

APPLE DUATHLON
Saturday, May 26, 2007
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	1/19	David Thompson	St. Paul	MN	29	M	2	15:32	5:00	0:33	1	47:23	26.0	0:27	4	16:59	5:28
2	1/23	Tom Jeffrey	Richmond	VA	34	M	3	15:32	5:00	0:30	2	48:41	25.3	0:32	5	17:04	5:30
3	1/13	Ryan Giuliano	Schaumburg	IL	23	M	1	15:26	4:59	0:36	12	51:38	23.8	0:27	1	16:26	5:18
4	2/23	Dan Cohen	Eden Prairie	MN	33	M	9	16:28	5:18	0:29	4	49:23	24.9	0:26	11	18:13	5:52
5	2/13	Neil Miller	Saint Paul	MN	23	M	4	15:42	5:04	0:34	10	51:36	23.8	0:32	2	16:54	5:27
6	3/23	Brooks Grossinger	Mayer	MN	30	M	6	16:01	5:10	0:33	9	51:14	24.0	0:34	7	17:27	5:37
7	1/42	Kevin O'Connor	Corcoran	MN	36	M	10	16:29	5:19	0:34	7	50:29	24.4	0:29	10	18:03	5:49
8	1/29	Brian Bich	Duluth	MN	41	M	11	16:29	5:19	0:33	6	50:08	24.5	0:41	12	18:27	5:57
9	2/19	Ryan French	Ames	IA	25	M	7	16:13	5:14	0:55	15	52:12	23.6	0:47	3	16:55	5:27
10	3/19	Jonathan Balabuck	Thunder Bay-Ca		28	M	5	15:56	5:08	0:34	18	53:02	23.2	0:33	6	17:14	5:33
11	2/42	John Shelp	Maple Plain	MN	35	M	13	17:05	5:30	0:35	5	49:59	24.6	0:37	21	19:20	6:14
12	4/19	Curt Wood	Chaska	MN	29	M	30	18:12	5:52	0:35	3	48:47	25.2	0:29	27	19:38	6:20
13	5/19	Brent Sinn	La Crosse	WI	29	M	17	17:27	5:37	0:57	13	51:49	23.7	0:40	15	18:53	6:05
14	1/15	Dave Dow	West Lakeland	MN	52	M	23	17:57	5:47	0:46	8	50:51	24.2	0:50	29	19:46	6:22
15	6/19	Michael Boehmer	Oconomowoc	WI	28	M	12	16:53	5:26	0:28	28	54:31	22.6	0:34	13	18:35	5:59
16	4/23	Jason Bates	Minneapolis	MN	31	M	32	18:21	5:55	0:44	11	51:36	23.8	0:37	28	19:46	6:22
17	2/15	Gregory Taylor	Mankato	MN	53	M	31	18:16	5:53	0:31	19	53:11	23.1	0:31	25	19:36	6:19
18	1/18	James Kelley	Centuria	WI	46	M	18	17:35	5:40	0:36	27	54:23	22.6	0:38	16	18:57	6:06
19	7/19	Anthony Hirschman	Medicine Lake	MN	28	M	20	17:42	5:42	0:39	22	53:51	22.8	0:29	26	19:37	6:19
20	1/15	Marlo Crosby Mcgav	Duluth	MN	37	F	38	18:26	5:56	0:50	16	52:36	23.4	0:39	30	19:53	6:24
21	3/42	Dan Friedrichs	Mankato	MN	39	M	21	17:51	5:45	0:47	25	54:10	22.7	0:40	17	18:58	6:07
22	2/18	Michael Kilcoyne	Long Lake	MN	49	M	26	18:04	5:49	0:36	26	54:15	22.7	0:33	23	19:34	6:18
23	2/29	Jey Carlson	Minnetonka	MN	41	M	57	19:38	6:19	0:37	14	52:06	23.6	0:39	40	20:18	6:32
24	3/29	Charles Allgood	Brooklyn Park	MN	43	M	27	18:09	5:51	1:01	20	53:31	23.0	0:42	33	20:00	6:27
25	4/42	Joe McGaver	Duluth	MN	37	M	16	17:25	5:37	0:54	23	54:05	22.7	0:41	61	21:16	6:51
26	5/23	Chuck Smith	Minneapolis	MN	30	M	14	17:14	5:33	0:38	44	56:52	21.6	0:35	9	17:57	5:47
27	1/7	Sarah Kolpin	Madison	WI	26	F	40	18:30	5:58	0:38	42	56:29	21.8	0:37	22	19:29	6:17
28	2/15	Marnie Walth	Bismarck	ND	38	F	50	19:15	6:12	0:46	35	55:26	22.2	0:40	31	19:58	6:26
29	5/42	Supermario Minelli	Kasson	MN	37	M	53	19:31	6:17	1:02	21	53:50	22.9	0:54	53	21:02	6:47
30	4/29	Nathaniel Tollefsen	Minneapolis	MN	41	M	51	19:17	6:13	0:36	36	55:38	22.1	0:38	38	20:13	6:31
31	6/42	Tim Brandvold	Minneapolis	MN	38	M	37	18:24	5:56	0:54	33	55:19	22.2	0:45	57	21:10	6:49
32	6/23	Chad Millner	Eden Prairie	MN	31	M	8	16:21	5:16	0:36	92	1:01:17	20.1	0:40	8	17:46	5:43
33	7/42	Clifford Owen	Shorewood	MN	35	M	33	18:22	5:55	0:45	45	56:52	21.6	0:36	34	20:06	6:28
34	8/19	Brad Vieths	Duluth	MN	29	M	34	18:22	5:55	0:54	39	56:19	21.8	0:36	46	20:34	6:37
35	7/23	Carl Unger	Prior Lake	MN	34	M	52	19:20	6:14	0:46	32	55:09	22.3	0:51	52	20:57	6:45
36	3/15	Lynn Beiswanger	Bismarck	ND	53	M	22	17:51	5:45	0:53	50	57:29	21.4	0:46	35	20:06	6:29
37	9/19	Colin Farbotko	Minneapolis	MN	29	M	25	18:01	5:48	0:38	55	58:24	21.1	0:30	32	20:00	6:27
38	5/29	Joseph Schneiderha	Alexandria	MN	42	M	29	18:11	5:51	0:59	43	56:43	21.7	0:53	51	20:56	6:45
39	8/23	Derick Podratz	Lino Lakes	MN	33	M	15	17:24	5:36	0:49	69	59:37	20.6	0:42	19	19:11	6:11
40	9/23	Brian Hanson	Chisholm	MN	30	M	43	18:49	6:04	0:45	31	55:08	22.3	1:02	42	20:23	6:34
41	8/42	Kris Swarthout	Minneapolis	MN	36	M	78	20:24	6:34	0:39	30	55:05	22.3	0:32	69	21:39	6:59
42	10/19	Joe Moyer	Rochester	MN	29	M	123	21:52	7:03	0:59	17	52:38	23.4	0:31	87	22:24	7:13
43	9/42	Tom Swanson	St. Paul	MN	39	M	47	19:04	6:09	1:00	49	57:27	21.4	0:49	36	20:07	6:29
44	4/15	Guy Olson	Solon	IA	50	M	74	20:13	6:31	0:51	37	55:41	22.1	0:43	55	21:06	6:48
45	10/42	Phillip Falkner	Minneapolis	MN	37	M	35	18:23	5:55	0:51	73	59:57	20.5	0:45	14	18:47	6:03
46	1/20	Marta Lewinski	Edina	MN	34	F	72	20:08	6:29	0:47	41	56:26	21.8	0:34	50	20:52	6:43
47	3/13	Kyle Fleener	Austin	MN	24	M	36	18:24	5:56	0:51	63	59:21	20.7	0:49	24	19:35	6:18
48	3/18	Santiago Morgan	Minneapolis	MN	46	M	41	18:34	5:59	0:43	58	58:29	21.0	0:45	43	20:30	6:36
49	3/15	Julie Hull	Farmington	MN	35	F	88	20:47	6:42	0:40	38	55:51	22.0	0:31	71	21:42	7:00
50	11/42	Bill Corcoran	Waite Park	MN	35	M	95	20:58	6:45	0:39	24	54:06	22.7	0:46	107	23:13	7:29
51	1/11	Michael Colaizy	Osceola	WI	57	M	61	19:46	6:22	1:00	40	56:22	21.8	0:59	68	21:38	6:58
52	11/19	Aaron Hoffmann	Saint Paul	MN	28	M	54	19:31	6:17	0:59	48	57:16	21.5	0:50	64	21:34	6:57
53	10/23	Borg Isaksen	Brule	WI	34	M	46	19:04	6:09	1:02	54	58:18	21.1	0:44	58	21:11	6:50
54	12/42	Alex Doerffler	Minneapolis	MN	37	M	58	19:41	6:20	0:40	57	58:26	21.1	0:37	54	21:04	6:47
55	4/18	Todd Thorsgaard	St. Paul	MN	48	M	66	19:56	6:25	0:50	46	56:55	21.6	0:47	89	22:26	7:13
56	11/23	Jeff Brennan	Emmetsburg	IA	30	M	81	20:31	6:36	0:58	75	59:59	20.5	0:57	18	19:01	6:07
57	13/42	Jon Wagner	Sartell	MN	35	M	49	19:14	6:12	0:45	81	1:00:28	20.3	0:34	45	20:32	6:37
58	4/15	Sarah Mercer	Golden Valley	MN	39	F	122	21:50	7:02	1:02	34	55:20	22.2	0:49	100	22:49	7:21
59	2/20	Tracie Kent	Saint Paul	MN	33	F	98	21:01	6:46	0:54	51	57:35	21.4	0:39	75	21:56	7:04
60	6/29	Marvin Denzer	Waconia	MN	41	M	28	18:10	5:51	1:15	96	1:01:34	20.0	0:54	44	20:30	6:36
61	1/8	Michael Williams	Maple Grove	MN	19	M	39	18:29	5:57	0:35	68	59:28	20.7	0:38	112	23:21	7:31
62	12/19	Michael Svensk	Blaine	MN	27	M	45	18:54	6:05	0:53	93	1:01:18	20.1	0:45	48	20:43	6:40
63	4/13	Brandon Moscho	Saint Cloud	MN	20	M	89	20:49	6:42	0:42	59	58:34	21.0	0:26	88	22:25	7:13
64	14/42	Nolan Barrios	Stillwater	MN	39	M	60	19:45	6:22	0:49	64	59:22	20.7	0:42	95	22:42	7:19
65	5/13	Ian Marks	Superior	WI	24	M	48	19:08	6:10	0:50	91	1:01:07	20.1	0:43	67	21:37	6:58
66	7/29	Paul Serreyn	Lakeville	MN	44	M	64	19:54	6:25	0:43	79	1:00:12	20.4	0:42	76	21:58	7:05
67	5/18	David Drees	Minneapolis	MN	45	M	62	19:49	6:23	0:56	77	1:00:05	20.5	0:55	77	21:59	7:05
68	2/7	Stacy Maas	Edina	MN	28	F	69	20:02	6:27	0:58	72	59:51	20.6	0:48	82	22:13	7:09
69	6/18	Michael Murray	Sartell	MN	48	M	99	21:03	6:47	1:02	56	58:25	21.1	0:57	90	22:30	7:15
70	3/20	Dawn Brintnell	St. Paul	MN	33	F	86	20:39	6:39	0:56	78	1:00:07	20.5	0:47	66	21:37	6:58
71	4/20	Courtney McBean	St Louis Park	MN	31	F	80	20:28	6:36	0:54	80	1:00:27	20.4	0:41	70	21:41	6:59
72	1/7	Julie McMonagle	Eagan	MN	41	F	111	21:28	6:55	0:43	53	58:09	21.2	0:42	108	23:15	7:29
73	2/8	Kyle Serreyn	Lakeville	MN	17	M	92	20:54	6:44	0:48	66	59:26	20.7	0:44	101	22:50	7:21
74	3/8	Luke Busta	St. Cloud	MN	19	M	83	20:31	6:37	0:55	95	1:01:29	20.0	0:45	56	21:08	6:48
75	8/29	Rick Gothier	Coldspring	MN	43	M	103	21:09	6:49	0:58	52	58:05	21.2	0:53	124	23:51	7:41
76	1/4	Melinda Silbernack	Maple Grove	MN	52	F	137	22:23	7:12	1:15	47	56:56	21.6	0:52	118	23:33	7:35
77	13/19	Ben Hanson	Princeton	MN	29	M	102	21:07	6:48	0:47	61	59:12	20.8	0:30	116	23:28	7:34
78	1/8	Nick Vanduzee	Chaska	MN	64	M	97	21:01	6:46	0:55	67	59:26	20.7	0:44	103	23:06	7:26
79	6/13	Tom Allen	Marshall	MN	20	M	24	18:00	5:48	0:35	126	1:03:57	19.2	0:31	41	20:18	6:32
80	5/20	Molly Cochran	Lakeville	MN	32	F	76	20:17	6:32	0:47	90	1:01:06	20.1	0:55	86	22:19	7:11
81	3/7																

87	12/23	Jesse Westrup	Sartell	MN	33	M	19	17:37	5:41	1:05	152	1:06:14	18.6	1:14	37	20:09	6:30
88	6/20	Nikki Bergh	Sartell	MN	30	F	87	20:40	6:39	0:55	102	1:02:16	19.8	0:39	79	22:03	7:06
89	4/7	Jessica Pink	Monticello	MN	28	F	56	19:33	6:18	1:05	150	1:06:05	18.6	0:36	20	19:16	6:12
90	18/42	Cory Binder	St. Louis Park	MN	35	M	106	21:20	6:52	1:09	84	1:00:43	20.3	0:46	98	22:44	7:19
91	19/42	Mike Houghton	Sartell	MN	37	M	68	20:02	6:27	0:57	104	1:02:26	19.7	0:42	92	22:39	7:18
92	7/13	Adam Plante	Sartell	MN	22	M	63	19:52	6:24	0:39	132	1:04:34	19.1	0:38	60	21:16	6:51
93	2/11	Mike Flynn	Elk River	MN	55	M	96	20:59	6:46	0:55	101	1:02:16	19.8	0:53	81	22:08	7:08
94	8/13	Marco Lanz	Minneapolis	MN	24	M	70	20:03	6:27	1:14	125	1:03:57	19.2	1:05	62	21:16	6:51
95	4/8	Lou Hughes	Milaca	MN	18	M	55	19:33	6:18	0:48	148	1:05:51	18.7	0:43	47	20:42	6:40
96	20/42	Joe Kelzer	New Richmond	WI	37	M	71	20:08	6:29	0:43	120	1:03:20	19.4	0:45	49	20:52	6:43
97	5/7	Ann Moyer	Rochester	MN	28	F	117	21:40	6:59	1:25	85	1:00:44	20.3	0:57	104	23:06	7:26
98	21/42	David Mercer	Golden Valley	MN	39	M	173	23:39	7:37	1:09	29	55:00	22.4	0:38	191	27:27	8:51
99	7/20	Heather Roy	Duluth	MN	33	F	105	21:18	6:52	1:03	107	1:02:36	19.7	0:56	84	22:15	7:10
100	9/29	Tim Ruff	Savage	MN	42	M	113	21:35	6:57	1:02	88	1:01:00	20.2	0:57	121	23:40	7:37
101	6/7	Stephanie Lieser	Fridley	MN	27	F	75	20:17	6:32	1:13	129	1:04:11	19.2	1:00	73	21:52	7:02
102	2/7	Michelle Dennhardt	Stillwater	MN	41	F	128	21:59	7:05	1:12	65	59:25	20.7	1:58	140	24:27	7:52
103	5/15	Sarah Foley	Cologne	MN	37	F	82	20:31	6:37	1:02	127	1:04:08	19.2	0:58	93	22:40	7:18
104	8/20	Amy Koop	Minnetonka	MN	34	F	126	21:56	7:04	0:55	106	1:02:33	19.7	0:46	114	23:25	7:33
105	22/42	Michael Scham	St Paul	MN	38	M	67	19:59	6:26	1:58	137	1:05:01	18.9	1:17	63	21:25	6:54
106	13/23	Sean McQuillen	St. Louis Park	MN	30	M	172	23:37	7:36	1:13	62	59:13	20.8	1:10	142	24:30	7:53
107	23/42	John Seaverson	Chaska	MN	35	M	139	22:27	7:14	1:01	114	1:02:55	19.6	0:43	97	22:44	7:19
108	2/7	Cindy Lewandowski	Sartell	MN	45	F	93	20:56	6:45	1:05	138	1:05:02	18.9	0:51	85	22:19	7:11
109	8/18	Tim Peterson	Sartell	MN	45	M	44	18:50	6:04	1:22	172	1:08:09	18.1	1:39	39	20:17	6:32
110	10/29	Christopher Robins	Baxter	MN	40	M	162	23:16	7:30	0:54	123	1:03:30	19.4	0:43	78	22:02	7:06
111	14/19	Matt Foley	Litchfield	MN	27	M	141	22:30	7:15	1:10	118	1:03:15	19.5	1:04	94	22:40	7:18
112	24/42	Daniel Miller	Bismarck	ND	37	M	90	20:49	6:42	1:24	98	1:02:06	19.8	0:56	167	25:40	8:16
113	11/29	Steven Paulik	Fargo	ND	43	M	167	23:28	7:33	1:08	76	59:59	20.5	0:51	159	25:31	8:13
114	9/18	Bob Harmon	New Brighton	MN	46	M	129	22:01	7:06	0:59	112	1:02:48	19.6	0:50	135	24:20	7:50
115	12/29	Greg Skoog	Sartell	MN	40	M	120	21:46	7:01	1:14	110	1:02:46	19.6	1:09	129	24:06	7:46
116	9/13	Jeffrey Huber	Clearwater	MN	20	M	73	20:12	6:30	0:49	141	1:05:22	18.8	0:32	131	24:10	7:47
117	3/11	Leon Essler	Bismarck	ND	55	M	154	22:56	7:23	1:14	70	59:40	20.6	1:23	171	25:57	8:22
118	13/29	Michael Haehn	Sartell	MN	43	M	116	21:39	6:58	0:46	122	1:03:29	19.4	1:00	134	24:17	7:49
119	14/29	Richard Theisen	Clearwater	MN	44	M	144	22:38	7:17	1:38	82	1:00:32	20.3	1:29	157	25:18	8:09
120	5/15	Gregg Garretson	Lakeville	MN	50	M	145	22:44	7:19	1:01	124	1:03:55	19.2	0:53	105	23:07	7:27
121	1/3	Hank Larsen	Glencoe	MN	67	M	121	21:48	7:01	0:59	134	1:04:50	19.0	0:43	119	23:35	7:36
122	10/13	Anthony Jaeger	Minneapolis	MN	23	M	77	20:18	6:32	0:51	181	1:08:49	17.9	0:39	65	21:34	6:57
123	25/42	Mike Caguin	Minneapolis	MN	35	M	140	22:28	7:14	1:05	131	1:04:24	19.1	1:31	102	23:03	7:25
124	4/11	Duane Millslagle	Duluth	MN	57	M	91	20:54	6:44	0:57	160	1:07:06	18.3	1:07	91	22:33	7:16
125	15/19	Andrew Thiemann	St. Louis Park	MN	28	M	148	22:46	7:20	1:00	116	1:03:04	19.5	0:45	156	25:18	8:09
126	9/20	Jody Zeleznikar	Duluth	MN	34	F	84	20:34	6:37	1:00	168	1:07:38	18.2	0:53	99	22:49	7:21
127	10/18	Casey Seabright	Lakeville	MN	45	M	118	21:42	7:00	0:55	136	1:05:00	18.9	0:58	137	24:22	7:51
128	6/15	Krista Christensen	Maple Grove	MN	36	F	143	22:32	7:16	0:55	139	1:05:20	18.8	1:06	110	23:15	7:29
129	15/29	Whitney Johnson	Cold Spring	MN	43	M	114	21:36	6:57	1:21	133	1:04:49	19.0	1:19	132	24:13	7:48
130	26/42	Scott Rutten	Sauk Centre	MN	38	M	180	23:51	7:41	0:58	115	1:02:56	19.5	0:58	147	24:47	7:59
131	3/7	Amy Woolsey	Sauk Rapids	MN	42	F	150	22:49	7:21	1:03	128	1:04:11	19.2	0:49	145	24:43	7:58
132	16/29	Bob Trueman	Maple Grove	MN	40	M	42	18:46	6:03	1:21	151	1:06:07	18.6	2:08	153	25:14	8:08
133	27/42	Dan Goetz	Minneapolis	MN	35	M	100	21:04	6:47	1:08	156	1:06:44	18.4	0:56	125	23:54	7:42
134	6/15	David Clemmons	Bismarck	ND	52	M	119	21:43	7:00	1:51	113	1:02:50	19.6	2:13	155	25:18	8:09
135	14/23	Christopher Hawes	Saint Paul	MN	33	M	175	23:41	7:38	1:19	99	1:02:07	19.8	1:14	162	25:35	8:15
136	2/4	Pam Stevens	Sartell	MN	54	F	174	23:40	7:37	0:57	111	1:02:48	19.6	0:55	170	25:52	8:20
137	2/8	Bob Bailey	Woodbury	MN	63	M	131	22:08	7:08	0:55	130	1:04:21	19.1	0:49	172	26:01	8:23
138	5/11	K. David Hirschey	Plymouth	MN	57	M	191	24:40	7:57	1:05	103	1:02:19	19.7	1:05	152	25:12	8:07
139	11/18	Chuck Heisick	St. Cloud	MN	48	M	182	24:06	7:46	1:16	97	1:02:01	19.8	0:42	176	26:18	8:28
140	28/42	Jeff Jurewicz	Le Sueur	MN	35	M	153	22:55	7:23	1:02	142	1:05:23	18.8	0:59	139	24:27	7:52
141	15/23	Graeme Webster	Minneapolis	MN	30	M	112	21:34	6:57	1:08	153	1:06:18	18.6	1:02	148	24:51	8:00
142	16/19	Justin Royer	St. Louis Park	MN	29	M	179	23:51	7:41	1:12	109	1:02:45	19.6	1:08	182	26:36	8:34
143	7/15	Holly Miller	Bismarck	ND	35	F	79	20:24	6:34	1:44	193	1:10:25	17.5	1:50	59	21:14	6:50
144	4/7	Jody Quesnell	Roseville	MN	40	F	124	21:52	7:03	0:53	143	1:05:26	18.8	1:02	181	26:28	8:32
145	29/42	Eric Lohn	Sartell	MN	37	M	85	20:36	6:38	2:11	176	1:08:35	17.9	1:15	106	23:08	7:27
146	17/29	David Rulifson	Edina	MN	40	M	189	24:34	7:55	1:15	74	59:57	20.5	1:04	208	28:57	9:19
147	11/13	Jeff Champeau	Excelsior	MN	21	M	125	21:53	7:03	0:41	165	1:07:31	18.2	0:35	158	25:29	8:13
148	18/29	Henry Wieland	Rice	MN	42	M	181	23:57	7:43	1:28	105	1:02:30	19.7	1:18	187	27:10	8:45
149	1/5	Emily Laughlin	Minneapolis	MN	24	F	130	22:04	7:06	0:38	180	1:08:48	17.9	0:36	141	24:28	7:54
150	6/11	Michael Koppy	Duluth	MI	57	M	132	22:10	7:08	0:57	177	1:08:40	17.9	1:20	117	23:30	7:33
151	17/19	Steve Stenzel	St. Paul	MN	26	M	136	22:22	7:12	1:28	169	1:07:51	18.1	1:05	74	21:52	7:03
152	19/29	Richard Warzecha	Saint Paul	MN	43	M	164	23:18	7:30	1:45	154	1:06:24	18.5	1:52	113	23:25	7:33
153	20/29	John Patrin	Chanhasen	MN	41	M	142	22:30	7:15	1:31	145	1:05:30	18.8	1:36	164	25:38	8:15
154	12/18	Chris Pofertl	Eded Prairie	MN	47	M	187	24:21	7:51	1:01	100	1:02:15	19.8	1:28	194	27:54	8:59
155	30/42	Michael Dillon	Brainerd	MN	37	M	147	22:46	7:20	1:25	146	1:05:44	18.7	1:34	166	25:39	8:16
156	8/15	Min-Amy Xu	Plymouth	MN	39	F	176	23:41	7:38	1:11	147	1:05:48	18.7	0:46	168	25:44	8:17
157	21/29	John Seiler	Sartell	MN	43	M	155	23:00	7:25	1:28	159	1:07:05	18.3	1:07	143	24:32	7:54
158	7/15	John Ostmo	Milaca	MN	52	M	197	25:09	8:06	1:15	108	1:02:38	19.6	1:51	178	26:26	8:31
159	5/8	Elliott Hodgson	West St. Paul	MN	16	M	127	21:56	7:04	2:33	163	1:07:24	18.3	2:16	111	23:20	7:31
160	3/7	Jackie Dornfeld	Minnetonka	MN	46	F	115	21:37	6:58	1:12	186	1:09:26	17.7	1:44	120	23:37	7:36
161	22/29	Paul Perseke	Minnetonka	MN	42	M	157	23:03	7:26	1:23	149	1:05:51	18.7	1:49	161	25:33	8:14
162	16/23	Michael Given	Sauk Rapids	MN	34	M	207	25:39	8:16	0:53	94	1:01:21	20.1	0:38	212	29:14	9:25
163	4/7	Judith Peters	St. Cloud	MN	47	F	163	23:16	7:30	1:59	170	1:07:57	18.1	0:54	133	24:15	7:49
164	8/15	Gary Livingston	Coon Rapids	MN	54	M	135	22:20	7:12	1:09	196	1:10:50	17.4	1:09	109	23:15	7:29
165	6/8	Anthony Young	St. Cloud	MN	18	M	59	19:45	6:22	0:42	213	1:13:19	16.8	0:39	144	24:33	7:55
166	9/15	Louis Ahlstrand	Sha														

182	14/18	Steve Swanson	Elk River	MN	48 M	171	23:36	7:36	1:36	185	1:09:25	17.7	1:55	165	25:38	8:16
183	18/19	Jeremy Denzer	Mongomery	MN	26 M	213	25:54	8:21	0:56	161	1:07:07	18.3	0:45	192	27:36	8:53
184	15/18	Joseph Madryga	Mpls	MN	45 M	138	22:23	7:12	2:47	189	1:09:40	17.7	2:51	146	24:47	7:59
185	11/20	Beth Hennes	Ankeny	IA	34 F	134	22:18	7:11	1:41	197	1:10:53	17.4	1:21	177	26:19	8:29
186	33/42	Greg Pietrowski	Sartell	MN	37 M	152	22:52	7:22	1:51	183	1:09:24	17.7	1:46	185	26:48	8:38
187	10/15	Michael Garland	Clear Lake	MN	50 M	192	24:43	7:58	1:27	174	1:08:23	18.0	0:57	196	28:00	9:01
188	16/18	Gerard Giuliano	Schaumburg	IL	48 M	170	23:35	7:36	0:52	206	1:12:30	17.0	0:56	169	25:51	8:19
189	4/8	Larry McKenzie	Brooklyn Park	MN	61 M	210	25:45	8:17	1:01	182	1:09:18	17.8	1:01	184	26:44	8:37
190	34/42	Mark Eginton	Duluth	MN	38 M	211	25:45	8:18	1:40	157	1:06:48	18.4	1:13	202	28:34	9:12
191	8/11	John Bodette	St. Cloud	MN	57 M	156	23:03	7:25	0:56	225	1:15:21	16.3	0:52	123	23:49	7:40
192	12/20	Chandra Millner	Eden Prairie	MN	32 F	209	25:43	8:17	1:10	158	1:06:50	18.4	1:20	209	28:58	9:20
193	9/15	Jena Klein	Cold Spring	MN	37 F	202	25:30	8:13	1:07	184	1:09:25	17.7	1:25	189	27:15	8:47
194	21/23	Peter Cooley	St. Paul	MN	30 M	160	23:15	7:29	0:59	217	1:13:42	16.7	1:00	174	26:12	8:26
195	13/20	Anne Hoeschen	Freeport	MN	34 F	199	25:18	8:09	1:18	200	1:11:52	17.1	1:10	163	25:36	8:15
196	9/11	Tom Couillard	White Bear Lak	MN	58 M	166	23:27	7:33	1:15	219	1:13:52	16.7	1:37	154	25:16	8:08
197	2/3	Tom Brix	Plymouth	MN	65 M	216	26:05	8:24	1:23	175	1:08:33	17.9	1:34	201	28:27	9:10
198	11/15	G George Wallin	Big Lake	MN	54 M	158	23:03	7:26	1:15	228	1:16:00	16.2	1:13	149	24:55	8:02
199	22/23	Ryan Quinn	St. Cloud	MN	30 M	229	26:57	8:41	0:39	220	1:14:20	16.6	0:34	127	24:03	7:45
200	14/20	Shawn Strathe	Minneapolis	MN	34 F	183	24:07	7:46	1:26	199	1:11:26	17.2	1:39	198	28:14	9:05
201	35/42	Carl Heeder	St Cloud	MN	36 M	217	26:11	8:26	1:25	166	1:07:36	18.2	1:25	229	30:42	9:53
202	12/15	Gregory Cooley	Sartell	MN	52 M	214	25:56	8:21	1:02	198	1:11:04	17.3	0:59	207	28:45	9:16
203	3/5	Emily Schroeder	Minneapolis	MN	23 F	177	23:44	7:39	0:45	226	1:15:48	16.2	1:21	179	26:27	8:31
204	13/15	Guy Sprenger	St. Cloud	MN	50 M	188	24:33	7:55	0:59	201	1:11:56	17.1	1:23	213	29:17	9:26
205	24/29	Peter Hamerlinck	St. Joseph	MN	42 M	219	26:24	8:30	2:19	192	1:10:11	17.5	2:09	188	27:12	8:45
206	10/15	Jean Nitchals	Chanhassen	MN	35 F	200	25:18	8:09	1:14	216	1:13:33	16.7	1:35	183	26:43	8:36
207	17/18	Michael Hendrickso	St. Louis Park	MN	47 M	151	22:49	7:21	1:32	231	1:17:38	15.8	2:15	136	24:21	7:51
208	36/42	Chris Rogholt	Sauk Rapids	MN	35 M	247	29:51	9:37	1:23	155	1:06:26	18.5	1:14	228	30:32	9:50
209	5/8	Ron Pemberton	Milwaukee	WI	64 M	231	27:00	8:42	1:12	178	1:08:46	17.9	1:19	232	31:32	10:09
210	25/29	Ron Chicka	Foxboro	WI	44 M	196	24:53	8:01	1:38	194	1:10:30	17.5	2:13	231	31:26	10:07
211	19/19	Thomas Zahler	Eden Prairie	MN	27 M	228	26:52	8:39	1:24	229	1:16:28	16.1	2:02	126	23:58	7:43
212	14/15	Mike O'Hara	Sartell	MN	54 M	201	25:19	8:09	1:06	218	1:13:48	16.7	1:20	215	29:26	9:29
213	26/29	Randall Scussel	Chanhassen	MN	44 M	235	27:26	8:50	2:01	190	1:09:45	17.6	1:51	220	30:18	9:46
214	15/20	Mary Bruno	St. Joseph	MN	34 F	220	26:25	8:31	0:55	224	1:15:11	16.4	0:34	200	28:17	9:07
215	3/3	Steve Paladie	Bloomington	MN	65 M	223	26:35	8:34	1:25	204	1:12:22	17.0	1:17	222	30:20	9:46
216	37/42	Nicholas Colatrell	Sartell	MN	38 M	206	25:39	8:16	1:43	215	1:13:32	16.7	1:41	216	29:29	9:30
217	4/4	Reina Brekke	Shoreview	MN	50 F	233	27:12	8:46	1:13	212	1:13:18	16.8	1:02	217	29:31	9:30
218	10/11	Dennis Coe	Minneapolis	MN	56 M	238	27:50	8:58	1:39	207	1:12:38	16.9	1:37	224	30:23	9:47
219	4/5	Uecker Molly	Buffalo	MN	24 F	236	27:29	8:51	1:22	223	1:14:35	16.5	1:07	226	30:27	9:48
220	5/7	Faye Wawzecha	Edina	MN	45 F	203	25:30	8:13	1:10	232	1:18:35	15.7	1:00	205	28:44	9:15
221	38/42	Kevin Christenson	Minnetonka	MN	39 M	232	27:05	8:43	1:24	167	1:07:36	18.2	1:15	253	38:09	12:17
222	27/29	Karl Ronkvist	Sartell	MN	44 M	226	26:48	8:38	1:22	205	1:12:22	17.0	2:33	238	33:06	10:39
223	28/29	Peter Eigenfeld	Saint Paul	MN	41 M	222	26:33	8:33	2:36	222	1:14:32	16.5	2:21	219	30:10	9:43
224	5/7	Jill Koski	Cold Spring	MN	42 F	221	26:28	8:31	1:12	234	1:19:44	15.4	1:09	193	27:42	8:55
225	8/8	Ben Koenig	St. Cloud	MN	15 M	195	24:46	7:59	0:55	236	1:20:45	15.2	1:08	204	28:43	9:15
226	7/7	Leah Popp	Holdingsford	MN	27 F	133	22:13	7:09	0:44	249	1:28:10	14.0	0:43	151	25:03	8:04
227	6/8	Charles Rhea	Plymouth	MN	60 M	224	26:45	8:37	1:47	209	1:12:42	16.9	1:56	242	34:24	11:05
228	11/11	Aaron Netter	Rice	MN	56 M	193	24:44	7:58	1:30	230	1:17:21	15.9	2:32	223	30:21	9:47
229	7/8	Edwin Widseth	Edina	MN	63 M	249	31:17	10:04	1:24	202	1:12:02	17.1	1:26	237	32:49	10:34
230	11/15	Melissa Lindsey	St. Cloud	MN	38 F	246	29:24	9:28	0:59	227	1:15:59	16.2	0:43	234	31:55	10:17
231	16/20	Stacia Christenson	Minnetonka	MN	33 F	227	26:51	8:39	1:05	235	1:19:53	15.4	0:59	227	30:27	9:48
232	39/42	Mike Seiler	Muskego	WI	36 M	244	28:46	9:16	2:34	211	1:13:02	16.8	1:27	249	36:01	11:36
233	12/15	Tamara Thingelstad	Minnetonka	MN	36 F	230	27:00	8:42	1:31	242	1:23:29	14.7	1:54	197	28:11	9:05
234	17/20	Kari Seaverson	Chaska	MN	34 F	234	27:14	8:46	1:26	240	1:23:18	14.8	1:05	210	29:07	9:22
235	18/18	Chuck Hodgson	West St. Paul	MN	49 M	252	31:49	10:15	1:32	210	1:12:55	16.9	1:33	244	34:45	11:11
236	6/7	Andrea Wojahn	Mpls	MN	40 F	248	30:05	9:41	2:42	214	1:13:31	16.7	2:34	240	33:53	10:55
237	8/8	Bob Kranz	Kapaa	HI	60 M	245	29:11	9:24	1:00	233	1:19:09	15.5	0:56	236	32:44	10:32
238	5/5	Amber Schulzetembe	Avon	MN	20 F	225	26:47	8:38	0:46	244	1:24:27	14.6	0:41	221	30:19	9:46
239	18/20	Robin Bates	Minneapolis	MN	31 F	254	32:17	10:24	1:12	203	1:12:15	17.0	1:24	251	36:30	11:45
240	40/42	Joe Willie	Minneapolis	MN	37 M	208	25:41	8:16	1:03	250	1:29:04	13.8	2:03	206	28:45	9:15
241	13/13	Matt Schillerstrom	Clearwater	MN	24 M	215	25:57	8:21	2:33	243	1:23:43	14.7	1:51	239	33:33	10:48
242	19/20	Dawn Johnson	Rochester	MN	31 F	255	32:37	10:30	2:07	208	1:12:38	16.9	2:01	254	38:23	12:22
243	13/15	Nancy Elmquist	Sauk Rapids	MN	36 F	212	25:46	8:18	1:22	255	1:32:46	13.3	1:06	190	27:22	8:49
244	6/7	Jane Putzier	Minneapolis	MN	48 F	239	28:02	9:02	1:49	246	1:26:34	14.2	1:39	225	30:26	9:48
245	7/7	Glenda Miller	Roberts	WI	44 F	241	28:14	9:06	2:53	241	1:23:29	14.7	2:02	235	32:09	10:21
246	20/20	Sarah Dolan	Minneapolis	MN	30 F	240	28:10	9:04	1:03	245	1:26:23	14.2	0:56	245	34:59	11:16
247	29/29	Brad Rohlfs	Sartell	MN	40 M	146	22:44	7:19	1:13	251	1:30:44	13.6	1:03	247	35:47	11:32
248	41/42	Scott Wojahn	Mpls	MN	38 M	198	25:17	8:09	2:59	248	1:26:50	14.2	2:44	241	33:56	10:56
249	14/15	Nicole Jameson	Maple Grove	MN	38 F	251	31:46	10:14	1:45	237	1:20:58	15.2	1:48	246	35:36	11:28
250	7/7	Kathy Rosenow	Ramsey	MN	47 F	253	32:16	10:23	1:47	239	1:22:18	14.9	1:16	250	36:16	11:41
251	42/42	Jared Lamont	Sartell	MN	39 M	243	28:45	9:16	1:14	252	1:30:45	13.6	1:01	248	35:50	11:32
252	15/15	Doreen Tirevold	St. Bonifacius	MN	37 F	250	31:33	10:10	1:43	247	1:26:47	14.2	2:04	252	36:47	11:51
253	1/3	Jeanne Labore	Minneapolis	MN	57 F	101	21:06	6:48	10:09	254	1:31:43	13.4	1:53	243	34:25	11:05
254	15/15	David Haugen	Minnetonka	MN	53 M	237	27:33	8:52	4:06	256	1:37:20	12.6	3:23	230	30:48	9:55
255	2/3	Jean Wood	Excelsior	MN	58 F	257	39:18	12:39	1:46	238	1:21:26	15.1	1:44	255	46:38	15:01

DID NOT FINISH

256	3/3	Jane E Boesenberg	Cedar Rapids	IA	58 F	256	36:41	11:49	1:55	253	1:31:06	13.5	3:54			
257	23/23	Aaron Cross	St. Cloud	MN	32 M	242	28:43	9:15	6:09							

TWO MINUTE PENALTY FOR 5.10A DRAFTING: 82, 108, 269

TWO MINUTE PENALTY FOR 5.10G OVERTAKEN: 279

TWO MINUTE PENALTY FOR 3.4H ABANDONED EQUIPMENT: 224

TWO MINUTE PENALTY FOR 3.4A ENTIRE COURSE: 311

TEAM RESULTS

TOTAL PLACE	DIV	TEAM NAME = MEMBERS (RUNNER, BIKER)	plc	RUN time	pace	TRAN time	BIKE time	mph	TRAN time	RUN plc	TRAN time	pace	TOTAL TIME	
1	1/20	Team Scheels HED Wheels #2 = Tom Caprio , Sam Renneberg	1	16:49	5:25	0:35	6	54:42	22.5	0:22	1	17:23	5:36	1:29:

3	2/20	Keep The Faith = Taylor Olson , Ryan Faith	4	19:27	6:16	0:32	1	50:53	24.2	0:25	6	20:44	6:41	1:32:
			2	18:09	5:51	0:32	5	54:40	22.5	0:31	2	18:42	6:01	1:32:
4	3/20	LEWANDOWSKI/GROSE = Ryan Lewandowski , Kevin Grose	3	18:11	5:51	0:36	12	59:29	20.7	0:24	3	19:18	6:13	1:37:
5	2/24	Run N' Fun = Cynthia Brochman , Kevin Brochman	14	21:04	6:47	0:35	7	55:17	22.3	0:31	11	21:54	7:03	1:39:
6	4/20	A - TEAM = Rob Morehouse , Tom Manderfeld	17	22:19	7:11	0:38	3	52:41	23.4	0:25	18	23:24	7:32	1:39:
7	3/24	The Smalls = Sue Boschee , Larry Stracke	25	23:30	7:34	0:32	2	51:03	24.1	0:28	21	23:55	7:42	1:39:
8	5/20	Team Element = Mark Smith , Greg Saari	6	19:57	6:25	0:50	10	57:58	21.2	0:28	5	20:42	6:40	1:39:
9	4/24	Springfield Athletic Club = Eric Hanson , Amy Rustad	18	22:32	7:16	0:33	4	54:08	22.7	0:30	24	24:29	7:53	1:42:
10	5/24	MSB Fast = Scott Eide , Sara Marstein	19	22:34	7:16	0:37	9	57:26	21.4	0:29	17	23:07	7:27	1:44:
11	6/24	Sprint & Spin = Holly Senn , Dan Rueter	15	21:40	6:59	0:30	13	59:32	20.7	0:24	14	22:28	7:14	1:44:
12	6/20	AB = Joel Kampa , Marc Cassen	10	20:36	6:38	0:37	17	1:03:40	19.3	0:30	9	21:29	6:55	1:46:
13	7/24	NIELSEN/SUESS = Megan Nielsen , David Suess	16	22:02	7:06	0:43	15	1:01:13	20.1	0:34	15	22:39	7:18	1:47:
14	7/20	JOEL & PAUL = Joel Tschida , Paul Revermann	13	20:57	6:45	0:35	16	1:03:07	19.5	0:22	16	22:52	7:22	1:47:
15	8/24	Chasing Apples = Ryan Saline , Mariel Grossinger	12	20:56	6:45	0:37	20	1:04:35	19.0	0:21	13	22:20	7:12	1:48:
16	8/20	Band of the Red Hand = Jeff Steil , John Meyerhofer	9	20:33	6:37	0:39	24	1:05:09	18.9	0:29	12	22:06	7:07	1:48:
17	9/20	Dominion = Denver Rogalla , Mitch Nelsen	5	19:43	6:21	0:34	33	1:08:14	18.0	0:31	4	20:34	6:37	1:49:
18	10/20	HOP = Cary Pogatchnik , Jon Kern	34	24:38	7:56	0:35	8	56:58	21.6	0:28	36	27:01	8:42	1:49:
19	11/20	Road Crew = Douglas Randolph , Charlie Pentz	8	20:22	6:34	0:43	35	1:09:23	17.7	0:35	8	21:27	6:55	1:52:
20	9/24	Team Stainy = Bruce Stainbrook , Shiela Stainbrook	36	25:05	8:05	0:31	11	59:20	20.7	0:30	38	27:24	8:49	1:52:
21	12/20	Might not finish... = Tim O'Driscoll , Tyler Schult	23	23:22	7:32	0:35	22	1:05:01	18.9	0:25	22	24:21	7:51	1:53:
22	13/20	Signal Surgical = Tony Schneider , Rob Ferris	24	23:25	7:33	0:36	21	1:04:47	19.0	0:31	23	24:25	7:52	1:53:
23	14/20	Senn-Fen = Steve Feneis , Ryan Neuman	30	23:54	7:42	0:35	19	1:03:59	19.2	0:29	28	25:05	8:05	1:54:
24	15/20	The Northern Stars = Dan Weaver , Ted Helgerson	21	23:09	7:27	0:42	29	1:06:20	18.5	0:30	19	23:48	7:40	1:54:
25	16/20	NACEY/TESTA = Eric Nacey , Brandon Testa	20	22:45	7:20	0:36	31	1:06:55	18.4	0:26	20	23:54	7:42	1:54:
26	1/4	team TNT = Wendy Anding , Jennifer Feneis	29	23:53	7:42	0:35	25	1:05:24	18.8	0:26	29	25:11	8:07	1:55:
27	10/24	The Snider's = Byron Snider , Christina Snider	28	23:51	7:41	0:40	23	1:05:07	18.9	0:29	31	25:26	8:11	1:55:
28	11/24	Karpel = Rob Karpel , Joan Karpel	37	25:13	8:07	0:33	18	1:03:43	19.3	0:28	32	25:55	8:21	1:55:
29	12/24	Eucalypts = Leslie Engdahl , Kyle Skow	27	23:41	7:38	0:38	30	1:06:26	18.5	0:29	27	24:59	8:03	1:56:
30	17/20	TEAM ORTHO = Rick Trueman , John Larson	32	24:18	7:50	0:38	27	1:05:48	18.7	0:26	33	26:09	8:25	1:57:
31	2/4	Revolution Cycle and Ski = Angela Williams , Jenny	26	23:36	7:36	0:42	32	1:08:05	18.1	0:30	30	25:11	8:07	1:58:
32	13/24	Thunderbolt and Lightning = Lynette Zima , Bill Sullivan	33	24:34	7:55	0:30	28	1:05:59	18.6	0:27	35	26:37	8:34	1:58:
33	14/24	Grossingers = Ronald Grossinger , Dawn Grossinger	42	28:20	9:08	0:36	14	1:00:07	20.5	0:37	42	29:37	9:32	1:59:
34	15/24	Too Much Fun = Bruce Miles , Michelle Meyer	22	23:21	7:31	0:36	36	1:12:10	17.0	0:31	25	24:39	7:56	2:01:
35	16/24	chase = Michelle Temp Templin , Jody Szafranski	38	26:48	8:38	0:34	26	1:05:34	18.8	0:31	40	29:04	9:22	2:02:
36	18/20	PITT/HOMMERDING = Shawn Pitt , Jaime Hommerding	41	27:45	8:56	0:37	34	1:09:16	17.8	0:30	41	29:13	9:25	2:07:
37	17/24	Mjolhus/Klug = Jacqueline Mjolhus , Damien Klug	31	24:14	7:48	0:49	40	1:18:37	15.6	0:34	34	26:33	8:33	2:10:
38	19/20	Piper Pride = Darin Wieneke , Aaron Crandall	11	20:47	6:42	0:38	44	1:28:38	13.9	0:22	7	21:27	6:55	2:11:
39	18/24	Moritz = Jen Moritz , Bob Davidson	39	26:58	8:41	0:32	39	1:16:05	16.2	0:29	43	29:42	9:34	2:13:
40	3/4	Twin Terrors = Krisie Widvey , Kassie Olson	35	24:38	7:56	0:34	43	1:22:38	14.9	0:27	37	27:06	8:44	2:15:
41	19/24	guts not glory = Joanie Hauck , Mark Hauck	48	29:34	9:31	0:41	37	1:12:34	17.0	0:35	46	32:58	10:37	2:16:
42	20/20	Number Crunchers = Jeff Botz , Pat Plamann	40	27:26	8:50	0:51	42	1:21:02	15.2	0:34	39	28:33	9:12	2:18:
43	20/24	Team Ringwelski = Jeanette Ringwelski , Corey Zack	7	20:17	6:32	0:47	46	1:36:15	12.8	0:28	10	21:43	7:00	2:19:
44	21/24	Rookies = Melinda Sanders , Robert Cunningham	43	28:25	9:09	1:04	38	1:15:25	16.3	0:33	48	34:08	11:00	2:19:
45	22/24	Boucher-Kmitch = Meredith Boucher , Joel Kmitch	47	29:19	9:27	0:34	41	1:19:34	15.5	0:33	45	31:49	10:15	2:21:
46	23/24	Los Profesores = John Gammell , Jessie Zack	46	28:56	9:19	0:45	45	1:29:27	13.8	0:30	47	32:58	10:37	2:32:
47	24/24	Z squared = Craig Zack , Mary Zack	45	28:49	9:17	0:46	47	1:39:33	12.4	0:28	26	24:47	7:59	2:34:
48	4/4	Ghetto Green Bobbers = Stacy Rasmussen , Esther Widor	44	28:27	9:10	0:45	48	1:39:51	12.3	0:32	44	30:47	9:55	2:40:

MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	pace	TRAN	plc	BIKE	time	mph	TRAN	plc	RUN	pace	TOT
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	236	David Thompson	St. Paul	MN	29	M	2	15:32	5:00	0:33	1	47:23	26.0	0:27	4	16:59	5:28	1:2	
2	102	Tom Jeffrey	Richmond	VA	34	M	3	15:32	5:00	0:30	2	48:41	25.3	0:32	5	17:04	5:30	1:2	
3	69	Ryan Giuliano	Schaumburg	IL	23	M	1	15:26	4:59	0:36	12	51:38	23.8	0:27	1	16:26	5:18	1:2	
4	35	Dan Cohen	Eden Prairie	MN	33	M	9	16:28	5:18	0:29	4	49:23	24.9	0:26	11	18:13	5:52	1:2	
5	146	Neil Miller	Saint Paul	MN	23	M	4	15:42	5:04	0:34	10	51:36	23.8	0:32	2	16:54	5:27	1:2	
6	74	Brooks Grossinger	Mayer	MN	30	M	6	16:01	5:10	0:33	9	51:14	24.0	0:34	7	17:27	5:37	1:2	
7	271	Kevin O'Connor	Corcoran	MN	36	M	10	16:29	5:19	0:34	7	50:29	24.4	0:29	10	18:03	5:49	1:2	
8	9	Brian Bich	Duluth	MN	41	M	11	16:29	5:19	0:33	6	50:08	24.5	0:41	12	18:27	5:57	1:2	
9	287	Ryan French	Ames	IA	25	M	7	16:13	5:14	0:55	15	52:12	23.6	0:47	3	16:55	5:27	1:2	
10	280	Jonathan Balabuck	Thunder Bay-Ca		28	M	5	15:56	5:08	0:34	17	53:02	23.2	0:33	6	17:14	5:33	1:2	
11	214	John Shelp	Maple Plain	MN	35	M	13	17:05	5:30	0:35	5	49:59	24.6	0:37	20	19:20	6:14	1:2	
12	308	Curt Wood	Chaska	MN	29	M	30	18:12	5:52	0:35	3	48:47	25.2	0:29	25	19:38	6:20	1:2	
13	218	Brent Sinn	La Crosse	WI	29	M	17	17:27	5:37	0:57	13	51:49	23.7	0:40	15	18:53	6:05	1:2	
14	50	Dave Dow	West Lakeland	MN	52	M	23	17:57	5:47	0:46	8	50:51	24.2	0:50	27	19:46	6:22	1:3	
15	13	Michael Boehmer	Oconomowoc	WI	28	M	12	16:53	5:26	0:28	27	54:31	22.6	0:34	13	18:35	5:59	1:3	
16	5	Jason Bates	Minneapolis	MN	31	M	32	18:21	5:55	0:44	11	51:36	23.8	0:37	26	19:46	6:22	1:3	
17	231	Gregory Taylor	Mankato	MN	53	M	31	18:16	5:53	0:31	18	53:11	23.1	0:31	23	19:36	6:19	1:3	
18	107	James Kelley	Centuria	WI	46	M	18	17:35	5:40	0:36	26	54:23	22.6	0:38	16	18:57	6:06	1:3	
19	93	Anthony Hirschman	Medicine Lake	MN	28	M	20	17:42	5:42	0:39	21	53:51	22.8	0:29	24	19:37	6:19	1:3	
20	288	Dan Friedrichs	Mankato	MN	39	M	28	17:51	5:45	0:47	24	54:10	22.7	0:40	17	18:58	6:07	1:3	
21	111	Michael Kilcoyne	Long Lake	MN	49	M	26	18:04	5:49	0:36	25	54:15	22.7	0:33	21	19:34	6:18	1:3	
22	27	Jey Carlson	Minnetonka	MN	41	M	53	19:38	6:19	0:37	14	52:06	23.6	0:39	36	20:18	6:32	1:3	
23	2	Charles Allgood	Brooklyn Park	MN	43	M	27	18:09	5:51	1:01	19	53:31	23.0	0:42	29	20:00	6:27	1:3	
24	138	Joe McGaver	Duluth	MN	37	M	16	17:25	5:37	0:54	22	54:05	22.7	0:41	55	21:16	6:51	1:3	
25	269	Chuck Smith	Minneapolis	MN	30	M	14	17:14	5:33	0:38	38	56:52	21.6	0:35	9	17:57	5:47	1:3	
26	299	Supermario Minelli	Kasson	MN	37	M	50	19:31	6:17	1:02	20	53:50	22.9	0:54	48	21:02	6:47	1:3	
27	241	Nathaniel Tollefso	Minneapolis	MN	41	M	48	19:17	6:13	0:36	33	55:38	22.1	0:38	34	20:13	6:31	1:3	
28	313	Tim Brandvold	Minneapolis	MN	38	M	37	18:24	5:56	0:54	32	55:19	22.2	0:45	52	21:10	6:49	1:3	
29	147	Chad Millner	Eden Prairie	MN	31	M	8	16:21	5:16	0:36	75	1:01:17	20.1	0:40	8	17:46	5:43	1:3	
30	161	Clifford Owen	Shorewood	MN	35	M	33	18:22	5:55	0:45	39	56:52	21.6	0:36	30	20:06	6:28	1:3	
31	248	Brad Vieths	Duluth	MN	29	M	34	18:22	5:55	0:54	35	56:19	21.8	0:36	42	20:34	6:37	1:3	
32	243	Carl Unger	Prior Lake	MN	34	M	49	19:20	6:14	0:46	31	55:09	22.3	0:51	47	20:57	6:45	1:3	
33	6	Lynn Beiswanger	Bismarck	ND	53	M	22	17:51	5:45	0:53	43	57:29	21.4	0:46	31	20:06	6:29	1:3	
34	55	Colin Farbotko	Minneapolis	MN	29	M	25	18:01	5:48	0:38	46	58:24	21.1	0:30	28	20:00	6:27	1:3	
35	201	Joseph Schneiderha	Alexandria	MN	42	M	29	18:11	5:51	0:59	37	56:43	21.7	0:53	46	20:56	6:45	1:3	
36	172	Derick Podratz	Lino Lakes	MN	33	M	15	17:24	5:36	0:49	59	59:37	20.6	0:42	19	19:11	6:11	1:3	
37	82	Brian Hanson	Chisholm	MN	30	M	41	18:49	6:04	0:45	30	55:08	22.3	1:02	38	20:23	6:34	1:3	
38	229	Kris Swarthout	Minneapolis	MN	36	M	70	20:24	6:34	0:39	29	55:05	22.3	0:32	62	21:39	6:59	1:3	
39	154	Joe Moyer	Rochester	MN	29	M	97	21:52	7:03	0:59	16	52:38	23.4	0:31	69	22:24	7:13	1:3	
40	228	Tom Swanson	St. Paul	MN	39	M	45	19:04	6:09	1:00	42	57:27	21.4	0:49	32	20:07	6:29	1:3	
41	158	Guy Olson	Solon	IA	50	M	68	20:13	6:31	0:51	34	55:41	22.1	0:43	50	21:06	6:48	1:3	
42	54	Phillip Falkner	Minneapolis	MN	37	M	35	18:23	5:55	0:51	62	59:57	20.5	0:45	14	18:47	6:03	1:3	
43	57	Kyle Fleener	Austin	MN	24	M	36	18:24	5:56	0:51	54	59:21	20.7	0:49	22	19:35	6:18	1:3	
44	276	Santiago Morgan	Minneapolis	MN	46	M	39	18:34	5:59	0:43	49	58:29	21.0	0:45	39	20:30	6:36	1:3	
45	40	Bill Corcoran	Waite Park	MN	35	M	78	20:58	6:45	0:39	23	54:06	22.7	0:46	85	23:13	7:29	1:3	
46	36	Michael Colaizy	Osceola	WI	57	M	57	19:46	6:22	1:00	36	56:22	21.8	0:59	61	21:38	6:58	1:3	
47	98	Aaron Hoffmann	Saint Paul	MN	28	M	51	19:31	6:17	0:59	41	57:16	21.5	0:50	58	21:34	6:57	1:4	
48	292	Borg Isaksen	Brule	WI	34	M	44	19:04	6:09	1:02	45	58:18	21.1	0:44	53	21:11	6:50	1:4	
49	47	Alex Doerffler	Minneapolis	MN	37	M	54	19:41	6:20	0:40	48	58:26	21.1	0:37	49	21:04	6:47	1:4	
50	238	Todd Thorsgaard	St. Paul	MN	48	M	62	19:56	6:25	0:50	40	56:55	21.6	0:47	71	22:26	7:13	1:4	
51	19	Jeff Brennan	Emmetsburg	IA	30	M	71	20:31	6:36	0:58	64	59:59	20.5	0:57	18	19:01	6:07	1:4	
52	249	Jon Wagner	Sartell	MN	35	M	47	19:14	6:12	0:45	68	1:00:28	20.3	0:34	41	20:32	6:37	1:4	
53	45	Marvin Denzer	Waconia	MN	41	M	28	18:10	5:51	1:15	79	1:01:34	20.0	0:54	40	20:30	6:36	1:4	
54	257	Michael Williams	Maple Grove	MN	19	M	38	18:29	5:57	0:35	58	59:28	20.7	0:38	88	23:21	7:31	1:4	
55	226	Michael Svensk	Blaine	MN	27	M	43	18:54	6:05	0:53	76	1:01:18	20.1	0:45	44	20:43	6:40	1:4	
56	151	Brandon Svoscho	Saint Cloud	MN	20	M	74	20:49	6:42	0:42	50	58:34	21.0	0:26	70	22:25	7:13	1:4	
57	4	Nolan Barrios	Stillwater	MN	39	M	56	19:45	6:22	0:49	55	59:22	20.7	0:42	76	22:42	7:19	1:4	
58	136	Ian Marks	Superior	WI	24	M	46	19:08	6:10	0:50	74	1:01:07	20.1	0:43	60	21:37	6:58	1:4	
59	212	Paul Serreyn	Lakeville	MN	44	M	60	19:54	6:25	0:43	67	1:00:12	20.4	0:42	65	21:58	7:05	1:4	
60	284	David Drees	Minneapolis	MN	45	M	58	19:49	6:23	0:56	66	1:00:05	20.5	0:55	66	21:59	7:05	1:4	
61	155	Michael Murray	Sartell	MN	48	M	81	21:03	6:47	1:02	47	58:25	21.1	0:57	72	22:30	7:15	1:4	
62	211	Kyle Serreyn	Lakeville	MN	17	M	77	20:54	6:44	0:48	56	59:26	20.7	0:44	80	22:50	7:21	1:4	
63	26	Luke Gusta	St. Cloud	MN	19	M	72	20:31	6:37	0:55	78	1:01:29	20.0	0:45	51	21:08	6:48	1:4	
64	72	Rick Gauthier	Coldspring	MN	43	M	84	21:09	6:49	0:58	44	58:05	21.2	0:53	97	23:51	7:41	1:4	
65	81	Ben Hanson	Princeton	MN	29	M	83	21:07	6:48	0:47	52	59:12	20.8	0:30	91	23:28	7:34	1:4	
66	246	Nick Vanduzee	Chaska	MN	64	M	80	21:01	6:46	0:55	57	59:26	20.7	0:44	82	23:06	7:26	1:4	
67	279	Tom Allen	Marshall	MN	20	M	24	18:00	5:48	0:35	105	1:03:57	19.2	0:31	37	20:18	6:32	1:4	
68	15	Gary A Boesenberg	Cedar Rapids	IA	47	M	87	21:25	6:54	0:33	61	59:51	20.6	0:35	90	23:26	7:33	1:4	
69	196	Charlie Schad	Sartell	MN	37	M	88	21:27	6:55	1:05	51	58:53	20.9	0:54	95	23:41	7:38	1:4	
70	51	Taggart Downare	Sartell	MN	37	M	61	19:54	6:25	1:15	73	1:01:02	20.2	1:08	77	22:42	7:19	1:4	
71	295	Mark Lindquist	Buffalo	MN	35	M	86	21:23	6:53	1:04	71	1:01:00	20.2	0:50	63	21:47	7:01	1:4	
72	307	Jesse Westrup	Sartell	MN	33	M	19	17:37	5:41	1:05	123	1:06:14	18.6	1:14	33	20:09	6:30	1:4	
73	10	Cory Binder	St. Louis Park	MN	35	M	85	21:20	6:52	1:09	70	1:00:43	20.3	0:46	79	22:44	7:19	1:4	
74	99	Mike Houghton	Sartell	MN	37	M	64	20:02	6:27	0:57	86	1:02:26	19.7	0:42	74	22:39	7:18	1:4	
75	171	Adam Plante	Sartell	MN	22	M	59	19:52	6:24	0:39	108	1:04:34	19.1	0:38	54	21:16	6:51	1:4	
76	58	Mike Flynn	Elk River	MN	55	M	79	20:59	6:46	0:55	84	1:02:16	19.8	0:53	68	22:08	7:08	1:4	
77	124	Marco Lanz	Minneapolis	MN	24	M	65	20:03											

91	219	Greg Skoog	Sartell	MN	40	M	95	21:46	7:01	1:14	90	1:02:46	19.6	1:09	101	24:06	7:46	1:5
92	290	Jeffrey Huber	Clearwater	MN	20	M	67	20:12	6:30	0:49	115	1:05:22	18.8	0:32	103	24:10	7:47	1:5
93	53	Leon Essler	Bismarck	ND	55	M	119	22:56	7:23	1:14	60	59:40	20.6	1:23	134	25:57	8:22	1:5
94	77	Michael Haehn	Sartell	MN	43	M	92	21:39	6:58	0:46	101	1:03:29	19.4	1:00	105	24:17	7:49	1:5
95	232	Richard Theisen	Clearwater	MN	44	M	110	22:38	7:17	1:38	69	1:00:32	20.3	1:29	123	25:18	8:09	1:5
96	65	Gregg Garretson	Lakeville	MN	50	M	111	22:44	7:19	1:01	103	1:03:55	19.2	0:53	83	23:07	7:27	1:5
97	125	Hank Larsen	Glencoe	MN	67	M	96	21:48	7:01	0:59	110	1:04:50	19.0	0:43	93	23:35	7:36	1:5
98	293	Anthony Jaeger	Minneapolis	MN	23	M	69	20:18	6:32	0:51	147	1:08:49	17.9	0:39	59	21:34	6:57	1:5
99	282	Mike Cagun	Minneapolis	MN	35	M	107	22:28	7:14	1:05	107	1:04:24	19.1	1:31	81	23:03	7:25	1:5
100	149	Duane Millslagle	Duluth	MN	57	M	76	20:54	6:44	0:57	130	1:07:06	18.3	1:07	73	22:33	7:16	1:5
101	233	Andrew Thiemann	St. Louis Park	MN	28	M	114	22:46	7:20	1:00	95	1:03:04	19.5	0:45	122	25:18	8:09	1:5
102	206	Casey Seabright	Lakeville	MN	45	M	93	21:42	7:00	0:55	112	1:05:00	18.9	0:58	108	24:22	7:51	1:5
103	105	Whitney Johnson	Cold Spring	MN	43	M	91	21:36	6:57	1:21	109	1:04:49	19.0	1:19	104	24:13	7:48	1:5
104	192	Scott Rutten	Sauk Centre	MN	38	M	140	23:51	7:41	0:58	94	1:02:56	19.5	0:58	115	24:47	7:59	1:5
105	306	Bob Trueman	Maple Grove	MN	40	M	40	18:46	6:03	1:21	122	1:06:07	18.6	2:08	119	25:14	8:08	1:5
106	71	Dan Goetz	Minneapolis	MN	35	M	82	21:04	6:47	1:08	127	1:06:44	18.4	0:56	98	23:54	7:42	1:5
107	32	David Clemmons	Bismarck	ND	52	M	94	21:43	7:00	1:51	92	1:02:50	19.6	2:13	121	25:18	8:09	1:5
108	86	Christopher Hawes	Saint Paul	MN	33	M	137	23:41	7:38	1:19	82	1:02:07	19.8	1:14	128	25:35	8:15	1:5
109	3	Bob Bailey	Woodbury	MN	63	M	101	22:08	7:08	0:55	106	1:04:21	19.1	0:49	135	26:01	8:23	1:5
110	91	K. David Hirschey	Plymouth	MN	57	M	149	24:40	7:57	1:05	85	1:02:19	19.7	1:05	118	25:12	8:07	1:5
111	88	Chuck Heisick	St. Cloud	MN	48	M	142	24:06	7:46	1:16	80	1:02:01	19.8	0:42	138	26:18	8:28	1:5
112	106	Jeff Jurewicz	Le Sueur	MN	35	M	118	22:55	7:23	1:02	116	1:05:23	18.8	0:59	110	24:27	7:52	1:5
113	254	Graeme Webster	Minneapolis	MN	30	M	89	21:34	6:57	1:08	124	1:06:18	18.6	1:02	116	24:51	8:00	1:5
114	190	Justin Royer	St. Louis Park	MN	29	M	139	23:51	7:41	1:12	89	1:02:45	19.6	1:08	141	26:36	8:34	1:5
115	133	Eric Lohn	Sartell	MN	37	M	73	20:36	6:38	2:11	143	1:08:35	17.9	1:15	84	23:08	7:27	1:5
116	191	David Rulifson	Edina	MN	40	M	147	24:34	7:55	1:15	63	59:57	20.5	1:04	159	28:57	9:19	1:5
117	315	Jeff Champeau	Excelsior	MN	21	M	98	21:53	7:03	0:41	134	1:07:31	18.2	0:35	124	25:29	8:13	1:5
118	256	Henry Wieland	Rice	MN	42	M	141	23:57	7:43	1:28	87	1:02:30	19.7	1:18	145	27:10	8:45	1:5
119	118	Michael Koppy	Duluth	MI	57	M	102	22:10	7:08	0:57	144	1:08:40	17.9	1:20	92	23:30	7:34	1:5
120	224	Steve Stenzel	St. Paul	MN	26	M	104	22:22	7:12	1:28	137	1:07:51	18.1	1:05	64	21:52	7:03	1:5
121	253	Richard Warzecha	Saint Paul	MN	43	M	127	23:18	7:30	1:45	125	1:06:24	18.5	1:52	89	23:25	7:33	1:5
122	300	John Patrin	Chanhassen	MN	41	M	109	22:30	7:15	1:31	118	1:05:30	18.8	1:36	129	25:38	8:15	1:5
123	173	Chris Pofelr	Eded Prairie	MN	47	M	145	24:21	7:51	1:01	83	1:02:15	19.8	1:28	149	27:54	8:59	1:5
124	283	Michael Dillon	Brainerd	MN	37	M	113	22:46	7:20	1:25	119	1:05:44	18.7	1:34	131	25:39	8:16	1:5
125	210	John Seiler	Sartell	MN	43	M	120	23:00	7:25	1:28	129	1:07:05	18.3	1:07	112	24:32	7:54	1:5
126	160	John Ostmo	Milaca	MN	52	M	155	25:09	8:06	1:15	88	1:02:38	19.6	1:51	139	26:26	8:31	1:5
127	96	Elliott Hodgson	West St. Paul	MN	16	M	99	21:56	7:04	2:33	132	1:07:24	18.3	2:16	87	23:20	7:31	1:5
128	167	Paul Perseke	Minnetonka	MN	42	M	122	23:03	7:26	1:23	121	1:05:51	18.7	1:49	127	25:33	8:14	1:5
129	70	Michael Given	Sauk Rapids	MN	34	M	161	25:39	8:16	0:53	77	1:01:21	20.1	0:38	161	29:14	9:25	1:5
130	296	Gary Livingston	Coon Rapids	MN	54	M	103	22:20	7:12	1:09	158	1:10:50	17.4	1:09	86	23:15	7:29	1:5
131	309	Anthony Young	St. Cloud	MN	18	M	55	19:45	6:22	0:42	169	1:13:19	16.8	0:39	113	24:33	7:55	1:5
132	1	Louis Ahlstrand	Shafer	MN	53	M	128	23:20	7:31	1:07	151	1:09:29	17.7	0:58	102	24:09	7:47	1:5
133	223	Thomas Stang	Sartell	MN	19	M	115	22:48	7:21	0:45	146	1:08:47	17.9	0:32	140	26:28	8:31	1:5
134	62	Eric Forsteth	Bloomington	MN	43	M	158	25:31	8:13	0:54	100	1:03:26	19.4	0:49	160	29:12	9:24	1:5
135	78	Aaron Hagen	Saint Cloud	MN	30	M	159	25:36	8:15	1:02	96	1:03:09	19.5	1:01	163	29:18	9:26	2:0
136	67	Eugene Garver	Sartell	MN	62	M	132	23:33	7:35	1:29	155	1:09:47	17.6	1:45	109	24:26	7:52	2:0
137	132	Bryan Logue	New Prague	MN	36	M	170	26:14	8:27	1:32	98	1:03:17	19.4	1:20	155	28:37	9:13	2:0
138	314	Mark Urdahehl	Excelsior	MN	46	M	138	23:44	7:39	1:07	114	1:05:20	18.8	1:05	166	29:52	9:37	2:0
139	152	Chad Motzko	Richfield	MN	34	M	148	24:38	7:56	1:23	117	1:05:30	18.8	1:37	150	27:59	9:01	2:0
140	73	William Grassl	St. Michael	MN	55	M	143	24:14	7:48	0:56	140	1:08:14	18.0	0:57	144	26:59	8:41	2:0
141	185	Jeff Rogholt	Rice	MN	32	M	144	24:21	7:51	1:36	138	1:08:01	18.1	1:18	137	26:15	8:27	2:0
142	294	Phil Kirsch	Kasson	MN	23	M	124	23:13	7:29	1:18	133	1:07:27	18.2	1:23	152	28:15	9:06	2:0
143	277	Brian Corrigan	Minneapolis	MN	36	M	152	24:46	7:58	0:56	152	1:09:36	17.7	0:54	126	25:31	8:13	2:0
144	275	Ryan Kanne	St. Paul	MN	33	M	131	23:30	7:34	0:49	111	1:04:52	19.0	0:56	177	31:51	10:16	2:0
145	227	Steve Swanson	Elk River	MN	48	M	134	23:36	7:36	1:36	150	1:09:25	17.7	1:55	130	25:38	8:16	2:0
146	46	Jeremy Denzer	Mongomery	MN	26	M	165	25:54	8:21	0:56	131	1:07:07	18.3	0:45	148	27:36	8:53	2:0
147	297	Joseph Madryga	Mpls	MN	45	M	105	22:23	7:12	2:47	153	1:09:40	17.7	2:51	114	24:47	7:59	2:0
148	170	Greg Pietrowski	Sartell	MN	37	M	117	22:52	7:22	1:51	149	1:09:24	17.7	1:46	143	26:48	8:38	2:0
149	64	Michael Garland	Clear Lake	MN	50	M	150	24:43	7:58	1:27	141	1:08:23	18.0	0:57	151	28:00	9:01	2:0
150	289	Gerard Giuliano	Schaumburg	IL	48	M	133	23:35	7:36	0:52	164	1:12:30	17.0	0:56	133	25:51	8:19	2:0
151	139	Larry McKenzie	Brooklyn Park	MN	61	M	163	25:45	8:17	1:01	148	1:09:18	17.8	1:01	142	26:44	8:37	2:0
152	52	Mark Eginton	Duluth	MN	38	M	164	25:45	8:18	1:40	128	1:06:48	18.4	1:13	154	28:34	9:12	2:0
153	12	John Bodette	St. Cloud	MN	57	M	121	23:03	7:25	0:56	176	1:15:21	16.3	0:52	96	23:49	7:40	2:0
154	39	Peter Cooley	St. Paul	MN	30	M	125	23:15	7:29	0:59	171	1:13:42	16.7	1:00	136	26:12	8:26	2:0
155	41	Tom Couillard	White Bear Lak	MN	58	M	129	23:27	7:33	1:15	173	1:13:52	16.7	1:37	120	25:16	8:08	2:0
156	22	Tom Brix	Plymouth	MN	65	M	168	26:05	8:24	1:23	142	1:08:33	17.9	1:34	153	28:27	9:10	2:0
157	250	G George Wallin	Big Lake	MN	54	M	123	23:03	7:26	1:15	177	1:16:00	16.2	1:13	117	24:55	8:02	2:0
158	180	Ryan Quinn	St. Cloud	MN	30	M	177	26:57	8:41	0:39	174	1:14:20	16.6	0:34	100	24:03	7:45	2:0
159	87	Carl Heeder	St Cloud	MN	36	M	169	26:11	8:26	1:25	135	1:07:36	18.2	1:25	173	30:42	9:53	2:0
160	38	Gregory Cooley	Sartell	MN	52	M	166	25:56	8:21	1:02	159	1:11:04	17.3	0:59	158	28:45	9:16	2:0
161	273	Guy Sprenger	St. Cloud	MN	50	M	146	24:33	7:55	0:59	160	1:11:56	17.1	1:23	162	29:17	9:26	2:0
162	80	Peter Hamerlinck	St. Joseph	MN	42	M	171	26:24	8:30	2:19	156	1:10:11	17.5	2:09	146	27:12	8:45	2:0
163	89	Michael Hendrickso	St. Louis Park	MN	47	M	116	22:49	7:21	1:32	180	1:17:38	15.8	2:15	107	24:21	7:51	2:0
164	304	Chris Rogholt	Sauk Rapids	WI	35	M	186	29:51	9:37	1:23	126	1:06:26	18.5	1:14	172	30:32	9:50	2:0
165	165	Ron Pemberton	Milwaukee	WI	64	M	178	27:00	8:42	1:12	145	1:08:46	17.9	1:19	176	31:32	10:09	2:0
166	29	Ron Chicka	Foxboro	WI	44	M	154	24:53	8:01	1:38	157	1:10:30	17.5	2:13	175	31:26		

186	260	Scott Wojahn	Mpls	MN	38 M	156	25:17	8:09	2:59	184	1:26:50	14.2	2:44	182	33:56	10:56	2:3
187	123	Jared Lamont	Sartell	MN	39 M	183	28:45	9:16	1:14	187	1:30:45	13.6	1:01	186	35:50	11:32	2:3
188	85	David Haugen	Minnetonka	MN	53 M	181	27:33	8:52	4:06	188	1:37:20	12.6	3:23	174	30:48	9:55	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	42	Marlo Crosby Mcgav	Duluth	MN	37	F	1	18:26	0:50	1	52:36	23.4	0:39	3	19:53	6:24	1:3
2	116	Sarah Kolpin	Madison	WI	26	F	2	18:30	0:38	6	56:29	21.8	0:37	2	19:29	6:17	1:3
3	252	Marnie Walth	Bismarck	ND	38	F	3	19:15	0:46	3	55:26	22.2	0:40	4	19:58	6:26	1:3
4	129	Marta Lewinski	Edina	MN	34	F	6	20:08	0:47	5	56:26	21.8	0:34	5	20:52	6:43	1:3
5	100	Julie Hull	Farmington	MN	35	F	15	20:47	0:40	4	55:51	22.0	0:31	9	21:42	7:00	1:3
6	143	Sarah Mercer	Golden Valley	MN	39	F	26	21:50	1:02	2	55:20	22.2	0:49	21	22:49	7:21	1:4
7	109	Tracie Kent	Saint Paul	MN	33	F	18	21:01	0:54	8	57:35	21.4	0:39	11	21:56	7:04	1:4
8	134	Stacy Maas	Edina	MN	28	F	5	20:02	0:58	11	59:51	20.6	0:48	14	22:13	7:09	1:4
9	21	Dawn Brintnell	St. Paul	MN	33	F	13	20:39	0:56	12	1:00:07	20.5	0:47	7	21:37	6:58	1:4
10	137	Courtney McBean	St Louis Park	MN	31	F	10	20:28	0:54	13	1:00:27	20.4	0:41	8	21:41	6:59	1:4
11	140	Julie McMonagle	Eagan	MN	41	F	23	21:28	0:43	9	58:09	21.2	0:42	23	23:15	7:29	1:4
12	215	Melinda Silbernack	Maple Grove	MN	52	F	33	22:23	1:15	7	56:56	21.6	0:52	26	23:33	7:35	1:4
13	33	Molly Cochran	Lakeville	MN	32	F	8	20:17	0:47	17	1:01:06	20.1	0:55	18	22:19	7:11	1:4
14	94	Casey Hirschman	Medicine Lake	MN	29	F	22	21:22	0:56	14	1:00:36	20.3	0:37	13	22:07	7:08	1:4
15	195	Merilee Sander	Northfield	MN	47	F	17	20:57	0:57	16	1:00:57	20.2	0:44	15	22:15	7:10	1:4
16	7	Nikki Bergh	Sartell	MN	30	F	14	20:40	0:55	18	1:02:16	19.8	0:39	12	22:03	7:06	1:4
17	301	Jessica Pink	Monticello	MN	28	F	4	19:33	1:05	29	1:06:05	18.6	0:36	1	19:16	6:12	1:4
18	153	Ann Moyer	Rochester	MN	28	F	25	21:40	1:25	15	1:00:44	20.3	0:57	22	23:06	7:26	1:4
19	189	Heather Roy	Duluth	MN	33	F	21	21:18	1:03	20	1:02:36	19.7	0:56	16	22:15	7:10	1:4
20	130	Stephanie Lieser	Fridley	MN	27	F	7	20:17	1:13	24	1:04:11	19.2	1:00	10	21:52	7:02	1:4
21	44	Michelle Demhardt	Stillwater	MN	41	F	29	21:59	1:12	10	59:25	20.7	1:58	30	24:27	7:52	1:4
22	60	Sarah Foley	Cologne	MN	37	F	11	20:31	1:02	22	1:04:08	19.2	0:58	19	22:40	7:18	1:4
23	117	Amy Koop	Minnetonka	MN	34	F	28	21:56	0:55	19	1:02:33	19.7	0:46	25	23:25	7:33	1:4
24	128	Cindy Lewandowski	Sartell	MN	45	F	16	20:56	1:05	25	1:05:02	18.9	0:51	17	22:19	7:11	1:5
25	267	Jody Zeleznikar	Duluth	MN	34	F	12	20:34	1:00	32	1:07:38	18.2	0:53	20	22:49	7:21	1:5
26	30	Krista Christensen	Maple Grove	MN	36	F	34	22:32	0:55	26	1:05:20	18.8	1:06	24	23:15	7:29	1:5
27	264	Amy Woolsey	Sauk Rapids	MN	42	F	35	22:49	1:03	23	1:04:11	19.2	0:49	32	24:43	7:58	1:5
28	225	Pam Stevens	Sartell	MN	54	F	38	23:40	0:57	21	1:02:48	19.6	0:55	37	25:52	8:20	1:5
29	145	Holly Miller	Bismarck	ND	35	F	9	20:24	1:44	37	1:10:25	17.5	1:50	6	21:14	6:50	1:5
30	178	Jody Quesnell	Roseville	MN	40	F	27	21:52	0:53	27	1:05:26	18.8	1:02	41	26:28	8:32	1:5
31	126	Emily Laughlin	Minneapolis	MN	24	F	30	22:04	0:38	34	1:08:48	17.9	0:36	31	24:28	7:53	1:5
32	265	Min-Amy Xu	Plymouth	MN	39	F	39	23:41	1:11	28	1:05:48	18.7	0:46	36	25:44	8:17	1:5
33	49	Jackie Dornfeld	Minnetonka	MN	46	F	24	21:37	1:12	36	1:09:26	17.7	1:44	27	23:37	7:36	1:5
34	168	Judith Peters	St. Cloud	MN	47	F	37	23:16	1:59	33	1:07:57	18.1	0:54	29	24:15	7:49	1:5
35	92	Angela Hirschman	Maple Grove	MN	32	F	42	24:15	1:16	31	1:07:16	18.3	1:13	38	26:02	8:23	2:0
36	202	Gabrielle Schrantz	Shoreview	MN	24	F	20	21:10	0:47	47	1:14:31	16.5	0:35	28	24:05	7:45	2:0
37	75	Beth Guck	Andover	MN	51	F	36	23:15	1:21	38	1:10:37	17.4	0:57	33	25:01	8:03	2:0
38	90	Beth Hennes	Ankeny	IA	34	F	32	22:18	1:41	39	1:10:53	17.4	1:21	39	26:19	8:29	2:0
39	148	Chandra Millner	Eden Prairie	MN	32	F	47	25:43	1:10	30	1:06:50	18.4	1:20	50	28:58	9:20	2:0
40	114	Jena Klein	Cold Spring	MN	37	F	45	25:30	1:07	35	1:09:25	17.7	1:25	43	27:15	8:47	2:0
41	97	Anne Hoeschen	Freeport	MN	34	F	43	25:18	1:18	41	1:11:52	17.1	1:10	35	25:36	8:15	2:0
42	305	Shawn Strathe	Minneapolis	MN	34	F	41	24:07	1:26	40	1:11:26	17.2	1:39	47	28:14	9:05	2:0
43	203	Emily Schroeder	Minneapolis	MN	23	F	40	23:44	0:45	50	1:15:48	16.2	1:21	40	26:27	8:31	2:0
44	156	Jean Nitchals	Chanhausen	MN	35	F	44	25:18	1:14	46	1:13:33	16.7	1:35	42	26:43	8:36	2:0
45	25	Mary Bruno	St. Joseph	MN	34	F	49	26:25	0:55	49	1:15:11	16.4	0:34	48	28:17	9:07	2:1
46	18	Reina Brekke	Shoreview	MN	50	F	54	27:12	1:13	44	1:13:18	16.8	1:02	52	29:31	9:30	2:1
47	150	Uecker Molly	Buffalo	MN	24	F	56	27:29	1:22	48	1:14:35	16.5	1:07	55	30:27	9:48	2:1
48	310	Faye Wavzecha	Edina	MN	45	F	46	25:30	1:10	52	1:18:35	15.7	1:00	49	28:44	9:15	2:1
49	119	Jill Koski	Cold Spring	MN	42	F	50	26:28	1:12	53	1:19:44	15.4	1:09	45	27:42	8:55	2:1
50	174	Leah Popp	Holdingford	MN	27	F	31	22:13	0:44	65	1:28:10	14.0	0:43	34	25:03	8:04	2:1
51	131	Melissa Lindsey	St. Cloud	MN	38	F	60	29:24	0:59	51	1:15:59	16.2	0:43	57	31:55	10:17	2:1
52	31	Stacia Christenson	Minnetonka	MN	33	F	52	26:51	1:05	54	1:19:53	15.4	0:59	56	30:27	9:48	2:1
53	234	Tamara Thingelstad	Minnetonka	MN	36	F	53	27:00	1:31	60	1:23:29	14.7	1:54	46	28:11	9:05	2:2
54	208	Kari Seaverson	Chaska	MN	34	F	55	27:14	1:26	58	1:23:18	14.8	1:05	51	29:07	9:22	2:2
55	259	Andrea Wojahn	Mpls	MN	40	F	61	30:05	2:42	45	1:13:31	16.7	2:34	59	33:53	10:55	2:2
56	204	Amber Schulzetzenbe	Avon	MN	20	F	51	26:47	0:46	61	1:24:27	14.6	0:41	53	30:19	9:46	2:2
57	281	Robin Bates	Minneapolis	MN	31	F	65	32:17	1:12	42	1:12:15	17.0	1:24	64	36:30	11:45	2:2
58	104	Dawn Johnson	Rochester	MN	31	F	66	32:37	2:07	43	1:12:38	16.9	2:01	66	38:23	12:22	2:2
59	286	Nancy Elmquist	Sauk Rapids	MN	36	F	48	25:46	1:22	67	1:32:46	13.3	1:06	44	27:22	8:49	2:2
60	302	Jane Putzier	Minneapolis	MN	48	F	57	28:02	1:49	63	1:26:34	14.2	1:39	54	30:26	9:48	2:2
61	298	Glenda Miller	Roberts	WI	44	F	59	28:14	2:53	59	1:23:29	14.7	2:02	58	32:09	10:21	2:2
62	48	Sarah Dolan	Minneapolis	MN	30	F	58	28:10	1:03	62	1:26:23	14.2	0:56	61	34:59	11:16	2:3
63	101	Nicole Jameson	Maple Grove	MN	38	F	63	31:46	1:45	55	1:20:58	15.2	1:48	62	35:36	11:28	2:3
64	188	Kathy Rosenow	Ramsey	MN	47	F	64	32:16	1:47	57	1:22:18	14.9	1:16	63	36:16	11:41	2:3
65	240	Doreen Tirevold	St. Bonifacius	MN	37	F	62	31:33	1:43	64	1:26:47	14.2	2:04	65	36:47	11:51	2:3
66	122	Jeanne Labore	Minneapolis	MN	57	F	19	21:06	10:09	66	1:31:43	13.4	1:53	60	34:25	11:05	2:3
67	261	Jean Wood	Excelsior	MN	58	F	67	39:18	1:46	56	1:21:26	15.1	1:44	67	46:38	15:01	2:5

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1 Ryan Giuliano	Schaumburg	IL	23	M	15:26	4:59
2 David Thompson	St. Paul	MN	29	M	15:32	5:00
3 Tom Jeffrey	Richmond	VA	34	M	15:32	5:00
4 Neil Miller	Saint Paul	MN	23	M	15:42	5:04
5 Jonathan Balabuck	Thunder Bay-Ca		28	M	15:56	5:08
6 Brooks Grossinger	Mayer	MN	30	M	16:01	5:10
7 Ryan French	Ames	IA	25	M	16:13	5:14
8 Chad Millner	Eden Prairie	MN	31	M	16:21	5:16
9 Dan Cohen	Eden Prairie	MN	33	M	16:28	5:18
10 Kevin O'Connor	Corcoran	MN	36	M	16:29	5:19

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1 Michael Boehmer	Oconomowoc	WI	28	M	0:28
2 Dan Cohen	Eden Prairie	MN	33	M	0:29
3 Tom Jeffrey	Richmond	VA	34	M	0:30
4 Gregory Taylor	Mankato	MN	53	M	0:31
5 Gary A Boesenberg	Cedar Rapids	IA	47	M	0:33
6 Brooks Grossinger	Mayer	MN	30	M	0:33
7 Brian Bich	Duluth	MN	41	M	0:33
8 David Thompson	St. Paul	MN	29	M	0:33
9 Jonathan Balabuck	Thunder Bay-Ca		28	M	0:34
10 Kevin O'Connor	Corcoran	MN	36	M	0:34

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1 David Thompson	St. Paul	MN	29	M	47:23	26.0
2 Tom Jeffrey	Richmond	VA	34	M	48:41	25.3
3 Curt Wood	Chaska	MN	29	M	48:47	25.2
4 Dan Cohen	Eden Prairie	MN	33	M	49:23	24.9
5 John Shelp	Maple Plain	MN	35	M	49:59	24.6
6 Brian Bich	Duluth	MN	41	M	50:08	24.5
7 Kevin O'Connor	Corcoran	MN	36	M	50:29	24.4
8 Dave Dow	West Lakeland	MN	52	M	50:51	24.2
9 Kevin Scheiterlein	Sartell	MN			50:53	24.2
10 Larry Stracke	Sartell	MN			51:03	24.1

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Brandon Moscho	Saint Cloud	MN	20	M	0:26
2 Dan Cohen	Eden Prairie	MN	33	M	0:26
3 David Thompson	St. Paul	MN	29	M	0:27
4 Ryan Giuliano	Schaumburg	IL	23	M	0:27
5 Kevin O'Connor	Corcoran	MN	36	M	0:29
6 Anthony Hirschman	Medicine Lake	MN	28	M	0:29
7 Curt Wood	Chaska	MN	29	M	0:29
8 Colin Farbotko	Minneapolis	MN	29	M	0:30
9 Ben Hanson	Princeton	MN	29	M	0:30
10 Gregory Taylor	Mankato	MN	53	M	0:31

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1 Ryan Giuliano	Schaumburg	IL	23	M	16:26	5:18
2 Neil Miller	Saint Paul	MN	23	M	16:54	5:27
3 Ryan French	Ames	IA	25	M	16:55	5:27
4 David Thompson	St. Paul	MN	29	M	16:59	5:28
5 Tom Jeffrey	Richmond	VA	34	M	17:04	5:30
6 Jonathan Balabuck	Thunder Bay-Ca		28	M	17:14	5:33
7 Tom Caprio	Sartell	MN			17:23	5:36
8 Brooks Grossinger	Mayer	MN	30	M	17:27	5:37
9 Chad Millner	Eden Prairie	MN	31	M	17:46	5:43
10 Chuck Smith	Minneapolis	MN	30	M	17:57	5:47

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 Michael Williams	Maple Grove	MN	19	M	1	18:29	5:57	0:35	2	59:28	20.7	0:38	5	23:21	7:31	1:42:29
2 Kyle Serreyn	Lakeville	MN	17	M	5	20:54	6:44	0:48	1	59:26	20.7	0:44	3	22:50	7:21	1:44:40
3 Luke Busta	St. Cloud	MN	19	M	4	20:31	6:37	0:55	3	1:01:29	20.0	0:45	2	21:08	6:48	1:44:46
4 Lou Hughes	Milaca	MN	18	M	2	19:33	6:18	0:48	4	1:05:51	18.7	0:43	1	20:42	6:40	1:47:35
5 Elliott Hodgson	West St. Paul	MN	16	M	6	21:56	7:04	2:33	5	1:07:24	18.3	2:16	4	23:20	7:31	1:57:27
6 Anthony Young	St. Cloud	MN	18	M	3	19:45	6:22	0:42	7	1:13:19	16.8	0:39	6	24:33	7:55	1:58:56
7 Thomas Stang	Sartell	MN	19	M	7	22:48	7:21	0:45	6	1:08:47	17.9	0:32	7	26:28	8:31	1:59:17
8 Ben Koenig	St. Cloud	MN	15	M	8	24:46	7:59	0:55	8	1:20:45	15.2	1:08	8	28:43	9:15	2:16:15

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 Emily Laughlin	Minneapolis	MN	24	F	2	22:04	7:06	0:38	1	1:08:48	17.9	0:36	2	24:28	7:53	1:56:32
2 Gabrielle Schrantz	Shoreview	MN	24	F	1	21:10	6:49	0:47	2	1:14:31	16.5	0:35	1	24:05	7:45	2:01:06
3 Emily Schroeder	Minneapolis	MN	23	F	3	23:44	7:39	0:45	4	1:15:48	16.2	1:21	3	26:27	8:31	2:08:02
4 Uecker Molly	Buffalo	MN	24	F	5	27:29	8:51	1:22	3	1:14:35	16.5	1:07	5	30:27	9:48	2:14:58
5 Amber Schulzetembe	Avon	MN	20	F	4	26:47	8:38	0:46	5	1:24:27	14.6	0:41	4	30:19	9:46	2:22:59

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
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1	Ryan Giuliano	Schaumburg	IL	23	M	1	15:26	4:59	0:36	2	51:38	23.8	0:27	1	16:26	5:18	1:24:31
2	Neil Miller	Saint Paul	MN	23	M	2	15:42	5:04	0:34	1	51:36	23.8	0:32	2	16:54	5:27	1:25:16
3	Kyle Fleener	Austin	MN	24	M	4	18:24	5:56	0:51	4	59:21	20.7	0:49	3	19:35	6:18	1:38:57
4	Brandon Moscho	Saint Cloud	MN	20	M	10	20:49	6:42	0:42	3	58:34	21.0	0:26	9	22:25	7:13	1:42:55
5	Ian Marks	Superior	WI	24	M	5	19:08	6:10	0:50	5	1:01:07	20.1	0:43	8	21:37	6:58	1:43:24
6	Tom Allen	Marshall	MN	20	M	3	18:00	5:48	0:35	7	1:03:57	19.2	0:31	4	20:18	6:32	1:45:20
7	Adam Plante	Sartell	MN	22	M	6	19:52	6:24	0:39	8	1:04:34	19.1	0:38	5	21:16	6:51	1:46:56
8	Marco Lanz	Minneapolis	MN	24	M	7	20:03	6:27	1:14	6	1:03:57	19.2	1:05	6	21:16	6:51	1:47:33
9	Jeffrey Huber	Clearwater	MN	20	M	8	20:12	6:30	0:49	9	1:05:22	18.8	0:32	10	24:10	7:47	1:51:01
10	Anthony Jaeger	Minneapolis	MN	23	M	9	20:18	6:32	0:51	12	1:08:49	17.9	0:39	7	21:34	6:57	1:52:09
11	Jeff Champeau	Excelsior	MN	21	M	11	21:53	7:03	0:41	11	1:07:31	18.2	0:35	11	25:29	8:13	1:56:07
12	Phil Kirsch	Kasson	MN	23	M	12	23:13	7:29	1:18	10	1:07:27	18.2	1:23	12	28:15	9:06	2:01:34
13	Matt Schillerstrom	Clearwater	MN	24	M	13	25:57	8:21	2:33	13	1:23:43	14.7	1:51	13	33:33	10:48	2:27:34

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	26	F	1	18:30	5:58	0:38	1	56:29	21.8	0:37	2	19:29	6:17	1:35:40
2	Stacy Maas	Edina	MN	28	F	3	20:02	6:27	0:58	2	59:51	20.6	0:48	5	22:13	7:09	1:43:50
3	Casey Hirschman	Medicine Lake	MN	29	F	5	21:22	6:53	0:56	3	1:00:36	20.3	0:37	4	22:07	7:08	1:45:37
4	Jessica Pink	Monticello	MN	28	F	2	19:33	6:18	1:05	6	1:06:05	18.6	0:36	1	19:16	6:12	1:46:33
5	Ann Moyer	Rochester	MN	28	F	6	21:40	6:59	1:25	4	1:00:44	20.3	0:57	6	23:06	7:26	1:47:50
6	Stephanie Lieser	Fridley	MN	27	F	4	20:17	6:32	1:13	5	1:04:11	19.2	1:00	3	21:52	7:02	1:48:31
7	Leah Popp	Holdingsford	MN	27	F	7	22:13	7:09	0:44	7	1:28:10	14.0	0:43	7	25:03	8:04	2:16:50

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	David Thompson	St. Paul	MN	29	M	1	15:32	5:00	0:33	1	47:23	26.0	0:27	2	16:59	5:28	1:20:52
2	Ryan French	Ames	IA	25	M	3	16:13	5:14	0:55	4	52:12	23.6	0:47	1	16:55	5:27	1:26:59
3	Jonathan Balabuck	Thunder Bay-Ca		28	M	2	15:56	5:08	0:34	6	53:02	23.2	0:33	3	17:14	5:33	1:27:17
4	Curt Wood	Chaska	MN	29	M	8	18:12	5:52	0:35	2	48:47	25.2	0:29	7	19:38	6:20	1:27:40
5	Brent Sinn	La Crosse	WI	29	M	5	17:27	5:37	0:57	3	51:49	23.7	0:40	5	18:53	6:05	1:29:45
6	Michael Boehmer	Oconomowoc	WI	28	M	4	16:53	5:26	0:28	8	54:31	22.6	0:34	4	18:35	5:59	1:31:00
7	Anthony Hirschman	Medicine Lake	MN	28	M	6	17:42	5:42	0:39	7	53:51	22.8	0:29	6	19:37	6:19	1:32:15
8	Brad Vieths	Duluth	MN	29	M	9	18:22	5:55	0:54	9	56:19	21.8	0:36	9	20:34	6:37	1:36:44
9	Colin Farbotko	Minneapolis	MN	29	M	7	18:01	5:48	0:38	11	58:24	21.1	0:30	8	20:00	6:27	1:37:31
10	Joe Moyer	Rochester	MN	29	M	13	21:52	7:03	0:59	5	52:38	23.4	0:31	13	22:24	7:13	1:38:22
11	Aaron Hoffmann	Saint Paul	MN	28	M	11	19:31	6:17	0:59	10	57:16	21.5	0:50	11	21:34	6:57	1:40:08
12	Michael Svensk	Blaine	MN	27	M	10	18:54	6:05	0:53	13	1:01:18	20.1	0:45	10	20:43	6:40	1:42:30
13	Ben Hanson	Princeton	MN	29	M	12	21:07	6:48	0:47	12	59:12	20.8	0:30	15	23:28	7:34	1:45:03
14	Matt Foley	Litchfield	MN	27	M	15	22:30	7:15	1:10	16	1:03:15	19.5	1:04	14	22:40	7:18	1:50:38
15	Andrew Thieman	St. Louis Park	MN	28	M	16	22:46	7:20	1:00	15	1:03:04	19.5	0:45	17	25:18	8:09	1:52:51
16	Justin Royer	St. Louis Park	MN	29	M	17	23:51	7:41	1:12	14	1:02:45	19.6	1:08	18	26:36	8:34	1:55:29
17	Steve Stenzel	St. Paul	MN	26	M	14	22:22	7:12	1:28	18	1:07:51	18.1	1:05	12	21:52	7:03	1:56:36
18	Jeremy Denzer	Mongomery	MN	26	M	18	25:54	8:21	0:56	17	1:07:07	18.3	0:45	19	27:36	8:53	2:02:16
19	Thomas Zahler	Eden Prairie	MN	27	M	19	26:52	8:39	1:24	19	1:16:28	16.1	2:02	16	23:58	7:43	2:10:42

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	Marta Lewinski	Edina	MN	34	F	1	20:08	6:29	0:47	1	56:26	21.8	0:34	1	20:52	6:43	1:38:46
2	Tracie Kent	Saint Paul	MN	33	F	7	21:01	6:46	0:54	2	57:35	21.4	0:39	4	21:56	7:04	1:42:03
3	Dawn Brintnell	St. Paul	MN	33	F	5	20:39	6:39	0:56	3	1:00:07	20.5	0:47	2	21:37	6:58	1:44:04
4	Courtney McBean	St Louis Park	MN	31	F	3	20:28	6:36	0:54	4	1:00:27	20.4	0:41	3	21:41	6:59	1:44:09
5	Molly Cochran	Lakeville	MN	32	F	2	20:17	6:32	0:47	5	1:01:06	20.1	0:55	7	22:19	7:11	1:45:22
6	Nikki Bergh	Sartell	MN	30	F	6	20:40	6:39	0:55	6	1:02:16	19.8	0:39	5	22:03	7:06	1:46:32
7	Heather Roy	Duluth	MN	33	F	8	21:18	6:52	1:03	8	1:02:36	19.7	0:56	6	22:15	7:10	1:48:06
8	Amy Koop	Minnetonka	MN	34	F	9	21:56	7:04	0:55	7	1:02:33	19.7	0:46	9	23:25	7:33	1:49:33
9	Jody Zeleznikar	Duluth	MN	34	F	4	20:34	6:37	1:00	11	1:07:38	18.2	0:53	8	22:49	7:21	1:52:52
10	Angela Hirschman	Maple Grove	MN	32	F	12	24:15	7:49	1:16	10	1:07:16	18.3	1:13	11	26:02	8:23	2:00:00
11	Beth Hennes	Ankeny	IA	34	F	10	22:18	7:11	1:41	12	1:10:53	17.4	1:21	12	26:19	8:29	2:02:30
12	Chandra Millner	Eden Prairie	MN	32	F	14	25:43	8:17	1:10	9	1:06:50	18.4	1:20	15	28:58	9:20	2:03:59
13	Anne Hoeschen	Freeport	MN	34	F	13	25:18	8:09	1:18	14	1:11:52	17.1	1:10	10	25:36	8:15	2:05:11
14	Shawn Strathe	Minneapolis	MN	34	F	11	24:07	7:46	1:26	13	1:11:26	17.2	1:39	13	28:14	9:05	2:06:49
15	Mary Bruno	St. Joseph	MN	34	F	15	26:25	8:31	0:55	17	1:15:11	16.4	0:34	14	28:17	9:07	2:11:21
16	Stacia Christenson	Minnetonka	MN	33	F	16	26:51	8:39	1:05	18	1:19:53	15.4	0:59	17	30:27	9:48	2:19:13
17	Kari Seaverson	Chaska	MN	34	F	17	27:14	8:46	1:26	19	1:23:18	14.8	1:05	16	29:07	9:22	2:22:08
18	Robin Bates	Minneapolis	MN	31	F	19	32:17	10:24	1:12	15	1:12:15	17.0	1:24	19	36:30	11:45	2:23:34
19	Dawn Johnson	Rochester	MN	31	F	20	32:37	10:30	2:07	16	1:12:38	16.9	2:01	20	38:23	12:22	2:27:44
20	Sarah Dolan	Minneapolis	MN	30	F	18	28:10	9:04	1:03	20	1:26:23	14.2	0:56	18	34:59	11:16	2:31:29

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	Tom Jeffrey	Richmond	VA	34	M	1	15:32	5:00	0:30	1	48:41	25.3	0:32	1	17:04	5:30	1:22:17
2	Dan Cohen	Eden Prairie	MN	33	M	4	16:28	5:18	0:29	2	49:23	24.9	0:26	5	18:13	5:52	1:24:58
3	Brooks Grossinger	Mayer	MN	30	M	2	16:01	5:10	0:33	3	51:14	24.0	0:34	2	17:27	5:37	1:25:47
4	Jason Bates	Minneapolis	MN	31	M	8	18:21	5:55	0:44	4	51:36	23.8	0:37	8	19:46	6:22	1:31:03
5	Chuck Smith	Minneapolis	MN	30	M	5	17:14	5:33	0:38	7	56:52	21.6	0:35	4	17:57	5:47	1:35:13
6	Chad Millner	Eden Prairie	MN	31	M	3	16:21	5:16	0:36	12	1:01:17	20.1	0:40	3	17:46	5:43	1:36:38
7	Carl Unger	Prior Lake	MN	34	M	11	19:20	6:14	0:46	6	55:09	22.3	0:51	11	20:57	6:45	1:37:02

8	Derick Podratz	Lino Lakes	MN	33	M	6	17:24	5:36	0:49	10	59:37	20.6	0:42	7	19:11	6:11	1:37:40
9	Brian Hanson	Chisholm	MN	30	M	9	18:49	6:04	0:45	5	55:08	22.3	1:02	10	20:23	6:34	1:38:06
10	Borg Isaksen	Brule	WI	34	M	10	19:04	6:09	1:02	8	58:18	21.1	0:44	12	21:11	6:50	1:40:17
11	Jeff Brennan	Emmetsburg	IA	30	M	12	20:31	6:36	0:58	11	59:59	20.5	0:57	6	19:01	6:07	1:41:23
12	Jesse Westrup	Sartell	MN	33	M	7	17:37	5:41	1:05	18	1:06:14	18.6	1:14	9	20:09	6:30	1:46:18
13	Sean McQuillen	St. Louis Park	MN	30	M	16	23:37	7:36	1:13	9	59:13	20.8	1:10	14	24:30	7:53	1:49:40
14	Christopher Hawes	Saint Paul	MN	33	M	17	23:41	7:38	1:19	14	1:02:07	19.8	1:14	16	25:35	8:15	1:53:54
15	Graeme Webster	Minneapolis	MN	30	M	13	21:34	6:57	1:08	19	1:06:18	18.6	1:02	15	24:51	8:00	1:54:52
16	Michael Given	Sauk Rapids	MN	34	M	21	25:39	8:16	0:53	13	1:01:21	20.1	0:38	20	29:14	9:25	1:57:42
17	Aaron Hagen	Saint Cloud	MN	30	M	20	25:36	8:15	1:02	15	1:03:09	19.5	1:01	21	29:18	9:26	2:00:05
18	Chad Motzko	Richfield	MN	34	M	19	24:38	7:56	1:23	17	1:05:30	18.8	1:37	19	27:59	9:01	2:01:06
19	Jeff Rogholt	Rice	MN	32	M	18	24:21	7:51	1:36	20	1:08:01	18.1	1:18	18	26:15	8:27	2:01:28
20	Ryan Kanne	St. Paul	MN	33	M	15	23:30	7:34	0:49	16	1:04:52	19.0	0:56	22	31:51	10:16	2:01:58
21	Peter Cooley	St. Paul	MN	30	M	14	23:15	7:29	0:59	21	1:13:42	16.7	1:00	17	26:12	8:26	2:05:05
22	Ryan Quinn	St. Cloud	MN	30	M	22	26:57	8:41	0:39	22	1:14:20	16.6	0:34	13	24:03	7:45	2:06:31

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 Mcgav	Duluth	MN	37	F	1	18:26	5:56	0:50	1	52:36	23.4	0:39	1	19:53	6:24	1:32:23
2	Marnie Walth	Bismarck	ND	38	F	2	19:15	6:12	0:46	3	55:26	22.2	0:40	2	19:58	6:26	1:36:03
3	Julie Hull	Farmington	MN	35	F	5	20:47	6:42	0:40	4	55:51	22.0	0:31	4	21:42	7:00	1:39:29
4	Sarah Mercer	Golden Valley	MN	39	F	6	21:50	7:02	1:02	2	55:20	22.2	0:49	6	22:49	7:21	1:41:48
5	Sarah Foley	Cologne	MN	37	F	4	20:31	6:37	1:02	5	1:04:08	19.2	0:58	5	22:40	7:18	1:49:17
6	Krista Christensen	Maple Grove	MN	36	F	7	22:32	7:16	0:55	6	1:05:20	18.8	1:06	7	23:15	7:29	1:53:06
7	Holly Miller	Bismarck	ND	35	F	3	20:24	6:34	1:44	9	1:10:25	17.5	1:50	3	21:14	6:50	1:55:35
8	Min-Amy Xu	Plymouth	MN	39	F	8	23:41	7:38	1:11	7	1:05:48	18.7	0:46	8	25:44	8:17	1:57:07
9	Jena Klein	Cold Spring	MN	37	F	10	25:30	8:13	1:07	8	1:09:25	17.7	1:25	10	27:15	8:47	2:04:39
10	Jean Nitchals	Chanhassen	MN	35	F	9	25:18	8:09	1:14	10	1:13:33	16.7	1:35	9	26:43	8:36	2:08:22
11	Melissa Lindsey	St. Cloud	MN	38	F	13	29:24	9:28	0:59	11	1:15:59	16.2	0:43	13	31:55	10:17	2:18:59
12	Tamara Thingelstad	Minnetonka	MN	36	F	12	27:00	8:42	1:31	13	1:23:29	14.7	1:54	12	28:11	9:05	2:22:03
13	Nancy Elmquist	Sauk Rapids	MN	36	F	11	25:46	8:18	1:22	15	1:32:46	13.3	1:06	11	27:22	8:49	2:28:21
14	Nicole Jameson	Maple Grove	MN	38	F	15	31:46	10:14	1:45	12	1:20:58	15.2	1:48	14	35:36	11:28	2:31:51
15	Doreen Tirevold	St. Bonifacius	MN	37	F	14	31:33	10:10	1:43	14	1:26:47	14.2	2:04	15	36:47	11:51	2:38:52

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	Kevin O'Connor	Corcoran	MN	36	M	1	16:29	5:19	0:34	2	50:29	24.4	0:29	1	18:03	5:49	1:26:02
2	John Shelp	Maple Plain	MN	35	M	2	17:05	5:30	0:35	1	49:59	24.6	0:37	4	19:20	6:14	1:27:34
3	Dan Friedrichs	Mankato	MN	39	M	4	17:51	5:45	0:47	6	54:10	22.7	0:40	3	18:58	6:07	1:32:24
4	Joe McGaver	Duluth	MN	37	M	3	17:25	5:37	0:54	4	54:05	22.7	0:41	12	21:16	6:51	1:34:19
5	Supermario Minelli	Kasson	MN	37	M	10	19:31	6:17	1:02	3	53:50	22.9	0:54	9	21:02	6:47	1:36:17
6	Tim Brandvold	Minneapolis	MN	38	M	7	18:24	5:56	0:54	9	55:19	22.2	0:45	11	21:10	6:49	1:36:29
7	Clifford Owen	Shorewood	MN	35	M	5	18:22	5:55	0:45	10	56:52	21.6	0:36	5	20:06	6:28	1:36:40
8	Kris Swarthout	Minneapolis	MN	36	M	17	20:24	6:34	0:39	8	55:05	22.3	0:32	14	21:39	6:59	1:38:17
9	Tom Swanson	St. Paul	MN	39	M	8	19:04	6:09	1:00	11	57:27	21.4	0:49	6	20:07	6:29	1:38:24
10	Phillip Falkner	Minneapolis	MN	37	M	6	18:23	5:55	0:51	15	59:57	20.5	0:45	2	18:47	6:03	1:38:40
11	Bill Corcoran	Waite Park	MN	35	M	20	20:58	6:45	0:39	5	54:06	22.7	0:46	23	23:13	7:29	1:39:40
12	Alex Doerffler	Minneapolis	MN	37	M	11	19:41	6:20	0:40	12	58:26	21.1	0:37	10	21:04	6:47	1:40:26
13	Jon Wagner	Sartell	MN	35	M	9	19:14	6:12	0:45	16	1:00:28	20.3	0:34	7	20:32	6:37	1:41:32
14	Nolan Barrios	Stillwater	MN	39	M	12	19:45	6:22	0:49	14	59:22	20.7	0:42	17	22:42	7:19	1:43:19
15	Charlie Schad	Sartell	MN	37	M	24	21:27	6:55	1:05	13	58:53	20.9	0:54	24	23:41	7:38	1:45:57
16	Taggart Downare	Sartell	MN	37	M	13	19:54	6:25	1:15	19	1:01:02	20.2	1:08	18	22:42	7:19	1:46:00
17	Mark Lindquist	Buffalo	MN	35	M	23	21:23	6:53	1:04	18	1:01:00	20.2	0:50	15	21:47	7:01	1:46:02
18	Cory Binder	St. Louis Park	MN	35	M	22	21:20	6:52	1:09	17	1:00:43	20.3	0:46	20	22:44	7:19	1:46:40
19	Mike Houghton	Sartell	MN	37	M	15	20:02	6:27	0:57	21	1:02:26	19.7	0:42	16	22:39	7:18	1:46:44
20	Joe Kelzer	New Richmond	WI	37	M	16	20:08	6:29	0:43	25	1:03:20	19.4	0:45	8	20:52	6:43	1:47:45
21	David Mercer	Golden Valley	MN	39	M	30	23:39	7:37	1:09	7	55:00	22.4	0:38	32	27:27	8:51	1:47:52
22	Michael Scham	St Paul	MN	38	M	14	19:59	6:26	1:58	27	1:05:01	18.9	1:17	13	21:25	6:54	1:49:38
23	John Seaverson	Chaska	MN	35	M	25	22:27	7:14	1:01	22	1:02:55	19.6	0:43	19	22:44	7:19	1:49:49
24	Daniel Miller	Bismarck	ND	37	M	19	20:49	6:42	1:24	20	1:02:06	19.8	0:56	30	25:40	8:16	1:50:54
25	Mike Caguin	Minneapolis	MN	35	M	26	22:28	7:14	1:05	26	1:04:24	19.1	1:31	21	23:03	7:25	1:52:28
26	Scott Rutten	Sauk Centre	MN	38	M	31	23:51	7:41	0:58	23	1:02:56	19.5	0:58	27	24:47	7:59	1:53:29
27	Dan Goetz	Minneapolis	MN	35	M	21	21:04	6:47	1:08	31	1:06:44	18.4	0:56	25	23:54	7:42	1:53:45
28	Jeff Jurewicz	Le Sueur	MN	35	M	29	22:55	7:23	1:02	28	1:05:23	18.8	0:59	26	24:27	7:52	1:54:42
29	Eric Lohn	Sartell	MN	37	M	18	20:36	6:38	2:11	35	1:08:35	17.9	1:15	22	23:08	7:27	1:55:44
30	Michael Dillon	Brainerd	MN	37	M	27	22:46	7:20	1:25	29	1:05:44	18.7	1:34	29	25:39	8:16	1:57:05
31	Bryan Logue	New Prague	MN	36	M	38	26:14	8:27	1:32	24	1:03:17	19.4	1:20	34	28:37	9:13	2:00:58
32	Brian Corrigan	Minneapolis	MN	36	M	32	24:46	7:58	0:56	37	1:09:36	17.7	0:54	28	25:31	8:13	2:01:41
33	Greg Pietrowski	Sartell	MN	37	M	28	22:52	7:22	1:51	36	1:09:24	17.7	1:46	31	26:48	8:38	2:02:39
34	Mark Eginton	Duluth	MN	38	M	36	25:45	8:18	1:40	32	1:06:48	18.4	1:13	33	28:34	9:12	2:03:57
35	Carl Heeder	St Cloud	MN	36	M	37	26:11	8:26	1:25	33	1:07:36	18.2	1:25	38	30:42	9:53	2:07:17
36	Chris Rogholt	Sauk Rapids	MN	35	M	42	29:51	9:37	1:23	30	1:06:26	18.5	1:14	37	30:32	9:50	2:09:24
37	Nicholas Colatrell	Sartell	MN	38	M	34	25:39	8:16	1:43	39	1:13:32	16.7	1:41	36	29:29	9:30	2:12:02
38	Kevin Christenson	Minnetonka	MN	39	M	39	27:05	8:43	1:24	34	1:07:36	18.2	1:15	42	38:09	12:17	2:15:27
39	Mike Seiler	Muskego	WI	36	M	41	28:46	9:16	2:34	38	1:13:02	16.8	1:27	41	36:01	11:36	2:21:48
40	Joe Willie	Minneapolis	MN	37	M	35	25:41	8:16	1:03	41	1:29:04	13.8	2:03	35	28:45	9:15	2:26:34
41	Scott Wojahn	Mpls	MN	38	M	33	25:17	8:09	2:59	40	1:26:50	14.2	2:44	39	33:56	10:56	2:31:43
42	Jared Lamont	Sartell	MN	39	M	40	28:45	9:16	1:14	42	1:30:45	13.6	1:01	40	35:50	11:32	2:37:33

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	Julie McMonagle	Eagan	MN	41	F	1	21:28	6:55	0:43	1	58:09	21.2	0:42	1	23:15	7:29	1:44:15
2	Michelle Dennhardt	Stillwater	MN	41	F	3	21:59	7:05	1:12	2	59:25	20.7	1:58	2	24:27	7:52	1:48:59

3 Amy Woolsey	Sauk Rapids	MN	42 F	4	22:49	7:21	1:03	3	1:04:11	19.2	0:49	3	24:43	7:58	1:53:32
4 Jody Quesnell	Roseville	MN	40 F	2	21:52	7:03	0:53	4	1:05:26	18.8	1:02	4	26:28	8:32	1:55:40
5 Jill Koski	Cold Spring	MN	42 F	5	26:28	8:31	1:12	6	1:19:44	15.4	1:09	5	27:42	8:55	2:16:13
6 Andrea Wojahn	Mpls	MN	40 F	7	30:05	9:41	2:42	5	1:13:31	16.7	2:34	7	33:53	10:55	2:22:43
7 Glenda Miller	Roberts	WI	44 F	6	28:14	9:06	2:53	7	1:23:29	14.7	2:02	6	32:09	10:21	2:28:46

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 Brian Bich	Duluth	MN	41 M		1	16:29	5:19	0:33	1	50:08	24.5	0:41	1	18:27	5:57	1:26:16
2 Jey Carlson	Minnetonka	MN	41 M		7	19:38	6:19	0:37	2	52:06	23.6	0:39	4	20:18	6:32	1:33:15
3 Charles Allgood	Brooklyn Park	MN	43 M		2	18:09	5:51	1:01	3	53:31	23.0	0:42	2	20:00	6:27	1:33:23
4 Nathaniel Tollefso	Minneapolis	MN	41 M		6	19:17	6:13	0:36	4	55:38	22.1	0:38	3	20:13	6:31	1:36:19
5 Joseph Schneiderha	Alexandria	MN	42 M		4	18:11	5:51	0:59	5	56:43	21.7	0:53	6	20:56	6:45	1:37:39
6 Marvin Denzer	Waconia	MN	41 M		3	18:10	5:51	1:15	12	1:01:34	20.0	0:54	5	20:30	6:36	1:42:20
7 Paul Serreyn	Lakeville	MN	44 M		8	19:54	6:25	0:43	9	1:00:12	20.4	0:42	7	21:58	7:05	1:43:26
8 Rick Gothier	Coldspring	MN	43 M		9	21:09	6:49	0:58	6	58:05	21.2	0:53	11	23:51	7:41	1:44:53
9 Tim Ruff	Savage	MN	42 M		10	21:35	6:57	1:02	11	1:01:00	20.2	0:57	10	23:40	7:37	1:48:12
10 Christopher Robins	Baxter	MN	40 M		19	23:16	7:30	0:54	17	1:03:30	19.4	0:43	8	22:02	7:06	1:50:23
11 Steven Paulik	Fargo	ND	43 M		21	23:28	7:33	1:08	8	59:59	20.5	0:51	18	25:31	8:13	1:50:55
12 Greg Skoog	Sartell	MN	40 M		13	21:46	7:01	1:14	14	1:02:46	19.6	1:09	12	24:06	7:46	1:51:00
13 Michael Haehn	Sartell	MN	43 M		12	21:39	6:58	0:46	16	1:03:29	19.4	1:00	14	24:17	7:49	1:51:08
14 Richard Theisen	Clearwater	MN	44 M		15	22:38	7:17	1:38	10	1:00:32	20.3	1:29	17	25:18	8:09	1:51:34
15 Whitney Johnson	Cold Spring	MN	43 M		11	21:36	6:57	1:21	18	1:04:49	19.0	1:19	13	24:13	7:48	1:53:16
16 Bob Trueman	Maple Grove	MN	40 M		5	18:46	6:03	1:21	21	1:06:07	18.6	2:08	16	25:14	8:08	1:53:35
17 David Rulifson	Edina	MN	40 M		23	24:34	7:55	1:15	7	59:57	20.5	1:04	23	28:57	9:19	1:55:45
18 Henry Wieland	Rice	MN	42 M		22	23:57	7:43	1:28	13	1:02:30	19.7	1:18	21	27:10	8:45	1:56:22
19 Richard Warzecha	Saint Paul	MN	43 M		20	23:18	7:30	1:45	22	1:06:24	18.5	1:52	9	23:25	7:33	1:56:42
20 John Patrin	Chanhassen	MN	41 M		14	22:30	7:15	1:31	19	1:05:30	18.8	1:36	20	25:38	8:15	1:56:43
21 John Seiler	Sartell	MN	43 M		17	23:00	7:25	1:28	23	1:07:05	18.3	1:07	15	24:32	7:54	1:57:10
22 Paul Perseke	Minnetonka	MN	42 M		18	23:03	7:26	1:23	20	1:05:51	18.7	1:49	19	25:33	8:14	1:57:37
23 Eric Forseth	Bloomington	MN	43 M		25	25:31	8:13	0:54	15	1:03:26	19.4	0:49	24	29:12	9:24	1:59:50
24 Peter Hamerlinck	St. Joseph	MN	42 M		26	26:24	8:30	2:19	25	1:10:11	17.5	2:09	22	27:12	8:45	2:08:13
25 Ron Chicka	Foxboro	WI	44 M		24	24:53	8:01	1:38	26	1:10:30	17.5	2:13	27	31:26	10:07	2:10:38
26 Randall Scussel	Chanhassen	MN	44 M		29	27:26	8:50	2:01	24	1:09:45	17.6	1:51	26	30:18	9:46	2:11:19
27 Karl Ronnkvist	Sartell	MN	44 M		28	26:48	8:38	1:22	27	1:12:22	17.0	2:33	28	33:06	10:39	2:16:09
28 Peter Eigenfeld	Saint Paul	MN	41 M		27	26:33	8:33	2:36	28	1:14:32	16.5	2:21	25	30:10	9:43	2:16:10
29 Brad Rohlf	Sartell	MN	40 M		16	22:44	7:19	1:13	29	1:30:44	13.6	1:03	29	35:47	11:32	2:31:30

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 Merilee Sander	Northfield	MN	47 F		2	20:57	6:45	0:57	1	1:00:57	20.2	0:44	1	22:15	7:10	1:45:48
2 Cindy Lewandowski	Sartell	MN	45 F		1	20:56	6:45	1:05	2	1:05:02	18.9	0:51	2	22:19	7:11	1:50:12
3 Jackie Dornfeld	Minnetonka	MN	46 F		3	21:37	6:58	1:12	4	1:09:26	17.7	1:44	3	23:37	7:36	1:57:33
4 Judith Peters	St. Cloud	MN	47 F		4	23:16	7:30	1:59	3	1:07:57	18.1	0:54	4	24:15	7:49	1:58:18
5 Faye Wavzecha	Edina	MN	45 F		5	25:30	8:13	1:10	5	1:18:35	15.7	1:00	5	28:44	9:15	2:14:58
6 Jane Putzier	Minneapolis	MN	48 F		6	28:02	9:02	1:49	7	1:26:34	14.2	1:39	6	30:26	9:48	2:28:29
7 Kathy Rosenow	Ramsey	MN	47 F		7	32:16	10:23	1:47	6	1:22:18	14.9	1:16	7	36:16	11:41	2:33:51

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 James Kelley	Centuria	WI	46 M		1	17:35	5:40	0:36	2	54:23	22.6	0:38	1	18:57	6:06	1:32:08
2 Michael Kilcoyne	Long Lake	MN	49 M		2	18:04	5:49	0:36	1	54:15	22.7	0:33	2	19:34	6:18	1:33:01
3 Santiago Morgan	Minneapolis	MN	46 M		3	18:34	5:59	0:43	5	58:29	21.0	0:45	4	20:30	6:36	1:38:59
4 Todd Thorsgaard	St. Paul	MN	48 M		6	19:56	6:25	0:50	3	56:55	21.6	0:47	6	22:26	7:13	1:40:52
5 David Drees	Minneapolis	MN	45 M		5	19:49	6:23	0:56	7	1:00:05	20.5	0:55	5	21:59	7:05	1:43:43
6 Michael Murray	Sartell	MN	48 M		7	21:03	6:47	1:02	4	58:25	21.1	0:57	7	22:30	7:15	1:43:55
7 Gary A Boesenberg	Cedar Rapids	IA	47 M		8	21:25	6:54	0:33	6	59:51	20.6	0:35	8	23:26	7:33	1:45:48
8 Tim Peterson	Sartell	MN	45 M		4	18:50	6:04	1:22	13	1:08:09	18.1	1:39	3	20:17	6:32	1:50:15
9 Bob Harmon	New Brighton	MN	46 M		10	22:01	7:06	0:59	10	1:02:48	19.6	0:50	9	24:20	7:50	1:50:57
10 Casey Seabright	Lakeville	MN	45 M		9	21:42	7:00	0:55	11	1:05:00	18.9	0:58	11	24:22	7:51	1:52:56
11 Chuck Heisick	St. Cloud	MN	48 M		16	24:06	7:46	1:16	8	1:02:01	19.8	0:42	15	26:18	8:28	1:54:21
12 Chris Pofperl	Edded Prairie	MN	47 M		17	24:21	7:51	1:01	9	1:02:15	19.8	1:28	16	27:54	8:59	1:56:57
13 Mark Urdahehl	Excelsior	MN	46 M		15	23:44	7:39	1:07	12	1:05:20	18.8	1:05	17	29:52	9:37	2:01:06
14 Steve Swanson	Elk River	MN	48 M		14	23:36	7:36	1:36	14	1:09:25	17.7	1:55	13	25:38	8:16	2:02:09
15 Joseph Madryga	Mpls	MN	45 M		11	22:23	7:12	2:47	15	1:09:40	17.7	2:51	12	24:47	7:59	2:02:25
16 Gerard Giuliano	Schaumburg	IL	48 M		13	23:35	7:36	0:52	16	1:12:30	17.0	0:56	14	25:51	8:19	2:03:41
17 Michael Hendrickso	St. Louis Park	MN	47 M		12	22:49	7:21	1:32	18	1:17:38	15.8	2:15	10	24:21	7:51	2:08:33
18 Chuck Hodgson	West St. Paul	MN	49 M		18	31:49	10:15	1:32	17	1:12:55	16.9	1:33	18	34:45	11:11	2:22:31

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	52 F		1	22:23	7:12	1:15	1	56:56	21.6	0:52	1	23:33	7:35	1:44:57
2 Pam Stevens	Sartell	MN	54 F		3	23:40	7:37	0:57	2	1:02:48	19.6	0:55	3	25:52	8:20	1:54:10
3 Beth Guck	Andover	MN	51 F		2	23:15	7:29	1:21	3	1:10:37	17.4	0:57	2	25:01	8:03	2:01:09
4 Reina Brekke	Shoreview	MN	50 F		4	27:12	8:46	1:13	4	1:13:18	16.8	1:02	4	29:31	9:30	2:12:14

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	52	M	2	17:57	5:47	0:46	1	50:51	24.2	0:50	2	19:46	6:22	1:30:08
2 Gregory Taylor	Mankato	MN	53	M	3	18:16	5:53	0:31	2	53:11	23.1	0:31	1	19:36	6:19	1:32:03
3 Lynn Beiswanger	Bismarck	ND	53	M	1	17:51	5:45	0:53	4	57:29	21.4	0:46	3	20:06	6:29	1:37:03
4 Guy Olson	Solon	IA	50	M	4	20:13	6:31	0:51	3	55:41	22.1	0:43	4	21:06	6:48	1:38:31
5 Gregg Garretson	Lakeville	MN	50	M	7	22:44	7:19	1:01	7	1:03:55	19.2	0:53	5	23:07	7:27	1:51:39
6 David Clemmons	Bismarck	ND	52	M	5	21:43	7:00	1:51	6	1:02:50	19.6	2:13	9	25:18	8:09	1:53:52
7 John Ostmo	Milaca	MN	52	M	12	25:09	8:06	1:15	5	1:02:38	19.6	1:51	10	26:26	8:31	1:57:16
8 Gary Livingston	Coon Rapids	MN	54	M	6	22:20	7:12	1:09	10	1:10:50	17.4	1:09	6	23:15	7:29	1:58:40
9 Louis Ahlstrand	Shafer	MN	53	M	9	23:20	7:31	1:07	9	1:09:29	17.7	0:58	7	24:09	7:47	1:58:59
10 Michael Garland	Clear Lake	MN	50	M	11	24:43	7:58	1:27	8	1:08:23	18.0	0:57	11	28:00	9:01	2:03:28
11 G George Wallin	Big Lake	MN	54	M	8	23:03	7:26	1:15	14	1:16:00	16.2	1:13	8	24:55	8:02	2:06:25
12 Gregory Cooley	Sartell	MN	52	M	14	25:56	8:21	1:02	11	1:11:04	17.3	0:59	12	28:45	9:16	2:07:43
13 Guy Sprenger	St. Cloud	MN	50	M	10	24:33	7:55	0:59	12	1:11:56	17.1	1:23	13	29:17	9:26	2:08:07
14 Mike O'Hara	Sartell	MN	54	M	13	25:19	8:09	1:06	13	1:13:48	16.7	1:20	14	29:26	9:29	2:10:58
15 David Haugen	Minnetonka	MN	53	M	15	27:33	8:52	4:06	15	1:37:20	12.6	3:23	15	30:48	9:55	2:43:08

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 Jeanne Labore	Minneapolis	MN	57	F	1	21:06	6:48	10:09	2	1:31:43	13.4	1:53	1	34:25	11:05	2:39:13
2 Jean Wood	Excelsior	MN	58	F	2	39:18	12:39	1:46	1	1:21:26	15.1	1:44	2	46:38	15:01	2:50:51

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	57	M	1	19:46	6:22	1:00	1	56:22	21.8	0:59	1	21:38	6:58	1:39:43
2 Mike Flynn	Elk River	MN	55	M	3	20:59	6:46	0:55	3	1:02:16	19.8	0:53	2	22:08	7:08	1:47:09
3 Leon Essler	Bismarck	ND	55	M	5	22:56	7:23	1:14	2	59:40	20.6	1:23	8	25:57	8:22	1:51:08
4 Duane Millslagle	Duluth	MN	57	M	2	20:54	6:44	0:57	5	1:07:06	18.3	1:07	3	22:33	7:16	1:52:34
5 K. David Hirsche	Plymouth	MN	57	M	9	24:40	7:57	1:05	4	1:02:19	19.7	1:05	6	25:12	8:07	1:54:18
6 Michael Koppy	Duluth	MI	57	M	4	22:10	7:08	0:57	7	1:08:40	17.9	1:20	4	23:30	7:34	1:56:34
7 William Grassl	St. Michael	MN	55	M	8	24:14	7:48	0:56	6	1:08:14	18.0	0:57	9	26:59	8:41	2:01:18
8 John Bodette	St. Cloud	MN	57	M	6	23:03	7:25	0:56	10	1:15:21	16.3	0:52	5	23:49	7:40	2:03:59
9 Tom Couillard	White Bear Lak	MN	58	M	7	23:27	7:33	1:15	9	1:13:52	16.7	1:37	7	25:16	8:08	2:05:25
10 Dennis Coe	Minneapolis	MN	56	M	11	27:50	8:58	1:39	8	1:12:38	16.9	1:37	11	30:23	9:47	2:14:04
11 Aaron Netter	Rice	MN	56	M	10	24:44	7:58	1:30	11	1:17:21	15.9	2:32	10	30:21	9:47	2:18:28

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	64	M	1	21:01	6:46	0:55	1	59:26	20.7	0:44	1	23:06	7:26	1:45:10
2 Bob Bailey	Woodbury	MN	63	M	2	22:08	7:08	0:55	2	1:04:21	19.1	0:49	3	26:01	8:23	1:54:12
3 Eugene Garver	Sartell	MN	62	M	3	23:33	7:35	1:29	5	1:09:47	17.6	1:45	2	24:26	7:52	2:00:57
4 Larry McKenzie	Brooklyn Park	MN	61	M	4	25:45	8:17	1:01	4	1:09:18	17.8	1:01	4	26:44	8:37	2:03:47
5 Ron Pemberton	Milwaukee	WI	64	M	6	27:00	8:42	1:12	3	1:08:46	17.9	1:19	5	31:32	10:09	2:09:48
6 Charles Rhea	Plymouth	MN	60	M	5	26:45	8:37	1:47	7	1:12:42	16.9	1:56	8	34:24	11:05	2:17:31
7 Edwin Widseth	Edina	MN	63	M	8	31:17	10:04	1:24	6	1:12:02	17.1	1:26	7	32:49	10:34	2:18:55
8 Bob Kranz	Kapaa	HI	60	M	7	29:11	9:24	1:00	8	1:19:09	15.5	0:56	6	32:44	10:32	2:22:58

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	67	M	1	21:48	7:01	0:59	1	1:04:50	19.0	0:43	1	23:35	7:36	1:51:52
2 Tom Brix	Plymouth	MN	65	M	2	26:05	8:24	1:23	2	1:08:33	17.9	1:34	2	28:27	9:10	2:06:00
3 Steve Paladie	Bloomington	MN	65	M	3	26:35	8:34	1:25	3	1:12:22	17.0	1:17	3	30:20	9:46	2:11:57