

94	3/6	Pam Setera	Rochester	MN	40	F	88	26:56	8:40	2:40	100	1:15:15	14.9	1:13	77	17:44	8:52	2:03:45
95	17/17	William Nevala	Oronoco	MN	38	M	98	29:29	9:30	3:01	81	1:07:34	16.6	1:55	105	22:18	11:09	2:04:15
96	6/9	Allison Christie	Rochester	MN	32	F	94	28:43	9:15	1:22	98	1:14:40	15.0	1:16	97	19:58	9:59	2:05:58
97	3/5	Sue Burns	Apple Valley	MN	36	F	103	31:16	10:04	1:08	91	1:10:12	15.9	1:33	103	22:06	11:03	2:06:13
98	3/3	Leah Dicke	Red Wing	MN	21	F	74	25:50	8:19	0:56	105	1:21:41	13.7	0:41	75	17:34	8:47	2:06:40
99	2/3	Suzanne Lapalm	Rochester	MN	45	F	91	27:49	8:58	1:10	104	1:18:19	14.3	1:04	85	18:29	9:15	2:06:49
100	7/9	Jessica Jacobson	Rochester	MN	32	F	108	33:18	10:44	1:59	84	1:07:53	16.5	1:48	106	23:18	11:39	2:08:14
101	4/6	Lisa Beck	Elgin	MN	41	F	106	32:04	10:20	1:24	95	1:11:20	15.7	1:17	104	22:13	11:07	2:08:16
102	4/5	Linda Ovrebo	Rochester	MN	35	F	102	31:13	10:03	2:34	97	1:13:39	15.2	0:38	101	21:29	10:45	2:09:31
103	8/9	Carrie Gilman	Rochester	MN	32	F	100	30:58	9:58	0:53	103	1:18:18	14.3	0:41	94	19:22	9:41	2:10:11
104	5/6	Deborah Dew	Stewartville	MN	40	F	79	26:19	8:29	1:30	108	1:23:30	13.4	0:32	91	19:02	9:31	2:10:51
105	6/6	Kathy Woxland	Edina	MN	43	F	110	34:22	11:04	1:22	99	1:14:52	14.9	1:19	98	20:10	10:05	2:12:03
106	3/3	Bonnie King	Oronoco	MN	45	F	99	30:12	9:43	1:31	106	1:22:31	13.6	1:09	102	21:55	10:58	2:17:15
107	8/8	Matthew Geller	Shakopee	MN	29	M	109	34:18	11:03	1:12	102	1:16:55	14.5	1:17	108	24:49	12:25	2:18:29
108	2/2	Gail Kramer	Burnsville	MN	62	F	107	32:20	10:25	3:42	107	1:22:40	13.5	1:46	107	23:33	11:47	2:23:59
109	5/5	Marlys Christoffer	Rochester	MN	36	F	111	45:29	14:39	2:49	109	1:25:12	13.1	1:25	109	31:48	15:54	2:46:41
110	9/9	Samantha Deshler	Armstrong	IA	30	F	105	31:38	10:11	2:09	113	1:43:09	10.8	0:52	110	34:06	17:03	2:51:52
111	7/7	Craig Duhn	Armstrong	IA	31	M	104	31:38	10:11	2:08	112	1:43:03	10.9	0:57	111	34:07	17:04	2:51:52
112	2/3	Judy Dokken	Rochester	MN	50	F	113	45:30	14:39	2:50	110	1:30:24	12.4	1:50	113	48:40	24:20	3:09:13
113	3/3	Chris Beckmann	Wabasha	MN	53	F	112	45:30	14:39	2:33	111	1:37:27	11.5	0:55	112	42:49	21:25	3:09:13

TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM NAME = MEMBERS (RUNNER, BIKER)	RUN plc	RUN time	RUN pace	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	RUN pace	TOTAL TIME	
1	1/8	Steel & Rotich	Brad Steel	1	17:38	5:41	0:10	3	49:59	22.4	0:21	1	11:12	5:36	1:19:18
2	2/8	Boynton & Mayer	Brad Boynton, Mark Mayer	2	19:36	6:19	0:29	4	50:09	22.3	0:21	2	12:20	6:10	1:22:53
3	1/14	Feda & McKenzie	Jessica Feda, Jon McKenzie	5	21:06	6:48	0:15	7	52:55	21.1	0:18	4	13:25	6:43	1:27:57
4	2/14	Tri & Tri	Becky Tri, Charly Tri	15	24:34	7:55	0:14	1	47:11	23.7	0:22	15	16:08	8:04	1:28:26
5	3/8	Duncan & Mueller	Alan Duncan, Paul Mueller	8	22:10	7:08	0:22	9	54:24	20.6	0:22	7	13:58	6:59	1:31:15
6	4/8	Franks & Fox	Steve Franks, Bob Fox	10	23:16	7:30	0:28	8	53:01	21.1	0:21	9	14:56	7:28	1:32:00
7	3/14	Velo Rochester	Allen Jackson, Lisa Pelowski	11	23:31	7:34	0:28	6	52:43	21.2	0:22	12	15:06	7:33	1:32:07
8	4/14	Nuutinen & Powers	Petri Nuutinen, Susan Powers	16	24:56	8:02	0:14	5	51:29	21.7	0:22	13	15:26	7:43	1:32:25
9	5/14	Walter & Walter	Tiffan Walter, Mark Walter	3	20:19	6:33	0:16	14	57:58	19.3	0:17	6	13:48	6:54	1:32:37
10	5/8	Amy & Barlow	Dale Amy, Mark Barlow	12	24:00	7:44	0:19	10	54:52	20.4	0:21	10	15:01	7:31	1:34:31
11	6/14	Breutzman-Inada & Inada	Dawn Breutzman-Inada, Tetsuya Inada	20	28:19	9:07	0:26	2	48:00	23.3	0:31	20	18:16	9:08	1:35:30
12	7/14	Armbruster & Wegner	Ryan Armbruster, Maureen Wegner	4	20:36	6:38	0:19	16	1:01:53	18.1	0:20	3	12:39	6:20	1:35:45
13	1/2	Miller & Scherger	Jennifer Miller, Christy Scherger	14	24:19	7:50	0:12	12	55:38	20.1	0:25	14	15:28	7:44	1:36:00
14	8/14	Stangler & Stang	Nate Stangler, Carisa Stang	17	26:46	8:37	0:18	11	54:59	20.3	0:23	16	16:36	8:18	1:39:00
15	6/8	Walters & Walters	Adam Walters, Mark Walters	6	21:10	6:49	0:34	18	1:04:48	17.3	0:24	5	13:36	6:48	1:40:29
16	9/14	Swancutt & Roelofs	Amy Swancutt, Steve Roelofs	18	27:00	8:42	0:18	13	56:59	19.6	0:24	18	17:06	8:33	1:41:46
17	10/14	Gjertsen & Gjertsen	Ann-Kristin Gjertsen, Espen Gjertsen	9	23:15	7:29	0:20	17	1:04:42	17.3	0:19	11	15:01	7:31	1:43:35
18	11/14	Sylvester & Myers	Karen Sylvester, Steve Myers	21	29:27	9:29	0:26	15	59:08	18.9	0:21	21	18:56	9:28	1:48:17
19	7/8	Ross & Ross	Edward Ross, Tom Ross	13	24:15	7:49	0:28	19	1:07:14	16.6	0:27	17	16:41	8:21	1:49:03
20	12/14	Roberts & Fitch	Evan Roberts, Catherine Fitch	7	21:59	7:05	0:42	22	1:18:27	14.3	0:30	8	14:04	7:02	1:55:41
21	13/14	Sheehy & Sheehy	Jeanne Sheehy, Patrick Sheehy	19	27:10	8:45	0:40	21	1:17:48	14.4	0:25	19	17:50	8:55	2:03:51
22	14/14	Benysh & Benysh	Susan Benysh, Darek Benysh	22	34:23	11:04	0:48	24	1:25:35	13.1	0:26	22	21:55	10:58	2:23:05
23	2/2	Stellner & Tatting	Stacie Stellner, Chris Tatting	23	37:07	11:57	0:26	23	1:19:46	14.0	0:31	23	26:18	13:09	2:24:06
24	8/8	Stellner & McNeill	Winston Stellner, Steve McNeill	24	37:07	11:57	0:27	20	1:12:55	15.3	7:22	24	26:19	13:10	2:24:07

MALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	RUN plc	RUN time	RUN pace	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	RUN pace	TOTAL TIME	
1	130	Mark Carey	Rochester	MN	35	M	12	18:51	6:04	0:12	1	45:07	24.8	0:25	5	11:49	5:55	1:16:21
2	64	Peter Guidinger	Winona	MN	44	M	1	17:23	5:36	0:48	3	47:05	23.8	0:49	3	11:38	5:49	1:17:40
3	137	Mike Kilcoyne	Long Lake	MN	48	M	9	18:21	5:55	0:18	4	48:21	23.1	0:24	9	12:17	6:09	1:19:38
4	1	Jesse Nelson	Red Wing	MN	30	M	2	17:30	5:38	0:27	9	50:01	22.4	0:28	2	11:35	5:48	1:19:59
5	24	Michael Gruba	Rochester	MN	28	M	6	17:58	5:47	0:26	6	49:35	22.6	0:24	7	12:02	6:01	1:20:23
6	93	Jason Sinnwell	Rochester	MN	28	M	4	17:48	5:44	0:49	8	49:59	22.4	0:36	4	11:40	5:50	1:20:50
7	3	Patrick Acciani	Minneapolis	MN	42	M	3	17:41	5:42	0:25	13	50:52	22.0	0:28	6	11:51	5:56	1:21:13
8	141	Christopher Koch	Rochester	MN	24	M	13	19:13	6:11	0:22	7	49:42	22.5	0:46	11	12:40	6:20	1:22:40
9	5	Joe Moyer	Rochester	MN	28	M	32	21:55	7:03	0:47	2	46:59	23.8	0:56	21	13:57	6:59	1:24:33
10	30	James Hannon	Rochester	MN	48	M	5	17:49	5:44	0:31	20	54:18	20.6	0:27	10	12:24	6:12	1:25:28
11	63	Mario Minelli	Kasson	MN	35	M	23	20:57	6:45	0:44	5	49:13	22.7	0:58	25	14:27	7:14	1:26:19
12	135	Scott Smith	Minnetonka	MN	40	M	21	20:46	6:42	0:30	12	50:43	22.1	0:26	22	14:05	7:03	1:26:29
13	124	Mehdi Addadi	Bloomington	MN	28	M	11	18:51	6:04	0:45	16	53:09	21.0	0:42	16	13:15	6:38	1:26:40
14	104	Mitch Baures	Rochester	MN	35	M	22	20:51	6:43	0:44	14	51:20	21.8	0:39	13	13:10	6:35	1:26:41
15	81	Collin Bredeson	Minneapolis	MN	24	M	7	18:16	5:53	0:52	27	56:00	20.0	0:36	1	11:06	5:33	1:26:48
16	11	Mike Evans	Lino Lakes	MN	48	M	8	18:19	5:54	0:58	18	53:33	20.9	1:22	12	12:43	6:22	1:26:53
17	126	Todd Huyber	Oronoco	MN	37	M	26	21:28	6:55	0:25	10	50:08	22.3	0:41	24	14:25	7:13	1:27:06
18	89	John Kretschmer	Circle Pines	MN	36	M	17	19:51	6:24	0:39	19	53:55	20.7	0:32	20	13:37	6:49	1:28:31
19	48	Gaio Lakin	Minneapolis	MN	33	M	10	18:29	5:57	1:52	24	55:17	20.2	1:15	8	12:12	6:06	1:29:02
20	125	Ken Mogren	Winona	MN	58	M	33	22:00	7:05	0:46	11	50:25	22.2	0:52	36	15:10	7:35	1:29:11
21	114	Dan Kline	Maplewood	MN	41	M	20	20:43	6:40	0:36	17	53:23	21.0	0:43	33	14:57	7:29	1:30:19
22	36	Stephen Weigand	Rochester	MN	34	M	16	19:42	6:21	0:36	29	56:16	19.9	0:35	18	13:25	6:43	1:30:32

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1 Peter Guidinger	Winona	MN	44	M	17:23	5:36
2 Jesse Nelson	Red Wing	MN	30	M	17:30	5:38
3 Brad Steel	Byron	MN			17:38	5:41
4 Patrick Acciani	Minneapolis	MN	42	M	17:41	5:42
5 Jason Sinnwell	Rochester	MN	28	M	17:48	5:44
6 James Hannon	Rochester	MN	48	M	17:49	5:44
7 Michael Gruba	Rochester	MN	28	M	17:58	5:47
8 Collin Bredeson	Minneapolis	MN	24	M	18:16	5:53
9 Mike Evans	Lino Lakes	MN	48	M	18:19	5:54
10 Mike Kilcoyne	Long Lake	MN	48	M	18:21	5:55

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1 Mark Carey	Rochester	MN	35	M	0:12
2 Mike Kilcoyne	Long Lake	MN	48	M	0:18
3 Christopher Koch	Rochester	MN	24	M	0:22
4 Patrick Acciani	Minneapolis	MN	42	M	0:25
5 Todd Huyber	Oronoco	MN	37	M	0:25
6 Michael Gruba	Rochester	MN	28	M	0:26
7 Jesse Nelson	Red Wing	MN	30	M	0:27
8 Scott Smith	Minnetonka	MN	40	M	0:30
9 James Hannon	Rochester	MN	48	M	0:31
10 Stephen Weigand	Rochester	MN	34	M	0:36

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1 Mark Carey	Rochester	MN	35	M	45:07	24.8
2 Joe Moyer	Rochester	MN	28	M	46:59	23.8
3 Peter Guidinger	Winona	MN	44	M	47:05	23.8
4 Charly Tri	Rochester	MN			47:11	23.7
5 Tetsuya Inada	St Paul	MN			48:00	23.3
6 Mike Kilcoyne	Long Lake	MN	48	M	48:21	23.1
7 Mario Minelli	Kasson	MN	35	M	49:13	22.7
8 Michael Gruba	Rochester	MN	28	M	49:35	22.6
9 Christopher Koch	Rochester	MN	24	M	49:42	22.5
10 Jason Sinnwell	Rochester	MN	28	M	49:59	22.4

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Bob Bailey	Woodbury	MN	62	M	0:16
2 Mike Kilcoyne	Long Lake	MN	48	M	0:24
3 Emily Shoop	Minneapolis	MN	24	F	0:24
4 Michael Gruba	Rochester	MN	28	M	0:24
5 Mark Carey	Rochester	MN	35	M	0:25
6 Scott Smith	Minnetonka	MN	40	M	0:26
7 Kelly Brunner	Rochester	MN	29	F	0:26
8 Dan Goetz	Minneapolis	MN	34	M	0:27
9 James Hannon	Rochester	MN	48	M	0:27
10 Patrick Acciani	Minneapolis	MN	42	M	0:28

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1 Collin Bredeson	Minneapolis	MN	24	M	11:06	5:33
2 Brad Steel	Byron	MN			11:12	5:36
3 Jesse Nelson	Red Wing	MN	30	M	11:35	5:48
4 Peter Guidinger	Winona	MN	44	M	11:38	5:49
5 Jason Sinnwell	Rochester	MN	28	M	11:40	5:50
6 Mark Carey	Rochester	MN	35	M	11:49	5:55
7 Patrick Acciani	Minneapolis	MN	42	M	11:51	5:56
8 Michael Gruba	Rochester	MN	28	M	12:02	6:01
9 Gaio Lakin	Minneapolis	MN	33	M	12:12	6:06
10 Mike Kilcoyne	Long Lake	MN	48	M	12:17	6:09

FEMALE AGE GROUP RESULTS 1 - 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 Shoop	Minneapolis	MN	24	F	1	20:41	6:40	0:39	1	55:33	20.1	0:24	1	13:13	6:37	1:30:28
2 Emily Gilles	Rochester	MN	24	F	2	24:47	7:59	0:50	2	1:00:27	18.5	0:42	2	17:26	8:43	1:44:10
3 Leah Dicke	Red Wing	MN	21	F	3	25:50	8:19	0:56	3	1:21:41	13.7	0:41	3	17:34	8:47	2:06:40

MALE AGE GROUP RESULTS 1 - 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 Christopher Koch	Rochester	MN	24	M	2	19:13	6:11	0:22	1	49:42	22.5	0:46	2	12:40	6:20	1:22:40
2 Collin Bredeson	Minneapolis	MN	24	M	1	18:16	5:53	0:52	2	56:00	20.0	0:36	1	11:06	5:33	1:26:48
3 Matt Anderson	Plymouth	MN	23	M	3	22:46	7:20	1:22	3	1:08:15	16.4	1:05	3	14:41	7:21	1:48:08

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 Shelley Nelson	Eden Prairie	MN	27	F	1	20:55	6:44	0:38	1	52:53	21.1	0:48	1	14:06	7:03	1:29:18
2 Ann Moyer	Rochester	MN	26	F	3	22:34	7:16	1:08	2	55:51	20.0	0:46	3	14:57	7:29	1:35:13
3 Kelly Brunner	Rochester	MN	29	F	2	22:10	7:08	0:38	4	1:00:04	18.6	0:26	2	14:35	7:18	1:37:51
4 Emily Snyder	Rochester	MN	28	F	4	23:26	7:33	1:00	3	1:00:02	18.6	1:00	4	15:57	7:59	1:41:23
5 Karen Sherk	Rochester	MN	25	F	5	25:43	8:17	1:01	5	1:09:25	16.1	0:48	5	16:46	8:23	1:53:40

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 Michael Gruba	Rochester	MN	28	M	2	17:58	5:47	0:26	2	49:35	22.6	0:24	2	12:02	6:01	1:20:23
2 Jason Sinnwell	Rochester	MN	28	M	1	17:48	5:44	0:49	3	49:59	22.4	0:36	1	11:40	5:50	1:20:50
3 Joe Moyer	Rochester	MN	28	M	5	21:55	7:03	0:47	1	46:59	23.8	0:56	4	13:57	6:59	1:24:33
4 Mehdi Addadi	Bloomington	MN	28	M	3	18:51	6:04	0:45	4	53:09	21.0	0:42	3	13:15	6:38	1:26:40
5 James Rosane	Oronoco	MN	29	M	4	21:41	6:59	1:14	6	59:37	18.8	1:21	6	16:39	8:20	1:40:31
6 Seth Iverson	Minneapolis	MN	27	M	6	24:42	7:57	1:35	5	57:44	19.4	1:07	5	16:21	8:11	1:41:27
7 Brian Vandenberg	Farmington	MN	29	M	7	27:35	8:53	1:09	7	1:05:00	17.2	1:33	7	18:29	9:15	1:53:43
8 Matthew Geller	Shakopee	MN	29	M	8	34:18	11:03	1:12	8	1:16:55	14.5	1:17	8	24:49	12:25	2:18:29

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tracie Kent	Shafer	MN	32	F	2	22:06	7:07	1:13	1	54:01	20.7	0:45	1	13:58	6:59	1:32:02
2 Casie Kretschner	Circle Pines	MN	33	F	1	22:00	7:05	1:01	2	58:59	19.0	1:04	2	15:10	7:35	1:38:13
3 Ranae Goldsmith	Eagan	MN	32	F	3	23:13	7:29	1:21	4	1:01:02	18.3	0:52	4	16:35	8:18	1:43:00
4 Veronica Bond	Rochester	MN	34	F	4	25:55	8:21	1:07	3	59:18	18.9	0:58	3	16:23	8:12	1:43:39
5 Michele Fingerson	Rochester	MN	34	F	6	29:26	9:29	0:55	5	1:07:40	16.5	1:25	5	19:08	9:34	1:58:33
6 Allison Christie	Rochester	MN	32	F	5	28:43	9:15	1:22	7	1:14:40	15.0	1:16	7	19:58	9:59	2:05:58
7 Jessica Jacobson	Rochester	MN	32	F	9	33:18	10:44	1:59	6	1:07:53	16.5	1:48	8	23:18	11:39	2:08:14
8 Carrie Gilman	Rochester	MN	32	F	7	30:58	9:58	0:53	8	1:18:18	14.3	0:41	6	19:22	9:41	2:10:11
9 Samantha Deshler	Armstrong	IA	30	F	8	31:38	10:11	2:09	9	1:43:09	10.8	0:52	9	34:06	17:03	2:51:52

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 Jesse Nelson	Red Wing	MN	30	M	1	17:30	5:38	0:27	1	50:01	22.4	0:28	1	11:35	5:48	1:19:59
2 Gaio Lakin	Minneapolis	MN	33	M	2	18:29	5:57	1:52	2	55:17	20.2	1:15	2	12:12	6:06	1:29:02
3 Stephen Weigand	Rochester	MN	34	M	3	19:42	6:21	0:36	4	56:16	19.9	0:35	3	13:25	6:43	1:30:32
4 Mike Brookman	Mantorville	MN	32	M	4	22:09	7:08	1:37	3	55:49	20.0	1:03	4	14:46	7:23	1:35:22
5 Dan Goetz	Minneapolis	MN	34	M	5	22:10	7:08	0:39	6	58:09	19.2	0:27	5	15:03	7:32	1:36:25
6 Matthew Blanshan	Rochester	MN	32	M	6	24:09	7:47	1:35	5	56:57	19.6	1:30	6	16:53	8:27	1:41:03
7 Craig Duhn	Armstrong	IA	31	M	7	31:38	10:11	2:08	7	1:43:03	10.9	0:57	7	34:07	17:04	2:51:52

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 Cathy Faugman	Winona	MN	35	F	1	24:24	7:52	0:58	1	1:00:30	18.5	0:49	1	15:17	7:39	1:41:56
2 Dawn Griffin	Kasson	MN	39	F	2	24:58	8:02	1:07	3	1:10:13	15.9	0:42	2	15:42	7:51	1:52:38
3 Sue Burns	Apple Valley	MN	36	F	4	31:16	10:04	1:08	2	1:10:12	15.9	1:33	4	22:06	11:03	2:06:13
4 Linda Ovrebo	Rochester	MN	35	F	3	31:13	10:03	2:34	4	1:13:39	15.2	0:38	3	21:29	10:45	2:09:31
5 Marlys Christoffer	Rochester	MN	36	F	5	45:29	14:39	2:49	5	1:25:12	13.1	1:25	5	31:48	15:54	2:46:41

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 Mark Carey	Rochester	MN	35	M	1	18:51	6:04	0:12	1	45:07	24.8	0:25	1	11:49	5:55	1:16:21
2 Mario Minelli	Kasson	MN	35	M	4	20:57	6:45	0:44	2	49:13	22.7	0:58	5	14:27	7:14	1:26:19
3 Mitch Baures	Rochester	MN	35	M	3	20:51	6:43	0:44	4	51:20	21.8	0:39	2	13:10	6:35	1:26:41
4 Todd Huyber	Oronoco	MN	37	M	2	21:28	6:55	0:25	3	50:08	22.3	0:41	4	14:25	7:13	1:27:06
5 John Kretschmer	Circle Pines	MN	36	M	2	19:51	6:24	0:39	5	53:55	20.7	0:32	3	13:37	6:49	1:28:31
6 Tj Ross	Minneapolis	MN	37	M	7	21:51	7:02	0:48	6	54:44	20.4	0:49	8	16:08	8:04	1:34:18
7 Anis Mulla	Maple Grove	MN	38	M	5	20:59	6:46	1:10	11	1:01:04	18.3	1:20	6	14:33	7:17	1:39:04
8 Shane Birch	Canton	MN	36	M	10	23:57	7:43	1:24	7	56:23	19.8	0:58	13	18:05	9:03	1:40:45
9 Ruben Mesa	Rochester	MN	37	M	12	24:08	7:46	1:12	8	58:57	19.0	1:02	10	16:53	8:27	1:42:11
10 Gregory Bond	Rochester	MN	35	M	15	26:28	8:31	0:57	10	1:00:35	18.5	0:51	14	18:18	9:09	1:47:07
11 Chris Morton	Minneapolis	MN	35	M	8	23:29	7:34	1:52	13	1:03:08	17.7	1:14	12	18:00	9:00	1:47:41
12 Paul Nelsestuen	Rochester	MN	39	M	16	26:46	8:37	1:12	9	1:00:24	18.5	1:06	16	19:40	9:50	1:49:05
13 Bruce Blazing	Rochester	MN	38	M	13	25:44	8:17	1:37	12	1:02:15	18.0	1:16	15	18:23	9:12	1:49:14
14 Todde Rairden	Rochester	MN	38	M	9	23:31	7:34	1:48	15	1:07:29	16.6	2:04	7	15:41	7:51	1:50:32
15 Jake Duffy	Rochester	MN	35	M	14	25:54	8:20	1:25	14	1:04:04	17.5	1:38	11	17:36	8:48	1:50:35
16 Bradley Bridges	Rochester	MN	39	M	11	24:05	7:45	1:13	17	1:08:45	16.3	1:32	9	16:22	8:11	1:51:55
17 William Nevala	Oronoco	MN	38	M	17	29:29	9:30	3:01	16	1:07:34	16.6	1:55	17	22:18	11:09	2:04:15

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 Jane Streit	Lakeville	MN	41	F	3	26:22	8:30	1:21	1	1:01:11	18.3	1:19	3	18:43	9:22	1:48:55
2 Janine Yanisch	Rochester	MN	41	F	1	24:08	7:46	1:37	2	1:06:28	16.8	0:59	1	16:48	8:24	1:49:58
3 Pam Setera	Rochester	MN	40	F	4	26:56	8:40	2:40	5	1:15:15	14.9	1:13	2	17:44	8:52	2:03:45
4 Lisa Beck	Elgin	MN	41	F	5	32:04	10:20	1:24	3	1:11:20	15.7	1:17	6	22:13	11:07	2:08:16
5 Deborah Dew	Stewartville	MN	40	F	2	26:19	8:29	1:30	6	1:23:30	13.4	0:32	4	19:02	9:31	2:10:51
6 Kathy Woxland	Edina	MN	43	F	6	34:22	11:04	1:22	4	1:14:52	14.9	1:19	5	20:10	10:05	2:12:03

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 Peter Guidinger	Winona	MN	44	M	1	17:23	5:36	0:48	1	47:05	23.8	0:49	1	11:38	5:49	1:17:40
2 Patrick Acciani	Minneapolis	MN	42	M	2	17:41	5:42	0:25	3	50:52	22.0	0:28	2	11:51	5:56	1:21:13
3 Scott Smith	Minnetonka	MN	40	M	4	20:46	6:42	0:30	2	50:43	22.1	0:26	3	14:05	7:03	1:26:29
4 Dan Kline	Maplewood	MN	41	M	3	20:43	6:40	0:36	4	53:23	21.0	0:43	4	14:57	7:29	1:30:19
5 Scott Mork	Minneapolis	MN	44	M	6	22:58	7:24	1:15	5	55:16	20.2	1:00	10	16:39	8:20	1:37:05
6 Brad King	Oronoco	MN	42	M	5	21:18	6:52	1:09	9	1:03:30	17.6	1:01	5	15:04	7:32	1:41:59
7 Doug Griffin	Kasson	MN	40	M	11	24:57	8:02	0:47	7	1:01:51	18.1	0:30	7	16:02	8:01	1:44:05
8 Wade Davis	Orono	MN	40	M	10	24:46	7:59	2:31	6	59:36	18.8	1:28	11	17:10	8:35	1:45:30
9 Dale McCamish	Rochester	MN	44	M	7	23:44	7:39	0:57	13	1:07:23	16.6	0:41	6	15:18	7:39	1:48:07
10 Robert Town	Minneapolis	MN	44	M	9	24:36	7:56	2:47	8	1:02:58	17.8	1:53	8	16:03	8:02	1:48:15
11 Michael Burns	Apple Valley	MN	40	M	8	24:25	7:52	0:49	11	1:06:10	16.9	0:54	9	16:23	8:12	1:48:40
12 Wayne Nelson	Rochester	MN	40	M	12	25:34	8:14	0:49	12	1:07:03	16.7	0:41	12	17:19	8:40	1:51:24
13 Dan Best	Rochester	MN	41	M	13	25:45	8:18	2:56	10	1:05:03	17.2	1:40	13	18:21	9:11	1:53:43

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
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1 Judy Weller	Rochester	MN	47	F	2	29:08	9:23	1:09	1	1:13:17	15.3	0:47	2	19:24	9:42	2:03:42
2 Suzanne Lapalm	Rochester	MN	45	F	1	27:49	8:58	1:10	2	1:18:19	14.3	1:04	1	18:29	9:15	2:06:49
3 Bonnie King	Oronoco	MN	45	F	3	30:12	9:43	1:31	3	1:22:31	13.6	1:09	3	21:55	10:58	2:17:15

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 Mike Kilcoyne	Long Lake	MN	48	M	3	18:21	5:55	0:18	1	48:21	23.1	0:24	1	12:17	6:09	1:19:38
2 James Hannon	Rochester	MN	48	M	1	17:49	5:44	0:31	4	54:18	20.6	0:27	2	12:24	6:12	1:25:28
3 Mike Evans	Lino Lakes	MN	48	M	2	18:19	5:54	0:58	3	53:33	20.9	1:22	3	12:43	6:22	1:26:53
4 Brad Kautz	Rochester	MN	49	M	4	19:41	6:20	1:31	5	54:58	20.3	1:22	5	13:15	6:38	1:30:44
5 Matt Kingsbury	Lewiston	MN	49	M	5	19:42	6:21	0:53	6	56:07	19.9	1:09	4	13:12	6:36	1:31:00
6 Darren Carroll	Minneapolis	MN	45	M	6	20:40	6:39	1:02	8	57:42	19.4	0:44	6	13:31	6:46	1:33:36
7 Chuck Heisick	St Cloud	MN	47	M	10	23:42	7:38	0:51	2	53:02	21.1	0:44	10	15:54	7:57	1:34:12
8 Keith Johnson	Aurora	MN	45	M	7	21:45	7:00	1:11	7	56:57	19.6	1:01	7	14:34	7:17	1:35:26
9 Brad Sprang	New Brighton	MN	46	M	8	21:53	7:03	1:19	9	57:59	19.3	1:20	8	14:46	7:23	1:37:15
10 Alan Shank	Northfield	MN	49	M	9	22:53	7:22	1:06	11	1:05:42	17.0	1:05	9	14:55	7:28	1:45:38
11 Mark Ostrem	Rochester	MN	48	M	11	25:54	8:21	3:09	10	1:04:31	17.3	1:52	11	16:46	8:23	1:52:09
12 Mark Wernstrom	Rochester	MN	46	M	12	26:30	8:32	1:17	12	1:15:21	14.8	0:55	12	19:20	9:40	2:03:21

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 Marie Torkelson	Cannon Falls	MN	51	F	1	28:15	9:06	1:46	1	1:10:43	15.8	1:21	1	18:33	9:17	2:00:37
2 Judy Dokken	Rochester	MN	50	F	3	45:30	14:39	2:50	2	1:30:24	12.4	1:50	3	48:40	24:20	3:09:13
3 Chris Beckmann	Wabasha	MN	53	F	2	45:30	14:39	2:33	3	1:37:27	11.5	0:55	2	42:49	21:25	3:09:13

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 Greg Hagen	Rochester	MN	52	M	1	20:38	6:39	1:04	2	1:00:00	18.6	0:30	1	13:12	6:36	1:35:23
2 Louis Ahlstrand	Shafer	MN	52	M	2	23:33	7:35	1:13	4	1:01:11	18.3	0:45	2	14:12	7:06	1:40:52
3 Bruce Skerik	Gilbertville	IA	51	M	4	26:39	8:35	1:06	1	55:57	20.0	1:02	4	16:20	8:10	1:41:03
4 Gary Livingston	Coon Rapids	MN	53	M	3	24:22	7:51	2:31	3	1:00:57	18.4	1:28	3	14:52	7:26	1:44:08
5 Jean-Denis Hinkel	Shorewood	MN	53	M	6	26:41	8:36	2:15	6	1:07:06	16.7	1:49	5	17:30	8:45	1:55:19
6 Walter Jones	Shorewood	MN	51	M	5	26:41	8:36	2:23	5	1:07:06	16.7	1:42	6	20:48	10:24	1:58:37

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 Yvonne Hubmayr	Rochester	MN	55	F	1	24:56	8:02	1:59	1	1:08:05	16.4	0:53	1	15:52	7:56	1:51:43

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 Ken Mogren	Winona	MN	58	M	1	22:00	7:05	0:46	1	50:25	22.2	0:52	1	15:10	7:35	1:29:11
2 Gene Geller	Waconia	MN	57	M	2	24:46	7:59	1:16	4	1:03:47	17.5	1:08	2	15:31	7:46	1:46:25
3 David Schreiber	Rochester	MN	55	M	3	25:33	8:14	1:15	3	1:03:02	17.7	1:18	3	16:54	8:27	1:47:59
4 Robert Slotterback	Mequon	WI	55	M	5	27:44	8:56	1:42	2	1:02:17	18.0	1:48	5	18:36	9:18	1:52:06
5 Tim Madigan	Faribault	MN	57	M	4	26:02	8:23	0:58	5	1:07:58	16.5	0:38	4	17:19	8:40	1:52:53

FEMALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Sandra Dalquist	Rochester	MN	65	F	1	26:46	8:37	1:33	1	1:10:44	15.8	1:16	1	17:12	8:36	1:57:28
2 Gail Kramer	Burnsville	MN	62	F	2	32:20	10:25	3:42	2	1:22:40	13.5	1:46	2	23:33	11:47	2:23:59

MALE AGE GROUP RESULTS 60 - 99

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	62	M	1	21:52	7:03	0:41	1	59:06	18.9	0:16	1	15:42	7:51	1:37:36
2 Ed Maslowski	Rochester	MN	60	M	2	25:00	8:03	2:16	4	1:07:44	16.5	2:16	2	17:47	8:54	1:55:02
3 John Dinusson	Rochester	MN	62	M	3	28:43	9:15	1:47	3	1:06:59	16.7	1:13	4	18:39	9:20	1:57:19
4 George Widseth	Edina	MN	62	M	5	31:03	10:00	0:57	2	1:04:34	17.3	1:04	5	20:12	10:06	1:57:48
5 Charles Squires	Bloomington	MN	64	M	4	29:24	9:28	2:23	5	1:07:59	16.5	2:16	3	18:37	9:19	2:00:37