

LAKE MINNETONKA TRIATHLON
 Excelsior Commons - Excelsior, MN - June 20, 2015
 1 Mile Run - 15 Mile Bike - 3 Mile Run

Place	Div/Tot	Bib Name	City	St	Age	Sex	Rank	RUN	Pace	Trn.1	Rank	BIKE	MPH	Trn.2	Rank	RUN	Pace	FINISH
1	1/13	1 Brooks Grossinger	Mayer	MN	38	M	1	5:41	5:41	0:42	1	34:52	25.8	0:41	1	16:05	5:22	57:59
2	2/13	383 Patrick Parish	Minneapolis	MN	30	M	2	5:46	5:46	0:39	5	36:08	24.9	0:35	4	16:33	5:31	59:38
3	3/13	571 Andy Wiberg	Lakeville	MN	36	M	5	6:02	6:02	0:57	4	35:52	25.1	0:36	5	16:37	5:33	1:00:02
4	4/13	456 Tony Schiller	Eden Prairie	MN	57	M	14	6:19	6:19	0:52	2	35:43	25.2	0:41	13	17:46	5:56	1:01:19
5	5/13	217 Eric Hendrickson	Minnetonka	MN	35	M	3	5:56	5:56	0:44	8	37:19	24.1	0:39	9	17:22	5:48	1:01:58
6	6/13	449 Steve Sander	Eden Prairie	MN	36	M	25	6:37	6:37	1:00	3	35:47	25.2	0:40	19	18:38	6:13	1:02:40
7	7/13	348 Scott Myers Myers	Plymouth	MN	39	M	16	6:23	6:23	0:59	7	37:12	24.2	0:40	12	17:41	5:54	1:02:53
8	8/13	2 Brett Lovaas	Minnetonka	MN	40	M	21	6:32	6:32	0:47	6	36:58	24.3	0:41	14	18:14	6:05	1:03:10
9	1/19	114 Aaron Eicher	Prior Lake	MN	32	M	6	6:03	6:03	1:12	18	39:21	22.9	0:26	2	16:11	5:24	1:03:11
10	9/13	239 Thaddeus Ingersoll	Saint Paul	MN	45	M	24	6:34	6:34	0:57	12	38:24	23.4	0:43	10	17:31	5:51	1:04:07
11	10/13	126 Philip English	Minnetonka	MN	23	M	13	6:16	6:16	0:57	21	39:32	22.8	0:51	8	17:06	5:42	1:04:40
12	1/3	147 Suzie Fox	Chaska	MN	31	F	22	6:33	6:33	0:51	13	38:30	23.4	0:43	23	18:59	6:20	1:05:33
13	1/36	390 Moshe Peri	Minnetonka	MN	38	M	7	6:08	6:08	0:44	24	39:44	22.7	0:38	16	18:58	6:10	1:05:41
14	1/30	327 Steve Marshall	Wayzata	MN	43	M	18	6:27	6:27	1:19	14	38:33	23.3	0:52	17	18:35	6:12	1:05:43
15	2/3	427 Christina Roberts	St. Louis Park	MN	29	F	26	6:38	6:38	0:55	25	39:46	22.6	0:43	18	18:38	6:13	1:06:38
16	11/13	192 Derek Haag	Maple Grove	MN	37	M	49	7:10	7:10	1:06	9	37:48	23.8	0:29	40	20:20	6:47	1:06:50
17	12/13	369 Christian Oestreich	Minnetonka	MN	36	M	20	6:31	6:31	1:06	22	39:36	22.7	0:42	29	19:29	6:30	1:07:23
18	1/32	397 Tom Pettit	Excelsior	MN	46	M	46	7:09	7:09	1:10	26	39:50	22.6	0:50	21	18:56	6:19	1:07:53
19	2/30	496 Tim Sosnowski	Eden Prairie	MN	44	M	62	7:23	7:23	1:10	16	39:06	23.0	0:52	34	19:47	6:36	1:08:17
20	2/19	399 Erik Pieh	St Paul	MN	32	M	44	7:08	7:08	1:02	33	40:22	22.3	0:52	22	18:57	6:19	1:08:20
21	13/13	329 Patrick Marzolf	St. Paul	MN	32	M	23	6:34	6:34	0:53	40	41:13	21.8	1:00	20	18:50	6:17	1:08:27
22	1/30	171 David Goldberg	Minnetrista	MN	54	M	69	7:25	7:25	1:13	11	38:07	23.6	0:43	75	21:27	7:09	1:08:54
23	3/19	634 Scott Roby	Minneapolis	MN	32	M	4	5:57	5:57	1:34	75	43:36	20.6	1:19	3	16:32	5:31	1:08:56
24	3/30	55 Robert Brown	Hopkins	MN	40	M	40	7:01	7:01	1:26	34	40:25	22.3	0:55	25	19:12	6:24	1:08:57
25	4/30	523 Shawn Thomas	Chanhassen	MN	42	M	66	7:25	7:25	1:35	32	40:11	22.4	0:53	24	19:03	6:21	1:09:05
26	2/30	295 Brian Lavelle	Chaska	MN	53	M	72	7:28	7:28	1:18	10	38:01	23.7	0:39	87	21:54	7:18	1:09:18
27	2/36	195 Chris Hacker	Shorewood	MN	39	M	37	6:55	6:55	1:23	37	40:45	22.1	0:43	33	19:39	6:33	1:09:22
28	3/30	41 Curtis Billmeyer	Plymouth	MN	52	M	61	7:23	7:23	1:17	23	39:41	22.7	0:47	38	20:18	6:46	1:09:24
29	2/32	44 Mike Blair	Prior Lake	MN	45	M	88	7:38	7:38	1:27	15	39:03	23.0	0:43	50	20:45	6:55	1:09:34
30	1/6	187 Jan Gunther		MN	56	F	64	7:24	7:24	1:23	31	40:09	22.4	0:38	37	20:07	6:43	1:09:40
31	1/20	420 Kurt Rettig	Minneapolis	MN	28	M	8	6:09	6:09	1:42	60	42:34	21.1	2:17	7	17:03	5:41	1:09:44
32	5/30	351 Scott Needham	Eagan	MN	41	M	32	6:50	6:50	1:19	46	41:33	21.7	0:32	32	19:35	6:32	1:09:47
33	3/32	132 Nick Essma	Edina	MN	47	M	54	7:15	7:15	1:36	17	39:11	23.0	0:55	57	20:59	7:00	1:09:54
34	1/12	638 Cheryl Zitur	Corcoran	MN	50	F	90	7:42	7:42	1:19	28	39:58	22.5	1:00	35	20:00	6:40	1:09:57
35	1/13	550 Richard Vanden Branden	Milwaukee	WI	20	M	12	6:14	6:14	0:48	77	43:43	20.6	0:59	15	18:17	6:06	1:09:58
36	4/32	565 Ryan Wenning	Excelsior	MN	49	M	108	7:54	7:54	1:10	20	39:32	22.8	0:54	48	20:37	6:53	1:10:04
37	2/13	533 Nick Traxler	Deephaven	MN	20	M	17	6:23	6:23	0:51	94	44:27	20.2	0:50	11	17:41	5:54	1:10:10
38	4/30	264 Robert Kaufman	Chanhassen	MN	52	M	79	7:35	7:35	1:21	19	39:29	22.8	0:48	58	20:59	7:00	1:10:12
39	1/18	130 Megan Erlandson	Minneapolis	MN	25	F	31	6:49	6:49	1:33	59	42:29	21.2	0:54	28	19:25	6:29	1:11:08
40	4/19	448 Pablo Sanchez	Saint Paul	MN	30	M	9	6:10	6:10	1:15	127	45:52	19.6	1:06	6	16:59	5:40	1:11:20
41	3/3	577 Liv Williamsen	Chanhassen	MN	37	F	51	7:11	7:11	1:01	55	42:09	21.4	0:44	43	20:33	6:51	1:11:36
42	5/30	277 David Knack	Prior Lake	MN	52	M	102	7:49	7:49	1:10	39	40:59	22.0	1:08	45	20:34	6:52	1:11:39
43	1/22	347 Andrea Myers	Plymouth	MN	39	F	77	7:35	7:35	1:00	47	41:48	21.5	0:42	47	20:36	6:52	1:11:40
44	5/19	417 Jon Reifschneider	Minneapolis	MN	32	M	30	6:46	6:46	1:04	74	43:36	20.6	0:57	27	19:21	6:27	1:11:41
45	5/32	10 Dean Anderson	Blaine	MN	45	M	70	7:26	7:26	2:07	35	40:32	22.2	0:58	63	21:08	7:03	1:12:10
46	1/14	16 Kimberly Ault	Plymouth	MN	33	F	58	7:22	7:22	1:23	45	41:30	21.7	0:44	74	21:26	7:09	1:12:24
47	6/30	469 Corby Serk	Eden Prairie	MN	41	M	55	7:18	7:18	1:12	38	40:46	22.1	0:59	95	22:12	7:24	1:12:25
48	6/32	637 Mark Hooley	St. Paul	MN	48	M	87	7:38	7:38	2:16	29	40:09	22.4	1:14	70	21:16	7:06	1:12:31
49	2/20	191 Jeffrey Gustafson	Chanhassen	MN	29	M	86	7:38	7:38	1:27	61	42:51	21.0	1:11	31	19:34	6:32	1:12:39
50	7/30	169 Jeff Glover	Plymouth	MN	43	M	33	6:51	6:51	1:25	65	42:57	21.0	0:59	46	20:35	6:52	1:12:44
51	8/30	436 Eric Roesner	Minnetonka	MN	40	M	53	7:14	7:14	1:32	50	41:59	21.4	0:50	73	21:23	7:08	1:12:56
52	7/32	529 Scott Tollefson	Minneapolis	MN	48	M	48	7:10	7:10	1:33	79	43:47	20.6	0:58	30	19:34	6:32	1:13:00

53	1/7	435 Parker Roehl	St. Bonifacius	MN	17	M	10	6:13	6:13	1:07	81	43:57	20.5	0:48	61	21:02	7:01	1:13:05
54	8/32	505 Gregg Steiger	Minnetonka	MN	49	M	148	8:17	8:17	1:26	30	40:09	22.4	0:58	99	22:16	7:26	1:13:05
55	1/10	337 Sarah Mercer	Golden Valley	MN	47	F	121	8:02	8:02	1:04	44	41:30	21.7	0:56	79	21:43	7:15	1:13:13
56	9/32	255 Mike Johnson	St Louis Park	MN	46	M	101	7:49	7:49	1:33	54	42:07	21.4	1:01	72	21:22	7:08	1:13:51
57	1/16	273 Brian Kirkvold	Excelsior	MN	37	M	123	8:03	8:03	1:24	52	42:00	21.4	0:48	81	21:44	7:15	1:13:57
58	1/11	333 Jim McDonell	Woodbury	MN	62	M	113	7:57	7:57	1:18	49	41:56	21.5	0:38	94	22:10	7:24	1:13:57
59	2/18	325 Lindsey Marshall	St. Paul	MN	26	F	67	7:25	7:25	1:29	71	43:21	20.8	0:56	60	21:02	7:01	1:14:11
60	3/36	321 Scott Maloney	Savage	MN	38	M	56	7:21	7:21	1:04	69	43:08	20.9	0:51	88	21:55	7:19	1:14:16
61	3/13	84 Ryan Cook	Richfield	MN	22	M	11	6:13	6:13	1:34	149	46:36	19.3	0:57	26	19:14	6:25	1:14:32
62	1/19	299 Catherine Lee	Minneapolis	MN	41	F	116	8:00	8:00	1:13	56	42:10	21.3	0:37	108	22:35	7:32	1:14:33
63	2/22	439 Michelle Rose	Chanhassen	MN	36	F	98	7:47	7:47	1:18	88	44:14	20.3	1:02	39	20:19	6:47	1:14:38
64	9/30	221 David Hillesheim	Golden Valley	MN	42	M	115	7:59	7:59	1:17	27	39:56	22.5	1:04	171	24:27	8:09	1:14:42
65	3/20	181 Phillip Greshowak	Minneapolis	MN	27	M	34	6:51	6:51	2:01	70	43:21	20.8	1:19	69	21:14	7:05	1:14:44
66	3/22	60 Christine Cahill	Plymouth	MN	36	F	85	7:38	7:38	1:26	87	44:11	20.4	1:06	41	20:26	6:49	1:14:44
67	10/32	636 Tim Seck	Stillwater	MN	48	M	43	7:06	7:06	1:23	84	44:04	20.4	1:27	56	20:50	6:57	1:14:48
68	10/30	209 Chris Hawes	Minneapolis	MN	41	M	135	8:10	8:10	1:59	43	41:26	21.7	0:55	116	22:44	7:35	1:15:12
69	11/30	305 Jason Lien	Saint Paul	MN	43	M	92	7:43	7:43	1:59	53	42:03	21.4	1:02	112	22:39	7:33	1:15:25
70	4/36	368 Jason Odonnell	Excelsior	MN	35	M	76	7:33	7:33	1:11	115	45:14	19.9	0:59	44	20:33	6:51	1:15:29
71	2/19	344 Molly Moore	Maple Grove	MN	43	F	134	8:10	8:10	1:48	63	42:56	21.0	0:49	83	21:48	7:16	1:15:30
72	5/36	97 Joseph Daniski	Minnetonka	MN	37	M	71	7:27	7:27	1:40	97	44:37	20.2	1:08	53	20:48	6:56	1:15:37
73	6/30	91 Nicholas Cronin	Edina	MN	53	M	107	7:53	7:53	0:59	76	43:36	20.6	0:54	101	22:22	7:28	1:15:42
74	2/16	443 Brian Ross	Shorewood	MN	39	M	120	8:01	8:01	1:17	57	42:24	21.2	0:55	137	23:23	7:48	1:15:58
75	11/32	127 Michael Enright	Stillwater	MN	49	M	152	8:19	8:19	1:18	41	41:15	21.8	1:23	154	23:55	7:59	1:16:08
76	6/19	553 Jacob Volkmann	Bloomington	MN	32	M	82	7:37	7:37	1:23	123	45:38	19.7	0:52	51	20:46	6:56	1:16:14
77	2/11	146 Mike Flynn	Elk River	MN	63	M	154	8:20	8:20	1:27	78	43:44	20.6	1:08	77	21:40	7:14	1:16:17
78	7/19	339 Brandon Millard	Eden Prairie	MN	30	M	60	7:23	7:23	1:32	98	44:37	20.2	1:39	66	21:13	7:05	1:16:22
79	2/7	426 Alex Robb	Champlin	MN	19	M	111	7:55	7:55	1:18	64	42:56	21.0	0:55	139	23:27	7:49	1:16:29
80	3/16	501 Josh Stahl	Minnetonka	MN	46	M	137	8:11	8:11	1:47	42	41:22	21.8	0:50	174	24:32	8:11	1:16:40
81	8/19	527 Derek Thurmes	St. Paul	MN	33	M	65	7:24	7:24	0:54	145	46:30	19.4	0:52	68	21:13	7:05	1:16:52
82	4/13	532 Joe Traxler	Victoria	MN	21	M	78	7:35	7:35	1:24	116	45:22	19.8	1:16	71	21:22	7:08	1:16:56
83	12/30	194 Daniel Hackenberg	Eden Prairie	MN	42	M	145	8:15	8:15	1:37	82	43:58	20.5	1:33	80	21:43	7:15	1:17:04
84	4/20	349 Craig Myhre	Eden Prairie	MN	29	M	39	6:55	6:55	1:21	157	46:51	19.2	1:11	59	21:00	7:00	1:17:16
85	5/20	534 Brian Trettel	Minnetonka	MN	26	M	27	6:39	6:39	0:53	174	47:41	18.9	0:29	86	21:51	7:17	1:17:30
86	1/17	480 Kate Simonet	Brooklyn Park	MN	20	F	41	7:01	7:01	1:09	187	48:32	18.5	0:46	36	20:06	6:42	1:17:32
87	12/32	471 Bradley Severson	Minnetonka	MN	48	M	99	7:47	7:47	1:39	137	46:05	19.5	1:17	52	20:47	6:56	1:17:34
88	13/30	66 David Cantrill	Chanhassen	MN	41	M	172	8:33	8:33	1:15	66	42:58	20.9	1:03	155	23:57	7:59	1:17:44
89	6/36	80 Matthew Colaizy	Saint Paul	MN	39	M	81	7:37	7:37	1:58	86	44:10	20.4	1:41	102	22:23	7:28	1:17:46
90	4/22	20 Margaret Baranowski	Golden Valley	MN	39	F	179	8:38	8:38	1:00	68	43:02	20.9	1:05	161	24:12	8:04	1:17:55
91	14/30	280 Matthew Koepen	Chanhassen	MN	44	M	162	8:25	8:25	1:46	83	43:59	20.5	0:48	127	23:00	7:40	1:17:56
92	3/11	165 Paul Glade	Cedar Falls	IA	60	M	161	8:25	8:25	0:59	117	45:23	19.8	1:07	96	22:12	7:24	1:18:04
93	2/17	263 Leah Karsten	Rochester	MN	22	F	52	7:14	7:14	2:08	152	46:41	19.3	1:42	42	20:33	6:51	1:18:17
94	13/32	356 Lawrence Nemecek	Minnetrista	MN	48	M	209	8:55	8:55	1:32	58	42:28	21.2	1:15	167	24:15	8:05	1:18:23
95	7/36	238 Jeff Hunsaker	Minneapolis	MN	37	M	103	7:52	7:52	1:56	102	44:45	20.1	1:01	122	22:53	7:38	1:18:25
96	7/30	531 Bill Traxler	Victoria	MN	52	M	114	7:58	7:58	1:18	112	45:01	20.0	0:42	141	23:28	7:50	1:18:26
97	1/8	131 Patrick Erlandson	Wayzata	MN	56	M	84	7:38	7:38	2:17	111	44:58	20.0	1:55	85	21:50	7:17	1:18:35
98	8/36	559 Nicholas Ward	Golden Valley	MN	36	M	57	7:22	7:22	1:42	113	45:03	20.0	1:52	113	22:40	7:34	1:18:36
99	9/19	37 Amir Berenjian	Minneapolis	MN	31	M	73	7:29	7:29	1:47	141	46:10	19.5	1:13	91	22:00	7:20	1:18:38
100	8/30	27 Terry Beachey	Excelsior	MN	53	M	192	8:46	8:46	1:41	72	43:23	20.7	1:23	140	23:28	7:50	1:18:39
101	6/20	121 Peter Elsham	Plymouth	MN	27	M	100	7:48	7:48	1:24	126	45:52	19.6	0:58	114	22:42	7:34	1:18:42
102	9/30	40 Chuck Bies	Waconia	MN	54	M	105	7:53	7:53	1:43	96	44:30	20.2	1:44	124	22:54	7:38	1:18:42
103	14/32	78 Kevin Christenson	Minnetonka	MN	47	M	19	6:28	6:28	1:25	95	44:28	20.2	1:03	201	25:21	8:27	1:18:44
104	4/16	34 Bill Benning	Lakeville	MN	53	M	160	8:25	8:25	1:34	85	44:06	20.4	0:44	166	24:13	8:05	1:19:00
105	10/19	326 Peter Marshall	St. Louis Park	MN	33	M	128	8:05	8:05	1:43	106	44:51	20.1	1:27	126	22:59	7:40	1:19:04
106	15/30	465 Stephen Secker	Eleva	WI	44	M	269	9:40	9:40	2:03	51	41:59	21.4	0:55	177	24:39	8:13	1:19:14
107	3/19	160 Lori Gengler	Plymouth	MN	43	F	170	8:32	8:32	1:37	93	44:22	20.3	1:00	149	23:49	7:57	1:19:18
108	11/19	26 Jordan Baynard	Minneapolis	MN	30	M	59	7:23	7:23	1:59	160	46:53	19.2	1:30	76	21:38	7:13	1:19:21
109	10/30	332 Steve McCullough	West Des Moines	IA	51	M	109	7:54	7:54	2:25	105	44:49	20.1	1:34	118	22:46	7:36	1:19:26
110	4/11	506 Mark Stelmacher	West Des Moines	IA	61	M	187	8:44	8:44	2:19	91	44:20	20.3	1:04	132	23:17	7:46	1:19:42
111	5/13	357 Sean Nesheim	Minneapolis	MN	24	M	112	7:56	7:56	1:37	119	45:29	19.8	1:12	143	23:31	7:51	1:19:44

112	9/36	418	Dan Reitsma	Carver	MN	37	M	124	8:03	8:03	1:38	107	44:55	20.0	1:16	157	23:58	8:00	1:19:48
113	10/36	32	David Behrens	Hopkins	MN	37	M	144	8:15	8:15	1:56	125	45:48	19.7	0:47	129	23:03	7:41	1:19:48
114	16/30	267	Dj Kennedy	Chanhassen	MN	43	M	171	8:33	8:33	1:50	138	46:06	19.5	1:08	98	22:14	7:25	1:19:49
115	15/32	556	Tim J Walker	Minnetonka	MN	48	M	188	8:44	8:44	1:39	67	43:01	20.9	0:43	214	25:44	8:35	1:19:50
116	7/20	113	Marc Egeland	St. Paul	MN	25	M	38	6:55	6:55	1:59	176	48:01	18.7	1:20	78	21:43	7:15	1:19:55
117	8/20	447	Tyler Saewert	Excelsior	MN	27	M	80	7:36	7:36	2:14	158	46:52	19.2	1:22	90	21:57	7:19	1:20:00
118	3/18	548	Brooke Vanden Branden	Milwaukee	WI	25	F	181	8:39	8:39	1:26								1:20:12
119	17/30	504	Rob Stefanowicz	Minnetonka	MN	43	M	74	7:30	7:30	1:49	166	47:22	19.0	1:37	89	21:56	7:19	1:20:12
120	16/32	309	Dave Link	Eden Prairie	MN	48	M	47	7:09	7:09	1:08	156	46:47	19.2	0:57	168	24:16	8:06	1:20:14
121	5/16	302	Scott Leo	Minneapolis	MN	53	M	260	9:33	9:33	1:52	36	40:38	22.1	1:23	246	26:50	8:57	1:20:14
122	4/19	258	Becca Joseph	Minnetonka	MN	40	F	96	7:46	7:46	1:14	198	49:14	18.3	0:59	62	21:07	7:03	1:20:17
123	11/30	488	Stuart Smith	Eden Prairie	MN	53	M	158	8:23	8:23	1:55	89	44:16	20.3	1:18	179	24:40	8:14	1:20:29
124	6/13	51	Tristan Boyd	Minneapolis	MN	24	M	150	8:18	8:18	1:57	130	45:56	19.6	1:14	136	23:23	7:48	1:20:47
125	2/8	324	Robert Marchetti	Champlin	MN	57	M	176	8:36	8:36	1:53	134	46:03	19.5	1:10	130	23:09	7:43	1:20:49
126	6/16	507	Scott Stensland	Victoria	MN	53	M	231	9:09	9:09	1:41	48	41:51	21.5	1:36	240	26:40	8:54	1:20:55
127	18/30	223	Bryan Hoelzer	Rochester	MN	40	M	151	8:19	8:19	1:56	164	47:15	19.0	0:59	106	22:33	7:31	1:21:00
128	11/36	286	Jason Krob	Minneapolis	MN	38	M	140	8:13	8:13	1:42	189	48:36	18.5	1:21	67	21:13	7:05	1:21:05
129	12/36	562	Jonathan Weiss	Wayzata	MN	38	M	136	8:11	8:11	2:20	146	46:30	19.4	1:42	103	22:27	7:29	1:21:08
130	3/7	566	Zachary Wenning	Excelsior	MN	15	M	28	6:46	6:46	1:07	199	49:16	18.3	1:08	128	23:03	7:41	1:21:18
131	2/14	392	Alicia Peterson	Phoenix	AZ	30	F	133	8:10	8:10	1:16	185	48:27	18.6	1:23	93	22:07	7:23	1:21:20
132	13/36	310	Datona Lo	Brooklyn Park	MN	35	M	201	8:51	8:51	1:47	131	45:56	19.6	1:18	144	23:33	7:51	1:21:23
133	14/36	643	Ryan Barnes	Maple Grove	MN	36	M	200	8:50	8:50	1:29	142	46:12	19.5	1:20	145	23:34	7:52	1:21:23
134	12/30	588	Tim Woodfield	Victoria	MN	52	M	241	9:18	9:18	1:47	101	44:39	20.2	1:24	170	24:20	8:07	1:21:26
135	17/32	128	Jay Erb	Excelsior	MN	48	M	226	9:04	9:04	1:53	100	44:38	20.2	0:50	193	25:03	8:21	1:21:26
136	18/32	86	Dan Corbett	Northfield	MN	45	M	165	8:28	8:28	1:37	150	46:36	19.3	1:53	125	22:57	7:39	1:21:29
137	13/30	463	Mark Schultz	Prior Lake	MN	53	M	110	7:55	7:55		298	57:08	15.8	0:57	219	25:59	8:40	1:21:35
138	12/19	281	Ravi Kolakaluri	St Paul	MN	32	M	35	6:52	6:52	1:49	195	49:05	18.3	1:13	111	22:39	7:33	1:21:36
139	2/12	452	Kathy Soanville	White Bear Lake	MN	54	F	185	8:41	8:41	0:58	151	46:40	19.3	0:49	180	24:42	8:14	1:21:48
140	5/19	380	Joy Orvis	Andover	MN	41	F	126	8:04	8:04	1:29	155	46:46	19.2	1:04	172	24:28	8:10	1:21:49
141	15/36	85	Bill Copenhagen	Minnetonka	MN	39	M	138	8:12	8:12	1:12	109	44:57	20.0	1:03	234	26:27	8:49	1:21:49
142	14/30	203	Chris Harristhal	Shorewood	MN	54	M	222	9:02	9:02	2:08	135	46:04	19.5	1:17	138	23:23	7:48	1:21:53
143	16/36	28	George Beatty	Hudson	WI	38	M	206	8:52	8:52	1:41	129	45:54	19.6	1:58	146	23:34	7:52	1:21:57
144	7/13	403	Charlie Pihl	Orono	MN	23	M	36	6:53	6:53	1:21	234	51:41	17.4	0:57	64	21:09	7:03	1:21:59
145	5/11	419	Tom Reitsma	Waconia	MN	62	M	342	11:02	11:02	1:55	62	42:52	21.0	1:10	194	25:09	8:23	1:22:07
146	3/14	642	Kaitlyn Julius	Minneapolis	MN	34	F	166	8:28	8:28	1:46	118	45:26	19.8	0:58	208	25:33	8:31	1:22:08
147	19/32	172	Jason Good	Victoria	MN	45	M	248	9:23	9:23	1:39	103	44:49	20.1	0:55	206	25:30	8:30	1:22:15
148	15/30	220	Tom Hiel	Santa Monica	MN	50	M	153	8:20	8:20	2:06	169	47:25	19.0	1:16	131	23:17	7:46	1:22:22
149	9/20	236	Scott Hudson	Shoreview	MN	25	M	125	8:03	8:03	1:50	128	45:54	19.6	0:58	212	25:39	8:33	1:22:23
150	8/13	319	Alec MacDonell	Minneapolis	MN	24	M	68	7:25	7:25	1:32	215	50:05	18.0	0:56	104	22:29	7:30	1:22:24
151	17/36	591	Jonny Wright	Apple Valley	MN	37	M	238	9:16	9:16	2:21	110	44:57	20.0	0:58	189	24:54	8:18	1:22:25
152	13/19	434	Noel Rodriguez	Minneapolis	MN	34	M	119	8:01	8:01	2:03	186	48:28	18.6	1:22	109	22:37	7:33	1:22:30
153	20/32	345	Mark Morrison	Maple Grove	MN	47	M	183	8:40	8:40	1:37	122	45:36	19.7	1:15	211	25:38	8:33	1:22:45
154	3/17	330	Erin Matthew	Roseville	MN	20	F	45	7:08	7:08	1:43	216	50:07	18.0	1:18	107	22:34	7:32	1:22:49
155	19/30	641	Jacob Setseth	St. Paul	MN	41	M	95	7:45	7:45	1:36	90	44:20	20.3	1:40	262	27:34	9:12	1:22:52
156	5/22	536	Brenda Trok	Maple Grove	MN	36	F	191	8:45	8:45	1:21	180	48:08	18.7	0:54	148	23:47	7:56	1:22:55
157	6/11	48	Michael Bono	Minneapolis	MN	62	M	203	8:51	8:51	1:30	99	44:37	20.2	1:33	236	26:29	8:50	1:23:00
158	16/30	385	Paul Pasko	Minnetonka	MN	50	M	184	8:41	8:41	2:11	139	46:06	19.5	1:33	176	24:37	8:13	1:23:06
159	17/30	200	Ed Hanzlik	Shorewood	MN	53	M	253	9:25	9:25	1:40	136	46:05	19.5	1:11	183	24:46	8:16	1:23:06
160	6/22	287	Kendra Krueger	Minneapolis	MN	35	F	139	8:12	8:12	2:16	168	47:23	19.0	1:55	135	23:23	7:48	1:23:06
161	21/32	574	Chris Wilhoit	St. Louis Park	MN	45	M	173	8:34	8:34	2:08	92	44:21	20.3	1:56	225	26:10	8:44	1:23:07
162	18/36	265	Brian Kelly	St. Louis Park	MN	38	M	224	9:03	9:03	2:18	104	44:49	20.1	0:59	220	26:01	8:41	1:23:08
163	4/14	404	Kristen Ponsolle	Minnetonka	MN	34	F	159	8:25	8:25	1:46	205	49:34	18.2	1:07	100	22:19	7:27	1:23:09
164	9/13	582	Tim Wolfgram	St. Louis Park	MN	24	M	50	7:10	7:10	2:01	184	48:24	18.6	1:50	156	23:58	8:00	1:23:22
165	19/36	285	Matt Kresl	Minneapolis	MN	37	M	208	8:55	8:55	1:21	222	50:48	17.7	1:13	65	21:13	7:05	1:23:28
166	3/8	318	Gregor MacDonald	Chanhassen	MN	56	M	228	9:04	9:04	1:29	173	47:36	18.9	1:54	142	23:30	7:50	1:23:30
167	22/32	284	Eric Krantz	Minnetonka	MN	49	M	156	8:21	8:21	1:03	161	46:56	19.2	0:57	233	26:26	8:49	1:23:41
168	23/32	558	Steve Wander	Minnetonka	MN	47	M	242	9:18	9:18	1:31	124	45:48	19.7	1:18	216	25:55	8:39	1:23:47
169	20/36	207	Alan Haskins	Hugo	MN	39	M	93	7:43	7:43	1:13	213	50:00	18.0	2:10	120	22:50	7:37	1:23:55
170	21/36	308	Jeremy Ling	St. Paul	MN	37	M	118	8:01	8:01	1:16	211	49:55	18.0	0:58	150	23:50	7:57	1:23:58

171	10/20	500 Alex Stael Von Holste	Minneapolis	MN	28 M	83	7:37	7:37	1:33	223	50:53	17.7	0:40	133	23:19	7:47	1:24:01
172	5/14	137 Julie Feldman	Inver Grove Height	MN	33 F	199	8:50	8:50	1:46	143	46:17	19.4	1:01	223	26:08	8:43	1:24:01
173	18/30	569 John Weum	Eden Prairie	MN	54 M	220	8:59	8:59	1:23	147	46:33	19.3	1:02	227	26:14	8:45	1:24:10
174	7/16	105 Steve Donen	Chanhassen	MN	57 M	262	9:36	9:36	1:31	73	43:28	20.7	1:29	278	28:16	9:26	1:24:18
175	22/36	335 Nathan McKenzie	Shakopee	MN	39 M	249	9:25	9:25	2:54	133	46:01	19.6	1:16	186	24:47	8:16	1:24:21
176	11/20	4 Dillon Abbott	Santa Monica	CA	25 M	194	8:46	8:46	2:03	241	52:00	17.3	0:58	49	20:45	6:55	1:24:29
177	7/22	99 Sarah Davis	Hopkins	MN	37 F	169	8:32	8:32	1:29	219	50:25	17.9	0:58	134	23:20	7:47	1:24:42
178	14/19	645 Eric Lobner	Woodbury	MN	30 M	310	10:18	10:18	2:27	175	48:01	18.7	1:32	105	22:29	7:30	1:24:44
179	12/20	278 Kevin Knutson	Eden Prairie	MN	25 M	122	8:02	8:02	1:05	171	47:31	18.9	0:45	260	27:24	9:08	1:24:44
180	24/32	173 Tim Goodyear	Minnetonka	MN	49 M	15	6:22	6:22	1:46	207	49:41	18.1	1:30	204	25:28	8:30	1:24:46
181	19/30	124 Brian Emswiler	Eden Prairie	MN	50 M	223	9:03	9:03	2:05	179	48:08	18.7	0:56	187	24:48	8:16	1:24:58
182	15/19	552 Dayton Vielguth	Medina	MN	32 M	104	7:52	7:52	0:57	247	52:31	17.1	0:49	123	22:54	7:38	1:25:00
183	23/36	33 Weldon Bell	Minnetonka	MN	37 M	155	8:21	8:21	1:15	261	53:56	16.7	0:44	55	20:49	6:57	1:25:03
184	20/30	22 Brian Barnes	Prior Lake	MN	44 M	195	8:47	8:47	2:05	181	48:09	18.7	1:14	190	24:55	8:19	1:25:07
185	8/16	144 Greg Fletcher	Chanhassen	MN	60 M	266	9:38	9:38	2:04	80	43:53	20.5	1:55	265	27:42	9:14	1:25:10
186	4/8	573 Terry Wiens	Duluth	MN	57 M	164	8:26	8:26	1:46	226	51:04	17.6	1:15	115	22:42	7:34	1:25:11
187	24/36	360 Xudong Niu	Minnetonka	MN	39 M	190	8:45	8:45	2:03	114	45:09	19.9	1:25	273	27:52	9:18	1:25:13
188	3/12	88 Cindy Crawford	Deephaven	MN	52 F	268	9:39	9:39	1:42	162	47:02	19.1	1:02	215	25:53	8:38	1:25:16
189	9/16	102 Michael Dimond	Excelsior	MN	55 M	212	8:56	8:56	1:49	159	46:52	19.2	0:48	249	26:55	8:59	1:25:18
190	5/8	549 Jim Vanden Branden	Milwaukee	WI	56 M	230	9:09	9:09	1:19	144	46:19	19.4	0:53	263	27:41	9:14	1:25:19
191	21/30	148 Norman Foster	Saint Paul	MN	42 M	237	9:16	9:16	2:05	153	46:41	19.3	1:01	232	26:23	8:48	1:25:24
192	22/30	466 Jason Sedlak	Bloomington	MN	40 M	316	10:22	10:22	2:04	121	45:33	19.8	1:52	213	25:43	8:35	1:25:33
193	6/14	341 Dana Moen	Wayzata	MN	31 F	94	7:44	7:44	1:25	238	51:49	17.4	1:04	147	23:35	7:52	1:25:35
194	25/36	313 Erik Loge	Savage	MN	36 M	143	8:15	8:15	1:52	200	49:17	18.3	0:58	205	25:29	8:30	1:25:49
195	4/18	542 Madilyn Vaith	St. Paul	MN	27 F	97	7:46	7:46	1:41	237	51:49	17.4	2:05	110	22:37	7:33	1:25:57
196	8/22	589 Shannon Worum	Eden Prairie	MN	35 F	186	8:41	8:41	2:07	212	49:59	18.0	1:15	159	24:08	8:03	1:26:07
197	2/10	216 Kelly Henderson	Chanhassen	MN	48 F	273	9:43	9:43	1:27	167	47:22	19.0	1:13	238	26:32	8:51	1:26:14
198	6/8	484 Rob Sitek	Hastings	MN	58 M	277	9:44	9:44	1:58	148	46:34	19.3	1:22	241	26:44	8:55	1:26:21
199	23/30	210 Scott Hawks	Excelsior	MN	40 M	106	7:53	7:53	1:41	257	53:19	16.9	0:46	119	22:49	7:37	1:26:26
200	4/17	219 Emma Heuer	Beaver Dam	WI	21 F	42	7:02	7:02	1:07	296	57:05	15.8	0:30	54	20:49	6:57	1:26:31
201	10/13	272 Chris Kipp	Minneapolis	MN	24 M	75	7:33	7:33	2:27	209	49:49	18.1	1:32	202	25:24	8:28	1:26:43
202	13/20	509 Charles Stewart	Minneapolis	MN	28 M	63	7:24	7:24	1:33	273	55:03	16.3	1:02	82	21:48	7:16	1:26:47
203	14/20	396 Michael Peterson	Bloomington	MN	26 M	91	7:42	7:42	1:36	235	51:42	17.4	3:38	97	22:14	7:25	1:26:50
204	20/30	408 Mark Prueter	Wayzata	MN	52 M	284	9:49	9:49	2:22	170	47:28	19.0	2:22	188	24:51	8:17	1:26:50
205	24/30	67 Javier Carbajo	Minneapolis	MN	44 M	178	8:38	8:38	2:53	203	49:25	18.2	1:48	162	24:12	8:04	1:26:55
206	26/36	279 Andy Kock	Golden Valley	MN	36 M	210	8:55	8:55	1:19	233	51:40	17.4	0:48	169	24:20	8:07	1:27:00
207	16/19	225 Travis Hoium	Minneapolis	MN	33 M	149	8:17	8:17	3:27	182	48:15	18.7	2:15	192	24:59	8:20	1:27:11
208	25/32	545 Brad Van Gelder	Minnetrista	MN	45 M	157	8:22	8:22	1:40	236	51:46	17.4	0:53	175	24:34	8:12	1:27:13
209	3/10	204 Colleen Harristhal	Shorewood	MN	49 F	254	9:26	9:26	2:31	202	49:25	18.2	1:44	160	24:09	8:03	1:27:13
210	4/12	118 Karen Eklin	Plymouth	MN	51 F	272	9:41	9:41	1:46	197	49:13	18.3	1:16	200	25:19	8:27	1:27:14
211	26/32	215 Scott Heimes	Minneapolis	MN	46 M	246	9:23	9:23	1:42	208	49:43	18.1	1:50	184	24:46	8:16	1:27:21
212	25/30	177 Andy Grant	Eden Prairie	MN	44 M	264	9:37	9:37	1:57	132	45:59	19.6	1:23	289	28:44	9:35	1:27:38
213	27/32	423 John Ridler	Chaska	MN	47 M	259	9:31	9:31	3:28	165	47:20	19.0	1:23	217	25:57	8:39	1:27:38
214	9/22	222 Kristi Hodnefield	Blair	WI	39 F	270	9:40	9:40	2:15	108	44:55	20.0	1:30	297	29:25	9:49	1:27:44
215	1/3	428 Deb Roberts	Nisswa	MN	64 F	278	9:46	9:46	1:44	201	49:19	18.2	1:21	210	25:38	8:33	1:27:47
216	26/30	415 David Reeder	Chanhassen	MN	44 M	205	8:52	8:52	1:25	154	46:43	19.3	1:21	298	29:32	9:51	1:27:53
217	21/30	58 David Busch	Chanhassen	MN	51 M	214	8:57	8:57	2:10	218	50:17	17.9	1:56	181	24:43	8:15	1:28:01
218	10/22	176 Betsy Grams	Chanhassen	MN	39 F	189	8:45	8:45	2:19	204	49:28	18.2	2:00	207	25:31	8:31	1:28:01
219	11/22	108 Anna Duray	Edina	MN	37 F	218	8:59	8:59	2:04	232	51:37	17.4	1:10	185	24:46	8:16	1:28:34
220	1/4	296 Brianna Lavelle	Chaska	MN	17 F	219	8:59	8:59	1:34	231	51:27	17.5	0:38	224	26:08	8:43	1:28:44
221	22/30	298 Peter Lawyer	Wayzata	MN	53 M	29	6:46	6:46	4:10	183	48:22	18.6	2:45	244	26:47	8:56	1:28:49
222	12/22	517 Teresa Tarman	Hopkins	MN	36 F	258	9:31	9:31	2:13	163	47:08	19.1	1:50	277	28:15	9:25	1:28:55
223	5/17	69 Julia Carroll	Plymouth	MN	23 F	127	8:04	8:04	1:06	277	55:17	16.3	0:40	153	23:54	7:58	1:28:59
224	28/32	386 James Patterson	Deephaven	MN	47 M	217	8:58	8:58	2:28	191	48:41	18.5	1:43	256	27:16	9:06	1:29:04
225	7/11	528 Sonny Thweatt	Lakeville	MN	64 M	368	13:48	13:48	2:16	120	45:33	19.8	1:30	221	26:01	8:41	1:29:06
226	4/7	359 Daniel Niemi	Plymouth	MN	15 M	142	8:15	8:15	1:10	269	54:41	16.5	0:52	165	24:12	8:04	1:29:08
227	6/17	202 Maggie Harris	Saint Paul	MN	23 F	146	8:16	8:16	2:22	263	54:01	16.7	0:45	152	23:52	7:58	1:29:14
228	13/22	366 Amy Ode	Plymouth	MN	38 F	296	10:00	10:00	1:21	220	50:31	17.8	1:12	229	26:17	8:46	1:29:20
229	27/36	473 Charles Shepard	Eden Prairie	MN	39 M	211	8:56	8:56	2:28	206	49:39	18.1	1:16	254	27:08	9:03	1:29:25

230	14/22	489	Andrea Snortland	Grand Forks	ND	39	F	240	9:17	9:17	2:25	193	49:01	18.4	2:30	228	26:15	8:45	1:29:26
231	5/18	328	Jennifer Marzolf	Minneapolis	MN	29	F	227	9:04	9:04	1:23	255	53:02	17.0	1:10	191	24:56	8:19	1:29:35
232	6/18	502	Julia Starr	Minneapolis	MN	25	F	291	9:56	9:56	1:45	249	52:42	17.1	1:05	163	24:12	8:04	1:29:39
233	15/20	19	Joshua Baltzer	Plymouth	MN	27	M	147	8:17	8:17	1:03	270	54:42	16.5	0:45	195	25:12	8:24	1:29:57
234	5/12	42	Patty Billmeyer	Plymouth	MN	52	F	314	10:22	10:22	1:57	188	48:36	18.5	1:19	275	28:08	9:23	1:30:20
235	15/22	266	Carin Kelly	St. Louis Park	MN	38	F	207	8:54	8:54	1:56	267	54:29	16.5	1:10	158	24:05	8:02	1:30:31
236	6/12	444	Laura Rucoba	Roca	NE	53	F	255	9:27	9:27	1:12	229	51:14	17.6	0:58	267	27:44	9:15	1:30:33
237	16/20	3	Chris Abbott	Minneapolis	MN	27	M	193	8:46	8:46	2:02	242	52:03	17.3	1:20	235	26:28	8:50	1:30:36
238	7/18	395	Lauren Peterson	Chicago	IL	26	F	234	9:12	9:12	1:14	265	54:09	16.6	1:31	182	24:45	8:15	1:30:50
239	10/16	31	Ron Beckman	Northome	MN	43	M	229	9:05	9:05	1:35	246	52:24	17.2	0:39	258	27:20	9:07	1:31:01
240	28/36	35	Mark Benson	Plymouth	MN	36	M	175	8:34	8:34	1:36	251	52:50	17.0	1:10	252	26:58	9:00	1:31:07
241	6/19	430	Nicole Roberts	Eden Prairie	MN	40	F	321	10:30	10:30	2:29	190	48:37	18.5	1:40	274	27:56	9:19	1:31:10
242	29/32	513	Nick Summers	Orono	MN	47	M	280	9:47	9:47	1:37	194	49:02	18.4	1:15	299	29:33	9:51	1:31:12
243	11/16	52	Randall Brandt	Rosemount	MN	58	M	366	13:09	13:09	1:14	196	49:08	18.3	0:46	255	27:16	9:06	1:31:31
244	8/11	650	Gary Thrasher	Eden Prairie	MN	62	M	235	9:15	9:15	2:10	243	52:18	17.2	1:28	253	26:59	9:00	1:32:07
245	2/4	17	Kelly Azinge	Maple Grove	MN	17	F	180	8:38	8:38	1:09	324	59:57	15.0	0:46	84	21:49	7:17	1:32:18
246	16/22	307	Brigid Ling	St. Paul	MN	36	F	204	8:52	8:52	1:02	301	57:32	15.6	1:02	151	23:52	7:58	1:32:18
247	2/6	82	Bethany Collins	New Hope	MN	59	F	335	10:49	10:49	1:57	177	48:05	18.7	1:33	304	29:55	9:59	1:32:18
248	8/18	117	Sara Eisenhauer	St. Paul	MN	26	F	89	7:41	7:41	2:09	322	59:50	15.0	0:50	92	22:07	7:23	1:32:35
249	7/17	301	Paige Lenoch	Minneapolis	MN	24	F	245	9:22	9:22	2:00	224	51:02	17.6	1:34	288	28:41	9:34	1:32:36
250	7/19	580	Jennifer Wolf	Saint Louis Park	MN	41	F	251	9:25	9:25	2:11	272	54:59	16.4	1:32	173	24:31	8:11	1:32:36
251	9/18	538	Jessica Tumini	Crystal	MN	25	F	163	8:25	8:25	1:55	278	55:24	16.2	1:21	209	25:34	8:32	1:32:38
252	8/19	470	Holly Serk	Eden Prairie	MN	41	F	300	10:01	10:01	2:09	210	49:53	18.0	2:03	294	29:04	9:42	1:33:10
253	7/8	478	Dan Sieben	Edina	MN	56	M	281	9:47	9:47	2:39	240	51:56	17.3	2:42	226	26:12	8:44	1:33:14
254	23/30	378	Michael O'Neal	Big Lake	MN	50	M	363	12:58	12:58	1:58	248	52:36	17.1	1:43	164	24:12	8:04	1:33:25
255	7/12	149	Teresa Foushee	Plymouth	MN	52	F	130	8:07	8:07	1:55	310	58:16	15.4	2:24	117	22:45	7:35	1:33:26
256	30/32	206	Stefan Hartung	Minneapolis	MN	49	M	295	9:58	9:58	2:24	172	47:33	18.9	1:55	324	31:45	10:35	1:33:32
257	3/4	232	Jenna Horner	Eden Prairie	MN	17	F	174	8:34	8:34	2:01	276	55:16	16.3	0:55	245	26:49	8:57	1:33:33
258	29/36	21	James Barke	Bloomington	MN	37	M	213	8:57	8:57	1:32	297	57:08	15.8	0:53	198	25:15	8:25	1:33:44
259	1/3	233	Jerry House	Woodbury	MN	67	M	221	9:00	9:00	3:01	266	54:27	16.5	2:05	196	25:12	8:24	1:33:44
260	8/12	119	Missy Elder	Chanhassen	MN	51	F	287	9:52	9:52	2:35	214	50:04	18.0	2:13	295	29:06	9:42	1:33:48
261	24/30	422	Mark Richard	Bloomington	MN	50	M	303	10:08	10:08	1:13	283	55:40	16.2	1:44	203	25:24	8:28	1:34:07
262	30/36	36	Gerd Bents	St Paul	MN	38	M	132	8:09	8:09	1:45	305	57:47	15.6	1:15	197	25:15	8:25	1:34:09
263	12/16	18	Robert Ball	Minnetonka Beach	MN	44	M	311	10:20	10:20	2:15	178	48:08	18.7	1:41	325	31:50	10:37	1:34:12
264	17/22	446	Kim Ryan	Saint Michael	MN	39	F	319	10:28	10:28	2:06	264	54:04	16.6	1:22	230	26:22	8:48	1:34:19
265	7/14	492	Amy Sommers	Saint Louis Park	MN	30	F	215	8:58	8:58	2:13	284	55:44	16.1	1:31	231	26:22	8:48	1:34:45
266	4/10	350	Jaleh Nahvi	Inver Grove Height	MN	45	F	261	9:34	9:34	1:45	274	55:11	16.3	1:27	247	26:50	8:57	1:34:46
267	11/13	649	Daniel Greene	Minneapolis	MN	23	M	117	8:00	8:00	1:38	331	1:01:20	14.7	1:13	121	22:51	7:37	1:35:00
268	9/12	110	Susie Eastman	Orono	MN	51	F	276	9:44	9:44	1:57	258	53:35	16.8	1:28	283	28:28	9:30	1:35:10
269	1/5	107	Emily Dunn	Sauk Centre	MN	34	F	343	11:08	11:08	2:30	140	46:08	19.5	1:42	342	33:50	11:17	1:35:17
270	25/30	50	Ronald Boyd	Rosemount	MN	53	M	216	8:58	8:58	1:16	281	55:34	16.2	1:07	285	28:31	9:31	1:35:24
271	5/10	384	Michele Pasko	Minnetonka	MN	49	F	282	9:48	9:48	2:50	244	52:18	17.2	2:50	268	27:44	9:15	1:35:28
272	17/20	477	Aaron Sieben	Richfield	MN	29	M	168	8:32	8:32	1:14	280	55:33	16.2	0:39	301	29:37	9:53	1:35:34
273	10/12	83	Brenda Conzet	Buffalo	MN	54	F	306	10:12	10:12	2:29	271	54:54	16.4	1:41	239	26:39	8:53	1:35:53
274	26/30	231	James Hoopes	Chanhassen	MN	54	M	290	9:56	9:56	2:04	250	52:48	17.0	1:38	300	29:34	9:52	1:35:58
275	5/7	211	Xander Hawks	Excelsior	MN	12	M	131	8:08	8:08	1:45	308	58:13	15.5	1:04	250	26:57	8:59	1:36:04
276	27/30	256	Ward Johnson	Minneapolis	MN	44	M	252	9:25	9:25	3:34	239	51:51	17.4	4:25	248	26:53	8:58	1:36:06
277	31/36	135	Andrew Fasching	Mound	MN	37	M	263	9:36	9:36	1:56	275	55:13	16.3	1:02	280	28:21	9:27	1:36:07
278	8/17	197	Nicole Hancock	Eden Prairie	MN	24	F	267	9:39	9:39	1:05	295	56:59	15.8	0:41	269	27:46	9:16	1:36:07
279	10/18	459	Adrienne Schneider	Minneapolis	MN	26	F	197	8:50	8:50	1:15	292	56:26	15.9	0:41	292	29:00	9:40	1:36:10
280	31/32	400	Jon Pierce	Excelsior	MN	46	M	275	9:44	9:44	2:46	228	51:12	17.6	1:57	313	30:42	10:14	1:36:18
281	32/36	316	Thomas Luong	Minneapolis	MN	37	M	202	8:51	8:51	1:29	326	1:00:18	14.9	1:17	178	24:39	8:13	1:36:32
282	13/16	503	Devin Stefanowicz	Thompson	ND	45	M	236	9:15	9:15	2:17	268	54:36	16.5	2:09	281	28:22	9:28	1:36:37
283	17/19	367	Ben O'Donnell	Eagan	MN	33	M	239	9:17	9:17	1:40	260	53:44	16.7	1:50	308	30:10	10:04	1:36:39
284	9/19	90	Wiltse Crompton	Minneapolis	MN	42	F	198	8:50	8:50	2:04	300	57:26	15.7	1:06	259	27:23	9:08	1:36:47
285	28/30	73	John Chapman	Eagan	MN	42	M	302	10:03	10:03	2:13	230	51:25	17.5	1:46	321	31:37	10:33	1:37:02
286	8/14	185	Shelley Gruling	Minneapolis	MN	31	F	285	9:50	9:50	2:20	262	53:59	16.7	1:57	291	29:00	9:40	1:37:05
287	18/22	94	Joanna Daggett	Minneapolis	MN	35	F	244	9:20	9:20	2:44	259	53:37	16.8	1:56	302	29:51	9:57	1:37:25
288	29/30	568	Mike Westendorf	St Louis Park	MN	44	M	167	8:32	8:32	1:48	293	56:35	15.9	2:07	284	28:29	9:30	1:37:28

289	14/16	199 Phillip Hanlon	Plymouth	MN	41 M	309	10:15	10:15	2:06	245	52:20	17.2	1:00	336	32:37	10:53	1:38:16
290	15/16	409 J. Puckett	Dallas	TX	53 M	344	11:13	11:13	3:01	221	50:43	17.7	3:18	309	30:11	10:04	1:38:25
291	9/11	317 Tom Lyons	Excelsior	MN	63 M	369	14:47	14:47	2:40	217	50:15	17.9	1:46	293	29:03	9:41	1:38:28
292	33/36	109 Matt Earnest	Woodbury	MN	37 M	257	9:28	9:28	3:04	316	58:58	15.3	1:46	199	25:18	8:26	1:38:32
293	10/19	421 Emily Rice	Eden Prairie	MN	40 F	243	9:18	9:18	1:55	323	59:53	15.0	1:18	237	26:32	8:51	1:38:53
294	12/13	394 Joseph Peterson	Green Isle	MN	22 M	129	8:06	8:06	1:21	327	1:00:35	14.9	1:08	270	27:46	9:16	1:38:55
295	11/18	213 Erika Hayes	St Louis Park	MN	26 F	323	10:35	10:35	3:15	287	55:48	16.1	1:53	266	27:44	9:15	1:39:13
296	18/19	376 Kirk Olson	Bloomington	MN	34 M	274	9:44	9:44	2:11	279	55:33	16.2	1:45	307	30:04	10:02	1:39:15
297	13/13	370 Clayton Oeth	St. Louis Park	MN	24 M	225	9:03	9:03	1:35	317	58:59	15.3	2:04	271	27:48	9:16	1:39:27
298	19/22	467 Barbara Seifert	Shorewood	MN	39 F	250	9:25	9:25	2:50	303	57:36	15.6	2:32	257	27:17	9:06	1:39:37
299	27/30	458 Kurt Schmid	Orono	MN	54 M	298	10:01	10:01	2:16	225	51:04	17.6	1:44	350	34:44	11:35	1:39:47
300	9/14	401 Dawn Pierson	Eden Prairie	MN	32 F	320	10:30	10:30	2:43	256	53:17	16.9	1:45	322	31:39	10:33	1:39:51
301	20/22	13 Rebecca Andestic	St. Paul	MN	39 F	247	9:23	9:23	1:07	309	58:15	15.5	1:11	306	30:03	10:01	1:39:58
302	6/10	156 Gina Fruncillo	St. Paul	MN	46 F	307	10:13	10:13	1:53	304	57:39	15.6	1:38	290	29:00	9:40	1:40:22
303	18/20	387 Alex Pearson	Saint Paul	MN	27 M	177	8:36	8:36	1:31	320	59:03	15.2	0:42	316	30:49	10:17	1:40:40
304	10/14	294 Dana Larmour	Eden Prairie	MN	31 F	289	9:55	9:55	2:30	289	56:01	16.1	1:46	314	30:43	10:15	1:40:53
305	12/18	39 Jessica Besonen	Minnetonka	MN	27 F	288	9:55	9:55	2:27	314	58:41	15.3	1:17	287	28:40	9:34	1:40:57
306	2/3	594 Colleen Zvosec	Edina	MN	60 F	348	11:26	11:26	1:56	307	58:01	15.5	1:23	282	28:24	9:28	1:41:07
307	9/17	289 Alison Kullback	Minneapolis	MN	24 F	308	10:14	10:14	1:27	339	1:02:41	14.4	0:42	222	26:07	8:43	1:41:08
308	13/18	498 Lauren Sprenger	Minneapolis	MN	27 F	327	10:38	10:38	2:21	285	55:44	16.1	1:45	315	30:45	10:15	1:41:12
309	11/14	7 Lisa Ackerman	Minneapolis	MN	33 F	326	10:38	10:38	2:05	286	55:46	16.1	0:55	327	31:53	10:38	1:41:15
310	19/20	182 Paul Gaudette	Excelsior	MN	25 M	196	8:49	8:49	2:21	313	58:35	15.4	1:41	305	30:00	10:00	1:41:24
311	8/8	567 Tom Wentz	Burnsville	MN	57 M	346	11:18	11:18	3:37	227	51:06	17.6	2:12	340	33:27	11:09	1:41:38
312	12/14	644 Aileen Profir	Harrisburg	SD	33 F	299	10:01	10:01	2:01	325	59:58	15.0	1:34	276	28:10	9:24	1:41:42
313	6/7	152 Evan Freed	Excelsior	MN	13 M	341	11:02	11:02	1:06	335	1:02:11	14.5	0:39	243	26:47	8:56	1:41:43
314	34/36	120 David Elliott	Chanhassen	MN	38 M	256	9:28	9:28	3:05	312	58:32	15.4	2:11	286	28:35	9:32	1:41:49
315	11/19	136 Jennifer Fearing	Monticello	MN	43 F	339	10:54	10:54	1:39	290	56:03	16.1	1:29	326	31:52	10:38	1:41:55
316	7/10	63 Kelly Callinan	Minnetonka	MN	49 F	329	10:41	10:41	2:55	319	59:02	15.2	1:47	272	27:51	9:17	1:42:14
317	11/12	125 Caroline Emswiler	Eden Prairie	MN	50 F	279	9:47	9:47	2:13	337	1:02:25	14.4	1:29	242	26:46	8:56	1:42:38
318	12/12	572 Julie Wiens	Wayzata	MN	53 F	271	9:40	9:40	2:00	338	1:02:32	14.4	1:24	261	27:29	9:10	1:43:03
319	10/17	188 Divya Gupta	Minneapolis	MN	23 F	292	9:57	9:57	1:46	345	1:04:20	14.0	1:05	218	25:58	8:40	1:43:05
320	21/22	352 Julie Nelson	Chicago	IL	35 F	333	10:46	10:46	2:46	294	56:47	15.8	2:04	317	30:55	10:19	1:43:17
321	16/16	493 Ryan Sommers	St. Louis Park	MN	35 M	332	10:44	10:44	2:34	288	55:52	16.1	3:47	310	30:26	10:09	1:43:22
322	3/6	354 Shannon Nelson	St Paul	MN	58 F	338	10:52	10:52	3:03	291	56:16	16.0	2:19	318	30:57	10:19	1:43:25
323	8/10	365 Pam O'Connor	Chanhassen	MN	45 F	336	10:50	10:50	2:02	282	55:39	16.2	1:26	341	33:48	11:16	1:43:44
324	2/3	25 Thomas Bauch	Falcon Heights	MN	65 M	370	15:48	15:48	2:30	192	48:52	18.4	2:28	347	34:30	11:30	1:44:06
325	12/19	472 Susan Sheely	River Falls	WI	42 F	283	9:49	9:49	2:03	329	1:00:50	14.8	1:56	303	29:53	9:58	1:44:29
326	7/7	49 Aidan Boyd	Rosemount	MN	16 M	232	9:11	9:11	1:40	299	57:10	15.7	1:49	349	34:43	11:35	1:44:32
327	11/17	297 Nathalie Lawyer	Alexandria	VA	24 F	334	10:48	10:48	2:08	321	59:38	15.1	2:05	311	30:32	10:11	1:45:08
328	13/19	242 Jennifer Ische	Shorewood	MN	44 F	293	9:57	9:57	3:04	334	1:02:09	14.5	1:05	296	29:10	9:44	1:45:23
329	19/19	535 Todd Trettel	Spring Park	MN	31 M	233	9:11	9:11	2:06	306	57:52	15.6	2:03	346	34:24	11:28	1:45:35
330	4/6	104 Carol Donen	Chanhassen	MN	55 F	330	10:41	10:41	3:24	328	1:00:48	14.8	2:26	279	28:19	9:27	1:45:36
331	32/32	288 Todd Kruse	Inver Grove Height	MN	49 M	305	10:12	10:12	2:59	311	58:20	15.4	3:09	319	31:15	10:25	1:45:53
332	14/19	98 Kimberly David	Chanhassen	MN	40 F	265	9:38	9:38	2:30	351	1:06:01	13.6	1:21	251	26:57	8:59	1:46:26
333	3/3	157 Thomas Fulton	Saint Louis Park	MN	68 M	353	11:50	11:50	3:24	253	53:01	17.0	2:59	351	35:17	11:46	1:46:30
334	2/5	45 Valerie Blanchenay	Jacobson	MN	49 F	356	12:11	12:11	2:22	254	53:02	17.0	1:39	356	37:54	12:38	1:47:06
335	12/17	442 Anna Ross	Kenosha	WI	24 F	301	10:03	10:03	2:27	318	59:00	15.3	2:36	339	33:25	11:09	1:47:29
336	28/30	561 Richard Weeks	Eden Prairie	MN	54 M	345	11:14	11:14	3:17	252	52:57	17.0	2:54	357	38:12	12:44	1:48:33
337	13/17	116 Katie Eisenhauer	Saint Paul	MN	24 F	297	10:01	10:01	2:40	344	1:04:17	14.0	1:12	323	31:42	10:34	1:49:49
338	10/11	167 Brent Glommen	Roseville	MN	62 M	337	10:52	10:52	1:38	336	1:02:24	14.4	2:53	332	32:10	10:44	1:49:56
339	14/17	593 Beatrice Zvosec	Edina	MN	24 F	331	10:43	10:43	2:16	343	1:04:16	14.0	0:56	328	31:56	10:39	1:50:06
340	4/4	398 Anna Petty	Plymouth	MN	17 F	182	8:39	8:39	1:09	357	1:11:29	12.6	1:34	264	27:41	9:14	1:50:30
341	5/6	262 Kristi Karsten	Rochester	MN	55 F	349	11:26	11:26	1:54	332	1:01:24	14.7	1:27	348	34:39	11:33	1:50:48
342	22/22	346 Amy Moser	St. Paul	MN	39 F	318	10:27	10:27	1:31	350	1:06:01	13.6	1:37	320	31:19	10:27	1:50:53
343	3/3	576 Laura Williamschen	Excelsior	MN	63 F	347	11:22	11:22	4:37	330	1:00:52	14.8	3:00	330	32:03	10:41	1:51:52
344	29/30	388 Derald Pederson	Edina	MN	52 M	340	10:56	10:56	2:13	341	1:02:56	14.3	3:03	338	33:08	11:03	1:52:15
345	13/14	516 Beth Sween	Chanhassen	MN	34 F	322	10:32	10:32	2:12	352	1:06:20	13.6	0:56	333	32:23	10:48	1:52:21
346	14/14	592 Sarah Zalewski	Chaska	MN	33 F	328	10:39	10:39	2:18	348	1:05:42	13.7	1:14	335	32:37	10:53	1:52:28
347	14/18	243 Courtney Jacobs	Excelsior	MN	29 F	352	11:50	11:50	3:14	302	57:35	15.6	1:42	359	38:48	12:56	1:53:07

348	35/36	168 Jathen Glommen	Roseville	MN	39 M	294	9:57	9:57	6:25	342	1:02:58	14.3	2:50	331	32:06	10:42	1:54:14
349	36/36	111 Brian Edds	Chanhassen	MN	37 M	325	10:37	10:37	1:52	347	1:05:15	13.8	1:19	352	35:18	11:46	1:54:18
350	9/10	512 Belinda Stutzman	Deephaven	MN	49 F	360	12:25	12:25	1:51	315	58:55	15.3	1:59	362	40:07	13:23	1:55:15
351	15/19	161 Abbie Gibbs	Grand Forks	ND	43 F	304	10:08	10:08	1:22	356	1:08:42	13.1	1:12	343	34:01	11:21	1:55:24
352	11/11	235 Dave Hovde	Wayzata	MN	63 M	355	12:04	12:04	1:59	354	1:07:29	13.3	1:39	337	32:55	10:59	1:56:05
353	10/10	546 Nicole Van Gelder	Minnetrista	MN	45 F	351	11:37	11:37	2:04	346	1:04:42	13.9	2:18	353	35:27	11:49	1:56:06
354	16/19	389 Kara Pederson	Bloomington	MN	41 F	315	10:22	10:22	1:40	359	1:12:42	12.4	0:40	329	32:02	10:41	1:57:25
355	17/19	270 Kris Kilmer	Lake Forest	IL	40 F	317	10:26	10:26	1:39	361	1:14:46	12.0	0:53	312	30:39	10:13	1:58:22
356	15/18	479 Miranda Sieben	Edina	MN	28 F	358	12:24	12:24	2:44	349	1:05:47	13.7	1:59	354	36:15	12:05	1:59:07
357	30/30	212 Bryan Hayes	Eagan	MN	51 M	364	13:02	13:02	2:30	333	1:01:28	14.6	2:26	363	40:21	13:27	1:59:46
358	6/6	336 Meg McMonigal	Minneapolis	MN	56 F	361	12:27	12:27	1:58	340	1:02:53	14.3	1:12	364	42:48	14:16	2:01:16
359	15/17	71 Mikaela Casey	Minneapolis	MN	24 F	324	10:36	10:36	1:59	366	1:18:15	11.5	0:51	334	32:29	10:50	2:04:08
360	20/20	518 Andrew Tasche	Excelsior	MN	26 M	286	9:51	9:51	2:00	360	1:13:37	12.2	1:20	358	38:13	12:45	2:04:59
361	3/5	414 Shannon Reagan	Monticello	MN	38 F	354	11:52	11:52	1:51	367	1:18:37	11.4	0:52	355	36:26	12:09	2:09:36
362	16/17	276 Ashlie Knack	Prior Lake	MN	20 F	312	10:21	10:21	1:56	369	1:21:46	11.0	1:25	344	34:20	11:27	2:09:45
363	17/17	162 Jordan Gill	Lakeville	MN	20 F	313	10:21	10:21	1:56	368	1:21:46	11.0	1:25	345	34:20	11:27	2:09:46
364	16/18	129 Ashley Erichsen	Maple Plain	MN	25 F	350	11:33	11:33	2:25	362	1:16:25	11.8	1:21	361	39:34	13:12	2:11:16
365	18/19	410 Alyssa Purdy	St. Paul	MN	40 F	367	13:26	13:26	4:32	355	1:08:05	13.2	3:17	370	45:35	15:12	2:14:53
366	4/5	198 Lisa Handley	Minneapolis	MN	44 F	362	12:32	12:32	5:14	365	1:17:22	11.6	2:00	360	39:16	13:06	2:16:22
367	17/18	425 Caroline Riippa	Edina	MN	26 F	359	12:24	12:24	2:50	363	1:16:37	11.7	1:27	367	43:32	14:31	2:16:49
368	18/18	100 Mackenzie Del Santro	Apple Valley	MN	26 F	357	12:23	12:23	2:53	364	1:16:37	11.7	1:23	368	43:37	14:33	2:16:51
369	5/5	314 Jennifer Lohse	Columbia Heights	MN	44 F	371	20:42	20:42	3:47	353	1:07:02	13.4	2:24	366	43:25	14:29	2:17:18
370	19/19	145 Elizabeth Flynn	Minnetonka	MN	41 F	365	13:06	13:06	4:41	358	1:12:02	12.5	3:35	369	44:54	14:58	2:18:18
371	30/30	575 Lucas Willett	Minnetonka	MN	41 M	141	8:14	8:14	4:25	370	1:24:19	10.7	3:38	365	42:49	14:17	2:23:23

MALE RELAY RESULTS

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE RELAY RESULTS

1	602	Jilty's Tri for Life Genevieve McJilton , Pauline McJilto , Kathleen Pengel	2	11:48	11:48	0:51	1	46:00	19.6	0:28	2	25:07	8:23	1:24:13
2	611	Wonder Powers Anji Johnson , Anji Johnson , Michelle Beckman-Howk	1	8:20	8:20	0:52	2	57:18	15.7	0:31	1	24:40	8:14	1:31:39

COED RELAY RESULTS

1	596	Ben3 Heidi Flessert , Paul Buzinec , Michael Johnson	2	7:31	7:31	0:48	1	38:40	23.3	0:35	3	21:39	7:13	1:09:11
2	595	Air Force and the Girls Sara Ahlquist , Hunter Ahlquist , Anne Ahlquist	1	7:15	7:15	0:36					1	18:25	6:09	1:11:29
3	606	Rhythm Patrol Keala Ede , Brendt Bly , Prairie Bly	3	8:09	8:09	1:09	2	44:16	20.3					1:14:20
4	609	Tri Again	4	8:50	8:50	0:54	3	44:21	20.3	0:25	2	21:37	7:13	1:16:05

5	605	Kiah Dahlquist , Steve Volbrecht , Dennis Crane	6	9:26	9:26	1:01	4	44:46	20.1	0:40	7	30:10	10:04	1:26:03
6	597	Ben Chastek , Ronda Copher , Ronda Copher	5	8:54	8:54	1:15	6	54:21	16.6	0:36	5	25:17	8:26	1:30:22
7	608	Chris Kane , Chris Kane , Joe Henk	9	10:06	10:06	1:20	5	52:13	17.2	0:39	8	30:38	10:13	1:34:54
8	610	David Miller , Jon Schellhaas , Jodi Miller	7	9:29	9:29	1:09	8	1:02:02	14.5	0:41	4	24:06	8:02	1:37:26
9	604	Amy Freed , Chris Freed , Easton Freed	10	15:32	15:32	1:33	7	56:33	15.9	0:57	9	43:36	14:32	1:58:09
10	600	Catherine McKegney , Richard Seurer , Catherine McKegn	8	9:36	9:36	1:16	9	1:26:54	10.4	1:05	6	27:21	9:07	2:06:09
		Hot n Beefy												
		Lisha McConnell , Jason Wilkerson , Lisha McConnell												

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PENALTY TIME ISSUED

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

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Bib	Name	City	St	Age	Sex	Rank	SWIM	100yd	Trn.1	Rank	BIKE	MPH	Trn.2	Rank	RUN	Pace	FINISH
522	Steve Theis	Deephaven	MN	55	M	2	5:16	5:16	1:55	1	49:25	18.2	1:38	1	25:09	8:23	1:23:20
6	Mike Abbott	Excelsior	MN	56	M	1	3:12	3:12	1:38	3	51:51	17.4	1:30	2	26:30	8:50	1:24:40
230	Katy B Holub	Minnetrissa	MN	50	F				2:06	4	51:58	17.3	1:28	4	29:26	9:49	1:24:49
5	Kristen Abbott	Excelsior	MN	54	F				2:05	7	56:00	16.1	1:32	6	32:01	10:41	1:31:29
138	Eduardo Fernandes	Chanhassen	MN	60	M	3	5:36	5:36	3:15	2	51:30	17.5	2:57	3	28:20	9:27	1:31:35
208	Andrea Hatch	Minneapolis	MN	24	F	11	10:19	10:19	1:26					5	31:43	10:35	2:06:39
47	David Boneparth	Minneapolis	MN	32	M	15	11:25	11:25	2:54	6	55:44	16.1	3:08				
81	Tom Coles	Apple Valley	MN	54	M	10	10:10	10:10	3:47	5	52:08	17.3					
112	Kristen Edds	Chanhassen	MN	40	F	16	12:34	12:34	1:50	8	1:15:17	12.0					
375	Kendra Olson	Chanhassen	MN	22	F	12	10:33	10:33	1:41	9	1:35:18	9.4					
274	Matthew Kley	Minneapolis	MN	33	M	7	8:56	8:56	1:32								
79	Briana Cleveland	Rosemount	MN	19	F	5	7:52	7:52	1:36								
139	Stefan Figurski	St. Paul	MN	26	M	4	6:53	6:53	1:38								
70	Joan Casey	St Louis Park	MN	50	F	14	10:44	10:44	2:28								
290	Dawn Labiosa	Apple Valley	MN	50	F	13	10:44	10:44	2:43								
486	Marisa Skees	Eden Prairie	MN	39	F	6	8:05	8:05									
334	Justin McHugh	Wayzata	MN	42	M	8	8:58	8:58									
62	Jeff Callinan	Wayzata	MN	42	M	9	8:59	8:59									

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OVERALL MALE ELITE 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	1	Brooks Grossinger	Mayer	MN	38	1	5:41	5:41	0:42	1	34:52	25.8	0:41	1	16:05	5:22	57:59
2	383	Patrick Parish	Minneapolis	MN	30	2	5:46	5:46	0:39	5	36:08	24.9	0:35	2	16:33	5:31	59:38
3	571	Andy Wiberg	Lakeville	MN	36	4	6:02	6:02	0:57	4	35:52	25.1	0:36	3	16:37	5:33	1:00:02
4	456	Tony Schiller	Eden Prairie	MN	57	6	6:19	6:19	0:52	2	35:43	25.2	0:41	8	17:46	5:56	1:01:19
5	217	Eric Hendrickson	Minnetonka	MN	35	3	5:56	5:56	0:44	8	37:19	24.1	0:39	5	17:22	5:48	1:01:58
6	449	Steve Sander	Eden Prairie	MN	36	12	6:37	6:37	1:00	3	35:47	25.2	0:40	10	18:38	6:13	1:02:40
7	348	Scott Myers Myers	Plymouth	MN	39	7	6:23	6:23	0:59	7	37:12	24.2	0:40	7	17:41	5:54	1:02:53
8	2	Brett Lovaas	Minnetonka	MN	40	9	6:32	6:32	0:47	6	36:58	24.3	0:41	9	18:14	6:05	1:03:10

9	239	Thaddeus Ingersoll	Saint Paul	MN	45	11	6:34	6:34	0:57	10	38:24	23.4	0:43	6	17:31	5:51	1:04:07
10	126	Philip English	Minnetonka	MN	23	5	6:16	6:16	0:57	11	39:32	22.8	0:51	4	17:06	5:42	1:04:40
11	192	Derek Haag	Maple Grove	MN	37	13	7:10	7:10	1:06	9	37:48	23.8	0:29	13	20:20	6:47	1:06:50
12	369	Christian Oestreich	Minnetonka	MN	36	8	6:31	6:31	1:06	12	39:36	22.7	0:42	12	19:29	6:30	1:07:23
13	329	Patrick Marzolf	St. Paul	MN	32	10	6:34	6:34	0:53	13	41:13	21.8	1:00	11	18:50	6:17	1:08:27

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	147	Suzie Fox	Chaska	MN	31	1	6:33	6:33	0:51	1	38:30	23.4	0:43	2	18:59	6:20	1:05:33
2	427	Christina Roberts	St. Louis Park	MN	29	2	6:38	6:38	0:55	2	39:46	22.6	0:43	1	18:38	6:13	1:06:38
3	577	Liv Williamsen	Chanhassen	MN	37	3	7:11	7:11	1:01	3	42:09	21.4	0:44	3	20:33	6:51	1:11:36

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	273	Brian Kirkvold	Excelsior	MN	37	2	8:03	8:03	1:24	4	42:00	21.4	0:48	1	21:44	7:15	1:13:57
2	443	Brian Ross	Shorewood	MN	39	1	8:01	8:01	1:17	5	42:24	21.2	0:55	2	23:23	7:48	1:15:58
3	501	Josh Stahl	Minnetonka	MN	46	3	8:11	8:11	1:47	2	41:22	21.8	0:50	4	24:32	8:11	1:16:40
4	34	Bill Benning	Lakeville	MN	53	4	8:25	8:25	1:34	8	44:06	20.4	0:44	3	24:13	8:05	1:19:00
5	302	Scott Leo	Minneapolis	MN	53	9	9:33	9:33	1:52	1	40:38	22.1	1:23	6	26:50	8:57	1:20:14
6	507	Scott Stensland	Victoria	MN	53	7	9:09	9:09	1:41	3	41:51	21.5	1:36	5	26:40	8:54	1:20:55
7	105	Steve Donen	Chanhassen	MN	57	10	9:36	9:36	1:31	6	43:28	20.7	1:29	11	28:16	9:26	1:24:18
8	144	Greg Fletcher	Chanhassen	MN	60	11	9:38	9:38	2:04	7	43:53	20.5	1:55	10	27:42	9:14	1:25:10
9	102	Michael Dimond	Excelsior	MN	55	5	8:56	8:56	1:49	9	46:52	19.2	0:48	7	26:55	8:59	1:25:18
10	31	Ron Beckman	Northome	MN	43	6	9:05	9:05	1:35	14	52:24	17.2	0:39	9	27:20	9:07	1:31:01
11	52	Randall Brandt	Rosemount	MN	58	16	13:09	13:09	1:14	11	49:08	18.3	0:46	8	27:16	9:06	1:31:31
12	18	Robert Ball	Minnetonka Beach	MN	44	13	10:20	10:20	2:15	10	48:08	18.7	1:41	15	31:50	10:37	1:34:12
13	503	Devin Stefanowicz	Thompson	ND	45	8	9:15	9:15	2:17	15	54:36	16.5	2:09	12	28:22	9:28	1:36:37
14	199	Phillip Hanlon	Plymouth	MN	41	12	10:15	10:15	2:06	13	52:20	17.2	1:00	16	32:37	10:53	1:38:16
15	409	J. Puckett	Dallas	TX	53	15	11:13	11:13	3:01	12	50:43	17.7	3:18	13	30:11	10:04	1:38:25
16	493	Ryan Sommers	St. Louis Park	MN	35	14	10:44	10:44	2:34	16	55:52	16.1	3:47	14	30:26	10:09	1:43:22

OVERALL FEMALE ATHENA RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	107	Emily Dunn	Sauk Centre	MN	34	1	11:08	11:08	2:30	1	46:08	19.5	1:42	1	33:50	11:17	1:35:17
2	45	Valerie Blanchenay	Jacobson	MN	49	3	12:11	12:11	2:22	2	53:02	17.0	1:39	3	37:54	12:38	1:47:06
3	414	Shannon Reagan	Monticello	MN	38	2	11:52	11:52	1:51	5	1:18:37	11.4	0:52	2	36:26	12:09	2:09:36
4	198	Lisa Handley	Minneapolis	MN	44	4	12:32	12:32	5:14	4	1:17:22	11.6	2:00	4	39:16	13:06	2:16:22
5	314	Jennifer Lohse	Columbia Heights	MN	44	5	20:42	20:42	3:47	3	1:07:02	13.4	2:24	5	43:25	14:29	2:17:18

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim	100
						Time	yds
1	Brooks Grossinger	Mayer	MN	38	M	5:41	5:41
2	Patrick Parish	Minneapolis	MN	30	M	5:46	5:46
3	Eric Hendrickson	Minnetonka	MN	35	M	5:56	5:56
4	Scott Roby	Minneapolis	MN	32	M	5:57	5:57

5	Andy Wiberg	Lakeville	MN	36	M	6:02	6:02
6	Aaron Eicher	Prior Lake	MN	32	M	6:03	6:03
7	Moshe Peri	Minnetonka	MN	38	M	6:08	6:08
8	Kurt Rettig	Minneapolis	MN	28	M	6:09	6:09
9	Pablo Sanchez	Saint Paul	MN	30	M	6:10	6:10
10	Parker Roehl	St. Bonifacius	MN	17	M	6:13	6:13

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	MPH
1	Brooks Grossinger	Mayer	MN	38	M	34:52	25.8
2	Tony Schiller	Eden Prairie	MN	57	M	35:43	25.2
3	Steve Sander	Eden Prairie	MN	36	M	35:47	25.2
4	Andy Wiberg	Lakeville	MN	36	M	35:52	25.1
5	Patrick Parish	Minneapolis	MN	30	M	36:08	24.9
6	Brett Lovaas	Minnetonka	MN	40	M	36:58	24.3
7	Scott Myers Myers	Plymouth	MN	39	M	37:12	24.2
8	Eric Hendrickson	Minnetonka	MN	35	M	37:19	24.1
9	Derek Haag	Maple Grove	MN	37	M	37:48	23.8
10	Brian Lavelle	Chaska	MN	53	M	38:01	23.7

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Brooks Grossinger	Mayer	MN	38	M	16:05	5:22
2	Aaron Eicher	Prior Lake	MN	32	M	16:11	5:24
3	Scott Roby	Minneapolis	MN	32	M	16:32	5:31
4	Patrick Parish	Minneapolis	MN	30	M	16:33	5:31
5	Andy Wiberg	Lakeville	MN	36	M	16:37	5:33
6	Pablo Sanchez	Saint Paul	MN	30	M	16:59	5:40
7	Kurt Rettig	Minneapolis	MN	28	M	17:03	5:41
8	Philip English	Minnetonka	MN	23	M	17:06	5:42
9	Eric Hendrickson	Minnetonka	MN	35	M	17:22	5:48
10	Thaddeus Ingersoll	Saint Paul	MN	45	M	17:31	5:51

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	114	Aaron Eicher	Prior Lake	MN	32	2	6:03	6:03	1:12	7	39:21	22.9	0:26	1	16:11	5:24	1:03:11
2	390	Moshe Peri	Minnetonka	MN	38	3	6:08	6:08	0:44	11	39:44	22.7	0:38	7	18:28	6:10	1:05:41
3	327	Steve Marshall	Wayzata	MN	43	11	6:27	6:27	1:19	3	38:33	23.3	0:52	8	18:35	6:12	1:05:43
4	397	Tom Pettit	Excelsior	MN	46	29	7:09	7:09	1:10	12	39:50	22.6	0:50	9	18:56	6:19	1:07:53
5	496	Tim Sosnowski	Eden Prairie	MN	44	41	7:23	7:23	1:10	5	39:06	23.0	0:52	19	19:47	6:36	1:08:17
6	399	Erik Pieh	St Paul	MN	32	28	7:08	7:08	1:02	17	40:22	22.3	0:52	10	18:57	6:19	1:08:20
7	171	David Goldberg	Minnetrista	MN	54	46	7:25	7:25	1:13	2	38:07	23.6	0:43	47	21:27	7:09	1:08:54
8	634	Scott Roby	Minneapolis	MN	32	1	5:57	5:57	1:34	43	43:36	20.6	1:19	2	16:32	5:31	1:08:56
9	55	Robert Brown	Hopkins	MN	40	26	7:01	7:01	1:26	18	40:25	22.3	0:55	12	19:12	6:24	1:08:57
10	523	Shawn Thomas	Chanhassen	MN	42	44	7:25	7:25	1:35	16	40:11	22.4	0:53	11	19:03	6:21	1:09:05
11	295	Brian Lavelle	Chaska	MN	53	49	7:28	7:28	1:18	1	38:01	23.7	0:39	55	21:54	7:18	1:09:18
12	195	Chris Hacker	Shorewood	MN	39	23	6:55	6:55	1:23	20	40:45	22.1	0:43	18	19:39	6:33	1:09:22
13	41	Curtis Billmeyer	Plymouth	MN	52	40	7:23	7:23	1:17	10	39:41	22.7	0:47	20	20:18	6:46	1:09:24
14	44	Mike Blair	Prior Lake	MN	45	63	7:38	7:38	1:27	4	39:03	23.0	0:43	26	20:45	6:55	1:09:34
15	420	Kurt Rettig	Minneapolis	MN	28	4	6:09	6:09	1:42	32	42:34	21.1	2:17	4	17:03	5:41	1:09:44
16	351	Scott Needham	Eagan	MN	41	17	6:50	6:50	1:19	25	41:33	21.7	0:32	17	19:35	6:32	1:09:47

17	132	Nick Essma	Edina	MN	47	34	7:15	7:15	1:36	6	39:11	23.0	0:55	32	20:59	7:00	1:09:54
18	550	Richard Vanden Branden	Milwaukee	WI	20	8	6:14	6:14	0:48	45	43:43	20.6	0:59	6	18:17	6:06	1:09:58
19	565	Ryan Wenning	Excelsior	MN	49	77	7:54	7:54	1:10	9	39:32	22.8	0:54	24	20:37	6:53	1:10:04
20	533	Nick Traxler	Deephaven	MN	20	10	6:23	6:23	0:51	57	44:27	20.2	0:50	5	17:41	5:54	1:10:10
21	264	Robert Kaufman	Chanhassen	MN	52	55	7:35	7:35	1:21	8	39:29	22.8	0:48	33	20:59	7:00	1:10:12
22	448	Pablo Sanchez	Saint Paul	MN	30	5	6:10	6:10	1:15	88	45:52	19.6	1:06	3	16:59	5:40	1:11:20
23	277	David Knack	Prior Lake	MN	52	71	7:49	7:49	1:10	22	40:59	22.0	1:08	22	20:34	6:52	1:11:39
24	417	Jon Reifschneider	Minneapolis	MN	32	16	6:46	6:46	1:04	42	43:36	20.6	0:57	14	19:21	6:27	1:11:41
25	10	Dean Anderson	Blaine	MN	45	47	7:26	7:26	2:07	19	40:32	22.2	0:58	36	21:08	7:03	1:12:10
26	469	Corby Serk	Eden Prairie	MN	41	35	7:18	7:18	1:12	21	40:46	22.1	0:59	61	22:12	7:24	1:12:25
27	637	Mark Hooley	St. Paul	MN	48	62	7:38	7:38	2:16	14	40:09	22.4	1:14	43	21:16	7:06	1:12:31
28	191	Jeffrey Gustafson	Chanhassen	MN	29	61	7:38	7:38	1:27	33	42:51	21.0	1:11	16	19:34	6:32	1:12:39
29	169	Jeff Glover	Plymouth	MN	43	18	6:51	6:51	1:25	36	42:57	21.0	0:59	23	20:35	6:52	1:12:44
30	436	Eric Roesner	Minnetonka	MN	40	33	7:14	7:14	1:32	27	41:59	21.4	0:50	46	21:23	7:08	1:12:56
31	529	Scott Tollefson	Minneapolis	MN	48	31	7:10	7:10	1:33	47	43:47	20.6	0:58	15	19:34	6:32	1:13:00
32	435	Parker Roehl	St. Bonifacius	MN	17	6	6:13	6:13	1:07	48	43:57	20.5	0:48	35	21:02	7:01	1:13:05
33	505	Gregg Steiger	Minnetonka	MN	49	105	8:17	8:17	1:26	15	40:09	22.4	0:58	65	22:16	7:26	1:13:05
34	255	Mike Johnson	St Louis Park	MN	46	70	7:49	7:49	1:33	30	42:07	21.4	1:01	45	21:22	7:08	1:13:51
35	333	Jim McDonell	Woodbury	MN	62	82	7:57	7:57	1:18	26	41:56	21.5	0:38	60	22:10	7:24	1:13:57
36	321	Scott Maloney	Savage	MN	38	36	7:21	7:21	1:04	39	43:08	20.9	0:51	56	21:55	7:19	1:14:16
37	84	Ryan Cook	Richfield	MN	22	7	6:13	6:13	1:34	108	46:36	19.3	0:57	13	19:14	6:25	1:14:32
38	221	David Hillesheim	Golden Valley	MN	42	84	7:59	7:59	1:17	13	39:56	22.5	1:04	117	24:27	8:09	1:14:42
39	181	Phillip Greshowak	Minneapolis	MN	27	19	6:51	6:51	2:01	40	43:21	20.8	1:19	42	21:14	7:05	1:14:44
40	636	Tim Seck	Stillwater	MN	48	27	7:06	7:06	1:23	51	44:04	20.4	1:27	31	20:50	6:57	1:14:48
41	209	Chris Hawes	Minneapolis	MN	41	95	8:10	8:10	1:59	24	41:26	21.7	0:55	78	22:44	7:35	1:15:12
42	305	Jason Lien	Saint Paul	MN	43	65	7:43	7:43	1:59	29	42:03	21.4	1:02	74	22:39	7:33	1:15:25
43	368	Jason Odonnell	Excelsior	MN	35	53	7:33	7:33	1:11	77	45:14	19.9	0:59	21	20:33	6:51	1:15:29
44	97	Joseph Daniski	Minnetonka	MN	37	48	7:27	7:27	1:40	60	44:37	20.2	1:08	29	20:48	6:56	1:15:37
45	91	Nicholas Cronin	Edina	MN	53	76	7:53	7:53	0:59	44	43:36	20.6	0:54	66	22:22	7:28	1:15:42
46	127	Michael Enright	Stillwater	MN	49	109	8:19	8:19	1:18	23	41:15	21.8	1:23	106	23:55	7:59	1:16:08
47	553	Jacob Volkmann	Bloomington	MN	32	58	7:37	7:37	1:23	84	45:38	19.7	0:52	27	20:46	6:56	1:16:14
48	146	Mike Flynn	Elk River	MN	63	111	8:20	8:20	1:27	46	43:44	20.6	1:08	49	21:40	7:14	1:16:17
49	339	Brandon Millard	Eden Prairie	MN	30	39	7:23	7:23	1:32	61	44:37	20.2	1:39	39	21:13	7:05	1:16:22
50	426	Alex Robb	Champlin	MN	19	80	7:55	7:55	1:18	35	42:56	21.0	0:55	97	23:27	7:49	1:16:29
51	527	Derek Thurmes	St. Paul	MN	33	43	7:24	7:24	0:54	104	46:30	19.4	0:52	41	21:13	7:05	1:16:52
52	532	Joe Traxler	Victoria	MN	21	54	7:35	7:35	1:24	78	45:22	19.8	1:16	44	21:22	7:08	1:16:56
53	194	Daniel Hackenberg	Eden Prairie	MN	42	103	8:15	8:15	1:37	49	43:58	20.5	1:33	51	21:43	7:15	1:17:04
54	349	Craig Myhre	Eden Prairie	MN	29	25	6:55	6:55	1:21	113	46:51	19.2	1:11	34	21:00	7:00	1:17:16
55	534	Brian Trettel	Minnetonka	MN	26	13	6:39	6:39	0:53	125	47:41	18.9	0:29	54	21:51	7:17	1:17:30
56	471	Bradley Severson	Minnetonka	MN	48	68	7:47	7:47	1:39	98	46:05	19.5	1:17	28	20:47	6:56	1:17:34
57	66	David Cantrill	Chanhassen	MN	41	123	8:33	8:33	1:15	37	42:58	20.9	1:03	107	23:57	7:59	1:17:44
58	80	Matthew Colaizy	Saint Paul	MN	39	57	7:37	7:37	1:58	52	44:10	20.4	1:41	67	22:23	7:28	1:17:46
59	280	Matthew Koeppen	Chanhassen	MN	44	117	8:25	8:25	1:46	50	43:59	20.5	0:48	88	23:00	7:40	1:17:56
60	165	Paul Glade	Cedar Falls	IA	60	116	8:25	8:25	0:59	79	45:23	19.8	1:07	62	22:12	7:24	1:18:04
61	356	Lawrence Nemecek	Minnetrista	MN	48	146	8:55	8:55	1:32	31	42:28	21.2	1:15	113	24:15	8:05	1:18:23
62	238	Jeff Hunsaker	Minneapolis	MN	37	72	7:52	7:52	1:56	65	44:45	20.1	1:01	83	22:53	7:38	1:18:25
63	531	Bill Traxler	Victoria	MN	52	83	7:58	7:58	1:18	74	45:01	20.0	0:42	99	23:28	7:50	1:18:26
64	131	Patrick Erlandson	Wayzata	MN	56	60	7:38	7:38	2:17	73	44:58	20.0	1:55	53	21:50	7:17	1:18:35
65	559	Nicholas Ward	Golden Valley	MN	36	37	7:22	7:22	1:42	75	45:03	20.0	1:52	75	22:40	7:34	1:18:36
66	37	Amir Berenjian	Minneapolis	MN	31	50	7:29	7:29	1:47	101	46:10	19.5	1:13	59	22:00	7:20	1:18:38
67	27	Terry Beachey	Excelsior	MN	53	134	8:46	8:46	1:41	41	43:23	20.7	1:23	98	23:28	7:50	1:18:39
68	121	Peter Elsham	Plymouth	MN	27	69	7:48	7:48	1:24	87	45:52	19.6	0:58	76	22:42	7:34	1:18:42
69	40	Chuck Bies	Waconia	MN	54	74	7:53	7:53	1:43	59	44:30	20.2	1:44	85	22:54	7:38	1:18:42
70	78	Kevin Christenson	Minnetonka	MN	47	12	6:28	6:28	1:25	58	44:28	20.2	1:03	139	25:21	8:27	1:18:44
71	326	Peter Marshall	St. Louis Park	MN	33	91	8:05	8:05	1:43	69	44:51	20.1	1:27	87	22:59	7:40	1:19:04
72	465	Stephen Secker	Eleva	WI	44	183	9:40	9:40	2:03	28	41:59	21.4	0:55	120	24:39	8:13	1:19:14
73	26	Jordan Baynard	Minneapolis	MN	30	38	7:23	7:23	1:59	115	46:53	19.2	1:30	48	21:38	7:13	1:19:21
74	332	Steve McCullough	West Des Moines	IA	51	78	7:54	7:54	2:25	68	44:49	20.1	1:34	79	22:46	7:36	1:19:26
75	506	Mark Stelmacher	West Des Moines	IA	61	131	8:44	8:44	2:19	55	44:20	20.3	1:04	93	23:17	7:46	1:19:42

76	357	Sean Nesheim	Minneapolis	MN	24	81	7:56	7:56	1:37	80	45:29	19.8	1:12	101	23:31	7:51	1:19:44
77	418	Dan Reitsma	Carver	MN	37	89	8:03	8:03	1:38	70	44:55	20.0	1:16	109	23:58	8:00	1:19:48
78	32	David Behrens	Hopkins	MN	37	102	8:15	8:15	1:56	86	45:48	19.7	0:47	90	23:03	7:41	1:19:48
79	267	Dj Kennedy	Chanhassen	MN	43	122	8:33	8:33	1:50	99	46:06	19.5	1:08	64	22:14	7:25	1:19:49
80	556	Tim J Walker	Minnetonka	MN	48	132	8:44	8:44	1:39	38	43:01	20.9	0:43	148	25:44	8:35	1:19:50
81	113	Marc Egeland	St. Paul	MN	25	24	6:55	6:55	1:59	127	48:01	18.7	1:20	50	21:43	7:15	1:19:55
82	447	Tyler Saewert	Excelsior	MN	27	56	7:36	7:36	2:14	114	46:52	19.2	1:22	58	21:57	7:19	1:20:00
83	504	Rob Stefanowicz	Minnetonka	MN	43	51	7:30	7:30	1:49	119	47:22	19.0	1:37	57	21:56	7:19	1:20:12
84	309	Dave Link	Eden Prairie	MN	48	30	7:09	7:09	1:08	112	46:47	19.2	0:57	114	24:16	8:06	1:20:14
85	488	Stuart Smith	Eden Prairie	MN	53	115	8:23	8:23	1:55	53	44:16	20.3	1:18	122	24:40	8:14	1:20:29
86	51	Tristan Boyd	Minneapolis	MN	24	107	8:18	8:18	1:57	91	45:56	19.6	1:14	95	23:23	7:48	1:20:47
87	324	Robert Marchetti	Champlin	MN	57	126	8:36	8:36	1:53	95	46:03	19.5	1:10	91	23:09	7:43	1:20:49
88	223	Bryan Hoelzer	Rochester	MN	40	108	8:19	8:19	1:56	117	47:15	19.0	0:59	71	22:33	7:31	1:21:00
89	286	Jason Krob	Minneapolis	MN	38	98	8:13	8:13	1:42	134	48:36	18.5	1:21	40	21:13	7:05	1:21:05
90	562	Jonathan Weiss	Wayzata	MN	38	96	8:11	8:11	2:20	105	46:30	19.4	1:42	68	22:27	7:29	1:21:08
91	566	Zachary Wenning	Excelsior	MN	15	14	6:46	6:46	1:07	139	49:16	18.3	1:08	89	23:03	7:41	1:21:18
92	310	Datona Lo	Brooklyn Park	MN	35	140	8:51	8:51	1:47	92	45:56	19.6	1:18	102	23:33	7:51	1:21:23
93	643	Ryan Barnes	Maple Grove	MN	36	139	8:50	8:50	1:29	102	46:12	19.5	1:20	103	23:34	7:52	1:21:23
94	588	Tim Woodfield	Victoria	MN	52	171	9:18	9:18	1:47	64	44:39	20.2	1:24	116	24:20	8:07	1:21:26
95	128	Jay Erb	Excelsior	MN	48	162	9:04	9:04	1:53	63	44:38	20.2	0:50	132	25:03	8:21	1:21:26
96	86	Dan Corbett	Northfield	MN	45	119	8:28	8:28	1:37	109	46:36	19.3	1:53	86	22:57	7:39	1:21:29
97	463	Mark Schultz	Prior Lake	MN	53	79	7:55	7:55		189	57:08	15.8	0:57	151	25:59	8:40	1:21:35
98	281	Ravi Kolakaluri	St Paul	MN	32	20	6:52	6:52	1:49	138	49:05	18.3	1:13	73	22:39	7:33	1:21:36
99	85	Bill Copenhagen	Minnetonka	MN	39	97	8:12	8:12	1:12	71	44:57	20.0	1:03	159	26:27	8:49	1:21:49
100	203	Chris Harristhal	Shorewood	MN	54	158	9:02	9:02	2:08	96	46:04	19.5	1:17	96	23:23	7:48	1:21:53
101	28	George Beatty	Hudson	WI	38	144	8:52	8:52	1:41	90	45:54	19.6	1:58	104	23:34	7:52	1:21:57
102	403	Charlie Pihl	Orono	MN	23	22	6:53	6:53	1:21	159	51:41	17.4	0:57	37	21:09	7:03	1:21:59
103	419	Tom Reitsma	Waconia	MN	62	205	11:02	11:02	1:55	34	42:52	21.0	1:10	133	25:09	8:23	1:22:07
104	172	Jason Good	Victoria	MN	45	174	9:23	9:23	1:39	66	44:49	20.1	0:55	144	25:30	8:30	1:22:15
105	220	Tom Hiel	Santa Monica	MN	50	110	8:20	8:20	2:06	120	47:25	19.0	1:16	92	23:17	7:46	1:22:22
106	236	Scott Hudson	Shoreview	MN	25	90	8:03	8:03	1:50	89	45:54	19.6	0:58	146	25:39	8:33	1:22:23
107	319	Alec MacDonell	Minneapolis	MN	24	45	7:25	7:25	1:32	148	50:05	18.0	0:56	69	22:29	7:30	1:22:24
108	591	Jonny Wright	Apple Valley	MN	37	169	9:16	9:16	2:21	72	44:57	20.0	0:58	129	24:54	8:18	1:22:25
109	434	Noel Rodriguez	Minneapolis	MN	34	87	8:01	8:01	2:03	133	48:28	18.6	1:22	72	22:37	7:33	1:22:30
110	345	Mark Morrison	Maple Grove	MN	47	129	8:40	8:40	1:37	83	45:36	19.7	1:15	145	25:38	8:33	1:22:45
111	641	Jacob Setseth	St. Paul	MN	41	67	7:45	7:45	1:36	54	44:20	20.3	1:40	172	27:34	9:12	1:22:52
112	48	Michael Bono	Minneapolis	MN	62	142	8:51	8:51	1:30	62	44:37	20.2	1:33	161	26:29	8:50	1:23:00
113	385	Paul Pasko	Minnetonka	MN	50	130	8:41	8:41	2:11	100	46:06	19.5	1:33	119	24:37	8:13	1:23:06
114	200	Ed Hanzlik	Shorewood	MN	53	177	9:25	9:25	1:40	97	46:05	19.5	1:11	124	24:46	8:16	1:23:06
115	574	Chris Wilhoit	St. Louis Park	MN	45	124	8:34	8:34	2:08	56	44:21	20.3	1:56	154	26:10	8:44	1:23:07
116	265	Brian Kelly	St. Louis Park	MN	38	160	9:03	9:03	2:18	67	44:49	20.1	0:59	152	26:01	8:41	1:23:08
117	582	Tim Wolfgram	St. Louis Park	MN	24	32	7:10	7:10	2:01	132	48:24	18.6	1:50	108	23:58	8:00	1:23:22
118	285	Matt Kresl	Minneapolis	MN	37	145	8:55	8:55	1:21	151	50:48	17.7	1:13	38	21:13	7:05	1:23:28
119	318	Gregor MacDonald	Chanhassen	MN	56	163	9:04	9:04	1:29	124	47:36	18.9	1:54	100	23:30	7:50	1:23:30
120	284	Eric Krantz	Minnetonka	MN	49	113	8:21	8:21	1:03	116	46:56	19.2	0:57	158	26:26	8:49	1:23:41
121	558	Steve Wander	Minnetonka	MN	47	172	9:18	9:18	1:31	85	45:48	19.7	1:18	149	25:55	8:39	1:23:47
122	207	Alan Haskins	Hugo	MN	39	66	7:43	7:43	1:13	147	50:00	18.0	2:10	81	22:50	7:37	1:23:55
123	308	Jeremy Ling	St. Paul	MN	37	86	8:01	8:01	1:16	146	49:55	18.0	0:58	105	23:50	7:57	1:23:58
124	500	Alex Stael Von Holste	Minneapolis	MN	28	59	7:37	7:37	1:33	152	50:53	17.7	0:40	94	23:19	7:47	1:24:01
125	569	John Weum	Eden Prairie	MN	54	156	8:59	8:59	1:23	106	46:33	19.3	1:02	156	26:14	8:45	1:24:10
126	335	Nathan McKenzie	Shakopee	MN	39	175	9:25	9:25	2:54	94	46:01	19.6	1:16	126	24:47	8:16	1:24:21
127	4	Dillon Abbott	Santa Monica	CA	25	136	8:46	8:46	2:03	164	52:00	17.3	0:58	25	20:45	6:55	1:24:29
128	645	Eric Lobner	Woodbury	MN	30	199	10:18	10:18	2:27	126	48:01	18.7	1:32	70	22:29	7:30	1:24:44
129	278	Kevin Knutson	Eden Prairie	MN	25	88	8:02	8:02	1:05	122	47:31	18.9	0:45	171	27:24	9:08	1:24:44
130	173	Tim Goodyear	Minnetonka	MN	49	9	6:22	6:22	1:46	143	49:41	18.1	1:30	142	25:28	8:30	1:24:46
131	124	Brian Emswiler	Eden Prairie	MN	50	159	9:03	9:03	2:05	128	48:08	18.7	0:56	127	24:48	8:16	1:24:58
132	552	Dayton Vielguth	Medina	MN	32	73	7:52	7:52	0:57	168	52:31	17.1	0:49	84	22:54	7:38	1:25:00
133	33	Weldon Bell	Minnetonka	MN	37	112	8:21	8:21	1:15	176	53:56	16.7	0:44	30	20:49	6:57	1:25:03
134	22	Brian Barnes	Prior Lake	MN	44	137	8:47	8:47	2:05	129	48:09	18.7	1:14	130	24:55	8:19	1:25:07

135	573	Terry Wiens	Duluth	MN	57	118	8:26	8:26	1:46	154	51:04	17.6	1:15	77	22:42	7:34	1:25:11
136	360	Xudong Niu	Minnetonka	MN	39	133	8:45	8:45	2:03	76	45:09	19.9	1:25	176	27:52	9:18	1:25:13
137	549	Jim Vanden Branden	Milwaukee	WI	56	164	9:09	9:09	1:19	103	46:19	19.4	0:53	173	27:41	9:14	1:25:19
138	148	Norman Foster	Saint Paul	MN	42	168	9:16	9:16	2:05	110	46:41	19.3	1:01	157	26:23	8:48	1:25:24
139	466	Jason Sedlak	Bloomington	MN	40	200	10:22	10:22	2:04	82	45:33	19.8	1:52	147	25:43	8:35	1:25:33
140	313	Erik Loge	Savage	MN	36	101	8:15	8:15	1:52	140	49:17	18.3	0:58	143	25:29	8:30	1:25:49
141	484	Rob Sitek	Hastings	MN	58	186	9:44	9:44	1:58	107	46:34	19.3	1:22	162	26:44	8:55	1:26:21
142	210	Scott Hawks	Excelsior	MN	40	75	7:53	7:53	1:41	174	53:19	16.9	0:46	80	22:49	7:37	1:26:26
143	272	Chris Kipp	Minneapolis	MN	24	52	7:33	7:33	2:27	145	49:49	18.1	1:32	140	25:24	8:28	1:26:43
144	509	Charles Stewart	Minneapolis	MN	28	42	7:24	7:24	1:33	180	55:03	16.3	1:02	52	21:48	7:16	1:26:47
145	396	Michael Peterson	Bloomington	MN	26	64	7:42	7:42	1:36	160	51:42	17.4	3:38	63	22:14	7:25	1:26:50
146	408	Mark Prueter	Wayzata	MN	52	189	9:49	9:49	2:22	121	47:28	19.0	2:22	128	24:51	8:17	1:26:50
147	67	Javier Carbajo	Minneapolis	MN	44	128	8:38	8:38	2:53	141	49:25	18.2	1:48	110	24:12	8:04	1:26:55
148	279	Andy Kock	Golden Valley	MN	36	147	8:55	8:55	1:19	158	51:40	17.4	0:48	115	24:20	8:07	1:27:00
149	225	Travis Hoiuum	Minneapolis	MN	33	106	8:17	8:17	3:27	130	48:15	18.7	2:15	131	24:59	8:20	1:27:11
150	545	Brad Van Gelder	Minnetrista	MN	45	114	8:22	8:22	1:40	161	51:46	17.4	0:53	118	24:34	8:12	1:27:13
151	215	Scott Heimes	Minneapolis	MN	46	173	9:23	9:23	1:42	144	49:43	18.1	1:50	125	24:46	8:16	1:27:21
152	177	Andy Grant	Eden Prairie	MN	44	182	9:37	9:37	1:57	93	45:59	19.6	1:23	181	28:44	9:35	1:27:38
153	423	John Ridler	Chaska	MN	47	180	9:31	9:31	3:28	118	47:20	19.0	1:23	150	25:57	8:39	1:27:38
154	415	David Reeder	Chanhassen	MN	44	143	8:52	8:52	1:25	111	46:43	19.3	1:21	183	29:32	9:51	1:27:53
155	58	David Busch	Chanhassen	MN	51	151	8:57	8:57	2:10	150	50:17	17.9	1:56	123	24:43	8:15	1:28:01
156	298	Peter Lawyer	Wayzata	MN	53	15	6:46	6:46	4:10	131	48:22	18.6	2:45	164	26:47	8:56	1:28:49
157	386	James Patterson	Deephaven	MN	47	154	8:58	8:58	2:28	135	48:41	18.5	1:43	170	27:16	9:06	1:29:04
158	528	Sonny Thweatt	Lakeville	MN	64	213	13:48	13:48	2:16	81	45:33	19.8	1:30	153	26:01	8:41	1:29:06
159	359	Daniel Niemi	Plymouth	MN	15	100	8:15	8:15	1:10	178	54:41	16.5	0:52	112	24:12	8:04	1:29:08
160	473	Charles Shepard	Eden Prairie	MN	39	148	8:56	8:56	2:28	142	49:39	18.1	1:16	169	27:08	9:03	1:29:25
161	19	Joshua Baltzer	Plymouth	MN	27	104	8:17	8:17	1:03	179	54:42	16.5	0:45	134	25:12	8:24	1:29:57
162	3	Chris Abbott	Minneapolis	MN	27	135	8:46	8:46	2:02	165	52:03	17.3	1:20	160	26:28	8:50	1:30:36
163	35	Mark Benson	Plymouth	MN	36	125	8:34	8:34	1:36	171	52:50	17.0	1:10	167	26:58	9:00	1:31:07
164	513	Nick Summers	Orono	MN	47	187	9:47	9:47	1:37	137	49:02	18.4	1:15	184	29:33	9:51	1:31:12
165	650	Gary Thrasher	Eden Prairie	MN	62	167	9:15	9:15	2:10	167	52:18	17.2	1:28	168	26:59	9:00	1:32:07
166	478	Dan Sieben	Edina	MN	56	188	9:47	9:47	2:39	163	51:56	17.3	2:42	155	26:12	8:44	1:33:14
167	378	Michael O'Neal	Big Lake	MN	50	211	12:58	12:58	1:58	169	52:36	17.1	1:43	111	24:12	8:04	1:33:25
168	206	Stefan Hartung	Minneapolis	MN	49	193	9:58	9:58	2:24	123	47:33	18.9	1:55	194	31:45	10:35	1:33:32
169	21	James Barke	Bloomington	MN	37	150	8:57	8:57	1:32	188	57:08	15.8	0:53	137	25:15	8:25	1:33:44
170	233	Jerry House	Woodbury	MN	67	157	9:00	9:00	3:01	177	54:27	16.5	2:05	135	25:12	8:24	1:33:44
171	422	Mark Richard	Bloomington	MN	50	196	10:08	10:08	1:13	185	55:40	16.2	1:44	141	25:24	8:28	1:34:07
172	36	Gerd Bents	St Paul	MN	38	94	8:09	8:09	1:45	191	57:47	15.6	1:15	136	25:15	8:25	1:34:09
173	649	Daniel Greene	Minneapolis	MN	23	85	8:00	8:00	1:38	202	1:01:20	14.7	1:13	82	22:51	7:37	1:35:00
174	50	Ronald Boyd	Rosemount	MN	53	153	8:58	8:58	1:16	184	55:34	16.2	1:07	179	28:31	9:31	1:35:24
175	477	Aaron Sieben	Richfield	MN	29	121	8:32	8:32	1:14	183	55:33	16.2	0:39	186	29:37	9:53	1:35:34
176	231	James Hoopes	Chanhassen	MN	54	191	9:56	9:56	2:04	170	52:48	17.0	1:38	185	29:34	9:52	1:35:58
177	211	Xander Hawks	Excelsior	MN	12	93	8:08	8:08	1:45	193	58:13	15.5	1:04	166	26:57	8:59	1:36:04
178	256	Ward Johnson	Minneapolis	MN	44	176	9:25	9:25	3:34	162	51:51	17.4	4:25	165	26:53	8:58	1:36:06
179	135	Andrew Fasching	Mound	MN	37	181	9:36	9:36	1:56	181	55:13	16.3	1:02	177	28:21	9:27	1:36:07
180	400	Jon Pierce	Excelsior	MN	46	185	9:44	9:44	2:46	156	51:12	17.6	1:57	190	30:42	10:14	1:36:18
181	316	Thomas Luong	Minneapolis	MN	37	141	8:51	8:51	1:29	200	1:00:18	14.9	1:17	121	24:39	8:13	1:36:32
182	367	Ben O'Donnell	Eagan	MN	33	170	9:17	9:17	1:40	175	53:44	16.7	1:50	189	30:10	10:04	1:36:39
183	73	John Chapman	Eagan	MN	42	195	10:03	10:03	2:13	157	51:25	17.5	1:46	193	31:37	10:33	1:37:02
184	568	Mike Westendorf	St Louis Park	MN	44	120	8:32	8:32	1:48	187	56:35	15.9	2:07	178	28:29	9:30	1:37:28
185	317	Tom Lyons	Excelsior	MN	63	214	14:47	14:47	2:40	149	50:15	17.9	1:46	182	29:03	9:41	1:38:28
186	109	Matt Earnest	Woodbury	MN	37	179	9:28	9:28	3:04	197	58:58	15.3	1:46	138	25:18	8:26	1:38:32
187	394	Joseph Peterson	Green Isle	MN	22	92	8:06	8:06	1:21	201	1:00:35	14.9	1:08	174	27:46	9:16	1:38:55
188	376	Kirk Olson	Bloomington	MN	34	184	9:44	9:44	2:11	182	55:33	16.2	1:45	188	30:04	10:02	1:39:15
189	370	Clayton Oeth	St. Louis Park	MN	24	161	9:03	9:03	1:35	198	58:59	15.3	2:04	175	27:48	9:16	1:39:27
190	458	Kurt Schmid	Orono	MN	54	194	10:01	10:01	2:16	153	51:04	17.6	1:44	203	34:44	11:35	1:39:47
191	387	Alex Pearson	Saint Paul	MN	27	127	8:36	8:36	1:31	199	59:03	15.2	0:42	191	30:49	10:17	1:40:40
192	182	Paul Gaudette	Excelsior	MN	25	138	8:49	8:49	2:21	196	58:35	15.4	1:41	187	30:00	10:00	1:41:24
193	567	Tom Wentz	Burnsville	MN	57	207	11:18	11:18	3:37	155	51:06	17.6	2:12	199	33:27	11:09	1:41:38

194	152	Evan Freed	Excelsior	MN	13	204	11:02	11:02	1:06	204	1:02:11	14.5	0:39	163	26:47	8:56	1:41:43
195	120	David Elliott	Chanhasen	MN	38	178	9:28	9:28	3:05	195	58:32	15.4	2:11	180	28:35	9:32	1:41:49
196	25	Thomas Bauch	Falcon Heights	MN	65	215	15:48	15:48	2:30	136	48:52	18.4	2:28	201	34:30	11:30	1:44:06
197	49	Aidan Boyd	Rosemount	MN	16	165	9:11	9:11	1:40	190	57:10	15.7	1:49	202	34:43	11:35	1:44:32
198	535	Todd Trettel	Spring Park	MN	31	166	9:11	9:11	2:06	192	57:52	15.6	2:03	200	34:24	11:28	1:45:35
199	288	Todd Kruse	Inver Grove Height	MN	49	198	10:12	10:12	2:59	194	58:20	15.4	3:09	192	31:15	10:25	1:45:53
200	157	Thomas Fulton	Saint Louis Park	MN	68	209	11:50	11:50	3:24	173	53:01	17.0	2:59	204	35:17	11:46	1:54:30
201	561	Richard Weeks	Eden Prairie	MN	54	206	11:14	11:14	3:17	172	52:57	17.0	2:54	206	38:12	12:44	1:48:33
202	167	Brent Glommen	Roseville	MN	62	202	10:52	10:52	1:38	205	1:02:24	14.4	2:53	196	32:10	10:44	1:49:56
203	388	Derald Pederson	Edina	MN	52	203	10:56	10:56	2:13	206	1:02:56	14.3	3:03	198	33:08	11:03	1:52:15
204	168	Jathen Glommen	Roseville	MN	39	192	9:57	9:57	6:25	207	1:02:58	14.3	2:50	195	32:06	10:42	1:54:14
205	111	Brian Edds	Chanhasen	MN	37	201	10:37	10:37	1:52	208	1:05:15	13.8	1:19	205	35:18	11:46	1:54:18
206	235	Dave Hovde	Wayzata	MN	63	210	12:04	12:04	1:59	209	1:07:29	13.3	1:39	197	32:55	10:59	1:56:05
207	212	Bryan Hayes	Eagan	MN	51	212	13:02	13:02	2:30	203	1:01:28	14.6	2:26	208	40:21	13:27	1:59:46
208	518	Andrew Tasche	Excelsior	MN	26	190	9:51	9:51	2:00	210	1:13:37	12.2	1:20	207	38:13	12:45	2:04:59
209	575	Lucas Willett	Minnetonka	MN	41	99	8:14	8:14	4:25	211	1:24:19	10.7	3:38	209	42:49	14:17	2:23:23
210	47	David Boneparth	Minneapolis	MN	32	208	11:25	11:25	2:54	186	55:44	16.1	3:08				
211	81	Tom Coles	Apple Valley	MN	54	197	10:10	10:10	3:47	166	52:08	17.3					
212	274	Matthew Kley	Minneapolis	MN	33	149	8:56	8:56	1:32								
213	139	Stefan Figurski	St. Paul	MN	26	21	6:53	6:53	1:38								
214	334	Justin McHugh	Wayzata	MN	42	152	8:58	8:58									
215	62	Jeff Callinan	Wayzata	MN	42	155	8:59	8:59									

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	187	Jan Gunther		MN	56	7	7:24	7:24	1:23	2	40:09	22.4	0:38	4	20:07	6:43	1:09:40
2	638	Cheryl Zitur	Corcoran	MN	50	12	7:42	7:42	1:19	1	39:58	22.5	1:00	2	20:00	6:40	1:09:57
3	130	Megan Erlandson	Minneapolis	MN	25	1	6:49	6:49	1:33	7	42:29	21.2	0:54	1	19:25	6:29	1:11:08
4	347	Andrea Myers	Plymouth	MN	39	9	7:35	7:35	1:00	5	41:48	21.5	0:42	8	20:36	6:52	1:11:40
5	16	Kimberly Ault	Plymouth	MN	33	6	7:22	7:22	1:23	4	41:30	21.7	0:44	12	21:26	7:09	1:12:24
6	337	Sarah Mercer	Golden Valley	MN	47	18	8:02	8:02	1:04	3	41:30	21.7	0:56	13	21:43	7:15	1:13:13
7	325	Lindsey Marshall	St. Paul	MN	26	8	7:25	7:25	1:29	10	43:21	20.8	0:56	10	21:02	7:01	1:14:11
8	299	Catherine Lee	Minneapolis	MN	41	17	8:00	8:00	1:13	6	42:10	21.3	0:37	20	22:35	7:32	1:14:33
9	439	Michelle Rose	Chanhasen	MN	36	16	7:47	7:47	1:18	12	44:14	20.3	1:02	5	20:19	6:47	1:14:38
10	60	Christine Cahill	Plymouth	MN	36	10	7:38	7:38	1:26	11	44:11	20.4	1:06	6	20:26	6:49	1:14:44
11	344	Molly Moore	Maple Grove	MN	43	24	8:10	8:10	1:48	8	42:56	21.0	0:49	14	21:48	7:16	1:15:30
12	480	Kate Simonet	Brooklyn Park	MN	20	2	7:01	7:01	1:09	27	48:32	18.5	0:46	3	20:06	6:42	1:17:32
13	20	Margaret Baranowski	Golden Valley	MN	39	33	8:38	8:38	1:00	9	43:02	20.9	1:05	34	24:12	8:04	1:17:55
14	263	Leah Karsten	Rochester	MN	22	5	7:14	7:14	2:08	18	46:41	19.3	1:42	7	20:33	6:51	1:18:17
15	160	Lori Gengler	Plymouth	MN	43	31	8:32	8:32	1:37	13	44:22	20.3	1:00	27	23:49	7:57	1:19:18
16	548	Brooke Vanden Branden	Milwaukee	WI	25	35	8:39	8:39	1:26								1:20:12
17	258	Becca Joseph	Minnetonka	MN	40	14	7:46	7:46	1:14	32	49:14	18.3	0:59	11	21:07	7:03	1:20:17
18	392	Alicia Peterson	Phoenix	AZ	30	23	8:10	8:10	1:16	26	48:27	18.6	1:23	17	22:07	7:23	1:21:20
19	452	Kathy Sanville	White Bear Lake	MN	54	37	8:41	8:41	0:58	17	46:40	19.3	0:49	38	24:42	8:14	1:21:48
20	380	Joy Orvis	Andover	MN	41	19	8:04	8:04	1:29	19	46:46	19.2	1:04	36	24:28	8:10	1:21:49
21	642	Kaitlyn Julius	Minneapolis	MN	34	29	8:28	8:28	1:46	15	45:26	19.8	0:58	44	25:33	8:31	1:22:08
22	330	Erin Matthew	Roseville	MN	20	4	7:08	7:08	1:43	40	50:07	18.0	1:18	19	22:34	7:32	1:22:49
23	536	Brenda Trok	Maple Grove	MN	36	40	8:45	8:45	1:21	25	48:08	18.7	0:54	26	23:47	7:56	1:22:55
24	287	Kendra Krueger	Minneapolis	MN	35	25	8:12	8:12	2:16	23	47:23	19.0	1:55	24	23:23	7:48	1:23:06
25	404	Kristen Ponsolle	Minnetonka	MN	34	27	8:25	8:25	1:46	36	49:34	18.2	1:07	18	22:19	7:27	1:23:09
26	137	Julie Feldman	Inver Grove Height	MN	33	43	8:50	8:50	1:46	16	46:17	19.4	1:01	50	26:08	8:43	1:24:01
27	99	Sarah Davis	Hopkins	MN	37	30	8:32	8:32	1:29	41	50:25	17.9	0:58	23	23:20	7:47	1:24:42
28	88	Cindy Crawford	Deephaven	MN	52	64	9:39	9:39	1:42	20	47:02	19.1	1:02	47	25:53	8:38	1:25:16
29	341	Dana Moen	Wayzata	MN	31	13	7:44	7:44	1:25	48	51:49	17.4	1:04	25	23:35	7:52	1:25:35
30	542	Madilyn Vaith	St. Paul	MN	27	15	7:46	7:46	1:41	47	51:49	17.4	2:05	21	22:37	7:33	1:25:57

31	589	Shannon Worum	Eden Prairie	MN	35	38	8:41	8:41	2:07	38	49:59	18.0	1:15	32	24:08	8:03	1:26:07
32	216	Kelly Henderson	Chanhasen	MN	48	68	9:43	9:43	1:27	22	47:22	19.0	1:13	57	26:32	8:51	1:26:14
33	219	Emma Heuer	Beaver Dam	WI	21	3	7:02	7:02	1:07	77	57:05	15.8	0:30	9	20:49	6:57	1:26:31
34	204	Colleen Harristhal	Shorewood	MN	49	58	9:26	9:26	2:31	34	49:25	18.2	1:44	33	24:09	8:03	1:27:13
35	118	Karen Eklin	Plymouth	MN	51	67	9:41	9:41	1:46	31	49:13	18.3	1:16	42	25:19	8:27	1:27:14
36	222	Kristi Hodnefield	Blair	WI	39	65	9:40	9:40	2:15	14	44:55	20.0	1:30	87	29:25	9:49	1:27:44
37	428	Deb Roberts	Nisswa	MN	64	70	9:46	9:46	1:44	33	49:19	18.2	1:21	46	25:38	8:33	1:27:47
38	176	Betsy Grams	Chanhasen	MN	39	39	8:45	8:45	2:19	35	49:28	18.2	2:00	43	25:31	8:31	1:28:01
39	108	Anna Duray	Edina	MN	37	47	8:59	8:59	2:04	46	51:37	17.4	1:10	40	24:46	8:16	1:28:34
40	296	Brianna Lavelle	Chaska	MN	17	48	8:59	8:59	1:34	45	51:27	17.5	0:38	51	26:08	8:43	1:28:44
41	517	Teresa Tarman	Hopkins	MN	36	60	9:31	9:31	2:13	21	47:08	19.1	1:50	75	28:15	9:25	1:28:55
42	69	Julia Carroll	Plymouth	MN	23	20	8:04	8:04	1:06	64	55:17	16.3	0:40	30	23:54	7:58	1:28:59
43	202	Maggie Harris	Saint Paul	MN	23	26	8:16	8:16	2:22	56	54:01	16.7	0:45	29	23:52	7:58	1:29:14
44	366	Amy Ode	Plymouth	MN	38	81	10:00	10:00	1:21	42	50:31	17.8	1:12	53	26:17	8:46	1:29:20
45	489	Andrea Snortland	Grand Forks	ND	39	51	9:17	9:17	2:25	30	49:01	18.4	2:30	52	26:15	8:45	1:29:26
46	328	Jennifer Marzolf	Minneapolis	MN	29	49	9:04	9:04	1:23	51	53:02	17.0	1:10	41	24:56	8:19	1:29:35
47	502	Julia Starr	Minneapolis	MN	25	78	9:56	9:56	1:45	50	52:42	17.1	1:05	35	24:12	8:04	1:29:39
48	42	Patty Billmeyer	Plymouth	MN	52	92	10:22	10:22	1:57	28	48:36	18.5	1:19	73	28:08	9:23	1:30:20
49	266	Carin Kelly	St. Louis Park	MN	38	45	8:54	8:54	1:56	59	54:29	16.5	1:10	31	24:05	8:02	1:30:31
50	444	Laura Rucoba	Roca	NE	53	59	9:27	9:27	1:12	44	51:14	17.6	0:58	68	27:44	9:15	1:30:33
51	395	Lauren Peterson	Chicago	IL	26	50	9:12	9:12	1:14	58	54:09	16.6	1:31	39	24:45	8:15	1:30:50
52	430	Nicole Roberts	Eden Prairie	MN	40	98	10:30	10:30	2:29	29	48:37	18.5	1:40	72	27:56	9:19	1:31:10
53	17	Kelly Azinge	Maple Grove	MN	17	34	8:38	8:38	1:09	93	59:57	15.0	0:46	15	21:49	7:17	1:32:18
54	307	Brigid Ling	St. Paul	MN	36	44	8:52	8:52	1:02	79	57:32	15.6	1:02	28	23:52	7:58	1:32:18
55	82	Bethany Collins	New Hope	MN	59	113	10:49	10:49	1:57	24	48:05	18.7	1:33	90	29:55	9:59	1:32:18
56	117	Sara Eisenhauer	St. Paul	MN	26	11	7:41	7:41	2:09	91	59:50	15.0	0:50	16	22:07	7:23	1:32:35
57	301	Paige Lenoch	Minneapolis	MN	24	54	9:22	9:22	2:00	43	51:02	17.6	1:34	80	28:41	9:34	1:32:36
58	580	Jennifer Wolf	Saint Louis Park	MN	41	57	9:25	9:25	2:11	61	54:59	16.4	1:32	37	24:31	8:11	1:32:36
59	538	Jessica Tumini	Crystal	MN	25	28	8:25	8:25	1:55	65	55:24	16.2	1:21	45	25:34	8:32	1:32:38
60	470	Holly Serk	Eden Prairie	MN	41	84	10:01	10:01	2:09	37	49:53	18.0	2:03	84	29:04	9:42	1:33:10
61	149	Teresa Foushee	Plymouth	MN	52	22	8:07	8:07	1:55	85	58:16	15.4	2:24	22	22:45	7:35	1:33:26
62	232	Jenna Horner	Eden Prairie	MN	17	32	8:34	8:34	2:01	63	55:16	16.3	0:55	60	26:49	8:57	1:33:33
63	119	Missy Elder	Chanhasen	MN	51	75	9:52	9:52	2:35	39	50:04	18.0	2:13	85	29:06	9:42	1:33:48
64	446	Kim Ryan	Saint Michael	MN	39	96	10:28	10:28	2:06	57	54:04	16.6	1:22	54	26:22	8:48	1:34:19
65	492	Amy Sommers	Saint Louis Park	MN	30	46	8:58	8:58	2:13	67	55:44	16.1	1:31	55	26:22	8:48	1:34:45
66	350	Jaleh Nahvi	Inver Grove Height	MN	45	61	9:34	9:34	1:45	62	55:11	16.3	1:27	61	26:50	8:57	1:34:46
67	110	Susie Eastman	Orono	MN	51	69	9:44	9:44	1:57	53	53:35	16.8	1:28	78	28:28	9:30	1:35:10
68	384	Michele Pasko	Minnetonka	MN	49	72	9:48	9:48	2:50	49	52:18	17.2	2:50	69	27:44	9:15	1:35:28
69	83	Brenda Conzet	Buffalo	MN	54	87	10:12	10:12	2:29	60	54:54	16.4	1:41	58	26:39	8:53	1:35:53
70	197	Nicole Hancock	Eden Prairie	MN	24	63	9:39	9:39	1:05	76	56:59	15.8	0:41	70	27:46	9:16	1:36:07
71	459	Adrienne Schneider	Minneapolis	MN	26	41	8:50	8:50	1:15	74	56:26	15.9	0:41	83	29:00	9:40	1:36:10
72	90	Wiltse Crompton	Minneapolis	MN	42	42	8:50	8:50	2:04	78	57:26	15.7	1:06	64	27:23	9:08	1:36:47
73	185	Shelley Gruling	Minneapolis	MN	31	74	9:50	9:50	2:20	55	53:59	16.7	1:57	82	29:00	9:40	1:37:05
74	94	Joanna Daggett	Minneapolis	MN	35	53	9:20	9:20	2:44	54	53:37	16.8	1:56	88	29:51	9:57	1:37:25
75	421	Emily Rice	Eden Prairie	MN	40	52	9:18	9:18	1:55	92	59:53	15.0	1:18	56	26:32	8:51	1:38:53
76	213	Erika Hayes	St Louis Park	MN	26	101	10:35	10:35	3:15	70	55:48	16.1	1:53	67	27:44	9:15	1:39:13
77	467	Barbara Seifert	Shorewood	MN	39	56	9:25	9:25	2:50	81	57:36	15.6	2:32	63	27:17	9:06	1:39:37
78	401	Dawn Pierson	Eden Prairie	MN	32	97	10:30	10:30	2:43	52	53:17	16.9	1:45	99	31:39	10:33	1:39:51
79	13	Rebecca Andestic	St. Paul	MN	39	55	9:23	9:23	1:07	84	58:15	15.5	1:11	91	30:03	10:01	1:39:58
80	156	Gina Fruncillo	St. Paul	MN	46	88	10:13	10:13	1:53	82	57:39	15.6	1:38	81	29:00	9:40	1:40:22
81	294	Dana Larmour	Eden Prairie	MN	31	77	9:55	9:55	2:30	71	56:01	16.1	1:46	94	30:43	10:15	1:40:53
82	39	Jessica Besonen	Minnetonka	MN	27	76	9:55	9:55	2:27	86	58:41	15.3	1:17	79	28:40	9:34	1:40:57
83	594	Colleen Zvosec	Edina	MN	60	118	11:26	11:26	1:56	83	58:01	15.5	1:23	77	28:24	9:28	1:41:07
84	289	Alison Kullback	Minneapolis	MN	24	89	10:14	10:14	1:27	102	1:02:41	14.4	0:42	49	26:07	8:43	1:41:08
85	498	Lauren Sprenger	Minneapolis	MN	27	104	10:38	10:38	2:21	68	55:44	16.1	1:45	95	30:45	10:15	1:41:12
86	7	Lisa Ackerman	Minneapolis	MN	33	103	10:38	10:38	2:05	69	55:46	16.1	0:55	102	31:53	10:38	1:41:15
87	644	Aileen Profir	Harrisburg	SD	33	83	10:01	10:01	2:01	94	59:58	15.0	1:34	74	28:10	9:24	1:41:42
88	136	Jennifer Fearing	Monticello	MN	43	116	10:54	10:54	1:39	72	56:03	16.1	1:29	101	31:52	10:38	1:41:55
89	63	Kelly Callinan	Minnetonka	MN	49	106	10:41	10:41	2:55	89	59:02	15.2	1:47	71	27:51	9:17	1:42:14

90	125	Caroline Emswiler	Eden Prairie	MN	50	71	9:47	9:47	2:13	100	1:02:25	14.4	1:29	59	26:46	8:56	1:42:38
91	572	Julie Wiens	Wayzata	MN	53	66	9:40	9:40	2:00	101	1:02:32	14.4	1:24	65	27:29	9:10	1:43:03
92	188	Divya Gupta	Minneapolis	MN	23	79	9:57	9:57	1:46	106	1:04:20	14.0	1:05	48	25:58	8:40	1:43:05
93	352	Julie Nelson	Chicago	IL	35	111	10:46	10:46	2:46	75	56:47	15.8	2:04	96	30:55	10:19	1:43:17
94	354	Shannon Nelson	St Paul	MN	58	115	10:52	10:52	3:03	73	56:16	16.0	2:19	97	30:57	10:19	1:43:25
95	365	Pam O'Connor	Chanhassen	MN	45	114	10:50	10:50	2:02	66	55:39	16.2	1:26	110	33:48	11:16	1:43:44
96	472	Susan Sheely	River Falls	WI	42	73	9:49	9:49	2:03	96	1:00:50	14.8	1:56	89	29:53	9:58	1:44:29
97	297	Nathalie Lawyer	Alexandria	VA	24	112	10:48	10:48	2:08	90	59:38	15.1	2:05	92	30:32	10:11	1:45:08
98	242	Jennifer Ische	Shorewood	MN	44	80	9:57	9:57	3:04	99	1:02:09	14.5	1:05	86	29:10	9:44	1:45:23
99	104	Carol Donen	Chanhassen	MN	55	107	10:41	10:41	3:24	95	1:00:48	14.8	2:26	76	28:19	9:27	1:45:36
100	98	Kimberly David	Chanhassen	MN	40	62	9:38	9:38	2:30	111	1:06:01	13.6	1:21	62	26:57	8:59	1:46:26
101	442	Anna Ross	Kenosha	WI	24	85	10:03	10:03	2:27	88	59:00	15.3	2:36	109	33:25	11:09	1:47:29
102	116	Katie Eisenhauer	Saint Paul	MN	24	82	10:01	10:01	2:40	105	1:04:17	14.0	1:12	100	31:42	10:34	1:49:49
103	593	Beatrice Zvosec	Edina	MN	24	108	10:43	10:43	2:16	104	1:04:16	14.0	0:56	103	31:56	10:39	1:50:06
104	398	Anna Petty	Plymouth	MN	17	36	8:39	8:39	1:09	115	1:11:29	12.6	1:34	66	27:41	9:14	1:50:30
105	262	Kristi Karsten	Rochester	MN	55	119	11:26	11:26	1:54	98	1:01:24	14.7	1:27	114	34:39	11:33	1:50:48
106	346	Amy Moser	St. Paul	MN	39	95	10:27	10:27	1:31	110	1:06:01	13.6	1:37	98	31:19	10:27	1:50:53
107	576	Laura Williamschen	Excelsior	MN	63	117	11:22	11:22	4:37	97	1:00:52	14.8	3:00	105	32:03	10:41	1:51:52
108	516	Beth Sween	Chanhassen	MN	34	99	10:32	10:32	2:12	112	1:06:20	13.6	0:56	106	32:23	10:48	1:52:21
109	592	Sarah Zalewski	Chaska	MN	33	105	10:39	10:39	2:18	108	1:05:42	13.7	1:14	108	32:37	10:53	1:52:28
110	243	Courtney Jacobs	Excelsior	MN	29	122	11:50	11:50	3:14	80	57:35	15.6	1:42	117	38:48	12:56	1:53:07
111	512	Belinda Stutzman	Deephaven	MN	49	126	12:25	12:25	1:51	87	58:55	15.3	1:59	119	40:07	13:23	1:55:15
112	161	Abbie Gibbs	Grand Forks	ND	43	86	10:08	10:08	1:22	114	1:08:42	13.1	1:12	111	34:01	11:21	1:55:24
113	546	Nicole Van Gelder	Minnetrista	MN	45	121	11:37	11:37	2:04	107	1:04:42	13.9	2:18	115	35:27	11:49	1:56:06
114	389	Kara Pederson	Bloomington	MN	41	93	10:22	10:22	1:40	117	1:12:42	12.4	0:40	104	32:02	10:41	1:57:25
115	270	Kris Kilmer	Lake Forest	IL	40	94	10:26	10:26	1:39	118	1:14:46	12.0	0:53	93	30:39	10:13	1:58:22
116	479	Miranda Sieben	Edina	MN	28	124	12:24	12:24	2:44	109	1:05:47	13.7	1:59	116	36:15	12:05	1:59:07
117	336	Meg McMonigal	Minneapolis	MN	56	127	12:27	12:27	1:58	103	1:02:53	14.3	1:12	120	42:48	14:16	2:01:16
118	71	Mikaela Casey	Minneapolis	MN	24	102	10:36	10:36	1:59	123	1:18:15	11.5	0:51	107	32:29	10:50	2:04:08
119	276	Ashlie Knack	Prior Lake	MN	20	90	10:21	10:21	1:56	125	1:21:46	11.0	1:25	112	34:20	11:27	2:09:45
120	162	Jordan Gill	Lakeville	MN	20	91	10:21	10:21	1:56	124	1:21:46	11.0	1:25	113	34:20	11:27	2:09:46
121	129	Ashley Erichsen	Maple Plain	MN	25	120	11:33	11:33	2:25	120	1:16:25	11.8	1:21	118	39:34	13:12	2:11:16
122	410	Alyssa Purdy	St. Paul	MN	40	130	13:26	13:26	4:32	113	1:08:05	13.2	3:17	124	45:35	15:12	2:14:53
123	425	Caroline Riippa	Edina	MN	26	125	12:24	12:24	2:50	121	1:16:37	11.7	1:27	121	43:32	14:31	2:16:49
124	100	Mackenzie Del Santro	Apple Valley	MN	26	123	12:23	12:23	2:53	122	1:16:37	11.7	1:23	122	43:37	14:33	2:16:51
125	145	Elizabeth Flynn	Minnetonka	MN	41	129	13:06	13:06	4:41	116	1:12:02	12.5	3:35	123	44:54	14:58	2:18:18
126	112	Kristen Edds	Chanhassen	MN	40	128	12:34	12:34	1:50	119	1:15:17	12.0					
127	375	Kendra Olson	Chanhassen	MN	22	100	10:33	10:33	1:41	126	1:35:18	9.4					
128	70	Joan Casey	St Louis Park	MN	50	110	10:44	10:44	2:28								
129	290	Dawn Labiosa	Apple Valley	MN	50	109	10:44	10:44	2:43								
130	486	Marisa Skees	Eden Prairie	MN	39	21	8:05	8:05									

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MALE AGE GROUP 19 - UNDER

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	435	Parker Roehl	St. Bonifacius	MN	17	1	6:13	6:13	1:07	2	43:57	20.5	0:48	1	21:02	7:01	1:13:05
2	426	Alex Robb	Champlin	MN	19	3	7:55	7:55	1:18	1	42:56	21.0	0:55	3	23:27	7:49	1:16:29
3	566	Zachary Wenning	Excelsior	MN	15	2	6:46	6:46	1:07	3	49:16	18.3	1:08	2	23:03	7:41	1:21:18
4	359	Daniel Niemi	Plymouth	MN	15	5	8:15	8:15	1:10	4	54:41	16.5	0:52	4	24:12	8:04	1:29:08
5	211	Xander Hawks	Excelsior	MN	12	4	8:08	8:08	1:45	6	58:13	15.5	1:04	6	26:57	8:59	1:36:04
6	152	Evan Freed	Excelsior	MN	13	7	11:02	11:02	1:06	7	1:02:11	14.5	0:39	5	26:47	8:56	1:41:43
7	49	Aidan Boyd	Rosemount	MN	16	6	9:11	9:11	1:40	5	57:10	15.7	1:49	7	34:43	11:35	1:44:32

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FEMALE AGE GROUP 19 - UNDER

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	296	Brianna Lavelle	Chaska	MN	17	4	8:59	8:59	1:34	1	51:27	17.5	0:38	2	26:08	8:43	1:28:44
2	17	Kelly Azinge	Maple Grove	MN	17	2	8:38	8:38	1:09	3	59:57	15.0	0:46	1	21:49	7:17	1:32:18
3	232	Jenna Horner	Eden Prairie	MN	17	1	8:34	8:34	2:01	2	55:16	16.3	0:55	3	26:49	8:57	1:33:33
4	398	Anna Petty	Plymouth	MN	17	3	8:39	8:39	1:09	4	1:11:29	12.6	1:34	4	27:41	9:14	1:50:30

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	550	Richard Vanden Branden	Milwaukee	WI	20	2	6:14	6:14	0:48	1	43:43	20.6	0:59	2	18:17	6:06	1:09:58
2	533	Nick Traxler	Deephaven	MN	20	3	6:23	6:23	0:51	2	44:27	20.2	0:50	1	17:41	5:54	1:10:10
3	84	Ryan Cook	Richfield	MN	22	1	6:13	6:13	1:34	6	46:36	19.3	0:57	3	19:14	6:25	1:14:32
4	532	Joe Traxler	Victoria	MN	21	8	7:35	7:35	1:24	3	45:22	19.8	1:16	5	21:22	7:08	1:16:56
5	357	Sean Nesheim	Minneapolis	MN	24	9	7:56	7:56	1:37	4	45:29	19.8	1:12	9	23:31	7:51	1:19:44
6	51	Tristan Boyd	Minneapolis	MN	24	12	8:18	8:18	1:57	5	45:56	19.6	1:14	8	23:23	7:48	1:20:47
7	403	Charlie Pihl	Orono	MN	23	4	6:53	6:53	1:21	10	51:41	17.4	0:57	4	21:09	7:03	1:21:59
8	319	Alec MacDonell	Minneapolis	MN	24	6	7:25	7:25	1:32	9	50:05	18.0	0:56	6	22:29	7:30	1:22:24
9	582	Tim Wolfgram	St. Louis Park	MN	24	5	7:10	7:10	2:01	7	48:24	18.6	1:50	10	23:58	8:00	1:23:22
10	272	Chris Kipp	Minneapolis	MN	24	7	7:33	7:33	2:27	8	49:49	18.1	1:32	11	25:24	8:28	1:26:43
11	649	Daniel Greene	Minneapolis	MN	23	10	8:00	8:00	1:38	13	1:01:20	14.7	1:13	7	22:51	7:37	1:35:00
12	394	Joseph Peterson	Green Isle	MN	22	11	8:06	8:06	1:21	12	1:00:35	14.9	1:08	12	27:46	9:16	1:38:55
13	370	Clayton Oeth	St. Louis Park	MN	24	13	9:03	9:03	1:35	11	58:59	15.3	2:04	13	27:48	9:16	1:39:27

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	480	Kate Simonet	Brooklyn Park	MN	20	1	7:01	7:01	1:09	2	48:32	18.5	0:46	1	20:06	6:42	1:17:32
2	263	Leah Karsten	Rochester	MN	22	4	7:14	7:14	2:08	1	46:41	19.3	1:42	2	20:33	6:51	1:18:17
3	330	Erin Matthew	Roseville	MN	20	3	7:08	7:08	1:43	3	50:07	18.0	1:18	4	22:34	7:32	1:22:49
4	219	Emma Heuer	Beaver Dam	WI	21	2	7:02	7:02	1:07	8	57:05	15.8	0:30	3	20:49	6:57	1:26:31
5	69	Julia Carroll	Plymouth	MN	23	5	8:04	8:04	1:06	6	55:17	16.3	0:40	6	23:54	7:58	1:28:59
6	202	Maggie Harris	Saint Paul	MN	23	6	8:16	8:16	2:22	5	54:01	16.7	0:45	5	23:52	7:58	1:29:14
7	301	Paige Lenocho	Minneapolis	MN	24	7	9:22	9:22	2:00	4	51:02	17.6	1:34	10	28:41	9:34	1:32:36
8	197	Nicole Hancock	Eden Prairie	MN	24	8	9:39	9:39	1:05	7	56:59	15.8	0:41	9	27:46	9:16	1:36:07
9	289	Alison Kullback	Minneapolis	MN	24	12	10:14	10:14	1:27	11	1:02:41	14.4	0:42	8	26:07	8:43	1:41:08
10	188	Divya Gupta	Minneapolis	MN	23	9	9:57	9:57	1:46	14	1:04:20	14.0	1:05	7	25:58	8:40	1:43:05
11	297	Nathalie Lawyer	Alexandria	VA	24	18	10:48	10:48	2:08	10	59:38	15.1	2:05	11	30:32	10:11	1:45:08
12	442	Anna Ross	Kenosha	WI	24	11	10:03	10:03	2:27	9	59:00	15.3	2:36	15	33:25	11:09	1:47:29
13	116	Katie Eisenhauer	Saint Paul	MN	24	10	10:01	10:01	2:40	13	1:04:17	14.0	1:12	12	31:42	10:34	1:49:49
14	593	Beatrice Zvosec	Edina	MN	24	17	10:43	10:43	2:16	12	1:04:16	14.0	0:56	13	31:56	10:39	1:50:06
15	71	Mikaela Casey	Minneapolis	MN	24	16	10:36	10:36	1:59	15	1:18:15	11.5	0:51	14	32:29	10:50	2:04:08
16	276	Ashlie Knack	Prior Lake	MN	20	13	10:21	10:21	1:56	17	1:21:46	11.0	1:25	16	34:20	11:27	2:09:45
17	162	Jordan Gill	Lakeville	MN	20	14	10:21	10:21	1:56	16	1:21:46	11.0	1:25	17	34:20	11:27	2:09:46
18	375	Kendra Olson	Chanhassen	MN	22	15	10:33	10:33	1:41	18	1:35:18	9.4					

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
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1	420	Kurt Rettig	Minneapolis	MN	28	1	6:09	6:09	1:42	1	42:34	21.1	2:17	1	17:03	5:41	1:09:44
2	191	Jeffrey Gustafson	Chanhausen	MN	29	10	7:38	7:38	1:27	2	42:51	21.0	1:11	2	19:34	6:32	1:12:39
3	181	Phillip Greshowak	Minneapolis	MN	27	3	6:51	6:51	2:01	3	43:21	20.8	1:19	5	21:14	7:05	1:14:44
4	349	Craig Myhre	Eden Prairie	MN	29	6	6:55	6:55	1:21	6	46:51	19.2	1:11	4	21:00	7:00	1:17:16
5	534	Brian Trettel	Minnetonka	MN	26	2	6:39	6:39	0:53	9	47:41	18.9	0:29	8	21:51	7:17	1:17:30
6	121	Peter Elsham	Plymouth	MN	27	12	7:48	7:48	1:24	4	45:52	19.6	0:58	11	22:42	7:34	1:18:42
7	113	Marc Egeland	St. Paul	MN	25	5	6:55	6:55	1:59	10	48:01	18.7	1:20	6	21:43	7:15	1:19:55
8	447	Tyler Saewert	Excelsior	MN	27	8	7:36	7:36	2:14	7	46:52	19.2	1:22	9	21:57	7:19	1:20:00
9	236	Scott Hudson	Shoreview	MN	25	14	8:03	8:03	1:50	5	45:54	19.6	0:58	14	25:39	8:33	1:22:23
10	500	Alex Stael Von Holste	Minneapolis	MN	28	9	7:37	7:37	1:33	11	50:53	17.7	0:40	12	23:19	7:47	1:24:01
11	4	Dillon Abbott	Santa Monica	CA	25	19	8:46	8:46	2:03	13	52:00	17.3	0:58	3	20:45	6:55	1:24:29
12	278	Kevin Knutson	Eden Prairie	MN	25	13	8:02	8:02	1:05	8	47:31	18.9	0:45	16	27:24	9:08	1:24:44
13	509	Charles Stewart	Minneapolis	MN	28	7	7:24	7:24	1:33	16	55:03	16.3	1:02	7	21:48	7:16	1:26:47
14	396	Michael Peterson	Bloomington	MN	26	11	7:42	7:42	1:36	12	51:42	17.4	3:38	10	22:14	7:25	1:26:50
15	19	Joshua Baltzer	Plymouth	MN	27	15	8:17	8:17	1:03	15	54:42	16.5	0:45	13	25:12	8:24	1:29:57
16	3	Chris Abbott	Minneapolis	MN	27	18	8:46	8:46	2:02	14	52:03	17.3	1:20	15	26:28	8:50	1:30:36
17	477	Aaron Sieben	Richfield	MN	29	16	8:32	8:32	1:14	17	55:33	16.2	0:39	17	29:37	9:53	1:35:34
18	387	Alex Pearson	Saint Paul	MN	27	17	8:36	8:36	1:31	19	59:03	15.2	0:42	19	30:49	10:17	1:40:40
19	182	Paul Gaudette	Excelsior	MN	25	20	8:49	8:49	2:21	18	58:35	15.4	1:41	18	30:00	10:00	1:41:24
20	518	Andrew Tasche	Excelsior	MN	26	21	9:51	9:51	2:00	20	1:13:37	12.2	1:20	20	38:13	12:45	2:04:59
21	139	Stefan Figurski	St. Paul	MN	26	4	6:53	6:53	1:38								

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FEMALE AGE GROUP 25 - 29

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	130	Megan Erlandson	Minneapolis	MN	25	1	6:49	6:49	1:33	1	42:29	21.2	0:54	1	19:25	6:29	1:11:08
2	325	Lindsey Marshall	St. Paul	MN	26	2	7:25	7:25	1:29	2	43:21	20.8	0:56	2	21:02	7:01	1:14:11
3	548	Brooke Vanden Branden	Milwaukee	WI	25	6	8:39	8:39	1:26								1:20:12
4	542	Madilyn Vaith	St. Paul	MN	27	4	7:46	7:46	1:41	3	51:49	17.4	2:05	4	22:37	7:33	1:25:57
5	328	Jennifer Marzolf	Minneapolis	MN	29	8	9:04	9:04	1:23	5	53:02	17.0	1:10	7	24:56	8:19	1:29:35
6	502	Julia Starr	Minneapolis	MN	25	11	9:56	9:56	1:45	4	52:42	17.1	1:05	5	24:12	8:04	1:29:39
7	395	Lauren Peterson	Chicago	IL	26	9	9:12	9:12	1:14	6	54:09	16.6	1:31	6	24:45	8:15	1:30:50
8	117	Sara Eisenhauer	St. Paul	MN	26	3	7:41	7:41	2:09	13	59:50	15.0	0:50	3	22:07	7:23	1:32:35
9	538	Jessica Tumini	Crystal	MN	25	5	8:25	8:25	1:55	7	55:24	16.2	1:21	8	25:34	8:32	1:32:38
10	459	Adrienne Schneider	Minneapolis	MN	26	7	8:50	8:50	1:15	10	56:26	15.9	0:41	11	29:00	9:40	1:36:10
11	213	Erika Hayes	St Louis Park	MN	26	12	10:35	10:35	3:15	9	55:48	16.1	1:53	9	27:44	9:15	1:39:13
12	39	Jessica Besonen	Minnetonka	MN	27	10	9:55	9:55	2:27	12	58:41	15.3	1:17	10	28:40	9:34	1:40:57
13	498	Lauren Sprenger	Minneapolis	MN	27	13	10:38	10:38	2:21	8	55:44	16.1	1:45	12	30:45	10:15	1:41:12
14	243	Courtney Jacobs	Excelsior	MN	29	15	11:50	11:50	3:14	11	57:35	15.6	1:42	14	38:48	12:56	1:53:07
15	479	Miranda Sieben	Edina	MN	28	17	12:24	12:24	2:44	14	1:05:47	13.7	1:59	13	36:15	12:05	1:59:07
16	129	Ashley Erichsen	Maple Plain	MN	25	14	11:33	11:33	2:25	15	1:16:25	11.8	1:21	15	39:34	13:12	2:11:16
17	425	Caroline Riippa	Edina	MN	26	18	12:24	12:24	2:50	16	1:16:37	11.7	1:27	16	43:32	14:31	2:16:49
18	100	Mackenzie Del Santro	Apple Valley	MN	26	16	12:23	12:23	2:53	17	1:16:37	11.7	1:23	17	43:37	14:33	2:16:51

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MALE 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	114	Aaron Eicher	Prior Lake	MN	32	2	6:03	6:03	1:12	1	39:21	22.9	0:26	1	16:11	5:24	1:03:11
2	399	Erik Pieh	St Paul	MN	32	6	7:08	7:08	1:02	2	40:22	22.3	0:52	4	18:57	6:19	1:08:20
3	634	Scott Roby	Minneapolis	MN	32	1	5:57	5:57	1:34	4	43:36	20.6	1:19	2	16:32	5:31	1:08:56
4	448	Pablo Sanchez	Saint Paul	MN	30	3	6:10	6:10	1:15	8	45:52	19.6	1:06	3	16:59	5:40	1:11:20
5	417	Jon Reifschneider	Minneapolis	MN	32	4	6:46	6:46	1:04	3	43:36	20.6	0:57	5	19:21	6:27	1:11:41
6	553	Jacob Volkmann	Bloomington	MN	32	11	7:37	7:37	1:23	7	45:38	19.7	0:52	6	20:46	6:56	1:16:14

7	339	Brandon Millard	Eden Prairie	MN	30	8	7:23	7:23	1:32	5	44:37	20.2	1:39	7	21:13	7:05	1:16:22
8	527	Derek Thurmes	St. Paul	MN	33	9	7:24	7:24	0:54	10	46:30	19.4	0:52	8	21:13	7:05	1:16:52
9	37	Amir Berenjian	Minneapolis	MN	31	10	7:29	7:29	1:47	9	46:10	19.5	1:13	10	22:00	7:20	1:18:38
10	326	Peter Marshall	St. Louis Park	MN	33	14	8:05	8:05	1:43	6	44:51	20.1	1:27	15	22:59	7:40	1:19:04
11	26	Jordan Baynard	Minneapolis	MN	30	7	7:23	7:23	1:59	11	46:53	19.2	1:30	9	21:38	7:13	1:19:21
12	281	Ravi Kolakaluri	St Paul	MN	32	5	6:52	6:52	1:49	15	49:05	18.3	1:13	13	22:39	7:33	1:21:36
13	434	Noel Rodriguez	Minneapolis	MN	34	13	8:01	8:01	2:03	14	48:28	18.6	1:22	12	22:37	7:33	1:22:30
14	645	Eric Lobner	Woodbury	MN	30	20	10:18	10:18	2:27	12	48:01	18.7	1:32	11	22:29	7:30	1:24:44
15	552	Dayton Vielguth	Medina	MN	32	12	7:52	7:52	0:57	16	52:31	17.1	0:49	14	22:54	7:38	1:25:00
16	225	Travis Hoiium	Minneapolis	MN	33	15	8:17	8:17	3:27	13	48:15	18.7	2:15	16	24:59	8:20	1:27:11
17	367	Ben O'Donnell	Eagan	MN	33	18	9:17	9:17	1:40	17	53:44	16.7	1:50	18	30:10	10:04	1:36:39
18	376	Kirk Olson	Bloomington	MN	34	19	9:44	9:44	2:11	18	55:33	16.2	1:45	17	30:04	10:02	1:39:15
19	535	Todd Trettel	Spring Park	MN	31	17	9:11	9:11	2:06	20	57:52	15.6	2:03	19	34:24	11:28	1:45:35
20	47	David Boneparth	Minneapolis	MN	32	21	11:25	11:25	2:54	19	55:44	16.1	3:08				
21	274	Matthew Kley	Minneapolis	MN	33	16	8:56	8:56	1:32								

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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	16	Kimberly Ault	Plymouth	MN	33	1	7:22	7:22	1:23	1	41:30	21.7	0:44	1	21:26	7:09	1:12:24
2	392	Alicia Peterson	Phoenix	AZ	30	3	8:10	8:10	1:16	4	48:27	18.6	1:23	2	22:07	7:23	1:21:20
3	642	Kaitlyn Julius	Minneapolis	MN	34	5	8:28	8:28	1:46	2	45:26	19.8	0:58	5	25:33	8:31	1:22:08
4	404	Kristen Ponsolle	Minnetonka	MN	34	4	8:25	8:25	1:46	5	49:34	18.2	1:07	3	22:19	7:27	1:23:09
5	137	Julie Feldman	Inver Grove Height	MN	33	6	8:50	8:50	1:46	3	46:17	19.4	1:01	6	26:08	8:43	1:24:01
6	341	Dana Moen	Wayzata	MN	31	2	7:44	7:44	1:25	6	51:49	17.4	1:04	4	23:35	7:52	1:25:35
7	492	Amy Sommers	Saint Louis Park	MN	30	7	8:58	8:58	2:13	9	55:44	16.1	1:31	7	26:22	8:48	1:34:45
8	185	Shelley Gruling	Minneapolis	MN	31	8	9:50	9:50	2:20	8	53:59	16.7	1:57	9	29:00	9:40	1:37:05
9	401	Dawn Pierson	Eden Prairie	MN	32	11	10:30	10:30	2:43	7	53:17	16.9	1:45	11	31:39	10:33	1:39:51
10	294	Dana Larmour	Eden Prairie	MN	31	9	9:55	9:55	2:30	11	56:01	16.1	1:46	10	30:43	10:15	1:40:53
11	7	Lisa Ackerman	Minneapolis	MN	33	13	10:38	10:38	2:05	10	55:46	16.1	0:55	12	31:53	10:38	1:41:15
12	644	Aileen Profir	Harrisburg	SD	33	10	10:01	10:01	2:01	12	59:58	15.0	1:34	8	28:10	9:24	1:41:42
13	516	Beth Sween	Chanhausen	MN	34	12	10:32	10:32	2:12	14	1:06:20	13.6	0:56	13	32:23	10:48	1:52:21
14	592	Sarah Zalewski	Chaska	MN	33	14	10:39	10:39	2:18	13	1:05:42	13.7	1:14	14	32:37	10:53	1:52:28

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MALE AGE GROUP 35 - 39

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	390	Moshe Peri	Minnetonka	MN	38	1	6:08	6:08	0:44	1	39:44	22.7	0:38	1	18:28	6:10	1:05:41
2	195	Chris Hacker	Shorewood	MN	39	2	6:55	6:55	1:23	2	40:45	22.1	0:43	2	19:39	6:33	1:09:22
3	321	Scott Maloney	Savage	MN	38	3	7:21	7:21	1:04	3	43:08	20.9	0:51	8	21:55	7:19	1:14:16
4	368	Jason Odonnell	Excelsior	MN	35	6	7:33	7:33	1:11	13	45:14	19.9	0:59	3	20:33	6:51	1:15:29
5	97	Joseph Daniski	Minnetonka	MN	37	5	7:27	7:27	1:40	5	44:37	20.2	1:08	4	20:48	6:56	1:15:37
6	80	Matthew Colaizy	Saint Paul	MN	39	7	7:37	7:37	1:58	4	44:10	20.4	1:41	9	22:23	7:28	1:17:46
7	238	Jeff Hunsaker	Minneapolis	MN	37	9	7:52	7:52	1:56	6	44:45	20.1	1:01	13	22:53	7:38	1:18:25
8	559	Nicholas Ward	Golden Valley	MN	36	4	7:22	7:22	1:42	11	45:03	20.0	1:52	11	22:40	7:34	1:18:36
9	418	Dan Reitsma	Carver	MN	37	11	8:03	8:03	1:38	8	44:55	20.0	1:16	19	23:58	8:00	1:19:48
10	32	David Behrens	Hopkins	MN	37	17	8:15	8:15	1:56	14	45:48	19.7	0:47	14	23:03	7:41	1:19:48
11	286	Jason Krob	Minneapolis	MN	38	15	8:13	8:13	1:42	20	48:36	18.5	1:21	7	21:13	7:05	1:21:05
12	562	Jonathan Weiss	Wayzata	MN	38	13	8:11	8:11	2:20	19	46:30	19.4	1:42	10	22:27	7:29	1:21:08
13	310	Datona Lo	Brooklyn Park	MN	35	22	8:51	8:51	1:47	16	45:56	19.6	1:18	15	23:33	7:51	1:21:23
14	643	Ryan Barnes	Maple Grove	MN	36	21	8:50	8:50	1:29	18	46:12	19.5	1:20	16	23:34	7:52	1:21:23
15	85	Bill Copenhagen	Minnetonka	MN	39	14	8:12	8:12	1:12	9	44:57	20.0	1:03	29	26:27	8:49	1:21:49
16	28	George Beatty	Hudson	WI	38	24	8:52	8:52	1:41	15	45:54	19.6	1:58	17	23:34	7:52	1:21:57

17	591	Jonny Wright	Apple Valley	MN	37	30	9:16	9:16	2:21	10	44:57	20.0	0:58	23	24:54	8:18	1:22:25
18	265	Brian Kelly	St. Louis Park	MN	38	29	9:03	9:03	2:18	7	44:49	20.1	0:59	28	26:01	8:41	1:23:08
19	285	Matt Kresl	Minneapolis	MN	37	25	8:55	8:55	1:21	25	50:48	17.7	1:13	6	21:13	7:05	1:23:28
20	207	Alan Haskins	Hugo	MN	39	8	7:43	7:43	1:13	24	50:00	18.0	2:10	12	22:50	7:37	1:23:55
21	308	Jeremy Ling	St. Paul	MN	37	10	8:01	8:01	1:16	23	49:55	18.0	0:58	18	23:50	7:57	1:23:58
22	335	Nathan McKenzie	Shakopee	MN	39	31	9:25	9:25	2:54	17	46:01	19.6	1:16	22	24:47	8:16	1:24:21
23	33	Weldon Bell	Minnetonka	MN	37	18	8:21	8:21	1:15	28	53:56	16.7	0:44	5	20:49	6:57	1:25:03
24	360	Xudong Niu	Minnetonka	MN	39	20	8:45	8:45	2:03	12	45:09	19.9	1:25	32	27:52	9:18	1:25:13
25	313	Erik Loge	Savage	MN	36	16	8:15	8:15	1:52	21	49:17	18.3	0:58	27	25:29	8:30	1:25:49
26	279	Andy Kock	Golden Valley	MN	36	26	8:55	8:55	1:19	26	51:40	17.4	0:48	20	24:20	8:07	1:27:00
27	473	Charles Shepard	Eden Prairie	MN	39	27	8:56	8:56	2:28	22	49:39	18.1	1:16	31	27:08	9:03	1:29:25
28	35	Mark Benson	Plymouth	MN	36	19	8:34	8:34	1:36	27	52:50	17.0	1:10	30	26:58	9:00	1:31:07
29	21	James Barke	Bloomington	MN	37	28	8:57	8:57	1:32	30	57:08	15.8	0:53	25	25:15	8:25	1:33:44
30	36	Gerd Bents	St Paul	MN	38	12	8:09	8:09	1:45	31	57:47	15.6	1:15	24	25:15	8:25	1:34:09
31	135	Andrew Fasching	Mound	MN	37	34	9:36	9:36	1:56	29	55:13	16.3	1:02	33	28:21	9:27	1:36:07
32	316	Thomas Luong	Minneapolis	MN	37	23	8:51	8:51	1:29	34	1:00:18	14.9	1:17	21	24:39	8:13	1:36:32
33	109	Matt Earnest	Woodbury	MN	37	33	9:28	9:28	3:04	33	58:58	15.3	1:46	26	25:18	8:26	1:38:32
34	120	David Elliott	Chanhassen	MN	38	32	9:28	9:28	3:05	32	58:32	15.4	2:11	34	28:35	9:32	1:41:49
35	168	Jathen Glommen	Roseville	MN	39	35	9:57	9:57	6:25	35	1:02:58	14.3	2:50	35	32:06	10:42	1:54:14
36	111	Brian Edds	Chanhassen	MN	37	36	10:37	10:37	1:52	36	1:05:15	13.8	1:19	36	35:18	11:46	1:54:18

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FEMALE AGE GROUP 35 - 39

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	347	Andrea Myers	Plymouth	MN	39	1	7:35	7:35	1:00	1	41:48	21.5	0:42	3	20:36	6:52	1:11:40
2	439	Michelle Rose	Chanhassen	MN	36	3	7:47	7:47	1:18	4	44:14	20.3	1:02	1	20:19	6:47	1:14:38
3	60	Christine Cahill	Plymouth	MN	36	2	7:38	7:38	1:26	3	44:11	20.4	1:06	2	20:26	6:49	1:14:44
4	20	Margaret Baranowski	Golden Valley	MN	39	7	8:38	8:38	1:00	2	43:02	20.9	1:05	10	24:12	8:04	1:17:55
5	536	Brenda Trok	Maple Grove	MN	36	10	8:45	8:45	1:21	8	48:08	18.7	0:54	6	23:47	7:56	1:22:55
6	287	Kendra Krueger	Minneapolis	MN	35	5	8:12	8:12	2:16	7	47:23	19.0	1:55	5	23:23	7:48	1:23:06
7	99	Sarah Davis	Hopkins	MN	37	6	8:32	8:32	1:29	12	50:25	17.9	0:58	4	23:20	7:47	1:24:42
8	589	Shannon Worum	Eden Prairie	MN	35	8	8:41	8:41	2:07	11	49:59	18.0	1:15	9	24:08	8:03	1:26:07
9	222	Kristi Hodnefield	Blair	WI	39	19	9:40	9:40	2:15	5	44:55	20.0	1:30	18	29:25	9:49	1:27:44
10	176	Betsy Grams	Chanhassen	MN	39	9	8:45	8:45	2:19	10	49:28	18.2	2:00	12	25:31	8:31	1:28:01
11	108	Anna Duray	Edina	MN	37	13	8:59	8:59	2:04	14	51:37	17.4	1:10	11	24:46	8:16	1:28:34
12	517	Teresa Tarman	Hopkins	MN	36	18	9:31	9:31	2:13	6	47:08	19.1	1:50	17	28:15	9:25	1:28:55
13	366	Amy Ode	Plymouth	MN	38	20	10:00	10:00	1:21	13	50:31	17.8	1:12	14	26:17	8:46	1:29:20
14	489	Andrea Snortland	Grand Forks	ND	39	14	9:17	9:17	2:25	9	49:01	18.4	2:30	13	26:15	8:45	1:29:26
15	266	Carin Kelly	St. Louis Park	MN	38	12	8:54	8:54	1:56	17	54:29	16.5	1:10	8	24:05	8:02	1:30:31
16	307	Brigid Ling	St. Paul	MN	36	11	8:52	8:52	1:02	19	57:32	15.6	1:02	7	23:52	7:58	1:32:18
17	446	Kim Ryan	Saint Michael	MN	39	22	10:28	10:28	2:06	16	54:04	16.6	1:22	15	26:22	8:48	1:34:19
18	94	Joanna Daggett	Minneapolis	MN	35	15	9:20	9:20	2:44	15	53:37	16.8	1:56	19	29:51	9:57	1:37:25
19	467	Barbara Seifert	Shorewood	MN	39	17	9:25	9:25	2:50	20	57:36	15.6	2:32	16	27:17	9:06	1:39:37
20	13	Rebecca Andestic	St. Paul	MN	39	16	9:23	9:23	1:07	21	58:15	15.5	1:11	20	30:03	10:01	1:39:58
21	352	Julie Nelson	Chicago	IL	35	23	10:46	10:46	2:46	18	56:47	15.8	2:04	21	30:55	10:19	1:43:17
22	346	Amy Moser	St. Paul	MN	39	21	10:27	10:27	1:31	22	1:06:01	13.6	1:37	22	31:19	10:27	1:50:53
23	486	Marisa Skees	Eden Prairie	MN	39	4	8:05	8:05									

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MALE AGE GROUP 40 - 44

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	327	Steve Marshall	Wayzata	MN	43	1	6:27	6:27	1:19	1	38:33	23.3	0:52	1	18:35	6:12	1:05:43
2	496	Tim Sosnowski	Eden Prairie	MN	44	7	7:23	7:23	1:10	2	39:06	23.0	0:52	5	19:47	6:36	1:08:17

3	55	Robert Brown	Hopkins	MN	40	4	7:01	7:01	1:26	5	40:25	22.3	0:55	3	19:12	6:24	1:08:57
4	523	Shawn Thomas	Chanhassen	MN	42	8	7:25	7:25	1:35	4	40:11	22.4	0:53	2	19:03	6:21	1:09:05
5	351	Scott Needham	Eagan	MN	41	2	6:50	6:50	1:19	8	41:33	21.7	0:32	4	19:35	6:32	1:09:47
6	469	Corby Serk	Eden Prairie	MN	41	6	7:18	7:18	1:12	6	40:46	22.1	0:59	10	22:12	7:24	1:12:25
7	169	Jeff Glover	Plymouth	MN	43	3	6:51	6:51	1:25	12	42:57	21.0	0:59	6	20:35	6:52	1:12:44
8	436	Eric Roesner	Minnetonka	MN	40	5	7:14	7:14	1:32	9	41:59	21.4	0:50	7	21:23	7:08	1:12:56
9	221	David Hillesheim	Golden Valley	MN	42	13	7:59	7:59	1:17	3	39:56	22.5	1:04	19	24:27	8:09	1:14:42
10	209	Chris Hawes	Minneapolis	MN	41	14	8:10	8:10	1:59	7	41:26	21.7	0:55	14	22:44	7:35	1:15:12
11	305	Jason Lien	Saint Paul	MN	43	10	7:43	7:43	1:59	11	42:03	21.4	1:02	13	22:39	7:33	1:15:25
12	194	Daniel Hackenberg	Eden Prairie	MN	42	16	8:15	8:15	1:37	14	43:58	20.5	1:33	8	21:43	7:15	1:17:04
13	66	David Cantrill	Chanhassen	MN	41	21	8:33	8:33	1:15	13	42:58	20.9	1:03	17	23:57	7:59	1:17:44
14	280	Matthew Koeppen	Chanhassen	MN	44	18	8:25	8:25	1:46	15	43:59	20.5	0:48	16	23:00	7:40	1:17:56
15	465	Stephen Secker	Eleva	WI	44	30	9:40	9:40	2:03	10	41:59	21.4	0:55	20	24:39	8:13	1:19:14
16	267	Dj Kennedy	Chanhassen	MN	43	20	8:33	8:33	1:50	19	46:06	19.5	1:08	11	22:14	7:25	1:19:49
17	504	Rob Stefanowicz	Minnetonka	MN	43	9	7:30	7:30	1:49	23	47:22	19.0	1:37	9	21:56	7:19	1:20:12
18	223	Bryan Hoelzer	Rochester	MN	40	17	8:19	8:19	1:56	22	47:15	19.0	0:59	12	22:33	7:31	1:21:00
19	641	Jacob Setseth	St. Paul	MN	41	11	7:45	7:45	1:36	16	44:20	20.3	1:40	25	27:34	9:12	1:22:52
20	22	Brian Barnes	Prior Lake	MN	44	23	8:47	8:47	2:05	24	48:09	18.7	1:14	21	24:55	8:19	1:25:07
21	148	Norman Foster	Saint Paul	MN	42	27	9:16	9:16	2:05	20	46:41	19.3	1:01	23	26:23	8:48	1:25:24
22	466	Jason Sedlak	Bloomington	MN	40	32	10:22	10:22	2:04	17	45:33	19.8	1:52	22	25:43	8:35	1:25:33
23	210	Scott Hawks	Excelsior	MN	40	12	7:53	7:53	1:41	28	53:19	16.9	0:46	15	22:49	7:37	1:26:26
24	67	Javier Carbajo	Minneapolis	MN	44	22	8:38	8:38	2:53	25	49:25	18.2	1:48	18	24:12	8:04	1:26:55
25	177	Andy Grant	Eden Prairie	MN	44	29	9:37	9:37	1:57	18	45:59	19.6	1:23	27	28:44	9:35	1:27:38
26	415	David Reeder	Chanhassen	MN	44	24	8:52	8:52	1:25	21	46:43	19.3	1:21	28	29:32	9:51	1:27:53
27	256	Ward Johnson	Minneapolis	MN	44	28	9:25	9:25	3:34	27	51:51	17.4	4:25	24	26:53	8:58	1:36:06
28	73	John Chapman	Eagan	MN	42	31	10:03	10:03	2:13	26	51:25	17.5	1:46	29	31:37	10:33	1:37:02
29	568	Mike Westendorf	St Louis Park	MN	44	19	8:32	8:32	1:48	29	56:35	15.9	2:07	26	28:29	9:30	1:37:28
30	575	Lucas Willett	Minnetonka	MN	41	15	8:14	8:14	4:25	30	1:24:19	10.7	3:38	30	42:49	14:17	2:23:23
31	334	Justin McHugh	Wayzata	MN	42	25	8:58	8:58									
32	62	Jeff Callinan	Wayzata	MN	42	26	8:59	8:59									

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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	299	Catherine Lee	Minneapolis	MN	41	2	8:00	8:00	1:13	1	42:10	21.3	0:37	3	22:35	7:32	1:14:33
2	344	Molly Moore	Maple Grove	MN	43	4	8:10	8:10	1:48	2	42:56	21.0	0:49	2	21:48	7:16	1:15:30
3	160	Lori Gengler	Plymouth	MN	43	5	8:32	8:32	1:37	3	44:22	20.3	1:00	4	23:49	7:57	1:19:18
4	258	Becca Joseph	Minnetonka	MN	40	1	7:46	7:46	1:14	6	49:14	18.3	0:59	1	21:07	7:03	1:20:17
5	380	Joy Orvis	Andover	MN	41	3	8:04	8:04	1:29	4	46:46	19.2	1:04	5	24:28	8:10	1:21:49
6	430	Nicole Roberts	Eden Prairie	MN	40	16	10:30	10:30	2:29	5	48:37	18.5	1:40	10	27:56	9:19	1:31:10
7	580	Jennifer Wolf	Saint Louis Park	MN	41	8	9:25	9:25	2:11	8	54:59	16.4	1:32	6	24:31	8:11	1:32:36
8	470	Holly Serk	Eden Prairie	MN	41	12	10:01	10:01	2:09	7	49:53	18.0	2:03	11	29:04	9:42	1:33:10
9	90	Wiltse Crompton	Minneapolis	MN	42	6	8:50	8:50	2:04	10	57:26	15.7	1:06	9	27:23	9:08	1:36:47
10	421	Emily Rice	Eden Prairie	MN	40	7	9:18	9:18	1:55	11	59:53	15.0	1:18	7	26:32	8:51	1:38:53
11	136	Jennifer Fearing	Monticello	MN	43	17	10:54	10:54	1:39	9	56:03	16.1	1:29	15	31:52	10:38	1:41:55
12	472	Susan Sheely	River Falls	WI	42	10	9:49	9:49	2:03	12	1:00:50	14.8	1:56	13	29:53	9:58	1:44:29
13	242	Jennifer Ische	Shorewood	MN	44	11	9:57	9:57	3:04	13	1:02:09	14.5	1:05	12	29:10	9:44	1:45:23
14	98	Kimberly David	Chanhassen	MN	40	9	9:38	9:38	2:30	14	1:06:01	13.6	1:21	8	26:57	8:59	1:46:26
15	161	Abbie Gibbs	Grand Forks	ND	43	13	10:08	10:08	1:22	16	1:08:42	13.1	1:12	17	34:01	11:21	1:55:24
16	389	Kara Pederson	Bloomington	MN	41	14	10:22	10:22	1:40	18	1:12:42	12.4	0:40	16	32:02	10:41	1:57:25
17	270	Kris Kilmer	Lake Forest	IL	40	15	10:26	10:26	1:39	19	1:14:46	12.0	0:53	14	30:39	10:13	1:58:22
18	410	Alyssa Purdy	St. Paul	MN	40	20	13:26	13:26	4:32	15	1:08:05	13.2	3:17	19	45:35	15:12	2:14:53
19	145	Elizabeth Flynn	Minnetonka	MN	41	19	13:06	13:06	4:41	17	1:12:02	12.5	3:35	18	44:54	14:58	2:18:18
20	112	Kristen Edds	Chanhassen	MN	40	18	12:34	12:34	1:50	20	1:15:17	12.0					

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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	397	Tom Pettit	Excelsior	MN	46	4	7:09	7:09	1:10	4	39:50	22.6	0:50	1	18:56	6:19	1:07:53
2	44	Mike Blair	Prior Lake	MN	45	10	7:38	7:38	1:27	1	39:03	23.0	0:43	4	20:45	6:55	1:09:34
3	132	Nick Essma	Edina	MN	47	7	7:15	7:15	1:36	2	39:11	23.0	0:55	7	20:59	7:00	1:09:54
4	565	Ryan Wenning	Excelsior	MN	49	13	7:54	7:54	1:10	3	39:32	22.8	0:54	3	20:37	6:53	1:10:04
5	10	Dean Anderson	Blaine	MN	45	8	7:26	7:26	2:07	7	40:32	22.2	0:58	8	21:08	7:03	1:12:10
6	637	Mark Hooley	St. Paul	MN	48	9	7:38	7:38	2:16	5	40:09	22.4	1:14	9	21:16	7:06	1:12:31
7	529	Scott Tollefson	Minneapolis	MN	48	6	7:10	7:10	1:33	12	43:47	20.6	0:58	2	19:34	6:32	1:13:00
8	505	Gregg Steiger	Minnetonka	MN	49	14	8:17	8:17	1:26	6	40:09	22.4	0:58	11	22:16	7:26	1:13:05
9	255	Mike Johnson	St Louis Park	MN	46	12	7:49	7:49	1:33	9	42:07	21.4	1:01	10	21:22	7:08	1:13:51
10	636	Tim Seck	Stillwater	MN	48	3	7:06	7:06	1:23	13	44:04	20.4	1:27	6	20:50	6:57	1:14:48
11	127	Michael Enright	Stillwater	MN	49	15	8:19	8:19	1:18	8	41:15	21.8	1:23	13	23:55	7:59	1:16:08
12	471	Bradley Severson	Minnetonka	MN	48	11	7:47	7:47	1:39	20	46:05	19.5	1:17	5	20:47	6:56	1:17:34
13	356	Lawrence Nemecek	Minnetrista	MN	48	22	8:55	8:55	1:32	10	42:28	21.2	1:15	14	24:15	8:05	1:18:23
14	78	Kevin Christenson	Minnetonka	MN	47	2	6:28	6:28	1:25	15	44:28	20.2	1:03	19	25:21	8:27	1:18:44
15	556	Tim J Walker	Minnetonka	MN	48	21	8:44	8:44	1:39	11	43:01	20.9	0:43	23	25:44	8:35	1:19:50
16	309	Dave Link	Eden Prairie	MN	48	5	7:09	7:09	1:08	22	46:47	19.2	0:57	15	24:16	8:06	1:20:14
17	128	Jay Erb	Excelsior	MN	48	24	9:04	9:04	1:53	16	44:38	20.2	0:50	18	25:03	8:21	1:21:26
18	86	Dan Corbett	Northfield	MN	45	18	8:28	8:28	1:37	21	46:36	19.3	1:53	12	22:57	7:39	1:21:29
19	172	Jason Good	Victoria	MN	45	27	9:23	9:23	1:39	17	44:49	20.1	0:55	21	25:30	8:30	1:22:15
20	345	Mark Morrison	Maple Grove	MN	47	20	8:40	8:40	1:37	18	45:36	19.7	1:15	22	25:38	8:33	1:22:45
21	574	Chris Wilhoit	St. Louis Park	MN	45	19	8:34	8:34	2:08	14	44:21	20.3	1:56	26	26:10	8:44	1:23:07
22	284	Eric Krantz	Minnetonka	MN	49	16	8:21	8:21	1:03	23	46:56	19.2	0:57	27	26:26	8:49	1:23:41
23	558	Steve Wander	Minnetonka	MN	47	25	9:18	9:18	1:31	19	45:48	19.7	1:18	24	25:55	8:39	1:23:47
24	173	Tim Goodyear	Minnetonka	MN	49	1	6:22	6:22	1:46	28	49:41	18.1	1:30	20	25:28	8:30	1:24:46
25	545	Brad Van Gelder	Minnetrista	MN	45	17	8:22	8:22	1:40	31	51:46	17.4	0:53	16	24:34	8:12	1:27:13
26	215	Scott Heimes	Minneapolis	MN	46	26	9:23	9:23	1:42	29	49:43	18.1	1:50	17	24:46	8:16	1:27:21
27	423	John Ridler	Chaska	MN	47	28	9:31	9:31	3:28	24	47:20	19.0	1:23	25	25:57	8:39	1:27:38
28	386	James Patterson	Deephaven	MN	47	23	8:58	8:58	2:28	26	48:41	18.5	1:43	28	27:16	9:06	1:29:04
29	513	Nick Summers	Orono	MN	47	30	9:47	9:47	1:37	27	49:02	18.4	1:15	29	29:33	9:51	1:31:12
30	206	Stefan Hartung	Minneapolis	MN	49	31	9:58	9:58	2:24	25	47:33	18.9	1:55	32	31:45	10:35	1:33:32
31	400	Jon Pierce	Excelsior	MN	46	29	9:44	9:44	2:46	30	51:12	17.6	1:57	30	30:42	10:14	1:36:18
32	288	Todd Kruse	Inver Grove Height	MN	49	32	10:12	10:12	2:59	32	58:20	15.4	3:09	31	31:15	10:25	1:45:53

FEMALE 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	337	Sarah Mercer	Golden Valley	MN	47	1	8:02	8:02	1:04	1	41:30	21.7	0:56	1	21:43	7:15	1:13:13
2	216	Kelly Henderson	Chanhassen	MN	48	4	9:43	9:43	1:27	2	47:22	19.0	1:13	3	26:32	8:51	1:26:14
3	204	Colleen Harristhal	Shorewood	MN	49	2	9:26	9:26	2:31	3	49:25	18.2	1:44	2	24:09	8:03	1:27:13
4	350	Jaleh Nahvi	Inver Grove Height	MN	45	3	9:34	9:34	1:45	5	55:11	16.3	1:27	4	26:50	8:57	1:34:46
5	384	Michele Pasko	Minnetonka	MN	49	5	9:48	9:48	2:50	4	52:18	17.2	2:50	5	27:44	9:15	1:35:28
6	156	Gina Fruncillo	St. Paul	MN	46	6	10:13	10:13	1:53	7	57:39	15.6	1:38	7	29:00	9:40	1:40:22
7	63	Kelly Callinan	Minnetonka	MN	49	7	10:41	10:41	2:55	9	59:02	15.2	1:47	6	27:51	9:17	1:42:14
8	365	Pam O'Connor	Chanhassen	MN	45	8	10:50	10:50	2:02	6	55:39	16.2	1:26	8	33:48	11:16	1:43:44
9	512	Belinda Stutzman	Deephaven	MN	49	10	12:25	12:25	1:51	8	58:55	15.3	1:59	10	40:07	13:23	1:55:15
10	546	Nicole Van Gelder	Minnetrista	MN	45	9	11:37	11:37	2:04	10	1:04:42	13.9	2:18	9	35:27	11:49	1:56:06

MALE AGE GROUP 50 - 54

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	171	David Goldberg	Minnetrista	MN	54	3	7:25	7:25	1:13	2	38:07	23.6	0:43	4	21:27	7:09	1:08:54
2	295	Brian Lavelle	Chaska	MN	53	4	7:28	7:28	1:18	1	38:01	23.7	0:39	5	21:54	7:18	1:09:18
3	41	Curtis Billmeyer	Plymouth	MN	52	2	7:23	7:23	1:17	4	39:41	22.7	0:47	1	20:18	6:46	1:09:24
4	264	Robert Kaufman	Chanhassen	MN	52	5	7:35	7:35	1:21	3	39:29	22.8	0:48	3	20:59	7:00	1:10:12
5	277	David Knack	Prior Lake	MN	52	6	7:49	7:49	1:10	5	40:59	22.0	1:08	2	20:34	6:52	1:11:39
6	91	Nicholas Cronin	Edina	MN	53	8	7:53	7:53	0:59	7	43:36	20.6	0:54	6	22:22	7:28	1:15:42
7	531	Bill Traxler	Victoria	MN	52	11	7:58	7:58	1:18	12	45:01	20.0	0:42	12	23:28	7:50	1:18:26
8	27	Terry Beachey	Excelsior	MN	53	15	8:46	8:46	1:41	6	43:23	20.7	1:23	11	23:28	7:50	1:18:39
9	40	Chuck Bies	Waconia	MN	54	7	7:53	7:53	1:43	9	44:30	20.2	1:44	8	22:54	7:38	1:18:42
10	332	Steve McCullough	West Des Moines	IA	51	9	7:54	7:54	2:25	11	44:49	20.1	1:34	7	22:46	7:36	1:19:26
11	488	Stuart Smith	Eden Prairie	MN	53	13	8:23	8:23	1:55	8	44:16	20.3	1:18	16	24:40	8:14	1:20:29
12	588	Tim Woodfield	Victoria	MN	52	21	9:18	9:18	1:47	10	44:39	20.2	1:24	14	24:20	8:07	1:21:26
13	463	Mark Schultz	Prior Lake	MN	53	10	7:55	7:55		29	57:08	15.8	0:57	22	25:59	8:40	1:21:35
14	203	Chris Harristhal	Shorewood	MN	54	19	9:02	9:02	2:08	13	46:04	19.5	1:17	10	23:23	7:48	1:21:53
15	220	Tom Hiel	Santa Monica	MN	50	12	8:20	8:20	2:06	17	47:25	19.0	1:16	9	23:17	7:46	1:22:22
16	385	Paul Pasko	Minnetonka	MN	50	14	8:41	8:41	2:11	15	46:06	19.5	1:33	15	24:37	8:13	1:23:06
17	200	Ed Hanzlik	Shorewood	MN	53	22	9:25	9:25	1:40	14	46:05	19.5	1:11	18	24:46	8:16	1:23:06
18	569	John Weum	Eden Prairie	MN	54	18	8:59	8:59	1:23	16	46:33	19.3	1:02	23	26:14	8:45	1:24:10
19	124	Brian Emswiler	Eden Prairie	MN	50	20	9:03	9:03	2:05	19	48:08	18.7	0:56	19	24:48	8:16	1:24:58
20	408	Mark Prueter	Wayzata	MN	52	23	9:49	9:49	2:22	18	47:28	19.0	2:22	20	24:51	8:17	1:26:50
21	58	David Busch	Chanhassen	MN	51	16	8:57	8:57	2:10	21	50:17	17.9	1:56	17	24:43	8:15	1:28:01
22	298	Peter Lawyer	Wayzata	MN	53	1	6:46	6:46	4:10	20	48:22	18.6	2:45	24	26:47	8:56	1:28:49
23	378	Michael O'Neal	Big Lake	MN	50	30	12:58	12:58	1:58	24	52:36	17.1	1:43	13	24:12	8:04	1:33:25
24	422	Mark Richard	Bloomington	MN	50	26	10:08	10:08	1:13	28	55:40	16.2	1:44	21	25:24	8:28	1:34:07
25	50	Ronald Boyd	Rosemount	MN	53	17	8:58	8:58	1:16	27	55:34	16.2	1:07	25	28:31	9:31	1:35:24
26	231	James Hoopes	Chanhassen	MN	54	24	9:56	9:56	2:04	25	52:48	17.0	1:38	26	29:34	9:52	1:35:58
27	458	Kurt Schmid	Orono	MN	54	25	10:01	10:01	2:16	22	51:04	17.6	1:44	28	34:44	11:35	1:39:47
28	561	Richard Weeks	Eden Prairie	MN	54	29	11:14	11:14	3:17	26	52:57	17.0	2:54	29	38:12	12:44	1:48:33
29	388	Derald Pederson	Edina	MN	52	28	10:56	10:56	2:13	31	1:02:56	14.3	3:03	27	33:08	11:03	1:52:15
30	212	Bryan Hayes	Eagan	MN	51	31	13:02	13:02	2:30	30	1:01:28	14.6	2:26	30	40:21	13:27	1:59:46
31	81	Tom Coles	Apple Valley	MN	54	27	10:10	10:10	3:47	23	52:08	17.3					

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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	638	Cheryl Zitur	Corcoran	MN	50	1	7:42	7:42	1:19	1	39:58	22.5	1:00	1	20:00	6:40	1:09:57
2	452	Kathy Sanville	White Bear Lake	MN	54	3	8:41	8:41	0:58	2	46:40	19.3	0:49	3	24:42	8:14	1:21:48
3	88	Cindy Crawford	Deephaven	MN	52	5	9:39	9:39	1:42	3	47:02	19.1	1:02	5	25:53	8:38	1:25:16
4	118	Karen Eklin	Plymouth	MN	51	7	9:41	9:41	1:46	5	49:13	18.3	1:16	4	25:19	8:27	1:27:14
5	42	Patty Billmeyer	Plymouth	MN	52	12	10:22	10:22	1:57	4	48:36	18.5	1:19	10	28:08	9:23	1:30:20
6	444	Laura Rucoba	Roca	NE	53	4	9:27	9:27	1:12	7	51:14	17.6	0:58	9	27:44	9:15	1:30:33
7	149	Teresa Foushee	Plymouth	MN	52	2	8:07	8:07	1:55	10	58:16	15.4	2:24	2	22:45	7:35	1:33:26
8	119	Missy Elder	Chanhassen	MN	51	10	9:52	9:52	2:35	6	50:04	18.0	2:13	12	29:06	9:42	1:33:48
9	110	Susie Eastman	Orono	MN	51	8	9:44	9:44	1:57	8	53:35	16.8	1:28	11	28:28	9:30	1:35:10
10	83	Brenda Conzet	Buffalo	MN	54	11	10:12	10:12	2:29	9	54:54	16.4	1:41	6	26:39	8:53	1:35:53
11	125	Caroline Emswiler	Eden Prairie	MN	50	9	9:47	9:47	2:13	11	1:02:25	14.4	1:29	7	26:46	8:56	1:42:38
12	572	Julie Wiens	Wayzata	MN	53	6	9:40	9:40	2:00	12	1:02:32	14.4	1:24	8	27:29	9:10	1:43:03
13	70	Joan Casey	St Louis Park	MN	50	14	10:44	10:44	2:28								
14	290	Dawn Labiosa	Apple Valley	MN	50	13	10:44	10:44	2:43								

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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	131	Patrick Erlandson	Wayzata	MN	56	1	7:38	7:38	2:17	1	44:58	20.0	1:55	1	21:50	7:17	1:18:35
2	324	Robert Marchetti	Champlin	MN	57	3	8:36	8:36	1:53	2	46:03	19.5	1:10	3	23:09	7:43	1:20:49
3	318	Gregor MacDonald	Chanhassen	MN	56	4	9:04	9:04	1:29	5	47:36	18.9	1:54	4	23:30	7:50	1:23:30
4	573	Terry Wiens	Duluth	MN	57	2	8:26	8:26	1:46	6	51:04	17.6	1:15	2	22:42	7:34	1:25:11
5	549	Jim Vanden Branden	Milwaukee	WI	56	5	9:09	9:09	1:19	3	46:19	19.4	0:53	7	27:41	9:14	1:25:19
6	484	Rob Sitek	Hastings	MN	58	6	9:44	9:44	1:58	4	46:34	19.3	1:22	6	26:44	8:55	1:26:21
7	478	Dan Sieben	Edina	MN	56	7	9:47	9:47	2:39	8	51:56	17.3	2:42	5	26:12	8:44	1:33:14
8	567	Tom Wentz	Burnsville	MN	57	8	11:18	11:18	3:37	7	51:06	17.6	2:12	8	33:27	11:09	1:41:38

FEMALE AGE GROUP 55 - 59

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	187	Jan Gunther		MN	56	1	7:24	7:24	1:23	1	40:09	22.4	0:38	1	20:07	6:43	1:09:40
2	82	Bethany Collins	New Hope	MN	59	3	10:49	10:49	1:57	2	48:05	18.7	1:33	3	29:55	9:59	1:32:18
3	354	Shannon Nelson	St Paul	MN	58	4	10:52	10:52	3:03	3	56:16	16.0	2:19	4	30:57	10:19	1:43:25
4	104	Carol Donen	Chanhassen	MN	55	2	10:41	10:41	3:24	4	1:00:48	14.8	2:26	2	28:19	9:27	1:45:36
5	262	Kristi Karsten	Rochester	MN	55	5	11:26	11:26	1:54	5	1:01:24	14.7	1:27	5	34:39	11:33	1:50:48
6	336	Meg McMonigal	Minneapolis	MN	56	6	12:27	12:27	1:58	6	1:02:53	14.3	1:12	6	42:48	14:16	2:01:16

MALE AGE GROUP 60 - 64

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	333	Jim McDonell	Woodbury	MN	62	1	7:57	7:57	1:18	1	41:56	21.5	0:38	2	22:10	7:24	1:13:57
2	146	Mike Flynn	Elk River	MN	63	2	8:20	8:20	1:27	3	43:44	20.6	1:08	1	21:40	7:14	1:16:17
3	165	Paul Glade	Cedar Falls	IA	60	3	8:25	8:25	0:59	6	45:23	19.8	1:07	3	22:12	7:24	1:18:04
4	506	Mark Stelmacher	West Des Moines	IA	61	4	8:44	8:44	2:19	4	44:20	20.3	1:04	4	23:17	7:46	1:19:42
5	419	Tom Reitsma	Waconia	MN	62	8	11:02	11:02	1:55	2	42:52	21.0	1:10	5	25:09	8:23	1:22:07
6	48	Michael Bono	Minneapolis	MN	62	5	8:51	8:51	1:30	5	44:37	20.2	1:33	7	26:29	8:50	1:23:00
7	528	Sonny Thweatt	Lakeville	MN	64	10	13:48	13:48	2:16	7	45:33	19.8	1:30	6	26:01	8:41	1:29:06
8	650	Gary Thrasher	Eden Prairie	MN	62	6	9:15	9:15	2:10	9	52:18	17.2	1:28	8	26:59	9:00	1:32:07
9	317	Tom Lyons	Excelsior	MN	63	11	14:47	14:47	2:40	8	50:15	17.9	1:46	9	29:03	9:41	1:38:28
10	167	Brent Glommen	Roseville	MN	62	7	10:52	10:52	1:38	10	1:02:24	14.4	2:53	10	32:10	10:44	1:49:56
11	235	Dave Hovde	Wayzata	MN	63	9	12:04	12:04	1:59	11	1:07:29	13.3	1:39	11	32:55	10:59	1:56:05

FEMALE AGE GROUP 60 - 64

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	428	Deb Roberts	Nisswa	MN	64	1	9:46	9:46	1:44	1	49:19	18.2	1:21	1	25:38	8:33	1:27:47
2	594	Colleen Zvosec	Edina	MN	60	3	11:26	11:26	1:56	2	58:01	15.5	1:23	2	28:24	9:28	1:41:07
3	576	Laura Williamschen	Excelsior	MN	63	2	11:22	11:22	4:37	3	1:00:52	14.8	3:00	3	32:03	10:41	1:51:52

MALE AGE GROUP 65 - UP

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	233	Jerry House	Woodbury	MN	67	1	9:00	9:00	3:01	3	54:27	16.5	2:05	1	25:12	8:24	1:33:44

2	25	Thomas Bauch	Falcon Heights	MN	65	3	15:48	15:48	2:30	1	48:52	18.4	2:28	2	34:30	11:30	1:44:06
3	157	Thomas Fulton	Saint Louis Park	MN	68	2	11:50	11:50	3:24	2	53:01	17.0	2:59	3	35:17	11:46	1:46:30

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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
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Total Registered:	621
Total Number of Team Finishers:	12
Total Number of Individual Finishers:	371
Number of Male Finishers:	238
Number of Female Finishers:	133
Did not Finish Race or Did Not Start:	232