

Lake Minnetonka Triathlon - Summary Results/Teams 2017



Excelsior, MN 6/17/2017

Results Question?

LAKE MINNETONKA TRIATHLON Excelsior Commons - Excelsior, MN - June 17, 2017 1/2 Mile Swim - 15 Mile Bike - 3 Mile Run

Table with columns: Place, Div/Tot, Bib, Name, City, St, Age, Sex, Rank, SWIM, Pace, Trn.1, Rank, BIKE, MPH, Trn.2, Rank, RUN, Pace, FINISH. Lists 88 participants with their respective times and positions.

Table with columns for Rank, Time, Name, City, State, Age, Sex, and split times (e.g., 48 M, 234 19:53, 2:16, 2:34, 56, 41:04, 21.9, 1:11, 96, 21:48, 7:16, 1:26:29). Rows list individual participants and their performance metrics.

205	10/14	342	Clydja Ockerman	Brownston	MN	20	M	285	21:12	2:25	2:24	243	48:42	18.5	2:10	87	21:34	7:12	1:36:01
206	8/21	241	Jessica Kessler	Mendota Heights	MN	46	F	311	21:44	2:29	2:42	146	45:06	20.0	1:54	196	24:36	8:12	1:36:01
207	15/32	8	Cody Ahmann	Shakopee	MN	32	M	216	19:39	2:14	2:31	148	45:08	19.9	1:26	300	27:22	9:04	1:36:05
208	5/20	134	Jennie Fleurant	Chaska	MN	31	F	378	24:04	2:45	2:22	207	47:21	19.0	1:22	66	21:11	7:08	1:36:18
209	17/34	279	Richard Lindblom	Minnetonka	MN	57	M	138	17:41	2:01	2:40	188	46:40	19.3	1:02	336	28:18	9:26	1:36:18
210	16/32	19	Harrison Bachmann	Stillwater	MN	30	M	260	20:29	2:20	2:08	259	49:06	18.3	1:22	152	23:34	7:45	1:36:19
211	13/25	39	Dave Bernardy	Orono	MN	29	M	335	22:27	2:34	1:55	214	47:37	18.9	0:47	161	23:35	7:52	1:36:19
212	14/25	557	Kyle Scheeler	Saint Cloud	MN	28	M	179	18:50	2:09	2:20	283	50:03	18.0	2:10	137	23:00	7:40	1:36:21
213	9/25	310	Laurie McElmeel	Plymouth	MN	39	F	205	19:25	2:13	3:07	155	45:13	19.9	1:28	298	27:19	9:07	1:36:31
214	18/34	409	Mark Schultz	Prior Lake	MN	55	M	207	19:29	2:13	1:47	209	47:23	19.0	0:50	290	27:10	9:04	1:36:37
215	11/14	315	Matt Mehlhorn	Lakeville	MN	23	M	383	24:27	2:47	1:19	172	46:00	19.6	0:29	190	24:26	8:09	1:36:38
216	1/19	486	Brittany Vickers	Minneapolis	MN	25	F	371	23:25	2:40	2:30	194	46:53	19.2	0:53	156	23:18	7:46	1:36:57
217	9/13	474	Joe Toth	Mound	MN	45	M	413	26:07	2:59	2:33	80	42:31	21.2	0:59	209	24:52	8:18	1:37:00
218	17/32	516	Paul Youngberg	Minneapolis	MN	33	M	109	17:09	1:57	2:55	205	47:13	19.1	1:47	327	28:04	9:22	1:37:05
219	9/18	353	Peter Ortiz	Richfield	MN	16	M	341	22:34	2:34	2:22	210	47:26	19.0	0:58	170	23:48	7:56	1:37:06
220	23/32	511	Jeff Winter	Coon Rapids	MN	39	M	272	20:49	2:22	2:06	220	47:45	18.8	1:01	230	25:28	8:30	1:37:07
221	20/33	549	Lam Thai	Hennepin	MN	46	F	238	19:59	2:17	4:32	137	44:07	20.1	1:24	237	25:43	8:35	1:37:14
222	12/27	308	Karmin McDonald	Minneapolis	MN	43	F	282	21:04	2:24	3:05	258	49:45	18.3	1:34	118	22:33	7:31	1:37:19
223	21/26	370	Robert Prevost	Minneapolis	MN	40	M	274	20:52	2:23	2:27	190	46:43	19.3	1:32	246	25:56	8:39	1:37:27
224	22/26	93	Mike Craig	Shakopee	MN	42	M	175	18:43	2:08	2:40	236	48:16	18.6	0:53	281	26:59	9:00	1:37:29
225	4/11	396	Abby Saddler	Wayzata	MN	21	F	33	14:36	1:40	2:17	312	51:21	17.5	1:01	334	28:17	9:26	1:37:29
226	21/33	149	Timothy Garry	Austin	MN	45	M	356	23:02	2:38	2:24	206	47:20	19.0	1:17	159	23:29	7:50	1:37:31
227	19/34	66	Stephen Bullard	Minneapolis	MN	59	M	130	17:30	2:00	1:52	175	46:07	19.5	1:35	381	30:30	10:10	1:37:33
228	16/35	470	Jack Tiegs	Hugo	MN	51	M	309	21:40	2:28	3:21	198	46:56	19.2	3:12	121	22:38	7:33	1:37:44
229	10/13	412	Scott Searl	Mound	MN	45	M	184	18:52	2:09	3:04	131	44:37	20.2	1:12	351	29:00	9:40	1:37:44
230	20/34	503	Terry Wiens	Duluth	MN	59	M	336	22:28	2:34	2:12	212	47:28	19.0	1:24	187	24:21	8:07	1:37:51
231	15/25	118	Royce Durham	Wayzata	MN	26	M	230	19:52	2:16	3:47	306	50:54	17.7	0:46	131	22:50	7:37	1:38:07
232	10/25	175	Lisa Haney	Chanhassen	MN	36	F	328	22:16	2:32	2:23	264	49:17	18.3	1:48	116	22:29	7:30	1:38:11
233	13/27	38	Jody Bergstrom	Chanhassen	MN	41	F	201	19:22	2:13	3:07	352	53:29	16.8	1:05	72	21:18	7:06	1:38:20
234	5/10	223	Richard Jahnke	Edina	MN	60	M	182	18:51	2:09	3:29	204	47:13	19.1	1:22	305	27:29	9:10	1:38:22
235	17/35	288	Paul Lundeen	Buffalo	MN	54	M	355	22:59	2:37	3:02	165	45:47	19.7	1:37	214	25:02	8:21	1:38:25
236	21/34	447	Steve Stolz	Forest Lake	MN	57	M	164	18:27	2:06	2:34	173	46:01	19.6	1:07	380	30:30	10:10	1:38:36
237	6/20	217	Laura Hupp	Minneapolis	MN	31	F	251	20:18	2:19	1:16	237	48:28	18.6	0:57	316	27:40	9:14	1:38:38
238	22/34	296	Robert Marchetti	Champlin	MN	59	M	191	19:07	2:11	2:37	219	47:43	18.9	1:45	318	27:45	9:15	1:38:55
239	11/25	257	Pam Kosanek	Minnetonka	MN	39	F	214	19:37	2:14	1:59	141	44:53	20.1	1:04	393	31:27	10:29	1:38:59
240	22/33	233	Ward Johnson	Minneapolis	MN	46	M	256	20:25	2:20	3:38	162	45:37	19.7	2:41	275	26:45	8:55	1:39:04
241	14/27	108	Tesha Distad	Long Lake	MN	42	F	216	21:55	2:30	1:27	275	49:40	18.1	1:12	210	24:52	8:18	1:39:05
242	23/33	277	Mike Lesage	Tonka Bay	MN	47	M	415	26:15	2:59	3:10	147	45:07	19.9	1:03	172	23:50	7:57	1:39:23
243	12/25	99	Sarah Davis	Minneapolis	MN	39	F	180	18:50	2:09	2:57	307	50:57	17.7	1:16	242	25:49	8:37	1:39:46
244	2/19	143	Nicole Freeman	Rochester	MN	26	F	29	14:30	1:39	2:53	340	52:56	17.0	0:48	348	28:43	9:35	1:39:48
245	7/20	491	Amanda Ward	Roseville	MN	31	F	312	21:49	2:29	2:27	115	44:05	20.4	1:26	357	29:16	9:46	1:39:51
246	15/27	384	Susan Robbins	Eden Prairie	MN	43	F	313	21:50	2:29	2:25	234	48:14	18.7	1:04	257	26:22	8:48	1:39:53
247	24/33	155	Jason Good	Victoria	MN	47	M	352	22:52	2:36	1:32	176	46:08	19.5	0:56	344	28:32	9:31	1:39:59
248	13/25	576	Christine Ressler	Wayzata	MN	35	F	187	18:59	2:10	1:58	230	48:12	18.7	1:04	371	29:50	9:57	1:40:02
249	16/25	48	Evan Bjerke	Chaska	MN	27	M	249	20:16	2:19	2:09	321	51:43	17.4	0:49	221	25:15	8:25	1:40:09
250	23/26	30	George Beatty	Hudson	WI	40	M	144	17:54	2:02	4:02	202	47:12	19.1	3:12	322	27:57	9:19	1:40:15
251	23/34	110	Richard Dolski	Chaska	MN	59	M	200	21:30	2:27	3:19	184	46:33	19.3	1:19	312	27:37	9:13	1:40:17
252	4/8	141	Jade Frederickson	Lino Lakes	MN	19	F	209	19:30	2:13	2:19	376	54:49	16.4	0:45	133	22:55	7:39	1:40:17
253	18/35	151	John Gilje	Rosemount	MN	52	F	241	20:08	2:18	2:42	256	49:03	18.3	1:50	269	26:41	8:54	1:40:23
254	14/25	90	Jennifer Coolong	Minnetonka	MN	36	F	273	20:52	2:23	2:06	324	51:53	17.3	0:57	199	24:43	8:15	1:40:28
255	25/33	49	Brent Bjorneberg	Ramsey	MN	49	M	290	21:18	2:26	3:43	226	48:05	18.7	1:29	250	25:58	8:40	1:40:32
256	10/18	284	Brecklyn Lovaaas	Minnetonka	MN	13	M	228	19:51	2:16	1:36	372	54:32	16.5	0:54	168	23:47	7:56	1:40:38
257	19/35	105	Jack Dhamer	Wayzata	MN	53	M	261	20:31	2:20	3:02	269	49:31	18.2	0:53	274	26:45	8:55	1:40:41
258	20/35	389	Mike Rogers	Minneapolis	MN	52	M	314	21:51	2:29	2:35	228	48:07	18.7	1:48	259	26:22	8:48	1:40:41
259	26/33	214	John Hughes	Long Lake	MN	48	M	172	18:39	2:08	2:53	341	52:57	17.0	1:05	218	25:10	8:24	1:40:42
260	21/35	360	Paul Pasko	Minnetonka	MN	52	M	315	21:52	2:30	2:36	166	45:50	19.6	3:18	289	27:09	9:03	1:40:43
261	5/8	305	Kasey McArdle	Anoka	MN	16	F	31	14:32	1:40	3:08	348	53:04	17.0	1:03	550	29:00	9:40	1:40:44
262	3/19	325	Michelle Molitor	Belgrade	MN	27	F	224	19:48	2:15	2:38	325	51:54	17.3	1:09	223	25:16	8:26	1:40:45
263	24/26	416	Jacob Selseth	Long Lake	MN	43	M	286	21:12	2:25	2:26	197	46:56	19.2	1:40	347	28:36	9:32	1:40:49
264	3/7	72	Joan Casey	St Louis Park	MN	52	F	56	15:17	1:45	1:59	333	52:28	17.2	1:33	364	29:35	9:52	1:40:49
265	5/11	137	Jordyn Foley	White Bear Lake	MN	21	F	308	21:40	2:28	3:47	242	48:42	18.5	2:01	200	24:43	8:15	1:40:51
266	4/19	479	Abbey Tuchscherer	St. Louis Park	MN	25	F	36	14:39	1:40	2:12	390	56:04	16.1	1:08	278	26:52	8:58	1:40:52
267	16/27	64	Kari Broyles	Minnetonka	MN	40	F	218	19:41	2:15	2:48	297	50:40	17.8	0:42	284	27:06	9:02	1:40:54
268	17/27	313	Kelly McMahon	Chicago	IL	42	F	366	23:18	2:39	3:07	227	48:05	18.7	2:06	188	24:21	8:07	1:40:55
269	2/6	206	Susan Holt	Plymouth	MN	61	F	126	17:20	1:59	2:33	278	49:52	18.0	2:15	354	29:03	9:41	1:41:02
270	17/25	26	Spencer Barrett	Minnetonka	MN	26	M	142	17:52	2:02	3:39	362	53:56	16.7	0:42	216	25:02	8:21	1:41:10
271	9/21	244	Dina Khaled	Minneapolis	MN	46	F	305	21:34	2:28	2:13	282	50:03	18.0	1:32	245	25:56	8:39	1:41:16
272	11/13	356	Nicolas Oustlant	Minneapolis	MN	42	M	270	20:39	2:21	2:23	167	45:54	19.6	1:29	385	30:54	10:18	1:41:16
273	22/35	125	Kurtis Fechtmeyer	Minneapolis	MN	52	M	171	18:39	2:08	6:00	149	45:08	19.9	3:26	328	28:06	9:22	1:41:17
274	11/18	452	Joseph Struthers	Chanhassen	MN	12	M	237	19:58	2:17	4:02	380	55:06	16.3	0:38	92	21:42	7:14	

321	20/25	275	Evan Lembke	Minneapolis	MN	25	M	248	20:15	2:18	3:14	338	52:54	17.0	0:46	345	28:34	9:32	1:45:41
322	6/19	75	Sydney Chandler	Medicine Lake	MN	27	F	147	17:57	2:03	3:14	391	56:06	16.0	2:57	231	25:31	8:31	1:45:43
323	19/25	235	Jenica Jones	Oakdale	MN	36	F	236	19:58	2:17	2:51	369	54:23	16.5	1:00	309	27:36	9:12	1:45:46
324	28/33	274	Pj Lee	Deephaven	MN	46	M	239	20:00	2:17	2:15	337	52:51	17.0	1:43	353	29:03	9:41	1:45:49
325	7/19	488	Hannah Walsh	Bloomington	MN	25	F	163	18:22	2:06	3:19	335	52:45	17.1	1:14	376	30:13	10:02	1:45:51
326	14/18	166	Liam Gunsbury	Minneapolis	MN	15	M	340	22:32	2:34	2:37	407	58:33	15.4	0:39	86	21:34	7:12	1:45:52
327	26/35	189	Sinclair Heine	Chanhasseen	MN	51	M	428	28:23	3:14	4:05	287	50:08	18.0	1:09	117	22:31	7:31	1:46:14
328	27/34	232	Rolf Johnson	Eden Prairie	MN	58	M	285	19:50	2:16	3:42	360	53:51	16.7	0:50	335	28:17	9:26	1:46:27
329	26/32	67	Derek Bye	Burnsville	MN	35	M	222	19:46	2:15	4:01	379	54:58	16.4	1:16	261	26:30	8:50	1:46:29
330	15/18	250	Oliver Kirsch	St. Paul	MN	13	M	334	22:26	2:33	5:34	317	51:31	17.5	3:48	150	23:13	7:45	1:46:30
331	11/20	43	Melissa Beseres	Golden Valley	MN	34	F	227	19:50	2:16	4:18	345	55:29	17.0	1:49	319	27:46	9:16	1:46:40
332	27/35	328	David Moore	Saint Paul	MN	54	M	231	19:52	2:16	5:17	314	51:23	17.5	2:38	311	27:37	9:13	1:46:45
333	21/27	432	Andrea Snortland	Grand Forks	ND	41	F	277	20:55	2:23	3:12	304	50:53	17.7	2:06	368	29:43	9:55	1:46:46
334	21/25	7	Nima Ahmadi	Minneapolis	MN	25	M	101	16:54	1:56	4:45	368	54:14	16.6	0:47	375	30:11	10:04	1:46:50
335	28/34	365	George Pintelon	Cologne	MN	56	M	381	24:12	2:45	2:01	299	50:44	17.7	1:36	346	28:35	9:32	1:47:07
336	12/20	400	Katie Schafer	Farmington	MN	34	F	280	20:58	2:23	3:06	349	53:11	16.9	1:40	343	28:29	9:30	1:47:21
337	20/25	463	Cheryl Thiele	Chanhasseen	MN	37	F	405	25:30	2:54	1:39	377	54:56	16.4	1:41	165	23:40	7:54	1:47:25
338	29/34	425	Daniel Sieben	Edina	MN	58	M	382	24:17	2:46	2:42	289	50:16	17.9	1:56	337	28:19	9:27	1:47:28
339	8/11	323	Laura Mirray	Plymouth	MN	24	F	268	20:36	2:21	2:45	373	54:39	16.5	1:25	329	28:06	9:22	1:47:30
340	6/8	399	Kyra Sandness	Victoria	MN	16	F	176	18:47	2:08	2:37	394	56:38	15.9	0:33	352	29:01	9:41	1:47:34
341	12/21	354	Carol Osterhus	Minnetonka	MN	48	F	294	21:22	2:26	2:21	383	55:27	16.2	1:28	292	27:12	9:04	1:47:47
342	13/21	130	Colleen Finnegan	Minnetonka Beach	MN	48	F	145	17:55	2:03	3:36	399	57:09	15.7	2:12	280	26:56	8:59	1:47:47
343	6/10	112	Patrick Donlin	Wayzata	MN	62	M	438	30:24	3:28	2:57	245	48:44	18.5	1:45	179	24:07	8:03	1:47:55
344	30/34	320	Peter Miller	Zimmerman	MN	59	M	332	22:24	2:33	3:39	305	50:54	17.7	1:38	360	29:26	9:49	1:47:57
345	26/26	76	John Chapman	Eagan	MN	44	M	384	24:30	2:47	2:42	285	50:04	18.0	1:19	366	29:41	9:54	1:48:13
346	29/33	477	Jason Trucano	Excelsior	MN	45	M	407	25:38	2:55	5:30	355	53:36	16.8	1:43	97	21:50	7:17	1:48:15
347	16/18	451	Daniel Strovers	Excelsior	MN	15	M	365	23:18	2:39	1:58	398	57:03	15.8	0:21	238	25:43	8:35	1:48:22
348	30/33	497	Neil Weinstein	Minneapolis	MN	45	M	399	25:09	2:52	3:39	271	49:36	18.1	1:49	332	28:14	9:25	1:48:25
349	21/25	404	Joy Schlager	Maplewood	MN	38	F	368	23:21	2:40	2:14	353	53:33	16.8	0:57	341	28:26	9:29	1:48:29
350	28/35	254	Randy Knutson	Mankato	MN	54	M	213	19:36	2:14	2:20	233	48:13	18.7	2:25	424	36:01	12:21	1:48:34
351	29/35	276	Ian Leonard	Eden Prairie	MN	51	M	420	26:57	3:04	3:03	266	49:19	18.2	2:02	301	27:22	9:08	1:48:42
352	8/19	501	Emily Whitcomb	Saint Paul	MN	25	F	296	21:23	2:26	3:23	290	50:19	17.9	1:43	398	32:00	10:40	1:48:45
353	30/35	473	Jeff Tortelli	Minnetonka	MN	50	M	217	19:39	2:14	2:38	332	52:26	17.2	1:29	407	32:46	10:56	1:48:50
354	13/20	96	Amy Cryer	Minneapolis	MN	34	F	369	23:23	2:40	3:01	367	54:14	16.6	1:22	286	27:07	9:03	1:49:05
355	31/35	164	Curt Gunsbury	Minneapolis	MN	50	M	303	21:33	2:27	2:20	385	55:46	16.1	1:10	340	28:20	9:27	1:49:07
356	9/19	84	Lisa Cole	Inver Grove Height	MN	25	F	431	28:32	3:15	2:33	280	50:01	18.0	1:27	264	26:36	8:52	1:49:07
357	1/7	349	Lisa Olson	Minnetrista	MN	43	F	411	25:58	2:58	2:42	274	49:39	18.1	1:34	359	29:18	9:46	1:49:09
358	22/25	367	Steven Porter	Minneapolis	MN	27	M	265	20:33	2:21	3:00	354	53:34	16.8	1:03	387	31:02	10:21	1:49:10
359	22/25	366	Marissa Poissant	Woodbury	MN	35	F	432	29:08	3:19	2:45	363	54:00	16.7	2:04	76	21:21	7:07	1:49:16
360	7/8	550	Madison Barry		MN	18	F	393	24:50	2:50	1:58	241	48:39	18.5	1:15	403	32:35	10:52	1:49:16
361	14/20	316	Heidi Meulners	Crystal	MN	33	F	299	21:28	2:27	3:16	270	49:34	18.2	2:33	406	32:40	10:54	1:49:29
362	15/20	208	Sarah Holton	Minneapolis	MN	30	F	149	17:58	2:03	4:28	382	55:21	16.3	2:06	373	29:57	9:59	1:49:47
363	14/21	478	Joanne Tschida	Mendota Heights	MN	46	F	397	24:58	2:51	4:08	322	51:48	17.4	2:04	297	27:19	9:07	1:50:14
364	13/14	556	James Ericson		MN	24	M	281	20:59	2:23	3:34	364	54:08	16.6	1:24	378	30:15	10:05	1:50:18
365	32/35	453	Mark Stuhlmüller	Excelsior	MN	50	M	279	20:57	2:23	3:46	359	53:50	16.7	1:18	388	31:02	10:21	1:50:51
366	3/9	211	Jerry House	Woodbury	MN	69	M	386	24:35	2:48	5:45	347	53:04	17.0	1:49	239	25:45	8:35	1:50:56
367	10/19	11	Erike Anderson	Hutchinson	MN	26	F	338	22:31	2:34	2:29	389	56:02	16.1	0:56	355	29:07	9:43	1:51:02
368	11/19	514	Sara Wunderlich	Minnetonka	MN	27	F	255	20:22	2:19	7:06	343	52:57	17.0	2:21	338	28:19	9:27	1:51:02
369	27/32	269	Kevin Larson	St. Louis Park	MN	39	M	439	30:33	3:29	3:10	272	49:37	18.1	1:59	243	25:52	8:38	1:51:51
370	22/27	415	Barbara Seifert	Shorewood	MN	41	F	292	21:18	2:26	4:14	387	55:59	16.1	2:16	314	27:38	9:13	1:51:24
371	7/10	467	Gary Thrasher	Moorhead	MN	64	M	333	22:25	2:33	4:57	370	54:29	16.5	1:33	339	28:20	9:27	1:51:42
372	4/9	364	Doug Pfaff	Minneapolis	MN	73	M	322	22:07	2:31	4:25	334	52:39	17.1	2:08	382	30:35	10:12	1:51:51
373	14/14	554	Christian Roemhildt		MN	23	M	441	30:46	3:30	4:17	298	50:43	17.7	2:02	192	24:27	8:09	1:52:13
374	27/32	448	Patrick Strait	Edina	MN	34	M	295	21:22	2:26	4:13	422	1:01:12	14.7	1:21	182	24:42	8:04	1:52:19
375	28/32	231	Nick Johnson	Plymouth	MN	39	M	372	23:27	2:40	4:22	315	51:24	17.5	3:07	374	30:10	10:02	1:52:21
376	23/25	265	Dorelle Landsteiner	Minneapolis	MN	35	F	353	22:53	2:36	2:44	344	52:58	17.0	1:20	409	32:50	10:57	1:52:42
377	12/19	140	Ashley Fotso	Bloomington	MN	29	F	233	19:53	2:16	3:23	403	58:17	15.4	1:59	358	29:17	9:46	1:52:46
378	23/25	156	Jonathan Goodman	New Brighton	MN	27	M	318	22:01	2:30	3:13	356	53:37	16.8	1:43	402	32:23	10:48	1:52:54
379	4/6	398	Michel Sanders	Saint Paul	MN	63	F	379	24:09	2:45	3:18	328	52:09	17.3	1:49	397	31:54	10:38	1:53:18
380	16/20	517	Kelly Zabel	St. Louis Park	MN	30	F	361	23:12	2:39	4:10	395	56:41	15.9	1:24	321	27:56	9:19	1:53:21
381	15/21	515	Michelle Young	Maple Grove	MN	45	F	416	26:39	3:02	3:09	401	57:13	15.7	1:58	205	24:44	8:15	1:53:41
382	17/20	184	Karalee Haugan	Minnetonka	MN	33	F	22	14:13	1:37	5:42	409	58:41	15.3	2:32	405	32:36	10:52	1:53:41
383	13/19	437	Callie Stark	Minnetonka	MN	27	F	339	22:31	2:34	4:57	342	52:57	17.0	2:20	390	31:14	10:25	1:53:57
384	28/32	424	Aaron Sieben	Richfield	MN	31	M	410	25:52	2:57	3:21	346	53:04	17.0	1:35	383	30:35	10:12	1:54:24
385	14/19	45	Jessica Besonen	Greenfield	MN	29	F	259	20:29	2:20	2:26	410	58:47	15.3	1:56	391	31:16	10:26	1:54:51
386	23/27	306	Kara McCarty	Baraboo	WI	42	F	243	20:13	2:18	3:36	326	51:56	17.3	1:58	432	37:18	12:26	1:54:59
387	24/25	358	Quannah Parker-Mcgowan	Edina	MN	36	F	421	26:58	3:04	2:31	393	56:35	15.9	1:42	306	27:32	9:11	1:55:16
388	9/11	390	Morgan Rogers	Minneapolis	MN	24	F	380	24:10	2:45	2:11	428	1:02:38	14.4	1:15	229	25:28	8:30	1:55:41
389	2/7	481	Amy Uszynski	Xenia	OH	41	F	391	24:45	2:49	3:00	371	54:30	16.5	1:49	396	31:44	10:35	1:55:46
390	33/35	13	Troy Anderson	Long Lake	MN	54	M	221	19:46	2:15	4:30	388	56:01	16.1	2:10	415	33:25	11:09	1:55:51
391	16/21	472	Alison Torinus	Mendota Heights	MN	45	F	417	26:42										

437	19/20	295 Jillian Manning	Ely	MN	31 F	449 35:04	3:59	3:00	439 1:07:30	13.3	1:01	254	26:18	8:46	2:12:50
438	11/11	114 Ellen Donovan	Mendota Heights	MN	22 F	396 24:58	2:51	2:26	444 1:11:24	12.6	2:07	423	35:57	11:59	2:16:50
439	4/7	161 Angela Gritton	Brooklyn Park	MN	39 F	302 21:32	2:27	3:34	443 1:10:34	12.8	2:17	438	39:28	13:10	2:17:24
440	32/32	304 Chris Mattson	Prior Lake	MN	39 M	440 30:37	3:29	3:17	421 1:00:59	14.8	2:03	442	40:47	13:36	2:17:41
441	13/13	410 Andy Schwandt	Prior Lake	MN	41 M	400 25:14	2:52	2:32	441 1:09:03	13.0	2:31	435	38:32	12:51	2:17:50
442	20/20	16 Miranda Aubart	Edina	MN	30 F	442 31:01	3:32	3:22	438 1:06:47	13.5	2:46	425	36:06	12:02	2:20:01
443	5/7	303 Teresa Mathieu	Stillwater	MN	49 F	444 31:11	3:33	3:15	434 1:05:49	13.7	1:58	437	39:08	13:03	2:21:19
444	32/32	502 Kyle Whitmore	Jordan	MN	32 M	360 23:08	2:38	5:16	445 1:14:45	12.0	1:16	434	38:19	12:47	2:22:43
445	6/7	377 Shannon Reagan	Monticello	MN	40 F	422 27:05	3:05	2:40	447 1:15:40	11.9	1:00	440	39:48	13:16	2:26:11
446	7/7	171 Anoushka Haas	Minneapolis	MN	42 F	447 32:45	3:44	3:02	440 1:08:18	13.2	2:39	446	45:07	15:03	2:31:49
447	33/33	508 Charles Wilson	Plymouth	MN	48 M	426 28:10	3:12	3:44	448 1:18:08	11.5	2:11	443	41:11	13:44	2:33:23
448	10/10	42 Frederick Beseler	La Crosse	WI	62 M	446 31:19	3:34	4:40	420 1:00:55	14.8	3:30	450	56:45	18:55	2:37:06
449	35/35	240 Daniel Kessler	Chaska	MN	52 M	387 24:35	2:48	3:48	449 1:30:25	10.0	5:43	447	50:27	16:49	2:54:56
450	21/21	528 Michelle Love	Chaska	MN	49 F	403 25:27	2:54	4:44	450 1:43:35	8.7	1:00	449	54:27	18:09	3:09:12
451	34/34	142 Kenneth Freed	Minneapolis	MN	56 M	443 31:02	3:32	11:08							3:16:17

MALE RELAY RESULTS

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank Swim	Pace	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish				
1	546	Werk Warriors Terry Werk , Troy Werk , Derek Werk	1	17:31	2:00	1:01	1	48:19	18.6	0:30	1	24:19	8:07	1:31:38

FEMALE RELAY RESULTS

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank Swim	Pace	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish				
1	539	Blister sisters Genevieve McJilton , Pauline McJilton , Kathleen Penge	3	21:33	2:27	0:45	1	45:53	19.6	0:42	3	39:26	13:09	1:48:17
2	540	Chill mamas Sarah Chillo , Molly Jeatran , Sarah Chillo	2	18:20	2:05	0:49	2	1:02:51	14.3	0:45	2	26:18	8:46	1:49:02
3	537	80's Ladies & a Chlorine Sophia Rogney , Robin Ockerman , Melanie Rogney	1	14:15	1:38	1:00	3	1:16:05	11.8	0:31	1	26:17	8:46	1:58:06

COED RELAY RESULTS

Place	Bib	TEAM NAME & SWIMMER, BIKER, RUNNER	Rank Swim	Pace	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish				
1	543	Team Currie Maria Currie , Juli Currie , Peter Currie	1	12:52	1:28	0:45	2	42:28	21.2	0:39	2	18:59	6:20	1:15:41
2	542	Stormy Burrecks Kristina Burrack , Adam Burrack , Adam Burrack	3	19:13	2:11	0:59	3	42:50	21.0	1:08	1	18:14	6:05	1:22:23
3	538	Big Island Blondes Fritz Arnason , Matt Arnason , Anne Arnason	4	20:08	2:18	0:50	1	41:41	21.6	0:44	3	21:52	7:18	1:25:12
4	544	Team Light Roehl Charlie Roehl , Sam Roehl , Charlotte Roehl	2	18:06	2:04	1:15	4	46:04	19.5	0:57	5	26:43	8:55	1:33:03
5	545	The 3 Biers Robert Bierman , Susan Bierman , Ellen Bierman	6	21:56	2:30	1:20	6	56:17	16.0	0:43	4	26:12	8:44	1:46:26
6	541	Hot n Beefy Lisha McConnell , Jason Wilkerson , Lisha McConnell	5	20:21	2:19	1:19	5	56:00	16.1	0:59	6	32:02	10:41	1:50:39

PENALTY TIME ISSUED

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

Bib	Name	City	St	Age	Sex	Rank SWIM	100yd	Trn.1 Rank	BIKE	MPH	Trn.2 Rank	RUN	Pace	FINISH			
179	Rachael Harbort	Afton	MN	44 F	F	1	7:18	0:50	2:32	1	46:51	19.2	1:22	2	26:12	8:44	1:48:13
312	Hannah McKenzie	New Hope	MN	31 F	F	2	8:40	1:00	6:23	4	59:21	15.2	2:25	3	31:32	10:31	1:24:19
234	Chris Johnston	Orono	MN	48 M	M	6	33:34	3:49	5:16	6	1:20:15	11.2	2:53	1	1:01	0:21	2:02:58
380	David Richardson	Fargo	ND	45 M	M	3	57:40	15.6	2:49	4	33:08	11:03	2:05:50				
73	Manuel Castillo III	Minneapolis	MN	48 M	M	3	15:38	1:47	7:24	5	1:08:21	13.2	5:33	5	36:42	12:14	2:13:36
324	Andy Mitchell	Minnetonka	MN	65 M	M	5	21:42	2:28	5:08	2	57:07	15.8	2:27				
361	Kara Pederson	Bloomington	MN	43 F	F	4	18:35	2:07									

OVERALL MALE ELITE RESULTS

Place	Bib	Name	City	St	Age	Rank Swim	100yd	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish				
1	14	Nathan Ansbaugh	Minneapolis	MN	30	3	12:48	1:28	0:57	2	35:51	25.1	0:38	3	17:01	5:41	1:07:13
2	1	Brooks Grossinger	Mayer	MN	40	8	14:12	1:37	0:55	1	35:29	25.4	0:47	2	16:53	5:38	1:08:15
3	386	Jordan Roby	St. Louis Park	MN	27	6	13:58	1:36	0:54	3	35:54	25.1	0:43	4	17:04	5:42	1:08:30
4	285	Brett Lovaa	Minnetonka	MN	42	2	12:44	1:27	0:53	4	37:21	24.1	0:42	8	19:30	6:30	1:11:07
5	302	Patrick Marzolf	St. Paul	MN	34	1	11:53	1:21	1:01	10	39:30	22.8	0:51	5	18:05	6:02	1:11:17
6	331	Scott Myers	Plymouth	MN	41	4	13:34	1:33	1:04	5	37:29	24.0	1:03	6	18:37	6:13	1:11:46
7	55	Jake Braam	Elysian	MN	26	10	14:49	1:41	1:03	9	38:47	23.2	0:46	1	16:28	5:30	1:11:51
8	193	Eric Hendrickson	Minnetonka	MN	37	7	13:59	1:36	0:49	7	38:29	23.4	0:42	7	18:59	6:20	1:12:56
9	403	Tony Schiller	Eden Prairie	MN	59	5	13:57	1:36	1:21	6	38:10	23.6	0:44	9	19:37	6:31	1:13:43
10	180	Andrew Hardacre	Excelsior	MN	44	9	14:41	1:41	1:54	8	38:40	23.3	1:05	10	21:20	7:07	1:17:39

OVERALL FEMALE ELITE RESULTS

Place	Bib	Name	City	St	Age	Rank Swim	100yd	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish				
1	2	Christina Roberts	St. Louis Park	MN	31	1	12:51	1:28	0:56	3	40:24	22.3	0:42	1	18:34	6:12	1:13:25
2	498	Margaret Weiss	Excelsior	MN	22	2	13:29	1:32	1:34	1	38:40	23.3	0:57	3	20:06	6:42	1:14:43
3	22	Olivia Bagnall	Lakeville	MN	26	3	13:50	1:35	1:16	4	41:08	21.9	0:45	2	19:53	6:38	1:16:49
4	507	Liv Williamsen	Chanhausen	MN	39	6	14:16	1:38	1:15	2	40:09	22.4	0:49	4	20:42	6:54	1:17:10
5	330	Andrea Myers	Plymouth	MN	41	4	13:51	1:35	0:50	5	41:37	21.6	0:53	5	20:51	6:57	1:18:01
6	459	Kristina Swenson	Rogers	MN	20	5	13:55	1:35	0:50	6	41:40	21.6	0:58	6	22:24	7:28	1:19:45

OVERALL MALE CLYDESDALE RESULTS

Place	Bib	Name	City	St	Age	Rank Swim	100yd	Trn.1 Rank	Bike Rate	Trn.2 Rank	Run	Pace	Finish
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1	249	Brian Kirkvold	Excelsior	MN	39	1	12:09	1:23	1:48	2	41:06	21.9	0:51	3	21:59	7:20	1:17:52
2	87	Ryan Collins	St. Louis Park	MN	41	6	17:38	2:01	1:41	1	39:21	22.9	0:37	1	21:29	7:10	1:20:44
3	327	Tyson Mollitor	Belgrade	MN	28	4	17:06	1:57	2:17	6	44:04	20.4	1:00	2	21:39	7:13	1:26:04
4	34	Bill Benning	Lakeville	MN	55	9	19:18	2:12	1:47	5	43:52	20.5	0:58	4	23:41	7:54	1:29:35
5	395	Brian Ross	Shorewood	MN	41	5	17:18	1:58	2:14	4	43:28	20.7	0:51	9	26:33	8:51	1:30:23
6	102	Charles Delbridge	Minneapolis	MN	36	7	18:04	2:04	1:34	10	46:27	19.4	1:00	5	24:27	8:09	1:31:30
7	3	Chris Abbott	Minneapolis	MN	29	3	17:02	1:57	2:55	8	45:09	19.9	1:09	7	25:20	8:27	1:31:33
8	326	Tiana Mollitor	Belgrade	MN	28	2	14:34	1:40	2:04	11	51:21	17.5	0:33	8	25:41	8:34	1:34:11
9	474	Joe Toth	Mound	MN	45	13	26:07	2:59	2:33	3	42:31	21.2	0:59	6	24:52	8:18	1:37:00
10	412	Scott Searl	Mound	MN	45	8	18:52	2:09	3:04	7	44:37	20.2	2:12	10	29:00	9:40	1:37:44
11	356	Nicolas Hantlant	Minneapolis	MN	42	10	20:39	2:21	2:23	9	45:54	19.6	1:29	11	30:54	10:18	1:41:16
12	176	Phillip Hanlon	Plymouth	MN	43	11	23:07	2:38	4:14	12	53:20	16.9	2:59	12	36:28	12:10	2:00:07
13	410	Andy Schwandt	Prior Lake	MN	41	12	25:14	2:52	2:32	13	1:09:03	13.0	2:31	13	38:32	12:51	2:17:50

OVERALL FEMALE ATHENA RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	349	Lisa Olson	Minnetrusta	MN	43	4	25:58	2:58	2:42	1	49:39	18.1	1:34	1	29:18	9:46	1:49:09
2	481	Amy Uszynski	Xenia	OH	41	3	24:45	2:49	3:00	2	54:30	16.5	1:49	2	31:44	10:35	1:55:46
3	363	Shannon Pettitt	Inver Grove Height	MN	46	2	21:34	2:28	3:03	3	57:12	15.7	1:54	3	36:42	12:14	2:00:23
4	161	Angela Gritton	Brooklyn Park	MN	39	1	21:32	2:27	3:34	6	1:10:34	12.8	2:17	5	39:28	13:10	2:17:24
5	303	Teresa Mathieu	Stillwater	MN	49	6	31:11	3:33	3:15	4	1:05:49	13.7	1:58	4	39:08	13:03	2:21:19
6	377	Shannon Reagan	Monticello	MN	40	5	27:05	3:05	2:40	7	1:15:40	11.9	1:00	6	39:48	13:16	2:26:11
7	171	Anoushka Haas	Minneapolis	MN	42	7	32:45	3:44	3:02	5	1:08:18	13.2	2:39	7	45:07	15:03	2:31:49

TOP TEN SWIM TIMES

Place	Name	City	St	Age	S	Swim	100
Place	Name	City	St	Age	S	Time	yds
1	Patrick Marzolf	St. Paul	MN	34	M	11:53	1:21
2	Brian Kirkvold	Excelsior	MN	39	M	12:09	1:23
3	Adam Oliver	Edina	MN	30	M	12:20	1:25
4	Brett Lovaas	Minnetonka	MN	42	M	12:44	1:27
5	Nathan Ansbaugh	Minneapolis	MN	30	M	12:48	1:28
6	Christina Roberts	St. Louis Park	MN	31	F	12:51	1:28
7	Lucas Bagnall	Grand Rapids	MI	33	M	13:25	1:32
8	Margaret Weiss	Excelsior	MN	22	F	13:29	1:32
9	Tim Benjamin	Brooklyn Park	MN	38	M	13:31	1:33
10	Scott Myers	Plymouth	MN	41	M	13:34	1:33

TOP TEN BIKE TIMES

Place	Name	City	St	Age	S	Bike	Time	MPH
1	Brooks Grossinger	Mayer	MN	40	M	35:29	25.4	
2	Nathan Ansbaugh	Minneapolis	MN	30	M	35:51	25.1	
3	Steve Marshall	Wayzata	MN	45	M	35:51	25.1	
4	Jordan Roby	St. Louis Park	MN	27	M	35:54	25.1	
5	Phillip Falkner		MN	47	M	37:04	24.3	
6	Brett Lovaas	Minnetonka	MN	42	M	37:21	24.1	
7	Mark Senkowski	Woodbury	MN	45	M	37:21	24.1	
8	Scott Myers	Plymouth	MN	41	M	37:29	24.0	
9	Tim Nordberg	Chanhassen	MN	36	M	37:51	23.8	
10	Tony Schiller	Eden Prairie	MN	59	M	38:10	23.6	

TOP TEN RUN TIMES

Place	Name	City	St	Age	S	Run	Time	Pace
1	Jake Braam	Elysian	MN	26	M	16:28	5:30	
2	Brooks Grossinger	Mayer	MN	40	M	16:53	5:38	
3	Nathan Ansbaugh	Minneapolis	MN	30	M	17:01	5:41	
4	Jordan Roby	St. Louis Park	MN	27	M	17:04	5:42	
5	Pablo Sanchez	Saint Louis Park	MN	32	M	17:22	5:48	
6	Patrick Marzolf	St. Paul	MN	34	M	18:05	6:02	
7	Reese Thompson	Chanhassen	MN	15	M	18:07	6:03	
8	Stuart Baker	Saint Paul	MN	27	M	18:18	6:06	
9	Christina Roberts	St. Louis Park	MN	31	F	18:34	6:12	
10	Scott Myers	Plymouth	MN	41	M	18:37	6:13	

OVERALL MALE AGE GROUP RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	547	Phillip Falkner		MN	47	29	15:28	1:46	1:44	2	37:04	24.3	0:51	4	18:40	6:14	1:13:46
2	345	Adam Oliver	Edina	MN	30	1	12:20	1:25	1:15	32	40:29	22.2	0:49	10	19:10	6:24	1:14:02
3	300	Steve Marshall	Wayzata	MN	45	41	16:10	1:51	1:25	1	35:51	25.1	1:27	12	19:37	6:33	1:14:29
4	298	John Marshall	Minneapolis	MN	58	7	14:11	1:37	1:45	7	38:49	23.2	1:23	16	19:51	6:37	1:15:56
5	397	Pablo Sanchez	Saint Louis Park	MN	32	43	16:15	1:51	1:34	24	40:11	22.4	1:03	1	17:22	5:48	1:16:24
6	152	David Goldberg	Minnetrusta	MN	56	6	13:59	1:36	1:27	5	38:33	23.3	0:52	70	21:57	7:19	1:16:46
7	340	Tim Nordberg	Chanhassen	MN	36	45	16:22	1:52	1:34	4	37:51	23.8	0:59	40	21:02	7:01	1:17:47
8	59	Anders Broman	Eagan	MN	17	8	14:13	1:37	1:32	54	42:35	21.1	0:47	5	18:44	6:15	1:17:49
9	154	Ross Golla	Minnetonka	MN	38	96	18:07	2:04	1:03	12	39:09	23.0	0:53	9	19:03	6:21	1:18:12
10	239	Robert Kaufman	Chanhassen	MN	54	17	14:55	1:42	1:03	14	39:26	22.8	0:58	68	21:52	7:18	1:18:13
11	101	Carter Deichman	Mankato	MN	16	14	14:48	1:41	0:43	63	43:22	20.8	0:38	7	18:54	6:18	1:18:24
12	480	Keith Tufte	Eden Prairie	MN	57	13	14:48	1:41	2:00	20	40:00	22.5	1:07	25	20:40	6:54	1:18:33
13	9	Greg Alexander	Plymouth	MN	39	27	15:26	1:46	1:45	30	40:26	22.3	0:35	28	20:47	6:56	1:18:56
14	374	Brian Quinn	Minneapolis	MN	33	44	16:17	1:51	1:52	15	39:30	22.8	1:39	17	19:51	6:37	1:19:06
15	50	Mike Blair	Prior Lake	MN	47	46	16:24	1:52	1:46	6	38:48	23.2	0:46	56	21:28	7:10	1:19:10
16	129	Sean Finn	Savage	MN	51	69	17:10	1:57	1:17	23	40:08	22.4	0:51	14	19:47	6:36	1:19:11
17	464	Shawn Thomas	Chanhassen	MN	44	49	16:31	1:53	2:01	22	40:05	22.5	0:50	15	19:49	6:37	1:19:14
18	170	Jeffrey Gustafson	Chanhassen	MN	31	22	15:13	1:44	2:07	37	40:49	22.0	0:57	21	20:10	6:44	1:19:14
19	341	Riant Northway	Lake Shore	MN	35	77	17:20	1:59	1:04	9	39:05	23.0	0:52	34	20:56	6:59	1:19:16
20	103	Stephen Dennison	Maple Grove	MN	22	4	13:37	1:33	2:44	50	42:16	21.3	1:02	13	19:47	6:36	1:19:24
21	23	Stuart Baker	Saint Paul	MN	27	74	17:18	1:58	2:57	17	39:48	22.6	1:08	3	18:18	6:06	1:19:26
22	290	Alan Lybeck	Minneapolis	MN	51	33	15:49	1:48	1:45	26	40:14	22.4	0:44	36	20:58	7:00	1:19:28
23	253	David Knack	Prior Lake	MN	54	28	15:27	1:46	1:40	31	40:26	22.3	1:00	41	21:06	7:02	1:19:37
24	347	Kevin Olsen	Orono	MN	58	19	14:59	1:43	1:37	11	39:09	23.0	0:40	101	23:15	7:45	1:19:37
25	337	Chris Nichols	Maple Grove	MN	38	62	16:55	1:56	1:15	21	40:02	22.5	0:41	38	20:59	7:00	1:19:51
26	230	Mike Johnson	St Louis Park	MN	49	30	15:41	1:47	1:41	29	40:25	22.3	1:13	33	20:55	6:59	1:19:52
27	61	Brian Brophy	Bloomington	MN	42	15	14:51	1:42	2:14	41	41:19	21.8	1:14	30	20:50	6:57	1:20:26
28	417	Mark Senkowski	Woodbury	MN	45	121	19:20	2:12	1:47	3	37:21	24.1	0:48	49	21:19	7:07	1:20:34
29	153	Zach Goldberg	Minnetrusta	MN	22	26	15:21	1:45	1:21	45	41:59	21.4	0:41	45	21:14	7:05	1:20:35
30	83	Matthew Colaizy	Minneapolis	MN	41	58	16:50	1:55	1:51	28	40:24	22.3	0:52	39	21:02	7:01	1:20:57
31	10	Ricardo Amaya	Minneapolis	MN	49	78	17:25	1:59	0:53	13	39:10	23.0	2:25	52	21:23	7:08	1:21:14
32	216	Lang Hunt	Minneapolis	MN	47	18	14:55	1:42	1:42	34	40:37	22.2	1:19	88	22:53	7:38	1:21:25
33	122	Nicholas Essma	Edina	MN	49	23	15:14	1:44	2:24	25	40:11	22.4	1:02	85	22:48	7:36	1:21:37
34	548	Kirk Vesterstein		MN	55	97	18:08	2:04	2:05	8	38:57	23.1	0:44	69	21:53	7:18	1:21:45
35	147	Will Gallagher	St. Michael	MN	19	5	13:38	1:33	1:44	79	44:04	20.4	1:32	31	20:51	6:57	1:21:47
36	282	Jacob Liston	Minneapolis	MN	40	76	17:19	1:59	1:50	33	40:33	22.2	1:08	54	21:25	7:09	1:22:13
37	468	Billy Thureson	Plymouth	MN	23	24	15:17	1:45	2:13	44	41:46	21.5	0:58	72	22:02	7:21	1:22:14

38	252 Leonard Klun	Maple Plain	MN	63	47	16:29	1:53	1:50	43	41:44	21.6	1:12	44	21:10	7:04	1:22:22
39	450 John Strawn	St Louis Park	MN	35	72	17:17	1:58	1:05	48	42:06	21.4	1:01	35	20:58	7:00	1:22:24
40	203 Trevor Hohertz	Minnetonka	MN	28	53	16:40	1:54	1:39	42	41:37	21.6	1:07	57	21:31	7:11	1:22:32
41	332 Jim Nock	Madison Lake	MN	57	56	16:49	1:55	1:40	10	39:07	23.0	1:05	127	24:20	8:07	1:22:44
42	311 Matthew McKeever	Hutchinson	MN	27	12	14:37	1:40	1:55	107	45:30	19.8	0:54	18	19:54	6:38	1:22:48
43	117 Joel Dunn	Sauk Centre	MN	37	65	17:04	1:57	1:00	18	39:51	22.6	1:05	119	23:53	7:58	1:22:51
44	199 Joel Hoekstra	Minneapolis	MN	47	157	20:17	2:19	2:52	16	39:44	22.7	1:14	6	18:49	6:17	1:22:53
45	191 Brian Heltemes	Chanhassen	MN	41	55	16:46	1:55	1:35	105	45:11	19.9	0:45	11	19:10	6:24	1:23:26
46	21 Lucas Bagnall	Grand Rapids	MI	33	2	13:25	1:32	1:50	93	44:44	20.1	0:51	82	22:41	7:34	1:23:28
47	15 Luke Anton	St. Anthony	MN	31	87	17:47	2:02	1:53	58	43:10	20.8	0:55	19	20:01	6:41	1:23:43
48	202 Joshua Hohertz	Shorewood	MN	29	54	16:42	1:54	2:08	96	44:52	20.1	1:15	8	18:58	6:20	1:23:54
49	460 Kyle Swenson	Rogers	MN	15	10	14:29	1:39	1:14	106	45:17	19.9	1:13	64	21:48	7:16	1:23:59
50	441 Kristian Stoeckel	Plymouth	MN	44	93	18:02	2:03	1:36	39	41:04	21.9	1:34	67	21:51	7:17	1:24:05
51	553 Rich Graske			57	59	16:53	1:56	1:54	55	42:39	21.1	0:59	63	21:47	7:16	1:24:09
52	77 Tony Chiodi	St Paul	MN	23	101	18:12	2:05	1:47	27	40:14	22.4	1:16	95	23:07	7:43	1:24:34
53	264 Peter Lancaster	Minneapolis	MN	62	52	16:36	1:54	2:02	46	42:00	21.4	1:03	97	23:09	7:43	1:24:48
54	469 Derek Thurmes	St. Paul	MN	35	124	19:23	2:13	1:26	52	42:30	21.2	0:52	50	21:20	7:07	1:25:29
55	187 Lukas Hedberg	Lakeville	MN	36	95	18:06	2:04	2:33	40	41:14	21.8	2:23	51	21:22	7:08	1:25:36
56	294 Scott Maloney	Savage	MN	40	36	15:57	1:49	1:40	57	42:53	21.0	0:42	132	24:29	8:10	1:25:38
57	466 Reese Thompson	Chanhassen	MN	15	31	15:47	1:48	2:12	180	49:10	18.3	0:41	2	18:07	6:03	1:25:55
58	41 Josh Bertelson	Plymouth	MN	37	25	15:19	1:45	1:18	64	43:22	20.8	1:29	140	24:48	8:16	1:26:14
59	60 David Brooks	Brooklyn Park	MN	48	144	19:53	2:16	2:34	38	41:04	21.9	1:11	65	21:48	7:16	1:26:29
60	393 Kyle Rooney	Minnetonka	MN	40	48	16:30	1:53	2:38	97	44:58	20.0	1:03	53	21:24	7:08	1:26:30
61	420 Shan Sharif	Saint Paul	MN	30	91	17:58	2:03	2:20	19	39:51	22.6	0:51	162	25:48	8:36	1:26:45
62	423 Eric Showers	Minnetonka	MN	54	75	17:18	1:58	2:01	47	42:04	21.4	1:19	125	24:14	8:05	1:26:52
63	69 Andy Carl	Woodbury	MN	57	21	15:10	1:44	1:59	49	42:15	21.3	1:14	170	26:21	8:47	1:26:57
64	188 Matt Hedberg	Chanhassen	MN	42	63	16:56	1:56	2:30	99	45:05	20.0	1:07	55	21:27	7:09	1:27:03
65	33 Tim Benjamin	Brooklyn Park	MN	38	3	13:31	1:33	1:42	53	42:32	21.2	1:07	219	28:28	9:30	1:27:18
66	289 Anthony Lutovsky	Eagan	MN	25	154	20:15	2:18	2:05	69	43:33	20.7	0:52	26	20:41	6:54	1:27:25
67	221 Ron Jacobsen	Chaska	MN	53	20	15:06	1:43	2:19	61	43:17	20.8	1:16	155	25:37	8:33	1:27:33
68	172 Dan Hackenberg	Eden Prairie	MN	44	67	17:09	1:57	2:03	91	44:40	20.1	1:10	80	22:37	7:33	1:27:37
69	82 Jacob Clements	St. Paul	MN	23	37	16:01	1:50	1:47	125	46:17	19.4	0:50	89	22:56	7:39	1:27:50
70	63 Steven Brouwer	Waverly	MN	38	151	20:10	2:18	1:27	56	42:51	21.0	0:48	83	22:44	7:35	1:27:59
71	383 Jim Robbins	Eden Prairie	MN	43	145	19:55	2:16	2:09	62	43:18	20.8	1:31	47	21:15	7:05	1:28:06
72	505 Chris Wilhoit	Saint Louis Park	MN	47	139	19:48	2:15	2:14	36	40:43	22.1	1:35	117	23:53	7:58	1:28:11
73	37 Amir Berenjason	Minneapolis	MN	33	109	18:43	2:08	2:27	90	44:40	20.1	1:17	42	21:07	7:03	1:28:13
74	418 Bradley Severson	Minnetonka	MN	50	80	17:29	2:00	2:20	110	45:41	19.7	1:42	43	21:08	7:03	1:28:19
75	145 Jonathan Fritz	Chanhassen	MN	22	51	16:34	1:53	2:08	134	46:46	19.2	0:27	84	22:46	7:36	1:28:39
76	243 Andy Kester	Victoria	MN	44	9	14:28	1:39	2:01	136	46:54	19.2	1:44	108	23:38	7:53	1:28:43
77	200 Bryan Hoelzer	Rochester	MN	42	60	16:54	1:56	2:07	115	45:58	19.6	1:29	76	22:20	7:27	1:28:48
78	25 Ryan Barnes	Maple Grove	MN	38	120	19:20	2:12	1:13	66	43:29	20.7	1:12	118	23:53	7:58	1:29:04
79	68 Josh Campbell	Minneapolis	MN	36	130	19:35	2:14	1:51	75	43:53	20.5	1:03	86	22:49	7:37	1:29:09
80	106 Steven Dillner	Ramsey	MN	40	98	18:09	2:04	1:59	51	42:29	21.2	1:13	151	25:20	8:27	1:29:09
81	449 Steve Strait	Maple Grove	MN	31	125	19:27	2:13	2:16	78	44:00	20.5	1:12	75	22:18	7:26	1:29:11
82	17 Mark Augdahl	Chaska	MN	52	40	16:09	1:51	2:13	114	45:54	19.6	1:28	106	23:31	7:51	1:29:14
83	135 Brice Floyd	Polk City	IA	29	112	18:50	2:09	2:31	60	43:12	20.8	1:29	104	23:20	7:47	1:29:19
84	462 Tyler Theobald	Neenah	WI	28	108	18:41	2:08	2:28	123	46:08	19.5	0:57	46	21:15	7:05	1:29:28
85	78 Matthew Chipman	Eagan	MN	17	11	14:32	1:40	1:34	124	46:15	19.5	1:18	167	25:58	8:40	1:29:36
86	509 Garrett Wilson	Edina	MN	46	79	17:26	1:59	2:18	73	43:52	20.5	1:15	141	24:52	8:18	1:29:43
87	411 Nathan Scott	Eagan	MN	25	114	18:53	2:09	3:38	108	45:31	19.8	1:12	27	20:46	6:56	1:29:57
88	484 Travis Van Neste	Excelsior	MN	43	240	24:50	2:50	1:13	35	40:39	22.1	0:47	79	22:35	7:32	1:30:01
89	476 Joe Traxler	Victoria	MN	23	195	21:58	2:30	1:34	76	43:55	20.5	1:04	61	21:38	7:13	1:30:06
90	54 James Boucher	Minneapolis	MN	34	166	20:33	2:21	3:17	92	44:41	20.1	1:37	20	20:02	6:41	1:30:08
91	220 Mike Hurley	Edina	MN	48	159	20:20	2:19	2:41	87	44:32	20.2	1:05	73	22:11	7:24	1:30:47
92	85 Tom Coles	Apple Valley	MN	56	35	15:56	1:49	3:39	77	43:59	20.5	2:15	148	25:10	8:24	1:30:57
93	438 Brady Steinbach	Minneapolis	MN	26	118	19:07	2:11	2:26	100	45:06	20.0	1:23	94	23:05	7:42	1:31:04
94	319 Mark Miller	Omaha	NE	32	68	17:10	1:57	2:51	165	48:15	18.7	1:55	37	20:58	7:00	1:31:06
95	133 Greg Fletcher	Chanhassen	MN	62	50	16:32	1:53	2:17	71	43:43	20.6	1:58	177	26:40	8:54	1:31:08
96	160 Conor Green	Edina	MN	37	32	15:47	1:48	3:35	161	47:59	18.8	1:04	92	23:02	7:41	1:31:25
97	100 Carson Deichman	Mankato	MN	14	34	15:51	1:49	0:50	195	50:30	17.8	0:37	111	23:42	7:54	1:31:28
98	91 Bill Copenhagen	Minnetonka	MN	41	84	17:40	2:01	1:30	85	44:30	20.2	1:31	171	26:22	8:48	1:31:32
99	280 Dave Link	Eden Prairie	MN	50	82	17:32	2:00	2:22	70	43:39	20.6	0:56	189	27:12	9:04	1:31:40
100	207 Jack Holthusen	Minneapolis	MN	16	129	19:33	2:14	2:00	172	48:44	18.5	0:56	24	20:39	6:53	1:31:50
101	121 Jeff Engel	Chaska	MN	51	86	17:44	2:01	2:44	126	46:31	19.3	1:19	109	23:38	7:53	1:31:54
102	458 Greg Swenson	Rogers	MN	48	39	16:09	1:51	1:56	82	44:11	20.4	1:28	213	28:17	9:26	1:31:59
103	173 Chris Hacker	Shorewood	MN	41	182	21:21	2:26	2:10	104	45:08	19.9	1:34	71	22:00	7:20	1:32:11
104	500 John Weum	Eden Prairie	MN	56	16	14:52	1:42	2:00	117	46:00	19.6	1:13	211	28:11	9:24	1:32:15
105	482 Andrew Valen	St. Paul	MN	28	122	19:20	2:12	3:07	98	45:04	20.0	1:18	110	23:39	7:53	1:32:26
106	391 Anthony Roman	Minneapolis	MN	33	57	16:50	1:55	2:27	130	46:37	19.3	2:13	135	24:43	8:15	1:32:49
107	278 Jason Lien	St. Paul	MN	45	168	20:33	2:21	2:19	65	43:26	20.7	1:27	146	25:07	8:23	1:32:50
108	32 Weldon Bell	Minnetonka	MN	39	228	23:20	2:40	2:13	135	46:47	19.2	0:35	22	20:27	6:49	1:33:19
109	492 Dustin Warner	Eden Prairie	MN	50	99	18:09	2:04	1:39	147	47:21	19.0	0:56	150	25:16	8:26	1:33:20
110	378 Dan Reitsma	Carver	MN	39	200	22:07	2:31	2:08	80	44:06	20.4	1:02	123	24:11	8:04	1:33:32
111	513 Bryan Wray	Eagan	MN	55	100	18:12	2:05	2:42	88	44:32	20.2	1:32	175	26:38	8:53	1:33:33
112	518 Erich Zeitz	Minnetonka	MN	52	104	18:30	2:07	2:50	128	46:34	19.3	1:05	134	24:37	8:13	1:33:34
113	483 Brian Van Batavia	Delano	MN	41	119	19:11	2:11	1:53	158	47:46	18.8	1:45	93	23:03	7:41	1:33:37
114	421 Derrick Shatava	Lino Lakes	MN	35	170	20:37	2:21	3:15	59	43:11	20.8	1:01	157	25:42	8:34	1:33:45
115	204 Travis Holium	Minneapolis	MN	35	92	17:58	2:03	2:36	81	44:09	20.4	1:46	193	27:21	9:07	1:33:48
116	309 Tom McDonald	Minneapolis	MN	48	70	17:15	1:58	2:58	74	43:53	20.5	1:48	207	27:58	9:20	1:33:51
117	215 Hans Hummel	Minnetrusta	MN	37	185	21:28	2:27	1:48	129	46:36	19.3	1:44	77	22:25	7:29	1:33:58
118	242 Ryan Kessler	Mendota Heights	MN													

154	149	Timothy Garry	Austin	MN	45	220	23:02	2:38	2:24	146	47:20	19.0	1:17	105	23:29	7:50	1:37:31
155	66	Stephen Bullard	Minneapolis	MN	59	81	17:30	2:00	1:52	121	46:07	19.5	1:35	234	30:30	10:10	1:37:33
156	470	Jack Tiegs	Hugo	MN	51	190	21:40	2:28	3:21	139	46:56	19.2	3:12	81	22:38	7:33	1:37:44
157	503	Terry Wiens	Duluth	MN	59	208	22:28	2:34	2:12	151	47:28	19.0	1:24	128	24:18	8:07	1:37:51
158	118	Royce Durham	Wayzata	MN	26	142	19:52	2:16	3:47	205	50:54	17.7	0:46	87	22:50	7:37	1:38:07
159	223	Richard Jahme	Edina	MN	60	113	18:51	2:09	3:29	144	47:13	19.1	1:22	197	27:29	9:01	1:38:22
160	288	Paul Lundeen	Buffalo	MN	54	219	22:59	2:37	3:02	112	45:47	19.7	1:37	143	25:02	8:21	1:38:25
161	447	Steve Stolz	Forest Lake	MN	57	103	18:27	2:06	2:34	119	46:01	19.6	1:07	233	30:30	10:10	1:38:36
162	296	Robert Marchetti	Champlin	MN	59	117	19:07	2:11	2:37	156	47:43	18.9	1:45	204	27:45	9:15	1:38:55
163	233	Ward Johnson	Minneapolis	MN	46	161	20:25	2:20	3:38	109	45:37	19.7	2:41	181	26:45	8:55	1:39:04
164	277	Mike Lesage	Tonka Bay	MN	47	250	26:15	2:59	3:10	101	45:07	19.9	1:03	115	23:50	7:57	1:39:23
165	155	Jason Good	Victoria	MN	47	217	22:52	2:36	1:32	122	46:08	19.5	0:56	220	28:32	9:31	1:39:59
166	48	Evan Bjerke	Chaska	MN	27	156	20:16	2:19	2:09	215	51:43	17.4	0:49	149	25:15	8:25	1:40:09
167	30	George Beatty	Hudson	WI	40	90	17:54	2:02	4:02	142	47:12	19.1	3:12	205	27:57	9:19	1:40:15
168	110	Richard Dolski	Chaska	MN	59	186	21:30	2:27	3:19	127	46:33	19.3	1:19	201	27:37	9:13	1:40:17
169	151	John Gilje	Rosemount	MN	52	150	20:08	2:18	2:42	177	49:03	18.3	1:50	178	26:41	8:54	1:40:23
170	49	Brent Bjorneberg	Ramsey	MN	49	181	21:18	2:26	3:43	162	48:05	18.7	1:29	168	25:58	8:40	1:40:32
171	284	Breckyn Lovaas	Minnetonka	MN	13	141	19:51	2:16	1:36	238	54:32	16.5	0:54	112	23:47	7:56	1:40:38
172	105	Jack Dhamer	Wayzata	MN	53	165	20:31	2:20	3:02	184	49:31	18.2	0:53	180	26:45	8:55	1:40:41
173	389	Mike Rogers	Minneapolis	MN	52	193	21:51	2:29	2:35	163	48:07	18.7	1:48	172	26:22	8:48	1:40:41
174	214	John Hughes	Long Lake	MN	48	107	18:39	2:08	2:53	223	52:57	17.0	1:05	147	25:10	8:24	1:40:42
175	360	Paul Pasko	Minnetonka	MN	52	194	21:52	2:30	2:36	113	45:50	19.6	3:18	187	27:09	9:03	1:40:43
176	416	Jacob Selseth	Long Lake	MN	43	178	21:12	2:25	2:26	138	46:56	19.2	1:40	223	28:36	9:32	1:40:49
177	26	Spencer Barrett	Minnetonka	MN	26	89	17:52	2:02	3:39	233	53:56	16.7	0:42	145	25:02	8:21	1:41:10
178	125	Kurtis Fechtmeyer	Minneapolis	MN	52	106	18:39	2:08	6:00	103	45:08	19.9	3:26	210	28:06	9:22	1:41:17
179	452	Joseph Struthers	Chanhassen	MN	12	146	19:58	2:17	4:02	241	55:06	16.3	0:38	62	21:42	7:14	1:41:26
180	297	Christopher Marshall	Plymouth	MN	46	158	20:19	2:19	3:49	175	48:51	18.4	2:00	176	26:38	8:53	1:41:35
181	92	Tom Couillard	White Bear Lake	MN	68	136	19:45	2:15	2:29	181	49:13	18.3	3:19	190	27:13	9:05	1:41:57
182	322	Bill Minge	Minneapolis	MN	65	239	24:36	2:48	3:33	159	47:50	18.8	1:53	126	24:14	8:05	1:42:04
183	405	Matthew Schlager	Maplewood	MN	37	221	23:04	2:38	2:26	170	48:43	18.5	1:55	169	26:04	8:42	1:42:11
184	4	Mike Abbott	Excelsior	MN	58	153	20:14	2:18	2:52	203	50:50	17.7	0:41	202	27:37	9:13	1:42:12
185	465	John Thomason	Minneapolis	MN	30	242	25:01	2:51	2:41	201	50:46	17.7	0:46	96	23:08	7:43	1:42:20
186	74	Nathan Cerra	St Louis Park	MN	39	169	20:34	2:21	2:51	187	49:41	18.1	1:36	203	27:40	9:14	1:42:20
187	408	Kurt Schultz	Lakeville	MN	54	180	21:16	2:25	2:19	137	46:56	19.2	1:40	237	30:40	10:14	1:42:49
188	334	Alex Neisen	Maple Grove	MN	31	88	17:50	2:02	3:19	216	52:22	17.2	1:48	198	27:32	9:11	1:42:50
189	169	Brandon Gustafson	Deephaven	MN	34	173	20:54	2:23	4:00	213	51:35	17.4	1:01	153	25:28	8:30	1:42:56
190	489	Bryan Walters	Milwaukee	WI	22	241	24:50	2:50	2:26	226	53:28	16.8	0:40	60	21:35	7:12	1:42:57
191	455	Michael Sund	Wayzata	MN	58	187	21:30	2:27	4:50	143	47:12	19.1	2:30	196	27:26	9:09	1:43:26
192	28	Jordan Baynard	Minneapolis	MN	32	192	21:43	2:28	3:05	198	50:37	17.8	1:18	182	26:49	8:57	1:43:29
193	58	Lewis Brien	Minneapolis	MN	31	162	20:25	2:20	5:12	217	52:24	17.2	1:12	129	24:25	8:09	1:43:35
194	177	Taylor Hanson	St. Paul	MN	25	202	22:14	2:32	3:33	222	52:55	17.0	0:50	122	24:24	8:03	1:43:39
195	475	Bill Traxler	Victoria	MN	54	232	24:00	2:44	3:18	150	47:28	19.0	1:00	206	27:58	9:20	1:43:42
196	430	Chase Smith	Minneapolis	MN	16	94	18:03	2:04	2:19	190	50:03	18.0	1:13	242	32:05	10:42	1:43:42
197	197	Nicholas Hinnerichs	Eden Prairie	MN	31	215	22:47	2:36	3:51	178	49:05	18.3	1:23	179	26:42	8:54	1:43:45
198	362	Mark Peterson	Purcellville	VA	54	218	22:57	2:37	1:37	196	50:32	17.8	0:50	208	27:59	9:20	1:43:52
199	348	Brandon Olson	New Hope	MN	30	184	21:28	2:27	4:11	188	50:02	18.0	2:05	186	27:08	9:03	1:44:53
200	97	John Daly	Deephaven	MN	34	245	25:37	2:55	2:38	168	48:33	18.5	2:16	164	25:56	8:39	1:44:59
201	222	Brad Jacobson	Delano	MN	32	231	23:56	2:44	2:58	235	54:10	16.6	0:52	102	23:16	7:46	1:45:10
202	273	Geoffrey Lee	Shorewood	MN	55	254	28:05	3:12	3:20	208	51:17	17.5	1:20	48	21:17	7:06	1:45:17
203	251	Jason Klema	Maple Grove	MN	42	252	26:57	3:04	3:17	194	50:25	17.9	1:44	91	23:01	7:41	1:45:23
204	422	Spencer Shonio	Minnetonka	MN	27	115	18:59	2:10	3:58	176	49:00	18.4	2:06	240	31:24	10:28	1:45:26
205	190	Keegan Helmke	Saint Paul	MN	16	226	23:16	2:39	2:44	183	49:24	18.2	0:43	227	29:36	9:52	1:45:41
206	275	Evan Lembke	Minneapolis	MN	25	155	20:15	2:18	3:14	221	52:54	17.0	0:46	221	28:34	9:32	1:45:41
207	274	Pj Lee	Deephaven	MN	46	148	20:00	2:17	2:15	220	52:51	17.0	1:43	224	29:03	9:41	1:45:49
208	166	Liam Gunsbury	Minneapolis	MN	15	209	22:32	2:34	2:37	252	58:33	15.4	0:39	58	21:34	7:12	1:45:52
209	189	Sinclair Heine	Chanhassen	MN	51	256	28:23	3:14	4:05	192	50:08	18.0	1:09	78	22:31	7:31	1:46:14
210	232	Rolf Johnson	Eden Prairie	MN	58	140	19:50	2:16	3:42	232	53:51	16.7	0:50	214	28:17	9:26	1:46:27
211	67	Derek Bye	Burnsville	MN	35	138	19:46	2:15	4:01	240	54:58	16.4	1:16	173	26:30	8:50	1:46:29
212	250	Oliver Kirsch	St. Paul	MN	13	206	22:26	2:33	5:34	211	51:31	17.5	3:48	99	23:13	7:45	1:46:30
213	328	David Moore	Saint Paul	MN	54	143	19:52	2:16	5:17	209	51:23	17.5	2:38	200	27:37	9:13	1:46:45
214	7	Nima Ahmadi	Minneapolis	MN	25	61	16:54	1:56	4:45	236	54:14	16.6	0:47	231	30:11	10:04	1:46:50
215	365	George Pintelon	Cologne	MN	56	233	24:12	2:45	2:01	200	50:44	17.7	1:36	222	28:35	9:32	1:47:07
216	425	Daniel Sieben	Edina	MN	58	234	24:17	2:46	2:42	193	50:16	17.9	1:56	216	28:19	9:27	1:47:28
217	112	Patrick Donlin	Wayzata	MN	62	261	30:24	3:28	2:57	171	48:44	18.5	1:45	121	24:07	8:03	1:47:55
218	320	Peter Miller	Zimmerman	MN	59	204	22:24	2:33	3:39	204	50:54	17.7	1:38	225	29:26	9:49	1:47:57
219	76	John Chapman	Egan	MN	44	236	24:30	2:47	2:42	191	50:04	18.0	1:19	228	29:41	9:54	1:48:13
220	477	Jason Trucano	Excelsior	MN	45	246	25:38	2:55	5:30	228	53:36	16.8	0:43	66	21:50	7:17	1:48:15
221	451	Daniel Strovers	Excelsior	MN	15	227	23:18	2:39	1:58	248	57:03	15.8	0:21	159	25:45	8:35	1:48:22
222	497	Neil Weinstein	Minneapolis	MN	45	243	25:09	2:52	3:39	185	49:36	18.1	1:49	212	28:14	9:25	1:48:25
223	254	Randy Knutson	Mankato	MN	54	131	19:36	2:14	2:20	164	48:13	18.7	2:25	255	36:01	12:01	1:48:34
224	276	Ian Leonard	Eden Prairie	MN	51	253	26:57	3:04	3:03	182	49:19	18.2	2:02	195	27:22	9:08	1:48:42
225	473	Jeff Tortelli	Minnetonka	MN	50	134	19:39	2:14	2:38	218	52:26	17.2	1:29	247	32:46	10:56	1:48:56
226	164	Curt Gunsbury	Minneapolis	MN	50	188	21:33	2:27	2:20	243	55:46	16.1	1:10	218	28:20	9:27	1:49:07
227	367	Steven Porter	Minneapolis	MN	27	167	20:33	2:21	3:00	227	53:34	16.8	1:03	238	31:02	10:21	1:49:10
228	556	James Ericson		MN	24	176	20:59	2:23	3:34	234	54:08	16.6	1:24	232	30:15	10:05	1:50:18
229	453	Mark Stuhlmuller	Excelsior	MN	50	175	20:57	2:23	3:46	231	53:50	16.7	1:18	239	31:02	10:21	1:50:51
230	211	Jerry House	Woodbury	MN	69	237	24:35										

OVERALL FEMALE AGE GROUP RESULTS

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	163	Jan Guenther	Long Lake	MN	58	17	15:54	1:49	1:44	5	41:12	21.8	0:46	4	20:50	6:57	1:20:24
2	18	Gillian Auslander	Minneapolis	MN	47	9	14:55	1:42	1:51	8	41:52	21.5	1:00	5	20:55	6:59	1:20:31
3	272	Catherine Lee	Minneapolis	MN	43	20	16:12	1:51	1:13	4	40:48	22.1	0:57	14	21:43	7:15	1:20:50
4	192	Kelly Heltemes	Chanhassen	MN	39	25	17:11	1:58	1:28	9	42:13	21.3	0:49	1	19:43	6:35	1:21:23
5	65	Isabella Buenting	Chanhassen	MN	14	2	14:15	1:38	1:00	18	44:31	20.2	0:46	6	20:56	6:59	1:21:27
6	373	Jody Quesnell	Arden Hills	MN	49	27	17:19	1:59	1:38	3	40:01	22.5	1:00	15	21:53	7:18	1:21:49
7	266	Molly Larew	Shanghai	PU	38	24	17:09	1:57	1:38	2	40:00	22.5	0:52	23	22:46	7:36	1:22:24
8	299	Sandy Marshall	Wayzata	MN	45	23	16:59	1:56	3:14	1	38:47	23.2	1:55	17	22:19	7:27	1:23:11
9	174	Naomi Hamer	Orono	MN	42	10	15:01	1:43	2:17	6	41:32	21.7	1:10	33	23:13	7:45	1:23:12
10	219	Julie Hurley	Excelsior	MN	44	30	17:34	2:00	2:12	7	41:49	21.5	1:05	13	21:40	7:14	1:24:19
11	433	Ann Snuggerd	Chaska	MN	49	21	16:22	1:52	1:50	10	43:25	20.7	1:03	27	22:57	7:39	1:25:35
12	236	Becca Joseph	Minnetonka	MN	42	18	16:09	1:51	1:36	34	47:10	19.1	1:03	12	21:22	7:08	1:27:18
13	138	Sarah Foley	Cologne	MN	46	26	17:14	1:58	2:18	17	44:30	20.2	0:54	31	23:12	7:44	1:28:07
14	6	Sara Ahlquist	Minnetonka	MN	47	22	16:31	1:53	1:42	20	44:38	20.2	1:00	52	25:22	8:28	1:29:10
15	440	Charleen Stoeckel	Plymouth	MN	36	54	19:09	2:11	2:10	13	44:03	20.4	0:57	28	22:59	7:40	1:29:16
16	414	Leslie Sedlak	Bloomington	MN	40	34	17:56	2:03	2:18	24	45:11	19.9	0:48	30	23:07	7:43	1:29:19
17	338	Sarah Nichols	Maple Grove	MN	39	32	17:53	2:02	1:21	31	46:14	19.5	0:46	34	23:17	7:46	1:29:29
18	127	Julie Feldman	Inver Grove Height	MN	35	42	18:37	2:07	1:31	11	43:44	20.6	0:59	47	24:46	8:16	1:29:34
19	213	Jill Hughes	Orono	MN	43	69	20:14	2:18	1:51	19	44:32	20.2	1:10	22	22:38	7:33	1:30:23
20	167	Helen Gunther	Excelsior	MN	60	43	18:38	2:07	1:45	21	44:48	20.1	1:03	41	24:27	8:09	1:30:39
21	71	Shannon Carroll	Eden Prairie	MN	37	65	19:52	2:16	2:15	28	45:21	19.8	1:13	25	22:49	7:37	1:31:29
22	262	Dawn Labiosa	Apple Valley	MN	52	13	15:16	1:45	2:16	32	46:52	19.2	1:00	62	26:21	8:47	1:31:43
23	270	Stefanie Larson	Plymouth	MN	41	7	14:38	1:40	2:05	36	47:37	18.9	1:26	59	26:06	8:42	1:31:50
24	86	Blair Collins	St. Louis Park	MN	34	74	20:32	2:20	2:16	27	45:16	19.9	0:59	24	22:49	7:37	1:31:52
25	136	Jillian Foerster	Des Moines	IA	31	11	15:03	1:43	2:26	58	49:19	18.2	0:49	39	24:17	8:06	1:31:52
26	194	Kelli Heytens	Brooklyn Park	MN	21	103	22:29	2:34	1:25	16	44:25	20.3	1:12	19	22:29	7:30	1:31:58
27	159	Heather Grazzini-Sims	Wayzata	MN	36	49	18:53	2:09	2:19	40	48:09	18.7	1:31	9	21:14	7:05	1:32:04
28	70	Sharon Carmody	St Louis Park	MN	57	29	17:32	2:00	1:43	30	46:12	19.5	1:18	55	25:33	8:31	1:32:16
29	47	Stephanie Bierman	Apple Valley	MN	23	3	14:19	1:38	1:47	99	53:45	16.7	0:40	16	21:54	7:18	1:32:22
30	227	Leanne Johansen	Wayzata	MN	41	16	15:53	1:49	2:40	43	48:13	18.7	1:17	43	24:39	8:13	1:32:40
31	209	Jenna Horner	Eden Prairie	MN	19	101	22:23	2:33	1:43	15	44:21	20.3	1:04	32	23:12	7:44	1:32:41
32	56	Laura Breidall	Eden Prairie	MN	33	46	18:48	2:09	1:31	46	48:32	18.5	1:10	29	23:01	7:41	1:33:02
33	286	Kate Lovrien	St Louis Park	MN	42	73	20:32	2:20	1:54	50	48:51	18.4	0:58	7	20:58	7:00	1:33:11
34	238	Rebecca Karnes	Mound	MN	40	122	24:33	2:48	2:18	29	45:34	19.8	0:57	3	20:15	6:45	1:33:36
35	148	Molly Garry	Austin	MN	14	19	16:11	1:51	2:27	80	51:52	17.4	0:44	18	22:24	7:28	1:33:37
36	446	Katie Stolz	Forest Lake	MN	24	107	22:41	2:35	1:58	49	48:50	18.4	1:00	2	20:04	6:42	1:34:31
37	368	Andrea Potyondy-Smith	Brooklyn Park	MN	40	45	18:48	2:09	2:04	12	44:00	20.5	1:16	106	29:07	9:43	1:35:13
38	57	Rachel Brekke	Tucson	AZ	31	15	15:27	1:46	3:38	38	47:57	18.8	1:07	77	27:08	9:03	1:35:15
39	52	Jill Bollettieri	Saint Louis Park	MN	47	12	15:05	1:43	2:19	73	50:50	17.7	0:54	64	26:25	8:49	1:35:32
40	555	Beth Trautman			50	91	21:36	2:28	1:55	25	45:13	19.9	0:56	58	25:58	8:40	1:35:36
41	248	Natalie Kirby	Deephaven	MN	36	53	19:07	2:11	2:25	56	49:17	18.3	0:59	37	23:49	7:57	1:35:36
42	241	Jessica Kessler	Mendota Heights	MN	46	93	21:44	2:29	2:42	23	45:06	20.0	1:54	42	24:36	8:12	1:36:01
43	134	Jennie Fleurant	Chaska	MN	31	119	24:04	2:45	2:22	35	47:21	19.0	1:22	8	21:11	7:04	1:36:18
44	310	Laurie McElmeel	Plymouth	MN	39	57	19:25	2:13	3:07	26	45:13	19.9	1:28	81	27:19	9:07	1:36:31
45	486	Brittany Vickers	Minneapolis	MN	25	116	23:25	2:40	2:30	33	46:53	19.2	0:53	35	23:18	7:46	1:36:57
46	308	Karmin McDonald	Minneapolis	MN	43	81	21:04	2:24	3:05	54	49:05	18.3	1:34	21	22:33	7:31	1:37:19
47	396	Abby Saddler	Wayzata	MN	21	6	14:36	1:40	2:17	77	51:21	17.5	1:01	96	28:17	9:26	1:37:29
48	175	Lisa Haney	Chanhassen	MN	36	100	22:16	2:32	2:23	57	49:17	18.3	1:48	20	22:29	7:30	1:38:11
49	38	Jody Bergstrom	Chanhassen	MN	41	55	19:22	2:13	3:07	97	53:29	16.8	1:05	10	21:18	7:06	1:38:20
50	217	Laura Hupp	Minneapolis	MN	31	70	20:18	2:19	1:16	45	48:28	18.6	0:57	88	27:40	9:14	1:38:38
51	257	Pam Kosanke	Minnetonka	MN	39	59	19:37	2:14	1:59	22	44:53	20.1	1:04	125	31:27	10:29	1:38:59
52	108	Tesha Distad	Long Lake	MN	42	96	21:55	2:30	1:27	62	49:40	18.1	1:32	48	24:52	8:18	1:39:05
53	99	Sarah Davis	Minneapolis	MN	39	47	18:50	2:09	2:57	75	50:57	17.7	1:16	56	25:49	8:37	1:39:46
54	143	Nicole Freeman	Rochester	MN	26	4	14:30	1:39	2:53	90	52:56	17.0	0:48	100	28:43	9:35	1:39:48
55	491	Amanda Ward	Roseville	MN	31	94	21:49	2:29	2:27	14	44:05	20.4	2:16	107	29:16	9:46	1:39:51
56	384	Susan Robbins	Eden Prairie	MN	43	95	21:50	2:29	2:25	44	48:14	18.7	1:04	63	26:22	8:48	1:39:53
57	576	Christine Ressler	Wayzata	MN	35	50	18:59	2:10	1:58	41	48:12	18.7	1:04	115	29:50	9:57	1:40:02
58	141	Jade Frederickson	Lino Lakes	MN	19	58	19:30	2:13	2:19	108	54:49	16.4	0:45	26	22:55	7:39	1:40:17
59	90	Jennifer Coolong	Minnetonka	MN	36	77	20:52	2:23	2:06	81	51:53	17.3	0:57	44	24:43	8:15	1:40:28
60	305	Kasey McArdle	Anoka	MN	16	5	14:32	1:40	3:08	95	53:04	17.0	1:03	102	29:00	9:40	1:40:44
61	325	Michelle Molitor	Belgrade	MN	27	61	19:48	2:15	2:38	82	51:54	17.3	1:09	51	25:16	8:26	1:40:45
62	72	Joan Casey	St Louis Park	MN	52	14	15:17	1:45	1:59	87	52:28	17.2	1:33	111	29:35	9:52	1:40:49
63	137	Jordyn Foley	White Bear Lake	MN	21	92	21:10	2:28	3:47	48	48:42	18.5	2:01	45	24:43	8:15	1:40:51
64	479	Abbey Tuchscherer	St. Louis Park	MN	25	8	14:39	1:40	2:12	116	56:04	16.1	1:08	71	26:52	8:58	1:40:52
65	64	Kari Broyles	Minnetonka	MN	40	60	19:41	2:15	2:48	72	50:40	17.8	0:42	75	27:06	9:02	1:40:54
66	313	Kelly McMahon	Chicago	IL	42	112	23:18	2:39	3:07	39	48:05	18.7	2:06	40	24:03	8:07	1:40:55
67	206	Susan Holt	Plymouth	MN	61	28	17:20	1:59	2:33	64	49:52	18.0	2:15	104	29:21	9:41	1:41:02
68	244	Dina Khaled	Minneapolis	MN	46	90	21:34	2:28	2:13	67	50:03	18.0	1:32	57	25:56	8:39	1:41:16
69	385	Deborah Roberts	Northfield	MN	66	51	19:04	2:10	2:17	65	49:56	18.0	1:24	101	28:50	9:37	1:41:29
70	229	Mary Johnson	St Louis Park	MN	53	56	19:25	2:13	3:22	69	50:13	17.9	1:34	74	27:05	9:02	1:41:37
71	123	Becca Eykyn	Chaska	MN	40	83	21:10	2:25	4:16	76	51:05	17.6	1:27	38	24:04	8:02	1:42:01
72	226	Jen Jensen	Victoria	MN	42	97	22:01	2:31	2:26	78	51:30	17.5	0:58	50	25:13	8:25	1:42:06
73	128	Amber Ferguson	St. Louis Park	MN	30	98	22:10	2:32	2:16	63	49:48	18.1	0:57	82	27:28	9:10	1:42:37
74	428	Jill Sinclair	Waconia	MN	50	62	19:50	2:16	3:26	68	50:06	18.0	1:28	91	27:49	9:17	1:42:38
75	381	Rachel Ridgeway	Clermont	FL	33	48	18:51	2:09	1:40	100	53:51	16.7	1:03	83	27:29	9:10	1:42:52
76	318	Libby Miller	Omaha	NE	32	76	20:48	2:22	3:54	61	49:38	18.1	1:51	68	26:43	8:55	1:42:52
77	198	Mona Hjerpe	Hutchinson	MN	52	37	18:08	2:04	2:22	84	52:08	17.3	0:54	110	29:28	9:50	1:42:58
78																	

110	514 Sara Wunderlich	Minnetonka	MN	27	71	20:22	2:19	7:06	92	52:57	17.0	2:21	97	28:19	9:27	1:51:02
111	415 Barbara Seifert	Shorewood	MN	41	86	21:18	2:26	4:14	114	55:59	16.1	2:16	87	27:38	9:13	1:51:24
112	265 Dorelle Landsteiner	Minneapolis	MN	35	110	22:53	2:36	2:44	93	52:58	17.0	1:20	133	32:50	10:57	1:52:42
113	140 Ashley Fotso	Bloomington	MN	29	66	19:53	2:16	3:23	124	58:17	15.4	1:59	108	29:17	9:46	1:52:46
114	398 Michel Sanders	Saint Paul	MN	63	120	24:09	2:45	3:18	85	52:09	17.3	1:49	127	31:54	10:38	1:53:18
115	517 Kelly Zabel	St. Louis Park	MN	30	111	23:12	2:39	4:10	120	56:41	15.9	2:24	92	27:56	9:19	1:53:21
116	515 Michelle Young	Maple Grove	MN	45	135	26:39	3:02	3:09	122	57:13	15.7	1:58	46	24:44	8:15	1:53:41
117	184 Karalee Haugan	Minnetonka	MN	33	1	14:13	1:37	5:42	126	58:41	15.3	2:32	130	32:36	10:52	1:53:41
118	437 Callie Stark	Minnetonka	MN	27	105	22:31	2:34	4:57	91	52:57	17.0	2:20	123	31:14	10:25	1:53:57
119	45 Jessica Besonen	Greenfield	MN	29	72	20:29	2:20	2:26	127	58:47	15.3	1:56	124	31:14	10:26	1:54:51
120	306 Kara McCarty	Baraboo	WI	42	68	20:13	2:18	3:36	83	51:56	17.3	1:58	144	37:18	12:26	1:54:59
121	358 Quannah Parker-Mcgowan	Edina	MN	36	137	26:58	3:04	2:31	118	56:35	15.9	1:42	84	27:32	9:11	1:55:16
122	390 Morgan Rogers	Minneapolis	MN	24	121	24:10	2:45	2:11	134	1:02:38	14.4	1:15	53	25:28	8:20	1:55:41
123	472 Alison Torinus	Mendota Heights	MN	45	136	26:42	3:03	2:25	106	54:39	16.5	1:32	122	31:03	10:31	1:56:19
124	162 Julie Grossman	St. Paul	MN	44	109	22:46	2:36	4:00	130	58:58	15.3	1:40	109	29:28	9:50	1:56:51
125	79 Anna Christensen	Chanhassen	MN	27	147	33:48	3:51	2:31	89	52:48	17.0	1:31	70	26:47	8:56	1:57:24
126	186 Natalie Heckert	Alexandria	MN	50	139	27:23	3:07	2:54	128	58:53	15.3	1:43	93	28:01	9:21	1:58:52
127	504 Jen Wieweck	Brooklyn Park	MN	41	134	26:08	2:59	2:34	110	55:12	16.3	1:22	137	33:47	11:16	1:59:02
128	109 Mia Divecha	Minneapolis	MN	25	131	25:28	2:54	3:10	132	1:00:20	14.9	1:03	120	30:16	10:06	2:00:15
129	20 Carla Baer	Shorewood	MN	49	82	21:06	2:24	4:54	131	59:43	15.1	2:05	132	32:52	10:56	2:00:35
130	493 Brenna Warren	Hopkins	MN	23	64	19:51	2:16	3:30	129	58:56	15.3	1:55	145	37:46	12:36	2:01:56
131	258 Jana Kramer	Edina	MN	49	118	24:04	2:44	3:31	113	55:53	16.1	1:30	143	37:12	12:24	2:02:08
132	89 Caitlin Connolly	Minneapolis	MN	27	133	25:39	2:55	2:30	136	1:03:36	14.2	1:07	114	29:43	9:55	2:02:33
133	335 Shannon Nelson	St Paul	MN	60	124	24:43	2:49	3:13	125	58:29	15.4	2:35	138	34:17	11:26	2:03:15
134	124 Pearl Fallin	Saint Paul	MN	15	31	17:40	2:01	1:31	146	1:15:36	11.9	1:12	85	27:34	9:12	2:03:31
135	36 Nea Bennington	Maple Grove	MN	29	140	28:15	3:13	4:17	137	1:04:21	14.0	0:58	79	27:18	9:06	2:05:05
136	407 Raela Schoenherr	St. Louis Park	MN	30	129	25:19	2:53	4:38	135	1:02:59	14.3	1:01	136	33:17	11:06	2:07:12
137	445 Jean Stoermer	Wayzata	MN	64	99	22:11	2:32	6:51	138	1:05:37	13.7	2:46	126	31:38	10:33	2:09:01
138	158 Melissa Grant	Chanhassen	MN	40	144	29:35	3:22	4:28	139	1:05:53	13.7	0:59	112	29:42	9:54	2:10:35
139	150 Abbie Gibbs	Grand Forks	ND	45	126	24:53	2:50	2:33	141	1:06:11	13.6	2:02	139	35:00	11:40	2:10:37
140	126 Christy Feist	Waconia	MN	39	143	29:11	3:19	5:24	133	1:00:26	14.9	2:43	134	33:02	11:01	2:10:43
141	471 Emily Timm	St. Louis Park	MN	25	138	27:15	3:06	4:28	123	57:20	15.7	1:46	146	40:05	13:22	2:10:53
142	485 Beth Vandervest	Victoria	MN	49	85	21:18	2:26	4:13	140	1:05:54	13.7	2:41	142	37:06	12:22	2:11:10
143	98 Kimberly David	Chanhassen	MN	42	145	30:23	3:28	4:24	144	1:10:06	12.8	0:57	72	26:56	8:59	2:12:45
144	295 Jillian Manning	Ely	MN	31	148	35:04	3:59	3:00	143	1:07:30	13.3	1:01	61	26:18	8:46	2:12:50
145	114 Ellen Donovan	Mendota Heights	MN	22	127	24:58	2:51	2:26	145	1:11:24	12.6	2:07	140	35:57	11:59	2:16:50
146	16 Miranda Aubart	Edina	MN	30	146	31:01	3:32	3:22	142	1:06:47	13.5	2:46	141	36:06	12:02	2:20:01
147	528 Michelle Love	Chaska	MN	49	130	25:27	2:54	4:44	147	1:43:35	8.7	1:00	147	54:27	18:09	3:09:12
	361 Kara Pederson	Bloomington	MN	43	40	18:35	2:07									

MALE AGE GROUP 19 - UNDER

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	59	Anders Bronan	Eagan	MN	17	2	14:13	1:37	1:32	1	42:35	21.1	0:47	2	18:44	6:15	1:17:49
2	101	Carter Deichman	Mankato	MN	16	5	14:48	1:41	0:43	2	43:22	20.8	0:38	3	18:54	6:18	1:18:24
3	147	Will Gallagher	St. Michael	MN	19	1	13:38	1:33	1:44	3	44:04	20.4	1:32	5	20:51	6:57	1:21:47
4	460	Kyle Swenson	Rogers	MN	15	3	14:29	1:39	1:14	4	45:17	19.9	1:13	8	21:48	7:16	1:23:59
5	466	Reese Thompson	Chanhassen	MN	15	6	15:47	1:48	2:12	8	49:10	18.3	0:41	1	18:07	6:03	1:25:55
6	78	Matthew Chipman	Eagan	MN	17	4	14:32	1:40	1:34	5	46:15	19.5	1:18	15	25:58	8:40	1:29:36
7	100	Carson Deichman	Mankato	MN	14	7	15:51	1:49	0:50	11	50:30	17.8	0:37	10	23:42	7:54	1:31:28
8	207	Jack Holthusen	Minneapolis	MN	16	9	19:33	2:14	2:00	7	48:44	18.5	0:56	4	20:39	6:53	1:31:50
9	353	Peter Ortiz	Richfield	MN	16	14	22:34	2:34	2:22	6	47:26	19.0	0:58	12	23:48	7:56	1:37:06
10	284	Breckyn Lovaas	Minnetonka	MN	13	10	19:51	2:16	1:36	13	54:32	16.5	0:54	11	23:47	7:56	1:40:38
11	452	Joseph Struthers	Chanhassen	MN	12	11	19:58	2:17	4:02	14	55:06	16.3	0:38	7	21:42	7:14	1:41:26
12	430	Chase Smith	Minneapolis	MN	16	8	18:03	2:04	2:19	10	50:03	18.0	1:13	18	32:05	10:42	1:43:42
13	190	Keegan Heimke	Saint Paul	MN	16	15	23:16	2:39	2:44	9	49:24	18.2	0:43	17	29:36	9:52	1:45:41
14	166	Liam Gunsbury	Minneapolis	MN	15	13	22:32	2:34	2:37	16	58:33	15.4	0:39	6	21:34	7:12	1:45:52
15	250	Oliver Kirsch	St. Paul	MN	13	12	22:26	2:33	5:34	12	51:31	17.5	0:48	9	23:13	7:45	1:46:30
16	451	Daniel Strovers	Excelsior	MN	15	16	23:18	2:39	1:58	15	57:03	15.8	0:21	14	25:43	8:35	1:48:22
17	494	Christian Wedin	Grand Forks	MN	19	17	25:51	2:57	3:02	18	1:03:52	14.1	0:55	13	24:48	8:16	1:58:26
18	165	John Gunsbury	Minneapolis	MN	15	18	28:25	3:14	2:09	17	1:00:17	14.9	1:03	16	27:37	9:13	1:59:29

FEMALE AGE GROUP 19 - UNDER

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	65	Isabella Buenting	Chanhassen	MN	14	1	14:15	1:38	1:00	2	44:31	20.2	0:46	1	20:56	6:59	1:21:27
2	209	Jenna Horner	Eden Prairie	MN	19	7	22:23	2:33	1:43	1	44:21	20.3	1:04	4	23:12	7:44	1:32:41
3	148	Molly Garry	Austin	MN	14	3	16:11	1:51	2:27	4	51:52	17.4	0:44	2	22:24	7:28	1:33:37
4	141	Jade Frederickson	Lino Lakes	MN	19	6	19:30	2:13	2:19	6	54:49	16.4	0:45	3	22:55	7:39	1:40:17
5	305	Kasey McArdle	Anoka	MN	16	2	14:32	1:40	3:08	5	53:04	17.0	1:03	6	29:00	9:40	1:40:44
6	399	Kyra Sandness	Victoria	MN	16	5	18:47	2:08	2:37	7	56:38	15.9	0:33	7	29:01	9:41	1:47:34
7	550	Madison Barry		18	8	24:50	2:50	1:58	3	48:39	18.5	1:15	8	32:35	10:52	1:49:16	
8	124	Pearl Fallin	Saint Paul	MN	15	4	17:40	2:01	1:31	8	1:15:36	11.9	1:12	5	27:34	9:12	2:03:31

MALE AGE GROUP 20 - 24

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish	
1	103	Stephen Dennison	Maple Grove	MN	22	1	13:37	1:33	2:44	4	42:16	21.3	1:02	1	19:47	6:36	1:19:24
2	153	Zach Goldberg	Minnetrista	MN	22	3	15:21	1:45	1:21	3	41:59	21.4	0:41	3	21:14	7:05	1:20:35
3	468	Billy Thureson	Plymouth	MN	23	2	15:17	1:45	2:13	2	41:46	21.5	0:58	7	22:02	7:21	1:22:14
4	77	Tony Chiodi	St Paul	MN	23	6	18:12	2:05	1:47	1	40:14	22.4	1:16	10	23:07	7:43	1:24:34
5	82	Jacob Clements	St. Paul	MN	23	4	16:01	1:50	1:47	8	46:17	19.4	0:50	9	22:56	7:39	1:27:50
6	145	Jonathan Fritz	Chanhassen	MN	22	5	16:34	1:53	2:08	9	46:46	19.2	0:27	8	22:46	7:36	1:28:39
7	476	Joe Traxler	Victoria	MN	23	11	21:58	2:30	1:34	5	43:55	20.5	1:04	6	21:38	7:13	1:30:06
8	401	Mitchell Schank	Woodbury	MN	21	8	19:29	2:13	1:51	12	51:16	17.6	1:09	2	20:54	6:58	1:34:37
9	185	Eli Heckert	Alexandria	MN	20	7	18:31	2:07	3:42	6	45:42	19.7	2:36	13	25:02	8:21	1:35:32
10	342	Clydja Ockerman	Brownston	MN	20	10	21:32	2:25	2:24	10	48:42	18.5	2:10	4	21:34	7:12	1:36:01
11	315	Matt															

10	493	Brenna Warren	Hopkins	MN	23	3	19:51	2:16	3:30	9	58:56	15.3	1:55	11	37:46	12:36	2:01:56
11	114	Ellen Donovan	Mendota Heights	MN	22	11	24:58	2:51	2:26	11	1:11:24	12.6	2:07	10	35:57	11:59	2:16:50

MALE AGE GROUP 25 - 29

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	23	Stuart Baker	Saint Paul	MN	27	5	17:18	1:58	2:57	1	39:48	22.6	1:08	1	18:18	6:06	1:19:26
2	203	Trevor Hohertz	Minnetonka	MN	28	2	16:40	1:54	1:39	2	41:37	21.6	1:07	7	21:31	7:11	1:22:32
3	311	Matthew McKeever	Hutchinson	MN	27	1	14:37	1:40	1:55	9	45:30	19.8	0:54	3	19:54	6:38	1:22:48
4	202	Joshua Hohertz	Shorewood	MN	29	3	16:42	1:54	2:08	6	44:52	20.1	1:15	2	18:58	6:20	1:23:54
5	289	Anthony Lutovsky	Eagan	MN	25	15	20:15	2:18	2:05	4	43:33	20.7	0:52	4	20:41	6:54	1:27:25
6	135	Brice Floyd	Polk City	IA	29	9	18:50	2:09	2:31	3	43:12	20.8	1:29	12	23:20	7:47	1:29:19
7	462	Tyler Theobald	Neenah	WI	28	7	18:41	2:08	2:28	12	46:08	19.5	0:57	6	21:15	7:05	1:29:28
8	411	Nathan Scott	Eagan	MN	25	10	18:53	2:09	3:38	10	45:31	19.8	1:12	5	20:46	6:56	1:29:57
9	438	Brady Steinbach	Minneapolis	MN	26	12	19:07	2:11	2:26	8	45:06	20.0	1:23	11	23:05	7:42	1:31:04
10	482	Andrew Valen	St. Paul	MN	28	13	19:20	2:12	3:07	7	45:04	20.0	1:18	14	23:39	7:53	1:32:26
11	551	Ryan Mathieu	Chaska	MN	26	23	22:43	2:35	4:16	5	44:12	20.4	1:21	8	22:12	7:24	1:34:42
12	376	Beau Raymond	Minneapolis	MN	25	18	20:21	2:19	2:19	11	46:03	19.5	1:50	16	24:43	8:15	1:35:14
13	39	Dave Bernardy	Orono	MN	29	22	22:27	2:34	1:55	13	47:37	18.9	0:47	13	23:35	7:52	1:36:19
14	557	Kyle Scheeler	Saint Cloud	MN	28	8	18:50	2:09	2:20	15	50:03	18.0	2:10	10	23:00	7:40	1:36:21
15	118	Royce Durhman	Wayzata	MN	26	14	19:52	2:16	3:47	16	50:54	17.7	0:46	9	22:50	7:37	1:38:07
16	48	Evan Ejerke	Chaska	MN	27	17	20:16	2:19	2:09	17	51:43	17.4	0:49	18	25:15	8:25	1:40:09
17	26	Spencer Barrett	Minnetonka	MN	26	6	17:52	2:02	3:39	22	53:56	16.7	0:42	17	25:02	8:21	1:41:10
18	177	Taylor Hanson	St. Paul	MN	25	21	22:14	2:32	3:33	19	52:55	17.0	0:50	15	24:09	8:03	1:43:39
19	422	Spencer Shonio	Minnetonka	MN	27	11	18:59	2:10	3:58	14	49:00	18.4	2:06	23	31:24	10:28	1:45:26
20	275	Evan Lembke	Minneapolis	MN	25	16	20:15	2:18	3:14	18	52:54	17.0	0:46	19	28:34	9:32	1:45:41
21	7	Nima Ahmadi	Minneapolis	MN	25	4	16:54	1:56	4:45	23	54:14	16.6	0:47	21	30:11	10:04	1:46:50
22	367	Steven Porter	Minneapolis	MN	27	19	20:33	2:21	3:00	20	53:34	16.8	1:03	22	31:02	10:21	1:49:10
23	156	Jonathan Goodman	New Brighton	MN	27	20	22:01	2:30	3:13	21	53:37	16.8	1:43	24	32:23	10:48	1:52:54
24	119	Eric Elgin	Minneapolis	MN	28	24	22:43	2:35	5:20	25	1:01:25	14.7	3:23	20	29:43	9:55	2:02:33
25	392	Maxwell Romanaggi	Minnetonka	MN	25	25	23:14	2:39	3:24	24	58:38	15.3	2:10	25	35:30	11:50	2:02:54

FEMALE AGE GROUP 25 - 29

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	486	Brittany Vickers	Minneapolis	MN	25	13	23:25	2:40	2:30	1	46:53	19.2	0:53	1	23:18	7:46	1:36:57
2	143	Nicole Freeman	Rochester	MN	26	1	14:30	1:39	2:53	8	52:56	17.0	0:48	10	28:43	9:35	1:39:48
3	325	Michelle Molitor	Belgrade	MN	27	5	19:48	2:15	2:38	5	51:54	17.3	1:09	2	25:16	8:26	1:40:45
4	479	Abbey Tuchscherer	St. Louis Park	MN	25	2	14:39	1:40	2:12	12	56:04	16.1	1:08	6	26:52	8:58	1:40:52
5	212	Kari Huderle	Eagan	MN	26	9	21:16	2:25	3:59	2	49:01	18.4	1:08	8	27:41	9:14	1:43:03
6	75	Sydney Chandler	Medicine Lake	MN	27	3	17:57	2:03	3:14	13	56:06	16.0	0:57	3	25:31	8:31	1:43:43
7	488	Hannah Walsh	Bloomington	MN	25	4	18:22	2:06	3:19	6	52:45	17.1	1:14	14	30:13	10:05	1:45:51
8	501	Emily Whitcomb	Saint Paul	MN	25	10	21:23	2:26	3:23	4	50:19	17.9	1:43	18	32:00	10:40	1:48:45
9	84	Lisa Cole	Inver Grove Height	MN	25	18	28:32	3:15	2:33	3	50:01	18.0	1:27	4	26:36	8:52	1:49:07
10	11	Erike Anderson	Hutchinson	MN	26	11	22:31	2:34	2:29	11	56:02	16.1	0:56	11	29:07	9:43	1:51:02
11	514	Sara Wunderlich	Minnetonka	MN	27	7	20:22	2:19	7:06	10	52:57	17.0	2:21	9	28:19	9:27	1:51:02
12	140	Ashley Fotso	Bloomington	MN	29	6	19:53	2:16	3:23	15	58:17	15.4	1:59	12	29:17	9:46	1:52:46
13	437	Callie Stark	Minnetonka	MN	27	12	22:31	2:34	4:57	9	52:57	17.0	2:20	16	31:14	10:25	1:53:57
14	45	Jessica Besonen	Greenfield	MN	29	8	20:29	2:20	2:26	16	58:47	15.3	1:56	17	31:16	10:26	1:54:51
15	79	Anna Christensen	Chanhausen	MN	27	19	33:48	3:51	2:31	7	52:48	17.0	1:31	5	26:47	8:56	1:57:24
16	109	Mia Divecha	Minneapolis	MN	25	14	25:28	2:54	3:10	17	1:00:20	14.9	1:03	15	30:16	10:06	2:00:15
17	89	Caitlin Connolly	Minneapolis	MN	27	15	25:39	2:55	2:30	18	1:03:36	14.2	1:07	13	29:43	9:55	2:02:33
18	36	Nea Bennington	Maple Grove	MN	29	17	28:15	3:13	4:17	19	1:04:21	14.0	0:58	7	27:18	9:06	2:05:05
19	471	Emily Tmm	St. Louis Park	MN	25	16	27:15	3:06	4:28	14	57:20	15.7	1:46	19	40:05	13:22	2:10:53

MALE AGE GROUP 30 - 34

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	345	Adam Oliver	Edina	MN	30	1	12:20	1:25	1:15	4	40:29	22.2	0:49	2	19:10	6:24	1:14:02
2	397	Pablo Sanchez	Saint Louis Park	MN	32	4	16:15	1:51	1:34	3	40:11	22.4	1:03	1	17:22	5:48	1:16:24
3	374	Brian Quinn	Minneapolis	MN	33	5	16:17	1:51	1:52	1	39:30	22.8	1:39	3	19:51	6:37	1:19:06
4	170	Jeffrey Gustafson	Chanhausen	MN	31	3	15:13	1:44	2:07	5	40:49	22.0	0:57	6	20:10	6:44	1:19:14
5	21	Lucas Bagnall	Grand Rapids	MI	33	2	13:25	1:32	1:50	10	44:44	20.1	0:51	11	22:41	7:34	1:23:28
6	15	Luke Anton	St. Anthony	MN	31	9	17:47	2:02	1:53	6	43:10	20.8	0:55	4	20:01	6:41	1:23:43
7	420	Shan Sharif	Saint Paul	MN	30	11	17:58	2:03	2:20	2	39:51	22.6	0:51	19	25:48	8:36	1:26:45
8	37	Amir Berenjjan	Minneapolis	MN	33	13	18:43	2:08	2:27	8	44:40	20.1	1:17	9	21:07	7:03	1:28:13
9	449	Steve Strait	Maple Grove	MN	31	14	19:27	2:13	2:16	7	44:00	20.5	1:12	10	22:18	7:26	1:29:11
10	54	James Boucher	Minneapolis	MN	34	18	20:33	2:21	3:17	9	44:41	20.1	1:37	5	20:02	6:41	1:30:08
11	319	Mark Miller	Omaha	NE	32	8	17:10	1:57	2:51	16	48:15	18.7	1:55	8	20:58	7:00	1:31:06
12	391	Anthony Roman	Minneapolis	MN	33	6	16:50	1:55	2:27	12	46:37	19.3	2:13	17	24:43	8:15	1:32:49
13	444	Erich Stoermer	Minneapolis	MN	32	23	22:04	2:31	3:51	13	46:40	19.3	1:04	7	20:28	6:50	1:33:04
14	456	Matthew Swanson	Minneapolis	MN	30	12	18:17	2:05	2:31	14	47:09	19.1	0:41	23	27:02	9:01	1:35:40
15	8	Cody Ahmann	Shakopee	MN	32	15	19:39	2:14	2:31	11	45:08	19.9	1:26	26	27:22	9:08	1:36:05
16	19	Harrison Bachmann	Stillwater	MN	30	17	20:29	2:20	2:08	19	49:06	18.3	1:22	13	23:14	7:45	1:36:19
17	516	Paul Youngberg	Minneapolis	MN	33	7	17:09	1:57	2:55	15	47:13	19.1	1:47	28	28:04	9:22	1:37:05
18	465	John Thomason	Minneapolis	MN	30	27	25:01	2:51	2:41	22	50:46	17.7	0:46	12	23:08	7:43	1:42:20
19	334	Alex Neisen	Maple Grove	MN	31	10	17:50	2:02	3:19	24	52:22	17.2	1:48	27	27:32	9:11	1:42:50
20	169	Brandon Gustafson	Deephaven	MN	34	19	20:54	2:23	4:00	23	51:35	17.4	1:01	18	25:28	8:30	1:42:56
21	28	Jordan Baynard	Minneapolis	MN	32	22	21:43	2:28	3:05	21	50:37	17.8	1:18	22	26:49	8:57	1:43:29
22	58	Lewis Brien	Minneapolis	MN	31	16	20:25	2:20	5:12	25	52:24	17.2	1:12	16	24:25	8:09	1:43:35
23	197	Nicholas Hinnerichs	Eden Prairie	MN	31	24	22:47	2:36	3:51	18	49:05	18.3	1:23	21	26:42	8:54	1:43:45
24	348	Brandon Olson	New Hope	MN	30	21	21:28	2:27	4:11	20	50:02	18.0	2:05	24	27:08	9:03	1:44:53
25	97	John Daly	Deephaven	MN	34	29	25:37	2:55	2:38	17	48:33	18.5	2:16	20	25:56	8:39	1:44:59
26	222	Brad Jacobson	Delano	MN	32	26	23:56	2:44	2:58	27	54:10	16.6	0:52	14	23:16	7:46	1:45:10
27	448	Patrick Strait	Edina	MN	34	20	21:22	2:26	4:13	29	1:01:12	14.7	1:21	15	24:12	8:04	1:52:19
28	424	Aaron Sieben	Richfield	MN	31	30	25:52	2:57	3:21	26	53:04	17.0	1:35	29	30:35	10:12	1:54:24
29	35	Joshua Bennington	Maple Grove	MN	30	32	28:24	3:14	4:09	31	1:02:00	14.5	3:16	25	27:18	9:06	2:05:05
30	24	Andre Baltes	Royal Oak	MI	33	28</											

11	43	Melissa Beseres	Golden Valley	MN	34	7	19:50	2:16	4:18	11	52:59	17.0	1:49	12	27:46	9:16	1:46:40
12	400	Katie Schafer	Farmington	MN	34	11	20:58	2:23	3:06	12	53:11	16.9	1:40	14	28:29	9:30	1:47:21
13	96	Amy Coyer	Minneapolis	MN	34	16	23:23	2:40	3:01	14	54:14	16.6	1:22	7	27:07	9:03	1:49:05
14	316	Heidi Meulners	Crystal	MN	33	12	21:28	2:27	3:16	8	49:34	18.2	2:33	18	32:40	10:54	1:49:29
15	208	Sarah Holton	Minneapolis	MN	30	4	17:58	2:03	4:28	15	55:21	16.3	2:06	16	29:57	9:59	1:49:47
16	517	Kelly Zabel	St. Louis Park	MN	30	15	23:12	2:39	4:10	16	56:41	15.9	1:24	13	27:56	9:19	1:53:21
17	184	Karalee Haugan	Minnetonka	MN	33	1	14:13	1:37	5:42	17	58:41	15.3	2:32	17	32:36	10:52	1:53:41
18	407	Raela Schoenherr	St. Louis Park	MN	30	18	25:19	2:53	4:38	18	1:02:59	14.3	1:01	19	33:17	11:06	2:07:12
19	295	Jillian Manning	Ely	MN	31	20	35:04	3:59	3:00	20	1:07:30	13.3	1:01	5	26:18	8:46	2:12:50
20	16	Miranda Aubart	Edina	MN	30	19	31:01	3:32	3:22	19	1:06:47	13.5	2:46	20	36:06	12:02	2:20:01

MALE AGE GROUP 35 - 39

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	340	Tim Nordberg	Chanhassen	MN	36	7	16:22	1:52	1:34	1	37:51	23.8	0:59	7	21:02	7:01	1:17:47
2	154	Ross Golla	Minnetonka	MN	38	14	18:07	2:04	1:03	3	39:09	23.0	0:53	1	19:03	6:21	1:18:12
3	9	Greg Alexander	Plymouth	MN	39	3	15:26	1:46	1:45	6	40:26	22.3	0:35	3	20:47	6:56	1:18:56
4	341	Riant Northway	Lake Shore	MN	35	11	17:20	1:59	1:04	2	39:05	23.0	0:52	4	20:56	6:59	1:19:16
5	337	Chris Nichols	Maple Grove	MN	38	8	16:55	1:56	1:15	5	40:02	22.5	0:41	6	20:59	7:00	1:19:51
6	450	John Strawn	St Louis Park	MN	35	10	17:17	1:58	1:05	8	42:06	21.4	1:01	5	20:58	7:00	1:22:24
7	117	Joel Dunn	Sauk Centre	MN	37	9	17:04	1:57	1:00	4	39:51	22.6	1:05	17	23:53	7:58	1:22:51
8	469	Derek Thurmes	St. Paul	MN	35	17	19:23	2:13	1:26	9	42:30	21.2	0:52	8	21:20	7:07	1:25:29
9	187	Lukas Hedberg	Lakeville	MN	36	13	18:06	2:04	2:33	7	41:14	21.8	2:23	9	21:22	7:08	1:25:36
10	41	Josh Bertelson	Plymouth	MN	37	2	15:19	1:45	1:18	13	43:22	20.8	1:29	19	24:48	8:16	1:26:14
11	33	Tim Benjamin	Brooklyn Park	MN	38	1	13:31	1:33	1:42	10	42:32	21.2	1:07	27	28:28	9:30	1:27:18
12	63	Steven Brouwer	Waverly	MN	38	20	20:10	2:18	1:27	11	42:51	21.0	0:48	11	22:44	7:35	1:27:59
13	25	Ryan Barnes	Maple Grove	MN	38	15	19:20	2:12	1:13	14	43:29	20.7	1:12	16	23:53	7:58	1:29:04
14	68	Josh Campbell	Minneapolis	MN	36	18	19:35	2:14	1:51	15	43:53	20.5	1:03	12	22:49	7:37	1:29:09
15	160	Conor Green	Edina	MN	37	4	15:47	1:48	3:35	22	47:59	18.8	1:04	13	23:02	7:41	1:31:25
16	32	Weldon Bell	Minnetonka	MN	39	28	23:20	2:40	2:13	19	46:47	19.2	0:35	2	20:27	6:49	1:33:19
17	378	Dan Reitsma	Carver	MN	39	26	22:07	2:31	2:08	16	44:06	20.4	1:02	18	24:11	8:04	1:33:32
18	421	Derrick Shatava	Lino Lakes	MN	35	23	20:37	2:21	3:15	12	43:11	20.8	1:01	21	25:42	8:34	1:33:45
19	204	Travis Holium	Minneapolis	MN	35	12	17:58	2:03	2:36	17	44:09	20.4	1:46	25	27:21	9:07	1:33:48
20	215	Hans Hummel	Minnetrista	MN	37	25	21:28	2:27	1:48	18	46:36	19.3	1:44	10	22:25	7:29	1:33:58
21	218	Daniel Hurka	Eagan	MN	36	5	16:02	1:50	2:09	27	51:12	17.6	1:09	15	23:48	7:56	1:34:18
22	263	Paul Lamers	Apple Valley	MN	35	21	20:26	2:20	3:20	20	47:42	18.9	0:46	14	23:12	7:44	1:35:24
23	511	Jeff Winter	Coon Rapids	MN	39	24	20:49	2:22	2:06	21	47:45	18.8	1:01	20	25:28	8:30	1:37:07
24	405	Matthew Schlager	Maplewood	MN	37	27	23:04	2:38	2:26	23	48:43	18.5	1:55	23	26:04	8:42	1:42:11
25	74	Nathan Cerra	St Louis Park	MN	39	22	20:34	2:21	2:51	25	49:41	18.1	1:36	26	27:40	9:14	1:42:20
26	67	Derek Bye	Burnsville	MN	35	19	19:46	2:15	4:01	29	54:58	16.4	1:16	24	26:30	8:50	1:46:29
27	269	Kevin Larson	St. Louis Park	MN	39	30	30:33	3:29	3:10	24	49:37	18.1	1:59	22	25:52	8:38	1:51:09
28	231	Nick Johnson	Plymouth	MN	39	29	23:27	2:40	4:22	28	51:24	17.5	3:07	28	30:04	10:02	1:52:21
29	512	Aaron Wood	Roberts	WI	36	6	16:15	1:51	2:51	30	1:00:40	14.8	1:16	32	43:32	14:31	2:04:31
30	457	Kyle Swartout	Savage	MN	38	32	37:10	4:14	5:58	26	50:49	17.7	2:08	29	31:42	10:34	2:07:45
31	317	Brad Miles	Eagan	MN	36	16	19:23	2:13	4:21	32	1:02:01	14.5	2:51	31	42:30	14:10	2:11:04
32	304	Chris Mattson	Prior Lake	MN	39	31	30:37	3:29	3:17	31	1:00:59	14.8	2:03	30	40:47	13:36	2:17:41

FEMALE AGE GROUP 35 - 39

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	192	Kelly Heltemes	Chanhassen	MN	39	2	17:11	1:58	1:28	2	42:13	21.3	0:49	1	19:43	6:35	1:21:23
2	266	Molly Larew	Shanghai	PU	38	1	17:09	1:57	1:38	1	40:00	22.5	0:52	5	22:46	7:36	1:22:24
3	440	Charleen Stoeckel	Plymouth	MN	36	10	19:09	2:11	2:10	4	44:03	20.4	0:57	7	22:59	7:40	1:29:16
4	338	Sarah Nichols	Maple Grove	MN	39	3	17:53	2:02	1:21	8	46:14	19.5	0:46	8	23:17	7:46	1:29:29
5	127	Julie Feldman	Inver Grove Height	MN	35	5	18:37	2:07	1:31	3	43:44	20.6	0:59	12	24:46	8:16	1:29:34
6	71	Shannon Carroll	Eden Prairie	MN	37	13	19:52	2:16	2:15	7	45:21	19.8	1:13	6	22:49	7:37	1:31:29
7	159	Heather Grazzini-Sims	Wayzata	MN	36	7	18:53	2:09	2:19	9	48:09	18.7	1:31	2	21:14	7:05	1:32:04
8	248	Natalie Kirby	Deephaven	MN	36	9	19:07	2:11	2:25	13	49:17	18.3	0:59	10	23:49	7:57	1:35:36
9	310	Laurie McElmeel	Plymouth	MN	39	11	19:25	2:13	3:07	6	45:13	19.9	1:28	15	27:19	9:07	1:36:31
10	175	Lisa Haney	Chanhassen	MN	36	16	22:16	2:32	2:23	14	49:17	18.3	1:48	4	22:29	7:30	1:38:11
11	257	Pam Kosanek	Minnetonka	MN	39	12	19:37	2:14	1:59	5	44:53	20.1	1:04	23	31:27	10:29	1:38:59
12	99	Sarah Davis	Minneapolis	MN	39	6	18:50	2:09	2:57	16	50:57	17.7	1:16	13	25:49	8:37	1:39:46
13	576	Christine Ressler	Wayzata	MN	35	8	18:59	2:10	1:58	10	48:12	18.7	1:04	19	29:50	9:57	1:40:02
14	90	Jennifer Coolong	Minnetonka	MN	36	15	20:52	2:23	2:06	17	51:53	17.3	0:57	11	24:43	8:15	1:40:28
15	88	Andrea Comfort	Eagan	MN	38	21	23:49	2:43	3:48	11	48:13	18.7	1:38	14	26:38	8:53	1:44:03
16	552	Jennifer Wetteland		MN	39	4	18:29	2:06	2:01	18	52:11	17.2	1:03	22	31:00	10:20	1:44:43
17	62	Kelly Brouwer	Waverly	MN	37	17	22:42	2:35	2:33	12	48:54	18.4	1:18	20	29:54	9:58	1:45:18
18	5	Lisa Ackerman	Minneapolis	MN	35	20	23:24	2:40	1:22	15	49:21	18.2	1:13	21	30:13	10:05	1:45:31
19	235	Jenica Jones	Oakdale	MN	36	14	19:58	2:17	2:51	22	54:23	16.5	1:00	17	27:36	9:12	1:45:46
20	463	Cheryl Thiele	Chanhassen	MN	37	22	25:30	2:54	1:39	23	54:56	16.4	1:41	9	23:40	7:54	1:47:25
21	404	Joy Schlager	Maplewood	MN	38	19	23:21	2:40	2:14	20	53:33	16.8	0:57	18	28:26	9:29	1:48:29
22	366	Marissa Poissant	Woodbury	MN	35	24	29:08	3:19	2:45	21	54:00	16.7	2:04	3	21:21	7:07	1:49:16
23	265	Dorelle Landsteiner	Minneapolis	MN	35	18	22:53	2:36	2:44	19	52:58	17.0	1:20	24	32:50	10:57	1:52:42
24	358	Quannah Parker-Mcgowan	Edina	MN	36	23	26:58	3:04	2:31	24	56:35	15.9	1:42	16	27:32	9:11	1:55:16
25	126	Christy Feist	Waconia	MN	39	25	29:11	3:19	5:24	25	1:00:26	14.9	2:43	25	33:02	11:01	2:10:43

MALE AGE GROUP 40 - 44

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	464	Shawn Thomas	Chanhassen	MN	44	5	16:31	1:53	2:01	1	40:05	22.5	0:50	2	19:49	6:37	1:19:14
2	61	Brian Brophy	Bloomington	MN	42	2	14:51	1:42	2:14	6	41:19	21.8	1:14	4	20:50	6:57	1:20:26
3	83	Matthew Colaizy	Minneapolis	MN	41	7	16:50	1:55	1:51	2	40:24	22.3	0:52	5	21:02	7:01	1:20:57
4	282	Jacob Liston	Minneapolis	MN	40	11	17:19	1:59	1:50	3	40:33	22.2	1:08	8	21:25	7:09	1:22:13
5	191	Brian Heltemes	Chanhassen	MN	41	6	16:46	1:55	1:35	15	45:11	19.9	0:45	1	19:10	6:24	1:23:26
6	441	Kristian Stoeckel	Plymouth	MN	44	14	18:02	2:03	1:36	5	41:04	21.9	1:34	10	21:51	7:17	1:24:05
7	294	Scott Maloney	Savage	MN	40	3	15:57	1:49	1:40	8	42:53	21.0	0:42	19	24:29	8:10	1:25:38
8	393	Kyle Rooney	Minnetonka	MN	40												

FEMALE AGE GROUP 40 - 44

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	272	Catherine Lee	Minneapolis	MN	43	5	16:12	1:51	1:13	1	40:48	22.1	0:57	6	21:43	7:15	1:20:50
2	174	Naomi Hamer	Orono	MN	42	2	15:01	1:43	2:17	2	41:32	21.7	1:10	10	23:13	7:45	1:23:12
3	219	Julie Hurley	Excelsior	MN	44	6	17:34	2:00	2:12	3	41:49	21.5	1:05	5	21:40	7:14	1:24:19
4	236	Becca Sedlak	Minnetonka	MN	42	4	16:09	1:51	1:36	8	47:10	19.1	1:03	4	21:22	7:08	1:27:18
5	414	Leslie Josdak	Bloomington	MN	40	7	17:56	2:03	2:18	6	45:11	19.9	0:48	9	23:07	7:43	1:29:19
6	213	Jill Hughes	Orono	MN	43	13	20:14	2:18	1:51	5	44:32	20.2	1:10	8	22:38	7:33	1:30:23
7	270	Stefanie Larson	Plymouth	MN	41	1	14:38	1:40	2:05	9	47:37	18.9	1:26	16	26:06	8:42	1:31:50
8	227	Leanne Johansen	Wayzata	MN	41	3	15:53	1:49	2:40	12	48:13	18.7	1:17	13	24:39	8:13	1:32:40
9	286	Kate Lovrien	St Louis Park	MN	42	14	20:32	2:20	1:54	14	48:51	18.4	0:58	2	20:58	7:00	1:33:11
10	238	Rebecca Karnes	Mound	MN	40	24	24:33	2:48	2:18	7	45:34	19.8	0:57	1	20:15	6:45	1:33:36
11	368	Andrea Potyondy-Smith	Brooklyn Park	MN	40	9	18:48	2:09	2:04	4	44:00	20.5	1:16	22	29:07	9:43	1:35:13
12	308	Karmin McDonald	Minneapolis	MN	43	16	21:04	2:24	3:05	15	49:05	18.3	1:34	7	22:33	7:31	1:37:19
13	38	Jody Bergstrom	Chanhasen	MN	41	10	19:22	2:13	3:07	22	53:29	16.8	1:05	3	21:18	7:06	1:38:20
14	108	Tesha Distad	Long Lake	MN	42	20	21:55	2:30	1:27	16	49:40	18.1	1:12	14	24:52	8:18	1:39:05
15	384	Susan Robbins	Eden Prairie	MN	43	19	21:50	2:29	2:25	13	48:14	18.7	1:04	17	26:22	8:48	1:39:53
16	64	Kari Broyles	Minnetonka	MN	40	11	19:41	2:15	2:48	17	50:40	17.8	0:42	20	27:06	9:02	1:40:54
17	313	Kelly McMahon	Chicago	IL	42	23	23:18	2:39	3:07	11	48:05	18.7	2:06	12	24:21	8:07	1:40:55
18	123	Becca Eykyn	Chaska	MN	40	17	21:10	2:25	4:16	19	51:05	17.6	1:27	11	24:04	8:02	1:42:01
19	226	Jen Jensen	Victoria	MN	42	21	22:01	2:31	2:26	20	51:30	17.5	0:58	15	25:13	8:25	1:42:06
20	321	Rachel Miller	Minneapolis	MN	42	25	24:39	2:48	2:18	10	47:39	18.9	1:51	18	26:45	8:55	1:43:09
21	432	Andrea Shortland	Grand Forks	ND	41	15	20:55	2:23	3:12	18	50:53	17.7	2:06	25	29:43	9:55	1:46:46
22	415	Barbara Seifert	Shorewood	MN	41	18	21:18	2:26	4:14	24	55:59	16.1	2:16	21	27:38	9:13	1:51:24
23	306	Kara McCarty	Baraboo	WI	42	12	20:13	2:18	3:36	21	51:56	17.3	1:58	27	37:18	12:26	1:54:59
24	162	Julie Grossman	St. Paul	MN	44	22	22:46	2:36	4:00	25	58:58	15.3	1:40	23	33:28	9:50	1:56:51
25	504	Jen Wiweck	Brooklyn Park	MN	41	26	26:08	2:59	2:34	23	55:12	16.3	1:22	26	33:47	11:16	1:59:02
26	158	Melissa Grant	Chanhasen	MN	40	27	29:35	3:22	4:28	26	1:05:53	13.7	0:59	24	29:42	9:54	2:10:35
27	98	Kimberly David	Chanhasen	MN	42	28	30:23	3:28	4:24	27	1:10:06	12.8	0:57	19	26:56	8:59	2:12:45
361		Kara Pederson	Bloomington	MN	43	8	18:35	2:07									

MALE AGE GROUP 45 - 49

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	547	Phillip Falkner	Wayzata	MN	47	3	15:28	1:46	1:44	2	37:04	24.3	0:51	1	18:40	6:14	1:13:46
2	300	Steve Marshall	Prior Lake	MN	45	6	16:10	1:51	1:25	1	35:51	25.1	1:27	3	19:37	6:33	1:14:29
3	50	Mike Blair	St Louis Park	MN	47	7	16:24	1:52	1:46	4	38:48	23.2	0:46	7	21:28	7:10	1:19:10
4	230	Mike Johnson	Woodbury	MN	49	4	15:41	1:47	1:41	8	40:25	22.3	1:13	4	20:55	6:59	1:19:52
5	417	Mark Senkowski	Minneapolis	MN	45	12	19:20	2:12	1:47	3	37:21	24.1	0:48	5	21:19	7:07	1:20:34
6	10	Ricardo Amaya	Minneapolis	MN	49	9	17:25	1:59	0:53	5	39:10	23.0	2:25	6	21:23	7:08	1:21:14
7	216	Lang Hunt	Minneapolis	MN	47	1	14:55	1:42	1:42	9	40:37	22.2	1:19	12	22:53	7:38	1:21:25
8	122	Nicholas Essma	Edina	MN	49	2	15:14	1:44	2:24	7	40:11	22.4	1:02	11	22:48	7:36	1:21:37
9	199	Joel Hoekstra	Minneapolis	MN	47	19	20:17	2:19	2:52	6	39:44	22.7	1:14	2	18:49	6:17	1:22:53
10	60	David Brooks	Brooklyn Park	MN	48	15	19:53	2:16	2:34	11	41:04	21.9	1:11	8	21:48	7:16	1:26:29
11	505	Chris Wilhoit	Saint Louis Park	MN	47	14	19:48	2:15	2:14	10	40:43	22.1	1:35	16	23:53	7:58	1:28:11
12	509	Garrett Wilson	Edina	MN	46	10	17:26	1:59	2:18	13	43:52	20.5	1:15	18	24:52	8:18	1:29:43
13	220	Mike Hurley	Edina	MN	48	21	20:20	2:19	2:41	17	44:32	20.2	1:05	10	22:11	7:24	1:30:47
14	458	Greg Swenson	Rogers	MN	48	5	16:09	1:51	1:56	15	44:11	20.4	1:28	28	28:17	9:26	1:31:59
15	278	Jason Lien	St. Paul	MN	45	23	20:33	2:21	2:19	12	43:26	20.7	1:27	19	25:07	8:23	1:32:50
16	309	Tom McDonald	Minneapolis	MN	48	8	17:15	1:58	2:58	14	43:53	20.5	1:48	26	27:58	9:20	1:33:51
17	490	Steve Wander	Minnetonka	MN	49	13	19:42	2:15	2:54	16	44:19	20.3	1:35	22	25:47	8:36	1:34:14
18	181	Scott Haskins	Excelsior	MN	45	24	21:15	2:25	3:42	18	44:35	20.2	1:47	17	23:58	8:00	1:35:15
19	131	Kevin Fischer	Bloomington	MN	47	18	20:04	2:17	2:31	24	47:42	18.9	1:18	15	23:52	7:58	1:35:24
20	549	Lam Thai		MN	46	16	19:59	2:17	4:32	19	44:47	20.1	2:14	21	25:43	8:35	1:37:14
21	149	Timothy Garry	Austin	MN	45	28	23:02	2:38	2:24	23	47:20	19.0	1:17	13	23:29	7:50	1:37:31
22	233	Ward Johnson	Minneapolis	MN	46	22	20:25	2:20	3:38	21	45:37	19.7	2:41	25	26:45	8:55	1:39:04
23	277	Mike Lesage	Tonka Bay	MN	47	31	26:15	2:59	3:10	20	45:07	19.9	1:03	14	23:50	7:57	1:39:23
24	155	Jason Good	Victoria	MN	47	27	22:52	2:36	1:32	22	46:08	19.5	0:56	29	28:32	9:31	1:39:59
25	49	Brent Bjorneberg	Ramsey	MN	49	25	21:18	2:26	3:43	25	48:05	18.7	1:29	23	25:58	8:40	1:40:32
26	214	John Hughes	Long Lake	MN	48	11	18:39	2:08	2:53	30	52:57	17.0	1:05	20	25:10	8:24	1:40:42
27	297	Christopher Marshall	Plymouth	MN	46	20	20:19	2:19	3:49	26	48:51	18.4	2:00	24	26:38	8:53	1:41:35
28	274	Pj Lee	Deephaven	MN	46	17	20:00	2:17	2:15	29	52:51	17.0	1:42	30	29:03	9:41	1:45:49
29	477	Jason Trucano	Excelsior	MN	45	30	25:38	2:55	5:30	31	53:36	16.8	1:43	9	21:50	7:17	1:48:15
30	497	Neil Weinstein	Minneapolis	MN	45	29	25:09	2:52	3:39	27	49:36	18.1	1:49	27	28:14	9:25	1:48:25
31	426	Michael Gran Simon	Stillwater	MN	47	26	22:34	2:34	3:45	32	58:18	15.4	2:20	32	38:39	12:53	2:05:35
32	314	Michael McNally	Champlin	MN	49	33	36:34	4:10	3:11	28	51:33	17.5	1:41	31	33:03	11:01	2:05:59
33	508	Charles Wilson	Plymouth	MN	48	32	28:10	3:12	3:44	33	1:18:08	11.5	2:11	33	41:11	13:44	2:33:23

FEMALE AGE GROUP 45 - 49

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	18	Gillian Auslander	Minneapolis	MN	47	1	14:55	1:42	1:51	3	41:52	21.5	1:00	1	20:55	6:59	1:20:31
2	373	Jody Quesnell	Arden Hills	MN	49	7	17:19	1:59	1:38	2	40:01	22.5	1:00	2	21:53	7:18	1:21:49
3	299	Sandy Marshall	Wayzata	MN	45	5	16:59	1:56	3:14	1	38:47	23.2	1:55	3	22:19	7:27	1:23:11
4	433	Ann Snuggerud	Chaska	MN	49	3	16:22	1:52	1:50	4	43:25	20.7	1:03	4	22:57	7:39	1:25:35
5	138	Sarah Foley	Cologne	MN	46	6	17:14	1:58	2:18	5	44:30	20.2	0:54	5	23:12	7:44	1:28:07
6	6	Sara Ahlquist	Minnetonka	MN	47	4	16:31	1:53	1:42	6	44:38	20.2	1:00	8	25:22	8:28	1:29:10
7	52	Jill Bollettieri	Saint Louis Park	MN	47	2	15:05	1:43	2:19	10	50:50	17.7	0:54	10	26:25	8:49	1:35:32
8	241	Jessica Kessler	Mendota Heights	MN	46	15	21:44	2:29	2:42	7	45:06	20.0	1:54	6	24:36	8:12	1:36:01
9	244	Dina Khaled	Minneapolis	MN	46	14	21:34	2:28	2:13	9	50:03	18.0	1:32	9	25:56	8:39	1:41:16
10	246	Diane Kieckhefer	Plymouth	MN	48	10	20:52	2:23	3:26	8	49:10	18.3	1:47	15	28:11	9:24	1:43:25
11	333	Jaleh Nahvi	Inver Grove Height	MN	47	9	19:07	2:11	2:33	12	54:13	16.6	1:08	11	26:43	8:55	1:43:41
12	354	Carol Osterhus	Minnetonka	MN	48	13	21:22	2:26	2:21	14	55:27	16.2	1:28	13	27:12	9:04	1:47:47
13	130	Colleen Finnegan	Minnetonka Beach	MN	48	8	17:55	2:03	3:36	16	57:09	15.7	2:12	12	26:56	8:59	1:47:47
14	478	Joanne Tschida	Mendota Heights	MN	46	18	24:58	2:51	4:08	11	51:48	17.4	2:04	1			

9	280 Dave Link	Eden Prairie	MN	50	10 17:32	2:00	2:22	8	43:39	20.6	0:56	22	27:12	9:04	1:31:40
10	121 Jeff Engel	Chaska	MN	51	11 17:44	2:01	2:44	15	46:31	19.3	1:19	9	23:38	7:53	1:31:54
11	492 Dustin Warner	Eden Prairie	MN	50	12 18:09	2:04	1:39	19	47:21	19.0	0:56	14	25:16	8:26	1:33:20
12	518 Erich Zeitz	Minnetonka	MN	52	13 18:30	2:07	2:50	16	46:34	19.3	1:05	11	24:37	8:13	1:33:34
13	267 Dwight Larsen	Plymouth	MN	54	15 19:32	2:14	2:07	14	45:58	19.6	1:47	12	24:43	8:15	1:34:05
14	157 Tim Goodyear	Minnetonka	MN	50	6 16:58	1:56	1:52	23	48:49	18.4	1:06	15	25:26	8:29	1:34:09
15	195 Rich Heytens	Brooklyn Park	MN	54	28 22:20	2:33	2:10	7	43:33	20.7	1:12	18	26:34	8:52	1:35:47
16	470 Jack Tiegs	Hugo	MN	51	25 21:40	2:28	3:21	18	46:56	19.2	3:12	7	22:38	7:33	1:37:44
17	288 Paul Lundeen	Buffalo	MN	54	31 22:59	2:37	3:02	11	45:47	19.7	1:37	13	25:02	8:21	1:38:25
18	151 John Gilje	Rosemount	MN	52	20 20:08	2:18	2:42	24	49:03	18.3	1:50	19	26:41	8:54	1:40:23
19	105 Jack Dhamer	Wayzata	MN	53	21 20:31	2:20	3:02	26	49:31	18.2	0:53	20	26:45	8:55	1:40:41
20	389 Mike Rogers	Minneapolis	MN	52	26 21:51	2:29	2:35	21	48:07	18.7	1:48	17	26:22	8:48	1:40:41
21	360 Paul Pasko	Minnetonka	MN	52	27 21:52	2:30	2:36	12	45:50	19.6	3:18	21	27:09	9:03	1:40:43
22	125 Kurtis Fechtmeier	Minneapolis	MN	52	14 18:39	2:08	6:00	9	45:08	19.9	3:26	27	28:06	9:22	1:41:17
23	408 Kurt Schultz	Lakeville	MN	54	23 21:16	2:25	2:19	17	46:56	19.2	1:40	29	30:40	10:14	1:42:49
24	475 Bill Traxler	Victoria	MN	54	32 24:00	2:44	3:18	20	47:28	19.0	1:00	25	27:58	9:20	1:43:42
25	362 Mark Peterson	Purcellville	VA	54	30 22:57	2:37	1:37	28	50:32	17.8	0:50	26	27:59	9:20	1:43:52
26	189 Sinclair Heine	Chanhasen	MN	51	35 28:23	3:14	4:05	27	50:08	18.0	1:09	6	22:31	7:31	1:46:14
27	328 David Moore	Saint Paul	MN	54	19 19:52	2:16	5:17	29	51:23	17.5	2:38	24	27:37	9:13	1:46:45
28	254 Randy Knutson	Mankato	MN	54	16 19:36	2:14	2:20	22	48:13	18.7	2:25	34	36:01	12:01	1:48:34
29	276 Ian Leonard	Eden Prairie	MN	51	34 26:57	3:04	3:03	25	49:19	18.2	2:02	23	27:22	9:08	1:48:42
30	473 Jeff Tortelli	Minnetonka	MN	50	17 19:39	2:14	2:38	30	52:26	17.2	1:29	31	32:46	10:56	1:48:56
31	164 Curt Gunsbury	Minneapolis	MN	50	24 21:33	2:27	2:20	32	55:46	16.1	1:10	28	28:20	9:27	1:49:07
32	453 Mark Stuhlmuller	Excelsior	MN	50	22 20:57	2:23	3:46	31	53:50	16.7	1:18	30	31:02	10:21	1:50:51
33	13 Troy Anderson	Long Lake	MN	54	18 19:46	2:15	4:30	33	56:01	16.1	2:10	32	33:25	11:09	1:55:51
34	281 Scott Link	Excelsior	MN	51	29 22:51	2:36	4:59	34	1:00:11	15.0	1:13	33	34:06	11:22	2:03:18
35	240 Daniel Kessler	Chaska	MN	52	33 24:35	2:48	3:48	35	1:30:25	10.0	5:43	35	50:27	16:49	2:54:56

FEMALE AGE GROUP 50 - 54

Place	Bib	Name	City	St Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish		
1	262	Dawn Labiosa	Apple Valley	MN	52	1	15:16	1:45	2:16	2	46:52	19.2	1:00	2	26:21	8:47	1:31:43
2	555	Beth Trautman			50	6	21:36	2:28	1:55	1	45:13	19.9	0:56	1	25:58	8:40	1:35:36
3	72	Joan Casey	St Louis Park	MN	52	2	15:17	1:45	1:59	6	52:28	17.2	1:33	7	29:35	9:52	1:40:49
4	229	Mary Johnson	St Louis Park	MN	53	4	19:25	2:13	3:22	4	50:13	17.9	1:34	3	27:05	9:02	1:41:37
5	428	Jill Sinclair	Waconia	MN	50	5	19:50	2:16	3:26	3	50:06	18.0	1:28	4	27:49	9:17	1:42:38
6	198	Mona Hjerpe	Hutchinson	MN	52	3	18:08	2:04	2:22	5	52:08	17.3	0:54	6	29:28	9:50	1:42:58
7	186	Natalie Heckert	Alexandria	MN	50	7	27:23	3:07	2:54	7	58:53	15.3	1:43	5	28:01	9:21	1:58:52

MALE AGE GROUP 55 - 59

Place	Bib	Name	City	St Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish		
1	298	John Marshall	Minneapolis	MN	58	2	14:11	1:37	1:45	2	38:49	23.2	1:23	1	19:51	6:37	1:15:56
2	152	David Goldberg	Minnetrista	MN	56	1	13:59	1:36	1:27	1	38:33	23.3	0:52	6	21:57	7:19	1:16:46
3	480	Keith Tufte	Eden Prairie	MN	57	3	14:48	1:41	2:00	6	40:00	22.5	1:07	2	20:40	6:54	1:18:33
4	347	Kevin Olsen	Orono	MN	58	5	14:59	1:43	1:37	5	39:09	23.0	0:40	7	23:15	7:45	1:19:37
5	548	Kirk Vesterstein			55	15	18:08	2:04	2:05	3	38:57	23.1	0:44	5	21:53	7:18	1:21:45
6	332	Jim Nack	Madison Lake	MN	57	8	16:49	1:55	1:40	4	39:07	23.0	0:51	8	24:20	8:07	1:22:44
7	553	Rich Graske			57	9	16:53	1:56	1:54	8	42:39	21.1	0:59	4	21:47	7:16	1:24:09
8	69	Andy Carl	Woodbury	MN	57	6	15:10	1:44	1:59	7	42:15	21.3	1:14	15	26:21	8:47	1:26:57
9	85	Tom Coles	Apple Valley	MN	56	7	15:56	1:49	3:39	10	43:59	20.5	2:15	13	25:10	8:24	1:30:57
10	500	John Weum	Eden Prairie	MN	56	4	14:52	1:42	2:00	13	46:00	19.6	1:13	23	28:11	9:24	1:32:15
11	513	Bryan Wray	Eagan	MN	55	16	18:12	2:05	2:42	11	44:32	20.2	1:32	16	26:38	8:53	1:33:33
12	291	Daniel Lynch	Saint Paul	MN	57	10	17:16	1:58	2:17	24	48:32	18.5	1:45	10	24:30	8:10	1:34:17
13	261	Michael Kroening	Woodbury	MN	58	20	19:38	2:14	4:25	9	43:47	20.6	1:52	11	24:43	8:15	1:34:24
14	182	Tad Hauck	Eden Prairie	MN	59	13	17:34	2:00	2:55	23	47:55	18.8	1:32	12	24:57	8:19	1:34:52
15	29	Terry Beachey	Excelsior	MN	55	25	21:37	2:28	2:18	12	44:48	20.1	1:24	14	25:37	8:33	1:35:43
16	178	Ed Hanzlik	Excelsior	MN	55	11	17:18	1:58	2:34	21	47:37	18.9	1:17	17	27:06	9:02	1:35:49
17	279	Richard Lindblom	Minnetonka	MN	57	14	17:41	2:01	2:40	17	46:40	19.3	1:02	25	28:18	9:26	1:36:18
18	409	Mark Schultz	Prior Lake	MN	55	19	19:29	2:13	1:47	19	47:23	19.0	0:50	18	27:10	9:04	1:36:37
19	66	Stephen Bullard	Minneapolis	MN	59	12	17:30	2:00	1:52	15	46:07	19.5	1:35	30	30:30	10:10	1:37:33
20	503	Terry Wiens	Duluth	MN	59	28	22:28	2:34	2:12	20	47:28	19.0	1:24	9	24:21	8:07	1:37:51
21	447	Steve Stolz	Forest Lake	MN	57	17	18:27	2:06	2:34	14	46:01	19.6	1:07	29	30:30	10:10	1:38:36
22	296	Robert Marchetti	Champlin	MN	59	18	19:07	2:11	2:37	22	47:43	18.9	1:45	22	27:45	9:15	1:38:55
23	110	Richard Doliski	Chaska	MN	59	23	21:30	2:27	3:19	16	46:33	19.3	1:19	20	27:37	9:13	1:40:17
24	4	Mike Abbott	Excelsior	MN	58	22	20:14	2:18	2:52	28	50:50	17.7	0:41	21	27:37	9:13	1:42:12
25	455	Michael Sund	Wayzata	MN	58	24	21:30	2:27	4:50	18	47:12	19.1	2:30	19	27:26	9:09	1:43:26
26	273	Geoffrey Lee	Shorewood	MN	55	33	28:05	3:12	3:20	30	51:17	17.5	1:20	3	21:17	7:06	1:45:17
27	232	Rolf Johnson	Eden Prairie	MN	58	21	19:50	2:16	3:42	31	53:51	16.7	0:50	24	28:17	9:26	1:46:27
28	365	George Pintelon	Cologne	MN	56	30	24:12	2:45	2:01	27	50:44	17.7	1:36	27	28:35	9:32	1:47:07
29	425	Daniel Sieben	Edina	MN	58	31	24:17	2:46	2:42	25	50:16	17.9	1:56	26	28:19	9:27	1:47:28
30	320	Peter Miller	Zimmerman	MN	59	27	22:24	2:33	3:39	29	50:54	17.7	1:38	28	29:26	9:49	1:47:57
31	431	Phillip Smith	Deephaven	MN	56	29	23:37	2:41	3:53	32	56:07	16.0	1:35	31	32:08	10:43	1:57:18
32	495	Richard Weeks	Woodbury	MN	56	32	26:04	2:58	3:28	26	50:34	17.8	2:39	32	35:32	11:51	1:58:15
33	499	Tom Wentz	Burnsville	MN	59	26	22:10	2:32	3:56	33	57:01	15.8	2:07	33	35:45	11:55	2:00:57
34	142	Kenneth Freed	Minneapolis	MN	56	34	31:02	3:32	11:08								3:16:17

FEMALE AGE GROUP 55 - 59

Place	Bib	Name	City	St Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish		
1	163	Jan Guenther	Long Lake	MN	58	1	15:54	1:49	1:44	1	41:12	21.8	0:46	1	20:50	6:57	1:20:24
2	70	Sharon Carmody	St Louis Park	MN	57	2	17:32	2:00	1:43	2	46:12	19.5	1:18	2	25:33	8:31	1:32:16

MALE AGE GROUP 60 - 64

Place	Bib	Name	City	St Age	Rank	Swim	100yd	Trn.1	Rank	Bike Rate	Trn.2	Rank	Run	Pace	Finish		
1	252	Leonard Klum	Maple Plain	MN	63	1	16:29	1:53	1:50	1	41:44	21.6	1:12	1	21:10	7:04	1:22:22
2	264	Peter Lancaster	Minneapolis	MN	62	3	16:36	1:54	2:02	2	42:00	21.4	1:03	2	23:09	7:43	1:24:48
3	133	Greg Fletcher	Chanhasen	MN	62	2	16:32	1:53	2:17	4	43:43	20.6	1:58	5	26:40	8:54	1:31:08
4	53	Michael Bono	Minneapolis	MN	64	6	22:47	2:36	1:46	3	43:30	20.7	1:22	4	25:57	8:39	1:35:19
5	223	Richard Jahne	Edina	MN	60	4	18:51	2:09	3:29	5	47:13	19.1					

2	206	Susan Holt	Plymouth	MN	61	1	17:20	1:59	2:33	3	49:52	18.0	2:15	2	29:03	9:41	1:41:02
3	435	Peg Sorensen	Chaska	MN	60	2	18:35	2:07	2:33	2	48:53	18.4	1:44	5	33:09	11:03	1:44:52
4	398	Michel Sanders	Saint Paul	MN	63	5	24:09	2:45	3:18	4	52:09	17.3	1:49	4	31:54	10:38	1:53:18
5	335	Shannon Nelson	St Paul	MN	60	6	24:43	2:49	3:13	5	58:29	15.4	2:35	6	34:17	11:26	2:03:15
6	445	Jean Stoermer	Wayzata	MN	64	4	22:11	2:32	6:51	6	1:05:37	13.7	2:46	3	31:38	10:33	2:09:01

MALE AGE GROUP 65 - UP

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	92	Tom Couillard	White Bear Lake	MN	68	2	19:45	2:15	2:29	3	49:13	18.3	3:19	3	27:13	9:05	1:41:57
2	322	Bill Minge	Minneapolis	MN	65	9	24:36	2:48	3:33	2	47:50	18.8	1:53	1	24:14	8:05	1:42:04
3	211	Jerry House	Woodbury	MN	69	8	24:35	2:48	5:45	5	53:04	17.0	1:49	2	25:45	8:35	1:50:56
4	364	Doug Pfaff	Minneapolis	MN	73	5	22:07	2:31	4:25	4	52:39	17.1	2:08	5	30:35	10:12	1:51:51
5	44	Stephen Beseres	Golden Valley	MN	68	7	23:16	2:39	5:39	8	56:55	15.8	2:25	4	29:26	9:49	1:57:38
6	146	Thomas Fulton	Saint Louis Park	MN	70	6	23:05	2:38	5:05	6	54:56	16.4	3:09	6	36:15	12:05	2:02:29
7	506	Darrell Wilk	Bloomington	MN	72	1	19:00	2:10	6:33	1	44:30	20.2	3:22	9	52:07	17:23	2:05:30
8	237	Joe Kandiko	Excelsior	MN	67	3	20:56	2:23	3:49	10	1:01:20	14.7	3:34	8	39:34	13:12	2:09:12
9	27	Thomas Bauch	Falcon Heights	MN	67	10	31:18	3:34	3:23	7	55:30	16.2	3:21	7	36:57	12:19	2:10:27
	324	Andy Mitchell	Minnetonka	MN	65	4	21:42	2:28	5:08	9	57:07	15.8	2:27				

FEMALE AGE GROUP 65 - UP

Place	Bib	Name	City	St	Age	Rank	Swim	100yd	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	385	Deborah Roberts	Northfield	MN	66	1	19:04	2:10	2:17	1	49:56	18.0	1:24	1	28:50	9:37	1:41:29

Total Registered: 541
 Total Number of Team Finishers: 10
 Total Number of Individual Finishers: 451
 Number of Male Finishers: 291
 Number of Female Finishers: 160
 Did not Finish Race or Did Not Start: 75