

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

6.5 mi Canoe

8 mi Bike

3 mi Run

Division Results

White River Sports Timing
http://itiming.com

Place Div/Age	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	Back
Individual Triathlon																	
Field: 304																	
Mens Individual Duathlon																	
Division Field: 151																	
1	Lynch, Brian	29		Rochester, MN	3 00:53:52.1	08:17	10 00:01:14.7	3	00:21:28.8	22.3	46	00:00:43.6	2	00:18:17.9	06:05	01:35:37.3	00:00.0
2	1 Davison, Matthew	76		Davenport, IA	7 00:55:18.0	08:30	1 00:00:50.0	2	00:21:23.2	22.4	15	00:00:24.8	1	00:18:16.3	06:05	01:36:12.3	00:35.0
3	2 Shuros, Allan	30		St. Paul, MN	2 00:53:50.5	08:17	3 00:00:57.9	1	00:20:52.3	23.0	34	00:00:34.5	12	00:20:19.5	06:46	01:36:34.8	00:57.5
4	3 Henry, Dana	280		Winona, MN	1 00:51:25.0	07:54	69 00:02:26.9	19	00:23:59.5	20.0	104	00:01:30.6	15	00:20:58.1	06:59	01:40:20.3	04:43.0
5	1 Ellingson, Denny	291		Courtland, MN	9 00:55:21.6	08:31	6 00:01:09.8	7	00:22:15.6	21.6	4	00:00:18.4	27	00:22:34.4	07:31	01:41:40.1	06:02.7
6	1 Mason, Lucas	217		Maplewood, MN	15 00:57:29.8	08:50	9 00:01:10.8	15	00:23:10.4	20.7	65	00:00:54.9	7	00:19:45.5	06:35	01:42:31.6	06:54.2
7	2 Dornfeld, Glen	63		Winona, MN	6 00:55:16.3	08:30	22 00:01:25.3									01:42:38.7	07:01.3
8	1 Miner, Mark	64		Winona, MN	5 00:55:13.4	08:29	12 00:01:18.0	14	00:23:08.4	20.7	11	00:00:21.4	38	00:23:57.0	07:59	01:43:58.3	08:20.9
9	2 Simons, Dave	45		Faribault, MN	11 00:57:18.6	08:49	17 00:01:23.4						29	00:22:54.7		01:45:38.8	10:01.4
10	3 Getty, Mark	119		Plymouth, MN	17 00:58:53.1	09:03	62 00:02:14.5	11	00:22:37.4	21.2	71	00:00:59.6	14	00:20:56.8	06:58	01:45:41.6	10:04.2
11	2 Fillmore, Sam	264		Delano, MN	20 00:59:03.3	09:05	40 00:01:46.9	23	00:24:25.3	19.7	93	00:01:21.9	3	00:19:22.9	06:27	01:46:00.5	10:23.1
12	4 Gregas, Joe	195		La Crosse, WI	22 00:59:19.6	09:07	79 00:02:43.8	10	00:22:35.7	21.2	80	00:01:08.3	10	00:20:15.0	06:45	01:46:02.6	10:25.2
13	3 Arneberg, Levi	218		Maplewood, MN	13 00:57:27.5	08:50	11 00:01:15.1	29	00:25:08.4	19.1	3	00:00:16.8	24	00:22:17.0	07:25	01:46:25.1	10:47.7
14	1 Sullivan, John	141		Champlin, MN	4 00:54:26.1	08:22	33 00:01:42.0	26	00:24:51.0	19.3	53	00:00:46.3	57	00:25:51.7	08:37	01:47:37.3	11:59.9
15	5 Thorud, Ben	257		Holmen, WI	37 01:01:13.2	09:25	49 00:01:59.1	18	00:23:55.4	20.1	58	00:00:49.6	11	00:20:19.1	06:46	01:48:16.6	12:39.2
16	4 Ajax, Jake	239		Blaine, MN	18 00:58:59.0	09:04	51 00:02:02.1	39	00:26:04.7	18.4	31	00:00:33.6	13	00:20:39.4	06:53	01:48:19.1	12:41.7
17	1 Martin, Jeff	207		Minneapolis, MN	40 01:01:26.2	09:27	66 00:02:22.9	16	00:23:16.9	20.6	87	00:01:17.7	8	00:20:06.4	06:42	01:48:30.3	12:52.9
18	4 Hoff, Scott	203		Anoka, MN	35 01:01:00.3	09:23	36 00:01:44.1	5	00:21:54.2	21.9	59	00:00:49.6	31	00:23:17.9	07:45	01:48:46.3	13:08.9
19	5 Morgan, Sheldon	197		Houston, MN	78 01:05:34.0	10:05	2 00:00:56.4	4	00:21:29.6	22.3	78	00:01:07.7	6	00:19:44.7	06:34	01:48:52.6	13:15.2
20	5 Polodna, Taylor	164		Winona, Mn	27 01:00:25.0	09:17	63 00:02:14.9	20	00:24:06.8	19.9	41	00:00:40.4	21	00:22:03.2	07:21	01:49:30.5	13:53.1
21	6 Prinsen, Andrew	210		Rushford, MN	25 01:00:09.1	09:15	19 00:01:24.0	44	00:26:32.0	18.1	6	00:00:18.5	16	00:21:16.9	07:05	01:49:40.7	14:03.3
22	6 Galbus, Andrew	36		Mantorville, MN	55 01:03:39.8	09:47	4 00:01:00.6	8	00:22:32.8	21.3	61	00:00:52.0	22	00:22:10.4	07:23	01:50:15.8	14:38.4
23	7 Tebrake, Dean	69		Shakopee, MN	51 01:03:04.7	09:42	58 00:02:06.6	6	00:22:12.2	21.6	106	00:01:34.3	19	00:21:51.9	07:17	01:50:50.0	15:12.6
24	8 Knoll, Allen	246		Ham Lake, MN	52 01:03:18.7	09:44	47 00:01:57.7	9	00:22:34.7	21.3	77	00:01:06.3	28	00:22:45.8	07:35	01:51:43.3	16:05.9
25	7 Aldred, Jason	277		La Crosse, WI	50 01:02:54.8	09:40	59 00:02:10.1	17	00:23:43.5	20.2	95	00:01:22.9	20	00:21:59.9	07:19	01:52:11.3	16:33.9
26	3 Davison, Daryl	75		Maquoketa, IA	10 00:55:26.6	08:31	5 00:01:09.1	76	00:28:51.0	16.6	54	00:00:47.3	64	00:26:18.1	08:46	01:52:32.3	16:54.9

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	Back
27	4 Flannigan, Paul	221 Roseville, MN	24	00:59:44.5	09:11	30	00:01:39.9	51	00:27:01.9	17.8	12	00:00:22.0	34	00:23:47.6	07:55	01:52:36.1	16:58.7
28	5 Polzin, Jeff	134 Black River Falls, WI	16	00:58:09.0	08:56	70	00:02:33.2	22	00:24:19.0	19.7						01:52:48.6	17:11.2
29	9 Lundburg, Scott	110 Owatonna, MN	31	01:00:39.2	09:19	68	00:02:24.7	33	00:25:34.5	18.8	13	00:00:24.2	35	00:23:50.2	07:56	01:52:53.1	17:15.7
30	10 Ajax, Tom	240 Robbinsdale, MN	19	00:59:00.2	09:04	46	00:01:56.2	41	00:26:08.1	18.4	72	00:01:01.3	44	00:25:00.4	08:20	01:53:06.3	17:28.9
31	2 Rotchadl, Robert	301 White Bear Lake,	63	01:04:18.5	09:53	45	00:01:56.1	24	00:24:44.3	19.4	23	00:00:28.0	25	00:22:19.0	07:26	01:53:46.1	18:08.7
32	11 Niedfeldt, Mike	258 Bangor, WI														01:53:52.5	18:15.1
33	3 Lawrence, Blake	186 Golden Valley, Mn	43	01:02:23.0	09:35	20	00:01:24.6	66	00:27:40.3	17.3	19	00:00:26.3	23	00:22:11.4	07:23	01:54:05.8	18:28.4
34	4 Moldenhauer, Jacob	254 Houston , MN	77	01:05:10.3	10:01	81	00:02:54.6	37	00:25:47.0	18.6	36	00:00:36.0	4	00:19:38.8	06:32	01:54:06.8	18:29.4
35	8 Weissenberger, Heath	233 West Salem, wi	47	01:02:33.7	09:37	55	00:02:04.2	27	00:24:54.4	19.3	64	00:00:53.4	39	00:24:00.2	08:00	01:54:26.1	18:48.7
36	12 Marinan, Ray	245 Rushford, MN	54	01:03:20.2	09:44	41	00:01:52.1	12	00:22:45.4	21.1	63	00:00:52.8	51	00:25:36.4	08:32	01:54:27.1	18:49.7
37	13 Lawrence, Tony	185 Golden Valley, Mn	44	01:02:23.7	09:35	18	00:01:23.4	42	00:26:16.7	18.3	27	00:00:31.4	37	00:23:55.6	07:58	01:54:31.1	18:53.7
38	14 Anderson, Jeff	46 Faribault, MN	12	00:57:27.1	08:50	31	00:01:40.5	35	00:25:42.3	18.7	14	00:00:24.6	91	00:29:48.8	09:56	01:55:03.6	19:26.2
39	15 Trueblood, Tim	196 La Crosse, WI	23	00:59:21.4	09:07	37	00:01:45.0	54	00:27:05.8	17.7	40	00:00:37.3	68	00:26:43.7	08:54	01:55:33.3	19:55.9
40	9 Mccartney, Matt	109 Owatonna , MN	32	01:00:39.8	09:19	50	00:02:00.1	38	00:26:03.2	18.4	94	00:01:22.9	50	00:25:33.9	08:31	01:55:40.1	20:02.7
41	6 Mason, Mark	215 Maplewood, MN	29	01:00:28.5	09:18	38	00:01:46.1	46	00:26:42.2	18.0	57	00:00:49.4	60	00:25:55.0	08:38	01:55:41.3	20:04.0
42	16 Meyers, Matt	204 Coon Rapids, MN	36	01:01:01.6	09:23	65	00:02:22.8	13	00:23:07.5	20.8	116	00:01:56.5	73	00:27:19.0	09:06	01:55:47.6	20:10.2
43	5 Heberer, Brett	208 Minneapolis, MN	39	01:01:24.3	09:26	61	00:02:13.4	34	00:25:36.5	18.7	56	00:00:48.2	55	00:25:48.6	08:36	01:55:51.1	20:13.7
44	10 Bures, Frank	214 Minneapolis, MN	87	01:06:37.6	10:15	32	00:01:41.0	31	00:25:30.7	18.8	22	00:00:27.5	18	00:21:38.3	07:12	01:55:55.3	20:17.9
45	7 Braaten, Bruce	168 Minnesota City, MN	34	01:00:45.5	09:20	42	00:01:53.4	59	00:27:21.8	17.5	18	00:00:26.1	49	00:25:33.6	08:31	01:56:00.6	20:23.2
46	11 Prescher, Chris	292 Mankato, Mn	8	00:55:19.9	08:30	78	00:02:43.0	25	00:24:47.5	19.4	74	00:01:02.8	104	00:32:36.4	10:52	01:56:29.8	20:52.4
47	8 Sasman, Gerhart	235 Black River Falls, wi	74	01:04:59.8	09:59	14	00:01:20.8	47	00:26:43.7	18.0	28	00:00:31.7	33	00:23:40.1	07:53	01:57:16.3	21:38.9
48	6 O'donnell, Jeffrey	188 Rushford , MN	62	01:04:08.9	09:52	56	00:02:06.0	32	00:25:31.1	18.8	70	00:00:58.4	52	00:25:38.9	08:32	01:58:23.6	22:46.2
49	9 Westerheim, Michael	263 Minneapolis, MN	21	00:59:03.9	09:05	80	00:02:53.0	49	00:26:54.3	17.8	100	00:01:28.2	80	00:28:19.0	09:26	01:58:38.6	23:01.2
50	7 Hallemeier, Christopher	125 Rochester, MN	91	01:07:18.4	10:21	7	00:01:10.3	82	00:29:41.4	16.2	20	00:00:26.9	9	00:20:10.9	06:43	01:58:48.1	23:10.7
51	8 O'Neill, Eric	272 La Crosse, Wi	30	01:00:33.8	09:19	35	00:01:42.9	28	00:25:06.6	19.1	42	00:00:40.9	99	00:31:08.3	10:22	01:59:12.6	23:35.2
52	9 Myhre, Nicolas	253 Houston, MN	76	01:05:09.5	10:01	67	00:02:23.4	40	00:26:06.8	18.4	101	00:01:28.5	40	00:24:17.9	08:05	01:59:26.3	23:48.9
53	12 Wintheiser, Mike	278 La Crosse, WI	49	01:02:52.6	09:40	91	00:03:19.2	36	00:25:43.4	18.7	92	00:01:20.1	66	00:26:33.3	08:51	01:59:48.8	24:11.4
54	17 Shaffer, Carl	303 Medicine Lake, MN	14	00:57:27.7	08:50	54	00:02:03.5	58	00:27:21.4	17.5	25	00:00:30.2	106	00:32:50.4	10:56	02:00:13.3	24:35.9
55	13 Dailey, Chad	105 Utica, MN	72	01:04:44.5	09:57	13	00:01:20.4	67	00:27:41.1	17.3	35	00:00:34.5	59	00:25:54.1	08:38	02:00:14.8	24:37.4
56	18 Mentjes, Mark	206 Oronoco, MN	66	01:04:25.5	09:54	73	00:02:35.6	55	00:27:06.6	17.7	33	00:00:34.1	56	00:25:51.1	08:37	02:00:33.1	24:55.7
57	10 Polodna, Mike	163 Onalaska, Wi	28	01:00:28.3	09:18	24	00:01:28.9	77	00:28:57.8	16.6	107	00:01:36.1	81	00:28:20.4	09:26	02:00:51.6	25:14.2
58	10 Gregerson, David	68 Winona, MN	67	01:04:30.2	09:55	94	00:03:29.0	21	00:24:12.6	19.8	103	00:01:29.5	72	00:27:14.6	09:04	02:00:56.1	25:18.7
59	14 Marley, John	112 Trempealeau, WI	79	01:05:54.3	10:08	44	00:01:56.1	63	00:27:32.9	17.4	37	00:00:36.2	45	00:25:09.6	08:23	02:01:09.3	25:31.9

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	Back	
60	2 Vonderohe, Bruce	261	Apple Valley, MN	70	01:04:31.6	09:55	29	00:01:34.2	73	00:28:45.3	16.7	68	00:00:56.9	47	00:25:24.1	08:28	02:01:12.3	25:34.9
61	15 Mueller, Theodore	259	St. Charles, mn	81	01:05:57.7	10:08	53	00:02:03.5	89	00:30:31.0	15.7	8	00:00:18.9	26	00:22:24.1	07:28	02:01:15.3	25:37.9
62	11 Pfister, Matt	178	Minneapolis, mn													02:01:32.9	25:55.5	
63	12 Dewit, Jesse	78	Plymouth , MN	59	01:03:58.6	09:50	23	00:01:27.0	81	00:29:37.9	16.2	102	00:01:29.2	46	00:25:24.0	08:28	02:01:56.8	26:19.4
64	13 Sprain, Ben	234	Holmen, wi	46	01:02:32.0	09:37	26	00:01:29.7	65	00:27:40.0	17.3	67	00:00:56.0	86	00:29:30.3	09:50	02:02:08.1	26:30.7
65	14 Nelson, Ross	131	Stillwater, MN	45	01:02:29.8	09:36	71	00:02:33.4	90	00:30:37.0	15.7	49	00:00:44.7	63	00:26:07.3	08:42	02:02:32.3	26:54.9
66	19 Honken, Mike	209	Rushford, MN	26	01:00:10.9	09:15	105	00:04:05.3	83	00:29:43.4	16.1	17	00:00:26.0	79	00:28:16.3	09:25	02:02:42.1	27:04.7
67	20 Rem, Steve	167	Winona, MN	33	01:00:41.1	09:20	52	00:02:02.8	87	00:30:19.4	15.8	55	00:00:47.8	90	00:29:48.5	09:56	02:03:39.8	28:02.4
68	16 Priebe, Thomas	84	Shakopee, mn	85	01:06:27.9	10:13	106	00:04:27.7	53	00:27:04.6	17.7	76	00:01:06.2	43	00:24:34.7	08:11	02:03:41.3	28:03.9
69	6 Simmons, Avery	166	Winona, Mn	56	01:03:44.0	09:48	85	00:03:06.7	50	00:26:58.9	17.8	9	00:00:21.0	87	00:29:38.6	09:52	02:03:49.3	28:11.9
70	21 Polodna, Mark	165	Winona, Mn	57	01:03:45.0	09:48	84	00:03:04.7	52	00:27:02.2	17.8	7	00:00:18.8	88	00:29:39.2	09:53	02:03:50.1	28:12.7
71	22 Forsyth, Taylor	77	Eden Prairie, MN	58	01:03:58.6	09:50	28	00:01:31.3	88	00:30:26.1	15.8	39	00:00:36.7	74	00:27:48.4	09:16	02:04:21.3	28:43.9
72	17 Day, Shawn	31	St Cloud, MN	53	01:03:18.8	09:44	119	00:05:33.1	71	00:28:30.6	16.8	125	00:03:27.3	36	00:23:55.1	07:58	02:04:45.1	29:07.7
73	23 Harreld, Tom	25	New Brighton, MN	106	01:09:29.6	10:41	48	00:01:57.8	86	00:29:59.1	16.0	16	00:00:25.8	30	00:23:05.1	07:41	02:04:57.6	29:20.2
74	11 Frietsche, Richard	87	Winona, MN	41	01:01:59.4	09:32	83	00:03:00.0	70	00:28:09.3	17.0	115	00:01:55.7	93	00:30:08.3	10:02	02:05:12.8	29:35.4
75	7 Beckman, Mitchell	297	Houston, MN	61	01:04:08.4	09:52	39	00:01:46.7	103	00:33:18.4	14.4	10	00:00:21.3	53	00:25:41.6	08:33	02:05:16.6	29:39.2
76	18 Schaitel, Gregory	281	Chatfield, MN	96	01:07:53.8	10:26	86	00:03:10.3	56	00:27:14.0	17.6	43	00:00:41.7	67	00:26:43.4	08:54	02:05:43.3	30:05.9
77	15 Anderson, Joel	285	Eagan, MN	111	01:10:11.3	10:47	21	00:01:25.3	69	00:27:56.8	17.2	1	00:00:13.8	61	00:25:58.7	08:39	02:05:46.1	30:08.7
78	12 Thompson, Bill	269	Mantorville, MN	71	01:04:32.4	09:55	116	00:05:18.7	62	00:27:29.6	17.5	117	00:01:58.3	65	00:26:29.2	08:49	02:05:48.3	30:10.9
79	24 Lundberg, Todd	11	Houston, MN	80	01:05:54.7	10:08	34	00:01:42.2	61	00:27:26.1	17.5	113	00:01:48.5	83	00:29:14.4	09:44	02:06:06.1	30:28.7
80	16 Peterson, Justin	302	New Prague, MN	64	01:04:19.6	09:53	64	00:02:21.6	98	00:32:25.0	14.8	29	00:00:33.0	71	00:26:54.0	08:58	02:06:33.3	30:55.9
81	19 Sasman, Gabe	236	Merrillan, wi	73	01:04:55.1	09:59						5	00:00:18.4	96	00:30:36.4	10:12	02:06:41.3	31:03.9
82	17 Young, Bryce	44	Dixon, IL	109	01:09:49.9	10:44	89	00:03:14.7	74	00:28:47.2	16.7	98	00:01:25.3	32	00:23:26.1	07:48	02:06:43.3	31:05.9
83	18 Robinson, Dan	201	Minneapolis, MN	119	01:12:23.9	11:08	74	00:02:35.8	30	00:25:23.5	18.9	118	00:01:59.0	42	00:24:25.5	08:08	02:06:47.8	31:10.4
84	8 Zimmer, Christopher	262	Walker, MN	69	01:04:31.1	09:55	27	00:01:31.1	108	00:34:23.2	14.0	24	00:00:29.2	69	00:26:44.7	08:54	02:07:39.3	32:01.9
85	20 Dybvig, Andy	127	Plymouth, MN	93	01:07:25.3	10:22	98	00:03:43.0	97	00:31:49.0	15.1	45	00:00:42.4	41	00:24:20.2	08:06	02:08:00.1	32:22.7
86	13 Stoughtenger, Dale	74	Mauston, WI	84	01:06:20.5	10:12	99	00:03:46.6	48	00:26:46.4	17.9	91	00:01:20.0	95	00:30:32.6	10:10	02:08:46.3	33:08.9
87	21 Barney, Brandon	126	Rochester, MN	92	01:07:19.3	10:21	8	00:01:10.3	107	00:34:19.2	14.0	32	00:00:33.8	62	00:26:07.0	08:42	02:09:29.8	33:52.4
88	22 Arend, Francis	180	South St Paul, MN	90	01:07:05.4	10:19	115	00:05:18.1	110	00:34:32.8	13.9	73	00:01:01.9	17	00:21:34.5	07:11	02:09:32.8	33:55.4
89	14 Jaszewski, Paul	100	Winona, MN	48	01:02:46.5	09:39	82	00:02:54.9	75	00:28:50.3	16.6	48	00:00:43.7	108	00:34:29.2	11:29	02:09:44.8	34:07.4
90	19 Anderson, John	250	Hopkins, MN	98	01:08:00.3	10:27	25	00:01:29.6	45	00:26:35.4	18.1	82	00:01:10.8	105	00:32:42.1	10:54	02:09:58.3	34:20.9
91	9 Snyder, Steven	82	Mankato, MN	125	01:14:50.8	11:30	77	00:02:42.4	64	00:27:33.0	17.4	26	00:00:30.2	48	00:25:24.3	08:28	02:11:00.8	35:23.4
92	25 Burns, Mike	49	Apple Valley, mn	108	01:09:46.4	10:44	76	00:02:39.0	78	00:29:15.1	16.4	105	00:01:32.7	76	00:28:02.5	09:20	02:11:15.8	35:38.4

Individual Triathlon			6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011				
Place	Div/Age	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	Back	
93	23	Janssen, Travis	184	Milwaukee, WI	102	01:08:14.9	10:29	87	00:03:13.0	68	00:27:54.3	17.2	75	00:01:05.5	100	00:31:34.0	10:31	02:12:01.8	36:24.5
94	26	Dybvig, Rob	128	Osceola, WI	94	01:07:28.7	10:22	97	00:03:37.9	79	00:29:16.6	16.4	112	00:01:47.9	98	00:30:43.9	10:14	02:12:55.3	37:17.9
95	15	Tews, Bill	18	Kenosha, WI	113	01:10:47.3	10:53	72	00:02:35.4	95	00:31:38.2	15.2	2	00:00:16.2	75	00:27:54.8	09:18	02:13:12.1	37:34.7
96	20	Rassmussen, Luke	194	Minneapolis, MN	115	01:11:10.1	10:56	117	00:05:30.0	80	00:29:24.5	16.3	89	00:01:19.1	58	00:25:52.4	08:37	02:13:16.3	37:38.9
97	24	Kingsley, Travis	41	Caledonia, mn	60	01:04:06.6	09:51	95	00:03:31.0	128	00:46:34.3	10.3	21	00:00:27.0	5	00:19:41.9	06:33	02:14:21.1	38:43.7
98	21	Gregerson, Aaron	67	Brooklyn Park, MN	68	01:04:30.7	09:55	93	00:03:26.9	60	00:27:24.5	17.5	119	00:02:01.2	116	00:37:20.1	12:26	02:14:43.6	39:06.2
99	25	Mccabe, Doug	179	Fountain, MN	89	01:07:02.4	10:18	123	00:06:08.0	84	00:29:44.9	16.1	97	00:01:23.3	97	00:30:41.1	10:13	02:14:59.8	39:22.5
100	16	Runningen, Dave	12	Houston, MN	82	01:05:58.1	10:08	102	00:04:03.5	72	00:28:40.2	16.7	109	00:01:38.1	112	00:35:24.9	11:48	02:15:45.1	40:07.7
101	27	Prescott, Dan	205	Pine Island, MN	65	01:04:20.7	09:53	90	00:03:18.9	93	00:31:13.3	15.4	121	00:02:07.9	111	00:35:18.6	11:46	02:16:19.6	40:42.2
102	26	Montoya, Rodolfo	260	Rochester , MN	83	01:06:01.1	10:09	16	00:01:23.3	124	00:39:03.6	12.3	38	00:00:36.3	85	00:29:21.9	09:47	02:16:26.3	40:48.9
103	22	Swing, Jesse	294	Lacrosse, WI	101	01:08:11.6	10:29	122	00:06:00.5	117	00:36:06.9	13.3	66	00:00:55.9	54	00:25:48.4	08:36	02:17:03.6	41:26.2
104	17	Foucalt, Robert	21	Minneapolis, mn	86	01:06:36.5	10:14	60	00:02:11.4	92	00:31:10.8	15.4	50	00:00:45.6	118	00:37:34.8	12:31	02:18:19.3	42:42.0
105	28	Anger, Gary	52	Apple Valley, mn	107	01:09:33.0	10:42	104	00:04:04.2	105	00:33:54.6	14.2	124	00:02:58.0	82	00:28:35.9	09:31	02:19:05.8	43:28.5
106	23	Feser, Nick	102	Shakopee, MN	75	01:05:04.8	10:00	131	00:09:47.6	96	00:31:46.3	15.1	122	00:02:09.4	94	00:30:29.5	10:09	02:19:17.8	43:40.4
107	18	Miller, Bill	23	Bayside, WI	118	01:12:09.9	11:06	57	00:02:06.6	85	00:29:58.2	16.0	52	00:00:46.1	117	00:37:20.9	12:26	02:22:21.8	46:44.4
108	19	Weisbrod, Al	94	Rollingstone, mn	112	01:10:43.2	10:52	43	00:01:55.9	94	00:31:22.9	15.3	120	00:02:05.7	113	00:36:50.4	12:16	02:22:58.3	47:20.9
109	10	Hermanson, Ted	144	Lanesboro, MN	124	01:14:45.3	11:30	88	00:03:14.3	111	00:34:37.0	13.9	44	00:00:41.7	92	00:29:53.0	09:57	02:23:11.6	47:34.2
110	24	Storck, Mike	293	Belleville, WI	100	01:08:10.7	10:29	121	00:05:59.7	116	00:36:05.4	13.3	51	00:00:46.0	103	00:32:28.8	10:49	02:23:30.8	47:53.4
111	27	Snyder, Jim	81	Mankato, MN	127	01:14:54.0	11:31	75	00:02:36.9	101	00:32:56.6	14.6	47	00:00:43.7	101	00:32:22.4	10:47	02:23:33.8	47:56.4
112	28	Nolte, Trevor	244	Minneapolis, MN	120	01:12:24.7	11:08	113	00:05:14.9	104	00:33:27.9	14.3	79	00:01:08.2	102	00:32:26.6	10:48	02:24:42.6	49:05.2
113	3	Stolen, Jim	237	Wausau, WI	88	01:06:43.3	10:15	103	00:04:03.6	57	00:27:17.0	17.6	81	00:01:09.5	125	00:45:54.5	15:18	02:25:08.1	49:30.7
114	29	Olson, Jason	267	La Crosse, WI	114	01:11:08.7	10:56	101	00:03:48.5	125	00:39:04.9	12.3	108	00:01:37.7	89	00:29:47.6	09:55	02:25:27.6	49:50.2
115	25	Miller, Adam	169	Minneapolis, MN	123	01:13:08.6	11:15	112	00:05:08.0	91	00:30:44.3	15.6	110	00:01:43.5	110	00:34:54.6	11:38	02:25:39.3	50:01.9
116	20	White, Bradley	61	Winthrop, MN	130	01:16:10.2	11:43	118	00:05:32.7	113	00:35:29.0	13.5	96	00:01:23.2	78	00:28:12.3	09:24	02:26:47.6	51:10.2
117	29	Marciniak, Steve	115	Minneapolis, MN	122	01:12:57.0	11:13	132	00:10:09.1	112	00:34:59.2	13.7	123	00:02:35.0	70	00:26:49.6	08:56	02:27:30.1	51:52.7
118	21	Goede, Bob	116	Minneapolis, MN	121	01:12:54.9	11:13	130	00:09:38.3	99	00:32:46.1	14.6	126	00:04:19.3	77	00:28:07.9	09:22	02:27:46.6	52:09.2
119	26	Beyerl, Brian	65	Rochester, MN	116	01:11:11.0	10:57	111	00:05:00.4	102	00:33:02.9	14.5	111	00:01:47.2	114	00:36:51.9	12:17	02:27:53.6	52:16.2
120	22	Schramm, Tom	143	Lanesboro, MN	126	01:14:51.2	11:30	92	00:03:22.9	115	00:35:57.5	13.3	83	00:01:12.0	107	00:33:04.7	11:01	02:28:28.6	52:51.2
121	27	Mcbroom, Tom	224	Blaine, MN	129	01:15:14.2	11:34	107	00:04:34.9	126	00:39:45.6	12.1	86	00:01:13.8	84	00:29:21.3	09:47	02:30:10.1	54:32.7
122	30	Swedberg, Brian	40	La Crescent, MN	110	01:10:09.2	10:47	15	00:01:22.4	123	00:37:56.4	12.7	62	00:00:52.3	122	00:40:20.5	13:26	02:30:41.1	55:03.7
123	28	Mcneil, Chas	153	Milaca, MN	103	01:08:47.0	10:34	108	00:04:37.4	127	00:42:45.6	11.2	84	00:01:12.7	109	00:34:30.8	11:30	02:31:53.6	56:16.2
124	23	Racer, Peter	19	Minneapolis, MN	128	01:15:05.7	11:33	100	00:03:47.2	100	00:32:51.8	14.6	69	00:00:57.3	120	00:39:16.6	13:05	02:31:58.8	56:21.4
125	4	Vesper, Al	79	Rochester, MN	97	01:07:59.1	10:27	109	00:04:52.3	122	00:37:22.0	12.8	88	00:01:18.4	123	00:40:59.6	13:39	02:32:31.6	56:54.2

Individual Triathlon			6.5 mi Canoe			Trans 1			8 mi Bike			Trans 2			3 mi Run			5/21/2011	
Place	Div/Age	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	Back	
126	31	Underferth, Jason	232		Preston, MN	95 01:07:33.7	10:23	125 00:07:06.7	114	00:35:46.4	13.4	128 00:04:56.6	121	00:39:18.7	13:06	02:34:42.3	59:04.9		
127	24	Nelson, Jim	122		Stillwater, MN	38 01:01:23.9	09:26	124 00:06:14.3	120	00:36:46.9	13.0	127 00:04:45.7	128	00:47:44.9	15:54	02:36:55.8	01:18.4		
128	32	Nickowski, Krzysztof	34		Baldwin, WI	104 01:09:19.9	10:39	114 00:05:17.7	106	00:34:03.2	14.1	85 00:01:13.4	126	00:47:22.6	15:47	02:37:17.1	01:39.7		
129	25	Onsgard, Owen	265		Houston, Mn	117 01:12:04.3	11:05	127 00:07:53.5	121	00:36:56.8	13.0	99 00:01:27.6	124	00:41:27.1	13:49	02:39:49.6	04:12.2		
130	11	O'brien, Michael	114		Red Wing, MN	133 01:17:21.1	11:54	126 00:07:44.8	119	00:36:46.0	13.1	60 00:00:49.8	119	00:38:08.4	12:42	02:40:50.3	05:12.9		
131	26	O'brien, Charles	113		Red Wing, MN	132 01:17:20.2	11:53	128 00:07:55.7	118	00:36:38.1	13.1	114 00:01:54.4	115	00:37:06.5	12:22	02:40:55.1	05:17.7		
132	30	Ramirez, Greg	28		Minneapolis, MN	134 01:17:31.7	11:55	129 00:09:35.9	109	00:34:32.4	13.9	30 00:00:33.5	127	00:47:26.3	15:48	02:49:40.1	14:02.7		
133	33	Lienke, Todd	48		Maple Grove, MN	131 01:17:12.7	11:52	110 00:04:54.2	129	00:48:14.3	10.0	90 00:01:19.6	129	00:54:15.4	18:05	03:05:56.3	30:18.9		
134	27	Ditlevson, Eric	14		St. Paul, MN	99 01:08:02.4	10:28	96 00:03:35.3	130	01:01:46.3	7.8	129 00:06:37.1	130	00:57:17.1	19:05	03:17:18.3	41:40.9		
		Rasmussen, Noah	192		Saint Paul, MN	105 01:09:21.7	10:40										DNF		
		Short, John	88		Winona, MN	42 01:02:02.2	09:32	120 00:05:41.9	43	00:26:30.7	18.1						DNF		
		Gilbertson, Andrew	248		Robbinsdale, MN												DNS		
		Kneebone, Todd	211		Duluth, MN												DNS		
		Wilsey, Timothy	181		Elk River, MN												DNS		
		Flahaven, Michael	182		Elk River, MN												DNS		
		Morgan, Tedd	189		Winona, MN												DNS		
		Kaye, Will	151		Minneapolis, MN												DNS		
		Graber-mitchell, Gabe	152		Minneapolis, MN												DNS		
		Mayry, Andy	117		Saginaw, MN												DNS		
		Rinerson, Jared	118		Ham Lake, MN												DNS		
		Lienke, Brian	90		Eden Prairie, MN												DNS		
		Leenay, Mark	91		Princeton, MN												DNS		
		Bell, Ted	92		Zimmerman, MN												DNS		
		Krom, Robin	55		Lanesboro, MN												DNS		
		Walsh, Don	58		Winona, MN												DNS		
		Lienke, Garret	37		Northfield, MN												DNS		

Womens Individual Duathlon

Division Field: 153

1		Sobeck, Kari	279		Plymouth, MN												01:48:06.2	00:00.0
2	1	Sullivan, Kathy	142		Champlin, MN	1 00:54:24.4	08:22	21 00:01:46.0	7	00:26:29.0	18.1	74 00:01:07.5	15	00:25:15.3	08:25	01:49:02.3	00:56.1	
3	1	Baumgartner, Audrey	304		Farmington, MN	2 00:57:27.8	08:50	19 00:01:43.6	2	00:24:44.5	19.4	89 00:01:27.0	16	00:25:17.8	08:25	01:50:40.8	02:34.6	
4	1	Klonowski, Jamie	271		La Crosse, Wi	6 01:00:33.7	09:19	14 00:01:34.9	3	00:24:45.8	19.4	88 00:01:26.0	5	00:22:58.9	07:39	01:51:19.6	03:13.4	
5	2	Ready, Roxanne	99		Winona, MM	11 01:02:35.3	09:37	18 00:01:43.6	5	00:25:29.2	18.8	24 00:00:36.6	4	00:22:57.0	07:39	01:53:21.8	05:15.6	
6	2	Getty, Emma	120		Plymouth, MN	3 00:58:50.7	09:03	28 00:02:16.2	12	00:27:27.2	17.5	76 00:01:09.2	9	00:23:47.0	07:55	01:53:30.5	05:24.2	
7	1	Mason, Rachel	219		Maplewood, MN	16 01:03:54.9	09:49	23 00:02:04.3	1	00:24:39.6	19.5	117 00:02:53.4	2	00:20:27.2	06:49	01:53:59.6	05:53.4	

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	Back
8	2 Flannigan, Leah	222 Roseville, MN	4	00:59:42.5	09:11	45	00:02:55.9	27	00:29:16.9	16.4	55	00:00:54.7	3	00:22:10.4	07:23	01:55:00.6	06:54.3
9	3 Clemons, Kathleen	133 Black River Falls, WI														01:55:17.0	07:10.8
10	1 Stoughtenger, Teri	73 Bangor, WI	25	01:06:20.3	10:12	66	00:03:30.6	4	00:25:01.7	19.2	85	00:01:22.0	12	00:24:46.8	08:15	02:01:01.6	12:55.3
11	3 Roberts, Katie	220 Maplewood, MN	15	01:03:54.5	09:49	12	00:01:32.2	40	00:30:30.4	15.7	14	00:00:29.9	14	00:25:09.4	08:23	02:01:36.6	13:30.4
12	4 Morgan, Sondra	198 Houston, MN	23	01:05:34.8	10:05	3	00:01:06.6	16	00:28:10.3	17.0	79	00:01:18.9	20	00:25:37.6	08:32	02:01:48.3	13:42.1
13	3 Nelson, Heather	132 Stillwater, MN	10	01:02:28.9	09:36	35	00:02:32.0	41	00:30:41.3	15.6	29	00:00:42.8	26	00:26:07.1	08:42	02:02:32.3	14:26.1
14	2 Marley, Karla	111 Trempealeau, WI	24	01:05:53.4	10:08	22	00:01:56.0	23	00:28:37.9	16.8	56	00:00:55.2	18	00:25:23.9	08:27	02:02:46.6	14:40.3
15	3 Priebe, Barbara	83 Shakopee, Mn														02:03:23.2	15:17.0
16	4 Kolberg, Darlene	156 Woodbury, mn	48	01:08:59.5	10:36	39	00:02:40.1	6	00:25:42.9	18.7	80	00:01:19.0	17	00:25:21.9	08:27	02:04:03.6	15:57.3
17	5 Weiss, Jodi	3 Cedar Rapids, IA	42	01:08:24.5	10:31	5	00:01:14.7	17	00:28:12.6	17.0	30	00:00:43.7	23	00:25:53.8	08:37	02:04:29.3	16:23.1
18	4 Tebrake, Lindsey	249 Shakopee, MN	34	01:08:01.4	10:27	20	00:01:45.5	21	00:28:34.7	16.8	10	00:00:23.6	25	00:25:58.2	08:39	02:04:43.6	16:37.3
19	5 Weiss, Tiana	4 Madison, WI	41	01:08:21.7	10:31	4	00:01:12.7	44	00:31:09.7	15.4	6	00:00:19.0	10	00:24:14.5	08:04	02:05:17.8	17:11.6
20	4 Thompson, Katie	270 Mantorville, MN	20	01:04:26.6	09:54	102	00:05:10.1	43	00:30:51.4	15.6	108	00:02:00.5	7	00:23:06.9	07:42	02:05:35.6	17:29.3
21	6 Zonnefeld, Cassie	161 St. Paul, MN	8	01:01:59.2	09:32	52	00:03:13.2	53	00:32:35.7	14.7	20	00:00:34.7	37	00:27:16.2	09:05	02:05:39.1	17:32.9
22	7 Tremblay, Elizabeth	173 Minneapolis, MN	43	01:08:33.2	10:32	25	00:02:04.9	9	00:26:43.2	18.0	82	00:01:20.5	35	00:27:14.6	09:04	02:05:56.6	17:50.4
23	8 Anderson, Carrie	283 New Ulm, MN	53	01:09:14.3	10:39	33	00:02:27.3	26	00:29:09.3	16.5	53	00:00:54.0	11	00:24:15.0	08:05	02:06:00.1	17:53.9
24	9 Burnham, Kimberly	149 Minneapolis, MN	50	01:09:10.7	10:38	48	00:02:59.7						22	00:25:42.5		02:06:09.8	18:03.6
25	10 Pfister, Meredith	174 Minneapolis, MN	44	01:08:35.0	10:33	13	00:01:34.7	32	00:29:48.7	16.1	57	00:00:55.7	21	00:25:40.6	08:33	02:06:34.8	18:28.6
26	6 Tollefsrud, Sarah	284 Mabel, MN	55	01:09:19.7	10:39	57	00:03:18.1	37	00:30:09.9	15.9	15	00:00:30.2	8	00:23:19.7	07:46	02:06:37.8	18:31.6
27	11 O'donnell, Jenelle	187 Rushford, MN	17	01:04:08.5	09:52	27	00:02:08.4	47	00:31:22.9	15.3	95	00:01:36.6	43	00:28:00.2	09:20	02:07:16.8	19:10.6
28	12 Knutson, Jamie	230 South Saint Paul,	36	01:08:03.4	10:28	82	00:04:07.5	19	00:28:26.3	16.9	49	00:00:51.7	28	00:26:09.8	08:43	02:07:38.8	19:32.6
29	13 Booker, Meghan	229 Minneapolis, MN	38	01:08:04.8	10:28	77	00:04:02.1	24	00:28:38.3	16.8	31	00:00:43.9	29	00:26:19.4	08:46	02:07:48.6	19:42.3
30	5 Harreld, Lisa	26 New Brighton, MN	56	01:09:31.4	10:41	26	00:02:08.3	28	00:29:24.8	16.3	34	00:00:45.4	30	00:26:25.7	08:48	02:08:15.8	20:09.5
31	7 Kramer, Lori	8 Atkins, IA	37	01:08:03.5	10:28	30	00:02:18.2	39	00:30:29.6	15.7	16	00:00:32.0	42	00:27:57.1	09:19	02:09:20.6	21:14.4
32	8 Kerska, Tawnie	7 Cedar Rapids, IA	33	01:08:00.6	10:27	29	00:02:18.1	38	00:30:11.0	15.9	54	00:00:54.2	46	00:28:12.6	09:24	02:09:36.6	21:30.4
33	6 Niemeier, Alea	10 Cedar Rapids , IA	64	01:09:51.8	10:44	31	00:02:21.4	22	00:28:35.6	16.8	98	00:01:37.7	36	00:27:14.9	09:04	02:09:41.6	21:35.4
34	9 Schmitz, Anje	282 Sparta, WI	32	01:07:52.0	10:26	59	00:03:20.6	56	00:33:06.1	14.5	4	00:00:17.8	24	00:25:55.4	08:38	02:10:32.1	22:25.9
35	7 Marley, Sharon	107 Ferryville, WI	122	01:16:20.0	11:44	9	00:01:23.1	15	00:27:45.3	17.3	2	00:00:16.8	13	00:24:49.1	08:16	02:10:34.6	22:28.3
36	10 Eichten, Sara	16 Somerset, WI	100	01:13:52.1	11:21	2	00:01:05.5	48	00:31:40.2	15.2	59	00:00:56.4	6	00:23:00.4	07:40	02:10:34.8	22:28.6
37	2 Tebrake, Laurie	70 Shakopee, MN	12	01:03:04.4	09:42	34	00:02:30.7	49	00:31:48.8	15.1	92	00:01:31.3	68	00:31:47.2	10:35	02:10:42.6	22:36.4
38	11 Racquel, Kuehn	106 Minneapolis, MN	21	01:04:45.1	09:57											02:10:42.6	22:36.4
39	14 Hannon, Erin	135 Eagan, MN	95	01:13:34.9	11:19											02:10:51.8	22:45.6
40	12 Peterson, Kristina	155 St. Mary's Point, MN	49	01:09:02.3	10:37	84	00:04:12.3	8	00:26:31.8	18.1	93	00:01:31.9	55	00:29:37.8	09:52	02:10:56.3	22:50.1

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	Back
41	8 Gardner, Lisa	9 Toddville, IA	65	01:09:52.1	10:44	56	00:03:17.8	13	00:27:39.8	17.4	68	00:01:02.0	52	00:29:26.2	09:48	02:11:18.1	23:11.8
42	3 Miller, Val	24 Bayside, WI	81	01:12:14.0	11:06	15	00:01:36.2	30	00:29:31.2	16.3	12	00:00:29.6	44	00:28:08.7	09:22	02:11:59.9	23:53.6
43	15 Young, Lindsay	43 Rochester, MN	63	01:09:51.7	10:44	76	00:03:58.7	52	00:32:22.5	14.8	26	00:00:39.0	19	00:25:33.5	08:31	02:12:25.6	24:19.3
44	9 Griebenow, Linda	35 Rochester, MN	14	01:03:45.3	09:48	8	00:01:22.9	60	00:33:12.3	14.5	94	00:01:36.4	73	00:32:31.1	10:50	02:12:28.1	24:21.9
45	5 Ness, Kylee	298 Houston, MN	19	01:04:09.3	09:52	32	00:02:26.6	98	00:37:55.0	12.7	3	00:00:17.6	41	00:27:56.9	09:18	02:12:45.6	24:39.3
46	16 Hannon, Megan	136 Eagan, MN	94	01:13:34.5	11:19	46	00:02:56.8	14	00:27:43.9	17.3	83	00:01:20.6	40	00:27:54.7	09:18	02:13:30.8	25:24.6
47	13 Stolen, Kira	238 New Brighton, MN	28	01:06:41.6	10:15	75	00:03:55.1	58	00:33:07.9	14.5	25	00:00:37.4	50	00:29:18.9	09:46	02:13:41.1	25:34.9
48	14 Jordan, Bridgit	213 Minneapolis, MN	26	01:06:34.3	10:14	51	00:03:12.8	69	00:34:28.2	13.9	109	00:02:07.2	45	00:28:11.1	09:23	02:14:33.8	26:27.6
49	4 Kampa, Kathleen	22 Minneapolis, mn	27	01:06:38.9	10:15											02:14:43.9	26:37.7
50	10 Schramm, Barb	145 Lanesboro, MN	30	01:07:46.2	10:25	37	00:02:32.7	33	00:29:53.4	16.1	9	00:00:21.2	83	00:34:35.4	11:31	02:15:09.1	27:02.8
51	17 Mullikin, Ashley	177 Minneapolis, mn	73	01:10:44.7	10:53	38	00:02:37.9	25	00:28:56.3	16.6	1	00:00:12.3	76	00:32:59.1	10:59	02:15:30.6	27:24.4
52	18 Nelson, Kelsey	183 Milwaukee, wi	40	01:08:15.2	10:30	63	00:03:27.4	46	00:31:21.8	15.3	47	00:00:50.3	69	00:31:55.4	10:38	02:15:50.3	27:44.1
53	15 Burns, Sue	50 Apple Valley, mn	60	01:09:48.9	10:44	47	00:02:57.8	18	00:28:12.9	17.0	91	00:01:27.9	80	00:33:49.5	11:16	02:16:17.1	28:10.8
54	16 Aamot, Jessica	256 St Paul, mn	79	01:11:42.0	11:01	54	00:03:14.4	68	00:34:26.0	13.9	11	00:00:29.0	34	00:27:06.8	09:02	02:16:58.3	28:52.1
55	11 Dalnes, Cathy	255 New Brighton, mn	78	01:11:38.1	11:01	55	00:03:15.6	71	00:34:41.4	13.8	5	00:00:18.9	33	00:27:04.2	09:01	02:16:58.3	28:52.1
56	17 Matuza, Emily	108 Shakopee, MN	123	01:16:22.2	11:44	7	00:01:19.2	34	00:29:56.7	16.0	28	00:00:42.6	48	00:29:07.7	09:42	02:17:28.6	29:22.3
57	19 Wypyszynski, Kati	1 Eagan, MN	70	01:10:29.4	10:50	74	00:03:51.2	57	00:33:06.1	14.5	18	00:00:34.4	54	00:29:35.2	09:51	02:17:36.6	29:30.3
58	6 Anderson, Lindsay	286 Mabel, MN	67	01:10:11.7	10:47	36	00:02:32.4	72	00:34:42.2	13.8	19	00:00:34.6	57	00:29:53.2	09:57	02:17:54.3	29:48.1
59	18 Jacobson, Jennifer	6 Cedar Rapids, IA	121	01:16:17.9	11:44	10	00:01:26.7	31	00:29:47.4	16.1	8	00:00:21.1	63	00:30:48.4	10:16	02:18:41.8	30:35.6
60	20 Abel, Sharon	170 Minneapolis, MN	89	01:13:10.8	11:15	81	00:04:07.2	10	00:26:48.2	17.9	113	00:02:27.1	70	00:32:18.9	10:46	02:18:52.3	30:46.1
61	12 Anger, Lori	51 Apple Valley, mn	57	01:09:35.4	10:42	80	00:04:06.5	63	00:33:59.5	14.1	115	00:02:49.4	47	00:28:35.1	09:31	02:19:06.1	30:59.8
62	19 Swedberg, Danielle	39 La Crescent, MN	66	01:10:07.3	10:47	6	00:01:16.6	70	00:34:40.4	13.8	61	00:00:57.0	77	00:33:11.9	11:03	02:20:13.3	32:07.1
63	20 Marley, Kari	59 Trempealeau, WI	90	01:13:17.7	11:16	24	00:02:04.9	74	00:34:53.7	13.8	27	00:00:40.1	53	00:29:27.0	09:49	02:20:23.6	32:17.4
64	5 Mason, Susan	216 Maplewood, MN	5	01:00:30.5	09:18	60	00:03:21.7	80	00:35:28.0	13.5	114	00:02:44.7	104	00:38:42.3	12:54	02:20:47.3	32:41.1
65	21 Hiniker, Leah	227 Minneapoils, MN	102	01:14:04.8	11:23	49	00:03:00.1	11	00:26:50.8	17.9	128	00:05:55.3	66	00:31:23.2	10:27	02:21:14.3	33:08.1
66	21 Klenke, Tami	104 Le Sueur, MN	110	01:15:07.2	11:33	125	00:08:15.2	97	00:37:46.7	12.7	101	00:01:41.7	1	00:18:38.8	06:12	02:21:29.8	33:23.6
67	22 Helders-pevan, Stacey	15 Hudson, WI	101	01:13:52.3	11:21	1	00:01:05.1	87	00:36:33.5	13.1	42	00:00:49.0	49	00:29:14.5	09:44	02:21:34.6	33:28.4
68	13 Seeley, Christine	60 Prairie Du Chien, WI	91	01:13:19.9	11:16	40	00:02:43.2	67	00:34:16.4	14.0	72	00:01:04.4	64	00:30:50.9	10:16	02:22:15.1	34:08.9
69	22 Burns, Jessica	96 Shakopee, MN	46	01:08:48.9	10:35	99	00:05:07.3	73	00:34:45.7	13.8	87	00:01:23.4	75	00:32:55.4	10:58	02:23:00.8	34:54.6
70	6 Polus, Marybeth	54 Winona, MN	69	01:10:24.2	10:49	117	00:06:24.6	36	00:30:08.1	15.9	63	00:00:57.5	87	00:35:17.6	11:45	02:23:12.1	35:05.9
71	23 White, Heather	228 Minneapolis, MN	103	01:14:11.3	11:24	107	00:05:18.8	51	00:32:15.0	14.9	65	00:00:57.7	62	00:30:42.7	10:14	02:23:25.8	35:19.6
72	23 Feser, Stacey	101 Le Sueur, MN	22	01:05:09.2	10:01	132	00:09:40.9	102	00:38:13.7	12.6	122	00:03:26.9	38	00:27:36.9	09:12	02:24:07.8	36:01.6
73	24 Wiste, Molly	53 Pine River, MN	68	01:10:22.1	10:49	83	00:04:08.8	61	00:33:18.6	14.4	7	00:00:19.5	94	00:36:09.4	12:03	02:24:18.6	36:12.3

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	Back	
74	14 Holter, Kimberly	289	Hokah, MN	105	01:14:33.4	11:28	86	00:04:35.2	65	00:34:08.6	14.1	23	00:00:36.3	60	00:30:28.7	10:09	02:24:22.3	36:16.1
75	15 Strese, Michelle	276	Edina, MN	59	01:09:40.9	10:43	95	00:04:57.0	45	00:31:10.4	15.4	62	00:00:57.3	98	00:37:55.5	12:38	02:24:41.3	36:35.1
76	16 Kastan, Sarah	275	Edina, MN	58	01:09:38.5	10:42	92	00:04:52.7	35	00:29:59.4	16.0	112	00:02:14.6	100	00:37:57.7	12:39	02:24:43.1	36:36.8
77	24 Nolte, Lisa	243	Minneapolis, MN														02:24:43.9	36:37.7
78	25 Smith, Jennifer	252	Mantorville, MN	87	01:12:37.6	11:10	94	00:04:54.6	62	00:33:42.8	14.2	50	00:00:52.2	74	00:32:37.1	10:52	02:24:44.3	36:38.1
79	26 Podany, Jen	251	Blaine, MN	88	01:12:40.0	11:10	108	00:05:20.8	59	00:33:11.2	14.5	70	00:01:02.5	72	00:32:30.3	10:50	02:24:45.1	36:38.9
80	25 Brozyna, Crystal	268	La Crosse, WI	75	01:11:07.2	10:56	73	00:03:46.2	110	00:39:06.5	12.3	100	00:01:39.3	56	00:29:47.9	09:55	02:25:27.3	37:21.1
81	27 Betthausen, Tanya	42	Rushford, mn	18	01:04:08.5	09:52	67	00:03:32.1	128	00:46:29.6	10.3	41	00:00:48.7	65	00:30:51.7	10:17	02:25:50.8	37:44.6
82	26 Lehmann, Whitney	200	South Milwaukee,	98	01:13:40.9	11:20	100	00:05:07.5	50	00:32:11.1	14.9	22	00:00:35.5	84	00:34:42.4	11:34	02:26:17.6	38:11.4
83	17 Blaszkowski, Karen	172	Marshfield, WI	96	01:13:39.7	11:19	85	00:04:32.5	42	00:30:49.8	15.6	17	00:00:33.4	97	00:36:53.1	12:17	02:26:28.6	38:22.3
84	18 Ryan, Kate	158	Plymouth, mn	109	01:15:04.4	11:32	64	00:03:27.5	20	00:28:30.6	16.8	103	00:01:43.3	99	00:37:55.9	12:38	02:26:41.8	38:35.6
85	28 Coscarelli Lutes, Melinda	146	Harmony, MN	35	01:08:01.7	10:27	53	00:03:13.2	105	00:38:44.0	12.4	13	00:00:29.9	95	00:36:14.7	12:04	02:26:43.6	38:37.4
86	27 Beyerl, Randi	66	Rochester, MN	76	01:11:09.7	10:56	105	00:05:13.2	77	00:35:13.2	13.6	58	00:00:55.9	81	00:34:16.7	11:25	02:26:48.8	38:42.6
87	28 Hutton, Ambria	95	Le Sueur, MN	47	01:08:50.3	10:35	133	00:10:56.6	103	00:38:15.9	12.5	123	00:03:27.7	27	00:26:08.9	08:42	02:27:39.6	39:33.3
88	1 Vesper, Bonnie	80	Rochester, MN	31	01:07:50.0	10:26	103	00:05:10.1	78	00:35:15.7	13.6	66	00:00:57.8	102	00:38:31.8	12:50	02:27:45.6	39:39.4
89	7 Kampa-tews, Janice	17	Kenosha, WI	74	01:10:50.1	10:53	50	00:03:10.1	75	00:34:59.1	13.7	21	00:00:35.2	101	00:38:25.2	12:48	02:27:59.8	39:53.6
90	29 Midtlien, Barb	2	Oconomowoc, wi	71	01:10:36.0	10:51	68	00:03:35.7	64	00:34:07.9	14.1	71	00:01:02.6	105	00:39:00.3	13:00	02:28:22.6	40:16.3
91	8 Olson, Gloria	20	Minneapolis, MN	112	01:15:15.8	11:34	72	00:03:44.8	54	00:32:46.1	14.6	67	00:00:58.8	91	00:35:48.7	11:56	02:28:34.3	40:28.1
92	30 Gregerson, Kacey	62	Brooklyn Park, MN	119	01:16:09.2	11:42	114	00:05:36.7	79	00:35:27.6	13.5	86	00:01:22.3	58	00:30:09.9	10:03	02:28:45.8	40:39.6
93	29 Wiebel, Shawna	5	Cedar Rapids, IA	120	01:16:15.1	11:43	11	00:01:32.1	83	00:36:10.4	13.3	40	00:00:47.8	85	00:34:49.0	11:36	02:29:34.6	41:28.4
94	30 Prigge, Jennifer	274	Zumbrota, MN	129	01:18:48.9	12:07	131	00:09:40.6	29	00:29:26.7	16.3	124	00:04:03.4	39	00:27:38.7	09:12	02:29:38.6	41:32.3
95	31 Forrest, Andrea	97	New Richmond, WI	106	01:14:41.8	11:29	128	00:08:34.8	89	00:36:53.3	13.0	119	00:03:02.0	31	00:26:45.2	08:55	02:29:57.3	41:51.1
96	32 Heins, Stephanie	98	Rochester, MN	107	01:14:43.1	11:29	129	00:08:35.3	88	00:36:53.0	13.0	118	00:03:01.2	32	00:26:47.4	08:55	02:30:00.1	41:53.9
97	33 Mcbroom, Tammy	223	Blaine, MN	111	01:15:12.2	11:34	87	00:04:36.2	112	00:39:49.4	12.1	77	00:01:10.1	51	00:29:22.0	09:47	02:30:10.1	42:03.9
98	34 Koewler, Sheila	124	Duluth, mn	125	01:17:16.2	11:53	106	00:05:13.5	93	00:37:17.9	12.9	33	00:00:45.0	61	00:30:29.1	10:09	02:31:01.8	42:55.6
99	9 Nelson, Nancy	121	Stillwater, MN	7	01:01:23.1	09:26	116	00:06:13.6	92	00:37:17.8	12.9	125	00:04:15.4	115	00:42:06.1	14:02	02:31:16.1	43:09.8
100	31 Pugliese, Danielle	150	Minneapolis, MN	52	01:09:12.8	10:38	96	00:05:00.1	86	00:36:12.7	13.3	73	00:01:07.1	110	00:39:54.8	13:18	02:31:27.6	43:21.4
101	35 Burns, Jennifer	103	Le Sueur, MN														02:31:30.6	43:24.3
102	32 Mcneil, Amy	154	Milaca, MN	45	01:08:45.9	10:34	104	00:05:12.2	120	00:42:18.4	11.3	69	00:01:02.3	82	00:34:34.6	11:31	02:31:53.6	43:47.3
103	33 Gulsvig, Jennifer	225	La Crosse, WI	113	01:15:21.8	11:35	61	00:03:24.3	101	00:38:11.6	12.6	84	00:01:21.6	89	00:35:21.3	11:47	02:33:40.8	45:34.6
104	19 Johnson, Terri	226	La Crosse, WI	114	01:15:23.3	11:35	58	00:03:19.6	107	00:38:50.0	12.4	39	00:00:47.7	88	00:35:20.0	11:46	02:33:40.8	45:34.6
105	36 Swing, Catherine	295	La Crosse, WI	135	01:20:44.5	12:25	88	00:04:41.1	99	00:38:06.8	12.6	44	00:00:49.3	59	00:30:17.4	10:05	02:34:39.3	46:33.1
106	37 Dickens, Stefanie	231	Preston, MN	29	01:07:36.0	10:24	119	00:07:02.2	111	00:39:36.7	12.1	75	00:01:08.1	108	00:39:18.9	13:06	02:34:42.1	46:35.8

Individual Triathlon			6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011				
Place	Div/Age	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish	Back	
107	34	Slivinski, Ericka	140	Rochester, MN	116	01:15:45.2	11:39	90	00:04:50.4	94	00:37:35.1	12.8	120	00:03:03.5	78	00:33:31.2	11:10	02:34:45.6	46:39.4
108	38	Stockler, Katie	139	Rochester, MN	117	01:15:46.5	11:39	89	00:04:50.3	109	00:38:55.9	12.3	102	00:01:42.5	79	00:33:38.1	11:12	02:34:53.6	46:47.4
109	39	Rasmussen, Katie	193	Minneapolis, MN	77	01:11:10.4	10:56	111	00:05:27.0	91	00:36:56.9	13.0	35	00:00:45.4	113	00:40:35.9	13:31	02:34:55.8	46:49.6
110	40	Burns, Sara	191	Saint Paul, MN	51	01:09:12.5	10:38	124	00:07:26.9	90	00:36:55.8	13.0	32	00:00:44.9	112	00:40:35.8	13:31	02:34:56.1	46:49.8
111	41	Rooney, Jessica	202	Rochester, MN	84	01:12:25.5	11:08	121	00:07:07.1	96	00:37:42.4	12.7	52	00:00:53.4	103	00:38:36.9	12:52	02:36:45.6	48:39.3
112	10	Prater, Cheryl	130	Pewaukee, WI	85	01:12:28.6	11:09	70	00:03:40.6	84	00:36:11.7	13.3	45	00:00:50.1	118	00:43:44.0	14:34	02:36:55.1	48:48.9
113	11	Dahl, Stephanie	129	Pewaukee, WI	86	01:12:31.7	11:09	71	00:03:41.7	82	00:36:06.7	13.3	46	00:00:50.2	119	00:43:44.9	14:34	02:36:55.4	48:49.1
114	35	Nickowski, Jennifer	33	Baldwin, WI	54	01:09:19.4	10:39	97	00:05:01.7	66	00:34:16.3	14.0	78	00:01:15.4	124	00:47:24.2	15:48	02:37:17.3	49:11.1
115	20	Emerson, Sherry	300	Winona, MN	61	01:09:51.1	10:44	42	00:02:51.0	124	00:44:01.1	10.9	90	00:01:27.5	107	00:39:14.5	13:04	02:37:25.3	49:19.1
116	21	Fisk , Diane	299	Cumberland , WI	62	01:09:51.3	10:44	43	00:02:51.0	125	00:44:36.7	10.8	51	00:00:52.4	106	00:39:14.1	13:04	02:37:25.8	49:19.6
117	36	Horneck, Kari	85	Minnetonka, MN	132	01:20:28.2	12:22	126	00:08:26.2	81	00:35:47.9	13.4	81	00:01:19.6	67	00:31:27.7	10:29	02:37:29.8	49:23.6
118	22	Daul-elhindi, Carol	171	Winona, MN	99	01:13:42.7	11:20	109	00:05:26.0	115	00:41:42.2	11.5	105	00:01:45.5	86	00:35:06.3	11:42	02:37:42.8	49:36.6
119	37	Hudalla, Marie	241	Maple Grove, mn	82	01:12:14.5	11:06	113	00:05:35.9	55	00:33:06.1	14.5	130	00:09:56.3	109	00:39:27.8	13:09	02:40:20.8	52:14.6
120	38	Lienke, Kelly	47	Maple Grove, MN	124	01:17:12.8	11:52	44	00:02:55.6	127	00:46:17.5	10.4	111	00:02:12.3	71	00:32:19.7	10:46	02:40:58.1	52:51.9
121	42	Storck, Jess	296	Belleville, WI	134	01:20:43.5	12:25	78	00:04:04.6	106	00:38:45.9	12.4	37	00:00:47.6	96	00:36:46.0	12:15	02:41:07.8	53:01.6
122	39	Shrode, Sara	242	Maple Grove, mn	83	01:12:20.6	11:07	112	00:05:33.3	114	00:41:15.6	11.6	104	00:01:43.6	111	00:40:16.6	13:25	02:41:09.8	53:03.6
123	23	Kosel, Mary	288	Minnesota City, mn	131	01:20:07.5	12:19	17	00:01:43.4	119	00:42:08.7	11.4	97	00:01:37.7	92	00:36:05.7	12:01	02:41:43.1	53:36.8
124	12	Waterbury, Theresa	287	Minnestoa City, mn	130	01:20:03.6	12:19	16	00:01:41.2	118	00:42:03.2	11.4	106	00:01:48.9	93	00:36:06.3	12:02	02:41:43.3	53:37.1
125	40	Hegland, Melissa	148	Minneapolis, MN	136	01:22:14.9	12:39	118	00:06:31.0	100	00:38:07.7	12.6	38	00:00:47.7	90	00:35:30.4	11:50	02:43:11.8	55:05.6
126	24	Vetsch, Sarah	290	Hokah, MN	104	01:14:32.7	11:28	93	00:04:52.9	108	00:38:53.9	12.3	36	00:00:46.0	123	00:45:41.6	15:13	02:44:47.3	56:41.1
127	43	Toavs, Melissa	157	South St. Paul, mn	108	01:15:03.6	11:32	62	00:03:25.8	104	00:38:23.1	12.5	48	00:00:50.7	125	00:48:02.0	16:00	02:45:45.3	57:39.1
128	44	Meeks, Jyme	199	Houston, Mn	97	01:13:40.2	11:20	91	00:04:52.4	117	00:41:51.5	11.5	43	00:00:49.1	121	00:44:49.6	14:56	02:46:03.1	57:56.8
129	13	Horan, Nancy	27	Minneapolis, MN	127	01:17:24.6	11:54	41	00:02:48.3	113	00:39:50.7	12.0	110	00:02:09.2	120	00:44:10.7	14:43	02:46:23.6	58:17.4
130	45	Gunderson, Michelle	123	Saint Cloud, MN	126	01:17:20.8	11:53	101	00:05:09.6	123	00:43:53.0	10.9	64	00:00:57.7	114	00:41:18.1	13:46	02:48:39.3	00:33.1
131	25	Forseth, Sandy	175	Bloomington, MN	115	01:15:44.6	11:39	98	00:05:06.8	85	00:36:11.9	13.3	121	00:03:05.9	126	00:49:29.2	16:29	02:49:38.6	01:32.3
132	26	Onsgard, Lisa	266	Houston, Mn	80	01:12:00.1	11:04	123	00:07:17.9	122	00:43:22.4	11.1	107	00:01:51.5	122	00:45:29.7	15:09	02:50:01.8	01:55.6
133	14	Grzeskowiak, Susan	176	Coon Rapids, MN	118	01:15:47.0	11:39	79	00:04:05.6								02:52:12.2	04:06.0	
134	15	Weisbrod, Angel	93	Rollingstone, mn	72	01:10:38.8	10:52	69	00:03:39.6	130	00:52:26.4	9.2	116	00:02:51.7	117	00:42:45.6	14:15	02:52:22.3	04:16.1
135	27	Pollitt, Lucy	273	Zumbrota, MN	128	01:18:48.0	12:07	130	00:09:34.3	121	00:42:23.9	11.3	60	00:00:57.0	116	00:42:08.9	14:02	02:53:52.3	05:46.1
136	16	Hegland, Deb	147	Winona, MN	137	01:22:15.9	12:39	115	00:06:12.7	95	00:37:35.7	12.8	96	00:01:37.0	127	00:49:32.2	16:30	02:57:13.8	09:07.6
137	28	Chapel-albrecht, Laurie	72	Houston, MN	93	01:13:31.9	11:18	120	00:07:06.7	129	00:46:47.4	10.3	126	00:04:40.2	128	00:49:51.2	16:37	03:01:57.6	13:51.3
138	41	Chapel, Melanie	71	Houston, MN	92	01:13:30.6	11:18	122	00:07:07.6	126	00:45:55.9	10.5	127	00:05:26.8	129	00:49:57.0	16:39	03:01:58.1	13:51.9
139	2	Gabler, Charlene	13	St. Paul, MN	39	01:08:11.4	10:29	65	00:03:30.0	131	01:01:42.1	7.8	129	00:06:37.1	130	00:57:16.3	19:05	03:17:17.1	29:10.9

Individual Triathlon		6.5 mi Canoe			Trans 1		8 mi Bike			Trans 2		3 mi Run		5/21/2011	Back	
Place	Name	Bib	PL	Canoe	Pace m/mi	PL	Trans 1	PL	Bike	Pace mph	PL	Trans 2	PL	Run	Pace m/mi	Finish
	Lane, Shawna	162		Minnetonka, MN	9	01:02:00.8	09:32									DNF
	Spende, Emily	86		Lanesboro, MN	133	01:20:28.9	12:22	127	00:08:27.5	116	00:41:46.0	11.5				DNF
	Day, Amy	32		St Cloud, MN	13	01:03:15.9	09:43	110	00:05:26.8	76	00:35:09.1	13.7	99	00:01:38.3		DNF
	Gilbertson, Emily	247		Robbinsdale, MN												DNS
	Cook, Susan	212		Duluth, MN												DNS
	Morgan, Tracy	190		Winona, MN												DNS
	Broz, Pamela	159		Minneapolis, MN												DNS
	Halabrin, Judith	160		St. Paul, MN												DNS
	Speck, Barbara	137		Viroqua, WI												DNS
	Thompson, Cathy	138		Caledonia, MN												DNS
	Lienke, Valerie	89		Eden Prairie, MN												DNS
	Krom, Bethany	56		Lanesboro, MN												DNS
	Walsh, Ruth	57		Winona, MN												DNS
	Lienke, Robin	38		Apple Valley, mn												DNS