

Chisago LakesTriathlon
Paradise Park
Chisago City, MN
Sun, Jul 25, 2010

Age Group Results

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

0.25 mi swim

21.5 mi bike

3.1 mi run

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

Field: 809

Male Sprint Distance

Division Field: 399

14 & under Age Group Field: 4

1	167	Totall, Jacob	1097	Minneapolis,	1	00:08:18.6	02:04	1	00:01:22.5	2	01:05:46.1	19.1	1	00:01:11.2	2	00:26:11.1	08:26	01:42:49.7
2	206	Elliott, Enoch	1414	Minneapolis,	2	00:09:03.9	02:15	2	00:01:26.0	3	01:07:05.8	18.7	4	00:01:49.6	3	00:26:12.0	08:27	01:45:37.6
3	300	Berry, Ethan	1102	Stillwater, MN	4	00:13:42.0	03:25	3	00:02:20.5	4	01:09:36.6	18.1	2	00:01:26.4	4	00:28:56.7	09:20	01:56:02.5
4	388	Hollenbeck,	966	Coon Rapids,	5	00:21:02.9	05:15	5	00:07:36.5	5	01:20:11.8	15.7	5	00:06:35.0	5	00:32:56.2	10:37	02:28:22.5

15-19 Age Group Field: 28

1	32	Donahue, Steven	862	Plymouth, MN	2	00:06:26.7	01:36	4	00:01:35.7	5	01:02:18.5	20.2	25	00:02:00.7	1	00:17:53.8	05:46	01:30:15.5
2	40	Wright, Ryan	1147	Wyoming, MN	13	00:09:38.5	02:24	17	00:02:21.9	1	00:58:00.3	21.7	23	00:01:48.8	3	00:19:30.7	06:17	01:31:20.4
3	47	Leschisin, Samaul	831	Sherwood, WI	8	00:08:15.2	02:03	2	00:01:17.4	6	01:02:26.9	20.1	13	00:01:14.5	2	00:19:01.4	06:08	01:32:15.6
4	48	Hecht, Tyler	919	Somerset, WI	5	00:08:06.4	02:01	6	00:01:47.1	2	00:58:43.2	21.4	4	00:01:04.5	12	00:22:45.2	07:20	01:32:26.6
5	71	Walsh, London	1045	Hudson, WI	4	00:07:25.1	01:51	11	00:02:07.3	10	01:03:02.6	19.9	14	00:01:15.7	9	00:21:38.6	06:58	01:35:29.6
6	79	Good, Zach	870	Stacy, MN	14	00:09:44.9	02:26	15	00:02:21.7	4	00:59:59.6	21.0	1	00:00:35.6	13	00:23:11.6	07:28	01:35:53.7
7	83	Miner, Sammy	1608		23	00:11:29.5	02:52	1	00:01:03.7	3	00:58:49.3	21.4	15	00:01:15.9	14	00:23:20.5	07:31	01:35:59.2
8	86	Smith, Ryan	1563	Lindstrom, MN	1	00:06:23.6	01:35	3	00:01:19.6	15	01:05:34.7	19.2	10	00:01:10.8	7	00:21:34.7	06:57	01:36:03.7
9	118	Wurdemann, Josh	1366	Harris, MN	19	00:10:57.3	02:44	5	00:01:43.6	13	01:04:30.3	19.5	6	00:01:07.6	4	00:20:01.3	06:27	01:38:20.3
10	130	Bloom, Daniel	1541	Loveland, CO	15	00:09:56.1	02:29	16	00:02:21.9	14	01:04:34.3	19.5	3	00:01:02.6	8	00:21:36.1	06:58	01:39:31.2
11	138	Peloquin, Cole	1186	Lindstrom, MN	12	00:09:21.0	02:20	8	00:01:56.1	12	01:04:02.3	19.6	9	00:01:10.5	16	00:23:34.3	07:36	01:40:04.4
12	152	Wilvers, Floyd	1586		18	00:10:42.0	02:40	21	00:02:41.0	7	01:02:45.0	20.0	18	00:01:36.0	17	00:23:55.1	07:42	01:41:39.3
13	153	Turman, Avery	1539	Lindstrom, MN	6	00:08:08.5	02:02	24	00:03:04.5	16	01:05:37.1	19.2	17	00:01:30.6	15	00:23:22.7	07:32	01:41:43.6
14	155	Connerton, Patrick	1456	Ham Lake, MN	9	00:08:23.1	02:05	22	00:02:50.8	18	01:06:58.0	18.8	8	00:01:09.3	11	00:22:32.7	07:16	01:41:54.0
15	163	Strom, Alex	891	Plymouth, MN	3	00:06:58.3	01:44	9	00:01:59.5	19	01:07:23.3	18.6	16	00:01:25.7	18	00:24:43.4	07:58	01:42:30.4
16	170	Lyp, Andrew	875	Valparaiso, IN	21	00:11:06.6	02:46	13	00:02:09.0	20	01:08:15.5	18.4	11	00:01:13.2	5	00:20:18.8	06:33	01:43:03.3
17	194	Howieson, William	1171	Good Thunder,	25	00:11:55.5	02:58	23	00:03:03.8	17	01:06:25.1	18.9	21	00:01:41.2	10	00:21:47.4	07:01	01:44:53.1
18	200	Maring, Peter	1128	Harris, MN	22	00:11:15.2	02:48	10	00:02:05.7	11	01:03:34.4	19.8	5	00:01:05.7	21	00:27:13.3	08:46	01:45:14.5
19	227	Hertelendy, Patrick	1270	Golden Valley,	10	00:08:39.0	02:09	19	00:02:34.9	9	01:02:49.5	20.0	20	00:01:39.7	25	00:31:44.4	10:14	01:47:27.7

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 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
20	234 Denison, Zach	1361 Gainesville, TX	24	00:11:48.4	02:57	14	00:02:21.6	24	01:12:02.6	17.4	2	00:00:58.0	6	00:20:59.5	06:46	01:48:10.3	
21	243 Kraemer, John	1598	11	00:08:39.3	02:09	25	00:03:22.2	8	01:02:49.3	20.0	26	00:02:01.2	27	00:32:22.5	10:26	01:49:14.8	
22	262 Ambrose, Durico	1452 Minneapolis,	16	00:10:12.7	02:33	26	00:03:25.9	21	01:08:23.5	18.4	19	00:01:39.4	20	00:27:01.0	08:42	01:50:42.7	
23	269 Caya, Nolan	1205 Lindstrom, MN	26	00:12:12.3	03:03	7	00:01:48.5	23	01:10:34.8	17.8	12	00:01:13.6	19	00:25:50.2	08:20	01:51:39.5	
24	289 Misner, Michael	1282 Scottsdale, AZ	17	00:10:30.9	02:37	28	00:03:59.1	22	01:08:27.6	18.4	27	00:02:24.7	23	00:29:26.1	09:29	01:54:48.6	
25	321 Stowe, Kyle	1266 Minnetonka, MN	7	00:08:10.0	02:02	20	00:02:38.7	26	01:18:29.9	16.0	7	00:01:08.0	22	00:28:55.7	09:19	01:59:22.6	
26	327 Yasis, Josh	1540 Dresser, WI	27	00:12:12.8	03:03	12	00:02:08.0	25	01:13:28.6	17.1	22	00:01:48.8	24	00:30:54.2	09:58	02:00:32.6	
27	364 Martin, Adam	1558 Pine City, MN	20	00:11:04.7	02:46	27	00:03:26.6	27	01:19:29.6	15.8	24	00:01:55.3	26	00:32:18.0	10:25	02:08:14.5	
	Junsoln, Royle	1122 Long Lake, MN	28	00:15:48.1		18	00:02:31.7									DNF	

20-24

Age Group Field: 23

1	14 Rogalla, Denver	733 Morris, MN	4	00:07:56.6	01:59	2	00:01:16.9	1	00:55:26.4	22.7	3	00:00:56.4	6	00:20:41.3	06:40	01:26:17.8	
2	26 Duijndam, Rob	1106 Falcon Heights,	5	00:08:01.6	02:00	5	00:01:34.2	3	00:57:22.8	21.9	6	00:01:06.3	7	00:20:44.0	06:41	01:28:49.0	
3	27 Quigley, Brian	1135 Coon Rapids,	6	00:08:15.6	02:03	6	00:01:52.1	5	00:57:58.6	21.7	11	00:01:27.4	3	00:19:24.3	06:15	01:28:58.2	
4	29 Hughes, Louis	1511	8	00:08:55.9	02:13	1	00:00:56.4	4	00:57:26.5	21.9	5	00:01:04.6	9	00:21:00.7	06:46	01:29:24.3	
5	35 Lindquist, Jeremy	1127 Shakopee, MN	11	00:09:52.8	02:28	7	00:01:53.1	2	00:56:39.1	22.2	1	00:00:55.4	10	00:21:04.5	06:47	01:30:25.2	
6	49 Schubert, Joe	1245 St Paul, MN	3	00:07:46.3	01:56	18	00:02:49.3	9	01:01:17.5	20.5	19	00:01:59.6	1	00:18:35.5	05:59	01:32:28.4	
7	50 Unga, Ben	1248 Marion, IA	2	00:07:45.6	01:56	13	00:02:29.0	6	00:58:19.3	21.6	4	00:01:01.4	12	00:22:56.6	07:24	01:32:32.1	
8	67 Young, Justin	1100 Roseville, MN	14	00:10:04.1	02:31	4	00:01:31.0	8	00:59:50.3	21.0	13	00:01:37.8	11	00:21:43.5	07:00	01:34:46.9	
9	81 Hess, Nick	1119 Anoka, MN	12	00:09:53.4	02:28	16	00:02:41.8	12	01:01:51.7	20.3	15	00:01:43.0	4	00:19:47.6	06:23	01:35:57.7	
10	91 Good, Cody	1306 Stacy, MN	15	00:10:14.3	02:33	9	00:02:01.3	7	00:59:40.2	21.1	8	00:01:13.9	13	00:23:13.6	07:29	01:36:23.5	
11	95 Cousins, Collin	1527 Minneapolis,	18	00:11:20.1	02:50	8	00:01:56.5	11	01:01:29.0	20.4	7	00:01:07.0	8	00:20:46.1	06:41	01:36:39.0	
12	97 Newbury, Nick	727 Urbandale, IA	16	00:10:43.5	02:40	3	00:01:30.8	15	01:04:35.2	19.5	10	00:01:21.8	2	00:18:39.7	06:01	01:36:51.2	
13	99 Smith, Tyler	1140 Minneapolis,	7	00:08:44.9	02:11	10	00:02:04.3	10	01:01:21.2	20.5	9	00:01:20.6	14	00:23:26.5	07:33	01:36:57.6	
14	156 Timmer, Jason	1039 Stillwater, MN	1	00:06:58.1	01:44	14	00:02:29.1	13	01:02:44.2	20.0	22	00:02:32.3	18	00:27:10.9	08:46	01:41:54.8	
15	182 Keeler, Loren	1222 Big Lake, MN	17	00:11:04.9	02:46	11	00:02:11.4	14	01:03:55.4	19.7	14	00:01:38.3	16	00:25:26.6	08:12	01:44:16.8	
16	188 Walby, Brent	1284 Coon Rapids,	9	00:09:17.0	02:19	12	00:02:22.2	18	01:11:39.6	17.5	2	00:00:55.9	5	00:20:17.6	06:32	01:44:32.5	
17	241 Thiewes, Eric	1446 Chaska, MN	10	00:09:29.1	02:22	21	00:03:28.2	16	01:05:33.8	19.2	20	00:02:13.9	20	00:28:21.9	09:09	01:49:07.2	
18	275 Harrison, Jonathan	1367 Woodbury, MN	20	00:11:32.8	02:53	22	00:04:20.8	17	01:09:59.1	18.0	17	00:01:53.9	15	00:24:54.9	08:02	01:52:41.7	
19	283 Rice, Jon	1502 Eden Prairie,	13	00:10:03.3	02:30	15	00:02:41.6	19	01:12:33.2	17.3	18	00:01:57.3	17	00:26:32.6	08:33	01:53:48.3	
20	322 Gondeck, Samuel	1572 Wayzata, MN	19	00:11:24.5	02:51	20	00:03:17.2	20	01:14:44.0	16.8	21	00:02:18.4	19	00:27:38.5	08:55	01:59:22.8	
21	357 Starcken, Daniel	1391 Woodbury, MN	23	00:13:20.7	03:20	17	00:02:42.3	21	01:19:11.1	15.9	16	00:01:44.3	21	00:29:59.5	09:40	02:06:58.1	
22	376 Bleskey, Robert	1355 Coon Rapids,	22	00:13:16.5	03:19	19	00:03:01.0	22	01:19:49.9	15.7	23	00:02:49.9	22	00:35:03.8	11:18	02:14:01.3	
23	382 Penrod, Nathan	1587 Dayton, OH	21	00:12:34.4	03:08	23	00:05:25.5	23	01:24:23.4	14.9	12	00:01:35.9	23	00:36:31.5	11:46	02:20:30.9	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
25-29			Age Group Field: 63														
	1 Parish, Partick	713		Circle Pines, MN	2	00:06:29.2	01:37	6	00:01:05.6	25.2	12	00:00:58.3	1	00:16:48.0	05:25	01:15:17.2	
1	2 Blankenheim, Josh	954		Duluth, MN	3	00:06:53.1	01:43	2	00:00:57.5	25.0	1	00:00:31.8	2	00:17:44.6	05:43	01:16:25.9	
2	5 Falkowski,	701		Lakeville, MN	4	00:07:06.1	01:46	3	00:00:59.2	24.4	5	00:00:54.6	9	00:21:15.0	06:51	01:21:43.6	
3	15 Shulha, Andrew	715		Rochester, MN	6	00:08:06.3	02:01	11	00:01:19.3	22.6	36	00:01:32.0	3	00:20:05.0	06:28	01:26:35.5	
4	16 Thillen, Samuel	717		Minneapolis,	9	00:08:14.4	02:03	1	00:00:55.0	23.0	23	00:01:16.6	14	00:21:54.6	07:04	01:27:06.6	
5	19 Koepp, Kris	708		Rochester, MN	1	00:06:17.8	01:34	15	00:01:30.0	22.4	6	00:00:55.4	19	00:22:31.3	07:15	01:27:20.0	
6	22 Kadera, Aaron	1020		White Bear	17	00:09:18.9	02:19	21	00:01:44.6	23.7	10	00:00:58.1	20	00:22:34.9	07:17	01:27:36.6	
7	25 Hanssen, Lee	1214		St. Louis Park,	10	00:08:19.7	02:04	5	00:01:04.0	22.0	2	00:00:46.8	10	00:21:15.6	06:51	01:28:32.7	
8	31 Harke, Dan	1114		Rochester, MN	15	00:09:09.0	02:17	9	00:01:18.0	22.3	11	00:00:58.3	15	00:22:03.4	07:06	01:29:57.7	
9	42 Wilson, Stephen	728		Golden Valley,	8	00:08:13.4	02:03	12	00:01:20.6	21.1	30	00:01:26.6	8	00:21:07.4	06:48	01:31:36.0	
10	45 Hadrich, Ben	1265		Mcgregor, MN	14	00:08:59.1	02:14	26	00:01:47.8	21.0	8	00:00:56.9	4	00:20:14.4	06:31	01:31:56.3	
11	46 Ramkey, John	1615		Madison, WI	21	00:09:46.4	02:26	7	00:01:07.3	21.9	3	00:00:51.7	25	00:22:53.6	07:23	01:32:07.9	
12	54 Voorhees, Jared	1294		Golden Valley,	16	00:09:12.5	02:18	34	00:02:17.1	22.9	39	00:01:35.4	40	00:24:55.8	08:02	01:32:59.1	
13	55 Martin, Jesse	1129		Edina, MN	7	00:08:10.7	02:02	16	00:01:33.2	20.9	28	00:01:22.0	11	00:21:44.9	07:00	01:33:01.9	
14	57 Williams, David	900		Rochester, MN	5	00:07:53.9	01:58	4	00:01:02.7	21.1	13	00:01:04.3	27	00:23:22.7	07:32	01:33:06.1	
15	62 Madden, Dennis	1313		St Cloud, MN	24	00:09:56.4	02:29	32	00:02:13.0	21.7	44	00:01:41.8	17	00:22:17.0	07:11	01:34:03.5	
16	75 Hanson, Ryan	1274		Dresser, WI	26	00:10:01.4	02:30	14	00:01:26.8	20.8	21	00:01:13.1	22	00:22:38.2	07:18	01:35:39.9	
17	89 Peterka, Mitch	1297		Minneapolis,	32	00:10:41.3	02:40	18	00:01:42.1	20.6	19	00:01:11.7	13	00:21:51.4	07:03	01:36:20.2	
18	94 Dawson, Bevin	1508		Saint Paul, MN	11	00:08:22.3	02:05	38	00:02:36.5	20.0	51	00:02:08.8	5	00:20:24.3	06:34	01:36:30.6	
19	106 Papai, Samuel	1564		Minneapolis,	19	00:09:25.7	02:21	22	00:01:45.4	20.8	48	00:01:54.9	34	00:24:05.4	07:46	01:37:38.3	
20	108 Kandiko, Tom	743		Excelsior, MN	13	00:08:44.8	02:11	8	00:01:16.8	20.6	27	00:01:20.5	44	00:25:20.4	08:10	01:37:39.7	
21	114 Mccathie, Travis	1332		Eden Prairie,	31	00:10:28.2	02:37	13	00:01:26.6	19.6	29	00:01:23.8	7	00:20:46.1	06:41	01:38:05.6	
22	121 Hill, Craig	1120		Minneapolis,	30	00:10:21.4	02:35	27	00:01:50.9	20.0	31	00:01:27.0	16	00:22:03.5	07:06	01:38:24.9	
23	122 Kamrath, Chris	1344		Chippewa Falls,	25	00:09:58.0	02:29	30	00:02:07.0	19.5	34	00:01:30.9	6	00:20:30.6	06:36	01:38:37.5	
24	134 Adams, Nicholas	1151		Plymouth, MN	29	00:10:16.0	02:34	28	00:01:55.3	20.2	33	00:01:29.3	30	00:23:50.6	07:41	01:39:40.9	
25	135 Ewen, Scott	1161		St. Cloud, MN	18	00:09:23.8	02:20	10	00:01:19.2	19.6	9	00:00:57.5	31	00:23:51.7	07:41	01:39:45.7	
26	140 Buth, Jordan	1536		Blaine, MN	36	00:10:54.7	02:43	17	00:01:40.8	20.2	16	00:01:09.5	35	00:24:11.6	07:48	01:40:11.9	
27	143 Bell, Anthony	1153		Ramsey, MN	61	00:13:52.6	03:28	25	00:01:46.9	21.3	42	00:01:40.2	37	00:24:33.9	07:55	01:40:57.5	
28	157 Al-haddad,	1201		Minneapolis,	28	00:10:03.8	02:30	20	00:01:43.3	19.0	17	00:01:09.7	24	00:22:47.5	07:21	01:42:02.3	
29	172 Anderson, Erik	903		Lino Lakes, MN	34	00:10:43.8	02:40	53	00:03:27.6	20.0	56	00:02:23.3	29	00:23:47.2	07:40	01:43:17.7	
30	177 Masters, Michael	1078		Hopkins, MN	57	00:13:05.4	03:16	29	00:01:59.3	20.3	20	00:01:13.0	46	00:25:47.6	08:19	01:43:56.7	
31	179 Radloff, Jon	1327		St Louis Park,	62	00:14:01.8	03:30	24	00:01:46.7	19.5	41	00:01:39.5	18	00:22:21.4	07:12	01:44:10.2	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
32	197 Miakotin, Anton	1030	Minneapolis,	46	00:12:05.6	03:01	19 00:01:42.8	26	01:02:44.4	20.0	14	00:01:05.9	49	00:27:26.5	08:51	01:45:05.5	
33	203 Baier, Jeremy	1002	Minneapolis,	38	00:11:02.1	02:45	40 00:02:38.3	39	01:06:11.6	19.0	37	00:01:32.6	33	00:24:02.1	07:45	01:45:26.8	
34	210 Jensen, Brandon	1496	Edina, MN	23	00:09:52.8	02:28	42 00:02:49.6	46	01:08:26.0	18.4	18	00:01:10.0	28	00:23:28.6	07:34	01:45:47.2	
35	226 Schafer, Matthew	1191	St. Cloud, MN	54	00:12:46.7	03:11	37 00:02:28.6	47	01:08:27.6	18.4	47	00:01:49.6	12	00:21:45.5	07:01	01:47:18.2	
36	228 Carlson, Andrew	1158	Minneapolis,	20	00:09:37.1	02:24	59 00:04:16.8	37	01:05:57.0	19.1	58	00:02:43.6	42	00:25:02.6	08:04	01:47:37.3	
37	230 Sclavi, Chad	1570	Minneapolis,	52	00:12:31.0	03:07	33 00:02:14.0	43	01:07:35.8	18.6	15	00:01:06.1	36	00:24:31.9	07:54	01:47:59.0	
38	235 Meland, Robby	1331	Fargo, ND	50	00:12:16.9	03:04	51 00:03:23.9	45	01:08:22.5	18.4	24	00:01:16.7	26	00:22:54.9	07:23	01:48:15.1	
39	244 Min, Michael	1329	Minneapolis,	56	00:13:04.8	03:16	52 00:03:26.7	36	01:05:53.4	19.1	50	00:02:06.4	38	00:24:45.7	07:59	01:49:17.1	
40	246 Anderson, Robert	1052	Bloomington,	35	00:10:49.1	02:42	36 00:02:26.6	29	01:03:49.2	19.7	46	00:01:46.1	60	00:30:46.1	09:55	01:49:37.2	
41	247 Niemeier, Anthony	1269	Minneapolis,	12	00:08:44.3	02:11	39 00:02:36.7	35	01:04:51.5	19.4	57	00:02:26.4	61	00:30:59.6	09:59	01:49:38.7	
42	252 Menke, Dustin	1330	Chicago, IL	44	00:11:46.4	02:56	55 00:03:41.4	44	01:08:09.0	18.4	25	00:01:19.6	41	00:25:02.2	08:04	01:49:58.8	
43	254 Bagge, Matthew	1279	Plymouth, MN	40	00:11:15.4	02:48	46 00:03:08.4	34	01:04:44.3	19.4	54	00:02:18.7	53	00:28:37.3	09:13	01:50:04.3	
44	261 Sturm, Scott	892	White Bear	27	00:10:03.1	02:30	41 00:02:41.5	51	01:11:47.1	17.5	26	00:01:20.2	39	00:24:47.1	07:59	01:50:39.2	
45	267 Seubert, Troy	1318	Maple Valley,	37	00:10:55.2	02:43	57 00:04:12.0	42	01:07:14.9	18.7	38	00:01:34.1	50	00:27:27.3	08:51	01:51:23.8	
46	270 Hawkins, Kyler	1254	Grand Marais,	48	00:12:10.9	03:02	23 00:01:45.9	38	01:06:02.5	19.0	61	00:02:59.5	54	00:28:53.4	09:19	01:51:52.4	
47	272 Cisewski, Walter	1410	Minneapolis,	43	00:11:42.8	02:55	47 00:03:16.0	49	01:09:08.2	18.2	52	00:02:11.4	47	00:25:57.4	08:22	01:52:16.1	
48	276 Cmiel, Nicholas	959	Arden Hills, MN	33	00:10:42.1	02:40	49 00:03:20.2	41	01:06:54.8	18.8	55	00:02:22.9	57	00:29:24.8	09:29	01:52:44.9	
49	280 Coe, Josh	1159	White Bear	22	00:09:49.8	02:27	48 00:03:20.1	52	01:12:55.0	17.2	35	00:01:31.5	45	00:25:29.7	08:13	01:53:06.3	
50	303 Rice, Joel	1501	Eden Prairie,	39	00:11:14.0	02:48	35 00:02:22.2	56	01:15:42.3	16.6	43	00:01:40.9	43	00:25:07.1	08:06	01:56:06.7	
51	311 Debel, Dylan	1412	North Branch,	59	00:13:28.0	03:22	50 00:03:22.8	48	01:09:05.3	18.2	49	00:02:04.2	59	00:29:47.8	09:36	01:57:48.3	
52	317 Sexe, Ben	943	Richfield, MN	60	00:13:50.2	03:27	62 00:04:42.7	50	01:09:59.0	18.0	60	00:02:50.9	48	00:27:08.2	08:45	01:58:31.1	
53	323 Mulligan, Michael	1579	St Louis Park,	41	00:11:35.3	02:53	60 00:04:24.5	58	01:17:35.4	16.2	62	00:03:11.3	21	00:22:37.0	07:17	01:59:23.7	
54	325 Puelston, Kyle	785	North Branch,	45	00:12:01.0	03:00	44 00:02:50.0	55	01:15:30.3	16.6	7	00:00:56.5	52	00:28:24.2	09:09	01:59:42.2	
55	326 Fanous, Michael	1162	Minneapolis,	63	00:16:03.0	04:00	31 00:02:09.1	61	01:18:12.3	16.1	4	00:00:51.9	23	00:22:44.6	07:20	02:00:01.1	
56	329 Kennedy, Matthew	1573	Minneapolis,	42	00:11:36.5	02:54	61 00:04:25.8	60	01:18:04.3	16.1	59	00:02:46.0	32	00:24:00.3	07:44	02:00:53.2	
57	333 Adams, James	1401	Bloomington,	47	00:12:08.0	03:02	56 00:03:55.5	54	01:14:12.5	16.9	53	00:02:13.4	55	00:29:05.1	09:22	02:01:34.8	
58	335 Carson, Jacob	1582	North Branch,	53	00:12:45.5	03:11	45 00:03:07.8	57	01:16:03.2	16.5	22	00:01:16.6	58	00:29:39.2	09:33	02:02:52.4	
59	342 Andersen, Jens	1351	Plymouth, MN	58	00:13:21.9	03:20	54 00:03:28.4	53	01:13:44.5	17.0	63	00:04:00.4	56	00:29:23.9	09:29	02:03:59.3	
60	347 Bernhardt, Chris	1406	Saint Paul, MN	49	00:12:13.0	03:03	63 00:05:41.5	59	01:17:42.2	16.2	40	00:01:35.5	51	00:27:41.7	08:56	02:04:54.2	
61	380 Husemann, Matt	1565	Rosemount, MN	51	00:12:23.4	03:05	43 00:02:49.8	62	01:24:47.9	14.8	45	00:01:43.0	63	00:34:29.9	11:07	02:16:14.3	
62	381 Teske, Justin	1595	St Paul, MN	55	00:12:47.6	03:11	58 00:04:12.3	63	01:25:33.5	14.7	32	00:01:29.2	62	00:34:22.1	11:05	02:18:24.9	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
30-34			Age Group Field: 59														
1	8 Hankee, Michael	706	Lino Lakes, MN	4	00:07:45.2	01:56	5 00:01:17.4	4	00:54:40.0	23.0	5	00:00:50.7	4	00:20:51.4	06:43	01:25:24.8	
2	10 Neary, Andy	1317		5	00:08:06.7	02:01	1 00:00:52.2	3	00:54:00.4	23.3	10	00:00:58.6	6	00:21:39.1	06:59	01:25:37.2	
3	13 Hall, Mederic	703	Rochester, MN	12	00:08:43.9	02:10	4 00:01:07.4	9	00:56:37.6	22.2	7	00:00:53.6	1	00:18:50.0	06:04	01:26:12.7	
4	18 Broadmoore,	1591	Duluth, MN	13	00:08:44.4	02:11	3 00:00:58.8	8	00:56:28.4	22.3	18	00:01:08.5	2	00:19:59.6	06:26	01:27:19.9	
5	20 Kurhajetz, Rich	709	Robbinsdale,	9	00:08:38.7	02:09	16 00:01:36.9	2	00:53:50.5	23.4	15	00:01:05.1	11	00:22:10.2	07:09	01:27:21.6	
6	33 Petree, Chris	1538	Lakeville, MN	8	00:08:32.5	02:08	18 00:01:43.2	6	00:56:13.5	22.4	24	00:01:16.6	14	00:22:33.4	07:16	01:30:19.3	
7	36 Derung, Kevin	1290	Bethel, MN	21	00:09:14.4	02:18	29 00:02:04.7	5	00:55:01.4	22.8	20	00:01:10.6	18	00:23:04.3	07:26	01:30:35.6	
8	39 Maurer, Matt	1257	Rochester, MN	32	00:10:24.3	02:36	11 00:01:34.8	1	00:53:41.5	23.4	48	00:01:53.4	20	00:23:23.0	07:32	01:30:57.1	
9	44 Hirsch, David	1016	Minneapolis,	30	00:10:18.7	02:34	19 00:01:45.1	7	00:56:22.8	22.3	14	00:01:04.4	12	00:22:20.2	07:12	01:31:51.5	
10	52 Stadtlander Iii,	1094	Minneapolis,	1	00:06:53.2	01:43	13 00:01:36.4	18	01:01:20.3	20.5	9	00:00:54.7	8	00:22:01.9	07:06	01:32:46.6	
11	64 Koch Schenkel,	1516	Minneapolis,	35	00:10:45.3	02:41	14 00:01:36.5	11	00:58:09.6	21.6	40	00:01:35.5	7	00:22:01.8	07:06	01:34:08.9	
12	70 Cowan, Neil	913	St Louis Park,	2	00:07:15.9	01:48	27 00:02:03.3	15	00:59:55.7	21.0	33	00:01:25.3	27	00:24:31.3	07:54	01:35:11.8	
13	72 Tomaska, Milan	845	Woodbury, MN	19	00:09:13.0	02:18	6 00:01:20.2	19	01:01:34.4	20.4	4	00:00:44.6	16	00:22:39.9	07:18	01:35:32.3	
14	78 Frandson, Chad	740	Burnsville, MN	17	00:09:03.4	02:15	7 00:01:21.0	12	00:58:52.8	21.3	19	00:01:09.6	31	00:25:24.7	08:11	01:35:51.7	
15	90 Holmes, Sean	1263	Chaska, MN	20	00:09:13.7	02:18	12 00:01:35.7	16	01:00:10.2	20.9	37	00:01:27.5	24	00:23:54.0	07:42	01:36:21.4	
16	100 Hendrickson, Craig	764	Hopkins, MN	7	00:08:28.6	02:07	23 00:02:00.1	21	01:02:00.1	20.3	36	00:01:27.4	19	00:23:16.3	07:30	01:37:12.7	
17	102 Kirschman, Chris	1084	Bethel, MN	25	00:09:32.4	02:23	24 00:02:01.0	14	00:59:30.1	21.1	46	00:01:50.1	26	00:24:24.9	07:52	01:37:18.6	
18	103 Helbling, Casey	1286	Minneapolis,	10	00:08:41.2	02:10	31 00:02:09.0	23	01:02:11.7	20.2	29	00:01:22.6	17	00:23:00.0	07:25	01:37:24.7	
19	105 Skarda, Dustin	1246	South St. Paul,	14	00:08:47.7	02:11	10 00:01:33.4	22	01:02:00.5	20.3	17	00:01:07.4	25	00:24:01.0	07:44	01:37:30.1	
20	110 Miller, Scott	929	St Louis Park,	11	00:08:42.7	02:10	44 00:02:45.0	29	01:03:55.5	19.7	22	00:01:13.0	5	00:21:19.5	06:52	01:37:55.8	
21	112 Romero, Brian	1138	Chisago, MN	18	00:09:06.9	02:16	30 00:02:06.9	17	01:01:05.8	20.6	43	00:01:47.6	23	00:23:50.9	07:41	01:37:58.2	
22	117 Baranowski, Mike	1203	Golden Valley,	26	00:09:42.9	02:25	2 00:00:56.6	20	01:01:44.0	20.4	6	00:00:52.8	28	00:24:58.6	08:03	01:38:15.1	
23	126 Flores, Rich	1521	Sauk Rapids,	29	00:10:18.3	02:34	45 00:02:47.5	28	01:03:44.9	19.7	38	00:01:30.2	3	00:20:51.0	06:43	01:39:12.1	
24	133 Edmonson, Tim	1010	Apple Valley,	46	00:11:47.9	02:56	15 00:01:36.6	13	00:59:01.6	21.3	49	00:01:53.5	30	00:25:17.8	08:09	01:39:37.6	
25	136 Hjelle, Brette	1244	Minneapolis,	24	00:09:29.1	02:22	17 00:01:42.9	31	01:04:52.4	19.4	16	00:01:06.5	15	00:22:36.5	07:17	01:39:47.8	
26	147 May, Lucas	1229	Forest Lake, MN	45	00:11:45.3	02:56	51 00:03:18.7	10	00:57:55.6	21.7	51	00:02:02.9	37	00:26:15.7	08:28	01:41:18.5	
27	151 Forrest,	1110	Ham Lake, MN	3	00:07:35.7	01:53	39 00:02:25.3	27	01:03:25.5	19.8	39	00:01:34.9	40	00:26:31.8	08:33	01:41:33.4	
28	158 Coddington, Mike	859	Eden Prairie,	22	00:09:17.7	02:19	35 00:02:20.9	24	01:02:25.7	20.1	13	00:01:03.9	42	00:27:04.9	08:44	01:42:13.2	
29	173 Hoffman, Mark	1216	Minneapolis,	6	00:08:15.2	02:03	28 00:02:04.4	25	01:02:31.4	20.1	53	00:02:08.9	46	00:28:23.3	09:09	01:43:23.6	
30	181 Hornsten, John	1328	Eagan, MN	42	00:11:28.3	02:52	8 00:01:21.2	36	01:06:12.5	19.0	31	00:01:23.3	22	00:23:49.0	07:40	01:44:14.4	
31	183 Kim, Adam	1073	Saint Paul, MN	37	00:10:57.8	02:44	20 00:01:49.7	32	01:05:06.6	19.3	32	00:01:23.5	29	00:25:00.8	08:04	01:44:18.6	
32	189 Klostermann, Chad	924	Wyoming, MN	49	00:12:22.7	03:05	25 00:02:03.2	40	01:06:50.7	18.8	23	00:01:14.8	10	00:22:05.2	07:07	01:44:36.8	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 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
33	196 Woodley, Kyle	797	Costa Mesa, CA	34	00:10:36.2	02:39	26 00:02:03.3	37	01:06:14.1	19.0	1	00:00:36.4	32	00:25:32.3	08:14	01:45:02.5	
34	201 Schilling, Eric	1035	Minneapolis,	43	00:11:29.0	02:52	22 00:01:56.5	30	01:04:04.8	19.6	25	00:01:19.6	39	00:26:26.1	08:31	01:45:16.3	
35	205 Krieg, Chris	827	Shakopee, MN	40	00:11:20.2	02:50	9 00:01:31.5	34	01:05:39.8	19.1	34	00:01:25.4	33	00:25:34.0	08:14	01:45:31.0	
36	209 Harrelson,	871	Hudson, WI	39	00:11:17.9	02:49	48 00:02:58.5	26	01:02:43.6	20.0	2	00:00:36.6	44	00:28:10.4	09:05	01:45:47.1	
37	211 Bergeron, Joshua	1155	Lindstrom, MN	27	00:09:44.6	02:26	38 00:02:24.5	39	01:06:33.2	18.9	12	00:01:02.5	35	00:26:06.4	08:25	01:45:51.4	
38	212 George, Brian	1460	Minneapolis,	36	00:10:53.5	02:43	37 00:02:22.9	33	01:05:19.1	19.2	45	00:01:48.1	34	00:25:40.7	08:17	01:46:04.5	
39	216 Ward, Peter	1486	Osceola, WI	15	00:08:53.6	02:13	32 00:02:11.3	41	01:07:03.0	18.7	50	00:01:54.6	36	00:26:15.2	08:28	01:46:17.8	
40	217 Leboff, Richard	829	Minneapolis,	44	00:11:42.0	02:55	43 00:02:44.4	38	01:06:30.4	18.9	44	00:01:47.8	21	00:23:45.5	07:39	01:46:30.3	
41	224 Bixby, Brent	1510	Maplewood, MN	23	00:09:22.9	02:20	21 00:01:54.5	42	01:08:10.0	18.4	27	00:01:22.0	38	00:26:21.1	08:30	01:47:10.8	
42	233 Johnson, Jeremiah	1417	Coon Rapids,	51	00:13:17.2	03:19	50 00:03:15.2	43	01:08:16.8	18.4	21	00:01:10.7	9	00:22:03.7	07:07	01:48:03.8	
43	245 Walker, Dion	749	Shoreview, MN	16	00:08:55.4	02:13	36 00:02:21.2	35	01:06:07.7	19.0	52	00:02:05.6	50	00:30:01.9	09:41	01:49:32.0	
44	286 Bergeron, Justin	753	Zimmerman, MN	28	00:09:45.6	02:26	41 00:02:36.9	44	01:09:36.7	18.1	3	00:00:44.0	53	00:31:28.3	10:09	01:54:11.7	
45	290 Mack, John	1026	Mahtomedi, MN	48	00:11:59.8	02:59	49 00:03:08.5	47	01:10:47.5	17.7	8	00:00:54.1	43	00:27:58.5	09:01	01:54:48.6	
46	296 Jechorek, John	1531	Cumberland, WI	53	00:13:44.1	03:26	54 00:03:44.5	53	01:13:15.4	17.1	56	00:02:34.9	13	00:22:29.3	07:15	01:55:48.4	
47	301 Berry, Don	1101	Stillwater, MN	52	00:13:42.1	03:25	34 00:02:18.6	45	01:09:38.3	18.0	35	00:01:27.3	48	00:28:56.4	09:20	01:56:02.9	
48	302 Schomaker, Matt	1243	Champlin, MN	31	00:10:22.9	02:35	42 00:02:41.2	50	01:12:11.6	17.4	41	00:01:38.2	49	00:29:08.9	09:24	01:56:02.9	
49	332 Wahlstrom, Shawn	1522	Ogilvie, MN	33	00:10:28.4	02:37	40 00:02:36.7	51	01:12:16.2	17.4	54	00:02:13.4	55	00:33:50.1	10:54	02:01:25.0	
50	337 Otremba, Tim	1474	Saint Paul, MN	58	00:18:17.4	04:34	47 00:02:48.9	54	01:13:44.7	17.0	28	00:01:22.5	41	00:26:49.6	08:39	02:03:03.3	
51	339 Vetter, Robert	1601		54	00:13:55.1	03:28	55 00:04:25.7	56	01:15:07.7	16.7	42	00:01:46.8	45	00:28:15.1	09:06	02:03:30.6	
52	354 Nazal, Ceferino	1429	Albertville, MN	59	00:21:37.6	05:24	33 00:02:14.4	48	01:11:18.6	17.6	47	00:01:50.4	47	00:28:54.3	09:19	02:05:55.5	
53	355 Atkins, Jamie	737	Cottage Grove,	38	00:11:03.2	02:45	52 00:03:28.9	55	01:14:30.0	16.9	55	00:02:19.3	56	00:34:51.7	11:14	02:06:13.3	
54	359 Mings, Michael	1594	Edina, MN	41	00:11:25.3	02:51	57 00:04:50.3	57	01:17:52.0	16.1	57	00:02:41.6	51	00:30:34.6	09:51	02:07:23.9	
55	360 Forga, Chad	1459	Lino Lakes, MN	55	00:15:14.3	03:48	59 00:05:04.0	46	01:10:41.9	17.8	59	00:03:42.8	54	00:33:02.1	10:39	02:07:45.2	
56	361 Nelsen, Chris	726	Cottage Grove,	56	00:15:36.9	03:54	46 00:02:48.0	52	01:12:33.1	17.3	30	00:01:23.2	57	00:35:27.7	11:26	02:07:49.0	
57	374 Benedict, Evan	1404	Minneapolis,	50	00:13:16.0	03:19	58 00:04:57.4	49	01:11:36.7	17.5	58	00:03:02.3	59	00:40:26.0	13:02	02:13:18.8	
58	383 Schipper, Jeffrey	882	Wyoming, MN	57	00:16:00.1	04:00	53 00:03:33.4	58	01:29:47.5	14.0	11	00:00:58.8	52	00:31:17.3	10:05	02:21:37.3	
59	389 Plitnick, Ian	1383	Plymouth, MN	47	00:11:59.7	02:59	56 00:04:37.0	59	01:30:56.0	13.8	26	00:01:20.0	58	00:40:00.8	12:54	02:28:53.7	

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Age Group Field: 57

1	21 Weigel, Joshua	1198	Rochester, MN	12	00:09:09.3	02:17	1 00:00:56.0	2	00:52:30.0	23.9	5	00:00:57.5	7	00:23:57.1	07:43	01:27:30.0	
2	30 Theissen, Mark	1605		8	00:08:46.1	02:11	2 00:01:09.0	5	00:58:02.8	21.7	2	00:00:53.8	1	00:20:46.2	06:42	01:29:38.1	
3	37 Sciara, Sean	1088	Blain, MN	2	00:08:04.6	02:01	22 00:02:09.5	4	00:56:44.5	22.2	19	00:01:22.8	4	00:22:32.8	07:16	01:30:54.4	
4	58 Sroga, Jeremy	890	Fridley, MN	1	00:07:43.4	01:55	16 00:01:58.5	15	01:01:05.7	20.6	1	00:00:49.3	2	00:22:01.1	07:06	01:33:38.2	
5	59 Hawes,	1170	Minneapolis,	7	00:08:43.7	02:10	17 00:01:58.5	3	00:56:23.3	22.3	26	00:01:39.8	17	00:25:03.3	08:04	01:33:48.9	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
6	63 Crane, Charles	1207	Mineapolis, MN	11	00:09:08.0	02:17	6 00:01:26.8	14	01:00:20.3	20.8	10	00:01:00.4	3	00:22:11.5	07:09	01:34:07.3	
7	76 Benson, Jason	1292	Lino Lakes, MN	18	00:10:03.4	02:30	3 00:01:18.9	6	00:59:05.2	21.3	3	00:00:54.3	11	00:24:23.0	07:51	01:35:45.1	
8	77 Mcgahey, Peter	981	North Mankato,	10	00:08:56.1	02:14	13 00:01:54.1	11	01:00:02.6	20.9	11	00:01:00.4	8	00:23:58.0	07:43	01:35:51.4	
9	115 Haug, Eric	1169	Minneapolis,	13	00:09:19.5	02:19	25 00:02:26.9	9	01:00:01.6	20.9	20	00:01:24.1	16	00:24:53.7	08:01	01:38:06.1	
10	124 Anondson, Jason	1001	Saint Louis	4	00:08:12.3	02:03	20 00:02:05.9	10	01:00:01.8	20.9	31	00:01:52.7	23	00:26:38.2	08:35	01:38:51.2	
11	125 Kohl, Robert	1419	Ham Lake, MN	19	00:10:07.1	02:31	14 00:01:54.5	17	01:01:45.8	20.3	13	00:01:06.2	10	00:24:03.9	07:45	01:38:57.7	
12	129 Olson, Erik	1082	Shakopee, MN	16	00:09:57.1	02:29	15 00:01:56.0	12	01:00:06.9	20.9	28	00:01:43.5	19	00:25:44.2	08:18	01:39:28.0	
13	131 Spiller, Jason	1149	Hopkins, MN	5	00:08:19.3	02:04	19 00:02:05.4	7	00:59:48.7	21.0	30	00:01:48.0	31	00:27:29.9	08:52	01:39:31.5	
14	142 Devries, Jason	914	Lindstrom, MN	27	00:10:38.0	02:39	11 00:01:46.8	19	01:02:39.0	20.1	4	00:00:54.5	15	00:24:42.9	07:58	01:40:41.5	
15	145 Heel, Tim	1115	Chanhassen,	3	00:08:08.8	02:02	8 00:01:41.2	21	01:02:45.1	20.0	27	00:01:41.3	25	00:26:45.6	08:37	01:41:02.3	
16	148 Olin, Steve	1236	Minneapolis,	31	00:11:10.3	02:47	12 00:01:50.1	13	01:00:11.4	20.9	18	00:01:19.0	26	00:26:49.7	08:39	01:41:20.8	
17	150 Ulman, Mark	1144	North Mankato,	36	00:11:21.7	02:50	9 00:01:41.7	8	00:59:59.3	21.0	25	00:01:34.6	27	00:26:53.8	08:40	01:41:31.4	
18	160 Eklund, Nathan	952	Golden Valley,	42	00:11:55.3	02:58	7 00:01:27.9	27	01:04:52.6	19.4						01:42:18.0	
19	162 Sherman, Jesse	1559	Madison, WI	6	00:08:41.5	02:10	48 00:03:54.2	24	01:04:15.7	19.6	33	00:01:53.0	5	00:23:38.4	07:37	01:42:23.1	
20	178 Stanek, Sean	996	Center City, MN	47	00:12:21.5	03:05	5 00:01:26.3	22	01:03:07.7	19.9	9	00:01:00.0	22	00:26:14.1	08:27	01:44:09.8	
21	180 Wynne, Dallas	1525	Dresser, WI	30	00:11:09.1	02:47	35 00:02:54.4	30	01:05:05.5	19.3	14	00:01:08.5	6	00:23:55.4	07:43	01:44:13.2	
22	191 Wangsness,	1283	Wyoming, MN	15	00:09:36.0	02:24	24 00:02:18.4	20	01:02:41.4	20.0	32	00:01:52.8	34	00:28:16.4	09:07	01:44:45.2	
23	199 Cross, Jeff	1316	Champlin, MN	45	00:12:14.5	03:03	33 00:02:51.7	23	01:03:26.7	19.8	6	00:00:58.9	18	00:25:40.8	08:17	01:45:12.9	
24	202 Timm, Craig	1195	Center City, MN	33	00:11:12.8	02:48	27 00:02:28.4	34	01:05:51.7	19.1	15	00:01:09.5	13	00:24:42.1	07:58	01:45:24.7	
25	213 Falteysek, Brad	1503	Eagan, MN	26	00:10:32.4	02:38	37 00:02:57.7	36	01:07:29.1	18.6	12	00:01:05.4	9	00:24:00.2	07:44	01:46:05.0	
26	214 Lesov, Paul	1420	Maple Grove,	43	00:11:59.6	02:59	38 00:03:03.5	25	01:04:21.4	19.5	37	00:01:58.7	14	00:24:42.8	07:58	01:46:06.2	
27	215 Nemes, Csaba	1258	Shoreview, MN	17	00:09:58.3	02:29	21 00:02:06.0	28	01:04:59.7	19.3	29	00:01:45.4	30	00:27:28.0	08:51	01:46:17.6	
28	219 Watson, Chris	1048	Andover, MN	22	00:10:10.5	02:32	23 00:02:12.0	32	01:05:24.8	19.2	8	00:00:59.9	33	00:28:06.4	09:04	01:46:53.8	
29	221 Swanson, Shane	886	Hugo, MN	21	00:10:09.3	02:32	4 00:01:24.6	35	01:07:13.0	18.7	16	00:01:13.0	28	00:27:06.5	08:44	01:47:06.6	
30	231 Fisk, Mat	1576		34	00:11:17.3	02:49	28 00:02:32.9	31	01:05:19.8	19.2	17	00:01:15.9	32	00:27:34.4	08:53	01:48:00.4	
31	232 Dolan, Joe	1303	Minneapolis,	40	00:11:43.1	02:55	10 00:01:42.3	39	01:08:56.2	18.2	7	00:00:59.8	12	00:24:39.7	07:57	01:48:01.3	
32	237 Myhre, Mark	1617	Eden Prairie,	49	00:13:07.8	03:16	30 00:02:40.4	16	01:01:38.2	20.4	47	00:02:43.0	35	00:28:16.8	09:07	01:48:26.5	
33	239 Kelly, Ryan	1072	Rochester, MN	29	00:11:01.7	02:45	26 00:02:27.7	18	01:02:21.0	20.2	35	00:01:55.1	44	00:31:10.6	10:03	01:48:56.3	
34	240 Bixby, Jonathan	1312	Hugo, MN	14	00:09:21.9	02:20	18 00:02:02.1	38	01:08:08.3	18.4	39	00:02:02.2	29	00:27:22.8	08:49	01:48:57.6	
35	255 Fertch, Shawn	869	Forest Lake, MN	44	00:12:05.2	03:01	43 00:03:23.6	26	01:04:28.1	19.5	21	00:01:28.3	37	00:28:39.8	09:14	01:50:05.2	
36	263 Anderson, Dave	1051	Fridley, MN	35	00:11:19.0	02:49	45 00:03:31.7	37	01:07:53.8	18.5	22	00:01:29.1	24	00:26:45.0	08:37	01:50:58.7	
37	264 Dupont, Michael	1533	Minneapolis,	25	00:10:23.8	02:35	46 00:03:33.1	29	01:05:01.6	19.3	43	00:02:18.5	40	00:30:05.4	09:42	01:51:22.6	
38	294 Dunnewind, Scott	961	Minnetonka, MN	38	00:11:28.9	02:52	36 00:02:57.3	49	01:13:02.8	17.2	36	00:01:57.0	21	00:26:04.3	08:24	01:55:30.4	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
39	295 Vigness, Jeffrey	1485 Hopkins, MN	28	00:10:45.4	02:41	31	00:02:40.9	42	01:09:11.7	18.2	38	00:01:59.2	43	00:31:09.3	10:03	01:55:46.6	
40	299 Wynia, Jonathan	1489 New Brighton,	48	00:12:59.2	03:14	44	00:03:30.2	40	01:08:58.1	18.2	34	00:01:53.2	36	00:28:38.0	09:14	01:55:58.9	
41	306 Daly, Sean	1498 Orono, MN	37	00:11:22.3	02:50	55	00:05:06.2	44	01:10:48.3	17.7	50	00:03:22.9	20	00:25:52.0	08:20	01:56:31.9	
42	313 Kuhlman, Jason	1224 Stacy, MN	23	00:10:15.4	02:33	51	00:04:24.6	33	01:05:51.0	19.1	42	00:02:14.8	51	00:35:19.8	11:23	01:58:05.7	
43	314 Hannon, Tim	818 Blaine, MN	41	00:11:44.2	02:56	39	00:03:09.2	46	01:11:32.6	17.6	24	00:01:32.8	41	00:30:18.2	09:46	01:58:17.3	
44	315 Sprado, Andy	1590 Lindstrom, MN	20	00:10:08.0	02:32	34	00:02:53.6	51	01:13:51.4	17.0	23	00:01:29.8	39	00:29:56.3	09:39	01:58:19.3	
45	319 Talbot, Kevin	1260 St. Paul, MN	24	00:10:20.5	02:35	29	00:02:33.4	48	01:12:04.1	17.4	44	00:02:29.3	45	00:31:26.8	10:08	01:58:54.3	
46	331 Miller, Eric	774 Forest Lake, MN	51	00:13:35.7	03:23	41	00:03:10.9	47	01:11:43.4	17.5	46	00:02:30.4	42	00:30:22.2	09:47	02:01:22.7	
47	344 Griffin, Dan	1568 Minneapolis,	46	00:12:18.4	03:04	54	00:05:05.9	52	01:15:17.3	16.7	40	00:02:06.7	38	00:29:52.4	09:38	02:04:40.9	
48	350 Paraschou, Milam	1083 Eden Prairie,	32	00:11:12.3	02:48	42	00:03:13.2	43	01:09:44.3	18.0	53	00:04:15.6	54	00:36:55.9	11:54	02:05:21.7	
49	352 Parsons, Dave	988 Elk River, MN	50	00:13:13.8	03:18	40	00:03:10.5	41	01:09:10.6	18.2	45	00:02:29.5	55	00:37:32.3	12:06	02:05:37.0	
50	367 Wagner, Keith	1349 Forest Lake, MN	54	00:15:28.5	03:52	52	00:04:27.1	50	01:13:24.3	17.1	41	00:02:11.5	50	00:34:40.5	11:11	02:10:12.0	
51	371 Wefel, Christopher	1483 North Lakes,	55	00:15:34.9	03:53	49	00:04:16.7	45	01:11:27.1	17.6	52	00:04:11.3	53	00:36:06.2	11:38	02:11:36.3	
52	379 Timmerman, Alec	998 St Paul, MN	39	00:11:34.0	02:53	53	00:04:45.3	54	01:22:30.9	15.2	49	00:03:13.7	48	00:34:06.8	11:00	02:16:10.9	
53	384 Slavik, Jonathan	1347 Lindstrom, MN	53	00:14:53.9	03:43	47	00:03:37.8	55	01:27:58.1	14.3	48	00:02:51.1	49	00:34:15.4	11:03	02:23:36.5	
54	386 Lucy, Thomas	1469 Saint Paul, MN	52	00:14:28.7	03:37	50	00:04:19.7	56	01:28:12.0	14.2	51	00:03:23.2	52	00:35:44.7	11:31	02:26:08.4	
55	387 Hollenbeck, Brian	967 Coon Rapids,	57	00:21:02.9	05:15	56	00:07:37.6	53	01:20:06.7	15.7	55	00:06:38.9	46	00:32:56.1	10:37	02:28:22.3	
56	395 Therklisen, Troy	1480 New Hope, MN	56	00:15:55.2	03:58	57	00:16:11.4	57	01:32:51.3	13.5	54	00:04:37.6	47	00:33:58.3	10:57	02:43:34.1	
	Sroga, Jason	889 Woodbury, MN	9	00:08:48.2		32	00:02:41.3	1	00:49:29.1	25.4	56	00:07:08.5				DNF	

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Age Group Field: 51

1	3 Penticoff, Scott	46 Woodbury, MN	2	00:07:08.2	01:47	4	00:01:08.1	1	00:49:49.9	25.2	1	00:00:29.2	1	00:18:02.5	05:49	01:16:38.0	
2	4 Downare, Taggart	730 St Cloud, MN	7	00:08:11.7	02:02	2	00:01:04.1	2	00:50:52.2	24.7	5	00:00:49.1	2	00:19:36.8	06:19	01:20:34.1	
3	7 Peterson, Mike	1278 Maple Grove,	8	00:08:20.3	02:05	3	00:01:06.3	5	00:54:06.2	23.2	16	00:01:13.1	4	00:20:20.7	06:33	01:25:06.8	
4	9 Crowley, Tim	731	4	00:07:27.0	01:51	8	00:01:24.9	8	00:55:00.1	22.9	8	00:00:54.6	5	00:20:42.3	06:40	01:25:29.2	
5	11 Armour, Jonathan	1597	1	00:07:04.2	01:46	6	00:01:15.6	4	00:53:57.5	23.3	11	00:01:05.2	7	00:22:24.1	07:13	01:25:47.0	
6	24 Blair, Mike	806 Prior Lake, MN	10	00:08:21.2	02:05	10	00:01:28.6	6	00:54:29.2	23.1	2	00:00:41.4	12	00:23:16.1	07:30	01:28:16.7	
7	28 Mcgaver, Joe	1230 Duluth, MN	39	00:12:52.2	03:13	15	00:01:46.0	3	00:52:48.4	23.8	32	00:01:48.3	3	00:19:55.3	06:25	01:29:10.3	
8	34 Pauley, Brian	718 Eau Claire, WI	11	00:08:25.4	02:06	5	00:01:13.8	10	00:57:33.4	21.8	7	00:00:54.1	6	00:22:12.6	07:09	01:30:19.6	
9	43 Barrios, Nolan	1571 Stillwater, MN	22	00:09:56.3	02:29	1	00:00:56.8	11	00:57:35.2	21.8	6	00:00:50.5	9	00:22:31.7	07:16	01:31:50.7	
10	53 Opdahl, Todd	780 Chisago City,	14	00:08:59.1	02:14	11	00:01:29.2	9	00:56:44.1	22.2	9	00:00:58.1	18	00:24:38.6	07:56	01:32:49.3	
11	68 Watson, Paul	1049 Farmington, MN	13	00:08:51.0	02:12	12	00:01:34.1	12	00:58:36.0	21.5	3	00:00:42.4	21	00:25:04.7	08:05	01:34:48.4	
12	73 Fiorillo, Tony	1252 Prior Lake, MN	16	00:09:13.1	02:18	27	00:02:08.5	7	00:54:30.5	23.1	31	00:01:41.8	32	00:28:02.7	09:02	01:35:36.8	
13	80 Tiede, Peter	792 River Falls, WI	3	00:07:20.5	01:50	18	00:01:49.2	14	00:59:39.7	21.1	30	00:01:41.6	22	00:25:23.8	08:11	01:35:55.0	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
14	82 Szymanski, Tim	1194 Highlands	18	00:09:26.1	02:21	22	00:01:57.4	15	00:59:51.9	21.0	14	00:01:11.2	13	00:23:31.7	07:35	01:35:58.5	
15	87 Olsen, Kurt	1567 Elk River, MN	9	00:08:20.6	02:05	9	00:01:26.2	16	01:00:54.4	20.6	15	00:01:11.8	17	00:24:21.0	07:51	01:36:14.3	
16	104 Navis, Steve	934 Oshkosh, WI	15	00:09:04.8	02:16	20	00:01:52.5	18	01:01:41.7	20.4	12	00:01:07.8	14	00:23:42.8	07:38	01:37:29.7	
17	137 Colby, John	1057 Edina, MN	37	00:12:32.6	03:08	30	00:02:20.1	13	00:58:54.4	21.3	23	00:01:25.1	19	00:24:41.6	07:57	01:39:54.0	
18	146 Weaver, Todd	724 Stillwater, MN	6	00:08:11.4	02:02	16	00:01:47.9	21	01:04:25.7	19.5	33	00:01:50.9	20	00:24:47.5	07:59	01:41:03.6	
19	149 Zeller, Anthony	1551 Lakeville, MN	32	00:11:28.6	02:52	7	00:01:19.3	20	01:03:26.8	19.8	19	00:01:16.0	16	00:23:58.8	07:44	01:41:29.5	
20	165 Wakefield, Ed	1197 Center City, MN	19	00:09:32.5	02:23	40	00:02:50.0	27	01:05:50.6	19.1	4	00:00:47.9	15	00:23:44.4	07:39	01:42:45.7	
21	171 Barry, Brian	853 White Bear	5	00:08:02.1	02:00	34	00:02:37.0	19	01:02:18.9	20.2	40	00:02:06.2	31	00:28:00.3	09:02	01:43:04.6	
22	186 Hofstad, Michael	1018 Golden Valley,	17	00:09:21.8	02:20	28	00:02:12.7	22	01:05:12.2	19.3	17	00:01:15.1	24	00:26:28.8	08:32	01:44:30.7	
23	192 Keegan, Jim	1322 Plymouth, MN	12	00:08:46.8	02:11	38	00:02:42.5	33	01:07:52.0	18.5	45	00:02:28.7	11	00:22:57.0	07:24	01:44:47.2	
24	198 Bastiaens, Willem	804 Scandia, ME	26	00:10:32.2	02:38	17	00:01:48.6	17	01:01:31.4	20.4	10	00:01:03.2	41	00:30:16.8	09:46	01:45:12.5	
25	204 Wurdemann, Pete	1150 Harris, MN	28	00:10:38.9	02:39	24	00:02:04.2	23	01:05:23.6	19.2	36	00:01:55.9	23	00:25:28.1	08:12	01:45:30.8	
26	207 Wolf, Jeff	1552 Osceola, WI	36	00:12:09.0	03:02	14	00:01:45.7	31	01:07:18.6	18.7	27	00:01:33.6	10	00:22:56.2	07:23	01:45:43.2	
27	238 Willett, Andrew	1050 Saint Louis	24	00:10:15.6	02:33	21	00:01:55.9	26	01:05:37.4	19.2	18	00:01:15.7	38	00:29:41.1	09:34	01:48:45.8	
28	248 Twedt, Michael	794 Eden Prairie,	27	00:10:32.2	02:38	33	00:02:36.2	35	01:08:24.5	18.4	25	00:01:31.9	26	00:26:39.7	08:36	01:49:44.7	
29	250 Mccollough, Mark	980 Minneapolis,	23	00:09:56.5	02:29	26	00:02:08.1	24	01:05:34.0	19.2	13	00:01:10.9	42	00:30:56.4	09:58	01:49:46.0	
30	253 Mcintyre, Dan	833 Coon Rapids,	35	00:11:49.5	02:57	23	00:01:57.6	28	01:05:55.9	19.1	24	00:01:28.2	34	00:28:50.7	09:18	01:50:02.1	
31	265 Scheele, Aaron	1577	33	00:11:29.9	02:52	32	00:02:28.1	36	01:08:32.1	18.3	29	00:01:40.4	28	00:27:12.4	08:46	01:51:23.1	
32	273 Jorgensen, Scott	1176 Columbia Hts,	21	00:09:47.0	02:26	44	00:03:37.3	39	01:10:00.7	17.9	22	00:01:23.0	29	00:27:49.0	08:58	01:52:37.2	
33	277 Goralnick, Max	1112 Hugo, MN	31	00:11:07.8	02:46	19	00:01:50.0	34	01:08:23.2	18.4	41	00:02:09.2	35	00:29:15.6	09:26	01:52:46.0	
34	281 Prew, Chris	941 Minneapolis,	45	00:13:51.6	03:27	47	00:04:15.1	29	01:06:01.9	19.0	39	00:02:06.2	27	00:26:53.2	08:40	01:53:08.1	
35	287 Carlson, Tim	909 Chisago City,	40	00:12:55.6	03:13	29	00:02:18.7	32	01:07:32.9	18.6	35	00:01:52.2	39	00:29:42.7	09:35	01:54:22.3	
36	293 Mccomas, Tom	1607 Minneapolis,	46	00:13:51.9	03:27	31	00:02:28.0	25	01:05:35.8	19.2	42	00:02:11.2	43	00:31:17.8	10:05	01:55:24.9	
37	298 Prazich, Gary	1085 Maple Grove,	30	00:11:03.7	02:45	42	00:03:18.2	38	01:09:53.9	18.0	43	00:02:18.7	36	00:29:17.5	09:26	01:55:52.3	
38	304 Hynes, Tim	1599	42	00:13:11.0	03:17	46	00:04:06.0	37	01:09:26.6	18.1	28	00:01:40.1	30	00:27:49.3	08:58	01:56:13.1	
39	316 Gibson, Mark	1515 Lindstrom, MN	48	00:14:20.6	03:35	36	00:02:40.9	43	01:12:19.1	17.4	46	00:02:32.2	25	00:26:31.6	08:33	01:58:24.7	
40	324 Obst, Andrew	778 Scandia, MN	25	00:10:16.2	02:34	48	00:04:23.7	40	01:10:09.7	17.9	47	00:02:38.3	46	00:32:04.8	10:20	01:59:32.9	
41	330 Jannrich, Pat	1221 Lino Lakes, MN	34	00:11:41.9	02:55	39	00:02:49.2	30	01:06:10.0	19.0	38	00:02:04.8	48	00:38:20.5	12:22	02:01:06.6	
42	338 Howard, Todd	1067 Roseville, MN	49	00:14:39.6	03:39	37	00:02:41.4	42	01:12:04.9	17.4	44	00:02:24.4	44	00:31:18.6	10:06	02:03:09.1	
43	346 Szymanski, Terry	893 Eagan, MN	43	00:13:14.3	03:18	25	00:02:04.3	46	01:18:11.0	16.1	20	00:01:16.7	40	00:30:04.5	09:42	02:04:51.1	
44	351 Bryan, James	1156 Chaska, MN	29	00:10:43.8	02:40	51	00:05:59.3	45	01:17:22.6	16.2	48	00:03:12.8	33	00:28:15.0	09:06	02:05:33.6	
45	358 Gudmunson,	1168 Cottage Grove,	47	00:14:07.6	03:31	35	00:02:39.9	44	01:15:49.0	16.6	26	00:01:33.4	47	00:32:53.3	10:36	02:07:03.5	
46	365 Bruno, Ben	1315 Lake Elmo, MN	20	00:09:46.8	02:26	13	00:01:35.4	51	01:33:44.1	13.4	21	00:01:20.5	8	00:22:28.6	07:15	02:08:55.5	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 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
47	369 Adix, John	902 Monticello, MN	44	00:13:30.2	03:22	45	00:03:47.7	47	01:18:33.1	16.0	50	00:03:55.9	45	00:31:22.3	10:07	02:11:09.5	
48	370 Lyp, Patrick	877 Valparaiso, IN	38	00:12:52.2	03:13	43	00:03:36.8	41	01:10:24.4	17.8	49	00:03:49.7	49	00:40:42.0	13:07	02:11:25.3	
49	378 Byrkit, Scott	1324 North Branch,	50	00:15:45.2	03:56	41	00:03:03.8	49	01:25:13.3	14.7	37	00:02:00.4	37	00:29:25.6	09:29	02:15:28.5	
50	391 Borgaonkar,	1264 Blaine55434,	41	00:13:10.7	03:17	49	00:05:10.9	48	01:20:12.0	15.7	51	00:06:34.7	51	00:46:48.1	15:05	02:31:56.7	
51	393 Carver, Jim	857 Lino Lakes, MN	51	00:20:45.4	05:11	50	00:05:47.3	50	01:27:33.3	14.3	34	00:01:51.2	50	00:42:00.8	13:33	02:37:58.3	

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Age Group Field: 44

1	6 Graif, James	702 Elk River, MN	4	00:08:01.1	02:00	2	00:01:05.3	1	00:52:26.8	24.0	13	00:01:11.1	5	00:22:20.2	07:12	01:25:04.7	
2	17 Vesterstein, Kirk	999 Dututh, MN	10	00:08:44.0	02:11	9	00:01:31.7	3	00:55:01.9	22.8	7	00:01:02.6	1	00:20:53.7	06:44	01:27:14.1	
3	23 Dahl, Greg	1262 Lake Elmo, MN	12	00:08:53.6	02:13	5	00:01:16.6	2	00:54:28.1	23.1	6	00:01:02.5	4	00:22:17.3	07:11	01:27:58.3	
4	51 Knutson, Randall	1074 Mankato, MN	8	00:08:26.2	02:06	3	00:01:07.0	5	00:57:21.7	21.9	2	00:00:54.2	19	00:24:54.4	08:02	01:32:43.8	
5	66 Hess, Michael	1068	1	00:07:06.4	01:46	13	00:01:38.0	10	00:59:49.8	21.0	19	00:01:25.6	14	00:24:28.0	07:53	01:34:28.0	
6	69 Ryshavy, John	788 Wayzata, MN	25	00:10:01.9	02:30	6	00:01:25.8	8	00:59:14.0	21.2	1	00:00:49.8	7	00:23:36.8	07:37	01:35:08.6	
7	74 Nelson, Ron	1081 Eden Prairie,	22	00:09:50.8	02:27	14	00:01:39.8	12	01:00:23.6	20.8	29	00:01:47.9	2	00:21:56.6	07:04	01:35:38.7	
8	84 Miner, Mark	1183 Winona, MN	17	00:09:30.3	02:22	4	00:01:08.9	6	00:57:30.7	21.9	8	00:01:03.0	26	00:26:47.5	08:38	01:36:00.6	
9	85 Westphal, Fritz	1146 Minneapolis,	26	00:10:02.2	02:30	10	00:01:32.3	4	00:57:00.8	22.0	21	00:01:27.8	22	00:25:58.8	08:22	01:36:02.1	
10	96 Leary, Glenn	1178 St Paul, MN	6	00:08:08.6	02:02	17	00:01:50.2	18	01:01:11.7	20.5	10	00:01:07.9	12	00:24:26.7	07:53	01:36:45.3	
11	101 Simpson, Michael	791 Minneapolis,	27	00:10:19.7	02:34	1	00:01:04.1	15	01:00:49.3	20.7	14	00:01:13.5	8	00:23:51.8	07:41	01:37:18.6	
12	109 Garvis, Bill	962 Plymouth, MN	19	00:09:41.4	02:25	25	00:02:24.8	7	00:58:34.0	21.5	18	00:01:24.8	21	00:25:38.7	08:16	01:37:44.0	
13	111 Keller, Michael	1123 Minneapolis,	9	00:08:38.6	02:09	11	00:01:33.8	21	01:02:06.6	20.2	16	00:01:21.1	10	00:24:15.7	07:49	01:37:55.9	
14	113 Mclaughlin,	773 Center City, MN	20	00:09:49.7	02:27	19	00:01:52.9	14	01:00:41.7	20.7	9	00:01:07.5	13	00:24:27.6	07:53	01:37:59.6	
15	116 Kassekert, Tom	1529 Blaine, MN	13	00:08:54.1	02:13	18	00:01:51.7	17	01:01:00.1	20.6	27	00:01:40.7	17	00:24:44.8	07:58	01:38:11.6	
16	127 Burr, Tom	1157 Rogers, MN	14	00:09:02.2	02:15	12	00:01:35.8	26	01:03:24.7	19.8	11	00:01:09.0	9	00:24:02.3	07:45	01:39:14.1	
17	128 Stanze, Keith	1095 Hudson, WI	15	00:09:21.3	02:20	7	00:01:27.3	13	01:00:24.2	20.8	15	00:01:17.0	24	00:26:46.4	08:38	01:39:16.3	
18	139 Chmielewski, Dean	1206 Shakopee, MN	21	00:09:50.5	02:27	30	00:02:40.7	16	01:00:59.5	20.6	3	00:00:58.6	20	00:25:36.8	08:15	01:40:06.3	
19	141 Register, Kevin	1136 Fargo, ND	3	00:07:58.9	01:59	16	00:01:48.7	9	00:59:15.3	21.2	17	00:01:23.1	33	00:29:51.7	09:37	01:40:17.9	
20	144 Sharpe, William	1089 Deephaven, MN	16	00:09:22.3	02:20	28	00:02:33.2	23	01:02:21.1	20.2	32	00:01:54.4	18	00:24:49.5	08:00	01:41:00.7	
21	154 Marzynski, Paul	1148 Maple Grove,	31	00:10:39.9	02:39	29	00:02:40.1	20	01:01:39.4	20.4	43	00:03:41.6	6	00:23:10.0	07:28	01:41:51.2	
22	166 Egan, Patrick	761 Mendota	18	00:09:38.0	02:24	8	00:01:28.3	27	01:03:52.5	19.7	5	00:01:00.5	25	00:26:47.4	08:38	01:42:46.8	
23	168 Larsen, Dwight	1545 Wayzata, MN	24	00:09:53.3	02:28	23	00:02:23.9	29	01:04:34.6	19.5	26	00:01:37.1	11	00:24:23.1	07:51	01:42:52.2	
24	175 Swenson, Eric	1247 Minneapolis, MN	32	00:10:55.4	02:43	31	00:02:42.5	19	01:01:17.8	20.5	30	00:01:49.5	28	00:26:58.1	08:41	01:43:43.6	
25	176 Deihl, Kiffin	1160 New Prague,	11	00:08:44.2	02:11	22	00:02:23.4	36	01:09:39.0	18.0	4	00:00:59.0	3	00:22:01.5	07:06	01:43:47.4	
26	190 Liu, Victor	874 Plymouth, MN	2	00:07:17.8	01:49	21	00:02:20.2	35	01:09:14.8	18.1	12	00:01:11.1	16	00:24:37.6	07:56	01:44:41.8	
27	195 Chiodo, Marc	1055 Minneapolis,	33	00:11:17.3	02:49	15	00:01:41.9	11	01:00:12.3	20.9	31	00:01:54.1	34	00:29:52.3	09:38	01:44:58.2	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
28	208 Roehig, Mark	989 Stillwater, MN	7	00:08:10.9	02:02	20	00:02:09.2	24	01:02:57.6	20.0	24	00:01:32.6	38	00:30:54.9	09:58	01:45:45.5	
29	218 Madryga, Joe	1602	28	00:10:20.5	02:35	26	00:02:25.8	33	01:06:26.1	18.9	42	00:02:49.4	15	00:24:29.5	07:54	01:46:31.4	
30	220 Eskierka, Jeffrey	915 Saint Anthony,	29	00:10:21.3	02:35	24	00:02:24.6	30	01:05:33.1	19.2	28	00:01:46.3	27	00:26:56.1	08:41	01:47:01.6	
31	225 Tanner, Tim	1096 Plymouth, MN	23	00:09:53.3	02:28	27	00:02:27.8	32	01:06:23.8	18.9	34	00:02:02.1	23	00:26:26.5	08:31	01:47:13.7	
32	266 Gutzmann, Pete	1295 S St. Paul, MN	40	00:13:39.1	03:24	35	00:03:13.0	22	01:02:13.0	20.2	37	00:02:34.9	32	00:29:43.4	09:35	01:51:23.5	
33	274 Vieceli, Mike	1611 Maple Grove,	35	00:12:02.8	03:00	36	00:03:19.7	34	01:06:48.9	18.8	25	00:01:37.0	31	00:28:49.8	09:18	01:52:38.4	
34	284 Clysdale, Stephen	1455 Mahtomedi, MN	36	00:12:33.5	03:08	39	00:04:16.1	25	01:03:07.3	19.9	35	00:02:05.7	39	00:31:54.6	10:17	01:53:57.3	
35	288 Walmsley, Daniel	847 Eagan, MN	34	00:11:58.1	02:59	33	00:02:51.8	38	01:10:58.2	17.7	23	00:01:32.3	29	00:27:05.1	08:44	01:54:25.7	
36	305 Minder, Matt	931 Maplewood, MN	42	00:14:52.3	03:43	40	00:04:19.6	28	01:04:00.6	19.6	38	00:02:40.2	37	00:30:36.3	09:52	01:56:29.2	
37	308 Thorsen, Greg	1481 Lindstrom, MN	38	00:12:43.0	03:10	32	00:02:49.4	31	01:05:40.1	19.1	39	00:02:40.4	41	00:33:05.5	10:40	01:56:58.5	
38	312 Paschke, Thomas	1604	30	00:10:39.8	02:39	38	00:03:43.5	37	01:10:26.2	17.8	41	00:02:41.4	36	00:30:30.8	09:50	01:58:01.9	
39	345 Simmons, Bryan	1443 Minneapolis,	39	00:12:56.8	03:14	42	00:06:08.5	39	01:12:49.7	17.3	36	00:02:26.8	35	00:30:26.8	09:49	02:04:48.8	
40	348 Pelequin, Dave	937 Prescott, WI	43	00:15:19.6	03:49	34	00:02:53.8	40	01:13:12.1	17.2	20	00:01:27.2	40	00:32:06.9	10:21	02:04:59.8	
41	362 Howard, Joe	1219 Nisswa, MN	41	00:13:42.4	03:25	37	00:03:35.5	42	01:21:14.1	15.5	22	00:01:28.1	30	00:28:01.3	09:02	02:08:01.6	
42	368 Jennissen, Bob	1173 Lindstrom, MN	37	00:12:35.9	03:08	43	00:06:52.9	41	01:14:42.0	16.8	40	00:02:40.8	42	00:33:53.5	10:55	02:10:45.4	
43	392 Boudin, Bryan	1357 Lindstrom, MN	44	00:16:09.9	04:02	41	00:05:20.0	43	01:27:26.1	14.4	33	00:01:54.5	43	00:45:41.5	14:44	02:36:32.2	
	Jon, Speir	1175 Inver Grove	5	00:08:04.7												DNF	

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Age Group Field: 24

1	38 Tjosvold, Doug.	1574	4	00:09:35.3	02:23	4	00:01:37.3	2	00:56:14.9	22.4	2	00:01:12.7	3	00:22:16.4	07:11	01:30:56.8	
2	41 Wildman, Joe	1280 Milaca, MN	1	00:07:48.6	01:57	2	00:01:12.5	5	00:58:42.7	21.4	11	00:01:41.3	2	00:22:10.3	07:09	01:31:35.6	
3	60 Wynveen, Doug	734 Osceola, WI	6	00:10:02.9	02:30	1	00:01:02.8	4	00:57:44.1	21.8	18	00:02:14.8	4	00:22:45.8	07:20	01:33:50.7	
4	61 Bauer, Tim	1003 Eagan, MN	7	00:10:19.3	02:34	20	00:03:12.5	3	00:57:22.6	21.9	6	00:01:26.5	1	00:21:35.9	06:58	01:33:57.0	
5	93 Tedlund, Tom	1143 Duluth, MN	21	00:14:02.1	03:30	6	00:01:59.9	1	00:53:34.1	23.5	13	00:01:46.3	7	00:25:04.4	08:05	01:36:27.0	
6	120 Roesler, Tim	1086 Deephaven, MN	3	00:09:18.0	02:19	3	00:01:16.3	7	01:01:23.6	20.5	9	00:01:33.7	6	00:24:52.6	08:01	01:38:24.4	
7	161 Happy, Douglas	1504 Duluth, MN	13	00:11:31.4	02:52	7	00:02:06.6	11	01:03:04.9	19.9	8	00:01:28.3	5	00:24:09.9	07:47	01:42:21.3	
8	164 Justinak, Vincent	922 Blaine, MN	9	00:10:46.5	02:41	8	00:02:08.2	6	01:00:05.1	20.9	5	00:01:24.2	16	00:28:07.5	09:04	01:42:31.8	
9	174 Kelly, Brian	1223 Mahtomedi, MN	5	00:09:43.0	02:25	5	00:01:42.9	12	01:03:23.1	19.8	15	00:01:59.6	11	00:26:40.8	08:36	01:43:29.6	
10	187 Zwiers, Brian	950 Hilbert, WI	17	00:11:54.0	02:58	16	00:02:50.0	9	01:02:24.5	20.1	14	00:01:55.6	8	00:25:26.8	08:12	01:44:31.1	
11	222 Rauschenfels,	838 Duluth, MN	11	00:11:10.5	02:47	9	00:02:15.2	10	01:02:32.8	20.1	3	00:01:19.4	18	00:29:48.6	09:36	01:47:06.6	
12	223 Tane, Jeffrey	948 St Paul, MN	15	00:11:47.4	02:56	10	00:02:25.5	13	01:04:40.8	19.4	21	00:02:40.8	9	00:25:32.3	08:14	01:47:06.9	
13	229 McCormick, Mike	878 Isanh, MN	2	00:09:05.8	02:16	14	00:02:46.2	15	01:06:06.7	19.0	7	00:01:27.7	17	00:28:27.6	09:10	01:47:54.3	
14	242 Wegwerth, Bill	897 Maplewood, MN	12	00:11:13.1	02:48	11	00:02:30.5	17	01:07:17.9	18.7	1	00:01:00.7	12	00:27:09.6	08:45	01:49:11.9	
15	249 Graif, Michael	1275 Byron, MN	22	00:14:47.6	03:41	18	00:02:58.8	8	01:02:23.0	20.1	17	00:02:09.9	13	00:27:26.3	08:51	01:49:45.8	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
16	259 Trombley, Craig	1098 Dayton, MN	19	00:13:27.4	03:21	13	00:02:46.0	14	01:06:02.5	19.0	12	00:01:41.3	10	00:26:32.0	08:33	01:50:29.5	
17	282 Jyring, Ron	923 Bismark, ND	16	00:11:49.4	02:57	19	00:03:04.9	18	01:09:10.0	18.2	10	00:01:40.7	15	00:27:54.3	09:00	01:53:39.6	
18	292 Barringer, Tom	1152 St.francis, MN	14	00:11:39.0	02:54	12	00:02:45.6	19	01:09:11.6	18.2	4	00:01:24.1	19	00:29:50.8	09:37	01:54:51.4	
19	310 Borries, Stuart	1493 Robbinsdale,	24	00:16:52.4	04:13	21	00:03:32.9	16	01:06:58.1	18.8	22	00:02:44.8	14	00:27:36.0	08:54	01:57:44.4	
20	320 Ohara, Kelly	835 Rochester, MN	8	00:10:38.1	02:39	15	00:02:46.7	21	01:12:21.5	17.4	16	00:02:02.8	20	00:31:13.2	10:04	01:59:02.5	
21	334 Fenning, John	1210 Luck, WI	10	00:11:04.6	02:46	17	00:02:57.4	20	01:09:32.3	18.1	24	00:03:29.5	24	00:35:36.4	11:29	02:02:40.4	
22	343 Shrode, Jeff	1518 Delano, MN	18	00:12:29.7	03:07	23	00:03:59.7	23	01:13:53.8	17.0	19	00:02:23.9	21	00:31:32.6	10:10	02:04:19.9	
23	353 Anderson, Scott	1402 Hudson, WI	20	00:13:38.4	03:24	22	00:03:47.0	22	01:13:00.3	17.2	20	00:02:34.7	22	00:32:45.0	10:33	02:05:45.6	
24	373 Olson, Bruce	1592 Pine City, MN	23	00:16:15.3	04:03	24	00:05:32.5	24	01:14:51.8	16.8	23	00:02:59.4	23	00:33:22.9	10:46	02:13:02.1	

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Age Group Field: 22

1	12 Dow, Dave	1209 Stillwater, MN	1	00:08:15.1	02:03	1	00:01:15.8	1	00:53:22.5	23.6	4	00:00:59.5	1	00:22:01.0	07:06	01:25:54.2	
2	88 Miner Jr, Jim	1609 Duluth, MN	4	00:09:16.4	02:19	5	00:01:40.4	2	00:57:33.0	21.8	13	00:01:53.8	11	00:25:55.2	08:21	01:36:19.0	
3	92 Millsagle, Duane	930 Duluth, MN	2	00:08:36.4	02:09	4	00:01:31.3	5	01:01:05.8	20.6	10	00:01:38.7	3	00:23:33.4	07:35	01:36:25.9	
4	107 Bono, Michael	955 Minneapolis,	7	00:09:32.8	02:23	6	00:01:42.4	3	00:59:32.5	21.1	3	00:00:54.6	12	00:25:56.1	08:21	01:37:38.6	
5	119 Fahrner, Steve	868 Minneapolis,	5	00:09:19.4	02:19	7	00:01:43.8	6	01:01:12.6	20.5	9	00:01:27.2	6	00:24:38.3	07:56	01:38:21.4	
6	123 Cooley, Gregory	860 Sartell, MN	9	00:09:58.9	02:29	9	00:02:09.2	4	00:59:59.6	21.0	7	00:01:17.9	7	00:25:13.9	08:08	01:38:39.8	
7	132 Dupre, David	1060 White Bear	11	00:10:16.8	02:34	12	00:02:24.5	7	01:01:15.7	20.5	16	00:02:06.8	2	00:23:32.8	07:35	01:39:36.7	
8	169 Kartak, Chuck	823 North Branch,	16	00:12:04.2	03:01	2	00:01:28.2	8	01:02:32.5	20.1	6	00:01:15.3	10	00:25:32.0	08:14	01:42:52.4	
9	184 Lancaster, Peter	1255 Minneapolis,	3	00:09:15.7	02:18	10	00:02:09.6	11	01:05:04.9	19.3	17	00:02:17.9	9	00:25:31.1	08:13	01:44:19.4	
10	193 Wilson, Roy	796 St Paul, MN	20	00:14:27.7	03:36	3	00:01:31.1	10	01:04:23.1	19.5	1	00:00:33.5	4	00:23:54.6	07:42	01:44:50.2	
11	236 Benson, Thomas	752 Minneapolis,	12	00:11:46.2	02:56	14	00:02:40.7	9	01:03:16.2	19.9	11	00:01:42.4	14	00:28:58.3	09:20	01:48:24.0	
12	251 Lawrence, Jim	770 Minnetonka, MN	10	00:10:15.4	02:33	11	00:02:22.4	12	01:06:19.5	18.9	5	00:01:00.0	18	00:29:54.4	09:38	01:49:52.0	
13	260 Pohlkamp, Terry	782 Scandia, MN	21	00:14:54.8	03:43	15	00:03:08.7	14	01:07:40.1	18.6	2	00:00:43.1	5	00:24:05.0	07:46	01:50:31.8	
14	278 Bjorke, Michael	1251 Montrose, MN	6	00:09:20.2	02:20	8	00:01:57.2	18	01:11:42.5	17.5	12	00:01:43.6	13	00:28:09.8	09:05	01:52:53.4	
15	291 Hagan, Patrick	1341 Minneapolis,	13	00:11:47.0	02:56	18	00:04:42.9	16	01:09:04.4	18.2	21	00:03:56.3	8	00:25:20.2	08:10	01:54:51.0	
16	307 Chisholm, Tim	757 North Branch,	14	00:11:56.8	02:59	13	00:02:28.9	17	01:10:40.3	17.8	14	00:01:56.5	17	00:29:48.1	09:36	01:56:50.8	
17	318 Moore, Eric	1382 Maple Grove,	15	00:12:03.1	03:00	22	00:06:03.0	15	01:08:49.8	18.3	18	00:02:46.6	15	00:29:05.1	09:22	01:58:47.8	
18	336 Gibbons, Mike	1340 Woodbury, MN	19	00:14:15.9	03:33	17	00:03:31.7	13	01:06:49.2	18.8	15	00:02:03.2	20	00:36:16.1	11:41	02:02:56.3	
19	356 Meister, Thomas	1304 St Croix Falls, WI	17	00:12:35.1	03:08	20	00:04:49.0	20	01:16:56.0	16.3	19	00:02:53.2	16	00:29:23.9	09:29	02:06:37.4	
20	372 Soholt, Jerry	994 Sioux Falls, SD	8	00:09:52.6	02:28	19	00:04:43.7	19	01:13:27.4	17.1	20	00:02:57.2	22	00:41:48.9	13:29	02:12:49.9	
21	377 Lines, Kevin	1180 North Branch,	18	00:14:12.7	03:33	16	00:03:13.3	21	01:17:54.6	16.1	8	00:01:22.9	21	00:37:41.1	12:09	02:14:24.8	
22	394 Weil, Richard	1488 St. Paul, MN	22	00:17:50.5	04:27	21	00:05:25.9	22	01:39:20.5	12.6	22	00:05:09.9	19	00:31:10.2	10:03	02:38:57.2	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
60-64			Age Group Field: 18														
1	56 Clark, Barry	758	Lacrosse, WI	1	00:09:09.5	02:17	1	00:01:13.9	2	00:56:25.3	22.3	1	00:00:56.4	3	00:25:19.4	08:10	01:33:04.7
2	65 Colaizy, Michael	1616	Osceola, WI	6	00:10:19.8	02:34	2	00:01:31.0	1	00:55:38.8	22.6	2	00:01:01.9	4	00:25:41.8	08:17	01:34:13.4
3	98 Reichel, Jeff	1137	Stillwater, MN	7	00:10:24.1	02:36	10	00:02:45.4	4	00:57:38.0	21.8	3	00:01:32.8	2	00:24:36.8	07:56	01:36:57.3
4	159 Falkowski, Dr. Jon	1061	Apple Valley,	9	00:11:21.0	02:50	6	00:02:20.8	3	00:57:25.8	21.9	6	00:01:49.3	11	00:29:19.4	09:27	01:42:16.4
5	185 Barber, John	1314	Bloomington,	5	00:10:13.2	02:33	8	00:02:33.7	5	01:01:50.6	20.3	14	00:02:24.2	7	00:27:21.6	08:49	01:44:23.5
6	256 Gyskiewicz, Joe	918	Edina, MN	3	00:09:32.7	02:23	9	00:02:41.6	7	01:07:31.6	18.6	5	00:01:46.5	10	00:28:44.0	09:16	01:50:16.5
7	257 Couillard, Thomas	739	White Bear	2	00:09:29.5	02:22	12	00:03:07.5	9	01:08:06.1	18.5	11	00:02:12.8	8	00:27:23.8	08:50	01:50:19.8
8	258 House, Jerry	820	Maplewood, MN	11	00:11:29.6	02:52	7	00:02:27.8	13	01:10:01.8	17.9	7	00:01:51.5	1	00:24:31.6	07:54	01:50:22.6
9	268 Hans, Rick	763	Brainerd, MN	12	00:11:40.3	02:55	5	00:02:04.8	8	01:07:41.5	18.6	4	00:01:41.9	9	00:28:22.9	09:09	01:51:31.6
10	297 Kandiko, Joe	742	Excelsior, MN	4	00:10:01.7	02:30	4	00:02:02.2	10	01:08:38.3	18.3	9	00:01:55.8	13	00:33:13.0	10:42	01:55:51.2
11	309 Baier, Dennis	1053	Cedar Rapids,	14	00:13:29.4	03:22	3	00:01:49.4	6	01:04:45.9	19.4	12	00:02:16.4	14	00:34:39.7	11:10	01:57:01.0
12	328 Beers, Bill	908	Lodi, WI	17	00:18:35.5	04:38	15	00:03:55.9	11	01:09:03.3	18.2	13	00:02:16.4	6	00:26:48.4	08:38	02:00:39.7
13	340 Krueger, Tom	977	Chisago City,	16	00:15:20.5	03:50	16	00:04:07.7	14	01:10:49.9	17.7	17	00:03:20.7	12	00:30:05.3	09:42	02:03:44.2
14	341 Plumbo, Joseph	1031	Maplewood, MN	13	00:12:06.8	03:01	11	00:03:04.2	15	01:11:52.8	17.5	8	00:01:55.8	15	00:34:46.8	11:13	02:03:46.6
15	363 Gaudette, Gerry	1253	Chisago City,	10	00:11:27.8	02:51	18	00:07:50.6	12	01:09:36.5	18.1	18	00:04:03.8	16	00:35:11.6	11:21	02:08:10.4
16	366 Dolan, Bob	1302	Golden Valley,	18	00:23:09.8	05:47	14	00:03:27.5	16	01:14:54.1	16.8	10	00:02:08.4	5	00:25:51.0	08:20	02:09:30.9
17	375 Walts, Terence	1047	Atlanta, GA	8	00:10:59.4	02:44	13	00:03:12.0	17	01:15:53.9	16.6	15	00:02:27.5	17	00:41:16.4	13:18	02:13:49.3
18	390 Berglund, Richard	755	Wyoming, MN	15	00:14:25.6	03:36	17	00:05:46.3	18	01:23:00.7	15.1	16	00:03:06.5	18	00:43:17.3	13:57	02:29:36.6
65-69			Age Group Field: 2														
1	271 Nelson, Lynn	834	Minneapolis,	2	00:13:31.5	03:22	2	00:02:16.2	1	01:06:41.3	18.8	1	00:02:24.4	1	00:27:05.4	08:44	01:51:59.0
2	285 Woodruff, Bob	1250	Mounds View,	1	00:10:57.9	02:44	1	00:02:00.5	2	01:07:28.3	18.6	2	00:02:38.7	2	00:31:00.0	10:00	01:54:05.6
70-74			Age Group Field: 2														
1	279 Meck, Don	928	Siren, WI	1	00:11:17.2	02:49	1	00:03:13.0	1	01:04:19.2	19.5	1	00:02:48.1	1	00:31:28.6	10:09	01:53:06.2
2	349 Hutchings, Harvey	1289	Rochester, MN	2	00:11:26.8	02:51	2	00:04:58.4	2	01:07:49.6	18.5	2	00:03:02.6	2	00:37:57.7	12:14	02:05:15.3
80-84			Age Group Field: 1														
1	385 Jordal, Jim	767	Center City, MN	1	00:15:51.9	03:57	1	00:03:33.1	1	01:19:15.0	15.8	1	00:01:36.2	1	00:45:34.1	14:41	02:25:50.5
85-89			Age Group Field: 1														
1	396 Powers, Robert	783	White Bear	1	00:20:42.3	05:10	1	00:04:36.5	1	01:34:08.1	13.3	1	00:02:42.0	1	00:56:55.9	18:21	02:59:05.0
Female Sprint Distance			Division Field: 360														

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
14 & under			Age Group Field: 5														
1	119 Logue, Alyssa	978 New Prague,	2	00:09:45.5	02:26	3	00:01:44.1	1	01:11:43.5	17.5	1	00:00:53.3	2	00:27:11.5	08:46	01:51:18.2	
2	164 Jeter, Hannah	1369 Eden Prairie,	3	00:10:04.0	02:31	4	00:02:38.8	4	01:18:06.5	16.1	2	00:00:59.7	1	00:23:10.0	07:28	01:54:59.2	
3	208 Norberg, Natalie	1473 Minneapolis,	1	00:09:41.5	02:25	1	00:01:19.4	2	01:14:30.9	16.9	4	00:01:18.6	4	00:32:18.8	10:25	01:59:09.4	
4	223 Graif, Hannah	1211 Elk River, MN	4	00:10:24.0	02:36	2	00:01:41.3	3	01:16:29.3	16.4	5	00:01:31.4	3	00:31:02.7	10:00	02:01:08.8	
5	305 Lyp, Kelly	832 Valparaiso, IN	5	00:13:24.3	03:21	5	00:03:47.9	5	01:23:16.1	15.1	3	00:01:05.0	5	00:36:17.4	11:42	02:17:50.7	
15-19			Age Group Field: 13														
1	28 Danielson, Greta	1457 St. Cloud, MN	4	00:08:00.2	02:00	5	00:02:22.6	5	01:07:46.1	18.5	4	00:01:09.9	1	00:20:32.2	06:37	01:39:51.2	
2	43 Schultz, Clara	992 Minneapolis,	6	00:09:36.7	02:24	8	00:02:28.0	1	01:04:16.8	19.6	10	00:01:33.8	4	00:24:30.4	07:54	01:42:25.9	
3	53 Foss, Megan	815 Shoreview, MN	5	00:09:13.7	02:18	6	00:02:25.8	3	01:05:53.9	19.1	1	00:00:57.1	5	00:24:53.5	08:01	01:43:24.1	
4	57 Jeter, Dana	1368 Eden Prairie,	7	00:11:10.2	02:47	2	00:01:46.3	2	01:05:06.2	19.3	12	00:02:09.4	3	00:23:56.5	07:43	01:44:08.9	
5	84 Cunnien, Shannon	1059 Brooklyn Park,	1	00:07:26.3	01:51	7	00:02:27.3	4	01:07:29.7	18.6	11	00:01:49.1	11	00:28:03.1	09:02	01:47:15.7	
6	87 Squires, Ellen	1478 Andover, MN	10	00:12:52.2	03:13	10	00:03:05.8	6	01:07:59.0	18.5	7	00:01:22.2	2	00:22:08.2	07:08	01:47:27.6	
7	130 Heil, Rebekah	1116 Bloomington,	3	00:07:57.5	01:59	4	00:02:07.3	7	01:10:13.8	17.9	2	00:01:04.9	12	00:31:04.1	10:01	01:52:27.7	
8	137 Ennis, Sarah	1458 Roseville, MN	8	00:11:31.0	02:52	9	00:02:44.0	8	01:12:04.4	17.4	6	00:01:21.1	6	00:25:04.8	08:05	01:52:45.5	
9	167 Bromback, Katie	808 Lake Elmo, MN	2	00:07:42.9	01:55	12	00:03:12.2	10	01:18:00.1	16.1	3	00:01:08.1	8	00:25:17.8	08:09	01:55:21.2	
10	215 Rasmussen, Carly	1477 Plymouth, MN	12	00:15:55.9	03:58	1	00:01:36.1	9	01:15:47.5	16.6	5	00:01:21.0	7	00:25:08.8	08:06	01:59:49.4	
11	270 Rasmussen,	1188 Plymouth, MN	9	00:12:40.6	03:10	3	00:01:56.7	11	01:26:02.5	14.6	8	00:01:26.5	10	00:27:50.8	08:58	02:09:57.4	
12	310 Berthiaume, Briana	1407 Harris, MN	11	00:12:58.9	03:14	11	00:03:09.4	12	01:35:11.9	13.2	9	00:01:32.2	9	00:25:41.2	08:17	02:18:33.8	
13	354 Gross, Camille	1416 Forest Lake, MN														03:04:49.0	
20-24			Age Group Field: 33														
1	7 Stocker, Nordica	1614 Minneapolis,	2	00:07:35.3	01:53	1	00:01:07.2	2	00:58:56.5	21.3	1	00:00:41.4	2	00:22:36.9	07:17	01:30:57.6	
2	10 Anderson, Kate	1298 Mahtomedi, MN	8	00:09:02.1	02:15	3	00:01:29.9	1	00:56:12.1	22.4	5	00:00:59.6	5	00:24:28.2	07:53	01:32:12.1	
3	16 Berndt, Danielle	1054 Bloomington,	20	00:10:53.6	02:43	4	00:01:39.7	3	01:00:35.8	20.7	9	00:01:09.6	1	00:21:30.2	06:56	01:35:49.0	
4	21 Palmer, Lindsey	747 White Bear	10	00:09:35.7	02:23	2	00:01:25.6	5	01:01:19.6	20.5	13	00:01:15.1	4	00:24:12.0	07:48	01:37:48.3	
5	26 Jaynes, Emma	1019 Hibbing, MN	14	00:10:08.8	02:32	5	00:01:42.6	4	01:00:58.8	20.6	12	00:01:14.6	6	00:25:17.0	08:09	01:39:22.0	
6	54 Milne, Lauren	983 Minneapolis,	9	00:09:04.4	02:16	6	00:01:54.2	9	01:07:32.9	18.6	3	00:00:57.1	3	00:24:00.4	07:44	01:43:29.2	
7	64 Grossman, Nicole	1014 Lindstrom, MN	21	00:11:04.5	02:46	10	00:02:24.6	8	01:05:27.5	19.2	10	00:01:10.4	7	00:25:17.7	08:09	01:45:25.0	
8	69 Fleischhacker,	1108 Forest Lake, MN	13	00:10:07.9	02:31	11	00:02:31.9	7	01:04:30.1	19.5	23	00:01:43.6	12	00:26:57.5	08:41	01:45:51.2	
9	91 Jensen, Alicia	1497 Eden Prairie,	3	00:07:36.8	01:54	23	00:03:19.3	14	01:10:14.6	17.9	7	00:01:08.3	8	00:25:48.1	08:19	01:48:07.4	
10	99 Mertz, Nicole	1471 Robbinsdale,	24	00:11:49.0	02:57	19	00:03:02.9	6	01:03:57.0	19.7	28	00:02:05.0	18	00:28:43.7	09:16	01:49:37.8	
11	111 Spading, Christine	887 St Louis Park,	4	00:08:16.1	02:04	7	00:01:59.7	16	01:11:16.5	17.6	2	00:00:55.1	14	00:27:59.8	09:01	01:50:27.5	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
12	149 Fisk, Alicia	1575	26	00:12:41.4	03:10	18	00:02:55.7	10	01:08:49.8	18.3	32	00:02:49.2	11	00:26:43.1	08:37	01:53:59.4	
13	157 Soholt, Molly	995 Sioux Falls, SD	5	00:08:48.7	02:12	24	00:03:27.0	17	01:12:21.4	17.4	8	00:01:08.7	19	00:28:47.8	09:17	01:54:33.8	
14	158 Clark, Katie	1334 Stacy, MN	23	00:11:32.0	02:53	26	00:03:37.9	11	01:09:46.0	18.0	16	00:01:26.4	16	00:28:12.5	09:05	01:54:35.1	
15	159 Wittnebel,	1335 Stacy, MN	22	00:11:30.9	02:52	25	00:03:37.8	12	01:09:49.5	18.0	15	00:01:24.5	15	00:28:12.2	09:05	01:54:35.1	
16	162 Komjathy, Chrissy	1523 Chicago, IL	7	00:09:00.0	02:15	12	00:02:42.6	18	01:12:49.8	17.3	31	00:02:47.6	13	00:27:29.3	08:52	01:54:49.5	
17	169 Solberg, Elizabeth	1141 Bloomington,	11	00:10:04.5	02:31	8	00:02:06.0	15	01:10:51.7	17.7	17	00:01:27.2	23	00:30:57.7	09:59	01:55:27.4	
18	170 Kaup, Shawna	824 Inver Grove	6	00:08:56.1	02:14	13	00:02:45.1	13	01:09:49.6	18.0	14	00:01:21.8	26	00:32:37.0	10:31	01:55:29.7	
19	174 Olesen, Sara	987 Minneapolis,	18	00:10:27.4	02:36	9	00:02:20.1	19	01:13:24.7	17.1	11	00:01:12.7	17	00:28:15.1	09:06	01:55:40.1	
20	198 Sparkman, Nicole	1193 Eden Prairie,	25	00:12:04.9	03:01	30	00:04:32.2	20	01:13:35.5	17.1	22	00:01:42.5	9	00:26:09.5	08:26	01:58:04.9	
21	227 Hall, Joy	1365 Burnsville, MN	17	00:10:25.8	02:36	15	00:02:48.7	21	01:15:32.6	16.6	26	00:01:55.3	22	00:30:54.9	09:58	02:01:37.5	
22	238 Benner, Anna	1004 Elk River, MN	19	00:10:32.7	02:38	20	00:03:06.7	23	01:17:08.7	16.3	21	00:01:41.5	21	00:30:44.3	09:54	02:03:14.1	
23	242 Rose, Courtney	1440 Minnetonka, MN	29	00:13:08.7	03:17	27	00:04:08.7	22	01:16:13.3	16.5	18	00:01:34.0	20	00:28:55.9	09:19	02:04:00.7	
24	244 Walter, Erin	1513 St. Cloud, MN	1	00:07:28.2	01:52	17	00:02:52.3	29	01:25:45.7	14.6	25	00:01:50.1	10	00:26:26.1	08:31	02:04:22.6	
25	256 Sandbeck, Ashley	1441 St.paul, MN	12	00:10:05.4	02:31	16	00:02:49.4	24	01:19:03.4	15.9	30	00:02:47.2	25	00:32:11.3	10:23	02:06:57.0	
26	281 Kotilinek, Brita	1372 White Bear	27	00:12:58.3	03:14	22	00:03:12.6	25	01:19:06.4	15.9	19	00:01:39.4	29	00:35:02.2	11:18	02:11:59.0	
27	282 Kotilinek, Jessie	1373 White Bear	30	00:13:20.5	03:20	14	00:02:46.9	26	01:19:08.0	15.9	20	00:01:41.4	28	00:35:02.1	11:18	02:11:59.1	
28	298 Smith, Danielle	1619 Andover, MN	15	00:10:09.4	02:32	29	00:04:28.1	30	01:27:50.5	14.3	4	00:00:58.5	24	00:31:56.9	10:18	02:15:23.6	
29	304 Seman, Karli	1620 Andover, MN	16	00:10:22.5	02:35	28	00:04:17.2	31	01:27:59.1	14.3	6	00:01:04.9	27	00:34:04.4	10:59	02:17:48.2	
30	323 Cornell, Linet	1319 Maple Valley,	32	00:19:15.1	04:48	31	00:05:13.0	27	01:19:41.8	15.8	29	00:02:38.9	30	00:36:17.6	11:42	02:23:06.6	
31	330 Miller, Mikayla	1514 Eagan, MN	31	00:13:28.1	03:22	21	00:03:09.1	28	01:23:18.5	15.1	24	00:01:45.3	32	00:44:05.2	14:13	02:25:46.5	
32	350 Swanberg, Karina	1393 Chisago City,	28	00:13:06.6	03:16	32	00:05:47.6	32	01:47:50.2	11.6	27	00:02:04.8	31	00:41:12.4	13:17	02:50:01.8	
	Kleiss, Vanessa	1465 Grantsburg, WI														DNF	

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Age Group Field: 76

1	8 Novotny, Lydia	721 Hopkins, MN	4	00:08:30.0	02:07	3	00:01:20.1	1	00:57:24.4	21.9	23	00:01:14.2	4	00:22:38.1	07:18	01:31:06.9	
2	12 Simpson, Greta	729 Minneapolis,	2	00:07:57.7	01:59	1	00:01:12.9	2	00:59:10.1	21.2	12	00:01:00.1	6	00:23:04.9	07:26	01:32:25.9	
3	22 Mueller, Jenny	1234 Rochester, MN	12	00:09:18.3	02:19	2	00:01:19.2	8	01:04:22.5	19.5	27	00:01:21.8	5	00:22:44.5	07:20	01:39:06.5	
4	27 Rogosheske,	990 Minneapolis,	8	00:08:56.1	02:14	4	00:01:30.9	3	01:02:00.5	20.3	11	00:00:57.3	18	00:26:11.1	08:26	01:39:36.2	
5	33 Jaunich, Maggie	1566 Saint Paul, MN	14	00:09:22.7	02:20	27	00:02:19.9	5	01:03:06.9	19.9	67	00:02:27.5	7	00:23:07.7	07:27	01:40:24.9	
6	42 Williams, Erin	1276 Shorewood, MN	17	00:09:40.6	02:25	7	00:01:41.5	22	01:07:47.2	18.5	34	00:01:33.7	1	00:21:34.6	06:57	01:42:17.7	
7	49 Jordan, Marie	969 Minneapolis,	46	00:11:18.9	02:49	32	00:02:23.9	4	01:02:19.2	20.2	1	00:00:46.6	23	00:26:18.4	08:29	01:43:07.1	
8	52 Miller, Kara	1424 Minneapolis,	5	00:08:42.9	02:10	25	00:02:16.9	11	01:05:29.8	19.2	16	00:01:05.4	15	00:25:39.2	08:16	01:43:14.4	
9	56 Cardinal, Natasha	856 White Bear	11	00:09:10.5	02:17	6	00:01:37.2	13	01:05:51.4	19.1	14	00:01:02.0	22	00:26:17.9	08:29	01:43:59.2	
10	58 Kooman, Jeanine	1022 St. Louis Park,	33	00:10:43.6	02:40	18	00:02:03.3	6	01:03:38.0	19.8	22	00:01:12.7	28	00:26:41.5	08:36	01:44:19.3	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 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
11	72 Wegwerth, Kelly	898	Maplewood, MN	23	00:10:13.6	02:33	34 00:02:28.0	12	01:05:40.1	19.1	7	00:00:53.2	31	00:26:50.3	08:39	01:46:05.4	
12	75 Steel, Jennifer	844	Minnetonka, MN	44	00:11:10.6	02:47	5 00:01:36.8	20	01:07:30.1	18.6	3	00:00:49.8	12	00:25:14.2	08:08	01:46:21.7	
13	80 Cowan, Holly	1007	St. Louis Park,	40	00:11:01.3	02:45	38 00:02:32.9	14	01:06:17.0	19.0	40	00:01:43.6	14	00:25:23.7	08:11	01:46:58.6	
14	82 George, Jan	1111	Minneapolis,	68	00:13:07.8	03:16	30 00:02:23.2	7	01:04:15.4	19.6	17	00:01:07.4	21	00:26:16.5	08:28	01:47:10.5	
15	83 Krauel, Mary	1023	Milaca, MN	62	00:12:23.0	03:05	13 00:01:52.7	24	01:07:58.6	18.5	5	00:00:52.9	9	00:24:04.7	07:46	01:47:12.1	
16	88 Schultze, Leah	1301	Saint Paul, MN	1	00:07:55.9	01:58	19 00:02:04.5	26	01:08:24.0	18.4	21	00:01:12.7	35	00:27:56.9	09:00	01:47:34.1	
17	89 Peper, Katie	1239	Blaine, MN	39	00:11:00.5	02:45	26 00:02:17.6	17	01:07:15.3	18.7	64	00:02:20.3	11	00:24:56.0	08:02	01:47:50.0	
18	100 Moody, Lindsay	1381	Minneapolis,	29	00:10:30.1	02:37	14 00:01:55.7	32	01:09:05.7	18.2	25	00:01:18.2	32	00:26:51.4	08:39	01:49:41.3	
19	101 Anderson, Jillian	904	Lino Lakes, MN	16	00:09:32.2	02:23	44 00:02:41.3	33	01:09:17.5	18.1	19	00:01:10.7	33	00:27:00.1	08:42	01:49:42.1	
20	105 Gallison, Avery	1543	St. Paul, MN	32	00:10:40.1	02:40	42 00:02:39.6	29	01:08:31.4	18.3	56	00:01:59.4	19	00:26:12.7	08:27	01:50:03.4	
21	106 Hoffman, Sarah	1463	St. Louis Park,	28	00:10:23.4	02:35	35 00:02:32.2	19	01:07:25.3	18.6	52	00:01:55.6	34	00:27:48.0	08:58	01:50:04.7	
22	108 Woodrow, Anita	1399	Chanhassen,	20	00:10:00.3	02:30	54 00:02:58.2	48	01:13:31.8	17.1	33	00:01:33.1	2	00:22:15.8	07:10	01:50:19.4	
23	115 Carlson, Taylor	810	Coon Rapids,	25	00:10:17.1	02:34	37 00:02:32.8	37	01:10:29.1	17.8	13	00:01:02.0	27	00:26:41.4	08:36	01:51:02.6	
24	116 Torigian, Stacie	1447	Crystal, MN	64	00:12:30.2	03:07	63 00:03:48.4	27	01:08:26.8	18.4	31	00:01:27.2	10	00:24:53.3	08:01	01:51:06.1	
25	117 Reisner, Jessica	1435	St Louis Park,	49	00:11:26.4	02:51	52 00:02:52.4	25	01:08:13.4	18.4	42	00:01:46.7	30	00:26:49.4	08:39	01:51:08.4	
26	121 Weber, Angela	1145	Minneapolis,	9	00:09:02.6	02:15	23 00:02:15.4	16	01:07:04.3	18.7	26	00:01:21.5	52	00:31:38.1	10:12	01:51:22.2	
27	122 Johnson, Jenny	1071	Minneapolis,	24	00:10:16.5	02:34	48 00:02:44.8	18	01:07:16.3	18.7	47	00:01:48.0	47	00:29:21.7	09:28	01:51:27.5	
28	124 Pouliot, Anna	938	North Branch,	6	00:08:53.0	02:13	46 00:02:43.5	39	01:10:36.9	17.8	44	00:01:47.3	37	00:28:01.3	09:02	01:52:02.1	
29	127 Johnson, Kelly	1174	Taylors Falls,	59	00:12:11.9	03:02	36 00:02:32.7	43	01:11:00.0	17.7	2	00:00:46.6	16	00:25:45.1	08:18	01:52:16.6	
30	128 Ross, Amber	991	Maplewood, MN	42	00:11:05.8	02:46	29 00:02:23.1	21	01:07:42.4	18.6	15	00:01:03.5	48	00:30:09.2	09:43	01:52:24.2	
31	131 Dejarlais, Rebecca	760	St. Paul, MN	22	00:10:12.6	02:33	21 00:02:09.3	47	01:13:07.5	17.2	39	00:01:39.0	13	00:25:19.3	08:10	01:52:27.9	
32	133 Winchell,	750	Saint Paul, MN	7	00:08:54.3	02:13	51 00:02:49.0	46	01:12:49.9	17.3	29	00:01:23.7	25	00:26:34.4	08:34	01:52:31.4	
33	134 Rawlings, Lauren	1285	Saint Paul, MN	50	00:11:27.1	02:51	10 00:01:48.7	35	01:09:42.5	18.0	37	00:01:36.6	36	00:28:01.2	09:02	01:52:36.3	
34	136 Schenkey, Erin	1388	North Branch,	41	00:11:02.7	02:45	56 00:03:03.9	23	01:07:54.0	18.5	59	00:02:07.7	41	00:28:34.4	09:13	01:52:42.8	
35	140 Multhaup, Megan	1569	Saint Paul, MN	37	00:10:59.2	02:44	16 00:02:00.1	34	01:09:34.3	18.1	55	00:01:59.1	43	00:28:40.2	09:14	01:53:13.1	
36	145 Curran, Julia	759	Minneapolis,	61	00:12:21.3	03:05	15 00:01:59.9	30	01:08:55.9	18.2	4	00:00:51.1	45	00:29:18.9	09:27	01:53:27.3	
37	151 Donlan, Mary	1537	Coon Rapids,	52	00:11:51.1	02:57	31 00:02:23.2	40	01:10:47.9	17.7	68	00:02:30.8	24	00:26:29.9	08:32	01:54:03.1	
38	152 Plote, Kelly	1476	Peoria, IL	72	00:14:35.9	03:38	59 00:03:13.3	31	01:08:59.3	18.2	24	00:01:17.5	17	00:26:02.9	08:24	01:54:09.1	
39	156 Walby, Jennie	896	Minneapolis,	3	00:08:02.8	02:00	45 00:02:42.2	51	01:14:22.8	16.9	10	00:00:57.3	40	00:28:28.1	09:11	01:54:33.4	
40	160 Guse, Val	1062	Woodbury, MN	67	00:12:58.8	03:14	9 00:01:47.3	36	01:10:05.9	17.9	45	00:01:47.3	38	00:28:09.0	09:04	01:54:48.6	
41	161 Wegwerth, Leala	899	Maplewood, MN	45	00:11:12.3	02:48	28 00:02:20.9	55	01:16:32.9	16.4	9	00:00:55.9	8	00:23:47.1	07:40	01:54:49.2	
42	163 Haaland, Michele	1063	Minneapolis,	56	00:12:06.9	03:01	22 00:02:14.9	9	01:04:39.0	19.4	43	00:01:46.9	57	00:34:07.4	11:00	01:54:55.3	
43	168 Barale, Kelsey	1532	Minneapolis,	38	00:10:59.9	02:44	39 00:02:33.5	59	01:17:42.1	16.2	36	00:01:36.1	3	00:22:30.1	07:15	01:55:22.0	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 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
44	176 Twaddle, Rebekah	1041	Saint Paul, MN	54	00:11:56.2	02:59	58 00:03:10.9	15	01:06:42.1	18.8	63	00:02:17.9	54	00:31:42.7	10:13	01:55:50.1	
45	177 Dawson, Anna	1507	Saint Paul, MN	31	00:10:39.1	02:39	50 00:02:47.8	50	01:14:08.5	16.9	41	00:01:46.0	29	00:26:42.7	08:37	01:56:04.3	
46	182 Pine, Mandy	1272	Sartell, MN	18	00:09:48.2	02:27	41 00:02:38.4	44	01:11:27.6	17.6	53	00:01:56.4	49	00:30:36.9	09:52	01:56:27.7	
47	184 Mcbroom, Sarah	1130	Saint Paul, MN	36	00:10:58.1	02:44	33 00:02:25.3	54	01:15:52.9	16.6	20	00:01:11.1	20	00:26:14.0	08:27	01:56:41.6	
48	190 Ryan, Kelly	1512	Falcon Heights,	19	00:09:57.8	02:29	73 00:04:43.2	38	01:10:31.6	17.8	71	00:03:35.3	39	00:28:22.1	09:09	01:57:10.2	
49	194 Mccathie, Becky	1333	Eden Prairie,	63	00:12:24.4	03:06	20 00:02:08.5	45	01:12:49.1	17.3	38	00:01:39.0	42	00:28:36.3	09:13	01:57:37.4	
50	200 Kenney, Bridget	972	Minneapolis,	34	00:10:46.6	02:41	57 00:03:05.0	28	01:08:27.8	18.4	76	00:05:01.5	50	00:30:58.2	09:59	01:58:19.4	
51	209 Smith, Nikole	1091	Andover, MN	43	00:11:07.0	02:46	65 00:03:59.7	53	01:15:19.1	16.7	61	00:02:09.1	26	00:26:37.3	08:35	01:59:12.4	
52	225 Pearson, Sheila	951	Smtell, MN	55	00:12:02.7	03:00	11 00:01:49.8	41	01:10:51.0	17.7	48	00:01:53.2	58	00:34:46.4	11:13	02:01:23.3	
53	233 Alford, Leyna	1517	Hopkins, MN	51	00:11:32.5	02:53	49 00:02:47.6	42	01:10:58.5	17.7	49	00:01:54.5	61	00:35:07.2	11:19	02:02:20.5	
54	255 Richins, Breanne	840	St. Paul, MN	57	00:12:08.5	03:02	62 00:03:45.3	60	01:17:48.5	16.1	32	00:01:30.3	51	00:31:29.0	10:09	02:06:41.8	
55	259 Lenzmeier,	1589	Blaine, MN	48	00:11:23.8	02:50	40 00:02:37.0	52	01:14:36.0	16.8	69	00:02:41.5	62	00:35:59.2	11:36	02:07:17.7	
56	264 Puelston, Johanna	784	North Branch,	66	00:12:53.2	03:13	12 00:01:51.7	57	01:16:59.2	16.3	8	00:00:53.6	63	00:36:26.2	11:45	02:09:04.2	
57	266 Braden, Michelle	1358	North Branch,	76	00:19:49.3	04:57	17 00:02:02.6	49	01:13:38.0	17.1	18	00:01:08.7	55	00:33:03.7	10:39	02:09:42.6	
58	277 Cisewski, Lindsay	1409	Minneapolis,	30	00:10:37.2	02:39	66 00:04:20.3	68	01:24:33.2	14.9	60	00:02:08.1	46	00:29:20.1	09:27	02:10:59.1	
59	287 Zwonitzer, Kathy	1400	Lino Lakes, MN	27	00:10:22.6	02:35	60 00:03:18.4	61	01:18:37.7	16.0	62	00:02:13.8	67	00:37:52.4	12:13	02:12:25.1	
60	290 Glumack, Kristin	1612	Chula Vista, CA	13	00:09:19.1	02:19	43 00:02:41.1	63	01:21:59.5	15.3	46	00:01:47.6	65	00:36:49.0	11:52	02:12:36.6	
61	291 Andersen, Katie	801	Plymouth, MN	35	00:10:52.6	02:43	61 00:03:29.5	66	01:24:04.7	14.9	30	00:01:25.1	56	00:33:17.4	10:44	02:13:09.5	
62	294 Moody, Elizabeth	1380	Minneapolis,	75	00:15:55.6	03:58	69 00:04:29.0	62	01:19:46.8	15.7	50	00:01:55.4	53	00:31:39.6	10:12	02:13:46.6	
63	296 Kaiser, Amanda	1418	St. Paul, MN	58	00:12:10.0	03:02	67 00:04:20.8	70	01:27:26.6	14.4	35	00:01:33.8	44	00:29:12.3	09:25	02:14:43.8	
64	299 Moeller, Frances	1378	Woodbury, MN	74	00:15:44.2	03:56	64 00:03:57.2	56	01:16:37.3	16.4	66	00:02:23.6	64	00:36:45.2	11:51	02:15:27.7	
65	303 Zeilinger Henjum,	1583	Oakdale, MN	70	00:13:24.0	03:21	8 00:01:42.9	64	01:21:59.6	15.3	58	00:02:05.2	71	00:38:27.0	12:24	02:17:39.0	
66	314 Farrell, Elizabeth	1363	Saint Paul, MN	69	00:13:08.0	03:17	74 00:04:44.5	69	01:25:48.9	14.6	28	00:01:22.2	60	00:34:59.4	11:17	02:20:03.1	
67	315 Mckitrick, Andrea	1588	Burnsville, MN	65	00:12:41.8	03:10	76 00:05:28.0	58	01:17:19.8	16.2	73	00:04:12.8	73	00:40:48.2	13:09	02:20:30.8	
68	320 Caprigno, Allison	957	Salem, NH	26	00:10:22.0	02:35	70 00:04:32.1	65	01:24:00.8	14.9	65	00:02:22.2	74	00:40:52.5	13:11	02:22:09.8	
69	321 Harcey, Sondra	1524	Cambridge, MN	10	00:09:05.3	02:16	75 00:05:26.7	67	01:24:25.8	14.9	74	00:04:47.6	72	00:38:43.9	12:29	02:22:29.5	
70	322 Platt, A	1433	Saint Paul, MN	71	00:13:24.8	03:21	68 00:04:27.7	71	01:28:06.9	14.2	57	00:01:59.6	59	00:34:58.6	11:16	02:22:57.7	
71	328 Downing, Heather	812	Salem, NH	47	00:11:21.2	02:50	55 00:03:02.5	74	01:32:49.0	13.5	6	00:00:53.1	66	00:37:28.9	12:05	02:25:34.9	
72	333 Sandman, Megan	1386	Rochester, MN	53	00:11:55.9	02:58	47 00:02:44.5	75	01:33:43.3	13.4	51	00:01:55.4	70	00:38:09.4	12:18	02:28:28.8	
73	334 Kandiko, Heather	1371	Madison, WI	73	00:14:58.3	03:44	72 00:04:37.2	72	01:28:55.5	14.1	70	00:02:42.6	69	00:38:02.7	12:16	02:29:16.5	
74	339 Beduhn, Rebecca	1287	Maplewood, MN	60	00:12:16.4	03:04	53 00:02:55.7	73	01:29:15.2	14.1	54	00:01:58.8	75	00:45:06.2	14:32	02:31:32.6	
75	348 Brubak, Anna	1204	St Paul, MN	21	00:10:08.4	02:32	71 00:04:36.6	76	01:42:22.0	12.3	72	00:04:07.5	68	00:37:59.9	12:15	02:39:14.7	
	Coomes, Caitlin	960	Minneapolis,	15	00:09:30.8		24 00:02:15.5	10	01:04:39.1	19.4	75	00:04:54.7				DNF	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
30-34			Age Group Field: 52														
1	2 Hankee, Diane	705 Lino Lakes, MN	1	00:08:02.2	02:00	2	00:01:12.8	1	00:54:27.5	23.1	2	00:00:46.8	2	00:21:36.9	06:58	01:26:06.4	
2	5 Hermanson, Sara	720 Andover, MN	2	00:08:04.4	02:01	4	00:01:24.4	2	00:55:33.4	22.6	8	00:01:02.7	5	00:22:54.7	07:23	01:28:59.8	
3	6 Hohenstein, Angel	1217 Duluth, MN	5	00:09:02.0	02:15	16	00:01:56.4	3	00:57:43.0	21.8	20	00:01:22.4	1	00:20:47.7	06:42	01:30:51.6	
4	13 Moyer, Ann	710 Rochester, MN	3	00:08:42.9	02:10	5	00:01:25.5	4	00:58:54.5	21.3	24	00:01:29.7	3	00:22:03.2	07:06	01:32:36.0	
5	19 Swanson, Becka	947 Circle Pines, MN	13	00:10:07.7	02:31	15	00:01:54.4	5	00:59:31.4	21.1	19	00:01:21.4	7	00:24:43.8	07:58	01:37:38.9	
6	24 Baranowski,	1202 Golden Valley,	7	00:09:07.2	02:16	1	00:01:01.2	6	01:00:21.7	20.8	6	00:01:01.5	19	00:27:43.2	08:56	01:39:15.0	
7	25 Sullivan, Hannah	1299 St Paul, MN	15	00:10:34.0	02:38	3	00:01:20.4	7	01:01:21.8	20.5	5	00:01:00.0	8	00:25:04.3	08:05	01:39:20.6	
8	29 Karnes, Rebecca	1581 Mound, MN	29	00:11:50.7	02:57	8	00:01:30.3	9	01:02:55.4	20.0	10	00:01:06.5	4	00:22:43.5	07:19	01:40:06.6	
9	44 Potyondy-smith,	714 Champlin, MN	4	00:08:54.3	02:13	11	00:01:46.4	8	01:02:39.5	20.1	15	00:01:14.8	21	00:27:57.2	09:01	01:42:32.4	
10	61 Augustin, Paula	1593 St. Louis Park,	18	00:10:38.9	02:39	21	00:02:12.8	14	01:06:48.4	18.8	17	00:01:21.2	6	00:24:01.0	07:44	01:45:02.5	
11	68 Mack, Kate	1423 Minneapolis,	14	00:10:30.1	02:37	19	00:02:03.6	13	01:05:38.9	19.1	33	00:01:48.4	10	00:25:43.9	08:18	01:45:45.0	
12	70 Herzig, Jessica	1118 Forest Lake, MN	32	00:12:04.0	03:01	10	00:01:37.0	12	01:03:17.2	19.9	14	00:01:09.7	20	00:27:43.5	08:56	01:45:51.6	
13	74 Neuman, Jackie	935 New Richmond,	40	00:12:53.8	03:13	9	00:01:30.8	10	01:03:07.3	19.9	40	00:02:22.3	13	00:26:24.8	08:31	01:46:19.2	
14	76 Stanek, Jennifer	945 Center City, MN	46	00:13:55.5	03:28	7	00:01:26.1	11	01:03:07.6	19.9	18	00:01:21.4	15	00:26:36.4	08:34	01:46:27.1	
15	86 Mortale, Jennifer	1233 St Louis Park,	8	00:09:15.4	02:18	6	00:01:25.9	16	01:08:36.0	18.3	22	00:01:28.1	16	00:26:41.9	08:36	01:47:27.5	
16	102 Ouse, Amy	1475 Forest Lake, MN	27	00:11:35.1	02:53	13	00:01:52.4	17	01:09:14.5	18.1	4	00:00:59.5	12	00:26:06.9	08:25	01:49:48.5	
17	123 Bloomquist,	1356 Bourbonnais, IL	16	00:10:34.9	02:38	41	00:03:41.7	15	01:07:46.9	18.5	32	00:01:47.5	17	00:27:40.3	08:55	01:51:31.4	
18	138 Udem, Jacquie	1337 Chisago City,	19	00:10:39.1	02:39	18	00:02:03.2	28	01:12:27.1	17.3	42	00:02:25.3	9	00:25:11.1	08:07	01:52:46.0	
19	143 Naig, Leah	985 Eden Prairie,	35	00:12:17.5	03:04	24	00:02:24.3	23	01:10:36.3	17.8	23	00:01:29.0	14	00:26:35.8	08:34	01:53:23.0	
20	144 Miskowic, Sherry	1425 Plymouth, MN	17	00:10:36.3	02:39	23	00:02:23.3	21	01:09:39.1	18.0	30	00:01:43.9	26	00:29:03.1	09:22	01:53:26.0	
21	146 Jacklitch, Michelle	873 Plymouth, MN	9	00:09:30.4	02:22	26	00:02:35.5	18	01:09:30.8	18.1	21	00:01:27.7	32	00:30:35.2	09:52	01:53:39.8	
22	150 Huseth, Heather	1069 Ramsey, MN	22	00:10:55.8	02:43	36	00:03:02.6	26	01:11:52.7	17.5	39	00:02:22.1	11	00:25:47.0	08:19	01:54:00.4	
23	165 Wyttenbach, Laura	1200 Kasson, MN	10	00:09:48.3	02:27	29	00:02:41.6	31	01:13:11.7	17.2	12	00:01:09.2	22	00:28:18.9	09:08	01:55:10.0	
24	181 Huberty, Becky	968 St. Paul, MN	28	00:11:41.4	02:55	25	00:02:31.3	24	01:11:37.6	17.5	13	00:01:09.7	28	00:29:24.8	09:29	01:56:25.0	
25	188 Welke, Ashley	1000 St. Paul, MN	11	00:10:01.0	02:30	33	00:02:48.2	20	01:09:34.9	18.1	25	00:01:29.9	41	00:33:08.0	10:41	01:57:02.3	
26	191 Peterson, Gail	837 Hopkins, MN	36	00:12:19.9	03:04	17	00:01:58.0	30	01:12:44.8	17.3	11	00:01:08.4	25	00:28:59.1	09:21	01:57:10.5	
27	193 Boyle, Katherine	1336 Stillwater, MN	33	00:12:08.1	03:02	27	00:02:36.2	19	01:09:30.8	18.1	29	00:01:38.0	37	00:31:36.4	10:11	01:57:29.7	
28	195 Nelsen, Katie	725 Cottage Grove,	23	00:11:01.2	02:45	30	00:02:43.1	25	01:11:44.6	17.5	27	00:01:34.0	31	00:30:35.0	09:51	01:57:38.0	
29	203 Holmes, Laura	1606	30	00:11:58.8	02:59	22	00:02:17.2	29	01:12:39.3	17.3	31	00:01:46.7	29	00:29:49.6	09:37	01:58:31.8	
30	205 Solomonson,	1390 Princeton, MN	44	00:13:19.5	03:19	39	00:03:25.5	22	01:10:25.0	17.8	26	00:01:30.3	30	00:30:10.5	09:44	01:58:51.0	
31	206 Pfaff, Kristin	1600	31	00:11:59.9	02:59	32	00:02:47.0	33	01:13:41.4	17.0	9	00:01:04.4	27	00:29:20.8	09:28	01:58:53.7	
32	218 Berglund,	754 Costa Mesa, CA	6	00:09:03.9	02:15	12	00:01:51.4	37	01:15:58.8	16.5	1	00:00:34.8	39	00:32:25.8	10:27	01:59:55.0	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
33	230 Holmdahl, Angela	1300 Eagan, MN	43	00:13:08.8	03:17	28	00:02:41.1	34	01:13:50.1	17.0	16	00:01:18.3	35	00:31:04.0	10:01	02:02:02.6	
34	231 Foley, Jennifer	1109 Mendota	39	00:12:42.1	03:10	38	00:03:21.8	27	01:12:00.0	17.4						02:02:03.2	
35	240 Hall, Amanda	1535 Hugo, MN	25	00:11:17.1	02:49	37	00:03:21.7	39	01:18:11.4	16.1	36	00:02:06.7	23	00:28:30.6	09:11	02:03:27.7	
36	247 Gilbert, Katherine	816 North Branch,	12	00:10:02.7	02:30	48	00:04:34.0	36	01:15:33.5	16.6	3	00:00:55.9	44	00:34:39.0	11:10	02:05:45.4	
37	250 Benedict, Sara	1405 Minneapolis,	42	00:13:06.3	03:16	45	00:04:04.3	35	01:14:03.6	17.0	28	00:01:36.6	42	00:33:13.2	10:42	02:06:04.2	
38	251 Garletz, Annalee	1164 St. Paul, MN	26	00:11:33.4	02:53	44	00:04:03.5	38	01:16:26.9	16.4	41	00:02:24.1	38	00:31:44.1	10:14	02:06:12.2	
39	258 May, Jennifer	1228 Forest Lake, MN	20	00:10:40.8	02:40	46	00:04:08.0	32	01:13:12.7	17.2	38	00:02:20.0	47	00:36:39.3	11:49	02:07:01.0	
40	263 Wynn, Heather	1490 Pine City, MN	45	00:13:46.3	03:26	34	00:02:59.3	42	01:21:17.4	15.4	34	00:01:53.0	24	00:28:35.2	09:13	02:08:31.3	
41	269 Henders, Rebecca	1015 Minneapolis,	37	00:12:22.0	03:05	35	00:03:00.4	41	01:21:16.3	15.5	37	00:02:18.9	34	00:30:53.4	09:57	02:09:51.2	
42	292 Judson, Erin	1370 North Branch,	41	00:13:00.1	03:15	50	00:05:02.5	43	01:24:02.8	14.9	49	00:03:22.2	18	00:27:42.0	08:56	02:13:09.7	
43	295 Sargent	1190 Minneapolis,	34	00:12:10.3	03:02	14	00:01:53.7	40	01:18:31.0	16.0	44	00:02:56.6	48	00:38:20.2	12:22	02:13:52.1	
44	306 Rose, Ann	1439 Minneapolis,	21	00:10:48.2	02:42	31	00:02:45.8	45	01:24:41.6	14.8	48	00:03:19.7	46	00:36:18.8	11:42	02:17:54.4	
45	311 Hoiosen, Cheryl	819 Waconia, MN	47	00:15:13.3	03:48	42	00:03:55.3	46	01:27:08.6	14.4	7	00:01:01.7	36	00:31:35.6	10:11	02:18:54.6	
46	312 Dopp, Paige	1413 Circle Pines, MN	49	00:15:48.1	03:57	40	00:03:32.5	44	01:24:16.2	14.9	47	00:03:12.9	40	00:32:45.9	10:34	02:19:35.8	
47	338 Reese, Aimee	1434 Woodbury, MN	52	00:19:18.3	04:49	20	00:02:09.2	47	01:32:52.9	13.5	46	00:03:12.4	43	00:33:46.9	10:53	02:31:20.0	
48	340 Ackerman, Marnee	1499 Blaine, MN	38	00:12:33.2	03:08	43	00:03:58.9	48	01:33:53.3	13.4	43	00:02:39.8	49	00:39:12.7	12:38	02:32:18.2	
49	345 Rome, Kelty	1438 Forest Lake, MN	48	00:15:30.3	03:52	49	00:04:36.8	51	01:42:53.6	12.2	45	00:02:57.5	33	00:30:40.7	09:53	02:36:39.1	
50	346 Eydel, Ella	867 Minnetonka, MN	50	00:17:50.2	04:27	47	00:04:10.1	50	01:37:23.5	12.9	35	00:02:06.4	45	00:36:03.1	11:37	02:37:33.5	
51	352 Gross, Kelly	1167 Duluth, MN	24	00:11:01.7	02:45	52	00:05:33.8	49	01:37:05.1	12.9	51	00:06:13.8	51	00:54:06.4	17:27	02:54:00.9	
52	353 Dennis, Deanna	1560 Stacy, MN	51	00:18:39.3	04:39	51	00:05:03.2	52	01:44:11.7	12.0	50	00:06:06.5	50	00:43:47.9	14:07	02:57:48.8	

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Age Group Field: 51

1	Wilcox, Jenny	719 Cottage Grove,	1	00:08:03.8	02:00	2	00:01:14.2	1	00:54:33.1	23.0	8	00:01:06.2	1	00:19:46.2	06:22	01:24:43.8	
1	3 Kent, Tracie	707 St Paul, MN	4	00:08:28.1	02:07	6	00:01:25.9	2	00:54:51.1	22.9	6	00:01:01.8	3	00:22:53.9	07:23	01:28:40.9	
2	4 McGaver, Marlo	1610 Duluth, MN	20	00:10:46.0	02:41	12	00:01:50.7	3	00:55:07.5	22.8	3	00:00:54.2	2	00:20:12.4	06:31	01:28:51.0	
3	15 Ogston, Jena	711 Duluth, MN	3	00:08:07.0	02:01	4	00:01:21.3	7	01:00:38.4	20.7	13	00:01:12.7	6	00:23:51.8	07:41	01:35:11.5	
4	17 Enderlein, Amy	1107 Blaine, MN	6	00:08:33.1	02:08	8	00:01:37.8	4	00:57:56.7	21.7	15	00:01:15.8	14	00:26:40.5	08:36	01:36:04.0	
5	18 Currie, Leigh	1103 St. Paul, MN	5	00:08:29.3	02:07	7	00:01:34.4	5	01:00:21.1	20.8	20	00:01:28.5	12	00:25:38.1	08:16	01:37:31.6	
6	20 Flury, Nancy	916 Minnetonka, MN	10	00:09:28.5	02:22	3	00:01:16.1	9	01:02:24.9	20.1	11	00:01:10.2	4	00:23:24.5	07:33	01:37:44.4	
7	23 Benden, Dana	1154 La Crosse, WI	15	00:10:19.1	02:34	1	00:01:10.9	8	01:01:17.4	20.5	4	00:00:58.0	11	00:25:25.9	08:12	01:39:11.6	
8	35 Rondorf, Heather	1553 Blaine, MN	8	00:09:22.6	02:20	15	00:01:54.9	11	01:03:30.5	19.8	26	00:01:36.0	7	00:24:40.6	07:57	01:41:04.8	
9	39 Korsbon, Jennie	974 Minneapolis,	11	00:09:29.7	02:22	18	00:02:00.2	15	01:04:33.3	19.5	16	00:01:17.0	8	00:24:45.5	07:59	01:42:05.8	
10	41 Phillips, Dana	1134 Woodbury, MN	16	00:10:22.0	02:35	26	00:02:20.2	6	01:00:35.7	20.7	34	00:01:48.0	17	00:27:08.3	08:45	01:42:14.5	
11	63 Simpson, Michelle	1090 Ham Lake, MN	17	00:10:40.0	02:40	11	00:01:48.2	13	01:04:07.9	19.6	29	00:01:41.0	15	00:26:47.6	08:38	01:45:04.7	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
12	71 De Rovere, Anne	1104 Woodbury, MN	9	00:09:28.3	02:22	16	00:01:57.4	18	01:05:32.4	19.2	5	00:01:00.2	21	00:27:53.2	08:59	01:45:51.7	
13	73 Timm, Jill	793 Center City, MN	33	00:11:56.0	02:59	5	00:01:24.1	16	01:04:38.0	19.4	1	00:00:42.6	18	00:27:27.5	08:51	01:46:08.4	
14	77 Warnke, Gretchen	848 Eagan, MN	12	00:09:58.4	02:29	19	00:02:02.9	12	01:04:04.7	19.6	25	00:01:35.9	25	00:28:53.5	09:19	01:46:35.7	
15	78 Lesov, Saida	1421 Maple Grove,	44	00:13:48.2	03:27	37	00:03:10.3	10	01:02:57.1	20.0	49	00:03:08.1	5	00:23:40.9	07:38	01:46:45.0	
16	79 Weiland, Carole	1199 Champlin, MN	2	00:08:04.5	02:01	27	00:02:22.4	14	01:04:25.3	19.5	24	00:01:35.9	29	00:30:24.0	09:48	01:46:52.2	
17	90 Houdek, Lisa	1066 Minneapolis,	32	00:11:46.6	02:56	24	00:02:10.1	20	01:06:21.7	18.9	2	00:00:48.4	16	00:26:49.8	08:39	01:47:56.8	
18	93 Haug, Kris	1462 Minneapolis,	39	00:12:44.2	03:11	17	00:01:59.5	23	01:07:51.2	18.5	7	00:01:05.0	9	00:24:52.9	08:01	01:48:33.0	
19	98 Moore, Krista	1580 Menomonie, WI	29	00:11:36.9	02:54	47	00:03:43.4	21	01:07:16.6	18.7	37	00:01:53.3	10	00:25:03.7	08:05	01:49:34.1	
20	104 Burr, Shelly	1005 River Falls, WI	26	00:11:22.8	02:50	14	00:01:51.4	17	01:04:57.3	19.3	12	00:01:11.2	30	00:30:39.6	09:53	01:50:02.5	
21	107 Daly, Leah	1411 Orono, MN	23	00:11:06.4	02:46	10	00:01:45.9	22	01:07:26.3	18.6	43	00:02:18.0	20	00:27:39.7	08:55	01:50:16.4	
22	113 Setter, Randi	1034 Hugo, MN	13	00:10:01.7	02:30	13	00:01:50.8	26	01:08:49.2	18.3	23	00:01:33.6	23	00:28:23.6	09:09	01:50:39.1	
23	114 Wardle, Cherie	1249 Durham, NC	22	00:10:59.6	02:44	29	00:02:31.5	25	01:08:01.4	18.5	9	00:01:09.7	22	00:28:19.9	09:08	01:51:02.3	
24	118 Schultz, Rachel	883 Lino Lakes, MN	24	00:11:10.3	02:47	20	00:02:04.3	19	01:05:33.8	19.2	28	00:01:39.4	33	00:30:50.1	09:56	01:51:18.1	
25	155 Carroll Clark,	911 Lino Lakes, MN	27	00:11:28.7	02:52	9	00:01:41.7	24	01:07:58.0	18.5	22	00:01:33.0	36	00:31:37.8	10:12	01:54:19.5	
26	172 Bruce, Mary	855 Plymouth, MN	19	00:10:45.2	02:41	35	00:02:59.5	33	01:12:21.9	17.4	35	00:01:49.1	19	00:27:38.1	08:54	01:55:34.0	
27	183 Novak, Bunnie	1603 Fargo, ND	34	00:12:10.5	03:02	31	00:02:41.1	28	01:09:45.4	18.0	40	00:02:07.4	26	00:29:48.7	09:37	01:56:33.2	
28	199 Hill, Amber	872 Chisago City,	25	00:11:17.0	02:49	21	00:02:07.4	36	01:13:22.6	17.1	14	00:01:12.8	27	00:30:05.1	09:42	01:58:05.1	
29	202 Ayers, Karie	1509 Chaska, MN	38	00:12:40.6	03:10	33	00:02:51.0	27	01:09:26.7	18.1	45	00:02:38.1	31	00:30:44.1	09:54	01:58:20.7	
30	212 Gacnik, Debbie	1163 Keller, TX	28	00:11:31.4	02:52	32	00:02:43.9	32	01:12:16.8	17.4	18	00:01:19.4	35	00:31:36.3	10:11	01:59:27.9	
31	216 Sufficool, Nicole	1293 Valley City, ND	31	00:11:43.7	02:55	22	00:02:09.6	30	01:10:34.9	17.8	42	00:02:16.5	41	00:33:05.5	10:40	01:59:50.3	
32	219 Tell, Jennifer	997 Birchwood, MN	36	00:12:23.1	03:05	30	00:02:32.4	34	01:12:36.2	17.3	27	00:01:38.9	32	00:30:46.7	09:55	01:59:57.5	
33	221 Cartwright, Karin	738 Saint Francis,	37	00:12:29.9	03:07	23	00:02:09.8	31	01:11:51.2	17.5	31	00:01:44.1	39	00:32:19.8	10:25	02:00:35.0	
34	228 Murphy, Anne	1500 Saint Paul, MN	18	00:10:41.8	02:40	43	00:03:31.4	38	01:13:39.3	17.1	36	00:01:52.0	38	00:31:54.8	10:17	02:01:39.4	
35	235 Molitor, Jodi	1379 N Branch, MN	14	00:10:18.6	02:34	42	00:03:27.6	37	01:13:32.0	17.1	19	00:01:26.2	42	00:33:56.5	10:56	02:02:41.1	
36	241 Jordet, Michele	1121 Center City, MN	43	00:13:45.4	03:26	41	00:03:22.8	29	01:10:14.8	17.9	50	00:05:06.6	34	00:31:27.5	10:08	02:03:57.3	
37	245 Dupre, Clarrissa	1339 Oakdale, MN	35	00:12:21.4	03:05	38	00:03:13.2	39	01:15:10.2	16.7	33	00:01:45.4	37	00:31:52.8	10:17	02:04:23.2	
38	252 Booher, Kerri	1408 St Louis Park,	47	00:14:24.7	03:36	49	00:03:59.3	42	01:19:16.8	15.8	47	00:02:40.9	13	00:25:52.7	08:20	02:06:14.5	
39	260 Mossberg, Marcella	1428 Isanti, MN	42	00:13:37.4	03:24	40	00:03:22.6	45	01:20:26.6	15.6	21	00:01:31.5	24	00:28:41.1	09:15	02:07:39.5	
40	265 Knutson, Cathy	925 North Branch,	49	00:14:42.4	03:40	48	00:03:44.5	35	01:13:06.3	17.2	44	00:02:18.1	44	00:35:29.8	11:27	02:09:21.2	
41	273 Pelto, Melissa	1238 Forest Lake, MN	7	00:08:59.9	02:14	34	00:02:56.8	44	01:20:05.4	15.7	39	00:02:03.8	46	00:36:26.5	11:45	02:10:32.7	
42	274 Chovan, Sara	858 Minnetonka, MN	30	00:11:41.1	02:55	36	00:03:06.2	40	01:17:10.1	16.3	46	00:02:40.1	45	00:36:03.1	11:37	02:10:40.9	
43	285 Wagner, Brenda	1348 Forest Lake, MN	41	00:13:29.9	03:22	28	00:02:29.6	41	01:17:23.1	16.2	41	00:02:15.2	47	00:36:36.5	11:48	02:12:14.6	
44	297 Betts, Lisa	965	51	00:17:10.5	04:17	25	00:02:15.1	43	01:19:34.2	15.8	30	00:01:43.7	43	00:34:37.9	11:10	02:15:21.6	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
45	318 Vicklund, Laurie	1396	Rush City, MN	45	00:13:55.0	03:28	46 00:03:42.9	48	01:27:07.4	14.4						02:21:16.7	
46	325 Sheih, Sandra	1442	Maple Grove,	40	00:13:13.9	03:18	39 00:03:14.4	47	01:27:06.2	14.4	32	00:01:44.5	48	00:38:35.0	12:26	02:23:54.2	
47	327 Arnold, Laurette	1550	Lindstrom, MN	48	00:14:27.7	03:36	45 00:03:36.7	46	01:26:14.5	14.6	38	00:02:02.9	50	00:39:05.8	12:36	02:25:27.7	
48	331 Snustad, Mary	1444	Shoreview, MN	21	00:10:57.9	02:44	51 00:06:06.3	50	01:37:13.6	12.9	48	00:03:07.3	28	00:30:06.5	09:42	02:27:31.9	
49	337 Svendsen,	1479	Prior Lake, MN	46	00:14:12.2	03:33	50 00:05:06.9	51	01:37:38.7	12.9	17	00:01:17.2	40	00:32:49.1	10:35	02:31:04.2	
50	341 Hannon, Kay	817	Blaine, MN	50	00:15:56.3	03:59	44 00:03:35.5	49	01:34:17.0	13.3	10	00:01:09.9	49	00:38:42.6	12:29	02:33:41.6	

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Age Group Field: 58

1	9 Weaver, Kristen	723	Stillwater, MN	1	00:07:55.5	01:58	1 00:01:19.1	1	00:55:59.2	22.5	13	00:01:21.5	6	00:24:46.2	07:59	01:31:21.8	
2	11 Lyng, Julia	772	Burnsville, MN	3	00:08:14.5	02:03	3 00:01:29.6	3	00:59:09.2	21.3	2	00:00:55.0	1	00:22:29.8	07:15	01:32:18.3	
3	30 Parker, Pauline	1133	Hopkins, MN	12	00:10:03.5	02:30	9 00:01:51.0	2	00:59:08.9	21.3	19	00:01:28.2	14	00:27:36.1	08:54	01:40:07.8	
4	36 Crocker, Shari	1208	North Mankato,	28	00:09:40.3	02:25	10 00:02:39.6	16	01:02:47.6	20.0	8	00:01:39.9	25	00:24:25.2	07:52	01:41:12.7	
5	38 Weidner, Mary	849	Edina, MN	9	00:09:20.7	02:20	10 00:01:54.4	13	01:05:59.0	19.0	3	00:01:01.7	4	00:23:33.1	07:35	01:41:49.1	
6	40 Ahlquist, Sara	1562	Minnetonka, MN	5	00:09:02.3	02:15	12 00:01:58.2	7	01:03:43.3	19.7	20	00:01:36.3	11	00:25:51.5	08:20	01:42:11.8	
7	46 Janzig, Jeannie	920	Center City, MN	10	00:09:33.1	02:23	6 00:01:40.1	12	01:05:35.4	19.2	9	00:01:16.8	7	00:24:46.6	07:59	01:42:52.2	
8	47 Tucker, Nicole	735	Los Angeles,	11	00:09:39.9	02:24	25 00:02:36.6	10	01:04:25.3	19.5	14	00:01:22.3	9	00:24:55.2	08:02	01:42:59.5	
9	48 Kibby, Kathy	1549	Minneapolis,	4	00:08:38.7	02:09	14 00:02:08.3	9	01:04:15.1	19.6	22	00:01:40.5	12	00:26:23.6	08:30	01:43:06.4	
10	51 Carlen, Patricia	1288	St. Paul, MN	6	00:09:14.6	02:18	40 00:03:18.1	4	01:00:46.5	20.7	38	00:02:10.0	15	00:27:42.8	08:56	01:43:12.2	
11	55 Nemeth, Jayne	1235	Minneapolis, MN	35	00:12:16.5	03:04	15 00:02:08.5	8	01:04:09.3	19.6	32	00:01:54.3	2	00:23:02.3	07:25	01:43:31.2	
12	60 Nevala, Wendy	986	Rochester, MN	17	00:10:36.0	02:39	2 00:01:28.1	5	01:01:00.4	20.6	27	00:01:46.7	32	00:30:08.1	09:43	01:44:59.6	
13	65 Bartz, Carol Ann	1548	Chisago City,	7	00:09:18.9	02:19	20 00:02:15.8	22	01:09:23.3	18.1	7	00:01:16.0	3	00:23:19.8	07:31	01:45:34.0	
14	67 Klingler, Jessica	826	Champlin, MN	15	00:10:25.1	02:36	13 00:02:03.9	6	01:03:32.6	19.8	12	00:01:21.0	19	00:28:19.5	09:08	01:45:42.3	
15	81 Dreyer, Dlee	813	Minneapolis,	22	00:11:23.9	02:50	18 00:02:14.2	17	01:07:08.2	18.7	5	00:01:08.9	10	00:25:11.7	08:07	01:47:07.0	
16	85 Conway, Dana	1311	Vadnais	20	00:11:06.5	02:46	36 00:03:11.0	15	01:06:27.1	18.9	48	00:02:36.4	5	00:24:03.3	07:45	01:47:24.6	
17	103 Elzy, Tammy917	863	Lindstrom, MN	26	00:11:50.6	02:57	27 00:02:41.4	11	01:05:20.9	19.2	1	00:00:52.6	28	00:29:16.5	09:26	01:50:02.2	
18	109 Gralish, Amy	917	Chisago, MN	38	00:12:48.6	03:12	17 00:02:10.2	16	01:06:48.4	18.8	10	00:01:17.2	13	00:27:14.9	08:47	01:50:19.4	
19	112 Borman, Alicia	807	Eagan, MN	8	00:09:20.4	02:20	24 00:02:33.6	31	01:12:29.1	17.3	6	00:01:15.0	8	00:24:54.0	08:01	01:50:32.2	
20	125 Lyp, Jody	876	Valparaiso, IN	13	00:10:03.7	02:30	22 00:02:25.9	20	01:09:00.8	18.2	17	00:01:23.6	26	00:29:08.4	09:24	01:52:02.6	
21	126 McCallum, Lisa	746	Arden Hills, MN	2	00:08:08.9	02:02	23 00:02:26.2	26	01:11:00.4	17.7	39	00:02:12.5	18	00:28:17.2	09:07	01:52:05.5	
22	166 Williams, Kimberly	1397	Ham Lake, MN	43	00:13:25.6	03:21	38 00:03:15.7	14	01:06:10.4	19.0	44	00:02:21.8	31	00:30:01.8	09:41	01:55:15.6	
23	178 Prew, Bridgette	940	Minneapolis,	32	00:12:00.3	03:00	34 00:02:56.1	21	01:09:18.3	18.1	31	00:01:52.5	30	00:29:59.6	09:40	01:56:07.0	
24	179 Mcginnity,	982	Luck, WI	29	00:11:58.3	02:59	7 00:01:41.6	19	01:08:10.2	18.4	34	00:01:59.9	40	00:32:19.7	10:25	01:56:09.8	
25	180 Garvis, Rhonda	1415	Plymouth, MN	41	00:13:03.9	03:15	47 00:04:05.4	18	01:08:01.9	18.5	45	00:02:23.6	23	00:28:38.7	09:14	01:56:13.6	
26	187 Howard, Lynn	1220	Nisswa, MN	19	00:11:05.5	02:46	26 00:02:38.4	35	01:13:21.7	17.1	18	00:01:26.3	20	00:28:26.4	09:10	01:56:58.6	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 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
27	197 Bunde, Melissa	956	Madison Lake,	31	00:11:59.6	02:59	8 00:01:50.9	28	01:11:24.1	17.6	37	00:02:09.5	35	00:30:36.0	09:52	01:58:00.4	
28	207 Krenz, Jodi	1075	Schofield, WI	47	00:14:13.6	03:33	29 00:02:43.8	23	01:09:26.3	18.1	35	00:02:05.7	33	00:30:25.4	09:48	01:58:55.0	
29	211 Hovelsrud,	1218	Edina, MN	21	00:11:10.5	02:47	33 00:02:53.2	30	01:12:12.1	17.4	51	00:02:39.5	34	00:30:31.6	09:50	01:59:27.0	
30	213 Obst, Maryanne	779	Scandia, MN	18	00:10:47.4	02:41	45 00:03:55.7	25	01:10:07.9	17.9	50	00:02:37.9	39	00:32:03.6	10:20	01:59:32.8	
31	214 Vaagenes, Kirsten	1099	Little Falls, MN	34	00:12:10.2	03:02	37 00:03:14.9	24	01:09:54.3	18.0	15	00:01:22.3	42	00:32:56.2	10:37	01:59:38.0	
32	217 Stob, Leanne	1259	North St. Paul,	40	00:13:00.8	03:15	32 00:02:48.0	34	01:13:16.7	17.1	43	00:02:21.2	21	00:28:27.4	09:10	01:59:54.3	
33	232 Carlson Paetznick,	910	Chisago City,	30	00:11:59.2	02:59	16 00:02:09.4	46	01:18:50.3	15.9	16	00:01:22.4	17	00:27:56.2	09:00	02:02:17.7	
34	234 Getchell, Joyce	1012	Forest Lake, MN	42	00:13:13.1	03:18	11 00:01:56.6	37	01:13:57.0	17.0	4	00:01:02.7	41	00:32:23.3	10:26	02:02:32.9	
35	236 Rose, Janine	1032	Scandia, MN	54	00:17:30.1	04:22	31 00:02:46.2	29	01:12:11.1	17.4	25	00:01:44.1	22	00:28:29.6	09:11	02:02:41.3	
36	237 Hofstad, Becky	1017	Golden Valley,	44	00:13:38.3	03:24	28 00:02:42.1	27	01:11:02.1	17.7	28	00:01:49.1	44	00:33:57.2	10:57	02:03:08.9	
37	239 Leger, Leah	1024	Mound, MN	14	00:10:13.3	02:33	42 00:03:26.1	39	01:17:00.4	16.3	24	00:01:43.1	36	00:30:55.5	09:58	02:03:18.5	
38	246 Antisdell, Della	852	Stacy, MN	33	00:12:09.6	03:02	48 00:04:07.6	32	01:12:37.8	17.3	29	00:01:50.1	45	00:34:07.0	11:00	02:04:52.1	
39	253 Paul, Sara	1237	Orono, MN	16	00:10:28.3	02:37	4 00:01:38.3	43	01:18:12.8	16.1	30	00:01:50.9	47	00:34:30.3	11:07	02:06:40.8	
40	257 Adix, Anne	901	Monticello, MN	28	00:11:53.9	02:58	44 00:03:50.3	36	01:13:42.5	17.0	8	00:01:16.5	50	00:36:13.8	11:41	02:06:57.2	
41	262 Minnichsoffer, Rita	775	Lindstrom, MN	36	00:12:27.1	03:06	51 00:04:28.0	33	01:13:03.2	17.2	40	00:02:15.5	48	00:35:55.9	11:35	02:08:10.0	
42	267 Linders, Maria	1226	Lino Lakes, MN	49	00:14:44.0	03:41	54 00:04:40.1	45	01:18:33.7	16.0	49	00:02:36.5	27	00:29:09.2	09:24	02:09:43.5	
43	268 Lundgren, Sue	979	Eagan, MN	27	00:11:53.8	02:58	5 00:01:40.0	38	01:14:11.3	16.9	41	00:02:16.0	54	00:39:45.4	12:49	02:09:46.8	
44	271 Hale, Carla	1461	Woodbury, MN	23	00:11:33.4	02:53	39 00:03:16.4	47	01:19:28.0	15.8	42	00:02:21.1	43	00:33:39.5	10:51	02:10:18.6	
45	279 Kyeek, Lou	926	St Paul, MN	51	00:15:14.5	03:48	35 00:03:00.0	50	01:21:33.5	15.4	26	00:01:45.9	29	00:29:45.5	09:35	02:11:19.6	
46	280 Becker, Tracy	751	Rochester, MN	48	00:14:31.9	03:37	30 00:02:46.1	40	01:17:09.3	16.3	52	00:02:48.5	46	00:34:19.7	11:04	02:11:35.7	
47	284 Kretman, Andrea	1345	Afton, MN	57	00:21:15.9	05:18	43 00:03:27.9	41	01:17:10.3	16.3	47	00:02:29.1	16	00:27:47.3	08:57	02:12:10.6	
48	286 Terryll, Kathy	1395	Chaska, MN	37	00:12:35.1	03:08	21 00:02:18.6	49	01:19:58.2	15.7	11	00:01:20.8	49	00:36:10.2	11:40	02:12:23.2	
49	293 Steichen, Sharon	946	Lino Lakes, MN	39	00:12:53.2	03:13	19 00:02:14.6	48	01:19:32.9	15.8	33	00:01:59.4	52	00:37:05.3	11:57	02:13:45.7	
50	301 Moeller, Janel	1426	Forest Lake, MN	45	00:13:39.7	03:24	53 00:04:31.3	42	01:17:58.0	16.1	55	00:03:14.2	53	00:37:40.1	12:09	02:17:03.6	
51	308 Karrmann, Jan	732	Cannon Falls,	25	00:11:50.4	02:57	49 00:04:12.2	44	01:18:32.0	16.0	54	00:02:52.2	55	00:40:45.0	13:08	02:18:12.0	
52	313 Steinmetz, Tammy	1392	Chippewa Falls,	56	00:18:56.2	04:44	41 00:03:24.2	54	01:26:24.7	14.5	36	00:02:07.4	25	00:29:08.3	09:23	02:20:01.0	
53	316 Wright, Jill	799	White Bear, MN	50	00:14:44.1	03:41	52 00:04:30.8	55	01:31:01.2	13.8	23	00:01:41.7	24	00:28:41.5	09:15	02:20:39.5	
54	317 Baay, Alisa	1352	Forest Lake, MN	46	00:13:47.6	03:26	46 00:04:02.9	52	01:23:47.9	15.0	46	00:02:27.7	51	00:36:47.6	11:52	02:20:53.9	
55	319 Hauge, Amy	1064	Fridley, MN	24	00:11:33.9	02:53	50 00:04:21.2	51	01:22:32.8	15.2	21	00:01:38.2	56	00:41:58.5	13:32	02:22:04.8	
56	324 Buesseler, Carla	1359	Stacy, MN	55	00:18:17.7	04:34	57 00:05:53.2	53	01:24:09.9	14.9	53	00:02:52.0	38	00:31:55.6	10:17	02:23:08.6	
57	343 Winkle, Patty	1398	Cambridge, MN	53	00:17:21.1	04:20	56 00:05:51.7	56	01:34:34.0	13.3	56	00:05:14.6	37	00:31:49.6	10:16	02:34:51.2	
3	15 Mclaughlin,	1556	Minneapolis,	52	00:15:23.4		55 00:05:04.3						57	00:56:47.4		DNF	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
45-49			Age Group Field: 35														
1	32 Newcomb, Kathy	777	Woodbury, MN	2	00:08:33.9	02:08	5	00:01:53.6	1	01:01:14.9	20.5	2	00:01:08.1	6	00:27:34.1	08:53	01:40:24.8
2	37 Klosterman, Amy	744	White Bear	1	00:08:02.8	02:00	2	00:01:16.6	6	01:05:50.2	19.1	3	00:01:09.2	2	00:24:59.2	08:03	01:41:18.1
3	45 Tschida, Barb	1040	Turtle Lake, WI	11	00:11:05.3	02:46	8	00:02:11.4	3	01:04:11.9	19.6	6	00:01:22.3	1	00:23:57.3	07:43	01:42:48.3
4	62 Tolman-sontag,	1534	Center City, MN	19	00:12:11.7	03:02	15	00:02:31.1	2	01:02:02.0	20.3	13	00:01:43.4	4	00:26:34.7	08:34	01:45:03.2
5	66 Graif, Lynn	1212	Elk River, MN	16	00:11:30.0	02:52	1	00:01:12.8	5	01:05:34.6	19.2	11	00:01:40.5	3	00:25:36.9	08:15	01:45:35.0
6	96 Winecke, Sally	850	Eagan, MN	3	00:08:59.5	02:14	27	00:03:19.7	11	01:07:01.3	18.7	15	00:01:46.8	8	00:27:38.3	08:54	01:48:45.8
7	97 Kennedy, Michelle	971	North Oaks, MN	4	00:09:52.7	02:28	4	00:01:50.3	13	01:08:34.0	18.3	10	00:01:35.8	5	00:27:24.0	08:50	01:49:17.0
8	110 Harris, Ann	1325	Forest Lake, MN	8	00:10:49.8	02:42	23	00:02:58.5	9	01:06:33.1	18.9	22	00:02:11.6	9	00:27:46.4	08:57	01:50:19.6
9	129 Peterson, Susan	1596		13	00:11:08.7	02:47	6	00:01:57.3	17	01:10:13.5	17.9	9	00:01:31.7	7	00:27:34.8	08:53	01:52:26.2
10	135 Tretsven, Shelly	895	Shoreview, MN	18	00:11:57.1	02:59	14	00:02:30.5	4	01:05:31.8	19.2	34	00:03:50.9	12	00:28:49.8	09:18	01:52:40.2
11	139 Shrode, Doreen	1519	Delano, MN	27	00:12:53.1	03:13	16	00:02:33.3	12	01:07:04.1	18.7	28	00:02:29.5	10	00:28:02.0	09:02	01:53:02.1
12	141 Lyon, Veronica	1025	Schofield, WI	14	00:11:13.1	02:48	9	00:02:13.5	7	01:05:54.5	19.1	17	00:01:57.6	21	00:32:00.4	10:19	01:53:19.4
13	153 Knutson, Michele	1124	Mankato, MN	17	00:11:42.2	02:55	11	00:02:17.1	8	01:06:15.5	19.0	8	00:01:29.5	24	00:32:29.4	10:28	01:54:13.9
14	171 Kaup, Tara	825	Inver Grove	24	00:12:37.2	03:09	18	00:02:43.0	10	01:06:53.1	18.8	19	00:02:01.0	19	00:31:16.9	10:05	01:55:31.4
15	175 Kimlinger, Katie	1307	Lindstrom, MN	10	00:11:02.6	02:45	21	00:02:48.8	19	01:11:21.6	17.6	24	00:02:17.7	11	00:28:17.7	09:07	01:55:48.5
16	185 Richard, Penny	839	Stanchfield, MN	6	00:10:30.5	02:37	13	00:02:24.4	15	01:09:25.7	18.1	18	00:02:00.8	22	00:32:20.8	10:26	01:56:42.6
17	189 Marquis, Sue	1077	Lindstrom, MN	26	00:12:45.6	03:11	33	00:04:14.5	14	01:09:15.2	18.1	12	00:01:43.3	14	00:29:11.0	09:24	01:57:09.8
18	192 Teefy, Mara	1271	Golden Valley,	7	00:10:30.8	02:37	20	00:02:48.6	21	01:12:31.9	17.3	26	00:02:22.7	13	00:29:10.8	09:24	01:57:25.0
19	196 Long, Denise	927	St Paul, MN	9	00:10:50.7	02:42	22	00:02:55.1	16	01:09:59.5	18.0	25	00:02:19.8	20	00:31:34.9	10:11	01:57:40.2
20	210 Bulson, Nancy	1505	Inver Grove	5	00:10:30.2	02:37	12	00:02:18.5	18	01:10:53.8	17.7	16	00:01:53.2	28	00:33:50.6	10:55	01:59:26.5
21	222 Marcotte, Julie	1375	Anoka, MN	21	00:12:27.3	03:06	19	00:02:44.5	20	01:11:51.3	17.5	4	00:01:10.3	23	00:32:27.1	10:28	02:00:40.8
22	226 Thomsen, Anne	1038	Chisago City,	23	00:12:35.2	03:08	7	00:02:01.6	25	01:14:53.0	16.8	1	00:00:56.9	18	00:31:04.4	10:01	02:01:31.3
23	243 Anderson, Ann	851	Cottage Grove,	31	00:14:26.5	03:36	24	00:03:01.1	23	01:14:03.2	17.0	30	00:02:36.3	16	00:30:00.7	09:40	02:04:07.9
24	248 Rendall, Laura	1436	Minnetonka, MN	12	00:11:07.6	02:46	29	00:03:30.8	26	01:15:50.6	16.6	29	00:02:31.6	26	00:32:45.0	10:33	02:05:45.8
25	249 Langner, Lisa	1076	Lakeville, MN	32	00:15:29.9	03:52	25	00:03:04.9	22	01:13:14.3	17.2	31	00:03:14.4	17	00:30:49.2	09:56	02:05:52.9
26	261 Miner, Lynda	1182	Winona, MN	28	00:13:04.2	03:16	3	00:01:49.7	27	01:16:45.0	16.4	7	00:01:29.0	30	00:34:58.4	11:16	02:08:06.4
27	275 Hollingsworth,	1547	Rush City, MN	34	00:17:03.5	04:15	10	00:02:16.3	24	01:14:32.7	16.9	33	00:03:20.7	27	00:33:33.5	10:49	02:10:46.9
28	276 Munoz, Cathy	1184	Andover, MN	20	00:12:21.1	03:05	31	00:04:08.4	29	01:19:39.4	15.8	21	00:02:08.8	25	00:32:39.4	10:32	02:10:57.3
29	278 Vanneste, Donna	1042	Shoreview, MN	29	00:13:10.1	03:17	30	00:03:50.8	32	01:22:34.8	15.2	27	00:02:23.9	15	00:29:16.7	09:26	02:11:16.5
30	288 Engen, Susan	864	Edina, MN	22	00:12:30.6	03:07	28	00:03:27.4	30	01:21:08.1	15.5	5	00:01:16.1	29	00:34:09.1	11:01	02:12:31.5
31	289 Johnson, Melissa	765	White Bear	15	00:11:24.8	02:51	26	00:03:17.2	28	01:18:46.2	15.9	14	00:01:44.4	32	00:37:20.5	12:02	02:12:33.3
32	302 Alfors, Pauline	1451	New Brighton,	25	00:12:38.4	03:09	17	00:02:37.4	31	01:22:27.7	15.2	32	00:03:19.0	31	00:36:15.7	11:41	02:17:18.5

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 mi bike			T-2		3.1 mi run			7/25/2010		
Place	Age/Div	Name	Bib	PL	swim	Pace m/100m	PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen
33		329 Hinkemeyer,	1215		Clear Lake, MN	30 00:13:52.2	03:28	32 00:04:10.0	33	01:25:12.7	14.7	23	00:02:14.1	33	00:40:09.1	12:57	02:25:38.2	
34		344 Thorsen, Laura	1482		Lindstrom, MN	33 00:16:05.2	04:01	34 00:04:43.7	34	01:29:30.3	14.0	20	00:02:06.7	34	00:43:55.4	14:10	02:36:21.6	
		Wilczek, Misty	1449		Bethany, MO												DNF	

50-54

Age Group Field: 25

1	14	Tedlund, Robin	1142		Duluth, MN	2 00:08:54.5	02:13	2 00:01:35.8	1	00:58:05.2	21.6	2	00:01:14.5	1	00:23:15.5	07:30	01:33:05.6	
2	34	Hansen, Laura	964		White Bear	10 00:11:04.2	02:46	8 00:02:37.6	2	01:01:32.8	20.4	6	00:01:33.9	2	00:24:16.0	07:49	01:41:04.7	
3	59	Peterson, Julie	748		Cambridge, MN	1 00:08:49.2	02:12	12 00:02:54.9	3	01:05:06.8	19.3	15	00:02:08.2	3	00:25:39.4	08:16	01:44:38.8	
4	92	Holt, Susan	1065		Plymouth, MN	5 00:09:57.3	02:29	9 00:02:41.5	4	01:05:09.8	19.3	18	00:02:20.8	5	00:28:22.3	09:09	01:48:31.8	
5	95	Arnold, Terry	906		Lindstrom, MN	4 00:09:26.1	02:21	5 00:02:05.0	5	01:05:33.5	19.2	11	00:01:42.6	8	00:29:57.4	09:39	01:48:44.8	
6	120	Navis, Chris	880		Oshkosh, WI	6 00:10:32.8	02:38	3 00:01:59.0	6	01:07:59.9	18.5	3	00:01:27.9	7	00:29:20.1	09:27	01:51:20.0	
7	142	Datta, Yvonne	1009		Minneapolis,	14 00:11:53.2	02:58	21 00:03:59.4	7	01:08:46.0	18.3	13	00:01:56.7	4	00:26:45.1	08:37	01:53:20.5	
8	147	Tinglov, Gale	894		St Cloud, MN	3 00:09:09.4	02:17	4 00:02:02.1	9	01:10:41.9	17.8	9	00:01:41.6	9	00:30:13.5	09:45	01:53:48.7	
9	148	Gruntner, Linda	1113		Chisago City,	7 00:10:38.7	02:39	1 00:01:30.1	10	01:10:57.2	17.7	8	00:01:35.0	6	00:29:15.2	09:26	01:53:56.4	
10	201	Kenney, Molly	973		Minneapolis,	8 00:10:47.2	02:41	16 00:03:07.3	11	01:12:24.4	17.4	1	00:01:02.5	13	00:30:58.3	09:59	01:58:20.0	
11	204	Cunnien, Karen	1058		Brooklyn Park,	9 00:10:59.6	02:44	20 00:03:49.9	8	01:10:16.3	17.9	21	00:02:55.5	12	00:30:42.9	09:54	01:58:44.3	
12	229	Meyer, Janeen	1377		Lodi, WI	15 00:12:28.0	03:07	6 00:02:15.6	12	01:15:00.3	16.7	5	00:01:33.6	11	00:30:40.4	09:53	02:01:58.1	
13	254	Gergen-mandel,	1554		Apple Valley,	13 00:11:50.2	02:57	14 00:03:03.4	15	01:17:43.0	16.2	17	00:02:19.9	14	00:31:44.9	10:14	02:06:41.7	
14	283	Turnham, Susan	1277		Duluth, MN	12 00:11:08.6	02:47	18 00:03:32.3	14	01:16:38.7	16.4	20	00:02:41.5	19	00:38:08.0	12:18	02:12:09.4	
15	300	Kraling, Mary	1126		Lindstrom, MN	11 00:11:07.2	02:46	17 00:03:07.4	18	01:22:08.2	15.3	19	00:02:22.1	18	00:38:00.3	12:15	02:16:45.3	
16	307	Ewen, Barb	866		Rochester, MN	21 00:16:51.2	04:12	10 00:02:47.1	13	01:15:15.0	16.7	10	00:01:42.1	21	00:41:20.9	13:20	02:17:56.6	
17	309	Lee, Marcia	830		St. Louis Park,	16 00:13:26.0	03:21	13 00:02:55.6	19	01:23:16.9	15.1	12	00:01:44.5	17	00:37:10.3	11:59	02:18:33.4	
18	326	Larsen, Karen	828		St. Paul, MN	23 00:17:20.1	04:20	15 00:03:03.6	16	01:18:46.2	15.9	7	00:01:35.0	23	00:44:25.4	14:19	02:25:10.4	
19	332	Zaffke, Debra	1273		Rochester, MN	17 00:14:32.1	03:38	7 00:02:17.3	17	01:20:52.5	15.5	16	00:02:08.5	24	00:48:16.8	15:34	02:28:07.4	
20	335	Waddell, Karla	1261		Lindstrom, MN	18 00:14:41.6	03:40	24 00:05:43.5	24	01:34:52.5	13.2	23	00:03:42.8	10	00:30:16.4	09:45	02:29:17.0	
21	336	Casper, Dannette	912		Minnetonka, MN	19 00:14:44.2	03:41	22 00:04:29.8	22	01:32:29.8	13.6	22	00:03:41.6	16	00:34:24.2	11:05	02:29:49.8	
22	342	Anderson, Yvonne	802		Chisago City,	22 00:17:18.3	04:19	11 00:02:49.0	21	01:32:27.1	13.6	4	00:01:29.9	20	00:40:03.5	12:55	02:34:07.9	
23	347	Olson, Cindy	1561		Pine City, MN	24 00:17:50.3	04:27	19 00:03:43.6	20	01:32:24.6	13.6	14	00:02:07.0	22	00:41:44.6	13:27	02:37:50.4	
24	349	Sandell, Elizabeth	1385		New Hope, MN	25 00:19:49.9	04:57	25 00:16:21.0	23	01:32:47.5	13.5	25	00:04:36.6	15	00:33:59.1	10:57	02:47:34.3	
25	355	Sery, Lindsay	884		Ham Lake, MN	20 00:16:14.4	04:03	23 00:04:51.9	25	01:44:29.1	12.0	24	00:03:50.7	25	00:57:59.7	18:42	03:07:26.0	

55-59

Age Group Field: 11

1	31	St. Pierre, Toni	843		Minneapolis,	4 00:09:42.3	02:25	1 00:01:06.0	1	01:03:35.9	19.8	1	00:00:49.0	1	00:24:57.7	08:03	01:40:11.1	
2	50	Markham-cousins,	1526		Minneapolis,	2 00:09:02.8	02:15	2 00:01:58.6	2	01:04:03.4	19.6	2	00:01:40.6	2	00:26:23.8	08:30	01:43:09.4	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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
3	94 Minder, Jeanne	879 Shoreview, MN	1	00:09:02.4	02:15	8	00:03:27.1	3	01:06:36.5	18.9	5	00:02:04.3	3	00:27:22.9	08:49	01:48:33.2	
4	132 Gregory, Dianne	1166 St Paul, MN	3	00:09:35.6	02:23	3	00:02:17.9	5	01:08:57.7	18.2	3	00:01:42.3	6	00:29:55.9	09:39	01:52:29.5	
5	154 Sanders, Michel	1139 Saint Paul, MN	5	00:11:03.6	02:45	7	00:03:19.2	4	01:08:46.3	18.3	6	00:02:26.9	5	00:28:43.2	09:15	01:54:19.4	
6	186 Hunter, Peggy	741 White Bear	10	00:13:41.9	03:25	6	00:03:02.0	6	01:09:28.5	18.1	8	00:02:34.7	4	00:27:59.9	09:01	01:56:47.2	
7	220 Cisewski, Diane	1056 Edina, MN	6	00:12:59.9	03:14	4	00:02:20.2	7	01:10:29.6	17.8	7	00:02:31.8	8	00:31:45.0	10:14	02:00:06.8	
8	224 Marden-lokken,	1256 Duluth, MN	7	00:13:07.2	03:16	5	00:02:38.6	8	01:12:37.3	17.3	9	00:02:56.4	7	00:29:58.1	09:40	02:01:17.8	
9	272 Wasland, Suzan	1487 Little Falls, MN	8	00:13:24.8	03:21	9	00:03:47.0	9	01:17:27.1	16.2	4	00:02:00.2	9	00:33:52.2	10:55	02:10:31.5	
10	351 Tane, Katherine	1394 St Paul, MN	9	00:13:34.6	03:23	10	00:05:08.7	10	01:38:58.4	12.7	11	00:04:35.9	10	00:50:08.1	16:10	02:52:26.0	
11	356 Nauen, Lindsay	776 St Paul, MN	11	00:22:03.7	05:30	11	00:06:14.8	11	01:58:43.1	10.6	10	00:04:13.8	11	01:08:21.4	22:03	03:39:37.0	

60-64

Age Group Field: 1

1	173 Meek, Connie	1029 Hayward, WI	1	00:11:31.7	02:52	1	00:03:02.7	1	01:08:58.6	18.2	1	00:02:08.3	1	00:29:54.5	09:38	01:55:36.0	
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Clydesdale Sprint Distance

Division Field: 32

Age Group Field: 32

	1 Rondorf, Jeremy	1305 Blaine, MN		00:08:18.8	02:04	3	00:01:27.1	4	00:56:05.4	22.4	9	00:01:26.1	2	00:22:39.2	07:18	01:29:56.8	
	2 Monette, Nathan	1281 Finlayson, MN		00:08:15.1	02:03	7	00:01:42.8	2	00:55:25.7	22.7	20	00:01:47.7	6	00:26:01.1	08:23	01:33:12.6	
	3 Wolsfeld, Matthew	1544 Woodbury, MN		00:07:38.5	01:54	4	00:01:28.6	3	00:56:02.9	22.4	4	00:01:09.0	11	00:27:39.6	08:55	01:33:58.7	
9	4 Logue, Bryan	1227 New Prague,		00:08:28.9	02:07	2	00:01:25.8	5	00:58:04.1	21.6	10	00:01:27.4	8	00:26:43.3	08:37	01:36:09.7	
	5 Duethman, James	1105 Apple Valley,		00:09:36.3	02:24	12	00:01:55.6	7	00:59:29.2	21.1	18	00:01:38.8	5	00:24:56.2	08:02	01:37:36.2	
20	6 Ryan, Neil	1033 Indianapolis, IN		00:10:03.8	02:30	1	00:01:07.6	12	01:02:12.8	20.2	3	00:00:53.8	3	00:23:35.8	07:36	01:37:54.0	
	7 Walts, Brandon	1046 Minneapolis,		00:07:37.7	01:54	13	00:02:00.5	8	01:00:00.1	20.9	14	00:01:29.5	12	00:27:45.0	08:57	01:38:53.0	
	8 Linder, Matthew	1179 St. Paul, MN		00:13:53.9	03:28	8	00:01:50.9	1	00:55:23.7	22.7	16	00:01:30.7	7	00:26:17.9	08:29	01:38:57.2	
	9 Colford, John	1555 Champlin, MN		00:09:42.7	02:25	17	00:02:29.7	10	01:01:39.9	20.4	21	00:01:50.9	4	00:23:44.8	07:39	01:39:28.2	
	10 Williams, Mitch	1450 Spooner, WI		00:09:19.4	02:19	9	00:01:51.9	11	01:01:49.4	20.3	22	00:01:53.9	9	00:27:23.4	08:50	01:42:18.2	
	11 Leo, Scott	1225 Minneapolis,		00:10:02.7	02:30	5	00:01:31.0	6	00:59:18.1	21.2	7	00:01:20.5	25	00:30:29.8	09:50	01:42:42.4	
	12 Ornell, Jeff	1132 Champlin, MN		00:10:11.2	02:32	21	00:02:52.8	9	01:00:10.1	20.9	15	00:01:30.4	13	00:27:59.1	09:01	01:42:43.9	
	13 Mclaughlin, John	722 Eogan, MN		00:09:44.4	02:26	11	00:01:55.5	15	01:02:54.0	20.0	24	00:02:01.8	10	00:27:37.3	08:54	01:44:13.3	
	14 Turinske, Robert	1530 White Bear		00:09:08.1	02:17	14	00:02:04.0	17	01:05:21.2	19.2	6	00:01:17.2	15	00:28:04.9	09:03	01:45:55.5	
	15 Gmeinder, Brent	1165 Brooklyn Park,		00:11:11.4	02:47	22	00:02:57.9	16	01:03:23.4	19.8	11	00:01:27.7	19	00:28:53.3	09:19	01:47:53.8	
	16 Parker, Scott	1323 Northfield, MN		00:13:32.9	03:23	10	00:01:53.2	13	01:02:30.9	20.1	28	00:02:20.6	29	00:31:37.2	10:12	01:51:55.0	
	17 Volk, Steve	1043 Brooklyn Park,		00:15:18.4	03:49	15	00:02:08.2	14	01:02:53.5	20.0	13	00:01:29.2	23	00:30:24.5	09:48	01:52:13.9	
	18 Novotny, Gabe	1430 Hopkins, MN		00:11:07.6	02:46	6	00:01:37.4	19	01:07:56.1	18.5	23	00:02:01.6	24	00:30:28.6	09:49	01:53:11.5	
	19 Turnbull, Steve	1613 White Bear		00:15:25.4	03:51	27	00:03:25.6	29	01:13:53.3	17.0	1	00:00:50.4	1	00:21:14.3	06:51	01:54:49.2	

Individual - Sprint Distance Triathlon			0.25 mi swim		T-1		1.5 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	
20	Puhr, Ross	1338		Harwood, ND	00:10:07.1	02:31	28	00:03:32.4	28	01:13:35.3	17.1	27	00:02:13.0	17	00:28:24.9	09:09	01:57:52.9	
21	Mangold, Don	1027		North Branch,	00:14:02.8	03:30	30	00:03:55.3	20	01:09:23.6	18.1	5	00:01:15.4	21	00:29:44.8	09:35	01:58:22.1	
22	Rogahn, Joshua	1437		Otsego, MN	00:13:34.6	03:23	16	00:02:19.0	27	01:12:55.8	17.2	12	00:01:28.1	16	00:28:22.7	09:09	01:58:40.3	
23	Appleby, David	1454		Lindstrom, MN	00:14:36.3	03:39	25	00:03:20.4	21	01:09:34.9	18.1	8	00:01:22.0	22	00:30:03.3	09:41	01:58:57.2	
24	Anderson, Mark	1453		Saint Paul Park,	00:11:16.8	02:49	26	00:03:23.1	26	01:12:31.7	17.3	19	00:01:40.7	27	00:30:45.6	09:55	01:59:38.2	
25	Peterson, Todd	1296		St Cloud, MN	00:16:31.6	04:07	29	00:03:38.0	18	01:06:54.5	18.8	31	00:02:54.9	26	00:30:30.9	09:50	02:00:30.0	
26	Rogan,	1520		Minneapolis,	00:09:13.7	02:18	31	00:04:09.2	24	01:10:39.0	17.8	32	00:05:05.5	30	00:31:41.3	10:13	02:00:48.8	
27	Montez, Carey	1080		Woodbury, MN	00:12:45.1	03:11	20	00:02:44.6	30	01:14:34.2	16.8	25	00:02:07.8	20	00:29:23.4	09:28	02:01:35.3	
28	Wald, Brian	1044		Lindstrom, MN	00:19:42.8	04:55	23	00:03:03.9	23	01:10:30.9	17.8	2	00:00:52.7	14	00:28:01.7	09:02	02:02:12.1	
29	Mills, Richard	1472		Inver Grove	00:11:33.6	02:53	19	00:02:37.2	25	01:10:40.8	17.8	29	00:02:33.4	31	00:35:43.6	11:31	02:03:08.8	
30	Rathwell, Mark	1240		Regina, SK	00:11:52.6	02:58	18	00:02:35.2	22	01:10:28.3	17.8	30	00:02:34.5	32	00:38:45.8	12:30	02:06:16.5	
31	Koskie, Andy	1125		Forest, MN	00:12:00.1	03:00	24	00:03:13.9	31	01:19:27.0	15.8	17	00:01:32.9	28	00:31:05.1	10:01	02:07:19.4	
32	Pruner, Matthew	1585		North Branch,	00:15:48.3	03:57	32	00:04:13.4	32	01:27:19.2	14.4	26	00:02:11.1	18	00:28:29.9	09:11	02:18:02.1	

Athena Sprint Distance

Division Field: 18

Age Group Field: 18

1	Kleiss, Jessica	1177		Seattle,, WA	00:08:48.1	02:12	3	00:02:26.1	1	01:01:54.1	20.3	9	00:02:01.4	1	00:25:00.2	08:03	01:40:10.0	
2	Ansari, Rebecca	905		Golden Valley,	00:09:57.4	02:29	2	00:02:02.6	2	01:09:49.5	18.0	1	00:01:30.1	2	00:28:52.7	09:18	01:52:12.6	
3	Brunette, Rebecca	1528		Ham Lake, MN	00:11:18.8	02:49	11	00:04:01.1	3	01:10:05.0	17.9	11	00:02:11.6	3	00:29:54.7	09:38	01:57:31.4	
4	Mcnichols, Jeannie	1231		Eden Prairie,	00:10:49.8	02:42	4	00:02:45.3	6	01:14:18.4	16.9	12	00:02:16.4	5	00:31:03.1	10:01	02:01:13.2	
5	Moats, Katrina	1346		Forest Lake, MN	00:09:59.0	02:29	7	00:03:03.3	4	01:12:07.5	17.4	2	00:01:36.3	7	00:34:35.4	11:09	02:01:21.8	
6	Urbain, Nicole	846		Eden Prairie,	00:12:15.7	03:03	1	00:01:54.6	7	01:15:25.8	16.7	3	00:01:44.8	4	00:30:20.2	09:47	02:01:41.3	
7	Walters, Elizabeth	1448		Minneapolis,	00:12:27.2	03:06	13	00:04:20.3	5	01:13:55.7	17.0	5	00:01:51.5	8	00:36:01.6	11:37	02:08:36.6	
8	Reddy, Amy	1321		Saint Paul, MN	00:11:19.0	02:49	9	00:03:43.6	12	01:26:14.6	14.6	7	00:01:55.6	9	00:36:21.9	11:43	02:19:35.0	
9	Bleskey, Rhonda	1492		Forest Lake, MN	00:16:28.6	04:07	5	00:02:46.6	13	01:27:01.9	14.4	4	00:01:50.6	6	00:32:08.2	10:22	02:20:16.2	
10	Mcdonough, Jen	1181		Lindstrom, MN	00:15:12.4	03:48	6	00:03:01.5	8	01:20:41.1	15.6	15	00:03:46.3	10	00:38:08.1	12:18	02:20:49.6	
11	Moses, Melinda	1427		Anoka, MN	00:14:30.4	03:37	17	00:05:17.4	9	01:22:49.7	15.2	16	00:03:51.7	11	00:38:32.8	12:26	02:25:02.2	
12	Florenzano, Anne	1364		Eden Prairie,	00:13:40.3	03:25	12	00:04:06.0	14	01:27:21.3	14.4	6	00:01:51.9	12	00:41:22.9	13:20	02:28:22.6	
13	Moore, Sandra	1232		Pine City, MN	00:10:08.5	02:32	8	00:03:41.9	11	01:25:43.6	14.6	10	00:02:06.4	16	00:49:46.5	16:03	02:31:27.0	
14	Marsh, Clarice	1028		Blaine, MN	00:21:04.8	05:16	18	00:06:13.4	10	01:25:11.5	14.7	13	00:02:30.9	13	00:42:50.9	13:49	02:37:51.8	
15	Bergeron, Kathlyn	1491		Zimmerman, MN	00:13:41.9	03:25	15	00:04:51.6	16	01:39:06.1	12.7	8	00:01:59.3	14	00:43:49.8	14:08	02:43:28.8	
16	Martin, Krista	1557		Pine City, MN	00:15:21.1	03:50	10	00:03:47.3	15	01:34:49.5	13.2	14	00:02:37.5	15	00:49:42.4	16:02	02:46:18.0	
17	Ladd, Anne	1466		Harris, MN	00:13:53.4	03:28	14	00:04:35.1	17	01:39:13.8	12.6	17	00:04:07.3	17	00:51:13.1	16:31	02:53:02.9	

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 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	
18	Stamp, Katina	1445		Maplewood, MN	00:13:58.2	03:29	16	00:05:03.4	18	01:40:31.2	12.5	18	00:04:16.9	18	00:51:23.5	16:34	02:55:13.4	

Team - Sprint Distance Relay	0.25 mi swim	T-1	1.5 mi bike	T-2	3.1 mi run	7/25/2010				
Place Age/Div Name Bib	PL swim	Pace m/100m PL	T-1	PL bike	Pace mph PL	T-2	PL run	Pace m/mi	Finish	Pen

Team - Sprint Distance Relay Triathlon

Field: 95

Relay Team Sprint Distance

Division Field: 95

Age Group Field: 95

1	Saatzer, James	1242	Mound, MN	00:09:21.9	02:20	3	00:00:48.2	1	00:56:17.9	22.3	18	00:00:46.3	4	00:20:58.1	06:45	01:28:12.6
1	Tilton, David	1242	Minneapolis,	00:09:21.9	02:20	3	00:00:48.2	1	00:56:17.9	22.3	18	00:00:46.3	4	00:20:58.1	06:45	01:28:12.6
1	Murray, Lucas	1242	Minneapolis,	00:09:21.9	02:20	3	00:00:48.2	1	00:56:17.9	22.3	18	00:00:46.3	4	00:20:58.1	06:45	01:28:12.6
2	Peltier, Paul	781	Stacy, MN	00:09:21.1	02:20	1	00:00:38.7	3	00:58:51.0	21.4	3	00:00:21.7	7	00:23:27.8	07:34	01:32:40.4
2	Peltier, Sam	781	Stacy, MN	00:09:21.1	02:20	1	00:00:38.7	3	00:58:51.0	21.4	3	00:00:21.7	7	00:23:27.8	07:34	01:32:40.4
2	Peltier, Sharron	781	Stacy, MN	00:09:21.1	02:20	1	00:00:38.7	3	00:58:51.0	21.4	3	00:00:21.7	7	00:23:27.8	07:34	01:32:40.4
3	Evanson, Laura	865	New Hope, MN	00:10:05.0	02:31	2	00:00:44.3	7	01:03:09.8	19.9	2	00:00:20.8	1	00:20:20.6	06:33	01:34:40.6
3	Evanson, Randi	865	Robbinsdale,	00:10:05.0	02:31	2	00:00:44.3	7	01:03:09.8	19.9	2	00:00:20.8	1	00:20:20.6	06:33	01:34:40.6
3	Substad, Dawn	865	Minneapolis,	00:10:05.0	02:31	2	00:00:44.3	7	01:03:09.8	19.9	2	00:00:20.8	1	00:20:20.6	06:33	01:34:40.6
4	Popehn, John	1578		00:12:01.0	03:00	22	00:01:13.0	5	01:00:59.4	20.6	1	00:00:17.7	3	00:20:49.6	06:43	01:35:20.9
4	Maring, Isaiah	1578		00:12:01.0	03:00	22	00:01:13.0	5	01:00:59.4	20.6	1	00:00:17.7	3	00:20:49.6	06:43	01:35:20.9
4	Goudzwaard,	1578		00:12:01.0	03:00	22	00:01:13.0	5	01:00:59.4	20.6	1	00:00:17.7	3	00:20:49.6	06:43	01:35:20.9
5	Cunningham,	1008	Forest Lake, MN	00:08:10.7	02:02	5	00:00:55.9	6	01:02:53.1	20.0	11	00:00:39.6	6	00:23:07.9	07:27	01:35:47.4
5	Knecher, Karli	1008	Saint Paul, MN	00:08:10.7	02:02	5	00:00:55.9	6	01:02:53.1	20.0	11	00:00:39.6	6	00:23:07.9	07:27	01:35:47.4
5	Young, Julie	1008	Eagan, MN	00:08:10.7	02:02	5	00:00:55.9	6	01:02:53.1	20.0	11	00:00:39.6	6	00:23:07.9	07:27	01:35:47.4
6	Losinski, Heidi	745	Mahtomedi, MN	00:08:13.1	02:03	7	00:00:56.2	10	01:04:33.5	19.5	4	00:00:22.9	5	00:22:39.4	07:18	01:36:45.3
6	Dawson, Karen	745	White Bear	00:08:13.1	02:03	7	00:00:56.2	10	01:04:33.5	19.5	4	00:00:22.9	5	00:22:39.4	07:18	01:36:45.3
6	Hunter, James	745	White Bear	00:08:13.1	02:03	7	00:00:56.2	10	01:04:33.5	19.5	4	00:00:22.9	5	00:22:39.4	07:18	01:36:45.3
7	Struve, William	1036	Waterville, MN	00:09:17.6	02:19	15	00:01:04.6	4	01:00:27.3	20.8	8	00:00:37.3	17	00:27:58.0	09:01	01:39:24.9
7	Struve, Jesse	1036	Golden Valley,	00:09:17.6	02:19	15	00:01:04.6	4	01:00:27.3	20.8	8	00:00:37.3	17	00:27:58.0	09:01	01:39:24.9
7	Struve, Matt	1036	Chisago City,	00:09:17.6	02:19	15	00:01:04.6	4	01:00:27.3	20.8	8	00:00:37.3	17	00:27:58.0	09:01	01:39:24.9
8	Blackley, Kelly	953	Plymouth, MN	00:17:23.4	04:20	28	00:01:35.7	2	00:58:02.9	21.7	10	00:00:38.1	8	00:24:06.3	07:46	01:41:46.6
8	Blackley, Paul	953	Plymouth, MN	00:17:23.4	04:20	28	00:01:35.7	2	00:58:02.9	21.7	10	00:00:38.1	8	00:24:06.3	07:46	01:41:46.6
8	Jenkin, Paul	953	Janesville, WI	00:17:23.4	04:20	28	00:01:35.7	2	00:58:02.9	21.7	10	00:00:38.1	8	00:24:06.3	07:46	01:41:46.6
9	Bradford, Jill	1308	Saint Paul, MN	00:10:32.6	02:38	30	00:01:50.6	9	01:03:55.6	19.7	22	00:00:50.1	10	00:25:05.1	08:05	01:42:14.1
9	Mayer, Becky	1308	Saint Paul, Mn,	00:10:32.6	02:38	30	00:01:50.6	9	01:03:55.6	19.7	22	00:00:50.1	10	00:25:05.1	08:05	01:42:14.1
10	SeEVERS, Rachel	1192	Spring Lake	00:09:20.3	02:20	6	00:00:56.1	16	01:07:55.3	18.5	16	00:00:44.7	11	00:25:15.8	08:08	01:44:12.4
10	SeEVERS, Boyd	1192	Spr, MN	00:09:20.3	02:20	6	00:00:56.1	16	01:07:55.3	18.5	16	00:00:44.7	11	00:25:15.8	08:08	01:44:12.4
10	SeEVERS, Yoni	1192	Spring Lake	00:09:20.3	02:20	6	00:00:56.1	16	01:07:55.3	18.5	16	00:00:44.7	11	00:25:15.8	08:08	01:44:12.4

Team - Sprint Distance Relay			0.25 mi swim			T-1		1.5 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
11	Forrest, Mike	1011 Appleton, WI		00:10:45.7	02:41	33	00:02:49.3	11	01:04:54.9	19.4	20	00:00:48.6	14	00:26:14.6	08:27	01:45:33.2	
11	Gruender, Laura	1011 Appleton, WI		00:10:45.7	02:41	33	00:02:49.3	11	01:04:54.9	19.4	20	00:00:48.6	14	00:26:14.6	08:27	01:45:33.2	
12	Bloom, Daniel	1542 Loveland, MN		00:09:56.1	02:29	31	00:01:55.7	12	01:05:01.7	19.3	15	00:00:44.5	21	00:29:14.7	09:26	01:46:52.9	
12	Bloom, Dan	1542 Loveland, MN		00:09:56.1	02:29	31	00:01:55.7	12	01:05:01.7	19.3	15	00:00:44.5	21	00:29:14.7	09:26	01:46:52.9	
12	Fair, Matthew	1542		00:09:56.1	02:29	31	00:01:55.7	12	01:05:01.7	19.3	15	00:00:44.5	21	00:29:14.7	09:26	01:46:52.9	
13	Rau, Amanda	1310 Duluth, MN		00:09:53.2	02:28	8	00:00:57.1	20	01:15:47.4	16.6	33	00:01:21.7	2	00:20:26.6	06:35	01:48:26.1	
13	Wilson, Jen	1310 Forest Lake, MN		00:09:53.2	02:28	8	00:00:57.1	20	01:15:47.4	16.6	33	00:01:21.7	2	00:20:26.6	06:35	01:48:26.1	
13	Wilson, Aaron	1310 Forest Lake, MN		00:09:53.2	02:28	8	00:00:57.1	20	01:15:47.4	16.6	33	00:01:21.7	2	00:20:26.6	06:35	01:48:26.1	
14	King, Scott	1021 Maple Grove,		00:14:52.2	03:43	21	00:01:10.2	14	01:06:56.3	18.8	12	00:00:41.1	15	00:26:50.0	08:39	01:50:29.9	
14	Hentges, Mark	1021 New Brighton,		00:14:52.2	03:43	21	00:01:10.2	14	01:06:56.3	18.8	12	00:00:41.1	15	00:26:50.0	08:39	01:50:29.9	
14	Lynch, Frank	1021 Maple Grove,		00:14:52.2	03:43	21	00:01:10.2	14	01:06:56.3	18.8	12	00:00:41.1	15	00:26:50.0	08:39	01:50:29.9	
15	Parker, Sparks	1432 Richfield, MN		00:09:27.2	02:21	27	00:01:30.1	13	01:06:12.6	19.0	5	00:00:23.0	32	00:33:25.7	10:47	01:50:58.8	
15	Gnemi, Brandon	1432 Bloomington,		00:09:27.2	02:21	27	00:01:30.1	13	01:06:12.6	19.0	5	00:00:23.0	32	00:33:25.7	10:47	01:50:58.8	
15	Bertrand, Tim	1432 Minneapolis,		00:09:27.2	02:21	27	00:01:30.1	13	01:06:12.6	19.0	5	00:00:23.0	32	00:33:25.7	10:47	01:50:58.8	
16	Root, Martine	1189 Pine City, MN		00:17:01.7	04:15	10	00:00:57.8	8	01:03:52.2	19.7	13	00:00:43.5	18	00:28:29.3	09:11	01:51:04.7	
16	Root, Bob	1189 Pine City, MN		00:17:01.7	04:15	10	00:00:57.8	8	01:03:52.2	19.7	13	00:00:43.5	18	00:28:29.3	09:11	01:51:04.7	
16	Johnson, Jessica	1189 Hinckley, MN		00:17:01.7	04:15	10	00:00:57.8	8	01:03:52.2	19.7	13	00:00:43.5	18	00:28:29.3	09:11	01:51:04.7	
17	Nelson, Katie	1185 Mpls, MN		00:10:14.8	02:33	17	00:01:07.4	17	01:09:07.8	18.2	14	00:00:43.6	24	00:30:07.4	09:43	01:51:21.3	
17	Kunz, Mika	1185 Plymouth, MN		00:10:14.8	02:33	17	00:01:07.4	17	01:09:07.8	18.2	14	00:00:43.6	24	00:30:07.4	09:43	01:51:21.3	
17	Labrosse, Michelle	1185 Greenfield, MN		00:10:14.8	02:33	17	00:01:07.4	17	01:09:07.8	18.2	14	00:00:43.6	24	00:30:07.4	09:43	01:51:21.3	
18	Speight, Tracy	888 Scandia, MN		00:10:44.6	02:41	12	00:00:58.2	19	01:12:27.1	17.3	9	00:00:38.1	26	00:30:45.3	09:55	01:55:33.5	
18	Olson, Tara	888 Inver Grove		00:10:44.6	02:41	12	00:00:58.2	19	01:12:27.1	17.3	9	00:00:38.1	26	00:30:45.3	09:55	01:55:33.5	
18	Joyce, Denise	888 Saint Paul, MN		00:10:44.6	02:41	12	00:00:58.2	19	01:12:27.1	17.3	9	00:00:38.1	26	00:30:45.3	09:55	01:55:33.5	
19	Bastiaens,	803 Scandia, MN		00:11:02.9	02:45	25	00:01:15.7	18	01:11:26.2	17.6	21	00:00:48.8	28	00:31:30.6	10:09	01:56:04.4	
19	James, Natina	803 St Paul, MN		00:11:02.9	02:45	25	00:01:15.7	18	01:11:26.2	17.6	21	00:00:48.8	28	00:31:30.6	10:09	01:56:04.4	
19	Klingler, Jessica	803 Champlin, MN		00:11:02.9	02:45	25	00:01:15.7	18	01:11:26.2	17.6	21	00:00:48.8	28	00:31:30.6	10:09	01:56:04.4	
20	Stahl, George	944 Blaine, MN		00:11:31.6	02:52	24	00:01:14.4	21	01:16:58.0	16.3	28	00:01:03.4	12	00:25:52.6	08:20	01:56:40.2	
20	Kuusisto, Sarah	944 Forest Lake, MN		00:11:31.6	02:52	24	00:01:14.4	21	01:16:58.0	16.3	28	00:01:03.4	12	00:25:52.6	08:20	01:56:40.2	
20	Flory, Rebecca	944 St Paul, MN		00:11:31.6	02:52	24	00:01:14.4	21	01:16:58.0	16.3	28	00:01:03.4	12	00:25:52.6	08:20	01:56:40.2	
21	Gamble, Araya	1309 Taylor Falls, MN		00:09:31.6	02:22	20	00:01:09.5	24	01:18:26.4	16.0	23	00:00:52.6	16	00:27:03.9	08:43	01:57:04.3	
21	Gamble, Nevin	1309 Taylor Falls, MN		00:09:31.6	02:22	20	00:01:09.5	24	01:18:26.4	16.0	23	00:00:52.6	16	00:27:03.9	08:43	01:57:04.3	
21	Gamble, Jon	1309 Taylor Falls, MN		00:09:31.6	02:22	20	00:01:09.5	24	01:18:26.4	16.0	23	00:00:52.6	16	00:27:03.9	08:43	01:57:04.3	
22	Peterson, Patricia	1187 Henderson, NV		00:11:02.5	02:45	11	00:00:58.0	23	01:18:14.3	16.1	27	00:01:00.7	19	00:28:36.2	09:13	01:59:51.9	

Team - Sprint Distance Relay			0.25 mi swim			T-1		1.5 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
22	Thomas, Lauren	1187	Henderson, NV	00:11:02.5	02:45	11	00:00:58.0	23	01:18:14.3	16.1	27	00:01:00.7	19	00:28:36.2	09:13	01:59:51.9	
23	Dedon, Erica	861	Dublin, CA	00:10:31.1	02:37	32	00:02:46.2	22	01:17:30.4	16.2	30	00:01:18.7	20	00:28:37.2	09:13	02:00:43.9	
23	Dedon, Mark	861	Dublin, CA	00:10:31.1	02:37	32	00:02:46.2	22	01:17:30.4	16.2	30	00:01:18.7	20	00:28:37.2	09:13	02:00:43.9	
24	Virga, Jr., Joseph	1196	Lindstrom, MN	00:09:28.1	02:22	4	00:00:51.3	26	01:19:51.4	15.7	25	00:00:57.7	22	00:29:37.4	09:33	02:00:46.0	
24	Crain, Barb	1196	St. Paul, MN	00:09:28.1	02:22	4	00:00:51.3	26	01:19:51.4	15.7	25	00:00:57.7	22	00:29:37.4	09:33	02:00:46.0	
24	Crain, Ryan	1196	Scandia, MN	00:09:28.1	02:22	4	00:00:51.3	26	01:19:51.4	15.7	25	00:00:57.7	22	00:29:37.4	09:33	02:00:46.0	
25	Coulter, Gregory	1268	Lindstrom, MN	00:09:28.7	02:22	23	00:01:13.2	29	01:23:32.6	15.0	26	00:00:59.3	13	00:26:10.3	08:26	02:01:24.2	
25	Coulter, Elizabeth	1268	Lindstrom, MN	00:09:28.7	02:22	23	00:01:13.2	29	01:23:32.6	15.0	26	00:00:59.3	13	00:26:10.3	08:26	02:01:24.2	
25	Coulter, Liam	1268	Lindstrom, MN	00:09:28.7	02:22	23	00:01:13.2	29	01:23:32.6	15.0	26	00:00:59.3	13	00:26:10.3	08:26	02:01:24.2	
26	Hulbert, Deb	963	Forest Lake, MN	00:12:08.6	03:02	13	00:01:00.8	15	01:07:36.7	18.6	7	00:00:34.7	34	00:40:21.9	13:01	02:01:42.9	
26	James, Chris	963	Hugo, MN	00:12:08.6	03:02	13	00:01:00.8	15	01:07:36.7	18.6	7	00:00:34.7	34	00:40:21.9	13:01	02:01:42.9	
26	James, Martha	963	St Paul, MN	00:12:08.6	03:02	13	00:01:00.8	15	01:07:36.7	18.6	7	00:00:34.7	34	00:40:21.9	13:01	02:01:42.9	
27	Larson, Ashley	1320	Maple Grove,	00:09:20.9	02:20	14	00:01:04.1	25	01:19:33.5	15.8	31	00:01:19.5	31	00:32:57.0	10:37	02:04:15.2	
27	Seubert, Gretchen	1320	Maple Valley,	00:09:20.9	02:20	14	00:01:04.1	25	01:19:33.5	15.8	31	00:01:19.5	31	00:32:57.0	10:37	02:04:15.2	
27	Oelerich, Justin	1320	Maple Grove,	00:09:20.9	02:20	14	00:01:04.1	25	01:19:33.5	15.8	31	00:01:19.5	31	00:32:57.0	10:37	02:04:15.2	
28	Siirila, Michael	1389	Andover, MN	00:12:07.3	03:01	16	00:01:05.4	27	01:21:08.2	15.5	24	00:00:56.7	23	00:29:53.6	09:38	02:05:11.5	
28	Siirila, Jim	1389	Chisago City,	00:12:07.3	03:01	16	00:01:05.4	27	01:21:08.2	15.5	24	00:00:56.7	23	00:29:53.6	09:38	02:05:11.5	
28	Spading, Seth	1389	St Louis Park,	00:12:07.3	03:01	16	00:01:05.4	27	01:21:08.2	15.5	24	00:00:56.7	23	00:29:53.6	09:38	02:05:11.5	
29	Siirila, Laura	885		00:10:33.4	02:38	9	00:00:57.3	28	01:22:43.4	15.2	19	00:00:47.3	27	00:31:22.2	10:07	02:06:23.9	
29	Siirila, Connie	885	Andover, MN	00:10:33.4	02:38	9	00:00:57.3	28	01:22:43.4	15.2	19	00:00:47.3	27	00:31:22.2	10:07	02:06:23.9	
29	Siirila, Janette	885	Andover, MN	00:10:33.4	02:38	9	00:00:57.3	28	01:22:43.4	15.2	19	00:00:47.3	27	00:31:22.2	10:07	02:06:23.9	
30	Goggins, Rita	1013	New Prague,	00:17:01.4	04:15	18	00:01:08.3	32	01:28:51.6	14.1	17	00:00:45.2	9	00:24:43.2	07:58	02:12:30.0	
30	Vetter, Amy	1013	Shafer, MN	00:17:01.4	04:15	18	00:01:08.3	32	01:28:51.6	14.1	17	00:00:45.2	9	00:24:43.2	07:58	02:12:30.0	
31	Logue, Pamela	1468	Trempealeau,	00:11:06.2	02:46	19	00:01:08.5	30	01:27:35.6	14.3	32	00:01:19.8	29	00:32:10.4	10:22	02:13:20.8	
31	Fischer, Karin	1468	Trempealeau,	00:11:06.2	02:46	19	00:01:08.5	30	01:27:35.6	14.3	32	00:01:19.8	29	00:32:10.4	10:22	02:13:20.8	
31	Schultz, Amy	1468	Arcadia, WI	00:11:06.2	02:46	19	00:01:08.5	30	01:27:35.6	14.3	32	00:01:19.8	29	00:32:10.4	10:22	02:13:20.8	
32	Johnson, Mary	1464	Edina, MN	00:16:57.7	04:14	29	00:01:43.6	31	01:28:32.0	14.2	34	00:02:07.9	30	00:32:29.7	10:28	02:21:51.1	
32	Johnson, Brent	1464	Edina, MN	00:16:57.7	04:14	29	00:01:43.6	31	01:28:32.0	14.2	34	00:02:07.9	30	00:32:29.7	10:28	02:21:51.1	
33	Wagner, Don	949	Elko, MN	00:12:22.9	03:05	26	00:01:21.9	33	01:31:20.5	13.7	29	00:01:05.3	33	00:37:42.0	12:09	02:23:52.7	
33	Wagner, Judy	949	Elko, MN	00:12:22.9	03:05	26	00:01:21.9	33	01:31:20.5	13.7	29	00:01:05.3	33	00:37:42.0	12:09	02:23:52.7	
33	Klostermann,	949	Wyoming, MN	00:12:22.9	03:05	26	00:01:21.9	33	01:31:20.5	13.7	29	00:01:05.3	33	00:37:42.0	12:09	02:23:52.7	
34	Lambert, Marylynn	1467	Green Bay, WI	00:17:30.2	04:22	34	00:03:22.0	34	01:39:36.6	12.6	6	00:00:27.6	25	00:30:22.7	09:47	02:31:19.3	
34	Bruhn, Lizzie	1467	Green Bay, WI	00:17:30.2	04:22	34	00:03:22.0	34	01:39:36.6	12.6	6	00:00:27.6	25	00:30:22.7	09:47	02:31:19.3	