

Root River Triathlon  
Houston Nature Center  
Houston, MN  
Sat, May 21, 2011

6.5 mi Canoe

8 mi Bike

3 mi Run

Age Group Results

White River Sports Timing  
http://itiming.com

Place Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish
------------------	------	-----	----	-------	--------------	----	---------	----	------	-------------	----	---------	----	-----	--------------	--------

Individual Triathlon

Field: 304

Mens Individual Duathlon

Division Field: 151

20 & under

Age Group Field: 11

1	6	Mason, Lucas	217	Maplewood, MN	2	00:57:29.8	08:50	1	00:01:10.8	1	00:23:10.4	20.7	10	00:00:54.9	2	00:19:45.5	06:35	01:42:31.6
2	11	Fillmore, Sam	264	Delano, MN	4	00:59:03.3	09:05	5	00:01:46.9	3	00:24:25.3	19.7	11	00:01:21.9	1	00:19:22.9	06:27	01:46:00.5
3	13	Arneberg, Levi	218	Maplewood, MN	1	00:57:27.5	08:50	2	00:01:15.1	4	00:25:08.4	19.1	1	00:00:16.8	5	00:22:17.0	07:25	01:46:25.1
4	16	Ajax, Jake	239	Blaine, MN	3	00:58:59.0	09:04	6	00:02:02.1	5	00:26:04.7	18.4	6	00:00:33.6	3	00:20:39.4	06:53	01:48:19.1
5	20	Polodna, Taylor	164	Winona, Mn	5	01:00:25.0	09:17	7	00:02:14.9	2	00:24:06.8	19.9	7	00:00:40.4	4	00:22:03.2	07:21	01:49:30.5
6	69	Simmons, Avery	166	Winona, Mn	6	01:03:44.0	09:48	9	00:03:06.7	6	00:26:58.9	17.8	2	00:00:21.0	9	00:29:38.6	09:52	02:03:49.3
7	75	Beckman, Mitchell	297	Houston, MN	7	01:04:08.4	09:52	4	00:01:46.7	8	00:33:18.4	14.4	3	00:00:21.3	7	00:25:41.6	08:33	02:05:16.6
8	84	Zimmer, Christopher	262	Walker, MN	8	01:04:31.1	09:55	3	00:01:31.1	9	00:34:23.2	14.0	4	00:00:29.2	8	00:26:44.7	08:54	02:07:39.3
9	91	Snyder, Steven	82	Mankato, MN	10	01:14:50.8	11:30	8	00:02:42.4	7	00:27:33.0	17.4	5	00:00:30.2	6	00:25:24.3	08:28	02:11:00.8
10	109	Hermanson, Ted	144	Lanesboro, MN	9	01:14:45.3	11:30	10	00:03:14.3	10	00:34:37.0	13.9	8	00:00:41.7	10	00:29:53.0	09:57	02:23:11.6
11	130	O'brien, Michael	114	Red Wing, MN	11	01:17:21.1	11:54	11	00:07:44.8	11	00:36:46.0	13.1	9	00:00:49.8	11	00:38:08.4	12:42	02:40:50.3

21-30

Age Group Field: 29

1	17	Martin, Jeff	207	Minneapolis, MN	3	01:01:26.2	09:27	12	00:02:22.9	1	00:23:16.9	20.6	17	00:01:17.7	2	00:20:06.4	06:42	01:48:30.3
2	31	Rotchadl, Robert	301	White Bear Lake, MN	9	01:04:18.5	09:53	8	00:01:56.1	3	00:24:44.3	19.4	4	00:00:28.0	5	00:22:19.0	07:26	01:53:46.1
3	33	Lawrence, Blake	186	Golden Valley, Mn	4	01:02:23.0	09:35	2	00:01:24.6	13	00:27:40.3	17.3	2	00:00:26.3	4	00:22:11.4	07:23	01:54:05.8
4	34	Moldenhauer, Jacob	254	Houston, MN	15	01:05:10.3	10:01	16	00:02:54.6	8	00:25:47.0	18.6	6	00:00:36.0	1	00:19:38.8	06:32	01:54:06.8
5	43	Heberer, Brett	208	Minneapolis, MN	2	01:01:24.3	09:26	10	00:02:13.4	7	00:25:36.5	18.7	10	00:00:48.2	12	00:25:48.6	08:36	01:55:51.1
6	48	O'donnell, Jeffrey	188	Rushford, MN	8	01:04:08.9	09:52	9	00:02:06.0	6	00:25:31.1	18.8	13	00:00:58.4	10	00:25:38.9	08:32	01:58:23.6
7	50	Hallemeier, Christopher	125	Rochester, MN	16	01:07:18.4	10:21	1	00:01:10.3	18	00:29:41.4	16.2	3	00:00:26.9	3	00:20:10.9	06:43	01:58:48.1
8	51	O'Neill, Eric	272	La Crosse, Wi	1	01:00:33.8	09:19	7	00:01:42.9	4	00:25:06.6	19.1	7	00:00:40.9	21	00:31:08.3	10:22	01:59:12.6
9	52	Myhre, Nicolas	253	Houston, MN	14	01:05:09.5	10:01	13	00:02:23.4	9	00:26:06.8	18.4	20	00:01:28.5	7	00:24:17.9	08:05	01:59:26.3
10	58	Gregerson, David	68	Winona, MN	11	01:04:30.2	09:55	19	00:03:29.0	2	00:24:12.6	19.8	22	00:01:29.5	17	00:27:14.6	09:04	02:00:56.1
11	62	Pfister, Matt	178	Minneapolis, mn														02:01:32.9
12	63	Dewit, Jesse	78	Plymouth, MN	7	01:03:58.6	09:50	4	00:01:27.0	17	00:29:37.9	16.2	21	00:01:29.2	9	00:25:24.0	08:28	02:01:56.8

Individual Triathlon			6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011		
Place	Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish
13	64	Sprain, Ben	234		Holmen, wi	6 01:02:32.0	09:37	6 00:01:29.7	12	00:27:40.0	17.3	12	00:00:56.0	19	00:29:30.3	09:50	02:02:08.1
14	65	Nelson, Ross	131		Stillwater, MN	5 01:02:29.8	09:36	14 00:02:33.4	19	00:30:37.0	15.7	8	00:00:44.7	15	00:26:07.3	08:42	02:02:32.3
15	77	Anderson, Joel	285		Eagan, MN	23 01:10:11.3	10:47	3 00:01:25.3	14	00:27:56.8	17.2	1	00:00:13.8	14	00:25:58.7	08:39	02:05:46.1
16	80	Peterson, Justin	302		New Prague, MN	10 01:04:19.6	09:53	11 00:02:21.6	22	00:32:25.0	14.8	5	00:00:33.0	16	00:26:54.0	08:58	02:06:33.3
17	82	Young, Bryce	44		Dixon, IL	22 01:09:49.9	10:44	17 00:03:14.7	15	00:28:47.2	16.7	19	00:01:25.3	6	00:23:26.1	07:48	02:06:43.3
18	83	Robinson, Dan	201		Minneapolis, MN	26 01:12:23.9	11:08	15 00:02:35.8	5	00:25:23.5	18.9	25	00:01:59.0	8	00:24:25.5	08:08	02:06:47.8
19	90	Anderson, John	250		Hopkins, MN	17 01:08:00.3	10:27	5 00:01:29.6	10	00:26:35.4	18.1	14	00:01:10.8	23	00:32:42.1	10:54	02:09:58.3
20	96	Rasmussen, Luke	194		Minneapolis, MN	24 01:11:10.1	10:56	24 00:05:30.0	16	00:29:24.5	16.3	18	00:01:19.1	13	00:25:52.4	08:37	02:13:16.3
21	98	Gregerson, Aaron	67		Brooklyn Park, MN	12 01:04:30.7	09:55	18 00:03:26.9	11	00:27:24.5	17.5	26	00:02:01.2	27	00:37:20.1	12:26	02:14:43.6
22	103	Swing, Jesse	294		Lacrosse, WI	19 01:08:11.6	10:29	26 00:06:00.5	25	00:36:06.9	13.3	11	00:00:55.9	11	00:25:48.4	08:36	02:17:03.6
23	106	Feser, Nick	102		Shakopee, MN	13 01:05:04.8	10:00	27 00:09:47.6	21	00:31:46.3	15.1	27	00:02:09.4	20	00:30:29.5	10:09	02:19:17.8
24	110	Storck, Mike	293		Belleville, WI	18 01:08:10.7	10:29	25 00:05:59.7	24	00:36:05.4	13.3	9	00:00:46.0	22	00:32:28.8	10:49	02:23:30.8
25	115	Miller, Adam	169		Minneapolis, MN	27 01:13:08.6	11:15	23 00:05:08.0	20	00:30:44.3	15.6	23	00:01:43.5	25	00:34:54.6	11:38	02:25:39.3
26	119	Beyerl, Brian	65		Rochester, MN	25 01:11:11.0	10:57	22 00:05:00.4	23	00:33:02.9	14.5	24	00:01:47.2	26	00:36:51.9	12:17	02:27:53.6
27	121	Mcbroom, Tom	224		Blaine, MN	28 01:15:14.2	11:34	20 00:04:34.9	26	00:39:45.6	12.1	16	00:01:13.8	18	00:29:21.3	09:47	02:30:10.1
28	123	Mcneil, Chas	153		Milaca, MN	20 01:08:47.0	10:34	21 00:04:37.4	27	00:42:45.6	11.2	15	00:01:12.7	24	00:34:30.8	11:30	02:31:53.6
		Rasmussen, Noah	192		Saint Paul, MN	21 01:09:21.7	10:40										DNF

### 31-40

Age Group Field: 38

	1	Lynch, Brian	29		Rochester, MN	3 00:53:52.1	08:17	4 00:01:14.7	3	00:21:28.8	22.3	14	00:00:43.6	2	00:18:17.9	06:05	01:35:37.3
1	2	Davison, Matthew	76		Davenport, IA	4 00:55:18.0	08:30	1 00:00:50.0	2	00:21:23.2	22.4	4	00:00:24.8	1	00:18:16.3	06:05	01:36:12.3
2	3	Shuros, Allan	30		St. Paul, MN	2 00:53:50.5	08:17	2 00:00:57.9	1	00:20:52.3	23.0	8	00:00:34.5	6	00:20:19.5	06:46	01:36:34.8
3	4	Henry, Dana	280		Winona, MN	1 00:51:25.0	07:54	16 00:02:26.9	7	00:23:59.5	20.0	31	00:01:30.6	7	00:20:58.1	06:59	01:40:20.3
4	12	Gregas, Joe	195		La Crosse, WI	6 00:59:19.6	09:07	19 00:02:43.8	4	00:22:35.7	21.2	24	00:01:08.3	4	00:20:15.0	06:45	01:46:02.6
5	15	Thorud, Ben	257		Holmen, WI	9 01:01:13.2	09:25	11 00:01:59.1	6	00:23:55.4	20.1	16	00:00:49.6	5	00:20:19.1	06:46	01:48:16.6
6	21	Prinsen, Andrew	210		Rushford, MN	7 01:00:09.1	09:15	8 00:01:24.0	13	00:26:32.0	18.1	2	00:00:18.5	8	00:21:16.9	07:05	01:49:40.7
7	25	Aldred, Jason	277		La Crosse, WI	12 01:02:54.8	09:40	15 00:02:10.1	5	00:23:43.5	20.2	29	00:01:22.9	11	00:21:59.9	07:19	01:52:11.3
8	35	Weissenberger, Heath	233		West Salem, wi	10 01:02:33.7	09:37	14 00:02:04.2	9	00:24:54.4	19.3	18	00:00:53.4	14	00:24:00.2	08:00	01:54:26.1
9	40	Mccartney, Matt	109		Owatonna, MN	8 01:00:39.8	09:19	12 00:02:00.1	12	00:26:03.2	18.4	28	00:01:22.9	18	00:25:33.9	08:31	01:55:40.1
10	44	Bures, Frank	214		Minneapolis, MN	21 01:06:37.6	10:15	9 00:01:41.0	10	00:25:30.7	18.8	6	00:00:27.5	10	00:21:38.3	07:12	01:55:55.3
11	46	Prescher, Chris	292		Mankato, Mn	5 00:55:19.9	08:30	18 00:02:43.0	8	00:24:47.5	19.4	20	00:01:02.8	30	00:32:36.4	10:52	01:56:29.8
12	53	Wintheiser, Mike	278		La Crosse, WI	11 01:02:52.6	09:40	22 00:03:19.2	11	00:25:43.4	18.7	27	00:01:20.1	21	00:26:33.3	08:51	01:59:48.8
13	55	Dailey, Chad	105		Utica, MN	15 01:04:44.5	09:57	5 00:01:20.4	17	00:27:41.1	17.3	9	00:00:34.5	19	00:25:54.1	08:38	02:00:14.8
14	59	Marley, John	112		Trempealeau, WI	17 01:05:54.3	10:08	10 00:01:56.1	16	00:27:32.9	17.4	10	00:00:36.2	17	00:25:09.6	08:23	02:01:09.3

Individual Triathlon			6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011		
Place	Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish
15	61	Mueller, Theodore	259	18	01:05:57.7	10:08	13	00:02:03.5	21	00:30:31.0	15.7	3	00:00:18.9	12	00:22:24.1	07:28	02:01:15.3
16	68	Priebe, Thomas	84	20	01:06:27.9	10:13	26	00:04:27.7	14	00:27:04.6	17.7	22	00:01:06.2	16	00:24:34.7	08:11	02:03:41.3
17	72	Day, Shawn	31	13	01:03:18.8	09:44	31	00:05:33.1	19	00:28:30.6	16.8	33	00:03:27.3	13	00:23:55.1	07:58	02:04:45.1
18	76	Schaitel, Gregory	281	27	01:07:53.8	10:26	20	00:03:10.3	15	00:27:14.0	17.6	12	00:00:41.7	22	00:26:43.4	08:54	02:05:43.3
19	81	Sasman, Gabe	236	16	01:04:55.1	09:59						1	00:00:18.4	25	00:30:36.4	10:12	02:06:41.3
20	85	Dybvig, Andy	127	25	01:07:25.3	10:22	24	00:03:43.0	22	00:31:49.0	15.1	13	00:00:42.4	15	00:24:20.2	08:06	02:08:00.1
21	87	Barney, Brandon	126	24	01:07:19.3	10:21	3	00:01:10.3	26	00:34:19.2	14.0	7	00:00:33.8	20	00:26:07.0	08:42	02:09:29.8
22	88	Arend, Francis	180	23	01:07:05.4	10:19	30	00:05:18.1	27	00:34:32.8	13.9	19	00:01:01.9	9	00:21:34.5	07:11	02:09:32.8
23	93	Janssen, Travis	184	28	01:08:14.9	10:29	21	00:03:13.0	18	00:27:54.3	17.2	21	00:01:05.5	27	00:31:34.0	10:31	02:12:01.8
24	97	Kingsley, Travis	41	14	01:04:06.6	09:51	23	00:03:31.0	32	00:46:34.3	10.3	5	00:00:27.0	3	00:19:41.9	06:33	02:14:21.1
25	99	Mccabe, Doug	179	22	01:07:02.4	10:18	32	00:06:08.0	20	00:29:44.9	16.1	30	00:01:23.3	26	00:30:41.1	10:13	02:14:59.8
26	102	Montoya, Rodolfo	260	19	01:06:01.1	10:09	7	00:01:23.3	30	00:39:03.6	12.3	11	00:00:36.3	23	00:29:21.9	09:47	02:16:26.3
27	111	Snyder, Jim	81	33	01:14:54.0	11:31	17	00:02:36.9	23	00:32:56.6	14.6	15	00:00:43.7	28	00:32:22.4	10:47	02:23:33.8
28	112	Nolte, Trevor	244	32	01:12:24.7	11:08	28	00:05:14.9	24	00:33:27.9	14.3	23	00:01:08.2	29	00:32:26.6	10:48	02:24:42.6
29	114	Olson, Jason	267	31	01:11:08.7	10:56	25	00:03:48.5	31	00:39:04.9	12.3	32	00:01:37.7	24	00:29:47.6	09:55	02:25:27.6
30	122	Swedberg, Brian	40	30	01:10:09.2	10:47	6	00:01:22.4	29	00:37:56.4	12.7	17	00:00:52.3	32	00:40:20.5	13:26	02:30:41.1
31	126	Underferth, Jason	232	26	01:07:33.7	10:23	33	00:07:06.7	28	00:35:46.4	13.4	34	00:04:56.6	31	00:39:18.7	13:06	02:34:42.3
32	128	Nickowski, Krzysztof	34	29	01:09:19.9	10:39	29	00:05:17.7	25	00:34:03.2	14.1	25	00:01:13.4	33	00:47:22.6	15:47	02:37:17.1
33	133	Lienke, Todd	48	34	01:17:12.7	11:52	27	00:04:54.2	33	00:48:14.3	10.0	26	00:01:19.6	34	00:54:15.4	18:05	03:05:56.3
		Gilbertson, Andrew	248														DNS
		Graber-mitchell, Gabe	152														DNS
		Mayry, Andy	117														DNS
		Rinerson, Jared	118														DNS

**41-50**

Age Group Field: 37

1	8	Miner, Mark	64	1	00:55:13.4	08:29	3	00:01:18.0	9	00:23:08.4	20.7	2	00:00:21.4	11	00:23:57.0	07:59	01:43:58.3
2	9	Simons, Dave	45	2	00:57:18.6	08:49	4	00:01:23.4						6	00:22:54.7		01:45:38.8
3	10	Getty, Mark	119	5	00:58:53.1	09:03	18	00:02:14.5	6	00:22:37.4	21.2	17	00:00:59.6	2	00:20:56.8	06:58	01:45:41.6
4	18	Hoff, Scott	203	11	01:01:00.3	09:23	9	00:01:44.1	2	00:21:54.2	21.9	14	00:00:49.6	8	00:23:17.9	07:45	01:48:46.3
5	19	Morgan, Sheldon	197	22	01:05:34.0	10:05	1	00:00:56.4	1	00:21:29.6	22.3	20	00:01:07.7	1	00:19:44.7	06:34	01:48:52.6
6	22	Galbus, Andrew	36	17	01:03:39.8	09:47	2	00:01:00.6	4	00:22:32.8	21.3	15	00:00:52.0	4	00:22:10.4	07:23	01:50:15.8
7	23	Tebrake, Dean	69	14	01:03:04.7	09:42	17	00:02:06.6	3	00:22:12.2	21.6	22	00:01:34.3	3	00:21:51.9	07:17	01:50:50.0
8	24	Knoll, Allen	246	15	01:03:18.7	09:44	13	00:01:57.7	5	00:22:34.7	21.3	19	00:01:06.3	5	00:22:45.8	07:35	01:51:43.3
9	29	Lundburg, Scott	110	9	01:00:39.2	09:19	20	00:02:24.7	10	00:25:34.5	18.8	3	00:00:24.2	9	00:23:50.2	07:56	01:52:53.1

Individual Triathlon			6.5 mi Canoe		Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011				
Place	Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	
10	30	Ajax, Tom	240		Robbinsdale, MN	00:59:00.2	09:04	12	00:01:56.2	12	00:26:08.1	18.4	18	00:01:01.3	12	00:25:00.4	08:20	01:53:06.3
11	32	Niedfeldt, Mike	258		Bangor, WI													01:53:52.5
12	36	Marinan, Ray	245		Rushford, MN	01:03:20.2	09:44	11	00:01:52.1	7	00:22:45.4	21.1	16	00:00:52.8	13	00:25:36.4	08:32	01:54:27.1
13	37	Lawrence, Tony	185		Golden Valley, Mn	01:02:23.7	09:35	5	00:01:23.4	13	00:26:16.7	18.3	8	00:00:31.4	10	00:23:55.6	07:58	01:54:31.1
14	38	Anderson, Jeff	46		Faribault, MN	00:57:27.1	08:50	7	00:01:40.5	11	00:25:42.3	18.7	4	00:00:24.6	25	00:29:48.8	09:56	01:55:03.6
15	39	Trueblood, Tim	196		La Crosse, WI	00:59:21.4	09:07	10	00:01:45.0	15	00:27:05.8	17.7	12	00:00:37.3	15	00:26:43.7	08:54	01:55:33.3
16	42	Meyers, Matt	204		Coon Rapids, MN	01:01:01.6	09:23	19	00:02:22.8	8	00:23:07.5	20.8	25	00:01:56.5	17	00:27:19.0	09:06	01:55:47.6
17	54	Shaffer, Carl	303		Medicine Lake, MN	00:57:27.7	08:50	16	00:02:03.5	17	00:27:21.4	17.5	7	00:00:30.2	27	00:32:50.4	10:56	02:00:13.3
18	56	Mentjes, Mark	206		Oronoco, MN	01:04:25.5	09:54	21	00:02:35.6	16	00:27:06.6	17.7	10	00:00:34.1	14	00:25:51.1	08:37	02:00:33.1
19	66	Honken, Mike	209		Rushford, MN	01:00:10.9	09:15	27	00:04:05.3	21	00:29:43.4	16.1	6	00:00:26.0	20	00:28:16.3	09:25	02:02:42.1
20	67	Rem, Steve	167		Winona, MN	01:00:41.1	09:20	15	00:02:02.8	23	00:30:19.4	15.8	13	00:00:47.8	24	00:29:48.5	09:56	02:03:39.8
21	70	Polodna, Mark	165		Winona, Mn	01:03:45.0	09:48	23	00:03:04.7	14	00:27:02.2	17.8	1	00:00:18.8	23	00:29:39.2	09:53	02:03:50.1
22	71	Forsyth, Taylor	77		Eden Prairie, MN	01:03:58.6	09:50	6	00:01:31.3	24	00:30:26.1	15.8	11	00:00:36.7	18	00:27:48.4	09:16	02:04:21.3
23	73	Harreld, Tom	25		New Brighton, MN	01:09:29.6	10:41	14	00:01:57.8	22	00:29:59.1	16.0	5	00:00:25.8	7	00:23:05.1	07:41	02:04:57.6
24	79	Lundberg, Todd	11		Houston, MN	01:05:54.7	10:08	8	00:01:42.2	18	00:27:26.1	17.5	24	00:01:48.5	22	00:29:14.4	09:44	02:06:06.1
25	92	Burns, Mike	49		Apple Valley, mn	01:09:46.4	10:44	22	00:02:39.0	19	00:29:15.1	16.4	21	00:01:32.7	19	00:28:02.5	09:20	02:11:15.8
26	94	Dybvig, Rob	128		Osceola, WI	01:07:28.7	10:22	25	00:03:37.9	20	00:29:16.6	16.4	23	00:01:47.9	26	00:30:43.9	10:14	02:12:55.3
27	101	Prescott, Dan	205		Pine Island, MN	01:04:20.7	09:53	24	00:03:18.9	25	00:31:13.3	15.4	26	00:02:07.9	28	00:35:18.6	11:46	02:16:19.6
28	105	Anger, Gary	52		Apple Valley, mn	01:09:33.0	10:42	26	00:04:04.2	26	00:33:54.6	14.2	28	00:02:58.0	21	00:28:35.9	09:31	02:19:05.8
29	117	Marciniak, Steve	115		Minneapolis, MN	01:12:57.0	11:13	29	00:10:09.1	28	00:34:59.2	13.7	27	00:02:35.0	16	00:26:49.6	08:56	02:27:30.1
30	132	Ramirez, Greg	28		Minneapolis, MN	01:17:31.7	11:55	28	00:09:35.9	27	00:34:32.4	13.9	9	00:00:33.5	29	00:47:26.3	15:48	02:49:40.1
		Flahaven, Michael	182		Elk River, MN													DNS
		Morgan, Tedd	189		Winona, MN													DNS
		Kaye, Will	151		Minneapolis, MN													DNS
		Lienke, Brian	90		Eden Prairie, MN													DNS
		Leenay, Mark	91		Princeton, MN													DNS
		Walsh, Don	58		Winona, MN													DNS
		Lienke, Garret	37		Northfield, MN													DNS

**51-60**

Age Group Field: 32

1	5	Ellingson, Denny	291		Courtland, MN	00:55:21.6	08:31	2	00:01:09.8	1	00:22:15.6	21.6	2	00:00:18.4	1	00:22:34.4	07:31	01:41:40.1
2	7	Dornfeld, Glen	63		Winona, MN	00:55:16.3	08:30	4	00:01:25.3									01:42:38.7
3	26	Davison, Daryl	75		Maquoketa, IA	00:55:26.6	08:31	1	00:01:09.1	14	00:28:51.0	16.6	9	00:00:47.3	6	00:26:18.1	08:46	01:52:32.3
4	27	Flannigan, Paul	221		Roseville, MN	00:59:44.5	09:11	6	00:01:39.9	8	00:27:01.9	17.8	3	00:00:22.0	3	00:23:47.6	07:55	01:52:36.1

Individual Triathlon			6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011			
Place	Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	
5	28	Polzin, Jeff	134		Black River Falls, WI	00:58:09.0	08:56	12	00:02:33.2	2	00:24:19.0	19.7					01:52:48.6	
6	41	Mason, Mark	215		Maplewood, MN	01:00:28.5	09:18	7	00:01:46.1	4	00:26:42.2	18.0	10	00:00:49.4	5	00:25:55.0	08:38	01:55:41.3
7	45	Braaten, Bruce	168		Minnesota City, MN	01:00:45.5	09:20	8	00:01:53.4	9	00:27:21.8	17.5	4	00:00:26.1	4	00:25:33.6	08:31	01:56:00.6
8	47	Sasman, Gerhart	235		Black River Falls, WI	01:04:59.8	09:59	3	00:01:20.8	5	00:26:43.7	18.0	5	00:00:31.7	2	00:23:40.1	07:53	01:57:16.3
9	49	Westerheim, Michael	263		Minneapolis, MN	00:59:03.9	09:05	14	00:02:53.0	7	00:26:54.3	17.8	16	00:01:28.2	11	00:28:19.0	09:26	01:58:38.6
10	57	Polodna, Mike	163		Onalaska, WI	01:00:28.3	09:18	5	00:01:28.9	15	00:28:57.8	16.6	17	00:01:36.1	12	00:28:20.4	09:26	02:00:51.6
11	74	Frietsche, Richard	87		Winona, MN	01:01:59.4	09:32	16	00:03:00.0	11	00:28:09.3	17.0	20	00:01:55.7	13	00:30:08.3	10:02	02:05:12.8
12	78	Thompson, Bill	269		Mantorville, MN	01:04:32.4	09:55	22	00:05:18.7	10	00:27:29.6	17.5	21	00:01:58.3	7	00:26:29.2	08:49	02:05:48.3
13	86	Stoughtenger, Dale	74		Mauston, WI	01:06:20.5	10:12	19	00:03:46.6	6	00:26:46.4	17.9	13	00:01:20.0	14	00:30:32.6	10:10	02:08:46.3
14	89	Jaszewski, Paul	100		Winona, MN	01:02:46.5	09:39	15	00:02:54.9	13	00:28:50.3	16.6	6	00:00:43.7	16	00:34:29.2	11:29	02:09:44.8
15	95	Tews, Bill	18		Kenosha, WI	01:10:47.3	10:53	13	00:02:35.4	19	00:31:38.2	15.2	1	00:00:16.2	8	00:27:54.8	09:18	02:13:12.1
16	100	Runningen, Dave	12		Houston, MN	01:05:58.1	10:08	21	00:04:03.5	12	00:28:40.2	16.7	18	00:01:38.1	17	00:35:24.9	11:48	02:15:45.1
17	104	Foucault, Robert	21		Minneapolis, MN	01:06:36.5	10:14	11	00:02:11.4	17	00:31:10.8	15.4	7	00:00:45.6	21	00:37:34.8	12:31	02:18:19.3
18	107	Miller, Bill	23		Bayside, WI	01:12:09.9	11:06	10	00:02:06.6	16	00:29:58.2	16.0	8	00:00:46.1	20	00:37:20.9	12:26	02:22:21.8
19	108	Weisbrod, Al	94		Rollingstone, MN	01:10:43.2	10:52	9	00:01:55.9	18	00:31:22.9	15.3	22	00:02:05.7	18	00:36:50.4	12:16	02:22:58.3
20	116	White, Bradley	61		Winthrop, MN	01:16:10.2	11:43	23	00:05:32.7	22	00:35:29.0	13.5	14	00:01:23.2	10	00:28:12.3	09:24	02:26:47.6
21	118	Goede, Bob	116		Minneapolis, MN	01:12:54.9	11:13	28	00:09:38.3	20	00:32:46.1	14.6	23	00:04:19.3	9	00:28:07.9	09:22	02:27:46.6
22	120	Schramm, Tom	143		Lanesboro, MN	01:14:51.2	11:30	17	00:03:22.9	23	00:35:57.5	13.3	12	00:01:12.0	15	00:33:04.7	11:01	02:28:28.6
23	124	Racer, Peter	19		Minneapolis, MN	01:15:05.7	11:33	20	00:03:47.2	21	00:32:51.8	14.6	11	00:00:57.3	22	00:39:16.6	13:05	02:31:58.8
24	127	Nelson, Jim	122		Stillwater, MN	01:01:23.9	09:26	25	00:06:14.3	25	00:36:46.9	13.0	24	00:04:45.7	24	00:47:44.9	15:54	02:36:55.8
25	129	Onsgard, Owen	265		Houston, MN	01:12:04.3	11:05	26	00:07:53.5	26	00:36:56.8	13.0	15	00:01:27.6	23	00:41:27.1	13:49	02:39:49.6
26	131	O'brien, Charles	113		Red Wing, MN	01:17:20.2	11:53	27	00:07:55.7	24	00:36:38.1	13.1	19	00:01:54.4	19	00:37:06.5	12:22	02:40:55.1
27	134	Ditlevson, Eric	14		St. Paul, MN	01:08:02.4	10:28	18	00:03:35.3	27	01:01:46.3	7.8	25	00:06:37.1	25	00:57:17.1	19:05	03:17:18.3
		Short, John	88		Winona, MN	01:02:02.2	09:32	24	00:05:41.9	3	00:26:30.7	18.1						DNF
		Kneebone, Todd	211		Duluth, MN													DNS
		Wilsey, Timothy	181		Elk River, MN													DNS
		Bell, Ted	92		Zimmerman, MN													DNS
		Krom, Robin	55		Lanesboro, MN													DNS

**61-90**

Age Group Field: 4

1	14	Sullivan, John	141		Champlin, MN	00:54:26.1	08:22	2	00:01:42.0	1	00:24:51.0	19.3	1	00:00:46.3	2	00:25:51.7	08:37	01:47:37.3
2	60	Vonderohe, Bruce	261		Apple Valley, MN	01:04:31.6	09:55	1	00:01:34.2	3	00:28:45.3	16.7	2	00:00:56.9	1	00:25:24.1	08:28	02:01:12.3
3	113	Stolen, Jim	237		Wausau, WI	01:06:43.3	10:15	3	00:04:03.6	2	00:27:17.0	17.6	3	00:01:09.5	4	00:45:54.5	15:18	02:25:08.1
4	125	Vesper, Al	79		Rochester, MN	01:07:59.1	10:27	4	00:04:52.3	4	00:37:22.0	12.8	4	00:01:18.4	3	00:40:59.6	13:39	02:32:31.6

Individual Triathlon		6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011				
Place	Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	
<b>Womens Individual Duathlon</b>																		
Division Field: 153																		
<b>20 &amp; under</b>																		
Age Group Field: 6																		
1	7	Mason, Rachel	219	Maplewood, MN	3	01:03:54.9	09:49	2	00:02:04.3	1	00:24:39.6	19.5	6	00:02:53.4	1	00:20:27.2	06:49	01:53:59.6
2	8	Flannigan, Leah	222	Roseville, MN	1	00:59:42.5	09:11	5	00:02:55.9	2	00:29:16.9	16.4	4	00:00:54.7	2	00:22:10.4	07:23	01:55:00.6
3	11	Roberts, Katie	220	Maplewood, MN	2	01:03:54.5	09:49	1	00:01:32.2	3	00:30:30.4	15.7	2	00:00:29.9	4	00:25:09.4	08:23	02:01:36.6
4	20	Thompson, Katie	270	Mantorville, MN	5	01:04:26.6	09:54	6	00:05:10.1	4	00:30:51.4	15.6	5	00:02:00.5	3	00:23:06.9	07:42	02:05:35.6
5	45	Ness, Kylee	298	Houston, MN	4	01:04:09.3	09:52	3	00:02:26.6	6	00:37:55.0	12.7	1	00:00:17.6	5	00:27:56.9	09:18	02:12:45.6
6	58	Anderson, Lindsay	286	Mabel, MN	6	01:10:11.7	10:47	4	00:02:32.4	5	00:34:42.2	13.8	3	00:00:34.6	6	00:29:53.2	09:57	02:17:54.3
<b>21-30</b>																		
Age Group Field: 46																		
1	4	Klonowski, Jamie	271	La Crosse, WI	2	01:00:33.7	09:19	3	00:01:34.9	1	00:24:45.8	19.4	33	00:01:26.0	2	00:22:58.9	07:39	01:51:19.6
2	6	Getty, Emma	120	Plymouth, MN	1	00:58:50.7	09:03	7	00:02:16.2	4	00:27:27.2	17.5	27	00:01:09.2	3	00:23:47.0	07:55	01:53:30.5
3	13	Nelson, Heather	132	Stillwater, MN	5	01:02:28.9	09:36	9	00:02:32.0	12	00:30:41.3	15.6	9	00:00:42.8	10	00:26:07.1	08:42	02:02:32.3
4	18	Tebrake, Lindsey	249	Shakopee, MN	9	01:08:01.4	10:27	4	00:01:45.5	7	00:28:34.7	16.8	4	00:00:23.6	9	00:25:58.2	08:39	02:04:43.6
5	19	Weiss, Tiana	4	Madison, WI	13	01:08:21.7	10:31	1	00:01:12.7	13	00:31:09.7	15.4	2	00:00:19.0	4	00:24:14.5	08:04	02:05:17.8
6	21	Zonnefeld, Cassie	161	St. Paul, MN	3	01:01:59.2	09:32	13	00:03:13.2	18	00:32:35.7	14.7	6	00:00:34.7	17	00:27:16.2	09:05	02:05:39.1
7	22	Tremblay, Elizabeth	173	Minneapolis, MN	14	01:08:33.2	10:32	5	00:02:04.9	2	00:26:43.2	18.0	29	00:01:20.5	16	00:27:14.6	09:04	02:05:56.6
8	23	Anderson, Carrie	283	New Ulm, MN	20	01:09:14.3	10:39	8	00:02:27.3	10	00:29:09.3	16.5	21	00:00:54.0	5	00:24:15.0	08:05	02:06:00.1
9	24	Burnham, Kimberly	149	Minneapolis, MN	18	01:09:10.7	10:38	12	00:02:59.7						8	00:25:42.5		02:06:09.8
10	25	Pfister, Meredith	174	Minneapolis, MN	15	01:08:35.0	10:33	2	00:01:34.7	11	00:29:48.7	16.1	22	00:00:55.7	7	00:25:40.6	08:33	02:06:34.8
11	27	O'donnell, Jenelle	187	Rushford, MN	6	01:04:08.5	09:52	6	00:02:08.4	15	00:31:22.9	15.3	34	00:01:36.6	20	00:28:00.2	09:20	02:07:16.8
12	28	Knutson, Jamie	230	South Saint Paul, MN	10	01:08:03.4	10:28	23	00:04:07.5	6	00:28:26.3	16.9	19	00:00:51.7	12	00:26:09.8	08:43	02:07:38.8
13	29	Booker, Meghan	229	Minneapolis, MN	11	01:08:04.8	10:28	20	00:04:02.1	8	00:28:38.3	16.8	10	00:00:43.9	13	00:26:19.4	08:46	02:07:48.6
14	39	Hannon, Erin	135	Eagan, MN	32	01:13:34.9	11:19											02:10:51.8
15	43	Young, Lindsay	43	Rochester, MN	21	01:09:51.7	10:44	19	00:03:58.7	17	00:32:22.5	14.8	8	00:00:39.0	6	00:25:33.5	08:31	02:12:25.6
16	46	Hannon, Megan	136	Eagan, MN	31	01:13:34.5	11:19	11	00:02:56.8	5	00:27:43.9	17.3	30	00:01:20.6	19	00:27:54.7	09:18	02:13:30.8
17	51	Mullikin, Ashley	177	Minneapolis, mn	25	01:10:44.7	10:53	10	00:02:37.9	9	00:28:56.3	16.6	1	00:00:12.3	30	00:32:59.1	10:59	02:15:30.6
18	52	Nelson, Kelsey	183	Milwaukee, wi	12	01:08:15.2	10:30	15	00:03:27.4	14	00:31:21.8	15.3	17	00:00:50.3	27	00:31:55.4	10:38	02:15:50.3
19	57	Wypyszynski, Kati	1	Eagan, MN	23	01:10:29.4	10:50	18	00:03:51.2	19	00:33:06.1	14.5	5	00:00:34.4	22	00:29:35.2	09:51	02:17:36.6
20	60	Abel, Sharon	170	Minneapolis, MN	30	01:13:10.8	11:15	22	00:04:07.2	3	00:26:48.2	17.9	38	00:02:27.1	28	00:32:18.9	10:46	02:18:52.3
21	66	Klenke, Tami	104	Le Sueur, MN	38	01:15:07.2	11:33	39	00:08:15.2	31	00:37:46.7	12.7	36	00:01:41.7	1	00:18:38.8	06:12	02:21:29.8
22	69	Burns, Jessica	96	Shakopee, MN	16	01:08:48.9	10:35	29	00:05:07.3	22	00:34:45.7	13.8	32	00:01:23.4	29	00:32:55.4	10:58	02:23:00.8
23	72	Feser, Stacey	101	Le Sueur, MN	7	01:05:09.2	10:01	42	00:09:40.9	33	00:38:13.7	12.6	41	00:03:26.9	18	00:27:36.9	09:12	02:24:07.8

Individual Triathlon			6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011		
Place	Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish
24	73	Wiste, Molly	53		Pine River, MN	10:49	22	01:10:22.1	24	00:04:08.8	14.4	3	00:00:19.5	34	00:36:09.4	12:03	02:24:18.6
25	80	Brozyna, Crystal	268		La Crosse, WI	10:56	26	01:11:07.2	17	00:03:46.2	12.3	35	00:01:39.3	23	00:29:47.9	09:55	02:25:27.3
26	82	Lehmann, Whitney	200		South Milwaukee, Wi	11:20	34	01:13:40.9	30	00:05:07.5	14.9	7	00:00:35.5	33	00:34:42.4	11:34	02:26:17.6
27	86	Beyerl, Randi	66		Rochester, MN	10:56	27	01:11:09.7	32	00:05:13.2	13.6	23	00:00:55.9	32	00:34:16.7	11:25	02:26:48.8
28	87	Hutton, Ambria	95		Le Sueur, MN	10:35	17	01:08:50.3	43	00:10:56.6	12.5	42	00:03:27.7	11	00:26:08.9	08:42	02:27:39.6
29	90	Midtlien, Barb	2		Oconomowoc, wi	10:51	24	01:10:36.0	16	00:03:35.7	14.1	25	00:01:02.6	37	00:39:00.3	13:00	02:28:22.6
30	92	Gregerson, Kacey	62		Brooklyn Park, MN	11:42	41	01:16:09.2	35	00:05:36.7	13.5	31	00:01:22.3	24	00:30:09.9	10:03	02:28:45.8
31	95	Forrest, Andrea	97		New Richmond, WI	11:29	35	01:14:41.8	40	00:08:34.8	13.0	40	00:03:02.0	14	00:26:45.2	08:55	02:29:57.3
32	96	Heins, Stephanie	98		Rochester, MN	11:29	36	01:14:43.1	41	00:08:35.3	13.0	39	00:03:01.2	15	00:26:47.4	08:55	02:30:00.1
33	97	Mcbroom, Tammy	223		Blaine, MN	11:34	39	01:15:12.2	25	00:04:36.2	12.1	28	00:01:10.1	21	00:29:22.0	09:47	02:30:10.1
34	98	Koewler, Sheila	124		Duluth, mn	11:53	42	01:17:16.2	33	00:05:13.5	12.9	12	00:00:45.0	26	00:30:29.1	10:09	02:31:01.8
35	101	Burns, Jennifer	103		Le Sueur, MN												02:31:30.6
36	105	Swing, Catherine	295		La Crosse, WI	12:25	45	01:20:44.5	26	00:04:41.1	12.6	16	00:00:49.3	25	00:30:17.4	10:05	02:34:39.3
37	106	Dickens, Stefanie	231		Preston, MN	10:24	8	01:07:36.0	36	00:07:02.2	12.1	26	00:01:08.1	38	00:39:18.9	13:06	02:34:42.1
38	108	Stockler, Katie	139		Rochester, MN	11:39	40	01:15:46.5	27	00:04:50.3	12.3	37	00:01:42.5	31	00:33:38.1	11:12	02:34:53.6
39	109	Rassmussen, Katie	193		Minneapolis, MN	10:56	28	01:11:10.4	34	00:05:27.0	13.0	13	00:00:45.4	40	00:40:35.9	13:31	02:34:55.8
40	110	Burns, Sara	191		Saint Paul, MN	10:38	19	01:09:12.5	38	00:07:26.9	13.0	11	00:00:44.9	39	00:40:35.8	13:31	02:34:56.1
41	111	Rooney, Jessica	202		Rochester, MN	11:08	29	01:12:25.5	37	00:07:07.1	12.7	20	00:00:53.4	36	00:38:36.9	12:52	02:36:45.6
42	121	Storck, Jess	296		Belleville, WI	12:25	44	01:20:43.5	21	00:04:04.6	12.4	14	00:00:47.6	35	00:36:46.0	12:15	02:41:07.8
43	127	Toavs, Melissa	157		South St. Paul, mn	11:32	37	01:15:03.6	14	00:03:25.8	12.5	18	00:00:50.7	43	00:48:02.0	16:00	02:45:45.3
44	128	Meeks, Jyme	199		Houston, Mn	11:20	33	01:13:40.2	28	00:04:52.4	11.5	15	00:00:49.1	42	00:44:49.6	14:56	02:46:03.1
45	130	Gunderson, Michelle	123		Saint Cloud, MN	11:53	43	01:17:20.8	31	00:05:09.6	10.9	24	00:00:57.7	41	00:41:18.1	13:46	02:48:39.3
		Lane, Shawna	162		Minnnetonka, MN	09:32	4	01:02:00.8									DNF

**31-40**

Age Group Field: 46

1	1	Sobeck, Kari	279		Plymouth, MN												01:48:06.2
2	10	Stoughtenger, Teri	73		Bangor, WI	10:12	5	01:06:20.3	22	00:03:30.6	19.2	28	00:01:22.0	3	00:24:46.8	08:15	02:01:01.6
3	14	Marley, Karla	111		Trempealeau, WI	10:08	4	01:05:53.4	8	00:01:56.0	16.8	17	00:00:55.2	5	00:25:23.9	08:27	02:02:46.6
4	15	Priebe, Barbara	83		Shakopee, Mn												02:03:23.2
5	16	Kolberg, Darlene	156		Woodbury, mn	10:36	14	01:08:59.5	12	00:02:40.1	18.7	25	00:01:19.0	4	00:25:21.9	08:27	02:04:03.6
6	17	Weiss, Jodi	3		Cedar Rapids, IA	10:31	12	01:08:24.5	3	00:01:14.7	17.0	10	00:00:43.7	6	00:25:53.8	08:37	02:04:29.3
7	26	Tollefsrud, Sarah	284		Mabel, MN	10:39	18	01:09:19.7	19	00:03:18.1	15.9	5	00:00:30.2	2	00:23:19.7	07:46	02:06:37.8
8	31	Kramer, Lori	8		Atkins, IA	10:28	11	01:08:03.5	11	00:02:18.2	15.7	6	00:00:32.0	10	00:27:57.1	09:19	02:09:20.6
9	32	Kerska, Tawnie	7		Cedar Rapids, IA	10:27	9	01:08:00.6	10	00:02:18.1	15.9	16	00:00:54.2	12	00:28:12.6	09:24	02:09:36.6

Individual Triathlon			6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011			
Place	Age/Div	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	
10	34	Schmitz, Anje	282		Sparta, WI	8 01:07:52.0	10:26	20	00:03:20.6	17	00:33:06.1	14.5	1	00:00:17.8	7	00:25:55.4	08:38	02:10:32.1
11	36	Eichten, Sara	16		Somerset, WI	28 01:13:52.1	11:21	2	00:01:05.5	14	00:31:40.2	15.2	18	00:00:56.4	1	00:23:00.4	07:40	02:10:34.8
12	38	Racquel, Kuehn	106		Minneapolis, MN	3 01:04:45.1	09:57											02:10:42.6
13	40	Peterson, Kristina	155		St. Mary's Point, MN	15 01:09:02.3	10:37	25	00:04:12.3	3	00:26:31.8	18.1	30	00:01:31.9	17	00:29:37.8	09:52	02:10:56.3
14	47	Stolen, Kira	238		New Brighton, MN	7 01:06:41.6	10:15	24	00:03:55.1	18	00:33:07.9	14.5	7	00:00:37.4	15	00:29:18.9	09:46	02:13:41.1
15	48	Jordan, Bridgit	213		Minneapolis, MN	6 01:06:34.3	10:14	16	00:03:12.8	23	00:34:28.2	13.9	33	00:02:07.2	11	00:28:11.1	09:23	02:14:33.8
16	53	Burns, Sue	50		Apple Valley, mn	19 01:09:48.9	10:44	14	00:02:57.8	6	00:28:12.9	17.0	29	00:01:27.9	28	00:33:49.5	11:16	02:16:17.1
17	54	Aamot, Jessica	256		St Paul, mn	21 01:11:42.0	11:01	18	00:03:14.4	22	00:34:26.0	13.9	3	00:00:29.0	8	00:27:06.8	09:02	02:16:58.3
18	56	Matuza, Emily	108		Shakopee, MN	36 01:16:22.2	11:44	5	00:01:19.2	10	00:29:56.7	16.0	9	00:00:42.6	13	00:29:07.7	09:42	02:17:28.6
19	59	Jacobson, Jennifer	6		Cedar Rapids, IA	35 01:16:17.9	11:44	6	00:01:26.7	9	00:29:47.4	16.1	2	00:00:21.1	19	00:30:48.4	10:16	02:18:41.8
20	62	Swedberg, Danielle	39		La Crescent, MN	20 01:10:07.3	10:47	4	00:01:16.6	24	00:34:40.4	13.8	19	00:00:57.0	26	00:33:11.9	11:03	02:20:13.3
21	63	Marley, Kari	59		Trempealeau, WI	26 01:13:17.7	11:16	9	00:02:04.9	25	00:34:53.7	13.8	8	00:00:40.1	16	00:29:27.0	09:49	02:20:23.6
22	65	Hiniker, Leah	227		Minneapoils, MN	30 01:14:04.8	11:23	15	00:03:00.1	4	00:26:50.8	17.9	38	00:05:55.3	21	00:31:23.2	10:27	02:21:14.3
23	67	Helders-pevan, Stacey	15		Hudson, WI	29 01:13:52.3	11:21	1	00:01:05.1	30	00:36:33.5	13.1	14	00:00:49.0	14	00:29:14.5	09:44	02:21:34.6
24	71	White, Heather	228		Minneapolis, MN	31 01:14:11.3	11:24	31	00:05:18.8	15	00:32:15.0	14.9	20	00:00:57.7	18	00:30:42.7	10:14	02:23:25.8
25	77	Nolte, Lisa	243		Minneapolis, MN													02:24:43.9
26	78	Smith, Jennifer	252		Mantorville, MN	24 01:12:37.6	11:10	27	00:04:54.6	20	00:33:42.8	14.2	15	00:00:52.2	25	00:32:37.1	10:52	02:24:44.3
27	79	Podany, Jen	251		Blaine , MN	25 01:12:40.0	11:10	32	00:05:20.8	19	00:33:11.2	14.5	22	00:01:02.5	24	00:32:30.3	10:50	02:24:45.1
28	81	Betthausen, Tanya	42		Rushford, mn	2 01:04:08.5	09:52	23	00:03:32.1	40	00:46:29.6	10.3	13	00:00:48.7	20	00:30:51.7	10:17	02:25:50.8
29	85	Coscarelli Lutes, Melinda	146		Harmony, MN	10 01:08:01.7	10:27	17	00:03:13.2	34	00:38:44.0	12.4	4	00:00:29.9	33	00:36:14.7	12:04	02:26:43.6
30	93	Wiebel, Shawna	5		Cedar Rapids, IA	34 01:16:15.1	11:43	7	00:01:32.1	28	00:36:10.4	13.3	12	00:00:47.8	30	00:34:49.0	11:36	02:29:34.6
31	94	Prigge, Jennifer	274		Zumbrota, MN	38 01:18:48.9	12:07	40	00:09:40.6	8	00:29:26.7	16.3	36	00:04:03.4	9	00:27:38.7	09:12	02:29:38.6
32	100	Pugliese, Danielle	150		Minneapolis, MN	16 01:09:12.8	10:38	28	00:05:00.1	29	00:36:12.7	13.3	23	00:01:07.1	35	00:39:54.8	13:18	02:31:27.6
33	102	Mcneil, Amy	154		Milaca, MN	13 01:08:45.9	10:34	30	00:05:12.2	37	00:42:18.4	11.3	21	00:01:02.3	29	00:34:34.6	11:31	02:31:53.6
34	103	Gulsvig, Jennifer	225		La Crosse, WI	32 01:15:21.8	11:35	21	00:03:24.3	33	00:38:11.6	12.6	27	00:01:21.6	31	00:35:21.3	11:47	02:33:40.8
35	107	Slivinski, Ericka	140		Rochester, MN	33 01:15:45.2	11:39	26	00:04:50.4	31	00:37:35.1	12.8	35	00:03:03.5	27	00:33:31.2	11:10	02:34:45.6
36	114	Nickowski, Jennifer	33		Baldwin, WI	17 01:09:19.4	10:39	29	00:05:01.7	21	00:34:16.3	14.0	24	00:01:15.4	37	00:47:24.2	15:48	02:37:17.3
37	117	Horneck, Kari	85		Minnetonka, MN	39 01:20:28.2	12:22	38	00:08:26.2	27	00:35:47.9	13.4	26	00:01:19.6	22	00:31:27.7	10:29	02:37:29.8
38	119	Hudalla, Marie	241		Maple Grove, mn	22 01:12:14.5	11:06	35	00:05:35.9	16	00:33:06.1	14.5	39	00:09:56.3	34	00:39:27.8	13:09	02:40:20.8
39	120	Lienke, Kelly	47		Maple Grove, MN	37 01:17:12.8	11:52	13	00:02:55.6	39	00:46:17.5	10.4	34	00:02:12.3	23	00:32:19.7	10:46	02:40:58.1
40	122	Shrode, Sara	242		Maple Grove, mn	23 01:12:20.6	11:07	34	00:05:33.3	35	00:41:15.6	11.6	32	00:01:43.6	36	00:40:16.6	13:25	02:41:09.8
41	125	Hegland, Melissa	148		Minneapolis, MN	41 01:22:14.9	12:39	36	00:06:31.0	32	00:38:07.7	12.6	11	00:00:47.7	32	00:35:30.4	11:50	02:43:11.8
42	138	Chapel, Melanie	71		Houston, MN	27 01:13:30.6	11:18	37	00:07:07.6	38	00:45:55.9	10.5	37	00:05:26.8	38	00:49:57.0	16:39	03:01:58.1



Individual Triathlon		6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011		
Place	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish
	Spende, Emily	86		Lanesboro, MN	40 01:20:28.9	12:22	39 00:08:27.5	36	00:41:46.0	11.5						DNF
	Day, Amy	32		St Cloud, MN	1 01:03:15.9	09:43	33 00:05:26.8	26	00:35:09.1	13.7	31	00:01:38.3				DNF
	Gilbertson, Emily	247		Robbinsdale, MN												DNS
	Lienke, Robin	38		Apple Valley, mn												DNS

### 41-50

Age Group Field: 34

3	Baumgartner, Audrey	304		Farmington, MN	1 00:57:27.8	08:50	6 00:01:43.6	1	00:24:44.5	19.4	16	00:01:27.0	3	00:25:17.8	08:25	01:50:40.8
1	5 Ready, Roxanne	99		Winona, MM	2 01:02:35.3	09:37	5 00:01:43.6	2	00:25:29.2	18.8	6	00:00:36.6	1	00:22:57.0	07:39	01:53:21.8
2	9 Clemons, Kathleen	133		Black River Falls, WI												01:55:17.0
3	12 Morgan, Sondra	198		Houston, MN	4 01:05:34.8	10:05	1 00:01:06.6	5	00:28:10.3	17.0	15	00:01:18.9	4	00:25:37.6	08:32	02:01:48.3
4	30 Harreld, Lisa	26		New Brighton, MN	6 01:09:31.4	10:41	7 00:02:08.3	8	00:29:24.8	16.3	7	00:00:45.4	5	00:26:25.7	08:48	02:08:15.8
5	33 Niemeier, Alea	10		Cedar Rapids , IA	12 01:09:51.8	10:44	8 00:02:21.4	7	00:28:35.6	16.8	20	00:01:37.7	7	00:27:14.9	09:04	02:09:41.6
6	35 Marley, Sharon	107		Ferryville, WI	25 01:16:20.0	11:44	3 00:01:23.1	4	00:27:45.3	17.3	1	00:00:16.8	2	00:24:49.1	08:16	02:10:34.6
7	41 Gardner, Lisa	9		Toddville, IA	13 01:09:52.1	10:44	14 00:03:17.8	3	00:27:39.8	17.4	13	00:01:02.0	9	00:29:26.2	09:48	02:11:18.1
8	44 Griebenow, Linda	35		Rochester, MN	3 01:03:45.3	09:48	2 00:01:22.9	13	00:33:12.3	14.5	18	00:01:36.4	12	00:32:31.1	10:50	02:12:28.1
9	50 Schramm, Barb	145		Lanesboro, MN	5 01:07:46.2	10:25	9 00:02:32.7	9	00:29:53.4	16.1	3	00:00:21.2	13	00:34:35.4	11:31	02:15:09.1
10	55 Dalnes, Cathy	255		New Brighton, mn	14 01:11:38.1	11:01	13 00:03:15.6	17	00:34:41.4	13.8	2	00:00:18.9	6	00:27:04.2	09:01	02:16:58.3
11	61 Anger, Lori	51		Apple Valley, mn	7 01:09:35.4	10:42	17 00:04:06.5	14	00:33:59.5	14.1	25	00:02:49.4	8	00:28:35.1	09:31	02:19:06.1
12	68 Seeley, Christine	60		Prairie Du Chien, WI	16 01:13:19.9	11:16	10 00:02:43.2	16	00:34:16.4	14.0	14	00:01:04.4	11	00:30:50.9	10:16	02:22:15.1
13	74 Holter, Kimberly	289		Hokah, MN	21 01:14:33.4	11:28	19 00:04:35.2	15	00:34:08.6	14.1	5	00:00:36.3	10	00:30:28.7	10:09	02:24:22.3
14	75 Strese, Michelle	276		Edina, MN	9 01:09:40.9	10:43	22 00:04:57.0	12	00:31:10.4	15.4	12	00:00:57.3	18	00:37:55.5	12:38	02:24:41.3
15	76 Kastan, Sarah	275		Edina, MN	8 01:09:38.5	10:42	20 00:04:52.7	10	00:29:59.4	16.0	24	00:02:14.6	20	00:37:57.7	12:39	02:24:43.1
16	83 Blaszkowski, Karen	172		Marshfield, WI	18 01:13:39.7	11:19	18 00:04:32.5	11	00:30:49.8	15.6	4	00:00:33.4	17	00:36:53.1	12:17	02:26:28.6
17	84 Ryan, Kate	158		Plymouth, mn	22 01:15:04.4	11:32	16 00:03:27.5	6	00:28:30.6	16.8	21	00:01:43.3	19	00:37:55.9	12:38	02:26:41.8
18	104 Johnson, Terri	226		La Crosse, WI	23 01:15:23.3	11:35	15 00:03:19.6	19	00:38:50.0	12.4	9	00:00:47.7	15	00:35:20.0	11:46	02:33:40.8
19	115 Emerson, Sherry	300		Winona, MN	10 01:09:51.1	10:44	11 00:02:51.0	25	00:44:01.1	10.9	17	00:01:27.5	22	00:39:14.5	13:04	02:37:25.3
20	116 Fisk , Diane	299		Cumberland , WI	11 01:09:51.3	10:44	12 00:02:51.0	26	00:44:36.7	10.8	10	00:00:52.4	21	00:39:14.1	13:04	02:37:25.8
21	118 Daul-elhindi, Carol	171		Winona, MN	19 01:13:42.7	11:20	24 00:05:26.0	21	00:41:42.2	11.5	22	00:01:45.5	14	00:35:06.3	11:42	02:37:42.8
22	123 Kosel, Mary	288		Minnesota City, mn	27 01:20:07.5	12:19	4 00:01:43.4	22	00:42:08.7	11.4	19	00:01:37.7	16	00:36:05.7	12:01	02:41:43.1
23	126 Vetsch, Sarah	290		Hokah, MN	20 01:14:32.7	11:28	21 00:04:52.9	20	00:38:53.9	12.3	8	00:00:46.0	25	00:45:41.6	15:13	02:44:47.3
24	131 Forseth, Sandy	175		Bloomington, MN	24 01:15:44.6	11:39	23 00:05:06.8	18	00:36:11.9	13.3	26	00:03:05.9	26	00:49:29.2	16:29	02:49:38.6
25	132 Onsgard, Lisa	266		Houston, Mn	15 01:12:00.1	11:04	26 00:07:17.9	24	00:43:22.4	11.1	23	00:01:51.5	24	00:45:29.7	15:09	02:50:01.8
26	135 Pollitt, Lucy	273		Zumbrota, MN	26 01:18:48.0	12:07	27 00:09:34.3	23	00:42:23.9	11.3	11	00:00:57.0	23	00:42:08.9	14:02	02:53:52.3
27	137 Chapel-albrecht, Laurie	72		Houston, MN	17 01:13:31.9	11:18	25 00:07:06.7	27	00:46:47.4	10.3	27	00:04:40.2	27	00:49:51.2	16:37	03:01:57.6

Individual Triathlon		6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011		
Place	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish
	Cook, Susan	212		Duluth, MN												DNS
	Morgan, Tracy	190		Winona, MN												DNS
	Broz, Pamela	159		Minneapolis, MN												DNS
	Speck, Barbara	137		Viroqua, WI												DNS
	Lienke, Valerie	89		Eden Prairie, MN												DNS
	Walsh, Ruth	57		Winona, MN												DNS

### 51-60

Age Group Field: 19

1	2	Sullivan, Kathy	142	Champlin, MN	1	00:54:24.4	08:22	3	00:01:46.0	1	00:26:29.0	18.1	7	00:01:07.5	1	00:25:15.3	08:25	01:49:02.3
2	37	Tebrake, Laurie	70	Shakopee, MN	4	01:03:04.4	09:42	4	00:02:30.7	4	00:31:48.8	15.1	8	00:01:31.3	3	00:31:47.2	10:35	02:10:42.6
3	42	Miller, Val	24	Bayside, WI	9	01:12:14.0	11:06	1	00:01:36.2	2	00:29:31.2	16.3	1	00:00:29.6	2	00:28:08.7	09:22	02:11:59.9
4	49	Kampa, Kathleen	22	Minneapolis, mn	5	01:06:38.9	10:15											02:14:43.9
5	64	Mason, Susan	216	Maplewood, MN	2	01:00:30.5	09:18	7	00:03:21.7	7	00:35:28.0	13.5	12	00:02:44.7	8	00:38:42.3	12:54	02:20:47.3
6	70	Polus, Marybeth	54	Winona, MN	6	01:10:24.2	10:49	15	00:06:24.6	3	00:30:08.1	15.9	5	00:00:57.5	4	00:35:17.6	11:45	02:23:12.1
7	89	Kampa-tews, Janice	17	Kenosha, WI	8	01:10:50.1	10:53	6	00:03:10.1	6	00:34:59.1	13.7	2	00:00:35.2	7	00:38:25.2	12:48	02:27:59.8
8	91	Olson, Gloria	20	Minneapolis, MN	12	01:15:15.8	11:34	11	00:03:44.8	5	00:32:46.1	14.6	6	00:00:58.8	5	00:35:48.7	11:56	02:28:34.3
9	99	Nelson, Nancy	121	Stillwater, MN	3	01:01:23.1	09:26	14	00:06:13.6	10	00:37:17.8	12.9	14	00:04:15.4	9	00:42:06.1	14:02	02:31:16.1
10	112	Prater, Cheryl	130	Pewaukee, WI	10	01:12:28.6	11:09	9	00:03:40.6	9	00:36:11.7	13.3	3	00:00:50.1	11	00:43:44.0	14:34	02:36:55.1
11	113	Dahl, Stephanie	129	Pewaukee, WI	11	01:12:31.7	11:09	10	00:03:41.7	8	00:36:06.7	13.3	4	00:00:50.2	12	00:43:44.9	14:34	02:36:55.4
12	124	Waterbury, Theresa	287	Minnestoa City, mn	15	01:20:03.6	12:19	2	00:01:41.2	13	00:42:03.2	11.4	10	00:01:48.9	6	00:36:06.3	12:02	02:41:43.3
13	129	Horan, Nancy	27	Minneapolis, MN	14	01:17:24.6	11:54	5	00:02:48.3	12	00:39:50.7	12.0	11	00:02:09.2	13	00:44:10.7	14:43	02:46:23.6
14	133	Grzeskowiak, Susan	176	Coon Rapids, MN	13	01:15:47.0	11:39	12	00:04:05.6									02:52:12.2
15	134	Weisbrod, Angel	93	Rollingstone, mn	7	01:10:38.8	10:52	8	00:03:39.6	14	00:52:26.4	9.2	13	00:02:51.7	10	00:42:45.6	14:15	02:52:22.3
16	136	Hegland, Deb	147	Winona, MN	16	01:22:15.9	12:39	13	00:06:12.7	11	00:37:35.7	12.8	9	00:01:37.0	14	00:49:32.2	16:30	02:57:13.8
		Halabrin, Judith	160	St. Paul, MN														DNS
		Thompson, Cathy	138	Caledonia, MN														DNS
		Krom, Bethany	56	Lanesboro, MN														DNS

### 61-90

Age Group Field: 2

1	88	Vesper, Bonnie	80	Rochester, MN	1	01:07:50.0	10:26	2	00:05:10.1	1	00:35:15.7	13.6	1	00:00:57.8	1	00:38:31.8	12:50	02:27:45.6
2	139	Gabler, Charlene	13	St. Paul, MN	2	01:08:11.4	10:29	1	00:03:30.0	2	01:01:42.1	7.8	2	00:06:37.1	2	00:57:16.3	19:05	03:17:17.1