

LAKE MINNETONKA TRIATHLON
Long Lake Regional Park - Excelsior, MN, June 20, 2009

1/2 Mile Swim - 14.5 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	Pace	Finish
1	1/37	294	Brett Lovaas	I	34	M	Minnetonka	MN	5	9:11	1:03	0:53	3	35:03	24.8	0:36	6	17:31	5:51	1:03:12
2	1/18	45	Josh Blankenheim	I	28	M	Duluth	MN	21	10:28	1:12	1:03	5	35:44	24.3	0:36	1	16:06	5:22	1:03:54
3	2/37	399	Steve Sander	I	30	M	Richfield	MN	22	10:33	1:12	1:18	2	34:04	25.5	1:00	3	17:03	5:41	1:03:55
4	1/59	400	Jeremy Sartain	I	35	M	St. Paul	MN	14	10:08	1:09	1:10	1	34:01	25.6	0:56	11	18:19	6:07	1:04:31
5	1/16	527	Michael Williams	I	20	M	Maple Grove	MN	3	8:56	1:01	0:55	7	36:25	23.9	0:36	9	18:07	6:03	1:04:57
6	1/22	1	Tony Schiller	I	51	M	Spring Park	MN	18	10:18	1:11	1:22	4	35:41	24.4	0:34	4	17:09	5:43	1:05:02
7	2/59	429	John Shelp	I	37	M	Maple Plain	MN	8	9:37	1:06	1:03	12	37:32	23.2	0:53	12	18:23	6:08	1:07:25
8	2/16	304	Nick Madrinich	I	20	M	Chaska	MN	1	8:43	1:00	0:54	25	38:43	22.5	0:48	20	18:58	6:20	1:08:03
9	2/18	491	Micah Turman	I	28	M	Minneapolis	MN	23	10:36	1:13	1:06	15	37:46	23.0	0:45	8	17:56	5:59	1:08:07
10	3/37	378	Derick Podratz	I	34	M	Lino Lakes	MN	40	11:22	1:18	1:05	20	38:28	22.6	0:51	2	16:49	5:37	1:08:31
11	4/37	408	Andy Schiesl	I	31	M	Prior Lake	MN	47	11:29	1:19	1:54	6	36:09	24.1	0:37	15	18:44	6:15	1:08:50
12	5/37	165	Oscar Godoi	I	34	M	Apple Valley	MN	4	8:58	1:02	0:57	17	38:03	22.9	0:42	42	20:14	6:45	1:08:52
13	3/59	223	Thad Ingersoll	I	39	M	St. Paul	MN	2	8:43	1:00	1:18	35	39:43	21.9	0:51	13	18:29	6:10	1:09:02
14	6/37	64	Mike Buenting	I	34	M	Chanhassen	MN	54	11:39	1:20	2:00	9	37:25	23.3	0:33	7	17:36	5:52	1:09:11
15	7/37	60	Robert Brown	I	34	M	Hopkins	MN	26	10:39	1:13	1:13	23	38:35	22.5	0:53	14	18:39	6:13	1:09:56
16	1/35	265	David Knack	I	46	M	Prior Lake	MN	39	11:20	1:18	1:38	13	37:36	23.1	0:42	16	18:48	6:16	1:10:01
17	2/35	172	Jim Graif	I	47	M	Elk River	MN	32	10:53	1:15	1:25	8	36:37	23.8	1:09	44	20:16	6:46	1:10:17
18	1/49	34	Kurt Becker	I	42	M	Afton	MN	7	9:37	1:06	1:04	28	39:02	22.3	0:58	37	19:57	6:39	1:10:35
19	3/35	104	Peter Davis	I	45	M	Greenwood	MN	64	11:58	1:22	1:25	14	37:39	23.1	0:46	18	18:54	6:18	1:10:39
20	8/37	446	Chuck Smith	I	30	M	Minneapolis	MN	9	9:41	1:06	1:02	72	41:29	21.0	0:51	10	18:10	6:04	1:11:10
21	4/59	409	Don Schmeichel	I	37	M	Andover	MN	15	10:08	1:09	1:27	10	37:26	23.0	0:47	100	22:21	7:27	1:12:06
22	1/12	2	Jan Gunther	I	50	F	Mound	MN	49	11:33	1:19	1:10	29	39:05	22.3	1:03	26	19:20	6:27	1:12:08
23	5/59	530	Aaron Wilson	I	35	M	Eden Prairie	MN	52	11:38	1:20	1:01	33	39:38	22.0	0:45	28	19:23	6:28	1:12:23
24	3/16	167	Taylor Gombos	I	20	M	St. Cloud	MN	60	11:48	1:21	1:19	47	40:32	21.5	1:30	5	17:23	5:48	1:12:30
25	1/34	251	Heidi Keller-Miller	I	44	F	Chaska	MN	10	9:49	1:07	0:56	60	41:12	21.1	0:55	34	19:45	6:35	1:12:34
26	2/49	176	Jeff Grebner	I	42	M	St. Paul	MN	24	10:37	1:13	1:23	30	39:16	22.2	0:41	55	20:59	7:00	1:12:54
27	1/12	55	Gary Bork	I	56	M	Eden Prairie	MN	25	10:38	1:13	1:28	21	38:30	22.6	1:06	64	21:17	7:06	1:12:55
28	6/59	19	Jon Armour	I	39	M	Golden Valley	MN	34	11:07	1:16	1:18	16	37:56	22.9	1:01	81	21:42	7:14	1:13:02
29	4/35	280	Brian Lavelle	I	47	M	Chaska	MN	36	11:13	1:17	1:14	18	38:15	22.7	0:43	94	22:17	7:26	1:13:40
30	2/22	140	Greg Franzen	I	54	M	Plymouth	MN	53	11:38	1:20	1:23	41	40:10	21.7	0:46	38	20:04	6:42	1:13:58
31	5/35	565	Dave Goldberg	I	49	M		MN	13	10:04	1:09	1:22	46	40:29	21.5	1:32	50	20:44	6:55	1:14:09
32	1/10	126	Benjamin Ewers	I	62	M	North Oaks	MN	101	12:44	1:27	1:36	11	37:31	23.2	1:17	69	21:21	7:07	1:14:27
33	7/59	22	Derrick Avelar	I	36	M	Minnetrissa	MN	109	13:00	1:29	1:23	31	39:18	22.1	0:50	40	20:11	6:44	1:14:39
34	3/22	7	Terry Alexander	I	52	M	Maple Plaine	MN	11	9:57	1:08	2:33	34	39:42	21.9	0:50	79	21:41	7:14	1:14:40
35	3/49	355	Todd Olson	I	40	M	Edina	MN	20	10:24	1:11	1:38	61	41:14	21.1	1:00	49	20:43	6:55	1:14:58
36	8/59	332	Steve Mitchell	I	38	M	Minneapolis	MN	12	10:01	1:09	2:03	36	39:46	21.9	1:00	91	22:14	7:25	1:15:02
37	6/35	250	Joe Keller	I	45	M	Maple Grove	MN	103	12:46	1:27	0:52	32	39:35	22.0	0:46	66	21:19	7:07	1:15:14
38	4/22	161	Charlie Gits	I	51	M	Edina	MN	107	12:57	1:29	1:17	69	41:26	21.0	0:49	19	18:55	6:19	1:15:21
39	9/37	462	Ryan Strom	I	33	M	St. Paul	MN	72	12:08	1:23	1:25	54	40:53	21.3	1:27	32	19:41	6:34	1:15:31
40	10/37	297	David Lundy	I	34	M	St. Paul	MN	123	13:10	1:30	1:52	49	40:34	21.4	0:44	25	19:20	6:27	1:15:37
41	4/49	49	Douglas Boehme	I	44	M	Woodbury	MN	65	12:00	1:22	1:19	42	40:12	21.6	0:51	68	21:21	7:07	1:15:41
42	7/35	394	Mark Roth	I	47	M	Burnsville	MN	121	13:09	1:30	1:44	48	40:33	21.5	1:11	22	19:10	6:24	1:15:43
43	8/35	347	Barry Nordstrand	I	47	M	Excelsior	MN	239	15:06	1:43	1:22	26	38:52	22.4	1:15	29	19:27	6:29	1:16:00
44	2/12	263	Leonard Klun	I	55	M	Maple Plain	MN	69	12:01	1:22	1:59	56	41:02	21.2	0:52	41	20:12	6:44	1:16:04
45	9/35	340	Mark Myers	I	49	M	Lake Elmo	MN	136	13:32	1:33	2:03	57	41:05	21.2	0:46	17	18:50	6:17	1:16:13
46	5/22	543	Dale Woodbeck	I	53	M	Excelsior	MN	87	12:26	1:25	1:41	24	38:38	22.5	1:03	113	22:37	7:33	1:16:21
47	3/18	466	Michael Svensk	I	29	M	Blaine	MN	203	14:31	1:39	1:19	44	40:22	21.6	1:11	21	19:04	6:22	1:16:24
48	10/35	102	Michael Danielson	I	45	M	Tonka Bay	MN	75	12:16	1:24	2:44	65	41:21	21.0	0:49	24	19:19	6:27	1:16:26
49	4/18	480	Matthew Thomas	I	29	M	Minneapolis	MN	59	11:44	1:20	1:23	100	43:03	20.2	0:46	33	19:45	6:35	1:16:37
50	11/35	374	John Phillips	I	47	M	Eden Prairie	MN	50	11:34	1:19	1:26	40	40:09	21.7	1:24	103	22:25	7:29	1:16:56
51	4/16	79	Dan Chargo	I	22	M	Minnetonka	MN	119	13:07	1:30	1:17	78	41:44	20.8	1:07	35	19:48	6:36	1:17:00
52	5/49	456	Gregg Steiger	I	43	M	Minnetonka	MN	134	13:30	1:32	1:30	38	40:01	21.7	1:04	57	21:05	7:02	1:17:07
53	11/37	397	Joe Rydel	I	31	M	Shakopee	MN	152	13:48	1:35	1:27	43	40:17	21.6	0:55	51	20:45	6:55	1:17:09
54	6/22	351	Kevin Olsen	I	50	M	Orono	MN	33	10:57	1:15	1:34	50	40:39	21.4	0:39	147	23:33	7:51	1:17:19
55	12/35	188	Robb Hall	I	46	M	Chanhassen	MN	94	12:33	1:26	2:08	59	41:08	21.2	0:44	52	20:52	6:58	1:17:22
56	6/49	454	Josh Stahl	I	40	M	Minnetonka	MN	105	12:49	1:28	1:34	19	38:23	22.7	1:01	150	23:39	7:53	1:17:24
57	7/49	235	Marc Justinak	I	40	M	Excelsior	MN	137	13:33	1:33	1:58	22	38:32	22.6	1:06	102	22:24	7:28	1:17:31
58	2/34	469	Laura Swartz	I	42	F	St. Louis Park	MN	133	13:28	1:32	1:31	71	41:29	21.0	0:56	39	20:10	6:44	1:17:32
59	5/16	229	Brent Johnson	I	20	M	Arden Hills	MN	16	10:08	1:10	1:48	179	45:54	19.0	0:49	23	19:12	6:24	1:17:47
60	8/49	468	Dan Swartz	I	40	M	St. Louis Park	MN	112	13:03	1:29	1:32	105	43:07	20.2	0:53	27	19:20	6:27	1:17:54
61	12/37	353	Aaron Olson	I	30	M	St. Paul	MN	17	10:15	1:10	1:06	146	44:27	19.6	1:06	58	21:07	7:03	1:17:59
62	13/37	284	Zach Lee	I	33	M	Bloomington	MN	56	11:43	1:20	1:48	52	40:47	21.3	0:41	123	23:07	7:43	1:18:03
63	9/49	321	Brent McVay	I	41	M	Minneapolis	MN	111	13:01	1:29	1:17	58	41:07	21.2	1:05	77	21:37	7:13	1:18:04
64	13/35	386	Bob Revoir	I	45	M	Plymouth	MN	122	13:10	1:30	1:34	53	40:51	21.3	1:03	76	21:36	7:12	1:18:09
65	9/59	190	Andrew Hardacre	I	36	M	Minnetonka	MN	41	11:22	1:18	2:08	67	41:21	21.0	1:19	92	22:14	7:25	1:18:22
66	10/49	86	Eric Clark	I	40	M	Minneapolis	MN	83	12:23	1:25	1:12	91	42:45	20.4	0:57	63	21:15	7:05	1:18:30
67	10/59	35	Kevin Bengtson	I	37	M	Minneapolis	MN	38	11:18	1:17	1:28	86	42:16	20.6	1:00	112	22:37	7:33	1:18:37
68	14/37	507	Mike Waataja	I	34	M	Plymouth	MN	29	10:48	1:14	0:48	80	41:46	20.8	1:26	159	23:53	7:58	1:18:38

89	12/59	475	Tats Tanaka	I	37	M	St. Paul	MN	159	13:54	1:35	2:07	66	41:21	21.0	1:02	126	23:10	7:44	1:21:31
90	5/34	444	Caroline Skaar-Page	I	42	F	Eden Prairie	MN	173	14:08	1:37	1:49	62	41:17	21.1	1:06	139	23:21	7:47	1:21:38
91	4/50	137	Sarah Foley	I	38	F	Cologne	MN	92	12:30	1:26	1:14	131	44:01	19.8	1:00	122	23:05	7:42	1:21:48
92	5/50	426	Mary Sellke	I	39	F	Golden Valley	MN	106	12:55	1:28	1:19	147	44:28	19.6	0:51	96	22:19	7:27	1:21:49
93	13/59	412	Jason Schmidt	I	37	M	Farmington	MN	202	14:31	1:39	1:41	73	41:29	21.0	0:58	129	23:13	7:45	1:21:50
94	2/10	320	Patrick McMorrow	I	62	M	Eden Prairie	MN	51	11:37	1:20	2:33	99	43:01	20.2	1:06	152	23:40	7:54	1:21:54
95	16/35	531	Brian Wilson	I	47	M	Chaska	MN	155	13:52	1:35	1:45	39	40:07	21.7	1:05	219	25:18	8:26	1:22:04
96	3/24	87	Jaimy Clarkson	I	29	F	Eden Prairie	MN	126	13:13	1:30	1:49	101	43:05	20.2	0:55	125	23:08	7:43	1:22:07
97	7/16	290	Craig Lindsay	I	24	M	Minneapolis	MN	79	12:21	1:25	2:13	151	44:37	19.5	1:01	88	22:08	7:23	1:22:17
98	2/19	74	Marjie Carr-Oxley	I	46	F	Roseville	MN	84	12:23	1:25	1:36	127	43:58	19.8	1:01	140	23:22	7:48	1:22:19
99	14/49	330	Mark Miner	I	43	M	Eden Prairie	MN	199	14:30	1:39	1:51	104	43:06	20.2	1:04	83	21:52	7:18	1:22:21
100	17/35	436	Wayne Siegel	I	47	M	St. Louis Park	MN	259	15:35	1:47	2:12	89	42:43	20.4	0:47	61	21:11	7:04	1:22:25
101	8/22	162	Paul Glade	I	54	M	Cedar Falls	IA	210	14:35	1:40	1:20	134	44:07	19.7	1:29	54	20:58	7:00	1:22:26
102	18/35	275	Dan Lagermeier	I	46	M	Eden Prairie	MN	74	12:10	1:23	2:25	90	42:44	20.4	1:04	171	24:10	8:04	1:22:30
103	19/35	247	Phillip Kelaart	I	45	M	Minneapolis	MN	61	11:52	1:21	2:01	74	41:35	20.9	1:00	263	26:14	8:45	1:22:40
104	3/12	292	Frank Lombardo	I	55	M	Lakeville	MN	131	13:21	1:31	2:01	141	44:22	19.6	1:08	85	21:57	7:19	1:22:45
105	15/49	288	Kevin Lilly	I	42	M	Sioux City	IA	334	17:00	1:56	1:09	64	41:18	21.1	0:50	105	22:30	7:30	1:22:46
106	3/19	73	Martha Carlson	I	46	F	Chaska	MN	48	11:33	1:19	1:15	166	45:22	19.2	1:07	148	23:37	7:53	1:22:52
107	2/30	54	Cheryl Bond	I	34	F	Shakopee	MN	144	13:40	1:34	1:21	107	43:12	20.1	0:51	157	23:52	7:58	1:22:53
108	14/59	17	Greg Aplund	I	37	M	Excelsior	MN	166	14:00	1:36	2:07	98	42:58	20.2	0:39	135	23:17	7:46	1:22:58
109	6/34	346	Kathy Newcomb	I	44	F	Woodbury	MN	78	12:19	1:24	1:39	92	42:48	20.3	0:57	224	25:24	8:28	1:23:05
110	17/37	207	Brandon Hillman	I	33	M	Golden Valley	MN	120	13:09	1:30	2:10	150	44:36	19.5	1:02	99	22:21	7:27	1:23:14
111	7/34	541	Lisa Wittmer	I	42	F	Edina	MN	89	12:27	1:25	2:02	85	42:08	20.6	1:31	209	25:08	8:23	1:23:14
112	18/37	372	Jeff Peterson	I	31	M	Bloomington	MN	150	13:46	1:34	2:21	139	44:20	19.6	3:12	31	19:38	6:33	1:23:14
113	20/35	282	Michael Lawler	I	47	M	Maple Grove	MN	142	13:39	1:33	3:32	117	43:35	20.0	1:30	56	21:02	7:01	1:23:15
114	19/37	327	Michael Miller	I	33	M	St. Paul	MN	149	13:45	1:34	1:43	133	44:03	19.8	1:16	110	22:33	7:31	1:23:18
115	15/59	291	David Liske	I	37	M	Saint Louis Park	MN	241	15:08	1:44	2:06	88	42:31	20.5	1:12	109	22:33	7:31	1:23:27
116	16/59	43	Mike Blair	I	39	M	Prior Lake	MN	361	17:44	2:01	1:38	37	39:52	21.8	0:53	142	23:23	7:48	1:23:28
117	1/9	249	Gabby Keller	I	17	F	Maple Grove	MN	27	10:45	1:14	0:57	184	46:21	18.8	0:49	192	24:39	8:13	1:23:28
118	17/59	179	Guy Grindberg	I	37	M	Victoria	MN	247	15:16	1:45	2:26	79	41:45	20.8	0:51	137	23:20	7:47	1:23:35
119	18/59	206	Kevin Hill	I	39	M	Mpls.	MN	114	13:05	1:30	2:20	187	46:32	18.7	0:46	53	20:56	6:59	1:23:37
120	20/37	147	Jon Fuerstenberg	I	34	M	Stillwater	MN	30	10:49	1:14	2:09	213	47:18	18.4	1:06	104	22:27	7:29	1:23:46
121	6/50	169	Tracy Good	I	38	F	Victoria	MN	158	13:53	1:35	1:46	112	43:17	20.1	0:57	162	23:58	8:00	1:23:48
122	21/37	256	Kyle King	I	33	M	Chaska	MN	274	15:49	1:48	1:33	125	43:56	19.8	0:54	80	21:41	7:14	1:23:52
123	19/59	481	Shawn Thomas	I	36	M	Eden Prairie	MN	219	14:42	1:41	2:07	173	45:40	19.1	0:57	46	20:30	6:50	1:23:54
124	4/19	485	Millicent Thweatt	I	46	F	Lakeville	MN	81	12:21	1:25	1:35	175	45:48	19.0	1:16	119	22:58	7:40	1:23:55
125	16/49	266	Ed Knutson	I	40	M	Waconia	MN	68	12:01	1:22	2:25	162	45:08	19.3	1:07	144	23:29	7:50	1:24:08
126	20/59	168	Jason Good	I	39	M	Victoria	MN	76	12:18	1:24	1:36	121	43:46	19.9	1:07	233	25:34	8:32	1:24:19
127	4/12	225	Dennis Jabs	I	57	M	Shorewood	MN	315	16:39	1:54	1:49	76	41:41	20.9	1:25	117	22:51	7:37	1:24:22
128	21/35	467	Dean Swanson	I	49	M	Excelsior	MN	236	15:01	1:43	2:15	95	42:51	20.3	1:12	130	23:14	7:45	1:24:31
129	22/35	427	Bill Sharpe	I	46	M	Deephaven	MN	205	14:34	1:40	2:36	137	44:17	19.6	1:21	82	21:49	7:17	1:24:34
130	7/50	27	Sara Ballinger	I	37	F	Maple Grove	MN	163	13:57	1:36	1:48	120	43:44	19.9	0:59	175	24:15	8:05	1:24:40
131	5/12	486	Sonny Thweatt	I	58	M	Lakeville	MN	147	13:43	1:34	2:08	111	43:16	20.1	1:08	188	24:33	8:11	1:24:46
132	21/59	117	David Elliason	I	39	M	Northfield	MN	240	15:07	1:43	1:56	75	41:38	20.9	1:23	197	24:46	8:16	1:24:47
133	3/30	484	Gina Threinen	I	31	F	Minnetonka	MN	313	16:37	1:54	2:02	55	40:57	21.2	1:13	177	24:17	8:06	1:25:03
134	23/35	285	Scott Leo	I	47	M	Minneapolis	MN	124	13:11	1:30	1:47	81	41:56	20.7	1:04	294	27:10	9:04	1:25:05
135	22/59	240	Tony Karels	I	39	M	Minnetonka	MN	224	14:48	1:41	2:36	118	43:38	19.9	1:54	93	22:14	7:25	1:25:08
136	17/49	260	David Klaiman	I	44	M	Medina	MN	129	13:17	1:31	2:32	114	43:25	20.0	1:33	183	24:27	8:09	1:25:11
137	18/49	514	James Wassenberg	I	40	M	Falcon Heights	MN	206	14:34	1:40	2:08	130	44:00	19.8	1:08	143	23:24	7:48	1:25:12
138	23/59	424	Tom Segar	I	38	M	Minnetonka	MN	128	13:14	1:31	1:31	174	45:47	19.0	1:26	136	23:17	7:46	1:25:12
139	5/18	96	Santino Craven	I	26	M	Minneapolis	MN	113	13:04	1:30	2:30	200	46:45	18.6	0:57	86	21:59	7:20	1:25:12
140	2/9	463	Elina Sukula	I	19	F	Excelsior	MN	37	11:14	1:17	1:50	252	48:46	17.8	0:47	114	22:42	7:34	1:25:17
141	19/49	457	Todd Steinke	I	41	M	St Cloud	MN	180	14:13	1:37	2:13	108	43:12	20.1	1:12	186	24:31	8:11	1:25:19
142	8/34	540	Laura Witmer-Gautsch	I	41	F	Eden Prairie	MN	169	14:02	1:36	1:45	182	46:06	18.9	0:58	111	22:34	7:32	1:25:22
143	20/49	516	Charles Watson	I	41	M	New Hope	MN	185	14:17	1:38	1:54	110	43:13	20.1	1:10	200	24:52	8:18	1:25:25
144	6/12	538	Mark Winholtz	I	57	M	Andover	MN	218	14:40	1:40	1:57	82	41:57	20.7	1:31	228	25:26	8:29	1:25:28
145	1/13	526	Erin Williams	I	24	F	Shorewood	MN	252	15:27	1:46	1:47	209	47:10	18.4	0:48	45	20:23	6:48	1:25:32
146	24/59	59	Jens Breiland	I	39	M	Arden Hills	MN	80	12:21	1:25	2:48	123	43:52	19.8	1:21	220	25:18	8:26	1:25:37
147	9/22	253	Paul Keppel	I	50	M	Minneapolis	MN	207	14:34	1:40						203	25:01	8:21	1:25:42
148	21/49	430	Nick Shermeta	I	41	M	Minnetonka	MN	204	14:32	1:40	2:44	155	44:46	19.4	1:21	107	22:31	7:31	1:25:51
149	8/50	94	Cindy Cook	I	37	F	Minneapolis	MN	251	15:24	1:45	2:22	158	44:56	19.4	0:55	101	22:23	7:28	1:25:57
150	22/37	129	Randy Fang	I	31	M	Plymouth	MN	118	13:07	1:30	0:55	216	47:25	18.3	0:59	149	23:38	7:53	1:26:01
151	9/50	5	Sara Ahlquist	I	39	F	Minnetonka	MN	226	14:50	1:42	1:41	149	44:34	19.5	0:56	166	24:04	8:02	1:26:01
152	4/30	112	Danielle Drevlow	I	31	F	Golden Valley	MN	194	14:24	1:39	2:21	153	44:42	19.5	1:29	131	23:14	7:45	1:26:09
153	25/59	118	Barry Ellinger	I	35	M	Chaska	MN	162	13:57	1:36	2:03	159	45:01	19.3	1:18	160	23:55	7:59	1:26:10
154	22/49	90	Bradley Close	I	40	M	Orono	MN	196	14:26	1:39	2:38	160	45:02	19.3	1:00	138	23:20	7:47	1:26:24
155	26/59	389	Hugh Roberts	I	38	M	Chanhassen	MN	235	15:00	1:43	3:08	157	44:55	19.4	1:15	90	22:13	7:25	1:26:28
156	24/35	546	Bryan Wray	I	47	M	Eagan	MN	237	15:03	1:43	1:40	126	43:56	19.8	1:13	194	24:41	8:14	1:26:30
157	9/34	70	Patty Campbell	I	40	F	Plymouth	MN	77	12:18	1:24	1:35	193	46:37	18.7	0:				

186	28/49	498 Hans-Jurgen Van Heteren	I	44 M	Prior Lake	MN	280	15:59	1:49	1:53	154	44:44	19.4	1:28	215	25:15	8:25	1:29:17
187	3/9	544 Shelby Woodworth	I	16 F	Hutchinson	MN	160	13:55	1:35	1:27	228	48:05	18.1	1:02	202	24:59	8:20	1:29:26
188	29/49	367 Damon Peters	I	41 M	Ritchfield	MN	179	14:13	1:37	2:38	191	46:37	18.7	1:39	182	24:27	8:09	1:29:30
189	34/59	488 Joe Toth	I	37 M	Mound	MN	321	16:50	1:55	2:34	164	45:10	19.3	1:12	154	23:48	7:56	1:29:31
190	10/50	369 Amy Peterson	I	37 F	Lakeville	MN	213	14:36	1:40	1:54	192	46:37	18.7	1:07	232	25:33	8:31	1:29:44
191	30/49	512 Steve Wander	I	41 M	Minnetonka	MN	198	14:28	1:39	1:48	205	47:08	18.5	1:29	210	25:09	8:23	1:30:00
192	31/49	474 Shannon Taggart	I	41 M	Prior Lake	MN	181	14:14	1:38	3:18	199	46:45	18.6	1:46	163	24:02	8:01	1:30:03
193	11/22	317 R Tim McElroy	I	50 M	Saint Paul	MN	429	22:06	2:31	1:53	122	43:48	19.9	1:00	74	21:28	7:10	1:30:12
194	12/22	236 Vince Justinak	I	51 M	Blaine	MN	328	16:56	1:56	2:25	94	42:50	20.3	1:02	298	27:17	9:06	1:30:27
195	28/35	23 Curt Bailey	I	48 M	Bloomington	MN	234	15:00	1:43	2:08	207	47:09	18.5	2:08	174	24:12	8:04	1:30:34
196	5/30	504 Angela Volk	I	33 F	Rogers	MN	265	15:41	1:47	2:06	226	48:01	18.1	0:42	169	24:07	8:03	1:30:35
197	10/34	272 Laura Krozser	I	40 F	Minneapolis	MN	229	14:52	1:42	2:24	229	48:13	18.0	1:56	132	23:15	7:45	1:30:39
198	3/12	182 Helen Gunther	I	52 F	Excelsior	MN	175	14:10	1:37	1:48	218	47:36	18.3	1:12	260	26:05	8:42	1:30:49
199	3/10	296 Gary Lund	I	65 M	Plymouth	MN	298	16:18	1:52	2:52	83	41:58	20.7	1:56	316	27:48	9:16	1:30:50
200	11/50	479 Beth Thomas	I	37 F	Prior Lake	MN	55	11:40	1:20	1:33	256	48:56	17.8	1:08	313	27:43	9:15	1:30:57
201	32/49	273 Marty Kusar	I	40 M	Excelsior	MN	201	14:31	1:39	2:28	194	46:38	18.7	2:18	208	25:07	8:23	1:31:00
202	10/18	357 Nathaniel Orpen	I	27 M	St. Paul, Mn	MN	295	16:12	1:51	4:20	250	48:43	17.9	1:16	47	20:35	6:52	1:31:03
203	11/34	356 Marissa Onheiber	I	41 F	St. Paul	MN	187	14:18	1:38	1:52	223	47:58	18.1	1:10	243	25:50	8:37	1:31:06
204	12/34	418 Kim Schueller	I	43 F	Burnsville	MN	168	14:01	1:36	2:12	214	47:20	18.4	0:54	282	26:44	8:55	1:31:08
205	4/12	348 Kristi O'Kane	I	50 F	St. Paul	MN	262	15:38	1:47	1:49	195	46:40	18.6	1:05	251	25:59	8:40	1:31:09
206	6/30	9 Julie Amack	I	34 F	Chanhassen	MN	309	16:33	1:53	2:19	177	45:52	19.0	1:13	216	25:15	8:25	1:31:09
207	29/35	308 Troy Mangan	I	46 M	Plymouth	MN	176	14:10	1:37	2:01	217	47:31	18.3	1:12	268	26:18	8:46	1:31:09
208	4/9	204 Erin Higginson	I	16 F	Plymouth	MN	66	12:00	1:22	1:58	279	49:57	17.4	0:46	278	26:36	8:52	1:31:15
209	5/24	423 Abbie Seba	I	25 F	Eden Prairie	MN	352	17:29	2:00	2:46	203	47:04	18.5	1:42	98	22:20	7:27	1:31:19
210	35/59	352 Kurt Olsen	I	39 M	Nowtham	MN	294	16:12	1:51	1:52	196	46:40	18.6	1:14	225	25:24	8:28	1:31:19
211	36/59	518 Brad Webb	I	37 M	Woodbury	MN	189	14:21	1:38	2:24	258	49:00	17.8	1:26	173	24:12	8:04	1:31:21
212	37/59	28 Kenneth Barringer	I	35 M	Eagan	MN	104	12:47	1:28	3:17	239	48:23	18.0	1:23	234	25:35	8:32	1:31:23
213	5/9	132 Jane Finn	I	14 F	Savage	MN	73	12:09	1:23	1:54	284	50:09	17.3	1:13	254	26:00	8:40	1:31:23
214	7/12	128 Mark Fallon	I	55 M	Minnetonka	MN	62	11:55	1:22	2:40	176	45:48	19.0	1:39	357	29:35	9:52	1:31:35
215	12/50	388 Courtney Rile	I	38 F	Deephaven	MN	225	14:49	1:41	1:59	257	48:59	17.8	0:38	221	25:19	8:27	1:31:41
216	13/34	145 Kathryn Freytag	I	41 F	Eden Prairie	MN	266	15:43	1:48	2:01	211	47:11	18.4	1:35	217	25:16	8:26	1:31:45
217	13/50	148 Cheryl Fullerton	I	39 F	Steamboat Springs	CO	98	12:39	1:27	1:42	316	51:46	16.8	1:34	168	24:07	8:03	1:31:46
218	33/49	306 Chris Mandery	I	42 M	Savage	MN	281	15:59	1:49	2:13	248	48:37	17.9	1:08	158	23:52	7:58	1:31:47
219	11/16	407 Clay Schelitzche	I	24 M	Verona	WI	340	17:11	1:58	2:55	255	48:56	17.8	0:50	87	22:05	7:22	1:31:54
220	6/19	370 Carol Peterson	I	45 F	Minneapolis	MN	130	13:20	1:31	1:49	282	50:04	17.4	1:18	227	25:25	8:29	1:31:54
221	2/13	120 Valerie Engler	I	23 F	Minnetonka	MN	19	10:20	1:11	2:39	303	51:08	17.0	0:56	290	26:57	8:59	1:31:58
222	30/35	108 Doug Dewey	I	46 M	Eden Prairie	MN	188	14:20	1:38	1:53	212	47:14	18.4	1:16	297	27:17	9:06	1:31:58
223	31/35	135 John Flaa	I	47 M	Plymouth	MN	242	15:09	1:44	2:43	236	48:18	18.0	1:37	176	24:15	8:05	1:31:59
224	38/59	452 Daniel Sobiech	I	38 M	Excelsior	MN	388	18:36	2:07	2:15	189	46:36	18.7	1:35	121	23:01	7:41	1:32:00
225	6/24	81 Sarah Chillo	I	29 F	Minneapolis	MN	165	13:59	1:36	2:42	231	48:14	18.0	1:08	255	26:00	8:40	1:32:00
226	39/59	36 Andrew Berenberg	I	39 M	Plymouth	MN	157	13:52	1:35	2:33	201	46:48	18.6	1:38	301	27:23	9:08	1:32:11
227	12/16	431 Nate Sherrill	I	21 M	Saint Paul	MN	421	21:11	2:25	4:00	136	44:16	19.7	1:29	67	21:20	7:07	1:32:13
228	7/19	373 Sarah Peterson	I	46 F	Chanhassen	MN	90	12:28	1:25	2:54	294	50:44	17.1	1:24	198	24:48	8:16	1:32:16
229	8/12	535 Roy Wilson	I	55 M	St Paul	MN	404	20:03	2:17	2:35	198	46:41	18.6	0:43	106	22:30	7:30	1:32:29
230	7/30	283 Molly Lee	I	33 F	Bloomington	MN	258	15:35	1:47	1:47	234	48:15	18.0	1:17	240	25:42	8:34	1:32:32
231	8/30	164 Margo Godoi	I	31 F	Apple Valley	MN	127	13:14	1:31	1:44	222	47:48	18.2	1:19	333	28:32	9:31	1:32:34
232	14/34	244 Sarah Kastan	I	41 F	Edina	MN	164	13:57	1:36	2:55	274	49:38	17.5	1:27	195	24:41	8:14	1:32:36
233	8/19	173 Lynn Graif	I	46 F	Elk River	MN	351	17:27	1:59	2:22	225	48:00	18.1	1:22	145	23:29	7:50	1:32:38
234	34/49	375 Jon Pierce	I	40 M	Excelsior	MN	228	14:52	1:42	2:04	270	49:31	17.6	1:44	185	24:31	8:11	1:32:39
235	11/18	269 Matt Kramer	I	28 M	St Louis Park	MN	297	16:17	1:51	2:16	247	48:37	17.9	1:07	187	24:33	8:11	1:32:46
236	13/22	443 Michael Sindt	I	54 M	Apple Valley	MN	267	15:44	1:48	2:13	142	44:25	19.6	1:45	337	28:45	9:35	1:32:49
237	32/35	8 Bob Allen	I	48 M	Chaska	MN	233	14:57	1:42	3:13	219	47:43	18.2	0:47	262	26:14	8:45	1:32:51
238	9/30	155 Anne Garlock	I	33 F	Minnetrista	MN	339	17:11	1:58	1:35	261	49:04	17.7	1:05	165	24:03	8:01	1:32:56
239	25/37	6 Gerardo Alcazar	I	30 M	Minneapolis	MN	289	16:06	1:50	2:43	215	47:23	18.4	1:12	236	25:36	8:32	1:32:57
240	12/18	506 Peter Von Arx	I	25 M	Plymouth	MN	246	15:14	1:44	1:30	290	50:28	17.2	0:47	204	25:02	8:21	1:32:58
241	9/12	232 Walt Johnson	I	55 M	St Paul	MN	117	13:06	1:30	5:01	132	44:01	19.8	2:47	331	28:20	9:27	1:33:13
242	7/24	226 Molly Jeatran	I	29 F	Minneapolis	MN	125	13:12	1:30	2:39	221	47:46	18.2	1:31	328	28:09	9:23	1:33:14
243	14/50	384 Gretchen Randall	I	38 F	Maple Grove	MN	290	16:09	1:51	2:13	251	48:44	17.9	1:29	199	24:52	8:18	1:33:23
244	5/12	159 Suzanne Gilbert	I	50 F	Minneapolis	MN	279	15:58	1:49	2:03	202	46:53	18.6	1:17	296	27:17	9:06	1:33:25
245	35/49	57 Neal Bradsher	I	42 M	Eden Prairie	MN	102	12:46	1:27	2:43	271	49:32	17.6	1:22	295	27:10	9:04	1:33:31
246	8/24	391 Amy Robinson	I	26 F	St Louis Park	MN	183	14:16	1:38	2:20	286	50:12	17.3	0:48	256	26:00	8:40	1:33:34
247	10/30	227 Jen Jensen	I	33 F	Victoria	MN	312	16:35	1:54	2:24	235	48:15	18.0	1:30	213	25:12	8:24	1:33:54
248	3/13	505 Dana Volk	I	23 F	Duluth	MN	70	12:04	1:23	2:21	287	50:17	17.3	1:26	325	28:05	9:22	1:34:11
249	36/49	354 Bryan Olson	I	42 M	Victoria	MN	293	16:11	1:51	2:35	232	48:15	18.0	1:18	247	25:56	8:39	1:34:13
250	9/19	166 Lisa Goepfert	I	46 F	Blaine	MN	214	14:37	1:40	2:00	293	50:41	17.2	1:00	250	25:58	8:40	1:34:14
251	11/30	363 Janet Paulson	I	34 F	Minneapolis	MN	172	14:06	1:37	2:49	305	51:19	17.0	1:27	191	24:38	8:13	1:34:17
252	15/50	390 Ingrid Roberts	I	36 F	Chanhassen	MN	284	16:01	1:50	1:53	273	49:33	17.6	1:43	211	25:10	8:24	1:34:18
253	37/49	254 Daniel Kessler	I	44 M	Chaska	MN	141	13:37	1:33	2:04	183	46:18	18.8	1:34	347	29:08	9:43	1:34:20
254	40/59	61 Brant Buchika	I	38 M	Minnetonka	MN	303	16:25	1:52	3:29	298	50:51	17.1	0:33	124	23:07	7:43	1:34:23
255	41/59	200 Scott Henderson	I	37 M	Minneapolis	MN	238	15:05	1:43	2:55	253	48:51	17.8	2:59	190	24:37	8:13	1:34:24
256	16/50	458 Amy Stern	I	35 F	Eden Prairie	MN	260	15:37	1:47	1:56	237	48:19	18.0	1:10	311	27:41	9:14	1:34:40
257	14/22	328 Peter Miller	I	51 M	Chanhassen	MN	282	16:00	1:50	1:47	277	49:49	17.5	1:49	239	25:40	8:34	1:35

283	40/49	392	Mike Rogers	I	44	M	Minnetonka	MN	365	17:46	2:02	2:30	263	49:06	17.7	1:55	284	26:45	8:55	1:37:59
284	41/49	532	Charles Wilson	I	40	M	Plymouth	MN	383	18:24	2:06	3:22	241	48:27	18.0	1:33	265	26:15	8:45	1:38:00
285	30/37	230	Jake Johnson	I	34	M	Medina	MN	392	19:02	2:10	3:01	268	49:20	17.6	2:23	178	24:21	8:07	1:38:04
286	20/50	66	Melissa Bunde	I	39	F	Madison Lake	MN	273	15:47	1:48	2:29	308	51:24	16.9	1:56	281	26:43	8:55	1:38:15
287	42/49	362	Paul Pasko	I	44	M	Minnetonka	MN	387	18:32	2:07	3:02	206	47:08	18.5	3:15	269	26:21	8:47	1:38:16
288	21/50	20	Wendy Aslpund	I	37	F	Excelsior	MN	85	12:24	1:25	3:29	342	54:03	16.1	0:57	319	27:49	9:17	1:38:40
289	13/16	432	Aaron Sieben	I	23	M	Edina	MN	360	17:44	2:01	3:25	300	50:59	17.1	1:30	206	25:06	8:22	1:38:41
290	22/50	31	Sascha Bates	I	37	F	Minneapolis	MN	333	17:00	1:56	2:43	197	46:40	18.6	1:42	374	30:45	10:15	1:38:47
291	23/50	314	Kellie McClellan	I	38	F	Victoria	MN	178	14:13	1:37	3:21	317	51:58	16.7	2:24	288	26:55	8:59	1:38:48
292	43/49	183	Frank Gustafson	I	44	M	Chaska	MN	451	27:27	3:08	1:33	163	45:09	19.3	1:31	128	23:13	7:45	1:38:50
293	10/12	303	Tim Madigan	I	59	M	Fariabult	MN	192	14:23	1:39	3:49	301	50:59	17.1	1:44	323	28:01	9:21	1:38:54
294	35/35	496	Todd Utech	I	45	M	Eagan	MN	245	15:11	1:44	2:58	276	49:47	17.5	1:13	363	29:52	9:58	1:38:58
295	44/59	114	Benjamin Duffy	I	36	M	Minneapolis	MN	317	16:44	1:54	3:16	291	50:36	17.2	1:37	286	26:52	8:58	1:39:02
296	13/18	212	Paul Holt	I	29	M	Saint Paul	MN	299	16:18	1:52	2:40	260	49:01	17.7	2:13	342	28:53	9:38	1:39:03
297	16/22	84	Bill Cizek	I	50	M	St. Paul	MN	275	15:51	1:48	3:15	238	48:20	18.0	2:08	354	29:34	9:52	1:39:06
298	14/16	231	Matt Johnson	I	23	M	Red Wing	MN	336	17:07	1:57	3:27	333	53:29	16.3	1:00	172	24:10	8:04	1:39:10
299	44/49	451	Dave Snuggerud	I	43	M	Chaska	MN	396	19:46	2:15	3:42	259	49:00	17.8	0:43	258	26:02	8:41	1:39:11
300	45/59	281	Eric Lavigne	I	37	M	Minnetonka	MN	322	16:52	1:55	2:27	230	48:14	18.0	1:28	368	30:14	10:05	1:39:12
301	14/30	270	Beth Kreitzer	I	30	F	Minneapolis	MN	110	13:00	1:29	1:58	327	52:48	16.5	0:59	370	30:38	10:13	1:39:19
302	4/10	218	Jerry House	I	61	M	Saint Paul	MN	410	20:25	2:20	3:23	288	50:20	17.3	1:42	155	23:48	7:56	1:39:35
303	10/24	144	Michele French	I	26	F	Minneapolis	MN	374	18:00	2:03	2:50	311	51:39	16.8	2:16	205	25:04	8:22	1:39:46
304	11/24	520	Beth Wehrman	I	28	F	Maple Grove	MN	171	14:05	1:37	3:03	339	53:49	16.2	2:36	266	26:17	8:46	1:39:48
305	12/24	124	Christy Erickson	I	28	F	Plymouth	MN	170	14:03	1:36	3:08	338	53:49	16.2	2:34	267	26:18	8:46	1:39:48
306	46/59	381	Robert Prater	I	36	M	Hinckley	MN	230	14:55	1:42	2:57	343	54:08	16.1	1:33	271	26:28	8:50	1:39:58
307	14/18	101	John Daniels	I	25	M	Madison	WI	305	16:29	1:53	2:44	319	52:12	16.7	0:52	314	27:44	9:15	1:39:59
308	47/59	174	Andy Grant	I	38	M	Eden Prairie	MN	381	18:15	2:05	3:41	254	48:51	17.8	1:55	300	27:21	9:07	1:40:00
309	12/19	186	Leslie Hacking	I	47	F	Golden Valley	MN	108	12:59	1:29	2:46	318	52:02	16.7	1:26	376	30:49	10:17	1:40:01
310	8/12	189	Mary Hanson	I	51	F	Wayzata	MN	261	15:37	1:47	3:03	359	55:28	15.7	0:58	212	25:12	8:24	1:40:15
311	24/50	142	Nikki Frederickson	I	38	F	St. Louis Park	MN	438	22:56	2:37	2:56	220	47:45	18.2	1:47	222	25:19	8:27	1:40:40
312	15/16	257	Kurtis Kipka	I	24	M	Minneapolis	MN	425	21:48	2:29	4:35	224	47:58	18.1	0:43	237	25:38	8:33	1:40:40
313	17/22	16	Kevin Andvik	I	52	M	Cjhanhassen	MN	348	17:23	1:59	3:34	278	49:54	17.4	1:45	329	28:14	9:25	1:40:48
314	9/12	385	Pady Regnier	I	53	F	Greenwood	MN	323	16:52	1:55	2:27	292	50:36	17.2	1:17	361	29:41	9:54	1:40:51
315	6/9	221	Krista Humbert	I	16	F	Mound	MN	46	11:28	1:19	3:23	324	52:29	16.6	1:39	391	31:56	10:39	1:40:53
316	48/59	63	Michiel Buenk	I	39	M	Minnetrista	MN	286	16:05	1:50	5:14	296	50:47	17.1	1:46	293	27:09	9:03	1:40:59
317	11/12	239	Joe Kandiko	I	59	M	Excelsior	MN	154	13:50	1:35	2:06	249	48:41	17.9	1:36	420	34:54	11:38	1:41:05
318	25/50	154	Shannon Gardner	I	35	F	Saint Paul	MN	406	20:06	2:17	3:10	280	49:58	17.4	1:43	264	26:15	8:45	1:41:08
319	31/37	10	Rhett Ambrose	I	32	M	Hopkins	MN	373	18:00	2:03	2:50	320	52:15	16.7	0:38	307	27:35	9:12	1:41:16
320	26/50	160	Paige Giles	I	39	F	Chanhassen	MN	264	15:40	1:47	2:32	391	57:36	15.1	1:00	196	24:45	8:15	1:41:29
321	27/50	460	Sarah Stratton	I	35	F	Minneapolis	MN	420	21:08	2:25	2:41	210	47:11	18.4	1:21	353	29:33	9:51	1:41:52
322	49/59	529	Pieter-Arie Wilschut	I	39	M	Crystal	MN	148	13:45	1:34	3:26	307	51:22	16.9	1:42	388	31:49	10:37	1:42:01
323	13/24	508	Anne Wagemaker	I	26	F	Chicago	IL	269	15:44	1:48	2:24	385	57:03	15.2	1:05	244	25:51	8:37	1:42:05
324	50/59	222	Ryan Hurt	I	36	M	Chanhassen	MN	250	15:22	1:45	2:33	329	53:07	16.4	1:35	355	29:34	9:52	1:42:09
325	28/50	220	Chrisy Hughes	I	39	F	Deephaven	MN	367	17:48	2:02	2:40	346	54:18	16.0	1:01	275	26:34	8:52	1:42:19
326	15/18	214	James Horan	I	29	M	Minneapolis	MN	86	12:25	1:25	3:44	348	54:26	16.0	0:56	378	30:59	10:20	1:42:27
327	32/37	509	Kristopher Waldorf	I	33	M	Bloomington	MN	287	16:05	1:50	2:21	299	50:59	17.1	2:25	373	30:41	10:14	1:42:28
328	51/59	77	John Chapman	I	36	M	Eagan	MN	418	21:00	2:24	3:33	243	48:28	18.0	1:29	327	28:05	9:22	1:42:33
329	29/50	105	Amy Debruin	I	36	F	Minneapolis	MN	308	16:32	1:53	2:34	345	54:17	16.0	1:38	309	27:39	9:13	1:42:37
330	12/12	331	Andy Mitchell	I	57	M	Minnetonka	MN	220	14:44	1:41	3:58	358	55:25	15.7	0:47	320	27:51	9:17	1:42:41
331	52/59	93	Jason Collins	I	36	M	Becker	MN	212	14:36	1:40	2:31	337	53:46	16.2	1:08	381	31:06	10:22	1:43:05
332	15/30	325	Amy Miller	I	33	F	Plymouth	MN	359	17:43	2:01	2:13	377	56:36	15.4	0:44	259	26:03	8:41	1:43:16
333	16/30	358	Breah Ostendorf	I	30	F	Plymouth	MN	325	16:54	1:56	3:29	361	55:31	15.7	0:51	279	26:37	8:53	1:43:19
334	17/30	289	Kristin Lindquist	I	32	F	St Louis Park	MN	277	15:57	1:49	1:56	378	56:37	15.4	1:19	310	27:39	9:13	1:43:24
335	30/50	143	Kim Freeman	I	36	F	Chaska	MN	209	14:34	1:40	2:50	368	55:43	15.6	1:07	348	29:14	9:45	1:43:26
336	45/49	202	Darryle Henry	I	44	M	Eden Prairie	MN	208	14:34	1:40	2:18	355	55:12	15.8	1:49	358	29:36	9:52	1:43:27
337	5/10	406	John I Scheef	I	60	M	Plymouth	MN	382	18:24	2:06	6:14	322	52:15	16.7	2:06	189	24:34	8:12	1:43:31
338	14/24	258	Bria Kirkpatrick	I	28	F	Excelsior	MN	371	17:57	2:03	2:36	265	49:07	17.7	1:48	395	32:07	10:43	1:43:32
339	16/18	359	Ryan Ostendorf	I	28	M	Plymouth	MN	318	16:45	1:55	3:59	283	50:09	17.3	1:04	387	31:44	10:35	1:43:38
340	31/50	150	Deb Gagnon	I	38	F	Champlin	MN	301	16:22	1:52	3:27	334	53:30	16.3	1:38	343	28:54	9:38	1:43:48
341	7/9	307	Gilly Mangan	I	14	F	Plymouth	MN	151	13:48	1:34	1:35	383	56:46	15.3	0:57	375	30:47	10:16	1:43:50
342	32/50	157	Lori Gengler	I	37	F	Victoria	MN	427	22:00	2:30	3:02	302	51:06	17.0	1:38	261	26:12	8:44	1:43:54
343	17/34	107	Rachel Dehaan	I	41	F	Woodbury	MN	337	17:07	1:57	3:12	246	48:36	17.9	2:00	409	33:19	11:07	1:44:12
344	6/13	38	Jennifer Berkopec	I	22	F	Apple Valley	MN	362	17:45	2:01	2:59	344	54:14	16.0	1:01	332	28:22	9:28	1:44:19
345	17/18	151	Michael Gale	I	26	M	New Hope	MN	257	15:33	1:46	2:15	321	52:15	16.7	2:11	400	32:20	10:47	1:44:33
346	18/34	305	Heidi Madson	I	42	M	Rochester	MN	395	19:15	2:12	2:56	326	52:44	16.5	0:56	339	28:46	9:36	1:44:34
347	18/30	442	Valerie Sims	I	34	F	St. Louis Park	MN	347	17:21	1:59	2:27	352	54:45	15.9	0:54	350	29:22	9:48	1:44:46
348	33/50	425	Deb Seidel	I	37	F	Fort Mill	SC	222	14:47	1:41	3:45	393	57:49	15.0	1:02	303	27:33	9:11	1:44:52
349	19/34	3	Jeannina Adams	I	41	F	Weston	FL	343	17:16	1:58	2:11	372	56:01	15.5	1:40	321	27:57	9:19	1:45:02
350	19/30	62	Regina Buchika	I	34	F	Minnetonka	MN	327	16:56	1:56	2:34	353	54:56	15.8	1:11	356	29:35	9:52	1:45:10

380	55/59	277 Mark Lappegaard	I	37 M	St. Paul	MN	306 16:31	1:53	2:43	428 1:02:51	13.8	1:17	304 27:33	9:11	1:50:52
381	48/49	44 Randy Blakely	I	42 M	Eagan	MN	255 15:31	1:46	3:59	366 55:40	15.6	3:28	402 32:29	10:50	1:51:05
382	7/10	178 Larry Grimstad	I	66 M	Decorah	IA	411 20:28	2:20	3:51	403 59:23	14.7	1:34	248 25:58	8:40	1:51:11
383	24/30	103 Lindsay Darrah	I	31 F	Crystal	MN	221 14:44	1:41	2:57	405 59:49	14.5	1:48	394 32:02	10:41	1:51:17
384	14/19	339 Lori Murphy	I	49 F	Bloomington	MN	433 22:24	2:33	2:30	351 54:39	15.9	2:34	351 29:24	9:48	1:51:28
385	38/50	18 Andreina Aquique	I	35 F	Maple Grove	MN	248 15:18	1:45	2:48	406 59:52	14.5	1:19	398 32:17	10:46	1:51:31
386	25/34	100 Maura Daly	I	44 F	St. Louis Park	MN	346 17:20	1:59	3:07	394 58:17	14.9	1:01	399 32:20	10:47	1:52:03
387	25/30	396 Susan Rupert	I	34 F	Forest Lake	MN	378 18:05	2:04	2:35	369 55:51	15.6	2:02	412 33:40	11:14	1:52:09
388	26/34	134 Kristen Fisher	I	40 F	Excelsior	MN	276 15:52	1:49	2:31	404 59:27	14.6	2:00	401 32:25	10:49	1:52:13
389	17/24	478 Rebecca Thiesse	I	28 F	New Market	MN	331 16:59	1:56	3:33	400 58:52	14.8	1:49	383 31:15	10:25	1:52:25
390	56/59	146 Dan Fritz	I	37 M	Wayzata	MN	453 29:11	3:19	3:26	275 49:44	17.5	1:42	338 28:45	9:35	1:52:45
391	57/59	522 Jason Weirnerman	I	38 M	Little Falls	MN	314 16:37	1:54	5:26	364 55:37	15.6	1:55	408 33:16	11:06	1:52:48
392	11/12	48 Vicki Boeddeker	I	54 F	Chaska	MN	390 18:55	2:09	5:07	402 59:09	14.7	2:47	299 27:19	9:07	1:53:15
393	8/13	153 Courtney Gamlin	I	21 F	Edina	MN	403 20:02	2:17	4:21	370 55:57	15.5	1:14	392 31:58	10:40	1:53:30
394	18/24	21 Angi Aune	I	29 F	Lakeville	MN	449 25:54	2:57	2:27	357 55:22	15.7	1:05	341 28:53	9:38	1:53:39
395	12/12	33 Amy Bauch	I	50 F	Minneapolis	MN	349 17:25	1:59	3:58	376 56:34	15.4	2:13	413 33:41	11:14	1:53:48
396	39/50	309 Keely Manion	I	36 F	Eagan	MN	217 14:39	1:40	6:05	427 1:02:45	13.9	2:46	317 27:48	9:16	1:54:00
397	8/10	441 Richard Simpson	I	60 M	Chanhassen	MN	437 22:56	2:37	5:11	347 54:23	16.0	3:04	336 28:39	9:33	1:54:10
398	40/50	344 Shannon Nelson	I	37 F	Hopkins	MN	407 20:09	2:18	5:21	330 53:10	16.4	3:09	403 32:32	10:51	1:54:18
399	26/30	511 Nicole Wander	I	34 F	Minneapolis	MN	401 19:59	2:17	3:01	374 56:28	15.4	1:31	410 33:24	11:08	1:54:20
400	27/30	56 Ann Bradsher	I	34 F	Eden Prairie	MN	405 20:04	2:17	5:01	415 1:01:03	14.3	2:46	238 25:38	8:33	1:54:30
401	1/3	559 Jean Wood	I	60 F	Eden Prairie	MN	377 18:04	2:04	3:13	341 54:01	16.1	1:36	435 37:39	12:33	1:54:31
402	41/50	403 Melanie Schaefer	I	36 F	Eagan	MN	215 14:37	1:40	6:09	423 1:02:38	13.9	2:52	352 29:24	9:48	1:55:38
403	27/34	455 Julie Stauffer	I	41 F	Burnsville	MN	399 19:49	2:16	2:45	408 1:00:06	14.5	1:40	389 31:49	10:37	1:56:06
404	37/37	83 John Choi	I	30 M	New Hope	MN	441 23:20	2:39	2:11	281 49:58	17.4	2:44	438 37:58	12:40	1:56:08
405	58/59	24 Scott Bailey	I	38 M	Eagan	MN	400 19:57	2:16	3:57	412 1:00:47	14.3	0:30	379 31:03	10:21	1:56:11
406	20/22	523 Thomas Wentz	I	51 M	Burnsville	MN	369 17:55	2:03	3:57	386 57:10	15.2	1:59	424 35:35	11:52	1:56:31
407	1/4	398 Linda Sandell	I	57 F	Mounds View	MN	432 22:23	2:33	2:54	388 57:20	15.2	3:05	382 31:10	10:24	1:56:51
408	42/50	383 Bridgette Prew	I	39 F	Minneapolis	MN	435 22:24	2:33	4:09	362 55:35	15.7	2:31	397 32:16	10:46	1:56:52
409	28/30	181 Kassi Grove	I	34 F	Minneapolis	MN	402 20:01	2:17	4:27	440 1:05:25	13.3	2:01	241 25:44	8:35	1:57:35
410	59/59	338 Gregg Mueller	I	35 M	Minneapolis	MN	397 19:46	2:15	5:40	413 1:00:51	14.3	1:51	360 29:41	9:54	1:57:46
411	9/13	89 Megan Clifford	I	22 F	Eden Prairie	MN	430 22:10	2:32	4:01	424 1:02:38	13.9	1:22	318 27:49	9:17	1:57:58
412	19/24	417 Alison Schubring	I	28 F	Woodbury	MN	408 20:14	2:18	3:32	409 1:00:10	14.5	1:40	404 32:32	10:51	1:58:06
413	10/13	502 Michelle Vieau	I	24 F	Madison	WI	434 22:24	2:33	3:47	425 1:02:40	13.9	1:20	322 27:59	9:20	1:58:08
414	20/24	501 Kristin Verschaetse	I	27 F	St. Louis Park	MN	379 18:07	2:04	3:22	430 1:03:04	13.8	1:11	406 33:07	11:03	1:58:48
415	43/50	255 Dina Khaled	I	38 F	Minneapolis	MN	417 20:59	2:24	3:22	379 56:39	15.4	2:08	431 36:16	12:06	1:59:21
416	44/50	170 Jennifer Gorder	I	36 F	Bloomington	MN	338 17:09	1:57	5:52	397 58:35	14.9	5:39	396 32:10	10:44	1:59:23
417	28/34	489 Michelle Tucker	I	40 F	Saint Paul	MN	426 21:50	2:29	4:01	392 57:37	15.1	1:54	418 34:53	11:38	2:00:13
418	16/16	67 John Bushman	I	24 M	La Crosse	WI	384 18:27	2:06	3:40	396 58:30	14.9	1:08	439 38:31	12:51	2:00:13
419	15/19	301 Christine Mackin	I	46 F	Excelsior	MN	452 27:45	3:10	4:54	416 1:01:13	14.2	0:44	242 25:49	8:37	2:00:23
420	45/50	187 Monica Hahn	I	36 F	Minnetonka	MN	416 20:58	2:23	3:15	387 57:11	15.2	1:42	436 37:44	12:35	2:00:46
421	11/13	88 Ann Marie Clifford	I	24 F	Madison	WI	423 21:25	2:26	3:06	407 59:56	14.5	0:56	425 35:36	11:52	2:00:57
422	29/30	360 Christina Pade	I	33 F	Lakeville	MN	393 19:06	2:11	3:58	410 1:00:19	14.4	2:26	423 35:29	11:50	2:01:15
423	46/50	449 Susan Snowdon	I	37 F	Odessa	FL	357 17:38	2:01	5:24	398 58:37	14.8	5:36	417 34:46	11:36	2:01:58
424	21/22	371 Dale Peterson	I	53 M	Chanhassen	MN	409 20:15	2:18	6:22	285 50:11	17.3	2:46	444 42:45	14:15	2:02:16
425	29/34	121 Katy Epler	I	40 F	Richfield	MN	394 19:07	2:11	4:17	429 1:02:58	13.8	2:25	414 34:12	11:24	2:02:57
426	21/24	461 Lindsey Streefland	I	25 F	Bloomington	MN	311 16:35	1:53	4:58	439 1:05:13	13.3	1:30	427 36:01	12:01	2:04:14
427	22/24	548 Anna Zahler	I	25 F	Minneapolis	MN	414 20:55	2:23	3:00	446 1:08:14	12.8	1:26	385 31:35	10:32	2:05:08
428	16/19	525 Susan Wheaton	I	45 F	Golden Valley	MN	316 16:41	1:54	4:15	389 57:30	15.1	3:01	450 43:44	14:35	2:05:08
429	17/19	110 Lisa Dongoske	I	48 F	Plymouth	MN	454 29:52	3:24	3:08	375 56:30	15.4	0:53	422 34:56	11:39	2:05:17
430	30/34	191 Jenny Hardacre	I	40 F	Minnetonka	MN	428 22:02	2:31	3:42	420 1:02:11	14.0	1:19	428 36:06	12:02	2:05:18
431	47/50	528 Amy Wilschut	I	36 F	Crystal	MN	256 15:32	1:46	3:25	447 1:08:33	12.7	1:24	432 36:48	12:16	2:05:40
432	2/3	440 Mary Beth Simpson	I	60 F	Chanhassen	MN	436 22:51	2:36	3:31	433 1:04:04	13.6	4:05	386 31:42	10:34	2:06:11
433	9/10	448 Tom Smith	I	66 M	Eden Prairie	MN	353 17:30	2:00	5:18	432 1:04:04	13.6	2:26	434 37:09	12:23	2:06:24
434	48/50	313 Edell Mauritzen	I	36 F	St. Paul	MN	386 18:28	2:06	4:18	442 1:06:23	13.1	1:23	430 36:11	12:04	2:06:40
435	8/9	421 Amanda Schwartz	I	18 F	Excelsior	MN	398 19:48	2:15	4:35	448 1:09:15	12.6	2:12	380 31:04	10:22	2:06:53
436	49/50	401 Dawn Saxton	I	39 F	Rogers	MN	440 23:14	2:39	2:26	435 1:05:00	13.4	1:20	429 36:10	12:04	2:08:07
437	31/34	234 Wendy Jones	I	44 F	St. Paul	MN	445 23:54	2:43	5:34	441 1:05:46	13.2	1:44	393 31:58	10:40	2:08:54
438	23/24	52 Kelly Bollinger	I	25 F	Edina	MN	376 18:03	2:04	3:28	431 1:03:17	13.7	1:59	446 43:04	14:22	2:09:50
439	12/13	411 Emily Schmidt	I	21 F	Mound	MN	156 13:52	1:35	2:57	454 1:12:04	12.1	0:38	442 40:59	13:40	2:10:28
440	24/24	416 Alexandra Schoen	I	26 F	White Bear Lake	MN	447 25:19	2:53	3:32	444 1:06:55	13.0	1:14	421 34:55	11:39	2:11:52
441	22/22	14 Mark Anderson	I	53 M	Excelsior	MN	380 18:14	2:05	5:08	426 1:02:41	13.9	2:12	449 43:41	14:34	2:11:52
442	18/19	549 Letitia Zilar	I	46 F	Edina	MN	446 25:01	2:51	2:46	419 1:02:01	14.1	1:58	443 41:36	13:52	2:13:20
443	49/49	203 Lyle Henson	I	44 M	Hopkins	MN	422 21:21	2:26	4:10	417 1:01:40	14.0	3:23	445 42:53	14:18	2:13:26
444	2/4	470 Shannon Swartz	I	57 F	Eden Prairie	MN	254 15:31	1:46	2:29	443 1:06:36	13.1	3:11	451 45:50	15:17	2:13:35
445	9/9	300 Anna Mackin	I	17 F	Excelsior	MN	358 17:38	2:01	6:42	449 1:10:03	12.4	1:28	437 37:52	12:38	2:13:40
446	30/30	310 Heather Manley	I	31 F	Hopkins	MN	413 20:54	2:23	5:55	445 1:07:50	12.8	4:50	426 35:52	11:58	2:15:19
447	50/50	519 Jennifer Weeks	I	35 F	Hudson	MN	450 26:13	2:59	3:45	436 1:05:04	13.4	0:59	441 40:29	13:30	2:16:28
448	32/34	316 Michelle McConnell	I	40 F	Plymouth	MN	439 23:02	2:38	4:50	453 1:11:51	12.1	2:02	440 38:53	12:58	2:20:36
449	13/13	434 Miranda Sieben	I	22 F	Edina	MN	442 23:32	2:41	3:38	456 1:19:31	10.9	1:55	433 37:05	12:22	2:25:39
450	33/34	361 Pauline Parker	I	41 F	Hopkins	MN	319 16:46	1:55	10:07	437 1:05:06	13.4	3:45	454 50:12	16:44	2:25:53
451	19/19	364 Kathleen Pengelly	I	46 F	Shorewood	MN	415 20:57	2:23	5:52	438 1:05:08	13.4	3:42	456 50:16	16:46	2:25:53
452	34/34	319 Genevieve McJilton	I	42 F	Deephaven	MN	285 16:02	1:50	3:16	450 1:10:17	12.4	6:02	457 50:18	16:46	2:25:53
453	3/3	116 Ruth Edwards	I	68 F	Minnetonka	MN	455 30:26	3:28	5:09	434 1:04:24	13.5	2:22	448 43:38	14:33	2:25:57
454	18/18	51 Greg Bollinger	I	25 M	Edina	MN				421 1:02:20	14.0	2:57	447 43:05	14:22	2:26:43
455	3/4	537 Vicki Windfeldt	I	56 F	Eden Prairie	MN	448 25:54	2:57	4:03	452 1:10:50	12.3	1:06	452 48:51	16:17	2:30:42
456	4/4	233 Judy Jones	I	56 F	Eagan	MN	424								

MIXED RELAY RESULTS

Place	Bib	TEAM	MEMBERS:SWIMMER, BIKER, RUNNER	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	550	Cedarleaf ; Elissa Cedarleaf , ,			3 15:54	1:49	0:52	1	45:16	19.2	0:22	1	21:20	7:07	1:23:42
2	557	Sinclair ; Jill Sinclair , Ron Olsen , Jill Sinclair			1 14:00	1:36	0:57	2	47:02	18.5	0:34	2	23:03	7:41	1:25:34
3	556	Robinson ; Jonathan Robinson , James Bushman , Andrzejewski			4 29:45	3:23	1:02	3	48:50	17.8	0:40	4	36:55	12:19	1:57:10
4	554	Moore ; David Moore , Joseph Moore , Joan Ficke			2 14:19	1:38	1:44	4	1:13:39	11.8	0:55	3	28:17	9:26	1:58:52

DQ or DID NOT FINISH

Bib	Name	Age	Sex	City	St	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
205	Julie Higginson	49	F	Plymouth	MN	4	14:55	1:42	4:31	1	37:51	23.0	0:48	1	26:01	8:41	1:24:04
241	Becky Karnes- Toth	33	F	Mound	MN	1	4:41	0:32	3:05	6	57:45	15.1	0:41	2	27:51	9:17	1:34:00
376	David Piper	55	M	Minneapolis	MN	7	19:25	2:13	3:33	7	58:11	15.0	1:15				
149	Thomas Fulton	62	M	St. Louis Park	MN	6	18:48	2:09	3:15	5	52:10	16.7	3:08				
228	Shari Jerde	39	F	Edina	MN	8	22:38	2:35	4:13	4	51:24	16.9	3:35				
279	Gregory Larson	53	M	Prior Lake	MN	3	12:11	1:23	2:02	2	43:39	19.9					
553	Nancy Molloy	47	F	Edina	MN	9	23:01	2:37	1:45	3	49:10	17.7					
515	Sarah Waste	44	F	Maple Grove	MN	10	28:10	3:13	16:59								
192	Megan Haseley	34	F	Richfield	MN	2	11:20	1:18									
445	Amy Smith	40	F	Woodbury	MN	5	17:25	1:59									

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	294	Brett Lovaaas	34	Minnetonka	MN	5	9:11	1:03	0:53	3	35:03	24.8	0:36	6	17:31	5:51	1:03:12
2	45	Josh Blankenheim	28	Duluth	MN	19	10:28	1:12	1:03	5	35:44	24.3	0:36	1	16:06	5:22	1:03:54
3	399	Steve Sander	30	Richfield	MN	20	10:33	1:12	1:18	2	34:04	25.5	1:00	3	17:03	5:41	1:03:55
4	400	Jeremy Sartain	35	St. Paul	MN	13	10:08	1:09	1:10	1	34:01	25.6	0:56	11	18:19	6:07	1:04:31
5	527	Michael Williams	20	Maple Grove	MN	3	8:56	1:01	0:55	7	36:25	23.9	0:36	9	18:07	6:03	1:04:57
6	1	Tony Schiller	51	Spring Park	MN	17	10:18	1:11	1:22	4	35:41	24.4	0:34	4	17:09	5:43	1:05:02
7	429	John Shelp	37	Maple Plain	MN	8	9:37	1:06	1:03	12	37:32	23.2	0:53	12	18:23	6:08	1:07:25
8	304	Nick Madrinich	20	Chaska	MN	1	8:43	1:00	0:54	25	38:43	22.5	0:48	20	18:58	6:20	1:08:03
9	491	Micah Turman	28	Minneapolis	MN	21	10:36	1:13	1:06	15	37:46	23.0	0:45	8	17:56	5:59	1:08:07
10	378	Derick Podratz	34	Lino Lakes	MN	36	11:22	1:18	1:05	20	38:28	22.6	0:51	2	16:49	5:37	1:08:31
11	408	Andy Schiesl	31	Prior Lake	MN	39	11:29	1:19	1:54	6	36:09	24.1	0:37	15	18:44	6:15	1:08:50
12	165	Oscar Godoi	34	Apple Valley	MN	4	8:58	1:02	0:57	17	38:03	22.9	0:42	39	20:14	6:45	1:08:52
13	223	Thad Ingersoll	39	St. Paul	MN	2	8:43	1:00	1:18	34	39:43	21.9	0:51	13	18:29	6:10	1:09:02
14	64	Mike Buenting	34	Chanhassen	MN	44	11:39	1:20	2:00	9	37:25	23.3	0:33	7	17:36	5:52	1:09:11
15	60	Robert Brown	34	Hopkins	MN	24	10:39	1:13	1:13	23	38:35	22.5	0:53	14	18:39	6:13	1:09:56
16	265	David Knack	46	Prior Lake	MN	35	11:20	1:18	1:38	13	37:36	23.1	0:42	16	18:48	6:16	1:10:01
17	172	Jim Graif	47	Elk River	MN	29	10:53	1:15	1:25	8	36:37	23.8	1:09	40	20:16	6:46	1:10:17
18	34	Kurt Becker	42	Afton	MN	7	9:37	1:06	1:04	28	39:02	22.3	0:58	35	19:57	6:39	1:10:35
19	104	Peter Davis	45	Greenwood	MN	51	11:58	1:22	1:25	14	37:39	23.1	0:46	18	18:54	6:18	1:10:39
20	446	Chuck Smith	30	Minneapolis	MN	9	9:41	1:06	1:02	65	41:29	21.0	0:51	10	18:10	6:04	1:11:10
21	409	Don Schmeichel	37	Andover	MN	14	10:08	1:09	1:27	10	37:26	23.2	0:47	90	22:21	7:27	1:12:06
22	530	Aaron Wilson	35	Eden Prairie	MN	42	11:38	1:20	1:01	32	39:38	22.0	0:45	27	19:23	6:28	1:12:23
23	167	Taylor Gombos	20	St. Cloud	MN	48	11:48	1:21	1:19	45	40:32	21.5	1:30	5	17:23	5:48	1:12:30
24	176	Jeff Grebner	42	St. Paul	MN	22	10:37	1:13	1:23	29	39:16	22.2	0:41	50	20:59	7:00	1:12:54
25	55	Gary Bork	56	Eden Prairie	MN	23	10:38	1:13	1:28	21	38:30	22.6	1:06	59	21:17	7:06	1:12:55
26	19	Jon Armour	39	Golden Valley	MN	31	11:07	1:16	1:18	16	37:56	22.9	1:01	76	21:42	7:14	1:13:02
27	280	Brian Lavelle	47	Chaska	MN	33	11:13	1:17	1:14	18	38:15	22.7	0:43	87	22:17	7:26	1:13:40
28	140	Greg Franzen	54	Plymouth	MN	43	11:38	1:20	1:23	40	40:10	21.7	0:46	36	20:04	6:42	1:13:58
29	565	Dave Goldberg	49			12	10:04	1:09	1:22	44	40:29	21.5	1:32	45	20:44	6:55	1:14:09
30	126	Benjamin Ewers	62	North Oaks	MN	70	12:44	1:27	1:36	11	37:31	23.2	1:17	64	21:21	7:07	1:14:27
31	22	Derrick Avelar	36	Minnetrista	MN	76	13:00	1:29	1:23	30	39:18	22.1	0:50	37	20:11	6:44	1:14:39
32	7	Terry Alexander	52	Maple Plaine	MN	10	9:57	1:08	2:33	33	39:42	21.9	0:50	74	21:41	7:14	1:14:40
33	355	Todd Olson	40	Edina	MN	18	10:24	1:11	1:38	57	41:14	21.1	1:00	44	20:43	6:55	1:14:58
34	332	Steve Mitchell	38	Minneapolis	MN	11	10:01	1:09	2:03	35	39:46	21.9	1:00	84	22:14	7:25	1:15:02
35	250	Joe Keller	45	Maple Grove	MN	72	12:46	1:27	0:52	31	39:35	22.0	0:46	61	21:19	7:07	1:15:14
36	161	Charlie Gits	51	Edina	MN	75	12:57	1:29	1:17	63	41:26	21.0	0:49	19	18:55	6:19	1:15:21
37	462	Ryan Strom	33	St. Paul	MN	55	12:08	1:23	1:25	52	40:53	21.3	1:27	31	19:41	6:34	1:15:31
38	297	David Lundy	34	St. Paul	MN	88	13:10	1:30	1:52	47	40:34	21.4	0:44	25	19:20	6:27	1:15:37
39	49	Douglas Boehme	44	Woodbury	MN	52	12:00	1:22	1:19	41	40:12	21.6	0:51	63	21:21	7:07	1:15:41
40	394	Mark Roth	47	Burnsville	MN	86	13:09	1:30	1:44	46	40:33	21.5	1:11	22	19:10	6:24	1:15:43
41	347	Barry Nordstrand	47	Excelsior	MN	162	15:06	1:43	1:22	26	38:52	22.4	1:15	28	19:27	6:29	1:16:00
42	263	Leonard Klun	55	Maple Plain	MN	54	12:01	1:22	1:59	53	41:02	21.2	0:52	38	20:12	6:44	1:16:04
43	340	Mark Myers	49	Lake Elmo	MN	96	13:32	1:33	2:03	54	41:05	21.2	0:46	17	18:50	6:17	1:16:13
44	543	Dale Woodbeck	53	Excelsior	MN	64	12:26	1:25	1:41	24	38:38	22.5	1:03	101	22:37	7:33	1:16:21
45	466	Michael Svensk	29	Blaine	MN	138	14:31	1:39	1:19	43	40:22	21.6	1:11	21	19:04	6:22	1:16:24
46	102	Michael Danielson	45	Tonka Bay	MN	58	12:16	1:24	2:44	59	41:21	21.0	0:49	24	19:19	6:27	1:16:26
47	480	Matthew Thomas	29	Minneapolis	MN	47	11:44	1:20	1:23	89	43:03	20.2	0:46	32	19:45	6:35	1:16:37
48	374	John Phillips	47	Eden Prairie	MN	40	11:34	1:19	1:26	39	40:09	21.7	1:24	92	22:25	7:29	1:16:56
49	79	Dan Chargo	22	Minnetonka	MN	84	13:07	1:30	1:17	70	41:44	20.8	1:07	33	19:48	6:36	1:17:00
50	456	Gregg Steiger	43	Minnetonka	MN	94	13:30	1:32	1:30	37	40:01	21.7	1:04	52	21:05	7:02	1:17:07
51	397	Joe Rydel	31	Shakopee	MN	110	13:48	1:35	1:27	42	40:17	21.6	0:55	46	20:45	6:55	1:17:09
52	351	Kevin Olsen	50	Orono	MN	30	10:57	1:15	1:34	48	40:39	21.4	0:39	121	23:33	7:51	1:17:19
53	188	Robb Hall	46	Chanhassen	MN	67	12:33	1:26	2:08	56	41:08	21.2	0:44	47	20:52	6:58	1:17:22
54	454	Josh Stahl	40	Minnetonka	MN	74	12:49	1:28	1:34	19	38:23	22.7	1:01	123	23:39	7:53	

65	507	Mike Waataja	34	Plymouth	MN	26	10:48	1:14	0:48	72	41:46	20.8	1:26	130	23:53	7:58	1:18:38
66	41	Eric Best	39	Chanhasen	MN	93	13:25	1:32	1:39	62	41:25	21.0	0:55	68	21:26	7:09	1:18:48
67	138	Martin Fossen	45	Excelsior	MN	103	13:40	1:34	1:32	64	41:26	21.0	0:44	70	21:31	7:11	1:18:49
68	208	Edward Hirsch	22	Superior	WI	25	10:46	1:14	1:50	147	45:54	19.0	0:50	29	19:36	6:32	1:18:53
69	542	Jim Wolter	51	Lakeville	MN	28	10:50	1:14	1:29	86	42:58	20.2	1:11	105	22:58	7:40	1:19:22
70	133	Sean Finn	43	Savage	MN	105	13:42	1:34	2:52	76	42:02	20.7	1:04	34	19:53	6:38	1:19:32
71	264	Anton Knack	16	Prior Lake	MN	6	9:31	1:05	2:26	128	44:38	19.5	0:57	88	22:20	7:27	1:19:49
72	274	Rick Lacaille	43	Duluth	MN	129	14:23	1:38	1:30	78	42:24	20.5	1:01	43	20:39	6:53	1:19:54
73	428	James Sheldon	31	Minnetonka	MN	65	12:28	1:25	1:16	122	44:25	19.6	0:36	60	21:17	7:06	1:19:59
74	299	Brad Macdonald	31	Eagan	MN	32	11:11	1:17	2:07	94	43:12	20.1	0:50	104	22:57	7:39	1:20:13
75	510	Tim J Walker	42	Minnetonka	MN	95	13:32	1:33	1:33	27	38:59	22.3	1:02	171	25:30	8:30	1:20:34
76	493	Thorn Turner	46	Excelsior	MN	46	11:43	1:20	1:31	135	45:06	19.3	0:58	66	21:23	7:08	1:20:39
77	475	Tats Tanaka	37	St. Paul	MN	114	13:54	1:35	2:07	60	41:21	21.0	1:02	109	23:10	7:44	1:21:31
78	412	Jason Schmidt	37	Farmington	MN	137	14:31	1:39	1:41	66	41:29	21.0	0:58	111	23:13	7:45	1:21:50
79	320	Patrick McMorro	62	Eden Prairie	MN	41	11:37	1:20	2:33	88	43:01	20.2	1:06	125	23:40	7:54	1:21:54
80	531	Brian Wilson	47	Chaska	MN	112	13:52	1:35	1:45	38	40:07	21.7	1:05	166	25:18	8:26	1:22:04
81	290	Craig Lindsay	24	Minneapolis	MN	60	12:21	1:25	2:13	127	44:37	19.5	1:01	82	22:08	7:23	1:22:17
82	330	Mark Miner	43	Eden Prairie	MN	135	14:30	1:39	1:51	91	43:06	20.2	1:04	78	21:52	7:18	1:22:21
83	436	Wayne Siegel	47	St. Louis Park	MN	173	15:35	1:47	2:12	80	42:43	20.4	0:47	56	21:11	7:04	1:22:25
84	162	Paul Glade	54	Cedar Falls	IA	144	14:35	1:40	1:20	113	44:07	19.7	1:29	49	20:58	7:00	1:22:26
85	275	Dan Lagermeier	46	Eden Prairie	MN	56	12:10	1:23	2:25	81	42:44	20.4	1:04	136	24:10	8:04	1:22:30
86	247	Phillip Kelaart	45	Minneapolis	MN	49	11:52	1:21	2:01	67	41:35	20.9	1:00	187	26:14	8:45	1:22:40
87	292	Frank Lombardo	55	Lakeville	MN	92	13:21	1:31	2:01	119	44:22	19.6	1:08	79	21:57	7:19	1:22:45
88	288	Kevin Lilly	42	Sioux City	IA	214	17:00	1:56	1:09	58	41:18	21.1	0:50	94	22:30	7:30	1:22:46
89	17	Greg Aplund	37	Excelsior	MN	117	14:00	1:36	2:07	87	42:58	20.2	0:39	114	23:17	7:46	1:22:58
90	207	Brandon Hillman	33	Golden Valley	MN	85	13:09	1:30	2:10	126	44:36	19.5	1:02	89	22:21	7:27	1:23:14
91	372	Jeff Peterson	31	Bloomington	MN	109	13:46	1:34	2:21	117	44:20	19.6	3:12	30	19:38	6:33	1:23:14
92	282	Michael Lawler	47	Maple Grove	MN	102	13:39	1:33	3:32	99	43:35	20.0	1:30	51	21:02	7:01	1:23:15
93	321	Michael Miller	33	St. Paul	MN	108	13:45	1:34	1:43	112	44:03	19.8	1:16	99	22:33	7:31	1:23:18
94	291	David Liske	37	Saint Louis Park	MN	164	15:08	1:44	2:06	79	42:31	20.5	1:12	98	22:33	7:31	1:23:27
95	43	Mike Blair	39	Prior Lake	MN	224	17:44	2:01	1:38	36	39:52	21.8	0:53	118	23:23	7:48	1:23:28
96	179	Guy Grindberg	37	Victoria	MN	169	15:16	1:45	2:26	71	41:45	20.8	0:51	116	23:20	7:47	1:23:35
97	206	Kevin Hill	39	Mpls.	MN	80	13:05	1:30	2:20	154	46:32	18.7	0:46	48	20:56	6:59	1:23:37
98	147	Jon Fuerstenberg	34	Stillwater	MN	27	10:49	1:14	2:09	170	47:18	18.4	1:06	93	22:27	7:29	1:23:46
99	256	Kyle King	33	Chaska	MN	178	15:49	1:48	1:33	106	43:56	19.8	0:54	75	21:41	7:14	1:23:52
100	481	Shawn Thomas	36	Eden Prairie	MN	148	14:42	1:41	2:07	144	45:40	19.1	0:57	41	20:30	6:50	1:23:54
101	266	Ed Knutson	40	Waconia	MN	53	12:01	1:22	2:25	136	45:08	19.3	1:07	120	23:29	7:50	1:24:08
102	168	Jason Good	39	Victoria	MN	59	12:18	1:24	1:36	102	43:46	19.9	1:07	173	25:34	8:32	1:24:19
103	225	Dennis Jabs	57	Shorewood	MN	203	16:39	1:54	1:49	69	41:41	20.9	1:25	103	22:51	7:37	1:24:22
104	467	Dean Swanson	49	Excelsior	MN	159	15:01	1:43	2:15	84	42:51	20.3	1:12	112	23:14	7:45	1:24:31
105	427	Bill Sharpe	46	Deephaven	MN	140	14:34	1:40	2:36	115	44:17	19.6	1:21	77	21:49	7:17	1:24:34
106	486	Sonny Thweatt	58	Lakeville	MN	106	13:43	1:34	2:08	96	43:16	20.1	1:08	150	24:33	8:11	1:24:46
107	117	David Elliason	39	Northfield	MN	163	15:07	1:43	1:56	68	41:38	20.9	1:23	155	24:46	8:16	1:24:47
108	285	Scott Leo	47	Minneapolis	MN	89	13:11	1:30	1:47	73	41:56	20.7	1:04	202	27:10	9:04	1:25:05
109	240	Tony Karels	39	Minnetonka	MN	151	14:48	1:41	2:36	100	43:38	19.9	1:54	86	22:14	7:25	1:25:08
110	260	David Klaiman	44	Medina	MN	91	13:17	1:31	2:32	97	43:25	20.0	1:33	145	24:27	8:09	1:25:11
111	514	James Wassenberg	40	Falcon Heights	MN	141	14:34	1:40	2:08	110	44:00	19.8	1:08	119	23:24	7:48	1:25:12
112	424	Tom Segar	38	Minnetonka	MN	90	13:14	1:31	1:31	145	45:47	19.0	1:26	115	23:17	7:46	1:25:12
113	96	Santino Craven	26	Minneapolis	MN	79	13:04	1:30	2:30	162	46:45	18.6	0:57	80	21:59	7:20	1:25:12
114	457	Todd Steinke	41	St Cloud	MN	122	14:13	1:37	2:13	93	43:12	20.1	1:12	148	24:31	8:11	1:25:19
115	516	Charles Watson	41	New Hope	MN	126	14:17	1:38	1:54	95	43:13	20.1	1:10	156	24:52	8:18	1:25:25
116	538	Mark Winholtz	57	Andover	MN	147	14:40	1:40	1:57	74	41:57	20.7	1:31	170	25:26	8:29	1:25:28
117	59	Jens Breiland	39	Arden Hills	MN	61	12:21	1:25	2:48	104	43:52	19.8	1:21	167	25:18	8:26	1:25:37
118	253	Paul Keppel	50	Minneapolis	MN	142	14:34	1:40						158	25:01	8:21	1:25:42
119	430	Nick Shermeta	41	Minnetonka	MN	139	14:32	1:40	2:44	130	44:46	19.4	1:21	96	22:31	7:31	1:25:51
120	129	Randy Fang	31	Plymouth	MN	83	13:07	1:30	0:55	172	47:25	18.3	0:59	122	23:38	7:53	1:26:01
121	118	Barry Ellinger	35	Chaska	MN	116	13:57	1:36	2:03	133	45:01	19.3	1:18	131	23:55	7:59	1:26:10
122	90	Bradley Close	40	Orono	MN	132	14:26	1:39	2:38	134	45:02	19.3	1:00	117	23:20	7:47	1:26:24
123	389	Hugh Roberts	38	Chanhasen	MN	158	15:00	1:43	3:08	132	44:55	19.4	1:15	83	22:13	7:25	1:26:28
124	546	Bryan Wray	47	Eagan	MN	160	15:03	1:43	1:40	107	43:56	19.8	1:13	154	24:41	8:14	1:26:30
125	109	Chad Dohlen	41	St Paul	MN	208	16:54	1:56	2:06	105	43:55	19.8	1:12	97	22:32	7:31	1:26:36
126	476	Nick Tempelis	24	Shoreview	MN	68	12:36	1:26	1:31	142	45:31	19.1	1:11	183	25:58	8:40	1:26:45
127	453	Eben Spencer	29	Eden Prairie	MN	174	15:38	1:47	1:55	109	44:00	19.8	2:04	113	23:15	7:45	1:26:50
128	163	Mark Glodoski	44	Excelsior	MN	150	14:48	1:41	2:38	125	44:33	19.5	0:52	134	24:03	8:01	1:26:51
129	343	Eric Nelson	51	Minneapolis	MN	99	13:36	1:33	2:26	143	45:32	19.1	1:33	132	23:56	7:59	1:26:59
130	185	Jared Haag	27	Minneapolis	MN	81	13:05	1:30	2:02	121	44:25	19.6	0:49	196	26:44	8:55	1:27:02
131	472	Greg Swenson	40	Rogers	MN	38	11:27	1:19	2:09	156	46:37	18.7	1:21	175	25:36	8:32	1:27:07
132	119	Aaron Engler	27	Minnetonka	MN	145	14:35	1:40	2:06	98	43:32	20.0	1:14	184	25:59	8:40	1:27:23
133	366	Mitch Peterka	24	Shorewood	MN	200	16:32	1:53	1:42	150	46:01	18.9	1:34	73	21:40	7:14	1:27:27
134	29	Dan Barsness	39	Victoria	MN	115	13:55	1:35	2:36	49	40:43	21.4	2:21	215	28:04	9:22	1:27:37
135	156	James Gaul	37	Bloomington	MN	104	13:41	1:34	3:19	176	48:05	18.1	1:30	54	21:09	7:03	1:27:41
136	261	Matthew Kley	27	Minneapolis	MN	98	13:33	1:33	1:39	168	47:10	18.4	1:36	128	23:49	7:57	1:27:45
137	393	Michael Rosow	33	Minneapolis	MN	120	14:13	1:37	2:00	164	47:07	18.5	0:55	124	23:39	7:53	1:27:52
138	345	Lawrence Nemecek	42	Minnetrista	MN	118	14:09	1:37	2:17	118	44:20	19.6	1:15	179	25:54	8:38	1:27:54
139	75	Ben Carter	35	Eden Prairie	MN	155	14:57	1:42	1:47	141	45:30	19.1	1:29	142	24:21	8:07	1:28:02
140	395	Jason Rupert	40	Forest Lake	MN	100	13:37	1:33	2:52	116	44:20	19.6	2:57	143	24:24	8:08	1:28:08
141	26	Kevin Ballinger	36	Maple Grove	MN	218	17:15	1:58	1:59	152	46:29	18.7	1:26	55	21:11	7:04	1:28:17
142	342	Jonathan Neitzell	34	Victoria	MN	212	16:58	1:56	2:24	153	46:						

162	352	Kurt Olsen	39	Nowthan	MN	190	16:12	1:51	1:52	159	46:40	18.6	1:14	168	25:24	8:28	1:31:19
163	518	Brad Webb	37	Woodbury	MN	128	14:21	1:38	2:24	193	49:00	17.8	1:26	138	24:12	8:04	1:31:21
164	28	Kenneth Barringer	35	Eagan	MN	73	12:47	1:28	3:17	182	48:23	18.0	1:23	174	25:35	8:32	1:31:23
165	128	Mark Fallon	55	Minnetonka	MN	50	11:55	1:22	2:40	146	45:48	19.0	1:39	230	29:35	9:52	1:31:35
166	306	Chris Mandery	42	Savage	MN	182	15:59	1:49	2:13	187	48:37	17.9	1:08	129	23:52	7:58	1:31:47
167	407	Clay Schelitzche	24	Verona	WI	217	17:11	1:58	2:55	192	48:56	17.8	0:50	81	22:05	7:22	1:31:54
168	108	Doug Dewey	46	Eden Prairie	MN	127	14:20	1:38	1:53	169	47:14	18.4	1:16	204	27:17	9:06	1:31:58
169	135	John Flaa	47	Plymouth	MN	165	15:09	1:44	2:43	180	48:18	18.0	1:37	140	24:15	8:05	1:31:59
170	452	Daniel Sobiech	38	Excelsior	MN	236	18:36	2:07	2:15	155	46:36	18.7	1:35	106	23:01	7:41	1:32:00
171	36	Andrew Berenberg	39	Plymouth	MN	113	13:52	1:35	2:33	163	46:48	18.6	1:38	207	27:23	9:08	1:32:11
172	431	Nate Sherrill	21	Saint Paul	MN	250	21:11	2:25	4:00	114	44:16	19.7	1:29	62	21:20	7:07	1:32:13
173	535	Roy Wilson	55	St Paul	MN	244	20:03	2:17	2:35	160	46:41	18.6	0:43	95	22:30	7:30	1:32:29
174	375	Jon Pierce	40	Excelsior	MN	153	14:52	1:42	2:04	202	49:31	17.6	1:44	147	24:31	8:11	1:32:39
175	269	Matt Kramer	28	St Louis Park	MN	193	16:17	1:51	2:16	186	48:37	17.9	1:07	149	24:33	8:11	1:32:46
176	443	Michael Sindt	54	Apple Valley	MN	175	15:44	1:48	2:13	120	44:25	19.6	1:45	223	28:45	9:35	1:32:49
177	8	Bob Allen	48	Chaska	MN	156	14:57	1:42	3:13	174	47:43	18.2	0:47	186	26:14	8:45	1:32:51
178	6	Gerardo Alcazar	30	Minneapolis	MN	187	16:06	1:50	2:43	171	47:23	18.4	1:12	176	25:36	8:32	1:32:57
179	506	Peter Von Arx	25	Plymouth	MN	168	15:14	1:44	1:30	213	50:28	17.2	0:47	159	25:02	8:21	1:32:58
180	232	Walt Johnson	55	St Paul	MN	82	13:06	1:30	5:01	111	44:01	19.8	2:47	220	28:20	9:27	1:33:13
181	57	Neal Bradsher	42	Eden Prairie	MN	71	12:46	1:27	2:43	203	49:32	17.6	1:22	203	27:10	9:04	1:33:31
182	354	Bryan Olson	42	Victoria	MN	189	16:11	1:51	2:35	178	48:15	18.0	1:18	181	25:56	8:39	1:34:13
183	254	Daniel Kessler	44	Chaska	MN	101	13:37	1:33	2:04	151	46:18	18.8	3:14	227	29:08	9:43	1:34:20
184	61	Brant Buchika	38	Minnetonka	MN	196	16:25	1:52	3:29	217	50:51	17.1	0:33	108	23:07	7:43	1:34:23
185	200	Scott Henderson	37	Minneapolis	MN	161	15:05	1:43	2:55	190	48:51	17.8	2:59	152	24:37	8:13	1:34:24
186	328	Peter Miller	51	Chanhasen	MN	183	16:00	1:50	1:47	206	49:49	17.5	1:49	178	25:40	8:34	1:35:02
187	323	Keith Meyer	32	Plymouth	MN	66	12:30	1:26	1:46	231	52:48	16.5	1:06	199	27:01	9:01	1:35:08
188	311	Donny Martin	31	Eagan	MN	209	16:55	1:56	3:32	198	49:11	17.7	1:26	153	24:41	8:14	1:35:42
189	387	J.R. Rigley	40	Orono	MN	177	15:45	1:48	1:46	224	51:39	16.8	1:16	172	25:32	8:31	1:35:56
190	405	John H Scheef	31	Golden Valley	MN	152	14:51	1:42	2:36	230	52:18	16.6	1:05	169	25:25	8:29	1:36:12
191	193	Scott Haskins	37	Excelsior	MN	222	17:37	2:01	3:15	199	49:16	17.7	1:42	146	24:29	8:19	1:36:15
192	243	Rob Kastan	42	Edina	MN	124	14:15	1:38	3:19	233	53:20	16.3	1:49	135	24:10	8:04	1:36:51
193	333	David Moen	39	Victoria	MN	180	15:58	1:49	4:14	140	45:27	19.1	2:24	226	29:03	9:41	1:37:03
194	276	R. Nicholas Lamoreaux	32	Eagan	MN	197	16:28	1:53	4:09	196	49:04	17.7	1:38	180	25:56	8:39	1:37:12
195	25	Mike Baker	50	Eden Prairie	MN	213	16:59	1:56	2:12	212	50:21	17.3	1:16	195	26:39	8:53	1:37:24
196	259	Scott Kirkwood	48	Minnetonka	MN	211	16:58	1:56	3:42	184	48:27	18.0	0:50	210	27:36	9:12	1:37:31
197	224	Brian Ip	47	Edina	MN	219	17:15	1:58	2:21	201	49:29	17.6	1:53	200	27:01	9:01	1:37:56
198	392	Mike Rogers	44	Minnetonka	MN	225	17:46	2:02	2:30	197	49:06	17.7	1:55	197	26:45	8:55	1:37:59
199	532	Charles Wilson	40	Plymouth	MN	233	18:24	2:06	3:22	183	48:27	18.0	1:33	188	26:15	8:45	1:38:00
200	230	Jake Johnson	34	Medina	MN	239	19:02	2:10	3:01	200	49:20	17.6	2:23	141	24:21	8:07	1:38:04
201	362	Paul Pasko	44	Minnetonka	MN	235	18:32	2:07	3:02	166	47:08	18.5	3:15	190	26:21	8:47	1:38:16
202	432	Aaron Sieben	23	Edina	MN	223	17:44	2:01	3:25	219	50:59	17.1	1:30	160	25:06	8:22	1:38:41
203	183	Frank Gustafson	44	Chaska	MN	259	27:27	3:08	1:33	137	45:09	19.3	1:31	110	23:13	7:45	1:38:50
204	303	Tim Madigan	59	Fariabult	MN	130	14:23	1:39	3:49	220	50:59	17.1	1:44	214	28:01	9:21	1:38:54
205	496	Todd Utecht	45	Eagab	MN	167	15:11	1:44	2:58	205	49:47	17.5	1:13	235	29:52	9:58	1:38:58
206	114	Benjamin Duffy	36	Minneapolis	MN	204	16:44	1:54	3:16	214	50:36	17.2	1:37	198	26:52	8:58	1:39:02
207	212	Paul Holt	29	Saint Paul	MN	195	16:18	1:52	2:40	195	49:01	17.7	2:13	225	28:53	9:38	1:39:03
208	84	Bill Cizek	50	St. Paul	MN	179	15:51	1:48	3:15	181	48:20	18.0	2:08	228	29:34	9:52	1:39:06
209	231	Matt Johnson	23	Red Wing	MN	216	17:07	1:57	3:27	234	53:29	16.3	1:00	137	24:10	8:04	1:39:10
210	451	Dave Snuggerud	43	Chaska	MN	241	19:46	2:15	3:42	194	49:00	17.8	0:43	185	26:02	8:41	1:39:11
211	281	Eric Lavigne	37	Minnetonka	MN	207	16:52	1:55	2:27	177	48:14	18.0	1:28	237	30:14	10:05	1:39:12
212	218	Jerry House	61	Saint Paul	MN	246	20:25	2:20	3:23	211	50:20	17.3	1:42	127	23:48	7:56	1:39:35
213	381	Robert Prater	36	Hinckley	MN	154	14:55	1:42	2:57	236	54:08	16.1	1:33	192	26:28	8:50	1:39:58
214	101	John Daniels	25	Madison	WI	198	16:29	1:53	2:44	226	52:12	16.7	0:52	211	27:44	9:15	1:39:59
215	174	Andy Grant	38	Eden Prairie	MN	231	18:15	2:05	3:41	191	48:51	17.8	1:55	206	27:21	9:07	1:40:00
216	257	Kurtis Kipka	24	Minneapolis	MN	252	21:48	2:29	4:35	175	47:58	18.1	0:43	177	25:38	8:33	1:40:40
217	16	Kevin Andvik	52	Cjhanhasen	MN	220	17:23	1:59	3:34	207	49:54	17.4	1:45	218	28:14	9:25	1:40:48
218	63	Michiel Buenk	39	Minnetrasta	MN	185	16:05	1:50	5:14	216	50:47	17.1	1:46	201	27:09	9:03	1:40:59
219	239	Joe Kandiko	59	Excelsior	MN	111	13:50	1:35	2:06	188	48:41	17.9	1:36	250	34:54	11:38	1:41:05
220	10	Rhett Ambrose	32	Hopkins	MN	228	18:00	2:03	2:50	227	52:15	16.7	0:38	209	27:35	9:12	1:41:16
221	529	Pieter-Arie Wilschut	39	Crystal	MN	107	13:45	1:34	3:26	222	51:22	16.9	1:42	244	31:49	10:37	1:42:01
222	222	Ryan Hurt	36	Chanhasen	MN	170	15:22	1:45	3:23	232	53:07	16.4	1:35	229	29:34	9:52	1:42:09
223	214	James Horan	29	Minneapolis	MN	63	12:25	1:25	3:44	238	54:26	16.0	0:56	240	30:59	10:20	1:42:27
224	509	Kristopher Waldorf	33	Bloomington	MN	186	16:05	1:50	2:21	218	50:59	17.1	2:25	238	30:41	10:14	1:42:28
225	77	John Chapman	36	Eagan	MN	248	21:00	2:24	3:33	185	48:28	18.0	1:29	217	28:05	9:22	1:42:33
226	331	Andy Mitchell	57	Minnetonka	MN	149	14:44	1:41	3:58	241	55:25	15.7	0:47	213	27:51	9:17	1:42:41
227	93	Jason Collins	36	Becker	MN	146	14:36	1:40	2:31	235	53:46	16.2	1:08	242	31:06	10:22	1:43:05
228	202	Darryle Henry	44	Eden Prairie	MN	143	14:34	1:40	2:18	239	55:12	15.8	1:49	231	29:36	9:52	1:43:27
229	406	John I Scheef	60	Plymouth	MN	232	18:24	2:06	6:14	229	52:15	16.7	2:06	151	24:34	8:12	1:43:31
230	359	Ryan Ostendorf	28	Plymouth	MN	205	16:45	1:55	3:59	209	50:09	17.3	1:04	243	31:44	10:35	1:43:38
231	151	Michael Gale	26	New Hope	MN	172	15:33	1:46	2:15	228	52:15	16.7	2:11	245	32:20	10:47	1:44:33
232	293	Paul Long	39	Eden Prairie	MN	192	16:16	1:51	2:56	244	55:37	15.6	0:48	239	29:37	9:53	1:45:11
233	482	Chris Thomes	34	Victoria	MN	261	35:44	4:04	2:28	85	42:56	20.3	1:45	102	22:47	7:36	1:45:37
234	267	Paul Kobs	30	Minnetonka	MN	201	16:33	1:51	2:51	246	55:43	15.6	1:03	239	30:50	10:17	1:45:57
235	245	Wayne Kauchak	35	Victoria	MN	258	23:53	2:43	4:24	215	50:46	17.1	1:13	193	26:30	8:50	1:46:43
236	139	Gregg Franke	44	Minneapolis	MN	257	23:51	2:43	3:38	223	51:35	16.9	1:17	219	28:20	9:27	1:48:39
237	322	Dennis Meadows	43	Rogers	MN	254	22:18	2:32	3:15	221	51:22	16.9	1:42	236	30:10	10:04	1:48:45
238	494	Carl Tuura	54	Plymouth	MN	133	14:26	1:39	2:14	240	55:21	1					

259	318	Charles McJilton	78	Roseville	MN	249	21:07	2:24	9:27	261	1:10:21	12.4	6:05	259	50:12	16:44	2:37:09
260	376	David Piper	55	Minneapolis	MN	240	19:25	2:13	3:33	250	58:11	15.0	1:15				
261	149	Thomas Fulton	62	St. Louis Park	MN	238	18:48	2:09	3:15	225	52:10	16.7	3:08				
262	279	Gregory Larson	53	Prior Lake	MN	57	12:11	1:23	2:02	101	43:39	19.9					

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	2	Jan Gunther	50	Mound	MN	11	11:33	1:19	1:10	1	39:05	22.3	1:03	1	19:20	6:27	1:12:08
2	251	Heidi Keller-Miller	44	Chaska	MN	1	9:49	1:07	0:56	4	41:12	21.1	0:55	2	19:45	6:35	1:12:34
3	469	Laura Swartz	42	St. Louis Park	MN	42	13:28	1:32	1:31	7	41:29	21.0	0:56	3	20:10	6:44	1:17:32
4	377	Paula Plant	39	Chaska	MN	6	11:24	1:18	1:28	2	40:23	21.5	1:07	47	25:06	8:22	1:19:26
5	335	Molly Moore	37	Maple Grove	MN	26	12:26	1:25	1:16	11	42:49	20.3	0:51	8	22:18	7:26	1:19:37
6	450	Ann Snuggerud	41	Chaska	MN	7	11:24	1:18	2:39	23	44:09	19.7	1:13	4	20:15	6:45	1:19:37
7	337	Angela Mracek	38	Rosemount	MN	13	11:43	1:20	1:31	17	43:24	20.0	1:06	7	22:08	7:23	1:19:50
8	464	Laurel Sundberg	30	Minnetonka	MN	30	12:33	1:26	1:54	8	41:44	20.8	1:04	14	22:50	7:37	1:20:02
9	58	Megan Brandes	25	Minneapolis	MN	18	12:06	1:23	1:03	14	43:11	20.1	1:02	21	23:17	7:46	1:20:37
10	547	Pam Zachman	45	Golden Valley	MN	16	12:01	1:22	1:03	18	43:26	20.0	0:53	26	23:31	7:51	1:20:51
11	490	Abigail Turman	26	Minneapolis	MN	45	13:49	1:35	1:04	19	43:39	19.9	0:36	6	21:56	7:19	1:21:01
12	248	Dawn Keller	44	Maple Grove	MN	62	14:18	1:38	0:57	6	41:18	21.1	0:53	28	23:45	7:55	1:21:09
13	444	Caroline Skaar-Page	42	Eden Prairie	MN	58	14:08	1:37	1:49	5	41:17	21.1	1:06	22	23:21	7:47	1:21:38
14	137	Sarah Foley	38	Cologne	MN	29	12:30	1:26	1:14	22	44:01	19.8	1:00	16	23:05	7:42	1:21:48
15	426	Mary Sellke	39	Golden Valley	MN	34	12:55	1:28	1:19	24	44:28	19.6	0:51	9	22:19	7:27	1:21:49
16	87	Jaimy Clarkson	29	Eden Prairie	MN	39	13:13	1:30	1:49	12	43:05	20.2	0:55	17	23:08	7:43	1:22:07
17	74	Marjie Carr-Oxley	46	Roseville	MN	24	12:23	1:25	1:36	21	43:58	19.8	1:01	23	23:22	7:48	1:22:19
18	73	Martha Carlson	46	Chaska	MN	10	11:33	1:19	1:15	28	45:22	19.2	1:07	27	23:37	7:53	1:22:52
19	54	Cheryl Bond	34	Shakopee	MN	43	13:40	1:34	1:21	15	43:12	20.1	0:51	29	23:52	7:58	1:22:53
20	346	Kathy Newcomb	44	Woodbury	MN	21	12:19	1:24	1:39	10	42:48	20.3	0:57	57	25:24	8:28	1:23:05
21	541	Lisa Wittmer	42	Edina	MN	27	12:27	1:25	2:02	9	42:08	20.6	1:31	48	25:08	8:23	1:23:14
22	249	Gabby Keller	17	Maple Grove	MN	3	10:45	1:14	0:57	34	46:21	18.8	0:49	40	24:39	8:13	1:23:28
23	169	Tracy Good	38	Victoria	MN	47	13:53	1:35	1:46	16	43:17	20.1	0:57	30	23:58	8:00	1:23:48
24	485	Millicent Thweatt	46	Lakeville	MN	22	12:21	1:25	1:35	31	45:48	19.0	1:16	15	22:58	7:40	1:23:55
25	27	Sara Ballinger	37	Maple Grove	MN	49	13:57	1:36	1:48	20	43:44	19.9	0:59	36	24:15	8:05	1:24:40
26	484	Gina Threinen	31	Minnetonka	MN	114	16:37	1:54	2:02	3	40:57	21.2	1:13	37	24:17	8:06	1:25:03
27	463	Elna Sukula	19	Excelsior	MN	4	11:14	1:17	1:50	64	48:46	17.8	0:47	13	22:42	7:34	1:25:17
28	540	Laura Witmer-Gautsch	41	Eden Prairie	MN	54	14:02	1:36	1:45	33	46:06	18.9	0:58	12	22:34	7:32	1:25:22
29	526	Erin Williams	24	Shorewood	MN	84	15:27	1:46	1:47	42	47:10	18.4	0:48	5	20:23	6:48	1:25:32
30	94	Cindy Cook	37	Minneapolis	MN	83	15:24	1:45	2:22	27	44:56	19.4	0:55	11	22:23	7:28	1:25:57
31	5	Sara Ahlquist	39	Minnetonka	MN	77	14:50	1:42	1:41	25	44:34	19.5	0:56	32	24:04	8:02	1:26:01
32	112	Danielle Drevlow	31	Golden Valley	MN	66	14:24	1:39	2:21	26	44:42	19.5	1:29	19	23:14	7:45	1:26:09
33	70	Patty Campbell	40	Plymouth	MN	20	12:18	1:24	1:35	37	46:37	18.7	0:44	56	25:22	8:28	1:26:34
34	365	Mary Perlich	47	Minnetonka	MN	65	14:24	1:39	2:16	13	43:06	20.2	1:23	80	26:30	8:50	1:27:36
35	92	Bethany Collins	53	New Hope	MN	23	12:22	1:25	2:01	30	45:28	19.1	1:28	97	27:33	9:11	1:28:50
36	53	Lisa Bollinger	28	Sartell	MN	72	14:39	1:40	4:56	29	45:25	19.2	1:01	18	23:10	7:44	1:29:09
37	544	Shelby Woodworth	16	Hutchinson	MN	48	13:55	1:35	1:27	53	48:05	18.1	1:02	45	24:59	8:20	1:29:26
38	369	Amy Peterson	37	Lakeville	MN	69	14:36	1:40	1:54	36	46:37	18.7	1:07	60	25:33	8:31	1:29:44
39	504	Angela Volk	33	Rogers	MN	93	15:41	1:47	2:06	52	48:01	18.1	0:42	35	24:07	8:03	1:30:35
40	272	Laura Krozser	40	Minneapolis	MN	78	14:52	1:42	2:24	54	48:13	18.0	1:56	20	23:15	7:45	1:30:39
41	182	Helen Gunther	52	Excelsior	MN	59	14:10	1:37	1:48	46	47:36	18.3	1:12	75	26:05	8:42	1:30:49
42	479	Beth Thomas	37	Prior Lake	MN	12	11:40	1:20	1:33	65	48:56	17.8	1:08	103	27:43	9:15	1:30:57
43	356	Marissa Onheiber	41	St. Paul	MN	63	14:18	1:38	1:52	50	47:58	18.1	1:10	65	25:50	8:37	1:31:06
44	418	Kim Schueller	43	Burnsville	MN	53	14:01	1:36	2:12	45	47:20	18.4	0:54	87	26:44	8:55	1:31:08
45	348	Kristi O'Kane	50	St. Paul	MN	91	15:38	1:47	1:49	38	46:40	18.6	1:05	68	25:59	8:40	1:31:09
46	9	Julie Amack	34	Chanhasen	MN	111	16:33	1:53	2:19	32	45:52	19.0	1:13	52	25:15	8:25	1:31:09
47	204	Erin Higginson	16	Plymouth	MN	15	12:00	1:22	1:58	73	49:57	17.4	0:46	84	26:36	8:52	1:31:15
48	423	Abbie Seba	25	Eden Prairie	MN	135	17:29	2:00	2:46	41	47:04	18.5	1:42	10	22:20	7:27	1:31:19
49	132	Jane Finn	14	Savage	MN	19	12:09	1:23	1:54	76	50:09	17.3	1:13	70	26:00	8:40	1:31:23
50	388	Courtney Ryle	38	Deephaven	MN	76	14:49	1:41	1:59	66	48:59	17.8	0:38	54	25:19	8:27	1:31:41
51	145	Kathryn Freytag	41	Eden Prairie	MN	94	15:43	1:48	2:01	44	47:11	18.4	1:35	53	25:16	8:26	1:31:45
52	148	Cheryl Fullerton	39	Steamboat Springs	CO	32	12:39	1:27	1:42	94	51:46	16.8	1:34	34	24:07	8:03	1:31:46
53	370	Carol Peterson	45	Minneapolis	MN	41	13:20	1:31	1:49	75	50:04	17.4	1:18	58	25:25	8:29	1:31:54
54	120	Valerie Engler	23	Minnetonka	MN	2	10:20	1:11	2:39	84	51:08	17.0	0:56	92	26:57	8:59	1:31:58
55	81	Sarah Chillo	29	Minneapolis	MN	51	13:59	1:36	2:42	55	48:14	18.0	1:08	71	26:00	8:40	1:32:00
56	373	Sarah Peterson	46	Chanhasen	MN	28	12:28	1:25	2:54	81	50:44	17.1	1:24	43	24:48	8:16	1:32:16
57	283	Molly Lee	33	Bloomington	MN	88	15:35	1:47	1:47	56	48:15	18.0	1:17	62	25:42	8:34	1:32:32
58	164	Margo Godoi	31	Apple Valley	MN	40	13:14	1:31	1:44	49	47:48	18.2	1:19	113	28:32	9:31	1:32:34
59	244	Sarah Kastan	41	Edina	MN	50	13:57	1:36	2:55	72	49:38	17.5	1:27	41	24:41	8:14	1:32:36
60	173	Lynn Graif	46	Elk River	MN	134	17:27	1:59	2:22	51	48:00	18.1	1:22	25	23:29	7:50	1:32:38
61	155	Anne Garlock	33	Minnetrista	MN	125	17:11	1:58	1:35	67	49:04	17.7	1:05	31	24:03	8:01	1:32:56
62	226	Molly Jeatran	29	Minneapolis	MN	38	13:12	1:30	2:39	48	47:46	18.2	1:31	111	28:09	9:23	1:33:14
63	384	Gretchen Randall	38	Maple Grove	MN	105	16:09	1:51	2:13	63	48:44	17.9	1:29	44	24:52	8:18	1:33:23
64	159	Suzanne Gilbert	50	Minneapolis	MN	101	15:58	1:49	2:03	40	46:53	18.6	1:17	93	27:17	9:06	1:33:25
65	291	Amy Robinson	26	St Louis Park	MN	61	14:16	1:38	2:20	77	50:12	17.3	0:48	72	26:00	8:40	1:33:34
66	227	Jen Jensen	33	Victoria	MN	113	16:35	1:54	2:24	57	48:15	18.0	1:30	51	25:12	8:24	1:33:54
67	505	Dana Volk	23	Duluth	MN	17	12:04	1:23	2:21	78	50:17	17.3	1:26	110	28:05	9:22	1:34:11
68	166	Lisa Goepfert	46	Blaine	MN	70	14:37	1:40	2:00	80	50:41	17.2	1:00	67	25:58	8:40	1:34:14
69	363	Janet Paulson	34	Minneapolis	MN	57	14:06	1:37	2:49	86	51:19	17.0	1:27	39	24:38	8:13	1:34:17
70	390	Ingrid Roberts	36	Chanhasen	MN	102	16:01	1:50	1:53	71	49:33	17.6	1:43	49	25:10	8:24	1:34:18
71	458	Amy Stern	35	Eden Prairie	MN	89	15:37	1:47	1:56	58	48:19	18.0	1:10	101	27:41	9:14	1:34:40
72	175	Kim Grant	37	Eden Prairie	MN	31	12:39	1:27	2:56	82	50:51	17.1	1:29	102	27:42	9:14	1:35:34
73	487	Sarah Totall	42	St. Louis Park	MN	52	14:00	1:36	2:08	93	51:46	16.8	0:52	89	26:53	8:58	1:35:37
74	40	Sarah Bernhardt	27	Golden Valley	MN												

88	31	Sascha Bates	37	Minneapolis	MN	122	17:00	1:56	2:43	39	46:40	18.6	1:42	136	30:45	10:15	1:38:47
89	314	Kellie McClellan	38	Victoria	MN	60	14:13	1:37	3:21	95	51:58	16.7	2:24	90	26:55	8:59	1:38:48
90	270	Beth Kreitzer	30	Minneapolis	MN	36	13:00	1:29	1:58	100	52:48	16.5	0:59	133	30:38	10:13	1:39:19
91	144	Michele French	26	Minneapolis	MN	149	18:00	2:03	2:50	90	51:39	16.8	2:16	46	25:04	8:22	1:39:46
92	520	Beth Wehrman	28	Maple Grove	MN	56	14:05	1:37	3:03	107	53:49	16.2	2:36	78	26:17	8:46	1:39:48
93	124	Christy Erickson	28	Plymouth	MN	55	14:03	1:36	3:08	106	53:49	16.2	2:34	79	26:18	8:46	1:39:48
94	186	Leslie Hacking	47	Golden Valley	MN	35	12:59	1:29	2:46	96	52:02	16.7	1:26	138	30:49	10:17	1:40:01
95	189	Mary Hanson	51	Wayzata	MN	90	15:37	1:47	3:03	121	55:28	15.7	0:58	50	25:12	8:24	1:40:15
96	142	Nikki Frederickson	38	St. Louis Park	MN	189	22:56	2:37	2:56	47	47:45	18.2	1:47	55	25:19	8:27	1:40:40
97	385	Pady Regnier	53	Greenwood	MN	118	16:52	1:55	2:27	79	50:36	17.2	1:17	128	29:41	9:54	1:40:51
98	221	Krista Humbert	16	Mound	MN	9	11:28	1:19	3:23	97	52:29	16.6	1:39	147	31:56	10:39	1:40:53
99	154	Shannon Gardner	35	Saint Paul	MN	167	20:06	2:17	3:10	74	49:58	17.4	1:43	77	26:15	8:45	1:41:08
100	160	Paige Giles	39	Chanhassen	MN	92	15:40	1:47	2:32	145	57:36	15.1	1:00	42	24:45	8:15	1:41:29
101	460	Sarah Stratton	35	Minneapolis	MN	176	21:08	2:25	2:41	43	47:11	18.4	1:21	126	29:33	9:51	1:41:52
102	508	Anne Wagemaker	26	Chicago	IL	95	15:44	1:48	2:24	140	57:03	15.2	1:05	66	25:51	8:37	1:42:05
103	220	Chrisy Hughes	39	Deephaven	MN	145	17:48	2:02	2:40	113	54:18	16.0	1:01	82	26:34	8:52	1:42:19
104	105	Amy Debruin	36	Minneapolis	MN	110	16:32	1:53	2:34	112	54:17	16.0	1:38	99	27:39	9:13	1:42:37
105	325	Amy Miller	33	Plymouth	MN	140	17:43	2:01	2:13	133	56:36	15.4	0:44	74	26:03	8:41	1:43:16
106	358	Breah Ostendorf	30	Plymouth	MN	119	16:54	1:56	3:29	123	55:31	15.7	0:51	85	26:37	8:53	1:43:19
107	289	Kristin Lindquist	32	St. Louis Park	MN	100	15:57	1:49	1:56	134	56:37	15.4	1:19	100	27:39	9:13	1:43:24
108	143	Kim Freeman	36	Chaska	MN	68	14:34	1:40	2:50	125	55:43	15.6	1:07	121	29:14	9:45	1:43:26
109	258	Bria Kirkpatrick	28	Excelsior	MN	147	17:57	2:03	2:36	69	49:07	17.7	1:48	151	32:07	10:43	1:43:32
110	150	Deb Gagnon	38	Champlin	MN	108	16:22	1:52	3:27	103	53:30	16.3	1:38	118	28:54	9:38	1:43:48
111	307	Gilly Mangan	14	Plymouth	MN	44	13:48	1:34	1:35	139	56:46	15.3	0:57	137	30:47	10:16	1:43:50
112	157	Lori Gengler	37	Victoria	MN	180	22:00	2:30	3:02	83	51:06	17.0	1:38	76	26:12	8:44	1:43:54
113	107	Rachel Dehaan	41	Woodbury	MN	123	17:07	1:57	3:12	62	48:36	17.9	2:00	161	33:19	11:07	1:44:12
114	38	Jennifer Berkopec	22	Apple Valley	MN	141	17:45	2:01	2:59	111	54:14	16.0	1:01	112	28:22	9:28	1:44:19
115	305	Heidi Madson	42	Rochester	MN	160	19:15	2:12	2:56	99	52:44	16.5	0:56	115	28:46	9:36	1:44:34
116	442	Valerie Sims	34	St. Louis Park	MN	130	17:21	1:59	2:27	117	54:45	15.9	0:54	123	29:22	9:48	1:44:46
117	425	Deb Seidel	37	Fort Mill	SC	75	14:47	1:41	3:45	147	57:49	15.0	1:02	96	27:33	9:11	1:44:52
118	3	Jeannina Adams	41	Weston	FL	126	17:16	1:58	2:11	128	56:01	15.5	1:40	108	27:57	9:19	1:45:02
119	62	Regina Buchika	34	Minnetonka	MN	120	16:56	1:56	2:34	118	54:56	15.8	1:11	127	29:35	9:52	1:45:10
120	252	Emily Kellogg	40	Excelsior	MN	97	15:46	1:48	2:27	114	54:31	16.0	1:25	146	31:53	10:38	1:46:00
121	298	Rebecca Lynch	43	Minnetrista	MN	170	20:43	2:22	3:05	136	56:39	15.4	1:30	38	24:23	8:08	1:46:18
122	536	Stephanie Windfeldt	23	Minneapolis	MN	148	17:59	2:03	2:31	115	54:36	15.9	0:49	132	30:35	10:12	1:46:28
123	184	Theresa Gustafson	45	Chaska	MN	146	17:50	2:02	3:18	122	55:29	15.7	1:06	116	28:47	9:36	1:46:28
124	495	Sylvia Utecht	43	Eagan	MN	144	17:47	2:02	2:40	119	55:10	15.8	1:05	135	30:40	10:14	1:47:19
125	287	Sarah Lien	36	Deephaven	MN	157	18:56	2:10	2:10	129	56:19	15.4	0:57	120	29:08	9:43	1:47:28
126	47	Christine Boberg	36	Chanhassen	MN	104	16:05	1:50	4:23	149	58:24	14.9	2:03	83	26:36	8:52	1:47:28
127	210	Annie Hoese	25	Minneapolis	MN	154	18:28	2:06	2:01	162	1:00:27	14.4	0:47	69	25:59	8:40	1:47:39
128	37	Tiffany Berenberg	34	Plymouth	MN	109	16:24	1:52	3:34	108	53:49	16.2	3:19	134	30:40	10:14	1:47:43
129	437	Melissa Sigel	42	Minnetonka	MN	128	17:20	1:59	3:02	89	51:30	16.9	1:04	170	34:53	11:38	1:47:46
130	209	Becky Hoepfner	32	Bloomington	MN	137	17:36	2:00	3:15	163	1:00:58	14.3	1:06	59	25:26	8:29	1:48:18
131	380	Alyssa Prater	32	Hinckley	MN	79	14:56	1:42	2:47	137	56:40	15.4	0:53	163	33:24	11:08	1:48:37
132	196	Karen Hebert	50	Chippewa Falls	WI	143	17:45	2:02	3:12	104	53:41	16.2	1:13	159	32:49	10:57	1:48:39
133	534	Mary Wilson	42	Chicago	IL	80	15:11	1:44	4:04	105	53:46	16.2	1:16	167	34:30	11:30	1:48:44
134	97	Sarah Cronen	31	Edina	MN	142	17:45	2:01	3:04	144	57:35	15.1	0:44	131	30:00	10:00	1:49:06
135	268	Nancy Kotovic	37	Minnetonka	MN	136	17:31	2:00	2:49	153	59:03	14.7	0:44	122	29:16	9:46	1:49:21
136	131	Andrea Fazendin	29	Minneapolis	MN	85	15:29	1:46	3:36	169	1:02:37	13.9	1:09	98	27:34	9:12	1:50:23
137	334	Elizabeth Monarski	35	Victoria	MN	37	13:06	1:30	2:11	166	1:01:54	14.1	2:09	142	31:22	10:28	1:50:38
138	103	Lindsay Darrah	31	Crystal	MN	74	14:44	1:41	2:57	156	59:49	14.5	1:48	150	32:02	10:41	1:51:17
139	339	Lori Murphy	49	Bloomington	MN	184	22:24	2:33	2:30	116	54:39	15.9	2:34	124	29:24	9:48	1:51:28
140	18	Andreina Aquique	35	Maple Grove	MN	81	15:18	1:45	2:48	157	59:52	14.5	1:19	154	32:17	10:46	1:51:31
141	100	Maura Daly	44	St. Louis Park	MN	129	17:20	1:59	3:07	148	58:17	14.9	1:01	155	32:20	10:47	1:52:03
142	396	Susan Rupert	34	Forest Lake	MN	152	18:05	2:04	2:35	126	55:51	15.6	2:02	164	33:40	11:14	1:52:09
143	134	Kristen Fisher	40	Excelsior	MN	99	15:52	1:49	2:31	155	59:27	14.6	2:00	156	32:25	10:49	1:52:13
144	478	Rebecca Thiesse	28	New Market	MN	121	16:59	1:56	3:33	152	58:52	14.8	1:49	141	31:15	10:25	1:52:25
145	48	Vicki Boeddeker	54	Chaska	MN	156	18:55	2:09	5:07	154	59:09	14.7	2:47	94	27:19	9:07	1:53:15
146	153	Cortney Gamlin	21	Edina	MN	165	20:02	2:17	4:21	127	55:57	15.5	1:14	148	31:58	10:40	1:53:30
147	21	Angi Aune	29	Lakeville	MN	197	25:54	2:57	2:27	120	55:22	15.7	1:05	117	28:53	9:38	1:53:39
148	33	Amy Bauch	50	Minneapolis	MN	131	17:25	1:59	3:58	132	56:34	15.4	2:13	165	33:41	11:14	1:53:48
149	309	Keely Manion	36	Eagan	MN	73	14:39	1:40	6:05	173	1:02:45	13.9	2:46	105	27:48	9:16	1:54:00
150	344	Shannon Nelson	37	Hopkins	MN	168	20:09	2:18	5:21	101	53:10	16.4	3:09	157	32:32	10:51	1:54:18
151	511	Nicole Wander	34	Minneapolis	MN	163	19:59	2:17	3:01	130	56:28	15.4	1:31	162	33:24	11:08	1:54:20
152	56	Ann Bradsher	34	Eden Prairie	MN	166	20:04	2:17	5:01	164	1:01:03	14.3	2:46	61	25:38	8:33	1:54:30
153	559	Jean Wood	60			151	18:04	2:04	3:13	109	54:01	16.1	1:36	183	37:39	12:33	1:54:31
154	403	Melanie Schaefer	36	Eagan	MN	71	14:37	1:40	6:09	170	1:02:38	13.9	2:52	125	29:24	9:48	1:55:38
155	455	Julie Stauffer	41	Burnsville	MN	162	19:49	2:16	2:45	159	1:00:06	14.5	1:40	145	31:49	10:37	1:56:06
156	398	Linda Sandell	57	Mounds View	MN	183	22:23	2:33	2:54	142	57:20	15.2	3:05	140	31:10	10:24	1:56:51
157	383	Bridgette Prew	39	Minneapolis	MN	186	22:24	2:33	4:09	124	55:35	15.7	2:31	153	32:16	10:46	1:56:52
158	181	Kassi Grove	34	Minneapolis	MN	164	20:01	2:17	4:27	184	1:05:25	13.3	2:01	63	25:44	8:35	1:57:35
159	89	Megan Clifford	22	Eden Prairie	MN	182	22:10	2:32	4:01	171	1:02:38	13.9	1:22	106	27:49	9:17	1:57:58
160	417	Alison Schubring	28	Woodbury	MN	169	20:14	2:18	3:32	160	1:00:10	14.5	1:40	158	32:32	10:51	1:58:06
161	502	Michelle Vieau	24	Madison	WI	185	22:24	2:33	3:47	172	1:02:40	13.9	1:20	109	27:59	9:20	1:58:08
162	501	Kristin Verschaetse	27	St. Louis Park	MN	153	18:07	2:04	3:22	175	1:03:04	13.8	1:11	160	33:07	11:03	1:58:48
163	255	Dina Khaled	38	Minneapolis	MN	175	20:59	2:24	3:22	135	56:39	15.4	2:08	180	36:16	12:06	1:59:21
164	170	Jennifer Gorder	36	Bloomington	MN	124	17:09	1:57									

185	416	Alexandra Schoen	26	White Bear Lake	MN	195	25:19	2:53	3:32	188	1:06:55	13.0	1:14	171	34:55	11:39	2:11:52
186	549	Letitia Zilar	46	Edina	MN	194	25:01	2:51	2:46	167	1:02:01	14.0	1:58	189	41:36	13:52	2:13:20
187	470	Shannon Swartz	57	Eden Prairie	MN	86	15:31	1:46	2:29	187	1:06:36	13.1	3:11	193	45:50	15:17	2:13:35
188	300	Anna Mackin	17	Excelsior	MN	139	17:38	2:01	6:42	193	1:10:03	12.4	1:28	185	37:52	12:38	2:13:40
189	310	Heather Manley	31	Hopkins	MN	171	20:54	2:23	5:55	189	1:07:50	12.8	4:50	175	35:52	11:58	2:15:19
190	519	Jennifer Weeks	35	Hudson	MN	198	26:13	2:59	3:45	180	1:05:04	13.4	0:59	187	40:29	13:30	2:16:28
191	316	Michelle McConnell	40	Plymouth	MN	190	23:02	2:38	4:50	196	1:11:51	12.1	2:02	186	38:53	12:58	2:20:36
192	434	Miranda Sieben	22	Edina	MN	192	23:32	2:41	3:38	199	1:19:31	10.9	1:55	182	37:05	12:22	2:25:39
193	361	Pauline Parker	41	Hopkins	MN	116	16:46	1:55	10:07	181	1:05:06	13.4	3:45	196	50:12	16:44	2:25:53
194	364	Kathleen Pengelly	46	Shorewood	MN	173	20:57	2:23	5:52	182	1:05:08	13.4	3:42	197	50:16	16:46	2:25:53
195	319	Genevieve McJilton	42	Deephaven	MN	103	16:02	1:50	3:16	194	1:10:17	12.4	6:02	198	50:18	16:46	2:25:53
196	116	Ruth Edwards	68	Minnetonka	MN	202	30:26	3:28	5:09	178	1:04:24	13.5	2:22	191	43:38	14:33	2:25:57
197	537	Vicki Windfeldt	56	Eden Prairie	MN	196	25:54	2:57	4:03	195	1:10:50	12.3	1:06	194	48:51	16:17	2:30:42
198	233	Judy Jones	56	Eagan	MN	178	21:37	2:28	5:18	198	1:12:50	11.9	1:15	195	49:45	16:35	2:30:42
199	228	Shari Jerde	39	Edina	MN	187	22:38	2:35	4:13	88	51:24	16.9	3:35				
200	515	Sarah Waste	44	Maple Grove	MN	200	28:10	3:13	16:59								
201	192	Megan Haseley	34	Richfield	MN	5	11:20	1:18									
202	445	Amy Smith	40	Woodbury	MN	132	17:25	1:59									

TOP TEN SWIM TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	100 yds
1	Becky Karnes- Toth	Mound	MN	33	F	4:41	0:32
2	Nick Madrinich	Chaska	MN	20	M	8:43	1:00
3	Thad Ingersoll	St. Paul	MN	39	M	8:43	1:00
4	Michael Williams	Maple Grove	MN	20	M	8:56	1:01
5	Oscar Godoi	Apple Valley	MN	34	M	8:58	1:02
6	Brett Lovaas	Minnetonka	MN	34	M	9:11	1:03
7	Anton Knack	Prior Lake	MN	16	M	9:31	1:05
8	Kurt Becker	Afton	MN	42	M	9:37	1:06
9	John Shelp	Maple Plain	MN	37	M	9:37	1:06
10	Chuck Smith	Minneapolis	MN	30	M	9:41	1:06

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Jeremy Sartain	St. Paul	MN	35	M	00:34:01	25.6
2	Steve Sander	Richfield	MN	30	M	00:34:04	25.5
3	Brett Lovaas	Minnetonka	MN	34	M	00:35:03	24.8
4	Tony Schiller	Spring Park	MN	51	M	00:35:41	24.4
5	Josh Blankenheim	Duluth	MN	28	M	00:35:44	24.3
6	Andy Schiesl	Prior Lake	MN	31	M	00:36:09	24.1
7	Michael Williams	Maple Grove	MN	20	M	00:36:25	23.9
8	Jim Graif	Elk River	MN	47	M	00:36:37	23.8
9	Mike Buenting	Chanhassen	MN	34	M	00:37:25	23.3
10	Don Schmeichel	Andover	MN	37	M	00:37:26	23.2

TOP TEN RUN TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Josh Blankenheim	Duluth	MN	28	M	16:06	5:22
2	Derick Podratz	Lino Lakes	MN	34	M	16:49	5:37
3	Steve Sander	Richfield	MN	30	M	17:03	5:41
4	Tony Schiller	Spring Park	MN	51	M	17:09	5:43
5	Taylor Gombos	St. Cloud	MN	20	M	17:23	5:48
6	Brett Lovaas	Minnetonka	MN	34	M	17:31	5:51
7	Mike Buenting	Chanhassen	MN	34	M	17:36	5:52
8	Micah Turman	Minneapolis	MN	28	M	17:56	5:59
9	Michael Williams	Maple Grove	MN	20	M	18:07	6:03
10	Chuck Smith	Minneapolis	MN	30	M	18:10	6:04

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	249	Gabby Keller	17	F	Maple Grove	MN	1	10:45	1:14	0:57	1	46:21	18.8	0:49	2	24:39	8:13	1:23:28
2	463	Elna Sukula	19	F	Excelsior	MN	2	11:14	1:17	1:50	3	48:46	17.8	0:47	1	22:42	7:34	1:25:17
3	544	Shelby Woodworth	16	F	Hutchinson	MN	7	13:55	1:35	1:27	2	48:05	18.1	1:02	3	24:59	8:20	1:29:26
4	204	Erin Higginson	16	F	Plymouth	MN	4	12:00	1:22	1:58	4	49:57	17.4	0:46	5	26:36	8:52	1:31:15
5	132	Jane Finn	14	F	Savave	MN	5	12:09	1:23	1:54	5	50:09	17.3	1:13	4	26:00	8:40	1:31:23
6	221	Krista Humbert	16	F	Mound	MN	3	11:28	1:19	3:23	6	52:29	16.6	1:39	8	31:56	10:39	1:40:53
7	307	Gilly Mangan	14	F	Plymouth	MN	6	13:48	1:34	1:35	7	56:46	15.3	0:57	6	30:47	10:16	1:43:50
8	421	Amanda Schwartz	18	F	Excelsior	MN	9	19:48	2:15	4:35	8	1:09:15	12.6	2:12	7	31:04	10:22	2:06:53
9	300	Anna Mackin	17	F	Excelsior	MN	8	17:38	2:01	6:42	9	1:10:03	12.4	1:28	9	37:52	12:38	2:13:40

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	526	Erin Williams	24	F	Shorewood	MN	6	15:27	1:46	1:47	1	47:10	18.4	0:48	1	20:23	6:48	1:25:32
2	120	Valerie Engler	23	F	Minnetonka	MN	1	10:20	1:11	2:39	3	51:08	17.0	0:56	3	26:57	8:59	1:31:58
3	505	Dana Volk	23	F	Duluth	MN	3	12:04	1:23	2:21	2	50:17	17.3	1:26	6	28:05	9:22	1:34:11
4	404	Carie Schaitberger	24	F	Eden Prairie	MN	2	11:25	1:18	1:52	8	56:45	15.3	1:00	2	26:34	8:52	1:37:33
5	65	Christa Buhl	22	F	Bloomington	MN	4	12:40	1:27	1:55	4	53:13	16.3	1:19	8	28:36	9:32	1:37:42
6	38	Jennifer Berkopec	22	F	Apple Valley	MN	7	17:45	2:01	2:59	5	54:14	16.0	1:01	7	28:22	9:28	1:44:19
7	536	Stephanie Windfeldt	23	F	Minneapolis	MN	8	17:59	2:03	2:31	6	54:36	15.9	0:49	9	30:35	10:12	1:46:28
8	153	Cortney Gamlin	21	F	Edina	MN	9	20:02	2:17	4:21	7	55:57	15.5	1:14	10	31:58	10:40	1:53:30
9	89	Megan Clifford	22	F	Eden Prairie	MN	11	22:10	2:32	4:01	10	1:02:38	13.9	1:22	4	27:49	9:17	1:57:58
10	502	Michelle Vieau	24	F	Madison	WI	12	22:24	2:33	3:47	11	1:02:40	13.9	1:20	5	27:59	9:20	1:58:08
11	88	Ann Marie Clifford	24	F	Madison	WI	10	21:25	2:26	3:06	9	59:56	14.5	0:56	11	35:36	11:52	2:00:57
12	411	Emily Schmidt	21	F	Mound	MN	5	13:52	1:35	2:57	12	1:12:04	12.1	0:38	13	40:59	13:40	2:10:28
13	434	Miranda Sieben	22	F	Edina	MN	13	23:32	2:41	3:38	13	1:19:31	10.9	1:55	12	37:05	12:22	2:25:39

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	58	Megan Brandes	25	F	Minneapolis	MN	1	12:06	1:23	1:03	2	43:11	20.1	1:02	5	23:17	7:46	1:20:37
2	490	Abigail Turman	26	F	Minneapolis	MN	4	13:49	1:35	1:04	3	43:39	19.9	0:36	1	21:56	7:19	1:21:01
3	87	Jaimy Clarkson	29	F	Eden Prairie	MN	3	13:13	1:30	1:49	1	43:05	20.2	0:55	3	23:08	7:43	1:22:07
4	53	Lisa Bollinger	28	F	Sartell	MN	9	14:39	1:40	4:56	4	45:25	19.2	1:01	4	23:10	7:44	1:29:09
5	423	Abbie Seba	25	F	Eden Prairie	MN	15	17:29	2:00	2:46	5	47:04	18.5	1:42	2	22:20	7:27	1:31:19
6	81	Sarah Chillo	29	F	Minneapolis	MN	5	13:59	1:36	2:42	7	48:14	18.0	1:08	10	26:00	8:40	1:32:00
7	226	Molly Jeatran	29	F	Minneapolis	MN	2	13:12	1:30	2:39	6	47:46	18.2	1:31	15	28:09	9:23	1:33:14
8	391	Amy Robinson	26	F	St. Louis Park	MN	8	14:16	1:38	2:20	10	50:12	17.3	0:48	11	26:00	8:40	1:33:34
9	40	Sarah Bernhardt	27	F	Golden Valley	MN	14	17:18	1:58	3:07	9	49:33	17.6	1:36	6	24:06	8:02	1:35:37
10	144	Michele French	26	F	Minneapolis	MN	17	18:00	2:03	2:50	11	51:39	16.8	2:16	7	25:04	8:22	1:39:46
11	520	Beth Wehrman	28	F	Maple Grove	MN	7	14:05	1:37	3:03	13	53:49	16.2	2:36	12	26:17	8:46	1:39:48
12	124	Christy Erickson	28	F	Plymouth	MN	6	14:03	1:36	3:08	12	53:49	16.2	2:34	13	26:18	8:46	1:39:48
13	508	Anne Wagemaker	26	F	Chicago	IL	11	15:44	1:48	2:24	15	57:03	15.2	1:05	8	25:51	8:37	1:42:05
14	258	Bria Kirkpatrick	28	F	Excelsior	MN	16	17:57	2:03	2:36	8	49:07	17.7	1:48	19	32:07	10:43	1:43:32
15	210	Annie Hoese	25	F	Minneapolis	MN	20	18:28	2:06	2:01	18	1:00:27	14.4	0:47	9	25:59	8:40	1:47:39
16	131	Andrea Fazendin	29	F	Minneapolis	MN	10	15:29	1:46	3:36	19	1:02:37	13.9	1:09	14	27:34	9:12	1:50:23
17	478	Rebecca Thiesse	28	F	New Market	MN	13	16:59	1:56	3:33	16	58:52	14.8	1:49	17	31:15	10:25	1:52:25
18	21	Angi Aune	29	F	Lakeville	MN	24	25:54	2:57	2:27	14	55:22	15.7	1:05	16	28:53	9:38	1:53:39
19	417	Alison Schubring	28	F	Woodbury	MN	21	20:14	2:18	3:32	17	1:00:10	14.5	1:40	20	32:32	10:51	1:58:06
20	501	Kristin Verschaeftse	27	F	St. Louis Park	MN	19	18:07	2:04	3:22	20	1:03:04	13.8	1:11	21	33:07	11:03	1:58:48
21	461	Lindsey Streeland	25	F	Bloomington	MN	12	16:35	1:53	4:58	22	1:05:13	13.3	1:30	23	36:01	12:01	2:04:14
22	548	Anna Zahler	25	F	Minneapolis	MN	22	20:55	2:23	3:00	24	1:08:14	12.8	1:26	18	31:35	10:32	2:05:08
23	52	Kelly Bollinger	25	F	Edina	MN	18	18:03	2:04	3:28	21	1:03:17	13.7	1:59	24	43:04	14:22	2:09:50
24	416	Alexandra Schoen	26	F	White Bear Lake	MN	23	25:19	2:53	3:32	23	1:06:55	13.0	1:14	22	34:55	11:39	2:11:52

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	464	Laurel Sundberg	30	F	Minnetonka	MN	1	12:33	1:26	1:54	2	41:44	20.8	1:04	1	22:50	7:37	1:20:02
2	54	Cheryl Bond	34	F	Shakopee	MN	4	13:40	1:34	1:21	3	43:12	20.1	0:51	3	23:52	7:58	1:22:53
3	484	Gina Threinen	31	F	Minnetonka	MN	16	16:37	1:54	2:02	1	40:57	21.2	1:13	6	24:17	8:06	1:25:03
4	112	Danielle Drevlow	31	F	Golden Valley	MN	7	14:24	1:39	2:21	4	44:42	19.5	1:29	2	23:14	7:45	1:26:09
5	504	Angela Volk	33	F	Rogers	MN	11	15:41	1:47	2:06	7	48:01	18.1	0:42	5	24:07	8:03	1:30:35
6	9	Julie Amack	34	F	Chanhassen	MN	14	16:33	1:53	2:19	5	45:52	19.0	1:13	9	25:15	8:25	1:31:09
7	283	Molly Lee	33	F	Bloomington	MN	10	15:35	1:47	1:47	8	48:15	18.0	1:17	12	25:42	8:34	1:32:32
8	164	Margo Godoi	31	F	Apple Valley	MN	3	13:14	1:31	1:44	6	47:48	18.2	1:19	19	28:32	9:31	1:32:34
9	155	Anne Garlock	33	F	Minnetrista	MN	19	17:11	1:58	1:35	10	49:04	17.7	1:05	4	24:03	8:01	1:32:56
10	227	Jen Jensen	33	F	Victoria	MN	15	16:35	1:54	2:24	9	48:15	18.0	1:30	8	25:12	8:24	1:33:54
11	363	Janet Paulson	34	F	Minneapolis	MN	5	14:06	1:37	2:49	12	51:19	17.0	1:27	7	24:38	8:13	1:34:17
12	382	Laura Prestidge	34	F	Chicago	IL	6	14:22	1:38	2:17	13	51:41	16.8	1:42	17	26:56	8:59	1:36:54
13	349	Sara Oakland	34	F	Maple Grove	MN	21	17:26	1:59	2:15	11	51:16	17.0	0:46	14	26:02	8:41	1:37:42
14	270	Beth Kreitzer	30	F	Minneapolis	MN	2	13:00	1:29	1:58	14	52:48	16.5	0:59	23	30:38	10:13	1:39:19
15	325	Amy Miller	33	F	Plymouth	MN	23	17:43	2:01	2:13	21	56:36	15.4	0:44	15	26:03	8:41	1:43:16
16	358	Breah Ostendorf	30	F	Plymouth	MN	17	16:54	1:56	3:29	18	55:31	15.7	0:51	16	26:37	8:53	1:43:19
17	289	Kristin Lindquist	32	F	St. Louis Park	MN	12	15:57	1:49	1:56	22	56:37	15.4	1:19	18	27:39	9:13	1:43:24
18	442	Valerie Sims	34	F	St. Louis Park	MN	20	17:21	1:59	2:27	16	54:45	15.9	0:54	20	29:22	9:48	1:44:46
19	62	Regina Buchika	34	F	Minnetonka	MN	18	16:56	1:56	2:34	17	54:56	15.8	1:11	21	29:35	9:52	1:45:10
20	37	Tiffany Berenberg	34	F	Plymouth	MN	13	16:24	1:52	3:34	15	53:49	16.2	3:19	24	30:40	10:14	1:47:43
21	209	Becky Hoepfner	32	F	Bloomington	MN	22	17:36	2:00	3:15	27	1:00:58	14.3	1:06	10	25:26	8:29	1:48:18
22	380	Alyssa Prater	32	F	Hinckley	MN	9	14:56	1:42	2:47	23	56:40	15.4	0:53	27	33:24	11:08	1:48:37
23	97	Sarah Cronen	31	F	Edina	MN	24	17:45	2:01	3:04	24	57:35	15.1	0:44	22	30:00	10:00	1:49:06
24	103	Lindsay Darrah	31	F	Crystal	MN	8	14:44	1:41	2:57	25	59:49	14.5	1:48	25	32:02	10:41	1:51:17
25	396	Susan Rupert	34	F	Forest Lake	MN	25	18:05	2:04	2:35	19	55:51	15.6	2:02	28	33:40	11:14	1:52:09
26	511	Nicole Wander	34	F	Minneapolis	MN	27	19:59	2:17	3:01	20	56:28	15.4	1:31	26	33:24	11:08	1:54:20
27	56	Ann Bradsher	34	F	Eden Prairie	MN	29	20:04	2:17	5:01	28	1:01:03	14.3	2:46	11	25:38	8:33	1:54:30
28	181	Kassi Grove	34	F	Minneapolis	MN	28	20:01	2:17	4:27	29	1:05:25	13.3	2:01	13	25:44	8:35	1:57:35
29	360	Christina Pade	33	F	Lakeville	MN	26	19:06	2:11	3:58	26	1:00:19	14.4	2:26	29	35:29	11:50	2:01:15
30	310	Heather Manley	31	F	Hopkins	MN	30	20:54	2:23	5:55	30	1:07:50	12.8	4:50	30	35:52	11:58	2:15:19

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	377	Paula Plant	39	F	Chaska	MN	1	11:24	1:18	1:28	1	40:23	21.5	1:07	12	25:06	8:22	1:19:26
2	335	Molly Moore	37	F	Maple Grove	MN	5	12:26	1:25	1:16	2	42:49	20.3	0:51	2	22:18	7:26	1:19:37
3	337	Angela Mracek	38	F	Rosemount	MN	3	11:43	1:20	1:31	4	43:24	20.0	1:06	1	22:08	7:23	1:19:50
4	137	Sarah Foley	38	F	Cologne	MN	6	12:30	1:26	1:14	6	44:01	19.8	1:00	5	23:05	7:42	1:21:48
5	426	Mary Sellke	39	F	Golden Valley	MN	9	12:55	1:28	1:19	7	44:28	19.6	0:51	3	22:19	7:27	1:21:49
6	169	Tracy Good	38	F	Victoria	MN	11	13:53	1:35	1:46	3	43:17	20.1	0:57	6	23:58	8:00	1:23:48
7	27	Sara Ballinger	37	F	Maple Grove	MN	12	13:57	1:36	1:48	5	43:44	19.9	0:59	9	24:15	8:05	1:24:40
8	94	Cindy Cook	37	F	Minneapolis	MN	23	15:24	1:45	2:22	9	44:56	19.4	0:55	4	22:23	7:28	1:25:57
9	5	Sara Ahlquist	39	F	Minnetonka	MN	20	14:50	1:42	1:41	8	44:34	19.5	0:56	7	24:04	8:02	1:26:01
10	369	Amy Peterson	37	F	Lakeville	MN	15	14:36	1:40	1:54	11	46:37	18.7	1:07	16	25:33	8:31	1:29:44
11	479	Beth Thomas	37	F	Prior Lake	MN	2	11:40	1:20	1:33	18	48:56	17.8	1:08	28	27:43	9:15	1:30:57
12	388	Courtney Rile	38	F	Deephaven	MN	19	14:49	1:41	1:59	19	48:59	17.8	0:38	14	25:19	8:27	1:31:41
13	148	Cheryl Fullerton	39	F	Steamboat Springs	CO	8	12:39	1:27	1:42	25	51:46	16.8	1:34	8	24:07	8:03	1:31:46
14	384	Gretchen Randall	38	F	Maple Grove	MN	30	16:09	1:51	2:13	17	48:44	17.9	1:29	11	24:52	8:18	1:33:23
15	390	Ingrid Roberts	36	F	Chanhassen	MN	28	16:01	1:50	1:53	20	49:33	17.6	1:43	13	25:10	8:24	1:34:18
16	458	Amy Stern	35	F	Eden Prairie	MN	25	15:37	1:47	1:56	15	48:19	18.0	1:10	26	27:41	9:14	1:34:40
17	175	Kim Grant	37	F	Eden Prairie	MN	7	12:39	1:27	2:56	22	50:51	17.1	1:29	27	27:42	9:14	1:35:34
18	12	Eleni Anderson	35	F	Eden Prairie	MN	31	16:20	1:52	3:32	10	46:32	18.7	1:50	23	27:30	9:10	1:35:41
19	180	Sarah Grobel	38	F	Victoria													

34	287	Sarah Lien	36	F	Deephaven	MN	40	18:56	2:10	2:10	34	56:19	15.4	0:57	32	29:08	9:43	1:47:28
35	47	Christine Boberg	36	F	Chanhassen	MN	29	16:05	1:50	4:23	39	58:24	14.9	2:03	20	26:36	8:52	1:47:28
36	268	Nancy Kotovic	37	F	Minnetonka	MN	36	17:31	2:00	2:49	42	59:03	14.7	2:04	34	29:16	9:46	1:49:21
37	334	Elizabeth Monarski	35	F	Victoria	MN	10	13:06	1:30	2:11	44	1:01:54	14.1	2:09	39	31:22	10:28	1:50:38
38	18	Andreina Aquique	35	F	Maple Grove	MN	21	15:18	1:45	2:48	43	59:52	14.5	1:19	42	32:17	10:46	1:51:31
39	309	Keely Manion	36	F	Eagan	MN	17	14:39	1:40	6:05	46	1:02:45	13.9	2:46	29	27:48	9:16	1:54:00
40	344	Shannon Nelson	37	F	Hopkins	MN	42	20:09	2:18	5:21	27	53:10	16.4	3:09	43	32:32	10:51	1:54:18
41	403	Melanie Schaefer	36	F	Eagan	MN	16	14:37	1:40	6:09	45	1:02:38	13.9	2:52	35	29:24	9:48	1:55:38
42	383	Bridgette Prew	39	F	Minneapolis	MN	47	22:24	2:33	4:09	32	55:35	15.7	2:31	41	32:16	10:46	1:56:52
43	255	Dina Khaled	38	F	Minneapolis	MN	44	20:59	2:24	3:22	35	56:39	15.4	2:08	47	36:16	12:06	1:59:21
44	170	Jennifer Gorder	36	F	Bloomington	MN	35	17:09	1:57	5:52	40	58:35	14.9	5:39	40	32:10	10:44	1:59:23
45	187	Monica Hahn	36	F	Minnetonka	MN	43	20:58	2:23	3:15	36	57:11	15.2	1:42	49	37:44	12:35	2:00:46
46	449	Susan Snowdon	37	F	Odessa	FL	37	17:38	2:01	5:24	41	58:37	14.8	5:36	44	34:46	11:36	2:01:58
47	528	Amy Wilschut	36	F	Crystal	MN	24	15:32	1:46	3:25	50	1:08:33	12.7	1:24	48	36:48	12:16	2:05:40
48	313	Edel Mauritzen	36	F	St. Paul	MN	39	18:28	2:06	4:18	49	1:06:23	13.1	1:23	46	36:11	12:04	2:06:40
49	401	Dawn Saxton	39	F	Rogers	MN	49	23:14	2:39	2:26	47	1:05:00	13.4	1:20	45	36:10	12:04	2:08:07
50	519	Jennifer Weeks	35	F	Hudson	MN	50	26:13	2:59	3:45	48	1:05:04	13.4	0:59	50	40:29	13:30	2:16:28

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	251	Heidi Keller-Miller	44	F	Chaska	MN	1	9:49	1:07	0:56	1	41:12	21.1	0:55	1	19:45	6:35	1:12:34	
2	469	Laura Swartz	42	F	St. Louis Park	MN	6	13:28	1:32	1:31	4	41:29	21.0	0:56	2	20:10	6:44	1:17:32	
3	450	Ann Snuggerud	41	F	Chaska	MN	2	11:24	1:18	2:39	7	44:09	19.7	1:13	3	20:15	6:45	1:19:37	
4	248	Dawn Keller	44	F	Maple Grove	MN	12	14:18	1:38	0:57	3	41:18	21.1	0:53	8	23:45	7:55	1:21:09	
5	444	Caroline Skaar-Page	42	F	Eden Prairie	MN	11	14:08	1:37	1:49	2	41:17	21.1	1:06	6	23:21	7:47	1:21:38	
6	346	Kathy Newcomb	44	F	Woodbury	MN	4	12:19	1:24	1:39	6	42:48	20.3	0:57	14	25:24	8:28	1:23:05	
7	541	Lisa Wittmer	42	F	Edina	MN	5	12:27	1:25	2:02	5	42:08	20.6	1:31	11	25:08	8:23	1:23:14	
8	540	Laura Witmer-Gautsch	41	F	Eden Prairie	MN	10	14:02	1:36	1:45	8	46:06	18.9	0:58	4	22:34	7:32	1:25:22	
9	70	Patty Campbell	40	F	Plymouth	MN	3	12:18	1:24	1:35	9	46:37	18.7	0:44	13	25:22	8:28	1:26:34	
10	272	Laura Krozser	40	F	Minneapolis	MN	14	14:52	1:42	2:24	13	48:13	18.0	1:56	5	23:15	7:45	1:30:39	
11	356	Marissa Onheiber	41	F	St. Paul	MN	13	14:18	1:38	1:52	12	47:58	18.1	1:10	15	25:50	8:37	1:31:06	
12	418	Kim Schueller	43	F	Burnsville	MN	9	14:01	1:36	2:12	11	47:20	18.4	0:54	16	26:44	8:55	1:31:08	
13	145	Kathryn Freytag	41	F	Eden Prairie	MN	16	15:43	1:48	2:01	10	47:11	18.4	1:35	12	25:16	8:26	1:31:45	
14	244	Sarah Kastan	41	F	Edina	MN	7	13:57	1:36	2:55	15	49:38	17.5	1:27	10	24:41	8:14	1:32:36	
15	487	Sarah Totall	42	F	St. Louis Park	MN	8	14:00	1:36	2:08	17	51:46	16.8	0:52	17	26:53	8:58	1:35:37	
16	76	Patricia Chang	41	F	Eden Prairie	MN	17	15:45	1:48	2:30	18	52:38	16.5	1:27	7	23:23	7:48	1:35:41	
17	107	Rachel Dehaan	41	F	Woodbury	MN	22	17:07	1:57	3:12	14	48:36	17.9	2:00	26	33:19	11:07	1:44:12	
18	305	Heidi Madson	42	F	Rochester	MN	28	19:15	2:12	2:56	19	52:44	16.5	0:56	19	28:46	9:36	1:44:34	
19	3	Jeannina Adams	41	F	Weston	FL	23	17:16	1:58	2:11	23	56:01	15.5	1:40	18	27:57	9:19	1:45:02	
20	252	Emily Kellogg	40	F	Excelsior	MN	18	15:46	1:48	2:27	21	54:31	16.0	1:25	22	31:53	10:38	1:46:00	
21	298	Rebecca Lynch	43	F	Minnetrista	MN	30	20:43	2:22	3:05	24	56:39	15.4	1:30	9	24:23	8:08	1:46:18	
22	495	Sylvia Utecht	43	F	Eagan	MN	26	17:47	2:02	2:40	22	55:10	15.8	1:05	20	30:40	10:14	1:47:19	
23	437	Melissa Sigel	42	F	Minnetonka	MN	24	17:20	1:59	3:02	16	51:30	16.9	1:04	30	34:53	11:38	1:47:46	
24	534	Mary Wilson	42	F	Chicago	IL	15	15:11	1:44	4:04	20	53:46	16.2	1:16	28	34:30	11:30	1:48:44	
25	100	Maura Daly	44	F	St. Louis Park	MN	25	17:20	1:59	3:07	26	58:17	14.9	1:01	24	32:20	10:47	1:52:03	
26	134	Kristen Fisher	40	F	Excelsior	MN	19	15:52	1:49	2:31	27	59:27	14.6	2:00	25	32:25	10:49	1:52:13	
27	455	Julie Stauffer	41	F	Burnsville	MN	29	19:49	2:16	2:45	28	1:00:06	14.5	1:40	21	31:49	10:37	1:56:06	
28	489	Michelle Tucker	40	F	Saint Paul	MN	31	21:50	2:29	4:01	25	57:37	15.1	1:54	29	34:53	11:38	2:00:13	
29	121	Katy Epler	40	F	Richfield	MN	27	19:07	2:11	4:17	30	1:02:58	13.8	2:25	27	34:12	11:24	2:02:57	
30	191	Jenny Hardacre	40	F	Minnetonka	MN	32	22:02	2:31	3:42	29	1:02:11	14.0	1:19	31	36:06	12:02	2:05:18	
31	234	Wendy Jones	44	F	St. Paul	MN	34	23:54	2:43	5:34	32	1:05:46	13.2	1:44	23	31:58	10:40	2:08:54	
32	316	Michelle McConnell	40	F	Plymouth	MN	33	23:02	2:38	4:50	34	1:11:51	12.1	2:02	32	38:53	12:58	2:20:36	
33	361	Pauline Parker	41	F	Hopkins	MN	21	16:46	1:55	10:07	31	1:05:06	13.4	3:45	33	50:12	16:44	2:25:53	
34	319	Genevieve McJilton	42	F	Deephaven	MN	20	16:02	1:50	3:16	33	1:10:17	12.4	6:02	34	50:18	16:46	2:25:53	

FEMALE 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	547	Pam Zachman	45	F	Golden Valley	MN	3	12:01	1:22	1:03	2	43:26	20.0	0:53	4	23:31	7:51	1:20:51	
2	74	Marjie Carr-Oxley	46	F	Roseville	MN	5	12:23	1:25	1:36	3	43:58	19.8	1:01	2	23:22	7:48	1:22:19	
3	73	Martha Carlson	46	F	Chaska	MN	1	11:33	1:19	1:15	4	45:22	19.2	1:07	5	23:37	7:53	1:22:52	
4	485	Millicent Thweatt	46	F	Lakeville	MN	4	12:21	1:25	1:35	5	45:48	19.0	1:16	1	22:58	7:40	1:23:55	
5	365	Mary Perlich	47	F	Minnetonka	MN	9	14:24	1:39	2:16	1	43:06	20.2	1:23	10	26:30	8:50	1:27:36	
6	370	Carol Peterson	45	F	Minneapolis	MN	8	13:20	1:31	1:49	8	50:04	17.4	1:18	7	25:25	8:29	1:31:54	
7	373	Sarah Peterson	46	F	Chanhassen	MN	6	12:28	1:25	2:54	10	50:44	17.1	1:24	6	24:48	8:16	1:32:16	
8	173	Lynn Graif	46	F	Elk River	MN	13	17:27	1:59	2:22	6	48:00	18.1	1:22	3	23:29	7:50	1:32:38	
9	166	Lisa Goepfert	46	F	Blaine	MN	11	14:37	1:40	2:00	9	50:41	17.2	1:00	9	25:58	8:40	1:34:14	
10	422	Barbara Scouler	46	F	Excelsior	MN	2	11:56	1:22	2:22	11	51:44	16.8	1:01	12	28:56	9:39	1:35:56	
11	82	Paula Chipman	45	F	Eagan	MN	10	14:30	1:39	2:21	7	48:30	17.9	1:48	14	30:00	10:00	1:37:07	
12	186	Leslie Hacking	47	F	Golden Valley	MN	7	12:59	1:29	2:46	12	52:02	16.7	1:26	15	30:49	10:17	1:40:01	
13	184	Theresa Gustafson	45	F	Chaska	MN	14	17:50	2:02	3:18	14	55:29	15.7	1:06	11	28:47	9:36	1:46:28	
14	339	Lori Murphy	49	F	Bloomington	MN	16	22:24	2:33	2:30	13	54:39	15.9	2:34	13	29:24	9:48	1:51:28	
15	301	Christine Mackin	46	F	Excelsior	MN	18	27:45	3:10	4:54	17	1:01:13	14.2	0:44	8	25:49	8:37	2:00:23	
16	525	Susan Wheaton	45	F	Golden Valley	MN	12	16:41	1:54	4:15	16	57:30	15.1	3:01	18	43:44	14:35	2:05:08	
17	110	Lisa Dongoske	48	F	Plymouth	MN	19	29:52	3:24	3:08	15	56:30	15.4	0:53	16	34:56	11:39	2:05:17	
18	549	Letitia Zilar	46	F	Edina	MN	17	25:01	2:51	2:46	18	1:02:01	14.0	1:58	17	41:36	13:52	2:13:20	
19	364	Kathleen Pengelly	46	F	Shorewood	MN	15	20:57	2:23	5:52	19	1:05:08	13.4	3:42	19	50:16	16:46	2:25:53	

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	2	Jan Gunther	50	F	Mound	MN	1	11:33	1:19	1:10	1								

1	398	Linda Sandell	57	F	Mounds View	MN	3	22:23	2:33	2:54	1	57:20	15.2	3:05	1	31:10	10:24	1:56:51
2	470	Shannon Swartz	57	F	Eden Prairie	MN	1	15:31	1:46	2:29	2	1:06:36	13.1	3:11	2	45:50	15:17	2:13:35
3	537	Vicki Windfeldt	56	F	Eden Prairie	MN	4	25:54	2:57	4:03	3	1:10:50	12.3	1:06	3	48:51	16:17	2:30:42
4	233	Judy Jones	56	F	Eagan	MN	2	21:37	2:28	5:18	4	1:12:50	11.9	1:15	4	49:45	16:35	2:30:42

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	
1	559	Jean Wood	60	F			1	18:04	2:04	3:13	1	54:01	16.1	1:36	2	37:39	12:33	1:54:31
2	440	Mary Beth Simpson	60	F	Chanhassen	MN	2	22:51	2:36	3:31	2	1:04:04	13.6	4:05	1	31:42	10:34	2:06:11

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	
1	116	Ruth Edwards	68	F	Minnetonka	MN	1	30:26	3:28	5:09	1	1:04:24	13.5	2:22	1	43:38	14:33	2:25:57

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	264	Anton Knack	16	M	Prior Lake	MN	1	9:31	1:05	2:26	1	44:38	19.5	0:57	1	22:20	7:27	1:19:49

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	527	Michael Williams	20	M	Maple Grove	MN	2	8:56	1:01	0:55	1	36:25	23.9	0:36	2	18:07	6:03	1:04:57
2	304	Nick Madrinich	20	M	Chaska	MN	1	8:43	1:00	0:54	2	38:43	22.5	0:48	3	18:58	6:20	1:08:03
3	167	Taylor Gombos	20	M	St. Cloud	MN	5	11:48	1:21	1:19	3	40:32	21.5	1:30	1	17:23	5:48	1:12:30
4	79	Dan Chargo	22	M	Minnetonka	MN	8	13:07	1:30	1:17	4	41:44	20.8	1:07	6	19:48	6:36	1:17:00
5	229	Brent Johnson	20	M	Arden Hills	MN	3	10:08	1:10	1:48	9	45:54	19.0	0:49	4	19:12	6:24	1:17:47
6	208	Edward Hirsch	22	M	Superior	WI	4	10:46	1:14	1:50	8	45:54	19.0	0:50	5	19:36	6:32	1:18:53
7	290	Craig Lindsay	24	M	Minneapolis	MN	6	12:21	1:25	2:13	6	44:37	19.5	1:01	11	22:08	7:23	1:22:17
8	476	Nick Tempelis	24	M	Shoreview	MN	7	12:36	1:26	1:31	7	45:31	19.1	1:11	15	25:58	8:40	1:26:45
9	366	Mitch Peterka	24	M	Shorewood	MN	10	16:32	1:53	1:42	10	46:01	18.9	1:34	9	21:40	7:14	1:27:27
10	72	Drew Carlson	21	M			9	15:44	1:48	3:09	12	48:15	18.0	0:46	8	21:22	7:08	1:29:13
11	407	Clay Schelitzche	24	M	Verona	WI	12	17:11	1:58	2:55	13	48:56	17.8	0:50	10	22:05	7:22	1:31:54
12	431	Nate Sherrill	21	M	Saint Paul	MN	15	21:11	2:25	4:00	5	44:16	19.7	1:29	7	21:20	7:07	1:32:13
13	432	Aaron Sieben	23	M	Edina	MN	13	17:44	2:01	3:25	14	50:59	17.1	1:30	13	25:06	8:22	1:38:41
14	231	Matt Johnson	23	M	Red Wing	MN	11	17:07	1:57	3:27	15	53:29	16.3	1:00	12	24:10	8:04	1:39:10
15	257	Kurtis Kipka	24	M	Minneapolis	MN	16	21:48	2:29	4:35	11	47:58	18.1	0:43	14	25:38	8:33	1:40:40
16	67	John Bushman	24	M	La Crosse	WI	14	18:27	2:06	3:40	16	58:30	14.9	1:08	16	38:31	12:51	2:00:13

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	45	Josh Blankenheim	28	M	Duluth	MN	1	10:28	1:12	1:03	1	35:44	24.3	0:36	1	16:06	5:22	1:03:54
2	491	Micah Turman	28	M	Minneapolis	MN	2	10:36	1:13	1:06	2	37:46	23.0	0:45	2	17:56	5:59	1:08:07
3	466	Michael Svensk	29	M	Blaine	MN	8	14:31	1:39	1:19	3	40:22	21.6	1:11	3	19:04	6:22	1:16:24
4	480	Matthew Thomas	29	M	Minneapolis	MN	3	11:44	1:20	1:23	4	43:03	20.2	0:46	4	19:45	6:35	1:16:37
5	96	Santino Craven	26	M	Minneapolis	MN	5	13:04	1:30	2:30	8	46:45	18.6	0:57	6	21:59	7:20	1:25:12
6	453	Eben Spencer	29	M	Eden Prairie	MN	12	15:38	1:47	1:55	6	44:00	19.8	2:04	7	23:15	7:45	1:26:50
7	185	Jared Haag	27	M	Minneapolis	MN	6	13:05	1:30	2:02	7	44:25	19.6	0:49	12	26:44	8:55	1:27:02
8	119	Aaron Engler	27	M	Minnetonka	MN	9	14:35	1:40	2:06	5	43:32	20.0	1:14	11	25:59	8:40	1:27:23
9	261	Matthew Kley	27	M	Minneapolis	MN	7	13:33	1:33	1:39	9	47:10	18.4	1:36	8	23:49	7:57	1:27:45
10	357	Nathaniel Orpen	27	M	St. Paul, Mn	MN	13	16:12	1:51	4:20	11	48:43	17.9	1:16	5	20:35	6:52	1:31:03
11	269	Matt Kramer	28	M	St Louis Park	MN	14	16:17	1:51	2:16	10	48:37	17.9	1:07	9	24:33	8:11	1:32:46
12	506	Peter Von Arx	25	M	Plymouth	MN	10	15:14	1:44	1:30	14	50:28	17.2	0:47	10	25:02	8:21	1:32:58
13	212	Paul Holt	29	M	Saint Paul	MN	15	16:18	1:52	2:40	12	49:01	17.7	2:13	14	28:53	9:38	1:39:03
14	101	John Daniels	25	M	Madison	WI	16	16:29	1:53	2:44	15	52:12	16.7	0:52	13	27:44	9:15	1:39:59
15	214	James Horan	29	M	Minneapolis	MN	4	12:25	1:25	3:44	17	54:26	16.0	0:56	15	30:59	10:20	1:42:27
16	359	Ryan Ostendorf	28	M	Plymouth	MN	17	16:45	1:55	3:59	13	50:09	17.3	1:04	16	31:44	10:35	1:43:38
17	151	Michael Gale	26	M	New Hope	MN	11	15:33	1:46	2:15	16	52:15	16.7	2:11	17	32:20	10:47	1:44:33
18	51	Greg Bollinger	25	M	Edina	MN				18	1:02:20	14.0	2:57	18	43:05	14:22	2:26:43	

MALE 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	294	Brett Lovaas	34	M	Minnetonka	MN	2	9:11	1:03	0:53	2	35:03	24.8	0:36	3	17:31	5:51	1:03:12
2	399	Steve Sander	30	M	Richfield	MN	5	10:33	1:12	1:18	1	34:04	25.5	1:00	2	17:03	5:41	1:03:55
3	378	Derick Podratz	34	M	Lino Lakes	MN	10	11:22	1:18	1:05	6	38:28	22.6	0:51	1	16:49	5:37	1:08:31
4	408	Andy Schiesl	31	M	Prior Lake	MN	11	11:29	1:19	1:54	3	36:09	24.1	0:37	7	18:44	6:15	1:08:50
5	165	Oscar Godoi	34	M	Apple Valley	MN	1	8:58	1:02	0:57	5	38:03	22.9	0:42	11	20:14	6:45	1:08:52
6	64	Mike Buenting	34	M	Chanhassen	MN	12	11:39	1:20	2:00	4	37:25	23.3	0:33	4	17:36	5:52	1:09:11
7	60	Robert Brown	34	M	Hopkins	MN	6	10:39	1:13	1:13	7	38:35	22.5	0:53	6	18:39	6:13	1:09:56
8	446	Chuck Smith	30	M	Minneapolis	MN	3	9:41	1:06	1:02	12	41:29	21.0	0:51	5	18:10	6:04	1:11:10
9	462	Ryan Strom	33	M	St. Paul	MN	14	12:08	1:23	1:25	11	40:53	21.3	1:27	10	19:41	6:34	1:15:31
10	297	David Lundy	34	M	St. Paul	MN	19	13:10	1:30	1:52	9	40:34	21.4	0:44	8	19:20	6:27	1:15:37
11	397	Joe Rydel	31	M	Shakopee	MN	22	13:48	1:35	1:27	8	40:17	21.6	0:55	12	20:45	6:55	1:17:09
12	353	Aaron Olson	30	M	St. Paul	MN	4	10:15	1:10	1:06	20	44:27	19.6	1:06	13	21:07	7:03	1:17:59
13	284	Zach Lee	33	M	Bloomington	MN	13	11:43	1:20	1:48	10	40:47	21.3	0:41	22	23:07	7:43	1:18:03
14	507	Mike Waataja	34	M	Plymouth	MN	7	10:48	1:14	0:48	13	41:46	20.8	1:26	25	23:53	7:58	1:18:38
15	428	James Sheldon	31	M	Minnetonka	MN	15	12:28	1:25	1:16	19	44:25	19.6	0:36	14	21:17	7:06	1:19:59
16	299	Brad Macdonald	31	M	Eagan	MN	9	11:11	1:17	2:07	15	43:12	20.1	0:50	21	22:57	7:39	1:20:13
17	207	Brandon Hillman	33	M	Golden Valley	MN	18	13:09	1:30	2:10	21	44:36	19.5	1:02	17	22:21	7:27	1:23:14
18	372	Jeff Peterson	31	M	Bloomington	MN	21	13:46	1:34	2:21	18	44:20	19.6	3:12	9	19:38	6:33	1:23:14
19	327	Michael Miller	33	M	St. Paul	MN	20	13:45	1:34	1:43	17	44:03	19.8	1:16	19	22:33	7:31	1:23:18
20	147	Jon Fuerstenberg	34	M	Stillwater	MN	8	10:49	1:14	2:09	24	47:18	18.4	1:06	18	22:27	7:29	1:23:46
21	256	Kyle King	33	M	Chaska	MN	25	15:49	1:48	1:33	16	43:56	19.8	0:54	16	21:41	7:14	1:23:52
22	129	Randy Fang	31	M	Plymouth	MN	17	13:07	1:30	0:55	26	47:25	18.3	0:59	23	23:38	7:53	1:26:01
23	393	Michael Rosow	33	M	Minneapolis	MN	23	14:13	1:37	2:00	23	47:07	18.5	0:55	24	23:39	7:53	1:27:52
24	342	Jonathan Neitzell	34	M	Victoria	MN	32	16:58	1:56	2:24	22	46:32	18.7	1:09	15	21:25	7:09	1:28:26
25	6	Gerardo Alcazar	30	M	Minneapolis	MN	27	16:06	1:50	2:43	25	47:23	18.4	1:12	29	25:36	8:32	1:32:57
26	323	Keith Meyer	32	M	Plymouth	MN	16											

27	311	Donny Martin	31	M	Eagan	MN	31	16:55	1:56	3:32	28	49:11	17.7	1:26	27	24:41	8:14	1:35:42
28	405	John H Scheef	31	M	Golden Valley	MN	24	14:51	1:42	2:36	33	52:18	16.6	1:05	28	25:25	8:29	1:36:12
29	276	R. Nicholas Lamoreaux	32	M	Eagan	MN	29	16:28	1:53	4:09	27	49:04	17.7	1:38	30	25:56	8:39	1:37:12
30	230	Jake Johnson	34	M	Medina	MN	35	19:02	2:10	3:01	29	49:20	17.6	2:23	26	24:21	8:07	1:38:04
31	10	Rhett Ambrose	32	M	Hopkins	MN	34	18:00	2:03	2:50	32	52:15	16.7	0:38	32	27:35	9:12	1:41:16
32	509	Kristopher Waldorf	33	M	Bloomington	MN	26	16:05	1:50	2:21	31	50:59	17.1	2:25	34	30:41	10:14	1:42:28
33	482	Chris Thomes	34	M	Victoria	MN	37	35:44	4:04	2:28	14	42:56	20.3	1:45	20	22:47	7:36	1:45:37
34	267	Paul Kobs	30	M	Minnetonka	MN	30	16:33	1:53	1:51	36	55:43	15.6	1:03	35	30:50	10:17	1:45:57
35	13	Jared Anderson	31	M	Minnetonka	MN	33	17:04	1:57	2:34	35	55:36	15.6	1:20	36	33:10	11:04	1:49:42
36	439	Joseph Simpson	34	M	Edina	MN	28	16:10	1:51	4:39	37	56:01	15.5	3:19	33	29:45	9:55	1:49:50
37	83	John Choi	30	M	New Hope	MN	36	23:20	2:39	2:11	30	49:58	17.4	2:44	37	37:58	12:40	1:56:08

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	400	Jeremy Sartain	35	M	St. Paul	MN	4	10:08	1:09	1:10	1	34:01	25.6	0:56	1	18:19	6:07	1:04:31
2	429	John Shelp	37	M	Maple Plain	MN	2	9:37	1:06	1:03	3	37:32	23.2	0:53	2	18:23	6:08	1:07:25
3	223	Thad Ingersoll	39	M	St. Paul	MN	1	8:43	1:00	1:18	7	39:43	21.9	0:51	3	18:29	6:10	1:09:02
4	409	Don Schmeichel	37	M	Andover	MN	5	10:08	1:09	1:27	2	37:26	23.2	0:47	17	22:21	7:27	1:12:06
5	530	Aaron Wilson	35	M	Eden Prairie	MN	9	11:38	1:20	1:01	6	39:38	22.0	0:45	4	19:23	6:28	1:12:23
6	19	Jon Armour	39	M	Golden Valley	MN	6	11:07	1:16	1:18	4	37:56	22.9	1:01	12	21:42	7:14	1:13:02
7	22	Derrick Avelar	36	M	Minnetrista	MN	13	13:00	1:29	1:23	5	39:18	22.1	0:50	5	20:11	6:44	1:14:39
8	332	Steve Mitchell	38	M	Minneapolis	MN	3	10:01	1:09	2:03	8	39:46	21.9	1:00	14	22:14	7:25	1:15:02
9	190	Andrew Hardacre	36	M	Minnetonka	MN	8	11:22	1:18	2:08	12	41:21	21.0	1:19	15	22:14	7:25	1:18:22
10	35	Kevin Bengtson	37	M	Minneapolis	MN	7	11:18	1:17	1:28	17	42:16	20.6	1:00	19	22:37	7:33	1:18:37
11	41	Eric Best	39	M	Chanhassen	MN	16	13:25	1:32	1:39	13	41:25	21.0	0:55	11	21:26	7:09	1:18:48
12	475	Tats Tanaka	37	M	St. Paul	MN	20	13:54	1:35	2:07	11	41:21	21.0	1:02	22	23:10	7:44	1:21:31
13	412	Jason Schmidt	37	M	Farmington	MN	26	14:31	1:39	1:41	14	41:29	21.0	0:58	23	23:13	7:45	1:21:50
14	17	Greg Aplund	37	M	Excelsior	MN	23	14:00	1:36	2:07	19	42:58	20.2	0:39	24	23:17	7:46	1:22:58
15	291	Dan Liske	37	M	Saint Louis Park	MN	35	15:08	1:44	2:06	18	42:31	20.5	1:12	18	23:33	7:31	1:23:27
16	43	Mike Blair	39	M	Prior Lake	MN	51	17:44	2:01	1:38	9	39:52	21.8	0:53	27	23:23	7:48	1:23:28
17	179	Guy Grindberg	37	M	Victoria	MN	36	15:16	1:45	2:26	16	41:45	20.8	0:51	26	23:20	7:47	1:23:35
18	206	Kevin Hill	39	M	Mpls.	MN	14	13:05	1:30	2:20	34	46:32	18.7	0:46	7	20:56	6:59	1:23:37
19	481	Shawn Thomas	36	M	Eden Prairie	MN	28	14:42	1:41	2:07	30	45:40	19.1	0:57	6	20:30	6:50	1:23:54
20	168	Jason Good	39	M	Victoria	MN	10	12:18	1:24	1:36	22	43:46	19.9	1:07	37	25:34	8:32	1:24:19
21	117	David Elliason	39	M	Northfield	MN	34	15:07	1:43	1:56	15	41:38	20.9	1:23	34	24:46	8:16	1:24:47
22	240	Tony Karels	39	M	Minnetonka	MN	29	14:48	1:41	2:36	21	43:38	19.9	1:54	16	22:14	7:25	1:25:08
23	424	Tom Segar	38	M	Minnetonka	MN	15	13:14	1:31	1:31	31	45:47	19.0	1:26	25	23:17	7:46	1:25:12
24	59	Jens Breiland	39	M	Arden Hills	MN	11	12:21	1:25	2:48	23	43:52	19.8	1:21	35	25:18	8:26	1:25:37
25	118	Barry Ellinger	35	M	Chaska	MN	22	13:57	1:36	2:03	26	45:01	19.3	1:18	29	23:55	7:59	1:26:10
26	389	Hugh Roberts	38	M	Chanhassen	MN	32	15:00	1:43	3:08	25	44:55	19.4	1:15	13	22:13	7:25	1:26:28
27	29	Dan Barsness	39	M	Victoria	MN	21	13:55	1:35	2:36	10	40:43	21.4	2:21	48	28:04	9:22	1:27:37
28	156	James Gaul	37	M	Bloomington	MN	17	13:41	1:34	3:19	38	48:05	18.1	1:30	8	21:09	7:03	1:27:41
29	75	Ben Carter	35	M	Eden Prairie	MN	31	14:57	1:42	1:47	29	45:30	19.1	1:29	31	24:21	8:07	1:28:02
30	26	Kevin Ballinger	36	M	Maple Grove	MN	49	17:15	1:58	1:59	33	46:29	18.7	1:26	9	21:11	7:04	1:28:17
31	50	Nathan Boike	36	M	St. Louis Park	MN	25	14:25	1:39	1:45	24	44:48	19.4	1:02	42	26:34	8:52	1:28:32
32	533	Garrett Wilson	38	M	Edina	MN	39	16:00	1:50	2:34	20	43:06	20.2	1:05	39	26:27	8:49	1:29:09
33	465	Scott Sutherland	38	M	Minneapolis	MN	52	17:56	2:03	2:54	32	45:57	18.9	1:15	10	21:13	7:05	1:29:12
34	488	Joe Toth	37	M	Mound	MN	47	16:50	1:55	2:34	27	45:10	19.3	1:12	28	23:48	7:56	1:29:31
35	352	Kurt Olsen	39	M	Nowthan	MN	41	16:12	1:51	1:52	36	46:40	18.6	1:14	36	25:24	8:28	1:31:19
36	518	Brad Webb	37	M	Woodbury	MN	24	14:21	1:38	2:24	44	49:00	17.8	1:26	30	24:12	8:04	1:31:21
37	28	Kenneth Barringer	35	M	Eagan	MN	12	12:47	1:28	3:17	40	48:23	18.0	1:23	38	25:35	8:32	1:31:23
38	452	Daniel Sobiech	38	M	Excelsior	MN	54	18:36	2:07	2:15	35	46:36	18.7	1:35	20	23:01	7:41	1:32:00
39	36	Andrew Berenberg	39	M	Plymouth	MN	19	13:52	1:35	2:33	37	46:48	18.6	1:38	46	27:23	9:08	1:32:11
40	61	Brant Buchika	38	M	Minnetonka	MN	43	16:25	1:52	3:29	50	50:51	17.1	0:33	21	23:07	7:43	1:34:23
41	200	Scott Henderson	37	M	Minneapolis	MN	33	15:05	1:43	2:55	42	48:51	17.8	2:59	33	24:37	8:13	1:34:24
42	193	Scott Haskins	37	M	Excelsior	MN	50	17:37	2:01	3:15	45	49:16	17.7	1:42	32	24:29	8:10	1:36:15
43	333	David Moen	39	M	Victoria	MN	38	15:58	1:49	4:14	28	45:27	19.1	2:24	51	29:03	9:41	1:37:03
44	114	Benjamin Duffy	36	M	Minneapolis	MN	46	16:44	1:54	3:16	47	50:36	17.2	1:37	43	26:52	8:58	1:39:02
45	281	Eric Lavigne	37	M	Minnetonka	MN	48	16:52	1:55	2:27	39	48:14	18.0	1:28	55	30:14	10:05	1:39:12
46	381	Robert Prater	36	M	Hinckley	MN	30	14:55	1:42	2:57	54	54:08	16.1	1:33	40	26:28	8:50	1:39:58
47	174	Andy Grant	38	M	Eden Prairie	MN	53	18:15	2:05	3:41	43	48:51	17.8	1:55	45	27:21	9:07	1:40:00
48	63	Michiel Buenk	39	M	Minnetrista	MN	40	16:05	1:50	5:14	49	50:47	17.1	1:46	44	27:09	9:03	1:40:59
49	529	Pieter-Arie Wilschut	39	M	Crystal	MN	18	13:45	1:34	3:26	51	51:22	16.9	1:42	58	31:49	10:37	1:42:01
50	222	Ryan Hurt	36	M	Chanhassen	MN	37	15:22	1:45	2:33	52	53:07	16.4	1:35	52	29:34	9:52	1:42:09
51	77	John Chapman	36	M	Eagan	MN	57	21:00	2:24	3:33	41	48:28	18.0	1:29	49	28:05	9:22	1:42:33
52	93	Jason Collins	36	M	Becker	MN	27	14:36	1:40	2:31	53	53:46	16.2	1:08	57	31:06	10:22	1:43:05
53	293	Paul Long	39	M	Eden Prairie	MN	42	16:16	1:51	2:56	56	55:37	15.6	0:48	53	29:37	9:53	1:45:11
54	245	Wayne Kauchak	35	M	Victoria	MN	58	23:53	2:43	4:24	48	50:46	17.1	1:13	41	26:30	8:50	1:46:43
55	277	Mark Lappagaard	37	M	St. Paul	MN	44	16:31	1:53	2:43	59	1:02:51	13.8	1:17	47	27:33	9:11	1:50:52
56	146	Dan Fritz	37	M	Wayzata	MN	59	29:11	3:19	3:26	46	49:44	17.5	1:42	50	28:45	9:35	1:52:45
57	522	Jason Weirnerman	38	M	Little Falls	MN	45	16:37	1:54	5:26	55	55:37	15.6	1:55	59	33:16	11:06	1:52:48
58	24	Scott Bailey	38	M	Eagan	MN	56	19:57	2:16	3:57	57	1:00:47	14.3	0:30	56	31:03	10:21	1:56:11
59	338	Gregg Mueller	35	M	Minneapolis	MN	55	19:46	2:15	5:40	58	1:00:51	14.3	1:51	54	29:41	9:54	1:57:46

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	34	Kurt Becker	42	M	Afton	MN	1	9:37	1:06	1:04	4	39:02	22.3	0:58	3	19:57	6:39	1:10:35
2	176	Jeff Grebner	42	M	St. Paul	MN	3	10:37	1:13	1:23	5	39:16	22.2	0:41	6	20:59	7:00	1:12:54
3	355	Todd Olson	40	M	Edina	MN	2	10:24	1:11	1:38	9	41:14	21.1	1:00	5	20:43	6:55	1:14:58
4	49	Douglas Boehme	44	M	Woodbury	MN	5	12:00	1:22	1:19	7	40:12	21.6					

Table with columns: Bib, Name, Age, Sex, City, St, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Contains race results for various participants.

MALE AGE GROUP RESULTS 45 - 49

Table with columns: Place, Bib, Name, Age, Sex, City, St, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Contains race results for the 45-49 age group.

MALE AGE GROUP RESULTS 50 - 54

Table with columns: Place, Bib, Name, Age, Sex, City, St, Rank, Swim, 100yd, Trn.1, Rank, Bike, Rate, Trn.2, Rank, Run, Pace, Finish. Contains race results for the 50-54 age group.

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	55	Gary Bork	56	M	Eden Prairie	MN	1	10:38	1:13	1:28	1	38:30	22.6	1:06	2	21:17	7:06	1:12:55
2	263	Leonard Klun	55	M	Maple Plain	MN	3	12:01	1:22	1:59	2	41:02	21.2	0:52	1	20:12	6:44	1:16:04
3	292	Frank Lombardo	55	M	Lakeville	MN	5	13:21	1:31	2:01	7	44:22	19.6	1:08	3	21:57	7:19	1:22:45
4	225	Dennis Jabs	57	M	Shorewood	MN	11	16:39	1:54	1:49	3	41:41	20.9	1:25	5	22:51	7:37	1:24:22
5	486	Sonny Thweatt	58	M	Lakeville	MN	6	13:43	1:34	2:08	5	43:16	20.1	1:08	6	24:33	8:11	1:24:46
6	538	Mark Winholtz	57	M	Andover	MN	9	14:40	1:40	1:57	4	41:57	20.7	1:31	7	25:26	8:29	1:25:28
7	128	Mark Fallon	55	M	Minnetonka	MN	2	11:55	1:22	2:40	8	45:48	19.0	1:39	11	29:35	9:52	1:31:35
8	535	Roy Wilson	55	M	St Paul	MN	12	20:03	2:17	2:35	9	46:41	18.6	0:43	4	22:30	7:30	1:32:29
9	232	Walt Johnson	55	M	St Paul	MN	4	13:06	1:30	5:01	6	44:01	19.8	2:47	10	28:20	9:27	1:33:13
10	303	Tim Madigan	59	M	Fariabult	MN	8	14:23	1:39	3:49	11	50:59	17.1	1:44	9	28:01	9:21	1:38:54
11	239	Joe Kandiko	59	M	Excelsior	MN	7	13:50	1:35	2:06	10	48:41	17.9	1:36	12	34:54	11:38	1:41:05
12	331	Andy Mitchell	57	M	Minnetonka	MN	10	14:44	1:41	3:58	12	55:25	15.7	0:47	8	27:51	9:17	1:42:41

MALE 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
1	126	Benjamin Ewers	62	M	North Oaks	MN	2	12:44	1:27	1:36	1	37:31	23.2	1:17	1	21:21	7:07	1:14:27
2	320	Patrick McMorro	62	M	Eden Prairie	MN	1	11:37	1:20	2:33	2	43:01	20.2	1:06	2	23:40	7:54	1:21:54
3	218	Jerry House	61	M	Saint Paul	MN	5	20:25	2:20	3:23	3	50:20	17.3	1:42	3	23:48	7:56	1:39:35
4	406	John I Scheef	60	M	Plymouth	MN	4	18:24	2:06	6:14	4	52:15	16.7	2:06	4	24:34	8:12	1:43:31
5	30	James Barthel	62	M	Dellwood	MN	3	18:02	2:03	4:34	6	56:59	15.3	1:47	5	28:34	9:32	1:49:53
6	441	Richard Simpson	60	M	Chanhassen	MN	6	22:56	2:37	5:11	5	54:23	16.0	3:04	6	28:39	9:33	1:54:10

MALE 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
1	296	Gary Lund	65	M	Plymouth	MN	1	16:18	1:52	2:52	1	41:58	20.7	1:56	2	27:48	9:16	1:30:50
2	178	Larry Grimstad	66	M	Decorah	IA	3	20:28	2:20	3:51	2	59:23	14.7	1:34	1	25:58	8:40	1:51:11
3	448	Tom Smith	66	M	Eden Prairie	MN	2	17:30	2:00	5:18	3	1:04:04	13.6	2:26	3	37:09	12:23	2:06:24

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	318	Charles McJilton	78	M	Roseville	MN	1	21:07	2:24	9:27	1	1:10:21	12.4	6:05	1	50:12	16:44	2:37:09

Total Registered: 559
 Total Number of Individual Finishers: 457
 Total Number of Relay Finishers: 6
 Number of Male Finishers: 259
 Number of Female Finishers: 198
 Did not Finish Race or Did Not Start: 94