

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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 09:55 | 12 | 00:04:30.7 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 10:40 | | | | | | | | | | | DNF |

31-40

Age Group Field: 38

| | | | | | | | | | | | | | | | | | |
|----|----|----------------------|-----|--|-----------------|-------|----|------------|----|------------|------|----|------------|----|------------|-------|------------|
| | 1 | Lynch, Brian | 29 | | Rochester, MN | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 6 | 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 | 16 | 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 | 13 | 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 | 3 | 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 | 7 | 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 | 12 | 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 | 4 | 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 | 21 | 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 | 8 | 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 | 10 | 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 | 18 | 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 | 19 | 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 | 25 | 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 | 23 | 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 | 27 | 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 | 24 | 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 | 20 | 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 | 26 | 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 | 28 | 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 | 29 | 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 | 2 | 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 | 1 | 00:55:16.3 | 08:30 | 4 | 00:01:25.3 | | | | | | | | | 01:42:38.7 |
| 3 | 26 Davison, Daryl | 75 Maquoketa, IA | 3 | 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 | 6 | 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 | |
| Womens Individual Duathlon | | | | | | | | | | | | | | | | | | |
| Division Field: 153 | | | | | | | | | | | | | | | | | | |
| 20 & under | | | | | | | | | | | | | | | | | | |
| 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 |
| 21-30 | | | | | | | | | | | | | | | | | | |
| 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 | 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 | 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 | 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 | 3 | 01:04:45.1 | 09:57 | | | | | | | | | | | 02:10:42.6 |
| 13 | 40 Peterson, Kristina | 155 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | | | | | | | | | | | | | | 02:24:43.9 |
| 26 | 78 Smith, Jennifer | 252 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 |

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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 |