

APPLE DUATHLON
Saturday, May 24, 2008
Sartell, Minnesota

5K Run, 33K Bike, 5K Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace
1	1/15	David Thompson	St. Paul	MN	30	M	1	15:38	5:02	0:29	1	48:08	25.6	0:27	1	16:41	5:22
2	2/15	Dan Cohen	Eden Prairie	MN	34	M	8	16:29	5:19	0:27	3	49:08	25.0	0:30	12	18:15	5:53
3	3/15	John Shelp	Maple Plain	MN	36	M	9	16:29	5:19	0:36	2	49:00	25.1	0:34	11	18:15	5:53
4	4/15	Brooks Grossinger	Mayer	MN	31	M	3	15:53	5:07	0:32	7	51:20	24.0	0:37	4	17:24	5:36
5	5/15	Chad Millner	Eden Prairie	MN	32	M	7	16:24	5:17	0:28	4	50:46	24.2	0:28	6	17:59	5:48
6	6/15	Marc Ellingson	Omaha	NE	25	M	5	16:19	5:16	0:40	11	52:21	23.5	0:32	2	17:13	5:33
7	7/15	Samuel Hauck	Shoreview	MN	24	M	2	15:40	5:03	0:37	16	53:12	23.1	0:36	3	17:21	5:35
8	1/8	Devon Palmer	St. Paul	MN	21	M	19	17:30	5:38	0:29	5	51:07	24.1	0:37	14	18:40	6:01
9	8/15	Eric Ellingson	Duluth	MN	25	M	6	16:20	5:16	0:39	15	53:06	23.2	0:36	7	18:01	5:48
10	1/18	Todd Firebaugh	Woodbury	MN	46	M	26	17:54	5:46	0:40	6	51:18	24.0	0:33	21	19:09	6:10
11	9/15	Brendon O'Flanagan	White Bear Lak	MN	31	M	10	16:31	5:19	0:32	22	54:08	22.7	0:28	9	18:09	5:51
12	10/15	Scott Chapin	Hayward	WI	38	M	11	16:34	5:20	0:40	21	54:00	22.8	0:36	15	18:41	6:01
13	1/26	Brent Sinn	La Crosse	WI	30	M	15	17:10	5:32	0:42	19	53:18	23.1	0:37	18	18:49	6:04
14	11/15	Neil Miller	St. Paul	MN	24	M	4	16:00	5:09	0:30	33	56:09	21.9	0:40	5	17:27	5:37
15	2/18	Jim Kelley	Centuria	WI	47	M	21	17:34	5:40	0:48	17	53:12	23.1	0:34	24	19:20	6:14
16	12/15	Jeffrey Fleig	Onalaska	WI	39	M	23	17:47	5:44	0:51	10	51:48	23.8	0:53	41	20:18	6:32
17	1/15	Jason Atkinson	Alamogordo	NM	27	M	16	17:11	5:32	0:41	27	55:23	22.2	0:32	8	18:07	5:50
18	1/31	Joseph Schneiderha	Alexandria	MN	43	M	20	17:33	5:39	0:46	20	53:59	22.8	0:46	19	19:02	6:08
19	2/26	Jason Bates	Minneapolis	MN	32	M	36	18:41	6:01	0:44	13	52:28	23.4	0:45	33	20:07	6:29
20	2/15	Kyle Fleener	Austin	MN	25	M	33	18:29	5:57	0:27	18	53:17	23.1	0:29	34	20:07	6:29
21	2/31	Jey Carlson	Minnetonka	MN	42	M	54	19:31	6:17	1:04	8	51:25	23.9	0:40	40	20:16	6:32
22	1/31	Mario Minelli	Kasson	MN	38	M	39	18:49	6:04	0:53	14	52:48	23.3	0:39	39	20:15	6:31
23	3/31	Patrick Acciani	Minneapolis	MN	44	M	17	17:17	5:34	0:37	35	56:16	21.9	0:32	22	19:10	6:11
24	1/13	Marlo McGaver	Duluth	MN	38	F	34	18:30	5:58	0:37	23	54:33	22.6	0:41	35	20:11	6:30
25	2/8	Lucas Pedersen	Richfield	MN	21	M	18	17:28	5:38	0:38	41	57:17	21.5	0:29	16	18:41	6:01
26	4/31	John Simril	Two Rivers	WI	43	M	31	18:24	5:56	0:36	30	55:36	22.1	0:35	25	19:23	6:15
27	3/26	Derick Podratz	Lino Lakes	MN	34	M	13	17:04	5:30	0:44	50	57:47	21.3	0:38	13	18:25	5:56
28	4/26	Joe Moyer	Rochester	MN	30	M	63	19:52	6:24	0:50	9	51:42	23.8	0:30	74	22:04	7:07
29	2/31	Clifford Owen	Shorewood	MN	36	M	22	17:42	5:42	0:33	38	56:54	21.6	0:32	23	19:18	6:13
30	2/13	Marnie Walth	Bismark	ND	39	F	35	18:31	5:58	0:42	29	55:36	22.1	0:35	29	19:49	6:23
31	3/15	James Hull	St. Louis Park	MN	25	M	25	17:52	5:45	0:29	39	57:11	21.5	0:26	28	19:39	6:20
32	5/26	Matt Simmons	Moorhead	MN	33	M	32	18:28	5:57	0:55	31	55:58	22.0	0:46	27	19:35	6:19
33	5/31	David Holleran	Woodbury	MN	44	M	65	19:58	6:26	0:55	12	52:26	23.5	0:52	66	21:52	7:03
34	3/31	Chip Tabor	Medicine Lake	MN	37	M	14	17:09	5:32	0:59	59	58:15	21.1	0:53	17	18:49	6:04
35	3/18	Scott Niemela	Andover	MN	45	M	24	17:50	5:45	0:51	37	56:42	21.7	0:51	31	19:57	6:26
36	3/13	Cathy Yndestad	Apple Valley	MN	30	F	52	19:21	6:14	0:28	28	55:31	22.2	0:29	49	20:40	6:40
37	1/7	Denver Rogalla	Onamia	MN	18	M	50	19:17	6:13	0:49	26	55:15	22.3	0:30	52	20:54	6:44
38	6/31	Marvin Denzer	Waconia	MN	42	M	28	17:58	5:47	0:52	67	58:58	20.9	0:39	20	19:07	6:10
39	4/31	Troy Vargas	Hudson	WI	39	M	29	18:09	5:51	1:01	40	57:16	21.5	0:42	50	20:49	6:42
40	4/13	Heather Haviland	Waukesha	WI	35	F	43	18:55	6:06	0:36	56	58:04	21.2	0:31	30	19:55	6:25
41	1/16	David Lasorsa	Port Angeles	WA	51	M	48	19:09	6:10	0:35	45	57:32	21.4	0:33	38	20:13	6:31
42	13/15	Joe McGaver	Duluth	MN	38	M	30	18:18	5:54	1:08	44	57:31	21.4	0:57	43	20:24	6:34
43	5/13	Sarah Kolpin	River Falls	WI	27	F	45	18:59	6:07	0:35	55	58:00	21.2	0:42	42	20:19	6:33
44	7/31	Mark Hofer	Seattle	WA	43	M	77	20:20	6:33	0:49	24	54:40	22.5	0:47	78	22:15	7:10
45	1/12	Michael Colaizy	Osceola	WI	58	M	61	19:45	6:22	0:54	32	56:06	21.9	0:47	63	21:44	7:00
46	6/13	Julie Hull	Farmington	MN	36	F	80	20:26	6:35	0:30	34	56:13	21.9	0:27	61	21:43	7:00
47	4/18	Santiago Morgan	Minneapolis	MN	47	M	44	18:56	6:06	0:55	46	57:36	21.4	0:41	56	21:16	6:51
48	6/26	Jesse Westrup	Sartell	MN	34	M	12	16:57	5:28	1:13	95	1:02:15	19.8	0:48	10	18:12	5:52
49	14/15	Kerry Mayer	Brookfield	WI	62	M	51	19:19	6:13	0:46	52	57:54	21.2	0:44	51	20:49	6:42
50	2/16	Charlie Roach	Lakeville	MN	51	M	27	17:58	5:47	1:12	74	59:30	20.7	1:01	32	20:01	6:27
51	5/31	Jason C Digman	Plymouth	MN	37	M	81	20:27	6:35	0:43	36	56:26	21.8	0:41	69	21:55	7:04
52	15/15	Kerry Yndestad	Apple Valley	MN	48	M	53	19:22	6:14	0:34	58	58:07	21.2	0:32	64	21:46	7:01
53	6/31	Borg Isaksen	Brule	WI	35	M	38	18:48	6:03	0:55	77	59:50	20.6	0:47	44	20:28	6:36
54	2/12	Jim McDonell	Woodbury	MN	55	M	66	20:07	6:29	0:49	42	57:17	21.5	1:07	62	21:43	7:00
55	4/15	Aaron Hoffmann	St Paul	MN	29	M	62	19:50	6:23	0:54	51	57:48	21.3	0:57	75	22:07	7:08
56	5/18	Mark Roth	Burnsville	MN	46	M	57	19:36	6:19	1:01	70	59:03	20.8	0:56	55	21:10	6:49
57	1/11	Jeanne Fleck	Proctor	MN	43	F	60	19:43	6:21	0:48	75	59:32	20.7	0:46	54	21:00	6:46
58	6/18	Paul Serreyn	Lakeville	MN	45	M	58	19:39	6:20	0:44	80	1:00:15	20.4	0:42	47	20:33	6:37
59	7/13	Jan Guenther	Mound	MN	49	F	73	20:13	6:31	0:50	61	58:33	21.0	0:45	73	22:03	7:06
60	8/31	Franky Doring	Ilvesheim - Ge		41	M	84	20:31	6:37	0:33	54	57:59	21.2	0:36	91	22:49	7:21
61	8/13	Jenny Wilcox	Cottage Grove	MN	34	F	47	19:04	6:09	0:57	92	1:01:34	20.0	0:55	36	20:12	6:31
62	7/31	Craig Davis	Mounds View	MN	39	M	93	20:49	6:42	1:21	49	57:46	21.3	0:39	77	22:13	7:09
63	3/16	Chris Pearson	Mount Vernon	TX	51	M	69	20:10	6:30	0:38	57	58:05	21.2	0:48	105	23:10	7:28
64	5/15	Michael Svensk	Blaine	MN	28	M	40	18:50	6:04	0:49	96	1:02:22	19.7	0:48	45	20:29	6:36
65	9/13	Tracie Kent	Saint Paul	MN	34	F	94	20:49	6:42	0:59	65	58:56	20.9	0:37	72	21:59	7:05
66	8/31	Charlie Schad	Sartell	MN	38	M	99	20:59	6:46	1:01	47	57:38	21.3	0:47	96	22:57	7:23
67	7/18	Rodney Pratt	Stillwater	MN	47	M	82	20:27	6:35	0:56	69	59:03	20.8	0:49	76	22:12	7:09
68	3/8	Brandon Moscho	St Cloud	MN	21	M	83	20:30	6:36	0:47	63	58:50	20.9	0:46	94	22:54	7:23
69	4/16	Scott Ross	Eden Prairie	MN	50	M	49	19:12	6:11	1:06	91	1:01:24	20.0	1:10	53	21:00	6:46
70	9/31	Greg Skoog	Sartell	MN	41	M	88	20:46	6:41	1:13	71	59:09	20.8	1:10	60	21:42	6:59
71	5/16	Tom Tedlund	Duluth	MN	51	M	107	21:16	6:51	0:54	60	58:26	21.1	0:53	85	22:36	7:17
72	8/18	Michael Murray	Sartell	MN	49	M	105	21:13	6:50	0:58	43	57:24	21.4	1:07	109	23:29	7:34
73	2/11	Brenda Simril	Two Rivers	WI	41	F	110	21:21	6:53	0:41	66	58:57	20.9	0:45	92	22:49	7:21
74	2/7	Sam Anderson	St. Cloud	MN	15	M	42	18:51	6:04	0:33	87	1:00:39	20.3	0:29	124	24:08	7:46
75	9/18	Todd Thorsgaard	St. Paul	MN	49	M	95	20:49	6:42	0:53	64	58:52	20.9	0:50	110	23:31	7:34
76	9/31	Rick Wegener	Blaine	MN	39	M	41	18:50	6:04	1:11	119	1:03:53	19.3	0:52	37	20:13	6:31
77	10/31	Eric Johnson	Minnetonka	MN	42	M	102	21:03	6:47	0:57	79	1:00:13	20.4	1:00	71	21:57	7:04
78	10/31	Taggart Downare	Sartell	MN	38	M	46	19:02	6:08	0:42	84	1:00:24	20.4	0:36	87	22:40	7:18
79	11/31	Doug Lain	Sartell	MN	42	M	114	21:25	6:54	1:02	68	59:01	20.8	1:07	103	23:07	7:27
80	10/13	Julie McMonagle	Eagan	MN	42	F	113	21:22	6:53	0:38	78	1:00:02	20.5	0:38	100	23:04	7:26
81	7/26	Ryan Saline	Map														

87	12/13	Cynthia Brochman	Maplewood	MN	43 F	109	21:20	6:52	0:46	83	1:00:23	20.4	0:49	123	24:06	7:46
88	1/8	Ken Mogren	Winona	MN	60 M	130	22:07	7:07	1:05	62	58:40	21.0	0:59	140	24:37	7:56
89	13/13	Becky Youngberg	Eden Prairie	MN	34 F	96	20:54	6:44	0:49	111	1:03:18	19.4	0:48	59	21:41	6:59
90	1/7	Melinda Silbernick	Maple Grove	MN	53 F	169	23:10	7:28	1:01	53	57:59	21.2	0:50	136	24:31	7:54
91	1/2	Sarah Daniels	Savage	MN	17 F	72	20:13	6:31	0:41	112	1:03:19	19.4	0:48	48	20:35	6:38
92	12/31	Steven Paulik	Fargo	ND	44 M	117	21:40	6:59	1:38	76	59:46	20.6	1:04	107	23:28	7:34
93	3/12	Duane Millsagle	Duluth	MN	58 M	90	20:48	6:42	1:03	104	1:02:50	19.6	0:55	81	22:26	7:14
94	9/26	Samuel Francois	Rochester	MN	32 M	111	21:21	6:53	1:05	94	1:02:01	19.8	1:11	80	22:26	7:14
95	7/16	Paul Porter	Roseville	MN	52 M	122	21:47	7:01	0:33	90	1:01:19	20.1	0:36	122	23:59	7:43
96	1/10	Nancy Flury	Minnetonka	MN	38 F	106	21:14	6:50	1:03	103	1:02:46	19.6	0:51	79	22:25	7:13
97	6/15	Steve Stenzel	St. Paul	MN	27 M	37	18:47	6:03	1:00	159	1:08:03	18.1	1:02	26	19:34	6:18
98	2/7	Heather Leach	Seattle	WA	51 F	78	20:21	6:33	0:53	129	1:04:36	19.0	0:49	70	21:56	7:04
99	11/31	Jon Kern	St. Cloud	MN	38 M	100	21:00	6:46	0:48	93	1:01:46	19.9	0:41	129	24:21	7:51
100	10/26	Chris Hawes	Saint Paul	MN	34 M	134	22:11	7:09	0:59	82	1:00:22	20.4	0:56	127	24:14	7:48
101	4/12	Leon Essler	Bismarck	ND	56 M	141	22:23	7:13	1:14	73	59:23	20.7	1:12	148	24:57	8:02
102	12/31	John Wolfe	Sartell	MN	37 M	116	21:38	6:58	1:03	108	1:03:00	19.5	0:54	86	22:37	7:17
103	10/18	Craig Poorker	Robbinsdale	MN	49 M	123	21:52	7:02	0:59	97	1:02:30	19.7	0:48	99	23:04	7:26
104	1/9	Nikki Bergh	Sartell	MN	31 F	91	20:48	6:42	0:53	120	1:04:01	19.2	0:49	88	22:42	7:19
105	3/7	Anthony Young	St. Cloud	MN	19 M	55	19:33	6:18	0:39	145	1:06:14	18.6	0:28	84	22:33	7:16
106	11/26	Matthew Wilson	Minneapolis	MN	30 M	133	22:10	7:08	1:24	72	59:20	20.7	1:08	164	25:37	8:15
107	8/16	Larry Schonhardt	New Hope	MN	51 M	161	22:57	7:23	1:09	81	1:00:18	20.4	1:02	137	24:32	7:54
108	3/11	Karen Bebuchuk	Plymouth	MN	42 F	98	20:57	6:45	0:38	131	1:04:52	19.0	0:35	102	23:06	7:27
109	13/31	David Buhl	Sartell	MN	35 M	103	21:07	6:48	1:00	114	1:03:33	19.4	0:55	112	23:41	7:38
110	13/31	Rick Gothier	Cold Spring	MN	44 M	142	22:27	7:14	0:59	85	1:00:34	20.3	0:48	161	25:33	8:14
111	3/7	Robin Tedlund	Duluth	MN	50 F	121	21:45	7:00	0:50	121	1:04:04	19.2	0:42	111	23:37	7:36
112	11/18	Casey Seabright	Lakeville	MN	46 M	124	21:53	7:03	1:01	117	1:03:51	19.3	0:46	108	23:28	7:34
113	2/8	Bob Bailey	Woodbury	MN	64 M	118	21:44	7:00	0:50	106	1:02:54	19.6	1:00	146	24:52	8:01
114	5/12	Ashley Halsey	Annapolis	MD	56 M	138	22:21	7:12	1:27	105	1:02:52	19.6	1:05	118	23:51	7:41
115	14/31	David Schmidt	St. Cloud	MN	37 M	152	22:41	7:19	1:07	102	1:02:46	19.6	0:54	139	24:34	7:55
116	1/5	Nick Vanduzee	Chaska	MN	65 M	145	22:32	7:16	1:00	107	1:02:57	19.5	0:49	144	24:48	7:59
117	2/9	Correen Schuebel	Milwaukee	WI	30 F	131	22:08	7:08	0:40	125	1:04:24	19.1	0:33	131	24:24	7:52
118	12/26	Joel Stacy	Minneapolis	MN	32 M	56	19:36	6:19	1:10	157	1:07:47	18.2	1:29	83	22:29	7:15
119	3/14	Emily Ament	Jamestown	ND	27 F	132	22:08	7:08	0:49	143	1:05:52	18.7	0:36	104	23:10	7:28
120	15/31	Bryan Frye	Elko	MN	38 M	75	20:16	6:32	1:38	155	1:07:31	18.2	1:19	67	21:53	7:03
121	2/10	Marjie Delo	Delavan	WI	35 F	112	21:21	6:53	0:44	127	1:04:32	19.1	0:43	106	23:18	7:30
122	13/26	Graeme Webster	Minneapolis	MN	31 M	85	20:34	6:37	1:12	153	1:07:15	18.3	1:04	101	23:06	7:26
123	4/11	Julie Dahlstrom	Burlington	WI	42 F	157	22:52	7:22	0:56	116	1:03:41	19.3	0:56	145	24:48	7:59
124	6/12	Michael Sjogren	St. Cloud	MN	57 M	167	23:03	7:25	1:07	101	1:02:44	19.6	0:59	159	25:19	8:09
125	16/31	Darren Olson	Golden Valley	MN	35 M	177	23:41	7:38	1:05	100	1:02:38	19.6	0:47	155	25:14	8:08
126	4/14	Erika Osborn	Elkhorn	WI	28 F	179	23:42	7:38	0:47	109	1:03:08	19.5	0:40	160	25:23	8:10
127	17/31	Scott Rutten	Sauk Centre	MN	39 M	178	23:41	7:38	0:49	130	1:04:38	19.0	1:02	115	23:45	7:39
128	5/11	Amy Woolsey	Sauk Rapids	MN	43 F	147	22:35	7:17	0:59	132	1:04:55	19.0	1:00	134	24:30	7:54
129	1/3	Becca Skadsberg	Woodbury	MN	23 F	149	22:37	7:17	0:56	134	1:05:07	18.9	1:00	128	24:20	7:50
130	1/6	Tammy Bohan	Bismarck	ND	47 F	115	21:32	6:56	0:52	158	1:07:48	18.1	0:55	95	22:55	7:23
131	5/14	Hannah Sullivan	St. Paul	MN	29 F	146	22:35	7:17	0:52	118	1:03:52	19.3	0:50	172	26:09	8:25
132	9/16	Dan Stone	Maple Grove	MN	51 M	104	21:08	6:48	1:13	152	1:07:04	18.3	1:09	117	23:48	7:40
133	10/16	Gregg Garretson	Lakeville	MN	51 M	189	23:56	7:43	0:57	126	1:04:27	19.1	0:53	138	24:32	7:54
134	12/18	Bob Harmon	New Brighton	MN	47 M	125	21:55	7:03	0:54	135	1:05:11	18.9	0:49	125	24:09	7:47
135	3/8	Roman Scibora	Bloomington	MN	63 M	164	22:59	7:24	1:11	128	1:04:33	19.1	1:02	158	25:19	8:09
136	14/31	Chris Robinson	Baxter	MN	41 M	163	22:58	7:24	0:51	164	1:08:29	18.0	0:56	65	21:50	7:02
137	4/8	Ryan Maciej	St. Cloud	MN	21 M	92	20:48	6:42	1:33	165	1:08:33	17.9	1:12	97	22:58	7:24
138	14/26	Ryan Quinn	St. Cloud	MN	31 M	136	22:12	7:09	1:15	150	1:06:55	18.4	0:57	121	23:58	7:43
139	2/5	Hank Larsen	Glencoe	MN	68 M	165	23:01	7:25	1:02	140	1:05:37	18.7	0:54	157	25:16	8:08
140	5/8	Jeffrey Huber	Clearwater	MN	21 M	79	20:23	6:34	0:47	149	1:06:55	18.4	0:33	191	27:13	8:46
141	18/31	Mike Krein	Plymouth	MN	37 M	101	21:02	6:46	2:24	115	1:03:36	19.3	2:23	177	26:37	8:34
142	3/9	Gina Rumore	St. Louis Park	MN	30 F	120	21:44	7:00	0:47	156	1:07:39	18.2	0:54	151	25:07	8:05
143	7/15	Jason Neumann	Saint Cloud	MN	26 M	139	22:21	7:12	0:56	122	1:04:07	19.2	0:54	212	28:20	9:08
144	6/14	Michelle Hall	Minneapolis	MN	29 F	159	22:56	7:23	1:09	148	1:06:42	18.4	1:28	132	24:24	7:52
145	4/8	David Demulling	Osceola	WI	63 M	168	23:08	7:27	1:16	138	1:05:25	18.8	1:27	166	25:51	8:20
146	5/8	Bob Dahl	Plymouth	MN	62 M	171	23:19	7:31	1:32	154	1:07:23	18.3	1:16	113	23:42	7:38
147	6/8	Matt Linder	St. Paul	MN	23 M	183	23:46	7:39	1:09	99	1:02:35	19.7	1:17	214	28:25	9:09
148	19/31	Eric Lohn	Sartell	MN	38 M	67	20:08	6:29	1:27	175	1:10:12	17.5	1:51	116	23:48	7:40
149	3/10	Jena Klein	Cold Spring	MN	38 F	207	24:55	8:02	1:05	110	1:03:08	19.5	1:03	193	27:16	8:47
150	11/16	David Clemmons	Bismarck	ND	53 M	180	23:42	7:38	1:47	146	1:06:14	18.6	1:37	142	24:41	7:57
151	7/14	Tammy Gregerson	Brooklyn Park	MN	28 F	89	20:47	6:42	0:42	216	1:14:39	16.5	0:46	57	21:24	6:54
152	13/18	Chris Proferl	Eden Prairie	MN	48 M	194	24:14	7:48	1:01	136	1:05:15	18.9	0:56	186	27:03	8:43
153	7/12	Mark Kapsner	Saint Cloud	MN	55 M	196	24:24	7:52	1:14	124	1:04:19	19.1	1:12	194	27:20	8:48
154	12/16	Louis Ahlstrand	Shafer	MN	54 M	181	23:42	7:38	1:17	163	1:08:22	18.0	1:00	135	24:31	7:54
155	8/14	Emily Laughlin	Robbinsdale	MN	25 F	137	22:18	7:11	0:36	178	1:10:19	17.5	0:29	154	25:13	8:07
156	15/31	Michael Haehn	Sartell	MN	44 M	119	21:44	7:00	0:55	162	1:08:21	18.0	1:20	178	26:40	8:35
157	13/16	John Ostmo	Milaca	MN	53 M	202	24:46	7:59	1:06	142	1:05:42	18.7	1:26	171	26:09	8:25
158	4/7	Karen Rothbauer	Shoreview	MN	54 F	210	25:08	8:06	1:07	133	1:05:03	18.9	1:17	180	26:41	8:36
159	8/12	K. David Hirsche	Minneapolis	MN	58 M	186	23:47	7:40	1:53	141	1:05:40	18.7	2:17	165	25:49	8:19
160	9/14	Lacey Osuldsen	La Crosse	WI	28 F	97	20:56	6:45	1:19	200	1:12:48	16.9	1:54	93	22:49	7:21
161	15/26	Damian Diluzio	Blaine	MN	34 M	172	23:24	7:32	2:05	161	1:08:17	18.0	1:25	150	25:05	8:05
162	16/31	Henry Wieland	Rice	MN	43 M	200	24:40	7:57	1:35	144	1:05:59	18.6	1:13	189	27:08	8:44
163	17/31	Richard Warzecha	Saint Paul	MN	44 M	151	22:40	7:18	1:56	171	1:09:52	17.6	1:53	133	24:26	7:52
164	4/7	Elliot Busta	St. Cloud	MN	15 M	160	22:57	7:23	0:47	181	1:10:29	17.5	0:51	167	25:56	8:21
165	6/11	Min-Any Xu	Plymouth	MN	40 F	176	23:41	7:38	1:03	176	1:10:13	17.5	0:55	152	25:09	8:06
166	18/31	Dan Weaver	Saint Cloud	MN	41 M	154	22:48	7:21	1:35	170	1:09:37	17.7	1:39	163	25:37	8:15
167	16/26	Matthew Haase	Burnsville	MN	33 M	220	25:34	8:14	1:00	139	1:05:33	18.8	0:44	215	28:31	9:11
168	17/26	Quinn Williams	Poplar	WI	33 M											

182	2/3	Leslie Engdahl	Saint Cloud	MN	20	F	143	22:28	7:14	0:45	224	1:16:42	16.0	0:36	143	24:45	7:58
183	9/15	Steve Myrah	St Paul	MN	26	M	158	22:55	7:23	1:40	213	1:14:05	16.6	1:07	162	25:37	8:15
184	10/15	Josh Froelich	St. Cloud	MN	26	M	187	23:50	7:41	0:58	228	1:17:35	15.9	0:32	82	22:29	7:15
185	21/31	Doug Laudenbach	St. Augusta	MN	40	M	156	22:50	7:21	0:48	215	1:14:38	16.5	0:37	176	26:32	8:33
186	14/18	Chuck Heisick	St. Cloud	MN	49	M	247	27:06	8:44	1:36	137	1:05:21	18.8	1:16	233	30:12	9:44
187	22/31	Keith Weiman	Crystal	MN	43	M	170	23:18	7:30	1:06	198	1:12:43	16.9	1:43	182	26:50	8:38
188	23/31	Eric Forseth	Bloomington	MN	44	M	227	25:54	8:21	1:04	166	1:08:36	17.9	1:16	224	29:11	9:24
189	2/2	Gabby Keller	Maple Grove	MN	16	F	221	25:34	8:14	0:34	188	1:11:38	17.2	0:33	201	27:48	8:57
190	21/31	Kelly O'Brien	Albany	MN	36	M	129	22:06	7:07	0:57	231	1:17:43	15.8	1:02	130	24:23	7:51
191	24/31	Tim Wielinski	Cedar Falls	IA	41	M	195	24:20	7:50	1:27	191	1:12:07	17.1	1:00	196	27:28	8:51
192	14/16	Gregory Cooley	Sartell	MN	53	M	213	25:13	8:07	0:59	194	1:12:13	17.0	0:50	192	27:15	8:47
193	15/16	Gary Stang	Edina	MN	54	M	223	25:38	8:15	1:47	206	1:13:39	16.7	1:40	120	23:56	7:42
194	22/31	Michael Given	Sauk Rapids	MN	35	M	242	26:53	8:39	1:24	167	1:08:55	17.9	1:25	209	28:05	9:03
195	4/9	Chandra Wobschall	Eden Prairie	MN	33	F	212	25:08	8:06	1:09	187	1:11:30	17.2	1:06	205	28:00	9:01
196	15/18	Steve Swanson	Elk River	MN	49	M	197	24:25	7:52	3:12	180	1:10:27	17.5	1:47	187	27:03	8:43
197	9/12	Tom Couillard	White Bear Lak	MN	59	M	188	23:52	7:41	1:25	220	1:15:21	16.3	1:24	156	25:15	8:08
198	23/31	Keith Creech	St. Louis Park	MN	37	M	230	26:04	8:24	1:13	174	1:10:08	17.5	1:19	218	28:41	9:14
199	6/10	Trina Simmons	Moorhead	MN	36	F	199	24:32	7:54	1:16	214	1:14:13	16.6	0:50	181	26:41	8:36
200	16/18	David Vanderlinden	Saint Cloud	MN	46	M	204	24:47	7:59	1:22	173	1:10:01	17.6	1:29	230	29:54	9:38
201	5/9	Madonna Lindgren	Plymouth	MN	30	F	245	27:00	8:42	1:36	151	1:06:58	18.4	2:18	227	29:44	9:35
202	7/11	Ellen Backus	Victoria	MN	42	F	173	23:25	7:33	1:44	225	1:17:03	16.0	1:22	126	24:10	7:47
203	6/8	Eugene Garver	Sartell	MN	63	M	240	26:38	8:35	1:13	184	1:11:14	17.3	1:50	195	27:23	8:49
204	6/7	Michelle Hanson	Sartell	MN	50	F	216	25:22	8:10	1:38	193	1:12:11	17.0	1:58	199	27:36	8:53
205	8/11	Carrie Keller	Victoria	MN	40	F	185	23:47	7:40	1:26	222	1:16:21	16.1	1:31	170	26:04	8:24
206	7/8	Gary Smith	St. Paul	MN	62	M	225	25:41	8:16	1:29	208	1:13:49	16.7	1:37	183	26:53	8:39
207	25/31	Brad Rohlf	Sartell	MN	41	M	153	22:44	7:19	0:45	233	1:18:26	15.7	0:48	185	27:01	8:42
208	7/10	Sara Swanson	Riverside	IA	38	F	226	25:54	8:21	1:31	189	1:11:48	17.1	1:41	219	28:51	9:18
209	5/7	Cody Misuraca	Fridley	MN	18	M	182	23:45	7:39	1:50	172	1:10:00	17.6	3:17	223	29:09	9:23
210	26/31	John Seiler	Sartell	MN	44	M	222	25:35	8:14	1:32	203	1:13:19	16.8	1:54	200	27:47	8:57
211	17/18	Ron Chicka	Foxboro	WI	45	M	208	25:01	8:03	1:09	186	1:11:22	17.2	1:40	236	30:55	9:57
212	9/11	Jayme Hogan	Minneapolis	MN	43	F	219	25:32	8:13	1:47	202	1:13:19	16.8	1:49	204	27:56	9:00
213	11/15	Carl Magnan	Isle	MN	28	M	144	22:31	7:15	0:41	243	1:22:39	14.9	0:51	114	23:42	7:38
214	10/14	Megan Van Hecke	Eden Prairie	MN	27	F	206	24:51	8:00	2:00	205	1:13:38	16.7	1:46	210	28:12	9:05
215	4/5	Tom Brix	Plymouth	MN	66	M	254	27:54	8:59	1:27	183	1:10:57	17.3	1:24	225	29:27	9:29
216	19/26	John Gerads	Buffalo	MN	31	M	234	26:15	8:27	1:02	204	1:13:22	16.8	1:03	226	29:35	9:32
217	27/31	John Marcum	Sartell	MN	41	M	190	23:59	7:44	1:42	229	1:17:35	15.9	1:53	207	28:01	9:01
218	20/26	Jeff Rogholt	Rice	MN	33	M	203	24:47	7:59	1:42	195	1:12:13	17.0	1:35	248	32:56	10:36
219	8/10	Leslie Iyer	Edina	MN	37	F	238	26:32	8:33	1:23	211	1:13:54	16.6	1:36	232	29:59	9:39
220	28/31	Kevin Christenson	Minnetonka	MN	40	M	231	26:06	8:24	1:47	190	1:11:48	17.1	1:25	246	32:46	10:33
221	24/31	Dan Hawkins	Bloomington	MN	38	M	250	27:31	8:52	0:37	192	1:12:07	17.1	0:36	250	33:16	10:43
222	10/12	John Bodette	St. Cloud	MN	58	M	166	23:02	7:25	1:10	246	1:23:13	14.8	0:58	168	25:58	8:22
223	7/7	Reina Brekke	Shoreview	MN	51	F	239	26:33	8:33	1:14	223	1:16:39	16.1	1:08	221	29:04	9:22
224	6/7	Ben Koenig	St. Cloud	MN	16	M	162	22:58	7:24	0:40	240	1:20:49	15.2	0:32	228	29:49	9:36
225	5/5	James Ogg	Edina	MN	65	M	232	26:06	8:24	2:16	210	1:13:54	16.6	2:01	235	30:44	9:54
226	25/31	Kevin Anderson	Sartell	MN	37	M	205	24:48	7:59	1:52	234	1:18:50	15.6	1:14	216	28:32	9:11
227	21/26	Jeff Bent	Apple Valley	MN	34	M	128	22:04	7:06	1:10	251	1:24:09	14.6	0:58	188	27:05	8:43
228	6/9	Katy Fraser	New York	NY	30	F	175	23:34	7:35	1:52	242	1:22:29	14.9	1:14	174	26:23	8:30
229	18/18	Joe Mercuri	Sartell	MN	48	M	236	26:19	8:29	2:05	207	1:13:44	16.7	1:52	240	31:33	10:10
230	12/15	Mike Johnson	Saint Paul	MN	28	M	191	24:07	7:46	1:14	249	1:23:51	14.7	1:10	169	26:02	8:23
231	1/1	William Walsh	Bedford Hills	NY	70	M	224	25:40	8:16	1:27	236	1:19:05	15.6	1:17	222	29:07	9:23
232	11/12	Wes Windels	Sartell	MN	56	M	218	25:26	8:12	1:01	239	1:20:42	15.2	1:10	211	28:18	9:07
233	4/6	Denise Baxter	St Cloud	MN	49	F	246	27:02	8:42	1:22	237	1:19:32	15.5	1:16	220	29:03	9:21
234	11/14	Tasha Theis	West St Paul	MN	25	F	255	28:14	9:06	1:15	221	1:15:58	16.2	1:15	242	31:45	10:14
235	5/6	Pam Garretson	Lakeville	MN	46	F	215	25:18	8:09	1:21	244	1:22:43	14.9	2:06	190	27:11	8:45
236	12/14	Corinne Hart	Bloomington	MN	27	F	209	25:06	8:05	1:28	238	1:19:59	15.4	2:16	229	29:53	9:37
237	22/26	Michael Steffes	Saint Cloud	MN	32	M	237	26:29	8:32	1:50	241	1:21:09	15.2	1:53	206	28:00	9:01
238	13/15	Adam Denzer	Waconia	MN	25	M	264	30:17	9:45	1:22	201	1:13:13	16.8	1:17	254	33:44	10:52
239	26/31	Chris Rogholt	Sauk Rapids	MN	36	M	252	27:37	8:54	1:22	209	1:13:53	16.7	1:20	258	37:51	12:11
240	8/8	Charles Rhea	Plymouth	MN	61	M	253	27:42	8:55	2:11	230	1:17:37	15.9	1:55	247	32:51	10:35
241	29/31	Jared Lamont	Sartell	MN	40	M	260	28:39	9:14	0:58	235	1:18:58	15.6	0:50	251	33:26	10:46
242	27/31	Jeffrey Botz	St Joseph	MN	36	M	257	28:16	9:06	1:52	227	1:17:13	15.9	2:12	253	33:32	10:48
243	3/3	Kelly Hanson	Sartell	MN	24	F	235	26:15	8:27	1:13	252	1:24:34	14.5	1:25	234	30:42	9:53
244	23/26	Dave Windels	Big Lake	MN	30	M	233	26:14	8:27	0:48	250	1:23:59	14.6	0:51	243	32:17	10:24
245	24/26	Jay Gregerson	Brooklyn Park	MN	30	M	243	26:55	8:40	1:20	245	1:22:51	14.8	0:47	245	32:29	10:28
246	7/9	Denise Christie	Sauk Rapids	MN	30	F	256	28:15	9:06	0:50	253	1:24:50	14.5	0:34	231	29:55	9:38
247	1/1	Ann Rhea	Plymouth	MN	61	F	263	30:14	9:44	1:49	232	1:18:18	15.7	1:24	252	33:30	10:47
248	25/26	Ryan Kadelbach	Big Lake	MN	34	M	249	27:30	8:51	0:59	248	1:23:40	14.7	1:44	239	31:28	10:08
249	6/6	Wanda Ortiz	Minneapolis	MN	48	F	241	26:48	8:38	1:03	255	1:25:06	14.5	1:13	241	31:38	10:11
250	16/16	Tracy Burr	Onamia	MN	50	M	251	27:37	8:54	2:04	247	1:23:36	14.7	1:25	237	31:13	10:03
251	28/31	Michael Seiler	Muskego	WI	37	M	262	30:06	9:42	1:31	218	1:15:12	16.4	1:47	259	38:23	12:22
252	9/10	Mary Bruno	St. Joseph	MN	35	F	248	27:07	8:44	2:02	254	1:24:54	14.5	1:03	244	32:28	10:27
253	10/11	Laura Ross	Sartell	MN	43	F	258	28:17	9:06	0:47	257	1:28:20	13.9	0:52	238	31:13	10:03
254	12/12	Charles Millner	Pierz	MN	55	M	201	24:44	7:58	1:39	261	1:33:25	13.2	2:44	249	33:01	10:38
255	8/9	Jerri Liestman	Brownton	MN	33	F	228	26:04	8:24	2:56	262	1:38:55	12.4	1:22	213	28:25	9:09
256	14/15	Eric Saloum	Champlin	MN	29	M	261	29:22	9:28	1:51	260	1:31:06	13.5	1:43	255	34:52	11:14
257	13/14	Elizabeth Flynn	Sartell	MN	29	F	229	26:04	8:24	2:58	263	1:41:00	12.2	1:02	203	27:53	8:59
258	9/9	Benita Patterson	Sioux Falls	SD	33	F	268	34:06	10:59	1:49	256	1:27:59	14.0	2:04	257	36:58	11:54
259	30/31	Peter Sharbo	Eagan	MN	41	M	266	32:24	10:26	2:03	259	1:30:32	13.6	1:07	260	41:33	13:23
260	14/14	Willow Saloum	Champlin	MN	26	F	259	28:34	9:12	1:08	264</						

266	10/10	Angie Schmidt	Woodbury	MN	38 F	70	20:10	6:30	0:38
267	30/31	Mike Houghton	Sartell	MN	38 M	86	20:34	6:38	0:58
268	26/26	Ben Hanson	Princeton	MN	30 M	87	20:44	6:41	0:53
269	31/31	Charles Barrette	Houlton	WI	36 M	155	22:50	7:21	0:53

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	1/14	= Phil Keller , Kevin Scheiterlein	1	16:08	5:12	0:33	1	51:46	23.8	0:24	1	16:32	5:20	1:25:
2	1/21	= Melissa Jansen , Bill Corcoran	4	19:20	6:14	0:29	3	53:17	23.1	0:25	3	20:36	6:38	1:34:
3	2/14	= Mike Mansour , Thomas Manderfeld	6	19:51	6:24	0:33	2	52:43	23.3	0:32	4	20:40	6:40	1:34:
4	2/21	= Kalli Christen , Eric Hanson	5	19:50	6:23	0:36	4	55:04	22.3	0:23	5	20:45	6:41	1:36:
5	3/21	= Patrick Larson , Jamie Schwegel	2	18:53	6:05	0:34	15	1:05:24	18.8	0:33	2	19:16	6:12	1:44:
6	3/14	= Aaron Bemboom , Mark Fitch	10	21:36	6:57	0:33	5	1:00:18	20.4	0:25	12	23:17	7:30	1:46:
7	4/14	= Ian Brekke , Eric Brekke	8	20:19	6:33	0:34	14	1:05:19	18.8	0:28	7	21:11	6:50	1:47:
8	4/21	= Anna Urdahl , Mark Urdahl	9	20:27	6:35	0:41	13	1:04:59	18.9	0:27	9	22:10	7:08	1:48:
9	5/14	= Brandon Teste , Eric Nacey	15	22:09	7:08	0:39	11	1:03:40	19.3	0:26	14	23:49	7:40	1:50:
10	5/21	= Holly Senn , Dan Rueter	20	23:13	7:29	0:31	8	1:02:19	19.7	0:32	17	24:21	7:51	1:50:
11	6/21	= Andrea Nelson , Ron Grossinger	22	23:43	7:38	0:31	7	1:01:32	20.0	0:39	21	25:01	8:03	1:51:
12	6/14	= Dave Kleis , Ryan Newman	11	21:38	6:58	0:33	18	1:06:09	18.6	0:25	10	23:05	7:26	1:51:
13	7/21	= Holly Christoffer , Michael Knettel	12	21:48	7:01	0:25	17	1:05:48	18.7	0:27	13	23:34	7:35	1:52:
14	1/6	= Jenny Johnson , Angela Williams	19	23:07	7:27	0:33	20	1:07:03	18.3	0:29	19	24:30	7:53	1:55:
15	7/14	= Rick Senn , Jason Franke	23	24:11	7:47	0:34	12	1:03:48	19.3	0:30	26	26:48	8:38	1:55:
16	8/21	= Bruce Stainbrook , Shiela Stainbrook	31	25:27	8:12	0:29	10	1:02:58	19.5	0:30	29	27:21	8:48	1:56:
17	9/21	= Tami Bauerly , Jeff Bauerly	35	27:04	8:43	0:33	6	1:00:24	20.4	0:29	33	28:20	9:08	1:56:
18	10/21	= Sarah Hanson , Ron Hanson	32	25:32	8:13	0:35	9	1:02:38	19.6	0:31	32	27:40	8:55	1:56:
19	8/14	= Tim O'Driscoll , Joel Dahlin	13	21:57	7:04	0:29	28	1:10:45	17.4	0:23	15	23:52	7:41	1:57:
20	9/14	= Joel Tschida , P. Revermann	17	22:33	7:16	0:27	27	1:10:05	17.6	0:26	18	24:23	7:51	1:57:
21	2/6	= Jennifer Feneis , Wendy Anding	24	24:21	7:50	0:29	24	1:08:09	18.1	0:30	23	25:47	8:18	1:59:
22	3/6	= Lisa Geiger , Lezlee Franke	26	24:41	7:57	0:34	23	1:07:45	18.2	0:30	24	25:52	8:20	1:59:
23	11/21	= Joan Karpel , Rob Karpel	30	25:27	8:12	0:31	21	1:07:03	18.3	0:31	28	27:05	8:43	2:00:
24	12/21	= Allison Storti , Scott Shinnick	29	25:26	8:11	0:45	16	1:05:26	18.8	0:31	35	28:32	9:11	2:00:
25	13/21	= Lynette Zima , Bill Sullivan	27	24:42	7:57	0:43	26	1:09:39	17.7	0:31	27	26:53	8:40	2:02:
26	14/21	= Jennifer Dale , Patrick Lanin	25	24:34	7:55	0:52	29	1:10:52	17.4	0:32	25	26:00	8:22	2:02:
27	10/14	= Michael Ellens , Thomas McFadden	14	21:58	7:05	0:41	34	1:17:01	16.0	0:29	11	23:11	7:28	2:03:
28	15/21	= Cassie Defrance , Mike Rathlisberger	33	25:41	8:16	0:37	25	1:09:22	17.7	0:29	31	27:32	8:52	2:03:
29	4/6	= Kendra Rasmussen , Molly Peichel	16	22:29	7:14	0:36	33	1:16:39	16.1	0:26	16	24:13	7:48	2:04:
30	16/21	= Michelle Meyer , Bruce Miles	21	23:17	7:30	0:46	31	1:14:49	16.4	0:33	22	25:07	8:06	2:04:
31	17/21	= Katie Olsen , Brad Brekke	36	27:32	8:52	0:36	22	1:07:40	18.2	0:30	36	29:38	9:33	2:05:
32	11/14	= Carey Pogatchnik , Aaron Hagen	37	28:23	9:09	0:31	19	1:06:21	18.5	0:34	38	30:11	9:43	2:05:
33	12/14	= Charlie Pentz , Douglas Randolph	7	20:11	6:30	0:43	38	1:24:35	14.5	0:33	6	21:04	6:47	2:07:
34	5/6	= Dawn Grossinger , Mariel Saline	39	29:03	9:21	0:36	30	1:11:28	17.2	0:32	37	29:40	9:33	2:11:
35	6/6	= Jen Bestick , Gina Nacey	28	24:54	8:01	0:33	36	1:18:07	15.7	0:28	30	27:26	8:50	2:11:
36	13/14	= Bill Gribble , Bob Kranz	34	26:57	8:41	0:46	32	1:14:55	16.4	0:37	34	28:30	9:11	2:11:
37	14/14	= Stephen Halsey , Dale Mossey	41	29:12	9:24	0:47	35	1:18:02	15.8	0:38	39	31:22	10:06	2:19:
38	18/21	= Dan Wildtraut , Lisa Bollinger	38	29:01	9:21	0:39	37	1:20:00	15.4	0:32	40	31:30	10:09	2:21:
39	19/21	= Corey Zack , Jeanie Ringwelski	3	18:59	6:07	0:53	41	1:42:47	12.0	0:24	8	21:29	6:55	2:24:
40	20/21	= Craig Zack , Mary Zack	18	22:55	7:23	0:47	40	1:35:22	12.9	0:31	20	24:58	8:02	2:24:
41	21/21	= Jessie Zack , John Gammell	40	29:11	9:24	0:44	39	1:30:30	13.6	0:31	41	33:41	10:51	2:34:

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	St. Paul	MN	30	M	1	15:38	5:02		0:29	1	48:08	25.6	0:27	1	16:41	5:22	1:2					
2	163	Dan Cohen	Eden Prairie	MN	34	M	8	16:29	5:19		0:27	3	49:08	25.0	0:30	10	18:15	5:53	1:2					
3	125	John Shelp	Maple Plain	MN	36	M	9	16:29	5:19		0:36	2	49:00	25.1	0:34	9	18:15	5:53	1:2					
4	47	Brooks Grossinger	Mayer	MN	31	M	3	15:53	5:07		0:32	5	51:20	24.0	0:37	4	17:24	5:36	1:2					
5	83	Chad Millner	Eden Prairie	MN	32	M	7	16:24	5:17		0:28	4	50:46	24.2	0:28	6	17:59	5:48	1:2					
6	298	Marc Ellingson	Omaha	NE	25	M	5	16:19	5:16		0:40	7	52:21	23.5	0:32	2	17:13	5:33	1:2					
7	36	Samuel Hauck	Shoreview	MN	24	M	2	15:40	5:03		0:37	9	53:12	23.1	0:36	3	17:21	5:35	1:2					
8	301	Eric Ellingson	Duluth	MN	25	M	6	16:20	5:16		0:39	8	53:06	23.2	0:36	7	18:01	5:48	1:2					
9	247	Brendon O'Flanagan	White Bear Lak	MN	31	M	10	16:31	5:19		0:32	11	54:08	22.7	0:28	8	18:09	5:51	1:2					
10	294	Scott Chapin	Hayward	WI	38	M	11	16:34	5:20		0:40	10	54:00	22.8	0:36	11	18:41	6:01	1:3					
11	249	Neil Miller	St. Paul	MN	24	M	4	16:00	5:09		0:30	12	56:09	21.9	0:40	5	17:27	5:37	1:3					
12	268	Jeffrey Fleig	Onalaska	WI	39	M	12	17:47	5:44		0:51	6	51:48	23.8	0:53	12	20:18	6:32	1:3					
13	130	Joe McGaver	Duluth	MN	38	M	13	18:18	5:54		1:08	13	57:31	21.4	0:57	13	20:24	6:34	1:3					
14	308	Kerry Mayer	Brookfield	WI	62	M	14	19:19	6:13		0:46	14	57:54	21.2	0:44	14	20:49	6:42	1:3					
15	269	Kerry Yndestad	Apple Valley	MN	48	M	15	19:22	6:14		0:34	15	58:07	21.2	0:32	15	21:46	7:01	1:4					

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	229	Marlo McGaver	Duluth	MN	38	F	1	18:30	5:58		0:37	1	54:33	22.6	0:41	3	20:11	6:30	1:3					
2	305	Marnie Walth	Bismark	ND	39	F	2	18:31	5:58		0:42	3	55:36	22.1	0:35	1	19:49	6:23	1:3					
3	230	Cathy Yndestad	Apple Valley	MN	30	F	6	19:21	6:14		0:28	2	55:31	22.2	0:29	6	20:40	6:40	1:3					
4	291	Heather Haviland	Waukesha	WI	35	F	3	18:55	6:06		0:36	6	58:04	21.2	0:31	2	19:55	6:25	1:3					
5	93	Sarah Kolpin	River Falls	WI	27	F	4	18:59	6:07		0:35	5	58:00	21.2	0:42	5	20:19	6:33	1:3					
6	32	Julie Hull	Farmington	MN	36	F	9	20:26	6:35		0:30	4	56:13	21.9	0:27	8	21:43	7:00	1:3					
7	282	Jan Guenther	Mound	MN	49	F	8	20:13	6:31		0:50	7	58:33	21.0	0:45	11	22:03	7:06	1:4					
8	293	Jenny Wilcox	Cottage Grove	MN	34	F	5	19:04	6:09		0:57	11	1:01:34	20.0	0:55	4	20:12	6:31	1:4					
9	239	Tracie Kent	Saint Paul	MN	34	F	10	20:49	6:42		0:59	8	58:56	20.9	0:37	10	21:59	7:05	1:4					
10	214	Julie McMonagle	Eagan	MN	42	F	13	21:22	6:53		0:38	9	1:00:02	20.5	0:38	12	23:04	7:26	1:4					
11	211	Renne Richards Gro	Oshkosh	WI	35	F	7	19:41	6:20		1:00	12	1:02:35	19.7	0:55	9	21:54	7:03	1:4					
12	253	Cynthia Brochman	Maplewood	MN	43	F	12	21:20	6:52		0:46	10	1:00:23	20.4	0:49	13	24:06	7:46	1:4					
13	187	Becky Youngberg	Eden Prairie	MN	34	F	11	20:54	6:44		0:49	13	1:03:18	19.4	0:48	7	21:41	6:59	1:4					

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	63	Devon Palmer	St. Paul	MN	21	M	8	17:30	5:38		0:29	1	51:07	24.1	0:37	4	18:40	6:01	1:2					
2	73	Todd Firebaugh	Woodbury	MN	46	M	14	17:54	5:46		0:40	2	51:18	24.0	0:33	10	19:09	6:10	1:2					
3	310	Brent Sinn	La Crosse	WI	30	M	4	17:10	5:32		0:42	10	53:18	23.1	0:37	7	18:49	6:04	1:3					
4	215	Jim Kelley	Centuria	WI	47	M	10	17:34	5:40		0:48	8	53:12	23.1	0:34	13	19:20	6:14	1:3					
5	246	Jason Atkinson	Alamogordo	NM	27	M	5	17:11	5:32		0:41	14	55:23	22.2	0:32	1	18:07	5:50	1:3					
6	147	Joseph Schneiderha	Alexandria	MN	43	M	9	17:33	5:39		0:46	11	53:59	22.8	0:46	8	19:02	6:08	1:3					
7	56	Jason Bates	Minneapolis	MN	32	M	21	18:41	6:01		0:44	6	52:28	23.4	0:45	20	20:07	6:29	1:3					
8	122	Kyle Fleener	Austin	MN	25	M	20	18:29	5:57		0:27	9	53:17	23.1	0:29	21	20:07	6:29	1:3					
9	15	Jey Carlson	Minnetonka	MN	42	M	33	19:31	6:17		1:04	3	51:25	23.9	0:40	25	20:16	6:32	1:3					
10	70	Mario Minelli	Kasson	MN	38	M	24	18:49	6:04		0:53	7	52:48	23.3	0:39	24	20:15	6:31	1:3					
11	271	Patrick Acciani	Minneapolis	MN	44	M	6	17:17	5:34		0:37	18	56:16	21.9	0:32	11	19:10	6:11	1:3					
12	46	Lucas Pedersen	Richfield	MN	21	M	7	17:28	5:38		0:38	24	57:17	21.5	0:29	5	18:41	6:01	1:3					
13	224	John Simril	Two Rivers	WI	43	M	18	18:24	5:56		0:36	15	55:36	22.1	0:35	14	19:23	6:15	1:3					
14	29	Derick Podratz	Lino Lakes	MN	34	M	2	17:04	5:30		0:44	31	57:47	21.3	0:38	3	18:25	5:56	1:3					
15	43	Joe Moyer	Rochester	MN	30	M	40	19:52	6:24		0:50	4	51:42	23.8	0:30	43	22:04	7:07	1:3					
16	74	Clifford Owen	Shorewood	MN	36	M	11	17:42	5:42		0:33	21	56:54	21.6	0:32	12	19:18	6:13	1:3					
17	55	James Hull	St. Louis Park	MN	25	M	13	17:52	5:45		0:29	22	57:11	21.5	0:26	17	19:39	6:20	1:3					
18	219	Matt Simmons	Moorhead	MN	33	M	19	18:28	5:57		0:55	16	55:58	22.0	0:46	16	19:35	6:19	1:3					
19	103	David Holleran	Woodbury	MN	44	M	41	19:58	6:26		0:55	5	52:26	23.5	0:52	39	21:52	7:03	1:3					
20	303	Chip Tabor	Medicine Lake	MN	37	M	3	17:09	5:32		0:59	35	58:15	21.1	0:53	6	18:49	6:04	1:3					
21	41	Scott Niemela	Andover	MN	45	M	12	17:50	5:45		0:51	20	56:42	21.7	0:51	18	19:57	6:26	1:3					
22	278	Denver Rogalla	Onamia	MN	18	M	32	19:17	6:13		0:49	13	55:15	22.3	0:30	30	20:54	6:44	1:3					
23	216	Marvin Denzer	Waconia	MN	42	M	16	17:58	5:47		0:52	40	58:58	20.9	0:39	9	19:07	6:10	1:3					
24	118	Troy Vargas	Hudson	WI	39	M	17	18:09	5:51		1:01	23	57:16	21.5	0:42	29	20:49	6:42	1:3					
25	178	David Lasorsa	Port Angeles	WA	51	M	30	19:09	6:10		0:35	27	57:32	21.4	0:33	23	20:13	6:31	1:3					
26	4	Mark Hofer	Seattle	WA	43	M	49	20:20	6:33		0:49	12	54:40	22.5	0:47	47	22:15	7:10	1:3					
27	106	Michael Colaizy	Osceola	WI	58	M	38	19:45	6:22		0:54	17	56:06	21.9	0:47	37	21:44	7:00	1:3					
28	307	Santiago Morgan	Minneapolis	MN	47	M	28	18:56	6:06		0:55	28	57:36	21.4	0:41	33	21:16	6:51	1:3					
29	110	Jesse Westrup	Sartell	MN	34	M	1	16:57	5:28		1:13	63	1:02:15	19.8	0:48	2	18:12	5:52	1:3					
30	277	Charlie Roach	Lakeville	MN	51	M	15	17:58	5:47		1:12	47	59:30	20.7	1:01	19	20:01	6:27	1:3					
31	208	Jason C Digman	Plymouth	MN	37	M	51	20:27	6:35		0:43	19	56:26	21.8	0:41	41	21:55	7:04	1:4					
32	231	Borg Isaksen	Brule	WI	35	M	23	18:48	6:03		0:55	49	59:50	20.6	0:47	26	20:28	6:36	1:4					
33	16	Jim McDonell	Woodbury	MN	55	M	42	20:07	6:29		0:49	25	57:17	21.5	1:07	36	21:43	7:00	1:4					
34	39	Aaron Hoffmann	St Paul	MN	29	M	39	19:50	6:23		0:54	32	57:48	21.3	0:57	44	22:07	7:08	1:4					
35	54	Mark Roth	Burnsville	MN	46	M	36	19:36	6:19		1:01	43	59:03	20.8	0:56	32	21:10	6:49	1:4					
36	222	Paul Serreyn	Lakeville	MN	45	M	37	19:39	6:20		0:44	51	1:00:15	20.4	0:42	28	20:33	6:37	1:4					
37	290	Franky Doring	Ilvesheim - Ge	4																				

49	263	Todd Thorsgaard	St. Paul	MN	49	M	60	20:49	6:42	0:53	39	58:52	20.9	0:50	69	23:31	7:34	1:4
50	189	Rick Wegener	Blaine	MN	39	M	26	18:50	6:04	1:11	79	1:03:53	19.3	0:52	22	20:13	6:31	1:4
51	281	Eric Johnson	Minnetonka	MN	42	M	64	21:03	6:47	0:57	50	1:00:13	20.4	1:00	42	21:57	7:04	1:4
52	138	Taggart Downare	Sartell	MN	38	M	29	19:02	6:08	0:42	54	1:00:24	20.4	0:36	55	22:40	7:18	1:4
53	276	Doug Lain	Sartell	MN	42	M	70	21:25	6:54	1:02	41	59:01	20.8	1:07	64	23:07	7:27	1:4
54	250	Ryan Saline	Maple Grove	MN	34	M	44	20:09	6:29	0:59	58	1:01:08	20.1	0:29	61	22:59	7:24	1:4
55	134	Bradley Thom	Glencoe	MN	52	M	48	20:18	6:32	1:04	56	1:00:36	20.3	1:12	56	22:46	7:20	1:4
56	136	Tony Casassa	St. Cloud	MN	33	M	46	20:12	6:31	0:49	75	1:03:24	19.4	0:44	34	21:30	6:55	1:4
57	105	Ken Mogren	Winona	MN	60	M	82	22:07	7:07	1:05	37	58:40	21.0	0:59	90	24:37	7:56	1:4
58	212	Steven Paulik	Fargo	ND	44	M	72	21:40	6:59	1:38	48	59:46	20.6	1:04	66	23:28	7:34	1:4
59	33	Duane Millslagle	Duluth	MN	58	M	57	20:48	6:42	1:03	70	1:02:50	19.6	0:55	49	22:26	7:14	1:4
60	139	Samuel Francois	Rochester	MN	32	M	69	21:21	6:53	1:05	62	1:02:01	19.8	1:11	48	22:26	7:14	1:4
61	113	Paul Porter	Roseville	MN	52	M	75	21:47	7:01	0:33	59	1:01:19	20.1	0:36	79	23:59	7:43	1:4
62	273	Steve Stenzel	St. Paul	MN	27	M	22	18:47	6:03	1:00	104	1:08:03	18.1	1:02	15	19:34	6:18	1:4
63	159	Jon Kern	St. Cloud	MN	38	M	62	21:00	6:46	0:48	61	1:01:46	19.9	0:41	83	24:21	7:51	1:4
64	10	Chris Hawes	Saint Paul	MN	34	M	84	22:11	7:09	0:59	53	1:00:22	20.4	0:56	82	24:14	7:48	1:4
65	192	Leon Essler	Bismarck	ND	56	M	89	22:23	7:13	1:14	46	59:23	20.7	1:12	94	24:57	8:02	1:4
66	312	John Wolfe	Sartell	MN	37	M	71	21:38	6:58	1:03	74	1:03:00	19.5	0:54	54	22:37	7:17	1:4
67	200	Craig Poorker	Robbinsdale	MN	49	M	76	21:52	7:02	0:59	65	1:02:30	19.7	0:48	62	23:04	7:26	1:4
68	170	Anthony Young	St. Cloud	MN	19	M	34	19:33	6:18	0:39	94	1:06:14	18.6	0:28	52	22:33	7:16	1:4
69	283	Matthew Willson	Minneapolis	MN	30	M	83	22:10	7:08	1:24	45	59:20	20.7	1:08	105	25:37	8:15	1:4
70	102	Larry Schonhardt	New Hope	MN	51	M	101	22:57	7:23	1:09	52	1:00:18	20.4	1:02	87	24:32	7:54	1:4
71	30	David Buhl	Sartell	MN	35	M	65	21:07	6:48	1:00	76	1:03:33	19.4	0:55	70	23:41	7:38	1:5
72	94	Rick Gothier	Cold Spring	MN	44	M	90	22:27	7:14	0:59	55	1:00:34	20.3	0:48	102	25:33	8:14	1:5
73	59	Casey Seabright	Lakeville	MN	46	M	77	21:53	7:03	1:01	78	1:03:51	19.3	0:46	67	23:28	7:34	1:5
74	104	Bob Bailey	Woodbury	MN	64	M	73	21:44	7:00	0:50	72	1:02:54	19.6	1:00	93	24:52	8:01	1:5
75	205	Ashley Halsey	Annapolis	MD	56	M	86	22:21	7:12	1:27	71	1:02:52	19.6	1:05	76	23:51	7:41	1:5
76	256	David Schmidt	St. Cloud	MN	37	M	95	22:41	7:19	1:07	69	1:02:46	19.6	0:54	89	24:34	7:55	1:5
77	62	Nick Vanduzee	Chaska	MN	65	M	92	22:32	7:16	1:00	73	1:02:57	19.5	0:49	92	24:48	7:59	1:5
78	176	Joel Stacy	Minneapolis	MN	32	M	35	19:36	6:19	1:10	103	1:07:47	18.2	1:29	51	22:29	7:15	1:5
79	234	Bryan Frye	Elko	MN	38	M	47	20:16	6:32	1:38	102	1:07:31	18.2	1:19	40	21:53	7:03	1:5
80	166	Graeme Webster	Minneapolis	MN	31	M	55	20:34	6:37	1:12	100	1:07:15	18.3	1:04	63	23:06	7:26	1:5
81	184	Michael Sjogren	St. Cloud	MN	57	M	107	23:03	7:25	1:07	68	1:02:44	19.6	0:59	101	25:19	8:09	1:5
82	115	Darren Olson	Golden Valley	MN	35	M	113	23:41	7:38	1:05	67	1:02:38	19.6	0:47	97	25:14	8:08	1:5
83	174	Scott Rutten	Sauk Centre	MN	39	M	114	23:41	7:38	0:49	84	1:04:38	19.0	1:02	73	23:45	7:39	1:5
84	53	Dan Stone	Maple Grove	MN	51	M	66	21:08	6:48	1:13	99	1:07:04	18.3	1:09	75	23:48	7:40	1:5
85	241	Gregg Garretson	Lakeville	MN	51	M	122	23:56	7:43	0:57	82	1:04:27	19.1	0:53	88	24:32	7:54	1:5
86	79	Bob Harmon	New Brighton	MN	47	M	78	21:55	7:03	0:54	85	1:05:11	18.9	0:49	81	24:09	7:47	1:5
87	38	Roman Scibora	Bloomington	MN	63	M	104	22:59	7:24	1:11	83	1:04:33	19.1	1:02	100	25:19	8:09	1:5
88	98	Chris Robinson	Baxter	MN	41	M	103	22:58	7:24	0:51	109	1:08:29	18.0	0:56	38	21:50	7:02	1:5
89	109	Ryan Maciej	St. Cloud	MN	21	M	58	20:48	6:42	1:33	110	1:08:33	17.9	1:12	60	22:58	7:24	1:5
90	168	Ryan Quinn	St. Cloud	MN	31	M	85	22:12	7:09	1:15	98	1:06:55	18.4	0:57	78	23:58	7:43	1:5
91	254	Hank Larsen	Glencoe	MN	68	M	105	23:01	7:25	1:02	90	1:05:37	18.7	0:54	99	25:16	8:08	1:5
92	302	Jeffrey Huber	Clearwater	MN	21	M	50	20:23	6:34	0:47	97	1:06:55	18.4	0:33	125	27:13	8:46	1:5
93	135	Mike Krein	Plymouth	MN	37	M	63	21:02	6:46	2:24	77	1:03:36	19.3	2:23	114	26:37	8:34	1:5
94	258	Jason Neumann	Saint Cloud	MN	26	M	87	22:21	7:12	0:56	80	1:04:07	19.2	0:54	139	28:20	9:08	1:5
95	97	David Demulling	Osceola	WI	63	M	108	23:08	7:27	1:16	88	1:05:25	18.8	1:27	107	25:51	8:20	1:5
96	89	Bob Dahl	Plymouth	MN	62	M	110	23:19	7:31	1:32	101	1:07:23	18.3	1:16	71	23:42	7:38	1:5
97	287	Matt Linder	St. Paul	MN	23	M	118	23:46	7:39	1:09	66	1:02:35	19.7	1:17	140	28:25	9:09	1:5
98	237	Eric Lohm	Sartell	MN	38	M	43	20:08	6:29	1:27	119	1:10:12	17.5	1:51	74	23:48	7:40	1:5
99	198	David Clemmons	Bismarck	ND	53	M	115	23:42	7:38	1:47	95	1:06:14	18.6	1:37	91	24:41	7:57	1:5
100	274	Chris Pofelr	Eden Prairie	MN	48	M	126	24:14	7:48	1:01	86	1:05:15	18.9	0:56	121	27:03	8:43	1:5
101	120	Mark Kapsner	Saint Cloud	MN	55	M	128	24:24	7:52	1:14	81	1:04:19	19.1	1:12	127	27:20	8:48	1:5
102	240	Louis Ahlstrand	Shafer	MN	54	M	116	23:42	7:38	1:17	108	1:08:22	18.0	1:00	86	24:31	7:54	1:5
103	182	Michael Haeahn	Sartell	MN	44	M	74	21:44	7:00	0:55	107	1:08:21	18.0	1:20	115	26:40	8:35	1:5
104	191	John Ostmoe	Milaca	MN	53	M	133	24:46	7:59	1:06	92	1:05:42	18.7	1:26	111	26:09	8:25	1:5
105	60	K. David Hirschey	Minneapolis	MN	58	M	119	23:47	7:40	1:53	91	1:05:40	18.7	2:17	106	25:49	8:19	1:5
106	213	Damian Diluzio	Blaine	MN	34	M	111	23:24	7:32	2:05	106	1:08:17	18.0	1:25	96	25:05	8:05	2:0
107	252	Henry Wieland	Rice	MN	43	M	131	24:40	7:57	1:35	93	1:05:59	18.6	1:13	124	27:08	8:44	2:0
108	132	Richard Warzecha	Saint Paul	MN	44	M	94	22:40	7:18	1:56	115	1:09:52	17.6	1:53	85	24:26	7:52	2:0
109	61	Elliot Busta	St. Cloud	MN	15	M	100	22:57	7:23	0:47	123	1:10:29	17.5	0:51	108	25:56	8:21	2:0
110	195	Dan Weaver	Saint Cloud	MN	41	M	97	22:48	7:21	1:35	114	1:09:37	17.7	1:39	104	25:37	8:15	2:0
111	154	Matthew Haase	Burnsville	MN	33	M	142	25:34	8:14	1:00	89	1:05:33	18.8	0:44	141	28:31	9:11	2:0
112	145	Quinn Williams	Poplar	WI	33	M	93	22:38	7:18	1:01	120	1:10:16	17.5	0:52	119	26:58	8:41	2:0
113	227	Daryl Stevens	Sartell	MN	66	M	140	25:14	8:08	1:13	96	1:06:32	18.5	0:53	136	28:03	9:02	2:0
114	137	Wayne Chapman	Plymouth	MN	38	M	130	24:28	7:53	0:57	113	1:09:28	17.7	0:55	130	27:29	8:51	2:0
115	209	Andy Smith	Baxter	MN	44	M	79	21:56	7:04	1:17	134	1:12:19	17.0	1:39	112	26:10	8:26	2:0
116	313	Adam Johnson	Foley	MN	21	M	88	22:22	7:12	0:49	147	1:15:13	16.4	0:47	95	24:57	8:02	2:0
117	244	Chris Cota	Minneapolis	MN	22	M	112	23:27	7:33	0:48	124	1:10:57	17.3	0:43	143	28:35	9:12	2:0
118	92	Jeremy Denzer	New Prague	MN	27	M	158	26:55	8:40	1:06	105	1:08:12	18.0	0:42	133	27:49	8:58	2:0
119	181	John Lucking	Bloomington	MN	40	M	125	24:07	7:46	1:22	127	1:11:15	17.3	1:22	116	26:40	8:35	2:0
120	157	Jeremy Christie	Sauk Rapids	MN	32	M	138	25:08	8:06	0:59	121	1:10:20	17.5	0:56	131	27:34	8:53	2:0
121	99	Steve Myrah	St Paul	MN	26	M	99	22:55	7:23	1:40	144	1:14:05	16.6	1:07	103	25:37	8:15	2:0
122	197	Josh Froelich	St. Cloud	MN	26	M	120	23:50	7:41	0:58	150	1:17:35	15.9	0:32	50	22:29	7:15	2:0
123	169	Doug Laudenbach	St. Augusta	MN	40	M	98	22:50	7:21	0:48	145	1:14:38	16.5	0:37	113	26:32	8:33	2:0
124	233	Chuck Heisick	St. Cloud	MN	49	M	159	27:06	8:44	1:36	87	1:05:21	18.8	1:16	152	30:12	9:44	2:0
125	162	Keith Weiman	Crystal	MN	43	M	109	23:18	7:30	1:06	135	1:12:43	16.9	1:43	117	26:50	8:38	

144	13	John Gerards	Buffalo	MN	31	M	152	26:15	8:27	1:02	138	1:13:22	16.8	1:03	149	29:35	9:32	2:1
145	232	John Marcum	Sartell	MN	41	M	123	23:59	7:44	1:42	151	1:17:35	15.9	1:53	135	28:01	9:01	2:1
146	201	Jeff Rogholt	Rice	MN	33	M	134	24:47	7:59	1:42	133	1:12:13	17.0	1:35	162	32:56	10:36	2:1
147	275	Kevin Christenson	Minnetonka	MN	40	M	149	26:06	8:24	1:47	129	1:11:48	17.1	1:25	160	32:46	10:33	2:1
148	31	Dan Hawkins	Bloomington	MN	38	M	161	27:31	8:52	0:37	131	1:12:07	17.1	0:36	164	33:16	10:43	2:1
149	292	John Bodette	St. Cloud	MN	58	M	106	23:02	7:25	1:10	163	1:23:13	14.8	0:58	109	25:58	8:22	2:1
150	164	Ben Koenig	St. Cloud	MN	16	M	102	22:58	7:24	0:40	159	1:20:49	15.2	0:32	150	29:49	9:36	2:1
151	270	James Ogg	Edina	MN	65	M	150	26:06	8:24	2:16	143	1:13:54	16.6	2:01	153	30:44	9:54	2:1
152	143	Kevin Anderson	Sartell	MN	37	M	136	24:48	7:59	1:52	155	1:18:50	15.6	1:14	142	28:32	9:11	2:1
153	119	Jeff Bent	Apple Valley	MN	34	M	80	22:04	7:06	1:10	168	1:24:09	14.6	0:58	123	27:05	8:43	2:1
154	146	Joe Mercuri	Sartell	MN	48	M	153	26:19	8:29	2:05	140	1:13:44	16.7	1:52	157	31:33	10:10	2:1
155	140	Mike Johnson	Saint Paul	MN	28	M	124	24:07	7:46	1:14	166	1:23:51	14.7	1:10	110	26:02	8:23	2:1
156	155	William Walsh	Bedford Hills	NY	70	M	145	25:40	8:16	1:27	157	1:19:05	15.6	1:17	145	29:07	9:23	2:1
157	42	Wes Windels	Sartell	MN	56	M	141	25:26	8:12	1:01	158	1:20:42	15.2	1:10	138	28:18	9:07	2:1
158	206	Michael Steffes	Saint Cloud	MN	32	M	154	26:29	8:32	1:50	160	1:21:09	15.2	1:53	134	28:00	9:01	2:1
159	217	Adam Denzer	Waconia	MN	25	M	170	30:17	9:45	1:22	136	1:13:13	16.8	1:17	167	33:44	10:52	2:1
160	203	Chris Rogholt	Sauk Rapids	MN	36	M	163	27:37	8:54	1:22	142	1:13:53	16.7	1:20	169	37:51	12:11	2:2
161	235	Charles Rhea	Plymouth	MN	61	M	164	27:42	8:55	2:11	152	1:17:37	15.9	1:55	161	32:51	10:35	2:2
162	188	Jared Lamont	Sartell	MN	40	M	167	28:39	9:14	0:58	156	1:18:58	15.6	0:50	165	33:26	10:46	2:2
163	314	Jeffrey Botz	St Joseph	MN	36	M	166	28:16	9:06	1:52	149	1:17:13	15.9	2:12	166	33:32	10:48	2:2
164	23	Dave Windels	Big Lake	MN	30	M	151	26:14	8:27	0:48	167	1:23:59	14.6	0:51	158	32:17	10:24	2:2
165	20	Jay Gregerson	Brooklyn Park	MN	30	M	157	26:55	8:40	1:20	162	1:22:51	14.8	0:47	159	32:29	10:28	2:2
166	173	Ryan Kadelbach	Big Lake	MN	34	M	160	27:30	8:51	0:59	165	1:23:40	14.7	1:44	156	31:28	10:08	2:2
167	261	Tracy Burr	Onamia	MN	50	M	162	27:37	8:54	2:04	164	1:23:36	14.7	1:25	155	31:13	10:03	2:2
168	2	Michael Seiler	Muskego	WI	37	M	169	30:06	9:42	1:31	146	1:15:12	16.4	1:47	170	38:23	12:22	2:2
169	82	Charles Millner	Pierz	MN	55	M	132	24:44	7:58	1:39	171	1:33:25	13.2	2:44	163	33:01	10:38	2:3
170	127	Eric Saloum	Champlin	MN	29	M	168	29:22	9:28	1:51	170	1:31:06	13.5	1:43	168	34:52	11:14	2:3
171	28	Peter Sharbo	Eagan	MN	41	M	171	32:24	10:26	2:03	169	1:30:32	13.6	1:07	171	41:33	13:23	2:4

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	pace	TRAN	plc	BIKE	mph	TRAN	plc	RUN	pace	TOT	TIM
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	199	Jeanne Fleck	Proctor	MN	43	F	1	19:43	6:21	0:48	3	59:32	20.7	0:46	3	21:00	6:46	1:4	
2	223	Brenda Simril	Two Rivers	WI	41	F	11	21:21	6:53	0:41	2	58:57	20.9	0:45	9	22:49	7:21	1:4	
3	57	Marlene Yaeger	St. Louis Park	MN	26	F	3	20:15	6:31	0:34	13	1:04:17	19.1	0:37	1	20:32	6:37	1:4	
4	44	Ann Moyer	Rochester	MN	29	F	10	21:19	6:52	1:06	4	1:00:41	20.3	0:50	8	22:44	7:19	1:4	
5	288	Melinda Silbernack	Maple Grove	MN	53	F	28	23:10	7:28	1:01	1	57:59	21.2	0:50	22	24:31	7:54	1:4	
6	49	Sarah Daniels	Savage	MN	17	F	2	20:13	6:31	0:41	8	1:03:19	19.4	0:48	2	20:35	6:38	1:4	
7	69	Nancy Flury	Minnetonka	MN	38	F	9	21:14	6:50	1:03	5	1:02:46	19.6	0:51	6	22:25	7:13	1:4	
8	3	Heather Leach	Seattle	WA	51	F	4	20:21	6:33	0:53	16	1:04:36	19.0	0:49	5	21:56	7:04	1:4	
9	228	Nikki Bergh	Sartell	MN	31	F	6	20:48	6:42	0:53	11	1:04:01	19.2	0:49	7	22:42	7:19	1:4	
10	24	Karen Bebchuk	Plymouth	MN	42	F	8	20:57	6:45	0:38	17	1:04:52	19.0	0:35	12	23:06	7:27	1:5	
11	299	Robin Tedlund	Duluth	MN	50	F	15	21:45	7:00	0:50	12	1:04:04	19.2	0:42	15	23:37	7:36	1:5	
12	272	Correen Schuebel	Milwaukee	WI	30	F	17	22:08	7:08	0:40	14	1:04:24	19.1	0:33	19	24:24	7:52	1:5	
13	260	Emily Ament	Jamestown	ND	27	F	18	22:08	7:08	0:49	21	1:05:52	18.7	0:36	13	23:10	7:28	1:5	
14	78	Marjie Delo	Delavan	WI	35	F	12	21:21	6:53	0:44	15	1:04:32	19.1	0:43	14	23:18	7:30	1:5	
15	153	Julie Dahlstrom	Burlington	WI	42	F	26	22:52	7:22	0:56	9	1:03:41	19.3	0:56	25	24:48	7:59	1:5	
16	152	Erika Osborn	Elkhorn	WI	28	F	32	23:42	7:38	0:47	6	1:03:08	19.5	0:40	31	25:23	8:10	1:5	
17	175	Amy Woolsey	Sauk Rapids	MN	43	F	23	22:35	7:17	0:59	18	1:04:55	19.0	1:00	21	24:30	7:54	1:5	
18	245	Becca Skadsberg	Woodbury	MN	23	F	25	22:37	7:17	0:56	20	1:05:07	18.9	1:00	18	24:20	7:50	1:5	
19	114	Tammy Bohan	Bismarck	ND	47	F	13	21:32	6:56	0:52	25	1:07:48	18.1	0:55	11	22:55	7:23	1:5	
20	238	Hannah Sullivan	St. Paul	MN	29	F	22	22:35	7:17	0:52	10	1:03:52	19.3	0:50	33	26:09	8:25	1:5	
21	65	Gina Rumore	St. Louis Park	MN	30	F	14	21:44	7:00	0:47	24	1:07:39	18.2	0:54	27	25:07	8:05	1:5	
22	151	Michelle Hall	Minneapolis	MN	29	F	27	22:56	7:23	1:09	22	1:06:42	18.4	1:28	20	24:24	7:52	1:5	
23	167	Jena Klein	Cold Spring	MN	38	F	38	24:55	8:02	1:05	7	1:03:08	19.5	1:03	39	27:16	8:47	1:5	
24	21	Tammy Gregerson	Brooklyn Park	MN	28	F	5	20:47	6:42	0:42	40	1:14:39	16.5	0:46	4	21:24	6:54	1:5	
25	84	Emily Laughlin	Robbinsdale	MN	25	F	20	22:18	7:11	0:36	28	1:10:19	17.5	0:29	30	25:13	8:07	1:5	
26	9	Karen Rothbauer	Shoreview	MN	54	F	40	25:08	8:06	1:07	19	1:05:03	18.9	1:17	36	26:41	8:36	1:5	
27	311	Lacey Osuldsen	La Crosse	WI	28	F	7	20:56	6:45	1:19	35	1:12:48	16.9	1:54	10	22:49	7:21	1:5	
28	289	Min-Any Xu	Plymouth	MN	40	F	31	23:41	7:38	1:03	27	1:10:13	17.5	0:55	28	25:09	8:06	2:0	
29	243	Beth Guck	Andover	MN	52	F	24	22:36	7:17	1:16	34	1:12:47	16.9	0:52	26	24:53	8:01	2:0	
30	52	Jean Nitchals	Chanhausen	MN	35	F	35	24:10	7:47	1:33	26	1:09:16	17.8	1:34	35	26:30	8:32	2:0	
31	186	Judith Peters	St. Cloud	MN	48	F	33	23:46	7:39	1:32	33	1:12:24	17.0	0:55	29	25:12	8:07	2:0	
32	202	Anne Normand	Duluth	MN	35	F	16	21:58	7:05	1:30	41	1:15:08	16.4	1:10	23	24:37	7:56	2:0	
33	80	Lisa Hines	Waite Park	MN	46	F	19	22:12	7:09	0:37	47	1:17:10	15.9	0:32	16	23:55	7:42	2:0	
34	193	Leslie Engdahl	Saint Cloud	MN	20	F	21	22:28	7:14	0:45	45	1:16:42	16.0	0:36	24	24:45	7:58	2:0	
35	50	Gabby Keller	Maple Grove	MN	16	F	45	25:34	8:14	0:34	30	1:11:38	17.2	0:33	41	27:48	8:57	2:0	
36	81	Chandra Wobschall	Eden Prairie	MN	33	F	41	25:08	8:06	1:09	29	1:11:30	17.2	1:06	44	28:00	9:01	2:0	
37	218	Trina Simmons	Moorhead	MN	36	F	36	24:32	7:54	1:16	39	1:14:13	16.6	0:50	37	26:41	8:36	2:0	
38	45	Madonna Lindgren	Plymouth	MN	30	F	53	27:00	8:42	1:36	23	1:06:58	18.4	2:18	50	29:44	9:35	2:0	
39	248	Ellen Backus	Victoria	MN	42	F	29	23:25	7:33	1:44	46	1:17:03	16.0	1:22	17	24:10	7:47	2:0	
40	284	Michelle Hanson	Sartell	MN	50	F	43	25:22	8:10	1:38	32	1:12:11	17.0	1:58	40	27:36	8:53	2:0	
41	257	Carrie Keller	Victoria	MN	40	F	34	23:47	7:40	1:26	43	1:16:21	16.1	1:31	32	26:04	8:24	2:0	
42	177	Sara Swanson	Riverside	IA	38	F	46	25:54	8:21	1:31	31	1:11:48	17.1	1:41	47	28:51	9:18	2:0	
43	297	Jayne Hogan	Minneapolis	MN	43	F	44	25:32	8:13	1:47	36	1:13:19	16.8	1:49	43	27:56	9:00	2:1	
44	279	Megan Van Hecke	Eden Prairie	MN	27	F	37	24:51	8:00	2:00	37	1:13:38	16.7	1:46	45	28:12	9:05	2:1	
45	196	Leslie Iyer	Edina	MN	37	F	50	26:32	8:33	1:23	38	1:13:54	16.6	1:36	53	29:59	9:39	2:1	
46	112	Reina Brekke	Shoreview	MN	51	F	51												

61	128 Willow Saloum	Champlin	MN	26 F	59	28:34	9:12	1:08	61	1:43:23	11.9	0:45	60	35:05	11:18	2:4
62	27 Lisa Sharbo	Eagan	MN	41 F	62	41:48	13:28	1:23	62	1:44:51	11.7	1:21	62	47:01	15:08	3:1

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1	David Thompson	St. Paul	MN	30 M	15:38	5:02
2	Samuel Hauck	Shoreview	MN	24 M	15:40	5:03
3	Brooks Grossinger	Mayer	MN	31 M	15:53	5:07
4	Neil Miller	St. Paul	MN	24 M	16:00	5:09
5	Phil Keller				16:08	5:12
6	Marc Ellingson	Omaha	NE	25 M	16:19	5:16
7	Eric Ellingson	Duluth	MN	25 M	16:20	5:16
8	Chad Millner	Eden Prairie	MN	32 M	16:24	5:17
9	Dan Cohen	Eden Prairie	MN	34 M	16:29	5:19
10	John Shelp	Maple Plain	MN	36 M	16:29	5:19

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1	Dan Cohen	Eden Prairie	MN	34 M	0:27
2	Kyle Fleener	Austin	MN	25 M	0:27
3	Cathy Yndestad	Apple Valley	MN	30 F	0:28
4	Chad Millner	Eden Prairie	MN	32 M	0:28
5	James Hull	St. Louis Park	MN	25 M	0:29
6	David Thompson	St. Paul	MN	30 M	0:29
7	Devon Palmer	St. Paul	MN	21 M	0:29
8	Neil Miller	St. Paul	MN	24 M	0:30
9	Julie Hull	Farmington	MN	36 F	0:30
10	Brendon O'Flanagan	White Bear Lak	MN	31 M	0:32

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	David Thompson	St. Paul	MN	30 M	48:08	25.6
2	John Shelp	Maple Plain	MN	36 M	49:00	25.1
3	Dan Cohen	Eden Prairie	MN	34 M	49:08	25.0
4	Chad Millner	Eden Prairie	MN	32 M	50:46	24.2
5	Devon Palmer	St. Paul	MN	21 M	51:07	24.1
6	Todd Firebaugh	Woodbury	MN	46 M	51:18	24.0
7	Brooks Grossinger	Mayer	MN	31 M	51:20	24.0
8	Jey Carlson	Minnetonka	MN	42 M	51:25	23.9
9	Joe Moyer	Rochester	MN	30 M	51:42	23.8
10	Kevin Scheiterlein				51:46	23.8

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1	James Hull	St. Louis Park	MN	25 M	0:26
2	Julie Hull	Farmington	MN	36 F	0:27
3	David Thompson	St. Paul	MN	30 M	0:27
4	Chad Millner	Eden Prairie	MN	32 M	0:28
5	Anthony Young	St. Cloud	MN	19 M	0:28
6	Brendon O'Flanagan	White Bear Lak	MN	31 M	0:28
7	Cathy Yndestad	Apple Valley	MN	30 F	0:29
8	Ryan Saline	Maple Grove	MN	34 M	0:29
9	Kyle Fleener	Austin	MN	25 M	0:29
10	Sam Anderson	St. Cloud	MN	15 M	0:29

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1	Phil Keller				16:32	5:20
2	David Thompson	St. Paul	MN	30 M	16:41	5:22
3	Marc Ellingson	Omaha	NE	25 M	17:13	5:33
4	Samuel Hauck	Shoreview	MN	24 M	17:21	5:35
5	Brooks Grossinger	Mayer	MN	31 M	17:24	5:36
6	Neil Miller	St. Paul	MN	24 M	17:27	5:37
7	Chad Millner	Eden Prairie	MN	32 M	17:59	5:48
8	Eric Ellingson	Duluth	MN	25 M	18:01	5:48
9	Jason Atkinson	Alamogordo	NM	27 M	18:07	5:50
10	Brendon O'Flanagan	White Bear Lak	MN	31 M	18:09	5:51

FEMALE AGE GROUP RESULTS 1 - 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	Sarah Daniels	Savage	MN	17 F	1	20:13	6:31	0:41	1	1:03:19	19.4	0:48	1	20:35	6:38	1:47:34
2	Gabby Keller	Maple Grove	MN	16 F	2	25:34	8:14	0:34	2	1:11:38	17.2	0:33	2	27:48	8:57	2:06:04

MALE AGE GROUP RESULTS 1 - 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 Denver Rogalla	Onamia	MN	18	M	2	19:17	6:13	0:49	1	55:15	22.3	0:30	1	20:54	6:44	1:36:43
2 Sam Anderson	St. Cloud	MN	15	M	1	18:51	6:04	0:33	2	1:00:39	20.3	0:29	3	24:08	7:46	1:44:38
3 Anthony Young	St. Cloud	MN	19	M	3	19:33	6:18	0:39	3	1:06:14	18.6	0:28	2	22:33	7:16	1:49:25
4 Elliot Busta	St. Cloud	MN	15	M	4	22:57	7:23	0:47	5	1:10:29	17.5	0:51	4	25:56	8:21	2:00:57
5 Cody Misuraca	Fridley	MN	18	M	6	23:45	7:39	1:50	4	1:10:00	17.6	3:17	5	29:09	9:23	2:09:58
6 Ben Koenig	St. Cloud	MN	16	M	5	22:58	7:24	0:40	6	1:20:49	15.2	0:32	6	29:49	9:36	2:14:46

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 Becca Skadsberg	Woodbury	MN	23	F	2	22:37	7:17	0:56	1	1:05:07	18.9	1:00	1	24:20	7:50	1:53:58
2 Leslie Engdahl	Saint Cloud	MN	20	F	1	22:28	7:14	0:45	2	1:16:42	16.0	0:36	2	24:45	7:58	2:05:15
3 Kelly Hanson	Sartell	MN	24	F	3	26:15	8:27	1:13	3	1:24:34	14.5	1:25	3	30:42	9:53	2:24:07

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 Devon Palmer	St. Paul	MN	21	M	2	17:30	5:38	0:29	1	51:07	24.1	0:37	1	18:40	6:01	1:28:21
2 Lucas Pedersen	Richfield	MN	21	M	1	17:28	5:38	0:38	2	57:17	21.5	0:29	2	18:41	6:01	1:34:31
3 Brandon Moscho	St. Cloud	MN	21	M	4	20:30	6:36	0:47	3	58:50	20.9	0:46	3	22:54	7:23	1:43:45
4 Ryan Maciej	St. Cloud	MN	21	M	5	20:48	6:42	1:33	6	1:08:33	17.9	1:12	4	22:58	7:24	1:55:03
5 Jeffrey Huber	Clearwater	MN	21	M	3	20:23	6:34	0:47	5	1:06:55	18.4	0:33	6	27:13	8:46	1:55:49
6 Matt Linder	St. Paul	MN	23	M	8	23:46	7:39	1:09	4	1:02:35	19.7	1:17	7	28:25	9:09	1:57:09
7 Adam Johnson	Foley	MN	21	M	6	22:22	7:12	0:49	8	1:15:13	16.4	0:47	5	24:57	8:02	2:04:06
8 Chris Cota	Minneapolis	MN	22	M	7	23:27	7:33	0:48	7	1:10:57	17.3	0:43	8	28:35	9:12	2:04:28

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 Marlene Yaeger	St. Louis Park	MN	26	F	1	20:15	6:31	0:34	4	1:04:17	19.1	0:37	1	20:32	6:37	1:46:13
2 Ann Moyer	Rochester	MN	29	F	4	21:19	6:52	1:06	1	1:00:41	20.3	0:50	3	22:44	7:19	1:46:38
3 Emily Ament	Jamestown	ND	27	F	5	22:08	7:08	0:49	5	1:05:52	18.7	0:36	5	23:10	7:28	1:52:34
4 Erika Osborn	Elkhorn	WI	28	F	9	23:42	7:38	0:47	2	1:03:08	19.5	0:40	8	25:23	8:10	1:53:37
5 Hannah Sullivan	St. Paul	MN	29	F	7	22:35	7:17	0:52	3	1:03:52	19.3	0:50	9	26:09	8:25	1:54:16
6 Michelle Hall	Minneapolis	MN	29	F	8	22:56	7:23	1:09	6	1:06:42	18.4	1:28	6	24:24	7:52	1:56:36
7 Tammy Gregerson	Brooklyn Park	MN	28	F	2	20:47	6:42	0:42	10	1:14:39	16.5	0:46	2	21:24	6:54	1:58:15
8 Emily Laughlin	Robbinsdale	MN	25	F	6	22:18	7:11	0:36	7	1:10:19	17.5	0:29	7	25:13	8:07	1:58:53
9 Lacey Osuldsen	La Crosse	WI	28	F	3	20:56	6:45	1:19	8	1:12:48	16.9	1:54	4	22:49	7:21	1:59:45
10 Megan Van Hecke	Eden Prairie	MN	27	F	10	24:51	8:00	2:00	9	1:13:38	16.7	1:46	11	28:12	9:05	2:10:26
11 Tasha Theis	West St Paul	MN	25	F	13	28:14	9:06	1:15	11	1:15:58	16.2	1:15	13	31:45	10:14	2:18:25
12 Corinne Hart	Bloomington	MN	27	F	11	25:06	8:05	1:28	12	1:19:59	15.4	2:16	12	29:53	9:37	2:18:40
13 Elizabeth Flynn	Sartell	MN	29	F	12	26:04	8:24	2:58	13	1:41:00	12.2	1:02	10	27:53	8:59	2:38:55
14 Willow Saloum	Champlin	MN	26	F	14	28:34	9:12	1:08	14	1:43:23	11.9	0:45	14	35:05	11:18	2:48:54

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 Jason Atkinson	Alamogordo	NM	27	M	1	17:11	5:32	0:41	2	55:23	22.2	0:32	1	18:07	5:50	1:31:53
2 Kyle Fleener	Austin	MN	25	M	3	18:29	5:57	0:27	1	53:17	23.1	0:29	4	20:07	6:29	1:32:48
3 James Hull	St. Louis Park	MN	25	M	2	17:52	5:45	0:29	3	57:11	21.5	0:26	3	19:39	6:20	1:35:35
4 Aaron Hoffmann	St. Paul	MN	29	M	6	19:50	6:23	0:54	4	57:48	21.3	0:57	6	22:07	7:08	1:41:35
5 Michael Svensk	Blaine	MN	28	M	5	18:50	6:04	0:49	5	1:02:22	19.7	0:48	5	20:29	6:36	1:43:16
6 Steve Stenzel	St. Paul	MN	27	M	4	18:47	6:03	1:00	7	1:08:03	18.1	1:02	2	19:34	6:18	1:48:25
7 Jason Neumann	Saint Cloud	MN	26	M	7	22:21	7:12	0:56	6	1:04:07	19.2	0:54	12	28:20	9:08	1:56:36
8 Jeremy Denzer	New Prague	MN	27	M	12	26:55	8:40	1:06	8	1:08:12	18.0	0:42	11	27:49	8:58	2:04:43
9 Steve Myrah	St. Paul	MN	26	M	9	22:55	7:23	1:40	10	1:14:05	16.6	1:07	9	25:37	8:15	2:05:22
10 Josh Froelich	St. Cloud	MN	26	M	10	23:50	7:41	0:58	11	1:17:35	15.9	0:32	7	22:29	7:15	2:05:23
11 Carl Magnan	Isle	MN	28	M	8	22:31	7:15	0:41	12	1:22:39	14.9	0:51	8	23:42	7:38	2:10:22
12 Mike Johnson	Saint Paul	MN	28	M	11	24:07	7:46	1:14	13	1:23:51	14.7	1:10	10	26:02	8:23	2:16:22
13 Adam Denzer	Waconia	MN	25	M	14	30:17	9:45	1:22	9	1:13:13	16.8	1:17	13	33:44	10:52	2:19:51
14 Eric Saloum	Champlin	MN	29	M	13	29:22	9:28	1:51	14	1:31:06	13.5	1:43	14	34:52	11:14	2:38:53

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 Nikki Bergh	Sartell	MN	31	F	1	20:48	6:42	0:53	1	1:04:01	19.2	0:49	1	22:42	7:19	1:49:12
2 Correen Schuebel	Milwaukee	WI	30	F	3	22:08	7:08	0:40	2	1:04:24	19.1	0:33	2	24:24	7:52	1:52:06
3 Gina Rumore	St. Louis Park	MN	30	F	2	21:44	7:00	0:47	4	1:07:39	18.2	0:54	3	25:07	8:05	1:56:09
4 Chandra Wobschall	Eden Prairie	MN	33	F	5	25:08	8:06	1:09	5	1:11:30	17.2	1:06	5	28:00	9:01	2:06:52
5 Madonna Lindgren	Plymouth	MN	30	F	7	27:00	8:42	1:36	3	1:06:58	18.4	2:18	7	29:44	9:35	2:07:33
6 Katy Fraser	New York	NY	30	F	4	23:34	7:35	1:52	6	1:22:29	14.9	1:14	4	26:23	8:30	2:15:30
7 Denise Christie	Sauk Rapids	MN	30	F	8	28:15	9:06	0:50	7	1:24:50	14.5	0:34	8	29:55	9:38	2:24:23
8 Jerri Liestman	Brownton	MN	33	F	6	26:04	8:24	2:56	9	1:38:55	12.4	1:22	6	28:25	9:09	2:37:40
9 Benita Patterson	Sioux Falls	SD	33	F	9	34:06	10:59	1:49	8	1:27:59	14.0	2:04	9	36:58	11:54	2:42:54

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 Brent Sinn	La Crosse	WI	30	M	3	17:10	5:32	0:42	3	53:18	23.1	0:37	3	18:49	6:04	1:30:34
2 Jason Bates	Minneapolis	MN	32	M	5	18:41	6:01	0:44	2	52:28	23.4	0:45	5	20:07	6:29	1:32:43
3 Derick Podratz	Lino Lakes	MN	34	M	2	17:04	5:30	0:44	5	57:47	21.3	0:38	2	18:25	5:56	1:34:36
4 Joe Moyer	Rochester	MN	30	M	7	19:52	6:24	0:50	1	51:42	23.8	0:30	7	22:04	7:07	1:34:56
5 Matt Simmons	Moorhead	MN	33	M	4	18:28	5:57	0:55	4	55:58	22.0	0:46	4	19:35	6:19	1:35:41
6 Jesse Westrup	Sartell	MN	34	M	1	16:57	5:28	1:13	10	1:02:15	19.8	0:48	1	18:12	5:52	1:39:24
7 Ryan Saline	Maple Grove	MN	34	M	8	20:09	6:29	0:59	8	1:01:08	20.1	0:29	10	22:59	7:24	1:45:42
8 Tony Casassa	St Cloud	MN	33	M	9	20:12	6:31	0:49	11	1:03:24	19.4	0:44	6	21:30	6:55	1:46:37
9 Samuel Francois	Rochester	MN	32	M	11	21:21	6:53	1:05	9	1:02:01	19.8	1:11	8	22:26	7:14	1:48:02
10 Chris Hawes	Saint Paul	MN	34	M	14	22:11	7:09	0:59	7	1:00:22	20.4	0:56	13	24:14	7:48	1:48:41
11 Matthew Wilson	Minneapolis	MN	30	M	13	22:10	7:08	1:24	6	59:20	20.7	1:08	15	25:37	8:15	1:49:37
12 Joel Stacy	Minneapolis	MN	32	M	6	19:36	6:19	1:10	15	1:07:47	18.2	1:29	9	22:29	7:15	1:52:28
13 Graeme Webster	Minneapolis	MN	31	M	10	20:34	6:37	1:12	14	1:07:15	18.3	1:04	11	23:06	7:26	1:53:09
14 Ryan Quinn	St. Cloud	MN	31	M	15	22:12	7:09	1:15	13	1:06:55	18.4	0:57	12	23:58	7:43	1:55:15
15 Damian Diluzio	Blaine	MN	34	M	17	23:24	7:32	2:05	16	1:08:17	18.0	1:25	14	25:05	8:05	2:00:14
16 Matthew Haase	Burnsville	MN	33	M	20	25:34	8:14	1:00	12	1:05:33	18.8	0:44	20	28:31	9:11	2:01:19
17 Quinn Williams	Poplar	WI	33	M	16	22:38	7:18	1:01	17	1:10:16	17.5	0:52	16	26:58	8:41	2:01:44
18 Jeremy Christie	Sauk Rapids	MN	32	M	19	25:08	8:06	0:59	18	1:10:20	17.5	0:56	18	27:34	8:53	2:04:54
19 John Gerads	Buffalo	MN	31	M	22	26:15	8:27	1:02	20	1:13:22	16.8	1:03	21	29:35	9:32	2:11:14
20 Jeff Rogholt	Rice	MN	33	M	18	24:47	7:59	1:42	19	1:12:13	17.0	1:35	25	32:56	10:36	2:13:10
21 Jeff Bent	Apple Valley	MN	34	M	12	22:04	7:06	1:10	25	1:24:09	14.6	0:58	17	27:05	8:43	2:15:24
22 Michael Steffes	Saint Cloud	MN	32	M	23	26:29	8:32	1:50	21	1:21:09	15.2	1:53	19	28:00	9:01	2:19:20
23 Dave Windels	Big Lake	MN	30	M	21	26:14	8:27	0:48	24	1:23:59	14.6	0:51	23	32:17	10:24	2:24:07
24 Jay Gregerson	Brooklyn Park	MN	30	M	24	26:55	8:40	1:20	22	1:22:51	14.8	0:47	24	32:29	10:28	2:24:18
25 Ryan Kadelbach	Big Lake	MN	34	M	25	27:30	8:51	0:59	23	1:23:40	14.7	1:44	22	31:28	10:08	2:25:19

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 Nancy Flury	Minnetonka	MN	38	F	1	21:14	6:50	1:03	1	1:02:46	19.6	0:51	1	22:25	7:13	1:48:17
2 Marjie Delo	Delavan	WI	35	F	2	21:21	6:53	0:44	3	1:04:32	19.1	0:43	2	23:18	7:30	1:52:37
3 Jena Klein	Cold Spring	MN	38	F	6	24:55	8:02	1:05	2	1:03:08	19.5	1:03	6	27:16	8:47	1:57:25
4 Jean Nitchals	Chanhassen	MN	35	F	4	24:10	7:47	1:33	4	1:09:16	17.8	1:34	4	26:30	8:32	2:03:02
5 Anne Normand	Duluth	MN	35	F	3	21:58	7:05	1:30	8	1:15:08	16.4	1:10	3	24:37	7:56	2:04:22
6 Trina Simmons	Moorhead	MN	36	F	5	24:32	7:54	1:16	7	1:14:13	16.6	0:50	5	26:41	8:36	2:07:30
7 Sara Swanson	Riverside	IA	38	F	7	25:54	8:21	1:31	5	1:11:48	17.1	1:41	7	28:51	9:18	2:09:44
8 Leslie Iyer	Edina	MN	37	F	8	26:32	8:33	1:23	6	1:13:54	16.6	1:36	8	29:59	9:39	2:13:21
9 Mary Bruno	St. Joseph	MN	35	F	9	27:07	8:44	2:02	9	1:24:54	14.5	1:03	9	32:28	10:27	2:27:32

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 Mario Minelli	Kasson	MN	38	M	5	18:49	6:04	0:53	1	52:48	23.3	0:39	4	20:15	6:31	1:33:21
2 Clifford Owen	Shorewood	MN	36	M	2	17:42	5:42	0:33	3	56:54	21.6	0:32	2	19:18	6:13	1:34:57
3 Chip Tabor	Medicine Lake	MN	37	M	1	17:09	5:32	0:59	7	58:15	21.1	0:53	1	18:49	6:04	1:36:02
4 Troy Vargas	Hudson	WI	39	M	3	18:09	5:51	1:01	4	57:16	21.5	0:42	6	20:49	6:42	1:37:55
5 Jason C Digman	Plymouth	MN	37	M	10	20:27	6:35	0:43	2	56:26	21.8	0:41	8	21:55	7:04	1:40:09
6 Borg Isaksen	Brule	WI	35	M	4	18:48	6:03	0:55	8	59:50	20.6	0:47	5	20:28	6:36	1:40:46
7 Craig Davis	Mounds View	MN	39	M	11	20:49	6:42	1:21	6	57:46	21.3	0:39	9	22:13	7:09	1:42:47
8 Charlie Schad	Sartell	MN	38	M	12	20:59	6:46	1:01	5	57:38	21.3	0:47	12	22:57	7:23	1:43:20
9 Rick Wegener	Blaine	MN	39	M	6	18:50	6:04	1:11	16	1:03:53	19.3	0:52	3	20:13	6:31	1:44:55
10 Taggart Downare	Sartell	MN	38	M	7	19:02	6:08	0:42	9	1:00:24	20.4	0:36	11	22:40	7:18	1:45:22
11 Jon Kern	St. Cloud	MN	38	M	13	21:00	6:46	0:48	10	1:01:46	19.9	0:41	16	24:21	7:51	1:48:34
12 John Wolfe	Sartell	MN	37	M	16	21:38	6:58	1:03	13	1:03:00	19.5	0:54	10	22:37	7:17	1:49:10
13 David Buhl	Sartell	MN	35	M	15	21:07	6:48	1:00	14	1:03:33	19.4	0:55	13	23:41	7:38	1:50:14
14 David Schmidt	St. Cloud	MN	37	M	18	22:41	7:19	1:07	12	1:02:46	19.6	0:54	18	24:34	7:55	1:52:00
15 Bryan Frye	Elko	MN	38	M	9	20:16	6:32	1:38	18	1:07:31	18.2	1:19	7	21:53	7:03	1:52:35
16 Darren Olson	Golden Valley	MN	35	M	19	23:41	7:38	1:05	11	1:02:38	19.6	0:47	19	25:14	8:08	1:53:23
17 Scott Rutten	Sauk Centre	MN	39	M	20	23:41	7:38	0:49	17	1:04:38	19.0	1:02	14	23:45	7:39	1:53:53
18 Mike Krein	Plymouth	MN	37	M	14	21:02	6:46	2:24	15	1:03:36	19.3	2:23	20	26:37	8:34	1:55:59
19 Eric Lohn	Sartell	MN	38	M	8	20:08	6:29	1:27	22	1:10:12	17.5	1:51	15	23:48	7:40	1:57:24
20 Wayne Chapman	Plymouth	MN	38	M	21	24:28	7:53	0:57	20	1:09:28	17.7	0:55	21	27:29	8:51	2:03:14
21 Kelly O'Brien	Albany	MN	36	M	17	22:06	7:07	0:57	27	1:17:43	15.8	1:02	17	24:23	7:51	2:06:10
22 Michael Given	Sauk Rapids	MN	35	M	24	26:53	8:39	1:24	19	1:08:55	17.9	1:25	22	28:05	9:03	2:06:40
23 Keith Creech	St. Louis Park	MN	37	M	23	26:04	8:24	1:13	21	1:10:08	17.5	1:19	24	28:41	9:14	2:07:23
24 Dan Hawkins	Bloomington	MN	38	M	25	27:31	8:52	0:37	23	1:12:07	17.1	0:36	25	33:16	10:43	2:14:06
25 Kevin Anderson	Sartell	MN	37	M	22	24:48	7:59	1:52	28	1:18:50	15.6	1:14	23	28:32	9:11	2:15:15
26 Chris Rogholt	Sauk Rapids	MN	36	M	26	27:37	8:54	1:22	24	1:13:53	16.7	1:20	27	37:51	12:11	2:22:02
27 Jeffrey Botz	St Joseph	MN	36	M	27	28:16	9:06	1:52	26	1:17:13	15.9	2:12	26	33:32	10:48	2:23:02
28 Michael Seiler	Muskego	WI	37	M	28	30:06	9:42	1:31	25	1:15:12	16.4	1:47	28	38:23	12:22	2:26:57

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 Jeanne Fleck	Proctor	MN	43	F	1	19:43	6:21	0:48	2	59:32	20.7	0:46	1	21:00	6:46	1:41:48
2 Brenda Simril	Two Rivers	WI	41	F	3	21:21	6:53	0:41	1	58:57	20.9	0:45	2	22:49	7:21	1:44:31
3 Karen Bebchuk	Plymouth	MN	42	F	2	20:57	6:45	0:38	4	1:04:52	19.0	0:35	3	23:06	7:27	1:50:06
4 Julie Dahlstrom	Burlington	WI	42	F	5	22:52	7:22	0:56	3	1:03:41	19.3	0:56	6	24:48	7:59	1:53:11
5 Amy Woolsey	Sauk Rapids	MN	43	F	4	22:35	7:17	0:59	5	1:04:55	19.0	1:00	5	24:30	7:54	1:53:57
6 Min-Any Xu	Plymouth	MN	40	F	7	23:41	7:38	1:03	6	1:10:13	17.5	0:55	7	25:09	8:06	2:00:59
7 Ellen Backus	Victoria	MN	42	F	6	23:25	7:33	1:44	9	1:17:03	16.0	1:22	4	24:10	7:47	2:07:42
8 Carrie Keller	Victoria	MN	40	F	8	23:47	7:40	1:26	8	1:16:21	16.1	1:31	8	26:04	8:24	2:09:07

9	Jayne Hogan	Minneapolis	MN	43	F	9	25:32	8:13	1:47	7	1:13:19	16.8	1:49	9	27:56	9:00	2:10:21
10	Laura Ross	Sartell	MN	43	F	10	28:17	9:06	0:47	10	1:28:20	13.9	0:52	10	31:13	10:03	2:29:27
11	Lisa Sharbo	Eagan	MN	41	F	11	41:48	13:28	1:23	11	1:44:51	11.7	1:21	11	47:01	15:08	3:16:22

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	Joseph Schneiderha	Alexandria	MN	43	M	2	17:33	5:39	0:46	3	53:59	22.8	0:46	1	19:02	6:08	1:32:03
2	Jey Carlson	Minnetonka	MN	42	M	5	19:31	6:17	1:04	1	51:25	23.9	0:40	5	20:16	6:32	1:32:54
3	Patrick Acciani	Minneapolis	MN	44	M	1	17:17	5:34	0:37	6	56:16	21.9	0:32	3	19:10	6:11	1:33:50
4	John Simril	Two Rivers	WI	43	M	4	18:24	5:56	0:36	5	55:36	22.1	0:35	4	19:23	6:15	1:34:33
5	David Holleran	Woodbury	MN	44	M	6	19:58	6:26	0:55	2	52:26	23.5	0:52	8	21:52	7:03	1:36:02
6	Marvin Denzer	Waconia	MN	42	M	3	17:58	5:47	0:52	8	58:58	20.9	0:39	2	19:07	6:10	1:37:32
7	Mark Hofer	Seattle	WA	43	M	7	20:20	6:33	0:49	4	54:40	22.5	0:47	10	22:15	7:10	1:38:49
8	Franky Doring	Ilvesheim - Ge	41	M	8	20:31	6:37	0:33	7	57:59	21.2	0:36	11	22:49	7:21	1:42:27	
9	Greg Skoog	Sartell	MN	41	M	9	20:46	6:41	1:13	10	59:09	20.8	1:10	6	21:42	6:59	1:43:58
10	Eric Johnson	Minnetonka	MN	42	M	10	21:03	6:47	0:57	12	1:00:13	20.4	1:00	9	21:57	7:04	1:45:08
11	Doug Lain	Sartell	MN	42	M	11	21:25	6:54	1:02	9	59:01	20.8	1:07	12	23:07	7:27	1:45:39
12	Steven Paulik	Fargo	ND	44	M	12	21:40	6:59	1:38	11	59:46	20.6	1:04	13	23:28	7:34	1:47:35
13	Rick Gothier	Cold Spring	MN	44	M	15	22:27	7:14	0:59	13	1:00:34	20.3	0:48	15	25:33	8:14	1:50:20
14	Chris Robinson	Baxter	MN	41	M	20	22:58	7:24	0:51	16	1:08:29	18.0	0:56	7	21:50	7:02	1:55:03
15	Michael Haehn	Sartell	MN	44	M	13	21:44	7:00	0:55	15	1:08:21	18.0	1:20	19	26:40	8:35	1:58:59
16	Henry Wieland	Rice	MN	43	M	25	24:40	7:57	1:35	14	1:05:59	18.6	1:13	23	27:08	8:44	2:00:33
17	Richard Warzecha	Saint Paul	MN	44	M	16	22:40	7:18	1:56	19	1:09:52	17.6	1:53	14	24:26	7:52	2:00:45
18	Dan Weaver	Saint Cloud	MN	41	M	18	22:48	7:21	1:35	18	1:09:37	17.7	1:39	16	25:37	8:15	2:01:13
19	Andy Smith	Baxter	MN	44	M	14	21:56	7:04	1:17	23	1:12:19	17.0	1:39	17	26:10	8:26	2:03:18
20	John Lucking	Bloomington	MN	40	M	23	24:07	7:46	1:22	20	1:11:15	17.3	1:22	20	26:40	8:35	2:04:45
21	Doug Laudanbach	St. Augusta	MN	40	M	19	22:50	7:21	0:48	26	1:14:38	16.5	0:37	18	26:32	8:33	2:05:24
22	Keith Weiman	Crystal	MN	43	M	21	23:18	7:30	1:06	24	1:12:43	16.9	1:43	21	26:50	8:38	2:05:38
23	Eric Forseth	Bloomington	MN	44	M	27	25:54	8:21	1:04	17	1:08:36	17.9	1:16	27	29:11	9:24	2:05:59
24	Tim Wielinski	Cedar Falls	IA	41	M	24	24:20	7:50	1:27	22	1:12:07	17.1	1:00	24	27:28	8:51	2:06:21
25	Brad Rohlfs	Sartell	MN	41	M	17	22:44	7:19	0:45	28	1:18:26	15.7	0:48	22	27:01	8:42	2:09:42
26	John Seiler	Sartell	MN	44	M	26	25:35	8:14	1:32	25	1:13:19	16.8	1:54	25	27:47	8:57	2:10:05
27	John Marcum	Sartell	MN	41	M	22	23:59	7:44	1:42	27	1:17:35	15.9	1:53	26	28:01	9:01	2:13:08
28	Kevin Christenson	Minnetonka	MN	40	M	28	26:06	8:24	1:47	21	1:11:48	17.1	1:25	28	32:46	10:33	2:13:50
29	Jared Lamont	Sartell	MN	40	M	29	28:39	9:14	0:58	29	1:18:58	15.6	0:50	29	33:26	10:46	2:22:49
30	Peter Sharbo	Eagan	MN	41	M	30	32:24	10:26	2:03	30	1:30:32	13.6	1:07	30	41:33	13:23	2:47:37

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	Tammy Bohan	Bismarck	ND	47	F	1	21:32	6:56	0:52	1	1:07:48	18.1	0:55	1	22:55	7:23	1:54:00
2	Judith Peters	St. Cloud	MN	48	F	3	23:46	7:39	1:32	2	1:12:24	17.0	0:55	3	25:12	8:07	2:03:47
3	Lisa Hines	Waite Park	MN	46	F	2	22:12	7:09	0:37	3	1:17:10	15.9	0:32	2	23:55	7:42	2:04:23
4	Denise Baxter	St Cloud	MN	49	F	6	27:02	8:42	1:22	4	1:19:32	15.5	1:16	5	29:03	9:21	2:18:13
5	Pam Garretson	Lakeville	MN	46	F	4	25:18	8:09	1:21	5	1:22:43	14.9	2:06	4	27:11	8:45	2:18:37
6	Wanda Ortiz	Minneapolis	MN	48	F	5	26:48	8:38	1:03	6	1:25:06	14.5	1:13	6	31:38	10:11	2:25:47

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	Todd Firebaugh	Woodbury	MN	46	M	3	17:54	5:46	0:40	1	51:18	24.0	0:33	1	19:09	6:10	1:29:33
2	Jim Kelley	Centuria	WI	47	M	1	17:34	5:40	0:48	2	53:12	23.1	0:34	2	19:20	6:14	1:31:27
3	Scott Niemela	Andover	MN	45	M	2	17:50	5:45	0:51	3	56:42	21.7	0:51	3	19:57	6:26	1:36:10
4	Santiago Morgan	Minneapolis	MN	47	M	4	18:56	6:06	0:55	5	57:36	21.4	0:41	6	21:16	6:51	1:39:22
5	Mark Roth	Burnsville	MN	46	M	5	19:36	6:19	1:01	8	59:03	20.8	0:56	5	21:10	6:49	1:41:45
6	Paul Serreyn	Lakeville	MN	45	M	6	19:39	6:20	0:44	9	1:00:15	20.4	0:42	4	20:33	6:37	1:41:51
7	Rodney Pratt	Stillwater	MN	47	M	7	20:27	6:35	0:56	7	59:03	20.8	0:49	7	22:12	7:09	1:43:24
8	Michael Murray	Sartell	MN	49	M	9	21:13	6:50	0:58	4	57:24	21.4	1:07	10	23:29	7:34	1:44:10
9	Todd Thorsgaard	St. Paul	MN	49	M	8	20:49	6:42	0:53	6	58:52	20.9	0:50	11	23:31	7:34	1:44:53
10	Craig Poorker	Robbinsdale	MN	49	M	10	21:52	7:02	0:59	10	1:02:30	19.7	0:48	8	23:04	7:26	1:49:10
11	Casey Seabright	Lakeville	MN	46	M	11	21:53	7:03	1:01	11	1:03:51	19.3	0:46	9	23:28	7:34	1:50:57
12	Bob Harmon	New Brighton	MN	47	M	12	21:55	7:03	0:54	12	1:05:11	18.9	0:49	12	24:09	7:47	1:54:57
13	Chris Pofel	Eden Prairie	MN	48	M	13	24:14	7:48	1:01	13	1:05:15	18.9	0:56	13	27:03	8:43	1:58:27
14	Chuck Heisick	St. Cloud	MN	49	M	18	27:06	8:44	1:36	14	1:05:21	18.8	1:16	16	30:12	9:44	2:05:30
15	Steve Swanson	Elk River	MN	49	M	14	24:25	7:52	3:12	16	1:10:27	17.5	1:47	14	27:03	8:43	2:06:53
16	David Vanderlinden	Saint Cloud	MN	46	M	15	24:47	7:59	1:22	15	1:10:01	17.6	1:29	15	29:54	9:38	2:07:31
17	Ron Chicka	Foxboro	WI	45	M	16	25:01	8:03	1:09	17	1:11:22	17.2	1:40	17	30:55	9:57	2:10:05
18	Joe Mercuri	Sartell	MN	48	M	17	26:19	8:29	2:05	18	1:13:44	16.7	1:52	18	31:33	10:10	2:15:31

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	53	F	4	23:10	7:28	1:01	1	57:59	21.2	0:50	3	24:31	7:54	1:47:29
2	Heather Leach	Seattle	WA	51	F	1	20:21	6:33	0:53	3	1:04:36	19.0	0:49	1	21:56	7:04	1:48:32
3	Robin Tedlund	Duluth	MN	50	F	2	21:45	7:00	0:50	2	1:04:04	19.2	0:42	2	23:37	7:36	1:50:56
4	Karen Rothbauer	Shoreview	MN	54	F	5	25:08	8:06	1:07	4	1:05:03	18.9	1:17	5	26:41	8:36	1:59:13
5	Beth Guck	Andover	MN	52	F	3	22:36	7:17	1:16	6	1:12:47	16.9	0:52	4	24:53	8:01	2:02:22
6	Michelle Hanson	Sartell	MN	50	F	6	25:22	8:10	1:38	5	1:12:11	17.0	1:58	6	27:36	8:53	2:08:43
7	Reina Brekke	Shoreview	MN	51	F	7	26:33	8:33	1:14	7	1:16:39	16.1	1:08	7	29:04	9:22	2:14:37

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 David Lasorsa	Port Angeles	WA	51	M	2	19:09	6:10	0:35	1	57:32	21.4	0:33	2	20:13	6:31	1:38:00
2 Charlie Roach	Lakeville	MN	51	M	1	17:58	5:47	1:12	4	59:30	20.7	1:01	1	20:01	6:27	1:39:40
3 Chris Pearson	Mount Vernon	TX	51	M	4	20:10	6:30	0:38	2	58:05	21.2	0:48	6	23:10	7:28	1:42:50
4 Scott Ross	Eden Prairie	MN	50	M	3	19:12	6:11	1:06	8	1:01:24	20.0	1:10	3	21:00	6:46	1:43:50
5 Tom Tedlund	Duluth	MN	51	M	7	21:16	6:51	0:54	3	58:26	21.1	0:53	4	22:36	7:17	1:44:03
6 Bradley Thom	Glencoe	MN	52	M	5	20:18	6:32	1:04	6	1:00:36	20.3	1:12	5	22:46	7:20	1:45:55
7 Paul Porter	Roseville	MN	52	M	8	21:47	7:01	0:33	7	1:01:19	20.1	0:36	9	23:59	7:43	1:48:11
8 Larry Schonhardt	New Hope	MN	51	M	9	22:57	7:23	1:09	5	1:00:18	20.4	1:02	11	24:32	7:54	1:49:55
9 Dan Stone	Maple Grove	MN	51	M	6	21:08	6:48	1:13	12	1:07:04	18.3	1:09	7	23:48	7:40	1:54:20
10 Gregg Garretson	Lakeville	MN	51	M	12	23:56	7:43	0:57	9	1:04:27	19.1	0:53	12	24:32	7:54	1:54:42
11 David Clemmons	Bismarck	ND	53	M	10	23:42	7:38	1:47	11	1:06:14	18.6	1:37	13	24:41	7:57	1:57:59
12 Louis Ahlstrand	Shafer	MN	54	M	11	23:42	7:38	1:17	13	1:08:22	18.0	1:00	10	24:31	7:54	1:58:50
13 John Ostmo	Milaca	MN	53	M	13	24:46	7:59	1:06	10	1:05:42	18.7	1:26	14	26:09	8:25	1:59:08
14 Gregory Cooley	Sartell	MN	53	M	14	25:13	8:07	0:59	14	1:12:13	17.0	0:50	15	27:15	8:47	2:06:29
15 Gary Stang	Edina	MN	54	M	15	25:38	8:15	1:47	15	1:13:39	16.7	1:40	8	23:56	7:42	2:06:37
16 Tracy Burr	Onamia	MN	50	M	16	27:37	8:54	2:04	16	1:23:36	14.7	1:25	16	31:13	10:03	2:25:53

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 Michael Colaizy	Osceola	WI	58	M	1	19:45	6:22	0:54	1	56:06	21.9	0:47	2	21:44	7:00	1:39:14
2 Jim McDonell	Woodbury	MN	55	M	2	20:07	6:29	0:49	2	57:17	21.5	1:07	1	21:43	7:00	1:41:02
3 Duane Millslagle	Duluth	MN	58	M	3	20:48	6:42	1:03	5	1:02:50	19.6	0:55	3	22:26	7:14	1:48:00
4 Leon Essler	Bismarck	ND	56	M	5	22:23	7:13	1:14	3	59:23	20.7	1:12	5	24:57	8:02	1:49:07
5 Ashley Halsey	Annapolis	MD	56	M	4	22:21	7:12	1:27	6	1:02:52	19.6	1:05	4	23:51	7:41	1:51:34
6 Michael Sjogren	St. Cloud	MN	57	M	7	23:03	7:25	1:07	4	1:02:44	19.6	0:59	7	25:19	8:09	1:53:11
7 Mark Kapsner	Saint Cloud	MN	55	M	10	24:24	7:52	1:14	7	1:04:19	19.1	1:12	10	27:20	8:48	1:58:27
8 K. David Hirsche	Minneapolis	MN	58	M	8	23:47	7:40	1:53	8	1:05:40	18.7	2:17	8	25:49	8:19	1:59:25
9 Tom Couillard	White Bear Lak	MN	59	M	9	23:52	7:41	1:25	9	1:15:21	16.3	1:24	6	25:15	8:08	2:07:16
10 John Bodette	St. Cloud	MN	58	M	6	23:02	7:25	1:10	11	1:23:13	14.8	0:58	9	25:58	8:22	2:14:20
11 Wes Windels	Sartell	MN	56	M	12	25:26	8:12	1:01	10	1:20:42	15.2	1:10	11	28:18	9:07	2:16:36
12 Charles Millner	Pierz	MN	55	M	11	24:44	7:58	1:39	12	1:33:25	13.2	2:44	12	33:01	10:38	2:35:31

FEMALE 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 Ann Rhea	Plymouth	MN	61	F	1	30:14	9:44	1:49	1	1:18:18	15.7	1:24	1	33:30	10:47	2:25:14

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 Ken Mogren	Winona	MN	60	M	2	22:07	7:07	1:05	1	58:40	21.0	0:59	2	24:37	7:56	1:47:26
2 Bob Bailey	Woodbury	MN	64	M	1	21:44	7:00	0:50	2	1:02:54	19.6	1:00	3	24:52	8:01	1:51:17
3 Roman Scibora	Bloomington	MN	63	M	3	22:59	7:24	1:11	3	1:04:33	19.1	1:02	4	25:19	8:09	1:55:02
4 David Demulling	Osceola	WI	63	M	4	23:08	7:27	1:16	4	1:05:25	18.8	1:27	5	25:51	8:20	1:57:05
5 Bob Dahl	Plymouth	MN	62	M	5	23:19	7:31	1:32	5	1:07:23	18.3	1:16	1	23:42	7:38	1:57:09
6 Eugene Garver	Sartell	MN	63	M	7	26:38	8:35	1:13	6	1:11:14	17.3	1:50	7	27:23	8:49	2:08:18
7 Gary Smith	St. Paul	MN	62	M	6	25:41	8:16	1:29	7	1:13:49	16.7	1:37	6	26:53	8:39	2:09:27
8 Charles Rhea	Plymouth	MN	61	M	8	27:42	8:55	2:11	8	1:17:37	15.9	1:55	8	32:51	10:35	2:22:14

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 Nick Vanduzee	Chaska	MN	65	M	1	22:32	7:16	1:00	1	1:02:57	19.5	0:49	1	24:48	7:59	1:52:05
2 Hank Larsen	Glencoe	MN	68	M	2	23:01	7:25	1:02	2	1:05:37	18.7	0:54	2	25:16	8:08	1:55:47
3 Daryl Stevens	Sartell	MN	66	M	3	25:14	8:08	1:13	3	1:06:32	18.5	0:53	3	28:03	9:02	2:01:53
4 Tom Brix	Plymouth	MN	66	M	5	27:54	8:59	1:27	4	1:10:57	17.3	1:24	4	29:27	9:29	2:11:08
5 James Ogg	Edina	MN	65	M	4	26:06	8:24	2:16	5	1:13:54	16.6	2:01	5	30:44	9:54	2:14:58

MALE AGE GROUP RESULTS 70 - 74

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 William Walsh	Bedford Hills	NY	70	M	1	25:40	8:16	1:27	1	1:19:05	15.6	1:17	1	29:07	9:23	2:16:35