

Chisago LakesTriathlon
Paradise Park
Chisago City, MN
Sun, Jul 29, 2007

0.25 mi swim

20.6 mi bike

3.1 mi run

Overall Results

White River Sports Timing
<http://itiming.com>

| Place | Ovl? | Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
|---|------|---------|---------------------|------|-----|------------|----------------|-----|------------|----|------------|-------------|-----|------------|-----|------------|--------------|------------|-----|-----|-------------|
| Individual - Sprint Distance Triathlon | | | | | | | | | | | | | | | | | | | | | |
| Field: 887 | | | | | | | | | | | | | | | | | | | | | |
| 1 | | 1 | Ellingson, Marc | 345 | 11 | 00:07:37.2 | 01:54 | 10 | 00:01:17.1 | 11 | 00:50:39.4 | 24.4 | 96 | 00:00:51.1 | 1 | 00:16:51.0 | 05:26 | 01:17:16.0 | | | |
| 2 | | 2 | 1 Hauck, Samuel | 333 | 7 | 00:07:21.4 | 01:50 | 50 | 00:01:40.4 | 13 | 00:50:53.8 | 24.3 | 48 | 00:00:42.6 | 3 | 00:17:22.0 | 05:36 | 01:18:00.4 | | | |
| 3 | | 3 | 1 Blankenheim, | 331 | 20 | 00:08:08.0 | 02:02 | 42 | 00:01:38.4 | 17 | 00:51:33.3 | 24.0 | 79 | 00:00:48.4 | 2 | 00:17:12.3 | 05:33 | 01:19:20.6 | | | |
| 4 | | 4 | 1 Simril, Lee | 301 | 5 | 00:07:11.2 | 01:47 | 12 | 00:01:20.9 | 15 | 00:51:06.8 | 24.2 | 7 | 00:00:31.2 | 15 | 00:19:25.2 | 06:15 | 01:19:35.5 | | | |
| 5 | | 5 | 1 Dow, Dave | 332 | 18 | 00:08:00.7 | 02:00 | 26 | 00:01:32.1 | 6 | 00:50:00.3 | 24.7 | 103 | 00:00:51.8 | 12 | 00:19:13.2 | 06:12 | 01:19:38.3 | | | |
| 6 | | 6 | 1 Nelson, Jesse | 307 | 27 | 00:08:25.7 | 02:06 | 14 | 00:01:21.8 | 16 | 00:51:07.5 | 24.2 | 2 | 00:00:27.3 | 6 | 00:18:18.1 | 05:54 | 01:19:40.6 | | | |
| 7 | | 7 | 1 Binnebose, Corey | 341 | 81 | 00:09:24.1 | 02:21 | 7 | 00:01:14.9 | 7 | 00:50:13.6 | 24.6 | 92 | 00:00:50.4 | 8 | 00:18:41.6 | 06:01 | 01:20:24.9 | | | |
| 8 | | 8 | 2 Kocanda, Tony | 529 | 152 | 00:10:18.5 | 02:34 | 65 | 00:01:45.6 | 5 | 00:49:38.0 | 24.9 | 126 | 00:00:55.8 | 5 | 00:18:06.9 | 05:50 | 01:20:45.0 | | | |
| 9 | | 9 | 1 Williams, Michael | 963 | 2 | 00:06:43.5 | 01:40 | 1 | 00:00:52.1 | 30 | 00:53:30.5 | 23.1 | 31 | 00:00:39.8 | 11 | 00:19:10.8 | 06:11 | 01:20:56.9 | | | |
| 10 | | 10 | 3 Budde, Nathan | 312 | 57 | 00:09:03.8 | 02:15 | 25 | 00:01:28.9 | 8 | 00:50:21.2 | 24.5 | 1 | 00:00:26.1 | 21 | 00:19:41.1 | 06:21 | 01:21:01.3 | | | |
| 11 | | 11 | 2 Andrew, Timothy | 1268 | 12 | 00:07:40.3 | 01:55 | 8 | 00:01:15.0 | 12 | 00:50:51.7 | 24.3 | 28 | 00:00:38.2 | 43 | 00:21:32.9 | 06:57 | 01:21:58.3 | | | |
| 12 | | 12 | 2 Clauson, Holden | 877 | 158 | 00:10:22.6 | 02:35 | 60 | 00:01:42.8 | 4 | 00:48:35.4 | 25.4 | 339 | 00:01:20.2 | 26 | 00:20:20.5 | 06:33 | 01:22:21.8 | | | |
| 13 | | 13 | 2 Petrie, Tim | 347 | 146 | 00:10:13.5 | 02:33 | 17 | 00:01:23.7 | 14 | 00:51:05.0 | 24.2 | 10 | 00:00:31.9 | 13 | 00:19:16.0 | 06:12 | 01:22:30.2 | | | |
| 14 | | 14 | 3 Pedersen, Lucas | 348 | 28 | 00:08:25.9 | 02:06 | 46 | 00:01:39.5 | 32 | 00:53:33.6 | 23.1 | 83 | 00:00:48.8 | 7 | 00:18:39.9 | 06:01 | 01:23:08.0 | | | |
| 15 | | 15 | 4 Podratz, Derick | 328 | 128 | 00:10:00.3 | 02:30 | 4 | 00:01:11.9 | 28 | 00:53:23.7 | 23.1 | 43 | 00:00:41.9 | 4 | 00:18:03.0 | 05:49 | 01:23:21.1 | | | |
| 16 | | 16 | 3 White, Todd | 1115 | 4 | 00:07:05.6 | 01:46 | 18 | 00:01:25.1 | 31 | 00:53:32.7 | 23.1 | 16 | 00:00:35.6 | 34 | 00:21:04.3 | 06:47 | 01:23:43.5 | | | |
| 17 | | 17 | 4 Olson, Tyler | 344 | 31 | 00:08:29.7 | 02:07 | 90 | 00:01:52.8 | 10 | 00:50:35.4 | 24.4 | 140 | 00:00:57.3 | 57 | 00:22:01.0 | 07:06 | 01:23:56.4 | | | |
| 18 | | 18 | 5 Leiferman, Chris | 860 | 68 | 00:09:15.0 | 02:18 | 28 | 00:01:33.0 | 20 | 00:52:21.1 | 23.6 | 52 | 00:00:43.3 | 24 | 00:20:06.6 | 06:29 | 01:23:59.2 | | | |
| 19 | | 19 | 2 Tabor, Chip P | 1269 | 35 | 00:08:39.7 | 02:09 | 147 | 00:02:10.4 | 29 | 00:53:23.7 | 23.1 | 73 | 00:00:47.3 | 22 | 00:19:43.6 | 06:21 | 01:24:44.8 | | | |
| 20 | | 20 | 3 Olsen, David | 685 | 100 | 00:09:36.7 | 02:24 | 86 | 00:01:51.7 | 9 | 00:50:31.8 | 24.5 | 161 | 00:00:59.2 | 53 | 00:21:53.7 | 07:03 | 01:24:53.3 | | | |
| 21 | | 21 | 6 Reuter, Grant | 337 | 25 | 00:08:20.4 | 02:05 | 11 | 00:01:20.2 | 23 | 00:52:44.1 | 23.4 | 12 | 00:00:32.6 | 59 | 00:22:06.8 | 07:08 | 01:25:04.3 | | | |
| 22 | | 22 | 7 Dyrud, Paul | 1160 | 201 | 00:10:51.0 | 02:42 | 57 | 00:01:42.5 | 22 | 00:52:39.3 | 23.5 | 270 | 00:01:10.4 | 10 | 00:19:02.2 | 06:08 | 01:25:25.6 | | | |
| 23 | | 23 | 4 Keller, Joe | 305 | 50 | 00:08:56.3 | 02:14 | 22 | 00:01:27.8 | 27 | 00:53:08.7 | 23.3 | 14 | 00:00:33.0 | 48 | 00:21:45.6 | 07:01 | 01:25:51.5 | | | |
| 24 | | 24 | 5 Keil, Matt J. | 951 | 13 | 00:07:49.4 | 01:57 | 51 | 00:01:41.1 | 59 | 00:55:57.1 | 22.1 | 151 | 00:00:58.0 | 20 | 00:19:40.2 | 06:20 | 01:26:06.1 | | | |
| 25 | | 1 | Schmeichel, Don | 338 | 9 | 00:07:30.5 | 01:52 | 19 | 00:01:27.1 | 19 | 00:51:56.2 | 23.8 | 57 | 00:00:44.3 | 162 | 00:24:40.6 | 07:57 | 01:26:19.0 | | | |
| 26 | | 25 | 2 Nordgren, Leif | 339 | 130 | 00:10:02.3 | 02:30 | 37 | 00:01:37.1 | 25 | 00:52:58.6 | 23.3 | 36 | 00:00:40.9 | 33 | 00:21:01.4 | 06:46 | 01:26:20.5 | | | |
| 27 | | 26 | 4 Bates, Ananda | 1104 | 30 | 00:08:29.1 | 02:07 | 250 | 00:02:32.1 | 53 | 00:55:27.6 | 22.3 | 9 | 00:00:31.6 | 16 | 00:19:27.3 | 06:16 | 01:26:27.9 | | | |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | |
|--|------|-----|-------------------|--------------|-------------------|----------------|------------|-------|-------------|------------|-------------|------------|------|------------|------------|--------------|------------|-------|-----------------|--|--|
| Place | Name | Bib | | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | | |
| 28 | 27 | 3 | Anderson, Harry | 569 | Duluth, MN | 149 | 00:10:16.2 | 02:34 | 72 | 00:01:48.0 | 18 | 00:51:38.5 | 23.9 | 174 | 00:00:59.8 | 52 | 00:21:53.4 | 07:03 | 01:26:36.1 | | |
| 29 | 28 | 5 | Donly, Charles | 318 | Minneapolis, | 69 | 00:09:15.8 | 02:18 | 58 | 00:01:42.7 | 56 | 00:55:40.6 | 22.2 | 271 | 00:01:10.5 | 14 | 00:19:16.3 | 06:13 | 01:27:06.1 | | |
| 30 | 29 | 8 | Dyszelski, Justin | 699 | Cudahy, WI | 281 | 00:11:34.8 | 02:53 | 2 | 00:01:05.7 | 24 | 00:52:52.8 | 23.4 | 136 | 00:00:57.2 | 32 | 00:20:52.1 | 06:43 | 01:27:22.8 | | |
| 31 | 1 | | Tuttle, Mary Beth | 992 | Pine Springs, | 6 | 00:07:14.0 | 01:48 | 31 | 00:01:34.1 | 64 | 00:56:09.3 | 22.0 | 211 | 00:01:04.1 | 44 | 00:21:35.3 | 06:57 | 01:27:37.1 | | |
| 32 | 30 | 4 | Sandelin, Peter | 321 | Duluth, MN | 52 | 00:09:00.7 | 02:15 | 109 | 00:01:58.5 | 37 | 00:54:19.0 | 22.8 | 20 | 00:00:36.8 | 54 | 00:21:54.4 | 07:04 | 01:27:49.7 | | |
| 33 | 31 | 5 | Koehler, Aaron | 964 | Minneapolis, | 67 | 00:09:13.4 | 02:18 | 101 | 00:01:55.9 | 36 | 00:54:12.0 | 22.8 | 381 | 00:01:24.9 | 35 | 00:21:05.4 | 06:48 | 01:27:51.9 | | |
| 34 | 32 | 2 | Woodbeck, Dale | 504 | Excelsior, MN | 43 | 00:08:49.6 | 02:12 | 126 | 00:02:04.8 | 21 | 00:52:29.3 | 23.5 | 164 | 00:00:59.3 | 139 | 00:24:13.2 | 07:48 | 01:28:36.4 | | |
| 35 | 33 | 6 | Sosa-sol, Mario | 1116 | Minneapolis, | 139 | 00:10:08.1 | 02:32 | 78 | 00:01:50.0 | 51 | 00:55:23.8 | 22.3 | 283 | 00:01:11.5 | 27 | 00:20:24.9 | 06:35 | 01:28:58.5 | | |
| 36 | 34 | 7 | Brown, Robert | 306 | Hopkins, MN | 56 | 00:09:03.2 | 02:15 | 15 | 00:01:23.2 | 52 | 00:55:25.0 | 22.3 | 333 | 00:01:19.1 | 51 | 00:21:50.2 | 07:02 | 01:29:00.9 | | |
| 37 | 35 | 6 | Hoffmann, Aaron | 791 | Saint Paul, MN | 49 | 00:08:54.3 | 02:13 | 91 | 00:01:52.9 | 40 | 00:54:24.7 | 22.7 | 203 | 00:01:03.2 | 77 | 00:22:46.9 | 07:20 | 01:29:02.3 | | |
| 38 | 36 | 7 | West, Samuel | 876 | Minneapolis, | 54 | 00:09:02.4 | 02:15 | 56 | 00:01:42.4 | 46 | 00:54:46.7 | 22.6 | 370 | 00:01:23.6 | 63 | 00:22:16.6 | 07:11 | 01:29:11.9 | | |
| 39 | 37 | 5 | Mattson, John | 349 | St Peter, MN | 38 | 00:08:46.1 | 02:11 | 69 | 00:01:46.7 | 47 | 00:54:54.2 | 22.5 | 51 | 00:00:42.8 | 104 | 00:23:24.7 | 07:33 | 01:29:34.7 | | |
| 40 | 38 | 8 | Hasty, Brian | 392 | Lauderdale, MN | 266 | 00:11:25.7 | 02:51 | 16 | 00:01:23.6 | 34 | 00:53:54.0 | 22.9 | 47 | 00:00:42.5 | 71 | 00:22:38.6 | 07:18 | 01:30:04.4 | | |
| 41 | 39 | 9 | Van Handel, Mike | 979 | Minneapolis, | 103 | 00:09:38.3 | 02:24 | 5 | 00:01:12.3 | 55 | 00:55:40.3 | 22.2 | 132 | 00:00:56.8 | 75 | 00:22:42.5 | 07:19 | 01:30:10.3 | | |
| 42 | 40 | 10 | Wickens, Brett | 793 | Vincennes, IN | 84 | 00:09:26.5 | 02:21 | 146 | 00:02:10.2 | 79 | 00:57:14.2 | 21.6 | 123 | 00:00:55.4 | 28 | 00:20:29.1 | 06:36 | 01:30:15.6 | | |
| 43 | 2 | 1 | Delo, Marjie | 322 | Delavan, WI | 73 | 00:09:18.2 | 02:19 | 36 | 00:01:36.1 | 69 | 00:56:37.5 | 21.8 | 37 | 00:00:41.0 | 58 | 00:22:03.7 | 07:07 | 01:30:16.7 | | |
| 44 | 41 | 8 | Kaiser, Eddie | 578 | St Paul, MN | 232 | 00:11:10.7 | 02:47 | 115 | 00:02:00.8 | 45 | 00:54:43.8 | 22.6 | 184 | 00:01:01.0 | 41 | 00:21:26.4 | 06:54 | 01:30:22.9 | | |
| 45 | 42 | 9 | Manhardt, Michael | 896 | Center City, MN | 80 | 00:09:24.1 | 02:21 | 45 | 00:01:39.3 | 43 | 00:54:33.3 | 22.7 | 315 | 00:01:16.1 | 120 | 00:23:49.1 | 07:41 | 01:30:42.2 | | |
| 46 | 43 | 11 | Anderson, Craig | 572 | Lino Lakes, MN | 93 | 00:09:31.7 | 02:22 | 142 | 00:02:08.6 | 62 | 00:56:07.8 | 22.0 | 188 | 00:01:01.5 | 56 | 00:21:58.1 | 07:05 | 01:30:47.9 | | |
| 47 | 44 | 9 | Binder, Cody | 993 | St Loius Park, | 62 | 00:09:08.1 | 02:17 | 166 | 00:02:15.1 | 48 | 00:55:02.3 | 22.5 | 241 | 00:01:07.4 | 105 | 00:23:25.2 | 07:33 | 01:30:58.3 | | |
| 48 | 2 | | Scrabeck, | 725 | Preston, MN | 71 | 00:09:17.1 | 02:19 | 99 | 00:01:55.6 | 50 | 00:55:21.2 | 22.3 | 496 | 00:01:41.2 | 76 | 00:22:46.4 | 07:20 | 01:31:01.7 | | |
| 49 | 45 | 6 | Morales, Nick | 1255 | New Hope, MN | 14 | 00:07:49.4 | 01:57 | 6 | 00:01:14.3 | 58 | 00:55:49.8 | 22.1 | 3 | 00:00:27.5 | 243 | 00:26:02.2 | 08:23 | 01:31:23.4 | | |
| 50 | 46 | 1 | Bakalars, Michael | 1258 | St. Louis Park, q | 182 | 00:10:38.8 | 02:39 | 89 | 00:01:52.4 | 26 | 00:52:59.8 | 23.3 | 22 | 00:00:37.4 | 194 | 00:25:16.6 | 08:09 | 01:31:25.2 | | |
| 51 | 3 | 2 | Brintnell, Dawn | 1259 | Saint Paul, MN | 133 | 00:10:04.5 | 02:31 | 68 | 00:01:46.7 | 70 | 00:56:51.7 | 21.7 | 11 | 00:00:32.5 | 62 | 00:22:14.9 | 07:10 | 01:31:30.6 | | |
| 52 | 47 | 3 | Jorgensen, David | 682 | Woodbury, MN | 242 | 00:11:18.1 | 02:49 | 48 | 00:01:39.9 | 65 | 00:56:13.7 | 22.0 | 246 | 00:01:07.9 | 40 | 00:21:14.8 | 06:51 | 01:31:34.6 | | |
| 53 | 48 | 2 | Bullard, Stephen | 897 | Golden Valley, | 70 | 00:09:17.0 | 02:19 | 87 | 00:01:51.7 | 42 | 00:54:30.2 | 22.7 | 102 | 00:00:51.8 | 189 | 00:25:11.8 | 08:07 | 01:31:42.7 | | |
| 54 | 3 | | Kreuziger, Travis | 868 | Inver Grove | 97 | 00:09:35.6 | 02:23 | 103 | 00:01:56.4 | 33 | 00:53:53.4 | 22.9 | 279 | 00:01:11.1 | 203 | 00:25:27.7 | 08:12 | 01:32:04.4 | | |
| 55 | 4 | 1 | Daniels, Sarah | 771 | Savage, MN | 17 | 00:07:59.6 | 01:59 | 113 | 00:02:00.5 | 137 | 00:59:16.0 | 20.9 | 256 | 00:01:08.7 | 55 | 00:21:54.6 | 07:04 | 01:32:19.6 | | |
| 56 | 49 | 1 | Mcmorrow, Patrick | 1025 | Eden Prairie, | 23 | 00:08:13.4 | 02:03 | 71 | 00:01:47.8 | 90 | 00:57:53.9 | 21.3 | 303 | 00:01:14.5 | 110 | 00:23:32.3 | 07:35 | 01:32:42.1 | | |
| 57 | 50 | 10 | Deshitsa, Roman | 755 | Blaine, MN | 58 | 00:09:05.2 | 02:16 | 64 | 00:01:45.4 | 103 | 00:58:20.2 | 21.2 | 233 | 00:01:06.8 | 67 | 00:22:30.3 | 07:15 | 01:32:48.1 | | |
| 58 | 51 | 6 | Mcvay, Brent | 878 | Minneapolis, | 156 | 00:10:21.7 | 02:35 | 20 | 00:01:27.4 | 54 | 00:55:29.0 | 22.3 | 200 | 00:01:02.8 | 149 | 00:24:28.3 | 07:53 | 01:32:49.4 | | |
| 59 | 52 | 7 | Myers, Everett | 1257 | Marine on St. | 443 | 00:13:00.6 | 03:15 | 215 | 00:02:24.6 | 38 | 00:54:23.9 | 22.7 | 181 | 00:01:00.5 | 60 | 00:22:07.0 | 07:08 | 01:32:56.8 | | |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | |
|--|----|-----------------------|---------------------|--------------|------------|-------------|-----|------------|-------------|------------|----------|-----|------------|------------|------------|-----------|------------|-----|-----------------|
| Place | | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 60 | 5 | 1 Pletsch, Kristin | 330 Waconia, MN | 53 | 00:09:00.9 | 02:15 | 66 | 00:01:45.7 | 94 | 00:58:03.7 | 21.3 | 244 | 00:01:07.8 | 97 | 00:23:16.7 | 07:30 | 01:33:15.0 | | |
| 61 | 53 | 3 Fristik, John | 1117 Stillwater, MN | 119 | 00:09:52.8 | 02:28 | 70 | 00:01:47.1 | 71 | 00:56:52.7 | 21.7 | 221 | 00:01:05.2 | 115 | 00:23:41.0 | 07:38 | 01:33:18.9 | | |
| 62 | 54 | 12 Kuncel, Andrew | 799 Minneapolis, | 519 | 00:13:37.8 | 03:24 | 73 | 00:01:48.1 | 60 | 00:55:57.6 | 22.1 | 231 | 00:01:06.5 | 31 | 00:20:51.3 | 06:43 | 01:33:21.4 | | |
| 63 | 55 | 7 Barrios, Iv, Nolan | 313 Stillwater, MN | 216 | 00:11:00.0 | 02:45 | 33 | 00:01:35.2 | 75 | 00:56:58.8 | 21.7 | 225 | 00:01:06.0 | 93 | 00:23:14.7 | 07:29 | 01:33:54.8 | | |
| 64 | 56 | 3 Poorker, Craig | 577 Robbinsdale, | 339 | 00:12:08.9 | 03:02 | 122 | 00:02:03.2 | 67 | 00:56:32.6 | 21.9 | | | | | | 01:34:08.5 | | |
| 65 | 6 | 3 Kaitala, Denise | 1098 Duluth, MN | 32 | 00:08:35.3 | 02:08 | 96 | 00:01:55.3 | 121 | 00:58:44.8 | 21.0 | 175 | 00:00:59.8 | 130 | 00:23:58.5 | 07:44 | 01:34:14.0 | | |
| 66 | 7 | 2 Substad, Dawn | 648 Minneapolis, | 189 | 00:10:44.9 | 02:41 | 29 | 00:01:33.3 | 161 | 00:59:46.2 | 20.7 | 167 | 00:00:59.5 | 38 | 00:21:14.2 | 06:51 | 01:34:18.3 | | |
| 67 | 57 | 8 Bittner, Mark | 773 Bruce, WI | 263 | 00:11:24.9 | 02:51 | 137 | 00:02:07.0 | 35 | 00:54:06.4 | 22.8 | 223 | 00:01:05.5 | 219 | 00:25:39.4 | 08:16 | 01:34:23.4 | | |
| 68 | 8 | 3 Budde, Sheri | 336 Hanover, MN | 61 | 00:09:05.6 | 02:16 | 41 | 00:01:38.3 | 95 | 00:58:04.2 | 21.3 | 80 | 00:00:48.6 | 170 | 00:24:47.7 | 07:59 | 01:34:24.6 | | |
| 69 | 58 | 9 Lacaille, Rick | 707 Duluth, MN | 170 | 00:10:30.1 | 02:37 | 130 | 00:02:05.8 | 135 | 00:59:06.5 | 20.9 | 368 | 00:01:23.3 | 50 | 00:21:48.2 | 07:02 | 01:34:54.1 | | |
| 70 | 9 | 1 Keller, Dawn | 904 Maple Grove, | 151 | 00:10:18.2 | 02:34 | 49 | 00:01:39.9 | 61 | 00:56:06.2 | 22.0 | 74 | 00:00:47.4 | 246 | 00:26:03.9 | 08:24 | 01:34:55.8 | | |
| 71 | 10 | 4 Stafford, Jennifer | 423 Harris, MN | 107 | 00:09:42.2 | 02:25 | 21 | 00:01:27.4 | 148 | 00:59:34.0 | 20.7 | 307 | 00:01:15.2 | 82 | 00:23:02.7 | 07:26 | 01:35:01.7 | | |
| 72 | 4 | Gaffer, Steve | 883 New Richmond, | 24 | 00:08:15.3 | 02:03 | 179 | 00:02:16.5 | 76 | 00:56:59.5 | 21.7 | 382 | 00:01:24.9 | 256 | 00:26:10.6 | 08:26 | 01:35:07.0 | | |
| 73 | 59 | 4 Nelson, Dane | 702 Lake Elmo, MN | 104 | 00:09:38.5 | 02:24 | 92 | 00:01:54.0 | 250 | 01:02:24.4 | 19.8 | 507 | 00:01:42.4 | 17 | 00:19:29.7 | 06:17 | 01:35:09.2 | | |
| 74 | 11 | 1 Pastorius, Katie | 820 Arden Hills, MN | 63 | 00:09:08.4 | 02:17 | 3 | 00:01:10.8 | 158 | 00:59:41.3 | 20.7 | 127 | 00:00:56.2 | 138 | 00:24:12.4 | 07:48 | 01:35:09.3 | | |
| 75 | 12 | 1 Kocanda, Laurie | 530 Minneapolis, | 167 | 00:10:28.1 | 02:37 | 79 | 00:01:50.4 | 119 | 00:58:40.5 | 21.1 | 119 | 00:00:54.3 | 100 | 00:23:18.7 | 07:31 | 01:35:12.2 | | |
| 76 | 13 | 4 Hermanson, Sara | 649 Andover, MN | 164 | 00:10:26.6 | 02:36 | 77 | 00:01:50.0 | 116 | 00:58:37.8 | 21.1 | 214 | 00:01:04.3 | 103 | 00:23:23.1 | 07:32 | 01:35:22.0 | | |
| 77 | 14 | 5 Koehler, Amber | 970 Minneapolis, | 39 | 00:08:47.1 | 02:11 | 127 | 00:02:04.8 | 111 | 00:58:32.2 | 21.1 | 308 | 00:01:15.4 | 167 | 00:24:42.5 | 07:58 | 01:35:22.1 | | |
| 78 | 60 | 8 Exner, Patrick | 1176 Brooklyn Park, | 235 | 00:11:13.9 | 02:48 | 83 | 00:01:51.0 | 167 | 00:59:56.2 | 20.6 | 452 | 00:01:33.3 | 30 | 00:20:48.7 | 06:42 | 01:35:23.4 | | |
| 79 | 15 | 5 Lindstrom, Tiffany | 346 Woodbury, MN | 209 | 00:10:54.7 | 02:43 | 133 | 00:02:06.4 | 128 | 00:58:56.4 | 21.0 | 89 | 00:00:49.9 | 72 | 00:22:39.3 | 07:18 | 01:35:27.0 | | |
| 80 | 61 | 11 Rupprecht, Brad | 1130 Minneapolis, | 213 | 00:10:58.1 | 02:44 | 219 | 00:02:26.5 | 93 | 00:58:01.3 | 21.3 | 296 | 00:01:13.6 | 78 | 00:22:49.8 | 07:21 | 01:35:29.5 | | |
| 81 | 62 | 10 Sheck, Aaron | 350 Brookfield, Wi | 161 | 00:10:24.4 | 02:36 | 165 | 00:02:14.8 | 117 | 00:58:38.1 | 21.1 | 212 | 00:01:04.3 | 96 | 00:23:16.7 | 07:30 | 01:35:38.6 | | |
| 82 | 63 | 4 Rasmussen, John | 750 Depere, WI | 85 | 00:09:27.0 | 02:21 | 107 | 00:01:57.3 | 171 | 00:59:59.1 | 20.6 | 275 | 00:01:10.7 | 87 | 00:23:07.0 | 07:27 | 01:35:41.4 | | |
| 83 | 64 | 5 Vaillancourt, Scott | 486 Roseville, MN | 141 | 00:10:09.3 | 02:32 | 326 | 00:02:44.7 | 81 | 00:57:17.4 | 21.6 | 395 | 00:01:26.2 | 137 | 00:24:10.9 | 07:48 | 01:35:48.7 | | |
| 84 | 65 | 11 Hagen, Isaac | 1041 Minneapolis, | 44 | 00:08:51.2 | 02:12 | 52 | 00:01:41.2 | 73 | 00:56:54.7 | 21.7 | 654 | 00:02:10.8 | 257 | 00:26:11.7 | 08:27 | 01:35:49.7 | | |
| 85 | 66 | 12 Pritchard, Shawn | 1099 Minneapolis, | 171 | 00:10:30.4 | 02:37 | 328 | 00:02:44.8 | 182 | 01:00:16.7 | 20.5 | 329 | 00:01:18.0 | 39 | 00:21:14.6 | 06:51 | 01:36:04.5 | | |
| 86 | 5 | Stahl, Josh | 397 Minnetonka, MN | 140 | 00:10:08.4 | 02:32 | 108 | 00:01:57.4 | 77 | 00:57:10.9 | 21.6 | 94 | 00:00:50.8 | 248 | 00:26:05.6 | 08:25 | 01:36:13.3 | | |
| 87 | 16 | 2 Baird, Deborah | 302 Maple Grove, | 47 | 00:08:54.0 | 02:13 | 38 | 00:01:37.4 | 147 | 00:59:30.7 | 20.8 | 54 | 00:00:43.7 | 206 | 00:25:28.7 | 08:13 | 01:36:14.7 | | |
| 88 | 67 | 9 Feile, Christopher | 458 Minneapolis, | 203 | 00:10:51.7 | 02:42 | 188 | 00:02:18.7 | 112 | 00:58:32.8 | 21.1 | 310 | 00:01:15.4 | 98 | 00:23:17.8 | 07:30 | 01:36:16.6 | | |
| 89 | 68 | 12 Rosow, Michael | 729 Minneapolis, | 153 | 00:10:18.9 | 02:34 | 162 | 00:02:14.4 | 101 | 00:58:15.1 | 21.2 | 75 | 00:00:47.5 | 163 | 00:24:40.6 | 07:57 | 01:36:16.7 | | |
| 90 | 69 | 13 Petersen, | 1015 Minneapolis, | 142 | 00:10:09.4 | 02:32 | 658 | 00:04:12.9 | 194 | 01:00:40.3 | 20.4 | 505 | 00:01:42.1 | 18 | 00:19:32.4 | 06:18 | 01:36:17.3 | | |
| 91 | 70 | 1 Wheeler, Rick E. | 765 River Falls, WI | 208 | 00:10:52.9 | 02:43 | 88 | 00:01:51.8 | 115 | 00:58:36.4 | 21.1 | 160 | 00:00:59.0 | 127 | 00:23:57.0 | 07:43 | 01:36:17.3 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | |
|--|-------------|------|-------------------|------|-----------------|-------------|------------|-------|-----|-------------|----------|------------|------|-----|------------|-----------|------------|-----------|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 92 | 71 | 10 | Schneider, Jeff | 391 | Minnetrista, MN | 110 | 00:09:44.5 | 02:26 | 9 | 00:01:16.6 | 114 | 00:58:35.7 | 21.1 | 378 | 00:01:24.8 | 204 | 00:25:28.0 | 08:12 | | 01:36:29.9 |
| 93 | 72 | 13 | Berry, Donald | 509 | Stillwater, MN | 355 | 00:12:16.3 | 03:04 | 148 | 00:02:10.8 | 72 | 00:56:54.3 | 21.7 | 325 | 00:01:17.8 | 124 | 00:23:52.6 | 07:42 | | 01:36:32.1 |
| 94 | 17 | 6 | Wilcox, Jenny | 641 | Cottage Grove, | 524 | 00:13:40.5 | 03:25 | 120 | 00:02:02.3 | 149 | 00:59:34.1 | 20.7 | 470 | 00:01:36.7 | 19 | 00:19:39.5 | 06:20 | | 01:36:33.3 |
| 95 | 73 | 10 | Anderson, Ken | 505 | Stacy, MN | 163 | 00:10:25.5 | 02:36 | 286 | 00:02:37.8 | 92 | 00:57:59.9 | 21.3 | 385 | 00:01:24.9 | 132 | 00:24:05.8 | 07:46 | | 01:36:34.1 |
| 96 | 74 | 11 | Peltier, Bruce | 377 | Hartland, WI | 248 | 00:11:20.4 | 02:50 | 39 | 00:01:37.4 | 57 | 00:55:46.6 | 22.2 | 46 | 00:00:42.4 | 321 | 00:27:10.7 | 08:46 | | 01:36:37.8 |
| 97 | 75 | 14 | Rorvig, Jesse | 769 | Minneapolis, | 352 | 00:12:14.2 | 03:03 | 168 | 00:02:15.3 | 102 | 00:58:19.4 | 21.2 | 59 | 00:00:45.4 | 91 | 00:23:11.2 | 07:28 | | 01:36:45.7 |
| 98 | 76 | 14 | Kryzer, Brendon | 410 | White Bear | 102 | 00:09:38.0 | 02:24 | 167 | 00:02:15.3 | 68 | 00:56:36.4 | 21.8 | 392 | 00:01:25.5 | 297 | 00:26:50.9 | 08:39 | | 01:36:46.2 |
| 99 | 18 | 2 | Olsen, Suzie | 684 | Blue Earth, MN | 177 | 00:10:34.0 | 02:38 | 149 | 00:02:11.0 | 136 | 00:59:13.0 | 20.9 | 125 | 00:00:55.5 | 126 | 00:23:55.4 | 07:43 | | 01:36:49.2 |
| 100 | 77 | 15 | Uthus, Brandt | 1129 | Inver Grove | 59 | 00:09:05.3 | 02:16 | 199 | 00:02:20.7 | 157 | 00:59:40.7 | 20.7 | 38 | 00:00:41.1 | 183 | 00:25:03.5 | 08:05 | | 01:36:51.4 |
| 101 | 78 | 2 | Flynn, Mike | 802 | Elk River, MN | 286 | 00:11:36.3 | 02:54 | 226 | 00:02:27.1 | 124 | 00:58:48.6 | 21.0 | 281 | 00:01:11.1 | 85 | 00:23:04.3 | 07:26 | | 01:37:07.7 |
| 102 | 19 | 6 | Erhard, Stephanie | 554 | Plymouth, MN | 254 | 00:11:23.4 | 02:50 | 30 | 00:01:34.0 | 179 | 01:00:11.4 | 20.5 | 66 | 00:00:46.0 | 95 | 00:23:15.9 | 07:30 | | 01:37:10.9 |
| 103 | 6 | | Corbett, Daniel | 438 | Northfield, MN | 135 | 00:10:05.8 | 02:31 | 178 | 00:02:16.5 | 91 | 00:57:59.2 | 21.3 | 555 | 00:01:48.8 | 180 | 00:25:02.5 | 08:04 | | 01:37:13.1 |
| 104 | 79 | 12 | Robinson, Chris | 858 | Baxter, MN | 285 | 00:11:35.8 | 02:53 | 27 | 00:01:32.8 | 118 | 00:58:40.2 | 21.1 | 330 | 00:01:18.1 | 133 | 00:24:06.6 | 07:46 | | 01:37:13.6 |
| 105 | 20 | 7 | Lick, Karrin | 974 | Shakopee, MN | 34 | 00:08:37.0 | 02:09 | 67 | 00:01:45.8 | 172 | 01:00:00.7 | 20.6 | 354 | 00:01:21.8 | 205 | 00:25:28.6 | 08:13 | | 01:37:14.2 |
| 106 | 80 | 4 | Stone, Dan | 335 | Maple Grove, | 113 | 00:09:46.1 | 02:26 | 256 | 00:02:32.9 | 134 | 00:59:03.6 | 20.9 | 313 | 00:01:15.7 | 155 | 00:24:36.0 | 07:56 | | 01:37:14.6 |
| 107 | 81 | 11 | Walker, Tim | 629 | Minnetonka, MN | 439 | 00:12:59.8 | 03:14 | 129 | 00:02:05.6 | 44 | 00:54:43.6 | 22.6 | 298 | 00:01:13.9 | 263 | 00:26:15.0 | 08:28 | | 01:37:18.2 |
| 108 | 82 | 5 | Lance, Sam | 846 | Woodbury, MN | | | | | | 155 | 00:59:39.3 | 20.7 | 301 | 00:01:14.2 | 49 | 00:21:46.3 | 07:01 | | 01:37:20.0 |
| 109 | 83 | 16 | Wood, Mike | 997 | Minnetonka, MN | 8 | 00:07:26.8 | 01:51 | 180 | 00:02:16.6 | 144 | 00:59:26.3 | 20.8 | 371 | 00:01:23.7 | 298 | 00:26:52.1 | 08:40 | | 01:37:25.8 |
| 110 | 21 | 3 | Witmer-Gautsch, | 1274 | Eden Prairie, | 101 | 00:09:37.0 | 02:24 | 157 | 00:02:12.7 | 219 | 01:01:27.6 | 20.1 | 204 | 00:01:03.2 | 86 | 00:23:05.9 | 07:27 | | 01:37:26.7 |
| 111 | 22 | 4 | Ahlquist, Sara | 838 | Minnetonka, MN | 199 | 00:10:49.9 | 02:42 | 35 | 00:01:35.8 | 108 | 00:58:26.3 | 21.2 | 328 | 00:01:17.9 | 197 | 00:25:21.2 | 08:10 | | 01:37:31.3 |
| 112 | 23 | 2 | Lambe, Amy | 848 | Anchorage, AK | 77 | 00:09:20.7 | 02:20 | 125 | 00:02:04.7 | 191 | 01:00:37.3 | 20.4 | 34 | 00:00:40.7 | 176 | 00:24:56.7 | 08:02 | | 01:37:40.3 |
| 113 | 84 | 13 | Johnson, Michael | 726 | Preston, MN | 540 | 00:13:48.9 | 03:27 | 114 | 00:02:00.7 | 156 | 00:59:39.6 | 20.7 | | | 797 | 02:02:19.9 | | | 01:37:51.1 |
| 114 | 85 | 13 | Goodin, David | 1007 | New Brighton, | 192 | 00:10:46.8 | 02:41 | 240 | 00:02:29.7 | 195 | 01:00:41.4 | 20.4 | 497 | 00:01:41.4 | 65 | 00:22:23.6 | 07:13 | | 01:38:03.1 |
| 115 | 86 | 6 | Ramberg, Nick | 987 | North Branch, | 752 | 00:17:35.0 | 04:23 | 424 | 00:03:05.5 | 84 | 00:57:33.4 | 21.5 | 110 | 00:00:53.6 | 9 | 00:18:55.5 | 06:06 | | 01:38:03.2 |
| 116 | 7 | | Laubscher, Rob | 334 | Stillwater, MN | 22 | 00:08:11.9 | 02:02 | 55 | 00:01:41.7 | 133 | 00:59:02.9 | 20.9 | 272 | 00:01:10.5 | 373 | 00:28:00.1 | 09:01 | | 01:38:07.4 |
| 117 | 87 | 14 | Hull, James | 778 | St. Louis Park, | 337 | 00:12:08.3 | 03:02 | 427 | 00:03:06.5 | 203 | 01:00:57.5 | 20.3 | 62 | 00:00:45.7 | 37 | 00:21:09.5 | 06:49 | | 01:38:07.6 |
| 118 | 88 | 7 | Rickard, Caius | 837 | Plymouth, MN | 83 | 00:09:25.0 | 02:21 | 24 | 00:01:28.4 | 173 | 01:00:01.9 | 20.6 | 149 | 00:00:58.0 | 264 | 00:26:16.1 | 08:28 | | 01:38:09.6 |
| 119 | 89 | 12 | Hofstad, Michael | 759 | Golden Valley, | 90 | 00:09:30.8 | 02:22 | 388 | 00:02:58.8 | 140 | 00:59:21.4 | 20.8 | 439 | 00:01:32.0 | 169 | 00:24:46.8 | 07:59 | | 01:38:09.9 |
| 120 | 90 | 14 | Olson, Wade | 639 | Minneapolis, | 573 | 00:14:09.4 | 03:32 | 483 | 00:03:19.0 | 39 | 00:54:24.1 | 22.7 | 585 | 00:01:55.2 | 142 | 00:24:23.4 | 07:52 | | 01:38:11.4 |
| 121 | 91 | 15 | Nelson, Matthew | 405 | Minneapolis, | 166 | 00:10:27.9 | 02:36 | 164 | 00:02:14.8 | 83 | 00:57:23.8 | 21.5 | 588 | 00:01:55.9 | 255 | 00:26:09.9 | 08:26 | | 01:38:12.5 |
| 122 | 92 | 17 | Folkman, Chad | 890 | Madison, WI | 494 | 00:13:27.7 | 03:21 | 319 | 00:02:43.9 | 150 | 00:59:34.6 | 20.7 | 341 | 00:01:20.6 | 36 | 00:21:07.7 | 06:48 | | 01:38:14.8 |
| 123 | 24 | 3 | Stangl, Heidi | 938 | Andover, MN | 351 | 00:12:13.5 | 03:03 | 74 | 00:01:48.2 | 82 | 00:57:18.9 | 21.6 | 364 | 00:01:23.1 | 210 | 00:25:31.8 | 08:14 | | 01:38:15.7 |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | |
|--|-----|----|--------------------|------|----------------|------|-------------|-------|-------------|------------|------|------------|------|------------|------------|-----------|------------|--------|-----|-----------------|
| Place | | | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 124 | 93 | 13 | Jordan, Steve | 583 | Buffalo, MN | 55 | 00:09:02.6 | 02:15 | 502 | 00:03:23.9 | 187 | 01:00:21.8 | 20.5 | 172 | 00:00:59.8 | 150 | 00:24:28.4 | 07:53 | | 01:38:16.6 |
| 125 | | 8 | Cayford, Jeff | 871 | Stillwater, MN | 123 | 00:09:56.0 | 02:29 | 110 | 00:01:58.8 | 49 | 00:55:13.1 | 22.4 | 144 | 00:00:57.6 | 508 | 00:30:13.5 | 09:45 | | 01:38:19.1 |
| 126 | 94 | 14 | Dalton, Stuart | 380 | Mahtomedi, MN | 64 | 00:09:08.5 | 02:17 | 198 | 00:02:20.6 | 175 | 01:00:03.1 | 20.6 | 166 | 00:00:59.5 | 231 | 00:25:49.3 | 08:19 | | 01:38:21.3 |
| 127 | 95 | 5 | Zuehlke, Jim | 1132 | Minnetonka, MN | 300 | 00:11:46.5 | 02:56 | 345 | 00:02:47.8 | 74 | 00:56:57.8 | 21.7 | 579 | 00:01:54.8 | 177 | 00:24:58.3 | 08:03 | | 01:38:25.4 |
| 128 | 96 | 6 | Papez, David | 720 | Kiel, WI | 89 | 00:09:30.6 | 02:22 | 307 | 00:02:40.4 | 192 | 01:00:37.7 | 20.4 | 153 | 00:00:58.3 | 158 | 00:24:39.8 | 07:57 | | 01:38:27.0 |
| 129 | 97 | 16 | Sabby, Travis | 995 | Lino Lakes, MN | 309 | 00:11:51.7 | 02:57 | 214 | 00:02:24.2 | 227 | 01:01:40.8 | 20.0 | 683 | 00:02:19.8 | 25 | 00:20:15.3 | 06:32 | | 01:38:32.0 |
| 130 | 98 | 17 | Dillon, Michael | 857 | Brained, MN | 150 | 00:10:18.1 | 02:34 | 98 | 00:01:55.5 | 142 | 00:59:24.0 | 20.8 | 111 | 00:00:53.7 | 244 | 00:26:02.7 | 08:24 | | 01:38:34.2 |
| 131 | 25 | 4 | Royter, Lydia | 1068 | Minneapolis, | 472 | 00:13:16.5 | 03:19 | 242 | 00:02:30.6 | 86 | 00:57:41.2 | 21.4 | 249 | 00:01:08.0 | 131 | 00:24:01.3 | 07:44 | | 01:38:37.8 |
| 132 | 99 | 15 | Von De Linde, | 455 | Orchard Lane, | 239 | 00:11:15.4 | 02:48 | 544 | 00:03:34.9 | 146 | 00:59:29.8 | 20.8 | 268 | 00:01:10.2 | 88 | 00:23:07.7 | 07:27 | | 01:38:38.2 |
| 133 | 100 | 18 | Houle, Thomas | 479 | Wyoming, MN | 273 | 00:11:30.6 | 02:52 | 340 | 00:02:47.2 | 163 | 00:59:51.8 | 20.6 | 30 | 00:00:39.7 | 122 | 00:23:50.9 | 07:41 | | 01:38:40.5 |
| 134 | 101 | 6 | Millam, Mark | 767 | Minneapolis, | 363 | 00:12:19.1 | 03:04 | 93 | 00:01:54.4 | 113 | 00:58:34.4 | 21.1 | 297 | 00:01:13.8 | 165 | 00:24:41.1 | 07:57 | | 01:38:42.9 |
| 135 | 102 | 18 | Walts, Cameron | 1142 | Atlanta, GA | 36 | 00:08:40.3 | 02:10 | 76 | 00:01:49.7 | 198 | 01:00:49.1 | 20.3 | 104 | 00:00:52.1 | 278 | 00:26:33.0 | 08:33 | | 01:38:44.5 |
| 136 | 103 | 15 | Purkey, Todd | 316 | Apple Valley, | 200 | 00:10:50.6 | 02:42 | 43 | 00:01:38.6 | 130 | 00:58:58.7 | 21.0 | 229 | 00:01:06.2 | 258 | 00:26:12.0 | 08:27 | | 01:38:46.3 |
| 137 | 104 | 19 | Dingle, Michael | 861 | Stillwater, MN | 562 | 00:14:01.6 | 03:30 | 100 | 00:01:55.9 | 78 | 00:57:11.2 | 21.6 | 177 | 00:01:00.3 | 156 | 00:24:37.6 | 07:56 | | 01:38:46.8 |
| 138 | 105 | 16 | Steiger, Gregg | 1185 | Minnetonka, MN | 230 | 00:11:09.2 | 02:47 | 331 | 00:02:45.1 | 176 | 01:00:03.1 | 20.6 | 338 | 00:01:20.1 | 114 | 00:23:37.9 | 07:37 | | 01:38:55.7 |
| 139 | 106 | 16 | Chaffin, Dave | 932 | Saint Louis | 341 | 00:12:10.0 | 03:02 | 196 | 00:02:19.8 | 153 | 00:59:38.8 | 20.7 | 178 | 00:01:00.3 | 117 | 00:23:47.4 | 07:40 | | 01:38:56.5 |
| 140 | 26 | 5 | Bronson, Leanne | 507 | Superior, WI | 118 | 00:09:52.4 | 02:28 | 213 | 00:02:24.1 | 143 | 00:59:25.8 | 20.8 | 285 | 00:01:11.9 | 253 | 00:26:07.2 | 08:25 | | 01:39:01.5 |
| 141 | 9 | | Walts, Brandon | 893 | Minneapolis, | 16 | 00:07:56.9 | 01:59 | 314 | 00:02:42.1 | 105 | 00:58:23.9 | 21.2 | 208 | 00:01:03.5 | 434 | 00:28:55.3 | 09:19 | | 01:39:01.9 |
| 142 | 107 | 17 | Hawes, | 537 | Saint Paul, MN | 299 | 00:11:46.5 | 02:56 | 375 | 00:02:56.2 | 80 | 00:57:15.7 | 21.6 | 401 | 00:01:26.8 | 217 | 00:25:36.9 | 08:15 | | 01:39:02.3 |
| 143 | 108 | 19 | Johnson, Victor | 538 | Eagan, MN | 718 | 00:16:41.0 | 04:10 | 271 | 00:02:35.2 | 41 | 00:54:25.1 | 22.7 | 583 | 00:01:55.1 | 108 | 00:23:29.6 | 07:34 | | 01:39:06.1 |
| 144 | 109 | 7 | Tjosvold, Doug | 1147 | St. Paul, MN | 195 | 00:10:47.2 | 02:41 | 141 | 00:02:08.6 | 109 | 00:58:29.9 | 21.1 | 491 | 00:01:40.4 | 251 | 00:26:06.7 | 08:25 | | 01:39:13.0 |
| 145 | 110 | 17 | Myren, Scott | 415 | Maple Grove, | 181 | 00:10:37.6 | 02:39 | 252 | 00:02:32.5 | 174 | 01:00:03.1 | 20.6 | 284 | 00:01:11.7 | 172 | 00:24:48.2 | 08:00 | | 01:39:13.4 |
| 146 | 27 | 5 | Bergstedt, | 317 | Minnetonka, MN | 175 | 00:10:33.2 | 02:38 | 170 | 00:02:15.4 | 346 | 01:05:04.0 | 19.0 | 404 | 00:01:27.2 | 23 | 00:19:54.8 | 06:25 | | 01:39:14.8 |
| 147 | 10 | | Becker, Tom | 515 | Victoria, MN | 137 | 00:10:06.3 | 02:31 | 150 | 00:02:11.0 | 110 | 00:58:31.8 | 21.1 | 255 | 00:01:08.6 | 327 | 00:27:17.4 | 08:48 | | 01:39:15.2 |
| 148 | 28 | 1 | Minder Chatterton, | 324 | Shoreview, MN | 40 | 00:08:47.7 | 02:11 | 446 | 00:03:09.9 | 185 | 01:00:20.6 | 20.5 | 347 | 00:01:21.2 | 223 | 00:25:42.9 | 08:17 | | 01:39:22.6 |
| 149 | 29 | 3 | Skaak-page, | 1190 | Eden Prairie, | 157 | 00:10:21.7 | 02:35 | 175 | 00:02:15.8 | 96 | 00:58:07.5 | 21.3 | 587 | 00:01:55.2 | 302 | 00:26:54.8 | 08:40 | | 01:39:35.2 |
| 150 | 30 | 8 | Ault, Kimberly | 562 | Plymouth, MN | 176 | 00:10:33.8 | 02:38 | 53 | 00:01:41.3 | 99 | 00:58:12.1 | 21.2 | 133 | 00:00:56.9 | 399 | 00:28:18.3 | 09:07 | | 01:39:42.6 |
| 151 | 111 | 15 | Snyder, Tom | 1135 | Bloomington, | 218 | 00:11:02.1 | 02:45 | 358 | 00:02:50.4 | 215 | 01:01:21.7 | 20.1 | 32 | 00:00:40.0 | 119 | 00:23:48.3 | 07:40 | | 01:39:42.8 |
| 152 | 112 | 1 | Stangl, Charlie | 818 | Andover, MN | 511 | 00:13:34.1 | 03:23 | 392 | 00:02:59.9 | 122 | 00:58:48.1 | 21.0 | 596 | 00:01:57.3 | 68 | 00:22:31.5 | 07:15 | | 01:39:51.1 |
| 153 | 113 | 8 | Cliffe., Charles | 1109 | North Oaks, MN | 91 | 00:09:31.0 | 02:22 | 419 | 00:03:04.8 | 97 | 00:58:10.0 | 21.2 | 345 | 00:01:20.9 | 360 | 00:27:49.2 | 08:58 | | 01:39:56.1 |
| 154 | 114 | 16 | Bos, Alex | 1067 | Saint Paul, MN | 92 | 00:09:31.3 | 02:22 | 335 | 00:02:46.3 | 209 | 01:01:11.8 | 20.2 | 65 | 00:00:45.9 | 237 | 00:25:57.1 | 08:22 | | 01:40:12.6 |
| 155 | 31 | 4 | Newcomb, Kathy | 843 | Woodbury, MN | 143 | 00:10:11.0 | 02:32 | 183 | 00:02:17.4 | 100 | 00:58:12.8 | 21.2 | 375 | 00:01:24.1 | 385 | 00:28:07.3 | 09:04 | | 01:40:12.8 |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | | T-1 | | 0.6mi bike | | | T-2 | | 3.1mi run | | | 7/29/2007 | | | |
|--|-------------|-----------------------|------|-----------------|--------------|------------|-------------|-----|------------|------------|------------|----------|-----|------------|-----------|------------|-----------|------------|-----|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 156 | 115 | 20 Riley, Jason | 1052 | Maple Grove, | 342 | 00:12:10.6 | 03:02 | 354 | 00:02:50.1 | 88 | 00:57:42.9 | 21.4 | 687 | 00:02:20.7 | 187 | 00:25:10.5 | 08:07 | 01:40:15.0 | | | |
| 157 | 32 | 2 Berndt, Danielle | 915 | Bloomington, | 205 | 00:10:52.1 | 02:43 | 235 | 00:02:28.8 | 331 | 01:04:44.0 | 19.1 | 388 | 00:01:25.2 | 29 | 00:20:45.2 | 06:41 | 01:40:15.5 | | | |
| 158 | 116 | 18 Waldoch, Rani | 839 | Lindstrom, MN | 497 | 00:13:29.1 | 03:22 | 322 | 00:02:44.5 | 106 | 00:58:24.6 | 21.2 | 170 | 00:00:59.7 | 157 | 00:24:38.6 | 07:56 | 01:40:16.7 | | | |
| 159 | 33 | 3 Bond, Katie | 1267 | Minneapolis, | 278 | 00:11:33.5 | 02:53 | 94 | 00:01:54.7 | 240 | 01:02:11.2 | 19.9 | 421 | 00:01:28.9 | 101 | 00:23:20.4 | 07:31 | 01:40:29.0 | | | |
| 160 | 117 | 21 Rupert, Jason | 454 | Forest Lake, MN | 169 | 00:10:29.5 | 02:37 | 616 | 00:03:57.4 | 164 | 00:59:52.4 | 20.6 | 625 | 00:02:02.1 | 136 | 00:24:09.3 | 07:47 | 01:40:30.9 | | | |
| 161 | 34 | 9 Jaax, Becca | 656 | Eden Prairie, | 310 | 00:11:53.5 | 02:58 | 85 | 00:01:51.7 | 273 | 01:03:18.7 | 19.5 | 109 | 00:00:53.0 | 73 | 00:22:41.9 | 07:19 | 01:40:39.0 | | | |
| 162 | 118 | 22 Danielson, Scott | 363 | New Richmond, | 144 | 00:10:12.4 | 02:33 | 259 | 00:02:33.4 | 160 | 00:59:45.8 | 20.7 | 265 | 00:01:10.0 | 307 | 00:26:57.7 | 08:41 | 01:40:39.5 | | | |
| 163 | 119 | 19 Keller, James | 689 | Fridley, MN | 488 | 00:13:23.5 | 03:20 | 102 | 00:01:56.0 | 152 | 00:59:38.3 | 20.7 | 400 | 00:01:26.7 | 154 | 00:24:35.3 | 07:55 | 01:41:00.0 | | | |
| 164 | 35 | 10 Vogt, Ann | 789 | Minneapolis, | 211 | 00:10:55.0 | 02:43 | 59 | 00:01:42.8 | 217 | 01:01:22.8 | 20.1 | 68 | 00:00:46.3 | 260 | 00:26:13.3 | 08:27 | 01:41:00.4 | | | |
| 165 | 120 | 9 Mclaughlin, Tom | 1075 | Center City, MN | 303 | 00:11:47.4 | 02:56 | 378 | 00:02:56.6 | 104 | 00:58:21.8 | 21.2 | 489 | 00:01:39.9 | 265 | 00:26:16.9 | 08:28 | 01:41:02.9 | | | |
| 166 | 11 | Van Sickle, Richard | 1045 | Minneaplis, | 186 | 00:10:43.4 | 02:40 | 159 | 00:02:13.2 | 87 | 00:57:42.9 | 21.4 | 366 | 00:01:23.2 | 438 | 00:29:01.1 | 09:21 | 01:41:04.1 | | | |
| 167 | 121 | 23 Buteler, Martin | 490 | Shorewood, MN | 159 | 00:10:22.7 | 02:35 | 399 | 00:03:01.0 | 126 | 00:58:50.1 | 21.0 | 207 | 00:01:03.4 | 364 | 00:27:52.1 | 08:59 | 01:41:09.5 | | | |
| 168 | 36 | 6 Steiger, Megan | 323 | St. Louis Park, | 174 | 00:10:32.8 | 02:38 | 160 | 00:02:13.6 | 317 | 01:04:29.2 | 19.2 | 39 | 00:00:41.1 | 102 | 00:23:21.2 | 07:32 | 01:41:18.0 | | | |
| 169 | 122 | 20 Pula, Sean | 803 | Plymouth, MN | 234 | 00:11:13.7 | 02:48 | 104 | 00:01:56.6 | 202 | 01:00:55.4 | 20.3 | 230 | 00:01:06.5 | 252 | 00:26:07.0 | 08:25 | 01:41:19.5 | | | |
| 170 | 123 | 18 Pothen, Timothy | 733 | Forest Lake, MN | 272 | 00:11:30.4 | 02:52 | 143 | 00:02:09.3 | 170 | 00:59:58.4 | 20.6 | 145 | 00:00:57.6 | 289 | 00:26:43.9 | 08:37 | 01:41:19.8 | | | |
| 171 | 124 | 24 Schmidt, Joseph | 422 | Shakopee, MN | 553 | 00:13:55.5 | 03:28 | 257 | 00:02:33.0 | 123 | 00:58:48.4 | 21.0 | 493 | 00:01:40.8 | 144 | 00:24:24.3 | 07:52 | 01:41:22.2 | | | |
| 172 | 125 | 10 Malone, Michael | 760 | Minneapolis, | 545 | 00:13:51.2 | 03:27 | 509 | 00:03:25.6 | 66 | 00:56:19.6 | 21.9 | 42 | 00:00:41.8 | 315 | 00:27:06.3 | 08:44 | 01:41:24.7 | | | |
| 173 | 126 | 19 Ryshavy, John | 355 | Minnetonka, MN | 505 | 00:13:31.3 | 03:22 | 116 | 00:02:00.8 | 184 | 01:00:18.6 | 20.5 | 120 | 00:00:55.0 | 159 | 00:24:39.9 | 07:57 | 01:41:25.9 | | | |
| 174 | 127 | 20 Delaune, Robert | 1166 | Shoreview, MN | 306 | 00:11:50.9 | 02:57 | 254 | 00:02:32.8 | 196 | 01:00:44.9 | 20.3 | 192 | 00:01:01.9 | 191 | 00:25:15.8 | 08:08 | 01:41:26.3 | | | |
| 175 | 12 | Pofahl, Ben | 421 | Minneapolis, | 383 | 00:12:30.4 | 03:07 | 320 | 00:02:44.1 | 120 | 00:58:40.9 | 21.1 | 617 | 00:02:01.2 | 207 | 00:25:29.9 | 08:13 | 01:41:26.7 | | | |
| 176 | 128 | 17 Ermer, Jordan | 1198 | Eden Prairie, | 381 | 00:12:29.5 | 03:07 | 231 | 00:02:27.9 | 277 | 01:03:26.7 | 19.5 | 21 | 00:00:37.0 | 66 | 00:22:27.9 | 07:14 | 01:41:29.2 | | | |
| 177 | 129 | 21 Burr, Tom | 996 | Rogers, MN | 249 | 00:11:20.7 | 02:50 | 268 | 00:02:34.9 | 205 | 01:01:02.0 | 20.3 | 540 | 00:01:46.1 | 168 | 00:24:45.8 | 07:59 | 01:41:29.6 | | | |
| 178 | 130 | 20 Boppre, Chris | 885 | Columbia | 297 | 00:11:45.6 | 02:56 | 339 | 00:02:47.0 | 246 | 01:02:20.0 | 19.8 | 248 | 00:01:07.9 | 112 | 00:23:36.8 | 07:37 | 01:41:37.6 | | | |
| 179 | 37 | 7 Reinsmoen, | 1053 | St Paul, MN | 291 | 00:11:41.2 | 02:55 | 112 | 00:02:00.2 | 280 | 01:03:32.0 | 19.5 | 319 | 00:01:16.3 | 92 | 00:23:11.9 | 07:29 | 01:41:41.8 | | | |
| 180 | 13 | Garrison, Matt | 1106 | Forest Lake, MN | 246 | 00:11:19.2 | 02:49 | 195 | 00:02:19.7 | 89 | 00:57:47.8 | 21.4 | 15 | 00:00:35.3 | 480 | 00:29:39.8 | 09:34 | 01:41:42.0 | | | |
| 181 | 131 | 22 Dokken, Jim | 661 | Andover, MN | 462 | 00:13:10.8 | 03:17 | 151 | 00:02:11.2 | 188 | 01:00:22.8 | 20.5 | 131 | 00:00:56.7 | 185 | 00:25:06.5 | 08:05 | 01:41:48.2 | | | |
| 182 | 38 | 8 Mcvay, Monica | 879 | Minneapolis, | 269 | 00:11:28.1 | 02:52 | 63 | 00:01:45.1 | 221 | 01:01:34.8 | 20.1 | 300 | 00:01:14.2 | 227 | 00:25:46.2 | 08:18 | 01:41:48.5 | | | |
| 183 | 132 | 8 Hughes, Lou | 1468 | Milaca, MN | 41 | 00:08:49.0 | 02:12 | 32 | 00:01:35.2 | 459 | 01:08:08.0 | 18.1 | 171 | 00:00:59.7 | 64 | 00:22:21.5 | 07:12 | 01:41:53.7 | | | |
| 184 | 133 | 7 Treiber, Bill | 1172 | Mahtomedi, MN | 233 | 00:11:11.4 | 02:47 | 154 | 00:02:11.8 | 230 | 01:01:42.9 | 20.0 | 373 | 00:01:23.9 | 200 | 00:25:25.1 | 08:11 | 01:41:55.4 | | | |
| 185 | 134 | 23 Burris-brown, Dave | 856 | Minneapolis, | 245 | 00:11:18.8 | 02:49 | 406 | 00:03:01.9 | 283 | 01:03:35.5 | 19.4 | 591 | 00:01:56.4 | 61 | 00:22:11.7 | 07:09 | 01:42:04.5 | | | |
| 186 | 135 | 9 Moore, Conor | 849 | Woodbury, MN | 354 | 00:12:16.0 | 03:04 | 212 | 00:02:24.0 | 159 | 00:59:44.0 | 20.7 | 292 | 00:01:13.2 | 273 | 00:26:28.9 | 08:32 | 01:42:06.3 | | | |
| 187 | 136 | 21 Lee, Zach | 399 | Bloomington, | 183 | 00:10:39.0 | 02:39 | 81 | 00:01:50.8 | 178 | 01:00:08.0 | 20.6 | 394 | 00:01:25.9 | 388 | 00:28:09.6 | 09:05 | 01:42:13.4 | | | |

| Individual - Sprint Distance Triathlon | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | | |
|--|------|-----|--------------------|------|-----------------|-----|------------|-------------|------|------------|-----|------------|------------|-----|------------|-----------|------------|-------|-------------|--|--|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description | | |
| 188 | 137 | 18 | Pohlkamp, Mitchell | 738 | Scandia, MN | 371 | 00:12:22.2 | 03:05 | 464 | 00:03:13.8 | 211 | 01:01:14.8 | 20.2 | 141 | 00:00:57.3 | 146 | 00:24:25.8 | 07:52 | 01:42:14.2 | | |
| 189 | 138 | 25 | Sandness, Craig | 1030 | Eden Prairie, | 129 | 00:10:00.4 | 02:30 | 193 | 00:02:19.4 | 234 | 01:01:46.3 | 20.0 | 519 | 00:01:43.5 | 274 | 00:26:29.4 | 08:32 | 01:42:19.2 | | |
| 190 | 139 | 21 | Houston, Casey | 653 | Minneapolis, | 569 | 00:14:06.2 | 03:31 | 47 | 00:01:39.7 | 141 | 00:59:23.8 | 20.8 | 124 | 00:00:55.4 | 266 | 00:26:17.6 | 08:28 | 01:42:22.9 | | |
| 191 | 140 | 24 | Julson, Charles | 1027 | Bloomington, | 37 | 00:08:42.5 | 02:10 | 411 | 00:03:03.6 | 298 | 01:04:08.5 | 19.3 | 557 | 00:01:49.1 | 160 | 00:24:40.3 | 07:57 | 01:42:24.2 | | |
| 192 | 141 | 25 | Kolsky, Mike | 1031 | Red Wing, MN | 105 | 00:09:38.6 | 02:24 | 221 | 00:02:26.6 | 145 | 00:59:29.7 | 20.8 | 521 | 00:01:43.7 | 456 | 00:29:14.0 | 09:25 | 01:42:32.8 | | |
| 193 | 142 | 26 | Willkom, Thomas | 582 | Maplewood, MN | 289 | 00:11:40.5 | 02:55 | 144 | 00:02:09.7 | 193 | 01:00:38.1 | 20.4 | 253 | 00:01:08.4 | 308 | 00:26:57.7 | 08:41 | 01:42:34.5 | | |
| 194 | 143 | 27 | Yoon, Patrick | 1191 | , MN | 237 | 00:11:14.2 | 02:48 | 232 | 00:02:28.0 | 349 | 01:05:07.9 | 19.0 | 49 | 00:00:42.6 | 90 | 00:23:10.0 | 07:28 | 01:42:42.9 | | |
| 195 | 39 | 7 | Kosky, Melissa | 460 | St Louis Park, | 437 | 00:12:58.7 | 03:14 | 200 | 00:02:21.0 | 288 | 01:03:51.9 | 19.4 | 29 | 00:00:38.6 | 80 | 00:22:55.9 | 07:23 | 01:42:46.4 | | |
| 196 | 144 | 11 | Hendrickson, | 1033 | St. Louis Park, | 227 | 00:11:07.7 | 02:46 | 722 | 00:04:48.7 | 186 | 01:00:21.2 | 20.5 | 690 | 00:02:22.3 | 134 | 00:24:06.8 | 07:46 | 01:42:46.8 | | |
| 197 | 40 | 5 | Cook, Susan | 853 | Duluth, MN | 444 | 00:13:00.7 | 03:15 | 136 | 00:02:06.9 | 138 | 00:59:17.1 | 20.8 | 128 | 00:00:56.3 | 330 | 00:27:27.9 | 08:51 | 01:42:49.1 | | |
| 198 | 145 | 22 | Skudlarek, | 672 | Minnetonka, MN | 116 | 00:09:48.9 | 02:27 | 565 | 00:03:41.2 | 302 | 01:04:12.5 | 19.2 | 280 | 00:01:11.1 | 129 | 00:23:58.0 | 07:43 | 01:42:51.9 | | |
| 199 | 146 | 3 | Kartak, Chuck | 1005 | North Branch, | | | | | | | | | | | | | | 01:42:56.8 | | |
| 200 | 41 | 11 | Witt, Anna | 790 | Minneapolis, | 206 | 00:10:52.3 | 02:43 | 267 | 00:02:34.8 | 311 | 01:04:22.5 | 19.2 | 340 | 00:01:20.4 | 123 | 00:23:51.1 | 07:41 | 01:43:01.3 | | |
| 201 | 42 | 8 | Boo, Jill | 444 | Ramsey, MN | 19 | 00:08:05.3 | 02:01 | 269 | 00:02:34.9 | 460 | 01:08:08.4 | 18.1 | 134 | 00:00:57.1 | 106 | 00:23:26.1 | 07:33 | 01:43:12.0 | | |
| 202 | 147 | 26 | Rosenow, James | 973 | Shoreview, MN | 184 | 00:10:40.2 | 02:40 | 95 | 00:01:55.3 | 244 | 01:02:16.9 | 19.8 | 514 | 00:01:42.9 | 283 | 00:26:37.2 | 08:35 | 01:43:12.7 | | |
| 203 | 43 | 6 | Bates, Kathy | 503 | Pine Island, MN | 217 | 00:11:00.1 | 02:45 | 186 | 00:02:17.9 | 207 | 01:01:04.6 | 20.2 | 337 | 00:01:19.9 | 340 | 00:27:35.1 | 08:53 | 01:43:17.8 | | |
| 204 | 44 | 12 | Langenfeld, | 728 | St. Paul, MN | 326 | 00:12:02.4 | 03:00 | 258 | 00:02:33.0 | 220 | 01:01:29.8 | 20.1 | 264 | 00:01:09.9 | 247 | 00:26:04.4 | 08:24 | 01:43:19.7 | | |
| 205 | 14 | | Randall, Robert | 564 | Center City, MN | 302 | 00:11:47.2 | 02:56 | 646 | 00:04:09.1 | 154 | 00:59:38.9 | 20.7 | 571 | 00:01:52.7 | 241 | 00:26:01.5 | 08:23 | 01:43:29.5 | | |
| 206 | 45 | 6 | Kent, Christine | 476 | St Louis Park, | 288 | 00:11:39.8 | 02:54 | 303 | 00:02:40.1 | 326 | 01:04:42.4 | 19.1 | 69 | 00:00:46.5 | 116 | 00:23:41.8 | 07:38 | 01:43:30.7 | | |
| 207 | 1 | | Simones, Laura | 475 | St Paul, MN | 148 | 00:10:16.0 | 02:34 | 597 | 00:03:48.7 | 162 | 00:59:50.3 | 20.7 | 615 | 00:02:00.6 | 339 | 00:27:35.0 | 08:53 | 01:43:30.7 | | |
| 208 | 46 | 9 | Hedburg, Jennie | 949 | Eden Prairie, | 284 | 00:11:35.7 | 02:53 | 334 | 00:02:45.9 | 315 | 01:04:26.1 | 19.2 | 386 | 00:01:25.0 | 99 | 00:23:18.0 | 07:30 | 01:43:30.9 | | |
| 209 | 148 | 8 | Hanson, Dave | 829 | Lakeville, MN | 106 | 00:09:41.1 | 02:25 | 428 | 00:03:06.5 | 190 | 01:00:26.6 | 20.4 | 541 | 00:01:46.6 | 414 | 00:28:30.5 | 09:11 | 01:43:31.6 | | |
| 210 | 149 | 27 | Johnson, Tim | 369 | Apple Valley, | 238 | 00:11:15.0 | 02:48 | 281 | 00:02:36.2 | 168 | 00:59:57.3 | 20.6 | 667 | 00:02:16.1 | 331 | 00:27:28.7 | 08:51 | 01:43:33.5 | | |
| 211 | 150 | 23 | Sekely, Justin | 667 | Wayzata, MN | 663 | 00:15:30.9 | 03:52 | 433 | 00:03:07.3 | 208 | 01:01:11.7 | 20.2 | 196 | 00:01:02.2 | 74 | 00:22:41.9 | 07:19 | 01:43:34.2 | | |
| 212 | 47 | 1 | Koester, Tamara | 587 | Mahtomedi, MN | 112 | 00:09:45.6 | 02:26 | 205 | 00:02:21.7 | 256 | 01:02:34.6 | 19.8 | 390 | 00:01:25.3 | 344 | 00:27:36.6 | 08:54 | 01:43:43.9 | | |
| 213 | 151 | 22 | Beaubien, Brian | 1029 | St. Paul, MN | 571 | 00:14:07.9 | 03:31 | 173 | 00:02:15.5 | 131 | 00:59:00.1 | 20.9 | 612 | 00:02:00.3 | 271 | 00:26:24.9 | 08:31 | 01:43:48.8 | | |
| 214 | 48 | 7 | Wacek, Lisa | 679 | Minneapolis, | 323 | 00:12:00.8 | 03:00 | 474 | 00:03:15.0 | 241 | 01:02:14.3 | 19.9 | 359 | 00:01:22.4 | 178 | 00:25:00.0 | 08:03 | 01:43:52.6 | | |
| 215 | 49 | 10 | Tellefsen, Jenna | 761 | Minneapolis, | 222 | 00:11:05.0 | 02:46 | 330 | 00:02:45.0 | 427 | 01:07:19.2 | 18.4 | 215 | 00:01:04.4 | 47 | 00:21:41.0 | 06:59 | 01:43:54.9 | | |
| 216 | 152 | 23 | Paraschou, Milam | 1074 | Eden Prairie, | 228 | 00:11:08.6 | 02:47 | 445 | 00:03:09.9 | 129 | 00:58:58.4 | 21.0 | 634 | 00:02:03.3 | 419 | 00:28:38.9 | 09:14 | 01:43:59.3 | | |
| 217 | 153 | 24 | Allen, Milo | 1082 | Chisago City, | 564 | 00:14:03.2 | 03:30 | 407 | 00:03:01.9 | 247 | 01:02:22.5 | 19.8 | | | 798 | 02:11:46.9 | | 01:44:02.6 | | |
| 218 | 154 | 28 | Kopp, Dan | 696 | Brooklyn Park, | 165 | 00:10:27.4 | 02:36 | 349 | 00:02:48.7 | 212 | 01:01:16.2 | 20.2 | 383 | 00:01:24.9 | 389 | 00:28:09.8 | 09:05 | 01:44:07.2 | | |
| 219 | 15 | | Ornell, Jeff | 326 | Champlin, MN | 366 | 00:12:19.8 | 03:04 | 265 | 00:02:34.6 | 364 | 01:05:35.4 | 18.8 | 35 | 00:00:40.8 | 81 | 00:23:00.7 | 07:25 | 01:44:11.5 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | |
|--|-------------|------|---------------------|------|----------------|------|-------------|-------|-------------|------------|------|------------|------|------------|------------|-----|------------|--------|------------|-----------------|--|
| Place | Ovl/Div/Age | Name | Bib | | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | |
| 220 | 155 | 12 | Rustad, Troy | 1066 | Minneapolis, | 76 | 00:09:20.2 | 02:20 | 117 | 00:02:01.1 | 63 | 00:56:09.1 | 22.0 | 603 | 00:01:58.8 | 666 | 00:34:43.1 | 11:11 | 01:44:12.5 | | |
| 221 | 50 | 13 | Stoltenburg, Tracie | 669 | Minneapolis, | 94 | 00:09:32.7 | 02:23 | 210 | 00:02:23.7 | 425 | 01:07:17.7 | 18.4 | 396 | 00:01:26.5 | 111 | 00:23:34.6 | 07:36 | 01:44:15.5 | | |
| 222 | 156 | 28 | Yeager, Mike | 744 | Plymouth, MN | 221 | 00:11:04.1 | 02:46 | 480 | 00:03:17.7 | 286 | 01:03:49.0 | 19.4 | 226 | 00:01:06.0 | 182 | 00:25:03.0 | 08:04 | 01:44:19.9 | | |
| 223 | 157 | 25 | Gatlin, Joseph | 439 | Duluth, MN | 362 | 00:12:18.7 | 03:04 | 405 | 00:03:01.9 | 293 | 01:04:03.2 | 19.3 | 182 | 00:01:00.6 | 128 | 00:23:57.7 | 07:43 | 01:44:22.2 | | |
| 224 | 158 | 29 | Peterson, Dan | 1047 | Lindstrom, MN | 625 | 00:14:51.4 | 03:42 | 302 | 00:02:39.9 | 201 | 01:00:55.1 | 20.3 | 426 | 00:01:30.3 | 147 | 00:24:25.8 | 07:52 | 01:44:22.7 | | |
| 225 | 159 | 26 | Streff, Michael | 671 | White Bear | 261 | 00:11:24.6 | 02:51 | 376 | 00:02:56.4 | 213 | 01:01:17.8 | 20.2 | 482 | 00:01:38.5 | 319 | 00:27:09.0 | 08:45 | 01:44:26.5 | | |
| 226 | 160 | 29 | Baker, Jeff | 340 | Eden Prairie, | 579 | 00:14:13.1 | 03:33 | 368 | 00:02:55.0 | 181 | 01:00:13.9 | 20.5 | 363 | 00:01:22.8 | 222 | 00:25:41.6 | 08:17 | 01:44:26.6 | | |
| 227 | 51 | 11 | Hench, Lindsay | 1134 | Bloomington, | 122 | 00:09:54.2 | 02:28 | 189 | 00:02:18.7 | 395 | 01:06:25.4 | 18.6 | 41 | 00:00:41.4 | 186 | 00:25:08.0 | 08:06 | 01:44:27.9 | | |
| 228 | 161 | 10 | Carlos, Raymond | 352 | Bloomington, | 15 | 00:07:54.6 | 01:58 | 145 | 00:02:09.8 | 295 | 01:04:03.7 | 19.3 | 53 | 00:00:43.3 | 474 | 00:29:36.4 | 09:33 | 01:44:27.9 | | |
| 229 | 52 | 4 | Rasmussen, Becky | 751 | Depere, WI | 82 | 00:09:24.5 | 02:21 | 138 | 00:02:07.8 | 291 | 01:04:00.3 | 19.3 | 227 | 00:01:06.0 | 361 | 00:27:49.3 | 08:58 | 01:44:28.0 | | |
| 230 | 53 | 12 | Yaeger, Marlene | 779 | Saint Louis | 583 | 00:14:16.5 | 03:34 | 667 | 00:04:16.2 | 248 | 01:02:22.6 | 19.8 | 186 | 00:01:01.1 | 69 | 00:22:32.4 | 07:16 | 01:44:29.1 | | |
| 231 | 162 | 24 | Hedrick, Kevin | 1036 | Minneapolis, | 86 | 00:09:27.5 | 02:21 | 229 | 00:02:27.5 | 263 | 01:02:46.6 | 19.7 | 479 | 00:01:37.8 | 395 | 00:28:15.0 | 09:06 | 01:44:34.5 | | |
| 232 | 163 | 11 | Good, Cody | 991 | Stacy, MN | 654 | 00:15:23.1 | 03:50 | 321 | 00:02:44.4 | 271 | 01:03:10.8 | 19.6 | 67 | 00:00:46.1 | 70 | 00:22:38.4 | 07:18 | 01:44:43.0 | | |
| 233 | 164 | 25 | Bordenave, Kevin | 1059 | Hudson, WI | 696 | 00:16:12.4 | 04:03 | 540 | 00:03:33.9 | 98 | 00:58:10.2 | 21.2 | 432 | 00:01:31.0 | 196 | 00:25:18.2 | 08:09 | 01:44:46.0 | | |
| 234 | 165 | 30 | Blomquist, | 831 | Minneapolis, | 46 | 00:08:53.7 | 02:13 | 234 | 00:02:28.1 | 393 | 01:06:19.5 | 18.6 | 420 | 00:01:28.7 | 218 | 00:25:38.7 | 08:16 | 01:44:48.9 | | |
| 235 | 54 | 14 | Rankin, Andrea | 387 | Woodbury, MN | 400 | 00:12:37.9 | 03:09 | 243 | 00:02:30.6 | 351 | 01:05:15.2 | 18.9 | 356 | 00:01:22.2 | 83 | 00:23:03.0 | 07:26 | 01:44:49.1 | | |
| 236 | 166 | 30 | Lalor, Antonio | 705 | St. Peter, MN | 336 | 00:12:07.5 | 03:01 | 224 | 00:02:27.1 | 232 | 01:01:43.2 | 20.0 | 344 | 00:01:20.8 | 324 | 00:27:15.7 | 08:47 | 01:44:54.5 | | |
| 237 | 167 | 27 | Maruk, Jon | 880 | Minneapolis, | 160 | 00:10:23.8 | 02:35 | 134 | 00:02:06.5 | 272 | 01:03:17.1 | 19.5 | 622 | 00:02:01.8 | 316 | 00:27:07.1 | 08:44 | 01:44:56.5 | | |
| 238 | 168 | 31 | Hoglund, Eric | 632 | Saint Paul, MN | 315 | 00:11:55.5 | 02:58 | 602 | 00:03:51.6 | 255 | 01:02:34.4 | 19.8 | 766 | 00:03:27.4 | 89 | 00:23:08.9 | 07:28 | 01:44:58.0 | | |
| 239 | 16 | | Bro, Terrence | 408 | Woodbury, MN | 117 | 00:09:49.4 | 02:27 | 182 | 00:02:17.2 | 275 | 01:03:24.8 | 19.5 | 391 | 00:01:25.4 | 375 | 00:28:01.9 | 09:02 | 01:44:58.8 | | |
| 240 | 17 | | Magnuson, Mark | 357 | Isanti, MN | 360 | 00:12:18.3 | 03:04 | 404 | 00:03:01.6 | 243 | 01:02:16.3 | 19.8 | 169 | 00:00:59.6 | 272 | 00:26:24.9 | 08:31 | 01:45:00.9 | | |
| 241 | 55 | 8 | Rutt, Dana | 652 | Minneapolis, | 585 | 00:14:16.6 | 03:34 | 106 | 00:01:57.2 | 199 | 01:00:51.6 | 20.3 | 98 | 00:00:51.3 | 318 | 00:27:08.0 | 08:45 | 01:45:04.9 | | |
| 242 | 169 | 32 | Hoffman, Bryan | 524 | Minneapolis, | 162 | 00:10:25.3 | 02:36 | 351 | 00:02:49.6 | 265 | 01:02:51.3 | 19.7 | 222 | 00:01:05.4 | 368 | 00:27:53.2 | 08:59 | 01:45:05.0 | | |
| 243 | 170 | 26 | Watercott, Larry | 1164 | Columbia | 507 | 00:13:32.2 | 03:23 | 447 | 00:03:10.0 | 228 | 01:01:40.8 | 20.0 | 550 | 00:01:48.0 | 175 | 00:24:56.0 | 08:02 | 01:45:07.2 | | |
| 244 | 171 | 33 | Wynia, Jonathan | 389 | New Brighton, | 491 | 00:13:26.1 | 03:21 | 665 | 00:04:15.8 | 180 | 01:00:12.7 | 20.5 | 384 | 00:01:24.9 | 230 | 00:25:48.8 | 08:19 | 01:45:08.6 | | |
| 245 | 172 | 13 | Harmon, Bob | 743 | New Brighton, | 667 | 00:15:36.6 | 03:54 | 549 | 00:03:36.1 | 177 | 01:00:07.6 | 20.6 | 191 | 00:01:01.8 | 171 | 00:24:47.8 | 07:59 | 01:45:10.1 | | |
| 246 | 173 | 34 | Bouressa, Kevin | 698 | New Brighton, | 307 | 00:11:51.4 | 02:57 | 360 | 00:02:50.5 | 238 | 01:01:58.1 | 19.9 | 346 | 00:01:21.0 | 320 | 00:27:09.3 | 08:45 | 01:45:10.6 | | |
| 247 | 174 | 28 | Scates, Brian | 780 | Minneapolis, | 296 | 00:11:45.4 | 02:56 | 44 | 00:01:39.1 | 260 | 01:02:41.3 | 19.7 | 427 | 00:01:30.4 | 342 | 00:27:36.1 | 08:54 | 01:45:12.4 | | |
| 248 | 18 | | Suardini, Anthony | 573 | Rogers, MN | 72 | 00:09:17.1 | 02:19 | 381 | 00:02:57.1 | 281 | 01:03:32.8 | 19.4 | 367 | 00:01:23.3 | 376 | 00:28:02.5 | 09:02 | 01:45:12.9 | | |
| 249 | 175 | 27 | Granacher, Jorg | 884 | Minneapolis, | 551 | 00:13:52.9 | 03:28 | 61 | 00:01:44.3 | 139 | 00:59:17.8 | 20.8 | 361 | 00:01:22.6 | 433 | 00:28:55.2 | 09:19 | 01:45:13.0 | | |
| 250 | 56 | 9 | Lacanne, Beth | 513 | Rochester, MN | 479 | 00:13:20.4 | 03:20 | 386 | 00:02:57.9 | 214 | 01:01:21.6 | 20.1 | 293 | 00:01:13.3 | 269 | 00:26:20.6 | 08:29 | 01:45:14.0 | | |
| 251 | 176 | 19 | Mattson, Michael | 1032 | Ogema, WI | 617 | 00:14:45.0 | 03:41 | 564 | 00:03:40.8 | 268 | 01:03:05.1 | 19.6 | 641 | 00:02:05.3 | 46 | 00:21:39.2 | 06:59 | 01:45:15.6 | | |

| Individual - Sprint Distance Triathlon | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | |
|--|------|-----|--------------------|------|------------------|-----|------------|-------------|------|------------|-----|------------|------------|-----|------------|-----------|------------|-----------------|------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | |
| 252 | 57 | 15 | Lindgren, Amy | 1049 | Duluth, MN | 214 | 00:10:58.5 | 02:44 | 517 | 00:03:27.4 | 270 | 01:03:10.3 | 19.6 | 590 | 00:01:56.3 | 229 | 00:25:48.4 | 08:19 | 01:45:21.2 |
| 253 | 58 | 7 | Sexton, Sally | 1010 | Minneapolis, | 325 | 00:12:01.6 | 03:00 | 208 | 00:02:22.6 | 292 | 01:04:00.9 | 19.3 | 570 | 00:01:52.6 | 184 | 00:25:06.5 | 08:05 | 01:45:24.4 |
| 254 | 177 | 31 | Scussel, Randall | 1051 | Chanhassen, | 358 | 00:12:18.3 | 03:04 | 484 | 00:03:19.2 | 85 | 00:57:35.0 | 21.5 | 635 | 00:02:03.9 | 518 | 00:30:20.8 | 09:47 | 01:45:37.3 |
| 255 | 178 | 14 | Osterbauer, Brad | 343 | Apple Valley, | 204 | 00:10:51.8 | 02:42 | 187 | 00:02:18.5 | 266 | 01:02:52.3 | 19.7 | 576 | 00:01:53.8 | 366 | 00:27:52.5 | 08:59 | 01:45:49.1 |
| 256 | 179 | 32 | Evensen, Dale | 1163 | Stillwater, MN | 180 | 00:10:35.7 | 02:38 | 649 | 00:04:10.8 | 313 | 01:04:23.2 | 19.2 | 158 | 00:00:58.6 | 224 | 00:25:44.8 | 08:18 | 01:45:53.2 |
| 257 | 180 | 28 | Kurus, Doobie | 416 | Minnetonka, MN | 219 | 00:11:04.0 | 02:46 | 422 | 00:03:05.4 | 308 | 01:04:20.3 | 19.2 | 435 | 00:01:31.6 | 236 | 00:25:55.1 | 08:21 | 01:45:56.6 |
| 258 | 59 | 10 | Mcarthur, Angela | 329 | Hudson, WI | 275 | 00:11:30.9 | 02:52 | 105 | 00:01:57.0 | 279 | 01:03:29.7 | 19.5 | 355 | 00:01:22.0 | 346 | 00:27:38.6 | 08:55 | 01:45:58.4 |
| 259 | 181 | 35 | Sekelsky, Scott | 821 | River Falls, WI | 769 | 00:18:32.1 | 04:38 | 260 | 00:02:33.4 | 224 | 01:01:38.3 | 20.1 | 592 | 00:01:56.4 | 42 | 00:21:27.1 | 06:55 | 01:46:07.6 |
| 260 | 182 | 36 | Peitso, Lance | 447 | Circle Pines, MN | 198 | 00:10:49.6 | 02:42 | 239 | 00:02:29.5 | 249 | 01:02:23.8 | 19.8 | 309 | 00:01:15.4 | 452 | 00:29:12.7 | 09:25 | 01:46:11.2 |
| 261 | 60 | 2 | Gruenhagen, | 1261 | Saint Paul, MN | 530 | 00:13:44.5 | 03:26 | 62 | 00:01:44.8 | 236 | 01:01:55.5 | 20.0 | 520 | 00:01:43.5 | 317 | 00:27:07.2 | 08:44 | 01:46:15.8 |
| 262 | 183 | 29 | Gerard, Jason | 770 | Hugo, MN | 513 | 00:13:34.4 | 03:23 | 318 | 00:02:43.3 | 245 | 01:02:18.3 | 19.8 | 584 | 00:01:55.1 | 225 | 00:25:45.3 | 08:18 | 01:46:16.6 |
| 263 | 184 | 15 | Swanson, Steve | 365 | Elk River, MN | 560 | 00:14:01.4 | 03:30 | 684 | 00:04:24.2 | 183 | 01:00:16.7 | 20.5 | 512 | 00:01:42.7 | 235 | 00:25:53.4 | 08:21 | 01:46:18.7 |
| 264 | 61 | 16 | Lindberg, Anne | 1266 | Saint Paul, MN | 26 | 00:08:21.2 | 02:05 | 228 | 00:02:27.4 | 382 | 01:06:07.7 | 18.7 | 461 | 00:01:34.7 | 357 | 00:27:48.4 | 08:58 | 01:46:19.7 |
| 265 | 185 | 20 | Turner, Matthew | 1126 | Coon Rapids, | 556 | 00:13:56.9 | 03:29 | 227 | 00:02:27.4 | 264 | 01:02:50.7 | 19.7 | 23 | 00:00:37.4 | 276 | 00:26:31.6 | 08:33 | 01:46:24.3 |
| 266 | 62 | 9 | Jud, Carol | 584 | St. Louis Park, | 134 | 00:10:05.1 | 02:31 | 426 | 00:03:06.2 | 370 | 01:05:45.8 | 18.8 | 437 | 00:01:31.8 | 238 | 00:25:58.8 | 08:22 | 01:46:28.0 |
| 267 | 63 | 17 | Houston, Kristina | 660 | Minneapolis, | 282 | 00:11:34.8 | 02:53 | 262 | 00:02:34.1 | 237 | 01:01:56.0 | 20.0 | 252 | 00:01:08.3 | 463 | 00:29:20.9 | 09:28 | 01:46:34.2 |
| 268 | 64 | 11 | Nolin, Kristine | 809 | Minneapolis, | 225 | 00:11:07.3 | 02:46 | 296 | 00:02:39.2 | 325 | 01:04:42.0 | 19.1 | 623 | 00:02:02.0 | 249 | 00:26:05.9 | 08:25 | 01:46:36.5 |
| 269 | 186 | 29 | York, Matt | 678 | Minnetonka, MN | 447 | 00:13:02.6 | 03:15 | 342 | 00:02:47.4 | 169 | 00:59:57.5 | 20.6 | 105 | 00:00:52.3 | 495 | 00:29:57.2 | 09:39 | 01:46:37.3 |
| 270 | 187 | 30 | Augustus, Scott | 1262 | Savage, MN | 317 | 00:11:57.6 | 02:59 | 332 | 00:02:45.5 | 320 | 01:04:31.9 | 19.2 | 522 | 00:01:44.0 | 220 | 00:25:40.4 | 08:16 | 01:46:39.5 |
| 271 | 188 | 9 | Maguire, Bill | 496 | Plymouth, MN | 193 | 00:10:46.8 | 02:41 | 304 | 00:02:40.3 | 340 | 01:04:56.3 | 19.0 | 238 | 00:01:07.2 | 322 | 00:27:11.3 | 08:46 | 01:46:42.1 |
| 272 | 65 | 12 | Williams, Margaret | 706 | St. Louis Park, | 327 | 00:12:03.0 | 03:00 | 155 | 00:02:12.0 | 223 | 01:01:37.8 | 20.1 | 393 | 00:01:25.8 | 464 | 00:29:23.6 | 09:28 | 01:46:42.4 |
| 273 | 189 | 37 | Mcdonald, Thomas | 664 | Minneapolis, | 191 | 00:10:46.0 | 02:41 | 397 | 00:03:00.5 | 239 | 01:01:59.9 | 19.9 | 735 | 00:02:44.2 | 397 | 00:28:17.2 | 09:07 | 01:46:48.0 |
| 274 | 190 | 31 | Farquhar, Keith | 665 | Wyoming, MN | 581 | 00:14:14.0 | 03:33 | 511 | 00:03:25.9 | 225 | 01:01:38.8 | 20.0 | 71 | 00:00:46.6 | 290 | 00:26:44.7 | 08:37 | 01:46:50.1 |
| 275 | 191 | 10 | Willett, Stephen | 680 | St Paul, MN | 449 | 00:13:06.1 | 03:16 | 567 | 00:03:42.4 | 257 | 01:02:35.7 | 19.7 | 630 | 00:02:02.8 | 201 | 00:25:25.5 | 08:12 | 01:46:52.6 |
| 276 | 19 | | Motzko, Chad | 805 | Richfield, MN | 215 | 00:10:58.8 | 02:44 | 452 | 00:03:11.8 | 206 | 01:01:03.2 | 20.2 | 636 | 00:02:04.2 | 470 | 00:29:34.5 | 09:32 | 01:46:52.8 |
| 277 | 192 | 16 | Raphael, James | 985 | Elk River, MN | 258 | 00:11:24.1 | 02:51 | 75 | 00:01:48.5 | 226 | 01:01:38.9 | 20.0 | 707 | 00:02:28.7 | 469 | 00:29:34.1 | 09:32 | 01:46:54.5 |
| 278 | 193 | 38 | Lenhart, Chris | 670 | Minneapolis, | 787 | 00:19:40.2 | 04:55 | 379 | 00:02:56.6 | 166 | 00:59:55.4 | 20.6 | 436 | 00:01:31.7 | 79 | 00:22:54.4 | 07:23 | 01:46:58.6 |
| 279 | 66 | 13 | Kalmes, Amy | 827 | Lino Lakes, MN | 332 | 00:12:05.6 | 03:01 | 241 | 00:02:30.1 | 365 | 01:05:35.8 | 18.8 | 471 | 00:01:36.8 | 188 | 00:25:11.4 | 08:07 | 01:46:59.8 |
| 280 | 67 | 18 | Milliken, Amy | 889 | Madison, WI | 115 | 00:09:46.7 | 02:26 | 277 | 00:02:35.8 | 332 | 01:04:45.3 | 19.1 | 152 | 00:00:58.0 | 432 | 00:28:55.2 | 09:19 | 01:47:01.1 |
| 281 | 194 | 17 | Sager, Chuck | 381 | Andover, MN | 603 | 00:14:36.3 | 03:39 | 97 | 00:01:55.4 | 197 | 01:00:46.6 | 20.3 | 219 | 00:01:04.9 | 420 | 00:28:40.2 | 09:14 | 01:47:03.4 |
| 282 | 195 | 33 | Zell, Jim M | 1467 | Northfield, MN | 229 | 00:11:09.1 | 02:47 | 537 | 00:03:32.7 | 373 | 01:05:50.0 | 18.8 | 721 | 00:02:37.0 | 125 | 00:23:54.6 | 07:42 | 01:47:03.5 |
| 283 | 196 | 30 | Hallberg, Michael | 688 | St. Paul, MN | 260 | 00:11:24.5 | 02:51 | 263 | 00:02:34.2 | 231 | 01:01:43.1 | 20.0 | 441 | 00:01:32.3 | 489 | 00:29:53.7 | 09:38 | 01:47:08.0 |

| Individual - Sprint Distance Triathlon | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | |
|--|-------------|------|--------------------|------|------------------|-------------|------------|-------------|-----|------------|----------|------------|------------|-----|------------|-----------|------------|-------|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 284 | 197 | 31 | Schlukebier, Jason | 966 | St. Paul, MN | 328 | 00:12:04.8 | 03:01 | 309 | 00:02:40.7 | 321 | 01:04:36.3 | 19.1 | 294 | 00:01:13.3 | 280 | 00:26:35.2 | 08:34 | | 01:47:10.6 |
| 285 | 198 | 34 | Rubin, Timothy | 1096 | Duluth, MN | 377 | 00:12:26.2 | 03:06 | 689 | 00:04:29.1 | 258 | 01:02:37.1 | 19.7 | 548 | 00:01:47.6 | 233 | 00:25:52.6 | 08:20 | | 01:47:12.8 |
| 286 | 68 | 19 | West, Kathleen | 774 | Minneapolis, | 419 | 00:12:48.3 | 03:12 | 84 | 00:01:51.4 | 405 | 01:06:41.3 | 18.5 | 412 | 00:01:28.0 | 152 | 00:24:33.3 | 07:55 | | 01:47:22.5 |
| 287 | 69 | 14 | Amundson, Jill | 716 | Babcock, WI | 74 | 00:09:19.3 | 02:19 | 246 | 00:02:31.6 | 261 | 01:02:43.5 | 19.7 | 278 | 00:01:11.0 | 578 | 00:31:43.8 | 10:14 | | 01:47:29.5 |
| 288 | 70 | 15 | Andrychowicz, | 394 | Blaine, MN | 210 | 00:10:54.9 | 02:43 | 291 | 00:02:38.3 | 355 | 01:05:22.4 | 18.9 | 445 | 00:01:32.4 | 310 | 00:27:01.9 | 08:43 | | 01:47:30.1 |
| 289 | 71 | 2 | St. Pierre, Toni | 596 | Minneapolis, | 506 | 00:13:31.8 | 03:22 | 203 | 00:02:21.5 | 284 | 01:03:36.6 | 19.4 | 486 | 00:01:39.7 | 270 | 00:26:22.7 | 08:30 | | 01:47:32.4 |
| 290 | 72 | 16 | Karr, Dana | 567 | Stillwater, MN | 395 | 00:12:35.7 | 03:08 | 356 | 00:02:50.2 | 222 | 01:01:36.8 | 20.1 | 408 | 00:01:27.5 | 442 | 00:29:02.8 | 09:22 | | 01:47:33.1 |
| 291 | 199 | 18 | Ziegler, Robert | 1085 | North Branch, | 240 | 00:11:16.5 | 02:49 | 385 | 00:02:57.7 | 254 | 01:02:33.8 | 19.8 | 447 | 00:01:32.6 | 455 | 00:29:13.9 | 09:25 | | 01:47:34.7 |
| 292 | 200 | 35 | Rignell, Richard | 359 | Stacy, MN | 121 | 00:09:53.9 | 02:28 | 343 | 00:02:47.7 | 358 | 01:05:25.7 | 18.9 | 552 | 00:01:48.4 | 348 | 00:27:39.8 | 08:55 | | 01:47:35.6 |
| 293 | 201 | 39 | Engle, Joe | 459 | Savage, MN | 485 | 00:13:22.4 | 03:20 | 733 | 00:04:54.8 | 125 | 00:58:49.9 | 21.0 | 738 | 00:02:46.4 | 351 | 00:27:44.7 | 08:57 | | 01:47:38.4 |
| 294 | 202 | 36 | Miller, David | 922 | Falon Heights, | 331 | 00:12:05.6 | 03:01 | 784 | 00:06:13.7 | 233 | 01:01:44.7 | 20.0 | 765 | 00:03:25.3 | 135 | 00:24:09.1 | 07:47 | | 01:47:38.6 |
| 295 | 203 | 40 | Debbins, John | 1131 | Minneapolis, | 179 | 00:10:35.2 | 02:38 | 625 | 00:03:59.4 | 403 | 01:06:36.3 | 18.6 | 224 | 00:01:05.5 | 198 | 00:25:23.2 | 08:11 | | 01:47:39.8 |
| 296 | 204 | 37 | Chiodo, Marc | 1064 | Minneapolis, | 418 | 00:12:47.5 | 03:11 | 184 | 00:02:17.5 | 151 | 00:59:35.0 | 20.7 | 730 | 00:02:41.2 | 525 | 00:30:26.8 | 09:49 | | 01:47:48.2 |
| 297 | 73 | 20 | Mielke, Kris | 674 | Eden Prairie, | 520 | 00:13:38.9 | 03:24 | 40 | 00:01:37.9 | 301 | 01:04:10.4 | 19.3 | 84 | 00:00:49.0 | 341 | 00:27:35.8 | 08:54 | | 01:47:52.1 |
| 298 | 74 | 21 | Shevlin, Krista | 924 | Edina, MN | 385 | 00:12:32.0 | 03:08 | 285 | 00:02:37.3 | 402 | 01:06:32.8 | 18.6 | 159 | 00:00:58.6 | 193 | 00:25:16.4 | 08:09 | | 01:47:57.3 |
| 299 | 75 | 5 | Dehmlow, Annie | 1168 | Forest Lake, MN | 434 | 00:12:57.6 | 03:14 | 201 | 00:02:21.1 | 330 | 01:04:43.8 | 19.1 | 251 | 00:01:08.2 | 295 | 00:26:49.4 | 08:39 | | 01:48:00.3 |
| 300 | 76 | 8 | Moran, Eileen | 541 | Minneapolis, | 647 | 00:15:16.9 | 03:49 | 454 | 00:03:12.2 | 296 | 01:04:04.8 | 19.3 | 206 | 00:01:03.4 | 148 | 00:24:26.1 | 07:52 | | 01:48:03.5 |
| 301 | 205 | 32 | Johnson, Stetson | 719 | Roseville, MN | 51 | 00:08:59.2 | 02:14 | 660 | 00:04:13.2 | 522 | 01:10:27.9 | 17.5 | 137 | 00:00:57.2 | 109 | 00:23:31.7 | 07:35 | | 01:48:09.4 |
| 302 | 77 | 17 | Rehling, Jennifer | 393 | Andover, MN | 88 | 00:09:28.9 | 02:22 | 181 | 00:02:17.1 | 354 | 01:05:22.3 | 18.9 | 202 | 00:01:03.0 | 496 | 00:29:58.4 | 09:40 | | 01:48:09.8 |
| 303 | 206 | 19 | Back, Randy S | 1260 | Superior, WI | 748 | 00:17:30.5 | 04:22 | 348 | 00:02:48.6 | 216 | 01:01:22.1 | 20.1 | 295 | 00:01:13.4 | 192 | 00:25:16.4 | 08:09 | | 01:48:11.2 |
| 304 | 78 | 13 | Berger, Sarah | 939 | Hugo, MN | 343 | 00:12:10.7 | 03:02 | 531 | 00:03:31.3 | 306 | 01:04:16.9 | 19.2 | 734 | 00:02:43.3 | 208 | 00:25:30.9 | 08:13 | | 01:48:13.2 |
| 305 | 79 | 3 | Ziegler, Catherine | 1086 | North Branch, | 270 | 00:11:28.6 | 02:52 | 123 | 00:02:03.8 | 287 | 01:03:49.5 | 19.4 | 466 | 00:01:35.9 | 457 | 00:29:15.3 | 09:26 | | 01:48:13.3 |
| 306 | 207 | 20 | Glaccum, Joseph | 403 | Excelsior, MN | 370 | 00:12:21.9 | 03:05 | 471 | 00:03:14.8 | 242 | 01:02:15.1 | 19.9 | 713 | 00:02:30.9 | 365 | 00:27:52.3 | 08:59 | | 01:48:15.1 |
| 307 | 208 | 32 | Fist, Mark | 1184 | St. Croix Falls, | 124 | 00:09:56.4 | 02:29 | 124 | 00:02:04.2 | 251 | 01:02:25.8 | 19.8 | 477 | 00:01:37.5 | 593 | 00:32:11.8 | 10:23 | | 01:48:15.9 |
| 308 | 80 | 22 | Anderson, Stacey | 1136 | Chisago City, | 525 | 00:13:41.0 | 03:25 | 206 | 00:02:22.2 | 404 | 01:06:40.7 | 18.5 | 242 | 00:01:07.6 | 145 | 00:24:25.2 | 07:52 | | 01:48:17.0 |
| 309 | 209 | 12 | Abrahamsen, Sam | 571 | Ham Lake, MN | 223 | 00:11:05.4 | 02:46 | 436 | 00:03:08.0 | 342 | 01:04:58.4 | 19.0 | 418 | 00:01:28.4 | 347 | 00:27:38.8 | 08:55 | | 01:48:19.1 |
| 310 | 210 | 41 | Bluhm, Joel | 512 | St Paul, MN | 521 | 00:13:39.0 | 03:24 | 688 | 00:04:28.3 | 348 | 01:05:07.7 | 19.0 | 559 | 00:01:49.6 | 94 | 00:23:15.2 | 07:30 | | 01:48:20.1 |
| 311 | 211 | 38 | Jennissen, Robert | 1111 | Lindstrom, MN | 516 | 00:13:36.5 | 03:24 | 477 | 00:03:16.4 | 294 | 01:04:03.3 | 19.3 | 82 | 00:00:48.7 | 282 | 00:26:36.3 | 08:34 | | 01:48:21.3 |
| 312 | 81 | 10 | Exner, Denise | 1175 | Brooklyn Park, | 344 | 00:12:11.3 | 03:02 | 207 | 00:02:22.4 | 359 | 01:05:29.4 | 18.9 | 239 | 00:01:07.2 | 323 | 00:27:15.3 | 08:47 | | 01:48:25.9 |
| 313 | 212 | 42 | Storkan, Steve | 593 | Forest Lake, MN | 301 | 00:11:46.5 | 02:56 | 202 | 00:02:21.4 | 363 | 01:05:35.2 | 18.8 | 40 | 00:00:41.1 | 384 | 00:28:05.1 | 09:03 | | 01:48:29.5 |
| 314 | 82 | 9 | Deichman, Candee | 813 | Mankato, MN | 417 | 00:12:46.5 | 03:11 | 236 | 00:02:29.0 | 376 | 01:05:52.9 | 18.8 | 575 | 00:01:53.8 | 211 | 00:25:32.0 | 08:14 | | 01:48:34.3 |
| 315 | 213 | 21 | Monfre, Dan | 886 | New Berlin, WI | 415 | 00:12:46.2 | 03:11 | 366 | 00:02:54.1 | 447 | 01:07:41.6 | 18.3 | 44 | 00:00:42.0 | 151 | 00:24:30.6 | 07:54 | | 01:48:34.7 |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | |
|--|-------------|---------------------|---------------------|--------------|------------|-------------|-----|------------|-------------|------------|----------|-----|------------|------------|------------|-----------|------------|-----|-----------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 316 | 83 | 6 Uppgaard, Laura | 899 New Brighton, | 375 | 00:12:25.4 | 03:06 | 192 | 00:02:19.4 | 452 | 01:07:53.1 | 18.2 | 50 | 00:00:42.7 | 195 | 00:25:17.2 | 08:09 | 01:48:38.0 | | |
| 317 | 84 | 18 Walts, Susan | 894 Minneapolis, | 29 | 00:08:27.3 | 02:06 | 222 | 00:02:26.8 | 414 | 01:06:55.6 | 18.5 | 633 | 00:02:03.2 | 430 | 00:28:51.5 | 09:18 | 01:48:44.6 | | |
| 318 | 214 | 11 Sauerbry, Jim | 662 Lindstrom, MN | 45 | 00:08:52.0 | 02:13 | 220 | 00:02:26.5 | 307 | 01:04:19.2 | 19.2 | 139 | 00:00:57.2 | 594 | 00:32:13.0 | 10:23 | 01:48:48.2 | | |
| 319 | 85 | 23 Turman, Abigail | 859 Minneapolis, | 438 | 00:12:58.7 | 03:14 | 34 | 00:01:35.5 | 374 | 01:05:51.5 | 18.8 | 360 | 00:01:22.5 | 311 | 00:27:02.2 | 08:43 | 01:48:50.7 | | |
| 320 | 86 | 14 Ma, Michelle | 814 Bloomington, | 407 | 00:12:42.5 | 03:10 | 486 | 00:03:20.9 | 334 | 01:04:47.9 | 19.1 | 323 | 00:01:17.3 | 291 | 00:26:45.0 | 08:37 | 01:48:53.8 | | |
| 321 | 215 | 33 Gallatin, Peter | 502 Scandia, MN | 236 | 00:11:14.1 | 02:48 | 312 | 00:02:41.3 | 465 | 01:08:18.3 | 18.1 | 24 | 00:00:37.7 | 250 | 00:26:06.2 | 08:25 | 01:48:57.7 | | |
| 322 | 87 | 11 Bunde, Melissa | 1034 Madison Lake, | 389 | 00:12:32.6 | 03:08 | 119 | 00:02:02.1 | 341 | 01:04:57.7 | 19.0 | 631 | 00:02:03.1 | 328 | 00:27:22.1 | 08:49 | 01:48:57.9 | | |
| 323 | 20 | Dowdal-osborn, | 474 Minneapolis, | 292 | 00:11:42.8 | 02:55 | 274 | 00:02:35.5 | 297 | 01:04:07.0 | 19.3 | 348 | 00:01:21.2 | 451 | 00:29:12.1 | 09:25 | 01:48:58.8 | | |
| 324 | 88 | 24 Larson, Amy | 308 Plymouth, MN | 471 | 00:13:16.5 | 03:19 | 111 | 00:01:59.2 | 338 | 01:04:53.1 | 19.0 | 19 | 00:00:36.2 | 394 | 00:28:14.9 | 09:06 | 01:49:00.2 | | |
| 325 | 216 | 43 Wurdemann, Peter | 945 Harris, MN | 636 | 00:15:06.7 | 03:46 | 275 | 00:02:35.5 | 319 | 01:04:30.6 | 19.2 | 87 | 00:00:49.9 | 242 | 00:26:01.9 | 08:23 | 01:49:04.7 | | |
| 326 | 217 | 21 Smith, Gregory | 473 Saint Paul, MN | 274 | 00:11:30.8 | 02:52 | 542 | 00:03:34.3 | 290 | 01:03:58.7 | 19.3 | 668 | 00:02:16.3 | 359 | 00:27:48.9 | 08:58 | 01:49:09.2 | | |
| 327 | 21 | 33 Herrmann, Andrew | 1187 Two Rivers, WI | 147 | 00:10:15.5 | 02:33 | 176 | 00:02:15.9 | 299 | 01:04:08.6 | 19.3 | 210 | 00:01:04.0 | 566 | 00:31:28.3 | 10:09 | 01:49:12.5 | | |
| 328 | 218 | 44 Evenson, Chad | 539 Blaine, MN | 428 | 00:12:54.0 | 03:13 | 237 | 00:02:29.1 | 416 | 01:06:58.5 | 18.5 | 250 | 00:01:08.2 | 226 | 00:25:45.9 | 08:18 | 01:49:15.9 | | |
| 329 | 89 | 10 Winecke, Sally | 511 Eagan, MN | 138 | 00:10:06.9 | 02:31 | 408 | 00:03:02.2 | 267 | 01:03:03.4 | 19.6 | 745 | 00:02:55.4 | 506 | 00:30:11.5 | 09:44 | 01:49:19.5 | | |
| 330 | 90 | 12 Malen, Melissa | 758 Saint Paul, MN | 136 | 00:10:05.9 | 02:31 | 435 | 00:03:07.9 | 398 | 01:06:29.1 | 18.6 | 162 | 00:00:59.3 | 423 | 00:28:43.2 | 09:15 | 01:49:25.4 | | |
| 331 | 219 | 45 Malen, Peter | 757 Saint Paul, MN | 364 | 00:12:19.5 | 03:04 | 640 | 00:04:05.1 | 304 | 01:04:13.8 | 19.2 | 118 | 00:00:54.2 | 367 | 00:27:52.9 | 08:59 | 01:49:25.6 | | |
| 332 | 220 | 1 Meck, Don | 1026 Siren, WI | 271 | 00:11:30.2 | 02:52 | 628 | 00:04:00.8 | 189 | 01:00:25.2 | 20.5 | 754 | 00:03:02.2 | 528 | 00:30:32.7 | 09:51 | 01:49:31.3 | | |
| 333 | 91 | 7 Sievers, Hannah | 565 St.paul, MN | 48 | 00:08:54.1 | 02:13 | 132 | 00:02:06.2 | 421 | 01:07:05.8 | 18.4 | 453 | 00:01:33.4 | 490 | 00:29:54.1 | 09:38 | 01:49:33.8 | | |
| 334 | 22 | Schotters, Mike | 354 Lino Lakes, MN | 251 | 00:11:22.1 | 02:50 | 518 | 00:03:27.8 | 127 | 00:58:53.3 | 21.0 | 567 | 00:01:51.3 | 638 | 00:33:59.9 | 10:58 | 01:49:34.6 | | |
| 335 | 2 | Manion, Kristin | 704 Saint Louis | 202 | 00:10:51.1 | 02:42 | 481 | 00:03:18.4 | 235 | 01:01:47.2 | 20.0 | 681 | 00:02:19.3 | 564 | 00:31:26.5 | 10:08 | 01:49:42.7 | | |
| 336 | 221 | 39 Gannon, John | 710 Richfield, MN | 349 | 00:12:13.3 | 03:03 | 453 | 00:03:12.1 | 262 | 01:02:43.9 | 19.7 | 598 | 00:01:57.5 | 476 | 00:29:37.2 | 09:33 | 01:49:44.2 | | |
| 337 | 92 | 13 Knapp, Alison | 531 St Paul, MN | 347 | 00:12:12.4 | 03:03 | 523 | 00:03:29.2 | 1 | 00:00:06.8 | ? | 796 | 01:06:25.7 | 332 | 00:27:30.4 | 08:52 | 01:49:44.6 | | |
| 338 | 222 | 22 Lindberg, Anders | 1016 Minneapolis, | 570 | 00:14:06.3 | 03:31 | 478 | 00:03:16.6 | 335 | 01:04:48.2 | 19.1 | 389 | 00:01:25.3 | 259 | 00:26:12.2 | 08:27 | 01:49:48.8 | | |
| 339 | 223 | 12 Chisholm, Tim | 1093 North Branch, | 250 | 00:11:21.3 | 02:50 | 369 | 00:02:55.5 | 371 | 01:05:49.2 | 18.8 | 525 | 00:01:44.7 | 379 | 00:28:03.7 | 09:03 | 01:49:54.6 | | |
| 340 | 93 | 14 Freytag, Kathryn | 591 Eden Prairie, | 392 | 00:12:34.5 | 03:08 | 276 | 00:02:35.7 | 303 | 01:04:12.9 | 19.2 | 554 | 00:01:48.7 | 425 | 00:28:44.6 | 09:16 | 01:49:56.5 | | |
| 341 | 224 | 46 Driessen, Jack | 895 Lino Lakes, MN | 572 | 00:14:09.1 | 03:32 | 455 | 00:03:12.5 | 323 | 01:04:40.8 | 19.1 | 509 | 00:01:42.5 | 268 | 00:26:18.4 | 08:29 | 01:50:03.6 | | |
| 342 | 225 | 22 Zwiers, Brian | 325 Hilbert, WI | 514 | 00:13:35.5 | 03:23 | 547 | 00:03:35.3 | 289 | 01:03:54.3 | 19.3 | 121 | 00:00:55.1 | 383 | 00:28:04.8 | 09:03 | 01:50:05.2 | | |
| 343 | 226 | 47 Smith, Mark | 1253 Coon Rapids, | 691 | 00:16:05.8 | 04:01 | 308 | 00:02:40.7 | 259 | 01:02:38.0 | 19.7 | 147 | 00:00:57.8 | 353 | 00:27:45.0 | 08:57 | 01:50:07.5 | | |
| 344 | 227 | 23 Panning, Gregg | 1181 Maple Grove, | 367 | 00:12:19.8 | 03:04 | 560 | 00:03:40.1 | 314 | 01:04:24.1 | 19.2 | 464 | 00:01:35.8 | 390 | 00:28:11.4 | 09:05 | 01:50:11.4 | | |
| 345 | 94 | 3 Peterson, Julie | 404 Cambridge, MN | 322 | 00:12:00.4 | 03:00 | 418 | 00:03:04.6 | 269 | 01:03:08.2 | 19.6 | 686 | 00:02:20.4 | 479 | 00:29:39.7 | 09:34 | 01:50:13.5 | | |
| 346 | 23 | Van Sloun, Joe | 1057 Minnetonka, MN | 531 | 00:13:44.6 | 03:26 | 559 | 00:03:39.9 | 253 | 01:02:26.3 | 19.8 | 718 | 00:02:35.3 | 356 | 00:27:48.0 | 08:58 | 01:50:14.3 | | |
| 347 | 95 | 15 Clark, Katie | 1112 Stacy, MN | 630 | 00:14:57.3 | 03:44 | 364 | 00:02:53.4 | 305 | 01:04:14.5 | 19.2 | 26 | 00:00:37.9 | 338 | 00:27:34.1 | 08:53 | 01:50:17.4 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6mi bike | | T-2 | | 3.1mi run | | 7/29/2007 | | | | | |
|--|-------------|----------------------|------|-----------------|--------------|-------------|-------|-----|------------|------|------------|------|-----------|------------|-----------|------------|--------|-----|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 348 | 228 | 23 Jackson, Steve | 1273 | Saint Paul, MN | 558 | 00:13:58.7 | 03:29 | 558 | 00:03:39.3 | 252 | 01:02:26.2 | 19.8 | 674 | 00:02:17.2 | 377 | 00:28:03.4 | 09:03 | | | 01:50:25.0 |
| 349 | 229 | 13 Lund, Joe | 1192 | Rochester, MN | 87 | 00:09:28.0 | 02:22 | 539 | 00:03:33.7 | 519 | 01:10:24.2 | 17.6 | 403 | 00:01:27.0 | 212 | 00:25:32.3 | 08:14 | | | 01:50:25.4 |
| 350 | 96 | 19 Crecelius, Cindy | 694 | Farmington, MN | 568 | 00:14:05.4 | 03:31 | 197 | 00:02:20.2 | 218 | 01:01:27.3 | 20.1 | 478 | 00:01:37.6 | 546 | 00:30:59.0 | 09:59 | | | 01:50:29.8 |
| 351 | 97 | 4 Rubin, Katherine | 1095 | Duluth, MN | 168 | 00:10:28.4 | 02:37 | 615 | 00:03:57.0 | 473 | 01:08:39.2 | 18.0 | 468 | 00:01:36.5 | 232 | 00:25:50.9 | 08:20 | | | 01:50:32.2 |
| 352 | 98 | 5 Machus, Cindy | 638 | Mahtomedi, MN | 413 | 00:12:44.7 | 03:11 | 585 | 00:03:45.8 | 333 | 01:04:47.6 | 19.1 | 504 | 00:01:41.7 | 345 | 00:27:37.3 | 08:54 | | | 01:50:37.3 |
| 353 | 24 | Ballmer, Ryan | 718 | Lakeville, MN | 353 | 00:12:15.6 | 03:03 | 699 | 00:04:32.6 | 132 | 00:59:02.2 | 20.9 | 640 | 00:02:05.3 | 612 | 00:32:44.7 | 10:33 | | | 01:50:40.6 |
| 354 | 230 | 2 Wadd, Tyler | 785 | Woodbury, MN | 305 | 00:11:49.5 | 02:57 | 473 | 00:03:15.0 | 450 | 01:07:50.4 | 18.2 | 237 | 00:01:07.1 | 285 | 00:26:40.2 | 08:36 | | | 01:50:42.3 |
| 355 | 99 | 20 Declercq, Karmin | 663 | Minneapolis, | 653 | 00:15:21.3 | 03:50 | 290 | 00:02:38.1 | 356 | 01:05:23.3 | 18.9 | 542 | 00:01:46.9 | 228 | 00:25:46.2 | 08:18 | | | 01:50:55.9 |
| 356 | 231 | 33 Menard, Garrett | 1028 | Minnetonka, MN | 66 | 00:09:11.2 | 02:17 | 194 | 00:02:19.5 | 415 | 01:06:57.5 | 18.5 | 629 | 00:02:02.7 | 524 | 00:30:26.5 | 09:49 | | | 01:50:57.6 |
| 357 | 232 | 34 Arcand, Brian | 517 | Aurora, IL | 468 | 00:13:15.7 | 03:18 | 425 | 00:03:05.7 | 436 | 01:07:32.1 | 18.3 | 628 | 00:02:02.3 | 181 | 00:25:02.6 | 08:04 | | | 01:50:58.6 |
| 358 | 233 | 40 Larson, David | 1146 | Rogers, MN | 669 | 00:15:39.1 | 03:54 | 460 | 00:03:13.1 | 285 | 01:03:41.8 | 19.4 | 353 | 00:01:21.5 | 314 | 00:27:04.0 | 08:43 | | | 01:50:59.7 |
| 359 | 234 | 14 Schuler, Tyler | 516 | Chisago City, | 114 | 00:09:46.7 | 02:26 | 177 | 00:02:16.2 | 514 | 01:10:09.7 | 17.6 | 568 | 00:01:52.5 | 305 | 00:26:56.9 | 08:41 | | | 01:51:02.2 |
| 360 | 235 | 3 Hanson, Dan | 830 | Lakeville, MN | 188 | 00:10:44.5 | 02:41 | 661 | 00:04:14.1 | 407 | 01:06:42.0 | 18.5 | 406 | 00:01:27.3 | 369 | 00:27:56.2 | 09:00 | | | 01:51:04.2 |
| 361 | 236 | 34 Olson, Trevor | 990 | Andover, MN | 482 | 00:13:21.8 | 03:20 | 391 | 00:02:59.8 | 312 | 01:04:23.0 | 19.2 | 334 | 00:01:19.2 | 443 | 00:29:04.5 | 09:22 | | | 01:51:08.6 |
| 362 | 100 | 11 Weinaug, Jenny | 903 | Appleton, WI | 265 | 00:11:25.0 | 02:51 | 217 | 00:02:26.3 | 344 | 01:05:03.5 | 19.0 | 444 | 00:01:32.4 | 537 | 00:30:43.0 | 09:54 | | | 01:51:10.4 |
| 363 | 101 | 15 Venuta, Kimberly | 1002 | Stillwater, MN | 241 | 00:11:17.8 | 02:49 | 591 | 00:03:48.1 | 456 | 01:07:58.7 | 18.2 | 632 | 00:02:03.1 | 245 | 00:26:03.3 | 08:24 | | | 01:51:11.2 |
| 364 | 102 | 4 Schmidt, Douglas | 977 | Osceola, WI | 426 | 00:12:51.2 | 03:12 | 448 | 00:03:10.2 | 517 | 01:10:14.6 | 17.6 | 276 | 00:01:10.8 | 121 | 00:23:49.9 | 07:41 | | | 01:51:16.8 |
| 365 | 103 | 16 Riley, Sheila | 668 | Minneapolis, | 673 | 00:15:42.4 | 03:55 | 253 | 00:02:32.6 | 200 | 01:00:52.9 | 20.3 | 701 | 00:02:26.3 | 485 | 00:29:42.9 | 09:35 | | | 01:51:17.2 |
| 366 | 237 | 48 Swann, Aaron | 574 | Edina, MN | 483 | 00:13:21.8 | 03:20 | 420 | 00:03:05.0 | 361 | 01:05:32.5 | 18.9 | 117 | 00:00:54.1 | 408 | 00:28:27.2 | 09:10 | | | 01:51:20.9 |
| 367 | 238 | 15 Lake, Thomas | 711 | Bloomington, | 421 | 00:12:48.8 | 03:12 | 579 | 00:03:44.1 | 573 | 01:12:24.5 | 17.1 | 85 | 00:00:49.1 | 45 | 00:21:36.7 | 06:58 | | | 01:51:23.3 |
| 368 | 239 | 13 Comstock, Manny | 418 | St. Paul, MN | 120 | 00:09:53.1 | 02:28 | 139 | 00:02:07.9 | 309 | 01:04:20.6 | 19.2 | 670 | 00:02:16.4 | 613 | 00:32:46.8 | 10:34 | | | 01:51:25.0 |
| 369 | 240 | 35 Brown, Arlan | 388 | Lino Lakes, MN | 393 | 00:12:35.0 | 03:08 | 620 | 00:03:58.0 | 318 | 01:04:29.7 | 19.2 | 397 | 00:01:26.5 | 436 | 00:28:56.6 | 09:20 | | | 01:51:25.9 |
| 370 | 241 | 49 Moon, Dan | 842 | Center City, MN | 509 | 00:13:32.3 | 03:23 | 662 | 00:04:14.7 | 339 | 01:04:55.9 | 19.0 | 538 | 00:01:46.0 | 309 | 00:26:58.3 | 08:42 | | | 01:51:27.3 |
| 371 | 104 | 25 Barta, Lisa | 762 | Rice Lake, WI | 457 | 00:13:09.3 | 03:17 | 172 | 00:02:15.5 | 434 | 01:07:30.6 | 18.3 | 56 | 00:00:44.1 | 374 | 00:28:00.8 | 09:02 | | | 01:51:40.5 |
| 372 | 105 | 8 Foss, Megan | 1078 | Shoreview, MN | 283 | 00:11:35.1 | 02:53 | 571 | 00:03:43.2 | 474 | 01:08:39.3 | 18.0 | 513 | 00:01:42.9 | 254 | 00:26:09.8 | 08:26 | | | 01:51:50.5 |
| 373 | 106 | 17 Dingle, Paula | 862 | Stillwater, MN | 311 | 00:11:53.6 | 02:58 | 289 | 00:02:38.0 | 350 | 01:05:12.6 | 19.0 | 549 | 00:01:47.6 | 516 | 00:30:20.2 | 09:47 | | | 01:51:52.2 |
| 374 | 107 | 26 Diederich, Marcia | 1183 | Hudson, WI | 3 | 00:07:04.6 | 01:46 | 595 | 00:03:48.5 | 561 | 01:12:02.4 | 17.2 | 416 | 00:01:28.1 | 336 | 00:27:32.5 | 08:53 | | | 01:51:56.2 |
| 375 | 108 | 16 Bischel, Samantha | 425 | Chippewa Falls, | 264 | 00:11:25.0 | 02:51 | 317 | 00:02:43.2 | 443 | 01:07:38.1 | 18.3 | 543 | 00:01:46.9 | 405 | 00:28:25.2 | 09:10 | | | 01:51:58.6 |
| 376 | 109 | 27 Swing, Michele | 1121 | Minneapolis, | 550 | 00:13:52.8 | 03:28 | 497 | 00:03:23.2 | 316 | 01:04:27.2 | 19.2 | 626 | 00:02:02.2 | 401 | 00:28:20.3 | 09:08 | | | 01:52:05.9 |
| 377 | 110 | 12 Leppke-hennig, | 534 | Golden Valley, | 384 | 00:12:31.6 | 03:07 | 264 | 00:02:34.3 | 408 | 01:06:43.5 | 18.5 | 529 | 00:01:44.9 | 421 | 00:28:40.2 | 09:14 | | | 01:52:14.8 |
| 378 | 111 | 1 Dyrud, Rebekah | 1161 | Plymouth, MN | 758 | 00:17:53.2 | 04:28 | 393 | 00:03:00.1 | 409 | 01:06:43.6 | 18.5 | 201 | 00:01:02.9 | 113 | 00:23:37.6 | 07:37 | | | 01:52:17.6 |
| 379 | 242 | 35 Eider, Scott | 1120 | Minneapolis, | 410 | 00:12:43.0 | 03:10 | 723 | 00:04:50.3 | 400 | 01:06:31.4 | 18.6 | 510 | 00:01:42.6 | 277 | 00:26:31.8 | 08:33 | | | 01:52:19.4 |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | |
|--|-------------|------|--------------------|--------------|-----------------|-------------|------------|-------|-------------|------------|----------|------------|--------|------------|------------|-----------|------------|-------|-----------------|--|--|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | | |
| 380 | 243 | 4 | Wurdemann, Josh | 946 | Harris, MN | 500 | 00:13:29.6 | 03:22 | 412 | 00:03:03.7 | 388 | 01:06:13.4 | 18.7 | 60 | 00:00:45.4 | 427 | 00:28:48.4 | 09:17 | 01:52:20.6 | | |
| 381 | 112 | 18 | Kelly, Amy | 807 | Saint Paul, MN | 594 | 00:14:24.6 | 03:36 | 489 | 00:03:21.0 | 453 | 01:07:54.0 | 18.2 | 613 | 00:02:00.3 | 164 | 00:24:40.6 | 07:57 | 01:52:20.7 | | |
| 382 | 244 | 41 | Kelly, Edward | 808 | St Paul, MN | 595 | 00:14:24.8 | 03:36 | 496 | 00:03:23.1 | 449 | 01:07:49.9 | 18.2 | 627 | 00:02:02.3 | 161 | 00:24:40.5 | 07:57 | 01:52:20.8 | | |
| 383 | 245 | 36 | Kohn, Joshua | 588 | St. Paul, MN | 382 | 00:12:29.6 | 03:07 | 347 | 00:02:48.6 | 553 | 01:11:42.4 | 17.2 | 195 | 00:01:02.0 | 141 | 00:24:20.2 | 07:51 | 01:52:23.0 | | |
| 384 | 246 | 37 | Smith, Jason | 1046 | Roseville, MN | 99 | 00:09:36.5 | 02:24 | 185 | 00:02:17.5 | 498 | 01:09:35.4 | 17.8 | 620 | 00:02:01.4 | 435 | 00:28:55.9 | 09:19 | 01:52:27.0 | | |
| 385 | 113 | 19 | Haagenson, Kristin | 478 | Falcon Heights, | 212 | 00:10:55.6 | 02:43 | 211 | 00:02:23.8 | 504 | 01:09:46.6 | 17.7 | 155 | 00:00:58.4 | 409 | 00:28:28.3 | 09:11 | 01:52:32.9 | | |
| 386 | 247 | 2 | Larson, Larry | 400 | Stillwater, WI | 546 | 00:13:52.1 | 03:28 | 389 | 00:02:58.9 | 343 | 01:05:01.1 | 19.0 | 443 | 00:01:32.4 | 453 | 00:29:12.8 | 09:25 | 01:52:37.4 | | |
| 387 | 114 | 28 | Houle, Becky | 480 | Wyoming, MN | 473 | 00:13:16.6 | 03:19 | 357 | 00:02:50.3 | 505 | 01:09:48.2 | 17.7 | 55 | 00:00:43.9 | 240 | 00:26:00.4 | 08:23 | 01:52:39.6 | | |
| 388 | 248 | 24 | Lundberg, Jack | 714 | Chisago City, | 702 | 00:16:17.7 | 04:04 | 383 | 00:02:57.3 | 229 | 01:01:41.9 | 20.0 | 433 | 00:01:31.1 | 505 | 00:30:11.5 | 09:44 | 01:52:39.6 | | |
| 389 | 249 | 16 | Roggemann, | 1069 | Chisago City, | 42 | 00:08:49.4 | 02:12 | 552 | 00:03:37.7 | 571 | 01:12:19.7 | 17.1 | 190 | 00:01:01.6 | 301 | 00:26:54.6 | 08:40 | 01:52:43.2 | | |
| 390 | 250 | 36 | Bevars, Robert | 794 | Minneapolis, | 576 | 00:14:12.7 | 03:33 | 216 | 00:02:24.8 | 499 | 01:09:37.4 | 17.8 | 113 | 00:00:53.8 | 216 | 00:25:36.4 | 08:15 | 01:52:45.4 | | |
| 391 | 251 | 24 | Legan, Sam | 491 | Shoreview, MN | 454 | 00:13:07.8 | 03:16 | 316 | 00:02:42.8 | 2 | 00:00:32.4 | 2285.0 | 797 | 01:07:49.7 | 415 | 00:28:32.5 | 09:12 | 01:52:45.5 | | |
| 392 | 252 | 42 | Ramberg, Russ | 988 | North Branch, | 797 | 00:22:24.0 | 05:36 | 327 | 00:02:44.7 | 165 | 00:59:52.5 | 20.6 | 398 | 00:01:26.7 | 267 | 00:26:17.8 | 08:28 | 01:52:45.9 | | |
| 393 | 253 | 43 | Erickson, Jamie | 594 | Cambridge, MN | 430 | 00:12:54.5 | 03:13 | 293 | 00:02:38.6 | 347 | 01:05:04.7 | 19.0 | 277 | 00:01:11.0 | 547 | 00:31:00.3 | 10:00 | 01:52:49.4 | | |
| 394 | 254 | 25 | Morris, Steve | 1128 | Maplewood, MN | 496 | 00:13:28.3 | 03:22 | 82 | 00:01:50.9 | 424 | 01:07:11.9 | 18.4 | 399 | 00:01:26.7 | 431 | 00:28:52.3 | 09:18 | 01:52:50.3 | | |
| 395 | 115 | 13 | Reid, Ellen | 659 | Minneapolis, | 312 | 00:11:53.6 | 02:58 | 374 | 00:02:56.1 | 329 | 01:04:43.8 | 19.1 | 614 | 00:02:00.5 | 560 | 00:31:16.6 | 10:05 | 01:52:50.7 | | |
| 396 | 255 | 37 | Strawn, John | 1050 | Burnsville, MN | 567 | 00:14:04.7 | 03:31 | 255 | 00:02:32.8 | 471 | 01:08:38.7 | 18.0 | 498 | 00:01:41.4 | 234 | 00:25:53.2 | 08:21 | 01:52:51.0 | | |
| 397 | 256 | 38 | Thompson, Kristi | 1174 | Champlin, MN | 470 | 00:13:16.4 | 03:19 | 669 | 00:04:17.8 | 390 | 01:06:14.7 | 18.7 | 643 | 00:02:06.1 | 303 | 00:26:56.0 | 08:41 | 01:52:51.2 | | |
| 398 | 116 | 21 | Lee, Molly | 937 | Bloomington, | 252 | 00:11:23.3 | 02:50 | 247 | 00:02:31.7 | 379 | 01:06:05.9 | 18.7 | 736 | 00:02:44.7 | 502 | 00:30:07.2 | 09:42 | 01:52:52.9 | | |
| 399 | 117 | 20 | Nadeau, Elizabeth | 724 | White Bear | | | | 805 | 00:41:49.2 | 399 | 01:06:31.3 | 18.6 | 138 | 00:00:57.2 | 573 | 00:31:38.2 | 10:12 | 01:53:00.3 | | |
| 400 | 118 | 29 | Petersen, Andrea | 1014 | Minneapolis, | 453 | 00:13:07.6 | 03:16 | 681 | 00:04:22.0 | 353 | 01:05:20.7 | 18.9 | 689 | 00:02:22.0 | 358 | 00:27:48.6 | 08:58 | 01:53:01.2 | | |
| 401 | 119 | 22 | Rankin, Stacy | 386 | Minneapolis, | 404 | 00:12:40.0 | 03:10 | 244 | 00:02:31.3 | 367 | 01:05:37.7 | 18.8 | 586 | 00:01:55.2 | 512 | 00:30:17.1 | 09:46 | 01:53:01.5 | | |
| 402 | 257 | 17 | Antisdell, T J | 466 | Stacy, MN | 700 | 00:16:17.2 | 04:04 | 634 | 00:04:02.0 | 429 | 01:07:24.5 | 18.3 | 129 | 00:00:56.4 | 143 | 00:24:23.7 | 07:52 | 01:53:04.0 | | |
| 403 | 120 | 14 | Vanderwoude, Lori | 811 | Burnsville, MN | 324 | 00:12:00.9 | 03:00 | 421 | 00:03:05.0 | 428 | 01:07:21.9 | 18.3 | 695 | 00:02:23.6 | 396 | 00:28:16.4 | 09:07 | 01:53:08.0 | | |
| 404 | 121 | 6 | Brown, Lisa | 796 | Minneapolis, | 533 | 00:13:44.9 | 03:26 | 402 | 00:03:01.5 | 337 | 01:04:51.1 | 19.1 | 600 | 00:01:58.6 | 486 | 00:29:44.1 | 09:35 | 01:53:20.4 | | |
| 405 | 258 | 50 | Carlson, Tim | 482 | Chisago City, | 613 | 00:14:41.5 | 03:40 | 301 | 00:02:39.8 | 391 | 01:06:15.2 | 18.7 | 458 | 00:01:34.4 | 392 | 00:28:14.0 | 09:06 | 01:53:25.2 | | |
| 406 | 122 | 30 | Schmitz, Bridget | 546 | St Paul, MN | 335 | 00:12:06.8 | 03:01 | 191 | 00:02:19.1 | 420 | 01:07:05.3 | 18.4 | 374 | 00:01:24.0 | 527 | 00:30:30.4 | 09:50 | 01:53:25.8 | | |
| 407 | 123 | 21 | Hovelsrud, | 1197 | Edina, MN | 369 | 00:12:21.8 | 03:05 | 493 | 00:03:21.6 | 437 | 01:07:32.2 | 18.3 | 515 | 00:01:43.1 | 410 | 00:28:28.5 | 09:11 | 01:53:27.4 | | |
| 408 | 124 | 17 | Gorman, Annie | 776 | Minneapolis, | 21 | 00:08:10.4 | 02:02 | 346 | 00:02:47.9 | 576 | 01:12:33.5 | 17.0 | 473 | 00:01:36.9 | 400 | 00:28:18.5 | 09:07 | 01:53:27.5 | | |
| 409 | 125 | 7 | Hale, Ann | 373 | Chisago City, | 319 | 00:11:58.6 | 02:59 | 278 | 00:02:35.9 | 539 | 01:11:09.6 | 17.4 | 76 | 00:00:47.8 | 304 | 00:26:56.7 | 08:41 | 01:53:28.8 | | |
| 410 | 259 | 38 | Mack, Justin | 1001 | Apple Valley, | 268 | 00:11:26.3 | 02:51 | 442 | 00:03:09.5 | 469 | 01:08:35.7 | 18.0 | 183 | 00:01:00.8 | 458 | 00:29:16.4 | 09:26 | 01:53:28.9 | | |
| 411 | 126 | 23 | Kehrwald, Natalie | 910 | Columbus, OH | 368 | 00:12:20.9 | 03:05 | 310 | 00:02:40.9 | 422 | 01:07:09.8 | 18.4 | 305 | 00:01:15.0 | 500 | 00:30:03.5 | 09:41 | 01:53:30.3 | | |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | |
|--|-------------|----------------------|----------------------|--------------|------------|-------------|-----|------------|-------------|------------|----------|-----|------------|------------|------------|-----------|------------|-----|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 412 | 127 | 31 Eischens, Shawna | 908 Eagan, MN | 461 | 00:13:10.8 | 03:17 | 363 | 00:02:53.2 | 412 | 01:06:51.6 | 18.5 | 335 | 00:01:19.4 | 460 | 00:29:17.0 | 09:26 | 01:53:32.3 | | | |
| 413 | 260 | 14 Stich, Mike | 1113 Wyoming, MN | 626 | 00:14:52.8 | 03:43 | 396 | 00:03:00.5 | 324 | 01:04:42.0 | 19.1 | 578 | 00:01:54.4 | 444 | 00:29:05.0 | 09:22 | 01:53:35.0 | | | |
| 414 | 261 | 39 Zemke, Robert | 692 Wyoming, MN | 621 | 00:14:48.1 | 03:42 | 528 | 00:03:30.5 | 484 | 01:09:00.2 | 17.9 | 77 | 00:00:47.8 | 213 | 00:25:33.3 | 08:14 | 01:53:40.0 | | | |
| 415 | 128 | 8 Seubert, Mary | 635 Maple Grove, | 387 | 00:12:32.4 | 03:08 | 333 | 00:02:45.8 | 389 | 01:06:14.6 | 18.7 | 677 | 00:02:18.4 | 493 | 00:29:56.2 | 09:39 | 01:53:47.6 | | | |
| 416 | 129 | 9 Arnold, Terry | 456 Lindstrom, MN | 173 | 00:10:32.3 | 02:38 | 463 | 00:03:13.7 | 463 | 01:08:14.8 | 18.1 | 194 | 00:01:02.0 | 538 | 00:30:47.3 | 09:55 | 01:53:50.2 | | | |
| 417 | 130 | 24 Smith, Melissa | 781 Brooklyn Park, | 220 | 00:11:04.0 | 02:46 | 395 | 00:03:00.3 | 360 | 01:05:30.1 | 18.9 | 377 | 00:01:24.5 | 615 | 00:32:55.8 | 10:37 | 01:53:54.9 | | | |
| 418 | 262 | 2 Nelson, Lynn | 406 Minneapolis, | 592 | 00:14:22.6 | 03:35 | 510 | 00:03:25.7 | 386 | 01:06:12.2 | 18.7 | 723 | 00:02:38.0 | 325 | 00:27:16.6 | 08:47 | 01:53:55.2 | | | |
| 419 | 263 | 4 Kandiko, Joe | 477 Excelsior, MN | 262 | 00:11:24.9 | 02:51 | 284 | 00:02:36.9 | 401 | 01:06:32.5 | 18.6 | 424 | 00:01:29.9 | 584 | 00:31:51.6 | 10:16 | 01:53:55.9 | | | |
| 420 | 131 | 32 Posey, Jennifer | 1145 Center City, MN | 194 | 00:10:47.0 | 02:41 | 503 | 00:03:24.2 | 543 | 01:11:17.6 | 17.3 | | | | | | 01:53:56.2 | | | |
| 421 | 132 | 15 Thomsen, Anne | 351 Chisago City, | 424 | 00:12:49.7 | 03:12 | 171 | 00:02:15.4 | 477 | 01:08:46.9 | 18.0 | 33 | 00:00:40.1 | 467 | 00:29:29.8 | 09:30 | 01:54:02.1 | | | |
| 422 | 264 | 39 Creighton, Jason | 801 Minneapolis, | 345 | 00:12:11.6 | 03:02 | 606 | 00:03:53.9 | 366 | 01:05:37.3 | 18.8 | 762 | 00:03:19.1 | 437 | 00:29:01.0 | 09:21 | 01:54:03.1 | | | |
| 423 | 265 | 15 Haller, Paul R. | 1081 Minneapolis, | 642 | 00:15:11.0 | 03:47 | 430 | 00:03:06.7 | 362 | 01:05:32.9 | 18.9 | 649 | 00:02:08.4 | 381 | 00:28:04.3 | 09:03 | 01:54:03.6 | | | |
| 424 | 133 | 16 Lodico, Karen | 1263 Lino Lakes, MN | 65 | 00:09:10.7 | 02:17 | 323 | 00:02:44.5 | 525 | 01:10:37.6 | 17.5 | 601 | 00:01:58.6 | 473 | 00:29:35.6 | 09:32 | 01:54:07.3 | | | |
| 425 | 25 | Wehman, Steve | 552 Brooklyn | 259 | 00:11:24.2 | 02:51 | 297 | 00:02:39.2 | 411 | 01:06:46.7 | 18.5 | 715 | 00:02:32.1 | 539 | 00:30:47.8 | 09:56 | 01:54:10.3 | | | |
| 426 | 134 | 25 Lavoie, Elizabeth | 1077 Chisago Lakes, | 280 | 00:11:34.3 | 02:53 | 371 | 00:02:56.0 | 584 | 01:12:49.2 | 17.0 | 100 | 00:00:51.6 | 239 | 00:25:59.5 | 08:23 | 01:54:10.8 | | | |
| 427 | 266 | 44 Saavedra, Jorge | 446 Golden Valley, | 406 | 00:12:41.2 | 03:10 | 287 | 00:02:37.8 | 387 | 01:06:12.3 | 18.7 | 425 | 00:01:30.2 | 552 | 00:31:10.8 | 10:03 | 01:54:12.4 | | | |
| 428 | 135 | 17 Mccallum, Lisa | 1127 Arden Hills, MN | 60 | 00:09:05.4 | 02:16 | 709 | 00:04:37.5 | 485 | 01:09:02.5 | 17.9 | 291 | 00:01:13.2 | 519 | 00:30:20.9 | 09:47 | 01:54:19.6 | | | |
| 429 | 136 | 33 Pouliot, Anna | 1076 North Branch, | 127 | 00:10:00.3 | 02:30 | 613 | 00:03:55.5 | 526 | 01:10:37.8 | 17.5 | 357 | 00:01:22.3 | 406 | 00:28:26.5 | 09:10 | 01:54:22.6 | | | |
| 430 | 137 | 34 Jacobson, Karina | 553 Lino Lakes, MN | 226 | 00:11:07.7 | 02:46 | 156 | 00:02:12.0 | 457 | 01:07:59.4 | 18.2 | 205 | 00:01:03.3 | 589 | 00:32:00.1 | 10:19 | 01:54:22.8 | | | |
| 431 | 138 | 18 Coplien, Tammy | 631 Madison, WI | 379 | 00:12:27.2 | 03:06 | 516 | 00:03:27.0 | 300 | 01:04:09.2 | 19.3 | 716 | 00:02:33.9 | 579 | 00:31:45.8 | 10:14 | 01:54:23.2 | | | |
| 432 | 267 | 25 Kneebone, Todd | 854 Duluth, MN | 450 | 00:13:06.1 | 03:16 | 506 | 00:03:24.8 | 276 | 01:03:25.0 | 19.5 | 645 | 00:02:06.9 | 603 | 00:32:31.7 | 10:29 | 01:54:34.7 | | | |
| 433 | 139 | 18 Bergner, Jennifer | 1058 Minneapolis, | 423 | 00:12:49.6 | 03:12 | 373 | 00:02:56.1 | 383 | 01:06:09.3 | 18.7 | 637 | 00:02:04.7 | 530 | 00:30:35.3 | 09:52 | 01:54:35.3 | | | |
| 434 | 268 | 45 Scheele, Aaron | 735 North Branch, | 475 | 00:13:17.2 | 03:19 | 577 | 00:03:43.8 | 375 | 01:05:51.7 | 18.8 | 199 | 00:01:02.4 | 535 | 00:30:42.3 | 09:54 | 01:54:37.5 | | | |
| 435 | 269 | 40 Larson, Kurt | 309 Plymouth, MN | 294 | 00:11:44.8 | 02:56 | 468 | 00:03:14.4 | 278 | 01:03:28.5 | 19.5 | 245 | 00:01:07.8 | 677 | 00:35:01.9 | 11:18 | 01:54:37.6 | | | |
| 436 | 140 | 19 Collet, Ann | 1063 Verona, IL | 730 | 00:17:00.6 | 04:15 | 121 | 00:02:02.3 | 494 | 01:09:18.3 | 17.8 | 417 | 00:01:28.2 | 174 | 00:24:54.8 | 08:02 | 01:54:44.5 | | | |
| 437 | 270 | 51 Bastiaens, Willem | 926 Scandia, MN | 405 | 00:12:41.1 | 03:10 | 707 | 00:04:36.0 | 210 | 01:01:12.2 | 20.2 | 749 | 00:02:58.3 | 622 | 00:33:19.9 | 10:45 | 01:54:47.8 | | | |
| 438 | 141 | 20 Salokar, Cheri | 740 Chisago City, | 378 | 00:12:27.2 | 03:06 | 305 | 00:02:40.4 | 445 | 01:07:39.9 | 18.3 | 508 | 00:01:42.5 | 517 | 00:30:20.7 | 09:47 | 01:54:50.8 | | | |
| 439 | 142 | 26 Lium, Mary | 647 Lacrosse, WI | 463 | 00:13:11.2 | 03:17 | 359 | 00:02:50.5 | 455 | 01:07:57.9 | 18.2 | 282 | 00:01:11.3 | 484 | 00:29:42.2 | 09:34 | 01:54:53.3 | | | |
| 440 | 143 | 10 Datta, Yvonne | 800 Minneapolis, | 745 | 00:17:20.6 | 04:20 | 272 | 00:02:35.3 | 336 | 01:04:48.9 | 19.1 | 500 | 00:01:41.5 | 407 | 00:28:26.9 | 09:10 | 01:54:53.4 | | | |
| 441 | 144 | 11 Flato, Rose | 1265 St Paul, MN | 498 | 00:13:29.1 | 03:22 | 384 | 00:02:57.6 | 466 | 01:08:18.3 | 18.1 | 646 | 00:02:07.7 | 378 | 00:28:03.5 | 09:03 | 01:54:56.3 | | | |
| 442 | 26 | Lawrence, James | 640 Minnetonka, MN | 224 | 00:11:06.3 | 02:46 | 596 | 00:03:48.6 | 417 | 01:07:00.0 | 18.4 | 573 | 00:01:53.4 | 554 | 00:31:12.2 | 10:03 | 01:55:00.7 | | | |
| 443 | 145 | 27 Bahr, Venisha | 934 Minnetonka, MN | 635 | 00:15:04.4 | 03:46 | 161 | 00:02:14.3 | 442 | 01:07:37.2 | 18.3 | 376 | 00:01:24.4 | 422 | 00:28:41.2 | 09:15 | 01:55:01.7 | | | |

| Individual - Sprint Distance Triathlon | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | |
|--|------|------------------------|--------------|-----------------|-------------|------------|-------|-------------|------------|----------|------------|------|------------|------------|-----------|------------|-------|-----------------|--|--|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | | |
| 444 | 27 | Lyons, Russ | 869 | Chisago City, | 734 | 00:17:05.3 | 04:16 | 498 | 00:03:23.2 | 418 | 01:07:01.7 | 18.4 | 154 | 00:00:58.3 | 279 | 00:26:33.2 | 08:33 | 01:55:01.9 | | |
| 445 | 271 | 26 James, Tedd | 929 | St Paul, MN | 356 | 00:12:17.8 | 03:04 | 744 | 00:05:03.1 | 204 | 01:01:00.6 | 20.3 | 760 | 00:03:16.6 | 625 | 00:33:25.9 | 10:47 | 01:55:04.1 | | |
| 446 | 146 | 28 Zeise, Christina | 1072 | St Michael, MN | 532 | 00:13:44.9 | 03:26 | 128 | 00:02:05.2 | 509 | 01:09:57.3 | 17.7 | 440 | 00:01:32.3 | 352 | 00:27:44.7 | 08:57 | 01:55:04.6 | | |
| 447 | 147 | 22 Hill, Amber | 561 | Chisago City, | 441 | 00:13:00.0 | 03:15 | 153 | 00:02:11.8 | 497 | 01:09:34.2 | 17.8 | 101 | 00:00:51.7 | 472 | 00:29:35.4 | 09:32 | 01:55:13.4 | | |
| 448 | 272 | 52 Arms, Leo | 420 | Minneapolis, | 634 | 00:15:02.9 | 03:45 | 416 | 00:03:04.5 | 328 | 01:04:43.4 | 19.1 | 594 | 00:01:57.1 | 523 | 00:30:25.5 | 09:48 | 01:55:13.6 | | |
| 449 | 28 | Haas, Tom | 1107 | Forest Lake, MN | 628 | 00:14:55.3 | 03:43 | 588 | 00:03:46.0 | 470 | 01:08:38.6 | 18.0 | 243 | 00:01:07.7 | 294 | 00:26:47.5 | 08:38 | 01:55:15.2 | | |
| 450 | 273 | 40 Ketterling, Ryan | 999 | Farmington, MN | 448 | 00:13:03.4 | 03:15 | 266 | 00:02:34.8 | 369 | 01:05:44.3 | 18.8 | 527 | 00:01:44.9 | 601 | 00:32:21.3 | 10:26 | 01:55:28.9 | | |
| 451 | 274 | 53 Ketterling, Richard | 998 | Rosemount, MN | 446 | 00:13:02.1 | 03:15 | 352 | 00:02:49.6 | 381 | 01:06:07.3 | 18.7 | 488 | 00:01:39.8 | 582 | 00:31:49.9 | 10:16 | 01:55:28.9 | | |
| 452 | 275 | 26 Decker, Mathew | 686 | St Paul, MN | 295 | 00:11:44.8 | 02:56 | 485 | 00:03:20.7 | 617 | 01:14:00.1 | 16.7 | 474 | 00:01:37.0 | 179 | 00:25:00.4 | 08:04 | 01:55:43.3 | | |
| 453 | 148 | 35 Mcfarland, Katie | 497 | Minneapolis, | 340 | 00:12:09.9 | 03:02 | 336 | 00:02:46.6 | 521 | 01:10:27.4 | 17.5 | 64 | 00:00:45.8 | 475 | 00:29:36.5 | 09:33 | 01:55:46.4 | | |
| 454 | 149 | 29 Corpus, Raquel | 390 | Eagan, MN | 455 | 00:13:08.3 | 03:17 | 325 | 00:02:44.6 | 479 | 01:08:53.4 | 17.9 | 659 | 00:02:13.2 | 426 | 00:28:47.6 | 09:17 | 01:55:47.2 | | |
| 455 | 150 | 19 Stolz, Tomery | 975 | Minneapolis, | 742 | 00:17:16.5 | 04:19 | 140 | 00:02:08.2 | 461 | 01:08:10.4 | 18.1 | 407 | 00:01:27.3 | 292 | 00:26:46.0 | 08:38 | 01:55:48.6 | | |
| 456 | 276 | 46 White, Mark | 754 | St Paul, MN | 373 | 00:12:23.4 | 03:05 | 664 | 00:04:15.6 | 357 | 01:05:23.5 | 18.9 | 577 | 00:01:53.9 | 585 | 00:31:53.9 | 10:17 | 01:55:50.5 | | |
| 457 | 3 | Lindahl, Tara | 500 | Lindstrom, WI | 552 | 00:13:55.4 | 03:28 | 582 | 00:03:44.9 | 451 | 01:07:52.2 | 18.2 | 157 | 00:00:58.5 | 462 | 00:29:19.9 | 09:27 | 01:55:51.0 | | |
| 458 | 151 | 23 Krizmanic, Sarah | 962 | New Hope, MN | 126 | 00:09:59.4 | 02:29 | 261 | 00:02:33.8 | 489 | 01:09:07.5 | 17.9 | 454 | 00:01:33.4 | 608 | 00:32:38.1 | 10:31 | 01:55:52.4 | | |
| 459 | 152 | 21 Graif, Lynn | 736 | Elk River, MN | 480 | 00:13:20.7 | 03:20 | 209 | 00:02:23.7 | 492 | 01:09:10.7 | 17.9 | 582 | 00:01:55.0 | 441 | 00:29:02.1 | 09:21 | 01:55:52.5 | | |
| 460 | 153 | 36 Pechmann, | 1087 | Lindstrom, MN | 190 | 00:10:45.5 | 02:41 | 491 | 00:03:21.2 | 608 | 01:13:53.4 | 16.7 | 197 | 00:01:02.3 | 296 | 00:26:50.1 | 08:39 | 01:55:52.6 | | |
| 461 | 154 | 12 Gruntner, Linda | 557 | Chicago City, | 304 | 00:11:49.0 | 02:57 | 548 | 00:03:36.0 | 435 | 01:07:31.3 | 18.3 | 495 | 00:01:41.2 | 563 | 00:31:22.3 | 10:07 | 01:56:00.0 | | |
| 462 | 155 | 37 Bobzin, Patty | 555 | Dresser, WI | 615 | 00:14:42.2 | 03:40 | | | | | | | | 515 | 00:30:18.5 | | 01:56:00.8 | | |
| 463 | 156 | 38 Griggs, Jaime | 544 | St Paul, MN | 561 | 00:14:01.4 | 03:30 | 135 | 00:02:06.8 | 410 | 01:06:44.8 | 18.5 | 581 | 00:01:55.0 | 558 | 00:31:14.9 | 10:04 | 01:56:03.1 | | |
| 464 | 157 | 24 Gralish, Amy | 310 | Chisago City, | 631 | 00:14:58.4 | 03:44 | 131 | 00:02:05.8 | 532 | 01:10:52.3 | 17.4 | 228 | 00:01:06.1 | 313 | 00:27:03.7 | 08:43 | 01:56:06.5 | | |
| 465 | 277 | 41 Meyer, Alan | 965 | Center City, MN | 599 | 00:14:29.6 | 03:37 | 527 | 00:03:29.9 | 419 | 01:07:04.1 | 18.4 | 431 | 00:01:31.0 | 481 | 00:29:41.1 | 09:34 | 01:56:16.0 | | |
| 466 | 158 | 22 Braun, Mary | 472 | St. Paul, MN | 656 | 00:15:25.1 | 03:51 | 438 | 00:03:08.9 | 513 | 01:10:07.5 | 17.6 | 350 | 00:01:21.3 | 261 | 00:26:14.1 | 08:27 | 01:56:17.1 | | |
| 467 | 29 | Townsend, Brian | 867 | Rosemount, MN | 596 | 00:14:25.7 | 03:36 | 470 | 00:03:14.6 | 274 | 01:03:18.8 | 19.5 | 679 | 00:02:18.7 | 618 | 00:32:59.8 | 10:38 | 01:56:17.8 | | |
| 468 | 278 | 5 Coryell, Kevin | 723 | St Paul, MN | 361 | 00:12:18.4 | 03:04 | 609 | 00:03:54.8 | 438 | 01:07:33.8 | 18.3 | 708 | 00:02:28.9 | 498 | 00:30:02.7 | 09:41 | 01:56:18.8 | | |
| 469 | 159 | 20 Hand, Jenny | 971 | Farmington | 109 | 00:09:44.3 | 02:26 | 580 | 00:03:44.3 | 596 | 01:13:10.1 | 16.9 | 410 | 00:01:27.7 | 398 | 00:28:18.3 | 09:07 | 01:56:24.8 | | |
| 470 | 160 | 39 Kliez, Kim | 737 | St Louie Park, | 431 | 00:12:55.9 | 03:13 | 355 | 00:02:50.1 | 581 | 01:12:42.8 | 17.0 | 352 | 00:01:21.5 | 284 | 00:26:39.1 | 08:35 | 01:56:29.6 | | |
| 471 | 279 | 27 Thayer, Tim | 1155 | Blaine, MN | 425 | 00:12:50.1 | 03:12 | 501 | 00:03:23.7 | 423 | 01:07:10.4 | 18.4 | 306 | 00:01:15.2 | 583 | 00:31:51.2 | 10:16 | 01:56:30.8 | | |
| 472 | 161 | 40 Storm, Amber | 1195 | Holmen, WI | 522 | 00:13:39.1 | 03:24 | 324 | 00:02:44.6 | 426 | 01:07:18.9 | 18.4 | 168 | 00:00:59.6 | 580 | 00:31:48.6 | 10:15 | 01:56:31.0 | | |
| 473 | 162 | 25 Orning, Pamela | 645 | Eden Prairie, | 486 | 00:13:22.6 | 03:20 | 283 | 00:02:36.7 | 372 | 01:05:49.6 | 18.8 | 757 | 00:03:09.8 | 571 | 00:31:34.8 | 10:11 | 01:56:33.7 | | |
| 474 | 163 | 2 Ristau, Sophia | 1140 | St.paul, MN | 609 | 00:14:39.8 | 03:39 | 315 | 00:02:42.1 | 530 | 01:10:45.8 | 17.5 | 63 | 00:00:45.7 | 362 | 00:27:50.6 | 08:58 | 01:56:44.2 | | |
| 475 | 164 | 26 Mauric, Anne Marie | 599 | Crystal, MN | 605 | 00:14:38.8 | 03:39 | 617 | 00:03:57.5 | 475 | 01:08:40.4 | 18.0 | 476 | 00:01:37.4 | 363 | 00:27:51.2 | 08:59 | 01:56:45.5 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | | |
|--|-------------|------|---------------------|------|-----------------|------|----------------|-------|-------------|------------|------|-------------|------------|-----|------------|-----|--------------|--------|-----|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 476 | 280 | 54 | Hawkins, Dan | 1165 | Bloomington, | 196 | 00:10:48.6 | 02:42 | 13 | 00:01:21.2 | 392 | 01:06:19.5 | 18.6 | 5 | 00:00:29.5 | 722 | 00:37:50.7 | 12:12 | | | 01:56:49.7 |
| 477 | 165 | 21 | Aldrich, Natalie | 715 | Minneapolis, | 346 | 00:12:11.8 | 03:02 | 508 | 00:03:24.9 | 503 | 01:09:43.2 | 17.7 | 332 | 00:01:18.4 | 507 | 00:30:12.0 | 09:44 | | | 01:56:50.5 |
| 478 | 281 | 55 | Fleshner, Travis | 786 | Laporle, IA | 705 | 00:16:22.8 | 04:05 | 174 | 00:02:15.8 | 384 | 01:06:10.0 | 18.7 | 351 | 00:01:21.3 | 536 | 00:30:42.6 | 09:54 | | | 01:56:52.7 |
| 479 | 166 | 27 | Elzy, Tammy | 303 | Lindstrom, MN | 467 | 00:13:13.2 | 03:18 | 490 | 00:03:21.1 | 478 | 01:08:51.4 | 18.0 | 4 | 00:00:28.8 | 550 | 00:31:05.1 | 10:01 | | | 01:56:59.9 |
| 480 | 167 | 30 | Moe Hoffman, Kari | 523 | Minneapolis, | 422 | 00:12:49.5 | 03:12 | 306 | 00:02:40.4 | 491 | 01:09:10.2 | 17.9 | 286 | 00:01:12.0 | 553 | 00:31:11.5 | 10:03 | | | 01:57:03.7 |
| 481 | 30 | | Beck, Chris | 850 | Wyoming, MN | 427 | 00:12:51.4 | 03:12 | 294 | 00:02:38.7 | 345 | 01:05:04.0 | 19.0 | 710 | 00:02:29.9 | 641 | 00:34:01.7 | 10:58 | | | 01:57:05.8 |
| 482 | 168 | 23 | Kimlinger, Katie | 600 | Lindstrom, MN | 329 | 00:12:05.0 | 03:01 | 350 | 00:02:49.1 | 612 | 01:13:55.9 | 16.7 | 185 | 00:01:01.0 | 326 | 00:27:16.7 | 08:47 | | | 01:57:07.8 |
| 483 | 169 | 41 | Eibensteiner, Julie | 356 | Blaine, MN | 510 | 00:13:33.6 | 03:23 | 169 | 00:02:15.3 | 483 | 01:08:58.5 | 17.9 | 342 | 00:01:20.6 | 548 | 00:31:00.9 | 10:00 | | | 01:57:09.1 |
| 484 | 282 | 28 | Struck, Mike | 983 | Brooklyn Park, | 766 | 00:18:21.3 | 04:35 | 479 | 00:03:17.4 | 441 | 01:07:36.7 | 18.3 | 664 | 00:02:15.2 | 221 | 00:25:40.5 | 08:16 | | | 01:57:11.3 |
| 485 | 170 | 24 | McGurre, Barb | 1271 | Chaska, MN | 722 | 00:16:48.1 | 04:12 | 652 | 00:04:11.8 | 554 | 01:11:43.3 | 17.2 | 58 | 00:00:45.1 | 118 | 00:23:47.4 | 07:40 | | | 01:57:15.9 |
| 486 | 171 | 31 | Carolus, Tana | 855 | Richfield, MN | 518 | 00:13:37.4 | 03:24 | 398 | 00:03:01.0 | 511 | 01:10:03.7 | 17.6 | 326 | 00:01:17.8 | 459 | 00:29:16.5 | 09:26 | | | 01:57:16.5 |
| 487 | 283 | 41 | Biancardi, Joseph | 362 | Blaine, MN | 565 | 00:14:04.1 | 03:31 | 504 | 00:03:24.5 | 486 | 01:09:03.2 | 17.9 | 179 | 00:01:00.4 | 487 | 00:29:46.3 | 09:36 | | | 01:57:18.7 |
| 488 | 284 | 3 | Fulton, Tom | 650 | St. Louis Park, | 314 | 00:11:55.1 | 02:58 | 587 | 00:03:46.0 | 322 | 01:04:39.5 | 19.1 | 663 | 00:02:15.2 | 667 | 00:34:45.4 | 11:12 | | | 01:57:21.4 |
| 489 | 285 | 42 | Schmidt, Timothy | 657 | Minneapolis, | 580 | 00:14:13.2 | 03:33 | 556 | 00:03:38.7 | 501 | 01:09:39.3 | 17.7 | 647 | 00:02:08.0 | 355 | 00:27:47.0 | 08:57 | | | 01:57:26.5 |
| 490 | 286 | 43 | Nienkamp, Paul | 847 | Gilbert, IA | 481 | 00:13:21.3 | 03:20 | 678 | 00:04:21.7 | 352 | 01:05:16.3 | 18.9 | 740 | 00:02:48.9 | 574 | 00:31:38.4 | 10:12 | | | 01:57:26.8 |
| 491 | 172 | 5 | Rupp, Cynthia | 1118 | Stillwater, MN | 357 | 00:12:18.1 | 03:04 | 338 | 00:02:46.9 | 527 | 01:10:39.0 | 17.5 | 506 | 00:01:42.2 | 501 | 00:30:06.9 | 09:42 | | | 01:57:33.3 |
| 492 | 173 | 9 | Lieser, Alyson | 900 | New Brighton, | 429 | 00:12:54.5 | 03:13 | 152 | 00:02:11.7 | 625 | 01:14:24.1 | 16.6 | 287 | 00:01:12.2 | 299 | 00:26:52.9 | 08:40 | | | 01:57:35.5 |
| 493 | 287 | 27 | Kennedy, Kyle | 1071 | Lake City, MN | 689 | 00:16:02.7 | 04:00 | 429 | 00:03:06.6 | 439 | 01:07:33.9 | 18.3 | 327 | 00:01:17.9 | 482 | 00:29:41.8 | 09:34 | | | 01:57:43.1 |
| 494 | 174 | 22 | Condra, Alissa | 775 | Minneapolis, | 96 | 00:09:34.2 | 02:23 | 344 | 00:02:47.7 | 538 | 01:11:09.0 | 17.4 | 607 | 00:01:59.4 | 598 | 00:32:19.6 | 10:25 | | | 01:57:50.1 |
| 495 | 175 | 13 | Kenney, Molly | 580 | Minneapolis, | 320 | 00:11:59.2 | 02:59 | 734 | 00:04:55.1 | 467 | 01:08:26.5 | 18.1 | 456 | 00:01:33.7 | 544 | 00:30:58.5 | 09:59 | | | 01:57:53.2 |
| 496 | 176 | 23 | Kenney, Bridget | 579 | Minneapolis, | 321 | 00:12:00.3 | 03:00 | 729 | 00:04:52.8 | 468 | 01:08:28.9 | 18.0 | 446 | 00:01:32.5 | 545 | 00:30:58.6 | 09:59 | | | 01:57:53.3 |
| 497 | 177 | 42 | Tatro, Anne | 589 | Maplewood, MN | 390 | 00:12:32.7 | 03:08 | 238 | 00:02:29.5 | 654 | 01:17:02.9 | 16.0 | 143 | 00:00:57.5 | 173 | 00:24:52.0 | 08:01 | | | 01:57:54.8 |
| 498 | 288 | 42 | Eckier, Cal | 1157 | Aiden Hill, MN | 469 | 00:13:15.9 | 03:18 | 248 | 00:02:31.9 | 631 | 01:14:52.4 | 16.5 | 727 | 00:02:40.5 | 166 | 00:24:41.3 | 07:57 | | | 01:58:02.3 |
| 499 | 289 | 16 | Jost, Doug | 379 | Centerville, MN | 575 | 00:14:11.8 | 03:32 | 476 | 00:03:16.1 | 490 | 01:09:08.5 | 17.9 | 261 | 00:01:09.8 | 511 | 00:30:16.9 | 09:46 | | | 01:58:03.3 |
| 500 | 4 | | Vanhorn, Tammy | 1060 | Farmington, MN | 566 | 00:14:04.4 | 03:31 | 469 | 00:03:14.4 | 377 | 01:05:54.0 | 18.8 | 492 | 00:01:40.7 | 621 | 00:33:10.0 | 10:41 | | | 01:58:03.8 |
| 501 | 178 | 25 | Helgason, Amy | 378 | Chisago City, | 433 | 00:12:57.1 | 03:14 | 635 | 00:04:03.1 | 518 | 01:10:19.7 | 17.6 | 656 | 00:02:11.7 | 416 | 00:28:33.8 | 09:12 | | | 01:58:05.6 |
| 502 | 179 | 32 | Kuseske, Jane | 972 | Minneapolis, | 401 | 00:12:38.6 | 03:09 | 637 | 00:04:04.2 | 563 | 01:12:03.0 | 17.2 | 741 | 00:02:50.0 | 281 | 00:26:35.7 | 08:34 | | | 01:58:11.7 |
| 503 | 180 | 43 | Barnes, Erin | 795 | Minneapolis, | 108 | 00:09:42.5 | 02:25 | 440 | 00:03:09.4 | 636 | 01:15:15.9 | 16.4 | 193 | 00:01:02.0 | 440 | 00:29:02.0 | 09:21 | | | 01:58:11.9 |
| 504 | 290 | 47 | Thorsen, Greg | 748 | Lindstrom, MN | 688 | 00:16:00.9 | 04:00 | 725 | 00:04:50.5 | 378 | 01:05:58.3 | 18.7 | 236 | 00:01:07.0 | 513 | 00:30:17.8 | 09:46 | | | 01:58:14.6 |
| 505 | 291 | 56 | Moeller, John | 913 | Eagan, MN | 372 | 00:12:22.5 | 03:05 | 674 | 00:04:19.2 | 310 | 01:04:22.3 | 19.2 | 680 | 00:02:19.1 | 676 | 00:34:58.3 | 11:16 | | | 01:58:21.5 |
| 506 | 292 | 5 | Pohlkamp, Terry | 739 | Scandia, MN | 751 | 00:17:33.2 | 04:23 | 583 | 00:03:45.2 | 528 | 01:10:42.6 | 17.5 | 130 | 00:00:56.5 | 199 | 00:25:24.0 | 08:11 | | | 01:58:21.7 |
| 507 | 293 | 17 | Swanson, David | 1012 | St Paul, MN | 111 | 00:09:45.3 | 02:26 | 23 | 00:01:28.0 | 726 | 01:22:32.7 | 15.0 | 266 | 00:01:10.0 | 107 | 00:23:27.0 | 07:33 | | | 01:58:23.3 |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | |
|--|------------|------|--------------------|------|-----------------|-------------|------------|-------|-------------|------------|----------|------------|------------|-----|------------|-----------|------------|-------|-----|-------------|
| Place | Ov/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 508 | 294 | 44 | Williamson, Scott | 741 | Osceola, WI | 604 | 00:14:38.5 | 03:39 | 532 | 00:03:31.9 | 493 | 01:09:14.9 | 17.8 | 545 | 00:01:47.4 | 450 | 00:29:12.0 | 09:25 | | 01:58:24.9 |
| 509 | 181 | 28 | Carlson Paetznick, | 481 | Chisago City, | 478 | 00:13:18.0 | 03:19 | 230 | 00:02:27.5 | 589 | 01:12:59.5 | 16.9 | 156 | 00:00:58.4 | 424 | 00:28:44.4 | 09:16 | | 01:58:28.0 |
| 510 | 182 | 10 | Holcombe, Amy | 1035 | Minocqua, WI | 155 | 00:10:21.5 | 02:35 | 786 | 00:06:18.9 | 605 | 01:13:43.2 | 16.8 | 423 | 00:01:29.8 | 286 | 00:26:40.9 | 08:36 | | 01:58:34.4 |
| 511 | 295 | 6 | Wilson, Justin | 1009 | Chisago City, | 682 | 00:15:53.6 | 03:58 | 654 | 00:04:12.4 | 551 | 01:11:37.3 | 17.3 | 499 | 00:01:41.5 | 190 | 00:25:14.0 | 08:08 | | 01:58:38.9 |
| 512 | 183 | 29 | Schuchmann, | 815 | Winsted, MN | 436 | 00:12:58.3 | 03:14 | 410 | 00:03:02.7 | 587 | 01:12:53.6 | 17.0 | 553 | 00:01:48.6 | 370 | 00:27:57.7 | 09:01 | | 01:58:41.2 |
| 513 | 184 | 33 | Moon, Megan | 841 | Center City, MN | 644 | 00:15:12.3 | 03:48 | 495 | 00:03:22.4 | 413 | 01:06:51.9 | 18.5 | 644 | 00:02:06.8 | 559 | 00:31:15.2 | 10:04 | | 01:58:48.8 |
| 514 | 185 | 44 | Bischel, Christie | 417 | Shakopee, MN | 125 | 00:09:57.6 | 02:29 | 513 | 00:03:26.6 | 549 | 01:11:35.5 | 17.3 | 324 | 00:01:17.6 | 605 | 00:32:33.0 | 10:30 | | 01:58:50.4 |
| 515 | 296 | 28 | Bucka, Matthew | 810 | Minneapolis, | 681 | 00:15:51.2 | 03:57 | 561 | 00:03:40.3 | 506 | 01:09:50.9 | 17.7 | 465 | 00:01:35.8 | 371 | 00:27:58.2 | 09:01 | | 01:58:56.6 |
| 516 | 297 | 48 | Branch, Mike | 1177 | Lino Lakes, MN | 78 | 00:09:22.1 | 02:20 | 718 | 00:04:45.4 | 611 | 01:13:54.7 | 16.7 | 675 | 00:02:17.4 | 417 | 00:28:37.3 | 09:13 | | 01:58:57.1 |
| 517 | 298 | 45 | Kringler, Brian | 866 | Minneapolis, | 740 | 00:17:12.1 | 04:18 | 578 | 00:03:43.9 | 406 | 01:06:41.9 | 18.5 | 589 | 00:01:56.1 | 465 | 00:29:25.6 | 09:29 | | 01:58:59.9 |
| 518 | 186 | 24 | Comstock, Kate | 816 | St. Paul, MN | 267 | 00:11:25.8 | 02:51 | 163 | 00:02:14.7 | 548 | 01:11:33.5 | 17.3 | 676 | 00:02:17.8 | 568 | 00:31:29.9 | 10:09 | | 01:59:01.9 |
| 519 | 187 | 25 | Udem, Lisa | 1044 | St. Paul, MN | 774 | 00:18:40.0 | 04:40 | 550 | 00:03:36.9 | 385 | 01:06:11.5 | 18.7 | 751 | 00:03:00.3 | 337 | 00:27:33.3 | 08:53 | | 01:59:02.2 |
| 520 | 188 | 14 | Montes, Renee | 542 | Forest Lake, MN | 646 | 00:15:14.4 | 03:48 | 482 | 00:03:18.7 | 601 | 01:13:24.8 | 16.8 | 88 | 00:00:49.9 | 262 | 00:26:14.5 | 08:27 | | 01:59:02.4 |
| 521 | 299 | 29 | Hopkins, Reese | 1159 | Oak Park | 623 | 00:14:48.8 | 03:42 | 487 | 00:03:20.9 | 482 | 01:08:56.2 | 17.9 | 405 | 00:01:27.2 | 532 | 00:30:38.9 | 09:53 | | 01:59:12.3 |
| 522 | 300 | 49 | Weiman, Keith | 782 | Crystal, MN | 789 | 00:19:54.3 | 04:58 | 457 | 00:03:12.5 | 444 | 01:07:39.2 | 18.3 | 532 | 00:01:45.2 | 288 | 00:26:42.9 | 08:37 | | 01:59:14.5 |
| 523 | 189 | 30 | Brunette, Rebecca | 1178 | Ham Lake, MN | 451 | 00:13:06.9 | 03:16 | 555 | 00:03:38.6 | 600 | 01:13:21.9 | 16.8 | 107 | 00:00:52.4 | 403 | 00:28:22.8 | 09:09 | | 01:59:22.8 |
| 524 | 190 | 26 | Mata, Clara | 709 | Lindstrom, MN | 487 | 00:13:22.8 | 03:20 | 593 | 00:03:48.3 | 627 | 01:14:41.5 | 16.5 | 611 | 00:02:00.0 | 215 | 00:25:35.5 | 08:15 | | 01:59:28.3 |
| 525 | 301 | 7 | Mitchell, Andy | 566 | Minnetonka, MN | 276 | 00:11:31.3 | 02:52 | 695 | 00:04:31.7 | 586 | 01:12:53.3 | 17.0 | 379 | 00:01:24.8 | 447 | 00:29:08.3 | 09:23 | | 01:59:29.6 |
| 526 | 302 | 30 | Coudron, Jeremy | 1022 | White Bear | 411 | 00:12:43.2 | 03:10 | 708 | 00:04:37.2 | 516 | 01:10:14.2 | 17.6 | 639 | 00:02:05.0 | 494 | 00:29:56.4 | 09:39 | | 01:59:36.2 |
| 527 | 303 | 31 | Bauer, Andrew | 651 | Minneapolis, | 75 | 00:09:19.7 | 02:19 | 650 | 00:04:11.2 | 593 | 01:13:06.1 | 16.9 | 312 | 00:01:15.7 | 577 | 00:31:43.5 | 10:14 | | 01:59:36.4 |
| 528 | 304 | 43 | Wolfe, Jake | 443 | Andover, MN | 386 | 00:12:32.1 | 03:08 | 562 | 00:03:40.6 | 542 | 01:11:16.1 | 17.3 | 595 | 00:01:57.2 | 504 | 00:30:11.4 | 09:44 | | 01:59:37.6 |
| 529 | 191 | 34 | Gurney, Rebecca | 675 | St Paul, MN | 489 | 00:13:25.5 | 03:21 | 225 | 00:02:27.1 | 488 | 01:09:05.9 | 17.9 | 259 | 00:01:09.1 | 628 | 00:33:30.1 | 10:48 | | 01:59:37.9 |
| 530 | 305 | 6 | O'brien, Shane | 958 | Frederic, WI | 554 | 00:13:55.9 | 03:28 | 341 | 00:02:47.4 | 575 | 01:12:29.7 | 17.0 | 114 | 00:00:53.8 | 471 | 00:29:35.3 | 09:32 | | 01:59:42.3 |
| 531 | 192 | 11 | Fontaine, Lindsey | 898 | Woodbury, MN | 493 | 00:13:27.1 | 03:21 | 534 | 00:03:32.3 | 515 | 01:10:12.7 | 17.6 | 655 | 00:02:11.6 | 522 | 00:30:22.8 | 09:48 | | 01:59:46.7 |
| 532 | 5 | | Shimanski, Beth | 642 | New Hope, MN | 33 | 00:08:36.6 | 02:09 | 712 | 00:04:38.5 | 555 | 01:11:49.6 | 17.2 | 602 | 00:01:58.7 | 611 | 00:32:43.5 | 10:33 | | 01:59:47.0 |
| 533 | 193 | 12 | Ristau, Natalie | 1141 | St. Paul, MN | 677 | 00:15:48.0 | 03:57 | 118 | 00:02:01.6 | 616 | 01:13:59.3 | 16.7 | 8 | 00:00:31.5 | 343 | 00:27:36.5 | 08:54 | | 01:59:57.1 |
| 534 | 194 | 35 | Schlukebier, Anne | 976 | St. Paul, MN | 445 | 00:13:00.9 | 03:15 | 270 | 00:02:35.0 | 564 | 01:12:05.2 | 17.1 | 343 | 00:01:20.8 | 541 | 00:30:55.4 | 09:58 | | 01:59:57.6 |
| 535 | 306 | 29 | Thunstrom, Brett | 304 | Zimmerman, MN | 590 | 00:14:20.8 | 03:35 | 599 | 00:03:50.5 | 327 | 01:04:43.2 | 19.1 | 503 | 00:01:41.7 | 682 | 00:35:25.7 | 11:25 | | 02:00:02.1 |
| 536 | 307 | 18 | Ohlsen, Greg | 1200 | Maplewood, MN | 781 | 00:19:14.0 | 04:48 | 514 | 00:03:26.7 | 487 | 01:09:04.8 | 17.9 | 732 | 00:02:41.8 | 214 | 00:25:34.8 | 08:15 | | 02:00:02.4 |
| 537 | 195 | 31 | Fredstrom, Carrie | 464 | North Branch, | 394 | 00:12:35.3 | 03:08 | 466 | 00:03:14.2 | 507 | 01:09:56.4 | 17.7 | 95 | 00:00:51.0 | 626 | 00:33:26.6 | 10:47 | | 02:00:03.6 |
| 538 | 308 | 44 | Wolf, Tom | 764 | Saint Paul, MN | 607 | 00:14:39.3 | 03:39 | 372 | 00:02:56.0 | 592 | 01:13:05.8 | 16.9 | 260 | 00:01:09.3 | 393 | 00:28:14.4 | 09:06 | | 02:00:05.1 |
| 539 | 309 | 7 | Gilman, Nathan | 320 | Chisago City, | 588 | 00:14:19.0 | 03:34 | 190 | 00:02:18.8 | 568 | 01:12:08.5 | 17.1 | 13 | 00:00:32.8 | 540 | 00:30:48.6 | 09:56 | | 02:00:07.9 |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | |
|--|-------------|-----------------------|---------------------|--------------|------------|-------------|-----|------------|-------------|------------|----------|-----|------------|------------|------------|-----------|------------|-----|-----------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 540 | 6 | Janes, Anji | 882 Shoreview, MN | 178 | 00:10:34.9 | 02:38 | 546 | 00:03:35.1 | 602 | 01:13:29.5 | 16.8 | 387 | 00:01:25.2 | 549 | 00:31:03.8 | 10:01 | 02:00:08.6 | | |
| 541 | 196 | 45 Metzger, Mandy | 451 Minneapolis, | 707 | 00:16:25.1 | 04:06 | 611 | 00:03:55.1 | 368 | 01:05:38.5 | 18.8 | 669 | 00:02:16.4 | 587 | 00:31:59.2 | 10:19 | 02:00:14.5 | | |
| 542 | 197 | 46 Martin, Amy | 920 Eden Prairie, | 701 | 00:16:17.4 | 04:04 | 525 | 00:03:29.8 | 480 | 01:08:53.5 | 17.9 | 115 | 00:00:53.9 | 534 | 00:30:40.6 | 09:53 | 02:00:15.4 | | |
| 543 | 198 | 27 Antisdell, Della | 465 Stacy, MN | 703 | 00:16:18.3 | 04:04 | 630 | 00:04:00.9 | 432 | 01:07:29.1 | 18.3 | 314 | 00:01:15.7 | 561 | 00:31:16.9 | 10:05 | 02:00:21.1 | | |
| 544 | 310 | 57 Finken, Paul | 398 St Paul, MN | 557 | 00:13:57.1 | 03:29 | 362 | 00:02:52.7 | 520 | 01:10:24.4 | 17.6 | 232 | 00:01:06.7 | 590 | 00:32:00.9 | 10:19 | 02:00:22.0 | | |
| 545 | 199 | 36 Kaufman, Kate | 954 St. Paul, MN | 465 | 00:13:12.1 | 03:18 | 458 | 00:03:12.8 | 524 | 01:10:36.7 | 17.5 | 618 | 00:02:01.4 | 572 | 00:31:36.6 | 10:11 | 02:00:39.8 | | |
| 546 | 311 | 58 Eckler, Aj | 1156 Aiden Hill, MN | 559 | 00:14:00.0 | 03:30 | 521 | 00:03:28.6 | 598 | 01:13:13.0 | 16.9 | 705 | 00:02:28.1 | 334 | 00:27:32.1 | 08:52 | 02:00:42.0 | | |
| 547 | 200 | 47 Griggs, Karlene | 545 Shakopee, MN | 398 | 00:12:37.2 | 03:09 | 288 | 00:02:37.9 | 510 | 01:09:58.0 | 17.7 | 409 | 00:01:27.6 | 639 | 00:34:01.2 | 10:58 | 02:00:42.2 | | |
| 548 | 312 | 8 Reich, Thomas | 375 Blaine, MN | 257 | 00:11:23.7 | 02:50 | 716 | 00:04:43.0 | 476 | 01:08:45.4 | 18.0 | 518 | 00:01:43.5 | 645 | 00:34:07.7 | 11:00 | 02:00:43.5 | | |
| 549 | 313 | 46 Friedman, Rich | 788 North Branch, | 391 | 00:12:33.7 | 03:08 | 353 | 00:02:49.7 | 397 | 01:06:28.7 | 18.6 | 651 | 00:02:09.2 | 708 | 00:36:47.5 | 11:52 | 02:00:48.9 | | |
| 550 | 201 | 28 Dowdal, Bridgid | 485 Mantomedi, MN | 563 | 00:14:03.0 | 03:30 | 576 | 00:03:43.7 | 496 | 01:09:31.2 | 17.8 | 411 | 00:01:27.7 | 597 | 00:32:19.3 | 10:25 | 02:01:05.1 | | |
| 551 | 202 | 13 O'hern, Kelsey | 535 North Branch, | 399 | 00:12:37.6 | 03:09 | 605 | 00:03:53.9 | 472 | 01:08:38.9 | 18.0 | 90 | 00:00:50.0 | 679 | 00:35:07.5 | 11:19 | 02:01:08.1 | | |
| 552 | 203 | 32 James, Carla | 865 Stillwater, MN | 255 | 00:11:23.5 | 02:50 | 655 | 00:04:12.4 | 531 | 01:10:49.7 | 17.5 | 678 | 00:02:18.5 | 609 | 00:32:39.8 | 10:32 | 02:01:24.0 | | |
| 553 | 204 | 33 Stevens, Laura | 798 Mankato, MN | 477 | 00:13:17.5 | 03:19 | 553 | 00:03:37.9 | 541 | 01:11:14.9 | 17.3 | 717 | 00:02:35.1 | 543 | 00:30:57.7 | 09:59 | 02:01:43.4 | | |
| 554 | 314 | 19 Tatone, Marc | 424 Golden Valley, | 670 | 00:15:39.8 | 03:54 | 432 | 00:03:07.0 | 569 | 01:12:09.0 | 17.1 | 703 | 00:02:27.1 | 402 | 00:28:20.8 | 09:08 | 02:01:44.0 | | |
| 555 | 205 | 29 Poisel, Stephanie | 708 Bennington, NE | 495 | 00:13:27.9 | 03:21 | 461 | 00:03:13.1 | 495 | 01:09:25.9 | 17.8 | 638 | 00:02:04.9 | 631 | 00:33:38.9 | 10:51 | 02:01:50.9 | | |
| 556 | 31 | Masberg, John | 1008 Kilkenney, MN | 587 | 00:14:18.3 | 03:34 | 439 | 00:03:09.0 | 618 | 01:14:01.1 | 16.7 | 380 | 00:01:24.8 | 445 | 00:29:05.8 | 09:23 | 02:01:59.2 | | |
| 557 | 206 | 37 Gangl, Angela | 1105 Mpls, MN | 633 | 00:15:00.1 | 03:45 | 249 | 00:02:32.0 | 590 | 01:13:00.1 | 16.9 | 304 | 00:01:15.0 | 510 | 00:30:16.8 | 09:46 | 02:02:04.2 | | |
| 558 | 315 | 32 Oelerich, | 636 Maple Grove, | 538 | 00:13:48.2 | 03:27 | 233 | 00:02:28.1 | 603 | 01:13:35.7 | 16.8 | 289 | 00:01:12.6 | 556 | 00:31:12.8 | 10:04 | 02:02:17.6 | | |
| 559 | 316 | 47 Swanson, Shane | 1153 Hugo, MN | 555 | 00:13:56.9 | 03:29 | 607 | 00:03:54.6 | 572 | 01:12:21.7 | 17.1 | 652 | 00:02:09.8 | 491 | 00:29:55.7 | 09:39 | 02:02:18.9 | | |
| 560 | 32 | Schmidt, James | 470 St Louis Park, | 330 | 00:12:05.4 | 03:01 | 223 | 00:02:26.9 | 537 | 01:11:09.0 | 17.4 | 551 | 00:01:48.3 | 671 | 00:34:50.6 | 11:14 | 02:02:20.4 | | |
| 561 | 207 | 48 Hahn, Katie | 493 Minneapolis, | 499 | 00:13:29.3 | 03:22 | 706 | 00:04:35.9 | 462 | 01:08:12.7 | 18.1 | 311 | 00:01:15.5 | 669 | 00:34:48.5 | 11:13 | 02:02:22.1 | | |
| 562 | 208 | 49 Hein, Katie | 902 Minneapolis, | 308 | 00:11:51.6 | 02:57 | 299 | 00:02:39.3 | 647 | 01:16:43.2 | 16.1 | 290 | 00:01:12.7 | 492 | 00:29:55.9 | 09:39 | 02:02:23.0 | | |
| 563 | 33 | Weeks, Richard | 448 Eden Prairie, | 549 | 00:13:52.3 | 03:28 | 441 | 00:03:09.5 | 380 | 01:06:06.4 | 18.7 | 442 | 00:01:32.3 | 720 | 00:37:48.9 | 12:11 | 02:02:29.6 | | |
| 564 | 317 | 20 Wachutka, Ed | 763 Chisago City, | 723 | 00:16:48.5 | 04:12 | 545 | 00:03:35.0 | 544 | 01:11:20.0 | 17.3 | 257 | 00:01:08.8 | 483 | 00:29:42.1 | 09:34 | 02:02:34.6 | | |
| 565 | 209 | 50 Arnold, Theresa | 508 Maricopa, AZ | 185 | 00:10:41.1 | 02:40 | 594 | 00:03:48.5 | 615 | 01:13:56.9 | 16.7 | 299 | 00:01:14.0 | 617 | 00:32:58.4 | 10:38 | 02:02:39.1 | | |
| 566 | 210 | 38 Speight, Tracy | 522 Scandia, WI | 313 | 00:11:54.0 | 02:58 | 400 | 00:03:01.0 | 500 | 01:09:39.1 | 17.7 | 99 | 00:00:51.6 | 712 | 00:37:20.8 | 12:02 | 02:02:46.7 | | |
| 567 | 318 | 50 Westemeier, Darrin | 576 Stacy, MN | 641 | 00:15:08.6 | 03:47 | 361 | 00:02:51.2 | 628 | 01:14:42.0 | 16.5 | 142 | 00:00:57.3 | 448 | 00:29:11.8 | 09:25 | 02:02:51.1 | | |
| 568 | 319 | 45 Thiemke, Steve | 683 Oshkosh, WI | 737 | 00:17:08.6 | 04:17 | 524 | 00:03:29.5 | 523 | 01:10:29.0 | 17.5 | 86 | 00:00:49.2 | 555 | 00:31:12.7 | 10:04 | 02:03:09.2 | | |
| 569 | 320 | 8 Kammerer, Travis | 730 Chnisago City, | 517 | 00:13:36.6 | 03:24 | 298 | 00:02:39.2 | 669 | 01:18:09.3 | 15.8 | 511 | 00:01:42.7 | 312 | 00:27:02.9 | 08:43 | 02:03:10.9 | | |
| 570 | 321 | 4 Lea, Robert | 772 Minneapolis, | 543 | 00:13:50.7 | 03:27 | 677 | 00:04:21.6 | 430 | 01:07:25.9 | 18.3 | 776 | 00:03:50.9 | 632 | 00:33:42.1 | 10:52 | 02:03:11.4 | | |
| 571 | 322 | 21 Orluck, Mark | 630 Buffalo, MN | 523 | 00:13:39.6 | 03:24 | 702 | 00:04:33.7 | 560 | 01:12:01.2 | 17.2 | 450 | 00:01:33.1 | 567 | 00:31:29.9 | 10:09 | 02:03:17.8 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | |
|--|-------------|------------------------|----------------------|-----|--------------|-------|-------------|------------|-------------|------------|-------|----------|------------|-----|------------|-------|------------|--------|-----|-----------------|
| Place | Ovl/Div/Age | Name | Bib | | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 572 | 211 | 14 Lindstrom, Emily | 833 Burnsville, MN | 597 | 00:14:28.5 | 03:37 | 462 | 00:03:13.3 | 619 | 01:14:05.2 | 16.7 | 428 | 00:01:30.5 | 497 | 00:30:00.2 | 09:40 | 02:03:17.9 | | | |
| 573 | 212 | 39 Roden, Jennifer | 551 St. Louis Park, | 589 | 00:14:20.8 | 03:35 | 273 | 00:02:35.4 | 433 | 01:07:30.2 | 18.3 | 187 | 00:01:01.3 | 725 | 00:37:59.2 | 12:15 | 02:03:27.1 | | | |
| 574 | 34 | Janes, Tim | 881 Shoreview, MN | 773 | 00:18:39.0 | 04:39 | 570 | 00:03:42.7 | 464 | 01:08:15.4 | 18.1 | 530 | 00:01:45.0 | 551 | 00:31:06.9 | 10:02 | 02:03:29.3 | | | |
| 575 | 213 | 34 Heilman, Kristine | 442 Plymouth, MN | 772 | 00:18:37.4 | 04:39 | 54 | 00:01:41.5 | 446 | 01:07:40.6 | 18.3 | 369 | 00:01:23.5 | 644 | 00:34:07.5 | 11:00 | 02:03:30.7 | | | |
| 576 | 323 | 48 Prestegaard, | 687 Saint Paul, MN | 574 | 00:14:11.2 | 03:32 | 601 | 00:03:51.3 | 536 | 01:11:05.1 | 17.4 | 438 | 00:01:31.9 | 616 | 00:32:56.5 | 10:37 | 02:03:36.2 | | | |
| 577 | 214 | 35 Steffes, Marguerite | 654 St Paul, MN | 402 | 00:12:39.2 | 03:09 | 413 | 00:03:04.3 | 562 | 01:12:03.0 | 17.2 | 459 | 00:01:34.6 | 652 | 00:34:16.7 | 11:03 | 02:03:38.1 | | | |
| 578 | 215 | 1 West, Bonnie | 797 St Paul, MN | 508 | 00:13:32.2 | 03:23 | 698 | 00:04:32.2 | 580 | 01:12:40.7 | 17.0 | 722 | 00:02:37.8 | 520 | 00:30:21.0 | 09:47 | 02:03:44.1 | | | |
| 579 | 216 | 40 Varela, Yolanda | 450 Minneapolis, | 690 | 00:16:05.1 | 04:01 | 642 | 00:04:05.7 | 440 | 01:07:36.0 | 18.3 | 672 | 00:02:16.7 | 635 | 00:33:47.9 | 10:54 | 02:03:51.6 | | | |
| 580 | 217 | 36 Audette, Barb | 1083 Stacy, MN | 612 | 00:14:41.2 | 03:40 | 767 | 00:05:38.6 | 640 | 01:15:45.4 | 16.3 | 768 | 00:03:29.6 | 140 | 00:24:19.6 | 07:50 | 02:03:54.6 | | | |
| 581 | 324 | 5 Schmidt, Richard | 1090 Lindstrom, MN | 680 | 00:15:51.1 | 03:57 | 472 | 00:03:14.9 | 574 | 01:12:26.6 | 17.1 | 262 | 00:01:09.9 | 569 | 00:31:31.3 | 10:10 | 02:04:14.0 | | | |
| 582 | 218 | 37 Bezdicek, Susan | 701 Hastings, MN | 586 | 00:14:18.2 | 03:34 | 685 | 00:04:25.0 | 661 | 01:17:19.4 | 16.0 | 564 | 00:01:50.9 | 275 | 00:26:29.4 | 08:32 | 02:04:23.2 | | | |
| 583 | 219 | 41 Gallatin, Jillene | 501 Scandia, MN | 610 | 00:14:39.8 | 03:39 | 663 | 00:04:15.0 | 585 | 01:12:53.1 | 17.0 | 317 | 00:01:16.2 | 562 | 00:31:22.2 | 10:07 | 02:04:26.6 | | | |
| 584 | 325 | 33 Arcand, Mark | 1056 Forest Lake, MN | 388 | 00:12:32.4 | 03:08 | 659 | 00:04:13.2 | 582 | 01:12:45.1 | 17.0 | 604 | 00:01:58.9 | 619 | 00:33:05.0 | 10:40 | 02:04:34.9 | | | |
| 585 | 326 | 30 Knapp, Paul | 532 St Paul, MN | 348 | 00:12:12.8 | 03:03 | 536 | 00:03:32.6 | 3 | 00:08:06.5 | 152.4 | | | 796 | 01:47:57.1 | | 02:04:39.4 | | | |
| 586 | 220 | 42 Zemke, Carrie | 691 Wyoming, MN | 515 | 00:13:36.0 | 03:24 | 443 | 00:03:09.6 | 633 | 01:14:59.7 | 16.5 | 318 | 00:01:16.3 | 576 | 00:31:42.4 | 10:13 | 02:04:44.3 | | | |
| 587 | 327 | 18 Sargeant, Eric | 1149 Chisago City, | 640 | 00:15:08.4 | 03:47 | 569 | 00:03:42.5 | 653 | 01:17:02.5 | 16.0 | 81 | 00:00:48.6 | 386 | 00:28:09.0 | 09:04 | 02:04:51.3 | | | |
| 588 | 221 | 43 Pendergrass, | 457 Minneapolis, | 608 | 00:14:39.4 | 03:39 | 456 | 00:03:12.5 | 634 | 01:15:04.0 | 16.5 | 648 | 00:02:08.2 | 488 | 00:29:49.9 | 09:37 | 02:04:54.2 | | | |
| 589 | 222 | 44 Reedy, Renae | 823 Scandia, MN | 547 | 00:13:52.1 | 03:28 | 403 | 00:03:01.5 | 594 | 01:13:07.8 | 16.9 | 744 | 00:02:53.2 | 588 | 00:31:59.6 | 10:19 | 02:04:54.4 | | | |
| 590 | 328 | 6 Kycek, F J | 429 St Paul, MN | 686 | 00:15:58.1 | 03:59 | 714 | 00:04:40.2 | 637 | 01:15:29.6 | 16.4 | 563 | 00:01:50.8 | 306 | 00:26:57.0 | 08:41 | 02:04:56.0 | | | |
| 591 | 329 | 59 Orning, Joseph | 644 Eden Prairie, | 416 | 00:12:46.4 | 03:11 | 507 | 00:03:24.8 | 394 | 01:06:21.1 | 18.6 | 758 | 00:03:09.9 | 740 | 00:39:15.1 | 12:39 | 02:04:57.6 | | | |
| 592 | 330 | 60 Fisher, Dan | 382 Anoka, MN | 685 | 00:15:54.9 | 03:58 | 572 | 00:03:43.4 | 502 | 01:09:40.8 | 17.7 | 331 | 00:01:18.4 | 655 | 00:34:20.2 | 11:04 | 02:04:58.0 | | | |
| 593 | 223 | 15 Nelson, Stacy | 864 Bloomington, | 247 | 00:11:19.5 | 02:49 | 204 | 00:02:21.6 | 623 | 01:14:14.2 | 16.6 | 27 | 00:00:38.0 | 705 | 00:36:33.7 | 11:47 | 02:05:07.1 | | | |
| 594 | 331 | 31 Mayer, Michael | 581 Eagan, MN | 528 | 00:13:42.4 | 03:25 | 680 | 00:04:21.8 | 431 | 01:07:27.2 | 18.3 | 761 | 00:03:18.1 | 703 | 00:36:27.3 | 11:45 | 02:05:17.0 | | | |
| 595 | 224 | 45 Maxey, Jenni | 560 Stacy, MN | 662 | 00:15:27.0 | 03:51 | 415 | 00:03:04.4 | 664 | 01:17:32.4 | 15.9 | 288 | 00:01:12.2 | 391 | 00:28:13.1 | 09:06 | 02:05:29.3 | | | |
| 596 | 225 | 38 Hermer, Kim | 923 Mankato, MN | 539 | 00:13:48.5 | 03:27 | 624 | 00:03:58.3 | 577 | 01:12:36.6 | 17.0 | 365 | 00:01:23.1 | 633 | 00:33:43.2 | 10:52 | 02:05:30.0 | | | |
| 597 | 332 | 51 Mccluskey, Greg | 980 Rochester, MN | 714 | 00:16:37.2 | 04:09 | 711 | 00:04:38.1 | 570 | 01:12:11.8 | 17.1 | 756 | 00:03:06.9 | 439 | 00:29:01.3 | 09:21 | 02:05:35.5 | | | |
| 598 | 333 | 46 Bowman, Chris | 1000 Bloomington, | 738 | 00:17:09.7 | 04:17 | 551 | 00:03:37.4 | 648 | 01:16:47.8 | 16.1 | 17 | 00:00:35.8 | 333 | 00:27:31.1 | 08:52 | 02:05:42.0 | | | |
| 599 | 226 | 30 Nielsen, Sue | 514 Wyoming, MN | 764 | 00:18:13.9 | 04:33 | 444 | 00:03:09.8 | 529 | 01:10:43.6 | 17.5 | 336 | 00:01:19.7 | 596 | 00:32:18.0 | 10:25 | 02:05:45.2 | | | |
| 600 | 227 | 26 Braun, Anna | 643 Minnetonka, MN | 464 | 00:13:11.7 | 03:17 | 671 | 00:04:18.6 | 604 | 01:13:42.2 | 16.8 | 650 | 00:02:08.5 | 604 | 00:32:32.6 | 10:29 | 02:05:53.8 | | | |
| 601 | 228 | 27 Nguyen, Viet-hanh | 844 Saint Paul, MN | 131 | 00:10:04.3 | 02:31 | 245 | 00:02:31.6 | 735 | 01:23:48.2 | 14.7 | 189 | 00:01:01.6 | 413 | 00:28:29.5 | 09:11 | 02:05:55.3 | | | |
| 602 | 229 | 31 Gilman, Kathi | 319 Chisago City, | 244 | 00:11:18.6 | 02:49 | 329 | 00:02:44.9 | 660 | 01:17:17.3 | 16.0 | 70 | 00:00:46.5 | 647 | 00:34:08.3 | 11:00 | 02:06:15.9 | | | |
| 603 | 230 | 51 Huebel, Shanna | 840 Lindstrom, MN | 503 | 00:13:29.9 | 03:22 | 746 | 00:05:06.5 | 588 | 01:12:57.3 | 16.9 | 430 | 00:01:30.7 | 624 | 00:33:20.8 | 10:45 | 02:06:25.5 | | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | | |
|--|-------------|------|--------------------|------|-----------------|-------------|------------|-------|-------------|------------|----------|------------|------------|-----|------------|-----------|------------|-------|-----------------|--|--|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | | |
| 604 | 231 | 52 | Van De Streek, | 752 | Minneapolis, | 711 | 00:16:36.5 | 04:09 | 589 | 00:03:46.1 | 607 | 01:13:49.4 | 16.7 | 737 | 00:02:44.8 | 466 | 00:29:29.5 | 09:30 | 02:06:26.5 | | |
| 605 | 7 | | Marquis, Susan | 595 | Lindstrom, MN | 629 | 00:14:56.3 | 03:44 | 765 | 00:05:38.4 | 546 | 01:11:23.2 | 17.3 | 621 | 00:02:01.5 | 602 | 00:32:27.2 | 10:28 | 02:06:26.8 | | |
| 606 | 8 | | Hansen, Joleyn | 919 | Lino Lakes, MN | 316 | 00:11:56.3 | 02:59 | 682 | 00:04:22.1 | 643 | 01:16:04.4 | 16.2 | 696 | 00:02:23.9 | 575 | 00:31:42.0 | 10:13 | 02:06:28.9 | | |
| 607 | 35 | | Roman, Lucas | 1171 | West St. Paul, | 287 | 00:11:37.1 | 02:54 | 584 | 00:03:45.6 | 606 | 01:13:48.5 | 16.7 | 698 | 00:02:25.2 | 678 | 00:35:02.8 | 11:18 | 02:06:39.5 | | |
| 608 | 232 | 32 | Long, Denise | 431 | St Paul, MN | 376 | 00:12:26.2 | 03:06 | 704 | 00:04:34.3 | 626 | 01:14:30.8 | 16.6 | 547 | 00:01:47.6 | 623 | 00:33:20.8 | 10:45 | 02:06:39.8 | | |
| 609 | 233 | 53 | Freitag, Lan | 489 | Minnetonka, MN | 678 | 00:15:48.3 | 03:57 | 423 | 00:03:05.4 | 674 | 01:18:27.0 | 15.8 | 163 | 00:00:59.3 | 404 | 00:28:25.1 | 09:10 | 02:06:45.3 | | |
| 610 | 234 | 16 | Willett, Chelsea | 933 | St Paul, MN | 601 | 00:14:30.9 | 03:37 | 598 | 00:03:49.8 | 677 | 01:18:31.3 | 15.7 | 562 | 00:01:50.6 | 380 | 00:28:03.8 | 09:03 | 02:06:46.6 | | |
| 611 | 334 | 22 | Piper, David | 804 | Minneapolis, | 534 | 00:13:45.7 | 03:26 | 592 | 00:03:48.1 | 667 | 01:17:59.4 | 15.8 | 467 | 00:01:36.1 | 477 | 00:29:38.2 | 09:33 | 02:06:47.7 | | |
| 612 | 235 | 28 | Larsen, Kara | 467 | St. Cloud, MN | 577 | 00:14:12.8 | 03:33 | 300 | 00:02:39.7 | 681 | 01:18:48.0 | 15.7 | 91 | 00:00:50.1 | 514 | 00:30:18.3 | 09:46 | 02:06:49.1 | | |
| 613 | 9 | | Boerboom, Jane | 376 | Chisago City, | 492 | 00:13:26.5 | 03:21 | 401 | 00:03:01.4 | 670 | 01:18:12.1 | 15.8 | 619 | 00:02:01.4 | 503 | 00:30:09.5 | 09:43 | 02:06:51.1 | | |
| 614 | 335 | 61 | Webb, Chad | 1179 | Osceola, WI | 584 | 00:14:16.6 | 03:34 | 387 | 00:02:58.3 | 676 | 01:18:27.8 | 15.8 | 773 | 00:03:42.0 | 349 | 00:27:41.3 | 08:55 | 02:07:06.2 | | |
| 615 | 336 | 34 | Lerner, Mitchell | 1469 | Minneapolis, | 548 | 00:13:52.1 | 03:28 | 603 | 00:03:52.0 | 649 | 01:16:48.4 | 16.1 | 220 | 00:01:05.0 | 570 | 00:31:32.3 | 10:10 | 02:07:10.1 | | |
| 616 | 337 | 32 | Moriarty, Patrick | 1024 | Savage, MN | 512 | 00:13:34.2 | 03:23 | 639 | 00:04:04.5 | 673 | 01:18:24.6 | 15.8 | 516 | 00:01:43.2 | 468 | 00:29:33.7 | 09:32 | 02:07:20.5 | | |
| 617 | 338 | 62 | Edwards, Erik | 948 | Lexington, MN | 664 | 00:15:34.4 | 03:53 | 676 | 00:04:20.0 | 666 | 01:17:49.2 | 15.9 | 460 | 00:01:34.6 | 382 | 00:28:04.8 | 09:03 | 02:07:23.2 | | |
| 618 | 339 | 52 | Tollefson, Scott | 526 | Minneapolis, | 794 | 00:21:20.6 | 05:20 | 623 | 00:03:58.3 | 638 | 01:15:34.4 | 16.4 | 273 | 00:01:10.5 | 202 | 00:25:27.2 | 08:12 | 02:07:31.2 | | |
| 619 | 340 | 7 | Berdan, Don | 463 | Eden Prairie, | 684 | 00:15:54.2 | 03:58 | 757 | 00:05:25.1 | 508 | 01:09:57.1 | 17.7 | 561 | 00:01:49.8 | 662 | 00:34:31.8 | 11:08 | 02:07:38.3 | | |
| 620 | 236 | 46 | Storkamp, Kari | 658 | Hastings, MN | 293 | 00:11:43.6 | 02:55 | 700 | 00:04:33.1 | 629 | 01:14:44.8 | 16.5 | 180 | 00:01:00.4 | 686 | 00:35:42.0 | 11:30 | 02:07:44.2 | | |
| 621 | 237 | 47 | Johnson, Julie | 358 | Ramsey, MN | 602 | 00:14:32.9 | 03:38 | 694 | 00:04:31.6 | 552 | 01:11:41.7 | 17.2 | 720 | 00:02:36.9 | 656 | 00:34:25.0 | 11:06 | 02:07:48.3 | | |
| 622 | 238 | 54 | Determan, Laura | 824 | Lindstrom, MN | 593 | 00:14:23.4 | 03:35 | 475 | 00:03:16.0 | 689 | 01:19:23.3 | 15.6 | 494 | 00:01:41.1 | 454 | 00:29:13.0 | 09:25 | 02:07:57.0 | | |
| 623 | 341 | 9 | Johnson, Scott | 872 | Stillwater, MN | 755 | 00:17:48.7 | 04:27 | 636 | 00:04:03.9 | 632 | 01:14:59.7 | 16.5 | 697 | 00:02:24.7 | 429 | 00:28:50.8 | 09:18 | 02:08:08.0 | | |
| 624 | 239 | 33 | Wurdemann, Lisa | 944 | Harris, MN | 652 | 00:15:20.6 | 03:50 | 687 | 00:04:28.0 | 583 | 01:12:46.4 | 17.0 | 165 | 00:00:59.3 | 664 | 00:34:38.3 | 11:10 | 02:08:12.8 | | |
| 625 | 240 | 39 | Kindell, Alexandra | 586 | Gilbert, IA | 459 | 00:13:10.3 | 03:17 | 612 | 00:03:55.4 | 547 | 01:11:28.8 | 17.3 | 772 | 00:03:37.6 | 698 | 00:36:03.5 | 11:37 | 02:08:15.8 | | |
| 626 | 241 | 29 | Briggs, Maggie | 1270 | White Bear | 409 | 00:12:43.0 | 03:10 | 770 | 00:05:41.4 | 534 | 01:10:58.9 | 17.4 | 209 | 00:01:03.7 | 724 | 00:37:51.3 | 12:12 | 02:08:18.4 | | |
| 627 | 342 | 47 | Briggs, Aaron | 1275 | White Bear | 408 | 00:12:43.0 | 03:10 | 768 | 00:05:39.2 | 535 | 01:11:00.4 | 17.4 | 217 | 00:01:04.8 | 723 | 00:37:51.1 | 12:12 | 02:08:18.6 | | |
| 628 | 36 | | Rost, William | 834 | River Falls, WI | 279 | 00:11:33.9 | 02:53 | 738 | 00:04:58.7 | 282 | 01:03:33.5 | 19.4 | 775 | 00:03:48.9 | 778 | 00:44:23.9 | 14:19 | 02:08:19.0 | | |
| 629 | 242 | 55 | Samuel, Jessica | 461 | Saint Paul, MN | 442 | 00:13:00.1 | 03:15 | 557 | 00:03:39.1 | 659 | 01:17:14.5 | 16.0 | 684 | 00:02:20.0 | 595 | 00:32:14.2 | 10:23 | 02:08:28.1 | | |
| 630 | 243 | 6 | Skyrms, Leslie | 909 | Hopkins, MN | 544 | 00:13:50.8 | 03:27 | 643 | 00:04:05.8 | 630 | 01:14:50.7 | 16.5 | 606 | 00:01:59.3 | 634 | 00:33:47.0 | 10:53 | 02:08:33.7 | | |
| 631 | 244 | 30 | Crawford, Kathleen | 1470 | Orange Park, FL | 231 | 00:11:10.2 | 02:47 | 759 | 00:05:28.3 | 724 | 01:22:27.8 | 15.0 | 6 | 00:00:30.9 | 446 | 00:29:06.1 | 09:23 | 02:08:43.5 | | |
| 632 | 343 | 48 | Tooley, Steven | 1004 | New Brighton, | 458 | 00:13:09.8 | 03:17 | 791 | 00:06:53.3 | 655 | 01:17:08.4 | 16.0 | 771 | 00:03:37.4 | 387 | 00:28:09.5 | 09:05 | 02:08:58.5 | | |
| 633 | 245 | 15 | Leaf, Kirsten | 1088 | Center City, MN | 298 | 00:11:45.8 | 02:56 | 380 | 00:02:56.9 | 710 | 01:20:46.2 | 15.3 | 173 | 00:00:59.8 | 610 | 00:32:41.3 | 10:32 | 02:09:10.1 | | |
| 634 | 10 | 34 | Rapp, Deanna | 492 | North Branch, | 197 | 00:10:48.9 | 02:42 | 673 | 00:04:19.1 | 458 | 01:08:07.5 | 18.1 | 565 | 00:01:51.1 | 775 | 00:44:07.3 | 14:13 | 02:09:14.1 | | |
| 635 | 246 | 34 | Neider, Kelly | 1110 | North Branch, | 432 | 00:12:56.4 | 03:14 | 365 | 00:02:53.9 | 597 | 01:13:12.8 | 16.9 | 463 | 00:01:35.7 | 732 | 00:38:37.3 | 12:27 | 02:09:16.3 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | |
|--|-------------|------------------------|------|------------------|--------------|------------|-------------|-----|------------|-------------|------------|----------|-----|------------|------------|------------|-----------|------------|-----|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 636 | 247 | 48 Mcfarland, Amy | 498 | Plymouth, MN | 365 | 00:12:19.6 | 03:04 | 279 | 00:02:36.1 | 556 | 01:11:51.2 | 17.2 | 316 | 00:01:16.1 | 759 | 00:41:13.2 | 13:17 | 02:09:16.3 | | | |
| 637 | 344 | 8 Gaudette, Gerry | 1101 | Chisago City, | 668 | 00:15:36.7 | 03:54 | 772 | 00:05:42.7 | 454 | 01:07:57.3 | 18.2 | 747 | 00:02:56.8 | 710 | 00:37:06.5 | 11:58 | 02:09:20.1 | | | |
| 638 | 345 | 49 Contolatis, | 1073 | Bloomington, | 490 | 00:13:25.8 | 03:21 | 647 | 00:04:09.8 | 609 | 01:13:53.5 | 16.7 | 685 | 00:02:20.3 | 691 | 00:35:48.7 | 11:33 | 02:09:38.3 | | | |
| 639 | 248 | 40 Boeck, Mindy | 681 | New Bern, NC | 659 | 00:15:26.1 | 03:51 | 651 | 00:04:11.7 | 621 | 01:14:07.3 | 16.7 | 218 | 00:01:04.8 | 670 | 00:34:49.0 | 11:13 | 02:09:39.1 | | | |
| 640 | 346 | 9 Sargeant, Jeffrey | 1148 | Chisago City, | 645 | 00:15:13.6 | 03:48 | 656 | 00:04:12.4 | 682 | 01:18:51.0 | 15.7 | 18 | 00:00:35.8 | 542 | 00:30:55.9 | 09:58 | 02:09:48.8 | | | |
| 641 | 347 | 49 Baumann, Bradley | 469 | North Branch, | 780 | 00:18:58.9 | 04:44 | 727 | 00:04:51.5 | 512 | 01:10:06.4 | 17.6 | 150 | 00:00:58.0 | 675 | 00:34:58.3 | 11:16 | 02:09:53.3 | | | |
| 642 | 249 | 3 Carlson, Claire | 494 | Stillwater, MN | 582 | 00:14:15.2 | 03:33 | 377 | 00:02:56.6 | 702 | 01:20:12.8 | 15.4 | 72 | 00:00:47.1 | 586 | 00:31:57.3 | 10:18 | 02:10:09.3 | | | |
| 643 | 11 | Stock, Sue | 1018 | Eden Prairie, | 132 | 00:10:04.3 | 02:31 | 494 | 00:03:22.4 | 591 | 01:13:02.4 | 16.9 | 709 | 00:02:29.7 | 760 | 00:41:15.7 | 13:18 | 02:10:14.7 | | | |
| 644 | 348 | 50 Kinzer, Caleb | 1100 | Minneapolis, | 716 | 00:16:37.9 | 04:09 | 337 | 00:02:46.8 | 540 | 01:11:10.0 | 17.4 | 662 | 00:02:14.9 | 713 | 00:37:25.4 | 12:04 | 02:10:15.1 | | | |
| 645 | 349 | 33 Uram, Donald | 1017 | Eden Prairie, | 98 | 00:09:36.2 | 02:24 | 604 | 00:03:52.2 | 107 | 00:58:25.3 | 21.2 | 661 | 00:02:14.5 | 795 | 00:56:07.8 | 18:06 | 02:10:16.3 | | | |
| 646 | 350 | 35 Fehr, David | 676 | Minneapolis, | 95 | 00:09:33.6 | 02:23 | 686 | 00:04:26.6 | 686 | 01:19:12.0 | 15.6 | 61 | 00:00:45.4 | 700 | 00:36:19.9 | 11:43 | 02:10:17.8 | | | |
| 647 | 351 | 3 Schulstrom, Dean | 412 | Coon Rapids, | 728 | 00:16:54.9 | 04:13 | 752 | 00:05:18.0 | 620 | 01:14:07.1 | 16.7 | 593 | 00:01:56.5 | 592 | 00:32:10.2 | 10:22 | 02:10:26.9 | | | |
| 648 | 250 | 56 Regan, Tracy | 527 | Minneapolis, | 655 | 00:15:24.0 | 03:51 | 622 | 00:03:58.1 | 644 | 01:16:09.6 | 16.2 | 122 | 00:00:55.2 | 640 | 00:34:01.4 | 10:58 | 02:10:28.5 | | | |
| 649 | 12 | Ryan, Amy | 1039 | Bloomington, | 277 | 00:11:31.4 | 02:52 | 465 | 00:03:14.0 | 728 | 01:23:08.9 | 14.9 | 682 | 00:02:19.6 | 521 | 00:30:22.7 | 09:47 | 02:10:36.8 | | | |
| 650 | 352 | 34 Turman, Dana | 822 | Lindstrom, MN | 1 | 00:06:32.4 | 01:38 | 737 | 00:04:58.5 | 732 | 01:23:44.7 | 14.8 | 770 | 00:03:34.8 | 591 | 00:32:07.9 | 10:21 | 02:10:58.6 | | | |
| 651 | 353 | 9 Marinoff, K.J. | 1471 | Vadnais | 710 | 00:16:33.5 | 04:08 | 450 | 00:03:11.4 | 696 | 01:19:51.7 | 15.5 | 106 | 00:00:52.4 | 531 | 00:30:36.4 | 09:52 | 02:11:05.5 | | | |
| 652 | 354 | 53 Vanderbloomer, | 942 | Lexington, MN | 801 | 00:24:51.4 | 06:12 | 608 | 00:03:54.6 | 579 | 01:12:40.3 | 17.0 | 673 | 00:02:17.1 | 329 | 00:27:24.4 | 08:50 | 02:11:08.0 | | | |
| 653 | 251 | 35 Miller, Glenda | 994 | Roberts, WI | 600 | 00:14:30.6 | 03:37 | 775 | 00:05:49.9 | 624 | 01:14:20.6 | 16.6 | 753 | 00:03:01.3 | 627 | 00:33:28.5 | 10:47 | 02:11:11.1 | | | |
| 654 | 252 | 1 Flory, Becky | 371 | St Paul, MN | 791 | 00:20:26.1 | 05:06 | 690 | 00:04:29.5 | 622 | 01:14:11.5 | 16.7 | 574 | 00:01:53.7 | 529 | 00:30:34.8 | 09:51 | 02:11:35.9 | | | |
| 655 | 355 | 35 Voss, Doug | 916 | Forest Lake, MN | 725 | 00:16:51.5 | 04:12 | 783 | 00:06:11.8 | 663 | 01:17:25.9 | 16.0 | 569 | 00:01:52.6 | 461 | 00:29:17.5 | 09:26 | 02:11:39.3 | | | |
| 656 | 356 | 36 Kubitschek, Rick | 1254 | Lake Elmo, MN | 614 | 00:14:41.6 | 03:40 | 311 | 00:02:41.0 | 683 | 01:18:52.1 | 15.7 | 135 | 00:00:57.1 | 658 | 00:34:27.8 | 11:07 | 02:11:39.8 | | | |
| 657 | 357 | 51 Gustafson, | 1173 | Minneapolis, | 643 | 00:15:11.3 | 03:47 | 573 | 00:03:43.5 | 749 | 01:26:52.1 | 14.2 | 419 | 00:01:28.4 | 153 | 00:24:33.9 | 07:55 | 02:11:49.4 | | | |
| 658 | 13 | Meyer, Rachel | 655 | White Bear | 526 | 00:13:41.1 | 03:25 | 644 | 00:04:07.2 | 566 | 01:12:06.6 | 17.1 | 711 | 00:02:30.0 | 744 | 00:39:37.6 | 12:46 | 02:12:02.7 | | | |
| 659 | 253 | 57 Doherty, Catherine | 1062 | Portland, OR | 651 | 00:15:18.6 | 03:49 | 782 | 00:06:09.1 | 675 | 01:18:27.4 | 15.8 | 729 | 00:02:40.8 | 478 | 00:29:38.3 | 09:33 | 02:12:14.4 | | | |
| 660 | 254 | 41 Heard, Kay | 364 | Elk River, MN | 679 | 00:15:48.3 | 03:57 | 797 | 00:09:17.1 | 703 | 01:20:16.1 | 15.4 | 422 | 00:01:29.2 | 209 | 00:25:31.7 | 08:14 | 02:12:22.6 | | | |
| 661 | 255 | 49 Joyce, Denise | 521 | St Paul, MN | 720 | 00:16:45.9 | 04:11 | 459 | 00:03:12.8 | 641 | 01:15:46.8 | 16.3 | 108 | 00:00:53.0 | 690 | 00:35:48.7 | 11:33 | 02:12:27.4 | | | |
| 662 | 256 | 50 Olson, Tara | 525 | Inver Grove Hts, | 618 | 00:14:45.2 | 03:41 | 295 | 00:02:39.1 | 610 | 01:13:54.3 | 16.7 | 93 | 00:00:50.7 | 748 | 00:40:18.0 | 13:00 | 02:12:27.6 | | | |
| 663 | 358 | 10 Griggs, | 543 | Minneapolis, | 795 | 00:21:48.1 | 05:27 | 724 | 00:04:50.4 | 567 | 01:12:07.1 | 17.1 | 358 | 00:01:22.3 | 606 | 00:32:34.0 | 10:30 | 02:12:42.2 | | | |
| 664 | 257 | 58 Bordsen, Kristy | 901 | Minneapolis, | 658 | 00:15:25.5 | 03:51 | 717 | 00:04:43.8 | 635 | 01:15:13.8 | 16.4 | 457 | 00:01:34.0 | 689 | 00:35:46.5 | 11:32 | 02:12:43.8 | | | |
| 665 | 359 | 36 Sargeant, Steve | 1150 | Chisago City, | 731 | 00:17:01.8 | 04:15 | 735 | 00:04:55.6 | 722 | 01:22:23.9 | 15.0 | 148 | 00:00:58.0 | 350 | 00:27:42.1 | 08:56 | 02:13:01.6 | | | |
| 666 | 360 | 52 Wallterstorff, Erin | 1158 | Aiden Hill, MN | 541 | 00:13:49.6 | 03:27 | 251 | 00:02:32.4 | 755 | 01:27:19.5 | 14.2 | 362 | 00:01:22.8 | 372 | 00:27:58.4 | 09:01 | 02:13:03.0 | | | |
| 667 | 37 | Goodman, Charles | 952 | Eagan, MN | 253 | 00:11:23.4 | 02:50 | 431 | 00:03:06.9 | 533 | 01:10:58.6 | 17.4 | 759 | 00:03:12.1 | 777 | 00:44:22.9 | 14:19 | 02:13:04.1 | | | |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | |
|--|-------------|----------------------|------|-----------------|------|-------------|-------|-----|-------------|------|------------|------|-----|------------|-----|------------|-----------|------------|-----------------|--|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | |
| 668 | 38 | Walts, Terence | 342 | Atlanta, GA | 256 | 00:11:23.7 | 02:50 | 705 | 00:04:35.1 | 613 | 01:13:56.8 | 16.7 | 702 | 00:02:26.7 | 751 | 00:40:42.1 | 13:07 | 02:13:04.6 | | |
| 669 | 258 | 16 Lindberg, Barb | 984 | Menomonie, WI | 719 | 00:16:43.3 | 04:10 | 626 | 00:04:00.5 | 599 | 01:13:20.4 | 16.9 | 704 | 00:02:28.1 | 706 | 00:36:33.9 | 11:47 | 02:13:06.5 | | |
| 670 | 259 | 51 Miller, Heather | 935 | Stacy, MN | 724 | 00:16:48.5 | 04:12 | 500 | 00:03:23.6 | 650 | 01:16:50.0 | 16.1 | 526 | 00:01:44.8 | 657 | 00:34:26.1 | 11:06 | 02:13:13.3 | | |
| 671 | 260 | 52 Orman, Sarah | 906 | Shoreview, MN | 611 | 00:14:41.0 | 03:40 | 417 | 00:03:04.6 | 746 | 01:25:48.3 | 14.4 | 198 | 00:01:02.3 | 418 | 00:28:38.9 | 09:14 | 02:13:15.3 | | |
| 672 | 39 | Harens, Thomas | 693 | Edina, MN | 338 | 00:12:08.7 | 03:02 | 755 | 00:05:22.1 | 565 | 01:12:06.6 | 17.1 | 726 | 00:02:39.1 | 754 | 00:41:00.0 | 13:13 | 02:13:16.6 | | |
| 673 | 40 | Baker, Ronald | 717 | Bloomington, | 786 | 00:19:40.0 | 04:55 | 632 | 00:04:01.9 | 545 | 01:11:22.4 | 17.3 | 483 | 00:01:38.6 | 707 | 00:36:39.4 | 11:49 | 02:13:22.6 | | |
| 674 | 14 | Schuder, Jenna | 1042 | Wyoming, MN | 692 | 00:16:07.0 | 04:01 | 394 | 00:03:00.1 | 614 | 01:13:56.8 | 16.7 | 415 | 00:01:28.1 | 735 | 00:38:56.6 | 12:33 | 02:13:28.8 | | |
| 675 | 261 | 31 Dawson, Anna | 396 | St. Paul, MN | 333 | 00:12:06.4 | 03:01 | 742 | 00:05:00.2 | 742 | 01:25:03.9 | 14.5 | 746 | 00:02:56.3 | 412 | 00:28:29.1 | 09:11 | 02:13:36.2 | | |
| 676 | 361 | 37 Dawson, Bevin | 395 | St. Paul, MN | 334 | 00:12:06.5 | 03:01 | 743 | 00:05:01.3 | 744 | 01:25:07.2 | 14.5 | 743 | 00:02:52.1 | 411 | 00:28:28.8 | 09:11 | 02:13:36.2 | | |
| 677 | 262 | 36 Glamoss, Annette | 597 | Marine, MN | 154 | 00:10:20.0 | 02:35 | 715 | 00:04:40.5 | 657 | 01:17:12.9 | 16.0 | 531 | 00:01:45.1 | 746 | 00:39:53.6 | 12:52 | 02:13:52.3 | | |
| 678 | 263 | 17 Morchinek, | 817 | Stillwater, MN | 527 | 00:13:42.1 | 03:25 | 574 | 00:03:43.5 | 658 | 01:17:13.1 | 16.0 | 537 | 00:01:45.9 | 717 | 00:37:36.9 | 12:08 | 02:14:01.6 | | |
| 679 | 264 | 37 Westemeier, Carol | 575 | Stacy, MN | 699 | 00:16:15.7 | 04:03 | 541 | 00:03:33.9 | 704 | 01:20:23.1 | 15.4 | 176 | 00:01:00.3 | 614 | 00:32:50.5 | 10:35 | 02:14:03.6 | | |
| 680 | 362 | 23 Lines, Kevin | 1048 | North Branch, | 578 | 00:14:13.0 | 03:33 | 750 | 00:05:16.9 | 578 | 01:12:40.3 | 17.0 | 742 | 00:02:50.2 | 737 | 00:39:04.4 | 12:36 | 02:14:05.0 | | |
| 681 | 265 | 17 Gale, Elise | 914 | Bloomington, | 637 | 00:15:07.3 | 03:46 | 529 | 00:03:30.6 | 740 | 01:24:35.7 | 14.6 | 490 | 00:01:40.3 | 449 | 00:29:11.8 | 09:25 | 02:14:06.0 | | |
| 682 | 363 | 10 Stahl, George | 366 | Blaine, MN | 397 | 00:12:37.0 | 03:09 | 763 | 00:05:35.2 | 698 | 01:20:01.7 | 15.4 | 487 | 00:01:39.7 | 651 | 00:34:14.9 | 11:02 | 02:14:08.6 | | |
| 683 | 364 | 50 Farley, Patrick | 361 | Blaine, MN | 350 | 00:12:13.3 | 03:03 | 777 | 00:05:54.6 | 671 | 01:18:15.5 | 15.8 | 767 | 00:03:27.8 | 653 | 00:34:19.4 | 11:04 | 02:14:10.8 | | |
| 684 | 266 | 53 Farley, Andrea | 360 | Blaine, MN | 452 | 00:13:07.2 | 03:16 | 741 | 00:04:59.6 | 694 | 01:19:43.6 | 15.5 | 616 | 00:02:00.8 | 654 | 00:34:19.6 | 11:04 | 02:14:11.0 | | |
| 685 | 267 | 42 Mclane, Suzi | 1011 | Plymouth, MN | 672 | 00:15:41.4 | 03:55 | 520 | 00:03:28.5 | 692 | 01:19:39.6 | 15.5 | 752 | 00:03:00.8 | 607 | 00:32:34.9 | 10:30 | 02:14:25.4 | | |
| 686 | 15 | Linder, Amy | 819 | Farmington, MN | 622 | 00:14:48.2 | 03:42 | 437 | 00:03:08.3 | 690 | 01:19:28.6 | 15.6 | 706 | 00:02:28.6 | 663 | 00:34:35.5 | 11:09 | 02:14:29.4 | | |
| 687 | 268 | 38 Protas, Cheryl | 1256 | Andover, MN | 536 | 00:13:47.4 | 03:26 | 512 | 00:03:26.1 | 651 | 01:16:54.1 | 16.1 | 501 | 00:01:41.6 | 733 | 00:38:40.3 | 12:28 | 02:14:29.7 | | |
| 688 | 269 | 18 Kelly, Kaitlin | 468 | St. Cloud, MN | 529 | 00:13:42.5 | 03:25 | 451 | 00:03:11.5 | 714 | 01:21:06.5 | 15.2 | 263 | 00:01:09.9 | 683 | 00:35:31.8 | 11:27 | 02:14:42.4 | | |
| 689 | 270 | 39 Dreyer, Jane | 986 | Scandia, MN | 743 | 00:17:17.4 | 04:19 | 566 | 00:03:42.3 | 662 | 01:17:24.3 | 16.0 | 657 | 00:02:11.9 | 646 | 00:34:08.1 | 11:00 | 02:14:44.3 | | |
| 690 | 16 | Knutson, Rebecca | 921 | Elkhorn, WI | 694 | 00:16:08.3 | 04:02 | 758 | 00:05:27.5 | 595 | 01:13:09.6 | 16.9 | 755 | 00:03:02.9 | 709 | 00:36:58.5 | 11:55 | 02:14:47.0 | | |
| 691 | 365 | 38 Nacey, Jarid | 777 | Duluth, MN | 671 | 00:15:40.5 | 03:55 | 675 | 00:04:19.8 | 750 | 01:26:57.0 | 14.2 | 235 | 00:01:06.9 | 287 | 00:26:42.7 | 08:37 | 02:14:47.1 | | |
| 692 | 271 | 4 Nascene, Cody | 697 | Isanti, MN | 706 | 00:16:23.5 | 04:05 | 629 | 00:04:00.9 | 727 | 01:22:54.4 | 14.9 | 413 | 00:01:28.0 | 499 | 00:30:03.1 | 09:41 | 02:14:50.1 | | |
| 693 | 272 | 43 Rhyner, Brenda | 1170 | Maplewood, MN | 792 | 00:21:19.5 | 05:19 | 760 | 00:05:32.3 | 680 | 01:18:47.6 | 15.7 | 694 | 00:02:23.3 | 300 | 00:26:54.2 | 08:40 | 02:14:57.1 | | |
| 694 | 41 | Wiza, Steve | 835 | Chisago City, | 638 | 00:15:07.8 | 03:46 | 801 | 00:10:08.5 | 708 | 01:20:34.6 | 15.3 | 692 | 00:02:23.0 | 293 | 00:26:47.0 | 08:38 | 02:15:01.1 | | |
| 695 | 273 | 44 Klingler, Jessica | 950 | Champlin, MN | 683 | 00:15:53.9 | 03:58 | 788 | 00:06:32.6 | 557 | 01:11:55.1 | 17.2 | 783 | 00:04:46.9 | 697 | 00:36:02.9 | 11:37 | 02:15:11.6 | | |
| 696 | 274 | 45 James, Natina | 928 | St Paul, MN | 717 | 00:16:38.3 | 04:09 | 773 | 00:05:47.0 | 558 | 01:11:57.2 | 17.2 | 784 | 00:04:49.1 | 695 | 00:36:00.3 | 11:36 | 02:15:12.0 | | |
| 697 | 275 | 46 Bastiaens, | 927 | Scandia, MN | 440 | 00:12:59.8 | 03:14 | 798 | 00:09:21.7 | 559 | 01:11:57.8 | 17.2 | 786 | 00:04:50.1 | 696 | 00:36:02.4 | 11:37 | 02:15:12.0 | | |
| 698 | 276 | 54 Venhuizen, Joann | 495 | Brooklyn Park, | 420 | 00:12:48.7 | 03:12 | 554 | 00:03:38.1 | 481 | 01:08:53.9 | 17.9 | 372 | 00:01:23.8 | 788 | 00:48:30.8 | 15:38 | 02:15:15.4 | | |
| 699 | 277 | 19 Newell, Christy | 753 | Forest Lake, MN | 802 | 00:28:57.2 | 07:14 | 370 | 00:02:55.9 | 550 | 01:11:37.3 | 17.3 | 258 | 00:01:08.9 | 533 | 00:30:40.4 | 09:53 | 02:15:19.9 | | |

| Individual - Sprint Distance Triathlon | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | | |
|--|------|-----|---------------------|------|--------------------|-----|------------|-------------|------|------------|-----|------------|------------|-----|------------|-----------|------------|-------|-------------|--|--|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description | | |
| 700 | 366 | 63 | Rhyner, Steven | 1169 | Maplewood, MN | 793 | 00:21:19.8 | 05:19 | 761 | 00:05:33.1 | 679 | 01:18:46.2 | 15.7 | 691 | 00:02:23.0 | 335 | 00:27:32.1 | 08:52 | 02:15:34.3 | | |
| 701 | 17 | | Bies, Jennifer | 367 | Forest Lake, MN | 396 | 00:12:36.0 | 03:09 | 280 | 00:02:36.2 | 739 | 01:24:31.6 | 14.6 | 213 | 00:01:04.3 | 680 | 00:35:21.7 | 11:24 | 02:16:09.9 | | |
| 702 | 278 | 59 | Everling, Kijrsten | 1040 | Minneapolis, | 783 | 00:19:23.9 | 04:50 | 666 | 00:04:16.0 | 678 | 01:18:39.9 | 15.7 | 693 | 00:02:23.1 | 565 | 00:31:27.8 | 10:08 | 02:16:10.9 | | |
| 703 | 279 | 5 | Harri, Abby | 1003 | Stillwater, MN | 697 | 00:16:12.5 | 04:03 | 543 | 00:03:34.4 | 715 | 01:21:20.1 | 15.2 | 451 | 00:01:33.3 | 629 | 00:33:33.9 | 10:49 | 02:16:14.4 | | |
| 704 | 367 | 19 | Oelerich, Justin | 637 | Maple Grove, | 761 | 00:18:06.6 | 04:31 | 563 | 00:03:40.6 | 707 | 01:20:33.9 | 15.3 | 556 | 00:01:48.8 | 599 | 00:32:19.6 | 10:25 | 02:16:29.7 | | |
| 705 | 280 | 47 | Kuusisto, Sarah | 353 | Forest Lake, MN | 790 | 00:20:11.9 | 05:02 | 382 | 00:02:57.2 | 738 | 01:24:24.7 | 14.6 | 322 | 00:01:17.2 | 354 | 00:27:46.3 | 08:57 | 02:16:37.5 | | |
| 706 | 18 | | Krueger, Jennifer | 462 | Hudson, WI | 243 | 00:11:18.4 | 02:49 | 691 | 00:04:29.8 | 706 | 01:20:33.6 | 15.3 | 146 | 00:00:57.7 | 743 | 00:39:37.3 | 12:46 | 02:16:57.1 | | |
| 707 | 281 | 40 | Dunfee, Stefanie | 941 | Brooklyn Park, | 777 | 00:18:54.2 | 04:43 | 522 | 00:03:28.9 | 729 | 01:23:18.5 | 14.8 | 216 | 00:01:04.5 | 509 | 00:30:15.9 | 09:45 | 02:17:02.3 | | |
| 708 | 282 | 55 | Rupert, Susan | 453 | Forest Lake, MN | 318 | 00:11:58.4 | 02:59 | 575 | 00:03:43.6 | 687 | 01:19:15.7 | 15.6 | 302 | 00:01:14.4 | 755 | 00:41:05.9 | 13:15 | 02:17:18.2 | | |
| 709 | 368 | 11 | O'donnell, John | 1102 | Golden Valley, | 753 | 00:17:42.5 | 04:25 | 747 | 00:05:06.6 | 684 | 01:18:58.6 | 15.6 | 605 | 00:01:59.1 | 636 | 00:33:52.2 | 10:55 | 02:17:39.2 | | |
| 710 | 283 | 2 | Wilson, Gail | 783 | Chisago City, | 721 | 00:16:47.9 | 04:11 | 614 | 00:03:56.6 | 712 | 01:20:48.5 | 15.3 | 624 | 00:02:02.1 | 659 | 00:34:28.6 | 11:07 | 02:18:03.9 | | |
| 711 | 19 | | Hummel, Bobbi | 1154 | Scandia, MN | 542 | 00:13:50.1 | 03:27 | 519 | 00:03:28.4 | 730 | 01:23:34.8 | 14.8 | 455 | 00:01:33.7 | 685 | 00:35:39.1 | 11:30 | 02:18:06.3 | | |
| 712 | 284 | 41 | Patterson, Paula | 956 | Rochester, MN | 657 | 00:15:25.4 | 03:51 | 645 | 00:04:08.0 | 720 | 01:22:10.5 | 15.0 | 560 | 00:01:49.6 | 673 | 00:34:53.8 | 11:15 | 02:18:27.6 | | |
| 713 | 20 | | Vander Heiden, | 918 | Bloomington, | 666 | 00:15:35.4 | 03:53 | 726 | 00:04:51.1 | 697 | 01:19:53.7 | 15.5 | 535 | 00:01:45.6 | 702 | 00:36:26.8 | 11:45 | 02:18:32.9 | | |
| 714 | 285 | 48 | Ackard, D | 940 | Minneapolis, | 713 | 00:16:36.7 | 04:09 | 720 | 00:04:46.5 | 645 | 01:16:15.5 | 16.2 | 608 | 00:01:59.5 | 736 | 00:38:57.3 | 12:33 | 02:18:35.6 | | |
| 715 | 286 | 56 | Horowitz, Sheyna | 1006 | Minneapolis, | 591 | 00:14:22.0 | 03:35 | 697 | 00:04:32.0 | 762 | 01:28:52.4 | 13.9 | 660 | 00:02:14.3 | 428 | 00:28:49.6 | 09:17 | 02:18:50.6 | | |
| 716 | 369 | 10 | Sargeant, Daniel | 1167 | | 687 | 00:16:00.6 | 04:00 | 586 | 00:03:45.8 | 741 | 01:24:37.3 | 14.6 | 116 | 00:00:54.0 | 630 | 00:33:37.8 | 10:50 | 02:18:55.7 | | |
| 717 | 287 | 18 | Papez, Carrie | 721 | Kiel, WI | 712 | 00:16:36.6 | 04:09 | 657 | 00:04:12.7 | 665 | 01:17:48.9 | 15.9 | 666 | 00:02:15.7 | 726 | 00:38:02.0 | 12:16 | 02:18:56.2 | | |
| 718 | 288 | 60 | Sumption, Tia | 851 | Scandia, MN | 763 | 00:18:09.4 | 04:32 | 740 | 00:04:58.9 | 688 | 01:19:22.4 | 15.6 | 469 | 00:01:36.5 | 672 | 00:34:51.8 | 11:14 | 02:18:59.3 | | |
| 719 | 289 | 42 | Mccluskey, Sue | 981 | Rochester, MN | 474 | 00:13:16.8 | 03:19 | 781 | 00:06:04.6 | 711 | 01:20:47.7 | 15.3 | 785 | 00:04:49.1 | 642 | 00:34:03.0 | 10:59 | 02:19:01.5 | | |
| 720 | 290 | 61 | Flikke, Cassy | 734 | Chisago City, | 693 | 00:16:07.7 | 04:01 | 499 | 00:03:23.6 | 693 | 01:19:41.0 | 15.5 | 725 | 00:02:38.5 | 711 | 00:37:10.9 | 11:59 | 02:19:01.8 | | |
| 721 | 291 | 62 | Stewart, Amy | 633 | Maple Grove, | 484 | 00:13:22.1 | 03:20 | 774 | 00:05:49.0 | 713 | 01:20:52.3 | 15.3 | 739 | 00:02:47.3 | 701 | 00:36:24.0 | 11:44 | 02:19:14.8 | | |
| 722 | 292 | 43 | Taylor, Kristen | 559 | Centerville, MN | 435 | 00:12:57.9 | 03:14 | 449 | 00:03:10.2 | 754 | 01:27:11.0 | 14.2 | 267 | 00:01:10.1 | 687 | 00:35:43.6 | 11:31 | 02:20:13.0 | | |
| 723 | 370 | 64 | Taylor, Christopher | 558 | Centerville, MN | 403 | 00:12:39.7 | 03:09 | 530 | 00:03:30.6 | 753 | 01:27:07.3 | 14.2 | 274 | 00:01:10.6 | 688 | 00:35:44.7 | 11:31 | 02:20:13.0 | | |
| 724 | 371 | 37 | Ohara, Kelly | 1065 | Rochester, MN | 715 | 00:16:37.6 | 04:09 | 610 | 00:03:55.1 | 736 | 01:24:17.2 | 14.7 | 448 | 00:01:33.1 | 637 | 00:33:58.3 | 10:57 | 02:20:21.5 | | |
| 725 | 293 | 44 | Williamson, Liz | 870 | St Croix Falls, WI | 762 | 00:18:07.2 | 04:31 | 732 | 00:04:53.8 | 745 | 01:25:15.0 | 14.5 | 524 | 00:01:44.5 | 526 | 00:30:29.1 | 09:50 | 02:20:29.7 | | |
| 726 | 294 | 49 | Tretsven, Sheryl | 745 | Linstrom, MN | 502 | 00:13:29.9 | 03:22 | 638 | 00:04:04.2 | 717 | 01:21:43.8 | 15.1 | 719 | 00:02:35.6 | 734 | 00:38:41.6 | 12:28 | 02:20:35.4 | | |
| 727 | 295 | 50 | Jennrich, Kim | 812 | Lino Lakes, MN | 676 | 00:15:45.6 | 03:56 | 739 | 00:04:58.8 | 718 | 01:21:44.3 | 15.1 | 485 | 00:01:39.3 | 704 | 00:36:28.8 | 11:46 | 02:20:37.0 | | |
| 728 | 42 | | Garrison, James | 852 | Stacy, MN | 665 | 00:15:35.3 | 03:53 | 754 | 00:05:22.0 | 672 | 01:18:20.6 | 15.8 | 475 | 00:01:37.1 | 745 | 00:39:43.6 | 12:48 | 02:20:38.8 | | |
| 729 | 372 | 51 | Reszetar, | 484 | St Paul, MN | 598 | 00:14:29.3 | 03:37 | 792 | 00:06:59.5 | 695 | 01:19:47.2 | 15.5 | 597 | 00:01:57.3 | 718 | 00:37:38.7 | 12:08 | 02:20:52.2 | | |
| 730 | 43 | | Plumbo, Joseph | 452 | Maplewood, MN | 627 | 00:14:55.2 | 03:43 | 618 | 00:03:57.5 | 668 | 01:18:03.7 | 15.8 | 724 | 00:02:38.4 | 763 | 00:41:30.0 | 13:23 | 02:21:05.0 | | |
| 731 | 44 | | Parenteau, John | 960 | North Branch, | 784 | 00:19:25.4 | 04:51 | 764 | 00:05:36.0 | 656 | 01:17:09.0 | 16.0 | 539 | 00:01:46.0 | 714 | 00:37:25.8 | 12:04 | 02:21:22.5 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | | |
|--|-------------|------|--------------------|------|--------------------|-------------|------------|-------|-------------|------------|----------|------------|------------|-----|------------|-----------|------------|-------|-----------------|--|--|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | | |
| 732 | 373 | 39 | Feige, Evan | 1125 | Edina, MN | 661 | 00:15:26.8 | 03:51 | 535 | 00:03:32.4 | 709 | 01:20:38.7 | 15.3 | 112 | 00:00:53.8 | 762 | 00:41:18.7 | 13:19 | 02:21:50.6 | | |
| 733 | 296 | 32 | Ryerse, Meghan | 1124 | Bloomington, | 616 | 00:14:42.7 | 03:40 | 282 | 00:02:36.6 | 721 | 01:22:22.3 | 15.0 | 97 | 00:00:51.2 | 761 | 00:41:17.8 | 13:19 | 02:21:50.8 | | |
| 734 | 374 | 1 | Hallberg, Gene | 874 | Forest Lake, MN | 767 | 00:18:22.9 | 04:35 | 787 | 00:06:27.3 | 652 | 01:17:01.7 | 16.0 | 712 | 00:02:30.6 | 721 | 00:37:49.9 | 12:12 | 02:22:12.6 | | |
| 735 | 297 | 51 | Scheele, Ursula | 925 | North Branch, | 779 | 00:18:56.2 | 04:44 | 670 | 00:04:18.0 | 725 | 01:22:30.7 | 15.0 | 544 | 00:01:47.0 | 668 | 00:34:45.5 | 11:12 | 02:22:17.6 | | |
| 736 | 375 | 24 | Johnson, Mitch | 1144 | Hugo, MN | 726 | 00:16:51.7 | 04:12 | 292 | 00:02:38.4 | 719 | 01:21:52.7 | 15.1 | 462 | 00:01:35.3 | 741 | 00:39:21.4 | 12:41 | 02:22:19.7 | | |
| 737 | 298 | 33 | Gray, Emma | 550 | Minneapolis, | 172 | 00:10:31.9 | 02:37 | 505 | 00:03:24.7 | 747 | 01:26:13.4 | 14.3 | 45 | 00:00:42.1 | 764 | 00:41:30.5 | 13:23 | 02:22:22.7 | | |
| 738 | 376 | 1 | Jordal, Jim | 1123 | Center City, MN | 746 | 00:17:25.1 | 04:21 | 769 | 00:05:41.2 | 639 | 01:15:38.7 | 16.3 | 658 | 00:02:12.0 | 769 | 00:42:07.8 | 13:35 | 02:23:05.0 | | |
| 739 | 21 | | Tucker, Michelle | 646 | Saint Paul, MN | 704 | 00:16:20.6 | 04:05 | 789 | 00:06:34.2 | 646 | 01:16:34.3 | 16.1 | 788 | 00:05:31.9 | 727 | 00:38:11.2 | 12:19 | 02:23:12.4 | | |
| 740 | 299 | 52 | Wurscher, Jennifer | 556 | Forest Lake, MN | 744 | 00:17:20.3 | 04:20 | 619 | 00:03:57.9 | 731 | 01:23:39.8 | 14.8 | 688 | 00:02:20.8 | 699 | 00:36:13.6 | 11:41 | 02:23:32.5 | | |
| 741 | 45 | | Hannon, Tim | 892 | Blaine, MN | 620 | 00:14:46.2 | 03:41 | 621 | 00:03:58.0 | 737 | 01:24:18.5 | 14.7 | 320 | 00:01:16.5 | 739 | 00:39:14.1 | 12:39 | 02:23:33.5 | | |
| 742 | 300 | 7 | Hollister, Julie | 483 | Maple Grove, | 537 | 00:13:47.4 | 03:26 | 648 | 00:04:10.0 | 766 | 01:29:08.0 | 13.9 | 642 | 00:02:05.5 | 674 | 00:34:57.6 | 11:16 | 02:24:08.7 | | |
| 743 | 301 | 57 | Vetter, Jodi | 792 | Minot, ND | 695 | 00:16:08.9 | 04:02 | 753 | 00:05:18.7 | 756 | 01:27:24.3 | 14.1 | 671 | 00:02:16.5 | 620 | 00:33:07.7 | 10:41 | 02:24:16.3 | | |
| 744 | 302 | 34 | Benson, Sarah | 1097 | North Branch, | 771 | 00:18:37.1 | 04:39 | 390 | 00:02:59.6 | 700 | 01:20:07.3 | 15.4 | 434 | 00:01:31.2 | 758 | 00:41:11.8 | 13:17 | 02:24:27.2 | | |
| 745 | 303 | 58 | Castrovinci, | 907 | Edina, MN | 466 | 00:13:12.6 | 03:18 | 679 | 00:04:21.8 | 771 | 01:29:56.3 | 13.7 | 247 | 00:01:07.9 | 692 | 00:35:51.4 | 11:34 | 02:24:30.2 | | |
| 746 | 377 | 53 | Romero, Brian | 1084 | Chisago City, | 727 | 00:16:53.5 | 04:13 | 568 | 00:03:42.4 | 768 | 01:29:36.5 | 13.8 | 731 | 00:02:41.3 | 581 | 00:31:49.2 | 10:15 | 02:24:43.1 | | |
| 747 | 304 | 45 | Evensen, Kerry | 1162 | Stillwater, MN | 535 | 00:13:47.0 | 03:26 | 751 | 00:05:17.7 | 786 | 01:32:48.9 | 13.3 | 610 | 00:01:59.8 | 557 | 00:31:14.2 | 10:04 | 02:25:07.9 | | |
| 748 | 305 | 53 | Bohn, Deb | 1103 | Minneapolis, | 765 | 00:18:14.6 | 04:33 | 533 | 00:03:32.0 | 751 | 01:26:58.9 | 14.2 | 269 | 00:01:10.4 | 684 | 00:35:37.8 | 11:29 | 02:25:33.8 | | |
| 749 | 22 | | Davis, Nichol | 533 | St Cloud, MN | 290 | 00:11:40.8 | 02:55 | 538 | 00:03:33.1 | 691 | 01:19:35.7 | 15.5 | 402 | 00:01:26.8 | 792 | 00:49:25.6 | 15:56 | 02:25:42.3 | | |
| 750 | 378 | 52 | Moen, Gabriel | 888 | Minnetonka, MN | 768 | 00:18:24.0 | 04:36 | 703 | 00:04:33.8 | 757 | 01:27:46.0 | 14.1 | 321 | 00:01:17.2 | 643 | 00:34:06.7 | 11:00 | 02:26:07.9 | | |
| 751 | 379 | 20 | Mcgillis, Gregory | 1182 | Little Falls, Mn , | 374 | 00:12:24.7 | 03:06 | 762 | 00:05:34.3 | 752 | 01:27:03.5 | 14.2 | 25 | 00:00:37.7 | 753 | 00:40:51.0 | 13:10 | 02:26:31.4 | | |
| 752 | 306 | 6 | Sapp, Hannah | 1151 | Chisago City, | 414 | 00:12:45.3 | 03:11 | 367 | 00:02:54.7 | 778 | 01:31:29.9 | 13.5 | 240 | 00:01:07.3 | 728 | 00:38:17.2 | 12:21 | 02:26:34.7 | | |
| 753 | 307 | 35 | Weisser, Kate | 978 | Lacrosse, WI | 207 | 00:10:52.6 | 02:43 | 590 | 00:03:46.7 | 790 | 01:33:31.0 | 13.2 | 414 | 00:01:28.1 | 716 | 00:37:33.5 | 12:06 | 02:27:12.1 | | |
| 754 | 308 | 59 | Sherry, Lynne | 540 | Robbinsdale, | 624 | 00:14:50.5 | 03:42 | 581 | 00:03:44.5 | 761 | 01:28:46.9 | 13.9 | 517 | 00:01:43.2 | 729 | 00:38:25.4 | 12:23 | 02:27:30.9 | | |
| 755 | 309 | 60 | Schlender, | 428 | Lindstrom, MN | 660 | 00:15:26.3 | 03:51 | 779 | 00:06:01.3 | 734 | 01:23:45.2 | 14.8 | 528 | 00:01:44.9 | 750 | 00:40:40.3 | 13:07 | 02:27:38.2 | | |
| 756 | 46 | | Schlender, Scott | 427 | Lindstrom, MN | 729 | 00:16:59.1 | 04:14 | 693 | 00:04:30.3 | 733 | 01:23:45.1 | 14.8 | 523 | 00:01:44.2 | 749 | 00:40:39.7 | 13:07 | 02:27:38.7 | | |
| 757 | 23 | | Higgins, Madonna | 887 | Center City, MN | 733 | 00:17:05.2 | 04:16 | 731 | 00:04:53.5 | 685 | 01:19:11.9 | 15.6 | 774 | 00:03:48.5 | 772 | 00:43:09.8 | 13:55 | 02:28:09.1 | | |
| 758 | 380 | 21 | Cheng, Jian-yih | 1094 | Naperville, IL | 504 | 00:13:30.3 | 03:22 | 627 | 00:04:00.8 | 716 | 01:21:23.4 | 15.2 | 234 | 00:01:06.8 | 790 | 00:48:43.9 | 15:43 | 02:28:45.4 | | |
| 759 | 47 | | Heard, Jake | 402 | Elk River, MN | 775 | 00:18:44.6 | 04:41 | 492 | 00:03:21.3 | 699 | 01:20:06.4 | 15.4 | 480 | 00:01:38.2 | 782 | 00:45:04.9 | 14:32 | 02:28:55.6 | | |
| 760 | 310 | 20 | Wilson, Jessica | 955 | North Branch, | 806 | 00:33:45.6 | 08:26 | 409 | 00:03:02.5 | 642 | 01:15:56.5 | 16.3 | 558 | 00:01:49.6 | 661 | 00:34:29.1 | 11:07 | 02:29:03.5 | | |
| 761 | 381 | 53 | Vander Heiden, | 917 | Bloomington, | 754 | 00:17:45.7 | 04:26 | 728 | 00:04:52.4 | 776 | 01:31:06.3 | 13.6 | 254 | 00:01:08.5 | 650 | 00:34:13.3 | 11:02 | 02:29:06.3 | | |
| 762 | 311 | 46 | Hauge, Amy | 1054 | Fridley, MN | 412 | 00:12:44.3 | 03:11 | 710 | 00:04:37.9 | 760 | 01:28:25.8 | 14.0 | 484 | 00:01:39.2 | 767 | 00:41:47.2 | 13:28 | 02:29:14.5 | | |
| 763 | 382 | 54 | O'brien, Patrick | 957 | Frederic, WI | 736 | 00:17:06.9 | 04:16 | 692 | 00:04:30.2 | 748 | 01:26:34.9 | 14.3 | 609 | 00:01:59.7 | 742 | 00:39:35.5 | 12:46 | 02:29:47.4 | | |

| Individual - Sprint Distance Triathlon | | | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | |
|--|-------------|----------------------|------|-----------------|--------------|-------------|-------|-----|-------------|------|------------|------|------------|------------|-----------|------------|--------|------------|-----------------|--|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | |
| 764 | 312 | 19 Wiza, Linda | 836 | Chisago City, | 759 | 00:17:59.1 | 04:29 | 794 | 00:07:16.0 | 705 | 01:20:32.4 | 15.3 | 777 | 00:03:51.7 | 756 | 00:41:08.5 | 13:16 | 02:30:47.8 | | |
| 765 | 313 | 54 Triplett, Heather | 1055 | Chisago City, | 639 | 00:15:08.2 | 03:47 | 672 | 00:04:18.7 | 782 | 01:32:10.0 | 13.4 | 534 | 00:01:45.4 | 730 | 00:38:30.2 | 12:25 | 02:31:52.7 | | |
| 766 | 314 | 63 Rydland, Anne | 634 | Minneapolis, | 145 | 00:10:12.7 | 02:33 | 683 | 00:04:23.9 | 788 | 01:33:09.1 | 13.3 | 536 | 00:01:45.7 | 771 | 00:43:00.2 | 13:52 | 02:32:31.8 | | |
| 767 | 315 | 61 Hannon, Kay | 891 | Blaine, MN | 735 | 00:17:06.5 | 04:16 | 713 | 00:04:39.0 | 781 | 01:31:55.7 | 13.4 | 502 | 00:01:41.6 | 715 | 00:37:26.2 | 12:04 | 02:32:49.1 | | |
| 768 | 316 | 64 Schilling, | 449 | Eden Prairie, | 698 | 00:16:15.3 | 04:03 | 526 | 00:03:29.8 | 789 | 01:33:30.6 | 13.2 | 546 | 00:01:47.5 | 731 | 00:38:31.8 | 12:25 | 02:33:35.2 | | |
| 769 | 383 | 65 Demark, Brent | 1013 | Blaine, MN | 760 | 00:18:06.4 | 04:31 | 701 | 00:04:33.4 | 701 | 01:20:08.8 | 15.4 | 714 | 00:02:31.4 | 787 | 00:48:15.1 | 15:33 | 02:33:35.3 | | |
| 770 | 317 | 21 Nelson, Libby | 419 | Harris, MN | 709 | 00:16:28.0 | 04:07 | 745 | 00:05:04.9 | 769 | 01:29:48.6 | 13.8 | 733 | 00:02:42.1 | 757 | 00:41:08.9 | 13:16 | 02:35:12.8 | | |
| 771 | 384 | 12 Krueger, Tom | 1038 | Chisago City, | 799 | 00:23:21.9 | 05:50 | 653 | 00:04:11.8 | 772 | 01:30:12.1 | 13.7 | 778 | 00:03:53.2 | 660 | 00:34:28.7 | 11:07 | 02:36:08.0 | | |
| 772 | 385 | 38 Thom, Ray | 1021 | Rochester, MN | 785 | 00:19:34.2 | 04:53 | 756 | 00:05:23.9 | 765 | 01:29:06.8 | 13.9 | 763 | 00:03:20.4 | 738 | 00:39:06.1 | 12:36 | 02:36:31.6 | | |
| 773 | 318 | 47 Hutchinson, | 1061 | Forest Lake, MN | 619 | 00:14:45.6 | 03:41 | 730 | 00:04:53.3 | 758 | 01:28:11.6 | 14.0 | 580 | 00:01:54.9 | 786 | 00:46:51.2 | 15:06 | 02:36:36.8 | | |
| 774 | 319 | 36 Juday, Amy | 825 | Mora, MN | 606 | 00:14:39.2 | 03:39 | 515 | 00:03:27.0 | 783 | 01:32:19.8 | 13.4 | 599 | 00:01:57.7 | 779 | 00:44:25.0 | 14:19 | 02:36:49.0 | | |
| 775 | 320 | 65 Williams, Scott | 826 | St. Louis Park, | 476 | 00:13:17.2 | 03:19 | 721 | 00:04:47.7 | 784 | 01:32:25.6 | 13.4 | 572 | 00:01:53.1 | 780 | 00:44:25.1 | 14:19 | 02:36:49.1 | | |
| 776 | 386 | 40 Miller, Jeremy | 409 | Shakopee, MN | 380 | 00:12:29.0 | 03:07 | 158 | 00:02:12.8 | 801 | 01:58:31.6 | 10.4 | 78 | 00:00:48.2 | 84 | 00:23:03.8 | 07:26 | 02:37:05.7 | | |
| 777 | 321 | 55 Kycek, Lou | 435 | W St Paul, MN | 749 | 00:17:30.7 | 04:22 | 799 | 00:09:42.5 | 775 | 01:30:53.1 | 13.6 | 791 | 00:06:40.9 | 600 | 00:32:20.0 | 10:25 | 02:37:07.4 | | |
| 778 | 387 | 55 Bell, Michael | 1119 | Brooklyn Park, | 732 | 00:17:05.2 | 04:16 | 802 | 00:10:28.5 | 787 | 01:32:51.3 | 13.3 | 750 | 00:02:59.3 | 649 | 00:34:11.2 | 11:01 | 02:37:35.7 | | |
| 779 | 322 | 20 Casper, Dannelle | 436 | Minnetonka, MN | 750 | 00:17:31.6 | 04:22 | 800 | 00:09:44.9 | 780 | 01:31:52.9 | 13.5 | 789 | 00:05:39.6 | 648 | 00:34:08.3 | 11:00 | 02:38:57.5 | | |
| 780 | 323 | 21 Krueger, Wendy | 1037 | Chisago City, | 747 | 00:17:30.3 | 04:22 | 719 | 00:04:46.0 | 773 | 01:30:20.1 | 13.7 | 787 | 00:05:24.4 | 765 | 00:41:35.1 | 13:24 | 02:39:36.2 | | |
| 781 | 24 | Daas, Caryn Lyn | 727 | White Bear | 649 | 00:15:17.8 | 03:49 | 771 | 00:05:41.9 | 763 | 01:28:55.6 | 13.9 | 792 | 00:07:48.3 | 768 | 00:41:57.1 | 13:31 | 02:39:40.9 | | |
| 782 | 324 | 48 Jordan, Linda | 703 | Potomac, MD | 788 | 00:19:43.0 | 04:55 | 668 | 00:04:16.7 | 759 | 01:28:25.4 | 14.0 | 665 | 00:02:15.5 | 781 | 00:45:00.3 | 14:31 | 02:39:41.1 | | |
| 783 | 388 | 54 Lambert, | 1114 | Roseville, MN | 796 | 00:22:22.7 | 05:35 | 795 | 00:07:43.9 | 743 | 01:25:06.2 | 14.5 | 748 | 00:02:57.9 | 766 | 00:41:43.1 | 13:27 | 02:39:54.0 | | |
| 784 | 389 | 55 Khem, Bora | 832 | Minneapolis, | 804 | 00:32:40.7 | 08:10 | 313 | 00:02:41.7 | 764 | 01:29:05.8 | 13.9 | 472 | 00:01:36.8 | 665 | 00:34:41.2 | 11:11 | 02:40:46.4 | | |
| 785 | 325 | 62 Peterson, | 905 | Hastings, MN | 674 | 00:15:43.4 | 03:55 | 600 | 00:03:50.9 | 799 | 01:44:36.3 | 11.8 | 429 | 00:01:30.5 | 681 | 00:35:24.6 | 11:25 | 02:41:06.0 | | |
| 786 | 326 | 66 Puelston, Johanna | 943 | North Branch, | 648 | 00:15:17.8 | 03:49 | 749 | 00:05:10.3 | 797 | 01:38:12.8 | 12.6 | 566 | 00:01:51.1 | 752 | 00:40:49.5 | 13:10 | 02:41:21.7 | | |
| 787 | 25 | Wehman, | 930 | Brooklyn | 778 | 00:18:56.2 | 04:44 | 633 | 00:04:02.0 | 770 | 01:29:52.3 | 13.8 | 780 | 00:04:30.8 | 776 | 00:44:16.8 | 14:17 | 02:41:38.2 | | |
| 788 | 390 | 25 Lund, Kevin | 1193 | Rochester, MN | 632 | 00:14:58.6 | 03:44 | 796 | 00:08:58.0 | 791 | 01:33:49.4 | 13.2 | 793 | 00:09:02.2 | 694 | 00:36:00.0 | 11:36 | 02:42:48.4 | | |
| 789 | 391 | 22 Lund, Eric | 1194 | Rochester, MN | 456 | 00:13:09.2 | 03:17 | 803 | 00:10:48.5 | 785 | 01:32:36.0 | 13.3 | 795 | 00:10:15.2 | 693 | 00:35:59.4 | 11:36 | 02:42:48.6 | | |
| 790 | 327 | 63 Czerwinski, Keni | 374 | Lakeville, MN | 650 | 00:15:18.3 | 03:49 | 793 | 00:07:10.3 | 779 | 01:31:49.4 | 13.5 | 764 | 00:03:24.9 | 783 | 00:45:13.3 | 14:35 | 02:42:56.5 | | |
| 791 | 328 | 49 Thorsen, Laura | 749 | Lindstrom, MN | 770 | 00:18:35.3 | 04:38 | 778 | 00:05:57.9 | 792 | 01:33:54.0 | 13.2 | 699 | 00:02:25.2 | 770 | 00:42:56.5 | 13:51 | 02:43:49.2 | | |
| 792 | 329 | 50 Kammerer, Valerie | 731 | Chisago City, | 782 | 00:19:23.8 | 04:50 | 414 | 00:03:04.3 | 774 | 01:30:36.5 | 13.6 | 481 | 00:01:38.3 | 793 | 00:49:53.7 | 16:05 | 02:44:36.9 | | |
| 793 | 392 | 56 Ramich, Douglas | 746 | Luck, WI | 798 | 00:22:26.5 | 05:36 | 780 | 00:06:02.6 | 795 | 01:36:12.1 | 12.8 | 653 | 00:02:10.3 | 719 | 00:37:48.3 | 12:11 | 02:44:39.9 | | |
| 794 | 26 | Tatone, Kathy | 931 | Golden Valley, | 756 | 00:17:51.9 | 04:27 | 790 | 00:06:49.2 | 793 | 01:34:02.7 | 13.1 | 779 | 00:04:09.1 | 773 | 00:43:36.2 | 14:03 | 02:46:29.3 | | |
| 795 | 48 | Hogenson, Brian | 713 | Lindstrom, MN | 757 | 00:17:53.1 | 04:28 | 804 | 00:12:41.7 | 777 | 01:31:06.5 | 13.6 | 790 | 00:06:18.6 | 747 | 00:40:16.7 | 12:59 | 02:48:16.9 | | |

| Individual - Sprint Distance Triathlon | | | | 0.25 mi swim | | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | 7/29/2007 | | | |
|--|-------------|---------------------|-----------------------|--------------|------------|-------------|-----|------------|-------------|------------|----------|-----|------------|------------|------------|-----------|------------|-----|-----------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 796 | 393 | 39 Hackbarth, Duane | 1019 St. Michael, MN | 803 | 00:31:29.9 | 07:52 | 776 | 00:05:53.4 | 723 | 01:22:27.4 | 15.0 | 782 | 00:04:46.6 | 774 | 00:43:50.1 | 14:08 | 02:48:27.6 | | |
| 797 | 330 | 56 Srock, Tamara | 1264 Inver Grove | 776 | 00:18:53.0 | 04:43 | 736 | 00:04:57.0 | 794 | 01:34:53.3 | 13.0 | 781 | 00:04:39.3 | 791 | 00:49:06.3 | 15:50 | 02:52:29.2 | | |
| 798 | 331 | 57 Erickson, Leanne | 1020 Rochester, MN | 800 | 00:23:24.2 | 05:51 | 785 | 00:06:18.2 | 796 | 01:37:15.4 | 12.7 | 728 | 00:02:40.6 | 785 | 00:46:01.9 | 14:50 | 02:55:40.5 | | |
| 799 | 394 | 66 Sylvester, Matt | 961 Cambridge, MN | 805 | 00:33:04.7 | 08:16 | 467 | 00:03:14.3 | 767 | 01:29:12.2 | 13.9 | 449 | 00:01:33.1 | 789 | 00:48:37.2 | 15:41 | 02:55:41.7 | | |
| 800 | 332 | 22 Nelson, Carol | 959 Harris, MN | 741 | 00:17:14.9 | 04:18 | 748 | 00:05:07.6 | 798 | 01:40:27.6 | 12.3 | 769 | 00:03:33.2 | 794 | 00:53:15.4 | 17:10 | 02:59:39.0 | | |
| 801 | 333 | 51 Ramich, Laura | 747 Luck, WI | 708 | 00:16:25.4 | 04:06 | 766 | 00:05:38.4 | 800 | 01:57:35.8 | 10.5 | 533 | 00:01:45.3 | 784 | 00:45:50.0 | 14:47 | 03:07:15.1 | | |
| 352 | 3 | 15 Herrmann, Megan | 1186 Two Rivers, , WI | 359 | 00:12:18.3 | | 218 | 00:02:26.3 | 396 | 01:06:27.6 | 18.6 | 349 | 00:01:21.3 | | | | DNF | | |
| | | Danielson, Wally | 1133 Shakopee, MN | 187 | 00:10:43.8 | | 488 | 00:03:21.0 | 448 | 01:07:43.4 | 18.3 | 700 | 00:02:26.2 | | | | DNF | | |
| | | Daudt, Jaci | 967 Edina, MN | 79 | 00:09:24.0 | | 631 | 00:04:01.1 | | | | | | | | | DNF | | |
| | | Calderon, Alicia | 873 Minneapolis, | 675 | 00:15:45.0 | | 696 | 00:04:31.8 | | | | | | | | | DNF | | |
| | | Williams, Daryl | 590 Tempe, AZ | 739 | 00:17:09.9 | | 434 | 00:03:07.6 | 802 | 02:54:42.5 | 7.1 | 794 | 00:10:06.0 | | | | DNF | | |
| | | Japs, Stephanie | 547 Minneapolis, | 460 | 00:13:10.4 | | 641 | 00:04:05.6 | | | | | | | | | DNF | | |
| | | Haeger, Dana | 432 St Paul, MN | 501 | 00:13:29.8 | | | | | | | | | | | | DNF | | |
| | | Keller, Gabriella | 385 Maple Grove, | 10 | 00:07:34.8 | | 80 | 00:01:50.5 | | | | | | | | | DNF | | |
| | | Jensen, Scott | 1152 North Branch, | | | | | | | | | | | | | | DNS | | |
| | | Ristau, Natalie | 1188 St Paul, MN | | | | | | | | | | | | | | DNS | | |
| | | Ristau, Sophia | 1189 St Paul, MN | | | | | | | | | | | | | | DNS | | |
| | | Briggs, Maggie | 11270 White Bear | | | | | | | | | | | | | | DNS | | |
| 627 | 343 | 32 Hagen, Michael | 11270 Colorado | | | | | | | | | | | | | | DNS | | |
| | | Feige, Evan | 1122 Edina, MN | | | | | | | | | | | | | | DNS | | |
| | | Hunter, Barbara | 1070 Colfax, WI | | | | | | | | | | | | | | DNS | | |
| | | Moris, Matt | 1023 Woodbury, MN | | | | | | | | | | | | | | DNS | | |
| | | Butterfass, Daniel | 1043 Rochester, MN | | | | | | | | | | | | | | DNS | | |
| | | Miller, Dan | 953 Brooklyn Park, | | | | | | | | | | | | | | DNS | | |
| | | Daudt, Robert | 968 Edina, MN | | | | | | | | | | | | | | DNS | | |
| | | Reichert, Axel | 969 Brooklyn Park, | | | | | | | | | | | | | | DNS | | |
| | | Payne, Matthew | 982 Columbia | | | | | | | | | | | | | | DNS | | |
| | | Herzig, Jessica | 989 Forest Lake, MN | | | | | | | | | | | | | | DNS | | |
| | | O'shaughnessy, | 911 Rochester, MN | | | | | | | | | | | | | | DNS | | |
| | | Gibbs, Susan | 912 Waterman, IL | | | | | | | | | | | | | | DNS | | |
| | | Berglund, Richard | 936 Wyoming, MN | | | | | | | | | | | | | | DNS | | |
| | | Campins, Rick | 947 Apple Valley, | | | | | | | | | | | | | | DNS | | |
| | | Karlman, Kathryn | 863 Plymouth, MN | | | | | | | | | | | | | | DNS | | |
| | | Carlson, Roger | 875 Stillwater, MN | | | | | | | | | | | | | | DNS | | |

| Individual - Sprint Distance Triathlon | | | 0.25 mi swim | | | | 0.6 mi bike | | | | 3.1 mi run | | | | 7/29/2007 | | | | | |
|--|-------------------|-----|--------------|------|-------------|----|-------------|----|------|----------|------------|-----|----|-----|-----------|--------|-----|-----|-------------|-----|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description | |
| Ov/Div/Age | | | | | | | T-1 | | | | | T-2 | | | | | | | | |
| | Coello, Carlos | 828 | | | | | | | | | | | | | | | | | | DNS |
| | Aronson, Jenny | 845 | | | | | | | | | | | | | | | | | | DNS |
| | Barrette, Charles | 806 | | | | | | | | | | | | | | | | | | DNS |
| | Britton, Mary | 756 | | | | | | | | | | | | | | | | | | DNS |
| | Wheeler, Lisa | 766 | | | | | | | | | | | | | | | | | | DNS |
| | Boyce, Mary | 768 | | | | | | | | | | | | | | | | | | DNS |
| | Gensler, Grant | 784 | | | | | | | | | | | | | | | | | | DNS |
| | Coryell, Scott | 722 | | | | | | | | | | | | | | | | | | DNS |
| | Bounette, | 732 | | | | | | | | | | | | | | | | | | DNS |
| | Alwin, Bob | 742 | | | | | | | | | | | | | | | | | | DNS |
| | Walnofer, Tim | 712 | | | | | | | | | | | | | | | | | | DNS |
| | Krueger, Sarah | 666 | | | | | | | | | | | | | | | | | | DNS |
| | Ekman, Mike | 673 | | | | | | | | | | | | | | | | | | DNS |
| | Cruz, Tito | 677 | | | | | | | | | | | | | | | | | | DNS |
| | Goodwin, David | 695 | | | | | | | | | | | | | | | | | | DNS |
| | Fee, Megan | 700 | | | | | | | | | | | | | | | | | | DNS |
| | Ingham, Kelly | 628 | | | | | | | | | | | | | | | | | | DNS |
| | Dion, Sara | 563 | | | | | | | | | | | | | | | | | | DNS |
| | Bates, Robin | 568 | | | | | | | | | | | | | | | | | | DNS |
| | Anderson, | 570 | | | | | | | | | | | | | | | | | | DNS |
| | Okeefe, Karissa | 585 | | | | | | | | | | | | | | | | | | DNS |
| | Bianconi, Heidi | 592 | | | | | | | | | | | | | | | | | | DNS |
| | Glamos, Paul | 598 | | | | | | | | | | | | | | | | | | DNS |
| | Goldberg, Cheryl | 506 | | | | | | | | | | | | | | | | | | DNS |
| | Wolf, Roberta | 510 | | | | | | | | | | | | | | | | | | DNS |
| | Burke, Ryan | 518 | | | | | | | | | | | | | | | | | | DNS |
| | Kovarik, Nathan | 519 | | | | | | | | | | | | | | | | | | DNS |
| | Olson, Tawnya | 520 | | | | | | | | | | | | | | | | | | DNS |
| | O'brien, Julie | 528 | | | | | | | | | | | | | | | | | | DNS |
| | Weber, Leah | 536 | | | | | | | | | | | | | | | | | | DNS |
| | Finley, Kevin | 548 | | | | | | | | | | | | | | | | | | DNS |
| | Farrell, Brenda | 549 | | | | | | | | | | | | | | | | | | DNS |
| | Anderson, Steven | 471 | | | | | | | | | | | | | | | | | | DNS |
| | Yopp, John | 487 | | | | | | | | | | | | | | | | | | DNS |

| Individual - Sprint Distance Triathlon | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | |
|--|--------------------|-----|--------------|------|-------------|----|-------------|----|------|----------|----|------------|----|-----------|-----------|--------|-----|-----|-------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| | Boerboom, Jessica | 488 | | | | | | | | | | | | | | | | | DNS |
| | Hagen, Steven | 499 | | | | | | | | | | | | | | | | | DNS |
| | Mcfarland, Jim | 401 | | | | | | | | | | | | | | | | | DNS |
| | Buerkle, Ron | 407 | | | | | | | | | | | | | | | | | DNS |
| | Foster, Jody | 411 | | | | | | | | | | | | | | | | | DNS |
| | Higgins, Kerri | 413 | | | | | | | | | | | | | | | | | DNS |
| | Haar, Becki | 414 | | | | | | | | | | | | | | | | | DNS |
| | Pals, Kathy | 426 | | | | | | | | | | | | | | | | | DNS |
| | Chandler, Amie | 430 | | | | | | | | | | | | | | | | | DNS |
| | Hachett, Genna | 433 | | | | | | | | | | | | | | | | | DNS |
| | Larsen, Ilse | 437 | | | | | | | | | | | | | | | | | DNS |
| | Weiss, Katie | 440 | | | | | | | | | | | | | | | | | DNS |
| | Lichty, Marshall | 441 | | | | | | | | | | | | | | | | | DNS |
| | Smith, Theodore | 445 | | | | | | | | | | | | | | | | | DNS |
| | Haskin, Ashley | 434 | | | | | | | | | | | | | | | | | DNS |
| | Locke, Krystyna | 368 | | | | | | | | | | | | | | | | | DNS |
| | Hoostal, Kevin | 370 | | | | | | | | | | | | | | | | | DNS |
| | Carr Oxley, Marjie | 372 | | | | | | | | | | | | | | | | | DNS |
| | Peterson, Sarah | 383 | | | | | | | | | | | | | | | | | DNS |
| | Riedl, Sarah | 384 | | | | | | | | | | | | | | | | | DNS |
| | Anderson, Alicia | 311 | | | | | | | | | | | | | | | | | DNS |
| | Youngberg, Becky | 314 | | | | | | | | | | | | | | | | | DNS |
| | Spende, Michael | 315 | | | | | | | | | | | | | | | | | DNS |
| | Pshon, Anton | 327 | | | | | | | | | | | | | | | | | DNS |

| Team - Sprint Distance Relay | | | 0.25 mi swim | | T-1 | | 0.6 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | | |
|---|------|------------------|--------------|-----------------|-----------------|----|-------------|-------|------|------------|------------|------------|-----------|-----|------------|--------|------------|-------|-------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| Ovl/Div/Age | | | | | | | | | | | | | | | | | | | |
| Team - Sprint Distance Relay Triathlon | | | | | | | | | | | | | | | | | | | |
| Field: 37 | | | | | | | | | | | | | | | | | | | |
| 1 | 1 | Yen, Dahren | 613 | Arden Hills, MN | Dahren Yen | 1 | 00:07:55.1 | 01:58 | 1 | 00:00:58.3 | 1 | 00:48:03.6 | 25.7 | 1 | 00:00:15.5 | 1 | 00:17:42.9 | 05:42 | 01:14:55.6 |
| 2 | 2 | Hellsiek, Ted | 625 | Mpls, MN | Ted Hellsiek | 2 | 00:08:09.0 | 02:02 | 5 | 00:01:07.6 | 4 | 00:53:11.6 | 23.2 | 4 | 00:00:23.3 | 3 | 00:22:12.7 | 07:09 | 01:25:04.3 |
| 3 | 3 | Klosterman, Amy | 606 | St. Paul, MN | Amy Klosterman | 3 | 00:08:39.2 | 02:09 | 3 | 00:01:05.9 | 2 | 00:52:43.3 | 23.4 | 2 | 00:00:19.8 | 4 | 00:22:18.0 | 07:11 | 01:25:06.4 |
| 4 | 4 | Frandsen, Britt | 622 | Rush City, MN | Britt Frandsen | 5 | 00:08:51.8 | 02:12 | 7 | 00:01:08.9 | 6 | 00:54:57.8 | 22.5 | 3 | 00:00:21.4 | 2 | 00:22:09.7 | 07:08 | 01:27:29.8 |
| 5 | 5 | Ko, Frank | 610 | Houston, TX | Frank Ko | 19 | 00:12:31.8 | 03:07 | 9 | 00:01:15.2 | 3 | 00:52:45.0 | 23.4 | 8 | 00:00:26.7 | 5 | 00:23:10.0 | 07:28 | 01:30:08.9 |
| 6 | 6 | Jacobsen, Ted | 690 | W St Paul, MN | Ted Jacobsen | 8 | 00:09:20.4 | 02:20 | 22 | 00:01:31.2 | 5 | 00:53:14.6 | 23.2 | 26 | 00:01:13.5 | 11 | 00:25:33.2 | 08:14 | 01:30:53.1 |
| 7 | 7 | Ohland, Amy | 609 | Blaine, MN | Amy Ohland | 9 | 00:09:22.3 | 02:20 | 8 | 00:01:14.3 | 8 | 00:55:37.6 | 22.2 | 13 | 00:00:31.5 | 8 | 00:24:42.5 | 07:58 | 01:31:28.5 |
| 8 | 8 | Jungbauer, Steve | 611 | Leesburg, IN | Steve Jungbauer | 7 | 00:09:16.1 | 02:19 | 28 | 00:01:45.3 | 9 | 00:56:01.2 | 22.1 | 9 | 00:00:27.0 | 12 | 00:25:35.0 | 08:15 | 01:33:04.8 |
| 9 | 9 | Skoglund, Krista | 605 | Marine On St. | Krista Skoglund | 17 | 00:12:29.5 | 03:07 | 2 | 00:01:05.2 | 10 | 00:56:14.6 | 22.0 | 18 | 00:00:37.1 | 6 | 00:23:18.0 | 07:30 | 01:33:44.6 |
| 10 | 10 | Galliardi, Susan | 616 | Oakland, ME | Susan Galliardi | 14 | 00:11:23.1 | 02:50 | 13 | 00:01:17.4 | 13 | 01:01:06.6 | 20.2 | 5 | 00:00:23.7 | 7 | 00:24:39.3 | 07:57 | 01:38:50.2 |
| 11 | 11 | Carlson, Janell | 627 | Fridley, MN | Janell Carlson | 28 | 00:16:21.3 | 04:05 | 6 | 00:01:07.9 | 7 | 00:55:14.8 | 22.4 | 21 | 00:00:49.9 | 10 | 00:25:16.8 | 08:09 | 01:38:50.9 |
| 12 | 12 | Carlos, Hannah | 1138 | Bloomington, | Hannah Carlos | 4 | 00:08:45.6 | 02:11 | 14 | 00:01:19.0 | 12 | 01:01:00.1 | 20.3 | 14 | 00:00:31.7 | 22 | 00:28:25.5 | 09:10 | 01:40:02.1 |
| 13 | 13 | Schmidt, Sara | 604 | Minneapolis, | Sara Schmidt | 22 | 00:14:21.5 | 03:35 | 18 | 00:01:24.2 | 11 | 00:59:03.8 | 20.9 | 22 | 00:00:51.5 | 9 | 00:24:58.7 | 08:03 | 01:40:39.8 |
| 14 | 14 | Carlton, Robin | 603 | St. Paul, MN | Robin Carlton | 16 | 00:12:05.2 | 03:01 | 17 | 00:01:22.6 | 14 | 01:01:10.9 | 20.2 | 32 | 00:02:01.7 | 13 | 00:26:11.9 | 08:27 | 01:42:52.6 |
| 15 | 15 | Halvorson, Peter | 618 | Andover, MN | Peter Halvorson | 18 | 00:12:31.1 | 03:07 | 11 | 00:01:17.2 | 16 | 01:02:52.5 | 19.7 | 33 | 00:02:09.0 | 14 | 00:26:22.0 | 08:30 | 01:45:12.1 |
| 16 | 16 | Camerino, David | 1180 | Eden Prairie, | David Camerino | 21 | 00:14:07.5 | 03:31 | 20 | 00:01:27.3 | 15 | 01:02:18.7 | 19.8 | 20 | 00:00:48.3 | 19 | 00:27:29.8 | 08:52 | 01:46:11.8 |
| 17 | 17 | Lewis, Ben | 1092 | Chisago City, | Ben Lewis | 10 | 00:09:38.5 | 02:24 | 24 | 00:01:32.7 | 21 | 01:08:23.7 | 18.1 | 29 | 00:01:41.3 | 16 | 00:26:52.2 | 08:40 | 01:48:08.6 |

| Team - Sprint | | Distance Relay | 0.25 mi swim | | | T-1 | 0.6 mi bike | | T-2 | 3.1 mi run | | 7/29/2007 | | | | | | | | | |
|---------------|-------------|------------------|--------------|-----------------|------|-------------|-------------|-----|------------|------------|------------|-----------|-----|------------|-----|------------|--------|------------|-----|-------------|--|
| Place | OvI/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description | |
| 18 | 18 | Salokar, Spencer | 624 | Chisago City, | 20 | 00:12:49.5 | 03:12 | 12 | 00:01:17.2 | 17 | 01:04:15.7 | 19.2 | 24 | 00:01:02.4 | 30 | 00:31:43.2 | 10:13 | 01:51:08.2 | | | |
| 19 | 19 | Brown, Lori | 617 | Andover, MN | 33 | 00:19:15.8 | 04:48 | 21 | 00:01:28.0 | 18 | 01:04:24.9 | 19.2 | 23 | 00:00:52.4 | 23 | 00:28:27.6 | 09:10 | 01:54:28.9 | | | |
| 20 | 20 | Siguenza, Alexa | 601 | St. Louis Park, | 15 | 00:11:54.7 | 02:58 | 32 | 00:02:02.4 | 22 | 01:08:27.8 | 18.1 | 25 | 00:01:03.8 | 33 | 00:33:32.7 | 10:49 | 01:57:01.6 | | | |
| 21 | 21 | Bishop, Alison | 612 | Eagen, MN | 13 | 00:11:13.2 | 02:48 | 19 | 00:01:26.1 | 24 | 01:14:32.4 | 16.6 | 31 | 00:01:51.3 | 27 | 00:29:36.0 | 09:32 | 01:58:39.2 | | | |
| 22 | 22 | Hock, Tasha | 619 | Shafer, MN | 32 | 00:19:05.5 | 04:46 | 26 | 00:01:36.8 | 20 | 01:07:23.6 | 18.3 | 30 | 00:01:44.4 | 26 | 00:29:20.7 | 09:27 | 01:59:11.2 | | | |
| 23 | 23 | Larson, Ashley | 608 | Maple Grove, | 11 | 00:10:23.6 | 02:35 | 10 | 00:01:16.4 | 27 | 01:19:30.5 | 15.5 | 19 | 00:00:37.7 | 21 | 00:27:58.5 | 09:01 | 01:59:46.8 | | | |
| 24 | 24 | Henderson, Joe | 626 | Wyoming, MN | 6 | 00:08:53.0 | 02:13 | 23 | 00:01:32.5 | 25 | 01:18:15.0 | 15.8 | 17 | 00:00:36.3 | 31 | 00:32:44.5 | 10:33 | 02:02:01.6 | | | |
| 25 | 25 | Eichten, Partick | 1137 | Lindstrom, MN | 25 | 00:15:04.4 | 03:46 | 31 | 00:01:52.5 | 28 | 01:19:49.7 | 15.5 | 7 | 00:00:25.6 | 24 | 00:28:28.6 | 09:11 | 02:05:41.0 | | | |
| 26 | 26 | Schlegel, Karen | 1089 | Forest Lake, MN | 29 | 00:17:28.7 | 04:22 | 25 | 00:01:35.4 | 26 | 01:19:25.8 | 15.6 | 6 | 00:00:24.4 | 25 | 00:28:52.4 | 09:18 | 02:07:47.0 | | | |
| 27 | 27 | Gwost, Marty | 1143 | | 35 | 00:27:52.4 | 06:58 | 33 | 00:02:10.6 | 23 | 01:10:51.4 | 17.4 | 16 | 00:00:32.8 | 15 | 00:26:36.5 | 08:35 | 02:08:03.8 | | | |
| 28 | 28 | Matos, Natalie | 1139 | Minneapolis, | 26 | 00:15:12.3 | 03:48 | 16 | 00:01:22.2 | 30 | 01:24:01.3 | 14.7 | 28 | 00:01:33.3 | 18 | 00:27:20.8 | 08:49 | 02:09:30.1 | | | |
| 29 | 29 | Christiansen, | 1091 | Lindstrom, MN | 34 | 00:19:22.5 | 04:50 | 30 | 00:01:47.5 | 29 | 01:23:27.7 | 14.8 | 10 | 00:00:28.5 | 17 | 00:27:11.4 | 08:46 | 02:12:17.8 | | | |
| 30 | 30 | Clarkin, John | 602 | Anoka, MN | 27 | 00:15:45.4 | 03:56 | 34 | 00:04:44.4 | 19 | 01:06:08.7 | 18.7 | 34 | 00:02:56.9 | 35 | 00:44:07.6 | 14:14 | 02:13:43.2 | | | |
| 31 | 31 | Johnson, Laural | 615 | Chauhassen, | 24 | 00:14:59.5 | 03:44 | 15 | 00:01:19.2 | 32 | 01:26:44.6 | 14.2 | 11 | 00:00:29.0 | 29 | 00:31:10.4 | 10:03 | 02:14:43.0 | | | |
| 32 | 32 | Geiser, Rachel | 620 | Rochester, MN | 12 | 00:10:29.1 | 02:37 | 29 | 00:01:45.3 | 31 | 01:25:07.7 | 14.5 | 27 | 00:01:22.5 | 34 | 00:40:35.5 | 13:05 | 02:19:20.2 | | | |
| 33 | 33 | Turman, Avery | 614 | Lindstrom, MN | 30 | 00:17:32.7 | 04:23 | 27 | 00:01:41.4 | 33 | 01:28:45.8 | 13.9 | 15 | 00:00:32.2 | 32 | 00:33:21.5 | 10:45 | 02:21:53.8 | | | |
| 34 | 34 | Morris, Chris | 1080 | Center City, MN | 23 | 00:14:40.0 | 03:40 | 35 | 00:05:25.8 | 34 | 01:40:01.8 | 12.4 | 12 | 00:00:30.2 | 20 | 00:27:33.1 | 08:53 | 02:28:11.1 | | | |
| 35 | 35 | Fodera, Tiffany | 623 | Iowa City, IA | 31 | 00:18:50.0 | 04:42 | 4 | 00:01:07.3 | | | | | | 28 | 00:31:06.6 | | 02:32:13.1 | | | |

| Team - Sprint Place | Distance Relay | | 0.25 mi swim | | T-1 | 0.6 mi bike | | T-2 | 3.1 mi run | | 7/29/2007 | | | | | | | | |
|------------------------|-----------------|-----|--------------|----------------|----------------|-------------|-----|-----|-----------------|-------------|-----------|-----|----|--------------|--------------|--------|-----|-----|-------------|
| Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| | Johnson, Laural | 607 | | Laural Johnson | | | | | Barbara Skubitz | | | | | Rachel Roddy | | | | | DNS |
| | Jen, Smisson | 621 | | Smisson Jen | | | | | Gabriel Smisson | | | | | Rick Smisson | | | | | DNS |

| Individual - Half Ironman Triathlon | | | 1.2 mi swim | | T-1 | | 5.4 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | | |
|-------------------------------------|-------------------------------------|----------------------|-------------|-----------------|-------------|------------|-------------|-----|------------|----------|------------|------|-----------|------------|-----------|------------|-------|------------|----------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| Ov/Div/Age | Individual - Half Ironman Triathlon | | | | | | | | | | | | | | | | | | |
| Field: 258 | | | | | | | | | | | | | | | | | | | |
| 1 | 1 | Sartain, Jeremy | 5 | St Paul, MN | 8 | 00:29:43.9 | 01:32 | 50 | 00:02:17.6 | 3 | 02:06:44.3 | 26.2 | 37 | 00:00:49.4 | 6 | 01:27:24.2 | 06:40 | 04:06:59.6 | |
| 2 | 2 | Hagen, Michael | 293 | Colorado | 7 | 00:29:17.0 | 01:30 | 3 | 00:01:29.1 | 4 | 02:16:13.7 | 24.4 | 23 | 00:00:41.1 | 3 | 01:25:31.7 | 06:31 | 04:13:13.0 | |
| 3 | 3 | Carey, Mark | 40 | Rochester, MN | 4 | 00:28:30.4 | 01:28 | 1 | 00:01:11.8 | 7 | 02:19:22.2 | 23.9 | 38 | 00:00:49.8 | 4 | 01:26:19.6 | 06:35 | 04:16:13.9 | |
| 4 | 4 | Krenz, Thomas | 7 | Osceola, WI | 15 | 00:31:37.9 | 01:38 | 27 | 00:02:01.6 | 9 | 02:21:43.2 | 23.5 | 68 | 00:01:10.1 | 1 | 01:23:48.8 | 06:23 | 04:20:21.9 | |
| 5 | 5 | 1 Friedrichs, Daniel | 21 | Mankato, MN | 33 | 00:33:40.5 | 01:44 | 12 | 00:01:41.9 | 10 | 02:26:01.7 | 22.8 | 43 | 00:00:52.6 | 5 | 01:26:20.9 | 06:35 | 04:28:37.8 | |
| 6 | 6 | 1 Collet, John | 34 | Verona, IL | 6 | 00:28:49.5 | 01:29 | 10 | 00:01:38.9 | 28 | 02:33:31.9 | 21.7 | 49 | 00:00:55.0 | 2 | 01:24:30.5 | 06:27 | 04:29:26.0 | |
| 7 | 7 | 2 Brown, Scott | 15 | Burnsville, MN | 14 | 00:31:37.7 | 01:38 | 20 | 00:01:53.2 | 11 | 02:27:50.7 | 22.5 | 24 | 00:00:41.5 | 9 | 01:28:59.8 | 06:47 | 04:31:03.0 | |
| 8 | 8 | 3 Sosniecki, John | 3 | River Falls, WI | 96 | 00:38:09.0 | 01:58 | 69 | 00:02:30.2 | 6 | 02:18:54.2 | 23.9 | 42 | 00:00:52.1 | 13 | 01:34:27.4 | 07:12 | 04:34:53.1 | |
| 9 | 9 | 1 Simmons, Matt | 36 | Moorhead, MN | 73 | 00:37:02.4 | 01:55 | 117 | 00:03:06.9 | 12 | 02:28:31.6 | 22.4 | 51 | 00:00:55.9 | 7 | 01:28:09.4 | 06:43 | 04:37:46.5 | |
| 10 | 10 | 2 Bates, Jason | 71 | Minneapolis, | 109 | 00:38:44.5 | 02:00 | 11 | 00:01:41.6 | 5 | 02:18:51.6 | 23.9 | 61 | 00:01:03.6 | 23 | 01:39:42.6 | 07:36 | 04:40:04.0 | |
| 11 | 11 | 2 Schubring, Brian | 43 | Minneapolis, | 10 | 00:30:38.5 | 01:35 | 16 | 00:01:46.3 | 18 | 02:30:13.9 | 22.1 | 45 | 00:00:53.6 | 32 | 01:43:37.4 | 07:54 | 04:47:09.8 | |
| 12 | 1 | Mercer, Sarah | 39 | Golden Valley, | 29 | 00:33:14.4 | 01:43 | 46 | 00:02:13.8 | 22 | 02:31:52.1 | 21.9 | 78 | 00:01:17.7 | 22 | 01:38:45.2 | 07:32 | 04:47:23.3 | |
| 13 | 12 | 1 Felling, Jim | 214 | River Falls, WI | 54 | 00:35:52.2 | 01:51 | 40 | 00:02:09.8 | 50 | 02:37:13.9 | 21.1 | 69 | 00:01:10.4 | 11 | 01:32:49.9 | 07:05 | 04:49:16.3 | |
| 14 | 13 | 3 Allgood, Charles | 33 | Brooklyn Park, | 49 | 00:35:33.8 | 01:50 | 85 | 00:02:41.9 | 29 | 02:33:46.6 | 21.6 | 35 | 00:00:47.6 | 15 | 01:36:41.6 | 07:22 | 04:49:31.7 | |
| 15 | 14 | 1 Behnke, Matt | 210 | Fond Du Lac, WI | 11 | 00:31:11.6 | 01:36 | 96 | 00:02:48.4 | 14 | 02:29:29.0 | 22.2 | 34 | 00:00:47.3 | 45 | 01:47:37.0 | 08:12 | 04:51:53.5 | |
| 16 | 15 | 2 Richey, Joseph | 270 | Marion, IA | 75 | 00:37:09.4 | 01:55 | 63 | 00:02:26.3 | 70 | 02:41:57.4 | 20.5 | 22 | 00:00:38.2 | 10 | 01:29:53.9 | 06:51 | 04:52:05.3 | |
| 17 | 16 | 4 Lundberg, Dave | 4 | Woodbury, MN | 57 | 00:36:05.1 | 01:52 | 55 | 00:02:21.0 | 21 | 02:31:43.8 | 21.9 | 57 | 00:01:01.0 | 29 | 01:41:54.7 | 07:46 | 04:53:05.7 | |
| 18 | 17 | 4 Block, Andrew | 266 | Encinitas, CA | 70 | 00:36:48.7 | 01:54 | 18 | 00:01:46.4 | 17 | 02:29:56.8 | 22.2 | 27 | 00:00:42.6 | 33 | 01:43:44.0 | 07:55 | 04:54:58.7 | 02:00 drafting |
| 19 | 18 | 5 Swanson, Tom | 227 | St. Paul, Mn, | 121 | 00:40:11.1 | 02:04 | 70 | 00:02:30.2 | 32 | 02:34:13.1 | 21.6 | 65 | 00:01:05.6 | 17 | 01:37:17.1 | 07:25 | 04:55:17.4 | |
| 20 | 19 | 6 Peterson, Lon | 201 | Mankato, MN | 24 | 00:33:01.4 | 01:42 | 101 | 00:02:51.8 | 30 | 02:33:58.5 | 21.6 | 58 | 00:01:01.1 | 35 | 01:44:49.2 | 08:00 | 04:55:42.3 | |
| 21 | 20 | 7 Guenter, James | 87 | Woodbury, MN | 21 | 00:32:47.8 | 01:41 | 2 | 00:01:16.0 | 80 | 02:45:25.8 | 20.1 | 26 | 00:00:42.4 | 14 | 01:36:31.5 | 07:22 | 04:56:43.7 | |
| 22 | 21 | 5 Carey, Brett | 27 | Lawrence, KS | 42 | 00:34:53.6 | 01:48 | 68 | 00:02:29.5 | 20 | 02:31:35.4 | 21.9 | 98 | 00:01:34.1 | 39 | 01:46:11.1 | 08:06 | 04:56:43.9 | |
| 23 | 22 | Schultz, James M | 1272 | Shorewood, MN | 85 | 00:37:40.3 | 01:57 | 134 | 00:03:27.2 | 27 | 02:32:51.2 | 21.7 | 164 | 00:02:27.1 | 26 | 01:40:29.4 | 07:40 | 04:56:55.3 | |
| 24 | 23 | 3 Martens, Bruce | 258 | St. Peter, MN | 153 | 00:42:22.7 | 02:11 | 43 | 00:02:13.5 | 25 | 02:32:25.0 | 21.8 | 63 | 00:01:04.2 | 24 | 01:40:01.5 | 07:38 | 04:58:07.1 | |
| 25 | 2 | Ham, Kerry | 12 | St. Paul, MN | 67 | 00:36:38.0 | 01:53 | 29 | 00:02:02.3 | 42 | 02:36:11.4 | 21.3 | 117 | 00:01:44.1 | 28 | 01:41:54.4 | 07:46 | 04:58:30.5 | |
| 26 | 24 | 2 Fleener, Kyle | 226 | Austin, MN | 152 | 00:42:10.7 | 02:11 | 19 | 00:01:46.7 | 38 | 02:35:51.7 | 21.3 | 30 | 00:00:45.0 | 19 | 01:38:03.3 | 07:29 | 04:58:37.6 | |
| 27 | 25 | 3 Hankee, Michael | 23 | Lino Lakes, MN | 47 | 00:35:18.8 | 01:49 | 21 | 00:01:54.5 | 39 | 02:35:53.4 | 21.3 | | | 223 | 04:23:29.1 | | 04:59:24.4 | |
| 28 | 26 | 8 Heikkila, Jay | 127 | Delano, MN | 12 | 00:31:24.1 | 01:37 | 8 | 00:01:35.4 | 36 | 02:35:15.8 | 21.4 | 83 | 00:01:20.7 | 59 | 01:50:54.4 | 08:27 | 05:00:30.6 | |
| 29 | 27 | 1 Colaizy, Michael | 11 | Osceola, WI | 131 | 00:40:43.8 | 02:06 | 60 | 00:02:25.6 | 31 | 02:34:08.6 | 21.6 | 72 | 00:01:13.1 | 31 | 01:42:07.1 | 07:47 | 05:00:38.4 | |
| 30 | 28 | 4 Cruz, David | 205 | Eau Claire, WI | 127 | 00:40:26.8 | 02:05 | 171 | 00:03:51.1 | 67 | 02:41:10.0 | 20.6 | 104 | 00:01:37.4 | 12 | 01:34:05.4 | 07:10 | 05:01:10.8 | |
| 31 | 29 | 9 Steenson, Don | 10 | Minneapolis, | 2 | 00:27:46.5 | 01:26 | 87 | 00:02:42.5 | 93 | 02:47:15.7 | 19.9 | 197 | 00:03:14.1 | 30 | 01:41:55.9 | 07:46 | 05:02:54.9 | |

| Individual - Half Ironman Triathlon | | | | | 1.2 mi swim | | T-1 | | 5.4 mi bike | | | T-2 | | 3.1 mi run | | 7/29/2007 | | | |
|-------------------------------------|------|-----|-------------------|------|-----------------|-----|------------|-------|-------------|------------|-----|------------|------|------------|------------|-----------|------------|-----------------|------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | |
| Ov/Div/Age | | | | | | | | | | | | | | | | | | | |
| 32 | 30 | 5 | Sawyer, Donald | 150 | Minneapolis, | 101 | 00:38:19.7 | 01:59 | 196 | 00:04:21.8 | 13 | 02:28:33.2 | 22.4 | 161 | 00:02:22.5 | 52 | 01:49:57.6 | 08:23 | 05:03:34.9 |
| 33 | 31 | 10 | Davis, Craig | 17 | Mounds View, | 48 | 00:35:26.1 | 01:50 | 54 | 00:02:20.9 | 23 | 02:31:53.3 | 21.9 | 85 | 00:01:21.3 | 67 | 01:53:08.2 | 08:38 | 05:04:10.1 |
| 34 | 32 | 4 | Unger, Carl | 42 | Prior Lake, MN | 78 | 00:37:30.1 | 01:56 | 52 | 00:02:19.9 | 15 | 02:29:38.9 | 22.2 | 87 | 00:01:22.1 | 71 | 01:53:54.4 | 08:41 | 05:04:45.7 |
| 35 | 3 | | Miller, Sadie | 14 | La Crosse, WI | 16 | 00:31:46.6 | 01:38 | 72 | 00:02:31.1 | 113 | 02:49:27.5 | 19.6 | 32 | 00:00:46.1 | 25 | 01:40:16.6 | 07:39 | 05:04:48.1 |
| 36 | 33 | 6 | Hanson, Brad | 136 | Monticello, MN | 39 | 00:34:21.5 | 01:46 | 73 | 00:02:31.3 | 33 | 02:34:40.2 | 21.5 | 66 | 00:01:05.8 | 65 | 01:52:25.5 | 08:34 | 05:05:04.5 |
| 37 | 4 | | Hankee, Diane | 22 | Lino Lakes, MN | 84 | 00:37:40.0 | 01:57 | 23 | 00:01:58.8 | 64 | 02:40:37.0 | 20.7 | 29 | 00:00:44.0 | 36 | 01:44:50.3 | 08:00 | 05:05:50.3 |
| 38 | 34 | 5 | Waskey, Shane | 171 | St Louis Park, | 58 | 00:36:05.1 | 01:52 | 17 | 00:01:46.3 | 69 | 02:41:51.2 | 20.5 | 1 | 00:00:15.4 | 41 | 01:46:35.0 | 08:08 | 05:06:33.3 |
| 39 | 1 | | Onnen, Matthew | 80 | Minneapolis, | 143 | 00:41:38.8 | 02:09 | 133 | 00:03:24.6 | 16 | 02:29:54.6 | 22.2 | 99 | 00:01:34.2 | 56 | 01:50:14.6 | 08:24 | 05:06:47.0 |
| 40 | 35 | 7 | Simonson, John | 63 | Fargo, ND | 86 | 00:37:40.6 | 01:57 | 166 | 00:03:48.1 | 57 | 02:39:03.3 | 20.9 | 122 | 00:01:49.4 | 37 | 01:44:56.5 | 08:00 | 05:07:18.1 |
| 41 | 36 | 11 | Zindel, Shane | 182 | Roseville, MN | 106 | 00:38:34.7 | 01:59 | 57 | 00:02:22.1 | 46 | 02:36:42.3 | 21.2 | 130 | 00:01:59.3 | 49 | 01:48:10.4 | 08:15 | 05:07:48.9 |
| 42 | 37 | 1 | Phillips, John | 223 | Eden Prairie, | 22 | 00:32:50.3 | 01:42 | 95 | 00:02:45.8 | 68 | 02:41:13.1 | 20.6 | 54 | 00:00:58.4 | 55 | 01:50:07.1 | 08:24 | 05:07:55.0 |
| 43 | 38 | 6 | Kalar, Mark | 177 | Minneapolis, | 187 | 00:46:33.9 | 02:24 | 84 | 00:02:41.8 | 63 | 02:40:35.7 | 20.7 | 82 | 00:01:20.7 | 16 | 01:36:53.5 | 07:23 | 05:08:05.8 |
| 44 | 39 | 6 | Weber, Todd | 216 | Ames, IA | 136 | 00:41:08.7 | 02:07 | 153 | 00:03:37.2 | 19 | 02:31:16.6 | 22.0 | 106 | 00:01:37.6 | 57 | 01:50:32.7 | 08:26 | 05:08:13.0 |
| 45 | 40 | 12 | Bleecker, Matthew | 19 | St. Louis Park, | 122 | 00:40:12.0 | 02:04 | 25 | 00:01:59.9 | 65 | 02:41:02.1 | 20.6 | 74 | 00:01:14.0 | 34 | 01:43:47.6 | 07:55 | 05:08:15.8 |
| 46 | 41 | 8 | Beam, Braden | 20 | St Louis Park, | 41 | 00:34:49.9 | 01:48 | 89 | 00:02:42.9 | 49 | 02:37:12.6 | 21.1 | 111 | 00:01:39.9 | 64 | 01:51:51.0 | 08:32 | 05:08:16.5 |
| 47 | 42 | 9 | Haugen, John | 178 | Deephaven, MN | 52 | 00:35:49.1 | 01:51 | 147 | 00:03:34.3 | 56 | 02:38:36.7 | 21.0 | 131 | 00:02:00.4 | 51 | 01:48:22.2 | 08:16 | 05:08:22.9 |
| 48 | 2 | | Hoffman, Daniel | 222 | Minneapolis, | 123 | 00:40:12.4 | 02:04 | 191 | 00:04:11.5 | 41 | 02:36:07.6 | 21.3 | 127 | 00:01:57.2 | 40 | 01:46:24.4 | 08:07 | 05:08:53.2 |
| 49 | 43 | 1 | Potter, Kevin | 295 | Eau Claire, WI | 27 | 00:33:09.2 | 01:43 | 142 | 00:03:31.8 | 34 | 02:34:49.5 | 21.5 | 147 | 00:02:11.7 | 78 | 01:56:01.0 | 08:51 | 05:09:43.4 |
| 50 | 3 | | Krusemark, Matt | 175 | Woodbury, MN | 23 | 00:33:00.2 | 01:42 | 127 | 00:03:14.3 | 43 | 02:36:14.2 | 21.3 | 105 | 00:01:37.4 | 81 | 01:56:28.3 | 08:53 | 05:10:34.6 |
| 51 | 44 | 7 | Rosenberg, Brian | 135 | Crystal, MN | 100 | 00:38:18.0 | 01:59 | 7 | 00:01:35.1 | 48 | 02:36:51.4 | 21.2 | 20 | 00:00:35.4 | 70 | 01:53:31.8 | 08:39 | 05:10:51.8 |
| 52 | 45 | 7 | Lennox, Wade | 93 | Mora, MN | 94 | 00:38:06.6 | 01:58 | 74 | 00:02:31.8 | 73 | 02:42:14.6 | 20.5 | 40 | 00:00:50.7 | 47 | 01:47:43.2 | 08:13 | 05:11:27.2 |
| 53 | 5 | | Schlafmann, Cindy | 202 | Champlin, MN | 43 | 00:34:57.3 | 01:48 | 5 | 00:01:34.1 | 75 | 02:42:53.3 | 20.4 | 60 | 00:01:03.2 | 60 | 01:51:06.8 | 08:28 | 05:11:34.9 |
| 54 | 6 | 1 | Beard, April | 32 | Madison, WI | 98 | 00:38:14.8 | 01:58 | 38 | 00:02:09.1 | 109 | 02:49:11.0 | 19.6 | 67 | 00:01:10.0 | 27 | 01:41:27.5 | 07:44 | 05:12:12.4 |
| 55 | 46 | 13 | Surprise, Johnny | 65 | St Paul, MN | 82 | 00:37:38.9 | 01:56 | 13 | 00:01:43.0 | 40 | 02:35:57.0 | 21.3 | 39 | 00:00:50.5 | 80 | 01:56:20.1 | 08:52 | 05:12:29.8 |
| 56 | 47 | 14 | Essma, Nicholas | 122 | Edina, MN | 40 | 00:34:41.1 | 01:47 | 66 | 00:02:28.7 | 24 | 02:32:22.7 | 21.8 | 129 | 00:01:59.1 | 112 | 02:01:23.6 | 09:16 | 05:12:55.4 |
| 57 | 48 | 8 | Puls, Bret | 180 | Minneapolis, | 68 | 00:36:38.5 | 01:53 | 64 | 00:02:27.0 | 90 | 02:46:52.8 | 19.9 | 132 | 00:02:00.8 | 38 | 01:46:05.6 | 08:05 | 05:14:04.9 |
| 58 | 49 | 2 | Miller, Cris | 265 | Champlin, MN | 92 | 00:38:02.6 | 01:58 | 90 | 00:02:43.1 | 35 | 02:34:55.4 | 21.5 | 80 | 00:01:19.7 | 92 | 01:57:57.1 | 09:00 | 05:14:58.1 |
| 59 | 50 | 8 | Turman, Micah | 9 | Minneapolis, | 31 | 00:33:15.9 | 01:43 | 30 | 00:02:05.5 | 59 | 02:39:36.4 | 20.8 | 100 | 00:01:35.5 | 97 | 01:58:38.1 | 09:03 | 05:15:11.6 |
| 60 | 51 | 10 | Wright, Todd | 131 | Lakeville, MN | 56 | 00:36:02.8 | 01:52 | 207 | 00:04:46.5 | 61 | 02:40:32.9 | 20.7 | | | 224 | 04:34:53.8 | | 05:15:18.2 |
| 61 | 52 | 1 | Malinosh, Marc | 225 | Poplar, WI | 138 | 00:41:10.4 | 02:07 | 121 | 00:03:10.0 | 53 | 02:37:59.4 | 21.0 | 123 | 00:01:52.1 | 61 | 01:51:20.3 | 08:29 | 05:15:32.4 |
| 62 | 53 | 3 | Gazzola, Robert | 297 | Woodbury, MN | 130 | 00:40:35.2 | 02:06 | 109 | 00:02:57.9 | 132 | 02:53:21.4 | 19.2 | 116 | 00:01:42.3 | 18 | 01:37:30.4 | 07:26 | 05:16:07.4 |
| 63 | 54 | 11 | Hummel, Guy | 168 | Woodbury, MN | 113 | 00:39:14.9 | 02:01 | 51 | 00:02:18.8 | 47 | 02:36:49.2 | 21.2 | 6 | 00:00:21.0 | 98 | 01:58:57.6 | 09:04 | 05:17:41.8 |

| Individual - Half Ironman Triathlon | | | | 1.2 mi swim | | | T-1 | | 5.4 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | | | |
|-------------------------------------|------|-----|-------------------|-------------|-----------------|-----|------------|-------|-------------|------------|-----|------------|------|------------|------------|--------|------------|-----------------|------------|-------|--|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | | | |
| 64 | 7 | 1 | Kittleson, Dawn | 91 | Grant, MN | 38 | 00:34:20.7 | 01:46 | 145 | 00:03:33.6 | 121 | 02:51:04.4 | 19.4 | 168 | 00:02:29.9 | 46 | 01:47:42.6 | 08:13 | 05:19:11.4 | | |
| 65 | 55 | 9 | Distad, Charles | 195 | Egan, MN | 125 | 00:40:14.2 | 02:05 | 98 | 00:02:48.8 | 51 | 02:37:16.5 | 21.1 | 120 | 00:01:45.1 | 88 | 01:57:13.1 | 08:56 | 05:19:17.9 | | |
| 66 | 56 | 12 | Denardo, Dan | 82 | Elbow Lake, MN | 13 | 00:31:26.8 | 01:37 | 58 | 00:02:23.0 | 87 | 02:46:25.2 | 20.0 | 113 | 00:01:40.0 | 90 | 01:57:23.0 | 08:57 | 05:19:18.2 | | |
| 67 | 8 | 2 | Nelson, Shelley | 299 | Eden Prairie, | 117 | 00:39:43.0 | 02:03 | 6 | 00:01:35.0 | 60 | 02:40:23.0 | 20.7 | 50 | 00:00:55.1 | 84 | 01:56:57.0 | 08:55 | 05:19:33.3 | | |
| 68 | 57 | 3 | Strzok, Ladislaus | 255 | Duluth, MN | 45 | 00:35:08.4 | 01:49 | 37 | 00:02:09.0 | 45 | 02:36:18.3 | 21.3 | 56 | 00:01:00.4 | 131 | 02:07:00.8 | 09:41 | 05:19:37.1 | -2:00 | |
| 69 | 58 | 9 | Hanson, Ben | 8 | Princeton, MN | 93 | 00:38:05.1 | 01:58 | 31 | 00:02:05.8 | 54 | 02:38:06.5 | 21.0 | 41 | 00:00:51.0 | 110 | 02:01:17.2 | 09:15 | 05:20:25.8 | | |
| 70 | 59 | 2 | Klun, Leonard | 140 | Maple Plain, MN | 25 | 00:33:03.4 | 01:42 | 86 | 00:02:42.2 | 74 | 02:42:19.5 | 20.5 | 136 | 00:02:02.6 | 105 | 02:00:23.8 | 09:11 | 05:20:31.7 | | |
| 71 | 60 | 15 | Ryan, Joe | 146 | Rochester, MN | 166 | 00:43:43.8 | 02:15 | 62 | 00:02:25.9 | 88 | 02:46:44.8 | 19.9 | 16 | 00:00:27.7 | 48 | 01:47:59.3 | 08:14 | 05:21:21.7 | | |
| 72 | 9 | 3 | Sailer, Martina | 125 | Minneapolis, | 144 | 00:41:42.2 | 02:09 | 67 | 00:02:29.0 | 81 | 02:45:32.4 | 20.1 | 8 | 00:00:23.8 | 66 | 01:52:29.4 | 08:35 | 05:22:37.1 | | |
| 73 | 61 | 13 | Debartolo, James | 245 | Des Moines, IA | 215 | 00:49:58.1 | 02:35 | 217 | 00:05:18.6 | 55 | 02:38:28.1 | 21.0 | 152 | 00:02:17.5 | 42 | 01:46:49.3 | 08:09 | 05:22:51.8 | | |
| 74 | 10 | 1 | Brost, Michelle | 212 | Medford, WI | 66 | 00:36:35.2 | 01:53 | 24 | 00:01:59.8 | 78 | 02:44:52.5 | 20.2 | 53 | 00:00:57.9 | 99 | 01:58:59.3 | 09:04 | 05:23:24.8 | | |
| 75 | 11 | 1 | Macmillan, | 273 | Minneapolis, | 77 | 00:37:25.7 | 01:56 | 106 | 00:02:55.9 | 89 | 02:46:47.5 | 19.9 | 36 | 00:00:48.3 | 77 | 01:55:56.5 | 08:51 | 05:23:54.1 | | |
| 76 | 62 | 10 | Peterson, Charles | 218 | Saint Paul, MN | 88 | 00:37:52.4 | 01:57 | 35 | 00:02:08.4 | 84 | 02:45:47.9 | 20.0 | 48 | 00:00:55.0 | 91 | 01:57:50.2 | 08:59 | 05:24:34.1 | | |
| 77 | 63 | 11 | Knutson, Jon | 294 | Plymouth, MN | 95 | 00:38:08.0 | 01:58 | 108 | 00:02:57.7 | 123 | 02:51:26.3 | 19.4 | 90 | 00:01:23.1 | 58 | 01:50:40.9 | 08:26 | 05:24:36.1 | | |
| 78 | 12 | 2 | Dezellar, Jackie | 164 | Eden Prairie, | 120 | 00:40:07.9 | 02:04 | 181 | 00:04:06.1 | 107 | 02:49:02.6 | 19.7 | 11 | 00:00:26.9 | 63 | 01:51:33.1 | 08:30 | 05:25:16.8 | | |
| 79 | 13 | 1 | Totenhagen, | 98 | Shakopee, MN | 108 | 00:38:42.0 | 02:00 | 28 | 00:02:01.7 | 71 | 02:42:02.9 | 20.5 | 47 | 00:00:54.7 | 116 | 02:02:12.9 | 09:19 | 05:25:54.4 | | |
| 80 | 14 | 3 | Mouw, Suzann | 45 | Whitie Bear | 28 | 00:33:12.6 | 01:43 | 42 | 00:02:12.7 | 127 | 02:52:12.6 | 19.3 | 75 | 00:01:15.6 | 87 | 01:57:11.7 | 08:56 | 05:26:05.4 | | |
| 81 | 64 | 10 | Abrams, Brendan | 137 | Minneapolis, | 156 | 00:42:37.3 | 02:12 | 59 | 00:02:24.9 | 108 | 02:49:06.4 | 19.7 | 59 | 00:01:01.8 | 62 | 01:51:23.5 | 08:30 | 05:26:34.2 | | |
| 82 | 65 | 16 | Ojala, Ladd | 184 | Minneapolis, | 51 | 00:35:38.8 | 01:50 | 45 | 00:02:13.7 | 58 | 02:39:04.0 | 20.9 | 142 | 00:02:06.2 | 137 | 02:09:00.7 | 09:50 | 05:28:03.6 | | |
| 83 | 66 | 14 | Jirele, Joseph | 97 | Woodbury, MN | 202 | 00:48:15.9 | 02:29 | 179 | 00:04:03.3 | 139 | 02:55:06.7 | 19.0 | 143 | 00:02:09.0 | 21 | 01:38:32.7 | 07:31 | 05:28:07.8 | | |
| 84 | 67 | 12 | Cronin, Chris | 271 | Saint Paul, MN | 112 | 00:39:09.7 | 02:01 | 154 | 00:03:39.6 | 142 | 02:55:40.5 | 18.9 | 163 | 00:02:26.6 | 44 | 01:47:34.7 | 08:12 | 05:28:31.3 | | |
| 85 | 15 | 2 | Kempf, Jenny | 31 | Madison, WI | 55 | 00:36:02.2 | 01:51 | 71 | 00:02:30.8 | 101 | 02:48:15.2 | 19.8 | 110 | 00:01:38.8 | 107 | 02:00:48.7 | 09:13 | 05:29:15.9 | | |
| 86 | 68 | 15 | Bryant, Rob | 197 | St Paul, MN | 140 | 00:41:17.9 | 02:08 | 92 | 00:02:44.1 | 119 | 02:50:47.6 | 19.5 | 145 | 00:02:11.4 | 68 | 01:53:09.0 | 08:38 | 05:30:10.2 | | |
| 87 | 69 | 13 | Rosane, James | 211 | Oronoco, MN | 64 | 00:36:34.9 | 01:53 | 180 | 00:04:05.3 | 66 | 02:41:06.1 | 20.6 | 112 | 00:01:40.0 | 129 | 02:06:53.5 | 09:41 | 05:30:20.0 | | |
| 88 | 4 | | Klinge,le, Chris | 206 | Rochester, MN | 65 | 00:36:34.9 | 01:53 | 114 | 00:03:04.0 | 86 | 02:46:23.4 | 20.0 | 157 | 00:02:20.0 | 114 | 02:02:03.9 | 09:19 | 05:30:26.4 | | |
| 89 | 70 | 16 | Tortelli, Jeffrey | 179 | Minneapolis, | 72 | 00:37:02.0 | 01:55 | 91 | 00:02:43.6 | 104 | 02:48:31.3 | 19.7 | 96 | 00:01:27.1 | 117 | 02:02:27.4 | 09:20 | 05:32:11.5 | | |
| 90 | 71 | 4 | Frakes, Drew | 169 | St Louis Park, | 124 | 00:40:13.3 | 02:04 | 112 | 00:02:59.9 | 83 | 02:45:37.4 | 20.1 | 14 | 00:00:27.5 | 120 | 02:03:11.8 | 09:24 | 05:32:30.2 | | |
| 91 | 16 | 4 | Menard, Megan | 229 | Stillwater, MN | 191 | 00:46:43.4 | 02:25 | 99 | 00:02:51.0 | 137 | 02:54:45.4 | 19.0 | 52 | 00:00:57.3 | 43 | 01:47:15.1 | 08:11 | 05:32:32.3 | | |
| 92 | 72 | 14 | Christopherson, | 138 | Blaine, MN | 104 | 00:38:28.8 | 01:59 | 118 | 00:03:07.1 | 94 | 02:47:19.8 | 19.9 | 162 | 00:02:26.1 | 111 | 02:01:19.2 | 09:15 | 05:32:41.1 | | |
| 93 | 73 | 1 | Greenwald, Ben | 163 | Minneapolis, | 141 | 00:41:30.1 | 02:08 | 161 | 00:03:45.2 | 99 | 02:48:03.3 | 19.8 | 18 | 00:00:31.4 | 102 | 01:59:27.7 | 09:07 | 05:33:17.8 | | |
| 94 | 17 | 5 | Rosane, Kerry | 59 | Oronoco, MN | 32 | 00:33:34.0 | 01:44 | 164 | 00:03:47.2 | 116 | 02:49:35.7 | 19.6 | 179 | 00:02:45.3 | 121 | 02:03:37.2 | 09:26 | 05:33:19.5 | | |
| 95 | 74 | 17 | Trelstad, Steven | 76 | Minnetonka, MN | 20 | 00:32:44.0 | 01:41 | 168 | 00:03:50.6 | 79 | 02:44:58.0 | 20.1 | 156 | 00:02:19.3 | 139 | 02:09:29.3 | 09:53 | 05:33:21.4 | | |

| Individual - Half Ironman Triathlon | | | | | 1.2 mi swim | | T-1 | | 5.4 mi bike | | | T-2 | | 3.1 mi run | | 7/29/2007 | | | |
|-------------------------------------|------|-----|--------------------|------|-----------------|-----|------------|-------|-------------|------------|-----|------------|------|------------|------------|-----------|------------|-----------------|------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | |
| 96 | 75 | 17 | Giannacopoulos, | 148 | Portage, WI | 115 | 00:39:31.8 | 02:02 | 148 | 00:03:34.6 | 126 | 02:52:12.4 | 19.3 | 205 | 00:03:29.8 | 75 | 01:55:21.7 | 08:48 | 05:34:10.5 |
| 97 | 76 | 18 | Mercer, David | 38 | Golden Valley, | 37 | 00:34:09.9 | 01:46 | 206 | 00:04:45.5 | 37 | 02:35:24.8 | 21.4 | 135 | 00:02:02.5 | 164 | 02:18:21.3 | 10:33 | 05:34:44.2 |
| 98 | 1 | | Minser, Jamie | 141 | New Brighton, | 91 | 00:37:58.5 | 01:57 | 169 | 00:03:50.7 | 105 | 02:48:55.4 | 19.7 | 182 | 00:02:46.5 | 115 | 02:02:06.9 | 09:19 | 05:35:38.2 |
| 99 | 77 | 11 | Edmonson, Tim | 58 | Farmington, MN | 204 | 00:48:46.7 | 02:31 | 48 | 00:02:14.8 | 114 | 02:49:31.1 | 19.6 | 125 | 00:01:55.8 | 69 | 01:53:11.4 | 08:38 | 05:35:40.0 |
| 100 | 18 | 2 | Schneider, | 35 | Minneapolis, | 168 | 00:43:48.0 | 02:16 | 116 | 00:03:06.3 | 115 | 02:49:34.6 | 19.6 | 108 | 00:01:38.3 | 95 | 01:58:22.2 | 09:02 | 05:36:29.7 |
| 101 | 78 | 1 | Garver, Eugene | 99 | Sartell, MN | 194 | 00:47:09.1 | 02:26 | 126 | 00:03:14.2 | 98 | 02:47:52.4 | 19.8 | 158 | 00:02:20.3 | 79 | 01:56:13.3 | 08:52 | 05:36:49.6 |
| 102 | 19 | 3 | Lutkevich, Connie | 57 | Duluth, MN | 132 | 00:40:45.6 | 02:06 | 33 | 00:02:06.6 | 145 | 02:56:45.4 | 18.8 | 46 | 00:00:54.0 | 86 | 01:57:07.4 | 08:56 | 05:37:39.2 |
| 103 | 20 | 3 | Aron, Carol | 143 | Bismarck, ND | 158 | 00:42:58.3 | 02:13 | 113 | 00:03:02.7 | 130 | 02:52:57.2 | 19.2 | 81 | 00:01:20.2 | 89 | 01:57:22.8 | 08:57 | 05:37:41.5 |
| 104 | 79 | 19 | Wilhorn, Andrew | 89 | Rochester, MN | 81 | 00:37:36.6 | 01:56 | 186 | 00:04:08.1 | 96 | 02:47:43.8 | 19.8 | 154 | 00:02:18.8 | 126 | 02:06:01.3 | 09:37 | 05:37:48.8 |
| 105 | 80 | 18 | Dalgaard, Erik | 185 | Champlin, MN | 74 | 00:37:06.2 | 01:55 | 221 | 00:05:43.3 | 112 | 02:49:24.2 | 19.6 | 195 | 00:03:10.3 | 118 | 02:02:45.6 | 09:22 | 05:38:09.8 |
| 106 | 81 | 20 | Holden, David | 28 | North Hudson, | 1 | 00:26:37.3 | 01:22 | 9 | 00:01:36.9 | 234 | 03:40:26.8 | 15.1 | 92 | 00:01:25.2 | 8 | 01:28:16.2 | 06:44 | 05:38:22.6 |
| 107 | 82 | 3 | Brewster, Brad | 252 | Burnsville, MN | 151 | 00:41:59.5 | 02:10 | 205 | 00:04:43.1 | 141 | 02:55:19.4 | 19.0 | 151 | 00:02:17.3 | 73 | 01:54:37.3 | 08:44 | 05:38:56.9 |
| 108 | 83 | 12 | D'amato, Matt | 165 | Madison, WI | 172 | 00:44:03.6 | 02:16 | 176 | 00:03:56.1 | 110 | 02:49:19.3 | 19.6 | 2 | 00:00:19.1 | 113 | 02:01:31.8 | 09:16 | 05:39:10.1 |
| 109 | 84 | 4 | Dornfeld, Glen | 215 | Winona, MN | 80 | 00:37:36.1 | 01:56 | 132 | 00:03:23.8 | 52 | 02:37:51.8 | 21.1 | 133 | 00:02:01.0 | 165 | 02:18:31.8 | 10:34 | 05:39:24.7 |
| 110 | 21 | 4 | Ross, Kari | 194 | Egan, MN | 111 | 00:39:07.1 | 02:01 | 156 | 00:03:40.5 | 136 | 02:54:30.1 | 19.0 | 184 | 00:02:47.7 | 101 | 01:59:26.2 | 09:07 | 05:39:31.8 |
| 111 | 85 | 21 | Wheeler, John | 30 | Madison, WI | 146 | 00:41:43.3 | 02:09 | 93 | 00:02:45.0 | 77 | 02:44:16.8 | 20.2 | 150 | 00:02:15.1 | 135 | 02:08:39.5 | 09:49 | 05:39:40.0 |
| 112 | 22 | 5 | Nichols, Danniela | 263 | Onalaska, WI | 61 | 00:36:18.9 | 01:52 | 49 | 00:02:14.9 | 72 | 02:42:13.6 | 20.5 | 31 | 00:00:45.6 | 163 | 02:18:12.0 | 10:32 | 05:39:45.1 |
| 113 | 23 | 2 | Senty, Laurie | 240 | Grand Marais, | 135 | 00:40:53.7 | 02:07 | 188 | 00:04:09.9 | 170 | 03:01:09.0 | 18.3 | 220 | 00:04:23.3 | 53 | 01:50:03.2 | 08:24 | 05:40:39.3 |
| 114 | 24 | 1 | Senty, Kelly | 239 | Beaverton, OR | 134 | 00:40:53.6 | 02:07 | 183 | 00:04:07.5 | 169 | 03:01:07.4 | 18.4 | 221 | 00:04:26.9 | 54 | 01:50:04.0 | 08:24 | 05:40:39.6 |
| 115 | 86 | 22 | Tatarka, Chris | 249 | Woodbury, MN | 171 | 00:44:00.7 | 02:16 | 202 | 00:04:38.4 | 135 | 02:54:13.9 | 19.1 | 199 | 00:03:16.1 | 76 | 01:55:35.9 | 08:49 | 05:41:45.3 |
| 116 | 87 | 5 | Hintz, Douglas | 162 | Madison, WI | 69 | 00:36:42.8 | 01:54 | 199 | 00:04:28.5 | 92 | 02:47:05.8 | 19.9 | 9 | 00:00:24.9 | 145 | 02:13:45.8 | 10:12 | 05:42:28.0 |
| 117 | 25 | 6 | Barry, Lisa | 126 | St. Louis Park, | 114 | 00:39:18.6 | 02:02 | 103 | 00:02:54.7 | 168 | 03:00:56.3 | 18.4 | 76 | 00:01:17.0 | 94 | 01:58:03.4 | 09:00 | 05:42:30.2 |
| 118 | 88 | 23 | Benson, Jason | 172 | Wyoming, MN | 162 | 00:43:31.4 | 02:15 | 100 | 00:02:51.6 | 76 | 02:43:04.5 | 20.4 | 115 | 00:01:41.7 | 141 | 02:11:53.9 | 10:04 | 05:43:03.3 |
| 119 | 26 | 1 | Guck, Beth | 124 | Andover, MN | 83 | 00:37:39.1 | 01:56 | 107 | 00:02:56.8 | 194 | 03:07:27.7 | 17.7 | 4 | 00:00:19.5 | 74 | 01:55:04.5 | 08:47 | 05:43:27.8 |
| 120 | 5 | | Hille, Andrew | 219 | Sioux Falls, TN | 18 | 00:32:35.1 | 01:41 | 125 | 00:03:12.0 | 62 | 02:40:34.3 | 20.7 | 118 | 00:01:44.3 | 177 | 02:25:34.7 | 11:06 | 05:43:40.5 |
| 121 | 89 | 13 | Schmidt, Luke | 1196 | Madison, WI | 178 | 00:44:36.1 | 02:18 | 224 | 00:05:59.7 | 140 | 02:55:11.8 | 19.0 | 211 | 00:03:50.0 | 72 | 01:54:12.0 | 08:43 | 05:43:49.7 |
| 122 | 27 | 7 | Christianson, Lara | 145 | St. Paul, MN | 5 | 00:28:31.1 | 01:28 | 94 | 00:02:45.4 | 178 | 03:03:26.6 | 18.1 | 165 | 00:02:27.3 | 128 | 02:06:39.5 | 09:40 | 05:43:50.1 |
| 123 | 90 | 15 | Vetter, Shane | 207 | Minot, ND | 231 | 00:55:14.4 | 02:51 | 177 | 00:03:56.4 | 181 | 03:03:55.4 | 18.1 | 178 | 00:02:43.2 | 20 | 01:38:12.6 | 07:29 | 05:44:02.2 |
| 124 | 91 | 5 | Henriksen, Steve | 25 | West Salem, WI | 116 | 00:39:37.6 | 02:03 | 53 | 00:02:20.6 | 133 | 02:53:31.8 | 19.2 | 55 | 00:00:58.9 | 132 | 02:07:44.1 | 09:45 | 05:44:13.2 |
| 125 | 28 | 8 | Whitney, Patricia | 144 | Minneapolis, | 60 | 00:36:14.0 | 01:52 | 76 | 00:02:34.1 | 164 | 03:00:07.1 | 18.5 | 84 | 00:01:21.1 | 124 | 02:04:10.7 | 09:28 | 05:44:27.2 |
| 126 | 29 | 3 | Moore, Jenny | 2 | Medina, MN | 36 | 00:34:04.1 | 01:45 | 14 | 00:01:43.4 | 117 | 02:50:13.5 | 19.5 | 70 | 00:01:12.0 | 159 | 02:17:18.3 | 10:28 | 05:44:31.5 |
| 127 | 92 | 14 | Fritze, Derek | 220 | Woodbury, MN | 99 | 00:38:16.2 | 01:58 | 172 | 00:03:51.1 | 103 | 02:48:28.5 | 19.7 | 202 | 00:03:27.7 | 140 | 02:10:36.5 | 09:58 | 05:44:40.2 |

| Individual - Half Ironman Triathlon | | | | | 1.2 mi swim | | T-1 | | 5.4 mi bike | | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | |
|-------------------------------------|-------------|-----------------------|-----|------------------|-------------|------------|----------------|-----|-------------|-----|------------|-------------|-----|------------|-----|------------|--------------|------------|-----|-----|-------------|
| Place | Ovl/Div/Age | Name | Bib | | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| 128 | 30 | 6 Swanson, Becka | 13 | Circle Pines, MN | 118 | 00:39:44.0 | 02:03 | 22 | 00:01:58.4 | 82 | 02:45:34.7 | 20.1 | 44 | 00:00:53.0 | 157 | 02:16:37.3 | 10:25 | 05:44:47.7 | | | |
| 129 | 31 | 4 Sellke, Mary | 67 | Golden Valley, | 62 | 00:36:25.2 | 01:53 | 130 | 00:03:16.8 | 95 | 02:47:39.1 | 19.8 | 148 | 00:02:12.8 | 153 | 02:15:43.0 | 10:21 | 05:45:17.2 | | | |
| 130 | 32 | 9 Glover, Melanie | 147 | Minneapolis, | 165 | 00:43:43.1 | 02:15 | 120 | 00:03:08.5 | 161 | 02:59:36.0 | 18.5 | 181 | 00:02:45.9 | 85 | 01:56:58.7 | 08:55 | 05:46:12.4 | | | |
| 131 | 33 | 10 Gorzlaneyk, Tammy | 268 | Minneapolis, | 148 | 00:41:48.6 | 02:09 | 175 | 00:03:55.0 | 160 | 02:59:34.6 | 18.5 | 174 | 00:02:37.3 | 96 | 01:58:22.6 | 09:02 | 05:46:18.3 | | | |
| 132 | 93 | 15 Hawman, Michael | 155 | Shoreview, MN | 79 | 00:37:33.3 | 01:56 | 81 | 00:02:36.6 | 85 | 02:46:16.2 | 20.0 | 5 | 00:00:20.1 | 170 | 02:19:40.8 | 10:39 | 05:46:27.3 | | | |
| 133 | 94 | 24 Sherman, Jesse | 191 | Fitchburg, WI | 44 | 00:35:01.8 | 01:48 | 226 | 00:06:05.3 | 177 | 03:02:45.8 | 18.2 | 204 | 00:03:29.6 | 104 | 01:59:46.5 | 09:08 | 05:47:09.2 | | | |
| 134 | 95 | 16 Stenzel, Steve | 221 | St. Paul, MN | 177 | 00:44:35.7 | 02:18 | 213 | 00:05:08.7 | 184 | 03:05:13.0 | 17.9 | 216 | 00:04:00.3 | 50 | 01:48:15.6 | 08:15 | 05:47:13.4 | | | |
| 135 | 34 | 4 Peterson, Jill | 152 | St. Louis Park, | 150 | 00:41:55.5 | 02:10 | 192 | 00:04:11.8 | 174 | 03:01:41.1 | 18.3 | 17 | 00:00:29.4 | 100 | 01:59:21.5 | 09:06 | 05:47:39.5 | | | |
| 136 | 35 | 5 Zahn, Erica | 250 | Edina, MN | 107 | 00:38:41.0 | 02:00 | 39 | 00:02:09.5 | 185 | 03:05:23.9 | 17.9 | 28 | 00:00:42.8 | 108 | 02:00:54.4 | 09:13 | 05:47:51.9 | | | |
| 137 | 36 | 4 Lang, Diane | 196 | Burnsville, MN | 201 | 00:48:09.7 | 02:29 | 138 | 00:03:28.2 | 144 | 02:56:26.3 | 18.8 | 194 | 00:03:06.9 | 82 | 01:56:44.3 | 08:54 | 05:47:55.6 | | | |
| 138 | 96 | 25 Hartman, Jeff | 257 | Cedar Falls, IA | 17 | 00:31:51.0 | 01:38 | 178 | 00:03:58.2 | 106 | 02:48:58.5 | 19.7 | 141 | 00:02:05.4 | 175 | 02:21:06.9 | 10:46 | 05:48:00.3 | | | |
| 139 | 37 | 5 Greeninger, Beth | 66 | Plymouth, MN | 170 | 00:43:52.9 | 02:16 | 115 | 00:03:04.3 | 143 | 02:55:49.8 | 18.9 | 124 | 00:01:55.2 | 130 | 02:07:00.0 | 09:41 | 05:51:42.4 | | | |
| 140 | 38 | 6 Youngquist, Kim | 174 | Plymouth, MN | 182 | 00:45:14.0 | 02:20 | 159 | 00:03:42.4 | 157 | 02:59:11.7 | 18.5 | 212 | 00:03:52.0 | 103 | 01:59:42.4 | 09:08 | 05:51:42.8 | | | |
| 141 | 97 | 17 Jacobson, Luke | 167 | Lino Lakes, MN | 103 | 00:38:27.6 | 01:59 | 61 | 00:02:25.9 | 120 | 02:50:51.8 | 19.5 | 7 | 00:00:22.2 | 172 | 02:20:06.5 | 10:41 | 05:52:14.1 | | | |
| 142 | 39 | 5 Norberg, Kim | 151 | Chaska, MN | 3 | 00:28:18.8 | 01:27 | 201 | 00:04:37.7 | 190 | 03:06:21.8 | 17.8 | 12 | 00:00:26.9 | 143 | 02:12:53.6 | 10:08 | 05:52:39.1 | | | |
| 143 | 98 | 26 Wooten, Carl | 128 | Honolulu, HI | 183 | 00:45:14.7 | 02:20 | 189 | 00:04:10.1 | 171 | 03:01:27.9 | 18.3 | 213 | 00:03:55.0 | 93 | 01:57:59.0 | 09:00 | 05:52:46.9 | | | |
| 144 | 99 | 16 Luecke, Scott | 267 | Minneapolis, | 129 | 00:40:33.0 | 02:05 | 214 | 00:05:12.2 | 118 | 02:50:16.9 | 19.5 | 137 | 00:02:02.9 | 151 | 02:15:21.0 | 10:19 | 05:53:26.2 | | | |
| 145 | 40 | 7 Schmidt, Amy | 95 | Shakopee, MN | 126 | 00:40:20.1 | 02:05 | 82 | 00:02:37.4 | 125 | 02:51:46.6 | 19.4 | 77 | 00:01:17.5 | 161 | 02:17:45.5 | 10:30 | 05:53:47.3 | | | |
| 146 | 100 | 19 Schultenover, Jeff | 231 | Minatonka, MN | 19 | 00:32:35.7 | 01:41 | 174 | 00:03:52.5 | 100 | 02:48:06.5 | 19.8 | 71 | 00:01:12.2 | 183 | 02:28:41.5 | 11:21 | 05:54:28.5 | | | |
| 147 | 41 | 11 Powell, Kristy | 235 | New Brighton, | 159 | 00:43:24.7 | 02:14 | 209 | 00:05:03.2 | 124 | 02:51:35.6 | 19.4 | 208 | 00:03:45.2 | 142 | 02:12:37.1 | 10:07 | 05:56:26.0 | | | |
| 148 | 42 | 12 Watanabe, Ayako | 153 | Shoreview, MN | 142 | 00:41:30.5 | 02:08 | 110 | 00:02:58.3 | 150 | 02:57:11.5 | 18.8 | 25 | 00:00:42.0 | 147 | 02:14:05.8 | 10:14 | 05:56:28.4 | | | |
| 149 | 101 | 4 Schuler, Trevor | 16 | Chisago City, | 71 | 00:36:54.9 | 01:54 | 88 | 00:02:42.5 | 186 | 03:05:31.3 | 17.9 | 153 | 00:02:17.6 | 138 | 02:09:22.4 | 09:52 | 05:56:48.9 | | | |
| 150 | 102 | 6 Connor, Jim | 173 | Onalaska, WI | 192 | 00:46:46.4 | 02:25 | 122 | 00:03:10.0 | 148 | 02:57:03.9 | 18.8 | 207 | 00:03:42.9 | 127 | 02:06:28.9 | 09:39 | 05:57:12.3 | | | |
| 151 | 103 | 27 Schmid, Dan | 186 | Elkhorn, NE | 63 | 00:36:29.0 | 01:53 | 143 | 00:03:32.1 | 111 | 02:49:21.6 | 19.6 | 155 | 00:02:18.8 | 178 | 02:26:32.5 | 11:11 | 05:58:14.2 | | | |
| 152 | 104 | 7 Wynveen, Doug | 100 | Osceola, WI | 193 | 00:47:06.6 | 02:26 | 162 | 00:03:45.3 | 175 | 03:02:11.8 | 18.2 | 146 | 00:02:11.7 | 125 | 02:04:38.6 | 09:30 | 05:59:54.2 | | | |
| 153 | 105 | 20 Schoeppach, | 69 | Minneapolis, MN | 157 | 00:42:58.0 | 02:13 | 219 | 00:05:22.1 | 172 | 03:01:28.8 | 18.3 | 189 | 00:02:56.8 | 133 | 02:08:22.1 | 09:47 | 06:01:08.0 | | | |
| 154 | 106 | 18 Lundquist, Nick | 192 | Edina, MN | 179 | 00:44:38.1 | 02:18 | 4 | 00:01:31.1 | 162 | 02:59:41.9 | 18.5 | 91 | 00:01:24.2 | 148 | 02:14:16.8 | 10:15 | 06:01:32.2 | | | |
| 155 | 107 | 17 Wrabetz, Brian | 18 | Oakdale, MN | 9 | 00:30:29.7 | 01:34 | 47 | 00:02:14.8 | 128 | 02:52:26.4 | 19.3 | 95 | 00:01:26.5 | 199 | 02:37:19.4 | 12:00 | 06:03:56.9 | | | |
| 156 | 108 | 21 Meehl, Paul | 233 | Savage, MN | 175 | 00:44:07.1 | 02:17 | 234 | 00:08:09.3 | 134 | 02:53:44.4 | 19.1 | 225 | 00:05:11.0 | 150 | 02:15:08.6 | 10:18 | 06:06:20.6 | | | |
| 157 | 6 | Agrigoroae-Bolos, | 37 | St. Louis Park, | 229 | 00:53:47.7 | 02:47 | 197 | 00:04:21.8 | 129 | 02:52:47.9 | 19.2 | 73 | 00:01:13.6 | 149 | 02:14:28.4 | 10:15 | 06:06:39.6 | | | |
| 158 | 109 | 18 King, Kris | 193 | Ramsey, MN | 102 | 00:38:23.8 | 01:59 | 200 | 00:04:34.9 | 166 | 03:00:21.7 | 18.4 | 196 | 00:03:12.1 | 173 | 02:20:15.0 | 10:42 | 06:06:47.7 | | | |
| 159 | 43 | 6 Sundeen, Tricia | 272 | Watford City, ND | 224 | 00:51:53.3 | 02:41 | 97 | 00:02:48.7 | 209 | 03:14:01.8 | 17.1 | 126 | 00:01:56.9 | 83 | 01:56:51.6 | 08:55 | 06:07:32.4 | | | |

| Individual - Half Ironman Triathlon | | | | 1.2 mi swim | | T-1 | | 5.4 mi bike | | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | |
|-------------------------------------|-------------|-----------------------|---------------------|-------------|------------|-------------|-----|-------------|-----|------------|----------|-----|------------|-----|------------|-----------|------------|-----|-----------------|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 160 | 110 | 28 Wadd, Adam | 204 Woodbury, MN | 35 | 00:34:00.8 | 01:45 | 184 | 00:04:07.6 | 224 | 03:26:44.7 | 16.1 | 149 | 00:02:14.9 | 109 | 02:01:00.9 | 09:14 | 06:08:09.0 | | |
| 161 | 44 | 7 Dudkiewicz, | 187 Eden Prairie, | 181 | 00:45:11.3 | 02:20 | | | | | | | | 152 | 02:15:42.7 | | 06:09:10.3 | | |
| 162 | 111 | 29 Younger, Robert | 183 Maple Grove, | 89 | 00:37:53.7 | 01:57 | 233 | 00:07:21.9 | 97 | 02:47:49.8 | 19.8 | 187 | 00:02:50.2 | 194 | 02:34:12.9 | 11:46 | 06:10:08.7 | | |
| 163 | 112 | 5 Holcombe, Norman | 256 Minocqua, WI | 217 | 00:50:20.5 | 02:36 | 204 | 00:04:42.1 | 200 | 03:10:39.9 | 17.4 | 107 | 00:01:38.1 | 119 | 02:02:59.8 | 09:23 | 06:10:20.5 | | |
| 164 | 45 | 7 Weiskopf-larson, | 94 Lino Lakes, MN | 200 | 00:48:09.0 | 02:29 | 119 | 00:03:07.6 | 196 | 03:08:52.5 | 17.6 | 101 | 00:01:36.6 | 136 | 02:08:59.9 | 09:50 | 06:10:45.8 | | |
| 165 | 113 | 30 Mejia, Matt | 64 St Paul, MN | 208 | 00:49:07.1 | 02:32 | 79 | 00:02:36.3 | 163 | 02:59:58.1 | 18.5 | 139 | 00:02:04.1 | 158 | 02:17:03.7 | 10:27 | 06:10:49.6 | | |
| 166 | 114 | 19 Winecoff, David | 54 St Louis Park, | 76 | 00:37:10.1 | 01:55 | 32 | 00:02:06.2 | 159 | 02:59:27.6 | 18.5 | 102 | 00:01:36.9 | 189 | 02:30:43.0 | 11:30 | 06:11:04.1 | | |
| 167 | 46 | 1 Barron, Charlene | 251 Wayzata, MN | 174 | 00:44:07.0 | 02:17 | 144 | 00:03:32.9 | 179 | 03:03:41.8 | 18.1 | 219 | 00:04:16.7 | 156 | 02:16:23.1 | 10:24 | 06:12:01.7 | | |
| 168 | 115 | 19 Bonk, Jeffrey | 51 Sioux Falls, SD | 232 | 00:56:17.0 | 02:54 | 232 | 00:07:15.2 | 173 | 03:01:33.2 | 18.3 | 200 | 00:03:17.3 | 122 | 02:03:48.5 | 09:27 | 06:12:11.4 | | |
| 169 | 116 | 31 Slattengren, Chad | 86 New Hope, MN | 97 | 00:38:14.6 | 01:58 | 222 | 00:05:52.5 | 122 | 02:51:05.9 | 19.4 | 186 | 00:02:49.7 | 195 | 02:34:29.0 | 11:47 | 06:12:31.9 | | |
| 170 | 117 | 20 Citrowske, Bryan | 254 Minnetonka, MN | 133 | 00:40:47.4 | 02:06 | 135 | 00:03:27.4 | 146 | 02:56:55.2 | 18.8 | 185 | 00:02:49.2 | 186 | 02:29:21.9 | 11:24 | 06:13:21.4 | | |
| 171 | 47 | 8 Simmons, Trina | 123 Moorhead, MN | 214 | 00:49:53.7 | 02:35 | 149 | 00:03:35.0 | 188 | 03:06:02.6 | 17.9 | 10 | 00:00:25.4 | 155 | 02:16:21.0 | 10:24 | 06:16:17.9 | | |
| 172 | 118 | 22 Flom, Gregory | 52 Minneapolis, | 213 | 00:49:48.0 | 02:34 | 41 | 00:02:09.9 | 131 | 02:53:21.0 | 19.2 | 88 | 00:01:22.2 | 188 | 02:30:42.0 | 11:30 | 06:17:23.3 | | |
| 173 | 119 | 20 Copenhagen, Bill | 134 Robbinsdale, | 137 | 00:41:10.2 | 02:07 | 77 | 00:02:34.6 | 102 | 02:48:22.4 | 19.7 | 89 | 00:01:23.0 | 210 | 02:44:26.0 | 12:33 | 06:17:56.3 | | |
| 174 | 120 | 23 Vrchota, Steve | 176 Anoka, MN | 128 | 00:40:32.7 | 02:05 | 225 | 00:06:04.7 | 193 | 03:07:21.3 | 17.7 | 217 | 00:04:00.3 | 176 | 02:21:48.2 | 10:49 | 06:19:47.5 | | |
| 175 | 121 | 8 Langland, Jim | 84 Thief River | 46 | 00:35:09.8 | 01:49 | 111 | 00:02:59.4 | 149 | 02:57:07.5 | 18.8 | 79 | 00:01:19.1 | 207 | 02:43:12.2 | 12:27 | 06:19:48.2 | | |
| 176 | 122 | 21 Foster, Sean | 55 Omaha, NE | 226 | 00:52:33.7 | 02:43 | 151 | 00:03:35.8 | 183 | 03:04:53.1 | 18.0 | 93 | 00:01:25.5 | 162 | 02:17:45.7 | 10:30 | 06:20:14.0 | | |
| 177 | 123 | 24 Van | 85 Prior Lake, MN | 221 | 00:50:39.9 | 02:37 | 165 | 00:03:47.6 | 153 | 02:57:41.6 | 18.7 | 97 | 00:01:32.4 | 179 | 02:26:39.5 | 11:11 | 06:20:21.2 | | |
| 178 | 48 | 9 Kouba, Michelle | 228 Rosemont, MN | 154 | 00:42:29.2 | 02:12 | 56 | 00:02:22.0 | 187 | 03:05:48.5 | 17.9 | 114 | 00:01:41.0 | 181 | 02:28:10.3 | 11:18 | 06:20:31.2 | | |
| 179 | 49 | 10 Hooper, Myrna | 149 Oxford, WI | 210 | 00:49:27.5 | 02:33 | 139 | 00:03:28.7 | 197 | 03:08:58.9 | 17.6 | 109 | 00:01:38.5 | 167 | 02:18:52.8 | 10:36 | 06:22:26.6 | | |
| 180 | 50 | 8 Fakler, Lisa | 230 Mn City, MN | 206 | 00:49:00.3 | 02:32 | 163 | 00:03:46.9 | 210 | 03:14:16.8 | 17.1 | 167 | 00:02:28.3 | 144 | 02:13:09.5 | 10:09 | 06:22:42.1 | | |
| 181 | 124 | 32 Swientek, Mark | 247 Osceola, WI | 234 | 00:57:56.0 | 03:00 | 187 | 00:04:08.6 | 215 | 03:18:09.2 | 16.8 | 138 | 00:02:03.4 | 106 | 02:00:33.1 | 09:12 | 06:22:50.5 | | |
| 182 | 125 | 21 Walch, Michael | 161 St. Paul, MN | 139 | 00:41:10.9 | 02:07 | 65 | 00:02:27.5 | 156 | 02:58:34.0 | 18.6 | 21 | 00:00:37.6 | 202 | 02:40:16.4 | 12:14 | 06:23:06.5 | | |
| 183 | 126 | 33 Atan, Ahmet | 189 St. Louis Park, | 190 | 00:46:43.3 | 02:25 | 195 | 00:04:21.7 | 158 | 02:59:14.9 | 18.5 | 224 | 00:04:44.3 | 184 | 02:29:04.8 | 11:22 | 06:24:09.1 | | |
| 184 | 51 | 9 Sigfrid, Lisa | 26 Maple Grove, | 149 | 00:41:50.4 | 02:10 | 150 | 00:03:35.2 | 191 | 03:06:27.4 | 17.8 | 222 | 00:04:35.8 | 180 | 02:28:07.8 | 11:18 | 06:24:36.8 | | |
| 185 | 52 | 10 Hoeschen, Anne | 119 Freeport, MN | 219 | 00:50:33.2 | 02:37 | 124 | 00:03:10.7 | 211 | 03:15:10.3 | 17.0 | 3 | 00:00:19.1 | 154 | 02:16:11.2 | 10:23 | 06:25:24.7 | | |
| 186 | 53 | 13 Holzemer, Rachel | 121 Arden Hills, MN | 147 | 00:41:44.9 | 02:09 | 128 | 00:03:15.6 | 176 | 03:02:32.7 | 18.2 | 13 | 00:00:27.0 | 200 | 02:38:07.1 | 12:04 | 06:26:07.5 | | |
| 187 | 7 | Dudkiewicz, Mike | 188 Eden Prairie, | 90 | 00:37:55.6 | 01:57 | 105 | 00:02:55.1 | 138 | 02:54:50.3 | 19.0 | 198 | 00:03:14.6 | 211 | 02:48:19.9 | 12:50 | 06:27:15.7 | | |
| 188 | 54 | 11 Mcdonough, | 276 Lindstrom, MN | 227 | 00:52:58.2 | 02:44 | 170 | 00:03:50.8 | 195 | 03:08:43.7 | 17.6 | 121 | 00:01:45.9 | 171 | 02:19:59.6 | 10:41 | 06:27:18.4 | | |
| 189 | 127 | 25 Nelson, Tim | 259 Williston, FL | 145 | 00:41:42.4 | 02:09 | 158 | 00:03:41.4 | 222 | 03:20:40.6 | 16.6 | 215 | 00:03:57.3 | 160 | 02:17:24.6 | 10:29 | 06:27:26.4 | | |
| 190 | 55 | 8 Fluharty, Kristi A. | 133 Prior Lake, MN | 59 | 00:36:11.8 | 01:52 | 102 | 00:02:53.9 | 192 | 03:06:29.2 | 17.8 | 227 | 00:06:15.4 | 196 | 02:36:06.3 | 11:54 | 06:27:56.8 | | |
| 191 | 128 | 22 Hanson, Jeffrey | 199 Lakeville, MN | 189 | 00:46:39.3 | 02:24 | 215 | 00:05:15.6 | 167 | 03:00:50.9 | 18.4 | 223 | 00:04:38.6 | 193 | 02:32:22.2 | 11:37 | 06:29:46.8 | | |

| Individual - Half Ironman Triathlon | | | | | 1.2 mi swim | | T-1 | | 5.4 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | |
|-------------------------------------|-------------|-----------------------|-----|-------------------|-------------|-------------|-------|-----|-------------|------|------------|------|------------|------------|-----------|------------|--------|------------|-----------------|--|
| Place | Ovl/Div/Age | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description | |
| 192 | 56 | 12 Ryder, Shannon | 159 | Vadnais | 180 | 00:45:10.1 | 02:20 | 198 | 00:04:28.4 | 189 | 03:06:06.6 | 17.9 | 191 | 00:03:04.8 | 192 | 02:32:02.9 | 11:36 | 06:30:52.9 | | |
| 193 | 129 | 6 West, Ken | 203 | Eagan, MN | 220 | 00:50:35.4 | 02:37 | 80 | 00:02:36.4 | 151 | 02:57:40.2 | 18.7 | 201 | 00:03:26.7 | 201 | 02:38:26.8 | 12:05 | 06:32:45.7 | | |
| 194 | 130 | 26 Deuhs, John | 217 | Inver Grove, MN | 203 | 00:48:16.1 | 02:29 | 140 | 00:03:30.2 | 147 | 02:56:55.5 | 18.8 | 119 | 00:01:44.4 | 206 | 02:42:19.8 | 12:23 | 06:32:46.2 | | |
| 195 | 131 | 7 Teitelbaum, Mike | 166 | Duluth, MN | 188 | 00:46:37.1 | 02:24 | 136 | 00:03:27.6 | 155 | 02:57:57.7 | 18.7 | 15 | 00:00:27.7 | 208 | 02:44:20.7 | 12:32 | 06:32:51.1 | | |
| 196 | 57 | 14 Jirele, Jasmine | 157 | Woodbury, MN | 169 | 00:43:51.1 | 02:16 | 208 | 00:04:52.7 | 231 | 03:37:21.3 | 15.3 | 190 | 00:03:02.0 | 123 | 02:04:10.4 | 09:28 | 06:33:17.8 | | |
| 197 | 132 | 9 Gulla, Noel | 200 | Ramsey, MN | 110 | 00:39:02.0 | 02:01 | 83 | 00:02:40.1 | 165 | 03:00:20.0 | 18.4 | 173 | 00:02:37.0 | 213 | 02:49:20.7 | 12:55 | 06:33:59.9 | | |
| 198 | 133 | 23 Czerwinski, Kyle | 209 | Portland, OR | 186 | 00:46:14.3 | 02:23 | 190 | 00:04:10.1 | 199 | 03:10:31.6 | 17.4 | 134 | 00:02:02.5 | 191 | 02:31:53.6 | 11:35 | 06:34:52.3 | | |
| 199 | 134 | 2 Fox, Barry | 160 | St. Paul, MN | 218 | 00:50:27.8 | 02:36 | 152 | 00:03:36.3 | 218 | 03:19:13.1 | 16.7 | 214 | 00:03:55.6 | 168 | 02:19:00.5 | 10:36 | 06:36:13.5 | | |
| 200 | 135 | 6 Pieh, Erik | 208 | Minnetonka, MN | 205 | 00:48:49.8 | 02:31 | 220 | 00:05:24.7 | 208 | 03:13:57.0 | 17.1 | 64 | 00:01:05.2 | 182 | 02:28:36.2 | 11:20 | 06:37:53.1 | | |
| 201 | 58 | 2 Anderson, Joelle | 213 | Hugo, MN | 155 | 00:42:31.9 | 02:12 | 123 | 00:03:10.5 | 207 | 03:13:55.1 | 17.1 | 169 | 00:02:30.2 | 198 | 02:36:37.4 | 11:57 | 06:38:45.3 | | |
| 202 | 59 | 3 Coyle, Meghann | 260 | Maple Grove, | 195 | 00:47:17.2 | 02:26 | 131 | 00:03:21.2 | 216 | 03:18:18.2 | 16.8 | 94 | 00:01:26.0 | 187 | 02:29:25.2 | 11:24 | 06:39:47.9 | | |
| 203 | 136 | 27 Virga, Joseph | 246 | Lindstrom, MN | 184 | 00:46:04.1 | 02:23 | 227 | 00:06:05.7 | 212 | 03:16:11.1 | 16.9 | 172 | 00:02:32.7 | 190 | 02:30:46.3 | 11:30 | 06:41:40.1 | | |
| 204 | 137 | 28 Kliewer, Bradley | 77 | Minneapolis, | 211 | 00:49:38.2 | 02:34 | 218 | 00:05:19.2 | 223 | 03:22:49.7 | 16.4 | 193 | 00:03:06.0 | 174 | 02:20:53.0 | 10:45 | 06:41:46.3 | | |
| 205 | 60 | 11 Cronin, Teresa | 253 | Saint Paul, MN | 223 | 00:51:12.8 | 02:39 | 193 | 00:04:16.3 | 180 | 03:03:43.1 | 18.1 | 206 | 00:03:37.3 | 204 | 02:41:18.7 | 12:18 | 06:44:08.4 | | |
| 206 | 61 | 13 Trantow, Roberta | 236 | Eagan, MN | 235 | 00:59:01.1 | 03:03 | 185 | 00:04:07.8 | 220 | 03:20:13.4 | 16.6 | 166 | 00:02:28.2 | 169 | 02:19:10.4 | 10:37 | 06:45:01.0 | | |
| 207 | 62 | 12 Sjoberg, Kirsten | 181 | Minneapolis, | 222 | 00:50:45.5 | 02:37 | 173 | 00:03:51.3 | 217 | 03:19:09.0 | 16.7 | 160 | 00:02:22.0 | 185 | 02:29:06.2 | 11:22 | 06:45:14.2 | | |
| 208 | 63 | 15 Linder Stenzel, | 81 | St Paul, MN | 197 | 00:47:50.8 | 02:28 | 146 | 00:03:33.7 | 229 | 03:35:43.7 | 15.4 | 86 | 00:01:22.1 | 166 | 02:18:39.6 | 10:35 | 06:47:10.0 | | |
| 209 | 64 | 16 Borresen-berg, | 243 | Jordan, MN | 233 | 00:57:15.7 | 02:57 | 230 | 00:06:49.7 | 230 | 03:36:38.1 | 15.3 | 176 | 00:02:39.7 | 134 | 02:08:38.7 | 09:49 | 06:52:02.0 | | |
| 210 | 2 | Pietruszewski, | 79 | South St. Paul, | 167 | 00:43:44.7 | 02:15 | 160 | 00:03:43.0 | 219 | 03:19:57.6 | 16.6 | 144 | 00:02:10.2 | 209 | 02:44:20.8 | 12:32 | 06:53:56.6 | | |
| 211 | 65 | 17 Van Hale, Rachel | 242 | Duluth, MN | 225 | 00:52:08.4 | 02:42 | 210 | 00:05:05.1 | 232 | 03:39:30.4 | 15.1 | 218 | 00:04:01.6 | 146 | 02:13:49.9 | 10:12 | 06:54:35.6 | | |
| 212 | 138 | 10 Pait, Robert | 298 | Bedford, TX | 216 | 00:50:00.1 | 02:35 | 211 | 00:05:06.5 | 221 | 03:20:16.4 | 16.6 | 192 | 00:03:05.0 | 205 | 02:41:30.2 | 12:19 | 06:59:58.4 | | |
| 213 | 139 | 22 Watson, Thomas | 156 | Chicago, IL | 173 | 00:44:04.3 | 02:16 | 194 | 00:04:20.8 | 228 | 03:33:25.5 | 15.6 | 170 | 00:02:31.6 | 197 | 02:36:22.3 | 11:56 | 07:00:44.7 | | |
| 214 | 66 | 4 Braun, Jessica | 277 | Minneapolis, | 199 | 00:48:05.7 | 02:29 | 203 | 00:04:39.9 | 198 | 03:10:31.5 | 17.4 | 103 | 00:01:37.1 | 217 | 02:57:14.3 | 13:31 | 07:02:08.7 | | |
| 215 | 67 | 14 Hensley, | 53 | Shoreview, MN | 209 | 00:49:21.7 | 02:33 | 75 | 00:02:32.9 | 1 | 00:00:07.4 | ? | 231 | 03:21:49.4 | 212 | 02:49:03.1 | 12:54 | 07:02:54.6 | | |
| 216 | 3 | Basala, Kimberly | 232 | Plover, WI | 228 | 00:53:15.7 | 02:45 | 157 | 00:03:41.3 | 203 | 03:11:41.2 | 17.3 | 180 | 00:02:45.7 | 215 | 02:52:02.8 | 13:08 | 07:03:27.0 | | |
| 217 | 68 | 5 O'hern, Megan | 234 | Minneapolis, | 207 | 00:49:01.5 | 02:32 | 216 | 00:05:15.7 | 204 | 03:12:07.2 | 17.3 | 159 | 00:02:21.9 | 216 | 02:56:01.2 | 13:26 | 07:04:47.7 | | |
| 218 | 140 | 34 Argersinger, Steve | 241 | Pleasant Hill, IA | 185 | 00:46:11.1 | 02:23 | 223 | 00:05:57.3 | 205 | 03:12:23.1 | 17.3 | 229 | 00:10:18.7 | 214 | 02:50:10.9 | 12:59 | 07:05:01.4 | | |
| 219 | 8 | Carlson, Jeff | 142 | Blaine, MN | 198 | 00:48:01.5 | 02:29 | 212 | 00:05:07.6 | 206 | 03:12:33.5 | 17.3 | 177 | 00:02:42.1 | 218 | 02:59:24.7 | 13:41 | 07:07:49.6 | | |
| 220 | 141 | 35 Stetz, Eric | 118 | Lino Lakes, MN | 160 | 00:43:25.1 | 02:14 | 229 | 00:06:37.5 | 201 | 03:10:40.7 | 17.4 | 19 | 00:00:34.3 | 220 | 03:10:02.0 | 14:30 | 07:11:19.8 | | |
| 221 | 142 | 24 Dunbar, Jeremy | 70 | St Paul, MN | 164 | 00:43:37.8 | 02:15 | 26 | 00:02:00.0 | 214 | 03:18:01.9 | 16.8 | 171 | 00:02:32.1 | 219 | 03:07:01.5 | 14:16 | 07:13:13.5 | | |
| 222 | 9 | Ploetz, Robert | 139 | Rosemount, MN | 196 | 00:47:22.5 | 02:27 | 129 | 00:03:15.7 | 202 | 03:10:51.9 | 17.4 | 128 | 00:01:58.3 | 221 | 03:26:25.8 | 15:45 | 07:29:54.4 | | |
| 223 | 69 | 15 Lowe, Shalonda | 224 | Minneapolis, | | | | | | 233 | 03:40:25.7 | 15.1 | | | 225 | 06:31:04.1 | | 07:31:51.2 | | |

| Individual - Half Ironman Triathlon | | | 1.2 mi swim | | | T-1 | | 5.4 mi bike | | | T-2 | | 3.1 mi run | | | 7/29/2007 | | |
|-------------------------------------|-------------------|--------------------|-------------|------------|-------------|-----|------------|-------------|------------|----------|-----|------------|------------|------------|-----------|------------|-----|-----------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen description |
| 224 143 | 2 Devick, Tim | 68 Urbandale, IA | 212 | 00:49:39.4 | 02:34 | 228 | 00:06:26.9 | 235 | 03:52:29.6 | 14.3 | 183 | 00:02:47.3 | 203 | 02:41:05.7 | 12:17 | 07:32:29.0 | | |
| 225 144 | 1 Opstad, Melford | 190 Big Lake, MN | 236 | 01:07:43.4 | 03:30 | 235 | 00:19:06.9 | 236 | 04:35:51.2 | 12.0 | 230 | 00:12:52.7 | 222 | 04:09:20.6 | 19:02 | 10:24:55.0 | | |
| | Olson, Sue | 264 White Bear | 161 | 00:43:25.3 | | 137 | 00:03:28.0 | 154 | 02:57:47.0 | 18.7 | 188 | 00:02:51.1 | | | | DNF | | |
| | Shuldes, Glen | 269 Shoreview, MN | 34 | 00:33:48.0 | | 78 | 00:02:36.0 | 182 | 03:04:14.5 | 18.0 | 209 | 00:03:48.1 | | | | DNF | | |
| | Baumgartner, | 296 Ham Lake, MN | 230 | 00:54:07.0 | | 231 | 00:07:01.3 | 227 | 03:32:42.2 | 15.6 | 228 | 00:09:47.1 | | | | DNF | | |
| | Larsen, Traci | 248 New Hope, MN | 163 | 00:43:34.0 | | 155 | 00:03:40.2 | 226 | 03:31:40.1 | 15.7 | 140 | 00:02:04.2 | | | | DNF | | |
| | Hausman, Charley | 198 Mineapolis, MN | 87 | 00:37:49.8 | | 15 | 00:01:45.2 | 2 | 02:05:01.4 | 26.6 | | | | | | DNF | | |
| | Pazgan, David | 130 Medina, OH | 30 | 00:33:14.8 | | 167 | 00:03:49.3 | 225 | 03:27:20.4 | 16.0 | 210 | 00:03:48.2 | | | | DNF | | |
| | Scherer, Michael | 56 Duluth, MN | 119 | 00:39:54.1 | | 104 | 00:02:54.9 | 152 | 02:57:41.1 | 18.7 | | | | | | DNF | | |
| | Graves, Gina | 88 St.louis Park, | 53 | 00:35:50.4 | | 141 | 00:03:30.6 | 91 | 02:47:04.0 | 19.9 | 226 | 00:06:11.4 | | | | DNF | | |
| | Nelson, Shannon | 90 St Paul, MN | 176 | 00:44:09.3 | | 182 | 00:04:07.3 | 213 | 03:17:49.6 | 16.8 | 175 | 00:02:38.1 | | | | DNF | | |
| | Frischman, | 24 Minneapolis, | 105 | 00:38:30.8 | | 34 | 00:02:06.9 | 26 | 02:32:45.6 | 21.8 | 33 | 00:00:46.8 | | | | DNF | | |
| | Lyon, Dave | 29 Schofield, WI | 26 | 00:33:04.2 | | 44 | 00:02:13.7 | 8 | 02:19:45.8 | 23.8 | 62 | 00:01:03.8 | | | | DNF | | |
| | Simril, Brenda | 44 Two Rivers, WI | 50 | 00:35:38.7 | | 36 | 00:02:08.7 | 44 | 02:36:16.6 | 21.3 | 203 | 00:03:28.6 | | | | DNF | | |
| | Braun, Jessica | 274 Minneapolis, | | | | | | | | | | | | | | DNS | | |
| | Flato, Rose | 237 St Paul, MN | | | | | | | | | | | | | | DNS | | |
| | Inman, Tim | 238 Mineapolis, MN | | | | | | | | | | | | | | DNS | | |
| | Genter, John | 170 Manakato, MN | | | | | | | | | | | | | | DNS | | |
| | Lindau, Benjamin | 154 Minneapolis, | | | | | | | | | | | | | | DNS | | |
| | Melvin, Susan | 158 St Paul, MN | | | | | | | | | | | | | | DNS | | |
| | Weiland, Martin | 120 Lakeville, MN | | | | | | | | | | | | | | DNS | | |
| | Uy, Christopher | 129 Brooklyn Park, | | | | | | | | | | | | | | DNS | | |
| | Schmid, Karoline | 132 Westmoorings, | | | | | | | | | | | | | | DNS | | |
| | Pistole, Leif | 60 Eden Prairie, | | | | | | | | | | | | | | DNS | | |
| | Berglund, Malinda | 61 Grand Marais, | | | | | | | | | | | | | | DNS | | |
| | Sommer, Allan | 62 Minneapolis, | | | | | | | | | | | | | | DNS | | |
| | Tauer, Richard | 73 Eden Prairie, | | | | | | | | | | | | | | DNS | | |
| | Page, Linda | 74 Woodbury, MN | | | | | | | | | | | | | | DNS | | |
| | Nehls, Patrick | 75 West Des | | | | | | | | | | | | | | DNS | | |
| | Lillevold, Janet | 78 Wayzata, MN | | | | | | | | | | | | | | DNS | | |
| | Anderson, Kirstin | 83 Elk River, MN | | | | | | | | | | | | | | DNS | | |
| | Lahaye, Tara | 92 Jordan, MN | | | | | | | | | | | | | | DNS | | |
| | Bryce, Larry | 96 Kohler, WI | | | | | | | | | | | | | | DNS | | |
| | Rather, Sandra | 6 Breckenridge, | | | | | | | | | | | | | | DNS | | |

| Individual - Half Ironman Triathlon | | | 1.2 mi swim | T-1 | 5.4 mi bike | T-2 | 3.1 mi run | 7/29/2007 | | | | | | | | | | | |
|-------------------------------------|------------|-----------------|-------------|------|-------------|-----|------------|-----------|------|----------|----|-----|----|-----|-----------|--------|-----|-----|-------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| | Marks, Ian | 41 Superior, WI | | | | | | | | | | | | | | DNS | | | |

| Team - Half Ironman Relay Triathlon | | | | 1.2 mi swim | | T-1 | | 5.4 mi bike | | T-2 | | 3.1 mi run | | 7/29/2007 | | | | | |
|--|------|---------------------|------|-----------------|-------------|------------|-------|-------------|------------|----------|------------|------------|----|------------|-----------|------------|-------|-----|-------------|
| Place | Name | Bib | PL | swim | Pace m/100m | PL | T-1 | PL | bike | Pace mph | PL | T-2 | PL | run | Pace m/mi | Finish | Pen | Pen | description |
| Ovl/Div/Age | | | | | | | | | | | | | | | | | | | |
| Team - Half Ironman Relay Triathlon | | | | | | | | | | | | | | | | | | | |
| Field: 23 | | | | | | | | | | | | | | | | | | | |
| 1 | 1 | Kline, Paul | 101 | Brooklyn Park, | 13 | 00:37:59.9 | 01:58 | 18 | 00:02:05.8 | 4 | 02:29:55.1 | 22.2 | 17 | 00:00:35.3 | 2 | 01:18:27.3 | 05:59 | | 04:29:03.6 |
| | | | | | | | | | | | | | | | | | | | |
| 2 | 2 | Macnab, Shea | 106 | Roseville, MN | 4 | 00:30:51.6 | 01:35 | 5 | 00:01:14.8 | 1 | 02:23:17.2 | 23.2 | 3 | 00:00:18.6 | 9 | 01:41:05.1 | 07:42 | | 04:36:47.5 |
| | | | | | | | | | | | | | | | | | | | |
| 3 | 3 | Stoebner, Jeff | 117 | Ediha, MN | 7 | 00:32:01.4 | 01:39 | 2 | 00:01:04.6 | 2 | 02:24:56.6 | 22.9 | 12 | 00:00:29.3 | 6 | 01:38:44.1 | 07:32 | | 04:37:16.2 |
| | | | | | | | | | | | | | | | | | | | |
| 4 | 4 | Johnson, Dave | 112 | North Branch, | 1 | 00:28:27.5 | 01:28 | 6 | 00:01:15.7 | 5 | 02:30:58.1 | 22.0 | 11 | 00:00:28.0 | 11 | 01:43:00.0 | 07:51 | | 04:44:09.5 |
| | | | | | | | | | | | | | | | | | | | |
| 5 | 5 | Tolzman, Terry | 111 | Wyoming, MN | 14 | 00:39:03.4 | 02:01 | 3 | 00:01:06.3 | 3 | 02:27:30.0 | 22.5 | 19 | 00:00:47.8 | 13 | 01:48:03.3 | 08:14 | | 04:56:31.0 |
| | | | | | | | | | | | | | | | | | | | |
| 6 | 6 | Dettbarn, Amy | 1108 | Minneapolis, | 15 | 00:39:51.4 | 02:03 | 4 | 00:01:12.9 | 12 | 02:58:01.3 | 18.7 | 4 | 00:00:18.8 | 1 | 01:17:13.0 | 05:53 | | 04:56:37.6 |
| | | | | | | | | | | | | | | | | | | | |
| 7 | 7 | Dalton, Laurin | 113 | St Paul, MN | 12 | 00:37:37.3 | 01:56 | 12 | 00:01:24.4 | 6 | 02:44:26.5 | 20.2 | 2 | 00:00:18.2 | 3 | 01:34:14.3 | 07:11 | | 04:58:01.0 |
| | | | | | | | | | | | | | | | | | | | |
| 8 | 8 | Cottle, Christie | 110 | Lees Summit, | 8 | 00:34:40.8 | 01:47 | 21 | 00:03:22.7 | 11 | 02:53:16.8 | 19.2 | 7 | 00:00:21.8 | 5 | 01:37:10.0 | 07:25 | | 05:08:52.4 |
| | | | | | | | | | | | | | | | | | | | |
| 9 | 9 | Walkowiak, Matt | 244 | Plymouth, MN | 10 | 00:36:41.1 | 01:53 | 16 | 00:01:44.4 | 8 | 02:45:57.6 | 20.0 | 18 | 00:00:35.8 | 12 | 01:44:00.1 | 07:56 | | 05:08:59.2 |
| | | | | | | | | | | | | | | | | | | | |
| 10 | 10 | Hinrichs, Christine | 114 | Richfield, MN | 9 | 00:35:52.3 | 01:51 | 10 | 00:01:21.6 | 13 | 02:58:50.6 | 18.6 | 1 | 00:00:16.7 | 8 | 01:39:59.8 | 07:38 | | 05:16:21.3 |
| | | | | | | | | | | | | | | | | | | | |
| 11 | 11 | Turner, Andrew | 115 | Scandia, MN | 6 | 00:31:32.6 | 01:38 | 1 | 00:00:57.7 | 15 | 03:02:21.0 | 18.2 | 14 | 00:00:32.0 | 10 | 01:41:15.6 | 07:43 | | 05:16:39.0 |
| | | | | | | | | | | | | | | | | | | | |
| 12 | 12 | Fritz, Lauralee | 105 | Minnetonka, MN | 16 | 00:41:06.2 | 02:07 | 17 | 00:01:47.3 | 9 | 02:49:10.2 | 19.6 | 16 | 00:00:33.2 | 15 | 01:54:06.0 | 08:42 | | 05:26:43.1 |
| | | | | | | | | | | | | | | | | | | | |
| 13 | 13 | Busse, Bret | 102 | Apple Valley, | 3 | 00:30:48.7 | 01:35 | 11 | 00:01:23.2 | 7 | 02:45:44.0 | 20.1 | 8 | 00:00:22.5 | 18 | 02:11:25.2 | 10:01 | | 05:29:43.8 |
| | | | | | | | | | | | | | | | | | | | |
| 14 | 14 | Bienapfl, Jessica | 107 | Robbinsdale, | 21 | 00:52:44.7 | 02:43 | 14 | 00:01:30.9 | 14 | 03:01:37.1 | 18.3 | 5 | 00:00:20.4 | 7 | 01:39:43.2 | 07:36 | | 05:35:56.5 |
| | | | | | | | | | | | | | | | | | | | |
| 15 | 15 | Stachel, Mike | 108 | Forest Lake, MN | 17 | 00:42:39.0 | 02:12 | 9 | 00:01:21.5 | 18 | 03:15:00.5 | 17.0 | 13 | 00:00:31.0 | 4 | 01:36:56.7 | 07:24 | | 05:36:28.8 |
| | | | | | | | | | | | | | | | | | | | |
| 16 | 16 | Meyer, Thomas | 104 | Appleton, WI | 18 | 00:42:41.5 | 02:12 | 8 | 00:01:20.2 | 10 | 02:52:21.4 | 19.3 | 10 | 00:00:27.4 | 16 | 01:59:38.7 | 09:07 | | 05:36:29.4 |
| | | | | | | | | | | | | | | | | | | | |
| 17 | 17 | Euson, Alli | 109 | Edina, MN | 19 | 00:43:09.4 | 02:14 | 22 | 00:03:22.8 | 17 | 03:11:48.4 | 17.3 | 15 | 00:00:32.4 | 14 | 01:51:36.5 | 08:31 | | 05:50:29.7 |

