

TREADMAN DUATHLON
 September 1, 2007
 Douglas, Minnesota

5K Run - 30.65K Bike - 5K Run

TOT	DIV							RUN		TRAN		BIKE		TRAN		RUN		TOTAL
PLC	PLC	NAME	CITY	ST	AGE	S	plc	time	pace	time	plc	time	mph	time	plc	time	pace	TIME
====	====	=====	=====	==	====	=	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1/19	Brent Sinn	La Crosse	WI	29	M	6	17:36	5:40	0:40	1	47:11	23.7	0:29	8	19:13	6:11	1:25:07
2	1/10	Jim Hannon	Rochester	MN	49	M	3	17:26	5:37	0:30	4	50:25	22.2	0:37	1	18:20	5:54	1:27:17
3	2/19	Mike Gruba	Rochester	MN	29	M	4	17:35	5:40	0:30	5	50:50	22.0	0:25	7	19:12	6:11	1:28:30
4	3/19	Jason Sinnwell	Rochester	MN	29	M	2	17:26	5:37	0:27	8	52:01	21.5	0:27	2	18:25	5:56	1:28:44
5	4/19	Christopher Koch	Rochester	MN	25	M	10	18:10	5:51	0:18	9	52:16	21.4	0:31	4	18:44	6:02	1:29:58
6	5/19	Robert Mitchell	Rochester	MN	28	M	1	17:04	5:30	0:41	15	54:13	20.6	0:43	5	18:56	6:06	1:31:36
7	1/19	Mario Minelli	Kasson	MN	36	M	20	19:34	6:18	0:45	3	49:21	22.7	0:37	28	22:14	7:10	1:32:30
8	2/19	Marty Netzel	Rochester	MN	39	M	8	17:56	5:47	0:32	11	52:47	21.2	0:23	16	21:26	6:54	1:33:01
9	1/17	Sarah Kolpin	Madison	WI	26	F	19	19:27	6:16	0:26	12	52:50	21.2	0:34	10	20:32	6:37	1:33:47
10	6/19	Joe Moyer	Rochester	MN	29	M	40	21:35	6:57	0:49	2	48:29	23.1	0:27	31	22:35	7:17	1:33:54
11	1/11	John Rafferty	Rochester	MN	33	M	13	18:55	6:06	1:03	7	51:48	21.6	0:45	20	21:44	7:00	1:34:13
12	7/19	Aaron Douglas	Lacrosse	WI	28	M	17	19:16	6:12	0:40	10	52:28	21.3	0:29	26	21:56	7:04	1:34:46
13	1/12	Greg Storey	Rochester	MN	42	M	29	20:41	6:40	0:54	6	50:56	22.0	0:46	29	22:24	7:13	1:35:40
14	3/19	Todd Aguilar	Rochester	MN	39	M	25	20:25	6:35	0:35	13	53:12	21.0	0:28	17	21:35	6:57	1:36:13
15	2/12	David Kallmes	Unknown		44	M	9	18:07	5:50	0:59	23	56:50	19.7	0:56	9	19:33	6:18	1:36:23
16	1/3	Andrew Shulha	Rochester	MN	22	M	7	17:53	5:46	1:05	34	59:02	19.0	0:41	6	18:57	6:06	1:37:36
17	4/19	Stephen Weigand	Rochester	MN	35	M	16	19:07	6:09	0:37	19	56:22	19.9	0:33	12	21:05	6:47	1:37:42
18	1/4	Darcy Franklin	Minneapolis	MN	35	F	14	19:04	6:09	0:33	22	56:34	19.8	0:48	13	21:06	6:48	1:38:03
19	8/19	Mehdi Addadi	Bloomington	MN	29	M	11	18:13	5:52	0:53	26	57:09	19.6	0:45	23	21:51	7:02	1:38:49
20	1/13	Matt Kingsbury	Lewiston	MN	50	M	18	19:23	6:15	0:59	30	57:59	19.3	0:46	11	20:59	6:45	1:40:04
21	9/19	William Eddy	New Brighton	MN	27	M	39	21:31	6:56	0:56	14	53:22	21.0	0:49	42	23:51	7:41	1:40:28
22	2/13	Art Adams	Rochester	MN	52	M	26	20:32	6:37	1:19	17	55:17	20.2	1:17	30	22:25	7:13	1:40:49
23	3/13	Mike Ewen	Rochester	MN	50	M	30	20:44	6:41	0:37	24	57:03	19.6	0:41	25	21:52	7:03	1:40:54
24	2/11	Brian Lynch	Rochester	MN	33	M	34	21:19	6:52	1:00	20	56:31	19.8	0:45	19	21:38	6:58	1:41:11
25	10/19	Collin Bredeson	Minneapolis	MN	25	M	5	17:36	5:40	0:53	66	1:03:18	17.7	0:50	3	18:39	6:01	1:41:14
26	5/19	Darin Napton	Rochester	MN	36	M	32	21:14	6:50	0:57	16	54:55	20.4	1:10	41	23:46	7:39	1:42:00
27	4/13	Brad Kautz	Rochester	MN	50	M	15	19:05	6:09	1:03	37	59:36	18.8	1:10	14	21:11	6:49	1:42:03
28	3/12	Matt Rockne	Zumbrota	MN	40	M	22	20:05	6:28	1:04	18	55:42	20.1	1:02	51	24:40	7:57	1:42:31
29	11/19	Conor Clancy	Trim, Co Meath	IR	27	M	21	19:48	6:23	0:26	51	1:01:24	18.2	0:19	18	21:36	6:58	1:43:31
30	1/5	Joe Gyura	Rochester	MN	55	M	37	21:29	6:55	1:17	28	57:18	19.5	0:57	33	22:41	7:18	1:43:39
31	2/3	Noah Retka	Rochester	MN	23	M	44	22:02	7:06	0:35	27	57:10	19.6	0:39	37	23:25	7:33	1:43:49
32	2/17	Emily Shoop	Minneapolis	MN	25	F	24	20:24	6:34	0:30	47	1:01:10	18.3	0:24	24	21:51	7:02	1:44:17
33	3/17	Ann Moyer	Rochester	MN	27	F	48	22:26	7:14	0:59	21	56:34	19.8	0:46	45	24:04	7:45	1:44:48
34	5/13	Greg Hagen	Rochester	MN	53	M	28	20:37	6:39	0:36	49	1:01:20	18.2	0:28	27	21:57	7:04	1:44:57
35	6/19	Todd Huyber	Oronoco	MN	38	M	36	21:25	6:54	0:44	25	57:09	19.6	0:38	57	25:24	8:11	1:45:18
36	12/19	Shaun Schatz	Moorhead	MN	29	M	42	21:45	7:00	0:46	32	58:44	19.1	0:41	46	24:09	7:47	1:46:04
37	13/19	Matthew Sorenson	Rochester	MN	29	M	49	22:30	7:15	0:33	31	58:14	19.2	0:36	53	24:48	7:59	1:46:40
38	2/10	Michael Haddock	Rochester	MN	45	M	12	18:38	6:00	0:40	80	1:05:19	17.1	0:25	21	21:48	7:01	1:46:47
39	1/6	Andrea Nelson	Minneapolis	MN	31	F	27	20:33	6:37	0:26	68	1:03:46	17.5	0:28	22	21:50	7:02	1:47:01
40	14/19	Charles Mitchell	Chaska	MN	25	M	23	20:15	6:31	0:28	61	1:02:35	17.9	0:27	43	23:52	7:41	1:47:35
41	4/12	Kiaran McGee	Rochester	MN	42	M	31	20:53	6:44	1:06	64	1:02:49	17.8	1:10	34	23:00	7:24	1:48:55
42	3/10	Casey Seabright	Lakeville	MN	45	M	47	22:24	7:13	0:46	50	1:01:21	18.2	0:46	40	23:44	7:39	1:48:59
43	2/4	Wileen Tibbetts	Eagan	MN	36	F	33	21:15	6:51	1:24	65	1:03:10	17.7	0:58	32	22:40	7:18	1:49:25

44	7/19	Lee Jameson	Rochester	MN	39	M	51	22:43	7:19	1:17	48	1:01:16	18.3	1:09	36	23:14	7:29	1:49:38
45	1/3	Dave Demulling	Osceola	WI	61	M	46	22:24	7:13	1:25	42	1:00:22	18.5	1:13	49	24:31	7:54	1:49:53
46	3/11	Soren Bijnagte	Minneapolis	MN	32	M	50	22:34	7:16	1:49	39	1:00:12	18.6	1:05	50	24:33	7:54	1:50:11
47	4/17	Alyssa Douglas	Lacrosse	WI	28	F	57	23:07	7:27	0:42	44	1:00:40	18.4	0:31	58	25:27	8:12	1:50:24
48	2/5	Tom Benge	St Paul	MN	56	M	76	24:23	7:51	0:56	29	57:33	19.4	1:02	83	27:14	8:46	1:51:06
49	15/19	Andrew Knight	New Brighton	MN	27	M	43	21:52	7:03	1:54	40	1:00:16	18.6	1:55	63	25:44	8:17	1:51:39
50	6/13	Louis Ahlstrand	Shafer	MN	53	M	66	23:38	7:37	1:07	63	1:02:39	17.9	0:46	39	23:39	7:37	1:51:48
51	16/19	Theron Whitehorn	Minneapolis	MN	27	M	63	23:32	7:35	1:24	38	59:53	18.7	1:10	70	26:33	8:33	1:52:30
52	5/12	Christopher Steinb	Marion	IA	42	M	38	21:31	6:56	1:13	72	1:04:02	17.5	1:11	52	24:44	7:58	1:52:40
53	4/10	Mark Amman	Faribault	MN	47	M	41	21:39	6:58	0:31	83	1:05:36	17.1	0:39	48	24:23	7:51	1:52:45
54	6/12	Andrew Galbus	Mantorville	MN	41	M	69	23:52	7:41	1:01	35	59:19	18.9	0:53	87	27:43	8:56	1:52:46
55	8/19	Gregory Mattson	Minneapolis	MN	37	M	56	23:01	7:25	1:33	59	1:02:12	18.0	1:12	55	25:04	8:04	1:53:00
56	2/6	Renae Goldsmith	Eagan	MN	33	F	53	22:50	7:21	1:03	57	1:01:56	18.1	0:59	79	26:57	8:41	1:53:43
57	4/11	Jay Gay	Rochester	MN	31	M	60	23:19	7:31	0:59	70	1:03:56	17.5	0:54	54	24:50	8:00	1:53:57
58	9/19	Dennis Bussian	Wabasha	MN	37	M	96	25:45	8:18	1:26	36	59:31	18.8	0:57	71	26:35	8:34	1:54:12
59	3/5	Leendert Bijnagte	Minneapolis	MN	57	M	81	24:39	7:56	1:08	45	1:00:40	18.4	1:07	72	26:42	8:36	1:54:14
60	5/11	Kevin Logue	Rochester	MN	34	M	87	24:46	7:59	1:02	58	1:01:59	18.1	0:54	60	25:35	8:14	1:54:14
61	10/19	Ruben Mesa	Rochester	MN	38	M	71	23:56	7:43	1:08	46	1:00:44	18.4	1:15	84	27:15	8:46	1:54:17
62	1/4	Kathy Bates	Pine Island	MN	43	F	70	23:54	7:42	1:03	62	1:02:37	17.9	0:56	64	25:54	8:21	1:54:22
63	3/3	Mike Earl	Eden Prairie	MN	24	M	75	24:19	7:50	0:47	43	1:00:25	18.5	0:33	100	28:25	9:09	1:54:27
64	3/6	Tara Laltaye	Shakopee	MN	32	F	84	24:42	7:57	0:50	41	1:00:20	18.5	1:00	89	27:46	8:57	1:54:36
65	17/19	Kyle Drange	Atwater	MN	26	M	52	22:46	7:20	0:54	60	1:02:30	17.9	0:43	93	27:59	9:01	1:54:50
66	11/19	Gregory Bond	Rochester	MN	36	M	100	25:52	8:20	0:54	54	1:01:41	18.1	1:07	75	26:47	8:37	1:56:19
67	7/13	Raybob Shank	Northfield	MN	50	M	61	23:25	7:33	1:36	92	1:07:02	16.7	0:49	38	23:39	7:37	1:56:28
68	1/4	Emily Schroeder	Bloomington	MN	23	F	59	23:17	7:30	0:46	81	1:05:19	17.1	0:41	73	26:42	8:36	1:56:44
69	7/12	Douglas Griffin	Kasson	MN	41	M	80	24:38	7:56	0:47	67	1:03:39	17.6	0:34	85	27:15	8:47	1:56:52
70	1/5	Lori Heslep	Owatonna	MN	46	F	106	26:07	8:25	1:41	53	1:01:27	18.2	1:41	66	26:03	8:23	1:56:57
71	3/4	Janice Pascoe	Rochester	MN	36	F	88	24:54	8:01	2:09	56	1:01:47	18.1	1:29	82	27:06	8:44	1:57:25
72	2/5	Kim Locher	Lakeville	MN	45	F	54	22:53	7:22	1:16	97	1:09:07	16.2	1:01	44	23:53	7:41	1:58:07
73	2/4	Debra Krause	Rochester	MN	43	F	77	24:26	7:52	0:31	93	1:07:03	16.7	0:29	61	25:40	8:16	1:58:07
74	12/19	Bryan Lingen	Buffalo	MN	38	M	67	23:42	7:38	1:30	79	1:05:09	17.2	1:50	65	25:59	8:22	1:58:08
75	6/11	Scott Sherman	Winona	MN	34	M	95	25:14	8:08	1:32	33	58:53	19.0	1:39	109	31:15	10:04	1:58:31
76	8/12	William Hogan	Rochester	MN	40	M	72	23:56	7:43	1:13	74	1:04:25	17.4	1:29	86	27:32	8:52	1:58:33
77	13/19	James Luke	Oronoco	MN	37	M	64	23:33	7:35	1:37	52	1:01:27	18.2	0:55	116	31:52	10:16	1:59:21
78	8/13	Mike Borneke	Eagle Lake	MN	53	M	90	25:01	8:03	1:02	88	1:06:30	16.8	0:51	67	26:10	8:26	1:59:32
79	2/3	John Dinusson	Rochester	MN	63	M	99	25:51	8:20	0:50	71	1:04:01	17.5	0:49	97	28:09	9:04	1:59:39
80	14/19	John Yopp	Minneapolis	MN	38	M	58	23:14	7:29	1:53	82	1:05:23	17.1	1:22	96	28:09	9:04	1:59:58
81	18/19	Ryan Niedfeldt	Rochester	MN	26	M	62	23:28	7:33	0:49	102	1:10:04	16.0	0:45	56	25:14	8:08	2:00:18
82	5/10	Brian Lenn	Pine Island	MN	47	M	55	22:55	7:23	1:11	69	1:03:48	17.5	1:21	110	31:16	10:04	2:00:30
83	7/11	Ryan Zimmerman	Omaha	NE	30	M	102	26:02	8:23	0:38	78	1:04:59	17.2	0:28	99	28:24	9:09	2:00:30
84	15/19	Stephen Russell	Rochester	MN	39	M	117	28:20	9:08	0:51	55	1:01:46	18.1	0:36	103	29:20	9:27	2:00:51
85	5/17	Tiffani Walter	Rochester	MN	29	F	92	25:06	8:05	1:44	76	1:04:30	17.3	1:48	92	27:56	9:00	2:01:02
86	6/17	Heidi Mestad	Rochester	MN	28	F	73	24:06	7:46	0:55	107	1:11:01	15.8	0:50	47	24:12	7:48	2:01:03
87	9/12	Todd Stockmo	Rochester	MN	40	M	91	25:04	8:04	1:24	91	1:06:54	16.7	0:57	77	26:47	8:38	2:01:03
88	4/5	David Schreiber	Rochester	MN	56	M	97	25:50	8:19	1:31	73	1:04:24	17.4	1:22	94	28:00	9:01	2:01:04
89	9/13	Gene Geller	Waconia	MN	53	M	79	24:35	7:55	1:11	99	1:09:26	16.1	1:15	62	25:41	8:16	2:02:05
90	16/19	Michael Hines	Plainview	MN	36	M	89	25:00	8:03	0:53	85	1:05:47	17.0	1:26	105	29:37	9:32	2:02:40
91	3/5	Lucretia Wells	Minneapolis	MN	45	F	109	26:16	8:27	1:19	94	1:07:27	16.6	1:23	74	26:46	8:37	2:03:08
92	19/19	Jeff Stott	Lauderdale	MN	25	M	35	21:20	6:52	0:48	120	1:15:02	14.9	0:34	59	25:28	8:12	2:03:11
93	10/13	Mark Koerber	Mason City	IA	52	M	86	24:44	7:58	0:58	86	1:06:10	16.9	1:12	107	30:20	9:46	2:03:21
94	6/10	Dan Valentine	Winona	MN	48	M	65	23:33	7:35	0:57	111	1:12:26	15.4	0:46	68	26:13	8:27	2:03:52
95	4/6	Amanda Kozitza	Mankato	MN	31	F	104	26:06	8:24	1:08	87	1:06:14	16.9	1:00	106	30:08	9:42	2:04:34

96	5/6	Jennifer Kolstad	St Peter	MN	30	F	94	25:13	8:07	1:29	103	1:10:21	15.9	0:55	76	26:47	8:37	2:04:43
97	7/10	Mark Ostrem	Rochester	MN	49	M	107	26:09	8:25	1:42	95	1:07:46	16.5	1:37	91	27:56	9:00	2:05:09
98	11/13	David Brandt	Mason City	IA	52	M	68	23:43	7:38	2:02	108	1:11:50	15.6	1:16	78	26:49	8:38	2:05:38
99	3/4	Jane Streit	Rosemont	MN	42	F	114	26:52	8:39	1:34	84	1:05:45	17.0	1:06	108	30:34	9:50	2:05:49
100	7/17	Nicole Maxwell	Burnsville	MN	26	F	98	25:51	8:19	1:39	105	1:10:48	15.8	1:11	81	27:03	8:43	2:06:31
101	2/4	Cassandra Johnson	Rochester	MN	20	F	83	24:41	7:57	0:50	110	1:12:24	15.5	0:34	98	28:12	9:05	2:06:39
102	8/17	Kerry Rosane	Oronoco	MN	27	F	45	22:21	7:12	0:45	131	1:20:00	14.0	0:42	35	23:14	7:29	2:07:01
103	3/4	Alison Hartman	Rochester	MN	23	F	85	24:43	7:58	0:45	113	1:13:24	15.2	0:41	95	28:01	9:01	2:07:32
104	4/4	Wendy Nevala	Oronoco	MN	39	F	123	29:30	9:30	1:09	75	1:04:29	17.4	1:07	119	32:15	10:23	2:08:27
105	10/12	Wade Davis	Orono	MN	41	M	115	26:53	8:39	1:18	77	1:04:30	17.3	2:36	123	33:13	10:42	2:08:29
106	9/17	Carla Berg	Minneapolis	MN	28	F	78	24:34	7:55	0:59	124	1:15:42	14.8	0:47	80	27:03	8:43	2:09:03
107	11/12	Wayne Nelson	Rochester	MN	41	M	103	26:04	8:24	1:21	109	1:12:15	15.5	1:00	101	28:35	9:12	2:09:14
108	10/17	Kristy Tenney	Rochester	MN	26	F	112	26:28	8:31	1:01	123	1:15:33	14.8	0:34	69	26:19	8:29	2:09:53
109	17/19	Dan Stumpf	Wabasha	MN	38	M	93	25:07	8:05	1:34	101	1:09:51	16.0	1:49	117	31:52	10:16	2:10:12
110	11/17	Jennifer Frank	Rochester	MN	26	F	121	29:29	9:30	1:20	104	1:10:29	15.9	1:06	102	28:54	9:19	2:11:16
111	1/2	Sandra Dalquist	Rochester	MN	66	F	111	26:27	8:31	1:05	119	1:14:59	14.9	1:16	88	27:44	8:56	2:11:30
112	12/12	Paul Nelsestuen	Oronoco	MN	40	M	118	29:12	9:24	1:17	96	1:08:10	16.4	1:37	114	31:46	10:14	2:12:00
113	12/17	Angie Tuthill	Omaha	NE	25	F	136	32:25	10:26	1:05	127	1:16:44	14.6	1:05	15	21:25	6:54	2:12:42
114	8/10	Randy Britson	Houston	MN	47	M	74	24:13	7:48	1:09	122	1:15:18	14.9	0:41	111	31:25	10:07	2:12:44
115	5/5	Tim Madigan	Faribault	MN	57	M	110	26:18	8:28	1:16	118	1:14:55	14.9	1:22	104	29:29	9:30	2:13:18
116	18/19	Paul Kennedy	Eden Prairie	MN	39	M	82	24:40	7:57	1:49	128	1:18:24	14.3	1:32	90	27:46	8:57	2:14:10
117	19/19	Tim Swanson	Woodbury	MN	39	M	130	31:03	10:00	1:15	89	1:06:31	16.8	1:11	128	34:24	11:05	2:14:21
118	9/10	Rob Downer	Rochester	MN	49	M	133	31:24	10:07	1:56	90	1:06:34	16.8	1:20	124	33:15	10:42	2:14:26
119	4/4	Amanda Kuure	Rochester	MN	23	F	108	26:13	8:27	1:14	106	1:10:48	15.8	1:21	130	35:01	11:17	2:14:36
120	8/11	Scott Horton	Eden Prairie	MN	34	M	101	25:52	8:20	2:02	116	1:14:18	15.1	0:56	122	32:57	10:37	2:16:02
121	13/17	Lindsay Bradley	Winona	MN	27	F	125	29:49	9:36	0:55	112	1:12:36	15.4	0:58	126	34:11	11:00	2:18:27
122	3/3	Gio Zett	Rochester	MN	63	M	129	30:32	9:50	2:31	98	1:09:19	16.1	1:36	129	34:53	11:14	2:18:50
123	12/13	Rick Johnson	Eagan	MN	51	M	126	29:50	9:37	1:13	115	1:13:57	15.1	1:05	125	33:58	10:56	2:20:01
124	14/17	Tabitha Beck	Rochester	MN	27	F	131	31:21	10:06	1:55	117	1:14:46	15.0	1:09	113	31:41	10:12	2:20:51
125	1/1	Marie Torkelson	Cannon Falls	MN	52	F	124	29:36	9:32	2:02	126	1:16:39	14.6	2:14	112	31:29	10:08	2:21:59
126	15/17	Donna Mitchell	Rochester	MN	29	F	132	31:22	10:06	1:58	114	1:13:30	15.2	1:18	127	34:22	11:04	2:22:28
127	10/10	Kelly Ottara	Rochester	MN	49	M	127	29:57	9:39	1:04	130	1:19:21	14.1	1:40	118	32:09	10:21	2:24:09
128	13/13	Kevin Schultz	Mason City	IA	50	M	135	32:20	10:25	2:39	100	1:09:44	16.0	2:05	136	38:57	12:32	2:25:42
129	9/11	Brent Carlson	Minneapolis	MN	30	M	113	26:50	8:39	1:23	138	1:24:58	13.2	0:59	120	32:30	10:28	2:26:37
130	6/6	Kelly Hodgson	Rochester	MN	33	F	122	29:29	9:30	1:57	135	1:22:16	13.6	1:24	115	31:46	10:14	2:26:51
131	16/17	Elisabeth Douglas	Rochester	MN	25	F	128	30:15	9:44	1:07	129	1:19:04	14.2	1:06	131	35:23	11:24	2:26:53
132	4/4	Michaeleen Burroug	Byron	MN	41	F	105	26:06	8:25	1:32	136	1:23:24	13.4	0:49	133	35:32	11:27	2:27:22
133	17/17	Sara Leazer	Byron	MN	26	F	119	29:27	9:29	2:03	133	1:20:18	13.9	0:45	134	35:37	11:28	2:28:09
134	10/11	Marley Ayres	Byron	MN	33	M	120	29:28	9:29	2:07	132	1:20:12	14.0	0:46	135	35:38	11:28	2:28:09
135	4/5	Irish Britson	Houston	MN	45	F	116	27:38	8:54	1:06	139	1:26:45	12.9	0:43	121	32:37	10:30	2:28:47
136	2/2	Gail Kramer	Burnsville	MN	63	F	134	32:12	10:22	1:33	137	1:23:36	13.4	0:54	132	35:32	11:26	2:33:44
137	1/1	Pam Geller	Waconia	MN	56	F	139	36:57	11:54	0:59	125	1:15:54	14.7	1:12	137	40:41	13:06	2:35:41
138	5/5	Linda Griebenow	Rochester	MN	46	F	137	33:25	10:46	1:28	121	1:15:16	14.9	2:09	139	43:54	14:08	2:36:11
139	11/11	Matthew Geller	Shakopee	MN	30	M	138	36:57	11:54	0:58	134	1:21:40	13.7	0:45	138	42:54	13:49	2:43:12

DID NOT FINISH

TOT	DIV	NAME	CITY	ST	AGE	S	plc	RUN	pace	TRAN	BIKE	TRAN	RUN	TOTAL
PLC	PLC							time		time	time	time	time	TIME
====	====	=====	=====	==	====	=	=====	=====	=====	=====	=====	=====	=====	=====
1	1/1	Nancy McGee	Rochester	MN	46	F	4	30:00	9:40	2:03	1 1:35:02	11.8	4:52	

2	1/1	Nathan Wohlfeil	Winona	MN	34	M	1	21:40	6:59	1:28
3	1/1	Joe Madry	Minneapolis	MN	45	M	2	22:30	7:15	16:26
4	1/1	Shaun Hamburgren	Rochester	MN	41	F	3	24:18	7:50	
5	1/1	Amie Hines	Plainview	MN	34	F	5	35:54	11:34	1:06

TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM NAME = MEMBERS (RUNNER, BIKER)	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/5	Steele & Lewis = Brad Steele , Darren Lewis	1	17:59	5:48	0:13	1	50:25	22.2	0:22	1	18:49	6:04	1:27:47
2	2/5	Pascoe & Finoff = Mike Pascoe , Jon Finoff	2	18:26	5:56	0:23	2	52:00	21.5	0:25	2	19:26	6:16	1:30:38
3	1/5	Schultz & Schultz = Melissa Schultz , Chris Schultz	4	21:25	6:54	0:26	5	58:27	19.1	0:25	4	21:44	7:00	1:42:25
4	3/5	Lucas & Erwin = Andy Lucas , Josh Erwin	3	19:39	6:20	0:23	7	1:01:48	18.1	0:16	3	20:47	6:42	1:42:51
5	2/5	McKenzie & Feda = John McKenzie , Jessica Feda	7	23:29	7:34	0:25	3	55:58	20.0	0:23	7	25:14	8:08	1:45:28
6	3/5	Clark & Clark = Molly Clark , Tyrel Clark	6	21:54	7:03	0:25	9	1:03:34	17.6	0:17	5	23:12	7:28	1:49:19
7	4/5	Bowron & Rotz = Chris Bowron , Jeff Rotz	8	24:47	7:59	0:28	4	57:19	19.5	0:17	9	28:30	9:11	1:51:20
8	4/5	Pagenkopf & Pagenkopf = Tom Pagenkopf , Linda Pagenkopf	9	27:04	8:43	0:30	8	1:03:00	17.8	0:22	8	27:58	9:00	1:58:53
9	5/5	Clark & Ryks = Doron Clark , Dan Ryks	5	21:37	6:58	0:37	10	1:13:21	15.3	0:20	6	23:31	7:35	1:59:24
10	5/5	Ekman & Ekman = Pattie Ekman , Jeremy Ekman	10	30:11	9:43	0:29	6	1:00:20	18.5	0:25	10	32:55	10:36	2:04:18

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	TOTAL TIME	
1	132	Brent Sinn	La Crosse	WI	29	M	6	17:36	5:40	0:40	1	47:11	23.7	0:29	8	19:13	6:11	1:25:07
2	61	Jim Hannon	Rochester	MN	49	M	3	17:26	5:37	0:30	4	50:25	22.2	0:37	1	18:20	5:54	1:27:17
3	58	Mike Gruba	Rochester	MN	29	M	4	17:35	5:40	0:30	5	50:50	22.0	0:25	7	19:12	6:11	1:28:30
4	133	Jason Sinnwell	Rochester	MN	29	M	2	17:26	5:37	0:27	8	52:01	21.5	0:27	2	18:25	5:56	1:28:44
5	76	Christopher Koch	Rochester	MN	25	M	10	18:10	5:51	0:18	9	52:16	21.4	0:31	4	18:44	6:02	1:29:58
6	101	Robert Mitchell	Rochester	MN	28	M	1	17:04	5:30	0:41	14	54:13	20.6	0:43	5	18:56	6:06	1:31:36
7	98	Mario Minelli	Kasson	MN	36	M	18	19:34	6:18	0:45	3	49:21	22.7	0:37	23	22:14	7:10	1:32:30
8	155	Marty Netzel	Rochester	MN	39	M	8	17:56	5:47	0:32	11	52:47	21.2	0:23	13	21:26	6:54	1:33:01
9	104	Joe Moyer	Rochester	MN	29	M	35	21:35	6:57	0:49	2	48:29	23.1	0:27	26	22:35	7:17	1:33:54
10	117	John Rafferty	Rochester	MN	33	M	13	18:55	6:06	1:03	7	51:48	21.6	0:45	17	21:44	7:00	1:34:13
11	41	Aaron Douglas	Lacrosse	WI	28	M	16	19:16	6:12	0:40	10	52:28	21.3	0:29	21	21:56	7:04	1:34:46
12	174	Greg Storey	Rochester	MN	42	M	25	20:41	6:40	0:54	6	50:56	22.0	0:46	24	22:24	7:13	1:35:40
13	10	Todd Aguilar	Rochester	MN	39	M	22	20:25	6:35	0:35	12	53:12	21.0	0:28	14	21:35	6:57	1:36:13
14	172	David Kallmes	Unknown		44	M	9	18:07	5:50	0:59	20	56:50	19.7	0:56	9	19:33	6:18	1:36:23

15	131	Andrew Shulha	Rochester	MN	22	M	7	17:53	5:46	1:05	31	59:02	19.0	0:41	6	18:57	6:06	1:37:36
16	146	Stephen Weigand	Rochester	MN	35	M	15	19:07	6:09	0:37	18	56:22	19.9	0:33	11	21:05	6:47	1:37:42
17	9	Mehdi Addadi	Bloomington	MN	29	M	11	18:13	5:52	0:53	23	57:09	19.6	0:45	19	21:51	7:02	1:38:49
18	74	Matt Kingsbury	Lewiston	MN	50	M	17	19:23	6:15	0:59	27	57:59	19.3	0:46	10	20:59	6:45	1:40:04
19	47	William Eddy	New Brighton	MN	27	M	34	21:31	6:56	0:56	13	53:22	21.0	0:49	35	23:51	7:41	1:40:28
20	8	Art Adams	Rochester	MN	52	M	23	20:32	6:37	1:19	16	55:17	20.2	1:17	25	22:25	7:13	1:40:49
21	49	Mike Ewen	Rochester	MN	50	M	26	20:44	6:41	0:37	21	57:03	19.6	0:41	20	21:52	7:03	1:40:54
22	88	Brian Lynch	Rochester	MN	33	M	29	21:19	6:52	1:00	19	56:31	19.8	0:45	16	21:38	6:58	1:41:11
23	27	Collin Bredeson	Minneapolis	MN	25	M	5	17:36	5:40	0:53	55	1:03:18	17.7	0:50	3	18:39	6:01	1:41:14
24	105	Darin Napton	Rochester	MN	36	M	28	21:14	6:50	0:57	15	54:55	20.4	1:10	34	23:46	7:39	1:42:00
25	72	Brad Kautz	Rochester	MN	50	M	14	19:05	6:09	1:03	34	59:36	18.8	1:10	12	21:11	6:49	1:42:03
26	166	Matt Rockne	Zumbrota	MN	40	M	20	20:05	6:28	1:04	17	55:42	20.1	1:02	41	24:40	7:57	1:42:31
27	32	Conor Clancy	Trim, Co Meath	IR	27	M	19	19:48	6:23	0:26	45	1:01:24	18.2	0:19	15	21:36	6:58	1:43:31
28	59	Joe Gyura	Rochester	MN	55	M	32	21:29	6:55	1:17	25	57:18	19.5	0:57	27	22:41	7:18	1:43:39
29	118	Noah Retka	Rochester	MN	23	M	39	22:02	7:06	0:35	24	57:10	19.6	0:39	30	23:25	7:33	1:43:49
30	60	Greg Hagen	Rochester	MN	53	M	24	20:37	6:39	0:36	43	1:01:20	18.2	0:28	22	21:57	7:04	1:44:57
31	156	Todd Huyber	Oronoco	MN	38	M	31	21:25	6:54	0:44	22	57:09	19.6	0:38	47	25:24	8:11	1:45:18
32	122	Shaun Schatz	Moorhead	MN	29	M	37	21:45	7:00	0:46	29	58:44	19.1	0:41	37	24:09	7:47	1:46:04
33	134	Matthew Sorenson	Rochester	MN	29	M	42	22:30	7:15	0:33	28	58:14	19.2	0:36	43	24:48	7:59	1:46:40
34	161	Michael Haddock	Rochester	MN	45	M	12	18:38	6:00	0:40	66	1:05:19	17.1	0:25	18	21:48	7:01	1:46:47
35	99	Charles Mitchell	Chaska	MN	25	M	21	20:15	6:31	0:28	52	1:02:35	17.9	0:27	36	23:52	7:41	1:47:35
36	93	Kiaran McGee	Rochester	MN	42	M	27	20:53	6:44	1:06	54	1:02:49	17.8	1:10	28	23:00	7:24	1:48:55
37	126	Casey Seabright	Lakeville	MN	45	M	41	22:24	7:13	0:46	44	1:01:21	18.2	0:46	33	23:44	7:39	1:48:59
38	69	Lee Jameson	Rochester	MN	39	M	44	22:43	7:19	1:17	42	1:01:16	18.3	1:09	29	23:14	7:29	1:49:38
39	39	Dave Demulling	Osceola	WI	61	M	40	22:24	7:13	1:25	38	1:00:22	18.5	1:13	39	24:31	7:54	1:49:53
40	21	Soren Bijnagte	Minneapolis	MN	32	M	43	22:34	7:16	1:49	36	1:00:12	18.6	1:05	40	24:33	7:54	1:50:11
41	165	Tom Benge	St Paul	MN	56	M	63	24:23	7:51	0:56	26	57:33	19.4	1:02	61	27:14	8:46	1:51:06
42	75	Andrew Knight	New Brighton	MN	27	M	38	21:52	7:03	1:54	37	1:00:16	18.6	1:55	51	25:44	8:17	1:51:39
43	11	Louis Ahlstrand	Shafer	MN	53	M	55	23:38	7:37	1:07	53	1:02:39	17.9	0:46	32	23:39	7:37	1:51:48
44	149	Theron Whitehorn	Minneapolis	MN	27	M	52	23:32	7:35	1:24	35	59:53	18.7	1:10	55	26:33	8:33	1:52:30
45	135	Christopher Steinb	Marion	IA	42	M	33	21:31	6:56	1:13	60	1:04:02	17.5	1:11	42	24:44	7:58	1:52:40
46	12	Mark Amman	Faribault	MN	47	M	36	21:39	6:58	0:31	68	1:05:36	17.1	0:39	38	24:23	7:51	1:52:45
47	50	Andrew Galbus	Mantorville	MN	41	M	58	23:52	7:41	1:01	32	59:19	18.9	0:53	65	27:43	8:56	1:52:46
48	91	Gregory Mattson	Minneapolis	MN	37	M	47	23:01	7:25	1:33	50	1:02:12	18.0	1:12	45	25:04	8:04	1:53:00
49	51	Jay Gay	Rochester	MN	31	M	49	23:19	7:31	0:59	58	1:03:56	17.5	0:54	44	24:50	8:00	1:53:57
50	30	Dennis Bussian	Wabasha	MN	37	M	75	25:45	8:18	1:26	33	59:31	18.8	0:57	56	26:35	8:34	1:54:12
51	20	Leendert Bijnagte	Minneapolis	MN	57	M	66	24:39	7:56	1:08	40	1:00:40	18.4	1:07	57	26:42	8:36	1:54:14
52	86	Kevin Logue	Rochester	MN	34	M	69	24:46	7:59	1:02	49	1:01:59	18.1	0:54	49	25:35	8:14	1:54:14
53	96	Ruben Mesa	Rochester	MN	38	M	59	23:56	7:43	1:08	41	1:00:44	18.4	1:15	62	27:15	8:46	1:54:17
54	46	Mike Earl	Eden Prairie	MN	24	M	62	24:19	7:50	0:47	39	1:00:25	18.5	0:33	73	28:25	9:09	1:54:27
55	45	Kyle Drange	Atwater	MN	26	M	45	22:46	7:20	0:54	51	1:02:30	17.9	0:43	68	27:59	9:01	1:54:50
56	158	Gregory Bond	Rochester	MN	36	M	78	25:52	8:20	0:54	47	1:01:41	18.1	1:07	58	26:47	8:37	1:56:19
57	128	Raybob Shank	Northfield	MN	50	M	50	23:25	7:33	1:36	75	1:07:02	16.7	0:49	31	23:39	7:37	1:56:28
58	57	Douglas Griffin	Kasson	MN	41	M	65	24:38	7:56	0:47	56	1:03:39	17.6	0:34	63	27:15	8:47	1:56:52
59	84	Bryan Lingen	Buffalo	MN	38	M	56	23:42	7:38	1:30	65	1:05:09	17.2	1:50	52	25:59	8:22	1:58:08
60	129	Scott Sherman	Winona	MN	34	M	74	25:14	8:08	1:32	30	58:53	19.0	1:39	79	31:15	10:04	1:58:31
61	67	William Hogan	Rochester	MN	40	M	60	23:56	7:43	1:13	62	1:04:25	17.4	1:29	64	27:32	8:52	1:58:33
62	87	James Luke	Oronoco	MN	37	M	53	23:33	7:35	1:37	46	1:01:27	18.2	0:55	83	31:52	10:16	1:59:21
63	23	Mike Borneke	Eagle Lake	MN	53	M	71	25:01	8:03	1:02	71	1:06:30	16.8	0:51	53	26:10	8:26	1:59:32
64	40	John Dinusson	Rochester	MN	63	M	77	25:51	8:20	0:50	59	1:04:01	17.5	0:49	71	28:09	9:04	1:59:39
65	151	John Yopp	Minneapolis	MN	38	M	48	23:14	7:29	1:53	67	1:05:23	17.1	1:22	70	28:09	9:04	1:59:58
66	109	Ryan Niedfeldt	Rochester	MN	26	M	51	23:28	7:33	0:49	82	1:10:04	16.0	0:45	46	25:14	8:08	2:00:18

67	83	Brian Lenn	Pine Island	MN	47	M	46	22:55	7:23	1:11	57	1:03:48	17.5	1:21	80	31:16	10:04	2:00:30
68	154	Ryan Zimmerman	Omaha	NE	30	M	80	26:02	8:23	0:38	64	1:04:59	17.2	0:28	72	28:24	9:09	2:00:30
69	120	Stephen Russell	Rochester	MN	39	M	86	28:20	9:08	0:51	48	1:01:46	18.1	0:36	75	29:20	9:27	2:00:51
70	136	Todd Stockmo	Rochester	MN	40	M	72	25:04	8:04	1:24	74	1:06:54	16.7	0:57	59	26:47	8:38	2:01:03
71	124	David Schreiber	Rochester	MN	56	M	76	25:50	8:19	1:31	61	1:04:24	17.4	1:22	69	28:00	9:01	2:01:04
72	52	Gene Geller	Waconia	MN	53	M	64	24:35	7:55	1:11	79	1:09:26	16.1	1:15	50	25:41	8:16	2:02:05
73	65	Michael Hines	Plainview	MN	36	M	70	25:00	8:03	0:53	69	1:05:47	17.0	1:26	77	29:37	9:32	2:02:40
74	162	Jeff Stott	Lauderdale	MN	25	M	30	21:20	6:52	0:48	89	1:15:02	14.9	0:34	48	25:28	8:12	2:03:11
75	77	Mark Koerber	Mason City	IA	52	M	68	24:44	7:58	0:58	70	1:06:10	16.9	1:12	78	30:20	9:46	2:03:21
76	144	Dan Valentine	Winona	MN	48	M	54	23:33	7:35	0:57	85	1:12:26	15.4	0:46	54	26:13	8:27	2:03:52
77	111	Mark Ostrem	Rochester	MN	49	M	82	26:09	8:25	1:42	76	1:07:46	16.5	1:37	67	27:56	9:00	2:05:09
78	26	David Brandt	Mason City	IA	52	M	57	23:43	7:38	2:02	83	1:11:50	15.6	1:16	60	26:49	8:38	2:05:38
79	37	Wade Davis	Orono	MN	41	M	85	26:53	8:39	1:18	63	1:04:30	17.3	2:36	88	33:13	10:42	2:08:29
80	108	Wayne Nelson	Rochester	MN	41	M	81	26:04	8:24	1:21	84	1:12:15	15.5	1:00	74	28:35	9:12	2:09:14
81	138	Dan Stumpf	Wabasha	MN	38	M	73	25:07	8:05	1:34	81	1:09:51	16.0	1:49	84	31:52	10:16	2:10:12
82	106	Paul Nelstuen	Oronoco	MN	40	M	87	29:12	9:24	1:17	77	1:08:10	16.4	1:37	82	31:46	10:14	2:12:00
83	19	Randy Britson	Houston	MN	47	M	61	24:13	7:48	1:09	90	1:15:18	14.9	0:41	81	31:25	10:07	2:12:44
84	89	Tim Madigan	Faribault	MN	57	M	83	26:18	8:28	1:16	88	1:14:55	14.9	1:22	76	29:29	9:30	2:13:18
85	73	Paul Kennedy	Eden Prairie	MN	39	M	67	24:40	7:57	1:49	91	1:18:24	14.3	1:32	66	27:46	8:57	2:14:10
86	139	Tim Swanson	Woodbury	MN	39	M	92	31:03	10:00	1:15	72	1:06:31	16.8	1:11	91	34:24	11:05	2:14:21
87	44	Rob Downer	Rochester	MN	49	M	93	31:24	10:07	1:56	73	1:06:34	16.8	1:20	89	33:15	10:42	2:14:26
88	68	Scott Horton	Eden Prairie	MN	34	M	79	25:52	8:20	2:02	87	1:14:18	15.1	0:56	87	32:57	10:37	2:16:02
89	153	Gio Zett	Rochester	MN	63	M	91	30:32	9:50	2:31	78	1:09:19	16.1	1:36	92	34:53	11:14	2:18:50
90	177	Rick Johnson	Eagan	MN	51	M	89	29:50	9:37	1:13	86	1:13:57	15.1	1:05	90	33:58	10:56	2:20:01
91	112	Kelly Ottara	Rochester	MN	49	M	90	29:57	9:39	1:04	92	1:19:21	14.1	1:40	85	32:09	10:21	2:24:09
92	125	Kevin Schultz	Mason City	IA	50	M	94	32:20	10:25	2:39	80	1:09:44	16.0	2:05	94	38:57	12:32	2:25:42
93	31	Brent Carlson	Minneapolis	MN	30	M	84	26:50	8:39	1:23	95	1:24:58	13.2	0:59	86	32:30	10:28	2:26:37
94	13	Marley Ayres	Byron	MN	33	M	88	29:28	9:29	2:07	93	1:20:12	14.0	0:46	93	35:38	11:28	2:28:09
95	53	Matthew Geller	Shakopee	MN	30	M	95	36:57	11:54	0:58	94	1:21:40	13.7	0:45	95	42:54	13:49	2:43:12

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOTAL	TIME
1	164	Sarah Kolpin	Madison	WI	26	F	2	19:27	6:16	0:26	1	52:50	21.2	0:34	1	20:32	6:37	1:33:47					
2	167	Darcy Franklin	Minneapolis	MN	35	F	1	19:04	6:09	0:33	3	56:34	19.8	0:48	2	21:06	6:48	1:38:03					
3	130	Emily Shoop	Minneapolis	MN	25	F	3	20:24	6:34	0:30	6	1:01:10	18.3	0:24	5	21:51	7:02	1:44:17					
4	103	Ann Moyer	Rochester	MN	27	F	7	22:26	7:14	0:59	2	56:34	19.8	0:46	9	24:04	7:45	1:44:48					
5	168	Andrea Nelson	Minneapolis	MN	31	F	4	20:33	6:37	0:26	12	1:03:46	17.5	0:28	4	21:50	7:02	1:47:01					
6	141	Wileen Tibbetts	Eagan	MN	36	F	5	21:15	6:51	1:24	11	1:03:10	17.7	0:58	6	22:40	7:18	1:49:25					
7	42	Alyssa Douglas	Lacrosse	WI	28	F	10	23:07	7:27	0:42	5	1:00:40	18.4	0:31	11	25:27	8:12	1:50:24					
8	55	Renae Goldsmith	Eagan	MN	33	F	8	22:50	7:21	1:03	9	1:01:56	18.1	0:59	19	26:57	8:41	1:53:43					
9	15	Kathy Bates	Pine Island	MN	43	F	12	23:54	7:42	1:03	10	1:02:37	17.9	0:56	13	25:54	8:21	1:54:22					
10	175	Tara Laltaye	Shakopee	MN	32	F	17	24:42	7:57	0:50	4	1:00:20	18.5	1:00	24	27:46	8:57	1:54:36					
11	171	Emily Schroeder	Bloomington	MN	23	F	11	23:17	7:30	0:46	15	1:05:19	17.1	0:41	16	26:42	8:36	1:56:44					
12	63	Lori Heslep	Owatonna	MN	46	F	25	26:07	8:25	1:41	7	1:01:27	18.2	1:41	14	26:03	8:23	1:56:57					
13	173	Janice Pascoe	Rochester	MN	36	F	19	24:54	8:01	2:09	8	1:01:47	18.1	1:29	22	27:06	8:44	1:57:25					
14	85	Kim Locher	Lakeville	MN	45	F	9	22:53	7:22	1:16	20	1:09:07	16.2	1:01	8	23:53	7:41	1:58:07					
15	80	Debra Krause	Rochester	MN	43	F	14	24:26	7:52	0:31	18	1:07:03	16.7	0:29	12	25:40	8:16	1:58:07					
16	145	Tiffani Walter	Rochester	MN	29	F	20	25:06	8:05	1:44	14	1:04:30	17.3	1:48	25	27:56	9:00	2:01:02					

17	97 Heidi Mestad	Rochester	MN	28	F	13	24:06	7:46	0:55	25	1:11:01	15.8	0:50	10	24:12	7:48	2:01:03
18	147 Lucretia Wells	Minneapolis	MN	45	F	27	26:16	8:27	1:19	19	1:07:27	16.6	1:23	17	26:46	8:37	2:03:08
19	169 Amanda Kozitza	Mankato	MN	31	F	23	26:06	8:24	1:08	17	1:06:14	16.9	1:00	29	30:08	9:42	2:04:34
20	78 Jennifer Kolstad	St Peter	MN	30	F	21	25:13	8:07	1:29	21	1:10:21	15.9	0:55	18	26:47	8:37	2:04:43
21	137 Jane Streit	Rosemont	MN	42	F	30	26:52	8:39	1:34	16	1:05:45	17.0	1:06	30	30:34	9:50	2:05:49
22	92 Nicole Maxwell	Burnsville	MN	26	F	22	25:51	8:19	1:39	23	1:10:48	15.8	1:11	21	27:03	8:43	2:06:31
23	71 Cassandra Johnson	Rochester	MN	20	F	16	24:41	7:57	0:50	26	1:12:24	15.5	0:34	27	28:12	9:05	2:06:39
24	119 Kerry Rosane	Oronoco	MN	27	F	6	22:21	7:12	0:45	39	1:20:00	14.0	0:42	7	23:14	7:29	2:07:01
25	62 Alison Hartman	Rochester	MN	23	F	18	24:43	7:58	0:45	28	1:13:24	15.2	0:41	26	28:01	9:01	2:07:32
26	163 Wendy Nevala	Oronoco	MN	39	F	35	29:30	9:30	1:09	13	1:04:29	17.4	1:07	34	32:15	10:23	2:08:27
27	17 Carla Berg	Minneapolis	MN	28	F	15	24:34	7:55	0:59	34	1:15:42	14.8	0:47	20	27:03	8:43	2:09:03
28	140 Kristy Tenney	Rochester	MN	26	F	29	26:28	8:31	1:01	33	1:15:33	14.8	0:34	15	26:19	8:29	2:09:53
29	178 Jennifer Frank	Rochester	MN	26	F	33	29:29	9:30	1:20	22	1:10:29	15.9	1:06	28	28:54	9:19	2:11:16
30	35 Sandra Dalquist	Rochester	MN	66	F	28	26:27	8:31	1:05	31	1:14:59	14.9	1:16	23	27:44	8:56	2:11:30
31	143 Angie Tuthill	Omaha	NE	25	F	42	32:25	10:26	1:05	37	1:16:44	14.6	1:05	3	21:25	6:54	2:12:42
32	159 Amanda Kuure	Rochester	MN	23	F	26	26:13	8:27	1:14	24	1:10:48	15.8	1:21	38	35:01	11:17	2:14:36
33	25 Lindsay Bradley	Winona	MN	27	F	37	29:49	9:36	0:55	27	1:12:36	15.4	0:58	36	34:11	11:00	2:18:27
34	16 Tabitha Beck	Rochester	MN	27	F	39	31:21	10:06	1:55	30	1:14:46	15.0	1:09	32	31:41	10:12	2:20:51
35	142 Marie Torkelson	Cannon Falls	MN	52	F	36	29:36	9:32	2:02	36	1:16:39	14.6	2:14	31	31:29	10:08	2:21:59
36	100 Donna Mitchell	Rochester	MN	29	F	40	31:22	10:06	1:58	29	1:13:30	15.2	1:18	37	34:22	11:04	2:22:28
37	66 Kelly Hodgson	Rochester	MN	33	F	34	29:29	9:30	1:57	41	1:22:16	13.6	1:24	33	31:46	10:14	2:26:51
38	43 Elisabeth Douglas	Rochester	MN	25	F	38	30:15	9:44	1:07	38	1:19:04	14.2	1:06	39	35:23	11:24	2:26:53
39	29 Michaeleen Burroug	Byron	MN	41	F	24	26:06	8:25	1:32	42	1:23:24	13.4	0:49	41	35:32	11:27	2:27:22
40	82 Sara Leazer	Byron	MN	26	F	32	29:27	9:29	2:03	40	1:20:18	13.9	0:45	42	35:37	11:28	2:28:09
41	18 Irish Britson	Houston	MN	45	F	31	27:38	8:54	1:06	44	1:26:45	12.9	0:43	35	32:37	10:30	2:28:47
42	79 Gail Kramer	Burnsville	MN	63	F	41	32:12	10:22	1:33	43	1:23:36	13.4	0:54	40	35:32	11:26	2:33:44
43	54 Pam Geller	Waconia	MN	56	F	44	36:57	11:54	0:59	35	1:15:54	14.7	1:12	43	40:41	13:06	2:35:41
44	56 Linda Griebenow	Rochester	MN	46	F	43	33:25	10:46	1:28	32	1:15:16	14.9	2:09	44	43:54	14:08	2:36:11

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace	
1	Robert Mitchell	Rochester	MN	28	M	17:04	5:30
2	Jason Sinnwell	Rochester	MN	29	M	17:26	5:37
3	Jim Hannon	Rochester	MN	49	M	17:26	5:37
4	Mike Gruba	Rochester	MN	29	M	17:35	5:40
5	Collin Bredeson	Minneapolis	MN	25	M	17:36	5:40
6	Brent Sinn	La Crosse	WI	29	M	17:36	5:40
7	Andrew Shulha	Rochester	MN	22	M	17:53	5:46
8	Marty Netzel	Rochester	MN	39	M	17:56	5:47
9	Brad Steele	Byron	MN			17:59	5:48
10	David Kallmes	Unknown		44	M	18:07	5:50

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Christopher Koch	Rochester	MN	25	M	0:18
2	Conor Clancy	Trim, Co Meath	IR	27	M	0:26

3	Sarah Kolpin	Madison	WI	26	F	0:26
4	Andrea Nelson	Minneapolis	MN	31	F	0:26
5	Jason Sinnwell	Rochester	MN	29	M	0:27
6	Charles Mitchell	Chaska	MN	25	M	0:28
7	Mike Gruba	Rochester	MN	29	M	0:30
8	Jim Hannon	Rochester	MN	49	M	0:30
9	Emily Shoop	Minneapolis	MN	25	F	0:30
10	Mark Amman	Faribault	MN	47	M	0:31

TOP 10 BIKE

	NAME	CITY	ST	AGE	S	time	mph
=	=====	=====	==	====	=	=====	=====
1	Brent Sinn	La Crosse	WI	29	M	47:11	23.7
2	Joe Moyer	Rochester	MN	29	M	48:29	23.1
3	Mario Minelli	Kasson	MN	36	M	49:21	22.7
4	Darren Lewis	Byron	MN			50:25	22.2
5	Jim Hannon	Rochester	MN	49	M	50:25	22.2
6	Mike Gruba	Rochester	MN	29	M	50:50	22.0
7	Greg Storey	Rochester	MN	42	M	50:56	22.0
8	John Rafferty	Rochester	MN	33	M	51:48	21.6
9	Jon Finoff	Rochester	MN			52:00	21.5
10	Jason Sinnwell	Rochester	MN	29	M	52:01	21.5

TOP 10 SECOND TRANSITION

	NAME	CITY	ST	AGE	S	time
=	=====	=====	==	====	=	=====
1	Conor Clancy	Trim, Co Meath	IR	27	M	0:19
2	Marty Netzel	Rochester	MN	39	M	0:23
3	Emily Shoop	Minneapolis	MN	25	F	0:24
4	Mike Gruba	Rochester	MN	29	M	0:25
5	Michael Haddock	Rochester	MN	45	M	0:25
6	Charles Mitchell	Chaska	MN	25	M	0:27
7	Joe Moyer	Rochester	MN	29	M	0:27
8	Jason Sinnwell	Rochester	MN	29	M	0:27
9	Andrea Nelson	Minneapolis	MN	31	F	0:28
10	Todd Aguilar	Rochester	MN	39	M	0:28

TOP 10 SECOND RUN

	NAME	CITY	ST	AGE	S	time	pace
=	=====	=====	==	====	=	=====	=====
1	Jim Hannon	Rochester	MN	49	M	18:20	5:54
2	Jason Sinnwell	Rochester	MN	29	M	18:25	5:56
3	Collin Bredeson	Minneapolis	MN	25	M	18:39	6:01
4	Christopher Koch	Rochester	MN	25	M	18:44	6:02
5	Brad Steele	Byron	MN			18:49	6:04
6	Robert Mitchell	Rochester	MN	28	M	18:56	6:06

7	Andrew Shulha	Rochester	MN	22	M	18:57	6:06
8	Mike Gruba	Rochester	MN	29	M	19:12	6:11
9	Brent Sinn	La Crosse	WI	29	M	19:13	6:11
10	Mike Pascoe	Rochester	MN			19:26	6:16

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 Schroeder	Bloomington	MN	23	F	1	23:17	7:30	0:46	1	1:05:19	17.1	0:41	1	26:42	8:36	1:56:44
2	Cassandra Johnson	Rochester	MN	20	F	2	24:41	7:57	0:50	3	1:12:24	15.5	0:34	3	28:12	9:05	2:06:39
3	Alison Hartman	Rochester	MN	23	F	3	24:43	7:58	0:45	4	1:13:24	15.2	0:41	2	28:01	9:01	2:07:32
4	Amanda Kuure	Rochester	MN	23	F	4	26:13	8:27	1:14	2	1:10:48	15.8	1:21	4	35:01	11:17	2:14:36

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	Andrew Shulha	Rochester	MN	22	M	1	17:53	5:46	1:05	2	59:02	19.0	0:41	1	18:57	6:06	1:37:36
2	Noah Retka	Rochester	MN	23	M	2	22:02	7:06	0:35	1	57:10	19.6	0:39	2	23:25	7:33	1:43:49
3	Mike Earl	Eden Prairie	MN	24	M	3	24:19	7:50	0:47	3	1:00:25	18.5	0:33	3	28:25	9:09	1:54:27

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Sarah Kolpin	Madison	WI	26	F	1	19:27	6:16	0:26	1	52:50	21.2	0:34	1	20:32	6:37	1:33:47
2	Emily Shoop	Minneapolis	MN	25	F	2	20:24	6:34	0:30	4	1:01:10	18.3	0:24	3	21:51	7:02	1:44:17
3	Ann Moyer	Rochester	MN	27	F	4	22:26	7:14	0:59	2	56:34	19.8	0:46	5	24:04	7:45	1:44:48
4	Alyssa Douglas	Lacrosse	WI	28	F	5	23:07	7:27	0:42	3	1:00:40	18.4	0:31	7	25:27	8:12	1:50:24
5	Tiffani Walter	Rochester	MN	29	F	8	25:06	8:05	1:44	5	1:04:30	17.3	1:48	11	27:56	9:00	2:01:02
6	Heidi Mestad	Rochester	MN	28	F	6	24:06	7:46	0:55	8	1:11:01	15.8	0:50	6	24:12	7:48	2:01:03
7	Nicole Maxwell	Burnsville	MN	26	F	9	25:51	8:19	1:39	7	1:10:48	15.8	1:11	10	27:03	8:43	2:06:31
8	Kerry Rosane	Oronoco	MN	27	F	3	22:21	7:12	0:45	16	1:20:00	14.0	0:42	4	23:14	7:29	2:07:01
9	Carla Berg	Minneapolis	MN	28	F	7	24:34	7:55	0:59	13	1:15:42	14.8	0:47	9	27:03	8:43	2:09:03
10	Kristy Tenney	Rochester	MN	26	F	10	26:28	8:31	1:01	12	1:15:33	14.8	0:34	8	26:19	8:29	2:09:53
11	Jennifer Frank	Rochester	MN	26	F	12	29:29	9:30	1:20	6	1:10:29	15.9	1:06	12	28:54	9:19	2:11:16
12	Angie Tuthill	Omaha	NE	25	F	17	32:25	10:26	1:05	14	1:16:44	14.6	1:05	2	21:25	6:54	2:12:42
13	Lindsay Bradley	Winona	MN	27	F	13	29:49	9:36	0:55	9	1:12:36	15.4	0:58	14	34:11	11:00	2:18:27
14	Tabitha Beck	Rochester	MN	27	F	15	31:21	10:06	1:55	11	1:14:46	15.0	1:09	13	31:41	10:12	2:20:51
15	Donna Mitchell	Rochester	MN	29	F	16	31:22	10:06	1:58	10	1:13:30	15.2	1:18	15	34:22	11:04	2:22:28
16	Elisabeth Douglas	Rochester	MN	25	F	14	30:15	9:44	1:07	15	1:19:04	14.2	1:06	16	35:23	11:24	2:26:53
17	Sara Leazer	Byron	MN	26	F	11	29:27	9:29	2:03	17	1:20:18	13.9	0:45	17	35:37	11:28	2:28:09

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 Brent Sinn	La Crosse	WI	29	M	5	17:36	5:40	0:40	1	47:11	23.7	0:29	6	19:13	6:11	1:25:07
2 Mike Gruba	Rochester	MN	29	M	3	17:35	5:40	0:30	3	50:50	22.0	0:25	5	19:12	6:11	1:28:30
3 Jason Sinnwell	Rochester	MN	29	M	2	17:26	5:37	0:27	4	52:01	21.5	0:27	1	18:25	5:56	1:28:44
4 Christopher Koch	Rochester	MN	25	M	6	18:10	5:51	0:18	5	52:16	21.4	0:31	3	18:44	6:02	1:29:58
5 Robert Mitchell	Rochester	MN	28	M	1	17:04	5:30	0:41	8	54:13	20.6	0:43	4	18:56	6:06	1:31:36
6 Joe Moyer	Rochester	MN	29	M	13	21:35	6:57	0:49	2	48:29	23.1	0:27	10	22:35	7:17	1:33:54
7 Aaron Douglas	Lacrosse	WI	28	M	8	19:16	6:12	0:40	6	52:28	21.3	0:29	9	21:56	7:04	1:34:46
8 Mehdi Addadi	Bloomington	MN	29	M	7	18:13	5:52	0:53	9	57:09	19.6	0:45	8	21:51	7:02	1:38:49
9 William Eddy	New Brighton	MN	27	M	12	21:31	6:56	0:56	7	53:22	21.0	0:49	11	23:51	7:41	1:40:28
10 Collin Bredeson	Minneapolis	MN	25	M	4	17:36	5:40	0:53	17	1:03:18	17.7	0:50	2	18:39	6:01	1:41:14
11 Conor Clancy	Trim, Co Meath	IR	27	M	9	19:48	6:23	0:26	14	1:01:24	18.2	0:19	7	21:36	6:58	1:43:31
12 Shaun Schatz	Moorhead	MN	29	M	14	21:45	7:00	0:46	11	58:44	19.1	0:41	13	24:09	7:47	1:46:04
13 Matthew Sorenson	Rochester	MN	29	M	16	22:30	7:15	0:33	10	58:14	19.2	0:36	14	24:48	7:59	1:46:40
14 Charles Mitchell	Chaska	MN	25	M	10	20:15	6:31	0:28	16	1:02:35	17.9	0:27	12	23:52	7:41	1:47:35
15 Andrew Knight	New Brighton	MN	27	M	15	21:52	7:03	1:54	13	1:00:16	18.6	1:55	17	25:44	8:17	1:51:39
16 Theron Whitehorn	Minneapolis	MN	27	M	19	23:32	7:35	1:24	12	59:53	18.7	1:10	18	26:33	8:33	1:52:30
17 Kyle Drange	Atwater	MN	26	M	17	22:46	7:20	0:54	15	1:02:30	17.9	0:43	19	27:59	9:01	1:54:50
18 Ryan Niedfeldt	Rochester	MN	26	M	18	23:28	7:33	0:49	18	1:10:04	16.0	0:45	15	25:14	8:08	2:00:18
19 Jeff Stott	Lauderdale	MN	25	M	11	21:20	6:52	0:48	19	1:15:02	14.9	0:34	16	25:28	8:12	2:03:11

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 Andrea Nelson	Minneapolis	MN	31	F	1	20:33	6:37	0:26	3	1:03:46	17.5	0:28	1	21:50	7:02	1:47:01
2 Renae Goldsmith	Eagan	MN	33	F	2	22:50	7:21	1:03	2	1:01:56	18.1	0:59	3	26:57	8:41	1:53:43
3 Tara Laltaye	Shakopee	MN	32	F	3	24:42	7:57	0:50	1	1:00:20	18.5	1:00	4	27:46	8:57	1:54:36
4 Amanda Kozitza	Mankato	MN	31	F	5	26:06	8:24	1:08	4	1:06:14	16.9	1:00	5	30:08	9:42	2:04:34
5 Jennifer Kolstad	St Peter	MN	30	F	4	25:13	8:07	1:29	5	1:10:21	15.9	0:55	2	26:47	8:37	2:04:43
6 Kelly Hodgson	Rochester	MN	33	F	6	29:29	9:30	1:57	6	1:22:16	13.6	1:24	6	31:46	10:14	2:26:51

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 John Rafferty	Rochester	MN	33	M	1	18:55	6:06	1:03	1	51:48	21.6	0:45	2	21:44	7:00	1:34:13
2 Brian Lynch	Rochester	MN	33	M	2	21:19	6:52	1:00	2	56:31	19.8	0:45	1	21:38	6:58	1:41:11
3 Soren Bijngte	Minneapolis	MN	32	M	3	22:34	7:16	1:49	4	1:00:12	18.6	1:05	3	24:33	7:54	1:50:11
4 Jay Gay	Rochester	MN	31	M	4	23:19	7:31	0:59	6	1:03:56	17.5	0:54	4	24:50	8:00	1:53:57
5 Kevin Logue	Rochester	MN	34	M	5	24:46	7:59	1:02	5	1:01:59	18.1	0:54	5	25:35	8:14	1:54:14
6 Scott Sherman	Winona	MN	34	M	6	25:14	8:08	1:32	3	58:53	19.0	1:39	7	31:15	10:04	1:58:31
7 Ryan Zimmerman	Omaha	NE	30	M	8	26:02	8:23	0:38	7	1:04:59	17.2	0:28	6	28:24	9:09	2:00:30
8 Scott Horton	Eden Prairie	MN	34	M	7	25:52	8:20	2:02	8	1:14:18	15.1	0:56	9	32:57	10:37	2:16:02
9 Brent Carlson	Minneapolis	MN	30	M	9	26:50	8:39	1:23	11	1:24:58	13.2	0:59	8	32:30	10:28	2:26:37

10 Marley Ayres	Byron	MN	33	M	10	29:28	9:29	2:07	9	1:20:12	14.0	0:46	10	35:38	11:28	2:28:09
11 Matthew Geller	Shakopee	MN	30	M	11	36:57	11:54	0:58	10	1:21:40	13.7	0:45	11	42:54	13:49	2:43:12

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 Darcy Franklin	Minneapolis	MN	35	F	1	19:04	6:09	0:33	1	56:34	19.8	0:48	1	21:06	6:48	1:38:03
2 Wileen Tibbetts	Eagan	MN	36	F	2	21:15	6:51	1:24	3	1:03:10	17.7	0:58	2	22:40	7:18	1:49:25
3 Janice Pascoe	Rochester	MN	36	F	3	24:54	8:01	2:09	2	1:01:47	18.1	1:29	3	27:06	8:44	1:57:25
4 Wendy Nevala	Oronoco	MN	39	F	4	29:30	9:30	1:09	4	1:04:29	17.4	1:07	4	32:15	10:23	2:08:27

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Mario Minelli	Kasson	MN	36	M	3	19:34	6:18	0:45	1	49:21	22.7	0:37	4	22:14	7:10	1:32:30
2 Marty Netzel	Rochester	MN	39	M	1	17:56	5:47	0:32	2	52:47	21.2	0:23	2	21:26	6:54	1:33:01
3 Todd Aguilar	Rochester	MN	39	M	4	20:25	6:35	0:35	3	53:12	21.0	0:28	3	21:35	6:57	1:36:13
4 Stephen Weigand	Rochester	MN	35	M	2	19:07	6:09	0:37	5	56:22	19.9	0:33	1	21:05	6:47	1:37:42
5 Darin Napton	Rochester	MN	36	M	5	21:14	6:50	0:57	4	54:55	20.4	1:10	6	23:46	7:39	1:42:00
6 Todd Huyber	Oronoco	MN	38	M	6	21:25	6:54	0:44	6	57:09	19.6	0:38	8	25:24	8:11	1:45:18
7 Lee Jameson	Rochester	MN	39	M	7	22:43	7:19	1:17	9	1:01:16	18.3	1:09	5	23:14	7:29	1:49:38
8 Gregory Mattson	Minneapolis	MN	37	M	8	23:01	7:25	1:33	13	1:02:12	18.0	1:12	7	25:04	8:04	1:53:00
9 Dennis Bussian	Wabasha	MN	37	M	16	25:45	8:18	1:26	7	59:31	18.8	0:57	10	26:35	8:34	1:54:12
10 Ruben Mesa	Rochester	MN	38	M	12	23:56	7:43	1:08	8	1:00:44	18.4	1:15	12	27:15	8:46	1:54:17
11 Gregory Bond	Rochester	MN	36	M	17	25:52	8:20	0:54	11	1:01:41	18.1	1:07	11	26:47	8:37	1:56:19
12 Bryan Lingen	Buffalo	MN	38	M	11	23:42	7:38	1:30	14	1:05:09	17.2	1:50	9	25:59	8:22	1:58:08
13 James Luke	Oronoco	MN	37	M	10	23:33	7:35	1:37	10	1:01:27	18.2	0:55	17	31:52	10:16	1:59:21
14 John Yopp	Minneapolis	MN	38	M	9	23:14	7:29	1:53	15	1:05:23	17.1	1:22	14	28:09	9:04	1:59:58
15 Stephen Russell	Rochester	MN	39	M	18	28:20	9:08	0:51	12	1:01:46	18.1	0:36	15	29:20	9:27	2:00:51
16 Michael Hines	Plainview	MN	36	M	14	25:00	8:03	0:53	16	1:05:47	17.0	1:26	16	29:37	9:32	2:02:40
17 Dan Stumpf	Wabasha	MN	38	M	15	25:07	8:05	1:34	18	1:09:51	16.0	1:49	18	31:52	10:16	2:10:12
18 Paul Kennedy	Eden Prairie	MN	39	M	13	24:40	7:57	1:49	19	1:18:24	14.3	1:32	13	27:46	8:57	2:14:10
19 Tim Swanson	Woodbury	MN	39	M	19	31:03	10:00	1:15	17	1:06:31	16.8	1:11	19	34:24	11:05	2:14:21

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 Kathy Bates	Pine Island	MN	43	F	1	23:54	7:42	1:03	1	1:02:37	17.9	0:56	2	25:54	8:21	1:54:22
2 Debra Krause	Rochester	MN	43	F	2	24:26	7:52	0:31	3	1:07:03	16.7	0:29	1	25:40	8:16	1:58:07
3 Jane Streit	Rosemont	MN	42	F	4	26:52	8:39	1:34	2	1:05:45	17.0	1:06	3	30:34	9:50	2:05:49
4 Michaelleen Burroug	Byron	MN	41	F	3	26:06	8:25	1:32	4	1:23:24	13.4	0:49	4	35:32	11:27	2:27:22

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Greg Storey	Rochester	MN	42	M	3	20:41	6:40	0:54	1	50:56	22.0	0:46	2	22:24	7:13	1:35:40
2 David Kallmes	Unknown		44	M	1	18:07	5:50	0:59	3	56:50	19.7	0:56	1	19:33	6:18	1:36:23
3 Matt Rockne	Zumbrota	MN	40	M	2	20:05	6:28	1:04	2	55:42	20.1	1:02	4	24:40	7:57	1:42:31
4 Kiaran McGee	Rochester	MN	42	M	4	20:53	6:44	1:06	5	1:02:49	17.8	1:10	3	23:00	7:24	1:48:55
5 Christopher Steinb	Marion	IA	42	M	5	21:31	6:56	1:13	7	1:04:02	17.5	1:11	5	24:44	7:58	1:52:40
6 Andrew Galbus	Mantorville	MN	41	M	6	23:52	7:41	1:01	4	59:19	18.9	0:53	9	27:43	8:56	1:52:46
7 Douglas Griffin	Kasson	MN	41	M	8	24:38	7:56	0:47	6	1:03:39	17.6	0:34	7	27:15	8:47	1:56:52
8 William Hogan	Rochester	MN	40	M	7	23:56	7:43	1:13	8	1:04:25	17.4	1:29	8	27:32	8:52	1:58:33
9 Todd Stockmo	Rochester	MN	40	M	9	25:04	8:04	1:24	10	1:06:54	16.7	0:57	6	26:47	8:38	2:01:03
10 Wade Davis	Orono	MN	41	M	11	26:53	8:39	1:18	9	1:04:30	17.3	2:36	12	33:13	10:42	2:08:29
11 Wayne Nelson	Rochester	MN	41	M	10	26:04	8:24	1:21	12	1:12:15	15.5	1:00	10	28:35	9:12	2:09:14
12 Paul Nelsestuen	Oronoco	MN	40	M	12	29:12	9:24	1:17	11	1:08:10	16.4	1:37	11	31:46	10:14	2:12:00

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 Lori Heslep	Owatonna	MN	46	F	2	26:07	8:25	1:41	1	1:01:27	18.2	1:41	2	26:03	8:23	1:56:57
2 Kim Locher	Lakeville	MN	45	F	1	22:53	7:22	1:16	3	1:09:07	16.2	1:01	1	23:53	7:41	1:58:07
3 Lucretia Wells	Minneapolis	MN	45	F	3	26:16	8:27	1:19	2	1:07:27	16.6	1:23	3	26:46	8:37	2:03:08
4 Irish Britson	Houston	MN	45	F	4	27:38	8:54	1:06	5	1:26:45	12.9	0:43	4	32:37	10:30	2:28:47
5 Linda Griebenow	Rochester	MN	46	F	5	33:25	10:46	1:28	4	1:15:16	14.9	2:09	5	43:54	14:08	2:36:11

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 Jim Hannon	Rochester	MN	49	M	1	17:26	5:37	0:30	1	50:25	22.2	0:37	1	18:20	5:54	1:27:17
2 Michael Haddock	Rochester	MN	45	M	2	18:38	6:00	0:40	4	1:05:19	17.1	0:25	2	21:48	7:01	1:46:47
3 Casey Seabright	Lakeville	MN	45	M	4	22:24	7:13	0:46	2	1:01:21	18.2	0:46	3	23:44	7:39	1:48:59
4 Mark Amman	Faribault	MN	47	M	3	21:39	6:58	0:31	5	1:05:36	17.1	0:39	4	24:23	7:51	1:52:45
5 Brian Lenn	Pine Island	MN	47	M	5	22:55	7:23	1:11	3	1:03:48	17.5	1:21	7	31:16	10:04	2:00:30
6 Dan Valentine	Winona	MN	48	M	6	23:33	7:35	0:57	8	1:12:26	15.4	0:46	5	26:13	8:27	2:03:52
7 Mark Ostrem	Rochester	MN	49	M	8	26:09	8:25	1:42	7	1:07:46	16.5	1:37	6	27:56	9:00	2:05:09
8 Randy Britson	Houston	MN	47	M	7	24:13	7:48	1:09	9	1:15:18	14.9	0:41	8	31:25	10:07	2:12:44
9 Rob Downer	Rochester	MN	49	M	10	31:24	10:07	1:56	6	1:06:34	16.8	1:20	10	33:15	10:42	2:14:26
10 Kelly Ottara	Rochester	MN	49	M	9	29:57	9:39	1:04	10	1:19:21	14.1	1:40	9	32:09	10:21	2:24:09

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
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1 Marie Torkelson Cannon Falls MN 52 F 1 29:36 9:32 2:02 1 1:16:39 14.6 2:14 1 31:29 10:08 2:21:59

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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 Matt Kingsbury	Lewiston	MN	50	M	2	19:23	6:15	0:59	3	57:59	19.3	0:46	1	20:59	6:45	1:40:04
2 Art Adams	Rochester	MN	52	M	3	20:32	6:37	1:19	1	55:17	20.2	1:17	5	22:25	7:13	1:40:49
3 Mike Ewen	Rochester	MN	50	M	5	20:44	6:41	0:37	2	57:03	19.6	0:41	3	21:52	7:03	1:40:54
4 Brad Kautz	Rochester	MN	50	M	1	19:05	6:09	1:03	4	59:36	18.8	1:10	2	21:11	6:49	1:42:03
5 Greg Hagen	Rochester	MN	53	M	4	20:37	6:39	0:36	5	1:01:20	18.2	0:28	4	21:57	7:04	1:44:57
6 Louis Ahlstrand	Shafer	MN	53	M	7	23:38	7:37	1:07	6	1:02:39	17.9	0:46	7	23:39	7:37	1:51:48
7 Raybob Shank	Northfield	MN	50	M	6	23:25	7:33	1:36	9	1:07:02	16.7	0:49	6	23:39	7:37	1:56:28
8 Mike Borneke	Eagle Lake	MN	53	M	11	25:01	8:03	1:02	8	1:06:30	16.8	0:51	9	26:10	8:26	1:59:32
9 Gene Geller	Waconia	MN	53	M	9	24:35	7:55	1:11	10	1:09:26	16.1	1:15	8	25:41	8:16	2:02:05
10 Mark Koerber	Mason City	IA	52	M	10	24:44	7:58	0:58	7	1:06:10	16.9	1:12	11	30:20	9:46	2:03:21
11 David Brandt	Mason City	IA	52	M	8	23:43	7:38	2:02	12	1:11:50	15.6	1:16	10	26:49	8:38	2:05:38
12 Rick Johnson	Eagan	MN	51	M	12	29:50	9:37	1:13	13	1:13:57	15.1	1:05	12	33:58	10:56	2:20:01
13 Kevin Schultz	Mason City	IA	50	M	13	32:20	10:25	2:39	11	1:09:44	16.0	2:05	13	38:57	12:32	2:25:42

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 Pam Geller	Waconia	MN	56	F	1	36:57	11:54	0:59	1	1:15:54	14.7	1:12	1	40:41	13:06	2:35:41

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 Joe Gyura	Rochester	MN	55	M	1	21:29	6:55	1:17	1	57:18	19.5	0:57	1	22:41	7:18	1:43:39
2 Tom Benge	St Paul	MN	56	M	2	24:23	7:51	0:56	2	57:33	19.4	1:02	3	27:14	8:46	1:51:06
3 Leendert Bijnagte	Minneapolis	MN	57	M	3	24:39	7:56	1:08	3	1:00:40	18.4	1:07	2	26:42	8:36	1:54:14
4 David Schreiber	Rochester	MN	56	M	4	25:50	8:19	1:31	4	1:04:24	17.4	1:22	4	28:00	9:01	2:01:04
5 Tim Madigan	Faribault	MN	57	M	5	26:18	8:28	1:16	5	1:14:55	14.9	1:22	5	29:29	9:30	2:13:18

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	66	F	1	26:27	8:31	1:05	1	1:14:59	14.9	1:16	1	27:44	8:56	2:11:30
2 Gail Kramer	Burnsville	MN	63	F	2	32:12	10:22	1:33	2	1:23:36	13.4	0:54	2	35:32	11:26	2:33:44

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 Dave Demulling	Osceola	WI	61	M	1	22:24	7:13	1:25	1	1:00:22	18.5	1:13	1	24:31	7:54	1:49:53
2 John Dinusson	Rochester	MN	63	M	2	25:51	8:20	0:50	2	1:04:01	17.5	0:49	2	28:09	9:04	1:59:39
3 Gio Zett	Rochester	MN	63	M	3	30:32	9:50	2:31	3	1:09:19	16.1	1:36	3	34:53	11:14	2:18:50