

APPLE DUATHLON  
 Saturday, May 23, 2009  
 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	1/18	David Thompson	St. Paul	MN	31	M	4	15:29	4:59	0:30	1	47:50	25.7	0:25	6	16:41	5:23
2	2/18	Justin Hurd	Fort Collins	CO	28	M	2	15:28	4:59	0:29	2	48:44	25.2	0:31	3	16:30	5:19
3	3/18	Joshua Merrick	Lakewood	CO	28	M	1	15:12	4:54	0:27	12	50:52	24.2	0:25	1	15:52	5:07
4	4/18	Ryan Giuliano	Schaumburg	IL	25	M	3	15:29	4:59	0:25	6	50:25	24.4	0:25	4	16:38	5:21
5	5/18	Matthew Payne	Columbia Heigh	MN	32	M	22	16:35	5:21	0:33	4	49:43	24.7	0:27	16	17:19	5:35
6	1/34	Kevin O'Connor	Medina	MN	38	M	18	16:25	5:17	0:36	5	49:50	24.7	0:26	18	17:35	5:40
7	6/18	Brooks Grossinger	Mayer	MN	32	M	11	16:03	5:10	0:31	8	50:41	24.3	0:36	15	17:17	5:34
8	7/18	Chad Millner	Eden Prairie	MN	33	M	23	16:36	5:21	0:27	3	49:27	24.9	0:26	26	18:17	5:53
9	8/18	Robert Gilles	Fargo	ND	33	M	5	15:30	5:00	0:37	16	51:45	23.8	0:31	10	16:54	5:27
10	9/18	Matthew Russell	Boulder	CO	26	M	6	15:37	5:02	0:33	20	52:25	23.5	0:26	2	16:28	5:18
11	10/18	Neil Miller	Andover	MN	25	M	12	16:03	5:10	0:31	15	51:43	23.8	0:30	8	16:51	5:26
12	2/34	Mark Beversdorf	Wausau	WI	36	M	10	16:01	5:10	0:41	23	52:54	23.3	0:31	11	16:58	5:28
13	11/18	Patrick Parish	Circle Pines	MN	24	M	8	15:51	5:06	0:37	41	54:04	22.8	0:30	5	16:40	5:22
14	1/26	Brent Sinn	La Crosse	WI	31	M	29	17:02	5:29	0:44	14	51:23	23.9	0:32	28	18:20	5:54
15	1/24	Nate Hoffman	Annandale	MN	26	M	7	15:49	5:06	0:44	37	53:46	22.9	0:37	14	17:15	5:33
16	3/34	John Shelp	Maple Plain	MN	37	M	31	17:15	5:33	0:36	11	50:44	24.3	0:33	39	19:06	6:09
17	4/34	Tony Tousley	Golden	CO	37	M	30	17:11	5:32	0:36	17	51:47	23.8	0:26	35	18:50	6:04
18	1/6	Cory Baumann	Marathon	WI	23	M	9	15:54	5:07	0:50	33	53:32	23.0	0:44	21	17:52	5:45
19	12/18	Josh Blankenheim	Duluth	MN	29	M	26	16:54	5:27	0:36	30	53:30	23.0	0:31	20	17:42	5:42
20	1/27	Todd Firebaugh	Woodbury	MN	47	M	49	18:05	5:50	0:40	10	50:43	24.3	0:33	46	19:16	6:12
21	5/34	Kevin Sampson	Overland Park	KS	38	M	17	16:24	5:17	0:43	52	54:59	22.4	0:37	13	17:12	5:33
22	1/23	Troy Vargas	Hudson	WI	40	M	32	17:22	5:36	0:40	18	52:10	23.6	0:40	45	19:16	6:12
23	2/6	Cory Olson	Fargo	ND	24	M	15	16:21	5:16	0:43	56	55:20	22.2	0:45	12	17:09	5:31
24	2/26	Brendon O'Flanagan	Woodbury	MN	32	M	27	16:56	5:27	0:28	36	53:44	22.9	0:28	33	18:40	6:01
25	2/27	James Kelley	Centuria	WI	48	M	39	17:48	5:44	0:47	21	52:29	23.4	0:32	53	19:30	6:17
26	3/26	Joe Moyer	Rochester	MN	31	M	90	19:23	6:15	0:47	7	50:25	24.4	0:37	68	20:09	6:29
27	2/24	Jonathan Neumann	Madison	WI	25	M	43	17:57	5:47	0:43	42	54:14	22.7	0:29	25	18:04	5:49
28	3/24	Thomas Gerlach	Chicago	IL	28	M	55	18:13	5:52	0:43	34	53:36	23.0	0:28	31	18:30	5:58
29	13/18	Christopher Lengle	Minneapolis	MN	29	M	33	17:51	5:39	0:37	39	53:53	22.8	0:29	40	19:08	6:10
30	3/27	Shane Thread	Evansville	IN	46	M	34	17:34	5:40	0:42	40	54:04	22.8	0:52	37	18:54	6:05
31	14/18	Kevin Smith	Oakville-Ontar	28	M	13	16:15	5:14	0:27	84	57:26	21.4	0:27	19	17:40	5:42	
32	4/27	Thomas Krenz	Chisago City	MN	48	M	40	17:54	5:46	0:45	35	53:43	22.9	0:40	44	19:15	6:12
33	6/34	Derick Podratz	Lino Lakes	MN	35	M	20	16:31	5:19	0:49	63	56:21	21.8	0:36	27	18:19	5:54
34	2/23	Jey Carlson	Mtka	MN	43	M	111	19:48	6:23	0:43	13	51:00	24.1	0:41	77	20:30	6:36
35	15/18	Christopher Sachs	White Bear Lak	MN	29	M	41	17:55	5:46	0:37	45	54:28	22.6	0:35	43	19:13	6:11
36	1/18	Gary Brenner	Madison	WA	52	M	61	18:21	5:55	0:46	28	53:13	23.1	0:47	57	19:43	6:21
37	16/18	Kevin Bjerke	Aberdeen	SD	27	M	25	16:52	5:26	0:53	70	56:51	21.6	0:53	17	17:25	5:37
38	4/24	Kyle Fleener	Austin	MN	26	M	59	18:20	5:54	0:26	31	53:31	23.0	0:30	67	20:08	6:29
39	4/26	Mark Lavin	Sioux Falls	SD	31	M	37	17:43	5:42	0:47	29	53:24	23.0	0:43	29	18:21	5:55
40	17/18	Lucas Pedersen	Richfield	MN	22	M	28	16:58	5:28	0:31	76	57:09	21.5	0:31	24	18:02	5:49
41	2/18	Charlie Roach	Lakeville	MN	52	M	38	17:47	5:44	0:48	58	55:22	22.2	0:43	32	18:35	5:59
42	3/18	David St Lawrence	Garrison	NY	52	M	60	18:20	5:54	0:37	48	54:40	22.5	0:37	41	19:11	6:11
43	5/26	Michael Wentz	Minneapolis	MN	34	M	86	19:13	6:11	1:00	19	52:23	23.5	0:41	66	20:08	6:29
44	3/23	Dave Dixon	Doylestown	PA	43	M	52	18:09	5:51	0:36	47	54:34	22.5	0:35	56	19:42	6:21
45	5/24	Micah Turman	Minneapolis	MN	29	M	72	18:48	6:03	0:34	43	54:22	22.6	0:31	51	19:28	6:16
46	7/34	Mario Minelli	Kasson	MN	39	M	64	18:27	5:56	0:54	24	52:58	23.2	0:44	84	20:41	6:40
47	8/34	Jeff Mortensen	Algona	IA	36	M	74	18:52	6:05	0:45	27	53:11	23.1	0:53	71	20:14	6:31
48	9/34	Jesse Westrup	Sartell	MN	35	M	21	16:31	5:19	0:37	97	58:07	21.2	0:45	23	17:56	5:47
49	1/3	Denver Rogalla	Onamia	MN	19	M	44	17:57	5:47	0:38	50	54:42	22.5	0:31	74	20:17	6:32
50	5/27	Chuck Harney	Washington	DC	48	M	73	18:48	6:03	0:56	26	53:06	23.2	0:39	78	20:37	6:38
51	4/23	Keith Hollendonner	Markleville	IN	40	M	45	17:57	5:47	0:38	59	55:33	22.1	0:31	52	19:28	6:16
52	6/24	Tim Cornett	Athens	GA	25	M	14	16:20	5:16	0:39	123	59:54	20.5	0:37	7	16:46	5:24
53	6/26	Coby Bullard	Keller	TX	33	M	19	16:31	5:19	0:42	66	56:32	21.8	0:42	22	17:55	5:46
54	6/27	Shawn Deboer	Sun Prairie	WI	45	M	77	19:00	6:07	0:49	22	52:52	23.3	0:41	91	20:59	6:46
55	7/26	David Binsfeld	St. Louis Park	MN	34	M	62	18:25	5:56	0:37	51	54:55	22.4	0:37	64	20:05	6:28
56	1/11	Marlo McGaver	Duluth	MN	39	F	57	18:14	5:52	0:47	60	55:52	22.0	0:35	48	19:19	6:13
57	4/18	Rick Christenson	Roseville	MN	51	M	136	20:47	6:42	1:03	9	50:43	24.3	0:44	114	21:45	7:00
58	10/34	Joey Gambescia	Miami	FL	36	M	53	18:10	5:51	0:36	54	55:05	22.3	0:38	36	18:51	6:04
59	7/27	Johnny King-Marino	Doylestown	PA	48	M	36	17:41	5:42	0:33	69	56:41	21.7	0:40	60	19:49	6:23
60	2/11	Marlina Walth	Bismarck	ND	40	F	89	19:22	6:14	0:42	53	55:03	22.3	0:36	65	20:07	6:29
61	3/6	John Heinlein Iii	Stillwater	MN	20	M	65	18:27	5:57	0:27	57	55:21	22.2	0:31	93	21:05	6:48
62	5/18	David Dow	West Lakeland	MN	54	M	87	19:13	6:12	0:46	38	53:48	22.9	0:49	105	21:22	6:53
63	11/34	Clifford Owen	Shorewood	MN	37	M	50	18:06	5:50	0:31	85	57:27	21.4	0:32	55	19:38	6:19
64	3/11	Kathryn Kasischke	San Diego	CA	33	F	71	18:48	6:03	0:33	82	57:21	21.5	0:33	38	19:06	6:09
65	7/24	James Hull	New Brighton	MN	26	M	51	18:08	5:50	0:41	72	57:03	21.6	0:29	69	20:10	6:30
66	12/34	Bill Corcoran	Waite Park	MN	37	M	92	19:23	6:15	0:51	32	53:32	23.0	0:51	123	21:56	7:04
67	13/34	John Sillery	Chatlanooga	TN	37	M	16	16:23	5:17	0:30	165	1:02:40	19.6	0:40	9	16:52	5:26
68	4/11	Kristin Wrede	Chicago	IL	27	F	67	18:30	5:58	0:42	95	57:43	21.3	0:37	54	19:36	6:19
69	1/16	William Martin	Gaithersburg	MD	55	M	113	19:50	6:23	0:35	44	54:26	22.6	0:45	125	22:00	7:05
70	5/23	Robbie Halvorson	Oakdale	MN	44	M	135	20:45	6:41	0:44	25	53:04	23.2	0:44	133	22:33	7:16
71	8/27	Jim Robb	Maple Grove	MN	46	M	115	19:52	6:24	0:37	55	55:12	22.3	0:37	108	21:33	6:56
72	14/34	Darin Wieneke	St. Paul	MN	35	M	47	18:02	5:49	0:30	119	59:46	20.6	0:35	42	19:12	6:11
73	5/11	Rachel Chambers	Sarasota	FL	37	F	68	18:33	5:59	0:42	107	59:01	20.8	0:39	47	19:17	6:13
74	8/24	Adam Sauder	Fitchburg	WI	26	M	46	17:58	5:47	1:02	68	56:35	21.7	0:38	62	20:01	6:27
75	6/18	Nace Mullen	Philadelphia	PA	53	M	106	19:40	6:20	0:48	67	56:33	21.8	0:39	83	20:41	6:40
76	8/26	Douglas Barkema	St Louis Park	MN	34	M	123	20:21	6:33	0:47	49	54:40	22.5	0:44	124	21:58	7:05
77	6/11	Jeanne Fleck	Proctor	MN	44	F	91	19:23	6:15	0:42	77	57:09	21.5	0:39	80	20:37	6:39
78	4/6	Brett Danielson	Cokato	MN	20	M	54	18:11	5:52	0:37	120	59:48	20.6	0:36	50	19:23	6:15
79	6/23	John Deering	Minneapolis	MN	44	M	85	19:11	6:11	0:54	90	57:33	21.4	0:52	76	20:23	6:34
80	7/11	Kortney Haag	New Hope	MN	30	F	95	19:28	6:16	0:38	98	58:09	21.2	0:33	73	20:16	6:32
81	8/11	Anne Preisig	Falmouth	MA	42												

87	9/11	Heidi Sarna	Chicago	IL	27	F	48	18:04	5:49	0:40	114	59:38	20.6	0:41	98	21:10	6:49
88	2/16	Michael Colaizy	Osceola	WI	59	M	118	20:10	6:30	0:57	64	56:30	21.8	0:45	120	21:53	7:03
89	15/34	Bryan Frye	Mpls	MN	39	M	69	18:36	6:00	0:47	131	1:00:27	20.4	0:45	58	19:45	6:22
90	10/11	Jan Guether	Long Lake	MN	50	F	121	20:17	6:32	0:44	74	57:05	21.6	0:43	110	21:35	6:57
91	9/26	Michael Hankee	Lino Lakes	MN	32	M	81	19:07	6:10	0:53	128	1:00:02	20.5	0:39	63	20:04	6:28
92	16/34	Joe McGaver	Duluth	MN	39	M	88	19:20	6:14	1:19	73	57:03	21.6	1:00	128	22:05	7:07
93	11/11	Becky Keller	Charlottesville	VA	30	F	82	19:08	6:10	0:40	112	59:35	20.6	0:35	90	20:53	6:44
94	3/16	Dan (rino) Rindfle	Madison	WI	55	M	127	20:31	6:37	0:54	75	57:06	21.5	0:41	113	21:40	6:59
95	8/23	Dave Jesse	West Allis	WI	40	M	56	18:13	5:52	1:05	133	1:00:31	20.3	1:05	75	20:17	6:32
96	1/20	Sarah Viamonte	Minneapolis	MN	30	F	105	19:39	6:20	0:41	105	58:55	20.9	0:45	99	21:14	6:50
97	10/24	Byron Lubenkov	Plymouth	MN	28	M	80	19:04	6:09	1:13	132	1:00:30	20.3	0:44	59	19:48	6:23
98	1/16	Tracie Kent	Saint Paul	MN	35	F	140	20:54	6:44	0:47	81	57:20	21.5	0:34	118	21:52	7:03
99	1/8	Wendy Bengtson	Chippewa Falls	WI	43	F	102	19:36	6:19	0:42	115	59:39	20.6	0:45	87	20:49	6:42
100	17/34	Jeremy Ekman	West Concord	MN	35	M	132	20:41	6:40	1:12	92	57:39	21.3	0:45	104	21:19	6:52
101	2/20	Diane Hanke	Lino Lakes	MN	32	F	144	21:00	6:46	0:42	93	57:42	21.3	0:37	121	21:53	7:03
102	11/24	Steve Stenzel	St. Paul	MN	28	M	58	18:19	5:54	0:43	146	1:01:52	19.9	0:40	30	18:28	5:57
103	2/3	Causi Rickard	Plymouth	MN	19	M	108	19:41	6:21	0:34	126	59:57	20.5	0:27	106	21:23	6:53
104	3/20	Jaime Kulbel	Madison	WI	33	F	110	19:45	6:22	0:33	121	59:50	20.6	0:34	109	21:34	6:57
105	1/7	Dennis Kasischke	Laughlin	NV	63	M	133	20:42	6:40	0:55	83	57:23	21.4	0:46	136	22:36	7:17
106	10/26	Thomas Sullivan	Minneapolis	MN	33	M	24	16:42	5:23	1:13	195	1:04:53	19.0	0:53	34	18:49	6:04
107	4/16	Paul Stich	Lake Mills	WI	56	M	134	20:44	6:41	0:51	96	57:56	21.2	0:56	127	22:04	7:07
108	4/20	Tara Croteau	Duluth	MN	31	F	100	19:36	6:19	0:58	117	59:42	20.6	0:48	112	21:36	6:57
109	11/26	Sam Francois	Sartell	MN	33	M	119	20:15	6:31	1:07	89	57:31	21.4	0:51	147	22:59	7:24
110	10/27	Walter McCabe Jr.	Corinth	MS	48	M	83	19:09	6:10	0:58	100	58:24	21.1	0:53	155	23:22	7:32
111	8/18	Michael Murray	Sartell	MN	50	M	149	21:12	6:50	0:42	79	57:14	21.5	0:42	145	22:58	7:24
112	11/27	Tim Mealey	Annapolis	MD	46	M	97	19:32	6:18	0:48	118	59:42	20.6	0:50	126	22:02	7:06
113	9/18	Park Firebaugh	Greencastle	IN	51	M	151	21:17	6:51	0:47	46	54:29	22.6	1:06	210	25:23	8:11
114	12/24	Hans Arnesen	Minneapolis	MN	25	M	143	20:59	6:46	0:45	61	56:03	22.0	0:40	184	24:42	7:57
115	18/34	Charlie Schad	Sartell	MN	39	M	141	20:55	6:44	1:03	65	56:31	21.8	0:59	166	23:50	7:41
116	12/27	Paul Serreyn	Lakeville	MN	46	M	107	19:41	6:20	0:47	137	1:00:56	20.2	0:52	95	21:08	6:48
117	1/11	Sarah Kolpin	Minneapolis	MN	28	F	124	20:21	6:33	0:42	130	1:00:25	20.4	0:47	97	21:08	6:49
118	12/26	Brad Vieths	Esko	MN	31	M	104	19:39	6:20	0:50	127	59:58	20.5	0:40	134	22:33	7:16
119	13/26	Graeme Webster	Minneapolis	MN	32	M	98	19:35	6:19	0:56	140	1:01:17	20.1	0:51	96	21:08	6:49
120	5/20	Pam Nielsen	Minnetonka	MN	33	F	78	19:01	6:08	0:49	171	1:03:05	19.5	0:48	72	20:15	6:32
121	2/16	Melissa Sundermann	Ann Arbor	MI	39	F	99	19:35	6:19	0:45	159	1:02:19	19.7	0:45	79	20:37	6:39
122	5/16	Barton Bixenstine	Shaker Heights	OH	59	M	167	21:51	7:02	0:44	62	56:19	21.8	0:47	179	24:22	7:51
123	13/24	Andrew Mundie	Toronto-On		27	M	79	19:03	6:08	0:46	175	1:03:10	19.5	0:51	89	20:53	6:44
124	3/16	Julie Hull	Farmington	MN	37	F	154	21:22	6:53	0:34	71	57:00	21.6	0:40	201	25:08	8:06
125	6/16	Jeffrey Timm	Bethlehem	PA	57	M	159	21:25	6:54	0:36	109	59:11	20.8	0:35	150	23:08	7:27
126	10/18	Todd Thorsgaard	St. Paul	MN	50	M	156	21:23	6:53	0:53	99	58:14	21.1	0:50	161	23:37	7:36
127	6/20	Rebecca Bader	Syracuse	NY	32	F	114	19:51	6:24	1:15	138	1:01:01	20.2	0:58	122	21:56	7:04
128	7/20	Ann Moyer	Rochester	MN	30	F	145	21:07	6:48	1:04	111	59:34	20.7	0:53	140	22:50	7:21
129	1/17	Sue Abrahamson	Wayzata	MN	46	F	126	20:26	6:35	0:50	157	1:02:14	19.8	0:45	100	21:14	6:50
130	2/11	Erika Osborn	Elkhorn	WI	29	F	171	21:58	7:04	0:47	106	58:57	20.9	0:46	151	23:10	7:28
131	3/11	Marlene Yaeger	Mounds View	MN	27	F	130	20:39	6:39	0:43	152	1:02:04	19.8	0:39	111	21:36	6:57
132	2/7	Ken Mogren	Winona	MN	61	M	185	22:23	7:12	1:09	78	57:11	21.5	0:54	171	24:03	7:45
133	4/16	Jill Ellenbecker	Coon Rapids	MN	37	F	103	19:37	6:19	0:55	163	1:02:36	19.7	0:49	119	21:52	7:03
134	8/20	Monica Schoeneck	Burlington	WI	30	F	109	19:45	6:22	1:00	168	1:02:52	19.6	0:52	107	21:25	6:54
135	2/8	Heidi Robb	Maple Grove	MN	42	F	162	21:35	6:57	0:57	104	58:53	20.9	0:39	169	23:56	7:42
136	14/24	Brandon Knettel	Lauderdale	MN	26	M	116	19:58	6:26	0:48	151	1:01:58	19.9	0:46	135	22:35	7:17
137	14/26	Matthew Schmitz	Maplewood	MN	33	M	142	20:57	6:45	1:30	103	58:47	20.9	1:18	163	23:41	7:38
138	5/16	Jill Hughes	Medina	MN	36	F	168	21:51	7:02	0:44	134	1:00:38	20.3	0:34	132	22:28	7:14
139	6/16	Nancy Flury	Minnetonka	MN	39	F	131	20:41	6:40	0:59	158	1:02:17	19.8	0:45	115	21:46	7:01
140	9/20	Correen Schuebel	Milwaukee	WI	31	F	148	21:11	6:49	0:33	155	1:02:09	19.8	0:39	131	22:17	7:11
141	11/18	Howard Zimring	Saint Cloud	MN	50	M	165	21:50	7:02	1:24	108	59:11	20.8	1:19	149	23:06	7:27
142	13/27	David Matiece	Brandon	49	M	76	18:58	6:07	0:57	183	1:03:50	19.3	0:57	129	22:10	7:08	
143	10/20	Nicole Bergh	Sartell	MN	32	F	129	20:38	6:39	0:45	164	1:02:39	19.6	0:42	130	22:12	7:09
144	7/16	Leon Essler	Bismarck	ND	57	M	190	22:31	7:15	1:09	88	57:30	21.4	1:06	198	25:00	8:03
145	19/34	Mark Halstrom	Sartell	MN	39	M	120	20:15	6:31	1:06	145	1:01:51	19.9	1:13	144	22:55	7:23
146	15/26	Matthew Hanson	Sauk Rapids	MN	33	M	117	19:58	6:26	1:00	198	1:05:07	18.9	0:52	82	20:40	6:39
147	2/17	Michelle O'Neill	Middletown	OH	47	F	150	21:12	6:50	0:36	162	1:02:35	19.7	0:35	138	22:40	7:18
148	15/24	Colin Jaworski	Brooklyn Park	MN	25	M	175	22:01	7:06	0:55	124	59:55	20.5	0:43	172	24:05	7:46
149	9/23	Andrew Fabbrini	Somerset	WI	41	M	184	22:21	7:12	1:12	110	59:32	20.7	1:03	160	23:34	7:35
150	12/18	Doug Wynveen	Osceola	WI	53	M	146	21:07	6:48	1:00	148	1:01:52	19.9	0:58	142	22:54	7:23
151	20/34	Mark Lindquist	Buffalo	MN	37	M	192	22:32	7:16	1:25	141	1:01:19	20.1	0:51	116	21:47	7:01
152	21/34	Mike Krein	Plymouth	MN	38	M	128	20:37	6:39	1:37	136	1:00:51	20.2	1:35	159	23:29	7:34
153	10/23	Steven Gray	Minneapolis	MN	40	M	138	20:48	6:42	1:09	139	1:01:06	20.1	1:11	174	24:07	7:46
154	22/34	Trent Johnson	Hudson	WI	38	M	161	21:31	6:56	1:18	153	1:02:05	19.8	0:59	137	22:36	7:17
155	3/7	Randall Maddox	Greenville	SC	60	M	218	23:30	7:34	1:00	101	58:29	21.0	0:53	182	24:39	7:56
156	8/16	Mike Flynn	Elk River	MN	57	M	153	21:19	6:52	0:48	181	1:03:43	19.3	1:05	117	21:52	7:03
157	9/16	Gerry Auman	Kennett Square	PA	57	M	172	21:58	7:04	0:58	122	59:50	20.6	0:51	205	25:15	8:08
158	16/24	Jason Neumann	Saint Cloud	MN	27	M	137	20:47	6:42	0:54	179	1:03:31	19.4	0:26	157	23:25	7:33
159	3/17	Shellon McCallie	Austin	TX	45	F	163	21:43	7:00	0:40	160	1:02:34	19.7	0:47	154	23:20	7:31
160	16/26	David Meberg	Maple Grove	MN	30	M	42	17:57	5:47	1:02	230	1:07:57	18.1	1:38	85	20:44	6:41
161	4/11	Casey Richter	Columbia Heigh	MN	26	F	147	21:10	6:49	0:52	178	1:03:30	19.4	0:55	141	22:53	7:22
162	7/16	Jean Nitchals	Chanhassen	MN	37	F	207	23:01	7:25	0:51	116	59:40	20.6	0:54	216	25:32	8:13
163	4/17	Tammy Bohan	Bismarck	ND	48	F	173	21:58	7:05	0:56	170	1:03:02	19.5	0:51	156	23:22	7:32
164	1/7	Bob Bailey	Woodbury	MN	65	M	177	22:08	7:08	0:55	143	1:01:33	20.0	0:55	185	24:44	7:58
165	5/11	Abigail Turman	Minneapolis	MN	27	F	202	22:46	7:20	0:28	172	1:03:05	19.5	0:37	158	23:25	7:33
166	23/34	Jeffrey Washburne	Minneapolis	MN	39	M	188	22:29	7:15	0:59							

182	14/18	Doug Johnson	Minneapolis	MN	52	M	193	22:32	7:16	1:31	166	1:02:48	19.6	1:44	176	24:11	7:47
183	6/6	Ryan Maciej	St. Cloud	MN	22	M	155	21:23	6:53	1:15	188	1:04:12	19.2	0:59	196	24:58	8:02
184	11/20	Hannah Sullivan	Saint Paul	MN	30	F	194	22:32	7:16	0:54	161	1:02:35	19.7	0:47	228	25:59	8:22
185	10/16	John Lirstrik	Stillwater	MN	56	M	209	23:03	7:26	1:30	149	1:01:54	19.9	1:28	200	25:06	8:05
186	2/7	Hank Larsen	Glencoe	MN	69	M	191	22:32	7:15	0:53	185	1:03:55	19.2	0:57	194	24:57	8:02
187	19/26	Matthew Haase	Maple Grove	MN	34	M	242	24:26	7:52	0:50	113	59:35	20.6	0:43	257	27:48	8:57
188	11/16	Mark Kapsner	Saint Cloud	MN	56	M	247	24:39	7:56	1:14	129	1:00:04	20.5	1:14	234	26:27	8:31
189	6/17	Cindy Lewandowski	Sartell	MN	47	F	158	21:25	6:54	0:56	227	1:07:49	18.1	0:51	139	22:41	7:18
190	3/8	Michele Schlessler	Minneapolis	MN	40	F	233	23:56	7:42	1:10	142	1:01:19	20.1	0:58	239	26:36	8:34
191	24/34	Michael Given	St. Cloud	MN	36	M	215	23:22	7:32	0:52	174	1:03:06	19.5	0:39	230	26:14	8:27
192	25/34	Aaron Smith	Robbinsdale	MN	35	M	225	23:41	7:38	0:49	182	1:03:49	19.3	0:34	223	25:47	8:18
193	11/23	Paul Bruzek	Minneapolis	MN	44	M	223	23:40	7:37	0:51	191	1:04:34	19.1	0:46	193	24:51	8:00
194	2/3	Pam Stevens	Sartell	MN	56	F	235	24:06	7:46	0:56	154	1:02:09	19.8	0:57	240	26:39	8:35
195	15/18	Scott Nygaard	Minnetonka	MN	50	M	63	18:25	5:56	1:19	190	1:04:25	19.1	1:31	264	29:13	9:25
196	18/24	Aaron Sorvig	St. Cloud	MN	28	M	197	22:38	7:18	1:31	187	1:04:12	19.2	1:23	202	25:11	8:07
197	9/16	Jessica Williams	Sartell	MN	38	F	203	22:47	7:20	0:56	207	1:06:16	18.6	0:55	173	24:05	7:46
198	4/8	Amy Woolsey	Sauk Rapids	MN	44	F	211	23:14	7:29	0:51	197	1:05:01	18.9	0:42	211	25:26	8:12
199	3/7	Jim Hix	Claremore	OK	67	M	208	23:02	7:25	1:03	192	1:04:40	19.0	0:59	225	25:51	8:20
200	19/24	Steve Myrah	South St Paul	MN	26	M	170	21:53	7:03	1:17	218	1:06:53	18.4	1:12	178	24:19	7:50
201	12/23	David Jones	St. Louis Park	MN	40	M	35	17:35	5:40	1:03	249	1:10:06	17.6	1:02	232	26:21	8:29
202	12/16	K. David Hirschev	Minneapolis	MN	59	M	258	25:23	8:10	2:18	144	1:01:40	20.0	1:26	222	25:45	8:18
203	13/23	George Morris	Cold Spring	MN	43	M	179	22:14	7:10	0:52	246	1:09:49	17.6	0:42	148	23:04	7:26
204	26/34	Greg Pietrowski	Sartell	MN	39	M	206	22:57	7:24	1:21	206	1:05:55	18.7	1:17	206	25:15	8:08
205	14/23	Chris O'Hara	Cedar Rapids	IA	40	M	189	22:30	7:15	1:12	211	1:06:36	18.5	1:17	203	25:12	8:07
206	27/34	David Janaszak	Sauk Rapids	MN	37	M	220	23:34	7:35	0:59	212	1:06:37	18.5	0:51	188	24:47	7:59
207	15/23	Damon Peters	Richfield	MN	42	M	204	22:48	7:21	1:27	210	1:06:36	18.5	1:19	183	24:40	7:57
208	7/17	Debra Weir	Pearland	TX	47	F	201	22:46	7:20	1:12	219	1:06:58	18.4	1:09	189	24:47	7:59
209	13/16	Louis Ahlstrand	Shafter	MN	55	M	210	23:05	7:26	1:09	221	1:07:09	18.3	1:00	192	24:49	8:00
210	8/17	Pam Zachman	Golden Valley	MN	45	F	249	24:49	8:00	0:38	193	1:04:41	19.0	0:42	236	26:31	8:32
211	16/18	Gregory Cooley	Sartell	MN	54	M	256	25:16	8:08	1:20	167	1:02:49	19.6	1:27	237	26:33	8:33
212	16/23	Greg Skoog	Sartell	MN	42	M	182	22:17	7:11	1:32	215	1:06:47	18.4	1:27	214	25:28	8:12
213	20/26	Kris King	Ramsey	MN	33	M	221	23:34	7:35	0:47	226	1:07:47	18.2	0:38	190	24:47	7:59
214	14/16	Michael Borneke	Eagle Lake	MN	55	M	222	23:36	7:36	0:59	208	1:06:30	18.5	1:11	213	25:28	8:12
215	17/23	John Lucking	Bloomington	MN	41	M	166	21:51	7:02	0:51	234	1:08:21	18.0	1:04	219	25:39	8:16
216	18/23	Rick Wegener	Blaine	MN	40	M	164	21:49	7:02	0:56	224	1:07:27	18.2	1:55	220	25:39	8:16
217	17/27	Andrew Smith	Baxter	MN	45	M	198	22:40	7:18	1:16	235	1:08:34	17.9	1:16	175	24:09	7:47
218	9/17	Judy Dixon	Doylestown	PA	49	F	216	23:23	7:32	0:58	204	1:05:41	18.7	0:50	246	27:04	8:43
219	19/23	Daniel Weaver	Saint Cloud	MN	42	M	200	22:42	7:19	1:15	228	1:07:51	18.1	1:35	186	24:44	7:58
220	2/2	Katie Anderson	Stillwater	MN	21	F	240	24:18	7:50	0:53	202	1:05:34	18.8	0:45	244	27:00	8:42
221	10/17	Amy Klosterman	White Bear Lak	MN	47	F	217	23:26	7:33	0:57	222	1:07:17	18.3	1:14	218	25:38	8:15
222	10/16	Julie Cajolet-Eckh	Waterford	WI	39	F	228	23:45	7:39	1:42	216	1:06:48	18.4	1:26	197	24:58	8:02
223	7/11	Lisa Bollinger	Sartell	MN	28	F	234	23:58	7:43	1:52	217	1:06:49	18.4	1:25	181	24:38	7:56
224	11/16	Jena Klein	Cold Spring	MN	39	F	253	25:01	8:03	1:22	186	1:04:03	19.2	1:08	249	27:11	8:45
225	28/34	Wayne Chapman	Plymouth	MN	39	M	230	23:50	7:41	0:53	223	1:07:18	18.3	0:45	231	26:17	8:28
226	18/27	Mark Roth	Burnsville	MN	47	M	84	19:10	6:11	0:54	285	1:17:55	15.8	1:10	70	20:14	6:31
227	17/18	Michael Garland	Clear Lake	MN	52	M	255	25:03	8:04	0:51	176	1:03:13	19.5	0:47	268	29:41	9:33
228	2/6	Beth Guck	Andover	MN	53	F	196	22:36	7:17	1:17	250	1:10:14	17.5	1:00	187	24:46	7:59
229	12/16	Lisa Mach	Minto	ND	39	F	160	21:28	6:55	1:18	265	1:12:59	16.9	1:15	146	22:58	7:24
230	19/27	John Seiler	Sartell	MN	45	M	226	23:42	7:38	1:04	232	1:08:14	18.0	0:56	229	26:04	8:24
231	21/26	Peter Cooley	Hugo	MN	32	M	183	22:19	7:11	0:54	252	1:10:25	17.5	0:56	212	25:27	8:12
232	8/11	Ann Vogt	Minneapolis	MN	27	F	232	23:55	7:42	0:51	245	1:09:38	17.7	0:30	207	25:16	8:08
233	11/17	Brenda Allen	Clarksville	MD	46	F	236	24:07	7:46	1:05	233	1:08:19	18.0	1:15	221	25:43	8:17
234	12/20	Christi Jenc	Avon	MN	33	F	205	22:52	7:22	2:01	236	1:08:43	17.9	2:00	204	25:14	8:08
235	22/26	Matt Gustafson	Willmar	MN	30	M	122	20:20	6:33	1:54	282	1:16:49	16.0	1:10	92	21:01	6:46
236	12/17	Judith Peters	St. Cloud	MN	49	F	214	23:21	7:31	1:21	251	1:10:18	17.5	0:54	227	25:54	8:21
237	23/26	Kris Schmidt	Watkins	MN	30	M	187	22:24	7:13	1:17	259	1:11:48	17.1	1:34	195	24:57	8:02
238	29/34	Don Sullivan	Minneapolis	MN	35	M	70	18:40	6:01	1:13	293	1:22:07	15.0	0:51	49	19:20	6:14
239	30/34	John Meyerhofer	Saint Cloud	MN	35	M	239	24:16	7:49	1:21	243	1:09:29	17.7	1:20	233	26:22	8:30
240	31/34	Mike Corcoran	Grand Forks	ND	39	M	244	24:30	7:53	1:32	205	1:05:42	18.7	2:01	263	29:05	9:22
241	9/11	Kimberly Holman	Sartell	MN	28	F	169	21:53	7:03	1:14	268	1:13:43	16.7	1:03	199	25:00	8:03
242	5/8	Erin Lenke	Sartell	MN	40	F	229	23:45	7:39	1:29	254	1:10:51	17.4	1:10	226	25:52	8:20
243	32/34	Jay Maloney	Edina	MN	37	M	238	24:13	7:48	1:20	241	1:09:03	17.8	1:47	245	27:02	8:42
244	20/27	Tim O'Driscoll	Sartell	MN	45	M	212	23:16	7:30	1:20	257	1:11:20	17.2	0:58	238	26:36	8:34
245	13/16	Denise Kaitala	Duluth	MN	36	F	265	26:03	8:23	1:24	199	1:05:10	18.9	0:59	274	30:09	9:43
246	18/18	Steve Swanson	Elk River	MN	50	M	213	23:17	7:30	3:02	231	1:08:11	18.0	2:25	254	27:34	8:53
247	13/17	Kathy Nelson	Brooklyn Park	MN	45	F	263	25:59	8:22	1:32	220	1:07:06	18.3	1:14	261	28:45	9:16
248	20/24	Peter Johnson	Minneapolis	MN	25	M	243	24:26	7:52	1:34	253	1:10:33	17.4	1:01	248	27:11	8:45
249	1/1	Shelby Woodworth	Hutchinson	MN	17	F	248	24:45	7:58	1:05	258	1:11:22	17.2	0:43	242	26:56	8:40
250	14/17	Linda Gehrig	Chippewa Falls	WI	49	F	272	26:42	8:36	1:04	242	1:09:10	17.8	1:01	252	27:31	8:52
251	20/23	Todd Chapman	Princeton	MN	42	M	282	27:28	8:51	1:03	238	1:08:52	17.9	0:51	256	27:45	8:56
252	15/17	Maura Guthrie	Dallas	TX	47	F	260	25:33	8:14	0:50	229	1:07:57	18.1	1:01	282	31:03	10:00
253	4/7	Charles Rhea	Plymouth	MN	62	M	270	26:37	8:34	1:24	214	1:06:46	18.4	1:26	275	30:27	9:48
254	10/11	Sarah Linder-Stenz	St. Paul	MN	29	F	245	24:37	7:56	1:09	262	1:12:47	16.9	0:54	251	27:19	8:48
255	14/16	Sonja Daniels	Duluth	MN	36	F	264	26:01	8:23	1:16	239	1:08:52	17.9	0:54	269	29:46	9:35
256	15/16	Leslie Iyer	Edina	MN	38	F	273	26:43	8:36	1:25	213	1:06:41	18.5	1:19	280	30:52	9:57
257	3/6	Kathryn Carlson	Waite Park	MN	51	F	267	26:16	8:27	1:11	248	1:09:53	17.6	1:05	262	28:57	9:20
258	5/7	Dick Whicker	Danville	IN	61	M	227	23:43	7:38	1:26	209	1:06:34	18.5	1:19	293	34:34	11:08
259	16/17	Carol Marston	Mankato	MN	49	F	251	24:57	8:02	1:17	267	1:13:12	16.8	1:22	241	26:49	8:38
260	21/23	Peter Hamerlinck	St. Joseph	MN	44	M	287	27:46	8:56	1:33	240	1:0					



11	7/23	Nelson-Bauerly = Jeff Bauerly , Andrea Nelson	21	23:06	7:26	0:41	4	54:51	22.4	0:32	18	24:08	7:47	1:45:
			19	22:54	7:22	0:31	8	57:40	21.3	0:24	20	24:24	7:52	1:45:
12	5/13	Palmerdads = Troy Felton , Chris Anonen	14	22:08	7:08	0:34	11	59:52	20.6	0:24	14	23:11	7:28	1:46:
13	1/4	H2 = Holly Senn , Holly Christoffer	9	21:02	6:46	0:32	21	1:03:38	19.3	0:25	12	22:57	7:23	1:48:
14	8/23	Brekke 2 = Eric Brekke , Carolyn Fletcher	16	22:29	7:14	0:35	15	1:01:56	19.9	0:32	16	23:38	7:37	1:49:
15	6/13	Advance Physical Therapy = Mike Arneson , Grant Swenson	17	22:33	7:16	0:34	25	1:04:27	19.1	0:26	17	23:55	7:42	1:51:
16	7/13	Schneider / Ferris = Tony Schneider , Rob Ferris	20	22:54	7:23	0:34	18	1:03:14	19.5	0:56	19	24:20	7:50	1:51:
17	8/13	H O P S S = Colin Anderson , Justin Vudy	22	23:19	7:31	0:35	20	1:03:34	19.4	0:25	22	24:38	7:56	1:52:
18	9/23	Granroth/williams = Danielle Williams , Ryan Granroth	15	22:27	7:14	0:32	29	1:07:58	18.1	0:27	15	23:31	7:34	1:54:
19	9/13	Hop Fit Club-Dahlin Development = Joel Dahlin , Michael Fransen	23	23:28	7:33	0:44	27	1:06:04	18.6	0:31	23	25:00	8:03	1:55:
20	2/4	Team Rev = Angela Schroden , Jen Doom	26	25:07	8:05	0:31	17	1:02:33	19.7	0:24	30	27:22	8:49	1:55:
21	10/13	Sobania-Bowser = Jim Sobania , Brandt Bowser	8	20:56	6:45	0:28	32	1:11:32	17.2	0:27	9	22:37	7:17	1:55:
22	10/23	Team Heartland Glass = Lynette Zima , Bill Sullivan	27	25:13	8:07	0:27	22	1:03:42	19.3	0:25	25	26:43	8:36	1:56:
23	11/23	Dirks Duo = Mia Dirks , Monte Dirks	35	27:30	8:51	0:28	10	59:23	20.7	0:29	34	28:48	9:17	1:56:
24	12/23	Hop - Best -Xactoman = Brad Alexenko , Jennifer Bestick	25	24:59	8:03	0:30	26	1:04:39	19.0	0:29	26	26:45	8:37	1:57:
25	13/23	Brekke 3 = Katie Olson , Murray Johnson	31	25:56	8:21	0:34	23	1:03:52	19.3	0:32	32	28:01	9:01	1:58:
26	14/23	Fun Run = Michelle Templin , Jody Szafranski	34	27:01	8:42	0:29	19	1:03:18	19.4	0:30	33	28:36	9:13	1:59:
27	15/23	Grossingers = Ron Grossinger , Kristina Grossinger	37	28:19	9:07	0:30	14	1:01:32	20.0	0:34	35	29:17	9:26	2:00:
28	16/23	Pam And Dennis = Dennis Coe , Pam Garretson	24	24:14	7:48	0:38	31	1:08:49	17.9	0:30	24	26:18	8:28	2:00:
29	17/23	Brekke = Reina Brekke , Bradley Brekke	29	25:21	8:10	0:34	28	1:07:14	18.3	0:32	27	26:54	8:40	2:00:
30	18/23	Friends Of Cha Chi = Matt Stone , Shannan Houghton	28	25:17	8:09	0:36	30	1:08:32	18.0	0:32	28	27:05	8:43	2:02:
31	11/13	M C I = David Loch , Harold Loch	13	21:50	7:02	0:37	35	1:17:29	15.9	0:33	11	22:43	7:19	2:03:
32	19/23	Vicious And Delicious = Ryan Newman , Mollie Huls	38	28:32	9:11	0:25	16	1:02:12	19.8	0:35	37	31:42	10:13	2:03:
33	20/23	Team Karpel = Joan Karpel , Rob Karpel	30	25:29	8:13	0:31	24	1:04:13	19.2	0:28	38	32:52	10:35	2:03:
34	3/4	Speed Demons = Molly Peichel , Kendra Rasmussen	18	22:47	7:20	0:35	36	1:17:32	15.9	0:25	21	24:33	7:54	2:05:
35	12/13	Big Mo Maniacs = David Mahowald , Jeremy Mathiasen	4	20:25	6:35	0:31	40	1:36:08	12.8	0:28	5	21:19	6:52	2:18:
36	13/13	Team Mossey = Stephen Halsey , Dale Mossey	36	27:55	8:59	0:51	37	1:18:32	15.7	0:34	36	31:26	10:07	2:19:
37	21/23	Horn = Lisa Horn , Michael Horn	33	26:54	8:40	0:35	38	1:24:55	14.5	0:32	31	27:27	8:50	2:20:
38	4/4	Out 2 Have Fun = Robbin Kadera , Pam Stanley	39	31:05	10:01	0:35	34	1:13:53	16.7	1:22	39	35:03	11:17	2:21:
39	22/23	Hop Fit Milbauer = Wendy Milbauer , Michael Milbauer	32	26:27	8:31	0:44	39	1:28:24	13.9	0:53	29	27:09	8:45	2:23:
40	23/23	Big River = Sheila Pearson , Bruce Miles	40	33:28	10:47	0:30	33	1:12:32	17.0	0:32	40	37:55	12:13	2:24:

ELITE MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOT	TIM
1	1	David Thompson	St. Paul	MN	31	M	4	15:29	4:59		0:30	1	47:50	25.7		0:25	6	16:41	5:23	1:2				
2	332	Justin Hurd	Fort Collins	CO	28	M	2	15:28	4:59		0:29	2	48:44	25.2		0:31	3	16:30	5:19	1:2				
3	169	Joshua Merrick	Lakewood	CO	28	M	1	15:12	4:54		0:27	7	50:52	24.2		0:25	1	15:52	5:07	1:2				
4	82	Ryan Giuliano	Schaumburg	IL	25	M	3	15:29	4:59		0:25	5	50:25	24.4		0:25	4	16:38	5:21	1:2				
5	199	Matthew Payne	Columbia Heigh	MN	32	M	11	16:35	5:21		0:33	4	49:43	24.7		0:27	10	17:19	5:35	1:2				
6	87	Brooks Grossinger	Mayer	MN	32	M	8	16:03	5:10		0:31	6	50:41	24.3		0:36	9	17:17	5:34	1:2				
7	171	Chad Millner	Eden Prairie	MN	33	M	12	16:36	5:21		0:27	3	49:27	24.9		0:26	15	18:17	5:53	1:2				
8	81	Robert Gilles	Fargo	ND	33	M	5	15:30	5:00		0:37	9	51:45	23.8		0:31	8	16:54	5:27	1:2				
9	220	Matthew Russell	Boulder	CO	26	M	6	15:37	5:02		0:33	10	52:25	23.5		0:26	2	16:28	5:18	1:2				
10	326	Neil Miller	Andover	MN	25	M	9	16:03	5:10		0:31	8	51:43	23.8		0:30	7	16:51	5:26	1:2				
11	198	Patrick Parish	Circle Pines	MN	24	M	7	15:51	5:06		0:37	13	54:04	22.8		0:30	5	16:40	5:22	1:2				
12	28	Josh Blankenheim	Duluth	MN	29	M	14	16:54	5:27		0:36	11	53:30	23.0		0:31	13	17:42	5:42	1:2				
13	149	Christopher Lengle	Minneapolis	MN	29	M	16	17:31	5:39		0:37	12	53:53	22.8		0:29	16	19:08	6:10	1:3				
14	325	Kevin Smith	Oakville-Ontar		28	M	10	16:15	5:14		0:27	17	57:26	21.4		0:27	12	17:40	5:42	1:3				
15	221	Christopher Sachs	White Bear Lak	MN	29	M	17	17:55	5:46		0:37	14	54:28	22.6		0:35	17	19:13	6:11	1:3				
16	27	Kevin Bjerke	Aberdeen	SD	27	M	13	16:52	5:26		0:53	15	56:51	21.6		0:53	11	17:25	5:37	1:3				
17	201	Lucas Pedersen	Richfield	MN	22	M	15	16:58	5:28		0:31	16	57:09	21.5		0:31	14	18:02	5:49	1:3				
18	164	Kerry Mayer	Brookfield	WI	63	M	18	19:29	6:17		1:01	18	57:42	21.3		0:47	18	20:40	6:39	1:3				

ELITE FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOT	TIM
1	165	Marlo McGaver	Duluth	MN	39	F	2	18:14	5:52		0:47	2	55:52	22.0		0:35	3	19:19	6:13	1:3				
2	350	Marlina Walth	Bismarck	ND	40	F	8	19:22	6:14		0:42	1	55:03	22.3		0:36	5	20:07	6:29	1:3				

3	320	Kathryn Kasischke	San Diego	CA	33	F	6	18:48	6:03	0:33	5	57:21	21.5	0:33	1	19:06	6:09	1:3
4	324	Kristin Wrede	Chicago	IL	27	F	4	18:30	5:58	0:42	6	57:43	21.3	0:37	4	19:36	6:19	1:3
5	40	Rachel Chambers	Sarasota	FL	37	F	5	18:33	5:59	0:42	9	59:01	20.8	0:39	2	19:17	6:13	1:3
6	70	Jeanne Fleck	Proctor	MN	44	F	9	19:23	6:15	0:42	4	57:09	21.5	0:39	7	20:37	6:39	1:3
7	91	Kortney Haag	New Hope	MN	30	F	10	19:28	6:16	0:38	7	58:09	21.2	0:33	6	20:16	6:32	1:3
8	207	Anne Preisig	Falmouth	MA	42	F	3	18:28	5:57	0:46	8	58:39	21.0	0:43	8	20:48	6:42	1:3
9	224	Heidi Sarna	Chicago	IL	27	F	1	18:04	5:49	0:40	11	59:38	20.6	0:41	10	21:10	6:49	1:4
10	341	Jan Guether	Long Lake	MN	50	F	11	20:17	6:32	0:44	3	57:05	21.6	0:43	11	21:35	6:57	1:4
11	126	Becky Keller	Charlottesville	VA	30	F	7	19:08	6:10	0:40	10	59:35	20.6	0:35	9	20:53	6:44	1:4

MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	pace	TRAN	plc	BIKE	time	mph	TRAN	plc	RUN	pace	TOT
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	189	Kevin O'Connor	Medina	MN	38	M	8	16:25	5:17	0:36	1	49:50	24.7	0:26	7	17:35	5:40	1:2	
2	24	Mark Beversdorf	Wausau	WI	36	M	3	16:01	5:10	0:41	13	52:54	23.3	0:31	3	16:58	5:28	1:2	
3	243	Brent Sinn	La Crosse	WI	31	M	14	17:02	5:29	0:44	7	51:23	23.9	0:32	13	18:20	5:54	1:2	
4	323	Nate Hoffman	Annandale	MN	26	M	1	15:49	5:06	0:44	26	53:46	22.9	0:37	6	17:15	5:33	1:2	
5	239	John Shelp	Maple Plain	MN	37	M	16	17:15	5:33	0:36	5	50:44	24.3	0:33	23	19:06	6:09	1:2	
6	265	Tony Tousley	Golden	CO	37	M	15	17:11	5:32	0:36	8	51:47	23.8	0:26	20	18:50	6:04	1:2	
7	18	Cory Baumann	Marathon	WI	23	M	2	15:54	5:07	0:50	22	53:32	23.0	0:44	8	17:52	5:45	1:2	
8	68	Todd Firebaugh	Woodbury	MN	47	M	31	18:05	5:50	0:40	4	50:43	24.3	0:33	28	19:16	6:12	1:2	
9	223	Kevin Sampson	Overland Park	KS	38	M	7	16:24	5:17	0:43	38	54:59	22.4	0:37	5	17:12	5:33	1:2	
10	269	Troy Vargas	Hudson	WI	40	M	17	17:22	5:36	0:40	9	52:10	23.6	0:40	27	19:16	6:12	1:3	
11	193	Cory Olson	Fargo	ND	24	M	5	16:21	5:16	0:43	41	55:20	22.2	0:45	4	17:09	5:31	1:3	
12	191	Brendon O'Flanagan	Woodbury	MN	32	M	13	16:56	5:27	0:28	25	53:44	22.9	0:28	18	18:40	6:01	1:3	
13	127	James Kelley	Centuria	WI	48	M	23	17:48	5:44	0:47	11	52:29	23.4	0:32	33	19:30	6:17	1:3	
14	177	Joe Moyer	Rochester	MN	31	M	63	19:23	6:15	0:47	2	50:25	24.4	0:37	45	20:09	6:29	1:3	
15	183	Jonathan Neumann	Madison	WI	25	M	26	17:57	5:47	0:43	29	54:14	22.7	0:29	11	18:04	5:49	1:3	
16	335	Thomas Gerlach	Chicago	IL	28	M	37	18:13	5:52	0:43	23	53:36	23.0	0:28	16	18:30	5:58	1:3	
17	263	Shane Thread	Evansville	IN	46	M	18	17:34	5:40	0:42	28	54:04	22.8	0:52	22	18:54	6:05	1:3	
18	140	Thomas Krenz	Chisago City	MN	48	M	24	17:54	5:46	0:45	24	53:43	22.9	0:40	26	19:15	6:12	1:3	
19	204	Derick Podratz	Lino Lakes	MN	35	M	10	16:31	5:19	0:49	47	56:21	21.8	0:36	12	18:19	5:54	1:3	
20	37	Jey Carlson	Mtka	MN	43	M	74	19:48	6:23	0:43	6	51:00	24.1	0:41	52	20:30	6:36	1:3	
21	34	Gary Brenner	Madison	WA	52	M	42	18:21	5:55	0:46	18	53:13	23.1	0:47	36	19:43	6:21	1:3	
22	71	Kyle Fleener	Austin	MN	26	M	40	18:20	5:54	0:26	20	53:31	23.0	0:30	44	20:08	6:29	1:3	
23	336	Mark Lavin	Sioux Falls	SD	31	M	21	17:43	5:42	0:47	19	53:24	23.0	0:43	14	18:21	5:55	1:3	
24	213	Charlie Roach	Lakeville	MN	52	M	22	17:47	5:44	0:48	43	55:22	22.2	0:43	17	18:35	5:59	1:3	
25	250	David St Lawrence	Garrison	NY	52	M	41	18:20	5:54	0:37	34	54:40	22.5	0:37	24	19:11	6:11	1:3	
26	358	Michael Wente	Minneapolis	MN	34	M	60	19:13	6:11	1:00	10	52:23	23.5	0:41	43	20:08	6:29	1:3	
27	60	Dave Dixon	Doylestown	PA	43	M	34	18:09	5:51	0:36	33	54:34	22.5	0:35	35	19:42	6:21	1:3	
28	267	Micah Turman	Minneapolis	MN	29	M	49	18:48	6:03	0:34	30	54:22	22.6	0:31	31	19:28	6:16	1:3	
29	174	Mario Minelli	Kasson	MN	39	M	45	18:27	5:56	0:54	14	52:58	23.2	0:44	56	20:41	6:40	1:3	
30	176	Jeff Mortensen	Algona	IA	36	M	51	18:52	6:05	0:45	17	53:11	23.1	0:53	48	20:14	6:31	1:3	
31	279	Jesse Westrup	Sartell	MN	35	M	11	16:31	5:19	0:37	70	58:07	21.2	0:45	10	17:56	5:47	1:3	
32	219	Denver Rogalla	Onamia	MN	19	M	27	17:57	5:47	0:38	36	54:42	22.5	0:31	49	20:17	6:32	1:3	
33	99	Chuck Harney	Washington	DC	48	M	50	18:48	6:03	0:56	16	53:06	23.2	0:39	53	20:37	6:38	1:3	
34	295	Keith Hollendonner	Markleville	IN	40	M	28	17:57	5:47	0:38	44	55:33	22.1	0:31	32	19:28	6:16	1:3	
35	47	Tim Cornett	Athens	GA	25	M	4	16:20	5:16	0:39	83	59:54	20.5	0:37	1	16:46	5:24	1:3	
36	310	Coby Bullard	Keller	TX	33	M	9	16:31	5:19	0:42	50	56:32	21.8	0:42	9	17:55	5:46	1:3	
37	55	Shawn Deboer	Sun Prairie	WI	45	M	53	19:00	6:07	0:49	12	52:52	23.3	0:41	60	20:59	6:46	1:3	
38	25	David Binsfeld	St. Louis Park	MN	34	M	43	18:25	5:56	0:37	37	54:55	22.4	0:37	42	20:05	6:28	1:3	
39	339	Rick Christenson	Roseville	MN	51	M	92	20:47	6:42	1:03	3	50:43	24.3	0:44	74	21:45	7:00	1:3	
40	84	Joey Gambescia	Miami	FL	36	M	35	18:10	5:51	0:36	39	55:05	22.3	0:38	21	18:51	6:04	1:3	
41	131	Johnny King-Marino	Doylestown	PA	48	M	20	17:41	5:42	0:33	53	56:41	21.7	0:40	39	19:49	6:23	1:3	
42	331	John Heinlein Iii	Stillwater	MN	20	M	46	18:27	5:57	0:27	42	55:21	22.2	0:31	62	21:05	6:48	1:3	
43	62	David Dow	West Lakeland	MN	54	M	61	19:13	6:12	0:46	27	53:48	22.9	0:49	70	21:22	6:53	1:3	
44	196	Clifford Owen	Shorewood	MN	37	M	32	18:06	5:50	0:31	61	57:27	21.4	0:32	34	19:38	6:19	1:3	
45	111	James Hull	New Brighton	MN	26	M	33	18:08	5:50	0:41	54	57:03	21.6	0:29	46	20:10	6:30	1:3	
46	45	Bill Corcoran	Waite Park	MN	37	M	64	19:23	6:15	0:51	21	53:32	23.0	0:51	78	21:56	7:04	1:3	
47	321	John Sillery	Chatlanooga	TN	37	M	6	16:23	5:17	0:30	109	1:02:40	19.6	0:40	2	16:52	5:26	1:3	
48	329	William Martin	Gaithersburg	MD	55	M	76	19:50	6:23	0:35	31	54:26	22.6	0:45	80	22:00	7:05	1:3	
49	94	Robbie Halvorson	Oakdale	MN	44	M	91	20:45	6:41	0:44	15	53:04	23.2	0:44	85	22:33	7:16	1:3	
50	215	Jim Robb	Maple Grove	MN	46	M	77	19:52	6:24	0:37	40	55:12	22.3	0:37	72	21:33	6:56	1:3	
51	281	Darin Wieneke	St. Paul	MN	35	M	30	18:02	5:49	0:30	80	59:46	20.6	0:35	25	19:12	6:11	1:3	
52	225	Adam Sauder	Fitchburg	WI	26	M	29	17:58	5:47	1:02	52	56:35	21.7	0:38	40	20:01	6:27	1:3	
53	179	Nace Mullen	Philadelphia	PA	53	M	71	19:40	6:20	0:48	51	56:33	21.8	0:39	55	20:41	6:40	1:3	
54	292	Douglas Barkema	St Louis Park	MN	34	M	84	20:21	6:33	0:47	35	54:40	22.5	0:44	79	21:58	7:05	1:3	
55	53	Brett Danielson	Cokato	MN	20	M	36	18:11	5:52	0:37	81	59:48	20.6	0:36	30	19:23	6:15	1:3	
56	56	John Deering	Minneapolis	MN	44	M	59	19:11	6:11	0:54	66	57:33	21.4	0:52	51	20:23	6:34	1:3	
57	330	Hans Grong	Minneapolis	MN	27	M	69	19:36	6:19	1:11	59	57:15	21.5	0:39	58	20:51	6:43	1:3	
58	226	Amol Saxena	Palo Alto	CA	47	M	66	19:28	6:16	0:51	62	57:28	21.4	0:53	63	21:06	6:48	1:3	
59	145	David Lasorsa	Port Angeles	WA	52	M	75	19:50	6:23	0:33	67	57:38	21.3	0:32	66	21:14	6:51	1:3	
60	354	Joseph Hagen	Madison	WI	42	M	65	19:24	6:15	0:58	63	57:28	21.4	1:06	67	21:15	6:51	1:4	
61	43	Michael Colaizy	Osceola	WI	59	M	80	20:10	6:30	0:57	48	56:30	21.8	0:45	77	21:53	7:03	1:4	
62	76	Bryan Frye	Mpls	MN	39	M	47	18:36	6:00	0:47	90	1:00:27	20.4	0:45	37	19:45	6:22	1:4	
63	328	Michael Hankee	Lino Lakes	MN	32	M	56	19:07	6:10	0:53	88	1:00:02	20.5	0:39	41	20:04	6:28	1:4	
64	353	Joe McGaver	Duluth	MN	39	M	62	19:20	6:14	1:19	55	57:03	21.6	1:00	83	22:05	7:07	1:4	
65	347	Dan (rino) Rindfle	Madison	WI	55	M	86	20:31	6:37	0:54	56	57:06	21.5	0:41	73	21:40	6:59	1:4	
66	116	Dave Jesse	West Allis	WI	40	M	38	18:13	5:52	1:05	92	1:00:31	20.3	1:05	50	20:17	6:32	1:4	
67	153	Byron Lubenkov	Plymouth	MN	28	M	55	19:04	6:09	1:13	91	1:00:30	20.3	0:44	38	19:48	6:23	1:4	
68	65	Jeremy Ekman	West Concord	MN	35	M	88												

80	227	Charlie Schad	Sartell	MN	39	M	96	20:55	6:44	1:03	49	56:31	21.8	0:59	107	23:50	7:41	1:4
81	236	Paul Serreyen	Lakeville	MN	46	M	72	19:41	6:20	0:47	94	1:00:56	20.2	0:52	64	21:08	6:48	1:4
82	272	Brad Vieths	Esko	MN	31	M	70	19:39	6:20	0:50	87	59:58	20.5	0:40	86	22:33	7:16	1:4
83	276	Graeme Webster	Minneapolis	MN	32	M	68	19:35	6:19	0:56	96	1:01:17	20.1	0:51	65	21:08	6:49	1:4
84	26	Barton Bixenstine	Shaker Heights	OH	59	M	111	21:51	7:02	0:44	46	56:19	21.8	0:47	117	24:22	7:51	1:4
85	337	Andrew Mundie	Toronto-On		27	M	54	19:03	6:08	0:46	113	1:03:10	19.5	0:51	59	20:53	6:44	1:4
86	309	Jeffrey Timm	Bethlehem	PA	57	M	106	21:25	6:54	0:36	76	59:11	20.8	0:35	97	23:08	7:27	1:4
87	262	Todd Thorsgaard	St. Paul	MN	50	M	104	21:23	6:53	0:53	71	58:14	21.1	0:50	103	23:37	7:36	1:4
88	175	Ken Mogren	Winona	MN	61	M	123	22:23	7:12	1:09	57	57:11	21.5	0:54	110	24:03	7:45	1:4
89	135	Brandon Knettel	Lauderdale	MN	26	M	78	19:58	6:26	0:48	106	1:01:58	19.9	0:46	87	23:35	7:17	1:4
90	229	Matthew Schmitz	Maplewood	MN	33	M	97	20:57	6:45	1:30	74	58:47	20.9	1:18	104	23:41	7:38	1:4
91	291	Howard Zimring	Saint Cloud	MN	50	M	109	21:50	7:02	1:24	75	59:11	20.8	1:19	96	23:06	7:27	1:4
92	163	David Matiece	Brandon		49	M	52	18:58	6:07	0:57	119	1:03:50	19.3	0:57	84	22:10	7:08	1:4
93	67	Leon Essler	Bismarck	ND	57	M	128	22:31	7:15	1:09	64	57:30	21.4	1:06	131	25:00	8:03	1:4
94	93	Mark Halstrom	Sartell	MN	39	M	82	20:15	6:31	1:06	100	1:01:51	19.9	1:13	92	22:55	7:23	1:4
95	322	Matthew Hanson	Sauk Rapids	MN	33	M	79	19:58	6:26	1:00	130	1:05:07	18.9	0:52	54	20:40	6:39	1:4
96	114	Colin Jaworski	Brooklyn Park	MN	25	M	115	22:01	7:06	0:55	84	59:55	20.5	0:43	111	24:05	7:46	1:4
97	327	Andrew Fabbrini	Somersset	WI	41	M	122	22:21	7:12	1:12	77	59:32	20.7	1:03	102	23:34	7:35	1:4
98	288	Doug Wynvee	Osceola	WI	53	M	99	21:07	6:48	1:00	103	1:01:52	19.9	0:58	90	22:54	7:23	1:4
99	318	Mark Lindquist	Buffalo	MN	37	M	130	22:32	7:16	1:25	97	1:01:19	20.1	0:51	75	21:47	7:01	1:4
100	138	Mike Krein	Plymouth	MN	38	M	87	20:37	6:39	1:37	93	1:00:51	20.2	1:35	101	23:29	7:34	1:4
101	85	Steven Gray	Minneapolis	MN	40	M	94	20:48	6:42	1:09	95	1:01:06	20.1	1:11	112	24:07	7:46	1:4
102	121	Trent Johnson	Hudson	WI	38	M	107	21:31	6:56	1:18	107	1:02:05	19.8	0:59	89	22:36	7:17	1:4
103	157	Randall Maddox	Greenville	SC	60	M	144	23:30	7:34	1:00	73	58:29	21.0	0:53	119	24:39	7:56	1:4
104	73	Mike Flynn	Elk River	MN	57	M	102	21:19	6:52	0:48	117	1:03:43	19.3	1:05	76	21:52	7:03	1:4
105	11	Gerry Auman	Kennett Square	PA	57	M	113	21:58	7:04	0:58	82	59:50	20.6	0:51	135	25:15	8:08	1:4
106	184	Jason Neumann	Saint Cloud	MN	27	M	93	20:47	6:42	0:54	116	1:03:31	19.4	0:26	100	23:25	7:33	1:4
107	168	David Meberg	Maple Grove	MN	30	M	25	17:57	5:47	1:02	150	1:07:57	18.1	1:38	57	20:44	6:41	1:4
108	13	Bob Bailey	Woodbury	MN	65	M	116	22:08	7:08	0:55	98	1:01:33	20.0	0:55	122	24:44	7:58	1:5
109	274	Jeffrey Washburne	Minneapolis	MN	39	M	126	22:29	7:15	0:59	85	59:57	20.5	1:09	146	25:50	8:19	1:5
110	234	Casey Seabright	Lakeville	MN	47	M	114	21:58	7:05	1:24	102	1:01:52	19.9	1:17	109	23:54	7:42	1:5
111	64	Nate Edel	Farmington	MN	33	M	95	20:53	6:44	0:57	131	1:05:10	18.9	0:37	98	23:14	7:29	1:5
112	78	Gregg Garretson	Lakeville	MN	52	M	145	23:32	7:35	1:00	105	1:01:56	19.9	0:51	105	23:44	7:39	1:5
113	244	Sean Skow	Saint Cloud	MN	20	M	85	20:25	6:35	1:13	147	1:07:32	18.2	1:03	68	21:16	6:51	1:5
114	98	Bob Harmon	New Brighton	MN	48	M	119	22:17	7:11	0:57	115	1:03:20	19.4	0:49	115	24:13	7:48	1:5
115	308	Terrell Ormson	Manhattan	KS	26	M	124	22:23	7:13	0:53	120	1:03:54	19.3	0:48	106	23:48	7:40	1:5
116	346	Michael Knettel	Eden Prairie	MN	31	M	105	21:25	6:54	1:10	108	1:02:10	19.8	0:34	118	24:32	7:54	1:5
117	261	David Talen	Plymouth	MN	48	M	118	22:14	7:10	0:58	124	1:04:12	19.2	0:58	108	23:50	7:41	1:5
118	36	Elliot Busta	St. Cloud	MN	16	M	134	22:41	7:18	0:47	132	1:05:10	18.9	0:42	91	22:55	7:23	1:5
119	352	Doug Johnson	Minneapolis	MN	52	M	131	22:32	7:16	1:31	110	1:02:48	19.6	1:44	114	24:11	7:47	1:5
120	156	Ryan Maciej	St. Cloud	MN	22	M	103	21:23	6:53	1:15	123	1:04:12	19.2	0:59	130	24:58	8:02	1:5
121	351	John Fristik	Stillwater	MN	56	M	139	23:03	7:26	1:30	104	1:01:54	19.9	1:28	132	25:06	8:05	1:5
122	144	Hank Larsen	Glencoe	MN	69	M	129	22:32	7:15	0:53	121	1:03:55	19.2	0:57	128	24:57	8:02	1:5
123	92	Matthew Haase	Maple Grove	MN	34	M	158	24:26	7:52	0:50	78	59:35	20.6	0:43	164	27:48	8:57	1:5
124	305	Mark Kapsner	Saint Cloud	MN	56	M	162	24:39	7:56	1:14	89	1:00:04	20.5	1:14	153	26:27	8:31	1:5
125	313	Michael Given	St Cloud	MN	36	M	143	23:22	7:32	0:52	112	1:03:06	19.5	0:39	149	26:14	8:27	1:5
126	245	Aaron Smith	Robbinsdale	MN	35	M	150	23:41	7:38	0:49	118	1:03:49	19.3	0:34	145	25:47	8:18	1:5
127	296	Paul Bruzek	Minneapolis	MN	44	M	149	23:40	7:37	0:51	126	1:04:34	19.1	0:46	127	24:51	8:00	1:5
128	187	Scott Nygaard	Minnetonka	MN	50	M	44	18:25	5:56	1:19	125	1:04:25	19.1	1:31	168	29:13	9:25	1:5
129	248	Aaron Sorvig	St. Cloud	MN	28	M	132	22:38	7:18	1:31	122	1:04:12	19.2	1:23	133	25:11	8:07	1:5
130	106	Jim Hix	Claremore	OK	67	M	138	23:02	7:25	1:03	127	1:04:40	19.0	0:59	147	25:51	8:20	1:5
131	181	Steve Myrah	South St Paul	MN	26	M	112	21:53	7:03	1:17	143	1:06:53	18.4	1:12	116	24:19	7:50	1:5
132	122	David Jones	St. Louis Park	MN	40	M	19	17:35	5:40	1:03	162	1:10:06	17.6	1:02	151	26:21	8:29	1:5
133	105	K. David Hirsche	Minneapolis	MN	59	M	167	25:23	8:10	2:18	99	1:01:40	20.0	1:26	144	25:45	8:18	1:5
134	333	George Morris	Cold Spring	MN	43	M	117	22:14	7:10	0:52	160	1:09:49	17.6	0:42	95	23:04	7:26	1:5
135	203	Greg Pietrowski	Sartell	MN	39	M	137	22:57	7:24	1:21	135	1:05:55	18.7	1:17	136	25:15	8:08	1:5
136	365	Chris O'Hara	Cedar Rapids	IA	40	M	127	22:30	7:15	1:12	139	1:06:36	18.5	1:17	134	25:12	8:07	1:5
137	113	David Janaszak	Sauk Rapids	MN	37	M	146	23:34	7:35	0:59	140	1:06:37	18.5	0:51	124	24:47	7:59	1:5
138	297	Damon Peters	Richfield	MN	42	M	136	22:48	7:21	1:27	138	1:06:36	18.5	1:19	120	24:40	7:57	1:5
139	3	Louis Ahlstrand	Shafer	MN	55	M	140	23:05	7:26	1:09	144	1:07:09	18.3	1:00	126	24:49	8:00	1:5
140	44	Gregory Cooley	Sartell	MN	54	M	166	25:16	8:08	1:20	111	1:02:49	19.6	1:27	155	26:33	8:33	1:5
141	100	Greg Skoog	Sartell	MN	42	M	120	22:17	7:11	1:32	142	1:06:47	18.4	1:27	140	25:28	8:12	1:5
142	130	Kris King	Ramsey	MN	33	M	147	23:34	7:35	0:47	148	1:07:47	18.2	0:38	125	24:47	7:59	1:5
143	31	Michael Borneke	Eagle Lake	MN	55	M	148	23:36	7:36	0:59	136	1:06:30	18.5	1:11	139	25:28	8:12	1:5
144	79	John Lucking	Bloomington	MN	41	M	110	21:51	7:02	0:51	153	1:08:21	18.0	1:04	142	25:39	8:16	1:5
145	319	Rick Wegener	Blaine	MN	40	M	108	21:49	7:02	0:56	146	1:07:27	18.2	1:55	143	25:39	8:16	1:5
146	246	Andrew Smith	Baxter	MN	45	M	133	22:40	7:18	1:16	154	1:08:34	17.9	1:16	113	24:09	7:47	1:5
147	275	Daniel Weaver	Saint Cloud	MN	42	M	135	22:42	7:19	1:15	149	1:07:51	18.1	1:35	123	24:44	7:58	1:5
148	41	Wayne Chapman	Plymouth	MN	39	M	153	23:50	7:41	0:53	145	1:07:18	18.3	0:45	150	26:17	8:28	1:5
149	316	Mark Roth	Burnsville	MN	47	M	58	19:10	6:11	0:54	178	1:17:55	15.8	1:10	47	20:14	6:31	1:5
150	77	Michael Garland	Clear Lake	MN	52	M	165	25:03	8:04	0:51	114	1:03:13	19.5	0:47	170	29:41	9:33	1:5
151	235	John Seiler	Sartell	MN	45	M	151	23:42	7:38	1:04	152	1:08:14	18.0	0:56	148	26:04	8:24	1:5
152	300	Peter Cooley	Hugo	MN	32	M	121	22:19	7:11	0:54	163	1:10:25	17.5	0:56	138	25:27	8:12	2:0
153	89	Matt Gustafson	Willmar	MN	30	M	83	20:20	6:33	1:54	177	1:16:49	16.0	1:10	61	21:01	6:46	2:0
154	228	Kris Schmidt	Watkins	MN	30	M	125	22:24	7:13	1:17	167	1:11:48	17.1	1:34	129	24:57	8:02	2:0
155	258	Don Sullivan	Minneapolis	MN	35	M	48	18:40	6:01	1:13	185	1:22:07	15.0	0:51	29	19:20	6:14	2:0
156	170	John Meyerhofer	Saint Cloud	MN	35	M	156	24										

175	20	Brett Bayerkohler	Otsego	MN	35	M	169	25:36	8:15	2:02	181	1:18:52	15.6	1:59	154	26:28	8:31	2:1
176	197	Stephen Paladie	Bloomington	MN	67	M	177	26:58	8:41	1:26	172	1:14:21	16.5	1:40	176	30:48	9:55	2:1
177	86	Jay Gregerson	Brooklyn Park	MN	31	M	175	26:47	8:38	1:31	174	1:15:50	16.2	1:04	177	31:00	9:59	2:1
178	290	Brett Young	St. Cloud	MN	27	M	168	25:26	8:12	1:10	173	1:15:05	16.4	1:11	180	33:36	10:49	2:1
179	208	Ken Prine	Monticello	MN	49	M	181	27:32	8:52	1:57	176	1:16:13	16.1	1:54	169	29:39	9:33	2:1
180	304	Kevin Christenson	Minnetonka	MN	41	M	171	26:25	8:30	1:08	161	1:09:49	17.6	1:06	189	39:02	12:34	2:1
181	338	Chuck Brandes	St. Cloud	MN	47	M	154	23:51	7:41	2:22	182	1:19:12	15.5	2:13	178	31:04	10:00	2:1
182	206	Scott Powers	Sartell	MN	46	M	182	27:39	8:54	1:34	175	1:16:03	16.2	1:10	179	31:07	10:01	2:1
183	123	Ryan Kadelbach	Big Lake	MI	35	M	164	25:02	8:04	1:42	184	1:21:00	15.2	1:14	175	30:40	9:53	2:1
184	241	Todd Sherwood	Saint Cloud	MN	49	M	178	27:05	8:43	1:26	186	1:22:55	14.8	1:15	171	29:56	9:38	2:2
185	280	George Widseth	Edina	MN	65	M	191	30:44	9:54	1:37	180	1:18:40	15.6	1:23	182	34:00	10:57	2:2
186	58	Joe Demeules	Big Lake	MN	46	M	188	29:58	9:39	1:54	179	1:18:14	15.7	1:42	186	36:15	11:40	2:2
187	222	Eric Saloum	Champlin	MN	30	M	185	29:08	9:23	1:48	187	1:24:53	14.5	1:08	188	37:07	11:57	2:3
188	364	Craig Scanlan	Eden Prairie	MN	34	M	186	29:21	9:27	1:37	188	1:26:49	14.2	1:06	187	36:25	11:43	2:3
189	359	Michael Bueckers	St. Cloud	MN	28	M	190	30:42	9:53	2:12	191	1:41:32	12.1	1:28	185	34:50	11:13	2:5
190	23	Lance Conover	Saint Augusta	MN	46	M	187	29:40	9:33	1:52	190	1:35:38	12.9	1:02	190	42:33	13:42	2:5
191	340	Joseph Lundquist	Avon	MN	48	M	184	27:51	8:58	3:42	189	1:30:26	13.6	5:37	191	43:08	13:53	2:5
192	361	Mel Opstad	Big Lake	MN	72	M	192	38:17	12:20	4:05	192	1:45:01	11.7	3:49	192	43:16	13:56	3:1

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	pace	TRAN	time	BIKE	mph	TRAN	time	plc	RUN	pace	TOT
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	271	Sarah Viamonte	Minneapolis	MN	30	F	7	19:39	6:20	0:41	5	58:55	20.9	0:45	6	21:14	6:50	1:4	
2	128	Tracie Kent	Saint Paul	MN	35	F	16	20:54	6:44	0:47	2	57:20	21.5	0:34	13	21:52	7:03	1:4	
3	21	Wendy Bengtson	Chippewa Falls	WI	43	F	5	19:36	6:19	0:42	8	59:39	20.6	0:45	4	20:49	6:42	1:4	
4	96	Diane Hanke	Lino Lakes	MN	32	F	17	21:00	6:46	0:42	3	57:42	21.3	0:37	15	21:53	7:03	1:4	
5	141	Jaime Kulbel	Madison	WI	33	F	9	19:45	6:22	0:33	11	59:50	20.6	0:34	9	21:34	6:57	1:4	
6	50	Tara Croteau	Duluth	MN	31	F	4	19:36	6:19	0:58	10	59:42	20.6	0:48	11	21:36	6:57	1:4	
7	137	Sarah Kolpin	Minneapolis	MN	28	F	11	20:21	6:33	0:42	12	1:00:25	20.4	0:47	5	21:08	6:49	1:4	
8	185	Pam Nielsen	Minnetonka	MN	33	F	2	19:01	6:08	0:49	31	1:03:05	19.5	0:48	2	20:15	6:32	1:4	
9	259	Melissa Sundermann	Ann Arbor	MI	39	F	3	19:35	6:19	0:45	22	1:02:19	19.7	0:45	3	20:37	6:39	1:4	
10	110	Julie Hull	Farmington	MN	37	F	23	21:22	6:53	0:34	1	57:00	21.6	0:40	40	25:08	8:06	1:4	
11	12	Rebecca Bader	Syracuse	NY	32	F	10	19:51	6:24	1:15	15	1:01:01	20.2	0:58	16	21:56	7:04	1:4	
12	293	Ann Moyer	Rochester	MN	30	F	18	21:07	6:48	1:04	7	59:34	20.7	0:53	22	22:50	7:21	1:4	
13	2	Sue Abrahamson	Wayzata	MN	46	F	12	20:26	6:35	0:50	20	1:02:14	19.8	0:45	7	21:14	6:50	1:4	
14	195	Erika Osborn	Elkhorn	WI	29	F	30	21:58	7:04	0:47	6	58:57	20.9	0:46	25	23:10	7:28	1:4	
15	289	Marlene Yaeger	Mounds View	MN	27	F	14	20:39	6:39	0:43	17	1:02:04	19.8	0:39	10	21:36	6:57	1:4	
16	66	Jill Ellenbecker	Coon Rapids	MN	37	F	6	19:37	6:19	0:55	26	1:02:36	19.7	0:49	14	21:52	7:03	1:4	
17	230	Monica Schoeneck	Burlington	WI	30	F	8	19:45	6:22	1:00	28	1:02:52	19.6	0:52	8	21:25	6:54	1:4	
18	214	Heidi Robb	Maple Grove	MN	42	F	26	21:35	6:57	0:57	4	58:53	20.9	0:39	31	23:56	7:42	1:4	
19	109	Jill Hughes	Medina	MN	36	F	28	21:51	7:02	0:44	13	1:00:38	20.3	0:34	19	22:28	7:14	1:4	
20	72	Nancy Flury	Minnetonka	MN	39	F	15	20:41	6:40	0:59	21	1:02:17	19.8	0:45	12	21:46	7:01	1:4	
21	303	Correen Schuebel	Milwaukee	WI	31	F	20	21:11	6:49	0:33	19	1:02:09	19.8	0:39	18	22:17	7:11	1:4	
22	22	Nicole Bergh	Sartell	MN	32	F	13	20:38	6:39	0:45	27	1:02:39	19.6	0:42	17	22:12	7:09	1:4	
23	194	Michelle O'Neill	Middletown	OH	47	F	21	21:12	6:50	0:36	25	1:02:35	19.7	0:35	20	22:40	7:18	1:4	
24	129	Shellon McCallie	Austin	TX	45	F	27	21:43	7:00	0:40	23	1:02:34	19.7	0:47	27	23:20	7:31	1:4	
25	357	Casey Richter	Columbia Heigh	MN	26	F	19	21:10	6:49	0:52	34	1:03:30	19.4	0:55	23	22:53	7:22	1:4	
26	186	Jean Nitchals	Chanhausen	MN	37	F	41	23:01	7:25	0:51	9	59:40	20.6	0:54	46	25:32	8:13	1:4	
27	29	Tammy Bohan	Bismarck	ND	48	F	31	21:58	7:05	0:56	30	1:03:02	19.5	0:51	28	23:22	7:32	1:5	
28	268	Abigail Turman	Minneapolis	MN	27	F	38	22:46	7:20	0:28	32	1:03:05	19.5	0:37	29	23:25	7:33	1:5	
29	9	Carol Aron	Bismarck	ND	35	F	35	22:33	7:16	1:01	29	1:02:53	19.6	1:02	26	23:12	7:28	1:5	
30	132	Cheryl King-Marino	Doylestown	PA	49	F	32	22:04	7:06	0:55	33	1:03:05	19.5	0:45	32	24:01	7:44	1:5	
31	312	Suzie Finger	St. Louis Park	MN	26	F	22	21:18	6:52	0:43	38	1:05:00	18.9	0:42	30	23:38	7:37	1:5	
32	315	Karen McKeachie	Ann Arbor	MI	56	F	46	23:40	7:37	1:01	14	1:00:42	20.3	1:01	44	25:21	8:10	1:5	
33	10	Jacqui Aubert	Crystal Lake	IL	23	F	1	18:54	6:05	0:49	64	1:12:09	17.1	0:35	1	19:50	6:23	1:5	
34	240	Sherry Shelton	Alpharetta	GA	52	F	33	22:10	7:08	1:01	35	1:03:38	19.3	0:43	37	24:49	7:59	1:5	
35	348	Hannah Sullivan	Saint Paul	MN	30	F	34	22:32	7:16	0:54	24	1:02:35	19.7	0:47	52	25:59	8:22	1:5	
36	151	Cindy Lewandowski	Sartell	MN	47	F	24	21:25	6:54	0:56	50	1:07:49	18.1	0:51	21	22:41	7:18	1:5	
37	101	Michele Schlessler	Minneapolis	MN	40	F	50	23:56	7:42	1:10	16	1:01:19	20.1	0:58	54	26:36	8:34	1:5	
38	253	Pam Stevens	Sartell	MN	56	F	52	24:06	7:46	0:56	18	1:02:09	19.8	0:57	55	26:39	8:35	1:5	
39	282	Jessica Williams	Sartell	MN	38	F	39	22:47	7:20	0:56	43	1:06:16	18.6	0:55	33	24:05	7:46	1:5	
40	285	Amy Woolsey	Sauk Rapids	MN	44	F	42	23:14	7:29	0:51	39	1:05:01	18.9	0:42	45	25:26	8:12	1:5	
41	277	Debra Weir	Pearland	TX	47	F	37	22:46	7:20	1:12	47	1:06:58	18.4	1:09	36	24:47	7:59	1:5	
42	342	Pam Zachman	Golden Valley	MN	45	F	58	24:49	8:00	0:38	37	1:04:41	19.0	0:42	53	26:31	8:32	1:5	
43	61	Judy Dixon	Doylestown	PA	49	F	44	23:23	7:32	0:58	42	1:05:41	18.7	0:50	60	27:04	8:43	1:5	
44	6	Katie Anderson	Stillwater	MN	21	F	55	24:18	7:50	0:53	41	1:05:34	18.8	0:45	59	27:00	8:42	1:5	
45	134	Amy Klosterman	White Bear Lak	MN	47	F	45	23:26	7:33	0:57	49	1:07:17	18.3	1:14	48	25:38	8:15	1:5	
46	355	Julie Cajolet-Eckh	Waterford	WI	39	F	47	23:45	7:39	1:42	45	1:06:48	18.4	1:26	38	24:58	8:02	1:5	
47	30	Lisa Bollinger	Sartell	MN	28	F	51	23:58	7:43	1:52	46	1:06:49	18.4	1:25	34	24:38	7:56	1:5	
48	133	Jena Klein	Cold Spring	MN	39	F	61	25:01	8:03	1:22	36	1:04:03	19.2	1:08	61	27:11	8:45	1:5	
49	88	Beth Guck	Andover	MN	53	F	36	22:36	7:17	1:17	59	1:10:14	17.5	1:00	35	24:46	7:59	1:5	
50	155	Lisa Mach	Minto	ND	39	F	25	21:28	6:55	1:18	66	1:12:59	16.9	1:15	24	22:58	7:24	1:5	
51	360	Ann Vogt	Minneapolis	MN	27	F	49	23:55	7:42	0:51	57	1:09:38	17.7	0:30	42	25:16	8:08	2:0	
52	5	Brenda Allen	Clarksville	MD	46	F	53	24:07	7:46	1:05	52	1:08:19	18.0	1:15	49	25:43	8:17	2:0	
53	115	Christi Jenc	Avon	MN	33	F	40	22:52	7:22	2:01	53	1:08:43	17.9	2:00	41	25:14	8:08	2:0	
54	344	Judith Peters	St. Cloud	MN	49	F	43	23:21	7:31	1:21	60	1:10:18	17.5	0:54	51	25:54	8:21	2:0	
55	107	Kimberly Holman	Sartell	MN	28	F	29	21:53	7:03	1:14	68	1:13:43	16.7	1:03	39	25:00	8:03	2:0	
56	148	Erin Lemke	Sartell	MN	40	F	48												

71	139	Julia Krengel	Sauk Rapids	MN	32	F	79	28:21	9:08	2:06	70	1:14:55	16.4	1:18	43	25:21	8:10	2:1
72	143	Roxann Laducer	Fort Myers	FL	45	F	76	27:53	8:59	1:26	56	1:09:32	17.7	1:29	77	32:01	10:19	2:1
73	16	Cheri Bates	Sauk Rapids	MN	38	F	74	27:25	8:50	1:10	62	1:10:52	17.4	1:04	78	32:26	10:27	2:1
74	19	Denise Baxter	St Cloud	MN	50	F	78	27:58	9:01	1:09	72	1:15:02	16.4	1:13	73	30:31	9:50	2:1
75	345	Ruth Wolf	Minneapolis	MN	33	F	75	27:37	8:54	1:24	75	1:16:28	16.1	1:49	81	35:16	11:21	2:2
76	108	Kelly Hover	Saint Cloud	MN	52	F	77	27:55	8:59	0:55	80	1:22:33	14.9	0:47	74	30:48	9:55	2:2
77	343	Susan Just	Minneapolis	MN	44	F	73	27:16	8:47	1:01	82	1:24:12	14.6	1:10	69	29:25	9:28	2:2
78	334	Mary Kay Morris	Cold Spring	MN	43	F	64	25:45	8:18	1:04	83	1:25:33	14.4	0:57	71	30:04	9:41	2:2
79	211	Ann Rhea	Plymouth	MN	62	F	80	31:02	9:59	1:11	74	1:15:38	16.3	1:21	80	34:31	11:07	2:2
80	8	Britta Anderson	Minneapolis	MN	31	F	72	27:08	8:44	1:57	85	1:30:37	13.6	1:09	47	25:34	8:14	2:2
81	301	Faith Miller	Minneapolis	MI	33	F	83	34:00	10:57	2:18	78	1:17:30	15.9	1:36	83	35:31	11:26	2:3
82	74	Pat Fossum	Montgomery	AL	74	F	82	31:47	10:14	1:35	81	1:24:10	14.6	1:36	82	35:23	11:24	2:3
83	142	Jeanne Labore	Minneapolis	MN	59	F	81	31:09	10:02	2:49	84	1:27:19	14.1	2:35	79	33:48	10:53	2:3
84	283	Jean Wood	Excelsior	MN	60	F	85	36:45	11:50	1:18	79	1:18:49	15.6	1:22	85	44:29	14:19	2:4
85	117	Dawn Johnson	Rochester	MN	33	F	86	42:36	13:43	1:34	73	1:15:30	16.3	1:29	86	45:05	14:31	2:4
86	242	Sharon Sherwood	Saint Cloud	MN	40	F	84	34:47	11:12	1:23	86	1:31:20	13.5	1:11	84	40:56	13:11	2:4
87	146	Mindy Lee	Minneapolis	MN	32	F	87	47:55	15:26	2:31	87	1:50:10	11.2	2:09	87	52:19	16:51	3:3

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1	Joshua Merrick	Lakewood	CO	28	M	15:12 4:54
2	Justin Hurd	Fort Collins	CO	28	M	15:28 4:59
3	Ryan Giuliano	Schaumburg	IL	25	M	15:29 4:59
4	David Thompson	St. Paul	MN	31	M	15:29 4:59
5	Robert Gilles	Fargo	ND	33	M	15:30 5:00
6	Matthew Russell	Boulder	CO	26	M	15:37 5:02
7	Nate Hoffman	Annandale	MN	26	M	15:49 5:06
8	Patrick Parish	Circle Pines	MN	24	M	15:51 5:06
9	Cory Baumann	Marathon	WI	23	M	15:54 5:07
10	Mark Beversdorf	Wausau	WI	36	M	16:01 5:10

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Ryan Giuliano	Schaumburg	IL	25	M	0:25
2	Kyle Fleener	Austin	MN	26	M	0:26
3	Chad Millner	Eden Prairie	MN	33	M	0:27
4	Kevin Smith	Oakville-Ontar		28	M	0:27
5	John Heinlein Iii	Stillwater	MN	20	M	0:27
6	Joshua Merrick	Lakewood	CO	28	M	0:27
7	Abigail Turman	Minneapolis	MN	27	F	0:28
8	Brendon O'Flanagan	Woodbury	MN	32	M	0:28
9	Justin Hurd	Fort Collins	CO	28	M	0:29
10	John Sillery	Chatlanooga	TN	37	M	0:30

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	pace
1	David Thompson	St. Paul	MN	31	M	47:50 25.7
2	Justin Hurd	Fort Collins	CO	28	M	48:44 25.2
3	Chad Millner	Eden Prairie	MN	33	M	49:27 24.9
4	Matthew Payne	Columbia Heigh	MN	32	M	49:43 24.7
5	Kevin O'Connor	Medina	MN	38	M	49:50 24.7
6	Ryan Giuliano	Schaumburg	IL	25	M	50:25 24.4
7	Joe Moyer	Rochester	MN	31	M	50:25 24.4
8	Brooks Grossinger	Mayer	MN	32	M	50:41 24.3
9	Rick Christenson	Roseville	MN	51	M	50:43 24.3
10	Todd Firebaugh	Woodbury	MN	47	M	50:43 24.3

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time	
1	David Thompson	St. Paul	MN	31	M	0:25
2	Joshua Merrick	Lakewood	CO	28	M	0:25
3	Ryan Giuliano	Schaumburg	IL	25	M	0:25
4	Jason Neumann	Saint Cloud	MN	27	M	0:26
5	Tony Tousley	Golden	CO	37	M	0:26
6	Kevin O'Connor	Medina	MN	38	M	0:26
7	Matthew Russell	Boulder	CO	26	M	0:26
8	Chad Millner	Eden Prairie	MN	33	M	0:26
9	Kevin Smith	Oakville-Ontar		28	M	0:27
10	Matthew Payne	Columbia Heigh	MN	32	M	0:27

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1	Joshua Merrick	Lakewood	CO	28	M	15:52 5:07
2	Matthew Russell	Boulder	CO	26	M	16:28 5:18
3	Justin Hurd	Fort Collins	CO	28	M	16:30 5:19
4	Ryan Giuliano	Schaumburg	IL	25	M	16:38 5:21
5	Patrick Parish	Circle Pines	MN	24	M	16:40 5:22
6	David Thompson	St. Paul	MN	31	M	16:41 5:23
7	Tim Cornett	Athens	GA	25	M	16:46 5:24
8	Neil Miller	Andover	MN	25	M	16:51 5:26

9 John Sillery Chatlanooga TN 37 M 16:52 5:26  
 10 Robert Gilles Fargo ND 33 M 16:54 5:27

FEMALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Shelby Woodworth	Hutchinson	MN	17	F	1	24:45	7:58	1:05	1	1:11:22	17.2	0:43	1	26:56	8:40	2:04:47

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 Denver Rogalla	Onamia	MN	19	M	1	17:57	5:47	0:38	1	54:42	22.5	0:31	1	20:17	6:32	1:34:03
2 Causi Rickard	Plymouth	MN	19	M	2	19:41	6:21	0:34	2	59:57	20.5	0:27	2	21:23	6:53	1:42:01
3 Elliot Busta	St. Cloud	MN	16	M	3	22:41	7:18	0:47	3	1:05:10	18.9	0:42	3	22:55	7:23	1:52:14

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 Jacqui Aubert	Crystal Lake	IL	23	F	1	18:54	6:05	0:49	2	1:12:09	17.1	0:35	1	19:50	6:23	1:52:14
2 Katie Anderson	Stillwater	MN	21	F	2	24:18	7:50	0:53	1	1:05:34	18.8	0:45	2	27:00	8:42	1:58:27

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 Cory Baumann	Marathon	WI	23	M	1	15:54	5:07	0:50	1	53:32	23.0	0:44	2	17:52	5:45	1:28:50
2 Cory Olson	Fargo	ND	24	M	2	16:21	5:16	0:43	2	55:20	22.2	0:45	1	17:09	5:31	1:30:15
3 John Heinlein Iii	Stillwater	MN	20	M	4	18:27	5:57	0:27	3	55:21	22.2	0:31	4	21:05	6:48	1:35:49
4 Brett Danielson	Cokato	MN	20	M	3	18:11	5:52	0:37	4	59:48	20.6	0:36	3	19:23	6:15	1:38:34
5 Sean Skow	Saint Cloud	MN	20	M	5	20:25	6:35	1:13	6	1:07:32	18.2	1:03	5	21:16	6:51	1:51:26
6 Ryan Maciej	St. Cloud	MN	22	M	6	21:23	6:53	1:15	5	1:04:12	19.2	0:59	6	24:58	8:02	1:52:45

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	Minneapolis	MN	28	F	1	20:21	6:33	0:42	2	1:00:25	20.4	0:47	1	21:08	6:49	1:43:22
2 Erika Osborn	Elkhorn	WI	29	F	6	21:58	7:04	0:47	1	58:57	20.9	0:46	4	23:10	7:28	1:45:37
3 Marlene Yaeger	Mounds View	MN	27	F	2	20:39	6:39	0:43	3	1:02:04	19.8	0:39	2	21:36	6:57	1:45:38
4 Casey Richter	Columbia Heigh	MN	26	F	3	21:10	6:49	0:52	5	1:03:30	19.4	0:55	3	22:53	7:22	1:49:19
5 Abigail Turman	Minneapolis	MN	27	F	7	22:46	7:20	0:28	4	1:03:05	19.5	0:37	5	23:25	7:33	1:50:19
6 Suzie Finger	St. Louis Park	MN	26	F	4	21:18	6:52	0:43	6	1:05:00	18.9	0:42	6	23:38	7:37	1:51:19
7 Lisa Bollinger	Sartell	MN	28	F	9	23:58	7:43	1:52	7	1:06:49	18.4	1:25	7	24:38	7:56	1:58:40
8 Ann Vogt	Minneapolis	MN	27	F	8	23:55	7:42	0:51	8	1:09:38	17.7	0:30	9	25:16	8:08	2:00:07
9 Kimberly Holman	Sartell	MN	28	F	5	21:53	7:03	1:14	10	1:13:43	16.7	1:03	8	25:00	8:03	2:02:51
10 Sarah Linder-Stenz	St. Paul	MN	29	F	10	24:37	7:56	1:09	9	1:12:47	16.9	0:54	10	27:19	8:48	2:06:45
11 Kirstin Anderson	Elk River	MN	29	F	11	26:16	8:28	1:23	11	1:14:10	16.6	1:11	11	28:18	9:07	2:11:16

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 Nate Hoffman	Anndale	MN	26	M	1	15:49	5:06	0:44	3	53:46	22.9	0:37	2	17:15	5:33	1:28:09
2 Jonathan Neumann	Madison	WI	25	M	3	17:57	5:47	0:43	4	54:14	22.7	0:29	3	18:04	5:49	1:31:26
3 Thomas Gerlach	Chicago	IL	28	M	6	18:13	5:52	0:43	2	53:36	23.0	0:28	5	18:30	5:58	1:31:28
4 Kyle Fleener	Austin	MN	26	M	8	18:20	5:54	0:26	1	53:31	23.0	0:30	9	20:08	6:29	1:32:53
5 Micah Turman	Minneapolis	MN	29	M	9	18:48	6:03	0:34	5	54:22	22.6	0:31	6	19:28	6:16	1:33:41
6 Tim Cornett	Athens	GA	25	M	2	16:20	5:16	0:39	10	59:54	20.5	0:37	1	16:46	5:24	1:34:15
7 James Hull	New Brighton	MN	26	M	5	18:08	5:50	0:41	8	57:03	21.6	0:29	10	20:10	6:20	1:36:29
8 Adam Sauder	Fitchburg	WI	26	M	4	17:58	5:47	1:02	7	56:35	21.7	0:38	8	20:01	6:27	1:38:12
9 Hans Grong	Minneapolis	MN	27	M	12	19:36	6:19	1:11	9	57:15	21.5	0:39	11	20:51	6:43	1:39:31
10 Byron Lubenkov	Plymouth	MN	28	M	11	19:04	6:09	1:13	12	1:00:30	20.3	0:44	7	19:48	6:23	1:41:17
11 Steve Stenzel	St. Paul	MN	28	M	7	18:19	5:54	0:43	13	1:01:52	19.9	0:40	4	18:28	5:57	1:41:59
12 Hans Arnesen	Minneapolis	MN	25	M	15	20:59	6:46	0:45	6	56:03	22.0	0:40	18	24:42	7:57	1:43:07
13 Andrew Mundie	Toronto-On	MN	27	M	10	19:03	6:08	0:46	15	1:03:10	19.5	0:51	12	20:53	6:44	1:44:41
14 Brandon Knettel	Lauderdale	MN	26	M	13	19:58	6:26	0:48	14	1:01:58	19.9	0:46	13	22:35	7:17	1:46:04
15 Colin Jaworski	Brooklyn Park	MN	25	M	17	22:01	7:06	0:55	11	59:55	20.5	0:43	16	24:05	7:46	1:47:38
16 Jason Neumann	Saint Cloud	MN	27	M	14	20:47	6:42	0:54	16	1:03:31	19.4	0:26	14	23:25	7:33	1:49:01
17 Terrell Ormson	Manhattan	KS	26	M	18	22:23	7:13	0:53	17	1:03:54	19.3	0:48	15	23:48	7:40	1:51:43
18 Aaron Sorvig	St. Cloud	MN	28	M	19	22:38	7:18	1:31	18	1:04:12	19.2	1:23	19	25:11	8:07	1:54:53
19 Steve Myrah	South St Paul	MN	26	M	16	21:53	7:03	1:17	20	1:06:53	18.4	1:12	17	24:19	7:50	1:55:33
20 Peter Johnson	Minneapolis	MN	25	M	20	24:26	7:52	1:34	21	1:10:33	17.4	1:01	21	27:11	8:45	2:04:43
21 John Lucenta	Saint Paul Par	MN	29	M	22	26:44	8:36	0:54	19	1:05:36	18.8	2:10	23	33:45	10:52	2:09:06
22 Michael Johnson	Saint Paul	MN	29	M	23	30:29	9:49	1:41	22	1:10:54	17.4	1:35	20	25:30	8:13	2:10:07
23 Brett Young	St. Cloud	MN	27	M	21	25:26	8:12	1:10	23	1:15:05	16.4	1:11	22	33:36	10:49	2:16:26
24 Michael Bueckers	St. Cloud	MN	28	M	24	30:42	9:53	2:12	24	1:41:32	12.1	1:28	24	34:50	11:13	2:50:42

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 Sarah Viamonte	Minneapolis	MN	30	F	3	19:39	6:20	0:41	2	58:55	20.9	0:45	2	21:14	6:50	1:41:13
2 Diane Hankee	Lino Lakes	MN	32	F	8	21:00	6:46	0:42	1	57:42	21.3	0:37	6	21:53	7:03	1:41:52
3 Jaime Kulbel	Madison	WI	33	F	5	19:45	6:22	0:33	5	59:50	20.6	0:34	4	21:34	6:57	1:42:13
4 Tara Croteau	Duluth	MN	31	F	2	19:36	6:19	0:58	4	59:42	20.6	0:48	5	21:36	6:57	1:42:38
5 Pam Nielsen	Minnetonka	MN	33	F	1	19:01	6:08	0:49	11	1:03:05	19.5	0:48	1	20:15	6:32	1:43:57
6 Rebecca Bader	Syracuse	NY	32	F	6	19:51	6:24	1:15	6	1:01:01	20.2	0:58	7	21:56	7:04	1:45:00
7 Ann Moyer	Rochester	MN	30	F	9	21:07	6:48	1:04	3	59:34	20.7	0:53	10	22:50	7:21	1:45:26
8 Monica Schoeneck	Burlington	WI	30	F	4	19:45	6:22	1:00	10	1:02:52	19.6	0:52	3	21:25	6:54	1:45:51
9 Correen Schuebel	Milwaukee	WI	31	F	10	21:11	6:49	0:33	7	1:02:09	19.8	0:39	9	22:17	7:11	1:46:48
10 Nicole Bergh	Sartell	MN	32	F	7	20:38	6:39	0:45	9	1:02:39	19.6	0:42	8	22:12	7:09	1:46:54
11 Hannah Sullivan	Saint Paul	MN	30	F	11	22:32	7:16	0:54	8	1:02:35	19.7	0:47	14	25:59	8:22	1:52:45
12 Christi Jenc	Avon	MN	33	F	12	22:52	7:22	2:01	12	1:08:43	17.9	2:00	11	25:14	8:08	2:00:48
13 Catie Hill	St. Cloud	MN	32	F	13	24:56	8:02	1:25	17	1:17:02	16.0	0:58	15	26:56	8:40	2:11:16
14 Lynelle Bryan	Hopkins	MN	31	F	14	25:18	8:09	1:06	14	1:14:57	16.4	1:13	16	29:24	9:28	2:11:56
15 Julia Krengel	Sauk Rapids	MN	32	F	17	28:21	9:08	2:06	13	1:14:55	16.4	1:18	12	25:21	8:10	2:11:58
16 Ruth Wolf	Minneapolis	MN	33	F	16	27:37	8:54	1:24	16	1:16:28	16.1	1:49	17	35:16	11:21	2:22:31
17 Britta Anderson	Minneapolis	MN	31	F	15	27:08	8:44	1:57	19	1:30:37	13.6	1:09	13	25:34	8:14	2:26:23
18 Faith Miller	Minneapolis	MI	33	F	18	34:00	10:57	2:18	18	1:17:30	15.9	1:36	18	35:31	11:26	2:30:52
19 Dawn Johnson	Rochester	MN	33	F	19	42:36	13:43	1:34	15	1:15:30	16.3	1:29	19	45:05	14:31	2:46:11
20 Mindy Lee	Minneapolis	MN	32	F	20	47:55	15:26	2:31	20	1:50:10	11.2	2:09	20	52:19	16:51	3:35:02

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Brent Sinn	La Crosse	WI	31	M	4	17:02	5:29	0:44	2	51:23	23.9	0:32	2	18:20	5:54	1:27:59
2 Brendon O'Flanagan	Woodbury	MN	32	M	3	16:56	5:27	0:28	5	53:44	22.9	0:28	4	18:40	6:01	1:30:15
3 Joe Moyer	Rochester	MN	31	M	10	19:23	6:15	0:47	1	50:25	24.4	0:37	9	20:09	6:29	1:31:18
4 Mark Lavin	Sioux Falls	SD	31	M	5	17:43	5:42	0:47	4	53:24	23.0	0:43	3	18:21	5:55	1:32:55
5 Michael Wente	Minneapolis	MN	34	M	9	19:13	6:11	1:00	3	52:23	23.5	0:41	8	20:08	6:29	1:33:23
6 Coby Bullard	Keller	TX	33	M	1	16:31	5:19	0:42	8	56:32	21.8	0:42	1	17:55	5:46	1:34:20
7 David Binsfeld	St. Louis Park	MN	34	M	7	18:25	5:56	0:37	7	54:55	22.4	0:37	7	20:05	6:28	1:34:37
8 Douglas Barkema	St Louis Park	MN	34	M	16	20:21	6:33	0:47	6	54:40	22.5	0:44	14	21:58	7:05	1:38:28
9 Michael Hankee	Lino Lakes	MN	32	M	8	19:07	6:10	0:53	13	1:00:02	20.5	0:39	6	20:04	6:28	1:40:42
10 Thomas Sullivan	Minneapolis	MN	33	M	2	16:42	5:23	1:13	16	1:04:53	19.0	0:53	5	18:49	6:04	1:42:27
11 Sam Francois	Sartell	MN	33	M	14	20:15	6:31	1:07	9	57:31	21.4	0:51	16	22:59	7:24	1:42:41
12 Brad Vieths	Esko	MN	31	M	12	19:39	6:20	0:50	12	59:58	20.5	0:40	15	22:33	7:16	1:43:39
13 Graeme Webster	Minneapolis	MN	32	M	11	19:35	6:19	0:56	14	1:01:17	20.1	0:51	13	21:08	6:49	1:43:46
14 Matthew Schmitz	Maplewood	MN	33	M	18	20:57	6:45	1:30	10	58:47	20.9	1:18	18	23:41	7:38	1:46:10
15 Matthew Hanson	Sauk Rapids	MN	33	M	13	19:58	6:26	1:00	17	1:05:07	18.9	0:52	10	20:40	6:39	1:47:35
16 David Meberg	Maple Grove	MN	30	M	6	17:57	5:47	1:02	20	1:07:57	18.1	1:38	11	20:44	6:41	1:49:15
17 Nate Edel	Farmington	MN	33	M	17	20:53	6:44	0:57	18	1:05:10	18.9	0:37	17	23:14	7:29	1:50:50
18 Michael Knettel	Eden Prairie	MN	31	M	19	21:25	6:54	1:10	15	1:02:10	19.8	0:34	19	24:32	7:54	1:51:48
19 Matthew Haase	Maple Grove	MN	34	M	23	24:26	7:52	0:50	11	59:35	20.6	0:43	23	27:48	8:57	1:53:20
20 Kris King	Ramsey	MN	33	M	22	23:34	7:35	0:47	19	1:07:47	18.2	0:38	20	24:47	7:59	1:57:32
21 Peter Cooley	Hugo	MN	32	M	20	22:19	7:11	0:54	21	1:10:25	17.5	0:56	22	25:27	8:12	2:00:00
22 Matt Gustafson	Willmar	MN	30	M	15	20:20	6:33	1:54	24	1:16:49	16.0	1:10	12	21:01	6:46	2:01:11
23 Kris Schmidt	Watkins	MN	30	M	21	22:24	7:13	1:17	22	1:11:48	17.1	1:34	21	24:57	8:02	2:01:58
24 Jay Gregerson	Brooklyn Park	MN	31	M	24	26:47	8:38	1:31	23	1:15:50	16.2	1:04	24	31:00	9:59	2:16:11
25 Eric Saloum	Champlin	MN	30	M	25	29:08	9:23	1:48	25	1:24:53	14.5	1:08	26	37:07	11:57	2:34:02
26 Craig Scanlan	Eden Prairie	MN	34	M	26	29:21	9:27	1:37	26	1:26:49	14.2	1:06	25	36:25	11:43	2:35:15

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 Tracie Kent	Saint Paul	MN	35	F	4	20:54	6:44	0:47	2	57:20	21.5	0:34	3	21:52	7:03	1:41:24
2 Melissa Sundermann	Ann Arbor	MI	39	F	1	19:35	6:19	0:45	6	1:02:19	19.7	0:45	1	20:37	6:39	1:44:00
3 Julie Hull	Farmington	MN	37	F	5	21:22	6:53	0:34	1	57:00	21.6	0:40	10	25:08	8:06	1:44:43
4 Jill Ellenbecker	Coon Rapids	MN	37	F	2	19:37	6:19	0:55	7	1:02:36	19.7	0:49	4	21:52	7:03	1:45:46
5 Jill Hughes	Medina	MN	36	F	7	21:51	7:02	0:44	4	1:00:38	20.3	0:34	5	22:28	7:14	1:46:13
6 Nancy Flury	Minnetonka	MN	39	F	3	20:41	6:40	0:59	5	1:02:17	19.8	0:45	2	21:46	7:01	1:46:26
7 Jean Nitchals	Chanhassen	MN	37	F	10	23:01	7:25	0:51	3	59:40	20.6	0:54	11	25:32	8:13	1:49:55
8 Carol Aron	Bismarck	ND	35	F	8	22:33	7:16	1:01	8	1:02:53	19.6	1:02	7	23:12	7:28	1:50:39
9 Jessica Williams	Sartell	MN	38	F	9	22:47	7:20	0:56	11	1:06:16	18.6	0:55	8	24:05	7:46	1:54:58
10 Julie Cajoleit-Eckh	Waterford	WI	39	F	11	23:45	7:39	1:42	13	1:06:48	18.4	1:26	9	24:58	8:02	1:58:36
11 Jena Klein	Cold Spring	MN	39	F	12	25:01	8:03	1:22	9	1:04:03	19.2	1:08	12	27:11	8:45	1:58:43
12 Lisa Mach	Minto	ND	39	F	6	21:28	6:55	1:18	16	1:12:59	16.9	1:15	6	22:58	7:24	1:59:55
13 Denise Kaitala	Duluth	MN	36	F	14	26:03	8:23	1:24	10	1:05:10	18.9	0:59	14	30:09	9:43	2:03:43
14 Sonja Daniels	Duluth	MN	36	F	13	26:01	8:23	1:16	14	1:08:52	17.9	0:54	13	29:46	9:35	2:06:47
15 Leslie Iyer	Edina	MN	38	F	15	26:43	8:36	1:25	12	1:06:41	18.5	1:19	15	30:52	9:57	2:06:58
16 Cheri Bates	Sauk Rapids	MN	38	F	16	27:25	8:50	1:10	15	1:10:52	17.4	1:04	16	32:26	10:27	2:12:54

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	Medina	MN	38	M	4	16:25	5:17	0:36	1	49:50	24.7	0:26	4	17:35	5:40	1:24:50
2 Mark Beversdorf	Wausau	WI	36	M	1	16:01	5:10	0:41	4	52:54	23.3	0:31	2	16:58	5:28	1:27:03
3 John Shelp	Maple Plain	MN	37	M	8	17:15	5:33	0:36	2	50:44	24.3	0:33	9	19:06	6:09	1:28:13
4 Tony Tousley	Golden	CO	37	M	7	17:11	5:32	0:36	3	51:47	23.8	0:26	7	18:50	6:04	1:28:48
5 Kevin Sampson	Overland Park	KS	38	M	3	16:24	5:17	0:43	8	54:59	22.4	0:37	3	17:12	5:33	1:29:54
6 Derick Podratz	Lino Lakes	MN	35	M	5	16:31	5:19	0:49	10	56:21	21.8	0:36	6	18:19	5:54	1:32:34
7 Mario Minelli	Kasson	MN	39	M	12	18:27	5:56	0:54	5	52:58	23.2	0:44	15	20:41	6:40	1:33:42
8 Jeff Mortensen	Algona	IA	36	M	15	18:52	6:05	0:45	6	53:11	23.1	0:53	14	20:14	6:31	1:33:52
9 Jesse Westrup	Sartell	MN	35	M	6	16:31	5:19	0:37	15	58:07	21.2	0:45	5	17:56	5:47	1:33:54

10	Joey Gambescia	Miami	FL	36	M	11	18:10	5:51	0:36	9	55:05	22.3	0:38	8	18:51	6:04	1:35:19
11	Clifford Owen	Shorewood	MN	37	M	10	18:06	5:50	0:31	13	57:27	21.4	0:32	12	19:38	6:19	1:36:13
12	Bill Corcoran	Waite Park	MN	37	M	17	19:23	6:15	0:51	7	53:32	23.0	0:51	18	21:56	7:04	1:36:31
13	John Sillery	Chatlanooga	TN	37	M	2	16:23	5:17	0:30	23	1:02:40	19.6	0:40	1	16:52	5:26	1:37:04
14	Darin Wieneke	St. Paul	MN	35	M	9	18:02	5:49	0:30	16	59:46	20.6	0:35	10	19:12	6:11	1:38:03
15	Bryan Frye	Mpls	MN	39	M	13	18:36	6:00	0:47	18	1:00:27	20.4	0:45	13	19:45	6:22	1:40:18
16	Joe McGaver	Duluth	MN	39	M	16	19:20	6:14	1:19	12	57:03	21.6	1:00	19	22:05	7:07	1:40:46
17	Jeremy Ekman	West Concord	MN	35	M	20	20:41	6:40	1:12	14	57:39	21.3	0:45	16	21:19	6:52	1:41:34
18	Charlie Schad	Sartell	MN	39	M	21	20:55	6:44	1:03	11	56:31	21.8	0:59	23	23:50	7:41	1:43:16
19	Mark Halstrom	Sartell	MN	39	M	18	20:15	6:31	1:06	21	1:01:51	19.9	1:13	21	22:55	7:23	1:47:18
20	Mark Lindquist	Buffalo	MN	37	M	24	22:32	7:16	1:25	20	1:01:19	20.1	0:51	17	21:47	7:01	1:47:51
21	Mike Krein	Plymouth	MN	38	M	19	20:37	6:39	1:37	19	1:00:51	20.2	1:35	22	23:29	7:34	1:48:07
22	Trent Johnson	Hudson	WI	38	M	22	21:31	6:56	1:18	22	1:02:05	19.8	0:59	20	22:36	7:17	1:48:27
23	Jeffrey Washburne	Minneapolis	MN	39	M	23	22:29	7:15	0:59	17	59:57	20.5	1:09	27	25:50	8:19	1:50:22
24	Michael Given	St Cloud	MN	36	M	26	23:22	7:32	0:52	24	1:03:06	19.5	0:39	28	26:14	8:27	1:54:11
25	Aaron Smith	Robbinsdale	MN	35	M	28	23:41	7:38	0:49	25	1:03:49	19.3	0:34	26	25:47	8:18	1:54:37
26	Greg Pietrowski	Sartell	MN	39	M	25	22:57	7:24	1:21	27	1:05:55	18.7	1:17	25	25:15	8:08	1:56:44
27	David Janaszak	Sauk Rapids	MN	37	M	27	23:34	7:35	0:59	28	1:06:37	18.5	0:51	24	24:47	7:59	1:56:46
28	Wayne Chapman	Plymouth	MN	39	M	29	23:50	7:41	0:53	29	1:07:18	18.3	0:45	29	26:17	8:28	1:59:01
29	Don Sullivan	Minneapolis	MN	35	M	14	18:40	6:01	1:13	34	1:22:07	15.0	0:51	11	19:20	6:14	2:02:08
30	John Meyerhofer	Saint Cloud	MN	35	M	31	24:16	7:49	1:21	31	1:09:29	17.7	1:20	30	26:22	8:30	2:02:45
31	Mike Corcoran	Grand Forks	ND	39	M	32	24:30	7:53	1:32	26	1:05:42	18.7	2:01	33	29:05	9:22	2:02:48
32	Jay Maloney	Edina	MN	37	M	30	24:13	7:48	1:20	30	1:09:03	17.8	1:47	32	27:02	8:42	2:03:22
33	Brett Bayerkohler	Otsego	MN	35	M	34	25:36	8:15	2:02	32	1:18:52	15.6	1:59	31	26:28	8:31	2:14:55
34	Ryan Kadelbach	Big Lake	MI	35	M	33	25:02	8:04	1:42	33	1:21:00	15.2	1:14	34	30:40	9:53	2:19:36

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	Wendy Bengtson	Chippewa Falls	WI	43	F	1	19:36	6:19	0:42	2	59:39	20.6	0:45	1	20:49	6:42	1:41:30
2	Heidi Robb	Maple Grove	MN	42	F	2	21:35	6:57	0:57	1	58:53	20.9	0:39	2	23:56	7:42	1:45:58
3	Michele Schlessler	Minneapolis	MN	40	F	5	23:56	7:42	1:10	3	1:01:19	20.1	0:58	5	26:36	8:34	1:53:56
4	Amy Woolsey	Sauk Rapids	MN	44	F	3	23:14	7:29	0:51	4	1:05:01	18.9	0:42	3	25:26	8:12	1:55:12
5	Erin Lemke	Sartell	MN	40	F	4	23:45	7:39	1:29	5	1:10:51	17.4	1:10	4	25:52	8:20	2:03:06
6	Susan Just	Minneapolis	MN	44	F	7	27:16	8:47	1:01	6	1:24:12	14.6	1:10	6	29:25	9:28	2:23:02
7	Mary Kay Morris	Cold Spring	MN	43	F	6	25:45	8:18	1:04	7	1:25:33	14.4	0:57	7	30:04	9:41	2:23:21
8	Sharon Sherwood	Saint Cloud	MN	40	F	8	34:47	11:12	1:23	8	1:31:20	13.5	1:11	8	40:56	13:11	2:49:35

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	Troy Vargas	Hudson	WI	40	M	1	17:22	5:36	0:40	2	52:10	23.6	0:40	1	19:16	6:12	1:30:06
2	Jey Carlson	Mtka	MN	43	M	8	19:48	6:23	0:43	1	51:00	24.1	0:41	6	20:30	6:36	1:32:41
3	Dave Dixon	Doylestown	PA	43	M	4	18:09	5:51	0:36	4	54:34	22.5	0:35	3	19:42	6:21	1:33:34
4	Keith Hollendonner	Markleville	IN	40	M	3	17:57	5:47	0:38	5	55:33	22.1	0:31	2	19:28	6:16	1:34:05
5	Robbie Halvorson	Oakdale	MN	44	M	9	20:45	6:41	0:44	3	53:04	23.2	0:44	8	22:33	7:16	1:37:48
6	John Deering	Minneapolis	MN	44	M	6	19:11	6:11	0:54	7	57:33	21.4	0:52	5	20:23	6:34	1:38:51
7	Joseph Hagen	Madison	WI	42	M	7	19:24	6:15	0:58	6	57:28	21.4	1:06	7	21:15	6:51	1:40:10
8	Dave Jesse	West Allis	WI	40	M	5	18:13	5:52	1:05	9	1:00:31	20.3	1:05	4	20:17	6:32	1:41:09
9	Andrew Fabbrini	Somerset	WI	41	M	15	22:21	7:12	1:12	8	59:32	20.7	1:03	10	23:34	7:35	1:47:39
10	Steven Gray	Minneapolis	MN	40	M	10	20:48	6:42	1:09	10	1:01:06	20.1	1:11	11	24:07	7:46	1:48:19
11	Paul Bruzek	Minneapolis	MN	44	M	19	23:40	7:37	0:51	11	1:04:34	19.1	0:46	14	24:51	8:00	1:54:39
12	David Jones	St. Louis Park	MN	40	M	2	17:35	5:40	1:03	22	1:10:06	17.6	1:02	19	26:21	8:29	1:56:05
13	George Morris	Cold Spring	MN	43	M	13	22:14	7:10	0:52	20	1:09:49	17.6	0:42	9	23:04	7:26	1:56:40
14	Chris O'Hara	Cedar Rapids	IA	40	M	16	22:30	7:15	1:12	13	1:06:36	18.5	1:17	15	25:12	8:07	1:56:46
15	Damon Peters	Richfield	MN	42	M	18	22:48	7:21	1:27	12	1:06:36	18.5	1:19	12	24:40	7:57	1:56:49
16	Greg Skoog	Sartell	MN	42	M	14	22:17	7:11	1:32	14	1:06:47	18.4	1:27	16	25:28	8:12	1:57:30
17	John Lucking	Bloomington	MN	41	M	12	21:51	7:02	0:51	17	1:08:21	18.0	1:04	17	25:39	8:16	1:57:44
18	Rick Wegener	Blaine	MN	40	M	11	21:49	7:02	0:56	15	1:07:27	18.2	1:55	18	25:39	8:16	1:57:44
19	Daniel Weaver	Saint Cloud	MN	42	M	17	22:42	7:19	1:15	16	1:07:51	18.1	1:35	13	24:44	7:58	1:58:04
20	Todd Chapman	Princeton	MN	42	M	22	27:28	8:51	1:03	18	1:08:52	17.9	0:51	20	27:45	8:56	2:05:56
21	Peter Hamerlinck	St. Joseph	MN	44	M	23	27:46	8:56	1:33	19	1:09:00	17.8	1:51	21	27:49	8:57	2:07:56
22	Rob Madgewick	Sauk Rapids	MN	44	M	20	24:23	7:51	1:00	23	1:12:51	16.9	0:42	22	29:56	9:38	2:08:50
23	Kevin Christenson	Minnetonka	MN	41	M	21	26:25	8:30	1:08	21	1:09:49	17.6	1:06	23	39:02	12:34	2:17:28

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	Sue Abrahamson	Wayzata	MN	46	F	1	20:26	6:35	0:50	1	1:02:14	19.8	0:45	1	21:14	6:50	1:45:27
2	Michelle O'Neill	Middletown	OH	47	F	2	21:12	6:50	0:36	3	1:02:35	19.7	0:35	2	22:40	7:18	1:47:37
3	Shellon McCallie	Austin	TX	45	F	4	21:43	7:00	0:40	2	1:02:34	19.7	0:47	4	23:20	7:31	1:49:02
4	Tammy Bohan	Bismarck	ND	48	F	5	21:58	7:05	0:56	4	1:03:02	19.5	0:51	5	23:22	7:32	1:50:08
5	Cheryl King-Marino	Doylestown	PA	49	F	6	22:04	7:06	0:55	5	1:03:05	19.5	0:45	6	24:01	7:44	1:50:48
6	Cindy Lewandowski	Sartell	MN	47	F	3	21:25	6:54	0:56	11	1:07:49	18.1	0:51	3	22:41	7:18	1:53:41
7	Debra Weir	Pearland	TX	47	F	7	22:46	7:20	1:12	8	1:06:58	18.4	1:09	7	24:47	7:59	1:56:50
8	Pam Zachman	Golden Valley	MN	45	F	12	24:49	8:00	0:38	6	1:04:41	19.0	0:42	11	26:31	8:32	1:57:19
9	Judy Dixon	Doylestown	PA	49	F	9	23:23	7:32	0:58	7	1:05:41	18.7	0:50	13	27:04	8:43	1:57:54
10	Amy Klosterman	White Bear Lak	MN	47	F	10	23:26	7:33	0:57	10	1:07:17	18.3	1:14	8	25:38	8:15	1:58:30
11	Brenda Allen	Clarksville	MD	46	F	11	24:07	7:46	1:05	13	1:08:19	18.0	1:15	9	25:43	8:17	2:00:27
12	Judith Peters	St. Cloud	MN	49	F	8	23:21	7:31	1:21	16	1:10:18	17.5	0:54	10	25:54	8:21	2:01:47
13	Kathy Nelson	Brookly Park	MN	45	F	15	25:59	8:22	1:32	9	1:07:06	18.3	1:14	15	28:45	9:16	2:04:35
14	Linda Gehrig	Chippewa Falls	WI	49	F	16	26:42	8:36	1:04	14	1:09:10	17.8	1:01	14	27:31	8:52	2:05:26
15	Maura Guthrie	Dallas	TX	47	F	14	25:33	8:14	0:50	12	1:07:57	18.1	1:01	16	31:03	10:00	2:06:23
16	Carol Marston	Mankato	MN	49	F	13	24:57	8:02	1:17	17	1:13:12	16.8	1:22	12	26:49	8:38	2:07:35
17	Roxann Laducer	Fort Myers	FL	45	F	17	27:53	8:59	1:26	15	1:09:32	17.7	1:29	17	32:01	10:19	2:12:18

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Todd Firebaugh	Woodbury	MN	47	M	5	18:05	5:50	0:40	1	50:43	24.3	0:33	3	19:16	6:12	1:29:15
2 James Kelley	Centuria	WI	48	M	3	17:48	5:44	0:47	2	52:29	23.4	0:32	4	19:30	6:17	1:31:04
3 Shane Thread	Evansville	IN	46	M	1	17:34	5:40	0:42	6	54:04	22.8	0:52	1	18:54	6:05	1:32:04
4 Thomas Krenz	Chisago City	MN	48	M	4	17:54	5:46	0:45	5	53:43	22.9	0:40	2	19:15	6:12	1:32:15
5 Chuck Harney	Washington	DC	48	M	6	18:48	6:03	0:56	4	53:06	23.2	0:39	7	20:37	6:38	1:34:04
6 Shawn Deboer	Sun Prairie	WI	45	M	8	19:00	6:07	0:49	3	52:52	23.3	0:41	8	20:59	6:46	1:34:20
7 Johnny King-Marino	Doylestown	PA	48	M	2	17:41	5:42	0:33	8	56:41	21.7	0:40	5	19:49	6:23	1:35:23
8 Jim Robb	Maple Grove	MN	46	M	14	19:52	6:24	0:37	7	55:12	22.3	0:37	11	21:33	6:56	1:37:49
9 Amol Saxena	Palo Alto	CA	47	M	11	19:28	6:16	0:51	9	57:28	21.4	0:53	9	21:06	6:48	1:39:44
10 Walter McCabe Jr.	Corinth	MS	48	M	9	19:09	6:10	0:58	10	58:24	21.1	0:53	14	23:22	7:32	1:42:43
11 Tim Mealey	Annapolis	MD	46	M	12	19:32	6:18	0:48	11	59:42	20.6	0:50	12	22:02	7:06	1:42:53
12 Paul Serrey	Lakeville	MN	46	M	13	19:41	6:20	0:47	12	1:00:56	20.2	0:52	10	21:08	6:48	1:43:22
13 David Matiece	Brandon	49	M	7	18:58	6:07	0:57	15	1:03:50	19.3	0:57	13	22:10	7:08	1:46:50	
14 Casey Seabright	Lakeville	MN	47	M	15	21:58	7:05	1:24	13	1:01:52	19.9	1:17	16	23:54	7:42	1:50:23
15 Bob Harmon	New Brighton	MN	48	M	17	22:17	7:11	0:57	14	1:03:20	19.4	0:49	18	24:13	7:48	1:51:33
16 David Talen	Plymouth	MN	48	M	16	22:14	7:10	0:58	16	1:04:12	19.2	0:58	15	23:50	7:41	1:52:10
17 Andrew Smith	Baxter	MN	45	M	18	22:40	7:18	1:16	18	1:08:34	17.9	1:16	17	24:09	7:47	1:57:53
18 Mark Roth	Burnsville	MN	47	M	10	19:10	6:11	0:54	22	1:17:55	15.8	1:10	6	20:14	6:31	1:59:21
19 John Seiler	Sartell	MN	45	M	20	23:42	7:38	1:04	17	1:08:14	18.0	0:56	19	26:04	8:24	1:59:58
20 Tim O'Driscoll	Sartell	MN	45	M	19	23:16	7:30	1:20	19	1:11:20	17.2	0:58	20	26:36	8:34	2:03:28
21 Ken Prine	Monticello	MN	49	M	23	27:32	8:52	1:57	21	1:16:13	16.1	1:54	21	29:39	9:33	2:17:13
22 Chuck Brandes	St. Cloud	MN	47	M	21	23:51	7:41	2:22	24	1:19:12	15.5	2:13	23	31:04	10:00	2:18:40
23 Scott Powers	Sartell	MN	46	M	24	27:39	8:54	1:34	20	1:16:03	16.2	1:10	24	31:07	10:01	2:19:31
24 Todd Sherwood	Saint Cloud	MN	49	M	22	27:05	8:43	1:26	25	1:22:55	14.8	1:15	22	29:56	9:38	2:22:34
25 Joe Demeules	Big Lake	MN	46	M	27	29:58	9:39	1:54	23	1:18:14	15.7	1:42	25	36:15	11:40	2:28:01
26 Lance Conover	Saint Augusta	MN	46	M	26	29:40	9:33	1:52	27	1:35:38	12.9	1:02	26	42:33	13:42	2:50:42
27 Joseph Lundquist	Avon	MN	48	M	25	27:51	8:58	3:42	26	1:30:26	13.6	5:37	27	43:08	13:53	2:50:43

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 Sherry Shelton	Alpharetta	GA	52	F	1	22:10	7:08	1:01	1	1:03:38	19.3	0:43	2	24:49	7:59	1:52:18
2 Beth Guck	Andover	MN	53	F	2	22:36	7:17	1:17	3	1:10:14	17.5	1:00	1	24:46	7:59	1:59:52
3 Kathryn Carlson	Waite Park	MN	51	F	4	26:16	8:27	1:11	2	1:09:53	17.6	1:05	4	28:57	9:20	2:07:21
4 Nancy Marquette	Owatonna	MN	52	F	3	24:12	7:48	1:19	5	1:16:31	16.1	1:09	3	27:32	8:52	2:10:42
5 Denise Baxter	St Cloud	MN	50	F	6	27:58	9:01	1:09	4	1:15:02	16.4	1:13	5	30:31	9:50	2:15:51
6 Kelly Hover	Saint Cloud	MN	52	F	5	27:55	8:59	0:55	6	1:22:33	14.9	0:47	6	30:48	9:55	2:22:55

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 Gary Brenner	Madison	WA	52	M	3	18:21	5:55	0:46	2	53:13	23.1	0:47	3	19:43	6:21	1:32:47
2 Charlie Roach	Lakeville	MN	52	M	1	17:47	5:44	0:48	6	55:22	22.2	0:43	1	18:35	5:59	1:33:13
3 David St Lawrence	Garrison	NY	52	M	2	18:20	5:54	0:37	5	54:40	22.5	0:37	2	19:11	6:11	1:33:22
4 Rick Christenson	Roseville	MN	51	M	8	20:47	6:42	1:03	1	50:43	24.3	0:44	7	21:45	7:00	1:34:59
5 David Dow	West Lakeland	MN	54	M	5	19:13	6:12	0:46	3	53:48	22.9	0:49	6	21:22	6:53	1:35:57
6 Nace Mullen	Philadelphia	PA	53	M	6	19:40	6:20	0:48	7	56:33	21.8	0:39	4	20:41	6:40	1:38:20
7 David Lasorsa	Port Angeles	WA	52	M	7	19:50	6:23	0:33	9	57:38	21.3	0:32	5	21:14	6:51	1:39:46
8 Michael Murray	Sartell	MN	50	M	10	21:12	6:50	0:42	8	57:14	21.5	0:42	9	22:58	7:24	1:42:45
9 Park Firebaugh	Greencastle	IN	51	M	11	21:17	6:51	0:47	4	54:29	22.6	1:06	14	25:23	8:11	1:43:01
10 Todd Thorsgaard	St. Paul	MN	50	M	12	21:23	6:53	0:53	10	58:14	21.1	0:50	11	23:37	7:36	1:44:55
11 Howard Zimring	Saint Cloud	MN	50	M	13	21:50	7:02	1:24	11	59:11	20.8	1:19	10	23:06	7:27	1:46:48
12 Doug Wynveen	Osceola	WI	53	M	9	21:07	6:48	1:00	12	1:01:52	19.9	0:58	8	22:54	7:23	1:47:50
13 Gregg Garretson	Lakeville	MN	52	M	16	23:32	7:35	1:00	13	1:01:56	19.9	0:51	12	23:44	7:39	1:51:01
14 Doug Johnson	Minneapolis	MN	52	M	14	22:32	7:16	1:31	14	1:02:48	19.6	1:44	13	24:11	7:47	1:52:44
15 Scott Nygaard	Minnetonka	MN	50	M	4	18:25	5:56	1:19	17	1:04:25	19.1	1:31	17	29:13	9:25	1:54:51
16 Gregory Cooley	Sartell	MN	54	M	18	25:16	8:08	1:20	15	1:02:49	19.6	1:27	15	26:33	8:33	1:57:23
17 Michael Garland	Clear Lake	MN	52	M	17	25:03	8:04	0:51	16	1:03:13	19.5	0:47	18	29:41	9:33	1:59:32
18 Steve Swanson	Elk River	MN	50	M	15	23:17	7:30	3:02	18	1:08:11	18.0	2:25	16	27:34	8:53	2:04:27

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 Karen McKeachie	Ann Arbor	MI	56	F	1	23:40	7:37	1:01	1	1:00:42	20.3	1:01	1	25:21	8:10	1:51:42
2 Pam Stevens	Sartell	MN	56	F	2	24:06	7:46	0:56	2	1:02:09	19.8	0:57	2	26:39	8:35	1:54:45
3 Jeanne Labore	Minneapolis	MN	59	F	3	31:09	10:02	2:49	3	1:27:19	14.1	2:35	3	33:48	10:53	2:37:38

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 William Martin	Gaithersburg	MD	55	M	1	19:50	6:23	0:35	1	54:26	22.6	0:45	4	22:00	7:05	1:37:33
2 Michael Colaizy	Osceola	WI	59	M	2	20:10	6:30	0:57	3	56:30	21.8	0:45	3	21:53	7:03	1:40:12
3 Dan (rino) Rindfle	Madison	WI	55	M	3	20:31	6:37	0:54	4	57:06	21.5	0:41	1	21:40	6:59	1:40:51
4 Paul Stich	Lake Mills	WI	56	M	4	20:44	6:41	0:51	6	57:56	21.2	0:56	5	22:04	7:07	1:42:29
5 Barton Bixenstine	Shaker Heights	OH	59	M	7	21:51	7:02	0:44	2	56:19	21.8	0:47	7	24:22	7:51	1:44:00
6 Jeffrey Timm	Bethlehem	PA	57	M	6	21:25	6:54	0:36	7	59:11	20.8	0:35	6	23:08	7:27	1:44:53
7 Leon Essler	Bismarck	ND	57	M	9	22:31	7:15	1:09	5	57:30	21.4	1:06	9	25:00	8:03	1:47:13

8	Mike Flynn	Elk River	MN	57	M	5	21:19	6:52	0:48	12	1:03:43	19.3	1:05	2	21:52	7:03	1:48:45
9	Gerry Auman	Kennett Square	PA	57	M	8	21:58	7:04	0:58	8	59:50	20.6	0:51	11	25:15	8:08	1:48:49
10	John Fristik	Stillwater	MN	56	M	10	23:03	7:26	1:30	11	1:01:54	19.9	1:28	10	25:06	8:05	1:52:59
11	Mark Kapsner	Saint Cloud	MN	56	M	14	24:39	7:56	1:14	9	1:00:04	20.5	1:14	14	26:27	8:31	1:53:37
12	K. David Hirsche	Minneapolis	MN	59	M	15	25:23	8:10	2:18	10	1:01:40	20.0	1:26	13	25:45	8:18	1:56:30
13	Louis Ahlstrand	Shafer	MN	55	M	11	23:05	7:26	1:09	14	1:07:09	18.3	1:00	8	24:49	8:00	1:57:10
14	Michael Borneke	Eagle Lake	MN	55	M	12	23:36	7:36	0:59	13	1:06:30	18.5	1:11	12	25:28	8:12	1:57:42
15	Mike O'Hara	Sartell	MN	56	M	16	26:39	8:35	1:35	15	1:13:05	16.8	1:35	16	28:35	9:12	2:11:27
16	John Bodette	St. Cloud	MN	59	M	13	24:38	7:56	1:04	16	1:19:45	15.4	0:44	15	27:13	8:46	2:13:23

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Ann Rhea	Plymouth	MN	62	F	1	31:02	9:59	1:11	1	1:15:38	16.3	1:21	1	34:31	11:07	2:23:40
2	Jean Wood	Excelsior	MN	60	F	2	36:45	11:50	1:18	2	1:18:49	15.6	1:22	2	44:29	14:19	2:42:42

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Dennis Kasischke	Laughlin	NV	63	M	1	20:42	6:40	0:55	2	57:23	21.4	0:46	1	22:36	7:17	1:42:21
2	Ken Mogren	Winona	MN	61	M	2	22:23	7:12	1:09	1	57:11	21.5	0:54	2	24:03	7:45	1:45:38
3	Randall Maddox	Greenville	SC	60	M	3	23:30	7:34	1:00	3	58:29	21.0	0:53	3	24:39	7:56	1:48:29
4	Charles Rhea	Plymouth	MN	62	M	7	26:37	8:34	1:24	5	1:06:46	18.4	1:26	6	30:27	9:48	2:06:39
5	Dick Whicker	Danville	IN	61	M	4	23:43	7:38	1:26	4	1:06:34	18.5	1:19	7	34:34	11:08	2:07:33
6	Gary Smith	St Paul	MN	63	M	5	25:00	8:03	1:34	6	1:12:22	17.0	1:52	5	27:34	8:53	2:08:20
7	Tom Couillard	White Bear Lak	MN	60	M	6	26:07	8:25	1:54	7	1:12:49	16.9	1:45	4	27:07	8:44	2:09:41

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	Bob Bailey	Woodbury	MN	65	M	1	22:08	7:08	0:55	1	1:01:33	20.0	0:55	1	24:44	7:58	1:50:13
2	Hank Larsen	Glencoe	MN	69	M	2	22:32	7:15	0:53	2	1:03:55	19.2	0:57	2	24:57	8:02	1:53:12
3	Jim Hix	Claremore	OK	67	M	3	23:02	7:25	1:03	3	1:04:40	19.0	0:59	3	25:51	8:20	1:55:32
4	Daryl Stevens	Sartell	MN	67	M	4	26:57	8:41	1:10	4	1:04:51	19.0	1:03	7	34:24	11:05	2:08:23
5	Ron Pemberton	Milwaukee	WI	66	M	6	27:32	8:52	1:09	5	1:08:52	17.9	0:49	4	30:03	9:41	2:08:23
6	Stephen Paladie	Bloomington	MN	67	M	5	26:58	8:41	1:26	6	1:14:21	16.5	1:40	5	30:48	9:55	2:15:10
7	George Widseth	Edina	MN	65	M	7	30:44	9:54	1:37	7	1:18:40	15.6	1:23	6	34:00	10:57	2:26:23

FEMALE AGE GROUP RESULTS 70 - 74

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Pat Fossum	Montgomery	AL	74	F	1	31:47	10:14	1:35	1	1:24:10	14.6	1:36	1	35:23	11:24	2:34:30

MALE AGE GROUP RESULTS 70 - 74

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Mel Opstad	Big Lake	MN	72	M	1	38:17	12:20	4:05	1	1:45:01	11.7	3:49	1	43:16	13:56	3:14:25