

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

**0.25 mi swim**

**21.5 mi bike**

**3.1 mi run**

**Division Results**

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

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

Field: 809

**Male Sprint Distance**

Division Field: 399

1	Parish, Partick	713	Circle Pines, MN	4	00:06:29.2	01:37	17	00:01:05.6	3	00:49:55.8	25.2	46	00:00:58.3	1	00:16:48.0	05:25	01:15:17.2			
2	1 Blankenheim, Josh	954	Duluth, MN	5	00:06:53.1	01:43	7	00:00:57.5	4	00:50:18.8	25.0	2	00:00:31.8	2	00:17:44.6	05:43	01:16:25.9			
3	1 Penticoff, Scott	46	Woodbury, MN	12	00:07:08.2	01:47	22	00:01:08.1	2	00:49:49.9	25.2	1	00:00:29.2	4	00:18:02.5	05:49	01:16:38.0			
4	2 Downare, Taggart	730	St Cloud, MN	42	00:08:11.7	02:02	14	00:01:04.1	5	00:50:52.2	24.7	14	00:00:49.1	11	00:19:36.8	06:19	01:20:34.1			
5	2 Falkowski,	701	Lakeville, MN	10	00:07:06.1	01:46	9	00:00:59.2	6	00:51:28.5	24.4	31	00:00:54.6	36	00:21:15.0	06:51	01:21:43.6			
6	1 Graif, James	702	Elk River, MN	27	00:08:01.1	02:00	16	00:01:05.3	7	00:52:26.8	24.0	105	00:01:11.1	67	00:22:20.2	07:12	01:25:04.7			
7	3 Peterson, Mike	1278	Maple Grove,	53	00:08:20.3	02:05	18	00:01:06.3	17	00:54:06.2	23.2	114	00:01:13.1	20	00:20:20.7	06:33	01:25:06.8			
8	1 Hankee, Michael	706	Lino Lakes, MN	20	00:07:45.2	01:56	34	00:01:17.4	21	00:54:40.0	23.0	18	00:00:50.7	30	00:20:51.4	06:43	01:25:24.8			
9	4 Crowley, Tim	731		17	00:07:27.0	01:51	48	00:01:24.9	24	00:55:00.1	22.9	29	00:00:54.6	24	00:20:42.3	06:40	01:25:29.2			
10	2 Neary, Andy	1317		34	00:08:06.7	02:01	1	00:00:52.2	16	00:54:00.4	23.3	48	00:00:58.6	43	00:21:39.1	06:59	01:25:37.2			
11	5 Armour, Jonathan	1597		9	00:07:04.2	01:46	28	00:01:15.6	15	00:53:57.5	23.3	75	00:01:05.2	70	00:22:24.1	07:13	01:25:47.0			
12	1 Dow, Dave	1209	Stillwater, MN	46	00:08:15.1	02:03	29	00:01:15.8	11	00:53:22.5	23.6	52	00:00:59.5	51	00:22:01.0	07:06	01:25:54.2			
13	3 Hall, Mederic	703	Rochester, MN	71	00:08:43.9	02:10	21	00:01:07.4	38	00:56:37.6	22.2	22	00:00:53.6	7	00:18:50.0	06:04	01:26:12.7			
14	1 Rogalla, Denver	733	Morris, MN	25	00:07:56.6	01:59	33	00:01:16.9	27	00:55:26.4	22.7	37	00:00:56.4	23	00:20:41.3	06:40	01:26:17.8			
15	3 Shulha, Andrew	715	Rochester, MN	32	00:08:06.3	02:01	40	00:01:19.3	28	00:55:32.8	22.6	193	00:01:32.0	16	00:20:05.0	06:28	01:26:35.5			
16	4 Thillen, Samuel	717	Minneapolis,	45	00:08:14.4	02:03	2	00:00:55.0	22	00:54:45.8	23.0	130	00:01:16.6	49	00:21:54.6	07:04	01:27:06.6			
17	2 Vesterstein, Kirk	999	Dututh, MN	72	00:08:44.0	02:11	69	00:01:31.7	26	00:55:01.9	22.8	66	00:01:02.6	31	00:20:53.7	06:44	01:27:14.1			
18	4 Broadmoore,	1591	Duluth, MN	75	00:08:44.4	02:11	8	00:00:58.8	36	00:56:28.4	22.3	91	00:01:08.5	14	00:19:59.6	06:26	01:27:19.9			
19	5 Koepp, Kris	708	Rochester, MN	1	00:06:17.8	01:34	62	00:01:30.0	30	00:56:05.4	22.4	33	00:00:55.4	73	00:22:31.3	07:15	01:27:20.0			
20	5 Kurhajetz, Rich	709	Robbinsdale,	64	00:08:38.7	02:09	84	00:01:36.9	14	00:53:50.5	23.4	74	00:01:05.1	60	00:22:10.2	07:09	01:27:21.6			
21	1 Weigel, Joshua	1198	Rochester, MN	99	00:09:09.3	02:17	3	00:00:56.0	8	00:52:30.0	23.9	40	00:00:57.5	124	00:23:57.1	07:43	01:27:30.0			
22	6 Kadera, Aaron	1020	White Bear	111	00:09:18.9	02:19	103	00:01:44.6	10	00:52:59.9	23.7	44	00:00:58.1	78	00:22:34.9	07:17	01:27:36.6			
23	3 Dahl, Greg	1262	Lake Elmo, MN	84	00:08:53.6	02:13	31	00:01:16.6	18	00:54:28.1	23.1	63	00:01:02.5	66	00:22:17.3	07:11	01:27:58.3			
24	6 Blair, Mike	806	Prior Lake, MN	55	00:08:21.2	02:05	60	00:01:28.6	19	00:54:29.2	23.1	7	00:00:41.4	97	00:23:16.1	07:30	01:28:16.7			
25	7 Hanssen, Lee	1214	St. Louis Park,	52	00:08:19.7	02:04	13	00:01:04.0	43	00:57:06.4	22.0	12	00:00:46.8	37	00:21:15.6	06:51	01:28:32.7			
26	2 Duijndam, Rob	1106	Falcon Heights,	28	00:08:01.6	02:00	75	00:01:34.2	46	00:57:22.8	21.9	81	00:01:06.3	25	00:20:44.0	06:41	01:28:49.0			

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	Pen description
27	3 Quigley, Brian	1135	Coon Rapids,	49	00:08:15.6	02:03	126	00:01:52.1	58	00:57:58.6	21.7	176	00:01:27.4	9	00:19:24.3	06:15	01:28:58.2	
28	7 Mcgaver, Joe	1230	Duluth, MN	330	00:12:52.2	03:13	108	00:01:46.0	9	00:52:48.4	23.8	253	00:01:48.3	13	00:19:55.3	06:25	01:29:10.3	
29	4 Hughes, Louis	1511		87	00:08:55.9	02:13	4	00:00:56.4	48	00:57:26.5	21.9	73	00:01:04.6	33	00:21:00.7	06:46	01:29:24.3	
30	2 Theissen, Mark	1605		78	00:08:46.1	02:11	24	00:01:09.0	60	00:58:02.8	21.7	23	00:00:53.8	28	00:20:46.2	06:42	01:29:38.1	
31	8 Harke, Dan	1114	Rochester, MN	98	00:09:09.0	02:17	36	00:01:18.0	37	00:56:28.8	22.3	45	00:00:58.3	56	00:22:03.4	07:06	01:29:57.7	
32	1 Donahue, Steven	862	Plymouth, MN	3	00:06:26.7	01:36	78	00:01:35.7	140	01:02:18.5	20.2	293	00:02:00.7	3	00:17:53.8	05:46	01:30:15.5	
33	6 Petree, Chris	1538	Lakeville, MN	61	00:08:32.5	02:08	99	00:01:43.2	31	00:56:13.5	22.4	131	00:01:16.6	77	00:22:33.4	07:16	01:30:19.3	
34	8 Pauley, Brian	718	Eau Claire, WI	58	00:08:25.4	02:06	26	00:01:13.8	52	00:57:33.4	21.8	25	00:00:54.1	63	00:22:12.6	07:09	01:30:19.6	
35	5 Lindquist, Jeremy	1127	Shakopee, MN	153	00:09:52.8	02:28	129	00:01:53.1	39	00:56:39.1	22.2	34	00:00:55.4	34	00:21:04.5	06:47	01:30:25.2	
36	7 Derung, Kevin	1290	Bethel, MN	105	00:09:14.4	02:18	160	00:02:04.7	25	00:55:01.4	22.8	100	00:01:10.6	93	00:23:04.3	07:26	01:30:35.6	
37	3 Sciarra, Sean	1088	Blain, MN	30	00:08:04.6	02:01	179	00:02:09.5	41	00:56:44.5	22.2	151	00:01:22.8	76	00:22:32.8	07:16	01:30:54.4	
38	1 Tjosvold, Doug.	1574		132	00:09:35.3	02:23	85	00:01:37.3	32	00:56:14.9	22.4	110	00:01:12.7	64	00:22:16.4	07:11	01:30:56.8	
39	8 Maurer, Matt	1257	Rochester, MN	200	00:10:24.3	02:36	76	00:01:34.8	13	00:53:41.5	23.4	270	00:01:53.4	102	00:23:23.0	07:32	01:30:57.1	
40	2 Wright, Ryan	1147	Wyoming, MN	136	00:09:38.5	02:24	203	00:02:21.9	59	00:58:00.3	21.7	255	00:01:48.8	10	00:19:30.7	06:17	01:31:20.4	
41	2 Wildman, Joe	1280	Milaca, MN	23	00:07:48.6	01:57	25	00:01:12.5	65	00:58:42.7	21.4	229	00:01:41.3	61	00:22:10.3	07:09	01:31:35.6	
42	9 Wilson, Stephen	728	Golden Valley,	44	00:08:13.4	02:03	43	00:01:20.6	75	00:59:27.8	21.1	170	00:01:26.6	35	00:21:07.4	06:48	01:31:36.0	
43	9 Barrios, Nolan	1571	Stillwater, MN	158	00:09:56.3	02:29	6	00:00:56.8	53	00:57:35.2	21.8	17	00:00:50.5	74	00:22:31.7	07:16	01:31:50.7	
44	9 Hirsch, David	1016	Minneapolis,	189	00:10:18.7	02:34	104	00:01:45.1	33	00:56:22.8	22.3	71	00:01:04.4	68	00:22:20.2	07:12	01:31:51.5	
45	10 Hadrich, Ben	1265	Mcgregor, MN	90	00:08:59.1	02:14	113	00:01:47.8	86	00:59:58.0	21.0	39	00:00:56.9	17	00:20:14.4	06:31	01:31:56.3	
46	11 Ramkey, John	1615	Madison, WI	144	00:09:46.4	02:26	20	00:01:07.3	49	00:57:28.7	21.9	19	00:00:51.7	87	00:22:53.6	07:23	01:32:07.9	
47	3 Leschisin, Samaul	831	Sherwood, WI	47	00:08:15.2	02:03	35	00:01:17.4	147	01:02:26.9	20.1	120	00:01:14.5	8	00:19:01.4	06:08	01:32:15.6	
48	4 Hecht, Tyler	919	Somerset, WI	33	00:08:06.4	02:01	112	00:01:47.1	66	00:58:43.2	21.4	72	00:01:04.5	84	00:22:45.2	07:20	01:32:26.6	
49	6 Schubert, Joe	1245	St Paul, MN	22	00:07:46.3	01:56	274	00:02:49.3	117	01:01:17.5	20.5	291	00:01:59.6	5	00:18:35.5	05:59	01:32:28.4	
50	7 Unga, Ben	1248	Marion, IA	21	00:07:45.6	01:56	227	00:02:29.0	62	00:58:19.3	21.6	61	00:01:01.4	90	00:22:56.6	07:24	01:32:32.1	
51	4 Knutson, Randall	1074	Mankato, MN	59	00:08:26.2	02:06	19	00:01:07.0	44	00:57:21.7	21.9	26	00:00:54.2	168	00:24:54.4	08:02	01:32:43.8	
52	10 Stadlander Iii,	1094	Minneapolis,	6	00:06:53.2	01:43	81	00:01:36.4	119	01:01:20.3	20.5	32	00:00:54.7	55	00:22:01.9	07:06	01:32:46.6	
53	10 Opdahl, Todd	780	Chisago City,	89	00:08:59.1	02:14	61	00:01:29.2	40	00:56:44.1	22.2	43	00:00:58.1	154	00:24:38.6	07:56	01:32:49.3	
54	12 Voorhees, Jared	1294	Golden Valley,	101	00:09:12.5	02:18	190	00:02:17.1	23	00:54:58.0	22.9	205	00:01:35.4	170	00:24:55.8	08:02	01:32:59.1	
55	13 Martin, Jesse	1129	Edina, MN	39	00:08:10.7	02:02	71	00:01:33.2	96	01:00:10.9	20.9	148	00:01:22.0	45	00:21:44.9	07:00	01:33:01.9	
56	1 Clark, Barry	758	Lacrosse, WI	100	00:09:09.5	02:17	27	00:01:13.9	35	00:56:25.3	22.3	36	00:00:56.4	181	00:25:19.4	08:10	01:33:04.7	
57	14 Williams, David	900	Rochester, MN	24	00:07:53.9	01:58	10	00:01:02.7	80	00:59:42.3	21.1	70	00:01:04.3	101	00:23:22.7	07:32	01:33:06.1	
58	4 Sroga, Jeremy	890	Fridley, MN	19	00:07:43.4	01:55	142	00:01:58.5	111	01:01:05.7	20.6	15	00:00:49.3	52	00:22:01.1	07:06	01:33:38.2	
59	5 Hawes,	1170	Minneapolis,	70	00:08:43.7	02:10	143	00:01:58.5	34	00:56:23.3	22.3	220	00:01:39.8	175	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	Pen description
60	3 Wynveen, Doug	734 Osceola, WI	169	00:10:02.9	02:30	11	00:01:02.8	55	00:57:44.1	21.8	322	00:02:14.8	85	00:22:45.8	07:20	01:33:50.7		
61	4 Bauer, Tim	1003 Eagan, MN	190	00:10:19.3	02:34	308	00:03:12.5	45	00:57:22.6	21.9	169	00:01:26.5	40	00:21:35.9	06:58	01:33:57.0		
62	15 Madden, Dennis	1313 St Cloud, MN	159	00:09:56.4	02:29	185	00:02:13.0	56	00:57:55.2	21.7	234	00:01:41.8	65	00:22:17.0	07:11	01:34:03.5		
63	6 Crane, Charles	1207 Mineapolis, MN	97	00:09:08.0	02:17	55	00:01:26.8	100	01:00:20.3	20.8	57	00:01:00.4	62	00:22:11.5	07:09	01:34:07.3		
64	11 Koch Schenkel,	1516 Minneapolis,	219	00:10:45.3	02:41	82	00:01:36.5	61	00:58:09.6	21.6	207	00:01:35.5	54	00:22:01.8	07:06	01:34:08.9		
65	2 Colaizy, Michael	1616 Osceola, WI	192	00:10:19.8	02:34	64	00:01:31.0	29	00:55:38.8	22.6	62	00:01:01.9	199	00:25:41.8	08:17	01:34:13.4		
66	5 Hess, Michael	1068	11	00:07:06.4	01:46	86	00:01:38.0	82	00:59:49.8	21.0	166	00:01:25.6	145	00:24:28.0	07:53	01:34:28.0		
67	8 Young, Justin	1100 Roseville, MN	174	00:10:04.1	02:31	65	00:01:31.0	83	00:59:50.3	21.0	213	00:01:37.8	44	00:21:43.5	07:00	01:34:46.9		
68	11 Watson, Paul	1049 Farmington, MN	82	00:08:51.0	02:12	74	00:01:34.1	64	00:58:36.0	21.5	8	00:00:42.4	177	00:25:04.7	08:05	01:34:48.4		
69	6 Ryshavy, John	788 Wayzata, MN	167	00:10:01.9	02:30	49	00:01:25.8	73	00:59:14.0	21.2	16	00:00:49.8	109	00:23:36.8	07:37	01:35:08.6		
70	12 Cowan, Neil	913 St Louis Park,	13	00:07:15.9	01:48	155	00:02:03.3	85	00:59:55.7	21.0	164	00:01:25.3	147	00:24:31.3	07:54	01:35:11.8		
71	5 Walsh, London	1045 Hudson, WI	16	00:07:25.1	01:51	169	00:02:07.3	165	01:03:02.6	19.9	125	00:01:15.7	42	00:21:38.6	06:58	01:35:29.6		
72	13 Tomaska, Milan	845 Woodbury, MN	102	00:09:13.0	02:18	42	00:01:20.2	124	01:01:34.4	20.4	11	00:00:44.6	82	00:22:39.9	07:18	01:35:32.3		
73	12 Fiorillo, Tony	1252 Prior Lake, MN	103	00:09:13.1	02:18	173	00:02:08.5	20	00:54:30.5	23.1	233	00:01:41.8	267	00:28:02.7	09:02	01:35:36.8		
74	7 Nelson, Ron	1081 Eden Prairie,	150	00:09:50.8	02:27	87	00:01:39.8	101	01:00:23.6	20.8	250	00:01:47.9	50	00:21:56.6	07:04	01:35:38.7		
75	16 Hanson, Ryan	1274 Dresser, WI	165	00:10:01.4	02:30	54	00:01:26.8	99	01:00:20.2	20.8	115	00:01:13.1	81	00:22:38.2	07:18	01:35:39.9		
76	7 Benson, Jason	1292 Lino Lakes, MN	172	00:10:03.4	02:30	37	00:01:18.9	72	00:59:05.2	21.3	27	00:00:54.3	139	00:24:23.0	07:51	01:35:45.1		
77	8 Mcgahey, Peter	981 North Mankato,	88	00:08:56.1	02:14	130	00:01:54.1	92	01:00:02.6	20.9	58	00:01:00.4	125	00:23:58.0	07:43	01:35:51.4		
78	14 Frandson, Chad	740 Burnsville, MN	92	00:09:03.4	02:15	44	00:01:21.0	68	00:58:52.8	21.3	96	00:01:09.6	185	00:25:24.7	08:11	01:35:51.7		
79	6 Good, Zach	870 Stacy, MN	142	00:09:44.9	02:26	201	00:02:21.7	89	00:59:59.6	21.0	4	00:00:35.6	95	00:23:11.6	07:28	01:35:53.7		
80	13 Tiede, Peter	792 River Falls, WI	15	00:07:20.5	01:50	118	00:01:49.2	78	00:59:39.7	21.1	232	00:01:41.6	184	00:25:23.8	08:11	01:35:55.0		
81	9 Hess, Nick	1119 Anoka, MN	156	00:09:53.4	02:28	259	00:02:41.8	132	01:01:51.7	20.3	238	00:01:43.0	12	00:19:47.6	06:23	01:35:57.7		
82	14 Szymanski, Tim	1194 Highlands	123	00:09:26.1	02:21	140	00:01:57.4	84	00:59:51.9	21.0	107	00:01:11.2	105	00:23:31.7	07:35	01:35:58.5		
83	7 Miner, Sammy	1608	267	00:11:29.5	02:52	12	00:01:03.7	67	00:58:49.3	21.4	127	00:01:15.9	99	00:23:20.5	07:31	01:35:59.2		
84	8 Miner, Mark	1183 Winona, MN	127	00:09:30.3	02:22	23	00:01:08.9	50	00:57:30.7	21.9	67	00:01:03.0	231	00:26:47.5	08:38	01:36:00.6		
85	9 Westphal, Fritz	1146 Minneapolis,	168	00:10:02.2	02:30	70	00:01:32.3	42	00:57:00.8	22.0	179	00:01:27.8	208	00:25:58.8	08:22	01:36:02.1		
86	8 Smith, Ryan	1563 Lindstrom, MN	2	00:06:23.6	01:35	41	00:01:19.6	217	01:05:34.7	19.2	102	00:01:10.8	39	00:21:34.7	06:57	01:36:03.7		
87	15 Olsen, Kurt	1567 Elk River, MN	54	00:08:20.6	02:05	51	00:01:26.2	107	01:00:54.4	20.6	109	00:01:11.8	138	00:24:21.0	07:51	01:36:14.3		
88	2 Miner Jr, Jim	1609 Duluth, MN	107	00:09:16.4	02:19	88	00:01:40.4	51	00:57:33.0	21.8	272	00:01:53.8	205	00:25:55.2	08:21	01:36:19.0		
89	17 Peterka, Mitch	1297 Minneapolis,	213	00:10:41.3	02:40	93	00:01:42.1	106	01:00:53.5	20.6	108	00:01:11.7	48	00:21:51.4	07:03	01:36:20.2		
90	15 Holmes, Sean	1263 Chaska, MN	104	00:09:13.7	02:18	79	00:01:35.7	95	01:00:10.2	20.9	177	00:01:27.5	120	00:23:54.0	07:42	01:36:21.4		
91	10 Good, Cody	1306 Stacy, MN	181	00:10:14.3	02:33	150	00:02:01.3	79	00:59:40.2	21.1	119	00:01:13.9	96	00:23:13.6	07:29	01:36:23.5		
92	3 Millslagle, Duane	930 Duluth, MN	62	00:08:36.4	02:09	67	00:01:31.3	113	01:01:05.8	20.6	216	00:01:38.7	107	00:23:33.4	07:35	01:36:25.9		

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	Pen description
93	5 Tedlund, Tom	1143 Duluth, MN	364	00:14:02.1	03:30	146	00:01:59.9	12	00:53:34.1	23.5	245	00:01:46.3	176	00:25:04.4	08:05	01:36:27.0		
94	18 Dawson, Bevin	1508 Saint Paul, MN	56	00:08:22.3	02:05	237	00:02:36.5	164	01:02:58.6	20.0	310	00:02:08.8	21	00:20:24.3	06:34	01:36:30.6		
95	11 Cousins, Collin	1527 Minneapolis,	254	00:11:20.1	02:50	138	00:01:56.5	122	01:01:29.0	20.4	83	00:01:07.0	26	00:20:46.1	06:41	01:36:39.0		
96	10 Leary, Glenn	1178 St Paul, MN	36	00:08:08.6	02:02	123	00:01:50.2	114	01:01:11.7	20.5	88	00:01:07.9	143	00:24:26.7	07:53	01:36:45.3		
97	12 Newbury, Nick	727 Urbandale, IA	216	00:10:43.5	02:40	63	00:01:30.8	197	01:04:35.2	19.5	146	00:01:21.8	6	00:18:39.7	06:01	01:36:51.2		
98	3 Reichel, Jeff	1137 Stillwater, MN	199	00:10:24.1	02:36	265	00:02:45.4	54	00:57:38.0	21.8	197	00:01:32.8	151	00:24:36.8	07:56	01:36:57.3		
99	13 Smith, Tyler	1140 Minneapolis,	77	00:08:44.9	02:11	157	00:02:04.3	120	01:01:21.2	20.5	144	00:01:20.6	103	00:23:26.5	07:33	01:36:57.6		
100	16 Hendrickson, Craig	764 Hopkins, MN	60	00:08:28.6	02:07	147	00:02:00.1	133	01:02:00.1	20.3	175	00:01:27.4	98	00:23:16.3	07:30	01:37:12.7		
101	11 Simpson, Michael	791 Minneapolis,	191	00:10:19.7	02:34	15	00:01:04.1	105	01:00:49.3	20.7	117	00:01:13.5	119	00:23:51.8	07:41	01:37:18.6		
102	17 Kirschman, Chris	1084 Bethel, MN	128	00:09:32.4	02:23	149	00:02:01.0	76	00:59:30.1	21.1	260	00:01:50.1	141	00:24:24.9	07:52	01:37:18.6		
103	18 Helbling, Casey	1286 Minneapolis,	67	00:08:41.2	02:10	174	00:02:09.0	137	01:02:11.7	20.2	150	00:01:22.6	92	00:23:00.0	07:25	01:37:24.7		
104	16 Navis, Steve	934 Oshkosh, WI	94	00:09:04.8	02:16	127	00:01:52.5	127	01:01:41.7	20.4	87	00:01:07.8	111	00:23:42.8	07:38	01:37:29.7		
105	19 Skarda, Dustin	1246 South St. Paul,	80	00:08:47.7	02:11	72	00:01:33.4	134	01:02:00.5	20.3	84	00:01:07.4	129	00:24:01.0	07:44	01:37:30.1		
106	19 Papai, Samuel	1564 Minneapolis,	122	00:09:25.7	02:21	105	00:01:45.4	103	01:00:26.7	20.8	278	00:01:54.9	134	00:24:05.4	07:46	01:37:38.3		
107	4 Bono, Michael	955 Minneapolis,	131	00:09:32.8	02:23	95	00:01:42.4	77	00:59:32.5	21.1	30	00:00:54.6	206	00:25:56.1	08:21	01:37:38.6		
108	20 Kandiko, Tom	743 Excelsior, MN	76	00:08:44.8	02:11	32	00:01:16.8	108	01:00:57.0	20.6	143	00:01:20.5	183	00:25:20.4	08:10	01:37:39.7		
109	12 Garvis, Bill	962 Plymouth, MN	138	00:09:41.4	02:25	213	00:02:24.8	63	00:58:34.0	21.5	162	00:01:24.8	196	00:25:38.7	08:16	01:37:44.0		
110	20 Miller, Scott	929 St Louis Park,	69	00:08:42.7	02:10	264	00:02:45.0	180	01:03:55.5	19.7	111	00:01:13.0	38	00:21:19.5	06:52	01:37:55.8		
111	13 Keller, Michael	1123 Minneapolis,	63	00:08:38.6	02:09	73	00:01:33.8	135	01:02:06.6	20.2	145	00:01:21.1	137	00:24:15.7	07:49	01:37:55.9		
112	21 Romero, Brian	1138 Chisago, MN	96	00:09:06.9	02:16	167	00:02:06.9	112	01:01:05.8	20.6	248	00:01:47.6	117	00:23:50.9	07:41	01:37:58.2		
113	14 McLaughlin,	773 Center City, MN	147	00:09:49.7	02:27	128	00:01:52.9	104	01:00:41.7	20.7	85	00:01:07.5	144	00:24:27.6	07:53	01:37:59.6		
114	21 Mccathie, Travis	1332 Eden Prairie,	201	00:10:28.2	02:37	53	00:01:26.6	182	01:04:00.7	19.6	158	00:01:23.8	27	00:20:46.1	06:41	01:38:05.6		
115	9 Haug, Eric	1169 Minneapolis,	113	00:09:19.5	02:19	218	00:02:26.9	90	01:00:01.6	20.9	159	00:01:24.1	167	00:24:53.7	08:01	01:38:06.1		
116	15 Kassekert, Tom	1529 Blaine, MN	85	00:08:54.1	02:13	125	00:01:51.7	110	01:01:00.1	20.6	225	00:01:40.7	161	00:24:44.8	07:58	01:38:11.6		
117	22 Baranowski, Mike	1203 Golden Valley,	139	00:09:42.9	02:25	5	00:00:56.6	128	01:01:44.0	20.4	21	00:00:52.8	171	00:24:58.6	08:03	01:38:15.1		
118	9 Wurdemann, Josh	1366 Harris, MN	227	00:10:57.3	02:44	101	00:01:43.6	193	01:04:30.3	19.5	86	00:01:07.6	15	00:20:01.3	06:27	01:38:20.3		
119	5 Fahrner, Steve	868 Minneapolis,	112	00:09:19.4	02:19	102	00:01:43.8	115	01:01:12.6	20.5	173	00:01:27.2	153	00:24:38.3	07:56	01:38:21.4		
120	6 Roesler, Tim	1086 Deephaven, MN	110	00:09:18.0	02:19	30	00:01:16.3	121	01:01:23.6	20.5	201	00:01:33.7	166	00:24:52.6	08:01	01:38:24.4		
121	22 Hill, Craig	1120 Minneapolis,	196	00:10:21.4	02:35	124	00:01:50.9	153	01:02:42.0	20.0	171	00:01:27.0	57	00:22:03.5	07:06	01:38:24.9		
122	23 Kamrath, Chris	1344 Chippewa Falls,	162	00:09:58.0	02:29	168	00:02:07.0	194	01:04:30.7	19.5	190	00:01:30.9	22	00:20:30.6	06:36	01:38:37.5		
123	6 Cooley, Gregory	860 Sartell, MN	164	00:09:58.9	02:29	177	00:02:09.2	88	00:59:59.6	21.0	135	00:01:17.9	179	00:25:13.9	08:08	01:38:39.8		
124	10 Anondson, Jason	1001 Saint Louis	43	00:08:12.3	02:03	164	00:02:05.9	91	01:00:01.8	20.9	266	00:01:52.7	224	00:26:38.2	08:35	01:38:51.2		
125	11 Kohl, Robert	1419 Ham Lake, MN	175	00:10:07.1	02:31	131	00:01:54.5	129	01:01:45.8	20.3	80	00:01:06.2	132	00:24:03.9	07:45	01:38:57.7		

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	Pen description	
126	23 Flores, Rich	1521	Sauk Rapids,	188	00:10:18.3	02:34	270	00:02:47.5	176	01:03:44.9	19.7	188	00:01:30.2	29	00:20:51.0	06:43	01:39:12.1		
127	16 Burr, Tom	1157	Rogers, MN	91	00:09:02.2	02:15	80	00:01:35.8	171	01:03:24.7	19.8	92	00:01:09.0	131	00:24:02.3	07:45	01:39:14.1		
128	17 Stanze, Keith	1095	Hudson, WI	116	00:09:21.3	02:20	56	00:01:27.3	102	01:00:24.2	20.8	134	00:01:17.0	229	00:26:46.4	08:38	01:39:16.3		
129	12 Olson, Erik	1082	Shakopee, MN	161	00:09:57.1	02:29	135	00:01:56.0	94	01:00:06.9	20.9	239	00:01:43.5	200	00:25:44.2	08:18	01:39:28.0		
130	10 Bloom, Daniel	1541	Loveland, CO	157	00:09:56.1	02:29	202	00:02:21.9	195	01:04:34.3	19.5	65	00:01:02.6	41	00:21:36.1	06:58	01:39:31.2		
131	13 Spiller, Jason	1149	Hopkins, MN	51	00:08:19.3	02:04	162	00:02:05.4	81	00:59:48.7	21.0	251	00:01:48.0	256	00:27:29.9	08:52	01:39:31.5		
132	7 Dupre, David	1060	White Bear	187	00:10:16.8	02:34	211	00:02:24.5	116	01:01:15.7	20.5	308	00:02:06.8	106	00:23:32.8	07:35	01:39:36.7		
133	24 Edmonson, Tim	1010	Apple Valley,	287	00:11:47.9	02:56	83	00:01:36.6	70	00:59:01.6	21.3	271	00:01:53.5	180	00:25:17.8	08:09	01:39:37.6		
134	24 Adams, Nicholas	1151	Plymouth, MN	185	00:10:16.0	02:34	133	00:01:55.3	136	01:02:09.6	20.2	186	00:01:29.3	116	00:23:50.6	07:41	01:39:40.9		
135	25 Ewen, Scott	1161	St. Cloud, MN	121	00:09:23.8	02:20	38	00:01:19.2	185	01:04:13.2	19.6	41	00:00:57.5	118	00:23:51.7	07:41	01:39:45.7		
136	25 Hjelle, Brette	1244	Minneapolis,	125	00:09:29.1	02:22	98	00:01:42.9	202	01:04:52.4	19.4	82	00:01:06.5	79	00:22:36.5	07:17	01:39:47.8		
137	17 Colby, John	1057	Edina, MN	320	00:12:32.6	03:08	194	00:02:20.1	69	00:58:54.4	21.3	163	00:01:25.1	156	00:24:41.6	07:57	01:39:54.0		
138	11 Peloquin, Cole	1186	Lindstrom, MN	115	00:09:21.0	02:20	136	00:01:56.1	183	01:04:02.3	19.6	99	00:01:10.5	108	00:23:34.3	07:36	01:40:04.4		
139	18 Chmielewski, Dean	1206	Shakopee, MN	149	00:09:50.5	02:27	248	00:02:40.7	109	01:00:59.5	20.6	47	00:00:58.6	195	00:25:36.8	08:15	01:40:06.3		
140	26 Buth, Jordan	1536	Blaine, MN	224	00:10:54.7	02:43	89	00:01:40.8	139	01:02:15.1	20.2	95	00:01:09.5	136	00:24:11.6	07:48	01:40:11.9		
141	19 Register, Kevin	1136	Fargo, ND	26	00:07:58.9	01:59	117	00:01:48.7	74	00:59:15.3	21.2	154	00:01:23.1	312	00:29:51.7	09:37	01:40:17.9		
142	14 Devries, Jason	914	Lindstrom, MN	208	00:10:38.0	02:39	110	00:01:46.8	151	01:02:39.0	20.1	28	00:00:54.5	159	00:24:42.9	07:58	01:40:41.5		
143	27 Bell, Anthony	1153	Ramsey, MN	361	00:13:52.6	03:28	111	00:01:46.9	71	00:59:03.6	21.3	223	00:01:40.2	150	00:24:33.9	07:55	01:40:57.5		
144	20 Sharpe, William	1089	Deephaven, MN	119	00:09:22.3	02:20	232	00:02:33.2	143	01:02:21.1	20.2	275	00:01:54.4	165	00:24:49.5	08:00	01:41:00.7		
145	15 Heel, Tim	1115	Chanhassen,	37	00:08:08.8	02:02	90	00:01:41.2	158	01:02:45.1	20.0	230	00:01:41.3	228	00:26:45.6	08:37	01:41:02.3		
146	18 Weaver, Todd	724	Stillwater, MN	41	00:08:11.4	02:02	114	00:01:47.9	191	01:04:25.7	19.5	262	00:01:50.9	164	00:24:47.5	07:59	01:41:03.6		
147	26 May, Lucas	1229	Forest Lake, MN	282	00:11:45.3	02:56	317	00:03:18.7	57	00:57:55.6	21.7	298	00:02:02.9	215	00:26:15.7	08:28	01:41:18.5		
148	16 Olin, Steve	1236	Minneapolis,	241	00:11:10.3	02:47	122	00:01:50.1	97	01:00:11.4	20.9	136	00:01:19.0	234	00:26:49.7	08:39	01:41:20.8		
149	19 Zeller, Anthony	1551	Lakeville, MN	264	00:11:28.6	02:52	39	00:01:19.3	174	01:03:26.8	19.8	128	00:01:16.0	126	00:23:58.8	07:44	01:41:29.5		
150	17 Ulman, Mark	1144	North Mankato,	257	00:11:21.7	02:50	91	00:01:41.7	87	00:59:59.3	21.0	203	00:01:34.6	236	00:26:53.8	08:40	01:41:31.4		
151	27 Forrest,	1110	Ham Lake, MN	18	00:07:35.7	01:53	214	00:02:25.3	172	01:03:25.5	19.8	204	00:01:34.9	221	00:26:31.8	08:33	01:41:33.4		
152	12 Wilvers, Floyd	1586		214	00:10:42.0	02:40	252	00:02:41.0	157	01:02:45.0	20.0	209	00:01:36.0	122	00:23:55.1	07:42	01:41:39.3		
153	13 Turman, Avery	1539	Lindstrom, MN	35	00:08:08.5	02:02	297	00:03:04.5	219	01:05:37.1	19.2	189	00:01:30.6	100	00:23:22.7	07:32	01:41:43.6		
154	21 Marzynski, Paul	1148	Maple Grove,	212	00:10:39.9	02:39	246	00:02:40.1	126	01:01:39.4	20.4	383	00:03:41.6	94	00:23:10.0	07:28	01:41:51.2		
155	14 Connerton, Patrick	1456	Ham Lake, MN	57	00:08:23.1	02:05	281	00:02:50.8	251	01:06:58.0	18.8	93	00:01:09.3	75	00:22:32.7	07:16	01:41:54.0		
156	14 Timmer, Jason	1039	Stillwater, MN	7	00:06:58.1	01:44	228	00:02:29.1	155	01:02:44.2	20.0	346	00:02:32.3	246	00:27:10.9	08:46	01:41:54.8		
157	28 Al-haddad,	1201	Minneapolis,	173	00:10:03.8	02:30	100	00:01:43.3	239	01:06:17.8	19.0	97	00:01:09.7	86	00:22:47.5	07:21	01:42:02.3		
158	28 Coddington, Mike	859	Eden Prairie,	109	00:09:17.7	02:19	198	00:02:20.9	146	01:02:25.7	20.1	69	00:01:03.9	240	00:27:04.9	08:44	01:42:13.2		

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	Pen	description
159	4 Falkowski, Dr. Jon	1061	Apple Valley,	256	00:11:21.0	02:50	197 00:02:20.8	47	00:57:25.8	21.9	256	00:01:49.3	298	00:29:19.4	09:27	01:42:16.4			
160	18 Eklund, Nathan	952	Golden Valley,	292	00:11:55.3	02:58	57 00:01:27.9	203	01:04:52.6	19.4						01:42:18.0			
161	7 Happy, Douglas	1504	Duluth, MN	270	00:11:31.4	02:52	166 00:02:06.6	166	01:03:04.9	19.9	182	00:01:28.3	135	00:24:09.9	07:47	01:42:21.3			
162	19 Sherman, Jesse	1559	Madison, WI	68	00:08:41.5	02:10	349 00:03:54.2	186	01:04:15.7	19.6	268	00:01:53.0	110	00:23:38.4	07:37	01:42:23.1			
163	15 Strom, Alex	891	Plymouth, MN	8	00:06:58.3	01:44	145 00:01:59.5	259	01:07:23.3	18.6	167	00:01:25.7	160	00:24:43.4	07:58	01:42:30.4			
164	8 Justinak, Vincent	922	Blaine, MN	221	00:10:46.5	02:41	172 00:02:08.2	93	01:00:05.1	20.9	161	00:01:24.2	269	00:28:07.5	09:04	01:42:31.8			
165	20 Wakefield, Ed	1197	Center City, MN	129	00:09:32.5	02:23	280 00:02:50.0	224	01:05:50.6	19.1	13	00:00:47.9	112	00:23:44.4	07:39	01:42:45.7			
166	22 Egan, Patrick	761	Mendota	135	00:09:38.0	02:24	59 00:01:28.3	178	01:03:52.5	19.7	59	00:01:00.5	230	00:26:47.4	08:38	01:42:46.8			
167	1 Totall, Jacob	1097	Minneapolis,	50	00:08:18.6	02:04	46 00:01:22.5	223	01:05:46.1	19.1	106	00:01:11.2	211	00:26:11.1	08:26	01:42:49.7			
168	23 Larsen, Dwight	1545	Wayzata, MN	155	00:09:53.3	02:28	209 00:02:23.9	196	01:04:34.6	19.5	212	00:01:37.1	140	00:24:23.1	07:51	01:42:52.2			
169	8 Kartak, Chuck	823	North Branch,	302	00:12:04.2	03:01	58 00:01:28.2	149	01:02:32.5	20.1	123	00:01:15.3	191	00:25:32.0	08:14	01:42:52.4			
170	16 Lyp, Andrew	875	Valparaiso, IN	238	00:11:06.6	02:46	175 00:02:09.0	274	01:08:15.5	18.4	116	00:01:13.2	19	00:20:18.8	06:33	01:43:03.3			
171	21 Barry, Brian	853	White Bear	29	00:08:02.1	02:00	241 00:02:37.0	141	01:02:18.9	20.2	305	00:02:06.2	265	00:28:00.3	09:02	01:43:04.6			
172	29 Anderson, Erik	903	Lino Lakes, MN	217	00:10:43.8	02:40	329 00:03:27.6	162	01:02:55.7	20.0	332	00:02:23.3	114	00:23:47.2	07:40	01:43:17.7			
173	29 Hoffman, Mark	1216	Minneapolis,	48	00:08:15.2	02:03	159 00:02:04.4	148	01:02:31.4	20.1	311	00:02:08.9	278	00:28:23.3	09:09	01:43:23.6			
174	9 Kelly, Brian	1223	Mahtomedi, MN	140	00:09:43.0	02:25	97 00:01:42.9	170	01:03:23.1	19.8	290	00:01:59.6	226	00:26:40.8	08:36	01:43:29.6			
175	24 Swenson, Eric	1247	Minneapolis, MN	226	00:10:55.4	02:43	261 00:02:42.5	118	01:01:17.8	20.5	257	00:01:49.5	238	00:26:58.1	08:41	01:43:43.6			
176	25 Deihl, Kiffin	1160	New Prague,	73	00:08:44.2	02:11	208 00:02:23.4	303	01:09:39.0	18.0	51	00:00:59.0	53	00:22:01.5	07:06	01:43:47.4			
177	30 Masters, Michael	1078	Hopkins, MN	335	00:13:05.4	03:16	144 00:01:59.3	131	01:01:51.1	20.3	112	00:01:13.0	201	00:25:47.6	08:19	01:43:56.7			
178	20 Stanek, Sean	996	Center City, MN	315	00:12:21.5	03:05	52 00:01:26.3	168	01:03:07.7	19.9	55	00:01:00.0	213	00:26:14.1	08:27	01:44:09.8			
179	31 Radloff, Jon	1327	St Louis Park,	363	00:14:01.8	03:30	109 00:01:46.7	188	01:04:20.6	19.5	218	00:01:39.5	69	00:22:21.4	07:12	01:44:10.2			
180	21 Wynne, Dallas	1525	Dresser, WI	240	00:11:09.1	02:47	286 00:02:54.4	207	01:05:05.5	19.3	90	00:01:08.5	123	00:23:55.4	07:43	01:44:13.2			
181	30 Hornsten, John	1328	Eagan, MN	263	00:11:28.3	02:52	45 00:01:21.2	237	01:06:12.5	19.0	156	00:01:23.3	115	00:23:49.0	07:40	01:44:14.4			
182	15 Keeler, Loren	1222	Big Lake, MN	237	00:11:04.9	02:46	182 00:02:11.4	179	01:03:55.4	19.7	215	00:01:38.3	186	00:25:26.6	08:12	01:44:16.8			
183	31 Kim, Adam	1073	Saint Paul, MN	228	00:10:57.8	02:44	120 00:01:49.7	208	01:05:06.6	19.3	157	00:01:23.5	172	00:25:00.8	08:04	01:44:18.6			
184	9 Lancaster, Peter	1255	Minneapolis,	106	00:09:15.7	02:18	180 00:02:09.6	206	01:05:04.9	19.3	325	00:02:17.9	190	00:25:31.1	08:13	01:44:19.4			
185	5 Barber, John	1314	Bloomington,	180	00:10:13.2	02:33	234 00:02:33.7	130	01:01:50.6	20.3	334	00:02:24.2	249	00:27:21.6	08:49	01:44:23.5			
186	22 Hofstad, Michael	1018	Golden Valley,	117	00:09:21.8	02:20	184 00:02:12.7	209	01:05:12.2	19.3	122	00:01:15.1	219	00:26:28.8	08:32	01:44:30.7			
187	10 Zwiers, Brian	950	Hilbert, WI	291	00:11:54.0	02:58	279 00:02:50.0	145	01:02:24.5	20.1	281	00:01:55.6	187	00:25:26.8	08:12	01:44:31.1			
188	16 Walby, Brent	1284	Coon Rapids,	108	00:09:17.0	02:19	204 00:02:22.2	324	01:11:39.6	17.5	35	00:00:55.9	18	00:20:17.6	06:32	01:44:32.5			
189	32 Klostermann, Chad	924	Wyoming, MN	316	00:12:22.7	03:05	153 00:02:03.2	249	01:06:50.7	18.8	121	00:01:14.8	59	00:22:05.2	07:07	01:44:36.8			
190	26 Liu, Victor	874	Plymouth, MN	14	00:07:17.8	01:49	195 00:02:20.2	296	01:09:14.8	18.1	104	00:01:11.1	152	00:24:37.6	07:56	01:44:41.8			
191	22 Wangsness,	1283	Wyoming, MN	133	00:09:36.0	02:24	191 00:02:18.4	152	01:02:41.4	20.0	267	00:01:52.8	274	00:28:16.4	09:07	01:44:45.2			

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	Pen description
192	23 Keegan, Jim	1322 Plymouth, MN	79	00:08:46.8	02:11	262	00:02:42.5	268	01:07:52.0	18.5	341	00:02:28.7	91	00:22:57.0	07:24	01:44:47.2		
193	10 Wilson, Roy	796 St Paul, MN	370	00:14:27.7	03:36	66	00:01:31.1	190	01:04:23.1	19.5	3	00:00:33.5	121	00:23:54.6	07:42	01:44:50.2		
194	17 Howieson, William	1171 Good Thunder,	293	00:11:55.5	02:58	295	00:03:03.8	242	01:06:25.1	18.9	228	00:01:41.2	47	00:21:47.4	07:01	01:44:53.1		
195	27 Chiodo, Marc	1055 Minneapolis,	250	00:11:17.3	02:49	92	00:01:41.9	98	01:00:12.3	20.9	274	00:01:54.1	313	00:29:52.3	09:38	01:44:58.2		
196	33 Woodley, Kyle	797 Costa Mesa, CA	207	00:10:36.2	02:39	154	00:02:03.3	238	01:06:14.1	19.0	5	00:00:36.4	193	00:25:32.3	08:14	01:45:02.5		
197	32 Miakotin, Anton	1030 Minneapolis,	304	00:12:05.6	03:01	96	00:01:42.8	156	01:02:44.4	20.0	78	00:01:05.9	253	00:27:26.5	08:51	01:45:05.5		
198	24 Bastiaens, Willem	804 Scandia, ME	204	00:10:32.2	02:38	116	00:01:48.6	123	01:01:31.4	20.4	68	00:01:03.2	322	00:30:16.8	09:46	01:45:12.5		
199	23 Cross, Jeff	1316 Champlin, MN	312	00:12:14.5	03:03	282	00:02:51.7	173	01:03:26.7	19.8	50	00:00:58.9	198	00:25:40.8	08:17	01:45:12.9		
200	18 Maring, Peter	1128 Harris, MN	247	00:11:15.2	02:48	163	00:02:05.7	175	01:03:34.4	19.8	77	00:01:05.7	248	00:27:13.3	08:46	01:45:14.5		
201	34 Schilling, Eric	1035 Minneapolis,	266	00:11:29.0	02:52	137	00:01:56.5	184	01:04:04.8	19.6	139	00:01:19.6	217	00:26:26.1	08:31	01:45:16.3		
202	24 Timm, Craig	1195 Center City, MN	244	00:11:12.8	02:48	224	00:02:28.4	226	01:05:51.7	19.1	94	00:01:09.5	157	00:24:42.1	07:58	01:45:24.7		
203	33 Baier, Jeremy	1002 Minneapolis,	232	00:11:02.1	02:45	242	00:02:38.3	236	01:06:11.6	19.0	195	00:01:32.6	130	00:24:02.1	07:45	01:45:26.8		
204	25 Wurdemann, Pete	1150 Harris, MN	210	00:10:38.9	02:39	156	00:02:04.2	212	01:05:23.6	19.2	284	00:01:55.9	188	00:25:28.1	08:12	01:45:30.8		
205	35 Krieg, Chris	827 Shakopee, MN	255	00:11:20.2	02:50	68	00:01:31.5	221	01:05:39.8	19.1	165	00:01:25.4	194	00:25:34.0	08:14	01:45:31.0		
206	2 Elliott, Enoch	1414 Minneapolis,	93	00:09:03.9	02:15	50	00:01:26.0	254	01:07:05.8	18.7	259	00:01:49.6	212	00:26:12.0	08:27	01:45:37.6		
207	26 Wolf, Jeff	1552 Osceola, WI	307	00:12:09.0	03:02	106	00:01:45.7	258	01:07:18.6	18.7	200	00:01:33.6	89	00:22:56.2	07:23	01:45:43.2		
208	28 Roehig, Mark	989 Stillwater, MN	40	00:08:10.9	02:02	178	00:02:09.2	163	01:02:57.6	20.0	196	00:01:32.6	331	00:30:54.9	09:58	01:45:45.5		
209	36 Harrelson,	871 Hudson, WI	252	00:11:17.9	02:49	290	00:02:58.5	154	01:02:43.6	20.0	6	00:00:36.6	271	00:28:10.4	09:05	01:45:47.1		
210	34 Jensen, Brandon	1496 Edina, MN	152	00:09:52.8	02:28	276	00:02:49.6	280	01:08:26.0	18.4	98	00:01:10.0	104	00:23:28.6	07:34	01:45:47.2		
211	37 Bergeron, Joshua	1155 Lindstrom, MN	141	00:09:44.6	02:26	210	00:02:24.5	245	01:06:33.2	18.9	64	00:01:02.5	210	00:26:06.4	08:25	01:45:51.4		
212	38 George, Brian	1460 Minneapolis,	223	00:10:53.5	02:43	207	00:02:22.9	210	01:05:19.1	19.2	252	00:01:48.1	197	00:25:40.7	08:17	01:46:04.5		
213	25 Falteysek, Brad	1503 Eagan, MN	206	00:10:32.4	02:38	289	00:02:57.7	261	01:07:29.1	18.6	76	00:01:05.4	127	00:24:00.2	07:44	01:46:05.0		
214	26 Lesov, Paul	1420 Maple Grove,	296	00:11:59.6	02:59	293	00:03:03.5	189	01:04:21.4	19.5	288	00:01:58.7	158	00:24:42.8	07:58	01:46:06.2		
215	27 Nemes, Csaba	1258 Shoreview, MN	163	00:09:58.3	02:29	165	00:02:06.0	204	01:04:59.7	19.3	242	00:01:45.4	255	00:27:28.0	08:51	01:46:17.6		
216	39 Ward, Peter	1486 Osceola, WI	83	00:08:53.6	02:13	181	00:02:11.3	253	01:07:03.0	18.7	277	00:01:54.6	214	00:26:15.2	08:28	01:46:17.8		
217	40 Leboff, Richard	829 Minneapolis,	278	00:11:42.0	02:55	263	00:02:44.4	244	01:06:30.4	18.9	249	00:01:47.8	113	00:23:45.5	07:39	01:46:30.3		
218	29 Madryga, Joe	1602	193	00:10:20.5	02:35	216	00:02:25.8	243	01:06:26.1	18.9	365	00:02:49.4	146	00:24:29.5	07:54	01:46:31.4		
219	28 Watson, Chris	1048 Andover, MN	178	00:10:10.5	02:32	183	00:02:12.0	213	01:05:24.8	19.2	54	00:00:59.9	268	00:28:06.4	09:04	01:46:53.8		
220	30 Eskierka, Jeffrey	915 Saint Anthony,	195	00:10:21.3	02:35	212	00:02:24.6	214	01:05:33.1	19.2	244	00:01:46.3	237	00:26:56.1	08:41	01:47:01.6		
221	29 Swanson, Shane	886 Hugo, MN	177	00:10:09.3	02:32	47	00:01:24.6	255	01:07:13.0	18.7	113	00:01:13.0	243	00:27:06.5	08:44	01:47:06.6		
222	11 Rauschenfels,	838 Duluth, MN	242	00:11:10.5	02:47	188	00:02:15.2	150	01:02:32.8	20.1	137	00:01:19.4	310	00:29:48.6	09:36	01:47:06.6		
223	12 Tane, Jeffrey	948 St Paul, MN	286	00:11:47.4	02:56	215	00:02:25.5	198	01:04:40.8	19.4	354	00:02:40.8	192	00:25:32.3	08:14	01:47:06.9		
224	41 Bixby, Brent	1510 Maplewood, MN	120	00:09:22.9	02:20	132	00:01:54.5	273	01:08:10.0	18.4	147	00:01:22.0	216	00:26:21.1	08:30	01:47:10.8		

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	Pen description
225	31 Tanner, Tim	1096 Plymouth, MN	154	00:09:53.3	02:28	221	00:02:27.8	241	01:06:23.8	18.9	295	00:02:02.1	218	00:26:26.5	08:31	01:47:13.7		
226	35 Schafer, Matthew	1191 St. Cloud, MN	327	00:12:46.7	03:11	225	00:02:28.6	281	01:08:27.6	18.4	258	00:01:49.6	46	00:21:45.5	07:01	01:47:18.2		
227	19 Hertelendy, Patrick	1270 Golden Valley,	65	00:08:39.0	02:09	235	00:02:34.9	161	01:02:49.5	20.0	219	00:01:39.7	347	00:31:44.4	10:14	01:47:27.7		
228	36 Carlson, Andrew	1158 Minneapolis,	134	00:09:37.1	02:24	361	00:04:16.8	229	01:05:57.0	19.1	360	00:02:43.6	174	00:25:02.6	08:04	01:47:37.3		
229	13 McCormick, Mike	878 Isanh, MN	95	00:09:05.8	02:16	268	00:02:46.2	233	01:06:06.7	19.0	178	00:01:27.7	280	00:28:27.6	09:10	01:47:54.3		
230	37 Sclavi, Chad	1570 Minneapolis,	319	00:12:31.0	03:07	186	00:02:14.0	264	01:07:35.8	18.6	79	00:01:06.1	149	00:24:31.9	07:54	01:47:59.0		
231	30 Fisk, Mat	1576	251	00:11:17.3	02:49	231	00:02:32.9	211	01:05:19.8	19.2	126	00:01:15.9	257	00:27:34.4	08:53	01:48:00.4		
232	31 Dolan, Joe	1303 Minneapolis,	280	00:11:43.1	02:55	94	00:01:42.3	286	01:08:56.2	18.2	53	00:00:59.8	155	00:24:39.7	07:57	01:48:01.3		
233	42 Johnson, Jeremiah	1417 Coon Rapids,	343	00:13:17.2	03:19	313	00:03:15.2	275	01:08:16.8	18.4	101	00:01:10.7	58	00:22:03.7	07:07	01:48:03.8		
234	20 Denison, Zach	1361 Gainesville, TX	288	00:11:48.4	02:57	200	00:02:21.6	329	01:12:02.6	17.4	42	00:00:58.0	32	00:20:59.5	06:46	01:48:10.3		
235	38 Meland, Robby	1331 Fargo, ND	313	00:12:16.9	03:04	324	00:03:23.9	276	01:08:22.5	18.4	132	00:01:16.7	88	00:22:54.9	07:23	01:48:15.1		
236	11 Benson, Thomas	752 Minneapolis,	283	00:11:46.2	02:56	249	00:02:40.7	169	01:03:16.2	19.9	236	00:01:42.4	292	00:28:58.3	09:20	01:48:24.0		
237	32 Myhre, Mark	1617 Eden Prairie,	336	00:13:07.8	03:16	247	00:02:40.4	125	01:01:38.2	20.4	359	00:02:43.0	275	00:28:16.8	09:07	01:48:26.5		
238	27 Willett, Andrew	1050 Saint Louis	184	00:10:15.6	02:33	134	00:01:55.9	220	01:05:37.4	19.2	124	00:01:15.7	305	00:29:41.1	09:34	01:48:45.8		
239	33 Kelly, Ryan	1072 Rochester, MN	231	00:11:01.7	02:45	219	00:02:27.7	142	01:02:21.0	20.2	279	00:01:55.1	337	00:31:10.6	10:03	01:48:56.3		
240	34 Bixby, Jonathan	1312 Hugo, MN	118	00:09:21.9	02:20	151	00:02:02.1	271	01:08:08.3	18.4	296	00:02:02.2	250	00:27:22.8	08:49	01:48:57.6		
241	17 Thiewes, Eric	1446 Chaska, MN	124	00:09:29.1	02:22	330	00:03:28.2	215	01:05:33.8	19.2	320	00:02:13.9	276	00:28:21.9	09:09	01:49:07.2		
242	14 Wegwerth, Bill	897 Maplewood, MN	245	00:11:13.1	02:48	229	00:02:30.5	257	01:07:17.9	18.7	60	00:01:00.7	245	00:27:09.6	08:45	01:49:11.9		
243	21 Kraemer, John	1598	66	00:08:39.3	02:09	321	00:03:22.2	160	01:02:49.3	20.0	294	00:02:01.2	352	00:32:22.5	10:26	01:49:14.8		
244	39 Min, Michael	1329 Minneapolis,	334	00:13:04.8	03:16	327	00:03:26.7	227	01:05:53.4	19.1	306	00:02:06.4	162	00:24:45.7	07:59	01:49:17.1		
245	43 Walker, Dion	749 Shoreview, MN	86	00:08:55.4	02:13	199	00:02:21.2	234	01:06:07.7	19.0	302	00:02:05.6	318	00:30:01.9	09:41	01:49:32.0		
246	40 Anderson, Robert	1052 Bloomington,	222	00:10:49.1	02:42	217	00:02:26.6	177	01:03:49.2	19.7	243	00:01:46.1	329	00:30:46.1	09:55	01:49:37.2		
247	41 Niemeier, Anthony	1269 Minneapolis,	74	00:08:44.3	02:11	239	00:02:36.7	201	01:04:51.5	19.4	338	00:02:26.4	333	00:30:59.6	09:59	01:49:38.7		
248	28 Twedt, Michael	794 Eden Prairie,	205	00:10:32.2	02:38	236	00:02:36.2	279	01:08:24.5	18.4	192	00:01:31.9	225	00:26:39.7	08:36	01:49:44.7		
249	15 Graif, Michael	1275 Byron, MN	373	00:14:47.6	03:41	291	00:02:58.8	144	01:02:23.0	20.1	313	00:02:09.9	252	00:27:26.3	08:51	01:49:45.8		
250	29 Mccollough, Mark	980 Minneapolis,	160	00:09:56.5	02:29	171	00:02:08.1	216	01:05:34.0	19.2	103	00:01:10.9	332	00:30:56.4	09:58	01:49:46.0		
251	12 Lawrence, Jim	770 Minnetonka, MN	183	00:10:15.4	02:33	206	00:02:22.4	240	01:06:19.5	18.9	56	00:01:00.0	315	00:29:54.4	09:38	01:49:52.0		
252	42 Menke, Dustin	1330 Chicago, IL	284	00:11:46.4	02:56	344	00:03:41.4	272	01:08:09.0	18.4	138	00:01:19.6	173	00:25:02.2	08:04	01:49:58.8		
253	30 McIntyre, Dan	833 Coon Rapids,	290	00:11:49.5	02:57	141	00:01:57.6	228	01:05:55.9	19.1	181	00:01:28.2	286	00:28:50.7	09:18	01:50:02.1		
254	43 Bagge, Matthew	1279 Plymouth, MN	248	00:11:15.4	02:48	301	00:03:08.4	199	01:04:44.3	19.4	329	00:02:18.7	281	00:28:37.3	09:13	01:50:04.3		
255	35 Fertch, Shawn	869 Forest Lake, MN	303	00:12:05.2	03:01	323	00:03:23.6	192	01:04:28.1	19.5	183	00:01:28.3	283	00:28:39.8	09:14	01:50:05.2		
256	6 Gryskiewicz, Joe	918 Edina, MN	130	00:09:32.7	02:23	258	00:02:41.6	262	01:07:31.6	18.6	246	00:01:46.5	284	00:28:44.0	09:16	01:50:16.5		
257	7 Couillard, Thomas	739 White Bear	126	00:09:29.5	02:22	299	00:03:07.5	270	01:08:06.1	18.5	317	00:02:12.8	251	00:27:23.8	08:50	01:50:19.8		

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	Pen description	
258	8 House, Jerry	820	Maplewood, MN	268	00:11:29.6	02:52	220	00:02:27.8	309	01:10:01.8	17.9	264	00:01:51.5	148	00:24:31.6	07:54	01:50:22.6		
259	16 Trombley, Craig	1098	Dayton, MN	346	00:13:27.4	03:21	267	00:02:46.0	232	01:06:02.5	19.0	231	00:01:41.3	222	00:26:32.0	08:33	01:50:29.5		
260	13 Pohlkamp, Terry	782	Scandia, MN	376	00:14:54.8	03:43	303	00:03:08.7	265	01:07:40.1	18.6	9	00:00:43.1	133	00:24:05.0	07:46	01:50:31.8		
261	44 Sturm, Scott	892	White Bear	170	00:10:03.1	02:30	256	00:02:41.5	327	01:11:47.1	17.5	141	00:01:20.2	163	00:24:47.1	07:59	01:50:39.2		
262	22 Ambrose, Durico	1452	Minneapolis,	179	00:10:12.7	02:33	325	00:03:25.9	278	01:08:23.5	18.4	217	00:01:39.4	239	00:27:01.0	08:42	01:50:42.7		
263	36 Anderson, Dave	1051	Fridley, MN	253	00:11:19.0	02:49	335	00:03:31.7	269	01:07:53.8	18.5	184	00:01:29.1	227	00:26:45.0	08:37	01:50:58.7		
264	37 Dupont, Michael	1533	Minneapolis,	198	00:10:23.8	02:35	337	00:03:33.1	205	01:05:01.6	19.3	327	00:02:18.5	321	00:30:05.4	09:42	01:51:22.6		
265	31 Scheele, Aaron	1577		269	00:11:29.9	02:52	223	00:02:28.1	283	01:08:32.1	18.3	224	00:01:40.4	247	00:27:12.4	08:46	01:51:23.1		
266	32 Gutzmann, Pete	1295	S St. Paul, MN	353	00:13:39.1	03:24	310	00:03:13.0	138	01:02:13.0	20.2	348	00:02:34.9	307	00:29:43.4	09:35	01:51:23.5		
267	45 Seubert, Troy	1318	Maple Valley,	225	00:10:55.2	02:43	356	00:04:12.0	256	01:07:14.9	18.7	202	00:01:34.1	254	00:27:27.3	08:51	01:51:23.8		
268	9 Hans, Rick	763	Brainerd, MN	276	00:11:40.3	02:55	161	00:02:04.8	266	01:07:41.5	18.6	235	00:01:41.9	277	00:28:22.9	09:09	01:51:31.6		
269	23 Caya, Nolan	1205	Lindstrom, MN	309	00:12:12.3	03:03	115	00:01:48.5	313	01:10:34.8	17.8	118	00:01:13.6	202	00:25:50.2	08:20	01:51:39.5		
270	46 Hawkins, Kyler	1254	Grand Marais,	308	00:12:10.9	03:02	107	00:01:45.9	231	01:06:02.5	19.0	372	00:02:59.5	287	00:28:53.4	09:19	01:51:52.4		
271	1 Nelson, Lynn	834	Minneapolis,	350	00:13:31.5	03:22	189	00:02:16.2	246	01:06:41.3	18.8	335	00:02:24.4	242	00:27:05.4	08:44	01:51:59.0		
272	47 Cisewski, Walter	1410	Minneapolis,	279	00:11:42.8	02:55	314	00:03:16.0	291	01:09:08.2	18.2	315	00:02:11.4	207	00:25:57.4	08:22	01:52:16.1		
273	32 Jorgensen, Scott	1176	Columbia Hts,	146	00:09:47.0	02:26	342	00:03:37.3	308	01:10:00.7	17.9	153	00:01:23.0	261	00:27:49.0	08:58	01:52:37.2		
274	33 Vieceli, Mike	1611	Maple Grove,	300	00:12:02.8	03:00	318	00:03:19.7	247	01:06:48.9	18.8	211	00:01:37.0	285	00:28:49.8	09:18	01:52:38.4		
275	18 Harrison, Jonathan	1367	Woodbury, MN	271	00:11:32.8	02:53	364	00:04:20.8	307	01:09:59.1	18.0	273	00:01:53.9	169	00:24:54.9	08:02	01:52:41.7		
276	48 Cmiel, Nicholas	959	Arden Hills, MN	215	00:10:42.1	02:40	320	00:03:20.2	250	01:06:54.8	18.8	331	00:02:22.9	301	00:29:24.8	09:29	01:52:44.9		
277	33 Goralnick, Max	1112	Hugo, MN	239	00:11:07.8	02:46	121	00:01:50.0	277	01:08:23.2	18.4	312	00:02:09.2	296	00:29:15.6	09:26	01:52:46.0		
278	14 Bjorke, Michael	1251	Montrose, MN	114	00:09:20.2	02:20	139	00:01:57.2	325	01:11:42.5	17.5	240	00:01:43.6	270	00:28:09.8	09:05	01:52:53.4		
279	1 Meck, Don	928	Siren, WI	249	00:11:17.2	02:49	309	00:03:13.0	187	01:04:19.2	19.5	364	00:02:48.1	345	00:31:28.6	10:09	01:53:06.2		
280	49 Coe, Josh	1159	White Bear	148	00:09:49.8	02:27	319	00:03:20.1	339	01:12:55.0	17.2	191	00:01:31.5	189	00:25:29.7	08:13	01:53:06.3		
281	34 Prew, Chris	941	Minneapolis,	359	00:13:51.6	03:27	358	00:04:15.1	230	01:06:01.9	19.0	304	00:02:06.2	235	00:26:53.2	08:40	01:53:08.1		
282	17 Jyring, Ron	923	Bismark, ND	289	00:11:49.4	02:57	298	00:03:04.9	292	01:09:10.0	18.2	226	00:01:40.7	263	00:27:54.3	09:00	01:53:39.6		
283	19 Rice, Jon	1502	Eden Prairie,	171	00:10:03.3	02:30	257	00:02:41.6	337	01:12:33.2	17.3	287	00:01:57.3	223	00:26:32.6	08:33	01:53:48.3		
284	34 Clysdale, Stephen	1455	Mahtomedi, MN	321	00:12:33.5	03:08	359	00:04:16.1	167	01:03:07.3	19.9	303	00:02:05.7	348	00:31:54.6	10:17	01:53:57.3		
285	2 Woodruff, Bob	1250	Mounds View,	229	00:10:57.9	02:44	148	00:02:00.5	260	01:07:28.3	18.6	351	00:02:38.7	334	00:31:00.0	10:00	01:54:05.6		
286	44 Bergeron, Justin	753	Zimmerman, MN	143	00:09:45.6	02:26	240	00:02:36.9	301	01:09:36.7	18.1	10	00:00:44.0	344	00:31:28.3	10:09	01:54:11.7		
287	35 Carlson, Tim	909	Chisago City,	331	00:12:55.6	03:13	193	00:02:18.7	263	01:07:32.9	18.6	265	00:01:52.2	306	00:29:42.7	09:35	01:54:22.3		
288	35 Walmsley, Daniel	847	Eagan, MN	295	00:11:58.1	02:59	283	00:02:51.8	319	01:10:58.2	17.7	194	00:01:32.3	241	00:27:05.1	08:44	01:54:25.7		
289	24 Misner, Michael	1282	Scottsdale, AZ	203	00:10:30.9	02:37	352	00:03:59.1	282	01:08:27.6	18.4	337	00:02:24.7	303	00:29:26.1	09:29	01:54:48.6		
290	45 Mack, John	1026	Mahtomedi, MN	298	00:11:59.8	02:59	302	00:03:08.5	316	01:10:47.5	17.7	24	00:00:54.1	264	00:27:58.5	09:01	01:54:48.6		

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	Pen description
291	15 Hagan, Patrick	1341	Minneapolis,	285	00:11:47.0	02:56	374	00:04:42.9	289	01:09:04.4	18.2	387	00:03:56.3	182	00:25:20.2	08:10		01:54:51.0
292	18 Barringer, Tom	1152	St.francis, MN	275	00:11:39.0	02:54	266	00:02:45.6	294	01:09:11.6	18.2	160	00:01:24.1	311	00:29:50.8	09:37		01:54:51.4
293	36 Mccomas, Tom	1607	Minneapolis,	360	00:13:51.9	03:27	222	00:02:28.0	218	01:05:35.8	19.2	314	00:02:11.2	340	00:31:17.8	10:05		01:55:24.9
294	38 Dunnewind, Scott	961	Minnetonka, MN	265	00:11:28.9	02:52	287	00:02:57.3	341	01:13:02.8	17.2	286	00:01:57.0	209	00:26:04.3	08:24		01:55:30.4
295	39 Vigness, Jeffrey	1485	Hopkins, MN	220	00:10:45.4	02:41	250	00:02:40.9	295	01:09:11.7	18.2	289	00:01:59.2	335	00:31:09.3	10:03		01:55:46.6
296	46 Jechorek, John	1531	Cumberland, WI	357	00:13:44.1	03:26	346	00:03:44.5	343	01:13:15.4	17.1	349	00:02:34.9	72	00:22:29.3	07:15		01:55:48.4
297	10 Kandiko, Joe	742	Excelsior, MN	166	00:10:01.7	02:30	152	00:02:02.2	284	01:08:38.3	18.3	283	00:01:55.8	359	00:33:13.0	10:42		01:55:51.2
298	37 Prazich, Gary	1085	Maple Grove,	234	00:11:03.7	02:45	316	00:03:18.2	305	01:09:53.9	18.0	328	00:02:18.7	297	00:29:17.5	09:26		01:55:52.3
299	40 Wynia, Jonathan	1489	New Brighton,	333	00:12:59.2	03:14	333	00:03:30.2	287	01:08:58.1	18.2	269	00:01:53.2	282	00:28:38.0	09:14		01:55:58.9
300	3 Berry, Ethan	1102	Stillwater, MN	354	00:13:42.0	03:25	196	00:02:20.5	300	01:09:36.6	18.1	168	00:01:26.4	291	00:28:56.7	09:20		01:56:02.5
301	47 Berry, Don	1101	Stillwater, MN	355	00:13:42.1	03:25	192	00:02:18.6	302	01:09:38.3	18.0	174	00:01:27.3	290	00:28:56.4	09:20		01:56:02.9
302	48 Schomaker, Matt	1243	Champlin, MN	197	00:10:22.9	02:35	253	00:02:41.2	332	01:12:11.6	17.4	214	00:01:38.2	295	00:29:08.9	09:24		01:56:02.9
303	50 Rice, Joel	1501	Eden Prairie,	246	00:11:14.0	02:48	205	00:02:22.2	360	01:15:42.3	16.6	227	00:01:40.9	178	00:25:07.1	08:06		01:56:06.7
304	38 Hynes, Tim	1599		338	00:13:11.0	03:17	354	00:04:06.0	297	01:09:26.6	18.1	222	00:01:40.1	262	00:27:49.3	08:58		01:56:13.1
305	36 Minder, Matt	931	Maplewood, MN	374	00:14:52.3	03:43	362	00:04:19.6	181	01:04:00.6	19.6	352	00:02:40.2	328	00:30:36.3	09:52		01:56:29.2
306	41 Daly, Sean	1498	Orono, MN	258	00:11:22.3	02:50	383	00:05:06.2	317	01:10:48.3	17.7	380	00:03:22.9	204	00:25:52.0	08:20		01:56:31.9
307	16 Chisholm, Tim	757	North Branch,	294	00:11:56.8	02:59	226	00:02:28.9	314	01:10:40.3	17.8	285	00:01:56.5	309	00:29:48.1	09:36		01:56:50.8
308	37 Thorsen, Greg	1481	Lindstrom, MN	325	00:12:43.0	03:10	275	00:02:49.4	222	01:05:40.1	19.1	353	00:02:40.4	358	00:33:05.5	10:40		01:56:58.5
309	11 Baier, Dennis	1053	Cedar Rapids,	348	00:13:29.4	03:22	119	00:01:49.4	200	01:04:45.9	19.4	323	00:02:16.4	368	00:34:39.7	11:10		01:57:01.0
310	19 Borries, Stuart	1493	Robbinsdale,	391	00:16:52.4	04:13	336	00:03:32.9	252	01:06:58.1	18.8	361	00:02:44.8	258	00:27:36.0	08:54		01:57:44.4
311	51 Debel, Dylan	1412	North Branch,	347	00:13:28.0	03:22	322	00:03:22.8	290	01:09:05.3	18.2	300	00:02:04.2	308	00:29:47.8	09:36		01:57:48.3
312	38 Paschke, Thomas	1604		211	00:10:39.8	02:39	345	00:03:43.5	312	01:10:26.2	17.8	356	00:02:41.4	326	00:30:30.8	09:50		01:58:01.9
313	42 Kuhlman, Jason	1224	Stacy, MN	182	00:10:15.4	02:33	367	00:04:24.6	225	01:05:51.0	19.1	321	00:02:14.8	374	00:35:19.8	11:23		01:58:05.7
314	43 Hannon, Tim	818	Blaine, MN	281	00:11:44.2	02:56	304	00:03:09.2	322	01:11:32.6	17.6	198	00:01:32.8	323	00:30:18.2	09:46		01:58:17.3
315	44 Sprado, Andy	1590	Lindstrom, MN	176	00:10:08.0	02:32	284	00:02:53.6	349	01:13:51.4	17.0	187	00:01:29.8	316	00:29:56.3	09:39		01:58:19.3
316	39 Gibson, Mark	1515	Lindstrom, MN	368	00:14:20.6	03:35	251	00:02:40.9	334	01:12:19.1	17.4	345	00:02:32.2	220	00:26:31.6	08:33		01:58:24.7
317	52 Sexe, Ben	943	Richfield, MN	358	00:13:50.2	03:27	373	00:04:42.7	306	01:09:59.0	18.0	367	00:02:50.9	244	00:27:08.2	08:45		01:58:31.1
318	17 Moore, Eric	1382	Maple Grove,	301	00:12:03.1	03:00	393	00:06:03.0	285	01:08:49.8	18.3	363	00:02:46.6	293	00:29:05.1	09:22		01:58:47.8
319	45 Talbot, Kevin	1260	St. Paul, MN	194	00:10:20.5	02:35	233	00:02:33.4	330	01:12:04.1	17.4	342	00:02:29.3	343	00:31:26.8	10:08		01:58:54.3
320	20 Ohara, Kelly	835	Rochester, MN	209	00:10:38.1	02:39	269	00:02:46.7	335	01:12:21.5	17.4	297	00:02:02.8	338	00:31:13.2	10:04		01:59:02.5
321	25 Stowe, Kyle	1266	Minnetonka, MN	38	00:08:10.0	02:02	243	00:02:38.7	373	01:18:29.9	16.0	89	00:01:08.0	289	00:28:55.7	09:19		01:59:22.6
322	20 Gondeck, Samuel	1572	Wayzata, MN	259	00:11:24.5	02:51	315	00:03:17.2	354	01:14:44.0	16.8	326	00:02:18.4	259	00:27:38.5	08:55		01:59:22.8
323	53 Mulligan, Michael	1579	St Louis Park,	273	00:11:35.3	02:53	366	00:04:24.5	366	01:17:35.4	16.2	376	00:03:11.3	80	00:22:37.0	07:17		01:59:23.7

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	Pen	description
324	40 Obst, Andrew	778	Scandia, MN	186	00:10:16.2	02:34	365	00:04:23.7	310	01:10:09.7	17.9	350	00:02:38.3	349	00:32:04.8	10:20			01:59:32.9
325	54 Puelston, Kyle	785	North Branch,	299	00:12:01.0	03:00	278	00:02:50.0	359	01:15:30.3	16.6	38	00:00:56.5	279	00:28:24.2	09:09			01:59:42.2
326	55 Fanous, Michael	1162	Minneapolis,	388	00:16:03.0	04:00	176	00:02:09.1	372	01:18:12.3	16.1	20	00:00:51.9	83	00:22:44.6	07:20			02:00:01.1
327	26 Yasis, Josh	1540	Dresser, WI	310	00:12:12.8	03:03	170	00:02:08.0	346	01:13:28.6	17.1	254	00:01:48.8	330	00:30:54.2	09:58			02:00:32.6
328	12 Beers, Bill	908	Lodi, WI	394	00:18:35.5	04:38	351	00:03:55.9	288	01:09:03.3	18.2	324	00:02:16.4	232	00:26:48.4	08:38			02:00:39.7
329	56 Kennedy, Matthew	1573	Minneapolis,	274	00:11:36.5	02:54	369	00:04:25.8	370	01:18:04.3	16.1	362	00:02:46.0	128	00:24:00.3	07:44			02:00:53.2
330	41 Jannrich, Pat	1221	Lino Lakes, MN	277	00:11:41.9	02:55	273	00:02:49.2	235	01:06:10.0	19.0	301	00:02:04.8	385	00:38:20.5	12:22			02:01:06.6
331	46 Miller, Eric	774	Forest Lake, MN	351	00:13:35.7	03:23	306	00:03:10.9	326	01:11:43.4	17.5	344	00:02:30.4	324	00:30:22.2	09:47			02:01:22.7
332	49 Wahlstrom, Shawn	1522	Ogilvie, MN	202	00:10:28.4	02:37	238	00:02:36.7	333	01:12:16.2	17.4	318	00:02:13.4	361	00:33:50.1	10:54			02:01:25.0
333	57 Adams, James	1401	Bloomington,	306	00:12:08.0	03:02	350	00:03:55.5	351	01:14:12.5	16.9	319	00:02:13.4	294	00:29:05.1	09:22			02:01:34.8
334	21 Fenning, John	1210	Luck, WI	235	00:11:04.6	02:46	288	00:02:57.4	298	01:09:32.3	18.1	382	00:03:29.5	376	00:35:36.4	11:29			02:02:40.4
335	58 Carson, Jacob	1582	North Branch,	326	00:12:45.5	03:11	300	00:03:07.8	363	01:16:03.2	16.5	129	00:01:16.6	304	00:29:39.2	09:33			02:02:52.4
336	18 Gibbons, Mike	1340	Woodbury, MN	367	00:14:15.9	03:33	334	00:03:31.7	248	01:06:49.2	18.8	299	00:02:03.2	379	00:36:16.1	11:41			02:02:56.3
337	50 Otremba, Tim	1474	Saint Paul, MN	393	00:18:17.4	04:34	272	00:02:48.9	348	01:13:44.7	17.0	149	00:01:22.5	233	00:26:49.6	08:39			02:03:03.3
338	42 Howard, Todd	1067	Roseville, MN	372	00:14:39.6	03:39	255	00:02:41.4	331	01:12:04.9	17.4	336	00:02:24.4	341	00:31:18.6	10:06			02:03:09.1
339	51 Vetter, Robert	1601		362	00:13:55.1	03:28	368	00:04:25.7	357	01:15:07.7	16.7	247	00:01:46.8	273	00:28:15.1	09:06			02:03:30.6
340	13 Krueger, Tom	977	Chisago City,	379	00:15:20.5	03:50	355	00:04:07.7	318	01:10:49.9	17.7	379	00:03:20.7	320	00:30:05.3	09:42			02:03:44.2
341	14 Plumbo, Joseph	1031	Maplewood, MN	305	00:12:06.8	03:01	296	00:03:04.2	328	01:11:52.8	17.5	282	00:01:55.8	370	00:34:46.8	11:13			02:03:46.6
342	59 Andersen, Jens	1351	Plymouth, MN	345	00:13:21.9	03:20	331	00:03:28.4	347	01:13:44.5	17.0	388	00:04:00.4	299	00:29:23.9	09:29			02:03:59.3
343	22 Shrode, Jeff	1518	Delano, MN	318	00:12:29.7	03:07	353	00:03:59.7	350	01:13:53.8	17.0	333	00:02:23.9	346	00:31:32.6	10:10			02:04:19.9
344	47 Griffin, Dan	1568	Minneapolis,	314	00:12:18.4	03:04	382	00:05:05.9	358	01:15:17.3	16.7	307	00:02:06.7	314	00:29:52.4	09:38			02:04:40.9
345	39 Simmons, Bryan	1443	Minneapolis,	332	00:12:56.8	03:14	394	00:06:08.5	338	01:12:49.7	17.3	339	00:02:26.8	325	00:30:26.8	09:49			02:04:48.8
346	43 Szymanski, Terry	893	Eagan, MN	340	00:13:14.3	03:18	158	00:02:04.3	371	01:18:11.0	16.1	133	00:01:16.7	319	00:30:04.5	09:42			02:04:51.1
347	60 Bernhardt, Chris	1406	Saint Paul, MN	311	00:12:13.0	03:03	389	00:05:41.5	367	01:17:42.2	16.2	206	00:01:35.5	260	00:27:41.7	08:56			02:04:54.2
348	40 Pelequin, Dave	937	Prescott, WI	378	00:15:19.6	03:49	285	00:02:53.8	342	01:13:12.1	17.2	172	00:01:27.2	350	00:32:06.9	10:21			02:04:59.8
349	2 Hutchings, Harvey	1289	Rochester, MN	261	00:11:26.8	02:51	380	00:04:58.4	267	01:07:49.6	18.5	374	00:03:02.6	384	00:37:57.7	12:14			02:05:15.3
350	48 Paraschou, Milam	1083	Eden Prairie,	243	00:11:12.3	02:48	311	00:03:13.2	304	01:09:44.3	18.0	391	00:04:15.6	381	00:36:55.9	11:54			02:05:21.7
351	44 Bryan, James	1156	Chaska, MN	218	00:10:43.8	02:40	392	00:05:59.3	365	01:17:22.6	16.2	377	00:03:12.8	272	00:28:15.0	09:06			02:05:33.6
352	49 Parsons, Dave	988	Elk River, MN	339	00:13:13.8	03:18	305	00:03:10.5	293	01:09:10.6	18.2	343	00:02:29.5	382	00:37:32.3	12:06			02:05:37.0
353	23 Anderson, Scott	1402	Hudson, WI	352	00:13:38.4	03:24	347	00:03:47.0	340	01:13:00.3	17.2	347	00:02:34.7	353	00:32:45.0	10:33			02:05:45.6
354	52 Nazal, Ceferino	1429	Albertville, MN	399	00:21:37.6	05:24	187	00:02:14.4	320	01:11:18.6	17.6	261	00:01:50.4	288	00:28:54.3	09:19			02:05:55.5
355	53 Atkins, Jamie	737	Cottage Grove,	233	00:11:03.2	02:45	332	00:03:28.9	352	01:14:30.0	16.9	330	00:02:19.3	371	00:34:51.7	11:14			02:06:13.3
356	19 Meister, Thomas	1304	St Croix Falls, WI	323	00:12:35.1	03:08	377	00:04:49.0	364	01:16:56.0	16.3	369	00:02:53.2	300	00:29:23.9	09:29			02:06:37.4

Individual - Sprint Distance Triathlon			0.25 mi swim			T-1		1.5 mi bike			T-2		3.1 mi run		7/25/2010					
Place	Div/Age	Name	Bib	PL	swim	Pace m/100m	PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen	Pen	description
357	21	Starken, Daniel	1391	Woodbury, MN	344	00:13:20.7	03:20	260	00:02:42.3	375	01:19:11.1	15.9	241	00:01:44.3	317	00:29:59.5	09:40			02:06:58.1
358	45	Gudmunson,	1168	Cottage Grove,	365	00:14:07.6	03:31	245	00:02:39.9	361	01:15:49.0	16.6	199	00:01:33.4	354	00:32:53.3	10:36			02:07:03.5
359	54	Mings, Michael	1594	Edina, MN	260	00:11:25.3	02:51	378	00:04:50.3	368	01:17:52.0	16.1	357	00:02:41.6	327	00:30:34.6	09:51			02:07:23.9
360	55	Forga, Chad	1459	Lino Lakes, MN	377	00:15:14.3	03:48	381	00:05:04.0	315	01:10:41.9	17.8	384	00:03:42.8	357	00:33:02.1	10:39			02:07:45.2
361	56	Nelsen, Chris	726	Cottage Grove,	382	00:15:36.9	03:54	271	00:02:48.0	336	01:12:33.1	17.3	155	00:01:23.2	375	00:35:27.7	11:26			02:07:49.0
362	41	Howard, Joe	1219	Nisswa, MN	356	00:13:42.4	03:25	340	00:03:35.5	382	01:21:14.1	15.5	180	00:01:28.1	266	00:28:01.3	09:02			02:08:01.6
363	15	Gaudette, Gerry	1253	Chisago City,	262	00:11:27.8	02:51	398	00:07:50.6	299	01:09:36.5	18.1	389	00:04:03.8	373	00:35:11.6	11:21			02:08:10.4
364	27	Martin, Adam	1558	Pine City, MN	236	00:11:04.7	02:46	326	00:03:26.6	377	01:19:29.6	15.8	280	00:01:55.3	351	00:32:18.0	10:25			02:08:14.5
365	46	Bruno, Ben	1315	Lake Elmo, MN	145	00:09:46.8	02:26	77	00:01:35.4	396	01:33:44.1	13.4	142	00:01:20.5	71	00:22:28.6	07:15			02:08:55.5
366	16	Dolan, Bob	1302	Golden Valley,	400	00:23:09.8	05:47	328	00:03:27.5	356	01:14:54.1	16.8	309	00:02:08.4	203	00:25:51.0	08:20			02:09:30.9
367	50	Wagner, Keith	1349	Forest Lake, MN	380	00:15:28.5	03:52	370	00:04:27.1	344	01:13:24.3	17.1	316	00:02:11.5	369	00:34:40.5	11:11			02:10:12.0
368	42	Jennissen, Bob	1173	Lindstrom, MN	324	00:12:35.9	03:08	395	00:06:52.9	353	01:14:42.0	16.8	355	00:02:40.8	362	00:33:53.5	10:55			02:10:45.4
369	47	Adix, John	902	Monticello, MN	349	00:13:30.2	03:22	348	00:03:47.7	374	01:18:33.1	16.0	386	00:03:55.9	342	00:31:22.3	10:07			02:11:09.5
370	48	Lyp, Patrick	877	Valparaiso, IN	329	00:12:52.2	03:13	341	00:03:36.8	311	01:10:24.4	17.8	385	00:03:49.7	388	00:40:42.0	13:07			02:11:25.3
371	51	Wefel, Christopher	1483	North Lakes,	381	00:15:34.9	03:53	360	00:04:16.7	321	01:11:27.1	17.6	390	00:04:11.3	378	00:36:06.2	11:38			02:11:36.3
372	20	Soholt, Jerry	994	Sioux Falls, SD	151	00:09:52.6	02:28	375	00:04:43.7	345	01:13:27.4	17.1	370	00:02:57.2	390	00:41:48.9	13:29			02:12:49.9
373	24	Olson, Bruce	1592	Pine City, MN	390	00:16:15.3	04:03	388	00:05:32.5	355	01:14:51.8	16.8	371	00:02:59.4	360	00:33:22.9	10:46			02:13:02.1
374	57	Benedict, Evan	1404	Minneapolis,	341	00:13:16.0	03:19	379	00:04:57.4	323	01:11:36.7	17.5	373	00:03:02.3	387	00:40:26.0	13:02			02:13:18.8
375	17	Walts, Terence	1047	Atlanta, GA	230	00:10:59.4	02:44	307	00:03:12.0	362	01:15:53.9	16.6	340	00:02:27.5	389	00:41:16.4	13:18			02:13:49.3
376	22	Bleskey, Robert	1355	Coon Rapids,	342	00:13:16.5	03:19	292	00:03:01.0	378	01:19:49.9	15.7	366	00:02:49.9	372	00:35:03.8	11:18			02:14:01.3
377	21	Lines, Kevin	1180	North Branch,	366	00:14:12.7	03:33	312	00:03:13.3	369	01:17:54.6	16.1	152	00:01:22.9	383	00:37:41.1	12:09			02:14:24.8
378	49	Byrkit, Scott	1324	North Branch,	383	00:15:45.2	03:56	294	00:03:03.8	387	01:25:13.3	14.7	292	00:02:00.4	302	00:29:25.6	09:29			02:15:28.5
379	52	Timmerman, Alec	998	St Paul, MN	272	00:11:34.0	02:53	376	00:04:45.3	383	01:22:30.9	15.2	378	00:03:13.7	364	00:34:06.8	11:00			02:16:10.9
380	61	Husemann, Matt	1565	Rosemount, MN	317	00:12:23.4	03:05	277	00:02:49.8	386	01:24:47.9	14.8	237	00:01:43.0	367	00:34:29.9	11:07			02:16:14.3
381	62	Teske, Justin	1595	St Paul, MN	328	00:12:47.6	03:11	357	00:04:12.3	388	01:25:33.5	14.7	185	00:01:29.2	366	00:34:22.1	11:05			02:18:24.9
382	23	Penrod, Nathan	1587	Dayton, OH	322	00:12:34.4	03:08	386	00:05:25.5	385	01:24:23.4	14.9	208	00:01:35.9	380	00:36:31.5	11:46			02:20:30.9
383	58	Schipper, Jeffrey	882	Wyoming, MN	387	00:16:00.1	04:00	339	00:03:33.4	393	01:29:47.5	14.0	49	00:00:58.8	339	00:31:17.3	10:05			02:21:37.3
384	53	Slavik, Jonathan	1347	Lindstrom, MN	375	00:14:53.9	03:43	343	00:03:37.8	391	01:27:58.1	14.3	368	00:02:51.1	365	00:34:15.4	11:03			02:23:36.5
385	1	Jordal, Jim	767	Center City, MN	385	00:15:51.9	03:57	338	00:03:33.1	376	01:19:15.0	15.8	210	00:01:36.2	393	00:45:34.1	14:41			02:25:50.5
386	54	Lucy, Thomas	1469	Saint Paul, MN	371	00:14:28.7	03:37	363	00:04:19.7	392	01:28:12.0	14.2	381	00:03:23.2	377	00:35:44.7	11:31			02:26:08.4
387	55	Hollenbeck, Brian	967	Coon Rapids,	398	00:21:02.9	05:15	397	00:07:37.6	379	01:20:06.7	15.7	396	00:06:38.9	355	00:32:56.1	10:37			02:28:22.3
388	4	Hollenbeck,	966	Coon Rapids,	397	00:21:02.9	05:15	396	00:07:36.5	380	01:20:11.8	15.7	395	00:06:35.0	356	00:32:56.2	10:37			02:28:22.5
389	59	Plitnick, Ian	1383	Plymouth, MN	297	00:11:59.7	02:59	372	00:04:37.0	394	01:30:56.0	13.8	140	00:01:20.0	386	00:40:00.8	12:54			02:28:53.7

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	Pen description
390	18 Berglund, Richard	755 Wyoming, MN	369	00:14:25.6	03:36	390	00:05:46.3	384	01:23:00.7	15.1	375	00:03:06.5	392	00:43:17.3	13:57	02:29:36.6		
391	50 Borgaonkar,	1264 Blaine55434,	337	00:13:10.7	03:17	384	00:05:10.9	381	01:20:12.0	15.7	394	00:06:34.7	395	00:46:48.1	15:05	02:31:56.7		
392	43 Boudin, Bryan	1357 Lindstrom, MN	389	00:16:09.9	04:02	385	00:05:20.0	389	01:27:26.1	14.4	276	00:01:54.5	394	00:45:41.5	14:44	02:36:32.2		
393	51 Carver, Jim	857 Lino Lakes, MN	396	00:20:45.4	05:11	391	00:05:47.3	390	01:27:33.3	14.3	263	00:01:51.2	391	00:42:00.8	13:33	02:37:58.3		
394	22 Weil, Richard	1488 St. Paul, MN	392	00:17:50.5	04:27	387	00:05:25.9	398	01:39:20.5	12.6	393	00:05:09.9	336	00:31:10.2	10:03	02:38:57.2		
395	56 Therkilsen, Troy	1480 New Hope, MN	386	00:15:55.2	03:58	399	00:16:11.4	395	01:32:51.3	13.5	392	00:04:37.6	363	00:33:58.3	10:57	02:43:34.1		
396	1 Powers, Robert	783 White Bear	395	00:20:42.3	05:10	371	00:04:36.5	397	01:34:08.1	13.3	358	00:02:42.0	396	00:56:55.9	18:21	02:59:05.0		
	Jon, Speir	1175 Inver Grove	31	00:08:04.7														DNF
	Junsoln, Royle	1122 Long Lake, MN	384	00:15:48.1		230	00:02:31.7											DNF
	Sroga, Jason	889 Woodbury, MN	81	00:08:48.2		254	00:02:41.3	1	00:49:29.1	25.4	397	00:07:08.5						DNF

### Female Sprint Distance

Division Field: 360

1	Wilcox, Jenny	719 Cottage Grove,	14	00:08:03.8	02:00	8	00:01:14.2	2	00:54:33.1	23.0	51	00:01:06.2	1	00:19:46.2	06:22	01:24:43.8		
2	1 Hankee, Diane	705 Lino Lakes, MN	11	00:08:02.2	02:00	5	00:01:12.8	1	00:54:27.5	23.1	6	00:00:46.8	7	00:21:36.9	06:58	01:26:06.4		
3	1 Kent, Tracie	707 St Paul, MN	21	00:08:28.1	02:07	21	00:01:25.9	3	00:54:51.1	22.9	38	00:01:01.8	17	00:22:53.9	07:23	01:28:40.9		
4	2 McGaver, Marlo	1610 Duluth, MN	137	00:10:46.0	02:41	58	00:01:50.7	4	00:55:07.5	22.8	17	00:00:54.2	2	00:20:12.4	06:31	01:28:51.0		
5	2 Hermanson, Sara	720 Andover, MN	15	00:08:04.4	02:01	18	00:01:24.4	5	00:55:33.4	22.6	43	00:01:02.7	18	00:22:54.7	07:23	01:28:59.8		
6	3 Hohenstein, Angel	1217 Duluth, MN	40	00:09:02.0	02:15	74	00:01:56.4	9	00:57:43.0	21.8	115	00:01:22.4	4	00:20:47.7	06:42	01:30:51.6		
7	1 Stocker, Nordica	1614 Minneapolis,	3	00:07:35.3	01:53	3	00:01:07.2	13	00:58:56.5	21.3	2	00:00:41.4	13	00:22:36.9	07:17	01:30:57.6		
8	1 Novotny, Lydia	721 Hopkins, MN	23	00:08:30.0	02:07	14	00:01:20.1	8	00:57:24.4	21.9	80	00:01:14.2	14	00:22:38.1	07:18	01:31:06.9		
9	1 Weaver, Kristen	723 Stillwater, MN	6	00:07:55.5	01:58	11	00:01:19.1	6	00:55:59.2	22.5	106	00:01:21.5	43	00:24:46.2	07:59	01:31:21.8		
10	2 Anderson, Kate	1298 Mahtomedi, MN	41	00:09:02.1	02:15	26	00:01:29.9	7	00:56:12.1	22.4	30	00:00:59.6	38	00:24:28.2	07:53	01:32:12.1		
11	2 Lyng, Julia	772 Burnsville, MN	19	00:08:14.5	02:03	25	00:01:29.6	15	00:59:09.2	21.3	18	00:00:55.0	11	00:22:29.8	07:15	01:32:18.3		
12	2 Simpson, Greta	729 Minneapolis,	9	00:07:57.7	01:59	7	00:01:12.9	16	00:59:10.1	21.2	33	00:01:00.1	20	00:23:04.9	07:26	01:32:25.9		
13	4 Moyer, Ann	710 Rochester, MN	27	00:08:42.9	02:10	19	00:01:25.5	12	00:58:54.5	21.3	135	00:01:29.7	8	00:22:03.2	07:06	01:32:36.0		
14	1 Tedlund, Robin	1142 Duluth, MN	34	00:08:54.5	02:13	32	00:01:35.8	11	00:58:05.2	21.6	81	00:01:14.5	23	00:23:15.5	07:30	01:33:05.6		
15	3 Ogston, Jena	711 Duluth, MN	17	00:08:07.0	02:01	16	00:01:21.3	22	01:00:38.4	20.7	78	00:01:12.7	29	00:23:51.8	07:41	01:35:11.5		
16	3 Berndt, Danielle	1054 Bloomington,	145	00:10:53.6	02:43	39	00:01:39.7	21	01:00:35.8	20.7	63	00:01:09.6	5	00:21:30.2	06:56	01:35:49.0		
17	4 Enderlein, Amy	1107 Blaine, MN	24	00:08:33.1	02:08	37	00:01:37.8	10	00:57:56.7	21.7	86	00:01:15.8	96	00:26:40.5	08:36	01:36:04.0		
18	5 Currie, Leigh	1103 St. Paul, MN	22	00:08:29.3	02:07	31	00:01:34.4	18	01:00:21.1	20.8	131	00:01:28.5	67	00:25:38.1	08:16	01:37:31.6		
19	5 Swanson, Becka	947 Circle Pines, MN	93	00:10:07.7	02:31	70	00:01:54.4	17	00:59:31.4	21.1	105	00:01:21.4	41	00:24:43.8	07:58	01:37:38.9		
20	6 Flury, Nancy	916 Minnetonka, MN	64	00:09:28.5	02:22	9	00:01:16.1	34	01:02:24.9	20.1	69	00:01:10.2	25	00:23:24.5	07:33	01:37:44.4		
21	4 Palmer, Lindsey	747 White Bear	71	00:09:35.7	02:23	20	00:01:25.6	28	01:01:19.6	20.5	85	00:01:15.1	36	00:24:12.0	07:48	01:37:48.3		
22	3 Mueller, Jenny	1234 Rochester, MN	55	00:09:18.3	02:19	12	00:01:19.2	56	01:04:22.5	19.5	108	00:01:21.8	16	00:22:44.5	07:20	01:39:06.5		

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	Pen	description
23	7 Benden, Dana	1154 La Crosse, WI	104	00:10:19.1	02:34	4	00:01:10.9	27	01:01:17.4	20.5	27	00:00:58.0	65	00:25:25.9	08:12	01:39:11.6			
24	6 Baranowski,	1202 Golden Valley,	49	00:09:07.2	02:16	1	00:01:01.2	19	01:00:21.7	20.8	35	00:01:01.5	126	00:27:43.2	08:56	01:39:15.0			
25	7 Sullivan, Hannah	1299 St Paul, MN	122	00:10:34.0	02:38	15	00:01:20.4	29	01:01:21.8	20.5	32	00:01:00.0	54	00:25:04.3	08:05	01:39:20.6			
26	5 Jaynes, Emma	1019 Hibbing, MN	96	00:10:08.8	02:32	46	00:01:42.6	24	01:00:58.8	20.6	82	00:01:14.6	60	00:25:17.0	08:09	01:39:22.0			
27	4 Rogosheske,	990 Minneapolis,	36	00:08:56.1	02:14	30	00:01:30.9	31	01:02:00.5	20.3	26	00:00:57.3	80	00:26:11.1	08:26	01:39:36.2			
28	1 Danielson, Greta	1457 St. Cloud, MN	10	00:08:00.2	02:00	138	00:02:22.6	108	01:07:46.1	18.5	68	00:01:09.9	3	00:20:32.2	06:37	01:39:51.2			
29	8 Karnes, Rebecca	1581 Mound, MN	210	00:11:50.7	02:57	28	00:01:30.3	36	01:02:55.4	20.0	52	00:01:06.5	15	00:22:43.5	07:19	01:40:06.6			
30	3 Parker, Pauline	1133 Hopkins, MN	88	00:10:03.5	02:30	61	00:01:51.0	14	00:59:08.9	21.3	130	00:01:28.2	119	00:27:36.1	08:54	01:40:07.8			
31	1 St. Pierre, Toni	843 Minneapolis,	76	00:09:42.3	02:25	2	00:01:06.0	44	01:03:35.9	19.8	8	00:00:49.0	51	00:24:57.7	08:03	01:40:11.1			
32	1 Newcomb, Kathy	777 Woodbury, MN	25	00:08:33.9	02:08	67	00:01:53.6	26	01:01:14.9	20.5	54	00:01:08.1	117	00:27:34.1	08:53	01:40:24.8			
33	5 Jaunich, Maggie	1566 Saint Paul, MN	61	00:09:22.7	02:20	132	00:02:19.9	38	01:03:06.9	19.9	296	00:02:27.5	21	00:23:07.7	07:27	01:40:24.9			
34	2 Hansen, Laura	964 White Bear	160	00:11:04.2	02:46	173	00:02:37.6	30	01:01:32.8	20.4	151	00:01:33.9	37	00:24:16.0	07:49	01:41:04.7			
35	8 Rondorf, Heather	1553 Blaine, MN	60	00:09:22.6	02:20	72	00:01:54.9	42	01:03:30.5	19.8	159	00:01:36.0	40	00:24:40.6	07:57	01:41:04.8			
36	4 Crocker, Shari	1208 North Mankato,	177	00:09:40.3	02:25	74	00:02:39.6	95	01:02:47.6	20.0	61	00:01:39.9	134	00:24:25.2	07:52	01:41:12.7			
37	2 Klosterman, Amy	744 White Bear	12	00:08:02.8	02:00	10	00:01:16.6	79	01:05:50.2	19.1	61	00:01:09.2	52	00:24:59.2	08:03	01:41:18.1			
38	5 Weidner, Mary	849 Edina, MN	59	00:09:20.7	02:20	71	00:01:54.4	83	01:05:59.0	19.0	36	00:01:01.7	26	00:23:33.1	07:35	01:41:49.1			
39	9 Korsbon, Jennie	974 Minneapolis,	65	00:09:29.7	02:22	87	00:02:00.2	60	01:04:33.3	19.5	91	00:01:17.0	42	00:24:45.5	07:59	01:42:05.8			
40	6 Ahlquist, Sara	1562 Minnetonka, MN	42	00:09:02.3	02:15	80	00:01:58.2	46	01:03:43.3	19.7	161	00:01:36.3	75	00:25:51.5	08:20	01:42:11.8			
41	10 Phillips, Dana	1134 Woodbury, MN	106	00:10:22.0	02:35	135	00:02:20.2	20	01:00:35.7	20.7	209	00:01:48.0	110	00:27:08.3	08:45	01:42:14.5			
42	6 Williams, Erin	1276 Shorewood, MN	74	00:09:40.6	02:25	43	00:01:41.5	110	01:07:47.2	18.5	148	00:01:33.7	6	00:21:34.6	06:57	01:42:17.7			
43	2 Schultz, Clara	992 Minneapolis,	72	00:09:36.7	02:24	153	00:02:28.0	55	01:04:16.8	19.6	149	00:01:33.8	39	00:24:30.4	07:54	01:42:25.9			
44	9 Potyondy-smith,	714 Champlin, MN	33	00:08:54.3	02:13	51	00:01:46.4	35	01:02:39.5	20.1	83	00:01:14.8	135	00:27:57.2	09:01	01:42:32.4			
45	3 Tschida, Barb	1040 Turtle Lake, WI	162	00:11:05.3	02:46	112	00:02:11.4	52	01:04:11.9	19.6	112	00:01:22.3	31	00:23:57.3	07:43	01:42:48.3			
46	7 Janzig, Jeannie	920 Center City, MN	69	00:09:33.1	02:23	41	00:01:40.1	76	01:05:35.4	19.2	90	00:01:16.8	44	00:24:46.6	07:59	01:42:52.2			
47	8 Tucker, Nicole	735 Los Angeles,	73	00:09:39.9	02:24	170	00:02:36.6	58	01:04:25.3	19.5	113	00:01:22.3	49	00:24:55.2	08:02	01:42:59.5			
48	9 Kibby, Kathy	1549 Minneapolis,	26	00:08:38.7	02:09	102	00:02:08.3	53	01:04:15.1	19.6	171	00:01:40.5	86	00:26:23.6	08:30	01:43:06.4			
49	7 Jordan, Marie	969 Minneapolis,	180	00:11:18.9	02:49	143	00:02:23.9	33	01:02:19.2	20.2	4	00:00:46.6	85	00:26:18.4	08:29	01:43:07.1			
50	2 Markham-cousins,	1526 Minneapolis,	45	00:09:02.8	02:15	81	00:01:58.6	48	01:04:03.4	19.6	173	00:01:40.6	87	00:26:23.8	08:30	01:43:09.4			
51	10 Carlen, Patricia	1288 St. Paul, MN	53	00:09:14.6	02:18	262	00:03:18.1	23	01:00:46.5	20.7	263	00:02:10.0	125	00:27:42.8	08:56	01:43:12.2			
52	8 Miller, Kara	1424 Minneapolis,	28	00:08:42.9	02:10	124	00:02:16.9	70	01:05:29.8	19.2	50	00:01:05.4	68	00:25:39.2	08:16	01:43:14.4			
53	3 Foss, Megan	815 Shoreview, MN	52	00:09:13.7	02:18	148	00:02:25.8	81	01:05:53.9	19.1	23	00:00:57.1	47	00:24:53.5	08:01	01:43:24.1			
54	6 Milne, Lauren	983 Minneapolis,	47	00:09:04.4	02:16	69	00:01:54.2	106	01:07:32.9	18.6	24	00:00:57.1	32	00:24:00.4	07:44	01:43:29.2			
55	11 Nemeth, Jayne	1235 Minneaolis, MN	239	00:12:16.5	03:04	104	00:02:08.5	51	01:04:09.3	19.6	223	00:01:54.3	19	00:23:02.3	07:25	01:43:31.2			

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	Pen description
56	9 Cardinal, Natasha	856	White Bear	51	00:09:10.5	02:17	36	00:01:37.2	80	01:05:51.4	19.1	40	00:01:02.0	84	00:26:17.9	08:29	01:43:59.2	
57	4 Jeter, Dana	1368	Eden Prairie,	172	00:11:10.2	02:47	50	00:01:46.3	65	01:05:06.2	19.3	261	00:02:09.4	30	00:23:56.5	07:43	01:44:08.9	
58	10 Kooman, Jeanine	1022	St. Louis Park,	135	00:10:43.6	02:40	93	00:02:03.3	45	01:03:38.0	19.8	77	00:01:12.7	98	00:26:41.5	08:36	01:44:19.3	
59	3 Peterson, Julie	748	Cambridge, MN	30	00:08:49.2	02:12	219	00:02:54.9	66	01:05:06.8	19.3	256	00:02:08.2	69	00:25:39.4	08:16	01:44:38.8	
60	12 Nevala, Wendy	986	Rochester, MN	124	00:10:36.0	02:39	24	00:01:28.1	25	01:01:00.4	20.6	199	00:01:46.7	201	00:30:08.1	09:43	01:44:59.6	
61	10 Augustin, Paula	1593	St. Louis Park,	128	00:10:38.9	02:39	113	00:02:12.8	93	01:06:48.4	18.8	103	00:01:21.2	33	00:24:01.0	07:44	01:45:02.5	
62	4 Tolman-sontag,	1534	Center City, MN	236	00:12:11.7	03:02	156	00:02:31.1	32	01:02:02.0	20.3	185	00:01:43.4	92	00:26:34.7	08:34	01:45:03.2	
63	11 Simpson, Michelle	1090	Ham Lake, MN	131	00:10:40.0	02:40	53	00:01:48.2	50	01:04:07.9	19.6	174	00:01:41.0	103	00:26:47.6	08:38	01:45:04.7	
64	7 Grossman, Nicole	1014	Lindstrom, MN	161	00:11:04.5	02:46	146	00:02:24.6	69	01:05:27.5	19.2	71	00:01:10.4	61	00:25:17.7	08:09	01:45:25.0	
65	13 Bartz, Carol Ann	1548	Chisago City,	56	00:09:18.9	02:19	122	00:02:15.8	141	01:09:23.3	18.1	87	00:01:16.0	24	00:23:19.8	07:31	01:45:34.0	
66	5 Graif, Lynn	1212	Elk River, MN	189	00:11:30.0	02:52	6	00:01:12.8	75	01:05:34.6	19.2	172	00:01:40.5	66	00:25:36.9	08:15	01:45:35.0	
67	14 Klingler, Jessica	826	Champlin, MN	111	00:10:25.1	02:36	95	00:02:03.9	43	01:03:32.6	19.8	101	00:01:21.0	149	00:28:19.5	09:08	01:45:42.3	
68	11 Mack, Kate	1423	Minneapolis,	115	00:10:30.1	02:37	94	00:02:03.6	77	01:05:38.9	19.1	210	00:01:48.4	71	00:25:43.9	08:18	01:45:45.0	
69	8 Fleischhacker,	1108	Forest Lake, MN	94	00:10:07.9	02:31	159	00:02:31.9	59	01:04:30.1	19.5	187	00:01:43.6	108	00:26:57.5	08:41	01:45:51.2	
70	12 Herzig, Jessica	1118	Forest Lake, MN	226	00:12:04.0	03:01	35	00:01:37.0	41	01:03:17.2	19.9	66	00:01:09.7	127	00:27:43.5	08:56	01:45:51.6	
71	12 De Rovere, Anne	1104	Woodbury, MN	63	00:09:28.3	02:22	78	00:01:57.4	72	01:05:32.4	19.2	34	00:01:00.2	132	00:27:53.2	08:59	01:45:51.7	
72	11 Wegwerth, Kelly	898	Maplewood, MN	100	00:10:13.6	02:33	152	00:02:28.0	78	01:05:40.1	19.1	14	00:00:53.2	106	00:26:50.3	08:39	01:46:05.4	
73	13 Timm, Jill	793	Center City, MN	216	00:11:56.0	02:59	17	00:01:24.1	61	01:04:38.0	19.4	3	00:00:42.6	115	00:27:27.5	08:51	01:46:08.4	
74	13 Neuman, Jackie	935	New Richmond,	272	00:12:53.8	03:13	29	00:01:30.8	39	01:03:07.3	19.9	288	00:02:22.3	88	00:26:24.8	08:31	01:46:19.2	
75	12 Steel, Jennifer	844	Minnetonka, MN	175	00:11:10.6	02:47	34	00:01:36.8	105	01:07:30.1	18.6	9	00:00:49.8	59	00:25:14.2	08:08	01:46:21.7	
76	14 Stanek, Jennifer	945	Center City, MN	312	00:13:55.5	03:28	23	00:01:26.1	40	01:03:07.6	19.9	104	00:01:21.4	94	00:26:36.4	08:34	01:46:27.1	
77	14 Warnke, Gretchen	848	Eagan, MN	83	00:09:58.4	02:29	91	00:02:02.9	49	01:04:04.7	19.6	158	00:01:35.9	170	00:28:53.5	09:19	01:46:35.7	
78	15 Lesov, Saida	1421	Maple Grove,	309	00:13:48.2	03:27	250	00:03:10.3	37	01:02:57.1	20.0	328	00:03:08.1	27	00:23:40.9	07:38	01:46:45.0	
79	16 Weiland, Carole	1199	Champlin, MN	16	00:08:04.5	02:01	137	00:02:22.4	57	01:04:25.3	19.5	157	00:01:35.9	206	00:30:24.0	09:48	01:46:52.2	
80	13 Cowan, Holly	1007	St. Louis Park,	155	00:11:01.3	02:45	164	00:02:32.9	86	01:06:17.0	19.0	186	00:01:43.6	64	00:25:23.7	08:11	01:46:58.6	
81	15 Dreyer, Dlee	813	Minneapolis,	184	00:11:23.9	02:50	115	00:02:14.2	98	01:07:08.2	18.7	60	00:01:08.9	58	00:25:11.7	08:07	01:47:07.0	
82	14 George, Jan	1111	Minneapolis,	284	00:13:07.8	03:16	140	00:02:23.2	54	01:04:15.4	19.6	53	00:01:07.4	83	00:26:16.5	08:28	01:47:10.5	
83	15 Krauel, Mary	1023	Milaca, MN	246	00:12:23.0	03:05	66	00:01:52.7	114	01:07:58.6	18.5	12	00:00:52.9	35	00:24:04.7	07:46	01:47:12.1	
84	5 Cunnien, Shannon	1059	Brooklyn Park,	1	00:07:26.3	01:51	151	00:02:27.3	104	01:07:29.7	18.6	211	00:01:49.1	141	00:28:03.1	09:02	01:47:15.7	
85	16 Conway, Dana	1311	Vadnais	166	00:11:06.5	02:46	252	00:03:11.0	88	01:06:27.1	18.9	305	00:02:36.4	34	00:24:03.3	07:45	01:47:24.6	
86	15 Mortale, Jennifer	1233	St Louis Park,	54	00:09:15.4	02:18	22	00:01:25.9	126	01:08:36.0	18.3	129	00:01:28.1	99	00:26:41.9	08:36	01:47:27.5	
87	6 Squires, Ellen	1478	Andover, MN	268	00:12:52.2	03:13	243	00:03:05.8	115	01:07:59.0	18.5	110	00:01:22.2	9	00:22:08.2	07:08	01:47:27.6	
88	16 Schultze, Leah	1301	Saint Paul, MN	7	00:07:55.9	01:58	97	00:02:04.5	121	01:08:24.0	18.4	76	00:01:12.7	134	00:27:56.9	09:00	01:47:34.1	

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	Pen description
89	17 Peper, Katie	1239 Blaine, MN	153	00:11:00.5	02:45	128	00:02:17.6	99	01:07:15.3	18.7	280	00:02:20.3	50	00:24:56.0	08:02	01:47:50.0		
90	17 Houdek, Lisa	1066 Minneapolis,	205	00:11:46.6	02:56	110	00:02:10.1	87	01:06:21.7	18.9	7	00:00:48.4	105	00:26:49.8	08:39	01:47:56.8		
91	9 Jensen, Alicia	1497 Eden Prairie,	4	00:07:36.8	01:54	265	00:03:19.3	162	01:10:14.6	17.9	56	00:01:08.3	74	00:25:48.1	08:19	01:48:07.4		
92	4 Holt, Susan	1065 Plymouth, MN	81	00:09:57.3	02:29	184	00:02:41.5	67	01:05:09.8	19.3	281	00:02:20.8	152	00:28:22.3	09:09	01:48:31.8		
93	18 Haug, Kris	1462 Minneapolis,	265	00:12:44.2	03:11	83	00:01:59.5	111	01:07:51.2	18.5	49	00:01:05.0	45	00:24:52.9	08:01	01:48:33.0		
94	3 Minder, Jeanne	879 Shoreview, MN	43	00:09:02.4	02:15	275	00:03:27.1	90	01:06:36.5	18.9	243	00:02:04.3	113	00:27:22.9	08:49	01:48:33.2		
95	5 Arnold, Terry	906 Lindstrom, MN	62	00:09:26.1	02:21	98	00:02:05.0	73	01:05:33.5	19.2	182	00:01:42.6	194	00:29:57.4	09:39	01:48:44.8		
96	6 Winecke, Sally	850 Eagan, MN	37	00:08:59.5	02:14	266	00:03:19.7	95	01:07:01.3	18.7	202	00:01:46.8	121	00:27:38.3	08:54	01:48:45.8		
97	7 Kennedy, Michelle	971 North Oaks, MN	80	00:09:52.7	02:28	57	00:01:50.3	125	01:08:34.0	18.3	156	00:01:35.8	114	00:27:24.0	08:50	01:49:17.0		
98	19 Moore, Krista	1580 Menomonie, WI	200	00:11:36.9	02:54	290	00:03:43.4	101	01:07:16.6	18.7	222	00:01:53.3	53	00:25:03.7	08:05	01:49:34.1		
99	10 Mertz, Nicole	1471 Robbinsdale,	206	00:11:49.0	02:57	237	00:03:02.9	47	01:03:57.0	19.7	245	00:02:05.0	167	00:28:43.7	09:16	01:49:37.8		
100	18 Moody, Lindsay	1381 Minneapolis,	116	00:10:30.1	02:37	73	00:01:55.7	136	01:09:05.7	18.2	95	00:01:18.2	107	00:26:51.4	08:39	01:49:41.3		
101	19 Anderson, Jillian	904 Lino Lakes, MN	68	00:09:32.2	02:23	182	00:02:41.3	139	01:09:17.5	18.1	72	00:01:10.7	109	00:27:00.1	08:42	01:49:42.1		
102	16 Ouse, Amy	1475 Forest Lake, MN	199	00:11:35.1	02:53	65	00:01:52.4	137	01:09:14.5	18.1	29	00:00:59.5	78	00:26:06.9	08:25	01:49:48.5		
103	17 Elzy, Tammy917	863 Lindstrom, MN	209	00:11:50.6	02:57	183	00:02:41.4	68	01:05:20.9	19.2	11	00:00:52.6	181	00:29:16.5	09:26	01:50:02.2		
104	20 Burr, Shelly	1005 River Falls, WI	182	00:11:22.8	02:50	62	00:01:51.4	64	01:04:57.3	19.3	74	00:01:11.2	213	00:30:39.6	09:53	01:50:02.5		
105	20 Gallison, Avery	1543 St. Paul, MN	132	00:10:40.1	02:40	178	00:02:39.6	124	01:08:31.4	18.3	234	00:01:59.4	81	00:26:12.7	08:27	01:50:03.4		
106	21 Hoffman, Sarah	1463 St. Louis Park,	109	00:10:23.4	02:35	160	00:02:32.2	102	01:07:25.3	18.6	228	00:01:55.6	130	00:27:48.0	08:58	01:50:04.7		
107	21 Daly, Leah	1411 Orono, MN	165	00:11:06.4	02:46	49	00:01:45.9	103	01:07:26.3	18.6	274	00:02:18.0	122	00:27:39.7	08:55	01:50:16.4		
108	22 Woodrow, Anita	1399 Chanhassen,	84	00:10:00.3	02:30	226	00:02:58.2	221	01:13:31.8	17.1	145	00:01:33.1	10	00:22:15.8	07:10	01:50:19.4		
109	18 Gralish, Amy	917 Chisago, MN	267	00:12:48.6	03:12	111	00:02:10.2	92	01:06:48.4	18.8	92	00:01:17.2	112	00:27:14.9	08:47	01:50:19.4		
110	8 Harris, Ann	1325 Forest Lake, MN	142	00:10:49.8	02:42	227	00:02:58.5	89	01:06:33.1	18.9	264	00:02:11.6	128	00:27:46.4	08:57	01:50:19.6		
111	11 Spading, Christine	887 St Louis Park,	20	00:08:16.1	02:04	84	00:01:59.7	182	01:11:16.5	17.6	19	00:00:55.1	136	00:27:59.8	09:01	01:50:27.5		
112	19 Borman, Alicia	807 Eagan, MN	58	00:09:20.4	02:20	167	00:02:33.6	201	01:12:29.1	17.3	84	00:01:15.0	48	00:24:54.0	08:01	01:50:32.2		
113	22 Setter, Randi	1034 Hugo, MN	86	00:10:01.7	02:30	59	00:01:50.8	129	01:08:49.2	18.3	147	00:01:33.6	153	00:28:23.6	09:09	01:50:39.1		
114	23 Wardle, Cherie	1249 Durham, NC	150	00:10:59.6	02:44	158	00:02:31.5	117	01:08:01.4	18.5	64	00:01:09.7	150	00:28:19.9	09:08	01:51:02.3		
115	23 Carlson, Taylor	810 Coon Rapids,	102	00:10:17.1	02:34	163	00:02:32.8	166	01:10:29.1	17.8	39	00:01:02.0	97	00:26:41.4	08:36	01:51:02.6		
116	24 Torigian, Stacie	1447 Crystal, MN	253	00:12:30.2	03:07	296	00:03:48.4	122	01:08:26.8	18.4	125	00:01:27.2	46	00:24:53.3	08:01	01:51:06.1		
117	25 Reisner, Jessica	1435 St Louis Park,	186	00:11:26.4	02:51	217	00:02:52.4	120	01:08:13.4	18.4	201	00:01:46.7	104	00:26:49.4	08:39	01:51:08.4		
118	24 Schultz, Rachel	883 Lino Lakes, MN	173	00:11:10.3	02:47	96	00:02:04.3	74	01:05:33.8	19.2	169	00:01:39.4	221	00:30:50.1	09:56	01:51:18.1		
119	1 Logue, Alyssa	978 New Prague,	77	00:09:45.5	02:26	48	00:01:44.1	187	01:11:43.5	17.5	15	00:00:53.3	111	00:27:11.5	08:46	01:51:18.2		
120	6 Navis, Chris	880 Oshkosh, WI	121	00:10:32.8	02:38	82	00:01:59.0	116	01:07:59.9	18.5	128	00:01:27.9	184	00:29:20.1	09:27	01:51:20.0		
121	26 Weber, Angela	1145 Minneapolis,	44	00:09:02.6	02:15	119	00:02:15.4	97	01:07:04.3	18.7	107	00:01:21.5	240	00:31:38.1	10:12	01:51:22.2		

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	Pen description
122	27 Johnson, Jenny	1071	Minneapolis,	101	00:10:16.5	02:34	197	00:02:44.8	100	01:07:16.3	18.7	208	00:01:48.0	187	00:29:21.7	09:28		01:51:27.5
123	17 Bloomquist,	1356	Bourbonnais, IL	123	00:10:34.9	02:38	288	00:03:41.7	109	01:07:46.9	18.5	206	00:01:47.5	123	00:27:40.3	08:55		01:51:31.4
124	28 Pouliot, Anna	938	North Branch,	31	00:08:53.0	02:13	191	00:02:43.5	171	01:10:36.9	17.8	204	00:01:47.3	139	00:28:01.3	09:02		01:52:02.1
125	20 Lyp, Jody	876	Valparaiso, IN	89	00:10:03.7	02:30	149	00:02:25.9	135	01:09:00.8	18.2	117	00:01:23.6	175	00:29:08.4	09:24		01:52:02.6
126	21 Mccallum, Lisa	746	Arden Hills, MN	18	00:08:08.9	02:02	150	00:02:26.2	180	01:11:00.4	17.7	265	00:02:12.5	146	00:28:17.2	09:07		01:52:05.5
127	29 Johnson, Kelly	1174	Taylors Falls,	237	00:12:11.9	03:02	162	00:02:32.7	179	01:11:00.0	17.7	5	00:00:46.6	72	00:25:45.1	08:18		01:52:16.6
128	30 Ross, Amber	991	Maplewood, MN	164	00:11:05.8	02:46	139	00:02:23.1	107	01:07:42.4	18.6	44	00:01:03.5	202	00:30:09.2	09:43		01:52:24.2
129	9 Peterson, Susan	1596		171	00:11:08.7	02:47	77	00:01:57.3	160	01:10:13.5	17.9	142	00:01:31.7	118	00:27:34.8	08:53		01:52:26.2
130	7 Heil, Rebekah	1116	Bloomington,	8	00:07:57.5	01:59	100	00:02:07.3	161	01:10:13.8	17.9	46	00:01:04.9	230	00:31:04.1	10:01		01:52:27.7
131	31 Dejarlais, Rebecca	760	St. Paul, MN	98	00:10:12.6	02:33	106	00:02:09.3	213	01:13:07.5	17.2	168	00:01:39.0	63	00:25:19.3	08:10		01:52:27.9
132	4 Gregory, Dianne	1166	St Paul, MN	70	00:09:35.6	02:23	129	00:02:17.9	132	01:08:57.7	18.2	180	00:01:42.3	193	00:29:55.9	09:39		01:52:29.5
133	32 Winchell,	750	Saint Paul, MN	32	00:08:54.3	02:13	213	00:02:49.0	210	01:12:49.9	17.3	118	00:01:23.7	91	00:26:34.4	08:34		01:52:31.4
134	33 Rawlings, Lauren	1285	Saint Paul, MN	187	00:11:27.1	02:51	54	00:01:48.7	151	01:09:42.5	18.0	163	00:01:36.6	138	00:28:01.2	09:02		01:52:36.3
135	10 Tretsven, Shelly	895	Shoreview, MN	218	00:11:57.1	02:59	155	00:02:30.5	71	01:05:31.8	19.2	341	00:03:50.9	169	00:28:49.8	09:18		01:52:40.2
136	34 Schenkey, Erin	1388	North Branch,	158	00:11:02.7	02:45	240	00:03:03.9	112	01:07:54.0	18.5	254	00:02:07.7	159	00:28:34.4	09:13		01:52:42.8
137	8 Ennis, Sarah	1458	Roseville, MN	191	00:11:31.0	02:52	194	00:02:44.0	193	01:12:04.4	17.4	102	00:01:21.1	55	00:25:04.8	08:05		01:52:45.5
138	18 Udem, Jacquie	1337	Chisago City,	130	00:10:39.1	02:39	92	00:02:03.2	200	01:12:27.1	17.3	294	00:02:25.3	57	00:25:11.1	08:07		01:52:46.0
139	11 Shrode, Doreen	1519	Delano, MN	269	00:12:53.1	03:13	165	00:02:33.3	96	01:07:04.1	18.7	299	00:02:29.5	140	00:28:02.0	09:02		01:53:02.1
140	35 Multhaup, Megan	1569	Saint Paul, MN	149	00:10:59.2	02:44	86	00:02:00.1	148	01:09:34.3	18.1	233	00:01:59.1	163	00:28:40.2	09:14		01:53:13.1
141	12 Lyon, Veronica	1025	Schofield, WI	177	00:11:13.1	02:48	114	00:02:13.5	82	01:05:54.5	19.1	231	00:01:57.6	251	00:32:00.4	10:19		01:53:19.4
142	7 Datta, Yvonne	1009	Minneapolis,	212	00:11:53.2	02:58	305	00:03:59.4	127	01:08:46.0	18.3	230	00:01:56.7	102	00:26:45.1	08:37		01:53:20.5
143	19 Naig, Leah	985	Eden Prairie,	240	00:12:17.5	03:04	144	00:02:24.3	170	01:10:36.3	17.8	132	00:01:29.0	93	00:26:35.8	08:34		01:53:23.0
144	20 Miskowic, Sherry	1425	Plymouth, MN	125	00:10:36.3	02:39	142	00:02:23.3	150	01:09:39.1	18.0	189	00:01:43.9	173	00:29:03.1	09:22		01:53:26.0
145	36 Curran, Julia	759	Minneapolis,	243	00:12:21.3	03:05	85	00:01:59.9	131	01:08:55.9	18.2	10	00:00:51.1	183	00:29:18.9	09:27		01:53:27.3
146	21 Jacklitch, Michelle	873	Plymouth, MN	66	00:09:30.4	02:22	168	00:02:35.5	146	01:09:30.8	18.1	127	00:01:27.7	210	00:30:35.2	09:52		01:53:39.8
147	8 Tinglov, Gale	894	St Cloud, MN	50	00:09:09.4	02:17	89	00:02:02.1	172	01:10:41.9	17.8	177	00:01:41.6	204	00:30:13.5	09:45		01:53:48.7
148	9 Gruntner, Linda	1113	Chisago City,	127	00:10:38.7	02:39	27	00:01:30.1	177	01:10:57.2	17.7	155	00:01:35.0	180	00:29:15.2	09:26		01:53:56.4
149	12 Fisk, Alicia	1575		262	00:12:41.4	03:10	223	00:02:55.7	130	01:08:49.8	18.3	320	00:02:49.2	101	00:26:43.1	08:37		01:53:59.4
150	22 Huseth, Heather	1069	Ramsey, MN	146	00:10:55.8	02:43	235	00:03:02.6	191	01:11:52.7	17.5	286	00:02:22.1	73	00:25:47.0	08:19		01:54:00.4
151	37 Donlan, Mary	1537	Coon Rapids,	211	00:11:51.1	02:57	141	00:02:23.2	173	01:10:47.9	17.7	300	00:02:30.8	90	00:26:29.9	08:32		01:54:03.1
152	38 Plote, Kelly	1476	Peoria, IL	320	00:14:35.9	03:38	256	00:03:13.3	134	01:08:59.3	18.2	94	00:01:17.5	77	00:26:02.9	08:24		01:54:09.1
153	13 Knutson, Michele	1124	Mankato, MN	203	00:11:42.2	02:55	125	00:02:17.1	85	01:06:15.5	19.0	134	00:01:29.5	261	00:32:29.4	10:28		01:54:13.9
154	5 Sanders, Michel	1139	Saint Paul, MN	159	00:11:03.6	02:45	264	00:03:19.2	128	01:08:46.3	18.3	295	00:02:26.9	166	00:28:43.2	09:15		01:54:19.4

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	Pen description
155	25 Carroll Clark,	911	Lino Lakes, MN	188	00:11:28.7	02:52	45	00:01:41.7	113	01:07:58.0	18.5	144	00:01:33.0	239	00:31:37.8	10:12		01:54:19.5
156	39 Walby, Jennie	896	Minneapolis,	13	00:08:02.8	02:00	187	00:02:42.2	234	01:14:22.8	16.9	25	00:00:57.3	156	00:28:28.1	09:11		01:54:33.4
157	13 Soholt, Molly	995	Sioux Falls, SD	29	00:08:48.7	02:12	274	00:03:27.0	197	01:12:21.4	17.4	59	00:01:08.7	168	00:28:47.8	09:17		01:54:33.8
158	14 Clark, Katie	1334	Stacy, MN	194	00:11:32.0	02:53	287	00:03:37.9	153	01:09:46.0	18.0	123	00:01:26.4	144	00:28:12.5	09:05		01:54:35.1
159	15 Wittnebel,	1335	Stacy, MN	190	00:11:30.9	02:52	286	00:03:37.8	154	01:09:49.5	18.0	119	00:01:24.5	143	00:28:12.2	09:05		01:54:35.1
160	40 Guse, Val	1062	Woodbury, MN	274	00:12:58.8	03:14	52	00:01:47.3	158	01:10:05.9	17.9	205	00:01:47.3	142	00:28:09.0	09:04		01:54:48.6
161	41 Wegwerth, Leala	899	Maplewood, MN	176	00:11:12.3	02:48	136	00:02:20.9	252	01:16:32.9	16.4	21	00:00:55.9	28	00:23:47.1	07:40		01:54:49.2
162	16 Komjathy, Chrissy	1523	Chicago, IL	39	00:09:00.0	02:15	188	00:02:42.6	209	01:12:49.8	17.3	318	00:02:47.6	116	00:27:29.3	08:52		01:54:49.5
163	42 Haaland, Michele	1063	Minneapolis,	228	00:12:06.9	03:01	117	00:02:14.9	62	01:04:39.0	19.4	203	00:01:46.9	283	00:34:07.4	11:00		01:54:55.3
164	2 Jeter, Hannah	1369	Eden Prairie,	90	00:10:04.0	02:31	177	00:02:38.8	270	01:18:06.5	16.1	31	00:00:59.7	22	00:23:10.0	07:28		01:54:59.2
165	23 Wyttenbach, Laura	1200	Kasson, MN	79	00:09:48.3	02:27	185	00:02:41.6	214	01:13:11.7	17.2	62	00:01:09.2	148	00:28:18.9	09:08		01:55:10.0
166	22 Williams, Kimberly	1397	Ham Lake, MN	297	00:13:25.6	03:21	259	00:03:15.7	84	01:06:10.4	19.0	284	00:02:21.8	198	00:30:01.8	09:41		01:55:15.6
167	9 Bromback, Katie	808	Lake Elmo, MN	5	00:07:42.9	01:55	253	00:03:12.2	269	01:18:00.1	16.1	55	00:01:08.1	62	00:25:17.8	08:09		01:55:21.2
168	43 Barale, Kelsey	1532	Minneapolis,	152	00:10:59.9	02:44	166	00:02:33.5	265	01:17:42.1	16.2	160	00:01:36.1	12	00:22:30.1	07:15		01:55:22.0
169	17 Solberg, Elizabeth	1141	Bloomington,	91	00:10:04.5	02:31	99	00:02:06.0	175	01:10:51.7	17.7	126	00:01:27.2	225	00:30:57.7	09:59		01:55:27.4
170	18 Kaup, Shawna	824	Inver Grove	35	00:08:56.1	02:14	198	00:02:45.1	155	01:09:49.6	18.0	109	00:01:21.8	262	00:32:37.0	10:31		01:55:29.7
171	14 Kaup, Tara	825	Inver Grove	258	00:12:37.2	03:09	189	00:02:43.0	94	01:06:53.1	18.8	240	00:02:01.0	232	00:31:16.9	10:05		01:55:31.4
172	26 Bruce, Mary	855	Plymouth, MN	136	00:10:45.2	02:41	229	00:02:59.5	198	01:12:21.9	17.4	213	00:01:49.1	120	00:27:38.1	08:54		01:55:34.0
173	1 Meek, Connie	1029	Hayward, WI	193	00:11:31.7	02:52	236	00:03:02.7	133	01:08:58.6	18.2	257	00:02:08.3	192	00:29:54.5	09:38		01:55:36.0
174	19 Olesen, Sara	987	Minneapolis,	113	00:10:27.4	02:36	133	00:02:20.1	220	01:13:24.7	17.1	75	00:01:12.7	145	00:28:15.1	09:06		01:55:40.1
175	15 Kimlinger, Katie	1307	Lindstrom, MN	157	00:11:02.6	02:45	211	00:02:48.8	183	01:11:21.6	17.6	272	00:02:17.7	147	00:28:17.7	09:07		01:55:48.5
176	44 Twaddle, Rebekah	1041	Saint Paul, MN	217	00:11:56.2	02:59	251	00:03:10.9	91	01:06:42.1	18.8	273	00:02:17.9	242	00:31:42.7	10:13		01:55:50.1
177	45 Dawson, Anna	1507	Saint Paul, MN	129	00:10:39.1	02:39	206	00:02:47.8	232	01:14:08.5	16.9	198	00:01:46.0	100	00:26:42.7	08:37		01:56:04.3
178	23 Prew, Bridgette	940	Minneapolis,	224	00:12:00.3	03:00	224	00:02:56.1	140	01:09:18.3	18.1	218	00:01:52.5	196	00:29:59.6	09:40		01:56:07.0
179	24 Mcginnity,	982	Luck, WI	219	00:11:58.3	02:59	44	00:01:41.6	119	01:08:10.2	18.4	237	00:01:59.9	255	00:32:19.7	10:25		01:56:09.8
180	25 Garvis, Rhonda	1415	Plymouth, MN	279	00:13:03.9	03:15	310	00:04:05.4	118	01:08:01.9	18.5	291	00:02:23.6	162	00:28:38.7	09:14		01:56:13.6
181	24 Huberty, Becky	968	St. Paul, MN	202	00:11:41.4	02:55	157	00:02:31.3	186	01:11:37.6	17.5	65	00:01:09.7	188	00:29:24.8	09:29		01:56:25.0
182	46 Pine, Mandy	1272	Sartell, MN	78	00:09:48.2	02:27	174	00:02:38.4	185	01:11:27.6	17.6	229	00:01:56.4	212	00:30:36.9	09:52		01:56:27.7
183	27 Novak, Bunnie	1603	Fargo, ND	235	00:12:10.5	03:02	180	00:02:41.1	152	01:09:45.4	18.0	253	00:02:07.4	190	00:29:48.7	09:37		01:56:33.2
184	47 Mcbroom, Sarah	1130	Saint Paul, MN	148	00:10:58.1	02:44	147	00:02:25.3	247	01:15:52.9	16.6	73	00:01:11.1	82	00:26:14.0	08:27		01:56:41.6
185	16 Richard, Penny	839	Stanchfield, MN	118	00:10:30.5	02:37	145	00:02:24.4	142	01:09:25.7	18.1	239	00:02:00.8	257	00:32:20.8	10:26		01:56:42.6
186	6 Hunter, Peggy	741	White Bear	305	00:13:41.9	03:25	233	00:03:02.0	145	01:09:28.5	18.1	303	00:02:34.7	137	00:27:59.9	09:01		01:56:47.2
187	26 Howard, Lynn	1220	Nisswa, MN	163	00:11:05.5	02:46	175	00:02:38.4	218	01:13:21.7	17.1	122	00:01:26.3	154	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	Pen description
188	25 Welke, Ashley	1000	St. Paul, MN	85	00:10:01.0	02:30	208 00:02:48.2	149	01:09:34.9	18.1	137	00:01:29.9	270	00:33:08.0	10:41	01:57:02.3		
189	17 Marquis, Sue	1077	Lindstrom, MN	266	00:12:45.6	03:11	318 00:04:14.5	138	01:09:15.2	18.1	184	00:01:43.3	178	00:29:11.0	09:24	01:57:09.8		
190	48 Ryan, Kelly	1512	Falcon Heights,	82	00:09:57.8	02:29	337 00:04:43.2	168	01:10:31.6	17.8	337	00:03:35.3	151	00:28:22.1	09:09	01:57:10.2		
191	26 Peterson, Gail	837	Hopkins, MN	241	00:12:19.9	03:04	79 00:01:58.0	207	01:12:44.8	17.3	57	00:01:08.4	172	00:28:59.1	09:21	01:57:10.5		
192	18 Teefy, Mara	1271	Golden Valley,	119	00:10:30.8	02:37	209 00:02:48.6	202	01:12:31.9	17.3	289	00:02:22.7	177	00:29:10.8	09:24	01:57:25.0		
193	27 Boyle, Katherine	1336	Stillwater, MN	229	00:12:08.1	03:02	169 00:02:36.2	147	01:09:30.8	18.1	164	00:01:38.0	238	00:31:36.4	10:11	01:57:29.7		
194	49 Mccathie, Becky	1333	Eden Prairie,	248	00:12:24.4	03:06	103 00:02:08.5	208	01:12:49.1	17.3	167	00:01:39.0	161	00:28:36.3	09:13	01:57:37.4		
195	28 Nelsen, Katie	725	Cottage Grove,	154	00:11:01.2	02:45	190 00:02:43.1	188	01:11:44.6	17.5	152	00:01:34.0	209	00:30:35.0	09:51	01:57:38.0		
196	19 Long, Denise	927	St Paul, MN	143	00:10:50.7	02:42	220 00:02:55.1	157	01:09:59.5	18.0	277	00:02:19.8	235	00:31:34.9	10:11	01:57:40.2		
197	27 Bunde, Melissa	956	Madison Lake,	222	00:11:59.6	02:59	60 00:01:50.9	184	01:11:24.1	17.6	262	00:02:09.5	211	00:30:36.0	09:52	01:58:00.4		
198	20 Sparkman, Nicole	1193	Eden Prairie,	227	00:12:04.9	03:01	331 00:04:32.2	223	01:13:35.5	17.1	181	00:01:42.5	79	00:26:09.5	08:26	01:58:04.9		
199	28 Hill, Amber	872	Chisago City,	178	00:11:17.0	02:49	101 00:02:07.4	219	01:13:22.6	17.1	79	00:01:12.8	199	00:30:05.1	09:42	01:58:05.1		
200	50 Kenney, Bridget	972	Minneapolis,	138	00:10:46.6	02:41	242 00:03:05.0	123	01:08:27.8	18.4	349	00:05:01.5	226	00:30:58.2	09:59	01:58:19.4		
201	10 Kenney, Molly	973	Minneapolis,	139	00:10:47.2	02:41	246 00:03:07.3	199	01:12:24.4	17.4	41	00:01:02.5	227	00:30:58.3	09:59	01:58:20.0		
202	29 Ayers, Karie	1509	Chaska, MN	260	00:12:40.6	03:10	215 00:02:51.0	144	01:09:26.7	18.1	308	00:02:38.1	217	00:30:44.1	09:54	01:58:20.7		
203	29 Holmes, Laura	1606		220	00:11:58.8	02:59	126 00:02:17.2	206	01:12:39.3	17.3	200	00:01:46.7	191	00:29:49.6	09:37	01:58:31.8		
204	11 Cunnien, Karen	1058	Brooklyn Park,	151	00:10:59.6	02:44	297 00:03:49.9	164	01:10:16.3	17.9	323	00:02:55.5	216	00:30:42.9	09:54	01:58:44.3		
205	30 Solomonson,	1390	Princeton, MN	291	00:13:19.5	03:19	272 00:03:25.5	165	01:10:25.0	17.8	139	00:01:30.3	203	00:30:10.5	09:44	01:58:51.0		
206	31 Pfaff, Kristin	1600		223	00:11:59.9	02:59	203 00:02:47.0	226	01:13:41.4	17.0	45	00:01:04.4	186	00:29:20.8	09:28	01:58:53.7		
207	28 Krenz, Jodi	1075	Schofield, WI	314	00:14:13.6	03:33	192 00:02:43.8	143	01:09:26.3	18.1	247	00:02:05.7	207	00:30:25.4	09:48	01:58:55.0		
208	3 Norberg, Natalie	1473	Minneapolis,	75	00:09:41.5	02:25	13 00:01:19.4	235	01:14:30.9	16.9	97	00:01:18.6	254	00:32:18.8	10:25	01:59:09.4		
209	51 Smith, Nikole	1091	Andover, MN	167	00:11:07.0	02:46	306 00:03:59.7	242	01:15:19.1	16.7	260	00:02:09.1	95	00:26:37.3	08:35	01:59:12.4		
210	20 Bulson, Nancy	1505	Inver Grove	117	00:10:30.2	02:37	130 00:02:18.5	176	01:10:53.8	17.7	221	00:01:53.2	276	00:33:50.6	10:55	01:59:26.5		
211	29 Hovelsrud,	1218	Edina, MN	174	00:11:10.5	02:47	218 00:02:53.2	195	01:12:12.1	17.4	310	00:02:39.5	208	00:30:31.6	09:50	01:59:27.0		
212	30 Gacnik, Debbie	1163	Keller, TX	192	00:11:31.4	02:52	193 00:02:43.9	196	01:12:16.8	17.4	98	00:01:19.4	237	00:31:36.3	10:11	01:59:27.9		
213	30 Obst, Maryanne	779	Scandia, MN	140	00:10:47.4	02:41	301 00:03:55.7	159	01:10:07.9	17.9	307	00:02:37.9	252	00:32:03.6	10:20	01:59:32.8		
214	31 Vaagenes, Kirsten	1099	Little Falls, MN	233	00:12:10.2	03:02	258 00:03:14.9	156	01:09:54.3	18.0	114	00:01:22.3	267	00:32:56.2	10:37	01:59:38.0		
215	10 Rasmussen, Carly	1477	Plymouth, MN	335	00:15:55.9	03:58	33 00:01:36.1	245	01:15:47.5	16.6	100	00:01:21.0	56	00:25:08.8	08:06	01:59:49.4		
216	31 Sufficool, Nicole	1293	Valley City, ND	204	00:11:43.7	02:55	108 00:02:09.6	169	01:10:34.9	17.8	271	00:02:16.5	269	00:33:05.5	10:40	01:59:50.3		
217	32 Stob, Leanne	1259	North St. Paul,	278	00:13:00.8	03:15	207 00:02:48.0	217	01:13:16.7	17.1	283	00:02:21.2	155	00:28:27.4	09:10	01:59:54.3		
218	32 Berglund,	754	Costa Mesa, CA	46	00:09:03.9	02:15	63 00:01:51.4	248	01:15:58.8	16.5	1	00:00:34.8	259	00:32:25.8	10:27	01:59:55.0		
219	32 Tell, Jennifer	997	Birchwood, MN	247	00:12:23.1	03:05	161 00:02:32.4	203	01:12:36.2	17.3	166	00:01:38.9	219	00:30:46.7	09:55	01:59:57.5		
220	7 Cisewski, Diane	1056	Edina, MN	276	00:12:59.9	03:14	134 00:02:20.2	167	01:10:29.6	17.8	302	00:02:31.8	245	00:31:45.0	10:14	02:00:06.8		

Individual - Sprint Distance Triathlon				0.25 mi swim			T-1		1.5 mi bike			T-2		3.1 mi run			7/25/2010			
Place	Div/Age	Name	Bib	PL	swim	Pace m/100m	PL	T-1	PL	bike	Pace mph	PL	T-2	PL	run	Pace m/mi	Finish	Pen	Pen description	
221	33	Cartwright, Karin	738	Saint Francis,	252	00:12:29.9	03:07	109	00:02:09.8	189	01:11:51.2	17.5	190	00:01:44.1	256	00:32:19.8	10:25	02:00:35.0		
222	21	Marcotte, Julie	1375	Anoka, MN	250	00:12:27.3	03:06	196	00:02:44.5	190	01:11:51.3	17.5	70	00:01:10.3	260	00:32:27.1	10:28	02:00:40.8		
223	4	Graif, Hannah	1211	Elk River, MN	110	00:10:24.0	02:36	42	00:01:41.3	251	01:16:29.3	16.4	140	00:01:31.4	228	00:31:02.7	10:00	02:01:08.8		
224	8	Marden-lokken,	1256	Duluth, MN	283	00:13:07.2	03:16	176	00:02:38.6	204	01:12:37.3	17.3	324	00:02:56.4	195	00:29:58.1	09:40	02:01:17.8		
225	52	Pearson, Sheila	951	Smtell, MN	225	00:12:02.7	03:00	56	00:01:49.8	174	01:10:51.0	17.7	220	00:01:53.2	290	00:34:46.4	11:13	02:01:23.3		
226	22	Thomsen, Anne	1038	Chisago City,	257	00:12:35.2	03:08	88	00:02:01.6	238	01:14:53.0	16.8	22	00:00:56.9	231	00:31:04.4	10:01	02:01:31.3		
227	21	Hall, Joy	1365	Burnsville, MN	112	00:10:25.8	02:36	210	00:02:48.7	243	01:15:32.6	16.6	225	00:01:55.3	223	00:30:54.9	09:58	02:01:37.5		
228	34	Murphy, Anne	1500	Saint Paul, MN	134	00:10:41.8	02:40	281	00:03:31.4	225	01:13:39.3	17.1	217	00:01:52.0	248	00:31:54.8	10:17	02:01:39.4		
229	12	Meyer, Janeen	1377	Lodi, WI	251	00:12:28.0	03:07	121	00:02:15.6	239	01:15:00.3	16.7	146	00:01:33.6	214	00:30:40.4	09:53	02:01:58.1		
230	33	Holmdahl, Angela	1300	Eagan, MN	287	00:13:08.8	03:17	179	00:02:41.1	228	01:13:50.1	17.0	96	00:01:18.3	229	00:31:04.0	10:01	02:02:02.6		
231	34	Foley, Jennifer	1109	Mendota	264	00:12:42.1	03:10	268	00:03:21.8	192	01:12:00.0	17.4						02:02:03.2		
232	33	Carlson Paetznick,	910	Chisago City,	221	00:11:59.2	02:59	107	00:02:09.4	279	01:18:50.3	15.9	116	00:01:22.4	133	00:27:56.2	09:00	02:02:17.7		
233	53	Alford, Leyna	1517	Hopkins, MN	195	00:11:32.5	02:53	205	00:02:47.6	178	01:10:58.5	17.7	224	00:01:54.5	296	00:35:07.2	11:19	02:02:20.5		
234	34	Getchell, Joyce	1012	Forest Lake, MN	289	00:13:13.1	03:18	75	00:01:56.6	229	01:13:57.0	17.0	42	00:01:02.7	258	00:32:23.3	10:26	02:02:32.9		
235	35	Molitor, Jodi	1379	N Branch, MN	103	00:10:18.6	02:34	277	00:03:27.6	222	01:13:32.0	17.1	121	00:01:26.2	278	00:33:56.5	10:56	02:02:41.1		
236	35	Rose, Janine	1032	Scandia, MN	345	00:17:30.1	04:22	201	00:02:46.2	194	01:12:11.1	17.4	191	00:01:44.1	157	00:28:29.6	09:11	02:02:41.3		
237	36	Hofstad, Becky	1017	Golden Valley,	303	00:13:38.3	03:24	186	00:02:42.1	181	01:11:02.1	17.7	212	00:01:49.1	279	00:33:57.2	10:57	02:03:08.9		
238	22	Benner, Anna	1004	Elk River, MN	120	00:10:32.7	02:38	245	00:03:06.7	258	01:17:08.7	16.3	176	00:01:41.5	218	00:30:44.3	09:54	02:03:14.1		
239	37	Leger, Leah	1024	Mound, MN	99	00:10:13.3	02:33	273	00:03:26.1	257	01:17:00.4	16.3	183	00:01:43.1	224	00:30:55.5	09:58	02:03:18.5		
240	35	Hall, Amanda	1535	Hugo, MN	179	00:11:17.1	02:49	267	00:03:21.7	271	01:18:11.4	16.1	249	00:02:06.7	158	00:28:30.6	09:11	02:03:27.7		
241	36	Jordet, Michele	1121	Center City, MN	306	00:13:45.4	03:26	270	00:03:22.8	163	01:10:14.8	17.9	350	00:05:06.6	233	00:31:27.5	10:08	02:03:57.3		
242	23	Rose, Courtney	1440	Minnetonka, MN	286	00:13:08.7	03:17	314	00:04:08.7	249	01:16:13.3	16.5	153	00:01:34.0	171	00:28:55.9	09:19	02:04:00.7		
243	23	Anderson, Ann	851	Cottage Grove,	316	00:14:26.5	03:36	232	00:03:01.1	230	01:14:03.2	17.0	304	00:02:36.3	197	00:30:00.7	09:40	02:04:07.9		
244	24	Walter, Erin	1513	St. Cloud, MN	2	00:07:28.2	01:52	216	00:02:52.3	317	01:25:45.7	14.6	215	00:01:50.1	89	00:26:26.1	08:31	02:04:22.6		
245	37	Dupre, Clarrissa	1339	Oakdale, MN	244	00:12:21.4	03:05	255	00:03:13.2	240	01:15:10.2	16.7	196	00:01:45.4	247	00:31:52.8	10:17	02:04:23.2		
246	38	Antisdell, Della	852	Stacy, MN	231	00:12:09.6	03:02	311	00:04:07.6	205	01:12:37.8	17.3	214	00:01:50.1	282	00:34:07.0	11:00	02:04:52.1		
247	36	Gilbert, Katherine	816	North Branch,	87	00:10:02.7	02:30	332	00:04:34.0	244	01:15:33.5	16.6	20	00:00:55.9	289	00:34:39.0	11:10	02:05:45.4		
248	24	Rendall, Laura	1436	Minnetonka, MN	169	00:11:07.6	02:46	280	00:03:30.8	246	01:15:50.6	16.6	301	00:02:31.6	264	00:32:45.0	10:33	02:05:45.8		
249	25	Langner, Lisa	1076	Lakeville, MN	330	00:15:29.9	03:52	241	00:03:04.9	216	01:13:14.3	17.2	332	00:03:14.4	220	00:30:49.2	09:56	02:05:52.9		
250	37	Benedict, Sara	1405	Minneapolis,	281	00:13:06.3	03:16	309	00:04:04.3	231	01:14:03.6	17.0	162	00:01:36.6	271	00:33:13.2	10:42	02:06:04.2		
251	38	Garletz, Annalee	1164	St. Paul, MN	197	00:11:33.4	02:53	308	00:04:03.5	250	01:16:26.9	16.4	293	00:02:24.1	243	00:31:44.1	10:14	02:06:12.2		
252	38	Booher, Kerri	1408	St Louis Park,	315	00:14:24.7	03:36	304	00:03:59.3	283	01:19:16.8	15.8	313	00:02:40.9	76	00:25:52.7	08:20	02:06:14.5		
253	39	Paul, Sara	1237	Orono, MN	114	00:10:28.3	02:37	38	00:01:38.3	272	01:18:12.8	16.1	216	00:01:50.9	287	00:34:30.3	11:07	02:06:40.8		

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	Pen description
254	13 Gergen-mandel,	1554 Apple Valley,	207	00:11:50.2	02:57	238	00:03:03.4	266	01:17:43.0	16.2	278	00:02:19.9	244	00:31:44.9	10:14	02:06:41.7		
255	54 Richins, Breanne	840 St. Paul, MN	230	00:12:08.5	03:02	293	00:03:45.3	267	01:17:48.5	16.1	138	00:01:30.3	234	00:31:29.0	10:09	02:06:41.8		
256	25 Sandbeck, Ashley	1441 St.paul, MN	92	00:10:05.4	02:31	214	00:02:49.4	280	01:19:03.4	15.9	317	00:02:47.2	253	00:32:11.3	10:23	02:06:57.0		
257	40 Adix, Anne	901 Monticello, MN	214	00:11:53.9	02:58	298	00:03:50.3	227	01:13:42.5	17.0	89	00:01:16.5	303	00:36:13.8	11:41	02:06:57.2		
258	39 May, Jennifer	1228 Forest Lake, MN	133	00:10:40.8	02:40	312	00:04:08.0	215	01:13:12.7	17.2	279	00:02:20.0	311	00:36:39.3	11:49	02:07:01.0		
259	55 Lenzmeier,	1589 Blaine, MN	183	00:11:23.8	02:50	171	00:02:37.0	237	01:14:36.0	16.8	315	00:02:41.5	299	00:35:59.2	11:36	02:07:17.7		
260	39 Mossberg, Marcella	1428 Isanti, MN	302	00:13:37.4	03:24	269	00:03:22.6	292	01:20:26.6	15.6	141	00:01:31.5	164	00:28:41.1	09:15	02:07:39.5		
261	26 Miner, Lynda	1182 Winona, MN	280	00:13:04.2	03:16	55	00:01:49.7	255	01:16:45.0	16.4	133	00:01:29.0	291	00:34:58.4	11:16	02:08:06.4		
262	41 Minnichsoffer, Rita	775 Lindstrom, MN	249	00:12:27.1	03:06	324	00:04:28.0	211	01:13:03.2	17.2	269	00:02:15.5	298	00:35:55.9	11:35	02:08:10.0		
263	40 Wynn, Heather	1490 Pine City, MN	307	00:13:46.3	03:26	228	00:02:59.3	296	01:21:17.4	15.4	219	00:01:53.0	160	00:28:35.2	09:13	02:08:31.3		
264	56 Puelston, Johanna	784 North Branch,	271	00:12:53.2	03:13	64	00:01:51.7	256	01:16:59.2	16.3	16	00:00:53.6	308	00:36:26.2	11:45	02:09:04.2		
265	40 Knutson, Cathy	925 North Branch,	322	00:14:42.4	03:40	292	00:03:44.5	212	01:13:06.3	17.2	275	00:02:18.1	297	00:35:29.8	11:27	02:09:21.2		
266	57 Braden, Michelle	1358 North Branch,	353	00:19:49.3	04:57	90	00:02:02.6	224	01:13:38.0	17.1	58	00:01:08.7	268	00:33:03.7	10:39	02:09:42.6		
267	42 Linders, Maria	1226 Lino Lakes, MN	323	00:14:44.0	03:41	336	00:04:40.1	275	01:18:33.7	16.0	306	00:02:36.5	176	00:29:09.2	09:24	02:09:43.5		
268	43 Lundgren, Sue	979 Eagan, MN	213	00:11:53.8	02:58	40	00:01:40.0	233	01:14:11.3	16.9	270	00:02:16.0	333	00:39:45.4	12:49	02:09:46.8		
269	41 Henders, Rebecca	1015 Minneapolis,	245	00:12:22.0	03:05	231	00:03:00.4	295	01:21:16.3	15.5	276	00:02:18.9	222	00:30:53.4	09:57	02:09:51.2		
270	11 Rasmussen,	1188 Plymouth, MN	261	00:12:40.6	03:10	76	00:01:56.7	319	01:26:02.5	14.6	124	00:01:26.5	131	00:27:50.8	08:58	02:09:57.4		
271	44 Hale, Carla	1461 Woodbury, MN	196	00:11:33.4	02:53	260	00:03:16.4	284	01:19:28.0	15.8	282	00:02:21.1	274	00:33:39.5	10:51	02:10:18.6		
272	9 Wasland, Suzan	1487 Little Falls, MN	295	00:13:24.8	03:21	294	00:03:47.0	264	01:17:27.1	16.2	238	00:02:00.2	277	00:33:52.2	10:55	02:10:31.5		
273	41 Pelto, Melissa	1238 Forest Lake, MN	38	00:08:59.9	02:14	225	00:02:56.8	291	01:20:05.4	15.7	242	00:02:03.8	309	00:36:26.5	11:45	02:10:32.7		
274	42 Chovan, Sara	858 Minnetonka, MN	201	00:11:41.1	02:55	244	00:03:06.2	260	01:17:10.1	16.3	312	00:02:40.1	301	00:36:03.1	11:37	02:10:40.9		
275	27 Hollingsworth,	1547 Rush City, MN	340	00:17:03.5	04:15	123	00:02:16.3	236	01:14:32.7	16.9	335	00:03:20.7	273	00:33:33.5	10:49	02:10:46.9		
276	28 Munoz, Cathy	1184 Andover, MN	242	00:12:21.1	03:05	313	00:04:08.4	287	01:19:39.4	15.8	259	00:02:08.8	263	00:32:39.4	10:32	02:10:57.3		
277	58 Cisewski, Lindsay	1409 Minneapolis,	126	00:10:37.2	02:39	320	00:04:20.3	314	01:24:33.2	14.9	255	00:02:08.1	185	00:29:20.1	09:27	02:10:59.1		
278	29 Vanneste, Donna	1042 Shoreview, MN	288	00:13:10.1	03:17	299	00:03:50.8	303	01:22:34.8	15.2	292	00:02:23.9	182	00:29:16.7	09:26	02:11:16.5		
279	45 Kyeek, Lou	926 St Paul, MN	328	00:15:14.5	03:48	230	00:03:00.0	297	01:21:33.5	15.4	197	00:01:45.9	189	00:29:45.5	09:35	02:11:19.6		
280	46 Becker, Tracy	751 Rochester, MN	318	00:14:31.9	03:37	200	00:02:46.1	259	01:17:09.3	16.3	319	00:02:48.5	285	00:34:19.7	11:04	02:11:35.7		
281	26 Kotilinek, Brita	1372 White Bear	273	00:12:58.3	03:14	254	00:03:12.6	281	01:19:06.4	15.9	170	00:01:39.4	295	00:35:02.2	11:18	02:11:59.0		
282	27 Kotilinek, Jessie	1373 White Bear	292	00:13:20.5	03:20	202	00:02:46.9	282	01:19:08.0	15.9	175	00:01:41.4	294	00:35:02.1	11:18	02:11:59.1		
283	14 Turnham, Susan	1277 Duluth, MN	170	00:11:08.6	02:47	282	00:03:32.3	254	01:16:38.7	16.4	314	00:02:41.5	324	00:38:08.0	12:18	02:12:09.4		
284	47 Kretman, Andrea	1345 Afton, MN	355	00:21:15.9	05:18	278	00:03:27.9	261	01:17:10.3	16.3	298	00:02:29.1	129	00:27:47.3	08:57	02:12:10.6		
285	43 Wagner, Brenda	1348 Forest Lake, MN	300	00:13:29.9	03:22	154	00:02:29.6	263	01:17:23.1	16.2	268	00:02:15.2	310	00:36:36.5	11:48	02:12:14.6		
286	48 Terryll, Kathy	1395 Chaska, MN	256	00:12:35.1	03:08	131	00:02:18.6	290	01:19:58.2	15.7	99	00:01:20.8	302	00:36:10.2	11:40	02:12:23.2		

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	Pen description
287	59 Zwonitzer, Kathy	1400	Lino Lakes, MN	108	00:10:22.6	02:35	263	00:03:18.4	276	01:18:37.7	16.0	266	00:02:13.8	320	00:37:52.4	12:13	02:12:25.1	
288	30 Engen, Susan	864	Edina, MN	254	00:12:30.6	03:07	276	00:03:27.4	294	01:21:08.1	15.5	88	00:01:16.1	284	00:34:09.1	11:01	02:12:31.5	
289	31 Johnson, Melissa	765	White Bear	185	00:11:24.8	02:51	261	00:03:17.2	278	01:18:46.2	15.9	192	00:01:44.4	317	00:37:20.5	12:02	02:12:33.3	
290	60 Glumack, Kristin	1612	Chula Vista, CA	57	00:09:19.1	02:19	181	00:02:41.1	298	01:21:59.5	15.3	207	00:01:47.6	314	00:36:49.0	11:52	02:12:36.6	
291	61 Andersen, Katie	801	Plymouth, MN	144	00:10:52.6	02:43	279	00:03:29.5	310	01:24:04.7	14.9	120	00:01:25.1	272	00:33:17.4	10:44	02:13:09.5	
292	42 Judson, Erin	1370	North Branch,	277	00:13:00.1	03:15	341	00:05:02.5	309	01:24:02.8	14.9	336	00:03:22.2	124	00:27:42.0	08:56	02:13:09.7	
293	49 Steichen, Sharon	946	Lino Lakes, MN	270	00:12:53.2	03:13	116	00:02:14.6	285	01:19:32.9	15.8	235	00:01:59.4	315	00:37:05.3	11:57	02:13:45.7	
294	62 Moody, Elizabeth	1380	Minneapolis,	334	00:15:55.6	03:58	326	00:04:29.0	289	01:19:46.8	15.7	226	00:01:55.4	241	00:31:39.6	10:12	02:13:46.6	
295	43 Sargent	1190	Minneapolis,	234	00:12:10.3	03:02	68	00:01:53.7	273	01:18:31.0	16.0	325	00:02:56.6	326	00:38:20.2	12:22	02:13:52.1	
296	63 Kaiser, Amanda	1418	St. Paul, MN	232	00:12:10.0	03:02	321	00:04:20.8	325	01:27:26.6	14.4	150	00:01:33.8	179	00:29:12.3	09:25	02:14:43.8	
297	44 Betts, Lisa	965		341	00:17:10.5	04:17	118	00:02:15.1	286	01:19:34.2	15.8	188	00:01:43.7	288	00:34:37.9	11:10	02:15:21.6	
298	28 Smith, Danielle	1619	Andover, MN	97	00:10:09.4	02:32	325	00:04:28.1	326	01:27:50.5	14.3	28	00:00:58.5	250	00:31:56.9	10:18	02:15:23.6	
299	64 Moeller, Frances	1378	Woodbury, MN	332	00:15:44.2	03:56	302	00:03:57.2	253	01:16:37.3	16.4	290	00:02:23.6	312	00:36:45.2	11:51	02:15:27.7	
300	15 Kraling, Mary	1126	Lindstrom, MN	168	00:11:07.2	02:46	247	00:03:07.4	300	01:22:08.2	15.3	285	00:02:22.1	322	00:38:00.3	12:15	02:16:45.3	
301	50 Moeller, Janel	1426	Forest Lake, MN	304	00:13:39.7	03:24	329	00:04:31.3	268	01:17:58.0	16.1	331	00:03:14.2	319	00:37:40.1	12:09	02:17:03.6	
302	32 Alfors, Pauline	1451	New Brighton,	259	00:12:38.4	03:09	172	00:02:37.4	301	01:22:27.7	15.2	333	00:03:19.0	304	00:36:15.7	11:41	02:17:18.5	
303	65 Zeilinger Henjum,	1583	Oakdale, MN	293	00:13:24.0	03:21	47	00:01:42.9	299	01:21:59.6	15.3	246	00:02:05.2	327	00:38:27.0	12:24	02:17:39.0	
304	29 Seman, Karli	1620	Andover, MN	107	00:10:22.5	02:35	319	00:04:17.2	327	01:27:59.1	14.3	47	00:01:04.9	281	00:34:04.4	10:59	02:17:48.2	
305	5 Lyp, Kelly	832	Valparaiso, IN	294	00:13:24.3	03:21	295	00:03:47.9	304	01:23:16.1	15.1	48	00:01:05.0	305	00:36:17.4	11:42	02:17:50.7	
306	44 Rose, Ann	1439	Minneapolis,	141	00:10:48.2	02:42	199	00:02:45.8	315	01:24:41.6	14.8	334	00:03:19.7	307	00:36:18.8	11:42	02:17:54.4	
307	16 Ewen, Barb	866	Rochester, MN	339	00:16:51.2	04:12	204	00:02:47.1	241	01:15:15.0	16.7	179	00:01:42.1	340	00:41:20.9	13:20	02:17:56.6	
308	51 Karrmann, Jan	732	Cannon Falls,	208	00:11:50.4	02:57	317	00:04:12.2	274	01:18:32.0	16.0	322	00:02:52.2	336	00:40:45.0	13:08	02:18:12.0	
309	17 Lee, Marcia	830	St. Louis Park,	298	00:13:26.0	03:21	221	00:02:55.6	305	01:23:16.9	15.1	193	00:01:44.5	316	00:37:10.3	11:59	02:18:33.4	
310	12 Berthiaume, Briana	1407	Harris, MN	275	00:12:58.9	03:14	249	00:03:09.4	344	01:35:11.9	13.2	143	00:01:32.2	70	00:25:41.2	08:17	02:18:33.8	
311	45 Hoiosen, Cheryl	819	Waconia, MN	327	00:15:13.3	03:48	300	00:03:55.3	324	01:27:08.6	14.4	37	00:01:01.7	236	00:31:35.6	10:11	02:18:54.6	
312	46 Dopp, Paige	1413	Circle Pines, MN	333	00:15:48.1	03:57	283	00:03:32.5	312	01:24:16.2	14.9	330	00:03:12.9	265	00:32:45.9	10:34	02:19:35.8	
313	52 Steinmetz, Tammy	1392	Chippewa Falls,	350	00:18:56.2	04:44	271	00:03:24.2	321	01:26:24.7	14.5	252	00:02:07.4	174	00:29:08.3	09:23	02:20:01.0	
314	66 Farrell, Elizabeth	1363	Saint Paul, MN	285	00:13:08.0	03:17	339	00:04:44.5	318	01:25:48.9	14.6	111	00:01:22.2	293	00:34:59.4	11:17	02:20:03.1	
315	67 Mckitrick, Andrea	1588	Burnsville, MN	263	00:12:41.8	03:10	348	00:05:28.0	262	01:17:19.8	16.2	343	00:04:12.8	337	00:40:48.2	13:09	02:20:30.8	
316	53 Wright, Jill	799	White Bear, MN	324	00:14:44.1	03:41	328	00:04:30.8	332	01:31:01.2	13.8	178	00:01:41.7	165	00:28:41.5	09:15	02:20:39.5	
317	54 Baay, Alisa	1352	Forest Lake, MN	308	00:13:47.6	03:26	307	00:04:02.9	307	01:23:47.9	15.0	297	00:02:27.7	313	00:36:47.6	11:52	02:20:53.9	
318	45 Vicklund, Laurie	1396	Rush City, MN	311	00:13:55.0	03:28	289	00:03:42.9	323	01:27:07.4	14.4					02:21:16.7		
319	55 Hauge, Amy	1064	Fridley, MN	198	00:11:33.9	02:53	322	00:04:21.2	302	01:22:32.8	15.2	165	00:01:38.2	342	00:41:58.5	13:32	02:22:04.8	

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	Pen	description
320	68 Caprigno, Allison	957	Salem, NH	105	00:10:22.0	02:35	330 00:04:32.1	308	01:24:00.8	14.9	287	00:02:22.2	338	00:40:52.5	13:11	02:22:09.8			
321	69 Harcey, Sondra	1524	Cambridge, MN	48	00:09:05.3	02:16	347 00:05:26.7	313	01:24:25.8	14.9	347	00:04:47.6	330	00:38:43.9	12:29	02:22:29.5			
322	70 Platt, A	1433	Saint Paul, MN	296	00:13:24.8	03:21	323 00:04:27.7	328	01:28:06.9	14.2	236	00:01:59.6	292	00:34:58.6	11:16	02:22:57.7			
323	30 Cornell, Linet	1319	Maple Valley,	351	00:19:15.1	04:48	346 00:05:13.0	288	01:19:41.8	15.8	309	00:02:38.9	306	00:36:17.6	11:42	02:23:06.6			
324	56 Buesseler, Carla	1359	Stacy, MN	348	00:18:17.7	04:34	353 00:05:53.2	311	01:24:09.9	14.9	321	00:02:52.0	249	00:31:55.6	10:17	02:23:08.6			
325	46 Sheih, Sandra	1442	Maple Grove,	290	00:13:13.9	03:18	257 00:03:14.4	322	01:27:06.2	14.4	194	00:01:44.5	328	00:38:35.0	12:26	02:23:54.2			
326	18 Larsen, Karen	828	St. Paul, MN	343	00:17:20.1	04:20	239 00:03:03.6	277	01:18:46.2	15.9	154	00:01:35.0	346	00:44:25.4	14:19	02:25:10.4			
327	47 Arnold, Laurette	1550	Lindstrom, MN	317	00:14:27.7	03:36	285 00:03:36.7	320	01:26:14.5	14.6	241	00:02:02.9	331	00:39:05.8	12:36	02:25:27.7			
328	71 Downing, Heather	812	Salem, NH	181	00:11:21.2	02:50	234 00:03:02.5	337	01:32:49.0	13.5	13	00:00:53.1	318	00:37:28.9	12:05	02:25:34.9			
329	33 Hinkemeyer,	1215	Clear Lake, MN	310	00:13:52.2	03:28	315 00:04:10.0	316	01:25:12.7	14.7	267	00:02:14.1	335	00:40:09.1	12:57	02:25:38.2			
330	31 Miller, Mikayla	1514	Eagan, MN	299	00:13:28.1	03:22	248 00:03:09.1	306	01:23:18.5	15.1	195	00:01:45.3	345	00:44:05.2	14:13	02:25:46.5			
331	48 Snustad, Mary	1444	Shoreview, MN	147	00:10:57.9	02:44	354 00:06:06.3	346	01:37:13.6	12.9	327	00:03:07.3	200	00:30:06.5	09:42	02:27:31.9			
332	19 Zaffke, Debra	1273	Rochester, MN	319	00:14:32.1	03:38	127 00:02:17.3	293	01:20:52.5	15.5	258	00:02:08.5	348	00:48:16.8	15:34	02:28:07.4			
333	72 Sandman, Megan	1386	Rochester, MN	215	00:11:55.9	02:58	195 00:02:44.5	339	01:33:43.3	13.4	227	00:01:55.4	325	00:38:09.4	12:18	02:28:28.8			
334	73 Kandiko, Heather	1371	Madison, WI	326	00:14:58.3	03:44	335 00:04:37.2	329	01:28:55.5	14.1	316	00:02:42.6	323	00:38:02.7	12:16	02:29:16.5			
335	20 Waddell, Karla	1261	Lindstrom, MN	321	00:14:41.6	03:40	350 00:05:43.5	343	01:34:52.5	13.2	339	00:03:42.8	205	00:30:16.4	09:45	02:29:17.0			
336	21 Casper, Dannette	912	Minnetonka, MN	325	00:14:44.2	03:41	327 00:04:29.8	335	01:32:29.8	13.6	338	00:03:41.6	286	00:34:24.2	11:05	02:29:49.8			
337	49 Svendsen,	1479	Prior Lake, MN	313	00:14:12.2	03:33	344 00:05:06.9	348	01:37:38.7	12.9	93	00:01:17.2	266	00:32:49.1	10:35	02:31:04.2			
338	47 Reese, Aimee	1434	Woodbury, MN	352	00:19:18.3	04:49	105 00:02:09.2	338	01:32:52.9	13.5	329	00:03:12.4	275	00:33:46.9	10:53	02:31:20.0			
339	74 Beduhn, Rebecca	1287	Maplewood, MN	238	00:12:16.4	03:04	222 00:02:55.7	330	01:29:15.2	14.1	232	00:01:58.8	347	00:45:06.2	14:32	02:31:32.6			
340	48 Ackerman, Marnee	1499	Blaine, MN	255	00:12:33.2	03:08	303 00:03:58.9	340	01:33:53.3	13.4	311	00:02:39.8	332	00:39:12.7	12:38	02:32:18.2			
341	50 Hannon, Kay	817	Blaine, MN	336	00:15:56.3	03:59	284 00:03:35.5	341	01:34:17.0	13.3	67	00:01:09.9	329	00:38:42.6	12:29	02:33:41.6			
342	22 Anderson, Yvonne	802	Chisago City,	342	00:17:18.3	04:19	212 00:02:49.0	334	01:32:27.1	13.6	136	00:01:29.9	334	00:40:03.5	12:55	02:34:07.9			
343	57 Winkle, Patty	1398	Cambridge, MN	344	00:17:21.1	04:20	352 00:05:51.7	342	01:34:34.0	13.3	351	00:05:14.6	246	00:31:49.6	10:16	02:34:51.2			
344	34 Thorsen, Laura	1482	Lindstrom, MN	337	00:16:05.2	04:01	338 00:04:43.7	331	01:29:30.3	14.0	250	00:02:06.7	344	00:43:55.4	14:10	02:36:21.6			
345	49 Rome, Kelty	1438	Forest Lake, MN	331	00:15:30.3	03:52	334 00:04:36.8	351	01:42:53.6	12.2	326	00:02:57.5	215	00:30:40.7	09:53	02:36:39.1			
346	50 Eydel, Ella	867	Minnetonka, MN	346	00:17:50.2	04:27	316 00:04:10.1	347	01:37:23.5	12.9	248	00:02:06.4	300	00:36:03.1	11:37	02:37:33.5			
347	23 Olson, Cindy	1561	Pine City, MN	347	00:17:50.3	04:27	291 00:03:43.6	333	01:32:24.6	13.6	251	00:02:07.0	341	00:41:44.6	13:27	02:37:50.4			
348	75 Brubak, Anna	1204	St Paul, MN	95	00:10:08.4	02:32	333 00:04:36.6	350	01:42:22.0	12.3	342	00:04:07.5	321	00:37:59.9	12:15	02:39:14.7			
349	24 Sandell, Elizabeth	1385	New Hope, MN	354	00:19:49.9	04:57	356 00:16:21.0	336	01:32:47.5	13.5	346	00:04:36.6	280	00:33:59.1	10:57	02:47:34.3			
350	32 Swanberg, Karina	1393	Chisago City,	282	00:13:06.6	03:16	351 00:05:47.6	354	01:47:50.2	11.6	244	00:02:04.8	339	00:41:12.4	13:17	02:50:01.8			
351	10 Tane, Katherine	1394	St Paul, MN	301	00:13:34.6	03:23	345 00:05:08.7	349	01:38:58.4	12.7	345	00:04:35.9	349	00:50:08.1	16:10	02:52:26.0			
352	51 Gross, Kelly	1167	Duluth, MN	156	00:11:01.7	02:45	349 00:05:33.8	345	01:37:05.1	12.9	353	00:06:13.8	350	00:54:06.4	17:27	02:54:00.9			

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	Pen description
353	52 Dennis, Deanna	1560 Stacy, MN	349	00:18:39.3	04:39	342	00:05:03.2	352	01:44:11.7	12.0	352	00:06:06.5	343	00:43:47.9	14:07	02:57:48.8		
354	13 Gross, Camille	1416 Forest Lake, MN														03:04:49.0		
355	25 Sery, Lindsay	884 Ham Lake, MN	338	00:16:14.4	04:03	340	00:04:51.9	353	01:44:29.1	12.0	340	00:03:50.7	352	00:57:59.7	18:42	03:07:26.0		
356	11 Nauen, Lindsay	776 St Paul, MN	356	00:22:03.7	05:30	355	00:06:14.8	355	01:58:43.1	10.6	344	00:04:13.8	353	01:08:21.4	22:03	03:39:37.0		
	Kleiss, Vanessa	1465 Grantsburg, WI														DNF		
	Wilczek, Misty	1449 Bethany, MO														DNF		
	Coomes, Caitlin	960 Minneapolis,	67	00:09:30.8		120	00:02:15.5	63	01:04:39.1	19.4	348	00:04:54.7				DNF		
15	3 Mclaughlin,	1556 Minneapolis,	329	00:15:23.4		343	00:05:04.3						351	00:56:47.4		DNF		

### Clydesdale Sprint Distance

Division Field: 32

1	Rondorf, Jeremy	1305 Blaine, MN	4	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	3	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	2	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		
4	9 Logue, Bryan	1227 New Prague,	5	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,	9	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		
6	20 Ryan, Neil	1033 Indianapolis, IN	13	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,	1	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	25	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	10	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	8	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,	12	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	15	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	11	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	6	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,	17	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	23	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,	28	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	16	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	29	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		
20	Puhr, Ross	1338 Harwood, ND	14	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,	26	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	24	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	27	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,	18	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		

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	Pen description
25	Peterson, Todd	1296 St Cloud, MN	31	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,	7	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	22	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	32	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	19	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	20	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	21	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,	30	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

1	Kleiss, Jessica	1177 Seattle,, WA	1	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,	2	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	6	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,	5	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	3	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,	8	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,	9	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	7	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	17	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	15	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	14	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,	10	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	4	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	18	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	11	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	16	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	12	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		
18	Stamp, Katina	1445 Maplewood, MN	13	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 Div/Age Name Bib	PL swim Pace m/100m PL	T-1 T-1	PL bike Pace mph PL	T-2 T-2	PL run Pace m/mi	Finish	Pen	Pen	description

**Team - Sprint Distance Relay Triathlon** Field: 95

**Relay Team Sprint Distance** Division Field: 95

1	Saatzer, James	1242 Mound, MN	7 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,	7 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,	7 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	6 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	6 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	6 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	14 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,	14 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,	14 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	25 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	25 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	25 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	1 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	1 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	1 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	2 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	2 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	2 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	3 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,	3 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,	3 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	33 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	33 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	33 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	17 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,	17 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	4 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	4 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	4 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		
11	Forrest, Mike	1011 Appleton, WI	20 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		

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	Pen	description
11	Gruender, Laura	1011 Appleton, WI	20	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	13	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	13	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	13	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	12	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	12	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	12	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,	29	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,	29	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,	29	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	8	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,	8	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,	8	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	32	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	32	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	32	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	15	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	15	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	15	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	19	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	19	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	19	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	22	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	22	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	22	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	24	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	24	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	24	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	11	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	11	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	11	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	21	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			
22	Thomas, Lauren	1187 Henderson, NV	21	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	Pen	description
23	Dedon, Erica	861 Dublin, CA	16	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	16	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	9	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	9	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	9	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	10	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	10	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	10	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	27	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	27	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	27	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,	5	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,	5	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,	5	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	26	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,	26	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,	26	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	18	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	18	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	18	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,	31	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	31	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,	23	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,	23	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	23	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	30	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	30	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	28	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	28	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	28	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	34	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	34	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			