

**TREADMAN DUATHLON**  
 September 2, 2006  
 Douglas, Minnesota

**5 K Run - 30 K Bike - 2 M Run**

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	BIKE plc	BIKE time	mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	1/17			Mark Carey	Rochester	MN	35	M	12	18:51	6:04	0:12	1	45:07	24.8	0:25	5	11:49	5:55	1:16:21
2	1/13			Peter Guidinger	Winona	MN	44	M	1	17:23	5:36	0:48	3	47:05	23.8	0:49	3	11:38	5:49	1:17:40
3	1/12			Mike Kilcoyne	Long Lake	MN	48	M	9	18:21	5:55	0:18	4	48:21	23.1	0:24	9	12:17	6:09	1:19:38
4	1/7			Jesse Nelson	Red Wing	MN	30	M	2	17:30	5:38	0:27	9	50:01	22.4	0:28	2	11:35	5:48	1:19:59
5	1/8			Michael Gruba	Rochester	MN	28	M	6	17:58	5:47	0:26	6	49:35	22.6	0:24	7	12:02	6:01	1:20:23
6	2/8			Jason Sinnwell	Rochester	MN	28	M	4	17:48	5:44	0:49	8	49:59	22.4	0:36	4	11:40	5:50	1:20:50
7	2/13			Patrick Acciani	Minneapolis	MN	42	M	3	17:41	5:42	0:25	13	50:52	22.0	0:28	6	11:51	5:56	1:21:13
8	1/3			Christopher Koch	Rochester	MN	24	M	13	19:13	6:11	0:22	7	49:42	22.5	0:46	11	12:40	6:20	1:22:40
9	3/8			Joe Moyer	Rochester	MN	28	M	34	21:55	7:03	0:47	2	46:59	23.8	0:56	22	13:57	6:59	1:24:33
10	2/12			James Hannon	Rochester	MN	48	M	5	17:49	5:44	0:31	22	54:18	20.6	0:27	10	12:24	6:12	1:25:28
11	2/17			Mario Minelli	Kasson	MN	35	M	25	20:57	6:45	0:44	5	49:13	22.7	0:58	28	14:27	7:14	1:26:19
12	3/13			Scott Smith	Minnetonka	MN	40	M	22	20:46	6:42	0:30	12	50:43	22.1	0:26	24	14:05	7:03	1:26:29
13	4/8			Mehdi Addadi	Bloomington	MN	28	M	11	18:51	6:04	0:45	17	53:09	21.0	0:42	17	13:15	6:38	1:26:40
14	3/17			Mitch Baures	Rochester	MN	35	M	23	20:51	6:43	0:44	14	51:20	21.8	0:39	13	13:10	6:35	1:26:41
15	2/3			Collin Bredeson	Minneapolis	MN	24	M	7	18:16	5:53	0:52	31	56:00	20.0	0:36	1	11:06	5:33	1:26:48
16	3/12			Mike Evans	Lino Lakes	MN	48	M	8	18:19	5:54	0:58	19	53:33	20.9	1:22	12	12:43	6:22	1:26:53
17	4/17			Todd Huyber	Oronoco	MN	37	M	28	21:28	6:55	0:25	10	50:08	22.3	0:41	27	14:25	7:13	1:27:06
18	5/17			John Kretschmer	Circle Pines	MN	36	M	17	19:51	6:24	0:39	20	53:55	20.7	0:32	21	13:37	6:49	1:28:31
19	2/7			Gaio Lakin	Minneapolis	MN	33	M	10	18:29	5:57	1:52	26	55:17	20.2	1:15	8	12:12	6:06	1:29:02
20	1/5			Ken Mogren	Winona	MN	58	M	36	22:00	7:05	0:46	11	50:25	22.2	0:52	41	15:10	7:35	1:29:11
21	1/5			Shelley Nelson	Eden Prairie	MN	27	F	24	20:55	6:44	0:38	15	52:53	21.1	0:48	25	14:06	7:03	1:29:18
22	4/13			Dan Kline	Maplewood	MN	41	M	21	20:43	6:40	0:36	18	53:23	21.0	0:43	38	14:57	7:29	1:30:19
23	1/3			Emily Shoop	Minneapolis	MN	24	F	20	20:41	6:40	0:39	27	55:33	20.1	0:24	16	13:13	6:37	1:30:28
24	3/7			Stephen Weigand	Rochester	MN	34	M	16	19:42	6:21	0:36	33	56:16	19.9	0:35	19	13:25	6:43	1:30:32
25	4/12			Brad Kautz	Rochester	MN	49	M	14	19:41	6:20	1:31	24	54:58	20.3	1:22	18	13:15	6:38	1:30:44
26	5/12			Matt Kingsbury	Lewiston	MN	49	M	15	19:42	6:21	0:53	32	56:07	19.9	1:09	14	13:12	6:36	1:31:00
27	1/9			Tracie Kent	Shafer	MN	32	F	37	22:06	7:07	1:13	21	54:01	20.7	0:45	23	13:58	6:59	1:32:02
28	6/12			Darren Carroll	Minneapolis	MN	45	M	19	20:40	6:39	1:02	37	57:42	19.4	0:44	20	13:31	6:46	1:33:36
29	7/12			Chuck Heisick	St Cloud	MN	47	M	50	23:42	7:38	0:51	16	53:02	21.1	0:44	50	15:54	7:57	1:34:12
30	6/17			Tj Ross	Minneapolis	MN	37	M	31	21:51	7:02	0:48	23	54:44	20.4	0:49	54	16:08	8:04	1:34:18
31	2/5			Ann Moyer	Rochester	MN	26	F	41	22:34	7:16	1:08	29	55:51	20.0	0:46	37	14:57	7:29	1:35:13
32	4/7			Mike Brookman	Mantorville	MN	32	M	38	22:09	7:08	1:37	28	55:49	20.0	1:03	33	14:46	7:23	1:35:22
33	1/6			Greg Hagen	Rochester	MN	52	M	18	20:38	6:39	1:04	47	1:00:00	18.6	0:30	15	13:12	6:36	1:35:23
34	8/12			Keith Johnson	Aurora	MN	45	M	30	21:45	7:00	1:11	36	56:57	19.6	1:01	30	14:34	7:17	1:35:26
35	5/7			Dan Goetz	Minneapolis	MN	34	M	40	22:10	7:08	0:39	40	58:09	19.2	0:27	39	15:03	7:32	1:36:25
36	5/13			Scott Mork	Minneapolis	MN	44	M	44	22:58	7:24	1:15	25	55:16	20.2	1:00	61	16:39	8:20	1:37:05
37	9/12			Brad Sprang	New Brighton	MN	46	M	33	21:53	7:03	1:19	39	57:59	19.3	1:20	34	14:46	7:23	1:37:15
38	1/5			Bob Bailey	Woodbury	MN	62	M	32	21:52	7:03	0:41	43	59:06	18.9	0:16	48	15:42	7:51	1:37:36
39	3/5			Kelly Brunner	Rochester	MN	29	F	39	22:10	7:08	0:38	49	1:00:04	18.6	0:26	31	14:35	7:18	1:37:51
40	2/9			Casie Kretschner	Circle Pines	MN	33	F	35	22:00	7:05	1:01	42	58:59	19.0	1:04	42	15:10	7:35	1:38:13
41	7/17			Anis Mulla	Maple Grove	MN	38	M	26	20:59	6:46	1:10	56	1:01:04	18.3	1:20	29	14:33	7:17	1:39:04
42	5/8			James Rosane	Oronoco	MN	29	M	29	21:41	6:59	1:14	46	59:37	18.8	1:21	62	16:39	8:20	1:40:31
43	8/17			Shane Birch	Canton	MN	36	M	52	23:57	7:43	1:24	34	56:23	19.8	0:58	80	18:05	9:03	1:40:45
44	2/6			Louis Ahlstrand	Shafer	MN	52	M	49	23:33	7:35	1:13	57	1:01:11	18.3	0:45	26	14:12	7:06	1:40:52
45	6/7			Matthew Blanshan	Rochester	MN	32	M	56	24:09	7:47	1:35	35	56:57	19.6	1:30	66	16:53	8:27	1:41:03
46	3/6			Bruce Skerik	Gilbertville	IA	51	M	83	26:39	8:35	1:06	30	55:57	20.0	1:02	55	16:20	8:10	1:41:03
47	4/5			Emily Snyder	Rochester	MN	28	F	46	23:26	7:33	1:00	48	1:00:02	18.6	1:00	51	15:57	7:59	1:41:23

48	6/8	Seth Iverson	Minneapolis	MN	27	M	61	24:42	7:57	1:35	38	57:44	19.4	1:07	56	16:21	8:11	1:41:27
49	1/5	Cathy Faugman	Winona	MN	35	F	58	24:24	7:52	0:58	52	1:00:30	18.5	0:49	43	15:17	7:39	1:41:56
50	6/13	Brad King	Oronoco	MN	42	M	27	21:18	6:52	1:09	65	1:03:30	17.6	1:01	40	15:04	7:32	1:41:59
51	9/17	Ruben Mesa	Rochester	MN	37	M	55	24:08	7:46	1:12	41	58:57	19.0	1:02	67	16:53	8:27	1:42:11
52	3/9	Ranae Goldsmith	Eagan	MN	32	F	45	23:13	7:29	1:21	55	1:01:02	18.3	0:52	60	16:35	8:18	1:43:00
53	4/9	Veronica Bond	Rochester	MN	34	F	77	25:55	8:21	1:07	44	59:18	18.9	0:58	58	16:23	8:12	1:43:39
54	7/13	Doug Griffin	Kasson	MN	40	M	66	24:57	8:02	0:47	59	1:01:51	18.1	0:30	52	16:02	8:01	1:44:05
55	4/6	Gary Livingston	Coon Rapids	MN	53	M	57	24:22	7:51	2:31	54	1:00:57	18.4	1:28	35	14:52	7:26	1:44:08
56	2/3	Emily Gilles	Rochester	MN	24	F	64	24:47	7:59	0:50	51	1:00:27	18.5	0:42	73	17:26	8:43	1:44:10
57	8/13	Wade Davis	Orono	MN	40	M	63	24:46	7:59	2:31	45	59:36	18.8	1:28	69	17:10	8:35	1:45:30
58	10/12	Alan Shank	Northfield	MN	49	M	43	22:53	7:22	1:06	72	1:05:42	17.0	1:05	36	14:55	7:28	1:45:38
59	2/5	Gene Geller	Waconia	MN	57	M	62	24:46	7:59	1:16	66	1:03:47	17.5	1:08	45	15:31	7:46	1:46:25
60	10/17	Gregory Bond	Rochester	MN	35	M	81	26:28	8:31	0:57	53	1:00:35	18.5	0:51	81	18:18	9:09	1:47:07
61	11/17	Chris Morton	Minneapolis	MN	35	M	47	23:29	7:34	1:52	64	1:03:08	17.7	1:14	79	18:00	9:00	1:47:41
62	3/5	David Schreiber	Rochester	MN	55	M	69	25:33	8:14	1:15	63	1:03:02	17.7	1:18	68	16:54	8:27	1:47:59
63	9/13	Dale McCamish	Rochester	MN	44	M	51	23:44	7:39	0:57	79	1:07:23	16.6	0:41	44	15:18	7:39	1:48:02
64	3/3	Matt Anderson	Plymouth	MN	23	M	42	22:46	7:20	1:22	88	1:08:15	16.4	1:05	32	14:41	7:21	1:48:08
65	10/13	Robert Town	Minneapolis	MN	44	M	60	24:36	7:56	2:47	62	1:02:58	17.8	1:53	53	16:03	8:02	1:48:15
66	11/13	Michael Burns	Apple Valley	MN	40	M	59	24:25	7:52	0:49	73	1:06:10	16.9	0:54	59	16:23	8:12	1:48:40
67	1/6	Jane Streit	Lakeville	MN	41	F	80	26:22	8:30	1:21	58	1:01:11	18.3	1:19	90	18:43	9:22	1:48:55
68	12/17	Paul Nelsestuen	Rochester	MN	39	M	87	26:46	8:37	1:12	50	1:00:24	18.5	1:06	96	19:40	9:50	1:49:05
69	13/17	Bruce Blazing	Rochester	MN	38	M	72	25:44	8:17	1:37	60	1:02:15	18.0	1:16	83	18:23	9:12	1:49:14
70	2/6	Janine Yanisch	Rochester	MN	41	F	54	24:08	7:46	1:37	74	1:06:28	16.8	0:59	65	16:48	8:24	1:49:58
71	14/17	Todde Rairden	Rochester	MN	38	M	48	23:31	7:34	1:48	80	1:07:29	16.6	2:04	46	15:41	7:51	1:50:32
72	15/17	Jake Duffy	Rochester	MN	35	M	75	25:54	8:20	1:25	67	1:04:04	17.5	1:38	76	17:36	8:48	1:50:35
73	12/13	Wayne Nelson	Rochester	MN	40	M	70	25:34	8:14	0:49	76	1:07:03	16.7	0:41	72	17:19	8:40	1:51:24
74	1/1	Yvonne Hubmayr	Rochester	MN	55	F	65	24:56	8:02	1:59	87	1:08:05	16.4	0:53	49	15:52	7:56	1:51:43
75	16/17	Bradley Bridges	Rochester	MN	39	M	53	24:05	7:45	1:13	89	1:08:45	16.3	1:32	57	16:22	8:11	1:51:55
76	4/5	Robert Slotterback	Mequon	WI	55	M	90	27:44	8:56	1:42	61	1:02:17	18.0	1:48	87	18:36	9:18	1:52:06
77	11/12	Mark Ostrem	Rochester	MN	48	M	76	25:54	8:21	3:09	68	1:04:31	17.3	1:52	63	16:46	8:23	1:52:09
78	2/5	Dawn Griffin	Kasson	MN	39	F	67	24:58	8:02	1:07	92	1:10:13	15.9	0:42	47	15:42	7:51	1:52:38
79	5/5	Tim Madigan	Faribault	MN	57	M	78	26:02	8:23	0:58	85	1:07:58	16.5	0:38	71	17:19	8:40	1:52:53
80	5/5	Karen Sherk	Rochester	MN	25	F	71	25:43	8:17	1:01	90	1:09:25	16.1	0:48	64	16:46	8:23	1:53:40
81	13/13	Dan Best	Rochester	MN	41	M	73	25:45	8:18	2:56	71	1:05:03	17.2	1:40	82	18:21	9:11	1:53:43
82	7/8	Brian Vandeberg	Farmington	MN	29	M	89	27:35	8:53	1:09	70	1:05:00	17.2	1:33	84	18:29	9:15	1:53:43
83	2/5	Ed Maslowski	Rochester	MN	60	M	68	25:00	8:03	2:16	83	1:07:44	16.5	2:16	78	17:47	8:54	1:55:02
84	5/6	Jean-Denis Hinkel	Shorewood	MN	53	M	85	26:41	8:36	2:15	78	1:07:06	16.7	1:49	74	17:30	8:45	1:55:19
85	3/5	John Dinusson	Rochester	MN	62	M	93	28:43	9:15	1:47	75	1:06:59	16.7	1:13	89	18:39	9:20	1:57:19
86	1/2	Sandra Dalquist	Rochester	MN	65	F	86	26:46	8:37	1:33	94	1:10:44	15.8	1:16	70	17:12	8:36	1:57:28
87	4/5	George Widseth	Edina	MN	62	M	101	31:03	10:00	0:57	69	1:04:34	17.3	1:04	99	20:12	10:06	1:57:48
88	5/9	Michele Fingerson	Rochester	MN	34	F	97	29:26	9:29	0:55	82	1:07:40	16.5	1:25	92	19:08	9:34	1:58:33
89	6/6	Walter Jones	Shorewood	MN	51	M	84	26:41	8:36	2:23	77	1:07:06	16.7	1:42	100	20:48	10:24	1:58:37
90	1/3	Marie Torkelson	Cannon Falls	MN	51	F	92	28:15	9:06	1:46	93	1:10:43	15.8	1:21	86	18:33	9:17	2:00:37
91	5/5	Charles Squires	Bloomington	MN	64	M	96	29:24	9:28	2:23	86	1:07:59	16.5	2:16	88	18:37	9:19	2:00:37
92	12/12	Mark Wernstrom	Rochester	MN	46	M	82	26:30	8:32	1:17	101	1:15:21	14.8	0:55	93	19:20	9:40	2:03:21
93	1/3	Judy Weller	Rochester	MN	47	F	95	29:08	9:23	1:09	96	1:13:17	15.3	0:47	95	19:24	9:42	2:03:42
94	3/6	Pam Setera	Rochester	MN	40	F	88	26:56	8:40	2:40	100	1:15:15	14.9	1:13	77	17:44	8:52	2:03:45
95	17/17	William Nevala	Oronoco	MN	38	M	98	29:29	9:30	3:01	81	1:07:34	16.6	1:55	105	22:18	11:09	2:04:15
96	6/9	Allison Christie	Rochester	MN	32	F	94	28:43	9:15	1:22	98	1:14:40	15.0	1:16	97	19:58	9:59	2:05:58
97	3/5	Sue Burns	Apple Valley	MN	36	F	103	31:16	10:04	1:08	91	1:10:12	15.9	1:33	103	22:06	11:03	2:06:13
98	3/3	Leah Dicke	Red Wing	MN	21	F	74	25:50	8:19	0:56	105	1:21:41	13.7	0:41	75	17:34	8:47	2:06:40
99	2/3	Suzanne Lapalm	Rochester	MN	45	F	91	27:49	8:58	1:10	104	1:18:19	14.3	1:04	85	18:29	9:15	2:06:49
100	7/9	Jessica Jacobson	Rochester	MN	32	F	108	33:18	10:44	1:59	84	1:07:53	16.5	1:48	106	23:18	11:39	2:08:14
101	4/6	Lisa Beck	Elgin	MN	41	F	106	32:04	10:20	1:24	95	1:11:20	15.7	1:17	104	22:13	11:07	2:08:16
102	4/5	Linda Ovrebo	Rochester	MN	35	F	102	31:13	10:03	2:34	97	1:13:39	15.2	0:38	101	21:29	10:45	2:09:31
103	8/9	Carrie Gilman	Rochester	MN	32	F	100	30:58	9:58	0:53	103	1:18:18	14.3	0:41	94	19:22	9:41	2:10:11
104	5/6	Deborah Dew	Stewartville	MN	40	F	79	26:19	8:29	1:30	108	1:23:30	13.4	0:32	91	19:02	9:31	2:10:51

105	6/6	Kathy Woxland	Edina	MN	43	F	110	34:22	11:04	1:22	99	1:14:52	14.9	1:19	98	20:10	10:05	2:12:03
106	3/3	Bonnie King	Oronoco	MN	45	F	99	30:12	9:43	1:31	106	1:22:31	13.6	1:09	102	21:55	10:58	2:17:15
107	8/8	Matthew Geller	Shakopee	MN	29	M	109	34:18	11:03	1:12	102	1:16:55	14.5	1:17	108	24:49	12:25	2:18:29
108	2/2	Gail Kramer	Burnsville	MN	62	F	107	32:20	10:25	3:42	107	1:22:40	13.5	1:46	107	23:33	11:47	2:23:59
109	5/5	Marlys Christoffer	Rochester	MN	36	F	111	45:29	14:39	2:49	109	1:25:12	13.1	1:25	109	31:48	15:54	2:46:41
110	9/9	Samantha Deshler	Armstrong	IA	30	F	105	31:38	10:11	2:09	113	1:43:09	10.8	0:52	110	34:06	17:03	2:51:52
111	7/7	Craig Duhn	Armstrong	IA	31	M	104	31:38	10:11	2:08	112	1:43:03	10.9	0:57	111	34:07	17:04	2:51:52
112	2/3	Judy Dokken	Rochester	MN	50	F	113	45:30	14:39	2:50	110	1:30:24	12.4	1:50	113	48:40	24:20	3:09:13
113	3/3	Chris Beckmann	Wabasha	MN	53	F	112	45:30	14:39	2:33	111	1:37:27	11.5	0:55	112	42:49	21:25	3:09:13

### TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM NAME = MEMBERS (RUNNER, BIKER)	RUN plc	RUN time	RUN pace	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	RUN pace	TOTAL TIME	
1	1/8	Steel & Rotich	Brad Steel , Cornelius Rotich	1	17:38	5:41	0:10	3	49:59	22.4	0:21	1	11:12	5:36	1:19:18
2	2/8	Boynton & Mayer	Brad Boynton , Mark Mayer	2	19:36	6:19	0:29	4	50:09	22.3	0:21	2	12:20	6:10	1:22:53
3	1/14	Feda & McKenzie	Jessica Feda , Jon McKenzie	5	21:06	6:48	0:15	7	52:55	21.1	0:18	4	13:25	6:43	1:27:57
4	2/14	Tri & Tri	Becky Tri , Charly Tri	15	24:34	7:55	0:14	1	47:11	23.7	0:22	15	16:08	8:04	1:28:26
5	3/8	Duncan & Mueller	Alan Duncan , Paul Mueller	8	22:10	7:08	0:22	9	54:24	20.6	0:22	7	13:58	6:59	1:31:15
6	4/8	Franks & Fox	Steve Franks , Bob Fox	10	23:16	7:30	0:28	8	53:01	21.1	0:21	9	14:56	7:28	1:32:00
7	3/14	Velo Rochester	Allen Jackson , Lisa Pelowski	11	23:31	7:34	0:28	6	52:43	21.2	0:22	12	15:06	7:33	1:32:07
8	4/14	Nuutinev & Powers	Petri Nuutinev , Susan Powers	16	24:56	8:02	0:14	5	51:29	21.7	0:22	13	15:26	7:43	1:32:25
9	5/14	Walter & Walter	Tiffan Walter , Mark Walter	3	20:19	6:33	0:16	14	57:58	19.3	0:17	6	13:48	6:54	1:32:37
10	5/8	Amy & Barlow	Dale Amy , Mark Barlow	12	24:00	7:44	0:19	10	54:52	20.4	0:21	10	15:01	7:31	1:34:31
11	6/14	Breutzman-Inada & Inada	Dawn Breutzman-Inada , Tetsuya Inada	20	28:19	9:07	0:26	2	48:00	23.3	0:31	20	18:16	9:08	1:35:30
12	7/14	Armbruster & Wegner	Ryan Armbruster , Maureen Wegner	4	20:36	6:38	0:19	16	1:01:53	18.1	0:20	3	12:39	6:20	1:35:45
13	1/2	Miller & Scherger	Jennifer Miller , Christy Scherger	14	24:19	7:50	0:12	12	55:38	20.1	0:25	14	15:28	7:44	1:36:00
14	8/14	Stangler & Stang	Nate Stangler , Carisa Stang	17	26:46	8:37	0:18	11	54:59	20.3	0:23	16	16:36	8:18	1:39:00
15	6/8	Walters & Walters	Adam Walters , Mark Walters	6	21:10	6:49	0:34	18	1:04:48	17.3	0:24	5	13:36	6:48	1:40:29
16	9/14	Swancutt & Roelofs	Amy Swancutt , Steve Roelofs	18	27:00	8:42	0:18	13	56:59	19.6	0:24	18	17:06	8:33	1:41:46
17	10/14	Gjertsen & Gjertsen	Ann-Kristin Gjertsen , Espen Gjertsen	9	23:15	7:29	0:20	17	1:04:42	17.3	0:19	11	15:01	7:31	1:43:35
18	11/14	Sylvester & Myers	Karen Sylvester , Steve Myers	21	29:27	9:29	0:26	15	59:08	18.9	0:21	21	18:56	9:28	1:48:17
19	7/8	Ross & Ross	Edward Ross , Tom Ross	13	24:15	7:49	0:28	19	1:07:14	16.6	0:27	17	16:41	8:21	1:49:03
20	12/14	Roberts & Fitch	Evan Roberts , Catherine Fitch	7	21:59	7:05	0:42	22	1:18:27	14.3	0:30	8	14:04	7:02	1:55:41
21	13/14	Sheehy & Sheehy	Jeanne Sheehy , Patrick Sheehy	19	27:10	8:45	0:40	21	1:17:48	14.4	0:25	19	17:50	8:55	2:03:51

22	14/14	Benysh & Benysh	Susan Benysh , Darek Benysh	22	34:23	11:04	0:48	24	1:25:35	13.1	0:26	22	21:55	10:58	2:23:05
23	2/2	Stellner & Tatting	Stacie Stellner , Chris Tatting	23	37:07	11:57	0:26	23	1:19:46	14.0	0:31	23	26:18	13:09	2:24:06
24	8/8	Stellner & McNeill	Winston Stellner , Steve McNeill	24	37:07	11:57	0:27	20	1:12:55	15.3	7:22	24	26:19	13:10	2:24:07

### MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	TRAN	BIKE	TRAN	RUN	TOTAL
								time	time	time	time	time	TIME
								pace	plc	mph	plc	pace	
1	130	Mark Carey	Rochester	MN	35	M	12	18:51	0:12	1	45:07	24.8	1:16:21
2	64	Peter Guidinger	Winona	MN	44	M	1	17:23	0:48	3	47:05	23.8	1:17:40
3	137	Mike Kilcoyne	Long Lake	MN	48	M	9	18:21	0:18	4	48:21	23.1	1:19:38
4	1	Jesse Nelson	Red Wing	MN	30	M	2	17:30	0:27	9	50:01	22.4	1:19:59
5	24	Michael Gruba	Rochester	MN	28	M	6	17:58	0:26	6	49:35	22.6	1:20:23
6	93	Jason Sinnwell	Rochester	MN	28	M	4	17:48	0:49	8	49:59	22.4	1:20:50
7	3	Patrick Acciani	Minneapolis	MN	42	M	3	17:41	0:25	13	50:52	22.0	1:21:13
8	141	Christopher Koch	Rochester	MN	24	M	13	19:13	0:22	7	49:42	22.5	1:22:40
9	5	Joe Moyer	Rochester	MN	28	M	32	21:55	0:47	2	46:59	23.8	1:24:33
10	30	James Hannon	Rochester	MN	48	M	5	17:49	0:31	20	54:18	20.6	1:25:28
11	63	Mario Minelli	Kasson	MN	35	M	23	20:57	0:44	5	49:13	22.7	1:26:19
12	135	Scott Smith	Minnetonka	MN	40	M	21	20:46	0:30	12	50:43	22.1	1:26:29
13	124	Mehdi Addadi	Bloomington	MN	28	M	11	18:51	0:45	16	53:09	21.0	1:26:40
14	104	Mitch Baures	Rochester	MN	35	M	22	20:51	0:44	14	51:20	21.8	1:26:41
15	81	Collin Bredeson	Minneapolis	MN	24	M	7	18:16	0:52	27	56:00	20.0	1:26:48
16	11	Mike Evans	Lino Lakes	MN	48	M	8	18:19	0:58	18	53:33	20.9	1:26:53
17	126	Todd Huyber	Oronoco	MN	37	M	26	21:28	0:25	10	50:08	22.3	1:27:06
18	89	John Kretschmer	Circle Pines	MN	36	M	17	19:51	0:39	19	53:55	20.7	1:28:31
19	48	Gaio Lakin	Minneapolis	MN	33	M	10	18:29	1:52	24	55:17	20.2	1:29:02
20	125	Ken Mogren	Winona	MN	58	M	33	22:00	0:46	11	50:25	22.2	1:29:11
21	114	Dan Kline	Maplewood	MN	41	M	20	20:43	0:36	17	53:23	21.0	1:30:19
22	36	Stephen Weigand	Rochester	MN	34	M	16	19:42	0:36	29	56:16	19.9	1:30:32
23	54	Brad Kautz	Rochester	MN	49	M	14	19:41	1:31	22	54:58	20.3	1:30:44
24	65	Matt Kingsbury	Lewiston	MN	49	M	15	19:42	0:53	28	56:07	19.9	1:31:00
25	23	Darren Carroll	Minneapolis	MN	45	M	19	20:40	1:02	33	57:42	19.4	1:33:36
26	62	Chuck Heisick	St Cloud	MN	47	M	42	23:42	0:51	15	53:02	21.1	1:34:12
27	86	Tj Ross	Minneapolis	MN	37	M	29	21:51	0:48	21	54:44	20.4	1:34:18
28	103	Mike Brookman	Mantorville	MN	32	M	34	22:09	1:37	25	55:49	20.0	1:35:22
29	53	Greg Hagen	Rochester	MN	52	M	18	20:38	1:04	41	1:00:00	18.6	1:35:23
30	71	Keith Johnson	Aurora	MN	45	M	28	21:45	1:11	32	56:57	19.6	1:35:26
31	38	Dan Goetz	Minneapolis	MN	34	M	35	22:10	0:39	36	58:09	19.2	1:36:25
32	66	Scott Mork	Minneapolis	MN	44	M	38	22:58	1:15	23	55:16	20.2	1:37:05
33	46	Brad Sprang	New Brighton	MN	46	M	31	21:53	1:19	35	57:59	19.3	1:37:15
34	43	Bob Bailey	Woodbury	MN	62	M	30	21:52	0:41	38	59:06	18.9	1:37:36
35	60	Anis Mulla	Maple Grove	MN	38	M	24	20:59	1:10	45	1:01:04	18.3	1:39:04
36	16	James Rosane	Oronoco	MN	29	M	27	21:41	1:14	40	59:37	18.8	1:40:31
37	27	Shane Birch	Canton	MN	36	M	44	23:57	1:24	30	56:23	19.8	1:40:45
38	67	Louis Ahlstrand	Shafer	MN	52	M	41	23:33	1:13	46	1:01:11	18.3	1:40:52
39	99	Matthew Blanshan	Rochester	MN	32	M	47	24:09	1:35	31	56:57	19.6	1:41:03
40	57	Bruce Skerik	Gilbertville	IA	51	M	65	26:39	1:06	26	55:57	20.0	1:41:03
41	74	Seth Iverson	Minneapolis	MN	27	M	51	24:42	1:35	34	57:44	19.4	1:41:27
42	12	Brad King	Oronoco	MN	42	M	25	21:18	1:09	53	1:03:30	17.6	1:41:59
43	28	Ruben Mesa	Rochester	MN	37	M	46	24:08	1:12	37	58:57	19.0	1:42:11
44	31	Doug Griffin	Kasson	MN	40	M	54	24:57	0:47	47	1:01:51	18.1	1:44:05
45	56	Gary Livingston	Coon Rapids	MN	53	M	48	24:22	2:31	44	1:00:57	18.4	1:44:08

46	18	Wade Davis	Orono	MN	40	M	53	24:46	7:59	2:31	39	59:36	18.8	1:28	55	17:10	8:35	1:45:30
47	127	Alan Shank	Northfield	MN	49	M	37	22:53	7:22	1:06	60	1:05:42	17.0	1:05	32	14:55	7:28	1:45:38
48	96	Gene Geller	Waconia	MN	57	M	52	24:46	7:59	1:16	54	1:03:47	17.5	1:08	38	15:31	7:46	1:46:25
49	87	Gregory Bond	Rochester	MN	35	M	63	26:28	8:31	0:57	43	1:00:35	18.5	0:51	63	18:18	9:09	1:47:07
50	58	Chris Morton	Minneapolis	MN	35	M	39	23:29	7:34	1:52	52	1:03:08	17.7	1:14	61	18:00	9:00	1:47:41
51	59	David Schreiber	Rochester	MN	55	M	56	25:33	8:14	1:15	51	1:03:02	17.7	1:18	54	16:54	8:27	1:47:59
52	101	Dale McCamish	Rochester	MN	44	M	43	23:44	7:39	0:57	66	1:07:23	16.6	0:41	37	15:18	7:39	1:48:02
53	19	Matt Anderson	Plymouth	MN	23	M	36	22:46	7:20	1:22	72	1:08:15	16.4	1:05	28	14:41	7:21	1:48:08
54	39	Robert Town	Minneapolis	MN	44	M	50	24:36	7:56	2:47	50	1:02:58	17.8	1:53	43	16:03	8:02	1:48:15
55	77	Michael Burns	Apple Valley	MN	40	M	49	24:25	7:52	0:49	61	1:06:10	16.9	0:54	48	16:23	8:12	1:48:40
56	75	Paul Nelsestuen	Rochester	MN	39	M	68	26:46	8:37	1:12	42	1:00:24	18.5	1:06	71	19:40	9:50	1:49:05
57	145	Bruce Blazing	Rochester	MN	38	M	58	25:44	8:17	1:37	48	1:02:15	18.0	1:16	65	18:23	9:12	1:49:14
58	52	Todde Rairden	Rochester	MN	38	M	40	23:31	7:34	1:48	67	1:07:29	16.6	2:04	39	15:41	7:51	1:50:32
59	120	Jake Duffy	Rochester	MN	35	M	60	25:54	8:20	1:25	55	1:04:04	17.5	1:38	59	17:36	8:48	1:50:35
60	83	Wayne Nelson	Rochester	MN	40	M	57	25:34	8:14	0:49	63	1:07:03	16.7	0:41	57	17:19	8:40	1:51:24
61	134	Bradley Bridges	Rochester	MN	39	M	45	24:05	7:45	1:13	73	1:08:45	16.3	1:32	47	16:22	8:11	1:51:55
62	113	Robert Slotterback	Mequon	WI	55	M	70	27:44	8:56	1:42	49	1:02:17	18.0	1:48	67	18:36	9:18	1:52:06
63	116	Mark Ostrem	Rochester	MN	48	M	61	25:54	8:21	3:09	56	1:04:31	17.3	1:52	51	16:46	8:23	1:52:09
64	142	Tim Madigan	Faribault	MN	57	M	62	26:02	8:23	0:58	70	1:07:58	16.5	0:38	56	17:19	8:40	1:52:53
65	139	Dan Best	Rochester	MN	41	M	59	25:45	8:18	2:56	59	1:05:03	17.2	1:40	64	18:21	9:11	1:53:43
66	70	Brian Vandeberg	Farmington	MN	29	M	69	27:35	8:53	1:09	58	1:05:00	17.2	1:33	66	18:29	9:15	1:53:43
67	25	Ed Maslowski	Rochester	MN	60	M	55	25:00	8:03	2:16	69	1:07:44	16.5	2:16	60	17:47	8:54	1:55:02
68	15	Jean-Denis Hinkel	Shorewood	MN	53	M	67	26:41	8:36	2:15	65	1:07:06	16.7	1:49	58	17:30	8:45	1:55:19
69	118	John Dinusson	Rochester	MN	62	M	71	28:43	9:15	1:47	62	1:06:59	16.7	1:13	69	18:39	9:20	1:57:19
70	80	George Widseth	Edina	MN	62	M	74	31:03	10:00	0:57	57	1:04:34	17.3	1:04	72	20:12	10:06	1:57:48
71	73	Walter Jones	Shorewood	MN	51	M	66	26:41	8:36	2:23	64	1:07:06	16.7	1:42	73	20:48	10:24	1:58:37
72	82	Charles Squires	Bloomington	MN	64	M	72	29:24	9:28	2:23	71	1:07:59	16.5	2:16	68	18:37	9:19	2:00:37
73	144	Mark Wernstrom	Rochester	MN	46	M	64	26:30	8:32	1:17	74	1:15:21	14.8	0:55	70	19:20	9:40	2:03:21
74	131	William Nevala	Oronoco	MN	38	M	73	29:29	9:30	3:01	68	1:07:34	16.6	1:55	74	22:18	11:09	2:04:15
75	97	Matthew Geller	Shakopee	MN	29	M	76	34:18	11:03	1:12	75	1:16:55	14.5	1:17	75	24:49	12:25	2:18:29
76	111	Craig Duhn	Armstrong	IA	31	M	75	31:38	10:11	2:08	76	1:43:03	10.9	0:57	76	34:07	17:04	2:51:52

### FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	pace	TRAN	BIKE	TRAN	RUN	TOTAL				
								time		time	time	time	time	TIME				
										plc	mph	plc	time	pace				
1	143	Shelley Nelson	Eden Prairie	MN	27	F	2	20:55	6:44	0:38	1	52:53	21.1	0:48	3	14:06	7:03	1:29:18
2	123	Emily Shoop	Minneapolis	MN	24	F	1	20:41	6:40	0:39	3	55:33	20.1	0:24	1	13:13	6:37	1:30:28
3	68	Tracie Kent	Shafer	MN	32	F	4	22:06	7:07	1:13	2	54:01	20.7	0:45	2	13:58	6:59	1:32:02
4	4	Ann Moyer	Rochester	MN	26	F	6	22:34	7:16	1:08	4	55:51	20.0	0:46	5	14:57	7:29	1:35:13
5	45	Kelly Brunner	Rochester	MN	29	F	5	22:10	7:08	0:38	8	1:00:04	18.6	0:26	4	14:35	7:18	1:37:51
6	140	Casie Kretschner	Circle Pines	MN	33	F	3	22:00	7:05	1:01	5	58:59	19.0	1:04	6	15:10	7:35	1:38:13
7	85	Emily Snyder	Rochester	MN	28	F	8	23:26	7:33	1:00	7	1:00:02	18.6	1:00	10	15:57	7:59	1:41:23
8	136	Cathy Faugman	Winona	MN	35	F	10	24:24	7:52	0:58	10	1:00:30	18.5	0:49	7	15:17	7:39	1:41:56
9	108	Ranae Goldsmith	Eagan	MN	32	F	7	23:13	7:29	1:21	11	1:01:02	18.3	0:52	12	16:35	8:18	1:43:00
10	88	Veronica Bond	Rochester	MN	34	F	16	25:55	8:21	1:07	6	59:18	18.9	0:58	11	16:23	8:12	1:43:39
11	133	Emily Gilles	Rochester	MN	24	F	11	24:47	7:59	0:50	9	1:00:27	18.5	0:42	16	17:26	8:43	1:44:10
12	20	Jane Streit	Lakeville	MN	41	F	18	26:22	8:30	1:21	12	1:01:11	18.3	1:19	21	18:43	9:22	1:48:55
13	98	Janine Yanisch	Rochester	MN	41	F	9	24:08	7:46	1:37	13	1:06:28	16.8	0:59	14	16:48	8:24	1:49:58
14	110	Yvonne Hubmayr	Rochester	MN	55	F	12	24:56	8:02	1:59	16	1:08:05	16.4	0:53	9	15:52	7:56	1:51:43
15	32	Dawn Griffin	Kasson	MN	39	F	13	24:58	8:02	1:07	19	1:10:13	15.9	0:42	8	15:42	7:51	1:52:38
16	35	Karen Sherk	Rochester	MN	25	F	14	25:43	8:17	1:01	17	1:09:25	16.1	0:48	13	16:46	8:23	1:53:40
17	34	Sandra Dalquist	Rochester	MN	65	F	19	26:46	8:37	1:33	21	1:10:44	15.8	1:16	15	17:12	8:36	1:57:28
18	10	Michele Fingerson	Rochester	MN	34	F	25	29:26	9:29	0:55	14	1:07:40	16.5	1:25	23	19:08	9:34	1:58:33
19	92	Marie Torkelson	Cannon Falls	MN	51	F	22	28:15	9:06	1:46	20	1:10:43	15.8	1:21	20	18:33	9:17	2:00:37
20	72	Judy Weller	Rochester	MN	47	F	24	29:08	9:23	1:09	23	1:13:17	15.3	0:47	25	19:24	9:42	2:03:42

21	102 Pam Setera	Rochester	MN	40 F	20	26:56	8:40	2:40	27	1:15:15	14.9	1:13	18	17:44	8:52	2:03:45
22	41 Allison Christie	Rochester	MN	32 F	23	28:43	9:15	1:22	25	1:14:40	15.0	1:16	26	19:58	9:59	2:05:58
23	78 Sue Burns	Apple Valley	MN	36 F	29	31:16	10:04	1:08	18	1:10:12	15.9	1:33	30	22:06	11:03	2:06:13
24	21 Leah Dicke	Red Wing	MN	21 F	15	25:50	8:19	0:56	30	1:21:41	13.7	0:41	17	17:34	8:47	2:06:40
25	6 Suzanne Lapalm	Rochester	MN	45 F	21	27:49	8:58	1:10	29	1:18:19	14.3	1:04	19	18:29	9:15	2:06:49
26	100 Jessica Jacobson	Rochester	MN	32 F	33	33:18	10:44	1:59	15	1:07:53	16.5	1:48	32	23:18	11:39	2:08:14
27	76 Lisa Beck	Elgin	MN	41 F	31	32:04	10:20	1:24	22	1:11:20	15.7	1:17	31	22:13	11:07	2:08:16
28	61 Linda Ovrebo	Rochester	MN	35 F	28	31:13	10:03	2:34	24	1:13:39	15.2	0:38	28	21:29	10:45	2:09:31
29	49 Carrie Gilman	Rochester	MN	32 F	27	30:58	9:58	0:53	28	1:18:18	14.3	0:41	24	19:22	9:41	2:10:11
30	132 Deborah Dew	Stewartville	MN	40 F	17	26:19	8:29	1:30	33	1:23:30	13.4	0:32	22	19:02	9:31	2:10:51
31	79 Kathy Woxland	Edina	MN	43 F	34	34:22	11:04	1:22	26	1:14:52	14.9	1:19	27	20:10	10:05	2:12:03
32	13 Bonnie King	Oronoco	MN	45 F	26	30:12	9:43	1:31	31	1:22:31	13.6	1:09	29	21:55	10:58	2:17:15
33	138 Gail Kramer	Burnsville	MN	62 F	32	32:20	10:25	3:42	32	1:22:40	13.5	1:46	33	23:33	11:47	2:23:59
34	95 Marlys Christoffer	Rochester	MN	36 F	35	45:29	14:39	2:49	34	1:25:12	13.1	1:25	34	31:48	15:54	2:46:41
35	112 Samantha Deshler	Armstrong	IA	30 F	30	31:38	10:11	2:09	37	1:43:09	10.8	0:52	35	34:06	17:03	2:51:52
36	90 Judy Dokken	Rochester	MN	50 F	37	45:30	14:39	2:50	35	1:30:24	12.4	1:50	37	48:40	24:20	3:09:13
37	91 Chris Beckmann	Wabasha	MN	53 F	36	45:30	14:39	2:33	36	1:37:27	11.5	0:55	36	42:49	21:25	3:09:13

### TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1	Peter Guidinger	Winona	MN	44 M	17:23	5:36
2	Jesse Nelson	Red Wing	MN	30 M	17:30	5:38
3	Brad Steel	Byron	MN		17:38	5:41
4	Patrick Acciani	Minneapolis	MN	42 M	17:41	5:42
5	Jason Sinnwell	Rochester	MN	28 M	17:48	5:44
6	James Hannon	Rochester	MN	48 M	17:49	5:44
7	Michael Gruba	Rochester	MN	28 M	17:58	5:47

### TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1	Mark Carey	Rochester	MN	35 M	0:12
2	Mike Kilcoyne	Long Lake	MN	48 M	0:18
3	Christopher Koch	Rochester	MN	24 M	0:22
4	Patrick Acciani	Minneapolis	MN	42 M	0:25
5	Todd Huyber	Oronoco	MN	37 M	0:25
6	Michael Gruba	Rochester	MN	28 M	0:26
7	Jesse Nelson	Red Wing	MN	30 M	0:27

### TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	Mark Carey	Rochester	MN	35 M	45:07	24.8
2	Joe Moyer	Rochester	MN	28 M	46:59	23.8
3	Peter Guidinger	Winona	MN	44 M	47:05	23.8
4	Charly Tri	Rochester	MN		47:11	23.7
5	Tetsuya Inada	St Paul	MN		48:00	23.3
6	Mike Kilcoyne	Long Lake	MN	48 M	48:21	23.1
7	Mario Minelli	Kasson	MN	35 M	49:13	22.7
8	Michael Gruba	Rochester	MN	28 M	49:35	22.6

### TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1	Bob Bailey	Woodbury	MN	62 M	0:16
2	Mike Kilcoyne	Long Lake	MN	48 M	0:24
3	Emily Shoop	Minneapolis	MN	24 F	0:24
4	Michael Gruba	Rochester	MN	28 M	0:24
5	Mark Carey	Rochester	MN	35 M	0:25
6	Scott Smith	Minnetonka	MN	40 M	0:26
7	Kelly Brunner	Rochester	MN	29 F	0:26
8	Dan Goetz	Minneapolis	MN	34 M	0:27

### TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1	Collin Bredeson	Minneapolis	MN	24 M	11:06	5:33
2	Brad Steel	Byron	MN		11:12	5:36
3	Jesse Nelson	Red Wing	MN	30 M	11:35	5:48
4	Peter Guidinger	Winona	MN	44 M	11:38	5:49
5	Jason Sinnwell	Rochester	MN	28 M	11:40	5:50
6	Mark Carey	Rochester	MN	35 M	11:49	5:55
7	Patrick Acciani	Minneapolis	MN	42 M	11:51	5:56
8	Michael Gruba	Rochester	MN	28 M	12:02	6:01

FEMALE AGE GROUP RESULTS 1 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Emily Shoop	Minneapolis	MN	24	F	1	20:41	6:40	0:39	1	55:33	20.1	0:24	1	13:13	6:37	1:30:28
2 Emily Gilles	Rochester	MN	24	F	2	24:47	7:59	0:50	2	1:00:27	18.5	0:42	2	17:26	8:43	1:44:10
3 Leah Dicke	Red Wing	MN	21	F	3	25:50	8:19	0:56	3	1:21:41	13.7	0:41	3	17:34	8:47	2:06:40

MALE AGE GROUP RESULTS 1 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Christopher Koch	Rochester	MN	24	M	2	19:13	6:11	0:22	1	49:42	22.5	0:46	2	12:40	6:20	1:22:40
2 Collin Bredeson	Minneapolis	MN	24	M	1	18:16	5:53	0:52	2	56:00	20.0	0:36	1	11:06	5:33	1:26:48
3 Matt Anderson	Plymouth	MN	23	M	3	22:46	7:20	1:22	3	1:08:15	16.4	1:05	3	14:41	7:21	1:48:08

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Shelley Nelson	Eden Prairie	MN	27	F	1	20:55	6:44	0:38	1	52:53	21.1	0:48	1	14:06	7:03	1:29:18
2 Ann Moyer	Rochester	MN	26	F	3	22:34	7:16	1:08	2	55:51	20.0	0:46	3	14:57	7:29	1:35:13
3 Kelly Brunner	Rochester	MN	29	F	2	22:10	7:08	0:38	4	1:00:04	18.6	0:26	2	14:35	7:18	1:37:51
4 Emily Snyder	Rochester	MN	28	F	4	23:26	7:33	1:00	3	1:00:02	18.6	1:00	4	15:57	7:59	1:41:23
5 Karen Sherk	Rochester	MN	25	F	5	25:43	8:17	1:01	5	1:09:25	16.1	0:48	5	16:46	8:23	1:53:40

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Michael Gruba	Rochester	MN	28	M	2	17:58	5:47	0:26	2	49:35	22.6	0:24	2	12:02	6:01	1:20:23
2 Jason Sinnwell	Rochester	MN	28	M	1	17:48	5:44	0:49	3	49:59	22.4	0:36	1	11:40	5:50	1:20:50
3 Joe Moyer	Rochester	MN	28	M	5	21:55	7:03	0:47	1	46:59	23.8	0:56	4	13:57	6:59	1:24:33
4 Mehdi Addadi	Bloomington	MN	28	M	3	18:51	6:04	0:45	4	53:09	21.0	0:42	3	13:15	6:38	1:26:40
5 James Rosane	Oronoco	MN	29	M	4	21:41	6:59	1:14	6	59:37	18.8	1:21	6	16:39	8:20	1:40:31
6 Seth Iverson	Minneapolis	MN	27	M	6	24:42	7:57	1:35	5	57:44	19.4	1:07	5	16:21	8:11	1:41:27
7 Brian Vandeberg	Farmington	MN	29	M	7	27:35	8:53	1:09	7	1:05:00	17.2	1:33	7	18:29	9:15	1:53:43
8 Matthew Geller	Shakopee	MN	29	M	8	34:18	11:03	1:12	8	1:16:55	14.5	1:17	8	24:49	12:25	2:18:29

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tracie Kent	Shafer	MN	32	F	2	22:06	7:07	1:13	1	54:01	20.7	0:45	1	13:58	6:59	1:32:02
2 Casie Kretschner	Circle Pines	MN	33	F	1	22:00	7:05	1:01	2	58:59	19.0	1:04	2	15:10	7:35	1:38:13
3 Ranae Goldsmith	Eagan	MN	32	F	3	23:13	7:29	1:21	4	1:01:02	18.3	0:52	4	16:35	8:18	1:43:00
4 Veronica Bond	Rochester	MN	34	F	4	25:55	8:21	1:07	3	59:18	18.9	0:58	3	16:23	8:12	1:43:39
5 Michele Fingerson	Rochester	MN	34	F	6	29:26	9:29	0:55	5	1:07:40	16.5	1:25	5	19:08	9:34	1:58:33
6 Allison Christie	Rochester	MN	32	F	5	28:43	9:15	1:22	7	1:14:40	15.0	1:16	7	19:58	9:59	2:05:58
7 Jessica Jacobson	Rochester	MN	32	F	9	33:18	10:44	1:59	6	1:07:53	16.5	1:48	8	23:18	11:39	2:08:14
8 Carrie Gilman	Rochester	MN	32	F	7	30:58	9:58	0:53	8	1:18:18	14.3	0:41	6	19:22	9:41	2:10:11
9 Samantha Deshler	Armstrong	IA	30	F	8	31:38	10:11	2:09	9	1:43:09	10.8	0:52	9	34:06	17:03	2:51:52

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Jesse Nelson	Red Wing	MN	30	M	1	17:30	5:38	0:27	1	50:01	22.4	0:28	1	11:35	5:48	1:19:59
2 Gaio Lakin	Minneapolis	MN	33	M	2	18:29	5:57	1:52	2	55:17	20.2	1:15	2	12:12	6:06	1:29:02
3 Stephen Weigand	Rochester	MN	34	M	3	19:42	6:21	0:36	4	56:16	19.9	0:35	3	13:25	6:43	1:30:32
4 Mike Brookman	Mantorville	MN	32	M	4	22:09	7:08	1:37	3	55:49	20.0	1:03	4	14:46	7:23	1:35:22
5 Dan Goetz	Minneapolis	MN	34	M	5	22:10	7:08	0:39	6	58:09	19.2	0:27	5	15:03	7:32	1:36:25
6 Matthew Blanshan	Rochester	MN	32	M	6	24:09	7:47	1:35	5	56:57	19.6	1:30	6	16:53	8:27	1:41:03
7 Craig Duhn	Armstrong	IA	31	M	7	31:38	10:11	2:08	7	1:43:03	10.9	0:57	7	34:07	17:04	2:51:52

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Cathy Faugman	Winona	MN	35	F	1	24:24	7:52	0:58	1	1:00:30	18.5	0:49	1	15:17	7:39	1:41:56
2 Dawn Griffin	Kasson	MN	39	F	2	24:58	8:02	1:07	3	1:10:13	15.9	0:42	2	15:42	7:51	1:52:38
3 Sue Burns	Apple Valley	MN	36	F	4	31:16	10:04	1:08	2	1:10:12	15.9	1:33	4	22:06	11:03	2:06:13
4 Linda Ovrebo	Rochester	MN	35	F	3	31:13	10:03	2:34	4	1:13:39	15.2	0:38	3	21:29	10:45	2:09:31
5 Marlys Christoffer	Rochester	MN	36	F	5	45:29	14:39	2:49	5	1:25:12	13.1	1:25	5	31:48	15:54	2:46:41

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Mark Carey	Rochester	MN	35	M	1	18:51	6:04	0:12	1	45:07	24.8	0:25	1	11:49	5:55	1:16:21
2 Mario Minelli	Kasson	MN	35	M	4	20:57	6:45	0:44	2	49:13	22.7	0:58	5	14:27	7:14	1:26:19
3 Mitch Baures	Rochester	MN	35	M	3	20:51	6:43	0:44	4	51:20	21.8	0:39	2	13:10	6:35	1:26:41
4 Todd Huyber	Oronoco	MN	37	M	6	21:28	6:55	0:25	3	50:08	22.3	0:41	4	14:25	7:13	1:27:06
5 John Kretschmer	Circle Pines	MN	36	M	2	19:51	6:24	0:39	5	53:55	20.7	0:32	3	13:37	6:49	1:28:31
6 Tj Ross	Minneapolis	MN	37	M	7	21:51	7:02	0:48	6	54:44	20.4	0:49	8	16:08	8:04	1:34:18
7 Anis Mulla	Maple Grove	MN	38	M	5	20:59	6:46	1:10	11	1:01:04	18.3	1:20	6	14:33	7:17	1:39:04
8 Shane Birch	Canton	MN	36	M	10	23:57	7:43	1:24	7	56:23	19.8	0:58	13	18:05	9:03	1:40:45
9 Ruben Mesa	Rochester	MN	37	M	12	24:08	7:46	1:12	8	58:57	19.0	1:02	10	16:53	8:27	1:42:11
10 Gregory Bond	Rochester	MN	35	M	15	26:28	8:31	0:57	10	1:00:35	18.5	0:51	14	18:18	9:09	1:47:07

11	Chris Morton	Minneapolis	MN	35	M	8	23:29	7:34	1:52	13	1:03:08	17.7	1:14	12	18:00	9:00	1:47:41
12	Paul Nelsestuen	Rochester	MN	39	M	16	26:46	8:37	1:12	9	1:00:24	18.5	1:06	16	19:40	9:50	1:49:05
13	Bruce Blazing	Rochester	MN	38	M	13	25:44	8:17	1:37	12	1:02:15	18.0	1:16	15	18:23	9:12	1:49:14
14	Todde Rairden	Rochester	MN	38	M	9	23:31	7:34	1:48	15	1:07:29	16.6	2:04	7	15:41	7:51	1:50:32
15	Jake Duffy	Rochester	MN	35	M	14	25:54	8:20	1:25	14	1:04:04	17.5	1:38	11	17:36	8:48	1:50:35
16	Bradley Bridges	Rochester	MN	39	M	11	24:05	7:45	1:13	17	1:08:45	16.3	1:32	9	16:22	8:11	1:51:55
17	William Nevala	Oronoco	MN	38	M	17	29:29	9:30	3:01	16	1:07:34	16.6	1:55	17	22:18	11:09	2:04:15

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Jane Streit	Lakeville	MN	41	F	3	26:22	8:30	1:21	1	1:01:11	18.3	1:19	3	18:43	9:22	1:48:55
2	Janine Yanisch	Rochester	MN	41	F	1	24:08	7:46	1:37	2	1:06:28	16.8	0:59	1	16:48	8:24	1:49:58
3	Pam Setera	Rochester	MN	40	F	4	26:56	8:40	2:40	5	1:15:15	14.9	1:13	2	17:44	8:52	2:03:45
4	Lisa Beck	Elgin	MN	41	F	5	32:04	10:20	1:24	3	1:11:20	15.7	1:17	6	22:13	11:07	2:08:16
5	Deborah Dew	Stewartville	MN	40	F	2	26:19	8:29	1:30	6	1:23:30	13.4	0:32	4	19:02	9:31	2:10:51
6	Kathy Woxland	Edina	MN	43	F	6	34:22	11:04	1:22	4	1:14:52	14.9	1:19	5	20:10	10:05	2:12:03

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Peter Guidinger	Winona	MN	44	M	1	17:23	5:36	0:48	1	47:05	23.8	0:49	1	11:38	5:49	1:17:40
2	Patrick Acciani	Minneapolis	MN	42	M	2	17:41	5:42	0:25	3	50:52	22.0	0:28	2	11:51	5:56	1:21:13
3	Scott Smith	Minnetonka	MN	40	M	4	20:46	6:42	0:30	2	50:43	22.1	0:26	3	14:05	7:03	1:26:29
4	Dan Kline	Maplewood	MN	41	M	3	20:43	6:40	0:36	4	53:23	21.0	0:43	4	14:57	7:29	1:30:19
5	Scott Mork	Minneapolis	MN	44	M	6	22:58	7:24	1:15	5	55:16	20.2	1:00	10	16:39	8:20	1:37:05
6	Brad King	Oronoco	MN	42	M	5	21:18	6:52	1:09	9	1:03:30	17.6	1:01	5	15:04	7:32	1:41:59
7	Doug Griffin	Kasson	MN	40	M	11	24:57	8:02	0:47	7	1:01:51	18.1	0:30	7	16:02	8:01	1:44:05
8	Wade Davis	Orono	MN	40	M	10	24:46	7:59	2:31	6	59:36	18.8	1:28	11	17:10	8:35	1:45:30
9	Dale McCamish	Rochester	MN	44	M	7	23:44	7:39	0:57	13	1:07:23	16.6	0:41	6	15:18	7:39	1:48:02
10	Robert Town	Minneapolis	MN	44	M	9	24:36	7:56	2:47	8	1:02:58	17.8	1:53	8	16:03	8:02	1:48:15
11	Michael Burns	Apple Valley	MN	40	M	8	24:25	7:52	0:49	11	1:06:10	16.9	0:54	9	16:23	8:12	1:48:40
12	Wayne Nelson	Rochester	MN	40	M	12	25:34	8:14	0:49	12	1:07:03	16.7	0:41	12	17:19	8:40	1:51:24
13	Dan Best	Rochester	MN	41	M	13	25:45	8:18	2:56	10	1:05:03	17.2	1:40	13	18:21	9:11	1:53:43

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Judy Weller	Rochester	MN	47	F	2	29:08	9:23	1:09	1	1:13:17	15.3	0:47	2	19:24	9:42	2:03:42
2	Suzanne Lapalm	Rochester	MN	45	F	1	27:49	8:58	1:10	2	1:18:19	14.3	1:04	1	18:29	9:15	2:06:49
3	Bonnie King	Oronoco	MN	45	F	3	30:12	9:43	1:31	3	1:22:31	13.6	1:09	3	21:55	10:58	2:17:15

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
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1	Mike Kilcoyne	Long Lake	MN	48	M	3	18:21	5:55	0:18	1	48:21	23.1	0:24	1	12:17	6:09	1:19:38
2	James Hannon	Rochester	MN	48	M	1	17:49	5:44	0:31	4	54:18	20.6	0:27	2	12:24	6:12	1:25:28
3	Mike Evans	Lino Lakes	MN	48	M	2	18:19	5:54	0:58	3	53:33	20.9	1:22	3	12:43	6:22	1:26:53
4	Brad Kautz	Rochester	MN	49	M	4	19:41	6:20	1:31	5	54:58	20.3	1:22	5	13:15	6:38	1:30:44
5	Matt Kingsbury	Lewiston	MN	49	M	5	19:42	6:21	0:53	6	56:07	19.9	1:09	4	13:12	6:36	1:31:00
6	Darren Carroll	Minneapolis	MN	45	M	6	20:40	6:39	1:02	8	57:42	19.4	0:44	6	13:31	6:46	1:33:36
7	Chuck Heisick	St Cloud	MN	47	M	10	23:42	7:38	0:51	2	53:02	21.1	0:44	10	15:54	7:57	1:34:12
8	Keith Johnson	Aurora	MN	45	M	7	21:45	7:00	1:11	7	56:57	19.6	1:01	7	14:34	7:17	1:35:26
9	Brad Sprang	New Brighton	MN	46	M	8	21:53	7:03	1:19	9	57:59	19.3	1:20	8	14:46	7:23	1:37:15
10	Alan Shank	Northfield	MN	49	M	9	22:53	7:22	1:06	11	1:05:42	17.0	1:05	9	14:55	7:28	1:45:38
11	Mark Ostrem	Rochester	MN	48	M	11	25:54	8:21	3:09	10	1:04:31	17.3	1:52	11	16:46	8:23	1:52:09
12	Mark Wernstrom	Rochester	MN	46	M	12	26:30	8:32	1:17	12	1:15:21	14.8	0:55	12	19:20	9:40	2:03:21

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Marie Torkelson	Cannon Falls	MN	51	F	1	28:15	9:06	1:46	1	1:10:43	15.8	1:21	1	18:33	9:17	2:00:37
2	Judy Dokken	Rochester	MN	50	F	3	45:30	14:39	2:50	2	1:30:24	12.4	1:50	3	48:40	24:20	3:09:13
3	Chris Beckmann	Wabasha	MN	53	F	2	45:30	14:39	2:33	3	1:37:27	11.5	0:55	2	42:49	21:25	3:09:13

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Greg Hagen	Rochester	MN	52	M	1	20:38	6:39	1:04	2	1:00:00	18.6	0:30	1	13:12	6:36	1:35:23
2	Louis Ahlstrand	Shafer	MN	52	M	2	23:33	7:35	1:13	4	1:01:11	18.3	0:45	2	14:12	7:06	1:40:52
3	Bruce Skerik	Gilbertville	IA	51	M	4	26:39	8:35	1:06	1	55:57	20.0	1:02	4	16:20	8:10	1:41:03
4	Gary Livingston	Coon Rapids	MN	53	M	3	24:22	7:51	2:31	3	1:00:57	18.4	1:28	3	14:52	7:26	1:44:08
5	Jean-Denis Hinkel	Shorewood	MN	53	M	6	26:41	8:36	2:15	6	1:07:06	16.7	1:49	5	17:30	8:45	1:55:19
6	Walter Jones	Shorewood	MN	51	M	5	26:41	8:36	2:23	5	1:07:06	16.7	1:42	6	20:48	10:24	1:58:37

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Yvonne Hubmayr	Rochester	MN	55	F	1	24:56	8:02	1:59	1	1:08:05	16.4	0:53	1	15:52	7:56	1:51:43

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Ken Mogren	Winona	MN	58	M	1	22:00	7:05	0:46	1	50:25	22.2	0:52	1	15:10	7:35	1:29:11
2	Gene Geller	Waconia	MN	57	M	2	24:46	7:59	1:16	4	1:03:47	17.5	1:08	2	15:31	7:46	1:46:25
3	David Schreiber	Rochester	MN	55	M	3	25:33	8:14	1:15	3	1:03:02	17.7	1:18	3	16:54	8:27	1:47:59
4	Robert Slotterback	Mequon	WI	55	M	5	27:44	8:56	1:42	2	1:02:17	18.0	1:48	5	18:36	9:18	1:52:06
5	Tim Madigan	Faribault	MN	57	M	4	26:02	8:23	0:58	5	1:07:58	16.5	0:38	4	17:19	8:40	1:52:53

FEMALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Sandra Dalquist	Rochester	MN	65	F	1	26:46	8:37	1:33	1	1:10:44	15.8	1:16	1	17:12	8:36	1:57:28
2 Gail Kramer	Burnsville	MN	62	F	2	32:20	10:25	3:42	2	1:22:40	13.5	1:46	2	23:33	11:47	2:23:59

MALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Bob Bailey	Woodbury	MN	62	M	1	21:52	7:03	0:41	1	59:06	18.9	0:16	1	15:42	7:51	1:37:36
2 Ed Maslowski	Rochester	MN	60	M	2	25:00	8:03	2:16	4	1:07:44	16.5	2:16	2	17:47	8:54	1:55:02
3 John Dinusson	Rochester	MN	62	M	3	28:43	9:15	1:47	3	1:06:59	16.7	1:13	4	18:39	9:20	1:57:19
4 George Widseth	Edina	MN	62	M	5	31:03	10:00	0:57	2	1:04:34	17.3	1:04	5	20:12	10:06	1:57:48
5 Charles Squires	Bloomington	MN	64	M	4	29:24	9:28	2:23	5	1:07:59	16.5	2:16	3	18:37	9:19	2:00:37