231	6/17	176	Kathryn Freytag	Eden Prairie	MN	45	F	279	16:50	3:22	2:44	194	45:39	19.1	1:15	240	25:54	8:38	1:32:20
232	10/27	303	Sally Knapp	Carver	MN	35	F	237	15:44	3:09	1:33	234	47:20	18.4	0:58	285	26:50	8:57	1:32:23
233	26/39	31	Beau Ballin	Deephaven	MN	37	M	156	14:35	2:55	1:30	316	50:56	17.1	1:21	168	24:10	8:04	1:32:30
234	20/31	418	William Pattison	St. Paul	MN	31	M	298	17:09	3:26	3:29	180	45:14	19.2					1:32:30
235	39/54	467	Dan Ronken	St. Louis Park	MN	40	M	278	16:49	3:22	2:49	208	46:05	18.9	1:14	236	25:49	8:37	1:32:44
236	29/41	172	Mark Francis	Minnetonka	MN	50	M	251	16:04	3:13	4:11	196	45:46	19.0	1:42	199	25:06	8:22	1:32:46
237	40/54	134	Brian Duggan	Eden Prairie	MN	40	M	307	17:19	3:28	3:26	219	46:40	18.6	1:51	154	23:51	7:57	1:33:06
238	12/23	132	Jessie Donovan	Minneapolis	MN	30	F	101	13:30	2:42	2:10	300	50:15	17.3	1:04	256	26:12	8:44	1:33:10
239	41/54	228	Scott Haskins	Excelsior	MN	41	M	296	17:06	3:26	4:08	218	46:37	18.7	1:33	153	23:50	7:57	1:33:12
240	23/39	195	Tim Goodyear	Minnetonka	MN	46	M	104	13:34	2:43	2:13	287	49:54	17.4	1:09	262	26:24	8:48	1:33:13
241	4/13	492	Barbara Scouler	Excelsior	MN	50	F	16	10:37	2:08	1:52	267	48:59	17.8	1:13	381	30:37	10:13	1:33:17
242	13/23	392	Sarah Nelson	Minneapolis	MN	31	F	148	14:21	2:53	3:05	274	49:17	17.7	0:37	249	26:03	8:41	1:33:21
243	24/39	294	Brian Kessler	Minnetonka	MN	48	M	356	18:35	3:43	2:21	154	44:30	19.6	1:54	260	26:18	8:46	1:33:36
244	21/31	34	Brian Barlow	St Louis Park	MN	31	M	231	15:40	3:08	2:47	266	48:55	17.8	0:48	228	25:41	8:34	1:33:49
245	25/39	416	Paul Pasko	Minnetonka	MN	48	M	347	18:16	3:40	3:02	136	43:41	19.9	1:54	296	27:08	9:03	1:33:59
246	27/39	105	Michael Craig	Shakopee	MN	38	M	197	15:08	3:02	2:50	246	48:08	18.1	0:54	295	27:08	9:03	1:34:05
247	9/22	356	Robert Marchetti	Champlin	MN	55	M	325	17:41	3:33	2:46	188	45:30	19.1	1:39	277	26:40	8:54	1:34:14
248	2/12	351	Thomas Lyons	Excelsior	MN	60	M	76	13:07	2:38	7:00	216	46:31	18.7	1:48	238	25:51	8:37	1:34:15
249	22/31	71	Andrew Brodbeck	Wayzata	MN	33	M	141	14:13	2:51	2:58	310	50:37	17.2	1:08	212	25:23	8:28	1:34:18
250	13/30	2	Christopher Abbott	St. Louis Park	MN	25	M	158	14:35	2:55	2:58	200	45:57	18.9	1:18	364	29:32	9:51	1:34:18
251	28/39	325	Mike Leatherman	Maple Grove	MN	37	M	369	18:59	3:48	2:42	258	48:44	17.9	1:45	106	22:17	7:26	1:34:26
252	42/54	296	Brian Kevitt	Shorewood	MN	40	M	206	15:12	3:03	2:19	278	49:32	17.6	1:05	267	26:30	8:50	1:34:37
253	1/4	525	Peg Sorensen	Chaska	MN	56	F	140	14:13	2:51	2:55	237	47:31	18.3	1:10	352	29:01	9:41	1:34:48
254	14/30	329	Scott Leo	Minneapolis	MN	51	M	170	14:49	2:58	3:14	167	44:51	19.4	1:47	376	30:14	10:05	1:34:51
255	43/54	183	James Gaul	Bloomington	MN	41	M	168	14:46	2:58	3:43	325	51:10	17.0	1:46	146	23:31	7:51	1:34:53
256	5/14	220	Lindsay Hansen	Prior Lake	MN	25	F	284	16:58	3:24	2:23	284	49:47	17.5	1:34	172	24:13	8:05	1:34:54
257	10/27	19	Rebecca Ansari	Golden Valley	MN	40	F	225	15:34	3:07	2:40	277	49:31	17.6	1:38	223	25:38	8:33	1:35:00
258	29/39	199	Michael John Gournaris	Lakeville	MN	39	M	234	15:43	3:09	2:29	245	48:07	18.1	1:17	307	27:29	9:10	1:35:02
259	10/22	347	Dick Lowry	North Mankato	MN	56	M	195	15:07	3:02	2:04	223	46:51	18.6	1:21	366	29:46	9:56	1:35:07
260	11/27	271	Leanne Johansen	Wayzata	MN	37	F	80	13:12	2:39	2:51	353	52:59	16.4	0:47	216	25:26	8:29	1:35:13
261	12/27	455	Susan Robbins	Eden Prairie	MN	39	F	326	17:42	3:33	2:34	288	49:55	17.4	0:47	178	24:23	8:08	1:35:19
262	7/10	337	Marc Lindstrom	Excelsior	MN	27	M	302	17:12	3:27	2:27					167	24:08	8:03	1:35:28
263	26/39	420	Brent Peterson	Minnetrستا	MN	47	M	374	19:08	3:50	3:39	214	46:21	18.8	1:09	205	25:15	8:25	1:35:30
264	13/27	591	Allison Watt	Plymouth	MN	35	F	287	17:00	3:24	2:55	298	50:12	17.3	0:58	182	24:28	8:10	1:35:31
265	15/30	534	Devin Stefanowicz	Thompson	ND	43	M	1	8:02	1:37	2:57	362	53:30	16.3	2:08	351	29:01	9:41	1:35:37
266	14/23	46	Kirsten Beltz	Plymouth	MN	34	F	430	23:44	4:45	2:08	184	45:26	19.1	1:00	145	23:29	7:50	1:35:44
267	2/4	477	Mary Ryan	Minnetrستا	MN	57	F	327	17:42	3:33	2:29	305	50:25	17.3	1:05	171	24:13	8:05	1:35:53
268	23/31	617	Brent Witt	Minneapolis	MN	33	M	161	14:39	2:56	3:26	311	50:38	17.2	0:55	259	26:16	8:46	1:35:53
269	16/30	306	Rusty Kocon	Shoreview	MN	43	M	409	21:57	4:24	2:11	164	44:46	19.4	1:18	233	25:43	8:35	1:35:55
270	14/27	538	Amy Stern	Chanhassen	MN	39	F	246	15:54	3:11	2:41	211	46:15	18.8	2:04	358	29:17	9:46	1:36:09
271	2/5	130	Heather Donen	Oconomowoc	WI	24	F	215	15:26	3:06	2:05	286	49:52	17.4	1:36	300	27:12	9:04	1:36:09
272	44/54	546	Brian Svendahl	Plymouth	MN	44	M	343	18:05	3:37	2:32	241	47:49	18.2	1:34	263	26:24	8:48	1:36:23
273	15/23	88	Casey Cervenka	Minneapolis	MN	33	F	63	12:36	2:32	2:01	334	51:44	16.8	1:21	348	28:58	9:40	1:36:39
274	2/6	584	Emily Waitz	Hopkins	MN	36	F	319	17:32	3:31	2:01	257	48:43	17.9	1:13	305	27:24	9:08	1:36:52
275	16/23	116	Nicole Danielsen	Minneapolis	MN	34	F	254	16:08	3:14	2:26	312	50:39	17.2	1:45	255	26:06	8:42	1:37:03
276	30/39	375	Jeff Meyerhofer	Eden Prairie	MN	37	M	427	23:38	4:44	3:07	120	43:02	20.2	1:41	226	25:40	8:34	1:37:06
277	30/41	292	Timothy Kenyon	Minnetonka	MN	52	M	261	16:15	3:15	3:54	282	49:43	17.5	1:25	241	25:54	8:38	1:37:09
278	5/13	154	Mary English	Minnetonka	MN	54	F	281	16:51	3:23	1:55	308	50:35	17.2	1:18	270	26:34	8:52	1:37:11
279	17/30	381	David Moen	Victoria	MN	43	M	210	15:17	3:04	3:27	222	46:47	18.6	2:31	357	29:12	9:44	1:37:13
280	2/3	397	Daniel Niemi	Plymouth	MN	13	M	102	13:30	2:42	3:25	386	55:50	15.6	0:49	152	23:45	7:55	1:37:17
281	6/13	68	Catherine Brennan	Mankato	MN	53	F	244	15:50	3:10	2:58	335	51:44	16.8	1:50	197	25:00	8:20	1:37:19
282	11/27	400	Pam O'Connor	Chanhassen	MN	43	F	100	13:30	2:42	2:40	280	49:38	17.5	1:25	377	30:16	10:06	1:37:27
283	31/41	352	Gregor MacDonald	Chanhassen	MN	54	M	372	19:07	3:50	3:53					257	26:13	8:45	1:37:31
284	27/39	462	Mike Rogers	Minnetonka	MN	48	M	313	17:28	3:30	2:39	264	48:55	17.8	1:41	289	26:57	8:59	1:37:37
285	31/39	249	Chris Holzheu	Neenah	WI	39	M	323	17:37	3:32	2:35	255	48:41	17.9	1:19	309	27:34	9:12	1:37:44
286	32/39	39	George Beatty	Hudson	WI	36	M	280	16:50	3:22	5:29	228	47:10	18.4	2:17	253	26:05	8:42	1:37:49
287	45/54	425	Randy Pierce	Minneapolis	MN	40	M	432	24:26	4:54	4:19	90	41:59	20.7	1:39	230	25:41	8:34	1:38:04
288	28/39	389	Mark Nazigian	Plymouth	MN	48	M	330	17:45	3:33	1:26	273	49:16	17.7	1:24	338	28:32	9:31	1:38:22

289	17/23	265 Molly Jeatran	Minneapolis	MN	33	F	181	14:54	2:59	2:02	248	48:22	18.0	2:05	388	31:08	10:23	1:38:28
290	12/27	387 Jaleh Nahvi	Inver Grove Height	MN	43	F	235	15:43	3:09	2:29	361	53:28	16.3	0:54	242	25:56	8:39	1:38:29
291	18/23	504 Nicole Shultz	Minneapolis	MN	33	F	317	17:32	3:31	1:54	272	49:15	17.7	1:24	339	28:34	9:32	1:38:37
292	11/22	371 David Meline	Minneapolis	MN	55	M	118	13:47	2:46	3:00	291	50:07	17.4	1:33	379	30:27	10:09	1:38:53
293	3/6	343 Carrie Longsdorf	Minneapolis	MN	30	F	321	17:35	3:31	1:54	321	51:02	17.0	1:29	294	27:06	9:02	1:39:05
294	12/22	79 Douglas Burn	Victoria	MN	55	M	339	18:01	3:37	3:37	309	50:36	17.2	1:49	203	25:12	8:24	1:39:13
295	46/54	501 Christopher Sheldon	Holden	MA	43	M	286	16:59	3:24	3:26	324	51:09	17.0	1:52	243	25:58	8:40	1:39:22
296	7/17	483 Tamara Sather	Chanhassen	MN	45	F	348	18:17	3:40	2:49	341	52:06	16.7	1:27	190	24:46	8:16	1:39:24
297	8/17	318 Dana Lampert	Edina	MN	48	F	309	17:23	3:29	4:02	352	52:56	16.4	0:38	184	24:31	8:11	1:39:28
298	47/54	156 C. Todd Fagley	Mound	MN	42	M	142	14:14	2:51	4:09	263	48:54	17.8	1:31	384	30:46	10:16	1:39:31
299	3/12	362 Tom McConville	Osseo	MN	60	M	415	22:27	4:30	2:43	177	45:11	19.3	1:08	328	28:06	9:22	1:39:33
300	13/27	202 Kyann Graham	Farmington	MN	42	F	111	13:41	2:45	3:04	350	52:51	16.5	1:01	350	28:58	9:40	1:39:33
301	33/39	201 Jason Gower	Chaska	MN	39	M	320	17:33	3:31	4:55	302	50:20	17.3	1:38	208	25:17	8:26	1:39:41
302	14/27	466 Kathleen Roller	Orono	MN	44	F	376	19:20	3:52	2:10	252	48:29	17.9	1:36	331	28:14	9:25	1:39:48
303	32/41	3 Mike Abbott	Excelsior	MN	54	M	217	15:27	3:06	2:50	357	53:13	16.3	0:33	318	27:47	9:16	1:39:48
304	15/27	592 Carly Weaver	Eden Prairie	MN	37	F	267	16:29	3:18	3:22	299	50:15	17.3	2:03	315	27:47	9:16	1:39:54
305	3/3	560 Justin Thunstrom	Plymouth	MN	18	M	252	16:04	3:13	1:58	351	52:52	16.5	1:24	314	27:46	9:16	1:40:03
306	24/31	10 Mike Allen	Minneapolis	MN	31	M	133	14:07	2:50	3:01	303	50:23	17.3	1:11	393	31:38	10:33	1:40:17
307	7/13	216 Leslie Hacking	Golden Valley	MN	51	F	154	14:32	2:55	1:45	265	48:55	17.8	1:58	408	33:18	11:06	1:40:26
308	25/31	63 Jean-Paul Botha	Minneapolis	MN	30	M	198	15:08	3:02	4:27	331	51:35	16.9	2:46	278	26:42	8:54	1:40:37
309	33/41	507 Daniel Sieben	Edina	MN	54	M	329	17:45	3:33	4:27	336	51:45	16.8	0:44	246	26:01	8:41	1:40:40
310	1/2	457 Deborah Roberts	Nisswa	MN	62	F	256	16:09	3:14	2:58	319	50:59	17.1	1:29	356	29:11	9:44	1:40:44
311	48/54	353 Gregory Maddrey	Wayzata	MN	44	M	301	17:11	3:27	3:29	281	49:40	17.5	2:04	336	28:28	9:30	1:40:50
312	8/13	624 Lori Woodfield	Victoria	MN	51	F	201	15:10	3:02	2:19	358	53:14	16.3	1:11	354	29:11	9:44	1:41:03
313	34/39	494 Jason Sedlak	Bloomington	MN	38	M	273	16:44	3:21	3:24	296	50:10	17.3	2:15	340	28:34	9:32	1:41:06
314	15/27	144 Erika Eklund	Golden Valley	MN	40	F	334	17:53	3:35	3:26	261	48:46	17.8	2:47	334	28:21	9:27	1:41:12
315	29/39	245 Greg Holcomb	Chaska	MN	47	M	404	21:29	4:18	4:44	213	46:21	18.8	2:02	279	26:43	8:55	1:41:16
316	26/31	602 Jeremy Whiteman	Chaska	MN	34	M	126	14:03	2:49	1:37	431	1:05:39	13.3	0:41	34	19:28	6:30	1:41:24
317	30/39	628 Scott Yager	Chanhassen	MN	49	M	338	18:01	3:37	3:43	315	50:55	17.1	1:45	304	27:16	9:06	1:41:38
318	35/39	87 Nathan Cerra	St Louis Park	MN	35	M	315	17:30	3:30	3:44	304	50:23	17.3	1:26	342	28:39	9:33	1:41:40
319	34/41	594 Rich Weeks	Eden Prairie	MN	52	M	295	17:06	3:26	2:27	193	45:38	19.1	2:14	418	34:21	11:27	1:41:44
320	4/12	255 Jerry House	Woodbury	MN	65	M	362	18:47	3:46	4:42	342	52:10	16.7	2:04	163	24:04	8:02	1:41:46
321	35/41	475 Rudy Ruedenberg	Plymouth	MN	52	M	285	16:59	3:24	2:47	322	51:07	17.0	1:59	349	28:58	9:40	1:41:48
322	16/27	235 Jennifer Heitzman	St. Paul	MN	44	F	352	18:28	3:42	2:43	239	47:34	18.3	1:42	390	31:27	10:29	1:41:52
323	17/27	170 Nicole Fox	Eagan	MN	44	F	361	18:47	3:46	4:35	297	50:11	17.3	1:48	271	26:34	8:52	1:41:53
324	19/23	544 Gina Sundeen	Plymouth	MN	30	F	322	17:36	3:32	2:52	332	51:37	16.9	0:44	353	29:07	9:43	1:41:55
325	49/54	82 Jeff Callinan	Wayzata	MN	40	M	259	16:14	3:15	3:08	345	52:32	16.6	0:43	359	29:23	9:48	1:41:59
326	2/2	171 Carolyn Francis	Minnetonka	MN	17	F	306	17:18	3:28	3:47	388	56:02	15.5	0:50	173	24:17	8:06	1:42:11
327	9/13	577 Caroline Vaaler	Minneapolis	MN	52	F	258	16:13	3:15	4:11	354	53:06	16.4	1:31	302	27:15	9:05	1:42:14
328	18/27	357 Sandy Marshall	Minneapolis	MN	41	F	98	13:29	2:42	3:35	202	45:59	18.9	1:43	431	37:30	12:30	1:42:14
329	6/14	393 Shelley Nelson	Minneapolis	MN	29	F	332	17:49	3:34	3:24	329	51:22	16.9	1:35	333	28:16	9:26	1:42:23
330	13/22	377 Peter Miller	Zimmerman	MN	55	M	349	18:18	3:40	1:55	283	49:43	17.5	1:35	387	30:55	10:19	1:42:24
331	31/39	138 Clark Eichelberger	St Louis Park	MN	45	M	167	14:44	2:57	3:13	294	50:09	17.3	1:18	407	33:15	11:05	1:42:36
332	50/54	90 John Chapman	Eagan	MN	40	M	357	18:39	3:44	3:09	256	48:41	17.9	1:31	382	30:42	10:14	1:42:41
333	18/30	248 Robert Hollway Jr	St. Louis Park	MN	27	M	385	20:12	4:03	3:37	318	50:58	17.1	1:28	274	26:37	8:53	1:42:50
334	3/5	99 Tess Cotter	Minneapolis	MN	24	F	169	14:48	2:58	2:52	371	54:27	16.0	1:04	369	29:49	9:57	1:42:58
335	20/23	297 Natalie Kirby	Minnetonka	MN	32	F	240	15:47	3:10	3:17	402	57:26	15.1	1:21	200	25:09	8:23	1:43:00
336	19/30	246 Bob Hollway	St Louis Park	MN	56	M	371	19:03	3:49	2:55	333	51:39	16.8	1:29	325	28:04	9:22	1:43:08
337	51/54	311 Rick Kotovic	Excelsior	MN	41	M	277	16:48	3:22	4:33	348	52:39	16.5	1:22	321	27:51	9:17	1:43:10
338	32/39	453 Donald Rix	Chanhassen	MN	47	M	350	18:22	3:41	3:02	238	47:33	18.3	1:51	400	32:26	10:49	1:43:12
339	33/39	396 Jeff Newhouse	Minnetonka	MN	48	M	408	21:48	4:22	3:10	290	50:07	17.4	1:24	284	26:49	8:57	1:43:16
340	10/13	164 Jenna Fletcher	Stillwater	MN	51	F	377	19:23	3:53	1:57	338	51:58	16.7	1:15	346	28:56	9:39	1:43:27
341	36/39	16 Paul Andresen	Edina	MN	35	M	211	15:18	3:04	4:21	395	56:42	15.3	1:16	247	26:01	8:41	1:43:35
342	16/27	417 Lane Patten	Eden Prairie	MN	38	F	328	17:43	3:33	2:29	356	53:12	16.4	1:11	355	29:11	9:44	1:43:44
343	8/10	259 Chris Iacono	Minneapolis	MN	26	M	265	16:24	3:17	4:05	368	54:08	16.1	1:33	313	27:46	9:16	1:43:54
344	36/41	627 Mike Worthington	Maple Grove	MN	51	M	390	20:25	4:05	2:27	343	52:11	16.7	1:12	323	28:01	9:21	1:44:15
345	19/27	330 Cindy Lesage	Chanhassen	MN	44	F	436	25:13	5:03	2:50	301	50:17	17.3	1:02	196	24:57	8:19	1:44:17
346	20/27	223 Kari Harrison	Farmington	MN	41	F	333	17:53	3:35	4:35	381	55:32	15.7	1:00	227	25:41	8:34	1:44:39
347	9/17	415 Michele Pasko	Minnetonka	MN	47	F	263	16:16	3:16	5:18	314	50:48	17.1	2:57	361	29:27	9:49	1:44:43

348	34/39	295 Daniel Kessler	Chaska	MN	46 M	249	15:58	3:12	3:12	275	49:19	17.6	2:37	412	33:42	11:14	1:44:46
349	17/27	458 Nicole Roberts	Eden Prairie	MN	38 F	179	14:53	2:59	2:40	372	54:32	16.0	1:54	386	30:50	10:17	1:44:46
350	35/39	15 Paul Anderson	Eagan	MN	46 M	365	18:51	3:47	4:27	306	50:30	17.2	1:10	370	29:53	9:58	1:44:48
351	20/30	131 Steve Donen	Chanhausen	MN	55 M	384	20:11	4:03	1:58	230	47:13	18.4	2:01	409	33:29	11:10	1:44:52
352	27/31	413 David Palmer	Champlin	MN	30 M	402	21:19	4:16	3:06	340	51:59	16.7	1:57	275	26:38	8:53	1:44:56
353	37/41	576 Andrew Vaaler	Minneapolis	MN	51 M	403	21:20	4:16	4:41	293	50:08	17.4	1:59	293	27:06	9:02	1:45:13
354	7/14	618 Maria Wooching	Minneapolis	MN	25 F	274	16:44	3:21	3:11	367	54:05	16.1	1:27	367	29:48	9:56	1:45:13
355	3/4	113 Beth Dalton	Woodbury	MN	57 F	81	13:12	2:39	5:05	390	56:21	15.4	1:14	362	29:28	9:50	1:45:18
356	10/17	146 Missy Elder	Chanhausen	MN	49 F	396	21:02	4:13	4:13	292	50:08	17.4	2:02	330	28:11	9:24	1:45:35
357	21/27	21 Pam Armour	Golden Valley	MN	42 F	387	20:14	4:03	2:45	347	52:36	16.5	2:17	322	27:55	9:19	1:45:45
358	11/17	571 Jamee Tuttle	Excelsior	MN	47 F	276	16:47	3:22	3:17	346	52:34	16.6	1:53	389	31:17	10:26	1:45:47
359	18/27	518 Katie Skinner	Excelsior	MN	38 F	344	18:06	3:38	3:10	405	57:41	15.1	1:12	231	25:43	8:35	1:45:50
360	11/13	350 Chanda Lyons	Excelsior	MN	51 F	380	19:39	3:56	2:15	377	55:09	15.8	1:32	306	27:25	9:09	1:45:58
361	28/31	465 Brent Rolf	Elk River	MN	30 M	399	21:07	4:14	3:22	330	51:31	16.9	1:33	337	28:28	9:30	1:46:00
362	14/22	109 Paul Crowe	Edina	MN	55 M	397	21:04	4:13	2:45	323	51:08	17.0	1:50	363	29:31	9:51	1:46:16
363	4/6	474 Catherine Rude	Excelsior	MN	47 F	178	14:53	2:59	3:49	407	57:45	15.1	1:52	326	28:05	9:22	1:46:21
364	15/22	280 Doug Jost	Centerville	MN	58 M	363	18:49	3:46	3:18	339	51:59	16.7	1:48	380	30:34	10:12	1:46:26
365	16/22	101 John Covlin	Coon Rapids	MN	57 M	420	23:05	4:37	3:44	249	48:22	18.0	1:42	365	29:39	9:53	1:46:30
366	22/27	436 Kristen Purtell	Deephaven	MN	40 F	406	21:42	4:21						335	28:28	9:30	1:46:41
367	52/54	559 Jason Thunstrom	Plymouth	MN	43 M	398	21:05	4:13	4:04	364	53:35	16.2	1:05	299	27:11	9:04	1:46:59
368	21/23	520 Diane K Smith	Maple Grove	MN	32 F	431	23:51	4:47	3:12	327	51:18	17.0	1:01	319	27:48	9:16	1:47:08
369	4/4	442 Pady Regnier	Excelsior	MN	57 F	331	17:46	3:34	3:27	365	53:53	16.1	2:22	375	30:12	10:04	1:47:39
370	21/30	578 Jack Vander Linden	Minneapolis	MN	30 M	417	22:44	4:33	2:57	328	51:20	16.9	1:07	368	29:48	9:56	1:47:55
371	29/31	237 Bryan Henneman	Woodbury	MN	34 M	423	23:22	4:41	4:50	344	52:11	16.7	1:51	235	25:46	8:36	1:47:59
372	3/4	182 Paul Gaudette	Mound	MN	23 M	311	17:24	3:29	4:14	404	57:40	15.1	2:37	261	26:20	8:47	1:48:14
373	12/17	40 Jane Beckel	Wausau	WI	46 F	255	16:08	3:14	3:53	391	56:22	15.4	1:14	383	30:43	10:15	1:48:18
374	36/39	314 Todd Kruse	Inver Grove Height	MN	47 M	401	21:09	4:14	4:18	363	53:32	16.3	1:50	308	27:33	9:11	1:48:21
375	22/30	250 Kirk Honour	Shorewood	MN	44 M	418	22:46	4:34	4:10	320	51:00	17.1	1:47	347	28:57	9:39	1:48:38
376	8/14	211 Adrienne Gustafson	Edina	MN	26 F	364	18:49	3:46	3:47	399	57:13	15.2	0:50	327	28:06	9:22	1:48:42
377	38/41	333 Christoph Leser	Chanhausen	MN	50 M	242	15:49	3:10	3:51	383	55:41	15.6	1:44	395	31:46	10:36	1:48:49
378	13/17	315 Tracey Kubitz	Wayzata	MN	47 F	419	23:02	4:37	3:39	313	50:40	17.2	1:37	371	29:56	9:59	1:48:51
379	53/54	18 Omar Ansari	Golden Valley	MN	43 M	272	16:41	3:21	4:30	408	58:28	14.9	2:42	269	26:33	8:51	1:48:52
380	12/13	335 Sharon Lim	Wayzata	MN	51 F	312	17:24	3:29	4:36	416	1:00:14	14.4	1:16	215	25:24	8:28	1:48:52
381	5/12	35 James Barthel	Dellwood	MN	66 M	176	14:50	2:58	4:28	382	55:37	15.6	1:53	401	32:29	10:50	1:49:15
382	19/27	81 Lisa Butler	St. Paul	MN	35 F	345	18:08	3:38	3:21	355	53:07	16.4	2:16	402	32:32	10:51	1:49:22
383	9/10	505 Aaron Sieben	Edina	MN	27 M	393	20:43	4:09	3:54	317	50:57	17.1	2:09	397	32:12	10:44	1:49:54
384	20/27	229 Jodi Hastings	Columbia Heights	MN	35 F	202	15:10	3:02	2:27	385	55:48	15.6	2:07	419	34:23	11:28	1:49:54
385	9/14	119 Anna Dehen	Minneapolis	MN	26 F	190	14:58	3:00	3:38	392	56:32	15.4	1:22	411	33:37	11:13	1:50:05
386	54/54	519 Marlon Sluiter	Robbinsdale	MN	40 M	209	15:14	3:03	3:10	375	55:03	15.8	2:06	422	34:45	11:35	1:50:16
387	23/30	247 Mike Hollway	Edina	MN	23 M	382	20:04	4:01	3:14	414	59:50	14.5	1:02	258	26:14	8:45	1:50:21
388	30/31	551 Steve Szlachtowski	Minnetonka	MN	32 M	428	23:41	4:45	3:50	289	50:02	17.4	2:50	374	30:06	10:02	1:50:27
389	37/39	177 Brad Fritz	Eden Prairie	MN	45 M	413	22:19	4:28					0:44	207	25:17	8:26	1:50:31
390	6/12	181 Thomas Fulton	Saint Louis Park	MN	66 M	324	17:39	3:32	3:09	295	50:10	17.3	2:54	430	37:01	12:21	1:50:52
391	21/27	135 Maud Duggan	Eden Prairie	MN	39 F	341	18:03	3:37	3:43	360	53:15	16.3	2:37	414	33:59	11:20	1:51:35
392	37/39	513 Joseph Simpson	Shorewood	MN	38 M	253	16:05	3:13	6:12	359	53:14	16.3	3:13	405	33:01	11:01	1:51:42
393	23/27	638 Abbie Gibbs	Grand Forks	ND	41 F	370	19:03	3:49	3:51	379	55:23	15.7	0:55	404	32:40	10:54	1:51:50
394	38/39	123 Jim Denn	Edina	MN	48 M	289	17:01	3:25	6:23	378	55:17	15.7	2:40	385	30:48	10:16	1:52:07
395	39/41	629 Randall Zats	St. Louis Park	MN	53 M					415	59:58	14.5	1:45	394	31:43	10:35	1:52:12
396	7/12	515 Richard Simpson	Chanhausen	MN	64 M	373	19:08	3:50	5:30	374	54:57	15.8	2:32	378	30:17	10:06	1:52:22
397	40/41	251 James Hoopes	Chanhausen	MN	52 M	351	18:23	3:41	4:07	420	1:01:20	14.2	1:31	301	27:12	9:04	1:52:31
398	17/22	411 Bob Oxborough	Plymouth	MN	57 M	392	20:42	4:09	4:43	389	56:09	15.5	2:27	343	28:40	9:34	1:52:39
399	14/17	225 Colleen Harristhal	Chanhausen	MN	47 F	421	23:21	4:41	4:52	369	54:09	16.1	1:46	345	28:52	9:38	1:52:57
400	10/14	126 Katie Diederichs	Minneapolis	MN	25 F	297	17:07	3:26	5:22	426	1:02:59	13.8	0:40	298	27:11	9:04	1:53:18
401	22/23	443 Jaime Reichman	Minneapolis	MN	34 F	411	22:19	4:28	5:34	384	55:45	15.6	2:13	317	27:47	9:16	1:53:36
402	18/22	427 David Piper	Minneapolis	MN	58 M	260	16:14	3:15	4:41	413	59:33	14.6	1:00	399	32:17	10:46	1:53:43
403	8/12	283 Joe Kandiko	Excelsior	MN	63 M	238	15:46	3:10	3:14	366	54:00	16.1	2:07	432	38:48	12:56	1:53:53
404	24/30	364 John McDaniel	Shorewood	MN	45 M	368	18:59	3:48	5:22	410	59:13	14.7	1:22	360	29:26	9:49	1:54:20
405	24/27	196 Jennifer Gorder	Bloomington	MN	40 F	379	19:32	3:55	3:42	387	55:53	15.6	1:25	413	33:53	11:18	1:54:24
406	25/27	316 Lou Kycek	West Saint Paul	MN	44 F	429	23:43	4:45	4:29	403	57:30	15.1	1:35	320	27:48	9:16	1:55:03

407	11/14	454	Christianne Roach	Minneapolis	MN	29	F	304	17:13	3:27	4:23	400	57:14	15.2	1:48	420	34:26	11:29	1:55:03
408	12/14	374	Courtney Meriwether	St. Louis Park	MN	27	F	424	23:24	4:41	3:25	373	54:39	15.9	1:46	396	32:06	10:42	1:55:19
409	26/27	401	Debbie Odden	Fort Wayne	IN	44	F	405	21:33	4:19	3:56	398	56:57	15.3	1:25	391	31:35	10:32	1:55:25
410	25/30	428	Robert Ploetz	Rosemount	MN	42	M	316	17:31	3:30	2:42	337	51:50	16.8	1:28	441	42:00	14:00	1:55:28
411	19/22	572	Carl Tuura	Plymouth	MN	58	M	337	17:58	3:36					2:33	421	34:44	11:35	1:55:31
412	31/31	49	Ben Benson	Golden Valley	MN	34	M	389	20:24	4:05	3:08	397	56:53	15.3	1:55	410	33:33	11:11	1:55:51
413	26/30	270	Jerry Johanning	Minnetonka	MN	45	M	305	17:15	3:27	3:39	271	49:10	17.7	1:40	444	44:30	14:50	1:56:12
414	27/30	64	Jay Bozicevich	Golden Valley	MN	44	M	440	28:23	5:41	4:12	326	51:15	17.0	2:28	372	29:57	9:59	1:56:13
415	39/39	30	Pete Baker	Chanhassen	MN	48	M	422	23:21	4:41	3:39	376	55:04	15.8	2:54	392	31:36	10:32	1:56:33
416	41/41	587	Lance Wallin	Wayzata	MN	53	M	425	23:30	4:42	7:07	406	57:43	15.1	1:34	283	26:48	8:56	1:56:39
417	22/27	66	Ann Bradsher	Eden Prairie	MN	38	F	434	25:01	5:01	5:32	411	59:25	14.6	1:42	206	25:16	8:26	1:56:54
418	20/22	137	Philip Dunlay	Minnetonka	MN	56	M	400	21:07	4:14	3:17	380	55:27	15.7	2:43	424	34:53	11:38	1:57:25
419	13/13	129	Carol Donen	Chanhassen	MN	53	F	426	23:32	4:43	5:58	412	59:31	14.6	1:27	303	27:16	9:06	1:57:41
420	9/12	588	Peter Walman	Minnetonka	MN	71	M	314	17:28	3:30					2:05	434	39:33	13:11	1:58:37
421	13/14	448	Lindsay Richards	Minneapolis	MN	28	F	383	20:11	4:03	5:29	417	1:00:29	14.4	1:00	398	32:14	10:45	1:59:21
422	4/5	585	Alexis Waldin	Chanhassen	MN	22	F	291	17:04	3:25	3:26	428	1:03:58	13.6	1:09	417	34:20	11:27	1:59:56
423	28/30	187	Patrick Gibson	Chaska	MN	44	M	257	16:09	3:14	6:05	393	56:33	15.4	2:40	435	40:18	13:26	2:01:43
424	38/39	242	Charlie Hoff	Excelsior	MN	35	M	442	28:47	5:46	6:34	394	56:38	15.4	1:33	344	28:46	9:36	2:02:15
425	14/14	582	Stephanie Vos	Golden Valley	MN	25	F	388	20:14	4:03	7:20	421	1:01:26	14.2	1:18	403	32:37	10:53	2:02:52
426	15/17	334	Sassy Libertus	Minneapolis	MN	45	F	435	25:06	5:02	8:37	422	1:01:35	14.1	2:07	245	26:00	8:40	2:03:23
427	23/27	197	Adriana Gordillo	Chaska	MN	37	F	203	15:10	3:02	5:09	436	1:07:46	12.8	1:18	416	34:16	11:26	2:03:38
428	39/39	444	Paul Reichman	Minneapolis	MN	35	M	394	20:45	4:09	14:44	409	58:58	14.8	2:13	316	27:47	9:16	2:04:26
429	10/12	553	Mike Tenney	Excelsior	MN	68	M	335	17:54	3:35	5:34	396	56:50	15.3	3:12	437	40:59	13:40	2:04:28
430	16/17	562	Mary Towle	Minneapolis	MN	46	F	433	24:55	4:59	3:51	429	1:04:40	13.5	1:48	373	30:03	10:01	2:05:16
431	29/30	149	Peder Engebretson	St. Anthony Villag	MN	49	M	407	21:44	4:21	6:22	418	1:00:31	14.4	1:01	426	35:53	11:58	2:05:28
432	24/27	17	Tonya Andruskiewicz	Chanhassen	MN	39	F	353	18:29	3:42	3:27	423	1:02:45	13.9	2:02	433	39:10	13:04	2:05:51
433	25/27	380	Elizabeth Moe	Minneapolis	MN	38	F	221	15:31	3:07	2:54	432	1:06:02	13.2	1:17	440	41:27	13:49	2:07:09
434	10/10	630	Benjamin Zweber	Minneapolis	MN	25	M	445	31:17	6:16	5:24	425	1:02:59	13.8	0:40	297	27:10	9:04	2:07:28
435	23/23	508	Naomi Sieben	Edina	MN	30	F	381	19:46	3:58	4:58	435	1:07:21	12.9	1:51	423	34:49	11:37	2:08:42
436	26/27	160	Tonya Faundeen	Greenwood	MN	38	F	414	22:23	4:29	6:34	430	1:04:52	13.4					2:09:25
437	11/12	626	Clark Worthington	St Louis Park	MN	71	M	446	31:19	6:16	4:15	401	57:16	15.2	1:59	425	35:12	11:44	2:09:59
438	12/12	107	Lyle Crider	Shakopee	MN	70	M	416	22:27	4:30	4:29	437	1:08:10	12.8	1:53	415	34:11	11:24	2:11:08
439	17/17	597	Kimberly Wells	Eden Prairie	MN	47	F	437	25:19	5:04	4:19	427	1:03:37	13.7	2:04	429	36:58	12:20	2:12:15
440	5/6	412	Nina Page	Minneapolis	MN	45	F	386	20:13	4:03	5:15	419	1:00:46	14.3	2:19	443	44:06	14:42	2:12:36
441	30/30	72	Narvel Brooks	Waconia	MN	61	M	439	27:15	5:27	3:23	370	54:14	16.0	2:33	446	46:28	15:30	2:13:51
442	6/6	175	Julie Freniere-Gibson	Chaska	MN	41	F	412	22:19	4:28	2:53	424	1:02:47	13.9	1:41	445	46:05	15:22	2:15:43
443	21/22	14	Mark Anderson	Excelsior	MN	57	M	391	20:27	4:06	5:17	438	1:09:24	12.5	1:49	442	42:47	14:16	2:19:42
444	27/27	29	Anne Baker	Chanhassen	MN	42	F	438	26:56	5:24	6:05	433	1:07:16	12.9	1:42	438	41:07	13:43	2:23:04
445	4/4	552	Andrew Taschei	Excelsior	MN	23	M	410	22:04	4:25	5:56	441	1:17:34	11.2	1:10	427	36:24	12:08	2:23:06
446	27/27	163	Jenny Flansburg	Plymouth	MN	37	F	441	28:44	5:45	3:11	440	1:13:36	11.8	1:53	428	36:24	12:08	2:23:45
447	2/2	47	Kathryn Benhardus	Minnetonka	MN	66	F	447	33:19	6:40	8:05								2:25:31
448	5/5	104	Gemma Craig	Excelsior	MN	23	F	443	29:26	5:54	6:19	434	1:07:19	12.9	1:32	439	41:16	13:46	2:25:49
449	22/22	390	Joseph Nelson	Shorewood	MN	57	M	444	30:40	6:08	5:55	439	1:13:34	11.8	1:51	436	40:37	13:33	2:32:36

MALE RELAY RESULTS

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	635	The Moore Boys David Moore , Peter Moore , Alexander Moore	1	15:08	3:02	1:19	1	48:31	17.9	0:31	1	24:27	8:09	1:29:54

FEMALE RELAY RESULTS

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	633	Jilt's Tri for Life Genevieve McJilton , Pauline Parket , Kathleen Pengell	2	18:17	3:40	0:49	1	43:46	19.9	0:39	3	39:32	13:11	1:43:01
2	634	Penultimates Lauren Hallau , Jennifer Peterson , Cari Sturgis	1	17:20	3:28	1:20	2	58:19	14.9	0:54	1	29:41	9:54	1:47:33
3	631	Crider girls TRI harder Kris Kilmer , Beth Kennedy , Beth Kennedy	3	18:31	3:43	16:22	3	1:08:07	12.8	1:58	2	34:07	11:23	2:19:03

COED RELAY RESULTS

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	632	Gammill Guts & Glory Amy Gammill , Dave Gammill , Rich Gammill	1	11:38	2:20	1:13	1	41:13	21.1	0:36	1	24:10	8:04	1:18:48

PENALTY TIME ISSUED

No.	Name	City	St	Age	Penalty Time	Penalty Comment
=====	=====	=====	=====	=====	=====	=====

NON QUALIFYING RESULTS: SPRINT

Bib	Name	City	St	Age	Sex	Rank	SWIM	100yd	Trn.1	Rank	BIKE	MPH	Trn.2	Rank	RUN	Pace	FINISH
404	Victoria Olender	Excelsior	MN	42	F					6	1:15:38	11.5	1:53	1	39:01	13:01	2:22:36
67	Neal Bradsher	Eden Prairie	MN	46	M	2	14:32	2:55	3:15	2	50:35	17.2	1:27				
620	Jean Wood	Excelsior	MN	63	F					3	55:29	15.7	1:29				
213	Marcus Gustafson	Edina	MN	61	M					1	42:45	20.4					
524	Chad Solei	Minneapolis	MN	26	M	1	12:50	2:34	2:02	4	1:06:54	13.0					
506	Cortney Sieben	Edina	MN	25	F	4	24:41	4:57	3:43	5	1:12:21	12.0					
238	Robert Hensley	Shorewood	MN	50	M	3	16:37	3:20									
637	Peter Elsham	Minnetonka	MN	25	M	5	26:47	5:22									

OVERALL MALE ELITE RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	558	David Thompson	Long Lake	MN	38	1	9:31	1:55	0:43	1	34:03	25.6	0:38	3	16:02	5:21	1:00:56
2	414	Patrick Parish	Bloomington	MN	28	4	10:34	2:07	0:48	3	35:00	24.9	0:37	2	15:50	5:17	1:02:47
3	1	Brooks Grossinger	Mayer	MN	36	9	11:23	2:17	0:59	4	35:04	24.8	0:43	4	16:31	5:31	1:04:39
4	479	Brian Sames	Shakopee	MN	26	11	11:27	2:18	1:16	9	36:27	23.9	0:46	1	15:37	5:13	1:05:32
5	485	Tony Schiller	Eden Prairie	MN	54	8	10:51	2:11	1:02	7	35:38	24.4	0:43	6	17:26	5:49	1:05:38
6	596	Ross Weinzierl	Saint Paul	MN	27	10	11:25	2:17	0:52	6	35:30	24.5	0:38	7	17:43	5:55	1:06:06
7	636	Andy Schiesl	Prior Lake	MN	35	13	11:35	2:19	1:23	2	34:40	25.1	0:40	12	18:26	6:09	1:06:42
8	481	Steve Sander	Richfield	MN	34	12	11:30	2:18	1:06	5	35:17	24.7	0:49	9	18:11	6:04	1:06:51
9	346	Brett Lovaas	Minnetonka	MN	38	2	10:05	2:01	0:52	10	36:58	23.5	0:46	13	18:38	6:13	1:07:18
10	603	Andy Wiberg	Eden Prairie	MN	34	16	12:21	2:29	1:17	8	36:06	24.1	0:46	5	17:09	5:43	1:07:38
11	607	Michael Williams	Maple Grove	MN	24	7	10:48	2:10	0:58	12	37:39	23.1	0:40	14	19:02	6:21	1:09:05
12	139	Andrew Eichelman	Greenwood	MN	44	5	10:34	2:07	1:37	11	37:15	23.4	1:03	15	19:11	6:24	1:09:38
13	115	Dennis Dane	Golden Valley	MN	33	14	11:42	2:21	0:59	15	39:57	21.8	0:51	8	18:05	6:02	1:11:33

14	52	Josh Bertelson	Minnetonka	MN	33	6	10:35	2:07	0:58	14	39:27	22.1	0:47	16	19:59	6:40	1:11:44
15	459	Jordan Roby	Saint Paul	MN	23	17	12:23	2:29	1:08	13	39:09	22.2	0:49	10	18:19	6:07	1:11:47
16	117	Michael Danielson	Tonka Bay	MN	49	15	12:15	2:27	1:44	16	40:46	21.3	1:04	11	18:24	6:08	1:14:11
17	622	Zach Wood	Maple Grove	MN	28	3	10:17	2:04	1:56	17	44:00	19.8	1:03	17	25:31	8:31	1:22:46

OVERALL FEMALE ELITE RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	327	Heather Lendway	Saint Paul	MN	28	1	9:34	1:55	1:01	1	38:37	22.5	0:49	4	20:33	6:51	1:10:32
2	608	Liv Williamsen	Chanhasen	MN	35	5	11:36	2:20	1:34	2	39:34	22.0	0:46	5	21:00	7:00	1:14:28
3	210	Jan Gunther	Excelsior	MN	54	7	12:37	2:32	1:26	4	39:55	21.8	0:57	1	20:06	6:42	1:14:59
4	456	Christina Roberts	St. Louis Park	MN	27	3	10:38	2:08	1:29	6	42:09	20.6	0:47	3	20:24	6:48	1:15:26
5	373	Sarah Mercer	Golden Valley	MN	45	4	11:34	2:19	1:27	3	39:40	21.9	0:59	6	22:03	7:21	1:15:41
6	522	Ann Snuggerud	Chaska	MN	45	6	11:55	2:23	1:21	5	41:35	20.9	1:15	2	20:07	6:43	1:16:12
7	77	Gabrielle Bunten	Forest Lake	MN	21	2	10:19	2:04	1:03	7	44:55	19.4	1:03	7	23:14	7:45	1:20:30

OVERALL MALE CLYDESDALE RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	298	Brian Kirkvold	Excelsior	MN	35	2	9:04	1:49	1:32	5	41:39	20.9	0:59	1	21:16	7:06	1:14:28
2	472	Brian Ross	Shorewood	MN	37	4	12:54	2:35	2:02	3	41:35	20.9	0:39	4	23:26	7:49	1:20:35
3	407	Erik Olson	Shakopee	MN	41	8	14:12	2:51	1:51	2	41:13	21.1	1:15	3	22:41	7:34	1:21:09
4	531	Josh Stahl	Minnetonka	MN	44	9	14:22	2:53	1:47	1	40:16	21.6	0:57	6	24:54	8:18	1:22:14
5	48	Bill Benning	Lakeville	MN	51	11	14:40	2:56	1:22	7	42:14	20.6	1:15	5	24:02	8:01	1:23:31
6	332	Mike Lesage	Chanhasen	MN	43	19	18:43	3:45	2:14	6	41:58	20.7	0:45	2	22:11	7:24	1:25:49
7	452	Christopher Ries	Minneapolis	MN	33	6	13:56	2:48	2:16	9	42:54	20.3	1:38	10	26:03	8:41	1:26:45
8	561	Joe Toth	Mound	MN	41	17	17:24	3:29	1:39	4	41:39	20.9	1:19	8	25:27	8:29	1:27:26
9	478	Ken Saddler	Chanhasen	MN	48	7	14:03	2:49	1:56	10	43:23	20.1	1:49	14	28:04	9:22	1:29:13
10	498	Jacob Selseth	St. Paul	MN	39	13	15:11	3:03	2:14	13	45:06	19.3	1:37	13	27:02	9:01	1:31:08
11	110	Bill Currie	Chanhasen	MN	43	3	12:01	2:25	2:52	8	42:18	20.6	0:59	24	33:02	11:01	1:31:10
12	209	Kyle Gulbrandson	Eagan	MN	33	5	13:45	2:45	3:12	17	48:06	18.1	1:17	7	25:20	8:27	1:31:39
13	2	Christopher Abbott	St. Louis Park	MN	25	10	14:35	2:55	2:58	14	45:57	18.9	1:18	20	29:32	9:51	1:34:18
14	329	Scott Leo	Minneapolis	MN	51	12	14:49	2:58	3:14	12	44:51	19.4	1:47	23	30:14	10:05	1:34:51
15	534	Devin Stefonowicz	Thompson	ND	43	1	8:02	1:37	2:57	25	53:30	16.3	2:08	17	29:01	9:45	1:35:37
16	306	Rusty Kocon	Shoreview	MN	43	26	21:57	4:24	2:11	11	44:46	19.4	1:18	9	25:43	8:35	1:35:55
17	381	David Moen	Victoria	MN	43	14	15:17	3:04	3:27	15	46:47	18.6	2:31	18	29:12	9:44	1:37:13
18	248	Robert Hollway Jr	St. Louis Park	MN	27	24	20:12	4:03	3:37	19	50:58	17.1	1:28	12	26:37	8:53	1:42:50
19	246	Bob Hollway	St Louis Park	MN	56	21	19:03	3:49	2:55	23	51:39	16.8	1:29	15	28:04	9:22	1:43:08
20	131	Steve Donen	Chanhasen	MN	55	23	20:11	4:03	1:58	16	47:13	18.4	2:01	25	33:29	11:10	1:44:52
21	578	Jack Vander Linden	Minneapolis	MN	30	27	22:44	4:33	2:57	22	51:20	16.9	1:07	21	29:48	9:56	1:47:55
22	250	Kirk Honour	Shorewood	MN	44	28	22:46	4:34	4:10	20	51:00	17.1	1:47	16	28:57	9:39	1:48:38
23	247	Mike Hollway	Edina	MN	23	22	20:04	4:01	3:14	29	59:50	14.5	1:02	11	26:14	8:45	1:50:21
24	364	John McDaniel	Shorewood	MN	45	20	18:59	3:48	5:22	28	59:13	14.7	1:22	19	29:26	9:49	1:54:20
25	428	Robert Ploetz	Rosemount	MN	42	18	17:31	3:30	2:42	24	51:50	16.8	1:28	28	42:00	14:00	1:55:28
26	270	Jerry Johanning	Minnetonka	MN	45	16	17:15	3:27	3:39	18	49:10	17.7	1:40	29	44:30	14:50	1:56:12
27	64	Jay Bozicevich	Golden Valley	MN	44	30	28:23	5:41	4:12	21	51:15	17.0	2:28	22	29:57	9:59	1:56:13
28	187	Patrick Gibson	Chaska	MN	44	15	16:09	3:14	6:05	27	56:33	15.4	2:40	27	40:18	13:26	2:01:43
29	149	Peder Engebretson	St. Anthony Villag	MN	49	25	21:44	4:21	6:22	30	1:00:31	14.4	1:01	26	35:53	11:58	2:05:28
30	72	Narvel Brooks	Waconia	MN	61	29	27:15	5:27	3:23	26	54:14	16.0	2:33	30	46:28	15:30	2:13:51

OVERALL FEMALE ATHENA RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	155	Laura Erickson	Rochester	MN	28	2	15:25	3:05	2:33	1	46:03	18.9	0:54	1	23:20	7:47	1:28:13
2	584	Emily Waitz	Hopkins	MN	36	3	17:32	3:31	2:01	2	48:43	17.9	1:13	3	27:24	9:08	1:36:52
3	343	Carrie Longsdorf	Minneapolis	MN	30	4	17:35	3:31	1:54	3	51:02	17.0	1:29	2	27:06	9:02	1:39:05
4	474	Catherine Rude	Excelsior	MN	47	1	14:53	2:59	3:49	4	57:45	15.1	1:52	4	28:05	9:22	1:46:21
5	412	Nina Page	Minneapolis	MN	45	5	20:13	4:03	5:15	5	1:00:46	14.3	2:19	5	44:06	14:42	2:12:36
6	175	Julie Freniere-Gibson	Chaska	MN	41	6	22:19	4:28	2:53	6	1:02:47	13.9	1:41	6	46:05	15:22	2:15:43

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim	100
						Time	yds
1	Devin Stefonowicz	Thompson	ND	43	M	8:02	1:37
2	Brian Kirkvold	Excelsior	MN	35	M	9:04	1:49
3	David Thompson	Long Lake	MN	38	M	9:31	1:55
4	Heather Lendway	Saint Paul	MN	28	F	9:34	1:55
5	Aaron Shapley	Shorewood	MN	38	M	9:42	1:57
6	Brett Lovaas	Minnetonka	MN	38	M	10:05	2:01
7	Kurt Becker	Afton	MN	46	M	10:13	2:03
8	Patrick Stanaway	Minneapolis	MN	26	M	10:15	2:03
9	Zach Wood	Maple Grove	MN	28	M	10:17	2:04
10	Gabrielle Bunten	Forest Lake	MN	21	F	10:19	2:04

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	Time	MPH
1	David Thompson	Long Lake	MN	38	M	34:03	25.6	
2	Andy Schiesl	Prior Lake	MN	35	M	34:40	25.1	
3	Patrick Parish	Bloomington	MN	28	M	35:00	24.9	
4	Brooks Grossinger	Mayer	MN	36	M	35:04	24.8	
5	Steve Sander	Richfield	MN	34	M	35:17	24.7	
6	Ross Weinzierl	Saint Paul	MN	27	M	35:30	24.5	
7	Tony Schiller	Eden Prairie	MN	54	M	35:38	24.4	
8	Andy Wiberg	Eden Prairie	MN	34	M	36:06	24.1	
9	Brian Sames	Shakopee	MN	26	M	36:27	23.9	
10	Doug Barkema	St Louis Park	MN	37	M	36:40	23.7	

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run	Time	Pace
1	Brian Sames	Shakopee	MN	26	M	15:37	5:13	
2	Patrick Parish	Bloomington	MN	28	M	15:50	5:17	
3	David Thompson	Long Lake	MN	38	M	16:02	5:21	
4	Brooks Grossinger	Mayer	MN	36	M	16:31	5:31	
5	Aaron Eicher	Burnsville	MN	30	M	16:32	5:31	
6	Andy Wiberg	Eden Prairie	MN	34	M	17:09	5:43	
7	Tony Schiller	Eden Prairie	MN	54	M	17:26	5:49	
8	Ross Weinzierl	Saint Paul	MN	27	M	17:43	5:55	
9	Matthew Trok	Maple Grove	MN	36	M	17:54	5:58	
10	Eric Stevenson	Bloomington	MN	32	M	17:59	6:00	

OVERALL MALE AGE GROUP RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	33	Doug Barkema	St Louis Park	MN	37	14	11:39	2:20	1:03	1	36:40	23.7	0:42	12	19:04	6:22	1:09:07
2	136	Greg Dummer	Minneapolis	MN	42	22	12:01	2:25	1:32	2	37:08	23.4	0:38	4	18:16	6:06	1:09:35
3	550	Scott Swenson	Saint Louis Park	MN	34	15	11:39	2:20	1:00	9	38:16	22.7	0:55	5	18:23	6:08	1:10:11
4	42	Kurt Becker	Afton	MN	46	2	10:13	2:03	1:27	4	37:53	23.0	0:45	26	19:59	6:40	1:10:14
5	75	Robert Brown	Hopkins	MN	38	24	12:14	2:27	1:06	12	38:57	22.3	0:39	8	18:56	6:19	1:11:49
6	526	Tim Sosnowski	Eden Prairie	MN	42	8	11:18	2:16	1:31	6	38:08	22.8	0:59	28	20:10	6:44	1:12:04
7	322	Brian Lavelle	Chaska	MN	51	21	12:01	2:25					0:53	49	21:23	7:08	1:12:53
8	141	Aaron Eicher	Burnsville	MN	30	56	13:36	2:44	1:23	40	40:53	21.3	0:35	1	16:32	5:31	1:12:57
9	208	Adam Grovender	Brooklyn Park	MN	34	4	10:34	2:07	1:19	13	39:04	22.3	1:09	39	20:56	6:59	1:13:00
10	25	Omar Awad	Shoreview	MN	44	5	10:50	2:10	1:33	46	41:22	21.0	0:45	7	18:39	6:13	1:13:07
11	421	Tom Pettit	Eden Prairie	MN	44	12	11:33	2:19	1:31	28	40:05	21.7	0:48	17	19:21	6:27	1:13:16
12	20	Jon Armour	Golden Valley	MN	43	7	11:06	2:14	1:11	10	38:43	22.5	0:55	50	21:28	7:10	1:13:20
13	403	Christian Oestreich	Minnetonka	MN	34	17	11:44	2:21	1:04	19	39:32	22.0	0:51	31	20:25	6:49	1:13:33
14	349	David Lundy	Saint Paul	MN	38	79	14:10	2:50	1:41	5	38:04	22.9	0:43	10	18:59	6:20	1:13:35
15	615	David Winecoff	St Louis Park	MN	40	16	11:42	2:21	1:14	14	39:08	22.2	0:38	44	21:08	7:03	1:13:48
16	56	Mike Blair	Prior Lake	MN	43	44	13:16	2:40	1:23	7	38:10	22.8	0:37	32	20:25	6:49	1:13:50
17	579	Kirk Vesterstein	Wayzata	MN	51	87	14:20	2:52	1:41	3	37:30	23.2	0:59	24	19:48	6:36	1:14:16
18	611	Aaron Wilson	Eden Prairie	MN	39	43	13:15	2:39	1:15	21	39:35	22.0	0:44	23	19:39	6:33	1:14:26
19	500	Aaron Shapley	Shorewood	MN	38	1	9:42	1:57	1:52	29	40:06	21.7	1:20	51	21:32	7:11	1:14:30
20	569	Matthew Trok	Maple Grove	MN	36	77	14:08	2:50	1:38	26	39:57	21.8	1:15	2	17:54	5:58	1:14:49
21	557	Shawn Thomas	Chanhassen	MN	40	45	13:18	2:40	1:24	31	40:07	21.7	0:47	20	19:32	6:31	1:15:06
22	204	Nick Greb	Windsor Heights	IA	31	25	12:26	2:30	1:26	34	40:31	21.5	0:40	36	20:40	6:54	1:15:41
23	360	Pearce McCarty	Orono	MN	43	96	14:39	2:56	1:26	11	38:49	22.4	1:00	25	19:54	6:38	1:15:46
24	284	Robert Kaufman	Chanhassen	MN	50	13	11:36	2:20	1:10	27	40:04	21.7	1:03	61	21:55	7:19	1:15:48
25	566	John Trettel	Excelsior	MN	54	52	13:30	2:42	2:04	37	40:41	21.4	0:51	11	19:01	6:21	1:16:05
26	112	Ryan Dailey	Maple Grove	MN	36	31	12:53	2:35	1:20	20	39:32	22.0	0:49	56	21:38	7:13	1:16:10
27	493	John Seaverson	Chaska	MN	40	50	13:28	2:42	2:03	36	40:34	21.4	0:52	18	19:24	6:28	1:16:19
28	161	Skip Fitting	Buffalo	MN	58	111	14:56	3:00	1:49	24	39:55	21.8	0:44	21	19:33	6:31	1:16:55
29	564	Nick Traxler	Deephaven	MN	18	57	13:38	2:44	1:17	74	43:00	20.2	0:40	6	18:25	6:09	1:16:59
30	54	Mike Bibelheimer	Plymouth	MN	32	29	12:41	2:33	1:45	56	42:08	20.6	1:08	15	19:19	6:27	1:17:00
31	358	Steve Marshall	Minneapolis	MN	41	40	13:10	2:38	2:02	18	39:29	22.0	1:11	46	21:15	7:05	1:17:05
32	378	Tom Miller	Robbinsdale	MN	32	122	15:12	3:03	1:17	8	38:12	22.8	1:03	58	21:48	7:16	1:17:30
33	650	Scott Beesley	Commerce Township	MI	35	34	12:57	2:36	1:35	69	42:49	20.3	0:42	22	19:34	6:32	1:17:36
34	189	Kyle Gilbertson	Edina	MN	32	33	12:54	2:35	1:09	57	42:17	20.6	0:45	37	20:44	6:55	1:17:48
35	536	Gregg Steiger	Minnetonka	MN	47	80	14:10	2:50	1:46	15	39:10	22.2	1:08	57	21:38	7:13	1:17:51
36	308	Scott Koke	New Brighton	MN	39	19	11:45	2:21	1:40	17	39:25	22.1	0:51	114	24:17	8:06	1:17:56
37	301	David Knack	Prior Lake	MN	50	26	12:31	2:30	1:48	25	39:57	21.8	0:51	82	22:54	7:38	1:17:58
38	586	Tim J Walker	Minnetonka	MN	46	49	13:26	2:42	1:39	22	39:44	21.9	0:50	73	22:30	7:30	1:18:08
39	612	Don Wilson	Chicago	IL	45	69	14:00	2:48	1:45	54	42:00	20.7	1:17	16	19:20	6:27	1:18:19
40	491	Sean Sciara	Blaine	MN	41	46	13:20	2:40	2:21	35	40:31	21.5	1:16	41	21:03	7:01	1:18:28
41	36	Patrick Baskfield	Madelia	MN	55	76	14:07	2:50	1:59	23	39:48	21.9	1:17	53	21:33	7:11	1:18:43
42	469	Yuval Rooz	Chicago	IL	32	61	13:41	2:45	1:25	61	42:28	20.5	0:47	35	20:39	6:53	1:18:57
43	339	David Liske	Saint Louis Park	MN	41	88	14:25	2:53	1:43	39	40:51	21.3	1:00	43	21:08	7:03	1:19:07
44	70	Andy Brink	Chaska	MN	39	114	15:00	3:00	2:00	50	41:55	20.8	1:07	13	19:16	6:26	1:19:15
45	503	Eric Showers	Minnetonka	MN	50	32	12:54	2:35	1:40	38	40:44	21.4	0:59	86	23:04	7:42	1:19:19
46	180	Matt Fuller	Hugo	MN	29	135	15:35	3:07	2:07	44	41:14	21.1	1:31	9	18:56	6:19	1:19:21
47	532	Patrick Stanaway	Minneapolis	MN	26	3	10:15	2:03	1:39	132	45:43	19.0	0:49	40	21:00	7:00	1:19:25
48	151	Aaron Engler	Maple Grove	MN	31	84	14:17	2:52	1:48	32	40:10	21.7	0:57	76	22:34	7:32	1:19:44
49	281	Mike Jovanovich	Neenah	WI	55	183	17:13	3:27	1:18	16	39:20	22.1	0:54	47	21:17	7:06	1:20:00
50	261	Brad Ingles	Saint Paul	MN	43	83	14:16	2:52	1:30	41	40:54	21.3	1:10	71	22:26	7:29	1:20:15
51	108	Nicholas Cronin	Edina	MN	51	48	13:23	2:41	1:57	55	42:04	20.7	1:08	60	21:52	7:18	1:20:22
52	300	Anton Knack	Prior Lake	MN	20	9	11:28	2:18	1:35	104	44:31	19.5	1:19	52	21:32	7:11	1:20:24
53	192	Paul Glade	Cedar Falls	IA	58	127	15:25	3:05	1:12	58	42:23	20.5	1:06	30	20:24	6:48	1:20:28
54	570	Thorn Turner	Shorewood	MN	50	18	11:44	2:21	1:38	97	44:22	19.6	0:51	63	21:56	7:19	1:20:29
55	385	Tony Mosser	Mayer	MN	40	64	13:44	2:45	2:31	68	42:45	20.4	1:21	29	20:17	6:46	1:20:37
56	509	Wayne Siegel	St. Louis Park,	MN	51	161	16:32	3:19	1:40	30	40:07	21.7	1:12	48	21:17	7:06	1:20:46
57	233	Michael Hebert	Roseville	MN	44	20	11:52	2:23	2:05	72	42:51	20.3	1:17	87	23:08	7:43	1:21:11

58	581	James Vos	Golden Valley	MN	50	11	11:30	2:18	2:12	89	43:42	19.9	1:15	83	22:57	7:39	1:21:35
59	23	Mark Augdahl	Chaska	MN	47	54	13:31	2:43	1:59	78	43:10	20.2	1:19	64	21:59	7:20	1:21:56
60	27	Scott Backman	Brooklyn Park	MN	41	166	16:44	3:21	1:43	48	41:37	20.9	1:09	38	20:52	6:58	1:22:03
61	240	Kevin Hill	Mpls	MN	43	73	14:03	2:49	2:09	118	45:09	19.3	0:46	27	19:59	6:40	1:22:05
62	580	Tim Vicchiollo	Chanhassen	MN	48	108	14:56	3:00	3:27	65	42:37	20.4	1:58	14	19:16	6:26	1:22:11
63	89	Michael Cervenka	Minneapolis	MN	34	6	11:02	2:13	2:10	116	45:02	19.3	1:30	80	22:46	7:36	1:22:29
64	471	Michael Rosow	Minneapolis	MN	37	99	14:42	2:57	1:52	81	43:22	20.1	0:48	59	21:50	7:17	1:22:32
65	395	Lawrence Nemecek	Minnetrista	MN	46	110	14:56	3:00	1:53	42	41:02	21.2	1:31	98	23:34	7:52	1:22:53
66	167	Nicholas Folger	Maple Grove	MN	37	131	15:30	3:06	1:23	70	42:50	20.3	0:57	72	22:27	7:29	1:23:05
67	319	Peter Lancaster	Minneapolis	MN	58	42	13:15	2:39	2:09	64	42:35	20.4	1:23	103	23:53	7:58	1:23:12
68	231	Lance Hauge	St Louis Park	MN	42	78	14:09	2:50	2:22	85	43:34	20.0	1:04	70	22:26	7:29	1:23:32
69	215	Dan Hackenberg	Eden Prairie	MN	40	71	14:03	2:49	2:37	105	44:34	19.5	0:56	54	21:33	7:11	1:23:41
70	274	Dallas Johnson	Wayzata	MN	47	116	15:07	3:02	2:16	49	41:41	20.9	1:01	104	23:53	7:58	1:23:56
71	441	Kevin Register	Fargo	ND	51	35	12:58	2:36	2:00	66	42:39	20.4	0:41	146	25:44	8:35	1:24:01
72	147	Barry Ellinger	Chaska	MN	39	68	13:56	2:48	1:53	92	43:50	19.8	1:10	94	23:24	7:48	1:24:11
73	609	Steven Williamsen	Chanhassen	MN	38	62	13:42	2:45	1:49	60	42:26	20.5	0:45	154	25:58	8:40	1:24:40
74	28	Andrew Baedke	Chaska	MN	43	103	14:49	2:58	2:39	80	43:21	20.1	1:23	74	22:31	7:31	1:24:41
75	613	Garrett Wilson	Edina	MN	42	95	14:38	2:56	2:26	51	41:59	20.7	0:57	124	24:50	8:17	1:24:49
76	165	Bryan Flood	Minneapolis	MN	26	145	15:52	3:11	2:29	110	44:45	19.4	0:54	42	21:05	7:02	1:25:04
77	461	Eric Roesner	Minnetonka	MN	38	106	14:52	2:59	1:53	124	45:18	19.2	0:43	77	22:39	7:33	1:25:22
78	402	Hal Odden	Fort Wayne	IN	42	27	12:35	2:31	2:05	91	43:48	19.9	1:25	141	25:40	8:34	1:25:31
79	338	Dave Link	Eden Prairie	MN	46	66	13:48	2:46	1:54	84	43:33	20.0	1:08	134	25:18	8:26	1:25:38
80	540	Eric Stevenson	Bloomington	MN	32	198	17:55	3:35	2:27	138	46:03	18.9	1:25	3	17:59	6:00	1:25:46
81	543	Nick Summers	Mound	MN	45	91	14:32	2:55	1:48	71	42:50	20.3	1:15	138	25:24	8:28	1:25:48
82	307	Matthew Koeppen	Chanhassen	MN	42	112	14:57	3:00	1:37	102	44:31	19.5	1:08	99	23:38	7:53	1:25:49
83	434	Mark Prueter	Wayzata	MN	50	93	14:34	2:55	2:36	90	43:44	19.9	1:57	85	23:02	7:41	1:25:51
84	286	Marty Kaye	Chaska	MN	52	175	17:02	3:25	1:41	59	42:25	20.5	0:50	106	24:02	8:01	1:25:58
85	547	Shane Swanson	Forest Lake	MN	38	141	15:44	3:09	1:45	94	44:00	19.8	1:12	95	23:25	7:49	1:26:04
86	556	Steve Theis	Deephaven	MN	53	39	13:09	2:38	1:45	63	42:34	20.4	0:55	197	27:45	9:15	1:26:06
87	573	Luke Twedt	Burnsville	MN	31	58	13:40	2:44	1:44	153	47:11	18.4	1:19	66	22:15	7:25	1:26:07
88	291	Dj Kennedy	Chanhassen	MN	41	176	17:04	3:25	2:26	79	43:13	20.1	1:19	68	22:18	7:26	1:26:17
89	103	Darrell Coyle	Prior Lake	MN	51	113	14:59	3:00	1:51	82	43:25	20.0	0:46	135	25:22	8:28	1:26:19
90	583	Matt Wagner	Excelsior	MN	42	67	13:52	2:47	4:21	117	45:08	19.3	1:46	55	21:36	7:12	1:26:41
91	51	Scott Berry	St. Louis Park	MN	35	109	14:56	3:00	1:48	108	44:41	19.5	0:45	122	24:44	8:15	1:26:52
92	145	Nathan Eklund	Golden Valley	MN	40	219	18:55	3:47	2:45	47	41:31	21.0	1:02	81	22:47	7:36	1:26:59
93	7	Jeff Akre	Maple Grove	MN	33	215	18:46	3:46	2:41	43	41:08	21.2	1:13	90	23:17	7:46	1:27:04
94	567	Brian Tripp	Plymouth	MN	27	171	16:55	3:23	2:20	139	46:04	18.9	1:15	33	20:36	6:52	1:27:08
95	224	Chris Harristhal	Minneapolis	MN	51	86	14:19	2:52	3:02	121	45:14	19.2	1:19	88	23:17	7:46	1:27:08
96	600	John Weum	Eden Prairie	MN	52	10	11:30	2:18	2:08	148	46:45	18.6	1:09	157	26:03	8:41	1:27:32
97	463	Sam Rogers	Green Wood	MN	31	104	14:49	2:58	2:00	150	46:54	18.6	1:01	84	22:58	7:40	1:27:40
98	53	Anthony Berticelli	Mound	MN	33	63	13:42	2:45	2:02	127	45:30	19.1	1:21	137	25:23	8:28	1:27:56
99	230	Eric Hathaway	Minneapolis	MN	34	177	17:05	3:25	2:46	33	40:19	21.6	1:16	170	26:33	8:51	1:27:57
100	221	Ed Hanzlik	Excelsior	MN	51	28	12:39	2:32	2:47	137	45:58	18.9	1:46	123	24:50	8:17	1:27:58
101	212	Jeff Gustafson	Edina	MN	27	107	14:53	2:59	2:20	154	47:17	18.4	0:49	79	22:44	7:35	1:28:01
102	8	Scott Albrecht	Minneapolis	MN	32	36	12:59	2:36	2:04	113	44:55	19.4	1:26	179	26:44	8:55	1:28:06
103	383	Andrew Morrow	Excelsior	MN	44	123	15:13	3:03	1:38	156	47:19	18.4	1:18	78	22:43	7:35	1:28:10
104	604	Darin Wieneke	St. Paul	MN	39	185	17:21	3:29	2:07	134	45:47	19.0	1:07	62	21:56	7:19	1:28:16
105	512	Chris Simons	Deephaven	MN	42	120	15:12	3:03	3:30	136	45:53	19.0	1:22	69	22:21	7:27	1:28:17
106	62	Mike Borneke	Eagle Lake	MN	59	220	18:57	3:48	2:10	45	41:18	21.1	1:05	126	24:56	8:19	1:28:25
107	94	Kevin Christenson	Minnetonka	MN	45	72	14:03	2:49	1:10	111	44:48	19.4	0:50	199	27:45	9:15	1:28:34
108	78	Michael Burica	Plymouth	MN	44	47	13:22	2:41	2:39	125	45:19	19.2	1:18	160	26:05	8:42	1:28:41
109	206	Tom Griffin	Bloomington	MN	50	134	15:35	3:07	2:16	103	44:31	19.5	0:37	149	25:50	8:37	1:28:48
110	95	Charles Cliffe	North Oaks	MN	51	51	13:28	2:42	3:14	62	42:32	20.5	1:30	208	28:16	9:26	1:28:58
111	361	Mike McClure	Apple Valley	MN	41	132	15:33	3:07	3:15	119	45:09	19.3	1:53	93	23:21	7:47	1:29:10
112	159	Mark Fallon	Minnetonka	MN	59	38	13:09	2:38	2:40	98	44:22	19.6	0:59	207	28:08	9:23	1:29:16
113	450	John Ridler	Chaska	MN	45	157	16:23	3:17	3:03	96	44:11	19.7	1:21	116	24:23	8:08	1:29:20
114	162	John Flaa	Plymouth	MN	51	89	14:28	2:54	2:24	155	47:19	18.4	1:14	105	23:59	8:00	1:29:23
115	114	Jeff Daly	Shakopee	MN	53	190	17:32	3:31	2:06	77	43:06	20.2	1:16	139	25:26	8:29	1:29:25
116	528	Todd Spaeth	Hastings	MN	48	133	15:34	3:07	2:39	83	43:31	20.0	1:02	182	26:52	8:58	1:29:35

117	12	Tom Amundson	Minneapolis	MN	62	126	15:22	3:05	1:54	115	45:00	19.3	1:20	158	26:04	8:42	1:29:38
118	239	Randy Herman	Excelsior	MN	54	159	16:25	3:17	3:09	99	44:24	19.6	2:25	91	23:18	7:46	1:29:40
119	257	John Hughes	Long Lake	MN	44	74	14:04	2:49	2:45	158	47:27	18.3	1:23	107	24:02	8:01	1:29:40
120	194	Michael Gonzales	Lakeville	MN	54	136	15:37	3:08	2:17	95	44:09	19.7	1:00	175	26:39	8:53	1:29:41
121	190	Kevin Gilligan	Saint Paul	MN	47	143	15:49	3:10	2:49	126	45:27	19.1	1:15	117	24:25	8:09	1:29:42
122	625	Tim Woodfield	Victoria	MN	50	41	13:13	2:39	2:27	157	47:23	18.4	1:11	144	25:41	8:34	1:29:53
123	605	Chris Wilhoit	St. Louis Park	MN	43	130	15:29	3:06	2:18	87	43:40	19.9	1:24	186	27:06	9:02	1:29:54
124	348	Dan Lund	Chanhassen	MN	48	160	16:31	3:19	4:02	52	41:59	20.7	1:38	151	25:54	8:38	1:30:02
125	256	Scott Hudson	Shoreview	MN	23	149	16:02	3:13	2:07	140	46:04	18.9	1:02	127	25:04	8:22	1:30:17
126	244	Tim Hoke	Crystal	MN	39	137	15:39	3:08	1:46	130	45:35	19.1	0:58	167	26:25	8:49	1:30:20
127	341	Frank Lombardo	Lakeville	MN	59	147	15:57	3:12	2:16	123	45:17	19.2	1:21	140	25:36	8:32	1:30:24
128	86	Ben Carter	Eden Prairie	MN	39	211	18:33	3:43	1:52	107	44:41	19.5	0:50	120	24:32	8:11	1:30:26
129	61	Mark Bontrager	Robbinsdale	MN	42	98	14:41	2:57	3:03	151	46:56	18.5	1:09	121	24:40	8:14	1:30:27
130	38	Terry Beachey	Excelsior	MN	51	226	19:31	3:55	1:51	86	43:38	19.9	1:04	118	24:25	8:09	1:30:27
131	45	Weldon Bell	Minnetonka	MN	35	210	18:31	3:43	2:17	167	48:26	18.0	0:38	34	20:38	6:53	1:30:28
132	355	Dan Maras	Shakopee	MN	47	60	13:40	2:44	2:52	144	46:25	18.7	1:16	168	26:26	8:49	1:30:37
133	227	Alan Haskins	Hugo	MN	37	85	14:19	2:52	2:09	168	48:36	17.9	1:10	119	24:30	8:10	1:30:43
134	460	Elliott Rodgers	Minnetonka	MN	37	23	12:07	2:26	2:31	196	50:33	17.2	1:33	110	24:07	8:03	1:30:49
135	120	Rob Delaune	Shoreview	MN	48	233	20:56	4:12	3:19	76	43:04	20.2	1:25	65	22:10	7:24	1:30:51
136	523	Dave Snuggerud	Chaska	MN	46	146	15:56	3:12	2:38	112	44:50	19.4	0:59	173	26:37	8:53	1:30:58
137	84	Jr Campuzano	Shorewood	MN	48	205	18:13	3:39	2:57	100	44:25	19.6	1:08	115	24:20	8:07	1:31:00
138	41	Paul Beckel	Wausau	WI	49	162	16:37	3:20	3:56	160	47:45	18.2	1:42	45	21:14	7:05	1:31:11
139	102	Joshua Covlin	Brooklyn Park	MN	30	128	15:26	3:06	2:52	163	48:05	18.1	1:19	97	23:31	7:51	1:31:11
140	406	Bryan Olson	Victoria	MN	46	214	18:40	3:44	2:50	93	43:57	19.8	0:52	125	24:56	8:19	1:31:12
141	188	Bryan Gilbert	Wayzata	MN	37	59	13:40	2:44	2:58	162	47:57	18.1	1:30	130	25:13	8:25	1:31:16
142	236	Craig Hendrickson	Hopkins	MN	36	102	14:49	2:58	2:43	172	48:45	17.8	1:50	89	23:17	7:46	1:31:22
143	203	Andy Grant	Eden Prairie	MN	41	156	16:15	3:15	2:38	106	44:38	19.5	1:23	172	26:35	8:52	1:31:27
144	486	Kurt Schmid	Orono	MN	52	139	15:40	3:08	2:19	109	44:44	19.4	2:02	184	26:54	8:58	1:31:37
145	312	Eric Krantz	Mn	MN	47	203	18:05	3:37	2:40	129	45:34	19.1	1:18	113	24:11	8:04	1:31:46
146	424	Jon Pierce	Excelsior	MN	44	170	16:52	3:23	2:04	114	44:56	19.4	1:09	183	26:53	8:58	1:31:53
147	535	Rob Stefonowicz	Minnetonka	MN	41	225	19:20	3:52	2:57	135	45:49	19.0	1:22	75	22:33	7:31	1:31:58
148	426	Mike Pietrowski	Hopkins	MN	41	119	15:10	3:02	3:17	180	49:34	17.6	0:45	92	23:20	7:47	1:32:04
149	490	Kurt Schultz	Lakeville	MN	50	202	18:01	3:37	1:45	73	42:54	20.3	1:41	198	27:45	9:15	1:32:05
150	336	Craig Lindsay	Minneapolis	MN	28	90	14:29	2:54	3:13	173	48:52	17.8	1:36	109	24:06	8:02	1:32:13
151	31	Beau Ballin	Deephaven	MN	37	94	14:35	2:55	1:30	202	50:56	17.1	1:21	112	24:10	8:04	1:32:30
152	418	William Pattison	St. Paul	MN	31	180	17:09	3:26	3:29	122	45:14	19.2					1:32:30
153	467	Dan Ronken	St. Louis Park	MN	40	168	16:49	3:22	2:49	141	46:05	18.9	1:14	148	25:49	8:37	1:32:44
154	172	Mark Francis	Minnetonka	MN	50	150	16:04	3:13	4:11	133	45:46	19.0	1:42	128	25:06	8:22	1:32:46
155	134	Brian Duggan	Eden Prairie	MN	40	184	17:19	3:28	3:26	147	46:40	18.6	1:51	102	23:51	7:57	1:33:06
156	228	Scott Haskins	Excelsior	MN	41	179	17:06	3:26	4:08	146	46:37	18.7	1:33	101	23:50	7:57	1:33:12
157	195	Tim Goodyear	Minnetonka	MN	46	55	13:34	2:43	2:13	184	49:54	17.4	1:09	165	26:24	8:48	1:33:13
158	294	Brian Kessler	Minnetonka	MN	48	212	18:35	3:43	2:21	101	44:30	19.6	1:54	163	26:18	8:46	1:33:36
159	34	Brian Barlow	St Louis Park	MN	31	138	15:40	3:08	2:47	176	48:55	17.8	0:48	143	25:41	8:34	1:33:49
160	416	Paul Pasko	Minnetonka	MN	48	206	18:16	3:40	3:02	88	43:41	19.9	1:54	189	27:08	9:03	1:33:59
161	105	Michael Craig	Shakopee	MN	38	117	15:08	3:02	2:50	165	48:08	18.1	0:54	188	27:08	9:03	1:34:05
162	356	Robert Marchetti	Champlin	MN	55	194	17:41	3:33	2:46	128	45:30	19.1	1:39	176	26:40	8:54	1:34:14
163	351	Thomas Lyons	Excelsior	MN	60	37	13:07	2:38	7:00	145	46:31	18.7	1:48	150	25:51	8:37	1:34:15
164	71	Andrew Brodbeck	Wayzata	MN	33	81	14:13	2:51	2:58	199	50:37	17.2	1:08	136	25:23	8:28	1:34:18
165	325	Mike Leatherman	Maple Grove	MN	37	221	18:59	3:48	2:42	171	48:44	17.9	1:45	67	22:17	7:26	1:34:26
166	296	Brian Kevitt	Shorewood	MN	40	121	15:12	3:03	2:19	179	49:32	17.6	1:05	169	26:30	8:50	1:34:37
167	183	James Gaul	Bloomington	MN	41	101	14:46	2:58	3:43	207	51:10	17.0	1:46	96	23:31	7:51	1:34:53
168	199	Michael John Gournaris	Lakeville	MN	39	140	15:43	3:09	2:29	164	48:07	18.1	1:17	194	27:29	9:10	1:35:02
169	347	Dick Lowry	North Mankato	MN	56	115	15:07	3:02	2:04	149	46:51	18.6	1:21	220	29:46	9:56	1:35:07
170	337	Marc Lindstrom	Excelsior	MN	27	182	17:12	3:27	2:27					111	24:08	8:03	1:35:28
171	420	Brent Peterson	Minnetrista	MN	47	224	19:08	3:50	3:39	143	46:21	18.8	1:09	131	25:15	8:25	1:35:30
172	617	Brent Witt	Minneapolis	MN	33	97	14:39	2:56	3:26	200	50:38	17.2	0:55	162	26:16	8:46	1:35:53
173	546	Brian Svendahl	Plymouth	MN	44	204	18:05	3:37	2:32	161	47:49	18.2	1:34	166	26:24	8:48	1:36:23
174	375	Jeff Meyerhofer	Eden Prairie	MN	37	251	23:38	4:44	3:07	75	43:02	20.2	1:41	142	25:40	8:34	1:37:06
175	292	Timothy Kenyon	Minnetonka	MN	52	155	16:15	3:15	3:54	182	49:43	17.5	1:25	152	25:54	8:38	1:37:09

176	397	Daniel Niemi	Plymouth	MN	13	53	13:30	2:42	3:25	232	55:50	15.6	0:49	100	23:45	7:55	1:37:17
177	352	Gregor MacDonald	Chanhausen	MN	54	222	19:07	3:50	3:53					161	26:13	8:45	1:37:31
178	462	Mike Rogers	Minnetonka	MN	48	187	17:28	3:30	2:39	175	48:55	17.8	1:41	185	26:57	8:59	1:37:37
179	249	Chris Holzheu	Neenah	WI	39	192	17:37	3:32	2:35	169	48:41	17.9	1:19	196	27:34	9:12	1:37:44
180	39	George Beatty	Hudson	WI	36	169	16:50	3:22	5:29	152	47:10	18.4	2:17	159	26:05	8:42	1:37:49
181	425	Randy Pierce	Minneapolis	MN	40	253	24:26	4:54	4:19	53	41:59	20.7	1:39	145	25:41	8:34	1:38:04
182	389	Mark Nazigian	Plymouth	MN	48	196	17:45	3:33	1:26	177	49:16	17.7	1:24	211	28:32	9:31	1:38:22
183	371	David Meline	Minneapolis	MN	55	65	13:47	2:46	3:00	187	50:07	17.4	1:33	224	30:27	10:09	1:38:53
184	79	Douglas Burn	Victoria	MN	55	201	18:01	3:37	3:37	198	50:36	17.2	1:49	129	25:12	8:24	1:39:13
185	501	Christopher Sheldon	Holden	MA	43	173	16:59	3:24	3:26	206	51:09	17.0	1:52	153	25:58	8:40	1:39:22
186	156	C. Todd Fagley	Mound	MN	42	82	14:14	2:51	4:09	174	48:54	17.8	1:31	227	30:46	10:16	1:39:31
187	362	Tom McConville	Osseo	MN	60	245	22:27	4:30	2:43	120	45:11	19.3	1:08	206	28:06	9:22	1:39:33
188	201	Jason Gower	Chaska	MN	39	191	17:33	3:31	4:55	192	50:20	17.3	1:38	133	25:17	8:26	1:39:41
189	3	Mike Abbott	Excelsior	MN	54	129	15:27	3:06	2:50	219	53:13	16.3	0:33	203	27:47	9:16	1:39:48
190	560	Justin Thunstrom	Plymouth	MN	18	151	16:04	3:13	1:58	218	52:52	16.5	1:24	201	27:46	9:16	1:40:03
191	10	Mike Allen	Minneapolis	MN	31	75	14:07	2:50	3:01	193	50:23	17.3	1:11	231	31:38	10:33	1:40:17
192	63	Jean-Paul Botha	Minneapolis	MN	30	118	15:08	3:02	4:27	209	51:35	16.9	2:46	177	26:42	8:54	1:40:37
193	507	Daniel Sieben	Edina	MN	54	195	17:45	3:33	4:27	210	51:45	16.8	0:44	155	26:01	8:41	1:40:40
194	353	Gregory Maddrey	Wayzata	MN	44	181	17:11	3:27	3:29	181	49:40	17.5	2:04	209	28:28	9:30	1:40:50
195	494	Jason Sedlak	Bloomington	MN	38	165	16:44	3:21	3:24	191	50:10	17.3	2:15	212	28:34	9:32	1:41:06
196	245	Greg Holcomb	Chaska	MN	47	241	21:29	4:18	4:44	142	46:21	18.8	2:02	178	26:43	8:55	1:41:16
197	602	Jeremy Whiteman	Chaska	MN	34	70	14:03	2:49	1:37	247	1:05:39	13.3	0:41	19	19:28	6:30	1:41:24
198	628	Scott Yager	Chanhausen	MN	49	200	18:01	3:37	3:43	201	50:55	17.1	1:45	193	27:16	9:06	1:41:38
199	87	Nathan Cerra	St Louis Park	MN	35	189	17:30	3:30	3:44	194	50:23	17.3	1:26	213	28:39	9:33	1:41:40
200	594	Rich Weeks	Eden Prairie	MN	52	178	17:06	3:26	2:27	131	45:38	19.1	2:14	243	34:21	11:27	1:41:44
201	255	Jerry House	Woodbury	MN	65	216	18:47	3:46	4:42	213	52:10	16.7	2:04	108	24:04	8:02	1:41:46
202	475	Rudy Ruedenberg	Plymouth	MN	52	172	16:59	3:24	2:47	204	51:07	17.0	1:59	216	28:58	9:40	1:41:48
203	82	Jeff Callinan	Wayzata	MN	40	153	16:14	3:15	3:08	216	52:32	16.6	0:43	217	29:23	9:48	1:41:59
204	377	Peter Miller	Zimmerman	MN	55	207	18:18	3:40	1:55	183	49:43	17.5	1:35	229	30:55	10:19	1:42:24
205	138	Clark Eichelberger	St Louis Park	MN	45	100	14:44	2:57	3:13	189	50:09	17.3	1:18	239	33:15	11:05	1:42:36
206	90	John Chapman	Eagan	MN	40	213	18:39	3:44	3:09	170	48:41	17.9	1:31	226	30:42	10:14	1:42:41
207	311	Rick Kotovic	Excelsior	MN	41	167	16:48	3:22	4:33	217	52:39	16.5	1:22	204	27:51	9:17	1:43:10
208	453	Donald Rix	Chanhausen	MN	47	208	18:22	3:41	3:02	159	47:33	18.3	1:51	236	32:26	10:49	1:43:12
209	396	Jeff Newhouse	Minnetonka	MN	48	242	21:48	4:22	3:10	186	50:07	17.4	1:24	181	26:49	8:57	1:43:16
210	16	Paul Andresen	Edina	MN	35	125	15:18	3:04	4:21	235	56:42	15.3	1:16	156	26:01	8:41	1:43:35
211	259	Chris Iacono	Minneapolis	MN	26	158	16:24	3:17	4:05	224	54:08	16.1	1:33	200	27:46	9:16	1:43:54
212	627	Mike Worthington	Maple Grove	MN	51	228	20:25	4:05	2:27	214	52:11	16.7	1:12	205	28:01	9:21	1:44:15
213	295	Daniel Kessler	Chaska	MN	46	148	15:58	3:12	3:12	178	49:19	17.6	2:37	241	33:42	11:14	1:44:46
214	15	Paul Anderson	Eagan	MN	46	218	18:51	3:47	4:27	195	50:30	17.2	1:10	221	29:53	9:58	1:44:48
215	413	David Palmer	Champlin	MN	30	239	21:19	4:16	3:06	212	51:59	16.7	1:57	174	26:38	8:53	1:44:56
216	576	Andrew Vaaler	Minneapolis	MN	51	240	21:20	4:16	4:41	188	50:08	17.4	1:59	187	27:06	9:02	1:45:13
217	465	Brent Rolf	Elk River	MN	30	236	21:07	4:14	3:22	208	51:31	16.9	1:33	210	28:28	9:30	1:46:00
218	109	Paul Crowe	Edina	MN	55	234	21:04	4:13	2:45	205	51:08	17.0	1:50	218	29:31	9:51	1:46:16
219	280	Doug Jost	Centerville	MN	58	217	18:49	3:46	3:18	211	51:59	16.7	1:48	225	30:34	10:12	1:46:26
220	101	John Covlin	Coon Rapids	MN	57	247	23:05	4:37	3:44	166	48:22	18.0	1:42	219	29:39	9:53	1:46:30
221	559	Jason Thunstrom	Plymouth	MN	43	235	21:05	4:13	4:04	222	53:35	16.2	1:05	191	27:11	9:04	1:46:59
222	237	Bryan Henneman	Woodbury	MN	34	249	23:22	4:41	4:50	215	52:11	16.7	1:51	147	25:46	8:36	1:47:59
223	182	Paul Gaudette	Mound	MN	23	186	17:24	3:29	4:14	239	57:40	15.1	2:37	164	26:20	8:47	1:48:14
224	314	Todd Kruse	Inver Grove Height	MN	47	238	21:09	4:14	4:18	221	53:32	16.3	1:50	195	27:33	9:11	1:48:21
225	333	Christoph Leser	Chanhausen	MN	50	144	15:49	3:10	3:51	231	55:41	15.6	1:44	233	31:46	10:36	1:48:49
226	18	Omar Ansari	Golden Valley	MN	43	164	16:41	3:21	4:30	241	58:28	14.9	2:42	171	26:33	8:51	1:48:52
227	35	James Barthel	Dellwood	MN	66	105	14:50	2:58	4:28	230	55:37	15.6	1:53	237	32:29	10:50	1:49:15
228	505	Aaron Sieben	Edina	MN	27	231	20:43	4:09	3:54	203	50:57	17.1	2:09	234	32:12	10:44	1:49:54
229	519	Marlon Sluiter	Robbinsdale	MN	40	124	15:14	3:03	3:10	226	55:03	15.8	2:06	245	34:45	11:35	1:50:16
230	551	Steve Szlachtowski	Minnetonka	MN	32	252	23:41	4:45	3:50	185	50:02	17.4	2:50	222	30:06	10:02	1:50:27
231	177	Brad Fritz	Eden Prairie	MN	45	244	22:19	4:28						132	25:17	8:26	1:50:31
232	181	Thomas Fulton	Saint Louis Park	MN	66	193	17:39	3:32	3:09	190	50:10	17.3	2:54	249	37:01	12:21	1:50:52
233	513	Joseph Simpson	Shorewood	MN	38	152	16:05	3:13	6:12	220	53:14	16.3	3:13	238	33:01	11:01	1:51:42
234	123	Jim Denn	Edina	MN	48	174	17:01	3:25	6:23	228	55:17	15.7	2:40	228	30:48	10:16	1:52:07

235	629	Randall Zats	St. Louis Park	MN	53					244	59:58	14.5	1:45	232	31:43	10:35	1:52:12
236	515	Richard Simpson	Chanhassen	MN	64	223	19:08	3:50	5:30	225	54:57	15.8	2:32	223	30:17	10:06	1:52:22
237	251	James Hoopes	Chanhassen	MN	52	209	18:23	3:41	4:07	245	1:01:20	14.2	1:31	192	27:12	9:04	1:52:31
238	411	Bob Oxborough	Plymouth	MN	57	230	20:42	4:09	4:43	233	56:09	15.5	2:27	214	28:40	9:34	1:52:39
239	427	David Piper	Minneapolis	MN	58	154	16:14	3:15	4:41	243	59:33	14.6	1:00	235	32:17	10:46	1:53:43
240	283	Joe Kandiko	Excelsior	MN	63	142	15:46	3:10	3:14	223	54:00	16.1	2:07	250	38:48	12:56	1:53:53
241	572	Carl Tuura	Plymouth	MN	58	199	17:58	3:36					2:33	244	34:44	11:35	1:55:31
242	49	Ben Benson	Golden Valley	MN	34	227	20:24	4:05	3:08	237	56:53	15.3	1:55	240	33:33	11:11	1:55:51
243	30	Pete Baker	Chanhassen	MN	48	248	23:21	4:41	3:39	227	55:04	15.8	2:54	230	31:36	10:32	1:56:33
244	587	Lance Wallin	Wayzata	MN	53	250	23:30	4:42	7:07	240	57:43	15.1	1:34	180	26:48	8:56	1:56:39
245	137	Philip Dunlay	Minnetonka	MN	56	237	21:07	4:14	3:17	229	55:27	15.7	2:43	246	34:53	11:38	1:57:25
246	588	Peter Walman	Minnetonka	MN	71	188	17:28	3:30					2:05	251	39:33	13:11	1:58:37
247	242	Charlie Hoff	Excelsior	MN	35	255	28:47	5:46	6:34	234	56:38	15.4	1:33	215	28:46	9:36	2:02:15
248	444	Paul Reichman	Minneapolis	MN	35	232	20:45	4:09	14:44	242	58:58	14.8	2:13	202	27:47	9:16	2:04:26
249	553	Mike Tenney	Excelsior	MN	68	197	17:54	3:35	5:34	236	56:50	15.3	3:12	253	40:59	13:40	2:04:28
250	630	Benjamin Zweber	Minneapolis	MN	25	257	31:17	6:16	5:24	246	1:02:59	13.8	0:40	190	27:10	9:04	2:07:28
251	626	Clark Worthington	St Louis Park	MN	71	258	31:19	6:16	4:15	238	57:16	15.2	1:59	247	35:12	11:44	2:09:59
252	107	Lyle Crider	Shakopee	MN	70	246	22:27	4:30	4:29	249	1:08:10	12.8	1:53	242	34:11	11:24	2:11:08
253	14	Mark Anderson	Excelsior	MN	57	229	20:27	4:06	5:17	250	1:09:24	12.5	1:49	254	42:47	14:16	2:19:42
254	552	Andrew Taschei	Excelsior	MN	23	243	22:04	4:25	5:56	252	1:17:34	11.2	1:10	248	36:24	12:08	2:23:06
255	390	Joseph Nelson	Shorewood	MN	57	256	30:40	6:08	5:55	251	1:13:34	11.8	1:51	252	40:37	13:33	2:32:36
256	67	Neal Bradsher	Eden Prairie	MN	46	92	14:32	2:55	3:15	197	50:35	17.2	1:27				
257	213	Marcus Gustafson	Edina	MN	61					67	42:45	20.4					
258	524	Chad Solei	Minneapolis	MN	26	30	12:50	2:34	2:02	248	1:06:54	13.0					
259	238	Robert Hensley	Shorewood	MN	50	163	16:37	3:20									
260	637	Peter Elsham	Minnetonka	MN	25	254	26:47	5:22									

OVERALL FEMALE AGE GROUP RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	326	Catherine Lee	Cincinnati	MN	39	11	12:50	2:34	1:16	1	38:18	22.7	0:45	1	20:19	6:47	1:13:25
2	5	Christine Agazzi	Eden Prairie	MN	37	12	12:52	2:35	1:59	8	41:49	20.8	0:45	2	20:34	6:52	1:17:59
3	111	Juli Currie	Chanhassen	MN	41	15	13:21	2:41	1:37	4	41:09	21.1	0:42	8	21:28	7:10	1:18:14
4	386	Jody Mullet	Chaska	MN	25	45	15:05	3:01	1:18	2	39:36	22.0	1:20	9	21:29	7:10	1:18:47
5	328	Lisa Lendway	St. Paul	MN	32	4	11:33	2:19	1:20	12	42:09	20.6	0:57	17	23:07	7:43	1:19:05
6	166	Sarah Foley	Colon	MN	42	19	13:28	2:42	1:26	6	41:13	21.1	0:59	15	22:14	7:25	1:19:17
7	473	Christina Ross	Victoria	MN	34	7	11:58	2:24	2:17	15	42:37	20.4	1:12	7	21:26	7:09	1:19:29
8	568	Brenda Trok	Maple Grove	MN	34	18	13:24	2:41	1:53	9	41:51	20.8	0:46	11	21:53	7:18	1:19:44
9	376	Lynne Miller	Elk River	MN	39	40	14:54	2:59	1:34	10	41:53	20.8	0:37	6	21:17	7:06	1:20:13
10	548	Laura Swartz	St. Louis Park	MN	46	55	15:39	3:08	1:14	7	41:24	21.0	1:11	5	21:17	7:06	1:20:43
11	527	Brianna Spaeth	Maple Grove	MN	27	24	13:42	2:45	1:57	3	41:08	21.2	0:52	21	23:28	7:50	1:21:05
12	24	Kimberly Ault	Mound	MN	31	32	14:35	2:55	1:18	5	41:11	21.1	0:47	25	23:59	8:00	1:21:49
13	168	Megan Forbes	Boulder	MN	33	56	15:41	3:09	1:48	13	42:14	20.6	1:18	4	21:01	7:01	1:22:00
14	495	Leslie Sedlak	Bloomington	MN	36	17	13:23	2:41	1:38	20	44:14	19.7	0:56	14	22:11	7:24	1:22:20
15	497	Mary Sellke	Golden Valley	MN	43	28	14:04	2:49	1:27	17	43:23	20.1	1:06	19	23:15	7:45	1:23:12
16	299	Sarah Klein	Chanhassen	MN	32	26	13:56	2:48	2:04	29	46:02	18.9	1:01	10	21:40	7:14	1:24:41
17	6	Sara Ahlquist	Minnetonka	MN	43	27	13:58	2:48	1:49	21	44:23	19.6	1:02	28	24:11	8:04	1:25:20
18	563	Beth Trautman	Medina	MN	46	70	16:32	3:19	1:23	11	42:04	20.7	0:53	38	24:37	8:13	1:25:29
19	384	Jennifer Mortale	St Louis Park	MN	36	37	14:50	2:58	1:40	22	45:14	19.2	1:12	23	23:33	7:51	1:26:27
20	121	Kelley Delmonico	Minneapolis	MN	31	44	14:59	3:00	1:28	34	46:34	18.7	0:43	16	22:48	7:36	1:26:30
21	279	Rebecca Joseph	Minnetonka	MN	38	16	13:22	2:41	2:10	41	48:13	18.0	1:00	12	21:58	7:20	1:26:41
22	619	Erika Wood	Maple Grove	MN	28	6	11:53	2:23	2:15	30	46:11	18.8	1:05	51	25:39	8:33	1:27:02
23	193	Lisa Goepfert	Blaine	MN	50					19	44:01	19.8	0:29	43	25:10	8:24	1:27:02
24	133	Teresa Drexler	Apple Valley	MN	34	53	15:32	3:07	1:25	14	42:30	20.5	1:06	65	26:46	8:56	1:27:17
25	601	Brook Wheeler	Maple Grove	MN	42	42	14:55	2:59	2:09	24	45:29	19.1	1:17	32	24:20	8:07	1:28:09
26	484	Linda Schievelbein	Minnetonka	MN	49	34	14:41	2:57	1:52	16	43:04	20.2	1:38	68	27:04	9:02	1:28:17

27	359	Carol Marston	Mankato	MN	53	79	17:04	3:25	1:39	18	43:54	19.8	1:11	37	24:33	8:11	1:28:19
28	106	Cindy Crawford	Deephaven	MN	50	25	13:47	2:46	2:07	26	45:34	19.1	1:27	49	25:34	8:32	1:28:27
29	545	Jodi Sussner	Chaska	MN	37	51	15:30	3:06	1:48	33	46:18	18.8	1:49	18	23:13	7:45	1:28:36
30	541	Carrie Stolar	Chanhausen	MN	46	1	10:37	2:08	1:48	52	49:07	17.7	1:33	62	26:27	8:49	1:29:30
31	320	Kirsten Langguth	Chaska	MN	36	33	14:41	2:57	2:09	31	46:12	18.8	1:09	48	25:33	8:31	1:29:41
32	60	Jill Bollettieri	Saint Louis Park	MN	43	9	12:21	2:29	3:15	55	49:25	17.6	0:42	27	24:07	8:03	1:29:48
33	451	Kris Ridler	Chaska	MN	46	8	12:12	2:27	2:35	51	49:07	17.7	0:58	44	25:11	8:24	1:30:01
34	621	Summer Wood	Maple Grove	MN	25	3	11:13	2:15	2:15	83	52:48	16.5	1:04	20	23:16	7:46	1:30:33
35	214	Anne Gustin	Edina	MN	34	41	14:55	2:59	1:53	45	48:35	17.9	0:54	34	24:23	8:08	1:30:38
36	323	Brianna Lavelle	Chaska	MN	15	5	11:42	2:21	1:27	43	48:29	17.9	0:49	86	28:34	9:32	1:30:59
37	93	Sarah Chillo	Minneapolis	MN	33	46	15:08	3:02	2:15	36	46:54	18.6	1:28	54	25:43	8:35	1:31:26
38	158	Colin Fall	Seattle	WA	23	81	17:09	3:26	2:38	37	47:01	18.5	0:50	26	24:00	8:00	1:31:36
39	50	Theresa Bergren	Chanhausen	MN	40	59	15:47	3:10	3:40	50	49:03	17.7	1:14	13	22:01	7:21	1:31:43
40	595	Heather Weerheim	Plymouth	MN	31	82	17:11	3:27	3:04	59	49:50	17.5	0:48	3	20:58	7:00	1:31:49
41	207	Sarah Grobel	Victoria	MN	42	36	14:49	2:58	2:29	35	46:46	18.6	1:49	59	26:03	8:41	1:31:55
42	399	Cheryl O'Connell	Eden Prairie	MN	42	61	15:49	3:10	2:46	25	45:30	19.1	1:19	66	26:48	8:56	1:32:10
43	517	Marisa Skees	Eden Prairie	MN	37	77	17:01	3:25	1:39	46	48:45	17.8	1:08	24	23:39	7:53	1:32:10
44	176	Kathryn Freytag	Eden Prairie	MN	45	73	16:50	3:22	2:44	27	45:39	19.1	1:15	55	25:54	8:38	1:32:20
45	303	Sally Knapp	Carver	MN	35	58	15:44	3:09	1:33	38	47:20	18.4	0:58	67	26:50	8:57	1:32:23
46	132	Jessie Donovan	Minneapolis	MN	30	22	13:30	2:42	2:10	66	50:15	17.3	1:04	61	26:12	8:44	1:33:10
47	492	Barbara Scouler	Excelsior	MN	50	2	10:37	2:08	1:52	49	48:59	17.8	1:13	105	30:37	10:13	1:33:17
48	392	Sarah Nelson	Minneapolis	MN	31	30	14:21	2:53	3:05	54	49:17	17.7	0:37	58	26:03	8:41	1:33:21
49	525	Peg Sorensen	Chaska	MN	56	29	14:13	2:51	2:55	39	47:31	18.3	1:10	91	29:01	9:41	1:34:48
50	220	Lindsay Hansen	Prior Lake	MN	25	75	16:58	3:24	2:23	58	49:47	17.5	1:34	30	24:13	8:05	1:34:54
51	19	Rebecca Ansari	Golden Valley	MN	40	54	15:34	3:07	2:40	56	49:31	17.6	1:38	50	25:38	8:33	1:35:00
52	271	Leanne Johansen	Wayzata	MN	37	13	13:12	2:39	2:51	86	52:59	16.4	0:47	47	25:26	8:29	1:35:13
53	455	Susan Robbins	Eden Prairie	MN	39	89	17:42	3:33	2:34	61	49:55	17.4	0:47	33	24:23	8:08	1:35:19
54	591	Allison Watt	Plymouth	MN	35	76	17:00	3:24	2:55	64	50:12	17.3	0:58	35	24:28	8:10	1:35:31
55	46	Kirsten Beltz	Plymouth	MN	34	123	23:44	4:45	2:08	23	45:26	19.1	1:00	22	23:29	7:50	1:35:44
56	477	Mary Ryan	Minnetrista	MN	57	90	17:42	3:33	2:29	68	50:25	17.3	1:05	29	24:13	8:05	1:35:53
57	538	Amy Stern	Chanhausen	MN	39	63	15:54	3:11	2:41	32	46:15	18.8	2:04	96	29:17	9:46	1:36:09
58	130	Heather Donen	Oconomowoc	WI	24	50	15:26	3:06	2:05	60	49:52	17.4	1:36	70	27:12	9:04	1:36:09
59	88	Casey Cervenka	Minneapolis	MN	33	10	12:36	2:32	2:01	77	51:44	16.8	1:21	89	28:58	9:40	1:36:39
60	116	Nicole Danielsen	Minneapolis	MN	34	64	16:08	3:14	2:26	70	50:39	17.2	1:45	60	26:06	8:42	1:37:03
61	154	Mary English	Minnetonka	MN	54	74	16:51	3:23	1:55	69	50:35	17.2	1:18	63	26:34	8:52	1:37:11
62	68	Catherine Brennan	Mankato	MN	53	62	15:50	3:10	2:58	78	51:44	16.8	1:50	41	25:00	8:20	1:37:19
63	400	Pam O'Connor	Chanhausen	MN	43	21	13:30	2:42	2:40	57	49:38	17.5	1:25	104	30:16	10:06	1:37:27
64	265	Molly Jeatran	Minneapolis	MN	33	39	14:54	2:59	2:02	42	48:22	18.0	2:05	108	31:08	10:23	1:38:28
65	387	Jaleh Nahvi	Inver Grove Height	MN	43	57	15:43	3:09	2:29	92	53:28	16.3	0:54	56	25:56	8:39	1:38:29
66	504	Nicole Shultz	Minneapolis	MN	33	87	17:32	3:31	1:54	53	49:15	17.7	1:24	85	28:34	9:32	1:38:37
67	483	Tamara Sather	Chanhausen	MN	45	99	18:17	3:40	2:49	80	52:06	16.7	1:27	39	24:46	8:16	1:39:24
68	318	Dana Lampert	Edina	MN	48	85	17:23	3:29	4:02	85	52:56	16.4	0:38	36	24:31	8:11	1:39:28
69	202	Kyann Graham	Farmington	MN	42	23	13:41	2:45	3:04	84	52:51	16.5	1:01	90	28:58	9:40	1:39:33
70	466	Kathleen Roller	Orono	MN	44	105	19:20	3:52	2:10	44	48:29	17.9	1:36	81	28:14	9:25	1:39:48
71	592	Carly Weaver	Eden Prairie	MN	37	69	16:29	3:18	3:22	65	50:15	17.3	2:03	74	27:47	9:16	1:39:54
72	216	Leslie Hacking	Golden Valley	MN	51	31	14:32	2:55	1:45	48	48:55	17.8	1:58	117	33:18	11:06	1:40:26
73	457	Deborah Roberts	Nisswa	MN	62	66	16:09	3:14	2:58	73	50:59	17.1	1:29	95	29:11	9:44	1:40:44
74	624	Lori Woodfield	Victoria	MN	51	47	15:10	3:02	2:19	90	53:14	16.3	1:11	93	29:11	9:44	1:41:03
75	144	Erika Eklund	Golden Valley	MN	40	95	17:53	3:35	3:26	47	48:46	17.8	2:47	83	28:21	9:27	1:41:12
76	235	Jennifer Heitzman	St. Paul	MN	44	100	18:28	3:42	2:43	40	47:34	18.3	1:42	110	31:27	10:29	1:41:52
77	170	Nicole Fox	Eagan	MN	44	102	18:47	3:46	4:35	63	50:11	17.3	1:48	64	26:34	8:52	1:41:53
78	544	Gina Sundeen	Plymouth	MN	30	88	17:36	3:32	2:52	76	51:37	16.9	0:44	92	29:07	9:43	1:41:55
79	171	Carolyn Francis	Minnetonka	MN	17	84	17:18	3:28	3:47	105	56:02	15.5	0:50	31	24:17	8:06	1:42:11
80	577	Caroline Vaaler	Minneapolis	MN	52	67	16:13	3:15	4:11	87	53:06	16.4	1:31	71	27:15	9:05	1:42:14
81	357	Sandy Marshall	Minneapolis	MN	41	20	13:29	2:42	3:35	28	45:59	18.9	1:43	128	37:30	12:30	1:42:14
82	393	Shelley Nelson	Minneapolis	MN	29	93	17:49	3:34	3:24	75	51:22	16.9	1:35	82	28:16	9:26	1:42:23
83	99	Tess Cotter	Minneapolis	MN	24	35	14:48	2:58	2:52	96	54:27	16.0	1:04	100	29:49	9:57	1:42:58
84	297	Natalie Kirby	Minnetonka	MN	32	60	15:47	3:10	3:17	112	57:26	15.1	1:21	42	25:09	8:23	1:43:00
85	164	Jenna Fletcher	Stillwater	MN	51	106	19:23	3:53	1:57	79	51:58	16.7	1:15	88	28:56	9:39	1:43:27

86	417	Lane Patten	Eden Prairie	MN	38	91	17:43	3:33	2:29	89	53:12	16.4	1:11	94	29:11	9:44	1:43:44
87	330	Cindy Lesage	Chanhassen	MN	44	129	25:13	5:03	2:50	67	50:17	17.3	1:02	40	24:57	8:19	1:44:17
88	223	Kari Harrison	Farmington	MN	41	94	17:53	3:35	4:35	101	55:32	15.7	1:00	52	25:41	8:34	1:44:39
89	415	Michele Pasko	Minnetonka	MN	47	68	16:16	3:16	5:18	72	50:48	17.1	2:57	97	29:27	9:49	1:44:43
90	458	Nicole Roberts	Eden Prairie	MN	38	38	14:53	2:59	2:40	97	54:32	16.0	1:54	107	30:50	10:17	1:44:46
91	618	Maria Wooching	Minneapolis	MN	25	71	16:44	3:21	3:11	94	54:05	16.1	1:27	99	29:48	9:56	1:45:13
92	113	Beth Dalton	Woodbury	MN	57	14	13:12	2:39	5:05	106	56:21	15.4	1:14	98	29:28	9:50	1:45:18
93	146	Missy Elder	Chanhassen	MN	49	113	21:02	4:13	4:13	62	50:08	17.4	2:02	80	28:11	9:24	1:45:35
94	21	Pam Armour	Golden Valley	MN	42	111	20:14	4:03	2:45	82	52:36	16.5	2:17	78	27:55	9:19	1:45:45
95	571	Jamee Tuttle	Excelsior	MN	47	72	16:47	3:22	3:17	81	52:34	16.6	1:53	109	31:17	10:26	1:45:47
96	518	Katie Skinner	Excelsior	MN	38	97	18:06	3:38	3:10	114	57:41	15.1	1:12	53	25:43	8:35	1:45:50
97	350	Chanda Lyons	Excelsior	MN	51	108	19:39	3:56	2:15	99	55:09	15.8	1:32	73	27:25	9:09	1:45:58
98	436	Kristen Purtell	Deephaven	MN	40	115	21:42	4:21						84	28:28	9:30	1:46:41
99	520	Diane K Smith	Maple Grove	MN	32	124	23:51	4:47	3:12	74	51:18	17.0	1:01	76	27:48	9:16	1:47:08
100	442	Pady Regnier	Excelsior	MN	57	92	17:46	3:34	3:27	93	53:53	16.1	2:22	103	30:12	10:04	1:47:39
101	40	Jane Beckel	Wausau	WI	46	65	16:08	3:14	3:53	107	56:22	15.4	1:14	106	30:43	10:15	1:48:18
102	211	Adrienne Gustafson	Edina	MN	26	103	18:49	3:46	3:47	110	57:13	15.2	0:50	79	28:06	9:22	1:48:42
103	315	Tracey Kubitz	Wayzata	MN	47	118	23:02	4:37	3:39	71	50:40	17.2	1:37	101	29:56	9:59	1:48:51
104	335	Sharon Lim	Wayzata	MN	51	86	17:24	3:29	4:36	117	1:00:14	14.4	1:16	46	25:24	8:28	1:48:52
105	81	Lisa Butler	St. Paul	MN	35	98	18:08	3:38	3:21	88	53:07	16.4	2:16	114	32:32	10:51	1:49:22
106	229	Jodi Hastings	Columbia Heights	MN	35	48	15:10	3:02	2:27	103	55:48	15.6	2:07	123	34:23	11:28	1:49:54
107	119	Anna Dehen	Minneapolis	MN	26	43	14:58	3:00	3:38	108	56:32	15.4	1:22	118	33:37	11:13	1:50:05
108	135	Maud Duggan	Eden Prairie	MN	39	96	18:03	3:37	3:43	91	53:15	16.3	2:37	120	33:59	11:20	1:51:35
109	638	Abbie Gibbs	Grand Forks	ND	41	104	19:03	3:49	3:51	100	55:23	15.7	0:55	116	32:40	10:54	1:51:50
110	225	Colleen Harristhal	Chanhassen	MN	47	119	23:21	4:41	4:52	95	54:09	16.1	1:46	87	28:52	9:38	1:52:57
111	126	Katie Diederichs	Minneapolis	MN	25	80	17:07	3:26	5:22	122	1:02:59	13.8	0:40	69	27:11	9:04	1:53:18
112	443	Jaime Reichman	Minneapolis	MN	34	116	22:19	4:28	5:34	102	55:45	15.6	2:13	75	27:47	9:16	1:53:36
113	196	Jennifer Gorder	Bloomington	MN	40	107	19:32	3:55	3:42	104	55:53	15.6	1:25	119	33:53	11:18	1:54:24
114	316	Lou Kycek	West Saint Paul	MN	44	122	23:43	4:45	4:29	113	57:30	15.1	1:35	77	27:48	9:16	1:55:03
115	454	Christianne Roach	Minneapolis	MN	29	83	17:13	3:27	4:23	111	57:14	15.2	1:48	124	34:26	11:29	1:55:03
116	374	Courtney Meriwether	St. Louis Park	MN	27	120	23:24	4:41	3:25	98	54:39	15.9	1:46	112	32:06	10:42	1:55:19
117	401	Debbie Odden	Fort Wayne	IN	44	114	21:33	4:19	3:56	109	56:57	15.3	1:25	111	31:35	10:32	1:55:25
118	66	Ann Bradsher	Eden Prairie	MN	38	127	25:01	5:01	5:32	115	59:25	14.6	1:42	45	25:16	8:26	1:56:54
119	129	Carol Donen	Chanhassen	MN	53	121	23:32	4:43	5:58	116	59:31	14.6	1:27	72	27:16	9:06	1:57:41
120	448	Lindsay Richards	Minneapolis	MN	28	110	20:11	4:03	5:29	118	1:00:29	14.4	1:00	113	32:14	10:45	1:59:21
121	585	Alexis Waldin	Chanhassen	MN	22	78	17:04	3:25	3:26	124	1:03:58	13.6	1:09	122	34:20	11:27	1:59:56
122	582	Stephanie Vos	Golden Valley	MN	25	112	20:14	4:03	7:20	119	1:01:26	14.2	1:18	115	32:37	10:53	2:02:52
123	334	Sassy Libertus	Minneapolis	MN	45	128	25:06	5:02	8:37	120	1:01:35	14.1	2:07	57	26:00	8:40	2:03:23
124	197	Adriana Gordillo	Chaska	MN	37	49	15:10	3:02	5:09	131	1:07:46	12.8	1:18	121	34:16	11:26	2:03:38
125	562	Mary Towle	Minneapolis	MN	46	126	24:55	4:59	3:51	125	1:04:40	13.5	1:48	102	30:03	10:01	2:05:16
126	17	Tonya Andruskiewicz	Chanhassen	MN	39	101	18:29	3:42	3:27	121	1:02:45	13.9	2:02	129	39:10	13:04	2:05:51
127	380	Elizabeth Moe	Minneapolis	MN	38	52	15:31	3:07	2:54	127	1:06:02	13.2	1:17	132	41:27	13:49	2:07:09
128	508	Naomi Sieben	Edina	MN	30	109	19:46	3:58	4:58	130	1:07:21	12.9	1:51	125	34:49	11:37	2:08:42
129	160	Tonya Faundeen	Greenwood	MN	38	117	22:23	4:29	6:34	126	1:04:52	13.4					2:09:25
130	597	Kimberly Wells	Eden Prairie	MN	47	130	25:19	5:04	4:19	123	1:03:37	13.7	2:04	127	36:58	12:20	2:12:15
131	29	Anne Baker	Chanhassen	MN	42	131	26:56	5:24	6:05	128	1:07:16	12.9	1:42	130	41:07	13:43	2:23:04
132	163	Jenny Flansburg	Plymouth	MN	37	132	28:44	5:45	3:11	133	1:13:36	11.8	1:53	126	36:24	12:08	2:23:45
133	47	Kathryn Benhardus	Minnetonka	MN	66	134	33:19	6:40	8:05								2:25:31
134	104	Gemma Craig	Excelsior	MN	23	133	29:26	5:54	6:19	129	1:07:19	12.9	1:32	131	41:16	13:46	2:25:49
135	506	Cortney Sieben	Edina	MN	25	125	24:41	4:57	3:43	132	1:12:21	12.0					

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MALE AGE GROUP 19 - UNDER

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	564	Nick Traxler	Deephaven	MN	18	2	13:38	2:44	1:17	1	43:00	20.2	0:40	1	18:25	6:09	1:16:59
2	397	Daniel Niemi	Plymouth	MN	13	1	13:30	2:42	3:25	3	55:50	15.6	0:49	2	23:45	7:55	1:37:17

3 560 Justin Thunstrom Plymouth MN 18 3 16:04 3:13 1:58 2 52:52 16.5 1:24 3 27:46 9:16 1:40:03

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FEMALE AGE GROUP 19 - UNDER

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	323	Brianna Lavelle	Chaska	MN	15	1	11:42	2:21	1:27	1	48:29	17.9	0:49	2	28:34	9:32	1:30:59
2	171	Carolyn Francis	Minnetonka	MN	17	2	17:18	3:28	3:47	2	56:02	15.5	0:50	1	24:17	8:06	1:42:11

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MALE AGE GROUP 20 - 24

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	300	Anton Knack	Prior Lake	MN	20	1	11:28	2:18	1:35	1	44:31	19.5	1:19	1	21:32	7:11	1:20:24
2	256	Scott Hudson	Shoreview	MN	23	2	16:02	3:13	2:07	2	46:04	18.9	1:02	2	25:04	8:22	1:30:17
3	182	Paul Gaudette	Mound	MN	23	3	17:24	3:29	4:14	3	57:40	15.1	2:37	3	26:20	8:47	1:48:14
4	552	Andrew Taschei	Excelsior	MN	23	4	22:04	4:25	5:56	4	1:17:34	11.2	1:10	4	36:24	12:08	2:23:06

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FEMALE AGE GROUP 20 - 24

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	158	Colin Fall	Seattle	WA	23	4	17:09	3:26	2:38	1	47:01	18.5	0:50	1	24:00	8:00	1:31:36
2	130	Heather Donen	Oconomowoc	WI	24	2	15:26	3:06	2:05	2	49:52	17.4	1:36	2	27:12	9:04	1:36:09
3	99	Tess Cotter	Minneapolis	MN	24	1	14:48	2:58	2:52	3	54:27	16.0	1:04	3	29:49	9:57	1:42:58
4	585	Alexis Waldin	Chanhassen	MN	22	3	17:04	3:25	3:26	4	1:03:58	13.6	1:09	4	34:20	11:27	1:59:56
5	104	Gemma Craig	Excelsior	MN	23	5	29:26	5:54	6:19	5	1:07:19	12.9	1:32	5	41:16	13:46	2:25:49

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MALE AGE GROUP 25 - 29

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	180	Matt Fuller	Hugo	MN	29	5	15:35	3:07	2:07	1	41:14	21.1	1:31	1	18:56	6:19	1:19:21
2	532	Patrick Stanaway	Minneapolis	MN	26	1	10:15	2:03	1:39	3	45:43	19.0	0:49	3	21:00	7:00	1:19:25
3	165	Bryan Flood	Minneapolis	MN	26	6	15:52	3:11	2:29	2	44:45	19.4	0:54	4	21:05	7:02	1:25:04
4	567	Brian Tripp	Plymouth	MN	27	8	16:55	3:23	2:20	4	46:04	18.9	1:15	2	20:36	6:52	1:27:08
5	212	Jeff Gustafson	Edina	MN	27	4	14:53	2:59	2:20	5	47:17	18.4	0:49	5	22:44	7:35	1:28:01
6	336	Craig Lindsay	Minneapolis	MN	28	3	14:29	2:54	3:13	6	48:52	17.8	1:36	6	24:06	8:02	1:32:13
7	337	Marc Lindstrom	Excelsior	MN	27	9	17:12	3:27	2:27	7	24:08	8:03	1:35:28				
8	259	Chris Iacono	Minneapolis	MN	26	7	16:24	3:17	4:05	8	54:08	16.1	1:33	9	27:46	9:16	1:43:54
9	505	Aaron Sieben	Edina	MN	27	10	20:43	4:09	3:54	7	50:57	17.1	2:09	10	32:12	10:44	1:49:54
10	630	Benjamin Zweber	Minneapolis	MN	25	12	31:17	6:16	5:24	9	1:02:59	13.8	0:40	8	27:10	9:04	2:07:28
11	524	Chad Solei	Minneapolis	MN	26	2	12:50	2:34	2:02	10	1:06:54	13.0					
12	637	Peter Elsham	Minnetonka	MN	25	11	26:47	5:22									

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FEMALE AGE GROUP 25 - 29

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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1	386	Jody Mullet	Chaska	MN	25	5	15:05	3:01	1:18	1	39:36	22.0	1:20	1	21:29	7:10	1:18:47
2	527	Brianna Spaeth	Maple Grove	MN	27	3	13:42	2:45	1:57	2	41:08	21.2	0:52	3	23:28	7:50	1:21:05
3	619	Erika Wood	Maple Grove	MN	28	2	11:53	2:23	2:15	3	46:11	18.8	1:05	5	25:39	8:33	1:27:02
4	621	Summer Wood	Maple Grove	MN	25	1	11:13	2:15	2:15	6	52:48	16.5	1:04	2	23:16	7:46	1:30:33
5	220	Lindsay Hansen	Prior Lake	MN	25	7	16:58	3:24	2:23	4	49:47	17.5	1:34	4	24:13	8:05	1:34:54
6	393	Shelley Nelson	Minneapolis	MN	29	10	17:49	3:34	3:24	5	51:22	16.9	1:35	8	28:16	9:26	1:42:23
7	618	Maria Wooching	Minneapolis	MN	25	6	16:44	3:21	3:11	7	54:05	16.1	1:27	9	29:48	9:56	1:45:13
8	211	Adrienne Gustafson	Edina	MN	26	11	18:49	3:46	3:47	10	57:13	15.2	0:50	7	28:06	9:22	1:48:42
9	119	Anna Dehen	Minneapolis	MN	26	4	14:58	3:00	3:38	9	56:32	15.4	1:22	13	33:37	11:13	1:50:05
10	126	Katie Diederichs	Minneapolis	MN	25	8	17:07	3:26	5:22	14	1:02:59	13.8	0:40	6	27:11	9:04	1:53:18
11	454	Christianne Roach	Minneapolis	MN	29	9	17:13	3:27	4:23	11	57:14	15.2	1:48	14	34:26	11:29	1:55:03
12	374	Courtney Meriwether	St. Louis Park	MN	27	14	23:24	4:41	3:25	8	54:39	15.9	1:46	10	32:06	10:42	1:55:19
13	448	Lindsay Richards	Minneapolis	MN	28	12	20:11	4:03	5:29	12	1:00:29	14.4	1:00	11	32:14	10:45	1:59:21
14	582	Stephanie Vos	Golden Valley	MN	25	13	20:14	4:03	7:20	13	1:01:26	14.2	1:18	12	32:37	10:53	2:02:52
15	506	Cortney Sieben	Edina	MN	25	15	24:41	4:57	3:43	15	1:12:21	12.0					

MALE AGE GROUP 30 - 34

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	550	Scott Swenson	Saint Louis Park	MN	34	3	11:39	2:20	1:00	2	38:16	22.7	0:55	3	18:23	6:08	1:10:11
2	141	Aaron Eicher	Burnsville	MN	30	9	13:36	2:44	1:23	8	40:53	21.3	0:35	1	16:32	5:31	1:12:57
3	208	Adam Grovender	Brooklyn Park	MN	34	1	10:34	2:07	1:19	3	39:04	22.3	1:09	10	20:56	6:59	1:13:00
4	403	Christian Oestreich	Minnetonka	MN	34	4	11:44	2:21	1:04	4	39:32	22.0	0:51	6	20:25	6:49	1:13:33
5	204	Nick Greb	Windsor Heights	IA	31	5	12:26	2:30	1:26	7	40:31	21.5	0:40	8	20:40	6:54	1:15:41
6	54	Mike Bibelheimer	Plymouth	MN	32	6	12:41	2:33	1:45	10	42:08	20.6	1:08	4	19:19	6:27	1:17:00
7	378	Tom Miller	Robbinsdale	MN	32	20	15:12	3:03	1:17	1	38:12	22.8	1:03	11	21:48	7:16	1:17:30
8	189	Kyle Gilbertson	Edina	MN	32	7	12:54	2:35	1:09	11	42:17	20.6	0:45	9	20:44	6:55	1:17:48
9	469	Yuval Rooz	Chicago	IL	32	11	13:41	2:45	1:25	12	42:28	20.5	0:47	7	20:39	6:53	1:18:57
10	151	Aaron Engler	Maple Grove	MN	31	16	14:17	2:52	1:48	5	40:10	21.7	0:57	13	22:34	7:32	1:19:44
11	89	Michael Cervenka	Minneapolis	MN	34	2	11:02	2:13	2:10	14	45:02	19.3	1:30	14	22:46	7:36	1:22:29
12	540	Eric Stevenson	Bloomington	MN	32	25	17:55	3:35	2:27	17	46:03	18.9	1:25	2	17:59	6:00	1:25:46
13	573	Luke Twedt	Burnsville	MN	31	10	13:40	2:44	1:44	19	47:11	18.4	1:19	12	22:15	7:25	1:26:07
14	7	Jeff Akre	Maple Grove	MN	33	26	18:46	3:46	2:41	9	41:08	21.2	1:13	16	23:17	7:46	1:27:04
15	463	Sam Rogers	Green Wood	MN	31	18	14:49	2:58	2:00	18	46:54	18.6	1:01	15	22:58	7:40	1:27:40
16	53	Anthony Berticelli	Mound	MN	33	12	13:42	2:45	2:02	16	45:30	19.1	1:21	19	25:23	8:28	1:27:56
17	230	Eric Hathaway	Minneapolis	MN	34	23	17:05	3:25	2:46	6	40:19	21.6	1:16	23	26:33	8:51	1:27:57
18	8	Scott Albrecht	Minneapolis	MN	32	8	12:59	2:36	2:04	13	44:55	19.4	1:26	26	26:44	8:55	1:28:06
19	102	Joshua Covlin	Brooklyn Park	MN	30	21	15:26	3:06	2:52	20	48:05	18.1	1:19	17	23:31	7:51	1:31:11
20	418	William Pattison	St. Paul	MN	31	24	17:09	3:26	3:29	15	45:14	19.2					1:32:30
21	34	Brian Barlow	St Louis Park	MN	31	22	15:40	3:08	2:47	21	48:55	17.8	0:48	20	25:41	8:34	1:33:49
22	71	Andrew Brodbeck	Wayzata	MN	33	15	14:13	2:51	2:58	24	50:37	17.2	1:08	18	25:23	8:28	1:34:18
23	617	Brent Witt	Minneapolis	MN	33	17	14:39	2:56	3:26	25	50:38	17.2	0:55	22	26:16	8:46	1:35:53
24	10	Mike Allen	Minneapolis	MN	31	14	14:07	2:50	3:01	23	50:23	17.3	1:11	29	31:38	10:33	1:40:17
25	63	Jean-Paul Botha	Minneapolis	MN	30	19	15:08	3:02	4:27	27	51:35	16.9	2:46	25	26:42	8:54	1:40:37
26	602	Jeremy Whiteman	Chaska	MN	34	13	14:03	2:49	1:37	31	1:05:39	13.3	0:41	5	19:28	6:30	1:41:24
27	413	David Palmer	Champlin	MN	30	29	21:19	4:16	3:06	28	51:59	16.7	1:57	24	26:38	8:53	1:44:56
28	465	Brent Rolf	Elk River	MN	30	28	21:07	4:14	3:22	26	51:31	16.9	1:33	27	28:28	9:30	1:46:00
29	237	Bryan Henneman	Woodbury	MN	34	30	23:22	4:41	4:50	29	52:11	16.7	1:51	21	25:46	8:36	1:47:59
30	551	Steve Szlachtowski	Minnetonka	MN	32	31	23:41	4:45	3:50	22	50:02	17.4	2:50	28	30:06	10:02	1:50:27
31	49	Ben Benson	Golden Valley	MN	34	27	20:24	4:05	3:08	30	56:53	15.3	1:55	30	33:33	11:11	1:55:51

FEMALE AGE GROUP 30 - 34

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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1	328	Lisa Lendway	St. Paul	MN	32	1	11:33	2:19	1:20	3	42:09	20.6	0:57	7	23:07	7:43	1:19:05
2	473	Christina Ross	Victoria	MN	34	2	11:58	2:24	2:17	6	42:37	20.4	1:12	3	21:26	7:09	1:19:29
3	568	Brenda Trok	Maple Grove	MN	34	4	13:24	2:41	1:53	2	41:51	20.8	0:46	5	21:53	7:18	1:19:44
4	24	Kimberly Ault	Mound	MN	31	8	14:35	2:55	1:18	1	41:11	21.1	0:47	9	23:59	8:00	1:21:49
5	168	Megan Forbes	Boulder	MN	33	14	15:41	3:09	1:48	4	42:14	20.6	1:18	2	21:01	7:01	1:22:00
6	299	Sarah Klein	Chanhasen	MN	32	6	13:56	2:48	2:04	8	46:02	18.9	1:01	4	21:40	7:14	1:24:41
7	121	Kelley Delmonico	Minneapolis	MN	31	11	14:59	3:00	1:28	9	46:34	18.7	0:43	6	22:48	7:36	1:26:30
8	133	Teresa Drexler	Apple Valley	MN	34	13	15:32	3:07	1:25	5	42:30	20.5	1:06	16	26:46	8:56	1:27:17
9	214	Anne Gustin	Edina	MN	34	10	14:55	2:59	1:53	12	48:35	17.9	0:54	10	24:23	8:08	1:30:38
10	93	Sarah Chillo	Minneapolis	MN	33	12	15:08	3:02	2:15	10	46:54	18.6	1:28	12	25:43	8:35	1:31:26
11	595	Heather Weerheim	Plymouth	MN	31	17	17:11	3:27	3:04	15	49:50	17.5	0:48	1	20:58	7:00	1:31:49
12	132	Jessie Donovan	Minneapolis	MN	30	5	13:30	2:42	2:10	16	50:15	17.3	1:04	15	26:12	8:44	1:33:10
13	392	Sarah Nelson	Minneapolis	MN	31	7	14:21	2:53	3:05	14	49:17	17.7	0:37	13	26:03	8:41	1:33:21
14	46	Kirsten Beltz	Plymouth	MN	34	22	23:44	4:45	2:08	7	45:26	19.1	1:00	8	23:29	7:50	1:35:44
15	88	Casey Cervenka	Minneapolis	MN	33	3	12:36	2:32	2:01	20	51:44	16.8	1:21	20	28:58	9:40	1:36:39
16	116	Nicole Danielsen	Minneapolis	MN	34	16	16:08	3:14	2:26	17	50:39	17.2	1:45	14	26:06	8:42	1:37:03
17	265	Molly Jeatran	Minneapolis	MN	33	9	14:54	2:59	2:02	11	48:22	18.0	2:05	22	31:08	10:23	1:38:28
18	504	Nicole Shultz	Minneapolis	MN	33	18	17:32	3:31	1:54	13	49:15	17.7	1:24	19	28:34	9:32	1:38:37
19	544	Gina Sundeen	Plymouth	MN	30	19	17:36	3:32	2:52	19	51:37	16.9	0:44	21	29:07	9:43	1:41:55
20	297	Natalie Kirby	Minnetonka	MN	32	15	15:47	3:10	3:17	22	57:26	15.1	1:21	11	25:09	8:23	1:43:00
21	520	Diane K Smith	Maple Grove	MN	32	23	23:51	4:47	3:12	18	51:18	17.0	1:01	18	27:48	9:16	1:47:08
22	443	Jaime Reichman	Minneapolis	MN	34	21	22:19	4:28	5:34	21	55:45	15.6	2:13	17	27:47	9:16	1:53:36
23	508	Naomi Sieben	Edina	MN	30	20	19:46	3:58	4:58	23	1:07:21	12.9	1:51	23	34:49	11:37	2:08:42

MALE AGE GROUP 35 - 39

Place	Bib	Name	City	St	Age	Rank	Swim 100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish		
1	33	Doug Barkema	St Louis Park	MN	37	2	11:39	2:20	1:03	1	36:40	23.7	0:42	4	19:04	6:22	1:09:07
2	75	Robert Brown	Hopkins	MN	38	5	12:14	2:27	1:06	3	38:57	22.3	0:39	2	18:56	6:19	1:11:49
3	349	David Lundy	Saint Paul	MN	38	13	14:10	2:50	1:41	2	38:04	22.9	0:43	3	18:59	6:20	1:13:35
4	611	Aaron Wilson	Eden Prairie	MN	39	8	13:15	2:39	1:15	6	39:35	22.0	0:44	7	19:39	6:33	1:14:26
5	500	Aaron Shapley	Shorewood	MN	38	1	9:42	1:57	1:52	8	40:06	21.7	1:20	9	21:32	7:11	1:14:30
6	569	Matthew Trok	Maple Grove	MN	36	12	14:08	2:50	1:38	7	39:57	21.8	1:15	1	17:54	5:58	1:14:49
7	112	Ryan Dailey	Maple Grove	MN	36	6	12:53	2:35	1:20	5	39:32	22.0	0:49	10	21:38	7:13	1:16:10
8	650	Scott Beesley	Commerce Township	MI	35	7	12:57	2:36	1:35	11	42:49	20.3	0:42	6	19:34	6:32	1:17:36
9	308	Scott Koke	New Brighton	MN	39	3	11:45	2:21	1:40	4	39:25	22.1	0:51	21	24:17	8:06	1:17:56
10	70	Andy Brink	Chaska	MN	39	20	15:00	3:00	2:00	9	41:55	20.8	1:07	5	19:16	6:26	1:19:15
11	471	Michael Rosow	Minneapolis	MN	37	16	14:42	2:57	1:52	14	43:22	20.1	0:48	11	21:50	7:17	1:22:32
12	167	Nicholas Folger	Maple Grove	MN	37	23	15:30	3:06	1:23	12	42:50	20.3	0:57	14	22:27	7:29	1:23:05
13	147	Barry Ellinger	Chaska	MN	39	11	13:56	2:48	1:53	15	43:50	19.8	1:10	17	23:24	7:48	1:24:11
14	609	Steven Williamsen	Chanhasen	MN	38	10	13:42	2:45	1:49	10	42:26	20.5	0:45	28	25:58	8:40	1:24:40
15	461	Eric Roesner	Minnetonka	MN	38	18	14:52	2:59	1:53	19	45:18	19.2	0:43	15	22:39	7:33	1:25:22
16	547	Shane Swanson	Forest Lake	MN	38	26	15:44	3:09	1:45	16	44:00	19.8	1:12	18	23:25	7:49	1:26:04
17	51	Scott Berry	St. Louis Park	MN	35	19	14:56	3:00	1:48	18	44:41	19.5	0:45	24	24:44	8:15	1:26:52
18	604	Darin Wieneke	St. Paul	MN	39	30	17:21	3:29	2:07	21	45:47	19.0	1:07	12	21:56	7:19	1:28:16
19	244	Tim Hoke	Crystal	MN	39	24	15:39	3:08	1:46	20	45:35	19.1	0:58	31	26:25	8:49	1:30:20
20	86	Ben Carter	Eden Prairie	MN	39	35	18:33	3:43	1:52	17	44:41	19.5	0:50	23	24:32	8:11	1:30:26
21	45	Weldon Bell	Minnetonka	MN	35	34	18:31	3:43	2:17	26	48:26	18.0	0:38	8	20:38	6:53	1:30:28
22	227	Alan Haskins	Hugo	MN	37	14	14:19	2:52	2:09	27	48:36	17.9	1:10	22	24:30	8:10	1:30:43
23	460	Elliott Rodgers	Minnetonka	MN	37	4	12:07	2:26	2:31	34	50:33	17.2	1:33	19	24:07	8:03	1:30:49
24	188	Bryan Gilbert	Wayzata	MN	37	9	13:40	2:44	2:58	23	47:57	18.1	1:30	25	25:13	8:25	1:31:16
25	236	Craig Hendrickson	Hopkins	MN	36	17	14:49	2:58	2:43	30	48:45	17.8	1:50	16	23:17	7:46	1:31:22
26	31	Beau Ballin	Deephaven	MN	37	15	14:35	2:55	1:30	35	50:56	17.1	1:21	20	24:10	8:04	1:32:30
27	105	Michael Craig	Shakopee	MN	38	21	15:08	3:02	2:50	25	48:08	18.1	0:54	32	27:08	9:03	1:34:05
28	325	Mike Leatherman	Maple Grove	MN	37	36	18:59	3:48	2:42	29	48:44	17.9	1:45	13	22:17	7:26	1:34:26

29	199	Michael John Gournaris	Lakeville	MN	39	25	15:43	3:09	2:29	24	48:07	18.1	1:17	33	27:29	9:10	1:35:02
30	375	Jeff Meyerhofer	Eden Prairie	MN	37	38	23:38	4:44	3:07	13	43:02	20.2	1:41	27	25:40	8:34	1:37:06
31	249	Chris Holzheu	Neenah	WI	39	33	17:37	3:32	2:35	28	48:41	17.9	1:19	34	27:34	9:12	1:37:44
32	39	George Beatty	Hudson	WI	36	29	16:50	3:22	5:29	22	47:10	18.4	2:17	30	26:05	8:42	1:37:49
33	201	Jason Gower	Chaska	MN	39	32	17:33	3:31	4:55	32	50:20	17.3	1:38	26	25:17	8:26	1:39:41
34	494	Jason Sedlak	Bloomington	MN	38	28	16:44	3:21	3:24	31	50:10	17.3	2:15	36	28:34	9:32	1:41:06
35	87	Nathan Cerra	St Louis Park	MN	35	31	17:30	3:30	3:44	33	50:23	17.3	1:26	37	28:39	9:33	1:41:40
36	16	Paul Andresen	Edina	MN	35	22	15:18	3:04	4:21	38	56:42	15.3	1:16	29	26:01	8:41	1:43:35
37	513	Joseph Simpson	Shorewood	MN	38	27	16:05	3:13	6:12	36	53:14	16.3	3:13	39	33:01	11:01	1:51:42
38	242	Charlie Hoff	Excelsior	MN	35	39	28:47	5:46	6:34	37	56:38	15.4	1:33	38	28:46	9:36	2:02:15
39	444	Paul Reichman	Minneapolis	MN	35	37	20:45	4:09	14:44	39	58:58	14.8	2:13	35	27:47	9:16	2:04:26

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FEMALE AGE GROUP 35 - 39

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	326	Catherine Lee	Cincinnati	MN	39	1	12:50	2:34	1:16	1	38:18	22.7	0:45	1	20:19	6:47	1:13:25
2	5	Christine Agazzi	Eden Prairie	MN	37	2	12:52	2:35	1:59	2	41:49	20.8	0:45	2	20:34	6:52	1:17:59
3	376	Lynne Miller	Elk River	MN	39	9	14:54	2:59	1:34	3	41:53	20.8	0:37	3	21:17	7:06	1:20:13
4	495	Leslie Sedlak	Bloomington	MN	36	5	13:23	2:41	1:38	4	44:14	19.7	0:56	5	22:11	7:24	1:22:20
5	384	Jennifer Mortale	St Louis Park	MN	36	7	14:50	2:58	1:40	5	45:14	19.2	1:12	7	23:33	7:51	1:26:27
6	279	Rebecca Joseph	Minnetonka	MN	38	4	13:22	2:41	2:10	10	48:13	18.0	1:00	4	21:58	7:20	1:26:41
7	545	Jodi Sussner	Chaska	MN	37	12	15:30	3:06	1:48	8	46:18	18.8	1:49	6	23:13	7:45	1:28:36
8	320	Kirsten Langguth	Chaska	MN	36	6	14:41	2:57	2:09	6	46:12	18.8	1:09	13	25:33	8:31	1:29:41
9	517	Marisa Skees	Eden Prairie	MN	37	18	17:01	3:25	1:39	11	48:45	17.8	1:08	8	23:39	7:53	1:32:10
10	303	Sally Knapp	Carver	MN	35	14	15:44	3:09	1:33	9	47:20	18.4	0:58	15	26:50	8:57	1:32:23
11	271	Leanne Johansen	Wayzata	MN	37	3	13:12	2:39	2:51	15	52:59	16.4	0:47	12	25:26	8:29	1:35:13
12	455	Susan Robbins	Eden Prairie	MN	39	19	17:42	3:33	2:34	12	49:55	17.4	0:47	9	24:23	8:08	1:35:19
13	591	Allison Watt	Plymouth	MN	35	17	17:00	3:24	2:55	13	50:12	17.3	0:58	10	24:28	8:10	1:35:31
14	538	Amy Stern	Chanhassen	MN	39	15	15:54	3:11	2:41	7	46:15	18.8	2:04	18	29:17	9:46	1:36:09
15	592	Carly Weaver	Eden Prairie	MN	37	16	16:29	3:18	3:22	14	50:15	17.3	2:03	16	27:47	9:16	1:39:54
16	417	Lane Patten	Eden Prairie	MN	38	20	17:43	3:33	2:29	17	53:12	16.4	1:11	17	29:11	9:44	1:43:44
17	458	Nicole Roberts	Eden Prairie	MN	38	8	14:53	2:59	2:40	19	54:32	16.0	1:54	19	30:50	10:17	1:44:46
18	518	Katie Skinner	Excelsior	MN	38	22	18:06	3:38	3:10	21	57:41	15.1	1:12	14	25:43	8:35	1:45:50
19	81	Lisa Butler	St. Paul	MN	35	23	18:08	3:38	3:21	16	53:07	16.4	2:16	20	32:32	10:51	1:49:22
20	229	Jodi Hastings	Columbia Heights	MN	35	10	15:10	3:02	2:27	20	55:48	15.6	2:07	23	34:23	11:28	1:49:54
21	135	Maud Duggan	Eden Prairie	MN	39	21	18:03	3:37	3:43	18	53:15	16.3	2:37	21	33:59	11:20	1:51:35
22	66	Ann Bradsher	Eden Prairie	MN	38	26	25:01	5:01	5:32	22	59:25	14.6	1:42	11	25:16	8:26	1:56:54
23	197	Adriana Gordillo	Chaska	MN	37	11	15:10	3:02	5:09	26	1:07:46	12.8	1:18	22	34:16	11:26	2:03:38
24	17	Tonya Andruskiewicz	Chanhassen	MN	39	24	18:29	3:42	3:27	23	1:02:45	13.9	2:02	25	39:10	13:04	2:05:51
25	380	Elizabeth Moe	Minneapolis	MN	38	13	15:31	3:07	2:54	25	1:06:02	13.2	1:17	26	41:27	13:49	2:07:09
26	160	Tonya Faundeen	Greenwood	MN	38	25	22:23	4:29	6:34	24	1:04:52	13.4					2:09:25
27	163	Jenny Flansburg	Plymouth	MN	37	27	28:44	5:45	3:11	27	1:13:36	11.8	1:53	24	36:24	12:08	2:23:45

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MALE AGE GROUP 40 - 44

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	136	Greg Dummer	Minneapolis	MN	42	7	12:01	2:25	1:32	1	37:08	23.4	0:38	1	18:16	6:06	1:09:35
2	526	Tim Sosnowski	Eden Prairie	MN	42	3	11:18	2:16	1:31	2	38:08	22.8	0:59	8	20:10	6:44	1:12:04
3	25	Omar Awad	Shoreview	MN	44	1	10:50	2:10	1:33	14	41:22	21.0	0:45	2	18:39	6:13	1:13:07
4	421	Tom Pettit	Eden Prairie	MN	44	4	11:33	2:19	1:31	8	40:05	21.7	0:48	3	19:21	6:27	1:13:16
5	20	Jon Armour	Golden Valley	MN	43	2	11:06	2:14	1:11	4	38:43	22.5	0:55	16	21:28	7:10	1:13:20
6	615	David Winecoff	St Louis Park	MN	40	5	11:42	2:21	1:14	6	39:08	22.2	0:38	14	21:08	7:03	1:13:48
7	56	Mike Blair	Prior Lake	MN	43	10	13:16	2:40	1:23	3	38:10	22.8	0:37	10	20:25	6:49	1:13:50

8	557	Shawn Thomas	Chanhassen	MN	40	11	13:18	2:40	1:24	9	40:07	21.7	0:47	5	19:32	6:31	1:15:06
9	360	Pearce McCarty	Orono	MN	43	25	14:39	2:56	1:26	5	38:49	22.4	1:00	6	19:54	6:38	1:15:46
10	493	John Seaverson	Chaska	MN	40	14	13:28	2:42	2:03	11	40:34	21.4	0:52	4	19:24	6:28	1:16:19
11	358	Steve Marshall	Minneapolis	MN	41	9	13:10	2:38	2:02	7	39:29	22.0	1:11	15	21:15	7:05	1:17:05
12	491	Sean Sciara	Blaine	MN	41	12	13:20	2:40	2:21	10	40:31	21.5	1:16	12	21:03	7:01	1:18:28
13	339	David Liske	Saint Louis Park	MN	41	23	14:25	2:53	1:43	12	40:51	21.3	1:00	13	21:08	7:03	1:19:07
14	261	Brad Ingles	Saint Paul	MN	43	22	14:16	2:52	1:30	13	40:54	21.3	1:10	22	22:26	7:29	1:20:15
15	385	Tony Mosser	Mayer	MN	40	15	13:44	2:45	2:31	19	42:45	20.4	1:21	9	20:17	6:46	1:20:37
16	233	Michael Hebert	Roseville	MN	44	6	11:52	2:23	2:05	20	42:51	20.3	1:17	27	23:08	7:43	1:21:11
17	27	Scott Backman	Brooklyn Park	MN	41	40	16:44	3:21	1:43	16	41:37	20.9	1:09	11	20:52	6:58	1:22:03
18	240	Kevin Hill	Mpls	MN	43	18	14:03	2:49	2:09	31	45:09	19.3	0:46	7	19:59	6:40	1:22:05
19	231	Lance Hauge	St Louis Park	MN	42	20	14:09	2:50	2:22	23	43:34	20.0	1:04	21	22:26	7:29	1:23:32
20	215	Dan Hackenberg	Eden Prairie	MN	40	17	14:03	2:49	2:37	27	44:34	19.5	0:56	17	21:33	7:11	1:23:41
21	28	Andrew Baedke	Chaska	MN	43	28	14:49	2:58	2:39	22	43:21	20.1	1:23	23	22:31	7:31	1:24:41
22	613	Garrett Wilson	Edina	MN	42	24	14:38	2:56	2:26	17	41:59	20.7	0:57	36	24:50	8:17	1:24:49
23	402	Hal Odden	Fort Wayne	IN	42	8	12:35	2:31	2:05	25	43:48	19.9	1:25	37	25:40	8:34	1:25:31
24	307	Matthew Koeppen	Chanhassen	MN	42	29	14:57	3:00	1:37	26	44:31	19.5	1:08	31	23:38	7:53	1:25:49
25	291	Dj Kennedy	Chanhassen	MN	41	45	17:04	3:25	2:26	21	43:13	20.1	1:19	19	22:18	7:26	1:26:17
26	583	Matt Wagner	Excelsior	MN	42	16	13:52	2:47	4:21	30	45:08	19.3	1:46	18	21:36	7:12	1:26:41
27	145	Nathan Eklund	Golden Valley	MN	40	51	18:55	3:47	2:45	15	41:31	21.0	1:02	26	22:47	7:36	1:26:59
28	383	Andrew Morrow	Excelsior	MN	44	33	15:13	3:03	1:38	40	47:19	18.4	1:18	25	22:43	7:35	1:28:10
29	512	Chris Simons	Deephaven	MN	42	31	15:12	3:03	3:30	35	45:53	19.0	1:22	20	22:21	7:27	1:28:17
30	78	Michael Burica	Plymouth	MN	44	13	13:22	2:41	2:39	33	45:19	19.2	1:18	41	26:05	8:42	1:28:41
31	361	Mike McClure	Apple Valley	MN	41	36	15:33	3:07	3:15	32	45:09	19.3	1:53	29	23:21	7:47	1:29:10
32	257	John Hughes	Long Lake	MN	44	19	14:04	2:49	2:45	41	47:27	18.3	1:23	34	24:02	8:01	1:29:40
33	605	Chris Wilhoit	St. Louis Park	MN	43	35	15:29	3:06	2:18	24	43:40	19.9	1:24	47	27:06	9:02	1:29:54
34	61	Mark Bontrager	Robbinsdale	MN	42	26	14:41	2:57	3:03	39	46:56	18.5	1:09	35	24:40	8:14	1:30:27
35	203	Andy Grant	Eden Prairie	MN	41	38	16:15	3:15	2:38	28	44:38	19.5	1:23	45	26:35	8:52	1:31:27
36	424	Jon Pierce	Excelsior	MN	44	43	16:52	3:23	2:04	29	44:56	19.4	1:09	46	26:53	8:58	1:31:53
37	535	Rob Stefonowicz	Minnetonka	MN	41	52	19:20	3:52	2:57	34	45:49	19.0	1:22	24	22:33	7:31	1:31:58
38	426	Mike Pietrowski	Hopkins	MN	41	30	15:10	3:02	3:17	46	49:34	17.6	0:45	28	23:20	7:47	1:32:04
39	467	Dan Ronken	St. Louis Park	MN	40	42	16:49	3:22	2:49	36	46:05	18.9	1:14	39	25:49	8:37	1:32:44
40	134	Brian Duggan	Eden Prairie	MN	40	48	17:19	3:28	3:26	38	46:40	18.6	1:51	33	23:51	7:57	1:33:06
41	228	Scott Haskins	Excelsior	MN	41	46	17:06	3:26	4:08	37	46:37	18.7	1:33	32	23:50	7:57	1:33:12
42	296	Brian Kevitt	Shorewood	MN	40	32	15:12	3:03	2:19	45	49:32	17.6	1:05	43	26:30	8:50	1:34:37
43	183	James Gaul	Bloomington	MN	41	27	14:46	2:58	3:43	49	51:10	17.0	1:46	30	23:31	7:51	1:34:53
44	546	Brian Svendahl	Plymouth	MN	44	49	18:05	3:37	2:32	42	47:49	18.2	1:34	42	26:24	8:48	1:36:23
45	425	Randy Pierce	Minneapolis	MN	40	54	24:26	4:54	4:19	18	41:59	20.7	1:39	38	25:41	8:34	1:38:04
46	501	Christopher Sheldon	Holden	MA	43	44	16:59	3:24	3:26	48	51:09	17.0	1:52	40	25:58	8:40	1:39:22
47	156	C. Todd Fagley	Mound	MN	42	21	14:14	2:51	4:09	44	48:54	17.8	1:31	53	30:46	10:16	1:39:31
48	353	Gregory Maddrey	Wayzata	MN	44	47	17:11	3:27	3:29	47	49:40	17.5	2:04	50	28:28	9:30	1:40:50
49	82	Jeff Callinan	Wayzata	MN	40	37	16:14	3:15	3:08	50	52:32	16.6	0:43	51	29:23	9:48	1:41:59
50	90	John Chapman	Eagan	MN	40	50	18:39	3:44	3:09	43	48:41	17.9	1:31	52	30:42	10:14	1:42:41
51	311	Rick Kotovic	Excelsior	MN	41	41	16:48	3:22	4:33	51	52:39	16.5	1:22	49	27:51	9:17	1:43:10
52	559	Jason Thunstrom	Plymouth	MN	43	53	21:05	4:13	4:04	52	53:35	16.2	1:05	48	27:11	9:04	1:46:59
53	18	Omar Ansari	Golden Valley	MN	43	39	16:41	3:21	4:30	54	58:28	14.9	2:42	44	26:33	8:51	1:48:52
54	519	Marlon Sluiter	Robbinsdale	MN	40	34	15:14	3:03	3:10	53	55:03	15.8	2:06	54	34:45	11:35	1:50:16

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FEMALE AGE GROUP 40 - 44

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	111	Juli Currie	Chanhassen	MN	41	2	13:21	2:41	1:37	1	41:09	21.1	0:42	1	21:28	7:10	1:18:14
2	166	Sarah Foley	Colon	MN	42	3	13:28	2:42	1:26	2	41:13	21.1	0:59	3	22:14	7:25	1:19:17
3	497	Mary Sellke	Golden Valley	MN	43	8	14:04	2:49	1:27	3	43:23	20.1	1:06	4	23:15	7:45	1:23:12
4	6	Sara Ahlquist	Minnetonka	MN	43	7	13:58	2:48	1:49	4	44:23	19.6	1:02	6	24:11	8:04	1:25:20
5	601	Brook Wheeler	Maple Grove	MN	42	10	14:55	2:59	2:09	5	45:29	19.1	1:17	7	24:20	8:07	1:28:09

6	60	Jill Bollettieri	Saint Louis Park	MN	43	1	12:21	2:29	3:15	13	49:25	17.6	0:42	5	24:07	8:03	1:29:48
7	50	Theresa Bergren	Chanhassen	MN	40	13	15:47	3:10	3:40	12	49:03	17.7	1:14	2	22:01	7:21	1:31:43
8	207	Sarah Grobel	Victoria	MN	42	9	14:49	2:58	2:29	8	46:46	18.6	1:49	12	26:03	8:41	1:31:55
9	399	Cheryl O'Connell	Eden Prairie	MN	42	14	15:49	3:10	2:46	6	45:30	19.1	1:19	14	26:48	8:56	1:32:10
10	19	Rebecca Ansari	Golden Valley	MN	40	11	15:34	3:07	2:40	14	49:31	17.6	1:38	9	25:38	8:33	1:35:00
11	400	Pam O'Connor	Chanhassen	MN	43	5	13:30	2:42	2:40	15	49:38	17.5	1:25	21	30:16	10:06	1:37:27
12	387	Kyaleh Nahvi	Inver Grove Height	MN	43	12	15:43	3:09	2:29	20	53:28	16.3	0:54	11	25:56	8:39	1:38:29
13	202	Jayann Graham	Farmington	MN	42	6	13:41	2:45	3:04	19	52:51	16.5	1:01	20	28:58	9:40	1:39:33
14	466	Kathleen Roller	Orono	MN	44	20	19:20	3:52	2:10	10	48:29	17.9	1:36	17	28:14	9:25	1:39:48
15	144	Erika Eklund	Golden Valley	MN	40	16	17:53	3:35	3:26	11	48:46	17.8	2:47	18	28:21	9:27	1:41:12
16	235	Jennifer Heitzman	St. Paul	MN	44	17	18:28	3:42	2:43	9	47:34	18.3	1:42	22	31:27	10:29	1:41:52
17	170	Nicole Fox	Eagan	MN	44	18	18:47	3:46	4:35	16	50:11	17.3	1:48	13	26:34	8:52	1:41:53
18	357	Sandy Marshall	Minneapolis	MN	41	4	13:29	2:42	3:35	7	45:59	18.9	1:43	26	37:30	12:30	1:42:14
19	330	Cindy Lesage	Chanhassen	MN	44	26	25:13	5:03	2:50	17	50:17	17.3	1:02	8	24:57	8:19	1:44:17
20	223	Kari Harrison	Farmington	MN	41	15	17:53	3:35	4:35	22	55:32	15.7	1:00	10	25:41	8:34	1:44:39
21	21	Pam Armour	Golden Valley	MN	42	22	20:14	4:03	2:45	18	52:36	16.5	2:17	16	27:55	9:19	1:45:45
22	436	Kristen Purtell	Deephaven	MN	40	24	21:42	4:21						19	28:28	9:30	1:46:41
23	638	Abbie Gibbs	Grand Forks	ND	41	19	19:03	3:49	3:51	21	55:23	15.7	0:55	24	32:40	10:54	1:51:50
24	196	Jennifer Gorder	Bloomington	MN	40	21	19:32	3:55	3:42	23	55:53	15.6	1:25	25	33:53	11:18	1:54:24
25	316	Lou Kycek	West Saint Paul	MN	44	25	23:43	4:45	4:29	25	57:30	15.1	1:35	15	27:48	9:16	1:55:03
26	401	Debbie Odden	Fort Wayne	IN	44	23	21:33	4:19	3:56	24	56:57	15.3	1:25	23	31:35	10:32	1:55:25
27	29	Anne Baker	Chanhassen	MN	42	27	26:56	5:24	6:05	26	1:07:16	12.9	1:42	27	41:07	13:43	2:23:04

MALE AGE GROUP 45 - 49

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	42	Kurt Becker	Afton	MN	46	1	10:13	2:03	1:27	1	37:53	23.0	0:45	3	19:59	6:40	1:10:14
2	536	Gregg Steiger	Minnetonka	MN	47	9	14:10	2:50	1:46	2	39:10	22.2	1:08	5	21:38	7:13	1:17:51
3	586	Tim J Walker	Minnetonka	MN	46	2	13:26	2:42	1:39	3	39:44	21.9	0:50	8	22:30	7:30	1:18:08
4	612	Don Wilson	Chicago	IL	45	7	14:00	2:48	1:45	7	42:00	20.7	1:17	2	19:20	6:27	1:18:19
5	23	Mark Augdahl	Chaska	MN	47	3	13:31	2:43	1:59	11	43:10	20.2	1:19	6	21:59	7:20	1:21:56
6	580	Tim Vicchiollo	Chanhassen	MN	48	13	14:56	3:00	3:27	8	42:37	20.4	1:58	1	19:16	6:26	1:22:11
7	395	Lawrence Nemecek	Minnetrista	MN	46	14	14:56	3:00	1:53	4	41:02	21.2	1:31	9	23:34	7:52	1:22:53
8	274	Dallas Johnson	Wayzata	MN	47	15	15:07	3:02	2:16	5	41:41	20.9	1:01	10	23:53	7:58	1:23:56
9	338	Dave Link	Eden Prairie	MN	46	6	13:48	2:46	1:54	13	43:33	20.0	1:08	18	25:18	8:26	1:25:38
10	543	Nick Summers	Mound	MN	45	10	14:32	2:55	1:48	9	42:50	20.3	1:15	19	25:24	8:28	1:25:48
11	94	Kevin Christenson	Minnetonka	MN	45	8	14:03	2:49	1:10	19	44:48	19.4	0:50	32	27:45	9:15	1:28:34
12	450	John Ridler	Chaska	MN	45	20	16:23	3:17	3:03	16	44:11	19.7	1:21	13	24:23	8:08	1:29:20
13	528	Todd Spaeth	Hastings	MN	48	16	15:34	3:07	2:39	12	43:31	20.0	1:02	27	26:52	8:58	1:29:35
14	190	Kevin Gilligan	Saint Paul	MN	47	17	15:49	3:10	2:49	21	45:27	19.1	1:15	14	24:25	8:09	1:29:42
15	348	Dan Lund	Chanhassen	MN	48	21	16:31	3:19	4:02	6	41:59	20.7	1:38	20	25:54	8:38	1:30:02
16	355	Dan Maras	Shakopee	MN	47	5	13:40	2:44	2:52	25	46:25	18.7	1:16	23	26:26	8:49	1:30:37
17	120	Rob Delaune	Shoreview	MN	48	35	20:56	4:12	3:19	10	43:04	20.2	1:25	7	22:10	7:24	1:30:51
18	523	Dave Snuggerud	Chaska	MN	46	18	15:56	3:12	2:38	20	44:50	19.4	0:59	24	26:37	8:53	1:30:58
19	84	Jr Campuzano	Shorewood	MN	48	28	18:13	3:39	2:57	17	44:25	19.6	1:08	12	24:20	8:07	1:31:00
20	41	Paul Beckel	Wausau	WI	49	22	16:37	3:20	3:56	27	47:45	18.2	1:42	4	21:14	7:05	1:31:11
21	406	Bryan Olson	Victoria	MN	46	32	18:40	3:44	2:50	15	43:57	19.8	0:52	15	24:56	8:19	1:31:12
22	312	Eric Krantz	Mn	MN	47	27	18:05	3:37	2:40	22	45:34	19.1	1:18	11	24:11	8:04	1:31:46
23	195	Tim Goodyear	Minnetonka	MN	46	4	13:34	2:43	2:13	31	49:54	17.4	1:09	22	26:24	8:48	1:33:13
24	294	Brian Kessler	Minnetonka	MN	48	31	18:35	3:43	2:21	18	44:30	19.6	1:54	21	26:18	8:46	1:33:36
25	416	Paul Pasko	Minnetonka	MN	48	29	18:16	3:40	3:02	14	43:41	19.9	1:54	29	27:08	9:03	1:33:59
26	420	Brent Peterson	Minnetrista	MN	47	34	19:08	3:50	3:39	24	46:21	18.8	1:09	16	25:15	8:25	1:35:30
27	462	Mike Rogers	Minnetonka	MN	48	24	17:28	3:30	2:39	28	48:55	17.8	1:41	28	26:57	8:59	1:37:37
28	389	Mark Nazigian	Plymouth	MN	48	25	17:45	3:33	1:26	29	49:16	17.7	1:24	33	28:32	9:31	1:38:22
29	245	Greg Holcomb	Chaska	MN	47	37	21:29	4:18	4:44	23	46:21	18.8	2:02	25	26:43	8:55	1:41:16
30	628	Scott Yager	Chanhassen	MN	49	26	18:01	3:37	3:43	36	50:55	17.1	1:45	30	27:16	9:06	1:41:38

31	138	Clark Eichelberger	St Louis Park	MN	45	12	14:44	2:57	3:13	33	50:09	17.3	1:18	38	33:15	11:05	1:42:36
32	453	Donald Rix	Chanhassen	MN	47	30	18:22	3:41	3:02	26	47:33	18.3	1:51	37	32:26	10:49	1:43:12
33	396	Jeff Newhouse	Minnetonka	MN	48	38	21:48	4:22	3:10	32	50:07	17.4	1:24	26	26:49	8:57	1:43:16
34	295	Daniel Kessler	Chaska	MN	46	19	15:58	3:12	3:12	30	49:19	17.6	2:37	39	33:42	11:14	1:44:46
35	15	Paul Anderson	Eagan	MN	46	33	18:51	3:47	4:27	34	50:30	17.2	1:10	34	29:53	9:58	1:44:48
36	314	Todd Kruse	Inver Grove Height	MN	47	36	21:09	4:14	4:18	37	53:32	16.3	1:50	31	27:33	9:11	1:48:21
37	177	Brad Fritz	Eden Prairie	MN	45	39	22:19	4:28					0:44	17	25:17	8:26	1:50:31
38	123	Jim Denn	Edina	MN	48	23	17:01	3:25	6:23	39	55:17	15.7	2:40	35	30:48	10:16	1:52:07
39	30	Pete Baker	Chanhassen	MN	48	40	23:21	4:41	3:39	38	55:04	15.8	2:54	36	31:36	10:32	1:56:33
40	67	Neal Bradsher	Eden Prairie	MN	46	11	14:32	2:55	3:15	35	50:35	17.2	1:27				

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FEMALE AGE GROUP 45 - 49

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	548	Laura Swartz	St. Louis Park	MN	46	4	15:39	3:08	1:14	1	41:24	21.0	1:11	1	21:17	7:06	1:20:43
2	563	Beth Trautman	Medina	MN	46	7	16:32	3:19	1:23	2	42:04	20.7	0:53	3	24:37	8:13	1:25:29
3	484	Linda Schivelbein	Minnetonka	MN	49	3	14:41	2:57	1:52	3	43:04	20.2	1:38	9	27:04	9:02	1:28:17
4	541	Carrie Stolar	Chanhassen	MN	46	1	10:37	2:08	1:48	6	49:07	17.7	1:33	8	26:27	8:49	1:29:30
5	451	Kris Ridler	Chaska	MN	46	2	12:12	2:27	2:35	5	49:07	17.7	0:58	5	25:11	8:24	1:30:01
6	176	Kathryn Freytag	Eden Prairie	MN	45	9	16:50	3:22	2:44	4	45:39	19.1	1:15	6	25:54	8:38	1:32:20
7	483	Tamara Sather	Chanhassen	MN	45	11	18:17	3:40	2:49	10	52:06	16.7	1:27	4	24:46	8:16	1:39:24
8	318	Dana Lampert	Edina	MN	48	10	17:23	3:29	4:02	12	52:56	16.4	0:38	2	24:31	8:11	1:39:28
9	415	Michele Pasko	Minnetonka	MN	47	6	16:16	3:16	5:18	9	50:48	17.1	2:57	12	29:27	9:49	1:44:43
10	146	Missy Elder	Chanhassen	MN	49	12	21:02	4:13	4:13	7	50:08	17.4	2:02	10	28:11	9:24	1:45:35
11	571	Jamee Tuttle	Excelsior	MN	47	8	16:47	3:22	3:17	11	52:34	16.6	1:53	16	31:17	10:26	1:48:47
12	40	Jane Beckel	Wausau	WI	46	5	16:08	3:14	3:53	14	56:22	15.4	1:14	15	30:43	10:15	1:48:18
13	315	Tracey Kubitz	Wayzata	MN	47	13	23:02	4:37	3:39	8	50:40	17.2	1:37	13	29:56	9:59	1:48:51
14	225	Colleen Harristhal	Chanhassen	MN	47	14	23:21	4:41	4:52	13	54:09	16.1	1:46	11	28:52	9:38	1:52:57
15	334	Sassy Libertus	Minneapolis	MN	45	16	25:06	5:02	8:37	15	1:01:35	14.1	2:07	7	26:00	8:40	2:03:23
16	562	Mary Towle	Minneapolis	MN	46	15	24:55	4:59	3:51	17	1:04:40	13.5	1:48	14	30:03	10:01	2:05:16
17	597	Kimberly Wells	Eden Prairie	MN	47	17	25:19	5:04	4:19	16	1:03:37	13.7	2:04	17	36:58	12:20	2:12:15

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MALE AGE GROUP 50 - 54

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	322	Brian Lavelle	Chaska	MN	51	5	12:01	2:25					0:53	4	21:23	7:08	1:12:53
2	579	Kirk Vesterstein	Wayzata	MN	51	16	14:20	2:52	1:41	1	37:30	23.2	0:59	2	19:48	6:36	1:14:16
3	284	Robert Kaufman	Chanhassen	MN	50	3	11:36	2:20	1:10	3	40:04	21.7	1:03	6	21:55	7:19	1:15:48
4	566	John Trettel	Excelsior	MN	54	14	13:30	2:42	2:04	5	40:41	21.4	0:51	1	19:01	6:21	1:16:05
5	301	David Knack	Prior Lake	MN	50	6	12:31	2:30	1:48	2	39:57	21.8	0:51	8	22:54	7:38	1:17:58
6	503	Eric Showers	Minnetonka	MN	50	8	12:54	2:35	1:40	6	40:44	21.4	0:59	11	23:04	7:42	1:19:19
7	108	Nicholas Cronin	Edina	MN	51	12	13:23	2:41	1:57	7	42:04	20.7	1:08	5	21:52	7:18	1:20:22
8	570	Thorn Turner	Shorewood	MN	50	4	11:44	2:21	1:38	19	44:22	19.6	0:51	7	21:56	7:19	1:20:29
9	509	Wayne Siegel	St. Louis Park,	MN	51	28	16:32	3:19	1:40	4	40:07	21.7	1:12	3	21:17	7:06	1:20:46
10	581	James Vos	Golden Valley	MN	50	2	11:30	2:18	2:12	16	43:42	19.9	1:15	9	22:57	7:39	1:21:35
11	441	Kevin Register	Fargo	ND	51	9	12:58	2:36	2:00	11	42:39	20.4	0:41	22	25:44	8:35	1:24:01
12	434	Mark Prueter	Wayzata	MN	50	18	14:34	2:55	2:36	17	43:44	19.9	1:57	10	23:02	7:41	1:25:51
13	286	Marty Kaye	Chaska	MN	52	31	17:02	3:25	1:41	8	42:25	20.5	0:50	15	24:02	8:01	1:25:58
14	556	Steve Theis	Deephaven	MN	53	10	13:09	2:38	1:45	10	42:34	20.4	0:55	33	27:45	9:15	1:26:06
15	103	Darrell Coyle	Prior Lake	MN	51	19	14:59	3:00	1:51	14	43:25	20.0	0:46	19	25:22	8:28	1:26:19
16	224	Chris Harristhal	Minneapolis	MN	51	15	14:19	2:52	3:02	23	45:14	19.2	1:19	12	23:17	7:46	1:27:08
17	600	John Weum	Eden Prairie	MN	52	1	11:30	2:18	2:08	27	46:45	18.6	1:09	26	26:03	8:41	1:27:32
18	221	Ed Hanzlik	Excelsior	MN	51	7	12:39	2:32	2:47	26	45:58	18.9	1:46	17	24:50	8:17	1:27:58

19	206	Tom Griffin	Bloomington	MN	50	21	15:35	3:07	2:16	21	44:31	19.5	0:37	23	25:50	8:37	1:28:48
20	95	Charles Cliffe	North Oaks	MN	51	13	13:28	2:42	3:14	9	42:32	20.5	1:30	37	28:16	9:26	1:28:58
21	162	John Flaa	Plymouth	MN	51	17	14:28	2:54	2:24	28	47:19	18.4	1:14	14	23:59	8:00	1:29:23
22	114	Jeff Daly	Shakopee	MN	53	33	17:32	3:31	2:06	13	43:06	20.2	1:16	20	25:26	8:29	1:29:25
23	239	Randy Herman	Excelsior	MN	54	27	16:25	3:17	3:09	20	44:24	19.6	2:25	13	23:18	7:46	1:29:40
24	194	Michael Gonzales	Lakeville	MN	54	22	15:37	3:08	2:17	18	44:09	19.7	1:00	28	26:39	8:53	1:29:41
25	625	Tim Woodfield	Victoria	MN	50	11	13:13	2:39	2:27	29	47:23	18.4	1:11	21	25:41	8:34	1:29:53
26	38	Terry Beachey	Excelsior	MN	51	38	19:31	3:55	1:51	15	43:38	19.9	1:04	16	24:25	8:09	1:30:27
27	486	Kurt Schmid	Orono	MN	52	23	15:40	3:08	2:19	22	44:44	19.4	2:02	30	26:54	8:58	1:31:37
28	490	Kurt Schultz	Lakeville	MN	50	35	18:01	3:37	1:45	12	42:54	20.3	1:41	34	27:45	9:15	1:32:05
29	172	Mark Francis	Minnetonka	MN	50	25	16:04	3:13	4:11	25	45:46	19.0	1:42	18	25:06	8:22	1:32:46
30	292	Timothy Kenyon	Minnetonka	MN	52	26	16:15	3:15	3:54	30	49:43	17.5	1:25	24	25:54	8:38	1:37:09
31	352	Gregor MacDonald	Chanhassen	MN	54	37	19:07	3:50	3:53					27	26:13	8:45	1:37:31
32	3	Mike Abbott	Excelsior	MN	54	20	15:27	3:06	2:50	35	53:13	16.3	0:33	35	27:47	9:16	1:39:48
33	507	Daniel Sieben	Edina	MN	54	34	17:45	3:33	4:27	33	51:45	16.8	0:44	25	26:01	8:41	1:40:40
34	594	Rich Weeks	Eden Prairie	MN	52	32	17:06	3:26	2:27	24	45:38	19.1	2:14	41	34:21	11:27	1:41:44
35	475	Rudy Ruedenberg	Plymouth	MN	52	30	16:59	3:24	2:47	32	51:07	17.0	1:59	38	28:58	9:40	1:41:48
36	627	Mike Worthington	Maple Grove	MN	51	39	20:25	4:05	2:27	34	52:11	16.7	1:12	36	28:01	9:21	1:44:15
37	576	Andrew Vaaler	Minneapolis	MN	51	40	21:20	4:16	4:41	31	50:08	17.4	1:59	31	27:06	9:02	1:45:13
38	333	Christoph Leser	Chanhassen	MN	50	24	15:49	3:10	3:51	36	55:41	15.6	1:44	40	31:46	10:36	1:48:49
39	629	Randall Zats	St. Louis Park	MN	53					38	59:58	14.5	1:45	39	31:43	10:35	1:52:12
40	251	James Hoopes	Chanhassen	MN	52	36	18:23	3:41	4:07	39	1:01:20	14.2	1:31	32	27:12	9:04	1:52:31
41	587	Lance Wallin	Wayzata	MN	53	41	23:30	4:42	7:07	37	57:43	15.1	1:34	29	26:48	8:56	1:56:39
42	238	Robert Hensley	Shorewood	MN	50	29	16:37	3:20									

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FEMALE AGE GROUP 50 - 54

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Place	Bib	Name	City	St	Age	Rank	Swim 100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish		
1	193	Lisa Goepfert	Blaine	MN	50				2	44:01	19.8	0:29	3	25:10	8:24	1:27:02	
2	359	Carol Marston	Mankato	MN	53	8	17:04	3:25	1:39	1	43:54	19.8	1:11	1	24:33	8:11	1:28:19
3	106	Cindy Crawford	Deephaven	MN	50	2	13:47	2:46	2:07	3	45:34	19.1	1:27	5	25:34	8:32	1:28:27
4	492	Barbara Scouler	Excelsior	MN	50	1	10:37	2:08	1:52	5	48:59	17.8	1:13	12	30:37	10:13	1:33:17
5	154	Mary English	Minnetonka	MN	54	7	16:51	3:23	1:55	6	50:35	17.2	1:18	6	26:34	8:52	1:37:11
6	68	Catherine Brennan	Mankato	MN	53	5	15:50	3:10	2:58	7	51:44	16.8	1:50	2	25:00	8:20	1:37:19
7	216	Leslie Hacking	Golden Valley	MN	51	3	14:32	2:55	1:45	4	48:55	17.8	1:58	13	33:18	11:06	1:40:26
8	624	Lori Woodfield	Victoria	MN	51	4	15:10	3:02	2:19	10	53:14	16.3	1:11	11	29:11	9:44	1:41:03
9	577	Caroline Vaaler	Minneapolis	MN	52	6	16:13	3:15	4:11	9	53:06	16.4	1:31	7	27:15	9:05	1:42:14
10	164	Jenna Fletcher	Stillwater	MN	51	10	19:23	3:53	1:57	8	51:58	16.7	1:15	10	28:56	9:39	1:43:27
11	350	Chanda Lyons	Excelsior	MN	51	11	19:39	3:56	2:15	11	55:09	15.8	1:32	9	27:25	9:09	1:45:58
12	335	Sharon Lim	Wayzata	MN	51	9	17:24	3:29	4:36	13	1:00:14	14.4	1:16	4	25:24	8:28	1:48:52
13	129	Carol Donen	Chanhassen	MN	53	12	23:32	4:43	5:58	12	59:31	14.6	1:27	8	27:16	9:06	1:57:41

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MALE AGE GROUP 55 - 59

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Place	Bib	Name	City	St	Age	Rank	Swim 100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish		
1	161	Skip Fitting	Buffalo	MN	58	5	14:56	3:00	1:49	3	39:55	21.8	0:44	1	19:33	6:31	1:16:55
2	36	Patrick Baskfield	Madelia	MN	55	4	14:07	2:50	1:59	2	39:48	21.9	1:17	4	21:33	7:11	1:18:43
3	281	Mike Jovanovich	Neenah	WI	55	10	17:13	3:27	1:18	1	39:20	22.1	0:54	3	21:17	7:06	1:20:00
4	192	Paul Glade	Cedar Falls	IA	58	7	15:25	3:05	1:12	5	42:23	20.5	1:06	2	20:24	6:48	1:20:28
5	319	Peter Lancaster	Minneapolis	MN	58	2	13:15	2:39	2:09	6	42:35	20.4	1:23	5	23:53	7:58	1:23:12
6	62	Mike Borneke	Eagle Lake	MN	59	16	18:57	3:48	2:10	4	41:18	21.1	1:05	6	24:56	8:19	1:28:25
7	159	Mark Fallon	Minnetonka	MN	59	1	13:09	2:38	2:40	7	44:22	19.6	0:59	10	28:08	9:23	1:29:16
8	341	Frank Lombardo	Lakeville	MN	59	8	15:57	3:12	2:16	8	45:17	19.2	1:21	8	25:36	8:32	1:30:24

9	356	Robert Marchetti	Champlin	MN	55	11	17:41	3:33	2:46	9	45:30	19.1	1:39	9	26:40	8:54	1:34:14
10	347	Dick Lowry	North Mankato	MN	56	6	15:07	3:02	2:04	10	46:51	18.6	1:21	14	29:46	9:56	1:35:07
11	371	David Meline	Minneapolis	MN	55	3	13:47	2:46	3:00	13	50:07	17.4	1:33	15	30:27	10:09	1:38:53
12	79	Douglas Burn	Victoria	MN	55	13	18:01	3:37	3:37	14	50:36	17.2	1:49	7	25:12	8:24	1:39:13
13	377	Peter Miller	Zimmerman	MN	55	14	18:18	3:40	1:55	12	49:43	17.5	1:35	17	30:55	10:19	1:42:24
14	109	Paul Crowe	Edina	MN	55	19	21:04	4:13	2:45	15	51:08	17.0	1:50	12	29:31	9:51	1:46:16
15	280	Doug Jost	Centerville	MN	58	15	18:49	3:46	3:18	16	51:59	16.7	1:48	16	30:34	10:12	1:46:26
16	101	John Covlin	Coon Rapids	MN	57	21	23:05	4:37	3:44	11	48:22	18.0	1:42	13	29:39	9:53	1:46:30
17	411	Bob Oxborough	Plymouth	MN	57	18	20:42	4:09	4:43	18	56:09	15.5	2:27	11	28:40	9:34	1:52:39
18	427	David Piper	Minneapolis	MN	58	9	16:14	3:15	4:41	19	59:33	14.6	1:00	18	32:17	10:46	1:53:43
19	572	Carl Tuura	Plymouth	MN	58	12	17:58	3:36					2:33	19	34:44	11:35	1:55:31
20	137	Philip Dunlay	Minnetonka	MN	56	20	21:07	4:14	3:17	17	55:27	15.7	2:43	20	34:53	11:38	1:57:25
21	14	Mark Anderson	Excelsior	MN	57	17	20:27	4:06	5:17	20	1:09:24	12.5	1:49	22	42:47	14:16	2:19:42
22	390	Joseph Nelson	Shorewood	MN	57	22	30:40	6:08	5:55	21	1:13:34	11.8	1:51	21	40:37	13:33	2:32:36

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FEMALE AGE GROUP 55 - 59

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	525	Peg Sorensen	Chaska	MN	56	2	14:13	2:51	2:55	1	47:31	18.3	1:10	2	29:01	9:41	1:34:48
2	477	Mary Ryan	Minnetrista	MN	57	3	17:42	3:33	2:29	2	50:25	17.3	1:05	1	24:13	8:05	1:35:53
3	113	Beth Dalton	Woodbury	MN	57	1	13:12	2:39	5:05	4	56:21	15.4	1:14	3	29:28	9:50	1:45:18
4	442	Pady Regnier	Excelsior	MN	57	4	17:46	3:34	3:27	3	53:53	16.1	2:22	4	30:12	10:04	1:47:39

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MALE AGE GROUP 60 - UP

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	12	Tom Amundson	Minneapolis	MN	62	3	15:22	3:05	1:54	2	45:00	19.3	1:20	3	26:04	8:42	1:29:38
2	351	Thomas Lyons	Excelsior	MN	60	1	13:07	2:38	7:00	4	46:31	18.7	1:48	2	25:51	8:37	1:34:15
3	362	Tom McConville	Osseo	MN	60	10	22:27	4:30	2:43	3	45:11	19.3	1:08	4	28:06	9:22	1:39:33
4	255	Jerry House	Woodbury	MN	65	8	18:47	3:46	4:42	6	52:10	16.7	2:04	1	24:04	8:02	1:41:46
5	35	James Barthel	Dellwood	MN	66	2	14:50	2:58	4:28	9	55:37	15.6	1:53	6	32:29	10:50	1:49:15
6	181	Thomas Fulton	Saint Louis Park	MN	66	6	17:39	3:32	3:09	5	50:10	17.3	2:54	9	37:01	12:21	1:50:52
7	515	Richard Simpson	Chanhassen	MN	64	9	19:08	3:50	5:30	8	54:57	15.8	2:32	5	30:17	10:06	1:52:22
8	283	Joe Kandiko	Excelsior	MN	63	4	15:46	3:10	3:14	7	54:00	16.1	2:07	10	38:48	12:56	1:53:53
9	588	Peter Walman	Minnetonka	MN	71	5	17:28	3:30					2:05	11	39:33	13:11	1:58:37
10	553	Mike Tenney	Excelsior	MN	68	7	17:54	3:35	5:34	10	56:50	15.3	3:12	12	40:59	13:40	2:04:28
11	626	Clark Worthington	St Louis Park	MN	71	12	31:19	6:16	4:15	11	57:16	15.2	1:59	8	35:12	11:44	2:09:59
12	107	Lyle Crider	Shakopee	MN	70	11	22:27	4:30	4:29	12	1:08:10	12.8	1:53	7	34:11	11:24	2:11:08
13	213	Marcus Gustafson	Edina	MN	61					1	42:45	20.4					

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FEMALE AGE GROUP 60 - UP

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	457	Deborah Roberts	Nisswa	MN	62	1	16:09	3:14	2:58	1	50:59	17.1	1:29	1	29:11	9:44	1:40:44
2	47	Kathryn Benhardus	Minnetonka	MN	66	2	33:19	6:40	8:05								2:25:31

Total Registered: 637
 Total Number of Team Finishers: 5
 Total Number of Individual Finishers: 449
 Number of Male Finishers: 302

Number of Female Finishers:	147
Did not Finish Race or Did Not Start:	182