

**Chisago Lakes Triathlon**  
**Paradise Park**  
**Chisago City, MN**  
**Sun, Jul 26, 2009**

**Age Group Results**

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

**1.2 mi swim**

**55.4 mi bike**

**13.1 mi run**

Place Age/Div	Name	Bib	PL	swim	Pace m/100m	PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen
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**Individual - Half Ironman Triathlon** Field: 497

**Male Half Ironman Distance** Division Field: 309

**16-19** Age Group Field: 2

1	253 Marshall, Kyle	335 Eden Prairie,	2	00:38:56.8	02:01	1	00:02:01.3	2	03:12:18.3	17.2	2	00:02:59.9	1	02:21:15.9	10:47	06:17:32.3	
2	254 Gregory, Joel	228 Richmond, MN	1	00:26:43.0	01:23	2	00:02:06.2	1	03:03:26.9	18.1	1	00:01:16.4	2	02:44:56.4	12:35	06:18:29.1	

**20-24** Age Group Field: 17

1	10 Lavery, Mike	14 Madison, WI	4	00:26:16.9	01:21	1	00:01:09.9	1	02:13:12.5	24.9	2	00:00:48.2	1	01:27:11.8	06:39	04:08:39.6	
2	30 Turner, Andrew	460 Scandia, MN	2	00:22:39.3	01:10	3	00:01:26.7	4	02:30:45.9	22.0	1	00:00:32.6	2	01:34:56.8	07:14	04:30:21.4	
3	43 Coopman, Matt	47 Appleton, WI	6	00:29:17.6	01:31	5	00:01:41.6	3	02:27:45.0	22.4	3	00:01:00.4	4	01:40:13.9	07:39	04:39:58.7	
4	48 Malinoski, Marc	482 Duluth, MN	7	00:29:37.3	01:32	4	00:01:34.9	2	02:25:44.6	22.8	11	00:01:58.2	6	01:43:34.6	07:54	04:42:29.8	
5	53 Olson, Eric	1403 Sioux Falls, SD	8	00:30:04.9	01:33	9	00:02:03.8	6	02:32:34.3	21.7	5	00:01:06.2	3	01:37:43.7	07:27	04:43:33.1	
6	85 Wenzel, Peter	385 Minneapolis,	10	00:31:41.8	01:38	8	00:01:49.7	5	02:31:51.7	21.8	7	00:01:22.2	7	01:48:22.1	08:16	04:55:07.7	
7	88 Gombos, Taylor	186 St. Cloud, MN	5	00:27:33.8	01:25	12	00:02:32.6	8	02:43:01.3	20.3	13	00:02:38.0	5	01:40:50.6	07:41	04:56:36.5	
8	96 Steiger, Matthew	297 Minneapolis,	9	00:30:54.0	01:36	2	00:01:12.0	7	02:34:59.8	21.4	9	00:01:33.0	8	01:50:46.2	08:27	04:59:25.3	
9	161 Hirsch, Ed	182 Superior, WI	3	00:26:07.2	01:21	7	00:01:47.7	12	02:52:27.5	19.2	6	00:01:09.8	12	02:02:35.9	09:21	05:24:08.3	
10	173 Schultz, Chris	114 Rochester, MN	14	00:35:34.2	01:50	15	00:03:46.2	11	02:49:10.3	19.6	14	00:02:51.3	10	01:58:32.7	09:02	05:29:55.0	
11	181 Champ, Jeremiah	193 Hopkins, MN	13	00:34:55.7	01:48	6	00:01:41.6	9	02:44:09.0	20.2	10	00:01:45.2	14	02:11:26.8	10:02	05:33:58.5	
12	183 Good, Cody	455 Stacy, MN	15	00:48:29.6	02:30	11	00:02:19.9	10	02:44:43.3	20.1	8	00:01:31.3	9	01:57:16.8	08:57	05:34:21.0	
13	188 Klimov, Sergei	164 Green Bay, WI	12	00:34:31.4	01:47	13	00:02:36.2	14	02:56:04.9	18.8	4	00:01:03.9	11	02:01:42.4	09:17	05:35:59.0	
14	189 Voyen, Abe	286 Golden Valley,	11	00:33:15.3	01:43	14	00:03:15.4	13	02:53:31.3	19.1	12	00:02:00.1	13	02:03:59.2	09:27	05:36:01.4	
15	258 Murray, Lucas	491 Minneapolis,	1	00:12:25.4	00:38	17	00:44:04.5	16	03:04:32.2	18.0	15	00:07:11.8	15	02:19:12.5	10:37	06:27:26.6	
16	263 Tilton, David	322 Minneapolis,	16	00:54:39.7	02:49	16	00:07:54.7	15	03:04:30.9	18.0			17	05:32:29.1		06:33:26.4	
17	274 Peterson, Mike	361 St. Paul, MN	17	01:11:38.4	03:42	10	00:02:18.4				16		16	03:14:06.2		07:56:24.0	

**25-29** Age Group Field: 45

	5 Balabuck,	49 Thunder Bay,	3	00:23:32.4	01:13	1	00:00:45.9	1	02:16:25.4	24.3	9	00:00:50.3	2	01:18:47.7	06:00	04:00:21.9	
1	9 Hooke, Alex	33 Rochester, MN	1	00:22:20.0	01:09	8	00:01:21.4	2	02:16:40.5	24.3	1	00:00:30.4	3	01:25:23.2	06:31	04:06:15.6	
2	12 Isabella, Bennett	8 Burnsville, MN	23	00:30:34.0	01:34	2	00:01:00.5	4	02:20:53.0	23.5	4	00:00:35.8	1	01:18:31.8	05:59	04:11:35.4	

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4mi bike			T-2		3.1mi run		7/26/2009		
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
3	18 Newman, Andy	145	Minneapolis,	5	00:25:15.3	01:18	3 00:01:07.3	15	02:29:10.2	22.2	16	00:01:12.9	4	01:26:08.8	06:34	04:22:54.7	
4	21 Hausman, Charles	457	Minneapolis, WI	24	00:30:45.6	01:35	5 00:01:10.0	3	02:18:14.0	24.0	8	00:00:49.7	11	01:33:57.0	07:10	04:24:56.3	
5	23 Sawyer, Donald	6	Minneapolis,	14	00:28:10.4	01:27	16 00:01:48.4	6	02:23:22.5	23.1	7	00:00:43.4	7	01:30:54.3	06:56	04:24:59.2	
6	26 Steffek, Michael	5	Appleton, WI	8	00:26:19.7	01:21	14 00:01:38.3	10	02:26:45.5	22.6	6	00:00:43.4	8	01:31:43.5	07:00	04:27:10.6	
7	27 Maves, Peter	349	Rochester, MN	4	00:23:59.2	01:14	20 00:01:55.7	18	02:31:13.1	21.9	19	00:01:17.8	6	01:29:00.3	06:47	04:27:26.4	
8	29 Hoechst, Phil	1	Madison, WI	17	00:28:18.1	01:27	10 00:01:25.6	11	02:27:12.1	22.5	10	00:00:51.6	9	01:32:14.2	07:02	04:30:01.8	
9	36 Mcculloch,	43	Fridley, MN	15	00:28:16.4	01:27	6 00:01:10.4	12	02:27:34.6	22.5	11	00:00:53.6	13	01:37:02.5	07:24	04:34:57.6	
10	40 Strzok, Ladislaus	409	Duluth, MN	9	00:27:23.4	01:25	11 00:01:26.0	9	02:26:26.2	22.6	14	00:00:58.2	18	01:41:29.0	07:44	04:37:42.9	
11	45 Goiffon, Bennett	233	Minneapolis,	18	00:29:05.8	01:30	33 00:02:33.3	23	02:34:36.0	21.5	20	00:01:18.8	10	01:32:56.0	07:05	04:40:30.1	
12	57 Hirschman,	28	Maple Grove,	7	00:26:19.7	01:21	12 00:01:31.7	26	02:36:14.8	21.2	5	00:00:36.3	17	01:40:05.9	07:38	04:44:48.5	
13	66 Bouma, Troy	440	Pine River, MN	12	00:27:48.6	01:26	35 00:02:41.3	27	02:36:56.2	21.1	29	00:01:56.7	16	01:39:54.5	07:37	04:49:17.5	
14	69 Johnson, Nathan	220	Ames, IA	28	00:31:10.3	01:36	37 00:02:53.1	20	02:31:30.2	21.9	24	00:01:42.6	20	01:43:17.2	07:53	04:50:33.6	
15	70 Miner, Paul	388	Duluth, MN	21	00:30:20.4	01:34	24 00:02:08.0	8	02:24:44.6	22.9	26	00:01:47.1	23	01:51:42.7	08:31	04:50:43.0	
16	71 Olhoff, Jared	416	Hugo, MN	16	00:28:16.9	01:27	7 00:01:13.3	33	02:44:45.7	20.1	13	00:00:57.8	12	01:35:37.7	07:17	04:50:51.7	
17	73 Miner, Peter	392	Duluth, MN	26	00:30:55.6	01:36	30 00:02:19.6	7	02:23:53.7	23.0	27	00:01:48.8	25	01:52:45.8	08:36	04:51:43.7	
18	77 Altendahl, Joseph	400	Minneapolis,	30	00:32:23.5	01:40	23 00:02:07.7	36	02:47:58.2	19.7	39	00:02:43.6	5	01:28:08.5	06:43	04:53:21.7	
19	83 Agar, Clint	1415	Duluth, MN	13	00:27:56.6	01:26	9 00:01:22.0	28	02:38:08.3	21.0	3	00:00:34.1	22	01:46:37.5	08:08	04:54:38.8	
20	97 Dixon, Bryan	80	Otsego, MN	34	00:34:09.7	01:46	36 00:02:50.5	31	02:42:20.0	20.4	35	00:02:14.7	14	01:38:10.9	07:29	04:59:45.9	
21	98 Starkey, Adam	417	Rochester, MN	25	00:30:55.2	01:36	29 00:02:18.7	16	02:30:11.6	22.1	22	00:01:33.6	27	01:54:47.1	08:45	04:59:46.4	
22	102 Rivers, Mark	131	Savage, MN	10	00:27:37.2	01:25	19 00:01:50.4	13	02:27:47.4	22.4	2	00:00:32.6	32	02:03:28.6	09:25	05:01:16.3	
23	106 O'donnell,	470	Golden Valley,	40	00:35:55.1	01:51	41 00:03:45.8	30	02:41:00.5	20.6	38	00:02:32.5	15	01:38:59.5	07:33	05:02:13.6	
24	107 Harris, Jared	483	Minneapolis,	27	00:31:06.2	01:36	34 00:02:37.5	32	02:43:05.3	20.3	25	00:01:42.9	21	01:44:00.2	07:56	05:02:32.3	
25	109 Kidwell, Derek	443	Vadnais	2	00:23:18.9	01:12	21 00:02:03.2	21	02:31:53.7	21.8	17	00:01:13.1	34	02:05:33.0	09:35	05:04:02.1	
26	114 Olson, Tyler	396	Duluth, MN	22	00:30:33.9	01:34	27 00:02:16.7	17	02:30:32.8	22.0	34	00:02:07.1	29	02:00:11.3	09:10	05:05:42.1	
27	127 Lottig, Jonah	223	Viroqua, WI	37	00:35:08.2	01:49	31 00:02:22.1	19	02:31:19.9	21.9	28	00:01:56.4	31	02:01:02.5	09:14	05:11:49.3	
28	135 Braski, Ryan	448	Minneapolis,	38	00:35:13.0	01:49	26 00:02:13.1	29	02:38:12.2	21.0	21	00:01:25.4	28	01:57:26.3	08:57	05:14:30.3	
29	147 Koss, Joseph	355	Madison, WI	33	00:34:03.6	01:45	25 00:02:09.3	37	02:48:08.1	19.7	33	00:02:03.9	24	01:52:44.8	08:36	05:19:09.8	
30	148 Bouska, Michael	481	Coon Valley, WI	19	00:29:23.3	01:31	15 00:01:43.3	14	02:28:40.3	22.3	18	00:01:14.7	40	02:18:15.3	10:33	05:19:17.1	
31	152 Hudalla, Jason	351	St. Paul, MN	39	00:35:42.0	01:50	43 00:04:25.3	24	02:34:48.2	21.4	15	00:01:02.6	33	02:04:39.0	09:30	05:20:37.4	
32	164 Abraham, Adam	378	Houghton, MI	35	00:34:25.3	01:46	17 00:01:48.7	22	02:34:07.7	21.5	32	00:02:02.7	37	02:13:03.8	10:09	05:25:28.4	
33	182 Praska, Henry	236	Brainerd, MN	31	00:32:59.3	01:42	45 00:04:55.9	35	02:47:40.9	19.8	41	00:02:55.2	35	02:05:47.6	09:36	05:34:19.2	
34	198 Kerfeld, Douglas	434	Duluth, MN	29	00:31:25.0	01:37	22 00:02:06.9	41	03:03:14.2	18.1	30	00:01:59.2	30	02:00:50.9	09:13	05:39:36.4	
35	202 Focke, John	62	Minneapolis,	45	00:43:12.8	02:14	44 00:04:30.2	42	03:08:41.8	17.6	43	00:03:59.1	19	01:42:22.8	07:48	05:42:46.9	

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4mi bike			T-2		3.1mi run			7/26/2009	
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
36	209 Hauck, Austin	141 Fargo, ND	43	00:40:09.1	02:04	13	00:01:36.7	38	02:50:59.2	19.4	23	00:01:34.2	38	02:14:53.4	10:17	05:49:12.8	
37	211 Hasling, Chris	178 St. Louis Park,	20	00:29:31.5	01:31	18	00:01:50.3	39	02:51:30.8	19.3	31	00:02:01.1	41	02:25:37.8	11:07	05:50:31.6	
38	212 Viazis, Stelios	284 St. Paul, MN	42	00:38:35.3	01:59	40	00:03:32.0	44	03:11:46.8	17.3	42	00:03:14.2	26	01:53:33.3	08:40	05:50:41.7	
39	217 Raboin, Nicholas	279 Burnsville, MN	36	00:35:00.8	01:48	39	00:03:14.6	40	03:01:08.8	18.3	37	00:02:30.7	36	02:10:53.4	09:59	05:52:48.4	
40	228 Hubert, Patrick	263 Faribault, MN	6	00:25:27.6	01:19	28	00:02:17.5	34	02:45:35.7	20.0	40	00:02:51.3	42	02:41:01.8	12:17	05:57:14.1	
41	244 Mckitrick, Shawn	71 Burnsville, MN	32	00:33:32.7	01:44	42	00:04:12.5	43	03:11:17.7	17.3	36	00:02:23.6	39	02:16:48.9	10:26	06:08:15.4	
	Zawadski, Nick	445 Minneapolis,	11	00:27:46.7		4	00:01:09.4	5	02:22:57.3	23.2	12	00:00:53.9				DNF	
	Kadera, Aaron	446 White Bear	44	00:40:32.3		38	00:03:07.2	25	02:35:31.2	21.3	44	00:05:23.8				DNF	
	Abrams, Brendan	278 Minneapolis,	41	00:36:24.3		32	00:02:26.3									DNF	

### 30-34

Age Group Field: 53

	1 Thompson, David	37 Saint Paul, MN	2	00:22:05.5	01:08	1	00:00:43.0	1	02:07:34.8	26.0	1	00:00:30.4	2	01:16:22.9	05:49	03:47:16.9	
	2 Henkel, Justin	50 Kohler, WI	8	00:27:59.3	01:26	2	00:01:07.2	2	02:09:50.5	25.6	4	00:00:45.3	1	01:12:52.7	05:33	03:52:35.2	
	4 Hola, Tim	41 Hishland	1	00:22:03.9	01:08	5	00:01:10.3	3	02:12:06.7	25.1	5	00:00:47.8	3	01:18:23.3	05:59	03:54:32.3	
1	7 Grossinger, Brooks	1405 Mayer, MN	5	00:26:06.6	01:21	3	00:01:08.1	6	02:15:46.7	24.4	2	00:00:31.4	4	01:20:13.8	06:07	04:03:46.9	
2	8 Riff, Joshua	229 Edina, MN	4	00:26:01.4	01:20	14	00:01:52.9	4	02:12:43.1	25.0	6	00:00:48.2	5	01:23:48.7	06:23	04:05:14.5	
3	20 Moyer, Joe	15 Rochester, MN	36	00:34:07.0	01:46	16	00:02:01.6	5	02:13:50.4	24.8	17	00:01:26.6	8	01:33:21.5	07:07	04:24:47.4	
4	31 Felling, Jim	18 River Falls, WI	14	00:29:47.9	01:32	4	00:01:09.1	8	02:22:33.9	23.3	3	00:00:40.7	13	01:37:36.6	07:27	04:31:48.3	
5	32 Hohenstein,	461 Duluth, MN	6	00:26:28.9	01:22	13	00:01:49.2	7	02:16:36.2	24.3	34	00:02:03.3	18	01:45:02.9	08:01	04:32:00.8	
6	33 Schiesl, Andy	219 Prior Lake, MN	18	00:30:13.5	01:33											04:32:45.0	
7	34 Waskey, Shane	272 St Louis Park,	11	00:29:19.6	01:31	8	00:01:29.5	10	02:25:04.7	22.9	9	00:00:58.9	9	01:35:56.9	07:19	04:32:49.8	
8	38 Moynihan, Jon	422 Apple Valley,	3	00:25:44.1	01:19	40	00:03:23.9	19	02:33:32.6	21.6	32	00:01:56.4	6	01:31:41.9	06:59	04:36:19.1	
9	42 Sosa Sol, Mario	463 Minneapolis,	12	00:29:26.9	01:31	6	00:01:16.2	13	02:30:20.3	22.1	10	00:00:59.2	14	01:37:44.1	07:27	04:39:46.8	
10	47 Barkema, Douglas	395 St Louis Park,	39	00:34:25.8	01:46	34	00:02:56.4	9	02:25:02.9	22.9	36	00:02:17.3	12	01:37:30.9	07:26	04:42:13.5	
11	49 Drevlow, Corey	268 Golden Valley,	23	00:30:57.2	01:36	27	00:02:33.0	20	02:34:21.5	21.5	21	00:01:38.9	7	01:33:20.4	07:07	04:42:51.2	
12	65 Elliott, Todd	211 Lakeville, MN	7	00:26:56.0	01:23	32	00:02:49.7	23	02:37:05.9	21.1	20	00:01:38.8	15	01:39:53.4	07:37	04:48:24.0	
13	68 Stephens,	479 Roseville, MN	22	00:30:50.5	01:35	43	00:03:43.5	11	02:29:58.1	22.1	39	00:02:30.0	17	01:43:08.7	07:52	04:50:10.9	
14	72 Rubenzer, Thomas	405 Madison, WI	32	00:31:58.3	01:39	37	00:03:06.9	25	02:37:41.0	21.0	26	00:01:48.4	11	01:37:04.4	07:24	04:51:39.1	
15	82 Citrowske, Bryan	120 Minnetonka, MN	27	00:31:30.0	01:37	36	00:03:01.4	21	02:35:00.3	21.4	30	00:01:55.2	16	01:43:00.3	07:51	04:54:27.4	
16	87 Dostal, Josef	426 Minnetonka, MN	29	00:31:42.1	01:38	33	00:02:50.4	18	02:32:59.2	21.7	38	00:02:25.4	19	01:46:04.0	08:05	04:56:01.1	
17	91 Parker, Scott	319 Plymouth, MN	35	00:32:37.6	01:41	30	00:02:47.2	16	02:31:53.5	21.8	31	00:01:56.0	21	01:48:23.5	08:16	04:57:38.1	
18	92 Brown, Josh	94 Minneapolis,	45	00:37:46.1	01:57	23	00:02:28.1	27	02:40:15.5	20.7	7	00:00:51.8	10	01:36:36.8	07:22	04:57:58.6	
19	94 Mcqueen, Michael	342 Wausau, WI	31	00:31:52.0	01:39	15	00:01:53.0	22	02:35:18.8	21.4	19	00:01:37.0	20	01:48:22.7	08:16	04:59:03.7	
20	101 Sandelin, Peter	444 Duluth, MN	15	00:29:49.7	01:32	20	00:02:12.5	24	02:37:07.9	21.1	11	00:01:02.2	22	01:50:34.9	08:26	05:00:47.5	

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4mi bike			T-2		3.1mi run		7/26/2009		
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
21	117 Sutherland, John	330 Shoreview, MN	16	00:29:55.9	01:33	10	00:01:37.2	12	02:30:13.7	22.1	40	00:02:30.0	27	02:03:06.0	09:23	05:07:23.0	
22	118 Francois, Sam	254 Sartell, MN	37	00:34:07.8	01:46	18	00:02:10.2	15	02:31:35.0	21.9	16	00:01:22.3	25	01:58:17.3	09:01	05:07:32.9	
23	131 Mangnuson, Brian	1404 Minneapolis,	19	00:30:19.0	01:34	24	00:02:28.4	14	02:31:28.3	21.9	23	00:01:44.0	34	02:07:09.1	09:42	05:13:09.0	
24	149 Schumm, Nicholas	467 Minneapolis,	38	00:34:18.9	01:46	17	00:02:10.1	38	02:50:01.7	19.5	27	00:01:50.3	23	01:51:24.7	08:30	05:19:46.0	
25	150 Sheldon, James	177 Minnetonka, MN	25	00:31:23.2	01:37	11	00:01:45.7	28	02:42:32.3	20.4	8	00:00:57.4	28	02:03:16.4	09:24	05:19:55.2	
26	154 Lyle, Ryan	311 St Paul, MN	13	00:29:42.8	01:32	7	00:01:28.8	17	02:32:33.0	21.7	13	00:01:09.5	40	02:17:11.1	10:28	05:22:05.4	
27	159 Buresh, Brent	382 Mounds View,	41	00:36:04.5	01:52	41	00:03:25.3	37	02:49:51.2	19.5	24	00:01:45.3	24	01:52:33.7	08:35	05:23:40.2	
28	160 Olson, Thomas	161 Cannon Falls,	33	00:32:06.4	01:39	39	00:03:21.1	26	02:39:24.9	20.8	42	00:03:01.7	32	02:06:00.9	09:37	05:23:55.1	
29	165 Pula, Sean	78 Plymouth, MN	30	00:31:47.7	01:38	21	00:02:14.6	33	02:46:30.0	19.9	12	00:01:05.7	30	02:04:46.3	09:31	05:26:24.5	
30	174 Schell, William	464 Bozeman, MT	10	00:28:43.7	01:29	26	00:02:31.9	35	02:48:30.4	19.7	25	00:01:47.5	36	02:09:04.0	09:51	05:30:37.6	
31	175 Chaffin, Dave	436 Saint Louis	20	00:30:26.3	01:34	12	00:01:47.3	39	02:52:17.0	19.2	14	00:01:12.4	31	02:05:12.2	09:33	05:30:55.4	
32	179 Knutson, Jon	419 Plymouth, MN	40	00:34:59.4	01:48	38	00:03:14.4	36	02:49:48.5	19.5	33	00:02:02.4	29	02:03:22.2	09:25	05:33:27.1	
33	184 Brandwick, Charlie	488 Minneapolis,	43	00:36:47.5	01:54	44	00:04:13.2	34	02:47:38.5	19.8	43	00:03:22.9	26	02:02:46.7	09:22	05:34:49.0	
34	186 Steckler, Jon	306 Mineapolas, MN	17	00:30:05.9	01:33	9	00:01:32.9	30	02:45:17.1	20.1	22	00:01:40.2	39	02:16:57.7	10:27	05:35:34.0	
35	193 Rosane, James	288 Oronoco, MN	34	00:32:09.5	01:39	28	00:02:37.9	32	02:46:00.4	20.0	44	00:04:01.1	37	02:12:41.9	10:07	05:37:30.9	
36	223 Barfknecht,	142 New Brighton,	28	00:31:35.9	01:38	29	00:02:43.0	41	02:57:44.3	18.7	29	00:01:54.6	41	02:20:34.0	10:43	05:54:31.9	
37	224 Heinen, Brian	90 New London,	42	00:36:31.3	01:53	35	00:03:00.0	31	02:45:57.9	20.0	35	00:02:14.3	44	02:26:54.1	11:12	05:54:38.0	
38	230 Collins, Aaron	214 San Antonio, TX	47	00:42:11.0	02:11	46	00:05:11.7	40	02:57:09.4	18.7	47	00:06:44.0	33	02:06:16.3	09:38	05:57:32.5	
39	231 Smith, Jason	476 Roseville, MN	9	00:28:30.8	01:28	25	00:02:31.3	44	02:59:46.5	18.4	41	00:02:57.7	43	02:25:52.9	11:08	05:59:39.4	
40	234 Meyer, Jason	281 Watertown, SD	48	00:43:43.5	02:15	48	00:06:28.0	43	02:58:12.3	18.6	46	00:06:33.3	35	02:07:36.9	09:44	06:02:34.2	
41	235 Mcginnis, Sean	132 Minneapolis,	26	00:31:25.0	01:37	19	00:02:12.3	46	03:04:55.2	17.9	18	00:01:31.8	42	02:22:32.4	10:52	06:02:36.9	
42	241 Hallmark, Jonathan	212 Austin, TX	46	00:41:08.2	02:07	47	00:06:04.0	42	02:58:05.2	18.6	45	00:06:04.1	38	02:13:51.6	10:13	06:05:13.2	
43	260 Coates, Andrew	189 Lake Crystal,	21	00:30:43.6	01:35	42	00:03:37.6	45	03:03:37.1	18.1	48	00:15:25.0	45	02:35:14.2	11:51	06:28:37.7	
44	267 Palma, Anthony	1407 Appleton, WI	44	00:37:45.9	01:57	31	00:02:49.0	47	03:16:44.0	16.8	28	00:01:52.1	46	02:46:21.1	12:41	06:45:32.2	
45	273 Boigenzahn, Adam	144 Coon Rapids,	49	00:45:42.1	02:22	45	00:04:19.4	48	03:41:08.7	15.0	37	00:02:18.4	47	03:11:53.3	14:38	07:45:22.1	
	Dunbar, Jeremy	325 St Paul, MN	24	00:31:18.6		22	00:02:23.1	29	02:45:10.3	20.1	15	00:01:21.2				DNF	
	Beesley, Scott	450 Minneapolis,														DNS	
	Gilbert, Bryan	285 Hopkins, MN														DNS	
	Ebertowski, Aaron	51 Buffalo, MN														DNS	
	Rupprecht, Brad	79 Minneapolis,														DNS	

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Age Group Field: 69

3	Tarkowski, Jeff	13 Green Bay, WI	1	00:23:09.0	01:11	5	00:01:14.0	3	02:11:03.2	25.3	1	00:00:22.9	1	01:18:24.8	05:59	03:54:14.1	
1	6 Sartain, Jeremy	35 St Paul, MN	3	00:24:56.1	01:17	8	00:01:23.9	2	02:08:51.5	25.7	5	00:00:45.7	5	01:26:13.6	06:34	04:02:11.0	

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4mi bike		T-2		3.1mi run		7/26/2009				
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
2	11 Carey, Mark	40 Rochester, MN	2	00:23:28.4	01:12	1	00:00:58.0	7	02:20:34.5	23.6	7	00:00:51.3	4	01:25:41.0	06:32	04:11:33.4	
3	13 Preckel, Kevin	27 Duluth, MN	5	00:25:52.8	01:20	7	00:01:17.1	5	02:18:38.1	23.9	6	00:00:48.1	7	01:26:22.3	06:35	04:12:58.6	
4	14 Doise, Harold	23 Maple Grove,	6	00:25:53.7	01:20	2	00:01:07.4	6	02:20:16.8	23.6	2	00:00:30.7	8	01:28:18.9	06:44	04:16:07.7	
5	19 Burns, Kevin	199 Minneapolis,	29	00:31:11.5	01:36	27	00:02:14.9	1	02:08:21.5	25.8	10	00:00:52.5	17	01:40:30.1	07:40	04:23:10.7	
6	22 Donly, Charles	298 Minneapolis,	18	00:28:55.0	01:29	6	00:01:16.3	10	02:28:19.2	22.4	12	00:00:59.5	3	01:25:27.5	06:31	04:24:57.8	
7	28 Midgarden, Jason	137 Golden Valley,	4	00:25:19.5	01:18	15	00:01:37.6	8	02:27:49.0	22.4	9	00:00:52.0	12	01:33:52.9	07:09	04:29:31.2	
8	37 Sage-martinson,	22 Saint Paul, MN	8	00:26:55.9	01:23	13	00:01:36.0	19	02:33:36.7	21.6	14	00:01:05.0	9	01:32:56.0	07:05	04:36:09.7	
9	46 Mann, Steve	350 St Paul, MN	13	00:28:34.4	01:28	14	00:01:37.3	20	02:33:37.0	21.6	15	00:01:05.6	14	01:37:10.2	07:25	04:42:04.8	
10	50 Elmquist, James	373 Eden Prairie,	33	00:32:41.6	01:41	22	00:01:56.8	13	02:30:55.2	22.0	24	00:01:26.5	13	01:35:59.4	07:19	04:42:59.8	
11	52 Shively, Joshua	398 La Crosse, WI	34	00:32:50.8	01:42	40	00:02:45.2	4	02:16:13.4	24.4	27	00:01:32.9	27	01:49:56.8	08:23	04:43:19.4	
12	54 Pluimer, Michael	42 Raymond, MN	22	00:30:39.1	01:35	28	00:02:18.8	24	02:34:24.0	21.5	49	00:02:45.1	11	01:33:31.2	07:08	04:43:38.4	
13	56 Ekstrum, Rich	11 Plymouth, WI	21	00:30:15.0	01:33	10	00:01:27.7	9	02:27:50.5	22.4	23	00:01:19.1	18	01:43:20.1	07:53	04:44:12.7	
14	58 Peterson, Steven	222 Waukesha, WI	14	00:28:35.9	01:28	32	00:02:31.6	22	02:34:04.6	21.5	19	00:01:13.6	15	01:38:49.4	07:32	04:45:15.4	
15	59 Reed, Evan	265 Minneapolis, MI	16	00:28:46.8	01:29	26	00:02:07.8	11	02:29:11.9	22.2	16	00:01:06.2	21	01:45:42.8	08:04	04:46:55.6	
16	60 Husband, Shawn	36 Sauage, MN	50	00:36:02.7	01:51	42	00:02:46.3	36	02:41:08.8	20.6	4	00:00:43.5	6	01:26:17.6	06:35	04:46:59.0	
17	74 Ojala, Ladd	24 Minneapolis,	11	00:28:02.1	01:27	3	00:01:08.8	16	02:32:49.7	21.7	20	00:01:14.5	25	01:48:40.7	08:17	04:51:56.0	
18	75 Raub, Robert	296 St. Paul, MN	36	00:33:10.2	01:43	46	00:02:59.9	25	02:34:34.9	21.5	39	00:01:53.4	16	01:39:38.9	07:36	04:52:17.6	
19	78 Avelar, Derrick	371 Minnetrista, MN	25	00:30:53.4	01:35	16	00:01:42.2	12	02:30:14.5	22.1	22	00:01:17.6	26	01:49:14.6	08:20	04:53:22.5	
20	80 Zindel, Shane	103 Roseville, MN	38	00:33:22.3	01:43	17	00:01:44.0	15	02:32:07.5	21.8	28	00:01:34.2	20	01:45:11.7	08:01	04:53:59.9	
21	81 Tessmer, Eric	492 Lakeville, MN	27	00:31:03.2	01:36	43	00:02:50.0	26	02:34:36.4	21.4	18	00:01:11.9	19	01:44:30.4	07:58	04:54:12.1	
22	90 Cundy, Scott	387 Maple Grove,	57	00:41:37.6	02:09	21	00:01:55.2	34	02:38:27.7	20.9	38	00:01:51.4	10	01:33:15.5	07:07	04:57:07.5	
23	105 Olivas, Michael	301 Las Vegas, NV	44	00:34:11.2	01:46	11	00:01:30.3	14	02:31:02.6	22.0	13	00:01:01.0	32	01:54:21.6	08:43	05:02:06.9	
24	110 Olivas, Terry	283 Grand Forks, ND	26	00:30:56.5	01:36	39	00:02:44.4	37	02:41:55.8	20.5	25	00:01:29.3	22	01:46:59.7	08:10	05:04:05.9	
25	116 Willett, Tony	391 Lakeville, MN	24	00:30:49.0	01:35	31	00:02:27.5	23	02:34:21.9	21.5	26	00:01:29.6	38	01:58:09.4	09:01	05:07:17.6	
26	119 Wolfe, John	240 Sartell, MN	15	00:28:46.0	01:29	29	00:02:21.3	35	02:40:59.6	20.6	34	00:01:45.4	31	01:53:57.2	08:41	05:07:49.6	
27	120 Trelstad, Steven	435 Minnetonka, MN	9	00:27:24.0	01:25	18	00:01:45.5	29	02:36:01.0	21.3	52	00:02:59.1	42	01:59:41.7	09:08	05:07:51.6	
28	123 Crocker, Chris	270 North Mankato,	51	00:36:14.2	01:52	34	00:02:34.1	31	02:36:29.8	21.2	21	00:01:17.0	30	01:52:52.2	08:36	05:09:27.5	
29	124 Olson, Tom	169 Wayzata, MN	20	00:29:48.2	01:32	45	00:02:59.6	41	02:43:08.4	20.3	43	00:02:14.9	29	01:52:51.2	08:36	05:11:02.4	
30	125 Buhl, David	245 Sartell, MN	39	00:33:29.4	01:44	52	00:03:37.5	33	02:37:16.6	21.1	33	00:01:45.0	34	01:55:21.7	08:48	05:11:30.4	
31	130 Maki, Tim	238	17	00:28:54.2	01:29	4	00:01:10.1	42	02:43:28.2	20.3	8	00:00:52.0	39	01:58:16.0	09:01	05:12:40.8	
32	133 Ryan, Joe	251 Rochester, MN	49	00:35:48.8	01:51	20	00:01:50.3	30	02:36:08.6	21.2	3	00:00:34.6	40	01:59:07.1	09:05	05:13:29.6	
33	134 Mayer, Anthony	197 Hudson, WI	46	00:34:26.9	01:47	48	00:03:10.4	17	02:33:03.5	21.7	41	00:01:58.1	45	02:01:13.0	09:15	05:13:52.1	
34	137 Campbell, Russell	122 Maple Grove,	37	00:33:14.7	01:43	41	00:02:45.7	21	02:33:51.1	21.6	47	00:02:35.6	46	02:02:46.4	09:22	05:15:13.7	

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4mi bike			T-2		3.1mi run		7/26/2009		
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
35	140 Sherman, Jesse	498 Madison, WI	23	00:30:40.1	01:35	60	00:06:32.3	47	02:50:18.3	19.5			61	04:44:09.1		05:16:30.9	
36	143 Nelson, Matt	152 Edina, MN	47	00:35:01.4	01:48	23	00:02:04.5	38	02:41:56.6	20.5	37	00:01:49.9	36	01:56:15.4	08:52	05:17:08.0	
37	144 Shock, Bay	76 Woodbury, MN	40	00:33:30.4	01:44	19	00:01:46.5	39	02:42:32.1	20.4	11	00:00:56.8	41	01:59:21.6	09:06	05:18:07.6	
38	146 Walker, Gentry	269 Arden Hills, MN	30	00:31:36.5	01:38	35	00:02:39.8	18	02:33:33.1	21.6	30	00:01:38.7	51	02:09:13.1	09:51	05:18:41.4	
39	156 Eckert, Jason	235 Waverly, MN	10	00:27:25.6	01:25	37	00:02:40.9	43	02:44:08.2	20.2	35	00:01:45.8	49	02:06:47.0	09:40	05:22:47.7	
40	163 Adams, Kurt	227 Edina, MN	43	00:33:51.3	01:45	12	00:01:30.3	40	02:42:41.4	20.4	29	00:01:35.0	48	02:05:19.7	09:34	05:24:57.9	
41	169 Anez, Bradley	206 New Richmond,	35	00:33:01.4	01:42	24	00:02:04.9	45	02:47:36.4	19.8	17	00:01:08.7	47	02:04:02.9	09:28	05:27:54.5	
42	170 Van De Mortel,	234 Minneapolis,	55	00:41:06.6	02:07	44	00:02:52.6	44	02:45:52.1	20.0	46	00:02:23.7	35	01:56:02.7	08:51	05:28:18.0	
43	171 Kipper, Boris	465 Fountain City,	60	00:43:47.0	02:16	57	00:04:02.0	32	02:36:49.5	21.1	58	00:04:24.4	43	01:59:51.3	09:08	05:28:54.5	
44	178 Toelle, Dan	480 Moorhead, MN	28	00:31:08.9	01:36	50	00:03:33.6	54	03:01:05.6	18.3	48	00:02:38.6	33	01:54:42.7	08:45	05:33:09.5	
45	191 Sukut, Sol	432 New London,	56	00:41:09.9	02:07	25	00:02:06.2	49	02:51:22.0	19.3	36	00:01:48.9	44	02:00:15.2	09:10	05:36:42.5	
46	196 Jensen, Jonathan	146 Minnetonka, MN	32	00:32:07.8	01:39	30	00:02:21.5	27	02:35:11.0	21.4	32	00:01:40.3	58	02:27:23.4	11:15	05:38:44.3	
47	199 Thuot, Mark	441 Hatley, WI	61	00:50:30.3	02:36	55	00:03:46.1	51	02:54:54.1	19.0	57	00:04:05.2	23	01:47:00.8	08:10	05:40:16.8	
48	200 Hamilton, Ian	204 Thunder Bay,	58	00:41:51.4	02:10	33	00:02:33.8	52	02:56:09.9	18.8	44	00:02:20.6	37	01:58:09.3	09:01	05:41:05.1	
49	206 Skean, Brian	96 Thunder Bay,	19	00:29:29.7	01:31	59	00:04:40.1	60	03:21:52.6	16.4	54	00:03:40.6	24	01:47:05.0	08:10	05:46:48.2	
50	207 Fagley, C. Todd	377 Mound, MN	12	00:28:22.7	01:28	47	00:03:01.7	48	02:50:48.7	19.4	56	00:03:48.1	56	02:21:34.6	10:48	05:47:36.1	
51	214 Kuhn, Mark	345 Robbinsdale,	48	00:35:24.0	01:49	58	00:04:06.1	46	02:50:04.9	19.5	40	00:01:57.1	55	02:20:37.0	10:44	05:52:09.2	
52	219 Leis, Matthew	430 Delano, MN	42	00:33:49.3	01:45	36	00:02:40.6	55	03:01:53.8	18.2	53	00:03:37.2	52	02:11:21.4	10:01	05:53:22.5	
53	227 Citrowske, Scott	439 Eden Prairie,	52	00:37:09.0	01:55	51	00:03:36.0	56	03:05:04.4	17.9	50	00:02:47.9	50	02:07:29.1	09:43	05:56:06.5	
54	232 Swann, Aaron	304 Edina, MN	54	00:39:25.1	02:02	54	00:03:38.4	53	02:59:53.3	18.4	31	00:01:39.4	54	02:16:12.0	10:23	06:00:48.4	
55	238 Schultz, Karl	456 Lakeville, MN	7	00:26:00.7	01:20	9	00:01:26.3				60		2	01:25:06.3		06:04:11.8	
56	240 Adam, Don	89 Prior Lake, MN	53	00:38:13.0	01:58	49	00:03:20.0	57	03:06:13.6	17.8	51	00:02:55.9	53	02:14:08.0	10:14	06:04:50.7	
57	245 Dischinger, Karl	318 St Paul, MN	41	00:33:36.0	01:44	53	00:03:38.0	50	02:52:54.6	19.2	42	00:02:01.9	59	02:36:22.6	11:56	06:08:33.4	
58	250 Bryant, Michael	173 Maplewood, MN	31	00:31:43.9	01:38	38	00:02:43.6	28	02:35:15.1	21.4	45	00:02:22.6	60	03:01:57.7	13:53	06:14:03.2	
59	251 Martineau, Steven	39	59	00:43:04.7	02:13	61	00:18:50.7	58	03:11:21.9	17.3	59	00:08:18.5	28	01:52:45.1	08:36	06:14:21.1	
60	257 Duffy, Benjamin	160 Minneapolis,	45	00:34:22.1	01:46	56	00:03:46.4	59	03:19:38.9	16.6	55	00:03:45.5	57	02:25:16.2	11:05	06:26:49.3	
	Puls, Bret	380 Minneapolis,														DNS	
	Vlieger, Daniel	384 White Bear														DNS	
	Hansen, Derek	314 Lakeville, MN														DNS	
	Wrabetz, Brian	321 Mahtomedi, MN														DNS	
	Greeley, Ward	252 Chisago City,														DNS	
	Bachowski, Dave	155 Sussex, WI														DNS	
	Hinnenkamp,	108 Hopkins, MN														DNS	

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4 mi bike			T-2		3.1 mi run		7/26/2009		
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
	Vega, Juan	55															DNS
<b>40-44</b>			Age Group Field: 56														
1	15 Friedrichs, Dan	10	Mankato, MN	10	00:28:05.6	01:27	6	00:01:28.4	2	02:22:20.2	23.3	2	00:00:48.1	2	01:27:22.9	06:40	04:20:05.4
2	24 Holleran, David	397	Woodbury, MN	8	00:27:58.9	01:26	2	00:01:09.3	1	02:19:28.9	23.8	18	00:01:23.3	3	01:35:53.2	07:19	04:25:53.9
3	25 Marsh, Scott	428	Austin, MN	7	00:27:40.2	01:25	22	00:02:11.8	7	02:28:36.6	22.3	6	00:00:59.8	1	01:27:12.2	06:39	04:26:40.7
4	41 Patrick, Kim	497	Sioux Falls, SD	5	00:27:23.6	01:25	8	00:01:37.6	4	02:27:41.3	22.5	19	00:01:26.8	9	01:41:14.3	07:43	04:39:23.8
5	44 Lundberg, Dave	124	Woodbury, MN	17	00:30:40.4	01:35	13	00:01:50.2	3	02:24:51.7	22.9	8	00:01:00.9	10	01:42:05.3	07:47	04:40:28.7
6	51 Adams, Jay	1303		4	00:27:05.8	01:24	11	00:01:44.8	9	02:32:28.9	21.7	3	00:00:48.1	8	01:41:08.8	07:43	04:43:16.7
7	61 Gloe, Rob	449	West Des	9	00:27:59.6	01:26	37	00:03:11.8	5	02:27:53.6	22.4	15	00:01:18.6	13	01:46:58.6	08:09	04:47:22.5
8	62 Eichelman,	336	Greenwood, MN	6	00:27:32.6	01:25	33	00:03:01.3	8	02:29:35.7	22.2	28	00:02:17.7	12	01:44:56.7	08:00	04:47:24.2
9	63 Oberman, Tony	433	Waukee, IA	22	00:32:31.0	01:41	15	00:02:00.4	15	02:34:14.8	21.5	4	00:00:57.8	6	01:37:53.0	07:28	04:47:37.1
10	67 Sovell, Chase	478	Minneapolis,	16	00:30:32.1	01:34	17	00:02:00.9	6	02:27:54.4	22.4	12	00:01:12.1	14	01:47:38.1	08:12	04:49:17.9
11	76 Finn, Sean	316	Savage, MN	28	00:33:46.5	01:44	9	00:01:41.2	17	02:36:59.8	21.1	10	00:01:11.2	7	01:39:29.8	07:35	04:53:08.5
12	79 Ritz, David	1419	Plymouth, MN	2	00:26:57.6	01:23	24	00:02:16.5	10	02:32:38.7	21.7	13	00:01:13.3	17	01:50:37.9	08:26	04:53:44.2
13	84 Cook, Jerald	2	San Diego, CA	1	00:26:17.4	01:21	1	00:01:08.0	12	02:33:31.5	21.6	1	00:00:41.1	21	01:53:01.0	08:37	04:54:39.2
14	86 Bittner, Mark	48		14	00:30:23.7	01:34	5	00:01:27.8	11	02:33:30.6	21.6	14	00:01:17.0	16	01:49:12.9	08:20	04:55:52.2
15	95 Evanson, Jeff	499	Minneapolis,	40	00:37:22.2	01:56	4	00:01:25.2	26	02:40:51.5	20.6	37	00:02:41.6	5	01:37:03.2	07:24	04:59:23.8
16	99 Byer, Greg	287	Lakeville, MN	45	00:39:24.5	02:02	12	00:01:45.5	14	02:33:53.9	21.5	23	00:02:05.2	11	01:42:46.5	07:50	04:59:55.8
17	108 Essma, Nicholas	496	Edina, NC	11	00:28:24.3	01:28	16	00:02:00.5	13	02:33:47.4	21.6	48	00:10:25.2	15	01:48:41.0	08:17	05:03:18.5
18	115 Nowak, Rich	149	Edina, MN	18	00:30:41.2	01:35	23	00:02:12.5	16	02:35:35.5	21.3	5	00:00:59.3	25	01:57:19.7	08:57	05:06:48.3
19	121 Duggan, Mike	375	Edina, MN	25	00:33:25.7	01:43	3	00:01:15.2	25	02:40:45.4	20.6	11	00:01:11.5	20	01:52:08.4	08:33	05:08:46.4
20	122 Houwman, Chris	493	Sioux Falls, SD	32	00:34:25.3	01:46	18	00:02:01.1	22	02:39:08.5	20.8	16	00:01:19.1	19	01:51:58.4	08:32	05:08:52.5
21	126 Surprise, Johnny	121	St Paul, MN	15	00:30:28.1	01:34	7	00:01:37.1	21	02:39:00.1	20.9	9	00:01:01.2	28	01:59:41.1	09:08	05:11:47.9
22	129 Sandler, Noah	266	Hopkins, MN	38	00:37:02.1	01:55	46	00:04:47.1	40	02:52:38.7	19.2	24	00:02:05.2	4	01:35:55.8	07:19	05:12:29.1
23	136 Vagle, Jarrod	91	Rochester, MN	21	00:31:31.9	01:37	20	00:02:07.6	29	02:43:50.2	20.2	21	00:01:33.7	24	01:55:57.1	08:51	05:15:00.7
24	139 Mejia, Matt	113	St. Paul, MN	31	00:34:18.4	01:46	28	00:02:32.9	23	02:39:24.2	20.8	33	00:02:31.8	26	01:57:23.0	08:57	05:16:10.5
25	145 Epshteyn, Igor	247	Minneapolis,	39	00:37:18.9	01:55	10	00:01:44.2	20	02:38:31.1	20.9	25	00:02:05.9	27	01:58:31.4	09:02	05:18:11.8
26	155 Stead, Todd	343	Eden Prairie,	24	00:33:22.8	01:43	32	00:03:00.4	35	02:48:35.3	19.7	30	00:02:28.7	23	01:54:55.2	08:46	05:22:22.6
27	157 Frings, Roger	116	Ridgewat, WI	12	00:29:19.8	01:31	40	00:03:21.0	18	02:37:26.5	21.1	36	00:02:37.7	32	02:10:47.2	09:59	05:23:32.3
28	158 Chetek, Howard	187	Rosemount, MN	35	00:34:54.0	01:48	41	00:03:29.7	24	02:40:12.3	20.7	29	00:02:19.1	30	02:02:39.9	09:21	05:23:35.2
29	166 Kotlovskiy, Igor	243	Maple Grove,	43	00:38:13.3	01:58	31	00:02:57.4	36	02:49:40.1	19.5	17	00:01:20.1	22	01:54:32.1	08:44	05:26:43.2
30	177 Edmondson,	232	Mahtomedi, MN	13	00:29:27.3	01:31	44	00:04:16.9	43	02:55:03.9	18.9	38	00:02:43.2	29	02:01:28.2	09:16	05:32:59.7
31	180 Pincus, Dave	170	Champlin, MN	23	00:33:02.4	01:42	48	00:05:09.9	45	03:01:52.8	18.2	40	00:03:00.6	18	01:50:50.5	08:27	05:33:56.3

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4mi bike		T-2		3.1mi run		7/26/2009				
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
32	185 Jack, David	138 Lake Elmo, MN	36	00:35:26.0	01:50	36	00:03:11.5	27	02:42:44.4	20.4	31	00:02:30.8	33	02:11:29.2	10:02	05:35:22.1	
33	187 Maloney, Tom	332 Duluth, MN	20	00:31:16.7	01:37	30	00:02:55.7	30	02:44:47.8	20.1	45	00:03:47.3	35	02:13:07.8	10:09	05:35:55.5	
34	192 Smrdel, Brian	87 White Bear	30	00:34:17.8	01:46	39	00:03:19.8	31	02:46:43.9	19.9	26	00:02:15.1	31	02:10:25.3	09:57	05:37:02.0	
35	197 Schafer, Patrick	310 Woodbury, MN	3	00:26:58.2	01:23	21	00:02:09.2	39	02:51:22.3	19.3	34	00:02:32.5	37	02:16:11.2	10:23	05:39:13.5	
36	203 Mcdowell, Brad	421 Madison, WI	33	00:34:26.9	01:47	19	00:02:05.0	41	02:53:27.2	19.1	22	00:01:42.5	36	02:13:32.3	10:11	05:45:14.1	
37	205 Mccarthy, Jon	172 Lonsdale, MN	34	00:34:32.7	01:47	25	00:02:22.7	33	02:48:00.2	19.7	7	00:01:00.5	40	02:20:51.1	10:45	05:46:47.5	
38	210 Holmes, Brian	338 St. Louis Park,	26	00:33:26.6	01:43	29	00:02:52.3	34	02:48:04.0	19.7	44	00:03:43.2	41	02:21:56.6	10:50	05:50:02.9	
39	218 Rulifson, David	452 Edina, MN	29	00:33:49.7	01:45	47	00:05:04.5	37	02:51:08.9	19.4	46	00:05:44.1	39	02:17:21.8	10:29	05:53:09.1	
40	222 Smith, Adam	472 Blmgt, MN	37	00:36:53.6	01:54	27	00:02:28.7	38	02:51:09.6	19.4	20	00:01:28.8	42	02:22:04.7	10:50	05:54:05.5	
41	225 Mcconkey, Michael	475 Baxter, MN	44	00:38:29.8	01:59	45	00:04:40.9	19	02:38:07.1	21.0	42	00:03:10.4	45	02:30:48.2	11:30	05:55:16.6	
42	226 Julson, Charles	485 Bloomington,	19	00:31:05.3	01:36	38	00:03:15.7	47	03:04:49.9	17.9	43	00:03:34.8	34	02:12:57.0	10:08	05:55:43.0	
43	239 Kriegl, Paul	1402 Brainerd, MN	41	00:38:08.3	01:58	42	00:03:47.1	28	02:43:24.9	20.3	27	00:02:17.1	46	02:36:41.7	11:57	06:04:19.3	
44	246 Van	156 Prior Lake, MN	48	00:42:32.8	02:12	26	00:02:24.6	42	02:53:46.7	19.1	35	00:02:36.4	43	02:28:56.8	11:22	06:10:17.5	
45	248 Jones, Julian	260 Elk River, MN	42	00:38:13.1	01:58	49	00:11:13.3	32	02:46:58.8	19.9	47	00:07:29.1	44	02:29:04.7	11:22	06:12:59.3	
46	256 Rigley, J. R.	115 Orono, MN	47	00:40:59.6	02:07	34	00:03:06.1	48	03:21:46.6	16.4	41	00:03:08.7	38	02:17:00.1	10:27	06:26:01.3	
47	259 Erickson, Jamie	106 Cambridge, MN	46	00:40:30.9	02:05	43	00:03:48.4	44	02:57:14.3	18.7	39	00:02:56.0	48	02:44:04.2	12:31	06:28:34.0	
48	262 Deuhs, John	423 Inver Grove, MN	49	00:43:17.6	02:14	35	00:03:07.0	46	03:02:16.7	18.2	32	00:02:31.0	47	02:40:48.4	12:16	06:32:00.9	
	Sosniecki, John	9 River Falls, WI	27	00:33:30.0		14	00:01:55.6									DNF	
	Johnson, Eric	418 Minnetonka, MN														DNS	
	Backlund, Bruce	282 St. Louis Park,														DNS	
	Bethke, Michael	203 Chanhassen,														DNS	
	Henson, Lyle	207 Minneapolis,														DNS	
	Grouws, Michael	216 St Louis Park,														DNS	
25	142 Klaiman, David	181 Medina, MN														DNS	
	Gibson, Patrick	139 Chaska, MN														DNS	

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Age Group Field: 28

1	17 Lyon, Dave	403 Schofield, WI	3	00:28:35.7	01:28	8	00:02:26.5	2	02:17:02.2	24.2	4	00:01:20.8	1	01:32:25.8	07:03	04:21:51.2	
2	39 Moynihan, Brian	230 Eagan, MN	2	00:24:05.8	01:14	5	00:01:47.1	5	02:28:46.5	22.3	3	00:01:14.9	3	01:41:45.3	07:46	04:37:39.7	
3	55 Schultz, James	302 Shorewood, MN	11	00:33:32.2	01:44	18	00:04:11.7	4	02:26:39.1	22.6	21	00:03:21.4	2	01:36:10.7	07:20	04:43:55.2	
4	64 Nordstrand, Barry	346 Excelsior, MN	12	00:33:48.0	01:45	4	00:01:42.4	3	02:24:54.6	22.9	7	00:01:37.9	4	01:45:44.3	08:04	04:47:47.4	
5	103 Marciniak, Kevin	341 Brooklyn Park,	6	00:31:35.5	01:38	7	00:02:23.8	6	02:31:58.1	21.8	6	00:01:29.9	9	01:53:50.6	08:41	05:01:18.1	
6	111 Frakes, Drew	459 St Louis Park,	9	00:32:34.8	01:41	11	00:02:37.2	9	02:35:41.7	21.3	1	00:01:01.6	7	01:52:58.1	08:37	05:04:53.5	
7	112 Dundervill, Robert	167 Charleston, WV	4	00:30:17.8	01:34	3	00:01:32.6	7	02:33:43.1	21.6	2	00:01:03.7	11	01:58:22.0	09:02	05:04:59.4	



Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/26/2009			
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
8	128 Blackstock, Frank	312 Plymouth, MN	8	00:32:20.0	01:40	2	00:01:29.8	8	02:35:19.4	21.4	5	00:01:24.8	14	02:01:44.7	09:17	05:12:19.1	
9	142 Kittleson, David	151 White Bear	15	00:34:30.6	01:47	6	00:02:16.6	10	02:36:49.3	21.1	10	00:01:52.2	13	02:01:33.8	09:16	05:17:02.6	
10	151 Moore, Skeeter	347 Duluth, MN	14	00:34:09.8	01:46	10	00:02:35.2	11	02:40:08.5	20.7	9	00:01:51.2	12	02:01:14.9	09:15	05:19:59.7	
11	153 Donohue, John	462 Blomington, MN	18	00:37:30.4	01:56	15	00:03:50.0	14	02:51:02.4	19.4	13	00:02:09.9	5	01:47:10.0	08:10	05:21:43.0	
12	162 Odonnell, Jim	274 Saint Louis	21	00:41:14.7	02:08	14	00:03:17.6	13	02:47:34.6	19.8	15	00:02:15.9	6	01:50:01.7	08:23	05:24:24.7	
13	195 Falzone, Mark	224 Chanhasseen,	7	00:32:17.1	01:40	22	00:05:25.8	19	03:00:20.9	18.4	23	00:04:38.3	10	01:55:05.3	08:47	05:37:47.6	
14	208 Fiacco, Pat	280 Regina, SK	23	00:41:43.1	02:09	13	00:02:44.3	15	02:51:10.5	19.4	11	00:02:01.0	17	02:10:05.8	09:55	05:47:45.0	
15	215 Holmquist, Keith	292 Winona, MN	5	00:30:27.3	01:34	9	00:02:34.1	12	02:40:27.8	20.7	20	00:03:10.4	22	02:35:33.4	11:52	05:52:13.1	
16	216 Scheppat, Thomas	353 Orono, MN	10	00:33:20.5	01:43	26	03:02:28.7									05:52:25.1	
17	221 Niebergall, Stu	320 Regina, SK	22	00:41:17.1	02:08	19	00:04:19.7	18	02:59:25.3	18.5	8	00:01:42.3	15	02:07:01.2	09:41	05:53:45.7	
18	229 Virga, Joe	294 Lindstrom, MN	16	00:36:17.4	01:52	23	00:05:31.2	21	03:04:54.0	17.9	16	00:02:29.9	16	02:08:15.0	09:47	05:57:27.6	
19	242 Krueger, Clair	221 Sun Prairie, WI	17	00:37:15.4	01:55	24	00:05:34.6	16	02:55:17.3	18.9	19	00:03:06.2	19	02:25:43.5	11:07	06:06:57.2	
20	243 Mathison, Joe	133 Minneapolis,	19	00:38:02.8	01:58	21	00:04:49.8	17	02:59:01.4	18.5	22	00:03:25.5	18	02:22:32.3	10:52	06:07:52.0	
21	252 Kliewer, Bradley	73 Minneapolis,	20	00:40:38.4	02:06	16	00:03:53.4	20	03:00:33.4	18.4	14	00:02:10.1	20	02:27:54.8	11:17	06:15:10.4	
22	255 Adams, Ron	1417 Andover, MN	25	00:47:37.8	02:27	20	00:04:41.6				24		8	01:53:45.0		06:18:30.2	
23	264 Bautch, Brian	75 Independence,	26	00:49:56.3	02:35	25	00:06:14.4	22	03:05:59.0	17.8	12	00:02:06.0	21	02:31:50.7	11:35	06:36:06.7	
24	265 Temple, Mark	244 Bloomington, IL	13	00:34:08.5	01:46	17	00:04:00.7	23	03:06:20.2	17.8	18	00:02:57.8	23	02:51:32.7	13:05	06:39:00.1	
25	272 McCormick, Jim	168 Coon Rapids,	24	00:43:18.3	02:14	12	00:02:40.4	24	03:16:58.1	16.8	17	00:02:37.9	24	03:23:11.2	15:30	07:28:46.1	
	Mouw,	16 White Bear	1	00:23:27.2		1	00:00:58.7	1	02:03:45.8	26.8						DNF	
	Dalton, Stuart	231 Mahtomedi, MN														DNS	
	Poferl, Chris	126 Eden Prairie,														DNS	

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Age Group Field: 22

1	35 Roach, Charlie	315 Lakeville, MN	9	00:32:25.5	01:40	3	00:01:27.6	1	02:29:40.8	22.2	2	00:01:03.8	1	01:28:58.9	06:47	04:33:36.8	
2	89 Ewen, Mike	100 Rochester, MN	16	00:36:31.3	01:53	1	00:01:19.3	4	02:38:06.5	21.0	3	00:01:12.1	2	01:39:51.5	07:37	04:57:00.9	
3	100 Lyng, Robert	83 Burnsville, MN	7	00:32:15.6	01:40	9	00:02:51.2	2	02:32:09.9	21.8	1	00:00:58.5	5	01:52:32.1	08:35	05:00:47.5	
4	132 Burkhartzmeyer,	333 Lakeville, MN	11	00:32:43.6	01:41	11	00:03:34.7	7	02:41:35.3	20.5	12	00:02:42.5	7	01:52:37.3	08:35	05:13:13.7	
5	138 Brewster, Brad	411 Burnsville, MN	8	00:32:18.4	01:40	13	00:03:54.8	11	02:45:11.2	20.1	14	00:02:49.8	4	01:51:03.8	08:28	05:15:18.3	
6	141 Heikkila, Steve	451 Saint Paul, MN	1	00:28:01.1	01:27	4	00:01:43.3	13	02:47:04.3	19.8	11	00:02:39.8	8	01:57:32.6	08:58	05:17:01.4	
7	167 Dornfeld, Glen	331 Winona, MN	6	00:30:05.2	01:33	2	00:01:20.8	6	02:39:36.1	20.8	5	00:01:39.3	11	02:14:05.9	10:14	05:26:47.5	
8	168 Vaske, Randy	489 Hugo, MN	3	00:29:56.7	01:33	12	00:03:52.4	10	02:44:24.7	20.2	6	00:01:59.9	9	02:07:25.0	09:43	05:27:38.9	
9	172 Miner Jr, Jim	360 Duluth, MN	10	00:32:43.5	01:41	5	00:02:33.3	3	02:35:05.6	21.4	9	00:02:07.1	13	02:17:03.0	10:27	05:29:32.6	
10	190 Koenigs, Jim	401 Mcintire, IA	15	00:36:23.0	01:53	16	00:04:17.3	17	03:00:54.8	18.3	8	00:02:04.2	6	01:52:34.5	08:35	05:36:14.0	
11	194 Wernersbach, Gary	195 Zimmerman, MN	18	00:38:30.3	01:59	19	00:04:54.9	5	02:38:42.7	20.9	10	00:02:07.3	10	02:13:31.4	10:11	05:37:46.8	

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike		T-2		3.1 mi run		7/26/2009				
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
12	204 Fisher, Willis	415 Marinette, WI	20	00:43:13.5	02:14	7	00:02:37.1	8	02:42:16.4	20.4	13	00:02:48.4	12	02:15:41.2	10:21	05:46:36.9	
13	213 Teitelbaum, Mike	290	17	00:38:00.8	01:58	10	00:03:04.7	19	03:18:48.5	16.7	16	00:03:22.2	3	01:47:53.5	08:14	05:51:09.9	
14	220 Comstock, Manny	438 St. Paul, MN	13	00:33:58.8	01:45	8	00:02:38.6	15	02:52:54.0	19.2	7	00:02:03.7	15	02:21:51.2	10:49	05:53:26.5	
15	233 Ruffini, Mick	66 Stillwater, MN	12	00:33:49.5	01:45	6	00:02:34.4	18	03:06:13.4	17.8	4	00:01:15.6	14	02:17:48.9	10:31	06:01:41.9	
16	236 Hubert, Kenneth	262 Faribault, MN	2	00:28:55.8	01:29	18	00:04:48.4	16	02:57:56.1	18.6	17	00:03:39.8	16	02:27:31.3	11:15	06:02:51.7	
17	237 Reedy, Gary	1416 La Crosse, WI	4	00:29:57.5	01:33	20	00:09:50.2	12	02:46:39.4	19.9	18	00:04:56.8	17	02:32:20.8	11:37	06:03:44.9	
18	269 Tatone, Marc	150 Golden Valley,	19	00:41:02.5	02:07	14	00:04:03.3	20	03:29:53.3	15.8	15	00:03:07.5	18	02:41:10.4	12:18	06:59:17.2	
	Kelly, Brian	368 Minneapolis,	5	00:30:02.5		17	00:04:26.0	9	02:43:26.6	20.3						DNF	
	Jones, Ed	82 Cambridge, MN	14	00:36:02.1		15	00:04:10.8	14	02:51:04.2	19.4	19	00:14:25.2				DNF	
	Turman, Dana W.	191 Lindstrom, MN														DNS	
	Gorr, Arth	192 Buffalo, MN														DNS	

### 55-59

Age Group Field: 9

1	16 Taylor, Gregory	1401 Mankato, MN	2	00:26:26.3	01:22	3	00:02:09.6	1	02:21:24.3	23.5	1	00:00:46.3	1	01:30:16.7	06:53	04:21:03.4	
2	93 Newman, David	474 Minneaplis,	3	00:34:05.3	01:45	4	00:02:16.2	4	02:40:41.4	20.6	2	00:01:20.5	2	01:39:41.1	07:36	04:58:04.8	
3	104 Harris, Mark	256 Maplewood, MN	4	00:36:21.6	01:52	2	00:02:05.8	2	02:31:42.4	21.9	5	00:01:38.4	4	01:49:40.5	08:22	05:01:29.0	
4	113 Beiswanger, Lynn	337 Bismarck, ND	5	00:37:44.7	01:57	5	00:02:41.9	3	02:36:44.5	21.2	4	00:01:34.1	3	01:46:50.3	08:09	05:05:35.7	
5	176 Schubert, Chris	249 La Crescent,	1	00:25:58.6	01:20	1	00:02:03.6	5	02:43:26.0	20.3	3	00:01:29.5	6	02:19:48.3	10:40	05:32:46.2	
6	268 Theobald, Dean	259 New Brighton,	8	00:57:46.5	02:59	8	00:09:12.3				7		5	02:19:38.9		06:56:21.6	
7	270 Haugen, David	134 Minnetonka, MN	6	00:43:09.4	02:14	6	00:04:10.2	7	03:27:39.9	16.0	6	00:03:06.8	7	02:41:26.0	12:19	06:59:32.3	
8	271 Heffernan, David	495 Minneapolis,	7	00:46:35.5	02:24	7	00:08:26.9	6	03:16:29.9	16.9			8	08:08:58.2		07:01:19.0	
	Mckitrick, Robert	72 New Prague,														DNS	

### 60-64

Age Group Field: 3

1	247 Gryskiewicz,	67 Edina, MN	1	00:36:50.0	01:54	2	00:04:06.9	1	03:07:04.9	17.7	1	00:03:14.3	1	02:21:10.5	10:46	06:12:26.8	
2	261 Fox, Barry	276 Saint Paul, MN	2	00:42:30.0	02:12	1	00:02:51.9	2	03:17:03.9	16.8	2	00:03:45.3	2	02:25:06.5	11:04	06:31:17.9	
	Garver, Eugene	112 Sartell, MN														DNS	

### 65-69

Age Group Field: 4

1	201 Quirin, Pete	454 Sparta, WI	1	00:38:02.1	01:58	2	00:03:40.1	1	02:49:57.7	19.5	2	00:02:38.8	1	02:07:22.5	09:43	05:41:41.5	
2	249 Meyer, Tom	135 Hudson, WI	3	00:42:56.2	02:13	1	00:03:10.2	2	02:53:52.7	19.1	1	00:02:04.3	2	02:31:36.7	11:34	06:13:40.3	
3	266 Hutchings, Harvey	111 Rochester, MN	2	00:39:03.1	02:01	3	00:07:23.4	3	03:02:06.7	18.2	3	00:02:41.1	3	02:50:30.9	13:00	06:41:45.5	
	Stevens, Daryl	99 Sartell, MN														DNS	

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike		T-2		3.1 mi run		7/26/2009				
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
<b>70-74</b>			Age Group Field: 1														
	Opstad, Melford	327 Big Lake, MN	1	01:05:25.7		1	00:29:26.6				1						DNF
<b>Female Half Ironman Distance</b>			Division Field: 155														
<b>16-19</b>			Age Group Field: 2														
1	72 Keller, Gabby	176 Maple Grove,	1	00:27:04.7	01:24	1	00:00:59.5	1	02:54:30.8	19.0	1	00:01:26.1	1	02:14:13.6	10:14	05:38:15.0	
2	123 Huey, Danielle	329 Eagle, WI	2	00:45:52.7	02:22	2	00:07:01.3	2	03:03:00.8	18.1	2	00:02:02.3	2	02:47:35.5	12:47	06:45:32.8	
<b>20-24</b>			Age Group Field: 3														
	4 Arendt, Jackie	541 Madison, WI	1	00:23:37.1	01:13	1	00:01:18.7	1	02:32:19.8	21.8	1	00:00:41.5	1	01:28:07.4	06:43	04:26:04.7	
1	79 Holmquist, Abby	293 Minneapolis,	2	00:29:34.6	01:31	2	00:02:00.4	2	02:57:35.7	18.7	2	00:01:41.0	2	02:10:39.1	09:58	05:41:31.0	
	Lauritsen, Lindsey	339 West Fargo, ND															DNS
<b>25-29</b>			Age Group Field: 29														
1	10 Cueno, Nicole	408 Minneapolis,	7	00:32:04.8	01:39	14	00:02:29.7	8	02:45:10.9	20.1	7	00:01:10.8	1	01:28:16.2	06:44	04:49:12.6	
2	12 Novotny, Lydia	239 Hopkins, MN	12	00:33:05.4	01:42	3	00:01:31.1	1	02:33:20.0	21.6	6	00:01:07.5	4	01:41:35.8	07:45	04:50:40.0	
3	13 Killian, Megan	367 Houghton, MI	13	00:33:31.1	01:44	10	00:02:08.4	3	02:35:24.1	21.3	9	00:01:14.0	2	01:39:55.8	07:37	04:52:13.7	
4	14 Morgan, April	352 Minneapolis,	4	00:30:55.6	01:36	1	00:00:59.2	2	02:34:04.2	21.5	1	00:00:37.5	7	01:47:13.9	08:11	04:53:50.6	
5	18 Patzer, Hilary	406 St. Paul, MN	6	00:31:14.8	01:37	5	00:01:42.3	7	02:39:57.8	20.7	12	00:01:35.1	5	01:42:41.8	07:50	04:57:12.1	
6	19 Richter, Casey	305 Columbia	10	00:32:55.0	01:42	9	00:01:53.6	4	02:35:46.4	21.3	2	00:00:47.4	6	01:47:00.0	08:10	04:58:22.7	
7	23 Steiger, Megan	309 St. Louis Park,	9	00:32:37.5	01:41	6	00:01:42.5	6	02:39:16.5	20.8	11	00:01:19.8	8	01:47:19.7	08:11	05:02:16.2	
8	31 Ault, Kimberly	184 Plymouth, MN	5	00:30:57.4	01:36	2	00:01:19.8	5	02:37:37.8	21.0	8	00:01:13.4	11	01:55:55.8	08:50	05:07:04.3	
9	36 Visto, Erica	494 Minneapolis,	14	00:33:32.7	01:44	11	00:02:15.3	12	02:51:11.1	19.4	17	00:01:59.4	3	01:40:49.6	07:41	05:09:48.3	
10	49 Kingzell, Amanda	118 River Falls #4,	24	00:39:03.6	02:01	15	00:02:34.0	10	02:49:30.8	19.6	18	00:02:04.4	9	01:48:08.2	08:15	05:21:21.2	
11	51 Luecke, Tammy	348 Maple Grove,	18	00:34:12.4	01:46	23	00:03:43.5	9	02:49:17.6	19.6	13	00:01:35.2	10	01:53:32.0	08:40	05:22:20.8	
12	60 Whitney, Patricia	129 Minneapolis,	1	00:27:34.7	01:25	16	00:02:36.7	13	02:52:02.7	19.3	10	00:01:14.4	14	02:05:52.8	09:36	05:29:21.5	
13	69 Mitchell, Kimberly	77 Saint Paul, MN	19	00:34:38.2	01:47	7	00:01:46.1	14	02:56:34.7	18.8	4	00:00:59.2	12	02:01:08.0	09:14	05:35:06.4	
14	83 Boller, Valerie	200 Maple Grove,	22	00:38:32.2	01:59	8	00:01:51.5	11	02:50:49.6	19.4	14	00:01:45.5	17	02:13:00.7	10:09	05:45:59.7	
15	90 Bollinger, Lisa	136 Sartell, MN	20	00:35:13.6	01:49	22	00:03:26.1	19	03:04:58.6	17.9	3	00:00:57.5	13	02:04:09.4	09:28	05:48:45.3	
16	91 Buchkosky, Natalie	143 Shakopee, MN	8	00:32:27.1	01:40	24	00:03:57.4	16	03:00:09.4	18.4	22	00:02:50.5	15	02:10:23.3	09:57	05:49:47.9	
17	97 Mielke, Kris	69 Eden Prairie,	15	00:33:35.5	01:44	4	00:01:38.7	18	03:04:04.2	18.0	5	00:01:02.2	20	02:21:31.5	10:48	06:01:52.2	
18	99 Linder-stenzel,	412 St. Paul, MN	25	00:39:27.2	02:02	19	00:02:58.5	20	03:10:28.7	17.4	19	00:02:10.8	16	02:11:53.8	10:04	06:06:59.1	
19	107 Apelt, Nicole	490 Minnetonka, MN	21	00:37:23.4	01:56	13	00:02:29.5	21	03:16:44.8	16.8	20	00:02:21.0	18	02:15:42.5	10:21	06:14:41.4	
20	109 Walsworth, Alyssa	313 St. Paul, MN	16	00:34:07.9	01:46	26	00:05:07.9	15	02:59:53.5	18.4	24	00:03:45.7	22	02:32:12.3	11:37	06:15:07.5	

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4 mi bike			T-2		3.1 mi run			7/26/2009	
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
21	110 Klock, Mindy	486 Madison, WI	3	00:30:51.2	01:35	17	00:02:51.4	17	03:00:09.9	18.4	15	00:01:47.1	23	02:39:30.9	12:10	06:15:10.7	
22	115 Ver Haagh, Dawn	386 Green Bay, WI	23	00:38:41.7	02:00	20	00:03:09.1	22	03:26:29.0	16.0	25	00:04:48.5	21	02:22:49.7	10:54	06:35:58.3	
23	122 Mayer, Allison	364 Minneapolis,	11	00:32:59.4	01:42	18	00:02:53.3	26	03:45:01.6	14.7	16	00:01:56.5	19	02:21:29.4	10:48	06:44:20.6	
24	131 Pearson, Sheila	196 Sartell, MN	26	00:42:56.5	02:13	12	00:02:21.6	24	03:30:58.9	15.7	21	00:02:34.4	24	03:01:30.0	13:51	07:20:21.6	
25	133 Herder, Elizabeth	1418 Rice Lake, WI	2	00:29:13.1	01:30	21	00:03:20.6	23	03:28:14.7	15.9	23	00:03:07.4	25	03:20:30.8	15:18	07:24:26.8	
	Johnson, Deena	215 Robbinsdale,	17	00:34:11.6		25	00:04:48.4	25	03:38:55.5	15.1						DNF	
	Giles, Karen	324 Minneapolis,														DNS	
	Rentas, Lisa	53 Weschester, IL														DNS	
	Batts, Candace	57 Ames, IA														DNS	

**30-34**

Age Group Field: 29

	3 Haag, Kortney	3 New Hope, MN	3	00:27:49.0	01:26								1	01:31:49.8		04:25:53.8	
1	8 Wilcox, Jenny	404 Cottage Grove,	10	00:31:35.6	01:38	9	00:01:52.5	1	02:28:52.8	22.3	11	00:01:34.5	2	01:34:45.3	07:13	04:38:41.0	
2	11 Hohenstein, Angel	45 Duluth, MN	14	00:32:54.2	01:42	20	00:02:37.0	3	02:35:55.1	21.3	19	00:02:12.6	4	01:36:57.8	07:24	04:50:37.0	
3	20 Persons, Kerri	128 Duluth, MN	4	00:30:08.5	01:33	5	00:01:38.5	4	02:37:01.9	21.1	7	00:01:08.6	8	01:48:50.2	08:18	04:58:47.9	
4	24 Bergh, Nicole	101 Sartell, MN	5	00:30:09.2	01:33	4	00:01:25.4	6	02:40:51.6	20.6	4	00:00:59.9	9	01:49:21.6	08:20	05:02:47.9	
5	25 Nielsen, Pam	20 Minnetonka, MN	1	00:27:22.6	01:25	1	00:01:08.7	17	02:58:01.6	18.6	15	00:01:46.1	3	01:34:57.1	07:14	05:03:16.4	
6	26 Prudhomme, Leah	21 Andover, MN	18	00:35:00.5	01:48	13	00:02:09.1	2	02:32:53.8	21.7	10	00:01:34.1	10	01:51:50.4	08:32	05:03:28.2	
7	37 Schlaefer,	65 Saint Paul, MN	7	00:30:23.0	01:34	3	00:01:24.7	8	02:43:57.4	20.2	1	00:00:45.4	12	01:55:36.2	08:49	05:12:06.9	
8	38 Sailer, Martina	74 Minneapolis,	12	00:32:19.4	01:40	11	00:01:54.4	12	02:50:18.7	19.5	3	00:00:56.5	7	01:47:35.4	08:12	05:13:04.6	
9	40 Waskey, Lisa	190 St Louis Park,	13	00:32:53.5	01:42	8	00:01:49.9	15	02:51:26.6	19.3	2	00:00:50.0	6	01:47:13.1	08:11	05:14:13.2	
10	41 Kroll, Tanya	334 St. Louis Park,	23	00:37:53.1	01:57	24	00:03:30.4	10	02:45:25.1	20.0	9	00:01:26.3	5	01:46:40.9	08:08	05:14:56.1	
11	43 Osborn, Lindsay	198 Shakopee, MN	2	00:27:46.3	01:26	10	00:01:53.7	9	02:44:20.7	20.2	8	00:01:22.3	17	02:01:04.2	09:14	05:16:27.4	
12	45 Dalrymple, Becca	34 Minneapolis,	8	00:30:50.5	01:35	2	00:01:20.8	7	02:43:32.4	20.3	12	00:01:37.3	15	01:59:26.7	09:07	05:16:48.0	
13	54 Andrychowicz,	255 Blaine, MN	9	00:31:30.4	01:37	6	00:01:38.8	14	02:50:53.0	19.4	16	00:01:51.0	14	01:59:13.0	09:06	05:25:06.5	
14	61 Swanson, Becka	237 Circle Pines, MN	21	00:36:18.6	01:52	15	00:02:15.5	5	02:40:08.6	20.7	6	00:01:02.2	20	02:09:52.1	09:54	05:29:37.3	
15	67 Rehling, Jennifer	102 Andover, MN	6	00:30:13.6	01:33	7	00:01:44.5	13	02:50:24.3	19.5	5	00:01:00.7	21	02:10:20.9	09:57	05:33:44.2	
16	71 Lacanne, Beth	363 Rochester, MN	25	00:41:51.9	02:10	18	00:02:30.1	11	02:50:13.9	19.5	22	00:02:30.6	13	01:58:46.2	09:03	05:35:53.0	
17	74 Siedschlag, Sarah	273 Minneapolis,	17	00:34:14.6	01:46	17	00:02:27.6	21	03:05:11.6	17.9	24	00:03:08.1	11	01:53:55.2	08:41	05:38:57.3	
18	78 Weber, Katie	354 Minneapolis,	20	00:35:37.7	01:50	14	00:02:13.9	18	02:58:19.3	18.6	17	00:01:51.7	18	02:02:56.9	09:23	05:40:59.7	
19	81 Leis, Kate	431 Delano, MN	16	00:34:03.1	01:45	22	00:03:00.0	20	03:03:24.1	18.1	25	00:03:57.6	16	02:00:10.8	09:10	05:44:35.8	
20	88 Drevlow, Danielle	267 Golden Valley,	19	00:35:08.0	01:49	23	00:03:06.8	16	02:57:34.7	18.7	21	00:02:26.4	19	02:08:55.5	09:50	05:47:11.7	
21	96 Cuta, Kristin	393 Saint Paul, MN	11	00:32:15.0	01:40	16	00:02:19.8	22	03:06:55.7	17.7	20	00:02:13.1	22	02:17:04.0	10:27	06:00:47.8	
22	111 Schlender,	140 Lindstrom, MN	22	00:37:17.9	01:55	19	00:02:36.6	19	02:59:01.8	18.5	14	00:01:45.3	25	02:34:30.7	11:47	06:15:12.5	

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		5.4mi bike			T-2		3.1mi run		7/26/2009		
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
23	112 Gurney, Rebecca	58 St Paul, MN	24	00:38:32.6	01:59	12	00:02:05.9	23	03:12:53.6	17.2	13	00:01:38.4	23	02:23:06.1	10:55	06:18:16.6	
24	118 Edgar, Bridget	357 Forest Lake, MN	15	00:33:24.0	01:43	21	00:02:47.2	25	03:28:38.3	15.9	18	00:02:06.0	24	02:30:31.6	11:29	06:37:27.2	
25	124 Charbonneau,	257 St. Paul, MN	26	00:42:39.9	02:12	25	00:04:12.5	24	03:17:34.2	16.8	26	00:04:13.9	26	02:41:11.2	12:18	06:49:51.8	
26	134 Kelly-Wardle,	60 Winnipeg, MB	27	00:49:09.6	02:32	26	00:04:47.2	26	03:30:47.0	15.7	23	00:02:34.5	27	03:11:13.8	14:35	07:38:32.2	
	Jirele, Jasmine	277 Woodbury, MN														DNS	
	Nolin, Kristine	171 Minneapolis,														DNS	

<b>35-39</b>	Age Group Field: 38																
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	1 Haviland, Heather	26 Waukesha, WI	2	00:27:45.4	01:26	2	00:00:56.8	3	02:23:37.5	23.1	4	00:00:37.7	1	01:30:27.6	06:54	04:23:25.2	
	5 Wilkinson, Jolene	31 Park City, UT	1	00:25:42.4	01:19	1	00:00:51.7	5	02:28:36.6	22.3	2	00:00:32.7	2	01:33:47.3	07:09	04:29:30.8	
1	6 Hull, Julie	29	3	00:27:48.8	01:26	3	00:01:05.0	2	02:23:35.9	23.1	1	00:00:24.6	4	01:37:57.2	07:28	04:30:51.8	
2	9 Mcgaver, Marlo	19 Duluth, MN	22	00:36:23.0	01:53	6	00:01:19.6	4	02:25:54.9	22.7	3	00:00:37.0	3	01:36:50.2	07:23	04:41:04.8	
3	15 Burdick, Becky	30 Plymouth, WI	4	00:27:54.7	01:26	9	00:01:42.3	7	02:37:58.0	21.0	6	00:00:57.7	7	01:45:33.1	08:03	04:54:06.0	
4	27 Lenarz, Jen	44 Appleton	16	00:32:41.0	01:41	14	00:01:50.2	14	02:43:41.7	20.3	24	00:01:51.3	6	01:44:53.1	08:00	05:04:57.6	
5	28 Martone, Jennifer	264 Minneapolis,	14	00:32:07.0	01:39	12	00:01:47.6	11	02:42:19.7	20.4	14	00:01:23.4	9	01:47:27.5	08:12	05:05:05.4	
6	30 Sellke, Mary	202 Golden Valley,	10	00:31:13.6	01:37	5	00:01:12.7	6	02:37:17.5	21.1	8	00:01:09.1	16	01:56:06.9	08:51	05:07:00.1	
7	32 Bertram, Sarah	372 Waukesha, WI	17	00:33:32.2	01:44	7	00:01:31.4	8	02:40:26.5	20.7	7	00:01:03.6	11	01:50:50.3	08:27	05:07:24.2	
8	39 Bronson, Leanne	117 Superior, WI	13	00:31:46.5	01:38	13	00:01:48.9	12	02:42:43.4	20.4	23	00:01:47.0	15	01:55:38.4	08:49	05:13:44.3	
9	42 Graves, Gina	340 St. Louis Park,	11	00:31:26.6	01:37	22	00:02:26.6	9	02:41:04.7	20.6	15	00:01:25.8	20	01:59:21.3	09:06	05:15:45.2	
10	44 Lindstrom, Tiffany	410 Woodbury, MN	12	00:31:36.0	01:38	15	00:01:53.7	13	02:43:29.2	20.3	26	00:01:57.4	18	01:57:37.4	08:58	05:16:33.9	
11	48 Sadaka, Gretchen	500 Lake Crystal,	28	00:37:45.0	01:57	26	00:03:03.9	17	02:48:52.9	19.6	28	00:02:27.0	8	01:45:38.0	08:03	05:17:47.1	
12	52 Steilen, Courtney	183 Minneapolis,	15	00:32:20.0	01:40	4	00:01:10.0	18	02:51:13.8	19.4	18	00:01:28.9	17	01:57:34.9	08:58	05:23:47.9	
13	53 Amundson, Jill	153 Babcock, WI	7	00:30:25.8	01:34	11	00:01:47.4	10	02:41:59.1	20.5	9	00:01:09.5	23	02:09:28.8	09:53	05:24:50.7	
14	55 Cook, Cindy	413 Minneapolis,	25	00:36:56.0	01:54	25	00:02:48.8	25	02:59:36.9	18.5	25	00:01:52.0	5	01:44:10.4	07:57	05:25:24.2	
15	56 Walker, Julie	300 Arden Hills, MN	8	00:31:02.6	01:36	17	00:02:12.8	15	02:45:06.5	20.1	22	00:01:43.5	21	02:06:07.5	09:37	05:26:13.1	
16	57 Aron, Carol	46 Bismarck, ND	19	00:35:33.7	01:50	21	00:02:25.5	19	02:53:04.6	19.2	16	00:01:26.9	14	01:53:48.3	08:41	05:26:19.2	
17	63 Sevilla, Margarita	362 Minneapolis,	27	00:37:04.8	01:55	10	00:01:46.8	23	02:57:48.5	18.6	20	00:01:36.8	13	01:52:43.4	08:36	05:31:00.6	
18	66 Moritz, Jeannette	379 Minneapolis,	5	00:28:27.9	01:28	18	00:02:17.8	16	02:47:45.7	19.8	21	00:01:38.7	24	02:12:59.5	10:09	05:33:09.8	
19	68 Hollenbeck, Jodee	344 Coon Rapids,	20	00:35:55.4	01:51	32	00:04:01.0	26	02:59:45.9	18.4	31	00:03:27.9	12	01:50:54.2	08:27	05:34:04.6	
20	70 Wenzel, Lori	226 Greenville, WI	26	00:36:58.0	01:54	16	00:02:05.8	21	02:55:15.7	18.9	19	00:01:35.6	19	01:59:20.6	09:06	05:35:16.0	
21	75 Srenaski, Julie	303 Green Bay, WI	31	00:39:08.8	02:01	31	00:03:47.0	29	03:05:32.9	17.9	17	00:01:27.3	10	01:49:35.7	08:21	05:39:31.8	
22	82 Hola, Nikki	390 Highlands	9	00:31:07.8	01:36	23	00:02:44.3	22	02:55:16.7	18.9	12	00:01:18.5	25	02:14:33.6	10:16	05:45:01.1	
23	84 Youngquist, Kim	402 Plymouth, MN	21	00:36:14.8	01:52	20	00:02:25.0	24	02:59:36.0	18.5	11	00:01:17.4	22	02:06:43.7	09:40	05:46:16.9	
24	93 Bradley, Mina	163 Duluth, MN	6	00:28:28.8	01:28	19	00:02:22.5	27	03:01:24.3	18.3	10	00:01:16.6	28	02:21:05.4	10:46	05:54:37.8	

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4mi bike		T-2		3.1mi run		7/26/2009				
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
25	94 Rutt, Dana	70 Minneapolis,	32	00:39:59.3	02:04	8	00:01:35.8	20	02:55:02.0	18.9	5	00:00:56.9	26	02:18:37.8	10:34	05:56:12.2	
26	106 Halland, Spring	317 Long Lake, MN	33	00:40:50.7	02:06	24	00:02:47.0	30	03:05:44.2	17.8	27	00:01:59.9	29	02:21:53.1	10:49	06:13:15.1	
27	114 Lemke, Erin	458 Sartell, MN	30	00:39:00.9	02:01	33	00:04:27.8	31	03:17:47.1	16.8	29	00:02:53.7	30	02:23:50.3	10:58	06:28:00.0	
28	117 Thelen, Sandi	308 Hugo, MN	23	00:36:32.9	01:53	34	00:06:40.8	1	00:00:04.0	4972	33	03:32:50.8	27	02:20:31.9	10:43	06:36:40.6	
29	125 Blomgren, Nicole	381 Coon Rapids,	29	00:38:11.2	01:58	29	00:03:13.4	32	03:30:27.0	15.7	30	00:02:59.1	31	02:36:07.0	11:55	06:50:57.8	
30	127 Van Horn, Tammy	97 Karminton, MN	24	00:36:44.5	01:54	27	00:03:10.0	33	03:32:50.0	15.6	13	00:01:21.2	33	02:47:09.6	12:45	07:01:15.5	
31	128 Jansen, Kelly	383 Kaukauna, WI	34	00:47:46.2	02:28	28	00:03:12.3	34	03:34:59.4	15.4	32	00:03:28.4	32	02:39:25.0	12:10	07:08:51.4	
	Byland, Stephanie	104 Edina, MN	18	00:33:34.3		30	00:03:15.2	28	03:02:17.0	18.2						DNF	
	Hughes, Jill	213 Medina, MN														DNS	
	Gantman, Holly	162 Plymouth, MN														DNS	
	Cook, Jennifer	165 St Louis Park,														DNS	
	Carlson, Michelle	32 Maple Grove,														DNS	

**40-44**

Age Group Field: 21

	2 Walth, Marnie	7 Bismarck, ND	1	00:27:55.8	01:26	1	00:01:11.8	1	02:22:58.1	23.2	1	00:00:31.0	1	01:31:08.9	06:57	04:23:45.9	
1	16 Lyng, Julia	84 Burnsville, MN	3	00:29:52.7	01:32	2	00:01:27.2	2	02:41:02.2	20.6	2	00:00:42.3	2	01:43:25.7	07:53	04:56:30.3	
2	33 Boyce, Mary	201 Roseville, MN	2	00:28:37.7	01:28	3	00:01:38.0	3	02:45:55.5	20.0	5	00:01:18.8	3	01:51:58.7	08:32	05:09:28.8	
3	58 Woolsey, Amy	92 Sauk Rapids,	5	00:30:50.9	01:35	5	00:02:10.3	5	02:49:08.3	19.6	9	00:02:00.0	6	02:04:14.5	09:29	05:28:24.3	
4	62 Jackson, Joni	93 Mpls, MN	6	00:33:22.1	01:43	11	00:02:41.1	11	02:59:59.7	18.4	4	00:01:08.8	5	01:53:34.9	08:40	05:30:46.9	
5	80 Vagle, Kathryn	86 Rochester, MN	8	00:36:04.1	01:52	8	00:02:18.8	7	02:52:50.6	19.2	10	00:02:09.1	9	02:11:07.8	10:00	05:44:30.7	
6	86 Remiker, Lisa	365 Appleton, WI	13	00:40:39.9	02:06	6	00:02:10.7	4	02:48:47.8	19.6	8	00:01:47.4	11	02:13:23.8	10:10	05:46:49.7	
7	89 Weiskopf-larson,	208 Lino Lakes, MN	12	00:40:08.5	02:04	12	00:02:45.4	9	02:55:02.1	18.9	3	00:01:04.4	7	02:08:43.1	09:49	05:47:43.7	
8	98 Siebold, Kim	64 Buffalo, MN	11	00:39:47.2	02:03	7	00:02:12.3	10	02:56:59.2	18.7	11	00:02:15.1	13	02:22:36.2	10:53	06:03:50.1	
9	101 Spande, Kim	437 North Branch,	14	00:41:59.0	02:10	19	00:07:00.7	13	03:05:52.5	17.8	13	00:02:39.5	10	02:12:07.9	10:05	06:09:39.8	
10	104 Karpel, Joan	407 Sartell, MN	7	00:34:33.6	01:47	13	00:03:21.0	12	03:02:20.4	18.2	16	00:03:49.4	15	02:27:39.7	11:16	06:11:44.3	
11	105 Burke, Mimi	217 Eagan, MN	9	00:38:51.2	02:00	14	00:03:29.4	8	02:53:58.2	19.1	17	00:04:54.1	16	02:31:13.1	11:32	06:12:26.2	
12	108 Ryder, Shannon	38 Vanais Heights,	19	00:56:11.8	02:54	17	00:05:42.1	15	03:14:37.5	17.0	18	00:05:06.6	4	01:53:06.5	08:38	06:14:44.6	
13	113 Heard, Kay	174 Elk River, MN	18	00:52:49.8	02:44	9	00:02:23.2	14	03:13:29.5	17.1	7	00:01:35.3	8	02:09:24.7	09:52	06:19:42.7	
14	119 Jones, Allison	295 New York, NY	10	00:39:27.3	02:02	18	00:05:51.2	17	03:29:08.4	15.8	15	00:03:40.4	12	02:20:31.9	10:43	06:38:39.4	
15	121 Perkins, Beckie	389 Apple Valley,	15	00:42:20.8	02:11	4	00:01:49.0	16	03:20:12.3	16.6	6	00:01:32.8	17	02:34:57.9	11:49	06:40:53.1	
16	126 Retzer, Marcia	374 St Cloud, MN	17	00:52:18.3	02:42	15	00:03:49.9				19		14	02:26:59.1		06:54:49.4	
17	132 Durand, Tracy	359	16	00:45:33.0	02:21	16	00:04:24.8	18	03:29:13.3	15.8	14	00:03:34.8	18	03:00:36.2	13:47	07:23:22.3	
	Schild Jyring,	487	4	00:30:11.6		10	00:02:24.1	6	02:52:48.8	19.2	12	00:02:29.9				DNF	
	Puffer, Stephanie	159 Hermantown,														DNS	

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/26/2009			
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

Stoneman, 59 Minneapolis,

DNS

**45-49** Age Group Field: 18

1	17 Lamers, Tracey	291 Ridgeway, WI	8	00:33:35.9	01:44	5	00:01:43.9	1	02:32:18.9	21.8	7	00:01:24.7	4	01:48:04.2	08:14	04:57:07.9	
2	21 Moore, Jenny	250 Medina, MN	3	00:29:41.9	01:32	2	00:01:19.9	3	02:37:59.8	21.0	3	00:01:03.7	5	01:49:23.2	08:21	04:59:28.7	
3	22 Macmillan,	453 Minneapolis,	4	00:30:17.3	01:34	9	00:02:35.7	2	02:35:15.4	21.4	4	00:01:09.2	8	01:50:53.9	08:27	05:00:11.6	
4	34 Clements, Sharon	148 Edina, MN	6	00:31:46.0	01:38	7	00:02:06.4	7	02:48:58.8	19.6	2	00:01:02.5	1	01:45:42.1	08:04	05:09:36.0	
5	35 Kittleson, Dawn	180 White Bear	1	00:27:35.0	01:25	6	00:01:45.0	5	02:45:28.2	20.0	12	00:02:12.7	9	01:52:46.9	08:36	05:09:48.0	
6	46 Senty, Laurie	56 Grand Marais,	7	00:33:31.8	01:44	8	00:02:33.8	9	02:53:03.5	19.2	6	00:01:19.3	2	01:46:39.3	08:08	05:17:08.0	
7	50 Locher, Kim	394 Lakeville, MN	10	00:34:52.2	01:48	13	00:03:48.2	8	02:50:48.7	19.4	10	00:01:51.2	6	01:50:02.8	08:24	05:21:23.3	
8	59 Hines, Lisa	179 Waite Park, MN	9	00:34:33.5	01:47	3	00:01:37.0	12	03:00:43.6	18.3	1	00:00:54.6	7	01:50:37.8	08:26	05:28:26.9	
9	64 Mowers, Sondra	125 Duluth, MN	5	00:31:08.1	01:36	10	00:02:41.9	6	02:47:44.4	19.8	14	00:02:32.2	13	02:07:33.8	09:44	05:31:40.6	
10	65 Johnson, Renae	25 Waconia, MN	15	00:43:54.7	02:16	15	00:04:43.4	10	02:55:25.4	18.9	5	00:01:13.2	3	01:47:13.4	08:11	05:32:30.4	
11	76 Januschka, Mary	81 Cambridge, MN	12	00:42:06.6	02:10	11	00:02:56.8	11	02:56:54.2	18.7	13	00:02:18.4	10	01:56:02.7	08:51	05:40:18.9	
12	77 Sands, Mary	477 St Paul, MN	11	00:34:53.1	01:48	4	00:01:38.2	13	03:00:49.5	18.3	9	00:01:45.5	12	02:01:35.1	09:16	05:40:41.5	
13	100 Lang, Diane	158 Burnville, MN	14	00:42:41.3	02:12	12	00:03:42.1	14	03:22:17.1	16.4	11	00:02:04.9	11	01:57:24.9	08:57	06:08:10.5	
14	129 Hagen, Linda	175 Duluth, MN	13	00:42:10.5	02:11	14	00:03:57.4	15	03:39:26.7	15.1			14	08:08:36.6		07:11:35.8	
	Mouw, Suzann	17 White Bear	2	00:27:55.5		1	00:01:14.6	4	02:39:09.4	20.8	8	00:01:36.5					DNF
	Butzke, Mary Ann	326 Bakvia, IL															DNS
	Iverson, Cathy	218 Wayzata, MN															DNS
	Bachel, Mary	63 Chanhassen,															DNS

**50-54** Age Group Field: 10

1	7 Gunther, Jan	366	2	00:27:58.6	01:26	1	00:01:25.0	1	02:28:54.8	22.3	1	00:00:50.7	1	01:36:56.1	07:23	04:36:05.3	
2	29 Chezick, Kathie	275 Thunder Bay,	1	00:27:43.4	01:26	4	00:02:21.6	2	02:47:49.5	19.8	4	00:01:37.4	2	01:45:34.6	08:03	05:05:06.7	
3	47 Guck, Beth	123 Andover, MN	3	00:32:06.7	01:39	2	00:02:01.9	4	02:53:08.7	19.1	2	00:01:22.4	3	01:48:53.0	08:18	05:17:32.7	
4	85 Fisher, Kathleen	414 Marinette, WI	4	00:35:06.6	01:49	5	00:02:56.4	5	02:54:00.3	19.1	7	00:02:15.3	7	02:12:04.1	10:04	05:46:22.8	
5	92 Stoller, Diane	157 Maple Grove,	7	00:42:24.4	02:11	6	00:03:00.5	3	02:52:01.6	19.3	6	00:01:48.5	6	02:11:28.0	10:02	05:50:43.2	
6	102 Garlough, Dawn	369 Bloomington,	5	00:38:25.6	01:59	8	00:03:54.5	8	03:19:11.3	16.6	8	00:02:24.7	5	02:06:02.7	09:37	06:09:59.0	
7	103 Carlson, Kathryn	110 Waite Park, MN	9	00:44:17.4	02:17	3	00:02:19.2	7	03:17:02.5	16.8	3	00:01:35.6	4	02:04:45.5	09:31	06:10:00.3	
8	120 Baxter, Denise	88 St Cloud, MN	8	00:43:12.4	02:14	7	00:03:01.0	6	03:09:57.7	17.4	5	00:01:46.4	8	02:42:02.3	12:22	06:40:00.0	
9	130 Nilson, Lois	130 Minneapolis,	6	00:39:32.5	02:02	9	00:04:32.2	9	03:26:34.7	16.0	9	00:03:03.0	9	02:59:10.9	13:40	07:12:53.5	
	Hobbs, Sharon	185 St. Cloud, MN															DNS

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/26/2009			
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
<b>55-59</b>			Age Group Field: 5														
1	73 Stevens, Pam	98 Sartell, MN	1	00:32:10.7	01:39	1	00:01:56.2	1	02:45:27.7	20.0	1	00:01:18.3	3	02:17:48.6	10:31	05:38:41.7	
2	87 Brooks, Peggy	119 Madison, WI	3	00:37:40.1	01:57	4	00:04:21.1	2	02:57:41.4	18.7	3	00:01:44.6	1	02:05:40.1	09:35	05:47:07.6	
3	95 Barron, Charlene	427 Wayzata, MN	2	00:37:29.6	01:56	2	00:03:28.6	3	02:58:28.5	18.6	4	00:04:27.7	2	02:13:27.8	10:11	05:57:22.4	
4	116 Bukstein, Jeri Dipaola, Sheila	209 Maple Grove, 68 Minneapolis,	4	00:47:33.7	02:27	3	00:04:10.7	4	03:19:17.3	16.6	2	00:01:26.8	4	02:23:51.4	10:58	06:36:20.0	DNS

### Clydesdale Half Ironman Distance

Division Field: 27

Age Group Field: 27

1	Onnen, Matthew	248 Minneapolis,		00:30:39.5	01:35	3	00:01:52.5	1	02:21:15.8	23.5	1	00:00:58.3	1	01:36:39.9	07:22	04:31:26.2	
2	Beam, Braden	95 St Louis Park,		00:29:32.4	01:31	11	00:02:54.4	2	02:30:52.5	22.0	2	00:01:17.4	2	01:42:24.3	07:49	04:47:01.1	
3	Murray, Michael	105 Sartell, MN		00:34:12.1	01:46	6	00:02:29.6	4	02:32:22.4	21.8	3	00:01:18.4	3	01:48:45.9	08:18	04:59:08.6	
4	Weiland, Marty	147 Lakeville, MN		00:38:29.3	01:59	8	00:02:36.7	3	02:31:13.1	21.9	8	00:01:41.1	5	01:59:35.4	09:07	05:13:35.8	
5	Hagen, Aaron	442 Hastings, MN		00:28:51.6	01:29	12	00:02:56.6	5	02:34:03.6	21.5	12	00:02:13.3	10	02:14:12.6	10:14	05:22:17.8	
6	Swedberg, Rollie	307 Fargo, ND		00:33:07.5	01:42	15	00:03:25.5	11	02:52:50.1	19.2	5	00:01:25.5	4	01:52:58.3	08:37	05:23:47.0	
7	Casagrand, Marty	225 Republic, MO		00:36:59.1	01:54	2	00:01:38.0	12	02:53:59.2	19.1	4	00:01:21.3	8	02:08:34.3	09:48	05:42:32.0	
8	Kurus, Doobie	154 Minnetonka, MN		00:38:15.9	01:58	10	00:02:50.6	14	02:56:07.9	18.8	9	00:01:54.4	7	02:04:12.1	09:28	05:43:21.1	
9	Edin, Nathan	210 Hudson, WI		00:34:00.1	01:45	24	00:05:16.6	13	02:55:30.7	18.9	14	00:02:44.3	9	02:08:46.3	09:49	05:46:18.2	
10	Slansky, Tj	468 Kansas City, MO		00:35:09.0	01:49	21	00:03:51.7	17	03:00:31.1	18.4	19	00:03:20.3	6	02:03:43.3	09:26	05:46:35.6	
11	Hokanson, Craig	261 Cumberland, WI		00:37:28.7	01:56	14	00:03:25.1	6	02:42:51.3	20.4	16	00:02:56.8	14	02:23:10.1	10:55	05:49:52.2	
12	Bales-woods, Eric	289 Olathe, KS		00:34:56.0	01:48	13	00:02:59.7	8	02:46:51.2	19.9	7	00:01:30.8	15	02:24:24.7	11:01	05:50:42.5	
13	Logue, Bryan	85 New Prague,		00:31:04.9	01:36	5	00:02:24.2	7	02:46:04.8	20.0	11	00:02:07.8	17	02:29:24.3	11:24	05:51:06.2	
14	Heitkamp, Mark	424 Plymouth, MN		00:33:55.5	01:45	17	00:03:32.8	18	03:02:36.3	18.2	10	00:02:02.4	11	02:15:47.8	10:21	05:57:54.9	
15	Logue, Kevin	466 Rochester, MN		00:36:32.2	01:53	16	00:03:27.7	16	02:59:06.0	18.5	18	00:03:19.8	13	02:20:39.8	10:44	06:03:05.7	
16	Filter, Jeffrey	399 Reedsburg, WI		00:35:11.3	01:49	22	00:03:57.8	19	03:05:13.4	17.9	15	00:02:56.5	12	02:18:48.8	10:35	06:06:08.1	
17	Benning, Bill	61 Lakeville, MN		00:33:54.0	01:45	4	00:02:04.5	10	02:52:22.6	19.2	6	00:01:27.0	18	02:41:48.0	12:21	06:11:36.3	
18	Luecke, Todd	253 Chanhassn,		00:31:39.9	01:38	18	00:03:34.3	9	02:47:49.6	19.8	17	00:03:11.6	20	02:54:12.7	13:17	06:20:28.2	
19	O'hara, Michael	271 Sartell, MN		00:42:57.7	02:13	20	00:03:43.3	21	03:13:25.8	17.1	13	00:02:41.2	16	02:24:38.5	11:02	06:27:26.7	
20	Hawkins, Daniel	469 Bloomington,		00:29:11.5	01:30	9	00:02:44.4	23	03:35:02.6	15.4	21	00:04:40.2	19	02:45:16.3	12:36	06:56:55.2	
21	Erdmann, Craig	420 Saint Louis		00:38:08.2	01:58	23	00:04:03.9	20	03:11:14.0	17.3	22	00:04:43.3	22	03:28:45.6	15:56	07:26:55.2	
22	Kubat, Gary	194 Minneapolis,		00:46:55.5	02:25	19	00:03:36.0	22	03:24:10.1	16.2	20	00:04:27.1	21	03:23:12.2	15:30	07:42:21.0	
	Goodman, Charles	258 Mendota		00:36:17.0		7	00:02:35.1	24	03:39:32.0	15.1	24	00:09:08.7					DNF
	Hemann, Andrew	4 Wrightstown, WI		00:33:03.8		1	00:01:22.1	15	02:58:02.3	18.6	23	00:07:59.8					DNF



Individual - Half Ironman Triathlon			1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/26/2009			
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
	Lottig, Noah	370															DNS
	Olson, Eric	246															DNS
	Rost, William	188															DNS

### Athena Half Ironman Distance

Division Field: 6

Age Group Field: 6

1	Ritz, Leanne	447	Maple Grove,	00:29:37.7	01:32	1	00:01:55.1	2	02:54:28.2	19.0	1	00:02:03.8	1	02:06:38.6	09:40	05:34:43.6	
2	Henning, Amy	12	Wrightstown, WI	00:37:13.3	01:55	4	00:03:00.6	1	02:49:00.1	19.6	3	00:02:13.4	2	02:35:23.1	11:51	06:06:50.7	
3	Else, Natalie	54	Chaska, MN	00:40:16.7	02:05	2	00:02:25.7	3	03:10:24.7	17.4	2	00:02:05.1	3	02:35:24.3	11:51	06:30:36.6	
4	Bauch, Amy	52	Minneapolis,	00:43:26.2	02:14	3	00:02:37.7	4	03:38:37.0	15.2	4	00:03:39.3	4	03:21:42.4	15:23	07:50:02.8	
	Pals, Kathy	205	Eagan, MN	00:59:12.6		5	00:03:34.1				5						DNF
	Mcdonough,	109	Lindstrom, MN														DNS

Team - Half Ironman Relay Triathlon			1.2 mi swim	T-1	5.4 mi bike	T-2	3.1 mi run	7/26/2009					
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

**Team - Half Ironman Relay Triathlon** Field: 17

**Relay Team Half Ironman Distance** Division Field: 17

Age Group Field: 17

1	Stocker, Nordica	1406 Grand Rapids,	Nordica Stocker	00:27:30.3 01:25	1 00:00:37.7	Thomas Morgan	1 02:17:57.8 24.0	6 00:00:17.1	Paul Kriegler	1 01:14:35.7 05:41	04:00:58.9
2	Olson, Stephen	127 Plymouth, MN	Stephen Olson	00:29:02.4 01:30	2 00:00:38.0	Duey Carlson	4 02:29:43.8 22.1	4 00:00:15.7	Bill Atkins	3 01:25:36.0 06:32	04:25:16.0
3	Fleming, Michael	328 Plymouth, MN	Michael Fleming	00:22:49.6 01:10	4 00:00:47.6	Swim Chris	5 02:38:17.6 20.9	1 00:00:12.5	L Kaveh	2 01:25:17.2 06:30	04:27:24.8
4	Tolzman, Terry	358 Wyoming, MN	Terry Tolzman	00:34:16.5 01:46	8 00:00:55.1	Curt Patak	2 02:18:05.5 24.0	11 00:00:30.3	Mark Holl	9 01:51:19.4 08:29	04:45:07.1
5	Laubscher, Rob	425 Stillwater, MN	Rob Laubscher	00:25:09.1 01:18	7 00:00:52.0	Bike Nolan	7 02:43:40.3 20.3	2 00:00:13.1	XL Scott	6 01:39:13.6 07:34	04:49:08.4
6	Sorenson, Kari	471 Buffalo, MN	Kari Sorenson	00:35:21.5 01:49	5 00:00:47.8	Bike Katharyn	9 02:50:52.8 19.4	3 00:00:13.4	S Ciade	5 01:33:44.4 07:09	05:01:00.1
7	Peterson, Lars	166 Laramie, WY	Lars Peterson	00:37:12.9 01:55	3 00:00:45.1	Chris Peterson	3 02:28:24.6 22.3	9 00:00:24.7	Ty Peterson	10 01:55:51.2 08:50	05:02:38.7
8	Peters, Judith	484 St. Cloud, MN	Judith Peters	00:36:20.6 01:52	10 00:01:00.4	Bike Michael	6 02:42:04.2 20.5	14 00:00:50.1	M Kathy	8 01:48:04.9 08:15	05:08:20.4
9	Straub, Brent	356 Apple Valley,	Brent Straub	00:32:36.5 01:41		Swim Steven			L Mark	4 01:32:31.8	05:09:43.9
10	Peterson, Jennifer	241 Laramie, WY	Jennifer Peterson	00:39:17.3 02:02	12 00:01:09.3	Bike Pam	10 02:51:08.5 19.4	13 00:00:32.6	M Megan	7 01:40:36.6 07:40	05:12:44.6
11	Pederson, James	299 Hugo, MN	James Pederson	00:30:36.0 01:35	6 00:00:51.0	Bike Cindy	8 02:44:11.0 20.2	10 00:00:29.4	S Varen	14 02:13:56.1 10:13	05:30:03.7
12	Hennessy, John	242 Brookfield, WI	John Hennessy	00:38:46.2 02:00	16 00:03:44.4	Bike Pam	11 02:58:30.4 18.6	7 00:00:19.5	L Michael	11 02:04:41.0 09:31	05:46:01.7
13	Groschen, Nicole	376 Lindstrom, MN	Nicole Groschen	00:32:41.0 01:41	14 00:01:22.7	Swim Scott	14 03:16:47.0 16.8	12 00:00:30.4	XL Matt	12 02:08:02.0 09:46	05:59:23.4
14	Rauenhorst,	473 Denver, CO	Kristine	00:34:31.6 01:47	9 00:00:59.3	Bike Milke	13 03:13:57.3 17.1	5 00:00:16.4	L Kaveh	13 02:09:57.5 09:55	05:59:42.4
15	Netting, Stuart	323 Edina, MN	Stuart Netting	00:32:59.9 01:42	13 00:01:18.7	Swim Laura	12 03:01:45.9 18.2	15 00:00:51.4	Cheryl Meyer	15 02:31:03.1 11:31	06:07:59.3
16	Lee, Marcia	107 St Louis Park,	Marcia Lee	00:44:57.8 02:19	11 00:01:05.8	Mary Knight	15 03:24:24.2 16.2	8 00:00:19.9		17 03:02:42.7 13:56	07:13:30.6

Team - Half Ironman Relay Triathlon			1.2 mi swim			T-1		5.4 mi bike			T-2		3.1 mi run		7/26/2009			
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	
17	To, Luan	429 Bloomington,		Luan To	00:58:39.3	03:02	15 00:01:51.3	16	Swim Kiem	03:58:30.3	13.9	16 00:01:54.9	16	L Jordan	02:31:09.8	11:32	07:32:05.7	