

LAKE MINNETONKA TRIATHLON  
 Excelsior Commons - Excelsior, MN - June 21, 2014  
 1/2 Mile Swim - 15 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	1/8	1	Brooks Grossinger	Mayer	MN	37	M	21	10:52	2:11	1:04	1	34:34	26.0	0:44	2	16:07	5:23	1:03:19
2	1/4	3	Heather Lendway	St. Paul	MN	29	F	2	8:55	1:47	0:54	2	35:43	25.2	0:49	11	18:34	6:12	1:04:53
3	2/8	2	Brett Lovaas	Minnetonka	MN	39	M	5	9:26	1:54	0:47	7	37:03	24.3	0:40	8	18:30	6:10	1:06:24
4	3/8	221	Eric Hendrickson	Minnetonka	MN	34	M	13	10:27	2:06	1:16	5	36:34	24.6	0:43	5	17:57	5:59	1:06:54
5	4/8	459	Steve Sander	Richfield	MN	35	M	25	11:04	2:13	1:14	3	35:50	25.1	0:47	10	18:33	6:11	1:07:26
6	5/8	137	Philip English	Minnetonka	MN	22	M	3	9:15	1:51	1:05	17	38:55	23.1	0:41	4	17:39	5:53	1:07:33
7	6/8	582	Ross Weinzierl	St.Paul	MN	28	M	10	10:18	2:04	0:50	6	36:39	24.6	0:44	23	19:33	6:31	1:08:02
8	1/45	125	Greg Dummer	Minneapolis	MN	43	M	29	11:25	2:17	1:29	4	36:32	24.6	0:36	6	18:02	6:01	1:08:02
9	1/51	406	Tom Pettit	Excelsior	MN	45	M	16	10:37	2:08	1:17	14	38:41	23.3	0:45	13	18:42	6:14	1:10:00
10	2/51	30	Omar Awad	Shoreview	MN	45	M	9	10:04	2:01	1:15	34	39:47	22.6	0:47	15	18:44	6:15	1:10:36
11	1/45	534	Scott Swenson	St Louis Park	MN	35	M	35	11:35	2:19	1:02	16	38:48	23.2	0:47	14	18:42	6:14	1:10:52
12	2/45	26	Jon Armour	Golden Valley	MN	44	M	11	10:19	2:04	1:13	10	38:24	23.4	0:57	31	20:15	6:45	1:11:05
13	2/4	432	Christina Roberts	St. Louis Park	MN	28	F	7	9:57	2:00	1:03	67	40:51	22.0	0:45	12	18:40	6:14	1:11:14
14	1/29	173	David Goldberg	Minnetrista	MN	53	M	18	10:41	2:09	1:15	8	38:03	23.7	0:42	48	20:53	6:58	1:11:34
15	3/45	513	Don Steenson	Plymouth, Mn	MN	43	M	8	9:58	2:00	1:31	30	39:38	22.7	0:51	27	19:56	6:39	1:11:52
16	2/45	386	Christian Oestreich	Minnetonka	MN	35	M	20	10:49	2:10	0:55	21	39:19	22.9	0:52	29	20:06	6:42	1:11:58
17	7/8	465	Tony Schiller	Eden Prairie	MN	56	M	17	10:38	2:08	1:09	73	41:26	21.7	0:42	7	18:08	6:03	1:12:00
18	4/45	504	Tim Sosnowski	Eden Prairie	MN	43	M	22	10:58	2:12	1:26	13	38:40	23.3	0:53	33	20:19	6:47	1:12:14
19	1/24	161	Edwing Gelvez	Minneapolis	MN	31	M	36	11:37	2:20	1:03	33	39:46	22.6	0:43	19	19:21	6:27	1:12:27
20	8/8	129	Andrew Eichelman	Greenwood	MN	45	M	15	10:32	2:07	1:33	31	39:44	22.7	1:04	26	19:49	6:37	1:12:41
21	1/3	554	Nick Traxler	Deephaven	MN	19	M	55	12:33	2:31	0:57	90	42:14	21.3	0:35	3	17:04	5:42	1:13:21
22	2/29	291	David Knack	Prior Lake	MN	51	M	40	11:42	2:21	1:44	12	38:39	23.3	0:44	44	20:36	6:52	1:13:24
23	3/4	357	Sarah Mercer	Golden Valley	MN	46	F	24	11:03	2:13	1:17	24	39:26	22.8	1:05	58	21:07	7:03	1:13:55
24	2/24	569	Ryan Wakeham	Minnetonka	MN	33	M	38	11:39	2:20	1:33	20	39:17	22.9	1:02	39	20:34	6:52	1:14:03
25	5/45	343	Steve Marshall	Minneapolis	MN	42	M	80	12:45	2:33	1:25	23	39:24	22.8	1:09	20	19:24	6:28	1:14:05
26	1/24	286	Brian Kirkvold	Excelsior	MN	36	M	1	8:44	1:45	1:51	83	41:56	21.5	0:44	46	20:52	6:58	1:14:05
27	3/24	345	Patrick Marzolf	Saint Paul	MN	31	M	4	9:20	1:52	1:39	75	41:31	21.7	1:26	36	20:29	6:50	1:14:23
28	4/4	593	Liv Williamsen	Chanhassen	MN	36	F	23	10:59	2:12	1:13	56	40:30	22.2	0:38	65	21:23	7:08	1:14:42
29	3/51	142	Sean Finn	Savage	MN	48	M	118	13:16	2:40	1:29	38	39:59	22.5	0:47	21	19:30	6:30	1:15:00
30	6/45	541	Shawn Thomas	Chanhassen	MN	41	M	68	12:41	2:33	1:38	32	39:45	22.6	0:46	30	20:13	6:45	1:15:01
31	7/45	60	Mike Blair	Prior Lake	MN	44	M	67	12:40	2:32	1:33	11	38:29	23.4	0:42	71	21:40	7:14	1:15:03
32	2/24	98	Ryan Collins	St. Louis Park	MN	38	M	44	11:52	2:23	1:35	18	39:09	23.0	0:44	88	22:08	7:23	1:15:26
33	1/28	532	Laura Swartz	St. Louis Park	MN	47	F	96	12:51	2:35	1:05	52	40:26	22.3	0:59	32	20:18	6:46	1:15:37
34	1/23	556	John Trettel	Excelsior	MN	55	M	148	13:40	2:44	1:15	57	40:33	22.2	0:59	18	19:19	6:27	1:15:44
35	2/23	144	Skip Fitting	Buffalo	MN	59	M	140	13:34	2:43	2:02	48	40:20	22.3	0:49	17	19:01	6:21	1:15:45
36	3/45	14	Greg Alexander	Plymouth	MN	36	M	41	11:43	2:21	1:33	65	40:47	22.1	0:46	51	20:58	7:00	1:15:45
37	1/22	59	Nicholas Bishop	Minneapolis	MN	28	M	34	11:34	2:19	1:45	59	40:35	22.2	1:00	54	21:00	7:00	1:15:52
38	1/10	190	Jan Gunther		MN	56	F	71	12:41	2:33	1:32	53	40:29	22.2	0:52	34	20:22	6:48	1:15:54
39	4/51	586	Ryan Wenning	Excelsior	MN	48	M	104	13:00	2:36	1:17	47	40:20	22.3	0:54	40	20:35	6:52	1:16:04
40	8/45	324	Mark Linquist		MN	42	M	102	12:57	2:36	2:12	29	39:37	22.7	0:48	42	20:36	6:52	1:16:08
41	4/45	197	Chris Haesler	Shorewood	MN	38	M	89	12:48	2:34	1:52	46	40:19	22.3	0:55	37	20:30	6:50	1:16:22
42	5/45	438	Eric Roesner	Minnetonka	MN	39	M	81	12:45	2:33	1:56	40	40:04	22.5	0:50	47	20:53	6:58	1:16:27
43	1/26	316	Catherine Lee	Minneapolis	MN	40	F	72	12:42	2:33	1:36	60	40:35	22.2	0:38	53	20:59	7:00	1:16:28
44	6/45	71	Brian Brophy	Bloomington	MN	39	M	43	11:48	2:22	2:10	37	39:55	22.5	0:55	80	21:53	7:18	1:16:40
45	2/22	510	Patrick Stanaway	Minneapolis	MN	27	M	6	9:41	1:57	1:20	114	43:11	20.8	1:05	67	21:31	7:11	1:16:46
46	3/29	639	Randy Knutson	Mankato	MN	51	M	57	12:34	2:31	1:55	15	38:46	23.2	0:58	102	22:37	7:33	1:16:48
47	7/45	218	Brian Heltemes	Eden Prairie	MN	38	M	108	13:06	2:38	1:28	109	43:03	20.9	0:42	9	18:33	6:11	1:16:50
48	4/29	388	Kevin Olsen	Orono	MN	54	M	30	11:27	2:18	1:10	42	40:05	22.5	0:41	140	23:29	7:50	1:16:50
49	3/23	273	Mike Jovanovich	Neenah	WI	56	M	178	14:10	2:50	1:13	35	39:54	22.6	0:47	52	20:59	7:00	1:17:00
50	1/29	450	Christina Ross	Chaska	MN	35	F	42	11:43	2:21	1:42	66	40:50	22.0	0:57	89	22:09	7:23	1:17:19
51	9/45	325	David Liske	Saint Louis Park	MN	42	M	141	13:35	2:43	1:37	45	40:13	22.4	0:51	57	21:07	7:03	1:17:20
52	10/45	473	Sean Sciara	Blaine	MN	42	M	87	12:47	2:34	2:06	62	40:40	22.1	1:01	56	21:05	7:02	1:17:38

53	5/51	139 Nick Essma	Edina	MN	46 M	46	12:04	2:25	1:44	39	39:59	22.5	1:11	105	22:44	7:35	1:17:41
54	1/12	439 Brian Rogers	Minneapolis	MN	24 M	39	11:41	2:21	2:54	80	41:48	21.5	1:38	25	19:49	6:37	1:17:49
55	5/29	180 Kevin Grafft	Chanhassen	MN	53 M	177	14:09	2:50	1:46	50	40:25	22.3	1:07	38	20:33	6:51	1:17:59
56	2/12	290 Anton Knack	Prior Lake	MN	21 M	14	10:31	2:07	1:36	152	44:22	20.3	1:07	41	20:35	6:52	1:18:08
57	11/45	364 Tony Mosser	Mayer	MN	41 M	54	12:33	2:31	2:02	85	42:02	21.4	1:02	45	20:41	6:54	1:18:17
58	12/45	247 Brad Ingles	Saint Paul	MN	44 M	156	13:52	2:47	1:35	25	39:28	22.8	1:05	94	22:18	7:26	1:18:17
59	6/51	571 Tim J Walker	Minnetonka	MN	47 M	101	12:56	2:36	1:34	22	39:20	22.9	0:50	153	23:55	7:59	1:18:33
60	4/23	266 Doug Johnson	Minneapolis	MN	57 M	91	12:50	2:34	1:36	69	41:07	21.9	1:21	79	21:52	7:18	1:18:44
61	13/45	213 Chris Hawes	Minneapolis	MN	40 M	77	12:44	2:33	2:27	28	39:36	22.7	1:34	100	22:32	7:31	1:18:51
62	3/24	449 Brian Ross	Shorewood	MN	38 M	58	12:36	2:31	1:53	63	40:42	22.1	0:49	119	22:59	7:40	1:18:56
63	6/29	547 Jon Tollefson	Edina	MN	53 M	26	11:11	2:15	2:02	51	40:25	22.3	1:38	147	23:44	7:55	1:18:59
64	2/29	219 Kelly Heltemes	Eden Prairie	MN	36 F	170	14:07	2:50	1:32	98	42:37	21.1	0:49	28	19:59	6:40	1:19:02
65	14/45	474 Steve Secker	Eleva	WI	43 M	111	13:11	2:39	1:22	26	39:29	22.8	0:53	166	24:12	8:04	1:19:06
66	8/45	36 Ryan Barnes	Maple Grove	MN	35 M	165	14:02	2:49	1:05	61	40:40	22.1	1:05	98	22:27	7:29	1:19:17
67	3/29	11 Christine Agazzi	Eden Prairie	MN	38 F	82	12:46	2:34	1:45	100	42:42	21.1	0:56	64	21:23	7:08	1:19:29
68	1/18	365 Jody Mullet		MN	27 F	235	14:55	2:59	1:29	64	40:46	22.1	1:03	66	21:26	7:09	1:19:36
69	4/29	476 Leslie Sedlak	Bloomington	MN	37 F	48	12:06	2:26	1:24	121	43:21	20.8	0:54	81	21:53	7:18	1:19:37
70	2/26	148 Sarah Foley	Cologne	MN	43 F	103	12:57	2:36	1:26	123	43:23	20.7	0:47	69	21:34	7:12	1:20:05
71	5/23	212 Tad Hauck	Eden Prairie	MN	56 M	73	12:42	2:33	1:51	68	41:04	21.9	1:35	130	23:13	7:45	1:20:24
72	1/32	29 Kimberly Ault	Mound	MN	32 F	113	13:11	2:39	1:02	70	41:14	21.8	0:57	162	24:06	8:02	1:20:28
73	9/45	109 Joseph Daniski	Minnetonka	MN	36 M	227	14:46	2:58	1:55	36	39:55	22.5	1:02	113	22:52	7:38	1:20:29
74	7/51	28 Mark Augdahl	Chaska	MN	48 M	52	12:23	2:29	2:13	107	42:57	21.0	1:21	73	21:45	7:15	1:20:37
75	10/45	531 Shane Swanson	Forset Lake	MN	39 M	155	13:51	2:47	1:21	76	41:36	21.6	0:54	117	22:59	7:40	1:20:38
76	15/45	196 Daniel Hackenberg	Eden Prairie	MN	41 M	132	13:30	2:42	2:19	94	42:26	21.2	0:58	70	21:38	7:13	1:20:48
77	3/22	91 Beau Christian	Minneapolis Mn	MN	26 M	105	13:01	2:36	1:30	141	44:00	20.5	1:28	50	20:56	6:59	1:20:52
78	16/45	387 Stephen Olin	Edina	MN	40 M	280	15:53	3:11	1:17	49	40:20	22.3	0:44	108	22:46	7:36	1:20:59
79	6/23	307 Peter Lancaster	Minneapolis	MN	59 M	69	12:41	2:33	2:26	74	41:29	21.7	1:01	138	23:25	7:49	1:21:00
80	3/26	478 Mary Sellke	Golden Valley	MN	44 F	131	13:30	2:42	1:11	91	42:19	21.3	1:11	118	22:59	7:40	1:21:07
81	17/45	294 Matthew Koeppen	Chanhassen	MN	43 M	135	13:32	2:43	1:17	103	42:44	21.1	0:54	106	22:45	7:35	1:21:11
82	7/23	171 Paul Glade	Cedar Falls	IA	59 M	244	15:08	3:02	1:09	119	43:14	20.8	1:08	43	20:36	6:52	1:21:14
83	18/45	31 Scott Backman	Brooklyn Park	MN	42 M	125	13:27	2:42	2:03	104	42:52	21.0	1:06	82	21:56	7:19	1:21:23
84	4/24	587 Terry Werk	Eden Prairie	MN	33 M	150	13:42	2:45	1:25	145	44:08	20.4	0:49	62	21:21	7:07	1:21:23
85	8/23	169 Charles Gits	Edina	MN	56 M	138	13:33	2:43	1:44	82	41:50	21.5	0:51	139	23:27	7:49	1:21:24
86	5/24	79 Dan Cascarano	Saint Anthony Vill	MN	32 M	99	12:54	2:35	1:39	136	43:54	20.5	1:11	76	21:48	7:16	1:21:25
87	8/51	110 Craig J. Davis	Minnesota City	MN	47 M	66	12:40	2:32	1:24	129	43:37	20.6	1:01	111	22:50	7:37	1:21:31
88	5/29	200 Naomi Hamer	Orono	MN	39 F	32	11:29	2:18	2:07	142	44:00	20.5	1:06	123	23:02	7:41	1:21:42
89	11/45	594 Steven Williamsen	Chanhassen	MN	39 M	93	12:50	2:34	1:37	55	40:30	22.2	0:53	252	25:55	8:39	1:21:43
90	4/24	226 David Hillesheim	Golden Valley	MN	41 M	189	14:18	2:52	2:00	27	39:32	22.8	1:34	169	24:22	8:08	1:21:44
91	6/29	557 Brenda Trok	Maple Grove	MN	35 F	112	13:11	2:39	1:32	128	43:35	20.7	1:00	103	22:38	7:33	1:21:54
92	7/29	539 Steve Theis	Deephaven	MN	54 M	59	12:36	2:32	1:39	92	42:19	21.3	1:25	159	24:04	8:02	1:22:02
93	12/45	6 Matthew Abroe	Edina	MN	39 M	262	15:30	3:06	1:45	95	42:30	21.2	1:16	63	21:21	7:07	1:22:20
94	19/45	597 Garrett Wilson	Edina	MN	43 M	122	13:22	2:41	2:12	87	42:04	21.4	0:53	152	23:53	7:58	1:22:23
95	9/51	437 Rick Rodgers	Excelsior	MN	47 M	162	13:56	2:48	2:23	86	42:02	21.4	1:16	114	22:54	7:38	1:22:29
96	4/22	522 Steve Strait	Maple Grove	MN	28 M	240	15:05	3:01	2:27	79	41:47	21.5	1:27	74	21:45	7:15	1:22:30
97	8/29	499 Stuart Smith	Eden Prairie	MN	52 M	154	13:50	2:46	2:10	58	40:35	22.2	1:22	189	24:37	8:13	1:22:31
98	20/45	491 Chris Simons	Deephaven	MN	43 M	175	14:08	2:50	2:07	101	42:42	21.1	1:03	101	22:33	7:31	1:22:31
99	9/29	198 Robb Hall	Chanhassen	MN	51 M	126	13:28	2:42	2:25	77	41:39	21.6	1:28	146	23:37	7:53	1:22:36
100	21/45	77 David Cantrill	Chanhassen	MN	40 M	203	14:31	2:55	1:40	71	41:15	21.8	1:11	158	24:02	8:01	1:22:39
101	5/24	502 Aaron Snyder	Maple Grove	MN	33 M	190	14:18	2:52	2:10	99	42:40	21.1	0:51	122	23:01	7:41	1:22:59
102	1/9	511 Laurie Stanek	Prior Lake	MN	50 F	198	14:27	2:54	1:40	110	43:04	20.9	0:55	116	22:57	7:39	1:23:01
103	5/22	194 Jeff Gustafson	Chanhassen	MN	28 M	212	14:38	2:56	1:40	167	44:54	20.0	0:23	72	21:45	7:15	1:23:18
104	13/45	448 Kyle Rooney	Tonka Bay	MN	37 M	158	13:54	2:47	2:35	133	43:52	20.5	1:03	84	21:58	7:20	1:23:20
105	14/45	45 David Behrens	Hopkins	MN	36 M	97	12:53	2:35	1:39	124	43:25	20.7	0:57	183	24:30	8:10	1:23:23
106	10/51	323 Dave Link	Eden Prairie	MN	47 M	92	12:50	2:34	1:48	106	42:55	21.0	1:08	195	24:44	8:15	1:23:24
107	6/22	147 Bryan Flood	Minneapolis	MN	27 M	272	15:44	3:09	2:00	148	44:12	20.4	0:40	55	21:02	7:01	1:23:36
108	10/29	602 Tim Woodfield	Victoria	MN	51 M	86	12:47	2:34	2:17	96	42:33	21.2	1:15	202	24:53	8:18	1:23:43
109	15/45	228 Bryan Hoelzer	Rochester	MN	39 M	49	12:12	2:27	1:51	190	45:38	19.7	0:44	141	23:33	7:51	1:23:57
110	16/45	51 Scott Berry	St. Louis Park	MN	36 M	193	14:23	2:53	1:12	117	43:12	20.8	0:50	188	24:36	8:12	1:24:12
111	6/24	258 Cody Jenson	Plymouth	MN	29 M	184	14:14	2:51	2:54	122	43:23	20.7	1:26	93	22:17	7:26	1:24:12

112	17/45	475 Jason Sedlak	Bloomington	MN	39 M	228	14:48	2:58	2:08	54	40:29	22.2	2:04	203	24:53	8:18	1:24:21
113	3/12	240 Scott Hudson	Shoreview	MN	24 M	53	12:27	2:30	2:16	88	42:06	21.4	2:02	237	25:37	8:33	1:24:26
114	6/24	358 Tom Miller	Robbinsdale	MN	33 M	317	16:53	3:23	1:20	41	40:05	22.5	1:28	205	24:55	8:19	1:24:40
115	11/51	481 Brad Severson	Minnetonka	MN	47 M	169	14:06	2:50	1:53	172	45:04	20.0	1:32	90	22:14	7:25	1:24:48
116	18/45	83 Michael Cervenka	Minneapolis	MN	35 M	28	11:22	2:17	2:01	187	45:34	19.8	1:58	154	23:56	7:59	1:24:49
117	7/29	464 Kim Scheel	Madison Lake	MN	37 F	230	14:50	2:58	2:44	196	45:56	19.6	1:50	22	19:31	6:31	1:24:50
118	7/24	430 Christopher Ries	Minneapolis	MN	34 M	139	13:34	2:43	2:18	97	42:35	21.1	1:16	218	25:14	8:25	1:24:54
119	7/24	525 Bo Sun	Ames	IA	31 M	216	14:40	2:56	2:07	162	44:45	20.1	1:39	78	21:50	7:17	1:24:59
120	4/26	12 Sara Ahlquist	Minnetonka	MN	44 F	121	13:18	2:40	1:32	166	44:54	20.0	0:55	185	24:33	8:11	1:25:10
121	12/51	225 Thomas Hiel	Santa Monica	CA	49 M	147	13:40	2:44	1:36	150	44:13	20.4	1:50	156	24:01	8:01	1:25:18
122	22/45	592 Chris Wilhoit	St. Louis Park	MN	44 M	232	14:54	2:59	1:58	84	42:01	21.4	1:31	207	24:57	8:19	1:25:19
123	7/22	443 Nick Rogers	Eden Prairie	MN	29 M	207	14:35	2:55	3:24	194	45:50	19.6	1:52	24	19:48	6:36	1:25:28
124	23/45	4 Daniel Abercrombie	Chanhassen	MN	40 M	84	12:47	2:34	2:05	139	43:58	20.5	1:07	235	25:33	8:31	1:25:28
125	8/24	319 Mike Lesage	Tonka Bay	MN	44 M	386	18:37	3:44	2:26	78	41:47	21.5	0:56	75	21:46	7:16	1:25:30
126	13/51	471 Daniel Schultze	Prior Lake	MN	47 M	380	18:30	3:42	2:28	9	38:05	23.6	1:26	212	25:05	8:22	1:25:32
127	14/51	72 Michael Burica	Plymouth	MN	45 M	79	12:45	2:33	2:26	158	44:36	20.2	1:10	190	24:37	8:13	1:25:32
128	24/45	390 Erik Olson	Minneapolis	MN	42 M	220	14:42	2:57	2:30	89	42:08	21.4	1:19	208	24:59	8:20	1:25:37
129	25/45	154 Dan Fritz	Golden Valley	MN	42 M	205	14:34	2:55	2:54	44	40:11	22.4	1:15	287	26:51	8:57	1:25:43
130	19/45	16 Scott Allen	Eden Prairie	MN	39 M	179	14:11	2:50	1:42	155	44:27	20.2	1:06	170	24:23	8:08	1:25:47
131	2/28	75 Patty Campbell	Plymouth	MN	45 F	56	12:33	2:31	1:08	195	45:50	19.6	0:53	227	25:24	8:28	1:25:47
132	11/29	56 Chuck Bies	Waconia	MN	53 M	128	13:29	2:42	3:12	108	43:00	20.9	1:42	175	24:26	8:09	1:25:47
133	8/22	133 Peter Elsham	St Louis Park	MN	26 M	315	16:49	3:22	3:06	93	42:20	21.3	1:13	97	22:26	7:29	1:25:52
134	15/51	575 Steve Wander	Minnetonka	MN	46 M	186	14:16	2:52	1:51	127	43:34	20.7	1:35	194	24:43	8:15	1:25:58
135	1/6	311 Brianna Lavelle	Chaska	MN	16 F	19	10:47	2:10	1:22	251	47:42	18.9	0:49	224	25:20	8:27	1:25:59
136	8/24	25 Todd Archbold	Maple Grove	MN	32 M	119	13:17	2:40	2:46	200	46:02	19.6	0:57	120	22:59	7:40	1:26:00
137	5/26	230 Anne Hoeschen	Freeport	MN	40 F	246	15:10	3:02	1:29	138	43:57	20.5	1:00	181	24:28	8:10	1:26:01
138	20/45	577 Nicholas Ward	Golden Valley	MN	35 M	171	14:07	2:50	1:47	165	44:52	20.1	0:46	184	24:32	8:11	1:26:02
139	9/24	446 Reid Romer	Robbinsdale	MN	30 M	83	12:46	2:34	2:07	206	46:12	19.5	1:27	144	23:34	7:52	1:26:04
140	9/22	145 Adam Fletcher	Ann Arbor	MI	27 M	164	13:59	2:48	1:38	160	44:39	20.2	1:07	198	24:44	8:15	1:26:05
141	16/51	134 Jeff Engel	Carver	MN	48 M	144	13:36	2:44	3:16	154	44:25	20.3	1:29	145	23:35	7:52	1:26:19
142	21/45	302 Jason Krob	Minneapolis	MN	37 M	95	12:51	2:35	2:54	248	47:35	18.9	1:46	60	21:19	7:07	1:26:22
143	8/29	272 Becca Joseph	Minnetonka	MN	39 F	100	12:55	2:35	1:42	277	48:39	18.5	0:53	95	22:21	7:27	1:26:29
144	1/7	545 Sonny Thweatt	Lakeville	MN	63 M	149	13:42	2:45	2:08	147	44:11	20.4	1:08	226	25:24	8:28	1:26:31
145	2/9	103 Cindy Crawford	Deephaven	MN	51 F	133	13:31	2:43	1:31	170	45:00	20.0	1:06	233	25:31	8:31	1:26:38
146	10/22	555 Brian Trettel	Minnetonka	MN	25 M	187	14:16	2:52	2:37	237	47:05	19.1	0:37	86	22:06	7:22	1:26:39
147	4/12	394 Justin Oskey`	Mendota Heights	MN	23 M	163	13:58	2:48	3:46	132	43:50	20.5	2:07	121	23:00	7:40	1:26:39
148	2/6	412 Joleen Plekkenpol	Chanhassen	MN	19 F	27	11:21	2:17	1:30	252	47:43	18.9	0:27	242	25:45	8:35	1:26:44
149	2/32	288 Sarah Klein	Victoria	MN	33 F	160	13:54	2:47	2:04	203	46:06	19.5	1:49	115	22:56	7:39	1:26:48
150	11/22	184 Phillip Greshowak	St Louis Park	MN	26 M	399	18:58	3:48	1:58	120	43:16	20.8	1:20	61	21:20	7:07	1:26:50
151	3/32	114 Kelley Delmonico	Minneapolis	MN	32 F	242	15:07	3:02	1:40	226	46:39	19.3	0:40	109	22:47	7:36	1:26:50
152	5/12	553 Joe Traxler	Victoria	MN	20 M	330	17:05	3:25	2:04	183	45:29	19.8	1:13	59	21:08	7:03	1:26:56
153	10/24	116 Robbie Deming	St. Bonifacius	MN	30 M	293	16:09	3:14	1:56	125	43:27	20.7	1:01	179	24:28	8:10	1:27:00
154	26/45	424 David Reeder	Chanhassen	MN	43 M	116	13:15	2:39	2:25	469	1:16:18	11.8		247	25:54	8:38	1:27:00
155	17/51	376 Lawrence Nemecek	Minnetrista	MN	47 M	209	14:37	2:56	2:13	115	43:11	20.8	1:37	228	25:26	8:29	1:27:01
156	1/9	347 Sarah Matthiesen	Delano	MN	21 F	271	15:44	3:09	1:34	182	45:28	19.8	0:48	142	23:34	7:52	1:27:05
157	3/9	172 Lisa Goepfert	Blaine	MN	51 F	261	15:30	3:06	1:56	144	44:02	20.4	0:51	199	24:49	8:17	1:27:05
158	2/3	381 Daniel Niemi	Plymouth	MN	14 M	90	12:49	2:34	3:37	285	49:00	18.4	0:47	49	20:55	6:59	1:27:07
159	9/24	479 Jacob Selseth	St. Paul	MN	40 M	224	14:45	2:57	2:02	112	43:06	20.9	1:14	259	26:03	8:41	1:27:09
160	6/26	422 Lara Rampetsreiter	Maple Grove	MN	44 F	120	13:17	2:40	1:29	197	45:57	19.6	1:09	223	25:19	8:27	1:27:09
161	22/45	209 Alan Haskins	Hugo	MN	38 M	107	13:05	2:37	1:47	213	46:21	19.4	1:09	201	24:50	8:17	1:27:11
162	11/24	427 Jon Reifschneider	Minneapolis	MN	31 M	215	14:40	2:56	2:56	268	48:20	18.6	0:53	35	20:27	6:49	1:27:13
163	12/22	322 Craig Lindsay	Minneapolis	MN	29 M	211	14:37	2:56	2:36	175	45:09	19.9	1:37	132	23:20	7:47	1:27:17
164	27/45	308 Gianluca Laquidara	Cerveteri	RO	43 M	218	14:41	2:57	1:43	180	45:24	19.8	0:59	186	24:34	8:12	1:27:18
165	18/51	244 Mike Hurlley	Edina	MN	45 M	305	16:32	3:19	3:02	178	45:22	19.8	0:38	77	21:48	7:16	1:27:20
166	19/51	241 John Hughes	Long Lake	MN	45 M	167	14:04	2:49	2:43	219	46:31	19.3	1:00	128	23:13	7:45	1:27:28
167	10/24	457 Ken Saddler	Chanhassen	MN	49 M	152	13:45	2:45	2:18	105	42:54	21.0	1:41	291	26:57	8:59	1:27:33
168	9/29	652 Katie Willsey	Sheboygan	WI	37 F	146	13:40	2:44	3:17	188	45:37	19.7	1:43	137	23:25	7:49	1:27:40
169	7/26	590 Brook Wheeler	Maple Grove	MN	43 F	196	14:26	2:54	2:46	174	45:08	19.9	1:23	160	24:06	8:02	1:27:48
170	8/26	342 Sandy Marshall	Minneapolis	MN	42 F	75	12:43	2:33	3:07	118	43:14	20.8	1:45	294	27:02	9:01	1:27:48

171	20/51	159 Paul Gaskin	Victoria	MN	47 M	50	12:13	2:27	2:25	250	47:40	18.9	1:42	151	23:52	7:58	1:27:51
172	12/24	379 Dan Newman	Minnetonka	MN	31 M	161	13:56	2:48	3:17	163	44:47	20.1	1:15	192	24:40	8:14	1:27:53
173	3/28	550 Beth Trautman	Medina	MN	47 F	298	16:20	3:16	1:19	113	43:09	20.9	0:55	269	26:19	8:47	1:28:01
174	2/7	64 Michael Bono	Minneapolis	MN	61 M	208	14:35	2:55	2:09	159	44:37	20.2	1:14	229	25:28	8:30	1:28:01
175	12/29	605 Bryan Wray	Eagan	MN	52 M	172	14:07	2:50	3:01	146	44:09	20.4	1:33	221	25:16	8:26	1:28:04
176	4/32	508 Ashley Srivastava	Minneapolis	MN	33 F	252	15:16	3:04	2:03	199	46:01	19.6	1:34	127	23:12	7:44	1:28:05
177	23/45	43 George Beatty	Hudson	WI	37 M	188	14:17	2:52	3:28	151	44:18	20.3	1:40	174	24:25	8:09	1:28:05
178	11/24	515 Scott Stensland	Victoria	MN	52 M	233	14:54	2:59	2:29	81	41:50	21.5	1:27	314	27:26	9:09	1:28:05
179	9/23	341 Robert Marchetti	Champlin	MN	56 M	199	14:28	2:54	2:42	161	44:44	20.1	1:19	206	24:56	8:19	1:28:06
180	13/24	295 Ravi Kolakaluri	St Paul	MN	31 M	312	16:42	3:21	2:01	205	46:11	19.5	1:22	83	21:58	7:20	1:28:12
181	9/26	540 Lara Thomas	Saint Louis Park	MN	40 F	37	11:38	2:20	2:51	185	45:33	19.8	1:08	298	27:11	9:04	1:28:19
182	12/24	435 Michael Roddy	Minnetonka	MN	28 M	204	14:33	2:55	1:58	216	46:27	19.4	1:36	149	23:49	7:57	1:28:22
183	21/51	248 Scott Ingram	Victoria	MN	47 M	201	14:30	2:54	2:44	218	46:31	19.3	1:21	131	23:18	7:46	1:28:23
184	22/51	216 Scott Heimes	Minneapolis	MN	45 M	378	18:20	3:40	2:47	297	49:31	18.2	1:47	1	16:03	5:21	1:28:26
185	10/29	94 Casey Claypool	Deephaven	MN	35 F	250	15:13	3:03	2:05	208	46:13	19.5	1:07	150	23:49	7:57	1:28:27
186	23/51	261 Jim Johanning	Gem Lake	MN	45 M	277	15:51	3:11	2:11	131	43:48	20.5	1:16	230	25:30	8:30	1:28:34
187	24/51	362 Mark Morrison	Maple Grove	MN	46 M	249	15:12	3:03	1:53	135	43:54	20.5	1:43	250	25:54	8:38	1:28:34
188	13/24	86 Jonathan Chapman	Deephaven	MN	45 M	115	13:13	2:39	3:20	204	46:09	19.5	1:47	161	24:06	8:02	1:28:34
189	10/23	495 Rob Sitek	Hastings	MN	57 M	182	14:14	2:51	2:03	72	41:24	21.7	1:56	368	29:00	9:40	1:28:35
190	2/18	245 Allison Hurtgen	Wodobury	MN	26 F	64	12:40	2:32	2:46	245	47:21	19.0	1:00	211	25:04	8:22	1:28:49
191	14/24	317 Scott Leo	Minneapolis	MN	52 M	239	15:03	3:01	2:18	43	40:08	22.4	1:44	384	29:38	9:53	1:28:50
192	13/29	321 Rick Lindblom	Minnetonka	MN	54 M	63	12:39	2:32	2:53	228	46:46	19.2	0:43	254	25:57	8:39	1:28:56
193	28/45	411 Michael Pietrowski	Hopkins	MN	42 M	243	15:07	3:02	2:58	227	46:43	19.3	0:42	143	23:34	7:52	1:29:02
194	2/9	66 Caitlin Bowerman	Chanhassen	MN	23 F	245	15:09	3:02	2:13	211	46:17	19.4	1:16	164	24:09	8:03	1:29:03
195	3/18	576 Amanda Ward	Roseville	MN	28 F	291	16:09	3:14	2:33	116	43:12	20.8	1:38	238	25:39	8:33	1:29:09
196	5/32	306 Margaret Lancaster	Edina	MN	34 F	127	13:29	2:42	3:30	262	48:08	18.7	1:05	124	23:03	7:41	1:29:13
197	25/51	168 Kevin Gilligan	Saint Paul	MN	48 M	362	17:55	3:35	2:25	126	43:30	20.7	1:02	173	24:25	8:09	1:29:15
198	29/45	529 Aaron Swann	Edina	MN	44 M	365	18:00	3:36	2:16	168	44:56	20.0	0:53	134	23:23	7:48	1:29:25
199	10/26	162 Lori Gengler	Plymouth	MN	42 F	287	16:03	3:13	1:45	186	45:34	19.8	1:27	200	24:49	8:17	1:29:36
200	13/22	528 Eric Swanlund Ii	Minneapolis	MN	28 M	394	18:47	3:46	3:24	134	43:52	20.5	1:16	96	22:25	7:29	1:29:43
201	14/24	192 Brandon Gustafson	Deephaven	MN	31 M	217	14:40	2:56	4:41	179	45:22	19.8	1:51	126	23:11	7:44	1:29:43
202	14/22	389 Anders Olson	Edina	MN	28 M	392	18:45	3:45	3:24	137	43:56	20.5	1:13	99	22:27	7:29	1:29:44
203	26/51	104 Rich Cunningham	Davenport	IA	48 M	462	24:44	4:57	1:52	19	39:16	22.9	1:08	112	22:52	7:38	1:29:49
204	27/51	160 Joseph Gefroh	Bloomington	MN	49 M	259	15:26	3:06	2:18	102	42:44	21.1	1:43	324	27:43	9:15	1:29:52
205	6/32	403 Lindsay Penney	Seattle	WA	31 F	98	12:53	2:35	1:21	246	47:35	18.9	1:13	289	26:56	8:59	1:29:55
206	24/45	33 Matt Bakker	Brooklyn Park	MN	35 M	33	11:32	2:19	3:51	235	47:00	19.1	1:34	263	26:10	8:44	1:30:05
207	28/51	176 Tim Goodyear	Minnetonka	MN	47 M	65	12:40	2:32	1:36	274	48:37	18.5	1:32	244	25:49	8:37	1:30:12
208	29/51	300 Eric Krantz	Chanhassen	MN	48 M	299	16:24	3:17	2:13	236	47:03	19.1	1:17	135	23:23	7:48	1:30:17
209	6/12	127 Marc Egeland	Saint Paul	MN	24 M	225	14:46	2:58	2:07	232	46:54	19.2	2:12	171	24:23	8:08	1:30:20
210	15/24	13 Scott Albrecht	St. Louis Park	MN	33 M	238	15:02	3:01	2:09	189	45:37	19.7	1:27	265	26:12	8:44	1:30:26
211	16/24	34 Brian Barlow	St Louis Park	MN	32 M	226	14:46	2:58	3:14	198	46:01	19.6	0:55	236	25:33	8:31	1:30:27
212	4/18	608 Laura Young	Minneapolis	MN	25 F	229	14:49	2:58	2:15	298	49:32	18.2	0:49	125	23:07	7:43	1:30:30
213	7/32	105 Sarah Curry	Excelsior	MN	30 F	180	14:11	2:51	2:10	207	46:13	19.5	0:43	302	27:17	9:06	1:30:32
214	15/24	122 Steve Donen	Chanhassen	MN	56 M	264	15:35	3:07	1:43	111	43:04	20.9	2:56	308	27:19	9:07	1:30:35
215	11/29	111 Sarah Davis	Hopkins	MN	36 F	257	15:22	3:05	2:44	270	48:21	18.6	1:02	129	23:13	7:45	1:30:39
216	8/32	603 Shannon Worum	Eden Prairie	MN	34 F	282	15:57	3:12	2:34	263	48:11	18.7	1:12	110	22:48	7:36	1:30:40
217	4/9	131 Karen Eklin	Plymouth	MN	50 F	143	13:35	2:43	1:56	273	48:37	18.5	1:11	231	25:30	8:30	1:30:46
218	25/45	47 Weldon Bell	Minnetonka	MN	36 M	368	18:02	3:37	1:59	279	48:43	18.5	0:39	68	21:31	7:11	1:30:53
219	12/29	195 Anne Gustin	Edina	MN	35 F	223	14:45	2:57	1:42	257	47:56	18.8	0:48	240	25:42	8:34	1:30:53
220	30/51	76 Jr Campuzano	Excelsior	MN	49 M	344	17:27	3:30	2:45	181	45:24	19.8	1:36	148	23:47	7:56	1:30:57
221	11/26	270 Sarah Johnson	Castle Rock	CO	43 F	221	14:43	2:57	2:08	184	45:31	19.8	1:08	320	27:35	9:12	1:31:03
222	5/18	115 Marky Deming	St. Bonifacius	MN	29 F	332	17:07	3:26	2:39	193	45:48	19.7	1:23	163	24:08	8:03	1:31:03
223	3/7	17 Tom Amundson	Minneapolis	MN	63 M	222	14:45	2:57	1:53	212	46:18	19.4	1:29	281	26:41	8:54	1:31:04
224	15/22	517 Thomas Stiernagle	Minneapolis	MN	25 M	319	16:54	3:23	2:25	220	46:32	19.3	0:46	182	24:29	8:10	1:31:04
225	26/45	264 Ben Johnson	Minneapolis	MN	39 M	418	20:22	4:05	1:51	140	43:59	20.5	1:41	133	23:21	7:47	1:31:12
226	27/45	395 Nicolas Oustlant	Minneapolis	MN	37 M	266	15:38	3:08	2:36	164	44:50	20.1	1:18	290	26:57	8:59	1:31:16
227	4/28	519 Carrie Stolar	Chanhassen	MN	47 F	12	10:20	2:04	1:43	296	49:27	18.2	1:25	348	28:23	9:28	1:31:16
228	7/12	27 Patrick Armstrong	Eden Prairie	MN	21 M	114	13:12	2:39	2:24	412	56:10	16.0	0:34	16	18:59	6:20	1:31:18
229	31/51	524 Nick Summers	Mound	MN	46 M	129	13:30	2:42	2:07	215	46:26	19.4	1:05	345	28:17	9:26	1:31:23

230	14/29	206	Chris Harristhal	Minneapolis	MN	52	M	296	16:15	3:15	3:31	192	45:46	19.7	1:29	172	24:24	8:08	1:31:23
231	30/45	182	Andy Grant	Eden Prairie	MN	43	M	276	15:49	3:10	2:31	173	45:07	19.9	0:58	293	27:01	9:01	1:31:24
232	5/28	488	Kim Siebold	Lakeville	MN	45	F	284	16:00	3:12	1:31	209	46:13	19.5	2:00	241	25:44	8:35	1:31:26
233	9/32	88	Sarah Chillo	Minneapolis	MN	34	F	176	14:09	2:50	1:58	272	48:29	18.6	1:15	239	25:41	8:34	1:31:29
234	2/10	97	Bethany Collins	New Hope	MN	59	F	88	12:48	2:34	2:04	177	45:21	19.8	1:17	393	30:13	10:05	1:31:41
235	32/51	333	Dan Lund	Chanhassen	MN	49	M	265	15:37	3:08	3:16	153	44:24	20.3	1:45	282	26:42	8:54	1:31:42
236	6/18	512	Angela Starry	Saint Paul	MN	29	F	342	17:24	3:29	2:06	233	46:55	19.2	1:20	155	23:58	8:00	1:31:42
237	33/51	578	James Wassenberg	Falcon Heights	MN	45	M	274	15:45	3:09	2:25	202	46:05	19.5	1:37	256	26:01	8:41	1:31:51
238	31/45	210	Scott Haskins	Excelsior	MN	42	M	304	16:29	3:18	3:40	217	46:30	19.4	1:25	157	24:01	8:01	1:32:02
239	28/45	297	Bryan Koster	Plymouth	MN	35	M	256	15:22	3:05	2:38	253	47:51	18.8	1:36	204	24:54	8:18	1:32:20
240	34/51	413	Michael Polis	Plymouth	MN	46	M	343	17:24	3:29	2:47	201	46:03	19.5	1:30	191	24:39	8:13	1:32:21
241	35/51	62	Bret Adam Boettcher	San Francisco	CA	45	M	213	14:38	2:56	3:09	241	47:14	19.1	1:25	255	25:58	8:40	1:32:23
242	15/29	551	Bill Traxler	Victoria	MN	51	M	379	18:25	3:41	3:46	149	44:12	20.4	0:54	216	25:12	8:24	1:32:27
243	16/24	561	Richard Van Sickle	Minneapolis	MN	45	M	123	13:24	2:41	2:06	143	44:02	20.4	1:12	414	31:45	10:35	1:32:27
244	16/29	42	Terry Beachey	Excelsior	MN	52	M	401	19:03	3:49	1:54	157	44:30	20.2	1:39	232	25:31	8:31	1:32:36
245	36/51	138	Jay Erb	Excelsior	MN	47	M	145	13:40	2:44	2:43	223	46:34	19.3	0:58	361	28:46	9:36	1:32:39
246	3/10	233	Susan Holt	Plymouth	MN	58	F	130	13:30	2:42	1:59	269	48:20	18.6	1:33	307	27:19	9:07	1:32:39
247	5/9	58	Patricia Billmeyer	Plymouth	MN	51	F	251	15:15	3:03	2:29	230	46:48	19.2	1:39	279	26:34	8:52	1:32:43
248	12/26	377	Marie Newcome	Minnetonka	MN	41	F	191	14:21	2:53	2:08	234	46:59	19.2	1:05	344	28:17	9:26	1:32:48
249	3/3	543	Justin Thunstrom	Orono	MN	19	M	200	14:30	2:54	1:47	280	48:45	18.5	0:59	288	26:52	8:58	1:32:50
250	17/29	202	Ed Hanzlik	Shorewood	MN	52	M	137	13:33	2:43	2:54	271	48:26	18.6	1:47	267	26:18	8:46	1:32:56
251	7/18	84	Natalie Chan	Minneapolis	MN	26	F	60	12:37	2:32	2:22	329	50:41	17.8	1:11	264	26:12	8:44	1:33:00
252	11/23	120	Richard Dolaski	Chaska	MN	56	M	367	18:02	3:37	3:07	169	44:56	20.0	1:21	243	25:48	8:36	1:33:11
253	10/32	468	Lisa Schneider	Minneapolis	MN	32	F	106	13:04	2:37	3:53	312	50:14	17.9	0:51	217	25:13	8:25	1:33:14
254	4/10	503	Peg Sorensen	Chaska	MN	57	F	134	13:32	2:43	2:44	238	47:05	19.1	1:04	364	28:51	9:37	1:33:15
255	17/24	234	Christian Holzheu	Neenah	MN	40	M	331	17:06	3:25	2:28	214	46:25	19.4	0:57	273	26:24	8:48	1:33:16
256	13/26	50	Theresa Bergren	Chanhassen	MN	41	F	327	17:04	3:25	3:40	276	48:39	18.5	1:21	104	22:42	7:34	1:33:23
257	6/28	220	Kelly Henderson	Chanhassen	MN	47	F	124	13:27	2:42	1:36	301	49:39	18.1	1:11	321	27:36	9:12	1:33:27
258	32/45	320	Jason Lien	St. Paul	MN	42	M	289	16:07	3:14	3:44	221	46:34	19.3	1:51	220	25:16	8:26	1:33:29
259	16/22	606	Jon Ylinen	Woodbury	MN	27	M	202	14:31	2:55	3:20	224	46:37	19.3	2:26	280	26:41	8:54	1:33:33
260	8/18	101	Tess Cotter	St Paul	MN	25	F	153	13:45	2:45	1:58	334	50:53	17.7	1:08	249	25:54	8:38	1:33:37
261	18/29	469	Kurt Schultz	Lakeville	MN	51	M	345	17:27	3:30	2:01	171	45:01	20.0	2:04	301	27:14	9:05	1:33:46
262	29/45	426	Paul Reichman	Minneapolis	MN	36	M	402	19:10	3:50	3:26	222	46:34	19.3	1:26	136	23:23	7:48	1:33:58
263	11/32	309	Katie Larson	Minnetonka	MN	30	F	31	11:28	2:18	2:23	336	50:58	17.7	1:11	332	27:59	9:20	1:33:58
264	4/7	350	Tom McConville	Osseo	PL	61	M	416	20:18	4:04	2:31	130	43:43	20.6	0:59	277	26:28	8:50	1:33:58
265	7/28	436	Debora Rodgers	Excelsior	MN	49	F	309	16:37	3:20	2:19	255	47:52	18.8	2:00	219	25:16	8:26	1:34:01
266	12/32	441	Elizabeth Rogers	Minneapolis	MN	34	F	325	17:01	3:25	3:17	266	48:19	18.6	0:55	187	24:34	8:12	1:34:04
267	8/28	149	Kathryn Freytag	Eden Prairie	MN	46	F	335	17:18	3:28	2:17	240	47:11	19.1	1:27	262	26:05	8:42	1:34:15
268	37/51	442	Mike Rogers	Minnetonka	MN	49	M	318	16:54	3:23	2:16	210	46:17	19.4	2:00	285	26:50	8:57	1:34:16
269	19/29	280	Timothy Kenyon	Minnetonka	MN	53	M	173	14:08	2:50	2:39	320	50:28	17.8	1:12	246	25:51	8:37	1:34:17
270	13/29	255	Jen Jensen	Victoria	MN	38	F	285	16:01	3:13	2:11	317	50:23	17.9	1:09	193	24:42	8:14	1:34:23
271	30/45	102	Mike Craig	Shakopee	MN	38	M	197	14:26	2:54	2:41	293	49:22	18.2	0:53	309	27:21	9:07	1:34:42
272	14/26	249	Leslie Iyer	Edina	MN	42	F	371	18:07	3:38	2:16	156	44:29	20.2	1:33	351	28:27	9:29	1:34:50
273	12/23	356	David Meline	Minneapolis	MN	56	M	110	13:10	2:38	3:14	309	50:07	18.0	0:54	316	27:30	9:10	1:34:52
274	17/24	353	Ryan McKesson	Chaska	MN	32	M	61	12:38	2:32	1:44	380	53:15	16.9	1:01	274	26:26	8:49	1:35:01
275	5/7	598	Mark Winholtz	Andover	MN	62	M	292	16:09	3:14	1:56	191	45:42	19.7	1:30	387	29:49	9:57	1:35:03
276	9/18	344	Jenny Marzolf	Minneapolis	MN	28	F	47	12:05	2:25	1:48	372	53:02	17.0	0:39	319	27:34	9:12	1:35:05
277	15/26	73	Tricia Byrne	Minneapolis	MN	41	F	267	15:40	3:08	2:40	302	49:42	18.1	2:04	222	25:19	8:27	1:35:23
278	31/45	199	Jamie Halverson	Prior Lake	MN	39	M	278	15:51	3:11	3:22	254	47:52	18.8	1:15	296	27:06	9:02	1:35:24
279	9/28	520	Monica Stone	Minnetonka	MN	45	F	391	18:45	3:45	2:33	231	46:50	19.2	1:29	253	25:56	8:39	1:35:31
280	16/26	383	Cheryl Oconnell	Eden Prairie	MN	43	F	258	15:24	3:05	2:16	299	49:38	18.1	1:04	303	27:17	9:06	1:35:37
281	33/45	231	Matt Hohmann	Apple Valley	MN	40	M	311	16:39	3:20	4:20	260	48:05	18.7	1:51	196	24:44	8:15	1:35:37
282	32/45	421	Nathan Rajalingam	Minneapolis	MN	35	M	275	15:45	3:09	2:05	350	51:43	17.4	1:06	209	25:00	8:20	1:35:38
283	3/6	250	Zoe Iyer	Edina	MN	13	F	301	16:25	3:17	1:54	333	50:51	17.7	0:37	251	25:54	8:38	1:35:40
284	34/45	46	Scott Bell	Edina	MN	42	M	273	15:44	3:09	3:41	308	50:05	18.0	1:07	213	25:06	8:22	1:35:41
285	4/6	490	Kate Simonet	Brooklyn Park	MN	19	F	359	17:49	3:34	3:13	324	50:34	17.8	2:01	85	22:06	7:22	1:35:41
286	35/45	271	Ward Johnson	Minneapolis	MN	43	M	214	14:40	2:56	3:48	239	47:11	19.1	2:29	322	27:36	9:12	1:35:43
287	10/28	583	Teresa Welch	Eden Prairie	MN	47	F	109	13:10	2:38	2:08	356	52:01	17.3	1:01	315	27:26	9:09	1:35:44
288	1/3	8	Amy Adam	Rosemount	MN	34	F	70	12:41	2:33	2:03	286	49:01	18.4	1:14	399	30:47	10:16	1:35:46

289	5/6	346	Erin Matthew	Roseville	MN	19	F	358	17:49	3:34	3:15	323	50:32	17.8	2:02	91	22:15	7:25	1:35:51
290	14/29	278	Carin Kelly	St Louis Park	MN	37	F	337	17:19	3:28	1:57	337	50:58	17.7	1:15	176	24:26	8:09	1:35:53
291	15/29	565	Penny Verdeck	Glencoe	MN	39	F	300	16:25	3:17	2:04	306	49:59	18.0	1:37	261	26:05	8:42	1:36:09
292	11/28	445	Kathleen Roller	Orono	MN	45	F	347	17:27	3:30	1:35	258	48:00	18.8	1:41	317	27:30	9:10	1:36:12
293	38/51	340	Dan Maras	Shakopee	MN	48	M	183	14:14	2:51	3:15	265	48:19	18.6	1:23	373	29:15	9:45	1:36:23
294	1/7	402	Ed Penney	Deephaven	MN	65	M	324	16:59	3:24	3:07	176	45:14	19.9	1:58	372	29:11	9:44	1:36:27
295	33/45	277	Brian Kelly	St Louis Park	MN	37	M	308	16:34	3:19	2:15	229	46:47	19.2	2:07	365	28:51	9:37	1:36:32
296	36/45	542	Jason Thunstrom	Orono	MN	44	M	409	19:39	3:56	2:28	288	49:11	18.3	1:09	167	24:13	8:05	1:36:39
297	37/45	462	Jeff Scharmer	Mankato	MN	44	M	341	17:24	3:29	3:19	247	47:35	18.9	0:58	318	27:31	9:11	1:36:44
298	12/28	585	Kimberly Wells	Eden Prairie	MN	48	F	288	16:06	3:13	3:22	319	50:28	17.8	1:49	214	25:07	8:23	1:36:50
299	17/26	368	Jaleh Nahvi	Inver Grove Height	MN	44	F	166	14:03	2:49	2:19	382	53:21	16.9	1:15	248	25:54	8:38	1:36:50
300	39/51	549	Jeff Tortelli	Chaska	MN	47	M	247	15:11	3:03	2:38	311	50:14	17.9	1:02	327	27:50	9:17	1:36:53
301	18/26	384	Pam O'Connor	Chanhassen	MN	44	F	136	13:33	2:43	1:52	267	48:20	18.6	1:52	406	31:19	10:27	1:36:54
302	19/26	243	Julie Hurley	Excelsior	MN	41	F	270	15:43	3:09	3:45	385	53:45	16.7	1:00	107	22:46	7:36	1:36:56
303	38/45	530	Jon Swanson	Minneapolis	MN	44	M	231	14:51	2:59	3:43	290	49:16	18.3	1:48	310	27:21	9:07	1:36:57
304	34/45	339	Matt Manwaring	Maple Grove	MN	37	M	290	16:08	3:14	3:22	357	52:03	17.3	1:07	168	24:20	8:07	1:36:58
305	17/22	93	Michael Clark	East Bethel	MN	26	M	421	20:23	4:05	2:01	259	48:01	18.7	1:36	210	25:04	8:22	1:37:03
306	13/23	470	Sydney Schultz	Burnsville	MN	59	M	329	17:04	3:25		473	1:47:58	8.3	2:34	180	24:28	8:10	1:37:03
307	10/18	191	Adrienne Gustafson	Chanhassen	MN	27	F	286	16:03	3:13	2:15	373	53:02	17.0	0:40	225	25:24	8:28	1:37:21
308	13/28	348	Christie McCarthy	Eden Prairie	MN	45	F	336	17:18	3:28	1:59	281	48:48	18.4	1:28	329	27:51	9:17	1:37:23
309	16/29	373	Rachel Nelson	Chaska	MI	38	F	387	18:39	3:44	2:29	244	47:20	19.0	0:52	336	28:09	9:23	1:37:27
310	18/24	400	William Pattison	St. Paul	MN	32	M	320	16:56	3:24	3:23	261	48:06	18.7	1:43	328	27:50	9:17	1:37:56
311	39/45	599	Barton Wald	Maple Grove	MN	40	M	322	16:57	3:24	3:45	338	51:02	17.6	1:13	215	25:09	8:23	1:38:03
312	19/24	429	Jeff Riepe	Shakopee	MN	32	M	206	14:34	2:55	3:49	376	53:06	16.9	0:46	245	25:50	8:37	1:38:04
313	1/1	433	Deb Roberts	Nisswa	MN	63	F	185	14:15	2:51	2:52	315	50:19	17.9	1:27	375	29:18	9:46	1:38:09
314	40/45	23	Omar Ansari	Golden Valley	MN	44	M	283	15:58	3:12	3:06	335	50:53	17.7	1:34	284	26:48	8:56	1:38:16
315	40/51	113	Rob Delaune	Shoreview	MN	49	M					242	47:20	19.0	1:40	87	22:07	7:23	1:38:26
316	20/26	24	Rebecca Ansari	Golden Valley	MN	41	F	219	14:42	2:57	2:27	340	51:09	17.6	2:12	333	28:03	9:21	1:38:31
317	20/29	236	James Hoopes	Chanhassen	MN	53	M	375	18:13	3:39	2:14	256	47:54	18.8	1:35	358	28:37	9:33	1:38:31
318	17/29	262	Leanne Johansen	Wayzata	MN	38	F	94	12:50	2:34	3:06	410	55:35	16.2	0:42	276	26:28	8:50	1:38:39
319	6/9	506	Penny Springer	Prior Lake	MN	50	F	295	16:11	3:15	2:01	318	50:24	17.9	1:02	370	29:08	9:43	1:38:44
320	20/24	124	Curt Dubbledee	Champlin	MN	31	M	253	15:16	3:04	3:10	332	50:50	17.7	1:53	326	27:45	9:15	1:38:51
321	18/22	87	Brian Charlton	St Louis Park	MN	29	M	76	12:43	2:33	2:59	358	52:06	17.3	1:42	376	29:24	9:48	1:38:51
322	8/12	466	Ryan Schilling	Minneapolis	MN	24	M	393	18:46	3:46	2:59	225	46:38	19.3	0:46	386	29:48	9:56	1:38:56
323	13/32	533	Sarah Swehla	Eagan	MN	30	F	74	12:42	2:33	4:06	347	51:36	17.4	3:51	311	27:21	9:07	1:39:34
324	14/32	489	Virginia Sievers	Minneapolis	CO	30	F	117	13:15	2:39	3:32	393	54:14	16.6	1:14	313	27:21	9:07	1:39:34
325	35/45	301	Drew Krejci	Deephaven	MN	37	M	194	14:26	2:54	2:52	359	52:14	17.2	1:15	363	28:50	9:37	1:39:35
326	18/29	477	Barbara Seifert	Shorewood	MN	38	F	174	14:08	2:50	4:00	375	53:05	17.0	1:06	306	27:18	9:06	1:39:35
327	14/28	257	Mary Jensen	Byron	MN	46	F	303	16:29	3:18	2:46	404	55:03	16.3	1:01	177	24:27	8:09	1:39:43
328	2/7	188	Joe Gyskiewicz	Edina	MN	65	M	210	14:37	2:56	3:15	326	50:36	17.8	1:36	390	30:01	10:01	1:40:02
329	11/18	589	Nikki Weum	Eden Prairie	MN	29	F	51	12:14	2:27	3:38	390	54:08	16.6	1:44	357	28:36	9:32	1:40:19
330	21/29	455	Michael Rude	Excelsior	MN	51	M	168	14:05	2:49	4:48	369	52:56	17.0	2:32	258	26:02	8:41	1:40:20
331	36/45	143	Gregory Fish	Minnetonka	MN	38	M	382	18:32	3:43	3:57	289	49:13	18.3	1:29	299	27:12	9:04	1:40:21
332	3/9	242	Krista Humbert	Mound	MN	21	F	157	13:52	2:47	3:00	374	53:04	17.0	1:11	374	29:15	9:45	1:40:22
333	15/28	156	Pamela Gajdosik	Minneapolis	MN	45	F	340	17:24	3:29	2:32	310	50:07	18.0	1:36	366	28:54	9:38	1:40:30
334	22/29	185	John Griep	Minnetonka	MN	53	M	370	18:05	3:37	3:10	295	49:25	18.2	1:28	350	28:27	9:29	1:40:33
335	21/26	203	Rachael Harbort	Cottage Grove	MN	41	F	321	16:57	3:24	4:10	360	52:15	17.2	1:07	270	26:21	8:47	1:40:47
336	4/9	10	Hailey Adams	Fargo	ND	20	F	248	15:11	3:03	3:21	362	52:28	17.2	2:55	292	26:58	9:00	1:40:51
337	15/32	453	Audrey Royer	Eagan	MN	34	F	339	17:20	3:28	3:35	303	49:42	18.1	1:43	360	28:45	9:35	1:41:03
338	16/32	253	Molly Jeatran	Minneapolis	MN	34	F	159	13:54	2:47	3:21	321	50:29	17.8	2:25	401	30:59	10:20	1:41:06
339	17/32	526	Gina Sundeen	Plymouth	MN	31	F	310	16:37	3:20	2:19	352	51:48	17.4	0:51	382	29:34	9:52	1:41:07
340	37/45	163	John Gerken	Minneapolis	MN	37	M	281	15:54	3:11	3:02	366	52:49	17.0	1:29	334	28:04	9:22	1:41:16
341	19/29	32	Evonne Bak	Excelsior	MN	36	F	385	18:36	3:44	4:13	282	48:49	18.4	1:28	340	28:13	9:25	1:41:18
342	18/24	514	Devin Stefonowicz	Thompson	ND	42	M	313	16:42	3:21	2:46	348	51:37	17.4	2:05	337	28:12	9:24	1:41:19
343	3/7	239	Jerry House	Woodbury	MN	66	M	388	18:39	3:44	4:58	344	51:22	17.5	2:01	178	24:27	8:09	1:41:24
344	18/32	497	Diane K Smith	Maple Grove	MN	33	F	450	23:07	4:38	2:40	307	50:00	18.0	0:57	197	24:44	8:15	1:41:27
345	41/51	285	Thomas Kirk	Somerset	WI	48	M	414	19:54	3:59	3:17	300	49:38	18.1	1:34	300	27:14	9:05	1:41:35
346	12/18	53	Jessica Besonen	Minnetonka	MN	26	F	237	14:57	3:00	3:01	395	54:20	16.6	0:48	356	28:35	9:32	1:41:38
347	14/23	516	Richard Stevens	Mound	MN	59	M	142	13:35	2:43	2:10	283	48:53	18.4	2:07	436	35:08	11:43	1:41:51

348	41/45	336 Jason Maack	Eagan	MN	40 M	423	20:33	4:07	3:11	278	48:40	18.5	1:00	354	28:32	9:31	1:41:54
349	19/24	235 Kirk Honour	Shorewood	MN	45 M	411	19:41	3:57	2:45	328	50:39	17.8	1:49	295	27:03	9:01	1:41:55
350	23/29	152 Steve Friswold	Eden Prairie	MN	54 M	353	17:43	3:33	4:45	292	49:20	18.2	1:58	343	28:15	9:25	1:41:59
351	20/29	208 Anne Hartman	Plymouth	MN	38 F	374	18:10	3:38	1:52	361	52:21	17.2	1:19	355	28:35	9:32	1:42:15
352	5/10	425 Pady Regnier	Excelsior	MN	58 F	314	16:48	3:22	3:14	327	50:36	17.8	2:11	385	29:42	9:54	1:42:30
353	21/24	9 Mark Adam	Rosemount	MN	34 M	429	20:50	4:10	2:51	331	50:49	17.7	1:28	283	26:44	8:55	1:42:40
354	38/45	268 Nick Johnson	Plymouth	MN	36 M	350	17:36	3:32	4:33	470	1:29:39	10.0		362	28:48	9:36	1:42:52
355	13/18	467 Adrienne Schneider	Minneapolis	MN	25 F	263	15:31	3:07	2:07	383	53:26	16.8	0:35	405	31:15	10:25	1:42:52
356	24/29	151 Rob Frischmann	Victoria	MN	50 M	279	15:53	3:11	4:04	408	55:14	16.3	0:45	297	27:10	9:04	1:43:03
357	19/32	604 Jennifer Wozniczka	Minneapolis	MN	30 F	268	15:42	3:09	1:39	378	53:09	16.9	0:58	411	31:38	10:33	1:43:03
358	20/32	651 Jillian Larsen			34 F	62	12:38	2:32	3:23	417	56:52	15.8	1:02	380	29:33	9:51	1:43:27
359	21/29	496 Katie Skinner	Excelsior	MN	39 F	338	17:20	3:28	3:39	472	1:46:29	8.5		260	26:03	8:41	1:43:34
360	21/32	128 Emily Eggebraaten	Sioux Falls	SD	33 F	181	14:13	2:51	3:00	415	56:45	15.9	1:29	341	28:14	9:25	1:43:39
361	22/29	385 Amy Ode	Plymouth	MN	37 F	78	12:44	2:33	3:04	428	58:44	15.3	0:47	353	28:32	9:31	1:43:48
362	9/12	44 Cj Begalke	Hopkins	MN	20 M	236	14:56	3:00	2:59	430	58:54	15.3	0:46	275	26:26	8:49	1:43:59
363	42/45	85 John Chapman	Eagan	MN	41 M	381	18:30	3:42	2:44	305	49:54	18.0	1:47	402	31:06	10:22	1:44:00
364	16/28	523 Belinda Stutzman	Deephaven	MN	48 F	366	18:01	3:37	3:00	264	48:12	18.7	3:18	409	31:37	10:33	1:44:06
365	6/10	106 Beth Dalton	Woodbury	MN	58 F	45	11:57	2:24	4:51	396	54:21	16.6	1:26	410	31:37	10:33	1:44:12
366	39/45	80 Glenn Casper	Minneapolis	MN	37 M	449	22:53	4:35	3:49	325	50:36	17.8	1:28	234	25:32	8:31	1:44:16
367	22/32	375 Shelley Nelson	Minneapolis	MN	30 F	348	17:30	3:30	3:30	367	52:50	17.0	1:48	359	28:40	9:34	1:44:16
368	7/9	132 Missy Elder	Chanhassen	MN	50 F	420	20:23	4:05	3:59	275	48:38	18.5	2:10	371	29:08	9:43	1:44:16
369	40/45	82 Nathan Cerra	St. Louis Park	MN	36 M	389	18:40	3:44	3:41	316	50:20	17.9	2:05	379	29:33	9:51	1:44:17
370	14/18	568 Kali Wachter	Rogers	MN	28 F	431	20:53	4:11	4:35	345	51:26	17.5	1:06	272	26:22	8:48	1:44:20
371	17/28	454 Catherine Rude	Excelsior	MN	48 F	254	15:18	3:04	3:11	414	56:34	15.9	1:05	346	28:20	9:27	1:44:26
372	42/51	359 Mark Mooers	Edina	MN	45 M	435	21:13	4:15	5:17	243	47:20	19.0	1:10	383	29:35	9:52	1:44:34
373	25/29	498 Phillip Smith	Excelsior	MN	53 M	364	17:59	3:36	4:34	388	53:49	16.7	1:28	312	27:21	9:07	1:45:09
374	18/28	214 Bridget Hegman	Lakeville	MN	45 F	355	17:46	3:34	3:23	392	54:13	16.6	3:05	286	26:51	8:57	1:45:16
375	23/32	157 Alissa Gardner	Rochester	MN	30 F	297	16:19	3:16	4:47	432	59:03	15.2	1:09	165	24:10	8:04	1:45:27
376	19/28	207 Colleen Harristhal	Shorewood	MN	48 F	442	22:02	4:25	2:39	351	51:46	17.4	2:30	278	26:33	8:51	1:45:29
377	5/9	263 Alyce Johnson	Hudson	WI	20 F	328	17:04	3:25	3:04	365	52:43	17.1	2:06	397	30:34	10:12	1:45:30
378	10/12	548 Spencer Tolliver	Minnetonka	MN	24 M	192	14:22	2:53	3:12	441	1:00:45	14.8	0:56	271	26:22	8:48	1:45:35
379	7/10	374 Shannon Nelson	St Paul	MN	57 F	306	16:33	3:19	2:53	384	53:40	16.8	2:46	388	29:52	9:58	1:45:43
380	43/51	281 Daniel Kessler	Chaska	MN	49 M	255	15:19	3:04	2:34	353	51:51	17.4	2:31	431	33:48	11:16	1:46:01
381	15/23	431 Don Rinnas	Northville	MI	59 M	356	17:48	3:34	5:15	322	50:31	17.8	3:01	377	29:28	9:50	1:46:01
382	8/9	546 Michelle Tichey	St Paul	MN	50 F	400	19:03	3:49	2:13	341	51:12	17.6	1:38	422	32:15	10:45	1:46:19
383	41/45	463 John H Scheef	Golden Valley	MN	36 M	302	16:27	3:18	4:18	371	53:01	17.0	1:50	398	30:46	10:16	1:46:21
384	20/24	146 Greg Fletcher	Chanhassen	MN	59 M	234	14:55	2:59	4:40	349	51:42	17.4	2:00	426	33:14	11:05	1:46:28
385	20/28	331 Susan Lovering	Excelsior	MN	45 F	294	16:10	3:14	2:43	419	56:59	15.8	1:43	367	28:58	9:40	1:46:31
386	6/7	41 Thomas Bauch	Falcon Hts.	MN	64 M	410	19:39	3:56	3:33	249	47:40	18.9	2:07	427	33:37	11:13	1:46:33
387	11/12	610 Chris Zemple	St. Paul	MN	23 M	316	16:50	3:22	2:23	314	50:15	17.9	2:00	439	35:19	11:47	1:46:46
388	22/26	187 Angela Grinnell	Eden Prairie	MN	43 F	438	21:33	4:19	4:14	355	51:54	17.3	3:08	266	26:14	8:45	1:47:01
389	44/51	337 Gregory Maddrey	Wayzata	MN	45 M	333	17:10	3:26	4:05	364	52:42	17.1	2:11	403	31:10	10:24	1:47:16
390	26/29	313 Peter Lawyer	Wayzata	MN	52 M	354	17:43	3:33	5:39	291	49:18	18.3	3:25	404	31:14	10:25	1:47:17
391	24/32	330 Lisa Lorenzen	Chanhassen	MN	32 F	334	17:11	3:27	2:25	403	54:58	16.4	1:29	418	31:50	10:37	1:47:51
392	19/22	536 Tyler Swenson	Edina	MN	25 M	424	20:33	4:07	4:05	399	54:43	16.4	0:54	338	28:12	9:24	1:48:25
393	23/29	501 Andrea Snortland	Grand Forks	ND	38 F	307	16:33	3:19	3:52	424	58:22	15.4	1:57	347	28:23	9:28	1:49:06
394	2/3	296 Danielle Kolb	Fitchburg	WI	36 F	85	12:47	2:34	2:13	370	52:58	17.0	2:28	462	39:12	13:04	1:49:37
395	22/24	167 Tom Gillespie	Crystal	MN	32 M	360	17:50	3:34	2:57	363	52:32	17.1	0:49	442	35:40	11:54	1:49:47
396	15/18	204 Abbey Harris	Minneapolis	MN	26 F	433	21:07	4:14	3:35	407	55:11	16.3	1:58	331	27:58	9:20	1:49:47
397	21/28	318 Cindy Lesage	Tonka Bay	MN	45 F	460	24:25	4:53	3:22	397	54:29	16.5	1:39	257	26:01	8:41	1:49:53
398	7/7	275 Joe Kandiko	Excelsior	MN	64 M	260	15:27	3:06	3:24	368	52:53	17.0	3:09	437	35:09	11:43	1:49:59
399	27/29	170 Mark Gittleman	Edina	MN	50 M	372	18:08	3:38	4:19	354	51:53	17.3	2:13	428	33:38	11:13	1:50:10
400	42/45	447 Colin Rooney	Edina	MN	39 M	412	19:43	3:57	3:41	389	53:58	16.7	1:10	417	31:49	10:37	1:50:20
401	21/24	89 Brett Chimento	Prior Lake	MN	35 M	396	18:50	3:46	2:36	339	51:07	17.6	1:22	449	36:38	12:13	1:50:32
402	12/12	292 Paul Gaudette	Mound	MN	24 M	326	17:03	3:25	2:58	444	1:01:36	14.6	0:57	342	28:14	9:25	1:50:45
403	6/9	65 Paige Borth	Chanhassen	MN	21 F	405	19:21	3:53	2:04	423	58:16	15.4	1:43	381	29:33	9:51	1:50:55
404	16/18	600 Maria Wooching	Minneapolis	MN	26 F	361	17:51	3:35	3:54	377	53:07	16.9	1:22	435	34:45	11:35	1:50:56
405	9/9	121 Carol Donen	Chanhassen	MN	54 F	426	20:37	4:08	4:37	416	56:48	15.8	1:12	325	27:44	9:15	1:50:57
406	24/29	181 Betsy Grams	Chanhassen	MN	38 F	406	19:24	3:53	2:57	420	57:39	15.6	1:56	369	29:04	9:42	1:50:58

407	25/32	174 Kerstin Goldsby	Chanhasseen	MN	33	F	432	20:54	4:11	3:24	406	55:11	16.3	1:24	394	30:21	10:07	1:51:12
408	7/9	35 Elizabeth Barnes	Bloomington	MN	23	F	425	20:36	4:08	2:14	401	54:53	16.4	2:11	413	31:45	10:35	1:51:38
409	4/7	155 Thomas Fulton	Saint Louis Park	MN	67	M	349	17:33	3:31	3:46	287	49:08	18.3	3:23	455	37:49	12:37	1:51:38
410	22/24	232 Bob Hollway	St Louis Park	MN	57	M	408	19:38	3:56	4:46	381	53:19	16.9	2:21	408	31:36	10:32	1:51:38
411	23/26	177 Jennifer Gorder	Bloomington	MN	41	F	376	18:16	3:40	3:56	394	54:15	16.6	1:26	432	34:05	11:22	1:51:55
412	25/29	267 Joyell Johnson	Minneapolis	MN	37	F	444	22:07	4:26	2:38	386	53:45	16.7	1:54	412	31:39	10:33	1:52:02
413	5/7	494 Richard Simpson	Chanhasseen	MN	65	M	398	18:51	3:47	4:56	398	54:36	16.5	2:23	407	31:21	10:27	1:52:05
414	8/10	391 Karen Oneal	Minneapolis	MN	58	F	395	18:50	3:46	2:44	413	56:21	16.0	1:38	425	33:03	11:01	1:52:34
415	26/32	572 Abby Wallin	Deephaven	MN	34	F	439	21:35	4:19	4:16	422	58:12	15.5	1:10	330	27:57	9:19	1:53:07
416	6/6	487 Kayla Siebold	Lakeville	MN	17	F	195	14:26	2:54	2:34	405	55:10	16.3	1:32	463	39:35	13:12	1:53:16
417	45/51	299 Ioannis Koutlas	Minneapolis	MN	49	M	447	22:38	4:32	3:59	284	48:56	18.4	2:06	441	35:40	11:54	1:53:18
418	8/9	99 Christiana Cook	Mound	MN	23	F	383	18:33	3:43	3:55	411	56:06	16.0	2:05	424	32:49	10:57	1:53:26
419	28/29	579 Rich Weeks	Eden Prairie	MN	53	M	363	17:56	3:36	3:37	346	51:29	17.5	2:42	457	37:54	12:38	1:53:36
420	22/28	607 Kimberly Young	Minnetonka	MN	47	F	437	21:19	4:16	2:59	426	58:30	15.4	2:29	349	28:25	9:29	1:53:40
421	43/45	380 Leigh Niebuhr	Minneapolis	MN	44	M	469	28:20	5:40	6:26	387	53:46	16.7	3:00	92	22:17	7:26	1:53:47
422	46/51	303 Todd Kruse	Inver Grove Height	MN	48	M	404	19:21	3:53	4:00	447	1:02:24	14.4	1:05	323	27:40	9:14	1:54:27
423	16/23	396 Bob Oxborough	Plymouth	MN	58	M	390	18:41	3:45	4:08	425	58:23	15.4	2:52	396	30:28	10:10	1:54:30
424	47/51	409 Jon Pierce	Excelsior	MN	45	M	357	17:48	3:34	2:29	400	54:45	16.4	1:37	458	38:02	12:41	1:54:39
425	6/7	39 James Barthel	Dellwood	MN	67	M	403	19:11	3:51	4:34	409	55:21	16.3	1:59	433	34:05	11:22	1:55:09
426	23/28	68 Roxie Bozicevich	Golden Valley	MN	45	F	351	17:37	3:32	3:21	451	1:03:25	14.2	1:11	395	30:25	10:09	1:55:57
427	43/45	482 Charles Shepard	Eden Prairie	MN	38	M	466	26:40	5:20	4:34	304	49:47	18.1	8:09	304	27:18	9:06	1:56:25
428	17/23	486 Dan Sieben	Edina	MN	55	M	472	32:09	6:26	6:10	313	50:15	17.9	1:56	268	26:18	8:46	1:56:46
429	20/22	416 Ryan Prescher	Shakopee	MN	25	M	377	18:18	3:40	5:49	446	1:02:13	14.5	2:03	352	28:31	9:31	1:56:52
430	27/32	112 Cara Daza	Chanhasseen	MN	31	F	428	20:47	4:10	4:08	448	1:02:59	14.3	2:12	305	27:18	9:06	1:57:23
431	48/51	67 Jay Bozicevich	Golden Valley	MN	45	M	468	27:57	5:36	4:26	343	51:20	17.5	1:58	419	32:01	10:41	1:57:40
432	24/26	164 Abbie Gibbs	Grand Forks	ND	42	F	407	19:28	3:54	2:48	421	57:41	15.6	1:15	450	36:54	12:18	1:58:03
433	23/24	559 Jake Turner	Mounds View Mn	MN	31	M	446	22:36	4:32	4:52	436	59:23	15.2	1:23	391	30:11	10:04	1:58:24
434	49/51	96 Ken Clemons	Bloomington	MN	49	M	457	23:54	4:47	4:37	431	58:57	15.3	2:05	378	29:30	9:50	1:59:01
435	44/45	372 Michael Nelson	Excelsior	MN	44	M	323	16:59	3:24	11:37	437	59:44	15.1	2:42	335	28:06	9:22	1:59:05
436	44/45	382 Xudong Niu	Minnetonka	MN	38	M	473	34:36	6:56	3:57	294	49:24	18.2	1:48	392	30:11	10:04	1:59:56
437	28/32	328 Kristel Loffler	Shorewood	MN	34	F	427	20:46	4:10	4:12	434	59:15	15.2	2:21	429	33:47	11:16	2:00:20
438	50/51	54 Sanjiv Bhatt	Minnetonka	MN	48	M	397	18:51	3:47	3:44	462	1:07:46	13.3	0:25	389	29:58	10:00	2:00:43
439	7/7	537 Mike Tenney	Excelsior	MN	69	M	352	17:38	3:32	5:05	379	53:13	16.9	3:23	468	41:31	13:51	2:00:48
440	23/24	260 Jerry Johanning	Minnetonka	MN	46	M	384	18:35	3:43	3:46	342	51:12	17.6	1:49	472	45:35	15:12	2:00:54
441	18/23	560 Carl Tuura	Plymouth	MN	59	M	346	17:27	3:30	3:28	438	59:46	15.1	2:28	456	37:52	12:38	2:01:00
442	24/28	611 Laura Zontelli	Minnetonka	MN	45	F	413	19:53	3:59	4:56	440	1:00:32	14.9	3:56	415	31:47	10:36	2:01:01
443	25/28	78 Brenda Carriere	Brooklyn Center	MN	49	F	151	13:43	2:45	3:02	449	1:03:04	14.3	2:17	461	39:06	13:02	2:01:10
444	51/51	351 Stephen McFarland	Hudson	WI	49	M	470	28:52	5:47	4:58	391	54:10	16.6	1:28	421	32:11	10:44	2:01:36
445	26/28	415 S. Mechelle Powers	Custer	SD	46	F	452	23:12	4:39	3:12	418	56:54	15.8	1:02	454	37:46	12:36	2:02:03
446	45/45	222 Scott Henke	Stillwater	MN	40	M	455	23:19	4:40	3:48	457	1:05:06	13.8	2:02	339	28:13	9:25	2:02:25
447	27/28	423 Janelle Ranek	Minneapolis	MN	49	F	445	22:33	4:31	2:53	433	59:07	15.2	1:33	448	36:29	12:10	2:02:33
448	29/32	15 Heidi Allen	Rochester	MN	31	F	373	18:09	3:38	4:12	474	4:58:18	3.0		451	36:58	12:20	2:03:15
449	25/26	69 Marie Bridge	Excelsior	MN	42	F	369	18:04	3:37	9:18	429	58:44	15.3	5:43	416	31:47	10:36	2:03:34
450	45/45	405 Robbie Peterson	Brooklyn Park	MN	36	M	434	21:09	4:14	5:14	455	1:04:52	13.9	1:29	400	30:53	10:18	2:03:35
451	29/29	401 Derald Pederson	Edina	MN	51	M	451	23:08	4:38	5:46	442	1:00:49	14.8	1:36	423	32:17	10:46	2:03:35
452	19/23	126 Philip Dunlay	Woodland	MN	57	M	436	21:14	4:15	2:59	439	1:00:23	14.9	3:14	445	36:07	12:03	2:03:56
453	24/24	584 Nick Welliver	Chanhasseen	MN	33	M	459	24:12	4:51	3:02	402	54:56	16.4	1:52	466	40:48	13:36	2:04:47
454	30/32	505 Angie Spencer	Minneapolis	MN	31	F	417	20:20	4:04	5:24	452	1:03:32	14.2	1:53	434	34:31	11:31	2:05:38
455	31/32	609 Sarah Zalewski	Chaska	MN	32	F	430	20:51	4:11	2:48	459	1:06:01	13.6	0:57	443	35:59	12:00	2:06:34
456	20/23	118 Eric Diloreto	Minnetonka	MN	59	M	454	23:17	4:40	8:25	445	1:01:49	14.6	1:45	420	32:04	10:42	2:07:17
457	28/28	205 Margaret Harris	Byron	MN	49	F	422	20:32	4:07	4:44	454	1:04:00	14.1	1:17	453	37:23	12:28	2:07:55
458	26/26	334 Lisa Lund	Excelsior	MN	43	F	453	23:12	4:39	4:08	443	1:01:17	14.7	3:13	446	36:13	12:05	2:08:00
459	21/23	150 Jaime Frischmann	Eden Prairie	MN	58	M	443	22:02	4:25	5:47	475	5:01:32	3.0		460	38:41	12:54	2:10:03
460	26/29	591 Jenniffer Whitworth	Brooklyn Center	MN	37	F	241	15:06	3:02	5:42	464	1:10:10	12.8	3:05	444	36:07	12:03	2:10:09
461	27/29	189 April Guillaume	Chanhasseen	MN	39	F	464	25:42	5:09	4:21	450	1:03:19	14.2	1:45	447	36:16	12:06	2:11:21
462	28/29	229 Lisa Hoelzer	Rochester	MN	39	F	441	21:59	4:24	5:46	458	1:05:44	13.7	2:03	452	37:06	12:22	2:12:36
463	9/10	354 Meg McMonigal	Minndapolis	MN	55	F	448	22:53	4:35	4:19	456	1:05:05	13.8	0:58	465	40:45	13:35	2:13:59
464	24/24	327 James Loffler	Excelsior	MN	33	M	269	15:42	3:09	24:25	435	59:15	15.2	2:20	430	33:47	11:16	2:15:27
465	29/29	418 Alyssa Purdy	St. Paul	MN	39	F	419	20:23	4:05	3:35	461	1:06:21	13.6	2:04	469	43:15	14:25	2:15:36



466	22/23	52 Frederick Beseler	La Crosse	WI	59 M	456	23:38	4:44	6:14	330	50:43	17.7	5:33	475	51:05	17:02	2:17:11
467	10/10	175 Marilyn Goldsby	Minnetonka	MN	59 F	440	21:45	4:21	6:49	453	1:03:43	14.1	7:25	459	38:19	12:47	2:17:58
468	32/32	507 Adrienne Spruill	Minneapolis	MN	33 F	461	24:39	4:56	6:48	460	1:06:02	13.6	1:18	464	40:25	13:29	2:19:10
469	23/23	21 Mark Anderson	Excelsior	MN	58 M	415	19:57	4:00	4:57	463	1:09:55	12.9	1:54	471	45:17	15:06	2:21:58
470	17/18	452 Lisa Rowley	Minnetonka	MN	27 F	458	24:07	4:50	4:40	468	1:15:29	11.9	4:39	438	35:15	11:45	2:24:09
471	21/22	485 Aaron Sieben	Richfield	MN	28 M	474	45:54	9:11	4:12	427	58:41	15.3	0:45	440	35:34	11:52	2:25:04
472	9/9	370 Jessica Nelson	Shorewood	MN	22 F	465	26:20	5:16	4:30	466	1:12:12	12.5	2:27	467	41:05	13:42	2:26:32
473	3/3	49 Katrina Bergman	Minnetonka	MN	43 F	463	25:04	5:01	4:24	465	1:11:48	12.5	3:19	473	48:38	16:13	2:33:11
474	18/18	119 Gianna Diloreto	Minnetonka	MN	28 F	471	29:15	5:51	4:55	467	1:14:36	12.1	1:20	474	50:12	16:44	2:40:16
475	22/22	314 Andrew Tasche	Excelsior	MN	25 M	467	27:00	5:24	4:20	471	1:31:12	9.9	1:49	470	43:46	14:36	2:48:05

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	621	Tonka Mod Squad Robert Purtell , Gregory Lips , Fredrick Horton	2	16:17	3:16	1:10	2	41:59	21.4	0:34	1	21:40	7:14	1:21:38
2	616	Life's a Beach Shoreline Josh Leddy , Adam Schmitt , Randy Zats	1	14:05	2:49	1:05	1	41:31	21.7	0:30	3	33:10	11:04	1:30:20
3	620	team kraft William Kraft , Andrew Kraft , Danny Kraft	3	18:27	3:42	1:13	3	52:45	17.1	0:37	2	27:54	9:18	1:40:54

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	619	Riggs Relay Hannah Riggs , Jennifer Riggs , Meghan Riggs	1	12:44	2:33	1:07	3	49:36	18.1	0:23	1	22:04	7:22	1:25:52
2	612	Bollum Babes Tammy Swenson , Nikki Chappell , Diane Hughes					2	46:16	19.5	0:47	3	26:34	8:52	1:29:42
3	615	Jilty's Tri for Life Genevieve McJilton , Pauline McJilton , Kathleen Penge	2	15:25	3:05	0:45	1	43:25	20.7	0:39	4	38:17	12:46	1:38:29
4	622	Wonder Powers Anjanette Johnson , Anjanette Johnson , Shelly Beckman	3	17:47	3:34	2:14	4	54:01	16.7	0:49	2	24:21	8:07	1:39:11

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	614	Gammill Guts & Glory Amy Gammill , Dave Gammill , Rich Gammill	1	10:55	2:11	0:43	1	40:34	22.2	0:25	1	24:03	8:01	1:16:38
2	613	Carter-Axelsson Ben Carter , Nancy Axelsson , Jen Carter	3	16:36	3:20	0:59	2	45:16	19.9	0:35	3	26:21	8:47	1:29:46
3	617	meet the cassadies John Cassidy , Kim Cassidy ,	2	14:30	2:54	0:57	3	52:46	17.1	0:28	2	26:14	8:45	1:34:53

PENALTY TIME ISSUED

No.	Name	City	St	Age	Penalty	Time	Penalty	Comment
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NON QUALIFYING RESULTS: SPRINT

Bib	Name	City	St	Age	Sex	Rank	SWIM	100yd	Trn.1	Rank	BIKE	MPH	Trn.2	Rank	RUN	Pace	FINISH
535	Tammy Swenson	Long Lake	MN	46	F				2:44	2	44:40	20.1	1:45	2	22:36	7:32	1:07:58
40	Patrick Baskfield	Madelia	MN	56	M	3	11:20	2:16	1:18	1	39:11	23.0	0:46	1	19:22	6:28	1:11:56
580	Heather Weerheim	Plymouth	MN	32	F					6	52:11	17.2	0:51	3	23:51	7:57	1:30:44
201	Sarah Hanson	Minneapolis	MN	32	F					5	51:24	17.5	1:03	6	30:42	10:14	1:36:57
518	Meghan Stiling	Prior Lake	MN	35	F	1	0:56	0:12	3:28	7	55:56	16.1	2:33	8	37:20	12:27	1:40:11
178	Megan Grabanski	Edina	MN	26	F					9	57:48	15.6	0:47	4	27:38	9:13	1:47:42
254	Eric Jensen	Victoria	MN	40	M					4	48:49	18.4	2:09	5	30:14	10:05	1:52:04
312	Nathalie Lawyer	Wayzata	MN	23	F					8	57:40	15.6	1:59	7	34:33	11:31	1:56:09
284	Kurtis Kipka	St. Paul	MN	29	M	6	22:18	4:28	2:57	3	48:39	18.5	0:51				
588	John Weum	Eden Prairie	MN	53	M	2	11:09	2:14	2:21	10	1:20:20	11.2					
310	Brian Lavelle	Chaska	MN	52	M	4	11:22	2:17	1:18								
90	Chris Chinander	Norwood	MN	53	M	5	11:41	2:20	1:41								
57	Curtis Billmeyer	Plymouth	MN	52	M												

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	1	Brooks Grossinger	Mayer	MN	37	7	10:52	2:11	1:04	1	34:34	26.0	0:44	1	16:07	5:23	1:03:19
2	2	Brett Lovaas	Minnetonka	MN	39	2	9:26	1:54	0:47	5	37:03	24.3	0:40	5	18:30	6:10	1:06:24
3	221	Eric Hendrickson	Minnetonka	MN	34	4	10:27	2:06	1:16	3	36:34	24.6	0:43	3	17:57	5:59	1:06:54
4	459	Steve Sander	Richfield	MN	35	8	11:04	2:13	1:14	2	35:50	25.1	0:47	6	18:33	6:11	1:07:26
5	137	Philip English	Minnetonka	MN	22	1	9:15	1:51	1:05	6	38:55	23.1	0:41	2	17:39	5:53	1:07:33
6	582	Ross Weinzierl	St. Paul	MN	28	3	10:18	2:04	0:50	4	36:39	24.6	0:44	7	19:33	6:31	1:08:02
7	465	Tony Schiller	Eden Prairie	MN	56	6	10:38	2:08	1:09	8	41:26	21.7	0:42	4	18:08	6:03	1:12:00
8	129	Andrew Eichelman	Greenwood	MN	45	5	10:32	2:07	1:33	7	39:44	22.7	1:04	8	19:49	6:37	1:12:41

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	3	Heather Lendway	St. Paul	MN	29	1	8:55	1:47	0:54	1	35:43	25.2	0:49	1	18:34	6:12	1:04:53
2	432	Christina Roberts	St. Louis Park	MN	28	2	9:57	2:00	1:03	4	40:51	22.0	0:45	2	18:40	6:14	1:11:14
3	357	Sarah Mercer	Golden Valley	MN	46	4	11:03	2:13	1:17	2	39:26	22.8	1:05	3	21:07	7:03	1:13:55
4	593	Liv Williamsen	Chanhasen	MN	36	3	10:59	2:12	1:13	3	40:30	22.2	0:38	4	21:23	7:08	1:14:42

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	286	Brian Kirkvold	Excelsior	MN	36	1	8:44	1:45	1:51	7	41:56	21.5	0:44	1	20:52	6:58	1:14:05
2	98	Ryan Collins	St. Louis Park	MN	38	2	11:52	2:23	1:35	1	39:09	23.0	0:44	3	22:08	7:23	1:15:26
3	449	Brian Ross	Shorewood	MN	38	3	12:36	2:31	1:53	4	40:42	22.1	0:49	5	22:59	7:40	1:18:56
4	226	David Hillesheim	Golden Valley	MN	41	9	14:18	2:52	2:00	2	39:32	22.8	1:34	9	24:22	8:08	1:21:44
5	502	Aaron Snyder	Maple Grove	MN	33	10	14:18	2:52	2:10	9	42:40	21.1	0:51	6	23:01	7:41	1:22:59

6	258	Cody Jenson	Plymouth	MN	29	8	14:14	2:51	2:54	13	43:23	20.7	1:26	4	22:17	7:26	1:24:12
7	430	Christopher Ries	Minneapolis	MN	34	6	13:34	2:43	2:18	8	42:35	21.1	1:16	10	25:14	8:25	1:24:54
8	319	Mike Lesage	Tonka Bay	MN	44	20	18:37	3:44	2:26	5	41:47	21.5	0:56	2	21:46	7:16	1:25:30
9	479	Jacob Selseth	St. Paul	MN	40	12	14:45	2:57	2:02	12	43:06	20.9	1:14	11	26:03	8:41	1:27:09
10	457	Ken Saddler	Chanhassen	MN	49	7	13:45	2:45	2:18	10	42:54	21.0	1:41	13	26:57	8:59	1:27:33
11	515	Scott Stensland	Victoria	MN	52	13	14:54	2:59	2:29	6	41:50	21.5	1:27	16	27:26	9:09	1:28:05
12	435	Michael Roddy	Minnetonka	MN	28	11	14:33	2:55	1:58	17	46:27	19.4	1:36	7	23:49	7:57	1:28:22
13	86	Jonathan Chapman	Deephaven	MN	45	4	13:13	2:39	3:20	15	46:09	19.5	1:47	8	24:06	8:02	1:28:34
14	317	Scott Leo	Minneapolis	MN	52	15	15:03	3:01	2:18	3	40:08	22.4	1:44	18	29:38	9:53	1:28:50
15	122	Steve Donen	Chanhassen	MN	56	16	15:35	3:07	1:43	11	43:04	20.9	2:56	15	27:19	9:07	1:30:35
16	561	Richard Van Sickle	Minneapolis	MN	45	5	13:24	2:41	2:06	14	44:02	20.4	1:12	20	31:45	10:35	1:32:27
17	234	Christian Holzheu	Neenah	MN	40	18	17:06	3:25	2:28	16	46:25	19.4	0:57	12	26:24	8:48	1:33:16
18	514	Devin Stefonowicz	Thompson	ND	42	17	16:42	3:21	2:46	21	51:37	17.4	2:05	17	28:12	9:24	1:41:19
19	235	Kirk Honour	Shorewood	MN	45	23	19:41	3:57	2:45	18	50:39	17.8	1:49	14	27:03	9:01	1:41:55
20	146	Greg Fletcher	Chanhassen	MN	59	14	14:55	2:59	4:40	22	51:42	17.4	2:00	21	33:14	11:05	1:46:28
21	89	Brett Chimento	Prior Lake	MN	35	21	18:50	3:46	2:36	19	51:07	17.6	1:22	22	36:38	12:13	1:50:32
22	232	Bob Hollway	St Louis Park	MN	57	22	19:38	3:56	4:46	23	53:19	16.9	2:21	19	31:36	10:32	1:51:38
23	260	Jerry Johanning	Minnetonka	MN	46	19	18:35	3:43	3:46	20	51:12	17.6	1:49	24	45:35	15:12	2:00:54
24	584	Nick Welliver	Chanhassen	MN	33	24	24:12	4:51	3:02	24	54:56	16.4	1:52	23	40:48	13:36	2:04:47

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OVERALL FEMALE ATHENA RESULTS

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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	8	Amy Adam	Rosemount	MN	34	1	12:41	2:33	2:03	1	49:01	18.4	1:14	1	30:47	10:16	1:35:46
2	296	Danielle Kolb	Fitchburg	WI	36	2	12:47	2:34	2:13	2	52:58	17.0	2:28	2	39:12	13:04	1:49:37
3	49	Katrina Bergman	Minnetonka	MN	43	3	25:04	5:01	4:24	3	1:11:48	12.5	3:19	3	48:38	16:13	2:33:11

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim 100	Time	yds
1	Brian Kirkvold	Excelsior	MN	36	M	8:44	1:45	
2	Heather Lendway	St. Paul	MN	29	F	8:55	1:47	
3	Philip English	Minnetonka	MN	22	M	9:15	1:51	
4	Patrick Marzolf	Saint Paul	MN	31	M	9:20	1:52	
5	Brett Lovaas	Minnetonka	MN	39	M	9:26	1:54	
6	Patrick Stanaway	Minneapolis	MN	27	M	9:41	1:57	
7	Christina Roberts	St. Louis Park	MN	28	F	9:57	2:00	
8	Don Steenson	Plymouth, Mn	MN	43	M	9:58	2:00	
9	Omar Awad	Shoreview	MN	45	M	10:04	2:01	
10	Ross Weinzierl	St.Paul	MN	28	M	10:18	2:04	

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	Time	MPH
1	Brooks Grossinger	Mayer	MN	37	M	34:34	26.0	
2	Heather Lendway	St. Paul	MN	29	F	35:43	25.2	
3	Steve Sander	Richfield	MN	35	M	35:50	25.1	
4	Greg Dummer	Minneapolis	MN	43	M	36:32	24.6	
5	Eric Hendrickson	Minnetonka	MN	34	M	36:34	24.6	
6	Ross Weinzierl	St.Paul	MN	28	M	36:39	24.6	
7	Brett Lovaas	Minnetonka	MN	39	M	37:03	24.3	
8	David Goldberg	Minnetrista	MN	53	M	38:03	23.7	
9	Daniel Schultze	Prior Lake	MN	47	M	38:05	23.6	
10	Jon Armour	Golden Valley	MN	44	M	38:24	23.4	

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run	
						Time	Pace
1	Scott Heimes	Minneapolis	MN	45	M	16:03	5:21
2	Brooks Grossinger	Mayer	MN	37	M	16:07	5:23
3	Nick Traxler	Deephaven	MN	19	M	17:04	5:42
4	Philip English	Minnetonka	MN	22	M	17:39	5:53
5	Eric Hendrickson	Minnetonka	MN	34	M	17:57	5:59
6	Greg Dummer	Minneapolis	MN	43	M	18:02	6:01
7	Tony Schiller	Eden Prairie	MN	56	M	18:08	6:03
8	Brett Lovaas	Minnetonka	MN	39	M	18:30	6:10
9	Brian Heltemes	Eden Prairie	MN	38	M	18:33	6:11
10	Steve Sander	Richfield	MN	35	M	18:33	6:11

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	125	Greg Dummer	Minneapolis	MN	43	15	11:25	2:17	1:29	1	36:32	24.6	0:36	3	18:02	6:01	1:08:02
2	406	Tom Pettit	Excelsior	MN	45	7	10:37	2:08	1:17	8	38:41	23.3	0:45	5	18:42	6:14	1:10:00
3	30	Omar Awad	Shoreview	MN	45	4	10:04	2:01	1:15	23	39:47	22.6	0:47	7	18:44	6:15	1:10:36
4	534	Scott Swenson	St Louis Park	MN	35	19	11:35	2:19	1:02	10	38:48	23.2	0:47	6	18:42	6:14	1:10:52
5	26	Jon Armour	Golden Valley	MN	44	5	10:19	2:04	1:13	4	38:24	23.4	0:57	19	20:15	6:45	1:11:05
6	173	David Goldberg	Minnetrista	MN	53	8	10:41	2:09	1:15	2	38:03	23.7	0:42	33	20:53	6:58	1:11:34
7	513	Don Steenson	Plymouth, Mn	MN	43	3	9:58	2:00	1:31	20	39:38	22.7	0:51	16	19:56	6:39	1:11:52
8	386	Christian Oestreich	Minnetonka	MN	35	9	10:49	2:10	0:55	13	39:19	22.9	0:52	17	20:06	6:42	1:11:58
9	504	Tim Sosnowski	Eden Prairie	MN	43	10	10:58	2:12	1:26	7	38:40	23.3	0:53	20	20:19	6:47	1:12:14
10	161	Edwing Gelvez	Minneapolis	MN	31	20	11:37	2:20	1:03	22	39:46	22.6	0:43	11	19:21	6:27	1:12:27
11	554	Nick Traxler	Deephaven	MN	19	33	12:33	2:31	0:57	65	42:14	21.3	0:35	2	17:04	5:42	1:13:21
12	291	David Knack	Prior Lake	MN	51	24	11:42	2:21	1:44	6	38:39	23.3	0:44	30	20:36	6:52	1:13:24
13	569	Ryan Wakeham	Minnetonka	MN	33	21	11:39	2:20	1:33	12	39:17	22.9	1:02	25	20:34	6:52	1:14:03
14	343	Steve Marshall	Minneapolis	MN	42	47	12:45	2:33	1:25	15	39:04	22.8	1:09	12	19:24	6:28	1:14:05
15	345	Patrick Marzolf	Saint Paul	MN	31	1	9:20	1:52	1:39	53	41:31	21.7	1:26	22	20:29	6:50	1:14:23
16	142	Sean Finn	Savage	MN	48	71	13:16	2:40	1:29	27	39:59	22.5	0:47	13	19:30	6:30	1:15:00
17	541	Shawn Thomas	Chanhassen	MN	41	41	12:41	2:33	1:38	21	39:45	22.6	0:46	18	20:13	6:45	1:15:01
18	60	Mike Blair	Prior Lake	MN	44	40	12:40	2:32	1:33	5	38:29	23.4	0:42	50	21:40	7:14	1:15:03
19	556	John Trettel	Excelsior	MN	55	88	13:40	2:44	1:15	42	40:33	22.2	0:59	10	19:19	6:27	1:15:44
20	144	Skip Fitting	Buffalo	MN	59	82	13:34	2:43	2:02	36	40:20	22.3	0:49	9	19:01	6:21	1:15:45
21	14	Greg Alexander	Plymouth	MN	36	25	11:43	2:21	1:33	47	40:47	22.1	0:46	36	20:58	7:00	1:15:45
22	59	Nicholas Bishop	Minneapolis	MN	28	18	11:34	2:19	1:45	44	40:35	22.2	1:00	38	21:00	7:00	1:15:52
23	586	Ryan Wenning	Excelsior	MN	48	63	13:00	2:36	1:17	35	40:20	22.3	0:54	26	20:35	6:52	1:16:04
24	324	Mark Linqvist		MN	42	62	12:57	2:36	2:12	19	39:37	22.7	0:48	28	20:36	6:52	1:16:08
25	197	Chris Hacker	Shorewood	MN	38	53	12:48	2:34	1:52	34	40:19	22.3	0:55	23	20:30	6:50	1:16:22
26	438	Eric Roesner	Minnetonka	MN	39	48	12:45	2:33	1:56	29	40:04	22.5	0:50	32	20:53	6:58	1:16:27
27	71	Brian Brophy	Bloomington	MN	39	26	11:48	2:22	2:10	26	39:55	22.5	0:55	58	21:53	7:18	1:16:40
28	510	Patrick Stanaway	Minneapolis	MN	27	2	9:41	1:57	1:20	79	43:11	20.8	1:05	47	21:31	7:11	1:16:46
29	639	Randy Knutson	Mankato	MN	51	34	12:34	2:31	1:55	9	38:46	23.2	0:58	73	22:37	7:33	1:16:48
30	218	Brian Heltemes	Eden Prairie	MN	38	66	13:06	2:38	1:28	78	43:03	20.9	0:42	4	18:33	6:11	1:16:50
31	388	Kevin Olsen	Orono	MN	54	16	11:27	2:18	1:10	31	40:05	22.5	0:41	95	23:29	7:50	1:16:50
32	273	Mike Jovanovich	Neenah	WI	56	108	14:10	2:50	1:13	24	39:54	22.6	0:47	37	20:59	7:00	1:17:00
33	325	David Liske	Saint Louis Park	MN	42	83	13:35	2:43	1:37	33	40:13	22.4	0:51	41	21:07	7:03	1:17:20
34	473	Sean Sciara	Blaine	MN	42	52	12:47	2:34	2:06	46	40:40	22.1	1:01	40	21:05	7:02	1:17:38
35	139	Nick Essma	Edina	MN	46	27	12:04	2:25	1:44	28	39:59	22.5	1:11	74	22:44	7:35	1:17:41
36	439	Brian Rogers	Minneapolis	MN	24	23	11:41	2:21	2:54	57	41:48	21.5	1:38	15	19:49	6:37	1:17:49
37	180	Kevin Grafft	Chanhassen	MN	53	107	14:09	2:50	1:46	38	40:25	22.3	1:07	24	20:33	6:51	1:17:59

38	290	Anton Knack	Prior Lake	MN	21	6	10:31	2:07	1:36	107	44:22	20.3	1:07	27	20:35	6:52	1:18:08
39	364	Tony Mosser	Mayer	MN	41	32	12:33	2:31	2:02	60	42:02	21.4	1:02	31	20:41	6:54	1:18:17
40	247	Brad Ingles	Saint Paul	MN	44	93	13:52	2:47	1:35	16	39:28	22.8	1:05	66	22:18	7:26	1:18:17
41	571	Tim J Walker	Minnetonka	MN	47	61	12:56	2:36	1:34	14	39:20	22.9	0:50	105	23:55	7:59	1:18:33
42	266	Doug Johnson	Minneapolis	MN	57	55	12:50	2:34	1:36	49	41:07	21.9	1:21	57	21:52	7:18	1:18:44
43	213	Chris Hawes	Minneapolis	MN	40	45	12:44	2:33	2:27	18	39:36	22.7	1:34	71	22:32	7:31	1:18:51
44	547	Jon Tollefson	Edina	MN	53	12	11:11	2:15	2:02	39	40:25	22.3	1:38	101	23:44	7:55	1:18:59
45	474	Steve Secker	Eleva	WI	43	68	13:11	2:39	1:22	17	39:29	22.8	0:53	111	24:12	8:04	1:19:06
46	36	Ryan Barnes	Maple Grove	MN	35	99	14:02	2:49	1:05	45	40:40	22.1	1:05	69	22:27	7:29	1:19:17
47	212	Tad Hauck	Eden Prairie	MN	56	43	12:42	2:33	1:51	48	41:04	21.9	1:35	86	23:13	7:45	1:20:24
48	109	Joseph Daniski	Minnetonka	MN	36	142	14:46	2:58	1:55	25	39:55	22.5	1:02	79	22:52	7:38	1:20:29
49	28	Mark Augdahl	Chaska	MN	48	30	12:23	2:29	2:13	76	42:57	21.0	1:21	52	21:45	7:15	1:20:37
50	531	Shane Swanson	Forset Lake	MN	39	92	13:51	2:47	1:21	54	41:36	21.6	0:54	81	22:59	7:40	1:20:38
51	196	Daniel Hackenberg	Eden Prairie	MN	41	78	13:30	2:42	2:19	68	42:26	21.2	0:58	49	21:38	7:13	1:20:48
52	91	Beau Christian	Minneapolis Mn	MN	26	64	13:01	2:36	1:30	99	44:00	20.5	1:28	35	20:56	6:59	1:20:52
53	387	Stephen Olin	Edina	MN	40	170	15:53	3:11	1:17	37	40:20	22.3	0:44	76	22:46	7:36	1:20:59
54	307	Peter Lancaster	Minneapolis	MN	59	42	12:41	2:33	2:26	52	41:29	21.7	1:01	93	23:25	7:49	1:21:00
55	294	Matthew Koeppen	Chanhassen	MN	43	79	13:32	2:43	1:17	73	42:44	21.1	0:54	75	22:45	7:35	1:21:11
56	171	Paul Glade	Cedar Falls	IA	59	150	15:08	3:02	1:09	82	43:14	20.8	1:08	29	20:36	6:52	1:21:14
57	31	Scott Backman	Brooklyn Park	MN	42	74	13:27	2:42	2:03	74	42:52	21.0	1:06	59	21:56	7:19	1:21:23
58	587	Terry Werk	Eden Prairie	MN	33	90	13:42	2:45	1:25	100	44:08	20.4	0:49	45	21:21	7:07	1:21:23
59	169	Charles Gits	Edina	MN	56	81	13:33	2:43	1:44	58	41:50	21.5	0:51	94	23:27	7:49	1:21:24
60	79	Dan Cascarano	Saint Anthony Vill	MN	32	60	12:54	2:35	1:39	95	43:54	20.5	1:11	54	21:48	7:16	1:21:25
61	110	Craig J. Davis	Minnesota City	MN	47	39	12:40	2:32	1:24	88	43:37	20.6	1:01	77	22:50	7:37	1:21:31
62	594	Steven Williamsen	Chanhassen	MN	39	57	12:50	2:34	1:37	41	40:30	22.2	0:53	167	25:55	8:39	1:21:43
63	539	Steve Theis	Deephaven	MN	54	35	12:36	2:32	1:39	66	42:19	21.3	1:25	110	24:04	8:02	1:22:02
64	6	Matthew Abroe	Edina	MN	39	158	15:30	3:06	1:45	69	42:30	21.2	1:16	46	21:21	7:07	1:22:20
65	597	Garrett Wilson	Edina	MN	43	73	13:22	2:41	2:12	62	42:04	21.4	0:53	104	23:53	7:58	1:22:23
66	437	Rick Rodgers	Excelsior	MN	47	96	13:56	2:48	2:23	61	42:02	21.4	1:16	80	22:54	7:38	1:22:29
67	522	Steve Strait	Maple Grove	MN	28	148	15:05	3:01	2:27	56	41:47	21.5	1:27	53	21:45	7:15	1:22:30
68	499	Stuart Smith	Eden Prairie	MN	52	91	13:50	2:46	2:10	43	40:35	22.2	1:22	128	24:37	8:13	1:22:31
69	491	Chris Simons	Deephaven	MN	43	106	14:08	2:50	2:07	71	42:42	21.1	1:03	72	22:33	7:31	1:22:31
70	198	Robb Hall	Chanhassen	MN	51	75	13:28	2:42	2:25	55	41:39	21.6	1:28	100	23:37	7:53	1:22:36
71	77	David Cantrill	Chanhassen	MN	40	123	14:31	2:55	1:40	50	41:15	21.8	1:11	109	24:02	8:01	1:22:39
72	194	Jeff Gustafson	Chanhassen	MN	28	131	14:38	2:56	1:40	120	44:54	20.0	0:23	51	21:45	7:15	1:23:18
73	448	Kyle Rooney	Tonka Bay	MN	37	94	13:54	2:47	2:35	92	43:52	20.5	1:03	61	21:58	7:20	1:23:20
74	45	David Behrens	Hopkins	MN	36	59	12:53	2:35	1:39	84	43:25	20.7	0:57	124	24:30	8:10	1:23:23
75	323	Dave Link	Eden Prairie	MN	47	56	12:50	2:34	1:48	75	42:55	21.0	1:08	133	24:44	8:15	1:23:24
76	147	Bryan Flood	Minneapolis	MN	27	162	15:44	3:09	2:00	103	44:12	20.4	0:40	39	21:02	7:01	1:23:36
77	602	Tim Woodfield	Victoria	MN	51	51	12:47	2:34	2:17	70	42:33	21.2	1:15	137	24:53	8:18	1:23:43
78	228	Bryan Hoelzer	Rochester	MN	39	28	12:12	2:27	1:51	135	45:38	19.7	0:44	96	23:33	7:51	1:23:57
79	51	Scott Berry	St. Louis Park	MN	36	116	14:23	2:53	1:12	81	43:12	20.8	0:50	127	24:36	8:12	1:24:12
80	475	Jason Sedlak	Bloomington	MN	39	143	14:48	2:58	2:08	40	40:29	22.2	2:04	138	24:53	8:18	1:24:21
81	240	Scott Hudson	Shoreview	MN	24	31	12:27	2:30	2:16	63	42:06	21.4	2:02	160	25:37	8:33	1:24:26
82	358	Tom Miller	Robbinsdale	MN	33	187	16:53	3:23	1:20	30	40:05	22.5	1:28	140	24:55	8:19	1:24:40
83	481	Brad Severson	Minnetonka	MN	47	102	14:06	2:50	1:53	124	45:04	20.0	1:32	64	22:14	7:25	1:24:48
84	83	Michael Cervenka	Minneapolis	MN	35	13	11:22	2:17	2:01	133	45:34	19.8	1:58	106	23:56	7:59	1:24:49
85	525	Bo Sun	Ames	IA	31	135	14:40	2:56	2:07	116	44:45	20.1	1:39	56	21:50	7:17	1:24:59
86	225	Thomas Hiel	Santa Monica	CA	49	87	13:40	2:44	1:36	105	44:13	20.4	1:50	107	24:01	8:01	1:25:18
87	592	Chris Wilhoit	St. Louis Park	MN	44	145	14:54	2:59	1:58	59	42:01	21.4	1:31	142	24:57	8:19	1:25:19
88	443	Nick Rogers	Eden Prairie	MN	29	126	14:35	2:55	3:24	138	45:50	19.6	1:52	14	19:48	6:36	1:25:28
89	4	Daniel Abercrombie	Chanhassen	MN	40	50	12:47	2:34	2:05	97	43:58	20.5	1:07	158	25:33	8:31	1:25:28
90	471	Daniel Schultze	Prior Lake	MN	47	223	18:30	3:42	2:28	3	38:05	23.6	1:26	146	25:05	8:22	1:25:32
91	72	Michael Burica	Plymouth	MN	45	46	12:45	2:33	2:26	112	44:36	20.2	1:10	129	24:37	8:13	1:25:32
92	390	Erik Olson	Minneapolis	MN	42	138	14:42	2:57	2:30	64	42:08	21.4	1:19	143	24:59	8:20	1:25:37
93	154	Dan Fritz	Golden Valley	MN	42	124	14:34	2:55	2:54	32	40:11	22.4	1:15	186	26:51	8:57	1:25:43
94	16	Scott Allen	Eden Prairie	MN	39	109	14:11	2:50	1:42	110	44:27	20.2	1:06	114	24:23	8:08	1:25:47
95	56	Chuck Bies	Waconia	MN	53	76	13:29	2:42	3:12	77	43:00	20.9	1:42	119	24:26	8:09	1:25:47
96	133	Peter Elsham	St Louis Park	MN	26	185	16:49	3:22	3:06	67	42:20	21.3	1:13	68	22:26	7:29	1:25:52

97	575	Steve Wander	Minnetonka	MN	46	112	14:16	2:52	1:51	87	43:34	20.7	1:35	132	24:43	8:15	1:25:58
98	25	Todd Archbold	Maple Grove	MN	32	72	13:17	2:40	2:46	140	46:02	19.6	0:57	82	22:59	7:40	1:26:00
99	577	Nicholas Ward	Golden Valley	MN	35	103	14:07	2:50	1:47	119	44:52	20.1	0:46	125	24:32	8:11	1:26:02
100	446	Reid Romer	Robbinsdale	MN	30	49	12:46	2:34	2:07	144	46:12	19.5	1:27	98	23:34	7:52	1:26:04
101	145	Adam Fletcher	Ann Arbor	MI	27	98	13:59	2:48	1:38	114	44:39	20.2	1:07	135	24:44	8:15	1:26:05
102	134	Jeff Engel	Carver	MN	48	85	13:36	2:44	3:16	109	44:25	20.3	1:29	99	23:35	7:52	1:26:19
103	302	Jason Krob	Minneapolis	MN	37	58	12:51	2:35	2:54	170	47:35	18.9	1:46	43	21:19	7:07	1:26:22
104	545	Sonny Thweatt	Lakeville	MN	63	89	13:42	2:45	2:08	102	44:11	20.4	1:08	152	25:24	8:28	1:26:31
105	555	Brian Trettel	Minnetonka	MN	25	113	14:16	2:52	2:37	164	47:05	19.1	0:37	62	22:06	7:22	1:26:39
106	394	Justin Oskey	Mendota Heights	MN	23	97	13:58	2:48	3:46	91	43:50	20.5	2:07	83	23:00	7:40	1:26:39
107	184	Phillip Greshowak	St Louis Park	MN	26	234	18:58	3:48	1:58	83	43:16	20.8	1:20	44	21:20	7:07	1:26:50
108	553	Joe Traxler	Victoria	MN	20	196	17:05	3:25	2:04	132	45:29	19.8	1:13	42	21:08	7:03	1:26:56
109	116	Robbie Deming	St. Bonifacius	MN	30	176	16:09	3:14	1:56	85	43:27	20.7	1:01	121	24:28	8:10	1:27:00
110	424	David Reeder	Chanhassen	MN	43	70	13:15	2:39	2:25	265	1:16:18	11.8		165	25:54	8:38	1:27:00
111	376	Lawrence Nemecek	Minnetrista	MN	47	128	14:37	2:56	2:13	80	43:11	20.8	1:37	153	25:26	8:29	1:27:01
112	381	Daniel Niemi	Plymouth	MN	14	54	12:49	2:34	3:37	189	49:00	18.4	0:47	34	20:55	6:59	1:27:07
113	209	Alan Haskins	Hugo	MN	38	65	13:05	2:37	1:47	147	46:21	19.4	1:09	136	24:50	8:17	1:27:11
114	427	Jon Reifschneider	Minneapolis	MN	31	134	14:40	2:56	2:56	180	48:20	18.6	0:53	21	20:27	6:49	1:27:13
115	322	Craig Lindsay	Minneapolis	MN	29	130	14:37	2:56	2:36	126	45:09	19.9	1:37	88	23:20	7:47	1:27:17
116	308	Gianluca Laquidara	Cerveteri	RO	43	137	14:41	2:57	1:43	130	45:24	19.8	0:59	126	24:34	8:12	1:27:18
117	244	Mike Hurley	Edina	MN	45	181	16:32	3:19	3:02	128	45:22	19.8	0:38	55	21:48	7:16	1:27:20
118	241	John Hughes	Long Lake	MN	45	100	14:04	2:49	2:43	151	46:31	19.3	1:00	85	23:13	7:45	1:27:28
119	159	Paul Gaskin	Victoria	MN	47	29	12:13	2:27	2:25	172	47:40	18.9	1:42	103	23:52	7:58	1:27:51
120	379	Dan Newman	Minnetonka	MN	31	95	13:56	2:48	3:17	117	44:47	20.1	1:15	131	24:40	8:14	1:27:53
121	64	Michael Bono	Minneapolis	MN	61	127	14:35	2:55	2:09	113	44:37	20.2	1:14	154	25:28	8:30	1:28:01
122	605	Bryan Wray	Eagan	MN	52	104	14:07	2:50	3:01	101	44:09	20.4	1:33	151	25:16	8:26	1:28:04
123	43	George Beatty	Hudson	WI	37	114	14:17	2:52	3:28	106	44:18	20.3	1:40	118	24:25	8:09	1:28:05
124	341	Robert Marchetti	Champlin	MN	56	119	14:28	2:54	2:42	115	44:44	20.1	1:19	141	24:56	8:19	1:28:06
125	295	Ravi Kolakaluri	St Paul	MN	31	184	16:42	3:21	2:01	143	46:11	19.5	1:22	60	21:58	7:20	1:28:12
126	248	Scott Ingram	Victoria	MN	47	121	14:30	2:54	2:44	150	46:31	19.3	1:21	87	23:18	7:46	1:28:23
127	216	Scott Heimes	Minneapolis	MN	45	221	18:20	3:40	2:47	199	49:31	18.2	1:47	1	16:03	5:21	1:28:26
128	261	Jim Johanning	Gem Lake	MN	45	167	15:51	3:11	2:11	90	43:48	20.5	1:16	155	25:30	8:30	1:28:34
129	362	Mark Morrison	Maple Grove	MN	46	152	15:12	3:03	1:53	94	43:54	20.5	1:43	166	25:54	8:38	1:28:34
130	495	Rob Sitek	Hastings	MN	57	110	14:14	2:51	2:03	51	41:24	21.7	1:56	222	29:00	9:40	1:28:35
131	321	Rick Lindblom	Minnetonka	MN	54	37	12:39	2:32	2:53	159	46:46	19.2	0:43	168	25:57	8:39	1:28:56
132	411	Michael Pietrowski	Hopkins	MN	42	149	15:07	3:02	2:58	158	46:43	19.3	0:42	97	23:34	7:52	1:29:02
133	168	Kevin Gilligan	Saint Paul	MN	48	211	17:55	3:35	2:25	86	43:30	20.7	1:02	117	24:25	8:09	1:29:15
134	529	Aaron Swann	Edina	MN	44	214	18:00	3:36	2:16	121	44:56	20.0	0:53	90	23:23	7:48	1:29:25
135	528	Eric Swanlund Ii	Minneapolis	MN	28	231	18:47	3:46	3:24	93	43:52	20.5	1:16	67	22:25	7:29	1:29:43
136	192	Brandon Gustafson	Deephaven	MN	31	136	14:40	2:56	4:41	129	45:22	19.8	1:51	84	23:11	7:44	1:29:43
137	389	Anders Olson	Edina	MN	28	229	18:45	3:45	3:24	96	43:56	20.5	1:13	70	22:27	7:29	1:29:44
138	104	Rich Cunningham	Davenport	IA	48	263	24:44	4:57	1:52	11	39:16	22.9	1:08	78	22:52	7:38	1:29:49
139	160	Joseph Gefroh	Bloomington	MN	49	156	15:26	3:06	2:18	72	42:44	21.1	1:43	203	27:43	9:15	1:29:52
140	33	Matt Bakker	Brooklyn Park	MN	35	17	11:32	2:19	3:51	162	47:00	19.1	1:34	172	26:10	8:44	1:30:05
141	176	Tim Goodyear	Minnetonka	MN	47	38	12:40	2:32	1:36	182	48:37	18.5	1:32	162	25:49	8:37	1:30:12
142	300	Eric Krantz	Chanhassen	MN	48	178	16:24	3:17	2:13	163	47:03	19.1	1:17	91	23:23	7:48	1:30:17
143	127	Marc Egeland	Saint Paul	MN	24	140	14:46	2:58	2:07	161	46:54	19.2	2:12	115	24:23	8:08	1:30:20
144	13	Scott Albrecht	St. Louis Park	MN	33	147	15:02	3:01	2:09	134	45:37	19.7	1:27	173	26:12	8:44	1:30:26
145	34	Brian Barlow	St Louis Park	MN	32	141	14:46	2:58	3:14	139	46:01	19.6	0:55	159	25:33	8:31	1:30:27
146	47	Weldon Bell	Minnetonka	MN	36	216	18:02	3:37	1:59	185	48:43	18.5	0:39	48	21:31	7:11	1:30:53
147	76	Jr Campuzano	Excelsior	MN	49	200	17:27	3:30	2:45	131	45:24	19.8	1:36	102	23:47	7:56	1:30:57
148	17	Tom Amundson	Minneapolis	MN	63	139	14:45	2:57	1:53	146	46:18	19.4	1:29	181	26:41	8:54	1:31:04
149	517	Thomas Stiernagle	Minneapolis	MN	25	189	16:54	3:23	2:25	152	46:32	19.3	0:46	123	24:29	8:10	1:31:04
150	264	Ben Johnson	Minneapolis	MN	39	245	20:22	4:05	1:51	98	43:59	20.5	1:41	89	23:21	7:47	1:31:12
151	395	Nicolas Oustlant	Minneapolis	MN	37	160	15:38	3:08	2:36	118	44:50	20.1	1:18	188	26:57	8:59	1:31:16
152	27	Patrick Armstrong	Eden Prairie	MN	21	69	13:12	2:39	2:24	245	56:10	16.0	0:34	8	18:59	6:20	1:31:18
153	524	Nick Summers	Mound	MN	46	77	13:30	2:42	2:07	148	46:26	19.4	1:05	213	28:17	9:26	1:31:23
154	206	Chris Harristhal	Minneapolis	MN	52	177	16:15	3:15	3:31	137	45:46	19.7	1:29	116	24:24	8:08	1:31:23
155	182	Andy Grant	Eden Prairie	MN	43	166	15:49	3:10	2:31	125	45:07	19.9	0:58	189	27:01	9:01	1:31:24

156	333	Dan Lund	Chanhassen	MN	49	159	15:37	3:08	3:16	108	44:24	20.3	1:45	182	26:42	8:54	1:31:42
157	578	James Wassenberg	Falcon Heights	MN	45	164	15:45	3:09	2:25	142	46:05	19.5	1:37	170	26:01	8:41	1:31:51
158	210	Scott Haskins	Excelsior	MN	42	180	16:29	3:18	3:40	149	46:30	19.4	1:25	108	24:01	8:01	1:32:02
159	297	Bryan Koster	Plymouth	MN	35	155	15:22	3:05	2:38	173	47:51	18.8	1:36	139	24:54	8:18	1:32:20
160	413	Michael Polis	Plymouth	MN	46	199	17:24	3:29	2:47	141	46:03	19.5	1:30	130	24:39	8:13	1:32:21
161	62	Bret Adam Boettcher	San Francisco	CA	45	132	14:38	2:56	3:09	166	47:14	19.1	1:25	169	25:58	8:40	1:32:23
162	551	Bill Traxler	Victoria	MN	51	222	18:25	3:41	3:46	104	44:12	20.4	0:54	149	25:12	8:24	1:32:27
163	42	Terry Beachey	Excelsior	MN	52	235	19:03	3:49	1:54	111	44:30	20.2	1:39	156	25:31	8:31	1:32:36
164	138	Jay Erb	Excelsior	MN	47	86	13:40	2:44	2:43	155	46:34	19.3	0:58	218	28:46	9:36	1:32:39
165	543	Justin Thunstrom	Orono	MN	19	120	14:30	2:54	1:47	186	48:45	18.5	0:59	187	26:52	8:58	1:32:50
166	202	Ed Hanzlik	Shorewood	MN	52	80	13:33	2:43	2:54	181	48:26	18.6	1:47	174	26:18	8:46	1:32:56
167	120	Richard Dolski	Chaska	MN	56	215	18:02	3:37	3:07	122	44:56	20.0	1:21	161	25:48	8:36	1:33:11
168	320	Jason Lien	St. Paul	MN	42	173	16:07	3:14	3:44	153	46:34	19.3	1:51	150	25:16	8:26	1:33:29
169	606	Jon Ylinen	Woodbury	MN	27	122	14:31	2:55	3:20	156	46:37	19.3	2:26	180	26:41	8:54	1:33:33
170	469	Kurt Schultz	Lakeville	MN	51	201	17:27	3:30	2:01	123	45:01	20.0	2:04	194	27:14	9:05	1:33:46
171	426	Paul Reichman	Minneapolis	MN	36	236	19:10	3:50	3:26	154	46:34	19.3	1:26	92	23:23	7:48	1:33:58
172	350	Tom McConville	Osseo	PL	61	244	20:18	4:04	2:31	89	43:43	20.6	0:59	179	26:28	8:50	1:33:58
173	442	Mike Rogers	Minnetonka	MN	49	188	16:54	3:23	2:16	145	46:17	19.4	2:00	185	26:50	8:57	1:34:16
174	280	Timothy Kenyon	Minnetonka	MN	53	105	14:08	2:50	2:39	209	50:28	17.8	1:12	164	25:51	8:37	1:34:17
175	102	Mike Craig	Shakopee	MN	38	118	14:26	2:54	2:41	196	49:22	18.2	0:53	196	27:21	9:07	1:34:42
176	356	David Meline	Minneapolis	MN	56	67	13:10	2:38	3:14	204	50:07	18.0	0:54	199	27:30	9:10	1:34:52
177	353	Ryan McKesson	Chaska	MN	32	36	12:38	2:32	1:44	235	53:15	16.9	1:01	177	26:26	8:49	1:35:01
178	598	Mark Winholtz	Andover	MN	62	175	16:09	3:14	1:56	136	45:42	19.7	1:30	231	29:49	9:57	1:35:03
179	199	Jamie Halverson	Prior Lake	MN	39	168	15:51	3:11	3:22	174	47:52	18.8	1:15	190	27:06	9:02	1:35:24
180	231	Matt Hohmann	Apple Valley	MN	40	183	16:39	3:20	4:20	177	48:05	18.7	1:51	134	24:44	8:15	1:35:37
181	421	Nathan Rajalingam	Minneapolis	MN	35	165	15:45	3:09	2:05	221	51:43	17.4	1:06	144	25:00	8:20	1:35:38
182	46	Scott Bell	Edina	MN	42	163	15:44	3:09	3:41	203	50:05	18.0	1:07	147	25:06	8:22	1:35:41
183	271	Ward Johnson	Minneapolis	MN	43	133	14:40	2:56	3:48	165	47:11	19.1	2:29	201	27:36	9:12	1:35:43
184	340	Dan Maras	Shakopee	MN	48	111	14:14	2:51	3:15	179	48:19	18.6	1:23	224	29:15	9:45	1:36:23
185	402	Ed Penney	Deephaven	MN	65	193	16:59	3:24	3:07	127	45:14	19.9	1:58	223	29:11	9:44	1:36:27
186	277	Brian Kelly	St Louis Park	MN	37	182	16:34	3:19	2:15	160	46:47	19.2	2:07	221	28:51	9:37	1:36:32
187	542	Jason Thunstrom	Orono	MN	44	239	19:39	3:56	2:28	191	49:11	18.3	1:09	112	24:13	8:05	1:36:39
188	462	Jeff Scharmer	Mankato	MN	44	198	17:24	3:29	3:19	169	47:35	18.9	0:58	200	27:31	9:11	1:36:44
189	549	Jeff Tortelli	Chaska	MN	47	151	15:11	3:03	2:38	205	50:14	17.9	1:02	205	27:50	9:17	1:36:53
190	530	Jon Swanson	Minneapolis	MN	44	144	14:51	2:59	3:43	193	49:16	18.3	1:48	197	27:21	9:07	1:36:57
191	339	Matt Manwaring	Maple Grove	MN	37	174	16:08	3:14	3:22	224	52:03	17.3	1:07	113	24:20	8:07	1:36:58
192	93	Michael Clark	East Bethel	MN	26	246	20:23	4:05	2:01	176	48:01	18.7	1:36	145	25:04	8:22	1:37:03
193	470	Sydney Schultz	Burnsville	MN	59	195	17:04	3:25		269	1:47:58	8.3	2:34	122	24:28	8:10	1:37:03
194	400	William Pattison	St. Paul	MN	32	190	16:56	3:24	3:23	178	48:06	18.7	1:43	206	27:50	9:17	1:37:56
195	599	Barton Wold	Maple Grove	MN	40	191	16:57	3:24	3:45	217	51:02	17.6	1:13	148	25:09	8:23	1:38:03
196	429	Jeff Riepe	Shakopee	MN	32	125	14:34	2:55	3:49	233	53:06	16.9	0:46	163	25:50	8:37	1:38:04
197	23	Omar Ansari	Golden Valley	MN	44	172	15:58	3:12	3:06	216	50:53	17.7	1:34	184	26:48	8:56	1:38:16
198	113	Rob Delaune	Shoreview	MN	49					167	47:20	19.0	1:40	63	22:07	7:23	1:38:26
199	236	James Hoopes	Chanhassen	MN	53	219	18:13	3:39	2:14	175	47:54	18.8	1:35	217	28:37	9:33	1:38:31
200	124	Curt Dubbeldee	Champlin	MN	31	153	15:16	3:04	3:10	215	50:50	17.7	1:53	204	27:45	9:15	1:38:51
201	87	Brian Charlton	St Louis Park	MN	29	44	12:43	2:33	2:59	225	52:06	17.3	1:42	225	29:24	9:48	1:38:51
202	466	Ryan Schilling	Minneapolis	MN	24	230	18:46	3:46	2:59	157	46:38	19.3	0:46	230	29:48	9:56	1:38:56
203	301	Drew Krejci	Deephaven	MN	37	117	14:26	2:54	2:52	226	52:14	17.2	1:15	220	28:50	9:37	1:39:35
204	188	Joe Gryskiewicz	Edina	MN	65	129	14:37	2:56	3:15	212	50:36	17.8	1:36	233	30:01	10:01	1:40:02
205	455	Michael Rude	Excelsior	MN	51	101	14:05	2:49	4:48	231	52:56	17.0	2:32	171	26:02	8:41	1:40:20
206	143	Gregory Fish	Minnetonka	MN	38	225	18:32	3:43	3:57	192	49:13	18.3	1:29	192	27:12	9:04	1:40:21
207	185	John Griep	Minnetonka	MN	53	217	18:05	3:37	3:10	198	49:25	18.2	1:28	214	28:27	9:29	1:40:33
208	163	John Gerken	Minneapolis	MN	37	171	15:54	3:11	3:02	229	52:49	17.0	1:29	207	28:04	9:22	1:41:16
209	239	Jerry House	Woodbury	MN	66	226	18:39	3:44	4:58	219	51:22	17.5	2:01	120	24:27	8:09	1:41:24
210	285	Thomas Kirk	Somerset	WI	48	242	19:54	3:59	3:17	200	49:38	18.1	1:34	193	27:14	9:05	1:41:35
211	516	Richard Stevens	Mound	MN	59	84	13:35	2:43	2:10	187	48:53	18.4	2:07	253	35:08	11:43	1:41:51
212	336	Jason Maack	Eagan	MN	40	247	20:33	4:07	3:11	184	48:40	18.5	1:00	216	28:32	9:31	1:41:54
213	152	Steve Friswold	Eden Prairie	MN	54	206	17:43	3:33	4:45	195	49:20	18.2	1:58	212	28:15	9:25	1:41:59
214	9	Mark Adam	Rosemount	MN	34	249	20:50	4:10	2:51	214	50:49	17.7	1:28	183	26:44	8:55	1:42:40





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	532	Laura Swartz	St. Louis Park	MN	47	24	12:51	2:35	1:05	1	40:26	22.3	0:59	3	20:18	6:46	1:15:37
2	190	Jan Gunther		MN	56	16	12:41	2:33	1:32	2	40:29	22.2	0:52	4	20:22	6:48	1:15:54
3	316	Catherine Lee	Minneapolis	MN	40	17	12:42	2:33	1:36	3	40:35	22.2	0:38	5	20:59	7:00	1:16:28
4	450	Christina Ross	Chaska	MN	35	7	11:43	2:21	1:42	5	40:50	22.0	0:57	11	22:09	7:23	1:17:19
5	219	Kelly Heltemes	Eden Prairie	MN	36	50	14:07	2:50	1:32	8	42:37	21.1	0:49	2	19:59	6:40	1:19:02
6	11	Christine Agazzi	Eden Prairie	MN	38	21	12:46	2:34	1:45	9	42:42	21.1	0:56	6	21:23	7:08	1:19:29
7	365	Jody Mullet		MN	27	65	14:55	2:59	1:29	4	40:46	22.1	1:03	7	21:26	7:09	1:19:36
8	476	Leslie Sedlak	Bloomington	MN	37	10	12:06	2:26	1:24	14	43:21	20.8	0:54	9	21:53	7:18	1:19:37
9	148	Sarah Foley	Cologne	MN	43	27	12:57	2:36	1:26	15	43:23	20.7	0:47	8	21:34	7:12	1:20:05
10	29	Kimberly Ault	Mound	MN	32	31	13:11	2:39	1:02	6	41:14	21.8	0:57	32	24:06	8:02	1:20:28
11	478	Mary Sellke	Golden Valley	MN	44	38	13:30	2:42	1:11	7	42:19	21.3	1:11	21	22:59	7:40	1:21:07
12	200	Naomi Hamer	Orono	MN	39	5	11:29	2:18	2:07	18	44:00	20.5	1:06	22	23:02	7:41	1:21:42
13	557	Brenda Trok	Maple Grove	MN	35	30	13:11	2:39	1:32	16	43:35	20.7	1:00	14	22:38	7:33	1:21:54
14	511	Laurie Stanek	Prior Lake	MN	50	59	14:27	2:54	1:40	10	43:04	20.9	0:55	20	22:57	7:39	1:23:01
15	464	Kim Scheel	Madison Lake	MN	37	64	14:50	2:58	2:44	32	45:56	19.6	1:50	1	19:31	6:31	1:24:50
16	12	Sara Ahlquist	Minnetonka	MN	44	34	13:18	2:40	1:32	21	44:54	20.0	0:55	39	24:33	8:11	1:25:10
17	75	Patty Campbell	Plymouth	MN	45	12	12:33	2:31	1:08	31	45:50	19.6	0:53	53	25:24	8:28	1:25:47
18	311	Brianna Lavelle	Chaska	MN	16	2	10:47	2:10	1:22	50	47:42	18.9	0:49	51	25:20	8:27	1:25:59
19	230	Anne Hoeschen	Freeport	MN	40	70	15:10	3:02	1:29	17	43:57	20.5	1:00	38	24:28	8:10	1:26:01
20	272	Becca Joseph	Minnetonka	MN	39	26	12:55	2:35	1:42	66	48:39	18.5	0:53	13	22:21	7:27	1:26:29
21	103	Cindy Crawford	Deephaven	MN	51	39	13:31	2:43	1:31	22	45:00	20.0	1:06	55	25:31	8:31	1:26:38
22	412	Joleen Plekkenpol	Chanhausen	MN	19	3	11:21	2:17	1:30	51	47:43	18.9	0:27	60	25:45	8:35	1:26:44
23	288	Sarah Klein	Victoria	MN	33	48	13:54	2:47	2:04	35	46:06	19.5	1:49	19	22:56	7:39	1:26:48
24	114	Kelley Delmonico	Minneapolis	MN	32	68	15:07	3:02	1:40	40	46:39	19.3	0:40	17	22:47	7:36	1:26:50
25	347	Sarah Matthiesen	Delano	MN	21	83	15:44	3:09	1:34	25	45:28	19.8	0:48	28	23:34	7:52	1:27:05
26	172	Lisa Goepfert	Blaine	MN	51	78	15:30	3:06	1:56	19	44:02	20.4	0:51	43	24:49	8:17	1:27:05
27	422	Lara Rampetsreiter	Maple Grove	MN	44	33	13:17	2:40	1:29	33	45:57	19.6	1:09	50	25:19	8:27	1:27:09
28	652	Katie Willsey	Sheboygan	WI	37	43	13:40	2:44	3:17	29	45:37	19.7	1:43	27	23:25	7:49	1:27:40
29	590	Brook Wheeler	Maple Grove	MN	43	58	14:26	2:54	2:46	23	45:08	19.9	1:23	31	24:06	8:02	1:27:48
30	342	Sandy Marshall	Minneapolis	MN	42	19	12:43	2:33	3:07	13	43:14	20.8	1:45	80	27:02	9:01	1:27:48
31	550	Beth Trautman	Medina	MN	47	94	16:20	3:16	1:19	11	43:09	20.9	0:55	71	26:19	8:47	1:28:01
32	508	Ashley Srivastava	Minneapolis	MN	33	74	15:16	3:04	2:03	34	46:01	19.6	1:34	25	23:12	7:44	1:28:05
33	540	Lara Thomas	Saint Louis Park	MN	40	6	11:38	2:20	2:51	27	45:33	19.8	1:08	81	27:11	9:04	1:28:19
34	94	Casey Claypool	Deephaven	MN	35	72	15:13	3:03	2:05	37	46:13	19.5	1:07	29	23:49	7:57	1:28:27
35	245	Allison Hurtgen	Wodobury	MN	26	15	12:40	2:32	2:46	48	47:21	19.0	1:00	45	25:04	8:22	1:28:49
36	66	Caitlin Bowerman	Chanhausen	MN	23	69	15:09	3:02	2:13	39	46:17	19.4	1:16	34	24:09	8:03	1:29:03
37	576	Amanda Ward	Roseville	MN	28	90	16:09	3:14	2:33	12	43:12	20.8	1:38	56	25:39	8:33	1:29:09
38	306	Margaret Lancaster	Edina	MN	34	36	13:29	2:42	3:30	55	48:08	18.7	1:05	23	23:03	7:41	1:29:13
39	162	Lori Gengler	Plymouth	MN	42	88	16:03	3:13	1:45	28	45:34	19.8	1:27	44	24:49	8:17	1:29:36
40	403	Lindsay Penney	Seattle	WA	31	25	12:53	2:35	1:21	49	47:35	18.9	1:13	78	26:56	8:59	1:29:55
41	608	Laura Young	Minneapolis	MN	25	63	14:49	2:58	2:15	70	49:32	18.2	0:49	24	23:07	7:43	1:30:30
42	105	Sarah Curry	Excelsior	MN	30	53	14:11	2:51	2:10	36	46:13	19.5	0:43	82	27:17	9:06	1:30:32
43	111	Sarah Davis	Hopkins	MN	36	76	15:22	3:05	2:44	61	48:21	18.6	1:02	26	23:13	7:45	1:30:39
44	603	Shannon Worum	Eden Prairie	MN	34	84	15:57	3:12	2:34	56	48:11	18.7	1:12	18	22:48	7:36	1:30:40
45	131	Karen Eklin	Plymouth	MN	50	42	13:35	2:43	1:56	63	48:37	18.5	1:11	54	25:30	8:30	1:30:46
46	195	Anne Gustin	Edina	MN	35	62	14:45	2:57	1:42	53	47:56	18.8	0:48	58	25:42	8:34	1:30:53
47	270	Sarah Johnson	Castle Rock	CO	43	61	14:43	2:57	2:08	26	45:31	19.8	1:08	92	27:35	9:12	1:31:03
48	115	Marky Deming	St. Bonifacius	MN	29	107	17:07	3:26	2:39	30	45:48	19.7	1:23	33	24:08	8:03	1:31:03
49	519	Carrie Stolar	Chanhausen	MN	47	1	10:20	2:04	1:43	69	49:27	18.2	1:25	106	28:23	9:28	1:31:16
50	488	Kim Siebold	Lakeville	MN	45	85	16:00	3:12	1:31	38	46:13	19.5	2:00	59	25:44	8:35	1:31:26
51	88	Sarah Chillo	Minneapolis	MN	34	52	14:09	2:50	1:58	62	48:29	18.6	1:15	57	25:41	8:34	1:31:29
52	97	Bethany Collins	New Hope	MN	59	22	12:48	2:34	2:04	24	45:21	19.8	1:17	128	30:13	10:05	1:31:41

53	512	Angela Starry	Saint Paul	MN	29	115	17:24	3:29	2:06	43	46:55	19.2	1:20	30	23:58	8:00	1:31:42
54	233	Susan Holt	Plymouth	MN	58	37	13:30	2:42	1:59	60	48:20	18.6	1:33	86	27:19	9:07	1:32:39
55	58	Patricia Billmeyer	Plymouth	MN	51	73	15:15	3:03	2:29	41	46:48	19.2	1:39	76	26:34	8:52	1:32:43
56	377	Marie Newcome	Minnetonka	MN	41	56	14:21	2:53	2:08	44	46:59	19.2	1:05	103	28:17	9:26	1:32:48
57	84	Natalie Chan	Minneapolis	MN	26	13	12:37	2:32	2:22	87	50:41	17.8	1:11	69	26:12	8:44	1:33:00
58	468	Lisa Schneider	Minneapolis	MN	32	28	13:04	2:37	3:53	78	50:14	17.9	0:51	47	25:13	8:25	1:33:14
59	503	Peg Sorensen	Chaska	MN	57	40	13:32	2:43	2:44	45	47:05	19.1	1:04	115	28:51	9:37	1:33:15
60	50	Theresa Bergren	Chanhassen	MN	41	105	17:04	3:25	3:40	65	48:39	18.5	1:21	15	22:42	7:34	1:33:23
61	220	Kelly Henderson	Chanhassen	MN	47	35	13:27	2:42	1:36	72	49:39	18.1	1:11	93	27:36	9:12	1:33:27
62	101	Tess Cotter	St Paul	MN	25	45	13:45	2:45	1:58	89	50:53	17.7	1:08	62	25:54	8:38	1:33:37
63	309	Katie Larson	Minnetonka	MN	30	4	11:28	2:18	2:23	90	50:58	17.7	1:11	98	27:59	9:20	1:33:58
64	436	Debora Rodgers	Excelsior	MN	49	100	16:37	3:20	2:19	52	47:52	18.8	2:00	48	25:16	8:26	1:34:01
65	441	Elizabeth Rogers	Minneapolis	MN	34	104	17:01	3:25	3:17	58	48:19	18.6	0:55	40	24:34	8:12	1:34:04
66	149	Kathryn Freytag	Eden Prairie	MN	46	109	17:18	3:28	2:17	46	47:11	19.1	1:27	68	26:05	8:42	1:34:15
67	255	Jen Jensen	Victoria	MN	38	86	16:01	3:13	2:11	80	50:23	17.9	1:09	41	24:42	8:14	1:34:23
68	249	Leslie Iyer	Edina	MN	42	125	18:07	3:38	2:16	20	44:29	20.2	1:33	108	28:27	9:29	1:34:50
69	344	Jenny Marzolf	Minneapolis	MN	28	9	12:05	2:25	1:48	105	53:02	17.0	0:39	91	27:34	9:12	1:35:05
70	73	Tricia Byrne	Minneapolis	MN	41	80	15:40	3:08	2:40	73	49:42	18.1	2:04	49	25:19	8:27	1:35:23
71	520	Monica Stone	Minnetonka	MN	45	132	18:45	3:45	2:33	42	46:50	19.2	1:29	64	25:56	8:39	1:35:31
72	383	Cheryl Oconnell	Eden Prairie	MN	43	77	16:24	3:05	2:16	71	49:38	18.1	1:04	83	27:17	9:06	1:35:37
73	250	Zoe Iyer	Edina	MN	13	96	16:25	3:17	1:54	88	50:51	17.7	0:37	63	25:54	8:38	1:35:40
74	490	Kate Simonet	Brooklyn Park	MN	19	121	17:49	3:34	3:13	85	50:34	17.8	2:01	10	22:06	7:22	1:35:41
75	583	Teresa Welch	Eden Prairie	MN	47	29	13:10	2:38	2:08	99	52:01	17.3	1:01	89	27:26	9:09	1:35:44
76	346	Erin Matthew	Roseville	MN	19	120	17:49	3:34	3:15	84	50:32	17.8	2:02	12	22:15	7:25	1:35:51
77	278	Carin Kelly	St Louis Park	MN	37	111	17:19	3:28	1:57	91	50:58	17.7	1:15	36	24:26	8:09	1:35:53
78	565	Penny Verdeck	Glencoe	MN	39	95	16:25	3:17	2:04	75	49:59	18.0	1:37	67	26:05	8:42	1:36:09
79	445	Kathleen Roller	Orono	MN	45	116	17:27	3:30	1:35	54	48:00	18.8	1:41	90	27:30	9:10	1:36:12
80	585	Kimberly Wells	Eden Prairie	MN	48	89	16:06	3:13	3:22	82	50:28	17.8	1:49	46	25:07	8:23	1:36:50
81	368	Jaleh Nahvi	Inver Grove Height	MN	44	49	14:03	2:49	2:19	111	53:21	16.9	1:15	61	25:54	8:38	1:36:50
82	384	Pam O'Connor	Chanhassen	MN	44	41	13:33	2:43	1:52	59	48:20	18.6	1:52	134	31:19	10:27	1:36:54
83	243	Julie Hurley	Excelsior	MN	41	82	15:43	3:09	3:45	114	53:45	16.7	1:00	16	22:46	7:36	1:36:56
84	191	Adrienne Gustafson	Chanhassen	MN	27	87	16:03	3:13	2:15	106	53:02	17.0	0:40	52	25:24	8:28	1:37:21
85	348	Christie McCarthy	Eden Prairie	MN	45	110	17:18	3:28	1:59	67	48:48	18.4	1:28	95	27:51	9:17	1:37:23
86	373	Rachel Nelson	Chaska	MI	38	131	18:39	3:44	2:29	47	47:20	19.0	0:52	100	28:09	9:23	1:37:27
87	433	Deb Roberts	Nisswa	MN	63	55	14:15	2:51	2:52	79	50:19	17.9	1:27	122	29:18	9:46	1:38:09
88	24	Rebecca Ansari	Golden Valley	MN	41	60	14:42	2:57	2:27	92	51:09	17.6	2:12	99	28:03	9:21	1:38:31
89	262	Leanne Johansen	Wayzata	MN	38	23	12:50	2:34	3:06	129	55:35	16.2	0:42	74	26:28	8:50	1:38:39
90	506	Penny Springer	Prior Lake	MN	50	92	16:11	3:15	2:01	81	50:24	17.9	1:02	119	29:08	9:43	1:38:44
91	533	Sarah Swehla	Eagan	MN	30	18	12:42	2:33	4:06	95	51:36	17.4	3:51	87	27:21	9:07	1:39:34
92	489	Virginia Sievers	Minneapolis	CO	30	32	13:15	2:39	3:32	118	54:14	16.6	1:14	88	27:21	9:07	1:39:34
93	477	Barbara Seifert	Shorewood	MN	38	51	14:08	2:50	4:00	108	53:05	17.0	1:06	85	27:18	9:06	1:39:35
94	257	Mary Jensen	Byron	MN	46	97	16:29	3:18	2:46	125	55:03	16.3	1:01	37	24:27	8:09	1:39:43
95	589	Nikki Weum	Eden Prairie	MN	29	11	12:14	2:27	3:38	116	54:08	16.6	1:44	112	28:36	9:32	1:40:19
96	242	Krista Humbert	Mound	MN	21	46	13:52	2:47	3:00	107	53:04	17.0	1:11	121	29:15	9:45	1:40:22
97	156	Pamela Gajdosik	Minneapolis	MN	45	114	17:24	3:29	2:32	77	50:07	18.0	1:36	116	28:54	9:38	1:40:30
98	203	Rachael Harbort	Cottage Grove	MN	41	103	16:57	3:24	4:10	100	52:15	17.2	1:07	72	26:21	8:47	1:40:47
99	10	Hailey Adams	Fargo	ND	20	71	15:11	3:03	3:21	102	52:28	17.2	2:55	79	26:58	9:00	1:40:51
100	453	Audrey Royer	Eagan	MN	34	113	17:20	3:28	3:35	74	49:42	18.1	1:43	114	28:45	9:35	1:41:03
101	253	Molly Jeatran	Minneapolis	MN	34	47	13:54	2:47	3:21	83	50:29	17.8	2:25	132	30:59	10:20	1:41:06
102	526	Gina Sundeen	Plymouth	MN	31	101	16:37	3:20	2:19	97	51:48	17.4	0:51	125	29:34	9:52	1:41:07
103	32	Evonne Bak	Excelsior	MN	36	130	18:36	3:44	4:13	68	48:49	18.4	1:28	101	28:13	9:25	1:41:18
104	497	Diane K Smith	Maple Grove	MN	33	160	23:07	4:38	2:40	76	50:00	18.0	0:57	42	24:44	8:15	1:41:27
105	53	Jessica Besonen	Minnetonka	MN	26	66	14:57	3:00	3:01	120	54:20	16.6	0:48	111	28:35	9:32	1:41:38
106	208	Anne Hartman	Plymouth	MN	38	127	18:10	3:38	1:52	101	52:21	17.2	1:19	110	28:35	9:32	1:42:15
107	425	Pady Regnier	Excelsior	MN	58	102	16:48	3:22	3:14	86	50:36	17.8	2:11	126	29:42	9:54	1:42:30
108	467	Adrienne Schneider	Minneapolis	MN	25	79	15:31	3:07	2:07	112	53:26	16.8	0:35	133	31:15	10:25	1:42:52
109	604	Jennifer Wozniczka	Minneapolis	MN	30	81	15:42	3:09	1:39	110	53:09	16.9	0:58	137	31:38	10:33	1:43:03
110	651	Jillian Larsen			34	14	12:38	2:32	3:23	135	56:52	15.8	1:02	123	29:33	9:51	1:43:27
111	496	Katie Skinner	Excelsior	MN	39	112	17:20	3:28	3:39	167	1:46:29	8.5		66	26:03	8:41	1:43:34

112	128	Emily Eggebraaten	Sioux Falls	SD	33	54	14:13	2:51	3:00	133	56:45	15.9	1:29	102	28:14	9:25	1:43:39
113	385	Amy Ode	Plymouth	MN	37	20	12:44	2:33	3:04	144	58:44	15.3	0:47	109	28:32	9:31	1:43:48
114	523	Belinda Stutzman	Deephaven	MN	48	123	18:01	3:37	3:00	57	48:12	18.7	3:18	135	31:37	10:33	1:44:06
115	106	Beth Dalton	Woodbury	MN	58	8	11:57	2:24	4:51	121	54:21	16.6	1:26	136	31:37	10:33	1:44:12
116	375	Shelley Nelson	Minneapolis	MN	30	117	17:30	3:30	3:30	104	52:50	17.0	1:48	113	28:40	9:34	1:44:16
117	132	Missy Elder	Chanhassen	MN	50	141	20:23	4:05	3:59	64	48:38	18.5	2:10	120	29:08	9:43	1:44:16
118	568	Kali Wachter	Rogers	MN	28	148	20:53	4:11	4:35	94	51:26	17.5	1:06	73	26:22	8:48	1:44:20
119	454	Catherine Rude	Excelsior	MN	48	75	15:18	3:04	3:11	132	56:34	15.9	1:05	104	28:20	9:27	1:44:26
120	214	Bridget Hegman	Lakeville	MN	45	119	17:46	3:34	3:23	117	54:13	16.6	3:05	77	26:51	8:57	1:45:16
121	157	Alissa Gardner	Rochester	MN	30	93	16:19	3:16	4:47	146	59:03	15.2	1:09	35	24:10	8:04	1:45:27
122	207	Colleen Harristhal	Shorewood	MN	48	156	22:02	4:25	2:39	96	51:46	17.4	2:30	75	26:33	8:51	1:45:29
123	263	Alyce Johnson	Hudson	WI	20	106	17:04	3:25	3:04	103	52:43	17.1	2:06	131	30:34	10:12	1:45:30
124	374	Shannon Nelson	St Paul	MN	57	98	16:33	3:19	2:53	113	53:40	16.8	2:46	127	29:52	9:58	1:45:43
125	546	Michelle Tichey	St Paul	MN	50	134	19:03	3:49	2:13	93	51:12	17.6	1:38	143	32:15	10:45	1:46:19
126	331	Susan Lovering	Excelsior	MN	45	91	16:10	3:14	2:43	137	56:59	15.8	1:43	117	28:58	9:40	1:46:31
127	187	Angela Grinnell	Eden Prairie	MN	43	152	21:33	4:19	4:14	98	51:54	17.3	3:08	70	26:14	8:45	1:47:01
128	330	Lisa Lorenzen	Chanhassen	MN	32	108	17:11	3:27	2:25	124	54:58	16.4	1:29	142	31:50	10:37	1:47:51
129	501	Andrea Snortland	Grand Forks	ND	38	99	16:33	3:19	3:52	142	58:22	15.4	1:57	105	28:23	9:28	1:49:06
130	204	Abbey Harris	Minneapolis	MN	26	150	21:07	4:14	3:35	128	55:11	16.3	1:58	97	27:58	9:20	1:49:47
131	318	Cindy Lesage	Tonka Bay	MN	45	164	24:25	4:53	3:22	122	54:29	16.5	1:39	65	26:01	8:41	1:49:53
132	65	Paige Borth	Chanhassen	MN	21	135	19:21	3:53	2:04	141	58:16	15.4	1:43	124	29:33	9:51	1:50:55
133	600	Maria Wooching	Minneapolis	MN	26	122	17:51	3:35	3:54	109	53:07	16.9	1:22	149	34:45	11:35	1:50:56
134	121	Carol Donen	Chanhassen	MN	54	144	20:37	4:08	4:37	134	56:48	15.8	1:12	94	27:44	9:15	1:50:57
135	181	Betsy Grams	Chanhassen	MN	38	136	19:24	3:53	2:57	138	57:39	15.6	1:56	118	29:04	9:42	1:50:58
136	174	Kerstin Goldsby	Chanhassen	MN	33	149	20:54	4:11	3:24	127	55:11	16.3	1:24	129	30:21	10:07	1:51:12
137	35	Elizabeth Barnes	Bloomington	MN	23	143	20:36	4:08	2:14	123	54:53	16.4	2:11	139	31:45	10:35	1:51:38
138	177	Jennifer Gorder	Bloomington	MN	41	128	18:16	3:40	3:56	119	54:15	16.6	1:26	147	34:05	11:22	1:51:55
139	267	Joyell Johnson	Minneapolis	MN	37	157	22:07	4:26	2:38	115	53:45	16.7	1:54	138	31:39	10:33	1:52:02
140	391	Karen Oneal	Minneapolis	MN	58	133	18:50	3:46	2:44	131	56:21	16.0	1:38	145	33:03	11:01	1:52:34
141	572	Abby Wallin	Deephaven	MN	34	153	21:35	4:19	4:16	140	58:12	15.5	1:10	96	27:57	9:19	1:53:07
142	487	Kayla Siebold	Lakeville	MN	17	57	14:26	2:54	2:34	126	55:10	16.3	1:32	163	39:35	13:12	1:53:16
143	99	Christiana Cook	Mound	MN	23	129	18:33	3:43	3:55	130	56:06	16.0	2:05	144	32:49	10:57	1:53:26
144	607	Kimberly Young	Minnetonka	MN	47	151	21:19	4:16	2:59	143	58:30	15.4	2:29	107	28:25	9:29	1:53:40
145	68	Roxie Bozicevich	Golden Valley	MN	45	118	17:37	3:32	3:21	154	1:03:25	14.2	1:11	130	30:25	10:09	1:55:57
146	112	Cara Daza	Chanhassen	MN	31	146	20:47	4:10	4:08	151	1:02:59	14.3	2:12	84	27:18	9:06	1:57:23
147	164	Abbie Gibbs	Grand Forks	ND	42	137	19:28	3:54	2:48	139	57:41	15.6	1:15	156	36:54	12:18	1:58:03
148	328	Kristel Loffler	Shorewood	MN	34	145	20:46	4:10	4:12	148	59:15	15.2	2:21	146	33:47	11:16	2:00:20
149	611	Laura Zontelli	Minnetonka	MN	45	138	19:53	3:59	4:56	149	1:00:32	14.9	3:56	140	31:47	10:36	2:01:01
150	78	Brenda Carriere	Brooklyn Center	MN	49	44	13:43	2:45	3:02	152	1:03:04	14.3	2:17	162	39:06	13:02	2:01:10
151	415	S. Mechelle Powers	Custer	SD	46	161	23:12	4:39	3:12	136	56:54	15.8	1:02	160	37:46	12:36	2:02:03
152	423	Janelle Ranek	Minneapolis	MN	49	158	22:33	4:31	2:53	147	59:07	15.2	1:33	155	36:29	12:10	2:02:33
153	15	Heidi Allen	Rochester	MN	31	126	18:09	3:38	4:12	168	4:58:18	3.0		157	36:58	12:20	2:03:15
154	69	Marie Bridge	Excelsior	MN	42	124	18:04	3:37	9:18	145	58:44	15.3	5:43	141	31:47	10:36	2:03:34
155	505	Angie Spencer	Minneapolis	MN	31	139	20:20	4:04	5:24	155	1:03:32	14.2	1:53	148	34:31	11:31	2:05:38
156	609	Sarah Zalewski	Chaska	MN	32	147	20:51	4:11	2:48	160	1:06:01	13.6	0:57	151	35:59	12:00	2:06:34
157	205	Margaret Harris	Byron	MN	49	142	20:32	4:07	4:44	157	1:04:00	14.1	1:17	159	37:23	12:28	2:07:55
158	334	Lisa Lund	Excelsior	MN	43	162	23:12	4:39	4:08	150	1:01:17	14.7	3:13	153	36:13	12:05	2:08:00
159	591	Jenniffer Whitworth	Brooklyn Center	MN	37	67	15:06	3:02	5:42	163	1:10:10	12.8	3:05	152	36:07	12:03	2:10:09
160	189	April Guillaume	Chanhassen	MN	39	166	25:42	5:09	4:21	153	1:03:19	14.2	1:45	154	36:16	12:06	2:11:21
161	229	Lisa Hoelzer	Rochester	MN	39	155	21:59	4:24	5:46	159	1:05:44	13.7	2:03	158	37:06	12:22	2:12:36
162	354	Meg McMonigal	Minneapolis	MN	55	159	22:53	4:35	4:19	158	1:05:05	13.8	0:58	165	40:45	13:35	2:13:59
163	418	Alyssa Purdy	St. Paul	MN	39	140	20:23	4:05	3:35	162	1:06:21	13.6	2:04	167	43:15	14:25	2:15:36
164	175	Marilyn Goldsby	Minnetonka	MN	59	154	21:45	4:21	6:49	156	1:03:43	14.1	7:25	161	38:19	12:47	2:17:58
165	507	Adrienne Spruill	Minneapolis	MN	33	165	24:39	4:56	6:48	161	1:06:02	13.6	1:18	164	40:25	13:29	2:19:10
166	452	Lisa Rowley	Minnetonka	MN	27	163	24:07	4:50	4:40	166	1:15:29	11.9	4:39	150	35:15	11:45	2:24:09
167	370	Jessica Nelson	Shorewood	MN	22	167	26:20	5:16	4:30	164	1:12:12	12.5	2:27	166	41:05	13:42	2:26:32
168	119	Gianna Diloreto	Minnetonka	MN	28	168	29:15	5:51	4:55	165	1:14:36	12.1	1:20	168	50:12	16:44	2:40:16

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MALE AGE GROUP 19 - UNDER

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	554	Nick Traxler	Deephaven	MN	19	1	12:33	2:31	0:57	1	42:14	21.3	0:35	1	17:04	5:42	1:13:21
2	381	Daniel Niemi	Plymouth	MN	14	2	12:49	2:34	3:37	3	49:00	18.4	0:47	2	20:55	6:59	1:27:07
3	543	Justin Thunstrom	Orono	MN	19	3	14:30	2:54	1:47	2	48:45	18.5	0:59	3	26:52	8:58	1:32:50

FEMALE AGE GROUP 19 - UNDER

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	311	Brianna Lavelle	Chaska	MN	16	1	10:47	2:10	1:22	1	47:42	18.9	0:49	3	25:20	8:27	1:25:59
2	412	Joleen Plekkenpol	Chanhasen	MN	19	2	11:21	2:17	1:30	2	47:43	18.9	0:27	4	25:45	8:35	1:26:44
3	250	Zoe Iyer	Edina	MN	13	4	16:25	3:17	1:54	5	50:51	17.7	0:37	5	25:54	8:38	1:35:40
4	490	Kate Simonet	Brooklyn Park	MN	19	6	17:49	3:34	3:13	4	50:34	17.8	2:01	1	22:06	7:22	1:35:41
5	346	Erin Matthew	Roseville	MN	19	5	17:49	3:34	3:15	3	50:32	17.8	2:02	2	22:15	7:25	1:35:51
6	487	Kayla Siebold	Lakeville	MN	17	3	14:26	2:54	2:34	6	55:10	16.3	1:32	6	39:35	13:12	1:53:16

MALE AGE GROUP 20 - 24

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	439	Brian Rogers	Minneapolis	MN	24	2	11:41	2:21	2:54	1	41:48	21.5	1:38	2	19:49	6:37	1:17:49
2	290	Anton Knack	Prior Lake	MN	21	1	10:31	2:07	1:36	4	44:22	20.3	1:07	3	20:35	6:52	1:18:08
3	240	Scott Hudson	Shoreview	MN	24	3	12:27	2:30	2:16	2	42:06	21.4	2:02	7	25:37	8:33	1:24:26
4	394	Justin Oskey`	Mendota Heights	MN	23	5	13:58	2:48	3:46	3	43:50	20.5	2:07	5	23:00	7:40	1:26:39
5	553	Joe Traxler	Victoria	MN	20	11	17:05	3:25	2:04	5	45:29	19.8	1:13	4	21:08	7:03	1:26:56
6	127	Marc Egeland	Saint Paul	MN	24	7	14:46	2:58	2:07	7	46:54	19.2	2:12	6	24:23	8:08	1:30:20
7	27	Patrick Armstrong	Eden Prairie	MN	21	4	13:12	2:39	2:24	9	56:10	16.0	0:34	1	18:59	6:20	1:31:18
8	466	Ryan Schilling	Minneapolis	MN	24	12	18:46	3:46	2:59	6	46:38	19.3	0:46	11	29:48	9:56	1:38:56
9	44	Cj Begalke	Hopkins	MN	20	8	14:56	3:00	2:59	10	58:54	15.3	0:46	9	26:26	8:49	1:43:59
10	548	Spencer Tolliver	Minnetonka	MN	24	6	14:22	2:53	3:12	11	1:00:45	14.8	0:56	8	26:22	8:48	1:45:35
11	610	Chris Zemple	St. Paul	MN	23	9	16:50	3:22	2:23	8	50:15	17.9	2:00	12	35:19	11:47	1:46:46
12	292	Paul Gaudette	Mound	MN	24	10	17:03	3:25	2:58	12	1:01:36	14.6	0:57	10	28:14	9:25	1:50:45

FEMALE AGE GROUP 20 - 24

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	347	Sarah Matthiesen	Delano	MN	21	4	15:44	3:09	1:34	1	45:28	19.8	0:48	1	23:34	7:52	1:27:05
2	66	Caitlin Bowerman	Chanhasen	MN	23	2	15:09	3:02	2:13	2	46:17	19.4	1:16	2	24:09	8:03	1:29:03
3	242	Krista Humbert	Mound	MN	21	1	13:52	2:47	3:00	5	53:04	17.0	1:11	4	29:15	9:45	1:40:22
4	10	Hailey Adams	Fargo	ND	20	3	15:11	3:03	3:21	3	52:28	17.2	2:55	3	26:58	9:00	1:40:51
5	263	Alyce Johnson	Hudson	WI	20	5	17:04	3:25	3:04	4	52:43	17.1	2:06	6	30:34	10:12	1:45:30
6	65	Paige Borth	Chanhasen	MN	21	7	19:21	3:53	2:04	8	58:16	15.4	1:43	5	29:33	9:51	1:50:55
7	35	Elizabeth Barnes	Bloomington	MN	23	8	20:36	4:08	2:14	6	54:53	16.4	2:11	7	31:45	10:35	1:51:38
8	99	Christiana Cook	Mound	MN	23	6	18:33	3:43	3:55	7	56:06	16.0	2:05	8	32:49	10:57	1:53:26
9	370	Jessica Nelson	Shorewood	MN	22	9	26:20	5:16	4:30	9	1:12:12	12.5	2:27	9	41:05	13:42	2:26:32

MALE AGE GROUP 25 - 29

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	59	Nicholas Bishop	Minneapolis	MN	28	2	11:34	2:19	1:45	1	40:35	22.2	1:00	3	21:00	7:00	1:15:52
2	510	Patrick Stanaway	Minneapolis	MN	27	1	9:41	1:57	1:20	4	43:11	20.8	1:05	6	21:31	7:11	1:16:46
3	91	Beau Christian	Minneapolis Mn	MN	26	4	13:01	2:36	1:30	8	44:00	20.5	1:28	2	20:56	6:59	1:20:52
4	522	Steve Strait	Maple Grove	MN	28	11	15:05	3:01	2:27	2	41:47	21.5	1:27	8	21:45	7:15	1:22:30
5	194	Jeff Gustafson	Chanhassen	MN	28	10	14:38	2:56	1:40	11	44:54	20.0	0:23	7	21:45	7:15	1:23:18
6	147	Bryan Flood	Minneapolis	MN	27	12	15:44	3:09	2:00	9	44:12	20.4	0:40	4	21:02	7:01	1:23:36
7	443	Nick Rogers	Eden Prairie	MN	29	8	14:35	2:55	3:24	13	45:50	19.6	1:52	1	19:48	6:36	1:25:28
8	133	Peter Elsham	St Louis Park	MN	26	13	16:49	3:22	3:06	3	42:20	21.3	1:13	11	22:26	7:29	1:25:52
9	145	Adam Fletcher	Ann Arbor	MI	27	5	13:59	2:48	1:38	10	44:39	20.2	1:07	15	24:44	8:15	1:26:05
10	555	Brian Trettel	Minnetonka	MN	25	6	14:16	2:52	2:37	16	47:05	19.1	0:37	9	22:06	7:22	1:26:39
11	184	Phillip Greshowak	St Louis Park	MN	26	18	18:58	3:48	1:58	5	43:16	20.8	1:20	5	21:20	7:07	1:26:50
12	322	Craig Lindsay	Minneapolis	MN	29	9	14:37	2:56	2:36	12	45:09	19.9	1:37	13	23:20	7:47	1:27:17
13	528	Eric Swanlund Ii	Minneapolis	MN	28	17	18:47	3:46	3:24	6	43:52	20.5	1:16	10	22:25	7:29	1:29:43
14	389	Anders Olson	Edina	MN	28	16	18:45	3:45	3:24	7	43:56	20.5	1:13	12	22:27	7:29	1:29:44
15	517	Thomas Stiernagle	Minneapolis	MN	25	14	16:54	3:23	2:25	14	46:32	19.3	0:46	14	24:29	8:10	1:31:04
16	606	Jon Ylinen	Woodbury	MN	27	7	14:31	2:55	3:20	15	46:37	19.3	2:26	17	26:41	8:54	1:33:33
17	93	Michael Clark	East Bethel	MN	26	19	20:23	4:05	2:01	17	48:01	18.7	1:36	16	25:04	8:22	1:37:03
18	87	Brian Charlton	St Louis Park	MN	29	3	12:43	2:33	2:59	19	52:06	17.3	1:42	20	29:24	9:48	1:38:51
19	536	Tyler Swenson	Edina	MN	25	20	20:33	4:07	4:05	20	54:43	16.4	0:54	18	28:12	9:24	1:48:25
20	416	Ryan Prescher	Shakopee	MN	25	15	18:18	3:40	5:49	22	1:02:13	14.5	2:03	19	28:31	9:31	1:56:52
21	485	Aaron Sieben	Richfield	MN	28	23	45:54	9:11	4:12	21	58:41	15.3	0:45	21	35:34	11:52	2:25:04
22	314	Andrew Tasche	Excelsior	MN	25	22	27:00	5:24	4:20	23	1:31:12	9.9	1:49	22	43:46	14:36	2:48:05
23	284	Kurtis Kipka	St. Paul	MN	29	21	22:18	4:28	2:57	18	48:39	18.5	0:51				

FEMALE AGE GROUP 25 - 29

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	365	Jody Mullet		MN	27	7	14:55	2:59	1:29	1	40:46	22.1	1:03	1	21:26	7:09	1:19:36
2	245	Allison Hurtgen	Wodobury	MN	26	4	12:40	2:32	2:46	5	47:21	19.0	1:00	5	25:04	8:22	1:28:49
3	576	Amanda Ward	Roseville	MN	28	11	16:09	3:14	2:33	2	43:12	20.8	1:38	7	25:39	8:33	1:29:09
4	608	Laura Young	Minneapolis	MN	25	6	14:49	2:58	2:15	6	49:32	18.2	0:49	2	23:07	7:43	1:30:30
5	115	Marky Deming	St. Bonifacius	MN	29	12	17:07	3:26	2:39	3	45:48	19.7	1:23	4	24:08	8:03	1:31:03
6	512	Angela Starry	Saint Paul	MN	29	13	17:24	3:29	2:06	4	46:55	19.2	1:20	3	23:58	8:00	1:31:42
7	84	Natalie Chan	Minneapolis	MN	26	3	12:37	2:32	2:22	7	50:41	17.8	1:11	9	26:12	8:44	1:33:00
8	101	Tess Cotter	St Paul	MN	25	5	13:45	2:45	1:58	8	50:53	17.7	1:08	8	25:54	8:38	1:33:37
9	344	Jenny Marzolf	Minneapolis	MN	28	1	12:05	2:25	1:48	10	53:02	17.0	0:39	11	27:34	9:12	1:35:05
10	191	Adrienne Gustafson	Chanhassen	MN	27	10	16:03	3:13	2:15	11	53:02	17.0	0:40	6	25:24	8:28	1:37:21
11	589	Nikki Weum	Eden Prairie	MN	29	2	12:14	2:27	3:38	14	54:08	16.6	1:44	14	28:36	9:32	1:40:19
12	53	Jessica Besonen	Minnetonka	MN	26	8	14:57	3:00	3:01	15	54:20	16.6	0:48	13	28:35	9:32	1:41:38
13	467	Adrienne Schneider	Minneapolis	MN	25	9	15:31	3:07	2:07	13	53:26	16.8	0:35	15	31:15	10:25	1:42:52
14	568	Kali Wachter	Rogers	MN	28	15	20:53	4:11	4:35	9	51:26	17.5	1:06	10	26:22	8:48	1:44:20
15	204	Abbey Harris	Minneapolis	MN	26	16	21:07	4:14	3:35	16	55:11	16.3	1:58	12	27:58	9:20	1:49:47
16	600	Maria Wooching	Minneapolis	MN	26	14	17:51	3:35	3:54	12	53:07	16.9	1:22	16	34:45	11:35	1:50:56
17	452	Lisa Rowley	Minnetonka	MN	27	17	24:07	4:50	4:40	18	1:15:29	11.9	4:39	17	35:15	11:45	2:24:09
18	119	Gianna Diloreto	Minnetonka	MN	28	18	29:15	5:51	4:55	17	1:14:36	12.1	1:20	18	50:12	16:44	2:40:16

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
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1	161	Edwing Gelvez	Minneapolis	MN	31	2	11:37	2:20	1:03	2	39:46	22.6	0:43	1	19:21	6:27	1:12:27
2	569	Ryan Wakeham	Minnetonka	MN	33	3	11:39	2:20	1:33	1	39:17	22.9	1:02	4	20:34	6:52	1:14:03
3	345	Patrick Marzolf	Saint Paul	MN	31	1	9:20	1:52	1:39	4	41:31	21.7	1:26	3	20:29	6:50	1:14:23
4	587	Terry Werk	Eden Prairie	MN	33	8	13:42	2:45	1:25	7	44:08	20.4	0:49	5	21:21	7:07	1:21:23
5	79	Dan Cascarano	Saint Anthony Vill	MN	32	6	12:54	2:35	1:39	6	43:54	20.5	1:11	6	21:48	7:16	1:21:25
6	358	Tom Miller	Robbinsdale	MN	33	20	16:53	3:23	1:20	3	40:05	22.5	1:28	14	24:55	8:19	1:24:40
7	525	Bo Sun	Ames	IA	31	12	14:40	2:56	2:07	8	44:45	20.1	1:39	7	21:50	7:17	1:24:59
8	25	Todd Archbold	Maple Grove	MN	32	7	13:17	2:40	2:46	13	46:02	19.6	0:57	9	22:59	7:40	1:26:00
9	446	Reid Romer	Robbinsdale	MN	30	5	12:46	2:34	2:07	15	46:12	19.5	1:27	11	23:34	7:52	1:26:04
10	116	Robbie Deming	St. Bonifacius	MN	30	18	16:09	3:14	1:56	5	43:27	20.7	1:01	12	24:28	8:10	1:27:00
11	427	Jon Reifschneider	Minneapolis	MN	31	11	14:40	2:56	2:56	17	48:20	18.6	0:53	2	20:27	6:49	1:27:13
12	379	Dan Newman	Minnetonka	MN	31	9	13:56	2:48	3:17	9	44:47	20.1	1:15	13	24:40	8:14	1:27:53
13	295	Ravi Kolakaluri	St Paul	MN	31	19	16:42	3:21	2:01	14	46:11	19.5	1:22	8	21:58	7:20	1:28:12
14	192	Brandon Gustafson	Deephaven	MN	31	13	14:40	2:56	4:41	10	45:22	19.8	1:51	10	23:11	7:44	1:29:43
15	13	Scott Albrecht	St. Louis Park	MN	33	15	15:02	3:01	2:09	11	45:37	19.7	1:27	17	26:12	8:44	1:30:26
16	34	Brian Barlow	St Louis Park	MN	32	14	14:46	2:58	3:14	12	46:01	19.6	0:55	15	25:33	8:31	1:30:27
17	353	Ryan McKesson	Chaska	MN	32	4	12:38	2:32	1:44	22	53:15	16.9	1:01	18	26:26	8:49	1:35:01
18	400	William Pattison	St. Paul	MN	32	21	16:56	3:24	3:23	16	48:06	18.7	1:43	21	27:50	9:17	1:37:56
19	429	Jeff Riepe	Shakopee	MN	32	10	14:34	2:55	3:49	21	53:06	16.9	0:46	16	25:50	8:37	1:38:04
20	124	Curt Dubbeldee	Champlin	MN	31	16	15:16	3:04	3:10	19	50:50	17.7	1:53	20	27:45	9:15	1:38:51
21	9	Mark Adam	Rosemount	MN	34	23	20:50	4:10	2:51	18	50:49	17.7	1:28	19	26:44	8:55	1:42:40
22	167	Tom Gillespie	Crystal	MN	32	22	17:50	3:34	2:57	20	52:32	17.1	0:49	24	35:40	11:54	1:49:47
23	559	Jake Turner	Mounsd View Mn	MN	31	24	22:36	4:32	4:52	24	59:23	15.2	1:23	22	30:11	10:04	1:58:24
24	327	James Loffler	Excelsior	MN	33	17	15:42	3:09	24:25	23	59:15	15.2	2:20	23	33:47	11:16	2:15:27

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FEMALE AGE GROUP 30 - 34

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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	29	Kimberly Ault	Mound	MN	32	6	13:11	2:39	1:02	1	41:14	21.8	0:57	6	24:06	8:02	1:20:28
2	288	Sarah Klein	Victoria	MN	33	10	13:54	2:47	2:04	3	46:06	19.5	1:49	3	22:56	7:39	1:26:48
3	114	Kelley Delmonico	Minneapolis	MN	32	14	15:07	3:02	1:40	5	46:39	19.3	0:40	1	22:47	7:36	1:26:50
4	508	Ashley Srivastava	Minneapolis	MN	33	15	15:16	3:04	2:03	2	46:01	19.6	1:34	5	23:12	7:44	1:28:05
5	306	Margaret Lancaster	Edina	MN	34	8	13:29	2:42	3:30	7	48:08	18.7	1:05	4	23:03	7:41	1:29:13
6	403	Lindsay Penney	Seattle	WA	31	4	12:53	2:35	1:21	6	47:35	18.9	1:13	12	26:56	8:59	1:29:55
7	105	Sarah Curry	Excelsior	MN	30	12	14:11	2:51	2:10	4	46:13	19.5	0:43	13	27:17	9:06	1:30:32
8	603	Shannon Worum	Eden Prairie	MN	34	17	15:57	3:12	2:34	8	48:11	18.7	1:12	2	22:48	7:36	1:30:40
9	88	Sarah Chillo	Minneapolis	MN	34	11	14:09	2:50	1:58	10	48:29	18.6	1:15	11	25:41	8:34	1:31:29
10	468	Lisa Schneider	Minneapolis	MN	32	5	13:04	2:37	3:53	13	50:14	17.9	0:51	10	25:13	8:25	1:33:14
11	309	Katie Larson	Minnetonka	MN	30	1	11:28	2:18	2:23	15	50:58	17.7	1:11	18	27:59	9:20	1:33:58
12	441	Elizabeth Rogers	Minneapolis	MN	34	20	17:01	3:25	3:17	9	48:19	18.6	0:55	8	24:34	8:12	1:34:04
13	533	Sarah Swehla	Eagan	MN	30	3	12:42	2:33	4:06	16	51:36	17.4	3:51	15	27:21	9:07	1:39:34
14	489	Virginia Sievers	Minneapolis	CO	30	7	13:15	2:39	3:32	20	54:14	16.6	1:14	16	27:21	9:07	1:39:34
15	453	Audrey Royer	Eagan	MN	34	22	17:20	3:28	3:35	11	49:42	18.1	1:43	21	28:45	9:35	1:41:03
16	253	Molly Jeatran	Minneapolis	MN	34	9	13:54	2:47	3:21	14	50:29	17.8	2:25	25	30:59	10:20	1:41:06
17	526	Gina Sundeen	Plymouth	MN	31	19	16:37	3:20	2:19	17	51:48	17.4	0:51	23	29:34	9:52	1:41:07
18	497	Diane K Smith	Maple Grove	MN	33	31	23:07	4:38	2:40	12	50:00	18.0	0:57	9	24:44	8:15	1:41:27
19	604	Jennifer Wozniczka	Minneapolis	MN	30	16	15:42	3:09	1:39	19	53:09	16.9	0:58	26	31:38	10:33	1:43:03
20	651	Jillian Larsen			34	2	12:38	2:32	3:23	24	56:52	15.8	1:02	22	29:33	9:51	1:43:27
21	128	Emily Eggebraaten	Sioux Falls	SD	33	13	14:13	2:51	3:00	23	56:45	15.9	1:29	19	28:14	9:25	1:43:39
22	375	Shelley Nelson	Minneapolis	MN	30	23	17:30	3:30	3:30	18	52:50	17.0	1:48	20	28:40	9:34	1:44:16
23	157	Alissa Gardner	Rochester	MN	30	18	16:19	3:16	4:47	26	59:03	15.2	1:09	7	24:10	8:04	1:45:27
24	330	Lisa Lorenzen	Chanhassen	MN	32	21	17:11	3:27	2:25	21	54:58	16.4	1:29	27	31:50	10:37	1:47:51
25	174	Kerstin Goldsby	Chanhassen	MN	33	29	20:54	4:11	3:24	22	55:11	16.3	1:24	24	30:21	10:07	1:51:12
26	572	Abby Wallin	Deephaven	MN	34	30	21:35	4:19	4:16	25	58:12	15.5	1:10	17	27:57	9:19	1:53:07
27	112	Cara Daza	Chanhassen	MN	31	27	20:47	4:10	4:08	28	1:02:59	14.3	2:12	14	27:18	9:06	1:57:23
28	328	Kristel Loffler	Shorewood	MN	34	26	20:46	4:10	4:12	27	59:15	15.2	2:21	28	33:47	11:16	2:00:20

29	15	Heidi Allen	Rochester	MN	31	24	18:09	3:38	4:12	32	4:58:18	3.0	31	36:58	12:20	2:03:15	
30	505	Angie Spencer	Minneapolis	MN	31	25	20:20	4:04	5:24	29	1:03:32	14.2	1:53	29	34:31	11:31	2:05:38
31	609	Sarah Zalewski	Chaska	MN	32	28	20:51	4:11	2:48	30	1:06:01	13.6	0:57	30	35:59	12:00	2:06:34
32	507	Adrienne Spruill	Minneapolis	MN	33	32	24:39	4:56	6:48	31	1:06:02	13.6	1:18	32	40:25	13:29	2:19:10

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	534	Scott Swenson	St Louis Park	MN	35	4	11:35	2:19	1:02	1	38:48	23.2	0:47	2	18:42	6:14	1:10:52
2	386	Christian Oestreich	Minnetonka	MN	35	1	10:49	2:10	0:55	2	39:19	22.9	0:52	3	20:06	6:42	1:11:58
3	14	Greg Alexander	Plymouth	MN	36	5	11:43	2:21	1:33	10	40:47	22.1	0:46	6	20:58	7:00	1:15:45
4	197	Chris Hacker	Shorewood	MN	38	9	12:48	2:34	1:52	6	40:19	22.3	0:55	4	20:30	6:50	1:16:22
5	438	Eric Roesner	Minnetonka	MN	39	8	12:45	2:33	1:56	5	40:04	22.5	0:50	5	20:53	6:58	1:16:27
6	71	Brian Brophy	Bloomington	MN	39	6	11:48	2:22	2:10	4	39:55	22.5	0:55	10	21:53	7:18	1:16:40
7	218	Brian Heltemes	Eden Prairie	MN	38	14	13:06	2:38	1:28	13	43:03	20.9	0:42	1	18:33	6:11	1:16:50
8	36	Ryan Barnes	Maple Grove	MN	35	17	14:02	2:49	1:05	9	40:40	22.1	1:05	12	22:27	7:29	1:19:17
9	109	Joseph Daniski	Minnetonka	MN	36	24	14:46	2:58	1:55	3	39:55	22.5	1:02	13	22:52	7:38	1:20:29
10	531	Shane Swanson	Forset Lake	MN	39	15	13:51	2:47	1:21	11	41:36	21.6	0:54	14	22:59	7:40	1:20:38
11	594	Steven Williamsen	Chanhausen	MN	39	10	12:50	2:34	1:37	8	40:30	22.2	0:53	30	25:55	8:39	1:21:43
12	6	Matthew Abroe	Edina	MN	39	27	15:30	3:06	1:45	12	42:30	21.2	1:16	8	21:21	7:07	1:22:20
13	448	Kyle Rooney	Tonka Bay	MN	37	16	13:54	2:47	2:35	16	43:52	20.5	1:03	11	21:58	7:20	1:23:20
14	45	David Behrens	Hopkins	MN	36	12	12:53	2:35	1:39	15	43:25	20.7	0:57	22	24:30	8:10	1:23:23
15	228	Bryan Hoelzer	Rochester	MN	39	7	12:12	2:27	1:51	23	45:38	19.7	0:44	17	23:33	7:51	1:23:57
16	51	Scott Berry	St. Louis Park	MN	36	21	14:23	2:53	1:12	14	43:12	20.8	0:50	24	24:36	8:12	1:24:12
17	475	Jason Sedlak	Bloomington	MN	39	25	14:48	2:58	2:08	7	40:29	22.2	2:04	26	24:52	8:18	1:24:21
18	83	Michael Cervenka	Minneapolis	MN	35	2	11:22	2:17	2:01	22	45:34	19.8	1:58	18	23:56	7:59	1:24:49
19	16	Scott Allen	Eden Prairie	MN	39	19	14:11	2:50	1:42	19	44:27	20.2	1:06	20	24:23	8:08	1:25:47
20	577	Nicholas Ward	Golden Valley	MN	35	18	14:07	2:50	1:47	21	44:52	20.1	0:46	23	24:32	8:11	1:26:02
21	302	Jason Krob	Minneapolis	MN	37	11	12:51	2:35	2:54	28	47:35	18.9	1:46	7	21:19	7:07	1:26:22
22	209	Alan Haskins	Hugo	MN	38	13	13:05	2:37	1:47	24	46:21	19.4	1:09	25	24:50	8:17	1:27:11
23	43	George Beatty	Hudson	WI	37	20	14:17	2:52	3:28	18	44:18	20.3	1:40	21	24:25	8:09	1:28:05
24	33	Matt Bakker	Brooklyn Park	MN	35	3	11:32	2:19	3:51	27	47:00	19.1	1:34	31	26:10	8:44	1:30:05
25	47	Weldon Bell	Minnetonka	MN	36	36	18:02	3:37	1:59	31	48:43	18.5	0:39	9	21:31	7:11	1:30:53
26	264	Ben Johnson	Minneapolis	MN	39	41	20:22	4:05	1:51	17	43:59	20.5	1:41	15	23:21	7:47	1:31:12
27	395	Nicolas Oustlant	Minneapolis	MN	37	28	15:38	3:08	2:36	20	44:50	20.1	1:18	32	26:57	8:59	1:31:16
28	297	Bryan Koster	Plymouth	MN	35	26	15:22	3:05	2:38	29	47:51	18.8	1:36	27	24:54	8:18	1:32:20
29	426	Paul Reichman	Minneapolis	MN	36	39	19:10	3:50	3:26	25	46:34	19.3	1:26	16	23:23	7:48	1:33:58
30	102	Mike Craig	Shakopee	MN	38	23	14:26	2:54	2:41	33	49:22	18.2	0:53	36	27:21	9:07	1:34:42
31	199	Jamie Halverson	Prior Lake	MN	39	30	15:51	3:11	3:22	30	47:52	18.8	1:15	33	27:06	9:02	1:35:24
32	421	Nathan Rajalingam	Minneapolis	MN	35	29	15:45	3:09	2:05	38	51:43	17.4	1:06	28	25:00	8:20	1:35:38
33	277	Brian Kelly	St Louis Park	MN	37	34	16:34	3:19	2:15	26	46:47	19.2	2:07	40	28:51	9:37	1:36:32
34	339	Matt Manwaring	Maple Grove	MN	37	32	16:08	3:14	3:22	39	52:03	17.3	1:07	19	24:20	8:07	1:36:58
35	301	Drew Krejci	Deephaven	MN	37	22	14:26	2:54	2:52	40	52:14	17.2	1:15	39	28:50	9:37	1:39:35
36	143	Gregory Fish	Minnetonka	MN	38	37	18:32	3:43	3:57	32	49:13	18.3	1:29	34	27:12	9:04	1:40:21
37	163	John Gerken	Minneapolis	MN	37	31	15:54	3:11	3:02	41	52:49	17.0	1:29	37	28:04	9:22	1:41:16
38	268	Nick Johnson	Plymouth	MN	36	35	17:36	3:32	4:33	45	1:29:39	10.0		38	28:48	9:36	1:42:52
39	80	Glenn Casper	Minneapolis	MN	37	43	22:53	4:35	3:49	37	50:36	17.8	1:28	29	25:32	8:31	1:44:16
40	82	Nathan Cerra	St. Louis Park	MN	36	38	18:40	3:44	3:41	36	50:20	17.9	2:05	41	29:33	9:51	1:44:17
41	463	John H Scheef	Golden Valley	MN	36	33	16:27	3:18	4:18	42	53:01	17.0	1:50	43	30:46	10:16	1:46:21
42	447	Colin Rooney	Edina	MN	39	40	19:43	3:57	3:41	43	53:58	16.7	1:10	45	31:49	10:37	1:50:20
43	482	Charles Shepard	Eden Prairie	MN	38	44	26:40	5:20	4:34	35	49:47	18.1	8:09	35	27:18	9:06	1:56:25
44	382	Xudong Niu	Minnetonka	MN	38	45	34:36	6:56	3:57	34	49:24	18.2	1:48	42	30:11	10:04	1:59:56
45	405	Robbie Peterson	Brooklyn Park	MN	36	42	21:09	4:14	5:14	44	1:04:52	13.9	1:29	44	30:53	10:18	2:03:35

FEMALE 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	450	Christina Ross	Chaska	MN	35	2	11:43	2:21	1:42	1	40:50	22.0	0:57	5	22:09	7:23	1:17:19
2	219	Kelly Heltemes	Eden Prairie	MN	36	10	14:07	2:50	1:32	2	42:37	21.1	0:49	2	19:59	6:40	1:19:02
3	11	Christine Agazzi	Eden Prairie	MN	38	5	12:46	2:34	1:45	3	42:42	21.1	0:56	3	21:23	7:08	1:19:29
4	476	Leslie Sedlak	Bloomington	MN	37	3	12:06	2:26	1:24	4	43:21	20.8	0:54	4	21:53	7:18	1:19:37
5	200	Naomi Hamer	Orono	MN	39	1	11:29	2:18	2:07	6	44:00	20.5	1:06	8	23:02	7:41	1:21:42
6	557	Brenda Trok	Maple Grove	MN	35	8	13:11	2:39	1:32	5	43:35	20.7	1:00	7	22:38	7:33	1:21:54
7	464	Kim Scheel	Madison Lake	MN	37	13	14:50	2:58	2:44	8	45:56	19.6	1:50	1	19:31	6:31	1:24:50
8	272	Becca Joseph	Minnetonka	MN	39	7	12:55	2:35	1:42	13	48:39	18.5	0:53	6	22:21	7:27	1:26:29
9	652	Katie Willsey	Sheboygan	WI	37	9	13:40	2:44	3:17	7	45:37	19.7	1:43	10	23:25	7:49	1:27:40
10	94	Casey Claypool	Deephaven	MN	35	15	15:13	3:03	2:05	9	46:13	19.5	1:07	11	23:49	7:57	1:28:27
11	111	Sarah Davis	Hopkins	MN	36	16	15:22	3:05	2:44	12	48:21	18.6	1:02	9	23:13	7:45	1:30:39
12	195	Anne Gustin	Edina	MN	35	12	14:45	2:57	1:42	11	47:56	18.8	0:48	14	25:42	8:34	1:30:53
13	255	Jen Jensen	Victoria	MN	38	17	16:01	3:13	2:11	16	50:23	17.9	1:09	13	24:42	8:14	1:34:23
14	278	Carin Kelly	St Louis Park	MN	37	20	17:19	3:28	1:57	17	50:58	17.7	1:15	12	24:26	8:09	1:35:53
15	565	Penny Verdeck	Glencoe	MN	39	18	16:25	3:17	2:04	15	49:59	18.0	1:37	16	26:05	8:42	1:36:09
16	373	Rachel Nelson	Chaska	MI	38	24	18:39	3:44	2:29	10	47:20	19.0	0:52	19	28:09	9:23	1:37:27
17	262	Leanne Johansen	Wayzata	MN	38	6	12:50	2:34	3:06	21	55:35	16.2	0:42	17	26:28	8:50	1:38:39
18	477	Barbara Seifert	Shorewood	MN	38	11	14:08	2:50	4:00	19	53:05	17.0	1:06	18	27:18	9:06	1:39:35
19	32	Evonne Bak	Excelsior	MN	36	23	18:36	3:44	4:13	14	48:49	18.4	1:28	20	28:13	9:25	1:41:18
20	208	Anne Hartman	Plymouth	MN	38	22	18:10	3:38	1:52	18	52:21	17.2	1:19	23	28:35	9:32	1:42:15
21	496	Katie Skinner	Excelsior	MN	39	21	17:20	3:28	3:39	29	1:46:29	8.5		15	26:03	8:41	1:43:34
22	385	Amy Ode	Plymouth	MN	37	4	12:44	2:33	3:04	24	58:44	15.3	0:47	22	28:32	9:31	1:43:48
23	501	Andrea Snortland	Grand Forks	ND	38	19	16:33	3:19	3:52	23	58:22	15.4	1:57	21	28:23	9:28	1:49:06
24	181	Betsy Grams	Chanhassen	MN	38	25	19:24	3:53	2:57	22	57:39	15.6	1:56	24	29:04	9:42	1:50:58
25	267	Joyell Johnson	Minneapolis	MN	37	28	22:07	4:26	2:38	20	53:45	16.7	1:54	25	31:39	10:33	1:52:02
26	591	Jennifer Whitworth	Brooklyn Center	MN	37	14	15:06	3:02	5:42	28	1:10:10	12.8	3:05	26	36:07	12:03	2:10:09
27	189	April Guillaume	Chanhassen	MN	39	29	25:42	5:09	4:21	25	1:03:19	14.2	1:45	27	36:16	12:06	2:11:21
28	229	Lisa Hoelzer	Rochester	MN	39	27	21:59	4:24	5:46	26	1:05:44	13.7	2:03	28	37:06	12:22	2:12:36
29	418	Alyssa Purdy	St. Paul	MN	39	26	20:23	4:05	3:35	27	1:06:21	13.6	2:04	29	43:15	14:25	2:15:36

MALE AGE GROUP 40 - 44

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	125	Greg Dummer	Minneapolis	MN	43	4	11:25	2:17	1:29	1	36:32	24.6	0:36	1	18:02	6:01	1:08:02
2	26	Jon Armour	Golden Valley	MN	44	2	10:19	2:04	1:13	2	38:24	23.4	0:57	5	20:15	6:45	1:11:05
3	513	Don Stenson	Plymouth, Mn	MN	43	1	9:58	2:00	1:31	10	39:38	22.7	0:51	3	19:56	6:39	1:11:52
4	504	Tim Sosnowski	Eden Prairie	MN	43	3	10:58	2:12	1:26	4	38:40	23.3	0:53	6	20:19	6:47	1:12:14
5	343	Steve Marshall	Minneapolis	MN	42	9	12:45	2:33	1:25	5	39:24	22.8	1:09	2	19:24	6:28	1:14:05
6	541	Shawn Thomas	Chanhassen	MN	41	7	12:41	2:33	1:38	11	39:45	22.6	0:46	4	20:13	6:45	1:15:01
7	60	Mike Blair	Prior Lake	MN	44	6	12:40	2:32	1:33	3	38:29	23.4	0:42	12	21:40	7:14	1:15:03
8	324	Mark Linqvist		MN	42	12	12:57	2:36	2:12	9	39:37	22.7	0:48	7	20:36	6:52	1:16:08
9	325	David Liske	Saint Louis Park	MN	42	19	13:35	2:43	1:37	13	40:13	22.4	0:51	10	21:07	7:03	1:17:20
10	473	Sean Sciara	Blaine	MN	42	11	12:47	2:34	2:06	15	40:40	22.1	1:01	9	21:05	7:02	1:17:38
11	364	Tony Mosser	Mayer	MN	41	5	12:33	2:31	2:02	18	42:02	21.4	1:02	8	20:41	6:54	1:18:17
12	247	Brad Ingles	Saint Paul	MN	44	20	13:52	2:47	1:35	6	39:28	22.8	1:05	15	22:18	7:26	1:18:17
13	213	Chris Hawes	Minneapolis	MN	40	8	12:44	2:33	2:27	8	39:36	22.7	1:34	16	22:32	7:31	1:18:51
14	474	Steve Secker	Eleva	WI	43	13	13:11	2:39	1:22	7	39:29	22.8	0:53	25	24:12	8:04	1:19:06
15	196	Daniel Hackenberg	Eden Prairie	MN	41	17	13:30	2:42	2:19	21	42:26	21.2	0:58	11	21:38	7:13	1:20:48
16	387	Stephen Olin	Edina	MN	40	32	15:53	3:11	1:17	14	40:20	22.3	0:44	19	22:46	7:36	1:20:59
17	294	Matthew Koeppen	Chanhassen	MN	43	18	13:32	2:43	1:17	23	42:44	21.1	0:54	18	22:45	7:35	1:21:11
18	31	Scott Backman	Brooklyn Park	MN	42	16	13:27	2:42	2:03	24	42:52	21.0	1:06	13	21:56	7:19	1:21:23
19	597	Garrett Wilson	Edina	MN	43	15	13:22	2:41	2:12	19	42:04	21.4	0:53	22	23:53	7:58	1:22:23



20	491	Chris Simons	Deephaven	MN	43	21	14:08	2:50	2:07	22	42:42	21.1	1:03	17	22:33	7:31	1:22:31
21	77	David Cantrill	Chanhassen	MN	40	22	14:31	2:55	1:40	16	41:15	21.8	1:11	24	24:02	8:01	1:22:39
22	592	Chris Wilhoit	St. Louis Park	MN	44	28	14:54	2:59	1:58	17	42:01	21.4	1:31	29	24:57	8:19	1:25:19
23	4	Daniel Abercrombie	Chanhassen	MN	40	10	12:47	2:34	2:05	25	43:58	20.5	1:07	34	25:33	8:31	1:25:28
24	390	Erik Olson	Minneapolis	MN	42	26	14:42	2:57	2:30	20	42:08	21.4	1:19	30	24:59	8:20	1:25:37
25	154	Dan Fritz	Golden Valley	MN	42	23	14:34	2:55	2:54	12	40:11	22.4	1:15	37	26:51	8:57	1:25:43
26	424	David Reeder	Chanhassen	MN	43	14	13:15	2:39	2:25	45	1:16:18	11.8		35	25:54	8:38	1:27:00
27	308	Gianluca Laquidara	Cerveteri	RO	43	25	14:41	2:57	1:43	28	45:24	19.8	0:59	27	24:34	8:12	1:27:18
28	411	Michael Pietrowski	Hopkins	MN	42	29	15:07	3:02	2:58	31	46:43	19.3	0:42	21	23:34	7:52	1:29:02
29	529	Aaron Swann	Edina	MN	44	40	18:00	3:36	2:16	26	44:56	20.0	0:53	20	23:23	7:48	1:29:25
30	182	Andy Grant	Eden Prairie	MN	43	31	15:49	3:10	2:31	27	45:07	19.9	0:58	38	27:01	9:01	1:31:24
31	210	Scott Haskins	Excelsior	MN	42	35	16:29	3:18	3:40	29	46:30	19.4	1:25	23	24:01	8:01	1:32:02
32	320	Jason Lien	St. Paul	MN	42	34	16:07	3:14	3:44	30	46:34	19.3	1:51	33	25:16	8:26	1:33:29
33	231	Matt Hohmann	Apple Valley	MN	40	36	16:39	3:20	4:20	34	48:05	18.7	1:51	28	24:44	8:15	1:35:37
34	46	Scott Bell	Edina	MN	42	30	15:44	3:09	3:41	39	50:05	18.0	1:07	31	25:06	8:22	1:35:41
35	271	Ward Johnson	Minneapolis	MN	43	24	14:40	2:56	3:48	32	47:11	19.1	2:29	41	27:36	9:12	1:35:43
36	542	Jason Thunstrom	Orono	MN	44	42	19:39	3:56	2:28	36	49:11	18.3	1:09	26	24:13	8:05	1:36:39
37	462	Jeff Scharmer	Mankato	MN	44	39	17:24	3:29	3:19	33	47:35	18.9	0:58	40	27:31	9:11	1:36:44
38	530	Jon Swanson	Minneapolis	MN	44	27	14:51	2:59	3:43	37	49:16	18.3	1:48	39	27:21	9:07	1:36:57
39	599	Barton Wold	Maple Grove	MN	40	37	16:57	3:24	3:45	41	51:02	17.6	1:13	32	25:09	8:23	1:38:03
40	23	Omar Ansari	Golden Valley	MN	44	33	15:58	3:12	3:06	40	50:53	17.7	1:34	36	26:48	8:56	1:38:16
41	336	Jason Maack	Eagan	MN	40	43	20:33	4:07	3:11	35	48:40	18.5	1:00	44	28:32	9:31	1:41:54
42	85	John Chapman	Eagan	MN	41	41	18:30	3:42	2:44	38	49:54	18.0	1:47	45	31:06	10:22	1:44:00
43	380	Leigh Niebuhr	Minneapolis	MN	44	45	28:20	5:40	6:26	42	53:46	16.7	3:00	14	22:17	7:26	1:45:47
44	372	Michael Nelson	Excelsior	MN	44	38	16:59	3:24	11:37	43	59:44	15.1	2:42	42	28:06	9:22	1:59:05
45	222	Scott Henke	Stillwater	MN	40	44	23:19	4:40	3:48	44	1:05:06	13.8	2:02	43	28:13	9:25	2:02:25

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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	316	Catherine Lee	Minneapolis	MN	40	2	12:42	2:33	1:36	1	40:35	22.2	0:38	1	20:59	7:00	1:16:28
2	148	Sarah Foley	Cologne	MN	43	4	12:57	2:36	1:26	4	43:23	20.7	0:47	2	21:34	7:12	1:20:05
3	478	Mary Sellke	Golden Valley	MN	44	7	13:30	2:42	1:11	2	42:19	21.3	1:11	5	22:59	7:40	1:21:07
4	12	Sara Ahlquist	Minnetonka	MN	44	6	13:18	2:40	1:32	7	44:54	20.0	0:55	8	24:33	8:11	1:25:10
5	230	Anne Hoeschen	Freeport	MN	40	14	15:10	3:02	1:29	5	43:57	20.5	1:00	7	24:28	8:10	1:26:01
6	422	Lara Rampetsreiter	Maple Grove	MN	44	5	13:17	2:40	1:29	12	45:57	19.6	1:09	11	25:19	8:27	1:27:09
7	590	Brook Wheeler	Maple Grove	MN	43	11	14:26	2:54	2:46	8	45:08	19.9	1:23	6	24:06	8:02	1:27:48
8	342	Sandy Marshall	Minneapolis	MN	42	3	12:43	2:33	3:07	3	43:14	20.8	1:45	15	27:02	9:01	1:27:48
9	540	Lara Thomas	Saint Louis Park	MN	40	1	11:38	2:20	2:51	10	45:33	19.8	1:08	16	27:11	9:04	1:28:19
10	162	Lori Gengler	Plymouth	MN	42	18	16:03	3:13	1:45	11	45:34	19.8	1:27	9	24:49	8:17	1:29:36
11	270	Sarah Johnson	Castle Rock	CO	43	13	14:43	2:57	2:08	9	45:31	19.8	1:08	18	27:35	9:12	1:31:03
12	377	Marie Newcome	Minnetonka	MN	41	10	14:21	2:53	2:08	13	46:59	19.2	1:05	20	28:17	9:26	1:32:48
13	50	Theresa Bergren	Chanhassen	MN	41	20	17:04	3:25	3:40	15	48:39	18.5	1:21	3	22:42	7:34	1:33:23
14	249	Leslie Iyer	Edina	MN	42	22	18:07	3:38	2:16	6	44:29	20.2	1:33	21	28:27	9:29	1:34:50
15	73	Tricia Byrne	Minneapolis	MN	41	16	15:40	3:08	2:40	17	49:42	18.1	2:04	10	25:19	8:27	1:35:23
16	383	Cheryl Oconnell	Eden Prairie	MN	43	15	15:24	3:05	2:16	16	49:38	18.1	1:04	17	27:17	9:06	1:35:37
17	368	Jaleh Nahvi	Inver Grove Height	MN	44	9	14:03	2:49	2:19	21	53:21	16.9	1:15	12	25:54	8:38	1:36:50
18	384	Pam O'Connor	Chanhassen	MN	44	8	13:33	2:43	1:52	14	48:20	18.6	1:52	22	31:19	10:27	1:36:54
19	243	Julie Hurley	Excelsior	MN	41	17	15:43	3:09	3:45	22	53:45	16.7	1:00	4	22:46	7:36	1:36:56
20	24	Rebecca Ansari	Golden Valley	MN	41	12	14:42	2:57	2:27	18	51:09	17.6	2:12	19	28:03	9:21	1:38:31
21	203	Rachael Harbort	Cottage Grove	MN	41	19	16:57	3:24	4:10	20	52:15	17.2	1:07	14	26:21	8:47	1:40:47
22	187	Angela Grinnell	Eden Prairie	MN	43	25	21:33	4:19	4:14	19	51:54	17.3	3:08	13	26:14	8:45	1:47:01
23	177	Jennifer Gorder	Bloomington	MN	41	23	18:16	3:40	3:56	23	54:15	16.6	1:26	24	34:05	11:22	1:51:55
24	164	Abbie Gibbs	Grand Forks	ND	42	24	19:28	3:54	2:48	24	57:41	15.6	1:15	26	36:54	12:18	1:58:03
25	69	Marie Bridge	Excelsior	MN	42	21	18:04	3:37	9:18	25	58:44	15.3	5:43	23	31:47	10:36	2:03:34
26	334	Lisa Lund	Excelsior	MN	43	26	23:12	4:39	4:08	26	1:01:17	14.7	3:13	25	36:13	12:05	2:08:00

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	406	Tom Pettit	Excelsior	MN	45	2	10:37	2:08	1:17	2	38:41	23.3	0:45	2	18:42	6:14	1:10:00
2	30	Omar Awad	Shoreview	MN	45	1	10:04	2:01	1:15	5	39:47	22.6	0:47	3	18:44	6:15	1:10:36
3	142	Sean Finn	Savage	MN	48	12	13:16	2:40	1:29	6	39:59	22.5	0:47	4	19:30	6:30	1:15:00
4	586	Ryan Wenning	Excelsior	MN	48	11	13:00	2:36	1:17	8	40:20	22.3	0:54	5	20:35	6:52	1:16:04
5	139	Nick Essma	Edina	MN	46	3	12:04	2:25	1:44	7	39:59	22.5	1:11	10	22:44	7:35	1:17:41
6	571	Tim J Walker	Minnetonka	MN	47	10	12:56	2:36	1:34	4	39:20	22.9	0:50	20	23:55	7:59	1:18:33
7	28	Mark Augdahl	Chaska	MN	48	5	12:23	2:29	2:13	12	42:57	21.0	1:21	6	21:45	7:15	1:20:37
8	110	Craig J. Davis	Minnesota City	MN	47	7	12:40	2:32	1:24	16	43:37	20.6	1:01	11	22:50	7:37	1:21:31
9	437	Rick Rodgers	Excelsior	MN	47	17	13:56	2:48	2:23	9	42:02	21.4	1:16	13	22:54	7:38	1:22:29
10	323	Dave Link	Eden Prairie	MN	47	9	12:50	2:34	1:48	11	42:55	21.0	1:08	26	24:44	8:15	1:23:24
11	481	Brad Severson	Minnetonka	MN	47	19	14:06	2:50	1:53	23	45:04	20.0	1:32	9	22:14	7:25	1:24:48
12	225	Thomas Hiel	Santa Monica	CA	49	16	13:40	2:44	1:36	19	44:13	20.4	1:50	21	24:01	8:01	1:25:18
13	471	Daniel Schultze	Prior Lake	MN	47	41	18:30	3:42	2:28	1	38:05	23.6	1:26	27	25:05	8:22	1:25:32
14	72	Michael Burica	Plymouth	MN	45	8	12:45	2:33	2:26	22	44:36	20.2	1:10	23	24:37	8:13	1:25:32
15	575	Steve Wander	Minnetonka	MN	46	21	14:16	2:52	1:51	15	43:34	20.7	1:35	25	24:43	8:15	1:25:58
16	134	Jeff Engel	Carver	MN	48	14	13:36	2:44	3:16	21	44:25	20.3	1:29	17	23:35	7:52	1:26:19
17	376	Lawrence Nemecek	Minnetrista	MN	47	23	14:37	2:56	2:13	13	43:11	20.8	1:37	28	25:26	8:29	1:27:01
18	244	Mike Hurley	Edina	MN	45	33	16:32	3:19	3:02	24	45:22	19.8	0:38	7	21:48	7:16	1:27:20
19	241	John Hughes	Long Lake	MN	45	18	14:04	2:49	2:43	31	46:31	19.3	1:00	14	23:13	7:45	1:27:28
20	159	Paul Gaskin	Victoria	MN	47	4	12:13	2:27	2:25	37	47:40	18.9	1:42	19	23:52	7:58	1:27:51
21	248	Scott Ingram	Victoria	MN	47	22	14:30	2:54	2:44	30	46:31	19.3	1:21	15	23:18	7:46	1:28:23
22	216	Scott Heimes	Minneapolis	MN	45	40	18:20	3:40	2:47	41	49:31	18.2	1:47	1	16:03	5:21	1:28:26
23	261	Jim Johanning	Gem Lake	MN	45	31	15:51	3:11	2:11	17	43:48	20.5	1:16	29	25:30	8:30	1:28:34
24	362	Mark Morrison	Maple Grove	MN	46	26	15:12	3:03	1:53	18	43:54	20.5	1:43	31	25:54	8:38	1:28:34
25	168	Kevin Gilligan	Saint Paul	MN	48	39	17:55	3:35	2:25	14	43:30	20.7	1:02	22	24:25	8:09	1:29:15
26	104	Rich Cunningham	Davenport	IA	48	48	24:44	4:57	1:52	3	39:16	22.9	1:08	12	22:52	7:38	1:29:49
27	160	Joseph Gefroh	Bloomington	MN	49	28	15:26	3:06	2:18	10	42:44	21.1	1:43	38	27:43	9:15	1:29:52
28	176	Tim Goodyear	Minnetonka	MN	47	6	12:40	2:32	1:36	39	48:37	18.5	1:32	30	25:49	8:37	1:30:12
29	300	Eric Krantz	Chanhassen	MN	48	32	16:24	3:17	2:13	33	47:03	19.1	1:17	16	23:23	7:48	1:30:17
30	76	Jr Campuzano	Excelsior	MN	49	37	17:27	3:30	2:45	25	45:24	19.8	1:36	18	23:47	7:56	1:30:57
31	524	Nick Summers	Mound	MN	46	13	13:30	2:42	2:07	29	46:26	19.4	1:05	40	28:17	9:26	1:31:23
32	333	Dan Lund	Chanhassen	MN	49	29	15:37	3:08	3:16	20	44:24	20.3	1:45	34	26:42	8:54	1:31:42
33	578	James Wassenberg	Falcon Heights	MN	45	30	15:45	3:09	2:25	27	46:05	19.5	1:37	33	26:01	8:41	1:31:51
34	413	Michael Polis	Plymouth	MN	46	36	17:24	3:29	2:47	26	46:03	19.5	1:30	24	24:39	8:13	1:32:21
35	62	Bret Adam Boettcher	San Francisco	CA	45	24	14:38	2:56	3:09	34	47:14	19.1	1:25	32	25:58	8:40	1:32:23
36	138	Jay Erb	Excelsior	MN	47	15	13:40	2:44	2:43	32	46:34	19.3	0:58	41	28:46	9:36	1:32:39
37	442	Mike Rogers	Minnetonka	MN	49	34	16:54	3:23	2:16	28	46:17	19.4	2:00	35	26:50	8:57	1:34:16
38	340	Dan Maras	Shakopee	MN	48	20	14:14	2:51	3:15	38	48:19	18.6	1:23	42	29:15	9:45	1:36:23
39	549	Jeff Tortelli	Chaska	MN	47	25	15:11	3:03	2:38	43	50:14	17.9	1:02	39	27:50	9:17	1:36:53
40	113	Rob DeLaune	Shoreview	MN	49					35	47:20	19.0	1:40	8	22:07	7:23	1:38:26
41	285	Thomas Kirk	Somerset	WI	48	44	19:54	3:59	3:17	42	49:38	18.1	1:34	36	27:14	9:05	1:41:35
42	359	Mark Mooers	Edina	MN	45	45	21:13	4:15	5:17	36	47:20	19.0	1:10	44	29:35	9:52	1:44:34
43	281	Daniel Kessler	Chaska	MN	49	27	15:19	3:04	2:34	45	51:51	17.4	2:31	49	33:48	11:16	1:46:01
44	337	Gregory Maddrey	Wayzata	MN	45	35	17:10	3:26	4:05	46	52:42	17.1	2:11	46	31:10	10:24	1:47:16
45	299	Ioannis Koutlas	Minneapolis	MN	49	46	22:38	4:32	3:59	40	48:56	18.4	2:06	50	35:40	11:54	1:53:18
46	303	Todd Kruse	Inver Grove Height	MN	48	43	19:21	3:53	4:00	50	1:02:24	14.4	1:05	37	27:40	9:14	1:54:27
47	409	Jon Pierce	Excelsior	MN	45	38	17:48	3:34	2:29	48	54:45	16.4	1:37	51	38:02	12:41	1:54:39
48	67	Jay Bozicevich	Golden Valley	MN	45	49	27:57	5:36	4:26	44	51:20	17.5	1:58	47	32:01	10:41	1:57:40
49	96	Ken Clemons	Bloomington	MN	49	47	23:54	4:47	4:37	49	58:57	15.3	2:05	43	29:30	9:50	1:59:01
50	54	Sanjiv Bhatt	Minnetonka	MN	48	42	18:51	3:47	3:44	51	1:07:46	13.3	0:25	45	29:58	10:00	2:00:43
51	351	Stephen McFarland	Hudson	WI	49	50	28:52	5:47	4:58	47	54:10	16.6	1:28	48	32:11	10:44	2:01:36

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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	532	Laura Swartz	St. Louis Park	MN	47	3	12:51	2:35	1:05	1	40:26	22.3	0:59	1	20:18	6:46 1:15:37
2	75	Patty Campbell	Plymouth	MN	45	2	12:33	2:31	1:08	3	45:50	19.6	0:53	5	25:24	8:28 1:25:47
3	550	Beth Trautman	Medina	MN	47	11	16:20	3:16	1:19	2	43:09	20.9	0:55	10	26:19	8:47 1:28:01
4	519	Carrie Stolar	Chanhassen	MN	47	1	10:20	2:04	1:43	11	49:27	18.2	1:25	18	28:23	9:28 1:31:16
5	488	Kim Siebold	Lakeville	MN	45	8	16:00	3:12	1:31	4	46:13	19.5	2:00	6	25:44	8:35 1:31:26
6	220	Kelly Henderson	Chanhassen	MN	47	5	13:27	2:42	1:36	12	49:39	18.1	1:11	15	27:36	9:12 1:33:27
7	436	Debora Rodgers	Excelsior	MN	49	13	16:37	3:20	2:19	7	47:52	18.8	2:00	4	25:16	8:26 1:34:01
8	149	Kathryn Freytag	Eden Prairie	MN	46	14	17:18	3:28	2:17	6	47:11	19.1	1:27	9	26:05	8:42 1:34:15
9	520	Monica Stone	Minnetonka	MN	45	21	18:45	3:45	2:33	5	46:50	19.2	1:29	7	25:56	8:39 1:35:31
10	583	Teresa Welch	Eden Prairie	MN	47	4	13:10	2:38	2:08	16	52:01	17.3	1:01	13	27:26	9:09 1:35:44
11	445	Kathleen Roller	Orono	MN	45	17	17:27	3:30	1:35	8	48:00	18.8	1:41	14	27:30	9:10 1:36:12
12	585	Kimberly Wells	Eden Prairie	MN	48	9	16:06	3:13	3:22	14	50:28	17.8	1:49	3	25:07	8:23 1:36:50
13	348	Christie McCarthy	Eden Prairie	MN	45	15	17:18	3:28	1:59	10	48:48	18.4	1:28	16	27:51	9:17 1:37:23
14	257	Mary Jensen	Byron	MN	46	12	16:29	3:18	2:46	19	55:03	16.3	1:01	2	24:27	8:09 1:39:43
15	156	Pamela Gajdosik	Minneapolis	MN	45	16	17:24	3:29	2:32	13	50:07	18.0	1:36	20	28:54	9:38 1:40:30
16	523	Belinda Stutzman	Deephaven	MN	48	20	18:01	3:37	3:00	9	48:12	18.7	3:18	23	31:37	10:33 1:44:06
17	454	Catherine Rude	Excelsior	MN	48	7	15:18	3:04	3:11	20	56:34	15.9	1:05	17	28:20	9:27 1:44:26
18	214	Bridget Hegman	Lakeville	MN	45	19	17:46	3:34	3:23	17	54:13	16.6	3:05	12	26:51	8:57 1:45:16
19	207	Colleen Harristhal	Shorewood	MN	48	25	22:02	4:25	2:39	15	51:46	17.4	2:30	11	26:33	8:51 1:45:29
20	331	Susan Lovering	Excelsior	MN	45	10	16:10	3:14	2:43	22	56:59	15.8	1:43	21	28:58	9:40 1:46:31
21	318	Cindy Lesage	Tonka Bay	MN	45	28	24:25	4:53	3:22	18	54:29	16.5	1:39	8	26:01	8:41 1:49:53
22	607	Kimberly Young	Minnetonka	MN	47	24	21:19	4:16	2:59	23	58:30	15.4	2:29	19	28:25	9:29 1:53:40
23	68	Roxie Bozicevich	Golden Valley	MN	45	18	17:37	3:32	3:21	27	1:03:25	14.2	1:11	22	30:25	10:09 1:55:57
24	611	Laura Zontelli	Minnetonka	MN	45	22	19:53	3:59	4:56	25	1:00:32	14.9	3:56	24	31:47	10:36 2:01:01
25	78	Brenda Carriere	Brooklyn Center	MN	49	6	13:43	2:45	3:02	26	1:03:04	14.3	2:17	28	39:06	13:02 2:01:10
26	415	S. Mechelle Powers	Custer	SD	46	27	23:12	4:39	3:12	21	56:54	15.8	1:02	27	37:46	12:36 2:02:03
27	423	Janelle Ranek	Minneapolis	MN	49	26	22:33	4:31	2:53	24	59:07	15.2	1:33	25	36:29	12:10 2:02:33
28	205	Margaret Harris	Byron	MN	49	23	20:32	4:07	4:44	28	1:04:00	14.1	1:17	26	37:23	12:28 2:07:55

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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	173	David Goldberg	Minnetrista	MN	53	1	10:41	2:09	1:15	1	38:03	23.7	0:42	3	20:53	6:58 1:11:34
2	291	David Knack	Prior Lake	MN	51	7	11:42	2:21	1:44	2	38:39	23.3	0:44	2	20:36	6:52 1:13:24
3	639	Randy Knutson	Mankato	MN	51	8	12:34	2:31	1:55	3	38:46	23.2	0:58	4	22:37	7:33 1:16:48
4	388	Kevin Olsen	Orono	MN	54	5	11:27	2:18	1:10	4	40:05	22.5	0:41	5	23:29	7:50 1:16:50
5	180	Kevin Grafft	Chanhassen	MN	53	19	14:09	2:50	1:46	5	40:25	22.3	1:07	1	20:33	6:51 1:17:59
6	547	Jon Tollefson	Edina	MN	53	3	11:11	2:15	2:02	6	40:25	22.3	1:38	7	23:44	7:55 1:18:59
7	539	Steve Theis	Deephaven	MN	54	9	12:36	2:32	1:39	9	42:19	21.3	1:25	8	24:04	8:02 1:22:02
8	499	Stuart Smith	Eden Prairie	MN	52	15	13:50	2:46	2:10	7	40:35	22.2	1:22	11	24:37	8:13 1:22:31
9	198	Robb Hall	Chanhassen	MN	51	12	13:28	2:42	2:25	8	41:39	21.6	1:28	6	23:37	7:53 1:22:36
10	602	Tim Woodfield	Victoria	MN	51	11	12:47	2:34	2:17	10	42:33	21.2	1:15	12	24:53	8:18 1:23:43
11	56	Chuck Bies	Waconia	MN	53	13	13:29	2:42	3:12	11	43:00	20.9	1:42	10	24:26	8:09 1:25:47
12	605	Bryan Wray	Eagan	MN	52	17	14:07	2:50	3:01	12	44:09	20.4	1:33	14	25:16	8:26 1:28:04
13	321	Rick Lindblom	Minnetonka	MN	54	10	12:39	2:32	2:53	17	46:46	19.2	0:43	17	25:57	8:39 1:28:56
14	206	Chris Harristhal	Minneapolis	MN	52	21	16:15	3:15	3:31	16	45:46	19.7	1:29	9	24:24	8:08 1:31:23
15	551	Bill Traxler	Victoria	MN	51	30	18:25	3:41	3:46	13	44:12	20.4	0:54	13	25:12	8:24 1:32:27
16	42	Terry Beachey	Excelsior	MN	52	31	19:03	3:49	1:54	14	44:30	20.2	1:39	15	25:31	8:31 1:32:36
17	202	Ed Hanzlik	Shorewood	MN	52	14	13:33	2:43	2:54	19	48:26	18.6	1:47	19	26:18	8:46 1:32:56
18	469	Kurt Schultz	Lakeville	MN	51	22	17:27	3:30	2:01	15	45:01	20.0	2:04	21	27:14	9:05 1:33:46

19	280	Timothy Kenyon	Minnetonka	MN	53	18	14:08	2:50	2:39	23	50:28	17.8	1:12	16	25:51	8:37	1:34:17
20	236	James Hoopes	Chanhausen	MN	53	29	18:13	3:39	2:14	18	47:54	18.8	1:35	25	28:37	9:33	1:38:31
21	455	Michael Rude	Excelsior	MN	51	16	14:05	2:49	4:48	26	52:56	17.0	2:32	18	26:02	8:41	1:40:20
22	185	John Griep	Minnetonka	MN	53	27	18:05	3:37	3:10	22	49:25	18.2	1:28	24	28:27	9:29	1:40:33
23	152	Steve Friswold	Eden Prairie	MN	54	23	17:43	3:33	4:45	21	49:20	18.2	1:58	23	28:15	9:25	1:41:59
24	151	Rob Frischmann	Victoria	MN	50	20	15:53	3:11	4:04	28	55:14	16.3	0:45	20	27:10	9:04	1:43:03
25	498	Phillip Smith	Excelsior	MN	53	26	17:59	3:36	4:34	27	53:49	16.7	1:28	22	27:21	9:07	1:45:09
26	313	Peter Lawyer	Wayzata	MN	52	24	17:43	3:33	5:39	20	49:18	18.3	3:25	26	31:14	10:25	1:47:17
27	170	Mark Gittleman	Edina	MN	50	28	18:08	3:38	4:19	25	51:53	17.3	2:13	28	33:38	11:13	1:50:10
28	579	Rich Weeks	Eden Prairie	MN	53	25	17:56	3:36	3:37	24	51:29	17.5	2:42	29	37:54	12:38	1:53:36
29	401	Derald Pederson	Edina	MN	51	32	23:08	4:38	5:46	29	1:00:49	14.8	1:36	27	32:17	10:46	2:03:35
30	588	John Weum	Eden Prairie	MN	53	2	11:09	2:14	2:21	30	1:20:20	11.2					
31	310	Brian Lavelle	Chaska	MN	52	4	11:22	2:17	1:18								
32	90	Chris Chinander	Norwood	MN	53	6	11:41	2:20	1:41								
33	57	Curtis Billmeyer	Plymouth	MN	52												

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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	511	Laurie Stanek	Prior Lake	MN	50	3	14:27	2:54	1:40	1	43:04	20.9	0:55	1	22:57	7:39	1:23:01
2	103	Cindy Crawford	Deephaven	MN	51	1	13:31	2:43	1:31	3	45:00	20.0	1:06	4	25:31	8:31	1:26:38
3	172	Lisa Goepfert	Blaine	MN	51	5	15:30	3:06	1:56	2	44:02	20.4	0:51	2	24:49	8:17	1:27:05
4	131	Karen Eklin	Plymouth	MN	50	2	13:35	2:43	1:56	5	48:37	18.5	1:11	3	25:30	8:30	1:30:46
5	58	Patricia Billmeyer	Plymouth	MN	51	4	15:15	3:03	2:29	4	46:48	19.2	1:39	5	26:34	8:52	1:32:43
6	506	Penny Springer	Prior Lake	MN	50	6	16:11	3:15	2:01	7	50:24	17.9	1:02	7	29:08	9:43	1:38:44
7	132	Missy Elder	Chanhausen	MN	50	8	20:23	4:05	3:59	6	48:38	18.5	2:10	8	29:08	9:43	1:44:16
8	546	Michelle Tichey	St Paul	MN	50	7	19:03	3:49	2:13	8	51:12	17.6	1:38	9	32:15	10:45	1:46:19
9	121	Carol Donen	Chanhausen	MN	54	9	20:37	4:08	4:37	9	56:48	15.8	1:12	6	27:44	9:15	1:50:57

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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	556	John Trettel	Excelsior	MN	55	8	13:40	2:44	1:15	3	40:33	22.2	0:59	2	19:19	6:27	1:15:44
2	144	Skip Fitting	Buffalo	MN	59	6	13:34	2:43	2:02	2	40:20	22.3	0:49	1	19:01	6:21	1:15:45
3	273	Mike Jovanovich	Neenah	WI	56	9	14:10	2:50	1:13	1	39:54	22.6	0:47	4	20:59	7:00	1:17:00
4	266	Doug Johnson	Minneapolis	MN	57	3	12:50	2:34	1:36	5	41:07	21.9	1:21	5	21:52	7:18	1:18:44
5	212	Tad Hauck	Eden Prairie	MN	56	2	12:42	2:33	1:51	4	41:04	21.9	1:35	6	23:13	7:45	1:20:24
6	307	Peter Lancaster	Minneapolis	MN	59	1	12:41	2:33	2:26	7	41:29	21.7	1:01	7	23:25	7:49	1:21:00
7	171	Paul Glade	Cedar Falls	IA	59	12	15:08	3:02	1:09	9	43:14	20.8	1:08	3	20:36	6:52	1:21:14
8	169	Charles Gits	Edina	MN	56	5	13:33	2:43	1:44	8	41:50	21.5	0:51	8	23:27	7:49	1:21:24
9	341	Robert Marchetti	Champlin	MN	56	11	14:28	2:54	2:42	10	44:44	20.1	1:19	10	24:56	8:19	1:28:06
10	495	Rob Sitek	Hastings	MN	57	10	14:14	2:51	2:03	6	41:24	21.7	1:56	14	29:00	9:40	1:28:35
11	120	Richard Dolski	Chaska	MN	56	16	18:02	3:37	3:07	11	44:56	20.0	1:21	11	25:48	8:36	1:33:11
12	356	David Meline	Minneapolis	MN	56	4	13:10	2:38	3:14	13	50:07	18.0	0:54	13	27:30	9:10	1:34:52
13	470	Sydney Schultz	Burnsville	MN	59	13	17:04	3:25		22	1:47:58	8.3	2:34	9	24:28	8:10	1:37:03
14	516	Richard Stevens	Mound	MN	59	7	13:35	2:43	2:10	12	48:53	18.4	2:07	18	35:08	11:43	1:41:51
15	431	Don Rinnas	Northville	MI	59	15	17:48	3:34	5:15	15	50:31	17.8	3:01	15	29:28	9:50	1:46:01
16	396	Bob Oxborough	Plymouth	MN	58	17	18:41	3:45	4:08	17	58:23	15.4	2:52	16	30:28	10:10	1:54:30
17	486	Dan Sieben	Edina	MN	55	23	32:09	6:26	6:10	14	50:15	17.9	1:56	12	26:18	8:46	1:56:46
18	560	Carl Tuura	Plymouth	MN	59	14	17:27	3:30	3:28	18	59:46	15.1	2:28	20	37:52	12:38	2:01:00
19	126	Philip Dunlay	Woodland	MN	57	19	21:14	4:15	2:59	19	1:00:23	14.9	3:14	19	36:07	12:03	2:03:56
20	118	Eric Diloreto	Minnetonka	MN	59	21	23:17	4:40	8:25	20	1:01:49	14.6	1:45	17	32:04	10:42	2:07:17
21	150	Jaime Frischmann	Eden Prairie	MN	58	20	22:02	4:25	5:47	23	5:01:32	3.0		21	38:41	12:54	2:10:03

22	52	Frederick Beseler	La Crosse	WI	59	22	23:38	4:44	6:14	16	50:43	17.7	5:33	23	51:05	17:02	2:17:11
23	21	Mark Anderson	Excelsior	MN	58	18	19:57	4:00	4:57	21	1:09:55	12.9	1:54	22	45:17	15:06	2:21:58

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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	190	Jan Gunther		MN	56	2	12:41	2:33	1:32	1	40:29	22.2	0:52	1	20:22	6:48	1:15:54
2	97	Bethany Collins	New Hope	MN	59	3	12:48	2:34	2:04	2	45:21	19.8	1:17	6	30:13	10:05	1:31:41
3	233	Susan Holt	Plymouth	MN	58	4	13:30	2:42	1:59	4	48:20	18.6	1:33	2	27:19	9:07	1:32:39
4	503	Peg Sorensen	Chaska	MN	57	5	13:32	2:43	2:44	3	47:05	19.1	1:04	3	28:51	9:37	1:33:15
5	425	Pady Regnier	Excelsior	MN	58	7	16:48	3:22	3:14	5	50:36	17.8	2:11	4	29:42	9:54	1:42:30
6	106	Beth Dalton	Woodbury	MN	58	1	11:57	2:24	4:51	7	54:21	16.6	1:26	7	31:37	10:33	1:44:12
7	374	Shannon Nelson	St Paul	MN	57	6	16:33	3:19	2:53	6	53:40	16.8	2:46	5	29:52	9:58	1:45:43
8	391	Karen Oneal	Minneapolis	MN	58	8	18:50	3:46	2:44	8	56:21	16.0	1:38	8	33:03	11:01	1:52:34
9	354	Meg McMonigal	Minndapolis	MN	55	10	22:53	4:35	4:19	10	1:05:05	13.8	0:58	10	40:45	13:35	2:13:59
10	175	Marilyn Goldsby	Minnetonka	MN	59	9	21:45	4:21	6:49	9	1:03:43	14.1	7:25	9	38:19	12:47	2:17:58

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MALE AGE GROUP 60 - 64

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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	545	Sonny Thweatt	Lakeville	MN	63	1	13:42	2:45	2:08	2	44:11	20.4	1:08	1	25:24	8:28	1:26:31
2	64	Michael Bono	Minneapolis	MN	61	2	14:35	2:55	2:09	3	44:37	20.2	1:14	2	25:28	8:30	1:28:01
3	17	Tom Amundson	Minneapolis	MN	63	3	14:45	2:57	1:53	5	46:18	19.4	1:29	4	26:41	8:54	1:31:04
4	350	Tom McConville	Osseo	PL	61	7	20:18	4:04	2:31	1	43:43	20.6	0:59	3	26:28	8:50	1:33:58
5	598	Mark Winholtz	Andover	MN	62	5	16:09	3:14	1:56	4	45:42	19.7	1:30	5	29:49	9:57	1:35:03
6	41	Thomas Bauch	Falcon Hts.	MN	64	6	19:39	3:56	3:33	6	47:40	18.9	2:07	6	33:37	11:13	1:46:33
7	275	Joe Kandiko	Excelsior	MN	64	4	15:27	3:06	3:24	7	52:53	17.0	3:09	7	35:09	11:43	1:49:59

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FEMALE AGE GROUP 60 - 64

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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	433	Deb Roberts	Nisswa	MN	63	1	14:15	2:51	2:52	1	50:19	17.9	1:27	1	29:18	9:46	1:38:09

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MALE AGE GROUP 65 - 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	402	Ed Penney	Deephaven	MN	65	2	16:59	3:24	3:07	1	45:14	19.9	1:58	2	29:11	9:44	1:36:27
2	188	Joe Gryskiewicz	Edina	MN	65	1	14:37	2:56	3:15	3	50:36	17.8	1:36	3	30:01	10:01	1:40:02
3	239	Jerry House	Woodbury	MN	66	5	18:39	3:44	4:58	4	51:22	17.5	2:01	1	24:27	8:09	1:41:24
4	155	Thomas Fulton	Saint Louis Park	MN	67	3	17:33	3:31	3:46	2	49:08	18.3	3:23	6	37:49	12:37	1:51:38
5	494	Richard Simpson	Chanhassen	MN	65	6	18:51	3:47	4:56	6	54:36	16.5	2:23	4	31:21	10:27	1:52:05
6	39	James Barthel	Dellwood	MN	67	7	19:11	3:51	4:34	7	55:21	16.3	1:59	5	34:05	11:22	1:55:09
7	537	Mike Tenney	Excelsior	MN	69	4	17:38	3:32	5:05	5	53:13	16.9	3:23	7	41:31	13:51	2:00:48

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FEMALE AGE GROUP 65 - 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
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
Total Registered:			624												
Total Number of Team Finishers:			10												
Total Number of Individual Finishers:			475												
Number of Male Finishers:			300												
Number of Female Finishers:			175												
Did not Finish Race or Did Not Start:			131												