

# Lake Minnetonka Triathlon - Text Summary Results † 2016 †



Excelsior, MN  
6/18/2016

Results by:



Results Question?

## LAKE MINNETONKA TRIATHLON

Excelsior Commons - Excelsior, MN - June 18, 2016  
1/2 Mile Swim - 15 Mile Bike - 3 Mile Run

Place	Div/Tot	Bib	Name	City	St	Age	Sex	Rank	SWIM	Pace	Trn.1	Rank	BIKE	MPH	Trn.2	Rank	RUN	Pace	FINISH
1	1/12	1	Brooks Grossinger	Mayer	MN	39	M	21	12:40	1:27	0:58	1	34:42	25.9	0:43	1	16:58	5:40	1:05:58
2	2/12	371	Steve Sander	Eden Prairie	MN	37	M	15	12:23	1:25	0:57	2	35:03	25.7	0:44	8	18:13	6:05	1:07:18
3	3/12	358	Jordan Roby	Wayzata	MN	26	M	22	12:41	1:27	0:55	4	35:57	25.0	0:40	2	17:22	5:48	1:07:33
4	4/12	267	Brett Lovaas	Minnetonka	MN	41	M	5	11:08	1:16	0:54	6	36:19	24.8	0:38	18	18:52	6:18	1:07:48
5	5/12	187	Eric Hendrickson	Minnetonka	MN	36	M	14	12:21	1:25	0:46	8	36:27	24.7	0:38	7	18:06	6:02	1:08:17
6	6/12	175	Andy Hardt	Saint Paul	MN	24	M	3	10:28	1:12	1:13	22	38:33	23.3	0:39	3	17:39	5:53	1:08:30
7	7/12	285	Patrick Marzolf	St. Paul	MN	33	M	2	10:26	1:12	1:08	26	38:46	23.2	0:49	11	18:23	6:08	1:09:30
8	8/12	377	Tony Schiller	Eden Prairie	MN	58	M	16	12:26	1:25	1:14	9	36:30	24.7	0:42	19	19:06	6:22	1:09:55
9	9/12	489	Andrew Zabel	Sartell	MN	36	M	60	14:14	1:37	1:12	3	35:43	25.2	0:37	10	18:18	6:06	1:10:02
10	10/12	526	Louis Hughes	St. Paul	MN	26	M	27	12:53	1:28	1:32	10	36:50	24.4	1:05	12	18:28	6:10	1:10:46
11	1/5	355	Christina Roberts	St. Louis Park	MN	30	F	6	11:18	1:18	1:01	32	39:14	22.9	0:50	15	18:32	6:11	1:10:53
12	1/37	109	Evan Evans	Dunnellon	MN	40	M	10	11:47	1:21	0:36	15	37:57	23.7	0:48	54	20:38	6:53	1:11:44
13	1/28	328	Moshe Peri	Minnetonka	MN	39	M	61	14:14	1:37	0:58	19	38:17	23.5	0:36	4	17:49	5:57	1:11:51
14	11/12	335	David Phillips	Maple Grove	MN	30	M	46	13:50	1:35	1:13	5	36:07	24.9	1:00	37	20:05	6:42	1:12:13
15	1/36	410	Tim Sosnowski	Eden Prairie	MN	45	M	23	12:44	1:27	1:23	16	38:00	23.7	0:57	30	19:59	6:40	1:13:01
16	2/37	280	Steve Marshall	Wayzata	MN	44	M	47	13:54	1:35	1:40	12	37:37	23.9	0:55	21	19:09	6:23	1:13:13
17	2/5	256	Lisa Lendway	St. Paul	MN	35	F	17	12:27	1:25	0:49	35	39:30	22.8	0:46	29	19:58	6:40	1:13:28
18	2/36	160	Jim Guenter	St. Paul	MN	46	M	33	13:09	1:30	0:48	23	38:36	23.3	0:47	47	20:29	6:50	1:13:47
19	12/12	140	Chris Frykman	Saint Louis Park	MN	39	M	45	13:45	1:34	1:31	7	36:24	24.7	1:24	65	21:03	7:01	1:14:06
20	1/39	250	Brian Lavelle	Chaska	MN	54	M	31	13:04	1:30	1:21	14	37:49	23.8	0:49	73	21:12	7:04	1:14:13
21	1/21	96	Rob Duijndam	Shoreview	MN	27	M	24	12:44	1:27	1:52	38	40:00	22.5	0:41	22	19:12	6:24	1:14:26
22	2/39	478	Ryan Wenning	Excelsior	MN	50	M	79	14:40	1:40	1:15	17	38:07	23.6	0:54	34	20:00	6:40	1:14:54
23	3/36	417	Don Steenson	Plymouth, Mn	MN	45	M	9	11:46	1:21	1:26	49	40:35	22.2	1:07	38	20:09	6:43	1:15:02
24	3/39	233	David Knack	Prior Lake	MN	53	M	43	13:40	1:34	1:18	24	38:37	23.3	0:55	68	21:06	7:02	1:15:34
25	3/5	482	Liv Williamsen	Chanhasen	MN	38	F	20	12:38	1:27	1:23	39	40:02	22.5	0:52	72	21:12	7:04	1:16:05
26	3/37	359	Eric Roesner	Minnetonka	MN	41	M	53	14:05	1:36	1:23	21	38:32	23.4	0:54	76	21:15	7:05	1:16:08
27	1/25	316	George Norris	Minneapolis	MN	34	M	132	15:50	1:48	1:42	28	39:00	23.1	0:53	16	18:50	6:17	1:16:13
28	1/22	149	David Goldberg	Minnetrista	MN	55	M	28	12:59	1:29	1:22	25	38:45	23.2	1:00	110	22:32	7:31	1:16:36
29	1/7	533	Jan Guenther	Long Lake	MN	57	F	66	14:18	1:38	1:35	34	39:26	22.8	0:50	53	20:36	6:52	1:16:44
30	2/21	87	Jorge Diaz-Garzon	Minneapolis	MN	26	M	57	14:07	1:37	1:06	62	41:21	21.8	0:48	25	19:26	6:29	1:16:46
31	1/12	46	Anders Broman	Eagan	MN	16	M	13	12:12	1:24	1:16	135	43:26	20.7	0:48	23	19:20	6:27	1:17:00
32	4/5	21	Olivia Bagnall	Lakeville	MN	25	F	18	12:31	1:26	1:00	89	42:07	21.4	0:47	55	20:38	6:53	1:17:01
33	1/15	85	Stephen Dennison	Maple Grove	MN	21	M	11	11:55	1:22	1:11	95	42:25	21.2	0:55	56	20:42	6:54	1:17:06
34	4/36	94	Charles Donly	Minneapolis	MN	46	M	134	15:52	1:49	1:23	47	40:27	22.2	0:59	13	18:30	6:10	1:17:09
35	5/36	39	Mike Blair	Prior Lake	MN	46	M	81	14:45	1:41	1:31	29	39:01	23.1	0:47	70	21:09	7:03	1:17:11
36	2/25	347	Jon Reifschneider	Minneapolis	MN	33	M	116	15:25	1:46	1:32	36	39:33	22.8	0:51	31	20:00	6:40	1:17:19
37	1/23	431	Laura Swartz	St. Louis Park	MN	49	F	122	15:39	1:47	1:03	27	38:55	23.1	1:04	58	20:46	6:56	1:17:25

38	4/39	522 Kirk Vesterstein		MN	54 M	151	16:13	1:51	2:10	13	37:41	23.9	0:56	49	20:30	6:50	1:17:28
39	6/36	216 Michael Johnson	St Louis Park	MN	47 M	52	14:01	1:36	1:21	42	40:11	22.4	1:10	62	20:52	6:58	1:17:32
40	4/37	439 Shawn Thomas	Chanhasen	MN	43 M	86	14:51	1:42	1:42	43	40:13	22.4	0:54	33	20:00	6:40	1:17:38
41	1/5	434 Kristina Swenson	Rogers	MN	19 F	19	12:35	1:26	0:50	44	40:14	22.4	0:48	133	23:14	7:45	1:17:39
42	2/28	152 Ross Golla	Minnetonka	MN	37 M	124	15:41	1:47	1:06	48	40:33	22.2	0:52	26	19:29	6:30	1:17:39
43	3/28	14 Greg Alexander	Plymouth	MN	38 M	36	13:25	1:32	1:26	55	40:42	22.1	0:59	82	21:24	7:08	1:17:54
44	2/23	342 Jody Quesnell	Arden Hills	MN	48 F	115	15:24	1:45	1:14	30	39:05	23.0	0:59	83	21:29	7:10	1:18:10
45	2/12	333 Jacob Pettit	Excelsior	MN	19 M	107	15:13	1:44	1:04	118	43:04	20.9	0:45	9	18:16	6:06	1:18:20
46	2/22	156 Kevin Grafft	Chanhasen	MN	55 M	102	15:12	1:44	1:42	46	40:18	22.3	0:55	41	20:18	6:46	1:18:23
47	4/28	466 Ryan Wakeham	Minnetonka	MN	35 M	42	13:37	1:33	1:58	67	41:26	21.7	0:51	51	20:33	6:51	1:18:25
48	3/22	303 Jim Nack	Madion Lake	MN	56 M	59	14:11	1:37	1:56	33	39:17	22.9	0:55	107	22:26	7:29	1:18:42
49	3/21	225 Marcus Kasper	Monticello	MN	25 M	38	13:30	1:32	1:49	78	41:45	21.6	0:50	63	20:59	7:00	1:18:51
50	2/15	35 Paul Berg	Minneapolis	MN	23 M	100	15:09	1:44	2:07	100	42:33	21.2	1:03	6	18:04	6:02	1:18:54
51	1/17	67 Ryan Collins	St. Louis Park	MN	40 M	161	16:22	1:52	1:38	18	38:12	23.6	0:36	102	22:09	7:23	1:18:54
52	2/17	90 Jeremy Doden	Richfield	MN	32 M	78	14:39	1:40	3:11	68	41:27	21.7	1:46	5	17:56	5:59	1:18:57
53	1/19	185 Kelly Heltemes	Chanhasen	MN	38 F	127	15:42	1:47	1:22	73	41:37	21.6	0:41	28	19:48	6:36	1:19:08
54	7/36	430 Johnny Surprise	Minneapolis	MN	47 M	92	15:00	1:43	1:39	37	39:45	22.6	1:10	89	21:38	7:13	1:19:11
55	5/37	393 Mark Senkowski	Woodbury	MN	44 M	225	17:57	2:03	2:04	11	36:53	24.4	0:56	80	21:23	7:08	1:19:11
56	1/11	276 Erin Manlove	Minneapolis	MN	31 F	197	17:11	1:58	1:47	40	40:04	22.5	1:05	20	19:09	6:23	1:19:14
57	6/37	184 Brian Heltemes	Chanhasen	MN	40 M	82	14:46	1:41	1:47	120	43:05	20.9	0:47	17	18:52	6:18	1:19:15
58	1/23	78 Juli Currie	Chanhasen	MN	44 F	73	14:30	1:39	1:49	66	41:26	21.7	0:40	64	21:00	7:00	1:19:23
59	3/17	261 Dave Link	Eden Prairie	MN	49 M	25	12:45	1:27	1:45	150	43:54	20.5	1:05	32	20:00	6:40	1:19:27
60	8/36	519 Todd Logan		MN	46 M	67	14:20	1:38	1:51	76	41:42	21.6	1:13	42	20:23	6:48	1:19:27
61	5/28	133 Wesley Fox	New York	NY	36 M	142	16:05	1:50	2:07	61	41:18	21.8	0:43	24	19:22	6:28	1:19:33
62	4/22	322 Kevin Olsen	Orono	MN	56 M	37	13:27	1:32	1:17	45	40:14	22.4	0:41	150	23:58	8:00	1:19:35
63	5/5	407 Ann Snuggerud	Chaska	MN	48 F	34	13:23	1:32	1:38	94	42:22	21.2	1:15	75	21:14	7:05	1:19:49
64	6/28	166 Scott Hadorn	Gillette	WY	37 M	48	13:56	1:35	1:34	103	42:41	21.1	1:18	44	20:26	6:49	1:19:53
65	3/12	528 Zach Affeldt	Savage	MN	13 M	8	11:38	1:20	1:07	210	46:12	19.5	0:31	48	20:29	6:50	1:19:56
66	4/17	385 Christopher Scrabeck	Edina	MN	30 M	84	14:46	1:41	2:02	20	38:31	23.4	1:23	148	23:56	7:59	1:20:36
67	3/25	164 Jeffrey Gustafson	Chanhasen	MN	30 M	50	13:59	1:36	1:45	124	43:11	20.8	0:45	84	21:30	7:10	1:21:07
68	4/12	435 Kyle Swenson	Rogers	MN	14 M	26	12:52	1:28	2:09	174	44:36	20.2	1:05	52	20:35	6:52	1:21:16
69	5/12	76 Ryan Current	Chanhasen	MN	19 M	4	11:00	1:15	1:37	116	42:59	20.9	1:17	180	24:38	8:13	1:21:30
70	1/12	290 Duane Millslagle	Savage	MN	65 M	87	14:56	1:42	1:51	52	40:38	22.1	1:07	130	23:12	7:44	1:21:41
71	5/22	458 Keith Tufte	Eden Prairie	MN	56 M	39	13:31	1:33	2:22	129	43:20	20.8	1:14	78	21:18	7:06	1:21:43
72	4/21	159 Phillip Greshowak	Minneapolis	MN	28 M	56	14:06	1:37	2:31	92	42:13	21.3	1:12	99	21:50	7:17	1:21:50
73	1/10	253 Lindsey Lee	St. Paul	MN	23 F	7	11:37	1:20	1:24	142	43:44	20.6	1:12	149	23:56	7:59	1:21:52
74	2/23	10 Christine Agazzi	Eden Prairie	MN	40 F	75	14:35	1:40	1:52	117	43:00	20.9	0:47	91	21:41	7:14	1:21:53
75	3/23	171 Naomi Hamer	Orono	MN	41 F	44	13:43	1:34	2:17	79	41:45	21.6	1:24	121	22:50	7:37	1:21:57
76	3/23	464 Lisa Wacek	Minneapolis	MN	45 F	147	16:11	1:51	1:21	90	42:07	21.4	0:57	86	21:34	7:12	1:22:09
77	7/37	65 Matthew Colaizy	Minneapolis	MN	40 M	168	16:27	1:53	2:06	41	40:09	22.4	1:58	87	21:36	7:12	1:22:13
78	8/37	282 Todd Martin	Minneapolis	MN	43 M	207	17:24	1:59	2:09	63	41:23	21.7	1:40	27	19:44	6:35	1:22:17
79	5/17	231 Brian Kirkvold	Excelsior	MN	38 M	1	10:17	1:11	2:16	165	44:19	20.3	0:43	184	24:46	8:16	1:22:19
80	5/39	112 Jp Fahey	Norwood Young Amer	MN	54 M	179	16:41	1:54	1:25	57	41:11	21.9	0:58	105	22:19	7:27	1:22:32
81	4/23	252 Catherine Lee	Minneapolis	MN	42 F	118	15:27	1:46	1:32	81	41:48	21.5	0:40	127	23:08	7:43	1:22:32
82	6/39	195 Greg Holcomb	Chaska	MN	50 M	198	17:12	1:58	2:26	53	40:39	22.1	1:01	77	21:17	7:06	1:22:33
83	9/37	165 Dan Hackenberg	Eden Prairie	MN	43 M	119	15:27	1:46	2:12	88	42:06	21.4	1:07	94	21:44	7:15	1:22:33
84	1/15	247 Peter Lancaster	Minneapolis	MN	61 M	108	15:14	1:44	2:02	69	41:28	21.7	1:10	117	22:46	7:36	1:22:38
85	2/15	384 Kent Schwitzer	Minnetonka	MN	63 M	70	14:22	1:38	2:07	31	39:14	22.9	1:27	211	25:32	8:31	1:22:39
86	2/19	391 Lauren Sell	Eden Prairie	MN	38 F	112	15:19	1:45	1:48	71	41:33	21.7	1:11	132	23:14	7:45	1:23:02
87	4/25	443 Derek Thurmes	St. Paul	MN	34 M	191	17:05	1:57	1:17	132	43:24	20.7	0:53	66	21:04	7:02	1:23:41
88	7/39	397 Eric Showers	Minnetonka	MN	53 M	76	14:35	1:40	1:54	56	41:03	21.9	1:20	195	25:03	8:21	1:23:54
89	9/36	394 Bradley Severson	Minnetonka	MN	49 M	143	16:07	1:50	1:48	145	43:47	20.6	1:32	59	20:47	6:56	1:23:59
90	3/15	68 Ryan Cook	Richfield	MN	23 M	319	20:06	2:18	2:16	85	41:54	21.5	1:16	14	18:32	6:11	1:24:02
91	5/23	283 Jennifer Martone	Minneapolis	MN	44 F	154	16:16	1:51	1:48	86	41:57	21.5	1:12	123	23:00	7:40	1:24:11
92	4/15	271 Anthony Lutovsky	Eagan	MN	24 M	175	16:32	1:53	2:18	93	42:20	21.3	1:44	79	21:19	7:07	1:24:12
93	7/28	363 Kyle Rooney	Minnetonka	MN	39 M	126	15:42	1:47	1:45	162	44:18	20.3	1:09	81	21:23	7:08	1:24:15
94	5/25	268 James Lucas	St. Paul	MN	31 M	228	17:58	2:03	1:56	114	42:53	21.0	1:07	43	20:25	6:49	1:24:17
95	10/37	192 David Hillesheim	Golden Valley	MN	43 M	180	16:43	1:54	1:41	54	40:41	22.1	1:32	142	23:51	7:57	1:24:28
96	3/19	455 Brenda Trok	Maple Grove	MN	37 F	62	14:14	1:37	1:43	220	46:37	19.3	0:51	69	21:07	7:03	1:24:30
97	6/22	348 Michael Reinhart	Minnetrista	MN	56 M	65	14:17	1:38	3:09	113	42:53	21.0	1:28	118	22:47	7:36	1:24:31
98	8/28	275 Scott Maloney	Savage	MN	39 M	35	13:23	1:32	1:29	138	43:34	20.7	0:46	208	25:29	8:30	1:24:39
99	4/19	315 Jacquie Nordwall	Shoreview	MN	39 F	170	16:29	1:53	2:04	98	42:27	21.2	0:53	119	22:49	7:37	1:24:40
100	5/19	49 Kari Broyles	Minnetonka	MN	39 F	71	14:25	1:39	2:28	176	44:40	20.1	1:23	96	21:46	7:16	1:24:40
101	5/15	312 Francisco Nodrid	Blaine	MN	24 M	167	16:25	1:52	2:38	166	44:20	20.3	1:22	36	20:02	6:41	1:24:45
102	8/39	487 Tim Woodfield	Victoria	MN	53 M	77	14:38	1:40	1:29	122	43:07	20.9	1:32	159	24:09	8:03	1:24:53











## MALE RELAY RESULTS

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

## FEMALE RELAY RESULTS

```
=====
Place Bib TEAM NAME & SWIMMER, BIKER, RUNNER Rank Swim Pace Trn.1 Rank Bike Rate Trn.2 Rank Run Pace Finish
=====
1 514 Lifesavers 1 16:02 1:50 1:00 2 50:29 17.8 0:35 2 26:34 8:52 1:34:39
Brenna Warren , Emily Whitcomb , Laura Murray
2 513 Jilty's Tri for Life 2 16:22 1:52 0:48 1 42:14 21.3 0:47 3 38:21 12:47 1:38:30
Genevieve McJilton , Pauline McJilton , Kathleen McJil
3 517 Wonder Twins 3 20:56 2:23 2:02 3 59:02 15.2 0:35 1 26:17 8:46 1:48:51
Anji Johnson , Anji Johnson , Shelly Beckman-Howk
=====
```

## COED RELAY RESULTS

```
=====
Place Bib TEAM NAME & SWIMMER, BIKER, RUNNER Rank Swim Pace Trn.1 Rank Bike Rate Trn.2 Rank Run Pace Finish
=====
1 516 Two Men and a Lady 1 15:34 1:47 0:49 1 39:20 22.9 0:38 2 22:03 7:21 1:18:23
Lara Rampetsreiter , Stephan Roufs , Noel Rodriguez
2 515 Target Trio 3 17:25 1:59 1:24 2 53:10 16.9 0:38 1 18:13 6:05 1:30:48
Frank Fenton , Zach Myer , Jordan Skelly
3 512 Hot & Beefy 2 16:21 1:52 1:10 3 54:39 16.5 1:00 3 29:05 9:42 1:42:12
Lisha McConnell , Jason Wilkerson , Lisha McConnell
=====
```

## PENALTY TIME ISSUED

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

## NON QUALIFYING RESULTS: SPRINT

```
=====
Bib Name City St Age Sex Rank SWIM 100yd Trn.1 Rank BIKE MPH Trn.2 Rank RUN Pace FINISH
=====
12 James Albrecht South Saint Paul MN 30 M 1 32:46 3:44
=====
```

## OVERALL MALE ELITE RESULTS

```
=====
Place Bib Name City St Age Rank Swim 100yd Trn.1 Rank Bike Rate Trn.2 Rank Run Pace Finish
=====
1 1 Brooks Grossinger Mayer MN 39 7 12:40 1:27 0:58 1 34:42 25.9 0:43 1 16:58 5:40 1:05:58
2 371 Steve Sander Eden Prairie MN 37 5 12:23 1:25 0:57 2 35:03 25.7 0:44 5 18:13 6:05 1:07:18
3 358 Jordan Roby Wayzata MN 26 8 12:41 1:27 0:55 4 35:57 25.0 0:40 2 17:22 5:48 1:07:33
4 267 Brett Lovaas Minnetonka MN 41 3 11:08 1:16 0:54 6 36:19 24.8 0:38 9 18:52 6:18 1:07:48
5 187 Eric Hendrickson Minnetonka MN 36 4 12:21 1:25 0:46 8 36:27 24.7 0:38 4 18:06 6:02 1:08:17
6 175 Andy Hardt Saint Paul MN 24 2 10:28 1:12 1:13 11 38:33 23.3 0:39 3 17:39 5:53 1:08:30
7 285 Patrick Marzolf St. Paul MN 33 1 10:26 1:12 1:08 12 38:46 23.2 0:49 7 18:23 6:08 1:09:30
8 377 Tony Schiller Eden Prairie MN 58 6 12:26 1:25 1:14 9 36:30 24.7 0:42 10 19:06 6:22 1:09:55
9 489 Andrew Zabel Sartell MN 36 12 14:14 1:37 1:12 3 35:43 25.2 0:37 6 18:18 6:06 1:10:02
10 526 Louis Hughes MN 26 9 12:53 1:28 1:32 10 36:50 24.4 1:05 8 18:28 6:10 1:10:46
11 335 David Phillips Maple Grove MN 30 11 13:50 1:35 1:13 5 36:07 24.9 1:00 11 20:05 6:42 1:12:13
=====
```



12 140 Chris Frykman Saint Louis Park MN 39 10 13:45 1:34 1:31 7 36:24 24.7 1:24 12 21:03 7:01 1:14:06

=====

OVERALL FEMALE 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	355	Christina Roberts	St. Louis Park	MN	30	1	11:18	1:18	1:01	1	39:14	22.9	0:50	1	18:32	6:11	1:10:53
2	256	Lisa Lendway	St. Paul	MN	35	2	12:27	1:25	0:49	2	39:30	22.8	0:46	2	19:58	6:40	1:13:28
3	482	Liv Williamsen	Chanhasseen	MN	38	4	12:38	1:27	1:23	3	40:02	22.5	0:52	4	21:12	7:04	1:16:05
4	21	Olivia Bagnall	Lakeville	MN	25	3	12:31	1:26	1:00	4	42:07	21.4	0:47	3	20:38	6:53	1:17:01
5	407	Ann Snuggerud	Chaska	MN	48	5	13:23	1:32	1:38	5	42:22	21.2	1:15	5	21:14	7:05	1:19:49

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OVERALL MALE CLYDESDALE 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	67	Ryan Collins	St. Louis Park	MN	40	9	16:22	1:52	1:38	1	38:12	23.6	0:36	3	22:09	7:23	1:18:54
2	90	Jeremy Doden	Richfield	MN	32	3	14:39	1:40	3:11	3	41:27	21.7	1:46	1	17:56	5:59	1:18:57
3	261	Dave Link	Eden Prairie	MN	49	2	12:45	1:27	1:45	10	43:54	20.5	1:05	2	20:00	6:40	1:19:27
4	385	Christopher Scrabeck	Edina	MN	30	4	14:46	1:41	2:02	2	38:31	23.4	1:23	4	23:56	7:59	1:20:36
5	231	Brian Kirkvold	Excelsior	MN	38	1	10:17	1:11	2:16	11	44:19	20.3	0:43	6	24:46	8:16	1:22:19
6	365	Brian Ross	Shorewood	MN	40	6	15:22	1:45	1:59	8	43:07	20.9	0:51	8	25:45	8:35	1:27:03
7	337	Timothy Poeschl	Bloomington	MN	40	10	16:46	1:55	2:17	6	42:01	21.4	1:36	5	24:35	8:12	1:27:13
8	212	Toth Joe	Mound	MN	44	14	19:24	2:13	2:01	4	41:40	21.6	1:03	7	24:58	8:20	1:29:05
9	258	Scott Leo	Minneapolis	MN	54	7	16:14	1:51	2:11	5	41:51	21.5	1:20	9	27:31	9:11	1:29:05
10	104	David Elliason	Northfield	MN	46	12	17:26	1:59	2:22	7	42:28	21.2	1:13	12	28:52	9:38	1:32:20
11	352	Christopher Ries	Minneapolis	MN	36	8	16:18	1:52	2:09	14	45:25	19.8	1:05	11	28:25	9:29	1:33:20
12	93	Steve Donen	Chanhasseen	MN	58	11	17:06	1:57	2:09	9	43:21	20.8	1:47	15	29:44	9:55	1:34:06
13	392	Jacob Selseth	St. Paul	MN	42	15	19:33	2:14	2:16	12	45:12	19.9	2:33	13	29:02	9:41	1:38:34
14	196	Mike Hollenstein	Minnetrissa	MN	43	13	19:19	2:12	2:58	15	48:11	18.7	1:48	10	28:23	9:28	1:40:38
15	314	Rick Nordvold	Chaska	MN	45	5	14:49	1:41	2:37	13	45:17	19.9	1:48	17	36:14	12:05	1:40:44
16	386	Scott Searl	Mound	MN	44	16	19:52	2:16	3:53	17	52:49	17.0	0:43	14	29:16	9:46	1:46:31
17	71	Troy Cornick	Maple Grove	MN	41	17	21:05	2:24	3:27	16	51:49	17.4	1:33	16	32:36	10:52	1:50:29

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OVERALL FEMALE ATHENA RESULTS

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	320	Suzie O'Gorman	Eden Prairie	MN	41	1	13:07	1:30	2:25	1	48:00	18.8	2:37	1	31:12	10:24	1:37:19
2	364	Abigail Rose	Wayzata	MN	46	2	20:52	2:23	3:28	3	1:05:47	13.7	2:01	2	39:50	13:17	2:11:56
3	264	Jennifer Lohse	Minneapolis	MN	45	3	21:57	2:30	4:50	2	1:01:19	14.7	3:05	4	44:16	14:46	2:15:25
4	346	Shannon Reagan	Monticello	MN	39	4	22:36	2:35	2:18	4	1:29:17	10.1	0:54	3	42:00	14:00	2:37:03

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim	100
						Time	yds
1	Brian Kirkvold	Excelsior	MN	38	M	10:17	1:11
2	Patrick Marzolf	St. Paul	MN	33	M	10:26	1:12
3	Andy Hardt	Saint Paul	MN	24	M	10:28	1:12
4	Ryan Current	Chanhasseen	MN	19	M	11:00	1:15
5	Brett Lovaas	Minnetonka	MN	41	M	11:08	1:16
6	Christina Roberts	St. Louis Park	MN	30	F	11:18	1:18
7	Lindsey Lee	St. Paul	MN	23	F	11:37	1:20
8	Zach Affeldt	Savage	MN	13	M	11:38	1:20
9	Don Steenson	Plymouth, Mn	MN	45	M	11:46	1:21
10	Evan Evans	Dunnellon	MN	40	M	11:47	1:21

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike	
						Time	MPH
1	Brooks Grossinger	Mayer	MN	39	M	34:42	25.9
2	Steve Sander	Eden Prairie	MN	37	M	35:03	25.7
3	Andrew Zabel	Sartell	MN	36	M	35:43	25.2
4	Jordan Roby	Wayzata	MN	26	M	35:57	25.0
5	David Phillips	Maple Grove	MN	30	M	36:07	24.9
6	Brett Lovaas	Minnetonka	MN	41	M	36:19	24.8
7	Chris Frykman	Saint Louis Park	MN	39	M	36:24	24.7
8	Eric Hendrickson	Minnetonka	MN	36	M	36:27	24.7
9	Tony Schiller	Eden Prairie	MN	58	M	36:30	24.7
10	Louis Hughes		MN	26	M	36:50	24.4

## TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run	
						Time	Pace
1	Brooks Grossinger	Mayer	MN	39	M	16:58	5:40
2	Jordan Roby	Wayzata	MN	26	M	17:22	5:48
3	Andy Hardt	Saint Paul	MN	24	M	17:39	5:53
4	Moshe Peri	Minnetonka	MN	39	M	17:49	5:57
5	Jeremy Doden	Richfield	MN	32	M	17:56	5:59
6	Paul Berg	Minneapolis	MN	23	M	18:04	6:02
7	Eric Hendrickson	Minnetonka	MN	36	M	18:06	6:02
8	Steve Sander	Eden Prairie	MN	37	M	18:13	6:05
9	Jacob Pettit	Excelsior	MN	19	M	18:16	6:06
10	Andrew Zabel	Sartell	MN	36	M	18:18	6:06

## 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	109	Evan Evans	Dunnellon	MN	40	4	11:47	1:21	0:36	5	37:57	23.7	0:48	36	20:38	6:53	1:11:44
2	328	Moshe Peri	Minnetonka	MN	39	36	14:14	1:37	0:58	8	38:17	23.5	0:36	1	17:49	5:57	1:11:51
3	410	Tim Sosnowski	Eden Prairie	MN	45	7	12:44	1:27	1:23	6	38:00	23.7	0:57	15	19:59	6:40	1:13:01
4	280	Steve Marshall	Wayzata	MN	44	24	13:54	1:35	1:40	2	37:37	23.9	0:55	8	19:09	6:23	1:13:13
5	160	Jim Guenter	St. Paul	MN	46	14	13:09	1:30	0:48	10	38:36	23.3	0:47	30	20:29	6:50	1:13:47
6	250	Brian Lavelle	Chaska	MN	54	13	13:04	1:30	1:21	4	37:49	23.8	0:49	47	21:12	7:04	1:14:13
7	96	Rob Duijndam	Shoreview	MN	27	8	12:44	1:27	1:52	19	40:00	22.5	0:41	9	19:12	6:24	1:14:26
8	478	Ryan Wenning	Excelsior	MN	50	44	14:40	1:40	1:15	7	38:07	23.6	0:54	18	20:00	6:40	1:14:54
9	417	Don Steenson	Plymouth, Mn	MN	45	3	11:46	1:21	1:26	27	40:35	22.2	1:07	21	20:09	6:43	1:15:02
10	233	David Knack	Prior Lake	MN	53	23	13:40	1:34	1:18	11	38:37	23.3	0:55	45	21:06	7:02	1:15:34
11	359	Eric Roesner	Minnetonka	MN	41	30	14:05	1:36	1:23	9	38:32	23.4	0:54	49	21:15	7:05	1:16:08
12	316	George Norris	Minneapolis	MN	34	75	15:50	1:48	1:42	13	39:00	23.1	0:53	6	18:50	6:17	1:16:13
13	149	David Goldberg	Minnetrista	MN	55	10	12:59	1:29	1:22	12	38:45	23.2	1:00	73	22:32	7:31	1:16:36
14	87	Jorge Diaz-Garzon	Minneapolis	MN	26	33	14:07	1:37	1:06	40	41:21	21.8	0:48	12	19:26	6:29	1:16:46
15	46	Anders Broman	Eagan	MN	16	6	12:12	1:24	1:16	89	43:26	20.7	0:48	10	19:20	6:27	1:17:00
16	85	Stephen Dennison	Maple Grove	MN	21	5	11:55	1:22	1:11	59	42:25	21.2	0:55	37	20:42	6:54	1:17:06
17	94	Charles Donly	Minneapolis	MN	46	76	15:52	1:49	1:23	25	40:27	22.2	0:59	4	18:30	6:10	1:17:09
18	39	Mike Blair	Prior Lake	MN	46	46	14:45	1:41	1:31	14	39:01	23.1	0:47	46	21:09	7:03	1:17:11
19	347	Jon Reifschneider	Minneapolis	MN	33	68	15:25	1:46	1:32	17	39:33	22.8	0:51	16	20:00	6:40	1:17:19
20	522	Kirk Vesterstein		MN	54	86	16:13	1:51	2:10	3	37:41	23.9	0:56	32	20:30	6:50	1:17:28
21	216	Michael Johnson	St Louis Park	MN	47	29	14:01	1:36	1:21	21	40:11	22.4	1:10	41	20:52	6:58	1:17:32
22	439	Shawn Thomas	Chanhassen	MN	43	49	14:51	1:42	1:42	22	40:13	22.4	0:54	17	20:00	6:40	1:17:38
23	152	Ross Golla	Minnetonka	MN	37	73	15:41	1:47	1:06	26	40:33	22.2	0:52	13	19:29	6:30	1:17:39
24	14	Greg Alexander	Plymouth	MN	38	16	13:25	1:32	1:26	33	40:42	22.1	0:59	55	21:24	7:08	1:17:54
25	333	Jacob Pettit	Excelsior	MN	19	64	15:13	1:44	1:04	75	43:04	20.9	0:45	3	18:16	6:06	1:18:20
26	156	Kevin Grafft	Chanhassen	MN	55	61	15:12	1:44	1:42	24	40:18	22.3	0:55	24	20:18	6:46	1:18:23
27	466	Ryan Wakeham	Minnetonka	MN	35	22	13:37	1:33	1:58	43	41:26	21.7	0:51	34	20:33	6:51	1:18:25
28	303	Jim Nack	Madion Lake	MN	56	35	14:11	1:37	1:56	16	39:17	22.9	0:55	71	22:26	7:29	1:18:42
29	225	Marcus Kasper	Monticello	MN	25	18	13:30	1:32	1:49	50	41:45	21.6	0:50	42	20:59	7:00	1:18:51
30	35	Paul Berg	Minneapolis	MN	23	59	15:09	1:44	2:07	62	42:33	21.2	1:03	2	18:04	6:02	1:18:54

31	430	Johnny Surprise	Minneapolis	MN	47	53	15:00	1:43	1:39	18	39:45	22.6	1:10	60	21:38	7:13	1:19:11
32	393	Mark Senkowski	Woodbury	MN	44	132	17:57	2:03	2:04	1	36:53	24.4	0:56	53	21:23	7:08	1:19:11
33	184	Brian Heltemes	Chanhausen	MN	40	47	14:46	1:41	1:47	77	43:05	20.9	0:47	7	18:52	6:18	1:19:15
34	519	Todd Logan		MN	46	39	14:20	1:38	1:51	48	41:42	21.6	1:13	25	20:23	6:48	1:19:27
35	133	Wesley Fox	New York	NY	36	82	16:05	1:50	2:07	39	41:18	21.8	0:43	11	19:22	6:28	1:19:33
36	322	Kevin Olsen	Orono	MN	56	17	13:27	1:32	1:17	23	40:14	22.4	0:41	99	23:58	8:00	1:19:35
37	166	Scott Hadorn	Gillette	WY	37	25	13:56	1:35	1:34	65	42:41	21.1	1:18	27	20:26	6:49	1:19:53
38	528	Zach Affeldt	Savage	MN	13	2	11:38	1:20	1:07	142	46:12	19.5	0:31	31	20:29	6:50	1:19:56
39	164	Jeffrey Gustafson	Chanhausen	MN	30	27	13:59	1:36	1:45	80	43:11	20.8	0:45	56	21:30	7:10	1:21:07
40	435	Kyle Swenson	Rogers	MN	14	9	12:52	1:28	2:09	117	44:36	20.2	1:05	35	20:35	6:52	1:21:16
41	76	Ryan Current	Chanhausen	MN	19	1	11:00	1:15	1:37	74	42:59	20.9	1:17	124	24:38	8:13	1:21:30
42	290	Duane Millslagle	Savage	MN	65	50	14:56	1:42	1:51	30	40:38	22.1	1:07	86	23:12	7:44	1:21:41
43	458	Keith Tufte	Eden Prairie	MN	56	19	13:31	1:33	2:22	84	43:20	20.8	1:14	51	21:18	7:06	1:21:43
44	159	Phillip Greshowak	Minneapolis	MN	28	32	14:06	1:37	2:31	57	42:13	21.3	1:12	65	21:50	7:17	1:21:50
45	65	Matthew Colaizy	Minneapolis	MN	40	94	16:27	1:53	2:06	20	40:09	22.4	1:58	58	21:36	7:12	1:22:13
46	282	Todd Martin	Minneapolis	MN	43	121	17:24	1:59	2:09	41	41:23	21.7	1:40	14	19:44	6:35	1:22:17
47	112	Jp Fahey	Norwood Young Amer	MN	54	102	16:41	1:54	1:25	35	41:11	21.9	0:58	70	22:19	7:27	1:22:32
48	195	Greg Holcomb	Chaska	MN	50	114	17:12	1:58	2:26	31	40:39	22.1	1:01	50	21:17	7:06	1:22:33
49	165	Dan Hackenberg	Eden Prairie	MN	43	69	15:27	1:46	2:12	55	42:06	21.4	1:07	64	21:44	7:15	1:22:33
50	247	Peter Lancaster	Minneapolis	MN	61	65	15:14	1:44	2:02	44	41:28	21.7	1:10	78	22:46	7:36	1:22:38
51	384	Kent Schwitzer	Minnetonka	MN	63	40	14:22	1:38	2:07	15	39:14	22.9	1:27	146	25:32	8:31	1:22:39
52	443	Derek Thurmes	St. Paul	MN	34	112	17:05	1:57	1:17	86	43:24	20.7	0:53	43	21:04	7:02	1:23:41
53	397	Eric Showers	Minnetonka	MN	53	42	14:35	1:40	1:54	34	41:03	21.9	1:20	133	25:03	8:21	1:23:54
54	394	Bradley Severson	Minnetonka	MN	49	83	16:07	1:50	1:48	97	43:47	20.6	1:32	39	20:47	6:56	1:23:59
55	68	Ryan Cook	Richfield	MN	23	197	20:06	2:18	2:16	54	41:54	21.5	1:16	5	18:32	6:11	1:24:02
56	271	Anthony Lutovsky	Eagan	MN	24	98	16:32	1:53	2:18	58	42:20	21.3	1:44	52	21:19	7:07	1:24:12
57	363	Kyle Rooney	Minnetonka	MN	39	74	15:42	1:47	1:45	110	44:18	20.3	1:09	54	21:23	7:08	1:24:15
58	268	James Lucas	St. Paul	MN	31	134	17:58	2:03	1:56	72	42:53	21.0	1:07	26	20:25	6:49	1:24:17
59	192	David Hillesheim	Golden Valley	MN	43	103	16:43	1:54	1:41	32	40:41	22.1	1:32	94	23:51	7:57	1:24:28
60	348	Michael Reinhart	Minnetrissa	MN	56	38	14:17	1:38	3:09	71	42:53	21.0	1:28	79	22:47	7:36	1:24:31
61	275	Scott Maloney	Savage	MN	39	15	13:23	1:32	1:29	92	43:34	20.7	0:46	143	25:29	8:30	1:24:39
62	312	Francisco Nodrid	Blaine	MN	24	93	16:25	1:52	2:38	112	44:20	20.3	1:22	20	20:02	6:41	1:24:45
63	487	Tim Woodfield	Victoria	MN	53	43	14:38	1:40	1:29	79	43:07	20.9	1:32	107	24:09	8:03	1:24:53
64	277	Phillip Maple	Excelsior	MN	24	12	13:03	1:29	2:23	121	44:46	20.1	1:20	89	23:23	7:48	1:24:53
65	460	Luke Twedt	Inver Grove Height	MN	34	70	15:28	1:46	1:45	122	44:53	20.1	1:15	59	21:37	7:13	1:24:57
66	245	Nathan Kuncel	Eagan	MN	43	45	14:44	1:41	2:24	105	44:01	20.4	0:45	84	23:07	7:43	1:24:58
67	95	Steven Dresler	Willmar	MN	49	71	15:30	1:46	2:33	36	41:13	21.8	1:44	105	24:07	8:03	1:25:05
68	227	David Kerber	Maple Grove	MN	39	215	21:23	2:26	1:54	28	40:35	22.2	1:06	22	20:15	6:45	1:25:11
69	279	Alexander Marquis	Kenosha	WI	23	66	15:17	1:45	2:23	100	43:48	20.5	1:08	80	22:49	7:37	1:25:22
70	74	Santino Craven	Minneapolis	MN	33	62	15:13	1:44	2:09	91	43:33	20.7	2:00	77	22:44	7:35	1:25:36
71	485	Tim Wolfgram	St. Louis Park	MN	25	80	15:59	1:49	2:01	67	42:42	21.1	1:23	91	23:40	7:54	1:25:43
72	445	Scott Tollefson	Minneapolis	MN	49	185	19:40	2:15	2:14	60	42:27	21.2	1:13	28	20:26	6:49	1:25:58
73	479	Zachary Wenning	Excelsior	MN	16	84	16:12	1:51	0:59	154	46:44	19.3	1:00	48	21:13	7:05	1:26:06
74	374	Brian Schallhammer	St. Paul	MN	44	20	13:31	1:33	2:39	111	44:18	20.3	1:02	128	24:47	8:16	1:26:15
75	425	Steve Strait	Maple Grove	MN	30	120	17:23	1:59	2:30	63	42:37	21.1	1:17	74	22:35	7:32	1:26:20
76	427	Robert Sturm	Plymouth	MN	69	79	15:58	1:49	2:14	88	43:26	20.7	1:37	87	23:13	7:45	1:26:26
77	105	Peter Elsham	Plymouth	MN	28	146	18:18	2:05	1:48	61	42:27	21.2	0:45	88	23:16	7:46	1:26:32
78	381	Mark Schultz	Prior Lake	MN	54	89	16:17	1:51	1:46	95	43:44	20.6	0:48	103	24:01	8:01	1:26:35
79	241	Jason Krob	Minneapolis	MN	39	26	13:57	1:36	2:29	155	46:47	19.2	1:23	67	22:06	7:22	1:26:40
80	132	Eric Fox	Wayzata	MN	38	31	14:06	1:37	2:01	141	46:04	19.5	0:32	101	24:00	8:00	1:26:41
81	205	Ron Jacobsen	Chaska	MN	52	11	13:01	1:29	2:33	108	44:14	20.3	1:38	142	25:28	8:30	1:26:53
82	424	Kristian Stoeckel	Plymouth	MN	43	41	14:30	1:39	1:35	83	43:17	20.8	1:09	168	26:28	8:50	1:26:58
83	490	Dan Zirbes	Minneapolis	MN	44	147	18:19	2:05	2:58	29	40:36	22.2	1:17	98	23:54	7:58	1:27:00
84	170	Robb Hall	Chanhausen	MN	53	78	15:56	1:49	2:28	66	42:42	21.1	1:20	125	24:38	8:13	1:27:02
85	433	Greg Swenson	Rogers	MN	47	37	14:15	1:38	1:34	76	43:05	20.9	1:22	177	26:50	8:57	1:27:04
86	429	Eric Sundberg	Saint Paul	MN	43	181	19:31	2:14	1:37	101	43:50	20.5	1:19	44	21:06	7:02	1:27:21
87	150	Mark Goldman	Edina	MN	43	160	18:44	2:08	1:49	49	41:42	21.6	1:17	95	23:52	7:58	1:27:22
88	461	Tou Vang	Maplewood	MN	30	217	21:28	2:27	3:04	37	41:13	21.8	0:51	40	20:51	6:57	1:27:26
89	34	Amir Berenjian	Minneapolis	MN	32	101	16:39	1:54	3:03	118	44:38	20.2	1:30	63	21:43	7:15	1:27:32
90	125	Greg Fletcher	Chanhausen	MN	61	34	14:09	1:37	2:25	47	41:40	21.6	1:56	185	27:26	9:09	1:27:33
91	296	Brandon Morgan	Chaska	MN	31	151	18:25	2:06	1:30	78	43:06	20.9	1:03	90	23:37	7:53	1:27:38
92	467	Tim J Walker	Minnetonka	MN	49	77	15:53	1:49	1:56	46	41:36	21.6	0:43	192	27:45	9:15	1:27:51
93	134	Michael Franklin	Delano	MN	48	155	18:32	2:07	2:31	68	42:44	21.1	1:09	81	22:57	7:39	1:27:51
94	213	Ben Johnson	Minneapolis	MN	41	206	20:34	2:21	1:34	87	43:25	20.7	1:40	38	20:46	6:56	1:27:56
95	69	Bill Copenhagen	Minnetonka	MN	40	96	16:30	1:53	2:02	82	43:15	20.8	1:04	134	25:11	8:24	1:28:00

## 2016 Lake Minnetonka Triathlon - Text Summary Results Race Results

96	70	Dan Corbett	Northfield	MN	46	97	16:31	1:53	1:56	81	43:13	20.8	1:31	130	24:52	8:18	1:28:00
97	375	Mitchell Schank	Woodbury	MN	20	128	17:51	2:02	1:39	109	44:18	20.3	1:16	85	23:10	7:44	1:28:11
98	40	Tim Bloomquist	Shoreview	MN	39	201	20:22	2:19	3:49	53	41:52	21.5	1:38	33	20:33	6:51	1:28:13
99	177	Alan Haskins	Hugo	MN	40	51	14:57	1:42	1:53	149	46:25	19.4	1:17	92	23:45	7:55	1:28:15
100	436	Jason Tarasek	Minneapolis	MN	44	87	16:14	1:51	2:32	102	43:56	20.5	0:53	135	25:15	8:25	1:28:47
101	17	Elliot Amundson	South St. Paul	MN	26	123	17:31	2:00	2:37	129	45:28	19.8	1:43	61	21:39	7:13	1:28:57
102	107	Jay Erb	Excelsior	MN	49	72	15:39	1:47	2:41	120	44:43	20.1	0:58	132	25:03	8:21	1:29:02
103	24	Brenton Balvin	Northfield	MN	36	157	18:38	2:07	2:06	98	43:47	20.6	0:46	100	23:59	8:00	1:29:14
104	420	Richard Stevens	Mound	MN	61	28	14:00	1:36	1:49	70	42:51	21.0	1:38	212	28:58	9:40	1:29:15
105	481	Chris Wilhoit	St. Louis Park	MN	46	183	19:33	2:14	2:33	38	41:14	21.8	1:19	127	24:43	8:15	1:29:19
106	126	Brice Floyd	Polk City	IA	28	107	16:59	1:56	3:55	52	41:49	21.5	2:00	126	24:41	8:14	1:29:22
107	341	Duane Pullins	Maple Lake	MN	58	138	18:00	2:03	2:11	56	42:08	21.4	1:26	150	25:47	8:36	1:29:30
108	452	Joe Traxler	Victoria	MN	22	156	18:36	2:07	2:05	127	45:17	19.9	1:34	66	22:05	7:22	1:29:35
109	174	Ed Hanzlik	Shorewood	MN	54	57	15:05	1:43	2:13	130	45:28	19.8	1:44	136	25:16	8:26	1:29:44
110	145	Paul Gaskin	Victoria	MN	49	52	14:59	1:43	2:22	116	44:29	20.2	1:49	156	26:11	8:44	1:29:48
111	163	Brandon Gustafson	Deephaven	MN	33	124	17:34	2:00	3:11	126	45:11	19.9	1:26	72	22:29	7:30	1:29:49
112	194	Austin Hoggarth	Grand Forks	ND	24	176	19:10	2:11	2:02	96	43:45	20.6	0:51	104	24:05	8:02	1:29:51
113	396	Derrick Shatava	Lino Lakes	MN	34	149	18:22	2:06	2:39	45	41:29	21.7	1:12	159	26:15	8:45	1:29:56
114	444	Sonny Thweatt	Chiang Mai	CH	65	54	15:00	1:43	2:44	103	43:58	20.5	1:11	181	27:09	9:03	1:30:00
115	232	Jason Klema	Maple Grove	MN	41	159	18:43	2:08	2:31	123	44:54	20.0	1:33	76	22:38	7:33	1:30:16
116	524	Michael Wangness		MN	42	99	16:34	1:53	3:16	90	43:31	20.7	1:42	138	25:25	8:29	1:30:26
117	405	Stuart Smith	Eden Prairie	MN	54	110	17:02	1:57	2:40	51	41:46	21.5	1:31	193	27:45	9:15	1:30:42
118	155	Tim Goodyear	Minnetonka	MN	50	56	15:04	1:43	1:47	160	47:14	19.1	1:05	151	25:50	8:37	1:30:57
119	239	Tony Kostick	Woodbury	MN	49	184	19:38	2:14	2:21	85	43:23	20.7	1:30	106	24:08	8:03	1:30:58
120	169	Tj Hagen	Wilsonville	OR	14	113	17:07	1:57	1:20	139	46:00	19.6	0:45	152	25:50	8:37	1:30:59
121	56	David Cantrill	Wayzata	MN	42	119	17:21	1:59	2:05	69	42:47	21.0	0:54	196	27:56	9:19	1:31:01
122	178	Scott Haskins	Excelsior	MN	44	172	19:01	2:10	2:16	107	44:09	20.4	1:25	111	24:15	8:05	1:31:05
123	349	Dan Reitsma	Carver	MN	38	216	21:27	2:27	2:07	73	42:53	21.0	0:54	93	23:50	7:57	1:31:09
124	29	George Beatty	Hudson	WI	39	92	16:25	1:52	2:40	140	46:00	19.6	1:55	123	24:37	8:13	1:31:35
125	470	Steve Wander	Minnetonka	MN	48	106	16:58	1:56	2:35	104	44:00	20.5	1:32	171	26:39	8:53	1:31:42
126	2	Christopher Abbott	Excelsior	MN	28	48	14:46	1:41	2:22	159	47:06	19.1	1:24	162	26:20	8:47	1:31:57
127	270	Conor Lundquist	Woodbury	MN	28	221	21:38	2:28	1:55	113	44:24	20.3	1:50	68	22:16	7:26	1:32:01
128	395	Michael Shanahan	Watertown	MN	53	95	16:29	1:53	1:48	106	44:02	20.4	1:36	199	28:09	9:23	1:32:01
129	27	Jordan Baynard	Minneapolis	MN	31	117	17:20	1:59	3:03	137	45:45	19.7	1:45	108	24:12	8:04	1:32:03
130	28	Terry Beachey	Excelsior	MN	54	202	20:23	2:19	2:22	99	43:48	20.5	1:23	112	24:15	8:05	1:32:09
131	55	Jr Campuzano	Excelsior	MN	51	91	16:24	1:52	3:38	144	46:14	19.5	1:48	113	24:15	8:05	1:32:17
132	80	Jeff Daly	Goodyear	AZ	56	169	18:59	2:10	1:59	114	44:27	20.2	1:31	140	25:28	8:30	1:32:22
133	367	Austin Rust	Harwood	ND	20	234	23:03	2:38	2:29	128	45:18	19.9	1:40	23	20:18	6:46	1:32:46
134	226	Tyler Kennedy	St. Louis Park	MN	26	191	19:51	2:16	3:39	171	48:25	18.6	0:51	19	20:02	6:41	1:32:46
135	382	Sydney Schultz	Burnsville	MN	61	111	17:02	1:57	3:23	136	45:41	19.7	2:27	119	24:31	8:11	1:33:02
136	167	David Haeg	Minnetonka	MN	38	58	15:09	1:44	3:10	132	45:31	19.8	1:56	189	27:37	9:13	1:33:22
137	191	Rich Heytens	Brooklyn Park	MN	53	182	19:32	2:14	2:18	93	43:38	20.6	1:18	170	26:38	8:53	1:33:23
138	91	Richard Dolski	Chaska	MN	58	141	18:10	2:04	2:12	135	45:39	19.7	1:23	157	26:11	8:44	1:33:34
139	153	Jason Good	Victoria	MN	46	207	20:34	2:21	1:27	94	43:39	20.6	0:54	179	27:04	9:02	1:33:36
140	450	Henry Trajano	Savage	MN	15	158	18:38	2:08	1:27	169	48:23	18.6	0:44	118	24:30	8:10	1:33:39
141	260	Rick Lindblom	Minnetonka	MN	56	67	15:17	1:45	2:34	148	46:24	19.4	1:15	205	28:25	9:29	1:33:54
142	376	Kyle Scheeler	Saint Cloud	MN	27	116	17:17	1:58	2:16	185	49:22	18.2	2:23	75	22:38	7:33	1:33:54
143	203	John Hughes	Long Lake	MN	47	81	16:04	1:50	2:25	199	50:25	17.9	1:27	96	23:52	7:58	1:34:11
144	278	Robert Marchetti	Champlin	MN	58	109	16:59	1:56	2:55	151	46:38	19.3	1:13	174	26:42	8:54	1:34:26
145	326	Paul Pasko	Minnetonka	MN	51	173	19:02	2:10	2:26	115	44:28	20.2	2:33	154	26:03	8:41	1:34:30
146	311	Daniel Niemi	Plymouth	MN	16	105	16:55	1:56	3:44	215	52:41	17.1	0:49	29	20:29	6:50	1:34:36
147	332	Mark Peterson	Purcellville	VA	53	125	17:35	2:00	2:35	175	48:50	18.4	0:48	129	24:52	8:18	1:34:38
148	130	Jeff Foster	Saint Louis Park	MN	45	118	17:21	1:59	2:45	143	46:12	19.5	2:15	164	26:22	8:48	1:34:53
149	47	Jonathan Brovold	Lakeville	MN	34	88	16:16	1:51	2:30	210	52:05	17.3	1:10	83	23:04	7:42	1:35:04
150	472	James Wassenberg	Falcon Heights	MN	47	130	17:54	2:03	2:25	138	45:50	19.6	0:57	202	28:11	9:24	1:35:15
151	139	Dan Fritz	Eden Prairie	MN	44	129	17:54	2:03	4:17	64	42:38	21.1	1:20	220	29:59	10:00	1:36:06
152	265	Frank Lombardo	Lakeville	MN	62	171	19:00	2:10	2:31	156	46:54	19.2	1:17	172	26:40	8:54	1:36:21
153	465	Jason Wagner	Minneapolis	MN	37	162	18:45	2:08	2:36	165	47:39	18.9	2:02	137	25:25	8:29	1:36:24
154	72	Jeff Corrigan	Copperas Cove	TX	61	161	18:44	2:08	2:17	131	45:29	19.8	3:21	175	26:43	8:55	1:36:32
155	448	Daniel Trajano	Savage	MN	49	55	15:01	1:43	2:13	150	46:32	19.3	1:54	233	31:01	10:21	1:36:38
156	422	Richard Stewart	Elburn	IL	48	174	19:05	2:11	4:12	134	45:34	19.8	2:25	144	25:30	8:30	1:36:45
157	147	John Gilje	Rosemount	MN	51	142	18:13	2:05	2:26	161	47:22	19.0	1:26	188	27:35	9:12	1:36:59
158	451	Bill Traxler	Victoria	MN	53	212	21:14	2:25	2:57	133	45:33	19.8	0:58	163	26:21	8:47	1:37:01
159	88	Todd Dickson	Big Lake	MN	38	208	20:46	2:22	2:30	157	47:01	19.1	1:24	139	25:26	8:29	1:37:05
160	136	Evan Freed	Excelsior	MN	14	63	15:13	1:44	3:28	201	50:40	17.8	2:29	145	25:30	8:30	1:37:18

161	340	Robert Prevost	Minneapolis	MN	40	203	20:26	2:20	2:53	152	46:38	19.3	1:57	147	25:32	8:31	1:37:25
162	269	Dan Lund	Chanhassen	MN	51	153	18:31	2:07	3:01	119	44:42	20.1	1:52	217	29:40	9:54	1:37:44
163	3	Dillon Abbott	Santa Monica	CA	26	145	18:17	2:05	3:45	190	49:32	18.2	0:48	148	25:36	8:32	1:37:56
164	60	Nathan Cerra	Saint Louis Park	MN	38	108	16:59	1:56	2:37	193	49:51	18.1	1:26	180	27:06	9:02	1:37:57
165	50	George Buchok	Edina	MN	62	179	19:20	2:12	2:56	125	45:02	20.0	2:59	191	27:42	9:14	1:37:57
166	383	Daniel Schultze	Prior Lake	MN	49	239	23:26	2:40	3:16	42	41:24	21.7	1:36	209	28:31	9:31	1:38:11
167	266	Jason Lorfing	Minneapolis	MN	37	205	20:33	2:21	6:37	153	46:40	19.3	3:15	62	21:42	7:14	1:38:46
168	172	Via Hang	Saint Paul	MN	32	236	23:07	2:38	3:00	166	47:48	18.8	0:41	109	24:12	8:04	1:38:47
169	53	David Busch	Chanhassen	MN	52	164	18:45	2:08	3:08	179	49:10	18.3	2:06	149	25:45	8:35	1:38:52
170	207	Richard Jahnke	Edina	MN	59	137	17:59	2:03	3:40	168	48:11	18.7	1:15	195	27:51	9:17	1:38:54
171	176	Stefan Hartung	Minneapolis	MN	50	167	18:50	2:09	3:09	124	44:58	20.0	1:22	229	30:41	10:14	1:38:57
172	118	Eduardo Fernandes	Chanhassen	MN	61	192	19:54	2:16	3:53	147	46:18	19.4	2:34	173	26:42	8:54	1:39:20
173	48	Jason Brown	Minneapolis	MN	32	154	18:32	2:07	2:40	189	49:31	18.2	0:35	204	28:25	9:29	1:39:41
174	302	Tyler Naas	Eden Prairie	MN	25	126	17:39	2:01	4:16	212	52:20	17.2	1:13	117	24:26	8:09	1:39:52
175	8	Kent Adams	Minneapolis	MN	53	220	21:36	2:28	3:23	184	49:20	18.2	1:14	116	24:22	8:08	1:39:54
176	73	Michael Craig	Shakopee	MN	41	136	17:59	2:03	2:47	197	50:12	17.9	0:59	197	28:01	9:21	1:39:56
177	273	William Magowan	Excelsior	MN	44	218	21:29	2:27	2:57	209	51:23	17.5	1:38	82	23:02	7:41	1:40:27
178	300	Matthew Myers	Chanhassen	MN	52	115	17:14	1:58	3:54	174	48:43	18.5	1:55	211	28:46	9:36	1:40:30
179	116	Kurtis Fechtmeyer	Minneapolis	MN	51	85	16:13	1:51	3:46	173	48:36	18.5	3:50	203	28:17	9:26	1:40:40
180	158	Howard Green	Little Canada	MN	52	144	18:16	2:05	3:15	181	49:14	18.3	2:27	187	27:31	9:11	1:40:41
181	456	Jason Trucano	Minnetrista	MN	44	240	23:31	2:41	4:42	177	48:53	18.4	2:11	57	21:30	7:10	1:40:44
182	527	Scott Heimes		MN	47	238	23:22	2:40	3:11	200	50:30	17.8	1:27	69	22:18	7:26	1:40:45
183	33	Walter Bentz	New Brighton	MN	58	199	20:15	2:19	3:20	176	48:51	18.4	2:01	166	26:25	8:49	1:40:50
184	114	George Fantauzza	Buffalo	MN	64	190	19:47	2:15	3:07	187	49:25	18.2	2:26	167	26:25	8:49	1:41:09
185	148	Paul Glade	Cedar Falls	IA	61	251	26:15	2:59	1:54	162	47:27	19.0	1:12	120	24:33	8:11	1:41:20
186	475	Neil Weinstein	Minneapolis	MN	44	131	17:55	2:03	4:00	180	49:13	18.3	2:16	198	28:06	9:22	1:41:28
187	319	David Odorizzi	Minnetonka	MN	27	245	24:40	2:49	2:25	182	49:15	18.3	0:57	110	24:14	8:05	1:41:29
188	440	Kyle Thompson	Shorewood	MN	41					158	47:06	19.1	1:31	160	26:16	8:46	1:41:31
189	380	Kurt Schultz	Lakeville	MN	53	163	18:45	2:08	2:16	145	46:15	19.5	2:15	238	32:04	10:42	1:41:32
190	5	Mike Abbott	Excelsior	MN	57	166	18:48	2:09	2:41	192	49:40	18.1	1:21	214	29:06	9:42	1:41:34
191	399	Dan Sieben	Edina	MN	57	219	21:32	2:27	2:57	178	49:01	18.4	1:53	165	26:23	8:48	1:41:44
192	189	Kenneth Herchuk	Maple Grove	MN	57	224	22:09	2:32	2:39	195	49:53	18.0	1:15	153	25:57	8:39	1:41:51
193	518	Alejandro Gonzalez-Diaz		MN	45	232	22:56	2:37	3:03	164	47:35	18.9	1:15	186	27:27	9:09	1:42:13
194	520	Paul Fisher		MN	59	100	16:34	1:53	4:01	186	49:24	18.2	1:37	231	30:42	10:14	1:42:15
195	305	Bruce Nelson	Prior Lake	MN	52	226	22:17	2:32	3:52	163	47:34	18.9	1:25	182	27:16	9:06	1:42:23
196	356	France Roberts	St. Louis Park	MN	45	135	17:59	2:03	2:36	231	54:26	16.5	2:09	141	25:28	8:30	1:42:37
197	437	Lee Thao	Maplewood	MN	31	170	18:59	2:10	3:07	206	51:05	17.6	1:05	207	28:29	9:30	1:42:44
198	210	David Joas	St. Bonifacius	MN	38	188	19:46	2:15	2:08	240	55:40	16.2	0:37	122	24:36	8:12	1:42:45
199	221	Rob Just	Minnetonka	MN	38	210	21:07	2:24	3:21	207	51:06	17.6	1:15	158	26:15	8:45	1:43:01
200	77	Bill Currie	Chanhassen	MN	46	21	13:32	1:33	3:42	170	48:23	18.6	1:51	249	36:00	12:00	1:43:26
201	462	Jason Vanoverbeke	St Paul	MN	35	213	21:19	2:26	2:06	172	48:30	18.6	1:20	223	30:16	10:06	1:43:28
202	25	Brian Barlow	St Louis Park	MN	35	143	18:16	2:05	2:26	234	54:47	16.4	0:50	184	27:22	9:08	1:43:39
203	529	Joseph Gryskiewicz	Edina	MN	67	122	17:24	1:59	4:28	194	49:53	18.0	1:33	228	30:36	10:12	1:43:51
204	295	David Moore	Saint Paul	MN	53	140	18:08	2:04	5:14	203	50:45	17.7	2:41	190	27:41	9:14	1:44:27
205	117	Daniel Feller	Chanhassen	MN	40	60	15:11	1:44	4:02	249	56:48	15.8	1:04	201	28:11	9:24	1:45:13
206	398	Aaron Sieben	Richfield	MN	30	196	20:03	2:17	2:52	204	50:56	17.7	1:38	219	29:47	9:56	1:45:14
207	414	Chris Stanek	Plymouth	MN	17	152	18:26	2:06	2:58	252	59:14	15.2	0:39	102	24:01	8:01	1:45:16
208	217	Rolf Johnson	Eden Prairie	MN	57	165	18:46	2:08	3:55	218	52:57	17.0	1:17	206	28:28	9:30	1:45:21
209	220	Doug Jost	Centerville	MN	61	187	19:45	2:15	3:53	205	51:02	17.6	1:20	216	29:29	9:50	1:45:26
210	240	Drew Krejci	Deephaven	MN	39	127	17:46	2:02	3:02	221	53:28	16.8	1:29	221	30:07	10:03	1:45:50
211	272	Tom Lynch	Nelson	MN	67	258	27:08	3:05	1:49	146	46:18	19.4	1:43	232	30:45	10:15	1:47:41
212	62	John Chapman	Eagan	MN	43	244	24:19	2:46	3:00	191	49:34	18.2	1:39	218	29:41	9:54	1:48:12
213	442	Gary Thrasher	Eden Prairie	MN	63	193	19:56	2:16	4:03	237	54:57	16.4	1:16	200	28:09	9:23	1:48:19
214	292	Andy Mitchell	Minnetonka	MN	64	175	19:06	2:11	4:04	228	54:09	16.6	1:14	222	30:12	10:04	1:48:42
215	198	James Hoopes	Chanhassen	MN	55	223	22:08	2:31	2:28	196	50:03	18.0	2:01	241	32:16	10:46	1:48:54
216	86	Joe Derock	Minneapolis	MN	49	150	18:24	2:06	4:23	223	53:45	16.7	2:05	225	30:23	10:08	1:48:56
217	108	Jacob Eull	Plymouth	MN	21	254	26:28	3:01	2:54	222	53:29	16.8	1:49	114	24:19	8:07	1:48:58
218	473	Richard Weeks	Woodbury	MN	55	168	18:54	2:09	3:01	167	48:07	18.7	2:00	253	37:00	12:20	1:48:59
219	22	Curt Bailey	Minneapolis	MN	55	252	26:20	3:00	3:37	198	50:14	17.9	1:10	194	27:47	9:16	1:49:07
220	64	Matthew Clarke	Beloit	WI	27	230	22:50	2:36	3:09	235	54:47	16.4	1:47	176	26:45	8:55	1:49:16
221	200	Jerry House	Woodbury	MN	68	211	21:07	2:24	4:56	225	53:48	16.7	2:11	183	27:20	9:07	1:49:20
222	154	Jonathan Goodman	New Brighton	MN	26	139	18:05	2:04	7:51	236	54:48	16.4	1:48	178	26:53	8:58	1:49:23
223	238	John Kopecky	Eagan	MN	36	222	21:41	2:28	3:40	239	55:38	16.2	2:06	169	26:34	8:52	1:49:37
224	30	Greg Becker	Minnetrista	MN	39	242	23:47	2:43	4:08	188	49:27	18.2	1:54	230	30:41	10:14	1:49:56
225	331	Mark Petersen	Mound	MN	48	231	22:54	2:37	5:31	232	54:31	16.5	1:42	161	26:17	8:46	1:50:53

226	183	Keegan Helmke	St. Paul	MN	15	243	23:56	2:44	4:12	183	49:18	18.3	1:25	239	32:05	10:42	1:50:54
227	206	Brad Jacobson	St Louis Park	MN	31	249	25:46	2:56	5:04	220	53:17	16.9	2:04	131	25:01	8:21	1:51:11
228	454	Richard Trenkmann	Hayward	WI	73	186	19:42	2:15	3:30	224	53:46	16.7	2:19	240	32:06	10:42	1:51:21
229	525	James Schultz		MN	25	237	23:15	2:39	3:54	211	52:19	17.2	2:08	227	30:26	10:09	1:52:00
230	307	Michael Nelson	Excelsior	MN	46	200	20:21	2:19	3:32	227	54:01	16.7	2:38	237	31:40	10:34	1:52:10
231	360	Fred Roethlisberger	River Falls	WI	73	228	22:37	2:35	2:51	230	54:18	16.6	2:31	224	30:21	10:07	1:52:36
232	141	Thomas Fulton	Saint Louis Park	MN	69	189	19:46	2:15	3:55	202	50:44	17.7	3:01	247	35:36	11:52	1:53:00
233	418	Lance Steinke	Edina	MN	48	209	20:46	2:22	2:43	238	55:03	16.3	2:07	242	32:40	10:54	1:53:17
234	463	Jack Vettel	Plymouth	MN	23	104	16:44	1:55	15:30	242	55:46	16.1	1:47	97	23:53	7:58	1:53:37
235	209	Tanner Jensen	Medicine Lake	MN	22	233	22:56	2:37	9:19	243	55:48	16.1	1:43	115	24:22	8:08	1:54:06
236	237	Andrew Kolb	Minneapolis	MN	24	247	25:27	2:54	6:52	241	55:43	16.2	1:45	121	24:36	8:12	1:54:21
237	372	Christopher Sather	Minnetonka	MN	42	195	20:02	2:17	2:20	208	51:21	17.5	1:55	256	39:13	13:05	1:54:49
238	334	Doug Pfaff	Minneapolis	MN	72	253	26:27	3:01	3:36	213	52:21	17.2	1:35	234	31:06	10:22	1:55:03
239	345	Duane Ramseur	Minnetonka	MN	28	256	26:43	3:03	5:55	219	53:08	16.9	1:17	208	28:30	9:30	1:55:31
240	301	Jeffrey Naas	Eden Prairie	MN	54	225	22:11	2:32	4:15	245	56:10	16.0	2:27	236	31:40	10:34	1:56:42
241	243	Todd Kruse	Inver Grove Height	MN	50	250	26:14	2:59	3:26	226	53:59	16.7	3:05	235	31:27	10:29	1:58:10
242	223	Joe Kandiko	Excelsior	MN	66	133	17:58	2:03	3:48	246	56:12	16.0	3:30	252	36:50	12:17	1:58:15
243	173	Chris Hanily	Victoria	MN	44	229	22:46	2:36	4:13	254	1:01:51	14.6	1:31	210	28:39	9:33	1:58:58
244	228	Daniel Kessler	Chaska	MN	51	148	18:21	2:06	3:01	216	52:46	17.1	3:06	260	41:50	13:57	1:59:03
245	474	Chad Weinhold	Crystal	MN	42	214	21:19	2:26	4:40	247	56:32	15.9	2:20	248	35:39	11:53	2:00:28
246	235	Thomas Kobierski	Ely	MN	67	178	19:18	2:12	3:39	229	54:16	16.6	1:51	259	41:45	13:55	2:00:47
247	199	Tyler Horner	Buffalo	MN	30	241	23:38	2:42	4:46	257	1:02:14	14.5	1:27	213	29:01	9:41	2:01:03
248	401	Mike Simon	Stillwater	MN	46	198	20:11	2:18	4:34	233	54:40	16.5	2:07	257	40:04	13:22	2:01:34
249	81	Kevin Dana	Chaska	MN	54	180	19:28	2:13	7:19	214	52:39	17.1	4:23	255	38:23	12:48	2:02:10
250	122	Dexter Fisher	Cedar Rapids	IA	31	177	19:16	2:12	4:59	250	58:00	15.5	1:18	258	40:15	13:25	2:03:45
251	79	Paul Cutler	Chaska	MN	43	204	20:29	2:20	6:22	255	1:02:05	14.5	0:58	246	34:26	11:29	2:04:18
252	230	Thomas Kirk	Somerset	MN	50	255	26:39	3:02	3:06	248	56:43	15.9	1:26	254	37:07	12:23	2:05:00
253	182	Travis Hein	Excelsior	MN	27	248	25:41	2:56	3:23	260	1:05:25	13.8	1:24	215	29:27	9:49	2:05:18
254	111	Mitchell Faber	New York	NY	28	262	40:03	4:34	4:23	244	56:01	16.1	1:24	155	26:04	8:42	2:07:53
255	57	Anthony Carlson	Stacy	MN	36	227	22:22	2:33	7:38	253	1:01:43	14.6	3:46	245	33:31	11:11	2:08:58
256	262	Scott Link	Excelsior	MN	50	194	20:00	2:17	4:36	261	1:06:58	13.4	1:32	250	36:06	12:02	2:09:10
257	530	Matt Stukel	Minneapolis	MN	31	246	25:25	2:54	6:51	256	1:02:06	14.5	3:27	244	33:30	11:10	2:11:18
258	344	Mark Rabogliatti	Eden Prairie	MN	51	260	31:28	3:35	4:34	259	1:02:21	14.4	2:48	226	30:24	10:08	2:11:33
259	357	Nick Robinson	St. Paul	MN	33	90	16:22	1:52	21:27	258	1:02:17	14.5	0:56	243	33:11	11:04	2:14:11
260	306	Dakri Nelson	Big Lake	MN	39	235	23:04	2:38	4:18	251	58:59	15.3	1:26	261	47:53	15:58	2:15:39
261	97	Philip Dunlay	Woodland	MN	59	257	27:03	3:05	5:06	262	1:08:11	13.2	2:47	251	36:44	12:15	2:19:50
262	37	Frederick Beseler	La Crosse	WI	61	259	28:09	3:12	3:46	217	52:48	17.0	3:10	262	53:54	17:58	2:21:45
	12	James Albrecht	South Saint Paul	MN	30	261	32:46	3:44									

## 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	533	Jan Guenther	Long Lake	MN	57	8	14:18	1:38	1:35	3	39:26	22.8	0:50	3	20:36	6:52	1:16:44
2	431	Laura Swartz	St. Louis Park	MN	49	27	15:39	1:47	1:03	1	38:55	23.1	1:04	4	20:46	6:56	1:17:25
3	434	Kristina Swenson	Rogers	MN	19	3	12:35	1:26	0:50	5	40:14	22.4	0:48	26	23:14	7:45	1:17:39
4	342	Jody Quesnell	Arden Hills	MN	48	24	15:24	1:45	1:14	2	39:05	23.0	0:59	9	21:29	7:10	1:18:10
5	185	Kelly Heltemes	Chanhassen	MN	38	29	15:42	1:47	1:22	9	41:37	21.6	0:41	2	19:48	6:36	1:19:08
6	276	Erin Manlove	Minneapolis	MN	31	55	17:11	1:58	1:47	4	40:04	22.5	1:05	1	19:09	6:23	1:19:14
7	78	Juli Currie	Chanhassen	MN	44	13	14:30	1:39	1:49	7	41:26	21.7	0:40	6	21:00	7:00	1:19:23
8	253	Lindsey Lee	St. Paul	MN	23	1	11:37	1:20	1:24	21	43:44	20.6	1:12	30	23:56	7:59	1:21:52
9	10	Christine Agazzi	Eden Prairie	MN	40	14	14:35	1:40	1:52	19	43:00	20.9	0:47	11	21:41	7:14	1:21:53
10	171	Naomi Hamer	Orono	MN	41	4	13:43	1:34	2:17	10	41:45	21.6	1:24	21	22:50	7:37	1:21:57
11	464	Lisa Wacek	Minneapolis	MN	45	40	16:11	1:51	1:21	13	42:07	21.4	0:57	10	21:34	7:12	1:22:09
12	252	Catherine Lee	Minneapolis	MN	42	26	15:27	1:46	1:32	11	41:48	21.5	0:40	23	23:08	7:43	1:22:32
13	391	Lauren Sell	Eden Prairie	MN	38	22	15:19	1:45	1:48	8	41:33	21.7	1:11	25	23:14	7:45	1:23:02
14	283	Jennifer Martone	Minneapolis	MN	44	42	16:16	1:51	1:48	12	41:57	21.5	1:12	22	23:00	7:40	1:24:11
15	455	Brenda Trok	Maple Grove	MN	37	6	14:14	1:37	1:43	39	46:37	19.3	0:51	7	21:07	7:03	1:24:30
16	315	Jacquie Nordwall	Shoreview	MN	39	49	16:29	1:53	2:04	14	42:27	21.2	0:53	20	22:49	7:37	1:24:40
17	49	Kari Broyles	Minnetonka	MN	39	11	14:25	1:39	2:28	30	44:40	20.1	1:23	13	21:46	7:16	1:24:40
18	219	Becca Joseph	Minnetonka	MN	41	10	14:22	1:38	1:28	37	46:10	19.5	1:06	15	21:49	7:17	1:24:53
19	43	Mollie Bousu	Bloomington	MN	31	36	15:58	1:49	2:16	22	43:44	20.6	1:35	14	21:47	7:16	1:25:19
20	202	Jill Hughes	Orono	MN	42	68	18:39	2:08	1:41	18	42:50	21.0	1:06	8	21:10	7:04	1:25:24

21	310	Sarah Nichols	Maple Grove	MN	38	31	15:47	1:48	1:08	26	44:18	20.3	0:58	28	23:32	7:51	1:25:42
22	168	Kristen Hagen	St. Joseph	MO	18	18	15:09	1:44	1:33	32	45:44	19.7	0:55	17	22:30	7:30	1:25:49
23	146	Lori Gengler	Plymouth	MN	44	56	17:20	1:59	1:43	16	42:41	21.1	0:55	27	23:16	7:46	1:25:53
24	388	Leslie Sedlak	Bloomington	MN	39	16	14:56	1:42	1:47	20	43:12	20.8	0:56	41	25:21	8:27	1:26:11
25	11	Sara Ahlquist	Minnetonka	MN	46	19	15:12	1:44	1:35	25	44:17	20.3	0:47	33	24:27	8:09	1:26:16
26	415	Laurie Stanek	Mendota Heights	MN	52	62	17:32	2:00	1:54	15	42:41	21.1	1:10	24	23:10	7:44	1:26:25
27	488	Shannon Worum	Eden Prairie	MN	36	54	17:10	1:57	2:18	23	43:56	20.5	1:19	16	22:20	7:27	1:27:01
28	161	Helen Gunther	Excelsior	MN	59	43	16:18	1:52	1:43	29	44:34	20.2	0:59	34	24:32	8:11	1:28:04
29	66	Blair Collins	St. Louis Park	MN	33	58	17:24	1:59	1:52	28	44:27	20.2	0:55	31	24:01	8:01	1:28:38
30	423	Charleen Stoeckel	Plymouth	MN	35	60	17:29	2:00	1:38	36	45:57	19.6	1:09	19	22:43	7:35	1:28:54
31	469	Kate Walton	Chanhassen	MN	36	17	15:02	1:43	2:12	27	44:23	20.3	1:05	50	26:16	8:46	1:28:55
32	471	Lisa Waskey	Chanhassen	MN	38	63	17:51	2:02	1:33	38	46:36	19.3	1:12	12	21:45	7:15	1:28:55
33	523	Summer Wood		MN	28	2	12:12	1:24	1:23	45	48:05	18.7	1:09	55	26:41	8:54	1:29:27
34	324	Tina Olson	Mound	MN	40	44	16:19	1:52	2:15	6	41:23	21.7	1:44	78	28:29	9:30	1:30:08
35	186	Kelly Henderson	Wayzata	MN	49	33	15:49	1:48	1:42	35	45:48	19.7	1:03	47	25:58	8:40	1:30:19
36	224	Rebecca Karnes	Mound	MN	39	96	21:05	2:24	2:12	34	45:46	19.7	0:45	5	20:47	6:56	1:30:34
37	75	Cindy Crawford	Deephaven	MN	53	39	16:09	1:51	1:44	31	45:09	19.9	1:04	52	26:35	8:52	1:30:40
38	190	Kelli Heytens	Brooklyn Park	MN	20	99	21:18	2:26	1:37	24	44:08	20.4	1:10	18	22:35	7:32	1:30:46
39	338	Andrea Potyondy-Smith	Brooklyn Park	MN	39	50	16:29	1:53	2:13	17	42:43	21.1	1:21	81	28:51	9:37	1:31:35
40	13	Stephanie Alcivar	Bloomington	MN	36	7	14:14	1:37	2:26	40	46:54	19.2	1:25	59	27:02	9:01	1:31:59
41	339	Jill Prevost	Minneapolis	MN	40	76	19:21	2:12	1:41	41	47:10	19.1	0:55	29	23:53	7:58	1:32:59
42	32	Devan Benjamin	St. Paul	MN	25	15	14:56	1:42	2:01	60	49:33	18.2	0:55	56	26:52	8:58	1:34:15
43	257	Paige Lenoch	Minneapolis	MN	25	5	14:06	1:37	3:39	58	49:17	18.3	1:14	60	27:06	9:02	1:35:20
44	416	Janice Stanford	Mpls	MN	46	75	19:21	2:12	2:10	43	47:41	18.9	0:59	39	25:12	8:24	1:35:21
45	426	Emilie Strand	Black River Falls	WI	24	51	17:04	1:57	2:10	52	48:33	18.5	1:08	57	26:52	8:58	1:35:47
46	63	Debbie Christian	Buffalo	MN	45	66	18:32	2:07	2:12	33	45:44	19.7	1:45	66	27:41	9:14	1:35:52
47	330	Judith Peters	St. Cloud	MN	56	83	19:42	2:15	2:13	47	48:14	18.7	1:49	32	24:18	8:06	1:36:13
48	317	Cheryl O'Connell	Eden Prairie	MN	45	57	17:23	1:59	2:01	49	48:15	18.7	1:46	61	27:11	9:04	1:36:34
49	313	Carla Nordenstrom	Blaine	MN	44	28	15:41	1:47	2:16	42	47:33	18.9	1:17	96	29:50	9:57	1:36:34
50	353	Hannah Riggs	Chanhassen	MN	26	20	15:13	1:44	3:31	71	51:27	17.5	0:54	48	26:07	8:43	1:37:10
51	361	Anne Rogers	Minneapolis	MN	40	100	21:21	2:26	2:44	50	48:17	18.6	0:59	38	25:01	8:21	1:38:21
52	484	Whitney Windmiller	Robbinsdale	MN	30	59	17:27	1:59	3:13	64	50:36	17.8	1:33	42	25:33	8:31	1:38:21
53	274	Kelsey Malecha	Apple Valley	MN	31	82	19:33	2:14	2:10	44	47:50	18.8	1:12	73	28:07	9:23	1:38:51
54	204	Rachel Jacob	Tucson	AZ	30	9	14:21	1:38	3:55	79	52:22	17.2	1:48	51	26:31	8:51	1:38:55
55	354	Jennifer Riggs	New York	NY	28					61	49:38	18.1	1:37	93	29:19	9:47	1:39:15
56	350	Christy Ressler	Bloomington	MN	34	61	17:29	2:00	3:20	51	48:22	18.6	1:19	80	28:48	9:36	1:39:17
57	379	Sharon Schneider	Ham Lake	MN	56	71	18:52	2:09	2:15	54	48:36	18.5	1:52	70	27:58	9:20	1:39:30
58	162	Adrienne Gustafson	Chanhassen	MN	29	72	18:56	2:09	2:29	68	50:59	17.7	1:34	43	25:41	8:34	1:39:37
59	521	Monica Stone		MN	47	98	21:16	2:25	2:54	48	48:14	18.7	1:25	45	25:54	8:38	1:39:41
60	208	Molly Jeatran	Minneapolis	MN	36	47	16:24	1:52	3:07	46	48:08	18.7	1:45	99	30:26	10:09	1:39:48
61	304	Jaleh Nahvi	Inver Grove Height	MN	46	48	16:27	1:53	2:28	81	53:10	16.9	0:56	58	26:55	8:59	1:39:53
62	291	Kelli Millslagle	Minneapolis	MN	31	88	20:05	2:17	2:29	55	48:42	18.5	1:23	62	27:24	9:08	1:40:02
63	476	Christine Wellner	Minneapolis	MN	39	89	20:07	2:18	1:27	66	50:44	17.7	1:29	54	26:39	8:53	1:40:23
64	321	Katherine Olig	Eden Prairie	MN	46	38	16:09	1:51	2:53	67	50:49	17.7	0:58	95	29:39	9:53	1:40:25
65	284	Jennifer Marzolf	Minneapolis	MN	30	12	14:25	1:39	1:48	90	55:13	16.3	1:15	68	27:49	9:17	1:40:28
66	157	Betsy Grams	Chanhassen	MN	40	97	21:10	2:25	2:23	63	50:07	18.0	1:25	49	26:14	8:45	1:41:17
67	197	Susan Holt	Plymouth	MN	60	34	15:51	1:49	2:13	74	51:58	17.3	1:27	98	29:55	9:59	1:41:23
68	325	Michele Pasko	Minnetonka	MN	50	69	18:51	2:09	2:42	56	48:54	18.4	2:31	82	28:51	9:37	1:41:47
69	143	Pamela Gajdosik	Minneapolis	MN	47	80	19:27	2:13	3:13	62	49:50	18.1	1:35	71	28:01	9:21	1:42:05
70	244	Alison Kullback	Minneapolis	MN	25	78	19:24	2:13	3:00	72	51:34	17.5	1:31	53	26:37	8:53	1:42:06
71	99	Amy Eastmond	Excelsior	MN	33	25	15:26	1:46	5:43	92	55:18	16.3	1:09	37	25:01	8:21	1:42:36
72	441	Paula Thomsen	Savage	MN	49	79	19:26	2:13	1:46	73	51:50	17.4	1:07	79	28:39	9:33	1:42:46
73	409	Peg Sorensen	Chaska	MN	59	53	17:10	1:57	3:08	53	48:34	18.5	1:53	109	33:11	11:04	1:43:54
74	188	Allison Herchuk	Maple Grove	MN	17	45	16:22	1:52	3:06	95	56:14	16.0	1:10	64	27:29	9:10	1:44:20
75	408	Megan Sopkowiak	Mpls	MN	23	85	19:44	2:15	3:18	91	55:16	16.3	1:11	40	25:19	8:27	1:44:46
76	412	Penny Springer	Prior Lake	MN	52	74	19:14	2:12	2:29	69	51:04	17.6	1:32	100	30:38	10:13	1:44:55
77	531	Andrea Snortland	Grand Forks	ND	40	87	20:02	2:17	3:22	70	51:26	17.5	2:08	75	28:25	9:29	1:45:21
78	129	Connie Foster	River Falls	WI	65	70	18:51	2:09	2:25	82	53:48	16.7	1:56	85	28:58	9:40	1:45:57
79	214	Jennifer Johnson	Chanhassen	MN	45	90	20:08	2:18	2:36	78	52:18	17.2	1:53	90	29:17	9:46	1:46:12
80	449	Danielle Trajano	Savage	MN	19	93	20:49	2:22	1:28	84	54:00	16.7	1:00	84	28:57	9:39	1:46:12
81	151	Lori Golightly Barret	Minneapolis	MN	40	91	20:09	2:18	2:57	86	54:13	16.6	1:14	72	28:06	9:22	1:46:37
82	135	Wendy Franklin	Delano	MN	46	41	16:12	1:51	2:27	59	49:30	18.2	2:03	120	36:46	12:16	1:46:56
83	378	Joy Schlager	Maplewood	MN	37	101	21:22	2:26	2:20	85	54:01	16.7	1:06	77	28:27	9:29	1:47:15
84	61	Sydney Chandler	Medicine Lake	MN	26	52	17:07	1:57	2:43	97	56:29	15.9	3:11	76	28:25	9:29	1:47:53
85	318	Pam O'Connor	Chanhassen	MN	46	37	16:07	1:50	2:01	83	53:50	16.7	1:37	116	34:23	11:28	1:47:56

2016 Lake Minnetonka Triathlon - Text Summary Results Race Results

86	421	Becky Stewart	Elburn	IL	51	106	22:14	2:32	2:28	77	52:14	17.2	1:49	91	29:18	9:46	1:48:01
87	286	Tiffani McCallon	St. Louis Park	MN	49	103	21:53	2:30	2:15	88	54:27	16.5	0:48	83	28:52	9:38	1:48:13
88	23	Alicia Baker	Eden Prairie	MN	40	77	19:23	2:13	3:38	80	53:08	16.9	1:37	101	30:49	10:17	1:48:33
89	390	Barbara Seifert	Shorewood	MN	40	67	18:35	2:07	5:04	98	56:29	15.9	2:01	65	27:34	9:12	1:49:41
90	137	Amy Freese	Minnetonka	MN	50	84	19:43	2:15	3:00	96	56:16	16.0	2:12	86	29:11	9:44	1:50:21
91	7	Alex Aberman	Hopkins	MN	28	110	22:51	2:36	3:42	89	54:53	16.4	1:17	67	27:46	9:16	1:50:26
92	201	Samantha House	Minneapolis	MN	27	114	23:50	2:43	3:13	94	56:01	16.1	1:26	46	25:58	8:40	1:50:27
93	447	Allison Totman	Victoria	MN	33	23	15:22	1:45	2:28	113	1:02:17	14.5	1:13	94	29:29	9:50	1:50:47
94	343	Denise Rabogliatti	Eden Prairie	MN	52	64	17:57	2:03	3:23	104	59:11	15.2	1:11	92	29:19	9:47	1:50:59
95	327	Kara Pederson	Bloomington	MN	42	46	16:23	1:52	3:13	105	59:25	15.1	0:43	106	32:34	10:52	1:52:16
96	15	Erin Alpers	Sioux Falls	SD	20	117	24:37	2:48	4:02	100	57:52	15.6	1:10	35	24:56	8:19	1:52:35
97	16	Lauren Alpers	Sioux Falls	SD	18	108	22:31	2:34	6:06	101	57:52	15.6	1:11	36	24:57	8:19	1:52:35
98	215	Joyell Johnson	Minneapolis	MN	39	122	29:01	3:18	1:47	75	52:07	17.3	1:50	74	28:08	9:23	1:52:51
99	400	Melissa Sigel	Minnetonka	MN	49	81	19:30	2:13	3:23	76	52:08	17.3	2:04	117	35:54	11:58	1:52:58
100	119	Colleen Finnegan	Minnetonka Beach	MN	47	35	15:56	1:49	4:58	111	1:00:59	14.8	3:39	69	27:51	9:17	1:53:21
101	457	Michelle Tucker	Saint Paul	MN	47	116	24:06	2:45	4:09	87	54:13	16.6	1:36	97	29:50	9:57	1:53:53
102	82	Tea Dejanovic	Minneapolis	MN	23	92	20:41	2:21	3:28	93	55:23	16.3	0:49	115	33:40	11:14	1:53:59
103	54	Jennie Bushway	Excelsior	MN	51	107	22:26	2:33	2:36	65	50:38	17.8	2:06	122	38:13	12:45	1:55:57
104	246	Sheila Lack	Victoria	MN	45	109	22:45	2:36	3:04	57	48:55	18.4	3:02	123	38:24	12:48	1:56:08
105	480	Erin Weslander	Saint Louis Park	MN	26	21	15:17	1:45	3:40	103	59:08	15.2	0:47	121	38:06	12:42	1:56:55
106	222	Leah Kalgren	Chanhassen	MN	24	30	15:44	1:48	3:02	120	1:05:20	13.8	1:07	104	32:28	10:50	1:57:39
107	413	Claire Standafer	Chanhassen	MN	24	32	15:48	1:48	2:57	119	1:05:15	13.8	1:11	105	32:29	10:50	1:57:39
108	131	Teresa Foushee	Plymouth	MN	53	105	22:06	2:31	4:51	114	1:02:51	14.3	2:22	44	25:47	8:36	1:57:55
109	411	Nicole Sovde	Eden Prairie	MN	22	113	23:47	2:43	3:22	102	58:37	15.4	1:34	102	30:50	10:17	1:58:08
110	144	Fummi Garrick	Shakopee	MN	42	104	21:59	2:30	3:47	118	1:04:19	14.0	1:36	63	27:25	9:09	1:59:04
111	179	Andrea Hatch	Minneapolis	MN	25	115	23:54	2:43	3:41	108	1:00:25	14.9	2:08	87	29:12	9:44	1:59:19
112	20	Carla Baer	Shorewood	MN	48	65	18:13	2:05	4:37	110	1:00:52	14.8	2:56	107	32:44	10:55	1:59:21
113	92	Carol Donen	Chanhassen	MN	56	119	25:52	2:57	4:00	99	56:45	15.9	3:11	103	31:03	10:21	2:00:48
114	138	Margaret Frisbie	Minneapolis	MN	20	94	21:03	2:24	3:37	112	1:02:17	14.5	0:57	110	33:11	11:04	2:01:04
115	58	Jennifer Carlson	Brooklyn Center	MN	40	95	21:04	2:24	3:07	106	59:44	15.1	2:41	118	36:02	12:01	2:02:36
116	123	Kaci Fisher	Golden Valley	MN	29	120	26:13	2:59	2:40	107	1:00:12	15.0	0:41	108	32:59	11:00	2:02:43
117	263	Gretchen Lohmann	Chanhassen	MN	42	86	19:46	2:15	9:21	116	1:03:24	14.2	2:03	89	29:17	9:46	2:03:49
118	249	Kelly Laursen	Edina	MN	40	118	24:46	2:49	4:22	115	1:03:23	14.2	2:02	88	29:17	9:46	2:03:49
119	294	Casey Zonson	Plymouth	MN	27	73	19:06	2:11	2:26	121	1:05:51	13.7	1:33	119	36:45	12:15	2:05:38
120	491	Laura Zontelli	Minnetonka	MN	47	112	23:13	2:39	3:03	122	1:07:21	13.4	1:29	113	33:35	11:12	2:08:39
121	142	Jackie Gadbois	Minneapolis	MN	35	123	29:13	3:20	3:33	109	1:00:42	14.8	2:40	112	33:19	11:07	2:09:25
122	45	Marie Bridge	Excelsior	MN	44	102	21:34	2:28	7:12	123	1:07:32	13.3	1:21	114	33:35	11:12	2:11:13
123	115	Nina Fatyeyenko	St. Louis Park	MN	29	111	22:54	2:37	3:51	124	1:11:04	12.7	1:53	111	33:15	11:05	2:12:54
124	289	Meg McMonigal	Minneapolis	MN	57	121	26:59	3:04	3:52	117	1:03:54	14.1	1:13	124	42:58	14:20	2:18:56

MALE AGE GROUP 19 - UNDER

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	46	Anders Broman	Eagan	MN	16	3	12:12	1:24	1:16	3	43:26	20.7	0:48	2	19:20	6:27	1:17:00
2	333	Jacob Pettit	Excelsior	MN	19	6	15:13	1:44	1:04	2	43:04	20.9	0:45	1	18:16	6:06	1:18:20
3	528	Zach Affeldt	Savage	MN	13	2	11:38	1:20	1:07	6	46:12	19.5	0:31	4	20:29	6:50	1:19:56
4	435	Kyle Swenson	Rogers	MN	14	4	12:52	1:28	2:09	4	44:36	20.2	1:05	5	20:35	6:52	1:21:16
5	76	Ryan Current	Chanhassen	MN	19	1	11:00	1:15	1:37	1	42:59	20.9	1:17	9	24:38	8:13	1:21:30
6	479	Zachary Wenning	Excelsior	MN	16	7	16:12	1:51	0:59	7	46:44	19.3	1:00	6	21:13	7:05	1:26:06
7	169	Tj Hagen	Wilsonville	OR	14	9	17:07	1:57	1:20	5	46:00	19.6	0:45	11	25:50	8:37	1:30:59
8	450	Henry Trajano	Savage	MN	15	11	18:38	2:08	1:27	8	48:23	18.6	0:44	8	24:30	8:10	1:33:39
9	311	Daniel Niemi	Plymouth	MN	16	8	16:55	1:56	3:44	11	52:41	17.1	0:49	3	20:29	6:50	1:34:36
10	136	Evan Freed	Excelsior	MN	14	5	15:13	1:44	3:28	10	50:40	17.8	2:29	10	25:30	8:30	1:37:18
11	414	Chris Stanek	Plymouth	MN	17	10	18:26	2:06	2:58	12	59:14	15.2	0:39	7	24:01	8:01	1:45:16
12	183	Keegan Helmke	St. Paul	MN	15	12	23:56	2:44	4:12	9	49:18	18.3	1:25	12	32:05	10:42	1:50:54

FEMALE AGE GROUP 19 - UNDER

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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## 2016 Lake Minnetonka Triathlon - Text Summary Results Race Results

1	434	Kristina Swenson	Rogers	MN	19	1	12:35	1:26	0:50	1	40:14	22.4	0:48	2	23:14	7:45	1:17:39
2	168	Kristen Hagen	St. Joseph	MO	18	2	15:09	1:44	1:33	2	45:44	19.7	0:55	1	22:30	7:30	1:25:49
3	188	Allison Herchuk	Maple Grove	MN	17	3	16:22	1:52	3:06	4	56:14	16.0	1:10	4	27:29	9:10	1:44:20
4	449	Danielle Trajano	Savage	MN	19	4	20:49	2:22	1:28	3	54:00	16.7	1:00	5	28:57	9:39	1:46:12
5	16	Lauren Alpers	Sioux Falls	SD	18	5	22:31	2:34	6:06	5	57:52	15.6	1:11	3	24:57	8:19	1:52:35

## 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	85	Stephen Dennison	Maple Grove	MN	21	1	11:55	1:22	1:11	3	42:25	21.2	0:55	5	20:42	6:54	1:17:06
2	35	Paul Berg	Minneapolis	MN	23	3	15:09	1:44	2:07	4	42:33	21.2	1:03	1	18:04	6:02	1:18:54
3	68	Ryan Cook	Richfield	MN	23	11	20:06	2:18	2:16	1	41:54	21.5	1:16	2	18:32	6:11	1:24:02
4	271	Anthony Lutovsky	Eagan	MN	24	6	16:32	1:53	2:18	2	42:20	21.3	1:44	6	21:19	7:07	1:24:12
5	312	Francisco Nodrid	Blaine	MN	24	5	16:25	1:52	2:38	8	44:20	20.3	1:22	3	20:02	6:41	1:24:45
6	277	Phillip Maple	Excelsior	MN	24	2	13:03	1:29	2:23	9	44:46	20.1	1:20	10	23:23	7:48	1:24:53
7	279	Alexander Marquis	Kenosha	WI	23	4	15:17	1:45	2:23	6	43:48	20.5	1:08	8	22:49	7:37	1:25:22
8	375	Mitchell Schank	Woodbury	MN	20	8	17:51	2:02	1:39	7	44:18	20.3	1:16	9	23:10	7:44	1:28:11
9	452	Joe Traxler	Victoria	MN	22	9	18:36	2:07	2:05	10	45:17	19.9	1:34	7	22:05	7:22	1:29:35
10	194	Austin Hoggarth	Grand Forks	ND	24	10	19:10	2:11	2:02	5	43:45	20.6	0:51	12	24:05	8:02	1:29:51
11	367	Austin Rust	Harwood	ND	20	13	23:03	2:38	2:29	11	45:18	19.9	1:40	4	20:18	6:46	1:32:46
12	108	Jacob Eull	Plymouth	MN	21	15	26:28	3:01	2:54	12	53:29	16.8	1:49	13	24:19	8:07	1:48:58
13	463	Jack Vettel	Plymouth	MN	23	7	16:44	1:55	15:30	14	55:46	16.1	1:47	11	23:53	7:58	1:53:37
14	209	Tanner Jensen	Medicine Lake	MN	22	12	22:56	2:37	9:19	15	55:48	16.1	1:43	14	24:22	8:08	1:54:06
15	237	Andrew Kolb	Minneapolis	MN	24	14	25:27	2:54	6:52	13	55:43	16.2	1:45	15	24:36	8:12	1:54:21

## 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	253	Lindsey Lee	St. Paul	MN	23	1	11:37	1:20	1:24	1	43:44	20.6	1:12	2	23:56	7:59	1:21:52
2	190	Kelli Heytens	Brooklyn Park	MN	20	8	21:18	2:26	1:37	2	44:08	20.4	1:10	1	22:35	7:32	1:30:46
3	426	Emilie Strand	Black River Falls	WI	24	4	17:04	1:57	2:10	3	48:33	18.5	1:08	5	26:52	8:58	1:35:47
4	408	Megan Sopkowiak	Mpls	MN	23	5	19:44	2:15	3:18	4	55:16	16.3	1:11	4	25:19	8:27	1:44:46
5	15	Erin Alpers	Sioux Falls	SD	20	10	24:37	2:48	4:02	6	57:52	15.6	1:10	3	24:56	8:19	1:52:35
6	82	Tea Dejanovic	Minneapolis	MN	23	6	20:41	2:21	3:28	5	55:23	16.3	0:49	10	33:40	11:14	1:53:59
7	222	Leah Kalgren	Chanhasen	MN	24	2	15:44	1:48	3:02	10	1:05:20	13.8	1:07	7	32:28	10:50	1:57:39
8	413	Claire Standafer	Chanhasen	MN	24	3	15:48	1:48	2:57	9	1:05:15	13.8	1:11	8	32:29	10:50	1:57:39
9	411	Nicole Sovde	Eden Prairie	MN	22	9	23:47	2:43	3:22	7	58:37	15.4	1:34	6	30:50	10:17	1:58:08
10	138	Margaret Frisbie	Minneapolis	MN	20	7	21:03	2:24	3:37	8	1:02:17	14.5	0:57	9	33:11	11:04	2:01:04

## MALE AGE GROUP 25 - 29

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	96	Rob Duijndam	Shoreview	MN	27	1	12:44	1:27	1:52	1	40:00	22.5	0:41	1	19:12	6:24	1:14:26
2	87	Jorge Diaz-Garzon	Minneapolis	MN	26	4	14:07	1:37	1:06	2	41:21	21.8	0:48	2	19:26	6:29	1:16:46
3	225	Marcus Kasper	Monticello	MN	25	2	13:30	1:32	1:49	3	41:45	21.6	0:50	4	20:59	7:00	1:18:51
4	159	Phillip Greshowak	Minneapolis	MN	28	3	14:06	1:37	2:31	5	42:13	21.3	1:12	6	21:50	7:17	1:21:50
5	485	Tim Wolfgram	St. Louis Park	MN	25	6	15:59	1:49	2:01	7	42:42	21.1	1:23	10	23:40	7:54	1:25:43
6	105	Peter Elsham	Plymouth	MN	28	13	18:18	2:05	1:48	6	42:27	21.2	0:45	9	23:16	7:46	1:26:32
7	17	Elliot Amundson	South St. Paul	MN	26	9	17:31	2:00	2:37	9	45:28	19.8	1:43	5	21:39	7:13	1:28:57
8	126	Brice Floyd	Polk City	IA	28	7	16:59	1:56	3:55	4	41:49	21.5	2:00	13	24:41	8:14	1:29:22
9	2	Christopher Abbott	Excelsior	MN	28	5	14:46	1:41	2:22	10	47:06	19.1	1:24	16	26:20	8:47	1:31:57
10	270	Conor Lundquist	Woodbury	MN	28	15	21:38	2:28	1:55	8	44:24	20.3	1:50	7	22:16	7:26	1:32:01
11	226	Tyler Kennedy	St. Louis Park	MN	26	14	19:51	2:16	3:39	11	48:25	18.6	0:51	3	20:02	6:41	1:32:46
12	376	Kyle Scheeler	Saint Cloud	MN	27	8	17:17	1:58	2:16	13	49:22	18.2	2:23	8	22:38	7:33	1:33:54
13	3	Dillon Abbott	Santa Monica	CA	26	12	18:17	2:05	3:45	14	49:32	18.2	0:48	14	25:36	8:32	1:37:56
14	302	Tyler Naas	Eden Prairie	MN	25	10	17:39	2:01	4:16	16	52:20	17.2	1:13	12	24:26	8:09	1:39:52

## 2016 Lake Minnetonka Triathlon - Text Summary Results Race Results

15	319	David Odorizzi	Minnetonka	MN	27	18	24:40	2:49	2:25	12	49:15	18.3	0:57	11	24:14	8:05	1:41:29
16	64	Matthew Clarke	Beloit	WI	27	16	22:50	2:36	3:09	18	54:47	16.4	1:47	17	26:45	8:55	1:49:16
17	154	Jonathan Goodman	New Brighton	MN	26	11	18:05	2:04	7:51	19	54:48	16.4	1:48	18	26:53	8:58	1:49:23
18	525	James Schultz		MN	25	17	23:15	2:39	3:54	15	52:19	17.2	2:08	21	30:26	10:09	1:52:00
19	345	Duane Ramseur	Minnetonka	MN	28	20	26:43	3:03	5:55	17	53:08	16.9	1:17	19	28:30	9:30	1:55:31
20	182	Travis Hein	Excelsior	MN	27	19	25:41	2:56	3:23	21	1:05:25	13.8	1:24	20	29:27	9:49	2:05:18
21	111	Mitchell Faber	New York	NY	28	21	40:03	4:34	4:23	20	56:01	16.1	1:24	15	26:04	8:42	2:07:53

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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	523	Summer Wood		MN	28	1	12:12	1:24	1:23	1	48:05	18.7	1:09	5	26:41	8:54	1:29:27
2	32	Devan Benjamin	St. Paul	MN	25	3	14:56	1:42	2:01	3	49:33	18.2	0:55	6	26:52	8:58	1:34:15
3	257	Paige Lenoch	Minneapolis	MN	25	2	14:06	1:37	3:39	2	49:17	18.3	1:14	7	27:06	9:02	1:35:20
4	353	Hannah Riggs	Chanhausen	MN	26	4	15:13	1:44	3:31	6	51:27	17.5	0:54	3	26:07	8:43	1:37:10
5	354	Jennifer Riggs	New York	NY	28					4	49:38	18.1	1:37	11	29:19	9:47	1:39:15
6	162	Adrienne Gustafson	Chanhausen	MN	29	7	18:56	2:09	2:29	5	50:59	17.7	1:34	1	25:41	8:34	1:39:37
7	244	Alison Kullback	Minneapolis	MN	25	9	19:24	2:13	3:00	7	51:34	17.5	1:31	4	26:37	8:53	1:42:06
8	61	Sydney Chandler	Medicine Lake	MN	26	6	17:07	1:57	2:43	10	56:29	15.9	3:11	9	28:25	9:29	1:47:53
9	7	Alex Aberman	Hopkins	MN	28	10	22:51	2:36	3:42	8	54:53	16.4	1:17	8	27:46	9:16	1:50:26
10	201	Samantha House	Minneapolis	MN	27	12	23:50	2:43	3:13	9	56:01	16.1	1:26	2	25:58	8:40	1:50:27
11	480	Erin Weslander	Saint Louis Park	MN	26	5	15:17	1:45	3:40	11	59:08	15.2	0:47	15	38:06	12:42	1:56:55
12	179	Andrea Hatch	Minneapolis	MN	25	13	23:54	2:43	3:41	13	1:00:25	14.9	2:08	10	29:12	9:44	1:59:19
13	123	Kaci Fisher	Golden Valley	MN	29	14	26:13	2:59	2:40	12	1:00:12	15.0	0:41	12	32:59	11:00	2:02:43
14	294	Casey Monson	Plymouth	MN	27	8	19:06	2:11	2:26	14	1:05:51	13.7	1:33	14	36:45	12:15	2:05:38
15	115	Nina Fatyeyenko	St. Louis Park	MN	29	11	22:54	2:37	3:51	15	1:11:04	12.7	1:53	13	33:15	11:05	2:12:54

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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	316	George Norris	Minneapolis	MN	34	5	15:50	1:48	1:42	1	39:00	23.1	0:53	1	18:50	6:17	1:16:13
2	347	Jon Reifschneider	Minneapolis	MN	33	3	15:25	1:46	1:32	2	39:33	22.8	0:51	2	20:00	6:40	1:17:19
3	164	Jeffrey Gustafson	Chanhausen	MN	30	1	13:59	1:36	1:45	8	43:11	20.8	0:45	6	21:30	7:10	1:21:07
4	443	Derek Thurmes	St. Paul	MN	34	9	17:05	1:57	1:17	9	43:24	20.7	0:53	5	21:04	7:02	1:23:41
5	268	James Lucas	St. Paul	MN	31	13	17:58	2:03	1:56	6	42:53	21.0	1:07	3	20:25	6:49	1:24:17
6	460	Luke Twedt	Inver Grove Height	MN	34	4	15:28	1:46	1:45	12	44:53	20.1	1:15	7	21:37	7:13	1:24:57
7	74	Santino Craven	Minneapolis	MN	33	2	15:13	1:44	2:09	10	43:33	20.7	2:00	11	22:44	7:35	1:25:36
8	425	Steve Strait	Maple Grove	MN	30	11	17:23	1:59	2:30	5	42:37	21.1	1:17	10	22:35	7:32	1:26:20
9	461	Tou Vang	Maplewood	MN	30	21	21:28	2:27	3:04	3	41:13	21.8	0:51	4	20:51	6:57	1:27:26
10	34	Amir Berenjian	Minneapolis	MN	32	8	16:39	1:54	3:03	11	44:38	20.2	1:30	8	21:43	7:15	1:27:32
11	296	Brandon Morgan	Chaska	MN	31	16	18:25	2:06	1:30	7	43:06	20.9	1:03	13	23:37	7:53	1:27:38
12	163	Brandon Gustafson	Deephaven	MN	33	12	17:34	2:00	3:11	13	45:11	19.9	1:26	9	22:29	7:30	1:29:49
13	396	Derrick Shatava	Lino Lakes	MN	34	15	18:22	2:06	2:39	4	41:29	21.7	1:12	17	26:15	8:45	1:29:56
14	27	Jordan Baynard	Minneapolis	MN	31	10	17:20	1:59	3:03	14	45:45	19.7	1:45	14	24:12	8:04	1:32:03
15	47	Jonathan Brovold	Lakeville	MN	34	6	16:16	1:51	2:30	19	52:05	17.3	1:10	12	23:04	7:42	1:35:04
16	172	Via Hang	Saint Paul	MN	32	22	23:07	2:38	3:00	15	47:48	18.8	0:41	15	24:12	8:04	1:38:47
17	48	Jason Brown	Minneapolis	MN	32	17	18:32	2:07	2:40	16	49:31	18.2	0:35	19	28:25	9:29	1:39:41
18	437	Lee Thao	Maplewood	MN	31	18	18:59	2:10	3:07	18	51:05	17.6	1:05	20	28:29	9:30	1:42:44
19	25	Brian Barlow	St Louis Park	MN	34	14	18:16	2:05	2:26	21	54:47	16.4	0:50	18	27:22	9:08	1:43:39
20	398	Aaron Sieben	Richfield	MN	30	20	20:03	2:17	2:52	17	50:56	17.7	1:38	22	29:47	9:56	1:45:14
21	206	Brad Jacobson	St Louis Park	MN	31	25	25:46	2:56	5:04	20	53:17	16.9	2:04	16	25:01	8:21	1:51:11
22	199	Tyler Horner	Buffalo	MN	30	23	23:38	2:42	4:46	24	1:02:14	14.5	1:27	21	29:01	9:41	2:01:03
23	122	Dexter Fisher	Cedar Rapids	IA	31	19	19:16	2:12	4:59	22	58:00	15.5	1:18	25	40:15	13:25	2:03:45
24	530	Matt Stukel	Minneapolis	MN	31	24	25:25	2:54	6:51	23	1:02:06	14.5	3:27	24	33:30	11:10	2:11:18
25	357	Nick Robinson	St. Paul	MN	33	7	16:22	1:52	21:27	25	1:02:17	14.5	0:56	23	33:11	11:04	2:14:11
	12	James Albrecht	South Saint Paul	MN	30	26	32:46	3:44									

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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	276	Erin Manlove	Minneapolis	MN	31	6	17:11	1:58	1:47	1	40:04	22.5	1:05	1	19:09	6:23	1:19:14
2	43	Mollie Bousu	Bloomington	MN	31	5	15:58	1:49	2:16	2	43:44	20.6	1:35	2	21:47	7:16	1:25:19
3	66	Blair Collins	St. Louis Park	MN	33	7	17:24	1:59	1:52	3	44:27	20.2	0:55	3	24:01	8:01	1:28:38
4	484	Whitney Windmiller	Robbinsdale	MN	30	8	17:27	1:59	3:13	7	50:36	17.8	1:33	5	25:33	8:31	1:38:21
5	274	Kelsey Malecha	Apple Valley	MN	31	10	19:33	2:14	2:10	4	47:50	18.8	1:12	9	28:07	9:23	1:38:51
6	204	Rachel Jacob	Tucson	AZ	30	1	14:21	1:38	3:55	8	52:22	17.2	1:48	6	26:31	8:51	1:38:55
7	350	Christy Ressler	Bloomington	MN	34	9	17:29	2:00	3:20	5	48:22	18.6	1:19	10	28:48	9:36	1:39:17
8	291	Kelli Millslagle	Minneapolis	MN	31	11	20:05	2:17	2:29	6	48:42	18.5	1:23	7	27:24	9:08	1:40:02
9	284	Jennifer Marzolf	Minneapolis	MN	30	2	14:25	1:39	1:48	9	55:13	16.3	1:15	8	27:49	9:17	1:40:28
10	99	Amy Eastmond	Excelsior	MN	33	4	15:26	1:46	5:43	10	55:18	16.3	1:09	4	25:01	8:21	1:42:36
11	447	Allison Totman	Victoria	MN	33	3	15:22	1:45	2:28	11	1:02:17	14.5	1:13	11	29:29	9:50	1:50:47

## MALE AGE GROUP 35 - 39

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	328	Moshe Peri	Minnetonka	MN	39	7	14:14	1:37	0:58	1	38:17	23.5	0:36	1	17:49	5:57	1:11:51
2	152	Ross Golla	Minnetonka	MN	37	9	15:41	1:47	1:06	2	40:33	22.2	0:52	3	19:29	6:30	1:17:39
3	14	Greg Alexander	Plymouth	MN	38	2	13:25	1:32	1:26	4	40:42	22.1	0:59	9	21:24	7:08	1:17:54
4	466	Ryan Wakeham	Minnetonka	MN	35	3	13:37	1:33	1:58	6	41:26	21.7	0:51	7	20:33	6:51	1:18:25
5	133	Wesley Fox	New York	NY	36	11	16:05	1:50	2:07	5	41:18	21.8	0:43	2	19:22	6:28	1:19:33
6	166	Scott Hadorn	Gillette	WY	37	4	13:56	1:35	1:34	8	42:41	21.1	1:18	5	20:26	6:49	1:19:53
7	363	Kyle Rooney	Minnetonka	MN	39	10	15:42	1:47	1:45	12	44:18	20.3	1:09	8	21:23	7:08	1:24:15
8	275	Scott Maloney	Savage	MN	39	1	13:23	1:32	1:29	10	43:34	20.7	0:46	19	25:29	8:30	1:24:39
9	227	David Kerber	Maple Grove	MN	39	23	21:23	2:26	1:54	3	40:35	22.2	1:06	4	20:15	6:45	1:25:11
10	241	Jason Krob	Minneapolis	MN	39	5	13:57	1:36	2:29	17	46:47	19.2	1:23	11	22:06	7:22	1:26:40
11	132	Eric Fox	Wayzata	MN	38	6	14:06	1:37	2:01	15	46:04	19.5	0:32	14	24:00	8:00	1:26:41
12	40	Tim Bloomquist	Shoreview	MN	39	18	20:22	2:19	3:49	7	41:52	21.5	1:38	6	20:33	6:51	1:28:13
13	24	Brenton Balvin	Northfield	MN	36	15	18:38	2:07	2:06	11	43:47	20.6	0:46	13	23:59	8:00	1:29:14
14	349	Dan Reitsma	Carver	MN	38	24	21:27	2:27	2:07	9	42:53	21.0	0:54	12	23:50	7:57	1:31:09
15	29	George Beatty	Hudson	WI	39	12	16:25	1:52	2:40	14	46:00	19.6	1:55	16	24:37	8:13	1:31:35
16	167	David Haeg	Minnetonka	MN	38	8	15:09	1:44	3:10	13	45:31	19.8	1:56	23	27:37	9:13	1:33:22
17	465	Jason Wagner	Minneapolis	MN	37	16	18:45	2:08	2:36	19	47:39	18.9	2:02	17	25:25	8:29	1:36:24
18	88	Todd Dickson	Big Lake	MN	38	20	20:46	2:22	2:30	18	47:01	19.1	1:24	18	25:26	8:29	1:37:05
19	60	Nathan Cerra	Saint Louis Park	MN	38	13	16:59	1:56	2:37	22	49:51	18.1	1:26	22	27:06	9:02	1:37:57
20	266	Jason Lorfing	Minneapolis	MN	37	19	20:33	2:21	6:37	16	46:40	19.3	3:15	10	21:42	7:14	1:38:46
21	210	David Joas	St. Bonifacius	MN	38	17	19:46	2:15	2:08	26	55:40	16.2	0:37	15	24:36	8:12	1:42:45
22	221	Rob Just	Minnetonka	MN	38	21	21:07	2:24	3:21	23	51:06	17.6	1:15	20	26:15	8:45	1:43:01
23	462	Jason Vanoverbeke	St Paul	MN	35	22	21:19	2:26	2:06	20	48:30	18.6	1:20	25	30:16	10:06	1:43:28
24	240	Drew Krejci	Deephaven	MN	39	14	17:46	2:02	3:02	24	53:28	16.8	1:29	24	30:07	10:03	1:45:50
25	238	John Kopecky	Eagan	MN	36	25	21:41	2:28	3:40	25	55:38	16.2	2:06	21	26:34	8:52	1:49:37
26	30	Greg Becker	Minnetrista	MN	39	28	23:47	2:43	4:08	21	49:27	18.2	1:54	26	30:41	10:14	1:49:56
27	57	Anthony Carlson	Stacy	MN	36	26	22:22	2:33	7:38	28	1:01:43	14.6	3:46	27	33:31	11:11	2:08:58
28	306	Dakri Nelson	Big Lake	MN	39	27	23:04	2:38	4:18	27	58:59	15.3	1:26	28	47:53	15:58	2:15:39

## FEMALE AGE GROUP 35 - 39

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	185	Kelly Heltemes	Chanhassen	MN	38	7	15:42	1:47	1:22	2	41:37	21.6	0:41	1	19:48	6:36	1:19:08
2	391	Lauren Sell	Eden Prairie	MN	38	6	15:19	1:45	1:48	1	41:33	21.7	1:11	9	23:14	7:45	1:23:02
3	455	Brenda Trok	Maple Grove	MN	37	1	14:14	1:37	1:43	13	46:37	19.3	0:51	3	21:07	7:03	1:24:30
4	315	Jacquie Nordwall	Shoreview	MN	39	10	16:29	1:53	2:04	3	42:27	21.2	0:53	8	22:49	7:37	1:24:40
5	49	Kari Broyles	Minnetonka	MN	39	3	14:25	1:39	2:28	9	44:40	20.1	1:23	5	21:46	7:16	1:24:40
6	310	Sarah Nichols	Maple Grove	MN	38	8	15:47	1:48	1:08	7	44:18	20.3	0:58	10	23:32	7:51	1:25:42
7	388	Leslie Sedlak	Bloomington	MN	39	4	14:56	1:42	1:47	5	43:12	20.8	0:56	11	25:21	8:27	1:26:11
8	488	Shannon Worum	Eden Prairie	MN	36	12	17:10	1:57	2:18	6	43:56	20.5	1:19	6	22:20	7:27	1:27:01

9	423	Charleen Stoeckel	Plymouth	MN	35	13	17:29	2:00	1:38	11	45:57	19.6	1:09	7	22:43	7:35	1:28:54
10	469	Kate Walton	Chanhassen	MN	36	5	15:02	1:43	2:12	8	44:23	20.3	1:05	12	26:16	8:46	1:28:55
11	471	Lisa Waskey	Chanhassen	MN	38	14	17:51	2:02	1:33	12	46:36	19.3	1:12	4	21:45	7:15	1:28:55
12	224	Rebecca Karnes	Mound	MN	39	16	21:05	2:24	2:12	10	45:46	19.7	0:45	2	20:47	6:56	1:30:34
13	338	Andrea Potyondy-Smith	Brooklyn Park	MN	39	11	16:29	1:53	2:13	4	42:43	21.1	1:21	17	28:51	9:37	1:31:35
14	13	Stephanie Alcivar	Bloomington	MN	36	2	14:14	1:37	2:26	14	46:54	19.2	1:25	14	27:02	9:01	1:31:59
15	208	Molly Jeatran	Minneapolis	MN	36	9	16:24	1:52	3:07	15	48:08	18.7	1:45	18	30:26	10:09	1:39:48
16	476	Christine Wellner	Minneapolis	MN	39	15	20:07	2:18	1:27	16	50:44	17.7	1:29	13	26:39	8:53	1:40:23
17	378	Joy Schlager	Maplewood	MN	37	17	21:22	2:26	2:20	18	54:01	16.7	1:06	16	28:27	9:29	1:47:15
18	215	Joyell Johnson	Minneapolis	MN	39	18	29:01	3:18	1:47	17	52:07	17.3	1:50	15	28:08	9:23	1:52:51
19	142	Jackie Gadbois	Minneapolis	MN	35	19	29:13	3:20	3:33	19	1:00:42	14.8	2:40	19	33:19	11:07	2:09:25

## MALE AGE GROUP 40 - 44

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	109	Evan Evans	Dunnellon	MN	40	1	11:47	1:21	0:36	3	37:57	23.7	0:48	5	20:38	6:53	1:11:44
2	280	Steve Marshall	Wayzata	MN	44	3	13:54	1:35	1:40	2	37:37	23.9	0:55	2	19:09	6:23	1:13:13
3	359	Eric Roesner	Minnetonka	MN	41	4	14:05	1:36	1:23	4	38:32	23.4	0:54	8	21:15	7:05	1:16:08
4	439	Shawn Thomas	Chanhassen	MN	43	8	14:51	1:42	1:42	6	40:13	22.4	0:54	4	20:00	6:40	1:17:38
5	393	Mark Senkowski	Woodbury	MN	44	21	17:57	2:03	2:04	1	36:53	24.4	0:56	9	21:23	7:08	1:19:11
6	184	Brian Heltemes	Chanhassen	MN	40	7	14:46	1:41	1:47	14	43:05	20.9	0:47	1	18:52	6:18	1:19:15
7	65	Matthew Colaizy	Minneapolis	MN	40	13	16:27	1:53	2:06	5	40:09	22.4	1:58	11	21:36	7:12	1:22:13
8	282	Todd Martin	Minneapolis	MN	43	18	17:24	1:59	2:09	9	41:23	21.7	1:40	3	19:44	6:35	1:22:17
9	165	Dan Hackenberg	Eden Prairie	MN	43	11	15:27	1:46	2:12	11	42:06	21.4	1:07	12	21:44	7:15	1:22:33
10	192	David Hillesheim	Golden Valley	MN	43	16	16:43	1:54	1:41	8	40:41	22.1	1:32	17	23:51	7:57	1:24:28
11	245	Nathan Kuncel	Eagan	MN	43	6	14:44	1:41	2:24	21	44:01	20.4	0:45	15	23:07	7:43	1:24:58
12	374	Brian Schallhammer	St. Paul	MN	44	2	13:31	1:33	2:39	23	44:18	20.3	1:02	21	24:47	8:16	1:26:15
13	424	Kristian Stoeckel	Plymouth	MN	43	5	14:30	1:39	1:35	16	43:17	20.8	1:09	27	26:28	8:50	1:26:58
14	490	Dan Zirbes	Minneapolis	MN	44	23	18:19	2:05	2:58	7	40:36	22.2	1:17	19	23:54	7:58	1:27:00
15	429	Eric Sundberg	Saint Paul	MN	43	27	19:31	2:14	1:37	19	43:50	20.5	1:19	7	21:06	7:02	1:27:21
16	150	Mark Goldman	Edina	MN	43	25	18:44	2:08	1:49	10	41:42	21.6	1:17	18	23:52	7:58	1:27:22
17	213	Ben Johnson	Minneapolis	MN	41	31	20:34	2:21	1:34	17	43:25	20.7	1:40	6	20:46	6:56	1:27:56
18	69	Bill Copenhagen	Minnetonka	MN	40	14	16:30	1:53	2:02	15	43:15	20.8	1:04	22	25:11	8:24	1:28:00
19	177	Alan Haskins	Hugo	MN	40	9	14:57	1:42	1:53	25	46:25	19.4	1:17	16	23:45	7:55	1:28:15
20	436	Jason Tarasek	Minneapolis	MN	44	12	16:14	1:51	2:32	20	43:56	20.5	0:53	23	25:15	8:25	1:28:47
21	232	Jason Klema	Maple Grove	MN	41	24	18:43	2:08	2:31	24	44:54	20.0	1:33	13	22:38	7:33	1:30:16
22	524	Michael Wangness		MN	42	15	16:34	1:53	3:16	18	43:31	20.7	1:42	24	25:25	8:29	1:30:26
23	56	David Cantrill	Wayzata	MN	42	17	17:21	1:59	2:05	13	42:47	21.0	0:54	28	27:56	9:19	1:31:01
24	178	Scott Haskins	Excelsior	MN	44	26	19:01	2:10	2:16	22	44:09	20.4	1:25	20	24:15	8:05	1:31:05
25	139	Dan Fritz	Eden Prairie	MN	44	19	17:54	2:03	4:17	12	42:38	21.1	1:20	34	29:59	10:00	1:36:06
26	340	Robert Prevost	Minneapolis	MN	40	29	20:26	2:20	2:53	26	46:38	19.3	1:57	25	25:32	8:31	1:37:25
27	73	Michael Craig	Shakopee	MN	41	22	17:59	2:03	2:47	31	50:12	17.9	0:59	29	28:01	9:21	1:39:56
28	273	William Magowan	Excelsior	MN	44	33	21:29	2:27	2:57	33	51:23	17.5	1:38	14	23:02	7:41	1:40:27
29	456	Jason Trucano	Minnetrissa	MN	44	35	23:31	2:41	4:42	28	48:53	18.4	2:11	10	21:30	7:10	1:40:44
30	475	Neil Weinstein	Minneapolis	MN	44	20	17:55	2:03	4:00	29	49:13	18.3	2:16	30	28:06	9:22	1:41:28
31	440	Kyle Thompson	Shorewood	MN	41					27	47:06	19.1	1:31	26	26:16	8:46	1:41:31
32	117	Daniel Feller	Chanhassen	MN	40	10	15:11	1:44	4:02	35	56:48	15.8	1:04	31	28:11	9:24	1:45:13
33	62	John Chapman	Eagan	MN	43	36	24:19	2:46	3:00	30	49:34	18.2	1:39	33	29:41	9:54	1:48:12
34	372	Christopher Sather	Minnetonka	MN	42	28	20:02	2:17	2:20	32	51:21	17.5	1:55	37	39:13	13:05	1:54:49
35	173	Chris Hanily	Victoria	MN	44	34	22:46	2:36	4:13	36	1:01:51	14.6	1:31	32	28:39	9:33	1:58:58
36	474	Chad Weinhold	Crystal	MN	42	32	21:19	2:26	4:40	34	56:32	15.9	2:20	36	35:39	11:53	2:00:28
37	79	Paul Cutler	Chaska	MN	43	30	20:29	2:20	6:22	37	1:02:05	14.5	0:58	35	34:26	11:29	2:04:18

## FEMALE AGE GROUP 40 - 44

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	78	Juli Currie	Chanhassen	MN	44	3	14:30	1:39	1:49	2	41:26	21.7	0:40	1	21:00	7:00	1:19:23
2	10	Christine Agazzi	Eden Prairie	MN	40	4	14:35	1:40	1:52	8	43:00	20.9	0:47	3	21:41	7:14	1:21:53
3	171	Naomi Hamer	Orono	MN	41	1	13:43	1:34	2:17	3	41:45	21.6	1:24	5	22:50	7:37	1:21:57

4	252	Catherine Lee	Minneapolis	MN	42	5	15:27	1:46	1:32	4	41:48	21.5	0:40	7	23:08	7:43	1:22:32
5	283	Jennifer Martone	Minneapolis	MN	44	7	16:16	1:51	1:48	5	41:57	21.5	1:12	6	23:00	7:40	1:24:11
6	219	Becca Joseph	Minnetonka	MN	41	2	14:22	1:38	1:28	9	46:10	19.5	1:06	4	21:49	7:17	1:24:53
7	202	Jill Hughes	Orono	MN	42	12	18:39	2:08	1:41	7	42:50	21.0	1:06	2	21:10	7:04	1:25:24
8	146	Lori Gengler	Plymouth	MN	44	10	17:20	1:59	1:43	6	42:41	21.1	0:55	8	23:16	7:46	1:25:53
9	324	Tina Olson	Mound	MN	40	8	16:19	1:52	2:15	1	41:23	21.7	1:44	16	28:29	9:30	1:30:08
10	339	Jill Prevost	Minneapolis	MN	40	13	19:21	2:12	1:41	10	47:10	19.1	0:55	9	23:53	7:58	1:32:59
11	313	Carla Nordenstrom	Blaine	MN	44	6	15:41	1:47	2:16	11	47:33	18.9	1:17	19	29:50	9:57	1:36:34
12	361	Anne Rogers	Minneapolis	MN	40	20	21:21	2:26	2:44	12	48:17	18.6	0:59	10	25:01	8:21	1:38:21
13	157	Betsy Grams	Chanhassen	MN	40	19	21:10	2:25	2:23	13	50:07	18.0	1:25	11	26:14	8:45	1:41:17
14	531	Andrea Snortland	Grand Forks	ND	40	16	20:02	2:17	3:22	14	51:26	17.5	2:08	15	28:25	9:29	1:45:21
15	151	Lori Golightly Barret	Minneapolis	MN	40	17	20:09	2:18	2:57	16	54:13	16.6	1:14	14	28:06	9:22	1:46:37
16	23	Alicia Baker	Eden Prairie	MN	40	14	19:23	2:13	3:38	15	53:08	16.9	1:37	20	30:49	10:17	1:48:33
17	390	Barbara Seifert	Shorewood	MN	40	11	18:35	2:07	5:04	17	56:29	15.9	2:01	13	27:34	9:12	1:49:41
18	327	Kara Pederson	Bloomington	MN	42	9	16:23	1:52	3:13	18	59:25	15.1	0:43	21	32:34	10:52	1:52:16
19	144	Funmi Garrick	Shakopee	MN	42	22	21:59	2:30	3:47	22	1:04:19	14.0	1:36	12	27:25	9:09	1:59:04
20	58	Jennifer Carlson	Brooklyn Center	MN	40	18	21:04	2:24	3:07	19	59:44	15.1	2:41	23	36:02	12:01	2:02:36
21	263	Gretchen Lohmann	Chanhassen	MN	42	15	19:46	2:15	9:21	21	1:03:24	14.2	2:03	18	29:17	9:46	2:03:49
22	249	Kelly Laursen	Edina	MN	40	23	24:46	2:49	4:22	20	1:03:23	14.2	2:02	17	29:17	9:46	2:03:49
23	45	Marie Bridge	Excelsior	MN	44	21	21:34	2:28	7:12	23	1:07:32	13.3	1:21	22	33:35	11:12	2:11:13

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MALE AGE GROUP 45 - 49

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	410	Tim Sosnowski	Eden Prairie	MN	45	2	12:44	1:27	1:23	1	38:00	23.7	0:57	2	19:59	6:40	1:13:01
2	160	Jim Guenter	St. Paul	MN	46	3	13:09	1:30	0:48	2	38:36	23.3	0:47	6	20:29	6:50	1:13:47
3	417	Don Steenson	Plymouth, Mn	MN	45	1	11:46	1:21	1:26	7	40:35	22.2	1:07	3	20:09	6:43	1:15:02
4	94	Charles Donly	Minneapolis	MN	46	14	15:52	1:49	1:23	6	40:27	22.2	0:59	1	18:30	6:10	1:17:09
5	39	Mike Blair	Prior Lake	MN	46	8	14:45	1:41	1:31	3	39:01	23.1	0:47	9	21:09	7:03	1:17:11
6	216	Michael Johnson	St Louis Park	MN	47	5	14:01	1:36	1:21	5	40:11	22.4	1:10	8	20:52	6:58	1:17:32
7	430	Johnny Surprise	Minneapolis	MN	47	10	15:00	1:43	1:39	4	39:45	22.6	1:10	10	21:38	7:13	1:19:11
8	519	Todd Logan		MN	46	7	14:20	1:38	1:51	12	41:42	21.6	1:13	4	20:23	6:48	1:19:27
9	394	Bradley Severson	Minnetonka	MN	49	17	16:07	1:50	1:48	19	43:47	20.6	1:32	7	20:47	6:56	1:23:59
10	95	Steven Dresler	Willmar	MN	49	12	15:30	1:46	2:33	8	41:13	21.8	1:44	14	24:07	8:03	1:25:05
11	445	Scott Tollefson	Minneapolis	MN	49	28	19:40	2:15	2:14	13	42:27	21.2	1:13	5	20:26	6:49	1:25:58
12	433	Greg Swenson	Rogers	MN	47	6	14:15	1:38	1:34	15	43:05	20.9	1:22	25	26:50	8:57	1:27:04
13	467	Tim J Walker	Minnetonka	MN	49	15	15:53	1:49	1:56	11	41:36	21.6	0:43	28	27:45	9:15	1:27:51
14	134	Michael Franklin	Delano	MN	48	24	18:32	2:07	2:31	14	42:44	21.1	1:09	12	22:57	7:39	1:27:51
15	70	Dan Corbett	Northfield	MN	46	18	16:31	1:53	1:56	16	43:13	20.8	1:31	17	24:52	8:18	1:28:00
16	107	Jay Erb	Excelsior	MN	49	13	15:39	1:47	2:41	22	44:43	20.1	0:58	18	25:03	8:21	1:29:02
17	481	Chris Wilhoit	St. Louis Park	MN	46	26	19:33	2:14	2:33	9	41:14	21.8	1:19	16	24:43	8:15	1:29:19
18	145	Paul Gaskin	Victoria	MN	49	9	14:59	1:43	2:22	21	44:29	20.2	1:49	21	26:11	8:44	1:29:48
19	239	Tony Kostick	Woodbury	MN	49	27	19:38	2:14	2:21	17	43:23	20.7	1:30	15	24:08	8:03	1:30:58
20	470	Steve Wander	Minnetonka	MN	48	19	16:58	1:56	2:35	20	44:00	20.5	1:32	24	26:39	8:53	1:31:42
21	153	Jason Good	Victoria	MN	46	31	20:34	2:21	1:27	18	43:39	20.6	0:54	26	27:04	9:02	1:33:36
22	203	John Hughes	Long Lake	MN	47	16	16:04	1:50	2:25	29	50:25	17.9	1:27	13	23:52	7:58	1:34:11
23	130	Jeff Foster	Saint Louis Park	MN	45	20	17:21	1:59	2:45	25	46:12	19.5	2:15	23	26:22	8:48	1:34:53
24	472	James Wassenberg	Falcon Heights	MN	47	21	17:54	2:03	2:25	24	45:50	19.6	0:57	29	28:11	9:24	1:35:15
25	448	Daniel Trajano	Savage	MN	49	11	15:01	1:43	2:13	26	46:32	19.3	1:54	32	31:01	10:21	1:36:38
26	422	Richard Stewart	Elburn	IL	48	25	19:05	2:11	4:12	23	45:34	19.8	2:25	20	25:30	8:30	1:36:45
27	383	Daniel Schultze	Prior Lake	MN	49	36	23:26	2:40	3:16	10	41:24	21.7	1:36	30	28:31	9:31	1:38:11
28	527	Scott Heimes		MN	47	35	23:22	2:40	3:11	30	50:30	17.8	1:27	11	22:18	7:26	1:40:45
29	518	Alejandro Gonzalez-Diaz		MN	45	34	22:56	2:37	3:03	27	47:35	18.9	1:15	27	27:27	9:09	1:42:13
30	356	France Roberts	St. Louis Park	MN	45	22	17:59	2:03	2:36	33	54:26	16.5	2:09	19	25:28	8:30	1:42:37
31	77	Bill Currie	Chanhassen	MN	46	4	13:32	1:33	3:42	28	48:23	18.6	1:51	35	36:00	12:00	1:43:26
32	86	Joe Derock	Minneapolis	MN	49	23	18:24	2:06	4:23	31	53:45	16.7	2:05	31	30:23	10:08	1:48:56
33	331	Mark Petersen	Mound	MN	48	33	22:54	2:37	5:31	34	54:31	16.5	1:42	22	26:17	8:46	1:50:53
34	307	Michael Nelson	Excelsior	MN	46	30	20:21	2:19	3:32	32	54:01	16.7	2:38	33	31:40	10:34	1:52:10
35	418	Lance Steinke	Edina	MN	48	32	20:46	2:22	2:43	36	55:03	16.3	2:07	34	32:40	10:54	1:53:17
36	401	Mike Simon	Stillwater	MN	46	29	20:11	2:18	4:34	35	54:40	16.5	2:07	36	40:04	13:22	2:01:34

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## 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	431	Laura Swartz	St. Louis Park	MN	49	3	15:39	1:47	1:03	1	38:55	23.1	1:04	1	20:46	6:56	1:17:25
2	342	Jody Quesnell	Arden Hills	MN	48	2	15:24	1:45	1:14	2	39:05	23.0	0:59	2	21:29	7:10	1:18:10
3	464	Lisa Wacek	Minneapolis	MN	45	8	16:11	1:51	1:21	3	42:07	21.4	0:57	3	21:34	7:12	1:22:09
4	11	Sara Ahlquist	Minnetonka	MN	46	1	15:12	1:44	1:35	4	44:17	20.3	0:47	4	24:27	8:09	1:26:16
5	186	Kelly Henderson	Wayzata	MN	49	4	15:49	1:48	1:42	6	45:48	19.7	1:03	7	25:58	8:40	1:30:19
6	416	Janice Stanford	Mpls	MN	46	14	19:21	2:12	2:10	7	47:41	18.9	0:59	5	25:12	8:24	1:35:21
7	63	Debbie Christian	Buffalo	MN	45	13	18:32	2:07	2:12	5	45:44	19.7	1:45	10	27:41	9:14	1:35:52
8	317	Cheryl O'Connell	Eden Prairie	MN	45	11	17:23	1:59	2:01	9	48:15	18.7	1:46	9	27:11	9:04	1:36:34
9	521	Monica Stone		MN	47	19	21:16	2:25	2:54	8	48:14	18.7	1:25	6	25:54	8:38	1:39:41
10	304	Jaleh Nahvi	Inver Grove Height	MN	46	10	16:27	1:53	2:28	17	53:10	16.9	0:56	8	26:55	8:59	1:39:53
11	321	Katherine Olig	Eden Prairie	MN	46	7	16:09	1:51	2:53	13	50:49	17.7	0:58	16	29:39	9:53	1:40:25
12	143	Pamela Gajdosik	Minneapolis	MN	47	16	19:27	2:13	3:13	12	49:50	18.1	1:35	12	28:01	9:21	1:42:05
13	441	Paula Thomsen	Savage	MN	49	15	19:26	2:13	1:46	14	51:50	17.4	1:07	13	28:39	9:33	1:42:46
14	214	Jennifer Johnson	Chanhasen	MN	45	18	20:08	2:18	2:36	16	52:18	17.2	1:53	15	29:17	9:46	1:46:12
15	135	Wendy Franklin	Delano	MN	46	9	16:12	1:51	2:27	11	49:30	18.2	2:03	22	36:46	12:16	1:46:56
16	318	Pam O'Connor	Chanhasen	MN	46	6	16:07	1:50	2:01	18	53:50	16.7	1:37	20	34:23	11:28	1:47:56
17	286	Tiffani McCallon	St. Louis Park	MN	49	20	21:53	2:30	2:15	20	54:27	16.5	0:48	14	28:52	9:38	1:48:13
18	400	Melissa Sigel	Minnetonka	MN	49	17	19:30	2:13	3:23	15	52:08	17.3	2:04	21	35:54	11:58	1:52:58
19	119	Colleen Finnegan	Minnetonka Beach	MN	47	5	15:56	1:49	4:58	22	1:00:59	14.8	3:39	11	27:51	9:17	1:53:21
20	457	Michelle Tucker	Saint Paul	MN	47	23	24:06	2:45	4:09	19	54:13	16.6	1:36	17	29:50	9:57	1:53:53
21	246	Sheila Lack	Victoria	MN	45	21	22:45	2:36	3:04	10	48:55	18.4	3:02	23	38:24	12:48	1:56:08
22	20	Carla Baer	Shorewood	MN	48	12	18:13	2:05	4:37	21	1:00:52	14.8	2:56	18	32:44	10:55	1:59:21
23	491	Laura Zontelli	Minnetonka	MN	47	22	23:13	2:39	3:03	23	1:07:21	13.4	1:29	19	33:35	11:12	2:08:39

## 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	250	Brian Lavelle	Chaska	MN	54	2	13:04	1:30	1:21	2	37:49	23.8	0:49	4	21:12	7:04	1:14:13
2	478	Ryan Wenning	Excelsior	MN	50	6	14:40	1:40	1:15	3	38:07	23.6	0:54	1	20:00	6:40	1:14:54
3	233	David Knack	Prior Lake	MN	53	3	13:40	1:34	1:18	4	38:37	23.3	0:55	3	21:06	7:02	1:15:34
4	522	Kirk Vesterstein		MN	54	11	16:13	1:51	2:10	1	37:41	23.9	0:56	2	20:30	6:50	1:17:28
5	112	Jp Fahey	Norwood Young Amer	MN	54	15	16:41	1:54	1:25	7	41:11	21.9	0:58	6	22:19	7:27	1:22:32
6	195	Greg Holcomb	Chaska	MN	50	17	17:12	1:58	2:26	5	40:39	22.1	1:01	5	21:17	7:06	1:22:33
7	397	Eric Showers	Minnetonka	MN	53	4	14:35	1:40	1:54	6	41:03	21.9	1:20	14	25:03	8:21	1:23:54
8	487	Tim Woodfield	Victoria	MN	53	5	14:38	1:40	1:29	10	43:07	20.9	1:32	8	24:09	8:03	1:24:53
9	381	Mark Schultz	Prior Lake	MN	54	12	16:17	1:51	1:46	12	43:44	20.6	0:48	7	24:01	8:01	1:26:35
10	205	Ron Jacobsen	Chaska	MN	52	1	13:01	1:29	2:33	15	44:14	20.3	1:38	16	25:28	8:30	1:26:53
11	170	Robb Hall	Chanhasen	MN	53	9	15:56	1:49	2:28	9	42:42	21.1	1:20	12	24:38	8:13	1:27:02
12	174	Ed Hanzlik	Shorewood	MN	54	8	15:05	1:43	2:13	19	45:28	19.8	1:44	15	25:16	8:26	1:29:44
13	405	Stuart Smith	Eden Prairie	MN	54	16	17:02	1:57	2:40	8	41:46	21.5	1:31	26	27:45	9:15	1:30:42
14	155	Tim Goodyear	Minnetonka	MN	50	7	15:04	1:43	1:47	23	47:14	19.1	1:05	18	25:50	8:37	1:30:57
15	395	Michael Shanahan	Watertown	MN	53	14	16:29	1:53	1:48	14	44:02	20.4	1:36	27	28:09	9:23	1:32:01
16	28	Terry Beachey	Excelsior	MN	54	32	20:23	2:19	2:22	13	43:48	20.5	1:23	9	24:15	8:05	1:32:09
17	55	Jr Campuzano	Excelsior	MN	51	13	16:24	1:52	3:38	21	46:14	19.5	1:48	10	24:15	8:05	1:32:17
18	191	Rich Heytens	Brooklyn Park	MN	53	30	19:32	2:14	2:18	11	43:38	20.6	1:18	21	26:38	8:53	1:33:23
19	326	Paul Pasko	Minnetonka	MN	51	28	19:02	2:10	2:26	16	44:28	20.2	2:33	19	26:03	8:41	1:34:30
20	332	Mark Peterson	Purcellville	VA	53	19	17:35	2:00	2:35	28	48:50	18.4	0:48	13	24:52	8:18	1:34:38
21	147	John Gilje	Rosemount	MN	51	21	18:13	2:05	2:26	24	47:22	19.0	1:26	24	27:35	9:12	1:36:59
22	451	Bill Traxler	Victoria	MN	53	33	21:14	2:25	2:57	20	45:33	19.8	0:58	20	26:21	8:47	1:37:01
23	269	Dan Lund	Chanhasen	MN	51	24	18:31	2:07	3:01	17	44:42	20.1	1:52	30	29:40	9:54	1:37:44
24	53	David Busch	Chanhasen	MN	52	26	18:45	2:08	3:08	29	49:10	18.3	2:06	17	25:45	8:35	1:38:52
25	176	Stefan Hartung	Minneapolis	MN	50	27	18:50	2:09	3:09	18	44:58	20.0	1:22	32	30:41	10:14	1:38:57
26	8	Kent Adams	Minneapolis	MN	53	34	21:36	2:28	3:23	31	49:20	18.2	1:14	11	24:22	8:08	1:39:54
27	300	Matthew Myers	Chanhasen	MN	52	18	17:14	1:58	3:54	27	48:43	18.5	1:55	29	28:46	9:36	1:40:30
28	116	Kurtis Fechtmeyer	Minneapolis	MN	51	10	16:13	1:51	3:46	26	48:36	18.5	3:50	28	28:17	9:26	1:40:40
29	158	Howard Green	Little Canada	MN	52	22	18:16	2:05	3:15	30	49:14	18.3	2:27	23	27:31	9:11	1:40:41
30	380	Kurt Schultz	Lakeville	MN	53	25	18:45	2:08	2:16	22	46:15	19.5	2:15	35	32:04	10:42	1:41:32

## 2016 Lake Minnetonka Triathlon - Text Summary Results Race Results

31	305	Bruce Nelson	Prior Lake	MN	52	36	22:17	2:32	3:52	25	47:34	18.9	1:25	22	27:16	9:06	1:42:23
32	295	David Moore	Saint Paul	MN	53	20	18:08	2:04	5:14	32	50:45	17.7	2:41	25	27:41	9:14	1:44:27
33	301	Jeffrey Naas	Eden Prairie	MN	54	35	22:11	2:32	4:15	36	56:10	16.0	2:27	34	31:40	10:34	1:56:42
34	243	Todd Kruse	Inver Grove Height	MN	50	37	26:14	2:59	3:26	35	53:59	16.7	3:05	33	31:27	10:29	1:58:10
35	228	Daniel Kessler	Chaska	MN	51	23	18:21	2:06	3:01	34	52:46	17.1	3:06	39	41:50	13:57	1:59:03
36	81	Kevin Dana	Chaska	MN	54	29	19:28	2:13	7:19	33	52:39	17.1	4:23	38	38:23	12:48	2:02:10
37	230	Thomas Kirk	Somerset	MN	50	38	26:39	3:02	3:06	37	56:43	15.9	1:26	37	37:07	12:23	2:05:00
38	262	Scott Link	Excelsior	MN	50	31	20:00	2:17	4:36	39	1:06:58	13.4	1:32	36	36:06	12:02	2:09:10
39	344	Mark Rabogliatti	Eden Prairie	MN	51	39	31:28	3:35	4:34	38	1:02:21	14.4	2:48	31	30:24	10:08	2:11:33

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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	415	Laurie Stanek	Mendota Heights	MN	52	2	17:32	2:00	1:54	1	42:41	21.1	1:10	1	23:10	7:44	1:26:25
2	75	Cindy Crawford	Deephaven	MN	53	1	16:09	1:51	1:44	2	45:09	19.9	1:04	3	26:35	8:52	1:30:40
3	325	Michele Pasko	Minnetonka	MN	50	4	18:51	2:09	2:42	3	48:54	18.4	2:31	4	28:51	9:37	1:41:47
4	412	Penny Springer	Prior Lake	MN	52	5	19:14	2:12	2:29	5	51:04	17.6	1:32	8	30:38	10:13	1:44:55
5	421	Becky Stewart	Elburn	IL	51	8	22:14	2:32	2:28	6	52:14	17.2	1:49	6	29:18	9:46	1:48:01
6	137	Amy Freese	Minnetonka	MN	50	6	19:43	2:15	3:00	7	56:16	16.0	2:12	5	29:11	9:44	1:50:21
7	343	Denise Rabogliatti	Eden Prairie	MN	52	3	17:57	2:03	3:23	8	59:11	15.2	1:11	7	29:19	9:47	1:50:59
8	54	Jennie Bushway	Excelsior	MN	51	9	22:26	2:33	2:36	4	50:38	17.8	2:06	9	38:13	12:45	1:55:57
9	131	Teresa Foushee	Plymouth	MN	53	7	22:06	2:31	4:51	9	1:02:51	14.3	2:22	2	25:47	8:36	1:57:55

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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	149	David Goldberg	Minnetrista	MN	55	1	12:59	1:29	1:22	1	38:45	23.2	1:00	4	22:32	7:31	1:16:36
2	156	Kevin Grafft	Chanhassen	MN	55	6	15:12	1:44	1:42	4	40:18	22.3	0:55	1	20:18	6:46	1:18:23
3	303	Jim Nack	Madison Lake	MN	56	4	14:11	1:37	1:56	2	39:17	22.9	0:55	3	22:26	7:29	1:18:42
4	322	Kevin Olsen	Orono	MN	56	2	13:27	1:32	1:17	3	40:14	22.4	0:41	6	23:58	8:00	1:19:35
5	458	Keith Tufte	Eden Prairie	MN	56	3	13:31	1:33	2:22	7	43:20	20.8	1:14	2	21:18	7:06	1:21:43
6	348	Michael Reinhart	Minnetrista	MN	56	5	14:17	1:38	3:09	6	42:53	21.0	1:28	5	22:47	7:36	1:24:31
7	341	Duane Pullins	Maple Lake	MN	58	11	18:00	2:03	2:11	5	42:08	21.4	1:26	8	25:47	8:36	1:29:30
8	80	Jeff Daly	Goodyear	AZ	56	16	18:59	2:10	1:59	8	44:27	20.2	1:31	7	25:28	8:30	1:32:22
9	91	Richard Dolski	Chaska	MN	58	12	18:10	2:04	2:12	9	45:39	19.7	1:23	10	26:11	8:44	1:33:34
10	260	Rick Lindblom	Minnetonka	MN	56	7	15:17	1:45	2:34	10	46:24	19.4	1:15	16	28:25	9:29	1:33:54
11	278	Robert Marchetti	Champlin	MN	58	9	16:59	1:56	2:55	11	46:38	19.3	1:13	13	26:42	8:54	1:34:26
12	207	Richard Jahnke	Edina	MN	59	10	17:59	2:03	3:40	13	48:11	18.7	1:15	15	27:51	9:17	1:38:54
13	33	Walter Bentz	New Brighton	MN	58	17	20:15	2:19	3:20	14	48:51	18.4	2:01	12	26:25	8:49	1:40:50
14	5	Mike Abbott	Excelsior	MN	57	14	18:48	2:09	2:41	17	49:40	18.1	1:21	18	29:06	9:42	1:41:34
15	399	Dan Sieben	Edina	MN	57	18	21:32	2:27	2:57	15	49:01	18.4	1:53	11	26:23	8:48	1:41:44
16	189	Kenneth Herchuk	Maple Grove	MN	57	20	22:09	2:32	2:39	18	49:53	18.0	1:15	9	25:57	8:39	1:41:51
17	520	Paul Fisher		MN	59	8	16:34	1:53	4:01	16	49:24	18.2	1:37	19	30:42	10:14	1:42:15
18	217	Rolf Johnson	Eden Prairie	MN	57	13	18:46	2:08	3:55	21	52:57	17.0	1:17	17	28:28	9:30	1:45:21
19	198	James Hoopes	Chanhassen	MN	55	19	22:08	2:31	2:28	19	50:03	18.0	2:01	20	32:16	10:46	1:48:54
20	473	Richard Weeks	Woodbury	MN	55	15	18:54	2:09	3:01	12	48:07	18.7	2:00	22	37:00	12:20	1:48:59
21	22	Curt Bailey	Minneapolis	MN	55	21	26:20	3:00	3:37	20	50:14	17.9	1:10	14	27:47	9:16	1:49:07
22	97	Philip Dunlay	Woodland	MN	59	22	27:03	3:05	5:06	22	1:08:11	13.2	2:47	21	36:44	12:15	2:19:50

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FEMALE AGE GROUP 55 - 59
  
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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	533	Jan Guenther	Long Lake	MN	57	1	14:18	1:38	1:35	1	39:26	22.8	0:50	1	20:36	6:52	1:16:44
2	161	Helen Gunther	Excelsior	MN	59	2	16:18	1:52	1:43	2	44:34	20.2	0:59	3	24:32	8:11	1:28:04
3	330	Judith Peters	St. Cloud	MN	56	5	19:42	2:15	2:13	3	48:14	18.7	1:49	2	24:18	8:06	1:36:13
4	379	Sharon Schneider	Ham Lake	MN	56	4	18:52	2:09	2:15	5	48:36	18.5	1:52	4	27:58	9:20	1:39:30

5	409 Peg Sorensen	Chaska	MN	59	3	17:10	1:57	3:08	4	48:34	18.5	1:53	6	33:11	11:04	1:43:54
6	92 Carol Donen	Chanhassen	MN	56	6	25:52	2:57	4:00	6	56:45	15.9	3:11	5	31:03	10:21	2:00:48
7	289 Meg McMonigal	Minneapolis	MN	57	7	26:59	3:04	3:52	7	1:03:54	14.1	1:13	7	42:58	14:20	2:18:56

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MALE AGE GROUP 60 - 64

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	247	Peter Lancaster	Minneapolis	MN	61	4	15:14	1:44	2:02	2	41:28	21.7	1:10	1	22:46	7:36	1:22:38
2	384	Kent Schwitzer	Minnetonka	MN	63	3	14:22	1:38	2:07	1	39:14	22.9	1:27	4	25:32	8:31	1:22:39
3	125	Greg Fletcher	Chanhassen	MN	61	2	14:09	1:37	2:25	3	41:40	21.6	1:56	9	27:26	9:09	1:27:33
4	420	Richard Stevens	Mound	MN	61	1	14:00	1:36	1:49	4	42:51	21.0	1:38	12	28:58	9:40	1:29:15
5	382	Sydney Schultz	Burnsville	MN	61	5	17:02	1:57	3:23	7	45:41	19.7	2:27	2	24:31	8:11	1:33:02
6	265	Frank Lombardo	Lakeville	MN	62	7	19:00	2:10	2:31	9	46:54	19.2	1:17	6	26:40	8:54	1:36:21
7	72	Jeff Corrigan	Copperas Cove	TX	61	6	18:44	2:08	2:17	6	45:29	19.8	3:21	8	26:43	8:55	1:36:32
8	50	George Buchok	Edina	MN	62	9	19:20	2:12	2:56	5	45:02	20.0	2:59	10	27:42	9:14	1:37:57
9	118	Eduardo Fernandes	Chanhassen	MN	61	12	19:54	2:16	3:53	8	46:18	19.4	2:34	7	26:42	8:54	1:39:20
10	114	George Fantauzza	Buffalo	MA	64	11	19:47	2:15	3:07	11	49:25	18.2	2:26	5	26:25	8:49	1:41:09
11	148	Paul Glade	Cedar Falls	IA	61	14	26:15	2:59	1:54	10	47:27	19.0	1:12	3	24:33	8:11	1:41:20
12	220	Doug Jost	Centerville	MN	61	10	19:45	2:15	3:53	12	51:02	17.6	1:20	13	29:29	9:50	1:45:26
13	442	Gary Thrasher	Eden Prairie	MN	63	13	19:56	2:16	4:03	15	54:57	16.4	1:16	11	28:09	9:23	1:48:19
14	292	Andy Mitchell	Minnetonka	MN	64	8	19:06	2:11	4:04	14	54:09	16.6	1:14	14	30:12	10:04	1:48:42
15	37	Frederick Beseler	La Crosse	WI	61	15	28:09	3:12	3:46	13	52:48	17.0	3:10	15	53:54	17:58	2:21:45

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FEMALE AGE GROUP 60 - 64

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	197	Susan Holt	Plymouth	MN	60	1	15:51	1:49	2:13	1	51:58	17.3	1:27	1	29:55	9:59	1:41:23

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MALE AGE GROUP 65 - UP

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Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	290	Duane Millslagle	Savage	MN	65	1	14:56	1:42	1:51	1	40:38	22.1	1:07	1	23:12	7:44	1:21:41
2	427	Robert Sturm	Plymouth	MN	69	3	15:58	1:49	2:14	2	43:26	20.7	1:37	2	23:13	7:45	1:26:26
3	444	Sonny Thweatt	Chiang Mai	CH	65	2	15:00	1:43	2:44	3	43:58	20.5	1:11	3	27:09	9:03	1:30:00
4	529	Joseph Gryskiewicz	Edina	MN	67	4	17:24	1:59	4:28	5	49:53	18.0	1:33	6	30:36	10:12	1:43:51
5	272	Tom Lynch	Nelson	MN	67	12	27:08	3:05	1:49	4	46:18	19.4	1:43	7	30:45	10:15	1:47:41
6	200	Jerry House	Woodbury	MN	68	9	21:07	2:24	4:56	9	53:48	16.7	2:11	4	27:20	9:07	1:49:20
7	454	Richard Trenkmann	Hayward	WI	73	7	19:42	2:15	3:30	8	53:46	16.7	2:19	9	32:06	10:42	1:51:21
8	360	Fred Roethlisberger	River Falls	WI	73	10	22:37	2:35	2:51	11	54:18	16.6	2:31	5	30:21	10:07	1:52:36
9	141	Thomas Fulton	Saint Louis Park	MN	69	8	19:46	2:15	3:55	6	50:44	17.7	3:01	10	35:36	11:52	1:53:00
10	334	Doug Pfaff	Minneapolis	MN	72	11	26:27	3:01	3:36	7	52:21	17.2	1:35	8	31:06	10:22	1:55:03
11	223	Joe Kandiko	Excelsior	MN	66	5	17:58	2:03	3:48	12	56:12	16.0	3:30	11	36:50	12:17	1:58:15
12	235	Thomas Kobierski	Ely	MN	67	6	19:18	2:12	3:39	10	54:16	16.6	1:51	12	41:45	13:55	2:00:47

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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
1	129	Connie Foster	River Falls	WI	65	1	18:51	2:09	2:25	1	53:48	16.7	1:56	1	28:58	9:40	1:45:57

Total Registered: 511  
 Total Number of Team Finishers: 6  
 Total Number of Individual Finishers: 424  
 Number of Male Finishers: 291



Number of Female Finishers:	133
Did not Finish Race or Did Not Start:	81

