

**Chisago LakesTriathlon  
Paradise Park  
Chisago City, MN  
Wed, Jul 30, 2008**

**1.2 mi swim**

**55.4 mi bike**

**13.1 mi run**

**Division Results**

White River Sports Timing  
http://itiming.com

Place 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
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**Individual - Half Ironman Triathlon**

Field: 388

**Male Half Ironman Distance**

Division Field: 254

1	Raymond, Rod	48 St. Paul, MN		00:26:36.1	01:22		00:01:05.8		02:16:05.9	24.4		00:00:54.6		01:26:01.3	06:33	04:10:43.8			
2	Carey, Mark	33 Rochester, MN		00:28:26.8	01:28		00:00:51.8		02:14:27.4	24.7		00:00:39.9		01:26:30.4	06:36	04:10:56.5			
3	Holden, David	5 North Hudson,		00:24:22.0	01:15		00:01:02.6		02:18:29.0	24.0		00:00:31.3		01:27:44.9	06:41	04:12:10.0			
4	Penticoff, Scott	16 Woodbury, MN		00:29:24.6	01:31		00:01:19.7		02:16:51.6	24.3		00:00:40.6		01:24:32.5	06:27	04:12:49.1			
5	Thompson, Greg	43		00:25:18.5	01:18		00:01:05.0		02:14:55.0	24.6		00:00:54.2		01:31:33.8	06:59	04:13:46.7			
6	1 Newman, Andy	241 Minneapolis,		00:28:39.4	01:29		00:01:14.1		02:16:32.0	24.3		00:00:53.8		01:28:46.2	06:46	04:16:05.7			
7	1 Mouw,	19 white bear lake,		00:26:37.6	01:22		00:01:06.2		02:21:32.5	23.5		00:00:47.0		01:31:47.8	07:00	04:21:51.3			
8	2 Fields, James	22 Fond du Lac, WI		00:32:13.0	01:40		00:01:21.2		02:18:45.3	24.0		00:00:33.0		01:31:55.9	07:01	04:24:48.5			
9	2 Krenz, Tom	37 Chisago City, MI		00:30:34.2	01:34		00:01:33.2		02:22:06.4	23.4		00:01:26.0		01:30:34.3	06:54	04:26:14.4			
10	1 Juhlin, Todd	363 Mason City, IA		00:27:44.8	01:26		00:01:56.2		02:23:06.7	23.2		00:02:57.8		01:32:42.8	07:04	04:28:28.5			
11	1 Simmons, Matt	11 Moorhead, MN		00:36:04.7	01:52		00:01:33.7		02:22:15.0	23.4		00:01:00.6		01:27:50.3	06:42	04:28:44.6			
12	2 Felling, Jim	46 River Falls, WI		00:34:48.1	01:48		00:01:35.3		02:20:14.5	23.7		00:01:09.5		01:31:33.9	06:59	04:29:21.6			
13	1 Rosenberger,	137 Eleva, WI		00:35:28.7	01:50		00:01:24.4		02:23:07.8	23.2		00:00:50.4		01:29:23.1	06:49	04:30:14.7			
14	2 Olson, Michael	15 Savage, MN		00:30:46.9	01:35		00:02:15.6		02:24:51.2	22.9				03:59:22.6		04:30:28.2			
15	3 Midgarden, Jason	207 Golden Valley,		00:28:25.3	01:28		00:01:44.2		02:25:40.2	22.8		00:01:03.5		01:33:59.3	07:10	04:30:52.7			
16	2 Sosniecki, John	18 River Falls, WI		00:35:36.0	01:50		00:01:30.2		02:19:16.5	23.9		00:00:38.5		01:34:16.1	07:11	04:31:17.6			
17	1 Saunders, David	39 Hastings, MN		00:30:15.4	01:34		00:01:21.5		02:36:18.8	21.3		00:01:04.4		01:22:26.6	06:17	04:31:26.9			
18	3 Mcculloch,	210 St. Louis Park,		00:32:23.7	01:40		00:01:13.8		02:22:10.1	23.4		00:00:42.7		01:35:48.4	07:18	04:32:19.0			
19	4 Isaksen, Borg	26 Brule, WI		00:33:00.4	01:42		00:02:13.8		02:22:36.9	23.3		00:01:24.0		01:34:18.4	07:11	04:33:33.7			
20	4 Fleener, Kyle	319 Austin, MN		00:35:16.8	01:49		00:01:08.8		02:21:48.1	23.4		00:00:53.0		01:34:36.7	07:13	04:33:43.6			
21	3 Lundberg, Dave	145 Woodbury, MN		00:34:10.1	01:46		00:01:34.4		02:19:44.0	23.8		00:01:00.6		01:37:37.1	07:27	04:34:06.3			
22	5 Sawyer, Donald	170 Circle Pines, MN		00:33:18.3	01:43		00:02:20.6		02:25:57.8	22.8		00:00:56.3		01:31:50.9	07:00	04:34:24.0			
23	2 Shulha, Andrew	25 Rochester, MN		00:32:23.7	01:40		00:02:06.2		02:28:58.0	22.3		00:00:51.9		01:30:09.5	06:52	04:34:29.4			
24	6 Koehler, Aaron	38 Minneapolis,		00:31:23.7	01:37		00:02:09.2		02:24:19.7	23.0				04:03:09.6		04:34:54.0			
25	4 Friedrichs, Dan	40 mankato, MN		00:33:27.2	01:43		00:01:10.0		02:24:49.7	23.0		00:00:50.1		01:35:46.1	07:18	04:36:03.2			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike		T-2		3.1 mi run		7/30/2008						
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
26	7 Steffek, Michael	6 Appleton, WI		00:31:56.7	01:39		00:01:37.4		02:23:16.3	23.2		00:00:58.1		01:38:14.8	07:29	04:36:03.4			
27	8 Anderson, Matt	131 Cedar, MN		00:33:31.6	01:44		00:02:09.4		02:21:38.9	23.5		00:01:19.0		01:39:46.0	07:36	04:38:25.2			
28	3 Moyer, Joe	44 Rochester, MN		00:44:36.5	02:18		00:01:34.9		02:16:58.0	24.3		00:00:55.3		01:35:20.9	07:16	04:39:25.8			
29	3 Robb, Jim	78 Maple Grove,		00:33:26.8	01:43		00:02:02.4		02:24:52.8	22.9				04:05:22.5		04:40:34.4			
30	3 Cogger, Ben	351 Washburn, WI		00:42:38.2	02:12		00:01:38.9		02:29:31.6	22.2		00:01:32.4		01:25:46.0	06:32	04:41:07.2			
31	4 Miller, Kevin	214 Shoreview, MN		00:31:07.4	01:36		00:01:15.2		02:24:29.7	23.0		00:01:03.9		01:43:11.7	07:52	04:41:08.0			
32	5 Heikkila, Jay	166 Delano, MN		00:28:46.7	01:29		00:01:42.8		02:31:34.3	21.9		00:00:58.5		01:38:20.1	07:30	04:41:22.6			
33	4 Voss, David	114 minneapolis,		00:34:40.5	01:47		00:01:08.0		02:28:07.8	22.4		00:00:29.3		01:37:31.4	07:26	04:41:57.4			
34	1 Alexander, Terry	344 kaple plain, MN		00:28:41.1	01:29		00:02:08.1		02:25:39.0	22.8		00:01:18.7		01:44:52.7	08:00	04:42:39.7			
35	6 Younker, Stephen	349 Mason City, IA		00:38:20.2	01:59		00:03:02.0		02:29:31.2	22.2		00:01:35.7		01:31:53.5	07:00	04:44:22.8			
36	5 Rogers, Kevin	277 Osceola, WI		00:38:30.6	01:59		00:02:30.5		02:30:38.5	22.1		00:01:35.2		01:31:31.9	06:59	04:44:46.9			
37	2 Gorr, Arth	218 Buffalo, MN		00:38:20.2	01:59		00:02:55.2		02:28:06.6	22.4		00:01:15.6		01:34:17.4	07:11	04:44:55.3			
38	5 Berg, Jeff	227 Mpls, MN		00:39:05.5	02:01		00:01:47.0		02:28:35.4	22.4		00:01:08.9		01:34:24.9	07:12	04:45:01.9			
39	9 Abrams, Brendan	91 Edina, MN		00:37:20.5	01:56		00:01:49.3		02:27:15.4	22.6		00:01:05.5		01:38:09.1	07:29	04:45:40.1			
40	6 Johnson, Jeff	206 Jackson, MN		00:36:18.2	01:52		00:02:48.2		02:30:07.9	22.1		00:01:21.5		01:35:29.4	07:17	04:46:05.4			
41	7 Evans, Mark	92 Minneapolis,		00:40:18.9	02:05		00:01:23.4		02:27:25.5	22.5		00:01:15.8		01:35:47.8	07:18	04:46:11.5			
42	5 Sosa-sol, Mario	184 Minneapolis,		00:33:06.2	01:42		00:01:15.2		02:30:49.3	22.0		00:01:07.0		01:40:09.6	07:38	04:46:27.5			
43	3 Roach, Charlie	41 Lakeville, MN		00:40:15.4	02:05		00:02:11.9		02:32:23.2	21.8				04:06:14.7		04:46:52.1			
44	7 Husband, Shawn	83 Savage, MN		00:41:09.0	02:07		00:02:26.9		02:32:24.3	21.8		00:01:21.8		01:29:46.3	06:51	04:47:08.4			
45	8 Noble, Shawn	150 Iowa City, IA		00:33:17.7	01:43		00:02:30.0		02:27:56.6	22.5		00:01:11.0		01:42:24.4	07:49	04:47:19.9			
46	6 Cronin, Chris	275 Saint Paul, MN		00:35:09.2	01:49		00:02:17.2		02:31:17.7	22.0		00:01:25.1		01:37:11.6	07:25	04:47:20.9			
47	4 Kaczmarek, Mark	31 BROOKFIELD,		00:27:06.1	01:24		00:01:51.6		02:30:43.1	22.1		00:01:51.4		01:46:38.5	08:08	04:48:10.9			
48	1 Colaizy, Michael	7 Osceola, WI		00:40:30.3	02:05		00:01:34.8		02:27:32.8	22.5		00:01:02.8		01:38:15.1	07:30	04:48:56.0			
49	8 Sigler, Sam	30 Appleton, WI		00:32:59.9	01:42		00:01:53.2		02:24:52.8	22.9		00:01:43.0		01:47:36.0	08:12	04:49:05.2			
50	9 Simonson, John	158 Fargo, ND		00:34:04.4	01:45		00:02:12.6		02:31:26.2	21.9		00:01:17.4		01:40:16.5	07:39	04:49:17.4			
51	Ekstrum, Richard	169 Maple Grove,		00:34:04.1	01:45		00:02:01.8		02:26:52.5	22.6		00:00:59.4		01:45:47.1	08:04	04:49:45.0			
52	10 Bittner, Mark	357 Bruce, WI		00:36:10.9	01:52		00:01:35.1		02:23:48.4	23.1		00:01:15.6		01:47:03.0	08:10	04:49:53.2			
53	9 Zindel, Shane	306 Roseville, MN		00:37:24.0	01:56		00:02:22.4		02:30:58.7	22.0		00:01:11.4		01:38:25.6	07:30	04:50:22.4			
54	7 Drevlow, Corey	186 Golden Valley,		00:35:08.0	01:49		00:02:23.8		02:36:30.4	21.2		00:02:15.3		01:34:12.6	07:11	04:50:30.3			
55	10 Wrabetz, Brian	192 Oakdale, MN		00:28:26.9	01:28		00:01:20.9		02:25:10.4	22.9		00:01:17.4		01:54:49.7	08:45	04:51:05.5			
56	8 Bzdusek, Peter	10 minneapolis,		00:29:52.6	01:32		00:01:55.4		02:33:42.5	21.6		00:00:46.9		01:46:21.7	08:07	04:52:39.4			
57	4 Strzok, Ladislaus	50 Washburn, WI		00:31:05.7	01:36		00:01:09.3		02:32:17.7	21.8		00:01:00.9		01:47:13.5	08:11	04:52:47.3			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008					
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
58	11 Aguilar, Todd	284 Rochester, MN		00:38:24.5	01:59		00:01:28.7		02:32:20.8	21.8		00:01:27.6		01:39:57.3	07:37	04:53:39.0			
59	11 Graham, Nicholas	371 Minneapolis,		00:40:34.2	02:06		00:01:31.1		02:29:59.9	22.2		00:01:08.4		01:40:27.9	07:40	04:53:41.8			
60	6 Cable, Nick	228 Lodi, WI		00:42:17.0	02:11		00:01:09.8		02:28:38.4	22.4		00:01:13.1		01:40:37.5	07:40	04:53:55.9			
61	12 Amaya, Jairo	260 St. Paul, MN		00:40:30.1	02:05		00:02:02.6		02:31:29.9	21.9		00:01:32.7		01:38:25.9	07:30	04:54:01.4			
62	7 Schultz, James	74 Shorewood, MN		00:41:45.3	02:09		00:03:18.0		02:24:07.5	23.1		00:02:13.9		01:43:01.1	07:51	04:54:26.1			
63	13 Crowe, Jason	329 Newark, IL		00:44:24.4	02:17		00:02:25.1		02:30:54.5	22.0		00:02:24.2		01:35:11.6	07:16	04:55:20.0			
64	14 Olsen, David	204 Blue Earth, MN		00:36:51.9	01:54		00:01:57.1		02:29:33.2	22.2		00:01:38.2		01:45:55.9	08:05	04:55:56.4			
65	15 Ankrum, Adam	323 Crivitz, WI		00:41:33.2	02:09		00:02:39.5		02:25:44.7	22.8		00:01:13.3		01:44:47.8	07:59	04:55:58.7			
66	12 Surprise, Johnny	201 St. Paul, MN		00:33:51.6	01:45		00:01:36.1		02:27:39.8	22.5		00:01:23.6		01:51:54.2	08:32	04:56:25.4			
67	13 Bowers, Michael	125 Bartlett, IL		00:33:09.7	01:43		00:01:59.1		02:32:04.0	21.9		00:01:15.3		01:48:25.4	08:16	04:56:53.7			
68	9 Hanson, Ben	181 Princeton, MN		00:35:48.1	01:51		00:01:42.0		02:27:36.3	22.5		00:00:51.4		01:52:11.9	08:33	04:58:09.9			
69	14 Chabot, Philippe	342 Winnipeg, MB		00:30:26.0	01:34		00:01:25.8		02:34:08.4	21.6		00:01:18.7		01:52:03.3	08:33	04:59:22.5			
70	10 Danahy, Mark	268 raleigh, NC		00:31:41.4	01:38		00:01:46.5		02:33:31.3	21.7		00:01:34.3		01:51:24.7	08:30	04:59:58.4			
71	8 Miller, Cris	62 Champlin, MN		00:35:44.8	01:51		00:02:29.4		02:30:54.8	22.0		00:01:04.0		01:52:51.4	08:36	05:03:04.6			
72	5 Fillipi, Pete	138 Madison, WI		00:36:41.7	01:54		00:02:05.7		02:31:48.0	21.9		00:00:49.6		01:51:52.6	08:32	05:03:17.8			
73	5 Thrush, Timothy	369 , WI		00:34:42.2	01:47		00:02:01.1		02:40:03.0	20.8		00:01:35.9		01:44:57.7	08:00	05:03:20.1			
74	15 Essma, Nicholas	372 Edina, MN		00:33:51.1	01:45		00:01:55.2		02:29:32.7	22.2		00:05:11.4		01:53:10.3	08:38	05:03:41.0			
75	2 Harris, Mark	189 Maplewood, MN		00:41:36.3	02:09		00:01:55.5		02:26:34.3	22.7		00:01:20.6		01:52:28.2	08:35	05:03:55.0			
76	16 Finn, Sean	134 Savage, MN		00:39:30.5	02:02		00:02:13.4		02:39:02.3	20.9		00:01:08.5		01:42:39.3	07:50	05:04:34.1			
77	16 Trelstad, Steve	183 Minnetonka, MN		00:33:16.4	01:43		00:03:55.1		02:32:37.6	21.8		00:02:10.5		01:52:35.0	08:35	05:04:34.7			
78	10 Schmidt, Luke	252 Madison, WI		00:37:34.0	01:56		00:03:16.9		02:36:43.4	21.2		00:01:56.9		01:46:09.8	08:06	05:05:41.3			
79	17 Avelar, Derrick	176 Minnetrista, MN		00:36:33.9	01:53		00:01:49.4		02:33:17.2	21.7		00:01:46.9		01:52:17.3	08:34	05:05:44.9			
80	17 Smith, Dan	245 Blaine, MN		00:41:04.8	02:07		00:03:12.6		02:25:39.4	22.8		00:01:47.3		01:54:17.3	08:43	05:06:01.7			
81	6 Ziegler, Connor	310 Saint Peter, MN		00:26:09.6	01:21		00:02:43.3		02:50:01.6	19.5		00:01:25.2		01:46:02.9	08:05	05:06:22.8			
82	6 Kimbrell, Gary	128 Duluth, MN		00:31:44.4	01:38		00:02:14.6		02:39:55.6	20.8		00:01:05.0		01:52:00.0	08:32	05:06:59.8			
83	11 Neary, Andrew	338 Pewaukee, WI		00:32:08.1	01:39		00:02:05.4		02:34:42.3	21.5		00:01:19.4		01:57:38.6	08:58	05:07:53.9			
84	9 Frakes, Drew	320 St Louis Park,		00:39:05.0	02:01		00:02:18.5		02:36:36.2	21.2		00:00:54.0		01:49:08.7	08:19	05:08:02.6			
85	18 Brenneke, Jeff	311 Cottage Grove,		00:35:56.7	01:51		00:01:23.2		02:32:13.8	21.8		00:01:22.2		01:57:22.5	08:57	05:08:18.5			
86	19 Ryan, Joe	225 Rochester, MN		00:44:15.5	02:17		00:02:11.2		02:37:13.4	21.1		00:00:25.9		01:44:46.7	07:59	05:08:52.9			
87	20 Carlson, Mick	61 Apple Valley,		00:43:30.4	02:15		00:01:51.0		02:30:02.2	22.2		00:00:20.1		01:53:10.5	08:38	05:08:54.5			
88	21 Jensen, Jonathan	215 Minnetonka, MN		00:35:05.8	01:49		00:01:22.3		02:26:43.7	22.7		00:00:58.7		02:04:56.4	09:32	05:09:06.9			
89	11 Malvick, Reed	178 St. Louis Park,		00:33:28.7	01:44		00:02:42.9		02:29:46.1	22.2		00:03:37.2		01:59:32.0	09:07	05:09:07.2			

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008			
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
90	12 Miner, Paul	237 Duluth, MN		00:32:26.5	01:40		00:02:28.7		02:27:37.0	22.5		00:01:53.5		02:04:45.9	09:31	05:09:11.9		
91	13 Miner, Peter	236 Duluth, MN		00:34:34.6	01:47		00:02:24.0		02:25:34.5	22.8				04:34:14.3		05:09:12.4		
92	12 Brown, Joshua	286 Plymouth, MN		00:44:48.6	02:19		00:02:15.0		02:43:03.6	20.4		00:01:27.7		01:37:47.7	07:27	05:09:22.7		
93	18 Hobbs, Jim	197 Maple Grove,		00:39:46.4	02:03		00:04:27.1		02:33:27.4	21.7		00:03:38.1		01:48:22.5	08:16	05:09:41.6		
94	13 Swendseid, Travis	298 St. Louis Park,		00:37:07.5	01:55		00:02:04.3		02:36:47.2	21.2		00:01:38.3		01:52:32.9	08:35	05:10:10.4		
95	14 Citrowske, Bryan	361 Minnetonka, MN		00:36:12.9	01:52		00:02:43.4		02:37:52.8	21.1		00:02:07.0		01:51:22.8	08:30	05:10:19.1		
96	7 Ramberg, Nicholas	296 North Branch,		00:44:07.0	02:17		00:03:29.6		02:49:03.2	19.7		00:01:30.1		01:32:39.0	07:04	05:10:49.1		
97	22 martinez, michael	373 inver grove		00:38:54.8	02:00		00:02:36.8		02:43:16.4	20.4		00:01:38.6		01:44:57.2	08:00	05:11:24.1		
98	10 Dalgaard, Erik	32 Champlin, MN		00:36:07.4	01:52		00:05:56.0		02:45:32.7	20.1		00:02:05.7		01:42:37.9	07:50	05:12:20.0		
99	23 Miller, Bob	274 Rochester, MN		00:38:05.2	01:58		00:03:02.3		02:45:58.3	20.0		00:01:37.2		01:44:19.2	07:57	05:13:02.3		
100	14 Erickson, Jake	247 Bloomington,		00:42:03.4	02:10		00:03:57.9							04:27:46.4		05:13:04.6		
101	15 Deshitsa, Roman	335 Blaine, MN		00:33:47.3	01:44		00:01:54.0		02:41:50.9	20.5		00:01:39.7		01:54:32.1	08:44	05:13:44.2		
102	24 Sutherland,	217 Saint Paul, MN		00:37:28.1	01:56		00:01:23.2		02:39:52.5	20.8		00:00:41.4		01:55:03.4	08:46	05:14:28.7		
103	15 Dixon, Bryan	187 Buffalo, MN		00:38:21.6	01:59		00:05:15.6		02:39:44.6	20.8		00:04:23.4		01:46:43.6	08:08	05:14:29.0		
104	19 Epshteyn, Igor	254 Plymouth, MN		00:38:52.7	02:00		00:02:33.4		02:29:44.1	22.2		00:01:41.5		02:02:12.0	09:19	05:15:03.8		
105	16 Weiland, Marty	318 Lakeville, MN		00:43:26.3	02:14		00:02:29.2		02:34:26.7	21.5		00:01:48.9		01:53:14.0	08:38	05:15:25.4		
106	20 Bock, Jonas	102 Madison, WI		00:40:03.9	02:04		00:01:36.9		02:31:52.5	21.9		00:00:43.0		02:01:58.8	09:18	05:16:15.3		
107	7 Miner, Jim	235 Duluth, MN		00:37:34.8	01:56		00:02:21.0		02:35:04.7	21.4		00:02:19.8		01:59:06.5	09:05	05:16:27.0		
108	11 Phillips, John	118 Edden Prairie,		00:31:28.8	01:37		00:01:49.7		02:35:06.8	21.4		00:00:47.4		02:08:45.9	09:49	05:17:58.8		
109	21 Tortelli, Jeffrey	267 Minneapolis,		00:33:49.6	01:45		00:02:15.1		02:41:04.4	20.6		00:01:39.2		01:59:26.2	09:07	05:18:14.7		
110	17 Frantal, Robbie	124 saint peter, MN		00:41:04.6	02:07		00:03:10.6		02:42:10.6	20.5		00:01:50.1		01:50:31.7	08:26	05:18:47.8		
111	22 Douglas, Michael	305 Bennington, NE		00:52:16.5	02:42		00:03:02.9		02:31:30.5	21.9		00:01:34.3		01:50:35.4	08:26	05:18:59.7		
112	16 Priess, Matthew	199 Minneapolis,		00:40:27.6	02:05		00:03:03.3		02:36:05.9	21.3		00:02:05.0		01:57:57.8	09:00	05:19:39.9		
113	18 Jones, Brennan	321 Minneapolis,		00:40:32.7	02:05		00:01:52.3		02:28:26.2	22.4		00:01:48.3		02:07:04.4	09:42	05:19:44.0		
114	23 Bowers, James	281 Verona, WI		00:36:50.3	01:54		00:02:57.3		02:33:06.1	21.7		00:02:31.4		02:04:27.7	09:30	05:19:53.1		
115	24 Imig, Ken	330 New Berlin, WI		00:39:21.7	02:02		00:02:03.1		02:41:53.4	20.5		00:01:38.1		01:55:04.9	08:47	05:20:01.3		
116	8 Wynveen, Doug	164 Osceola, WI		00:43:15.6	02:14		00:02:24.5		02:45:06.7	20.1		00:02:21.4		01:47:48.5	08:13	05:20:57.0		
117	1 Ulrey, Andrew	360 North Oak, MN		00:28:31.6	01:28		00:03:36.5		02:51:00.0	19.4		00:02:35.0		01:57:08.8	08:56	05:22:52.1		
118	2 Ulrey, Michael	359 North Oak, MN		00:30:18.4	01:34		00:01:52.6		02:51:57.3	19.3		00:01:34.2		01:57:09.5	08:56	05:22:52.2		
119	25 Smrdel, Brian	143 White Bear		00:38:54.2	02:00		00:03:01.4		02:46:14.2	20.0		00:02:02.7		01:52:59.7	08:37	05:23:12.5		
120	12 Hall, Robb	72 Chanhassen,		00:38:33.5	01:59		00:02:04.9		02:42:43.1	20.4		00:01:20.9		01:59:08.5	09:05	05:23:51.1		
121	3 Pautsch, Gregory	287 Chippewa Falls,		00:45:58.7	02:22		00:03:32.2		02:28:49.9	22.3		00:02:47.9		02:03:05.8	09:23	05:24:14.6		

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008				
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
122	19 Williams, Nathan	208 Whitefish, MT		00:29:29.0	01:31		00:02:10.4		02:41:33.6	20.6		00:02:38.9		02:09:17.2	09:52	05:25:09.3		
123	25 Frings, Roger	66 Ridgeway, WI		00:37:26.1	01:56		00:05:11.5		02:33:46.9	21.6		00:02:32.8		02:06:18.3	09:38	05:25:15.9		
124	8 Ferguson, Chad	198 St Louis Park,		00:41:18.4	02:08		00:03:12.8		02:44:29.2	20.2		00:02:47.7		01:54:58.8	08:46	05:26:47.1		
125	20 Ebertowski, Aaron	115 Buffalo, MN		00:35:11.7	01:49		00:01:11.1		02:35:15.3	21.4		00:01:21.9		02:13:52.0	10:13	05:26:52.3		
126	26 Hofstad, Michael	257 Golden Valley,		00:34:47.2	01:48		00:02:47.9		02:47:12.3	19.9		00:01:28.7		02:00:49.1	09:13	05:27:05.4		
127	3 Gregory, Joel	36 Richmond, MN		00:30:28.1	01:34		00:01:45.0		02:54:00.6	19.1		00:01:32.1		02:01:26.8	09:16	05:29:12.7		
128	27 Gillies, Steve	190 Savage, MN		00:32:32.9	01:41		00:01:52.0		02:36:30.3	21.2		00:02:33.4		02:16:57.8	10:27	05:30:26.6		
129	21 Pula, Sean	355 Plymouth, MN		00:41:45.4	02:09		00:01:57.7		02:39:44.2	20.8		00:01:26.6		02:06:05.0	09:37	05:30:59.1		
130	17 Schultz, Chris	188 Rochester, MN		00:43:30.5	02:15		00:03:58.6		02:47:57.7	19.8		00:03:34.5		01:52:23.9	08:34	05:31:25.4		
131	26 Foster, Seth	107		00:37:41.9	01:57		00:02:43.0		02:44:50.0	20.2		00:02:02.0		02:04:15.2	09:29	05:31:32.3		
132	28 Loidolt, Neal	249 Brooklyn Park,		00:45:55.6	02:22		00:04:31.5		02:50:03.3	19.5		00:02:18.8		01:51:27.6	08:30	05:34:17.0		
133	29 Tatarka,	341 woodbury, MN		00:42:52.5	02:13		00:03:13.2		02:48:44.7	19.7		00:01:56.1		01:58:13.5	09:01	05:35:00.2		
134	9 Kelly, Brian	209 MINNEAPOLIS,		00:34:41.2	01:47		00:03:13.8		02:49:19.6	19.6		00:02:59.0		02:05:40.4	09:35	05:35:54.2		
135	27 Hollenback, Brian	375		00:44:01.6	02:16		00:03:56.9		02:51:43.7	19.4		00:04:10.8		01:53:11.6	08:38	05:37:04.7		
136	10 Linscheid, Eric	265 Kodiak,, AK		00:41:09.0	02:07		00:02:16.2		02:51:52.5	19.3		00:01:41.2		02:00:21.5	09:11	05:37:20.5		
137	22 Rupprecht, Brad	362 Minneapolis,		00:35:58.0	01:51		00:03:35.0		02:46:34.9	20.0		00:02:23.8		02:08:52.8	09:50	05:37:24.8		
138	30 Deihl, Kiffin	104 New Prague,		00:40:43.6	02:06		00:04:13.0		02:59:52.6	18.5		00:01:52.8		01:51:25.3	08:30	05:38:07.6		
139	9 Mikkelson, Daniel	232 Plymouth, MN		00:29:48.2	01:32		00:03:00.2		02:54:19.1	19.1		00:01:20.6		02:09:41.2	09:53	05:38:09.5		
140	28 Nelson, Matthew	322 Edina, MN		00:40:59.5	02:07		00:04:28.7		02:47:49.7	19.8		00:02:56.0		02:04:56.5	09:32	05:41:10.6		
141	31 Julson, Charles	297 Bloomington,		00:34:54.1	01:48		00:01:53.9		02:52:24.8	19.3		00:02:37.2		02:09:24.2	09:52	05:41:14.5		
142	29 Burnett, Jamie	139 Minneapolis,		00:45:45.9	02:22		00:01:27.9		02:44:58.7	20.1		00:01:36.7		02:07:42.9	09:44	05:41:32.4		
143	30 martinez, michael	370 inver grove		00:42:23.2	02:11		00:03:59.5		02:55:02.1	19.0		00:02:15.3		01:58:47.2	09:04	05:42:27.5		
144	32 Kegle, Edward	367 forest lake, MN		00:40:26.0	02:05		00:03:20.2		02:52:24.0	19.3		00:01:49.5		02:04:30.6	09:30	05:42:30.5		
145	4 Blau, Danny	328 Waukesha, WI		00:49:06.4	02:32		00:03:02.4		02:41:08.5	20.6		00:02:09.4		02:07:05.7	09:42	05:42:32.6		
146	31 Logue, Bryan	56 New Prague,		00:35:21.3	01:49		00:02:21.5		02:43:20.8	20.3		00:00:36.8		02:21:02.4	10:45	05:42:43.0		
147	33 Chetek, Howard	132 Rosemount, MN		00:39:38.2	02:03		00:05:14.1		02:43:23.7	20.3		00:03:07.2		02:12:39.0	10:07	05:44:02.4		
148	32 Hansen, Derek	325 Lakeville, MN		00:36:12.0	01:52		00:03:06.4		02:37:31.2	21.1		00:01:48.2		02:26:21.9	11:10	05:45:00.0		
149	33 Gallaton, Peter	243 Sacndia, MN		00:35:35.3	01:50		00:02:30.8		02:51:56.8	19.3		00:01:11.4		02:14:33.7	10:16	05:45:48.1		
150	34 Citrowske, Scott	269 Eden Prairie,		00:45:13.5	02:20		00:03:51.7		03:05:00.3	18.0		00:02:26.4		01:49:57.1	08:23	05:46:29.1		
151	34 Mejia, Matt	202 St. Paul, MN		00:39:23.7	02:02		00:02:46.7		02:36:04.3	21.3		00:02:28.4		02:27:10.4	11:14	05:47:53.8		
152	23 Kingsley, Kyle	315 Minneapolis,		00:40:29.7	02:05		00:03:51.1		02:42:36.1	20.4		00:02:28.0		02:19:05.2	10:37	05:48:30.3		
153	18 Stafford, Erik	276 Fort Atkinson,		00:39:31.2	02:02		00:03:24.5		02:44:36.1	20.2		00:03:54.9		02:17:12.0	10:28	05:48:38.8		

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike		T-2		3.1 mi run		7/30/2008						
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
154	35 Peitso, Lance	93 Circle Pines, MN		00:38:46.3	02:00		00:02:40.4		02:47:18.1	19.9		00:02:04.1		02:17:59.3	10:32	05:48:48.4			
155	13 Pofert, Chris	280 Eden Prairie,		00:42:20.6	02:11		00:02:17.2		02:41:23.4	20.6		00:02:43.8		02:22:46.4	10:53	05:51:31.7			
156	35 Younger, Robert	105 Maple Grove,		00:36:02.1	01:51		00:03:12.6		02:42:26.3	20.5		00:02:37.1		02:28:00.6	11:17	05:52:18.9			
157	19 Ho, Benjamin	82 Minneapolis,		00:46:37.0	02:24		00:02:25.2		03:12:52.6	17.2		00:02:36.3		01:48:08.0	08:15	05:52:39.2			
158	36 Atan, Ahmet	242 St. Louis Park,		00:47:55.9	02:28		00:04:43.9		02:51:52.6	19.3		00:03:09.0		02:07:32.6	09:44	05:55:14.3			
159	24 Mcginnis, Sean	27 Minneapolis,		00:37:54.4	01:57		00:02:33.2		02:50:42.3	19.5		00:01:30.6		02:24:41.5	11:02	05:57:22.2			
160	20 Wilson, Peter	347 Lindstrom, MN		00:40:07.9	02:04		00:03:51.6		02:51:34.9	19.4		00:02:03.9		02:20:31.1	10:43	05:58:09.7			
161	36 Smith, Adam	159 Bloomington,		00:43:13.4	02:14		00:02:15.6		02:44:32.2	20.2		00:01:36.7		02:30:12.4	11:27	06:01:50.6			
162	1 Gryskiewicz, Joe	364 Edina, MN		00:42:20.1	02:11		00:04:05.6		03:04:37.8	18.0		00:02:43.7		02:09:10.1	09:51	06:02:57.6			
163	37 Smith, Mark	216 Coon Rapids,		00:51:42.3	02:40		00:02:48.3		02:42:26.3	20.5		00:01:24.9		02:27:07.7	11:13	06:05:29.7			
164	38 Wilson, Kevin	191 South St Paul,		00:43:25.6	02:14		00:04:22.9		02:58:06.1	18.7		00:03:08.0		02:17:30.5	10:29	06:06:33.2			
165	14 Heskin, Paul	129 Savage, MN		00:38:27.2	01:59		00:03:50.8		02:56:06.5	18.9		00:01:58.8		02:27:43.3	11:16	06:08:06.8			
166	25 Smith, Jason	160 Woodbury, MN		00:36:01.5	01:51		00:02:41.6		02:55:38.0	18.9		00:02:01.1		02:33:07.4	11:41	06:09:29.8			
167	10 Morrison,	266 Hastings, MN		00:35:54.0	01:51		00:01:50.3		03:00:58.3	18.4		00:00:51.5		02:31:29.6	11:33	06:11:03.9			
168	15 Sokola, Gary	196 White Bear		00:37:27.5	01:56		00:03:48.6		02:47:02.9	19.9		00:04:00.1		02:39:59.5	12:12	06:12:18.7			
169	26 Mendel, Daniel	272 Richfield, MN		00:36:56.9	01:54		00:02:32.5		02:46:48.8	19.9		00:01:57.2		02:44:12.7	12:32	06:12:28.3			
170	27 Hernke, Jason	292 West Allis, WI		00:47:10.4	02:26		00:02:25.2		03:06:12.5	17.9		00:01:52.0		02:14:52.3	10:17	06:12:32.6			
171	37 Peltier, Bruce	14 Hartland, WI		00:48:58.6	02:32		00:01:19.9		02:34:31.3	21.5		00:00:56.8		02:47:51.5	12:48	06:13:38.3			
172	11 Turman, Dana	343 Lindstrom, WI		00:39:05.5	02:01		00:04:52.4		03:02:49.4	18.2		00:02:11.3		02:24:57.1	11:03	06:13:56.0			
173	11 Kovash, Jesse	220 bloomington,		00:46:06.8	02:23		00:02:43.9		02:58:43.6	18.6		00:01:41.8		02:28:44.6	11:21	06:18:00.9			
174	12 Wernersbach,	200 Zimmerman, MN		00:43:28.9	02:15		00:05:06.1		03:20:14.5	16.6		00:02:11.7		02:07:23.8	09:43	06:18:25.2			
175	28 Spencer, Ryan	222 Blaine, MN		00:45:05.5	02:20		00:05:03.7		03:21:48.2	16.5		00:02:32.2		02:05:30.2	09:34	06:20:00.0			
176	2 Fox, Barry	179 St Paul, MN		00:48:04.9	02:29		00:03:00.5		03:05:41.7	17.9		00:04:29.2		02:21:07.6	10:46	06:22:24.1			
177	38 Mcdonough,	171 Cottage Grove,		00:42:19.8	02:11		00:07:24.4		03:06:18.6	17.8		00:03:42.8		02:24:03.4	10:59	06:23:49.2			
178	16 Virga, J.	348 Luck, WI		00:45:39.4	02:21		00:04:05.0		03:17:49.6	16.8		00:02:00.8		02:15:02.6	10:18	06:24:37.6			
179	21 Davis, Tom	368 St. Paul, MN		00:47:41.7	02:28		00:02:06.6		03:04:10.1	18.0		00:05:15.1		02:25:30.7	11:06	06:24:44.3			
180	39 Holmes, Brian	332 St Louis Park,		00:39:12.4	02:01		00:05:15.6		03:01:48.4	18.3		00:02:45.8		02:35:42.6	11:53	06:24:45.0			
181	40 Van	101 Prior Lake, MN		00:48:01.1	02:29		00:02:04.0		02:53:04.3	19.2		00:01:31.7		02:40:25.2	12:14	06:25:06.4			
182	41 Slattengren, Chad	194 New Hope, MN		00:33:38.2	01:44		00:03:39.6		02:46:29.2	20.0		00:03:22.7		02:59:28.5	13:42	06:26:38.4			
183	39 Toelle, Dan	229 Fargo, ND		00:42:59.5	02:13		00:06:36.5		03:29:52.1	15.8		00:01:35.3		02:05:49.6	09:36	06:26:53.2			
184	13 Rotondo, David	246 Minneapolis,		00:55:48.6	02:53		00:02:57.6		02:52:27.2	19.3		00:02:36.0		02:34:09.6	11:46	06:27:59.2			
185	4 Heffernan, David	117 Minneapolis,		00:52:20.3	02:42		00:04:39.8		03:03:40.4	18.1		00:05:19.5		02:22:41.9	10:53	06:28:42.1			

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4 mi bike			T-2		3.1 mi run			7/30/2008		
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
186	12 Lin, Kevin	146 Madison, WI		00:55:25.1	02:52		00:02:41.0		03:05:09.1	18.0		00:02:18.6		02:23:31.6	10:57	06:29:05.5		
187	13 Schuler, Tyler	270 Chisago City,		00:37:08.1	01:55		00:01:55.9		03:09:35.7	17.5		00:02:37.1		02:40:12.1	12:13	06:31:29.0		
188	17 Kliewer, Bradley	73 Minneapolis,		00:49:18.7	02:33		00:04:32.3		03:08:09.0	17.7		00:03:09.4		02:26:46.8	11:12	06:31:56.5		
189	14 Schuler, Trevor	271 Chisago City,		00:38:07.0	01:58		00:03:31.1		03:07:03.1	17.8		00:02:41.2		02:53:51.7	13:16	06:45:14.3		
190	29 Barfknecht,	123 New Brighton,		00:41:47.7	02:09		00:05:28.5		03:14:11.2	17.1		00:05:40.1		02:43:18.7	12:27	06:50:26.4		
191	40 Norris, Karl	307 New Berlin, WI		00:41:52.7	02:10		00:04:21.4		02:51:42.5	19.4		00:02:40.0		03:14:00.9	14:48	06:54:37.8		
192	18 Adams, Ron	193 andover, MN		00:53:55.1	02:47		00:05:45.7		03:48:23.0	14.6		00:03:01.2		02:08:41.5	09:49	06:59:46.8		
	Thompson, David	1 St Paul, MN		00:24:57.9			00:00:45.8		02:03:59.5	26.8		00:00:32.4				DNF		
	Benson, Jason	308 Wyoming, MN		00:40:16.7			00:01:27.6									DNF		
	Moxnihan, Brian	317 Apple Valley, MI		00:28:42.2			00:01:52.9		02:11:04.4	25.4						DNF		
	Ojala, Ladd	333 Minneapolis,		00:35:06.2			00:01:37.4									DNF		
	Lundquist, Nick	290 Minneapolis,		00:39:18.3			00:02:15.0									DNF		
	Mckenzie, Robert	195 Maple Grove,		00:36:11.2			00:01:54.4									DNF		
	Hoaby, Tod	122 Golden VALley,		01:04:07.6			00:04:07.4		03:32:01.2	15.7		00:05:03.8				DNF		
	Hankee, Michael	24 Lino Lakes, MN		00:35:22.4			00:01:19.4		02:33:20.5	21.7						DNF		
	Davis, Craig	47 Mounds View,		00:33:39.8			00:02:18.0		02:33:38.9	21.6		00:26:40.7				DNF		
	NEED NAME,	352														DNS		
	NEED NAME,	353 Maple Grove,														DNS		
	NEED NAME,	365 , WI														DNS		
	NEED NAME,	377 , MN														DNS		
	NEED NAME,	378 , WI														DNS		
	NEED NAME,	379 , WI														DNS		
	NEED NAME,	380														DNS		
	NEED NAME,	381 , MN														DNS		
	NEED NAME,	382 , MN														DNS		
	NEED NAME,	383 , MN														DNS		
	NEED NAME,	384 , MN														DNS		
	NEED NAME,	385 , MN														DNS		
	NEED NAME,	386 , MN														DNS		
	NEED NAME,	387 , MN														DNS		
	NEED NAME,	388 , Mn														DNS		
	NEED NAME,	389 , MN														DNS		
	NEED NAME,	390 , Mn														DNS		

Individual - Half Ironman Triathlon			1.2 mi swim	T-1	5.4 mi bike	T-2	3.1 mi run	7/30/2008											
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
	NEED NAME,	391 , MN																	DNS
	NEED NAME,	392 , Mn																	DNS
	NEED NAME,	393 , MN																	DNS
	NEED NAME,	394 , MN																	DNS
	NEED NAME,	395 , MN																	DNS
	NEED NAME,	396 , MN																	DNS
	NEED NAME,	397 , MN																	DNS
	NEED NAME,	398 , MN																	DNS
	NEED NAME,	399 , MN																	DNS
	NEED NAME,	400																	DNS
	Marquez, Jorge	212 North Mankato,																	DNS
	Holm, Andrew	151 Minneapolis,																	DNS
	Watson, Tony	152 Minneapolis,																	DNS
	Lees, Timmy	167 Mound, MN																	DNS
	Becker, Richard	108 Madison, WI																	DNS
	Holgate, Aaron	111 Minneapolis,																	DNS
	Ebeling, Mark	116 Bloomington,																	DNS
	Cossack, David	148 vadnais hts, MD																	DNS
	Mccormick, Jim	57 Coon Rapids,																	DNS
	Yopp, John	58 Minneapolis,																	DNS
	Langer, Paul	59 Minneapolis,																	DNS
	Litzinger, John	70 Roseville, MN																	DNS
	Bryant, Rob	75 St Paul, MN																	DNS
	Walch, Michael	87 St. Paul, MN																	DNS
	Kittleson, David	89 White Bear																	DNS
	Dornfeld, Glen	96 Winona, MN																	DNS
	Jack, David	97 Lake Elmo, MN																	DNS
	Stoebner, Jeffrey	98 St. Paul, MN																	DNS
	NEED NAME,	99 St Louis Park,																	DNS
	Jacobson, Arthur	100 Bloomington,																	DNS
	Preckel, Kevin	9 duluth, MN																	DNS
	Garver, Eugene	12 Sartell, MN																	DNS
	Pedersen, Joseph	28 lindstrom, MN																	DNS
	Taylor, Gregory	42 mankato, MN																	DNS

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008					
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
	NEED NAME,	49 Chisago City,														DNS			
	Opstad, Mel	81 Big Lake,		01:13:46.0			00:20:02.1									Valid			

### Female Half Ironman Distance

Division Field: 119

1	Hull, Julie	2 Farmington, MN		00:33:18.2	01:43		00:01:17.7		02:25:57.0	22.8		00:00:23.3		01:36:17.6	07:21	04:37:13.9			
2	McGaver, Marlo	17 Duluth, MN		00:39:41.6	02:03		00:01:20.0		02:18:32.6	24.0		00:00:53.6		01:40:49.3	07:41	04:41:17.3			
3	Youngberg, Becky	4 Eden Prarie, MN		00:30:27.2	01:34		00:01:15.1		02:36:52.2	21.2		00:00:56.1		01:32:34.8	07:04	04:42:05.6			
4	Andres, Michelle	3 East Gull Lake,		00:34:50.8	01:48		00:01:04.2		02:30:40.6	22.1		00:00:38.3		01:35:32.4	07:17	04:42:46.4			
5	Hankee, Diane	23 Lino Lakes, MN		00:35:27.2	01:50		00:01:15.0		02:29:41.5	22.2				04:11:44.4		04:47:29.7			
6	1 Visto, Erica	314 Minneapolis,		00:38:07.5	01:58		00:01:35.7		02:32:25.4	21.8		00:01:10.3		01:40:12.3	07:38	04:53:31.4			
7	1 Burdick, Becky	13 Minneapolis,		00:31:50.6	01:38		00:02:00.5		02:35:23.6	21.4		00:00:57.3		01:44:30.7	07:58	04:54:42.9			
8	1 Migay, Marcia	309 Thunder Bay,		00:30:41.7	01:35		00:02:10.5		02:39:04.5	20.9		00:01:29.3		01:44:24.4	07:58	04:57:50.5			
9	2 Misner, Jamie	35 St.Paul, MN		00:31:48.5	01:38		00:01:37.8		02:38:49.5	20.9		00:01:30.1		01:48:40.2	08:17	05:02:26.4			
10	1 Mouw, Suzann	20 white bear lake,		00:31:04.4	01:36		00:01:23.2		02:37:51.7	21.1		00:01:02.8		01:55:51.2	08:50	05:07:13.3			
11	3 Lindberg, Anne	291 Minneapolis,		00:30:34.4	01:35		00:02:33.9		02:43:17.3	20.4		00:02:05.2		01:49:03.6	08:19	05:07:34.7			
12	1 Robb, Heidi	76 Maple Grove,		00:39:51.3	02:03		00:01:36.8		02:37:17.1	21.1		00:00:22.7		01:49:04.0	08:19	05:08:12.1			
13	2 Lindstrom, Tiffany	324 Woodbury, MN		00:35:07.9	01:49		00:02:25.8		02:46:41.1	19.9		00:01:16.5		01:43:32.7	07:54	05:09:04.2			
14	3 Bronson, Leanne	230 Superior, WI		00:34:56.6	01:48		00:01:36.4		02:34:18.4	21.5		00:01:09.1		01:57:10.7	08:56	05:09:11.4			
15	4 Pastorius, Katie	45 Arden Hills, MN		00:36:54.8	01:54		00:01:17.4		02:33:20.2	21.7		00:00:41.2		01:57:26.9	08:57	05:09:40.6			
16	5 Ault, Kimberly	71 Plymouth, MN		00:33:41.8	01:44		00:01:35.3		02:35:30.6	21.4		00:01:10.1		01:58:24.7	09:02	05:10:22.7			
17	2 Persons, Kerri	331 Duluth, MN		00:34:13.7	01:46		00:01:48.3		02:40:49.7	20.7		00:01:32.5		01:52:44.6	08:36	05:11:09.0			
18	3 Aron, Carol	283 Bismark, ND		00:38:57.9	02:01		00:02:33.2		02:38:41.8	20.9		00:01:31.1		01:50:26.4	08:25	05:12:10.6			
19	2 Buenting, Christa	233 Moline, IL		00:40:42.5	02:06		00:02:30.7		02:39:18.7	20.9		00:01:05.9		01:49:30.9	08:21	05:13:08.8			
20	4 Carlson, Michelle	8 Maple Grove,		00:29:14.0	01:30		00:01:45.1		02:36:54.2	21.2		00:00:54.0		02:05:09.1	09:33	05:13:56.6			
21	5 Sellke, Mary	168 Golden Valley,		00:34:13.1	01:46		00:01:20.4		02:39:26.1	20.8		00:01:16.5		01:58:01.4	09:00	05:14:17.7			
22	3 Kolenz, Kris	231 Duluth, ID		00:34:02.5	01:45		00:01:46.4		02:45:15.4	20.1		00:01:40.7		01:53:41.9	08:40	05:16:27.1			
23	6 Olsen, Suzie	205 Blue Earth, MN		00:40:51.1	02:06		00:01:42.7		02:40:43.6	20.7		00:01:29.9		01:52:19.7	08:34	05:17:07.2			
24	1 Stangl, Heidi	133 Andover, MN		00:38:20.3	01:59		00:01:39.5		02:34:26.5	21.5		00:01:29.7		02:01:27.5	09:16	05:17:23.7			
25	6 Stafford, Jennifer	180 Fort Atkinson,		00:39:26.9	02:02		00:02:46.6		02:43:13.0	20.4		00:01:49.7		01:50:10.9	08:24	05:17:27.2			
26	4 Kempf, Jennifer	312 Madison, WI		00:36:14.9	01:52		00:01:48.6		02:36:35.7	21.2		00:03:32.5		01:59:53.6	09:09	05:18:05.5			
27	2 Moore, Jenny	112 Medina, MN		00:36:10.1	01:52		00:01:28.9		02:38:51.7	20.9		00:00:54.1		02:00:57.8	09:14	05:18:22.8			
28	1 Heldt, Wendy	203 Appleton, WI		00:36:32.4	01:53		00:02:00.5		02:39:11.3	20.9		00:01:26.2		02:00:12.7	09:10	05:19:23.3			
29	4 Boyce, Mary	172 Roseville, MN		00:32:05.6	01:39		00:01:48.3		02:50:06.0	19.5		00:01:26.1		01:55:12.3	08:47	05:20:38.5			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike		T-2		3.1 mi run		7/30/2008						
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
30	2 Frederickson, Sara	327 Ramsey, MN		00:40:33.1	02:06		00:01:31.2		02:54:37.0	19.0		00:01:07.1		01:43:05.4	07:52	05:20:53.9			
31	2 Guck, Beth	54 Andover, MN		00:32:10.8	01:39		00:02:12.9		02:53:13.1	19.2		00:00:17.5		01:53:05.6	08:37	05:21:00.1			
32	7 Will, Sara	84 Burnsville, MN		00:34:42.8	01:47		00:02:29.0		02:45:17.3	20.1		00:03:01.9		01:58:45.6	09:03	05:24:16.9			
33	3 Senty, Laurie	52 Grand Marais,		00:38:40.6	02:00		00:02:44.4		02:50:57.5	19.4		00:01:55.8		01:50:09.9	08:24	05:24:28.4			
34	3 Senty, Kelly	53 Grand Marais,		00:38:39.0	02:00		00:02:44.9		02:50:56.0	19.4		00:01:57.8		01:50:10.7	08:24	05:24:28.5			
35	5 Kotrba, Rachele	106 Richfield, MN		00:45:53.2	02:22		00:03:06.7		02:44:26.4	20.2		00:01:15.1		01:50:14.2	08:24	05:24:55.8			
36	8 Bock, Karla	34 Madison, WI		00:30:24.0	01:34		00:01:33.7		02:42:37.1	20.4				04:55:20.0		05:26:03.0			
37	5 Woolsey, Amy	279 Sauk Rapids,		00:36:14.3	01:52		00:02:07.2		02:47:11.9	19.9		00:01:44.3		01:58:55.8	09:04	05:26:13.8			
38	6 Schlaefer,	285 Saint Paul, MN		00:33:42.1	01:44		00:03:02.3		02:43:49.5	20.3				04:51:37.2		05:27:52.0			
39	7 Skrzeczkoski-bzd	175 minneapolis,		00:33:54.8	01:45		00:02:31.1		02:42:45.3	20.4		00:01:48.1		02:07:41.3	09:44	05:28:40.8			
40	7 Randolph, Kris	177 Edina, MN		00:44:37.2	02:18		00:03:40.8		02:41:45.1	20.5		00:01:41.1		01:57:13.2	08:56	05:28:57.6			
41	6 Olah, Terri	282 Medina, MN		00:33:48.7	01:45		00:02:31.4		02:41:33.5	20.6		00:02:23.3		02:09:25.1	09:52	05:29:42.2			
42	8 Shepherd, Erin	156 Dunwoody, GA		00:44:33.8	02:18		00:02:22.3		02:45:24.4	20.1		00:03:01.9		01:54:25.1	08:44	05:29:47.7			
43	7 Jackson, Joni	326 Mpls, MN		00:36:10.6	01:52		00:02:14.8		02:54:24.5	19.1		00:02:10.6		01:55:38.2	08:49	05:30:39.0			
44	9 Swanson, Becka	211 Circle Pines, MN		00:39:27.2	02:02		00:01:49.0		02:35:18.8	21.4		00:01:01.7		02:14:19.6	10:15	05:31:56.5			
45	8 Riedl, Sarah	165 Minneapolis,		00:34:19.1	01:46		00:02:51.8		02:48:37.5	19.7		00:02:27.2		02:04:05.5	09:28	05:32:21.3			
46	10 Powell, Kristy	261 New Brighton,		00:42:24.4	02:11		00:03:12.5		02:44:16.3	20.2		00:02:43.9		02:00:45.4	09:13	05:33:22.7			
47	9 Holzemer, Rachel	86 Saint Paul, MN		00:34:07.6	01:46		00:01:37.3		02:53:17.8	19.2		00:01:32.5		02:05:00.5	09:32	05:35:35.9			
48	9 Amundson, Jill	103 Babcock, WI		00:35:31.1	01:50		00:01:54.5		02:44:45.4	20.2		00:01:22.9		02:12:29.8	10:06	05:36:03.9			
49	8 Xu, Amy	173 Plymouth, MN		00:44:39.0	02:18		00:01:41.0		02:59:18.9	18.5		00:00:48.3		01:50:56.6	08:28	05:37:24.0			
50	10 Schindler, Erin	110 Plymouth, MN		00:39:32.4	02:02		00:02:34.1		02:48:58.8	19.7		00:02:09.2		02:04:25.5	09:29	05:37:40.2			
51	4 Sands, Mary	262 St. Paul, MN		00:40:01.0	02:04		00:01:47.8		02:56:11.4	18.9		00:01:14.0		01:58:27.5	09:02	05:37:41.9			
52	10 Bishop, Traci	248 Minneapolis,		00:43:08.2	02:14		00:01:50.2		02:43:54.4	20.3		00:01:42.5		02:07:30.1	09:43	05:38:05.6			
53	11 Kabes, April	94 New Prague,		00:34:59.4	01:48		00:03:33.4		02:55:34.3	18.9		00:02:23.3		02:02:14.3	09:19	05:38:44.9			
54	4 Komjathy,	234 ames, IA		00:36:07.0	01:52		00:04:42.8		03:08:18.2	17.7		00:03:48.6		01:47:24.7	08:11	05:40:21.6			
55	11 Kouba, Michelle	293 Rosemount, MN		00:39:04.5	02:01		00:01:38.9		02:50:37.3	19.5		00:01:11.7		02:09:53.5	09:54	05:42:26.0			
56	12 Byland, Stephanie	251 Edina, MN		00:41:56.2	02:10		00:02:34.5		02:49:41.8	19.6		00:01:39.1		02:09:49.5	09:54	05:45:41.2			
57	12 Mitchell, Kimberly	85 Saint Paul, MN		00:37:00.3	01:54		00:01:28.8		02:54:35.1	19.0		00:01:22.3		02:12:53.2	10:08	05:47:19.8			
58	5 Bachel, Mary	77 Chanhassen,		00:46:45.0	02:25		00:03:11.2		02:48:42.2	19.7		00:00:26.0		02:08:34.5	09:48	05:47:39.2			
59	11 Bond, Cheryl	253 Shakpee, MN		00:38:42.8	02:00		00:01:45.0		02:58:25.2	18.6		00:01:50.0		02:09:25.3	09:52	05:50:08.5			
60	6 Wright, Leigh	350 Duluth, MN		00:37:38.8	01:56		00:02:38.4		03:03:11.7	18.1		00:02:07.7		02:05:03.5	09:32	05:50:40.3			
61	3 Garlough, Dawn	256 Bloomington,		00:41:57.6	02:10		00:03:27.8		03:02:06.5	18.3		00:01:52.3		02:01:50.8	09:18	05:51:15.3			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008				
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
62	13 Hollenback, Jodee	376	Coon Rapids,	00:44:01.8	02:16		00:06:41.5		03:04:19.5	18.0		00:06:21.7		01:50:12.0	08:24	05:51:36.7		
63	9 Hendrickson, Jill	313	Hopkins, MN	00:33:07.8	01:42		00:02:05.3		03:00:53.9	18.4		00:01:20.4		02:15:29.4	10:20	05:52:57.1		
64	7 Kratzer, Rhea	340	appleton, WI	00:36:29.8	01:53		00:01:46.8		02:48:18.1	19.8		00:01:20.8		02:25:15.4	11:05	05:53:11.2		
65	13 Brooks, Erin	68	Neenah, WI	00:38:41.2	02:00		00:03:12.4		02:59:22.7	18.5		00:02:01.1		02:09:58.2	09:55	05:53:15.7		
66	10 Maertz, Lisa	336	Appleton, WI	00:47:17.0	02:26		00:01:53.0		02:45:42.4	20.1		00:01:22.7		02:18:45.3	10:35	05:55:00.5		
67	14 Douglas, Karen	304	Bennington, NE	00:52:17.7	02:42		00:03:17.8		03:05:22.2	17.9		00:02:13.0		01:53:08.1	08:38	05:56:18.9		
68	14 Vogt, Ann	79	Minneapolis,	00:40:52.3	02:07		00:01:24.1		03:06:46.6	17.8		00:00:57.7		02:09:27.1	09:52	05:59:28.1		
69	15 Simmons, Trina	182	Moorhead, MN	00:45:30.6	02:21		00:02:18.3		03:09:56.9	17.5		00:02:18.4		02:02:17.0	09:20	06:02:21.2		
70	12 Sluss, Rebecca	65	Minneapolis,	00:35:05.7	01:49		00:02:51.0		03:04:10.7	18.0		00:02:45.5		02:17:29.8	10:29	06:02:22.9		
71	15 Johannessen,	240	Fitchburg, WI	00:44:05.3	02:16		00:04:30.4		03:13:33.7	17.2		00:01:32.5		02:02:36.3	09:21	06:06:18.3		
72	16 Vetscher, Erin	334	Minneapolis,	00:40:20.8	02:05		00:03:12.3		02:57:55.3	18.7		00:02:25.3		02:24:51.7	11:03	06:08:45.6		
73	17 Schuldt, Jan	345	Minnetonka, MN	00:47:06.6	02:26		00:02:47.9		03:20:44.7	16.6		00:00:50.5		01:59:33.2	09:07	06:11:03.2		
74	16 Gantman, Holly	121	Plymouth, MN	00:44:17.3	02:17		00:02:40.3		03:08:59.7	17.6		00:02:53.1		02:12:36.5	10:07	06:11:27.2		
75	17 Rutt, Dana	64	minneapolis,	00:51:16.8	02:39		00:01:43.4		03:00:32.1	18.4		00:01:20.2		02:17:56.9	10:31	06:12:49.5		
76	8 Stoller, Diane	126	Maple Grove,	00:53:31.9	02:46		00:02:22.3		03:00:22.4	18.4		00:02:32.6		02:14:03.6	10:14	06:12:53.0		
77	1 Brooks, Peggy	67	Madison, WI	00:45:16.6	02:20		00:04:02.0		02:55:41.6	18.9		00:00:26.3		02:30:17.6	11:28	06:15:44.4		
78	9 Locher, Kim	60	Lakeville, MN	00:45:06.8	02:20		00:05:07.8		03:19:41.3	16.6		00:02:04.0		02:06:02.7	09:37	06:18:02.8		
79	10 Lang, Diane	109	Burnsville, MN	00:49:25.6	02:33		00:02:14.5		03:08:07.3	17.7		00:02:35.2		02:16:07.9	10:23	06:18:30.9		
80	18 Buchkosky,	244	Shakopee, MN	00:38:29.2	01:59		00:04:19.3		03:24:51.8	16.2		00:01:44.2		02:13:19.8	10:10	06:22:44.6		
81	18 Mcdonough,	153	Lindstrom, MN	00:51:39.8	02:40		00:04:31.3		03:02:52.4	18.2		00:01:47.1		02:22:14.3	10:51	06:23:05.0		
82	11 Holmes, Kari	374	St Louis Park,	00:41:31.3	02:09		00:02:57.3		03:02:36.2	18.2		00:03:44.0		02:33:57.2	11:45	06:24:46.2		
83	19 Mielke, Kris	69	Eden Prairie,	00:40:35.5	02:06		00:01:46.0		03:11:13.0	17.4		00:01:17.4		02:32:30.8	11:38	06:27:22.9		
84	13 Gurney, Rebecca	63	st paul, MN	00:46:08.6	02:23		00:03:05.2		03:04:22.0	18.0		00:01:17.9		02:32:29.1	11:38	06:27:23.0		
85	5 Luoma, Jennifer	299	Maple Grove,	00:51:46.2	02:40		00:03:12.1		03:14:04.0	17.1		00:02:37.0		02:18:33.8	10:34	06:30:13.3		
86	6 Rosenbohm,	226	Ames, IA	00:41:21.3	02:08		00:04:16.0		03:10:10.2	17.5		00:03:15.0		02:31:11.7	11:32	06:30:14.5		
87	19 Worms, Christine	288	St Paul, MN	00:42:16.7	02:11		00:03:52.3		03:02:40.3	18.2		00:02:50.4		02:38:57.3	12:08	06:30:37.1		
88	14 Tuescher, Nicole	88	Minneapolis,	00:58:11.1	03:00		00:05:26.4		03:17:02.4	16.9		00:03:31.6		02:12:10.9	10:05	06:36:22.7		
89	20 Straus, Stephanie	135	Milwaukee, WI	00:47:32.0	02:27		00:03:56.5		03:14:12.9	17.1		00:03:27.0		02:27:15.1	11:14	06:36:23.6		
90	15 Lium, Mary Jo	162	La Crosse, WI	00:44:41.6	02:18		00:03:37.6		03:13:57.6	17.1		00:02:05.0		02:32:35.4	11:38	06:36:57.4		
91	16 Barrett, Beth	250	Minneapolis,	00:39:00.3	02:01		00:01:24.1		03:00:02.7	18.5		00:01:03.4		02:57:44.8	13:34	06:39:15.6		
92	12 Rebeck, Kavea	346	Savage, MN	01:13:46.7	03:49		00:03:53.5		03:14:26.5	17.1		00:03:25.0		02:07:13.0	09:42	06:42:44.9		
93	4 Seubert, Mary	258	Maple Grove,	00:49:06.4	02:32		00:02:41.9		03:17:44.0	16.8		00:02:57.6		02:34:35.5	11:48	06:47:05.5		

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008				
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
94	20 Retzer, Marcia	239 St Cloud, MN		00:56:14.1	02:54		00:02:10.4		03:23:33.7	16.3		00:01:49.1		02:28:26.0	11:19	06:52:13.6		
95	17 Johnson, Emily	278 Minneapolis,		00:52:01.4	02:41		00:02:42.9		03:38:22.2	15.2		00:01:44.5		02:17:31.4	10:29	06:52:22.5		
	Moritz, Jeannette	300 Minneapolis,		00:30:52.1			00:01:29.0		02:42:49.9	20.4		00:02:47.8				DNF		
	Lindsey, Melissa	174 Savage, MN		00:52:18.7			00:01:45.7									DNF		
	Silbernick, Melinda	29 Maple Grove,		00:33:57.5			00:01:42.6		02:22:10.4	23.4		00:02:48.6				DNF		
	Thomas, Rebecca	339 Pewaukee, WI														DNS		
	Heller, Kristen	356 Madison, WI														DNS		
	Elzy, Tammy	366 Lindstrom, MN														DNS		
	Aycock, Melissa	255 St. Cloud, MN														DNS		
	Schmidt, Angie	259 Woodbury, MN														DNS		
	Karofsky, Jill	263 Madison, WI														DNS		
	Dowling, Holly	264 Verona, WI														DNS		
	Monson, Melissa	289 Eden Prairie,														DNS		
	Lynch, Emily	223 Edina, MN														DNS		
	Schmit, Christine	154 Rochester, MN														DNS		
	Sadaka, Gretchen	161 Mankato, MN														DNS		
	Florin, Tanya	163 Rochester, MN														DNS		
	Kveton, Nicole	119 Blaine, MN														DNS		
	Hughes, Maria	120 Spicer, MN														DNS		
	Ryan, Karen	127 Minneapolis,														DNS		
	Tate, Carrie	130 Fredoria, WI														DNS		
	Dipaola, Shelia	136 Mpls, MN														DNS		
	Logue, Kelly	55 New Prague,														DNS		
	Kittleson, Dawn	90 White Bear														DNS		
	Fakler, Lisa	95 Winona, MN														DNS		
	Schafman, Cindy	21 Chanplin, MN														DNS		

### Clydesdale Half Ironman Distance

Division Field: 12

1	Krueger, Adam	358 Moorhead, MN		00:39:02.6	02:01		00:03:18.3		02:28:28.8	22.4		00:01:31.1		01:48:15.7	08:15	05:00:36.8		
2	Hagen, Aaron	337 Hastings, MN		00:34:42.7	01:47		00:03:27.0		02:39:33.5	20.8		00:01:28.6		02:23:09.4	10:55	05:42:21.3		
3	Polasky, Jonathan	224 Maplewood, MN		00:36:20.0	01:52		00:02:27.7		02:57:13.5	18.8		00:01:32.3		02:06:52.0	09:41	05:44:25.7		
4	Olson, Eric	316 Luck, WI		00:44:04.0	02:16		00:04:38.9		03:01:56.1	18.3		00:01:55.0		02:10:16.4	09:56	06:02:50.6		
5	Stangler, Nate	140 Edina, MN		00:43:09.8	02:14		00:02:56.4		02:46:19.9	20.0		00:01:18.8		02:33:28.7	11:42	06:07:13.8		
6	Mclaughlin, John	157 Eagan, ME		00:43:00.0	02:13		00:03:24.1		02:46:02.7	20.0		00:02:56.0		02:41:42.7	12:20	06:17:05.6		

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008				
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
7	Kleve, Joshua	149 Bloomington,		00:41:23.1	02:08		00:03:08.2		03:11:43.7	17.3		00:01:26.2		02:38:21.8	12:05	06:36:03.0		
8	Goetsch, Adam	80 Milwaukee, WI		00:53:46.9	02:47		00:02:34.5		03:21:20.1	16.5		00:01:41.0		03:06:59.7	14:16	07:26:22.4		
9	Geer, Don	185 Queensbury,		00:54:36.9	02:49		00:08:17.2		03:13:19.3	17.2		00:08:16.9		03:25:12.6	15:39	07:49:43.0		
	Delbridge, Charlie	221 Minneapolis,		00:30:53.0			00:02:43.2											DNF
	Schotters, Mike	155 Lino Lakes, MN																DNS
	Klinge,le, Chris	147 Rochester, MN																DNS

### Athena Half Ironman Distance

Division Field: 3

1	Henning, Amy	144 Appleton, WI		00:45:16.1	02:20		00:02:36.3		02:48:02.3	19.8		00:01:13.5		02:25:46.9	11:07	06:02:55.3		
2	Basala, Kimberly	294 Plover, WI		00:46:51.8	02:25		00:01:44.7		02:56:44.0	18.8		00:02:38.5		02:34:52.3	11:49	06:22:51.6		
3	Knutson, Rebecca	213 Elkhorn, WI		00:51:56.7	02:41		00:04:19.6		03:09:21.2	17.6		00:03:13.2		02:53:53.2	13:16	07:02:44.1		

Team - Half Ironman Relay Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/30/2008					
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

**Team - Half Ironman Relay Triathlon** Field: 11

**Relay Team Half Ironman Distance** Division Field: 11

1	Tolzman, Terry	354 Wyoming, MN		00:38:03.1	01:58		00:00:50.4		02:18:45.0	24.0		00:00:30.4		01:42:19.4	07:48	04:40:28.5			
2	Uram, Don	302 North Branch,		00:32:42.2	01:41		00:00:45.3		02:37:28.8	21.1		00:00:25.7		01:50:07.9	08:24	05:01:30.1			
3	Hinrichs, Christine	295 St. Paul, MI		00:37:02.9	01:55		00:01:11.0		02:36:29.1	21.2		00:01:06.9		01:48:57.6	08:19	05:04:47.5			
4	Rehling, Jennifer	301 Andover, MN		00:34:34.3	01:47		00:00:50.6		02:41:48.2	20.5		00:00:19.8		01:49:55.8	08:23	05:07:29.0			
5	Fritz, Lauralee	219 Minnetonka, MN		00:39:05.7	02:01		00:01:12.4		02:42:29.0	20.5		00:00:25.7		01:49:20.3	08:20	05:12:33.3			
6	Peterson, Megan	142 Lander, WY		00:32:39.5	01:41		00:00:42.7		02:48:43.7	19.7		00:00:23.2		01:58:32.5	09:02	05:21:01.7			
7	Peterson, Lars	141 Lander, WY		00:40:01.0	02:04		00:00:56.0		02:51:55.6	19.3		00:00:27.0		01:49:25.4	08:21	05:22:45.3			
8	Lewis, Ben	238 Chisago City,		00:35:58.7	01:51		00:01:04.8		02:45:14.3	20.1		00:00:42.4		02:04:31.6	09:30	05:27:32.1			
9	Seve, Jennifer	273 St. Louis Park,		00:36:07.0	01:52		00:01:01.2		02:49:41.3	19.6		00:00:34.6		02:09:42.2	09:54	05:37:06.4			
10	Hennessy, John	113 Brookfield, WI		00:48:23.5	02:30		00:03:59.8		02:52:24.4	19.3		00:00:20.2		02:00:01.2	09:09	05:45:09.3			
11	Trettel, Pauline	303 Lino Lakes, MN		00:46:53.6	02:25		00:00:49.9		03:17:26.6	16.8		00:00:31.6		02:18:36.2	10:34	06:24:18.2			