

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

**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: 497

**Male Half Ironman Distance**

Division Field: 309

1		Thompson, David	37 Saint Paul, MN	3	00:22:05.5	01:08	1	00:00:43.0	2	02:07:34.8	26.0	3	00:00:30.4	2	01:16:22.9	05:49	03:47:16.9			
2		Henkel, Justin	50 Kohler, WI	49	00:27:59.3	01:26	6	00:01:07.2	5	02:09:50.5	25.6	17	00:00:45.3	1	01:12:52.7	05:33	03:52:35.2			
3		Tarkowski, Jeff	13 Green Bay, WI	6	00:23:09.0	01:11	22	00:01:14.0	6	02:11:03.2	25.3	1	00:00:22.9	4	01:18:24.8	05:59	03:54:14.1			
4		Hola, Tim	41 Hishland	2	00:22:03.9	01:08	18	00:01:10.3	7	02:12:06.7	25.1	20	00:00:47.8	3	01:18:23.3	05:59	03:54:32.3			
5		Balabuck,	49 Thunder Bay,	10	00:23:32.4	01:13	2	00:00:45.9	13	02:16:25.4	24.3	27	00:00:50.3	6	01:18:47.7	06:00	04:00:21.9			
6	1	Sartain, Jeremy	35 St Paul, MN	13	00:24:56.1	01:17	31	00:01:23.9	4	02:08:51.5	25.7	18	00:00:45.7	14	01:26:13.6	06:34	04:02:11.0			
7	1	Grossinger, Brooks	1405 Mayer, MN	23	00:26:06.6	01:21	10	00:01:08.1	11	02:15:46.7	24.4	5	00:00:31.4	7	01:20:13.8	06:07	04:03:46.9			
8	2	Riff, Joshua	229 Edina, MN	22	00:26:01.4	01:20	83	00:01:52.9	8	02:12:43.1	25.0	25	00:00:48.2	8	01:23:48.7	06:23	04:05:14.5			
9	1	Hooke, Alex	33 Rochester, MN	4	00:22:20.0	01:09	29	00:01:21.4	15	02:16:40.5	24.3	2	00:00:30.4	10	01:25:23.2	06:31	04:06:15.6			
10	1	Lavery, Mike	14 Madison, WI	25	00:26:16.9	01:21	15	00:01:09.9	9	02:13:12.5	24.9	24	00:00:48.2	17	01:27:11.8	06:39	04:08:39.6			
11	2	Carey, Mark	40 Rochester, MN	9	00:23:28.4	01:12	3	00:00:58.0	21	02:20:34.5	23.6	28	00:00:51.3	12	01:25:41.0	06:32	04:11:33.4			
12	2	Isabella, Bennett	8 Burnsville, MN	102	00:30:34.0	01:34	5	00:01:00.5	22	02:20:53.0	23.5	10	00:00:35.8	5	01:18:31.8	05:59	04:11:35.4			
13	3	Preckel, Kevin	27 Duluth, MN	18	00:25:52.8	01:20	26	00:01:17.1	18	02:18:38.1	23.9	21	00:00:48.1	16	01:26:22.3	06:35	04:12:58.6			
14	4	Doise, Harold	23 Maple Grove,	19	00:25:53.7	01:20	8	00:01:07.4	20	02:20:16.8	23.6	4	00:00:30.7	21	01:28:18.9	06:44	04:16:07.7			
15	1	Friedrichs, Dan	10 Mankato, MN	53	00:28:05.6	01:27	40	00:01:28.4	24	02:22:20.2	23.3	22	00:00:48.1	19	01:27:22.9	06:40	04:20:05.4			
16	1	Taylor, Gregory	1401 Mankato, MN	29	00:26:26.3	01:22	111	00:02:09.6	23	02:21:24.3	23.5	19	00:00:46.3	24	01:30:16.7	06:53	04:21:03.4			
17	1	Lyon, Dave	403 Schofield, WI	62	00:28:35.7	01:28	139	00:02:26.5	16	02:17:02.2	24.2	91	00:01:20.8	29	01:32:25.8	07:03	04:21:51.2			
18	3	Newman, Andy	145 Minneapolis,	14	00:25:15.3	01:18	7	00:01:07.3	51	02:29:10.2	22.2	72	00:01:12.9	13	01:26:08.8	06:34	04:22:54.7			
19	5	Burns, Kevin	199 Minneapolis,	122	00:31:11.5	01:36	120	00:02:14.9	3	02:08:21.5	25.8	33	00:00:52.5	66	01:40:30.1	07:40	04:23:10.7			
20	3	Moyer, Joe	15 Rochester, MN	181	00:34:07.0	01:46	94	00:02:01.6	10	02:13:50.4	24.8	99	00:01:26.6	34	01:33:21.5	07:07	04:24:47.4			
21	4	Hausman, Charles	457 Minneapolis, WI	108	00:30:45.6	01:35	16	00:01:10.0	17	02:18:14.0	24.0	26	00:00:49.7	37	01:33:57.0	07:10	04:24:56.3			
22	6	Donly, Charles	298 Minneapolis,	68	00:28:55.0	01:29	25	00:01:16.3	47	02:28:19.2	22.4	45	00:00:59.5	11	01:25:27.5	06:31	04:24:57.8			
23	5	Sawyer, Donald	6 Minneapolis,	54	00:28:10.4	01:27	75	00:01:48.4	27	02:23:22.5	23.1	15	00:00:43.4	25	01:30:54.3	06:56	04:24:59.2			
24	2	Holleran, David	397 Woodbury, MN	48	00:27:58.9	01:26	13	00:01:09.3	19	02:19:28.9	23.8	95	00:01:23.3	40	01:35:53.2	07:19	04:25:53.9			
25	3	Marsh, Scott	428 Austin, MN	44	00:27:40.2	01:25	114	00:02:11.8	48	02:28:36.6	22.3	46	00:00:59.8	18	01:27:12.2	06:39	04:26:40.7			
26	6	Steffek, Michael	5 Appleton, WI	28	00:26:19.7	01:21	57	00:01:38.3	37	02:26:45.5	22.6	14	00:00:43.4	27	01:31:43.5	07:00	04:27:10.6			

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	Pen	description
Div/Age																			
27	7	Maves, Peter	349	Rochester, MN	11	00:23:59.2	01:14	87	00:01:55.7	64	02:31:13.1	21.9	84	00:01:17.8	23	01:29:00.3	06:47		04:27:26.4
28	7	Midgarden, Jason	137	Golden Valley,	15	00:25:19.5	01:18	56	00:01:37.6	43	02:27:49.0	22.4	32	00:00:52.0	36	01:33:52.9	07:09		04:29:31.2
29	8	Hoechst, Phil	1	Madison, WI	57	00:28:18.1	01:27	33	00:01:25.6	38	02:27:12.1	22.5	29	00:00:51.6	28	01:32:14.2	07:02		04:30:01.8
30	2	Turner, Andrew	460	Scandia, MN	5	00:22:39.3	01:10	36	00:01:26.7	61	02:30:45.9	22.0	7	00:00:32.6	38	01:34:56.8	07:14		04:30:21.4
31	4	Felling, Jim	18	River Falls, WI	81	00:29:47.9	01:32	12	00:01:09.1	25	02:22:33.9	23.3	12	00:00:40.7	51	01:37:36.6	07:27		04:31:48.3
32	5	Hohenstein,	461	Duluth, MN	30	00:26:28.9	01:22	77	00:01:49.2	14	02:16:36.2	24.3	165	00:02:03.3	83	01:45:02.9	08:01		04:32:00.8
33	6	Schiesl, Andy	219	Prior Lake, MN	91	00:30:13.5	01:33												04:32:45.0
34	7	Waskey, Shane	272	St Louis Park,	72	00:29:19.6	01:31	42	00:01:29.5	33	02:25:04.7	22.9	42	00:00:58.9	42	01:35:56.9	07:19		04:32:49.8
35	1	Roach, Charlie	315	Lakeville, MN	147	00:32:25.5	01:40	37	00:01:27.6	54	02:29:40.8	22.2	56	00:01:03.8	22	01:28:58.9	06:47		04:33:36.8
36	9	Mcculloch,	43	Fridley, MN	55	00:28:16.4	01:27	19	00:01:10.4	39	02:27:34.6	22.5	34	00:00:53.6	46	01:37:02.5	07:24		04:34:57.6
37	8	Sage-martinson,	22	Saint Paul, MN	32	00:26:55.9	01:23	50	00:01:36.0	87	02:33:36.7	21.6	58	00:01:05.0	30	01:32:56.0	07:05		04:36:09.7
38	8	Moynihan, Jon	422	Apple Valley,	17	00:25:44.1	01:19	215	00:03:23.9	85	02:33:32.6	21.6	152	00:01:56.4	26	01:31:41.9	06:59		04:36:19.1
39	2	Moynihan, Brian	230	Eagan, MN	12	00:24:05.8	01:14	72	00:01:47.1	50	02:28:46.5	22.3	78	00:01:14.9	71	01:41:45.3	07:46		04:37:39.7
40	10	Strzok, Ladislaus	409	Duluth, MN	37	00:27:23.4	01:25	34	00:01:26.0	35	02:26:26.2	22.6	40	00:00:58.2	70	01:41:29.0	07:44		04:37:42.9
41	4	Patrick, Kim	497	Sioux Falls, SD	38	00:27:23.6	01:25	55	00:01:37.6	40	02:27:41.3	22.5	100	00:01:26.8	69	01:41:14.3	07:43		04:39:23.8
42	9	Sosa Sol, Mario	463	Minneapolis,	75	00:29:26.9	01:31	24	00:01:16.2	59	02:30:20.3	22.1	43	00:00:59.2	53	01:37:44.1	07:27		04:39:46.8
43	3	Coopman, Matt	47	Appleton, WI	71	00:29:17.6	01:31	59	00:01:41.6	41	02:27:45.0	22.4	47	00:01:00.4	65	01:40:13.9	07:39		04:39:58.7
44	5	Lundberg, Dave	124	Woodbury, MN	105	00:30:40.4	01:35	79	00:01:50.2	30	02:24:51.7	22.9	49	00:01:00.9	72	01:42:05.3	07:47		04:40:28.7
45	11	Goiffon, Bennett	233	Minneapolis,	70	00:29:05.8	01:30	151	00:02:33.3	100	02:34:36.0	21.5	86	00:01:18.8	31	01:32:56.0	07:05		04:40:30.1
46	9	Mann, Steve	350	St Paul, MN	61	00:28:34.4	01:28	54	00:01:37.3	88	02:33:37.0	21.6	59	00:01:05.6	49	01:37:10.2	07:25		04:42:04.8
47	10	Barkema, Douglas	395	St Louis Park,	193	00:34:25.8	01:46	188	00:02:56.4	32	02:25:02.9	22.9	185	00:02:17.3	50	01:37:30.9	07:26		04:42:13.5
48	4	Malinoski, Marc	482	Duluth, MN	79	00:29:37.3	01:32	49	00:01:34.9	34	02:25:44.6	22.8	156	00:01:58.2	79	01:43:34.6	07:54		04:42:29.8
49	11	Drevlow, Corey	268	Golden Valley,	116	00:30:57.2	01:36	149	00:02:33.0	96	02:34:21.5	21.5	121	00:01:38.9	33	01:33:20.4	07:07		04:42:51.2
50	10	Elmquist, James	373	Eden Prairie,	151	00:32:41.6	01:41	88	00:01:56.8	62	02:30:55.2	22.0	98	00:01:26.5	43	01:35:59.4	07:19		04:42:59.8
51	6	Adams, Jay	1303		36	00:27:05.8	01:24	67	00:01:44.8	76	02:32:28.9	21.7	23	00:00:48.1	68	01:41:08.8	07:43		04:43:16.7
52	11	Shively, Joshua	398	La Crosse, WI	154	00:32:50.8	01:42	173	00:02:45.2	12	02:16:13.4	24.4	108	00:01:32.9	105	01:49:56.8	08:23		04:43:19.4
53	5	Olson, Eric	1403	Sioux Falls, SD	88	00:30:04.9	01:33	97	00:02:03.8	78	02:32:34.3	21.7	62	00:01:06.2	52	01:37:43.7	07:27		04:43:33.1
54	12	Pluimer, Michael	42	Raymond, MN	103	00:30:39.1	01:35	128	00:02:18.8	98	02:34:24.0	21.5	217	00:02:45.1	35	01:33:31.2	07:08		04:43:38.4
55	3	Schultz, James	302	Shorewood, MN	169	00:33:32.2	01:44	245	00:04:11.7	36	02:26:39.1	22.6	240	00:03:21.4	44	01:36:10.7	07:20		04:43:55.2
56	13	Ekstrum, Rich	11	Plymouth, WI	92	00:30:15.0	01:33	38	00:01:27.7	44	02:27:50.5	22.4	88	00:01:19.1	78	01:43:20.1	07:53		04:44:12.7
57	12	Hirschman,	28	Maple Grove,	27	00:26:19.7	01:21	46	00:01:31.7	115	02:36:14.8	21.2	11	00:00:36.3	64	01:40:05.9	07:38		04:44:48.5
58	14	Peterson, Steven	222	Waukesha, WI	63	00:28:35.9	01:28	145	00:02:31.6	93	02:34:04.6	21.5	75	00:01:13.6	56	01:38:49.4	07:32		04:45:15.4
59	15	Reed, Evan	265	Minneapolis, MI	66	00:28:46.8	01:29	107	00:02:07.8	52	02:29:11.9	22.2	61	00:01:06.2	85	01:45:42.8	08:04		04:46:55.6

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	Pen description
Div/Age																		
60	16 Husband, Shawn	36	Sauage, MN	213	00:36:02.7	01:51	175 00:02:46.3	148	02:41:08.8	20.6	16	00:00:43.5	15	01:26:17.6	06:35	04:46:59.0		
61	7 Gloe, Rob	449	West Des	50	00:27:59.6	01:26	205 00:03:11.8	45	02:27:53.6	22.4	85	00:01:18.6	90	01:46:58.6	08:09	04:47:22.5		
62	8 Eichelman,	336	Greenwood, MN	41	00:27:32.6	01:25	194 00:03:01.3	53	02:29:35.7	22.2	186	00:02:17.7	82	01:44:56.7	08:00	04:47:24.2		
63	9 Oberman, Tony	433	Waukee, IA	148	00:32:31.0	01:41	89 00:02:00.4	95	02:34:14.8	21.5	38	00:00:57.8	54	01:37:53.0	07:28	04:47:37.1		
64	4 Nordstrand, Barry	346	Excelsior, MN	173	00:33:48.0	01:45	62 00:01:42.4	31	02:24:54.6	22.9	117	00:01:37.9	86	01:45:44.3	08:04	04:47:47.4		
65	12 Elliott, Todd	211	Lakeville, MN	33	00:26:56.0	01:23	178 00:02:49.7	122	02:37:05.9	21.1	120	00:01:38.8	62	01:39:53.4	07:37	04:48:24.0		
66	13 Bouma, Troy	440	Pine River, MN	46	00:27:48.6	01:26	167 00:02:41.3	120	02:36:56.2	21.1	153	00:01:56.7	63	01:39:54.5	07:37	04:49:17.5		
67	10 Sovell, Chase	478	Minneapolis,	100	00:30:32.1	01:34	91 00:02:00.9	46	02:27:54.4	22.4	69	00:01:12.1	95	01:47:38.1	08:12	04:49:17.9		
68	13 Stephens,	479	Roseville, MN	110	00:30:50.5	01:35	227 00:03:43.5	55	02:29:58.1	22.1	196	00:02:30.0	76	01:43:08.7	07:52	04:50:10.9		
69	14 Johnson, Nathan	220	Ames, IA	121	00:31:10.3	01:36	186 00:02:53.1	67	02:31:30.2	21.9	128	00:01:42.6	77	01:43:17.2	07:53	04:50:33.6		
70	15 Miner, Paul	388	Duluth, MN	95	00:30:20.4	01:34	108 00:02:08.0	29	02:24:44.6	22.9	136	00:01:47.1	113	01:51:42.7	08:31	04:50:43.0		
71	16 Olhoft, Jared	416	Hugo, MN	56	00:28:16.9	01:27	21 00:01:13.3	170	02:44:45.7	20.1	39	00:00:57.8	39	01:35:37.7	07:17	04:50:51.7		
72	14 Rubenzer, Thomas	405	Madison, WI	138	00:31:58.3	01:39	199 00:03:06.9	126	02:37:41.0	21.0	138	00:01:48.4	48	01:37:04.4	07:24	04:51:39.1		
73	17 Miner, Peter	392	Duluth, MN	114	00:30:55.6	01:36	129 00:02:19.6	28	02:23:53.7	23.0	139	00:01:48.8	122	01:52:45.8	08:36	04:51:43.7		
74	17 Ojala, Ladd	24	Minneapolis,	52	00:28:02.1	01:27	11 00:01:08.8	80	02:32:49.7	21.7	76	00:01:14.5	100	01:48:40.7	08:17	04:51:56.0		
75	18 Raub, Robert	296	St. Paul, MN	158	00:33:10.2	01:43	191 00:02:59.9	99	02:34:34.9	21.5	147	00:01:53.4	59	01:39:38.9	07:36	04:52:17.6		
76	11 Finn, Sean	316	Savage, MN	172	00:33:46.5	01:44	58 00:01:41.2	121	02:36:59.8	21.1	66	00:01:11.2	58	01:39:29.8	07:35	04:53:08.5		
77	18 Altendahl, Joseph	400	Minneapolis,	146	00:32:23.5	01:40	106 00:02:07.7	188	02:47:58.2	19.7	216	00:02:43.6	20	01:28:08.5	06:43	04:53:21.7		
78	19 Avelar, Derrick	371	Minnetrista, MN	111	00:30:53.4	01:35	61 00:01:42.2	58	02:30:14.5	22.1	83	00:01:17.6	103	01:49:14.6	08:20	04:53:22.5		
79	12 Ritz, David	1419	Plymouth, MN	34	00:26:57.6	01:23	122 00:02:16.5	79	02:32:38.7	21.7	74	00:01:13.3	108	01:50:37.9	08:26	04:53:44.2		
80	20 Zindel, Shane	103	Roseville, MN	162	00:33:22.3	01:43	65 00:01:44.0	74	02:32:07.5	21.8	114	00:01:34.2	84	01:45:11.7	08:01	04:53:59.9		
81	21 Tessmer, Eric	492	Lakeville, MN	117	00:31:03.2	01:36	179 00:02:50.0	101	02:34:36.4	21.4	68	00:01:11.9	81	01:44:30.4	07:58	04:54:12.1		
82	15 Citrowske, Bryan	120	Minnetonka, MN	128	00:31:30.0	01:37	195 00:03:01.4	104	02:35:00.3	21.4	149	00:01:55.2	75	01:43:00.3	07:51	04:54:27.4		
83	19 Agar, Clint	1415	Duluth, MN	47	00:27:56.6	01:26	30 00:01:22.0	129	02:38:08.3	21.0	8	00:00:34.1	88	01:46:37.5	08:08	04:54:38.8		
84	13 Cook, Jerald	2	San Diego, CA	26	00:26:17.4	01:21	9 00:01:08.0	84	02:33:31.5	21.6	13	00:00:41.1	126	01:53:01.0	08:37	04:54:39.2		
85	6 Wenzel, Peter	385	Minneapolis,	133	00:31:41.8	01:38	78 00:01:49.7	70	02:31:51.7	21.8	93	00:01:22.2	97	01:48:22.1	08:16	04:55:07.7		
86	14 Bittner, Mark	48		96	00:30:23.7	01:34	39 00:01:27.8	83	02:33:30.6	21.6	81	00:01:17.0	102	01:49:12.9	08:20	04:55:52.2		
87	16 Dostal, Josef	426	Minnetonka, MN	134	00:31:42.1	01:38	180 00:02:50.4	81	02:32:59.2	21.7	193	00:02:25.4	87	01:46:04.0	08:05	04:56:01.1		
88	7 Gombos, Taylor	186	St. Cloud, MN	42	00:27:33.8	01:25	147 00:02:32.6	158	02:43:01.3	20.3	208	00:02:38.0	67	01:40:50.6	07:41	04:56:36.5		
89	2 Ewen, Mike	100	Rochester, MN	220	00:36:31.3	01:53	27 00:01:19.3	127	02:38:06.5	21.0	70	00:01:12.1	61	01:39:51.5	07:37	04:57:00.9		
90	22 Cundy, Scott	387	Maple Grove,	259	00:41:37.6	02:09	85 00:01:55.2	131	02:38:27.7	20.9	144	00:01:51.4	32	01:33:15.5	07:07	04:57:07.5		
91	17 Parker, Scott	319	Plymouth, MN	150	00:32:37.6	01:41	176 00:02:47.2	71	02:31:53.5	21.8	150	00:01:56.0	99	01:48:23.5	08:16	04:57:38.1		
92	18 Brown, Josh	94	Minneapolis,	233	00:37:46.1	01:57	141 00:02:28.1	141	02:40:15.5	20.7	30	00:00:51.8	45	01:36:36.8	07:22	04:57:58.6		

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	Pen	description
93	2 Newman, David	474	180	00:34:05.3	01:45	121	00:02:16.2	143	02:40:41.4	20.6	90	00:01:20.5	60	01:39:41.1	07:36	04:58:04.8			
94	19 Mcqueen, Michael	342	137	00:31:52.0	01:39	84	00:01:53.0	108	02:35:18.8	21.4	116	00:01:37.0	98	01:48:22.7	08:16	04:59:03.7			
95	15 Evanson, Jeff	499	229	00:37:22.2	01:56	32	00:01:25.2	145	02:40:51.5	20.6	213	00:02:41.6	47	01:37:03.2	07:24	04:59:23.8			
96	8 Steiger, Matthew	297	112	00:30:54.0	01:36	20	00:01:12.0	103	02:34:59.8	21.4	109	00:01:33.0	109	01:50:46.2	08:27	04:59:25.3			
97	20 Dixon, Bryan	80	184	00:34:09.7	01:46	181	00:02:50.5	153	02:42:20.0	20.4	180	00:02:14.7	55	01:38:10.9	07:29	04:59:45.9			
98	21 Starkey, Adam	417	113	00:30:55.2	01:36	127	00:02:18.7	56	02:30:11.6	22.1	110	00:01:33.6	134	01:54:47.1	08:45	04:59:46.4			
99	16 Byer, Greg	287	246	00:39:24.5	02:02	68	00:01:45.5	92	02:33:53.9	21.5	170	00:02:05.2	74	01:42:46.5	07:50	04:59:55.8			
100	3 Lyng, Robert	83	142	00:32:15.6	01:40	182	00:02:51.2	75	02:32:09.9	21.8	41	00:00:58.5	116	01:52:32.1	08:35	05:00:47.5			
101	20 Sandelin, Peter	444	83	00:29:49.7	01:32	117	00:02:12.5	123	02:37:07.9	21.1	53	00:01:02.2	107	01:50:34.9	08:26	05:00:47.5			
102	22 Rivers, Mark	131	43	00:27:37.2	01:25	82	00:01:50.4	42	02:27:47.4	22.4	6	00:00:32.6	175	02:03:28.6	09:25	05:01:16.3			
103	5 Marciniak, Kevin	341	130	00:31:35.5	01:38	136	00:02:23.8	73	02:31:58.1	21.8	105	00:01:29.9	129	01:53:50.6	08:41	05:01:18.1			
104	3 Harris, Mark	256	217	00:36:21.6	01:52	101	00:02:05.8	69	02:31:42.4	21.9	118	00:01:38.4	104	01:49:40.5	08:22	05:01:29.0			
105	23 Olivas, Michael	301	186	00:34:11.2	01:46	44	00:01:30.3	63	02:31:02.6	22.0	50	00:01:01.0	131	01:54:21.6	08:43	05:02:06.9			
106	23 O'donnell,	470	211	00:35:55.1	01:51	228	00:03:45.8	147	02:41:00.5	20.6	203	00:02:32.5	57	01:38:59.5	07:33	05:02:13.6			
107	24 Harris, Jared	483	119	00:31:06.2	01:36	160	00:02:37.5	159	02:43:05.3	20.3	129	00:01:42.9	80	01:44:00.2	07:56	05:02:32.3			
108	17 Essma, Nicholas	496	59	00:28:24.3	01:28	90	00:02:00.5	90	02:33:47.4	21.6	267	00:10:25.2	101	01:48:41.0	08:17	05:03:18.5			
109	25 Kidwell, Derek	443	7	00:23:18.9	01:12	95	00:02:03.2	72	02:31:53.7	21.8	73	00:01:13.1	182	02:05:33.0	09:35	05:04:02.1			
110	24 Olivas, Terry	283	115	00:30:56.5	01:36	172	00:02:44.4	150	02:41:55.8	20.5	102	00:01:29.3	91	01:46:59.7	08:10	05:04:05.9			
111	6 Frakes, Drew	459	149	00:32:34.8	01:41	159	00:02:37.2	112	02:35:41.7	21.3	52	00:01:01.6	125	01:52:58.1	08:37	05:04:53.5			
112	7 Dundervill, Robert	167	93	00:30:17.8	01:34	47	00:01:32.6	89	02:33:43.1	21.6	55	00:01:03.7	150	01:58:22.0	09:02	05:04:59.4			
113	4 Beiswanger, Lynn	337	231	00:37:44.7	01:57	168	00:02:41.9	117	02:36:44.5	21.2	112	00:01:34.1	89	01:46:50.3	08:09	05:05:35.7			
114	26 Olson, Tyler	396	101	00:30:33.9	01:34	124	00:02:16.7	60	02:30:32.8	22.0	174	00:02:07.1	158	02:00:11.3	09:10	05:05:42.1			
115	18 Nowak, Rich	149	106	00:30:41.2	01:35	116	00:02:12.5	111	02:35:35.5	21.3	44	00:00:59.3	142	01:57:19.7	08:57	05:06:48.3			
116	25 Willett, Tony	391	109	00:30:49.0	01:35	140	00:02:27.5	97	02:34:21.9	21.5	104	00:01:29.6	147	01:58:09.4	09:01	05:07:17.6			
117	21 Sutherland, John	330	84	00:29:55.9	01:33	53	00:01:37.2	57	02:30:13.7	22.1	197	00:02:30.0	172	02:03:06.0	09:23	05:07:23.0			
118	22 Francois, Sam	254	182	00:34:07.8	01:46	113	00:02:10.2	68	02:31:35.0	21.9	94	00:01:22.3	149	01:58:17.3	09:01	05:07:32.9			
119	26 Wolfe, John	240	65	00:28:46.0	01:29	131	00:02:21.3	146	02:40:59.6	20.6	134	00:01:45.4	130	01:53:57.2	08:41	05:07:49.6			
120	27 Trelstad, Steven	435	39	00:27:24.0	01:25	69	00:01:45.5	113	02:36:01.0	21.3	228	00:02:59.1	156	01:59:41.7	09:08	05:07:51.6			
121	19 Duggan, Mike	375	164	00:33:25.7	01:43	23	00:01:15.2	144	02:40:45.4	20.6	67	00:01:11.5	115	01:52:08.4	08:33	05:08:46.4			
122	20 Houwman, Chris	493	191	00:34:25.3	01:46	92	00:02:01.1	135	02:39:08.5	20.8	87	00:01:19.1	114	01:51:58.4	08:32	05:08:52.5			
123	28 Crocker, Chris	270	215	00:36:14.2	01:52	154	00:02:34.1	116	02:36:29.8	21.2	82	00:01:17.0	124	01:52:52.2	08:36	05:09:27.5			
124	29 Olson, Tom	169	82	00:29:48.2	01:32	190	00:02:59.6	160	02:43:08.4	20.3	181	00:02:14.9	123	01:52:51.2	08:36	05:11:02.4			
125	30 Buhl, David	245	166	00:33:29.4	01:44	222	00:03:37.5	124	02:37:16.6	21.1	131	00:01:45.0	137	01:55:21.7	08:48	05:11:30.4			

Individual - Half Ironman Triathlon				1.2 mi swim		T-1		5.4 mi bike			T-2		3.1 mi run		7/26/2009					
Place	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
126	21	Surprise, Johnny	121 St Paul, MN	99	00:30:28.1	01:34	52	00:01:37.1	134	02:39:00.1	20.9	51	00:01:01.2	155	01:59:41.1	09:08	05:11:47.9			
127	27	Lottig, Jonah	223 Viroqua, WI	204	00:35:08.2	01:49	133	00:02:22.1	65	02:31:19.9	21.9	151	00:01:56.4	161	02:01:02.5	09:14	05:11:49.3			
128	8	Blackstock, Frank	312 Plymouth, MN	145	00:32:20.0	01:40	43	00:01:29.8	109	02:35:19.4	21.4	96	00:01:24.8	167	02:01:44.7	09:17	05:12:19.1			
129	22	Sandler, Noah	266 Hopkins, MN	225	00:37:02.1	01:55	258	00:04:47.1	214	02:52:38.7	19.2	171	00:02:05.2	41	01:35:55.8	07:19	05:12:29.1			
130	31	Maki, Tim	238	67	00:28:54.2	01:29	17	00:01:10.1	164	02:43:28.2	20.3	31	00:00:52.0	148	01:58:16.0	09:01	05:12:40.8			
131	23	Mangnuson, Brian	1404 Minneapolis,	94	00:30:19.0	01:34	142	00:02:28.4	66	02:31:28.3	21.9	130	00:01:44.0	188	02:07:09.1	09:42	05:13:09.0			
132	4	Burkhartzmeyer,	333 Lakeville, MN	153	00:32:43.6	01:41	220	00:03:34.7	149	02:41:35.3	20.5	214	00:02:42.5	119	01:52:37.3	08:35	05:13:13.7			
133	32	Ryan, Joe	251 Rochester, MN	210	00:35:48.8	01:51	81	00:01:50.3	114	02:36:08.6	21.2	9	00:00:34.6	153	01:59:07.1	09:05	05:13:29.6			
134	33	Mayer, Anthony	197 Hudson, WI	194	00:34:26.9	01:47	203	00:03:10.4	82	02:33:03.5	21.7	155	00:01:58.1	162	02:01:13.0	09:15	05:13:52.1			
135	28	Braski, Ryan	448 Minneapolis,	205	00:35:13.0	01:49	118	00:02:13.1	130	02:38:12.2	21.0	97	00:01:25.4	144	01:57:26.3	08:57	05:14:30.3			
136	23	Vagle, Jarrod	91 Rochester, MN	129	00:31:31.9	01:37	105	00:02:07.6	165	02:43:50.2	20.2	111	00:01:33.7	138	01:55:57.1	08:51	05:15:00.7			
137	34	Campbell, Russell	122 Maple Grove,	159	00:33:14.7	01:43	174	00:02:45.7	91	02:33:51.1	21.6	204	00:02:35.6	170	02:02:46.4	09:22	05:15:13.7			
138	5	Brewster, Brad	411 Burnsville, MN	144	00:32:18.4	01:40	237	00:03:54.8	173	02:45:11.2	20.1	220	00:02:49.8	111	01:51:03.8	08:28	05:15:18.3			
139	24	Mejia, Matt	113 St. Paul, MN	188	00:34:18.4	01:46	148	00:02:32.9	136	02:39:24.2	20.8	201	00:02:31.8	143	01:57:23.0	08:57	05:16:10.5			
140	35	Sherman, Jesse	498 Madison, WI	104	00:30:40.1	01:35	272	00:06:32.3	201	02:50:18.3	19.5			270	04:44:09.1		05:16:30.9			
141	6	Heikkila, Steve	451 Saint Paul, MN	51	00:28:01.1	01:27	64	00:01:43.3	183	02:47:04.3	19.8	211	00:02:39.8	145	01:57:32.6	08:58	05:17:01.4			
142	9	Kittleson, David	151 White Bear	196	00:34:30.6	01:47	123	00:02:16.6	118	02:36:49.3	21.1	146	00:01:52.2	165	02:01:33.8	09:16	05:17:02.6			
143	36	Nelson, Matt	152 Edina, MN	203	00:35:01.4	01:48	98	00:02:04.5	151	02:41:56.6	20.5	141	00:01:49.9	140	01:56:15.4	08:52	05:17:08.0			
144	37	Shock, Bay	76 Woodbury, MN	168	00:33:30.4	01:44	71	00:01:46.5	154	02:42:32.1	20.4	36	00:00:56.8	154	01:59:21.6	09:06	05:18:07.6			
145	25	Epshteyn, Igor	247 Minneapolis,	228	00:37:18.9	01:55	66	00:01:44.2	132	02:38:31.1	20.9	172	00:02:05.9	151	01:58:31.4	09:02	05:18:11.8			
146	38	Walker, Gentry	269 Arden Hills, MN	132	00:31:36.5	01:38	163	00:02:39.8	86	02:33:33.1	21.6	119	00:01:38.7	195	02:09:13.1	09:51	05:18:41.4			
147	29	Koss, Joseph	355 Madison, WI	179	00:34:03.6	01:45	110	00:02:09.3	191	02:48:08.1	19.7	167	00:02:03.9	120	01:52:44.8	08:36	05:19:09.8			
148	30	Bouska, Michael	481 Coon Valley, WI	74	00:29:23.3	01:31	63	00:01:43.3	49	02:28:40.3	22.3	77	00:01:14.7	223	02:18:15.3	10:33	05:19:17.1			
149	24	Schumm, Nicholas	467 Minneapolis,	189	00:34:18.9	01:46	112	00:02:10.1	199	02:50:01.7	19.5	142	00:01:50.3	112	01:51:24.7	08:30	05:19:46.0			
150	25	Sheldon, James	177 Minnetonka, MN	125	00:31:23.2	01:37	70	00:01:45.7	155	02:42:32.3	20.4	37	00:00:57.4	173	02:03:16.4	09:24	05:19:55.2			
151	10	Moore, Skeeter	347 Duluth, MN	185	00:34:09.8	01:46	156	00:02:35.2	139	02:40:08.5	20.7	143	00:01:51.2	163	02:01:14.9	09:15	05:19:59.7			
152	31	Hudalla, Jason	351 St. Paul, MN	209	00:35:42.0	01:50	252	00:04:25.3	102	02:34:48.2	21.4	54	00:01:02.6	178	02:04:39.0	09:30	05:20:37.4			
153	11	Donohue, John	462 Blomington, MN	230	00:37:30.4	01:56	234	00:03:50.0	204	02:51:02.4	19.4	177	00:02:09.9	94	01:47:10.0	08:10	05:21:43.0			
154	26	Lyle, Ryan	311 St Paul, MN	80	00:29:42.8	01:32	41	00:01:28.8	77	02:32:33.0	21.7	64	00:01:09.5	220	02:17:11.1	10:28	05:22:05.4			
155	26	Stead, Todd	343 Eden Prairie,	163	00:33:22.8	01:43	193	00:03:00.4	193	02:48:35.3	19.7	194	00:02:28.7	135	01:54:55.2	08:46	05:22:22.6			
156	39	Eckert, Jason	235 Waverly, MN	40	00:27:25.6	01:25	166	00:02:40.9	166	02:44:08.2	20.2	135	00:01:45.8	186	02:06:47.0	09:40	05:22:47.7			
157	27	Frings, Roger	116 Ridgewat, WI	73	00:29:19.8	01:31	213	00:03:21.0	125	02:37:26.5	21.1	206	00:02:37.7	198	02:10:47.2	09:59	05:23:32.3			
158	28	Chetek, Howard	187 Rosemount, MN	199	00:34:54.0	01:48	217	00:03:29.7	140	02:40:12.3	20.7	188	00:02:19.1	169	02:02:39.9	09:21	05:23:35.2			

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	Pen	description
Div/Age																			
159	27 Buresh, Brent	382 Mounds View,	214	00:36:04.5	01:52	216	00:03:25.3	197	02:49:51.2	19.5	133	00:01:45.3	117	01:52:33.7	08:35	05:23:40.2			
160	28 Olson, Thomas	161 Cannon Falls,	139	00:32:06.4	01:39	214	00:03:21.1	137	02:39:24.9	20.8	231	00:03:01.7	184	02:06:00.9	09:37	05:23:55.1			
161	9 Hirsch, Ed	182 Superior, WI	24	00:26:07.2	01:21	74	00:01:47.7	213	02:52:27.5	19.2	65	00:01:09.8	168	02:02:35.9	09:21	05:24:08.3			
162	12 Odonnell, Jim	274 Saint Louis	257	00:41:14.7	02:08	210	00:03:17.6	184	02:47:34.6	19.8	183	00:02:15.9	106	01:50:01.7	08:23	05:24:24.7			
163	40 Adams, Kurt	227 Edina, MN	177	00:33:51.3	01:45	45	00:01:30.3	156	02:42:41.4	20.4	115	00:01:35.0	181	02:05:19.7	09:34	05:24:57.9			
164	32 Abraham, Adam	378 Houghton, MI	192	00:34:25.3	01:46	76	00:01:48.7	94	02:34:07.7	21.5	164	00:02:02.7	205	02:13:03.8	10:09	05:25:28.4			
165	29 Pula, Sean	78 Plymouth, MN	136	00:31:47.7	01:38	119	00:02:14.6	179	02:46:30.0	19.9	60	00:01:05.7	179	02:04:46.3	09:31	05:26:24.5			
166	29 Kotlovskiy, Igor	243 Maple Grove,	240	00:38:13.3	01:58	189	00:02:57.4	195	02:49:40.1	19.5	89	00:01:20.1	132	01:54:32.1	08:44	05:26:43.2			
167	7 Dornfeld, Glen	331 Winona, MN	89	00:30:05.2	01:33	28	00:01:20.8	138	02:39:36.1	20.8	122	00:01:39.3	210	02:14:05.9	10:14	05:26:47.5			
168	8 Vaske, Randy	489 Hugo, MN	85	00:29:56.7	01:33	235	00:03:52.4	168	02:44:24.7	20.2	158	00:01:59.9	190	02:07:25.0	09:43	05:27:38.9			
169	41 Anez, Bradley	206 New Richmond,	156	00:33:01.4	01:42	99	00:02:04.9	185	02:47:36.4	19.8	63	00:01:08.7	177	02:04:02.9	09:28	05:27:54.5			
170	42 Van De Mortel,	234 Minneapolis,	254	00:41:06.6	02:07	185	00:02:52.6	176	02:45:52.1	20.0	192	00:02:23.7	139	01:56:02.7	08:51	05:28:18.0			
171	43 Kipper, Boris	465 Fountain City,	273	00:43:47.0	02:16	239	00:04:02.0	119	02:36:49.5	21.1	256	00:04:24.4	157	01:59:51.3	09:08	05:28:54.5			
172	9 Miner Jr, Jim	360 Duluth, MN	152	00:32:43.5	01:41	150	00:02:33.3	105	02:35:05.6	21.4	175	00:02:07.1	219	02:17:03.0	10:27	05:29:32.6			
173	10 Schultz, Chris	114 Rochester, MN	208	00:35:34.2	01:50	230	00:03:46.2	194	02:49:10.3	19.6	222	00:02:51.3	152	01:58:32.7	09:02	05:29:55.0			
174	30 Schell, William	464 Bozeman, MT	64	00:28:43.7	01:29	146	00:02:31.9	192	02:48:30.4	19.7	137	00:01:47.5	194	02:09:04.0	09:51	05:30:37.6			
175	31 Chaffin, Dave	436 Saint Louis	97	00:30:26.3	01:34	73	00:01:47.3	212	02:52:17.0	19.2	71	00:01:12.4	180	02:05:12.2	09:33	05:30:55.4			
176	5 Schubert, Chris	249 La Crescent,	20	00:25:58.6	01:20	96	00:02:03.6	162	02:43:26.0	20.3	103	00:01:29.5	226	02:19:48.3	10:40	05:32:46.2			
177	30 Edmondson,	232 Mahtomedi, MN	76	00:29:27.3	01:31	248	00:04:16.9	222	02:55:03.9	18.9	215	00:02:43.2	164	02:01:28.2	09:16	05:32:59.7			
178	44 Toelle, Dan	480 Moorhead, MN	120	00:31:08.9	01:36	219	00:03:33.6	239	03:01:05.6	18.3	209	00:02:38.6	133	01:54:42.7	08:45	05:33:09.5			
179	32 Knutson, Jon	419 Plymouth, MN	201	00:34:59.4	01:48	206	00:03:14.4	196	02:49:48.5	19.5	163	00:02:02.4	174	02:03:22.2	09:25	05:33:27.1			
180	31 Pincus, Dave	170 Champlin, MN	157	00:33:02.4	01:42	264	00:05:09.9	241	03:01:52.8	18.2	230	00:03:00.6	110	01:50:50.5	08:27	05:33:56.3			
181	11 Champ, Jeremiah	193 Hopkins, MN	200	00:34:55.7	01:48	60	00:01:41.6	167	02:44:09.0	20.2	132	00:01:45.2	201	02:11:26.8	10:02	05:33:58.5			
182	33 Praska, Henry	236 Brainerd, MN	155	00:32:59.3	01:42	262	00:04:55.9	187	02:47:40.9	19.8	223	00:02:55.2	183	02:05:47.6	09:36	05:34:19.2			
183	12 Good, Cody	455 Stacy, MN	277	00:48:29.6	02:30	130	00:02:19.9	169	02:44:43.3	20.1	106	00:01:31.3	141	01:57:16.8	08:57	05:34:21.0			
184	33 Brandwick, Charlie	488 Minneapolis,	222	00:36:47.5	01:54	247	00:04:13.2	186	02:47:38.5	19.8	242	00:03:22.9	171	02:02:46.7	09:22	05:34:49.0			
185	32 Jack, David	138 Lake Elmo, MN	207	00:35:26.0	01:50	204	00:03:11.5	157	02:42:44.4	20.4	199	00:02:30.8	202	02:11:29.2	10:02	05:35:22.1			
186	34 Steckler, Jon	306 Mineapolis, MN	90	00:30:05.9	01:33	48	00:01:32.9	174	02:45:17.1	20.1	124	00:01:40.2	217	02:16:57.7	10:27	05:35:34.0			
187	33 Maloney, Tom	332 Duluth, MN	123	00:31:16.7	01:37	187	00:02:55.7	171	02:44:47.8	20.1	251	00:03:47.3	206	02:13:07.8	10:09	05:35:55.5			
188	13 Klimov, Sergei	164 Green Bay, WI	197	00:34:31.4	01:47	157	00:02:36.2	224	02:56:04.9	18.8	57	00:01:03.9	166	02:01:42.4	09:17	05:35:59.0			
189	14 Voyen, Abe	286 Golden Valley,	160	00:33:15.3	01:43	208	00:03:15.4	218	02:53:31.3	19.1	159	00:02:00.1	176	02:03:59.2	09:27	05:36:01.4			
190	10 Koenigs, Jim	401 Mcintire, IA	218	00:36:23.0	01:53	249	00:04:17.3	238	03:00:54.8	18.3	168	00:02:04.2	118	01:52:34.5	08:35	05:36:14.0			
191	45 Sukut, Sol	432 New London,	256	00:41:09.9	02:07	103	00:02:06.2	209	02:51:22.0	19.3	140	00:01:48.9	159	02:00:15.2	09:10	05:36:42.5			

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	Pen	description
Div/Age																			
192	34 Smrdel, Brian	87 White Bear	187	00:34:17.8	01:46	211	00:03:19.8	181	02:46:43.9	19.9	182	00:02:15.1	197	02:10:25.3	09:57	05:37:02.0			
193	35 Rosane, James	288 Oronoco, MN	141	00:32:09.5	01:39	161	00:02:37.9	178	02:46:00.4	20.0	254	00:04:01.1	203	02:12:41.9	10:07	05:37:30.9			
194	11 Wernersbach, Gary	195 Zimmerman, MN	242	00:38:30.3	01:59	261	00:04:54.9	133	02:38:42.7	20.9	176	00:02:07.3	207	02:13:31.4	10:11	05:37:46.8			
195	13 Falzone, Mark	224 Chanhassen,	143	00:32:17.1	01:40	266	00:05:25.8	236	03:00:20.9	18.4	257	00:04:38.3	136	01:55:05.3	08:47	05:37:47.6			
196	46 Jensen, Jonathan	146 Minnetonka, MN	140	00:32:07.8	01:39	132	00:02:21.5	106	02:35:11.0	21.4	125	00:01:40.3	244	02:27:23.4	11:15	05:38:44.3			
197	35 Schafer, Patrick	310 Woodbury, MN	35	00:26:58.2	01:23	109	00:02:09.2	210	02:51:22.3	19.3	202	00:02:32.5	214	02:16:11.2	10:23	05:39:13.5			
198	34 Kerfeld, Douglas	434 Duluth, MN	127	00:31:25.0	01:37	104	00:02:06.9	245	03:03:14.2	18.1	157	00:01:59.2	160	02:00:50.9	09:13	05:39:36.4			
199	47 Thuot, Mark	441 Hatley, WI	279	00:50:30.3	02:36	229	00:03:46.1	221	02:54:54.1	19.0	255	00:04:05.2	92	01:47:00.8	08:10	05:40:16.8			
200	48 Hamilton, Ian	204 Thunder Bay,	261	00:41:51.4	02:10	152	00:02:33.8	225	02:56:09.9	18.8	189	00:02:20.6	146	01:58:09.3	09:01	05:41:05.1			
201	1 Quirin, Pete	454 Sparta, WI	235	00:38:02.1	01:58	226	00:03:40.1	198	02:49:57.7	19.5	210	00:02:38.8	189	02:07:22.5	09:43	05:41:41.5			
202	35 Focke, John	62 Minneapolis,	268	00:43:12.8	02:14	254	00:04:30.2	259	03:08:41.8	17.6	253	00:03:59.1	73	01:42:22.8	07:48	05:42:46.9			
203	36 Mcdowell, Brad	421 Madison, WI	195	00:34:26.9	01:47	100	00:02:05.0	217	02:53:27.2	19.1	127	00:01:42.5	208	02:13:32.3	10:11	05:45:14.1			
204	12 Fisher, Willis	415 Marinette, WI	269	00:43:13.5	02:14	158	00:02:37.1	152	02:42:16.4	20.4	219	00:02:48.4	213	02:15:41.2	10:21	05:46:36.9			
205	37 Mccarthy, Jon	172 Lonsdale, MN	198	00:34:32.7	01:47	134	00:02:22.7	189	02:48:00.2	19.7	48	00:01:00.5	229	02:20:51.1	10:45	05:46:47.5			
206	49 Skean, Brian	96 Thunder Bay,	77	00:29:29.7	01:31	255	00:04:40.1	271	03:21:52.6	16.4	247	00:03:40.6	93	01:47:05.0	08:10	05:46:48.2			
207	50 Fagley, C. Todd	377 Mound, MN	58	00:28:22.7	01:28	196	00:03:01.7	202	02:50:48.7	19.4	252	00:03:48.1	232	02:21:34.6	10:48	05:47:36.1			
208	14 Fiacco, Pat	280 Regina, SK	260	00:41:43.1	02:09	171	00:02:44.3	208	02:51:10.5	19.4	160	00:02:01.0	196	02:10:05.8	09:55	05:47:45.0			
209	36 Hauck, Austin	141 Fargo, ND	248	00:40:09.1	02:04	51	00:01:36.7	203	02:50:59.2	19.4	113	00:01:34.2	212	02:14:53.4	10:17	05:49:12.8			
210	38 Holmes, Brian	338 St. Louis Park,	165	00:33:26.6	01:43	184	00:02:52.3	190	02:48:04.0	19.7	248	00:03:43.2	234	02:21:56.6	10:50	05:50:02.9			
211	37 Hasling, Chris	178 St. Louis Park,	78	00:29:31.5	01:31	80	00:01:50.3	211	02:51:30.8	19.3	161	00:02:01.1	240	02:25:37.8	11:07	05:50:31.6			
212	38 Viazis, Stelios	284 St. Paul, MN	243	00:38:35.3	01:59	218	00:03:32.0	262	03:11:46.8	17.3	238	00:03:14.2	127	01:53:33.3	08:40	05:50:41.7			
213	13 Teitelbaum, Mike	290	234	00:38:00.8	01:58	197	00:03:04.7	268	03:18:48.5	16.7	241	00:03:22.2	96	01:47:53.5	08:14	05:51:09.9			
214	51 Kuhn, Mark	345 Robbinsdale,	206	00:35:24.0	01:49	241	00:04:06.1	200	02:50:04.9	19.5	154	00:01:57.1	228	02:20:37.0	10:44	05:52:09.2			
215	15 Holmquist, Keith	292 Winona, MN	98	00:30:27.3	01:34	153	00:02:34.1	142	02:40:27.8	20.7	236	00:03:10.4	254	02:35:33.4	11:52	05:52:13.1			
216	16 Scheppat, Thomas	353 Orono, MN	161	00:33:20.5	01:43	282	03:02:28.7									05:52:25.1			
217	39 Raboin, Nicholas	279 Burnsville, MN	202	00:35:00.8	01:48	207	00:03:14.6	240	03:01:08.8	18.3	198	00:02:30.7	199	02:10:53.4	09:59	05:52:48.4			
218	39 Rulifson, David	452 Edina, MN	176	00:33:49.7	01:45	263	00:05:04.5	206	02:51:08.9	19.4	260	00:05:44.1	221	02:17:21.8	10:29	05:53:09.1			
219	52 Leis, Matthew	430 Delano, MN	174	00:33:49.3	01:45	165	00:02:40.6	242	03:01:53.8	18.2	245	00:03:37.2	200	02:11:21.4	10:01	05:53:22.5			
220	14 Comstock, Manny	438 St. Paul, MN	178	00:33:58.8	01:45	162	00:02:38.6	215	02:52:54.0	19.2	166	00:02:03.7	233	02:21:51.2	10:49	05:53:26.5			
221	17 Niebergall, Stu	320 Regina, SK	258	00:41:17.1	02:08	251	00:04:19.7	233	02:59:25.3	18.5	126	00:01:42.3	187	02:07:01.2	09:41	05:53:45.7			
222	40 Smith, Adam	472 Blmgt, MN	224	00:36:53.6	01:54	143	00:02:28.7	207	02:51:09.6	19.4	101	00:01:28.8	235	02:22:04.7	10:50	05:54:05.5			
223	36 Barfknecht,	142 New Brighton,	131	00:31:35.9	01:38	169	00:02:43.0	228	02:57:44.3	18.7	148	00:01:54.6	227	02:20:34.0	10:43	05:54:31.9			
224	37 Heinen, Brian	90 New London,	221	00:36:31.3	01:53	192	00:03:00.0	177	02:45:57.9	20.0	179	00:02:14.3	243	02:26:54.1	11:12	05:54:38.0			

Individual - Half Ironman Triathlon				1.2 mi swim			T-1		5.4 mi bike			T-2		3.1 mi run			7/26/2009			
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
225	41	Mcconkey, Michael	475 Baxter, MN	241	00:38:29.8	01:59	256	00:04:40.9	128	02:38:07.1	21.0	237	00:03:10.4	249	02:30:48.2	11:30	05:55:16.6			
226	42	Julson, Charles	485 Bloomington,	118	00:31:05.3	01:36	209	00:03:15.7	250	03:04:49.9	17.9	244	00:03:34.8	204	02:12:57.0	10:08	05:55:43.0			
227	53	Citrowske, Scott	439 Eden Prairie,	226	00:37:09.0	01:55	221	00:03:36.0	253	03:05:04.4	17.9	218	00:02:47.9	191	02:07:29.1	09:43	05:56:06.5			
228	40	Hubert, Patrick	263 Faribault, MN	16	00:25:27.6	01:19	125	00:02:17.5	175	02:45:35.7	20.0	221	00:02:51.3	258	02:41:01.8	12:17	05:57:14.1			
229	18	Virga, Joe	294 Lindstrom, MN	216	00:36:17.4	01:52	267	00:05:31.2	251	03:04:54.0	17.9	195	00:02:29.9	193	02:08:15.0	09:47	05:57:27.6			
230	38	Collins, Aaron	214 San Antonio, TX	262	00:42:11.0	02:11	265	00:05:11.7	226	02:57:09.4	18.7	263	00:06:44.0	185	02:06:16.3	09:38	05:57:32.5			
231	39	Smith, Jason	476 Roseville, MN	60	00:28:30.8	01:28	144	00:02:31.3	234	02:59:46.5	18.4	226	00:02:57.7	242	02:25:52.9	11:08	05:59:39.4			
232	54	Swann, Aaron	304 Edina, MN	247	00:39:25.1	02:02	225	00:03:38.4	235	02:59:53.3	18.4	123	00:01:39.4	215	02:16:12.0	10:23	06:00:48.4			
233	15	Ruffini, Mick	66 Stillwater, MN	175	00:33:49.5	01:45	155	00:02:34.4	255	03:06:13.4	17.8	79	00:01:15.6	222	02:17:48.9	10:31	06:01:41.9			
234	40	Meyer, Jason	281 Watertown, SD	272	00:43:43.5	02:15	271	00:06:28.0	231	02:58:12.3	18.6	262	00:06:33.3	192	02:07:36.9	09:44	06:02:34.2			
235	41	McGinnis, Sean	132 Minneapolis,	126	00:31:25.0	01:37	115	00:02:12.3	252	03:04:55.2	17.9	107	00:01:31.8	237	02:22:32.4	10:52	06:02:36.9			
236	16	Hubert, Kenneth	262 Faribault, MN	69	00:28:55.8	01:29	259	00:04:48.4	229	02:57:56.1	18.6	246	00:03:39.8	245	02:27:31.3	11:15	06:02:51.7			
237	17	Reedy, Gary	1416 La Crosse, WI	86	00:29:57.5	01:33	277	00:09:50.2	180	02:46:39.4	19.9	258	00:04:56.8	252	02:32:20.8	11:37	06:03:44.9			
238	55	Schultz, Karl	456 Lakeville, MN	21	00:26:00.7	01:20	35	00:01:26.3				271		9	01:25:06.3		06:04:11.8			
239	43	Kriegl, Paul	1402 Brainerd, MN	237	00:38:08.3	01:58	232	00:03:47.1	161	02:43:24.9	20.3	184	00:02:17.1	256	02:36:41.7	11:57	06:04:19.3			
240	56	Adam, Don	89 Prior Lake, MN	238	00:38:13.0	01:58	212	00:03:20.0	256	03:06:13.6	17.8	224	00:02:55.9	211	02:14:08.0	10:14	06:04:50.7			
241	42	Hallmark, Jonathan	212 Austin, TX	255	00:41:08.2	02:07	269	00:06:04.0	230	02:58:05.2	18.6	261	00:06:04.1	209	02:13:51.6	10:13	06:05:13.2			
242	19	Krueger, Clair	221 Sun Prairie, WI	227	00:37:15.4	01:55	268	00:05:34.6	223	02:55:17.3	18.9	232	00:03:06.2	241	02:25:43.5	11:07	06:06:57.2			
243	20	Mathison, Joe	133 Minneapolis,	236	00:38:02.8	01:58	260	00:04:49.8	232	02:59:01.4	18.5	243	00:03:25.5	236	02:22:32.3	10:52	06:07:52.0			
244	41	Mckitrick, Shawn	71 Burnsville, MN	170	00:33:32.7	01:44	246	00:04:12.5	260	03:11:17.7	17.3	191	00:02:23.6	216	02:16:48.9	10:26	06:08:15.4			
245	57	Dischinger, Karl	318 St Paul, MN	171	00:33:36.0	01:44	224	00:03:38.0	216	02:52:54.6	19.2	162	00:02:01.9	255	02:36:22.6	11:56	06:08:33.4			
246	44	Van	156 Prior Lake, MN	264	00:42:32.8	02:12	137	00:02:24.6	219	02:53:46.7	19.1	205	00:02:36.4	247	02:28:56.8	11:22	06:10:17.5			
247	1	Gryskiewicz,	67 Edina, MN	223	00:36:50.0	01:54	242	00:04:06.9	258	03:07:04.9	17.7	239	00:03:14.3	230	02:21:10.5	10:46	06:12:26.8			
248	45	Jones, Julian	260 Elk River, MN	239	00:38:13.1	01:58	278	00:11:13.3	182	02:46:58.8	19.9	265	00:07:29.1	248	02:29:04.7	11:22	06:12:59.3			
249	2	Meyer, Tom	135 Hudson, WI	265	00:42:56.2	02:13	202	00:03:10.2	220	02:53:52.7	19.1	169	00:02:04.3	250	02:31:36.7	11:34	06:13:40.3			
250	58	Bryant, Michael	173 Maplewood, MN	135	00:31:43.9	01:38	170	00:02:43.6	107	02:35:15.1	21.4	190	00:02:22.6	266	03:01:57.7	13:53	06:14:03.2			
251	59	Martineau, Steven	39	266	00:43:04.7	02:13	279	00:18:50.7	261	03:11:21.9	17.3	266	00:08:18.5	121	01:52:45.1	08:36	06:14:21.1			
252	21	Kliwer, Bradley	73 Minneapolis,	251	00:40:38.4	02:06	236	00:03:53.4	237	03:00:33.4	18.4	178	00:02:10.1	246	02:27:54.8	11:17	06:15:10.4			
253	1	Marshall, Kyle	335 Eden Prairie,	244	00:38:56.8	02:01	93	00:02:01.3	263	03:12:18.3	17.2	229	00:02:59.9	231	02:21:15.9	10:47	06:17:32.3			
254	2	Gregory, Joel	228 Richmond, MN	31	00:26:43.0	01:23	102	00:02:06.2	246	03:03:26.9	18.1	80	00:01:16.4	262	02:44:56.4	12:35	06:18:29.1			
255	22	Adams, Ron	1417 Andover, MN	276	00:47:37.8	02:27	257	00:04:41.6				272		128	01:53:45.0		06:18:30.2			
256	46	Rigley, J. R.	115 Orono, MN	252	00:40:59.6	02:07	198	00:03:06.1	270	03:21:46.6	16.4	235	00:03:08.7	218	02:17:00.1	10:27	06:26:01.3			
257	60	Duffy, Benjamin	160 Minneapolis,	190	00:34:22.1	01:46	231	00:03:46.4	269	03:19:38.9	16.6	250	00:03:45.5	239	02:25:16.2	11:05	06:26:49.3			

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	Pen	description
258	15 Murray, Lucas	491	1	00:12:25.4	00:38	281	00:44:04.5	249	03:04:32.2	18.0	264	00:07:11.8	224	02:19:12.5	10:37	06:27:26.6			
259	47 Erickson, Jamie	106	249	00:40:30.9	02:05	233	00:03:48.4	227	02:57:14.3	18.7	225	00:02:56.0	261	02:44:04.2	12:31	06:28:34.0			
260	43 Coates, Andrew	189	107	00:30:43.6	01:35	223	00:03:37.6	247	03:03:37.1	18.1	269	00:15:25.0	253	02:35:14.2	11:51	06:28:37.7			
261	2 Fox, Barry	276	263	00:42:30.0	02:12	183	00:02:51.9	267	03:17:03.9	16.8	249	00:03:45.3	238	02:25:06.5	11:04	06:31:17.9			
262	48 Deuhs, John	423	270	00:43:17.6	02:14	200	00:03:07.0	244	03:02:16.7	18.2	200	00:02:31.0	257	02:40:48.4	12:16	06:32:00.9			
263	16 Tilton, David	322	280	00:54:39.7	02:49	274	00:07:54.7	248	03:04:30.9	18.0			271	05:32:29.1		06:33:26.4			
264	23 Bautch, Brian	75	278	00:49:56.3	02:35	270	00:06:14.4	254	03:05:59.0	17.8	173	00:02:06.0	251	02:31:50.7	11:35	06:36:06.7			
265	24 Temple, Mark	244	183	00:34:08.5	01:46	238	00:04:00.7	257	03:06:20.2	17.8	227	00:02:57.8	265	02:51:32.7	13:05	06:39:00.1			
266	3 Hutchings, Harvey	111	245	00:39:03.1	02:01	273	00:07:23.4	243	03:02:06.7	18.2	212	00:02:41.1	264	02:50:30.9	13:00	06:41:45.5			
267	44 Palma, Anthony	1407	232	00:37:45.9	01:57	177	00:02:49.0	265	03:16:44.0	16.8	145	00:01:52.1	263	02:46:21.1	12:41	06:45:32.2			
268	6 Theobald, Dean	259	281	00:57:46.5	02:59	276	00:09:12.3				273		225	02:19:38.9		06:56:21.6			
269	18 Tatone, Marc	150	253	00:41:02.5	02:07	240	00:04:03.3	273	03:29:53.3	15.8	234	00:03:07.5	259	02:41:10.4	12:18	06:59:17.2			
270	7 Haugen, David	134	267	00:43:09.4	02:14	243	00:04:10.2	272	03:27:39.9	16.0	233	00:03:06.8	260	02:41:26.0	12:19	06:59:32.3			
271	8 Heffernan, David	495	275	00:46:35.5	02:24	275	00:08:26.9	264	03:16:29.9	16.9			272	08:08:58.2		07:01:19.0			
272	25 McCormick, Jim	168	271	00:43:18.3	02:14	164	00:02:40.4	266	03:16:58.1	16.8	207	00:02:37.9	269	03:23:11.2	15:30	07:28:46.1			
273	45 Boigenzahn, Adam	144	274	00:45:42.1	02:22	250	00:04:19.4	274	03:41:08.7	15.0	187	00:02:18.4	267	03:11:53.3	14:38	07:45:22.1			
274	17 Peterson, Mike	361	283	01:11:38.4	03:42	126	00:02:18.4				274		268	03:14:06.2		07:56:24.0			
	Zawadski, Nick	445	45	00:27:46.7		14	00:01:09.4	26	02:22:57.3	23.2	35	00:00:53.9				DNF			
	Kadera, Aaron	446	250	00:40:32.3		201	00:03:07.2	110	02:35:31.2	21.3	259	00:05:23.8				DNF			
	Kelly, Brian	368	87	00:30:02.5		253	00:04:26.0	163	02:43:26.6	20.3						DNF			
	Dunbar, Jeremy	325	124	00:31:18.6		135	00:02:23.1	172	02:45:10.3	20.1	92	00:01:21.2				DNF			
	Opstad, Melford	327	282	01:05:25.7		280	00:29:26.6				270					DNF			
	Abrams, Brendan	278	219	00:36:24.3		138	00:02:26.3									DNF			
	Jones, Ed	82	212	00:36:02.1		244	00:04:10.8	205	02:51:04.2	19.4	268	00:14:25.2				DNF			
	Sosniecki, John	9	167	00:33:30.0		86	00:01:55.6									DNF			
	Mouw,	16	8	00:23:27.2		4	00:00:58.7	1	02:03:45.8	26.8						DNF			
	Johnson, Eric	418														DNS			
	Beesley, Scott	450														DNS			
	Puls, Bret	380														DNS			
	Vlieger, Daniel	384														DNS			
	Hansen, Derek	314														DNS			
	Wrabetz, Brian	321														DNS			
	Greeley, Ward	252														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	Pen	description
	Backlund, Bruce	282																	DNS
	Gilbert, Bryan	285																	DNS
	Bethke, Michael	203																	DNS
	Henson, Lyle	207																	DNS
	Grouws, Michael	216																	DNS
	Dalton, Stuart	231																	DNS
142	25 Klaiman, David	181																	DNS
	Bachowski, Dave	155																	DNS
	Turman, Dana W.	191																	DNS
	Gorr, Arth	192																	DNS
	Hinnenkamp,	108																	DNS
	Garver, Eugene	112																	DNS
	Poferl, Chris	126																	DNS
	Gibson, Patrick	139																	DNS
	Ebertowski, Aaron	51																	DNS
	Vega, Juan	55																	DNS
	Mckitrick, Robert	72																	DNS
	Rupprecht, Brad	79																	DNS
	Stevens, Daryl	99																	DNS

### Female Half Ironman Distance

Division Field: 155

1	Haviland, Heather	26		8	00:27:45.4	01:26	2	00:00:56.8	4	02:23:37.5	23.1	6	00:00:37.7	3	01:30:27.6	06:54			04:23:25.2
2	Walth, Marnie	7		14	00:27:55.8	01:26	8	00:01:11.8	2	02:22:58.1	23.2	2	00:00:31.0	4	01:31:08.9	06:57			04:23:45.9
3	Haag, Kortney	3		11	00:27:49.0	01:26								5	01:31:49.8				04:25:53.8
4	Arendt, Jackie	541		1	00:23:37.1	01:13	11	00:01:18.7	10	02:32:19.8	21.8	7	00:00:41.5	1	01:28:07.4	06:43			04:26:04.7
5	Wilkinson, Jolene	31		2	00:25:42.4	01:19	1	00:00:51.7	6	02:28:36.6	22.3	3	00:00:32.7	6	01:33:47.3	07:09			04:29:30.8
6	1 Hull, Julie	29		10	00:27:48.8	01:26	5	00:01:05.0	3	02:23:35.9	23.1	1	00:00:24.6	12	01:37:57.2	07:28			04:30:51.8
7	1 Gunther, Jan	366		15	00:27:58.6	01:26	17	00:01:25.0	8	02:28:54.8	22.3	12	00:00:50.7	10	01:36:56.1	07:23			04:36:05.3
8	1 Wilcox, Jenny	404		42	00:31:35.6	01:38	44	00:01:52.5	7	02:28:52.8	22.3	59	00:01:34.5	7	01:34:45.3	07:13			04:38:41.0
9	2 Mcgaver, Marlo	19		90	00:36:23.0	01:53	12	00:01:19.6	5	02:25:54.9	22.7	4	00:00:37.0	9	01:36:50.2	07:23			04:41:04.8
10	1 Cueno, Nicole	408		46	00:32:04.8	01:39	78	00:02:29.7	40	02:45:10.9	20.1	33	00:01:10.8	2	01:28:16.2	06:44			04:49:12.6
11	2 Hohenstein, Angel	45		57	00:32:54.2	01:42	85	00:02:37.0	17	02:35:55.1	21.3	99	00:02:12.6	11	01:36:57.8	07:24			04:50:37.0
12	2 Novotny, Lydia	239		60	00:33:05.4	01:42	20	00:01:31.1	12	02:33:20.0	21.6	27	00:01:07.5	15	01:41:35.8	07:45			04:50:40.0
13	3 Killian, Megan	367		63	00:33:31.1	01:44	55	00:02:08.4	15	02:35:24.1	21.3	36	00:01:14.0	13	01:39:55.8	07:37			04:52:13.7
14	4 Morgan, April	352		33	00:30:55.6	01:36	3	00:00:59.2	13	02:34:04.2	21.5	5	00:00:37.5	29	01:47:13.9	08:11			04:53:50.6

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	Pen	description
15	3 Burdick, Becky	30 Plymouth, WI	12	00:27:54.7	01:26	30	00:01:42.3	21	02:37:58.0	21.0	17	00:00:57.7	20	01:45:33.1	08:03	04:54:06.0			
16	1 Lyng, Julia	84 Burnsville, MN	22	00:29:52.7	01:32	19	00:01:27.2	29	02:41:02.2	20.6	8	00:00:42.3	17	01:43:25.7	07:53	04:56:30.3			
17	1 Lamers, Tracey	291 Ridgeway, WI	69	00:33:35.9	01:44	32	00:01:43.9	9	02:32:18.9	21.8	49	00:01:24.7	33	01:48:04.2	08:14	04:57:07.9			
18	5 Patzer, Hilary	406 St. Paul, MN	39	00:31:14.8	01:37	29	00:01:42.3	25	02:39:57.8	20.7	60	00:01:35.1	16	01:42:41.8	07:50	04:57:12.1			
19	6 Richter, Casey	305 Columbia	58	00:32:55.0	01:42	45	00:01:53.6	16	02:35:46.4	21.3	10	00:00:47.4	26	01:47:00.0	08:10	04:58:22.7			
20	3 Persons, Kerri	128 Duluth, MN	23	00:30:08.5	01:33	26	00:01:38.5	18	02:37:01.9	21.1	28	00:01:08.6	35	01:48:50.2	08:18	04:58:47.9			
21	2 Moore, Jenny	250 Medina, MN	21	00:29:41.9	01:32	14	00:01:19.9	22	02:37:59.8	21.0	25	00:01:03.7	38	01:49:23.2	08:21	04:59:28.7			
22	3 Macmillan,	453 Minneapolis,	27	00:30:17.3	01:34	82	00:02:35.7	14	02:35:15.4	21.4	31	00:01:09.2	43	01:50:53.9	08:27	05:00:11.6			
23	7 Steiger, Megan	309 St. Louis Park,	54	00:32:37.5	01:41	31	00:01:42.5	24	02:39:16.5	20.8	44	00:01:19.8	30	01:47:19.7	08:11	05:02:16.2			
24	4 Bergh, Nicole	101 Sartell, MN	24	00:30:09.2	01:33	18	00:01:25.4	28	02:40:51.6	20.6	19	00:00:59.9	37	01:49:21.6	08:20	05:02:47.9			
25	5 Nielsen, Pam	20 Minnetonka, MN	4	00:27:22.6	01:25	6	00:01:08.7	85	02:58:01.6	18.6	77	00:01:46.1	8	01:34:57.1	07:14	05:03:16.4			
26	6 Prudhomme, Leah	21 Andover, MN	80	00:35:00.5	01:48	56	00:02:09.1	11	02:32:53.8	21.7	58	00:01:34.1	45	01:51:50.4	08:32	05:03:28.2			
27	4 Lenarz, Jen	44 Appleton	55	00:32:41.0	01:41	42	00:01:50.2	36	02:43:41.7	20.3	85	00:01:51.3	19	01:44:53.1	08:00	05:04:57.6			
28	5 Martone, Jennifer	264 Minneapolis,	48	00:32:07.0	01:39	38	00:01:47.6	32	02:42:19.7	20.4	48	00:01:23.4	31	01:47:27.5	08:12	05:05:05.4			
29	2 Chezick, Kathie	275 Thunder Bay,	7	00:27:43.4	01:26	69	00:02:21.6	47	02:47:49.5	19.8	68	00:01:37.4	21	01:45:34.6	08:03	05:05:06.7			
30	6 Sellke, Mary	202 Golden Valley,	38	00:31:13.6	01:37	9	00:01:12.7	19	02:37:17.5	21.1	30	00:01:09.1	58	01:56:06.9	08:51	05:07:00.1			
31	8 Ault, Kimberly	184 Plymouth, MN	34	00:30:57.4	01:36	13	00:01:19.8	20	02:37:37.8	21.0	35	00:01:13.4	56	01:55:55.8	08:50	05:07:04.3			
32	7 Bertram, Sarah	372 Waukesha, WI	65	00:33:32.2	01:44	21	00:01:31.4	27	02:40:26.5	20.7	24	00:01:03.6	42	01:50:50.3	08:27	05:07:24.2			
33	2 Boyce, Mary	201 Roseville, MN	18	00:28:37.7	01:28	24	00:01:38.0	44	02:45:55.5	20.0	42	00:01:18.8	46	01:51:58.7	08:32	05:09:28.8			
34	4 Clements, Sharon	148 Edina, MN	44	00:31:46.0	01:38	54	00:02:06.4	50	02:48:58.8	19.6	23	00:01:02.5	23	01:45:42.1	08:04	05:09:36.0			
35	5 Kittleson, Dawn	180 White Bear	6	00:27:35.0	01:25	34	00:01:45.0	43	02:45:28.2	20.0	100	00:02:12.7	48	01:52:46.9	08:36	05:09:48.0			
36	9 Visto, Erica	494 Minneapolis,	66	00:33:32.7	01:44	62	00:02:15.3	60	02:51:11.1	19.4	90	00:01:59.4	14	01:40:49.6	07:41	05:09:48.3			
37	7 Schlaefer,	65 Saint Paul, MN	28	00:30:23.0	01:34	16	00:01:24.7	37	02:43:57.4	20.2	9	00:00:45.4	54	01:55:36.2	08:49	05:12:06.9			
38	8 Sailer, Martina	74 Minneapolis,	51	00:32:19.4	01:40	48	00:01:54.4	55	02:50:18.7	19.5	14	00:00:56.5	32	01:47:35.4	08:12	05:13:04.6			
39	8 Bronson, Leanne	117 Superior, WI	45	00:31:46.5	01:38	39	00:01:48.9	33	02:42:43.4	20.4	79	00:01:47.0	55	01:55:38.4	08:49	05:13:44.3			
40	9 Waskey, Lisa	190 St Louis Park,	56	00:32:53.5	01:42	41	00:01:49.9	62	02:51:26.6	19.3	11	00:00:50.0	27	01:47:13.1	08:11	05:14:13.2			
41	10 Kroll, Tanya	334 St. Louis Park,	101	00:37:53.1	01:57	113	00:03:30.4	41	02:45:25.1	20.0	52	00:01:26.3	25	01:46:40.9	08:08	05:14:56.1			
42	9 Graves, Gina	340 St. Louis Park,	40	00:31:26.6	01:37	75	00:02:26.6	30	02:41:04.7	20.6	50	00:01:25.8	65	01:59:21.3	09:06	05:15:45.2			
43	11 Osborn, Lindsay	198 Shakopee, MN	9	00:27:46.3	01:26	46	00:01:53.7	38	02:44:20.7	20.2	46	00:01:22.3	68	02:01:04.2	09:14	05:16:27.4			
44	10 Lindstrom, Tiffany	410 Woodbury, MN	43	00:31:36.0	01:38	47	00:01:53.7	34	02:43:29.2	20.3	89	00:01:57.4	61	01:57:37.4	08:58	05:16:33.9			
45	12 Dalrymple, Becca	34 Minneapolis,	30	00:30:50.5	01:35	15	00:01:20.8	35	02:43:32.4	20.3	67	00:01:37.3	66	01:59:26.7	09:07	05:16:48.0			
46	6 Senty, Laurie	56 Grand Marais,	64	00:33:31.8	01:44	80	00:02:33.8	67	02:53:03.5	19.2	43	00:01:19.3	24	01:46:39.3	08:08	05:17:08.0			
47	3 Guck, Beth	123 Andover, MN	47	00:32:06.7	01:39	51	00:02:01.9	69	02:53:08.7	19.1	47	00:01:22.4	36	01:48:53.0	08:18	05:17:32.7			

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	Pen	description
Div/Age																			
48	11 Sadaka, Gretchen	500 Lake Crystal,	100	00:37:45.0	01:57	101	00:03:03.9	49	02:48:52.9	19.6	108	00:02:27.0	22	01:45:38.0	08:03	05:17:47.1			
49	10 Kingzell, Amanda	118 River Falls #4,	109	00:39:03.6	02:01	81	00:02:34.0	53	02:49:30.8	19.6	94	00:02:04.4	34	01:48:08.2	08:15	05:21:21.2			
50	7 Locher, Kim	394 Lakeville, MN	78	00:34:52.2	01:48	117	00:03:48.2	57	02:50:48.7	19.4	84	00:01:51.2	40	01:50:02.8	08:24	05:21:23.3			
51	11 Luecke, Tammy	348 Maple Grove,	73	00:34:12.4	01:46	115	00:03:43.5	52	02:49:17.6	19.6	61	00:01:35.2	50	01:53:32.0	08:40	05:22:20.8			
52	12 Steilen, Courtney	183 Minneapolis,	52	00:32:20.0	01:40	7	00:01:10.0	61	02:51:13.8	19.4	56	00:01:28.9	60	01:57:34.9	08:58	05:23:47.9			
53	13 Amundson, Jill	153 Babcock, WI	29	00:30:25.8	01:34	37	00:01:47.4	31	02:41:59.1	20.5	32	00:01:09.5	84	02:09:28.8	09:53	05:24:50.7			
54	13 Andrychowicz,	255 Blaine, MN	41	00:31:30.4	01:37	28	00:01:38.8	59	02:50:53.0	19.4	83	00:01:51.0	63	01:59:13.0	09:06	05:25:06.5			
55	14 Cook, Cindy	413 Minneapolis,	93	00:36:56.0	01:54	92	00:02:48.8	90	02:59:36.9	18.5	87	00:01:52.0	18	01:44:10.4	07:57	05:25:24.2			
56	15 Walker, Julie	300 Arden Hills, MN	35	00:31:02.6	01:36	60	00:02:12.8	39	02:45:06.5	20.1	72	00:01:43.5	78	02:06:07.5	09:37	05:26:13.1			
57	16 Aron, Carol	46 Bismarck, ND	84	00:35:33.7	01:50	74	00:02:25.5	68	02:53:04.6	19.2	54	00:01:26.9	52	01:53:48.3	08:41	05:26:19.2			
58	3 Woolsey, Amy	92 Sauk Rapids,	31	00:30:50.9	01:35	57	00:02:10.3	51	02:49:08.3	19.6	92	00:02:00.0	73	02:04:14.5	09:29	05:28:24.3			
59	8 Hines, Lisa	179 Waite Park, MN	75	00:34:33.5	01:47	23	00:01:37.0	96	03:00:43.6	18.3	13	00:00:54.6	41	01:50:37.8	08:26	05:28:26.9			
60	12 Whitney, Patricia	129 Minneapolis,	5	00:27:34.7	01:25	84	00:02:36.7	64	02:52:02.7	19.3	37	00:01:14.4	76	02:05:52.8	09:36	05:29:21.5			
61	14 Swanson, Becka	237 Circle Pines, MN	89	00:36:18.6	01:52	63	00:02:15.5	26	02:40:08.6	20.7	22	00:01:02.2	85	02:09:52.1	09:54	05:29:37.3			
62	4 Jackson, Joni	93 Mpls, MN	61	00:33:22.1	01:43	86	00:02:41.1	93	02:59:59.7	18.4	29	00:01:08.8	51	01:53:34.9	08:40	05:30:46.9			
63	17 Sevilla, Margarita	362 Minneapolis,	95	00:37:04.8	01:55	36	00:01:46.8	84	02:57:48.5	18.6	66	00:01:36.8	47	01:52:43.4	08:36	05:31:00.6			
64	9 Mowers, Sondra	125 Duluth, MN	37	00:31:08.1	01:36	87	00:02:41.9	45	02:47:44.4	19.8	111	00:02:32.2	80	02:07:33.8	09:44	05:31:40.6			
65	10 Johnson, Renae	25 Waconia, MN	129	00:43:54.7	02:16	129	00:04:43.4	77	02:55:25.4	18.9	34	00:01:13.2	28	01:47:13.4	08:11	05:32:30.4			
66	18 Moritz, Jeannette	379 Minneapolis,	16	00:28:27.9	01:28	64	00:02:17.8	46	02:47:45.7	19.8	70	00:01:38.7	94	02:12:59.5	10:09	05:33:09.8			
67	15 Rehling, Jennifer	102 Andover, MN	26	00:30:13.6	01:33	33	00:01:44.5	56	02:50:24.3	19.5	20	00:01:00.7	86	02:10:20.9	09:57	05:33:44.2			
68	19 Hollenbeck, Jodee	344 Coon Rapids,	86	00:35:55.4	01:51	122	00:04:01.0	91	02:59:45.9	18.4	121	00:03:27.9	44	01:50:54.2	08:27	05:34:04.6			
69	13 Mitchell, Kimberly	77 Saint Paul, MN	77	00:34:38.2	01:47	35	00:01:46.1	78	02:56:34.7	18.8	18	00:00:59.2	69	02:01:08.0	09:14	05:35:06.4			
70	20 Wenzel, Lori	226 Greenville, WI	94	00:36:58.0	01:54	52	00:02:05.8	75	02:55:15.7	18.9	64	00:01:35.6	64	01:59:20.6	09:06	05:35:16.0			
71	16 Lacanne, Beth	363 Rochester, MN	119	00:41:51.9	02:10	79	00:02:30.1	54	02:50:13.9	19.5	110	00:02:30.6	62	01:58:46.2	09:03	05:35:53.0			
72	1 Keller, Gabby	176 Maple Grove,	3	00:27:04.7	01:24	4	00:00:59.5	72	02:54:30.8	19.0	51	00:01:26.1	98	02:14:13.6	10:14	05:38:15.0			
73	1 Stevens, Pam	98 Sartell, MN	49	00:32:10.7	01:39	49	00:01:56.2	42	02:45:27.7	20.0	40	00:01:18.3	102	02:17:48.6	10:31	05:38:41.7			
74	17 Siedschlag, Sarah	273 Minneapolis,	74	00:34:14.6	01:46	76	00:02:27.6	105	03:05:11.6	17.9	120	00:03:08.1	53	01:53:55.2	08:41	05:38:57.3			
75	21 Srenaski, Julie	303 Green Bay, WI	110	00:39:08.8	02:01	116	00:03:47.0	106	03:05:32.9	17.9	55	00:01:27.3	39	01:49:35.7	08:21	05:39:31.8			
76	11 Januschka, Mary	81 Cambridge, MN	121	00:42:06.6	02:10	96	00:02:56.8	79	02:56:54.2	18.7	104	00:02:18.4	57	01:56:02.7	08:51	05:40:18.9			
77	12 Sands, Mary	477 St Paul, MN	79	00:34:53.1	01:48	25	00:01:38.2	97	03:00:49.5	18.3	75	00:01:45.5	70	02:01:35.1	09:16	05:40:41.5			
78	18 Weber, Katie	354 Minneapolis,	85	00:35:37.7	01:50	61	00:02:13.9	86	02:58:19.3	18.6	86	00:01:51.7	71	02:02:56.9	09:23	05:40:59.7			
79	1 Holmquist, Abby	293 Minneapolis,	20	00:29:34.6	01:31	50	00:02:00.4	82	02:57:35.7	18.7	71	00:01:41.0	88	02:10:39.1	09:58	05:41:31.0			
80	5 Vagle, Kathryn	86 Rochester, MN	87	00:36:04.1	01:52	65	00:02:18.8	66	02:52:50.6	19.2	97	00:02:09.1	89	02:11:07.8	10:00	05:44:30.7			

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	Pen description
81	19 Leis, Kate	431 Delano, MN	70	00:34:03.1	01:45	98	00:03:00.0	102	03:03:24.1	18.1	127	00:03:57.6	67	02:00:10.8	09:10	05:44:35.8		
82	22 Hola, Nikki	390 Highlands	36	00:31:07.8	01:36	88	00:02:44.3	76	02:55:16.7	18.9	41	00:01:18.5	99	02:14:33.6	10:16	05:45:01.1		
83	14 Boller, Valerie	200 Maple Grove,	104	00:38:32.2	01:59	43	00:01:51.5	58	02:50:49.6	19.4	76	00:01:45.5	95	02:13:00.7	10:09	05:45:59.7		
84	23 Youngquist, Kim	402 Plymouth, MN	88	00:36:14.8	01:52	73	00:02:25.0	89	02:59:36.0	18.5	39	00:01:17.4	79	02:06:43.7	09:40	05:46:16.9		
85	4 Fisher, Kathleen	414 Marinette, WI	81	00:35:06.6	01:49	95	00:02:56.4	71	02:54:00.3	19.1	103	00:02:15.3	92	02:12:04.1	10:04	05:46:22.8		
86	6 Remiker, Lisa	365 Appleton, WI	117	00:40:39.9	02:06	58	00:02:10.7	48	02:48:47.8	19.6	81	00:01:47.4	96	02:13:23.8	10:10	05:46:49.7		
87	2 Brooks, Peggy	119 Madison, WI	99	00:37:40.1	01:57	125	00:04:21.1	83	02:57:41.4	18.7	73	00:01:44.6	75	02:05:40.1	09:35	05:47:07.6		
88	20 Drevlow, Danielle	267 Golden Valley,	82	00:35:08.0	01:49	102	00:03:06.8	81	02:57:34.7	18.7	107	00:02:26.4	82	02:08:55.5	09:50	05:47:11.7		
89	7 Weiskopf-larson,	208 Lino Lakes, MN	116	00:40:08.5	02:04	89	00:02:45.4	74	02:55:02.1	18.9	26	00:01:04.4	81	02:08:43.1	09:49	05:47:43.7		
90	15 Bollinger, Lisa	136 Sartell, MN	83	00:35:13.6	01:49	110	00:03:26.1	104	03:04:58.6	17.9	16	00:00:57.5	72	02:04:09.4	09:28	05:48:45.3		
91	16 Buchkosky, Natalie	143 Shakopee, MN	53	00:32:27.1	01:40	121	00:03:57.4	94	03:00:09.4	18.4	115	00:02:50.5	87	02:10:23.3	09:57	05:49:47.9		
92	5 Stoller, Diane	157 Maple Grove,	124	00:42:24.4	02:11	99	00:03:00.5	63	02:52:01.6	19.3	82	00:01:48.5	90	02:11:28.0	10:02	05:50:43.2		
93	24 Bradley, Mina	163 Duluth, MN	17	00:28:28.8	01:28	70	00:02:22.5	98	03:01:24.3	18.3	38	00:01:16.6	106	02:21:05.4	10:46	05:54:37.8		
94	25 Rutt, Dana	70 Minneapolis,	115	00:39:59.3	02:04	22	00:01:35.8	73	02:55:02.0	18.9	15	00:00:56.9	103	02:18:37.8	10:34	05:56:12.2		
95	3 Barron, Charlene	427 Wayzata, MN	98	00:37:29.6	01:56	111	00:03:28.6	87	02:58:28.5	18.6	129	00:04:27.7	97	02:13:27.8	10:11	05:57:22.4		
96	21 Cuta, Kristin	393 Saint Paul, MN	50	00:32:15.0	01:40	67	00:02:19.8	109	03:06:55.7	17.7	101	00:02:13.1	101	02:17:04.0	10:27	06:00:47.8		
97	17 Mielke, Kris	69 Eden Prairie,	68	00:33:35.5	01:44	27	00:01:38.7	103	03:04:04.2	18.0	21	00:01:02.2	108	02:21:31.5	10:48	06:01:52.2		
98	8 Siebold, Kim	64 Buffalo, MN	114	00:39:47.2	02:03	59	00:02:12.3	80	02:56:59.2	18.7	102	00:02:15.1	110	02:22:36.2	10:53	06:03:50.1		
99	18 Linder-stenzel,	412 St. Paul, MN	111	00:39:27.2	02:02	97	00:02:58.5	111	03:10:28.7	17.4	98	00:02:10.8	91	02:11:53.8	10:04	06:06:59.1		
100	13 Lang, Diane	158 Burnville, MN	126	00:42:41.3	02:12	114	00:03:42.1	122	03:22:17.1	16.4	95	00:02:04.9	59	01:57:24.9	08:57	06:08:10.5		
101	9 Spande, Kim	437 North Branch,	120	00:41:59.0	02:10	136	00:07:00.7	108	03:05:52.5	17.8	114	00:02:39.5	93	02:12:07.9	10:05	06:09:39.8		
102	6 Garlough, Dawn	369 Bloomington,	103	00:38:25.6	01:59	119	00:03:54.5	119	03:19:11.3	16.6	106	00:02:24.7	77	02:06:02.7	09:37	06:09:59.0		
103	7 Carlson, Kathryn	110 Waite Park, MN	130	00:44:17.4	02:17	66	00:02:19.2	116	03:17:02.5	16.8	63	00:01:35.6	74	02:04:45.5	09:31	06:10:00.3		
104	10 Karpel, Joan	407 Sartell, MN	76	00:34:33.6	01:47	109	00:03:21.0	100	03:02:20.4	18.2	126	00:03:49.4	116	02:27:39.7	11:16	06:11:44.3		
105	11 Burke, Mimi	217 Eagan, MN	107	00:38:51.2	02:00	112	00:03:29.4	70	02:53:58.2	19.1	131	00:04:54.1	118	02:31:13.1	11:32	06:12:26.2		
106	26 Halland, Spring	317 Long Lake, MN	118	00:40:50.7	02:06	90	00:02:47.0	107	03:05:44.2	17.8	91	00:01:59.9	109	02:21:53.1	10:49	06:13:15.1		
107	19 Apelt, Nicole	490 Minnetonka, MN	97	00:37:23.4	01:56	77	00:02:29.5	115	03:16:44.8	16.8	105	00:02:21.0	100	02:15:42.5	10:21	06:14:41.4		
108	12 Ryder, Shannon	38 Vanais Heights,	138	00:56:11.8	02:54	133	00:05:42.1	114	03:14:37.5	17.0	132	00:05:06.6	49	01:53:06.5	08:38	06:14:44.6		
109	20 Walsworth, Alyssa	313 St. Paul, MN	71	00:34:07.9	01:46	132	00:05:07.9	92	02:59:53.5	18.4	125	00:03:45.7	119	02:32:12.3	11:37	06:15:07.5		
110	21 Klock, Mindy	486 Madison, WI	32	00:30:51.2	01:35	93	00:02:51.4	95	03:00:09.9	18.4	80	00:01:47.1	124	02:39:30.9	12:10	06:15:10.7		
111	22 Schlender,	140 Lindstrom, MN	96	00:37:17.9	01:55	83	00:02:36.6	88	02:59:01.8	18.5	74	00:01:45.3	120	02:34:30.7	11:47	06:15:12.5		
112	23 Gurney, Rebecca	58 St Paul, MN	105	00:38:32.6	01:59	53	00:02:05.9	112	03:12:53.6	17.2	69	00:01:38.4	112	02:23:06.1	10:55	06:18:16.6		
113	13 Heard, Kay	174 Elk River, MN	137	00:52:49.8	02:44	71	00:02:23.2	113	03:13:29.5	17.1	62	00:01:35.3	83	02:09:24.7	09:52	06:19:42.7		

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	Pen	description
114	27 Lemke, Erin	458 Sartell, MN	108	00:39:00.9	02:01	127	00:04:27.8	118	03:17:47.1	16.8	116	00:02:53.7	113	02:23:50.3	10:58	06:28:00.0			
115	22 Ver Haagh, Dawn	386 Green Bay, WI	106	00:38:41.7	02:00	103	00:03:09.1	123	03:26:29.0	16.0	130	00:04:48.5	111	02:22:49.7	10:54	06:35:58.3			
116	4 Bukstein, Jeri	209 Maple Grove,	133	00:47:33.7	02:27	123	00:04:10.7	120	03:19:17.3	16.6	53	00:01:26.8	114	02:23:51.4	10:58	06:36:20.0			
117	28 Thelen, Sandi	308 Hugo, MN	91	00:36:32.9	01:53	135	00:06:40.8	1	00:00:04.0	4972	133	03:32:50.8	105	02:20:31.9	10:43	06:36:40.6			
118	24 Edgar, Bridget	357 Forest Lake, MN	62	00:33:24.0	01:43	91	00:02:47.2	126	03:28:38.3	15.9	96	00:02:06.0	117	02:30:31.6	11:29	06:37:27.2			
119	14 Jones, Allison	295 New York, NY	112	00:39:27.3	02:02	134	00:05:51.2	127	03:29:08.4	15.8	124	00:03:40.4	104	02:20:31.9	10:43	06:38:39.4			
120	8 Baxter, Denise	88 St Cloud, MN	128	00:43:12.4	02:14	100	00:03:01.0	110	03:09:57.7	17.4	78	00:01:46.4	126	02:42:02.3	12:22	06:40:00.0			
121	15 Perkins, Beckie	389 Apple Valley,	123	00:42:20.8	02:11	40	00:01:49.0	121	03:20:12.3	16.6	57	00:01:32.8	121	02:34:57.9	11:49	06:40:53.1			
122	23 Mayer, Allison	364 Minneapolis,	59	00:32:59.4	01:42	94	00:02:53.3	136	03:45:01.6	14.7	88	00:01:56.5	107	02:21:29.4	10:48	06:44:20.6			
123	2 Huey, Danielle	329 Eagle, WI	132	00:45:52.7	02:22	137	00:07:01.3	101	03:03:00.8	18.1	93	00:02:02.3	128	02:47:35.5	12:47	06:45:32.8			
124	25 Charbonneau,	257 St. Paul, MN	125	00:42:39.9	02:12	124	00:04:12.5	117	03:17:34.2	16.8	128	00:04:13.9	125	02:41:11.2	12:18	06:49:51.8			
125	29 Blomgren, Nicole	381 Coon Rapids,	102	00:38:11.2	01:58	106	00:03:13.4	129	03:30:27.0	15.7	117	00:02:59.1	122	02:36:07.0	11:55	06:50:57.8			
126	16 Retzer, Marcia	374 St Cloud, MN	136	00:52:18.3	02:42	118	00:03:49.9				133		115	02:26:59.1		06:54:49.4			
127	30 Van Horn, Tammy	97 Karminton, MN	92	00:36:44.5	01:54	104	00:03:10.0	132	03:32:50.0	15.6	45	00:01:21.2	127	02:47:09.6	12:45	07:01:15.5			
128	31 Jansen, Kelly	383 Kaukauna, WI	134	00:47:46.2	02:28	105	00:03:12.3	133	03:34:59.4	15.4	122	00:03:28.4	123	02:39:25.0	12:10	07:08:51.4			
129	14 Hagen, Linda	175 Duluth, MN	122	00:42:10.5	02:11	120	00:03:57.4	135	03:39:26.7	15.1			134	08:08:36.6		07:11:35.8			
130	9 Nilson, Lois	130 Minneapolis,	113	00:39:32.5	02:02	128	00:04:32.2	124	03:26:34.7	16.0	118	00:03:03.0	129	02:59:10.9	13:40	07:12:53.5			
131	24 Pearson, Sheila	196 Sartell, MN	127	00:42:56.5	02:13	68	00:02:21.6	131	03:30:58.9	15.7	112	00:02:34.4	131	03:01:30.0	13:51	07:20:21.6			
132	17 Durand, Tracy	359	131	00:45:33.0	02:21	126	00:04:24.8	128	03:29:13.3	15.8	123	00:03:34.8	130	03:00:36.2	13:47	07:23:22.3			
133	25 Herder, Elizabeth	1418 Rice Lake, WI	19	00:29:13.1	01:30	108	00:03:20.6	125	03:28:14.7	15.9	119	00:03:07.4	133	03:20:30.8	15:18	07:24:26.8			
134	26 Kelly-Wardle,	60 Winnipeg, MB	135	00:49:09.6	02:32	130	00:04:47.2	130	03:30:47.0	15.7	113	00:02:34.5	132	03:11:13.8	14:35	07:38:32.2			
	Schild Jyring,	487	25	00:30:11.6		72	00:02:24.1	65	02:52:48.8	19.2	109	00:02:29.9				DNF			
	Johnson, Deena	215 Robbinsdale,	72	00:34:11.6		131	00:04:48.4	134	03:38:55.5	15.1						DNF			
	Byland, Stephanie	104 Edina, MN	67	00:33:34.3		107	00:03:15.2	99	03:02:17.0	18.2						DNF			
	Mouw, Suzann	17 White Bear	13	00:27:55.5		10	00:01:14.6	23	02:39:09.4	20.8	65	00:01:36.5				DNF			
	Giles, Karen	324 Minneapolis,														DNS			
	Butzke, Mary Ann	326 Bakvia, IL														DNS			
	Lauritsen, Lindsey	339 West Fargo, ND														DNS			
	Jirele, Jasmine	277 Woodbury, MN														DNS			
	Hughes, Jill	213 Medina, MN														DNS			
	Iverson, Cathy	218 Wayzata, MN														DNS			
	Puffer, Stephanie	159 Hermantown,														DNS			
	Gantman, Holly	162 Plymouth, MN														DNS			
	Cook, Jennifer	165 St Louis Park,														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	Pen	description
	Nolin, Kristine	171																	DNS
	Hobbs, Sharon	185																	DNS
	Rentas, Lisa	53																	DNS
	Batts, Candace	57																	DNS
	Stoneman,	59																	DNS
	Bachel, Mary	63																	DNS
	Dipaola, Sheila	68																	DNS
	Carlson, Michelle	32																	DNS

<b>Clydesdale Half Ironman Distance</b>	Division Field: 27
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1	Onnen, Matthew	248	Minneapolis,	4	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,	3	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	12	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	22	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	1	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	8	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	18	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	21	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	11	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	14	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	19	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	13	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,	5	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	10	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	17	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	15	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	9	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,	6	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	23	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,	2	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	20	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,	24	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	16	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	7	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	Pen	description
	Lottig, Noah	370																	DNS
	Olson, Eric	246																	DNS
	Rost, William	188																	DNS

<b>Athena Half Ironman Distance</b>	Division Field: 6
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1	Ritz, Leanne	447	Maple Grove,	1	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	2	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	3	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,	4	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	5	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	Pen description

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

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

1	Stocker, Nordica	1406	Grand Rapids,	Nordica Stocker	3 00:27:30.3	01:25	1 00:00:37.7	1 02:17:57.8	24.0	6 00:00:17.1	1 01:14:35.7	05:41	04:00:58.9
2	Olson, Stephen	127	Plymouth, MN	Stephen Olson	4 00:29:02.4	01:30	2 00:00:38.0	4 02:29:43.8	22.1	4 00:00:15.7	3 01:25:36.0	06:32	04:25:16.0
3	Fleming, Michael	328	Plymouth, MN	Michael Fleming	1 00:22:49.6	01:10	4 00:00:47.6	5 02:38:17.6	20.9	1 00:00:12.5	2 01:25:17.2	06:30	04:27:24.8
4	Tolzman, Terry	358	Wyoming, MN	Terry Tolzman	9 00:34:16.5	01:46	8 00:00:55.1	2 02:18:05.5	24.0	11 00:00:30.3	9 01:51:19.4	08:29	04:45:07.1
5	Laubscher, Rob	425	Stillwater, MN	Rob Laubscher	2 00:25:09.1	01:18	7 00:00:52.0	7 02:43:40.3	20.3	2 00:00:13.1	6 01:39:13.6	07:34	04:49:08.4
6	Sorenson, Kari	471	Buffalo, MN	Kari Sorenson	11 00:35:21.5	01:49	5 00:00:47.8	9 02:50:52.8	19.4	3 00:00:13.4	5 01:33:44.4	07:09	05:01:00.1
7	Peterson, Lars	166	Laramie, WY	Lars Peterson	13 00:37:12.9	01:55	3 00:00:45.1	3 02:28:24.6	22.3	9 00:00:24.7	10 01:55:51.2	08:50	05:02:38.7
8	Peters, Judith	484	St. Cloud, MN	Judith Peters	12 00:36:20.6	01:52	10 00:01:00.4	6 02:42:04.2	20.5	14 00:00:50.1	8 01:48:04.9	08:15	05:08:20.4
9	Straub, Brent	356	Apple Valley,	Brent Straub	6 00:32:36.5	01:41		Swim Steven			4 01:32:31.8		05:09:43.9
10	Peterson, Jennifer	241	Laramie, WY	Jennifer Peterson	15 00:39:17.3	02:02	12 00:01:09.3	10 02:51:08.5	19.4	13 00:00:32.6	7 01:40:36.6	07:40	05:12:44.6
11	Pederson, James	299	Hugo, MN	James Pederson	5 00:30:36.0	01:35	6 00:00:51.0	8 02:44:11.0	20.2	10 00:00:29.4	14 02:13:56.1	10:13	05:30:03.7
12	Hennessy, John	242	Brookfield, WI	John Hennessy	14 00:38:46.2	02:00	16 00:03:44.4	11 02:58:30.4	18.6	7 00:00:19.5	11 02:04:41.0	09:31	05:46:01.7
13	Groschen, Nicole	376	Lindstrom, MN	Nicole Groschen	7 00:32:41.0	01:41	14 00:01:22.7	14 03:16:47.0	16.8	12 00:00:30.4	12 02:08:02.0	09:46	05:59:23.4
14	Rauenhorst,	473	Denver, CO	Kristine	10 00:34:31.6	01:47	9 00:00:59.3	13 03:13:57.3	17.1	5 00:00:16.4	13 02:09:57.5	09:55	05:59:42.4
15	Netting, Stuart	323	Edina, MN	Stuart Netting	8 00:32:59.9	01:42	13 00:01:18.7	12 03:01:45.9	18.2	15 00:00:51.4	15 02:31:03.1	11:31	06:07:59.3
16	Lee, Marcia	107	St Louis Park,	Marcia Lee	16 00:44:57.8	02:19	11 00:01:05.8	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	Pen	description	
17	To, Luan	429 Bloomington,	17	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			