

APPLE DUATHLON
 Saturday, May 27, 2006
 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	1/21		Will Smith	Madison	WI	29	M	3	15:41	5:03	0:31	4	49:33	24.8	0:42	2	17:16	5:34
2	2/21		Blake Becker	Madison	WI	25	M	10	16:42	5:23	0:34	2	48:28	25.4	0:36	5	17:47	5:44
3	3/21		Michael Boehmer	Ixonia	WI	27	M	11	16:43	5:23	0:30	3	49:08	25.0	0:28	6	17:56	5:47
4	1/15		Ryan Giuliano	Schaumburg	IL	22	M	2	15:40	5:03	0:38	9	52:10	23.6	0:36	4	17:44	5:43
5	1/23		John Shelp	Maple Plain	MN	34	M	18	17:39	5:41	0:36	1	48:23	25.4	0:33	15	19:37	6:19
6	2/15		Nate Hoffman	South Haven	MN	23	M	5	15:52	5:07	0:50	6	51:06	24.1	0:40	11	18:54	6:05
7	2/23		Mark Beversdorf	Wittenberg	WI	33	M	8	16:25	5:17	0:39	11	52:14	23.6	0:32	3	17:41	5:42
8	4/21		Brooks Grossinger	Maple Grove	MN	29	M	6	16:03	5:10	0:34	8	52:04	23.6	0:37	7	18:31	5:58
9	3/23		Dan Cohen	Eden Prairie	MN	32	M	14	17:11	5:32	0:38	5	50:38	24.3	0:28	13	19:14	6:12
10	3/15		Ryan French	Ames	IA	24	M	4	15:50	5:06	0:54	26	54:51	22.4	0:53	1	16:43	5:23
11	4/15		Neil Miller	Saint Paul	MN	22	M	7	16:14	5:14	0:35	18	53:51	22.8	0:42	9	18:37	6:00
12	5/21		Anthony Hirschman	Minneapolis	MN	27	M	16	17:34	5:40	0:43	10	52:13	23.6	0:33	21	20:14	6:31
13	4/23		Chad Millner	Eden Prairie	MN	30	M	9	16:34	5:20	0:28	7	51:23	23.9	0:30	68	22:23	7:13
14	1/21		Michael Kilcoyne	Long Lake	MN	48	M	19	18:04	5:49	0:33	12	52:46	23.3	0:33	19	19:55	6:25
15	1/29		Charles Parsons	Minneapolis	MN	40	M	15	17:31	5:39	0:44	23	54:40	22.5	0:42	10	18:46	6:03
16	5/23		Matt Simmons	Moorhead	MN	31	M	28	18:35	5:59	0:49	17	53:46	22.9	0:39	14	19:26	6:16
17	2/29		Peter Hanson	Minneapolis	MN	41	M	20	18:07	5:50	0:43	20	54:15	22.7	0:36	17	19:45	6:22
18	1/12		Marlo Crosby	Duluth	MN	36	F	27	18:34	5:59	0:41	15	53:29	23.0	0:36	23	20:20	6:33
19	6/21		Brian Herzog	Madison	WI	27	M	13	17:09	5:32	0:31	47	57:22	21.4	0:34	8	18:32	5:58
20	1/15		Dave Dow	West Lakeland	MN	51	M	42	19:11	6:11	0:36	13	53:05	23.2	0:50	28	20:36	6:38
21	1/15		Brianna Boehmer	Ixonia	WI	28	F	21	18:09	5:51	0:36	25	54:48	22.5	0:37	34	20:47	6:42
22	3/29		Jey Carlson	Minnetonka	MN	40	M	32	18:43	6:02	0:38	22	54:18	22.7	0:46	30	20:39	6:39
23	2/15		Dan Rindfleisch	Madison	WI	52	M	31	18:40	6:01	0:35	30	55:30	22.2	0:36	18	19:49	6:23
24	1/28		Kris Swarthout	Crystal	MN	35	M	50	19:30	6:17	0:32	16	53:30	23.0	0:34	43	21:17	6:51
25	7/21		John Schoofs	Minneapolis	MN	25	M	56	19:41	6:20	0:43	14	53:22	23.1	0:29	48	21:27	6:54
26	6/23		Timothy Smith	White Bear Lak	MN	32	M	43	19:12	6:11	0:50	24	54:43	22.5	0:52	20	20:05	6:28
27	4/29		Marvin Denzer	Waconia	CA	40	M	17	17:37	5:41	0:47	54	57:48	21.3	0:48	12	19:01	6:08
28	5/15		Samuel Dumcum	Encinitas	CA	24	M	35	18:51	6:04	0:33	31	55:35	22.1	0:32	26	20:33	6:37
29	2/28		Patrick Lewis	Brooklyn Park	MN	35	M	45	19:17	6:13	0:44	27	54:54	22.4	0:35	29	20:39	6:39
30	2/21		Santiago Morgan	Uknown		45	M	24	18:24	5:56	0:37	36	56:17	21.9	0:48	36	20:55	6:44
31	2/15		Sarah Kolpin	Madison	WI	25	F	34	18:46	6:03	0:35	40	56:45	21.7	0:37	24	20:21	6:33
32	2/12		Marlina Walth	Bismarck	ND	37	F	58	19:47	6:22	0:46	29	55:30	22.2	0:40	33	20:47	6:42
33	5/29		Joseph Schneiderha	Alexandria	MN	41	M	25	18:30	5:58	0:53	37	56:19	21.8	0:43	41	21:07	6:48
34	3/15		Timothy Armstrong	Muscatine	IA	50	M	38	18:59	6:07	0:50	34	56:07	21.9	0:46	38	21:03	6:47
35	1/4		Jan Guenther	Mound	MN	47	F	64	19:50	6:23	0:45	28	55:25	22.2	0:40	46	21:21	6:53
36	3/28		John Fletcher	Muscatine	IA	37	M	54	19:36	6:19	0:54	21	54:18	22.7	0:47	72	22:33	7:16
37	1/17		Catherine Lee	Chanhassen	MN	32	F	59	19:48	6:23	0:42	32	55:36	22.1	0:36	53	21:38	6:58
38	3/21		Mark Myers	Dellwood	MN	47	M	26	18:33	5:59	0:57	53	57:48	21.3	1:05	32	20:44	6:41
39	7/23		Borg Isaksen	Brule	WI	33	M	51	19:33	6:18	0:57	45	57:11	21.5	0:52	35	20:54	6:44
40	3/15		Nicole Vogler	Montreal		27	F	29	18:35	5:59	0:31	75	59:33	20.7	0:30	25	20:22	6:34
41	4/21		Paul Haltvick	Ashland	WI	49	M	67	19:57	6:26	0:32	33	55:40	22.1	0:36	84	22:49	7:21
42	8/21		Colin Farbotko	Minneapolis	MN	28	M	39	19:00	6:07	0:31	68	59:13	20.8	0:28	27	20:35	6:38
43	4/28		Joseph Hill	Alexandria	MN	37	M	71	20:11	6:30	0:52	42	56:49	21.7	0:46	44	21:19	6:52
44	6/29		Nathaniel Tollefso	Minneapolis	MN	40	M	36	18:53	6:05	0:58	43	56:54	21.6	0:37	77	22:40	7:18
45	7/29		David Drees	Minneapolis	MN	44	M	49	19:29	6:17	0:58	44	57:04	21.6	0:58	52	21:36	6:58
46	5/28		Sean Mulheron	Vadnais Height	MN	37	M	30	18:39	6:01	0:34	81	1:00:00	20.5	0:36	22	20:19	6:33
47	4/15		Lynn Beiswanger	Bismarck	ND	52	M	23	18:15	5:53	0:59	61	58:36	21.0	0:55	49	21:28	6:55
48	1/21		Sue Abrahamson	Wayzata	MN	43	F	62	19:49	6:23	0:49	48	57:24	21.4	0:43	50	21:33	6:57
49	2/17		Jaime Kulbel	Madison	WI	30	F	60	19:48	6:23	0:34	60	58:31	21.0	0:36	40	21:05	6:48
50	3/17		Julie Hull	Farmington	MN	34	F	84	20:46	6:41	0:30	41	56:45	21.7	0:37	67	22:23	7:13
51	2/4		Merilee Sander	Northfield	MN	46	F	82	20:40	6:40	0:46	49	57:32	21.4	0:52	51	21:35	6:57
52	2/21		Wendy Bengtson	Chippewa Falls	WI	40	F	69	19:59	6:26	0:43	63	58:44	20.9	0:39	47	21:23	6:53
53	4/17		Darcy Franklin	Minneapolis	MN	34	F	52	19:33	6:18	0:59	76	59:41	20.6	0:50	31	20:41	6:40
54	8/23		Derick Podratz	Lino Lakes	MN	32	M	22	18:13	5:52	0:45	93	1:00:43	20.3	0:45	45	21:20	6:52
55	3/21		Julie McMonagle	Eagan	MN	40	F	76	20:22	6:33	0:37	57	58:17	21.1	0:39	58	21:58	7:05
56	3/12		Lisa Thompson	La Jolla	CA	35	F	80	20:34	6:38	0:39	52	57:41	21.3	0:38	70	22:30	7:15
57	5/21		Steve Peterson	Eagan	MN	49	M	65	19:53	6:24	0:59	59	58:19	21.1	0:39	71	22:31	7:15
58	9/23		Jesse Nelson	Red Wing	MN	30	M	12	17:05	5:30	0:45	141	1:04:15	19.1	0:39	16	19:40	6:20
59	4/21		Heidi Keller Miler	Chaska	MN	42	F	48	19:21	6:14	0:43	84	1:00:07	20.5	0:42	55	21:43	7:00
60	9/21		Nick Madland	Minneapolis	MN	27	M	44	19:13	6:11	0:34	38	56:22	21.8	0:37	141	26:01	8:23
61	6/28		Tom Swanson	St. Paul	MN	38	M	47	19:20	6:14	1:04	90	1:00:27	20.4	1:00	37	20:59	6:45
62	7/28		Brian Bergeman	Madelia	MN	38	M	73	20:20	6:33	1:02	65	59:05	20.8	0:48	54	21:42	6:59
63	8/28		Joe McGaver	Duluth	MN	36	M	53	19:34	6:18	1:03	74	59:33	20.7	0:51	61	22:01	7:06
64	4/15		Stacy Maas	Edina	MN	27	F	68	19:59	6:26	0:59	67	59:13	20.8	0:42	65	22:11	7:09
65	10/21		Joseph Moyer	Rochester	MN	28	M	127	22:15	7:10	1:04	19	54:04	22.8	1:03	112	24:38	7:56
66	11/21		Mark Evenson	Minneapolis	MN	27	M	77	20:24	6:34	0:47	39	56:42	21.7	0:44	113	24:38	7:56
67	6/15		Robert Bauleke	Edina	MN	22	M	97	21:14	6:50	0:53	62	58:37	21.0	0:41	59	21:59	7:05
68	6/21		Rodney Pratt	Stillwater	MN	45	M	81	20:36	6:38	0:40	70	59:15	20.8	0:57	57	21:57	7:04
69	5/21		Sue Burton	Golden Valley	MN	44	F	74	20:20	6:33	0:46	66	59:10	20.8	0:46	79	22:44	7:19
70	6/21		Tanya Miller	Plymouth	MN	44	F	90	20:58	6:45	0:49	50	57:39	21.3	1:14	90	23:18	7:30
71	1/5		Barry Clark	La Crosse	WI	58	M	104	21:25	6:54	0:37	35	56:09	21.9	0:58	119	24:55	8:01
72	5/15		Shelley Nelson	Eden Prairie	MN	27	F	75	20:21	6:33	0:49	64	59:04	20.8	0:42	89	23:11	7:28
73	7/21		Thomas Heuer	Des Moines	IA	49	M	55	19:38	6:19	0:58	82	1:00:03	20.5	1:00	73	22:36	7:17
74	12/21		Eric Rambow	Minneapolis	MN	26	M	37	18:56	6:06	0:56	104	1:01:32	20.0	1:09	62	22:01	7:06
75	10/23		Colin McGuigan	Little Falls	MN	32	M	112	21:44	7:00	1:20	58	58:18	21.1	1:29	63	22:04	7:06
76	11/23		Ryan Schultz	Minneapolis	MN	31	M	40	19:02	6:08	0:35	121	1:02:40	19.6	0:32	64	22:07	7:07
77	13/21		Aaorn Hoffmann	Saint Paul	MN	27	M	57	19:45	6:22	0:57	46	57:21	21.5	0:45	150	26:19	8:29
78	5/15		Tim O'Brien	Lakeville	MN	51	M	70	20:09	6:30	0:59	96	1:00:58	20.2	1:22	56	21:50	7:02
79	8/29		Paul Serreyn	Lakeville	MN	43	M	78	20:									

89	10/28	Michael Dillon	Brainerd	MN	36	M	83	20:43	6:40	1:01	108	1:01:46	19.9	1:01	80	22:45	7:20
90	9/29	Patrick Wikenheise	Minneapolis	MN	42	M	99	21:19	6:52	1:04	95	1:00:55	20.2	1:19	78	22:42	7:19
91	6/15	Nikki Bergh	Sartell	MN	29	F	93	21:04	6:47	0:48	111	1:01:53	19.9	0:39	88	23:06	7:26
92	11/28	Christopher Robins	Baxter	MN	39	M	86	20:47	6:42	0:41	87	1:00:22	20.4	0:45	130	25:30	8:13
93	8/21	Dave Dornfeld	Edina	MN	46	M	88	20:53	6:44	1:14	80	59:58	20.5	1:13	123	25:01	8:03
94	1/11	Nick Vanduzee	Chaska	MN	63	M	108	21:33	6:56	1:06	83	1:00:03	20.5	0:50	117	24:50	8:00
95	2/5	Michael Sjogren	St. Cloud	MN	55	M	115	21:46	7:01	0:54	86	1:00:18	20.4	0:54	108	24:35	7:55
96	9/21	Chuck Heisick	St. Cloud	MN	47	M	145	22:49	7:21	0:57	69	59:14	20.8	0:46	122	25:00	8:03
97	15/23	Tony Casassa	St Cloud	MN	31	M	89	20:57	6:45	1:22	118	1:02:30	19.7	1:18	81	22:45	7:20
98	6/15	Mike Flynn	Elk River	MN	54	M	101	21:23	6:53	1:03	123	1:02:56	19.5	1:08	69	22:27	7:14
99	10/21	David Peterson	Shakopee	MN	45	M	33	18:45	6:02	0:54	161	1:06:03	18.6	0:40	39	21:04	6:47
100	16/23	David Buhl	St. Cloud	MN	33	M	118	21:56	7:04	1:15	116	1:02:28	19.7	0:50	86	23:00	7:25
101	12/28	Jon Kern	St. Cloud	MN	36	M	120	21:59	7:05	0:56	72	59:21	20.7	0:57	154	26:36	8:34
102	13/28	Michael Scham	St Paul	MN	37	M	100	21:22	6:53	1:23	127	1:03:15	19.5	1:28	76	22:38	7:18
103	9/21	Michelle Demhardt	Stillwater	MI	40	F	116	21:51	7:02	1:01	85	1:00:16	20.4	1:09	139	25:54	8:20
104	7/15	Terrell Ormson	Chaska	MN	23	M	133	22:26	7:13	1:14	102	1:01:18	20.1	0:40	116	24:47	7:59
105	7/15	David Clemmons	Bismarck	ND	51	M	103	21:25	6:54	2:05	77	59:48	20.6	1:50	133	25:36	8:15
106	8/15	Joe Dammel	Bloomington	MN	20	M	131	22:23	7:13	1:33	114	1:02:15	19.8	1:12	95	23:31	7:34
107	10/29	Tim Ruff	Savage	MN	41	M	125	22:11	7:09	1:03	105	1:01:33	20.0	0:51	126	25:17	8:09
108	14/28	Jeff Foss	Sebeka	MN	35	M	129	22:22	7:12	0:52	107	1:01:42	19.9	0:40	128	25:25	8:11
109	11/21	Mike Murray	Sartell	MN	47	M	121	22:02	7:06	0:43	119	1:02:31	19.7	0:55	118	24:54	8:01
110	12/21	Bob Harmon	New Brighton	MN	45	M	124	22:10	7:08	1:02	78	59:53	20.5	0:56	167	27:06	8:44
111	14/21	Todd Lieser	Fridley	MN	26	M	117	21:55	7:04	0:56	130	1:03:26	19.4	0:33	106	24:21	7:51
112	11/29	Tim Peterson	Sartell	MN	44	M	46	19:20	6:14	1:17	172	1:07:08	18.3	1:44	60	22:01	7:05
113	12/29	Ray Bauske	Fargo	ND	41	M	111	21:42	6:59	1:49	129	1:03:18	19.4	1:39	94	23:26	7:33
114	10/21	Cindy Lewandowski	Sartell	MN	44	F	87	20:50	6:43	0:56	171	1:07:01	18.4	0:51	66	22:20	7:11
115	2/4	Pam Stevens	Sartell	MN	53	F	179	23:42	7:38	0:56	98	1:00:59	20.2	0:45	138	25:48	8:19
116	13/21	Gregg Garretson	Lakeville	MN	49	M	159	23:01	7:25	0:58	133	1:03:32	19.4	0:56	97	23:45	7:39
117	15/28	Mark Nieters	Sartell	MN	38	M	135	22:27	7:14	0:56	113	1:02:05	19.8	0:46	143	26:01	8:23
118	16/28	Scott Rutten	Sauk Centre	MN	37	M	138	22:31	7:15	0:50	128	1:03:15	19.5	1:10	107	24:33	7:54
119	9/15	Jason Neumann	St. Cloud	MN	24	M	109	21:38	6:58	0:57	99	1:01:03	20.2	0:32	192	28:19	9:07
120	17/23	Kris King	Plymouth	MN	30	M	144	22:46	7:20	0:58	73	59:24	20.7	0:42	155	26:40	8:35
121	2/11	Dave Demulling	Osceola	WI	61	M	119	21:58	7:04	1:13	138	1:04:02	19.2	1:13	103	24:08	7:46
122	10/15	Ian Marks	Chili	WI	23	M	94	21:06	6:48	0:48	135	1:03:49	19.3	0:39	151	26:23	8:30
123	17/28	Greg Skoog	Sartell	MN	39	M	137	22:29	7:15	0:57	100	1:01:04	20.1	1:39	111	24:37	7:56
124	18/28	Shawn Kittridge	St. Cloud	MN	35	M	66	19:57	6:26	0:54	143	1:04:37	19.0	1:41	134	25:40	8:16
125	3/11	Bob Bailey	Woodbury	MN	62	M	106	21:31	6:56	0:56	136	1:03:50	19.3	0:52	136	25:42	8:17
126	8/15	Leon Essler	Bismarck	ND	54	M	143	22:43	7:19	1:27	51	57:40	21.3	1:25	212	29:55	9:38
127	7/15	Jennifer Casey	Minneapolis	MN	28	F	147	22:50	7:21	0:47	159	1:05:50	18.7	0:47	91	23:21	7:31
128	9/15	Rick Edinger	Edina	MN	50	M	174	23:31	7:35	0:46	109	1:01:46	19.9	0:42	162	26:55	8:40
129	19/28	John Wolfe	Sartell	MN	35	M	172	23:24	7:32	0:54	115	1:02:24	19.7	1:06	142	26:01	8:23
130	18/23	Michael Soderburg	Pillager	MN	32	M	186	23:58	7:43	1:16	79	59:56	20.5	1:06	175	27:38	8:54
131	5/17	Amy Koop	Minnetonka	MN	33	F	142	22:43	7:19	1:19	154	1:05:18	18.8	0:52	98	23:48	7:40
132	8/15	Stephanie Lieser	Fridley	MN	26	F	95	21:09	6:49	1:11	162	1:06:06	18.6	1:03	110	24:36	7:55
133	14/21	Lary Klein	Rochester	MN	47	M	139	22:31	7:15	1:12	91	1:00:30	20.3	1:14	201	28:51	9:17
134	15/21	Steve Stenzel	St. Paul	MN	25	M	160	23:04	7:26	0:44	166	1:06:29	18.5	0:51	93	23:24	7:32
135	9/15	Ann Moyer	Rochester	MN	27	F	130	22:22	7:12	1:12	144	1:04:38	19.0	1:11	125	25:12	8:07
136	13/29	John Patrin	Chanhassen	MN	40	M	122	22:06	7:07	1:18	134	1:03:36	19.3	1:23	153	26:27	8:31
137	16/21	Ben Hanson	Princeton	MN	28	M	171	23:24	7:32	0:39	132	1:03:30	19.4	0:31	161	26:52	8:39
138	20/28	Trent Schroeder	Minneapolis	MN	38	M	157	23:01	7:25	1:09	112	1:01:53	19.9	0:51	188	28:08	9:04
139	14/29	Glenn Leary	St. Paul	MI	43	M	102	21:24	6:54	1:17	167	1:06:40	18.5	1:29	105	24:20	7:50
140	11/21	Amy Woolsey	Sauk Rapids	MN	41	F	165	23:11	7:28	0:58	150	1:05:04	18.9	0:59	124	25:08	8:06
141	4/12	Min-Amy Xu	Plymouth	MN	38	F	195	24:22	7:51	0:51	131	1:03:27	19.4	0:45	147	26:09	8:25
142	1/2	Debbie Yee	Madison	WI	55	F	184	23:48	7:40	1:00	120	1:02:33	19.7	1:18	163	26:58	8:41
143	1/3	Hank Larsen	Glencoe	MN	66	M	105	21:26	6:54	0:54	146	1:04:41	19.0	0:44	191	28:15	9:06
144	15/29	Andrew Smith	Baxter	MN	42	M	113	21:44	7:00	1:15	188	1:08:39	17.9	1:30	85	22:54	7:23
145	16/29	Richard Warzecha	Saint Paul	MN	42	M	148	22:51	7:22	1:29	155	1:05:26	18.8	1:28	120	24:57	8:02
146	17/21	Andrew Thiemann	Saint Louis Pa	MN	27	M	156	23:00	7:24	0:55	137	1:03:56	19.2	0:45	180	27:45	8:56
147	3/5	K. David Hirsche	Plymouth	MN	56	M	215	25:52	8:20	1:14	94	1:00:43	20.3	1:01	170	27:33	8:52
148	15/21	Mike Brodock	Sartell	MN	45	M	168	23:18	7:30	1:00	153	1:05:15	18.9	0:50	145	26:07	8:25
149	19/23	Chad Wade	St Cloud	MN	33	M	202	24:51	8:00	1:10	89	1:00:24	20.4	1:05	206	29:07	9:23
150	16/21	Steve Swanson	Elk River	MN	47	M	163	23:07	7:27	1:08	151	1:05:08	18.9	1:11	146	26:07	8:25
151	20/23	Kevin Ballinger	Maple Grove	MN	34	M	136	22:28	7:14	1:05	177	1:07:30	18.2	1:10	109	24:35	7:55
152	17/29	Haehn Mike	Sartell	MN	42	M	126	22:13	7:09	1:00	156	1:05:27	18.8	1:19	166	27:06	8:44
153	18/29	Henry Wieland	Rice	MN	41	M	167	23:18	7:30	1:30	124	1:02:59	19.5	1:47	172	27:34	8:53
154	10/15	Mark Kapsner	Saint Cloud	MN	53	M	201	24:48	7:59	1:16	117	1:02:29	19.7	1:04	176	27:40	8:55
155	12/21	Sheila Amo	Sauk Rapids	MN	42	F	176	23:35	7:36	0:56	140	1:04:08	19.2	1:07	173	27:38	8:54
156	11/15	John Ostmoe	Milaca	MN	51	M	196	24:27	7:53	1:11	125	1:03:04	19.5	0:59	178	27:44	8:56
157	19/29	John Seiler	Sartell	MN	42	M	149	22:53	7:22	0:59	165	1:06:28	18.5	0:54	152	26:24	8:30
158	11/15	Dj Olmscheid	St Cloud	MN	24	M	155	22:59	7:24	1:06	175	1:07:17	18.3	0:46	129	25:30	8:13
159	10/15	Amanda Schmitz	Chicago	IL	26	F	140	22:31	7:15	0:40	181	1:07:59	18.1	0:36	144	26:03	8:23
160	18/21	Graeme Webster	Minneapolis	MN	29	M	128	22:20	7:12	1:04	157	1:05:38	18.7	0:58	181	27:50	8:58
161	6/17	Molly Moilanen	Minneapolis	MN	31	F	141	22:42	7:19	0:51	186	1:08:35	17.9	0:46	127	25:20	8:10
162	17/21	Guy Sprenger	St. Cloud	MN	49	M	164	23:11	7:28	0:44	152	1:05:13	18.9	1:31	185	28:00	9:01
163	13/21	Lisa Kent	Sartell	MN	40	F	150	22:53	7:22	1:07	194	1:09:02	17.8	1:11	114	24:39	7:57
164	21/28	Mark Thurner	Mpls	MN	38	M	194	24:21	7:51	2:09	122	1:02:44	19.6	2:15	179	27:44	8:56
165	22/28	Glenn Riemersma	Bloomington	MN	39	M	173	23:30	7:34	1:14	145	1:04:40	19.0	1:29	194	28:25	9:09
166	12/15	Adam Plante	Sartell	MN	21	M	96	21:12	6:50	0:49	224	1:13:06	16.8	0:37	99	23:57	7:43
167	7/17	Becca Hatch	Minneapolis	MN	31	F	123	22:07	7:07	0:47	160	1:05:53	18.7	0:56	213	30:05	9:41
168	5/																

184	9/17	Katy Borgerding	Ramsey	MN	31 F	177	23:36	7:36	1:01	209	1:11:11	17.3	0:53	157	26:44	8:37
185	21/29	Scott Leo	Minneapolis	MN	44 M	232	27:07	8:44	1:09	126	1:03:07	19.5	0:47	221	31:17	10:05
186	13/15	Mike O'Hara	Sartell	MN	53 M	206	25:06	8:05	1:18	183	1:08:12	18.0	1:26	174	27:38	8:54
187	15/21	Marjie Carr-Oxley	Roseville	MN	43 F	205	25:02	8:04	0:49	184	1:08:26	18.0	0:51	198	28:39	9:14
188	1/3	Jamie Neumann	Winona	MN	23 F	199	24:31	7:54	1:09	169	1:06:47	18.4	0:59	215	30:23	9:47
189	5/11	Larry McKenzie	Brooklyn Park	MN	60 M	227	26:22	8:29	1:26	174	1:07:16	18.3	1:21	171	27:34	8:53
190	11/15	Maggie Dalrymple	Minneapolis	MN	29 F	191	24:17	7:49	1:07	201	1:10:18	17.5	1:01	177	27:41	8:55
191	4/4	Linda Gehrig	Chippewa Falls	WI	46 F	235	27:33	8:52	1:10	168	1:06:46	18.4	1:17	183	27:54	8:59
192	6/11	Tom Brix	Plymouth	MN	64 M	224	26:18	8:28	1:39	158	1:05:39	18.7	1:49	207	29:16	9:26
193	16/21	Lori Stephens	Cadott	WI	41 F	237	27:35	8:53	1:10	173	1:07:14	18.3	1:00	186	28:01	9:02
194	7/12	Jena Klein	Cold Spring	MN	36 F	207	25:13	8:07	1:13	193	1:08:59	17.8	0:57	200	28:42	9:15
195	13/15	Marco Lanz	Minneapolis	MN	23 M	153	22:56	7:23	2:19	214	1:11:40	17.2	1:32	165	27:05	8:43
196	8/12	Jenny Holbert	Onamia	MN	35 F	182	23:48	7:40	1:23	203	1:10:33	17.4	1:30	196	28:31	9:11
197	18/21	Scot Jennings	Hastings	MN	47 M	225	26:21	8:29	1:38	190	1:08:54	17.9	1:22	137	25:43	8:17
198	2/3	Kelly Damrow	St. Paul	MN	24 F	204	25:01	8:03	1:07	202	1:10:32	17.4	1:00	197	28:34	9:12
199	23/23	John Meyerhofer	Saint Cloud	MN	32 M	180	23:44	7:39	1:15	206	1:10:56	17.3	1:05	208	29:17	9:26
200	26/28	Tom Eibes	Sartell	MN	39 M	114	21:46	7:01	0:42	235	1:15:27	16.3	0:38	182	27:51	8:58
201	17/21	Jayne Hogan	Minneapolis	MN	41 F	187	23:59	7:43	1:35	211	1:11:18	17.3	1:39	184	27:55	8:59
202	14/15	Louis Ahlstrand	Shafer	MN	52 M	190	24:14	7:48	1:28	198	1:10:12	17.5	1:57	199	28:40	9:14
203	22/29	Steven Paulik	Fargo	ND	42 M	151	22:54	7:23	1:07	106	1:01:38	20.0	1:32	246	37:23	12:02
204	12/15	Erin Muckerheide	Eagan	MN	25 F	189	24:08	7:46	0:53	227	1:13:29	16.7	0:35	168	27:31	8:52
205	9/12	Stephanie Johnson	Cold Spring	MN	39 F	193	24:20	7:50	1:24	221	1:12:40	16.9	1:36	160	26:47	8:37
206	13/15	Sarah Linder-Stenz	St. Paul	MN	26 F	216	25:52	8:20	0:48	216	1:11:45	17.1	1:00	169	27:33	8:52
207	7/11	Steve Paladie	Bloomington	MN	64 M	209	25:21	8:10	1:10	192	1:08:58	17.8	1:10	218	30:48	9:55
208	10/12	Jennifer York	Ames	IA	37 F	210	25:25	8:11	1:10	204	1:10:42	17.4	1:16	210	29:37	9:32
209	4/4	Sean Skow	Saint Cloud	MN	17 M	181	23:47	7:40	1:23	243	1:17:55	15.8	1:09	104	24:10	7:47
210	23/29	Kevin Crookston	Lakeville	MN	44 M	162	23:05	7:26	1:03	244	1:19:23	15.5	0:59	101	24:05	7:45
211	27/28	Jim Kinsley	Yankton	SD	35 M	213	25:35	8:14	1:06	200	1:10:17	17.5	0:53	219	30:50	9:56
212	2/2	Francine Lepage	Minneapolis	MN	58 F	175	23:32	7:35	1:46	232	1:15:16	16.3	1:27	158	26:45	8:37
213	28/28	Carl Heeder	St. Cloud	MN	35 M	214	25:45	8:18	1:11	149	1:05:04	18.9	1:35	242	35:20	11:23
214	20/21	David Gustafson	Minneapolis	MN	29 M	231	27:05	8:43	1:45	147	1:04:43	19.0	1:13	238	34:10	11:00
215	3/3	Emily Skaj	St. Cloud	MN	22 F	158	23:01	7:25	1:06	236	1:15:47	16.2	0:45	195	28:26	9:10
216	14/15	Jennifer Jenzen	Avon	MN	29 F	192	24:19	7:50	2:12	223	1:12:54	16.9	1:16	205	28:55	9:19
217	24/29	Whitney Johnson	Cold Spring	MN	42 M	146	22:50	7:21	1:24	240	1:17:02	16.0	1:51	156	26:40	8:35
218	19/21	Mark Amman	Faribault	MN	46 M	178	23:38	7:37	1:26	217	1:12:16	17.0	1:20	224	31:26	10:07
219	10/17	Trina Simmons	Moorhead	MN	34 F	221	26:11	8:26	1:16	222	1:12:53	16.9	1:05	203	28:53	9:18
220	25/29	Michael Paul	Minnetonka	MN	44 M	233	27:23	8:49	1:25	197	1:09:58	17.6	1:10	223	31:24	10:07
221	18/21	Jane Streit	Lakeville	MN	41 F	226	26:21	8:29	1:30	208	1:11:11	17.3	1:54	217	30:37	9:52
222	26/29	Ron Tiernan	Albertville	MN	40 M	61	19:48	6:23	1:34	228	1:14:04	16.6	1:38	229	32:30	10:28
223	20/21	Chuck Hodgson	West St. Paul	MN	48 M	243	28:28	9:10	1:24	182	1:08:02	18.1	1:26	228	32:17	10:24
224	2/3	Don Meck	Siren	WI	67 M	240	27:46	8:57	2:07	178	1:07:40	18.2	2:06	226	32:10	10:21
225	8/11	Ron Pemberton	Milwaukee	WI	63 M	234	27:23	8:49	1:23	199	1:10:16	17.5	1:22	227	32:11	10:22
226	19/21	Lisa Vague	Alberville	MN	43 F	203	24:57	8:02	1:19	238	1:16:11	16.1	1:09	209	29:33	9:31
227	11/17	Heather Schwartz	Minneapolis	MN	34 F	239	27:39	8:54	1:06	205	1:10:44	17.4	1:34	232	32:57	10:37
228	4/5	John Bodette	St. Cloud	MN	56 M	197	24:28	7:53	0:58	241	1:17:16	15.9	1:12	214	30:07	9:42
229	15/15	Tom Jensen	Sartell	MN	50 M	218	25:54	8:20	1:06	219	1:12:32	17.0	1:16	236	33:33	10:48
230	27/29	Wade Davis	Lakeville	MN	41 M	245	29:21	9:27	1:29	215	1:11:42	17.2	1:24	216	30:37	9:52
231	14/15	Adam Denzer	Montgomery	MN	23 M	236	27:34	8:53	1:02	176	1:07:28	18.2	1:07	248	38:08	12:17
232	5/5	Dennis Coe	Minneapolis	MN	55 M	220	26:02	8:23	1:11	220	1:12:39	16.9	1:25	225	32:05	10:20
233	28/29	Eric Forseth	Bloomington	MN	42 M	223	26:17	8:28	0:44	231	1:14:47	16.5	0:40	233	33:10	10:41
234	12/17	Mary Bruno	St. Joseph	MN	33 F	238	27:38	8:54	0:45	239	1:16:42	16.0	0:41	230	32:51	10:35
235	20/21	Jane Davidson	Saint Louis Pa	MN	41 F	249	30:04	9:41	2:13	213	1:11:38	17.2	1:33	234	33:29	10:47
236	15/15	Nicholas Plante	Sartell	MN	24 M	212	25:27	8:12	1:10	245	1:20:32	15.3	1:02	222	31:19	10:05
237	13/17	Sarah Obrien	Des Moines	IA	32 F	242	28:20	9:07	1:13	226	1:13:27	16.8	1:09	243	35:27	11:25
238	11/12	Tammy Thingelstad	Minnetonka	MN	35 F	229	26:43	8:36	2:14	237	1:16:08	16.2	2:39	231	32:56	10:36
239	3/3	Roger Chevalier	St Cloud	MN	65 M	230	27:01	8:42	1:00	246	1:20:51	15.2	0:59	220	31:07	10:01
240	14/17	Charity Davis	Medford	MN	33 F	219	25:55	8:21	1:26	249	1:23:39	14.7	1:06	211	29:49	9:36
241	15/17	Dawn Johnson	Rochester	MN	30 F	250	30:12	9:44	1:02	225	1:13:09	16.8	0:54	247	37:51	12:11
242	16/17	Sara Jorgenson	Avon	MN	33 F	246	29:28	9:29	1:04	242	1:17:35	15.9	0:43	240	34:40	11:10
243	21/21	Thomas Rendos	Shorewood	MN	45 M	253	31:45	10:14	1:54	196	1:09:50	17.6	2:00	249	39:04	12:35
244	9/11	Edwin Widseth	Edina	MN	62 M	247	29:53	9:38	1:15	234	1:15:26	16.3	1:29	245	36:42	11:49
245	17/17	Sara Klein	Sartell	MN	30 F	217	25:53	8:20	1:28	248	1:23:17	14.8	0:58	235	33:29	10:47
246	21/21	Pamela Garretson	Lakeville	MN	44 F	222	26:13	8:27	1:47	247	1:22:21	14.9	1:36	237	33:45	10:52
247	10/11	Gary Youso	Depere	WI	61 M	252	31:33	10:10	2:08	229	1:14:05	16.6	2:52	244	35:54	11:34
248	15/15	Sarah Bates	Saint Cloud	MN	26 F	244	28:46	9:16	0:59	251	1:32:38	13.3	0:55	239	34:13	11:01
249	11/11	Doug Adamek	St. Cloud	MN	63 M	241	27:49	8:58	0:59	252	1:33:25	13.2	1:00	241	34:47	11:12
250	29/29	Jeff Titus	Geneva	MN	40 M	251	31:27	10:08	1:20	250	1:31:04	13.5	1:11	250	42:27	13:40

RECEIVED TWO MINUTE PENALTY FOR DRAFTING: # 31, 112, 140, 167, 256
 RECEIVED TWO MINUTE PENALTY FOR BLOCKING: # 125, 298
 RECEIVED TWO MINUTE PENALTY FOR OVERTAKEN: # 193, 231
 RECEIVED TWO MINUTE PENALTY FOR ILLEGAL EQUIPMENT: # 417
 RECEIVED TWO MINUTE PENALTY FOR ENTIRE COURSE: # 47
 RECEIVED TWO MINUTE PENALTY FOR ABANDONED EQUIPMENT: # 250

DID NOT FINISH

251	4/4	Sue Dornfeld	Edina	MN	50 F	228	26:24	8:30	1:28	164	1:06:26	18.5	0:51			
252	12/12	Patty Andreychuk	Minnetonka	MN	36 F	248	29:59	9:39	2:36	212	1:11:23	17.2				
253	21/21	Rafael Baugh	Mt. Lawley		28 M	1	15:40	5:03	0:32							
1	1/1	Gary Ness	Dilworth	MI	64 M	1	25:44	8:17	1:54							
2	1/1	Julia Titus	Geneva	MN	14 F	2	34:17	11:02	10:15							
3	1/1	Scott Simpson	Deephaven	MN	38 M	3	57:31	18:31								

TEAM RESULTS

TOTAL PLACE	DIV	MEMBERS (RUNNER, BIKER)	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/14	Kevin Scheiterlein , Scott Lindell	1	16:07	5:12	0:32	1	51:31	23.9	0:22	1	17:02	5:29	1:25:
2	2/14	Chuck Smith , Will McComb	2	16:46	5:24	0:29	3	53:35	23.0	0:23	2	18:11	5:51	1:29:

3	3/14	Taylor Olson , Ryan Faith	4	19:45	6:22	0:30	6	55:20	22.2	0:31	4	20:46	6:42	1:36:
4	4/14	Thomas Manderfeld , Robert	12	22:17	7:11	0:32	2	53:35	23.0	0:26	11	23:41	7:38	1:40:
5	1/15	Eric Hanson , Amy Rustad	10	21:44	7:00	0:30	5	55:14	22.3	0:30	8	22:34	7:16	1:40:
6	5/14	Mike Houghton , Charlie Schad	7	20:59	6:46	0:35	7	57:13	21.5	0:24	7	22:15	7:10	1:41:
7	6/14	Tom Caprio , Elmer Bloch	8	21:25	6:54	0:37	9	59:00	20.9	0:33	9	22:37	7:17	1:44:
8	7/14	Ryan Lewandowski , Kevin Grose	3	19:03	6:08	0:28	20	1:04:44	19.0	0:22	3	19:54	6:25	1:44:
9	1/3	Jill Koski , Melissa	5	20:31	6:37	0:32	17	1:02:12	19.8	0:26	5	21:58	7:05	1:45:
10	8/14	Brandon Testa , Eric Nacey	15	22:59	7:24	0:38	8	58:49	20.9	0:26	14	24:53	8:01	1:47:
11	2/15	Holly Senn , Dan Rueter	13	22:22	7:12	0:32	12	1:00:32	20.3	0:30	13	24:39	7:56	1:48:
12	3/15	Ryan Saline , Mariel Grossinger	19	25:25	8:11	0:24	4	55:05	22.3	0:28	21	28:00	9:01	1:49:
13	9/14	Daniel Kampa , Joel Kampa	6	20:51	6:43	0:29	22	1:05:43	18.7	0:29	6	22:10	7:09	1:49:
14	10/14	John Larson , Joe Langel	17	25:09	8:06	0:30	10	1:00:07	20.5	0:26	20	27:55	9:00	1:54:
15	4/15	Ronald Hanson , Sarah Hanson	23	25:54	8:20	0:28	14	1:01:15	20.1	0:29	18	27:04	8:43	1:55:
16	11/14	Patrick Yoon , Jonathan Haas	9	21:34	6:57	1:01	24	1:09:14	17.8	0:34	10	23:15	7:29	1:55:
17	5/15	Bruce Stainbrook , Shiela Stainbrook	22	25:29	8:12	0:28	13	1:00:46	20.2	0:30	24	29:05	9:22	1:56:
18	6/15	Alvin Hymes , Shien Yong	21	25:28	8:12	0:33	18	1:02:56	19.5	0:34	19	27:42	8:55	1:57:
19	7/15	Ben Chihak , Arielah Moskow	18	25:10	8:06	0:37	19	1:04:38	19.0	0:32	16	26:36	8:34	1:57:
20	2/3	Jody Szafranski , Michelle Templin	26	26:57	8:41	0:29	16	1:02:09	19.8	0:30	23	29:04	9:22	1:59:
21	8/15	Ronald Grossinger , Dawn Grossinger	30	28:03	9:02	0:36	11	1:00:26	20.4	0:31	25	29:55	9:38	1:59:
22	9/15	Joan Karpel , Rob Karpel	20	25:28	8:12	0:32	21	1:05:22	18.8	0:35	22	28:09	9:04	2:00:
23	10/15	Jen Moritz , Jeff Bauerly	29	27:58	9:00	0:35	15	1:01:16	20.1	0:33	31	32:33	10:29	2:02:
24	3/3	Amy Golembeck , Laura Cunningham	27	27:53	8:59	0:39	23	1:06:33	18.5	0:30	28	31:16	10:04	2:06:
25	11/15	Lynette Zima , Bill Sullivan	25	26:27	8:31	0:30	25	1:10:24	17.5	0:31	27	31:13	10:03	2:09:
26	12/14	Adam Sandhurst , Bruce Miles	24	26:19	8:29	0:42	27	1:13:02	16.8	0:26	26	30:54	9:57	2:11:
27	12/15	Meredith Boucher , Joel Kmitch	28	27:57	9:00	0:37	26	1:11:19	17.3	0:34	30	31:35	10:10	2:12:
28	13/14	Paul Revermann , Joe Tscheta	11	22:15	7:10	0:28	29	1:30:02	13.7	0:24	15	25:26	8:11	2:18:
29	13/15	David Stry , Kathy Cummins	32	29:04	9:22	0:40	28	1:16:55	16.0	0:38	29	31:33	10:10	2:18:
30	14/15	Jeanie Ringwelski , Corey Zack	14	22:32	7:16	0:47	30	1:30:53	13.5	0:25	12	24:20	7:50	2:20:
31	14/14	Craig Zack , Mary Zack	16	23:03	7:25	0:47	32	1:32:28	13.3	0:36	17	26:43	8:36	2:23:
32	15/15	Jessie Zack , John Gammell	31	28:23	9:08	0:38	31	1:32:28	13.3	0:31	32	35:43	11:30	2:37:

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	234	Will Smith	Madison	WI	29	M	2	15:41	5:03	0:31	2	49:33	24.8	0:42	1	17:16	5:34	1:2						
2	30	Michael Boehmer	Ixonia	WI	27	M	3	16:43	5:23	0:30	1	49:08	25.0	0:28	2	17:56	5:47	1:2						
3	16	Rafael Baugh	Mt. Lawley		28	M	1	15:40	5:03	0:32														

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	29	Brianna Boehmer	Ixonia	WI	28	F	1	18:09	5:51	0:36	1	54:48	22.5	0:37	1	20:47	6:42	1:3						

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	19	Blake Becker	Madison	WI	25	M	8	16:42	5:23	0:34	2	48:28	25.4	0:36	4	17:47	5:44	1:2						
2	86	Ryan Giuliano	Schaumburg	IL	22	M	1	15:40	5:03	0:38	7	52:10	23.6	0:36	3	17:44	5:43	1:2						
3	223	John Shelp	Maple Plain	MN	34	M	15	17:39	5:41	0:36	1	48:23	25.4	0:33	13	19:37	6:19	1:2						
4	23	Nate Hoffman	South Haven	MN	23	M	3	15:52	5:07	0:50	4	51:06	24.1	0:40	9	18:54	6:05	1:2						
5	25	Mark Beversdorf	Wittenberg	WI	33	M	6	16:25	5:17	0:39	9	52:14	23.6	0:32	2	17:41	5:42	1:2						
6	89	Brooks Grossinger	Maple Grove	MN	29	M	4	16:03	5:10	0:34	6	52:04	23.6	0:37	5	18:31	5:58	1:2						
7	48	Dan Cohen	Eden Prairie	MN	32	M	11	17:11	5:32	0:38	3	50:38	24.3	0:28	11	19:14	6:12	1:2						
8	82	Ryan French	Ames	IA	24	M	2	15:50	5:06	0:54	22	54:51	22.4	0:53	1	16:43	5:23	1:2						
9	161	Neil Miller	Saint Paul	MN	22	M	5	16:14	5:14	0:35	15	53:51	22.8	0:42	7	18:37	6:00	1:2						
10	103	Anthony Hirschman	Minneapolis	MN	27	M	13	17:34	5:40	0:43	8	52:13	23.6	0:33	19	20:14	6:31	1:3						

11	163	Chad Millner	Eden Prairie	MN	30	M	7	16:34	5:20	0:28	5	51:23	23.9	0:30	49	22:23	7:13	1:3
12	124	Michael Kilcoyne	Long Lake	MN	48	M	16	18:04	5:49	0:33	10	52:46	23.3	0:33	17	19:55	6:25	1:3
13	190	Charles Parsons	Minneapolis	MN	40	M	12	17:31	5:39	0:44	20	54:40	22.5	0:42	8	18:46	6:03	1:3
14	226	Matt Simmons	Moorhead	MN	31	M	23	18:35	5:59	0:49	14	53:46	22.9	0:39	12	19:26	6:16	1:3
15	95	Peter Hanson	Minneapolis	MN	41	M	17	18:07	5:50	0:43	17	54:15	22.7	0:36	15	19:45	6:22	1:3
16	99	Brian Herzog	Madison	WI	27	M	10	17:09	5:32	0:31	38	57:22	21.4	0:34	6	18:32	5:58	1:3
17	67	Dave Dow	West Lakeland	MN	51	M	35	19:11	6:11	0:36	11	53:05	23.2	0:50	23	20:36	6:38	1:3
18	38	Jey Carlson	Minnetonka	MN	40	M	26	18:43	6:02	0:38	19	54:18	22.7	0:46	25	20:39	6:39	1:3
19	339	Dan Rindfleisch	Madison	WI	52	M	25	18:40	6:01	0:35	24	55:30	22.2	0:36	16	19:49	6:23	1:3
20	326	Kris Swarthout	Crystal	MN	35	M	42	19:30	6:17	0:32	13	53:30	23.0	0:34	34	21:17	6:51	1:3
21	334	John Schoofs	Minneapolis	MN	25	M	47	19:41	6:20	0:43	12	53:22	23.1	0:29	37	21:27	6:54	1:3
22	299	Timothy Smith	White Bear Lak	MN	32	M	36	19:12	6:11	0:50	21	54:43	22.5	0:52	18	20:05	6:28	1:3
23	62	Marvin Denzer	Waconia	MN	40	M	14	17:37	5:41	0:47	41	57:48	21.3	0:48	10	19:01	6:08	1:3
24	69	Samuel Dumcum	Encinitas	CA	24	M	28	18:51	6:04	0:33	25	55:35	22.1	0:32	21	20:33	6:37	1:3
25	143	Patrick Lewis	Brooklyn Park	MN	35	M	38	19:17	6:13	0:44	23	54:54	22.4	0:35	24	20:39	6:39	1:3
26	166	Santiago Morgan	Uknown		45	M	20	18:24	5:56	0:37	29	56:17	21.9	0:48	28	20:55	6:44	1:3
27	216	Joseph Schneiderha	Alexandria	IA	41	M	21	18:30	5:58	0:53	30	56:19	21.8	0:43	32	21:07	6:48	1:3
28	10	Timothy Armstrong	Muscatine	IA	50	M	31	18:59	6:07	0:50	27	56:07	21.9	0:46	30	21:03	6:47	1:3
29	76	John Fletcher	Muscatine	IA	37	M	45	19:36	6:19	0:54	18	54:18	22.7	0:47	52	22:33	7:16	1:3
30	174	Mark Myers	Dellwood	MN	47	M	22	18:33	5:59	0:57	40	57:48	21.3	1:05	26	20:44	6:41	1:3
31	110	Borg Isaksen	Brule	WI	33	M	43	19:33	6:18	0:57	36	57:11	21.5	0:52	27	20:54	6:44	1:3
32	93	Paul Haltvick	Ashland	WI	49	M	53	19:57	6:26	0:32	26	55:40	22.1	0:36	62	22:49	7:21	1:3
33	74	Colin Farbotko	Minneapolis	MN	28	M	32	19:00	6:07	0:31	48	59:13	20.8	0:28	22	20:35	6:38	1:3
34	101	Joseph Hill	Alexandria	MN	37	M	55	20:11	6:30	0:52	33	56:49	21.7	0:46	35	21:19	6:52	1:3
35	254	Nathaniel Tollefso	Minneapolis	MN	40	M	29	18:53	6:05	0:58	34	56:54	21.6	0:37	57	22:40	7:18	1:4
36	288	David Drees	Minneapolis	MN	44	M	41	19:29	6:17	0:58	35	57:04	21.6	0:58	39	21:36	6:58	1:4
37	172	Sean Mulheron	Vadnais Height	MN	37	M	24	18:39	6:01	0:34	58	1:00:00	20.5	0:36	20	20:19	6:33	1:4
38	20	Lynn Beiswanger	Bismarck	ND	52	M	19	18:15	5:53	0:59	45	58:36	21.0	0:55	38	21:28	6:55	1:4
39	200	Derick Podratz	Lino Lakes	MN	32	M	18	18:13	5:52	0:45	67	1:00:43	20.3	0:45	36	21:20	6:52	1:4
40	196	Steve Peterson	Eagan	MN	49	M	51	19:53	6:24	0:59	44	58:19	21.1	0:39	51	22:31	7:15	1:4
41	175	Jesse Nelson	Red Wing	MN	30	M	9	17:05	5:30	0:45	110	1:04:15	19.1	0:39	14	19:40	6:20	1:4
42	148	Nick Madland	Minneapolis	MN	27	M	37	19:13	6:11	0:34	31	56:22	21.8	0:37	103	26:01	8:23	1:4
43	325	Tom Swanson	St. Paul	MN	38	M	40	19:20	6:14	1:04	64	1:00:27	20.4	1:00	29	20:59	6:45	1:4
44	33	Brian Bergeman	Madelia	MN	38	M	57	20:20	6:33	1:02	47	59:05	20.8	0:48	40	21:42	6:59	1:4
45	151	Joe McGaver	Duluth	MN	36	M	44	19:34	6:18	1:03	53	59:33	20.7	0:51	45	22:01	7:06	1:4
46	169	Joseph Moyer	Rochester	MN	28	M	97	22:15	7:10	1:04	16	54:04	22.8	1:03	82	24:38	7:56	1:4
47	73	Mark Evenson	Minneapolis	MN	27	M	58	20:24	6:34	0:47	32	56:42	21.7	0:44	83	24:38	7:56	1:4
48	17	Robert Bauleke	Edina	MN	22	M	69	21:14	6:50	0:53	46	58:37	21.0	0:41	43	21:59	7:05	1:4
49	201	Rodney Pratt	Stillwater	MN	45	M	61	20:36	6:38	0:40	50	59:15	20.8	0:57	42	21:57	7:04	1:4
50	45	Barry Clark	La Crosse	WI	58	M	76	21:25	6:54	0:37	28	56:09	21.9	0:58	88	24:55	8:01	1:4
51	100	Thomas Heuer	Des Moines	IA	49	M	46	19:38	6:19	0:58	59	1:00:03	20.5	1:00	53	22:36	7:17	1:4
52	203	Eric Rambow	Minneapolis	MN	26	M	30	18:56	6:06	0:56	77	1:01:32	20.0	1:09	46	22:01	7:06	1:4
53	153	Colin McGuigan	Little Falls	MN	32	M	84	21:44	7:00	1:20	43	58:18	21.1	1:29	47	22:04	7:06	1:4
54	218	Ryan Schultz	Minneapolis	MN	31	M	33	19:02	6:08	0:35	92	1:02:40	19.6	0:32	48	22:07	7:07	1:4
55	106	Aaorn Hoffmann	Saint Paul	MN	27	M	48	19:45	6:22	0:57	37	57:21	21.5	0:45	108	26:19	8:29	1:4
56	182	Tim O'Brien	Lakeville	MN	51	M	54	20:09	6:30	0:59	70	1:00:58	20.2	1:22	41	21:50	7:02	1:4
57	222	Paul Serreyn	Lakeville	MN	43	M	59	20:26	6:35	0:57	66	1:00:39	20.3	0:44	54	22:36	7:17	1:4
58	221	Kyle Serreyn	Lakeville	MN	16	M	60	20:31	6:36	0:48	71	1:00:59	20.2	0:35	55	22:38	7:17	1:4
59	167	Brandon Moscho	Saint Cloud	MN	19	M	82	21:41	6:59	0:50	42	58:05	21.2	0:56	61	22:46	7:20	1:4
60	336	Clifford Owen	Deephaven	MN	34	M	34	19:10	6:10	0:57	83	1:01:51	19.9	1:04	69	23:34	7:36	1:4
61	121	Joe Kelzer	New Richmond	WI	36	M	70	21:17	6:51	0:47	76	1:01:26	20.0	0:35	65	23:02	7:25	1:4
62	261	Jonathan Wagner	Sartell	MN	34	M	50	19:50	6:23	1:08	109	1:04:04	19.2	0:54	33	21:14	6:51	1:4
63	80	Sam Francois	Rochester	MN	30	M	56	20:15	6:31	0:52	74	1:01:09	20.1	0:52	73	24:06	7:46	1:4
64	64	Michael Dillon	Brainerd	MN	36	M	62	20:43	6:40	1:01	81	1:01:46	19.9	1:01	59	22:45	7:20	1:4
65	330	Patrick Wikenheise	Minneapolis	MN	42	M	71	21:19	6:52	1:04	69	1:00:55	20.2	1:19	58	22:42	7:19	1:4
66	206	Christopher Robins	Baxter	MN	39	M	64	20:47	6:42	0:41	62	1:00:22	20.4	0:45	96	25:30	8:13	1:4
67	65	Dave Dornfeld	Edina	MN	46	M	65	20:53	6:44	1:14	57	59:58	20.5	1:13	92	25:01	8:03	1:4
68	257	Nick Vanduzee	Chaska	MN	63	M	80	21:33	6:56	1:06	60	1:00:03	20.5	0:50	86	24:50	8:00	1:4
69	229	Michael Sjogren	St. Cloud	MN	55	M	87	21:46	7:01	0:54	61	1:00:18	20.4	0:54	79	24:35	7:55	1:4
70	98	Chuck Heisick	St. Cloud	MN	47	M	110	22:49	7:21	0:57	49	59:14	20.8	0:46	91	25:00	8:03	1:4
71	40	Tony Casassa	St Cloud	MN	31	M	66	20:57	6:45	1:22	90	1:02:30	19.7	1:18	60	22:45	7:20	1:4
72	77	Mike Flynn	Elk River	MN	54	M	73	21:23	6:53	1:03	94	1:02:56	19.5	1:08	50	22:27	7:14	1:4
73	298	David Peterson	Shakopee	MN	45	M	27	18:45	6:02	0:54	123	1:06:03	18.6	0:40	31	21:04	6:47	1:4
74	287	David Buhl	St. Cloud	MN	33	M	89	21:56	7:04	1:15	88	1:02:28	19.7	0:50	64	23:00	7:25	1:4
75	285	Jon Kern	St. Cloud	MN	36	M	91	21:59	7:05	0:56	51	59:21	20.7	0:57	112	26:36	8:34	1:4
76	213	Michael Scham	St Paul	MN	37	M	72	21:22	6:53	1:23	98	1:03:15	19.5	1:28	56	22:38	7:18	1:5
77	187	Terrell Ormson	Chaska	MN	23	M	101	22:26	7:13	1:14	75	1:01:18	20.1	0:40	85	24:47	7:59	1:5
78	46	David Clemmons	Bismarck	ND	51	M	75	21:25	6:54	2:05	54	59:48	20.6	1:50	99	25:36	8:15	1:5
79	54	Joe Dammel	Bloomington	MN	20	M	100	22:23	7:13	1:33	86	1:02:15	19.8	1:12	68	23:31	7:34	1:5
80	207	Tim Ruff	Savage	MN	41	M	95	22:11	7:09	1:03	78	1:01:33	20.0	0:51	93	25:17	8:09	1:5
81	79	Jeff Foss	Sebeka	MN	35	M	99	22:22	7:12	0:52	80	1:01:42	19.9	0:40	94	25:25	8:11	1:5
82	173	Mike Murray	Sartell	MN	47	M	92	22:02	7:06	0:43	91	1:02:31	19.7	0:55	87	24:54	8:01	1:5
83	96	Bob Harmon	New Brighton	MN	45	M	94	22:10	7:08	1:02	55	59:53	20.5	0:56	121	27:06	8:44	1:5
84	145	Todd Lieser	Fridley	MN	26	M	88	21:55	7:04	0:56	101	1:03:26	19.4	0:33	77	24:21	7:51	1:5
85	197	Tim Peterson	Sartell	MN	44	M	39	19:20	6:14	1:17	129	1:07:08	18.3	1:44	44	22:01	7:05	1:5
86	18	Ray Bauske	Fargo	ND	41	M	83	21:42	6:59	1:49	100	1:03:18	19.4	1:39	67	23:26	7:33	1:5
87	83	Gregg Garretson	Lakeville	MN	49	M	121	23:01	7:25	0:58	103	1:03:32	19.4	0:56	70	23:45	7:39	1:5
88	180	Mark Nieters	Sartell	MN	38	M	103	22:27	7:14	0:56	85	1:02:05	19.8	0:46	105	26:01	8:23	1:5
89	208																	

106	136	Glenn Leary	St. Paul	MI	43	M	74	21:24	6:54	1:17	127	1:06:40	18.5	1:29	76	24:20	7:50	1:5
107	134	Hank Larsen	Glencoe	MN	66	M	77	21:26	6:54	0:54	113	1:04:41	19.0	0:44	137	28:15	9:06	1:5
108	233	Andrew Smith	Baxter	MN	42	M	85	21:44	7:00	1:15	140	1:08:39	17.9	1:30	63	22:54	7:23	1:5
109	263	Richard Warzecha	Saint Paul	MN	42	M	112	22:51	7:22	1:29	119	1:05:26	18.8	1:28	89	24:57	8:02	1:5
110	247	Andrew Thiemann	Saint Louis Pa	MN	27	M	119	23:00	7:24	0:55	107	1:03:56	19.2	0:45	130	27:45	8:56	1:5
111	102	K. David Hirsche	Plymouth	MN	56	M	152	25:52	8:20	1:14	68	1:00:43	20.3	1:01	122	27:33	8:52	1:5
112	35	Mike Brodock	Sartell	MN	45	M	129	23:18	7:30	1:00	118	1:05:15	18.9	0:50	106	26:07	8:25	1:5
113	260	Chad Wade	St Cloud	MN	33	M	146	24:51	8:00	1:10	63	1:00:24	20.4	1:05	144	29:07	9:23	1:5
114	244	Steve Swanson	Elk River	MN	47	M	125	23:07	7:27	1:08	116	1:05:08	18.9	1:11	107	26:07	8:25	1:5
115	12	Kevin Ballinger	Maple Grove	MN	34	M	104	22:28	7:14	1:05	133	1:07:30	18.2	1:10	80	24:35	7:55	1:5
116	159	Haehn Mike	Sartell	MN	42	M	96	22:13	7:09	1:00	120	1:05:27	18.8	1:19	120	27:06	8:44	1:5
117	266	Henry Wieland	Rice	MN	41	M	128	23:18	7:30	1:30	95	1:02:59	19.5	1:47	124	27:34	8:53	1:5
118	119	Mark Kapsner	Saint Cloud	MN	53	M	145	24:48	7:59	1:16	89	1:02:29	19.7	1:04	127	27:40	8:55	1:5
119	188	John Ostmoe	Milaca	MN	51	M	141	24:27	7:53	1:11	96	1:03:04	19.5	0:59	128	27:44	8:56	1:5
120	220	John Seiler	Sartell	MN	42	M	113	22:53	7:22	0:59	125	1:06:28	18.5	0:54	110	26:24	8:30	1:5
121	186	Dj Olmscheid	St Cloud	MN	24	M	118	22:59	7:24	1:06	131	1:07:17	18.3	0:46	95	25:30	8:13	1:5
122	264	Graeme Webster	Minneapolis	MN	29	M	98	22:20	7:12	1:04	121	1:05:38	18.7	0:58	131	27:50	8:58	1:5
123	237	Guy Sprenger	St. Cloud	MN	49	M	126	23:11	7:28	0:44	117	1:05:13	18.9	1:31	133	28:00	9:01	1:5
124	328	Mark Thurner	Mpls	MN	38	M	140	24:21	7:51	2:09	93	1:02:44	19.6	2:15	129	27:44	8:56	1:5
125	205	Glenn Riemersma	Bloomington	MN	39	M	133	23:30	7:34	1:14	112	1:04:40	19.0	1:29	140	28:25	9:09	1:5
126	198	Adam Plante	Sartell	MN	21	M	68	21:12	6:50	0:49	157	1:13:06	16.8	0:37	71	23:57	7:43	1:5
127	404	Alex Gordon	St Cloud	MN	36	M	130	23:20	7:31	1:12	139	1:08:38	17.9	0:59	115	26:45	8:37	2:0
128	185	Steve Olin	Minneapolis	MN	33	M	115	22:54	7:23	1:31	128	1:06:52	18.4	0:59	143	28:51	9:17	2:0
129	56	Paul Damrow	Roseville	MN	54	M	127	23:12	7:28	2:10	142	1:08:54	17.9	1:25	98	25:31	8:13	2:0
130	149	Gregory Mattson	Minneapolis	MN	36	M	123	23:05	7:26	1:30	135	1:07:46	18.2	1:07	136	28:09	9:04	2:0
131	3	Bryon Amo	Sauk Rapids	MN	36	M	144	24:37	7:56	1:49	124	1:06:17	18.6	1:17	139	28:24	9:09	2:0
132	108	Jeffrey Huber	Clearwater	MN	19	M	63	20:47	6:42	0:53	162	1:15:23	16.3	0:26	90	24:58	8:03	2:0
133	246	Rich Theisen	Clearwater	MN	43	M	102	22:27	7:14	1:59	144	1:09:18	17.8	1:45	118	27:02	8:42	2:0
134	171	Mark Muckerheide	Eagan	MN	28	M	117	22:57	7:24	1:25	154	1:12:30	17.0	1:19	84	24:46	7:59	2:0
135	329	Dean Wikenheiser	Plymouth	MN	32	M	79	21:32	6:56	0:54	160	1:14:29	16.5	0:37	97	25:31	8:13	2:0
136	183	Jim Ogg	Edina	MN	63	M	143	24:28	7:53	1:23	136	1:07:57	18.1	1:17	134	28:04	9:02	2:0
137	138	Scott Leo	Minneapolis	MN	44	M	161	27:07	8:44	1:09	97	1:03:07	19.5	0:47	153	31:17	10:05	2:0
138	184	Mike O'Hara	Sartell	MN	53	M	147	25:06	8:05	1:18	138	1:08:12	18.0	1:26	125	27:38	8:54	2:0
139	154	Larry McKenzie	Brooklyn Park	MN	60	M	158	26:22	8:29	1:26	130	1:07:16	18.3	1:21	123	27:34	8:53	2:0
140	34	Tom Brix	Plymouth	MN	64	M	156	26:18	8:28	1:39	122	1:05:39	18.7	1:49	145	29:16	9:26	2:0
141	133	Marco Lanz	Minneapolis	MN	23	M	116	22:56	7:23	2:19	151	1:11:40	17.2	1:32	119	27:05	8:43	2:0
142	112	Scot Jennings	Hastings	MN	47	M	157	26:21	8:29	1:38	141	1:08:54	17.9	1:22	102	25:43	8:17	2:0
143	158	John Meyerhofer	Saint Cloud	MN	32	M	136	23:44	7:39	1:15	150	1:10:56	17.3	1:05	146	29:17	9:26	2:0
144	71	Tom Eibes	Sartell	MN	39	M	86	21:46	7:01	0:42	164	1:15:27	16.3	0:38	132	27:51	8:58	2:0
145	1	Louis Ahlstrand	Shafer	MN	52	M	139	24:14	7:48	1:28	147	1:10:12	17.5	1:57	141	28:40	9:14	2:0
146	193	Steven Paulik	Fargo	ND	42	M	114	22:54	7:23	1:07	79	1:01:38	20.0	1:32	169	37:23	12:02	2:0
147	189	Steve Paladie	Bloomington	MN	64	M	148	25:21	8:10	1:10	143	1:08:58	17.8	1:10	150	30:48	9:55	2:0
148	232	Sean Skow	Saint Cloud	MN	17	M	137	23:47	7:40	1:23	167	1:17:55	15.8	1:09	75	24:10	7:47	2:0
149	51	Kevin Crookston	Lakeville	MN	44	M	124	23:05	7:26	1:03	168	1:19:23	15.5	0:59	72	24:05	7:45	2:0
150	126	Jim Kinsley	Yankton	SD	35	M	150	25:35	8:14	1:06	149	1:10:17	17.5	0:53	151	30:50	9:56	2:0
151	290	Carl Heeder	St. Cloud	MN	35	M	151	25:45	8:18	1:11	115	1:05:04	18.9	1:35	166	35:20	11:23	2:0
152	289	David Gustafson	Minneapolis	MN	29	M	160	27:05	8:43	1:45	114	1:04:43	19.0	1:13	164	34:10	11:00	2:0
153	116	Whitney Johnson	Cold Spring	MN	42	M	111	22:50	7:21	1:24	165	1:17:02	16.0	1:51	114	26:40	8:35	2:0
154	2	Mark Amman	Faribault	MN	46	M	135	23:38	7:37	1:26	153	1:12:16	17.0	1:20	156	31:26	10:07	2:1
155	192	Michael Paul	Minnetonka	MN	44	M	162	27:23	8:49	1:25	146	1:09:58	17.6	1:10	155	31:24	10:07	2:1
156	250	Ron Tiernan	Albertville	MN	40	M	49	19:48	6:23	1:34	158	1:14:04	16.6	1:38	161	32:30	10:28	2:1
157	104	Chuck Hodgson	West St. Paul	MN	48	M	167	28:28	9:10	1:24	137	1:08:02	18.1	1:26	160	32:17	10:24	2:1
158	157	Don Meck	Siren	WI	67	M	165	27:46	8:57	2:07	134	1:07:40	18.2	2:06	158	32:10	10:21	2:1
159	194	Ron Pemberton	Milwaukee	WI	63	M	163	27:23	8:49	1:23	148	1:10:16	17.5	1:22	159	32:11	10:22	2:1
160	28	John Bodette	St. Cloud	MN	56	M	142	24:28	7:53	0:58	166	1:17:16	15.9	1:12	148	30:07	9:42	2:1
161	293	Tom Jensen	Sartell	MN	50	M	153	25:54	8:20	1:06	155	1:12:32	17.0	1:16	163	33:33	10:48	2:1
162	59	Wade Davis	Lakeville	MN	41	M	168	29:21	9:27	1:29	152	1:11:42	17.2	1:24	149	30:37	9:52	2:1
163	63	Adam Denzer	Montgomery	MN	23	M	164	27:34	8:53	1:02	132	1:07:28	18.2	1:07	170	38:08	12:17	2:1
164	47	Dennis Coe	Minneapolis	MN	55	M	154	26:02	8:23	1:11	156	1:12:39	16.9	1:25	157	32:05	10:20	2:1
165	78	Eric Forseth	Bloomington	MN	42	M	155	26:17	8:28	0:44	161	1:14:47	16.5	0:40	162	33:10	10:41	2:1
166	199	Nicholas Plante	Sartell	MN	24	M	149	25:27	8:12	1:10	169	1:20:32	15.3	1:02	154	31:19	10:05	2:1
167	43	Roger Chevalier	St Cloud	MN	65	M	159	27:01	8:42	1:00	170	1:20:51	15.2	0:59	152	31:07	10:01	2:2
168	204	Thomas Rendos	Shorewood	MN	45	M	172	31:45	10:14	1:54	145	1:09:50	17.6	2:00	171	39:04	12:35	2:2
169	265	Edwin Widseth	Edina	MN	62	M	169	29:53	9:38	1:15	163	1:15:26	16.3	1:29	168	36:42	11:49	2:2
170	338	Gary Youso	Depere	WI	61	M	171	31:33	10:10	2:08	159	1:14:05	16.6	2:52	167	35:54	11:34	2:2
171	341	Doug Adamek	St. Cloud	MN	63	M	166	27:49	8:58	0:59	172	1:33:25	13.2	1:00	165	34:47	11:12	2:3
172	251	Jeff Titus	Geneva	MN	40	M	170	31:27	10:08	1:20	171	1:31:04	13.5	1:11	172	42:27	13:40	2:4

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	TRAN	BIKE	TRAN	RUN	TOT
								time	time	time	time	time	TIM
								pace	plc	mph	plc	pace	
1	52	Marlo Crosby	Duluth	MN	36	F	1	18:34	0:41	1	53:29	23.0	1:33
2	131	Sarah Kolpin	Madison	WI	25	F	3	18:46	0:35	5	56:45	21.7	1:33
3	262	Marlina Walth	Bismarck	ND	37	F	6	19:47	0:46	3	55:30	22.2	1:33
4	91	Jan Guenther	Mound	MN	47	F	10	19:50	0:45	2	55:25	22.2	1:33
5	137	Catherine Lee	Chanhasen	MN	32	F	7	19:48	0:42	4	55:36	22.1	1:33
6	259	Nicole Vogler	Montreal	27	F	2	18:35	5:59	0:31	19	59:33	20.7	1:33
7	286	Sue Abrahamson	Wayzata	MN	43	F	9	19:49	0:49	7	57:24	21.4	1:33
8	295	Jaime Kulbel	Madison	WI	30	F	8	19:48	0:34	13	58:31	21.0	1:33
9	109	Julie Hull	Farmington	MN	34	F	18	20:46	0:30	6	56:45	21.7	1:33
10	210	Merilee Sander											

22	256	Joan Van Camp	Tonka Bay	MN	43	F	21	20:59	6:45	1:04	18	59:19	20.7	0:54	19	22:48	7:21	1:4
23	24	Nikki Bergh	Sartell	MN	29	F	23	21:04	6:47	0:48	25	1:01:53	19.9	0:39	20	23:06	7:26	1:4
24	61	Michelle Dennhardt	Stillwater	MI	40	F	25	21:51	7:02	1:01	22	1:00:16	20.4	1:09	34	25:54	8:20	1:5
25	141	Cindy Lewandowski	Sartell	MN	44	F	19	20:50	6:43	0:56	40	1:07:01	18.4	0:51	15	22:20	7:11	1:5
26	240	Pam Stevens	Sartell	MN	53	F	40	23:42	7:38	0:56	24	1:00:59	20.2	0:45	33	25:48	8:19	1:5
27	41	Jennifer Casey	Minneapolis	MN	28	F	32	22:50	7:21	0:47	34	1:05:50	18.7	0:47	23	23:21	7:31	1:5
28	294	Amy Koop	Minnetonka	MN	33	F	31	22:43	7:19	1:19	33	1:05:18	18.8	0:52	25	23:48	7:40	1:5
29	144	Stephanie Lieser	Fridley	MN	26	F	24	21:09	6:49	1:11	36	1:06:06	18.6	1:03	27	24:36	7:55	1:5
30	168	Ann Moyer	Rochester	MN	27	F	27	22:22	7:12	1:12	30	1:04:38	19.0	1:11	30	25:12	8:07	1:5
31	268	Amy Woolsey	Sauk Rapids	MN	41	F	35	23:11	7:28	0:58	32	1:05:04	18.9	0:59	29	25:08	8:06	1:5
32	269	Min-Amy Xu	Plymouth	MN	38	F	51	24:22	7:51	0:51	27	1:03:27	19.4	0:45	37	26:09	8:25	1:5
33	270	Debbie Yee	Madison	WI	55	F	43	23:48	7:40	1:00	26	1:02:33	19.7	1:18	43	26:58	8:41	1:5
34	4	Sheila Amo	Sauk Rapids	MN	42	F	38	23:35	7:36	0:56	28	1:04:08	19.2	1:07	46	27:38	8:54	1:5
35	215	Amanda Schmitz	Chicago	IL	26	F	29	22:31	7:15	0:40	42	1:07:59	18.1	0:36	36	26:03	8:23	1:5
36	165	Molly Moilanen	Minneapolis	MN	31	F	30	22:42	7:19	0:51	45	1:08:35	17.9	0:46	31	25:20	8:10	1:5
37	122	Lisa Kent	Sartell	MN	40	F	33	22:53	7:22	1:07	48	1:09:02	17.8	1:11	28	24:39	7:57	1:5
38	97	Becca Hatch	Minneapolis	MN	31	F	26	22:07	7:07	0:47	35	1:05:53	18.7	0:56	63	30:05	9:41	1:5
39	13	Sara Ballinger	Maple Grove	MN	35	F	59	25:26	8:11	1:02	31	1:04:44	19.0	1:11	51	28:14	9:05	2:0
40	291	Beth Hennes	Ankeny	IA	33	F	42	23:48	7:40	0:48	57	1:11:14	17.3	0:40	39	26:15	8:27	2:0
41	140	Suzanne Levi	St Paul	MN	39	F	36	23:21	7:31	1:44	46	1:08:46	17.9	1:25	32	25:42	8:17	2:0
42	337	Glon West	Depere	WI	53	F	57	25:20	8:10	2:22	29	1:04:22	19.1	2:03	58	28:55	9:19	2:0
43	195	Judith Peters	St. Cloud	MN	46	F	44	23:57	7:43	1:19	54	1:11:01	17.3	0:49	35	25:59	8:22	2:0
44	31	Renae Borden	Eden Prairie	MS	43	F	46	24:07	7:46	1:16	44	1:08:30	18.0	1:17	38	26:10	8:26	2:0
45	32	Katy Borgerding	Ramsey	MN	31	F	39	23:36	7:36	1:01	56	1:11:11	17.3	0:53	40	26:44	8:37	2:0
46	39	Marjie Carr-Oxley	Roseville	MN	43	F	55	25:02	8:04	0:49	43	1:08:26	18.0	0:51	55	28:39	9:14	2:0
47	177	Jamie Neumann	Winona	MN	23	F	52	24:31	7:54	1:09	39	1:06:47	18.4	0:59	64	30:23	9:47	2:0
48	53	Maggie Dalrymple	Minneapolis	MN	29	F	48	24:17	7:49	1:07	49	1:10:18	17.5	1:01	47	27:41	8:55	2:0
49	85	Linda Gehrig	Chippewa Falls	WI	46	F	68	27:33	8:52	1:10	38	1:06:46	18.4	1:17	48	27:54	8:59	2:0
50	239	Lori Stephens	Cadott	WI	41	F	69	27:35	8:53	1:10	41	1:07:14	18.3	1:00	50	28:01	9:02	2:0
51	127	Jena Klein	Cold Spring	MN	36	F	56	25:13	8:07	1:13	47	1:08:59	17.8	0:57	56	28:42	9:15	2:0
52	292	Jenny Holbert	Onamia	MN	35	F	41	23:48	7:40	1:23	51	1:10:33	17.4	1:30	53	28:31	9:11	2:0
53	55	Kelly Damrow	St. Paul	MN	24	F	54	25:01	8:03	1:07	50	1:10:32	17.4	1:00	54	28:34	9:12	2:0
54	107	Jayme Hogan	Minneapolis	MN	41	F	45	23:59	7:43	1:35	58	1:11:18	17.3	1:39	49	27:55	8:59	2:0
55	170	Erin Muckerheide	Eagan	MN	25	F	47	24:08	7:46	0:53	67	1:13:29	16.7	0:35	44	27:31	8:52	2:0
56	115	Stephanie Johnson	Cold Spring	MN	39	F	50	24:20	7:50	1:24	62	1:12:40	16.9	1:36	42	26:47	8:37	2:0
57	146	Sarah Linder-Stenz	St. Paul	MN	26	F	60	25:52	8:20	0:48	61	1:11:45	17.1	1:00	45	27:33	8:52	2:0
58	332	Jennifer York	Ames	IA	37	F	58	25:25	8:11	1:10	52	1:10:42	17.4	1:16	61	29:37	9:32	2:0
59	139	Francine Lepage	Minneapolis	MN	58	F	37	23:32	7:35	1:46	68	1:15:16	16.3	1:27	41	26:45	8:37	2:0
60	230	Emily Skaj	St. Cloud	MN	22	F	34	23:01	7:25	1:06	69	1:15:47	16.2	0:45	52	28:26	9:10	2:0
61	271	Jennifer Zenzen	Avon	MN	29	F	49	24:19	7:50	2:12	64	1:12:54	16.9	1:16	59	28:55	9:19	2:0
62	227	Trina Simmons	Moorhead	MN	34	F	63	26:11	8:26	1:16	63	1:12:53	16.9	1:05	57	28:53	9:18	2:1
63	243	Jane Streit	Lakeville	MN	41	F	65	26:21	8:29	1:30	55	1:11:11	17.3	1:54	65	30:37	9:52	2:1
64	255	Lisa Vague	Alberville	MN	43	F	53	24:57	8:02	1:19	71	1:16:11	16.1	1:09	60	29:33	9:31	2:1
65	219	Heather Schwartz	Minneapolis	MN	34	F	71	27:39	8:54	1:06	53	1:10:44	17.4	1:34	68	32:57	10:37	2:1
66	36	Mary Bruno	St. Joseph	MN	33	F	70	27:38	8:54	0:45	72	1:16:42	16.0	0:41	66	32:51	10:35	2:1
67	57	Jane Davidson	Saint Louis Pa	MN	41	F	76	30:04	9:41	2:13	60	1:11:38	17.2	1:33	69	33:29	10:47	2:1
68	181	Sarah O'Brien	Des Moines	IA	32	F	72	28:20	9:07	1:13	66	1:13:27	16.8	1:09	74	35:27	11:25	2:1
69	327	Tammy Thingelstad	Minnetonka	MN	35	F	67	26:43	8:36	2:14	70	1:16:08	16.2	2:39	67	32:56	10:36	2:2
70	58	Charity Davis	Medford	MN	33	F	62	25:55	8:21	1:26	76	1:23:39	14.7	1:06	62	29:49	9:36	2:2
71	114	Dawn Johnson	Rochester	MN	30	F	77	30:12	9:44	1:02	65	1:13:09	16.8	0:54	75	37:51	12:11	2:2
72	117	Sara Jorgenson	Avon	MN	33	F	74	29:28	9:29	1:04	73	1:17:35	15.9	0:43	73	34:40	11:10	2:2
73	129	Sara Klein	Sartell	MN	30	F	61	25:53	8:20	1:28	75	1:23:17	14.8	0:58	70	33:29	10:47	2:2
74	84	Pamela Garretson	Lakeville	MN	44	F	64	26:13	8:27	1:47	74	1:22:21	14.9	1:36	71	33:45	10:52	2:2
75	15	Sarah Bates	Saint Cloud	MN	26	F	73	28:46	9:16	0:59	77	1:32:38	13.3	0:55	72	34:13	11:01	2:3

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace	
1	Rafael Baugh	Mt. Lawley	28	M	15:40	5:03	
2	Ryan Giuliano	Schaumburg	IL	22	M	15:40	5:03
3	Will Smith	Madison	WI	29	M	15:41	5:03
4	Ryan French	Ames	IA	24	M	15:50	5:06
5	Nate Hoffman	South Haven	MN	23	M	15:52	5:07
6	Brooks Grossinger	Maple Grove	MN	29	M	16:03	5:10
7	Kevin Scheiterlein	Sartell	MN		16:07	5:12	
8	Neil Miller	Saint Paul	MN	22	M	16:14	5:14
9	Mark Beversdorf	Wittenberg	WI	33	M	16:25	5:17
10	Chad Millner	Eden Prairie	MN	30	M	16:34	5:20

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Chad Millner	Eden Prairie	MN	30	M	0:28
2	Michael Boehmer	Ixonia	WI	27	M	0:30
3	Julie Hull	Farmington	MN	34	F	0:30
4	Brian Herzog	Madison	WI	27	M	0:31
5	Nicole Vogler	Montreal		27	F	0:31
6	Will Smith	Madison	WI	29	M	0:31
7	Colin Farbotko	Minneapolis	MN	28	M	0:31
8	Rafael Baugh	Mt. Lawley		28	M	0:32
9	Kris Swarthout	Crystal	MN	35	M	0:32
10	Paul Haltvick	Ashland	WI	49	M	0:32

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph	
1	John Shelp	Maple Plain	MN	34	M	48:23	25.4
2	Blake Becker	Madison	WI	25	M	48:28	25.4
3	Michael Boehmer	Ixonia	WI	27	M	49:08	25.0

4	Will Smith	Madison	WI	29	M	49:33	24.8
5	Dan Cohen	Eden Prairie	MN	32	M	50:38	24.3
6	Nate Hoffman	South Haven	MN	23	M	51:06	24.1
7	Chad Millner	Eden Prairie	MN	30	M	51:23	23.9
8	Scott Lindell	Sartell	MN			51:31	23.9
9	Brooks Grossinger	Maple Grove	MN	29	M	52:04	23.6
10	Ryan Giuliano	Schaumburg	IL	22	M	52:10	23.6

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Jeffrey Huber	Clearwater	MN	19	M	0:26
2	Michael Boehmer	Ixonia	WI	27	M	0:28
3	Colin Farbotko	Minneapolis	MN	28	M	0:28
4	Dan Cohen	Eden Prairie	MN	32	M	0:28
5	John Schoofs	Minneapolis	MN	25	M	0:29
6	Nicole Vogler	Montreal		27	F	0:30
7	Chad Millner	Eden Prairie	MN	30	M	0:30
8	Ben Hanson	Princeton	MN	28	M	0:31
9	Samuel Dumcum	Encinitas	CA	24	M	0:32
10	Jason Neumann	St. Cloud	MN	24	M	0:32

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1	Ryan French	Ames	IA	24	M	16:43 5:23
2	Kevin Scheiterlein	Sartell	MN			17:02 5:29
3	Will Smith	Madison	WI	29	M	17:16 5:34
4	Mark Beversdorf	Wittenberg	WI	33	M	17:41 5:42
5	Ryan Giuliano	Schaumburg	IL	22	M	17:44 5:43
6	Blake Becker	Madison	WI	25	M	17:47 5:44
7	Michael Boehmer	Ixonia	WI	27	M	17:56 5:47
8	Chuck Smith	Unkown				18:11 5:51
9	Brooks Grossinger	Maple Grove	MN	29	M	18:31 5:58
10	Brian Herzog	Madison	WI	27	M	18:32 5:58

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	Kyle Serreyen	Lakeville	MN	16	M	1	20:31	6:36	0:48	2	1:00:59	20.2	0:35	1	22:38	7:17	1:45:28
2	Brandon Moscho	Saint Cloud	MN	19	M	3	21:41	6:59	0:50	1	58:05	21.2	0:56	2	22:46	7:20	1:46:16
3	Jeffrey Huber	Clearwater	MN	19	M	2	20:47	6:42	0:53	3	1:15:23	16.3	0:26	4	24:58	8:03	2:02:24
4	Sean Skow	Saint Cloud	MN	17	M	4	23:47	7:40	1:23	4	1:17:55	15.8	1:09	3	24:10	7:47	2:08:22

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	Jamie Neumann	Winona	MN	23	F	2	24:31	7:54	1:09	1	1:06:47	18.4	0:59	3	30:23	9:47	2:03:48
2	Kelly Damrow	St. Paul	MN	24	F	3	25:01	8:03	1:07	2	1:10:32	17.4	1:00	2	28:34	9:12	2:06:13
3	Emily Skaj	St. Cloud	MN	22	F	1	23:01	7:25	1:06	3	1:15:47	16.2	0:45	1	28:26	9:10	2:09:04

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	Ryan Giuliano	Schaumburg	IL	22	M	1	15:40	5:03	0:38	2	52:10	23.6	0:36	2	17:44	5:43	1:26:46
2	Nate Hoffman	South Haven	MN	23	M	3	15:52	5:07	0:50	1	51:06	24.1	0:40	4	18:54	6:05	1:27:20
3	Ryan French	Ames	IA	24	M	2	15:50	5:06	0:54	4	54:51	22.4	0:53	1	16:43	5:23	1:29:08
4	Neil Miller	Saint Paul	MN	22	M	4	16:14	5:14	0:35	3	53:51	22.8	0:42	3	18:37	6:00	1:29:56
5	Samuel Dumcum	Encinitas	CA	24	M	5	18:51	6:04	0:33	5	55:35	22.1	0:32	5	20:33	6:37	1:36:01
6	Robert Bauleke	Edina	MN	22	M	8	21:14	6:50	0:53	6	58:37	21.0	0:41	6	21:59	7:05	1:43:21
7	Terrell Ormson	Chaska	MN	23	M	11	22:26	7:13	1:14	8	1:01:18	20.1	0:40	9	24:47	7:59	1:50:22
8	Joe Dammel	Bloomington	MN	20	M	10	22:23	7:13	1:33	9	1:02:15	19.8	1:12	7	23:31	7:34	1:50:53
9	Jason Neumann	St. Cloud	MN	24	M	9	21:38	6:58	0:57	7	1:01:03	20.2	0:32	13	28:19	9:07	1:52:28
10	Ian Marks	Chili	WI	23	M	6	21:06	6:48	0:48	10	1:03:49	19.3	0:39	11	26:23	8:30	1:52:43
11	Dj Olmscheid	St Cloud	MN	24	M	13	22:59	7:24	1:06	11	1:07:17	18.3	0:46	10	25:30	8:13	1:57:35
12	Adam Plante	Sartell	MN	21	M	7	21:12	6:50	0:49	14	1:13:06	16.8	0:37	8	23:57	7:43	1:59:40
13	Marco Lanz	Minneapolis	MN	23	M	12	22:56	7:23	2:19	13	1:11:40	17.2	1:32	12	27:05	8:43	2:05:31
14	Adam Denzer	Montgomery	MN	23	M	15	27:34	8:53	1:02	12	1:07:28	18.2	1:07	15	38:08	12:17	2:15:18
15	Nicholas Plante	Sartell	MN	24	M	14	25:27	8:12	1:10	15	1:20:32	15.3	1:02	14	31:19	10:05	2:19:27

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	Sarah Kolpin	Madison	WI	25	F	2	18:46	6:03	0:35	1	56:45	21.7	0:37	1	20:21	6:33	1:37:02
2	Nicole Vogler	Montreal		27	F	1	18:35	5:59	0:31	4	59:33	20.7	0:30	2	20:22	6:34	1:39:29
3	Stacy Maas	Edina	MN	27	F	3	19:59	6:26	0:59	3	59:13	20.8	0:42	3	22:11	7:09	1:43:01
4	Shelley Nelson	Eden Prairie	MN	27	F	4	20:21	6:33	0:49	2	59:04	20.8	0:42	5	23:11	7:28	1:44:05
5	Nikki Bergh	Sartell	MN	29	F	5	21:04	6:47	0:48	5	1:01:53	19.9	0:39	4	23:06	7:26	1:47:28
6	Jennifer Casey	Minneapolis	MN	28	F	9	22:50	7:21	0:47	7	1:05:50	18.7	0:47	6	23:21	7:31	1:53:32

7	Stephanie Lieser	Fridley	MN	26	F	6	21:09	6:49	1:11	8	1:06:06	18.6	1:03	7	24:36	7:55	1:54:03
8	Ann Moyer	Rochester	MN	27	F	7	22:22	7:12	1:12	6	1:04:38	19.0	1:11	8	25:12	8:07	1:54:33
9	Amanda Schmitz	Chicago	IL	26	F	8	22:31	7:15	0:40	9	1:07:59	18.1	0:36	9	26:03	8:23	1:57:47
10	Maggie Dalrymple	Minneapolis	MN	29	F	11	24:17	7:49	1:07	10	1:10:18	17.5	1:01	12	27:41	8:55	2:04:22
11	Erin Muckerheide	Eagan	MN	25	F	10	24:08	7:46	0:53	13	1:13:29	16.7	0:35	10	27:31	8:52	2:06:33
12	Sarah Linder-Stenz	St. Paul	MN	26	F	13	25:52	8:20	0:48	11	1:11:45	17.1	1:00	11	27:33	8:52	2:06:56
13	Jennifer Zenzen	Avon	MN	29	F	12	24:19	7:50	2:12	12	1:12:54	16.9	1:16	13	28:55	9:19	2:09:34
14	Sarah Bates	Saint Cloud	MN	26	F	14	28:46	9:16	0:59	14	1:32:38	13.3	0:55	14	34:13	11:01	2:37:29

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	Blake Becker	Madison	WI	25	M	2	16:42	5:23	0:34	1	48:28	25.4	0:36	1	17:47	5:44	1:24:06
2	Brooks Grossinger	Maple Grove	MN	29	M	1	16:03	5:10	0:34	2	52:04	23.6	0:37	2	18:31	5:58	1:27:47
3	Anthony Hirschman	Minneapolis	MN	27	M	4	17:34	5:40	0:43	3	52:13	23.6	0:33	4	20:14	6:31	1:31:16
4	Brian Herzog	Madison	WI	27	M	3	17:09	5:32	0:31	9	57:22	21.4	0:34	3	18:32	5:58	1:34:05
5	John Schoofs	Minneapolis	MN	25	M	8	19:41	6:20	0:43	4	53:22	23.1	0:29	6	21:27	6:54	1:35:40
6	Colin Farbotko	Minneapolis	MN	28	M	6	19:00	6:07	0:31	10	59:13	20.8	0:28	5	20:35	6:38	1:39:46
7	Nick Madland	Minneapolis	MN	27	M	7	19:13	6:11	0:34	6	56:22	21.8	0:37	13	26:01	8:23	1:42:44
8	Joseph Moyer	Rochester	MN	28	M	12	22:15	7:10	1:04	5	54:04	22.8	1:03	10	24:38	7:56	1:43:01
9	Mark Evenson	Minneapolis	MN	27	M	10	20:24	6:34	0:47	7	56:42	21.7	0:44	11	24:38	7:56	1:43:13
10	Eric Rambow	Minneapolis	MN	26	M	5	18:56	6:06	0:56	11	1:01:32	20.0	1:09	7	22:01	7:06	1:44:32
11	Aaorn Hoffmann	Saint Paul	MN	27	M	9	19:45	6:22	0:57	8	57:21	21.5	0:45	14	26:19	8:29	1:45:05
12	Todd Lieser	Fridley	MN	26	M	11	21:55	7:04	0:56	12	1:03:26	19.4	0:33	9	24:21	7:51	1:51:09
13	Steve Stenzel	St. Paul	MN	25	M	16	23:04	7:26	0:44	17	1:06:29	18.5	0:51	8	23:24	7:32	1:54:30
14	Ben Hanson	Princeton	MN	28	M	17	23:24	7:32	0:39	13	1:03:30	19.4	0:31	15	26:52	8:39	1:54:54
15	Andrew Thieman	Saint Louis Pa	MN	27	M	15	23:00	7:24	0:55	14	1:03:56	19.2	0:45	16	27:45	8:56	1:56:20
16	Graeme Webster	Minneapolis	MN	29	M	13	22:20	7:12	1:04	16	1:05:38	18.7	0:58	17	27:50	8:58	1:57:48
17	Mark Muckerheide	Eagan	MN	28	M	14	22:57	7:24	1:25	18	1:12:30	17.0	1:19	12	24:46	7:59	2:02:56
18	David Gustafson	Minneapolis	MN	29	M	18	27:05	8:43	1:45	15	1:04:43	19.0	1:13	18	34:10	11:00	2:08:55

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	Catherine Lee	Chanhassen	MN	32	F	2	19:48	6:23	0:42	1	55:36	22.1	0:36	3	21:38	6:58	1:38:19
2	Jaime Kulbel	Madison	WI	30	F	3	19:48	6:23	0:34	3	58:31	21.0	0:36	2	21:05	6:48	1:40:32
3	Julie Hull	Farmington	MN	34	F	4	20:46	6:41	0:30	2	56:45	21.7	0:37	4	22:23	7:13	1:40:59
4	Darcy Franklin	Minneapolis	MN	34	F	1	19:33	6:18	0:59	4	59:41	20.6	0:50	1	20:41	6:40	1:41:41
5	Amy Koop	Minnetonka	MN	33	F	7	22:43	7:19	1:19	5	1:05:18	18.8	0:52	5	23:48	7:40	1:53:58
6	Molly Moilanen	Minneapolis	MN	31	F	6	22:42	7:19	0:51	7	1:08:35	17.9	0:46	6	25:20	8:10	1:58:13
7	Becca Hatch	Minneapolis	MN	31	F	5	22:07	7:07	0:47	6	1:05:53	18.7	0:56	11	30:05	9:41	1:59:47
8	Beth Hennes	Ankeny	IA	33	F	9	23:48	7:40	0:48	10	1:11:14	17.3	0:40	7	26:15	8:27	2:02:43
9	Katy Borgerding	Ramsey	MN	31	F	8	23:36	7:36	1:01	9	1:11:11	17.3	0:53	8	26:44	8:37	2:03:23
10	Trina Simmons	Moorhead	MN	34	F	12	26:11	8:26	1:16	11	1:12:53	16.9	1:05	9	28:53	9:18	2:10:16
11	Heather Schwartz	Minneapolis	MN	34	F	14	27:39	8:54	1:06	8	1:10:44	17.4	1:34	13	32:57	10:37	2:13:58
12	Mary Bruno	St. Joseph	MN	33	F	13	27:38	8:54	0:45	14	1:16:42	16.0	0:41	12	32:51	10:35	2:18:36
13	Sarah O'Brien	Des Moines	IA	32	F	15	28:20	9:07	1:13	13	1:13:27	16.8	1:09	16	35:27	11:25	2:19:35
14	Charity Davis	Medford	MN	33	F	11	25:55	8:21	1:26	17	1:23:39	14.7	1:06	10	29:49	9:36	2:21:53
15	Dawn Johnson	Rochester	MN	30	F	17	30:12	9:44	1:02	12	1:13:09	16.8	0:54	17	37:51	12:11	2:23:07
16	Sara Jorgenson	Avon	MN	33	F	16	29:28	9:29	1:04	15	1:17:35	15.9	0:43	15	34:40	11:10	2:23:28
17	Sara Klein	Sartell	MN	30	F	10	25:53	8:20	1:28	16	1:23:17	14.8	0:58	14	33:29	10:47	2:25:04

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	John Shelp	Maple Plain	MN	34	M	5	17:39	5:41	0:36	1	48:23	25.4	0:33	4	19:37	6:19	1:26:46
2	Mark Beversdorf	Wittenberg	WI	33	M	1	16:25	5:17	0:39	4	52:14	23.6	0:32	1	17:41	5:42	1:27:29
3	Dan Cohen	Eden Prairie	MN	32	M	4	17:11	5:32	0:38	2	50:38	24.3	0:28	2	19:14	6:12	1:28:07
4	Chad Millner	Eden Prairie	MN	30	M	2	16:34	5:20	0:28	3	51:23	23.9	0:30	12	22:23	7:13	1:31:17
5	Matt Simmons	Moorhead	MN	31	M	7	18:35	5:59	0:49	5	53:46	22.9	0:39	3	19:26	6:16	1:33:14
6	Timothy Smith	White Bear Lak	MN	32	M	10	19:12	6:11	0:50	6	54:43	22.5	0:52	6	20:05	6:28	1:35:40
7	Borg Isaksen	Brule	WI	33	M	11	19:33	6:18	0:57	7	57:11	21.5	0:52	7	20:54	6:44	1:39:25
8	Derick Podratz	Lino Lakes	MN	32	M	6	18:13	5:52	0:45	12	1:00:43	20.3	0:45	9	21:20	6:52	1:41:44
9	Jesse Nelson	Red Wing	MN	30	M	3	17:05	5:30	0:45	19	1:04:15	19.1	0:39	5	19:40	6:20	1:42:23
10	Colin McGuigan	Little Falls	MN	32	M	16	21:44	7:00	1:20	8	58:18	21.1	1:29	10	22:04	7:06	1:44:53
11	Ryan Schultz	Minneapolis	MN	31	M	8	19:02	6:08	0:35	17	1:02:40	19.6	0:32	11	22:07	7:07	1:44:54
12	Clifford Owen	Deephaven	MN	34	M	9	19:10	6:10	0:57	14	1:01:51	19.9	1:04	15	23:34	7:36	1:46:34
13	Jonathan Wagner	Sartell	MN	34	M	12	19:50	6:23	1:08	18	1:04:04	19.2	0:54	8	21:14	6:51	1:47:09
14	Sam Francois	Rochester	MN	30	M	13	20:15	6:31	0:52	13	1:01:09	20.1	0:52	16	24:06	7:46	1:47:11
15	Tony Casassa	St Cloud	MN	31	M	14	20:57	6:45	1:22	16	1:02:30	19.7	1:18	13	22:45	7:20	1:48:49
16	David Buhl	St. Cloud	MN	33	M	17	21:56	7:04	1:15	15	1:02:28	19.7	0:50	14	23:00	7:25	1:49:28
17	Kris King	Plymouth	MN	30	M	19	22:46	7:20	0:58	9	59:24	20.7	0:42	19	26:40	8:35	1:52:28
18	Michael Soderburg	Pillager	MN	32	M	22	23:58	7:43	1:16	10	59:56	20.5	1:06	20	27:38	8:54	1:53:52
19	Chad Wade	St Cloud	MN	33	M	23	24:51	8:00	1:10	11	1:00:24	20.4	1:05	22	29:07	9:23	1:56:36
20	Kevin Ballinger	Maple Grove	MN	34	M	18	22:28	7:14	1:05	21	1:07:30	18.2	1:10	17	24:35	7:55	1:56:46
21	Steve Olin	Minneapolis	MN	33	M	20	22:54	7:23	1:31	20	1:06:52	18.4	0:59	21	28:51	9:17	2:01:05
22	Dean Wikenheiser	Plymouth	MN	32	M	15	21:32	6:56	0:54	23	1:14:29	16.5	0:37	18	25:31	8:13	2:03:01
23	John Meyerhofer	Saint Cloud	MN	32	M	21	23:44	7:39	1:15	22	1:10:56	17.3	1:05	23	29:17	9:26	2:06:16

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	Marlo Crosby	Duluth	MN	36	F	1	18:34	5:59	0:41	1	53:29	23.0	0:36	1	20:20	6:33	1:33:37

2	Marlina Walth	Bismarck	ND	37	F	2	19:47	6:22	0:46	2	55:30	22.2	0:40	2	20:47	6:42	1:37:28
3	Lisa Thompson	La Jolla	CA	35	F	3	20:34	6:38	0:39	3	57:41	21.3	0:38	3	22:30	7:15	1:42:01
4	Min-Amy Xu	Plymouth	MN	38	F	7	24:22	7:51	0:51	4	1:03:27	19.4	0:45	5	26:09	8:25	1:55:32
5	Sara Ballinger	Maple Grove	MN	35	F	10	25:26	8:11	1:02	5	1:04:44	19.0	1:11	7	28:14	9:05	2:00:35
6	Suzanne Levi	St Paul	MN	39	F	4	23:21	7:31	1:44	6	1:08:46	17.9	1:25	4	25:42	8:17	2:02:56
7	Jena Klein	Cold Spring	MN	36	F	8	25:13	8:07	1:13	7	1:08:59	17.8	0:57	9	28:42	9:15	2:05:03
8	Jenny Holbert	Onamia	MN	35	F	5	23:48	7:40	1:23	8	1:10:33	17.4	1:30	8	28:31	9:11	2:05:43
9	Stephanie Johnson	Cold Spring	MN	39	F	6	24:20	7:50	1:24	11	1:12:40	16.9	1:36	6	26:47	8:37	2:06:45
10	Jennifer York	Ames	IA	37	F	9	25:25	8:11	1:10	9	1:10:42	17.4	1:16	10	29:37	9:32	2:08:08
11	Tammy Thingelstad	Minnetonka	MN	35	F	11	26:43	8:36	2:14	12	1:16:08	16.2	2:39	11	32:56	10:36	2:20:38
12	Patty Andreychuk	Minnetonka	MN	36	F	12	29:59	9:39	2:36	10	1:11:23	17.2					

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	Kris Swarthout	Crystal	MN	35	M	4	19:30	6:17	0:32	1	53:30	23.0	0:34	4	21:17	6:51	1:35:22
2	Patrick Lewis	Brooklyn Park	MN	35	M	2	19:17	6:13	0:44	3	54:54	22.4	0:35	2	20:39	6:39	1:36:06
3	John Fletcher	Muscatine	IA	37	M	6	19:36	6:19	0:54	2	54:18	22.7	0:47	8	22:33	7:16	1:38:06
4	Joseph Hill	Alexandria	MN	37	M	8	20:11	6:30	0:52	4	56:49	21.7	0:46	5	21:19	6:52	1:39:55
5	Sean Mulheron	Vadnais Height	MN	37	M	1	18:39	6:01	0:34	8	1:00:00	20.5	0:36	1	20:19	6:33	1:40:07
6	Tom Swanson	St. Paul	MN	38	M	3	19:20	6:14	1:04	10	1:00:27	20.4	1:00	3	20:59	6:45	1:42:47
7	Brian Bergeman	Madelia	MN	38	M	9	20:20	6:33	1:02	5	59:05	20.8	0:48	6	21:42	6:59	1:42:55
8	Joe McGaver	Duluth	MN	36	M	5	19:34	6:18	1:03	7	59:33	20.7	0:51	7	22:01	7:06	1:43:00
9	Joe Kelzer	New Richmond	WI	36	M	12	21:17	6:51	0:47	12	1:01:26	20.0	0:35	11	23:02	7:25	1:47:05
10	Michael Dillon	Brainerd	MN	36	M	10	20:43	6:40	1:01	14	1:01:46	19.9	1:01	10	22:45	7:20	1:47:13
11	Christopher Robins	Baxter	MN	39	M	11	20:47	6:42	0:41	9	1:00:22	20.4	0:45	15	25:30	8:13	1:48:04
12	Jon Kern	St. Cloud	MN	36	M	15	21:59	7:05	0:56	6	59:21	20.7	0:57	19	26:36	8:34	1:49:47
13	Michael Scham	St Paul	MN	37	M	13	21:22	6:53	1:23	19	1:03:15	19.5	1:28	9	22:38	7:18	1:50:04
14	Jeff Foss	Sebeka	MN	35	M	16	22:22	7:12	0:52	13	1:01:42	19.9	0:40	14	25:25	8:11	1:50:59
15	Mark Nieters	Sartell	MN	38	M	17	22:27	7:14	0:56	16	1:02:05	19.8	0:46	18	26:01	8:23	1:52:12
16	Scott Rutten	Sauk Centre	MN	37	M	19	22:31	7:15	0:50	20	1:03:15	19.5	1:10	12	24:33	7:24	1:52:16
17	Greg Skoog	Sartell	MN	39	M	18	22:29	7:15	0:57	11	1:01:04	20.1	1:39	13	24:37	7:56	1:52:44
18	Shawn Kittridge	St. Cloud	MN	35	M	7	19:57	6:26	0:54	21	1:04:37	19.0	1:41	16	25:40	8:16	1:52:46
19	John Wolfe	Sartell	MN	35	M	23	23:24	7:32	0:54	17	1:02:24	19.7	1:06	17	26:01	8:23	1:53:47
20	Trent Schroeder	Minneapolis	MN	38	M	20	23:01	7:25	1:09	15	1:01:53	19.9	0:51	23	28:08	9:04	1:55:00
21	Mark Thurner	Mpls	MN	38	M	25	24:21	7:51	2:09	18	1:02:44	19.6	2:15	21	27:44	8:56	1:59:12
22	Glenn Riemersma	Bloomington	MN	39	M	24	23:30	7:34	1:14	22	1:04:40	19.0	1:29	26	28:25	9:09	1:59:16
23	Alex Gordon	St Cloud	MN	36	M	22	23:20	7:31	1:12	26	1:08:38	17.9	0:59	20	26:45	8:37	2:00:52
24	Gregory Mattson	Minneapolis	MN	36	M	21	23:05	7:26	1:30	25	1:07:46	18.2	1:07	24	28:09	9:04	2:01:36
25	Bryon Amo	Sauk Rapids	MN	36	M	26	24:37	7:56	1:49	24	1:06:17	18.6	1:17	25	28:24	9:09	2:02:21
26	Tom Eibes	Sartell	MN	39	M	14	21:46	7:01	0:42	28	1:15:27	16.3	0:38	22	27:51	8:58	2:06:22
27	Jim Kinsley	Yankton	SD	35	M	27	25:35	8:14	1:06	27	1:10:17	17.5	0:53	27	30:50	9:56	2:08:39
28	Carl Heeder	St. Cloud	MN	35	M	28	25:45	8:18	1:11	23	1:05:04	18.9	1:35	28	35:20	11:23	2:08:54

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	Sue Abrahamson	Wayzata	MN	43	F	2	19:49	6:23	0:49	1	57:24	21.4	0:43	2	21:33	6:57	1:40:16
2	Wendy Bengtson	Chippewa Falls	WI	40	F	3	19:59	6:26	0:43	4	58:44	20.9	0:39	1	21:23	6:53	1:41:25
3	Julie McMonagle	Eagan	MN	40	F	5	20:22	6:33	0:37	3	58:17	21.1	0:39	4	21:58	7:05	1:41:50
4	Heidi Keller Miler	Chaska	MN	42	F	1	19:21	6:14	0:43	7	1:00:07	20.5	0:42	3	21:43	7:00	1:42:34
5	Sue Burton	Golden Valley	MN	44	F	4	20:20	6:33	0:46	5	59:10	20.8	0:46	6	22:44	7:19	1:43:44
6	Tanya Miller	Plymouth	MN	44	F	7	20:58	6:45	0:49	2	57:39	21.3	1:14	8	23:18	7:30	1:43:55
7	Cindy Schlafman	Uknown	40	F	9	21:03	6:47	0:48	9	1:00:24	20.4	0:45	9	23:21	7:31	1:46:18	
8	Joan Van Camp	Tonka Bay	MN	43	F	8	20:59	6:45	1:04	6	59:19	20.7	0:54	7	22:48	7:21	1:47:03
9	Michelle Dennhardt	Stillwater	MI	40	F	10	21:51	7:02	1:01	8	1:00:16	20.4	1:09	12	25:54	8:20	1:50:08
10	Cindy Lewandowski	Sartell	MN	44	F	6	20:50	6:43	0:56	12	1:07:01	18.4	0:51	5	22:20	7:11	1:51:55
11	Amy Woolsey	Sauk Rapids	MN	41	F	12	23:11	7:28	0:58	11	1:05:04	18.9	0:59	11	25:08	8:06	1:55:18
12	Sheila Amo	Sauk Rapids	MN	42	F	13	23:35	7:36	0:56	10	1:04:08	19.2	1:07	14	27:38	8:54	1:57:21
13	Lisa Kent	Sartell	MN	40	F	11	22:53	7:22	1:07	16	1:09:02	17.8	1:11	10	24:39	7:57	1:58:51
14	Rena Borden	Eden Prairie	MS	43	F	15	24:07	7:46	1:16	15	1:08:30	18.0	1:17	13	26:10	8:26	2:03:18
15	Marjie Carr-Oxley	Roseville	MN	43	F	17	25:02	8:04	0:49	14	1:08:26	18.0	0:51	17	28:39	9:14	2:03:45
16	Lori Stephens	Cadott	WI	41	F	20	27:35	8:53	1:10	13	1:07:14	18.3	1:00	16	28:01	9:02	2:04:58
17	Jayme Hogan	Minneapolis	MN	41	F	14	23:59	7:43	1:35	18	1:11:18	17.3	1:39	15	27:55	8:59	2:06:23
18	Jane Streit	Lakeville	MN	41	F	19	26:21	8:29	1:30	17	1:11:11	17.3	1:54	19	30:37	9:52	2:11:31
19	Lisa Vague	Alberville	MN	43	F	16	24:57	8:02	1:19	20	1:16:11	16.1	1:09	18	29:33	9:31	2:13:07
20	Jane Davidson	Saint Louis Pa	MN	41	F	21	30:04	9:41	2:13	19	1:11:38	17.2	1:33	20	33:29	10:47	2:18:54
21	Pamela Garretson	Lakeville	MN	44	F	18	26:13	8:27	1:47	21	1:22:21	14.9	1:36	21	33:45	10:52	2:25:40

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	Charles Parsons	Minneapolis	MN	40	M	1	17:31	5:39	0:44	3	54:40	22.5	0:42	1	18:46	6:03	1:32:22
2	Peter Hanson	Minneapolis	MN	41	M	3	18:07	5:50	0:43	1	54:15	22.7	0:36	3	19:45	6:22	1:33:23
3	Jey Carlson	Minnetonka	MN	40	M	5	18:43	6:02	0:38	2	54:18	22.7	0:46	4	20:39	6:39	1:35:03
4	Marvin Denzer	Waconia	MN	40	M	2	17:37	5:41	0:47	7	57:48	21.3	0:48	2	19:01	6:08	1:35:58
5	Joseph Schneiderha	Alexandria	MN	41	M	4	18:30	5:58	0:53	4	56:19	21.8	0:43	5	21:07	6:48	1:37:29
6	Nathaniel Tollefso	Minneapolis	MN	40	M	6	18:53	6:05	0:58	5	56:54	21.6	0:37	9	22:40	7:18	1:40:00
7	David Drees	Minneapolis	MN	44	M	8	19:29	6:17	0:58	6	57:04	21.6	0:58	6	21:36	6:58	1:40:04
8	Paul Serreyn	Lakeville	MN	43	M	10	20:26	6:35	0:57	8	1:00:39	20.3	0:44	8	22:36	7:17	1:45:20
9	Patrick Wikenheise	Minneapolis	MN	42	M	11	21:19	6:52	1:04	9	1:00:55	20.2	1:19	10	22:42	7:19	1:47:17
10	Tim Ruff	Savage	MN	41	M	16	22:11	7:09	1:03	10	1:01:33	20.0	0:51	16	25:17	8:09	1:50:54
11	Tim Peterson	Sartell	MN	44	M	7	19:20	6:14	1:17	20	1:07:08	18.3	1:44	7	22:01	7:05	1:51:27
12	Ray Bauske	Fargo	ND	41	M	13	21:42	6:59	1:49	14	1:03:18	19.4	1:39	12	23:26	7:33	1:51:52
13	John Patrin	Chanhassen	MN	40	M	15	22:06	7:07	1:18	15	1:03:36	19.3	1:23	18	26:27	8:31	1:54:48
14	Glenn Leary	St. Paul	MI	43	M	12	21:24	6:54	1:17	19	1:06:40	18.5	1:29	14	24:20	7:50	1:55:09

15	Andrew Smith	Baxter	MN	42	M	14	21:44	7:00	1:15	21	1:08:39	17.9	1:30	11	22:54	7:23	1:56:00
16	Richard Warzecha	Saint Paul	MN	42	M	20	22:51	7:22	1:29	16	1:05:26	18.8	1:28	15	24:57	8:02	1:56:10
17	Haehn Mike	Sartell	MN	42	M	17	22:13	7:09	1:00	17	1:05:27	18.8	1:19	21	27:06	8:44	1:57:02
18	Henry Wieland	Rice	MN	41	M	24	23:18	7:30	1:30	12	1:02:59	19.5	1:47	22	27:34	8:53	1:57:07
19	John Seiler	Sartell	MN	42	M	21	22:53	7:22	0:59	18	1:06:28	18.5	0:54	17	26:24	8:30	1:57:35
20	Rich Theisen	Clearwater	MN	43	M	18	22:27	7:14	1:59	22	1:09:18	17.8	1:45	20	27:02	8:42	2:02:29
21	Scott Leo	Minneapolis	MN	44	M	26	27:07	8:44	1:09	13	1:03:07	19.5	0:47	24	31:17	10:05	2:03:26
22	Steven Paulik	Fargo	ND	42	M	22	22:54	7:23	1:07	11	1:01:38	20.0	1:32	28	37:23	12:02	2:06:33
23	Kevin Crookston	Lakeville	MN	44	M	23	23:05	7:26	1:03	28	1:19:23	15.5	0:59	13	24:05	7:45	2:08:33
24	Whitney Johnson	Cold Spring	MN	42	M	19	22:50	7:21	1:24	27	1:17:02	16.0	1:51	19	26:40	8:35	2:09:45
25	Michael Paul	Minnetonka	MN	44	M	27	27:23	8:49	1:25	23	1:09:58	17.6	1:10	25	31:24	10:07	2:11:18
26	Ron Tiernan	Albertville	MN	40	M	9	19:48	6:23	1:34	25	1:14:04	16.6	1:38	26	32:30	10:28	2:11:32
27	Wade Davis	Lakeville	MN	41	M	28	29:21	9:27	1:29	24	1:11:42	17.2	1:24	23	30:37	9:52	2:14:31
28	Eric Forseth	Bloomington	MN	42	M	25	26:17	8:28	0:44	26	1:14:47	16.5	0:40	27	33:10	10:41	2:15:36
29	Jeff Titus	Geneva	MN	40	M	29	31:27	10:08	1:20	29	1:31:04	13.5	1:11	29	42:27	13:40	2:47:28

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	Jan Guenther	Mound	MN	47	F	1	19:50	6:23	0:45	1	55:25	22.2	0:40	1	21:21	6:53	1:37:58
2	Merilee Sander	Northfield	MN	46	F	2	20:40	6:40	0:46	2	57:32	21.4	0:52	2	21:35	6:57	1:41:24
3	Judith Peters	St. Cloud	MN	46	F	3	23:57	7:43	1:19	4	1:11:01	17.3	0:49	3	25:59	8:22	2:03:03
4	Linda Gehrig	Chippewa Falls	WI	46	F	4	27:33	8:52	1:10	3	1:06:46	18.4	1:17	4	27:54	8:59	2:04:37

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	48	M	1	18:04	5:49	0:33	1	52:46	23.3	0:33	1	19:55	6:25	1:31:49
2	Santiago Morgan	Unknown	45	M	2	18:24	5:56	0:37	3	56:17	21.9	0:48	3	20:55	6:44	1:36:59	
3	Mark Myers	Dellwood	MN	47	M	3	18:33	5:59	0:57	4	57:48	21.3	1:05	2	20:44	6:41	1:39:04
4	Paul Haltvick	Ashland	WI	49	M	7	19:57	6:26	0:32	2	55:40	22.1	0:36	8	22:49	7:21	1:39:33
5	Steve Peterson	Eagan	MN	49	M	6	19:53	6:24	0:59	5	58:19	21.1	0:39	6	22:31	7:15	1:42:19
6	Rodney Pratt	Stillwater	MN	45	M	8	20:36	6:38	0:40	7	59:15	20.8	0:57	5	21:57	7:04	1:43:24
7	Thomas Heuer	Des Moines	IA	49	M	5	19:38	6:19	0:58	10	1:00:03	20.5	1:00	7	22:36	7:17	1:44:13
8	Dave Dornfeld	Edina	MN	46	M	9	20:53	6:44	1:14	9	59:58	20.5	1:13	12	25:01	8:03	1:48:17
9	Chuck Heisick	St. Cloud	MN	47	M	13	22:49	7:21	0:57	6	59:14	20.8	0:46	11	25:00	8:03	1:48:45
10	David Peterson	Shakopee	MN	45	M	4	18:45	6:02	0:54	17	1:06:03	18.6	0:40	4	21:04	6:47	1:49:24
11	Mike Murray	Sartell	MN	47	M	10	22:02	7:06	0:43	12	1:02:31	19.7	0:55	10	24:54	8:01	1:51:02
12	Bob Harmon	New Brighton	MN	45	M	11	22:10	7:08	1:02	8	59:53	20.5	0:56	16	27:06	8:44	1:51:06
13	Gregg Garretson	Lakeville	MN	49	M	14	23:01	7:25	0:58	13	1:03:32	19.4	0:56	9	23:45	7:39	1:52:09
14	Lary Klein	Rochester	MN	47	M	12	22:31	7:15	1:12	11	1:00:30	20.3	1:14	18	28:51	9:17	1:54:15
15	Mike Brodock	Sartell	MN	45	M	17	23:18	7:30	1:00	16	1:05:15	18.9	0:50	14	26:07	8:25	1:56:28
16	Steve Swanson	Elk River	MN	47	M	15	23:07	7:27	1:08	14	1:05:08	18.9	1:11	15	26:07	8:25	1:56:39
17	Guy Sprenger	St. Cloud	MN	49	M	16	23:11	7:28	0:44	15	1:05:13	18.9	1:31	17	28:00	9:01	1:58:38
18	Scott Jennings	Hastings	MN	47	M	19	26:21	8:29	1:38	19	1:08:54	17.9	1:22	13	25:43	8:17	2:05:56
19	Mark Amman	Faribault	MN	46	M	18	23:38	7:37	1:26	21	1:12:16	17.0	1:20	19	31:26	10:07	2:10:04
20	Chuck Hodgson	West St. Paul	MN	48	M	20	28:28	9:10	1:24	18	1:08:02	18.1	1:26	20	32:17	10:24	2:11:35
21	Thomas Rendos	Shorewood	MN	45	M	21	31:45	10:14	1:54	20	1:09:50	17.6	2:00	21	39:04	12:35	2:24:31

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	51	F	1	22:26	7:13	0:53	1	57:50	21.3	0:45	1	23:59	7:43	1:45:50
2	Pam Stevens	Sartell	MN	53	F	2	23:42	7:38	0:56	2	1:00:59	20.2	0:45	2	25:48	8:19	1:52:08
3	Glon West	Depere	WI	53	F	3	25:20	8:10	2:22	3	1:04:22	19.1	2:03	3	28:55	9:19	2:03:00
4	Sue Dornfeld	Edina	MN	50	F	4	26:24	8:30	1:28	4	1:06:26	18.5	0:51				

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	Dave Dow	West Lakeland	MN	51	M	4	19:11	6:11	0:36	1	53:05	23.2	0:50	2	20:36	6:38	1:34:16
2	Dan Rindfleisch	Madison	WI	52	M	2	18:40	6:01	0:35	2	55:30	22.2	0:36	1	19:49	6:23	1:35:09
3	Timothy Armstrong	Muscatine	IA	50	M	3	18:59	6:07	0:50	3	56:07	21.9	0:46	3	21:03	6:47	1:37:43
4	Lynn Beiswanger	Bismarck	ND	52	M	1	18:15	5:53	0:59	5	58:36	21.0	0:55	4	21:28	6:55	1:40:10
5	Tim O'Brien	Lakeville	MN	51	M	5	20:09	6:30	0:59	7	1:00:58	20.2	1:22	5	21:50	7:02	1:45:17
6	Mike Flynn	Elk River	MN	54	M	6	21:23	6:53	1:03	10	1:02:56	19.5	1:08	6	22:27	7:14	1:48:57
7	David Clemmons	Bismarck	ND	51	M	7	21:25	6:54	2:05	6	59:48	20.6	1:50	8	25:36	8:15	1:50:41
8	Leon Essler	Bismarck	ND	54	M	8	22:43	7:19	1:27	4	57:40	21.3	1:25	14	29:55	9:38	1:53:08
9	Rick Edinger	Edina	MN	50	M	10	23:31	7:35	0:46	8	1:01:46	19.9	0:42	9	26:55	8:40	1:53:38
10	Mark Kapsner	Saint Cloud	MN	53	M	13	24:48	7:59	1:16	9	1:02:29	19.7	1:04	11	27:40	8:55	1:57:16
11	John Ostmo	Milaca	MN	51	M	12	24:27	7:53	1:11	11	1:03:04	19.5	0:59	12	27:44	8:56	1:57:24
12	Paul Damrow	Roseville	MN	54	M	9	23:12	7:28	2:10	13	1:08:54	17.9	1:25	7	25:31	8:13	2:01:10
13	Mike O'Hara	Sartell	MN	53	M	14	25:06	8:05	1:18	12	1:08:12	18.0	1:26	10	27:38	8:54	2:03:38
14	Louis Ahlstrand	Shafer	MN	52	M	11	24:14	7:48	1:28	14	1:10:12	17.5	1:57	13	28:40	9:14	2:06:28
15	Tom Jensen	Sartell	MN	50	M	15	25:54	8:20	1:06	15	1:12:32	17.0	1:16	15	33:33	10:48	2:14:19

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	Debbie Yee	Madison	WI	55	F	2	23:48	7:40	1:00	1	1:02:33	19.7	1:18	2	26:58	8:41	1:55:35

2 Francine Lepage Minneapolis MN 58 F 1 23:32 7:35 1:46 2 1:15:16 16.3 1:27 1 26:45 8:37 2:08:44

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	58	M	1	21:25	6:54	0:37	1	56:09	21.9	0:58	2	24:55	8:01	1:44:02
2 Michael Sjogren	St. Cloud	MN	55	M	2	21:46	7:01	0:54	2	1:00:18	20.4	0:54	1	24:35	7:55	1:48:25
3 K. David Hirschey	Plymouth	MN	56	M	4	25:52	8:20	1:14	3	1:00:43	20.3	1:01	3	27:33	8:52	1:56:21
4 John Bodette	St. Cloud	MN	56	M	3	24:28	7:53	0:58	5	1:17:16	15.9	1:12	4	30:07	9:42	2:13:59
5 Dennis Coe	Minneapolis	MN	55	M	5	26:02	8:23	1:11	4	1:12:39	16.9	1:25	5	32:05	10:20	2:15:21

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 Nick Vanduzee	Chaska	MN	63	M	2	21:33	6:56	1:06	1	1:00:03	20.5	0:50	2	24:50	8:00	1:48:20
2 Dave Demulling	Osceola	WI	61	M	3	21:58	7:04	1:13	3	1:04:02	19.2	1:13	1	24:08	7:46	1:52:31
3 Bob Bailey	Woodbury	MN	62	M	1	21:31	6:56	0:56	2	1:03:50	19.3	0:52	3	25:42	8:17	1:52:50
4 Jim Ogg	Edina	MN	63	M	4	24:28	7:53	1:23	6	1:07:57	18.1	1:17	5	28:04	9:02	2:03:07
5 Larry McKenzie	Brooklyn Park	MN	60	M	7	26:22	8:29	1:26	5	1:07:16	18.3	1:21	4	27:34	8:53	2:03:56
6 Tom Brix	Plymouth	MN	64	M	6	26:18	8:28	1:39	4	1:05:39	18.7	1:49	6	29:16	9:26	2:04:40
7 Steve Paladie	Bloomington	MN	64	M	5	25:21	8:10	1:10	7	1:08:58	17.8	1:10	7	30:48	9:55	2:07:26
8 Ron Pemberton	Milwaukee	WI	63	M	8	27:23	8:49	1:23	8	1:10:16	17.5	1:22	8	32:11	10:22	2:12:32
9 Edwin Widseth	Edina	MN	62	M	10	29:53	9:38	1:15	10	1:15:26	16.3	1:29	11	36:42	11:49	2:24:44
10 Gary Youso	Depere	WI	61	M	11	31:33	10:10	2:08	9	1:14:05	16.6	2:52	10	35:54	11:34	2:26:29
11 Doug Adamek	St. Cloud	MN	63	M	9	27:49	8:58	0:59	11	1:33:25	13.2	1:00	9	34:47	11:12	2:37:58

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 Hank Larsen	Glencoe	MN	66	M	1	21:26	6:54	0:54	1	1:04:41	19.0	0:44	1	28:15	9:06	1:55:59
2 Don Meck	Siren	WI	67	M	3	27:46	8:57	2:07	2	1:07:40	18.2	2:06	3	32:10	10:21	2:11:46
3 Roger Chevalier	St Cloud	MN	65	M	2	27:01	8:42	1:00	3	1:20:51	15.2	0:59	2	31:07	10:01	2:20:56