

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

Age Group Results

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

0.25 mi swim

21 mi bike

3.1 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 - Sprint Distance Triathlon Field: 822

Male Sprint Distance Division Field: 375

15 & under Age Group Field: 9

1	86 Oberman, Jack	1108	Waukee, IA	2	00:11:42.0	02:55	1	00:01:03.7	1	01:04:43.3	19.4	1	00:00:44.3	1	00:22:36.8	07:17	01:40:50.2
2	129 Turman, Avery	1229	Lindstrom, MN	1	00:11:01.6	02:45	4	00:02:35.1	3	01:05:23.9	19.2	7	00:01:17.5	3	00:24:38.9	07:57	01:44:57.2
3	170 Anderson, Dan	1327	Wautoma, WI	3	00:13:12.4	03:18	2	00:01:20.3	2	01:04:46.2	19.4	2	00:00:45.8	7	00:30:49.3	09:56	01:50:54.2
4	231 Yusis, Josh	889	Sommerset, WI	5	00:15:15.7	03:48	6	00:03:10.5	6	01:12:56.7	17.2	8	00:01:22.6	4	00:26:08.6	08:26	01:58:54.3
5	237 Lyp, Andrew	1338	Volpadiso, IN	9	00:19:17.9	04:49	9	00:04:28.8	5	01:11:43.4	17.5	6	00:01:12.9	2	00:23:15.2	07:30	01:59:58.4
6	255 Rasmuson, Elijah	888	Sommerset, WI	6	00:16:17.0	04:04	8	00:03:29.1	4	01:11:09.9	17.7	3	00:00:51.0	6	00:29:55.9	09:39	02:01:43.0
7	272 Bloom, Daniel	841	Loveland, CO	4	00:13:44.4	03:26	3	00:01:53.7	7	01:22:00.8	15.3	4	00:01:00.4	5	00:26:09.0	08:26	02:04:48.4
8	323 Sibert, Joshua	1049	Woodbury, MN	7	00:18:35.5	04:38	7	00:03:15.3	9	01:32:07.3	13.6	9	00:02:23.4	8	00:40:10.3	12:57	02:36:32.0
9	324 Durico, Ambrose	1334	Minneapolis,	8	00:19:05.5	04:46	5	00:02:54.6	8	01:31:59.2	13.6	5	00:01:01.8	9	00:42:12.0	13:36	02:37:13.2

16-19 Age Group Field: 18

1	19 Gillespie, Dylan	736	Murine, MN	1	00:08:27.4	02:06	2	00:01:26.5	2	00:56:44.0	22.2	1	00:00:14.7	6	00:21:16.4	06:51	01:28:09.2
2	34 Smith, Samuel	1280	St Paul, MN	2	00:09:01.7	02:15	3	00:01:44.9	6	01:00:25.5	20.8	11	00:01:10.1	1	00:18:38.9	06:00	01:31:01.3
3	36 Dodds, Andy	1218	Apple Valley,	6	00:11:07.7	02:46	1	00:01:21.6	4	00:57:08.9	22.0	10	00:01:09.0	5	00:20:48.3	06:42	01:31:35.7
4	39 Greenwald, Ben	1237	Minneapolis,	8	00:12:20.9	03:05	9	00:02:33.0	3	00:56:59.7	22.1	16	00:01:31.5	2	00:19:59.3	06:26	01:33:24.6
5	90 Good, Zach	1184	Stacy, MN	11	00:13:57.3	03:29	11	00:02:37.5	5	01:00:02.7	20.9	6	00:00:40.0	8	00:23:53.7	07:42	01:41:11.4
6	97 Hess, Nick	1016	Anoka, MN	9	00:13:16.9	03:19	12	00:02:42.5	7	01:03:59.6	19.6	15	00:01:23.5	4	00:20:34.5	06:38	01:41:57.2
7	122 Walsh, London	1213	Hudson, WI	4	00:11:00.9	02:45	10	00:02:36.8	9	01:05:22.1	19.2	8	00:00:58.2	9	00:24:09.3	07:47	01:44:07.6
8	133 Hecht, Tyler	562	Somerset, WI	7	00:11:18.5	02:49	13	00:02:53.1	8	01:05:02.8	19.3	9	00:01:06.5	10	00:25:14.5	08:08	01:45:35.7
9	155 Wurdemann,	1129	Harris, MN	13	00:16:20.3	04:05	16	00:03:36.3	12	01:08:16.5	18.4	2	00:00:32.6	3	00:20:00.4	06:27	01:48:46.3
10	190 Kaya, Nolan	565	Chisago City,	14	00:17:34.0	04:23	6	00:02:17.2	10	01:06:38.9	18.9	3	00:00:34.4	12	00:26:42.0	08:36	01:53:46.7
11	196 Wright, Ryan	1357	Wyoming, MN	17	00:21:18.7	05:19	7	00:02:24.4	11	01:07:44.7	18.5	14	00:01:19.5	7	00:21:31.7	06:56	01:54:19.3
12	203 Johnson, Gabriel	585	White Bear	5	00:11:04.0	02:46	15	00:03:22.0	13	01:14:32.5	16.9	4	00:00:34.5	11	00:25:43.0	08:17	01:55:16.2
13	205 Roggemann,	1134	Chisago City,	3	00:10:00.4	02:30	5	00:02:00.9	14	01:14:38.9	16.8	5	00:00:35.5	15	00:28:15.8	09:07	01:55:31.7
14	283 Arhart, Cale	1262	Stacy, MN	15	00:17:49.3	04:27	8	00:02:30.6	15	01:20:01.3	15.7	7	00:00:43.0	13	00:26:48.0	08:38	02:07:52.3

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
15	294 Sample, Tyler	1189 Scandia, MN	12	00:14:47.7	03:41	17	00:04:01.3	16	01:22:45.2	15.2	12	00:01:13.4	14	00:27:51.5	08:59	02:10:39.3	
16	310 Lamson, Kevin	1132 Oakdale, MN	10	00:13:35.9	03:23	4	00:01:55.4	1	00:28:05.8	44.8			17	01:49:22.8		02:17:52.0	
17	321 Forsythe, Cullen	1199 Mpls, MN	16	00:19:54.2	04:58	14	00:02:56.9	17	01:32:50.1	13.5	13	00:01:14.6	16	00:36:13.0	11:40	02:33:09.0	
	Brambille, Brandon	1057 Chisago City,														DNS	

20-24 Age Group Field: 28

	1 Parish, Patrick	530 Circle Pines, MN	1	00:09:31.0	02:22	1	00:00:32.8	1	00:48:46.1	25.8	1	00:00:16.9	1	00:18:03.3	05:49	01:17:10.2	
1	5 Olson, Tyler	540 Minneapolis,	3	00:09:39.8	02:24	3	00:01:02.2	2	00:49:48.6	25.2	3	00:00:25.4	5	00:20:47.3	06:42	01:21:43.4	
2	10 Heinlein Iii, John	503 Stillwater, MN	5	00:10:16.6	02:34	2	00:00:38.2	3	00:51:59.1	24.2	2	00:00:22.8	8	00:21:07.6	06:48	01:24:24.5	
3	15 Clauson, Holden	507 Stillwater, MN	4	00:09:50.8	02:27	7	00:01:28.8	4	00:52:06.2	24.1	8	00:00:49.5	10	00:22:21.9	07:12	01:26:37.5	
4	44 Vaillancourt, Jim	1285 Shoreview, MN	15	00:13:17.0	03:19	12	00:02:20.7	6	00:57:31.0	21.9	12	00:01:01.9	6	00:20:47.3	06:42	01:34:58.1	
5	45 Grice-patil, Zach	1312 Hopkins, MN	11	00:12:32.9	03:08	8	00:01:39.6	5	00:56:59.9	22.1	17	00:01:25.6	11	00:22:36.9	07:17	01:35:15.1	
6	46 Thillen, Peter	1141 Minneapolis,	9	00:11:48.5	02:57	10	00:01:50.0	7	00:58:07.7	21.6	9	00:00:52.9	12	00:22:46.1	07:20	01:35:25.5	
7	49 Wickens, Brett	842 Minneapolis,	7	00:10:45.7	02:41	6	00:01:28.4	12	01:02:14.9	20.2	6	00:00:41.3	4	00:20:34.7	06:38	01:35:45.2	
8	62 Johnson, Brent	659 Arden Hills, MN	2	00:09:31.6	02:22	5	00:01:21.2	16	01:04:52.2	19.4	16	00:01:23.3	3	00:20:21.3	06:33	01:37:29.7	
9	64 Quigley, Brian	1070 Coon Rapids,	17	00:13:26.4	03:21	15	00:02:26.1	9	00:59:50.4	21.0	24	00:01:46.9	2	00:20:12.3	06:31	01:37:42.3	
10	68 Young, Justin	1314 St. Paul, MN	16	00:13:25.6	03:21	4	00:01:13.9	11	01:01:03.4	20.6	23	00:01:46.9	7	00:20:55.0	06:44	01:38:25.0	
11	77 Overby, Tyler	964 Duluth, MN	14	00:13:15.0	03:18	9	00:01:39.9	8	00:58:17.5	21.6	10	00:00:55.7	18	00:25:36.9	08:15	01:39:45.2	
12	124 Betterman,	782 Denver, CO	12	00:12:40.8	03:10	11	00:02:04.2	15	01:04:49.4	19.4	22	00:01:44.3	13	00:22:59.7	07:25	01:44:18.6	
13	125 Johnson, Andrew	1013 Andover, MN	19	00:13:58.8	03:29	13	00:02:23.4	14	01:02:53.4	20.0	18	00:01:31.3	15	00:23:32.9	07:35	01:44:20.1	
14	136 Heggerston,	1179 Center City, MN	8	00:11:06.9	02:46	16	00:02:33.6	13	01:02:50.6	20.0	13	00:01:15.2	20	00:28:04.0	09:03	01:45:50.4	
15	164 Legan, Sam	1355 Shoreview, MN	25	00:20:10.4	05:02	17	00:02:34.4	10	01:00:26.2	20.8	19	00:01:34.0	17	00:25:19.9	08:10	01:50:05.2	
16	195 Sausen, Nick	1178 North Branch,											9	00:21:13.6		01:54:15.7	
17	202 Sandhurst, Eric	1181 Sioux Falls, SD	20	00:15:21.1	03:50	20	00:02:48.6	19	01:13:15.6	17.1	4	00:00:38.1	14	00:23:12.1	07:29	01:55:15.7	
18	227 Papale, Andrew	1235 St. Paul, MN	23	00:17:00.5	04:15	21	00:03:08.0	17	01:10:16.0	17.9	25	00:01:51.1	19	00:26:09.9	08:26	01:58:25.7	
19	253 Oelerich,	1193 Derry, NH	18	00:13:30.9	03:22	22	00:03:10.0	21	01:14:40.6	16.8	21	00:01:37.5	21	00:28:41.8	09:15	02:01:41.0	
20	264 Stadler, Trent	1153 Saint Paul, MN	21	00:15:31.7	03:52	26	00:05:07.7	18	01:12:14.2	17.4	5	00:00:39.4	22	00:29:50.5	09:37	02:03:23.8	
21	271 Duss, William	1126 Minneapolis,	22	00:16:35.2	04:08	14	00:02:25.3	20	01:13:15.9	17.1	11	00:00:59.6	23	00:31:31.4	10:10	02:04:47.6	
22	281 Roggemann, John	1135 Chisago City,	6	00:10:42.6	02:40	23	00:04:02.6	24	01:15:22.4	16.7	15	00:01:19.4	25	00:35:39.8	11:30	02:07:06.9	
23	282 Lewis, Zack	995 Chisago, MN	13	00:12:50.3	03:12	19	00:02:44.3	22	01:14:43.3	16.8	20	00:01:36.8	24	00:35:17.8	11:23	02:07:12.8	
24	289 Dean, Craig	1331 England,	24	00:17:40.6	04:25	25	00:04:30.2	25	01:21:19.2	15.4	7	00:00:44.4	16	00:25:06.9	08:06	02:09:21.5	
25	307 Turner, Matthew	1173 Scandia, MN	10	00:11:49.6	02:57	18	00:02:42.1	23	01:15:05.2	16.7	26	00:02:09.5	26	00:42:50.5	13:49	02:14:37.2	
26	328 Al. Assaad, Kamel	1283 St. Paul, MN	26	00:23:08.0	05:47	24	00:04:11.2	26	01:22:10.6	15.3	14	00:01:18.1	27	00:55:00.9	17:44	02:45:48.9	
	Pohlkamp, Mitchell	558 Scandia, MN														DNS	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
25-29			Age Group Field: 62														
1	3 Blankenheim, Josh	523 Duluth, MN	2	00:09:07.1	02:16	3	00:00:48.6	2	00:50:40.8	24.8	1	00:00:15.6	1	00:17:37.4	05:41	01:18:29.7	
2	4 Pshon, Anton	529 St Paul, MN	4	00:09:44.9	02:26	4	00:00:50.5	1	00:50:21.6	25.0	2	00:00:26.6	3	00:19:20.6	06:14	01:20:44.4	
3	8 Gelvez, Edwing	1317 Minneapolis,	3	00:09:35.3	02:23	1	00:00:38.7	3	00:52:10.0	24.1	23	00:01:01.0	5	00:20:22.4	06:34	01:23:47.6	
4	18 Donnelly, Paul	513 Minneapolis,	19	00:11:42.9	02:55	5	00:01:04.1	7	00:56:19.7	22.3	5	00:00:38.5	2	00:18:17.7	05:54	01:28:03.1	
5	20 Kurhasetz, Rich	538 Robbinsdale,	14	00:11:33.9	02:53	9	00:01:12.6	4	00:53:01.0	23.7	4	00:00:34.9	8	00:21:47.0	07:01	01:28:09.6	
6	30 Smith, Jared	1270 Minneapolis,	23	00:12:02.4	03:00	2	00:00:48.0	5	00:56:02.9	22.4	28	00:01:08.2	6	00:20:42.6	06:40	01:30:44.4	
7	32 Koepp, Kristopher	1316 Rochester, MN	1	00:08:21.6	02:05	11	00:01:16.8	6	00:56:10.5	22.4	11	00:00:47.0	22	00:24:17.8	07:50	01:30:53.9	
8	38 Younes, Michael	537	5	00:10:40.1	02:40	13	00:01:25.3	8	00:57:59.2	21.7	25	00:01:01.3	9	00:21:47.1	07:01	01:32:53.1	
9	40 Stenzel, Steve	579 St Paul, MN	16	00:11:36.5	02:54	15	00:01:30.3	15	00:59:59.1	21.0	3	00:00:31.2	4	00:19:52.2	06:24	01:33:29.6	
10	48 Pearson, Taylor	1105 Holmen, WI	10	00:11:10.2	02:47	16	00:01:33.8	11	00:59:01.6	21.3	8	00:00:43.2	15	00:23:05.7	07:27	01:35:34.7	
11	56 Thillen, Sam	1143 Minneapolis,	9	00:11:05.5	02:46	26	00:02:23.7	9	00:58:19.8	21.6	14	00:00:52.1	20	00:24:01.1	07:44	01:36:42.3	
12	71 Pelto, Philip	825 Minneapolis,	29	00:13:22.8	03:20	30	00:02:44.2	10	00:58:24.8	21.5	19	00:00:59.3	16	00:23:14.2	07:29	01:38:45.5	
13	74 Skold, Daniel	1170 Hopkins, MN	11	00:11:13.1	02:48	14	00:01:29.8	20	01:03:03.0	19.9	27	00:01:07.0	12	00:22:35.3	07:17	01:39:28.5	
14	80 Kandiko, Tom	1092 Excelsior, MN	18	00:11:42.8	02:55	25	00:02:20.2	14	00:59:51.3	21.0	45	00:01:40.5	25	00:24:41.6	07:57	01:40:16.6	
15	92 Dawson, Bevin	567 St. Paul, MN	6	00:10:52.3	02:43	40	00:03:11.0	23	01:03:15.5	19.9	43	00:01:34.8	10	00:22:20.1	07:12	01:41:13.8	
16	94 Samson, Peter	1100 Maple Grove,	33	00:13:47.6	03:26	8	00:01:11.0	17	01:01:33.2	20.4	9	00:00:43.9	24	00:24:30.0	07:54	01:41:45.9	
17	96 Buschini, Mark	705 Barron, WI	26	00:12:41.3	03:10	7	00:01:07.3	22	01:03:14.3	19.9	15	00:00:54.3	18	00:23:53.7	07:42	01:41:51.1	
18	98 Nagan, Evan	1150 Maple Grove,	17	00:11:40.5	02:55	17	00:01:42.2	24	01:03:34.7	19.8	30	00:01:09.2	17	00:23:51.2	07:41	01:41:58.1	
19	103 Strawn, John	1109 Burnsville, MN	32	00:13:46.3	03:26	6	00:01:06.5	19	01:02:27.7	20.1	22	00:01:01.0	21	00:24:01.5	07:45	01:42:23.1	
20	107 Edmonson, Tim	1305	40	00:15:17.5	03:49	12	00:01:21.2	13	00:59:48.3	21.0	34	00:01:13.5	26	00:24:50.9	08:00	01:42:31.6	
21	112 Bevars, Robert	751 Minneapolis,	38	00:14:42.6	03:40	22	00:02:14.0	18	01:02:27.2	20.1	7	00:00:39.9	14	00:23:01.8	07:25	01:43:05.7	
22	113 Nordberg, Tim	667 Edina, MN	37	00:14:38.7	03:39	19	00:01:51.1	16	01:00:10.9	20.9	16	00:00:55.4	28	00:25:32.5	08:14	01:43:08.9	
23	123 Haas, Paul	1288 Arden Hills, MN	28	00:13:15.9	03:18	24	00:02:19.0	27	01:04:39.4	19.4	20	00:00:59.4	13	00:22:58.0	07:24	01:44:11.9	
24	127 Ewen, Scott	706 St. Cloud, MN	21	00:11:52.1	02:58	10	00:01:14.7	29	01:04:46.0	19.4	21	00:00:59.6	27	00:25:30.1	08:13	01:44:22.7	
25	131 Brouwer, Nicholas	619 North Branch,	35	00:14:19.5	03:34	28	00:02:39.0	32	01:06:06.1	19.0	6	00:00:39.5	7	00:21:39.2	06:59	01:45:23.4	
26	145 Cascarano, Daniel	1067 Saint Anthony,														01:47:01.0	
27	150 Jackson, Steve	1200 W St Paul, MN	46	00:16:31.9	04:07	41	00:03:13.8	12	00:59:07.0	21.3	48	00:01:43.5	34	00:27:35.1	08:53	01:48:11.4	
28	156 Weiler, Nick	1190 Apple Valley,	42	00:15:56.0	03:59	33	00:02:48.6	21	01:03:10.0	19.9	18	00:00:57.1	29	00:25:54.8	08:21	01:48:46.6	
29	161 Prom, Matthew	1247 Minneapolis,	44	00:16:02.1	04:00	23	00:02:15.9	31	01:05:55.7	19.1	31	00:01:10.4	23	00:24:22.9	07:51	01:49:47.2	
30	165 Stignani, Matthew	967 Minneapolis,	7	00:10:53.1	02:43	43	00:03:20.9	42	01:10:48.5	17.7	29	00:01:08.5	19	00:23:57.5	07:43	01:50:08.6	
31	181 Coddington, Mike	1196 Eden Prairie,	30	00:13:26.1	03:21	36	00:02:56.9	25	01:03:44.9	19.7	36	00:01:17.3	48	00:31:34.1	10:11	01:52:59.6	
32	185 Holm, Com	1352 Shapokoe, MN	52	00:18:25.2	04:36	35	00:02:54.4	28	01:04:42.2	19.4	32	00:01:12.0	31	00:26:02.9	08:24	01:53:16.8	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
33	191 Lewis, Jake	994 Chisago, MN	12	00:11:15.6	02:48	53	00:04:24.2	36	01:07:58.3	18.5	53	00:02:03.9	37	00:28:11.7	09:05	01:53:53.8	
34	193 Sullivan, Jesse	683 Boothbay, ME	47	00:16:44.3	04:11	31	00:02:48.1	30	01:05:54.9	19.1	10	00:00:46.5	36	00:27:46.3	08:57	01:54:00.3	
35	200 Cmiel, Nicholas	1065 Arden Hills, MN	20	00:11:43.8	02:55	32	00:02:48.1	41	01:09:41.0	18.0	40	00:01:28.9	40	00:29:31.1	09:31	01:55:13.1	
36	211 Puelston, Kyle	684 North Branch,	49	00:17:03.7	04:15	21	00:02:11.9	33	01:06:10.3	19.0	12	00:00:50.4	41	00:30:07.8	09:43	01:56:24.3	
37	215 Kuhlmann, Michael	1266 St. Louis Park,	15	00:11:34.2	02:53	38	00:03:02.1	35	01:06:48.4	18.8	52	00:02:03.1	51	00:33:26.6	10:47	01:56:54.6	
38	220 Thompson, Paul	1102 New Berlin, WI	22	00:11:55.0	02:58	54	00:04:37.8	39	01:08:31.9	18.3	35	00:01:15.5	47	00:30:54.9	09:58	01:57:15.2	
39	229 Kartak, Zack	1168 Minneapolis,	36	00:14:28.5	03:37	44	00:03:22.6	47	01:13:15.9	17.1	13	00:00:51.6	33	00:26:44.4	08:37	01:58:43.2	
40	232 Boknevit, Mark	728 Minneapolis,	24	00:12:24.1	03:06	52	00:04:17.3	43	01:11:22.9	17.6	17	00:00:56.9	43	00:30:27.3	09:49	01:59:28.7	
41	234 Edin, Joseph	1239 Eau Claire, WI	50	00:17:29.8	04:22	56	00:05:23.1	34	01:06:10.3	19.0	50	00:01:52.9	38	00:28:52.6	09:18	01:59:48.9	
42	245 Carlson, Andrew	1144 Minneapolis,	27	00:12:59.0	03:14	47	00:03:43.1	50	01:16:13.4	16.5	38	00:01:20.5	32	00:26:08.1	08:25	02:00:24.3	
43	250 Briggs, Aaron	840 White Bear	13	00:11:21.6	02:50	58	00:05:53.7	38	01:08:24.7	18.4	41	00:01:30.7	55	00:34:12.3	11:02	02:01:23.2	
44	252 Appleby, David	1242 Lindstrom, MN	48	00:16:57.7	04:14	51	00:04:10.8	40	01:09:24.3	18.1	46	00:01:41.6	39	00:29:16.4	09:26	02:01:31.0	
45	260 Morris, Steve	900 St. Paul, MN	41	00:15:55.4	03:58	20	00:02:05.3	48	01:15:29.8	16.6	33	00:01:12.1	35	00:27:41.9	08:56	02:02:24.7	
46	266 Gatlin, Joseph	731 White Bear	31	00:13:30.6	03:22	27	00:02:28.0	49	01:15:54.7	16.5	24	00:01:01.2	45	00:30:46.2	09:55	02:03:40.8	
47	273 Coe, Josh	1075 White Bear	43	00:16:01.3	04:00	45	00:03:37.7	52	01:17:57.5	16.1	37	00:01:20.2	30	00:25:58.2	08:22	02:04:55.1	
48	278 Fanous, Michael	1208 Minneapolis,	55	00:20:08.6	05:02	18	00:01:45.1	53	01:20:19.1	15.6	44	00:01:36.4	11	00:22:24.6	07:13	02:06:14.0	
49	286 Bauer, Andrew	1155 Minneapolis,	8	00:10:55.9	02:43	29	00:02:42.5	57	01:22:27.6	15.2	26	00:01:03.4	46	00:30:53.7	09:57	02:08:03.5	
50	287 Shannon,	1113 Eden Prairie,	53	00:19:52.2	04:58	39	00:03:04.3	26	01:04:30.0	19.5	56	00:02:43.2	57	00:38:43.2	12:29	02:08:52.9	
51	291 Larson, Kurt	738 Plymouth, MN	39	00:15:10.6	03:47	42	00:03:17.6	37	01:08:23.7	18.4	49	00:01:45.8	58	00:41:03.3	13:14	02:09:41.1	
52	299 Hawkins, Kyler	1240 Grand Marais,	45	00:16:15.9	04:03	48	00:03:44.1	54	01:20:20.5	15.6	57	00:02:46.1	42	00:30:08.4	09:43	02:13:15.2	
53	300 Haack, Kyle	1289 Bayport, MN	58	00:23:42.6	05:55	37	00:02:58.2	44	01:11:46.8	17.5	47	00:01:42.8	50	00:33:05.0	10:40	02:13:15.5	
54	301 Blaisdell, Robert	1287 North Branch,	51	00:18:14.7	04:33	55	00:05:16.0	51	01:16:37.1	16.4	55	00:02:38.8	44	00:30:37.6	09:52	02:13:24.4	
55	302 Swanepoel, Adam	1122 Deer Park, WI	57	00:22:51.8	05:42	34	00:02:54.3	46	01:11:56.7	17.5	51	00:01:58.1	53	00:33:46.8	10:53	02:13:28.0	
56	303 Richins, Aaron	811 Golden Valley,	25	00:12:36.3	03:09	50	00:03:56.9	56	01:21:55.1	15.3	42	00:01:31.8	52	00:33:31.1	10:48	02:13:31.4	
57	305 Hall, Matthew	1156 Columbia	34	00:13:56.6	03:29	57	00:05:43.3	55	01:20:30.2	15.6	39	00:01:24.1	49	00:32:40.0	10:32	02:14:14.4	
58	308 Leclere, Cory	687 Eden Prairie,	56	00:22:24.1	05:36	49	00:03:55.8	45	01:11:47.0	17.5	58	00:02:47.4	56	00:34:23.2	11:05	02:15:17.9	
59	315 Monson, Matthew	1192 Coon Rapids,	54	00:19:55.2	04:58	46	00:03:42.7	58	01:26:29.5	14.5	54	00:02:04.4	54	00:34:04.9	10:59	02:26:16.9	
	Pousson, Brian	709 St. Paul, MN														DNS	
	Debleeckere, Tom	720 Crystal, MN														DNS	
	Dolan, Brendan	524 Minneaplois,														DNS	

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Age Group Field: 41

1	6 Petrie, Tim	516 Fond Du Lac, WI	6	00:11:31.0	02:52	1	00:00:48.3	1	00:51:41.3	24.3	1	00:00:15.2	2	00:18:54.9	06:06	01:23:10.7	
2	13 Brown, Robert	511 Hopkins, MN	1	00:09:48.5	02:27	3	00:01:08.6	2	00:54:04.4	23.3	2	00:00:32.6	3	00:20:19.1	06:33	01:25:53.3	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
3	31 Strom, Ryan	820 St. Paul, MN	3	00:10:10.7	02:32	4	00:01:22.0	4	00:56:38.4	22.2	26	00:01:40.0	4	00:21:01.3	06:46	01:30:52.5	
4	43 Lowe, Nick	759 Minnetonka, MN	17	00:14:03.2	03:30	11	00:01:34.8	7	00:58:23.7	21.5	32	00:02:11.3	1	00:17:55.3	05:46	01:34:08.6	
5	47 Schmitz, Matthew	1031 Maplewood, MN	12	00:13:15.3	03:18	18	00:02:05.4	3	00:54:25.1	23.1	21	00:01:29.9	12	00:24:13.8	07:48	01:35:29.7	
6	51 Berry, Donald	688 Stillwater, MN	20	00:14:25.9	03:36	5	00:01:24.0	5	00:56:55.2	22.1	10	00:01:01.5	7	00:22:11.0	07:09	01:35:57.7	
7	52 Lee, Zach	982 Bloomington,	2	00:09:59.9	02:29	12	00:01:43.2	6	00:57:21.0	21.9	9	00:01:00.7	20	00:25:54.9	08:21	01:35:59.8	
8	54 Mitchell, Jeff	1078 Minneapolis,	7	00:11:44.2	02:56	14	00:01:51.6	14	01:00:22.7	20.8	7	00:00:57.1	5	00:21:32.3	06:56	01:36:28.1	
9	69 Barclay, Benjamin	941 Saint Charles,	10	00:12:22.3	03:05	10	00:01:34.7	8	00:58:56.2	21.3	5	00:00:49.6	18	00:24:50.9	08:00	01:38:34.0	
10	70 Holmes, Sear	547 Chaska, MN	8	00:12:11.2	03:02	7	00:01:29.3	11	00:59:32.6	21.1	14	00:01:10.2	13	00:24:13.9	07:49	01:38:37.4	
11	84 Derung, Kevin	1118 Bethel, MN	19	00:14:24.9	03:36	2	00:01:07.7	9	00:59:31.6	21.1	28	00:01:47.9	8	00:23:49.5	07:41	01:40:41.9	
12	85 Ortlepp, Shane	1142 Andover, MN	5	00:11:13.0	02:48	9	00:01:33.2	16	01:00:53.2	20.6	18	00:01:15.2	19	00:25:54.9	08:21	01:40:49.7	
13	91 Jeska-silrum, Seth	1019 Minneapolis,	11	00:13:03.8	03:15	20	00:02:18.5	13	01:00:07.1	20.9	25	00:01:38.5	10	00:24:05.0	07:46	01:41:13.0	
14	93 Devries, Jason	693 Lindstrom, MN	18	00:14:08.9	03:32	19	00:02:17.5	12	01:00:04.0	20.9	3	00:00:45.8	9	00:23:58.9	07:44	01:41:15.3	
15	95 Marx, Aaron	988 Hudson, WI	4	00:10:51.3	02:42	6	00:01:24.6	17	01:01:11.5	20.5	23	00:01:32.9	24	00:26:49.8	08:39	01:41:50.3	
16	120 Bailey, Steve	1091 Afton, MN	26	00:15:21.5	03:50	24	00:02:36.2	18	01:02:51.2	20.0	17	00:01:15.1	6	00:21:54.6	07:04	01:43:58.8	
17	152 Kirschman, Chris	1499 Bethel, MN	34	00:20:49.7	05:12	15	00:01:52.4	10	00:59:32.3	21.1	20	00:01:24.0	16	00:24:41.1	07:57	01:48:19.8	
18	157 Romero, Brain	844 Chisago City,	9	00:12:18.5	03:04	25	00:02:39.1	21	01:06:21.8	18.9	15	00:01:10.3	22	00:26:31.5	08:33	01:49:01.4	
19	158 Maurer, Matt	1322 Rochester, MN	27	00:15:37.4	03:54	16	00:01:56.0	15	01:00:39.8	20.7	19	00:01:20.2	29	00:29:34.9	09:32	01:49:08.5	
20	175 Leboff, Richard	711 Minneapolis,	22	00:14:34.7	03:38	22	00:02:34.4	22	01:06:21.9	18.9	22	00:01:31.8	21	00:26:30.1	08:32	01:51:33.1	
21	178 Oftelie, David	1147 Center City, MN	29	00:16:13.9	04:03	21	00:02:25.1	25	01:07:42.5	18.6	6	00:00:51.6	17	00:24:47.7	07:59	01:52:00.9	
22	199 Wahlstrom, Shawn	739 Ogilvie, MN	16	00:13:49.2	03:27	23	00:02:35.6	26	01:07:54.8	18.5	11	00:01:05.9	27	00:29:15.5	09:26	01:54:41.3	
23	201 Schomaker, Matt	601 Champlin, MN	23	00:14:44.9	03:41	26	00:02:41.4	27	01:10:16.4	17.9	4	00:00:49.3	23	00:26:41.5	08:36	01:55:13.8	
24	212 Frandson, Chad	929 Burnsville, MN	25	00:14:48.3	03:42	33	00:03:28.7	23	01:06:52.7	18.8	30	00:02:03.5	28	00:29:23.4	09:28	01:56:36.7	
25	213 Czerwinski, Kyle	1021 Portland, OR	15	00:13:44.5	03:26	27	00:02:45.1	29	01:10:42.6	17.8	34	00:02:15.1	25	00:27:14.9	08:47	01:56:42.5	
26	217 Unden, Daniel	1222 Chisago City,	32	00:16:44.8	04:11	17	00:02:04.3	20	01:05:22.2	19.2	24	00:01:33.1	30	00:31:13.3	10:04	01:56:57.9	
27	218 Copenhagen, Bill	807 Robbinsdale,	13	00:13:17.9	03:19	8	00:01:30.0	19	01:04:13.2	19.6	16	00:01:12.0	34	00:36:47.6	11:52	01:57:01.1	
28	221 Nelson, Michael	916 Minneapolis,	21	00:14:32.8	03:38	31	00:03:02.8	31	01:13:24.3	17.1	29	00:02:00.9	15	00:24:26.7	07:53	01:57:27.7	
29	223 Stark, Aaron	703 Ham Lake, MN	33	00:17:58.2	04:29	34	00:03:30.9	28	01:10:39.0	17.8	13	00:01:09.4	14	00:24:24.9	07:52	01:57:42.6	
30	235 Pankratz, Mark	1151 Minneapolis,	24	00:14:46.2	03:41	13	00:01:48.3	24	01:07:24.9	18.6	8	00:00:58.3	33	00:34:52.5	11:15	01:59:50.4	
31	242 Klostermann, Chad	998 Wyoming, MN	31	00:16:42.6	04:10	28	00:02:46.5	33	01:14:15.5	16.9	33	00:02:14.7	11	00:24:05.7	07:46	02:00:05.2	
32	263 Severson, John	752 St Pual, MN	14	00:13:23.9	03:20	30	00:02:55.1	34	01:16:39.7	16.4	27	00:01:45.1	26	00:28:11.2	09:05	02:02:55.3	
33	269 Mack, John	882	28	00:15:57.9	03:59	29	00:02:50.9	30	01:13:00.9	17.2	12	00:01:07.6	31	00:31:34.7	10:11	02:04:32.1	
34	285 Hoppe, Ben	806 Arden Hills, MN	30	00:16:29.3	04:07	32	00:03:15.9	32	01:14:04.6	17.0	31	00:02:05.9	32	00:32:02.3	10:20	02:07:58.2	
	Palma, Anthony	1224 Appleton, WI														DNS	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
	Mcshane, Tim	1008		Duluth, MN												DNS	
	Thompson, Daniel	956		Champlin, MN												DNS	
	Beaubien, Brian	915		St. Paul, MN												DNS	
	Stanek, Sean	948		Center City, MN												DNS	
	Ward, Peter	665		Osceola, WI												DNS	
	Kotrba, Ben	610		Andover, MN												DNS	

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Age Group Field: 51

1	2 Penticoff, Scott	518		Woodbury, MN	3 00:09:00.4	02:15	3 00:00:57.0	1 00:50:09.8	25.1	2 00:00:21.7	1 00:17:57.2	05:47	01:18:26.3
2	7 Keil, J Matt	517		Minneapolis,	2 00:08:57.4	02:14	2 00:00:54.5	3 00:53:40.4	23.4	5 00:00:25.6	3 00:19:24.5	06:15	01:23:22.4
3	9 Bates, Ananda	510		Minneapolis,	8 00:10:58.2	02:44	1 00:00:42.1	4 00:53:58.4	23.3	1 00:00:16.1	2 00:18:18.9	05:54	01:24:13.8
4	12 Tabor, Chip	544		Shoreview, MN	5 00:09:57.4	02:29	7 00:01:10.3	6 00:54:29.8	23.1	6 00:00:30.4	4 00:19:34.1	06:18	01:25:42.1
5	17 Downare, Taggart	569		St Cloud, MN	11 00:11:27.2	02:51	5 00:01:01.0	2 00:53:29.3	23.5	3 00:00:22.5	7 00:21:42.5	07:00	01:28:02.7
6	21 Kelley, Bill	1337		Wrenshall, MN	6 00:10:21.0	02:35	9 00:01:21.2	5 00:54:28.2	23.1	9 00:00:42.4	6 00:21:27.0	06:55	01:28:20.0
7	28 Proulx, Justin	1068		Woodbury, MN	1 00:08:18.7	02:04	25 00:02:28.8	7 00:55:15.6	22.8	20 00:01:05.7	12 00:23:26.2	07:33	01:30:35.1
8	35 Theissen, Mark	1346			14 00:11:38.2	02:54	6 00:01:04.5	8 00:57:55.1	21.7	7 00:00:34.9	5 00:19:57.6	06:26	01:31:10.5
9	41 Hicks, Christian	1010		Robbinsdale,	4 00:09:20.3	02:20	16 00:01:46.0	11 00:59:24.6	21.2	27 00:01:13.7	8 00:21:58.6	07:05	01:33:43.3
10	59 Tanaka, Tats	575		Saint Paul, MN	9 00:11:02.2	02:45	4 00:00:57.3	9 00:59:02.2	21.3	4 00:00:22.8	25 00:25:33.5	08:14	01:36:58.1
11	83 Sroga, Jeremy	1111		Fridley, MN	7 00:10:51.9	02:42	38 00:03:30.5	21 01:02:36.1	20.1	10 00:00:45.6	10 00:22:50.1	07:21	01:40:34.4
12	87 Sandness, Craig	1043		Repulse Bay,	17 00:12:17.5	03:04	18 00:01:47.8	14 01:01:12.5	20.5	17 00:00:59.2	19 00:24:33.9	07:55	01:40:51.1
13	88 Dingle, Michael	1164		Stillwater, MN	29 00:14:11.2	03:32	8 00:01:15.0	13 01:00:17.0	20.9	13 00:00:47.8	18 00:24:31.3	07:54	01:41:02.5
14	99 Corbett, Dan	801		Northfield, MN	20 00:12:25.6	03:06	20 00:01:52.6	17 01:02:10.2	20.2	24 00:01:10.0	17 00:24:24.7	07:52	01:42:03.2
15	105 Cornwell, Charles	1197		Lakeville, MN	12 00:11:30.7	02:52	12 00:01:38.7	16 01:01:54.5	20.3	19 00:01:03.7	27 00:26:17.2	08:28	01:42:25.0
16	108 Iwan, Michael	563		Golden Valley,	41 00:17:30.7	04:22	15 00:01:45.4	12 00:59:26.1	21.1	11 00:00:47.1	11 00:23:07.0	07:27	01:42:36.5
17	111 Notch, Jon	762		Andover, MN	31 00:14:31.8	03:37	32 00:02:54.7	10 00:59:05.8	21.3	39 00:02:01.1	16 00:24:10.9	07:48	01:42:44.5
18	116 Colford, John	1330		Champlain , MN	16 00:12:04.6	03:01	31 00:02:54.3	20 01:02:26.4	20.1	16 00:00:53.2	20 00:25:00.1	08:03	01:43:18.8
19	119 Ensminger, Eric	691		Mequon, WI	25 00:13:24.5	03:21	19 00:01:48.4	15 01:01:27.1	20.5	12 00:00:47.4	28 00:26:26.0	08:31	01:43:53.5
20	121 MCGahey, Peter	1074		North Mankato,	34 00:15:54.3	03:58	10 00:01:32.0	18 01:02:12.3	20.2	14 00:00:48.1	14 00:23:36.7	07:37	01:44:03.5
21	126 Gallatin, Peter	857		Scandia, MN	13 00:11:33.4	02:53	21 00:02:04.5	25 01:05:29.9	19.2	25 00:01:11.3	15 00:24:02.9	07:45	01:44:22.3
22	132 Driessen, Jack	542		Hugo, MN	22 00:12:37.7	03:09	30 00:02:53.4	23 01:03:15.6	19.9	31 00:01:25.2	23 00:25:16.2	08:09	01:45:28.2
23	135 Schupanitz,	1221		Champlin, MN	10 00:11:10.7	02:47	14 00:01:43.6	19 01:02:25.6	20.1	26 00:01:11.9	36 00:29:13.5	09:25	01:45:45.5
24	142 Swenke, Matthew	617		Apple Valley,	19 00:12:19.4	03:04	17 00:01:46.0	29 01:06:14.8	19.0	23 00:01:08.0	24 00:25:20.1	08:10	01:46:48.5
25	146 Gerard, Jason	589		Hugo, MN	15 00:11:47.6	02:56	27 00:02:49.6	26 01:05:31.4	19.2	35 00:01:46.2	21 00:25:10.6	08:07	01:47:05.7
26	149 Ries, Doug	1082		St Paul, MN	30 00:14:12.9	03:33	34 00:02:58.5	30 01:06:24.1	18.9	38 00:01:49.3	9 00:22:30.0	07:15	01:47:55.0

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
27	163 Ball, George	1022 Blaine, MN	27	00:13:58.4	03:29	23	00:02:20.5	32	01:09:33.8	18.1	8	00:00:35.9	13	00:23:33.2	07:35	01:50:02.0	
28	169 Peitso, Lance	1187	24	00:13:18.8	03:19	39	00:03:42.1	24	01:03:45.8	19.7	34	00:01:37.4	32	00:28:27.7	09:10	01:50:52.0	
29	172 Thoreson, Joel	1145 Saint Charles,	38	00:16:30.0	04:07	11	00:01:33.5	22	01:02:48.4	20.0	36	00:01:47.0	31	00:28:23.1	09:09	01:51:02.2	
30	184 Sroga, Jason	1231 Woodbury, MN	21	00:12:31.2	03:07	35	00:03:00.8	33	01:09:53.0	18.0	15	00:00:50.5	29	00:26:58.1	08:41	01:53:13.8	
31	198 Ketterling, Ryan	1212 Farmington, MN	18	00:12:18.8	03:04	22	00:02:10.2	28	01:06:05.0	19.0	33	00:01:34.1	39	00:32:22.1	10:26	01:54:30.3	
32	208 Seeberger,	1358 Bayport, MN	44	00:20:46.0	05:11	24	00:02:27.6	27	01:05:36.3	19.2	29	00:01:23.9	26	00:25:49.8	08:19	01:56:03.8	
33	222 Marshall, Chris	1038 Plymouth, MN	33	00:15:43.2	03:55	26	00:02:39.5	31	01:09:11.2	18.2	28	00:01:18.2	34	00:28:43.9	09:16	01:57:36.3	
34	233 Granley, Brad	1297 Stillwater, MN	35	00:15:56.5	03:59	36	00:03:08.9	36	01:14:26.5	16.9	18	00:01:00.9	22	00:25:11.1	08:07	01:59:44.0	
35	249 Olson, Paul	1277 , MN	23	00:13:11.5	03:17	37	00:03:10.1	34	01:10:32.8	17.8	43	00:03:30.5	37	00:30:42.5	09:54	02:01:07.6	
36	265 Wangsness,	1230 Wyoming, MN	36	00:16:01.1	04:00	29	00:02:52.5	37	01:14:30.4	16.9	32	00:01:31.8	33	00:28:31.3	09:12	02:03:27.2	
37	276 Bank, Chris	758 Chisago City,	37	00:16:16.6	04:04	45	00:05:37.8	35	01:11:41.4	17.5	44	00:04:16.6	30	00:28:04.0	09:03	02:05:56.6	
38	284 Mccollough, Mark	1081 Minneapolis,	28	00:14:00.0	03:30	13	00:01:39.5	39	01:16:36.8	16.4	21	00:01:05.8	41	00:34:32.3	11:08	02:07:54.6	
39	290 Johnson, Ben	822 Minneapolis,	32	00:14:39.2	03:39	28	00:02:51.8	42	01:20:11.1	15.7	41	00:03:03.4	35	00:28:47.0	09:17	02:09:32.7	
40	297 Puleo, Jeffrey	515 Forest Lake, MN	39	00:16:48.2	04:12	41	00:03:52.4	38	01:15:45.1	16.6	42	00:03:11.2	38	00:31:42.1	10:13	02:11:19.2	
41	304 Howard, Chad	556 Andover, MN	40	00:16:59.2	04:14	42	00:04:05.3	40	01:17:54.0	16.1	22	00:01:05.9	40	00:34:05.1	10:59	02:14:09.7	
42	320 Lyp, Patrick	1104 Valparaiso, IN	42	00:18:21.3	04:35	43	00:04:47.1	41	01:20:03.0	15.7	45	00:05:05.8	43	00:43:30.1	14:01	02:31:47.6	
43	326 Lucy, Thomas	746 Saint Paul, MN	45	00:28:34.8	07:08	44	00:05:35.6	43	01:26:40.3	14.5	40	00:02:52.4	42	00:38:14.0	12:20	02:41:57.3	
	Motzko, Chad	1282	26	00:13:48.2		33	00:02:57.0	45	02:33:55.4	8.18	37	00:01:48.1				DNF	
	Kringler, Brian	1090 Minneapolis,	43	00:18:24.4		40	00:03:49.6									DNF	
	Mcgrath, Jason	652 St Paul, MN						44	01:49:57.7	11.4	30	00:01:25.0				DNF	
	Moon, Dan	855 Forest Lake, MN														DNS	
	Newman, Mark	866 Wauwatosa, WI														DNS	
	Martin, Jerry	845 Minneapolis,														DNS	
	Loppnow, Greg	789 Vadnais														DNS	
	Meza, Jose	594 , MN														DNS	

40-44	Age Group Field: 64															
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1	11 Grebner, Jeff	671 St. Paul, MN	4	00:09:23.8	02:20	10	00:01:32.5	2	00:52:58.1	23.7	5	00:00:34.2	1	00:20:40.7	06:40	01:25:09.6	
2	14 Hoover, Rick	910 Rochester, MN	12	00:11:06.4	02:46	2	00:00:52.9	1	00:50:02.1	25.1	3	00:00:28.6	11	00:23:42.7	07:38	01:26:13.0	
3	16 Becker, Kurt	1203 Afton, MN	2	00:09:03.9	02:15	1	00:00:43.9	4	00:55:09.9	22.8	20	00:01:03.9	3	00:21:55.6	07:04	01:27:57.4	
4	23 Barrios, Nolan	502 Stillwater, MN	11	00:10:55.6	02:43	3	00:01:05.7	7	00:55:53.0	22.5	1	00:00:24.6	2	00:20:45.4	06:41	01:29:04.5	
5	26 Davis, Craig	505 Mounds View,	8	00:09:59.8	02:29	6	00:01:18.2	5	00:55:34.0	22.6	4	00:00:31.7	6	00:22:09.5	07:08	01:29:33.3	
6	37 Egos, Andres	1344	1	00:08:52.2	02:13	7	00:01:19.1	6	00:55:48.6	22.5	9	00:00:41.2	23	00:24:57.5	08:03	01:31:38.8	
7	42 Jensen, Chuck	654 Ramsey, MN	3	00:09:15.6	02:18	20	00:02:07.4	11	00:58:06.9	21.6	14	00:00:51.9	13	00:23:46.1	07:40	01:34:08.0	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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	50 Clements, David	1329	Rochester, MN	10	00:10:38.6	02:39	11 00:01:34.7	8	00:57:02.3	22.0	24	00:01:11.4	27	00:25:28.9	08:13	01:35:56.2	
9	55 Nordy, Mark	1347	Center City, MN	9	00:10:19.7	02:34	4 00:01:12.0	15	00:59:22.8	21.2	11	00:00:47.6	20	00:24:46.4	07:59	01:36:28.7	
10	57 Miner, Mark	1160	Eden Prairie,	22	00:12:31.3	03:07	8 00:01:28.4	10	00:57:45.7	21.8	22	00:01:07.9	15	00:23:51.4	07:41	01:36:45.0	
11	63 Shea, Peter	1273	Lakeville, MN	28	00:13:51.0	03:27	5 00:01:13.8	12	00:58:33.5	21.5	13	00:00:50.9	7	00:23:03.3	07:26	01:37:32.7	
12	65 Lightner, Drake	1324	St. Paul, MN	32	00:14:16.3	03:34	40 00:02:49.0	9	00:57:30.7	21.9	23	00:01:09.2	5	00:22:06.8	07:08	01:37:52.1	
13	66 Walker, Tim	1095	Minnetonka, MN	16	00:12:02.0	03:00	9 00:01:29.6	3	00:53:43.7	23.4	12	00:00:50.5	41	00:29:48.4	09:36	01:37:54.4	
14	75 Sarrack, Anthony	809	Katy, TX	5	00:09:28.6	02:22	12 00:01:35.7	29	01:04:36.4	19.5	16	00:00:55.4	9	00:23:08.3	07:27	01:39:44.6	
15	76 Opdahl, Todd	966	Chisago City,	20	00:12:23.7	03:05	23 00:02:13.0	14	00:59:07.2	21.3	19	00:00:59.6	24	00:25:01.4	08:04	01:39:45.2	
16	82 Ryshavy, John	591	Wayzata, MN	36	00:15:07.0	03:46	13 00:01:39.8	13	00:58:41.0	21.4	8	00:00:39.6	16	00:24:23.4	07:52	01:40:31.0	
17	106 Swanson, Eric	1335	Anota, MN	27	00:13:41.8	03:25	26 00:02:19.0	19	01:01:18.3	20.5	7	00:00:34.6	19	00:24:32.1	07:54	01:42:26.0	
18	110 Sullivan, Mark	1219	Champlin, MN	17	00:12:14.8	03:03	28 00:02:25.5	21	01:01:56.5	20.3	37	00:01:37.3	18	00:24:28.9	07:53	01:42:43.3	
19	115 Rupert, Jason	675	Forest Lake, MN	15	00:12:01.5	03:00	41 00:03:00.1	16	01:00:49.3	20.7	49	00:02:37.1	21	00:24:47.7	07:59	01:43:15.8	
20	117 Delaune, Rob	680	Shoreview, MN	25	00:13:07.7	03:16	16 00:01:45.0	24	01:03:21.1	19.8	33	00:01:29.2	12	00:23:44.9	07:39	01:43:28.0	
21	128 Blomquist,	813	Minneapolis,	7	00:09:43.0	02:25	29 00:02:28.6	28	01:04:22.1	19.5	26	00:01:17.0	28	00:26:33.5	08:34	01:44:24.5	
22	130 Reifschneider,	769	Forest Lake, MN	18	00:12:16.5	03:04	38 00:02:45.9	17	01:01:08.6	20.6	35	00:01:31.7	34	00:27:28.8	08:51	01:45:11.7	
23	134 Killilea, Peter	1255	Edina, MN	41	00:16:18.3	04:04	35 00:02:40.8	22	01:02:57.8	20.0	39	00:01:44.2	4	00:21:57.2	07:04	01:45:38.5	
24	138 Randall, Joseph	698	Maple Grove,	35	00:15:06.1	03:46	14 00:01:41.0	27	01:03:57.5	19.7	10	00:00:46.0	22	00:24:52.0	08:01	01:46:22.8	
25	139 Anderson, Robert	939	Elk River, MN	26	00:13:37.7	03:24	45 00:03:25.3	18	01:01:11.9	20.5	32	00:01:28.8	29	00:26:39.2	08:35	01:46:23.0	
26	143 Hogle, Eric	981	Minneapolis,	31	00:14:16.2	03:34	24 00:02:13.1	26	01:03:30.7	19.8	52	00:03:44.6	8	00:23:04.7	07:26	01:46:49.5	
27	144 Johnson, Troy	943	Lakeville, MN	21	00:12:31.2	03:07	32 00:02:32.7	25	01:03:23.9	19.8	34	00:01:29.9	30	00:27:00.0	08:42	01:46:57.9	
28	148 Zaring, Darrick	1106	Vadnais	38	00:15:52.6	03:58	19 00:02:00.9	23	01:03:20.8	19.8	27	00:01:17.7	25	00:25:11.7	08:07	01:47:44.0	
29	153 Tieole, Peter	545	River Falls, WI	6	00:09:31.7	02:22	37 00:02:44.3	37	01:08:26.4	18.4	2	00:00:28.1	32	00:27:11.9	08:46	01:48:22.6	
30	160 Erickson, Dan	1258	Lino Lakes, MN	24	00:13:00.9	03:15	33 00:02:37.9	30	01:05:01.5	19.3	17	00:00:58.0	38	00:28:04.0	09:03	01:49:42.5	
31	162 Hofstad, Michael	984	Golden Valley,	19	00:12:20.2	03:05	21 00:02:08.5	33	01:06:07.1	19.0	38	00:01:39.8	36	00:27:43.7	08:56	01:49:59.5	
32	166 Wurdemann, Dr.	1125	North Branch,	43	00:16:34.1	04:08	22 00:02:09.6	31	01:05:26.9	19.2	15	00:00:54.0	26	00:25:21.5	08:10	01:50:26.3	
33	167 Rice, Perry	1353	Woodbury, MN	46	00:18:10.0	04:32	17 00:01:45.1	20	01:01:20.7	20.5	44	00:02:02.0	33	00:27:21.6	08:49	01:50:39.6	
34	183 Williams, Mark	890	Cottage Grove,	33	00:14:53.0	03:43	25 00:02:15.0	41	01:11:06.2	17.7	18	00:00:59.5	14	00:23:48.8	07:40	01:53:02.6	
35	187 Osmian, Mike	973	Stillwater, MN	34	00:15:03.7	03:45	43 00:03:12.9	32	01:05:48.4	19.1	30	00:01:24.5	37	00:28:02.7	09:02	01:53:32.3	
36	194 Yeager, Mike	829	Plymouth, MN	13	00:11:34.4	02:53	39 00:02:46.6	40	01:10:48.4	17.7	31	00:01:26.8	35	00:27:30.9	08:52	01:54:07.3	
37	197 Ketterling, Richard	1202	Rosemount, MN	23	00:12:32.4	03:08	18 00:01:53.4	34	01:06:09.2	19.0	29	00:01:21.9	45	00:32:33.0	10:30	01:54:30.2	
38	207 Carlson, Tim	986	Chisago City,	44	00:16:41.8	04:10	30 00:02:28.8	35	01:06:33.9	18.9	42	00:01:50.2	39	00:28:17.6	09:07	01:55:52.4	
39	209 McIntyre, Daniel	1064	Coon Rapids,	30	00:14:13.9	03:33	15 00:01:41.3	36	01:08:13.1	18.4	36	00:01:34.5	42	00:30:28.1	09:49	01:56:11.1	
40	238 Twedt, Michael	946	Eden Prairie,	40	00:16:11.6	04:02	46 00:03:30.8	44	01:14:35.7	16.8	25	00:01:12.7	17	00:24:28.2	07:53	01:59:59.1	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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	
41	243 Birrenkott, Tom	1001	47	00:18:25.0	04:36	31	00:02:28.9	42	01:11:51.1	17.5	6	00:00:34.2	31	00:27:02.0	08:43	02:00:21.5		
42	244 Wolf, Jeff	1041	Osecola, WI	42	00:16:18.8	04:04	34	00:02:39.3	47	01:16:09.3	16.5	40	00:01:44.4	10	00:23:30.6	07:35	02:00:22.7	
43	251 Mcdonald, Thomas	724	Minneapolis,	14	00:11:56.1	02:59	47	00:03:36.6	39	01:09:18.6	18.1	50	00:02:47.3	48	00:33:52.2	10:55	02:01:30.9	
44	274 Ramos, Elmer	1183	Edina, MN	37	00:15:17.8	03:49	36	00:02:42.7	38	01:09:07.4	18.2	45	00:02:09.4	50	00:36:00.5	11:36	02:05:18.0	
45	277 Bassett, Pete	1052	Lakeville, MN	39	00:15:53.3	03:58	27	00:02:23.4	45	01:14:41.7	16.8	43	00:01:52.9	43	00:31:19.0	10:06	02:06:10.6	
46	295 Hynes, Tim	1333	Chisago, MN	45	00:18:02.5	04:30	51	00:04:12.2	48	01:16:55.7	16.3	41	00:01:49.8	40	00:29:45.4	09:35	02:10:45.8	
47	306 Getchell, Greg	708	Forest Lake, MN	50	00:20:23.3	05:05	49	00:03:44.2	43	01:13:51.1	17.0	51	00:03:37.4	47	00:32:52.2	10:36	02:14:28.4	
48	309 Howard, Todd	1017	Roseville, MN	49	00:20:21.9	05:05	42	00:03:07.1	46	01:15:32.2	16.6	47	00:02:32.4	49	00:34:22.7	11:05	02:15:56.4	
49	313 Foster, Todd	1360	Two Rivers, WI	52	00:25:04.0	06:16	44	00:03:20.4	50	01:20:37.6	15.6	46	00:02:17.7	46	00:32:50.2	10:35	02:24:10.1	
50	314 Nystrom, Brian	649	Lindstrom, MN	51	00:21:09.3	05:17	48	00:03:42.0	51	01:21:25.5	15.4	21	00:01:04.6	51	00:38:38.9	12:28	02:26:00.5	
51	325 Bryan, James	1308	Reienfield, MN													02:40:00.0		
52	327 Beedle, Richard	908	Eden Prairie,	48	00:19:47.8	04:56	52	00:29:32.6	49	01:20:23.8	15.6	48	00:02:33.8	44	00:31:59.0	10:19	02:44:17.2	
53	331 Swanberg, Craig	1299	Chisago City,	53	00:36:09.8	09:02	50	00:03:46.1	52	01:34:35.5	13.3	28	00:01:20.6	52	00:40:14.7	12:58	02:56:06.9	
	Hovland, Keith	850	Coon Rapids,	29	00:14:09.6												DNF	
	Fingerlin, Michael	851	Minneapolis,														DNS	
	Rignell, Richard	897	Stacy, MN														DNS	
	Heimdahl, Peter	832	Hudson, WI														DNS	
	Grennan, Douglas	770	Maplewood, MN														DNS	
	Thompson, Jason	717	Apple Valley,														DNS	
	Myren, Scott	658	Maple Grove,														DNS	
	Rosenow, James	682	Shoreview, MN														DNS	
	Goldman, Chris	603	Brooklyn Park,														DNS	
	Malen, Peter	615	West Saint														DNS	
	Venzke, Scott	587	Maplewood, MN														DNS	

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Age Group Field: 37

1	24 Burbach, Daniel	527	Manitowoc, WI	2	00:10:39.2	02:39	3	00:01:13.6	3	00:54:38.6	23.0	6	00:00:43.6	2	00:21:55.5	07:04	01:29:10.5	
2	25 Robb, Jim	525	Maple Grove,	3	00:10:54.2	02:43	1	00:00:54.8	2	00:54:07.5	23.2	1	00:00:33.2	3	00:22:44.8	07:20	01:29:14.7	
3	27 Vesterstein, Kirk	555	Duluth, MN	1	00:10:34.9	02:38	4	00:01:16.0	4	00:56:09.5	22.4	4	00:00:41.0	1	00:21:06.0	06:48	01:29:47.5	
4	58 Simpson, Michael	924	Minneapolis,	9	00:11:48.1	02:57	9	00:01:35.1	5	00:58:13.9	21.6	12	00:01:06.9	4	00:24:02.2	07:45	01:36:46.4	
5	60 Laubscher, Rob	1359	Stillwater, MN	25	00:16:04.0	04:01	15	00:02:05.3						32	00:33:00.4		01:37:07.9	
6	72 Purkey, Todd	636	Apple Valley,	7	00:11:30.8	02:52	5	00:01:22.9	11	01:00:39.5	20.7	15	00:01:13.3	5	00:24:03.0	07:45	01:38:49.8	
7	73 Schultz, Mark	1110	Prior Lake, MN	5	00:11:08.7	02:47	8	00:01:26.5	14	01:01:10.3	20.5	5	00:00:43.5	8	00:24:53.9	08:01	01:39:23.1	
8	79 Knutson, Randall	534	Mankato, MN	8	00:11:36.8	02:54	6	00:01:23.4	9	01:00:11.3	20.9	3	00:00:40.4	17	00:26:09.8	08:26	01:40:01.9	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
9	89 Wesphal, Frith	968	10	00:12:58.9	03:14	11	00:01:48.5	8	01:00:04.9	20.9	16	00:01:19.2	9	00:24:56.8	08:02	01:41:08.4	
10	101 Mclaughlin,	580	13	00:13:11.6	03:17	13	00:01:51.8	10	01:00:28.3	20.8	14	00:01:10.2	14	00:25:37.7	08:16	01:42:19.9	
11	102 Cliffe, Charles	1053	4	00:11:08.6	02:47	12	00:01:50.2	7	00:59:50.4	21.0	11	00:01:03.1	22	00:28:28.2	09:11	01:42:20.6	
12	104 Kervina, Kevin	955	19	00:14:33.6	03:38	7	00:01:23.9	13	01:01:09.5	20.6	8	00:00:53.4	6	00:24:22.8	07:51	01:42:23.4	
13	109 Roeser, Ron	1131	12	00:13:08.2	03:17	2	00:01:09.8	16	01:01:49.5	20.3	17	00:01:26.6	11	00:25:06.6	08:06	01:42:40.9	
14	114 Sager, Chuck	554	17	00:14:02.3	03:30	16	00:02:08.2	6	00:58:33.6	21.5	2	00:00:36.8	20	00:27:54.3	09:00	01:43:15.3	
15	140 Burr, Tom	1165	6	00:11:27.8	02:51	19	00:02:32.7	21	01:06:40.7	18.8	13	00:01:08.7	7	00:24:35.7	07:56	01:46:25.8	
16	141 Patton, Chris	1250	22	00:15:26.4	03:51	33	01:04:06.6						10	00:25:06.1		01:46:44.2	
17	151 Chiodo, Marc	632	20	00:14:37.4	03:39	10	00:01:37.7	12	01:01:05.4	20.6	23	00:01:47.0	24	00:29:08.8	09:24	01:48:16.4	
18	168 Flaa, John	689	15	00:13:22.9	03:20	17	00:02:15.7	20	01:06:35.9	18.9	28	00:02:21.6	15	00:26:06.2	08:25	01:50:42.4	
19	173 Harmon, Bob	879	28	00:17:26.4	04:21	23	00:02:58.7	18	01:04:32.2	19.5	7	00:00:52.2	12	00:25:16.1	08:09	01:51:05.8	
20	176 Gutzmann, Pete	1002	31	00:17:43.9	04:25	14	00:02:00.3	15	01:01:34.4	20.4	10	00:00:59.8	25	00:29:20.9	09:28	01:51:39.4	
21	179 Grund, John	1302	21	00:14:39.1	03:39	22	00:02:47.7	23	01:07:20.0	18.7	9	00:00:58.0	18	00:26:19.2	08:29	01:52:04.2	
22	180 Clysdale, Stephen	960	26	00:16:08.8	04:02	24	00:03:15.4	17	01:03:06.6	19.9	27	00:02:08.0	21	00:28:15.1	09:06	01:52:54.2	
23	188 Wiza, Steve	1154	14	00:13:13.3	03:18	30	00:04:35.6	22	01:06:58.6	18.8	29	00:02:41.5	16	00:26:08.8	08:26	01:53:38.0	
24	226 Pribnow, Scott	1234	16	00:13:40.2	03:25	25	00:03:22.7	26	01:10:02.4	17.9	22	00:01:40.7	26	00:29:22.1	09:28	01:58:08.2	
25	241 Hank, Tim	730	29	00:17:27.7	04:21	21	00:02:45.5	24	01:08:30.0	18.3	19	00:01:32.6	27	00:29:48.1	09:36	02:00:04.0	
26	246 Jennissen, Bob	535	27	00:16:33.2	04:08	28	00:04:05.8	25	01:09:06.5	18.2	25	00:01:58.1	23	00:28:49.2	09:17	02:00:33.0	
27	248 Thorsen, Greg	642	30	00:17:31.3	04:22	31	00:04:37.4	19	01:06:28.0	18.9	26	00:01:59.3	28	00:30:26.5	09:49	02:01:02.8	
28	257 Paschke, Thomas	1345	11	00:13:01.5	03:15	27	00:03:57.0	27	01:11:36.4	17.5	18	00:01:30.9	31	00:31:46.1	10:14	02:01:52.1	
29	279 Jyring, Ron	1279	23	00:15:47.5	03:56	26	00:03:38.7	28	01:14:28.9	16.9	21	00:01:39.2	30	00:30:41.7	09:54	02:06:16.3	
30	288 Zwiers, Brian	630	24	00:15:49.6	03:57	20	00:02:37.8	1	00:00:41.5	1820	31	01:24:35.2	13	00:25:25.6	08:12	02:09:10.0	
31	292 Walmsley, Daniel	1354	33	00:23:05.7	05:46	18	00:02:22.6	29	01:15:32.1	16.6	20	00:01:36.2	19	00:27:11.6	08:46	02:09:48.4	
32	312 Simmons, Bryan	885	32	00:18:43.2	04:40	32	00:06:54.0	30	01:22:43.5	15.2	24	00:01:53.7	29	00:30:40.4	09:53	02:20:55.1	
33	329 Mohn, John	1117	18	00:14:20.8	03:35	29	00:04:30.8	31	01:52:13.9	11.2	30	00:02:46.9	33	00:37:06.0	11:58	02:50:58.6	
	Carroll, Clifford	1343															DNF
17	148 Burris-Brown,	1217	18			23		19			24		3				DNS
	Rasmuson, Steve	887															DNS
	Seiler, John	581															DNS

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Age Group Field: 27

1	22 Swanson, David	519	2	00:11:05.0	02:46	1	00:00:57.8	2	00:55:08.8	22.8	1	00:00:30.5	1	00:21:11.0	06:50	01:28:53.2	
2	53 Duppong, Michael	742	1	00:10:32.1	02:38	3	00:01:40.5	3	00:56:33.5	22.2	10	00:01:28.2	8	00:25:48.7	08:19	01:36:03.2	
3	61 Tedlund, Tom	521	20	00:16:33.8	04:08	4	00:01:43.6	1	00:54:58.5	22.9	3	00:00:50.9	3	00:23:22.0	07:32	01:37:28.9	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
4	78 Wynveen, Doug	1332 Osceola, WI	10	00:13:44.7	03:26	6	00:02:13.2	5	00:59:25.6	21.2	11	00:01:33.5	2	00:22:51.0	07:22	01:39:48.0	
5	81 Tjosvold, Doug	1301 St Paul, Mn	4	00:12:23.8	03:05	2	00:01:40.0	6	01:00:16.6	20.9	4	00:01:05.9	6	00:24:50.7	08:00	01:40:17.3	
6	100 Stark, Charlie	702 Ham Lake, MN	8	00:13:42.1	03:25	18	00:03:44.9	4	00:57:56.8	21.7	17	00:02:04.0	5	00:24:40.2	07:57	01:42:08.2	
7	137 Vaillancourt, Scott	1158 Roseville, MN	6	00:13:15.7	03:18	8	00:02:29.5	8	01:02:45.3	20.0	14	00:01:45.1	9	00:25:49.4	08:19	01:46:05.2	
8	147 Justinak, Vince	846 Blaine, MN	13	00:14:29.6	03:37	9	00:02:34.3	7	01:00:28.3	20.8	7	00:01:09.0	16	00:28:57.4	09:20	01:47:38.7	
9	174 Rauschenfels,	588 Duluth, MN	15	00:14:32.7	03:38	5	00:01:57.5	9	01:03:00.2	19.9	6	00:01:08.1	19	00:30:39.0	09:53	01:51:17.6	
10	177 Skold, Cameron	1172 Hopkins, MN	5	00:12:36.3	03:09	17	00:03:29.6	17	01:10:05.6	17.9	13	00:01:44.9	4	00:23:47.4	07:40	01:51:44.0	
11	186 Tane, Jeffrey	761 St Paul, MN	18	00:16:00.8	04:00	10	00:02:58.2	11	01:06:50.8	18.8	16	00:02:01.9	7	00:25:35.2	08:15	01:53:27.2	
12	189 Bendtsen, Robert	1069 Ham Lake, MN	3	00:12:08.1	03:02	14	00:03:15.8	16	01:08:41.9	18.3	2	00:00:42.8	15	00:28:55.4	09:19	01:53:44.3	
13	216 Anderson, John	1166 Oak Grove, MN	12	00:14:25.1	03:36	16	00:03:22.4	15	01:08:39.1	18.3	15	00:01:47.6	13	00:28:42.2	09:15	01:56:56.6	
14	219 Shrode, Jeff	1032 Delano, MN	16	00:14:40.8	03:40	19	00:03:51.7	13	01:08:17.2	18.4	9	00:01:10.7	17	00:29:04.8	09:22	01:57:05.3	
15	228 Bucher, David	745 Golden Valley,	7	00:13:37.7	03:24	11	00:02:59.7	14	01:08:23.2	18.4	18	00:02:09.0	20	00:31:20.1	10:06	01:58:29.9	
16	230 Lawrence, James	582 Minnetonka, MN	11	00:14:17.6	03:34	7	00:02:23.1	12	01:07:24.2	18.6	8	00:01:10.3	23	00:33:31.9	10:49	01:58:47.3	
17	240 Ohara, Kelly	1054 Rochester, MN	9	00:13:42.1	03:25	15	00:03:17.7	19	01:10:48.4	17.7	19	00:02:09.8	18	00:30:05.5	09:42	02:00:03.7	
18	256 Barringer, Tom	1201 St.francis, MN	17	00:15:27.4	03:51	13	00:03:09.3	18	01:10:38.3	17.8	5	00:01:07.2	21	00:31:28.7	10:09	02:01:51.1	
19	258 Lamson, Stephen	1133 Oakdale, MN	19	00:16:29.9	04:07	23	00:05:02.0	21	01:11:27.9	17.6	22	00:02:29.4	10	00:26:42.2	08:36	02:02:11.6	
20	262 Fenning, John	1257 Luck, WI	14	00:14:31.8	03:37	12	00:03:02.7	20	01:10:48.7	17.7	12	00:01:43.9	22	00:32:46.2	10:34	02:02:53.4	
21	268 Trombley, Craig	997 Dayton, MN	21	00:17:31.0	04:22	21	00:04:14.1	22	01:12:09.6	17.4	20	00:02:19.3	12	00:28:14.1	09:06	02:04:28.4	
22	270 Haller, Paul	898 Minneapolis,	22	00:17:42.8	04:25	20	00:03:55.6	23	01:12:37.0	17.3	21	00:02:20.0	11	00:28:03.8	09:03	02:04:39.4	
23	275 Borries, Stuart	921	23	00:24:36.5	06:09	22	00:04:14.6	10	01:05:21.6	19.2	23	00:02:47.8	14	00:28:52.1	09:18	02:05:52.8	
	Orluck, Mark	1233 Buffalo, MN															DNS
	Henderson, Keith	859 Golden Valley,															DNS
	Henderson,	860 Golden Valley,															DNS
	Smith, Dave	692 Eagan, MN															DNS

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Age Group Field: 18

1	33 Colaizy, Michael	528	2	00:12:12.1	03:03	1	00:01:23.6	1	00:54:37.3	23.0	2	00:00:33.2	1	00:22:09.1	07:08	01:30:55.6	
2	67 Fahrner, Steve	1326 Minneapolis,	1	00:11:39.9	02:54	2	00:01:38.6	3	00:59:15.5	21.2	5	00:01:07.7	2	00:24:28.2	07:53	01:38:10.1	
3	118 Winholtz, Mark	812 Andover, MN	5	00:12:54.3	03:13	3	00:01:58.3	2	00:59:02.3	21.3	4	00:00:55.2	7	00:28:42.9	09:15	01:43:33.2	
4	154 Benson, Thomas	972 Minneapolis,	9	00:14:22.5	03:35	10	00:03:24.9	4	01:00:30.0	20.8	8	00:01:22.2	8	00:28:56.4	09:20	01:48:36.0	
5	171 Wilson, Roy	577 St Paul, MN	13	00:17:27.6	04:21	5	00:02:29.8	5	01:05:24.5	19.2	1	00:00:19.6	3	00:25:19.4	08:10	01:51:01.2	
6	206 Dupre, David	969 White Bear	10	00:14:25.4	03:36	9	00:03:19.9	6	01:06:30.5	18.9	14	00:01:59.4	9	00:29:32.4	09:31	01:55:47.7	
7	224 Bjorke, Michael	922 Montrose, MI	4	00:12:37.7	03:09	6	00:02:35.5	10	01:10:46.0	17.8	13	00:01:43.0	12	00:30:02.8	09:41	01:57:45.2	
8	225 Maguire, Bill	713 Plymouth, MN	7	00:13:12.3	03:18	8	00:03:13.6	9	01:10:43.1	17.8	6	00:01:12.8	11	00:29:41.6	09:34	01:58:03.6	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
9	236 Pohlkamp, Terry	559 Scandia, MN	15	00:19:57.9	04:59	11	00:03:42.7	8	01:09:54.3	18.0	3	00:00:39.1	4	00:25:37.4	08:15	01:59:51.6	
10	239 Hagan, Patrick	1194 Minneapolis,	14	00:17:46.7	04:26	13	00:05:00.1	7	01:08:32.3	18.3	16	00:03:01.1	5	00:25:39.1	08:16	01:59:59.5	
11	254 Schmidt, Douglas	681	11	00:15:50.5	03:57	7	00:03:05.9	13	01:14:59.5	16.8	9	00:01:26.2	6	00:26:18.9	08:29	02:01:41.1	
12	259 Kandiko, Joe	568 Excelsior, MN	6	00:13:04.5	03:16	4	00:02:23.6	11	01:10:48.3	17.7	7	00:01:21.8	15	00:34:37.6	11:10	02:02:16.1	
13	280 Walters, Stephen	1304	8	00:13:46.3	03:26	16	00:06:29.3	12	01:14:37.4	16.8	12	00:01:40.5	13	00:30:26.6	09:49	02:07:00.3	
14	293 Krueger, Tom	564 Chisago City,	3	00:12:32.7	03:08	14	00:05:28.0	14	01:18:41.9	16.0	15	00:02:38.9	14	00:31:06.8	10:02	02:10:28.5	
15	311 Larson, Norm	604 Coon Rapids,	16	00:20:27.1	05:06	12	00:03:54.4	15	01:22:31.9	15.2	10	00:01:26.9	10	00:29:40.6	09:34	02:18:01.2	
16	322 Nelson, Mark	1209 Brookfield, WI	12	00:16:28.5	04:07	15	00:05:36.1	16	01:31:48.3	13.7	11	00:01:36.5	16	00:40:46.8	13:09	02:36:16.4	
	Hoover, Steve	828 St. Cloud, MN														DNS	
	Reich, Thomas	635 Blaine, MN														DNS	

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Age Group Field: 13

1	29 Clark, Barry	522 Lacrosse, WI	1	00:11:37.2	02:54	1	00:00:59.6	1	00:53:56.3	23.3	1	00:00:33.8	1	00:23:36.9	07:37	01:30:44.0	
2	159 Boardman, Tom	722 Stillwater, MN	4	00:14:54.1	03:43	5	00:03:06.9	2	01:03:53.7	19.7	2	00:01:23.2	3	00:26:23.7	08:30	01:49:41.8	
3	182 Couillard, Tom	863 White Bear	3	00:13:18.0	03:19	3	00:02:57.0	5	01:07:21.2	18.7	4	00:01:33.5	4	00:27:51.8	08:59	01:53:01.8	
4	192 House, Jerry	796 Saint Paul, MN	5	00:15:05.5	03:46	2	00:02:26.2	6	01:09:30.2	18.1	6	00:01:36.4	2	00:25:16.1	08:09	01:53:54.5	
5	210 Barber, John	590 Bloomington,	2	00:13:14.9	03:18	4	00:03:02.1	3	01:06:19.2	18.9	8	00:02:24.7	6	00:31:21.0	10:06	01:56:22.1	
6	261 Lea, Rob	1112 Minneapolis,						7	01:09:47.5	18.0	3	00:01:30.1	8	00:34:43.7	11:12	02:02:38.7	
7	267 Gaudette, Gerry	1180 Chisago City,	6	00:16:24.1	04:06	6	00:03:20.3	4	01:06:28.0	18.9	10	00:05:44.3	7	00:31:48.4	10:15	02:03:45.3	
8	317 Plumbo, Joseph	1339 Maple Wood,	8	00:18:21.0	04:35	7	00:03:31.7	9	01:23:18.5	15.1	7	00:02:19.2	9	00:42:06.9	13:35	02:29:37.4	
9	318 Berglund, Richard	614 Wyoming, MN	7	00:16:52.6	04:13	9	00:06:27.3	8	01:22:14.9	15.3	9	00:02:41.2	10	00:42:52.7	13:49	02:31:08.9	
10	319 Toyli, Micheal	1356 Plymouth, MN	9	00:26:13.3	06:33	8	00:05:37.9	10	01:28:02.6	14.3	5	00:01:34.6	5	00:29:48.7	09:37	02:31:17.3	
	Fulton, Tom	690 St. Louis Park,														DNS	
	Stahl, George	620 Blaine, MN														DNS	
	Buckwalter,	634 Iowa City, IA														DNS	

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Age Group Field: 5

1	204 Nelson, Lynn	626 Minneapolis,	4	00:16:53.5	04:13	2	00:03:00.9	4	01:06:18.0	19.0	1	00:01:52.0	1	00:27:26.4	08:51	01:55:31.1	
2	214 Meck, Don	734 Siren, WI	2	00:13:45.9	03:26	4	00:04:30.7	3	01:03:42.2	19.7	2	00:02:35.3	4	00:32:09.8	10:22	01:56:44.1	
3	247 Hola, Ken	704 Shoreview, MN	1	00:12:37.9	03:09	5	00:04:48.3	2	01:00:29.4	20.8	4	00:03:09.8	5	00:39:52.6	12:51	02:00:58.1	
4	298 Kycek, Fred	645 Woodbury, MN	3	00:16:21.0	04:05	3	00:04:26.5	5	01:20:06.4	15.7	3	00:02:38.4	2	00:29:05.9	09:23	02:12:38.4	
5	316 Tyczka, Werner	1120 Glendale Hts, IL	5	00:21:18.6	05:19	1	00:02:31.8	1	00:15:28.5	81.4	5	01:20:28.6	3	00:29:06.7	09:23	02:28:54.4	

Individual - Sprint Distance Triathlon				0.25 mi swim		T-1		21 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
70-74				Age Group Field: 1													
1	296 Schulstrom, Dean	735 Coon Rapids,	1	00:19:32.9	04:53	1	00:04:59.3	1	01:11:37.7	17.5	1	00:02:11.1	1	00:32:41.4	10:32	02:11:02.5	
75 & over				Age Group Field: 1													
1	330 Powers, Robert	1228 White Bear	1	00:18:50.0	04:42	1	00:05:18.9	1	01:35:36.4	13.1	1	00:03:04.7	1	00:51:57.9	16:45	02:54:48.1	
Female Sprint Distance				Division Field: 375													
15 & under				Age Group Field: 8													
1	121 Logue, Alyssa	583 New Prague,	3	00:12:55.9	03:13	6	00:02:47.4	2	01:17:02.7	16.3	5	00:01:09.9	1	00:26:54.6	08:40	02:00:50.7	
2	150 Hager, Natalie	1047 Afton, MN	2	00:12:28.7	03:07	3	00:01:51.4	3	01:19:50.1	15.7	6	00:01:11.3	2	00:29:04.2	09:22	02:04:26.0	
3	192 Carlson, Kailee	572 Chisago City,	5	00:15:22.4	03:50	8	00:04:01.8	4	01:20:32.0	15.6	3	00:01:02.5	4	00:30:05.1	09:42	02:11:04.1	
4	220 Brumley, Hailey	1044 Woodbury, MN	7	00:20:05.2	05:01	2	00:01:40.8	5	01:23:22.5	15.1	1	00:00:37.3	3	00:29:54.8	09:38	02:15:40.7	
5	270 Rice, Reagan	1045 Woodbury, MN	4	00:14:00.9	03:30	1	00:01:28.1	7	01:32:26.2	13.6	2	00:00:45.6	6	00:36:27.2	11:45	02:25:08.2	
6	290 Rahimi, Sarah	1050 Afton, MN	6	00:17:10.8	04:17	4	00:02:07.3	6	01:28:37.1	14.2	7	00:01:14.0	7	00:41:54.7	13:31	02:31:04.1	
7	296 Saum, Molly	1046 Cottage Grove,	8	00:21:43.5	05:25	5	00:02:38.9	8	01:33:44.2	13.4	4	00:01:02.5	5	00:35:21.2	11:24	02:34:30.6	
	Schultz, Clara	808 Minneapolis,	1	00:11:31.2		7	00:03:37.4	1	01:14:23.6	16.9						DNF	
16-19				Age Group Field: 12													
1	16 Lee, Emma	1059 St Paul, MN	1	00:11:37.5	02:54	1	00:01:31.2	1	01:05:36.9	19.2	1	00:00:30.3	1	00:21:07.6	06:48	01:40:23.8	
2	47 Foss, Megan	1138 Shoreview, MN	2	00:12:05.0	03:01	4	00:02:42.0	3	01:06:04.9	19.0	6	00:01:32.4	3	00:25:48.5	08:19	01:48:13.0	
3	69 Uppgaard, Laura	638 New Brighton,	4	00:14:13.9	03:33	5	00:02:42.9	4	01:10:02.2	17.9	2	00:00:42.4	2	00:24:51.0	08:00	01:52:32.5	
4	71 Dehmlow, Annie	1058 Forest Lake, MN	7	00:16:48.7	04:12	2	00:02:07.7	2	01:06:01.7	19.0	4	00:01:05.6	4	00:26:31.7	08:33	01:52:35.6	
5	119 Soholt, Molly	1169 Sioux Falls, SD	3	00:12:32.6	03:08	6	00:03:03.0	5	01:15:14.7	16.7	7	00:01:36.9	5	00:28:17.3	09:07	02:00:44.7	
6	244 Wittnebel,	1310 Stacy, MN	9	00:17:38.2	04:24	9	00:03:47.1	7	01:27:38.3	14.3	5	00:01:17.4	7	00:30:17.3	09:46	02:20:38.4	
7	247 Kotilinek, Brita	1149 White Bear	6	00:16:19.9	04:04	10	00:05:14.5	6	01:25:14.3	14.7	8	00:01:48.2	8	00:32:22.3	10:26	02:20:59.4	
8	289 Sandhurst, Amy	1191 Sioux Falls, SD	5	00:16:16.0	04:04	7	00:03:05.5	10	01:42:01.5	12.3	3	00:00:54.4	6	00:28:20.9	09:08	02:30:38.4	
9	292 Mccollough,	1198 Mpls, MN	8	00:16:58.5	04:14	3	00:02:15.3	8	01:31:12.0	13.8	10	00:02:06.9	9	00:39:38.7	12:47	02:32:11.6	
10	314 Miller, Mikayla	1188 Eagan, MN	10	00:18:13.7	04:33	8	00:03:10.0	9	01:31:34.9	13.7	9	00:01:52.4	10	00:48:19.9	15:35	02:43:11.2	
11	334 Drewlo, Samantha	1306	11	00:22:53.9	05:43	11	00:05:38.2	11	02:07:21.7	9.89	11	00:03:34.2	11	01:12:12.4	23:17	03:51:40.6	
	Crider, Katie	1086 Bloomington, IN														DNS	
20-24				Age Group Field: 31													
1	24 Koepp, Diana	1315 Rochester, MN	1	00:09:03.6	02:15	2	00:01:21.5	6	01:06:54.4	18.8	5	00:00:51.2	2	00:24:41.9	07:58	01:42:52.8	
2	30 Powell, Tracy	1254 Lakeville, MN	7	00:12:53.1	03:13	15	00:03:02.8	4	01:05:51.6	19.1	6	00:01:01.6	1	00:21:57.2	07:04	01:44:46.5	
3	51 Williams, Maria	1121 Maple Grove,	2	00:10:38.3	02:39	3	00:01:37.4	3	01:05:32.5	19.2	3	00:00:50.0	16	00:30:44.6	09:55	01:49:23.1	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
4	54 Palmer, Lindsey	935 White Bear	9	00:13:19.7	03:19	4	00:02:03.8	5	01:06:38.4	18.9	8	00:01:16.2	6	00:26:45.2	08:37	01:50:03.6	
5	70 Swenson, Kelli	904 Frederic, WI	13	00:14:20.0	03:35	17	00:03:07.6	7	01:07:53.8	18.5	24	00:01:54.8	3	00:25:18.0	08:09	01:52:34.3	
6	81 Babcock, Hilary	740 Minneapolis,	16	00:14:58.9	03:44	18	00:03:18.3	2	01:04:38.8	19.4	2	00:00:48.3	14	00:30:19.8	09:47	01:54:04.4	
7	84 Gallison, Avery	1225 Hopkins, MN	11	00:13:38.8	03:24	5	00:02:08.5	9	01:10:22.8	17.9	15	00:01:38.0	5	00:26:41.5	08:36	01:54:29.8	
8	87 Steward, Jackie	1252 Shorewood, WI	8	00:13:18.4	03:19								10	00:29:37.1		01:55:17.8	
9	100 Dawson, Anna	566 St. Paul, MN	12	00:14:03.2	03:30	14	00:02:50.3	10	01:11:30.3	17.6	13	00:01:33.1	7	00:28:06.7	09:04	01:58:03.8	
10	106 Phan, Chrissi	1246 Saint Paul, MN	24	00:18:12.6	04:33	6	00:02:08.6	8	01:08:56.3	18.2	7	00:01:02.8	8	00:28:23.6	09:09	01:58:44.2	
11	111 Ekstorm, Sarah	1286 St. Paul, MN	14	00:14:35.5	03:38	1	00:01:09.5	1	00:04:48.5	262.	29	01:09:14.9	11	00:29:47.3	09:36	01:59:35.8	
12	118 Skold, Anne	1171 Hopkins, MN	15	00:14:53.6	03:43	20	00:04:00.4	13	01:13:58.0	17.0	17	00:01:43.0	4	00:26:09.0	08:26	02:00:44.2	
13	135 Fleischhacker,	1349 Forest Lake, MN	18	00:15:50.5	03:57	8	00:02:12.6	11	01:12:15.1	17.4	12	00:01:20.0	15	00:30:41.1	09:53	02:02:19.4	
14	156 Kaup, Shawna	672 Inver Grove	3	00:11:21.2	02:50	10	00:02:43.6	12	01:12:36.9	17.3	22	00:01:53.5	24	00:37:06.6	11:58	02:05:42.0	
15	171 Koch, Lauren	928 Lindstrom, MN	4	00:11:43.4	02:55	21	00:04:02.9	15	01:16:36.8	16.4	14	00:01:35.1	20	00:34:06.3	11:00	02:08:04.8	
16	183 Magnuson, Kelly	1227 St. Cloud, MN	20	00:16:17.6	04:04	7	00:02:12.3	19	01:21:32.3	15.4	4	00:00:50.3	9	00:28:47.5	09:17	02:09:40.2	
17	188 Passell, Petra	802 Minneapolis,	6	00:12:34.6	03:08	13	00:02:49.3	14	01:14:07.8	16.9	9	00:01:16.8	28	00:39:46.6	12:49	02:10:35.2	
18	196 Ward, Elizabeth	1313 Grand Rapids,						18	01:20:14.8	15.7	18	00:01:43.1	18	00:31:28.5	10:09	02:11:13.5	
19	225 All, Sarah	1311 Apple Valley,	5	00:12:13.5	03:03	9	00:02:33.9	20	01:22:15.8	15.3	1	00:00:36.6	27	00:38:41.2	12:28	02:16:21.2	
20	226 Vinzant, Jill	1214 Sioux Falls, SD	17	00:15:41.8	03:55	11	00:02:45.0	16	01:18:02.0	16.1	23	00:01:54.1	25	00:37:59.1	12:15	02:16:22.2	
21	241 Nelson, Lindsay	1210 Brookfield, WI	19	00:16:10.8	04:02	23	00:04:22.2	24	01:25:48.0	14.6	19	00:01:43.8	17	00:31:15.0	10:04	02:19:20.0	
22	246 Kotilinek, Jessie	1148 Shoreview, MN	21	00:16:21.0	04:05	26	00:05:15.5	22	01:25:13.1	14.7	20	00:01:47.7	19	00:32:21.9	10:26	02:20:59.4	
23	251 Mellesmoen, Marta	1124 Minneapolis,	29	00:20:06.8	05:01	24	00:04:49.7	17	01:19:10.5	15.9	27	00:03:13.8	21	00:34:13.3	11:02	02:21:34.3	
24	256 Frick, Hannah	1152 St. Paul, MN	23	00:17:50.6	04:27	12	00:02:46.9	21	01:24:38.8	14.8	10	00:01:17.2	22	00:35:39.8	11:30	02:22:13.5	
25	261 Clark, Katie	1284 Stacy, MN	30	00:20:37.3	05:09	19	00:03:44.9	25	01:27:39.5	14.3	11	00:01:17.8	13	00:30:17.9	09:46	02:23:37.6	
26	265 Mclaughlin,	931 Eagan, MN	27	00:19:09.8	04:47	27	00:05:16.5	23	01:25:24.6	14.7	28	00:04:27.4	12	00:29:53.1	09:38	02:24:11.6	
27	301 Eonta, Stephanie	673 Maple Grove,	22	00:16:49.9	04:12	16	00:03:03.9	29	01:37:21.6	12.9	21	00:01:52.4	23	00:36:02.1	11:37	02:35:10.0	
28	306 Swanberg, Karina	1300 Chisago City,	25	00:18:41.3	04:40	22	00:04:09.0	27	01:35:09.4	13.2	16	00:01:39.6	26	00:38:33.5	12:26	02:38:13.0	
29	315 Heyrman, Laura	1062 Pewaukee, WI	10	00:13:36.9	03:24	28	00:06:14.3	28	01:36:50.2	13.0	26	00:02:32.7	29	00:44:13.0	14:15	02:43:27.3	
30	327 Alsaker, Adrian	1176 Chisago City,	28	00:19:55.9	04:58	29	00:06:30.6	30	01:43:46.1	12.1	25	00:02:06.4	30	00:50:33.4	16:18	03:02:52.7	
	Heindl, Bleu	664 Stevens Point,	26	00:19:04.6		25	00:05:15.4	26	01:29:38.4	14.0						DNF	

25-29 Age Group Field: 73

1	4 Viamonte, Sarah	531 Minneapolis,	2	00:09:52.8	02:28	4	00:01:15.1	1	00:56:25.4	22.3	1	00:00:23.6	2	00:21:43.1	07:00	01:29:40.1	
2	6 Substad, Dawn	512 Minneapolis,	3	00:10:02.7	02:30	2	00:01:08.3	6	01:00:02.3	20.9	2	00:00:27.4	1	00:20:19.4	06:33	01:32:00.3	
3	7 Simson, Greta	1096 Minneapolis,	24	00:12:34.6	03:08	1	00:00:48.7	2	00:57:36.1	21.8	12	00:00:49.1	5	00:22:44.3	07:20	01:34:33.0	
4	9 Moyer, Ann	501 Rochester, MN	8	00:11:13.2	02:48	10	00:01:38.7	3	00:59:21.3	21.2	18	00:00:57.5	7	00:23:05.3	07:26	01:36:16.2	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
5	12 Maurer, Sawra	1328 Rochester, MN	1	00:08:53.5	02:13	5	00:01:15.4	8	01:02:45.5	20.0	13	00:00:49.3	9	00:23:29.4	07:34	01:37:13.3	
6	19 Conrad, Sara	506 St. Paul, MN	19	00:12:11.0	03:02	21	00:02:04.7	10	01:03:18.5	19.9	4	00:00:34.2	3	00:22:34.6	07:16	01:40:43.2	
7	20 Dickinson, Nancy	878 Las Vegas, NV	7	00:11:09.4	02:47	15	00:01:48.6	12	01:04:51.4	19.4	14	00:00:52.1	6	00:22:44.7	07:20	01:41:26.4	
8	21 Johnson, Miriah	623 West St Paul,	20	00:12:14.2	03:03	8	00:01:34.0	5	00:59:46.3	21.0	8	00:00:45.0	23	00:27:12.8	08:46	01:41:32.5	
9	23 Johnson, Heidi	618 Rochester, MN	9	00:11:19.0	02:49	34	00:02:35.1	13	01:05:15.6	19.3	3	00:00:27.8	8	00:23:14.2	07:29	01:42:51.9	
10	25 Albrecht, Sara	657	26	00:13:22.3	03:20	9	00:01:38.6	7	01:00:21.3	20.8	30	00:01:24.1	18	00:26:44.0	08:37	01:43:30.5	
11	27 Johnson, Amanda	1272 Eagan, MN	4	00:10:18.0	02:34	14	00:01:47.8	4	00:59:27.4	21.1	44	00:01:44.0	39	00:30:51.2	09:57	01:44:08.6	
12	32 Coleman, Nicole	1256 St. Paul, MN	18	00:12:09.6	03:02	33	00:02:33.2	15	01:06:16.3	19.0	38	00:01:36.2	4	00:22:36.0	07:17	01:45:11.5	
13	37 Rogosheske,	1080 Minneapolis,	5	00:10:47.3	02:41	35	00:02:40.5	9	01:03:18.3	19.9	33	00:01:30.6	29	00:27:42.9	08:56	01:45:59.8	
14	39 Amundson,	1119 Minneapolis,	6	00:10:57.4	02:44	24	00:02:12.4	18	01:07:40.2	18.6	23	00:01:02.6	12	00:24:37.9	07:56	01:46:30.8	
15	43 Johansen,	977 Saint Paul, MN	11	00:11:35.1	02:53	3	00:01:14.7	24	01:09:18.1	18.1	37	00:01:34.7	10	00:24:03.0	07:45	01:47:45.8	
16	46 Johnson, Jennifer	1127 Bloomington,	14	00:11:56.8	02:59	12	00:01:44.0	19	01:07:44.9	18.5	46	00:01:48.0	14	00:24:53.9	08:01	01:48:07.7	
17	49 Lindgren, Amy	1264 Duluth, MN	10	00:11:29.2	02:52	16	00:01:50.2	20	01:07:49.6	18.5	21	00:01:01.1	16	00:26:27.7	08:32	01:48:37.9	
18	50 Cardinal, Natasha	937 White Bear	16	00:12:00.7	03:00	22	00:02:07.2	16	01:06:34.5	18.9	19	00:00:59.2	27	00:27:40.4	08:55	01:49:22.2	
19	57 Wegwerth, Kelly	773 Maplewood, MN	28	00:13:30.6	03:22	28	00:02:28.0	11	01:04:18.7	19.5	10	00:00:47.0	34	00:29:19.2	09:27	01:50:23.6	
20	83 Schlaefer, Patricia	686 Saint Paul, MN	30	00:13:54.2	03:28	17	00:01:53.9	25	01:09:18.6	18.1	22	00:01:01.2	31	00:28:10.9	09:05	01:54:19.0	
21	85 Sharrow, Libby	1137 Minneapolis,	36	00:14:41.8	03:40	42	00:02:57.5	23	01:09:08.7	18.2	29	00:01:19.4	17	00:26:39.9	08:36	01:54:47.5	
22	86 Jordan, Marie	1066 Roseville, MN	40	00:15:20.4	03:50	30	00:02:30.7	17	01:07:26.0	18.6	7	00:00:40.5	33	00:29:15.2	09:26	01:55:13.0	
23	88 Lage, Jessica	1071 Burnsville, MN	25	00:13:08.6	03:17	27	00:02:24.8	30	01:10:32.8	17.8	28	00:01:17.5	30	00:27:59.1	09:01	01:55:23.0	
24	93 Hall, Stacey	1319 Mapel Grove,	46	00:16:25.3	04:06	29	00:02:28.2	27	01:10:00.4	17.9	11	00:00:47.7	15	00:26:13.2	08:27	01:55:55.1	
25	94 Canney, Anne	1318 Minneapolis,	21	00:12:18.4	03:04	19	00:01:57.3	34	01:12:58.1	17.2	50	00:01:53.1	25	00:27:23.0	08:50	01:56:30.1	
26	95 Nelson, Katie	1025 Minneapolis,	27	00:13:27.6	03:21	36	00:02:43.0	29	01:10:21.7	17.9	41	00:01:39.6	32	00:28:37.4	09:14	01:56:49.6	
27	97 Calhoun, Austin	1321 Minneapolis,	17	00:12:06.4	03:01	13	00:01:47.6	43	01:16:01.6	16.5	5	00:00:39.0	19	00:26:47.4	08:38	01:57:22.3	
28	103 Smith, Nikole	871 Andover, MN	29	00:13:36.6	03:24	51	00:03:51.7	41	01:15:01.2	16.7	25	00:01:08.1	13	00:24:48.6	08:00	01:58:26.4	
29	105 Betterman, Megan	754 St. Louis Park,	31	00:14:03.5	03:30	38	00:02:49.0	22	01:08:41.2	18.3	49	00:01:52.4	40	00:31:14.5	10:04	01:58:40.9	
30	114 Northup, Meghan	536	37	00:14:48.0	03:42	18	00:01:55.4	31	01:11:32.1	17.6	42	00:01:39.6	37	00:30:10.4	09:44	02:00:05.7	
31	117 Wegwerth, Leala	775 Maplewood, MN	45	00:16:03.7	04:00	31	00:02:31.6	44	01:16:16.9	16.5	32	00:01:24.6	11	00:24:26.6	07:53	02:00:43.6	
32	123 Steel, Jennifer	772 Minnetonka, MN	35	00:14:34.2	03:38	25	00:02:13.4	42	01:15:50.5	16.6	35	00:01:31.3	21	00:27:01.1	08:42	02:01:10.6	
33	124 Schmitz, Becky	727 Minneapolis,	15	00:11:59.8	02:59	57	00:04:33.0	26	01:09:30.3	18.1	36	00:01:31.3	46	00:33:39.3	10:51	02:01:13.9	
34	127 Briggs, Maggie	839 White Bear	33	00:14:17.9	03:34	41	00:02:56.7	21	01:08:31.4	18.3	31	00:01:24.3	48	00:34:12.7	11:02	02:01:23.1	
35	128 Larson, Amy	737 Plymouth, MN	43	00:15:38.8	03:54	11	00:01:41.7	32	01:11:35.8	17.5	17	00:00:54.8	41	00:31:34.8	10:11	02:01:26.1	
36	129 Coddington,	1195 Eden Prairie,	52	00:17:58.9	04:29	20	00:02:00.2	33	01:12:45.6	17.3	26	00:01:11.6	26	00:27:36.0	08:54	02:01:32.6	
37	131 Nguyen, Viet-hanh	755 Saint Paul, MN	13	00:11:55.8	02:58	39	00:02:51.0	47	01:18:42.0	16.0	27	00:01:13.8	20	00:26:59.4	08:42	02:01:42.2	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
38	142 Rentes, Lisa	543	22	00:12:24.1	03:06	56	00:04:10.5	40	01:14:44.5	16.8			66	01:50:21.4		02:03:21.5	
39	155 Nguyen, Jennifer	741	63	00:22:39.1	05:39	7	00:01:33.1	36	01:13:28.0	17.1	15	00:00:52.5	22	00:27:08.0	08:45	02:05:40.9	
40	160 Holmes, Laura	548	51	00:17:18.8	04:19	6	00:01:30.4	39	01:14:18.4	16.9	6	00:00:39.1	43	00:32:33.2	10:30	02:06:20.1	
41	165 Lenzmier,	1342	38	00:15:06.1	03:46	48	00:03:22.7	28	01:10:08.6	17.9	51	00:01:58.3	57	00:36:34.8	11:48	02:07:10.6	
42	167 Senty, Kelly	1340	12	00:11:38.3	02:54	26	00:02:20.0	51	01:20:20.5	15.6	60	00:02:46.7	36	00:30:09.3	09:43	02:07:15.0	
43	168 Havlicek, Christie	833	23	00:12:27.1	03:06	32	00:02:31.7	35	01:13:11.1	17.2	34	00:01:30.7	60	00:37:47.3	12:11	02:07:28.0	
44	175 Lacourciere,	1263	50	00:17:03.3	04:15	44	00:03:03.4	52	01:20:26.3	15.6	16	00:00:54.0	28	00:27:41.7	08:56	02:09:09.0	
45	176 Matzke, Alaina	949	47	00:16:34.8	04:08	47	00:03:16.3	50	01:19:49.3	15.7	56	00:02:08.7	24	00:27:20.5	08:49	02:09:09.8	
46	185 Anderson, Jodie	918	44	00:15:45.7	03:56	37	00:02:45.3	49	01:19:39.0	15.8	39	00:01:36.4	35	00:30:08.6	09:43	02:09:55.2	
47	198 Curran, Julia	586	56	00:19:19.5	04:49	40	00:02:53.7	38	01:13:54.9	17.0	9	00:00:46.4	50	00:34:35.2	11:09	02:11:29.8	
48	202 Welsch, Antonia	892	62	00:21:15.9	05:18	45	00:03:04.7	14	01:05:48.3	19.1	43	00:01:41.6	63	00:40:31.7	13:04	02:12:22.4	
49	208 Schenkey, Erin	1290	32	00:14:14.3	03:33	65	00:08:56.3	45	01:16:55.7	16.3	59	00:02:38.4	38	00:30:39.4	09:53	02:13:24.2	
50	212 Maertens, Laura	592	54	00:18:20.8	04:35	54	00:04:00.0	46	01:17:21.0	16.2	47	00:01:48.8	45	00:32:41.9	10:32	02:14:12.7	
51	227 Herndl, Autumn	792	65	00:23:38.3	05:54	55	00:04:08.0	37	01:13:54.6	17.0	54	00:02:07.6	44	00:32:38.8	10:31	02:16:27.5	
52	245 Hemmesch, Janel	621	53	00:18:14.6	04:33	49	00:03:35.8	59	01:25:19.2	14.7	45	00:01:44.1	42	00:31:48.5	10:15	02:20:42.4	
53	248 Stuart, Susan	1248	34	00:14:33.3	03:38	53	00:03:55.0	55	01:21:03.4	15.5	58	00:02:33.3	61	00:38:58.0	12:34	02:21:03.3	
54	252 Criss, Alison	901	48	00:16:37.5	04:09	64	00:06:39.7	54	01:20:49.1	15.5	61	00:02:47.9	52	00:34:43.4	11:12	02:21:37.7	
55	264 Brown, Jackie	701	39	00:15:14.4	03:48	58	00:04:34.9	48	01:19:18.0	15.8	64	00:04:04.1	64	00:40:48.6	13:09	02:24:00.4	
56	272 Doherty, Catherine	1024	58	00:19:54.1	04:58	62	00:06:17.2	57	01:22:49.5	15.2	57	00:02:24.7	47	00:34:00.9	10:58	02:25:26.6	
57	274 Spiegel, Jennifer	1261	57	00:19:23.9	04:50	50	00:03:48.7	58	01:23:05.8	15.1	63	00:03:18.2	55	00:36:10.1	11:40	02:25:47.0	
58	279 Nistler, Nicole	744	60	00:20:08.1	05:02	60	00:05:11.0	56	01:22:24.4	15.2	40	00:01:37.9	62	00:39:25.8	12:43	02:28:47.4	
59	287 Sumption, Tia	854	64	00:22:50.8	05:42	43	00:02:58.0	61	01:28:46.4	14.1	20	00:00:59.9	49	00:34:16.1	11:03	02:29:51.5	
60	293 Little, Morgan	1320	61	00:20:44.8	05:11	61	00:06:16.4	60	01:26:22.4	14.5	65	00:04:18.5	51	00:34:38.8	11:10	02:32:21.1	
61	303 Farrell, Liz	894	49	00:16:44.1	04:11	59	00:05:01.0	62	01:35:35.7	13.1	55	00:02:07.9	56	00:36:14.2	11:41	02:35:43.2	
62	304 Chambers, Sarah	913	55	00:18:46.2	04:41	46	00:03:09.4	63	01:36:48.6	13.0	48	00:01:52.0	54	00:36:07.2	11:39	02:36:43.6	
63	305 Rosenthal, Amara	578	41	00:15:29.6	03:52	66	00:23:48.8	53	01:20:46.0	15.6	62	00:02:49.3	53	00:34:44.7	11:12	02:37:38.6	
64	316 Urbain, Nicole	1018	66	00:25:57.1	06:29	23	00:02:11.3	64	01:37:52.0	12.8	24	00:01:07.3	58	00:36:40.3	11:49	02:43:48.1	
65	319 Scanlon, Melissa	919	42	00:15:37.6	03:54	52	00:03:53.6	66	01:48:32.7	11.6	52	00:02:03.0	59	00:37:03.4	11:57	02:47:10.4	
66	328 Alsaker, Sam	1177	59	00:20:05.5	05:01	63	00:06:22.4	65	01:43:49.3	12.1	53	00:02:04.8	65	00:50:31.3	16:17	03:02:53.5	
	Rich, Amy	1007														DNS	
	Krause, Andrea	788														DNS	
	Zamora, Maria	797														DNS	
	Davis, Kelie	653														DNS	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
	Buckwalter, Abigail	631															DNS
	Pastorius, Katie	596															DNS
	Mccann, Katherine	508															DNS

30-34	Age Group Field: 49																
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1	14 Verkerke, Erin	1087	Wausau, WI	1	00:10:51.1	02:42	2	00:01:20.4	1	00:59:41.7	21.1	8	00:00:55.7	2	00:25:22.3	08:11	01:38:11.4
2	22 Hite, Amy	1268	Cottage Grove,	3	00:11:51.9	02:57	6	00:01:54.4	3	01:01:23.3	20.5	3	00:00:42.7	6	00:26:29.3	08:32	01:42:21.9
3	29 Potyondy-smith,	978	Champlin, MN	2	00:11:29.1	02:52	14	00:02:22.3	2	01:01:23.0	20.5	13	00:01:06.7	16	00:28:24.8	09:09	01:44:46.0
4	31 Witt, Anna	945	Edina, MN	4	00:12:58.9	03:14	5	00:01:52.3	6	01:05:22.3	19.2	23	00:01:27.8	1	00:23:18.0	07:30	01:44:59.4
5	52 Rogowski, Anna	891	Minneapolis,	16	00:15:00.6	03:45	4	00:01:49.7	5	01:04:15.9	19.6	17	00:01:12.8	9	00:27:07.5	08:45	01:49:26.6
6	60 Zimmerman,	612	St. Louis Park,	11	00:14:43.4	03:40	23	00:02:49.0	7	01:06:33.0	18.9	5	00:00:45.7	7	00:26:35.1	08:34	01:51:26.3
7	61 Lee, Molly	983	Bloomington,	5	00:13:04.5	03:16	9	00:01:58.6	8	01:06:41.0	18.8	31	00:02:15.1	13	00:27:39.6	08:55	01:51:39.0
8	63 Kulvich, Coreen	609	Apple Valley,	7	00:13:49.1	03:27	20	00:02:38.3	9	01:06:41.7	18.8	12	00:01:03.7	14	00:27:54.5	09:00	01:52:07.6
9	68 Ries, Jennifer	1157	St Paul, MN	10	00:14:20.2	03:35	17	00:02:28.9	10	01:07:37.4	18.6	25	00:01:37.0	5	00:26:24.5	08:31	01:52:28.3
10	75 Eggert, Bobbi	976		15	00:14:53.1	03:43	1	00:01:14.5	4	01:04:13.2	19.6	1	00:00:26.9	30	00:32:22.9	10:26	01:53:10.8
11	79 Fraser, Katy	784	Minneapolis,	12	00:14:46.3	03:41	10	00:02:00.2	12	01:09:43.4	18.0	20	00:01:25.6	4	00:25:53.9	08:21	01:53:49.6
12	89 Labarre, Deb	714	Wyoming, MN	17	00:15:16.7	03:49	16	00:02:25.3	11	01:08:18.3	18.4	26	00:01:42.2	15	00:27:57.4	09:01	01:55:40.0
13	99 Devries, Nicole	694	Lindstrom, MN	13	00:14:47.3	03:41	11	00:02:09.9	19	01:13:00.4	17.2	4	00:00:42.8	11	00:27:17.1	08:48	01:57:57.7
14	102 Dalrymple, Maggie	764	Minneapolis,	25	00:16:05.3	04:01	21	00:02:39.9	14	01:11:24.3	17.6	19	00:01:25.4	8	00:26:43.3	08:37	01:58:18.4
15	109 Louden, Sarah	1139	Minneapolis,	28	00:16:17.4	04:04	13	00:02:19.9	20	01:13:06.2	17.2	22	00:01:27.3	3	00:25:50.9	08:20	01:59:01.8
16	113 Nelsen, Katie	571	Cottage Grove,	9	00:13:59.1	03:29	24	00:02:52.5	13	01:10:36.6	17.8	2	00:00:40.9	27	00:31:47.3	10:15	01:59:56.7
17	130 Peterson, Gail	971	Minnetonka, MN	31	00:17:57.0	04:29	8	00:01:58.6	16	01:12:03.7	17.4	30	00:02:05.5	12	00:27:34.9	08:53	02:01:39.9
18	143 Stanek, Jennifer	947	Center City, MN	35	00:19:14.3	04:48	12	00:02:11.5	15	01:11:33.9	17.6	10	00:00:59.8	20	00:29:36.5	09:33	02:03:36.1
19	149 Hoglund, Angela	1278	Minneapolis,	27	00:16:14.0	04:03	7	00:01:55.7	26	01:16:02.6	16.5	11	00:01:01.5	17	00:29:10.8	09:24	02:04:24.8
20	158 Frandrup, Sara	1291	Minneapolis,	20	00:15:27.1	03:51	3	00:01:47.0	25	01:15:39.1	16.6	24	00:01:30.9	25	00:31:28.4	10:09	02:05:52.7
21	159 Solomonson,	1114	Princeton, MN	32	00:17:59.2	04:29	19	00:02:36.4	17	01:12:04.6	17.4	15	00:01:11.4	28	00:32:14.1	10:23	02:06:05.9
22	161 Brier, Lenen	1036	Minneapolis,	19	00:15:25.1	03:51	26	00:03:01.9	22	01:15:03.2	16.7	28	00:01:59.1	23	00:30:58.7	09:59	02:06:28.3
23	177 Rupert, Susan	676	Forest Lake, MN	18	00:15:24.0	03:51	18	00:02:33.0	23	01:15:11.5	16.7	21	00:01:27.0	32	00:34:39.1	11:10	02:09:14.7
24	180 Hall, Amanda	1101	Hugo, MN	14	00:14:50.4	03:42	29	00:03:20.3	28	01:20:43.2	15.6	14	00:01:07.9	19	00:29:30.6	09:31	02:09:32.6
25	186 Stocke, Andrea	1005	Blaine, MN	8	00:13:56.4	03:29	15	00:02:24.8	31	01:23:53.6	15.0	7	00:00:49.9	18	00:29:12.8	09:25	02:10:17.8
26	191 Doonan, Elizabeth	1037	St. Louis Park,	21	00:15:28.4	03:52	34	00:04:22.9	27	01:17:41.1	16.2	29	00:02:00.8	24	00:31:15.9	10:05	02:10:49.2
27	205 Lichty, Katie	923	Minneapolis,	34	00:18:37.4	04:39	35	00:04:28.1	24	01:15:32.9	16.6	40	00:03:43.1	21	00:30:22.9	09:48	02:12:44.5
28	234 Mckeon, Nikki	747	Brooklyn Park,	29	00:16:33.6	04:08	28	00:03:15.4	30	01:23:16.9	15.1	32	00:02:17.3	29	00:32:21.9	10:26	02:17:45.3
29	235 Johnson, Joyell	823	Minneapolis,	37	00:22:22.0	05:35	25	00:02:58.1	21	01:13:51.3	17.0	33	00:02:21.1	37	00:36:17.3	11:42	02:17:50.1

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
30	242 Henders, Rebecca	799 Minneapolis,	26	00:16:09.2	04:02	22	00:02:43.3	35	01:27:24.7	14.4	36	00:02:32.8	22	00:30:35.1	09:51	02:19:25.3	
31	257 Reddy, Amy	780 St Paul, MN	24	00:15:55.1	03:58	32	00:03:38.0	34	01:26:17.5	14.6	16	00:01:11.4	35	00:35:46.0	11:32	02:22:48.3	
32	259 Nessler, Tauni	1292 St Louis Park,	22	00:15:29.2	03:52	31	00:03:37.5	37	01:30:18.7	13.9	27	00:01:53.5	26	00:31:29.4	10:09	02:22:48.5	
33	260 Haas, Jillayne	710 Woodbury, MN	38	00:23:25.5	05:51	30	00:03:30.3	29	01:22:29.3	15.2	9	00:00:59.3	31	00:32:54.4	10:36	02:23:19.1	
34	271 Littlefield, Jill	1293 Centerville, MN	30	00:16:46.7	04:11	39	00:06:07.8	32	01:24:34.4	14.8	39	00:02:45.0	33	00:34:57.4	11:16	02:25:11.6	
35	281 Kratzke, Shannon	1223 Stacy, MN	33	00:18:09.3	04:32	40	00:07:03.7	33	01:26:07.8	14.6	35	00:02:29.6	34	00:35:15.8	11:22	02:29:06.5	
36	286 Reischl, Renee	640 Omaha, NE	39	00:29:36.7	07:24	38	00:05:48.5	18	01:12:37.5	17.3	34	00:02:25.6	38	00:39:20.1	12:41	02:29:48.6	
37	295 Freitag, Lan	1211 Minnetonka, MN	36	00:20:22.1	05:05	27	00:03:12.8	38	01:31:31.4	13.7	38	00:02:38.0	36	00:36:14.8	11:41	02:33:59.2	
38	302 Zimmerman,	613 Milwaukee, WI	40	00:33:41.3	08:25	33	00:03:50.5	36	01:29:40.6	14.0	18	00:01:19.5	10	00:27:08.7	08:45	02:35:40.8	
39	312 Phelps, Meghan	1004 Center City, MN	23	00:15:43.7	03:55	36	00:04:43.4	39	01:39:07.7	12.7	6	00:00:49.4	39	00:42:31.7	13:43	02:42:56.0	
40	326 Gross, Kelly	695 Duluth, MN	6	00:13:25.8	03:21	37	00:05:04.3	40	01:52:52.1	11.1	37	00:02:37.1	40	00:47:05.8	15:11	03:01:05.1	
	Heyesen, Kisa	1249 Duluth, MN														DNS	
	Bohn, Mamie	1107 Chciago, IL														DNS	
	Sargent	1014 Minneapolis,														DNS	
	Thompson, Kristi	957 Champlin, MN														DNS	
	Moon, Megan	853 Forest Lake, MN														DNS	
	Franzwa, Martha	837 Ramsey, MN														DNS	
	Goodnough,	637 Shafer, MN														DNS	
	Odonnell, Kelly	593 Minneapolis,														DNS	
	Deffley, Ruth	598 Minneapolis,														DNS	

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Age Group Field: 77

	1 Williams, Susan	532 Minneapolis,	1	00:08:50.1	02:12	1	00:00:43.7	2	00:56:31.4	22.2	1	00:00:20.1	1	00:20:55.4	06:44	01:27:20.9	
1	3 Kent, Tracie	504 Saint Paul, MN	3	00:10:58.0	02:44	2	00:01:08.7	1	00:54:36.2	23.0	2	00:00:28.8	2	00:22:11.1	07:09	01:29:23.0	
2	8 Ogston, Jena	958 Duluth, MN	2	00:10:48.5	02:42	3	00:01:17.2	4	01:00:17.2	20.9	6	00:00:48.7	4	00:22:51.4	07:22	01:36:03.1	
3	18 Hand, Kellie	1243 St Louis Park,	5	00:12:07.9	03:01	5	00:01:32.3	3	00:58:50.0	21.4	28	00:01:21.4	13	00:26:43.8	08:37	01:40:35.6	
4	33 Wacek, Lisa	975 Minneapolis,	23	00:14:46.5	03:41	10	00:02:00.7	7	01:03:57.0	19.7	27	00:01:19.0	5	00:23:28.1	07:34	01:45:31.4	
5	35 Howard, Denise	557 Andover, MN	16	00:13:40.1	03:25	22	00:02:28.8	6	01:02:54.2	20.0	14	00:00:59.6	9	00:25:37.0	08:15	01:45:39.9	
6	36 Karr, Dana	765 Stillwater, MN	17	00:13:46.1	03:26	8	00:01:46.8	5	01:01:28.0	20.4	16	00:01:00.4	20	00:27:56.4	09:00	01:45:57.9	
7	48 Hess, Jennifer	1072 Mantoeville, MN	18	00:13:55.5	03:28	24	00:02:32.8	12	01:06:19.7	18.9	32	00:01:23.7	6	00:24:25.0	07:52	01:48:36.9	
8	53 Constant, Jessica	838 Champlin, MN	29	00:15:21.6	03:50	16	00:02:14.4	9	01:05:19.2	19.2	15	00:01:00.0	8	00:25:31.2	08:13	01:49:26.6	
9	55 Finstad, Nicole	884 Birchwood, WI	9	00:12:51.1	03:12	11	00:02:00.9	10	01:05:58.1	19.0	30	00:01:22.5	19	00:27:51.6	08:59	01:50:04.5	
10	62 Declercq, Karmin	723 Minneapolis,	12	00:13:22.8	03:20	30	00:02:42.1	15	01:06:55.7	18.8	35	00:01:29.3	16	00:27:15.9	08:47	01:51:46.0	
11	65 Hardy, Marisa	1350 Helena , mt	7	00:12:23.2	03:05	7	00:01:46.3	19	01:09:35.3	18.1	4	00:00:39.1	18	00:27:51.4	08:59	01:52:15.5	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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	66 Schultz, Rachel	864 Lino Lakes, MN	27	00:15:01.1	03:45	17	00:02:16.1	8	01:04:13.2	19.6	26	00:01:15.9	27	00:29:36.7	09:33	01:52:23.2	
13	67 Skeete, Kshamata	1094 Rochester, MN	21	00:14:21.9	03:35	4	00:01:27.6	25	01:12:17.5	17.4	41	00:01:33.3	3	00:22:45.7	07:20	01:52:26.2	
14	72 Janzig, Jeannie	961 Center City, MN	4	00:12:02.7	03:00	41	00:03:03.6	20	01:10:01.3	17.9	12	00:00:57.5	12	00:26:33.2	08:33	01:52:38.6	
15	73 Timm, Jill	778 Center City, MN	39	00:16:22.6	04:05	15	00:02:12.0	14	01:06:31.4	18.9	19	00:01:04.9	14	00:26:44.1	08:37	01:52:55.3	
16	74 Tell, Jennifer	656 Birchwood, MN	26	00:14:58.4	03:44	36	00:02:56.0	11	01:06:18.0	19.0	64	00:02:52.0	11	00:26:05.4	08:24	01:53:10.1	
17	92 Litwicki, Christine	880 Naperville, IL	10	00:13:05.8	03:16	67	00:05:58.2	16	01:07:53.2	18.5	65	00:02:53.4	10	00:25:53.4	08:21	01:55:44.1	
18	96 Karle, Kari	963 Center City, MN	34	00:15:57.8	03:59	18	00:02:16.4	23	01:10:35.2	17.8	17	00:01:02.3	17	00:27:23.4	08:50	01:57:15.4	
19	104 Wolfe, Michelle	852 Stacy, MN	53	00:18:40.8	04:40	25	00:02:35.8	13	01:06:31.1	18.9	3	00:00:35.7	32	00:30:11.9	09:44	01:58:35.5	
20	108 Bourman, Jill	1076 Brooklyn Park,	8	00:12:49.1	03:12	34	00:02:55.5	29	01:12:33.2	17.3	33	00:01:25.2	26	00:29:05.6	09:23	01:58:48.8	
21	112 Hill, Amber	776 Chisago City,	32	00:15:51.7	03:57	9	00:01:58.1	24	01:11:06.5	17.7	18	00:01:03.7	29	00:29:41.5	09:34	01:59:41.8	
22	122 Setter, Randi	826 Hugo, MN	14	00:13:30.9	03:22	33	00:02:53.9	22	01:10:11.4	17.9	36	00:01:29.6	43	00:32:55.6	10:37	02:01:01.6	
23	126 Korsbon, Jennie	1159 Minneapolis,	6	00:12:09.7	03:02	21	00:02:21.4	49	01:20:10.6	15.7	25	00:01:15.5	7	00:25:25.0	08:11	02:01:22.5	
24	132 Bilek, Rebecca	990 Minneapolis,	41	00:16:57.6	04:14	23	00:02:29.3	18	01:09:24.5	18.1	11	00:00:57.3	41	00:31:55.0	10:17	02:01:43.9	
25	137 Gallatin, Jillene	856 Scandia, MN	25	00:14:53.2	03:43	37	00:02:56.3	30	01:12:40.4	17.3	29	00:01:21.6	34	00:30:40.1	09:53	02:02:31.8	
26	138 Lyp, Jody	1103 Valparaiso, IN	11	00:13:10.0	03:17	26	00:02:38.6	32	01:13:46.6	17.0	37	00:01:29.9	38	00:31:35.3	10:11	02:02:40.7	
27	140 Gorman, Tracey	1146 Shakopee, MN	28	00:15:21.3	03:50	13	00:02:05.5	27	01:12:31.0	17.3	49	00:01:56.1	35	00:30:53.7	09:57	02:02:47.8	
28	146 Elzy, Tammy	560 Lindstrom, MN	33	00:15:57.3	03:59	43	00:03:05.3	21	01:10:05.8	17.9	24	00:01:13.9	50	00:33:58.2	10:57	02:04:20.7	
29	147 Getchell, Joyce	707 Forest Lake, MN	35	00:15:59.2	03:59	28	00:02:41.6	36	01:14:47.2	16.8	8	00:00:53.3	30	00:30:00.7	09:40	02:04:22.2	
30	148 Maxey, Jenni	1061 Stacy, MN	45	00:17:28.3	04:22	14	00:02:07.1	34	01:14:17.9	16.9	7	00:00:50.3	28	00:29:40.7	09:34	02:04:24.4	
31	152 Lesov, Saida	1140 Maple Grove,	56	00:19:20.7	04:50	53	00:03:46.3	28	01:12:32.8	17.3	53	00:02:04.3	15	00:27:03.4	08:43	02:04:47.7	
32	153 Kelley, Jamie	1055 Bloomington,	37	00:16:05.3	04:01	38	00:02:57.8	17	01:09:10.2	18.2	43	00:01:38.1	53	00:35:02.7	11:18	02:04:54.2	
33	169 Bahr, Venisha	821 Minnetonka, MN	47	00:17:50.3	04:27	6	00:01:33.8	38	01:14:59.0	16.8	22	00:01:13.6	42	00:31:59.4	10:19	02:07:36.3	
34	172 Johnson, Dawn	1073 Minneapolis,	20	00:14:04.6	03:31	55	00:03:50.7	51	01:21:11.3	15.5	10	00:00:56.3	24	00:28:37.1	09:13	02:08:40.3	
35	173 Olson, Tara	817 Inver Grove	51	00:18:16.4	04:34	20	00:02:21.2	31	01:13:10.8	17.2	46	00:01:53.4	45	00:33:00.7	10:38	02:08:42.8	
36	179 Orman, Sarah	876 Shoreview, MN	30	00:15:26.4	03:51	32	00:02:48.2	55	01:21:56.0	15.3	23	00:01:13.8	22	00:28:02.2	09:02	02:09:26.8	
37	184 Speight, Tracy	818 Scandia, MN	22	00:14:22.3	03:35	42	00:03:05.2	35	01:14:31.2	16.9	54	00:02:04.7	55	00:35:48.1	11:32	02:09:51.7	
38	199 Booher, Kerri	798 St Louis Park,	60	00:20:35.8	05:08	50	00:03:40.2	40	01:16:50.6	16.3	56	00:02:07.1	23	00:28:17.0	09:07	02:11:30.9	
39	201 Jordet, Michele	1253 Center City, MN	57	00:19:51.2	04:57	54	00:03:48.1	26	01:12:29.8	17.3	68	00:03:57.2	40	00:31:55.0	10:17	02:12:01.5	
40	206 Burton, Annie	726 Burnsville, MN	31	00:15:49.1	03:57	59	00:04:22.4	52	01:21:12.3	15.5	40	00:01:32.5	31	00:30:11.0	09:44	02:13:07.6	
41	207 Clements, Wendy	725 Stillwater, MN	46	00:17:32.5	04:23	27	00:02:38.8	44	01:19:26.3	15.8	66	00:03:17.2	33	00:30:12.8	09:44	02:13:07.7	
42	209 Carlson, Cheryl	800 White Bear	36	00:16:03.0	04:00	46	00:03:16.0	47	01:19:38.3	15.8	39	00:01:32.3	44	00:32:59.3	10:38	02:13:29.1	
43	211 Bellos, Sophia	1136 Maple Grove,	48	00:18:03.3	04:30	52	00:03:44.1	33	01:13:57.1	17.0	55	00:02:05.4	57	00:36:19.7	11:43	02:14:09.8	
44	213 Molitor, Jodi	1294 North Branch,	15	00:13:39.3	03:24	69	00:09:29.4	41	01:16:55.7	16.3	63	00:02:41.8	39	00:31:41.2	10:13	02:14:27.6	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
45	217 Mclane, Suzi	1077 Plymouth, MN	38	00:16:13.9	04:03	45	00:03:14.9	58	01:24:53.5	14.8	44	00:01:40.8	25	00:28:56.4	09:20	02:14:59.8	
46	218 James, Caria	1079 Stillwater, MN	13	00:13:30.7	03:22	58	00:04:18.6	48	01:20:05.4	15.7	51	00:02:02.2	54	00:35:19.1	11:23	02:15:16.3	
47	221 Boggs, Stacey	974 Saint Paul, MN	43	00:17:08.4	04:17	62	00:05:13.4	37	01:14:55.6	16.8	60	00:02:34.7	56	00:35:49.7	11:33	02:15:41.9	
48	224 Knutson, Cathy	1175 North Branch,	44	00:17:12.3	04:18	29	00:02:41.8	42	01:18:00.3	16.1	48	00:01:55.8	59	00:36:27.2	11:45	02:16:17.5	
49	231 Bauer, Melissa	1336 White Bear Ln,	40	00:16:28.8	04:07	66	00:05:37.2	43	01:18:08.3	16.1	38	00:01:30.8	52	00:35:02.2	11:18	02:16:47.5	
50	236 Joyce, Denise	815 Saint Paul, MN	54	00:18:42.7	04:40	39	00:03:02.5	54	01:21:50.8	15.3	34	00:01:27.8	47	00:33:11.3	10:42	02:18:15.3	
51	240 Meron, Shannon	1174 North Branch,	24	00:14:46.5	03:41	19	00:02:20.8	50	01:20:17.6	15.6	31	00:01:22.8	62	00:40:19.3	13:00	02:19:07.2	
52	243 Roerick, Jessica	992 Champlin, MN	58	00:19:56.5	04:59	35	00:02:55.6	45	01:19:32.3	15.8	42	00:01:36.0	58	00:36:21.9	11:43	02:20:22.4	
53	255 Hansen, Roxanne	843 Hugo, MN	49	00:18:05.4	04:31	49	00:03:38.0	57	01:24:48.9	14.8	47	00:01:53.8	48	00:33:34.4	10:49	02:22:00.7	
54	258 Thoreson, Tori	1295 St Charles, MN	19	00:13:59.4	03:29	61	00:05:06.3	46	01:19:35.6	15.8	67	00:03:42.5	63	00:40:24.5	13:02	02:22:48.5	
55	262 Ward, Julie	917 Lindstrom, MN	69	00:26:50.7	06:42	60	00:05:05.4	39	01:16:03.2	16.5	61	00:02:36.9	46	00:33:02.1	10:39	02:23:38.5	
56	263 Olson, Clarice	1296 Lindstrom, MN	59	00:20:02.1	05:00	48	00:03:31.7	56	01:23:48.8	15.0	52	00:02:02.8	51	00:34:16.8	11:03	02:23:42.3	
57	267 Svendsen,	1323 St Paul, MN	52	00:18:28.5	04:37	56	00:03:51.6	61	01:29:55.8	14.0	21	00:01:10.2	37	00:31:08.1	10:02	02:24:34.3	
58	275 Kuusisto, Sarah	622 Forest Lake, MN	64	00:21:36.8	05:24	40	00:03:03.0	63	01:32:52.0	13.5	5	00:00:42.8	21	00:28:00.0	09:01	02:26:14.9	
59	282 Krueger, Kristine	1088 Lakeville, MN	62	00:20:55.8	05:13	31	00:02:44.3	59	01:25:56.7	14.6	20	00:01:08.4	61	00:38:36.4	12:27	02:29:21.8	
60	288 Heilman, Kristine	1348 Plymouth, MN	63	00:21:13.2	05:18	12	00:02:01.6	53	01:21:16.9	15.5	57	00:02:07.9	66	00:43:22.9	13:59	02:30:02.7	
61	294 Ewald, Courtney	886 Vadanis	55	00:19:04.6	04:46	68	00:09:21.9	62	01:30:17.4	13.9	62	00:02:36.9	36	00:31:06.6	10:02	02:32:27.7	
62	300 Mcgrath, Ann	651 St Paul, MN	42	00:17:03.7	04:15	44	00:03:10.1	64	01:35:12.1	13.2	13	00:00:57.6	60	00:38:34.1	12:26	02:34:57.9	
63	307 Williamson, Sally	625 Osceola, WI	61	00:20:36.5	05:09	64	00:05:27.1	67	01:37:37.9	12.9	9	00:00:55.0	49	00:33:47.8	10:54	02:38:24.5	
64	311 Rogers, Elizabeth	712 Hugo, MN	67	00:24:04.7	06:01	51	00:03:42.0	60	01:29:51.9	14.0	59	00:02:21.8	64	00:41:08.8	13:16	02:41:09.4	
65	318 Czerwinski, Kenya	1011 Lakeville, MN	50	00:18:15.1	04:33	57	00:04:05.4	65	01:35:48.3	13.1	58	00:02:18.9	67	00:45:17.6	14:36	02:45:45.5	
66	321 Hannon, Kay	874 Blaine, MN	65	00:22:20.5	05:35	47	00:03:22.7	68	01:39:18.1	12.6	50	00:01:57.7	65	00:41:16.1	13:18	02:48:15.4	
67	325 Brumond, Carrie	849	68	00:24:20.2	06:05	63	00:05:20.0	66	01:37:26.9	12.9	45	00:01:53.4	68	00:51:23.8	16:34	03:00:24.4	
68	333 Drewlo, Bekki	1307	66	00:22:54.6	05:43	65	00:05:36.0	69	02:09:17.0	9.74	69	00:04:28.6	69	00:56:51.1	18:20	03:39:07.5	
	Horihan, Dana	987 Forest Lake, MN														DNS	
	Scanlan, Kathryn	816 Saint Paul, MN														DNS	
	Leshner, Amy	766 Shoreview, MN														DNS	
	Conlin, Sarah	719 Shoreview, MN														DNS	
	Davis, Nichol	696 St Cloud, MN														DNS	
	Randall, Gretchen	697 Maple Grove,														DNS	
	Jennrich, Kim	629 Lino Lakes, MN														DNS	
	Gralish, Amy	633 Chisago City,														DNS	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
40-44			Age Group Field: 51														
1	11 Robb, Heidi	526	Maple Grove,	4	00:13:00.5	03:15	1 00:01:13.8	1	00:58:15.2	21.6	1	00:00:36.8	1	00:23:39.8	07:38	01:36:46.3	
2	17 Newcomb, Kathy	600	Woodbury, MN	2	00:10:47.8	02:41	2 00:01:23.8	2	01:00:38.5	20.7	2	00:00:37.2	5	00:27:00.7	08:42	01:40:28.3	
3	41 Weidner, Mary	905	Edina, MN	3	00:12:53.8	03:13	3 00:01:39.9	5	01:07:00.3	18.8	11	00:01:04.7	2	00:24:17.0	07:50	01:46:55.8	
4	58 Mccallum, Lisa	595	Arden Hills, MN	1	00:10:10.2	02:32	9 00:02:29.2	7	01:08:28.7	18.3	17	00:01:21.9	6	00:28:25.6	09:10	01:50:55.8	
5	59 Dreyer, Dlee	835	Minneapolis,	16	00:14:37.7	03:39	14 00:02:48.8	4	01:06:40.3	18.8	14	00:01:11.2	3	00:25:47.1	08:19	01:51:05.3	
6	107 Nielsen, Cristine	1009	Rogers, MN	17	00:14:47.4	03:41	18 00:02:59.1	16	01:13:14.8	17.2	6	00:00:55.0	4	00:26:50.2	08:39	01:58:46.7	
7	110 Miller, Diane	785	Hugo, MN	30	00:17:24.6	04:21	17 00:02:57.5	3	01:05:48.9	19.1	22	00:01:51.7	14	00:31:09.0	10:02	01:59:12.0	
8	115 Bastiaens,	895	Scandia, MN	18	00:14:49.6	03:42	24 00:03:16.0	6	01:08:20.8	18.4	34	00:02:20.0	16	00:31:38.0	10:12	02:00:24.6	
9	120 Rosati, Heidi	970	Loretto, MN	7	00:13:33.3	03:23	23 00:03:12.6	10	01:09:51.5	18.0	42	00:03:33.3	13	00:30:35.5	09:52	02:00:46.3	
10	125 Elwell, Coreen	663	Coon Rapids,	12	00:14:25.1	03:36	5 00:02:06.1	8	01:09:04.4	18.2	27	00:02:11.9	21	00:33:31.6	10:48	02:01:19.1	
11	139 Vizenor, Leah	1259	Hudson, WI	8	00:13:34.4	03:23	27 00:03:38.8	17	01:13:20.9	17.1	23	00:01:51.8	11	00:30:17.0	09:46	02:02:43.0	
12	141 Carver, Vicki	933	Lino Lakes, MN	6	00:13:26.1	03:21	25 00:03:22.6	13	01:12:01.0	17.4	33	00:02:19.7	17	00:32:04.5	10:20	02:03:14.1	
13	145 Howard, Jen	1093	Woodbury, MN	25	00:16:30.4	04:07	4 00:01:40.5	9	01:09:42.9	18.0	19	00:01:35.7	25	00:34:50.3	11:14	02:04:20.1	
14	151 Rose, Janine	881	Scandia, MN	37	00:20:05.6	05:01	7 00:02:19.8	12	01:10:56.9	17.7	18	00:01:26.6	7	00:29:45.4	09:35	02:04:34.5	
15	163 Watkins, Sarah	760	White Bear	33	00:18:13.8	04:33	19 00:03:04.7	18	01:13:34.8	17.1	21	00:01:40.4	10	00:30:06.4	09:42	02:06:40.3	
16	164 Scheder,	599	Stevens Point,	10	00:13:49.7	03:27	16 00:02:53.8	15	01:13:05.8	17.2	8	00:00:56.6	28	00:36:15.2	11:41	02:07:01.3	
17	170 Offerman, Tammy	1182	Plymouth, MN	9	00:13:48.0	03:27	10 00:02:29.9	21	01:15:58.8	16.5	26	00:02:07.8	22	00:33:35.6	10:50	02:08:00.2	
18	174 Bulson, Nancy	1186	Inver Grove	24	00:16:22.4	04:05	21 00:03:11.7	14	01:12:33.2	17.3	31	00:02:16.8	24	00:34:28.4	11:07	02:08:52.6	
19	178 Kimlinger, Katie	1267	Lindstrom, MN	14	00:14:30.1	03:37	15 00:02:52.9	30	01:20:57.9	15.5	9	00:00:58.3	8	00:29:56.7	09:39	02:09:16.1	
20	182 Gustafson, Leanne	858	No Branch, MN	36	00:19:02.9	04:45	6 00:02:14.6	11	01:10:09.3	17.9	16	00:01:18.8	30	00:36:51.9	11:53	02:09:37.6	
21	190 Jensen, Brenda	655	Ramsey, MN	5	00:13:05.3	03:16	20 00:03:09.6	26	01:19:40.3	15.8	15	00:01:13.7	19	00:33:29.8	10:48	02:10:39.0	
22	193 Carlson-paetznick,	573	Chisago City,	19	00:15:23.0	03:50	31 00:04:01.3	29	01:20:31.7	15.6	10	00:01:03.0	9	00:30:05.0	09:42	02:11:04.2	
23	195 Thompson,	716	Apple Valley, MI	26	00:16:46.8	04:11	8 00:02:24.0	28	01:20:01.6	15.7	4	00:00:50.0	15	00:31:10.0	10:03	02:11:12.6	
24	204 Hutchinson,	552	Forest Lake, MN	11	00:14:16.7	03:34	13 00:02:42.2	23	01:17:53.2	16.1	7	00:00:55.2	29	00:36:51.6	11:53	02:12:39.1	
25	214 Hager, Jennifer	1048	Afton, MN	13	00:14:28.7	03:37	22 00:03:11.8	22	01:17:23.2	16.2	24	00:01:53.2	34	00:37:31.0	12:06	02:14:28.2	
26	223 Klingler, Jessica	896	Champlin, MN	42	00:22:23.6	05:35	32 00:04:01.5	19	01:13:56.5	17.0	37	00:02:28.1	18	00:33:06.5	10:40	02:15:56.3	
27	229 Petrey, Susan	1298	Wyoming, MN	32	00:17:50.9	04:27	33 00:04:06.0	24	01:17:57.5	16.1	40	00:03:07.9	20	00:33:31.4	10:48	02:16:34.0	
28	230 Minnichsoffer, Rita	650	Lindstrom, MN	27	00:16:48.7	04:12	37 00:04:59.5	20	01:15:23.8	16.7	12	00:01:06.3	36	00:38:20.0	12:21	02:16:38.5	
29	232 Obst, Maryanne	700	Scandia, MN	29	00:16:59.1	04:14	40 00:05:42.2	27	01:19:47.8	15.7	3	00:00:46.2	23	00:34:18.0	11:03	02:17:33.4	
30	237 Adix, Anne	1236	Monticello, MN	21	00:15:40.0	03:55	34 00:04:10.2	25	01:19:01.7	15.9	25	00:02:00.1	35	00:38:02.2	12:16	02:18:54.5	
31	239 Olivas, Peggy	1089	Grand Forks, ND	15	00:14:36.5	03:39	38 00:05:12.0	32	01:21:35.0	15.4	32	00:02:19.3	27	00:35:22.2	11:24	02:19:05.1	
32	253 Steichen, Sharon	827	Lino Lakes, MN	31	00:17:41.3	04:25	11 00:02:32.2	31	01:20:58.4	15.5	13	00:01:07.5	39	00:39:26.5	12:43	02:21:46.0	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
33	268 Wurdemann, Lisa	1128 Harris, MN	35	00:18:51.3	04:42	28	00:03:48.8	33	01:21:46.4	15.4	39	00:02:45.7	33	00:37:23.5	12:03	02:24:35.8	
34	269 Kemp, Heather	934 Grand Marais,	23	00:16:18.6	04:04	12	00:02:39.3	35	01:23:40.5	15.0	20	00:01:40.0	40	00:40:17.7	12:59	02:24:36.4	
35	277 Hank, Kris	1275 Lesueur, MN	20	00:15:23.1	03:50	35	00:04:26.9	39	01:29:06.9	14.1	36	00:02:27.5	31	00:37:05.7	11:57	02:28:30.3	
36	278 Lundmark, Melissa	1000 Forest Lake, MN	34	00:18:44.0	04:41	26	00:03:24.6	36	01:25:56.9	14.6	29	00:02:13.0	37	00:38:25.0	12:23	02:28:43.7	
37	283 Powell, Terri	1003 Lindstrom, MN	22	00:16:06.7	04:01	30	00:03:56.8	41	01:31:06.3	13.8	5	00:00:54.1	32	00:37:18.3	12:02	02:29:22.4	
38	284 Kycek, Lou	648 West St Paul,	40	00:20:34.8	05:08	36	00:04:42.6	40	01:30:14.0	13.9	41	00:03:32.4	12	00:30:27.2	09:49	02:29:31.1	
39	297 Wallinga, Krista	1207 Wyoming, MN	28	00:16:58.9	04:14	42	00:06:27.4	43	01:33:41.8	13.4	35	00:02:24.4	26	00:34:58.0	11:16	02:34:30.7	
40	298 Sonaglia, Mary	787 Ham Lake, MN	39	00:20:23.0	05:05	44	00:07:02.9	34	01:23:24.1	15.1						02:34:40.4	
41	308 Thorsen, Laura	643 Lindstrom, MN	38	00:20:09.6	05:02	39	00:05:39.0	42	01:31:52.7	13.7	28	00:02:12.2	38	00:38:50.0	12:31	02:38:43.7	
42	317 Moreller, Janel	1351 Forest Lake, MN	44	00:24:19.6	06:04	41	00:05:49.5	37	01:27:19.5	14.4	30	00:02:13.9	41	00:44:24.8	14:19	02:44:07.4	
43	322 Hagen, Cheryl	1325 Blaine, MN	43	00:23:17.3	05:49	29	00:03:51.0	44	01:35:08.6	13.2	38	00:02:32.4	42	00:47:49.1	15:25	02:52:38.6	
44	323 Stepan, Shelly	779 Hugo, MN	41	00:21:08.7	05:17	43	00:06:48.3	38	01:27:22.6	14.4	43	00:05:17.8	43	00:52:40.9	16:59	02:53:18.5	
	Trost, Deeanne	938 Shoreview, MN														DNS	
	Kapsner, Tracey	942 Lindstrom, MN														DNS	
	Bradach, Hollie	830 Plymouth, MN														DNS	
	Ward, Dana	662 Scandia, MN														DNS	
	Zachman, Pam	602 Golden Valley,														DNS	
	Nielen, Sue	608 Wyoming, MN														DNS	
	Malen, Melissa	616 West St. Paul,														DNS	

45-49

Age Group Field: 46

1	2 Tuttle, Mary Beth	533 Pine Springs,	2	00:08:50.7	02:12	1	00:00:37.0	2	00:56:26.8	22.3	1	00:00:23.8	1	00:21:48.9	07:02	01:28:07.4	
2	5 Butzke, Mary Ann	539 Batavia, IL	4	00:10:47.7	02:41	3	00:01:17.5	1	00:55:21.8	22.7	6	00:00:53.7	2	00:23:08.6	07:27	01:31:29.5	
3	13 Klosterman, Amy	561 White Bear	3	00:09:38.1	02:24	2	00:01:09.4	5	01:01:59.2	20.3	2	00:00:24.0	3	00:24:29.4	07:54	01:37:40.3	
4	15 Jensen, Kathryn	914 St Paul, MN	5	00:11:20.7	02:50	4	00:01:30.9	4	00:58:47.0	21.4	23	00:01:39.7	4	00:25:18.8	08:09	01:38:37.2	
5	28 Mortazavi, Jane	574 Wauwatosa, WI	7	00:11:51.6	02:57	7	00:01:47.2	7	01:02:46.5	20.0	4	00:00:35.2	11	00:27:36.3	08:54	01:44:36.9	
6	38 Koester, Tamara	781 Mahtomedi, MN	6	00:11:42.5	02:55	11	00:02:07.7	8	01:03:11.6	19.9	21	00:01:35.5	9	00:27:34.5	08:53	01:46:12.1	
7	40 Schumacher, Sally	514 Milwaukee, WI	9	00:12:57.4	03:14	6	00:01:42.6	9	01:04:56.8	19.4	5	00:00:46.4	7	00:26:10.8	08:26	01:46:34.2	
8	42 Olson, Sue	980 White Bear	17	00:14:12.8	03:33	18	00:02:44.3	3	00:57:53.3	21.7	36	00:02:20.4	19	00:30:29.2	09:50	01:47:40.2	
9	56 Duppong, Barb	743 Cottage Grove,	14	00:13:44.7	03:26	10	00:01:55.3	6	01:02:13.1	20.2	12	00:01:20.7	22	00:31:04.1	10:01	01:50:18.2	
10	64 Hale, Ann	509 Chisago City,	15	00:14:01.3	03:30	8	00:01:49.2	16	01:10:07.3	17.9	3	00:00:34.5	5	00:25:36.3	08:15	01:52:08.8	
11	77 Kennedy, Michelle	834 North Oaks, MN	12	00:13:34.1	03:23	17	00:02:44.2	12	01:08:31.4	18.3	17	00:01:29.5	8	00:27:05.0	08:44	01:53:24.4	
12	78 Sorensen, Karen	1226 Woodbury, MN	8	00:12:55.4	03:13	16	00:02:42.9	17	01:10:25.9	17.8	22	00:01:36.2	6	00:26:01.6	08:23	01:53:42.2	
13	80 Murray, Judy	1204 Sartell, MN	11	00:13:08.5	03:17	12	00:02:28.6	14	01:08:50.0	18.3	29	00:01:56.6	10	00:27:35.1	08:53	01:53:59.1	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
14	90 Shrode, Doreen	1033 Delano, MN	18	00:14:27.5	03:36	33	00:04:01.4	11	01:08:19.6	18.4	10	00:01:10.9	12	00:27:41.0	08:55	01:55:40.6	
15	98 Winecke, Sally	1035 Eagan, MN	10	00:13:02.6	03:15	27	00:03:16.4	13	01:08:43.1	18.3	30	00:01:58.9	21	00:30:37.1	09:52	01:57:38.3	
16	101 Surber, Monica	962 Minneapolis,	13	00:13:40.1	03:25	13	00:02:36.6	10	01:07:38.2	18.6	14	00:01:22.4	31	00:32:50.4	10:35	01:58:08.0	
17	116 Bergland, Cathy	805 Plymouth, MN	31	00:17:28.3	04:22	9	00:01:53.8	19	01:11:35.2	17.6	9	00:01:09.6	15	00:28:32.7	09:12	02:00:39.8	
18	133 Peterson, Susan	661	21	00:14:44.7	03:41	14	00:02:37.6	22	01:12:14.4	17.4	8	00:01:09.5	25	00:31:10.8	10:03	02:01:57.1	
19	134 Smith, Cynthia	999 Maplewood, MN	33	00:17:35.6	04:23	34	00:04:02.3	15	01:09:20.0	18.1	41	00:02:44.4	14	00:28:21.4	09:08	02:02:03.9	
20	136 Dougherty, Sara	732 Cloquet, MN	20	00:14:30.2	03:37	26	00:03:15.8	29	01:14:39.8	16.8	28	00:01:55.2	13	00:28:10.2	09:05	02:02:31.4	
21	144 Luoma, Mary	1163 Maple Grove,	32	00:17:28.5	04:22	5	00:01:39.5	21	01:12:05.7	17.4	15	00:01:28.6	24	00:31:08.0	10:02	02:03:50.5	
22	154 Marquis, Sue	996 Lindstrom, MN	26	00:16:32.4	04:08	36	00:05:03.6	18	01:10:51.3	17.7	33	00:02:10.1	18	00:30:20.6	09:47	02:04:58.1	
23	157 Kaup, Tara	674 Inver Grove	28	00:16:49.4	04:12	15	00:02:39.0	28	01:14:36.9	16.8	7	00:01:01.6	20	00:30:37.0	09:52	02:05:44.0	
24	162 Hank, Dawn	729 White Bear	30	00:17:24.2	04:21	23	00:03:01.7	26	01:13:14.8	17.2	11	00:01:19.7	26	00:31:36.0	10:11	02:06:36.5	
25	166 Haller, Lisa	899 Minneapolis,	1	00:07:51.7	01:57	40	00:13:45.2	23	01:12:22.9	17.4	32	00:02:07.3	23	00:31:04.5	10:01	02:07:11.8	
26	181 Johnson, Melissa	584 White Bear	22	00:14:47.3	03:41	24	00:03:08.7	30	01:15:25.7	16.7	13	00:01:20.8	37	00:34:53.7	11:15	02:09:36.3	
27	187 Long, Denise	646 St Paul, MN	19	00:14:28.3	03:37	21	00:02:54.1	35	01:17:25.0	16.2	31	00:02:06.9	33	00:33:29.1	10:48	02:10:23.6	
28	189 Loidolt, Cecilie	1260 Brooklyn Park,	41	00:23:23.7	05:50	19	00:02:46.3	24	01:12:42.3	17.3	26	00:01:45.3	17	00:29:59.0	09:40	02:10:36.8	
29	194 Petersen, Erica	1238 Apple Valley,	23	00:15:55.6	03:58	22	00:02:56.9	36	01:17:42.8	16.2	20	00:01:32.2	32	00:33:02.6	10:39	02:11:10.3	
30	200 Koch, Angie	927 Lindstrom, MN	35	00:18:27.4	04:36	31	00:03:47.7	25	01:12:54.6	17.2	39	00:02:32.4	35	00:34:13.6	11:02	02:11:55.9	
31	203 Immele, Daphne	950 Minneapolis,	37	00:19:19.2	04:49	20	00:02:47.3	33	01:16:27.4	16.4	25	00:01:42.9	29	00:32:08.1	10:21	02:12:25.1	
32	210 Williamson, Liz	930 St Croix Falls, WI	40	00:20:49.3	05:12	29	00:03:21.7	31	01:16:09.5	16.5	16	00:01:29.0	27	00:31:50.9	10:16	02:13:40.7	
33	216 Anderson, Ann	790 Cottage Grove,	39	00:20:37.5	05:09	35	00:04:56.9	34	01:17:13.7	16.3	40	00:02:35.0	16	00:29:35.1	09:32	02:14:58.4	
34	219 Marcotte, Julie	991 Anoka, MN	36	00:18:47.2	04:41	30	00:03:29.2	27	01:13:50.4	17.0	18	00:01:31.5	38	00:37:41.4	12:09	02:15:19.8	
35	222 Hammes, Kim	1276 Lesuer, MN	16	00:14:05.7	03:31	25	00:03:11.9	38	01:21:26.5	15.4	35	00:02:17.4	36	00:34:53.4	11:15	02:15:55.2	
36	228 Mecklenburg,	877 St. Paul, MN	27	00:16:38.0	04:09	37	00:05:12.3	37	01:20:18.1	15.6	38	00:02:30.3	28	00:31:52.6	10:16	02:16:31.5	
37	249 Wheaton, Sue	1020 Golden Valley,	25	00:16:20.4	04:05	38	00:05:35.5	39	01:23:28.6	15.0	34	00:02:15.8	34	00:33:32.7	10:49	02:21:13.2	
38	266 Lehmann, Leann	1006 Ramsey, MN	38	00:20:08.9	05:02	39	00:06:18.7	32	01:16:26.1	16.4	27	00:01:54.2	39	00:39:24.4	12:42	02:24:12.5	
39	273 Desanto, Paula	836 St. Paul, MN	29	00:17:03.0	04:15	41	00:21:46.1	20	01:11:35.4	17.6	37	00:02:20.8	30	00:32:48.1	10:34	02:25:33.6	
40	291 Kraling, Mary	627 Lindstrom, MN	34	00:17:41.0	04:25	32	00:03:49.6	40	01:24:49.2	14.8	24	00:01:39.8	40	00:43:54.0	14:09	02:31:53.7	
41	310 Sand, Claire	647 Stillwater, MN	24	00:16:05.3	04:01	28	00:03:16.5	41	01:33:57.4	13.4	19	00:01:31.8	41	00:46:07.4	14:52	02:40:58.6	
	Comer, Shannon	1063 Inver Grove														DNS	
	Datta, Yvonne	831 Minneapolis,														DNS	
	Fitzgerald, Margo	624 Rochester, MN														DNS	
	Machus, Cindy	597 Mahtomedi, MN														DNS	
	Neider, Kelly	549 No Branch, MN														DNS	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
50-54			Age Group Field: 19														
1	10 Tedlund, Robin	520 Duluth, MN	1	00:11:23.2	02:50		1 00:01:17.7	1	00:59:44.2	21.0		1 00:00:32.2	1	00:23:36.0	07:36	01:36:33.4	
2	26 St Pierre, Toni	670 Minneapolis,	4	00:12:24.3	03:06		2 00:01:41.1	4	01:04:09.7	19.6		2 00:00:49.9	2	00:24:35.0	07:55	01:43:40.1	
3	34 Peterson, Julie	551 Cambridge, MN	2	00:12:10.0	03:02		7 00:02:45.6	3	01:04:01.2	19.6		3 00:01:00.3	4	00:25:40.3	08:16	01:45:37.5	
4	45 Burkley, Pamela	1116 Mendota	7	00:13:26.4	03:21		3 00:01:47.9	2	01:01:34.8	20.4		8 00:01:36.5	6	00:29:25.3	09:29	01:47:51.2	
5	76 Lee, Elizabeth	1060 St Paul, MN	6	00:13:11.5	03:17		6 00:02:24.4	6	01:11:09.5	17.7		6 00:01:23.2	3	00:25:13.9	08:08	01:53:22.6	
6	82 Arnold, Terry	721 Lindstrom, MN	3	00:12:19.4	03:04		8 00:02:57.5	5	01:06:47.5	18.8		7 00:01:33.2	7	00:30:28.9	09:49	01:54:06.7	
7	91 Tinglov, Gale	669 Sauk Rapids,	5	00:12:25.9	03:06		4 00:01:51.6	7	01:11:33.6	17.6		5 00:01:15.2	5	00:28:37.4	09:14	01:55:43.9	
8	215 Brown, Lisa	1085 Minneapolis,	10	00:17:18.0	04:19		9 00:03:00.2	9	01:17:40.5	16.2		12 00:02:32.0	9	00:34:18.8	11:04	02:14:49.8	
9	250 Mellesmoen,	1123 Minneapolis,	11	00:18:32.3	04:38		16 00:06:22.7	10	01:19:13.0	15.9		14 00:03:12.0	8	00:34:14.0	11:02	02:21:34.2	
10	276 Waller, Shanda	993 Chisago, MN	8	00:15:20.1	03:50		15 00:06:14.5	12	01:26:44.6	14.5		10 00:01:53.9	11	00:36:54.7	11:54	02:27:08.0	
11	280 Pardun, Patricia	1034 Marine, MN	9	00:16:55.4	04:13		14 00:05:56.3	11	01:25:35.4	14.7		9 00:01:40.6	14	00:38:57.3	12:33	02:29:05.2	
12	285 Schmitz, Roxann	639 Kimball, MN	16	00:29:35.4	07:23		13 00:05:52.5	8	01:12:39.0	17.3		15 00:03:13.6	13	00:38:27.9	12:24	02:29:48.5	
13	309 Anderson, Yvonne	777 Chisago, MN	15	00:23:50.4	05:57		5 00:02:17.8	13	01:27:52.3	14.3		4 00:01:13.4	15	00:44:15.2	14:16	02:39:29.3	
14	313 Casper, Dannette	644 Minnetonka, MN	12	00:18:42.2	04:40		17 00:06:35.7	15	01:37:23.0	12.9		13 00:03:10.7	12	00:37:14.9	12:00	02:43:06.8	
15	320 Rose, Beth	767 Wyoming, MN	17	00:30:41.8	07:40		11 00:04:42.7	14	01:33:09.9	13.5		11 00:02:25.2	10	00:36:40.1	11:49	02:47:39.9	
16	324 Tane, Katherine	757 St Paul, MN	13	00:19:48.7	04:57		10 00:03:35.1	16	01:42:16.8	12.3		16 00:03:36.4	16	00:49:54.6	16:06	02:59:11.9	
17	330 Sery, Lindsay	979 Ham Lake, MN	14	00:21:39.9	05:24		12 00:05:52.3	17	01:48:33.2	11.6		17 00:05:16.1	17	00:55:58.5	18:03	03:17:20.2	
	Bohlander, Shari	1023 Cedar, MN														DNS	
	Dillon, Julia	628 Hudson, WI														DNS	
55-59			Age Group Field: 5														
1	44 Minder, Jeanne	865 Shoreview, MN	1	00:11:08.3	02:47		1 00:03:12.5	1	01:04:54.4	19.4		2 00:02:16.0	1	00:26:18.1	08:29	01:47:49.5	
2	197 Hunter, Peggy	936 White Bear	3	00:18:44.8	04:41		3 00:04:35.0	3	01:16:13.1	16.5		4 00:02:57.2	2	00:28:52.7	09:18	02:11:22.9	
3	233 Skildum, Corilee	750 Arden Hills, MN	2	00:14:49.4	03:42		2 00:03:49.2	2	01:16:06.2	16.5		3 00:02:30.7	3	00:40:23.6	13:01	02:17:39.3	
4	329 Nauen, Lindsay	756 St Paul, MN	4	00:26:50.2	06:42		4 00:05:37.1	4	01:34:48.5	13.2		5 00:03:20.4	5	00:59:08.2	19:04	03:09:44.7	
5	331 Zimmerman,	611 Amherst	5	00:36:19.9	09:04		5 00:06:27.2	5	01:39:12.1	12.7		1 00:02:15.4	4	00:53:13.8	17:10	03:17:28.6	
60-64			Age Group Field: 3														
1	238 Riley, Theresa	1271	1	00:15:58.1	03:59		1 00:03:08.1	3	01:24:53.3	14.8		2 00:02:21.3	2	00:32:40.7	10:32	02:19:01.7	
2	254 Flory, Rebecca	1115 St Paul, MN	3	00:22:18.2	05:34		2 00:04:31.4	2	01:21:49.6	15.3		1 00:02:18.4	1	00:30:55.1	09:58	02:21:52.8	
3	332 Magnuson, Alice	1251 St Paul, MN	2	00:20:03.7	05:00		3 00:08:23.5	1	00:11:43.9	107.			3	02:48:12.7		03:20:56.9	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
65-69			Age Group Field: 1														
1	299 Kaltenhauser,	641 Lindstrom, MN	1	00:23:46.8	05:56	1	00:04:19.6	1	01:27:20.7	14.4	1	00:02:41.7	1	00:36:42.2	11:50	02:34:51.2	

Clydesdale Sprint Distance

Division Field: 46

Age Group Field: 46

1	Jackson, Brian	810 Hazen, ND		00:09:45.3	02:26	4	00:01:32.0	1	00:55:55.5	22.5	10	00:00:57.6	1	00:23:15.8	07:30	01:31:26.6	
2	Rondorf, Jeremy	1098 Blaine, MN		00:11:57.1	02:59	5	00:01:36.3	2	00:56:58.5	22.1	13	00:01:04.7	2	00:23:19.6	07:31	01:34:56.4	
3	Van Sickle, Richard	679 Minneapolis,		00:10:11.9	02:32	7	00:01:59.3	5	00:58:52.6	21.4	2	00:00:37.9	16	00:27:44.8	08:57	01:39:26.6	
4	Elliason, David	1039 Northfield, MN		00:12:37.9	03:09	11	00:02:04.2	3	00:57:38.2	21.8	8	00:00:56.4	12	00:26:38.7	08:35	01:39:55.7	
5	Johnson, Peter	1220 Minneapolis,		00:13:28.8	03:22	2	00:01:23.4	6	01:00:07.5	20.9	27	00:01:45.8	5	00:24:57.3	08:03	01:41:43.1	
6	Frischman, Matt	1265 Minneapolis,		00:13:09.6	03:17	1	00:01:10.9	10	01:01:02.3	20.6	16	00:01:10.1	8	00:25:25.5	08:12	01:41:58.5	
7	Keller, Andrew	1099 Saint Paul, MN		00:12:21.0	03:05	3	00:01:31.3	4	00:58:27.3	21.5	22	00:01:33.7	17	00:28:09.2	09:04	01:42:02.6	
8	Olson, Erik	668 Shakopee, MN		00:13:15.1	03:18	15	00:02:18.6	7	01:00:19.4	20.8	17	00:01:16.4	6	00:25:16.9	08:09	01:42:26.6	
9	Ryan, Neil	803 Indianapolis, IN		00:13:06.3	03:16	12	00:02:05.0	12	01:02:15.8	20.2	7	00:00:54.0	4	00:24:39.8	07:57	01:43:01.0	
10	Brander, Marc	1026 New Brighton,		00:12:20.5	03:05	10	00:02:03.6	13	01:02:41.8	20.0	28	00:01:51.4	3	00:24:11.5	07:48	01:43:09.0	
11	Hentges, Andy	793 Lakeville, MN		00:13:47.0	03:26	9	00:02:00.0	15	01:02:51.0	20.0	12	00:01:03.2	7	00:25:23.8	08:11	01:45:05.3	
12	Garvis, Bill	862 Plymouth, MN		00:15:18.0	03:49	19	00:02:29.0	8	01:00:33.2	20.8	20	00:01:24.8	10	00:25:54.0	08:21	01:45:39.2	
13	Lichty, Marshall	920 Minneapolis,		00:09:52.9	02:28	8	00:01:59.7	22	01:05:11.0	19.3	5	00:00:47.7	20	00:29:30.4	09:31	01:47:21.9	
14	Allen, Milo	1281 Chisaog City,		00:15:50.0	03:57	28	00:02:53.7	14	01:02:50.2	20.0	9	00:00:56.7	9	00:25:48.0	08:19	01:48:18.7	
15	Niemeier, Anthony	875 Minneapolis,		00:11:36.6	02:54	26	00:02:50.0	18	01:04:17.4	19.5	14	00:01:06.5	19	00:29:24.4	09:29	01:49:15.2	
16	Turinske, Robert	677 White Bear		00:13:00.3	03:15	20	00:02:31.7	19	01:04:54.6	19.4	18	00:01:16.7	15	00:27:35.5	08:54	01:49:19.0	
17	Rehrig, Mark	902 Sillwater, MN		00:11:01.6	02:45	16	00:02:18.9	16	01:03:52.7	19.7	25	00:01:42.9	24	00:31:26.1	10:08	01:50:22.4	
18	Bergeron, Joshua	1244 Lindstrom, MN		00:13:29.5	03:22	25	00:02:46.9	28	01:08:05.4	18.5	6	00:00:51.8	11	00:26:04.9	08:24	01:51:18.8	
19	Ramsey, Brian	678 Minneapolis,		00:12:28.9	03:07	17	00:02:24.4	17	01:04:16.4	19.6	36	00:02:10.4	23	00:31:20.4	10:06	01:52:40.7	
20	Bergeron, Justin	952 Andover, MN		00:12:16.2	03:04	35	00:04:03.8	24	01:05:35.0	19.2	29	00:01:53.0	21	00:29:32.1	09:31	01:53:20.3	
21	Wegwerth, Bill	774 Maplewood, MN		00:15:16.2	03:49	29	00:03:03.4	26	01:07:31.6	18.6	3	00:00:42.0	14	00:27:03.9	08:43	01:53:37.3	
22	Mclaughlin, John	925 Eagan, MN		00:19:11.0	04:47	27	00:02:52.2	9	01:00:59.9	20.6	41	00:02:52.5	18	00:28:34.6	09:13	01:54:30.5	
23	Campbell, Brian	953 St Louis Park,		00:13:43.2	03:25	14	00:02:18.3	21	01:05:06.8	19.3	37	00:02:21.1	26	00:32:03.6	10:20	01:55:33.3	
24	Fertch, Shawn	985 Forest Lake, MN		00:13:29.4	03:22	32	00:03:21.9	23	01:05:30.3	19.2	38	00:02:34.5	29	00:32:29.6	10:28	01:57:26.0	
25	Thompson,	1042 Minneapolis,		00:17:02.3	04:15	24	00:02:46.8	11	01:02:06.0	20.2	33	00:02:00.4	31	00:33:50.7	10:55	01:57:46.4	
26	Labarre, Craig	718 Wyoming, MN		00:15:16.7	03:49	18	00:02:26.8	27	01:07:32.8	18.6	30	00:01:54.4	30	00:32:57.2	10:37	02:00:08.1	
27	Obrien, Doran	907		00:15:00.7	03:45	22	00:02:36.8	25	01:07:02.8	18.7	23	00:01:39.2	33	00:36:49.1	11:52	02:03:08.9	
28	Boblit, Joel	1097 Somerset, WI		00:14:47.5	03:41	6	00:01:55.9	30	01:09:12.4	18.2	19	00:01:19.7	32	00:36:12.8	11:40	02:03:28.5	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		21 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
29	Hannon, Tim	872 Blaine, MN		00:15:20.0	03:50	38	00:04:15.8	34	01:12:59.3	17.2	34	00:02:05.8	22	00:29:35.1	09:32	02:04:16.3	
30	Pederson, David	951 Duluth, MN		00:16:16.2	04:04	23	00:02:44.0	20	01:05:00.9	19.3	24	00:01:40.0	37	00:40:12.0	12:58	02:05:53.3	
31	Nelsen, Todd	576 Cottage Grove,		00:20:01.9	05:00	34	00:03:49.8	36	01:16:36.4	16.4	4	00:00:44.0	13	00:26:51.0	08:39	02:08:03.3	
32	Hemmesch, David	606 North Branch,		00:14:18.5	03:34	21	00:02:31.7	39	01:19:01.5	15.9	11	00:00:59.5	28	00:32:20.0	10:25	02:09:11.5	
33	Schiltz, Tim	783 Coon Rapids,		00:15:02.2	03:45	13	00:02:09.6	29	01:08:25.9	18.4	39	00:02:44.6	42	00:45:37.1	14:42	02:13:59.5	
34	Zemlin, Robert	733 Lindstrom, MN		00:12:50.2	03:12	40	00:04:49.3	37	01:16:52.2	16.3	31	00:01:56.2	36	00:38:19.9	12:21	02:14:47.9	
35	Nelsen, Chris	570 Cottage Grove,		00:21:06.9	05:16	30	00:03:14.4	35	01:13:13.3	17.2	1	00:00:31.3	35	00:37:43.9	12:10	02:15:50.0	
36	Arnold, Jeremy	768 Machesney		00:14:52.0	03:43	31	00:03:18.2	33	01:12:52.7	17.2	21	00:01:30.3	41	00:44:32.4	14:22	02:17:05.8	
37	Obst, Andrew	699 Scandia, MN		00:18:38.5	04:39	36	00:04:03.8	40	01:19:55.5	15.7	40	00:02:46.0	27	00:32:09.4	10:22	02:17:33.5	
38	Schlender, Scott	605 Lindstrom, MN		00:20:11.5	05:02	39	00:04:40.7	31	01:09:56.8	18.0	35	00:02:05.9	38	00:41:04.1	13:14	02:17:59.2	
39	Krueger, Chad	1083 Lakeville, MN		00:17:41.6	04:25	41	00:06:00.9	32	01:10:17.0	17.9	26	00:01:44.2	40	00:43:11.9	13:56	02:18:55.8	
40	Agrigoroae Bolos,	546 Maple Grove,		00:14:57.2	03:44	33	00:03:43.0	38	01:18:07.9	16.1	32	00:01:59.2	39	00:42:38.8	13:45	02:21:26.3	
41	Callanan, Dan	926 River Falls, WI		00:15:30.7	03:52	37	00:04:15.2	42	01:24:02.7	14.9	15	00:01:07.8	34	00:36:52.5	11:53	02:21:49.1	
42	Sonaglia, Mark	786 Ham Lake, MN		00:20:14.5	05:03	43	00:07:06.5	41	01:23:23.6	15.1	42	00:05:10.8	25	00:32:01.1	10:19	02:27:56.7	
43	Peterson, Paul	944 Chisago City,		00:21:05.7	05:16	42	00:06:31.6	43	01:32:32.4	13.6			43	02:17:29.5		02:42:16.9	
	Monson, Doug	749 Forest Lake, MN															DNS
	Kreuziger, Travis	685 Inver Grove															DNS
	Leger, Joel	553 Blaine, MN															DNS

Athena Sprint Distance

Division Field: 26

Age Group Field: 26

1	Ansari, Rebecca	847 Golden Valley,		00:13:50.0	03:27	15	00:03:37.0	1	01:06:22.0	18.9	8	00:01:25.4	5	00:29:52.7	09:38	01:55:07.2	
2	Engen, Susan	903 Edina, MN		00:14:29.9	03:37	4	00:02:10.1	4	01:09:20.0	18.1	1	00:00:48.6	2	00:28:21.0	09:08	01:55:09.8	
3	Grossman, Nicole	1056 Lindstrom, MN		00:18:28.4	04:37	1	00:01:34.7	3	01:08:24.4	18.4	3	00:00:50.2	3	00:29:23.6	09:28	01:58:41.6	
4	Ferber, Annika	791 Brooklyn		00:13:56.0	03:29	7	00:02:30.5	14	01:14:46.9	16.8	5	00:01:13.8	1	00:27:45.5	08:57	02:00:12.9	
5	Person, Patricia	819 Minneapolis,		00:15:34.7	03:53	18	00:04:35.9	2	01:07:30.7	18.6	17	00:02:32.9	6	00:31:02.1	10:00	02:01:16.5	
6	Marti, Amber	1215 St Louis Park		00:11:52.9	02:58	3	00:02:06.8	8	01:11:37.4	17.5	14	00:02:08.2	12	00:35:15.5	11:22	02:03:01.1	
7	Antisdell, Della	804 Stacy, MN		00:16:04.9	04:01	8	00:02:33.7	7	01:11:07.3	17.7	2	00:00:49.6	9	00:33:08.3	10:41	02:03:44.0	
8	Wall, Jennifer	883 Prior Lake, MN		00:18:34.6	04:38	11	00:02:42.0	9	01:12:00.7	17.4	13	00:02:05.9	4	00:29:24.1	09:29	02:04:47.5	
9	Kangas, Kerri	771 Coon Rapids,		00:18:12.0	04:33	5	00:02:22.3	11	01:12:42.3	17.3	12	00:02:02.0	7	00:31:49.8	10:16	02:07:08.7	
10	Sackett, Marcella	959 Bloomington,		00:17:51.6	04:27	16	00:03:41.7	5	01:09:51.0	18.0	19	00:02:52.8	10	00:33:29.9	10:48	02:07:47.1	
11	Stewart, Carla	753 Brooklyn Park,		00:14:29.0	03:37	19	00:04:39.0	6	01:10:55.6	17.7	20	00:03:10.1	15	00:36:49.5	11:52	02:10:03.4	
12	Hankel, Sarah	1130 Minneapolis,		00:16:38.4	04:09	2	00:02:06.3	12	01:13:10.6	17.2	9	00:01:26.4	17	00:37:41.2	12:09	02:11:03.1	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		21 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
13	Flohaug, Ginger	868 Blaine, MN		00:18:13.5	04:33	6	00:02:25.8	13	01:13:12.3	17.2	11	00:01:52.0	13	00:35:59.5	11:36	02:11:43.3	
14	Hutton, Tricia	1040 No St Paul, MN		00:17:09.1	04:17	9	00:02:37.3	10	01:12:05.9	17.4	18	00:02:37.6	18	00:38:55.4	12:33	02:13:25.5	
15	Greene, Caroline	1167 Shafer, MN		00:12:37.1	03:09	14	00:02:56.2	15	01:19:58.8	15.7	16	00:02:26.3	16	00:36:49.6	11:52	02:14:48.2	
16	Linder-hewitt, Amy	861 Farmington, MN		00:19:14.7	04:48	13	00:02:52.6	16	01:20:40.4	15.6	10	00:01:34.1	8	00:32:58.8	10:38	02:17:20.8	
17	Bies, Jennifer	867 Forest Lake, MN		00:15:09.9	03:47	12	00:02:46.9	18	01:21:46.6	15.4	6	00:01:23.3	19	00:39:52.1	12:51	02:20:59.0	
18	Koper, Jennifer	1015 St Paul, MN		00:16:43.4	04:10	10	00:02:39.9	17	01:21:06.6	15.5	4	00:01:01.8	21	00:45:25.7	14:39	02:26:57.7	
19	Hummelgard,	906 Stillwater, MN		00:10:23.8	02:35	17	00:04:01.5	21	01:35:35.1	13.1	7	00:01:23.4	14	00:36:45.2	11:51	02:28:09.3	
20	Leclaire, Brooke	1245 Lakeville, MN		00:15:35.8	03:53	21	00:05:42.0	20	01:31:00.9	13.8	21	00:03:14.8	11	00:33:56.7	10:57	02:29:30.5	
21	Florenzano, Anne	814 Eden Prairie,		00:18:17.6	04:34	20	00:05:37.1	19	01:27:34.1	14.3	15	00:02:25.1	20	00:45:06.9	14:33	02:39:00.9	
	Withrow, Amber	1274 Crystal, MN														DNS	
	Peitso, Dana	965 Ramsey, MN														DNS	
	Desouza, Laura	909 Mpls, MN														DNS	
	Japs, Stephanie	932 Minneapolis,														DNS	
	King, Krysten	824 North Branch,														DNS	

Team - Sprint Distance Relay	0.25 mi swim	T-1	21 mi bike	T-2	3.1 mi run	7/26/2009										
Place	PL	swim	Pace m/100m PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen		
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

Team - Sprint Distance Relay Triathlon Field: 34

Relay Team Sprint Distance Division Field: 34

Age Group Field: 34

1	Sander, Merilee	1309	Northfield, MN	Merilee Sander	00:09:11.3	02:17	8	00:00:46.9	1	00:56:54.3	22.1	7	00:00:22.8	1	00:18:22.8	05:55	01:25:38.3
2	Losinski, Heidi	1216	Mahtomedi, MN	Heidi Losinski	00:10:10.9	02:32	5	00:00:39.6	4	00:59:31.0	21.1	29	00:00:54.8	6	00:22:45.2	07:20	01:34:01.7
3	Peltier, Sharron	660	Stacy, MN	Sharron Peltier	00:11:53.1	02:58	3	00:00:36.5	2	00:59:25.2	21.2	1	00:00:11.1	5	00:21:56.3	07:04	01:34:02.5
4	Boren, Kevin	794	Woodbury, MN	Kevin Boren	00:11:41.3	02:55	7	00:00:44.3	3	00:59:29.2	21.1	8	00:00:23.2	10	00:24:56.1	08:02	01:37:14.2
5	Wolf, Brian	1161	St. Louis Park,	Brian Wolf	00:16:04.4	04:01	4	00:00:38.7	9	01:02:13.1	20.2	16	00:00:31.6	2	00:20:19.8	06:33	01:39:47.8
6	Zahn, Jeffrey	748	Green Bay, WI	Jeffrey Zahn	00:15:38.4	03:54	19	00:00:55.4	8	01:01:56.1	20.3	14	00:00:31.1	4	00:21:16.5	06:51	01:40:17.6
7	Williams, Bob	1084	Maple Grove,	Bob Williams	00:12:00.2	03:00	1	00:00:33.1	5	00:59:39.0	21.1	13	00:00:31.0	18	00:28:49.8	09:18	01:41:33.3
8	Hollenbeck, Brian	911	Coon Rapids,	Brian Hollenbeck	00:11:13.3	02:48	2	00:00:36.1	17	01:13:56.3	17.0	2	00:00:12.0	3	00:20:51.2	06:43	01:46:49.0
9	James, Ted	893	Scandia, ME	Ted James	00:14:21.6	03:35	6	00:00:42.7	7	01:01:51.7	20.3	33	00:01:57.3	15	00:28:12.9	09:06	01:47:06.3
10	Finken, Paul	1241	St Paul, MN	Paul Finken	00:12:01.9	03:00	32	00:02:01.4	10	01:03:45.2	19.7	28	00:00:54.6	19	00:28:58.5	09:20	01:47:41.8
11	Hulbert, Deb	848	Forest Lake, MN	Deb Hulbert	00:15:29.8	03:52	16	00:00:53.6	12	01:09:11.0	18.2	6	00:00:22.4	13	00:26:12.8	08:27	01:52:09.9
12	Evensen, Brooke	1269		Brooke Evensen	00:09:09.2	02:17	20	00:00:56.0	15	01:12:27.3	17.3	9	00:00:24.2	20	00:29:21.6	09:28	01:52:18.4
13	Stevenson, Emily	912	Woodbury, MN	Emily Stevenson	00:18:26.5	04:36	14	00:00:51.4	11	01:09:09.3	18.2	4	00:00:20.0	8	00:24:08.1	07:47	01:52:55.4
14	Turman, Austin	1232	Lindstrom, MN	Austin Turman	00:15:51.3	03:57	21	00:00:57.8	6	01:01:48.0	20.3	25	00:00:53.0	28	00:35:51.8	11:34	01:55:22.2
15	Virga Jr, Joseph	1029	Lindstrom, MN	Joseph Virga Jr	00:12:58.0	03:14	12	00:00:50.6	21	01:15:52.7	16.6	3	00:00:14.3	11	00:25:47.9	08:19	01:55:43.6
16	Miller, Jennifer	1028	Golden Valley,	Jennifer Miller	00:13:38.6	03:24	9	00:00:47.9	18	01:15:01.7	16.7	11	00:00:29.5	12	00:25:56.7	08:22	01:55:54.6

Team - Sprint	Distance	Relay	0.25 mi swim	T-1	21 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	Morin, Katie	873 St Paul, MN	Katie Morin	00:13:50.5	03:27	15	00:00:51.5	23	01:17:57.1	16.1	18	00:00:35.7	14	00:26:25.2	08:31	01:59:40.2
18	Grubis, Kara	795 Tucson, AZ	Kara Grubis	00:17:48.9	04:27	30	00:01:28.0	22	01:17:19.9	16.2	27	00:00:53.9	9	00:24:15.1	07:49	02:01:46.0
19	Degonda, Lois	763 Chisago City,	Lois DeGonda	00:11:51.6	02:57	27	00:01:08.2	14	01:12:06.2	17.4	12	00:00:30.9	29	00:36:55.1	11:54	02:02:32.2
20	Bennett, Curtis	1185 Chisago City,	Curtis Bennett	00:12:32.6	03:08	18	00:00:54.4	25	01:19:58.6	15.7	26	00:00:53.7	16	00:28:20.9	09:08	02:02:40.4
21	Kulvich, Kim	607 St Paul, MN	Kim Kulvich	00:14:44.0	03:41	29	00:01:10.6	16	01:12:49.4	17.3	10	00:00:24.5	27	00:34:45.3	11:12	02:03:54.0
22	Steele, Niki	1162 Viroqua, WI	Niki Steele	00:16:31.1	04:07	22	00:01:01.0	19	01:15:06.4	16.7	15	00:00:31.3	23	00:31:14.3	10:04	02:04:24.3
23	Jaedike, Kris	940 Shoreview, MN	Kris Jaedike	00:18:04.8	04:31	28	00:01:09.3	20	01:15:13.1	16.7	31	00:01:38.1	17	00:28:32.1	09:12	02:04:37.6
24	Emond, Audie	954 West St. Paul,	Audie Emond	00:17:07.2	04:16	26	00:01:07.3	24	01:19:25.5	15.8	5	00:00:20.1	21	00:29:21.9	09:28	02:07:22.1
25	Larson, Ashley	1206 Maple Grove,	Ashley Larson	00:12:29.2	03:07	13	00:00:50.8	26	01:21:43.9	15.4	23	00:00:48.2	26	00:32:41.2	10:32	02:08:33.5
26	Walters, Mary	1341 Forest Lake, MN	Mary Walters	00:09:51.9	02:27	24	00:01:04.9	30	01:30:47.3	13.8	24	00:00:48.4	24	00:31:20.9	10:06	02:13:53.6
27	Miller, Robb	1027 Golden Valley,	Robb Miller	00:14:09.1	03:32	10	00:00:48.1	33	01:34:43.5	13.3	20	00:00:37.6	7	00:23:48.3	07:40	02:14:06.7
28	Snell, Doreen	1051 Osceola, WI	Doreen Snell	00:14:20.0	03:35	17	00:00:53.8	28	01:26:07.6	14.6	32	00:01:43.3	25	00:32:17.7	10:25	02:15:22.5
29	Mcbride, Jennifer	869 International	Jennifer McBride	00:13:20.4	03:20	23	00:01:03.1	29	01:26:51.0	14.5	17	00:00:32.7	33	00:41:58.0	13:32	02:23:45.5
30	Jones, Brenda	870 International	Brenda Jones	00:22:47.0	05:41	11	00:00:48.9	27	01:23:42.8	15.0	22	00:00:40.0	31	00:39:03.8	12:36	02:27:02.7
31	Wagner, Don	989 Elko, MN	Don Wagner	00:14:06.2	03:31	31	00:01:39.3	32	01:33:53.6	13.4	30	00:01:18.3	30	00:37:02.5	11:56	02:28:00.2
32	Cook, Alison	1030 St Paul, MN	Alison Cook	00:15:20.2	03:50	25	00:01:06.6	31	01:33:10.5	13.5	19	00:00:37.3	32	00:40:13.4	12:58	02:30:28.2
33	Oelerich, David	1205 Derry, NH	David Oelerich	00:11:04.4	02:46	33	00:58:10.1	13	01:12:00.4	17.4	21	00:00:39.3	22	00:31:11.5	10:03	02:53:05.9
	Edwards, Ruth	715 Minnetonka, MN	Ruth Edwards													DNS