

LAKE MINNETONKA TRIATHLON
Long Lake Regional Park - Excelsior, MN, June 21, 2008

1/2 Mile Swim - 15 Mile Bike - 3 Mile Run

INDIVIDUAL RESULTS

Place	Div/Tot	Bib	Name	Cat	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pac
1	1/21	391	Tony Schiller	I	50	M	Chanhasen	MN	9	10:36	1:13	1:07	1	35:07	25.6	0:27	3	16:33	5:
2	1/33	1	Brett Lovaas	I	33	M	Minnetonka	MN	3	9:58	1:08	1:02	4	35:23	25.4	0:23	7	17:16	5:
3	1/13	179	Eric Hendrickson	I	28	M	Hopkins	MN	11	10:38	1:13	0:59	2	35:08	25.6	0:22	5	17:12	5:
4	2/13	358	Anton Pshon	I	26	M	Saint Paul	MN	8	10:32	1:12	1:07	3	35:19	25.5	0:29	6	17:16	5:
5	3/13	34	Josh Blankenheim	I	27	M	Duluth	MN	21	11:24	1:18	1:20	6	37:24	24.1	0:34	4	16:39	5:
6	2/33	191	Steven Hohenstein	I	31	M	Duluth	MN	24	11:29	1:19	1:01	5	37:11	24.2	0:30	11	18:28	6:
7	3/33	355	Derick Podratz	I	33	M	Lino Lakes	MN	53	12:53	1:28	1:18	14	38:43	23.2	0:57	2	16:27	5:
8	1/31	146	David Goldberg	I	48	M	Excelsior	MN	4	10:11	1:10	1:15	13	38:41	23.3	0:43	26	19:39	6:
9	4/33	45	Robert Brown	I	33	M	Hopkins	MN	23	11:26	1:18	1:06	17	38:51	23.2	0:57	13	18:42	6:
10	1/37	437	Tim Sosnowski	I	37	M	Eden Prairie	MN	18	11:04	1:16	1:13	18	38:54	23.1	0:48	18	19:04	6:
11	2/31	236	David Knack	I	45	M	Prior Lake	MN	26	11:42	1:20	1:34	10	38:18	23.5	0:31	16	19:00	6:
12	3/31	65	Charlie Clark	I	48	M	Chanhasen	MN	12	10:39	1:13	1:24	20	39:11	23.0	0:36	30	19:42	6:
13	5/33	430	Chuck Smith	I	30	M	St. Paul	MN	2	9:57	1:08	1:08	43	41:40	21.6	0:40	9	18:17	6:
14	2/21	68	Kirk Clowser	I	51	M	Dellwood	MN	14	10:46	1:14	1:28	7	37:26	24.0	0:43	68	21:28	7:
15	1/15	92	Matt Des Marais	I	23	M	Saint Paul	MN	15	10:48	1:14	1:21	23	39:18	22.9	0:51	28	19:40	6:
16	3/21	532	Terry Alexander	I	51	M		MN	5	10:22	1:11	1:42	21	39:12	23.0	1:19	46	20:28	6:
17	4/31	253	Brian Lavelle	I	46	M	Chaska	MN	19	11:21	1:18	1:19	16	38:50	23.2	0:33	60	21:03	7:
18	2/37	444	Don Steenson	I	37	M	Minneapolis	MN	6	10:24	1:11	1:32	39	41:09	21.9	0:49	23	19:27	6:
19	1/37	224	Joe Keller	I	44	M	Maple Grove	MN	78	13:41	1:34	1:02	12	38:28	23.4	0:45	29	19:41	6:
20	6/33	500	Aaron Wilson	I	34	M	Eden Prairie	MN	50	12:49	1:28	1:17	24	39:23	22.9	0:45	24	19:30	6:
21	4/21	506	Dale Woodbeck	I	52	M	Excelsior	MN	38	12:19	1:24	1:43	8	37:34	24.0	0:48	76	21:42	7:
22	7/33	401	Jake Schwietering	I	31	M	St Louis Park	MN	13	10:45	1:14	1:26	38	41:04	21.9	0:40	40	20:13	6:
23	5/31	375	James Ross	I	49	M	Lakeville	MN	39	12:25	1:25	1:13	19	39:07	23.0	1:30	47	20:29	6:
24	8/33	392	Andy Schizsl	I	31	M	Minnetonka	MN	126	14:46	1:41	1:32	9	37:43	23.9	1:23	20	19:25	6:
25	1/22	157	Jan Gunther	I	48	F	Long Lake	MN	45	12:37	1:26	1:23	33	40:28	22.2	0:40	35	19:53	6:
26	9/33	309	Jesse Moen	I	33	M	Minneapolis	MN	27	11:50	1:21	1:00	62	42:30	21.2	0:37	19	19:09	6:
27	3/37	431	Kent Smith	I	38	M	Edina	MN	87	13:56	1:35	1:38	11	38:25	23.4	0:37	50	20:38	6:
28	2/37	273	Dave MacDougal	I	44	M	Minnetonka	MN	43	12:35	1:26	1:28	29	40:21	22.3	0:38	42	20:16	6:
29	10/33	145	Oscar Godoi	I	33	M	Apple Valley	MN	1	9:42	1:07	1:35	35	41:01	21.9	0:51	92	22:11	7:
30	1/8	402	Kent Schwitzer	I	55	M	Minnetonka	MN	41	12:29	1:26	1:29	15	38:48	23.2	0:55	74	21:41	7:
31	4/37	108	Mark Evans	I	38	M	Minneapolis	MN	165	15:24	1:45	1:50	27	40:12	22.4	0:33	8	17:49	5:
32	5/37	489	Jonathan Watson	I	39	M	Minneapolis	MN	72	13:28	1:32	1:37	25	39:30	22.8	1:08	39	20:10	6:
33	3/37	234	Dan Kline	I	43	M	Maplewood	MN	71	13:26	1:32	1:10	28	40:16	22.4	1:21	33	19:46	6:
34	11/33	296	Anton Medved	I	32	M	Minneapolis	MN	20	11:23	1:18	1:21	37	41:03	21.9	0:51	79	21:50	7:
35	1/37	190	Angel Hohenstein	I	29	F	Duluth	MN	131	14:49	1:41	2:08	30	40:23	22.3	0:54	15	18:55	6:
36	12/33	362	Steve Rahn	I	31	M	Saint Paul	MN	109	14:21	1:38	1:09	60	42:27	21.2	1:00	10	18:25	6:
37	13/33	436	Allan Sommer	I	32	M	Minneapolis	MN	108	14:19	1:38	1:32	41	41:22	21.8	0:38	27	19:40	6:
38	6/31	487	Jeffrey Warshaw	I	47	M	Hopkins	MN	58	13:05	1:30	2:23	42	41:24	21.7	0:58	31	19:43	6:
39	7/31	376	Mark Roth	I	46	M	Burnsville	MN	141	15:02	1:43	1:27	31	40:26	22.3	1:13	21	19:26	6:
40	8/31	229	Kevin Olsen	I	49	M	Orono	MN	25	11:32	1:19	1:41	40	41:13	21.8	0:38	97	22:29	7:
41	14/33	483	Michael Waataja	I	32	M	Plymouth	MN	7	10:27	1:12	1:00	112	44:55	20.0	0:42	49	20:38	6:
42	1/11	303	Laura Mills	I	23	F	Duluth	MN	54	12:54	1:28	1:26	49	41:56	21.5	0:40	55	20:50	6:
43	4/13	112	Colin Farbotko	I	29	M	Minneapolis	MN	183	15:42	1:47	1:29					12	18:33	6:
44	4/37	305	Erik Minge	I	40	M	Minneapolis	MN	33	12:07	1:23	2:04	78	43:13	20.8	0:49	34	19:49	6:
45	9/31	196	Michael Hukka	I	48	M	Rosemount	MN	30	12:03	1:23	2:32	36	41:03	21.9	1:03	64	21:22	7:
46	1/37	198	Jennifer Imsande	I	34	F	Duluth	MN	106	14:16	1:38	1:16	69	42:51	21.0	0:44	17	19:00	6:
47	10/31	318	Paul Mullaney	I	47	M	Chanhasen	MN	17	10:55	1:15	1:49	63	42:38	21.1	0:53	82	21:51	7:
48	1/18	440	Josh Stahl	C	39	M	Minnetonka	MN	57	13:03	1:29	1:50	26	39:53	22.6	0:53	99	22:34	7:
49	11/31	30	Mike Berkopec	I	45	M	Eagan	MN	175	15:32	1:46	1:43	22	39:13	22.9	1:11	52	20:42	6:
50	6/37	453	Dan Swartz	I	39	M	St. Louis Park	MN	73	13:31	1:33	1:25	68	42:49	21.0	1:01	32	19:46	6:
51	5/37	408	Bradley Severson	I	41	M	Minnetonka	MN	63	13:07	1:30	1:36	74	42:59	20.9	1:15	25	19:37	6:
52	2/18	313	Mark Mrnak	C	30	M	St. Paul	MN	76	13:35	1:33	1:31	44	41:41	21.6	1:02	65	21:23	7:
53	1/20	454	Laura Swartz	I	41	F	St. Louis Park	MN	70	13:25	1:32	1:22	83	43:24	20.7	0:54	38	20:08	6:
54	7/37	403	Tom Segar	I	37	M	Minnetonka	MN	69	13:21	1:31	1:30	64	42:41	21.1	0:58	56	20:55	6:
55	6/37	293	Brent McVay	I	40	M	Minneapolis	MN	67	13:16	1:31	1:20	47	41:45	21.6	0:56	93	22:14	7:
56	12/31	149	Kevin Grafft	I	47	M	Chanhasen	MN	56	13:03	1:29	1:47	55	42:08	21.4	1:00	81	21:51	7:
57	7/37	438	Robert Spencer	I	42	M	Minneapolis	MN	22	11:26	1:18	1:40	61	42:27	21.2	0:52	142	23:45	7:
58	3/18	374	Brian Ross	C	32	M	St. Louis Park	MN	49	12:48	1:28	1:36	58	42:17	21.3	0:43	109	22:49	7:
59	8/37	319	Chad Murphy	I	44	M	Prior Lake	MN	42	12:32	1:26	2:07	67	42:49	21.0	1:10	73	21:40	7:
60	5/13	212	Josh Johnson	I	28	M	Minnetonka	MN	77	13:37	1:33	1:12	92	44:01	20.4	0:33	57	20:56	6:
61	1/4	235	Anton Knack	I	15	M	Prior Lake	MN	10	10:37	1:13	2:04	117	45:04	20.0	1:08	89	22:07	7:
62	15/33	56	Dave Chaffin	I	32	M	Saint Louis Park	MN	100	14:11	1:37	1:13	102	44:27	20.2	0:49	45	20:22	6:
63	5/21	349	Rick Peterson	I	50	M	Maple Grove	MN	65	13:10	1:30	1:42	152	46:39	19.3	0:56	14	18:42	6:
64	16/33	340	Scott Parker	I	32	M	Plymouth	MN	111	14:24	1:39	2:20	80	43:15	20.8	1:00	43	20:18	6:
65	9/37	395	Jeff Schultenover	I	44	M	Minnetonka	MN	74	13:33	1:33	1:14	50	41:57	21.5	0:40	156	24:16	8:
66	8/37	285	Todd Martin	I	35	M	Minneapolis	MN	231	16:33	1:53	2:16	45	41:42	21.6	2:03	22	19:26	6:
67	17/33	312	Matt Morel	I	33	M	Brooklyn Park	MN	128	14:47	1:41	1:22	82	43:18	20.8	0:37	85	22:02	7:
68	2/20	475	Joan Van Camp	I	44	F	Tonka Bay	MN	86	13:50	1:35	2:23	81	43:17	20.8	0:59	75	21:42	7:
69	6/21	49	Stephen Bullard	I	50	M	Golden Valley	MN	61	13:07	1:30	1:27	77	43:05	20.9	0:42	146	23:54	7:
70	9/37	32	Mike Bier	I	39	M	Brooklyn Center	MN	210	16:07	1:50	1:12	52	42:01	21.4	0:57	86	22:03	7:
71	2/11	42	Megan Brandes	I	24	F	Minneapolis	MN	68	13:19	1:31	1:53	91	43:56	20.5	1:04	91	22:11	7:
72	3/20	512	Pam Zachman	I	43	F	Golden Valley	MN	36	12:17	1:24	1:04	85	43:35	20.7	0:55	163	24:36	8:
73	13/31	141	Jeff Gilmer	I	49	M	Delano	MN	179	15:34	1:47	1:20	51	41:57	21.5	0:55	104	22:42	7:
74	2/22	465	Millicent Thweatt	I	45	F	Lakeville	MN	37	12:19	1:24	1:22	130	45:41	19.7	1:04	90	22:10	7:
75	4/18	137	Gregg Garretson	C	50	M	Lakeville	MN	116	14:32	1:40	2							

92	16/31	397 James Schultz	I	46 M	Shorewood	MN	301	18:34	2:07	2:26	34	40:35	22.2	2:57	37	20:03	6:
93	2/28	148 Tracy Good	I	37 F	Victoria	MN	130	14:48	1:41	1:27	107	44:48	20.1	0:40	118	23:00	7:
94	17/31	106 John Erickson	I	46 M	Deephaven	MN	64	13:09	1:30	3:12	93	44:09	20.4	0:49	129	23:24	7:
95	18/31	508 Bryan Wray	I	46 M	Eagan	MN	194	15:52	1:49	1:59	57	42:08	21.4	1:25	127	23:20	7:
96	5/20	325 Kathy Newcomb	I	43 F	Woodbury	MN	66	13:11	1:30	1:55	94	44:13	20.4	0:57	161	24:32	8:
97	13/37	324 Lawrence Nemecek	I	41 M	Minnetrissa	MN	164	15:24	1:45	2:19	76	43:01	20.9	1:11	117	22:58	7:
98	3/37	496 Bethany Westerman	I	26 F	Minneapolis	MN	232	16:35	1:53	3:20					162	24:33	8:
99	2/37	5 Christine Agazzi	I	32 F	Eden Prairie	MN	94	14:06	1:37	1:27	155	46:44	19.3	0:52	78	21:49	7:
100	18/33	414 James Sheldon	I	30 M	Minnetonka	MN	120	14:43	1:41	1:30	157	46:50	19.2	0:47	67	21:28	7:
101	14/37	221 Phillip Kelaart	I	44 M	Minneapolis	MN	59	13:05	1:30	2:51	48	41:46	21.5	0:50	259	26:50	8:
102	19/33	373 Michael Rosow	I	32 M	Minneapolis	MN	223	16:21	1:52	1:43	103	44:28	20.2	0:48	87	22:05	7:
103	6/18	21 Robert Ball	C	37 M	Minnetrissa	MN	60	13:06	1:30	2:27	84	43:34	20.7	1:07	195	25:16	8:
104	4/22	52 Marjie Carr-Oxley	I	45 F	Roseville	MN	52	12:53	1:28	1:26	145	46:27	19.4	0:53	147	23:55	7:
105	15/37	232 David Klaiman	I	43 M	Medina	MN	101	14:12	1:37	2:31	96	44:15	20.3	1:28	125	23:15	7:
106	7/21	514 Jim Zuehlke	I	53 M	Minnetonka	MN	199	15:57	1:49	2:26	75	43:00	20.9	1:24	116	22:57	7:
107	5/22	344 Mary Perlich	I	46 F	Minnetonka	MN	174	15:31	1:46	1:57	72	42:53	21.0	0:54	164	24:39	8:
108	3/15	441 Patrick Stahl	I	21 M	Golden Valley	MN	308	18:50	2:09	1:14	71	42:51	21.0	0:52	59	21:00	7:
109	4/15	516 Matt Zwolski	I	23 M	Madison	WI	146	15:05	1:43	3:15	99	44:18	20.3	1:27	84	21:54	7:
110	15/37	456 Greg Swenson	I	39 M	Rogers	MN	31	12:03	1:23	2:06	122	45:20	19.9	1:44	179	24:53	8:
111	6/20	424 Caroline Skaar-Page	I	41 F	Eden Prairie	MN	222	16:21	1:52	1:50	53	42:01	21.4	1:20	166	24:40	8:
112	16/37	213 Paul Johnson	I	35 M	Excelsior	MN	135	14:51	1:42	2:19	111	44:55	20.0	0:58	130	23:25	7:
113	3/37	247 Becca J. Lang	I	30 F	Eden Prairie	MN	195	15:53	1:49	2:14	168	47:15	19.0	0:54	41	20:15	6:
114	4/37	155 Jenny Gundale	I	30 F	Plymouth	MN	161	15:22	1:45	2:33	163	47:01	19.1	0:52	53	20:44	6:
115	8/21	426 Cameron Skold	I	53 M	Mpls	MN	118	14:37	1:40	2:40	149	46:36	19.3	1:22	66	21:24	7:
116	20/33	331 Paul Ohnsorg	I	33 M	Medina	MN	93	14:05	1:36	1:42	118	45:08	19.9	1:07	167	24:40	8:
117	5/15	270 Jeff Lombardo	I	21 M	Lakeville	MN	46	12:44	1:27	1:27	320	55:37	16.2	0:48	1	16:10	5:
118	5/37	187 Martha Hoepfner	I	31 F	Mpls.	MN	80	13:43	1:34	3:06	161	46:54	19.2	1:18	77	21:49	7:
119	6/15	278 Kyle Maloney	I	23 M	St Paul	MN	169	15:26	1:46	2:30	106	44:46	20.1	1:37	98	22:32	7:
120	19/31	133 Ron Galbreath	I	47 M	Victoria	MN	140	15:01	1:43	2:45	109	44:52	20.1	1:24	111	22:50	7:
121	7/15	263 Craig Lindsay	I	23 M	Minneapolis	MN	99	14:09	1:37	2:34	125	45:25	19.8	0:57	144	23:48	7:
122	21/33	209 David Joas	I	30 M	Delano	MN	119	14:37	1:40	1:21	172	47:28	19.0	0:58	96	22:29	7:
123	6/37	271 Allison Long	I	30 F	Minneapolis	MN	142	15:03	1:43	2:13	131	45:42	19.7	1:13	119	23:01	7:
124	2/8	199 Dennis Jabs	I	56 M	Shorewood	MN	312	19:00	2:10	1:39	54	42:07	21.4	1:12	124	23:13	7:
125	4/37	66 Jamie Clarkson	I	26 F	Minnetonka	MN	110	14:23	1:39	2:15	127	45:37	19.7	1:58	120	23:02	7:
126	22/33	256 Zach Lee	I	32 M	Bloomington	MN	241	16:44	1:55	1:18	98	44:17	20.3	0:59	149	24:01	8:
127	17/37	136 Jeff Gans	I	35 M	Minneapolis	MN	84	13:47	1:34	2:11	167	47:11	19.1	1:11	121	23:02	7:
128	5/37	194 Rachel Horstmann	I	27 F	Eden Prairie	MN	48	12:46	1:28	1:41	190	48:14	18.7	1:25	141	23:43	7:
129	3/28	365 Gretchen Randall	I	37 F	Maple Grove	MN	124	14:46	1:41	1:34	192	48:16	18.6	1:11	94	22:22	7:
130	1/3	272 Gary Lund	I	64 M	Plymouth	MN	229	16:29	1:53	2:34	46	41:44	21.6	1:16	242	26:27	8:
131	16/37	83 Michael Danielson	I	44 M	Tonka Bay	MN	330	19:58	2:17	2:09	88	43:48	20.5	1:38	58	21:00	7:
132	20/31	7 Bob Allen	I	47 M	Chaska	MN	147	15:06	1:43	2:08	116	45:01	20.0	1:18	184	25:02	8:
133	6/22	350 Sarah Peterson	I	45 F	Chanhausen	MN	51	12:49	1:28	2:21	184	48:01	18.7	1:26	153	24:05	8:
134	17/37	432 Marriner Smith	I	44 M	Lakeville	MN	253	17:08	1:57	2:21	87	43:48	20.5	1:04	173	24:45	8:
135	18/37	200 David Jack	I	40 M	Lake Elmo	MN	167	15:25	1:46	2:44	121	45:18	19.9	0:55	174	24:45	8:
136	7/18	450 Daniel Storey	C	34 M	Minneapolis	MN	32	12:05	1:23	1:38	171	47:20	19.0	1:12	265	27:02	9:
137	18/37	147 Jason Good	I	38 M	Victoria	MN	256	17:09	1:57	2:02	95	44:14	20.3	0:59	183	24:58	8:
138	19/37	97 James Duffy	I	43 M	Minneapolis	MN	158	15:19	1:45	1:57	162	47:00	19.1	1:53	128	23:22	7:
139	20/37	105 Jay Erb	I	41 M	Chanhausen	MN	159	15:21	1:45	2:59	148	46:35	19.3	1:28	133	23:28	7:
140	9/21	269 Frank Lombardo	I	54 M	Lakeville	MN	251	17:04	1:57	2:33	135	45:59	19.6	1:21	112	22:54	7:
141	1/10	280 Carol Markham-Cousins	I	53 F	Minneapolis	MN	91	14:02	1:36	2:51	164	47:03	19.1	1:09	177	24:48	8:
142	6/13	499 Randall Williams	I	25 M	Minneapolis	MN	267	17:24	1:59	3:03	140	46:18	19.4	1:03	88	22:07	7:
143	8/18	103 David Elliason	C	38 M	Northfield, Mn	MN	114	14:29	1:39	2:32	59	42:26	21.2	2:05	294	28:30	9:
144	6/37	360 Julie Quinn	I	27 F	Lake Elmo	MN	153	15:13	1:44	3:12	166	47:09	19.1	1:35	115	22:56	7:
145	1/5	172 Hannah Hasek	I	18 F	Maple Plain	MN	88	13:58	1:36	2:37	202	48:34	18.5	1:47	123	23:11	7:
146	7/37	513 Nicole Zitarella	I	29 F	Minneapolis	MN	85	13:49	1:35	2:08	222	49:22	18.2	1:12	140	23:42	7:
147	21/37	509 Scott Yager	I	44 M	Chanhausen	MN	40	12:25	1:25	2:17	198	48:26	18.6	1:21	217	25:48	8:
148	7/37	498 Margaret Williams	I	32 F	St. Louis Park	MN	134	14:50	1:42	2:00	104	44:38	20.2	1:25	274	27:25	9:
149	2/5	184 Erin Higginson	I	15 F	Plymouth	MN	28	11:56	1:22	1:43	263	51:36	17.4	0:39	158	24:26	8:
150	19/37	481 Eduardo Viteri	I	37 M	Anoka	MN	243	16:46	1:55	3:02	132	45:51	19.6	1:08	143	23:45	7:
151	20/37	265 David Liske	I	36 M	Saint Louis Park	MN	181	15:36	1:47	2:42	179	47:48	18.8	1:24	122	23:07	7:
152	10/21	9 Jan Andersen	I	54 M	Minnetonka	MN	144	15:04	1:43	2:32	153	46:40	19.3	0:52	213	25:48	8:
153	8/37	215 Rebecca Joseph	I	33 F	Minnetonka	MN	96	14:07	1:37	2:10	302	53:37	16.8	0:31	51	20:40	6:
154	7/20	218 Sarah Kastan	I	41 F	Edina	MN	98	14:08	1:37	3:13	182	47:54	18.8	1:09	168	24:41	8:
155	22/37	129 Rob Frischmann	I	44 M	St Louis Park	MN	136	14:52	1:42	2:47	181	47:54	18.8	0:57	175	24:45	8:
156	11/21	116 Mark Fiddler	I	52 M	Mpls.	MN	272	17:33	2:00	2:56	56	42:08	21.4	1:57	256	26:48	8:
157	2/10	156 Helen Gunther	I	51 F	Excelsior	MN	192	15:50	1:48	1:52	176	47:35	18.9	1:01	187	25:05	8:
158	8/37	239 Alicia Kockler	I	27 F	Minnetonka	MN	44	12:37	1:26	1:42	225	49:31	18.2	0:52	263	26:59	9:
159	21/37	298 Eric Messenburg	I	36 M	Maple Grove	MN	250	17:03	1:57	2:16	114	44:58	20.0	1:18	228	26:09	8:
160	9/18	404 Jacob Selseth	C	34 M	St. Paul	MN	163	15:23	1:45	3:40	142	46:23	19.4	1:39	169	24:42	8:
161	7/22	119 Jemma Fletcher	I	46 F	Stillwater	MN	242	16:44	1:55	1:22	154	46:43	19.3	1:03	220	25:57	8:
162	22/37	466 Matt Titus	I	37 M	Bloomington	MN	259	17:14	1:58	3:01	133	45:53	19.6	1:23	157	24:21	8:
163	8/15	94 Derek Dockendorf	I	22 M	St. Cloud	MN	276	17:41	2:01	1:55	160	46:53	19.2	1:55	136	23:30	7:
164	23/33	111 Randy Fang	I	30 M	Minnetonka	MN	132	14:49	1:41	1:13	229	49:36	18.1	0:55	199	25:22	8:
165	4/28	12 Kim Anderson	I	37 F	Victoria	MN	112	14:26	1:39	2:00	245	50:18	17.9	1:27	145	23:51	7:
166	9/15	171 Brian Harrison	I	21 M	Lakeville	MN	311	18:57	2:10	2:06	138	46:08	19.5	0:51	151	24:02	8:
167	8/22	412 Kitty Shea	I	45 F	Minnetrissa	MN	280	17:52	2:02	2:14	137	46:02	19.6	1:30	160	24:27	8:
168	9/22	185 Julie Higginson	I	48 F	Plymouth	MN	170	15:27	1:46	1:56	209	48:53	18.4	0:43	190	25:08	8:
169	21/31	15 Craig Andresen	I	46 M	Bloomington	MN	211	16:07	1:50	1:36	128	45:40	19.7	1:10	276	27:34	9:
170	8/20	124 Kathryn Freytag	I	40 F	Eden Prairie	MN	221	16:20	1:52	2:01	146	46:27	19.4	1:33	215	25:48	8:
171	9/20	336 Marissa Onheiber	I	40 F	Saint Paul	MN	166	15:24	1:45	2:05	208	48:47	18.4	1:13	165	24:40	

192	10/37	328	Suzie O'Gorman	I	33	F	Cologne	MN	16	10:49	1:14	2:05	224	49:28	18.2	1:19	323	30:02	10:
193	3/5	396	Clara Schultz	I	13	F	Minneapolis	MN	303	18:39	2:08	2:34	238	49:58	18.0	0:39	83	21:53	7:
194	28/37	348	Jon Peterson	I	42	M	Minneapolis	MN	182	15:39	1:47	2:31	201	48:31	18.6	54:08			
195	10/22	323	Kelly Neider	I	45	F	North Branch	MN	261	17:18	1:58	2:45	290	53:01	17.0	0:20	44	20:22	6:
196	11/15	311	Alex Madinee	I	24	M	Madison	WI	315	19:08	2:11	2:42	115	44:59	20.0	1:51	193	25:11	8:
197	22/31	18	Curt Bailey	I	47	M	Bloomington	MN	173	15:30	1:46	2:43	180	47:52	18.8	2:18	204	25:32	8:
198	11/37	255	Molly Lee	I	32	F	Bloomington	MN	212	16:10	1:51	1:50	212	48:56	18.4	1:40	201	25:25	8:
199	2/4	125	Bryan Frischmann	I	19	M	Rochester	MN	373	23:14	2:39	2:20	97	44:16	20.3	1:29	110	22:50	7:
200	27/37	152	Ben Grimstad	I	35	M	Decorah	IA	187	15:47	1:48	1:47	197	48:25	18.6	1:22	260	26:51	8:
201	12/15	24	Dan Baruch	I	22	M	St. Liouis Park	MN	302	18:38	2:07	2:18	173	47:29	19.0	0:09	176	24:48	8:
202	11/20	290	Genevieve McJilton	I	41	F	Deephaven	MN	265	17:24	1:59	2:00	193	48:16	18.6	1:02	208	25:42	8:
203	24/33	252	Wade Laugen	I	31	M	Apple Valley	MN	204	16:01	1:50	2:11	282	52:43	17.1	0:53	102	22:37	7:
204	25/33	415	Jared Sheridan	I	30	M	Apple Valley	MN	145	15:04	1:43	3:16	220	49:17	18.3	1:51	189	25:06	8:
205	28/37	488	James Wassenberg	I	39	M	Chanhausen	MN	230	16:30	1:53	2:35	147	46:31	19.3	2:02	268	27:08	9:
206	13/21	59	Randy Christenson	I	51	M	Apple Valley	MN	152	15:12	1:44	2:29	188	48:09	18.7	1:54	266	27:04	9:
207	14/21	302	Peter Miller	I	50	M	Chanhausen	MN	218	16:18	1:52	2:16	215	49:08	18.3	1:13	221	25:57	8:
208	23/31	205	Scott Jensen	I	47	M	Grand Forks	ND	168	15:25	1:46	3:55	185	48:05	18.7	1:42	212	25:47	8:
209	4/10	71	Bethany Collins	I	52	F	New Hope	MN	55	13:01	1:29	2:08	221	49:18	18.3	1:50	300	28:42	9:
210	3/4	332	David Olsen	I	18	M	Elk River	MN	47	12:46	1:27	2:46	313	54:33	16.5	0:58	148	23:59	8:
211	12/37	166	Holli Hankinson	I	32	F	Edina	MN	305	18:43	2:08	2:34	273	52:09	17.3	0:25	62	21:12	7:
212	11/22	89	Mary Deeg	I	46	F	St. Paul	MN	226	16:27	1:53	1:17	223	49:22	18.2	1:35	247	26:31	8:
213	12/18	284	Christopher Marshall	C	35	M	Red Wing	MN	213	16:14	1:51	2:08	213	49:08	18.3	1:46	223	25:59	8:
214	13/37	101	Amanda Elfstrom	I	31	F	Minneapolis	MN	200	15:59	1:49	2:15	240	50:04	18.0	1:41	197	25:17	8:
215	7/13	243	Matt Kramer	I	27	M	St. Louis Park	MN	228	16:29	1:53	2:16	207	48:44	18.5	1:06	254	26:43	8:
216	12/22	329	Kristi O'Kane	I	49	F	St. Paul	MN	279	17:50	2:02	2:04	170	47:19	19.0	0:54	270	27:12	9:
217	15/21	130	Tom Frischmann	I	50	M	Rochester	MN	89	13:59	1:36	2:58	156	46:46	19.2	1:26	315	29:28	9:
218	14/37	248	Heather Lang	I	32	F	Minneapolis	MN	197	15:54	1:49	2:07	236	49:55	18.0	1:21	229	26:11	8:
219	29/37	54	Sean Carse	I	40	M	Heber City	UT	201	15:59	1:49	2:41	194	48:21	18.6	1:19	271	27:13	9:
220	30/37	493	Michael Wells	I	41	M	St. Louis Park	MN	352	20:58	2:23	2:07	126	45:28	19.8	2:02	191	25:08	8:
221	29/37	333	Kurt Olsen	I	38	M	Elk River	MN	296	18:25	2:06	2:20	183	48:00	18.8	1:43	200	25:24	8:
222	3/8	216	Joe Kandiko	I	58	M	Excelsior	MN	138	14:59	1:43	2:52	189	48:12	18.7	1:52	288	28:06	9:
223	7/28	110	Denise Exner	I	37	F	Brooklyn Park	MN	224	16:22	1:52	2:59	248	50:25	17.9	1:27	188	25:06	8:
224	4/11	73	Kerry Cooley	I	23	F	Long Lake	MN	247	16:53	1:56	2:19	199	48:26	18.6	1:19	275	27:26	9:
225	24/31	117	John Flaa	I	46	M	Plymouth	MN	254	17:09	1:57	4:12	205	48:42	18.5	2:13	154	24:11	8:
226	31/37	217	Rob Kastan	I	43	M	Edina	MN	196	15:53	1:49	3:09	262	51:35	17.4	1:51	152	24:02	8:
227	13/22	36	Beth Blaylock	I	46	F	Apple Valley	MN	149	15:08	1:44	2:24	178	47:48	18.8	1:26	320	29:48	9:
228	16/21	82	Dick Danaher	I	52	M	Minneapolis	MN	337	20:16	2:19	3:05	216	49:12	18.3	1:15	106	22:46	7:
229	30/37	76	John Coughlin	I	35	M	St. Paul	MN	299	18:30	2:07	2:33	278	52:26	17.2	0:48	100	22:34	7:
230	15/37	449	Kristy Stone`	I	33	F	Boston	MA	317	19:16	2:12	2:33	281	52:38	17.1	0:59	80	21:50	7:
231	16/37	314	Anne-Alise Muir	I	31	F	Owatonna	MN	129	14:47	1:41	2:37	284	52:53	17.0	1:27	206	25:34	8:
232	31/37	259	Jeff Lendino	I	37	M	Chaska	MN	273	17:38	2:01	2:27	294	53:16	16.9	1:16	103	22:41	7:
233	12/20	467	Sarah Totall	I	41	F	St. Louis Park	MN	154	15:14	1:44	2:05	279	52:29	17.1	0:59	245	26:31	8:
234	13/18	43	Barry Brandstetter	C	39	M	Minnetrusta	MN	225	16:25	1:52	4:36	136	46:00	19.6	2:05	290	28:17	9:
235	10/37	58	Sarah Chillo	I	28	F	Minneapolis	MN	189	15:48	1:48	3:41	231	49:40	18.1	1:58	236	26:15	8:
236	11/37	443	Stacy Ann Steber	I	29	F	Saint Paul	MN	334	20:13	2:18	2:43	246	50:20	17.9	0:41	131	23:26	7:
237	5/11	507	Jennifer Wozniczka	I	24	F	Richfield	MN	160	15:22	1:45	1:48	247	50:24	17.9	1:14	297	28:36	9:
238	32/37	123	Jim Freytag	I	43	M	Wayzata	MN	127	14:47	1:41	3:03	210	48:53	18.4	1:37	308	29:11	9:
239	8/28	138	Lori Gengler	I	36	F	Victoria	MN	290	18:13	2:05	3:39	187	48:09	18.7	1:20	240	26:25	8:
240	26/33	405	David Semersky	I	33	M	Minneapolis	MN	291	18:16	2:05	3:20	239	50:02	18.0	3:17	113	22:56	7:
241	4/5	127	Katie Frischmann	I	17	F	Rochester	MN	268	17:26	1:59	3:01	217	49:13	18.3	1:41	250	26:36	8:
242	13/20	291	Pauline McIlilton	I	40	F	Spring Park	MN	245	16:50	1:55	1:41	250	50:39	17.8	2:18	248	26:33	8:
243	32/37	477	Luke Van Santen	I	39	M	Minnetonka	MN	137	14:58	1:42	3:00	305	53:44	16.7	1:02	205	25:33	8:
244	9/28	368	Tiffany Rittler-Foley	I	38	F	Minneapolis	MN	172	15:29	1:46	1:59	249	50:35	17.8	1:50	291	28:24	9:
245	17/37	90	Shelly Dekker	I	33	F	Edina	MN	180	15:35	1:47	2:52	310	54:23	16.5	0:41	180	24:54	8:
246	27/33	337	Mark Osborn	I	34	M	St Louis Park	MN	324	19:38	2:14	5:01	254	51:05	17.6	1:13	70	21:31	7:
247	4/8	77	Tom Couillard	I	59	M	White Bear Lake	MN											
248	5/8	274	Tim Madigan	I	58	M	Faribault	MN	186	15:47	1:48	3:23	232	49:42	18.1	1:35	289	28:09	9:
249	12/37	202	Molly Jeatran	I	28	F	Minneapolis	MN	90	14:01	1:36	2:53	226	49:32	18.2	1:11	337	31:01	10:
250	8/13	399	Greg Schutte	I	26	M	Richfield	MN	178	15:33	1:46	2:55	203	48:40	18.5	1:36	321	29:55	9:
251	25/31	491	Kurt Wehrmann	I	45	M	Hopkins	MN	270	17:31	2:00	2:08	150	46:38	19.3	1:43	333	30:42	10:
252	14/18	214	Walt Johnson	C	54	M	St Paul	MN	139	15:00	1:43	6:07	169	47:16	19.0	2:40	280	27:48	9:
253	13/37	37	Kathrine Bloor	I	28	F	Hudson	WI	275	17:39	2:01	1:38	267	51:55	17.3	0:53	257	26:48	8:
254	13/15	128	Mike Frischmann	I	23	M	Rocheser	MN	347	20:42	2:22	2:41	129	45:40	19.7	1:51	287	28:03	9:
255	18/37	144	Margo Godoi	I	30	F	Apple Valley	MN	203	16:01	1:50	3:03	241	50:05	18.0	1:57	283	27:54	9:
256	28/33	178	Mike Heinen	I	31	M	Cottage Grove	MN	319	19:22	2:12	4:22	139	46:09	19.5	3:24	214	25:48	8:
257	5/10	169	Mary Hanson	I	50	F	Wayzata	MN	193	15:51	1:48	3:03	311	54:26	16.5	0:53	185	25:02	8:
258	33/37	282	David Marschinke	I	43	M	Minnetonka	MN	321	19:28	2:13	4:02	211	48:54	18.4	0:54	225	26:05	8:
259	14/22	160	Leslie Hacking	I	46	F	Golden Valley	MN	82	13:45	1:34	2:39	265	51:49	17.4	1:31	319	29:47	9:
260	15/18	245	Doobie Kurus	C	35	M	Minnetonka	MN	333	20:10	2:18	1:52	270	52:03	17.3	0:52	170	24:42	8:
261	19/37	413	Maia Sheie	I	30	F	Edina	MN	185	15:46	1:48	3:04	299	53:26	16.8	1:18	227	26:08	8:
262	14/37	381	Meaghan Ryan	I	29	F	Minneapolis	MN	239	16:43	1:54	3:04	276	52:18	17.2	1:07	261	26:52	8:
263	33/37	70	Thomas Cody	I	38	M	Minneapolis	MN	184	15:44	1:48	3:27	237	49:56	18.0	2:37	311	29:15	9:
264	26/31	231	Scott Kirkwood	I	47	M	Minnetonka	MN	293	18:17	2:05	3:15	234	49:45	18.1	1:07	278	27:45	9:
265	20/37	390	Sara Schiffler Brito	I	31	F	Minneapolis	MN	314	19:06	2:11	2:54	251	50:43	17.7	1:43	210	25:46	8:
266	15/37	39																	

292	17/21	474	Carl Tuura	I	53	M	Plymouth	MN	162	15:22	1:45	2:16	275	52:16	17.2	1:50	344	31:22	10: 9
293	22/37	177	Gretchen Heinen	I	28	F	Cottage Grove	MN	240	16:44	1:54	2:50	260	51:29	17.5	1:23	332	30:41	10: 8
294	24/37	204	Jen Jensen	I	32	F	Victoria	MN	286	18:04	2:04	3:47	324	55:42	16.2	0:52	182	24:58	8: 9
295	8/8	367	Nelson Rhodus	I	55	M	Saint Paul	MN	368	22:36	2:35	1:54	255	51:09	17.6	1:29	246	26:31	8: 9
296	14/28	343	Catherine Peloquin	I	35	F	Richfield	MN					286	52:55	17.0	1:06	309	29:11	8: 9
297	15/28	246	Lori Kustritz	I	39	F	St. Paul	MN	92	14:04	1:36	2:35	258	51:22	17.5	1:53	358	34:03	11: 11
298	35/37	382	Patrick Ryan	I	40	M	Edina	MN	323	19:37	2:14	3:23	266	51:50	17.4	2:33	252	26:40	8: 8
299	25/37	549	Megan McDougal	I	33	F		MN	216	16:15	1:51	3:39	307	53:55	16.7	1:46	302	28:55	8: 9
300	7/10	515	Colleen Zvosec	I	53	F	Edina	MN	115	14:30	1:39	3:16	342	58:05	15.5	1:22	273	27:22	9: 9
301	34/37	57	John Chapman	I	35	M	Eagan	MN	364	22:15	2:32	4:27	196	48:25	18.6	1:42	284	27:59	9: 9
302	16/20	23	Karen Barton	I	42	F	Minneapolis	MN	328	19:46	2:15	4:38	206	48:44	18.5	2:44	312	29:15	9: 9
303	16/28	385	Sangeeta Sahni	I	37	F	St Louis Park	MN					296	53:21	16.9	1:54	307	29:10	9: 9
304	17/28	505	Jennifer Wongergem	I	35	F	Minneapolis	MN	282	17:58	2:03	2:34	259	51:28	17.5	1:46	346	31:34	10: 10
305	6/11	48	Christa Buhl	I	21	F	Bloomington	MN	97	14:08	1:37	2:24	363	1:02:08	14.5	0:44	222	25:57	8: 8
306	11/13	276	Matthew Malinosky	I	25	M	Savage	MN	83	13:46	1:34	2:11	356	1:00:13	14.9	0:57	292	28:26	9: 9
307	26/37	356	Melissa Poehlman	I	30	F	Richfield	MN	206	16:03	1:50	2:00	357	1:00:17	14.9	0:54	244	26:29	8: 8
308	27/31	62	Bill Cizek	I	49	M	St. Paul	MN	252	17:06	1:57	5:18	253	51:02	17.6	2:24	322	29:57	9: 9
309	27/37	484	Sarah Waataja	I	31	F	Plymouth	MN	122	14:45	1:41	3:12	306	53:50	16.7	1:30	351	32:30	10: 10
310	23/37	4	Lisa Ackerman	I	26	F	Saint Paul	MN	298	18:29	2:06	1:50	295	53:17	16.9	2:20	334	30:54	10: 10
311	1/5	502	Libby Witchger	A	34	F	Edina	MN	362	21:52	2:29	2:42	301	53:29	16.8	1:01	258	26:49	8: 8
312	18/28	159	Bettina Gyr	I	39	F	Minneapolis	MN	283	18:00	2:03	3:24	235	49:49	18.1	3:11	349	32:03	10: 10
313	28/37	75	Raquel Corpus	I	32	F	St. Paul	MN	339	20:25	2:20	2:00	304	53:43	16.8	1:38	303	29:00	9: 9
314	19/28	186	Julie Hoecherl	I	36	F	Richfield	MN	309	18:51	2:09	4:15	327	55:51	16.1	2:09	209	25:45	8: 8
315	18/21	354	David Piper	I	54	M	Minneapolis	MN	348	20:53	2:23	3:20	318	55:03	16.3	1:12	239	26:25	8: 8
316	31/33	104	Mike Elskamp	I	32	M	Crystal	MN	304	18:40	2:08	3:22	291	53:02	17.0	1:48	324	30:02	10: 10
317	20/28	379	Karen Ryan	I	39	F	Minneapolis	MN	285	18:03	2:03	2:28	143	46:24	19.4	2:42	379	37:36	12: 12
318	7/11	469	Lindsay Trickey	I	24	F	Minnetonka	MN	107	14:17	1:38	2:20	361	1:01:33	14.6	1:04	286	28:03	9: 9
319	24/37	287	Danita Martinez	I	28	F	Minneapolis	MN	262	17:19	1:59	2:15	346	58:25	15.4	0:44	296	28:35	9: 9
320	17/20	114	Susan Farrell	I	42	F	Wayzata	MN	264	17:22	1:59	3:19	317	54:54	16.4	2:31	310	29:14	9: 9
321	18/20	206	Maria Jensen	I	44	F	Edina	MN	288	18:10	2:04	3:49	268	52:02	17.3	3:01	330	30:37	10: 10
322	19/20	81	Lynne Dana	I	43	F	Victoria	MN	255	17:09	1:57	3:32	328	56:01	16.1	2:43	293	28:28	9: 9
323	36/37	363	Mike Ramler	I	40	M	Chaska	MN	390	27:01	3:05	3:27	252	50:51	17.7	1:06	218	25:49	8: 8
324	29/37	261	Anne Liebeck	I	32	F	Minneapolis	MN	249	17:01	1:56	3:36	325	55:43	16.2	1:53	327	30:07	10: 10
325	35/37	227	Chad Kerlin	I	37	M	Chanhassen	MN	331	20:02	2:17	4:24	332	56:40	15.9	1:33	235	26:15	8: 8
326	28/31	80	Kevin Dana	I	46	M	Victoria	MN	215	16:15	1:51	4:56	293	53:10	16.9	1:54	352	32:53	10: 10
327	29/31	268	Larry Lomax	I	49	M	Edina	MN	371	22:47	2:36	3:45	230	49:39	18.1	1:34	345	31:23	10: 10
328	2/3	132	Thomas Fulton	I	61	M	St., Louis Park	MN	295	18:25	2:06	3:55	256	51:16	17.6	2:27	356	33:25	11: 11
329	14/15	85	Robert Dauwalter	I	24	M	Cologne	MN	342	20:32	2:20	2:52	308	53:59	16.7	1:05	338	31:01	10: 10
330	21/28	262	Sarah Lien	I	35	F	Deephaven	MN	322	19:31	2:13	2:47	337	57:21	15.7	1:04	304	29:02	9: 9
331	32/33	470	Dale Trisko	I	32	M	Chaska	MN	349	20:53	2:23	4:16	338	57:32	15.6	1:03	237	26:17	8: 8
332	25/37	387	Jina Schaefer	I	27	F	Minneapolis	MN	326	19:41	2:15	3:53	333	56:42	15.9	3:02	272	27:16	9: 9
333	30/37	55	Rosie Cataldo	I	34	F	Maple Grove	MN	306	18:45	2:08	3:09	314	54:35	16.5	1:16	353	33:01	11: 11
334	22/28	417	Gretchen Shoup	I	39	F	Minneapolis	MN	287	18:04	2:04	1:47	345	58:24	15.4	1:35	335	30:57	10: 10
335	16/22	79	Barbara Daiker	I	48	F	Maple Grove	MN	335	20:15	2:18	2:50	285	52:53	17.0	1:54	355	33:10	11: 11
336	37/37	158	Frank Gustafson	I	43	M	Chaska	MN	381	24:29	2:47	2:54	274	52:11	17.2	2:32	306	29:07	9: 9
337	12/13	238	Paul Kobs	I	29	M	Minnetonka	MN	300	18:31	2:07	2:48	330	56:31	15.9	1:44	348	31:47	10: 10
338	26/37	541	Jamie Hena	I	25	F	Golden Valley	MN	151	15:12	1:44	1:58	362	1:01:44	14.6	1:33	342	31:08	10: 10
339	23/28	258	Ann Lendino	I	37	F	Chaska	MN	244	16:47	1:55	3:25	379	1:04:44	13.9				
340	17/22	351	Janene Phillips	I	48	F	Eden Prairie	MN	340	20:31	2:20	2:41	326	55:45	16.1	2:47	339	31:03	10: 10
341	1/2	153	Larry Grimstad	I	65	M	Decorah	IA	356	21:26	2:27	3:52	355	1:00:10	15.0	1:28	231	26:13	8: 8
342	24/28	241	Heidi Kohlmeier	I	37	F	Minneapolis	MN	374	23:29	2:41	3:01	289	53:00	17.0	2:16	347	31:37	10: 10
343	36/37	19	Scott Bailey	I	37	M	Eagan	MN	351	20:56	2:23	4:04	347	58:44	15.3	0:40	318	29:46	9: 9
344	31/37	98	Sarah Dungey	I	31	F	Eden Prairie	MN	332	20:02	2:17	2:53					372	35:56	11: 11
345	8/10	308	Joanie Mitchell	I	54	F	Minnetonka	MN	207	16:05	1:50	3:16	331	56:39	15.9	2:28	371	35:56	11: 11
346	2/5	175	Rebecca Hawman	A	40	F	Richfield	MN	391	27:18	3:07	3:28	233	49:42	18.1	2:51	343	31:16	10: 10
347	25/28	162	Ann Hagerman	I	38	F	St. Louis Park	MN	289	18:11	2:04	3:46	353	59:55	15.0	1:14	350	32:10	10: 10
348	33/33	53	Ryan Carse	I	33	M	Richfield	MN	336	20:16	2:19	4:22	322	55:40	16.2	1:14	359	34:06	11: 11
349	18/22	260	Grace Levoir	I	47	F	Minneapolis	MN	358	21:37	2:28	3:07	277	52:24	17.2	2:34	373	35:57	11: 11
350	27/37	407	Katie Septer	I	29	F	Minneapolis	MN	377	24:12	2:45	2:46	351	59:47	15.1	1:12	281	27:49	9: 9
351	32/37	222	Kristin Kelker	I	34	F	Minneapolis	MN	260	17:16	1:58	4:50	343	58:09	15.5	2:08	357	33:33	11: 11
352	19/22	504	Helyn Wohlwend	I	49	F	Newton	IA	202	16:00	1:49	3:51	348	58:50	15.3	1:41	369	35:33	11: 11
353	30/31	295	Tom Mealey	I	46	M	Minneapolis	MN	327	19:45	2:15	3:13	309	54:01	16.7	1:50	377	37:09	12: 12
354	20/22	294	Jenny Mealey	I	45	F	Minneapolis	MN	384	25:00	2:51	3:59	329	56:15	16.0	1:09	326	30:04	10: 10
355	21/22	320	Lori Murphy	I	48	F	Bloomington	MN	346	20:41	2:21	2:27	364	1:02:16	14.5	1:48	317	29:32	9: 9
356	28/37	14	Megan Anderson	I	25	F	Farmington	MN	103	14:13	1:37	2:36	383	1:10:24	12.8	1:17	295	28:34	9: 9
357	33/37	330	Cynthia Oconer	I	30	F	St. Louis Park	MN	353	20:58	2:23	3:36	368	1:03:07	14.3	1:05	301	28:52	9: 9
358	34/37	189	Josie Hoffman	I	32	F	Eden Prairie	MN	370	22:47	2:36	4:08	371	1:03:26	14.2	1:19	232	26:13	8: 8
359	29/37	364	Veronica Ramos	I	29	F	Richfield	MN	359	21:45	2:29	3:04	365	1:02:23	14.4	1:40	316	29:31	9: 9
360	3/3	457	Mike Tenney	I	63	M	Excelsior	MN	208	16:05	1:50	4:09	340	57:40	15.6	2:46	381	38:07	12: 12
361	17/18	195	David Hugare	C	37	M	Hastings	MN	338	20:18	2:19	3:21	352	59:54	15.0	1:10	360	34:17	11: 11
362	31/31	419	Daniel Sieben	I	49	M	Edina	MN	354	21:16	2:25	11:20	349	59:10	15.2	1:02	279	27:46	9: 9
363	22/22	140	Suzanne Gilbert	I	49	F	Minneapolis	MN	392	27:44	3:10	2:55	312	54:33	16.5	1:32	361	34:17	11: 11
364	37/37	50	Jeff Cameron	I	37	M	Woodland	MN	329	19:55	2:16	3:50	336	57:18	15.7	2:50	380	38:06	12: 12
365	35/37	460	Freya Thamman	I	34	F	Minneapolis	MN	320										

Table with columns: Bib, Name, Age, Sex, City, State, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Lists individual triathlete results.

results by Pickle Events

results posted on: www.pickleevents.com

MALE RELAY RESULTS

Table with columns: Place, Bib, TEAM, MEMBERS:SWIMMER, BIKER, RUNNER, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Lists male relay team results.

FEMALE RELAY RESULTS

Table with columns: Place, Bib, TEAM, MEMBERS:SWIMMER, BIKER, RUNNER, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Lists female relay team results.

MIXED RELAY RESULTS

Table with columns: Place, Bib, TEAM, MEMBERS:SWIMMER, BIKER, RUNNER, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Lists mixed relay team results.

DQ or DID NOT FINISH

Table with columns: Bib, Name, Age, Sex, City, St, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Lists individual results for those who did not finish.

CLYDESDALE OVERALL RESULTS

Table with columns: Place, Bib, Name, Age, City, St, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Lists overall results for Clydesdale.

ATHENA OVERALL RESULTS

Table with columns: Place, Bib, Name, Age, City, St, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Lists overall results for Athena.

INDIVIDUAL MALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	391	Tony Schiller	50	Chanhasen	MN	9	10:36	1:13	1:07	1	35:07	25.6	0:27	3	16:33	5:31	1:03:47
2	1	Brett Lovvaas	33	Minnetonka	MN	3	9:58	1:08	1:02	4	35:23	25.4	0:23	7	17:16	5:46	1:04:00
3	179	Eric Hendrickson	28	Hopkins	MN	11	10:38	1:13	0:59	2	35:08	25.6	0:22	5	17:12	5:44	1:04:17
4	358	Anton Pshon	26	Saint Paul	MN	8	10:32	1:12	1:07	3	35:19	25.5	0:29	6	17:16	5:46	1:04:39
5	34	Josh Blankenheim	27	Duluth	MN	20	11:24	1:18	1:20	6	37:24	24.1	0:34	4	16:39	5:33	1:07:18
6	191	Steven Hohenstein	31	Duluth	MN	23	11:29	1:19	1:01	5	37:11	24.2	0:30	11	18:28	6:10	1:08:35
7	355	Derick Podratz	33	Lino Lakes	MN	41	12:53	1:28	1:18	14	38:43	23.2	0:57	2	16:27	5:29	1:10:16
8	146	David Goldberg	48	Excelsior	MN	4	10:11	1:10	1:15	13	38:41	23.3	0:43	24	19:39	6:33	1:10:27
9	45	Robert Brown	33	Hopkins	MN	22	11:26	1:18	1:06	17	38:51	23.2	0:57	13	18:42	6:14	1:10:59
10	437	Tim Sosnowski	37	Eden Prairie	MN	17	11:04	1:16	1:13	18	38:54	23.1	0:48	16	19:04	6:22	1:11:01
11	236	David Knack	45	Prior Lake	MN	25	11:42	1:20	1:34	10	38:18	23.5	0:31	15	19:00	6:20	1:11:04
12	65	Charlie Clark	48	Chanhasen	MN	12	10:39	1:13	1:24	20	39:11	23.0	0:36	28	19:42	6:34	1:11:29
13	430	Chuck Smith	30	St. Paul	MN	2	9:57	1:08	1:08	40	41:40	21.6	0:40	9	18:17	6:06	1:11:38
14	68	Kirk Clowser	51	Dellwood	MN	14	10:46	1:14	1:28	7	37:26	24.0	0:43	55	21:28	7:30	1:11:50
15	92	Matt Des Marais	23	Saint Paul	MN	15	10:48	1:14	1:21	23	39:18	22.9	0:51	26	19:40	6:34	1:11:56
16	532	Terry Alexander	51		MN	5	10:22	1:11	1:42	21	39:12	23.0	1:19	40	20:28	6:50	1:13:01
17	253	Brian Lavelle	46	Chaska	MN	18	11:21	1:18	1:19	16	38:50	23.2	0:33	51	21:03	7:01	1:13:04
18	444	Don Steenson	37	Minneapolis	MN	6	10:24	1:11	1:32	36	41:09	21.9	0:49	21	19:27	6:29	1:13:20
19	224	Joe Keller	44	Maple Grove	MN	56	13:41	1:34	1:02	12	38:28	23.4	0:45	27	19:41	6:34	1:13:35
20	500	Aaron Wilson	34	Eden Prairie	MN	39	12:49	1:28	1:17	24	39:23	22.9	0:45	22	19:30	6:30	1:13:41
21	506	Dale Woodbeck	52	Excelsior	MN	31	12:19	1:24	1:43	8	37:34	24.0	0:48	62	21:42	7:14	1:14:03
22	401	Jake Schwietering	31	St Louis Park	MN	13	10:45	1:14	1:26	35	41:04	21.9	0:40	36	20:13	6:45	1:14:05
23	375	James Ross	49	Lakeville	MN	32	12:25	1:25	1:13	19	39:07	23.0	1:30	41	20:29	6:50	1:14:42
24	392	Andy Schizal	31	Minnetonka	MN	80	14:46	1:41	1:32	9	37:43	23.9	1:23	18	19:25	6:29	1:14:47
25	309	Jesse Moen	33	Minneapolis	MN	26	11:50	1:21	1:00	54	42:30	21.2	0:37	17	19:09	6:23	1:15:03
26	431	Kent Smith	38	Edina	MN	60	13:56	1:35	1:38	11	38:25	23.4	0:37	44	20:38	6:53	1:15:12
27	273	Dave MacDougall	44	Minnetonka	MN	36	12:35	1:26	1:28	28	40:21	22.3	0:38	37	20:16	6:46	1:15:15
28	145	Oscar Godoi	33	Apple Valley	MN	1	9:42	1:07	1:35	32	41:01	21.9	0:51	72	22:11	7:24	1:15:17
29	402	Kent Schwitzer	55	Minnetonka	MN	34	12:29	1:26	1:29	15	38:48	23.2	0:55	61	21:41	7:14	1:15:20
30	108	Mark Evans	38	Minneapolis	MN	101	15:24	1:45	1:50	26	40:12	22.4	0:33	8	17:49	5:57	1:15:46
31	489	Jonathan Watson	39	Minneapolis	MN	52	13:28	1:32	1:37	25	39:30	22.8	1:08	35	20:10	6:44	1:15:51
32	234	Dan Kline	43	Maplewood	MN	51	13:26	1:32	1:10	27	40:16	22.4	1:21	31	19:46	6:36	1:15:56
33	296	Anton Medved	32	Minneapolis	MN	19	11:23	1:18	1:21	34	41:03	21.9	0:51	63	21:50	7:07	1:16:26
34	362	Steve Rahn	31	Saint Paul	MN	71	14:21	1:38	1:09	52	42:27	21.2	1:00	10	18:25	6:19	1:17:19
35	436	Allan Sommer	32	Minneapolis	MN	70	14:19	1:38	1:32	38	41:22	21.8	0:38	25	19:40	6:34	1:17:29
36	487	Jeffrey Warshaw	47	Hopkins	MN	43	13:05	1:30	2:23	39	41:24	21.7	0:58	29	19:43	6:35	1:17:30
37	376	Mark Roth	46	Burnsville	MN	90	15:02	1:43	1:27	29	40:26	22.3	1:13	19	19:26	6:29	1:17:31
38	229	Kevin Olsen	49	Orono	MN	24	11:32	1:19	1:41	37	41:13	21.8	0:38	75	22:29	7:30	1:17:32
39	483	Michael Waataja	32	Plymouth	MN	7	10:27	1:12	1:00	91	44:55	20.0	0:42	43	20:38	6:53	1:17:39
40	112	Colin Farbotko	29	Minneapolis	MN	113	15:42	1:47	1:29					12	18:33	6:11	1:17:55
41	305	Erik Minge	40	Minneapolis	MN	29	12:07	1:23	2:04	66	43:13	20.8	0:49	32	19:49	6:37	1:18:00
42	196	Michael Hukka	48	Rosemount	MN	27	12:03	1:23	2:32	33	41:03	21.9	1:03	53	21:22	7:08	1:18:01
43	318	Paul Mullaney	47	Chanhasen	MN	16	10:55	1:15	1:49	55	42:38	21.1	0:53	65	21:51	7:17	1:18:05
44	30	Mike Berkopec	45	Eagan	MN	107	15:32	1:46	1:43	22	39:13	22.9	1:11	45	20:42	6:54	1:18:18
45	453	Dan Swartz	39	St. Louis Park	MN	53	13:31	1:33	1:25	59	42:49	21.0	1:01	30	19:46	6:36	1:18:29
46	408	Bradley Severson	41	Minnetonka	MN	46	13:07	1:30	1:36	62	42:59	20.9	1:15	23	19:37	6:33	1:18:32
47	403	Tom Segar	37	Minnetonka	MN	50	13:21	1:31	1:30	56	42:41	21.1	0:58	47	20:55	6:59	1:19:22
48	293	Brent McVay	40	Minneapolis	MN	49	13:16	1:31	1:20	43	41:45	21.6	0:56	73	22:14	7:25	1:19:29
49	149	Kevin Grafft	47	Chanhasen	MN	42	13:03	1:29	1:47	49	42:08	21.4	1:00	64	21:51	7:17	1:19:46
50	438	Robert Spencer	42	Minneapolis	MN	21	11:26	1:18	1:40	53	42:27	21.2	0:52	107	23:45	7:55	1:20:07
51	319	Chad Murphy	44	Prior Lake	MN	35	12:32	1:26	2:07	58	42:49	21.0	1:10	60	21:40	7:14	1:20:15
52	212	Josh Johnson	28	Minnetonka	MN	55	13:37	1:33	1:12	74	44:01	20.4	0:33	48	20:56	6:59	1:20:16
53	235	Anton Knack	15	Prior Lake	MN	10	10:37	1:13	2:04	95	45:04	20.0	1:08	71	22:07	7:23	1:20:58
54	56	Dave Chaffin	32	Saint Louis Park	MN	65	14:11	1:37	1:13	83	44:27	20.2	0:49	39	20:22	6:48	1:21:01
55	349	Rick Peterson	50	Maple Grove	MN	48	13:10	1:30	1:42	117	46:39	19.3	0:56	14	18:42	6:14	1:21:07
56	340	Scott Parker	32	Plymouth	MN	72	14:24	1:39	2:20	68	43:15	20.8	1:00	38	20:18	6:46	1:21:14
57	395	Jeff Schultenover	44	Minnetonka	MN	54	13:33	1:33	1:14	45	41:57	21.5	0:40	117	24:16	8:06	1:21:38
58	285	Todd Martin	35	Minneapolis	MN	136	16:33	1:53	2:16	41	41:42	21.6	2:03	20	19:26	6:29	1:21:58
59	312	Matt Morel	33	Brooklyn Park	MN	82	14:47	1:41	1:22	69	43:18	20.8	0:37	67	22:02	7:21	1:22:04
60	49	Stephen Bullard	50	Golden Valley	MN	45	13:07	1:30	1:27	65	43:05	20.9	0:42	110	23:54	7:58	1:22:13
61	32	Mike Bier	39	Brooklyn Center	MN	126	16:07	1:50	1:12	47	42:01	21.4	0:57	68	22:03	7:21	1:22:17
62	141	Jeff Gilmer	49	Delano	MN	116	15:34	1:47	1:20	46	41:57	21.5	0:55	80	22:42	7:34	1:22:26
63	91	Terry Denzer	46	Apple Valley	MN	57	13:45	1:34	1:48	67	43:13	20.8	1:07	83	22:47	7:36	1:22:38
64	316	Benjamin Mullaney	22	Chanhasen	MN	63	14:06	1:37	2:52	98	45:10	19.9	0:43	33	20:00	6:40	1:22:50
65	164	Robb Hall	45	Chanhasen	MN	69	14:15	1:38	1:36	89	44:53	20.1	1:25	46	20:47	6:56	1:22:55
66	366	Bob Revoir	44	Plymouth	MN	84	14:50	1:42	1:13	85	44:43	20.1	0:51	58	21:35	7:12	1:23:10
67	341	Matthew Parrish	38	Hamel	MN	117	15:48	1:48	2:20	60	42:51	21.0	0:57	56	21:30	7:10	1:23:24
68	47	Rob Bryant	34	St Paul	MN	68	14:15	1:38	2:01	30	40:28	22.2	0:52	154	26:24	8:48	1:23:57
69	482	Eric Vollen	35	Minneapolis	MN	78	14:44	1:41	1:46	82	44:26	20.3	1:26	59	21:40	7:14	1:23:59
70	464	Shawn Thomas	35	Eden Prairie	MN	79	14:45	1:41	2:24	97	45:09	19.9	1:22	42	20:31	6:51	1:24:08
71	29	Kevin Bengtson	36	Minneapolis	MN	30	12:13	1:24	2:10	101	45:21	19.8	0:53	106	23:41	7:54	1:24:16
72	299	Greg Meyer	37	Wayzata	MN	73	14:29	1:39	1:46	87	44:51	20.1	0:35	81	22:43	7:35	1:24:21
73	257	Timmy Lees	41	Mound	MN	108	15:33	1:46	1:21	70	43:41	20.6	1:07	84	22:48	7:36	1:24:27
74	397	James Schultz	46	Shorewood	MN	164	18:34	2:07	2:26	31	40:35	22.2	2:57	34	20:03	6:41	1:24:33
75	106	John Erickson	46	Deephaven	MN	47	13:09	1:30	3:12	75	44:09	20.4	0:49	99	23:24	7:48	1:24:41
76	508	Bryan Wray	46	Eagan	MN	120	15:52	1:49	1:59	51	42:08	21.4	1:25	97	23:20	7:47	1:24:41
77	324	Lawrence Nemecek	41	Minnetrista	MN	100	15:24	1:45	2:19	64	43:01	20.9	1:11	91	22:58	7:40	1:24:50
78	414	James Sheldon	30	Minnetonka	MN	77	14:43	1:41	1:30	120							

97	272	Gary Lund	64	Plymouth	MN	134	16:29	1:53	2:34	42	41:44	21.6	1:16	157	26:27	8:49	1:28:29
98	83	Michael Danielson	44	Tonka Bay	MN	179	19:58	2:17	2:09	72	43:48	20.5	1:38	49	21:00	7:00	1:28:31
99	7	Bob Allen	47	Chaska	MN	94	15:06	1:43	2:08	94	45:01	20.0	1:18	129	25:02	8:21	1:28:33
100	432	Marriner Smith	44	Lakeville	MN	145	17:08	1:57	2:21	71	43:48	20.5	1:04	122	24:45	8:15	1:29:04
101	200	David Jack	40	Lake Elmo	MN	102	15:25	1:46	2:44	99	45:18	19.9	0:55	123	24:45	8:15	1:29:04
102	147	Jason Good	38	Victoria	MN	147	17:09	1:57	2:02	76	44:14	20.3	0:59	128	24:58	8:20	1:29:21
103	97	James Duffy	43	Minneapolis	MN	97	15:19	1:45	1:57	123	47:00	19.1	1:53	98	23:22	7:48	1:29:28
104	105	Jay Erb	41	Chanhausen	MN	98	15:21	1:45	2:59	114	46:35	19.3	1:28	102	23:28	7:50	1:29:47
105	269	Frank Lombardo	54	Lakeville	MN	143	17:04	1:57	2:33	109	45:59	19.6	1:21	87	22:54	7:38	1:29:50
106	499	Randall Williams	25	Minneapolis	MN	150	17:24	1:59	3:03	112	46:18	19.4	1:03	70	22:07	7:23	1:29:53
107	509	Scott Yager	47	Chanhausen	MN	33	12:25	1:25	2:17	141	48:26	18.6	1:21	144	25:48	8:36	1:30:14
108	481	Eduardo Viteri	37	Anoka	MN	139	16:46	1:55	3:02	106	45:51	19.6	1:08	108	23:45	7:55	1:30:29
109	265	David Liske	36	Saint Louis Park	MN	111	15:36	1:47	2:42	129	47:48	18.8	1:24	93	23:07	7:43	1:30:34
110	9	Jan Andersen	54	Minnetonka	MN	91	15:04	1:43	2:32	118	46:40	19.3	0:52	142	25:48	8:36	1:30:53
111	129	Rob Frischmann	44	St Louis Park	MN	86	14:52	1:42	2:47	131	47:54	18.8	0:57	124	24:45	8:15	1:31:13
112	116	Mark Fiddler	52	Mpls.	MN	152	17:33	2:00	2:56	50	42:08	21.4	1:57	161	26:48	8:56	1:31:19
113	298	Eric Mesenburg	36	Maple Grove	MN	142	17:03	1:57	2:16	92	44:58	20.0	1:18	149	26:09	8:43	1:31:42
114	466	Matt Titus	27	Bloomington	MN	149	17:14	1:58	3:01	107	45:53	19.6	1:23	118	24:21	8:07	1:31:50
115	94	Derek Dockendorf	22	St. Cloud	MN	155	17:41	2:01	1:55	122	46:53	19.2	1:55	104	23:30	7:50	1:31:52
116	111	Randy Fang	30	Minnetonka	MN	83	14:49	1:41	1:13	155	49:36	18.1	0:55	136	25:22	8:28	1:31:52
117	171	Brian Harrison	21	Lakeville	MN	168	18:57	2:10	2:06	110	46:08	19.5	0:51	113	24:02	8:01	1:32:00
118	15	Craig Andresen	46	Bloomington	MN	127	16:07	1:50	1:36	104	45:40	19.7	1:10	169	27:34	9:12	1:32:05
119	33	Tim Bjork	23	Plymouth	MN	170	19:05	2:11	3:41	73	43:49	20.5	1:12	120	24:44	8:15	1:32:28
120	485	Steve Wander	40	Minnetonka	MN	105	15:28	1:46	2:27	134	48:06	18.7	1:48	121	24:44	8:15	1:32:30
121	398	Mike Schupanitz	37	Champlin	MN	74	14:35	1:40	2:45	121	46:52	19.2	1:31	164	27:00	9:00	1:32:40
122	345	Brent Peterson	42	Minnetrista	MN	148	17:12	1:58	2:18	138	48:22	18.6	1:21	105	23:33	7:51	1:32:44
123	173	Scott Haskins	36	Excelsior	MN	141	16:58	1:56	2:36	152	49:14	18.3	0:38	103	23:30	7:50	1:32:54
124	371	Dean Robinson	44	Golden Valley	MN	119	15:50	1:48	3:33	108	45:57	19.6	1:27	151	26:15	8:45	1:33:00
125	176	Scott Heimes	39	Minneapolis	MN	157	18:02	2:03	1:40	142	48:28	18.6	1:44	96	23:16	7:46	1:33:06
126	442	Todd Stahl	50	Golden Valley	MN	194	22:06	2:31	1:42	57	42:46	21.0	1:19	135	25:16	8:26	1:33:07
127	27	David Becker	42	Eden Prairie	MN	96	15:17	1:45	4:08	154	49:34	18.2	1:02	101	23:28	7:50	1:33:27
128	237	Edward Knutson	39	Waconia	MN	128	16:15	1:51	3:18	128	47:37	18.9	1:29	127	24:54	8:18	1:33:30
129	170	Todd Hanson	44	Plymouth	MN	140	16:50	1:55	3:10	124	47:04	19.1	2:20	116	24:13	8:05	1:33:34
130	348	Jon Peterson	42	Minneapolis	MN	112	15:39	1:47	2:31	143	48:31	18.6	54:08				1:33:44
131	311	Alex Mominnee	24	Madison	WI	171	19:08	2:11	2:42	93	44:59	20.0	1:51	133	25:11	8:24	1:33:49
132	18	Curt Bailey	47	Bloomington	MN	106	15:30	1:46	2:43	130	47:52	18.8	2:18	138	25:32	8:31	1:33:53
133	125	Bryan Frischmann	19	Rochester	MN	198	23:14	2:39	2:20	78	44:16	20.3	1:29	85	22:50	7:37	1:34:06
134	152	Ben Grimstad	15	Decorah	IA	116	15:47	1:48	1:47	140	48:25	18.6	1:22	163	26:51	8:57	1:34:10
135	24	Dan Baruch	22	St. Liouis Park	MN	165	18:38	2:07	2:18	127	47:29	19.0	1:09	125	24:48	8:16	1:34:19
136	252	Wade Laugen	31	Apple Valley	MN	124	16:01	1:50	2:11	174	52:43	17.1	0:53	78	22:37	7:33	1:34:22
137	415	Jared Sheridan	30	Apple Valley	MN	92	15:04	1:43	3:16	153	49:17	18.3	1:51	130	25:06	8:22	1:34:31
138	488	James Wassenberg	39	Chanhausen	MN	135	16:30	1:53	2:35	113	46:31	19.3	2:02	166	27:08	9:03	1:34:43
139	59	Randy Christenson	51	Apple Valley	MN	95	15:12	1:44	2:29	135	48:09	18.7	1:54	165	27:04	9:02	1:34:46
140	302	Peter Miller	50	Chanhausen	MN	130	16:18	1:52	2:16	150	49:08	18.3	1:13	147	25:57	8:39	1:34:50
141	205	Scott Jensen	47	Grand Forks	ND	103	15:25	1:46	3:55	133	48:05	18.7	1:42	141	25:47	8:36	1:34:52
142	332	David Olsen	18	Elk River	MN	38	12:46	1:27	2:46	183	54:33	16.5	0:58	111	23:59	8:00	1:34:59
143	243	Matt Kramer	27	St. Louis Park	MN	133	16:29	1:53	2:16	146	48:44	18.5	1:06	160	26:43	8:55	1:35:16
144	130	Tom Frischmann	50	Rochester	MN	61	13:59	1:36	2:58	119	46:46	19.2	2:16	181	29:28	9:50	1:35:24
145	54	Sean Carse	40	Heber City	UT	123	15:59	1:49	2:41	137	48:21	18.6	1:19	168	27:13	9:05	1:35:31
146	493	Michael Wells	41	St. Louis Park	MN	189	20:58	2:23	2:07	103	45:28	19.8	2:02	131	25:08	8:23	1:35:41
147	333	Kurt Olsen	38	Elk River	MN	161	18:25	2:06	2:20	132	48:00	18.8	1:43	137	25:24	8:28	1:35:49
148	216	Joe Kandiko	58	Excelsior	MN	88	14:59	1:43	2:52	136	48:12	18.7	1:52	174	28:06	9:22	1:36:00
149	117	John Flaa	46	Plymouth	MN	146	17:09	1:57	4:12	145	48:42	18.5	2:13	115	24:11	8:04	1:36:26
150	217	Rob Kastan	43	Edina	MN	121	15:53	1:49	3:09	167	51:35	17.4	1:51	114	24:02	8:01	1:36:27
151	82	Dick Danaher	52	Minneapolis	MN	182	20:16	2:19	3:05	151	49:12	18.3	1:15	82	22:46	7:36	1:36:32
152	76	John Coughlin	35	St. Paul	MN	162	18:30	2:07	2:33	173	52:26	17.2	0:48	77	22:34	7:32	1:36:49
153	259	Jeff Lendino	37	Chaska	MN	153	17:38	2:01	2:27	178	53:16	16.9	1:16	79	22:41	7:34	1:37:15
154	123	Jim Freytag	43	Wayzata	MN	81	14:47	1:41	3:03	147	48:53	18.4	1:37	179	29:11	9:44	1:37:28
155	405	David Semersky	33	Minneapolis	MN	158	18:16	2:05	3:20	160	50:02	18.0	3:17	88	22:56	7:39	1:37:48
156	477	Luke Van Santen	39	Minnetonka	MN	87	14:58	1:42	3:00	180	53:44	16.7	1:02	139	25:33	8:31	1:38:14
157	337	Mark Osborn	34	St Louis Park	MN	176	19:38	2:14	5:01	164	51:05	17.6	1:13	57	21:31	7:11	1:38:25
158	77	Tom Couillard	59	White Bear Lake	MN												1:38:29
159	274	Tim Madigan	58	Faribault	MN	115	15:47	1:48	3:23	157	49:42	18.1	1:35	175	28:09	9:23	1:38:34
160	399	Greg Schutte	26	Richfield	MN	109	15:33	1:46	2:55	144	48:40	18.5	1:36	183	29:55	9:59	1:38:37
161	491	Kurt Wehrmann	25	Hopkins	MN	151	17:31	2:00	2:08	116	46:38	19.3	1:43	186	30:42	10:14	1:38:40
162	128	Mike Frischmann	43	Rocheser	MN	185	20:42	2:22	2:41	105	45:40	19.7	1:51	173	28:03	9:21	1:38:54
163	178	Mike Heinen	31	Cottage Grove	MN	173	19:22	2:12	4:22	111	46:09	19.5	3:24	143	25:48	8:36	1:39:02
164	282	David Marschinke	43	Minnetonka	MN	174	19:28	2:13	4:02	148	48:54	18.4	0:54	148	26:05	8:42	1:39:21
165	70	Thomas Cody	38	Minneapolis	MN	114	15:44	1:48	2:37	159	49:56	18.0	2:37	180	29:15	9:45	1:40:07
166	231	Scott Kirkwood	47	Minnetonka	MN	159	18:17	2:05	3:15	158	49:45	18.1	1:07	170	27:45	9:15	1:40:07
167	315	Seth Muir	31	Owatonna	MN	183	20:31	2:20	3:21	149	49:08	18.3	1:41	146	25:55	8:39	1:40:34
168	389	John Scheef	30	Golden Valley	MN	137	16:42	1:54	4:02	175	52:48	17.0	1:21	140	25:47	8:36	1:40:37
169	142	Mark Gitche	41	Hopkins	MN	131	16:19	1:52	3:59	179	53:29	16.8	1:52	132	25:09	8:23	1:40:45
170	74	Tim Cooley	28	Wayzata	MN	154	17:39	2:01	4:31	161	50:17	17.9	3:58	134	25:12	8:24	1:41:34
171	497	Charlie Wickenhauser	26	Cologne	MN	199	23:55	2:44	3:19	168	51:41	17.4	0:45	89	22:56	7:39	1:42:33
172	427	Lee Skold	55	Mpls	MN	67	14:12	1:37	3:36	170	52:03	17.3	2:09	187	30:57	10:19	1:42:55
173	307	Andy Mitchell	56	Minnetonka	MN	118	15:48	1:48	4:19	184	54:52	16.4	0:50	167	27:10	9:04	1:42:58
174	474	Carl Tuura	53	Plymouth	MN	99	15:22	1:45	2:16	172	52:16	17.2	1:50	189	31:		

197	50	Jeff Cameron	37	Woodland	MN	178	19:55	2:16	3:50	190	57:18	15.7	2:50	201	38:06	12:42	2:01:56
198	418	Aaron Sieben	22	Edina	MN	204	27:55	3:11	8:37	193	57:53	15.5	1:40	156	26:26	8:49	2:02:29
199	494	Tom Wentz	50	Burnsville	MN	200	24:26	2:47	4:08	194	58:17	15.4	2:25	196	34:26	11:29	2:03:39
200	433	Tom Smith	65	Eden Prairie	MN	156	17:54	2:02	4:54	201	1:03:23	14.2	2:10	198	36:30	12:10	2:04:49
201	64	Zach Cizek	19	St. Paul	MN	202	25:57	2:57	4:35	203	1:04:38	13.9	1:53	177	29:03	9:41	2:06:03
202	126	James Frischmann	52	Burnsville	MN	191	21:20	2:26	4:07	200	1:02:27	14.4	2:07	197	36:20	12:07	2:06:18
203	289	Charles McJilton	77	Roseville	MN	193	21:37	2:28	7:01	199	1:00:53	14.8	3:17	200	37:26	12:29	2:10:12
204	13	Matt Anderson	27	Saint Paul	MN	205	28:50	3:17	11:38	202	1:04:25	14.0	2:46	195	34:25	11:29	2:12:02
205	410	John Shaw	54	Shoreview	MN	172	19:20	2:12	5:09	204	1:22:02	11.0	2:15	203	41:42	13:54	2:30:26
206	249	Greg Larson	52	Prior Lake	MN	40	12:51	1:28	1:30	79	44:16	20.3					

INDIVIDUAL FEMALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	157	Jan Gunther	48	Long Lake	MN	8	12:37	1:26	1:23	2	40:28	22.2	0:40	3	19:53	6:38	1:14:58
2	190	Angel Hohenstein	29	Duluth	MN	43	14:49	1:41	2:08	1	40:23	22.3	0:54	1	18:55	6:19	1:17:07
3	303	Laura Mills	23	Duluth	MN	12	12:54	1:28	1:26	3	41:56	21.5	0:40	9	20:50	6:57	1:17:44
4	198	Jennifer Imsande	34	Duluth	MN	33	14:16	1:38	1:16	6	42:51	21.0	0:44	2	19:00	6:20	1:18:05
5	454	Laura Swartz	41	St. Louis Park	MN	18	13:25	1:32	1:22	10	43:24	20.7	0:54	4	20:08	6:43	1:19:11
6	475	Joan Van Camp	44	Tonka Bay	MN	23	13:50	1:35	2:23	9	43:17	20.8	0:59	12	21:42	7:14	1:22:10
7	42	Megan Brandes	24	Minneapolis	MN	17	13:19	1:31	1:53	12	43:56	20.5	1:04	18	22:11	7:24	1:22:21
8	512	Pam Zachman	43	Golden Valley	MN	5	12:17	1:24	1:04	11	43:35	20.7	0:55	40	24:36	8:12	1:22:25
9	465	Millicent Thweatt	45	Lakeville	MN	6	12:19	1:24	1:22	19	45:41	19.7	1:04	17	22:10	7:24	1:22:33
10	342	Danielle Pellicano	28	Minneapolis	MN	74	16:05	1:50	1:50	5	42:42	21.1	1:11	10	21:06	7:02	1:22:53
11	51	Martha Carlson	45	Chaska	MN	4	12:13	1:24	1:24	16	44:58	20.0	1:01	28	23:35	7:52	1:23:08
12	223	Dawn Keller	43			40	14:46	1:41	0:57	8	42:55	21.0	0:45	33	24:01	8:01	1:23:23
13	192	Angela Hop Mracek	37	Rosemount	MN	19	13:35	1:33	1:29	17	45:25	19.8	1:10	20	22:27	7:29	1:24:03
14	148	Tracy Good	37	Victoria	MN	42	14:48	1:41	1:27	15	44:48	20.1	0:40	22	23:00	7:40	1:24:41
15	325	Kathy Newcomb	43	Woodbury	MN	16	13:11	1:30	1:55	13	44:13	20.4	0:57	38	24:32	8:11	1:24:47
16	496	Bethany Westerman	26	Minneapolis	MN	84	16:35	1:53	3:20					39	24:33	8:11	1:24:51
17	5	Christine Agazzi	32	Eden Prairie	MN	28	14:06	1:37	1:27	28	46:44	19.3	0:52	14	21:49	7:17	1:24:55
18	52	Marjie Carr-Oxley	45	Roseville	MN	11	12:53	1:28	1:26	25	46:27	19.4	0:53	32	23:55	7:59	1:25:31
19	344	Mary Perlich	46	Minnetonka	MN	58	15:31	1:46	1:57	7	42:53	21.0	0:54	41	24:39	8:13	1:25:52
20	424	Caroline Skaar-Page	41	Eden Prairie	MN	80	16:21	1:52	1:50	4	42:01	21.4	1:20	43	24:40	8:14	1:26:09
21	247	Becca J. Lang	30	Eden Prairie	MN	65	15:53	1:49	2:14	34	47:15	19.0	0:54	5	20:15	6:45	1:26:29
22	155	Jenny Gundale	30	Plymouth	MN	54	15:22	1:45	2:33	31	47:01	19.1	0:52	8	20:44	6:55	1:26:30
23	187	Martha Hoeppepner	31	Mpls.	MN	20	13:43	1:34	3:06	30	46:54	19.2	1:18	13	21:49	7:17	1:26:48
24	271	Allison Long	30	Minneapolis	MN	45	15:03	1:43	2:13	20	45:42	19.7	1:13	23	23:01	7:41	1:27:09
25	66	Jamie Clarkson	26	Minnetonka	MN	35	14:23	1:39	2:15	18	45:37	19.7	1:58	24	23:02	7:41	1:27:13
26	194	Rachel Horstmann	27	Eden Prairie	MN	9	12:46	1:28	1:41	42	48:14	18.7	1:25	30	23:43	7:55	1:27:48
27	365	Gretchen Randall	37	Maple Grove	MN	39	14:46	1:41	1:34	44	48:16	18.6	1:11	19	22:22	7:28	1:28:06
28	350	Sarah Peterson	45	Chanhassen	MN	10	12:49	1:28	2:21	40	48:01	18.7	1:26	34	24:05	8:02	1:28:39
29	280	Carol Markham-Cousins	53	Minneapolis	MN	26	14:02	1:36	2:51	32	47:03	19.1	1:09	45	24:48	8:16	1:29:51
30	360	Julie Quinn	27	Lake Elmo	MN	49	15:13	1:44	3:12	33	47:09	19.1	1:35	21	22:56	7:39	1:30:04
31	172	Hannah Hasek	18	Maple Plain	MN	24	13:58	1:36	2:37	47	48:34	18.5	1:47	25	23:11	7:44	1:30:05
32	513	Nicole Zitarelli	29	Minneapolis	MN	22	13:49	1:35	2:08	56	49:22	18.2	1:12	29	23:42	7:54	1:30:11
33	498	Margaret Williams	32	St. Louis Park	MN	44	14:50	1:42	2:00	14	44:38	20.2	1:25	92	27:25	9:09	1:30:15
34	184	Erin Higginson	15	Plymouth	MN	2	11:56	1:22	1:43	82	51:36	17.4	0:39	35	24:26	8:09	1:30:18
35	215	Rebecca Joseph	33	Minnetonka	MN	29	14:07	1:37	2:10	106	53:37	16.8	0:31	7	20:40	6:54	1:31:02
36	218	Sarah Kastan	41	Edina	MN	31	14:08	1:37	3:13	39	47:54	18.8	1:09	44	24:41	8:14	1:31:03
37	156	Helen Gunther	51	Excelsior	MN	63	15:50	1:48	1:52	37	47:35	18.9	1:01	50	25:05	8:22	1:31:22
38	239	Alicia Kockler	27	Minnetonka	MN	7	12:37	1:26	1:42	59	49:31	18.2	0:52	87	26:59	9:00	1:31:38
39	119	Jenna Fletcher	46	Stillwater	MN	91	16:44	1:55	1:22	27	46:43	19.3	1:03	65	25:57	8:39	1:31:46
40	12	Kim Anderson	36	Victoria	MN	36	14:26	1:39	2:00	70	50:18	17.9	1:27	31	23:51	7:57	1:31:59
41	412	Kitty Shea	45	Minnetrista	MN	113	17:52	2:02	2:14	21	46:02	19.6	1:30	37	24:27	8:09	1:32:02
42	185	Julie Higginson	48	Plymouth	MN	56	15:27	1:46	1:56	51	48:53	18.4	0:43	52	25:08	8:23	1:32:04
43	124	Kathryn Freytag	40	Eden Prairie	MN	79	16:20	1:52	2:01	26	46:27	19.4	1:33	63	25:48	8:36	1:32:06
44	336	Marissa Onheiber	40	Saint Paul	MN	55	15:24	1:45	2:05	50	48:47	18.4	1:13	42	24:40	8:14	1:32:08
45	394	Lauren Schmidt	24	Minneapolis	MN	14	13:07	1:30	2:28	54	49:15	18.3	1:42	71	26:13	8:45	1:32:42
46	346	Carol Peterson	44	Minneapolis	MN	46	15:03	1:43	1:59	69	50:15	17.9	1:04	36	24:26	8:09	1:32:45
47	486	Rosie Ward	33	Maple Grove	MN	83	16:27	1:53	2:17	22	46:20	19.4	1:03	82	26:43	8:55	1:32:48
48	188	Barb Hoff	51	Chaska	MN	131	18:56	2:09	1:30	24	46:26	19.4	1:16	46	24:52	8:18	1:32:57
49	244	Laura Krozser	39	Minneapolis	MN	88	16:42	1:54	2:57	43	48:16	18.6	1:36	27	23:30	7:50	1:32:59
50	301	Kris Mielke	27	Eden Prairie	MN	52	15:18	1:45	1:19	68	50:05	18.0	0:54	57	25:30	8:30	1:33:04
51	193	Dana Horihan	37	Forest Lake	MN	77	16:18	1:52	2:22	36	47:33	18.9	1:40	56	25:25	8:29	1:33:17
52	328	Suzie O'Gorman	33	Cologne	MN	1	10:49	1:14	2:05	58	49:28	18.2	1:19	122	30:02	10:01	1:33:39
53	396	Klara Schultz	13	Minneapolis	MN	126	18:39	2:08	2:34	65	49:58	18.0	0:39	16	21:53	7:18	1:33:41
54	323	Celley Neider	45	North Branch	MN	100	17:18	1:58	2:45	99	53:01	17.0	0:20	6	20:22	6:48	1:33:44
55	255	Molly Lee	32	Bloomington	MN	75	16:10	1:51	1:50	52	48:56	18.4	1:40	55	25:25	8:29	1:33:59
56	290	Genevieve McJilton	41	Deephaven	MN	104	17:24	1:59	2:00	45	48:16	18.6	1:02	60	25:42	8:34	1:34:22
57	71	Bethany Collins	52	New Hope	MN	13	13:01	1:29	2:08	55	49:18	18.3	1:50	107	28:42	9:34	1:34:57
58	166	Holli Hankinson	32	Edina	MN	127	18:43	2:08	2:34	88	52:09	17.3	0:25	11	21:12	7:04	1:35:01
59	89	Mary Deeg															

85	39	Rebecca Born	29	St. Louis Park	MN	98	17:10	1:57	2:16	107	53:42	16.8	1:21	67	26:00	8:40	1:40:26
86	151	Jane Greenberg	49	Minneapolis	MN	86	16:40	1:54	2:38	97	52:59	17.0	1:16	88	27:05	9:02	1:40:37
87	113	Christie Farrell	29	Golden Valley	MN	87	16:42	1:54	4:12	87	52:09	17.3	2:21	59	25:39	8:33	1:41:01
88	451	Dianne Storey	43	Edina	MN	111	17:45	2:01	2:49	48	48:42	18.5	1:29	129	30:39	10:13	1:41:21
89	203	Rebecca Jenness	50	Prior Lake	MN	102	17:20	1:59	1:55	86	52:05	17.3	1:35	105	28:37	9:33	1:41:29
90	25	Sascha Bates	36	Minneapolis	MN	137	19:41	2:15	2:26	29	46:53	19.2	1:31	136	31:06	10:22	1:41:36
91	31	Heather Beumer	28	Blaine	MN	3	11:56	1:22	2:44	118	55:40	16.2	1:19	123	30:02	10:01	1:41:40
92	225	Emily Kellogg	39	Excelsior	MN	71	16:02	1:50	2:50	96	52:58	17.0	1:18	106	28:39	9:33	1:41:45
93	421	Christina Simmons	31	Edina	MN	59	15:32	1:46	2:58	129	57:38	15.6	0:36	54	25:20	8:27	1:42:02
94	35	Jeanette Blankenship	29	St. Paul	MN	123	18:25	2:06	3:00	81	51:32	17.5	1:28	96	27:50	9:17	1:42:12
95	86	Kellie Davis	27	Osseo	MN	110	17:44	2:01	2:14	104	53:23	16.9	1:27	94	27:35	9:12	1:42:22
96	44	Elizabeth Brown	30	St Louis Park	MN	105	17:24	1:59	2:06	117	55:14	16.3	1:37	68	26:06	8:42	1:42:24
97	266	Tara Lohstreter	26	Brooklyn Center	MN	85	16:38	1:54	3:19	115	54:52	16.4	1:16	75	26:27	8:49	1:42:30
98	370	Amy Robinson	25	St Louis Park	MN	67	15:56	1:49	1:52	127	57:15	15.7	1:04	80	26:35	8:52	1:42:39
99	429	Amy Smith	39	Woodbury	MN	122	18:17	2:05	2:30	103	53:21	16.9	1:50	83	26:43	8:55	1:42:40
100	423	Valerie Sims	33	St. Louis Park	MN	107	17:27	1:59	1:59	100	53:02	17.0	0:56	116	29:19	9:47	1:42:41
101	122	Nikki Frederickson	37	St. Louis Park	MN	145	20:36	2:21	3:26	77	51:18	17.5	1:51	64	25:48	8:36	1:42:57
102	96	Lisa Dongoske	40	Minneapolis	MN	155	22:44	2:35	2:52	61	49:33	18.2	0:59	86	26:57	8:59	1:43:03
103	177	Gretchen Heinen	28	Cottage Grove	MN	90	16:44	1:54	2:50	80	51:29	17.5	1:23	130	30:41	10:14	1:43:04
104	204	Jen Jensen	32	Victoria	MN	117	18:04	2:04	3:47	119	55:42	16.2	0:52	48	24:58	8:20	1:43:19
105	343	Catherine Peloquin	35	Richfield	MN					95	52:55	17.0	1:06	113	29:11	9:44	1:43:45
106	246	Lori Kustritz	39	St. Paul	MN	27	14:04	1:36	2:35	78	51:22	17.5	1:53	146	34:03	11:21	1:43:53
107	549	Megan McDougall	33			76	16:15	1:51	3:39	110	53:55	16.7	1:46	109	28:55	9:39	1:44:28
108	515	Colleen Zvosec	53	Edina	MN	37	14:30	1:39	3:16	130	58:05	15.5	1:22	91	27:22	9:08	1:44:33
109	23	Karen Barton	42	Minneapolis	MN	139	19:46	2:15	4:38	49	48:44	18.5	2:44	115	29:15	9:45	1:45:05
110	385	Sangeeta Sahni	37	St Louis Park	MN	102				53:21	16.9	1:54	112	29:10	9:44	1:45:10	
111	505	Jennifer Wondergem	35	Minneapolis	MN	114	17:58	2:03	2:34	79	51:28	17.5	1:46	138	31:34	10:32	1:45:18
112	48	Christa Buhl	21	Bloomington	MN	30	14:08	1:37	2:24	143	1:02:08	14.5	0:44	66	25:57	8:39	1:45:19
113	356	Melissa Poehlman	30	Richfield	MN	72	16:03	1:50	2:00	139	1:00:17	14.0	0:54	76	26:29	8:50	1:45:41
114	484	Sarah Waataja	31	Plymouth	MN	38	14:45	1:41	3:12	109	53:50	16.7	1:30	142	32:30	10:50	1:45:45
115	4	Lisa Ackerman	26	Saint Paul	MN	125	18:29	2:06	1:50	101	53:17	16.9	1:20	131	30:54	10:18	1:45:47
116	159	Bettina Gyr	39	Minneapolis	MN	115	18:00	2:03	3:24	63	49:49	18.1	3:11	140	32:03	10:41	1:46:26
117	75	Raquel Corpus	32	St. Paul	MN	143	20:25	2:20	2:00	108	53:43	16.8	1:38	110	29:00	9:40	1:46:43
118	186	Julie Hoecherl	36	Richfield	MN	130	18:51	2:09	4:15	122	55:51	16.1	2:09	61	25:45	8:35	1:46:49
119	379	Karen Ryan	39	Minneapolis	MN	116	18:03	2:03	2:28	23	46:24	19.4	2:42	158	37:36	12:32	1:47:10
120	469	Lindsay Trickey	24	Minnetonka	MN	34	14:17	1:38	2:20	141	1:01:33	14.6	1:04	99	28:03	9:21	1:47:15
121	287	Danita Martinez	28	Minneapolis	MN	101	17:19	1:59	2:15	133	58:25	15.4	0:44	103	28:35	9:32	1:47:16
122	114	Susan Farrell	42	Wayzata	MN	103	17:22	1:59	3:19	116	54:54	16.4	2:31	114	29:14	9:45	1:47:18
123	206	Maria Jensen	44	Edina	MN	119	18:10	2:04	3:49	85	52:02	17.3	3:01	128	30:37	10:13	1:47:38
124	81	Lynne Dana	43	Victoria	MN	97	17:09	1:57	3:32	123	56:01	16.1	2:43	101	28:28	9:30	1:47:53
125	261	Anne Liebeck	32	Minneapolis	MN	96	17:01	1:56	3:36	120	55:43	16.2	1:53	125	30:07	10:03	1:48:17
126	262	Sarah Lien	35	Deephaven	MN	136	19:31	2:13	2:47	128	57:21	15.7	1:04	111	29:02	9:41	1:49:42
127	387	Jina Schaefer	27	Minneapolis	MN	138	19:41	2:15	3:53	126	56:42	15.9	3:02	90	27:16	9:06	1:50:33
128	55	Rosie Cataldo	34	Maple Grove	MN	128	18:45	2:08	3:09	114	54:35	16.5	1:16	143	33:01	11:01	1:50:43
129	417	Gretchen Shoup	39	Minneapolis	MN	118	18:04	2:04	1:47	132	58:24	15.4	1:35	132	30:57	10:19	1:50:45
130	79	Barbara Daiker	48	Maple Grove	MN	142	20:15	2:18	2:50	94	52:53	17.0	1:54	144	33:10	11:04	1:50:59
131	541	Jamie Hena	25	Golden Valley	MN	48	15:12	1:44	1:58	142	1:01:44	14.6	1:33	137	31:08	10:23	1:51:34
132	258	Ann Lendino	37	Chaska	MN	92	16:47	1:55	3:25	156	1:04:44	13.9					1:52:43
133	351	Janene Phillips	48	Eden Prairie	MN	144	20:31	2:20	2:41	121	55:45	16.1	2:47	134	31:03	10:21	1:52:46
134	241	Heidi Kohlmeyer	37	Minneapolis	MN	158	23:29	2:41	3:01	98	53:00	17.0	2:16	139	31:37	10:33	1:53:21
135	98	Sarah Dungey	31	Eden Prairie	MN	140	20:02	2:17	2:53					155	35:56	11:59	1:54:09
136	308	Joanie Mitchell	54	Minnetonka	MN	73	16:05	1:50	3:16	125	56:39	15.9	2:28	154	35:56	11:59	1:54:22
137	162	Ann Hagerman	38	St. Louis Park	MN	120	18:11	2:04	3:46	137	59:55	15.0	1:14	141	32:10	10:44	1:55:15
138	260	Grace Levoir	37	Minneapolis	MN	150	21:37	2:28	3:07	90	52:24	17.2	2:34	156	35:57	11:59	1:55:37
139	407	Katie Septer	29	Minneapolis	MN	160	24:12	2:45	2:46	136	59:47	15.1	1:12	95	27:49	9:17	1:55:43
140	222	Kristin Kelker	34	Minneapolis	MN	99	17:16	1:58	4:50	131	58:09	15.5	2:08	145	33:33	11:11	1:55:53
141	504	Helyn Wohlwend	49	Newton	IA	69	16:00	1:49	3:51	134	58:50	15.3	1:41	153	35:33	11:51	1:55:53
142	294	Jenny Mealey	45	Minneapolis	MN	164	25:00	2:51	3:59	124	56:15	16.0	1:09	124	30:04	10:02	1:56:25
143	320	Lori Murphy	48	Bloomington	MN	147	20:41	2:21	2:27	144	1:02:16	14.5	1:48	119	29:32	9:51	1:56:42
144	14	Megan Anderson	25	Farmington	MN	32	14:13	1:37	2:36	160	1:10:24	12.8	1:17	102	28:34	9:32	1:57:03
145	330	Cynthia Oconer	30	St. Louis Park	MN	149	20:58	2:23	3:36	148	1:03:07	14.3	1:05	108	28:52	9:38	1:57:35
146	189	Josie Hoffman	32	Eden Prairie	MN	156	22:47	2:36	4:08	150	1:03:26	14.2	1:19	72	26:13	8:45	1:57:51
147	364	Veronica Ramos	29	Richfield	MN	151	21:45	2:29	3:04	145	1:02:23	14.4	1:40	118	29:31	9:51	1:58:21
148	140	Suzanne Gilbert	49	Minneapolis	MN	169	27:44	3:10	2:55	113	54:33	16.5	1:32	147	34:17	11:26	2:00:58
149	460	Freya Thamman	34	Minneapolis	MN	135	19:26	2:13	2:39	138	1:00:02	15.0	0:59	163	39:02	13:01	2:02:05
150	174	Darcy Hatch	37	Edina	MN	157	22:52	2:36	4:42	140	1:00:52	14.8	2:57	135	31:05	10:22	2:02:27
151	208	Emily Jester	27	Burnsville	MN	108	17:31	2:00	3:20	162	1:10:33	12.8	2:09	126	30:33	10:11	2:04:05
152	233	Esie Klein	27	Burnsville	MN	78	16:18	1:52	3:00	163	1:12:16	12.6	1:56	127	30:36	10:12	2:04:05
153	361	Suzanne Rachel	32	Minneapolis	MN	163	24:57	2:51	3:19	149	1:03:18	14.2	3:08	117	29:27	9:49	2:04:06
154	109	Michelle Evans	27	Saint Paul	MN	133	19:13	2:11	4:19	154	1:04:28	14.0	2:44	149	34:26	11:29	2:05:07
155	448	Megan Stone	36	Edina	MN	152	21:48	2:29	2:28	152	1:04:13	14.0	2:56	150	34:31	11:31	2:05:52
156	197	Audrey Hutchinson	40	Forest Lake	MN	124	18:27	2:06	3:13	153	1:04:25	14.0	1:19	160	38:33	12:51	2:05:55
157	228	Jennifer Kersten	34	Minneapolis	MN	148	20:56	2:23	3:47	157	1:05:58	13.6	1:54	151	34:48	11:36	2:07:20
158	67	Ann Marie Clifford	23	Madison	WI	153	21:48	2:29	3:42	146	1:02:35	14.4	1:52	161	38:43	12:55	2:08:38
159	472	Michelle Tucker	39	Saint Paul	MN	161	24:22	2:47	4:40	151	1:04:07	14.0	2:11	152	35:09	11:43	2:10:27
160	254	Cassandra Lee	26	Cologne	MN	146	20:37	2:21	2:35	159	1:08:06	13.2	1:57	162	39:00	13:00	2:12:13
161	154	Amy Grote	25	Minneapolis	MN	166	26:08	2:59	4:03	166	1:14:25	12.1	1:03	98	28:03	9:21	2:13:39
162																	

4	Brett Lovaas	Minnetonka	MN	33	M	9:58	1:08
5	David Goldberg	Excelsior	MN	48	M	10:11	1:10
6	Terry Alexander			51	M	10:22	1:11
7	Don Steenson	Minneapolis	MN	37	M	10:24	1:11
8	Michael Waataja	Plymouth	MN	32	M	10:27	1:12
9	Anton Pshon	Saint Paul	MN	26	M	10:32	1:12
10	Tony Schiller	Chanhassen	MN	50	M	10:36	1:13

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Tony Schiller	Chanhassen	MN	50	M	00:35:07	25.6
2	Eric Hendrickson	Hopkins	MN	28	M	00:35:08	25.6
3	Anton Pshon	Saint Paul	MN	26	M	00:35:19	25.5
4	Brett Lovaas	Minnetonka	MN	33	M	00:35:23	25.4
5	Steven Hohenstein	Duluth	MN	31	M	00:37:11	24.2
6	Josh Blankenheim	Duluth	MN	27	M	00:37:24	24.1
7	Kirk Clouser	Dellwood	MN	51	M	00:37:26	24.0
8	Dale Woodbeck	Excelsior	MN	52	M	00:37:34	24.0
9	Andy Schizal	Minnetonka	MN	31	M	00:37:43	23.9
10	David Knack	Prior Lake	MN	45	M	00:38:18	23.5

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Jeff Lombardo	Lakeville	MN	21	M	16:10	5:24
2	Derick Podratz	Lino Lakes	MN	33	M	16:27	5:29
3	Tony Schiller	Chanhassen	MN	50	M	16:33	5:31
4	Josh Blankenheim	Duluth	MN	27	M	16:39	5:33
5	Eric Hendrickson	Hopkins	MN	28	M	17:12	5:44
6	Anton Pshon	Saint Paul	MN	26	M	17:16	5:46
7	Brett Lovaas	Minnetonka	MN	33	M	17:16	5:46
8	Mark Evans	Minneapolis	MN	38	M	17:49	5:57
9	Chuck Smith	St. Paul	MN	30	M	18:17	6:06
10	Steve Rahn	Saint Paul	MN	31	M	18:25	6:09

FEMALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	172	Hannah Hasek	18	F	Maple Plain	MN	2	13:58	1:36	2:37	1	48:34	18.5	1:47	2	23:11	7:44	1:30:05
2	184	Erin Higginson	15	F	Plymouth	MN	1	11:56	1:22	1:43	4	51:36	17.4	0:39	3	24:26	8:09	1:30:18
3	396	Clara Schultz	13	F	Minneapolis	MN	5	18:39	2:08	2:34	3	49:58	18.0	0:39	1	21:53	7:18	1:33:41
4	127	Katie Frischmann	17	F	Rochester	MN	4	17:26	1:59	3:01	2	49:13	18.3	1:41	4	26:36	8:52	1:37:55
5	411	Rebecca Shaw	19	F	Shoreview	MN	3	15:16	1:45	4:15	5	1:22:29	10.9	5:34	5	46:37	15:33	2:34:10

FEMALE AGE GROUP RESULTS 20 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	303	Laura Mills	23	F	Duluth	MN	1	12:54	1:28	1:26	1	41:56	21.5	0:40	1	20:50	6:57	1:17:44
2	42	Megan Brandes	24	F	Minneapolis	MN	3	13:19	1:31	1:53	2	43:56	20.5	1:04	2	22:11	7:24	1:22:21
3	394	Lauren Schmidt	24	F	Minneapolis	MN	2	13:07	1:30	2:28	4	49:15	18.3	1:42	4	26:13	8:45	1:32:42
4	73	Kerry Cooley	23	F	Long Lake	MN	7	16:53	1:56	2:19	3	48:26	18.6	1:19	5	27:26	9:09	1:36:21
5	507	Jennifer Wozniczka	24	F	Richfield	MN	6	15:22	1:45	1:48	5	50:24	17.9	1:14	7	28:36	9:32	1:37:22
6	48	Christa Buhl	21	F	Bloomington	MN	4	14:08	1:37	2:24	7	1:02:08	14.5	0:44	3	25:57	8:39	1:45:19
7	469	Lindsay Trickey	24	F	Minnetonka	MN	5	14:17	1:38	2:20	6	1:01:33	14.6	1:04	6	28:03	9:21	1:47:15
8	67	Ann Marie Clifford	23	F	Madison	WI	8	21:48	2:29	3:42	8	1:02:35	14.4	1:52	11	38:43	12:55	2:08:38
9	420	Miranda Sieben	21	F	Edina	MN	11	26:17	3:00	3:50	9	1:13:45	12.2	2:39	8	34:17	11:26	2:20:46
10	135	Cortney Gamlin	20	F	Chaska	MN	10	25:00	2:51	4:09	11	1:17:54	11.6	1:21	9	36:42	12:14	2:25:05
11	490	Stephanie Weckler	22	F	Minneapolis	MN	9	24:07	2:45	6:23	10	1:14:49	12.0	1:37	10	38:11	12:44	2:25:06

FEMALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	190	Angel Hohenstein	29	F	Duluth	MN	8	14:49	1:41	2:08	1	40:23	22.3	0:54	1	18:55	6:19	1:17:07
2	342	Danielle Pellicano	28	F	Minneapolis	MN	14	16:05	1:50	1:50	2	42:42	21.1	1:11	2	21:06	7:02	1:22:53
3	496	Bethany Westerman	26	F	Minneapolis	MN	16	16:35	1:53	3:20					8	24:33	8:11	1:24:51
4	66	Jamie Clarkson	26	F	Minnetonka	MN	7	14:23	1:39	2:15	3	45:37	19.7	1:58	4	23:02	7:41	1:27:13
5	194	Rachel Horstmann	27	F	Eden Prairie	MN	3	12:46	1:28	1:41	5	48:14	18.7	1:25	7	23:43	7:55	1:27:48
6	360	Julie Quinn	27	F	Lake Elmo	MN	10	15:13	1:44	3:12	4	47:09	19.1	1:35	3	22:56	7:39	1:30:04
7	513	Nicole Zitarelli	29	F	Minneapolis	MN	4	13:49	1:35	2:08	6	49:22	18.2	1:12	6	23:42	7:54	1:30:11
8	239	Alicia Kockler	27	F	Minnetonka	MN	2	12:37	1:26	1:42	7	49:31	18.2	0:52	17	26:59	9:00	1:31:38
9	301	Kris Mielke	27	F	Eden Prairie	MN	11	15:18	1:45	1:19	10	50:05	18.0	0:54	9	25:30	8:30	1:33:04
10	58	Sarah Chillo	28	F	Minneapolis	MN	12	15:48	1:48	3:41	9	49:40	18.1	1:58	12	26:15	8:45	1:37:21
11	443	Stacy Ann Steber	29	F	Saint Paul	MN	30	20:13	2:18	2:43	11	50:20	17.9	0:41	5	23:26	7:49	1:37:22
12	202	Molly Jeatran	28	F	Minneapolis	MN	5	14:01	1:36	2:53	8	49:32	18.2	1:11	31	31:01	10:21	1:38:36
13	37	Kathrine Bloor	28	F	Hudson	WI	24	17:39	2:01	1:38	14	51:55	17.3	0:53	15	26:48	8:56	1:38:52
14	381	Meaghan Ryan	29	F	Minneapolis	MN	19	16:43	1:54	3:04	16	52:18	17.2	1:07	16	26:52	8:58	1:40:03
15	39	Rebecca Born	29	F	St. Louis Park	MN	21	17:10	1:57	2:16	19	53:42	16.8	1:21	11	26:00	8:40	1:40:26
16	113	Christie Farrell	29	F	Golden Valley	MN	18	16:42	1:54	4:12	15	52:09	17.3	2:21	10	25:39	8:33	1:41:01
17	31	Heather Beumer	28	F	Blaine	MN	1	11:56	1:22	2:44	21	55:40	16.2	1:19	26	30:02	10:01	1:41:40
18	35	Jeanette Blankenship	29	F	St. Paul	MN	26	18:25	2:06	3:00	13	51:32	17.5	1:28	21	27:50	9:17	1:42:12
19	86	Kelie Davis	27	F	Osseo	MN	25	17:44	2:01	2:14	18	53:23	16.9	1:27	19	27:35	9:12	1:42:22
20	266	Tara Lohnstreter	26	F	Brooklyn Center	MN	17	16:38	1:54	3:19	20	54:52	16.4	1:16	13	26:27	8:49	1:42:30
21	370	Amy Robinson	25	F	St Louis Park	MN	13	15:56	1:49	1:52	23	57:15	15.7	1:04	14	26:35	8:52	1:42:39
22	177	Gretchen Heinen	28	F	Cottage Grove	MN	20	16:44	1:54	2:50	12	51:29	17.5	1:23	29	30:41	10:14	1:43:04
23	4	Lisa Ackerman	26	F	Saint Paul	MN	27	18:29	2:06	1:50	17	53:17	16.9	1:20	30	30:54	10:18	1:45:47
24	287	Danita Martinez	28	F	Minneapolis	MN	22	17:19	1:59	2:15	24	58:25	15.4	0:44	24	28:35	9:32	1:47:16
25	387	Jina Schaefer	27	F	Minneapolis	MN	29	19:41	2:15	3:53	22	56:42	15.9	3:02	18	27:16	9:06	1:50:33
26	541	Jamie Hena	25	F	Golden Valley	MN	9	15:12	1:44	1:58	26	1:01:44	14.6	1:33	32	31:08	10:23	1:51:34
27	407	Katie Septer	29	F	Minneapolis	MN	34	24:12	2:45	2:46	25	59:47	15.1	1:12	20	27:49	9:17	1:55:43
28	14	Megan Anderson	25	F	Farmington	MN	6	14:13	1:37	2:36	31	1:10:24	12.8	1:17	23	28:34	9:32	1:57:03
29	364	Veronica Ramos	29	F	Richfield	MN	32	21:45	2:29	3:04	27	1:02:23	14.4	1:40	25	29:31	9:51	1:58:21
30	208	Emily Jester	27	F	Burnsville	MN	23	17:31	2:00	3:20	32	1:10:33	12.8	2:09	27	30:33	10:11	2:04:05
31	233	Esie Klein	27	F	Burnsville	MN	15	16:18	1:52	3:00	33	1:12:16	12.5	1:56	28	30:36	10:12	2:04:05
32	109	Michele Evans	27	F	Saint Paul	MN	28	19:13	2:11	4:19	28	1:04:28	14.0	2:44	33	34:26	11:29	2:05:07
33	254	Cassandra Lee	26	F	Cologne	MN	31	20:37	2:21	2:35	30	1:08:06	13.2	1:57	34	39:00	13:00	2:12:13
34	154	Amy Grote	25	F	Minneapolis	MN	35	26:08	2:59	4:03	34	1:14:25	12.1	1:03	22	28:03	9:21	2:13:39
35	286	Angie Martinez	26	F	Minneapolis	MN	33	22:18	2:32	3:18	29	1:04:34	13.9	1:52	35	42:26	14:09	2:14:26

36	10	Amelia Anderson	26	F	Becker	MN	36	26:34	3:02	4:58	35	1:29:04	10.1	1:10	36	49:36	16:32	2:51:20
37	121	Anna-Lena Forsman	26	F	Farmington	MN	37	30:08	3:26	6:00					37	53:11	17:44	3:08:20

FEMALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	198	Jennifer Imsande	34	F	Duluth	MN	5	14:16	1:38	1:16	1	42:51	21.0	0:44	1	19:00	6:20	1:18:05
2	5	Christine Agazzi	32	F	Eden Prairie	MN	3	14:06	1:37	1:27	5	46:44	19.3	0:52	7	21:49	7:17	1:24:55
3	247	Becca J. Lang	30	F	Eden Prairie	MN	14	15:53	1:49	2:14	8	47:15	19.0	0:54	2	20:15	6:45	1:26:29
4	155	Jenny Gundale	30	F	Plymouth	MN	10	15:22	1:45	2:33	7	47:01	19.1	0:52	4	20:44	6:55	1:26:30
5	187	Martha Hoepfner	31	F	Mpls.	MN	2	13:43	1:34	3:06	6	46:54	19.2	1:18	6	21:49	7:17	1:26:48
6	271	Allison Long	30	F	Minneapolis	MN	9	15:03	1:43	2:13	3	45:42	19.7	1:13	9	23:01	7:41	1:27:09
7	498	Margaret Williams	32	F	St. Louis Park	MN	8	14:50	1:42	2:00	2	44:38	20.2	1:25	23	27:25	9:09	1:30:15
8	215	Rebecca Joseph	33	F	Minnetonka	MN	4	14:07	1:37	2:10	20	53:37	16.8	0:31	3	20:40	6:54	1:31:02
9	486	Rosie Ward	33	F	Maple Grove	MN	21	16:27	1:53	2:17	4	46:20	19.4	1:03	22	26:43	8:55	1:32:48
10	328	Suzie O'Gorman	33	F	Cologne	MN	1	10:49	1:14	2:05	10	49:28	18.2	1:19	30	30:02	10:01	1:33:39
11	255	Molly Lee	32	F	Bloomington	MN	19	16:10	1:51	1:50	9	48:56	18.4	1:40	14	25:25	8:29	1:33:59
12	166	Holli Hankinson	32	F	Edina	MN	27	18:43	2:08	2:34	15	52:09	17.3	0:25	5	21:12	7:04	1:35:01
13	101	Amanda Elfstrum	31	F	Minneapolis	MN	16	15:59	1:49	2:15	12	50:04	18.0	1:41	12	25:17	8:26	1:35:14
14	248	Heather Lang	32	F	Minneapolis	MN	15	15:54	1:49	2:07	11	49:55	18.0	1:21	19	26:11	8:44	1:35:26
15	449	Kristy Stone	33	F	Boston	MA	30	19:16	2:12	2:33	16	52:38	17.1	0:59	8	21:50	7:17	1:37:14
16	314	Anne-Alice Muir	31	F	Owatonna	MN	7	14:47	1:41	2:37	17	52:53	17.0	1:27	15	25:34	8:32	1:37:15
17	90	Shelly Dekker	33	F	Edina	MN	12	15:35	1:47	2:52	24	54:23	16.5	0:41	10	24:54	8:18	1:38:21
18	144	Margo Godoi	30	F	Apple Valley	MN	17	16:01	1:50	3:03	13	50:05	18.0	1:57	24	27:54	9:18	1:38:58
19	413	Maia Sheie	30	F	Edina	MN	13	15:46	1:48	3:04	19	53:26	16.8	1:18	18	26:08	8:43	1:39:39
20	390	Sara Schiffler Brito	31	F	Minneapolis	MN	29	19:06	2:11	2:54	14	50:43	17.7	1:43	16	25:46	8:36	1:40:10
21	421	Christina Simmons	31	F	Edina	MN	11	15:32	1:46	2:58	29	57:38	15.6	0:36	13	25:20	8:27	1:42:02
22	44	Elizabeth Brown	30	F	St. Louis Park	MN	24	17:24	1:59	2:06	26	55:14	16.3	1:37	17	26:06	8:42	1:42:24
23	423	Valerie Sims	33	F	St. Louis Park	MN	25	17:27	1:59	1:59	18	53:02	17.0	0:56	28	29:19	9:47	1:42:41
24	204	Jen Jensen	32	F	Victoria	MN	26	18:04	2:04	3:47	27	55:42	16.2	0:52	11	24:58	8:20	1:43:19
25	549	Megan McDougal	33	F		MN	20	16:15	1:51	3:39	23	53:55	16.7	1:46	26	28:55	9:39	1:43:28
26	356	Melissa Poehlman	30	F	Richfield	MN	18	16:03	1:50	2:00	32	1:00:17	14.9	0:54	21	26:29	8:50	1:45:41
27	484	Sarah Waataja	31	F	Plymouth	MN	6	14:45	1:41	3:12	22	53:50	16.7	1:30	32	32:30	10:50	1:45:45
28	75	Raquel Corpus	32	F	St. Paul	MN	33	20:25	2:20	2:00	21	53:43	16.8	1:38	27	29:00	9:40	1:46:43
29	261	Anne Liebeck	32	F	Minneapolis	MN	22	17:01	1:56	3:36	28	55:43	16.2	1:53	31	30:07	10:03	1:48:17
30	55	Rosie Cataldo	32	F	Maple Grove	MN	28	18:45	2:08	3:09	25	54:35	16.5	1:16	33	33:01	11:01	1:50:43
31	98	Sarah Dungey	31	F	Eden Prairie	MN	32	20:02	2:17	2:53					36	35:56	11:59	1:54:09
32	222	Kristin Kelker	34	F	Minneapolis	MN	23	17:16	1:58	4:50	30	58:09	15.5	2:08	34	33:33	11:11	1:55:53
33	330	Cynthia Oconer	30	F	St. Louis Park	MN	35	20:58	2:23	3:36	33	1:03:07	14.3	1:05	25	28:52	9:38	1:57:35
34	189	Josie Hoffman	32	F	Eden Prairie	MN	36	22:47	2:36	4:08	35	1:03:26	14.2	1:19	20	26:13	8:45	1:57:51
35	460	Freya Thamman	34	F	Minneapolis	MN	31	19:26	2:13	2:39	31	1:00:02	15.0	0:59	37	39:02	13:01	2:02:05
36	361	Suzanne Rachel	32	F	Minneapolis	MN	37	24:57	2:51	3:19	34	1:03:18	14.2	3:08	29	29:27	9:49	2:04:06
37	228	Jennifer Kersten	34	F	Minneapolis	MN	34	20:56	2:23	3:47	36	1:05:58	13.6	1:54	35	34:48	11:36	2:07:20

FEMALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	192	Angela Hop Mracek	37	F	Rosemount	MN	1	13:35	1:33	1:29	2	45:25	19.8	1:10	2	22:27	7:29	1:24:03
2	148	Tracy Good	37	F	Victoria	MN	5	14:48	1:41	1:27	1	44:48	20.1	0:40	3	23:00	7:40	1:24:41
3	365	Gretchen Randall	37	F	Maple Grove	MN	4	14:46	1:41	1:34	8	48:16	18.6	1:11	1	22:22	7:28	1:28:06
4	12	Kim Anderson	37	F	Victoria	MN	3	14:26	1:39	2:00	10	50:18	17.9	1:27	5	23:51	7:57	1:31:59
5	244	Laura Krozser	39	F	Minneapolis	MN	10	16:42	1:54	2:57	7	48:16	18.6	1:36	4	23:30	7:50	1:32:59
6	193	Dana Horihan	37	F	Forest Lake	MN	8	16:18	1:52	2:22	5	47:33	18.9	1:40	7	25:25	8:29	1:33:17
7	110	Denise Exner	37	F	Brooklyn Park	MN	9	16:22	1:52	2:59	11	50:25	17.9	1:27	6	25:06	8:22	1:36:16
8	138	Lori Gengler	36	F	Victoria	MN	16	18:13	2:05	3:39	6	48:09	18.7	1:20	10	26:25	8:49	1:37:44
9	368	Tiffany Rittler-Foley	38	F	Minneapolis	MN	6	15:29	1:46	1:59	12	50:35	17.8	1:50	12	28:24	9:28	1:38:15
10	25	Sascha Bates	36	F	Minneapolis	MN	20	19:41	2:15	2:26	4	46:53	19.2	1:31	19	31:06	10:22	1:41:36
11	225	Emily Kellogg	39	F	Excelsior	MN	7	16:02	1:50	2:50	17	52:58	17.0	1:18	13	28:39	9:33	1:41:45
12	429	Amy Smith	39	F	Woodbury	MN	11	18:17	2:05	2:30	20	53:21	16.9	1:50	11	26:43	8:55	1:42:40
13	122	Nikki Frederickson	37	F	St. Louis Park	MN	21	20:36	2:21	3:26	13	51:18	17.5	1:51	9	25:48	8:36	1:42:57
14	343	Catherine Peloquin	35	F	Richfield	MN	16	18:55	1:50	1:06	16	52:55	17.0	1:06	16	29:11	9:44	1:43:45
15	246	Lori Kustritz	39	F	St. Paul	MN	2	14:04	1:36	2:35	14	51:22	17.5	1:53	24	34:03	11:21	1:43:53
16	385	Sangeeta Sahni	37	F	St. Louis Park	MN	19	18:21	1:54	1:54	15	53:21	16.9	1:54	15	29:10	9:44	1:45:10
17	505	Jennifer Wondergem	35	F	Minneapolis	MN	11	17:58	2:03	2:34	15	51:28	17.5	1:46	20	31:34	10:32	1:45:18
18	159	Bettina Gyr	39	F	Minneapolis	MN	12	18:00	2:03	3:24	9	49:49	18.1	3:11	22	32:03	10:41	1:46:26
19	186	Julie Hoecherl	36	F	Richfield	MN	18	18:51	2:09	4:15	21	55:51	16.1	2:09	8	25:45	8:35	1:46:49
20	379	Karen Ryan	39	F	Minneapolis	MN	13	18:03	2:03	2:28	3	46:24	19.4	2:42	27	37:36	12:32	1:47:10
21	262	Sarah Lien	35	F	Deephaven	MN	14	19:31	2:13	2:47	22	57:21	15.7	1:04	14	29:02	9:41	1:49:42
22	417	Gretchen Shoup	39	F	Minneapolis	MN	14	18:04	2:04	1:47	23	58:24	15.4	1:35	17	30:57	10:19	1:50:45
23	241	Heidi Kohlmeier	37	F	Minneapolis	MN	24	23:29	2:41	3:01	18	53:00	17.0	2:16	21	31:37	10:33	1:53:21
24	162	Ann Hagerman	38	F	St. Louis Park	MN	15	18:11	2:04	3:46	24	59:55	15.0	1:14	23	32:10	10:44	1:55:15
25	174	Darcy Hatch	37	F	Edina	MN	23	22:52	2:36	4:42	25	1:00:52	14.8	2:57	18	31:05	10:22	2:02:27
26	448	Megan Stone	36	F	Edina	MN	22	21:48	2:29	2:28	27	1:04:13	14.0	2:56	25	34:31	11:31	2:05:52
27	472	Michelle Tucker	39	F	Saint Paul	MN	25	24:22	2:47	4:40	26	1:04:07	14.0	2:11	26	35:09	11:43	2:10:27

FEMALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	454	Laura Swartz	41	F	St. Louis Park	MN	3	13:25	1:32	1:22	4	43:24	20.7	0:54	1	20:08	6:43	1:19:11
2	475	Joan Van Camp	44	F	Tonka Bay	MN	4	13:50	1:35	2:23	3	43:17	20.8	0:59	2	21:42	7:14	1:22:10
3	512	Pam Zachman	43	F	Golden Valley	MN	1	12:17	1:24	1:04	5	43:35	20.7	0:55	6	24:36	8:12	1:22:25
4	223	Dawn Keller	43	F		MN	6	14:46	1:41	0:57	2	42:55	21.0	0:45	3	24:01	8:01	1:23:23
5	325	Kathy Newcomb	43	F	Woodbury	MN	2	13:11	1:30	1:55	6	44:13	20.4	0:57	5	24:32	8:11	1:24:47
6	424	Caroline Skaar-Page	41	F	Eden Prairie	MN	11	16:21	1:52									

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	157	Jan Gunther	48	F	Long Lake	MN	3	12:37	1:26	1:23	1	40:28	22.2	0:40	1	19:53	6:38	1:14:58
2	465	Millicent Thweatt	45	F	Lakeville	MN	2	12:19	1:24	1:22	4	45:41	19.7	1:04	3	22:10	7:24	1:22:33
3	51	Martha Carlson	45	F	Chaska	MN	1	12:13	1:24	1:24	3	44:58	20.0	1:01	4	23:35	7:52	1:23:08
4	52	Marjie Carr-Oxley	45	F	Roseville	MN	5	12:53	1:28	1:26	6	46:27	19.4	0:53	5	23:55	7:59	1:25:31
5	344	Mary Perlich	46	F	Minnetonka	MN	9	15:31	1:46	1:57	2	42:53	21.0	0:54	8	24:39	8:13	1:25:52
6	350	Sarah Peterson	45	F	Chanhassen	MN	4	12:49	1:28	2:21	10	48:01	18.7	1:26	6	24:05	8:02	1:28:39
7	119	Jenna Fletcher	46	F	Stillwater	MN	13	16:44	1:55	1:22	7	46:43	19.3	1:03	10	25:57	8:39	1:31:46
8	412	Kitty Shea	45	F	Minnetrissa	MN	16	17:52	2:02	2:14	5	46:02	19.6	1:30	7	24:27	8:09	1:32:02
9	185	Julie Higginson	48	F	Plymouth	MN	8	15:27	1:46	1:56	11	48:53	18.4	0:43	9	25:08	8:23	1:32:04
10	323	Kelly Neider	45	F	North Branch	MN	14	17:18	1:58	2:45	17	53:01	17.0	0:20	2	20:22	6:48	1:33:44
11	89	Mary Deeg	46	F	St. Paul	MN	11	16:27	1:53	1:17	12	49:22	18.2	1:35	11	26:31	8:51	1:35:09
12	329	Kristi O'Kane	49	F	St. Paul	MN	15	17:50	2:02	2:04	8	47:19	19.0	0:54	13	27:12	9:04	1:35:18
13	36	Beth Blaylock	46	F	Apple Valley	MN	7	15:08	1:44	2:24	9	47:48	18.8	1:26	16	29:48	9:56	1:36:31
14	160	Leslie Hacking	46	F	Golden Valley	MN	6	13:45	1:34	2:39	13	51:49	17.4	1:31	15	29:47	9:56	1:39:28
15	151	Jane Greenberg	49	F	Minneapolis	MN	12	16:40	1:54	2:38	16	52:59	17.0	1:16	12	27:05	9:02	1:40:37
16	79	Barbara Daiker	48	F	Maple Grove	MN	17	20:15	2:18	2:50	15	52:53	17.0	1:54	19	33:10	11:04	1:50:59
17	351	Janene Phillips	48	F	Eden Prairie	MN	18	20:31	2:20	2:41	19	55:45	16.1	2:47	18	31:03	10:21	1:52:46
18	260	Grace Levoir	47	F	Minneapolis	MN	20	21:37	2:28	3:07	14	52:24	17.2	2:34	22	35:57	11:59	1:55:37
19	504	Helynn Wohlwend	49	F	Newton	IA	10	16:00	1:49	3:51	21	58:50	15.3	1:41	21	35:33	11:51	1:55:53
20	294	Jenny Mealey	45	F	Minneapolis	MN	21	25:00	2:51	3:59	20	56:15	16.0	1:09	17	30:04	10:02	1:56:25
21	320	Lori Murphy	48	F	Bloomington	MN	19	20:41	2:21	2:27	22	1:02:16	14.5	1:48	14	29:32	9:51	1:56:42
22	140	Suzanne Gilbert	49	F	Minneapolis	MN	22	27:44	3:10	2:55	18	54:33	16.5	1:32	20	34:17	11:26	2:00:58

FEMALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	280	Carol Markham-Cousins	53	F	Minneapolis	MN	2	14:02	1:36	2:51	2	47:03	19.1	1:09	1	24:48	8:16	1:29:51
2	156	Helen Gunther	51	F	Excelsior	MN	4	15:50	1:48	1:52	3	47:35	18.9	1:01	4	25:05	8:22	1:31:22
3	188	Barb Hoff	51	F	Chaska	MN	9	18:56	2:09	1:30	1	46:26	19.4	1:16	2	24:52	8:18	1:32:57
4	71	Bethany Collins	52	F	New Hope	MN	1	13:01	1:29	2:08	4	49:18	18.3	1:50	7	28:42	9:34	1:34:57
5	169	Mary Hanson	50	F	Wayzata	MN	5	15:51	1:48	3:03	6	54:26	16.5	0:53	3	25:02	8:21	1:39:13
6	203	Rebecca Jenness	50	F	Prior Lake	MN	7	17:20	1:59	1:55	5	52:05	17.3	1:35	6	28:37	9:33	1:41:29
7	515	Colleen Zvosec	53	F	Edina	MN	3	14:30	1:39	3:16	8	58:05	15.5	1:22	5	27:22	9:08	1:44:33
8	308	Joanie Mitchell	54	F	Minnetonka	MN	6	16:05	1:50	3:16	7	56:39	15.9	2:28	8	35:56	11:59	1:54:22
9	428	Leslie Skyrms	51	F	Hopkins	MN	10	30:33	3:29	4:59	9	1:06:44	13.5	1:21	9	39:30	13:10	2:23:05
10	409	Anita Shaw	50	F	Shoreview	MN	8	18:46	2:08	4:47	10	1:13:38	12.2	1:52	10	47:19	15:47	2:26:20

FEMALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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FEMALE AGE GROUP RESULTS 70 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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MALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	235	Anton Knack	15	M	Prior Lake	MN	1	10:37	1:13	2:04	2	45:04	20.0	1:08	1	22:07	7:23	1:20:58
2	125	Bryan Frischmann	19	M	Rochester	MN	3	23:14	2:39	2:20	1	44:16	20.3	1:29	2	22:50	7:37	1:34:06
3	332	David Olsen	18	M	Elk River	MN	2	12:46	1:27	2:46	3	54:33	16.5	0:58	3	23:59	8:00	1:34:59
4	64	Zach Cizek	19	M	St. Paul	MN	4	25:57	2:57	4:35	4	1:04:38	13.9	1:53	4	29:03	9:41	2:06:03

MALE AGE GROUP RESULTS 20 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	92	Matt Des Marais	23	M	Saint Paul	MN	1	10:48	1:14	1:21	1	39:18	22.9	0:51	2	19:40	6:34	1:11:56
2	316	Benjamin Mullaney	22	M	Chanhassen	MN	3	14:06	1:37	2:52	7	45:10	19.9	0:43	3	20:00	6:40	1:22:50
3	441	Patrick Stahl	21	M	Golden Valley	MN	9	18:50	2:09	1:14	2	42:51	21.0	2:02	4	21:00	7:00	1:25:56
4	516	Matt Zwolski	23	M	Madison	WI	5	15:05	1:43	3:15	4	44:18	20.3	1:27	5	21:54	7:18	1:25:57
5	270	Jeff Lombardo	21	M	Lakeville	MN	2	12:44	1:27	1:27	14	55:37	16.2	0:48	1	16:10	5:24	1:26:43
6	278	Kyle Maloney	23	M	St Paul	MN	6	15:26	1:46	2:30	5	44:46	20.1	1:37	6	22:32	7:31	1:26:48
7	263	Craig Lindsay	23	M	Minneapolis	MN	4	14:09	1:37	2:34	8	45:25	19.8	0:57	8	23:48	7:56	1:26:50
8	94	Derek Dockendorf	22	M	St. Cloud	MN	7	17:41	2:01	1:55	11	46:53	19.2	1:55	7	23:30	7:50	1:31:52
9	171	Brian Harrison	21	M	Lakeville	MN	10	18:57	2:10	2:06	10	46:08	19.5	0:51	9	24:02	8:01	1:32:00
10	33	Tim Bjork	23	M	Plymouth	MN	11	19:05	2:11	3:41	3	43:49	20.5	1:12	10	24:44	8:15	1:32:28
11	311	Alex Mominee	24	M	Madison	WI	12	19:08	2:11	2:42	6	44:59	20.0	1:51	12	25:11	8:24	1:33:49
12	24	Dan Baruch	22	M	St. Liouis Park	MN	8	18:38	2:07	2:18	12	47:29	19.0	1:09	11	24:48	8:16	1:34:19
13	128	Mike Frischmann	23	M	Rochester	MN	14	20:42	2:22	2:41	9	45:40	19.7	1:51	14	28:03	9:21	1:38:54
14	85	Robert Dauwalter	24	M	Cologne	MN	13	20:32	2:20	2:52	13	53:59	16.7	1:05	15	31:01	10:21	1:49:27
15	418	Aaron Sieben	22	M	Edina	MN	15	27:55	3:11	8:37	15	57:53	15.5	1:40	13	26:26	8:49	2:02:29

MALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	179	Eric Hendrickson	28	M	Hopkins	MN	2	10:38	1:13	0:59	1	35:08	25.6	0:22	2	17:12	5:44	1:04:17
2	358	Anton Pehon	26	M	Saint Paul	MN	1	10:32	1:12	1:07	2	35:19	25.5	0:29	3	17:16	5:46	1:04:39
3	34	Josh Blankenheim	27	M	Duluth	MN	3	11:24	1:18	1:20	3	37:24	24.1	0:34	1	16:39	5:33	1:07:18
4	112	Colin Farbotko	29	M	Minneapolis	MN	7	15:42	1:47	1:29					4	18:33	6:11	1:17:55
5	212	Josh Johnson	28	M	Minnetonka	MN	4	13:37	1:33	1:12	4	44:01	20.4	0:33	5	20:56	6:59	1:20:16
6	499	Randall Williams	25	M	Minneapolis	MN	9	17:24	1:59	3:03	5	46:18	19.4	1:03	6	22:07	7:23	1:29:53
7	243	Matt Kramer	27	M	St. Louis Park	MN	8	16:29	1:53	2:16	7	48:44	18.5	1:06	9	26:43	8:55	1:35:16
8	399	Greg Schutte	26	M	Richfield	MN	6	15:33	1:46	2:55	6	48:40	18.5	1:36	11	29:55	9:59	1:38:37
9	74	Tim Cooley	28	M	Wayzata	MN	10	17:39	2:01	4:31	8	50:17	17.9	3:58	8	25:12	8:24	1:41:34
10	497	Charlie Wickenhauser	26	M	Cologne	MN	12	23:55	2:44	3:19	9	51:41	17.4	0:45	7	22:56	7:39	1:42:33
11	276	Matthew Malinosky	25	M	Savage	MN	5	13:46	1:34	2:11	11	1:00:13	14.9	0:57	10	28:26	9:29	1:45:31
12	238	Paul Kobs	29	M	Minnetonka	MN	11	18:31	2:07	2:48	10	56:31	15.9	1:44	12	31:47	10:36	1:51:19
13	13	Matt Anderson	27	M	Saint Paul	MN	13	28:50</										

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1	Brett Lovaas	33	M	Minnetonka	MN	3	9:58	1:08	1:02	1	35:23	25.4	0:23	2	17:16	5:46	1:04:00
2	191	Steven Hohenstein	31	M	Duluth	MN	8	11:29	1:19	1:01	2	37:11	24.2	0:30	5	18:28	6:10	1:08:35
3	355	Derick Podratz	33	M	Lino Lakes	MN	11	12:53	1:28	1:18	4	38:43	23.2	0:57	1	16:27	5:29	1:10:16
4	45	Robert Brown	33	M	Hopkins	MN	7	11:26	1:18	1:06	5	38:51	23.2	0:57	6	18:42	6:14	1:10:59
5	430	Chuck Smith	30	M	St. Paul	MN	2	9:57	1:08	1:08	11	41:40	21.6	0:40	3	18:17	6:06	1:11:38
6	500	Aaron Wilson	34	M	Eden Prairie	MN	10	12:49	1:28	1:17	6	39:23	22.9	0:45	9	19:30	6:30	1:13:41
7	401	Jake Schwietering	31	M	St Louis Park	MN	5	10:45	1:14	1:26	9	41:04	21.9	0:40	11	20:13	6:45	1:14:05
8	392	Andy Schizal	31	M	Minnetonka	MN	19	14:46	1:41	1:32	3	37:43	23.9	1:23	8	19:25	6:29	1:14:47
9	309	Jesse Moen	33	M	Minneapolis	MN	9	11:50	1:21	1:00	13	42:30	21.2	0:37	7	19:09	6:23	1:15:03
10	145	Oscar Godoi	33	M	Apple Valley	MN	1	9:42	1:07	1:35	7	41:01	21.9	0:51	20	22:11	7:24	1:15:17
11	296	Anton Medved	32	M	Minneapolis	MN	6	11:23	1:18	1:21	8	41:03	21.9	0:51	17	21:50	7:17	1:16:26
12	362	Steve Rahn	31	M	Saint Paul	MN	15	14:21	1:38	1:09	12	42:27	21.2	1:00	4	18:25	6:09	1:17:19
13	436	Allan Sommer	32	M	Minneapolis	MN	14	14:19	1:38	1:32	10	41:22	21.8	0:38	10	19:40	6:34	1:17:29
14	483	Michael Waataja	32	M	Plymouth	MN	4	10:27	1:12	1:00	19	44:55	20.0	0:42	14	20:38	6:53	1:17:39
15	56	Dave Chaffin	32	M	Saint Louis Park	MN	13	14:11	1:37	1:13	17	44:27	20.2	0:49	13	20:22	6:48	1:17:31
16	340	Scott Parker	32	M	Plymouth	MN	16	14:24	1:39	2:20	14	43:15	20.8	1:00	12	20:18	6:46	1:21:14
17	312	Matt Morel	33	M	Brooklyn Park	MN	20	14:47	1:41	1:22	15	43:18	20.8	0:37	18	22:02	7:21	1:22:04
18	414	James Sheldon	30	M	Minnetonka	MN	18	14:43	1:41	1:30	22	46:50	19.2	0:47	15	21:28	7:10	1:25:15
19	373	Michael Rosow	32	M	Minneapolis	MN	24	16:21	1:52	1:43	18	44:28	20.2	0:48	19	22:05	7:22	1:25:23
20	331	Paul Ohnsorg	33	M	Medina	MN	12	14:05	1:36	1:42	20	45:08	19.9	1:07	25	24:40	8:14	1:26:39
21	209	David Joas	30	M	Delano	MN	17	14:37	1:40	1:21	23	47:28	19.0	0:58	21	22:29	7:30	1:26:51
22	256	Zach Lee	32	M	Bloomington	MN	26	16:44	1:55	1:18	16	44:17	20.3	0:59	24	24:01	8:01	1:27:17
23	111	Randy Fang	30	M	Minnetonka	MN	21	14:49	1:41	1:13	26	49:36	18.1	0:55	27	25:22	8:28	1:31:52
24	252	Wade Laugen	31	M	Apple Valley	MN	23	16:01	1:50	2:11	29	52:43	17.1	0:53	22	22:37	7:33	1:34:22
25	415	Jared Sheridan	30	M	Apple Valley	MN	22	15:04	1:43	3:16	25	49:17	18.3	1:51	26	25:06	8:22	1:34:31
26	405	David Semersky	33	M	Minneapolis	MN	27	18:16	2:05	3:20	27	50:02	18.0	3:17	23	22:56	7:39	1:37:48
27	337	Mark Osborn	34	M	St Louis Park	MN	30	19:38	2:14	5:01	28	51:05	17.6	1:13	16	21:31	7:11	1:38:25
28	178	Mike Heinen	31	M	Cottage Grove	MN	29	19:22	2:12	4:22	21	46:09	19.5	3:24	29	25:48	8:36	1:39:02
29	315	Seth Muir	31	M	Owatonna	MN	32	20:31	2:20	3:21	24	49:08	18.3	1:41	30	25:55	8:39	1:40:34
30	389	John Schuef	30	M	Golden Valley	MN	25	16:42	1:54	4:02	30	52:48	17.0	1:21	28	25:47	8:36	1:40:37
31	104	Mike Elskamp	32	M	Crystal	MN	28	18:40	2:08	3:22	31	53:02	17.0	1:48	32	30:02	10:01	1:46:51
32	470	Dale Trisko	32	M	Chaska	MN	33	20:53	2:23	4:16	33	57:32	15.6	1:03	31	26:17	8:46	1:49:59
33	53	Ryan Carse	33	M	Richfield	MN	31	20:16	2:19	4:22	32	55:40	16.2	1:14	33	34:06	11:22	1:55:35

MALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	437	Tim Sosnowski	37	M	Eden Prairie	MN	2	11:04	1:16	1:13	2	38:54	23.1	0:48	2	19:04	6:22	1:11:01
2	444	Don Steenson	37	M	Minneapolis	MN	1	10:24	1:11	1:32	5	41:09	21.9	0:49	4	19:27	6:29	1:13:20
3	431	Kent Smith	38	M	Edina	MN	9	13:56	1:35	1:38	1	38:25	23.4	0:37	8	20:38	6:53	1:15:12
4	108	Mark Evans	38	M	Minneapolis	MN	16	15:24	1:45	1:50	4	40:12	22.4	0:33	1	17:49	5:57	1:15:46
5	489	Jonathan Watson	39	M	Minneapolis	MN	6	13:28	1:32	1:37	3	39:30	22.8	1:08	6	20:10	6:44	1:15:51
6	453	Dan Swartz	39	M	St. Louis Park	MN	7	13:31	1:33	1:25	9	42:49	21.0	1:01	5	19:46	6:36	1:18:29
7	403	Tom Segar	37	M	Minnetonka	MN	5	13:21	1:31	1:30	8	42:41	21.1	0:58	9	20:55	6:59	1:19:22
8	285	Todd Martin	35	M	Minneapolis	MN	24	16:33	1:53	2:16	6	41:42	21.6	2:03	3	19:26	6:29	1:21:58
9	32	Mike Bier	39	M	Brooklyn Center	MN	21	16:07	1:50	1:12	7	42:01	21.4	0:57	12	22:03	7:21	1:22:17
10	341	Matthew Parrish	38	M	Hamel	MN	20	15:48	1:48	2:20	10	42:51	21.0	0:57	10	21:30	7:10	1:23:24
11	482	Eric Vollen	35	M	Minneapolis	MN	12	14:44	1:41	1:46	12	44:26	20.3	1:26	11	21:40	7:14	1:23:59
12	464	Shawn Thomas	35	M	Eden Prairie	MN	13	14:45	1:41	2:24	16	45:09	19.9	1:22	7	20:31	6:51	1:24:08
13	29	Kevin Bengtson	36	M	Minneapolis	MN	4	12:13	1:24	2:10	18	45:21	19.8	0:53	21	23:41	7:54	1:24:16
14	299	Greg Meyer	37	M	Wayzata	MN	10	14:29	1:39	1:46	13	44:51	20.1	0:35	15	22:43	7:35	1:24:21
15	456	Greg Swenson	39	M	Rogers	MN	3	12:03	1:23	2:06	17	45:20	19.9	1:44	24	24:53	8:18	1:26:03
16	213	Paul Johnson	35	M	Excelsior	MN	14	14:51	1:42	2:19	14	44:55	20.0	0:58	19	23:25	7:49	1:26:25
17	136	Jeff Gans	35	M	Minneapolis	MN	8	13:47	1:34	2:11	23	47:11	19.1	1:11	16	23:02	7:41	1:27:20
18	147	Jason Good	38	M	Victoria	MN	28	17:09	1:57	2:02	11	44:14	20.3	0:59	26	24:58	8:20	1:29:21
19	481	Eduardo Viteri	37	M	Anoka	MN	25	16:46	1:55	3:02	19	45:51	19.6	1:08	22	23:45	7:55	1:30:29
20	265	David Liske	36	M	Saint Louis Park	MN	17	15:36	1:47	2:42	25	47:48	18.8	1:24	17	23:07	7:43	1:30:34
21	298	Eric Mesenburg	36	M	Maple Grove	MN	27	17:03	1:57	2:16	15	44:58	20.0	1:18	29	26:09	8:43	1:31:42
22	466	Matt Titus	37	M	Bloomington	MN	29	17:14	1:58	3:01	20	45:53	19.6	1:23	23	24:21	8:07	1:31:50
23	398	Mike Schupanz	37	M	Champlin	MN	11	14:35	1:40	2:45	22	46:52	19.2	1:31	32	27:00	9:00	1:32:40
24	173	Scott Haskins	36	M	Excelsior	MN	26	16:58	1:56	2:36	30	49:14	18.3	0:38	20	23:30	7:50	1:32:54
25	176	Scott Heimes	39	M	Minneapolis	MN	31	18:02	2:03	1:40	29	48:28	18.6	1:44	18	23:16	7:46	1:33:06
26	237	Edward Knutson	39	M	Waconia	MN	22	16:15	1:51	3:18	24	47:37	18.9	1:29	25	24:54	8:18	1:33:30
27	152	Ben Grimstad	35	M	Decorah	IA	19	15:47	1:48	1:47	28	48:25	18.6	1:22	31	26:51	8:57	1:34:10
28	488	James Wassenberg	39	M	Chanhasen	MN	23	16:30	1:53	2:35	21	46:31	19.3	2:02	33	27:08	9:03	1:34:43
29	333	Kurt Olsen	38	M	Elk River	MN	32	18:25	2:06	2:20	26	48:00	18.8	1:43	27	25:24	8:28	1:35:49
30	76	John Coughlin	35	M	St. Paul	MN	33	18:30	2:07	2:33	32	52:26	17.2	0:48	13	22:34	7:32	1:36:49
31	259	Jeff Lendino	37	M	Chaska	MN	30	17:38	2:01	2:27	33	53:16	16.9	1:16	14	22:41	7:34	1:37:15
32	477	Luke Van Santen	39	M	Minnetonka	MN	15	14:58	1:42	3:00	34	53:44	16.7	1:02	28	25:33	8:31	1:38:14
33	70	Thomas Cody	38	M	Minneapolis	MN	18	15:44	1:48	2:37	31	49:56	18.0	2:37	35	29:15	9:45	1:40:07
34	57	John Chapman	35	M	Eagan	MN	37	22:15	2:32	4:27	27	48:25	18.6	1:42	34	27:59	9:20	1:44:45
35	227	Chad Kerlin	37	M	Chanhasen	MN	35	20:02	2:17	4:24	35	56:40	15.9	1:33	30	26:15	8:45	1:48:51
36	19	Scott Bailey	37	M	Eagan	MN	36	20:56	2:23	4:04	37	58:44	15.3	0:40	36	29:46	9:56	1:54:08
37	50	Jeff Cameron	37	M	Woodland	MN	34	19:55	2:16	3:50	36	57:18	15.7	2:50	37	38:06	12:42	2:01:56

MALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	224	Joe Keller	44	M	Maple Grove	MN	11	13:41	1:34	1:02	1	38:28	23.4	0:45	2	19:41	6:34	1:13:35
2	273	Dave MacDougal	44	M	Minnetonka	MN	5	12:35	1:26	1:28	3	40:21	22.3	0:38	5	20:16	6:46	1:15:15
3	234	Dan Kline	43	M	Maplewood	MN	9	13:26										

21	509	Scott Yager	44	M	Chanhassen	MN	3	12:25	1:25	2:17	28	48:26	18.6	1:21	27	25:48	8:36	1:30:14
22	129	Rob Frischmann	44	M	St Louis Park	MN	16	14:52	1:42	2:47	24	47:54	18.8	0:57	24	24:45	8:15	1:31:13
23	485	Steve Wander	40	M	Minnnetonka	MN	22	15:28	1:46	2:27	25	48:06	18.7	1:48	21	24:44	8:15	1:32:30
24	345	Brent Peterson	42	M	Minnetrستا	MN	30	17:12	1:58	2:18	27	48:22	18.6	1:21	16	23:33	7:51	1:32:44
25	371	Dean Robinson	44	M	Golden Valley	MN	24	15:50	1:48	3:33	20	45:57	19.6	1:27	30	26:15	8:45	1:33:00
26	27	David Becker	42	M	Eden Prairie	MN	17	15:17	1:45	4:08	31	49:34	18.2	1:02	14	23:28	7:50	1:33:27
27	170	Todd Hanson	44	M	Plymouth	MN	28	16:50	1:55	3:10	23	47:04	19.1	2:20	19	24:13	8:05	1:33:34
28	54	Sean Carse	40	M	Heber City	UT	26	15:59	1:49	2:41	26	48:21	18.6	1:19	34	27:13	9:05	1:35:31
29	493	Michael Wells	41	M	St. Louis Park	MN	34	20:58	2:23	2:07	19	45:28	19.8	2:02	25	25:08	8:23	1:35:41
30	217	Rob Kastan	43	M	Edina	MN	25	15:53	1:49	3:09	33	51:35	17.4	1:51	18	24:02	8:01	1:36:27
31	123	Jim Freytag	43	M	Wayzata	MN	14	14:47	1:41	3:03	29	48:53	18.4	1:37	36	29:11	9:44	1:37:28
32	282	David Marschinke	43	M	Minnnetonka	MN	31	19:28	2:13	4:02	30	48:54	18.4	0:54	29	26:05	8:42	1:39:21
33	142	Mark Gitch	41	M	Hopkins	MN	27	16:19	1:52	3:59	36	53:29	16.8	1:52	26	25:09	8:23	1:40:45
34	382	Patrick Ryan	40	M	Edina	MN	32	19:37	2:14	3:23	34	51:50	17.4	2:33	32	26:40	8:54	1:44:02
35	363	Mike Ramler	40	M	Chaska	MN	36	27:01	3:05	3:27	32	50:51	17.7	1:06	28	25:49	8:37	1:48:12
36	158	Frank Gustafson	43	M	Chaska	MN	35	24:29	2:47	2:54	35	52:11	17.2	2:32	35	29:07	9:43	1:51:12

MALE AGE GROUP RESULTS 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	146	David Goldberg	48	M	Excelsior	MN	1	10:11	1:10	1:15	2	38:41	23.3	0:43	3	19:39	6:33	1:10:27
2	236	David Knack	45	M	Prior Lake	MN	6	11:42	1:20	1:34	1	38:18	23.5	0:31	1	19:00	6:20	1:11:04
3	65	Charlie Clark	48	M	Chanhassen	MN	2	10:39	1:13	1:24	5	39:11	23.0	0:36	4	19:42	6:34	1:11:29
4	253	Brian Lavelle	46	M	Chaska	MN	4	11:21	1:18	1:19	3	38:50	23.2	0:33	10	21:03	7:01	1:13:04
5	375	James Ross	49	M	Lakeville	MN	8	12:25	1:25	1:13	4	39:07	23.0	1:30	7	20:29	6:50	1:14:42
6	487	Jeffrey Warshaw	47	M	Hopkins	MN	10	13:05	1:30	2:23	11	41:24	21.7	0:58	5	19:43	6:35	1:17:30
7	376	Mark Roth	46	M	Burnsville	MN	15	15:02	1:43	1:27	7	40:26	22.3	1:13	2	19:26	6:29	1:17:31
8	229	Kevin Olsen	49	M	Orono	MN	5	11:32	1:19	1:41	10	41:13	21.8	0:38	14	22:29	7:30	1:17:32
9	196	Michael Hukka	48	M	Rosemount	MN	7	12:03	1:23	2:32	9	41:03	21.9	1:03	11	21:22	7:08	1:18:01
10	318	Paul Mullaney	47	M	Chanhassen	MN	3	10:55	1:15	1:49	15	42:38	21.1	0:53	13	21:51	7:17	1:18:05
11	30	Mike Berkopoc	45	M	Eagan	MN	19	15:32	1:46	1:43	6	39:13	22.9	1:11	8	20:42	6:54	1:18:18
12	149	Kevin Grafft	47	M	Chanhassen	MN	9	13:03	1:29	1:47	13	42:08	21.4	1:00	12	21:51	7:17	1:19:46
13	141	Jeff Gilmer	49	M	Delano	MN	20	15:34	1:47	1:20	12	41:57	21.5	0:55	15	22:42	7:34	1:22:26
14	91	Terry Denzer	46	M	Apple Valley	MN	12	13:45	1:34	1:48	16	43:13	20.8	1:07	16	22:47	7:36	1:22:38
15	164	Robb Hall	45	M	Chanhassen	MN	13	14:15	1:38	1:36	19	44:53	20.1	1:25	9	20:47	6:56	1:22:55
16	397	James Schultz	46	M	Shorewood	MN	28	18:34	2:07	2:26	8	40:35	22.2	2:57	6	20:03	6:41	1:24:33
17	106	John Erickson	46	M	Deephaven	MN	11	13:09	1:30	3:12	17	44:09	20.4	0:49	19	23:24	7:48	1:24:41
18	508	Bryan Wray	46	M	Eagan	MN	21	15:52	1:49	1:59	14	42:08	21.4	1:25	18	23:20	7:47	1:24:41
19	133	Ron Galbreath	47	M	Victoria	MN	14	15:01	1:43	2:45	18	44:52	20.1	1:24	17	22:50	7:37	1:26:50
20	7	Bob Allen	47	M	Chaska	MN	16	15:06	1:43	2:08	20	45:01	20.0	1:18	21	25:02	8:21	1:28:33
21	15	Craig Andresen	46	M	Bloomington	MN	22	16:07	1:50	1:36	21	45:40	19.7	1:10	24	27:34	9:12	1:32:05
22	18	Curt Bailey	47	M	Bloomington	MN	18	15:30	1:46	2:43	23	47:52	18.8	2:18	22	25:32	8:31	1:33:53
23	205	Scott Jensen	47	M	Grand Forks	ND	17	15:25	1:46	3:55	24	48:05	18.7	1:42	23	25:47	8:36	1:34:52
24	117	John Flaar	46	M	Plymouth	MN	25	17:09	1:57	4:12	25	48:42	18.5	2:13	20	24:11	8:04	1:36:26
25	491	Kurt Wehrmann	45	M	Hopkins	MN	26	17:31	2:00	2:08	22	46:38	19.3	1:43	28	30:42	10:14	1:38:40
26	231	Scott Kirkwood	47	M	Minnnetonka	MN	27	18:17	2:05	3:15	27	49:45	18.1	1:07	25	27:45	9:15	1:40:07
27	62	Bill Cizek	49	M	St. Paul	MN	24	17:06	1:57	5:18	28	51:02	17.6	2:24	27	29:57	9:59	1:45:45
28	80	Kevin Dana	46	M	Victoria	MN	23	16:15	1:51	4:56	29	53:10	16.9	1:54	30	32:53	10:58	1:49:06
29	268	Larry Lomax	49	M	Edina	MN	31	22:47	2:36	3:45	26	49:39	18.1	1:34	29	31:23	10:28	1:49:07
30	295	Tom Mealey	46	M	Minneapolis	MN	29	19:45	2:15	3:13	30	54:01	16.7	1:50	31	37:09	12:23	1:55:56
31	419	Daniel Sieben	49	M	Edina	MN	30	21:16	2:25	11:20	31	59:10	15.2	1:02	26	27:46	9:16	2:00:33

MALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	391	Tony Schiller	50	M	Chanhassen	MN	2	10:36	1:13	1:07	1	35:07	25.6	0:27	1	16:33	5:31	1:03:47
2	68	Kirk Clowser	51	M	Dellwood	MN	3	10:46	1:14	1:28	2	37:26	24.0	0:43	5	21:28	7:10	1:11:50
3	532	Terry Alexander	51	M			1	10:22	1:11	1:42	4	39:12	23.0	1:19	3	20:28	6:50	1:13:01
4	506	Dale Woodbeck	52	M	Excelsior	MN	4	12:19	1:24	1:43	3	37:34	24.0	0:48	6	21:42	7:14	1:14:03
5	349	Rick Peterson	50	M	Maple Grove	MN	6	13:10	1:30	1:42	11	46:39	19.3	0:56	2	18:42	6:14	1:21:07
6	49	Stephen Bullard	50	M	Golden Valley	MN	5	13:07	1:30	1:27	8	43:05	20.9	0:42	10	23:54	7:58	1:22:13
7	514	Jim Zuehlke	53	M	Minnnetonka	MN	12	15:57	1:49	2:26	7	43:00	20.9	1:24	9	22:57	7:39	1:25:42
8	426	Cameron Skold	53	M	Mpls	MN	8	14:37	1:40	2:40	10	46:36	19.3	1:22	4	21:24	7:08	1:26:36
9	269	Frank Lombardo	54	M	Lakeville	MN	14	17:04	1:57	2:33	9	45:59	19.6	1:21	8	22:54	7:38	1:29:50
10	9	Jan Andersen	54	M	Minnnetonka	MN	9	15:04	1:43	2:32	12	46:40	19.3	0:52	12	25:48	8:36	1:30:53
11	116	Mark Fiddler	52	M	Mpls.	MN	15	17:33	2:00	2:56	5	42:08	21.4	1:57	15	26:48	8:56	1:31:19
12	442	Todd Stahl	50	M	Golden Valley	MN	20	22:06	2:31	1:42	6	42:46	21.0	1:19	11	25:16	8:26	1:33:07
13	59	Randy Christenson	51	M	Apple Valley	MN	10	15:12	1:44	2:29	14	48:09	18.7	1:54	16	27:04	9:02	1:34:46
14	302	Peter Miller	50	M	Chanhassen	MN	13	16:18	1:52	2:16	15	49:08	18.3	1:13	13	25:57	8:39	1:34:50
15	130	Tom Frischmann	50	M	Rochester	MN	7	13:59	1:36	2:58	13	46:46	19.2	2:16	17	29:28	9:59	1:35:24
16	82	Dick Danaher	52	M	Minneapolis	MN	17	20:16	2:19	3:05	16	49:12	18.3	1:15	7	22:46	7:36	1:36:32
17	474	Carl Tuura	53	M	Plymouth	MN	11	15:22	1:45	2:16	17	52:16	17.2	1:50	18	31:22	10:28	1:43:04
18	354	David Piper	54	M	Minneapolis	MN	18	20:53	2:23	3:20	18	55:03	16.3	1:12	14	26:25	8:49	1:46:51
19	494	Tom Wentz	50	M	Burnsville	MN	21	24:26	2:47	4:08	19	58:17	15.4	2:25	19	34:26	11:29	2:03:39
20	126	James Frischmann	52	M	Burnsville	MN	19	21:20	2:26	4:07	20	1:02:27	14.4	2:07	20	36:20	12:07	2:06:18
21	410	John Shaw	54	M	Shoreview	MN	16	19:20	2:12	5:09	21	1:22:02	11.0	2:15	21	41:42	13:54	2:30:26

MALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	402	Kent Schwitzer	55	M	Minnnetonka	MN	1	12:29	1:26	1:29	1	38:48	23.2	0:55	1	21:41	7:14	1:15:20
2	199	Dennis Jabbs	56	M	Shorewood	MN	6	19:00	2:10	1:39	2	42:07	21.4	1:12	2	23:13	7:45	1:27:09
3	216	Joe Kandiko	58	M	Excelsior	MN	3	14:59	1:43	2:52	3	48:12	18.7	1:52	5	28:06	9:22	1:36:00
4	274	Tim Madigan	58	M	Faribault	MN	4	15:47	1:48	3:23	4	49:42	18.1	1:35	6	28:09	9:23	1:38:34
5	427	Lee Skold	55	M	Mpls													

MALE AGE GROUP RESULTS 70 - 98																		
Place	Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	289	Charles McJilton	77	M	Roseville	MN	1	21:37	2:28	7:01	1	1:00:53	14.8	3:17	1	37:26	12:29	2:10:12
Total Registered:					534													
Total Number of Individual Finishers:					399													
Total Number of Relay Finishers:					13													
Number of Male Finishers:					223													
Number of Female Finishers:					176													
Did not Finish Race or Did Not Start:					121													