



FIND RESULTS

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Lake Minnetonka Triathlon / Team/Summary Results ▾ / 2019 ▾ /



Excelsior, MN  
6/15/2019



LAKE MINNETONKA TRIATHLON  
Excelsior Commons - Excelsior, MN - June 15, 2019  
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
1	1/14	313 Patrick Parish	Minneapolis	MN	34	M	17	10:50	1:14	0:54	1	35:14	25.5	0:35	2	16:14	5:25
2	2/14	287 Josh Mork	Lino Lakes	MN	36	M	2	9:23	1:04	0:58	2	35:21	25.5	0:49	15	17:53	5:58
3	3/14	37 Josh Blankenheim	Duluth	MN	38	M	9	10:35	1:13	1:06	4	35:57	25.0	0:34	4	16:38	5:33
4	4/14	475 Andrew Zabel	Sartell	MN	39	M	49	11:46	1:21	1:23	3	35:29	25.4	0:48	8	17:21	5:47
5	5/14	210 Jacob Keehan	Maple Grove	MN	30	M	8	10:29	1:12	1:57	6	37:14	24.2	0:44	3	16:37	5:33
6	6/14	457 Michael Weissenborn	Minneapolis	MN	34	M	28	11:15	1:17	1:06	8	37:45	23.8	0:50	11	17:35	5:52
7	1/30	44 Mike Buenting	Chanhassen	MN	44	M	38	11:30	1:19	1:12	7	37:17	24.1	0:44	14	17:52	5:58
8	7/14	363 Tony Schiller	Eden Prairie	MN	61	M	27	11:12	1:17	1:19	5	36:59	24.3	0:45	24	18:39	6:13
9	8/14	252 Brett Lovaas	Minnetonka	MN	44	M	4	9:53	1:08	1:01	13	38:15	23.5	0:43	32	19:16	6:26
10	2/30	318 Moshe Peri	Minnetonka	MN	42	M	16	10:49	1:14	1:16	15	38:37	23.3	0:34	17	18:03	6:01
11	9/14	432 Bryan Tinajero	St. Paul	MN	31	M	24	11:07	1:16	1:34	10	37:57	23.7	0:42	19	18:17	6:06
12	1/24	398 Danny Stevens	Minneapolis	MN	34	M	25	11:08	1:16	1:07	9	37:47	23.8	0:54	26	18:46	6:16
13	3/30	125 Ross Golla	Minnetonka	MN	40	M	90	12:47	1:28	1:01	11	38:04	23.6	0:47	7	17:03	5:41
14	10/14	295 Scott Myers	Plymouth	MN	43	M	13	10:40	1:13	1:04	18	38:46	23.2	0:58	27	18:49	6:17
15	1/16	415 Kyle Swenson	Rogers	MN	17	M	6	10:19	1:11	1:09	45	41:01	21.9	0:46	9	17:30	5:50
16	1/5	338 Christina Roberts	St. Louis Park	MN	33	F	5	10:07	1:09	1:04	37	40:32	22.2	0:44	25	18:40	6:14
17	2/5	474 Becky Youngberg	Eden Prairie	MN	44	F	15	10:48	1:14	1:32	35	40:23	22.3	0:53	21	18:30	6:10
18	2/24	450 Steven Voss	Maple Grove	MN	34	M	46	11:41	1:20	1:16	38	40:41	22.1	0:48	13	17:51	5:57
19	1/23	518 Tom Pettit	Excelsior	MN	50	M	12	10:39	1:13	1:42	28	39:59	22.5	0:43	34	19:22	6:28
20	11/14	212 Andrew Kershaw	Minneapolis	MN	25	M	50	11:49	1:21	1:13	42	40:56	22.0	0:48	16	17:58	6:00
21	1/31	467 Spencer Williams	Minneapolis	MN	25	M	14	10:47	1:14	1:34	27	39:57	22.5	0:59	41	19:50	6:37
22	4/30	122 Oscar Godoi	Apple Valley	MN	44	M	3	9:39	1:06	1:25	26	39:56	22.5	0:42	88	21:32	7:11
23	1/2	43 Isabella Buenting	Chanhassen	MN	16	F	21	11:02	1:16	1:12	47	41:18	21.8	0:37	30	19:08	6:23
24	12/14	189 Thad Ingersoll	St. Paul	MN	49	M	1	8:52	1:01	1:10	90	43:42	20.6	0:52	29	18:52	6:18
25	1/31	227 Brent Krause	Maple Grove	MN	37	M	35	11:28	1:19	2:17	12	38:05	23.6	1:57	40	19:48	6:36
26	5/30	63 Patrick Crowe	Minneapolis	MN	40	M	91	12:48	1:28	1:21	40	40:43	22.1	1:08	18	18:10	6:04
27	2/31	238 Shawn Laursen	Boulder	CO	25	M	56	11:59	1:22	1:52	49	41:35	21.6	1:13	10	17:31	5:51
28	2/23	39 Tim Bode	Buffalo	MN	51	M					22	39:38	22.7				
29	2/31	464 Matt Wiitala	Maple Grove	MN	37	M	146	14:05	1:36	1:41	20	39:07	23.0	0:46	23	18:33	6:11
30	6/30	150 Ben Harding	Eden Prairie	MN	44	M	67	12:13	1:24	1:16	14	38:22	23.5	1:17	68	21:05	7:02
31	7/30	344 Eric Roesner	Minnetonka	MN	44	M	71	12:17	1:24	1:20	17	38:46	23.2	1:03	67	20:53	6:58
32	13/14	373 Jack Seybolt	Wayzata	MN	20	M	58	12:06	1:23	1:54	34	40:17	22.3	0:43	35	19:25	6:29
33	3/31	293 Isaac Muscanto	Roseville	MN	28	M	55	11:55	1:22	1:37	44	41:00	22.0	1:09	28	18:52	6:18
34	3/5	294 Andrea Myers	Plymouth	MN	43	F	10	10:35	1:13	0:57	56	42:00	21.4	0:52	47	20:13	6:45
35	4/31	54 Christopher Chang	Minneapolis	MN	29	M	44	11:38	1:20	1:16	72	42:52	21.0	0:42	22	18:32	6:11
36	5/31	369 Kole Seiler	Minneapolis	MN	29	M	75	12:25	1:25	2:20	52	41:47	21.5	0:46	12	17:41	5:54
37	6/31	168 David Hoebelheinrich	St. Louis Park	MN	27	M	41	11:36	1:20	1:42	21	39:30	22.8	1:21	66	20:50	6:57
38	3/31	301 Tim Nordberg	Chanhassen	MN	38	M	83	12:32	1:26	1:44	19	38:54	23.1	0:54	82	21:23	7:08
39	1/16	436 Keith Tufte	Excelsior	MN	59	M	31	11:17	1:17	2:05	30	40:00	22.5	0:56	75	21:13	7:05
40	2/16	341 Carson Roehl	St. Bonifacius	MN	16	M	77	12:27	1:25	1:15	71	42:51	21.0	0:39	20	18:20	6:07

2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

1:15:40	41	2/16	123 David Goldberg	Minnetrista	MN	58 M	39	11:32	1:19	1:24	25	39:52	22.6	0:57	103	21:57	7:19
1:15:49	42	7/31	204 Justin Jones	Minneapolis	MN	25 M	42	11:37	1:20	1:45	43	40:57	22.0	1:23	46	20:09	6:43
1:16:23	43	4/5	414 Kristina Swenson	Rogers	MN	22 F	7	10:28	1:12	0:56	69	42:50	21.0	0:46	84	21:24	7:08
1:16:32	44	3/23	268 Alfredo Martel	Minneapolis	MN	53 M	74	12:24	1:25	1:22	46	41:05	21.9	1:06	58	20:36	6:52
1:16:37	45	3/16	209 Rob Kaufman	Chanhassen	MN	56 M	33	11:24	1:18	1:17	31	40:08	22.4	0:57	140	22:52	7:38
1:16:48	46	8/30	355 Ryan Saline	Cloquet	MN	44 M	172	14:33	1:40	1:57	16	38:42	23.3	0:49	64	20:49	6:57
1:17:02	47	4/23	298 Ian Nemerov	Edina	MN	53 M	51	11:49	1:21	1:59	32	40:12	22.4	1:03	104	22:00	7:20
1:17:10	48	4/31	390 Marc Sontowski	Chanhassen	MN	36 M	65	12:12	1:24	1:09	29	40:00	22.5	0:42	150	23:08	7:43
1:17:23	49	1/32	400 Kristian Stoeckel	Plymouth	MN	46 M	84	12:35	1:26	2:13	33	40:13	22.4	1:11	74	21:13	7:05
1:17:26	50	3/24	248 Philip Litfin	Waconia	MN	34 M	62	12:09	1:23	2:12	67	42:40	21.1	1:13	31	19:13	6:25
1:17:32	51	4/16	131 Kevin Grafft	Chganhassen	MN	58 M	89	12:47	1:28	1:49	55	42:00	21.4	0:57	43	20:01	6:41
1:17:58	52	1/19	97 Jennifer Fitzharris-Fun	Minneapolis	MN	43 F	170	14:30	1:39	1:07	41	40:54	22.0	0:52	57	20:36	6:52
1:18:02	53	5/16	422 Robert Thames	Flagstaff	4	59 M	112	13:21	1:32	1:41	48	41:28	21.7	1:19	49	20:14	6:45
1:18:04	54	1/18	351 Bette Rowley	Burnsville	MN	34 F	80	12:29	1:26	1:10	85	43:30	20.7	0:33	51	20:22	6:48
1:18:06	55	1/22	262 Jessie Maher	Bemidji	MN	35 F	54	11:52	1:21	1:35	82	43:25	20.7	0:39	59	20:36	6:52
1:18:15	56	2/22	235 Erin Lahti	Chaska	MN	36 F	52	11:50	1:21	1:32	64	42:33	21.2	0:57	85	21:25	7:09
1:18:23	57	9/30	364 Mark Schimke	Chanhassen	MN	43 M	140	13:55	1:35	2:19	23	39:43	22.7	1:10	80	21:18	7:06
1:18:42	58	3/16	425 Reese Thompson	Chanhassen	MN	17 M	98	13:03	1:29	2:49	127	45:37	19.7	0:25	6	16:50	5:37
1:18:45	59	6/16	32 Curtis Billmeyer	Plymouth	MN	57 M	184	14:48	1:41	1:52	24	39:47	22.6	1:11	70	21:09	7:03
1:19:11	60	5/31	144 Isaac Hagen	Chanhassen	MN	37 M	69	12:17	1:24	1:35	77	43:11	20.8	0:54	76	21:16	7:06
1:19:17	61	1/15	216 Christel Kippenhan	Bemidji	MN	54 F	29	11:16	1:17	1:21	76	42:59	20.9	0:48	144	22:55	7:39
1:19:27	62	6/31	30 Josh Bertelson	Plymouth	MN	39 M	30	11:16	1:17	1:17	81	43:22	20.8	0:55	131	22:39	7:33
1:19:35	63	5/23	20 Matt Bartell	Waconia	MN	52 M	155	14:12	1:37	2:03	36	40:26	22.3	1:19	91	21:36	7:12
1:19:51	64	4/24	141 Jeff Gustafson	Chanhassen	MN	33 M	76	12:26	1:25	2:07	93	43:45	20.6	0:47	62	20:48	6:56
1:19:52	65	7/31	443 Joshua Van Kirk	Maple Grove	MN	37 M	162	14:22	1:38	2:19	50	41:37	21.6	1:27	45	20:08	6:43
1:19:57	66	2/15	327 Jody Quesnell	Roseville	MN	51 F	113	13:22	1:32	1:33	54	41:56	21.5	0:48	119	22:21	7:27
1:20:02	67	1/13	271 Jennifer Martone	Minneapolis	MN	47 F	116	13:25	1:32	1:51	58	42:07	21.4	1:00	93	21:40	7:14
1:20:46	68	3/15	411 Laura Swartz	St. Louis Park	MN	52 F	144	14:00	1:36	1:17	62	42:30	21.2	0:59	105	22:01	7:21
1:20:46	69	6/23	412 Greg Swenson	Rogers	MN	50 M	40	11:33	1:19	1:45	60	42:22	21.2	1:08	185	23:59	8:00
1:20:57	70	2/32	183 Soren Huggins	Saint Louis Park	MN	45 M	11	10:39	1:13	1:46	115	44:45	20.1	0:59	138	22:49	7:37
1:20:58	71	5/24	11 Luke Anton	St. Anthony	MN	33 M	192	15:00	1:43	1:43	94	43:48	20.5	0:48	38	19:42	6:34
1:21:20	72	3/22	311 Julie Pagano	Lake Elmo	MN	37 F	108	13:21	1:31	1:39	59	42:09	21.4	0:49	164	23:23	7:48
1:21:22	73	7/23	59 Robert Cooley	Saint Paul	MN	50 M	107	13:20	1:31	1:52	57	42:07	21.4	1:19	134	22:46	7:36
1:21:35	74	2/18	164 Janell Hibbard	Rosemount	MN	34 F	131	13:48	1:34	2:02	65	42:37	21.1	0:49	118	22:20	7:27
1:21:41	75	8/31	222 Alex Kocher	St Louis Park	MN	25 M	175	14:37	1:40	2:18	106	44:27	20.2	0:52	36	19:28	6:30
1:21:49	76	4/16	211 Owen Keiser	Jordan	MN	19 M	53	11:51	1:21	1:54	239	50:49	17.7	0:36	5	16:40	5:34
1:22:05	77	3/32	232 Nathan Kuncel	Eagan	MN	46 M	109	13:21	1:31	3:11	68	42:44	21.1	1:20	87	21:32	7:11
1:22:11	78	1/9	315 Sam Pausa	Madison	WI	23 M	68	12:13	1:24	2:29	157	47:03	19.1	0:41	39	19:47	6:36
1:22:18	79	8/31	130 Matt Grady	Chanhassen	MN	37 M	97	13:01	1:29	2:05	119	44:53	20.1	0:58	83	21:23	7:08
1:22:23	80	3/18	401 Mandy Stoesz	Buffalo	MN	34 F	92	12:50	1:28	1:16	120	45:00	20.0	1:03	113	22:16	7:26
1:22:24	81	10/30	350 Kyle Rooney	Minnetonka	MN	42 M	87	12:42	1:27	2:31	126	45:34	19.8	0:50	65	20:49	6:57
1:22:29	82	8/23	42 David Brooks	Brooklyn Park	MN	50 M	183	14:48	1:41	3:19	39	40:42	22.1	1:18	120	22:24	7:28
1:22:29	83	4/32	56 Brian Ciemnicki	Lakeville	MN	45 M	178	14:41	1:41	2:28	53	41:51	21.5	1:18	110	22:13	7:25
1:22:39	84	7/16	437 Thorn Turner	Shorewood	MN	56 M	26	11:08	1:16	1:37	179	47:50	18.8	0:55	72	21:11	7:04
1:22:40	85	5/32	45 Scott Bunner	Victoria	MN	47 M	136	13:51	1:35	1:47	80	43:21	20.8	1:04	128	22:38	7:33
1:22:40	86	6/24	80 Peter Elsham	Plymouth	MN	31 M	143	13:58	1:36	2:27	79	43:20	20.8	0:49	107	22:07	7:23
1:22:52	87	11/30	206 Kevin Jost	Crystal	MN	42 M	128	13:43	1:34	2:28	74	42:55	21.0	1:16	123	22:31	7:31
1:22:55	88	2/13	40 Veronica Bond	Rochester	MN	47 F	64	12:11	1:24	1:44	95	43:53	20.5	1:33	173	23:36	7:52
1:22:56	89	2/19	7 Kris Anderson	Mankato	MN	43 F	47	11:42	1:20	1:48	125	45:29	19.8	1:46	109	22:12	7:24
1:23:16	90	8/16	218 David Knack	Prior Lake	MN	56 M	61	12:09	1:23	2:00	89	43:41	20.6	0:56	210	24:32	8:11
1:23:20	91	1/16	279 Audun Mikkelsen	Hayward	WI	61 M	20	10:59	1:15	3:51	78	43:15	20.8	1:01	194	24:15	8:05
1:23:21	92	2/16	28 Thomas Bergren	Blaine	MN	62 M	132	13:48	1:34	2:06	83	43:27	20.7	1:30	124	22:32	7:31
1:23:28	93	6/32	143 Dan Hackenberg	Eden Prairie	MN	46 M	110	13:21	1:31	2:22	109	44:35	20.2	1:20	100	21:51	7:17
1:23:48	94	5/16	515 Josh Halper	Golden Valley	MN	19 M	105	13:14	1:31	1:33	102	44:09	20.4	0:55	186	24:00	8:00
1:24:05	95	4/22	399 Charleen Stoeckel	Plymouth	MN	38 F	174	14:37	1:40	2:14	88	43:39	20.6	1:28	108	22:09	7:23
1:24:13	96	7/32	470 Garrett Wilson	Edina	MN	48 M	93	12:50	1:28	2:19	116	44:46	20.1	1:12	151	23:09	7:43
1:24:19	97	3/19	196 Leanne Johansen	Wayzata	MN	43 F	78	12:28	1:25	2:02	121	45:07	19.9	1:01	176	23:43	7:55
1:24:21	98	12/30	29 Eric Bergstrom	Savage	MN	42 M	82	12:30	1:26	2:08	108	44:32	20.2	1:09	188	24:03	8:01
1:24:24	99	13/30	231 Ryan Kucera	Columbia Heights	MN	42 M	271	17:18	1:58	2:38	66	42:39	21.1	1:19	56	20:33	6:51
1:24:27	100	9/31	468 Troy Williams	Savage	MN	36 M	79	12:29	1:26	2:04	124	45:29	19.8	1:13	154	23:13	7:45
1:24:29	101	7/24	423 Tyler Theobald	Neenah	WI	30 M	106	13:16	1:31	2:41	147	46:41	19.3	0:39	73	21:13	7:05
1:25:12	102	8/24	278 Brady Mickolichuk	Minneapolis	MN	30 M	208	15:29	1:46	2:22	96	44:05	20.4	2:02	77	21:16	7:06
1:25:29	103	10/31	332 Nathan Reinhardt	Saint Paul	MN	37 M	141	13:56	1:35	2:27	135	46:15	19.5	1:01	101	21:52	7:18
1:25:29	104	8/32	36 Mike Blair	Prior Lake	MN	49 M	125	13:40	1:34	1:47	118	44:51	20.1	1:00	196	24:17	8:06



2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

168	20/30	460 Eric Werlinger	Eden Prairie	MN	40 M	158	14:16	1:38	3:29	164	47:16	19.0	1:17	204	24:26	8:09
1:30:42																
169	21/31	132 Brad Grayson	Andover	MN	36 M	22	11:02	1:16	3:40	223	49:55	18.0	1:40	208	24:30	8:10
1:30:44																
170	10/16	379 Alexander Siebenaler	Hastings	MN	19 M	295	17:56	2:03	2:54	199	48:52	18.4	0:51	50	20:20	6:47
1:30:51																
171	3/14	380 Kate Simonet	Brooklyn Park	MN	24 F	157	14:13	1:37	2:23	222	49:52	18.0	1:05	166	23:25	7:49
1:30:56																
172	22/31	322 Aaron Pierce	Minnetonka	MN	37 M	197	15:09	1:44	2:40	206	49:05	18.3	0:49	160	23:22	7:48
1:31:03																
173	14/31	299 Tim Ness	Bloomington	MN	26 M	302	18:13	2:05	3:46	134	46:03	19.5	2:25	60	20:39	6:53
1:31:04																
174	15/31	441 Adam Valen	Glencoe	MN	27 M	258	16:58	1:56	1:59	197	48:47	18.4	1:47	98	21:48	7:16
1:31:16																
175	14/14	220 Walter Knochenmus	Esko	MN	58 M	161	14:18	1:38	1:26	145	46:40	19.3	1:18	296	27:38	9:13
1:31:18																
176	12/24	90 Eduardo Fernandez-Monge	Plymouth	MN	32 M	194	15:03	1:43	2:32	268	52:26	17.2	0:41	61	20:42	6:54
1:31:23																
177	21/30	156 Matt Hedberg	Chanhassen	MN	44 M	151	14:10	1:37	3:02	214	49:31	18.2	1:20	162	23:23	7:48
1:31:24																
178	22/30	23 Bart Becker	Blaine	MN	41 M	300	18:12	2:04	2:33	143	46:37	19.3	0:57	155	23:15	7:45
1:31:31																
179	4/16	98 Greg Fletcher	Chanhassen	MN	64 M	103	13:11	1:30	3:41	112	44:43	20.1	2:36	293	27:24	9:08
1:31:33																
180	13/16	234 Dan Lagermeier	Minnetonka	MN	56 M	257	16:52	1:55	2:22	131	45:46	19.7	1:30	228	25:13	8:25
1:31:42																
181	13/23	308 Matthew Ostrowski	Chaska	MN	50 M	153	14:11	1:37	3:11	148	46:42	19.3	1:19	273	26:44	8:55
1:32:05																
182	2/9	151 Aaron Hartman	Minneapolis	MN	44 M	336	19:29	2:13	3:36	104	44:19	20.3	1:11	179	23:46	7:56
1:32:19																
183	5/16	340 Robert Roby	Cambridge	MN	60 M	219	15:54	1:49	3:05	142	46:33	19.3	2:18	213	24:40	8:14
1:32:29																
184	15/32	408 Eric Sundberg	Saint Paul	MN	46 M	343	20:03	2:17	2:07	144	46:39	19.3	1:10	125	22:33	7:31
1:32:30																
185	16/32	461 Darren Whipp	Victoria	MN	45 M	268	17:12	1:58	3:56	138	46:18	19.4	1:50	158	23:17	7:46
1:32:30																
186	14/23	89 Kurtis Fechtmeyer	Minneapolis	MN	54 M	221	15:55	1:49	1:42	156	47:02	19.1	2:31	235	25:23	8:28
1:32:31																
187	6/16	136 Jeffrey Groffsky	Edina	MN	60 M	138	13:54	1:35	3:00	178	47:47	18.8	1:26	267	26:27	8:49
1:32:32																
188	3/26	21 Emily Bauer	Minneapolis	MN	27 F	115	13:24	1:32	2:28	194	48:43	18.5	1:08	279	26:57	8:59
1:32:38																
189	16/31	409 Alex Sundin	Minneapolis	MN	29 M	224	15:58	1:49	2:39	158	47:05	19.1	0:38	260	26:20	8:47
1:32:38																
190	11/16	396 Nathan Steeves	Westminster	CO	19 M	63	12:10	1:23	4:05	278	52:48	17.0	0:47	141	22:53	7:38
1:32:41																
191	2/9	406 Bjorn Sund	Minneapolis	MN	23 M	232	16:17	1:51	2:59	189	48:26	18.6	1:30	171	23:32	7:51
1:32:42																
192	4/14	309 Gretja Otten	Wayzata	MN	23 F	195	15:04	1:43	3:16	231	50:14	17.9	0:54	157	23:17	7:46
1:32:43																
193	7/22	50 Shannon Carroll	Eden Prairie	MN	39 F	243	16:37	1:54	2:25	161	47:12	19.1	2:17	195	24:16	8:06
1:32:46																
194	17/32	85 Mike Fairchild	Watertown	SD	47 M	193	15:00	1:43	3:09	177	47:46	18.8	1:38	233	25:19	8:27
1:32:50																
195	17/31	365 Phil Schrupp	Minneapolis	MN	29 M	203	15:22	1:45	3:13	233	50:22	17.9	1:10	145	22:59	7:40
1:33:03																
196	18/32	180 Michael Honnoll	Rogers	MN	46 M	149	14:06	1:37	2:38	238	50:49	17.7	1:26	193	24:15	8:05
1:33:12																
197	19/32	517 Shannon Logue	Rush City	MN	47 M	284	17:43	2:01	3:09	105	44:26	20.3	1:37	263	26:24	8:48
1:33:17																
198	12/16	202 Christopher Johnston	Orono	MN	19 M	298	18:01	2:03	2:38	210	49:16	18.3	1:28	102	21:57	7:19
1:33:17																
199	23/30	392 Dak Sorenson	Albert Lea	MN	40 M	240	16:33	1:53	2:42	242	51:03	17.6	0:50	111	22:14	7:25
1:33:19																
200	8/22	153 Tanya Hass	Fargo	ND	38 F	288	17:51	2:02	4:36	221	49:49	18.1	1:29	37	19:36	6:32
1:33:20																
201	5/14	155 Maria Hauer	New Hope	MN	24 F	173	14:37	1:40	1:55	286	53:15	16.9	1:00	133	22:42	7:34
1:33:26																
202	4/26	245 Allison Linde	Bloomington	MN	27 F	86	12:38	1:27	1:33	249	51:37	17.4	1:09	269	26:36	8:52
1:33:31																
203	14/16	255 Daniel Lynch	Saint Paul	MN	59 M	234	16:18	1:52	4:37	169	47:27	19.0	1:57	156	23:16	7:46
1:33:33																
204	7/19	55 Summer Chevalier Schust	Minneapolis	MN	41 F	305	18:16	2:05	2:39	243	51:04	17.6	0:43	71	21:09	7:03
1:33:50																
205	13/24	402 Stephen Strait	Maple Grove	MN	33 M	338	19:38	2:14	2:50	172	47:30	18.9	1:19	130	22:38	7:33
1:33:53																
206	15/16	147 Ed Hanzlik	Shorewood	MN	57 M	134	13:50	1:35	2:55	212	49:26	18.2	1:04	274	26:44	8:55
1:33:57																
207	7/16	95 Stanton Fitting	Buffalo	MN	64 M	122	13:32	1:33	2:16	261	52:17	17.2	2:10	180	23:48	7:56
1:34:01																
208	18/31	435 Jack Tousignant	Minneapolis	MN	25 M	318	18:37	2:07	2:48	241	51:02	17.6	1:12	52	20:25	6:49
1:34:01																
209	1/1	421 Anna Terry	Saint Paul	MN	95 F	164	14:24	1:39	3:06	188	48:25	18.6	1:46	262	26:23	8:48
1:34:03																
210	9/22	65 Sarah Curry	Eden Prairie	MN	35 F	186	14:49	1:42	2:27	190	48:29	18.6	1:00	291	27:21	9:07
1:34:04																
211	19/31	170 Elliot Hoekstra	Saint Louis Park	MN	27 M	48	11:44	1:20	3:40	205	49:03	18.3	0:45	329	29:00	9:40
1:34:11																
212	20/32	94 Kevin Fischer	Bloomington	MN	49 M	278	17:29	2:00	2:48	185	48:15	18.7	1:09	216	24:50	8:17
1:34:28																
213	8/19	513 Rebecca Karnes-Toth	Mound	MN	42 F	345	20:12	2:18	2:53	184	48:14	18.7	0:55	115	22:19	7:27
1:34:31																
214	6/14	362 Morgan Scheiller	St. Louis Park	MN	24 F	111	13:21	1:31	2:26	323	55:30	16.2	0:42	135	22:46	7:36
1:34:44																
215	24/30	225 Richard Konkoly-Thege	Golden Valley	MN	43 M	152	14:11	1:37	6:31	155	47:01	19.1	1:47	234	25:21	8:27
1:34:50																
216	5/26	9 Leah Anderson	Falcon Heights	MN	25 F	43	11:38	1:20	2:19	307	54:47	16.4	0:59	232	25:19	8:27
1:34:59																
217	21/32	389 Daniel Sobiech	Excelsior	MN	48 M	150	14:10	1:37	3:13	204	49:02	18.4	1:51	280	26:57	8:59
1:35:11																
218	3/9	215 Brent Kinder	Forest Lake	MN	22 M	287	17:48	2:02	2:53	256	52:08	17.3	0:42	94	21:43	7:15
1:35:13																
219	20/31	101 Tom Foote	Richfield	MN	27 M	291	17:53	2:02	4:03	141	46:30	19.4	2:05	217	24:54	8:18
1:35:22																
220	6/26	358 Christa Sauer	Maple Grove	MN	26 F	23	11:04	1:16	2:55	306	54:41					



## 2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

1:44:36	295	15/26	346	Morgan Rogers	Minneapolis	MN	26	F	275	17:23	1:59	2:42	353	57:59	15.5	1:37	220	24:57	8:19
1:45:01	296	16/26	439	Emily Usset	Mendota Heights	MN	26	F	256	16:52	1:55	4:02	328	55:50	16.1	2:08	256	26:11	8:44
1:45:01	297	17/26	471	Madeline Wiltgen	Long Lake	MN	26	F	325	19:03	2:10	3:09	298	54:29	16.5	2:11	257	26:12	8:44
1:45:03	298	19/23	469	Charles Wilson	Plymouth	MN	50	M	309	18:21	2:06	4:20	248	51:29	17.5	1:26	341	29:28	9:50
1:45:04	299	18/26	53	Sydney Chandler	Medicine Lake	MN	29	F	129	13:43	1:34	3:48	358	58:29	15.4	2:23	272	26:43	8:55
1:45:21	300	11/16	75	Richard Dolski	Chaska	MN	61	M	316	18:31	2:07	3:41	285	53:11	16.9	1:26	316	28:33	9:31
1:45:27	301	16/16	285	David Moore	Saint Paul	MN	56	M	218	15:53	1:49	6:33	284	53:07	16.9	2:47	285	27:08	9:03
1:45:47	302	12/16	280	Peter Miller	Zimmerman	MN	61	M	311	18:23	2:06	3:00	281	52:59	17.0	1:40	342	29:47	9:56
1:45:48	303	12/15	428	Paula Thomsen-Trajano	Savage	MN	52	F	250	16:44	1:55	2:12	305	54:41	16.5	0:55	364	31:17	10:26
1:46:09	304	20/24	376	Aaron Sieben	Edina	MN	33	M	285	17:46	2:02	3:25	271	52:30	17.1	2:23	347	30:06	10:02
1:46:12	305	11/19	12	Amber Asmus	Roseville	MN	41	F	354	20:25	2:20	4:37	291	53:49	16.7	2:41	214	24:42	8:14
1:46:17	306	10/14	13	Olivia Asta	Eagan	MN	22	F	323	19:02	2:10	4:22	351	57:52	15.6				
1:46:19	307	19/26	198	Leah Johnson	Chanhassen	MN	26	F	228	16:04	1:50	3:32	315	55:06	16.3	1:34	346	30:05	10:02
1:46:20	308	15/22	34	Christy Bipes	Minneapolis	MN	37	F	229	16:13	1:51	6:03	331	55:55	16.1	0:51	290	27:19	9:07
1:46:22	309	11/18	79	Christina Elberts	Plymouth	MN	31	F	332	19:17	2:12	4:16	316	55:16	16.3	2:39	218	24:55	8:19
1:46:26	310	20/26	100	Laura Foote	Richfield	MN	27	F	212	15:42	1:48	3:29	327	55:50	16.1	2:07	338	29:19	9:47
1:46:54	311	27/31	371	Ben Selness	Plymouth	MN	39	M	393	24:15	2:46	3:05	273	52:31	17.1	1:12	245	25:53	8:38
1:47:05	312	12/18	300	Heidi Neubauer	Minnetonka	MN	30	F	259	16:58	1:56	5:23	312	55:00	16.4	2:40	284	27:06	9:02
1:47:13	313	28/31	473	Robert Yanda	Chanhassen	MN	39	M	353	20:23	2:19	4:18	296	54:28	16.5	0:55	287	27:11	9:04
1:47:17	314	5/9	3	Alexander Alders	Minneapolis	MN	28	M	328	19:08	2:11	2:52	277	52:41	17.1	1:18	365	31:19	10:27
1:47:18	315	8/9	328	Ben Rabiego	St. Paul	MN	23	M	361	20:52	2:23	3:59	297	54:28	16.5	1:36	265	26:25	8:49
1:47:25	316	11/14	270	Taylor Martinek	St. Paul	MN	22	F	121	13:31	1:33	2:54	369	1:00:10	15.0	1:37	333	29:15	9:45
1:47:27	317	26/30	228	Drew Krejci	Excelsior	MN	42	M	167	14:29	1:39	4:10	326	55:45	16.1	1:41	366	31:23	10:28
1:47:38	318	23/31	367	Wade Sebold	St. Louis Park	MN	28	M	371	22:14	2:32	3:26	336	56:16	16.0	1:42	187	24:01	8:01
1:47:51	319	12/14	386	Stephanie Smith	Minneapolis	MN	24	F	324	19:02	2:10	5:47	280	52:54	17.0	3:19	277	26:50	8:57
1:48:05	320	27/30	326	Gus Quesada	Maple Grove	MN	42	M	308	18:20	2:05	2:21	354	58:04	15.5	1:07	306	28:14	9:25
1:48:12	321	26/32	260	Laszlo Magyar	Minnetonka	MN	45	M	253	16:51	1:55	4:19	320	55:24	16.2	0:57	356	30:43	10:15
1:48:24	322	27/32	148	Gregory Happ	Chaska	MN	47	M	397	25:56	2:57	3:30	224	49:55	18.0	1:10	305	27:55	9:19
1:48:50	323	28/32	241	Joseph Lee	Maple Grove	MN	48	M	238	16:24	1:52	4:41	309	54:53	16.4	2:13	355	30:41	10:14
1:48:52	324	16/22	17	Diana Barr	Edina	MN	36	F	222	15:57	1:49	2:44	360	58:51	15.3	2:07	334	29:15	9:45
1:49:09	325	12/19	448	Gina Vick	Minnetonka	MN	43	F	363	21:06	2:24	2:50	324	55:34	16.2	0:41	330	29:01	9:41
1:49:22	326	13/18	96	Emily Fitzgerald	Wayzata	MN	34	F	32	11:22	1:18	3:46	379	1:02:29	14.4	1:00	359	30:46	10:16
1:50:06	327	24/31	383	Francis Slaughter	Minneapolis	MN	26	M	261	16:59	1:56	2:55	334	56:03	16.1	1:16	380	32:55	10:59
1:50:09	328	17/22	393	Angie Spencer	Minneapolis	MN	36	F	322	19:02	2:10	4:06	352	57:57	15.5	1:20	300	27:45	9:15
1:50:13	329	13/19	281	Rachel Miller	Minneapolis	MN	44	F	344	20:09	2:18	4:15	275	52:40	17.1	1:57	363	31:13	10:25
1:50:16	330	25/31	321	Alex Phillips	Hopkins	MN	27	M	296	17:59	2:03	5:57	349	57:29	15.7	1:01	304	27:52	9:18
1:50:40	331	11/13	87	Heather Farrar	Roseville	MN	46	F	263	17:05	1:57	4:13	374	1:00:59	14.8	1:38	276	26:47	8:56
1:50:53	332	12/13	316	Kara Pederson	Bloomington	MN	45	F	237	16:23	1:52	3:46	357	58:22	15.4	0:51	370	31:33	10:31
1:50:56	333	14/19	107	Katie Franz	Eden Prairie	MN	43	F	180	14:42	1:41	5:03	333	56:02	16.1	2:16	379	32:54	10:58
1:51:04	334	15/19	102	Amy Forbes	Plymouth	MN	40	F	315	18:28	2:06	3:43	303	54:38	16.5	1:36	378	32:42	10:54
1:51:05	335	2/3	356	Michel Sanders	Saint Paul	MN	65	F	333	19:19	2:12	4:18	287	53:22	16.9	1:55	376	32:14	10:45
1:51:09	336	13/13	239	Katie Lawler	St Louis Park	MN	48	F	262	17:02	1:57	2:35	251	51:48	17.4	2:14	398	37:33	12:31
1:51:13	337	3/3	103	Connie Foster	River Falls	WI	68	F	290	17:52	2:02	3:25	338	56:52	15.8	2:47	352	30:19	10:07
1:51:58	338	26/31	348	Lorin Ronken	Minneapolis	MN	28	M	407	33:16	3:47	3:59	232	50:16	17.9	0:41	181	23:48	7:56
1:52:04	339	27/31	342	Christian Roemhildt	Minnetonka	MN	25	M	388	23:54	2:43	2:35	366	59:49	15.0	1:14	211	24:34	8:12
1:52:12	340	28/30	366	Joe Schuster	Minneapolis	MN	43	M	406	32:52	3:45	4:48	226	50:02	18.0	1:53	132	22:39	7:33
1:52:16	341	29/30	292	Patrick Murray	Wayzata	MN	42	M	405	32:28	3:42	3:49	216	49:40	18.1	1:51	209	24:31	8:11
1:52:30	342	18/22	26	Mandy Bellm	Waconia	MN	38	F	307	18:19	2:05	3:25	372	1:00:40	14.8	0:49	339	29:20	9:47
1:52:36	343	13/16	91	Eduardo Fernandes	Chanhassen	MN	64	M	339	19:38	2:14	5:47	276	52:41	17.1	1:35	381	32:57	10:59
1:52:59	344	21/24	38	Patrick Blunt	Chanhassen	MN	34	M	385	23:35	2:41	2:20	370	1:00:11	15.0	0:57	249	25:58	8:40
1:52:59	345	29/32	1	Eric Aguila	Las Vegas	NV	46	M	267	17:11	1:58	4:29	373	1:00:52	14.8	1:19	331	29:11	9:44
1:53:07	346	29/31	178	Jeremy Holweger	Burnsville	MN	36	M	329	19:09	2:11	3:26	321	55:24	16.2	1:11	388	33:58	11:20
1:53:07	347	28/31	334	Kyle Reiter	Minneapolis	MN	26	M	191	14:59	1:43	5:33	367	59:59	15.0	3:56	321	28:43	9:35
1:53:11	348	6/9	57	Matthew Coffey	Waconia	MN	41	M	392	24:05	2:45	3:05	263	52:18	17.2	1:33	375	32:13	10:45
1:53:13	349	22/24	333	Gabriel Reiter	Saint Paul	MN	30	M	213	15:44	1:48	4:44	368	1:00:07	15.0	3:51	322	28:48	9:36
1:53:15	350	30/31	336	Tony Rice	Chaska	MN	39	M	342	20:00	2:17	5:20	337	56:35	15.9	2:26	325	28:56	9:39
1:53:48	351	13/15	258	Julie Maeyaert	Shorewood	MN	52	F	360	20:49	2:22	4:03	341	57:00	15.8	2:40	336	29:18	9:46
1:54:05	352	30/32	317	Scot Pekarek	Minnetrista	MN	45	M	350	20:19	2:19	3:16	391	1:05:18	13.8	2:54	116	22:19	7:27
1:54:05	353	1/2	224	Kaniah Konkoly-Thege	Golden Valley	MN	42	F	364	21:28	2:27	5:45	290	53:38	16.8	4:26	323	28:49	9:37
1:54:09	354	15/16	230	Owen Kubisiak	Maple Grove	MN	14	M	154	14:11	1:37	3:27	387	1:05:01	13.8	0:45	358	30:46	10:16
1:54:15	355	20/23	319	Eric Pesik	Eden Prairie	MN	52	M	355	20:29	2:20	3:11	329	55:52	16.1	0:48	389	33:58	11:20
1:54:28	356	16/16	160	Isaac Hennen	Minneota	MN	19	M	381	23:11	2:39	3:33	382	1:03:01	14.3	1:00	178	23:45	7:55
1:54:31	357	21/26	236	Courtney Lane	New Brighton	MN	27	F	100	13:06	1:30	2:30	400	1:12:17	12.5	1:41	221	24:58	8:20
1:54:31	358	22/26	120	Grace Gerring	Minneapolis	MN	27	F	379	22:57	2:37	4:18	347	57:23	15.7	1:36	318	28:36	9:32



2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank Swim	Pace	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish				
1	486	Sister Tri Janelle Karlsrud (Jehn) , Amanda Jehn , Brianna Jehn	1	11:45	1:21	0:47	1	44:04	20.4	0:25	2	23:09	7:43	1:20:08
2	494	Vroom Vroom Jaime Berglund , Noelle Andeychowicz , Sandy Gress	2	15:32	1:46	1:12	3	45:14	19.9	0:25	1	21:10	7:04	1:23:31
3	485	Silver Foxes and Megan Megan Scott , Kori Ludwig-Dlugosch , Jennifer French	3	16:39	1:54	1:29	2	44:33	20.2	0:46	4	28:26	9:29	1:31:51
4	496	Wonder Women Anjanette Johnson , Anjanette Johnson , Shelly Beckman	4	19:37	2:14	2:27	4	59:11	15.2	0:46	3	25:25	8:29	1:47:23

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	492	Tri Tri Tri Again Karen Millette , Henry Millette , Zach Holman	2	13:13	1:31	1:06	1	41:32	21.7	0:26	4	21:52	7:18	1:18:06
2	483	Mile to Marathon Linnea Burman , Binam Shrestha , Linnea Burman	5	15:34	1:47	1:11	2	43:51	20.5	0:29	5	22:43	7:35	1:23:46
3	490	The Person's Katie Jeppen , Heidi Person , Steve Person	3	13:26	1:32	0:47	5	48:05	18.7	0:23	6	22:56	7:39	1:25:34
4	491	The Speed Turtles John Wulterkens , Nate Lawdenski , Breanne Swanson	7	18:16	2:05	0:56	4	46:15	19.5	0:33	1	20:34	6:52	1:26:34
5	481	Eason Deluxe Tri Team Tess Eason , Aaron Eason , Aaron Eason	6	15:35	1:47	1:02	3	44:20	20.3	0:38	7	27:21	9:07	1:28:53
6	478	BitModo Charlie Egeland , Theodore Fechmeyer , Rishabh Balacha	1	9:07	1:03	0:49	7	57:48	15.6	0:41	3	21:07	7:03	1:29:31
7	495	We Work They Drink Carrie Desmond , Carrie Desmond , Tynan Wilke	4	14:05	1:37	3:20	6	55:41	16.2	0:30	2	20:36	6:52	1:34:10

PENALTY TIME ISSUED

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

Bib	Name	City	St Age	Sex	Rank SWIM	100yd	Trn.1 Rank	BIKE	MPH	Trn.2 Rank	RUN	Pace	FINISH				
108	Kelly Frasier	Bloomington	MN	32	F	1	3:41	0:26	2:30	1	51:16	17.6	0:36	1	26:02	8:41	1:24:03
462	Duane Whittaker	Minneapolis	MN	63	M	6	15:28	1:46	4:55	4	51:54	17.3	2:24				
378	Daniel Sieben	Edina	MN	60	M	10	24:15	2:46	3:21	2	51:17	17.5					
512	Jenna Horner	Eden Prairie	MN	21	F	4	13:47	1:34	1:00	3	51:35	17.4					
74	Joe Derock	Minneapolis	MN	52	M	5	14:26	1:39	4:22	5	1:30:00	10.0					
256	Dave MacDougal	Minnetonka	MN	55	M	2	11:58	1:22	1:52								
426	Daniel Thomsen-Trajano	Savage	MN	52	M	3	12:40	1:27	2:14								
352	Coleen Rowley	Apple Valley	MN	64	F	9	23:33	2:41	2:54								
10	Rebecca Anderson	Scandia	MN	25	F	7	17:46	2:02	3:12								
5	Devon Anderson	Minneapolis	MN	52	F	8	20:31	2:20									
16	Katelyn Barclay	Jordan	MN	18	F	11	29:32	3:22									

OVERALL MALE ELITE RESULTS

Place	Bib	Name	City	St Age	Rank Swim	100yd	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish					
1	313	Patrick Parish	Minneapolis	MN	34	7	10:50	1:14	0:54	1	35:14	25.5	0:35	1	16:14	5:25	1:03:44
2	287	Josh Mork	Lino Lakes	MN	36	2	9:23	1:04	0:58	2	35:21	25.5	0:49	6	17:53	5:58	1:04:22
3	37	Josh Blankenheim	Duluth	MN	38	5	10:35	1:13	1:06	4	35:57	25.0	0:44	3	16:38	5:33	1:04:48
4	475	Andrew Zabel	Sartell	MN	39	11	11:46	1:21	1:23	3	35:29	25.4	0:38	4	17:21	5:47	1:06:46
5	210	Jacob Keehan	Maple Grove	MN	30	4	10:29	1:12	1:57	6	37:14	24.2	0:44	2	16:37	5:33	1:06:59
6	457	Michael Weissenborn	Minneapolis	MN	34	10	11:15	1:17	1:06	7	37:45	23.8	0:50	5	17:35	5:52	1:08:29
7	363	Tony Schiller	Eden Prairie	MN	61	9	11:12	1:17	1:19	5	36:59	24.3	0:45	9	18:39	6:13	1:08:52
8	252	Brett Lovaas	Minnetonka	MN	44	3	9:53	1:08	1:01	9	38:15	23.5	0:43	12	19:16	6:26	1:09:06
9	432	Bryan Tinajero	St. Paul	MN	31	8	11:07	1:16	1:34	8	37:57	23.7	0:42	8	18:17	6:06	1:09:36
10	295	Scott Myers	Plymouth	MN	43	6	10:40	1:13	1:04	10	38:46	23.2	0:58	10	18:49	6:17	1:10:17
11	212	Andrew Kershaw	Minneapolis	MN	25	12	11:49	1:21	1:13	12	40:56	22.0	0:48	7	17:58	6:00	1:12:42
12	189	Thad Ingersoll	St. Paul	MN	49	1	8:52	1:01	1:10	13	43:42	20.6	0:52	11	18:52	6:18	1:13:28
13	373	Jack Seybolt	Wayzata	MN	20	13	12:06	1:23	1:54	11	40:17	22.3	0:43	13	19:25	6:29	1:14:24
14	220	Walter Knochenmus	Esko	MN	58	14	14:18	1:38	1:26	14	46:40	19.3	1:18	14	27:38	9:13	1:31:18

OVERALL FEMALE ELITE RESULTS

Place	Bib	Name	City	St Age	Rank Swim	100yd	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish					
1	338	Christina Roberts	St. Louis Park	MN	33	1	10:07	1:09	1:04	2	40:32	22.2	0:44	2	18:40	6:14	1:11:05
2	474	Becky Youngberg	Eden Prairie	MN	44	4	10:48	1:14	1:32	1	40:23	22.3	0:53	1	18:30	6:10	1:12:03
3	294	Andrea Myers	Plymouth	MN	43	3	10:35	1:13	0:57	3	42:00	21.4	0:52	3	20:13	6:45	1:14:36
4	414	Kristina Swenson	Rogers	MN	22	2	10:28	1:12	0:56	4	42:50	21.0	0:46	5	21:24	7:08	1:16:23
5	190	Macy Iyer	Edina	MN	15	5	12:54	1:28	1:32	5	50:11	17.9	0:41	4	21:17	7:06	1:26:33

OVERALL MALE CLYDESDALE RESULTS

Place	Bib	Name	City	St Age	Rank Swim	100yd	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish					
1	2	Scott Albrecht	Mound	MN	38	1	12:23	1:25	2:48	2	46:24	19.4					
2	151	Aaron Hartman	Minneapolis	MN	44	6	19:29	2:13	3:36	1	44:19	20.3	1:11	2	23:46	7:56	1:32:19
3	302	Rick Nordyold	Chaska	MN	48	2	13:51	1:35	2:44	3	47:51	18.8	2:07	5	31:37	10:33	1:38:09
4	229	Joe Kubisick	Maple Grove	MN	48	3	15:31	1:47	2:49	4	50:30	17.8	1:41	3	28:30	9:30	1:39:04
5	3	Alexander Alders	Minneapolis	MN	28	5	15:08	2:11	2:52	6	52:41	17.1	1:18	4	31:19	10:27	1:47:17
6	57	Matthew Coffey	Waconia	MN	41	7	24:05	2:45	3:05	5	52:18	17.2	1:33	6	32:13	10:45	1:53:11
7	109	Ken Freed	Minneapolis	MN	58	9	25:21	2:53	5:03	9	1:22:33	10.9	4:21	1	1:42	0:34	1:58:59
8	403	Daniel Sullivan	Minnetonka	MN	34	4	17:59	2:03	2:31	7	1:07:45	13.3	1:44	8	45:17	15:06	2:15:16
9	72	Jim Denn	Minnetrissa	MN	54	8	24:40	2:49	6:00	8	1:16:27	11.8	1:59	7	35:07	11:43	2:24:12

OVERALL FEMALE ATHENA RESULTS

Place	Bib	Name	City	St Age	Rank Swim	100yd	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish					
1	224	Kaniah Konkoly-Thege	Golden Valley	MN	42	1	21:28	2:27	5:45	1	53:38	16.8	4:26	1	28:49	9:37	1:54:05
2	110	Katie Freehill	Farmington	MN	36	2	23:49	2:43	4:51	2	59:44	15.1	2:40	2	30:16	10:06	2:01:17

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST AGE	S	Swim Time	100 yds	
1	Thad Ingersoll	St. Paul	MN	49	M	8:52	1:04
2	Josh Mork	Lino Lakes	MN	36	M	9:23	1:04
3	Oscar Godoi	Apple Valley	MN	44	M	9:39	1:06
4	Brett Lovaas	Minnetonka	MN	44	M	9:53	1:08
5	Christina Roberts	St. Louis Park	MN	33	F	10:07	1:09
6	Kyle Swenson	Rogers	MN	17	M	10:19	1:11
7	Kristina Swenson	Rogers	MN	22	F	10:28	1:12
8	Jacob Keehan	Maple Grove	MN	30	M	10:29	1:12

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9	Josh Blankenheim	Duluth	MN	38	M	10:35	1:13
10	Andrea Myers	Plymouth	MN	43	F	10:35	1:13

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	MPH
1	Patrick Parish	Minneapolis	MN	34	M	35:14	25.5
2	Josh Mork	Lino Lakes	MN	36	M	35:21	25.5
3	Andrew Zabel	Sartell	MN	39	M	35:29	25.4
4	Josh Blankenheim	Duluth	MN	38	M	35:57	25.0
5	Tony Schiller	Eden Prairie	MN	61	M	36:59	24.3
6	Jacob Keehan	Maple Grove	MN	30	M	37:14	24.2
7	Mike Buenting	Chanhassen	MN	44	M	37:17	24.1
8	Michael Weissenborn	Minneapolis	MN	34	M	37:45	23.8
9	Danny Stevens	Minneapolis	MN	34	M	37:47	23.8
10	Bryan Tinajero	St. Paul	MN	31	M	37:57	23.7

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Ken Freed	Minneapolis	MN	58	M	1:42	0:34
2	Patrick Parish	Minneapolis	MN	34	M	16:14	5:25
3	Jacob Keehan	Maple Grove	MN	30	M	16:37	5:33
4	Josh Blankenheim	Duluth	MN	38	M	16:38	5:33
5	Owen Keiser	Jordan	MN	19	M	16:40	5:34
6	Reese Thompson	Chanhassen	MN	17	M	16:50	5:37
7	Ross Golla	Minnetonka	MN	40	M	17:03	5:41
8	Andrew Zabel	Sartell	MN	39	M	17:21	5:47
9	Kyle Swenson	Rogers	MN	17	M	17:30	5:50
10	Shawn Laursen	Boulder	CO	25	M	17:31	5:51

OVERALL MALE AGE GROUP RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	44	Mike Buenting	Chanhassen	MN	44	18	11:30	1:19	1:12	1	37:17	24.1	0:44	8	17:52	5:58	1:08:33
2	318	Moshe Peri	Minnetonka	MN	42	6	10:49	1:14	1:16	6	38:37	23.3	0:34	9	18:03	6:01	1:09:17
3	398	Danny Stevens	Minneapolis	MN	34	10	11:08	1:16	1:07	2	37:47	23.8	0:54	14	18:46	6:16	1:09:39
4	125	Ross Golla	Minnetonka	MN	40	54	12:47	1:28	1:01	3	38:04	23.6	0:47	3	17:03	5:41	1:09:41
5	415	Kyle Swenson	Rogers	MN	17	2	10:19	1:11	1:09	30	41:01	21.9	0:46	4	17:30	5:50	1:10:43
6	450	Steven Voss	Maple Grove	MN	34	25	11:41	1:20	1:16	25	40:41	22.1	0:48	7	17:51	5:57	1:12:15
7	518	Tom Pettit	Excelsior	MN	50	4	10:39	1:13	1:42	18	39:59	22.5	0:43	18	19:22	6:28	1:12:24
8	467	Spencer Williams	Minneapolis	MN	25	5	10:47	1:14	1:34	17	39:57	22.5	0:59	23	19:50	6:37	1:13:04
9	122	Oscar Godoi	Apple Valley	MN	44	1	9:39	1:06	1:25	16	39:56	22.5	0:42	60	21:32	7:11	1:13:13
10	227	Brent Krause	Maple Grove	MN	37	16	11:28	1:19	2:17	4	38:05	23.6	1:57	22	19:48	6:36	1:13:32
11	63	Patrick Crowe	Minneapolis	MN	40	55	12:48	1:28	1:21	27	40:43	22.1	1:08	10	18:10	6:04	1:14:08
12	238	Shawn Laursen	Boulder	CO	25	31	11:59	1:22	1:52	33	41:35	21.6	1:13	5	17:31	5:51	1:14:09
13	39	Tim Bode	Buffalo	MN	51	12	11:38	1:20	1:16	47	39:38	22.7					1:14:09
14	464	Matt Wiitala	Maple Grove	MN	37	88	14:05	1:36	1:41	10	39:07	23.0	0:46	13	18:33	6:11	1:14:10
15	150	Ben Harding	Eden Prairie	MN	44	38	12:13	1:24	1:16	5	38:22	23.5	1:17	45	21:05	7:02	1:14:12
16	344	Eric Roessler	Minnetonka	MN	44	40	12:17	1:24	1:20	8	38:46	23.2	1:03	44	20:53	6:58	1:14:17
17	293	Isaac Muscanto	Roseville	MN	28	29	11:55	1:22	1:37	29	41:00	22.0	1:09	15	18:52	6:18	1:14:31
18	54	Christopher Chang	Minneapolis	MN	29	23	11:38	1:20	1:16	47	42:52	21.0	0:42	12	18:32	6:11	1:14:57
19	369	Kole Seiler	Minneapolis	MN	29	42	12:25	1:25	2:20	36	41:47	21.5	0:46	6	17:41	5:54	1:14:57
20	168	David Hoebelheinrich	St. Louis Park	MN	27	21	11:32	1:20	1:42	11	39:34	22.8	1:21	43	20:56	6:57	1:15:57
21	31	Tim Nordberg	Chanhassen	MN	38	17	12:12	1:26	1:44	9	38:54	22.1	0:54	51	21:32	7:08	1:15:25
22	436	Keith Tufte	Excelsior	MN	59	13	12:17	1:17	2:05	20	40:00	22.5	0:56	44	21:13	7:05	1:15:29
23	341	Carson Roehl	St. Bonifacius	MN	16	44	12:27	1:25	1:15	46	42:51	21.0	0:39	11	18:20	6:07	1:15:31
24	123	David Goldberg	Minnetrista	MN	58	19	11:32	1:19	1:24	15	39:52	22.6	0:57	72	21:57	7:19	1:15:40
25	204	Justin Jones	Minneapolis	MN	25	22	11:37	1:20	1:45	28	40:57	22.0	1:23	28	20:09	6:43	1:15:49
26	268	Alfredo Martel	Minneapolis	MN	53	41	12:24	1:25	1:22	31	41:05	21.9	1:06	36	20:36	6:52	1:16:32
27	209	Rob Kaufman	Chanhassen	MN	56	14	11:24	1:18	1:17	21	40:08	22.4	0:57	95	22:52	7:38	1:16:37
28	355	Ryan Saline	Cloquet	MN	44	108	14:33	1:40	1:57	7	38:42	23.3	0:49	41	20:49	6:57	1:16:48
29	298	Ian Nemerov	Edina	MN	53	27	11:49	1:21	1:59	22	40:12	22.4	1:03	73	22:00	7:20	1:17:02
30	390	Marc Sontowski	Chanhassen	MN	36	35	12:12	1:24	1:09	19	40:00	22.5	0:42	103	23:08	7:43	1:17:10
31	400	Kristian Stoeckel	Plymouth	MN	46	48	12:35	1:26	2:13	23	40:13	22.4	1:11	50	21:13	7:05	1:17:23
32	248	Philip Litfin	Waconia	MN	34	33	12:09	1:23	2:12	43	42:40	21.1	1:13	16	19:13	6:25	1:17:26
33	131	Kevin Grafft	Chganhassen	MN	58	53	12:47	1:28	1:49	38	42:00	21.4	0:57	25	20:01	6:41	1:17:32
34	422	Robert Thames	Flagstaff	4	59	69	13:21	1:32	1:41	32	41:28	21.7	1:19	30	20:14	6:45	1:18:02
35	364	Mark Schimke	Chanhassen	MN	43	83	13:55	1:35	2:19	13	39:43	22.7	1:10	55	21:18	7:06	1:18:23
36	425	Reese Thompson	Chanhassen	MN	17	59	13:03	1:29	2:49	87	45:37	19.7	0:25	2	16:50	5:37	1:18:42
37	32	Curtis Billmeyer	Plymouth	MN	57	116	14:48	1:41	1:52	14	39:47	22.6	1:11	47	21:09	7:03	1:18:45
38	144	Isaac Hagen	Chanhassen	MN	37	38	12:17	1:24	1:35	51	43:11	20.8	0:54	52	21:16	7:06	1:19:11
39	30	Josh Bertelson	Plymouth	MN	39	12	11:16	1:17	1:17	55	43:22	20.8	0:55	88	22:39	7:33	1:19:27
40	20	Matt Bartel	Waconia	MN	52	47	14:12	1:17	2:02	24	40:26	22.3	1:19	63	21:33	7:12	1:19:35
41	141	Jeff Bergstrom	Chanhassen	MN	43	43	12:25	1:25	2:07	62	43:45	20.7	0:47	9	20:08	6:56	1:19:55
42	443	Joshua Van Kirk	Maple Grove	MN	37	101	14:22	1:38	2:19	44	41:37	21.6	1:27	27	20:08	6:43	1:19:52
43	412	Greg Swanson	Rogers	MN	50	20	11:33	1:19	1:45	40	42:22	21.2	1:08	127	23:59	8:00	1:20:46
44	183	Soren Huggins	Saint Louis Park	MN	45	3	10:39	1:13	1:46	79	44:45	20.1	0:59	93	22:49	7:37	1:20:57
45	11	Luke Anton	St. Anthony	MN	33	120	15:00	1:43	1:43	63	43:48	20.5	0:48	20	19:42	6:34	1:20:58
46	59	Robert Cooley	Saint Paul	MN	50	66	13:20	1:31	1:52	39	42:07	21.4	1:19	90	22:46	7:36	1:21:22
47	222	Alex Koehler	St Louis Park	MN	25	109	14:37	1:40	2:18	72	44:27	20.2	0:52	19	19:28	6:30	1:21:41
48	211	Owen Keiser	Jordan	MN	19	28	11:51	1:21	1:54	163	50:49	17.7	0:36	1	16:40	5:34	1:21:49
49	232	Nathan Kuncel	Eagan	MN	46	67	13:21	1:31	3:11	44	42:44	21.1	1:20	59	21:32	7:11	1:22:05
50	315	Sam Pausha	Madison	WI	23	37	12:13	1:24	2:29	106	47:03	19.1	0:41	21	19:47	6:36	1:22:11
51	130	Matt Grady	Chanhassen	MN	37	58	13:01	1:29	2:05	83	44:53	20.1	0:58	57	21:23	7:08	1:22:18
52	350	Kyle Rooney	Minnetonka	MN	42	51	12:42	1:27	2:31	86	45:34	19.8	0:50	42	20:49	6:57	1:22:24
53	42	David Brooks	Brooklyn Park	MN	50	115	14:48	1:41	3:19	26	40:42	22.1	1:18	80	22:24	7:28	1:22:29
54	56	Brian Ciemnicki	Lakeville	MN	45	112	14:41	1:41	2:28	37	41:51	21.5	1:18	76	22:13	7:25	1:22:29
55	437	Thorn Turner	Shorewood	MN	56	11	11:08	1:16	1:37	122	47:50	18.8	0:55	48	21:11	7:04	1:22:39
56	45	Scott Bunner	Victoria	MN	47	79	13:51	1:35	1:47	54	43:21	20.8	1:04	86	22:38	7:33	1:22:40
57	80	Peter Elsham	Plymouth	MN	31	86	13:58	1:36	2:27	53	43:20	20.8	0:49	75	22:07	7:23	1:22:40
58	206	Kevin Jost	Crystal	MN	42	75	13:43	1:34	2:28	49	42:55	21.0	1:16	82	22:31	7:31	1:22:52
59	218	David Knackson	Prior Lake	MN	56	32	12:09	1:23	2:00	59	43:41	20.6	0:56	143	24:32	8:11	1:23:16
60	279	Audun Mikkelsen	Hayward	WI	61	8	10:59	1:15	3:51	24	43:15	20.8	1:01	133	24:15	8:05	1:23:20
61	28	Thomas Bergren	Blaine	MN	62	7	13:48	1:34	2:06	56	43:27	20.7	1:30	83	22:32	7:31	1:23:21
62	143	Dan Hackenberg	Eden Prairie	MN	46	68	13:21	1:31	2:22	75	44:35	20.2	1:20	69	21:51	7:17	1:23:28
63	515	Josh Halper	Golden Valley	MN	19	64	13:14	1:31	1:33	69	44:09	20.4	0:55	128	24:00	8:00	1:23:48
64	470	Garrett Wilson	Edina	MN	48	56	12:50	1:28	2:19	80	44:46	20.1	1:12	104	23:09	7:43	1:24:13
65	29	Eric Bergstrom	Savage	MN	42	46	12:30	1:26	2:08	74	44:32	20.2	1:09	130	24:03	8:01	1:24:21
66	231	Ryan Cucera	Columbia Heights	MN	42	167	17:18	1:58	2:38	42	42:39	21.1	1:19	35	20:33	6:51	1:24:24
67	468	Troy Williams	Savage	MN													

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89	187	Hans Hummel	Minnetrista	MN	39	77	13:49	1:35	2:13	128	48:21	18.6	1:25	68	21:51	7:17	1:27:38
90	289	Thomas Moser	Minneapolis	MN	56	189	18:12	2:05	1:37	41	42:32	21.2	1:54	119	23:33	7:51	1:27:46
91	424	Ryan Theune	Edina	MN	37	24	11:39	1:20	3:15	116	47:32	18.9	1:54	116	23:28	7:50	1:27:47
92	427	Henry Thomsen-Trajano	Savage	MN	18	142	16:01	1:50	1:48	144	49:14	18.3	0:35	29	20:14	6:45	1:27:50
93	78	Casey Dziejewczynski	Minneapolis	MN	33	169	17:20	1:59	3:06	88	45:39	19.7	1:50	33	20:25	6:49	1:28:19
94	433	Scott Tollefson	Minneapolis	MN	52	202	19:26	2:13	2:41	66	44:07	20.4	1:31	40	20:48	6:56	1:28:32
95	246	Aaron Liss	Eagan	MN	37	39	12:17	1:24	4:32	101	46:43	19.3	3:27	61	21:35	7:12	1:28:33
96	276	John McKeen	Edina	MN	49	49	12:36	1:26	2:25	111	47:24	19.0	1:31	145	24:39	8:13	1:28:33
97	445	Steve Vandersanden	Chanhassen	MN	39	107	14:30	1:39	2:37	118	47:34	18.9	1:38	78	22:19	7:27	1:28:35
98	76	Grant Dressen	Wayzata	MN	27	113	14:43	1:41	3:02	57	43:28	20.7	1:33	161	25:54	8:38	1:28:37
99	431	Jack Tiesg	Hugo	MN	53	192	18:17	2:05	3:09	76	44:38	20.2	1:47	58	21:31	7:11	1:29:20
100	297	Lawrence Nemecek	Minnetrista	MN	52	100	14:18	1:38	2:46	81	44:49	20.1	1:36	164	26:06	8:42	1:29:33
101	145	Paul Ham	Minnetrista	MN	45	174	17:35	2:00	3:10	65	44:05	20.4	1:41	100	23:05	7:42	1:29:35
102	454	Dustin Warner	Eden Prairie	MN	52	87	14:01	1:36	2:40	125	48:02	18.7	1:11	122	23:44	7:55	1:29:37
103	374	Collin Shaughnessy	Eden Prairie	MN	41	191	18:14	2:05	3:56	84	45:17	19.9	1:01	54	21:17	7:06	1:29:43
104	251	Breckyn Lovvaas	Minnetonka	MN	15	98	14:12	1:37	1:13	179	52:23	17.2	0:52	46	21:07	7:03	1:29:47
105	237	Dwight Larsen	Plymouth	MN	56	128	15:23	1:45	2:18	94	46:20	19.4	0:53	153	25:11	8:24	1:30:03
106	331	Kevin Reed	Minnetonka	MN	39	95	17:14	1:57	3:10	112	47:24	19.0	1:19	181	22:34	7:31	1:30:06
107	163	Rich Beytens	Brooklyn Park	MN	56	111	14:40	1:40	2:30	78	44:43	20.0	1:10	183	27:06	9:24	1:30:08
108	337	Thomas Richards	Chanhassen	MN	29	85	13:58	1:36	2:25	124	47:56	18.8	0:51	154	25:12	8:24	1:30:21
109	169	Cory Hoekstra	Shakopee	MN	37	206	19:53	2:16	3:45	35	41:42	21.6	1:56	101	23:06	7:42	1:30:21
110	434	Jake Tomczik	Minneapolis	MN	43	135	15:52	1:49	2:54	103	47:00	19.1	1:20	110	23:18	7:46	1:30:22
111	357	Emilio Santamaria	Edina	MN	26	110	14:40	1:40	2:57	110	47:17	19.0	1:12	137	24:24	8:08	1:30:28
112	105	Jeff Frank	Eagan	MN	30	221	22:39	2:35	2:27	73	44:28	20.2	1:06	24	19:51	6:37	1:30:29
113	514	Cole Garlock	Mpls	MN	16	132	15:39	1:47	4:44	137	48:52	18.4	2:04	17	19:18	6:26	1:30:36
114	194	Sam Jahnke	Edina	MN	26	102	14:24	1:39	3:23	132	48:38	18.5	1:30	91	22:47	7:36	1:30:40
115	460	Eric Werlinger	Eden Prairie	MN	40	99	14:16	1:38	3:29	109	47:16	19.0	1:17	138	24:26	8:09	1:30:42
116	132	Brad Grayson	Andover	MN	36	9	11:02	1:16	3:40	154	49:55	18.0	1:40	141	24:30	8:10	1:30:44
117	379	Alexander Siebenaler	Hastings	MN	19	185	17:56	2:03	2:54	136	48:52	18.4	0:51	31	20:20	6:47	1:30:51
118	322	Aaron Pierce	Minnetonka	MN	37	123	15:09	1:44	2:40	143	49:05	18.3	0:49	111	23:22	7:48	1:31:03
119	299	Tim Ness	Bloomington	MN	26	190	18:13	2:05	3:46	90	46:03	19.5	2:25	37	20:39	6:53	1:31:04
120	441	Adam Valen	Glencoe	MN	27	160	16:58	1:56	1:59	135	48:47	18.4	1:47	67	21:48	7:16	1:31:16
121	90	Eduardo Fernandez-Monge	Plymouth	MN	32	122	15:03	1:43	2:32	181	52:26	17.2	0:41	38	20:42	6:54	1:31:23
122	156	Matt Hedberg	Chanhassen	MN	44	93	14:10	1:37	3:02	149	49:31	18.2	1:20	113	23:23	7:48	1:31:24
123	23	Bart Becker	Blaine	MN	41	188	18:12	2:04	2:33	97	46:37	19.3	0:57	107	23:15	7:45	1:31:31
124	98	Greg Fletcher	Chanhassen	MN	64	62	13:11	1:30	3:41	77	44:43	20.1	2:36	188	27:24	9:08	1:31:33
125	234	Dan Lagermeier	Minnetonka	MN	56	159	16:52	1:55	2:22	89	45:46	19.7	1:30	155	25:13	8:25	1:31:42
126	331	Matthew Ostrowski	Chaska	MN	50	95	14:11	1:37	3:10	100	46:42	19.3	1:19	177	26:44	8:55	1:32:05
127	340	Robert Roby	Cambridge	MN	60	137	15:54	1:49	3:05	96	46:35	19.3	1:18	146	26:00	8:11	1:32:09
128	408	Eric Sundberg	Saint Paul	MN	46	208	20:03	2:17	2:07	98	46:39	19.3	1:10	84	20:22	6:37	1:32:30
129	461	Darren Whipp	Victoria	MN	45	165	17:12	1:58	3:56	93	46:18	19.4	1:50	109	23:17	7:46	1:32:30
130	89	Kurtis Fechtmeyer	Minneapolis	MN	54	139	15:55	1:49	1:42	105	47:02	19.1	2:31	158	25:23	8:28	1:32:31
131	136	Jeffrey Groffsky	Edina	MN	60	81	13:54	1:35	3:00	121	47:47	18.8	1:26	174	26:27	8:49	1:32:32
132	409	Alex Sundin	Minneapolis	MN	29	141	15:58	1:49	2:39	107	47:05	19.1	0:38	168	26:20	8:47	1:32:38
133	396	Nathan Steeves	Westminster	CO	19	34	12:10	1:23	4:05	188	52:48	17.0	0:47	96	22:53	7:38	1:32:41
134	406	Bjorn Sund	Minneapolis	MN	23	146	16:17	1:51	2:59	129	48:26	18.6	1:30	118	23:32	7:51	1:32:42
135	85	Mike Fairchild	Watertown	SD	47	121	15:00	1:43	3:09	120	47:46	18.8	1:38	156	25:19	8:27	1:32:50
136	365	Phil Schrupp	Minneapolis	MN	29	127	15:22	1:45	3:13	160	50:22	17.9	1:10	98	22:59	7:40	1:33:03
137	180	Michael Honnoll	Rogers	MN	46	91	14:06	1:37	2:38	162	50:49	17.7	1:26	132	24:15	8:05	1:33:12
138	517	Shannon Logue	Rush City	MN	47	176	17:43	2:01	3:09	71	44:26	20.3	1:37	170	26:24	8:48	1:33:17
139	202	Christopher Johnston	Orono	MN	19	187	18:01	2:03	2:38	145	49:16	18.3	1:28	71	21:57	7:19	1:33:17
140	392	Dak Sorenson	Albert Lea	MO	40	151	16:33	1:53	2:42	165	51:03	17.6	0:50	77	22:14	7:25	1:33:19
141	255	Daniel Lynch	Saint Paul	MN	59	147	16:18	1:52	4:37	113	47:27	19.0	1:57	108	23:16	7:46	1:33:33
142	402	Stephen Strait	Maple Grove	MN	33	203	19:38	2:14	2:50	115	47:30	18.9	1:19	87	22:38	7:33	1:33:53
143	147	Ed Hanzlik	Shorewood	MN	57	78	13:50	1:35	2:55	147	49:26	18.2	1:04	178	26:44	8:55	1:33:57
144	95	Stanton Fitting	Buffalo	MN	64	70	13:32	1:33	2:16	177	52:17	17.2	2:10	124	23:48	7:56	1:34:01
145	435	Jack Tougiant	Minneapolis	MN	25	199	18:37	2:07	2:48	164	51:02	17.6	1:12	32	20:25	6:49	1:34:01
146	170	Elliot Hoekstra	Saint Louis Park	MN	27	26	11:44	1:20	3:40	142	49:03	18.3	0:45	206	29:00	9:40	1:34:13
147	9	Kevin Fischer	Bloomington	MN	44	172	17:25	2:00	2:48	126	48:15	18.7	1:09	148	26:50	8:15	1:34:18
148	225	Richard Kocoly-Thege	Grand Valley	MN	33	84	14:11	1:37	3:13	104	47:35	18.1	1:47	161	25:50	8:17	1:34:20
149	389	Daniel Sobiech	Excelsior	MN	48	92	14:10	1:37	3:13	111	49:02	18.4	1:51	180	26:57	8:59	1:35:11
150	215	Brent Kinder	Forest Lake	MN	22	179	17:48	2:02	2:53	174	52:08	17.3	0:42	63	21:43	7:15	1:35:13
151	101	Tom Foote	Richfield	MN	27	187	17:53	2:02	4:03	95	46:30	19.4	2:05	149	24:54	8:18	1:35:22
152	453	Colton Warner	Eden Prairie	MN	14	61	13:10	1:30	2:52	182	52:30	17.1	1:06	175	26:34	8:52	1:36:09
153	165	Colin Hill	Minneapolis	MN	37	175	17:41	2:01	3:43	133	48:44	18.5	1:20	147	24:49	8:17	1:36:15
154	142	Joe Guttman	Eden Prairie	MN	60	63	13:13	1:31	2:38	117	47:34	18.9	1:52	224	31:25	10:29	1:36:39
155	451	Mark Vyvyan	Maple Grove	MN	46	182	17:53	2:02	4:37	130	48:34	18.5	3:06	85	22:37	7:33	1:36:46
156	116	Davis Garborg	Minneapolis	MN	23	201	19:11	2:11	3:43	152	49:45	18.1	0:54	120	23:39	7:53	1:37:11
157	157	Peter Hegland	Utica	MN	23	90	14:05	1:37	3:51	178	52:18	17.2	1:02	163	26:03	8:41	1:37:17
158	200	Ward Johnson	Minneapolis	MN	48	144	16:15	1:51	3:14	140	48:59	18.4	2:51	165	26:07	8:43	1:37:25
159	177	Philip Holt	Minneapolis	MN	27	104	14:29	1:39	3:10	168	51:29	17.5	2:08	167	26:19	8:47	1:37:33
160	265	Christopher Marshall	Plymouth	MN	48	143	16:01	1:50	3:34	148	49:30	18.2	2:16	169	26:20	8:47	1:37:39
161	476	James Zacchini	Minneapolis	MN	46	168	17:18	1:58	3:36	123	47:51	18.8	2:50	171	26:24	8:48	1:37:57
162	184	Hayden Hughes	Victoria	MN	35	149	16:20	1:52	3:38	197	54:34	16.5	0:48	92	22:48	7:36	1:38:06
163	429	Steve Thon	Chippewa Falls	WI	67	129	15:25	1:46	3:24	158	50:11	17.9	2:15	185	27:08	9:03	1:38:21
164	223	Logan Kohorst	Apple Valley	MN	23	178	17:46	2:02	2:43	186	52:33	17.1	0:37	152	25:06	8:22	1:38:44
165	193	Richard Jahnke	Edina	MN	62	117	14:50	1:42	5:10	139	48:56	18.4	1:04	205	28:59	9:40	1:38:56

2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

216	160	Isaac Hennen	Minnetonka	MN	19	224	23:11	2:39	3:33	230	1:03:01	14.3	1:00	123	23:45	7:55	1:54:28
217	69	Steven Davis	Victoria	MN	40	237	29:55	3:24	3:55	200	55:05	16.3	1:11	150	24:59	8:20	1:55:03
218	166	Kevin Hintz	Minnetonka	MN	23	223	23:05	2:38	2:36	235	1:05:19	13.8	1:16	121	23:41	7:54	1:55:05
219	167	William Hintz	Oconomowoc	WI	60	215	20:42	2:22	4:30	219	59:30	15.1	2:14	208	29:14	9:45	1:56:08
220	381	Patrick Slator	Eden Prairie	MN	53	234	24:39	2:48	5:45	213	56:57	15.8	1:10	195	28:15	9:25	1:56:44
221	217	John Klick	Wayzata	MN	49	222	22:42	2:35	5:49	205	55:40	16.2	2:38	215	30:34	10:12	1:57:22
222	320	Doug Pfaff	Minneapolis	MN	75	196	18:25	2:06	7:05	202	55:19	16.3	3:25	230	33:37	11:13	1:57:49
223	420	Mike Tenney	Excelsior	MN	74	184	17:55	2:03	4:27	194	53:49	16.7	2:58	236	39:17	13:06	1:58:24
224	86	George Fantauzza	Buffalo	MN	67	236	27:51	3:10	6:23	190	53:04	17.0	2:53	199	28:39	9:33	1:58:48
225	25	Dan Bellido	Falcon Heights	MN	25	71	13:35	1:33	2:47	240	1:12:43	12.4	2:18	197	28:31	9:31	1:59:52
226	397	Lance Steinke	Minneapolis	MN	51	183	17:55	2:03	2:41	208	55:52	16.1	12:58	216	30:35	10:12	1:59:59
227	283	Andy Mitchell	Minnetonka	MN	67	198	18:33	2:07	4:15	226	1:00:38	14.8	0:56	234	36:24	12:08	2:00:45
228	47	Bennett Bykowski	Minneapolis	MN	31	238	30:27	3:28	4:11	214	57:08	15.8	0:47	221	30:59	10:20	2:03:30
229	48	Carter Bykowski	Chaska	MN	28	226	23:22	2:40	11:17	215	57:11	15.7	0:43	222	30:59	10:20	2:03:31
230	330	Harish Ramachandran	Chanhausen	MN	38	213	20:34	2:21	5:07	232	1:04:16	14.0	3:27	226	32:25	10:49	2:05:47
231	324	Mike Prochno	Excelsior	MN	62	229	23:51	2:43	6:13	231	1:03:19	14.2	1:56	231	33:40	11:14	2:08:58
232	146	Matthew Hanson	Bloomington	MN	26	218	21:54	2:30	3:49	241	1:18:31	11.5	2:33	97	22:55	7:39	2:09:39
233	68	Jeffrey Davila	St Louis Park	MN	34	209	20:19	2:19	4:28	239	1:12:07	12.5	1:20	225	31:30	10:30	2:09:42
234	182	Terrance Hudson	Minneapolis	MN	50	239	30:55	3:31	3:45	228	1:01:47	14.6	2:36	219	30:44	10:15	2:09:45
235	347	Jim Rohde	Shakopee	MN	74	231	24:00	2:44	4:56	229	1:01:55	14.5	1:22	235	37:37	12:33	2:09:49
236	207	Joe Kandiko	Excelsior	MN	69	170	17:26	1:59	4:26	236	1:05:28	13.7	5:27	237	41:42	13:54	2:12:56
237	458	Douglas Welder	Chanhausen	MN	46	240	31:10	3:33	5:31	237	1:06:46	13.5	1:04	209	29:17	9:46	2:13:46
238	186	Steve Hughes	Excelsior	MN	60	217	21:47	2:29	8:07	221	59:47	15.1	1:08	238	44:43	14:55	2:15:30
239	181	Jerry House	Woodbury	MN	71	227	23:34	2:41	5:27	238	1:12:01	12.5	3:34	229	33:36	11:12	2:18:10
	462	Duane Whittaker	Minneapolis	MN	63	130	15:28	1:46	4:55	171	51:54	17.3	2:24				
	378	Daniel Sieben	Edina	MN	60	233	24:15	2:46	3:21	166	51:17	17.5					
	74	Joe Derock	Minneapolis	MN	52	103	14:26	1:39	4:22	242	1:30:00	10.0					
	256	Dave MacDougal	Minnetonka	MN	55	30	11:58	1:22	1:52								
	426	Daniel Thomsen-Trajano	Savage	MN	52	50	12:40	1:27	2:14								

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	43	Isabella Buenting	Chanhausen	MN	16	2	11:02	1:16	1:12	2	41:18	21.8	0:37	1	19:08	6:23	1:13:15
2	97	Jennifer Fitzharris-Fun	Minneapolis	MN	43	46	14:30	1:39	1:07	1	40:54	22.0	0:52	3	20:36	6:52	1:17:58
3	351	Bette Rowley	Burnsville	MN	34	18	12:49	1:26	1:10	12	43:30	20.7	0:33	5	20:22	6:48	1:18:04
4	262	Jessie Maher	Emidji	MN	55	10	11:52	1:21	1:35	11	43:20	20.7	0:39	6	20:16	6:41	1:18:05
5	235	Erin Lahti	Chaska	MN	36	9	11:50	1:21	1:32	8	42:33	21.2	0:57	9	21:25	7:09	1:18:15
6	216	Christel Kippenhan	Bemidji	MN	54	4	11:16	1:17	1:21	10	42:59	20.9	0:48	28	22:55	7:39	1:19:17
7	327	Jody Quesnell	Roseville	MN	51	27	13:22	1:32	1:33	3	41:56	21.5	0:48	21	22:21	7:27	1:19:57
8	271	Jennifer Martone	Minneapolis	MN	47	30	13:25	1:32	1:51	4	42:07	21.4	1:00	12	21:40	7:14	1:20:02
9	411	Laura Swartz	St. Louis Park	MN	52	41	14:00	1:36	1:17	7	42:30	21.2	0:59	13	22:01	7:21	1:20:46
10	311	Julie Pagano	Lake Elmo	MN	37	25	13:21	1:31	1:39	5	42:09	21.4	0:49	31	23:23	7:48	1:21:20
11	164	Janel Hibbard	Rosemount	MN	34	40	13:48	1:34	2:02	9	42:37	21.1	0:49	20	22:20	7:27	1:21:23
12	401	Mandy Stoesz	Buffalo	MN	34	21	12:50	1:28	1:16	19	45:00	20.0	1:03	17	22:16	7:26	1:22:23
13	40	Veronica Bond	Rochester	MN	47	14	12:11	1:24	1:44	15	43:53	20.5	1:33	35	23:36	7:52	1:22:55
14	7	Kris Anderson	Mankato	MN	43	8	11:42	1:20	1:48	22	45:29	19.8	1:46	15	22:12	7:24	1:22:56
15	399	Charleen Stoeckel	Plymouth	MN	38	49	14:37	1:40	2:14	14	43:39	20.6	1:28	14	22:09	7:23	1:24:05
16	196	Leanne Johansen	Wayzata	MN	43	17	12:28	1:25	2:02	20	45:07	19.9	1:01	36	23:43	7:55	1:24:19
17	162	Kelli Heytens	Brooklyn Park	MN	23	57	15:08	1:44	2:01	17	44:39	20.2	1:10	23	22:37	7:33	1:25:35
18	129	Rachel Gordon	Saint Paul	MN	34	19	12:30	1:26	2:18	16	44:08	20.4	1:38	53	25:02	8:21	1:25:35
19	370	Quin Seiler	Minneapolis	MN	30	54	14:50	1:42	1:54	35	47:14	19.1	1:13	4	24:07	6:49	1:25:35
20	219	Julie Knochenmus	Esko	MN	53	67	15:59	1:49	1:44	6	42:28	21.2	1:25	39	24:07	8:03	1:25:40
21	516	Meredith Duncans	Excelsior	MN	38	72	16:30	1:53	3:28	13	43:39	20.6	1:13	11	21:38	7:13	1:26:26
22	249	Lisa Liu	Minneapolis	MN	25	16	12:23	1:25	2:23	34	47:14	19.1	1:10	37	23:48	7:56	1:26:57
23	83	Julie Ewasjuk	Chanhausen	MN	40	31	13:26	1:32	2:29	31	46:58	19.2	1:08	29	23:10	7:44	1:27:09
24	462	Kara Wilmite	Plymouth	MN	53	15	12:18	1:23	1:44	45	48:29	18.7	1:15	15	22:11	7:07	1:27:41
25	233	Dawn Labiosa	Apple Valley	MN	54	15	12:13	1:24	2:26	29	46:50	19.2	1:08	56	25:17	8:26	1:27:42
26	35	Jennifer Birkmeier	Andover	MN	45	61	15:29	1:46	2:39	26	45:59	19.6	1:24	22	22:31	7:31	1:28:00
27	243	Michelle Lensing	Wayzata	MN	22	33	13:27	1:32	1:48	36	47:22	19.0	1:14	46	24:26	8:09	1:28:16
28	290	Jonette Murphy	Rapid City	SD	46	22	12:58	1:29	2:14	24	45:43	19.7	1:26	70	26:06	8:42	1:28:25
29	137	Helen Gunther	Excelsior	MN	62	60	15:28	1:46	2:01	23	45:42	19.7	1:00	43	24:18	8:06	1:28:26
30	19	Betsy Barrett	Northfield	MN	53	12	12:08	1:23	4:42	43	49:07	18.3	1:15	8	21:21	7:07	1:28:32
31	394	Dawn Stapleton	Chaska	MN	40	52	14:48	1:41	1:46	28	46:41	19.3	1:33	47	24:28	8:10	1:29:14
32	117	Bridget Geissler	Minneapolis	MN	29	32	13:26	1:32	2:15	44	49:15	18.3	0:42	40	24:07	8:03	1:29:43
33	385	Jamee Smith	Hopkins	MN	42	70	16:17	1:51	1:40	37	47:28	19.0	1:26	32	23:24	7:48	1:30:13
34	291	Sarah Murphy	Minneapolis	MN	54	75	16:39	1:54	2:20	27	46:15	19.5	1:25	38	23:54	7:58	1:30:33
35	380	Kate Simonet	Brooklyn Park	MN	24	42	14:13	1:37	2:23	48	49:52	18.0	1:05	33	23:25	7:49	1:30:56
36	21	Emily Bauer	Minneapolis	MN	27	29	13:24	1:32	2:28	41	48:43	18.5	1:08	80	26:57	8:59	1:32:38
37	309	Gretja Otten	Wayzata	MN	23	56	15:04	1:43	3:16	51	50:14	17.9	0:54	30	23:17	7:46	1:32:43
38	50	Shannon Carroll	Eden Prairie	MN	39	74	16:37	1:54	2:25	33	47:12	19.1	2:17	42	24:16	8:06	1:32:46
39	153	Tanya Hass	Fargo	ND	38	93	17:51	2:02	4:36	47	49:49	18.1	1:29	2	19:36	6:32	1:33:20
40	155	Maria Hauer	New Hope	MN	24	48	14:37	1:40	1:55	71	53:15	16.9	1:00	25	22:42	7:34	1:33:26
41	245	Allison Linde	Bloomington	MN	27	20	12:38	1:27	1:33	59	51:37	17.4	1:09	74	26:36	8:52	1:33:31
42	55	Summer Chevalier Schust	Minneapolis	MN	41	97	18:16	2:05	2:39	55	51:04	17.6	0:43	7	21:03	7:03	1:33:50
43	421	Anna Terry	Saint Paul	MN	95	45	14:24	1:21	3:06	31	48:25	18.6	1:46	73	26:29	8:47	1:34:03
44	34	Sarah Curry	Eden Prairie	MN	35	63	15:49	1:42	2:38	40	48:29	18.6	1:10	85	27:21	9:07	1:34:04
45	513	Rebecca Karnes-Toth	Mound	MN	42	118	20:12	2:18	2:53	38	48:14	18.7	0:55	18	22:19	7:27	1:34:31
46	362	Morgan Schaeffer	St. Louis Park	MN	24	26	13:21	1:31	2:26	96	55:30	18.2	0:42	26	22:46	7:36	1:34:44
47	9	Leah Anderson	Falcon Heights	MN	25	7	11:38	1:20	2:19	87	54:47	16.4	0:59	57	25:19	8:27	1:34:59
48	358	Christa Sauer	Maple Grove	MN	26	3	11:04	1:16	2:55	86	54:41	16.5	0:51	66	25:56	8:39	1:35:25
49	161	Emma Heuer	Beaver Dam	WI	25	38	13:44	1:34	1:39								

2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

92	12	Amber Asmus	Roseville	MN	41	124	20:25	2:20	4:37	75	53:49	16.7	2:41	48	24:42	8:14	1:46:12
93	13	Olivia Asta	Eagan	MN	22	107	19:02	2:10	4:22	112	57:52	15.6					1:46:17
94	198	Leah Johnson	Chanhassen	MN	26	68	16:04	1:50	3:32	92	55:06	16.3	1:34	111	30:05	10:02	1:46:19
95	34	Christy Bipes	Minneapolis	MN	37	69	16:13	1:51	6:03	100	55:55	16.1	0:51	84	27:19	9:07	1:46:20
96	79	Christina Elberts	Plymouth	MN	31	113	19:17	2:12	4:16	93	55:16	16.3	2:39	49	24:55	8:19	1:46:22
97	100	Laura Foote	Richfield	MN	27	63	15:42	1:48	3:29	98	55:50	16.1	2:07	106	29:19	9:47	1:46:26
98	300	Heidi Neubauer	Minnetonka	MN	30	82	16:58	1:56	5:23	91	55:00	16.4	2:40	81	27:06	9:02	1:47:05
99	270	Taylor Martinek	St. Paul	MN	22	35	13:31	1:33	2:54	121	1:00:10	15.0	1:37	102	29:15	9:45	1:47:25
100	386	Stephanie Smith	Minneapolis	MN	24	108	19:02	2:10	5:47	70	52:54	17.0	3:19	79	26:50	8:57	1:47:51
101	17	Diana Barr	Edina	MN	36	66	15:57	1:49	2:44	119	58:51	15.3	2:07	103	29:15	9:45	1:48:52
102	448	Gina Vick	Minnetonka	MN	43	129	21:06	2:24	2:50	97	55:34	16.2	0:41	101	29:01	9:41	1:49:09
103	96	Emily Fitzgerald	Wayzata	MN	34	5	11:22	1:18	3:46	126	1:02:29	14.4	1:00	115	30:46	10:16	1:49:22
104	393	Angie Spencer	Minneapolis	MN	36	106	19:02	2:10	4:06	113	57:57	15.5	1:20	89	27:45	9:15	1:50:09
105	281	Rachel Miller	Minneapolis	MN	44	117	20:09	2:18	4:15	68	52:40	17.1	1:57	117	31:13	10:25	1:50:13
106	87	Heather Farrar	Roseville	MN	46	84	17:05	1:57	4:13	123	1:00:59	14.8	1:38	78	26:47	8:56	1:50:40
107	316	Kara Pederson	Bloomington	MN	45	71	16:23	1:52	3:46	116	58:22	15.4	0:51	120	31:33	10:31	1:50:53
108	107	Katie Franz	Eden Prairie	MN	43	61	14:42	1:41	5:03	102	56:02	16.1	2:16	126	32:54	10:58	1:50:56
109	102	Amy Forbes	Plymouth	MN	40	102	18:28	2:06	3:43	83	54:38	16.5	1:36	125	32:42	10:54	1:51:04
110	316	Michel Sanders	Saint Paul	MN	65	114	19:19	2:12	4:18	72	53:22	16.9	1:55	124	32:14	10:45	1:51:05
111	239	Katie Lawler	St Louis Park	MN	48	83	17:02	1:57	2:35	61	51:48	17.4	2:14	136	37:33	12:31	1:51:09
112	103	Connie Foster	River Falls	WI	68	94	17:52	2:02	3:25	103	56:52	15.8	2:47	114	30:19	10:07	1:51:13
113	26	Mandy Bellm	Waconia	MN	38	98	18:19	2:05	3:25	122	1:00:40	14.8	0:49	107	29:20	9:47	1:52:30
114	258	Julie Maeyaert	Shorewood	MN	52	127	20:49	2:22	4:03	105	57:00	15.8	2:40	104	29:18	9:46	1:53:48
115	236	Courtney Lane	New Brighton	MN	27	24	13:06	1:30	2:30	136	1:12:17	12.5	1:41	52	24:58	8:20	1:54:31
116	120	Grace Gerring	Minneapolis	MN	27	138	22:57	2:37	4:18	109	57:23	15.7	1:36	98	28:36	9:32	1:54:48
117	118	Jackie Geissler	Minneapolis	MN	38	133	22:14	2:32	3:02	107	57:15	15.7	1:29	119	31:25	10:29	1:55:23
118	377	Cortney Sieber	Edina	MN	31	140	23:57	2:44	4:50	18	44:43	20.1	3:00	137	39:12	13:04	1:55:39
119	455	Kelsey Weber	Eden Prairie	MN	33	58	15:11	1:44	4:53	108	57:22	15.7	2:35	135	35:48	11:56	1:55:48
120	440	Sylvia Utecht	Eagan	MN	53	122	20:20	2:19	2:52	115	58:19	15.4	1:47	128	33:33	11:11	1:56:48
121	171	Becky Hoepfner	Bloomington	MN	43	135	22:36	2:34	4:04	125	1:02:29	14.4	2:34	54	25:15	8:25	1:56:56
122	119	Megan Geissler	Minneapolis	MN	26	85	17:07	1:57	6:45	127	1:02:41	14.4	2:34	93	28:24	9:28	1:57:29
123	8	Laura Anderson	St Paul	MN	36	91	17:37	2:01	6:14	128	1:02:56	14.3	2:20	92	28:24	9:28	1:57:29
124	14	Miranda Aubart	Edina	MN	32	134	22:18	2:33	2:48	111	57:41	15.6	1:41	127	33:23	11:08	1:57:49
125	463	Jen Wieweck	Maple Grove	MN	43	120	20:17	2:19	2:47	118	58:37	15.4	1:16	132	35:09	11:43	1:58:04
126	254	Vicki Luehmann	Jordan	MN	44	119	20:14	2:18	5:27	104	56:56	15.8	3:23	123	32:11	10:44	1:58:10
127	368	Barb Seifert	Shorewood	MN	43	96	18:14	2:05	7:00	120	59:12	15.2	4:17	113	30:15	10:05	1:58:57
128	446	Nataley Vassar	Excelsior	MN	10	88	17:22	1:59	3:38	133	1:05:13	13.8	1:08	122	32:04	10:42	1:59:22
129	300	Susan O'Connor	Chanhassen	MN	20	143	31:38	3:35	4:41	124	1:01:38	14.7	1:32	27	28:55	7:59	2:00:03
130	310	Susan Otten	Wayzata	MN	62	126	20:39	2:16	4:24	134	1:08:27	13.1	0:56	7	28:55	9:42	2:02:11
131	15	Carla Baer	Shorewood	MN	51	100	18:24	2:06	4:09	129	1:03:26	14.2	2:35	133	35:39	11:53	2:04:58
132	127	Jessica Goodsell	Mounds View	MN	25	86	17:07	1:57	6:29	130	1:03:49	14.1	2:54	134	35:40	11:54	2:05:58
133	259	Nicole Maffei	Golden Valley	MN	26	121	20:18	2:19	8:25	132	1:05:05	13.8	1:49	121	31:48	10:36	2:07:24
134	113	Sarah Frost Rotenberge	Minnetonka	MN	27	141	24:02	2:44	4:43	131	1:05:02	13.8	1:53	129	33:48	11:16	2:09:27
135	82	Angie Eret	White Bear Lake	MN	33	132	22:08	2:31	2:56	137	1:13:13	12.3	1:56	110	29:55	9:59	2:10:06
136	277	Ali Meyer	Plymouth	MN	39	144	31:58	3:38	6:04	135	1:11:12	12.6	1:32	67	25:58	8:40	2:16:42
137	73	Megan Denn	Minnetrista	MN	23	59	15:19	1:45	7:58	138	1:16:33	11.8	1:58	131	35:05	11:42	2:16:51
138	92	Naomi Feuerhelm	Edina	MN	36	112	19:11	2:11	3:04	139	1:21:41	11.0	1:19	130	34:31	11:31	2:19:44
139	208	Megan Kane	St. Francis	MN	30	137	22:49	2:36	4:08	140	1:27:20	10.3	1:05	138	41:07	13:43	2:36:28
512	Jenna Horner	Eden Prairie	MN	21	39	13:47	1:34	1:00	58	51:35	17.4						
352	Coleen Rowley	Apple Valley	MN	64	139	23:33	2:41	2:54									
10	Rebecca Anderson	Scandia	MN	25	92	17:46	2:02	3:12									
5	Devon Anderson	Minneapolis	MN	52	125	20:31	2:20										
16	Katelyn Barclay	Jordan	MN	18	142	29:32	3:22										

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	415	Kyle Swenson	Rogers	MN	17	1	1:10:19	1:11	1:09	1	41:01	21.9	0:46	3	17:30	5:50	1:10:43
2	341	Carson Roehl	St. Bonifacius	MN	16	4	12:27	1:25	1:15	2	42:51	21.0	0:39	4	18:20	6:07	1:15:31
3	425	Reese Thompson	Chanhassen	MN	17	5	13:03	1:29	2:49	4	45:37	19.7	0:25	2	16:50	5:37	1:18:42
4	211	Owen Keiser	Jordan	MN	19	2	11:51	1:21	1:54	10	50:49	17.7	0:36	1	16:40	5:04	1:21:49
5	515	Josh Halper	Golden Valley	MN	19	7	13:14	1:31	1:33	3	44:09	20.4	0:55	13	24:00	8:30	1:23:48
6	261	Marcell Magyar	Minnetonka	MN	17	8	13:42	1:34	3:39	7	48:55	18.4	0:38	6	20:08	6:43	1:26:59
7	427	Henry Thomsen-Trajano	Savage	MN	18	13	16:01	1:50	1:48	8	49:14	18.3	0:35	7	20:14	6:45	1:27:50
8	251	Brecklyn Lovaas	Minnetonka	MN	15	10	14:12	1:37	1:13	12	52:23	17.2	0:52	9	21:07	7:03	1:29:47
9	514	Cole Garlock	Mpls	MN	16	11	15:39	1:47	4:44	6	48:52	18.4	2:04	5	19:18	6:26	1:30:36
10	379	Alexander Siebenaler	Hastings	MN	19	14	17:56	2:03	2:54	5	48:52	18.4	0:51	8	20:20	6:47	1:30:51
11	396	Nathan Steeves	Westminster	CO	19	3	12:10	1:23	4:05	14	52:48	17.0	0:47	11	22:53	7:38	1:32:41
12	202	Christopher Johnston	Orono	MN	19	15	18:01	2:03	2:38	9	49:16	18.3	1:28	10	21:57	7:19	1:33:17
13	453	Colton Warner	Eden Prairie	MN	14	6	13:10	1:30	2:52	13	52:30	17.1	1:06	14	26:34	8:52	1:36:09
14	159	Keegan Helmke	St. Paul	MN	18	12	15:57	1:49	2:41	11	51:55	17.3	1:07	15	28:56	9:39	1:40:34
15	230	Owen Kubisiak	Maple Grove	MN	14	9	14:11	1:37	3:27	16	1:05:01	13.8	0:45	16	30:46	10:16	1:54:09
16	160	Isaac Hennen	Minneota	MN	19	16	23:11	2:39	3:33	15	1:03:01	14.3	1:00	12	23:45	7:55	1:54:28

FEMALE AGE GROUP 19 - UNDER

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	43	Isabella Buenting	Chanhassen	MN	16	1	1:11:02	1:16	1:12	1	41:18	21.8	0:37	1	19:08	6:23	1:13:15
2	446	Nataley Vassar	Excelsior	MN	10	2	17:22	1:59	3:38	2	1:05:13	13.8	1:08	2	32:04	10:42	1:59:22
16	Katelyn Barclay	Jordan	MN	18	3	29:32	3:22										

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	315	Sam Pauscha	Madison	WI	23	1	12:13	1:24	2:29	1	47:03	19.1	0:41	1	19:47	6:36	1:22:11
2	406	Bjorn Sund	Minneapolis	MN	23	3	16:17	1:51	2:59	2	48:26	18.6	1:30	3	23:32	7:51	1:32:42
3	215	Brent Kinder	Forest Lake	MN	22	5	17:48	2:02	2:53	4	52:08	17.3	0:42	2	21:43	7:15	1:35:13
4	116	Davis Garborg	Minneapolis														

2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	467	Spencer Williams	Minneapolis	MN	25	1	10:47	1:14	1:34	2	39:57	22.5	0:59	6	19:50	6:37	1:13:04
2	238	Shawn Laursen	Boulder	CO	25	7	11:59	1:22	1:52	5	41:35	21.6	1:13	1	17:31	5:51	1:14:08
3	293	Isaac Muscanto	Roseville	MN	28	6	11:55	1:22	1:37	4	41:00	22.0	1:09	4	18:52	6:18	1:14:31
4	54	Christopher Chang	Minneapolis	MN	29	4	11:38	1:20	1:16	7	42:52	21.0	0:42	3	18:32	6:11	1:14:57
5	369	Kole Seiler	Minneapolis	MN	29	8	12:25	1:25	2:20	6	41:47	21.5	0:46	2	17:41	5:54	1:14:57
6	168	David Hoebeleinrich	St. Louis Park	MN	27	2	11:36	1:20	1:42	1	39:30	22.8	1:21	10	20:50	6:57	1:14:57
7	204	Justin Jones	Minneapolis	MN	25	3	11:37	1:20	1:45	3	40:57	22.0	1:23	7	20:09	6:43	1:15:49
8	222	Alex Kocher	St Louis Park	MN	25	13	14:37	1:40	2:18	10	44:27	20.2	0:52	5	19:28	6:30	1:21:41
9	417	Edwin Tan	Savage	MN	29	18	15:55	1:49	3:12	9	43:37	20.6	1:54	15	23:04	7:42	1:26:00
10	76	Grant Dresen	Wayzata	MN	27	15	14:43	1:41	3:02	8	43:28	20.7	1:33	22	25:54	8:38	1:28:37
11	337	Thomas Richards	Chanhassen	MN	29	10	13:58	1:36	2:25	15	47:56	18.8	0:51	21	25:12	8:24	1:30:21
12	357	Emilio Santamaria	Edina	MN	26	14	14:40	1:40	2:57	14	47:17	19.0	1:12	18	24:24	8:08	1:30:28
13	194	Sam Jahnke	Edina	MN	26	11	14:24	1:39	3:23	16	48:38	18.5	1:30	12	22:47	7:36	1:30:40
14	299	Tim Ness	Bloomington	MN	26	25	18:13	2:05	3:46	11	46:03	19.5	2:25	9	20:39	6:53	1:31:04
15	441	Adam Valen	Glencoe	MN	27	20	16:58	1:56	3:59	17	48:47	18.4	1:47	11	21:48	7:16	1:31:16
16	409	Alex Sundin	Minneapolis	MN	29	19	15:58	1:49	2:39	13	47:05	19.1	0:38	24	26:20	8:47	1:32:38
17	365	Phil Schrupp	Minneapolis	MN	29	17	15:22	1:45	3:13	20	50:22	17.9	1:10	14	22:59	7:40	1:33:03
18	435	Jack Toussignant	Minneapolis	MN	25	26	18:37	2:07	2:48	21	51:02	17.6	1:12	8	20:25	6:49	1:34:01
19	170	Elliot Hoekstra	Saint Louis Park	MN	27	5	11:44	1:20	3:40	18	49:03	18.3	0:45	29	29:00	9:40	1:34:11
20	101	Tom Foote	Richfield	MN	27	23	17:53	2:02	4:03	12	46:30	19.4	2:05	20	24:54	8:18	1:35:22
21	177	Philip Holt	Minneapolis	MN	27	12	14:29	1:39	3:10	22	51:29	17.5	2:08	23	26:19	8:47	1:37:33
22	126	Jonathan Goodman	Robbinsdale	MN	29	22	17:51	2:02	3:52	23	52:04	17.3	1:42	25	26:52	8:58	1:41:21
23	367	Wade Sebold	St. Louis Park	MN	28	28	22:14	2:32	3:26	25	56:16	16.0	1:42	17	24:01	8:01	1:47:38
24	383	Francis Slaughter	Minneapolis	MN	26	21	16:59	1:56	2:55	24	56:03	16.1	1:16	31	32:55	10:59	1:50:06
25	321	Alex Phillips	Hopkins	MN	27	24	17:59	2:03	5:57	27	57:29	15.7	1:01	26	27:52	9:18	1:50:16
26	348	Lorin Ronken	Minneapolis	MN	28	31	33:16	3:47	3:59	19	50:16	17.9	0:41	16	23:48	7:56	1:51:58
27	342	Christian Roemhildt	Minnetonka	MN	25	30	23:54	2:43	2:35	28	59:49	15.0	1:14	19	24:34	8:12	1:52:04
28	334	Kyle Reiter	Minneapolis	MN	26	16	14:59	1:43	5:33	29	59:59	15.0	3:56	28	28:43	9:35	1:53:07
29	25	Dan Bellido	Falcon Heights	MN	25	9	13:35	1:33	2:47	30	1:12:43	12.4	2:18	27	28:31	9:31	1:59:52
30	48	Carter Bykowski	Chaska	MN	28	29	23:22	2:40	11:17	26	57:11	15.7	0:43	30	30:59	10:20	2:03:31
31	146	Matthew Hanson	Bloomington	MN	26	27	21:54	2:30	3:49	31	1:18:31	11.5	2:33	13	22:55	7:39	2:09:39

FEMALE AGE GROUP 25 - 29

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	249	Lisa Liu	Minneapolis	MN	25	4	12:23	1:25	2:23	2	47:14	19.1	1:10	3	23:48	7:56	1:26:57
2	117	Bridget Geissler	Minneapolis	MN	29	9	13:26	1:32	2:15	4	49:15	18.3	0:42	4	24:07	8:03	1:29:43
3	21	Emily Bauer	Minneapolis	MN	27	8	13:24	1:32	2:28	3	48:43	18.5	1:08	17	26:57	8:59	1:32:38
4	245	Allison Linde	Bloomington	MN	27	5	12:38	1:27	1:33	6	51:37	17.4	1:09	15	26:36	8:52	1:33:31
5	9	Leah Anderson	Falcon Heights	MN	25	3	11:38	1:20	2:19	11	54:47	16.4	0:59	9	25:19	8:27	1:34:59
6	358	Christa Sauer	Maple Grove	MN	26	1	11:04	1:16	2:55	10	54:41	16.5	0:51	12	25:56	8:29	1:35:25
7	161	Emma Heuer	Beaver Dam	WI	25	12	13:44	1:34	1:39	19	57:27	15.7	1:06	1	21:33	7:11	1:35:28
8	31	Taylor Bezdicek	Excelsior	MN	25	21	18:38	2:07	2:46	5	50:45	17.7	0:38	2	23:30	7:50	1:36:15
9	70	Sarah Deis	Minneapolis	MN	26	2	11:28	1:19	3:12	13	55:22	16.3	1:11	11	25:50	8:37	1:37:01
10	288	Danielle Morrisette	Hastings	MN	26	7	13:23	1:32	3:07	7	52:10	17.3	1:26	18	27:18	9:06	1:37:20
11	4	Kaitlyn Aldrich	Stillwater	MN	28	25	22:37	2:35	3:17	1	46:56	19.2	1:55	6	24:19	8:07	1:39:01
12	172	Emily Hoffman	Minneapolis	MN	27	24	20:23	2:19	3:04	8	52:18	17.2	1:52	5	24:15	8:05	1:41:50
13	253	Abigail Lucas	Minneapolis	MN	26	10	13:37	1:33	3:31	14	55:29	16.2	2:20	19	27:18	9:06	1:42:14
14	247	Nichole Litfin	Waconia	MN	28	20	18:08	2:04	2:54	17	56:02	16.1	1:49	10	25:33	8:31	1:44:24
15	346	Morgan Rogers	Minneapolis	MN	26	18	17:23	1:59	2:42	20	57:59	15.5	2:07	7	24:57	8:19	1:44:36
16	439	Emily Usset	Mendota Heights	MN	26	15	16:52	1:55	4:02	16	55:50	16.1	2:38	13	26:11	8:44	1:45:01
17	471	Madeline Wittgen	Lons Lake	MN	26	22	19:03	2:10	3:09	9	53:29	16.5	2:11	14	26:12	8:26	1:45:01
18	5	Sydney Chandler	Medicine Lake	MN	29	11	13:43	1:34	3:09	21	58:29	16.2	2:33	16	27:43	8:55	1:45:19
19	198	Leah Johnson	Chanhassen	MN	26	14	16:04	1:50	3:32	12	55:06	16.3	1:34	23	30:05	10:02	1:46:14
20	100	Laura Foote	Richfield	MN	27	13	15:42	1:48	3:29	15	55:50	16.1	2:07	22	29:19	9:47	1:46:26
21	236	Courtney Lane	New Brighton	MN	27	6	13:06	1:30	2:30	26	1:12:17	12.5	1:41	8	24:58	8:20	1:54:31
22	120	Grace Gering	Minneapolis	MN	27	26	22:57	2:37	4:18	18	57:23	15.7	1:36	21	28:36	9:32	1:54:48
23	119	Megan Geissler	Minneapolis	MN	26	16	17:07	1:57	6:45	22	1:02:41	14.4	2:34	20	28:24	9:28	1:57:29
24	127	Jessica Goodsell	Mounds View	MN	25	17	17:07	1:57	6:29	23	1:03:49	14.1	2:54	26	35:40	11:54	2:05:58
25	259	Nicole Maffei	Golden Valley	MN	26	23	20:18	2:19	8:25	25	1:05:05	13.8	1:49	24	31:48	10:36	2:07:24
26	113	Sarah Frost Rotenberge	Minnetonka	MN	27	27	24:02	2:44	4:43	24	1:05:02	13.8	1:53	25	33:48	11:16	2:09:27
	10	Rebecca Anderson	Scandia	MN	25	19	17:46	2:02	3:12								

MALE AGE GROUP 30 - 34

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	398	Danny Stevens	Minneapolis	MN	34	1	11:08	1:16	1:07	1	37:47	23.8	0:54	2	18:46	6:16	1:09:39
2	450	Steven Voss	Maple Grove	MN	34	2	11:41	1:20	1:16	2	40:41	22.1	0:48	1	17:51	5:57	1:12:15
3	248	Philip Litfin	Waconia	MN	34	3	12:41	1:25	2:12	3	42:46	21.1	1:13	3	19:13	6:25	1:17:26
4	141	Jeff Gustafson	Chanhassen	MN	33	4	12:26	1:25	2:07	5	43:49	20.6	0:47	8	20:48	6:56	1:17:51
5	13	Luke An	St. Anthony	MN	33	5	13:00	1:33	2:43	6	43:48	20.8	0:48	4	19:42	6:34	1:20:58
6	80	Peter Elsham	Plymouth	MN	31	7	13:58	1:36	2:27	4	43:20	20.8	0:49	11	22:07	7:23	1:22:40
7	423	Tyler Theobald	Neenah	WI	30	6	13:16	1:31	2:41	10	46:41	19.3	0:39	9	21:13	7:05	1:24:29
8	278	Brady Mickolichuk	Minneapolis	MN	30	11	15:29	1:46	2:22	7	44:05	20.4	2:02	10	21:16	7:06	1:25:12
9	257	James Maercklein	Mankato	MN	30	5	13:07	1:30	1:38	11	46:54	19.2	1:17	14	23:23	7:48	1:26:18
10	78	Casey Dziejewzyski	Minneapolis	MN	33	16	17:20	1:59	3:06	9	45:39	19.7	1:50	6	20:25	6:49	1:28:19
11	105	Jeff Frank	Eagan	MN	30	22	22:39	2:35	2:27	8	44:28	20.2	1:06	5	19:51	6:37	1:30:29
12	90	Eduardo Fernandez-Monge	Plymouth	MN	32	9	15:03	1:43	2:32	16	52:26	17.2	0:41	7	20:42	6:54	1:31:23
13	402	Stephen Strait	Maple Grove	MN	33	19	19:38	2:14	2:50	12	47:30	18.9	1:19	12	22:38	7:33	1:33:53
14	27	David Benedict	Richfield	MN	31	10	15:18	1:45	2:02	15	52:25	17.2	0:54	20	28:19	9:27	1:38:56
15	361	Kyle Scheeler	Saint Louis Park	MN	30	14	16:34	1:53	3:26	19	55:05	16.3	0:55	15	23:31	7:51	1:39:29
16	46	Tyrre Burks	Apple Valley	MN	32	17	17:26	1:59	5:22	14	51:26	17.5	1:17	16	24:18	8:06	1:39:47
17	192	Brad Jacobson	Delano	MN	34	21	20:37	2:21	4:48	13	49:55	18.0	1:44	17	24:20	8:07	1:41:22
18	18	Chris Barrella	Minnetonka	MN	31	13											

2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

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	227	Brent Krause	Maple Grove	MN	37	4	11:28	1:19	2:17	1	38:05	23.6	1:57	2	19:48	6:36	1:13:32
2	464	Matt Wiitala	Maple Grove	MN	37	16	14:05	1:36	1:41	3	39:07	23.0	0:46	1	18:33	6:11	1:14:10
3	301	Tim Nordberg	Chanhassen	MN	38	10	12:32	1:26	1:44	2	38:54	23.1	0:54	6	21:23	7:08	1:15:26
4	390	Marc Sontowski	Chanhassen	MN	36	6	12:12	1:24	1:09	4	40:00	22.5	0:42	20	23:08	7:43	1:17:10
5	144	Isaac Hagen	Chanhassen	MN	37	7	12:17	1:24	1:35	7	43:11	20.8	0:54	5	21:16	7:06	1:19:11
6	30	Josh Bertelson	Plymouth	MN	39	2	11:16	1:17	1:17	8	43:22	20.8	0:55	16	22:39	7:33	1:19:27
7	443	Joshua Van Kirk	Maple Grove	MN	37	17	14:22	1:38	2:19	5	41:37	21.6	1:27	3	20:08	6:43	1:19:52
8	130	Matt Grady	Chanhassen	MN	37	11	13:01	1:29	2:05	11	44:53	20.1	0:58	7	21:23	7:08	1:22:18
9	468	Troy Williams	Savage	MN	36	9	12:29	1:26	2:04	12	45:29	19.8	1:13	21	23:13	7:45	1:24:27
10	332	Nathan Reinhardt	Saint Paul	MN	37	15	13:56	1:35	2:27	13	46:15	19.5	1:01	12	21:52	7:18	1:25:29
11	395	Mark Stapleton	Chaska	MN	39	14	13:53	1:35	4:07	9	43:42	20.6	1:56	13	22:02	7:21	1:25:38
12	134	Conor Green	Edina	MN	39	3	11:25	1:18	4:01	16	47:29	19.0	1:11	18	22:51	7:37	1:26:55
13	419	Gene Tannuzzo	Plymouth	MN	37	22	16:58	1:56	2:52	10	44:08	20.4	1:25	9	21:44	7:15	1:27:05
14	354	Seth Salenger	Minneapolis	MN	36	12	13:41	1:34	2:47	21	48:47	18.4	1:43	4	20:33	6:51	1:27:29
15	187	Hans Hummel	Minnetrista	MN	39	13	13:49	1:35	2:13	19	48:21	18.6	1:25	11	21:51	7:17	1:27:38
16	424	Ryan Theune	Edina	MN	37	5	11:39	1:20	3:15	17	47:32	18.9	1:54	23	23:28	7:50	1:27:47
17	246	Aaron Liss	Eagan	MN	37	8	12:17	1:24	4:32	14	46:43	19.3	3:27	8	21:35	7:12	1:28:33
18	445	Steve Vandersanden	Chanhassen	MN	39	19	14:30	1:39	2:37	18	47:34	18.9	1:38	14	22:19	7:27	1:28:35
19	331	Kevin Reed	Minnetonka	MN	39	23	17:14	1:58	2:10	15	47:24	19.0	0:49	15	22:31	7:31	1:30:06
20	169	Corey Hoekstra	Shakopee	MN	37	26	19:53	2:16	3:45	6	41:42	21.6	1:56	19	23:06	7:42	1:30:21
21	132	Brad Grayson	Andover	MN	36	1	11:02	1:16	3:40	24	49:55	18.0	1:40	24	24:30	8:10	1:30:44
22	322	Aaron Pierce	Minnetonka	MN	37	20	15:09	1:44	2:40	22	49:05	18.3	0:49	22	23:22	7:48	1:31:03
23	165	Colin Hill	Minneapolis	MN	37	24	17:41	2:01	3:43	20	48:44	18.5	1:20	25	24:49	8:17	1:36:15
24	184	Hayden Hughes	Victoria	MN	35	21	16:20	1:52	3:38	27	54:34	16.5	0:48	17	22:48	7:36	1:38:06
25	472	Nate Wucherpfennig	Minnetonka	MN	36	18	14:30	1:39	5:15	30	59:43	15.1	1:28	10	21:44	7:15	1:42:38
26	24	Brady Behrens	Plymouth	MN	37	30	23:15	2:39	2:08	23	49:20	18.2	1:12	28	27:40	9:14	1:43:33
27	371	Ben Selness	Plymouth	MN	39	31	24:15	2:46	3:05	25	52:31	17.1	1:12	26	25:53	8:38	1:46:54
28	473	Robert Yanda	Chanhassen	MN	39	28	20:23	2:19	4:18	26	54:28	16.5	0:55	27	27:11	9:04	1:47:13
29	178	Jeremy Holweger	Burnsville	MN	36	25	19:09	2:11	3:26	28	55:24	16.2	1:11	31	33:58	11:20	1:53:07
30	336	Tony Rice	Chaska	MN	39	27	20:00	2:17	5:20	29	56:35	15.9	2:26	29	28:56	9:39	1:53:15
31	330	Harish Ramachandran	Chanhassen	MN	38	29	20:34	2:21	5:07	31	1:04:16	14.0	3:27	30	32:25	10:49	2:05:47

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	262	Jessie Maher	Bemidji	MN	35	2	11:52	1:21	1:35	3	43:25	20.7	0:39	2	20:36	6:52	1:18:06
2	235	Erin Lahti	Chaska	MN	36	1	11:50	1:21	1:32	2	42:33	21.2	0:57	3	21:25	7:09	1:18:15
3	311	Julia Pagano	Lake Elmo	MN	37	4	13:21	1:31	1:39	1	42:09	21.4	0:49	7	23:23	7:48	1:21:20
4	399	Charleen Stoeckel	Plymouth	MN	38	6	14:37	1:40	2:14	5	43:39	20.6	1:28	5	22:09	7:23	1:24:05
5	516	Meredith Duncans	Excelsior	MN	38	12	16:30	1:53	3:28	4	43:39	20.6	1:13	4	21:38	7:13	1:26:26
6	466	Kara Willhoite	Plymouth	MN	35	3	12:08	1:23	2:24	8	49:41	18.1	1:15	6	22:15	7:25	1:27:41
7	50	Shannon Carroll	Eden Prairie	MN	39	13	16:37	1:54	2:32	6	47:12	19.1	2:17	8	24:16	8:06	1:32:46
8	153	Tanya Hass	Fargo	ND	38	15	17:51	2:02	4:36	9	49:49	18.1	1:29	1	19:36	6:32	1:33:20
9	65	Sarah Curry	Eden Prairie	MN	35	8	14:49	1:42	2:27	7	48:29	18.6	1:00	14	27:21	9:07	1:34:04
10	282	Gudrun Mirick Mueller	Hopkins	MN	39	5	14:17	1:38	2:36	11	54:17	16.6	2:12	9	25:27	8:29	1:38:46
11	314	Quannah Parker-Mcgowan	Edina	MN	38	18	18:51	2:09	3:18	10	50:39	17.8	1:57	11	25:50	8:37	1:40:32
12	191	Amy Jackson	Minnetonka	MN	38	9	14:57	1:42	2:16	12	54:35	16.5	1:30	17	28:38	9:33	1:41:55
13	179	Bri Hommerding	Blaine	MN	35	17	18:48	2:09	2:27	13	54:40	16.5	1:03	10	25:40	8:34	1:42:36
14	384	Jackie Smalley	Saint Paul	MN	36	7	14:41	1:41	2:17	14	54:55	16.4	1:15	20	29:49	9:57	1:42:56
15	34	Christy Bipes	Minneapolis	MN	37	11	16:13	1:53	6:03	15	55:55	16.1	0:51	13	27:19	9:07	1:46:20
16	17	Liana Barr	Edina	MN	36	10	14:57	1:39	2:44	18	59:57	15.3	2:07	15	29:15	9:45	1:48:52
17	393	Angi Spencer	Minneapolis	MN	36	19	18:02	2:10	2:48	17	57:57	15.3	1:20	15	27:25	9:45	1:50:29
18	26	Mandy Bellm	Waconia	MN	38	16	18:19	2:05	3:25	19	1:00:40	14.8	0:49	19	29:20	9:47	1:52:30
19	118	Jackie Geissler	Minneapolis	MN	38	21	22:14	2:32	3:02	16	57:15	15.7	1:29	21	31:25	10:29	1:55:23
20	8	Laura Anderson	St Paul	MN	36	14	17:37	2:01	6:14	20	1:02:56	14.3	2:20	16	28:24	9:28	1:57:29
21	277	Ali Meyer	Plymouth	MN	39	22	31:58	3:38	6:04	21	1:11:12	12.6	1:32	12	25:58	8:40	2:16:42
22	92	Naomi Feuerhelm	Edina	MN	36	20	19:11	2:11	3:04	22	1:21:41	11.0	1:19	22	34:31	11:31	2:19:44

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	44	Mike Buenting	Chanhassen	MN	44	3	11:30	1:19	1:12	1	37:17	24.1	0:44	2	17:52	5:58	1:08:33
2	318	Moshe Peri	Minnetonka	MN	42	2	10:49	1:14	1:16	4	38:37	23.3	0:34	3	18:03	6:01	1:09:17
3	125	Ross Golla	Minnetonka	MN	40	9	12:47	1:28	1:01	2	38:04	23.6	0:47	1	17:03	5:41	1:09:41
4	122	Oscar Godoi	Apple Valley	MN	44	1	9:39	1:06	1:25	8	39:56	22.5	0:42	12	21:32	7:11	1:13:13
5	63	Patrick Crowe	Minneapolis	MN	40	10	12:48	1:28	1:21	9	40:43	22.1	1:08	4	18:10	6:04	1:14:08
6	150	Ben Harding	Eden Prairie	MN	44	4	12:13	1:24	1:16	3	38:22	23.5	1:17	9	20:05	7:02	1:14:12
7	344	Eric Roesner	Minnetonka	MN	44	5	12:17	1:24	1:27	16	38:42	23.2	1:07	8	20:57	6:58	1:14:48
8	35	Ryan Salinger	Chaska	MN	44	17	13:33	1:40	1:27	16	38:42	23.3	1:09	6	20:19	6:51	1:16:48
9	364	Mark Schimke	Chanhassen	MN	43	12	13:55	1:35	2:19	7	39:43	22.7	1:10	11	21:18	7:06	1:18:23
10	350	Kyle Rooney	Minnetonka	MN	42	7	12:42	1:27	3:11	17	45:34	19.8	0:50	7	20:49	6:57	1:22:24
11	206	Kevin Jost	Crystal	MN	42	11	13:43	1:34	2:28	12	42:55	21.0	1:16	14	22:31	7:31	1:22:52
12	29	Eric Bergstrom	Savage	MN	42	6	12:30	1:26	2:08	15	44:32	20.2	1:09	22	24:03	8:01	1:24:21
13	231	Ryan Kucera	Columbia Heights	MN	42	24	17:18	1:58	2:38	10	42:39	21.1	1:19	5	20:33	6:51	1:24:24
14	335	Dan Reitsma	Carver	MN	41	22	16:42	1:54	2:27	11	42:50	21.0	1:07	21	23:58	8:00	1:27:03
15	349	Noal Ronken	Minnetonka	MN	41	20	16:16	1:51	2:31	13	43:42	20.6	1:16	19	23:23	7:48	1:27:07
16	67	John Darda	Minneapolis	MN	42	18	15:47	1:48	2:52	14	44:11	20.4	1:11	16	23:11	7:44	1:27:09
17	152	Alan Haskins	Hugo	MN	43	8	12:47	1:28	1:58	18	46:16	19.5	1:13	26	25:02	8:21	1:27:14
18	374	Colin Shaughnessy	Eden Prairie	MN	41	26	18:14	2:05	3:56	16	45:17	19.9	1:01	10	21:17	7:06	1:29:43
19	434	Jake Tomczik	Minneapolis	MN	43	19	15:52	1:49	2:54	20	47:00	19.1	1:20	18	23:18	7:46	1:30:22
20	460	Eric Werlinger	Eden Prairie	MN	40	15	14:16	1:38	3:29	22	47:16	19.0	1:17	23	24:26	8:09	1:30:42
21	156	Matt Hedberg	Chanhassen	MN	44	13	14:10	1:37	3:02	23	49:31	18.2	1:20	20	23:23	7:48	1:31:24
22	23	Bart Becker	Blaine	MN	41	25	18:12	2:04	2:33	19	46:37	19.3	0:				

2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

19 368 Barb Seifert Shorewood MN 43 10 18:14 2:05 7:00 18 59:12 15.2 4:17 14 30:15 10:05 1:58:57

MALE AGE GROUP 45 - 49

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	400	Kristian Stoeckel	Plymouth	MN	46	4	12:35	1:26	2:13	1	40:13	22.4	1:11	1	21:13	7:05	1:17:23
2	183	Soren Huggins	Saint Louis Park	MN	45	1	10:39	1:13	1:46	9	44:45	20.1	0:59	10	22:49	7:37	1:20:57
3	232	Nathan Kuncel	Eagan	MN	46	7	13:21	1:31	3:11	3	42:44	21.1	1:20	2	21:32	7:11	1:22:05
4	56	Brian Ciemnicki	Lakeville	MN	45	14	14:41	1:41	2:28	2	41:51	21.5	1:18	5	22:13	7:25	1:22:29
5	45	Scott Bunner	Victoria	MN	47	10	13:51	1:35	1:47	5	43:21	20.8	1:04	9	22:38	7:33	1:22:40
6	143	Dan Hackenberg	Eden Prairie	MN	46	8	13:21	1:31	2:22	8	44:35	20.2	1:20	4	21:51	7:17	1:23:28
7	470	Garrett Wilson	Edina	MN	48	6	12:50	1:28	2:19	10	44:46	20.1	1:12	12	23:09	7:43	1:24:13
8	36	Mike Blair	Prior Lake	MN	49	9	13:40	1:34	1:47	11	44:51	20.1	1:00	16	24:17	8:06	1:25:33
9	124	Mark Goldman	Edina	MN	46	15	14:56	1:42	2:14	4	42:55	21.0	1:42	17	24:27	8:09	1:26:13
10	217	Andy Kester	Victoria	MN	46	2	10:57	1:15	2:19	20	48:16	18.6	1:34	14	23:27	7:49	1:26:31
11	360	Brian Schallhammer	Saint Paul	MN	47	3	11:29	1:19	2:16	14	47:09	19.1	1:13	18	24:27	8:09	1:26:32
12	519	Daniel Sullivan	Carver	MN	45	11	14:05	1:36	2:34	16	47:41	18.9	0:45	3	21:46	7:16	1:26:48
13	276	John McKeen	Edina	MN	49	5	12:36	1:26	2:25	15	47:24	19.0	1:31	19	24:39	8:13	1:28:33
14	145	Paul Ham	Minnetrissa	MN	45	25	17:35	2:00	3:10	6	44:05	20.4	1:41	11	23:05	7:42	1:29:35
15	408	Eric Sundberg	Saint Paul	MN	46	28	20:03	2:17	2:07	13	46:39	19.3	1:10	7	22:33	7:31	1:32:30
16	461	Darren Whipp	Victoria	MN	45	22	17:12	1:58	3:56	12	46:18	19.4	1:50	13	23:17	7:46	1:32:30
17	85	Mike Fairchild	Watertown	SD	47	16	15:00	1:43	3:09	17	47:46	18.8	1:38	21	25:19	8:27	1:32:50
18	180	Michael Honnoll	Rogers	MN	46	12	14:06	1:37	2:38	26	50:49	17.7	1:26	15	24:15	8:05	1:33:12
19	517	Shannon Logue	Rush City	MN	47	26	17:43	2:01	3:09	7	44:26	20.3	1:37	24	26:24	8:48	1:33:17
20	94	Kevin Fischer	Bloomington	MN	49	24	17:29	2:00	2:48	19	48:15	18.7	1:09	20	24:50	8:17	1:34:28
21	389	Daniel Sobiech	Excelsior	MN	48	13	14:10	1:37	3:13	23	49:02	18.4	1:51	26	26:57	8:59	1:35:51
22	451	Mark Vyvyan	Maple Grove	MN	46	27	17:53	2:02	4:37	21	48:34	18.5	3:06	8	22:37	7:33	1:36:46
23	200	Ward Johnson	Minneapolis	MN	48	18	16:15	1:51	3:14	22	48:59	18.4	2:51	22	26:07	8:43	1:37:25
24	265	Christopher Marshall	Plymouth	MN	48	17	16:01	1:50	3:34	24	49:30	18.2	2:16	23	26:20	8:47	1:37:39
25	476	James Zacchini	Minneapolis	MN	46	23	17:18	1:58	3:36	18	47:51	18.8	2:50	25	26:24	8:48	1:37:57
26	260	Laszlo Magyar	Minnetonka	MN	45	20	16:51	1:55	4:19	28	55:24	16.2	0:57	32	30:43	10:15	1:48:12
27	148	Gregory Happ	Chaska	MN	47	31	25:56	2:57	3:30	25	49:55	18.0	1:10	27	27:55	9:19	1:48:24
28	241	Joseph Lee	Maple Grove	MN	48	19	16:24	1:52	4:41	27	54:53	16.4	2:13	31	30:41	10:14	1:48:50
29	1	Eric Agulla	Las Vegas	NV	46	21	17:11	1:58	4:29	30	1:00:52	14.8	1:19	28	29:11	9:44	1:52:59
30	317	Scott Pekarek	Minnetrissa	MN	45	29	20:19	2:15	3:16	31	1:05:48	13.8	2:54	30	32:17	10:27	1:54:02
31	217	John Klick	Wayzata	MN	49	30	22:42	2:35	5:49	29	55:48	16.2	2:38	30	30:34	10:12	1:57:22
32	458	Douglas Welder	Chanhassen	MN	46	32	31:10	3:33	5:31	32	1:06:46	13.5	1:04	29	29:17	9:46	2:13:46

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	271	Jennifer Martone	Minneapolis	MN	47	3	13:25	1:32	1:51	1	42:07	21.4	1:00	1	21:40	7:14	1:20:02
2	40	Veronica Bond	Rochester	MN	47	1	12:11	1:24	1:44	2	43:53	20.5	1:33	3	23:36	7:52	1:22:55
3	35	Jennifer Birkmeier	Andover	MN	45	5	15:29	1:46	2:39	6	45:59	19.6	1:24	2	22:31	7:31	1:28:00
4	290	Jonette Murphy	Rapid City	SD	46	2	12:58	1:29	2:14	4	45:43	19.7	1:26	5	26:06	8:42	1:28:25
5	343	Krista Roering	St. Louis Park	MN	45	4	13:27	1:32	2:26	10	52:08	17.3	1:11	8	27:40	9:14	1:36:50
6	264	Tammy Mann	Golden Valley	MN	47	13	21:41	2:28	2:28	3	45:22	19.8	1:30	4	25:52	8:38	1:36:51
7	286	Amy Moran	Hastings	MN	46	12	19:37	2:14	2:47	5	45:58	19.6	2:45	7	27:28	9:10	1:38:32
8	149	Rachael Harbort	Afton	MN	46	8	16:41	1:54	3:16	9	51:56	17.3	1:13	10	28:26	9:29	1:41:30
9	296	Jaleh Nahvi	Inver Grove Height	MN	49	6	15:33	1:46	2:56	11	54:18	16.6	1:11	9	27:45	9:15	1:41:41
10	214	Dina Khaled	Minneapolis	MN	48	11	18:26	2:06	3:02	7	49:47	18.1	1:47	11	29:00	9:40	1:42:00
11	87	Heather Farrar	Roseville	MN	46	10	17:05	1:57	4:13	13	1:00:59	14.8	1:38	6	26:47	8:56	1:50:40
12	316	Kara Pederson	Bloomington	MN	45	7	16:23	1:52	3:46	12	58:22	15.4	0:51	12	31:33	10:31	1:50:53
13	239	Katie Lawler	St Louis Park	MN	48	9	17:02	1:57	2:35	8	51:48	17.4	2:14	13	37:33	12:31	1:51:09

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	518	Tom Pettit	Excelsior	MN	50	1	10:39	1:13	1:42	2	39:59	22.5	0:43	1	19:22	6:28	1:12:24
2	39	Tim Bode	Buffalo	MN	51	1	10:39	1:13	1:42	1	39:38	22.7					1:14:09
3	268	Alfredo Martel	Minneapolis	MN	53	4	12:24	1:25	1:22	6	41:05	21.9	1:06	2	20:36	6:52	1:16:32
4	298	Ian Nemerov	Edina	MN	53	3	11:49	1:21	1:59	3	40:12	22.4	1:03	6	22:00	7:20	1:17:02
5	20	Matt Bartell	Waconia	MN	52	9	14:12	1:37	2:03	4	40:26	22.3	1:19	5	21:36	7:12	1:19:35
6	412	Greg Swenson	Rogers	MN	50	2	11:33	1:19	1:45	8	42:22	21.2	1:08	10	23:59	8:00	1:20:46
7	59	Robert Cooley	Saint Paul	MN	50	6	13:20	1:31	1:52	7	42:07	21.4	1:19	8	22:46	7:36	1:21:22
8	42	David Brooks	Brooklyn Park	MN	50	13	14:48	1:41	3:19	5	40:42	22.1	1:18	7	22:24	7:28	1:22:29
9	433	Scott Tollefson	Minneapolis	MN	52	20	19:26	2:13	2:41	9	44:07	20.4	1:31	3	20:48	6:56	1:28:32
10	431	Jack Tiegs	Hugo	MN	53	18	18:17	2:05	3:09	10	44:38	20.2	1:47	4	21:31	7:11	1:29:20
11	297	Lawrence Nemecek	Minnetrissa	MN	52	10	14:18	1:38	2:46	11	44:49	20.1	1:36	12	26:06	8:42	1:29:33
12	454	Dustin Warner	Eden Prairie	MN	52	14	14:01	1:36	2:44	14	48:09	18.7	1:11	9	23:44	7:55	1:29:37
13	308	Matthew Ostrowski	Chaska	MN	50	8	14:11	1:37	3:11	12	46:42	19.3	1:19	15	26:44	8:55	1:32:05
14	89	Kurtis Fechtmeyer	Minneapolis	MN	54	15	15:55	1:49	1:42	13	47:02	19.1	2:31	11	25:23	8:28	1:32:31
15	345	Mike Rogers	Minneapolis	MN	54	16	17:08	1:57	2:58	16	49:48	18.1	1:54	16	27:24	9:08	1:39:09
16	195	Shaun Jamison	St Louis Park	MN	52	14	15:12	1:44	2:13	18	51:50	17.4	1:15	18	28:58	9:40	1:39:25
17	185	John Hughes	Long Lake	MN	50	12	14:47	1:41	2:39	19	55:16	16.3	0:55	13	26:26	8:49	1:40:01
18	459	Pat Wenning	Mound	MN	54	22	22:28	2:34	4:25	15	48:36	18.5	1:29	14	26:42	8:54	1:43:38
19	469	Charles Wilson	Plymouth	MN	50	19	18:21	2:06	4:20	17	51:29	17.5	1:26	19	29:28	9:50	1:45:03
20	319	Eric Pesik	Eden Prairie	MN	52	21	20:29	2:20	3:11	20	55:52	16.1	0:48	22	33:58	11:20	1:54:15
21	381	Patrick Slator	Eden Prairie	MN	53	23	24:39	2:48	5:45	22	56:57	15.8	1:10	17	28:15	9:25	1:56:44
22	397	Lance Steinke	Minneapolis	MN	51	17	17:55	2:03	2:41	21	55:52	16.1	12:58	20	30:35	10:12	1:59:59
23	182	Terrence Hudson	Minneapolis	MN	50	24	30:55	3:31	3:45	23	1:01:47	14.6	2:36	21	30:44	10:15	2:09:45
	74	Joe Derock	Minneapolis	MN	52	11	14:26	1:39	4:22	24	1:30:00	10.0					
	426	Daniel Thomsen-Trajano	Savage	MN	52	5	12:40	1:27	2:14								

FEMALE 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	216	Christel Kippenhan	Bemidji	MN	54	2	11:16	1:17	1:21	4	42:59	20.9	0:48	4	22:55	7:39	1:19:17
2	327	Jody Quesnel	Roseville	MN	51	5	13:22	1:32	1:33	1	41:56	21.5	0:48	3	22:21	7:27	1:19:57
3	411	Laura Swartz	St. Louis Park	MN	52	6	14:00	1:36	1:17	3	42:30	21.2	0:59	2	22:01	7:21	1:20:46
4	219	Julie Knochenmus															

2019 Lake Minnetonka Triathlon - Team/Summary Results Race Results

6	32	Curtis Billmeyer	Plymouth	MN	57	12	14:48	1:41	1:52	1	39:47	22.6	1:11	3	21:09	7:03	1:18:45
7	437	Thorn Turner	Shorewood	MN	56	1	11:08	1:16	1:37	14	47:50	18.8	0:55	4	21:11	7:04	1:22:39
8	218	David Knack	Prior Lake	MN	56	6	12:09	1:23	2:00	9	43:41	20.6	0:56	10	24:32	8:11	1:23:16
9	388	Stuart Smith	Eden Prairie	MN	57	10	13:54	1:35	2:24	8	42:56	21.0	1:09	13	25:27	8:29	1:25:48
10	289	Thomas Moser	Minneapolis	MN	56	17	18:12	2:05	1:37	7	42:32	21.2	1:54	9	23:33	7:51	1:27:46
11	237	Dwight Larsen	Plymouth	MN	56	13	15:23	1:45	2:18	12	46:20	19.4	0:53	11	25:11	8:24	1:30:03
12	163	Rich Heytens	Brooklyn Park	MN	56	11	14:40	1:40	2:30	10	44:43	20.1	1:10	15	27:06	9:02	1:30:08
13	234	Dan Lagermeier	Minnetonka	MN	56	16	16:52	1:55	2:22	11	45:46	19.7	1:30	12	25:13	8:25	1:31:42
14	255	Daniel Lynch	Saint Paul	MN	59	15	16:18	1:52	4:37	13	47:27	19.0	1:57	8	23:16	7:46	1:33:33
15	147	Ed Hanzlik	Shorewood	MN	57	9	13:50	1:35	2:55	15	49:26	18.2	1:04	14	26:44	8:55	1:33:57
16	285	David Moore	Saint Paul	MN	56	14	15:53	1:49	6:33	16	53:07	16.9	2:47	16	27:08	9:03	1:45:27
	256	Dave MacDougal	Minnetonka	MN	55	5	11:58	1:22	1:52								

FEMALE AGE GROUP 55 - 59

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	58	Brandi Conzet	Buffalo	MN	58	1	14:31	1:39	3:17	1	50:11	17.9	3:40	2	26:47	8:56	1:38:25
2	226	Kathy Kraus	Saint James City	FL	56	3	19:06	2:11	3:08	3	54:32	16.5	1:00	1	25:52	8:38	1:43:36
3	242	Julie Lensing	Wayzata	MN	58	2	16:51	1:55	4:14	2	50:51	17.7	2:43	3	29:27	9:49	1:44:03

MALE AGE GROUP 60 - 64

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	279	Audun Mikkelson	Hayward	WI	61	1	10:59	1:15	3:51	1	43:15	20.8	1:01	3	24:15	8:05	1:23:20
2	28	Thomas Bergren	Blaine	MN	62	6	13:48	1:34	2:06	2	43:27	20.7	1:30	1	22:32	7:31	1:23:21
3	138	Steve Gunther	Excelsior	MN	61	2	12:53	1:28	1:46	3	44:08	20.4	0:57	6	27:00	9:00	1:26:42
4	98	Greg Fletcher	Chanhausen	MN	64	3	13:11	1:30	3:41	4	44:43	20.1	2:36	7	27:24	9:08	1:31:33
5	340	Robert Roby	Cambridge	MN	60	10	15:54	1:49	3:05	5	46:33	19.3	2:18	4	24:40	8:14	1:32:29
6	136	Jeffrey Groffsky	Edina	MN	60	7	13:54	1:35	3:00	7	47:47	18.8	1:26	5	26:27	8:49	1:32:32
7	95	Stanton Fitting	Buffalo	MN	64	5	13:32	1:33	2:16	11	52:17	17.2	2:10	2	23:48	7:56	1:34:01
8	142	Joe Guttman	Eden Prairie	MN	60	4	13:13	1:31	2:38	6	47:34	18.9	1:52	13	31:25	10:29	1:36:39
9	193	Richard Jahnke	Edina	MN	62	8	14:50	1:42	5:10	8	48:56	18.4	1:04	10	28:59	9:40	1:38:56
10	407	Michael Sund	Wayzata	MN	60	11	16:37	1:54	4:36	14	53:05	17.0	2:43	8	27:29	9:10	1:44:28
11	75	Richard Dolaski	Chaska	MN	61	13	18:31	2:07	3:41	15	53:11	16.9	1:26	9	28:39	9:31	1:45:21
12	280	Peter Miller	Zimmerman	MN	61	12	18:23	2:06	3:00	13	52:59	17.0	1:40	12	29:47	9:56	1:45:47
13	91	Eduardo Fernandes	Chanhausen	MN	64	14	19:38	2:14	5:47	12	52:41	17.1	1:35	14	32:57	10:59	1:52:36
14	167	William Hintz	Oconomowoc	WI	60	15	20:42	2:22	4:30	16	59:30	15.1	2:14	11	29:14	9:45	1:56:08
15	324	Mike Prochno	Excelsior	MN	62	17	23:51	2:43	6:13	18	1:03:19	14.2	1:56	15	33:40	11:14	2:08:58
16	186	Steve Hughes	Excelsior	MN	60	16	21:47	2:29	8:07	17	59:47	15.1	1:08	16	44:43	14:55	2:15:30
	462	Duane Whittaker	Minneapolis	MN	63	9	15:28	1:46	4:55	10	51:54	17.3	2:24				
	378	Daniel Sieben	Edina	MN	60	18	24:15	2:46	3:21	9	51:17	17.5					

FEMALE AGE GROUP 60 - 64

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	137	Helen Gunther	Excelsior	MN	62	1	15:28	1:46	2:01	1	45:42	19.7	1:00	1	24:18	8:06	1:28:26
2	323	Terri Prange	Good Thunder	MN	60	2	16:47	1:55	3:14	2	52:19	17.2	2:12	2	25:59	8:40	1:40:30
3	310	Susan Otten	Wayzata	MN	62	3	20:39	2:21	4:24	3	1:08:27	13.1	0:56	3	28:34	9:32	2:02:58
	352	Coleen Rowley	Apple Valley	MN	64	4	23:33	2:41	2:54								

MALE AGE GROUP 65 - 69

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	429	Steve Thon	Chippewa Falls	WI	67	2	15:25	1:46	3:24	2	50:11	17.9	2:15	2	27:08	9:03	1:38:21
2	81	Michael Erdall	Edina	MN	65	1	15:19	1:45	2:37	3	50:41	17.8	0:54	4	29:57	9:59	1:39:26
3	263	Frank Mahoney	Eden Prairie	MN	68	3	16:51	1:55	5:54	1	49:33	18.2	2:32	1	26:13	8:45	1:41:00
4	86	George Fantauzza	Buffalo	MN	67	6	27:51	3:10	6:23	4	53:04	17.0	2:53	3	28:39	9:33	1:58:48
5	283	Andy Mitchell	Minnetonka	MN	67	5	18:33	2:07	4:15	5	1:00:38	14.8	0:56	5	36:24	12:08	2:00:45
6	207	Joe Kandiko	Excelsior	MN	69	4	17:26	1:59	4:26	6	1:05:28	13.7	3:57	6	41:42	13:54	2:12:56

FEMALE AGE GROUP 65 - 69

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	339	Deborah Roberts	Northfield	MN	68	1	16:41	1:54	2:10	2	53:23	16.9	1:59	1	29:19	9:47	1:43:30
2	356	Michel Sanders	Saint Paul	MN	65	3	19:19	2:12	4:18	1	53:22	16.9	1:55	3	32:14	10:45	1:51:05
3	103	Connie Foster	River Falls	WI	68	2	17:52	2:02	3:25	3	56:52	15.8	2:47	2	30:19	10:07	1:51:13

MALE AGE GROUP 70 - UP

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	62	Tom Couillard	White Bear Lake	MN	70	1	17:35	2:00	2:48	1	52:15	17.2	2:37	1	27:47	9:16	1:43:01
2	320	Doug Pfaff	Minneapolis	MN	75	3	18:25	2:06	7:05	3	55:19	16.3	3:25	3	33:37	11:13	1:57:49
3	420	Mike Tenney	Excelsior	MN	74	2	17:55	2:03	4:27	2	53:49	16.7	2:58	5	39:17	13:06	1:58:24
4	347	Jim Rohde	Shakopee	MN	74	5	24:00	2:44	4:56	4	1:01:55	14.5	1:22	4	37:37	12:33	2:09:49
5	181	Jerry House	Woodbury	MN	71	4	23:34	2:41	5:27	5	1:12:01	12.5	3:34	2	33:36	11:12	2:18:10

FEMALE AGE GROUP 70 - UP

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	421	Anna Terry	Saint Paul	MN	95	1	14:24	1:39	3:06	1	48:25	18.6	1:46	1	26:23	8:48	1:34:03

Total Registered: 504  
 Total Number of Team Finishers: 17  
 Total Number of Individual Finishers: 408  
 Number of Male Finishers: 262  
 Number of Female Finishers: 146  
 Did not Finish Race or Did Not Start: 78