

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

**0.25 mi swim**

**21 mi bike**

**3.1 mi run**

**Division Results**

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

Place	Div/Age	Name	Bib	PL	swim	Pace m/100m	PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen	Pen	description
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**Individual - Sprint Distance Triathlon**

Field: 822

**Male Sprint Distance**

Division Field: 375

1		Parish, Patrick	530	Circle Pines, MN	14	00:09:31.0	02:22	1	00:00:32.8	4	00:48:46.1	25.8	5	00:00:16.9	4	00:18:03.3	05:49			01:17:10.2
2	1	Penticoff, Scott	518	Woodbury, MN	6	00:09:00.4	02:15	13	00:00:57.0	7	00:50:09.8	25.1	7	00:00:21.7	3	00:17:57.2	05:47			01:18:26.3
3	1	Blankenheim, Josh	523	Duluth, MN	9	00:09:07.1	02:16	8	00:00:48.6	9	00:50:40.8	24.8	3	00:00:15.6	1	00:17:37.4	05:41			01:18:29.7
4	2	Pshon, Anton	529	St Paul, MN	20	00:09:44.9	02:26	9	00:00:50.5	8	00:50:21.6	25.0	14	00:00:26.6	9	00:19:20.6	06:14			01:20:44.4
5	1	Olson, Tyler	540	Minneapolis,	18	00:09:39.8	02:24	18	00:01:02.2	5	00:49:48.6	25.2	12	00:00:25.4	25	00:20:47.3	06:42			01:21:43.4
6	1	Petrie, Tim	516	Fond Du Lac, WI	68	00:11:31.0	02:52	7	00:00:48.3	10	00:51:41.3	24.3	2	00:00:15.2	8	00:18:54.9	06:06			01:23:10.7
7	2	Keil, J Matt	517	Minneapolis,	5	00:08:57.4	02:14	11	00:00:54.5	17	00:53:40.4	23.4	13	00:00:25.6	10	00:19:24.5	06:15			01:23:22.4
8	3	Gelvez, Edwing	1317	Minneapolis,	17	00:09:35.3	02:23	3	00:00:38.7	13	00:52:10.0	24.1	110	00:01:01.0	19	00:20:22.4	06:34			01:23:47.6
9	3	Bates, Ananda	510	Minneapolis,	45	00:10:58.2	02:44	4	00:00:42.1	20	00:53:58.4	23.3	4	00:00:16.1	6	00:18:18.9	05:54			01:24:13.8
10	2	Heinlein Iii, John	503	Stillwater, MN	28	00:10:16.6	02:34	2	00:00:38.2	11	00:51:59.1	24.2	10	00:00:22.8	31	00:21:07.6	06:48			01:24:24.5
11	1	Grebner, Jeff	671	St. Paul, MN	12	00:09:23.8	02:20	65	00:01:32.5	14	00:52:58.1	23.7	26	00:00:34.2	22	00:20:40.7	06:40			01:25:09.6
12	4	Tabor, Chip	544	Shoreview, MN	23	00:09:57.4	02:29	28	00:01:10.3	25	00:54:29.8	23.1	17	00:00:30.4	11	00:19:34.1	06:18			01:25:42.1
13	2	Brown, Robert	511	Hopkins, MN	21	00:09:48.5	02:27	26	00:01:08.6	21	00:54:04.4	23.3	22	00:00:32.6	17	00:20:19.1	06:33			01:25:53.3
14	2	Hoover, Rick	910	Rochester, MN	52	00:11:06.4	02:46	10	00:00:52.9	6	00:50:02.1	25.1	16	00:00:28.6	80	00:23:42.7	07:38			01:26:13.0
15	3	Clauson, Holden	507	Stillwater, MN	22	00:09:50.8	02:27	58	00:01:28.8	12	00:52:06.2	24.1	69	00:00:49.5	52	00:22:21.9	07:12			01:26:37.5
16	3	Becker, Kurt	1203	Afton, MN	8	00:09:03.9	02:15	5	00:00:43.9	30	00:55:09.9	22.8	119	00:01:03.9	44	00:21:55.6	07:04			01:27:57.4
17	5	Downare, Taggart	569	St Cloud, MN	64	00:11:27.2	02:51	17	00:01:01.0	16	00:53:29.3	23.5	8	00:00:22.5	39	00:21:42.5	07:00			01:28:02.7
18	4	Donnelly, Paul	513	Minneapolis,	81	00:11:42.9	02:55	20	00:01:04.1	38	00:56:19.7	22.3	37	00:00:38.5	5	00:18:17.7	05:54			01:28:03.1
19	1	Gillespie, Dylan	736	Murine, MN	3	00:08:27.4	02:06	54	00:01:26.5	41	00:56:44.0	22.2	1	00:00:14.7	34	00:21:16.4	06:51			01:28:09.2
20	5	Kurhasetz, Rich	538	Robbinsdale,	70	00:11:33.9	02:53	31	00:01:12.6	15	00:53:01.0	23.7	32	00:00:34.9	40	00:21:47.0	07:01			01:28:09.6
21	6	Kelley, Bill	1337	Wrenshall, MN	30	00:10:21.0	02:35	44	00:01:21.2	24	00:54:28.2	23.1	48	00:00:42.4	35	00:21:27.0	06:55			01:28:20.0
22	1	Swanson, David	519	St Paul, MN	50	00:11:05.0	02:46	15	00:00:57.8	29	00:55:08.8	22.8	18	00:00:30.5	32	00:21:11.0	06:50			01:28:53.2
23	4	Barrios, Nolan	502	Stillwater, MN	43	00:10:55.6	02:43	22	00:01:05.7	34	00:55:53.0	22.5	11	00:00:24.6	24	00:20:45.4	06:41			01:29:04.5
24	1	Burbach, Daniel	527	Manitowoc, WI	34	00:10:39.2	02:39	32	00:01:13.6	27	00:54:38.6	23.0	53	00:00:43.6	43	00:21:55.5	07:04			01:29:10.5
25	2	Robb, Jim	525	Maple Grove,	42	00:10:54.2	02:43	12	00:00:54.8	22	00:54:07.5	23.2	23	00:00:33.2	58	00:22:44.8	07:20			01:29:14.7
26	5	Davis, Craig	505	Mounds View,	24	00:09:59.8	02:29	39	00:01:18.2	32	00:55:34.0	22.6	20	00:00:31.7	49	00:22:09.5	07:08			01:29:33.3

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	Pen	description
Div/Age																			
27	3	Vesterstein, Kirk	555	Duluth, MN	32	00:10:34.9	02:38	37	00:01:16.0	36	00:56:09.5	22.4	45	00:00:41.0	30	00:21:06.0	06:48		01:29:47.5
28	7	Proulx, Justin	1068	Woodbury, MN	1	00:08:18.7	02:04	158	00:02:28.8	31	00:55:15.6	22.8	121	00:01:05.7	74	00:23:26.2	07:33		01:30:35.1
29	1	Clark, Barry	522	Lacrosse, WI	75	00:11:37.2	02:54	16	00:00:59.6	19	00:53:56.3	23.3	25	00:00:33.8	79	00:23:36.9	07:37		01:30:44.0
30	6	Smith, Jared	1270	Minneapolis,	93	00:12:02.4	03:00	6	00:00:48.0	35	00:56:02.9	22.4	135	00:01:08.2	23	00:20:42.6	06:40		01:30:44.4
31	3	Strom, Ryan	820	St. Paul, MN	27	00:10:10.7	02:32	46	00:01:22.0	40	00:56:38.4	22.2	236	00:01:40.0	29	00:21:01.3	06:46		01:30:52.5
32	7	Koepp, Kristopher	1316	Rochester, MN	2	00:08:21.6	02:05	38	00:01:16.8	37	00:56:10.5	22.4	62	00:00:47.0	103	00:24:17.8	07:50		01:30:53.9
33	1	Colaizy, Michael	528		97	00:12:12.1	03:03	49	00:01:23.6	26	00:54:37.3	23.0	24	00:00:33.2	48	00:22:09.1	07:08		01:30:55.6
34	2	Smith, Samuel	1280	St Paul, MN	7	00:09:01.7	02:15	89	00:01:44.9	93	01:00:25.5	20.8	144	00:01:10.1	7	00:18:38.9	06:00		01:31:01.3
35	8	Theissen, Mark	1346		76	00:11:38.2	02:54	21	00:01:04.5	51	00:57:55.1	21.7	31	00:00:34.9	13	00:19:57.6	06:26		01:31:10.5
36	3	Dodds, Andy	1218	Apple Valley,	54	00:11:07.7	02:46	45	00:01:21.6	46	00:57:08.9	22.0	138	00:01:09.0	27	00:20:48.3	06:42		01:31:35.7
37	6	Egos, Andres	1344		4	00:08:52.2	02:13	40	00:01:19.1	33	00:55:48.6	22.5	46	00:00:41.2	131	00:24:57.5	08:03		01:31:38.8
38	8	Younes, Michael	537		35	00:10:40.1	02:40	53	00:01:25.3	53	00:57:59.2	21.7	112	00:01:01.3	41	00:21:47.1	07:01		01:32:53.1
39	4	Greenwald, Ben	1237	Minneapolis,	105	00:12:20.9	03:05	167	00:02:33.0	43	00:56:59.7	22.1	210	00:01:31.5	14	00:19:59.3	06:26		01:33:24.6
40	9	Stenzel, Steve	579	St Paul, MN	73	00:11:36.5	02:54	63	00:01:30.3	83	00:59:59.1	21.0	19	00:00:31.2	12	00:19:52.2	06:24		01:33:29.6
41	9	Hicks, Christian	1010	Robbinsdale,	11	00:09:20.3	02:20	94	00:01:46.0	73	00:59:24.6	21.2	163	00:01:13.7	46	00:21:58.6	07:05		01:33:43.3
42	7	Jensen, Chuck	654	Ramsey, MN	10	00:09:15.6	02:18	122	00:02:07.4	54	00:58:06.9	21.6	79	00:00:51.9	82	00:23:46.1	07:40		01:34:08.0
43	4	Lowe, Nick	759	Minnetonka, MN	181	00:14:03.2	03:30	71	00:01:34.8	59	00:58:23.7	21.5	288	00:02:11.3	2	00:17:55.3	05:46		01:34:08.6
44	4	Vaillancourt, Jim	1285	Shoreview, MN	145	00:13:17.0	03:19	142	00:02:20.7	49	00:57:31.0	21.9	115	00:01:01.9	26	00:20:47.3	06:42		01:34:58.1
45	5	Grice-patil, Zach	1312	Hopkins, MN	116	00:12:32.9	03:08	78	00:01:39.6	44	00:56:59.9	22.1	195	00:01:25.6	57	00:22:36.9	07:17		01:35:15.1
46	6	Thillen, Peter	1141	Minneapolis,	86	00:11:48.5	02:57	100	00:01:50.0	55	00:58:07.7	21.6	82	00:00:52.9	59	00:22:46.1	07:20		01:35:25.5
47	5	Schmitz, Matthew	1031	Maplewood, MN	141	00:13:15.3	03:18	121	00:02:05.4	23	00:54:25.1	23.1	204	00:01:29.9	101	00:24:13.8	07:48		01:35:29.7
48	10	Pearson, Taylor	1105	Holmen, WI	57	00:11:10.2	02:47	68	00:01:33.8	65	00:59:01.6	21.3	51	00:00:43.2	67	00:23:05.7	07:27		01:35:34.7
49	7	Wickens, Brett	842	Minneapolis,	37	00:10:45.7	02:41	57	00:01:28.4	121	01:02:14.9	20.2	47	00:00:41.3	21	00:20:34.7	06:38		01:35:45.2
50	8	Clements, David	1329	Rochester, MN	33	00:10:38.6	02:39	69	00:01:34.7	45	00:57:02.3	22.0	152	00:01:11.4	149	00:25:28.9	08:13		01:35:56.2
51	6	Berry, Donald	688	Stillwater, MN	196	00:14:25.9	03:36	51	00:01:24.0	42	00:56:55.2	22.1	113	00:01:01.5	50	00:22:11.0	07:09		01:35:57.7
52	7	Lee, Zach	982	Bloomington,	25	00:09:59.9	02:29	86	00:01:43.2	47	00:57:21.0	21.9	107	00:01:00.7	164	00:25:54.9	08:21		01:35:59.8
53	2	Duppong, Michael	742	Cottage Grove,	31	00:10:32.1	02:38	82	00:01:40.5	39	00:56:33.5	22.2	200	00:01:28.2	159	00:25:48.7	08:19		01:36:03.2
54	8	Mitchell, Jeff	1078	Minneapolis,	83	00:11:44.2	02:56	103	00:01:51.6	92	01:00:22.7	20.8	93	00:00:57.1	37	00:21:32.3	06:56		01:36:28.1
55	9	Nordy, Mark	1347	Center City, MN	29	00:10:19.7	02:34	30	00:01:12.0	72	00:59:22.8	21.2	65	00:00:47.6	122	00:24:46.4	07:59		01:36:28.7
56	11	Thillen, Sam	1143	Minneapolis,	51	00:11:05.5	02:46	148	00:02:23.7	58	00:58:19.8	21.6	80	00:00:52.1	92	00:24:01.1	07:44		01:36:42.3
57	10	Miner, Mark	1160	Eden Prairie,	113	00:12:31.3	03:07	56	00:01:28.4	50	00:57:45.7	21.8	132	00:01:07.9	87	00:23:51.4	07:41		01:36:45.0
58	4	Simpson, Michael	924	Minneapolis,	85	00:11:48.1	02:57	72	00:01:35.1	56	00:58:13.9	21.6	127	00:01:06.9	94	00:24:02.2	07:45		01:36:46.4
59	10	Tanaka, Tats	575	Saint Paul, MN	48	00:11:02.2	02:45	14	00:00:57.3	66	00:59:02.2	21.3	9	00:00:22.8	152	00:25:33.5	08:14		01:36:58.1

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	Pen	description
60	5 Laubscher, Rob	1359 Stillwater, MN	246	00:16:04.0	04:01	120	00:02:05.3						292	00:33:00.4		01:37:07.9			
61	3 Tedlund, Tom	521 Duluth, MN	264	00:16:33.8	04:08	87	00:01:43.6	28	00:54:58.5	22.9	74	00:00:50.9	73	00:23:22.0	07:32	01:37:28.9			
62	8 Johnson, Brent	659 Arden Hills, MN	15	00:09:31.6	02:22	43	00:01:21.2	162	01:04:52.2	19.4	187	00:01:23.3	18	00:20:21.3	06:33	01:37:29.7			
63	11 Shea, Peter	1273 Lakeville, MN	174	00:13:51.0	03:27	33	00:01:13.8	61	00:58:33.5	21.5	75	00:00:50.9	65	00:23:03.3	07:26	01:37:32.7			
64	9 Quigley, Brian	1070 Coon Rapids,	155	00:13:26.4	03:21	153	00:02:26.1	81	00:59:50.4	21.0	254	00:01:46.9	16	00:20:12.3	06:31	01:37:42.3			
65	12 Lightner, Drake	1324 St. Paul, MN	188	00:14:16.3	03:34	203	00:02:49.0	48	00:57:30.7	21.9	140	00:01:09.2	47	00:22:06.8	07:08	01:37:52.1			
66	13 Walker, Tim	1095 Minnetonka, MN	92	00:12:02.0	03:00	60	00:01:29.6	18	00:53:43.7	23.4	72	00:00:50.5	249	00:29:48.4	09:36	01:37:54.4			
67	2 Fahrner, Steve	1326 Minneapolis,	77	00:11:39.9	02:54	75	00:01:38.6	71	00:59:15.5	21.2	131	00:01:07.7	111	00:24:28.2	07:53	01:38:10.1			
68	10 Young, Justin	1314 St. Paul, MN	153	00:13:25.6	03:21	34	00:01:13.9	103	01:01:03.4	20.6	253	00:01:46.9	28	00:20:55.0	06:44	01:38:25.0			
69	9 Barclay, Benjamin	941 Saint Charles,	106	00:12:22.3	03:05	70	00:01:34.7	64	00:58:56.2	21.3	70	00:00:49.6	126	00:24:50.9	08:00	01:38:34.0			
70	10 Holmes, Sear	547 Chaska, MN	96	00:12:11.2	03:02	59	00:01:29.3	78	00:59:32.6	21.1	145	00:01:10.2	102	00:24:13.9	07:49	01:38:37.4			
71	12 Pelto, Philip	825 Minneapolis,	149	00:13:22.8	03:20	190	00:02:44.2	60	00:58:24.8	21.5	99	00:00:59.3	71	00:23:14.2	07:29	01:38:45.5			
72	6 Purkey, Todd	636 Apple Valley,	67	00:11:30.8	02:52	47	00:01:22.9	99	01:00:39.5	20.7	160	00:01:13.3	96	00:24:03.0	07:45	01:38:49.8			
73	7 Schultz, Mark	1110 Prior Lake, MN	56	00:11:08.7	02:47	55	00:01:26.5	107	01:01:10.3	20.5	52	00:00:43.5	129	00:24:53.9	08:01	01:39:23.1			
74	13 Skold, Daniel	1170 Hopkins, MN	60	00:11:13.1	02:48	61	00:01:29.8	134	01:03:03.0	19.9	128	00:01:07.0	55	00:22:35.3	07:17	01:39:28.5			
75	14 Sarrack, Anthony	809 Katy, TX	13	00:09:28.6	02:22	73	00:01:35.7	155	01:04:36.4	19.5	88	00:00:55.4	69	00:23:08.3	07:27	01:39:44.6			
76	15 Opdahl, Todd	966 Chisago City,	107	00:12:23.7	03:05	128	00:02:13.0	70	00:59:07.2	21.3	103	00:00:59.6	133	00:25:01.4	08:04	01:39:45.2			
77	11 Overby, Tyler	964 Duluth, MN	140	00:13:15.0	03:18	80	00:01:39.9	57	00:58:17.5	21.6	90	00:00:55.7	154	00:25:36.9	08:15	01:39:45.2			
78	4 Wynveen, Doug	1332 Osceola, WI	167	00:13:44.7	03:26	130	00:02:13.2	74	00:59:25.6	21.2	218	00:01:33.5	61	00:22:51.0	07:22	01:39:48.0			
79	8 Knutson, Randall	534 Mankato, MN	74	00:11:36.8	02:54	48	00:01:23.4	89	01:00:11.3	20.9	44	00:00:40.4	172	00:26:09.8	08:26	01:40:01.9			
80	14 Kandiko, Tom	1092 Excelsior, MN	80	00:11:42.8	02:55	140	00:02:20.2	82	00:59:51.3	21.0	238	00:01:40.5	121	00:24:41.6	07:57	01:40:16.6			
81	5 Tjosvold, Doug	1301 St Paul, Mn	108	00:12:23.8	03:05	81	00:01:40.0	90	01:00:16.6	20.9	125	00:01:05.9	125	00:24:50.7	08:00	01:40:17.3			
82	16 Ryshavy, John	591 Wayzata, MN	220	00:15:07.0	03:46	79	00:01:39.8	63	00:58:41.0	21.4	41	00:00:39.6	106	00:24:23.4	07:52	01:40:31.0			
83	11 Sroga, Jeremy	1111 Fridley, MN	39	00:10:51.9	02:42	265	00:03:30.5	126	01:02:36.1	20.1	57	00:00:45.6	60	00:22:50.1	07:21	01:40:34.4			
84	11 Derung, Kevin	1118 Bethel, MN	193	00:14:24.9	03:36	25	00:01:07.7	76	00:59:31.6	21.1	258	00:01:47.9	85	00:23:49.5	07:41	01:40:41.9			
85	12 Ortlepp, Shane	1142 Andover, MN	59	00:11:13.0	02:48	66	00:01:33.2	102	01:00:53.2	20.6	167	00:01:15.2	163	00:25:54.9	08:21	01:40:49.7			
86	1 Oberman, Jack	1108 Waukee, IA	79	00:11:42.0	02:55	19	00:01:03.7	158	01:04:43.3	19.4	55	00:00:44.3	56	00:22:36.8	07:17	01:40:50.2			
87	12 Sandness, Craig	1043 Repulse Bay,	100	00:12:17.5	03:04	96	00:01:47.8	110	01:01:12.5	20.5	98	00:00:59.2	116	00:24:33.9	07:55	01:40:51.1			
88	13 Dingle, Michael	1164 Stillwater, MN	184	00:14:11.2	03:32	36	00:01:15.0	91	01:00:17.0	20.9	66	00:00:47.8	114	00:24:31.3	07:54	01:41:02.5			
89	9 Wesphal, Frith	968 Minneapoles,	126	00:12:58.9	03:14	99	00:01:48.5	86	01:00:04.9	20.9	175	00:01:19.2	130	00:24:56.8	08:02	01:41:08.4			
90	5 Good, Zach	1184 Stacy, MN	176	00:13:57.3	03:29	177	00:02:37.5	84	01:00:02.7	20.9	43	00:00:40.0	89	00:23:53.7	07:42	01:41:11.4			
91	13 Jeska-silrum, Seth	1019 Minneapolis,	130	00:13:03.8	03:15	137	00:02:18.5	87	01:00:07.1	20.9	233	00:01:38.5	97	00:24:05.0	07:46	01:41:13.0			
92	15 Dawson, Bevin	567 St. Paul, MN	40	00:10:52.3	02:43	242	00:03:11.0	138	01:03:15.5	19.9	224	00:01:34.8	51	00:22:20.1	07:12	01:41:13.8			

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	Pen	description
93	14 Devries, Jason	693	Lindstrom, MN	182	00:14:08.9	03:32	136	00:02:17.5	85	01:00:04.0	20.9	58	00:00:45.8	91	00:23:58.9	07:44			01:41:15.3
94	16 Samson, Peter	1100	Maple Grove,	171	00:13:47.6	03:26	29	00:01:11.0	114	01:01:33.2	20.4	54	00:00:43.9	113	00:24:30.0	07:54			01:41:45.9
95	15 Marx, Aaron	988	Hudson, WI	38	00:10:51.3	02:42	52	00:01:24.6	108	01:01:11.5	20.5	216	00:01:32.9	188	00:26:49.8	08:39			01:41:50.3
96	17 Buschini, Mark	705	Barron, WI	123	00:12:41.3	03:10	24	00:01:07.3	137	01:03:14.3	19.9	86	00:00:54.3	88	00:23:53.7	07:42			01:41:51.1
97	6 Hess, Nick	1016	Anoka, MN	144	00:13:16.9	03:19	187	00:02:42.5	150	01:03:59.6	19.6	188	00:01:23.5	20	00:20:34.5	06:38			01:41:57.2
98	18 Nagan, Evan	1150	Maple Grove,	78	00:11:40.5	02:55	85	00:01:42.2	144	01:03:34.7	19.8	141	00:01:09.2	86	00:23:51.2	07:41			01:41:58.1
99	14 Corbett, Dan	801	Northfield, MN	110	00:12:25.6	03:06	106	00:01:52.6	119	01:02:10.2	20.2	143	00:01:10.0	107	00:24:24.7	07:52			01:42:03.2
100	6 Stark, Charlie	702	Ham Lake, MN	163	00:13:42.1	03:25	280	00:03:44.9	52	00:57:56.8	21.7	279	00:02:04.0	119	00:24:40.2	07:57			01:42:08.2
101	10 Mclaughlin,	580	Center City, MN	135	00:13:11.6	03:17	104	00:01:51.8	96	01:00:28.3	20.8	146	00:01:10.2	156	00:25:37.7	08:16			01:42:19.9
102	11 Cliffe, Charles	1053	North Oaks, MN	55	00:11:08.6	02:47	101	00:01:50.2	80	00:59:50.4	21.0	116	00:01:03.1	219	00:28:28.2	09:11			01:42:20.6
103	19 Strawn, John	1109	Burnsville, MN	170	00:13:46.3	03:26	23	00:01:06.5	125	01:02:27.7	20.1	109	00:01:01.0	93	00:24:01.5	07:45			01:42:23.1
104	12 Kervina, Kevin	955	Duluth, MN	203	00:14:33.6	03:38	50	00:01:23.9	106	01:01:09.5	20.6	84	00:00:53.4	104	00:24:22.8	07:51			01:42:23.4
105	15 Cornwell, Charles	1197	Lakeville, MN	66	00:11:30.7	02:52	76	00:01:38.7	117	01:01:54.5	20.3	118	00:01:03.7	174	00:26:17.2	08:28			01:42:25.0
106	17 Swanson, Eric	1335	Anota, MN	162	00:13:41.8	03:25	139	00:02:19.0	111	01:01:18.3	20.5	30	00:00:34.6	115	00:24:32.1	07:54			01:42:26.0
107	20 Edmonson, Tim	1305		223	00:15:17.5	03:49	42	00:01:21.2	79	00:59:48.3	21.0	162	00:01:13.5	127	00:24:50.9	08:00			01:42:31.6
108	16 Iwan, Michael	563	Golden Valley,	282	00:17:30.7	04:22	93	00:01:45.4	75	00:59:26.1	21.1	63	00:00:47.1	68	00:23:07.0	07:27			01:42:36.5
109	13 Roeser, Ron	1131	New Richmond,	133	00:13:08.2	03:17	27	00:01:09.8	116	01:01:49.5	20.3	197	00:01:26.6	135	00:25:06.6	08:06			01:42:40.9
110	18 Sullivan, Mark	1219	Champlin, MN	98	00:12:14.8	03:03	152	00:02:25.5	118	01:01:56.5	20.3	230	00:01:37.3	112	00:24:28.9	07:53			01:42:43.3
111	17 Notch, Jon	762	Andover, MN	199	00:14:31.8	03:37	214	00:02:54.7	68	00:59:05.8	21.3	273	00:02:01.1	100	00:24:10.9	07:48			01:42:44.5
112	21 Bevars, Robert	751	Minneapolis,	210	00:14:42.6	03:40	131	00:02:14.0	124	01:02:27.2	20.1	42	00:00:39.9	64	00:23:01.8	07:25			01:43:05.7
113	22 Nordberg, Tim	667	Edina, MN	206	00:14:38.7	03:39	102	00:01:51.1	88	01:00:10.9	20.9	89	00:00:55.4	151	00:25:32.5	08:14			01:43:08.9
114	14 Sager, Chuck	554	Andover, MN	180	00:14:02.3	03:30	123	00:02:08.2	62	00:58:33.6	21.5	35	00:00:36.8	205	00:27:54.3	09:00			01:43:15.3
115	19 Rupert, Jason	675	Forest Lake, MN	91	00:12:01.5	03:00	225	00:03:00.1	101	01:00:49.3	20.7	302	00:02:37.1	124	00:24:47.7	07:59			01:43:15.8
116	18 Colford, John	1330	Champlain , MN	94	00:12:04.6	03:01	210	00:02:54.3	123	01:02:26.4	20.1	83	00:00:53.2	132	00:25:00.1	08:03			01:43:18.8
117	20 Delaune, Rob	680	Shoreview, MN	132	00:13:07.7	03:16	90	00:01:45.0	141	01:03:21.1	19.8	203	00:01:29.2	81	00:23:44.9	07:39			01:43:28.0
118	3 Winholtz, Mark	812	Andover, MN	125	00:12:54.3	03:13	112	00:01:58.3	67	00:59:02.3	21.3	87	00:00:55.2	223	00:28:42.9	09:15			01:43:33.2
119	19 Ensminger, Eric	691	Mequon, WI	152	00:13:24.5	03:21	98	00:01:48.4	113	01:01:27.1	20.5	64	00:00:47.4	178	00:26:26.0	08:31			01:43:53.5
120	16 Bailey, Steve	1091	Afton, MN	226	00:15:21.5	03:50	175	00:02:36.2	130	01:02:51.2	20.0	165	00:01:15.1	42	00:21:54.6	07:04			01:43:58.8
121	20 Mcgahey, Peter	1074	North Mankato,	237	00:15:54.3	03:58	64	00:01:32.0	120	01:02:12.3	20.2	67	00:00:48.1	78	00:23:36.7	07:37			01:44:03.5
122	7 Walsh, London	1213	Hudson, WI	46	00:11:00.9	02:45	176	00:02:36.8	166	01:05:22.1	19.2	96	00:00:58.2	99	00:24:09.3	07:47			01:44:07.6
123	23 Haas, Paul	1288	Arden Hills, MN	143	00:13:15.9	03:18	138	00:02:19.0	156	01:04:39.4	19.4	100	00:00:59.4	62	00:22:58.0	07:24			01:44:11.9
124	12 Betterman,	782	Denver, CO	122	00:12:40.8	03:10	116	00:02:04.2	161	01:04:49.4	19.4	246	00:01:44.3	63	00:22:59.7	07:25			01:44:18.6
125	13 Johnson, Andrew	1013	Andover, MN	178	00:13:58.8	03:29	146	00:02:23.4	131	01:02:53.4	20.0	209	00:01:31.3	76	00:23:32.9	07:35			01:44:20.1

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	Pen	description
126	21 Gallatin, Peter	857	Scandia, MN	69	00:11:33.4	02:53	118	00:02:04.5	171	01:05:29.9	19.2	151	00:01:11.3	95	00:24:02.9	07:45	01:44:22.3			
127	24 Ewen, Scott	706	St. Cloud, MN	88	00:11:52.1	02:58	35	00:01:14.7	159	01:04:46.0	19.4	102	00:00:59.6	150	00:25:30.1	08:13	01:44:22.7			
128	21 Blomquist,	813	Minneapolis,	19	00:09:43.0	02:25	157	00:02:28.6	152	01:04:22.1	19.5	169	00:01:17.0	181	00:26:33.5	08:34	01:44:24.5			
129	2 Turman, Avery	1229	Lindstrom, MN	47	00:11:01.6	02:45	172	00:02:35.1	168	01:05:23.9	19.2	171	00:01:17.5	118	00:24:38.9	07:57	01:44:57.2			
130	22 Reifschneider,	769	Forest Lake, MN	99	00:12:16.5	03:04	195	00:02:45.9	105	01:01:08.6	20.6	211	00:01:31.7	197	00:27:28.8	08:51	01:45:11.7			
131	25 Brouwer, Nicholas	619	North Branch,	190	00:14:19.5	03:34	180	00:02:39.0	178	01:06:06.1	19.0	40	00:00:39.5	38	00:21:39.2	06:59	01:45:23.4			
132	22 Driessen, Jack	542	Hugo, MN	119	00:12:37.7	03:09	209	00:02:53.4	139	01:03:15.6	19.9	194	00:01:25.2	143	00:25:16.2	08:09	01:45:28.2			
133	8 Hecht, Tyler	562	Somerset, WI	62	00:11:18.5	02:49	208	00:02:53.1	164	01:05:02.8	19.3	126	00:01:06.5	140	00:25:14.5	08:08	01:45:35.7			
134	23 Killilea, Peter	1255	Edina, MN	253	00:16:18.3	04:04	184	00:02:40.8	132	01:02:57.8	20.0	245	00:01:44.2	45	00:21:57.2	07:04	01:45:38.5			
135	23 Schupanitz,	1221	Champlin, MN	58	00:11:10.7	02:47	88	00:01:43.6	122	01:02:25.6	20.1	153	00:01:11.9	236	00:29:13.5	09:25	01:45:45.5			
136	14 Heggerston,	1179	Center City, MN	53	00:11:06.9	02:46	168	00:02:33.6	129	01:02:50.6	20.0	166	00:01:15.2	208	00:28:04.0	09:03	01:45:50.4			
137	7 Vaillancourt, Scott	1158	Roseville, MN	142	00:13:15.7	03:18	161	00:02:29.5	127	01:02:45.3	20.0	250	00:01:45.1	160	00:25:49.4	08:19	01:46:05.2			
138	24 Randall, Joseph	698	Maple Grove,	219	00:15:06.1	03:46	83	00:01:41.0	149	01:03:57.5	19.7	60	00:00:46.0	128	00:24:52.0	08:01	01:46:22.8			
139	25 Anderson, Robert	939	Elk River, MN	159	00:13:37.7	03:24	261	00:03:25.3	109	01:01:11.9	20.5	201	00:01:28.8	182	00:26:39.2	08:35	01:46:23.0			
140	15 Burr, Tom	1165	Rogers, MN	65	00:11:27.8	02:51	165	00:02:32.7	195	01:06:40.7	18.8	137	00:01:08.7	117	00:24:35.7	07:56	01:46:25.8			
141	16 Patton, Chris	1250	Plymouth, MN	227	00:15:26.4	03:51	329	01:04:06.6						134	00:25:06.1		01:46:44.2			
142	24 Swenke, Matthew	617	Apple Valley,	103	00:12:19.4	03:04	95	00:01:46.0	183	01:06:14.8	19.0	133	00:01:08.0	146	00:25:20.1	08:10	01:46:48.5			
143	26 Hoglund, Eric	981	Minneapolis,	187	00:14:16.2	03:34	129	00:02:13.1	143	01:03:30.7	19.8	322	00:03:44.6	66	00:23:04.7	07:26	01:46:49.5			
144	27 Johnson, Troy	943	Lakeville, MN	111	00:12:31.2	03:07	166	00:02:32.7	142	01:03:23.9	19.8	205	00:01:29.9	190	00:27:00.0	08:42	01:46:57.9			
145	26 Cascarano, Daniel	1067	Saint Anthony,														01:47:01.0			
146	25 Gerard, Jason	589	Hugo, MN	84	00:11:47.6	02:56	204	00:02:49.6	172	01:05:31.4	19.2	252	00:01:46.2	137	00:25:10.6	08:07	01:47:05.7			
147	8 Justinak, Vince	846	Blaine, MN	198	00:14:29.6	03:37	169	00:02:34.3	95	01:00:28.3	20.8	139	00:01:09.0	231	00:28:57.4	09:20	01:47:38.7			
148	28 Zarling, Darrick	1106	Vadnais	235	00:15:52.6	03:58	115	00:02:00.9	140	01:03:20.8	19.8	172	00:01:17.7	139	00:25:11.7	08:07	01:47:44.0			
149	26 Ries, Doug	1082	St Paul, MN	185	00:14:12.9	03:33	222	00:02:58.5	188	01:06:24.1	18.9	260	00:01:49.3	54	00:22:30.0	07:15	01:47:55.0			
150	27 Jackson, Steve	1200	W St Paul, MN	262	00:16:31.9	04:07	245	00:03:13.8	69	00:59:07.0	21.3	243	00:01:43.5	199	00:27:35.1	08:53	01:48:11.4			
151	17 Chiodo, Marc	632	Minneapolis,	205	00:14:37.4	03:39	74	00:01:37.7	104	01:01:05.4	20.6	255	00:01:47.0	235	00:29:08.8	09:24	01:48:16.4			
152	17 Kirschman, Chris	1499	Bethel, MN	317	00:20:49.7	05:12	105	00:01:52.4	77	00:59:32.3	21.1	190	00:01:24.0	120	00:24:41.1	07:57	01:48:19.8			
153	29 Tieole, Peter	545	River Falls, WI	16	00:09:31.7	02:22	191	00:02:44.3	214	01:08:26.4	18.4	15	00:00:28.1	193	00:27:11.9	08:46	01:48:22.6			
154	4 Benson, Thomas	972	Minneapolis,	192	00:14:22.5	03:35	260	00:03:24.9	98	01:00:30.0	20.8	184	00:01:22.2	230	00:28:56.4	09:20	01:48:36.0			
155	9 Wurdemann,	1129	Harris, MN	255	00:16:20.3	04:05	269	00:03:36.3	209	01:08:16.5	18.4	21	00:00:32.6	15	00:20:00.4	06:27	01:48:46.3			
156	28 Weiler, Nick	1190	Apple Valley,	239	00:15:56.0	03:59	202	00:02:48.6	136	01:03:10.0	19.9	92	00:00:57.1	162	00:25:54.8	08:21	01:48:46.6			
157	18 Romero, Brain	844	Chisago City,	101	00:12:18.5	03:04	181	00:02:39.1	186	01:06:21.8	18.9	148	00:01:10.3	180	00:26:31.5	08:33	01:49:01.4			
158	19 Maurer, Matt	1322	Rochester, MN	230	00:15:37.4	03:54	110	00:01:56.0	100	01:00:39.8	20.7	179	00:01:20.2	244	00:29:34.9	09:32	01:49:08.5			

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	Pen	description
Div/Age																			
159	2 Boardman, Tom	722	Stillwater, MN	216	00:14:54.1	03:43	234 00:03:06.9	148	01:03:53.7	19.7	186	00:01:23.2	177	00:26:23.7	08:30	01:49:41.8			
160	30 Erickson, Dan	1258	Lino Lakes, MN	128	00:13:00.9	03:15	179 00:02:37.9	163	01:05:01.5	19.3	94	00:00:58.0	209	00:28:04.0	09:03	01:49:42.5			
161	29 Prom, Matthew	1247	Minneapolis,	245	00:16:02.1	04:00	134 00:02:15.9	176	01:05:55.7	19.1	149	00:01:10.4	105	00:24:22.9	07:51	01:49:47.2			
162	31 Hofstad, Michael	984	Golden Valley,	104	00:12:20.2	03:05	124 00:02:08.5	179	01:06:07.1	19.0	235	00:01:39.8	201	00:27:43.7	08:56	01:49:59.5			
163	27 Ball, George	1022	Blaine, MN	177	00:13:58.4	03:29	141 00:02:20.5	226	01:09:33.8	18.1	34	00:00:35.9	77	00:23:33.2	07:35	01:50:02.0			
164	15 Legan, Sam	1355	Shoreview, MN	312	00:20:10.4	05:02	171 00:02:34.4	94	01:00:26.2	20.8	220	00:01:34.0	145	00:25:19.9	08:10	01:50:05.2			
165	30 Stignani, Matthew	967	Minneapolis,	41	00:10:53.1	02:43	255 00:03:20.9	244	01:10:48.5	17.7	136	00:01:08.5	90	00:23:57.5	07:43	01:50:08.6			
166	32 Wurdemann, Dr.	1125	North Branch,	265	00:16:34.1	04:08	125 00:02:09.6	170	01:05:26.9	19.2	85	00:00:54.0	147	00:25:21.5	08:10	01:50:26.3			
167	33 Rice, Perry	1353	Woodbury, MN	293	00:18:10.0	04:32	91 00:01:45.1	112	01:01:20.7	20.5	275	00:02:02.0	195	00:27:21.6	08:49	01:50:39.6			
168	18 Flaa, John	689	Plymouth, MN	150	00:13:22.9	03:20	133 00:02:15.7	193	01:06:35.9	18.9	295	00:02:21.6	167	00:26:06.2	08:25	01:50:42.4			
169	28 Peitso, Lance	1187		148	00:13:18.8	03:19	274 00:03:42.1	147	01:03:45.8	19.7	231	00:01:37.4	218	00:28:27.7	09:10	01:50:52.0			
170	3 Anderson, Dan	1327	Wautoma, WI	137	00:13:12.4	03:18	41 00:01:20.3	160	01:04:46.2	19.4	59	00:00:45.8	267	00:30:49.3	09:56	01:50:54.2			
171	5 Wilson, Roy	577	St Paul, MN	279	00:17:27.6	04:21	162 00:02:29.8	169	01:05:24.5	19.2	6	00:00:19.6	144	00:25:19.4	08:10	01:51:01.2			
172	29 Thoreson, Joel	1145	Saint Charles,	261	00:16:30.0	04:07	67 00:01:33.5	128	01:02:48.4	20.0	256	00:01:47.0	217	00:28:23.1	09:09	01:51:02.2			
173	19 Harmon, Bob	879	New Brighton,	278	00:17:26.4	04:21	223 00:02:58.7	154	01:04:32.2	19.5	81	00:00:52.2	141	00:25:16.1	08:09	01:51:05.8			
174	9 Rauschenfels,	588	Duluth, MN	201	00:14:32.7	03:38	111 00:01:57.5	133	01:03:00.2	19.9	134	00:01:08.1	262	00:30:39.0	09:53	01:51:17.6			
175	20 Leboff, Richard	711	Minneapolis,	204	00:14:34.7	03:38	170 00:02:34.4	187	01:06:21.9	18.9	213	00:01:31.8	179	00:26:30.1	08:32	01:51:33.1			
176	20 Gutzmann, Pete	1002	South St Paul,	288	00:17:43.9	04:25	113 00:02:00.3	115	01:01:34.4	20.4	105	00:00:59.8	239	00:29:20.9	09:28	01:51:39.4			
177	10 Skold, Cameron	1172	Hopkins, MN	117	00:12:36.3	03:09	264 00:03:29.6	232	01:10:05.6	17.9	248	00:01:44.9	83	00:23:47.4	07:40	01:51:44.0			
178	21 Oftelie, David	1147	Center City, MN	249	00:16:13.9	04:03	150 00:02:25.1	204	01:07:42.5	18.6	77	00:00:51.6	123	00:24:47.7	07:59	01:52:00.9			
179	21 Grund, John	1302	North	207	00:14:39.1	03:39	198 00:02:47.7	200	01:07:20.0	18.7	95	00:00:58.0	176	00:26:19.2	08:29	01:52:04.2			
180	22 Clysdale, Stephen	960	Mahtomedi, MN	247	00:16:08.8	04:02	247 00:03:15.4	135	01:03:06.6	19.9	282	00:02:08.0	214	00:28:15.1	09:06	01:52:54.2			
181	31 Coddington, Mike	1196	Eden Prairie,	154	00:13:26.1	03:21	217 00:02:56.9	146	01:03:44.9	19.7	170	00:01:17.3	277	00:31:34.1	10:11	01:52:59.6			
182	3 Couillard, Tom	863	White Bear	147	00:13:18.0	03:19	219 00:02:57.0	201	01:07:21.2	18.7	219	00:01:33.5	204	00:27:51.8	08:59	01:53:01.8			
183	34 Williams, Mark	890	Cottage Grove,	215	00:14:53.0	03:43	132 00:02:15.0	246	01:11:06.2	17.7	101	00:00:59.5	84	00:23:48.8	07:40	01:53:02.6			
184	30 Sroga, Jason	1231	Woodbury, MN	112	00:12:31.2	03:07	226 00:03:00.8	229	01:09:53.0	18.0	73	00:00:50.5	189	00:26:58.1	08:41	01:53:13.8			
185	32 Holm, Com	1352	Shapokoe, MN	299	00:18:25.2	04:36	212 00:02:54.4	157	01:04:42.2	19.4	154	00:01:12.0	166	00:26:02.9	08:24	01:53:16.8			
186	11 Tane, Jeffrey	761	St Paul, MN	242	00:16:00.8	04:00	220 00:02:58.2	197	01:06:50.8	18.8	274	00:02:01.9	153	00:25:35.2	08:15	01:53:27.2			
187	35 Osmian, Mike	973	Stillwater, MN	217	00:15:03.7	03:45	243 00:03:12.9	174	01:05:48.4	19.1	192	00:01:24.5	206	00:28:02.7	09:02	01:53:32.3			
188	23 Wiza, Steve	1154	Chisago City,	138	00:13:13.3	03:18	306 00:04:35.6	199	01:06:58.6	18.8	307	00:02:41.5	170	00:26:08.8	08:26	01:53:38.0			
189	12 Bendtsen, Robert	1069	Ham Lake, MN	95	00:12:08.1	03:02	248 00:03:15.8	219	01:08:41.9	18.3	49	00:00:42.8	229	00:28:55.4	09:19	01:53:44.3			
190	10 Kaya, Nolan	565	Chisago City,	285	00:17:34.0	04:23	135 00:02:17.2	194	01:06:38.9	18.9	28	00:00:34.4	184	00:26:42.0	08:36	01:53:46.7			
191	33 Lewis, Jake	994	Chisago, MN	61	00:11:15.6	02:48	300 00:04:24.2	207	01:07:58.3	18.5	278	00:02:03.9	212	00:28:11.7	09:05	01:53:53.8			

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	Pen	description
192	4 House, Jerry	796 Saint Paul, MN	218	00:15:05.5	03:46	154	00:02:26.2	225	01:09:30.2	18.1	226	00:01:36.4	142	00:25:16.1	08:09	01:53:54.5			
193	34 Sullivan, Jesse	683 Boothbay, ME	269	00:16:44.3	04:11	199	00:02:48.1	175	01:05:54.9	19.1	61	00:00:46.5	202	00:27:46.3	08:57	01:54:00.3			
194	36 Yeager, Mike	829 Plymouth, MN	72	00:11:34.4	02:53	197	00:02:46.6	243	01:10:48.4	17.7	198	00:01:26.8	198	00:27:30.9	08:52	01:54:07.3			
195	16 Sausen, Nick	1178 North Branch,											33	00:21:13.6		01:54:15.7			
196	11 Wright, Ryan	1357 Wyoming, MN	320	00:21:18.7	05:19	149	00:02:24.4	205	01:07:44.7	18.5	177	00:01:19.5	36	00:21:31.7	06:56	01:54:19.3			
197	37 Ketterling, Richard	1202 Rosemount, MN	114	00:12:32.4	03:08	107	00:01:53.4	180	01:06:09.2	19.0	183	00:01:21.9	286	00:32:33.0	10:30	01:54:30.2			
198	31 Ketterling, Ryan	1212 Farmington, MN	102	00:12:18.8	03:04	126	00:02:10.2	177	01:06:05.0	19.0	221	00:01:34.1	285	00:32:22.1	10:26	01:54:30.3			
199	22 Wahlstrom, Shawn	739 Ogilvie, MN	173	00:13:49.2	03:27	174	00:02:35.6	206	01:07:54.8	18.5	124	00:01:05.9	237	00:29:15.5	09:26	01:54:41.3			
200	35 Cmiel, Nicholas	1065 Arden Hills, MN	82	00:11:43.8	02:55	200	00:02:48.1	227	01:09:41.0	18.0	202	00:01:28.9	242	00:29:31.1	09:31	01:55:13.1			
201	23 Schomaker, Matt	601 Champlin, MN	211	00:14:44.9	03:41	185	00:02:41.4	234	01:10:16.4	17.9	68	00:00:49.3	183	00:26:41.5	08:36	01:55:13.8			
202	17 Sandhurst, Eric	1181 Sioux Falls, SD	225	00:15:21.1	03:50	201	00:02:48.6	263	01:13:15.6	17.1	36	00:00:38.1	70	00:23:12.1	07:29	01:55:15.7			
203	12 Johnson, Gabriel	585 White Bear	49	00:11:04.0	02:46	256	00:03:22.0	273	01:14:32.5	16.9	29	00:00:34.5	158	00:25:43.0	08:17	01:55:16.2			
204	1 Nelson, Lynn	626 Minneapolis,	273	00:16:53.5	04:13	227	00:03:00.9	184	01:06:18.0	19.0	264	00:01:52.0	196	00:27:26.4	08:51	01:55:31.1			
205	13 Roggemann,	1134 Chisago City,	26	00:10:00.4	02:30	114	00:02:00.9	276	01:14:38.9	16.8	33	00:00:35.5	215	00:28:15.8	09:07	01:55:31.7			
206	6 Dupre, David	969 White Bear	195	00:14:25.4	03:36	252	00:03:19.9	191	01:06:30.5	18.9	271	00:01:59.4	243	00:29:32.4	09:31	01:55:47.7			
207	38 Carlson, Tim	986 Chisago City,	267	00:16:41.8	04:10	159	00:02:28.8	192	01:06:33.9	18.9	262	00:01:50.2	216	00:28:17.6	09:07	01:55:52.4			
208	32 Seeberger,	1358 Bayport, MN	316	00:20:46.0	05:11	155	00:02:27.6	173	01:05:36.3	19.2	189	00:01:23.9	161	00:25:49.8	08:19	01:56:03.8			
209	39 Mcintyre, Daniel	1064 Coon Rapids,	186	00:14:13.9	03:33	84	00:01:41.3	208	01:08:13.1	18.4	222	00:01:34.5	260	00:30:28.1	09:49	01:56:11.1			
210	5 Barber, John	590 Bloomington,	139	00:13:14.9	03:18	228	00:03:02.1	185	01:06:19.2	18.9	297	00:02:24.7	274	00:31:21.0	10:06	01:56:22.1			
211	36 Puelston, Kyle	684 North Branch,	277	00:17:03.7	04:15	127	00:02:11.9	181	01:06:10.3	19.0	71	00:00:50.4	255	00:30:07.8	09:43	01:56:24.3			
212	24 Frandson, Chad	929 Burnsville, MN	214	00:14:48.3	03:42	262	00:03:28.7	198	01:06:52.7	18.8	277	00:02:03.5	241	00:29:23.4	09:28	01:56:36.7			
213	25 Czerwinski, Kyle	1021 Portland, OR	166	00:13:44.5	03:26	193	00:02:45.1	238	01:10:42.6	17.8	290	00:02:15.1	194	00:27:14.9	08:47	01:56:42.5			
214	2 Meck, Don	734 Siren, WI	168	00:13:45.9	03:26	304	00:04:30.7	145	01:03:42.2	19.7	301	00:02:35.3	284	00:32:09.8	10:22	01:56:44.1			
215	37 Kuhlmann, Michael	1266 St. Louis Park,	71	00:11:34.2	02:53	229	00:03:02.1	196	01:06:48.4	18.8	276	00:02:03.1	294	00:33:26.6	10:47	01:56:54.6			
216	13 Anderson, John	1166 Oak Grove, MN	194	00:14:25.1	03:36	257	00:03:22.4	218	01:08:39.1	18.3	257	00:01:47.6	222	00:28:42.2	09:15	01:56:56.6			
217	26 Uden, Daniel	1222 Chisago City,	270	00:16:44.8	04:11	117	00:02:04.3	167	01:05:22.2	19.2	217	00:01:33.1	271	00:31:13.3	10:04	01:56:57.9			
218	27 Copenhagen, Bill	807 Robbinsdale,	146	00:13:17.9	03:19	62	00:01:30.0	151	01:04:13.2	19.6	155	00:01:12.0	312	00:36:47.6	11:52	01:57:01.1			
219	14 Shrode, Jeff	1032 Delano, MN	209	00:14:40.8	03:40	283	00:03:51.7	210	01:08:17.2	18.4	150	00:01:10.7	232	00:29:04.8	09:22	01:57:05.3			
220	38 Thompson, Paul	1102 New Berlin, WI	89	00:11:55.0	02:58	308	00:04:37.8	216	01:08:31.9	18.3	168	00:01:15.5	269	00:30:54.9	09:58	01:57:15.2			
221	28 Nelson, Michael	916 Minneapolis,	202	00:14:32.8	03:38	231	00:03:02.8	266	01:13:24.3	17.1	272	00:02:00.9	109	00:24:26.7	07:53	01:57:27.7			
222	33 Marshall, Chris	1038 Plymouth, MN	231	00:15:43.2	03:55	183	00:02:39.5	222	01:09:11.2	18.2	174	00:01:18.2	224	00:28:43.9	09:16	01:57:36.3			
223	29 Stark, Aaron	703 Ham Lake, MN	291	00:17:58.2	04:29	267	00:03:30.9	237	01:10:39.0	17.8	142	00:01:09.4	108	00:24:24.9	07:52	01:57:42.6			
224	7 Bjorke, Michael	922 Montrose, MI	120	00:12:37.7	03:09	173	00:02:35.5	240	01:10:46.0	17.8	242	00:01:43.0	253	00:30:02.8	09:41	01:57:45.2			

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	Pen	description
Div/Age																			
225	8 Maguire, Bill	713 Plymouth, MN	136	00:13:12.3	03:18	244	00:03:13.6	239	01:10:43.1	17.8	158	00:01:12.8	246	00:29:41.6	09:34	01:58:03.6			
226	24 Pribnow, Scott	1234 Stillwater, MN	161	00:13:40.2	03:25	259	00:03:22.7	231	01:10:02.4	17.9	239	00:01:40.7	240	00:29:22.1	09:28	01:58:08.2			
227	18 Papale, Andrew	1235 St. Paul, MN	276	00:17:00.5	04:15	236	00:03:08.0	233	01:10:16.0	17.9	263	00:01:51.1	173	00:26:09.9	08:26	01:58:25.7			
228	15 Bucher, David	745 Golden Valley,	160	00:13:37.7	03:24	224	00:02:59.7	211	01:08:23.2	18.4	283	00:02:09.0	273	00:31:20.1	10:06	01:58:29.9			
229	39 Kartak, Zack	1168 Minneapolis,	197	00:14:28.5	03:37	258	00:03:22.6	265	01:13:15.9	17.1	78	00:00:51.6	186	00:26:44.4	08:37	01:58:43.2			
230	16 Lawrence, James	582 Minnetonka, MN	189	00:14:17.6	03:34	144	00:02:23.1	202	01:07:24.2	18.6	147	00:01:10.3	296	00:33:31.9	10:49	01:58:47.3			
231	4 Yusis, Josh	889 Sommerset, WI	222	00:15:15.7	03:48	241	00:03:10.5	261	01:12:56.7	17.2	185	00:01:22.6	169	00:26:08.6	08:26	01:58:54.3			
232	40 Boknevit, Mark	728 Minneapolis,	109	00:12:24.1	03:06	299	00:04:17.3	248	01:11:22.9	17.6	91	00:00:56.9	259	00:30:27.3	09:49	01:59:28.7			
233	34 Granley, Brad	1297 Stillwater, MN	240	00:15:56.5	03:59	237	00:03:08.9	270	01:14:26.5	16.9	108	00:01:00.9	138	00:25:11.1	08:07	01:59:44.0			
234	41 Edin, Joseph	1239 Eau Claire, WI	281	00:17:29.8	04:22	317	00:05:23.1	182	01:06:10.3	19.0	266	00:01:52.9	228	00:28:52.6	09:18	01:59:48.9			
235	30 Pankratz, Mark	1151 Minneapolis,	212	00:14:46.2	03:41	97	00:01:48.3	203	01:07:24.9	18.6	97	00:00:58.3	307	00:34:52.5	11:15	01:59:50.4			
236	9 Pohlkamp, Terry	559 Scandia, MN	310	00:19:57.9	04:59	275	00:03:42.7	230	01:09:54.3	18.0	38	00:00:39.1	155	00:25:37.4	08:15	01:59:51.6			
237	5 Lyp, Andrew	1338 Volpadiso, IN	304	00:19:17.9	04:49	302	00:04:28.8	253	01:11:43.4	17.5	159	00:01:12.9	72	00:23:15.2	07:30	01:59:58.4			
238	40 Twedt, Michael	946 Eden Prairie,	248	00:16:11.6	04:02	266	00:03:30.8	274	01:14:35.7	16.8	157	00:01:12.7	110	00:24:28.2	07:53	01:59:59.1			
239	10 Hagan, Patrick	1194 Minneapolis,	289	00:17:46.7	04:26	312	00:05:00.1	217	01:08:32.3	18.3	315	00:03:01.1	157	00:25:39.1	08:16	01:59:59.5			
240	17 Ohara, Kelly	1054 Rochester, MN	164	00:13:42.1	03:25	251	00:03:17.7	242	01:10:48.4	17.7	286	00:02:09.8	254	00:30:05.5	09:42	02:00:03.7			
241	25 Hank, Tim	730 White Bear	280	00:17:27.7	04:21	194	00:02:45.5	215	01:08:30.0	18.3	215	00:01:32.6	248	00:29:48.1	09:36	02:00:04.0			
242	31 Klostermann, Chad	998 Wyoming, MN	268	00:16:42.6	04:10	196	00:02:46.5	269	01:14:15.5	16.9	289	00:02:14.7	98	00:24:05.7	07:46	02:00:05.2			
243	41 Birrenkott, Tom	1001	298	00:18:25.0	04:36	160	00:02:28.9	256	01:11:51.1	17.5	27	00:00:34.2	191	00:27:02.0	08:43	02:00:21.5			
244	42 Wolf, Jeff	1041 Osecola, WI	254	00:16:18.8	04:04	182	00:02:39.3	288	01:16:09.3	16.5	247	00:01:44.4	75	00:23:30.6	07:35	02:00:22.7			
245	42 Carlson, Andrew	1144 Minneapolis,	127	00:12:59.0	03:14	277	00:03:43.1	289	01:16:13.4	16.5	180	00:01:20.5	168	00:26:08.1	08:25	02:00:24.3			
246	26 Jennissen, Bob	535	263	00:16:33.2	04:08	293	00:04:05.8	220	01:09:06.5	18.2	268	00:01:58.1	226	00:28:49.2	09:17	02:00:33.0			
247	3 Hola, Ken	704 Shoreview, MN	121	00:12:37.9	03:09	310	00:04:48.3	97	01:00:29.4	20.8	318	00:03:09.8	317	00:39:52.6	12:51	02:00:58.1			
248	27 Thorsen, Greg	642 Lindstrom, MN	284	00:17:31.3	04:22	307	00:04:37.4	190	01:06:28.0	18.9	270	00:01:59.3	257	00:30:26.5	09:49	02:01:02.8			
249	35 Olson, Paul	1277 , MN	134	00:13:11.5	03:17	240	00:03:10.1	235	01:10:32.8	17.8	320	00:03:30.5	265	00:30:42.5	09:54	02:01:07.6			
250	43 Briggs, Aaron	840 White Bear	63	00:11:21.6	02:50	324	00:05:53.7	213	01:08:24.7	18.4	207	00:01:30.7	301	00:34:12.3	11:02	02:01:23.2			
251	43 Mcdonald, Thomas	724 Minneapolis,	90	00:11:56.1	02:59	270	00:03:36.6	223	01:09:18.6	18.1	311	00:02:47.3	298	00:33:52.2	10:55	02:01:30.9			
252	44 Appleby, David	1242 Lindstrom, MN	274	00:16:57.7	04:14	294	00:04:10.8	224	01:09:24.3	18.1	240	00:01:41.6	238	00:29:16.4	09:26	02:01:31.0			
253	19 Oelerich,	1193 Derry, NH	157	00:13:30.9	03:22	239	00:03:10.0	277	01:14:40.6	16.8	232	00:01:37.5	221	00:28:41.8	09:15	02:01:41.0			
254	11 Schmidt, Douglas	681	234	00:15:50.5	03:57	233	00:03:05.9	280	01:14:59.5	16.8	196	00:01:26.2	175	00:26:18.9	08:29	02:01:41.1			
255	6 Rasmuson, Elijah	888 Sommerset, WI	252	00:16:17.0	04:04	263	00:03:29.1	247	01:11:09.9	17.7	76	00:00:51.0	252	00:29:55.9	09:39	02:01:43.0			
256	18 Barringer, Tom	1201 St.francis, MN	228	00:15:27.4	03:51	238	00:03:09.3	236	01:10:38.3	17.8	129	00:01:07.2	275	00:31:28.7	10:09	02:01:51.1			
257	28 Paschke, Thomas	1345	129	00:13:01.5	03:15	289	00:03:57.0	250	01:11:36.4	17.5	208	00:01:30.9	280	00:31:46.1	10:14	02:01:52.1			

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	Pen	description
Div/Age																			
258	19 Lamson, Stephen	1133 Oakdale, MN	260	00:16:29.9	04:07	313	00:05:02.0	249	01:11:27.9	17.6	298	00:02:29.4	185	00:26:42.2	08:36	02:02:11.6			
259	12 Kandiko, Joe	568 Excelsior, MN	131	00:13:04.5	03:16	147	00:02:23.6	241	01:10:48.3	17.7	182	00:01:21.8	305	00:34:37.6	11:10	02:02:16.1			
260	45 Morris, Steve	900 St. Paul, MN	238	00:15:55.4	03:58	119	00:02:05.3	283	01:15:29.8	16.6	156	00:01:12.1	200	00:27:41.9	08:56	02:02:24.7			
261	6 Lea, Rob	1112 Minneapolis,						228	01:09:47.5	18.0	206	00:01:30.1	306	00:34:43.7	11:12	02:02:38.7			
262	20 Fenning, John	1257 Luck, WI	200	00:14:31.8	03:37	230	00:03:02.7	245	01:10:48.7	17.7	244	00:01:43.9	289	00:32:46.2	10:34	02:02:53.4			
263	32 Severson, John	752 St Pual, MN	151	00:13:23.9	03:20	215	00:02:55.1	292	01:16:39.7	16.4	249	00:01:45.1	211	00:28:11.2	09:05	02:02:55.3			
264	20 Stadler, Trent	1153 Saint Paul, MN	229	00:15:31.7	03:52	314	00:05:07.7	259	01:12:14.2	17.4	39	00:00:39.4	251	00:29:50.5	09:37	02:03:23.8			
265	36 Wangsness,	1230 Wyoming, MN	243	00:16:01.1	04:00	207	00:02:52.5	272	01:14:30.4	16.9	212	00:01:31.8	220	00:28:31.3	09:12	02:03:27.2			
266	46 Gatlin, Joseph	731 White Bear	156	00:13:30.6	03:22	156	00:02:28.0	287	01:15:54.7	16.5	111	00:01:01.2	266	00:30:46.2	09:55	02:03:40.8			
267	7 Gaudette, Gerry	1180 Chisago City,	257	00:16:24.1	04:06	253	00:03:20.3	189	01:06:28.0	18.9	325	00:05:44.3	281	00:31:48.4	10:15	02:03:45.3			
268	21 Trombley, Craig	997 Dayton, MN	283	00:17:31.0	04:22	297	00:04:14.1	258	01:12:09.6	17.4	293	00:02:19.3	213	00:28:14.1	09:06	02:04:28.4			
269	33 Mack, John	882	241	00:15:57.9	03:59	205	00:02:50.9	262	01:13:00.9	17.2	130	00:01:07.6	278	00:31:34.7	10:11	02:04:32.1			
270	22 Haller, Paul	898 Minneapolis,	287	00:17:42.8	04:25	286	00:03:55.6	260	01:12:37.0	17.3	294	00:02:20.0	207	00:28:03.8	09:03	02:04:39.4			
271	21 Duss, William	1126 Minneapolis,	266	00:16:35.2	04:08	151	00:02:25.3	264	01:13:15.9	17.1	104	00:00:59.6	276	00:31:31.4	10:10	02:04:47.6			
272	7 Bloom, Daniel	841 Loveland, CO	165	00:13:44.4	03:26	108	00:01:53.7	309	01:22:00.8	15.3	106	00:01:00.4	171	00:26:09.0	08:26	02:04:48.4			
273	47 Coe, Josh	1075 White Bear	244	00:16:01.3	04:00	271	00:03:37.7	295	01:17:57.5	16.1	178	00:01:20.2	165	00:25:58.2	08:22	02:04:55.1			
274	44 Ramos, Elmer	1183 Edina, MN	224	00:15:17.8	03:49	189	00:02:42.7	221	01:09:07.4	18.2	284	00:02:09.4	310	00:36:00.5	11:36	02:05:18.0			
275	23 Borries, Stuart	921	326	00:24:36.5	06:09	298	00:04:14.6	165	01:05:21.6	19.2	313	00:02:47.8	227	00:28:52.1	09:18	02:05:52.8			
276	37 Bank, Chris	758 Chisago City,	251	00:16:16.6	04:04	321	00:05:37.8	252	01:11:41.4	17.5	323	00:04:16.6	210	00:28:04.0	09:03	02:05:56.6			
277	45 Bassett, Pete	1052 Lakeville, MN	236	00:15:53.3	03:58	145	00:02:23.4	278	01:14:41.7	16.8	265	00:01:52.9	272	00:31:19.0	10:06	02:06:10.6			
278	48 Fanous, Michael	1208 Minneapolis,	311	00:20:08.6	05:02	92	00:01:45.1	301	01:20:19.1	15.6	227	00:01:36.4	53	00:22:24.6	07:13	02:06:14.0			
279	29 Jyring, Ron	1279 Bismark, ND	232	00:15:47.5	03:56	272	00:03:38.7	271	01:14:28.9	16.9	234	00:01:39.2	264	00:30:41.7	09:54	02:06:16.3			
280	13 Walters, Stephen	1304	169	00:13:46.3	03:26	326	00:06:29.3	275	01:14:37.4	16.8	237	00:01:40.5	258	00:30:26.6	09:49	02:07:00.3			
281	22 Roggemann, John	1135 Chisago City,	36	00:10:42.6	02:40	291	00:04:02.6	282	01:15:22.4	16.7	176	00:01:19.4	309	00:35:39.8	11:30	02:07:06.9			
282	23 Lewis, Zack	995 Chisago, MN	124	00:12:50.3	03:12	192	00:02:44.3	279	01:14:43.3	16.8	229	00:01:36.8	308	00:35:17.8	11:23	02:07:12.8			
283	14 Arhart, Cale	1262 Stacy, MN	290	00:17:49.3	04:27	163	00:02:30.6	297	01:20:01.3	15.7	50	00:00:43.0	187	00:26:48.0	08:38	02:07:52.3			
284	38 Mccollough, Mark	1081 Minneapolis,	179	00:14:00.0	03:30	77	00:01:39.5	290	01:16:36.8	16.4	122	00:01:05.8	304	00:34:32.3	11:08	02:07:54.6			
285	34 Hoppe, Ben	806 Arden Hills, MN	259	00:16:29.3	04:07	249	00:03:15.9	268	01:14:04.6	17.0	281	00:02:05.9	283	00:32:02.3	10:20	02:07:58.2			
286	49 Bauer, Andrew	1155 Minneapolis,	44	00:10:55.9	02:43	188	00:02:42.5	312	01:22:27.6	15.2	117	00:01:03.4	268	00:30:53.7	09:57	02:08:03.5			
287	50 Shannon,	1113 Eden Prairie,	307	00:19:52.2	04:58	232	00:03:04.3	153	01:04:30.0	19.5	308	00:02:43.2	316	00:38:43.2	12:29	02:08:52.9			
288	30 Zwiers, Brian	630 Hilbert, WI	233	00:15:49.6	03:57	178	00:02:37.8	1	00:00:41.5	1820	327	01:24:35.2	148	00:25:25.6	08:12	02:09:10.0			
289	24 Dean, Craig	1331 England,	286	00:17:40.6	04:25	303	00:04:30.2	306	01:21:19.2	15.4	56	00:00:44.4	136	00:25:06.9	08:06	02:09:21.5			
290	39 Johnson, Ben	822 Minneapolis,	208	00:14:39.2	03:39	206	00:02:51.8	300	01:20:11.1	15.7	316	00:03:03.4	225	00:28:47.0	09:17	02:09:32.7			

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	Pen	description
291	51 Larson, Kurt	738 Plymouth, MN	221	00:15:10.6	03:47	250	00:03:17.6	212	01:08:23.7	18.4	251	00:01:45.8	321	00:41:03.3	13:14	02:09:41.1			
292	31 Walmsley, Daniel	1354 Eagan, MN	323	00:23:05.7	05:46	143	00:02:22.6	284	01:15:32.1	16.6	225	00:01:36.2	192	00:27:11.6	08:46	02:09:48.4			
293	14 Krueger, Tom	564 Chisago City,	115	00:12:32.7	03:08	318	00:05:28.0	296	01:18:41.9	16.0	305	00:02:38.9	270	00:31:06.8	10:02	02:10:28.5			
294	15 Sample, Tyler	1189 Scandia, MN	213	00:14:47.7	03:41	290	00:04:01.3	315	01:22:45.2	15.2	161	00:01:13.4	203	00:27:51.5	08:59	02:10:39.3			
295	46 Hynes, Tim	1333 Chisago, MN	292	00:18:02.5	04:30	296	00:04:12.2	293	01:16:55.7	16.3	261	00:01:49.8	247	00:29:45.4	09:35	02:10:45.8			
296	1 Schulstrom, Dean	735 Coon Rapids,	305	00:19:32.9	04:53	311	00:04:59.3	251	01:11:37.7	17.5	287	00:02:11.1	288	00:32:41.4	10:32	02:11:02.5			
297	40 Puleo, Jeffrey	515 Forest Lake, MN	271	00:16:48.2	04:12	284	00:03:52.4	286	01:15:45.1	16.6	319	00:03:11.2	279	00:31:42.1	10:13	02:11:19.2			
298	4 Kycek, Fred	645 Woodbury, MN	256	00:16:21.0	04:05	301	00:04:26.5	299	01:20:06.4	15.7	303	00:02:38.4	233	00:29:05.9	09:23	02:12:38.4			
299	52 Hawkins, Kyler	1240 Grand Marais,	250	00:16:15.9	04:03	278	00:03:44.1	302	01:20:20.5	15.6	309	00:02:46.1	256	00:30:08.4	09:43	02:13:15.2			
300	53 Haack, Kyle	1289 Bayport, MN	325	00:23:42.6	05:55	221	00:02:58.2	254	01:11:46.8	17.5	241	00:01:42.8	293	00:33:05.0	10:40	02:13:15.5			
301	54 Blaisdell, Robert	1287 North Branch,	294	00:18:14.7	04:33	315	00:05:16.0	291	01:16:37.1	16.4	304	00:02:38.8	261	00:30:37.6	09:52	02:13:24.4			
302	55 Swanepoel, Adam	1122 Deer Park, WI	322	00:22:51.8	05:42	211	00:02:54.3	257	01:11:56.7	17.5	269	00:01:58.1	297	00:33:46.8	10:53	02:13:28.0			
303	56 Richins, Aaron	811 Golden Valley,	118	00:12:36.3	03:09	288	00:03:56.9	308	01:21:55.1	15.3	214	00:01:31.8	295	00:33:31.1	10:48	02:13:31.4			
304	41 Howard, Chad	556 Andover, MN	275	00:16:59.2	04:14	292	00:04:05.3	294	01:17:54.0	16.1	123	00:01:05.9	300	00:34:05.1	10:59	02:14:09.7			
305	57 Hall, Matthew	1156 Columbia	175	00:13:56.6	03:29	323	00:05:43.3	304	01:20:30.2	15.6	191	00:01:24.1	287	00:32:40.0	10:32	02:14:14.4			
306	47 Getchell, Greg	708 Forest Lake, MN	314	00:20:23.3	05:05	279	00:03:44.2	267	01:13:51.1	17.0	321	00:03:37.4	291	00:32:52.2	10:36	02:14:28.4			
307	25 Turner, Matthew	1173 Scandia, MN	87	00:11:49.6	02:57	186	00:02:42.1	281	01:15:05.2	16.7	285	00:02:09.5	324	00:42:50.5	13:49	02:14:37.2			
308	58 Leclere, Cory	687 Eden Prairie,	321	00:22:24.1	05:36	287	00:03:55.8	255	01:11:47.0	17.5	312	00:02:47.4	303	00:34:23.2	11:05	02:15:17.9			
309	48 Howard, Todd	1017 Roseville, MN	313	00:20:21.9	05:05	235	00:03:07.1	285	01:15:32.2	16.6	299	00:02:32.4	302	00:34:22.7	11:05	02:15:56.4			
310	16 Lamson, Kevin	1132 Oakdale, MN	158	00:13:35.9	03:23	109	00:01:55.4	3	00:28:05.8	44.8			329	01:49:22.8		02:17:52.0			
311	15 Larson, Norm	604 Coon Rapids,	315	00:20:27.1	05:06	285	00:03:54.4	313	01:22:31.9	15.2	199	00:01:26.9	245	00:29:40.6	09:34	02:18:01.2			
312	32 Simmons, Bryan	885 Minneapolis,	301	00:18:43.2	04:40	327	00:06:54.0	314	01:22:43.5	15.2	267	00:01:53.7	263	00:30:40.4	09:53	02:20:55.1			
313	49 Foster, Todd	1360 Two Rivers, WI	327	00:25:04.0	06:16	254	00:03:20.4	305	01:20:37.6	15.6	291	00:02:17.7	290	00:32:50.2	10:35	02:24:10.1			
314	50 Nystrom, Brian	649 Lindstrom, MN	318	00:21:09.3	05:17	273	00:03:42.0	307	01:21:25.5	15.4	120	00:01:04.6	315	00:38:38.9	12:28	02:26:00.5			
315	59 Monson, Matthew	1192 Coon Rapids,	309	00:19:55.2	04:58	276	00:03:42.7	317	01:26:29.5	14.5	280	00:02:04.4	299	00:34:04.9	10:59	02:26:16.9			
316	5 Tyczka, Werner	1120 Glendale Hts, IL	319	00:21:18.6	05:19	164	00:02:31.8	2	00:15:28.5	81.4	326	01:20:28.6	234	00:29:06.7	09:23	02:28:54.4			
317	8 Plumbo, Joseph	1339 Maple Wood,	295	00:18:21.0	04:35	268	00:03:31.7	316	01:23:18.5	15.1	292	00:02:19.2	322	00:42:06.9	13:35	02:29:37.4			
318	9 Berglund, Richard	614 Wyoming, MN	272	00:16:52.6	04:13	325	00:06:27.3	311	01:22:14.9	15.3	306	00:02:41.2	325	00:42:52.7	13:49	02:31:08.9			
319	10 Toyli, Micheal	1356 Plymouth, MN	328	00:26:13.3	06:33	322	00:05:37.9	319	01:28:02.6	14.3	223	00:01:34.6	250	00:29:48.7	09:37	02:31:17.3			
320	42 Lyp, Patrick	1104 Valparaiso, IN	296	00:18:21.3	04:35	309	00:04:47.1	298	01:20:03.0	15.7	324	00:05:05.8	326	00:43:30.1	14:01	02:31:47.6			
321	17 Forsythe, Cullen	1199 Mpls, MN	308	00:19:54.2	04:58	216	00:02:56.9	323	01:32:50.1	13.5	164	00:01:14.6	311	00:36:13.0	11:40	02:33:09.0			
322	16 Nelson, Mark	1209 Brookfield, WI	258	00:16:28.5	04:07	320	00:05:36.1	320	01:31:48.3	13.7	228	00:01:36.5	320	00:40:46.8	13:09	02:36:16.4			
323	8 Sibert, Joshua	1049 Woodbury, MN	300	00:18:35.5	04:38	246	00:03:15.3	322	01:32:07.3	13.6	296	00:02:23.4	318	00:40:10.3	12:57	02:36:32.0			

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	Pen	description
324	9 Durico, Ambrose	1334 Minneapolis,	303	00:19:05.5	04:46	213	00:02:54.6	321	01:31:59.2	13.6	114	00:01:01.8	323	00:42:12.0	13:36	02:37:13.2			
325	51 Bryan, James	1308 Reienfield, MN														02:40:00.0			
326	43 Lucy, Thomas	746 Saint Paul, MN	329	00:28:34.8	07:08	319	00:05:35.6	318	01:26:40.3	14.5	314	00:02:52.4	314	00:38:14.0	12:20	02:41:57.3			
327	52 Beedle, Richard	908 Eden Prairie,	306	00:19:47.8	04:56	328	00:29:32.6	303	01:20:23.8	15.6	300	00:02:33.8	282	00:31:59.0	10:19	02:44:17.2			
328	26 Al. Assaad, Kamel	1283 St. Paul, MN	324	00:23:08.0	05:47	295	00:04:11.2	310	01:22:10.6	15.3	173	00:01:18.1	328	00:55:00.9	17:44	02:45:48.9			
329	33 Mohn, John	1117 St. Paul, MN	191	00:14:20.8	03:35	305	00:04:30.8	327	01:52:13.9	11.2	310	00:02:46.9	313	00:37:06.0	11:58	02:50:58.6			
330	1 Powers, Robert	1228 White Bear	302	00:18:50.0	04:42	316	00:05:18.9	325	01:35:36.4	13.1	317	00:03:04.7	327	00:51:57.9	16:45	02:54:48.1			
331	53 Swanberg, Craig	1299 Chisago City,	330	00:36:09.8	09:02	281	00:03:46.1	324	01:34:35.5	13.3	181	00:01:20.6	319	00:40:14.7	12:58	02:56:06.9			
	Carroll, Clifford	1343														DNF			
	Motzko, Chad	1282	172	00:13:48.2		218	00:02:57.0	328	02:33:55.4	8.18	259	00:01:48.1				DNF			
	Kringler, Brian	1090 Minneapolis,	297	00:18:24.4		282	00:03:49.6									DNF			
	Hovland, Keith	850 Coon Rapids,	183	00:14:09.6												DNF			
	Mcgrath, Jason	652 St Paul, MN						326	01:49:57.7	11.4	193	00:01:25.0				DNF			
148	17 Burris-Brown,	1217 Minneapolis,	185			222		188			260		54			DNS			
	Palma, Anthony	1224 Appleton, WI														DNS			
	Orluck, Mark	1233 Buffalo, MN														DNS			
	Brambille, Brandon	1057 Chisago City,														DNS			
	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			
	Fingerlin, Michael	851 Minneapolis,														DNS			
	Moon, Dan	855 Forest Lake, MN														DNS			
	Henderson, Keith	859 Golden Valley,														DNS			
	Henderson,	860 Golden Valley,														DNS			
	Newman, Mark	866 Wauwatosa, WI														DNS			
	Rasmuson, Steve	887 Sommerset, WI														DNS			
	Rignell, Richard	897 Stacy, MN														DNS			
	Hoover, Steve	828 St. Cloud, MN														DNS			
	Heimdahl, Peter	832 Hudson, WI														DNS			
	Martin, Jerry	845 Minneapolis,														DNS			
	Grennan, Douglas	770 Maplewood, MN														DNS			
	Loppnow, Greg	789 Vadnais														DNS			
	Pousson, Brian	709 St. Paul, 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	Pen	description
	Thompson, Jason	717																	DNS
	Debleeckere, Tom	720																	DNS
	Myren, Scott	658																	DNS
	Ward, Peter	665																	DNS
	Rosenow, James	682																	DNS
	Fulton, Tom	690																	DNS
	Smith, Dave	692																	DNS
	Goldman, Chris	603																	DNS
	Kotrba, Ben	610																	DNS
	Malen, Peter	615																	DNS
	Stahl, George	620																	DNS
	Buckwalter,	634																	DNS
	Reich, Thomas	635																	DNS
	Pohlkamp, Mitchell	558																	DNS
	Seiler, John	581																	DNS
	Venzke, Scott	587																	DNS
	Meza, Jose	594																	DNS
	Dolan, Brendan	524																	DNS

### Female Sprint Distance

Division Field: 375

1	Williams, Susan	532		2	00:08:50.1	02:12	2	00:00:43.7	7	00:56:31.4	22.2	1	00:00:20.1	2	00:20:55.4	06:44			01:27:20.9
2	1 Tuttle, Mary Beth	533		3	00:08:50.7	02:12	1	00:00:37.0	6	00:56:26.8	22.3	3	00:00:23.8	5	00:21:48.9	07:02			01:28:07.4
3	1 Kent, Tracie	504		18	00:10:58.0	02:44	5	00:01:08.7	3	00:54:36.2	23.0	8	00:00:28.8	7	00:22:11.1	07:09			01:29:23.0
4	1 Viamonte, Sarah	531		7	00:09:52.8	02:28	11	00:01:15.1	5	00:56:25.4	22.3	2	00:00:23.6	4	00:21:43.1	07:00			01:29:40.1
5	2 Butzke, Mary Ann	539		13	00:10:47.7	02:41	14	00:01:17.5	4	00:55:21.8	22.7	51	00:00:53.7	15	00:23:08.6	07:27			01:31:29.5
6	2 Substad, Dawn	512		8	00:10:02.7	02:30	4	00:01:08.3	18	01:00:02.3	20.9	6	00:00:27.4	1	00:20:19.4	06:33			01:32:00.3
7	3 Simson, Greta	1096		60	00:12:34.6	03:08	3	00:00:48.7	8	00:57:36.1	21.8	38	00:00:49.1	10	00:22:44.3	07:20			01:34:33.0
8	2 Ogston, Jena	958		15	00:10:48.5	02:42	13	00:01:17.2	19	01:00:17.2	20.9	37	00:00:48.7	13	00:22:51.4	07:22			01:36:03.1
9	4 Moyer, Ann	501		21	00:11:13.2	02:48	30	00:01:38.7	13	00:59:21.3	21.2	63	00:00:57.5	14	00:23:05.3	07:26			01:36:16.2
10	1 Tedlund, Robin	520		25	00:11:23.2	02:50	15	00:01:17.7	16	00:59:44.2	21.0	10	00:00:32.2	20	00:23:36.0	07:36			01:36:33.4
11	1 Robb, Heidi	526		69	00:13:00.5	03:15	8	00:01:13.8	10	00:58:15.2	21.6	16	00:00:36.8	21	00:23:39.8	07:38			01:36:46.3
12	5 Maurer, Sawra	1328		4	00:08:53.5	02:13	12	00:01:15.4	28	01:02:45.5	20.0	39	00:00:49.3	19	00:23:29.4	07:34			01:37:13.3
13	3 Klosterman, Amy	561		6	00:09:38.1	02:24	6	00:01:09.4	26	01:01:59.2	20.3	4	00:00:24.0	26	00:24:29.4	07:54			01:37:40.3
14	1 Verkerke, Erin	1087		16	00:10:51.1	02:42	16	00:01:20.4	15	00:59:41.7	21.1	59	00:00:55.7	36	00:25:22.3	08:11			01:38:11.4
15	4 Jensen, Kathryn	914		23	00:11:20.7	02:50	22	00:01:30.9	11	00:58:47.0	21.4	190	00:01:39.7	35	00:25:18.8	08:09			01:38:37.2

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	Pen	description
16	1 Lee, Emma	1059 St Paul, MN	30	00:11:37.5	02:54	23	00:01:31.2	49	01:05:36.9	19.2	9	00:00:30.3	3	00:21:07.6	06:48	01:40:23.8			
17	2 Newcomb, Kathy	600 Woodbury, MN	14	00:10:47.8	02:41	18	00:01:23.8	21	01:00:38.5	20.7	17	00:00:37.2	70	00:27:00.7	08:42	01:40:28.3			
18	3 Hand, Kellie	1243 St Louis Park,	43	00:12:07.9	03:01	24	00:01:32.3	12	00:58:50.0	21.4	133	00:01:21.4	62	00:26:43.8	08:37	01:40:35.6			
19	6 Conrad, Sara	506 St. Paul, MN	47	00:12:11.0	03:02	69	00:02:04.7	33	01:03:18.5	19.9	11	00:00:34.2	8	00:22:34.6	07:16	01:40:43.2			
20	7 Dickinson, Nancy	878 Las Vegas, NV	20	00:11:09.4	02:47	46	00:01:48.6	42	01:04:51.4	19.4	48	00:00:52.1	11	00:22:44.7	07:20	01:41:26.4			
21	8 Johnson, Miriah	623 West St Paul,	49	00:12:14.2	03:03	27	00:01:34.0	17	00:59:46.3	21.0	28	00:00:45.0	77	00:27:12.8	08:46	01:41:32.5			
22	2 Hite, Amy	1268 Cottage Grove,	35	00:11:51.9	02:57	55	00:01:54.4	23	01:01:23.3	20.5	25	00:00:42.7	55	00:26:29.3	08:32	01:42:21.9			
23	9 Johnson, Heidi	618 Rochester, MN	22	00:11:19.0	02:49	121	00:02:35.1	45	01:05:15.6	19.3	7	00:00:27.8	16	00:23:14.2	07:29	01:42:51.9			
24	1 Koepp, Diana	1315 Rochester, MN	5	00:09:03.6	02:15	17	00:01:21.5	68	01:06:54.4	18.8	47	00:00:51.2	29	00:24:41.9	07:58	01:42:52.8			
25	10 Albrecht, Sara	657	80	00:13:22.3	03:20	29	00:01:38.6	20	01:00:21.3	20.8	141	00:01:24.1	63	00:26:44.0	08:37	01:43:30.5			
26	2 St Pierre, Toni	670 Minneapolis,	54	00:12:24.3	03:06	35	00:01:41.1	36	01:04:09.7	19.6	41	00:00:49.9	27	00:24:35.0	07:55	01:43:40.1			
27	11 Johnson, Amanda	1272 Eagan, MN	10	00:10:18.0	02:34	44	00:01:47.8	14	00:59:27.4	21.1	202	00:01:44.0	165	00:30:51.2	09:57	01:44:08.6			
28	5 Mortazavi, Jane	574 Wauwatosa, WI	34	00:11:51.6	02:57	42	00:01:47.2	29	01:02:46.5	20.0	13	00:00:35.2	87	00:27:36.3	08:54	01:44:36.9			
29	3 Potyondy-smith,	978 Champlin, MN	26	00:11:29.1	02:52	99	00:02:22.3	22	01:01:23.0	20.5	92	00:01:06.7	109	00:28:24.8	09:09	01:44:46.0			
30	2 Powell, Tracy	1254 Lakeville, MN	63	00:12:53.1	03:13	184	00:03:02.8	52	01:05:51.6	19.1	78	00:01:01.6	6	00:21:57.2	07:04	01:44:46.5			
31	4 Witt, Anna	945 Edina, MN	68	00:12:58.9	03:14	52	00:01:52.3	47	01:05:22.3	19.2	150	00:01:27.8	17	00:23:18.0	07:30	01:44:59.4			
32	12 Coleman, Nicole	1256 St. Paul, MN	44	00:12:09.6	03:02	119	00:02:33.2	56	01:06:16.3	19.0	179	00:01:36.2	9	00:22:36.0	07:17	01:45:11.5			
33	4 Wacek, Lisa	975 Minneapolis,	138	00:14:46.5	03:41	65	00:02:00.7	34	01:03:57.0	19.7	126	00:01:19.0	18	00:23:28.1	07:34	01:45:31.4			
34	3 Peterson, Julie	551 Cambridge, MN	46	00:12:10.0	03:02	149	00:02:45.6	35	01:04:01.2	19.6	73	00:01:00.3	41	00:25:40.3	08:16	01:45:37.5			
35	5 Howard, Denise	557 Andover, MN	97	00:13:40.1	03:25	108	00:02:28.8	30	01:02:54.2	20.0	69	00:00:59.6	40	00:25:37.0	08:15	01:45:39.9			
36	6 Karr, Dana	765 Stillwater, MN	99	00:13:46.1	03:26	40	00:01:46.8	24	01:01:28.0	20.4	74	00:01:00.4	96	00:27:56.4	09:00	01:45:57.9			
37	13 Rogosheske,	1080 Minneapolis,	12	00:10:47.3	02:41	133	00:02:40.5	32	01:03:18.3	19.9	158	00:01:30.6	92	00:27:42.9	08:56	01:45:59.8			
38	6 Koester, Tamara	781 Mahtomedi, MN	32	00:11:42.5	02:55	76	00:02:07.7	31	01:03:11.6	19.9	175	00:01:35.5	83	00:27:34.5	08:53	01:46:12.1			
39	14 Amundson,	1119 Minneapolis,	17	00:10:57.4	02:44	84	00:02:12.4	74	01:07:40.2	18.6	83	00:01:02.6	28	00:24:37.9	07:56	01:46:30.8			
40	7 Schumacher, Sally	514 Milwaukee, WI	67	00:12:57.4	03:14	37	00:01:42.6	44	01:04:56.8	19.4	33	00:00:46.4	50	00:26:10.8	08:26	01:46:34.2			
41	3 Weidner, Mary	905 Edina, MN	64	00:12:53.8	03:13	32	00:01:39.9	70	01:07:00.3	18.8	88	00:01:04.7	23	00:24:17.0	07:50	01:46:55.8			
42	8 Olson, Sue	980 White Bear	114	00:14:12.8	03:33	146	00:02:44.3	9	00:57:53.3	21.7	271	00:02:20.4	156	00:30:29.2	09:50	01:47:40.2			
43	15 Johansen,	977 Saint Paul, MN	29	00:11:35.1	02:53	10	00:01:14.7	92	01:09:18.1	18.1	173	00:01:34.7	22	00:24:03.0	07:45	01:47:45.8			
44	1 Minder, Jeanne	865 Shoreview, MN	19	00:11:08.3	02:47	205	00:03:12.5	43	01:04:54.4	19.4	262	00:02:16.0	52	00:26:18.1	08:29	01:47:49.5			
45	4 Burkley, Pamela	1116 Mendota	84	00:13:26.4	03:21	45	00:01:47.9	25	01:01:34.8	20.4	181	00:01:36.5	124	00:29:25.3	09:29	01:47:51.2			
46	16 Johnson, Jennifer	1127 Bloomington,	37	00:11:56.8	02:59	38	00:01:44.0	75	01:07:44.9	18.5	206	00:01:48.0	32	00:24:53.9	08:01	01:48:07.7			
47	2 Foss, Megan	1138 Shoreview, MN	41	00:12:05.0	03:01	136	00:02:42.0	55	01:06:04.9	19.0	168	00:01:32.4	43	00:25:48.5	08:19	01:48:13.0			
48	7 Hess, Jennifer	1072 Mantoeville, MN	104	00:13:55.5	03:28	117	00:02:32.8	58	01:06:19.7	18.9	140	00:01:23.7	24	00:24:25.0	07:52	01:48:36.9			

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	Pen	description
Div/Age																			
49	17 Lindgren, Amy	1264 Duluth, MN	27	00:11:29.2	02:52	49	00:01:50.2	76	01:07:49.6	18.5	75	00:01:01.1	54	00:26:27.7	08:32	01:48:37.9			
50	18 Cardinal, Natasha	937 White Bear	39	00:12:00.7	03:00	73	00:02:07.2	62	01:06:34.5	18.9	67	00:00:59.2	89	00:27:40.4	08:55	01:49:22.2			
51	3 Williams, Maria	1121 Maple Grove,	11	00:10:38.3	02:39	28	00:01:37.4	48	01:05:32.5	19.2	43	00:00:50.0	164	00:30:44.6	09:55	01:49:23.1			
52	5 Rogowski, Anna	891 Minneapolis,	152	00:15:00.6	03:45	48	00:01:49.7	39	01:04:15.9	19.6	108	00:01:12.8	74	00:27:07.5	08:45	01:49:26.6			
53	8 Constant, Jessica	838 Champlin, MN	160	00:15:21.6	03:50	87	00:02:14.4	46	01:05:19.2	19.2	72	00:01:00.0	38	00:25:31.2	08:13	01:49:26.6			
54	4 Palmer, Lindsey	935 White Bear	79	00:13:19.7	03:19	68	00:02:03.8	63	01:06:38.4	18.9	119	00:01:16.2	65	00:26:45.2	08:37	01:50:03.6			
55	9 Finstad, Nicole	884 Birchwood, WI	62	00:12:51.1	03:12	66	00:02:00.9	53	01:05:58.1	19.0	137	00:01:22.5	94	00:27:51.6	08:59	01:50:04.5			
56	9 Duppong, Barb	743 Cottage Grove,	98	00:13:44.7	03:26	56	00:01:55.3	27	01:02:13.1	20.2	131	00:01:20.7	169	00:31:04.1	10:01	01:50:18.2			
57	19 Wegwerth, Kelly	773 Maplewood, MN	86	00:13:30.6	03:22	105	00:02:28.0	40	01:04:18.7	19.5	34	00:00:47.0	123	00:29:19.2	09:27	01:50:23.6			
58	4 Mccallum, Lisa	595 Arden Hills, MN	9	00:10:10.2	02:32	110	00:02:29.2	82	01:08:28.7	18.3	135	00:01:21.9	110	00:28:25.6	09:10	01:50:55.8			
59	5 Dreyer, Dlee	835 Minneapolis,	133	00:14:37.7	03:39	155	00:02:48.8	64	01:06:40.3	18.8	103	00:01:11.2	42	00:25:47.1	08:19	01:51:05.3			
60	6 Zimmerman,	612 St. Louis Park,	135	00:14:43.4	03:40	156	00:02:49.0	61	01:06:33.0	18.9	30	00:00:45.7	58	00:26:35.1	08:34	01:51:26.3			
61	7 Lee, Molly	983 Bloomington,	71	00:13:04.5	03:16	62	00:01:58.6	65	01:06:41.0	18.8	259	00:02:15.1	88	00:27:39.6	08:55	01:51:39.0			
62	10 Declercq, Karmin	723 Minneapolis,	81	00:13:22.8	03:20	137	00:02:42.1	69	01:06:55.7	18.8	154	00:01:29.3	78	00:27:15.9	08:47	01:51:46.0			
63	8 Kulvich, Coreen	609 Apple Valley,	101	00:13:49.1	03:27	126	00:02:38.3	66	01:06:41.7	18.8	86	00:01:03.7	95	00:27:54.5	09:00	01:52:07.6			
64	10 Hale, Ann	509 Chisago City,	109	00:14:01.3	03:30	47	00:01:49.2	105	01:10:07.3	17.9	12	00:00:34.5	39	00:25:36.3	08:15	01:52:08.8			
65	11 Hardy, Marisa	1350 Helena , mt	52	00:12:23.2	03:05	39	00:01:46.3	97	01:09:35.3	18.1	21	00:00:39.1	93	00:27:51.4	08:59	01:52:15.5			
66	12 Schultz, Rachel	864 Lino Lakes, MN	153	00:15:01.1	03:45	90	00:02:16.1	38	01:04:13.2	19.6	118	00:01:15.9	128	00:29:36.7	09:33	01:52:23.2			
67	13 Skeete, Kshamata	1094 Rochester, MN	121	00:14:21.9	03:35	19	00:01:27.6	133	01:12:17.5	17.4	172	00:01:33.3	12	00:22:45.7	07:20	01:52:26.2			
68	9 Ries, Jennifer	1157 St Paul, MN	120	00:14:20.2	03:35	109	00:02:28.9	72	01:07:37.4	18.6	183	00:01:37.0	53	00:26:24.5	08:31	01:52:28.3			
69	3 Uppgaard, Laura	638 New Brighton,	115	00:14:13.9	03:33	140	00:02:42.9	103	01:10:02.2	17.9	24	00:00:42.4	31	00:24:51.0	08:00	01:52:32.5			
70	5 Swenson, Kelli	904 Frederic, WI	119	00:14:20.0	03:35	195	00:03:07.6	78	01:07:53.8	18.5	225	00:01:54.8	34	00:25:18.0	08:09	01:52:34.3			
71	4 Dehmlow, Annie	1058 Forest Lake, MN	216	00:16:48.7	04:12	75	00:02:07.7	54	01:06:01.7	19.0	90	00:01:05.6	56	00:26:31.7	08:33	01:52:35.6			
72	14 Janzig, Jeannie	961 Center City, MN	40	00:12:02.7	03:00	188	00:03:03.6	102	01:10:01.3	17.9	64	00:00:57.5	57	00:26:33.2	08:33	01:52:38.6			
73	15 Timm, Jill	778 Center City, MN	204	00:16:22.6	04:05	82	00:02:12.0	60	01:06:31.4	18.9	89	00:01:04.9	64	00:26:44.1	08:37	01:52:55.3			
74	16 Tell, Jennifer	656 Birchwood, MN	150	00:14:58.4	03:44	169	00:02:56.0	57	01:06:18.0	19.0	306	00:02:52.0	48	00:26:05.4	08:24	01:53:10.1			
75	10 Eggert, Bobbi	976	147	00:14:53.1	03:43	9	00:01:14.5	37	01:04:13.2	19.6	5	00:00:26.9	201	00:32:22.9	10:26	01:53:10.8			
76	5 Lee, Elizabeth	1060 St Paul, MN	77	00:13:11.5	03:17	101	00:02:24.4	118	01:11:09.5	17.7	139	00:01:23.2	33	00:25:13.9	08:08	01:53:22.6			
77	11 Kennedy, Michelle	834 North Oaks, MN	90	00:13:34.1	03:23	144	00:02:44.2	84	01:08:31.4	18.3	155	00:01:29.5	73	00:27:05.0	08:44	01:53:24.4			
78	12 Sorensen, Karen	1226 Woodbury, MN	65	00:12:55.4	03:13	139	00:02:42.9	111	01:10:25.9	17.8	178	00:01:36.2	47	00:26:01.6	08:23	01:53:42.2			
79	11 Fraser, Katy	784 Minneapolis,	137	00:14:46.3	03:41	63	00:02:00.2	99	01:09:43.4	18.0	146	00:01:25.6	46	00:25:53.9	08:21	01:53:49.6			
80	13 Murray, Judy	1204 Sartell, MN	74	00:13:08.5	03:17	107	00:02:28.6	87	01:08:50.0	18.3	229	00:01:56.6	85	00:27:35.1	08:53	01:53:59.1			
81	6 Babcock, Hilary	740 Minneapolis,	151	00:14:58.9	03:44	216	00:03:18.3	41	01:04:38.8	19.4	36	00:00:48.3	151	00:30:19.8	09:47	01:54:04.4			

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	Pen	description
82	6 Arnold, Terry	721 Lindstrom, MN	51	00:12:19.4	03:04	173	00:02:57.5	67	01:06:47.5	18.8	171	00:01:33.2	155	00:30:28.9	09:49	01:54:06.7			
83	20 Schlaefer, Patricia	686 Saint Paul, MN	103	00:13:54.2	03:28	54	00:01:53.9	93	01:09:18.6	18.1	76	00:01:01.2	103	00:28:10.9	09:05	01:54:19.0			
84	7 Gallison, Avery	1225 Hopkins, MN	94	00:13:38.8	03:24	77	00:02:08.5	110	01:10:22.8	17.9	185	00:01:38.0	60	00:26:41.5	08:36	01:54:29.8			
85	21 Sharrow, Libby	1137 Minneapolis,	134	00:14:41.8	03:40	174	00:02:57.5	90	01:09:08.7	18.2	127	00:01:19.4	59	00:26:39.9	08:36	01:54:47.5			
86	22 Jordan, Marie	1066 Roseville, MN	158	00:15:20.4	03:50	113	00:02:30.7	71	01:07:26.0	18.6	22	00:00:40.5	122	00:29:15.2	09:26	01:55:13.0			
87	8 Steward, Jackie	1252 Shorewood, WI	78	00:13:18.4	03:19								129	00:29:37.1		01:55:17.8			
88	23 Lage, Jessica	1071 Burnsville, MN	75	00:13:08.6	03:17	102	00:02:24.8	112	01:10:32.8	17.8	123	00:01:17.5	98	00:27:59.1	09:01	01:55:23.0			
89	12 Labarre, Deb	714 Wyoming, MN	156	00:15:16.7	03:49	104	00:02:25.3	79	01:08:18.3	18.4	197	00:01:42.2	97	00:27:57.4	09:01	01:55:40.0			
90	14 Shrode, Doreen	1033 Delano, MN	124	00:14:27.5	03:36	256	00:04:01.4	80	01:08:19.6	18.4	102	00:01:10.9	90	00:27:41.0	08:55	01:55:40.6			
91	7 Tinglov, Gale	669 Sauk Rapids,	55	00:12:25.9	03:06	51	00:01:51.6	122	01:11:33.6	17.6	116	00:01:15.2	113	00:28:37.4	09:14	01:55:43.9			
92	17 Litwicki, Christine	880 Naperville, IL	73	00:13:05.8	03:16	311	00:05:58.2	77	01:07:53.2	18.5	307	00:02:53.4	45	00:25:53.4	08:21	01:55:44.1			
93	24 Hall, Stacey	1319 Mapel Grove,	205	00:16:25.3	04:06	106	00:02:28.2	101	01:10:00.4	17.9	35	00:00:47.7	51	00:26:13.2	08:27	01:55:55.1			
94	25 Canney, Anne	1318 Minneapolis,	50	00:12:18.4	03:04	59	00:01:57.3	147	01:12:58.1	17.2	215	00:01:53.1	81	00:27:23.0	08:50	01:56:30.1			
95	26 Nelson, Katie	1025 Minneapolis,	85	00:13:27.6	03:21	141	00:02:43.0	109	01:10:21.7	17.9	187	00:01:39.6	114	00:28:37.4	09:14	01:56:49.6			
96	18 Karle, Kari	963 Center City, MN	183	00:15:57.8	03:59	91	00:02:16.4	113	01:10:35.2	17.8	80	00:01:02.3	82	00:27:23.4	08:50	01:57:15.4			
97	27 Calhoun, Austin	1321 Minneapolis,	42	00:12:06.4	03:01	43	00:01:47.6	187	01:16:01.6	16.5	19	00:00:39.0	66	00:26:47.4	08:38	01:57:22.3			
98	15 Winecke, Sally	1035 Eagan, MN	70	00:13:02.6	03:15	214	00:03:16.4	86	01:08:43.1	18.3	232	00:01:58.9	160	00:30:37.1	09:52	01:57:38.3			
99	13 Devries, Nicole	694 Lindstrom, MN	140	00:14:47.3	03:41	79	00:02:09.9	148	01:13:00.4	17.2	27	00:00:42.8	79	00:27:17.1	08:48	01:57:57.7			
100	9 Dawson, Anna	566 St. Paul, MN	110	00:14:03.2	03:30	159	00:02:50.3	120	01:11:30.3	17.6	170	00:01:33.1	101	00:28:06.7	09:04	01:58:03.8			
101	16 Surber, Monica	962 Minneapolis,	96	00:13:40.1	03:25	124	00:02:36.6	73	01:07:38.2	18.6	136	00:01:22.4	207	00:32:50.4	10:35	01:58:08.0			
102	14 Dalrymple, Maggie	764 Minneapolis,	190	00:16:05.3	04:01	132	00:02:39.9	119	01:11:24.3	17.6	145	00:01:25.4	61	00:26:43.3	08:37	01:58:18.4			
103	28 Smith, Nikole	871 Andover, MN	92	00:13:36.6	03:24	249	00:03:51.7	177	01:15:01.2	16.7	96	00:01:08.1	30	00:24:48.6	08:00	01:58:26.4			
104	19 Wolfe, Michelle	852 Stacy, MN	263	00:18:40.8	04:40	122	00:02:35.8	59	01:06:31.1	18.9	14	00:00:35.7	146	00:30:11.9	09:44	01:58:35.5			
105	29 Betterman, Megan	754 St. Louis Park,	111	00:14:03.5	03:30	157	00:02:49.0	85	01:08:41.2	18.3	214	00:01:52.4	177	00:31:14.5	10:04	01:58:40.9			
106	10 Phan, Chrissi	1246 Saint Paul, MN	252	00:18:12.6	04:33	78	00:02:08.6	88	01:08:56.3	18.2	84	00:01:02.8	108	00:28:23.6	09:09	01:58:44.2			
107	6 Nielsen, Cristine	1009 Rogers, MN	142	00:14:47.4	03:41	179	00:02:59.1	153	01:13:14.8	17.2	57	00:00:55.0	67	00:26:50.2	08:39	01:58:46.7			
108	20 Bourman, Jill	1076 Brooklyn Park,	61	00:12:49.1	03:12	167	00:02:55.5	138	01:12:33.2	17.3	144	00:01:25.2	119	00:29:05.6	09:23	01:58:48.8			
109	15 Louden, Sarah	1139 Minneapolis,	197	00:16:17.4	04:04	94	00:02:19.9	150	01:13:06.2	17.2	149	00:01:27.3	44	00:25:50.9	08:20	01:59:01.8			
110	7 Miller, Diane	785 Hugo, MN	234	00:17:24.6	04:21	175	00:02:57.5	51	01:05:48.9	19.1	209	00:01:51.7	174	00:31:09.0	10:02	01:59:12.0			
111	11 Ekstorm, Sarah	1286 St. Paul, MN	131	00:14:35.5	03:38	7	00:01:09.5	1	00:04:48.5	262.	330	01:09:14.9	133	00:29:47.3	09:36	01:59:35.8			
112	21 Hill, Amber	776 Chisago City,	179	00:15:51.7	03:57	60	00:01:58.1	117	01:11:06.5	17.7	87	00:01:03.7	131	00:29:41.5	09:34	01:59:41.8			
113	16 Nelsen, Katie	571 Cottage Grove,	106	00:13:59.1	03:29	161	00:02:52.5	114	01:10:36.6	17.8	23	00:00:40.9	188	00:31:47.3	10:15	01:59:56.7			
114	30 Northup, Meghan	536	143	00:14:48.0	03:42	57	00:01:55.4	121	01:11:32.1	17.6	188	00:01:39.6	144	00:30:10.4	09:44	02:00:05.7			

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	Pen	description
115	8 Bastiaens,	895	Scandia, MN	145	00:14:49.6	03:42	212 00:03:16.0	81	01:08:20.8	18.4	270	00:02:20.0	186	00:31:38.0	10:12	02:00:24.6			
116	17 Bergland, Cathy	805	Plymouth, MN	236	00:17:28.3	04:22	53 00:01:53.8	124	01:11:35.2	17.6	99	00:01:09.6	111	00:28:32.7	09:12	02:00:39.8			
117	31 Wegwerth, Leala	775	Maplewood, MN	187	00:16:03.7	04:00	114 00:02:31.6	193	01:16:16.9	16.5	143	00:01:24.6	25	00:24:26.6	07:53	02:00:43.6			
118	12 Skold, Anne	1171	Hopkins, MN	149	00:14:53.6	03:43	254 00:04:00.4	165	01:13:58.0	17.0	199	00:01:43.0	49	00:26:09.0	08:26	02:00:44.2			
119	5 Soholt, Molly	1169	Sioux Falls, SD	58	00:12:32.6	03:08	185 00:03:03.0	180	01:15:14.7	16.7	182	00:01:36.9	105	00:28:17.3	09:07	02:00:44.7			
120	9 Rosati, Heidi	970	Loretto, MN	89	00:13:33.3	03:23	206 00:03:12.6	100	01:09:51.5	18.0	318	00:03:33.3	158	00:30:35.5	09:52	02:00:46.3			
121	1 Logue, Alyssa	583	New Prague,	66	00:12:55.9	03:13	153 00:02:47.4	200	01:17:02.7	16.3	100	00:01:09.9	68	00:26:54.6	08:40	02:00:50.7			
122	22 Setter, Randi	826	Hugo, MN	88	00:13:30.9	03:22	165 00:02:53.9	108	01:10:11.4	17.9	156	00:01:29.6	209	00:32:55.6	10:37	02:01:01.6			
123	32 Steel, Jennifer	772	Minnetonka, MN	130	00:14:34.2	03:38	86 00:02:13.4	185	01:15:50.5	16.6	162	00:01:31.3	71	00:27:01.1	08:42	02:01:10.6			
124	33 Schmitz, Becky	727	Minneapolis,	38	00:11:59.8	02:59	275 00:04:33.0	96	01:09:30.3	18.1	163	00:01:31.3	223	00:33:39.3	10:51	02:01:13.9			
125	10 Elwell, Coreen	663	Coon Rapids,	123	00:14:25.1	03:36	71 00:02:06.1	89	01:09:04.4	18.2	255	00:02:11.9	219	00:33:31.6	10:48	02:01:19.1			
126	23 Korsbon, Jennie	1159	Minneapolis,	45	00:12:09.7	03:02	98 00:02:21.4	229	01:20:10.6	15.7	117	00:01:15.5	37	00:25:25.0	08:11	02:01:22.5			
127	34 Briggs, Maggie	839	White Bear	118	00:14:17.9	03:34	171 00:02:56.7	83	01:08:31.4	18.3	142	00:01:24.3	228	00:34:12.7	11:02	02:01:23.1			
128	35 Larson, Amy	737	Plymouth, MN	172	00:15:38.8	03:54	36 00:01:41.7	126	01:11:35.8	17.5	55	00:00:54.8	183	00:31:34.8	10:11	02:01:26.1			
129	36 Coddington,	1195	Eden Prairie,	247	00:17:58.9	04:29	64 00:02:00.2	145	01:12:45.6	17.3	107	00:01:11.6	86	00:27:36.0	08:54	02:01:32.6			
130	17 Peterson, Gail	971	Minnetonka, MN	246	00:17:57.0	04:29	61 00:01:58.6	128	01:12:03.7	17.4	243	00:02:05.5	84	00:27:34.9	08:53	02:01:39.9			
131	37 Nguyen, Viet-hanh	755	Saint Paul, MN	36	00:11:55.8	02:58	160 00:02:51.0	213	01:18:42.0	16.0	112	00:01:13.8	69	00:26:59.4	08:42	02:01:42.2			
132	24 Bilek, Rebecca	990	Minneapolis,	221	00:16:57.6	04:14	111 00:02:29.3	95	01:09:24.5	18.1	62	00:00:57.3	193	00:31:55.0	10:17	02:01:43.9			
133	18 Peterson, Susan	661		136	00:14:44.7	03:41	125 00:02:37.6	131	01:12:14.4	17.4	98	00:01:09.5	176	00:31:10.8	10:03	02:01:57.1			
134	19 Smith, Cynthia	999	Maplewood, MN	239	00:17:35.6	04:23	259 00:04:02.3	94	01:09:20.0	18.1	300	00:02:44.4	107	00:28:21.4	09:08	02:02:03.9			
135	13 Fleischhacker,	1349	Forest Lake, MN	178	00:15:50.5	03:57	85 00:02:12.6	132	01:12:15.1	17.4	130	00:01:20.0	163	00:30:41.1	09:53	02:02:19.4			
136	20 Dougherty, Sara	732	Cloquet, MN	128	00:14:30.2	03:37	210 00:03:15.8	172	01:14:39.8	16.8	226	00:01:55.2	102	00:28:10.2	09:05	02:02:31.4			
137	25 Gallatin, Jillene	856	Scandia, MN	148	00:14:53.2	03:43	170 00:02:56.3	143	01:12:40.4	17.3	134	00:01:21.6	162	00:30:40.1	09:53	02:02:31.8			
138	26 Lyp, Jody	1103	Valparaiso, IN	76	00:13:10.0	03:17	127 00:02:38.6	158	01:13:46.6	17.0	157	00:01:29.9	184	00:31:35.3	10:11	02:02:40.7			
139	11 Vizenor, Leah	1259	Hudson, WI	91	00:13:34.4	03:23	232 00:03:38.8	155	01:13:20.9	17.1	210	00:01:51.8	148	00:30:17.0	09:46	02:02:43.0			
140	27 Gorman, Tracey	1146	Shakopee, MN	159	00:15:21.3	03:50	70 00:02:05.5	136	01:12:31.0	17.3	228	00:01:56.1	166	00:30:53.7	09:57	02:02:47.8			
141	12 Carver, Vicki	933	Lino Lakes, MN	83	00:13:26.1	03:21	219 00:03:22.6	127	01:12:01.0	17.4	269	00:02:19.7	195	00:32:04.5	10:20	02:03:14.1			
142	38 Rentes, Lisa	543		53	00:12:24.1	03:06	266 00:04:10.5	173	01:14:44.5	16.8			332	01:50:21.4		02:03:21.5			
143	18 Stanek, Jennifer	947	Center City, MN	276	00:19:14.3	04:48	81 00:02:11.5	123	01:11:33.9	17.6	70	00:00:59.8	127	00:29:36.5	09:33	02:03:36.1			
144	21 Luoma, Mary	1163	Maple Grove,	237	00:17:28.5	04:22	31 00:01:39.5	130	01:12:05.7	17.4	152	00:01:28.6	172	00:31:08.0	10:02	02:03:50.5			
145	13 Howard, Jen	1093	Woodbury, MN	207	00:16:30.4	04:07	33 00:01:40.5	98	01:09:42.9	18.0	176	00:01:35.7	242	00:34:50.3	11:14	02:04:20.1			
146	28 Elzy, Tammy	560	Lindstrom, MN	182	00:15:57.3	03:59	193 00:03:05.3	104	01:10:05.8	17.9	114	00:01:13.9	225	00:33:58.2	10:57	02:04:20.7			
147	29 Getchell, Joyce	707	Forest Lake, MN	185	00:15:59.2	03:59	134 00:02:41.6	174	01:14:47.2	16.8	50	00:00:53.3	138	00:30:00.7	09:40	02:04:22.2			

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	Pen	description
148	30 Maxey, Jenni	1061 Stacy, MN	235	00:17:28.3	04:22	72	00:02:07.1	167	01:14:17.9	16.9	46	00:00:50.3	130	00:29:40.7	09:34	02:04:24.4			
149	19 Hoglund, Angela	1278 Minneapollis,	195	00:16:14.0	04:03	58	00:01:55.7	188	01:16:02.6	16.5	77	00:01:01.5	120	00:29:10.8	09:24	02:04:24.8			
150	2 Hager, Natalie	1047 Afton, MN	57	00:12:28.7	03:07	50	00:01:51.4	226	01:19:50.1	15.7	104	00:01:11.3	118	00:29:04.2	09:22	02:04:26.0			
151	14 Rose, Janine	881 Scandia, MN	290	00:20:05.6	05:01	93	00:02:19.8	116	01:10:56.9	17.7	147	00:01:26.6	132	00:29:45.4	09:35	02:04:34.5			
152	31 Lesov, Saida	1140 Maple Grove,	279	00:19:20.7	04:50	237	00:03:46.3	137	01:12:32.8	17.3	239	00:02:04.3	72	00:27:03.4	08:43	02:04:47.7			
153	32 Kelley, Jamie	1055 Bloomington,	188	00:16:05.3	04:01	176	00:02:57.8	91	01:09:10.2	18.2	186	00:01:38.1	248	00:35:02.7	11:18	02:04:54.2			
154	22 Marquis, Sue	996 Lindstrom, MN	208	00:16:32.4	04:08	285	00:05:03.6	115	01:10:51.3	17.7	254	00:02:10.1	152	00:30:20.6	09:47	02:04:58.1			
155	39 Nguyen, Jennifer	741 Minneapolis,	315	00:22:39.1	05:39	25	00:01:33.1	156	01:13:28.0	17.1	49	00:00:52.5	75	00:27:08.0	08:45	02:05:40.9			
156	14 Kaup, Shawna	672 Inver Grove	24	00:11:21.2	02:50	143	00:02:43.6	140	01:12:36.9	17.3	219	00:01:53.5	277	00:37:06.6	11:58	02:05:42.0			
157	23 Kaup, Tara	674 Inver Grove	218	00:16:49.4	04:12	130	00:02:39.0	171	01:14:36.9	16.8	79	00:01:01.6	159	00:30:37.0	09:52	02:05:44.0			
158	20 Frandrup, Sara	1291 Minneapolis,	167	00:15:27.1	03:51	41	00:01:47.0	184	01:15:39.1	16.6	161	00:01:30.9	180	00:31:28.4	10:09	02:05:52.7			
159	21 Solomonson,	1114 Princeton, MN	248	00:17:59.2	04:29	123	00:02:36.4	129	01:12:04.6	17.4	105	00:01:11.4	197	00:32:14.1	10:23	02:06:05.9			
160	40 Holmes, Laura	548 Chaska, MN	232	00:17:18.8	04:19	21	00:01:30.4	168	01:14:18.4	16.9	20	00:00:39.1	202	00:32:33.2	10:30	02:06:20.1			
161	22 Brier, Lenen	1036 Minneapolis,	165	00:15:25.1	03:51	182	00:03:01.9	178	01:15:03.2	16.7	233	00:01:59.1	168	00:30:58.7	09:59	02:06:28.3			
162	24 Hank, Dawn	729 White Bear	233	00:17:24.2	04:21	181	00:03:01.7	154	01:13:14.8	17.2	129	00:01:19.7	185	00:31:36.0	10:11	02:06:36.5			
163	15 Watkins, Sarah	760 White Bear	254	00:18:13.8	04:33	190	00:03:04.7	157	01:13:34.8	17.1	193	00:01:40.4	141	00:30:06.4	09:42	02:06:40.3			
164	16 Scheder,	599 Stevens Point,	102	00:13:49.7	03:27	164	00:02:53.8	149	01:13:05.8	17.2	61	00:00:56.6	262	00:36:15.2	11:41	02:07:01.3			
165	41 Lenzmier,	1342 Center City, MN	154	00:15:06.1	03:46	220	00:03:22.7	106	01:10:08.6	17.9	231	00:01:58.3	268	00:36:34.8	11:48	02:07:10.6			
166	25 Haller, Lisa	899 Minneapolis,	1	00:07:51.7	01:57	332	00:13:45.2	134	01:12:22.9	17.4	248	00:02:07.3	170	00:31:04.5	10:01	02:07:11.8			
167	42 Senty, Kelly	1340 Grand Marais,	31	00:11:38.3	02:54	95	00:02:20.0	233	01:20:20.5	15.6	303	00:02:46.7	143	00:30:09.3	09:43	02:07:15.0			
168	43 Havlicek, Christie	833 Shakopce, MN	56	00:12:27.1	03:06	115	00:02:31.7	152	01:13:11.1	17.2	159	00:01:30.7	283	00:37:47.3	12:11	02:07:28.0			
169	33 Bahr, Venisha	821 Minnetonka, MN	243	00:17:50.3	04:27	26	00:01:33.8	176	01:14:59.0	16.8	110	00:01:13.6	194	00:31:59.4	10:19	02:07:36.3			
170	17 Offerman, Tammy	1182 Plymouth, MN	100	00:13:48.0	03:27	112	00:02:29.9	186	01:15:58.8	16.5	250	00:02:07.8	222	00:33:35.6	10:50	02:08:00.2			
171	15 Koch, Lauren	928 Lindstrom, MN	33	00:11:43.4	02:55	260	00:04:02.9	196	01:16:36.8	16.4	174	00:01:35.1	227	00:34:06.3	11:00	02:08:04.8			
172	34 Johnson, Dawn	1073 Minneapolis,	112	00:14:04.6	03:31	246	00:03:50.7	243	01:21:11.3	15.5	60	00:00:56.3	112	00:28:37.1	09:13	02:08:40.3			
173	35 Olson, Tara	817 Inver Grove	257	00:18:16.4	04:34	97	00:02:21.2	151	01:13:10.8	17.2	218	00:01:53.4	211	00:33:00.7	10:38	02:08:42.8			
174	18 Bulson, Nancy	1186 Inver Grove	203	00:16:22.4	04:05	202	00:03:11.7	139	01:12:33.2	17.3	263	00:02:16.8	236	00:34:28.4	11:07	02:08:52.6			
175	44 Lacourciere,	1263 St. Paul, MN	226	00:17:03.3	04:15	187	00:03:03.4	234	01:20:26.3	15.6	52	00:00:54.0	91	00:27:41.7	08:56	02:09:09.0			
176	45 Matzke, Alaina	949 Saint Paul, MN	210	00:16:34.8	04:08	213	00:03:16.3	225	01:19:49.3	15.7	253	00:02:08.7	80	00:27:20.5	08:49	02:09:09.8			
177	23 Rupert, Susan	676 Forest Lake, MN	164	00:15:24.0	03:51	118	00:02:33.0	179	01:15:11.5	16.7	148	00:01:27.0	239	00:34:39.1	11:10	02:09:14.7			
178	19 Kimlinger, Katie	1267 Lindstrom, MN	127	00:14:30.1	03:37	162	00:02:52.9	240	01:20:57.9	15.5	66	00:00:58.3	136	00:29:56.7	09:39	02:09:16.1			
179	36 Orman, Sarah	876 Shoreview, MN	166	00:15:26.4	03:51	154	00:02:48.2	252	01:21:56.0	15.3	113	00:01:13.8	100	00:28:02.2	09:02	02:09:26.8			
180	24 Hall, Amanda	1101 Hugo, MN	146	00:14:50.4	03:42	217	00:03:20.3	237	01:20:43.2	15.6	95	00:01:07.9	125	00:29:30.6	09:31	02:09:32.6			

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	Pen	description
181	26 Johnson, Melissa	584	White Bear	141	00:14:47.3	03:41	197	00:03:08.7	182	01:15:25.7	16.7	132	00:01:20.8	244	00:34:53.7	11:15	02:09:36.3			
182	20 Gustafson, Leanne	858	No Branch, MN	272	00:19:02.9	04:45	88	00:02:14.6	107	01:10:09.3	17.9	125	00:01:18.8	273	00:36:51.9	11:53	02:09:37.6			
183	16 Magnuson, Kelly	1227	St. Cloud, MN	198	00:16:17.6	04:04	83	00:02:12.3	247	01:21:32.3	15.4	45	00:00:50.3	115	00:28:47.5	09:17	02:09:40.2			
184	37 Speight, Tracy	818	Scandia, MN	122	00:14:22.3	03:35	192	00:03:05.2	170	01:14:31.2	16.9	240	00:02:04.7	255	00:35:48.1	11:32	02:09:51.7			
185	46 Anderson, Jodie	918	Lino Lakes, MN	176	00:15:45.7	03:56	148	00:02:45.3	222	01:19:39.0	15.8	180	00:01:36.4	142	00:30:08.6	09:43	02:09:55.2			
186	25 Stocke, Andrea	1005	Blaine, MN	105	00:13:56.4	03:29	103	00:02:24.8	264	01:23:53.6	15.0	42	00:00:49.9	121	00:29:12.8	09:25	02:10:17.8			
187	27 Long, Denise	646	St Paul, MN	125	00:14:28.3	03:37	166	00:02:54.1	204	01:17:25.0	16.2	245	00:02:06.9	216	00:33:29.1	10:48	02:10:23.6			
188	17 Passell, Petra	802	Minneapolis,	59	00:12:34.6	03:08	158	00:02:49.3	166	01:14:07.8	16.9	120	00:01:16.8	301	00:39:46.6	12:49	02:10:35.2			
189	28 Loidolt, Cecilie	1260	Brooklyn Park,	320	00:23:23.7	05:50	150	00:02:46.3	144	01:12:42.3	17.3	204	00:01:45.3	137	00:29:59.0	09:40	02:10:36.8			
190	21 Jensen, Brenda	655	Ramsey, MN	72	00:13:05.3	03:16	199	00:03:09.6	223	01:19:40.3	15.8	111	00:01:13.7	217	00:33:29.8	10:48	02:10:39.0			
191	26 Doonan, Elizabeth	1037	St. Louis Park,	168	00:15:28.4	03:52	271	00:04:22.9	206	01:17:41.1	16.2	235	00:02:00.8	179	00:31:15.9	10:05	02:10:49.2			
192	3 Carlson, Kailee	572	Chisago City,	161	00:15:22.4	03:50	258	00:04:01.8	236	01:20:32.0	15.6	81	00:01:02.5	140	00:30:05.1	09:42	02:11:04.1			
193	22 Carlson-paetznick,	573	Chisago City,	162	00:15:23.0	03:50	255	00:04:01.3	235	01:20:31.7	15.6	85	00:01:03.0	139	00:30:05.0	09:42	02:11:04.2			
194	29 Petersen, Erica	1238	Apple Valley,	181	00:15:55.6	03:58	172	00:02:56.9	207	01:17:42.8	16.2	166	00:01:32.2	213	00:33:02.6	10:39	02:11:10.3			
195	23 Thompson,	716	Apple Valley, MI	215	00:16:46.8	04:11	100	00:02:24.0	227	01:20:01.6	15.7	44	00:00:50.0	175	00:31:10.0	10:03	02:11:12.6			
196	18 Ward, Elizabeth	1313	Grand Rapids,						230	01:20:14.8	15.7	200	00:01:43.1	181	00:31:28.5	10:09	02:11:13.5			
197	2 Hunter, Peggy	936	White Bear	268	00:18:44.8	04:41	277	00:04:35.0	192	01:16:13.1	16.5	308	00:02:57.2	116	00:28:52.7	09:18	02:11:22.9			
198	47 Curran, Julia	586	Minneapolis,	278	00:19:19.5	04:49	163	00:02:53.7	162	01:13:54.9	17.0	32	00:00:46.4	237	00:34:35.2	11:09	02:11:29.8			
199	38 Booher, Kerri	798	St Louis Park,	298	00:20:35.8	05:08	233	00:03:40.2	197	01:16:50.6	16.3	247	00:02:07.1	104	00:28:17.0	09:07	02:11:30.9			
200	30 Koch, Angie	927	Lindstrom, MN	259	00:18:27.4	04:36	239	00:03:47.7	146	01:12:54.6	17.2	286	00:02:32.4	230	00:34:13.6	11:02	02:11:55.9			
201	39 Jordet, Michele	1253	Center City, MN	282	00:19:51.2	04:57	240	00:03:48.1	135	01:12:29.8	17.3	323	00:03:57.2	192	00:31:55.0	10:17	02:12:01.5			
202	48 Welsch, Antonia	892	Minneapolis,	307	00:21:15.9	05:18	191	00:03:04.7	50	01:05:48.3	19.1	196	00:01:41.6	306	00:40:31.7	13:04	02:12:22.4			
203	31 Immele, Daphne	950	Minneapolis,	277	00:19:19.2	04:49	152	00:02:47.3	195	01:16:27.4	16.4	198	00:01:42.9	196	00:32:08.1	10:21	02:12:25.1			
204	24 Hutchinson,	552	Forest Lake, MN	117	00:14:16.7	03:34	138	00:02:42.2	208	01:17:53.2	16.1	58	00:00:55.2	272	00:36:51.6	11:53	02:12:39.1			
205	27 Lichty, Katie	923	Minneapolis,	262	00:18:37.4	04:39	273	00:04:28.1	183	01:15:32.9	16.6	322	00:03:43.1	153	00:30:22.9	09:48	02:12:44.5			
206	40 Burton, Annie	726	Burnsville, MN	177	00:15:49.1	03:57	270	00:04:22.4	244	01:21:12.3	15.5	169	00:01:32.5	145	00:30:11.0	09:44	02:13:07.6			
207	41 Clements, Wendy	725	Stillwater, MN	238	00:17:32.5	04:23	128	00:02:38.8	218	01:19:26.3	15.8	314	00:03:17.2	147	00:30:12.8	09:44	02:13:07.7			
208	49 Schenkey, Erin	1290	North Branch,	116	00:14:14.3	03:33	329	00:08:56.3	199	01:16:55.7	16.3	297	00:02:38.4	161	00:30:39.4	09:53	02:13:24.2			
209	42 Carlson, Cheryl	800	White Bear	186	00:16:03.0	04:00	211	00:03:16.0	221	01:19:38.3	15.8	167	00:01:32.3	210	00:32:59.3	10:38	02:13:29.1			
210	32 Williamson, Liz	930	St Croix Falls, WI	303	00:20:49.3	05:12	218	00:03:21.7	191	01:16:09.5	16.5	153	00:01:29.0	190	00:31:50.9	10:16	02:13:40.7			
211	43 Bellos, Sophia	1136	Maple Grove,	249	00:18:03.3	04:30	235	00:03:44.1	164	01:13:57.1	17.0	242	00:02:05.4	264	00:36:19.7	11:43	02:14:09.8			
212	50 Maertens, Laura	592	Minneapolis,	258	00:18:20.8	04:35	253	00:04:00.0	202	01:17:21.0	16.2	208	00:01:48.8	205	00:32:41.9	10:32	02:14:12.7			
213	44 Molitor, Jodi	1294	North Branch,	95	00:13:39.3	03:24	331	00:09:29.4	198	01:16:55.7	16.3	299	00:02:41.8	187	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	Pen	description
214	25 Hager, Jennifer	1048 Afton, MN	126	00:14:28.7	03:37	203	00:03:11.8	203	01:17:23.2	16.2	216	00:01:53.2	281	00:37:31.0	12:06	02:14:28.2			
215	8 Brown, Lisa	1085 Minneapolis,	231	00:17:18.0	04:19	180	00:03:00.2	205	01:17:40.5	16.2	285	00:02:32.0	235	00:34:18.8	11:04	02:14:49.8			
216	33 Anderson, Ann	790 Cottage Grove,	301	00:20:37.5	05:09	282	00:04:56.9	201	01:17:13.7	16.3	292	00:02:35.0	126	00:29:35.1	09:32	02:14:58.4			
217	45 Mclane, Suzi	1077 Plymouth, MN	194	00:16:13.9	04:03	208	00:03:14.9	270	01:24:53.5	14.8	195	00:01:40.8	117	00:28:56.4	09:20	02:14:59.8			
218	46 James, Caria	1079 Stillwater, MN	87	00:13:30.7	03:22	267	00:04:18.6	228	01:20:05.4	15.7	236	00:02:02.2	250	00:35:19.1	11:23	02:15:16.3			
219	34 Marcotte, Julie	991 Anoka, MN	270	00:18:47.2	04:41	223	00:03:29.2	159	01:13:50.4	17.0	164	00:01:31.5	282	00:37:41.4	12:09	02:15:19.8			
220	4 Brumley, Hailey	1044 Woodbury, MN	288	00:20:05.2	05:01	34	00:01:40.8	259	01:23:22.5	15.1	18	00:00:37.3	135	00:29:54.8	09:38	02:15:40.7			
221	47 Boggs, Stacey	974 Saint Paul, MN	228	00:17:08.4	04:17	292	00:05:13.4	175	01:14:55.6	16.8	291	00:02:34.7	256	00:35:49.7	11:33	02:15:41.9			
222	35 Hammes, Kim	1276 Lesuer, MN	113	00:14:05.7	03:31	204	00:03:11.9	246	01:21:26.5	15.4	265	00:02:17.4	243	00:34:53.4	11:15	02:15:55.2			
223	26 Klingler, Jessica	896 Champlin, MN	314	00:22:23.6	05:35	257	00:04:01.5	163	01:13:56.5	17.0	281	00:02:28.1	214	00:33:06.5	10:40	02:15:56.3			
224	48 Knutson, Cathy	1175 North Branch,	230	00:17:12.3	04:18	135	00:02:41.8	210	01:18:00.3	16.1	227	00:01:55.8	266	00:36:27.2	11:45	02:16:17.5			
225	19 All, Sarah	1311 Apple Valley,	48	00:12:13.5	03:03	120	00:02:33.9	253	01:22:15.8	15.3	15	00:00:36.6	292	00:38:41.2	12:28	02:16:21.2			
226	20 Vinzant, Jill	1214 Sioux Falls, SD	174	00:15:41.8	03:55	147	00:02:45.0	211	01:18:02.0	16.1	223	00:01:54.1	284	00:37:59.1	12:15	02:16:22.2			
227	51 Herndl, Autumn	792 Stevens Point,	322	00:23:38.3	05:54	263	00:04:08.0	161	01:13:54.6	17.0	249	00:02:07.6	203	00:32:38.8	10:31	02:16:27.5			
228	36 Mecklenburg,	877 St. Paul, MN	212	00:16:38.0	04:09	291	00:05:12.3	232	01:20:18.1	15.6	283	00:02:30.3	191	00:31:52.6	10:16	02:16:31.5			
229	27 Petrey, Susan	1298 Wyoming, MN	245	00:17:50.9	04:27	262	00:04:06.0	209	01:17:57.5	16.1	309	00:03:07.9	218	00:33:31.4	10:48	02:16:34.0			
230	28 Minnichsoffer, Rita	650 Lindstrom, MN	217	00:16:48.7	04:12	283	00:04:59.5	181	01:15:23.8	16.7	91	00:01:06.3	286	00:38:20.0	12:21	02:16:38.5			
231	49 Bauer, Melissa	1336 White Bear Ln,	206	00:16:28.8	04:07	302	00:05:37.2	212	01:18:08.3	16.1	160	00:01:30.8	247	00:35:02.2	11:18	02:16:47.5			
232	29 Obst, Maryanne	700 Scandia, MN	224	00:16:59.1	04:14	305	00:05:42.2	224	01:19:47.8	15.7	31	00:00:46.2	234	00:34:18.0	11:03	02:17:33.4			
233	3 Skildum, Corilee	750 Arden Hills, MN	144	00:14:49.4	03:42	243	00:03:49.2	190	01:16:06.2	16.5	284	00:02:30.7	304	00:40:23.6	13:01	02:17:39.3			
234	28 Mckeon, Nikki	747 Brooklyn Park,	209	00:16:33.6	04:08	209	00:03:15.4	258	01:23:16.9	15.1	264	00:02:17.3	199	00:32:21.9	10:26	02:17:45.3			
235	29 Johnson, Joyell	823 Minneapolis,	313	00:22:22.0	05:35	178	00:02:58.1	160	01:13:51.3	17.0	273	00:02:21.1	263	00:36:17.3	11:42	02:17:50.1			
236	50 Joyce, Denise	815 Saint Paul, MN	266	00:18:42.7	04:40	183	00:03:02.5	251	01:21:50.8	15.3	151	00:01:27.8	215	00:33:11.3	10:42	02:18:15.3			
237	30 Adix, Anne	1236 Monticello, MN	173	00:15:40.0	03:55	265	00:04:10.2	214	01:19:01.7	15.9	234	00:02:00.1	285	00:38:02.2	12:16	02:18:54.5			
238	1 Riley, Theresa	1271	184	00:15:58.1	03:59	196	00:03:08.1	269	01:24:53.3	14.8	274	00:02:21.3	204	00:32:40.7	10:32	02:19:01.7			
239	31 Olivas, Peggy	1089 Grand Forks, ND	132	00:14:36.5	03:39	290	00:05:12.0	248	01:21:35.0	15.4	268	00:02:19.3	252	00:35:22.2	11:24	02:19:05.1			
240	51 Meron, Shannon	1174 North Branch,	139	00:14:46.5	03:41	96	00:02:20.8	231	01:20:17.6	15.6	138	00:01:22.8	303	00:40:19.3	13:00	02:19:07.2			
241	21 Nelson, Lindsay	1210 Brookfield, WI	193	00:16:10.8	04:02	269	00:04:22.2	276	01:25:48.0	14.6	201	00:01:43.8	178	00:31:15.0	10:04	02:19:20.0			
242	30 Henders, Rebecca	799 Minneapolis,	192	00:16:09.2	04:02	142	00:02:43.3	286	01:27:24.7	14.4	289	00:02:32.8	157	00:30:35.1	09:51	02:19:25.3			
243	52 Roerick, Jessica	992 Champlin, MN	285	00:19:56.5	04:59	168	00:02:55.6	219	01:19:32.3	15.8	177	00:01:36.0	265	00:36:21.9	11:43	02:20:22.4			
244	6 Wittnebel,	1310 Stacy, MN	240	00:17:38.2	04:24	238	00:03:47.1	287	01:27:38.3	14.3	122	00:01:17.4	149	00:30:17.3	09:46	02:20:38.4			
245	52 Hemmesch, Janel	621 North Branch,	255	00:18:14.6	04:33	227	00:03:35.8	273	01:25:19.2	14.7	203	00:01:44.1	189	00:31:48.5	10:15	02:20:42.4			
246	22 Kotilinek, Jessie	1148 Shoreview, MN	202	00:16:21.0	04:05	295	00:05:15.5	271	01:25:13.1	14.7	205	00:01:47.7	198	00:32:21.9	10:26	02:20:59.4			

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	Pen	description
247	7 Kotilinek, Brita	1149	White Bear	200	00:16:19.9	04:04	293 00:05:14.5	272	01:25:14.3	14.7	207	00:01:48.2	200	00:32:22.3	10:26	02:20:59.4			
248	53 Stuart, Susan	1248	St Paul, MN	129	00:14:33.3	03:38	251 00:03:55.0	242	01:21:03.4	15.5	290	00:02:33.3	295	00:38:58.0	12:34	02:21:03.3			
249	37 Wheaton, Sue	1020	Golden Valley,	201	00:16:20.4	04:05	299 00:05:35.5	261	01:23:28.6	15.0	261	00:02:15.8	220	00:33:32.7	10:49	02:21:13.2			
250	9 Mellesmoen,	1123	Minneapolis,	261	00:18:32.3	04:38	319 00:06:22.7	216	01:19:13.0	15.9	311	00:03:12.0	231	00:34:14.0	11:02	02:21:34.2			
251	23 Mellesmoen, Marta	1124	Minneapolis,	291	00:20:06.8	05:01	281 00:04:49.7	215	01:19:10.5	15.9	313	00:03:13.8	229	00:34:13.3	11:02	02:21:34.3			
252	54 Criss, Alison	901	Minneapolis,	211	00:16:37.5	04:09	324 00:06:39.7	239	01:20:49.1	15.5	304	00:02:47.9	240	00:34:43.4	11:12	02:21:37.7			
253	32 Steichen, Sharon	827	Lino Lakes, MN	242	00:17:41.3	04:25	116 00:02:32.2	241	01:20:58.4	15.5	94	00:01:07.5	299	00:39:26.5	12:43	02:21:46.0			
254	2 Flory, Rebecca	1115	St Paul, MN	311	00:22:18.2	05:34	274 00:04:31.4	250	01:21:49.6	15.3	266	00:02:18.4	167	00:30:55.1	09:58	02:21:52.8			
255	53 Hansen, Roxanne	843	Hugo, MN	250	00:18:05.4	04:31	231 00:03:38.0	267	01:24:48.9	14.8	221	00:01:53.8	221	00:33:34.4	10:49	02:22:00.7			
256	24 Frick, Hannah	1152	St. Paul, MN	244	00:17:50.6	04:27	151 00:02:46.9	266	01:24:38.8	14.8	121	00:01:17.2	253	00:35:39.8	11:30	02:22:13.5			
257	31 Reddy, Amy	780	St Paul, MN	180	00:15:55.1	03:58	230 00:03:38.0	280	01:26:17.5	14.6	106	00:01:11.4	254	00:35:46.0	11:32	02:22:48.3			
258	54 Thoreson, Tori	1295	St Charles, MN	107	00:13:59.4	03:29	288 00:05:06.3	220	01:19:35.6	15.8	321	00:03:42.5	305	00:40:24.5	13:02	02:22:48.5			
259	32 Nessler, Tauni	1292	St Louis Park,	169	00:15:29.2	03:52	229 00:03:37.5	299	01:30:18.7	13.9	220	00:01:53.5	182	00:31:29.4	10:09	02:22:48.5			
260	33 Haas, Jillayne	710	Woodbury, MN	321	00:23:25.5	05:51	224 00:03:30.3	255	01:22:29.3	15.2	68	00:00:59.3	208	00:32:54.4	10:36	02:23:19.1			
261	25 Clark, Katie	1284	Stacy, MN	300	00:20:37.3	05:09	236 00:03:44.9	288	01:27:39.5	14.3	124	00:01:17.8	150	00:30:17.9	09:46	02:23:37.6			
262	55 Ward, Julie	917	Lindstrom, MN	330	00:26:50.7	06:42	287 00:05:05.4	189	01:16:03.2	16.5	293	00:02:36.9	212	00:33:02.1	10:39	02:23:38.5			
263	56 Olson, Clarice	1296	Lindstrom, MN	286	00:20:02.1	05:00	225 00:03:31.7	263	01:23:48.8	15.0	237	00:02:02.8	233	00:34:16.8	11:03	02:23:42.3			
264	55 Brown, Jackie	701	Minneapolis,	155	00:15:14.4	03:48	276 00:04:34.9	217	01:19:18.0	15.8	324	00:04:04.1	307	00:40:48.6	13:09	02:24:00.4			
265	26 McLaughlin,	931	Eagan, MN	275	00:19:09.8	04:47	296 00:05:16.5	274	01:25:24.6	14.7	326	00:04:27.4	134	00:29:53.1	09:38	02:24:11.6			
266	38 Lehmann, Leann	1006	Ramsey, MN	293	00:20:08.9	05:02	317 00:06:18.7	194	01:16:26.1	16.4	224	00:01:54.2	297	00:39:24.4	12:42	02:24:12.5			
267	57 Svendsen,	1323	St Paul, MN	260	00:18:28.5	04:37	248 00:03:51.6	296	01:29:55.8	14.0	101	00:01:10.2	173	00:31:08.1	10:02	02:24:34.3			
268	33 Wurdemann, Lisa	1128	Harris, MN	271	00:18:51.3	04:42	242 00:03:48.8	249	01:21:46.4	15.4	302	00:02:45.7	280	00:37:23.5	12:03	02:24:35.8			
269	34 Kemp, Heather	934	Grand Marais,	199	00:16:18.6	04:04	131 00:02:39.3	262	01:23:40.5	15.0	192	00:01:40.0	302	00:40:17.7	12:59	02:24:36.4			
270	5 Rice, Reagan	1045	Woodbury, MN	108	00:14:00.9	03:30	20 00:01:28.1	305	01:32:26.2	13.6	29	00:00:45.6	267	00:36:27.2	11:45	02:25:08.2			
271	34 Littlefield, Jill	1293	Centerville, MN	214	00:16:46.7	04:11	312 00:06:07.8	265	01:24:34.4	14.8	301	00:02:45.0	245	00:34:57.4	11:16	02:25:11.6			
272	56 Doherty, Catherine	1024	Portland, OR	283	00:19:54.1	04:58	316 00:06:17.2	256	01:22:49.5	15.2	277	00:02:24.7	226	00:34:00.9	10:58	02:25:26.6			
273	39 Desanto, Paula	836	St. Paul, MN	225	00:17:03.0	04:15	333 00:21:46.1	125	01:11:35.4	17.6	272	00:02:20.8	206	00:32:48.1	10:34	02:25:33.6			
274	57 Spiegel, Jennifer	1261	West Bend, WI	280	00:19:23.9	04:50	241 00:03:48.7	257	01:23:05.8	15.1	315	00:03:18.2	259	00:36:10.1	11:40	02:25:47.0			
275	58 Kuusisto, Sarah	622	Forest Lake, MN	308	00:21:36.8	05:24	186 00:03:03.0	306	01:32:52.0	13.5	26	00:00:42.8	99	00:28:00.0	09:01	02:26:14.9			
276	10 Waller, Shanda	993	Chisago, MN	157	00:15:20.1	03:50	314 00:06:14.5	282	01:26:44.6	14.5	222	00:01:53.9	274	00:36:54.7	11:54	02:27:08.0			
277	35 Hank, Kris	1275	Lesueur, MN	163	00:15:23.1	03:50	272 00:04:26.9	292	01:29:06.9	14.1	280	00:02:27.5	276	00:37:05.7	11:57	02:28:30.3			
278	36 Lundmark, Melissa	1000	Forest Lake, MN	267	00:18:44.0	04:41	222 00:03:24.6	278	01:25:56.9	14.6	257	00:02:13.0	287	00:38:25.0	12:23	02:28:43.7			
279	58 Nistler, Nicole	744	Columbia	292	00:20:08.1	05:02	289 00:05:11.0	254	01:22:24.4	15.2	184	00:01:37.9	298	00:39:25.8	12:43	02:28:47.4			

Individual - Sprint Distance Triathlon				0.25 mi swim			T-1		21 mi bike			T-2		3.1 mi run			7/26/2009			
Place	Div/Age	Name	Bib	PL	swim	Pace m/100m	PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen	Pen	description
280	11	Pardun, Patricia	1034	Marine, MN	220	00:16:55.4	04:13	310	00:05:56.3	275	01:25:35.4	14.7	194	00:01:40.6	294	00:38:57.3	12:33			02:29:05.2
281	35	Kratzke, Shannon	1223	Stacy, MN	251	00:18:09.3	04:32	327	00:07:03.7	279	01:26:07.8	14.6	282	00:02:29.6	249	00:35:15.8	11:22			02:29:06.5
282	59	Krueger, Kristine	1088	Lakeville, MN	304	00:20:55.8	05:13	145	00:02:44.3	277	01:25:56.7	14.6	97	00:01:08.4	291	00:38:36.4	12:27			02:29:21.8
283	37	Powell, Terri	1003	Lindstrom, MN	191	00:16:06.7	04:01	252	00:03:56.8	300	01:31:06.3	13.8	53	00:00:54.1	279	00:37:18.3	12:02			02:29:22.4
284	38	Kyce, Lou	648	West St Paul,	297	00:20:34.8	05:08	278	00:04:42.6	297	01:30:14.0	13.9	317	00:03:32.4	154	00:30:27.2	09:49			02:29:31.1
285	12	Schmitz, Roxann	639	Kimball, MN	331	00:29:35.4	07:23	309	00:05:52.5	142	01:12:39.0	17.3	312	00:03:13.6	288	00:38:27.9	12:24			02:29:48.5
286	36	Reischl, Renee	640	Omaha, NE	332	00:29:36.7	07:24	306	00:05:48.5	141	01:12:37.5	17.3	279	00:02:25.6	296	00:39:20.1	12:41			02:29:48.6
287	59	Sumption, Tia	854	Forest Lake, MN	316	00:22:50.8	05:42	177	00:02:58.0	291	01:28:46.4	14.1	71	00:00:59.9	232	00:34:16.1	11:03			02:29:51.5
288	60	Heilman, Kristine	1348	Plymouth, MN	306	00:21:13.2	05:18	67	00:02:01.6	245	01:21:16.9	15.5	251	00:02:07.9	312	00:43:22.9	13:59			02:30:02.7
289	8	Sandhurst, Amy	1191	Sioux Falls, SD	196	00:16:16.0	04:04	194	00:03:05.5	327	01:42:01.5	12.3	54	00:00:54.4	106	00:28:20.9	09:08			02:30:38.4
290	6	Rahimi, Sarah	1050	Afton, MN	229	00:17:10.8	04:17	74	00:02:07.3	290	01:28:37.1	14.2	115	00:01:14.0	310	00:41:54.7	13:31			02:31:04.1
291	40	Kraling, Mary	627	Lindstrom, MN	241	00:17:41.0	04:25	244	00:03:49.6	268	01:24:49.2	14.8	191	00:01:39.8	313	00:43:54.0	14:09			02:31:53.7
292	9	Mccollough,	1198	Mpls, MN	222	00:16:58.5	04:14	89	00:02:15.3	301	01:31:12.0	13.8	246	00:02:06.9	300	00:39:38.7	12:47			02:32:11.6
293	60	Little, Morgan	1320	Eagan, MN	302	00:20:44.8	05:11	315	00:06:16.4	281	01:26:22.4	14.5	325	00:04:18.5	238	00:34:38.8	11:10			02:32:21.1
294	61	Ewald, Courtney	886	Vadonis	273	00:19:04.6	04:46	330	00:09:21.9	298	01:30:17.4	13.9	294	00:02:36.9	171	00:31:06.6	10:02			02:32:27.7
295	37	Freitag, Lan	1211	Minnetonka, MN	295	00:20:22.1	05:05	207	00:03:12.8	302	01:31:31.4	13.7	296	00:02:38.0	261	00:36:14.8	11:41			02:33:59.2
296	7	Saum, Molly	1046	Cottage Grove,	310	00:21:43.5	05:25	129	00:02:38.9	309	01:33:44.2	13.4	82	00:01:02.5	251	00:35:21.2	11:24			02:34:30.6
297	39	Wallinga, Krista	1207	Wyoming, MN	223	00:16:58.9	04:14	321	00:06:27.4	308	01:33:41.8	13.4	276	00:02:24.4	246	00:34:58.0	11:16			02:34:30.7
298	40	Sonaglia, Mary	787	Ham Lake, MN	296	00:20:23.0	05:05	326	00:07:02.9	260	01:23:24.1	15.1								02:34:40.4
299	1	Kaltenhauser,	641	Lindstrom, MN	323	00:23:46.8	05:56	268	00:04:19.6	284	01:27:20.7	14.4	298	00:02:41.7	271	00:36:42.2	11:50			02:34:51.2
300	62	Mcgrath, Ann	651	St Paul, MN	227	00:17:03.7	04:15	201	00:03:10.1	314	01:35:12.1	13.2	65	00:00:57.6	290	00:38:34.1	12:26			02:34:57.9
301	27	Eonta, Stephanie	673	Maple Grove,	219	00:16:49.9	04:12	189	00:03:03.9	319	01:37:21.6	12.9	213	00:01:52.4	257	00:36:02.1	11:37			02:35:10.0
302	38	Zimmerman,	613	Milwaukee, WI	334	00:33:41.3	08:25	245	00:03:50.5	294	01:29:40.6	14.0	128	00:01:19.5	76	00:27:08.7	08:45			02:35:40.8
303	61	Farrell, Liz	894	St Paul, MN	213	00:16:44.1	04:11	284	00:05:01.0	315	01:35:35.7	13.1	252	00:02:07.9	260	00:36:14.2	11:41			02:35:43.2
304	62	Chambers, Sarah	913	Saint Paul, MN	269	00:18:46.2	04:41	198	00:03:09.4	317	01:36:48.6	13.0	211	00:01:52.0	258	00:36:07.2	11:39			02:36:43.6
305	63	Rosenthal, Amara	578	Saint Paul, MN	170	00:15:29.6	03:52	334	00:23:48.8	238	01:20:46.0	15.6	305	00:02:49.3	241	00:34:44.7	11:12			02:37:38.6
306	28	Swanberg, Karina	1300	Chisago City,	264	00:18:41.3	04:40	264	00:04:09.0	313	01:35:09.4	13.2	189	00:01:39.6	289	00:38:33.5	12:26			02:38:13.0
307	63	Williamson, Sally	625	Osceola, WI	299	00:20:36.5	05:09	298	00:05:27.1	322	01:37:37.9	12.9	56	00:00:55.0	224	00:33:47.8	10:54			02:38:24.5
308	41	Thorsen, Laura	643	Lindstrom, MN	294	00:20:09.6	05:02	304	00:05:39.0	304	01:31:52.7	13.7	256	00:02:12.2	293	00:38:50.0	12:31			02:38:43.7
309	13	Anderson, Yvonne	777	Chisago, MN	324	00:23:50.4	05:57	92	00:02:17.8	289	01:27:52.3	14.3	109	00:01:13.4	315	00:44:15.2	14:16			02:39:29.3
310	41	Sand, Claire	647	Stillwater, MN	189	00:16:05.3	04:01	215	00:03:16.5	310	01:33:57.4	13.4	165	00:01:31.8	318	00:46:07.4	14:52			02:40:58.6
311	64	Rogers, Elizabeth	712	Hugo, MN	325	00:24:04.7	06:01	234	00:03:42.0	295	01:29:51.9	14.0	275	00:02:21.8	308	00:41:08.8	13:16			02:41:09.4
312	39	Phelps, Meghan	1004	Center City, MN	175	00:15:43.7	03:55	280	00:04:43.4	324	01:39:07.7	12.7	40	00:00:49.4	311	00:42:31.7	13:43			02:42:56.0

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	Pen	description
313	14 Casper, Dannette	644	Minnetonka, MN	265	00:18:42.2	04:40	323 00:06:35.7	320	01:37:23.0	12.9	310 00:03:10.7	278	00:37:14.9	12:00	02:43:06.8				
314	10 Miller, Mikayla	1188	Eagan, MN	253	00:18:13.7	04:33	200 00:03:10.0	303	01:31:34.9	13.7	212 00:01:52.4	321	00:48:19.9	15:35	02:43:11.2				
315	29 Heyrman, Laura	1062	Pewaukee, WI	93	00:13:36.9	03:24	313 00:06:14.3	318	01:36:50.2	13.0	288 00:02:32.7	314	00:44:13.0	14:15	02:43:27.3				
316	64 Urbain, Nicole	1018	Brooklyn Park,	328	00:25:57.1	06:29	80 00:02:11.3	323	01:37:52.0	12.8	93 00:01:07.3	270	00:36:40.3	11:49	02:43:48.1				
317	42 Moreller, Janel	1351	Forest Lake, MN	326	00:24:19.6	06:04	307 00:05:49.5	283	01:27:19.5	14.4	258 00:02:13.9	316	00:44:24.8	14:19	02:44:07.4				
318	65 Czerwinski, Kenya	1011	Lakeville, MN	256	00:18:15.1	04:33	261 00:04:05.4	316	01:35:48.3	13.1	267 00:02:18.9	317	00:45:17.6	14:36	02:45:45.5				
319	65 Scanlon, Melissa	919	Blaine, MN	171	00:15:37.6	03:54	250 00:03:53.6	331	01:48:32.7	11.6	238 00:02:03.0	275	00:37:03.4	11:57	02:47:10.4				
320	15 Rose, Beth	767	Wyoming, MN	333	00:30:41.8	07:40	279 00:04:42.7	307	01:33:09.9	13.5	278 00:02:25.2	269	00:36:40.1	11:49	02:47:39.9				
321	66 Hannon, Kay	874	Blaine, MN	312	00:22:20.5	05:35	221 00:03:22.7	326	01:39:18.1	12.6	230 00:01:57.7	309	00:41:16.1	13:18	02:48:15.4				
322	43 Hagen, Cheryl	1325	Blaine, MN	319	00:23:17.3	05:49	247 00:03:51.0	312	01:35:08.6	13.2	287 00:02:32.4	320	00:47:49.1	15:25	02:52:38.6				
323	44 Stepan, Shelly	779	Hugo, MN	305	00:21:08.7	05:17	325 00:06:48.3	285	01:27:22.6	14.4	329 00:05:17.8	326	00:52:40.9	16:59	02:53:18.5				
324	16 Tane, Katherine	757	St Paul, MN	281	00:19:48.7	04:57	226 00:03:35.1	328	01:42:16.8	12.3	320 00:03:36.4	322	00:49:54.6	16:06	02:59:11.9				
325	67 Brumond, Carrie	849		327	00:24:20.2	06:05	297 00:05:20.0	321	01:37:26.9	12.9	217 00:01:53.4	325	00:51:23.8	16:34	03:00:24.4				
326	40 Gross, Kelly	695	Duluth, MN	82	00:13:25.8	03:21	286 00:05:04.3	333	01:52:52.1	11.1	295 00:02:37.1	319	00:47:05.8	15:11	03:01:05.1				
327	30 Alsaker, Adrian	1176	Chisago City,	284	00:19:55.9	04:58	322 00:06:30.6	329	01:43:46.1	12.1	244 00:02:06.4	324	00:50:33.4	16:18	03:02:52.7				
328	66 Alsaker, Sam	1177	Forest Lake, MN	289	00:20:05.5	05:01	318 00:06:22.4	330	01:43:49.3	12.1	241 00:02:04.8	323	00:50:31.3	16:17	03:02:53.5				
329	4 Nauen, Lindsay	756	St Paul, MN	329	00:26:50.2	06:42	301 00:05:37.1	311	01:34:48.5	13.2	316 00:03:20.4	330	00:59:08.2	19:04	03:09:44.7				
330	17 Sery, Lindsay	979	Ham Lake, MN	309	00:21:39.9	05:24	308 00:05:52.3	332	01:48:33.2	11.6	328 00:05:16.1	328	00:55:58.5	18:03	03:17:20.2				
331	5 Zimmerman,	611	Amherst	335	00:36:19.9	09:04	320 00:06:27.2	325	01:39:12.1	12.7	260 00:02:15.4	327	00:53:13.8	17:10	03:17:28.6				
332	3 Magnuson, Alice	1251	St Paul, MN	287	00:20:03.7	05:00	328 00:08:23.5	2	00:11:43.9	107.		333	02:48:12.7		03:20:56.9				
333	68 Drewlo, Bekki	1307		318	00:22:54.6	05:43	300 00:05:36.0	335	02:09:17.0	9.74	327 00:04:28.6	329	00:56:51.1	18:20	03:39:07.5				
334	11 Drewlo, Samantha	1306		317	00:22:53.9	05:43	303 00:05:38.2	334	02:07:21.7	9.89	319 00:03:34.2	331	01:12:12.4	23:17	03:51:40.6				
	Schultz, Clara	808	Minneapolis,	28	00:11:31.2		228 00:03:37.4	169	01:14:23.6	16.9						DNF			
	Heindl, Bleu	664	Stevens Point,	274	00:19:04.6		294 00:05:15.4	293	01:29:38.4	14.0						DNF			
	Heyesen, Kisa	1249	Duluth, MN													DNS			
	Bohn, Mamie	1107	Chciago, IL													DNS			
	Comer, Shannon	1063	Inver Grove													DNS			
	Crider, Katie	1086	Bloomington, IN													DNS			
	Rich, Amy	1007	, MN													DNS			
	Sargent	1014	Minneapolis,													DNS			
	Bohlander, Shari	1023	Cedar, MN													DNS			
	Thompson, Kristi	957	Champlin, MN													DNS			
	Horihan, Dana	987	Forest Lake, MN													DNS			
	Trost, Deeanne	938	Shoreview, 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	Pen	description
	Kapsner, Tracey	942																	DNS
	Moon, Megan	853																	DNS
	Scanlan, Kathryn	816																	DNS
	Bradach, Hollie	830																	DNS
	Datta, Yvonne	831																	DNS
	Franzwa, Martha	837																	DNS
	Leshner, Amy	766																	DNS
	Krause, Andrea	788																	DNS
	Zamora, Maria	797																	DNS
	Conlin, Sarah	719																	DNS
	Davis, Kelie	653																	DNS
	Ward, Dana	662																	DNS
	Davis, Nichol	696																	DNS
	Randall, Gretchen	697																	DNS
	Zachman, Pam	602																	DNS
	Nielen, Sue	608																	DNS
	Malen, Melissa	616																	DNS
	Fitzgerald, Margo	624																	DNS
	Dillon, Julia	628																	DNS
	Jennrich, Kim	629																	DNS
	Buckwalter, Abigail	631																	DNS
	Gralish, Amy	633																	DNS
	Goodnough,	637																	DNS
	Odonnell, Kelly	593																	DNS
	Pastorius, Katie	596																	DNS
	Machus, Cindy	597																	DNS
	Deffley, Ruth	598																	DNS
	Mccann, Katherine	508																	DNS
	Neider, Kelly	549																	DNS

**Clydesdale Sprint Distance**

Division Field: 46

1	Jackson, Brian	810	Hazen, ND	1	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	6	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,	3	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	11	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		

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	Pen	description
Div/Age																			
5	Johnson, Peter	1220	17	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	15	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	9	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	16	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	14	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	8	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	21	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	30	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	2	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	33	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	5	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	13	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	4	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	19	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	10	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	7	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	28	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	38	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	20	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	18	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	35	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	29	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	26	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	23	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			
29	Hannon, Tim	872	31	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	34	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	39	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	22	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	27	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	12	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	43	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	24	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	37	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			

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	Pen description
38	Schlender, Scott	605 Lindstrom, MN	40	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	36	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,	25	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	32	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	41	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,	42	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

1	Ansari, Rebecca	847 Golden Valley,	4	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	7	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	19	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	5	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,	9	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	2	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	11	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	20	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,	16	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,	15	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,	6	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,	12	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		
13	Flohaug, Ginger	868 Blaine, MN	17	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	14	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	3	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	21	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	8	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	13	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	1	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	Leclair, Brooke	1245 Lakeville, MN	10	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,	18	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		

Individual - Sprint Distance Triathlon			0.25 mi swim		Pace		T-1	21 mi bike			Pace		T-2	3.1 mi run		Pace		7/26/2009			
Place	Name	Bib	PL	swim	m/100m	PL	T-1	PL	bike	mph	PL	T-2	PL	run	m/mi	Finish	Pen	Pen	description		
	Desouza, Laura	909																			DNS
	Japs, Stephanie	932																			DNS
	King, Krysten	824																			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	Pace m/100m	PL	PL	Pace m/mi	Finish			
Div/Age	Name	Bib	swim	T-1	bike	run	Pen	Pen	description

**Team - Sprint Distance Relay Triathlon** Field: 34

**Relay Team Sprint Distance** Division Field: 34

1	Sander, Merilee	1309 Northfield, MN	Merilee Sander	2 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	4 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	9 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	7 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	27 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	25 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	10 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	6 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	21 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	11 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	24 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	1 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	32 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	26 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	14 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	16 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	Pen	description
17	Morin, Katie	873 St Paul, MN	17	Katie Morin 00:13:50.5	03:27	15	00:00:51.5	23	Run Mary Jo 01:17:57.1	16.1	18	00:00:35.7	14	L Mary Jo 00:26:25.2	08:31	01:59:40.2			
18	Grubis, Kara	795 Tucson, AZ	30	Kara Grubis 00:17:48.9	04:27	30	00:01:28.0	22	Swim Joel 01:17:19.9	16.2	27	00:00:53.9	9	XL Diane 00:24:15.1	07:49	02:01:46.0			
19	Degonda, Lois	763 Chisago City,	8	Lois DeGonda 00:11:51.6	02:57	27	00:01:08.2	14	Swim Nan 01:12:06.2	17.4	12	00:00:30.9	29	M Tony 00:36:55.1	11:54	02:02:32.2			
20	Bennett, Curtis	1185 Chisago City,	13	Curtis Bennett 00:12:32.6	03:08	18	00:00:54.4	25	Bike Jay 01:19:58.6	15.7	26	00:00:53.7	16	XL Cathy 00:28:20.9	09:08	02:02:40.4			
21	Kulvich, Kim	607 St Paul, MN	22	Kim Kulvich 00:14:44.0	03:41	29	00:01:10.6	16	Run Carla 01:12:49.4	17.3	10	00:00:24.5	27	S Kim 00:34:45.3	11:12	02:03:54.0			
22	Steele, Niki	1162 Viroqua, WI	28	Niki Steele 00:16:31.1	04:07	22	00:01:01.0	19	Run Angie 01:15:06.4	16.7	15	00:00:31.3	23	M Kristi 00:31:14.3	10:04	02:04:24.3			
23	Jaedike, Kris	940 Shoreview, MN	31	Kris Jaedike 00:18:04.8	04:31	28	00:01:09.3	20	Bike Matthew 01:15:13.1	16.7	31	00:01:38.1	17	L Matthew 00:28:32.1	09:12	02:04:37.6			
24	Emond, Audie	954 West St. Paul,	29	Audie Emond 00:17:07.2	04:16	26	00:01:07.3	24	Swim Scott 01:19:25.5	15.8	5	00:00:20.1	21	L Hai 00:29:21.9	09:28	02:07:22.1			
25	Larson, Ashley	1206 Maple Grove,	12	Ashley Larson 00:12:29.2	03:07	13	00:00:50.8	26	Bike Grechin 01:21:43.9	15.4	23	00:00:48.2	26	M Sarah 00:32:41.2	10:32	02:08:33.5			
26	Walters, Mary	1341 Forest Lake, MN	3	Mary Walters 00:09:51.9	02:27	24	00:01:04.9	30	Bike Tom 01:30:47.3	13.8	24	00:00:48.4	24	XL Robb 00:31:20.9	10:06	02:13:53.6			
27	Miller, Robb	1027 Golden Valley,	19	Robb Miller 00:14:09.1	03:32	10	00:00:48.1	33	Swim Erin 01:34:43.5	13.3	20	00:00:37.6	7	M Doreen 00:23:48.3	07:40	02:14:06.7			
28	Snell, Doreen	1051 Osceola, WI	20	Doreen Snell 00:14:20.0	03:35	17	00:00:53.8	28	Bike Araina 01:26:51.0	14.6	32	00:01:43.3	25	M Betsy 00:32:17.7	10:25	02:15:22.5			
29	Mcbride, Jennifer	869 International	15	Jennifer McBride 00:13:20.4	03:20	23	00:01:03.1	29	Swim Erin 01:26:51.0	14.5	17	00:00:32.7	33	M Doreen 00:41:58.0	13:32	02:23:45.5			
30	Jones, Brenda	870 International	33	Brenda Jones 00:22:47.0	05:41	11	00:00:48.9	27	Bike Collen 01:23:42.8	15.0	22	00:00:40.0	31	XL Julie 00:39:03.8	12:36	02:27:02.7			
31	Wagner, Don	989 Elko, MN	18	Don Wagner 00:14:06.2	03:31	31	00:01:39.3	32	Bike Judy 01:33:53.6	13.4	30	00:01:18.3	30	S Andrea 00:37:02.5	11:56	02:28:00.2			
32	Cook, Alison	1030 St Paul, MN	23	Alison Cook 00:15:20.2	03:50	25	00:01:06.6	31	Bike Colin 01:33:10.5	13.5	19	00:00:37.3	32	XXL Alison 00:40:13.4	12:58	02:30:28.2			
33	Oelerich, David	1205 Derry, NH	5	David Oelerich 00:11:04.4	02:46	33	00:58:10.1	13	Bike Mary 01:12:00.4	17.4	21	00:00:39.3	22	M Linet 00:31:11.5	10:03	02:53:05.9			
	Edwards, Ruth	715 Minnetonka, MN		Ruth Edwards					Bike Heather					L David		DNS			