

**Chisago Lakes Triathlon**  
**Paradise Park**  
**Chisago City, MN**  
**Sun, Jul 25, 2010**

**Division Results**

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

**1.2 mi swim**

**56 mi bike**

**13.1 mi run**

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

Field: 542

**Male Half Ironman Distance**

Division Field: 347

1	Thompson, David	37	St Paul, MN	1	00:24:40.8	01:16	1	00:00:48.4	1	02:08:26.1	26.1	4	00:00:33.5	4	01:20:55.7	06:10			03:55:24.7
2	Riff, Joshua	26	Edina, MN	22	00:30:57.3	01:36	6	00:01:02.0	3	02:16:58.2	24.5	8	00:00:38.8	2	01:18:23.3	05:59			04:07:59.8
3	Payne, Matthew	24	Columbia	6	00:28:00.0	01:27	5	00:00:57.4	7	02:19:58.6	24.0	16	00:00:49.7	5	01:21:14.1	06:12			04:11:00.1
4	Henkel, Justin	50	Kohler, WI	105	00:35:57.4	01:51	83	00:01:45.3	2	02:16:13.2	24.6	52	00:01:05.8	3	01:19:09.1	06:02			04:14:11.0
5	Landgraff, Todd	15	North Mankato,	40	00:32:12.7	01:40	29	00:01:21.3	36	02:29:33.5	22.4	7	00:00:38.3	1	01:17:01.6	05:52			04:20:47.5
6	1 Sander, Steve	28	Richfield, MN	30	00:31:39.5	01:38	28	00:01:21.1	6	02:18:55.0	24.1	46	00:01:04.3	10	01:28:09.0	06:43			04:21:09.2
7	1 Lyon, Dave	470	Schofield, WI	47	00:33:03.9	01:42	112	00:01:56.7	4	02:17:14.7	24.4	191	00:02:01.4	11	01:28:09.7	06:43			04:22:26.6
8	1 Lapinski, Rick	44	Westmont, IL	117	00:36:15.3	01:52	177	00:02:19.5	5	02:17:36.4	24.4	17	00:00:50.2	8	01:25:56.0	06:33			04:22:57.6
9	1 Turner, Andrew	39	Scandia, MN	3	00:26:24.9	01:22	20	00:01:14.9	20	02:26:38.7	22.9	1	00:00:28.8	12	01:29:36.9	06:50			04:24:24.3
10	2 Malinoski, Marc	229	Duluth, MN	32	00:31:45.7	01:38	17	00:01:14.0	22	02:27:28.4	22.7	88	00:01:17.6	9	01:27:27.3	06:40			04:29:13.2
11	1 Campins, Rick	507	Apple Valley,	53	00:33:20.7	01:43	3	00:00:52.9	19	02:26:31.2	22.9	21	00:00:52.7	13	01:30:18.5	06:53			04:31:56.2
12	3 Mikkelson, Daniel	19	Plymouth, MN	4	00:26:43.1	01:23	9	00:01:05.7	28	02:28:09.0	22.6	14	00:00:47.8	38	01:36:57.1	07:24			04:33:42.8
13	2 Turman, Micah	38	Minneapolis,	20	00:30:47.7	01:35	23	00:01:16.9	16	02:26:10.0	22.9	11	00:00:41.9	27	01:35:08.1	07:15			04:34:04.8
14	2 Krenz, Thomas	14	Chisago City,	31	00:31:41.2	01:38	56	00:01:33.5	33	02:28:54.8	22.5	69	00:01:10.4	15	01:31:01.6	06:56			04:34:21.6
15	3 Grundman, Nick	95	Wayzata, MN	61	00:33:55.1	01:45	133	00:02:04.5	55	02:32:44.4	21.9	65	00:01:08.9	7	01:24:38.0	06:27			04:34:31.1
16	2 Peterson, Jeff	536	Bloomington,	80	00:34:58.4	01:48	193	00:02:25.7	11	02:24:14.2	23.2	182	00:01:57.1	18	01:32:09.9	07:02			04:35:45.5
17	4 Baldwin, Alex	93	Iowa City, IA	83	00:35:07.0	01:49	171	00:02:17.0	18	02:26:19.6	22.9	70	00:01:12.3	16	01:31:05.0	06:57			04:36:01.1
18	3 Welle, Scott	198	Minneapolis,	125	00:36:48.8	01:54	40	00:01:26.1	21	02:27:22.5	22.7	35	00:00:58.8	14	01:30:54.3	06:56			04:37:30.7
19	5 Pedersen, Lucas	482	Richfield, MN	34	00:31:51.5	01:38	25	00:01:17.4	38	02:29:36.9	22.4	40	00:01:01.8	26	01:35:07.2	07:15			04:38:55.0
20	4 Taipale, John	194	Eau Claire, WI	108	00:36:04.2	01:52	21	00:01:15.1	24	02:27:35.2	22.7	62	00:01:08.3	23	01:34:00.0	07:10			04:40:03.0
21	5 Gelvez, Edwing	166	Minneapolis,	21	00:30:53.3	01:35	2	00:00:50.5	41	02:29:47.5	22.4	13	00:00:45.8	48	01:38:37.1	07:31			04:40:54.4
22	4 Halfpap, Joe	662	Waunakee, WI	147	00:37:44.9	01:57	175	00:02:17.9	68	02:34:19.0	21.7	239	00:02:30.2	6	01:24:17.2	06:26			04:41:09.4
23	1 Plitzkow, Quintin	590	Eagan, MN	43	00:32:30.1	01:40	166	00:02:15.1	15	02:25:58.7	23.0	187	00:02:00.3	51	01:38:51.3	07:32			04:41:35.8
24	5 Watkins, John	397	Bismarck, ND	23	00:31:16.9	01:37	45	00:01:29.7	13	02:25:14.3	23.1	18	00:00:51.7	64	01:42:45.5	07:50			04:41:38.4
25	2 Litsey, Joe	320	Minneapolis,	131	00:37:10.0	01:55	201	00:02:30.4	45	02:30:38.4	22.3	143	00:01:40.2	17	01:31:11.1	06:57			04:43:10.3
26	6 Bates, Jason	658	Minneapolis,	193	00:39:52.9	02:03	11	00:01:09.5	26	02:27:46.6	22.7	170	00:01:52.4	19	01:32:32.8	07:03			04:43:14.4

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
27	2 Fretland, Mike	118	Bismarck, ND	44	00:32:31.0	01:41	55 00:01:33.3	37	02:29:34.4	22.4	283	00:03:12.1	34	01:36:27.5	07:21	04:43:18.5			
28	6 Miner, Paul	618	Duluth, MN	54	00:33:21.9	01:43	93 00:01:50.2	10	02:23:51.3	23.3	210	00:02:12.2	62	01:42:13.1	07:48	04:43:29.0			
29	1 Mahler, Ron	321	Thunder Bay,	42	00:32:17.4	01:40	12 00:01:09.8	32	02:28:51.6	22.5	27	00:00:55.4	61	01:41:28.7	07:44	04:44:43.0			
30	2 Ransom, Scott	281	Golden Valley,	8	00:28:50.6	01:29	100 00:01:52.5	34	02:29:18.9	22.5	60	00:01:07.1	69	01:43:36.5	07:54	04:44:45.9			
31	3 Eichelman,	259	Greenwood, MN	12	00:29:53.1	01:32	162 00:02:13.0	31	02:28:37.7	22.6	30	00:00:56.4	66	01:43:07.4	07:52	04:44:47.9			
32	7 Mahlke, Cory	530	Minneapolis,	110	00:36:07.7	01:52	39 00:01:25.2	27	02:27:52.3	22.7	103	00:01:23.6	46	01:38:01.0	07:28	04:44:50.0			
33	8 Chmel, Brett	457	Roseville, MN	29	00:31:34.1	01:38	163 00:02:14.2	66	02:34:10.1	21.7	142	00:01:39.8	31	01:35:45.4	07:18	04:45:23.7			
34	7 Priess, Matthew	234	Blaine, MN	95	00:35:44.4	01:51	50 00:01:32.1	52	02:32:21.8	22.0	23	00:00:53.0	32	01:35:54.2	07:19	04:46:25.7			
35	6 Steinberg,	442	Saint Paul, MN	81	00:35:01.6	01:48	126 00:02:00.5	54	02:32:35.6	22.0	148	00:01:43.5	36	01:36:32.3	07:22	04:47:53.7			
36	8 Miner, Peter	428	Duluth, MN	74	00:34:35.2	01:47	196 00:02:26.6	17	02:26:18.9	22.9	159	00:01:47.3	65	01:42:51.5	07:51	04:47:59.8			
37	4 Grebner, Jeff	417	St Paul, MN	27	00:31:32.1	01:37	8 00:01:05.0	23	02:27:34.6	22.7	20	00:00:52.6	87	01:47:21.3	08:11	04:48:25.7			
38	3 Webster, Jon	148	Cottage Grove,	64	00:34:09.6	01:46	117 00:01:57.6	64	02:33:59.2	21.8	49	00:01:04.9	43	01:37:34.9	07:26	04:48:46.5			
39	9 Nygren, Andrew	379	Bismarck, ND	111	00:36:08.1	01:52	245 00:03:04.9	58	02:33:10.5	21.9	139	00:01:39.2	29	01:35:37.4	07:17	04:49:40.3			
40	3 Karls, Paul	317	Dane, WI	139	00:37:30.0	01:56	144 00:02:08.5	46	02:31:22.2	22.1	107	00:01:24.8	40	01:37:31.0	07:26	04:49:56.7			
41	10 Sanders, Adam	578	Burnsville, MN	2	00:25:56.1	01:20	43 00:01:28.5	12	02:24:39.4	23.2	41	00:01:01.9	153	01:56:55.7	08:55	04:50:01.8			
42	7 Gombos, Taylor	121	St. Cloud, MN	37	00:32:03.1	01:39	30 00:01:21.8	48	02:31:42.9	22.1	82	00:01:16.4	70	01:44:28.5	07:58	04:50:53.0			
43	4 Lundberg, Dave	16	Cottage Grove,	96	00:35:45.3	01:51	18 00:01:14.6	29	02:28:24.0	22.6	37	00:01:00.0	71	01:44:29.0	07:58	04:50:53.1			
44	5 Wills, Maurice	87	Chicago, IL	87	00:35:15.1	01:49	15 00:01:11.6	80	02:36:11.9	21.5	81	00:01:16.4	41	01:37:31.6	07:26	04:51:26.7			
45	9 Parker, Scott	381	Plymouth, MN	122	00:36:39.9	01:53	207 00:02:33.6	59	02:33:14.3	21.9	96	00:01:19.5	45	01:37:48.7	07:27	04:51:36.2			
46	4 Nelson, Kevin	569	St Paul, MN	190	00:39:46.4	02:03	72 00:01:39.9	44	02:30:33.0	22.3	78	00:01:15.6	47	01:38:21.9	07:30	04:51:37.0			
47	5 Miller, Bob	275	Rochester, MN	91	00:35:22.5	01:49	216 00:02:41.5	84	02:36:32.6	21.4	104	00:01:24.0	33	01:36:08.0	07:20	04:52:08.8			
48	10 Hoffmann, Aaron	62	Saint Paul, MN	55	00:33:41.7	01:44	73 00:01:40.5	104	02:39:29.3	21.0	50	00:01:05.3	37	01:36:38.3	07:22	04:52:35.3			
49	6 Donly, Charles	4	Minneapolis,	82	00:35:05.3	01:49	89 00:01:47.6	67	02:34:17.5	21.7	67	00:01:09.3	56	01:40:38.6	07:40	04:52:58.4			
50	11 Hanson, Ben	169	Princeton, MN	116	00:36:13.2	01:52	7 00:01:02.5	56	02:32:47.6	21.9	9	00:00:40.5	63	01:42:29.3	07:49	04:53:13.3			
51	12 Brown, Joshua	159	Minneapolis,	144	00:37:42.9	01:57	104 00:01:53.7	94	02:37:56.3	21.2	39	00:01:01.7	25	01:34:50.9	07:14	04:53:25.7			
52	6 Schmidt, Kyle	32	Catawba, MN	257	00:43:01.7	02:13	53 00:01:32.9	35	02:29:26.3	22.4	51	00:01:05.7	49	01:38:44.3	07:32	04:53:51.1			
53	5 Schultz, James	387	Shorewood, MN	160	00:38:31.4	01:59	273 00:03:30.3	14	02:25:58.2	23.0	279	00:03:08.8	68	01:43:15.1	07:52	04:54:24.0			
54	7 Mueller, Carl	568	Minneapolis,	13	00:29:58.0	01:33	190 00:02:25.3	25	02:27:42.2	22.7	126	00:01:32.0	118	01:53:06.2	08:38	04:54:43.9			
55	11 Krueger, Adam	527	Moorhead, MN	153	00:38:01.7	01:58	52 00:01:32.6	57	02:33:09.3	21.9	64	00:01:08.8	58	01:41:16.4	07:43	04:55:08.8			
56	13 Drevlow, Corey	113	Golden Valley,	137	00:37:17.8	01:55	169 00:02:16.8	113	02:40:50.6	20.8	109	00:01:25.3	22	01:33:53.5	07:10	04:55:44.1			
57	6 Miller, Cris	324	Champlin, MN	127	00:36:58.9	01:54	127 00:02:01.4	43	02:30:08.8	22.3	106	00:01:24.6	89	01:48:28.9	08:16	04:59:02.7			
58	8 Hoaglund, Sven	598	La Crosse, WI	143	00:37:40.7	01:57	115 00:01:57.2	137	02:43:41.0	20.5	222	00:02:17.2	20	01:33:34.2	07:08	04:59:10.5			
59	8 Seaverson, John	484	Chaska, MN	107	00:36:03.8	01:52	70 00:01:39.2	71	02:34:28.9	21.7	71	00:01:12.6	81	01:46:18.2	08:06	04:59:42.8			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010						
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	7 Hoover, Rick	519 Rochester, MN	99	00:35:48.8	01:51	16	00:01:13.7	8	02:21:49.7	23.6	24	00:00:53.2	185	02:00:33.2	09:12	05:00:18.8				
61	1 Gruhlke, Luke	168 Monticello, MN	9	00:28:51.6	01:29	14	00:01:11.2	90	02:37:24.7	21.3	184	00:01:58.0	106	01:51:07.8	08:28	05:00:33.5				
62	9 Minelli, Mario	231 Kasson, MN	169	00:38:53.1	02:00	152	00:02:10.1	51	02:32:13.6	22.0	166	00:01:49.7	77	01:45:51.8	08:04	05:00:58.5				
63	3 Kelly, Brian	421 Minneapolis,	100	00:35:49.2	01:51	202	00:02:31.3	78	02:35:58.4	21.5	157	00:01:46.6	73	01:45:03.9	08:01	05:01:09.6				
64	7 Moyaihan, Brian	477 Eagan, MN	11	00:29:39.2	01:32	184	00:02:22.5	76	02:35:25.6	21.6	175	00:01:53.5	115	01:52:43.4	08:36	05:02:04.4				
65	12 Zawadski, Nick	499 Minneapolis,	121	00:36:37.2	01:53	24	00:01:17.3	39	02:29:38.1	22.4	48	00:01:04.9	127	01:53:51.6	08:41	05:02:29.3				
66	8 Serreyn, Paul	292 Lakeville, MN	259	00:43:18.1	02:14	106	00:01:54.9	101	02:39:06.5	21.1	33	00:00:58.2	42	01:37:34.3	07:26	05:02:52.2				
67	4 Thrush, Timothy	444 Cottage Grove,	86	00:35:12.3	01:49	238	00:03:00.3	129	02:42:40.0	20.6	146	00:01:41.8	57	01:40:47.3	07:41	05:03:21.9				
68	1 Harris, Mark	222 Maplewood, MN	246	00:42:24.3	02:11	108	00:01:55.7	47	02:31:24.4	22.1	160	00:01:47.3	80	01:46:10.8	08:06	05:03:42.7				
69	14 Evenson, Mark	412 Edina, MN	18	00:30:43.6	01:35	13	00:01:11.0	53	02:32:28.6	22.0	22	00:00:52.8	173	01:59:24.1	09:06	05:04:40.4				
70	8 Brink, Steve	517 Chaska, MN	210	00:40:23.0	02:05	200	00:02:29.7	140	02:43:53.1	20.5	173	00:01:53.1	35	01:36:27.8	07:21	05:05:07.0				
71	15 Evanson, Tim	214 New Hope, MN	209	00:40:22.9	02:05	227	00:02:52.5	63	02:33:52.1	21.8	189	00:02:00.5	82	01:46:21.3	08:07	05:05:29.5				
72	9 Pedersen,	574 Maplewood, MN	212	00:40:33.9	02:06	81	00:01:45.0	49	02:31:46.6	22.1	161	00:01:47.4	100	01:49:45.0	08:22	05:05:38.2				
73	9 Bucki, Mark	277 Eagan, MN	60	00:33:54.9	01:45	143	00:02:08.4	96	02:38:21.0	21.2	141	00:01:39.7	99	01:49:42.5	08:22	05:05:46.7				
74	10 Essma, Nicholas	91 Edina, MN	49	00:33:09.2	01:43	79	00:01:44.0	72	02:34:31.0	21.7	136	00:01:38.2	137	01:54:58.2	08:46	05:06:00.8				
75	10 Wolfe, John	498 Sartell, MN	39	00:32:12.1	01:40	118	00:01:58.1	148	02:44:46.8	20.3	181	00:01:56.8	74	01:45:23.1	08:02	05:06:17.2				
76	16 Danahy, Mark	407 Minneapolis,	45	00:32:37.7	01:41	219	00:02:43.2	81	02:36:13.5	21.5	237	00:02:29.1	112	01:52:17.8	08:34	05:06:21.5				
77	5 Ewen, Mike	215 Rochester, MN	229	00:41:25.2	02:08	110	00:01:56.6	69	02:34:20.8	21.7	156	00:01:46.1	85	01:47:14.8	08:11	05:06:43.6				
78	11 Surprise, Johnny	390 St Paul, MN	98	00:35:48.2	01:51	85	00:01:46.2	70	02:34:26.2	21.7	110	00:01:26.2	125	01:53:43.5	08:40	05:07:10.4				
79	17 Rosetta, Vince	538 St Anthony, MN	238	00:42:05.7	02:10	160	00:02:12.3	30	02:28:35.7	22.6	94	00:01:18.9	122	01:53:13.7	08:38	05:07:26.5				
80	18 Citrowske, Bryan	162 Eden Prairie,	51	00:33:12.8	01:43	198	00:02:29.2	131	02:42:55.9	20.6	99	00:01:21.0	88	01:47:55.0	08:14	05:07:54.1				
81	19 Hudalla, Jason	174 St. Paul, MN	128	00:37:00.2	01:54	95	00:01:50.3	93	02:37:51.4	21.2	6	00:00:36.0	101	01:50:36.2	08:26	05:07:54.3				
82	6 Gaffer, Steve	558 New Richmond,	33	00:31:46.9	01:38	179	00:02:20.7	79	02:36:00.0	21.5	83	00:01:16.4	155	01:57:12.1	08:56	05:08:36.3				
83	12 Hamilton, Ian	515 Thunder Bay,	262	00:43:37.2	02:15	58	00:01:34.1	108	02:40:15.2	20.9	163	00:01:48.1	60	01:41:22.5	07:44	05:08:37.3				
84	13 Hatcher, Keith	170 Madison, WI							216	02:50:51.5	19.6	167	00:01:50.7	78	01:45:57.9	08:05	05:08:49.0			
85	11 Bartels, Sean	52 Minneapolis,	195	00:39:54.3	02:03	124	00:01:59.9	91	02:37:26.4	21.3	10	00:00:40.9	94	01:49:03.3	08:19	05:09:05.0				
86	10 Scafe, Toby	83 Beaver Dam, WI	94	00:35:39.0	01:50	101	00:01:52.8	103	02:39:28.4	21.0	66	00:01:09.0	108	01:51:52.9	08:32	05:10:02.2				
87	20 Urbaniak, David	394 Minneapolis,	173	00:39:07.1	02:01	67	00:01:37.9	120	02:41:49.3	20.7	111	00:01:26.3	79	01:46:07.6	08:06	05:10:08.4				
88	12 Johnson, Chad	560 Minnetonka, MN	69	00:34:26.2	01:47	153	00:02:10.5	62	02:33:50.6	21.8	176	00:01:54.2	161	01:58:08.6	09:01	05:10:30.3				
89	21 Slagle, Eric	293 Minneapolis,	297	00:46:41.5	02:25	148	00:02:09.7	149	02:44:52.8	20.3	76	00:01:15.1	28	01:35:31.1	07:17	05:10:30.4				
90	11 Frakes, Drew	511 St Louis Park,	165	00:38:48.7	02:00	183	00:02:22.3	92	02:37:29.8	21.3	42	00:01:02.0	104	01:50:59.4	08:28	05:10:42.4				
91	7 Graske, Rich	601	156	00:38:15.9	01:58	231	00:02:55.0	152	02:45:04.0	20.3	92	00:01:18.3	67	01:43:10.8	07:52	05:10:44.2				
92	12 Moore, Skeeter	132 Duluth, MN	119	00:36:35.3	01:53	139	00:02:06.3	98	02:38:24.6	21.2	25	00:00:53.6	121	01:53:12.1	08:38	05:11:12.0				

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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	13 Latta, Steve	228	Clive, IA	178	00:39:20.0	02:02	128 00:02:02.3	50	02:31:58.8	22.1	326	00:04:42.9	119	01:53:09.3	08:38	05:11:13.6			
94	14 Shock, Bay	439	Woodbury, MN	152	00:38:01.3	01:58	33 00:01:23.0	130	02:42:40.3	20.6	77	00:01:15.4	90	01:48:30.2	08:16	05:11:50.5			
95	15 Ryan, Joe	240	Rochester, MN	214	00:40:47.6	02:06	210 00:02:38.9	115	02:41:07.5	20.8	3	00:00:31.8	84	01:46:44.6	08:08	05:11:50.6			
96	13 Nowak, Rich	572	Edina, MN	70	00:34:28.6	01:47	205 00:02:32.2	61	02:33:43.7	21.8	84	00:01:17.0	184	02:00:28.5	09:11	05:12:30.2			
97	14 Hagen, Peter	221	Apple Valley,	19	00:30:47.7	01:35	31 00:01:21.9	225	02:52:04.0	19.5	162	00:01:47.4	86	01:47:15.7	08:11	05:13:16.9			
98	22 Hohenstein,	263	Duluth, MN	58	00:33:48.6	01:45	37 00:01:24.2	136	02:43:33.7	20.5	2	00:00:29.3	131	01:54:05.8	08:42	05:13:21.8			
99	15 Justinak, Marc	268	Excelsior, MN	164	00:38:45.4	02:00	84 00:01:45.5	100	02:38:37.0	21.1	93	00:01:18.5	116	01:53:04.0	08:37	05:13:30.5			
100	16 Kruegel, Patrick	468	Minneapolis,	199	00:40:00.7	02:04	248 00:03:11.2	215	02:50:40.8	19.6	174	00:01:53.3	44	01:37:45.1	07:27	05:13:31.3			
101	17 Sandler, Noah	386	Hopkins, MN	5	00:27:55.0	01:26	157 00:02:11.7	291	03:06:28.5	18.0	98	00:01:19.9	30	01:35:39.7	07:18	05:13:34.9			
102	16 Raub, Robert	141	Saint Paul, MN	142	00:37:40.6	01:57	134 00:02:04.7	229	02:52:42.1	19.4	63	00:01:08.3	53	01:39:59.8	07:38	05:13:35.6			
103	8 Royer, Pete	286	Litchfield, MN	182	00:39:25.8	02:02	60 00:01:36.4	117	02:41:23.8	20.8	34	00:00:58.4	103	01:50:49.7	08:27	05:14:14.2			
104	14 Elkie, Phil	212	Thunder Bay,	36	00:32:00.8	01:39	94 00:01:50.2	118	02:41:40.3	20.7	15	00:00:48.7	160	01:57:55.1	09:00	05:14:15.3			
105	18 Crocker, Chris	459	North Mankato,	177	00:39:16.2	02:02	74 00:01:40.8	95	02:37:56.3	21.2	61	00:01:07.7	134	01:54:14.7	08:43	05:14:16.0			
106	19 Becker, Andrew	155	Rochester, MN	252	00:42:49.4	02:13	306 00:04:14.2	73	02:34:32.8	21.7	292	00:03:28.5	96	01:49:17.8	08:20	05:14:22.8			
107	17 Tanaka, Tats	343	Saint Paul, MN	71	00:34:28.8	01:47	10 00:01:08.3	86	02:36:44.6	21.4	97	00:01:19.6	186	02:00:42.6	09:12	05:14:24.0			
108	9 Goldstein, Andrew	219	North Oaks, MN	161	00:38:32.1	01:59	71 00:01:39.6	228	02:52:39.9	19.4	55	00:01:06.0	54	01:40:33.5	07:40	05:14:31.3			
109	20 Hull, Erik	264	Farmington,	126	00:36:51.1	01:54	88 00:01:47.5	155	02:45:09.9	20.3	192	00:02:02.9	92	01:48:52.5	08:18	05:14:44.1			
110	9 Heikkila, Steve	596	St. Paul, MN	41	00:32:15.2	01:40	103 00:01:53.2	208	02:49:58.0	19.7	129	00:01:32.8	95	01:49:13.7	08:20	05:14:53.2			
111	21 Bagnato, Greg	154	Hudson, WI	118	00:36:23.5	01:53	220 00:02:44.3	119	02:41:44.0	20.7	188	00:02:00.5	110	01:52:08.0	08:33	05:15:00.4			
112	10 Stangel, Griffin	582	Madison, WI	63	00:34:00.4	01:45	236 00:02:59.2	126	02:42:21.3	20.6	206	00:02:10.4	128	01:53:54.0	08:41	05:15:25.4			
113	22 Kelly, Chad	1651	Edina, MN	237	00:42:03.6	02:10	96 00:01:50.5	147	02:44:38.5	20.4	130	00:01:32.9	75	01:45:41.3	08:04	05:15:46.9			
114	2 Vogel, Alexander	446	Maple Grove,	14	00:30:00.1	01:33	26 00:01:17.7	146	02:44:35.1	20.4	31	00:00:57.3	177	01:59:43.0	09:08	05:16:33.4			
115	13 Richey, Joseph	188	Marion, IA	67	00:34:22.0	01:46	36 00:01:24.1	154	02:45:07.6	20.3	5	00:00:35.6	138	01:55:05.3	08:47	05:16:34.8			
116	23 Adams, Kurt	501	Edina, MN	134	00:37:13.3	01:55	57 00:01:33.9	127	02:42:36.6	20.6	12	00:00:44.7	136	01:54:47.2	08:45	05:16:55.9			
117	14 Johnson, Zach	562	Grimes, IA	155	00:38:11.2	01:58	149 00:02:09.7	97	02:38:22.6	21.2	100	00:01:22.8	154	01:57:06.1	08:56	05:17:12.6			
118	15 Retka, Noah	333	Rochester, MN	158	00:38:26.6	01:59	116 00:01:57.6	65	02:34:07.6	21.8	125	00:01:31.9	191	02:01:22.7	09:15	05:17:26.6			
119	18 Woods, Jason	586	Bloomington,	273	00:44:02.2	02:16	243 00:03:04.1	221	02:51:36.0	19.5	149	00:01:43.6	39	01:37:03.5	07:24	05:17:29.6			
120	11 Schultz, Cody	243	Shoreview, MN	234	00:41:48.8	02:09	123 00:01:59.7	134	02:43:22.2	20.5	32	00:00:57.8	98	01:49:30.5	08:21	05:17:39.3			
121	24 Francoual, Vincent	513	Saint Louis	179	00:39:21.2	02:02	68 00:01:38.2	125	02:42:16.7	20.7	190	00:02:00.9	114	01:52:23.1	08:34	05:17:40.2			
122	12 Steele, Andrew	84	Appleton, WI	138	00:37:28.8	01:56	51 00:01:32.5	124	02:42:15.0	20.7	112	00:01:26.7	140	01:55:17.6	08:48	05:18:00.8			
123	15 Bryant, Rob	589	St Paul, MN	93	00:35:30.9	01:50	98 00:01:52.0	132	02:43:04.2	20.6	227	00:02:18.9	142	01:55:20.5	08:48	05:18:06.7			
124	25 Holloway, James	223	West Des	148	00:37:50.3	01:57	125 00:02:00.0	83	02:36:21.9	21.4	89	00:01:17.7	187	02:00:43.7	09:12	05:18:13.8			
125	19 Husband, Shawn	520	Savage, MN	263	00:43:41.9	02:15	99 00:01:52.4	264	02:58:46.5	18.7	38	00:01:01.4	21	01:33:36.2	07:08	05:18:58.6			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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	23 Sheldon, James	77 Minnetonka, MN	73	00:34:34.3	01:47	137	00:02:06.2	158	02:45:13.3	20.3	101	00:01:23.0	146	01:55:45.3	08:50	05:19:02.3			
127	20 Gruender, Brian	167 Appleton, WI	163	00:38:40.8	02:00	47	00:01:31.0	128	02:42:37.6	20.6	44	00:01:03.4	145	01:55:42.5	08:49	05:19:35.5			
128	21 Walker, Gentry	345 Arden Hills, MN	141	00:37:39.7	01:57	119	00:01:58.3	110	02:40:38.2	20.9	194	00:02:04.1	157	01:57:15.0	08:57	05:19:35.5			
129	22 Reinardy, Chris	187 Andover, MN	76	00:34:43.3	01:47	142	00:02:07.5	159	02:45:13.7	20.3	56	00:01:06.3	149	01:56:25.9	08:53	05:19:37.0			
130	26 Hagebock, John	363 Apple Valley,	286	00:45:09.6	02:20	340	00:07:17.9	171	02:46:30.9	20.1	91	00:01:18.2	52	01:39:25.2	07:35	05:19:42.0			
131	27 Roy, Jared	70 St Louis Park,	217	00:40:54.2	02:07	78	00:01:43.4	60	02:33:31.6	21.8	45	00:01:03.6	199	02:02:33.3	09:21	05:19:46.3			
132	28 Rogers, Derek	334 Edina, MN	113	00:36:09.0	01:52	266	00:03:26.6	109	02:40:27.2	20.9	290	00:03:21.0	150	01:56:28.1	08:53	05:19:52.1			
133	16 Hanson, Phillip	60 Oregon, WI	77	00:34:43.6	01:47	256	00:03:19.6	183	02:47:19.6	20.0	73	00:01:13.5	124	01:53:31.4	08:39	05:20:07.9			
134	24 Pohmer, Stan	136 St. Louis Park,	123	00:36:42.5	01:54	141	00:02:06.7	184	02:47:23.7	20.0	58	00:01:06.8	120	01:53:11.5	08:38	05:20:31.3			
135	10 Mattern, Jeffrey	272 Bismarck, ND	25	00:31:19.6	01:37	121	00:01:59.2	187	02:47:42.9	20.0	43	00:01:02.6	162	01:58:27.5	09:02	05:20:31.9			
136	17 Warden, Adam	249 Maple Plain, MN	203	00:40:10.1	02:04	221	00:02:46.3	85	02:36:35.7	21.4	120	00:01:30.1	181	02:00:04.7	09:09	05:21:07.1			
137	18 Schnobrich, Dan	541 Minneapolis,	180	00:39:23.3	02:02	178	00:02:20.0	121	02:41:59.0	20.7	217	00:02:13.3	143	01:55:23.8	08:48	05:21:19.7			
138	25 Jongbloedt,	176 St Paul, MN	287	00:45:09.8	02:20	206	00:02:33.2	172	02:46:38.5	20.1	68	00:01:09.4	76	01:45:49.9	08:04	05:21:21.1			
139	16 Schafer, Patrick	288 Woodbury, MN	16	00:30:07.1	01:33	165	00:02:14.7	234	02:53:14.6	19.3	180	00:01:55.5	132	01:54:10.2	08:42	05:21:42.3			
140	29 Willett, Tony	549 Lakeville, MN	104	00:35:55.7	01:51	185	00:02:22.5	87	02:37:12.0	21.3	133	00:01:36.1	212	02:05:01.5	09:32	05:22:08.0			
141	13 Donahue, Ryan	508 White Bear	258	00:43:10.6	02:14	174	00:02:17.8	191	02:47:50.1	20.0	214	00:02:12.8	83	01:46:40.2	08:08	05:22:11.7			
142	17 Becker, Greg	551 St Michael, MN	213	00:40:34.5	02:06	280	00:03:36.6	89	02:37:21.5	21.3	186	00:02:00.0	164	01:58:39.7	09:03	05:22:12.4			
143	11 Dornfeld, Glen	258 Winona, MN	150	00:37:58.4	01:57	4	00:00:57.2	74	02:35:00.7	21.6	47	00:01:04.8	221	02:07:23.1	09:43	05:22:24.4			
144	18 Newbury, Scott	570 Waukee, IA	149	00:37:54.0	01:57	199	00:02:29.3	112	02:40:49.1	20.8	134	00:01:37.7	176	01:59:38.8	09:08	05:22:29.1			
145	26 Sosa-sol, Mario	47 Minneapolis,	92	00:35:27.3	01:50	80	00:01:44.1	144	02:44:24.6	20.4	53	00:01:05.9	183	02:00:08.8	09:10	05:22:50.9			
146	19 Maloney, Kyle	322 Stillwater, MN	181	00:39:23.7	02:02	295	00:03:56.1	186	02:47:36.6	20.0	274	00:03:00.7	93	01:49:02.7	08:19	05:23:00.0			
147	27 Wanner, Greg	594 Huron, SD	306	00:47:55.9	02:28	42	00:01:28.0	182	02:47:15.9	20.0	132	00:01:35.4	72	01:44:50.5	08:00	05:23:06.0			
148	28 Francois, Samuel	512 Sartell, MN	197	00:39:59.7	02:04	188	00:02:23.7	107	02:40:00.7	20.9	87	00:01:17.3	175	01:59:27.7	09:07	05:23:09.3			
149	23 Trelstad, Steven	78 Woodbury, MN	46	00:32:41.5	01:41	32	00:01:22.6	143	02:44:12.2	20.4	121	00:01:30.2	203	02:03:26.9	09:25	05:23:13.6			
150	12 Aschenbrenner,	251 Mukwonago, WI	172	00:39:06.1	02:01	281	00:03:36.9	190	02:47:47.4	20.0	266	00:02:55.6	102	01:50:42.5	08:27	05:24:08.6			
151	19 Ruff, Tim	437 Savage, MN	254	00:42:51.5	02:13	191	00:02:25.3	138	02:43:46.6	20.5	108	00:01:24.8	126	01:53:47.1	08:41	05:24:15.5			
152	24 Goepfert, Jason	312 Blaine, MN	332	00:56:28.7	02:55	35	00:01:23.4	75	02:35:07.7	21.6	29	00:00:56.1	105	01:51:01.8	08:28	05:24:57.8			
153	20 Klimov, Sergei	49	112	00:36:08.7	01:52	86	00:01:46.8	106	02:39:53.0	21.0	28	00:00:55.8	217	02:06:19.0	09:38	05:25:03.5			
154	25 Browning, Jim	506 Rosemount, MN	202	00:40:06.3	02:04	232	00:02:55.6	269	03:01:08.7	18.5	247	00:02:42.1	50	01:38:46.8	07:32	05:25:39.7			
155	21 Lilly, Aaron	425 St Paul, MN	89	00:35:18.0	01:49	48	00:01:31.6	188	02:47:43.9	20.0	26	00:00:55.1	190	02:01:17.5	09:15	05:26:46.4			
156	26 Halloran, Chris	59 Minneapolis,	215	00:40:51.9	02:06	49	00:01:31.9	239	02:54:05.3	19.3	113	00:01:27.3	97	01:49:22.5	08:20	05:27:19.0			
157	30 Pincus, Dave	186 Champlin, MN	248	00:42:31.3	02:12	313	00:04:21.2	197	02:48:53.9	19.8	286	00:03:16.9	91	01:48:48.1	08:18	05:27:51.5			
158	27 Anze, Brad	302 New Richmond,	174	00:39:08.5	02:01	151	00:02:10.1	162	02:45:38.0	20.2	209	00:02:12.2	171	01:59:23.1	09:06	05:28:32.1			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
159	2 Beiswanger, Lynn	202	Bismarck, ND	250	00:42:46.9	02:12	154 00:02:11.0	196	02:48:51.7	19.8	123	00:01:30.4	129	01:53:55.4	08:41	05:29:15.6			
160	20 Smith, Marriner	542	Fayetteville, GA	216	00:40:53.7	02:07	138 00:02:06.2	139	02:43:49.8	20.5	284	00:03:14.0	174	01:59:26.5	09:07	05:29:30.3			
161	28 Yunk, Darrell	550	Appleton, WI	171	00:39:03.8	02:01	69 00:01:39.1	157	02:45:13.1	20.3	144	00:01:40.3	196	02:02:07.7	09:19	05:29:44.1			
162	22 Dhein, Bryan	656	Wisconsin	239	00:42:06.6	02:10	91 00:01:48.4	114	02:40:54.9	20.8	115	00:01:27.9	207	02:04:09.5	09:28	05:30:27.4			
163	23 Streff, Michael	443	Maplewood, MN	85	00:35:10.5	01:49	249 00:03:11.3	203	02:49:17.4	19.8	197	00:02:06.0	188	02:00:52.5	09:13	05:30:37.9			
164	29 Mcginnis, Sean	69	Minneapolis,	146	00:37:44.8	01:57	61 00:01:37.0	258	02:57:23.4	18.9	145	00:01:40.9	113	01:52:17.9	08:34	05:30:44.2			
165	30 Leivestad, Derek	318	Rapid City, SD	188	00:39:37.5	02:03	194 00:02:26.0	153	02:45:06.2	20.3	169	00:01:51.9	195	02:01:47.8	09:17	05:30:49.5			
166	24 Hubert, Patrick	372	Faribault, MN	7	00:28:48.2	01:29	187 00:02:23.1	212	02:50:19.3	19.7	241	00:02:31.6	224	02:07:29.4	09:43	05:31:31.8			
167	31 Peters, Damon	382	Richfield, MI	187	00:39:36.7	02:03	195 00:02:26.3	167	02:46:02.1	20.2	195	00:02:05.4	192	02:01:26.1	09:16	05:31:36.9			
168	31 Winecoff, David	79	St Louis Park,	17	00:30:12.1	01:33	122 00:01:59.6	99	02:38:36.9	21.1	219	00:02:15.6	264	02:19:03.6	10:36	05:32:08.0			
169	29 Chapman, Jeremy	353	Madison, WI	321	00:50:38.0	02:37	136 00:02:06.1	168	02:46:11.7	20.2	122	00:01:30.4	109	01:51:55.5	08:32	05:32:21.8			
170	30 Macknight, Eric	426	New Brighton,	50	00:33:10.5	01:43	107 00:01:55.2	271	03:01:59.8	18.4	72	00:01:13.5	135	01:54:23.2	08:43	05:32:42.4			
171	32 Markusen, Jason	672	Fargo, ND	186	00:39:33.4	02:02	296 00:03:56.9	169	02:46:14.9	20.2	267	00:02:56.4	180	02:00:02.3	09:09	05:32:44.1			
172	25 Mohr, Scott	475	Urbandale, IA	124	00:36:48.5	01:54	240 00:03:00.8	135	02:43:31.4	20.5	300	00:03:41.3	215	02:05:44.1	09:35	05:32:46.2			
173	32 Rosenow, James	238	Shoreview, MN	184	00:39:31.1	02:02	114 00:01:56.9	189	02:47:46.1	20.0	137	00:01:38.5	202	02:02:57.8	09:23	05:33:50.6			
174	31 Lee, Zach	127	Bloomington,	38	00:32:04.6	01:39	54 00:01:33.1	142	02:44:10.3	20.4	95	00:01:19.3	252	02:15:03.8	10:18	05:34:11.4			
175	32 Guiher, Derek	220	Richfield, MN	157	00:38:16.0	01:58	230 00:02:53.8	233	02:53:00.5	19.4	74	00:01:14.5	167	01:59:08.9	09:05	05:34:33.9			
176	33 Warnke, James	497	Denver, IA	159	00:38:31.2	01:59	234 00:02:58.1	166	02:45:54.8	20.2	281	00:03:10.3	206	02:04:08.2	09:28	05:34:42.9			
177	33 Seeger, Travis	33	Byron, MN	200	00:40:04.0	02:04	63 00:01:37.1	141	02:44:02.7	20.4	36	00:00:59.3	225	02:08:03.0	09:46	05:34:46.3			
178	21 Frings, Roger	119	Ridgeway, WI	129	00:37:09.1	01:55	332 00:05:33.6	122	02:42:01.6	20.7	288	00:03:19.6	219	02:06:45.6	09:40	05:34:49.8			
179	33 Jarvis, Patrick	699	Greenville, WI	167	00:38:49.1	02:00	120 00:01:58.8	251	02:55:55.7	19.0	242	00:02:31.6	147	01:55:54.5	08:50	05:35:09.9			
180	22 Yndestad, Kerry	131	Apple Valley,	57	00:33:45.3	01:44	34 00:01:23.1	150	02:44:53.4	20.3	140	00:01:39.3	246	02:13:30.4	10:11	05:35:11.8			
181	26 Boyd, Josh	402	Stanchfield, MN					160	02:45:34.8	20.2	79	00:01:15.8	168	01:59:11.7	09:05	05:35:19.6			
182	34 Smrdel, Brian	581	White Bear	245	00:42:24.0	02:11	309 00:04:18.6	199	02:48:59.0	19.8	268	00:02:56.8	156	01:57:13.4	08:56	05:35:51.9			
183	27 De Leeuw,	408	Minneapolis,	68	00:34:26.1	01:46	330 00:05:25.3	250	02:55:53.4	19.1	246	00:02:41.1	158	01:57:38.1	08:58	05:36:04.1			
184	34 Deantoni,	409	Saint Michael,	260	00:43:31.8	02:15	326 00:05:01.4	205	02:49:38.6	19.8	193	00:02:03.6	148	01:56:13.6	08:52	05:36:29.1			
185	28 Kerfeld, Douglas	522	Duluth, MN	90	00:35:21.7	01:49	308 00:04:16.5	265	02:58:47.2	18.7	269	00:02:57.6	141	01:55:19.2	08:48	05:36:42.4			
186	13 Landau, Jim	529	Janesville, IA	208	00:40:21.6	02:05	113 00:01:56.7	227	02:52:30.3	19.4	262	00:02:50.8	172	01:59:23.1	09:06	05:37:02.8			
187	35 Ciresi, Todd	555	Rosemount, MN	302	00:47:11.1	02:26	92 00:01:48.8	200	02:49:04.6	19.8	238	00:02:29.5	152	01:56:29.1	08:53	05:37:03.3			
188	23 Swanson, Eric	544	Edina, MN	336	01:00:23.5	03:07	285 00:03:42.1	247	02:55:31.7	19.1	256	00:02:49.3	24	01:34:39.5	07:13	05:37:06.1			
189	29 Nordberg, Tim	184	Edina, MN	175	00:39:08.6	02:01	204 00:02:31.7	224	02:52:03.1	19.5	154	00:01:45.4	194	02:01:42.8	09:17	05:37:12.0			
190	30 Bros, Michael	554	Chanhassen,	72	00:34:33.0	01:47	211 00:02:39.0	178	02:47:12.1	20.0	203	00:02:08.2	236	02:10:56.2	09:59	05:37:28.7			
191	35 Waletzko, Paul	197	Bismarck, ND	132	00:37:11.8	01:55	167 00:02:15.4	102	02:39:26.0	21.0	102	00:01:23.4	261	02:17:21.0	10:29	05:37:37.9			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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	36 Kipper, Boris	178 Fountain City,	283	00:45:04.5	02:20	286	00:03:43.1	111	02:40:47.6	20.8	240	00:02:30.6	216	02:06:01.0	09:37	05:38:07.1			
193	31 Mattson, Michael	472 Minneapolis,	295	00:46:25.7	02:24	223	00:02:49.5	245	02:54:57.8	19.2	220	00:02:15.8	107	01:51:50.9	08:32	05:38:20.0			
194	14 Dimenna, Johnny	210 Bloomington,	97	00:35:47.2	01:51	147	00:02:09.5	253	02:56:08.4	19.0	138	00:01:38.5	201	02:02:51.6	09:22	05:38:35.4			
195	36 Sukut, Sol	685 New London,	240	00:42:09.3	02:10	129	00:02:02.4	193	02:48:07.3	19.9	114	00:01:27.6	211	02:04:53.4	09:32	05:38:40.1			
196	32 Nelson, Benjamin	326 Richfield, MN	207	00:40:20.8	02:05	290	00:03:51.7	257	02:57:04.0	18.9	232	00:02:25.0	139	01:55:06.6	08:47	05:38:48.4			
197	14 Holmquist, Keith	368 Winon, MN	84	00:35:08.7	01:49	150	00:02:09.9	116	02:41:19.0	20.8	135	00:01:37.7	263	02:18:33.5	10:34	05:38:48.9			
198	34 Udem, Daniel	248 Chisago City,	145	00:37:43.6	01:57	82	00:01:45.2	156	02:45:11.3	20.3	80	00:01:15.9	242	02:12:55.3	10:08	05:38:51.6			
199	37 Ensminger, Eric	164 Mequon, MN	274	00:44:05.9	02:17	90	00:01:48.2	195	02:48:47.5	19.9	19	00:00:52.0	204	02:03:48.9	09:27	05:39:22.6			
200	38 Moore, Travis	133 Menomonie, WI	201	00:40:04.5	02:04	307	00:04:14.2	177	02:47:08.9	20.1	270	00:02:58.8	213	02:05:16.6	09:33	05:39:43.2			
201	24 Schoeppach,	76 Minneapolis,	244	00:42:21.6	02:11	276	00:03:32.4	255	02:56:47.8	19.0	277	00:03:02.3	133	01:54:12.8	08:43	05:39:57.2			
202	25 Delaune, Robert	208 Shoreview, MN	226	00:41:16.2	02:08	237	00:02:59.9	243	02:54:23.9	19.2	199	00:02:06.8	169	01:59:12.7	09:06	05:39:59.7			
203	39 Steele, Brad	543 Byron, MN	236	00:42:03.4	02:10	213	00:02:40.9	161	02:45:36.3	20.2	201	00:02:07.1	228	02:08:32.7	09:48	05:41:00.6			
204	40 O'hara, Chris	350 Cedar Rapids,	114	00:36:12.8	01:52	262	00:03:23.8	176	02:46:55.8	20.1	168	00:01:51.2	241	02:12:51.1	10:08	05:41:14.9			
205	33 Schneider, Richard	189 Blaine, MN	279	00:44:18.4	02:17	135	00:02:04.8	163	02:45:42.6	20.2	230	00:02:21.3	220	02:06:57.1	09:41	05:41:24.5			
206	15 Black, Mitchel	552 Chanhassen,	66	00:34:20.9	01:46	22	00:01:16.6	42	02:30:07.6	22.3	57	00:01:06.5	304	02:34:41.9	11:48	05:41:33.7			
207	41 Finken, Paul	217 Saint Paul, MN	266	00:43:48.6	02:16	105	00:01:54.1	213	02:50:26.7	19.7	178	00:01:54.9	205	02:03:49.8	09:27	05:41:54.3			
208	37 Buresh, Brent	204 Mounds View,	231	00:41:31.7	02:09	269	00:03:28.0	198	02:48:58.2	19.8	172	00:01:52.9	218	02:06:28.9	09:39	05:42:19.8			
209	26 Keppers, Timothy	697 Duluth, MN	15	00:30:05.2	01:33	254	00:03:14.3	201	02:49:07.3	19.8	335	00:06:33.9	245	02:13:25.5	10:11	05:42:26.2			
210	38 Iwan, Michael	314 Golden Valley,	329	00:54:53.5	02:50	62	00:01:37.1	206	02:49:41.9	19.7	236	00:02:27.6	130	01:53:58.2	08:42	05:42:38.6			
211	27 Adams, Ronald	502 Andover, MN	319	00:50:21.1	02:36	241	00:03:01.1	286	03:05:14.5	18.1	254	00:02:48.0	59	01:41:19.6	07:44	05:42:44.5			
212	39 Ciresi, Kevin	354 Apple Valley,	298	00:46:51.8	02:25	182	00:02:22.2	259	02:57:25.6	18.9	177	00:01:54.6	151	01:56:29.1	08:53	05:45:03.5			
213	3 Jackels, Matt	419 Maple Grove,	311	00:49:09.0	02:32	253	00:03:14.0	175	02:46:53.6	20.1	299	00:03:35.1	198	02:02:23.7	09:20	05:45:15.7			
214	28 Mathison, Joe	323 Minneapolis,	270	00:43:52.5	02:16	261	00:03:23.7	241	02:54:13.7	19.2	226	00:02:18.2	193	02:01:31.1	09:16	05:45:19.4			
215	29 Phillips, John	575 Eden Prairie,	56	00:33:42.5	01:44	76	00:01:41.2	170	02:46:28.4	20.1	119	00:01:29.4	271	02:22:17.0	10:51	05:45:38.6			
216	34 Ursin, Mike	396 Madison, MN	222	00:41:04.9	02:07	111	00:01:56.6	263	02:58:42.0	18.8	117	00:01:28.7	200	02:02:39.6	09:21	05:45:52.1			
217	16 Timm, David	547 Rochester, MN	135	00:37:14.7	01:55	292	00:03:53.0	304	03:10:18.3	17.6	116	00:01:28.2	117	01:53:05.2	08:37	05:45:59.6			
218	30 Klaiman, David	125 Medina, MN	204	00:40:17.3	02:05	224	00:02:49.7	151	02:44:54.2	20.3	152	00:01:44.1	258	02:16:19.3	10:24	05:46:04.8			
219	17 Gregory, Joel	6 Richmond, MN	10	00:29:05.3	01:30	102	00:01:53.1	298	03:09:34.1	17.7	54	00:01:05.9	209	02:04:33.5	09:30	05:46:12.2			
220	40 Adams, Brett	461 St. Paul, MN	309	00:48:21.3	02:30	132	00:02:03.8	194	02:48:40.6	19.9	252	00:02:44.4	210	02:04:50.3	09:31	05:46:40.7			
221	18 Kingstedt, Owen	422 Urbana, MN	223	00:41:08.2	02:07	75	00:01:41.1	277	03:03:24.2	18.3	158	00:01:47.3	165	01:58:46.5	09:04	05:46:47.6			
222	42 Skemp, Daniel	580 La Crosse, WI	120	00:36:35.9	01:53	263	00:03:24.0	202	02:49:14.7	19.8	293	00:03:29.9	248	02:14:08.8	10:14	05:46:53.7			
223	31 Wambheim, Roger	548 Chanhassen,	264	00:43:47.8	02:16	302	00:04:11.3	262	02:58:11.7	18.8	212	00:02:12.3	166	01:58:52.7	09:04	05:47:16.1			
224	1 Kagol, Steve	420 Deephaven, MN	221	00:40:58.2	02:07	228	00:02:53.1	230	02:52:46.6	19.4	287	00:03:18.1	223	02:07:24.9	09:43	05:47:21.2			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
225	41 Olson, Tom	72	Wayzata, MN	52	00:33:18.5	01:43	282	00:03:38.0	235	02:53:18.9	19.3	205	00:02:09.8	255	02:15:28.9	10:20			05:47:54.3
226	42 Hoenie, Michael	465	Golden Valley,	189	00:39:40.6	02:03	208	00:02:37.0	181	02:47:15.8	20.0	280	00:03:08.9	254	02:15:25.3	10:20			05:48:07.7
227	32 Taylor, Tony	392	Blaine, MN	268	00:43:50.0	02:16	65	00:01:37.7	218	02:51:07.5	19.6	179	00:01:55.5	232	02:09:45.7	09:54			05:48:16.6
228	43 Promer, Jim	677	Roseville, MN	292	00:46:04.8	02:23	293	00:03:54.1	315	03:15:30.0	17.1	221	00:02:16.4	55	01:40:34.1	07:40			05:48:19.6
229	35 Swenson, Grant	246	Sauk Rapids,	185	00:39:33.4	02:02	186	00:02:23.0	292	03:06:34.4	18.0	147	00:01:43.1	170	01:59:21.7	09:06			05:49:35.8
230	1 Quirin, Pete	235	Sparta, WI	220	00:40:58.1	02:07	305	00:04:13.2	211	02:50:19.2	19.7	317	00:04:09.7	235	02:10:37.1	09:58			05:50:17.6
231	43 Johnson, Jeff	561	Shakopee, MN	255	00:42:52.0	02:13	156	00:02:11.4	174	02:46:43.0	20.1	183	00:01:57.6	260	02:16:48.4	10:26			05:50:32.7
232	44 Nelson, Matthew	327	Edina, MN	269	00:43:51.4	02:16	267	00:03:27.4	220	02:51:28.7	19.5	313	00:04:05.1	229	02:08:34.2	09:48			05:51:26.9
233	15 O'donnell, Jim	233	Saint Louis						256	02:56:48.8	19.0	128	00:01:32.6	189	02:01:09.0	09:14			05:51:34.8
234	35 Parrott, Colin	534	Minneapolis,	233	00:41:40.8	02:09	322	00:04:38.0	274	03:02:32.9	18.4	329	00:05:00.4	159	01:57:42.7	08:59			05:51:35.1
235	44 Miller, Timothy	533	Wisconsin	265	00:43:48.4	02:16	272	00:03:29.4	180	02:47:15.8	20.0	225	00:02:17.8	251	02:14:46.7	10:17			05:51:38.3
236	45 Brelje, Erich	654	Mendota	256	00:42:59.8	02:13	298	00:04:01.3	272	03:02:05.5	18.4	248	00:02:42.1	182	02:00:06.0	09:10			05:51:55.0
237	2 Gruender, Mark	122	Appleton, WI	322	00:51:41.5	02:40	217	00:02:41.6	179	02:47:15.2	20.0	245	00:02:38.9	227	02:08:07.8	09:46			05:52:25.2
238	33 Fawcett, Todd	57	Saint Paul, MN	281	00:44:52.9	02:19	161	00:02:12.6	238	02:54:01.2	19.3	229	00:02:21.3	234	02:10:11.9	09:56			05:53:40.1
239	16 Wernersbach, Gary	348	Zimmerman, MN	290	00:45:33.7	02:21	225	00:02:50.2	192	02:48:01.1	19.9	198	00:02:06.1	253	02:15:11.7	10:19			05:53:43.0
240	46 Dischinger, Karl	257	St Paul, MN	65	00:34:19.1	01:46	252	00:03:13.6	165	02:45:54.2	20.2	289	00:03:20.6	284	02:27:05.5	11:13			05:53:53.2
241	36 Jaworski, Colin	467	Big Lake, MN	183	00:39:28.8	02:02	64	00:01:37.6	77	02:35:33.7	21.5	291	00:03:25.3	303	02:34:09.8	11:46			05:54:15.4
242	36 Snow, Christopher	441	Ottawa, ON	130	00:37:10.0	01:55	278	00:03:35.1	207	02:49:51.3	19.7	235	00:02:26.7	269	02:21:19.7	10:47			05:54:23.0
243	17 Valentine, Dan	196	Winona, MN	333	00:57:00.9	02:57	218	00:02:43.2	254	02:56:27.6	19.0	250	00:02:43.0	144	01:55:37.4	08:49			05:54:32.4
244	47 Schneider, Jake	289	Debuque, IA	166	00:38:48.7	02:00	145	00:02:08.8	173	02:46:42.2	20.1	249	00:02:42.7	277	02:24:47.9	11:03			05:55:10.5
245	45 Tataraka, Chris	690	Woodbury, MN	317	00:50:02.9	02:35	299	00:04:05.4	287	03:05:14.7	18.1	251	00:02:43.2	123	01:53:15.0	08:38			05:55:21.4
246	37 O'neill, Michael	433	Minneapolis,	242	00:42:14.6	02:11	321	00:04:35.9	290	03:06:11.9	18.0	309	00:03:59.4	163	01:58:32.7	09:02			05:55:34.7
247	38 Meyer, Tom	274	St. Paul, MN	230	00:41:29.1	02:08	197	00:02:29.1	133	02:43:20.5	20.5	105	00:01:24.3	285	02:27:08.0	11:13			05:55:51.2
248	34 Falzone, Mark	359	Chanhassen,	154	00:38:09.7	01:58	214	00:02:41.0	275	03:03:03.4	18.3	272	00:02:59.7	231	02:08:59.2	09:50			05:55:53.3
249	35 Jung, Timothy	267	Minneapolis,	296	00:46:37.8	02:24	155	00:02:11.1	244	02:54:52.9	19.2	59	00:01:07.0	237	02:11:17.0	10:01			05:56:06.0
250	18 Turnham, David	90	Duluth, MN	162	00:38:34.1	01:59	244	00:03:04.6	267	02:59:39.8	18.7	127	00:01:32.5	244	02:13:20.4	10:10			05:56:11.7
251	48 Seiler, Don	190	Lakeville, MN	211	00:40:26.7	02:05	300	00:04:08.8	273	03:02:28.6	18.4	204	00:02:08.5	222	02:07:24.8	09:43			05:56:37.5
252	49 Johnson, Derek	521	St Louis Park,	272	00:43:56.7	02:16	301	00:04:09.7	285	03:05:11.0	18.1	306	00:03:49.6	178	01:59:46.9	09:08			05:56:54.1
253	36 Shanahan, Michael	681	Watertown, MN	285	00:45:08.5	02:20	46	00:01:30.2	240	02:54:07.8	19.2	131	00:01:33.6	257	02:15:37.0	10:21			05:57:57.4
254	37 Fahey, Jp	659	Norwood Y. A.,	247	00:42:30.1	02:12	66	00:01:37.8	294	03:06:58.2	17.9	75	00:01:14.7	214	02:05:36.5	09:35			05:57:57.4
255	2 Garver, Eugene	311	Sartell, MN	284	00:45:06.8	02:20	109	00:01:56.1	284	03:04:58.1	18.1	165	00:01:49.4	208	02:04:13.3	09:28			05:58:04.0
256	50 Rice, Josh	577	Grand Marais,	102	00:35:53.9	01:51	173	00:02:17.1	214	02:50:38.9	19.6	273	00:03:00.1	287	02:27:32.3	11:15			05:59:22.6
257	46 Cundy, Scott	473	Maple Grove,	315	00:50:02.3	02:35	233	00:02:56.4	278	03:03:26.2	18.3	296	00:03:32.4	197	02:02:19.9	09:20			06:02:17.3



Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
Place	Name	Bib	PL	swim	Pace m/100m	PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen	Pen	description
258	51 Norris, Karl	432	New Berlin, WI	196	00:39:54.9	02:04	246	00:03:07.7	82	02:36:18.9	21.4	200	00:02:07.0	311	02:41:48.8	12:21			06:03:17.5
259	3 Hubert, Ken	371	Faribault, MN	78	00:34:46.8	01:48	250	00:03:12.7	222	02:51:41.6	19.5	202	00:02:08.1	298	02:31:50.5	11:35			06:03:39.9
260	19 Oman, Nikolas	265	Mankato, MN	235	00:41:56.2	02:10	287	00:03:45.1	270	03:01:17.4	18.5	258	00:02:49.4	247	02:13:58.8	10:13			06:03:47.1
261	37 Barfknecht,	253	New Brighton,	151	00:37:59.9	01:58	77	00:01:41.3	260	02:57:38.1	18.9	207	00:02:10.7	276	02:24:38.6	11:02			06:04:08.7
262	52 Smith, Jason	478	Roseville, MN	59	00:33:49.6	01:45	284	00:03:39.8	268	03:00:58.8	18.5	297	00:03:33.7	270	02:22:13.8	10:51			06:04:15.8
263	19 Ripka, Danny	587	Minneapolis,	330	00:55:03.9	02:51	264	00:03:25.5	226	02:52:17.3	19.5	324	00:04:39.3	230	02:08:56.1	09:50			06:04:22.3
264	53 Boyum, Eric	455	Fridley, MN	88	00:35:15.9	01:49	229	00:02:53.6	204	02:49:34.9	19.8	255	00:02:49.0	305	02:34:59.8	11:49			06:05:33.4
265	47 Van Gelder, David	584	Woodbury, MN	249	00:42:35.2	02:12	294	00:03:55.9	281	03:04:24.1	18.2	331	00:05:13.7	233	02:09:55.7	09:55			06:06:04.9
266	48 Graham, Gary	416	Savage, MN	106	00:35:59.3	01:51	275	00:03:31.4	266	02:58:53.4	18.7	218	00:02:14.4	281	02:25:50.5	11:07			06:06:29.2
267	49 Williams, Mark	149	Cottage Grove,	294	00:46:10.2	02:23	304	00:04:13.0	325	03:22:44.6	16.5	216	00:02:13.0	111	01:52:12.0	08:33			06:07:33.1
268	50 Becker, Jason	105	Inver Grove	253	00:42:51.2	02:13	315	00:04:26.4	249	02:55:38.4	19.1	321	00:04:28.2	265	02:20:19.2	10:42			06:07:43.6
269	51 Dohlen, Chad	307	St Paul, MN	228	00:41:23.7	02:08	87	00:01:47.4	209	02:50:10.2	19.7	90	00:01:18.1	302	02:33:47.4	11:44			06:08:27.0
270	52 Sullivan, Mark	295	Champlin, MN	205	00:40:17.7	02:05	257	00:03:19.7	248	02:55:34.0	19.1	259	00:02:49.6	286	02:27:30.2	11:15			06:09:31.4
271	38 Tucker, Chris	195	Farmington, MN	278	00:44:15.9	02:17	323	00:04:40.5	321	03:18:52.5	16.8	151	00:01:43.8	179	02:00:00.8	09:09			06:09:33.6
272	39 Kandiko, Josh	269	Madison, WI	307	00:48:03.3	02:29	242	00:03:01.9	223	02:51:56.3	19.5	85	00:01:17.0	283	02:26:25.4	11:10			06:10:44.2
273	53 Thomas, Pete	493	Wayzata, MN	176	00:39:12.2	02:01	335	00:05:52.8	288	03:05:25.2	18.1	336	00:07:01.4	243	02:13:19.2	10:10			06:10:51.0
274	39 Rasmussen, Alex	139	Minneapolis,	308	00:48:11.6	02:29	97	00:01:50.7	280	03:04:01.3	18.2	196	00:02:05.8	250	02:14:46.1	10:17			06:10:55.7
275	20 Teitelbaum, Mike	224	Duluth, MN	251	00:42:48.8	02:13	172	00:02:17.0	217	02:51:02.4	19.6	234	00:02:26.1	300	02:32:37.9	11:39			06:11:12.4
276	38 Erickson, Steve	56	White Bear	288	00:45:18.4	02:20	168	00:02:16.5	242	02:54:22.8	19.2	118	00:01:28.9	289	02:28:27.2	11:19			06:11:53.8
277	39 Kramer, Andrew	526	Hastings, MN	198	00:40:00.0	02:04	320	00:04:35.7	261	02:57:57.7	18.8	319	00:04:16.5	278	02:25:14.2	11:05			06:12:04.2
278	40 Erickson, Jamie	213	Cambridge, MN	267	00:43:49.3	02:16	259	00:03:20.6	219	02:51:13.3	19.6	228	00:02:20.9	299	02:32:36.3	11:38			06:13:20.6
279	54 Jensen, Jon.	673		192	00:39:51.2	02:03	130	00:02:02.6	236	02:53:27.7	19.3	171	00:01:52.5	308	02:36:44.3	11:57			06:13:58.6
280	41 Shepard, Scott	438	Minnetonka, MN	280	00:44:45.8	02:19	268	00:03:27.9	306	03:12:03.7	17.4	208	00:02:11.7	240	02:12:39.5	10:07			06:15:08.8
281	54 Adam, Don	592	Prior Lake, MN	261	00:43:35.4	02:15	215	00:02:41.2	312	03:13:36.2	17.3	264	00:02:52.5	259	02:16:41.1	10:26			06:19:26.7
282	20 Lambert, Troy	669	La Crescent,	232	00:41:38.9	02:09	289	00:03:48.4	293	03:06:50.5	17.9	86	00:01:17.1	282	02:26:02.0	11:08			06:19:37.0
283	40 Ganje, William	218	La Crosse, WI	225	00:41:15.4	02:08	181	00:02:21.2	282	03:04:44.3	18.1	318	00:04:16.0	290	02:29:28.4	11:24			06:22:05.4
284	42 Condado, Carlos	692	Rhineland, WI	282	00:45:02.4	02:19	329	00:05:15.1	314	03:14:45.4	17.2	261	00:02:50.7	249	02:14:40.4	10:16			06:22:34.2
285	55 Duffy, Benjamin	55	Minneapolis,	243	00:42:18.4	02:11	271	00:03:29.0	320	03:16:58.1	17.0	322	00:04:35.9	256	02:15:29.0	10:20			06:22:50.5
286	4 Allen, Rob	201	Deforest, WI	299	00:46:53.5	02:25	283	00:03:39.7	322	03:19:37.6	16.8	185	00:01:59.9	238	02:11:38.2	10:02			06:23:49.2
287	55 McBride, Jeff	67	Elko, MN	293	00:46:06.7	02:23	310	00:04:19.5	289	03:05:28.6	18.1	315	00:04:08.0	279	02:25:35.9	11:06			06:25:38.9
288	56 Stack, Tony	245	Inver Grove	194	00:39:53.9	02:03	239	00:03:00.4	301	03:09:41.7	17.7	257	00:02:49.3	297	02:30:43.7	11:30			06:26:09.1
289	40 Mckitrick, Shawn	181	Burnsville, MN	170	00:38:54.9	02:00	255	00:03:16.2	319	03:16:20.7	17.1	231	00:02:23.1	280	02:25:39.1	11:07			06:26:34.2
290	56 Christenson, Kevin	403	Minnetonka, MN	227	00:41:16.7	02:08	180	00:02:20.8	279	03:03:55.2	18.2	265	00:02:54.3	309	02:37:10.8	11:59			06:27:38.0

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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	21 Dong, Jesse	657	305	00:47:35.7	02:27	258	00:03:19.9	302	03:09:51.1	17.6	253	00:02:47.2	275	02:24:20.4	11:01	06:27:54.5			
292	43 Wojcik, Thaddeus	449	271	00:43:56.6	02:16	333	00:05:40.8	311	03:13:16.5	17.3	278	00:03:03.3	274	02:22:55.7	10:54	06:28:53.2			
293	44 Niebergall, Stu	98	310	00:49:00.7	02:32	317	00:04:27.3	308	03:12:16.5	17.4	233	00:02:25.2	268	02:21:08.6	10:46	06:29:18.6			
294	41 Lathrop, Luke	469	303	00:47:22.0	02:27	270	00:03:28.3	309	03:12:29.0	17.4	328	00:05:00.1	267	02:21:02.0	10:45	06:29:21.5			
295	57 Bethke, Michael	304	275	00:44:06.8	02:17	312	00:04:20.9	252	02:56:07.3	19.0	295	00:03:32.3	312	02:42:33.5	12:24	06:30:41.0			
296	41 Rosholt, Ben	335	313	00:49:36.9	02:34	212	00:02:39.5	276	03:03:13.9	18.3	213	00:02:12.6	301	02:33:20.6	11:42	06:31:03.7			
297	21 Ruffini, Mick	539	219	00:40:56.9	02:07	203	00:02:31.6	300	03:09:39.1	17.7	211	00:02:12.2	307	02:36:22.3	11:56	06:31:42.3			
298	45 Smith, Christopher	487	206	00:40:18.6	02:05	318	00:04:29.4	335	03:35:48.7	15.5	298	00:03:34.0	226	02:08:04.5	09:46	06:32:15.3			
299	46 Virga Sr, Dr Joseph	687	289	00:45:20.6	02:20	316	00:04:27.2	303	03:09:57.3	17.6	305	00:03:45.2	292	02:29:47.4	11:26	06:33:17.9			
300	57 Swanson, Shad	545	335	01:00:18.5	03:07	279	00:03:36.0	318	03:16:01.9	17.1	303	00:03:42.3	266	02:20:25.9	10:43	06:44:04.8			
301	47 Dorney, Mark	411	133	00:37:12.5	01:55	176	00:02:18.2	246	02:55:05.0	19.1	164	00:01:49.3	325	03:08:54.5	14:25	06:45:19.6			
302	42 O'brien, Dan	675	320	00:50:31.8	02:37	325	00:05:00.2	328	03:24:23.6	16.4	327	00:04:48.2	273	02:22:36.6	10:53	06:47:20.8			
303	43 Glenn, Matthew	120	316	00:50:02.9	02:35	226	00:02:52.1	305	03:11:54.3	17.5	244	00:02:36.8	310	02:40:32.4	12:15	06:47:58.7			
304	48 Skinner, Steve	440	276	00:44:06.9	02:17	314	00:04:24.8	295	03:07:06.8	17.9	243	00:02:35.5	316	02:50:03.9	12:58	06:48:18.0			
305	42 Heinen, Brian	171	218	00:40:54.8	02:07	209	00:02:38.5	231	02:52:50.1	19.4	150	00:01:43.6	327	03:10:17.6	14:31	06:48:24.9			
306	49 Fiacco, Pat	360	324	00:52:30.5	02:43	311	00:04:19.7	317	03:15:55.5	17.1	224	00:02:17.7	306	02:35:14.6	11:51	06:50:18.2			
307	3 Fox, Barry	116	314	00:49:42.4	02:34	247	00:03:08.8	329	03:24:36.3	16.4	307	00:03:53.9	291	02:29:38.0	11:25	06:50:59.5			
308	58 Dunn, Michael	358	224	00:41:08.4	02:07	324	00:04:58.4	297	03:08:36.0	17.8	332	00:05:17.2	318	02:52:36.1	13:10	06:52:36.2			
309	43 Boigenzahn, Adam	652	323	00:51:53.6	02:41	159	00:02:12.1	310	03:12:31.9	17.4	276	00:03:01.9	313	02:42:58.6	12:26	06:52:38.3			
310	50 Kliewer, Bradley	64	326	00:53:04.5	02:44	277	00:03:32.9	296	03:07:59.5	17.8	294	00:03:32.1	314	02:44:47.8	12:34	06:52:57.0			
311	5 Frederiksen, Brad	462	300	00:47:04.4	02:26	319	00:04:30.2	334	03:33:37.0	15.7	285	00:03:16.1	288	02:28:01.3	11:17	06:56:29.3			
312	4 Maslowski, Edward	271	341	01:10:14.0	03:38	303	00:04:12.0	316	03:15:37.3	17.1	325	00:04:39.7	272	02:22:22.1	10:52	06:57:05.4			
313	6 Theobald, Dean	106	339	01:08:27.3	03:32	339	00:06:42.3	331	03:28:33.6	16.1	333	00:05:17.4	239	02:12:30.9	10:06	07:01:31.7			
314	44 Lenling, Mark	691	340	01:09:15.9	03:35	342	00:10:42.8	299	03:09:36.3	17.7	310	00:04:00.4	296	02:30:31.7	11:29	07:04:07.4			
315	22 Cuevas, Billy	406	28	00:31:32.9	01:38	341	00:08:19.3	327	03:24:03.6	16.4	301	00:03:41.5	321	02:56:58.3	13:30	07:04:35.7			
316	59 Bloomquist, Scott	107	291	00:45:51.3	02:22	336	00:05:57.9	307	03:12:07.3	17.4	323	00:04:38.1	320	02:56:34.7	13:28	07:05:09.5			
317	44 Schaab Jr, Michael	336	318	00:50:09.1	02:35	328	00:05:11.4	338	03:49:33.1	14.6	304	00:03:43.7	262	02:18:13.1	10:33	07:06:50.5			
318	60 O'brien, Doran	71	312	00:49:09.7	02:32	265	00:03:25.8	283	03:04:50.0	18.1	312	00:04:03.6	326	03:09:08.0	14:26	07:10:37.3			
319	45 Haugen, Jesse	591	337	01:01:26.4	03:10	192	00:02:25.6	333	03:32:16.7	15.8	330	00:05:00.7	294	02:29:56.4	11:26	07:11:06.0			
320	61 Thuot, Mark	495	301	00:47:07.5	02:26	222	00:02:47.2	232	02:52:51.1	19.4	263	00:02:52.0	328	03:27:06.7	15:48	07:12:44.6			
321	58 Storkan, Steve	682	277	00:44:09.7	02:17	337	00:06:13.9	337	03:48:31.0	14.7	316	00:04:08.6	293	02:29:54.8	11:26	07:12:58.1			
322	22 Thorleifson,	494	327	00:54:14.7	02:48	291	00:03:51.9	323	03:19:43.6	16.8	124	00:01:30.9	319	02:55:16.8	13:22	07:14:38.0			
323	62 Novack, Dan	674	328	00:54:30.9	02:49	327	00:05:11.2	324	03:22:35.2	16.5	314	00:04:05.3	317	02:52:31.0	13:10	07:18:53.8			

Individual - Half Ironman Triathlon			1.2 mi swim			T-1		56 mi bike			T-2		3.1 mi run			7/25/2010		
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	23 Kubat, Gary	226 Minneapolis,	331	00:55:13.9	02:51	297	00:04:00.0	326	03:23:24.1	16.5	302	00:03:41.5	322	02:57:34.7	13:33	07:23:54.4		
325	24 Mikkelson, David	183 Plymouth, MN	338	01:05:32.3	03:23	260	00:03:23.3	313	03:14:17.3	17.2	271	00:02:58.9	323	02:59:47.2	13:43	07:25:59.2		
326	63 Atkins, Harry	696 Coon Rapids,	334	00:58:09.9	03:00	334	00:05:45.1	336	03:48:02.6	14.7	311	00:04:01.4	295	02:30:14.3	11:28	07:26:13.5		
327	5 Erickson, Robert	688 Belle Plaine, MN	343	01:17:38.3	04:01	338	00:06:21.0	332	03:28:46.9	16.0	334	00:06:21.3	315	02:47:54.1	12:49	07:47:01.7		
328	59 Manlapaz,	671 Apple Valley,	342	01:12:20.2	03:44	331	00:05:32.4	330	03:26:05.5	16.3	308	00:03:58.6	324	03:06:36.6	14:14	07:54:33.4		
	Starkey, Adam	583 Rochester, MN	101	00:35:53.5		146	00:02:09.2	123	02:42:07.1	20.7	260	00:02:50.1				DNF		
	Wagner, Joseph	585 Lenexa, KS	109	00:36:07.6		158	00:02:11.7	237	02:53:38.9	19.3	215	00:02:12.9				DNF		
	Kingsley, Kyle	525 Minneapolis,	168	00:38:52.5												DNF		
	Ojala, Ladd	479 Minneapolis,	115	00:36:12.8		59	00:01:35.8	88	02:37:21.5	21.3	320	00:04:26.9				DNF		
	Ladendorf, Mike	375 Apple Valley,	75	00:34:39.9		19	00:01:14.8									DNF		
	Ebertowski, Aaron	308 Buffalo, MN	241	00:42:10.7		170	00:02:17.0									DNF		
	Oelerich,	339 Maple Valley,	304	00:47:22.6		235	00:02:58.7	339	04:29:31.3	12.4	153	00:01:45.1				DNF		
	Robb, Jim	285 Maple Grove,	103	00:35:55.5		189	00:02:24.8									DNF		
	Wente, Michael	299 Minneapolis,	62	00:33:58.8		38	00:01:25.0	164	02:45:52.9	20.2	155	00:01:46.0				DNF		
	Backlund, Bruce	102 St. Louis Park,	325	00:52:46.4		274	00:03:30.5									DNF		
	Hicks, Christian	123 Robbinsdale,	24	00:31:18.7		41	00:01:27.6	145	02:44:33.2	20.4	275	00:03:01.1				DNF		
	Mejia, Matt	130 St. Paul, MN	79	00:34:56.6		140	00:02:06.5	185	02:47:24.9	20.0	337	00:22:01.8				DNF		
	Vaske, Randy	147 Hugo, MN														DNF		
	Younger, Robert	150 Medina, MN	136	00:37:16.5		288	00:03:47.7	210	02:50:15.6	19.7	223	00:02:17.6				DNF		
	Campbell, Russell	97 Maple Grove,	191	00:39:48.7		251	00:03:12.8	105	02:39:48.8	21.0	282	00:03:10.8				DNF		
	Moyer, Joe	21 Rochester, MN	140	00:37:34.2		131	00:02:02.9	40	02:29:46.8	22.4						DNF		
	Rosales, Jose	27 Mankato, MN	26	00:31:22.2		164	00:02:14.3									DNF		
	Schiesl, Andy	30 Prior Lake, MN	35	00:31:56.6		44	00:01:29.5	9	02:23:34.2	23.4	338	00:57:38.6				DNF		
	Weinzierl, Ross	41 St.paul, MN	48	00:33:07.2		27	00:01:18.1									DNF		

### Female Half Ironman Distance

Division Field: 171

1	Arendt, Jackie	1 Madison, WI	3	00:27:58.7	01:26	8	00:01:12.4	4	02:33:28.3	21.8	1	00:00:33.6	1	01:24:31.2	06:27	04:27:44.4		
2	Yndestad, Cathy	10 Apple Valley,	2	00:27:53.1	01:26	4	00:01:00.6	5	02:33:42.4	21.8	3	00:00:41.6	2	01:32:53.8	07:05	04:36:11.7		
3	Fournier, Maggie	5 Onalaska, WI	14	00:32:22.7	01:40	27	00:01:33.2	13	02:35:47.1	21.5	7	00:00:45.6	4	01:35:10.7	07:15	04:45:39.5		
4	Wilkinson, Jolene	42 Park City, UT	11	00:31:42.7	01:38	6	00:01:03.2	7	02:34:40.8	21.7	2	00:00:40.0	11	01:39:35.2	07:36	04:47:42.0		
5	Sharpless, Carole	34 Boulder, CO	1	00:26:06.1	01:21	5	00:01:02.4	30	02:43:04.5	20.6	5	00:00:44.6	7	01:37:31.8	07:26	04:48:29.6		
6	1 Nelson, Shelley	22 St Louis Park,	56	00:36:53.9	01:54	3	00:01:00.5	10	02:35:28.0	21.6	18	00:00:57.2	5	01:35:56.2	07:19	04:50:16.0		
7	2 Nielsen, Pam	23 Minnetonka, MN	27	00:34:09.3	01:46	48	00:01:42.5	14	02:36:06.3	21.5	12	00:00:52.4	8	01:38:19.7	07:30	04:51:10.4		
8	1 Kuhlemeier,	48 Minot, ND	39	00:35:33.2	01:50	2	00:00:55.1	11	02:35:32.3	21.6	24	00:01:04.9	12	01:39:51.7	07:37	04:52:57.4		

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
9	1 Kurtz, Jill	65 Pewaukee, WI	33	00:34:50.3	01:48	15	00:01:25.9	8	02:34:45.7	21.7	15	00:00:55.1	17	01:41:16.2	07:43	04:53:13.5			
10	1 Schmidt, Angie	540 Woodbury, MN	23	00:33:29.5	01:44	7	00:01:09.8	12	02:35:33.2	21.6	6	00:00:45.6	19	01:42:48.1	07:50	04:53:46.5			
11	2 Birkeland, Diane	305 Minneapolis,	118	00:42:14.2	02:11	43	00:01:40.4	2	02:30:32.1	22.3	19	00:00:59.6	18	01:42:40.7	07:50	04:58:07.3			
12	1 Killian, Megan	81 Hancock, MI	62	00:37:13.5	01:55	21	00:01:29.5	34	02:44:33.9	20.4	13	00:00:54.5	3	01:34:38.1	07:13	04:58:49.6			
13	3 Patzer, Hilary	480 St. Paul, MN	64	00:37:27.6	01:56	10	00:01:18.9	20	02:39:31.8	21.0	79	00:01:48.4	9	01:39:03.7	07:33	04:59:10.6			
14	2 Morgan, April	20 Minneapolis,	37	00:35:12.8	01:49	1	00:00:53.7	6	02:34:37.1	21.7	8	00:00:47.1	35	01:48:37.8	08:17	05:00:08.7			
15	3 Sellke, Mary	291 Golden Valley,	41	00:35:34.8	01:50	71	00:01:55.3	15	02:36:20.2	21.4	37	00:01:15.1	25	01:46:06.3	08:05	05:01:11.9			
16	4 Prudhomme, Leah	25 Anoka, MN	122	00:43:07.5	02:14	19	00:01:28.7	3	02:31:31.1	22.1	4	00:00:42.5	21	01:44:23.7	07:58	05:01:13.7			
17	1 Mouw, Suzann	3 White Bear	13	00:32:16.8	01:40	24	00:01:32.4	22	02:40:10.2	20.9	38	00:01:15.6	30	01:47:58.4	08:14	05:03:13.6			
18	2 Blackstock, Cindy	553 Plymouth, MN	105	00:40:57.8	02:07	9	00:01:17.2	21	02:40:09.8	20.9	28	00:01:06.4	15	01:41:06.1	07:43	05:04:37.5			
19	3 Roloff, Kendra	537 Bismarck, ND	30	00:34:33.5	01:47	88	00:02:14.6	26	02:41:44.5	20.7	90	00:01:57.5	22	01:44:25.7	07:58	05:04:56.0			
20	1 Berger, Sarah	157 St. Paul, MN	99	00:40:20.4	02:05	42	00:01:39.6	24	02:41:14.7	20.8	17	00:00:55.7	14	01:41:05.3	07:43	05:05:16.0			
21	3 Wilson, Jessica	399 Shorewood, MN	93	00:39:43.1	02:03	101	00:02:28.9	37	02:45:18.6	20.3	134	00:02:43.8	6	01:36:36.8	07:22	05:06:51.3			
22	5 Hite, Amy	418 Cottage Grove,	114	00:41:28.7	02:08	58	00:01:48.4	9	02:34:59.7	21.6	9	00:00:49.8	29	01:47:50.0	08:13	05:06:56.8			
23	2 Sander, Merilee	29 Northfield, MN	17	00:32:26.2	01:40	23	00:01:31.8	18	02:38:40.6	21.1	22	00:01:02.4	47	01:53:30.5	08:39	05:07:11.7			
24	6 Simon, Andrea	35 Madison, WI	16	00:32:24.9	01:40	44	00:01:40.9	27	02:42:23.3	20.6	30	00:01:07.6	41	01:51:25.8	08:30	05:09:02.6			
25	2 Rud, Shelly	239 Ellsworth, IL	24	00:33:44.3	01:44	81	00:02:03.2	63	02:51:43.9	19.5	35	00:01:13.3	16	01:41:12.7	07:43	05:09:57.6			
26	4 Bronson, Leanne	109 Superior, WI	45	00:35:58.9	01:51	20	00:01:29.0	29	02:43:03.6	20.6	10	00:00:50.4	40	01:49:49.7	08:23	05:11:11.7			
27	7 Osborn, Lindsay	279 Shakopee, MN	12	00:32:04.1	01:39	62	00:01:52.1	39	02:45:31.0	20.2	47	00:01:22.9	42	01:51:35.2	08:31	05:12:25.5			
28	8 Beard, April	503 Madison, WI	46	00:36:14.2	01:52	34	00:01:36.4	48	02:47:32.5	20.0	25	00:01:05.2	27	01:46:09.7	08:06	05:12:38.3			
29	5 Bertram, Sarah	2 Waukesha, WI	76	00:38:40.1	02:00	41	00:01:39.5	32	02:43:42.9	20.5	42	00:01:16.9	31	01:48:10.8	08:15	05:13:30.3			
30	4 Brenneke, Teresa	505 Cottage Grove,	86	00:38:59.6	02:01	102	00:02:29.8	43	02:46:52.5	20.1	77	00:01:47.6	20	01:43:23.1	07:53	05:13:32.9			
31	3 Dezellar, Jackie	599 Eden Prairie,	119	00:42:17.5	02:11	40	00:01:39.4	19	02:39:12.2	21.1	129	00:02:40.8	32	01:48:17.5	08:15	05:14:07.6			
32	4 Meyer, Jenny	567 Madison, WI	48	00:36:21.2	01:52	142	00:03:29.7	31	02:43:32.0	20.5	162	00:04:45.4	26	01:46:09.7	08:06	05:14:18.3			
33	6 Lindstrom, Tiffany	431 Woodbury, MN	68	00:37:54.9	01:57	18	00:01:27.4	41	02:46:25.3	20.1	54	00:01:26.8	28	01:47:07.6	08:10	05:14:22.1			
34	5 Novakofski, Kira	571 Groton, NY	57	00:36:55.5	01:54	109	00:02:39.7	16	02:36:44.6	21.4	84	00:01:49.8	58	01:56:16.4	08:52	05:14:26.2			
35	5 Courington, Ann	205 Eagan, MN	70	00:38:00.3	01:58	50	00:01:43.5	23	02:40:14.7	20.9	11	00:00:51.5	49	01:53:56.9	08:41	05:14:47.1			
36	7 Steilen, Courtney	145 Minneapolis,	36	00:35:10.1	01:49	65	00:01:52.4	60	02:51:26.4	19.5	57	00:01:29.3	24	01:46:00.0	08:05	05:15:58.5			
37	9 Konczewski,	225 Sartell, MN	15	00:32:23.5	01:40	25	00:01:32.7	46	02:47:29.5	20.0	32	00:01:10.9	48	01:53:39.4	08:40	05:16:16.2			
38	4 Karls, Diana	316 Dane, WI	95	00:39:57.0	02:04	47	00:01:41.3	38	02:45:20.9	20.3	52	00:01:24.3	34	01:48:34.9	08:17	05:16:58.6			
39	6 Ault, Kimberly	303 Plymouth, MN	50	00:36:28.7	01:53	38	00:01:37.7	28	02:42:36.3	20.6	14	00:00:54.5	55	01:55:51.4	08:50	05:17:28.8			
40	10 Romano,	237 Hopkins, MN	135	00:44:42.3	02:18	92	00:02:18.9	53	02:49:14.4	19.8	120	00:02:31.0	10	01:39:35.2	07:36	05:18:22.0			
41	11 Callanan, Hunter	456 Clear Lake, IA	10	00:31:29.0	01:37	74	00:01:58.0	40	02:45:50.3	20.2	73	00:01:44.5	62	01:57:25.9	08:57	05:18:27.9			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
42	12 Miller, Gea	474 Edina, MN	75	00:38:24.8	01:59	105	00:02:33.6	45	02:47:28.3	20.0	75	00:01:45.9	33	01:48:27.8	08:16	05:18:40.6			
43	5 Hines, Lisa	262 Waite Park, MN	84	00:38:59.0	02:01	51	00:01:44.5	79	02:56:07.1	19.0	48	00:01:23.3	13	01:40:29.8	07:40	05:18:44.0			
44	7 Maurer, Sawra	18 Rochester, MN	6	00:29:34.0	01:31	60	00:01:50.2	50	02:47:57.0	20.0	56	00:01:27.8	73	02:00:36.1	09:12	05:21:25.2			
45	8 Koepp, Diana	13 Rochester, MN	4	00:28:29.7	01:28	22	00:01:30.6	114	03:05:36.7	18.1	49	00:01:23.5	23	01:44:58.9	08:00	05:21:59.7			
46	9 Regas, Kristen	384 Duluth, MN	32	00:34:47.9	01:48	85	00:02:06.2	67	02:53:06.2	19.4	76	00:01:47.4	45	01:52:50.8	08:36	05:24:38.6			
47	2 Senty, Tess	144 Grand Marais,	102	00:40:49.8	02:06	26	00:01:32.7	49	02:47:49.8	20.0	82	00:01:49.0	46	01:53:17.0	08:38	05:25:18.6			
48	3 Dewahl, Kathleen	410 Saint Paul, MN	112	00:41:26.5	02:08	14	00:01:23.8	25	02:41:43.3	20.7	21	00:01:02.0	71	02:00:23.1	09:11	05:25:58.9			
49	8 Walker, Julie	346 Arden Hills, MN	42	00:35:47.5	01:51	128	00:03:08.3	33	02:43:56.9	20.4	68	00:01:40.9	78	02:01:26.4	09:16	05:26:00.2			
50	9 Aron, Carol	153 Bismarck, ND	94	00:39:48.4	02:03	45	00:01:40.9	58	02:50:31.3	19.7	26	00:01:05.4	52	01:55:01.7	08:46	05:28:07.9			
51	13 Liebergen, Tara	179 Minneapolis,	134	00:44:35.8	02:18	63	00:01:52.1	35	02:44:34.8	20.4	31	00:01:09.4	56	01:55:58.8	08:51	05:28:11.1			
52	6 Clements, Sharon	556 Edina, MN	67	00:37:49.1	01:57	59	00:01:49.8	80	02:56:12.8	19.0	41	00:01:16.3	43	01:52:13.2	08:33	05:29:21.4			
53	14 Blazek, Kyla	454 Winona, MN	78	00:38:46.0	02:00	61	00:01:51.6	36	02:45:02.4	20.3	94	00:01:59.7	79	02:01:49.4	09:17	05:29:29.3			
54	10 Bond, Cheryl	108 Shakopee, MN	73	00:38:21.2	01:59	31	00:01:35.8	51	02:48:18.2	19.9	39	00:01:15.7	69	02:00:10.4	09:10	05:29:41.5			
55	7 Burnes, Pau	376	22	00:33:28.1	01:43	161	00:04:11.2	75	02:54:43.1	19.2	113	00:02:17.6	60	01:56:57.0	08:55	05:31:37.2			
56	8 Rather, Sandra	282 Breckenridge,	34	00:35:04.4	01:48	114	00:02:45.2	70	02:54:03.8	19.3	136	00:02:44.9	63	01:57:32.5	08:58	05:32:11.0			
57	6 Robb, Heidi	284 Maple Grove,	132	00:43:54.6	02:16	29	00:01:33.6	55	02:49:43.2	19.7	78	00:01:47.8	53	01:55:19.8	08:48	05:32:19.3			
58	10 Forbes-lorman,	510 Madison, WI	69	00:37:59.6	01:58	39	00:01:39.4	73	02:54:36.6	19.2	44	00:01:18.5	64	01:57:41.7	08:59	05:33:16.0			
59	7 Woolsey, Amy	349 Sauk Rapids,	44	00:35:58.1	01:51	33	00:01:36.3	59	02:51:01.7	19.6	96	00:02:03.7	85	02:03:58.9	09:27	05:34:38.9			
60	11 Holmquist, Abby	367 Winona, MN	8	00:31:24.8	01:37	123	00:03:02.3	90	02:58:14.6	18.8	69	00:01:41.2	74	02:01:03.0	09:14	05:35:26.2			
61	15 Williams Schrodin,	398 St. Cloud, MN	40	00:35:34.5	01:50	35	00:01:36.5	17	02:38:13.4	21.2	109	00:02:14.2	130	02:18:23.0	10:33	05:36:01.8			
62	12 Marden-reilly,	471 Rochester, MN	28	00:34:15.9	01:46	90	00:02:16.9	92	02:58:37.0	18.8	103	00:02:06.8	75	02:01:17.6	09:15	05:38:34.5			
63	13 Hall, Joanna	8 Rochester, MN	35	00:35:09.5	01:49	28	00:01:33.3	111	03:04:29.1	18.2	72	00:01:44.4	54	01:55:39.8	08:49	05:38:36.2			
64	8 Wenzel, Lori	300 Greenville, WI	137	00:44:52.8	02:19	46	00:01:41.0	56	02:49:56.4	19.7	70	00:01:41.5	72	02:00:25.3	09:11	05:38:37.3			
65	11 Langsdorf, Angie	424 Minneapolis,	89	00:39:14.2	02:01	17	00:01:27.1	42	02:46:47.4	20.1	23	00:01:02.9	111	02:11:00.2	10:00	05:39:32.0			
66	9 McCormick,	273 Isanh, MN	88	00:39:04.9	02:01	108	00:02:36.7	64	02:52:09.2	19.5	71	00:01:44.3	86	02:04:30.3	09:30	05:40:05.6			
67	12 Tattar, Elisa	36 Eagan, MN	58	00:36:59.4	01:54	162	00:04:13.1	87	02:57:43.0	18.9	137	00:02:45.5	68	02:00:00.9	09:09	05:41:42.1			
68	13 Moritz, Jen	430 Minneapolis,	31	00:34:41.4	01:47	116	00:02:46.7	62	02:51:36.4	19.5	95	00:01:59.9	112	02:11:00.3	10:00	05:42:04.9			
69	14 Morris, Jane	232 Minnetonka, MN	83	00:38:57.5	02:01	166	00:04:28.0	110	03:04:28.0	18.2	121	00:02:31.3	44	01:52:15.5	08:34	05:42:40.6			
70	14 Hollenbeck, Jodee	366 Coon Rapids,	131	00:43:52.1	02:16	163	00:04:14.6	102	03:02:24.6	18.4	147	00:03:08.1	38	01:49:04.1	08:19	05:42:43.6			
71	15 Hurtig, Noelle	664 Minneapolis,	138	00:44:57.7	02:19	53	00:01:45.2	115	03:05:38.8	18.0	43	00:01:17.7	39	01:49:22.3	08:20	05:43:01.9			
72	15 Senty, Kelly	142 Grand Marais,	61	00:37:12.1	01:55	57	00:01:48.3	120	03:07:06.0	17.9	114	00:02:17.9	51	01:54:52.9	08:46	05:43:17.5			
73	9 Pauley, Denise	481 Eau Claire, WI	59	00:37:02.0	01:55	86	00:02:12.3	82	02:56:34.0	19.0	58	00:01:30.2	94	02:06:02.3	09:37	05:43:21.0			
74	3 Bergeron, Amy	352 St Paul, MN	96	00:40:00.7	02:04	55	00:01:47.2	128	03:10:21.7	17.6	118	00:02:28.8	37	01:48:53.1	08:18	05:43:31.8			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
75	16 Finden, Danielle	414	St. Paul, MN	80	00:38:49.2	02:00	135 00:03:15.6	96	02:59:35.6	18.7	67	00:01:39.0	70	02:00:18.6	09:11	05:43:38.0			
76	16 Kouba, Michelle	564	Apple Valley,	65	00:37:46.2	01:57	30 00:01:33.9	78	02:55:30.9	19.1	66	00:01:37.7	100	02:07:11.0	09:42	05:43:40.0			
77	4 Miller, Karen	230	Carol Stream, IL	120	00:42:37.4	02:12	75 00:01:58.6	69	02:53:54.5	19.3	86	00:01:53.8	84	02:03:33.9	09:25	05:43:58.4			
78	10 Sands, Mary	241	Saint Paul, MN	111	00:41:23.5	02:08	32 00:01:36.2	83	02:57:17.4	18.9	33	00:01:11.2	91	02:05:27.4	09:34	05:46:56.0			
79	16 Meier, Christina	182	Minneapolis,	20	00:33:20.2	01:43	37 00:01:36.9	91	02:58:33.5	18.8	46	00:01:22.7	119	02:12:28.9	10:06	05:47:22.4			
80	10 Zirkle, Sarah	500	Wyoming, MN	7	00:29:54.9	01:32	155 00:03:52.3	139	03:14:00.1	17.3	144	00:03:06.8	59	01:56:46.9	08:54	05:47:41.1			
81	1 Honeycutt, D'arcy	369	Bismark, ND	130	00:43:46.0	02:15	11 00:01:21.9	74	02:54:42.9	19.2	64	00:01:35.5	98	02:06:35.8	09:39	05:48:02.3			
82	11 Miner, Kris	325	Eden Prairie,	60	00:37:09.1	01:55	147 00:03:39.4	77	02:55:24.9	19.1	139	00:02:47.6	106	02:09:04.4	09:51	05:48:05.7			
83	11 Johnson, Renae	315	Waconia, MN	159	00:49:18.1	02:33	124 00:03:03.8	112	03:05:09.5	18.1	74	00:01:45.8	36	01:48:51.5	08:18	05:48:08.8			
84	17 Fretland, Kailee	117	Bismarck, ND	147	00:46:58.2	02:25	56 00:01:47.2	68	02:53:40.3	19.3	27	00:01:06.0	90	02:05:10.9	09:33	05:48:42.8			
85	12 Weiskopf-larson,	347	Lino Lakes, MN	149	00:47:25.7	02:27	64 00:01:52.3	95	02:59:16.5	18.7	65	00:01:37.1	66	01:58:35.0	09:03	05:48:46.8			
86	18 Bishop, Mylee	400	Burnsville, MN	47	00:36:16.4	01:52	121 00:03:01.5	106	03:03:24.1	18.3	133	00:02:42.8	83	02:03:23.0	09:25	05:48:48.1			
87	19 Hilal, Susan	1650	Plymouth, MN	26	00:34:05.4	01:45	13 00:01:22.2	44	02:47:06.4	20.1	16	00:00:55.7	141	02:25:22.9	11:05	05:48:52.6			
88	4 Reimann, Katlyn	86	La Crosse, WI	123	00:43:13.3	02:14	54 00:01:47.1	99	03:00:07.2	18.6	45	00:01:19.7	82	02:03:16.2	09:24	05:49:43.7			
89	20 Beckmann, Tonja	451	Eagle Lake, MN	109	00:41:09.3	02:07	110 00:02:40.4	98	02:59:59.5	18.6	80	00:01:48.6	89	02:04:55.2	09:32	05:50:33.3			
90	5 Carlson, Kathryn	54	Waite Park, MN	150	00:47:33.9	02:27	91 00:02:18.3	65	02:52:24.4	19.4	59	00:01:30.9	99	02:06:54.2	09:41	05:50:42.0			
91	17 Sevilla, Margarita	579	Minneapolis,	117	00:42:13.5	02:11	36 00:01:36.6	109	03:04:27.1	18.2	123	00:02:34.0	67	01:59:54.9	09:09	05:50:46.3			
92	12 Mowers, Sondra	134	Duluth, MN	55	00:36:53.0	01:54	95 00:02:21.4	84	02:57:20.4	18.9	140	00:02:49.0	117	02:11:49.2	10:03	05:51:13.1			
93	13 Jackson, Joni	175	Minneapolis,	54	00:36:51.4	01:54	89 00:02:15.7	123	03:09:19.7	17.7	62	00:01:34.5	76	02:01:18.4	09:15	05:51:19.8			
94	14 Carver, Victoria	254	Lino Lakes, MN	92	00:39:29.4	02:02	84 00:02:04.7	89	02:57:58.6	18.8	131	00:02:42.1	107	02:09:09.9	09:51	05:51:24.9			
95	17 Figueiredo	413	New Brighton,	18	00:32:26.3	01:40	79 00:02:02.8	127	03:10:08.7	17.6	29	00:01:07.0	93	02:06:00.8	09:37	05:51:45.8			
96	13 Elkie, Anne	211	Thunder Bay,	5	00:29:25.7	01:31	76 00:01:58.9	121	03:07:47.7	17.8	34	00:01:12.5	114	02:11:23.6	10:01	05:51:48.6			
97	6 Senty, Laurie	143	Grand Marais,	139	00:45:05.0	02:20	83 00:02:04.2	100	03:00:37.5	18.6	130	00:02:41.0	77	02:01:26.3	09:16	05:51:54.2			
98	21 Drevlow, Danielle	114	Golden Valley,	90	00:39:24.5	02:02	125 00:03:04.0	88	02:57:58.0	18.8	88	00:01:55.5	110	02:10:01.6	09:55	05:52:23.8			
99	14 Schield Jyring,	337	Bismark, ND	52	00:36:43.2	01:54	107 00:02:34.3	52	02:49:13.4	19.8	115	00:02:24.3	138	02:21:35.6	10:48	05:52:31.0			
100	18 Reiche, Jean	385	De Forest, WI	63	00:37:25.1	01:56	113 00:02:43.4	141	03:15:13.0	17.2	40	00:01:15.8	57	01:56:05.4	08:51	05:52:42.9			
101	1 Ulrey, Amanda	595	North Oaks, MN	25	00:33:52.1	01:45	66 00:01:52.5	125	03:09:43.8	17.7	61	00:01:31.3	92	02:05:45.8	09:36	05:52:45.7			
102	22 Andrychowicz,	101	Blaine, MN	100	00:40:29.1	02:05	52 00:01:45.2	93	02:58:41.6	18.8	135	00:02:43.8	108	02:09:11.3	09:51	05:52:51.2			
103	15 Moran, Susan	476	Green Bay, WI	104	00:40:52.9	02:07	67 00:01:52.6	97	02:59:39.6	18.7	141	00:02:50.1	104	02:08:16.8	09:47	05:53:32.3			
104	16 Dahl, Lisa	357	Minneapolis,	103	00:40:52.5	02:07	134 00:03:14.3	132	03:10:53.5	17.6	104	00:02:09.1	65	01:58:11.3	09:01	05:55:21.0			
105	18 Mitelman,	429	Minneapolis,	116	00:42:04.2	02:10	153 00:03:48.8	104	03:03:04.7	18.3	148	00:03:09.7	87	02:04:35.8	09:30	05:56:43.4			
106	23 Clay, Amber	111	Grand Marais,	43	00:35:54.0	01:51	49 00:01:43.4	155	03:23:14.0	16.5	81	00:01:48.9	50	01:54:04.2	08:42	05:56:44.6			
107	17 Hendrickson, Jill	464	Hopkins, MN	29	00:34:16.6	01:46	68 00:01:53.3	105	03:03:20.4	18.3	112	00:02:16.3	126	02:15:03.7	10:18	05:56:50.4			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
108	19 Reischl, Renee	435 Omaha, NE	152	00:47:55.1	02:28	168	00:04:39.6	61	02:51:32.2	19.5	117	00:02:26.2	113	02:11:00.9	10:00	05:57:34.2			
109	2 Frings, Peggy	96 Ridgeway, WI	140	00:45:06.5	02:20	129	00:03:10.6	72	02:54:08.4	19.2	89	00:01:57.0	125	02:14:47.0	10:17	05:59:09.7			
110	18 Lemke, Erin	319 Sartell, MN	129	00:43:43.5	02:15	80	00:02:03.1	81	02:56:22.1	19.0	55	00:01:26.9	128	02:16:08.6	10:23	05:59:44.4			
111	19 Sherman, Kathy	191 Winona, MN	81	00:38:52.9	02:00	111	00:02:42.5	137	03:12:04.1	17.4	166	00:05:18.6	80	02:02:12.8	09:19	06:01:11.1			
112	24 Smith, Cynthia	341 Minneapolis,	85	00:38:59.1	02:01	139	00:03:21.8	85	02:57:27.4	18.9	36	00:01:13.9	135	02:21:02.7	10:46	06:02:05.1			
113	25 Brooks, Erin	110 Neenah, WI	71	00:38:00.6	01:58	115	00:02:46.2	117	03:06:06.1	18.0	111	00:02:14.9	122	02:12:59.5	10:09	06:02:07.4			
114	20 Bjorklund, Katie	453 Plymouth, MN	79	00:38:48.6	02:00	131	00:03:11.3	119	03:06:53.9	17.9	100	00:02:04.5	121	02:12:44.1	10:07	06:03:42.5			
115	20 Smith, Laurie	244 Merrfield, MN	97	00:40:11.6	02:04	137	00:03:20.1	130	03:10:36.9	17.6	143	00:03:04.2	97	02:06:32.2	09:39	06:03:45.2			
116	21 Ponsolle, Kristen	383 Minnetonka, MN	110	00:41:13.2	02:08	78	00:01:59.8	134	03:11:37.6	17.5	63	00:01:34.5	102	02:08:07.4	09:46	06:04:32.8			
117	15 Lang, Diane	270 Burnsville, MN	142	00:45:27.9	02:21	130	00:03:11.0	146	03:16:55.1	17.0	107	00:02:11.8	61	01:57:03.4	08:56	06:04:49.5			
118	22 Buchkosky, Natalie	53 Shakopee, MN	82	00:38:56.2	02:00	103	00:02:31.0	133	03:11:25.0	17.5	158	00:03:44.5	105	02:08:23.0	09:48	06:05:00.0			
119	16 Schmidt, Missy	242 Eagan, MN	53	00:36:46.9	01:54	77	00:01:59.4	148	03:18:31.2	16.9	102	00:02:06.0	96	02:06:18.7	09:38	06:05:42.5			
120	5 Ursin, Laura	395 Madison, WI	106	00:41:00.9	02:07	72	00:01:56.3	147	03:18:27.2	16.9	83	00:01:49.6	81	02:03:03.1	09:23	06:06:17.3			
121	7 Hobbs, Sharon	313 St Cloud, MN	72	00:38:12.0	01:58	156	00:03:53.6	71	02:54:08.0	19.2	138	00:02:47.0	143	02:27:17.7	11:14	06:06:18.5			
122	23 Speer, Kristi	294 Phillips, WI	162	00:49:58.5	02:35	150	00:03:48.0	101	03:02:07.4	18.4	105	00:02:10.2	109	02:09:29.2	09:53	06:07:33.5			
123	24 Kieck, Lisa	523 Milwaukee, WI	121	00:42:53.6	02:13	93	00:02:18.9	142	03:15:24.0	17.1	119	00:02:29.2	88	02:04:45.4	09:31	06:07:51.3			
124	25 Thull, Melany	247 St. Cloud, MN	98	00:40:16.5	02:05	126	00:03:06.5	138	03:12:21.8	17.4	20	00:01:01.7	118	02:12:27.0	10:06	06:09:13.7			
125	26 Koehler, Jennifer	667 Minneapolis,	136	00:44:46.4	02:19	73	00:01:56.7	126	03:09:51.1	17.6	93	00:01:58.9	115	02:11:25.5	10:01	06:09:58.7			
126	27 Varien, Jennifer	80 Minneapolis,	49	00:36:23.9	01:53	119	00:02:57.0	144	03:15:35.4	17.1	149	00:03:11.9	120	02:12:35.8	10:07	06:10:44.2			
127	28 Pohmer, Anna	135 St. Louis Park,	74	00:38:23.3	01:59	118	00:02:56.9	153	03:22:26.3	16.5	51	00:01:24.2	95	02:06:05.7	09:37	06:11:16.6			
128	29 Fraser, Katy	415 Saint Paul, MN	125	00:43:17.2	02:14	69	00:01:53.5	103	03:02:53.7	18.3	106	00:02:11.6	137	02:21:20.4	10:47	06:11:36.6			
129	19 Horner, Kathleen	684 Minneoplis, MN	124	00:43:16.9	02:14	143	00:03:30.1	57	02:50:14.9	19.7	155	00:03:28.7	150	02:33:38.2	11:43	06:14:09.0			
130	26 Kieck, Heather	563 Milwaukee, WI	87	00:39:00.4	02:01	112	00:02:42.7	156	03:23:25.2	16.5	85	00:01:52.3	101	02:07:16.7	09:42	06:14:17.4			
131	20 Beckstrand, Karin	94 Plymouth, MN	127	00:43:24.6	02:14	152	00:03:48.5	129	03:10:21.8	17.6	124	00:02:34.2	127	02:15:17.6	10:19	06:15:27.0			
132	17 Salcedo, Suzanne	287 Apple Valley,	19	00:32:44.5	01:41	138	00:03:20.2	86	02:57:40.1	18.9	150	00:03:14.1	151	02:38:47.5	12:07	06:15:46.6			
133	30 Crecelius, Cindy	405 Eden Prairie,	167	00:54:44.9	02:50	94	00:02:20.2	66	02:52:40.6	19.4	125	00:02:35.2	139	02:23:57.8	10:59	06:16:18.9			
134	21 Hoeschen, Anne	173 Freeport, MN	146	00:46:34.2	02:24	70	00:01:54.9	135	03:11:39.8	17.5	92	00:01:58.3	124	02:14:14.3	10:14	06:16:21.7			
135	22 Bellos, Sophia	651 Maple Grove,	166	00:52:50.9	02:44	122	00:03:01.7	131	03:10:38.4	17.6	127	00:02:37.9	103	02:08:10.8	09:47	06:17:19.8			
136	21 Schueller, Kim	290 Burnsville, MN	91	00:39:25.9	02:02	141	00:03:29.4	149	03:19:17.5	16.8	99	00:02:04.4	123	02:13:06.8	10:09	06:17:24.2			
137	8 Baxter, Denise	104 St Cloud, MN	141	00:45:23.4	02:21	99	00:02:27.8	108	03:04:04.6	18.2	53	00:01:25.7	140	02:24:08.1	11:00	06:17:29.7			
138	23 Meinke, Tara	377 Neenah, WI	144	00:46:15.9	02:23	136	00:03:17.4	124	03:09:27.1	17.7	91	00:01:57.6	129	02:17:24.5	10:29	06:18:22.6			
139	27 Boller, Valerie	203 Maple Grove,	101	00:40:34.4	02:06	96	00:02:22.7	107	03:03:58.3	18.2	98	00:02:04.4	146	02:29:32.3	11:24	06:18:32.2			
140	22 Oconnell, Cheryl	380 Eden Prairie,	128	00:43:38.5	02:15	132	00:03:11.7	122	03:09:13.3	17.7	153	00:03:24.2	131	02:19:08.5	10:37	06:18:36.3			

Individual - Half Ironman Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
141	6 Esch, Ellen	509 Northfield, MN	9	00:31:26.4	01:37	167	00:04:38.9	150	03:20:10.5	16.7	116	00:02:26.1	136	02:21:17.8	10:47	06:19:59.8			
142	23 Condado, Debbie	693 Rhinelander, WI	158	00:49:03.1	02:32	144	00:03:32.3	145	03:15:43.3	17.1	128	00:02:37.9	116	02:11:37.2	10:02	06:22:34.0			
143	9 Davenport, Mary	460 Mason City, IA	21	00:33:27.2	01:43	106	00:02:33.8	113	03:05:15.9	18.1	156	00:03:34.9	152	02:39:51.6	12:12	06:24:43.6			
144	31 Warden, Kelly	250 St Louis Park,	113	00:41:28.3	02:08	133	00:03:14.2	118	03:06:42.8	17.9	161	00:04:15.2	145	02:29:07.0	11:22	06:24:47.6			
145	10 Seubert, Mary	99 Maple Valley,	153	00:47:59.0	02:29	154	00:03:51.4	136	03:11:44.1	17.5	152	00:03:23.7	142	02:25:29.2	11:06	06:32:27.6			
146	32 Christian, Heidi	161 Eagan, MN	133	00:44:04.8	02:16	100	00:02:27.9	94	02:58:44.5	18.7	60	00:01:31.0	154	02:46:04.3	12:40	06:32:52.8			
147	28 Van Hale, Rachel	686 Minneapolis,	143	00:45:36.9	02:21	157	00:03:55.6	151	03:20:30.3	16.7	154	00:03:24.9	132	02:20:39.6	10:44	06:34:07.5			
148	29 Rasmussen,	140 Minneapolis,	151	00:47:40.3	02:28	127	00:03:07.0	143	03:15:27.4	17.1	151	00:03:16.1	148	02:31:41.6	11:34	06:41:12.6			
149	24 Deics, Cathy	256 Bismarck, ND	115	00:41:31.9	02:09	120	00:03:00.0	116	03:05:45.3	18.0	142	00:02:58.2	157	02:50:24.2	13:00	06:43:39.7			
150	18 Hagen, Linda	160	154	00:48:15.9	02:29	82	00:02:04.2	161	03:33:22.3	15.7	122	00:02:33.7	133	02:20:43.3	10:44	06:46:59.5			
151	7 Rykken, Allison	483 Minneapolis,	145	00:46:18.4	02:23	87	00:02:13.8	154	03:23:11.8	16.5	97	00:02:04.0	149	02:33:22.0	11:42	06:47:10.2			
152	30 Ferguson, Katey	165 Grand Forks, ND	77	00:38:41.8	02:00	145	00:03:34.9	152	03:21:30.8	16.6	126	00:02:36.3	153	02:41:36.2	12:20	06:48:00.2			
153	8 Thom, Leah	344 St Cloud, MN	107	00:41:03.4	02:07	117	00:02:48.9	140	03:14:04.3	17.3	108	00:02:11.9	156	02:50:01.7	12:58	06:50:10.4			
154	33 Gandolfo, Jovita	661 Madison, WI	156	00:48:34.3	02:30	159	00:04:00.2	159	03:32:05.3	15.8	163	00:04:56.6	134	02:21:02.2	10:45	06:50:38.8			
155	24 Carter, Lyne	698 Ham Lake, MN	160	00:49:28.0	02:33	165	00:04:25.3	157	03:27:49.1	16.1	159	00:03:46.3	147	02:30:11.5	11:27	06:55:40.3			
156	3 Bukstein, Jeri	655 Maple Grove,	170	01:05:56.4	03:24	149	00:03:42.0	166	03:37:50.6	15.4	87	00:01:55.0	144	02:27:55.5	11:17	07:17:19.8			
157	25 Hutchinson,	266 Forest Lake, MN	108	00:41:08.4	02:07	104	00:02:33.5	160	03:32:39.6	15.7	101	00:02:05.8	161	03:06:22.4	14:13	07:24:50.0			
158	26 Joseph, Wendy	177 Ellsworth, WI	163	00:50:02.3	02:35	97	00:02:23.1	162	03:34:38.8	15.6	157	00:03:36.4	160	02:59:38.1	13:42	07:30:19.0			
159	34 Ver Haagh, Dawn	92 Green Bay, WI	161	00:49:50.8	02:34	169	00:05:50.3	164	03:35:05.0	15.6	164	00:05:03.3	158	02:55:57.8	13:25	07:31:47.4			
160	27 Jansen, Kelly	82 Kaukauna, MN	165	00:51:18.2	02:39	164	00:04:22.5	163	03:35:01.3	15.6	165	00:05:07.2	159	02:55:58.4	13:25	07:31:47.7			
161	19 Ferris, Tracy	216 Apple Valley,	169	01:04:43.5	03:21	160	00:04:00.3	158	03:30:34.8	15.9	167	00:05:38.7	155	02:49:20.5	12:55	07:34:18.0			
162	25 Cook, Jennifer	356 St Louis Park,	164	00:50:15.0	02:36	158	00:03:58.8	167	03:46:07.6	14.8	145	00:03:06.9	162	03:07:37.7	14:19	07:51:06.2			
163	31 Herder, Elizabeth	588 Rice Lake, WI	38	00:35:24.2	01:50	151	00:03:48.3	168	03:53:03.5	14.4	160	00:03:55.3	163	03:17:56.7	15:06	07:54:08.2			
164	4 Dawn, Devi	207 Salem, NH	168	01:04:41.4	03:21	16	00:01:26.9	169	04:04:56.5	13.7	132	00:02:42.5	164	03:19:10.2	15:12	08:32:57.6			
	Feist, Laura	593 Maplewood, MN	148	00:47:04.9		146	00:03:35.3	165	03:37:06.5	15.4	146	00:03:07.4				DNF			
	Smith, Amy	486 Excelsior, MN	155	00:48:17.5		140	00:03:26.0									DNF			
	Vanderwert, Kira	496 Saint Paul, MN	66	00:37:47.6		98	00:02:24.7	54	02:49:33.1	19.8	110	00:02:14.3				DNF			
	Meyer, Stacey E	427 Minneapolis,														DNF			
	Ricci, Lee-ann	436 Regina Beach,	157	00:48:58.2		148	00:03:41.5	1	01:17:14.5	43.4						DNF			
	Tufts, Debbie	445 Minneapolis,	126	00:43:18.1		170	00:06:31.1	76	02:55:08.5	19.1						DNF			
	Stevens, Pam	342 Sartell, MN	51	00:36:42.4		12	00:01:22.1	47	02:47:30.1	20.0	50	00:01:23.7				DNF			



Individual - Half Ironman Triathlon				1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010				
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	
<b>Clydesdale Half Ironman Distance</b>				Division Field: 12															
1	Darne, Emmanuel	557	Woodbury, MN	7	00:40:23.2	02:05	3	00:02:01.2	2	02:40:55.4	20.8	3	00:01:18.1	1	01:45:25.0	08:02		05:10:03.1	
2	Grice-patil, Zach	559	Fridley, MN	9	00:42:42.2	02:12	6	00:02:37.3	4	02:48:29.2	19.9	7	00:02:11.2	2	01:51:09.1	08:29		05:27:09.2	
3	Gabbert, Chris	463	Cottage Grove,	4	00:37:40.2	01:57	8	00:03:04.8	3	02:46:31.7	20.1	11	00:04:14.5	3	02:01:58.4	09:18		05:33:29.8	
4	Miller, Randy	532	Wisconsin	6	00:39:59.0	02:04	7	00:02:54.8	6	02:51:40.3	19.5	8	00:02:19.8	7	02:14:44.4	10:17		05:51:38.5	
5	Vansickle, Richard	297	Minneapolis,	1	00:31:41.3	01:38	4	00:02:10.8	5	02:48:43.9	19.9	2	00:01:09.1	8	02:29:12.6	11:23		05:52:57.9	
6	Abrams, Scott	401	Willmar, MN	10	00:43:06.0	02:13	9	00:03:40.9	8	02:57:35.8	18.9	4	00:01:23.4	6	02:12:51.7	10:08		05:58:38.0	
7	Craney, Roz	404	Deforest, WI	5	00:38:31.8	01:59	1	00:01:30.7	1	02:40:20.0	20.9	1	00:00:56.1	9	02:41:45.6	12:20		06:03:04.4	
8	Sufficool, Brad	683	Valley City, ND	11	00:45:53.3	02:22	12	00:06:03.9	10	03:05:31.3	18.1	10	00:03:00.0	4	02:04:56.8	09:32		06:05:25.5	
9	Allen, Michael	151	Arlington, WI	3	00:37:02.7	01:55	5	00:02:15.6	12	03:20:23.1	16.7	6	00:01:46.6	5	02:11:35.8	10:02		06:13:04.0	
10	Hermann, Andrew	61	Wrightstown, WI	2	00:36:33.8	01:53	2	00:01:31.2	7	02:53:01.9	19.4	5	00:01:39.0	11	02:47:36.3	12:47		06:20:22.4	
11	Ramsey, Brian	280	Minneapolis,	8	00:40:32.2	02:05	10	00:03:44.8	9	03:03:48.5	18.2	9	00:02:20.8	10	02:46:19.1	12:41		06:36:45.6	
12	Banks, Stephen	252	Minneapolis,	12	00:47:55.9	02:28	11	00:04:37.8	11	03:12:28.8	17.4	12	00:07:17.1	12	03:09:19.7	14:27		07:21:39.5	
<b>Athena Half Ironman Distance</b>				Division Field: 11															
1	Desouza, Laura	209	Minneapolis,	2	00:37:31.3	01:56	2	00:02:36.9	1	02:55:17.8	19.1	2	00:01:38.4	4	02:20:53.0	10:45		05:57:57.7	
2	Hill, Amara	261	St. Louis Park,	4	00:41:57.2	02:10	5	00:02:45.8	4	03:04:43.5	18.1	3	00:01:45.4	3	02:11:42.0	10:03		06:02:54.2	
3	Weber, Katie	448	Minneapolis,	6	00:43:24.8	02:14	8	00:03:20.1	6	03:14:32.8	17.2	6	00:02:20.2	2	02:10:43.4	09:58		06:14:21.5	
4	Else, Natalie	163	Chaska, MN	5	00:42:48.5	02:13	3	00:02:42.0	2	02:56:33.7	19.0	5	00:01:59.5	5	02:30:47.0	11:30		06:14:50.9	
5	Henning, Amy	9	Appleton, WI	3	00:40:12.2	02:04	1	00:02:20.9	3	03:02:48.4	18.3	1	00:01:20.1	7	02:46:17.2	12:41		06:32:59.1	
6	Estvanik, Geri	689	Berwyn, IL	7	00:47:36.9	02:27	9	00:04:45.2	11	04:10:26.2	13.4	10	00:04:21.2	1	01:26:05.1	06:34		06:33:14.9	
7	Bertram, Jamie	452	Osseo, MN	1	00:36:46.9	01:54	7	00:03:14.0	7	03:18:57.8	16.8	4	00:01:57.8	9	02:52:07.5	13:08		06:53:04.1	
8	Bauch, Amy	103	Minneapolis,	8	00:47:40.3	02:28	6	00:03:01.5	5	03:10:40.3	17.6	7	00:02:32.9	8	02:51:12.4	13:04		06:55:07.6	
9	Knutson, Rebecca	666	Elkhorn, WI	10	00:54:59.0	02:50	11	00:05:35.4	8	03:25:33.6	16.3	9	00:02:39.3	6	02:44:24.5	12:33		07:13:12.0	
10	Trapp,	393	Burnsville, MN	9	00:52:38.5	02:43	4	00:02:45.5	9	03:46:20.2	14.8	8	00:02:33.9	11	03:06:52.3	14:15		07:51:10.7	
11	Morgan, Teresa	378	Minnetonka, MN	11	01:17:59.3	04:02	10	00:04:46.6	10	03:55:10.9	14.2	11	00:05:03.5	10	03:03:56.5	14:02		08:26:57.0	
<b>Wheelchair Half Ironman Distance</b>				Division Field: 1															
1	Tabaka, Sam	146	Rogers, MN	1	00:58:17.8	03:01	1	00:12:30.7	1	03:53:41.5	14.3	1	00:10:25.7	1	01:15:18.9	05:44		06:30:14.8	

**Team - Half Ironman Relay Triathlon** Field: 77

**Relay Team Half Ironman Distance** Division Field: 77

1	Auslander, Gillian	660	Minneapolis,	5	00:31:27.9	01:37	1	00:00:38.4	2	02:32:20.0	22.0	2	00:00:23.7	1	01:22:34.5	06:18	04:27:24.7	
1	Rubens, Sue	660	Plymouth, MN	5	00:31:27.9	01:37	1	00:00:38.4	2	02:32:20.0	22.0	2	00:00:23.7	1	01:22:34.5	06:18	04:27:24.7	
1	Falkner, Phillip	660	Minneapolis,	5	00:31:27.9	01:37	1	00:00:38.4	2	02:32:20.0	22.0	2	00:00:23.7	1	01:22:34.5	06:18	04:27:24.7	
2	Wacek, Lisa	700	Minneapolis,	6	00:32:56.7	01:42	3	00:00:47.7	1	02:28:46.5	22.5	12	00:00:36.5	7	01:38:39.3	07:31	04:41:46.8	
2	Morles, Oscar	700	Brooklyn Park,	6	00:32:56.7	01:42	3	00:00:47.7	1	02:28:46.5	22.5	12	00:00:36.5	7	01:38:39.3	07:31	04:41:46.8	
2	Khan, Irfan	700	Fridley, MN	6	00:32:56.7	01:42	3	00:00:47.7	1	02:28:46.5	22.5	12	00:00:36.5	7	01:38:39.3	07:31	04:41:46.8	
3	Steiger, Elizabeth	491	Denver, CO	11	00:35:52.2	01:51	6	00:00:55.7	6	02:39:02.5	21.1	16	00:00:44.4	2	01:27:13.8	06:39	04:43:48.8	
3	Steiger, Matthew	491	Minneapolis,	11	00:35:52.2	01:51	6	00:00:55.7	6	02:39:02.5	21.1	16	00:00:44.4	2	01:27:13.8	06:39	04:43:48.8	
3	Snyder, Megan	491	St. Louis Park,	11	00:35:52.2	01:51	6	00:00:55.7	6	02:39:02.5	21.1	16	00:00:44.4	2	01:27:13.8	06:39	04:43:48.8	
4	Wright, Kate	450	Lakeville, MN	3	00:29:29.2	01:31	10	00:01:00.9	4	02:37:59.4	21.2	25	00:01:35.5	6	01:37:31.4	07:26	04:47:36.6	
4	Wright, Todd	450	Lakeville, MN	3	00:29:29.2	01:31	10	00:01:00.9	4	02:37:59.4	21.2	25	00:01:35.5	6	01:37:31.4	07:26	04:47:36.6	
4	Wright, Emily	450	Lakeville, MN	3	00:29:29.2	01:31	10	00:01:00.9	4	02:37:59.4	21.2	25	00:01:35.5	6	01:37:31.4	07:26	04:47:36.6	
5	Pearson, Jenessa	535	Plymouth, MN	19	00:40:58.6	02:07	5	00:00:49.8	3	02:33:27.2	21.8	6	00:00:30.4	5	01:33:53.6	07:10	04:49:39.7	
5	Pearson, Andrew	535	Plymouth, MN	19	00:40:58.6	02:07	5	00:00:49.8	3	02:33:27.2	21.8	6	00:00:30.4	5	01:33:53.6	07:10	04:49:39.7	
5	Cruz, Jeffry	535	Robbinsdale,	19	00:40:58.6	02:07	5	00:00:49.8	3	02:33:27.2	21.8	6	00:00:30.4	5	01:33:53.6	07:10	04:49:39.7	
6	Zemlin, Karen	200	Eden Prairie,	1	00:26:39.0	01:22	26	00:04:54.4	5	02:38:21.3	21.2	4	00:00:27.2	9	01:39:36.8	07:36	04:49:58.9	
6	Marchand, Anne	200	Eden Prairie,	1	00:26:39.0	01:22	26	00:04:54.4	5	02:38:21.3	21.2	4	00:00:27.2	9	01:39:36.8	07:36	04:49:58.9	
6	Jeter, Kara	200	Eden Prairie,	1	00:26:39.0	01:22	26	00:04:54.4	5	02:38:21.3	21.2	4	00:00:27.2	9	01:39:36.8	07:36	04:49:58.9	
7	Thompson, Lisa	546	Chaska, MN	14	00:37:18.6	01:55	11	00:01:02.3	7	02:41:00.2	20.8	11	00:00:36.2	8	01:39:24.1	07:35	04:59:21.7	
7	Thomes, April	546	Victoria, MN	14	00:37:18.6	01:55	11	00:01:02.3	7	02:41:00.2	20.8	11	00:00:36.2	8	01:39:24.1	07:35	04:59:21.7	
7	Neitzell, Kiesha	546	Victoria, MN	14	00:37:18.6	01:55	11	00:01:02.3	7	02:41:00.2	20.8	11	00:00:36.2	8	01:39:24.1	07:35	04:59:21.7	
8	Schutte, Greg	340	Blaine, MN	13	00:36:53.4	01:54	2	00:00:44.4	8	02:44:41.8	20.4	9	00:00:32.1	10	01:41:20.6	07:44	05:04:12.6	
8	Sund, Jason	340	Bloomington,	13	00:36:53.4	01:54	2	00:00:44.4	8	02:44:41.8	20.4	9	00:00:32.1	10	01:41:20.6	07:44	05:04:12.6	
8	Johnson, Nicolas	340	St Michael, MN	13	00:36:53.4	01:54	2	00:00:44.4	8	02:44:41.8	20.4	9	00:00:32.1	10	01:41:20.6	07:44	05:04:12.6	
9	Kilber, Curtis	524	Dickinson, ND	9	00:35:03.3	01:48	13	00:01:07.0	10	02:45:44.4	20.2	21	00:00:55.0	12	01:43:28.6	07:53	05:06:18.5	
9	Herauf, Hayley	524	Dickinson, ND	9	00:35:03.3	01:48	13	00:01:07.0	10	02:45:44.4	20.2	21	00:00:55.0	12	01:43:28.6	07:53	05:06:18.5	
9	Herauf, William	524	Dickinson, ND	9	00:35:03.3	01:48	13	00:01:07.0	10	02:45:44.4	20.2	21	00:00:55.0	12	01:43:28.6	07:53	05:06:18.5	
10	Kearney, Patricia	373	Mt Pleasant, SC	4	00:30:10.1	01:33	25	00:03:53.4	21	03:06:46.4	17.9	14	00:00:42.2	4	01:32:07.1	07:01	05:13:39.2	
10	Voigt, Holly	373	Bismarck, ND	4	00:30:10.1	01:33	25	00:03:53.4	21	03:06:46.4	17.9	14	00:00:42.2	4	01:32:07.1	07:01	05:13:39.2	
11	Turnman, Dana	565		18	00:40:33.9	02:06	17	00:01:10.6	12	02:48:06.9	19.9	18	00:00:47.7	14	01:48:52.4	08:18	05:19:31.7	

Team - Half Ironman Relay Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010					
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
11	Marquardt, Brian	565	18	00:40:33.9	02:06	17	00:01:10.6	12	02:48:06.9	19.9	18	00:00:47.7	14	01:48:52.4	08:18	05:19:31.7			
11	Olinger, John	565	18	00:40:33.9	02:06	17	00:01:10.6	12	02:48:06.9	19.9	18	00:00:47.7	14	01:48:52.4	08:18	05:19:31.7			
12	Ostrander, Julie	573 Golden Valley,	22	00:46:09.7	02:23	18	00:01:19.3	9	02:45:34.8	20.2	20	00:00:54.6	15	01:49:37.4	08:22	05:23:35.9			
12	Ostrander, Joe	573 Shoreview, MN	22	00:46:09.7	02:23	18	00:01:19.3	9	02:45:34.8	20.2	20	00:00:54.6	15	01:49:37.4	08:22	05:23:35.9			
12	Ostrander, Shelley	573 Shoreview, MN	22	00:46:09.7	02:23	18	00:01:19.3	9	02:45:34.8	20.2	20	00:00:54.6	15	01:49:37.4	08:22	05:23:35.9			
13	Renaker, John	283 Lindstrom, MN	23	00:47:50.9	02:28	16	00:01:10.3	16	02:52:15.0	19.5	13	00:00:40.2	11	01:42:46.9	07:50	05:24:43.5			
13	Lundberg, Jack	283 Chisago City,	23	00:47:50.9	02:28	16	00:01:10.3	16	02:52:15.0	19.5	13	00:00:40.2	11	01:42:46.9	07:50	05:24:43.5			
13	Birkholz, Jim	283 Shafer, MN	23	00:47:50.9	02:28	16	00:01:10.3	16	02:52:15.0	19.5	13	00:00:40.2	11	01:42:46.9	07:50	05:24:43.5			
14	Spencer, Heather	490 Blaine, MN	15	00:38:15.7	01:58	9	00:01:00.6	11	02:46:11.2	20.2	24	00:01:23.3	17	01:58:30.4	09:02	05:25:21.5			
14	Spencer, Ryan	490 Blaine, MN	15	00:38:15.7	01:58	9	00:01:00.6	11	02:46:11.2	20.2	24	00:01:23.3	17	01:58:30.4	09:02	05:25:21.5			
14	Cronin, Teresa	490 Saint Paul, MN	15	00:38:15.7	01:58	9	00:01:00.6	11	02:46:11.2	20.2	24	00:01:23.3	17	01:58:30.4	09:02	05:25:21.5			
15	Lewis, Ben	566 Chisago City,	17	00:39:52.8	02:03	4	00:00:48.1	13	02:48:40.2	19.9	15	00:00:44.3	16	01:58:30.3	09:02	05:28:35.8			
15	Gillach, Jim	566 Lindstrom, MN	17	00:39:52.8	02:03	4	00:00:48.1	13	02:48:40.2	19.9	15	00:00:44.3	16	01:58:30.3	09:02	05:28:35.8			
15	Backer, Kevin	566 Lindstrom, MN	17	00:39:52.8	02:03	4	00:00:48.1	13	02:48:40.2	19.9	15	00:00:44.3	16	01:58:30.3	09:02	05:28:35.8			
16	Anderson, Bill	597 Mendota	12	00:36:15.6	01:52	22	00:01:49.7	20	03:04:22.5	18.2	17	00:00:45.3	13	01:45:33.3	08:03	05:28:46.5			
16	Anderson, Tim	597 Mendota	12	00:36:15.6	01:52	22	00:01:49.7	20	03:04:22.5	18.2	17	00:00:45.3	13	01:45:33.3	08:03	05:28:46.5			
16	Hinrichs, John	597 Bloomington,	12	00:36:15.6	01:52	22	00:01:49.7	20	03:04:22.5	18.2	17	00:00:45.3	13	01:45:33.3	08:03	05:28:46.5			
17	Lao, Daniel	126 Lakewood, WA	25	00:49:28.1	02:33	7	00:00:57.6	25	03:16:34.5	17.0	3	00:00:25.3	3	01:30:34.2	06:54	05:37:59.9			
17	Howard, Andrew	126 St. Charles, IL	25	00:49:28.1	02:33	7	00:00:57.6	25	03:16:34.5	17.0	3	00:00:25.3	3	01:30:34.2	06:54	05:37:59.9			
17	Howard, Timothy	126 Columbus, OH	25	00:49:28.1	02:33	7	00:00:57.6	25	03:16:34.5	17.0	3	00:00:25.3	3	01:30:34.2	06:54	05:37:59.9			
18	Hennessy, John	74 Brookfield, WI	20	00:42:12.2	02:11	23	00:02:57.5	22	03:07:24.2	17.9	7	00:00:31.5	19	02:05:10.9	09:33	05:58:16.5			
18	Hennessy, Megan	74 Brookfield, WI	20	00:42:12.2	02:11	23	00:02:57.5	22	03:07:24.2	17.9	7	00:00:31.5	19	02:05:10.9	09:33	05:58:16.5			
19	Ploetz, Robert	332 Rosemount, MN	26	00:59:36.9	03:05	15	00:01:09.9	19	02:56:09.8	19.0	5	00:00:30.0	18	02:01:33.6	09:16	05:59:00.4			
19	Sarauer, Dennis	332 White Bear	26	00:59:36.9	03:05	15	00:01:09.9	19	02:56:09.8	19.0	5	00:00:30.0	18	02:01:33.6	09:16	05:59:00.4			
19	Wobschall Millner,	332 Eden Prairie,	26	00:59:36.9	03:05	15	00:01:09.9	19	02:56:09.8	19.0	5	00:00:30.0	18	02:01:33.6	09:16	05:59:00.4			
20	Ward, James	85 North Branch,	24	00:49:14.2	02:32	14	00:01:08.2	15	02:50:39.6	19.6	8	00:00:31.7	23	02:20:27.5	10:43	06:02:01.4			
20	Ward, Frank	85 North Branch,	24	00:49:14.2	02:32	14	00:01:08.2	15	02:50:39.6	19.6	8	00:00:31.7	23	02:20:27.5	10:43	06:02:01.4			
20	Ward, Julie	85 North Branch,	24	00:49:14.2	02:32	14	00:01:08.2	15	02:50:39.6	19.6	8	00:00:31.7	23	02:20:27.5	10:43	06:02:01.4			
21	Rhea, Ann	576 Plymouth, MN	21	00:43:05.6	02:13	19	00:01:19.7	17	02:55:22.1	19.1	22	00:00:56.9	25	02:27:29.5	11:15	06:08:14.0			
21	Rhea, Charles	576 Plymouth, MN	21	00:43:05.6	02:13	19	00:01:19.7	17	02:55:22.1	19.1	22	00:00:56.9	25	02:27:29.5	11:15	06:08:14.0			
21	Brix, Tom	576 Plymouth, MN	21	00:43:05.6	02:13	19	00:01:19.7	17	02:55:22.1	19.1	22	00:00:56.9	25	02:27:29.5	11:15	06:08:14.0			
22	May, Michelle	180 Hanover, MN	16	00:38:47.6	02:00	24	00:03:22.9	23	03:11:45.5	17.5	27	00:02:46.7	21	02:12:09.4	10:05	06:08:52.3			
22	Peal, Amy	180 Hanover, MN	16	00:38:47.6	02:00	24	00:03:22.9	23	03:11:45.5	17.5	27	00:02:46.7	21	02:12:09.4	10:05	06:08:52.3			

Team - Half Ironman Relay Triathlon			1.2 mi swim		T-1		56 mi bike			T-2		3.1 mi run		7/25/2010				
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
23	Kula, Dan	528 Lakeville, MN	2	00:27:42.7	01:26	20	00:01:26.9	24	03:14:16.7	17.2	23	00:01:19.2	24	02:24:59.2	11:04	06:09:45.0		
23	Grimes, Melanie	528 St Paul, MN	2	00:27:42.7	01:26	20	00:01:26.9	24	03:14:16.7	17.2	23	00:01:19.2	24	02:24:59.2	11:04	06:09:45.0		
23	Bills, Becky	528 Burnsville, MN	2	00:27:42.7	01:26	20	00:01:26.9	24	03:14:16.7	17.2	23	00:01:19.2	24	02:24:59.2	11:04	06:09:45.0		
24	Gendreau, Kristen	514 Plymouth, MN	8	00:34:23.0	01:46	8	00:00:59.9	26	03:17:47.3	16.9	10	00:00:34.8	22	02:16:28.5	10:25	06:10:13.7		
24	Hankel, Sarah	514 Minnetonka, MN	8	00:34:23.0	01:46	8	00:00:59.9	26	03:17:47.3	16.9	10	00:00:34.8	22	02:16:28.5	10:25	06:10:13.7		
24	Offerman, Tammy	514 Plymouth, MN	8	00:34:23.0	01:46	8	00:00:59.9	26	03:17:47.3	16.9	10	00:00:34.8	22	02:16:28.5	10:25	06:10:13.7		
25	Hunt, Natalie	466 Madison, WI	10	00:35:39.1	01:50	12	00:01:04.8	14	02:49:17.2	19.8	26	00:02:37.4	26	02:48:17.4	12:50	06:16:56.1		
25	Gantt, Richard	466 Madison, WI	10	00:35:39.1	01:50	12	00:01:04.8	14	02:49:17.2	19.8	26	00:02:37.4	26	02:48:17.4	12:50	06:16:56.1		
26	Nelson, Sarah	695 St Anthony, MN						27	03:55:05.0	14.2	1	00:00:20.4	20	02:09:53.6	09:54	07:05:50.1		
26	Kennedy, Erin	695 Eagan, MN						27	03:55:05.0	14.2	1	00:00:20.4	20	02:09:53.6	09:54	07:05:50.1		
26	White, Carlin	695 Mendota						27	03:55:05.0	14.2	1	00:00:20.4	20	02:09:53.6	09:54	07:05:50.1		
	Smith, Jason	489 St. Paul, MN	7	00:33:49.7		21	00:01:30.7	18	02:55:29.8	19.1	19	00:00:53.8				DNF		
	Hunt, Richard	489 Minneapolis,,	7	00:33:49.7		21	00:01:30.7	18	02:55:29.8	19.1	19	00:00:53.8				DNF		
	Wittman, David	489 Woodbury, MN	7	00:33:49.7		21	00:01:30.7	18	02:55:29.8	19.1	19	00:00:53.8				DNF		