

APPLE DUATHLON
Saturday, May 28, 2005
Sartell, Minnesota

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace
1	1/26	David Thompson	St. Paul	MN	27 M	7	15:55	5:08	0:29	3	48:54	25.2	0:33	7	17:13	5:33								
2	1/35	Peter Skorseth	Baldwin	WI	43 M	2	15:35	5:01	0:29	5	50:01	24.6	0:42	6	17:12	5:32								
3	1/29	Jared Berg	Minneapolis	MN	30 M	18	16:41	5:22	0:32	1	48:46	25.2	0:37	15	18:02	5:49								
4	2/29	John Shelp	Maple Plain	MN	33 M	13	16:29	5:19	0:44	2	48:47	25.2	0:54	12	17:56	5:47								
5	1/30	Chris Tolonen	Seattle	WA	35 M	6	15:55	5:08	0:47	7	50:37	24.3	0:39	4	17:04	5:30								
6	2/26	Brooks Grossinger	Maple Grove	MN	28 M	3	15:42	5:03	0:34	14	51:52	23.7	0:36	3	17:00	5:29								
7	3/26	Charles Smith	Minneapolis	MN	27 M	11	16:09	5:12	0:30	12	51:27	23.9	0:34	5	17:09	5:32								
8	4/26	Chad Millner	Eden Prairie	MN	28 M	8	15:56	5:08	0:28	13	51:32	23.9	0:32	14	18:02	5:49								
9	5/26	Jonathan Balabuck	Thunder Bay, O	25 M	1	15:35	5:01	0:32	10	51:09	24.1	0:45	1	16:42	5:23									
10	6/26	Michael Boehmer	Delafield	WI	25 M	14	16:34	5:20	0:28	9	50:43	24.3	0:32	19	18:33	5:59								
11	7/26	Robert Gilles	Fargo	ND	28 M	4	15:49	5:06	0:39	8	50:38	24.3	0:33	8	17:19	5:35								
12	3/29	Dan Cohen	Eden Prairie	MN	31 M	17	16:40	5:22	0:54	6	50:33	24.3	0:33	17	18:20	5:54								
13	4/29	Danny Morwood	Brandon, Manit	30 M	24	17:33	5:39	0:36	4	49:49	24.7	0:44	22	18:58	6:07									
14	5/29	Kevin O'connor	Corcoran	MN	34 M	19	17:04	5:30	0:27	11	51:23	23.9	0:29	18	18:32	5:58								
15	1/20	John Dalrymple	Vancouver	WA	24 M	10	16:08	5:12	0:32	26	53:19	23.1	0:39	9	17:26	5:37								
16	8/26	Nick Langer	Rochester	MN	25 M	16	16:35	5:21	0:48	23	52:47	23.3	0:44	13	18:00	5:48								
17	2/20	Caleb Olsen	Maplewood	MN	22 M	9	16:04	5:11	0:33	36	54:40	22.5	0:40	11	17:35	5:40								
18	3/20	Brent Loberg	Minneapolis	MN	24 M	12	16:10	5:12	0:41	20	52:31	23.4	0:57	10	17:27	5:37								
19	4/20	Cameron Berg	Golden Valley	MN	22 M	22	17:30	5:38	0:44	18	52:26	23.5	0:45	20	18:40	6:01								
20	5/20	Neil Miller	Anok	MN	20 M	15	16:34	5:20	0:51	43	55:15	22.3	1:03	2	16:56	5:27								
21	9/26	Brent Sinn	Bismarck	ND	26 M	25	17:33	5:39	0:44	19	52:26	23.5	0:51	26	19:09	6:10								
22	1/19	Michael Kilcoyne	Long Lake	MN	46 M	35	18:16	5:53	0:35	24	52:49	23.3	0:35	25	19:06	6:09								
23	2/30	Charles Jacobs	St. Cloud	MN	36 M	29	17:46	5:44	0:49	27	53:20	23.1	0:51	27	19:14	6:12								
24	6/20	Jon Neumann	Sartell	MN	20 M	23	17:31	5:39	0:55	37	54:42	22.5	0:47	16	18:19	5:54								
25	2/35	Derek Hager	Minneapolis	MN	43 M	31	18:02	5:48	0:32	15	51:55	23.7	0:42	65	21:49	7:02								
26	1/17	Lynn Beiswanger	Bismarck	ND	50 M	28	17:43	5:43	1:03	31	54:28	22.6	1:11	24	19:05	6:09								
27	3/30	Peter Hanson	Minneapolis	MN	39 M	27	17:35	5:40	0:50	33	54:36	22.5	0:46	32	19:44	6:22								
28	2/17	Dave Dow	Oakdale	MN	50 M	41	18:54	6:05	1:00	16	52:02	23.6	1:05	40	20:35	6:38								
29	10/26	Brian Frank	Maple Grove	MN	29 M	33	18:08	5:50	0:54	29	53:57	22.8	0:45	35	19:58	6:26								
30	7/20	Anton Pshon	Saint Paul	MN	23 M	34	18:08	5:50	0:43	17	52:13	23.6	0:51	34	19:52	6:24								
31	1/13	Briana Boehmer	Delafield	WI	26 F	32	18:02	5:49	0:41	42	55:09	22.3	0:54	28	19:19	6:13								
32	3/35	Charles Allgood	Brooklyn Park	MN	40 M	30	18:01	5:48	0:46	44	55:19	22.2	0:53	31	19:39	6:20								
33	1/9	Sarah Kolpin	Madison	WI	24 F	36	18:32	5:58	0:37	56	56:30	21.8	0:33	30	19:35	6:19								
34	6/29	Matt Simmons	Moorhead	MN	30 M	40	18:49	6:04	1:01	46	55:35	22.1	1:09	33	19:52	6:24								
35	2/19	Paul B. Haltvick	Ashland	WI	47 M	61	19:50	6:23	0:32	28	53:39	22.9	0:44	66	21:49	7:02								
36	3/17	David R. Newman	Minneapolis	MN	51 M	54	19:36	6:19	0:51	34	54:37	22.5	0:45	45	20:50	6:43								
37	4/30	Jey Carlson	Mtka	MN	39 M	48	19:14	6:12	1:20	35	54:38	22.5	0:51	43	20:41	6:40								
38	7/29	Joe Langel	Brooklyn Park	MN	32 M	67	20:08	6:29	0:50	21	52:37	23.4	0:50	94	22:39	7:18								
39	5/30	David Shulman	Minneapolis	MN	37 M	38	18:38	6:00	1:19	41	55:07	22.3	1:20	42	20:41	6:40								
40	6/30	Mick Carlson	Apple Valley	MN	35 M	63	19:56	6:25	0:43	25	52:56	23.2	0:38	57	21:31	6:56								
41	8/29	Derick Podratz	Lino Lakes	MN	30 M	26	17:35	5:40	0:46	83	59:10	20.8	1:03	29	19:25	6:15								
42	7/30	Sean Mulheron	Saint Paul	MN	36 M	20	17:24	5:36	0:33	80	58:51	20.9	0:40	39	20:34	6:38								
43	4/17	Tim Oolman	Plymouth	MN	50 M	66	20:07	6:29	0:56	38	54:44	22.5	0:53	56	21:23	6:53								
44	11/26	Patrick Todd	Woodbury	MN	26 M	51	19:22	6:14	0:54	77	58:22	21.1	0:41	21	18:54	6:05								
45	12/26	Brad Vieths	Esko	MN	26 M	37	18:38	6:00	0:38	71	57:50	21.3	0:52	38	20:27	6:35								
46	5/17	Jim Mcdonell	Woodbury	MN	52 M	49	19:14	6:12	0:50	50	56:10	21.9	0:53	54	21:21	6:53								
47	1/12	Marlina Walth	Bismark	MN	36 F	56	19:40	6:20	0:56	51	56:14	21.9	1:06	41	20:40	6:39								
48	1/7	Barry Clark	La Crosse	WI	57 M	57	19:41	6:20	0:48	32	54:35	22.5	1:03	93	22:37	7:17								
49	8/20	Jacob Pederson	Roseville	MN	24 M	21	17:25	5:37	1:21	94	59:38	20.6	1:26	23	19:01	6:08								
50	4/35	Rodney Pratt	Stillwater	MN	43 M	62	19:51	6:24	0:47	52	56:18	21.9	0:58	48	21:04	6:47								
51	9/29	Todd Hohenstein	Ely	MN	30 M	53	19:34	6:18	0:51	54	56:29	21.8	1:04	49	21:04	6:47								
52	5/35	Eric Vandenber	Austin	MN	44 M	46	19:09	6:10	0:56	58	56:49	21.7	0:52	52	21:19	6:52								
53	8/30	Joseph Hill	Alexandria	MN	36 M	64	19:56	6:25	0:59	49	55:40	22.1	0:51	64	21:47	7:01								
54	3/19	Steve Peterson	Eagan	MN	47 M	45	19:07	6:10	1:01	59	56:51	21.6	1:18	50	21:11	6:49								
55	13/26	Steven Hohenstein	Duluth	MN	27 M	50	19:21	6:14	0:45	53	56:23	21.8	1:24	60	21:37	6:58								
56	10/29	Neil Hailstone	Minneapolis	MN	33 M	86	20:43	6:40	0:46	30	54:08	22.7	0:39	113	23:16	7:30								
57	4/19	Tom Tedlund	Duluth	MN	47 M	85	20:37	6:38	1:02	40	55:01	22.4	1:02	86	22:29	7:14								
58	9/20	Andy Newman	Minneapolis	MN	22 M	81	20:34	6:37	1:10	45	55:31	22.2	1:01	68	22:01	7:05								
59	11/29	Kris Swarthout	Crystal	MN	33 M	52	19:26	6:16	0:35	22	52:45	23.3	0:37	47	21:02	6:47								
60	2/13	Molly Cochran	Lakeville	MN	29 F	47	19:14	6:12	0:56	82	59:04	20.8	1:03	37	20:25	6:35								
61	9/30	Brian Lee Bergeman	Clearwater	MN	36 M	42	19:01	6:08	1:12	64	57:23	21.4	1:51	58	21:33	6:56								
62	6/35	James Morgan	Minneapolis	MN	43 M	44	19:07	6:09	1:15	76	58:10	21.2	1:40	46	20:58	6:45								
63	2/9	Beth Zirbes	Silver Lake	MN	20 F	70	20:15	6:31	0:43	70	57:41	21.3	0:38	71	22:05	7:07								
64	2/12	Sue Rubens	Plymouth	MN	38 F	73	20:21	6:33	0:52	74	57:58	21.2	1:05	55	21:23	6:53								
65	10/20	Robb Bauleke	Edina	MN	20 M	95	20:54	6:44	1:09	69	57:40	21.3	1:18	44	20:42	6:40								
66	5/19	Rick Edinger	Edina	MN	49 M	100	21:06	6:48	0:49	60	56:56	21.6	0:44	82	22:19	7:11								
67	1/8	Jan Guenther	Mound	MN	46 F	69	20:15	6:31	0:48	75	58:07	21.2	0:44	74	22:07	7:08								
68	6/17	Kent Schwitzer	Minnetonka	MN	51 M	112	21:23	6:53	0:58	48	55:40	22.1	0:57	104	23:07	7:27								
69	1/13	Joan Van Camp	Deephaven	MN	41 F	74	20:22	6:34	0:56	73	57:56	21.2	1:04	70	22:04	7:06								
70	7/35	Jim Sakry	Waite Park	MN	43 M	76	20:24	6:34	1:23	62	57:00	21.6	1:35	77	22:11	7:09								
71	2/7	Ken Mogren	Winona	MN	57 M	103	21:08	6:49	1:07	47	55:40	22.1	1:48	103	23:03	7:25								
72	10/30	Doug Lain	Waite Park	MN	39 M	55	19:39	6:20	0:56	108	1:00:39	20.3	1:02	51	21:16	6:51								
73	3/9	Caitlin Compton	Saint Paul	MN	24 F	43	19:06	6:09	0:53	98	59:53	20.5	1:41	72	22:07	7:07								
74	8/35	Wayne Siegel	St. Louis Park	MN	43 M	80	20:33	6:37	1:14	93	59:36	20.6	0:57	53	21:21	6:53								
75	12/29	Michael Houghton	Sartell	MN	34 M	68	20:08	6:29	1:06	78	58:22	21.1	0:54	117	23:25	7:32								
76	9/35	Jim Merickel	Maple Grove	MN	40 M	78	20:32	6:37	0:53	86	59:20	20.7	0:48	92	22:37	7:17								
77	11/20	Jeff Newman	Minneapolis	MN	23 M	84	20:36	6:38	1:11	90	59:31	20.7	1:07	69	22:02	7:06								
78	2/13	Jill Koski	Saint Cloud	MN	40 F	94	20:52	6:43	0:49	84	59:12	20.8	0:46	99	22:53	7:22								
79	10/35	Glenn Leary	St. Paul	MN	41 M	60	19:50	6:23	1:23	126	1:01:47	19.9	1:25	36	20:15	6:31								
80	14/26	Erik Vilen	Duluth	MN	25 M	59	19:44	6:22	0:59	68	57:39	21.3	2:10	149	24:39	7:56								
81	11/35	Tom Erickson	Edina	MN	43 M	77	20:31	6:36	1:05	104	1:00:26	20.4	0:58	80	22:17	7:11								
82	6/19	David Dornfeld	Edina	MN	45 M	79	20:32	6:37	1:28	79	58:48	20.9	1:42	101	22:58	7:24								
83	1/4	Melinda Silbernack	Maple Grove	MN	50 F	122	21:35	6:57	1:15	55	56:29													

89	8/19	Gregg Garretson	Lakeville	MN	47	M	126	21:41	6:59	1:00	106	1:00:34	20.3	0:49	83	22:20	7:12
90	2/8	Robin Tedlund	Duluth	MN	46	F	116	21:29	6:55	0:48	92	59:33	20.7	0:59	129	23:43	7:38
91	11/30	Victor Weiss	Avon	MN	36	M	124	21:37	6:58	0:52	95	59:41	20.6	0:53	122	23:29	7:34
92	4/9	Kay Adamson	Plymouth	MN	24	F	83	20:36	6:38	1:06	111	1:00:50	20.2	2:19	63	21:43	7:00
93	2/4	Pam Stevens	Sartell	MN	52	F	123	21:37	6:58	0:50	97	59:44	20.6	0:55	123	23:32	7:35
94	12/35	Erich Zeitz	Minnetonka	MN	40	M	97	21:01	6:46	1:04	132	1:02:07	19.8	0:57	59	21:35	6:57
95	13/35	Whitney Johnson	Cold Spring	MN	40	M	107	21:17	6:51	1:40	89	59:26	20.7	1:40	96	22:44	7:19
96	3/12	Karen Bebhuk	Plymouth	MN	38	F	87	20:45	6:41	0:53	121	1:01:32	20.0	0:51	97	22:46	7:20
97	13/29	Chad Peckels	Minneapolis	MN	30	M	125	21:40	6:59	1:55	88	59:23	20.7	2:19	61	21:38	6:58
98	14/35	Carl Spalding	Minnetrista	MN	41	M	119	21:33	6:57	0:43	119	1:01:24	20.0	0:54	89	22:36	7:17
99	4/12	Connie Maranville	Mahtomedi	MN	35	F	118	21:32	6:56	0:46	103	1:00:25	20.4	0:51	132	23:49	7:40
100	12/30	Charlie Schad	Sartell	MN	35	M	149	22:15	7:10	0:49	57	56:31	21.8	0:54	162	24:58	8:02
101	1/7	Hank Larsen	Glencoe	MN	64	M	111	21:22	6:53	1:12	110	1:00:48	20.2	0:54	118	23:25	7:33
102	15/35	Scott Eide	Avon	MN	44	M	185	23:44	7:39	1:23	65	57:24	21.4	1:59	133	23:50	7:40
103	9/19	Chuck Heisick	St. Cloud	MN	45	M	162	22:44	7:19	0:53	85	59:20	20.7	0:55	142	24:29	7:53
104	3/13	Tanya Miller	Plymouth	MN	43	F	98	21:03	6:47	0:51	134	1:02:17	19.8	1:05	109	23:12	7:28
105	16/26	Andrew Thiemann	Saint Paul	MN	25	M	137	21:52	7:03	1:12	113	1:01:04	20.1	0:52	125	23:36	7:36
106	5/12	Julie Mcmonagale	Eagan	MN	38	F	89	20:47	6:42	0:49	147	1:03:33	19.4	1:00	87	22:31	7:15
107	16/35	Scott Leo	Plymouth	MN	43	M	183	23:41	7:38	1:34	61	56:58	21.6	0:58	180	25:47	8:18
108	10/19	Howard Zimring	Saint Cloud	MN	46	M	121	21:34	6:57	2:23	100	1:00:19	20.4	2:06	98	22:50	7:21
109	12/20	Terrell Ormson	Collegeville	MN	21	M	132	21:47	7:01	0:53	129	1:01:58	19.9	0:49	131	23:46	7:39
110	14/29	John Teske	Edina	MN	32	M	65	20:07	6:29	1:28	158	1:04:07	19.2	1:42	67	21:54	7:03
111	13/30	Jon Kern	Saint Cloud	MN	35	M	128	21:42	6:59	1:11	72	57:50	21.3	1:46	157	24:50	8:00
112	13/20	Jason Neumann	Waite Park	MN	23	M	92	20:48	6:42	0:53	114	1:01:05	20.1	0:52	176	25:43	8:17
113	17/35	Tim Ruff	Savage	MN	40	M	129	21:42	6:59	1:14	115	1:01:06	20.1	1:01	138	24:21	7:50
114	3/8	Heather Leach	Seattle	WA	47	F	75	20:24	6:34	0:52	165	1:04:42	19.0	1:11	81	22:17	7:11
115	4/13	Lesley Reynolds	Madison	WI	28	F	102	21:07	6:48	1:21	142	1:03:22	19.4	1:13	88	22:32	7:15
116	18/35	Mark Urdahl	Shorewood	MN	43	M	139	21:58	7:05	1:08	112	1:00:52	20.2	1:09	152	24:42	7:57
117	19/35	Pedro Pesta	Hugo	MN	40	M	71	20:16	6:32	1:25	151	1:03:48	19.3	1:38	95	22:42	7:19
118	14/30	Joe Kelzer	New Richmond	WI	35	M	106	21:10	6:49	0:49	172	1:05:01	18.9	0:52	73	22:07	7:07
119	2/10	Sarah Foley	Chaska	MN	34	F	108	21:20	6:52	0:53	153	1:03:53	19.3	1:09	102	23:00	7:24
120	8/17	Michael Sjogren	St. Cloud	MN	54	M	134	21:48	7:01	1:42	124	1:01:43	19.9	1:44	115	23:18	7:30
121	3/7	Dennis Rasmussen	Mankato	MN	57	M	169	23:07	7:27	1:55	67	57:35	21.4	1:28	204	26:39	8:35
122	15/29	Mike Soderburg	Pillager	MN	30	M	154	22:31	7:15	1:40	105	1:00:28	20.3	1:35	143	24:30	7:54
123	2/7	Bob Bailey	Woodbury	MN	60	M	156	22:36	7:17	1:04	123	1:01:34	20.0	1:26	137	24:10	7:47
124	4/13	Michelle Creasman	Faribault	MN	41	F	147	22:14	7:10	0:57	144	1:03:26	19.4	1:05	108	23:11	7:28
125	20/35	Paul Serreyn	Lakeville	MN	41	M	93	20:49	6:42	0:58	178	1:05:28	18.8	1:06	91	22:37	7:17
126	5/9	Stephanie Burg	Fridley	MN	24	F	104	21:08	6:49	0:48	173	1:05:03	18.9	0:46	112	23:15	7:29
127	17/26	Nick Skudlarek	St Cloud	MN	25	M	96	20:55	6:44	0:50	175	1:05:04	18.9	1:09	116	23:19	7:31
128	18/26	Robert Cronin	Coon Rapids	MN	29	M	195	23:53	7:42	1:10	91	59:32	20.7	1:21	170	25:26	8:11
129	1/5	Jonathan Mcanally	St. Cloud	MN	15	M	58	19:42	6:21	0:38	205	1:08:25	18.0	0:30	76	22:09	7:08
130	5/13	Cindy Lewandowski	Sartell	MN	43	F	91	20:47	6:42	0:57	189	1:06:28	18.5	1:01	78	22:13	7:09
131	21/35	John Stejskal	Annandale	MN	41	M	170	23:08	7:27	1:37	128	1:01:55	19.9	1:39	114	23:17	7:30
132	22/35	Jeff Janssen	St. Cloud	MN	40	M	105	21:10	6:49	1:14	163	1:04:33	19.1	1:13	121	23:29	7:34
133	15/30	Helton Cerqueira	Eden Prairie	MN	37	M	165	22:58	7:24	1:23	127	1:01:48	19.9	1:04	144	24:31	7:54
134	16/30	Christopher Robins	Baxter	MN	37	M	117	21:31	6:56	1:14	161	1:04:22	19.1	1:16	119	23:27	7:33
135	19/26	Graeme Webster	Minneapolis	MN	28	M	109	21:20	6:52	0:59	176	1:05:08	18.9	1:05	120	23:29	7:34
136	17/30	Mark Hofer	Seattle	WA	39	M	257	28:50	9:17	1:04	39	54:51	22.4	1:03	190	26:16	8:28
137	5/13	Nicole Bergh	Sartell	MN	27	F	145	22:12	7:09	0:50	154	1:03:55	19.2	0:50	139	24:21	7:51
138	11/19	Robert Britain	Wayzata	MN	47	M	110	21:21	6:53	0:54	149	1:03:47	19.3	1:12	160	24:53	8:01
139	20/26	Matt Erickson	Wood Grove	MN	28	M	90	20:47	6:42	0:56	180	1:05:57	18.7	0:55	130	23:45	7:39
140	21/26	Robert Woodruff	Minneapolis	MN	26	M	259	29:50	9:36	1:31	66	57:33	21.4	1:28	84	22:21	7:12
141	23/35	John Seiler	Sartell	MN	40	M	146	22:12	7:09	1:26	150	1:03:48	19.3	1:08	140	24:22	7:51
142	18/30	Bruce Stainbrook	Rice	MN	39	M	157	22:36	7:17	1:19	138	1:02:46	19.6	1:26	158	24:51	8:00
143	24/35	Don Lewandowski	Sartell	MN	43	M	175	23:15	7:29	0:59	141	1:02:51	19.6	1:26	151	24:39	7:56
144	9/17	Mike Flynn	Elk River	MN	53	M	130	21:46	7:01	1:16	182	1:06:15	18.6	1:38	79	22:16	7:10
145	19/30	Scott Simpson	Cedar Rapids	IA	36	M	138	21:56	7:04	1:23	152	1:03:49	19.3	1:38	146	24:33	7:55
146	4/8	Judy Geck	St. Paul	MN	47	F	113	21:25	6:54	0:38	188	1:06:27	18.5	0:40	136	24:10	7:47
147	22/26	Ryan Carlson	Minneapolis	MN	28	M	190	23:47	7:39	1:11	96	59:43	20.6	1:04	178	25:45	8:18
148	10/17	Mark Kapsner	St. Cloud	MN	52	M	181	23:37	7:36	1:22	122	1:01:33	20.0	1:15	185	25:59	8:22
149	16/29	Scott Augustus	Savage	MN	30	M	177	23:29	7:34	1:42	155	1:04:02	19.2	1:28	111	23:13	7:29
150	4/7	Dave Demulling	Osceola	WI	59	M	151	22:21	7:12	1:20	162	1:04:27	19.1	1:20	145	24:33	7:54
151	12/19	Dennis Moen	Eagan	MN	47	M	198	23:57	7:43	1:59	131	1:02:04	19.8	2:04	135	23:58	7:43
152	1/2	Tommy Brauneis	Waukesha	WI	65	M	171	23:11	7:28	1:12	166	1:04:45	19.0	1:24	126	23:38	7:37
153	20/30	John Patrin	Chanhassen	MN	39	M	148	22:14	7:10	1:17	143	1:03:24	19.4	1:37	177	25:43	8:17
154	21/30	Kevin Ronneberg	Lino Lakes	MN	35	M	167	23:00	7:25	1:24	137	1:02:37	19.6	1:42	174	25:38	8:15
155	22/30	Trent Schroeder	Minneapolis	MN	36	M	133	21:48	7:01	1:23	148	1:03:35	19.3	0:59	205	26:43	8:36
156	25/35	Bob Harmon	New Brighton	MN	44	M	163	22:50	7:21	1:16	145	1:03:31	19.4	0:49	186	26:04	8:24
157	11/17	Chris Lyman	Saint Paul	MN	54	M	220	25:03	8:04	1:35	102	1:00:25	20.4	1:40	183	25:51	8:20
158	17/29	Jeff Jurewicz	Le Sueur	MN	32	M	178	23:29	7:34	1:00	125	1:01:46	19.9	1:03	213	27:15	8:47
159	18/29	Erik Brumbaugh	Minneapolis	MN	34	M	155	22:33	7:16	1:36	164	1:04:34	19.1	1:10	159	24:51	8:00
160	3/4	Karen Rothbauer	Shoreview	MN	51	F	193	23:49	7:40	1:12	139	1:02:48	19.6	1:39	168	25:19	8:09
161	13/19	Scott Thomas	Mendota Height	MN	45	M	219	25:00	8:03	1:33	109	1:00:43	20.3	1:11	194	26:22	8:30
162	3/7	James Ogg	Edina	MN	62	M	180	23:35	7:36	1:36	135	1:02:26	19.7	1:59	166	25:14	8:08
163	26/35	Steven Paulik	Farog	ND	41	M	187	23:46	7:39	2:51	99	1:00:15	20.4	3:25	148	24:36	7:55
164	19/29	Joseph Kurr	Apple Valley	MN	32	M	153	22:29	7:15	0:54	160	1:04:19	19.1	1:38	173	25:38	8:15
165	6/13	Jenny Moore	Plymouth	MN	43	F	231	25:48	8:19	0:56	116	1:01:12	20.1	0:50	191	26:17	8:28
166	20/29	Stephen Olin	Minneapolis	MN	31	M	173	23:13	7:29	1:17	146	1:03:32	19.4	0:46	199	26:33	8:33
167	12/17	Paul Damrow	Roseville	MN	52	M	115	21:28	6:55	1:59	185	1:06:24	18.5	1:44	134	23:51	7:41
168	6/9	Lauren Frana	Min														

184	22/29	Mark Kedrowski	White Bear Lak	MN	34 M	176	23:28	7:33	1:08	170	1:04:54	19.0	1:27	230	28:23	9:09
185	6/12	Min-Amy Xu	Plymouth	MN	36 F	184	23:41	7:38	1:01	204	1:08:17	18.0	0:58	171	25:29	8:13
186	27/35	Ken G Anderson	Sartell	MN	43 M	212	24:35	7:55	2:31	133	1:02:13	19.8	2:16	219	27:52	8:58
187	3/10	Jena Klein	Saint Joseph	MN	34 F	201	24:00	7:44	1:24	194	1:07:03	18.3	1:21	175	25:39	8:16
188	24/26	Ryan Coogan	Minneapolis	MN	29 M	186	23:44	7:39	0:47	171	1:05:01	18.9	1:12	207	26:48	8:38
189	16/19	Peter Miller	Chanhassen	MN	47 M	210	24:29	7:53	1:30	179	1:05:41	18.7	2:05	181	25:48	8:18
190	28/35	Richard Theisen	Clearwater	MN	41 M	200	23:59	7:44	1:18	181	1:06:08	18.6	1:00	214	27:17	8:47
191	14/20	Derek Omscheid	St. Cloud	MN	23 M	150	22:18	7:11	1:24	209	1:09:28	17.7	1:28	179	25:47	8:18
192	15/20	Adam Plante	Sartell	MN	20 M	72	20:19	6:33	0:52	237	1:15:16	16.3	1:11	106	23:09	7:27
193	7/13	Maaik Cronin	Coon Rapids	MN	26 F	114	21:26	6:54	1:27	232	1:13:45	16.7	1:16	100	22:58	7:24
194	7/13	Beth Simenstad	Eden Prairie	MN	42 F	221	25:06	8:05	1:08	195	1:07:06	18.3	1:01	203	26:35	8:34
195	4/10	Erika Binger	Woodbury	MN	33 F	226	25:35	8:14	1:33	167	1:04:51	19.0	1:40	215	27:23	8:49
196	29/35	Tim Tanner	Plymouth	MN	40 M	168	23:06	7:27	1:15	216	1:10:32	17.4	1:43	153	24:44	7:58
197	30/35	Scott Brown	Rogers	MN	40 M	159	22:40	7:18	1:23	201	1:07:37	18.2	1:08	232	28:33	9:12
198	8/13	Marjie Carr-Oxley	Roseville	MN	42 F	214	24:47	7:59	1:07	199	1:07:23	18.3	1:04	209	27:06	8:44
199	27/30	David Sullivan	St. Paul	MN	38 M	144	22:09	7:08	0:56	225	1:12:45	16.9	1:00	163	25:06	8:05
200	31/35	Doran Schoeppach	Minneapolis	MN	41 M	131	21:47	7:01	1:28	228	1:13:29	16.7	1:47	128	23:41	7:38
201	28/30	Daniel Weaver	Saint Cloud	MN	38 M	196	23:54	7:42	3:11	190	1:06:40	18.5	3:10	172	25:31	8:13
202	5/8	Judy Peters	Sartell	MN	45 F	224	25:29	8:13	2:07	193	1:07:00	18.4	1:29	196	26:24	8:30
203	3/5	Kale Daniel	St. Cloud	MN	16 M	140	22:00	7:05	0:41	223	1:12:33	17.0	0:40	216	27:26	8:50
204	7/12	Amy Woolsey	Sauk Rapids	MN	39 F	211	24:32	7:54	1:25	214	1:10:03	17.6	1:06	195	26:22	8:30
205	6/8	Nancy Marquette	Rochester	MN	47 F	174	23:13	7:29	1:43	230	1:13:37	16.7	1:20	127	23:40	7:38
206	5/10	Tricia Vogt	Minneapolis	MS	32 F	192	23:48	7:40	1:42	207	1:08:47	17.9	3:05	201	26:34	8:33
207	6/10	Carole Storm	St Louis Park	MN	33 F	191	23:47	7:40	1:36	197	1:07:14	18.3	4:45	202	26:34	8:33
208	1/3	Francine Lepage	Minneapolis	MN	56 F	164	22:50	7:21	1:35	233	1:13:49	16.7	1:39	165	25:13	8:07
209	17/19	Tom Jensen	Sartell	MN	49 M	232	25:51	8:19	0:57	212	1:09:50	17.6	0:46	218	27:44	8:56
210	8/13	Lindsay Schwab	St. Paul	MN	26 F	194	23:49	7:40	1:48	234	1:13:51	16.7	1:18	150	24:39	7:56
211	7/8	Michelle Hanson	Sartell	MN	46 F	222	25:07	8:05	2:14	208	1:09:27	17.7	1:45	211	27:11	8:45
212	9/13	Sheri Ness	St. Cloud	MN	43 F	213	24:36	7:55	1:32	219	1:11:30	17.2	2:03	189	26:15	8:27
213	23/29	Michael Kosmak	Minneapolis	MN	31 M	205	24:19	7:50	2:43	191	1:06:47	18.4	4:02	221	28:05	9:03
214	14/17	Aaron Netter	Rice	MN	53 M	209	24:27	7:52	1:38	211	1:09:41	17.7	2:19	228	28:17	9:06
215	24/29	Jeff Steil	Sartell	MN	30 M	158	22:38	7:17	1:10	251	1:18:47	15.6	1:03	124	23:35	7:36
216	25/29	Brandon Testa	Sartell	MN	31 M	160	22:40	7:18	1:12	240	1:15:51	16.2	1:02	197	26:30	8:32
217	8/8	Sue Dornfeld	Edina	MN	48 F	237	26:20	8:29	1:30	202	1:07:58	18.1	1:26	242	30:07	9:42
218	16/20	Ryan Miller	Chanhassen	MN	21 M	217	24:54	8:01	0:42	229	1:13:31	16.7	0:36	223	28:07	9:03
219	17/20	Aldrin D'souza	Minneapolis	MN	23 M	120	21:34	6:57	1:33	239	1:15:35	16.3	4:38	161	24:56	8:02
220	18/19	Dan Backer	Lakeville	MN	45 M	245	26:54	8:40	3:25	196	1:07:10	18.3	2:54	227	28:16	9:06
221	15/17	Louis Ahlstrand	Shafer	MN	51 M	218	24:57	8:02	1:43	242	1:16:12	16.1	1:00	156	24:48	7:59
222	32/35	Timothy Novotny	Minneapolis	MN	44 M	236	26:10	8:26	2:09	210	1:09:38	17.7	2:04	236	28:50	9:17
223	8/12	Joan Karpel	Sartell	MN	37 F	229	25:42	8:17	1:19	217	1:11:08	17.3	2:08	233	28:35	9:12
224	9/12	Shiela Stainbrook	Rice	MN	38 F	230	25:43	8:17	1:19	221	1:11:45	17.1	1:20	234	28:45	9:16
225	8/9	Jamie Neumann	St. Joseph	MN	22 F	239	26:30	8:32	1:13	220	1:11:34	17.2	1:10	239	29:22	9:27
226	19/19	Chuck Hodgson	West St. Paul	MN	47 M	256	28:45	9:16	1:38	184	1:06:21	18.5	2:23	246	30:53	9:57
227	26/29	Paul Theisen	Rosemount	MN	30 M	208	24:26	7:52	0:57	241	1:15:52	16.2	0:46	220	28:05	9:03
228	10/12	Jaime Murphy	Sartell	MN	36 F	228	25:42	8:17	1:21	213	1:09:56	17.6	3:09	235	28:45	9:13
229	10/13	Susan Woods	Shoreview	MN	43 F	247	27:24	8:49	1:35	215	1:10:23	17.5	1:22	244	30:27	9:48
230	27/29	Carl Heeder	St Cloud	MN	33 M	234	25:52	8:20	2:01	218	1:11:09	17.3	2:04	245	30:31	9:50
231	9/13	Maggie Dalrymple	Minneapolis	MN	28 F	207	24:20	7:50	1:42	250	1:18:38	15.6	1:53	188	26:14	8:27
232	9/9	Kelly Wubbels	St Cloud	MN	20 F	223	25:08	8:06	1:00	253	1:20:01	15.4	1:12	192	26:18	8:28
233	10/13	Dawn Johnson	Rochester	MN	28 F	252	28:02	9:02	1:24	231	1:13:45	16.7	1:11	240	29:32	9:31
234	33/35	James Murray	Saint Cloud	MN	44 M	242	26:37	8:34	0:57	235	1:14:23	16.5	1:05	238	29:20	9:27
235	7/10	Trina Simmons	Moorhead	MN	33 F	243	26:39	8:35	0:49	247	1:18:01	15.8	0:53	226	28:11	9:05
236	11/13	Katherine Castille	Minneapolis	MN	25 F	189	23:46	7:39	2:37	249	1:18:05	15.8	2:54	212	27:13	8:46
237	18/20	Daniel Kampa	Kimball	MN	22 M	263	30:51	9:56	1:07	169	1:04:52	19.0	1:14	259	36:58	11:54
238	6/7	Ronald Pemberton	Milwaukee	WI	61 M	235	26:06	8:24	1:44	224	1:12:34	17.0	1:55	255	33:23	10:45
239	8/10	Sara Draxten	Minneapolis	MN	31 F	251	28:01	9:01	2:00	226	1:12:52	16.9	1:29	248	31:24	10:07
240	11/12	Melissa Lindsey	St. Cloud	MN	35 F	249	27:39	8:54	0:59	236	1:14:45	16.5	0:43	250	31:45	10:14
241	11/13	Kathy Rosenow	Ramsey	MN	44 F	244	26:39	8:35	2:18	244	1:16:25	16.1	1:42	237	29:04	9:22
242	16/17	David Piper	Minneapolis	MI	51 M	241	26:34	8:33	1:04	254	1:20:18	15.3	0:49	231	28:33	9:12
243	4/5	Kyle Scheeler	St. Cloud	MN	16 M	141	22:01	7:05	2:03	261	1:26:03	14.3	0:39	206	26:45	8:37
244	6/7	Bob Kranz	Kapaa	HI	58 M	258	28:59	9:20	2:06	222	1:12:27	17.0	2:09	254	32:40	10:31
245	4/4	Marcia Veeder	St. Cloud	MN	52 F	250	27:40	8:55	0:55	255	1:20:43	15.2	0:55	247	31:11	10:03
246	2/2	Dean Schulstrom	Coon Rapids	MN	66 M	264	31:02	10:00	1:58	243	1:16:13	16.1	1:44	249	31:39	10:12
247	7/7	Doug Adamek	Cold Springs	MN	63 M	253	28:12	9:05	1:54	252	1:19:24	15.5	1:44	251	31:50	10:15
248	12/13	Sara Klein	St Cloud	MN	28 F	233	25:52	8:20	1:22	257	1:23:18	14.8	1:34	253	32:11	10:22
249	28/29	John Theisen	St. Paul	MN	34 M	225	25:32	8:13	2:48	260	1:25:54	14.3	3:45	200	26:33	8:33
250	29/30	Jeffrey Greene	North Branch	MN	37 M	255	28:27	9:10	2:21	227	1:12:55	16.9	2:13	262	39:14	12:38
251	29/29	Charles Parla	Rosemount	MN	34 M	238	26:29	8:32	3:26	258	1:25:19	14.4	2:47	217	27:28	8:51
252	9/10	Rebecca Peckels	Minneapolis	MN	32 F	199	23:58	7:43	9:36	245	1:17:49	15.8	2:50	252	31:50	10:15
253	2/3	Karen Adams	St. Cloud	MN	55 F	265	31:04	10:00	1:43	238	1:15:21	16.3	1:33	258	36:50	11:52
254	30/30	Brian Back	Rosemount	MN	36 M	240	26:31	8:32	3:23	259	1:25:22	14.4	2:43	241	29:48	9:36
255	5/5	Ryan Mahling	St. Cloud	MN	15 M	202	24:08	7:47	0:46	266	1:33:59	13.1	0:45	229	28:19	9:07
256	7/7	Jere Hanenburg	Elk River	MN	56 M	248	27:36	8:53	1:53	256	1:21:40	15.1	1:50	257	35:45	11:31
257	12/13	Mary Crookston	Lakeville	MN	41 F	261	30:23	9:47	2:12	246	1:18:00	15.8	1:44	260	37:07	11:57
258	12/12	Lisa Martone	St. Joseph	MN	35 F	254	28:24	9:09	1:10	264	1:30:40	13.6	1:09	243	30:25	9:48
259	13/13	Erin Albu	Minneapolis	MN	26 F	227	25:41	8:16	1:48	268	1:41:36	12.1	1:26	222	28:06	9:03
260	13/13	Jody Klaphake	Freeport	MN	40 F	262	30:45	9:54	1:49	263	1:30:39	13.6	1:20	256	34:16	11:02
261	17/17	Narvel Brooks	Waconia	MN	53 M	268	36:45	11:50	1:39	248	1:18:04	15.8	2:20	263	40:35	13:04
262	3/3	Jane Dalrymple	Minneapolis	MN	55 F	260	29:51	9:37	1:59	262	1:29:59	13.7	3:38	261	38:21	12:21
263	34/35	Douglas Moran	Rosemount	MN	43 M	246	27:08	8:44	1:40	265	1:32:42	13.3	1:30	264	41:17	13:18
264	25/26	Ryan Albu	Minneapolis	MN	27 M	266	31:41	10:12	1:48	267						

RECEIVED TWO MINUTE PENALTY FOR 3.4I UNAUTHORIZED ACCESSORIES = #363
 RECEIVED SIX MINUTE PENALTY FOR 5.10A MULTIPLE DRATING = #272
 RECEIVED SIX MINUTE PENALTY FOR 5.10G OVERTAKEN AND 7.1 EXIT/ENTER = #294

TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM NAME = MEMBERS (RUNNER, BIKER)	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/9	Team Scheels = Kevin Gross , Kevin Scheiterlein	3	17:20	5:35	0:32	1	52:05	23.6	0:24	3	18:31	5:58	1:28:
2	2/9	Nolan/Larson = Will McComb , John Larson	1	16:34	5:20	0:31	6	56:52	21.6	0:29	1	16:59	5:28	1:31:
3	3/9	Comatose = Jermeiy Frank , Derrick Frank	9	19:51	6:24	0:32	3	53:47	22.9	0:23	10	20:47	6:42	1:35:
4	1/16	Springfield Athletic Dept. = Connie Bauman , Eric Hanson	6	19:04	6:08	0:33	4	55:22	22.2	0:38	6	20:00	6:27	1:35:
5	4/9	Faith - Olson = Ryan Faith , Taylor Olson	7	19:10	6:11	0:31	5	56:38	21.7	0:28	7	20:19	6:33	1:37:
6	5/9	Lanz/Peterson = Adam Lanz , Brian Peterson	2	17:07	5:31	0:31	15	1:04:17	19.1	0:31	2	17:52	5:45	1:40:
7	2/16	Team WP = Connie O'brian , Thomas Manderfeld	17	22:58	7:24	0:41	2	53:18	23.1	0:31	16	23:55	7:42	1:41:
8	6/9	Brothers-in-law = Darin Thom , Dave Schwartz	11	20:07	6:29	0:34	11	1:02:44	19.6	0:31	9	20:38	6:39	1:44:
9	3/16	Chasing Apples = Mariel Grossinger , Ryan Saline	10	19:52	6:24	0:29	12	1:03:02	19.5	0:23	11	20:54	6:44	1:44:
10	7/9	Team Davenport = Paul Boschee , Tom Caprio	13	21:11	6:49	0:44	10	1:00:35	20.3	0:32	12	21:59	7:05	1:44:
11	8/9	Peterson/Verecka = Noelle Peterson , Patrick Varecka	14	21:38	6:58	0:53	8	58:36	21.0	0:38	17	25:19	8:09	1:47:
12	4/16	Apple Eaters = Marykay Stein , Tim Peterson	4	18:36	5:59	0:31	20	1:08:25	18.0	0:29	5	19:49	6:23	1:47:
13	9/9	Nolan/Varecka = Chris Nolan , Thomas Varecka	5	18:37	6:00	0:35	22	1:12:11	17.0	0:35	4	19:43	6:21	1:51:
14	5/16	6th Month = Melissa Tellinghuisen , Michael Bier	15	22:41	7:18	0:36	17	1:04:58	18.9	0:33	14	23:03	7:26	1:51:
15	6/16	Team Dawdle = Elaine Judd , John Ostmo	25	28:06	9:03	0:35	7	58:34	21.0	0:30	25	28:44	9:15	1:56:
16	7/16	Grossingers = Dawn , Ron Grossinger	24	27:02	8:42	0:37	9	1:00:34	20.3	0:32	21	27:46	8:57	1:56:
17	1/2	Cecil's Sea Horses = Kris Menke , Marlene Grindland	16	22:46	7:20	0:34	21	1:09:07	17.8	0:27	15	23:44	7:39	1:56:
18	8/16	Team Liger = Eric Hoelscher , Emily Skaj	8	19:30	6:17	0:36	23	1:16:14	16.1	0:28	8	20:29	6:36	1:57:
19	9/16	speedband = Jody Szafranski , Michelle Templin	18	25:20	8:09	0:41	16	1:04:18	19.1	0:32	18	26:39	8:35	1:57:
20	10/16	Team Lindholm = John Lindholm , Kia Lindholm	20	25:49	8:19	0:32	14	1:03:39	19.3	0:33	20	27:09	8:45	1:57:
21	11/16	Team Hanson = Ronald Hanson , Kelly Hanson	23	26:20	8:29	0:36	13	1:03:27	19.4	0:34	22	27:57	9:00	1:58:
22	12/16	Team ONAG = Tony Hanson , Megan Von Hecke	19	25:39	8:16	0:34	19	1:07:36	18.2	0:29	19	26:45	8:37	2:01:
23	13/16	Garretson/Cole = Pam Garretson , Dennis Cole	22	26:05	8:24	0:37	18	1:06:30	18.5	0:31	24	28:12	9:05	2:01:
24	2/2	Schad/Houghton = Jenny Schad , Shannan Houghton	21	25:54	8:21	0:41	24	1:16:56	16.0	0:33	23	28:03	9:02	2:12:
25	14/16	Excel = Corey Zack , Jeanie Ringwelski	12	20:58	6:45	0:55	26	1:27:54	14.0	0:27	13	22:56	7:23	2:13:
26	15/16	Los Professores = John Gammell , Jessie Zack	27	28:10	9:04	0:47	27	1:33:41	13.1	0:34	27	32:46	10:33	2:35:
27	16/16	Z-square = Craig Zack , Mary Zack	26	28:09	9:04	0:46	25	1:25:01	14.5	9:17	26	32:45	10:33	2:35:

ELITE MALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOT TIM	
1	1	David Thompson	MN	27	M	7	15:55	5:08	0:29	3	48:54	25.2	0:33	7	17:13	5:33	1:2	
2	6	Peter Skorseth	WI	43	M	2	15:35	5:01	0:29	5	50:01	24.6	0:42	6	17:12	5:32	1:2	
3	4	Jared Berg	Minneapolis	MN	30	M	18	16:41	5:22	0:32	1	48:46	25.2	0:37	15	18:02	5:49	1:2
4	40	John Shelp	Maple Plain	MN	33	M	13	16:29	5:19	0:44	2	48:47	25.2	0:54	12	17:56	5:47	1:2
5	23	Chris Tolonen	Seattle	WA	35	M	6	15:55	5:08	0:47	7	50:37	24.3	0:39	4	17:04	5:30	1:2
6	29	Brooks Grossinger	Maple Grove	MN	28	M	3	15:42	5:03	0:34	14	51:52	23.7	0:36	3	17:00	5:29	1:2
7	44	Charles Smith	Minneapolis	MN	27	M	11	16:09	5:12	0:30	12	51:27	23.9	0:34	5	17:09	5:32	1:2
8	5	Chad Millner	Eden Prairie	MN	28	M	8	15:56	5:08	0:28	13	51:32	23.9	0:32	14	18:02	5:49	1:2
9	31	Jonathan Balabuck	Thunder Bay, O	25	M	1	15:35	5:01	0:32	10	51:09	24.1	0:45	1	16:42	5:23	1:2	
10	2	Michael Boehmer	Delafield	WI	25	M	14	16:34	5:20	0:28	9	50:43	24.3	0:32	18	18:33	5:59	1:2
11	3	Robert Gilles	Fargo	ND	28	M	4	15:49	5:06	0:39	8	50:38	24.3	0:33	8	17:19	5:35	1:2
12	7	Dan Cohen	Eden Prairie	MN	31	M	17	16:40	5:22	0:54	6	50:33	24.3	0:33	16	18:20	5:54	1:2
13	26	Danny Morwood	Brandon, Mani	30	M	23	17:33	5:39	0:36	4	49:49	24.7	0:44	20	18:58	6:07	1:2	
14	24	Kevin O'connor	Corcoran	MN	34	M	19	17:04	5:30	0:27	11	51:23	23.9	0:29	17	18:32	5:58	1:2
15	32	John Dalrymple	Vancouver	WA	24	M	10	16:08	5:12	0:32	20	53:19	23.1	0:39	9	17:26	5:37	1:2
16	30	Nick Langer	Rochester	MN	25	M	16	16:35	5:21	0:48	19	52:47	23.3	0:44	13	18:00	5:48	1:2
17	42	Caleb Olsen	Maplewood	MN	22	M	9	16:04	5:11	0:33	23	54:40	22.5	0:40	11	17:35	5:40	1:2
18	33	Brent Loberg	Minneapolis	MN	24	M	12	16:10	5:12	0:41	18	52:31	23.4	0:57	10	17:27	5:37	1:2
19	37	Cameron Berg	Golden Valley	MN	22	M	22	17:30	5:38	0:44	16	52:26	23.5	0:45	19	18:40	6:01	1:3
20	38	Neil Miller	Anok	MN	20	M	15	16:34	5:20	0:51	24	55:15	22.3	1:03	2	16:56	5:27	1:3
21	39	Brent Sinn	Bismarck	ND	26	M	24	17:33	5:39	0:44	17	52:26	23.5	0:51	22	19:09	6:10	1:3
22	25	Charles Jacobs	St. Cloud	MN	36	M	26	17:46	5:44	0:49	21	53:20	23.1	0:51	23	19:14	6:12	1:3
23	9	Peter Hanson	Minneapolis	MN	39	M	25	17:35	5:40	0:50	22	54:36	22.5	0:46	24	19:44	6:22	1:3
24	36	Anton Pshon	Saint Paul	MN	23	M	27	18:08	5:50	0:43	15	52:13	23.6	0:51	25	19:52	6:24	1:3

25	22	Sean Mulheron	Saint Paul	MN	36	M	20	17:24	5:36	0:33	25	58:51	20.9	0:40	26	20:34	6:38	1:3
26	43	Jacob Pederson	Roseville	MN	24	M	21	17:25	5:37	1:21	27	59:38	20.6	1:26	21	19:01	6:08	1:3

ELITE FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOT	TIM
1	10	Briana Boehmer	Delafield	WI	26	F	1	18:02	5:49	0:41	1	55:09	22.3	0:54	1	19:19	6:13	1:3						
2	19	Sarah Kolpin	Madison	WI	24	F	2	18:32	5:58	0:37	3	56:30	21.8	0:33	2	19:35	6:19	1:3						
3	11	Marlina Walth	Bismark	MN	36	F	5	19:40	6:20	0:56	2	56:14	21.9	1:06	4	20:40	6:39	1:3						
4	18	Molly Cochran	Lakeville	MN	29	F	4	19:14	6:12	0:56	6	59:04	20.8	1:03	3	20:25	6:35	1:4						
5	21	Beth Zirbes	Silver Lake	MN	20	F	7	20:15	6:31	0:43	4	57:41	21.3	0:38	5	22:05	7:07	1:4						
6	12	Jan Guenther	Mound	MN	46	F	6	20:15	6:31	0:48	5	58:07	21.2	0:44	7	22:07	7:08	1:4						
7	20	Caitlin Compton	Saint Paul	MN	24	F	3	19:06	6:09	0:53	7	59:53	20.5	1:41	6	22:07	7:07	1:4						
8	14	Julie Mcmonagale	Eagan	MN	38	F	8	20:47	6:42	0:49	8	1:03:33	19.4	1:00	8	22:31	7:15	1:4						
9	15	Sarah Foley	Chaska	MN	34	F	9	21:20	6:52	0:53	9	1:03:53	19.3	1:09	9	23:00	7:24	1:5						
10	41	Lauren Frana	Minneapolis	MN	23	F	10	23:30	7:34	1:02	10	1:04:52	19.0	1:34	10	24:35	7:55	1:5						

MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOT	TIM
1	224	Michael Kilcoyne	Long Lake	MN	46	M	7	18:16	5:53	0:35	4	52:49	23.3	0:35	4	19:06	6:09	1:3						
2	248	Jon Neumann	Sartell	MN	20	M	1	17:31	5:39	0:55	13	54:42	22.5	0:47	1	18:19	5:54	1:3						
3	204	Derek Hager	Minneapolis	MN	43	M	5	18:02	5:48	0:32	1	51:55	23.7	0:42	30	21:49	7:02	1:3						
4	179	Lynn Beiswanger	Bismarck	ND	50	M	3	17:43	5:43	1:03	9	54:28	22.6	1:11	3	19:05	6:09	1:3						
5	192	Dave Dow	Oakdale	MN	50	M	11	18:54	6:05	1:00	2	52:02	23.6	1:05	11	20:35	6:38	1:3						
6	200	Brian Frank	Maple Grove	MN	29	M	6	18:08	5:50	0:54	7	53:57	22.8	0:45	8	19:58	6:26	1:3						
7	165	Charles Allgood	Brooklyn Park	MN	40	M	4	18:01	5:48	0:46	18	55:19	22.2	0:53	6	19:39	6:20	1:3						
8	283	Matt Simmons	Moorhead	MN	30	M	10	18:49	6:04	1:01	20	55:35	22.1	1:09	7	19:52	6:24	1:3						
9	206	Paul B. Haltvick	Ashland	WI	47	M	26	19:50	6:23	0:32	6	53:39	22.9	0:44	31	21:49	7:02	1:3						
10	249	David R. Newman	Minneapolis	MN	51	M	20	19:36	6:19	0:51	11	54:37	22.5	0:45	15	20:50	6:43	1:3						
11	184	Jey Carlson	Mtka	MN	39	M	15	19:14	6:12	1:20	12	54:38	22.5	0:51	13	20:41	6:40	1:3						
12	341	David Shulman	Minneapolis	MN	37	M	9	18:38	6:00	1:19	17	55:07	22.3	1:20	12	20:41	6:40	1:3						
13	183	Mick Carlson	Apple Valley	MN	35	M	28	19:56	6:25	0:43	5	52:56	23.2	0:38	25	21:31	6:56	1:3						
14	264	Derick Podratz	Lino Lakes	MN	30	M	2	17:35	5:40	0:46	43	59:10	20.8	1:03	5	19:25	6:15	1:3						
15	255	Tim Oolman	Plymouth	MN	50	M	31	20:07	6:29	0:56	14	54:44	22.5	0:53	24	21:23	6:53	1:3						
16	303	Patrick Todd	Woodbury	MN	26	M	18	19:22	6:14	0:54	41	58:22	21.1	0:41	2	18:54	6:05	1:3						
17	306	Brad Vieths	Esko	MN	26	M	8	18:38	6:00	0:38	38	57:50	21.3	0:52	10	20:27	6:35	1:3						
18	236	Jim Mcdonell	Woodbury	MN	52	M	16	19:14	6:12	0:50	24	56:10	21.9	0:53	23	21:21	6:53	1:3						
19	333	Barry Clark	La Crosse	WI	57	M	22	19:41	6:20	0:48	10	54:35	22.5	1:03	48	22:37	7:17	1:3						
20	266	Rodney Pratt	Stillwater	MN	43	M	27	19:51	6:24	0:47	25	56:18	21.9	0:58	18	21:04	6:47	1:3						
21	305	Eric Vandenberg	Austin	MN	44	M	14	19:09	6:10	0:56	28	56:49	21.7	0:52	21	21:19	6:52	1:3						
22	210	Joseph Hill	Alexandria	MN	36	M	29	19:56	6:25	0:59	23	55:40	22.1	0:51	29	21:47	7:01	1:3						
23	261	Steve Peterson	Eagan	MN	47	M	13	19:07	6:10	1:01	29	56:51	21.6	1:18	19	21:11	6:49	1:3						
24	213	Steven Hohenstein	Duluth	MN	27	M	17	19:21	6:14	0:45	26	56:23	21.8	1:24	27	21:37	6:58	1:3						
25	205	Neil Hailstone	Minneapolis	MN	33	M	42	20:43	6:40	0:46	8	54:08	22.7	0:39	56	23:16	7:30	1:3						
26	296	Tom Tedlund	Duluth	MN	47	M	41	20:37	6:38	1:02	16	55:01	22.4	1:02	43	22:29	7:14	1:4						
27	251	Andy Newman	Minneapolis	MN	22	M	38	20:34	6:37	1:10	19	55:31	22.2	1:01	33	22:01	7:05	1:4						
28	294	Kris Swarthout	Crystal	MN	33	M	19	19:26	6:16	0:35	3	52:45	23.3	0:37	17	21:02	6:47	1:4						
29	314	James Morgan	Minneapolis	MN	43	M	12	19:07	6:09	1:15	40	58:10	21.2	1:40	16	20:58	6:45	1:4						
30	175	Robb Bauleke	Edina	MN	20	M	45	20:54	6:44	1:09	37	57:40	21.3	1:18	14	20:42	6:40	1:4						
31	195	Rick Edinger	Edina	MN	49	M	48	21:06	6:48	0:49	30	56:56	21.6	0:44	40	22:19	7:11	1:4						
32	280	Kent Schwitzer	Minnetonka	MN	51	M	56	21:23	6:53	0:58	22	55:40	22.1	0:57	52	23:07	7:27	1:4						
33	273	Jim Sakry	Waite Park	MN	43	M	34	20:24	6:34	1:23	31	57:00	21.6	1:35	37	22:11	7:09	1:4						
34	244	Ken Mogren	Winona	MN	57	M	50	21:08	6:49	1:07	21	55:40	22.1	1:48	51	23:03	7:25	1:4						
35	227	Doug Lain	Waite Park	MN	39	M	21	19:39	6:20	0:56	57	1:00:39	20.3	1:02	20	21:16	6:51	1:4						
36	282	Wayne Siegel	St. Louis Park	MN	43	M	37	20:33	6:37	1:14	50	59:36	20.6	0:57	22	21:21	6:53	1:4						
37	214	Michael Houghton	Sartell	MN	34	M	32	20:08	6:29	1:06	42	58:22	21.1	0:54	59	23:25	7:32	1:4						
38	238	Jim Merickel	Maple Grove	MN	40	M	36	20:32	6:37	0:53	45	59:20	20.7	0:48	47	22:37	7:17	1:4						
39	250	Jeff Newman	Minneapolis	MN	23	M	40	20:36	6:38	1:11	48	59:31	20.7	1:07	34	22:02	7:06	1:4						
40	230	Glenn Leary	St. Paul	MN	41	M	25	19:50	6:23	1:23	71	1:01:47	19.9	1:25	9	20:15	6:31	1:4						
41	307	Erik Vilen	Duluth	MN	25	M	24	19:44	6:22	0:59	36	57:39	21.3	2:10	80	24:39	7:56	1:4						
42	197	Tom Erickson	Edina	MN	43	M	35	20:31	6:36	1:05	55	1:00:26	20.4	0:58	39	22:17	7:11	1:4						
43	279	Cory Schumacher	Minneapolis	MN	26	M	49	21:06	6:48	1:23	56	1:00:35	20.3	0:46	42	22:26	7:14	1:4						
44	186	David Clemmons	Bismarck	ND	50	M	39	20:35	6:38	2:43	32	57:21	21.5	3:03	45	22:36	7:17	1:4						
45	311	Erich Zeitz	Minnetonka	MN	40	M	47	21:01	6:46	1:04	76	1:02:07	19.8	0:57	26	21:35	6:57	1:4						
46	328	Whitney Johnson	Cold Spring	MN	40	M	53	21:17	6:51	1:40	47	59:26	20.7	1:40	49	22:44	7:19	1:4						
47	335	Chad Peckels	Minneapolis	MN	30	M	61	21:40	6:59	1:55	46	59:23	20.7	2:19	28	21:38	6:58	1:4						
48	290	Carl Spalding	Minnetrista	MN	41	M	58	21:33	6:57	0:43	66	1:01:24	20.0	0:54	44	22:36	7:17	1:4						
49	274	Charlie Schad	Sartell	MN	35	M	80	22:15	7:10	0:49	27	56:31	21.8	0:54	90	24:58	8:02	1:4						
50	228	Hank Larsen	Glencoe	MN	64	M	55	21:22	6:53	1:12	59	1:00:48	20.2	0:54	60	23:25	7:33	1:4						
51	196	Scott Eide	Avon	MN	44	M	105	23:44	7:39	1:23	33	57:24	21.4	1:59	69	23:50	7:40	1:4						
52	209	Chuck Heisick	St. Cloud	MN	45	M	90	22:44	7:19	0:53	44	59:20	20.7	0:55	75	24:29	7:53	1:4						
53	301	Andrew Thiemann	Saint Paul	MN	25	M	71	21:52	7:03	1:12	61	1:01:04	20.1	0:52	65	23:36	7:36	1:4						
54	312	Howard Zimring	Saint Cloud	MN	46	M																		

70	185	Helton Cerqueira	Eden Prairie	MN	37	M	92	22:58	7:24	1:23	72	1:01:48	19.9	1:04	76	24:31	7:54	1:5
71	269	Christopher Robins	Baxter	MN	37	M	57	21:31	6:56	1:14	93	1:04:22	19.1	1:16	61	23:27	7:33	1:5
72	309	Graeme Webster	Minneapolis	MN	28	M	54	21:20	6:52	0:59	102	1:05:08	18.9	1:05	62	23:29	7:34	1:5
73	212	Mark Hofer	Seattle	WA	39	M	141	28:50	9:17	1:04	15	54:51	22.4	1:03	109	26:16	8:28	1:5
74	313	Robert Woodruff	Minneapolis	MN	26	M	142	29:50	9:36	1:31	34	57:33	21.4	1:28	41	22:21	7:12	1:5
75	281	John Seiler	Sartell	MN	40	M	78	22:12	7:09	1:26	86	1:03:48	19.3	1:08	73	24:22	7:51	1:5
76	292	Bruce Stainbrook	Rice	MN	39	M	86	22:36	7:17	1:19	80	1:02:46	19.6	1:26	88	24:51	8:00	1:5
77	232	Don Lewandowski	Sartell	MN	43	M	99	23:15	7:29	0:59	82	1:02:51	19.6	1:26	81	24:39	7:56	1:5
78	199	Mike Flynn	Elk River	MN	53	M	64	21:46	7:01	1:16	107	1:06:15	18.6	1:38	38	22:16	7:10	1:5
79	284	Scott Simpson	Cedar Rapids	IA	36	M	72	21:56	7:04	1:23	87	1:03:49	19.3	1:38	78	24:33	7:55	1:5
80	182	Ryan Carlson	Minneapolis	MN	28	M	109	23:47	7:39	1:11	51	59:43	20.6	1:04	100	25:45	8:18	1:5
81	219	Mark Kapsner	St. Cloud	MN	52	M	104	23:37	7:36	1:22	67	1:01:33	20.0	1:15	106	25:59	8:22	1:5
82	170	Scott Augustus	Savage	MN	30	M	101	23:29	7:34	1:42	88	1:04:02	19.2	1:28	55	23:13	7:29	1:5
83	191	Dave Demulling	Osceola	WI	59	M	82	22:21	7:12	1:20	94	1:04:27	19.1	1:20	77	24:33	7:54	1:5
84	243	Dennis Moen	Eagan	MN	47	M	113	23:57	7:43	1:59	75	1:02:04	19.8	2:04	70	23:58	7:43	1:5
85	177	Tommy Brauneis	Waukesha	WI	65	M	97	23:11	7:28	1:12	96	1:04:45	19.0	1:24	66	23:38	7:37	1:5
86	258	John Patrin	Chanhassen	MN	39	M	79	22:14	7:10	1:17	83	1:03:24	19.4	1:37	99	25:43	8:17	1:5
87	270	Kevin Ronneberg	Lino Lakes	MN	35	M	94	23:00	7:25	1:24	79	1:02:37	19.6	1:42	97	25:38	8:15	1:5
88	338	Trent Schroeder	Minneapolis	MN	36	M	67	21:48	7:01	1:23	85	1:03:35	19.3	0:59	115	26:43	8:36	1:5
89	208	Bob Harmon	New Brighton	MN	44	M	91	22:50	7:21	1:16	84	1:03:31	19.4	0:49	107	26:04	8:24	1:5
90	233	Chris Lyman	Saint Paul	MN	54	M	128	25:03	8:04	1:35	54	1:00:25	20.4	1:40	104	25:51	8:20	1:5
91	217	Jeff Jurewicz	Le Sueur	MN	32	M	102	23:29	7:34	1:00	70	1:01:46	19.9	1:03	119	27:15	8:47	1:5
92	302	Scott Thomas	Mendota Height	MN	45	M	127	25:00	8:03	1:33	58	1:00:43	20.3	1:11	110	26:22	8:30	1:5
93	253	James Ogg	Edina	MN	62	M	103	23:35	7:36	1:36	78	1:02:26	19.7	1:59	92	25:14	8:08	1:5
94	259	Steven Paulik	Farog	ND	41	M	107	23:46	7:39	2:51	52	1:00:15	20.4	3:25	79	24:36	7:55	1:5
95	226	Joseph Kurr	Apple Valley	MN	32	M	84	22:29	7:15	0:54	92	1:04:19	19.1	1:38	96	25:38	8:15	1:5
96	237	Joe Mercuri	Sartell	MN	45	M	77	22:09	7:08	1:47	74	1:02:01	19.8	1:27	127	28:09	9:04	1:5
97	178	John Bodette	St. Cloud	MN	55	M	69	21:49	7:02	1:12	120	1:08:39	17.9	1:05	54	23:11	7:28	1:5
98	321	Alexander Gordon	St Paul	MN	35	M	76	22:06	7:07	1:32	108	1:06:21	18.5	1:13	85	24:44	7:58	1:5
99	201	Eugene Garver	Sartell	MN	60	M	116	24:18	7:49	1:15	89	1:04:06	19.2	1:52	84	24:44	7:58	1:5
100	168	Allan Anderson	Sartell	MN	46	M	98	23:12	7:28	1:33	103	1:05:20	18.8	1:19	93	25:17	8:08	1:5
101	343	Henry Wieland	Rice	MN	39	M	112	23:55	7:42	2:08	65	1:01:18	20.1	1:54	105	25:58	8:22	1:5
102	180	Tom Brix	Plymouth	MN	63	M	123	24:49	7:59	1:53	64	1:01:17	20.1	2:24	118	27:06	8:44	1:5
103	337	Justin Royer	St Louis Park	MN	27	M	108	23:46	7:39	1:35	91	1:04:14	19.2	1:26	112	26:30	8:32	1:5
104	339	Kyle Serreyn	Lakeville	MN	14	M	70	21:51	7:02	1:14	115	1:07:19	18.3	1:13	108	26:04	8:24	1:5
105	268	Glenn Riemersma	Bloomington	MN	37	M	83	22:27	7:14	1:47	116	1:07:32	18.2	1:19	91	25:08	8:06	1:5
106	272	Scott Rutten	Sauk Centre	MN	36	M	93	23:00	7:24	1:04	81	1:02:50	19.6	1:06	74	24:23	7:51	1:5
107	229	Clark Leaders	St. Cloud	MN	30	M	118	24:19	7:50	1:19	110	1:06:26	18.5	1:20	103	25:50	8:19	1:5
108	220	Mark Kedrowski	White Bear Lak	MN	34	M	100	23:28	7:33	1:08	98	1:04:54	19.0	1:27	132	28:23	9:09	1:5
109	167	Ken G Anderson	Sartell	MN	43	M	122	24:35	7:55	2:31	77	1:02:13	19.8	2:16	123	27:52	8:58	1:5
110	187	Ryan Coogan	Minneapolis	MN	29	M	106	23:44	7:39	0:47	99	1:05:01	18.9	1:12	117	26:48	8:38	1:5
111	240	Peter Miller	Chanhassen	MN	47	M	121	24:29	7:53	1:30	105	1:05:41	18.7	2:05	102	25:48	8:18	1:5
112	298	Richard Theisen	Clearwater	MN	41	M	114	23:59	7:44	1:18	106	1:06:08	18.6	1:00	120	27:17	8:47	1:5
113	349	Derek Omscheid	St. Cloud	MN	23	M	81	22:18	7:11	1:24	121	1:09:28	17.7	1:28	101	25:47	8:18	2:0
114	263	Adam Plante	Sartell	MN	20	M	33	20:19	6:33	0:52	130	1:15:16	16.3	1:11	53	23:09	7:27	2:0
115	295	Tim Tanner	Plymouth	MN	40	M	95	23:06	7:27	1:15	124	1:10:32	17.4	1:43	83	24:44	7:58	2:0
116	348	Scott Brown	Rogers	MN	40	M	88	22:40	7:18	1:23	117	1:07:37	18.2	1:08	134	28:33	9:12	2:0
117	276	Doran Schoeppach	Minneapolis	MN	41	M	65	21:47	7:01	1:28	128	1:13:29	16.7	1:47	67	23:41	7:38	2:0
118	308	Daniel Weaver	Saint Cloud	MN	38	M	111	23:54	7:42	3:11	111	1:06:40	18.5	3:10	95	25:31	8:13	2:0
119	190	Kale Daniel	St. Cloud	MN	16	M	74	22:00	7:05	0:41	125	1:12:33	17.0	0:40	121	27:26	8:50	2:0
120	334	Michael Kosmak	Minneapolis	MN	31	M	117	24:19	7:50	2:43	112	1:06:47	18.4	4:02	125	28:05	9:03	2:0
121	246	Aaron Netter	Rice	MN	53	M	120	24:27	7:52	1:38	123	1:09:41	17.7	2:19	130	28:17	9:06	2:0
122	293	Jeff Steil	Sartell	MN	30	M	87	22:38	7:17	1:10	136	1:18:47	15.6	1:03	64	23:35	7:36	2:0
123	342	Brandon Testa	Sartell	MN	31	M	89	22:40	7:18	1:12	132	1:15:51	16.2	1:02	111	26:30	8:32	2:0
124	241	Ryan Miller	Chanhassen	MN	21	M	125	24:54	8:01	0:42	129	1:13:31	16.7	0:36	126	28:07	9:03	2:0
125	193	Aldrin D'souza	Minneapolis	MN	23	M	59	21:34	6:57	1:33	131	1:15:35	16.3	4:38	89	24:56	8:02	2:0
126	172	Dan Backer	Lakeville	MN	45	M	135	26:54	8:40	3:25	114	1:07:10	18.3	2:54	129	28:16	9:06	2:0
127	163	Louis Ahlstrand	Shafer	MN	51	M	126	24:57	8:02	1:43	134	1:16:12	16.1	1:00	86	24:48	7:59	2:0
128	252	Timothy Novotny	Minneapolis	MN	44	M	131	26:10	8:26	2:09	122	1:09:38	17.7	2:04	135	28:50	9:17	2:0
129	211	Chuck Hodgson	West St. Paul	MN	47	M	140	28:45	9:16	1:38	109	1:06:21	18.5	2:23	137	30:53	9:57	2:0
130	299	Paul Theisen	Rosemount	MN	30	M	119	24:26	7:52	0:57	133	1:15:52	16.2	0:46	124	28:05	9:03	2:1
131	218	Daniel Kampa	Kimball	MN	22	M	143	30:51	9:56	1:07	97	1:04:52	19.0	1:14	142	36:58	11:54	2:1
132	260	Ronald Pemberton	Milwaukee	WI	61	M	130	26:06	8:24	1:44	126	1:12:34	17.0	1:55	140	33:23	10:45	2:1
133	262	David Piper	Minneapolis	MI	51	M	134	26:34	8:33	1:04	138	1:20:18	15.3	0:49	133	28:33	9:12	2:1
134	275	Kyle Scheeler	St. Cloud	MN	16	M	75	22:01	7:05	2:03	143	1:26:03	14.3	0:39	116	26:45	8:37	2:1
135	278	Dean Schulstrom	Coon Rapids	MN	66	M	144	31:02	10:00	1:58	135	1:16:13	16.1	1:44	138	31:39	10:12	2:2
136	332	Doug Adamek	Cold Springs	MN	63	M	138	28:12	9:05	1:54	137	1:19:24	15.5	1:44	139	31:50	10:15	2:2
137	300	John Theisen	St. Paul	MN	34	M	129	25:32	8:13	2:48	142	1:25:54	14.3	3:45	113	26:33	8:33	2:2
138	202	Jeffrey Greene	North Branch	MN	37	M	139	28:27	9:10	2:21	127	1:12:55	16.9	2:13	143	39:14	12:38	2:2
139	257	Charles Parla	Rosemount	MN	34	M	132	26:29	8:32	3:26	140	1:25:19	14.4	2:47	122	27:28	8:51	2:2
140	171	Brian Back	Rosemount	MN	36	M	133	26:31	8:32	3:23	141	1:25:22	14.4	2:43	136	29:48	9:36	2:2
141	234	Ryan Mahling	St. Cloud	MN	15	M	115	24:08	7:47	0:46	145	1:33:59	13.1	0:45	131	28:19	9:07	2:2
142	207	Jere Hanenburg	Elk River	MN	56	M	137	27:36	8:53	1:53	139	1:21:40	15.1	1:50	141	35:45	11:31	2:2
143	245	Douglas Moran	Rosemount	MN	43	M	136	27:08	8:44	1:40	144	1:32:42	13.3	1:30	144	41:17	13:18	2:4
144	164	Ryan Albu	Minneapolis	MN	27	M	145	31:41	10:12	1:48	146	1:41:19	12.1	1:38	128	28:10	9:04	2:4

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	TRAN	BIKE	TRAN	RUN	TOT
			</										

14	148	Lesley Reynolds	Madison	WI	28	F	11	21:07	6:48	1:21	15	1:03:22	19.4	1:13	8	22:32	7:15	1:4
15	108	Michelle Creasman	Faribault	MN	41	F	20	22:14	7:10	0:57	16	1:03:26	19.4	1:05	12	23:11	7:28	1:5
16	105	Stephanie Burg	Fridley	MN	24	F	12	21:08	6:49	0:48	20	1:05:03	18.9	0:46	15	23:15	7:29	1:5
17	231	Cindy Lewandowski	Sartell	MN	43	F	7	20:47	6:42	0:57	23	1:06:28	18.5	1:01	6	22:13	7:09	1:5
18	103	Nicole Bergh	Sartell	MN	27	F	19	22:12	7:09	0:50	17	1:03:55	19.2	0:50	21	24:21	7:51	1:5
19	118	Judy Geck	St. Paul	MN	47	F	13	21:25	6:54	0:38	22	1:06:27	18.5	0:40	20	24:10	7:47	1:5
20	150	Karen Rothbauer	Shoreview	MN	51	F	29	23:49	7:40	1:12	14	1:02:48	19.6	1:39	24	25:19	8:09	1:5
21	140	Jenny Moore	Plymouth	MN	43	F	45	25:48	8:19	0:56	10	1:01:12	20.1	0:50	30	26:17	8:28	1:5
22	121	Becca Hatch	Minneapolis	MN	29	F	24	23:39	7:37	0:51	18	1:04:03	19.2	0:55	32	26:21	8:29	1:5
23	152	Amanda Schmitz	Chicago	IL	24	F	21	22:43	7:19	0:43	21	1:06:25	18.5	0:40	25	25:23	8:10	1:5
24	162	Min-Amy Xu	Plymouth	MN	36	F	25	23:41	7:38	1:01	30	1:08:17	18.0	0:58	26	25:29	8:13	1:5
25	125	Jena Klein	Saint Joseph	MN	34	F	32	24:00	7:44	1:24	25	1:07:03	18.3	1:21	27	25:39	8:16	1:5
26	323	Maaike Cronin	Coon Rapids	MN	26	F	14	21:26	6:54	1:27	41	1:13:45	16.7	1:16	11	22:58	7:24	2:0
27	153	Beth Simenstad	Eden Prairie	MN	42	F	37	25:06	8:05	1:08	26	1:07:06	18.3	1:01	37	26:35	8:34	2:0
28	106	Marjie Carr-Oxley	Roseville	MN	42	F	36	24:47	7:59	1:07	28	1:07:23	18.3	1:04	38	27:06	8:44	2:0
29	146	Judy Peters	Sartell	MN	45	F	40	25:29	8:13	2:07	24	1:07:00	18.4	1:29	34	26:24	8:30	2:0
30	161	Amy Woolsey	Sauk Rapids	MN	39	F	34	24:32	7:54	1:25	34	1:10:03	17.6	1:06	33	26:22	8:30	2:0
31	135	Nancy Marquette	Rochester	MN	47	F	23	23:13	7:29	1:43	40	1:13:37	16.7	1:20	17	23:40	7:38	2:0
32	160	Tricia Vogt	Minneapolis	MS	32	F	28	23:48	7:40	1:42	31	1:08:47	17.9	3:05	35	26:34	8:33	2:0
33	157	Carole Storm	St Louis Park	MN	33	F	27	23:47	7:40	1:36	27	1:07:14	18.3	4:45	36	26:34	8:33	2:0
34	130	Francine Lepage	Minneapolis	MN	56	F	22	22:50	7:21	1:35	42	1:13:49	16.7	1:39	23	25:13	8:07	2:0
35	315	Lindsay Schwab	St. Paul	MN	26	F	30	23:49	7:40	1:48	43	1:13:51	16.7	1:18	22	24:39	7:56	2:0
36	327	Michelle Hanson	Sartell	MN	46	F	38	25:07	8:05	2:14	32	1:09:27	17.7	1:45	39	27:11	8:45	2:0
37	142	Sheri Ness	St. Cloud	MN	43	F	35	24:36	7:55	1:32	36	1:11:30	17.2	2:03	29	26:15	8:27	2:0
38	111	Sue Dornfeld	Edina	MN	48	F	47	26:20	8:29	1:30	29	1:07:58	18.1	1:26	48	30:07	9:42	2:0
39	122	Joan Karpel	Sartell	MN	37	F	43	25:42	8:17	1:19	35	1:11:08	17.3	2:08	43	28:35	9:12	2:0
40	155	Shiela Stainbrook	Rice	MN	38	F	44	25:43	8:17	1:19	38	1:11:45	17.1	1:20	44	28:45	9:16	2:0
41	143	Jamie Neumann	St. Joseph	MN	22	F	48	26:30	8:32	1:13	37	1:11:34	17.2	1:10	47	29:22	9:27	2:0
42	141	Jaime Murphy	Sartell	MN	36	F	42	25:42	8:17	1:21	33	1:09:56	17.6	3:09	45	28:45	9:16	2:1
43	110	Maggie Dalrymple	Minneapolis	MN	28	F	33	24:20	7:50	1:42	51	1:18:38	15.6	1:53	28	26:14	8:27	2:1
44	331	Kelly Wubbels	St Cloud	MN	20	F	39	25:08	8:06	1:00	52	1:20:01	15.4	1:12	31	26:18	8:28	2:1
45	154	Trina Simmons	Moorhead	MN	33	F	49	26:39	8:35	0:49	49	1:18:01	15.8	0:53	42	28:11	9:05	2:1
46	107	Katherine Castille	Minneapolis	MN	25	F	26	23:46	7:39	2:37	50	1:18:05	15.8	2:54	40	27:13	8:46	2:1
47	112	Sara Draxten	Minneapolis	MN	31	F	53	28:01	9:01	2:00	39	1:12:52	16.9	1:29	51	31:24	10:07	2:1
48	131	Melissa Lindsey	St. Cloud	MN	35	F	51	27:39	8:54	0:59	44	1:14:45	16.5	0:43	52	31:45	10:14	2:1
49	149	Kathy Rosenow	Ramsey	MN	44	F	50	26:39	8:35	2:18	46	1:16:25	16.1	1:42	46	29:04	9:22	2:1
50	159	Marcia Veeder	St. Cloud	MN	52	F	52	27:40	8:55	0:55	53	1:20:43	15.2	0:55	50	31:11	10:03	2:2
51	126	Sara Klein	St Cloud	MN	28	F	46	25:52	8:20	1:22	54	1:23:18	14.8	1:34	54	32:11	10:22	2:2
52	330	Rebecca Peckels	Minneapolis	MN	32	F	31	23:58	7:43	9:36	47	1:17:49	15.8	2:50	53	31:50	10:15	2:2
53	344	Karen Adams	St. Cloud	MN	55	F	58	31:04	10:00	1:43	45	1:15:21	16.3	1:33	56	36:50	11:52	2:2
54	109	Mary Crookston	Lakeville	MN	41	F	56	30:23	9:47	2:12	48	1:18:00	15.8	1:44	57	37:07	11:57	2:2
55	136	Lisa Martone	St. Joseph	MN	35	F	54	28:24	9:09	1:10	57	1:30:40	13.6	1:09	49	30:25	9:48	2:3
56	100	Erin Albu	Minneapolis	MN	26	F	41	25:41	8:16	1:48	58	1:41:36	12.1	1:26	41	28:06	9:03	2:3
57	124	Jody Klaphake	Freeport	MN	40	F	57	30:45	9:54	1:49	56	1:30:39	13.6	1:20	55	34:16	11:02	2:3
58	345	Jane Dalrymple	Minneapolis	MN	55	F	55	29:51	9:37	1:59	55	1:29:59	13.7	3:38	58	38:21	12:21	2:4

CLYDESDALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOT	TIM
1	372	Joe Langel	Brooklin Park	MN	32	M	4	20:08	6:29	0:50	1	52:37	23.4	0:50	4	22:39	7:18	1:3						
2	358	Todd Hohenstein	Ely	MN	30	M	3	19:34	6:18	0:51	2	56:29	21.8	1:04	1	21:04	6:47	1:3						
3	350	Brian Lee Bergeman	Clearwater	MN	36	M	2	19:01	6:08	1:12	4	57:23	21.4	1:51	2	21:33	6:56	1:4						
4	355	David Dornfeld	Edina	MN	45	M	6	20:32	6:37	1:28	5	58:48	20.9	1:42	6	22:58	7:24	1:4						
5	362	Mike Murray	Sartell	MN	46	M	12	21:41	6:59	0:51	6	59:22	20.7	0:59	7	23:08	7:27	1:4						
6	357	Gregg Garretson	Lakeville	MN	47	M	11	21:41	6:59	1:00	9	1:00:34	20.3	0:49	3	22:20	7:12	1:4						
7	371	Victor Weiss	Avon	MN	36	M	10	21:37	6:58	0:52	7	59:41	20.6	0:53	9	23:29	7:34	1:4						
8	361	Scott Leo	Plymouth	MN	43	M	18	23:41	7:38	1:34	3	56:58	21.6	0:58	16	25:47	8:18	1:4						
9	365	Pedro Pesta	Hugo	MN	40	M	5	20:16	6:32	1:25	14	1:03:48	19.3	1:38	5	22:42	7:19	1:4						
10	374	Mike Soderburg	Pillager	MN	30	M	14	22:31	7:15	1:40	8	1:00:28	20.3	1:35	12	24:30	7:54	1:5						
11	368	John Stejskal	Annandale	MN	41	M	16	23:08	7:27	1:37	10	1:01:55	19.9	1:39	8	23:17	7:30	1:5						
12	351	Robert Britain	Wayzata	MN	47	M	8	21:21	6:53	0:54	13	1:03:47	19.3	1:12	14	24:53	8:01	1:5						
13	356	Matt Erickson	Maple Grove	MN	28	M	7	20:47	6:42	0:56	17	1:05:57	18.7	0:55	10	23:45	7:39	1:5						
14	353	Erik Brumbaugh	Minneapolis	MN	34	M	15	22:33	7:16	1:36	15	1:04:34	19.1	1:10	13	24:51	8:00	1:5						
15	364	Stephen Olin	Minneapolis	MN	31	M	17	23:13	7:29	1:17	12	1:03:32	19.4	0:46	17	26:33	8:33	1:5						
16	354	Paul Damrow	Roseville	MN	52	M	9	21:28	6:55	1:59	18	1:06:24	18.5	1:44	11	23:51	7:41	1:5						
17	254	Mike O'hara	Sartell	MN	52	M	19	24:14	7:48	0:55	16	1:05:03	18.9	1:14	18	26:59	8:41	1:5						
18	369	David Sullivan	St. Paul	MN	38	M	13	22:09	7:08	0:56	22	1:12:45	16.9	1:00	15	25:06	8:05	2:0						
19	359	Tom Jensen	Sartell	MN	49	M	20	25:51	8:19	0:57	19	1:09:50	17.6	0:46	19	27:44	8:56	2:0						
20	373	Carl Heeder	St Cloud	MN	33	M	21	25:52	8:20	2:01	20	1:11:09	17.3	2:04	21	30:31	9:50	2:1						
21	363	James Murray	Saint Cloud	MN	44	M	22	26:37	8:34	0:57	23	1:14:23	16.5	1:05	20	29:20	9:27	2:1						
22	360	Bob Kranz	Kapaa	HI	58	M	23	28:59	9:20	2:06	21	1:12:27	17.0	2:09	22	32:40	10:31	2:1						
23	352	Narvel Brooks	Waconia	MN	53	M	24	36:45	11:50	1:39	24	1:18:04	15.8	2:20	23	40:35	13:04	2:3						

ATHENA RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOT	TIM
1	347	Erika Binger	Woodbury	MN	33	F	1	25:35	8:14	1:33	1	1:04:51	19.0	1:40	1	27:23	8:49	2:0						
2	375	Susan Woods	Shoreview	MN	43	F	2	27:24	8:49	1:35	2	1:10:23	17.5	1:22	3	30:27	9:48	2:1						
3	119	Dawn Johnson	Rochester	MN	28	F	3	28:02	9:02	1:24	3	1:13:45	16.7	1:11	2	29:32	9:31	2:1						

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace	
1	Jonathan Balabuck	Thunder Bay, O	25	M	15:35	5:01	
2	Peter Skorsest	Baldwin	WI	43	M	15:35	5:01
3	Brooks Grossinger	Maple Grove	MN	28	M	15:42	5:03
4	Robert Gilles	Fargo	ND	28	M	15:49	5:06

5	Michael Stoick	St. Paul	MN	28	M	15:53	5:07
6	Chris Tolonen	Seattle	WA	35	M	15:55	5:08
7	David Thompson	St. Paul	MN	27	M	15:55	5:08
8	Chad Millner	Eden Prairie	MN	28	M	15:56	5:08
9	Caleb Olsen	Maplewood	MN	22	M	16:04	5:11
10	John Dalrymple	Vancouver	WA	24	M	16:08	5:12

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Kevin O'connor	Corcoran	MN	34	M	0:27
2	Michael Boehmer	Delafield	WI	25	M	0:28
3	Chad Millner	Eden Prairie	MN	28	M	0:28
4	Peter Skorseth	Baldwin	WI	43	M	0:29
5	David Thompson	St. Paul	MN	27	M	0:29
6	Charles Smith	Minneapolis	MN	27	M	0:30
7	Michael Stoick	St. Paul	MN	28	M	0:30
8	Jared Berg	Minneapolis	MN	30	M	0:32
9	Derek Hager	Minneapolis	MN	43	M	0:32
10	John Dalrymple	Vancouver	WA	24	M	0:32

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph	
1	Jared Berg	Minneapolis	MN	30	M	48:46	25.2
2	John Shelp	Maple Plain	MN	33	M	48:47	25.2
3	David Thompson	St. Paul	MN	27	M	48:54	25.2
4	Danny Morwood	Brandon, Manit		30	M	49:49	24.7
5	Peter Skorseth	Baldwin	WI	43	M	50:01	24.6
6	Dan Cohen	Eden Prairie	MN	31	M	50:33	24.3
7	Chris Tolonen	Seattle	WA	35	M	50:37	24.3
8	Robert Gilles	Fargo	ND	28	M	50:38	24.3
9	Michael Boehmer	Delafield	WI	25	M	50:43	24.3
10	Jonathan Balabuck	Thunder Bay, O		25	M	51:09	24.1

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Kevin O'connor	Corcoran	MN	34	M	0:29
2	Jonathan Mcanally	St. Cloud	MN	15	M	0:30
3	Michael Boehmer	Delafield	WI	25	M	0:32
4	Chad Millner	Eden Prairie	MN	28	M	0:32
5	Sarah Kolpin	Madison	WI	24	F	0:33
6	Dan Cohen	Eden Prairie	MN	31	M	0:33
7	Robert Gilles	Fargo	ND	28	M	0:33
8	David Thompson	St. Paul	MN	27	M	0:33
9	Charles Smith	Minneapolis	MN	27	M	0:34
10	Michael Kilcoyne	Long Lake	MN	46	M	0:35

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace	
1	Jonathan Balabuck	Thunder Bay, O		25	M	16:42	5:23
2	Neil Miller	Anok	MN	20	M	16:56	5:27
3	Will McComb	Minneapolis	MN			16:59	5:28
4	Brooks Grossinger	Maple Grove	MN	28	M	17:00	5:29
5	Chris Tolonen	Seattle	WA	35	M	17:04	5:30
6	Charles Smith	Minneapolis	MN	27	M	17:09	5:32
7	Peter Skorseth	Baldwin	WI	43	M	17:12	5:32
8	David Thompson	St. Paul	MN	27	M	17:13	5:33
9	Robert Gilles	Fargo	ND	28	M	17:19	5:35
10	John Dalrymple	Vancouver	WA	24	M	17:26	5:37

MALE AGE GROUP RESULTS 01 - 19

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Jonathan Mcanally	St. Cloud	MN	15	M	1	19:42	6:21	0:38	2	1:08:25	18.0	0:30	1	22:09	7:08	1:51:22
2	Kyle Serreyn	Lakeville	MN	14	M	2	21:51	7:02	1:14	1	1:07:19	18.3	1:13	2	26:04	8:24	1:57:39
3	Kale Daniel	St. Cloud	MN	16	M	3	22:00	7:05	0:41	3	1:12:33	17.0	0:40	4	27:26	8:50	2:03:17
4	Kyle Scheeler	St. Cloud	MN	16	M	4	22:01	7:05	2:03	4	1:26:03	14.3	0:39	3	26:45	8:37	2:17:29
5	Ryan Mahling	St. Cloud	MN	15	M	5	24:08	7:47	0:46	5	1:33:59	13.1	0:45	5	28:19	9:07	2:27:56

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Kay Adamson	Plymouth	MN	24	F	1	20:36	6:38	1:06	1	1:00:50	20.2	2:19	1	21:43	7:00	1:46:32
2	Stephanie Burg	Fridley	MN	24	F	2	21:08	6:49	0:48	2	1:05:03	18.9	0:46	2	23:15	7:29	1:50:58
3	Amanda Schmitz	Chicago	IL	24	F	3	22:43	7:19	0:43	3	1:06:25	18.5	0:40	3	25:23	8:10	1:55:52
4	Jamie Neumann	St. Joseph	MN	22	F	5	26:30	8:32	1:13	4	1:11:34	17.2	1:10	5	29:22	9:27	2:09:46
5	Kelly Wubbels	St Cloud	MN	20	F	4	25:08	8:06	1:00	5	1:20:01	15.4	1:12	4	26:18	8:28	2:13:36

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Jon Neumann	Sartell	MN	20	M	1	17:31	5:39	0:55	1	54:42	22.5	0:47	1	18:19	5:54	1:32:12
2 Andy Newman	Minneapolis	MN	22	M	3	20:34	6:37	1:10	2	55:31	22.2	1:01	3	22:01	7:05	1:40:14
3 Robb Bauleke	Edina	MN	20	M	6	20:54	6:44	1:09	3	57:40	21.3	1:18	2	20:42	6:40	1:41:41
4 Jeff Newman	Minneapolis	MN	23	M	4	20:36	6:38	1:11	4	59:31	20.7	1:07	4	22:02	7:06	1:44:24
5 Terrell Ormson	Collegeville	MN	21	M	8	21:47	7:01	0:53	6	1:01:58	19.9	0:49	6	23:46	7:39	1:49:12
6 Jason Neumann	Waite Park	MN	23	M	5	20:48	6:42	0:53	5	1:01:05	20.1	0:52	8	25:43	8:17	1:49:19
7 Derek Omscheid	St. Cloud	MN	23	M	9	22:18	7:11	1:24	9	1:09:28	17.7	1:28	9	25:47	8:18	2:00:23
8 Adam Plante	Sartell	MN	20	M	2	20:19	6:33	0:52	11	1:15:16	16.3	1:11	5	23:09	7:27	2:00:44
9 Ryan Miller	Chanhassen	MN	21	M	11	24:54	8:01	0:42	10	1:13:31	16.7	0:36	10	28:07	9:03	2:07:48
10 Aldrin D'souza	Minneapolis	MN	23	M	7	21:34	6:57	1:33	12	1:15:35	16.3	4:38	7	24:56	8:02	2:08:14
11 Daniel Kampa	Kimball	MN	22	M	12	30:51	9:56	1:07	7	1:04:52	19.0	1:14	11	36:58	11:54	2:15:01

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Stacy Maas	Edina	MN	26	F	1	20:45	6:41	0:54	1	1:00:22	20.4	1:22	1	22:08	7:08	1:45:29
2 Lesley Reynolds	Madison	WI	28	F	2	21:07	6:48	1:21	2	1:03:22	19.4	1:13	2	22:32	7:15	1:49:33
3 Nicole Bergh	Sartell	MN	27	F	4	22:12	7:09	0:50	3	1:03:55	19.2	0:50	4	24:21	7:51	1:52:06
4 Becca Hatch	Minneapolis	MN	29	F	5	23:39	7:37	0:51	4	1:04:03	19.2	0:55	7	26:21	8:29	1:55:47
5 Maaik Cronin	Coon Rapids	MN	26	F	3	21:26	6:54	1:27	5	1:13:45	16.7	1:16	3	22:58	7:24	2:00:51
6 Lindsay Schwab	St. Paul	MN	26	F	7	23:49	7:40	1:48	6	1:13:51	16.7	1:18	5	24:39	7:56	2:05:23
7 Maggie Dalrymple	Minneapolis	MN	28	F	8	24:20	7:50	1:42	8	1:18:38	15.6	1:53	6	26:14	8:27	2:12:46
8 Katherine Castille	Minneapolis	MN	25	F	6	23:46	7:39	2:37	7	1:18:05	15.8	2:54	8	27:13	8:46	2:14:34
9 Sara Klein	St Cloud	MN	28	F	10	25:52	8:20	1:22	9	1:23:18	14.8	1:34	10	32:11	10:22	2:24:14
10 Erin Albu	Minneapolis	MN	26	F	9	25:41	8:16	1:48	10	1:41:36	12.1	1:26	9	28:06	9:03	2:38:35

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Brian Frank	Maple Grove	MN	29	M	1	18:08	5:50	0:54	1	53:57	22.8	0:45	2	19:58	6:26	1:33:40
2 Patrick Todd	Woodbury	MN	26	M	4	19:22	6:14	0:54	6	58:22	21.1	0:41	1	18:54	6:05	1:38:10
3 Brad Vieths	Esko	MN	26	M	2	18:38	6:00	0:38	5	57:50	21.3	0:52	3	20:27	6:35	1:38:23
4 Steven Hohenstein	Duluth	MN	27	M	3	19:21	6:14	0:45	2	56:23	21.8	1:24	4	21:37	6:58	1:39:29
5 Erik Vilen	Duluth	MN	25	M	5	19:44	6:22	0:59	4	57:39	21.3	2:10	10	24:39	7:56	1:45:09
6 Cory Schumacher	Minneapolis	MN	26	M	7	21:06	6:48	1:23	9	1:00:35	20.3	0:46	6	22:26	7:14	1:46:14
7 Andrew Thieman	Saint Paul	MN	25	M	9	21:52	7:03	1:12	10	1:01:04	20.1	0:52	9	23:36	7:36	1:48:34
8 Nick Skudlarek	St Cloud	MN	25	M	6	20:55	6:44	0:50	13	1:05:04	18.9	1:09	7	23:19	7:31	1:51:15
9 Robert Cronin	Coon Rapids	MN	29	M	13	23:53	7:42	1:10	7	59:32	20.7	1:21	11	25:26	8:11	1:51:20
10 Graeme Webster	Minneapolis	MN	28	M	8	21:20	6:52	0:59	14	1:05:08	18.9	1:05	8	23:29	7:34	1:51:57
11 Robert Woodruff	Minneapolis	MN	26	M	14	29:50	9:36	1:31	3	57:33	21.4	1:28	5	22:21	7:12	1:52:41
12 Ryan Carlson	Minneapolis	MN	28	M	12	23:47	7:39	1:11	8	59:43	20.6	1:04	12	25:45	8:18	1:53:28
13 Justin Royer	St Louis Park	MN	27	M	11	23:46	7:39	1:35	11	1:04:14	19.2	1:26	13	26:30	8:32	1:57:30
14 Ryan Coogan	Minneapolis	MN	29	M	10	23:44	7:39	0:47	12	1:05:01	18.9	1:12	14	26:48	8:38	1:59:30
15 Ryan Albu	Minneapolis	MN	27	M	15	31:41	10:12	1:48	15	1:41:19	12.1	1:38	15	28:10	9:04	2:44:35

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tracie Kent	St Paul	MN	31	F	1	21:05	6:48	0:44	1	1:01:24	20.0	0:42	1	21:42	7:00	1:45:36
2 Jena Klein	Saint Joseph	MN	34	F	5	24:00	7:44	1:24	2	1:07:03	18.3	1:21	2	25:39	8:16	1:59:25
3 Tricia Vogt	Minneapolis	MS	32	F	3	23:48	7:40	1:42	4	1:08:47	17.9	3:05	3	26:34	8:33	2:03:54
4 Carole Storm	St Louis Park	MN	33	F	2	23:47	7:40	1:36	3	1:07:14	18.3	4:45	4	26:34	8:33	2:03:54
5 Trina Simmons	Moorhead	MN	33	F	6	26:39	8:35	0:49	7	1:18:01	15.8	0:53	5	28:11	9:05	2:14:31
6 Sara Draxten	Minneapolis	MN	31	F	7	28:01	9:01	2:00	5	1:12:52	16.9	1:29	6	31:24	10:07	2:15:45
7 Rebecca Peckels	Minneapolis	MN	32	F	4	23:58	7:43	9:36	6	1:17:49	15.8	2:50	7	31:50	10:15	2:26:01

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Matt Simmons	Moorhead	MN	30	M	2	18:49	6:04	1:01	3	55:35	22.1	1:09	2	19:52	6:24	1:36:24
2 Derick Podratz	Lino Lakes	MN	30	M	1	17:35	5:40	0:46	5	59:10	20.8	1:03	1	19:25	6:15	1:37:57
3 Neil Hailstone	Minneapolis	MN	33	M	6	20:43	6:40	0:46	2	54:08	22.7	0:39	7	23:16	7:30	1:39:29
4 Kris Swarthout	Crystal	MN	33	M	3	19:26	6:16	0:35	1	52:45	23.3	0:37	3	21:02	6:47	1:40:22
5 Michael Houghton	Sartell	MN	34	M	5	20:08	6:29	1:06	4	58:22	21.1	0:54	8	23:25	7:32	1:43:53
6 Chad Peckels	Minneapolis	MN	30	M	7	21:40	6:59	1:55	6	59:23	20.7	2:19	4	21:38	6:58	1:46:53
7 John Teske	Edina	MN	32	M	4	20:07	6:29	1:28	9	1:04:07	19.2	1:42	5	21:54	7:03	1:49:17
8 Scott Augustus	Savage	MN	30	M	12	23:29	7:34	1:42	8	1:04:02	19.2	1:28	6	23:13	7:29	1:53:51
9 Jeff Jurewicz	Le Sueur	MN	32	M	13	23:29	7:34	1:00	7	1:01:46	19.9	1:03	14	27:15	8:47	1:54:32
10 Joseph Kurr	Apple Valley	MN	32	M	8	22:29	7:15	0:54	10	1:04:19	19.1	1:38	10	25:38	8:15	1:54:57
11 Clark Leaders	St. Cloud	MN	30	M	15	24:19	7:50	1:19	12	1:06:26	18.5	1:20	11	25:50	8:19	1:59:13
12 Mark Kedrowski	White Bear Lak	MN	34	M	11	23:28	7:33	1:08	11	1:04:54	19.0	1:27	18	28:23	9:09	1:59:18
13 Michael Kosmak	Minneapolis	MN	31	M	14	24:19	7:50	2:43	13	1:06:47	18.4	4:02	17	28:05	9:03	2:05:55
14 Jeff Steil	Sartell	MN	30	M	9	22:38	7:17	1:10	16	1:18:47	15.6	1:03	9	23:35	7:36	2:07:10
15 Brandon Testa	Sartell	MN	31	M	10	22:40	7:18	1:12	14	1:15:51	16.2	1:02	12	26:30	8:32	2:07:14
16 Paul Theisen	Rosemount	MN	30	M	16	24:26	7:52	0:57	15	1:15:52	16.2	0:46	16	28:05	9:03	2:10:05
17 John Theisen	St. Paul	MN	34	M	17	25:32	8:13	2:48	18	1:25:54	14.3	3:45	13	26:33	8:33	2:24:30
18 Charles Parla	Rosemount	MN	34	M	18	26:29	8:32	3:26	17	1:25:19	14.4	2:47	15	27:28	8:51	2:25:28

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Sue Rubens	Plymouth	MN	38	F	1	20:21	6:33	0:52	1	57:58	21.2	1:05	1	21:23	6:53	1:41:36
2 Karen Bebochuk	Plymouth	MN	38	F	2	20:45	6:41	0:53	3	1:01:32	20.0	0:51	2	22:46	7:20	1:46:46
3 Connie Maranville	Mahtomedi	MN	35	F	3	21:32	6:56	0:46	2	1:00:25	20.4	0:51	3	23:49	7:40	1:47:22
4 Min-Amy Xu	Plymouth	MN	36	F	4	23:41	7:38	1:01	4	1:08:17	18.0	0:58	4	25:29	8:13	1:59:24
5 Amy Woolsey	Sauk Rapids	MN	39	F	5	24:32	7:54	1:25	6	1:10:03	17.6	1:06	5	26:22	8:30	2:03:26
6 Joan Karpel	Sartell	MN	37	F	7	25:42	8:17	1:19	7	1:11:08	17.3	2:08	6	28:35	9:12	2:08:51
7 Shiela Stainbrook	Rice	MN	38	F	8	25:43	8:17	1:19	8	1:11:45	17.1	1:20	7	28:45	9:16	2:08:51
8 Jaime Murphy	Sartell	MN	36	F	6	25:42	8:17	1:21	5	1:09:56	17.6	3:09	8	28:45	9:16	2:10:51
9 Melissa Lindsey	St. Cloud	MN	35	F	9	27:39	8:54	0:59	9	1:14:45	16.5	0:43	10	31:45	10:14	2:15:49
10 Lisa Martone	St. Joseph	MN	35	F	10	28:24	9:09	1:10	10	1:30:40	13.6	1:09	9	30:25	9:48	2:31:45

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Jey Carlson	Mtka	MN	39	M	2	19:14	6:12	1:20	2	54:38	22.5	0:51	2	20:41	6:40	1:36:41
2 David Shulman	Minneapolis	MN	37	M	1	18:38	6:00	1:19	4	55:07	22.3	1:20	1	20:41	6:40	1:37:04
3 Mick Carlson	Apple Valley	MN	35	M	4	19:56	6:25	0:43	1	52:56	23.2	0:38	4	21:31	6:56	1:37:41
4 Joseph Hill	Alexandria	MN	36	M	5	19:56	6:25	0:59	5	55:40	22.1	0:51	5	21:47	7:01	1:39:12
5 Doug Lain	Waite Park	MN	39	M	3	19:39	6:20	0:56	8	1:00:39	20.3	1:02	3	21:16	6:51	1:43:28
6 Charlie Schad	Sartell	MN	35	M	13	22:15	7:10	0:49	6	56:31	21.8	0:54	14	24:58	8:02	1:47:25
7 Jon Kern	Saint Cloud	MN	35	M	8	21:42	6:59	1:11	7	57:50	21.3	1:46	12	24:50	8:00	1:49:18
8 Joe Kelzer	New Richmond	WI	35	M	6	21:10	6:49	0:49	18	1:05:01	18.9	0:52	6	22:07	7:07	1:49:57
9 Helton Cerqueira	Eden Prairie	MN	37	M	16	22:58	7:24	1:23	10	1:01:48	19.9	1:04	9	24:31	7:54	1:51:42
10 Christopher Robins	Baxter	MN	37	M	7	21:31	6:56	1:14	17	1:04:22	19.1	1:16	7	23:27	7:33	1:51:47
11 Mark Hofer	Seattle	WA	39	M	23	28:50	9:17	1:04	3	54:51	22.4	1:03	20	26:16	8:28	1:52:03
12 Bruce Stainbrook	Rice	MN	39	M	15	22:36	7:17	1:19	12	1:02:46	19.6	1:26	13	24:51	8:00	1:52:56
13 Scott Simpson	Cedar Rapids	IA	36	M	10	21:56	7:04	1:23	16	1:03:49	19.3	1:38	10	24:33	7:55	1:53:18
14 John Patrin	Chanhassen	MN	39	M	12	22:14	7:10	1:17	14	1:03:24	19.4	1:37	18	25:43	8:17	1:54:13
15 Kevin Ronneberg	Lino Lakes	MN	35	M	18	23:00	7:25	1:24	11	1:02:37	19.6	1:42	17	25:38	8:15	1:54:20
16 Trent Schroeder	Minneapolis	MN	36	M	9	21:48	7:01	1:23	15	1:03:35	19.3	0:59	21	26:43	8:36	1:54:26
17 Alexander Gordon	St Paul	MN	35	M	11	22:06	7:07	1:32	19	1:06:21	18.5	1:13	11	24:44	7:58	1:55:55
18 Henry Wieland	Rice	MN	39	M	20	23:55	7:42	2:08	9	1:01:18	20.1	1:54	19	25:58	8:22	1:57:11
19 Glenn Riemersma	Bloomington	MN	37	M	14	22:27	7:14	1:47	21	1:07:32	18.2	1:19	15	25:08	8:06	1:58:11
20 Scott Rutten	Sauk Centre	MN	36	M	17	23:00	7:24	1:04	13	1:02:50	19.6	1:06	8	24:23	7:51	1:58:21
21 Daniel Weaver	Saint Cloud	MN	38	M	19	23:54	7:42	3:11	20	1:06:40	18.5	3:10	16	25:31	8:13	2:02:24
22 Jeffrey Greene	North Branch	MN	37	M	22	28:27	9:10	2:21	22	1:12:55	16.9	2:13	23	39:14	12:38	2:25:08
23 Brian Back	Rosemount	MN	36	M	21	26:31	8:32	3:23	23	1:25:22	14.4	2:43	22	29:48	9:36	2:27:44

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Joan Van Camp	Deephaven	MN	41	F	1	20:22	6:34	0:56	1	57:56	21.2	1:04	1	22:04	7:06	1:42:20
2 Jill Koski	Saint Cloud	MN	40	F	3	20:52	6:43	0:49	2	59:12	20.8	0:46	3	22:53	7:22	1:44:30
3 Tanya Miller	Plymouth	MN	43	F	4	21:03	6:47	0:51	4	1:02:17	19.8	1:05	5	23:12	7:28	1:48:26
4 Michelle Creasman	Faribault	MN	41	F	5	22:14	7:10	0:57	5	1:03:26	19.4	1:05	4	23:11	7:28	1:50:51
5 Cindy Lewandowski	Sartell	MN	43	F	2	20:47	6:42	0:57	6	1:06:28	18.5	1:01	2	22:13	7:09	1:51:24
6 Jenny Moore	Plymouth	MN	43	F	9	25:48	8:19	0:56	3	1:01:12	20.1	0:50	7	26:17	8:28	1:55:00
7 Beth Simenstad	Eden Prairie	MN	42	F	8	25:06	8:05	1:08	7	1:07:06	18.3	1:01	8	26:35	8:34	2:00:55
8 Marjie Carr-Oxley	Roseville	MN	42	F	7	24:47	7:59	1:07	8	1:07:23	18.3	1:04	9	27:06	8:44	2:01:24
9 Sheri Ness	St. Cloud	MN	43	F	6	24:36	7:55	1:32	9	1:11:30	17.2	2:03	6	26:15	8:27	2:05:52
10 Kathy Rosenow	Ramsey	MN	44	F	10	26:39	8:35	2:18	10	1:16:25	16.1	1:42	10	29:04	9:22	2:16:06
11 Mary Crookston	Lakeville	MN	41	F	11	30:23	9:47	2:12	11	1:18:00	15.8	1:44	12	37:07	11:57	2:29:24
12 Jody Klaphake	Freeport	MN	40	F	12	30:45	9:54	1:49	12	1:30:39	13.6	1:20	11	34:16	11:02	2:38:49

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Derek Hager	Minneapolis	MN	43	M	2	18:02	5:48	0:32	1	51:55	23.7	0:42	8	21:49	7:02	1:32:58
2 Charles Allgood	Brooklyn Park	MN	40	M	1	18:01	5:48	0:46	2	55:19	22.2	0:53	1	19:39	6:20	1:34:37
3 Rodney Pratt	Stillwater	MN	43	M	6	19:51	6:24	0:47	3	56:18	21.9	0:58	4	21:04	6:47	1:38:56
4 Eric Vandenberg	Austin	MN	44	M	4	19:09	6:10	0:56	4	56:49	21.7	0:52	5	21:19	6:52	1:39:04
5 James Morgan	Minneapolis	MN	43	M	3	19:07	6:09	1:15	7	58:10	21.2	1:40	3	20:58	6:45	1:41:08
6 Jim Sakry	Waite Park	MN	43	M	7	20:24	6:34	1:23	5	57:00	21.6	1:35	9	22:11	7:09	1:42:31
7 Wayne Siegel	St. Louis Park	MN	43	M	10	20:33	6:37	1:14	10	59:36	20.6	0:57	6	21:21	6:53	1:43:39
8 Jim Merickel	Maple Grove	MN	40	M	9	20:32	6:37	0:53	8	59:20	20.7	0:48	13	22:37	7:17	1:44:08
9 Glenn Leary	St. Paul	MN	41	M	5	19:50	6:23	1:23	16	1:01:47	19.9	1:25	2	20:15	6:31	1:44:38
10 Tom Erickson	Edina	MN	43	M	8	20:31	6:36	1:05	12	1:00:26	20.4	0:58	10	22:17	7:11	1:45:15
11 Erich Zeit	Minnetonka	MN	40	M	12	21:01	6:46	1:04	17	1:02:07	19.8	0:57	7	21:35	6:57	1:46:42
12 Whitney Johnson	Cold Spring	MN	40	M	14	21:17	6:51	1:40	9	59:26	20.7	1:40	14	22:44	7:19	1:46:45
13 Carl Spalding	Minnetrissa	MN	41	M	15	21:33	6:57	0:43	15	1:01:24	20.0	0:54	11	22:36	7:17	1:47:07
14 Scott Eide	Avon	MN	44	M	24	23:44	7:39	1:23	6	57:24	21.4	1:59	17	23:50	7:40	1:48:18
15 Tim Ruff	Savage	MN	40	M	16	21:42	6:59	1:14	14	1:01:06	20.1	1:01	18	24:21	7:50	1:49:22
16 Mark Urdahl	Shorewood	MN	43	M	18	21:58	7:05	1:08	13	1:00:52	20.2	1:09	22	24:42	7:57	1:49:47
17 Paul Serreyn	Lakeville	MN	41	M	11	20:49	6:42	0:58	23	1:05:28	18.8	1:06	12	22:37	7:17	1:50:55
18 Jeff Janssen	St. Cloud	MN	40	M	13	21:10	6:49	1:14	22	1:04:33	19.1	1:13	15	23:29	7:34	1:51:38
19 John Seiler	Sartell	MN	40	M	19	22:12	7:09	1:26	21	1:03:48	19.3	1:08	19	24:22	7:51	1:52:55
20 Don Lewandowski	Sartell	MN	43	M	23	23:15	7:29	0:59	19	1:02:51	19.6	1:26	21	24:39	7:56	1:53:09
21 Bob Harmon	New Brighton	MN	44	M	21	22:50	7:21	1:16	20	1:03:31	19.4	0:49	24	26:04	8:24	1:54:28
22 Steven Paulik	Farog	ND	41	M	25	23:46	7:39	2:51	11	1:00:15	20.4	3:25	20	24:36	7:55	1:54:50

23	Ken G Anderson	Sartell	MN	43	M	27	24:35	7:55	2:31	18	1:02:13	19.8	2:16	26	27:52	8:58	1:59:25
24	Richard Theisen	Clearwater	MN	41	M	26	23:59	7:44	1:18	24	1:06:08	18.6	1:00	25	27:17	8:47	1:59:40
25	Tim Tanner	Plymouth	MN	40	M	22	23:06	7:27	1:15	28	1:10:32	17.4	1:43	23	24:44	7:58	2:01:18
26	Scott Brown	Rogers	MN	40	M	20	22:40	7:18	1:23	25	1:07:37	18.2	1:08	27	28:33	9:12	2:01:20
27	Doran Schoeppach	Minneapolis	MN	41	M	17	21:47	7:01	1:28	29	1:13:29	16.7	1:47	16	23:41	7:38	2:02:10
28	Timothy Novotny	Minneapolis	MN	44	M	28	26:10	8:26	2:09	27	1:09:38	17.7	2:04	28	28:50	9:17	2:08:49
29	Douglas Moran	Rosemount	MN	43	M	29	27:08	8:44	1:40	30	1:32:42	13.3	1:30	29	41:17	13:18	2:44:14

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Robin Tedlund	Duluth	MN	46	F	3	21:29	6:55	0:48	1	59:33	20.7	0:59	3	23:43	7:38	1:46:29
2	Heather Leach	Seattle	WA	47	F	1	20:24	6:34	0:52	2	1:04:42	19.0	1:11	1	22:17	7:11	1:49:24
3	Judy Geck	St. Paul	MN	47	F	2	21:25	6:54	0:38	3	1:06:27	18.5	0:40	4	24:10	7:47	1:53:18
4	Judy Peters	Sartell	MN	45	F	6	25:29	8:13	2:07	4	1:07:00	18.4	1:29	5	26:24	8:30	2:02:27
5	Nancy Marquette	Rochester	MN	47	F	4	23:13	7:29	1:43	7	1:13:37	16.7	1:20	2	23:40	7:38	2:03:32
6	Michelle Hanson	Sartell	MN	46	F	5	25:07	8:05	2:14	6	1:09:27	17.7	1:45	6	27:11	8:45	2:05:43
7	Sue Dornfeld	Edina	MN	48	F	7	26:20	8:29	1:30	5	1:07:58	18.1	1:26	7	30:07	9:42	2:07:19

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Michael Kilcoyne	Long Lake	MN	46	M	1	18:16	5:53	0:35	1	52:49	23.3	0:35	1	19:06	6:09	1:31:20
2	Paul B. Haltvick	Ashland	WI	47	M	3	19:50	6:23	0:32	2	53:39	22.9	0:44	3	21:49	7:02	1:36:33
3	Steve Peterson	Eagan	MN	47	M	2	19:07	6:10	1:01	4	56:51	21.6	1:18	2	21:11	6:49	1:39:26
4	Tom Tedlund	Duluth	MN	47	M	4	20:37	6:38	1:02	3	55:01	22.4	1:02	5	22:29	7:14	1:40:09
5	Rick Edinger	Edina	MN	49	M	5	21:06	6:48	0:49	5	56:56	21.6	0:44	4	22:19	7:11	1:41:52
6	Chuck Heisick	St. Cloud	MN	45	M	8	22:44	7:19	0:53	6	59:20	20.7	0:55	8	24:29	7:53	1:48:19
7	Howard Zimring	Saint Cloud	MN	46	M	6	21:34	6:57	2:23	7	1:00:19	20.4	2:06	6	22:50	7:21	1:49:10
8	Dennis Moen	Eagan	MN	47	M	10	23:57	7:43	1:59	10	1:02:04	19.8	2:04	7	23:58	7:43	1:54:00
9	Scott Thomas	Mendota Height	MN	45	M	12	25:00	8:03	1:33	8	1:00:43	20.3	1:11	11	26:22	8:30	1:54:48
10	Joe Mercuri	Sartell	MN	45	M	7	22:09	7:08	1:47	9	1:02:01	19.8	1:27	12	28:09	9:04	1:55:31
11	Allan Anderson	Sartell	MN	46	M	9	23:12	7:28	1:33	11	1:05:20	18.8	1:19	9	25:17	8:08	1:56:38
12	Peter Miller	Chanhassen	MN	47	M	11	24:29	7:53	1:30	12	1:05:41	18.7	2:05	10	25:48	8:18	1:59:31
13	Dan Backer	Lakeville	MN	45	M	13	26:54	8:40	3:25	14	1:07:10	18.3	2:54	13	28:16	9:06	2:08:37
14	Chuck Hodgson	West St. Paul	MN	47	M	14	28:45	9:16	1:38	13	1:06:21	18.5	2:23	14	30:53	9:57	2:09:59

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Melinda Silbernack	Maple Grove	MN	50	F	1	21:35	6:57	1:15	1	56:29	21.8	1:00	1	23:12	7:28	1:45:29
2	Pam Stevens	Sartell	MN	52	F	2	21:37	6:58	0:50	2	59:44	20.6	0:55	2	23:32	7:35	1:46:36
3	Karen Rothbauer	Shoreview	MN	51	F	3	23:49	7:40	1:12	3	1:02:48	19.6	1:39	3	25:19	8:09	1:54:45
4	Marcia Veeder	St. Cloud	MN	52	F	4	27:40	8:55	0:55	4	1:20:43	15.2	0:55	4	31:11	10:03	2:21:23

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Lynn Beiswanger	Bismarck	ND	50	M	1	17:43	5:43	1:03	2	54:28	22.6	1:11	1	19:05	6:09	1:33:29
2	Dave Dow	Oakdale	MN	50	M	2	18:54	6:05	1:00	1	52:02	23.6	1:05	2	20:35	6:38	1:33:34
3	David R. Newman	Minneapolis	MN	51	M	4	19:36	6:19	0:51	3	54:37	22.5	0:45	3	20:50	6:43	1:36:38
4	Tim Oolman	Plymouth	MN	50	M	5	20:07	6:29	0:56	4	54:44	22.5	0:53	5	21:23	6:53	1:38:00
5	Jim Mcdonell	Woodbury	MN	52	M	3	19:14	6:12	0:50	6	56:10	21.9	0:53	4	21:21	6:53	1:38:27
6	Kent Schwitzer	Minnetonka	MN	51	M	7	21:23	6:53	0:58	5	55:40	22.1	0:57	8	23:07	7:27	1:42:04
7	David Clemmons	Bismarck	ND	50	M	6	20:35	6:38	2:43	7	57:21	21.5	3:03	7	22:36	7:17	1:46:15
8	Michael Sjogren	St. Cloud	MN	54	M	9	21:48	7:01	1:42	10	1:01:43	19.9	1:44	9	23:18	7:30	1:50:13
9	Mike Flynn	Elk River	MN	53	M	8	21:46	7:01	1:16	11	1:06:15	18.6	1:38	6	22:16	7:10	1:53:10
10	Mark Kapsner	St. Cloud	MN	52	M	10	23:37	7:36	1:22	9	1:01:33	20.0	1:15	12	25:59	8:22	1:53:44
11	Chris Lyman	Saint Paul	MN	54	M	13	25:03	8:04	1:35	8	1:00:25	20.4	1:40	11	25:51	8:20	1:54:32
12	Aaron Netter	Rice	MN	53	M	11	24:27	7:52	1:38	12	1:09:41	17.7	2:19	13	28:17	9:06	2:06:20
13	Louis Ahlstrand	Shafer	MN	51	M	12	24:57	8:02	1:43	13	1:16:12	16.1	1:00	10	24:48	7:59	2:08:40
14	David Piper	Minneapolis	MI	51	M	14	26:34	8:33	1:04	14	1:20:18	15.3	0:49	14	28:33	9:12	2:17:17

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Francine Lepage	Minneapolis	MN	56	F	1	22:50	7:21	1:35	1	1:13:49	16.7	1:39	1	25:13	8:07	2:05:04
2	Karen Adams	St. Cloud	MN	55	F	3	31:04	10:00	1:43	2	1:15:21	16.3	1:33	2	36:50	11:52	2:26:28
3	Jane Dalrymple	Minneapolis	MN	55	F	2	29:51	9:37	1:59	3	1:29:59	13.7	3:38	3	38:21	12:21	2:43:46

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Barry Clark	La Crosse	WI	57	M	1	19:41	6:20	0:48	1	54:35	22.5	1:03	1	22:37	7:17	1:38:43
2	Ken Mogren	Winona	MN	57	M	2	21:08	6:49	1:07	2	55:40	22.1	1:48	2	23:03	7:25	1:42:45
3	Dennis Rasmussen	Mankato	MN	57	M	5	23:07	7:27	1:55	3	57:35	21.4	1:28	5	26:39	8:35	1:50:42
4	Dave Demulling	Osceola	WI	59	M	4	22:21	7:12	1:20	4	1:04:27	19.1	1:20	4	24:33	7:54	1:53:58

5	John Bodette	St. Cloud	MN	55	M	3	21:49	7:02	1:12	5	1:08:39	17.9	1:05	3	23:11	7:28	1:55:54
6	Jere Hanenburg	Elk River	MN	56	M	6	27:36	8:53	1:53	6	1:21:40	15.1	1:50	6	35:45	11:31	2:28:42

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Hank Larsen	MN	64	M	1	21:22	6:53	1:12	1	1:00:48	20.2	0:54	1	23:25	7:33	1:47:40	
2	Bob Bailey	Woodbury	MN	60	M	2	22:36	7:17	1:04	3	1:01:34	20.0	1:26	2	24:10	7:47	1:50:48
3	James Ogg	Edina	MN	62	M	3	23:35	7:36	1:36	4	1:02:26	19.7	1:59	4	25:14	8:08	1:54:49
4	Eugene Garver	Sartell	MN	60	M	4	24:18	7:49	1:15	5	1:04:06	19.2	1:52	3	24:44	7:58	1:56:12
5	Tom Brix	Plymouth	MN	63	M	5	24:49	7:59	1:53	2	1:01:17	20.1	2:24	5	27:06	8:44	1:57:27
6	Ronald Pemberton	Milwaukee	WI	61	M	6	26:06	8:24	1:44	6	1:12:34	17.0	1:55	7	33:23	10:45	2:15:40
7	Doug Adamek	Cold Springs	MN	63	M	7	28:12	9:05	1:54	7	1:19:24	15.5	1:44	6	31:50	10:15	2:23:01

MALE AGE GROUP RESULTS 65 - 69

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Tommy Brauneis	Waukesha	WI	65	M	1	23:11	7:28	1:12	1	1:04:45	19.0	1:24	1	23:38	7:37	1:54:08
2	Dean Schulstrom	Coon Rapids	MN	66	M	2	31:02	10:00	1:58	2	1:16:13	16.1	1:44	2	31:39	10:12	2:22:34