

ST. PAUL TRIATHLON  
 St. Paul, MN, aUGUST 17, 2019

Short .5M-12M-3M & Long 1M-24M-6M (SHORT COURSE RESULTS)

INDIVIDUAL RESULTS

Place	Div/Tot	Bib	Name	Cat	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/9	142	Isaac Muscanto	I	29	M	Roseville	MN	4	20:16	40:31	0:59	2	22:05	32.6	0:57	3	18:31	6:11	1:02:47
2	2/9	131	Stephen Meyer	I	27	M	Minneapolis	MN	1	16:26	32:51	1:16	23	25:18	28.5	1:15	17	22:44	7:35	1:06:58
3	1/7	144	Jim Nack	I	59	M	Madison Lake	MN	5	20:24	40:47	1:12	1	22:04	32.6	1:20	19	22:47	7:36	1:07:45
4	3/9	143	Robert Muschler	I	28	M	Minneapolis	MN	8	21:18	42:35	1:26	8	23:40	30.4	0:51	8	20:58	7:00	1:08:10
5	1/9	147	Brian Ogren	I	44	M	Rochester	MN	9	21:29	42:58	1:34	3	22:31	32.0	0:48	26	24:03	8:01	1:10:23
6	1/8	185	Bradley Severson	I	52	M	Minnetonka	MN	12	23:07	46:13	1:25	14	24:26	29.5	1:32	10	21:13	7:05	1:11:41
7	1/4	241	Kade Hagen	I	18	M			6	20:59	41:58	2:53	46	27:16	26.4	1:15	6	20:07	6:43	1:12:28
8	1/6	25	Jonathan Brovold	I	37	M	Lakeville	MN	16	24:42	49:24	1:11	21	25:10	28.6	1:55	5	19:45	6:35	1:12:43
9	1/11	160	Laura Rescorla	I	31	F	Minneapolis	MN	2	19:23	38:46	1:04	44	27:11	26.5	1:01	34	25:25	8:29	1:14:04
10	1/5	136	Nick Moen	I	30	M	Asheville	NC	7	21:00	42:00	0:45	59	28:19	25.4	0:54	22	23:41	7:54	1:14:38
11	4/9	184	Duncan Secor	I	27	M	Stillwater	MN	35	27:47	55:34	1:59	5	23:20	30.9	1:55	7	20:39	6:53	1:15:40
12	2/5	195	Ben Sommerfeld	I	30	M	Saint Paul	MN	13	23:20	46:40	2:34	57	28:11	25.5	0:58	14	22:10	7:24	1:17:12
13	1/7	76	Michael Honnoll	I	46	M	Rogers	MN	38	28:00	55:59	1:42	10	24:03	29.9	1:00	18	22:45	7:35	1:17:28
14	1/15	28	Raynee Buckley	I	28	F	Minneapolis	MN	3	20:13	40:26	1:35	35	26:32	27.1	1:43	60	27:39	9:13	1:17:41
15	2/6	261	Jesse Bunette	I	37	M			43	28:21	56:41	2:34	18	24:59	28.8	1:05	9	20:59	7:00	1:17:55
16	2/7	98	William King	I	56	M	Plymouth	MN	17	24:42	49:24	0:55	25	25:20	28.4	1:47	41	25:48	8:36	1:18:32
17	2/9	217	Brian Wells	I	42	M	Rochester	MN	52	29:31	59:01	2:11	30	26:03	27.6	1:27	4	19:37	6:33	1:18:47
18	2/15	17	Sonya Bloms	I	28	F	Plymouth	MN	71	31:11	62:21	2:44	108	35:47	20.1	2:10	1	7:01	2:21	1:18:50
19	3/9	16	Nick Bilderback	I	42	M	Baldwin	WI	36	27:51	55:41	1:44	28	26:01	27.7	1:07	15	22:26	7:29	1:19:06
20	2/11	111	Elizabeth Lorton	I	32	F	Minneapolis	MN	15	24:26	48:52	1:53	48	27:18	26.4	1:25	29	24:26	8:09	1:19:26
21	3/5	183	Jonathan Seaberg	I	31	M	Saint Paul	MN	49	29:10	58:20	2:05	27	25:22	28.4	1:15	12	21:49	7:17	1:19:39
22	2/7	39	Robert Day	I	49	M	Stillwater	MN	44	28:42	57:23	2:12	6	23:21	30.8	1:16	35	25:26	8:29	1:20:56
23	4/5	262	Brady McKolichek	I	30	M			33	27:37	55:14	1:55	20	25:02	28.8	1:34	31	25:09	8:23	1:21:14
24	1/6	252	Melissa Anderson	I	37	F			23	25:59	51:57	1:48	45	27:14	26.4	1:11	32	25:17	8:26	1:21:26
25	3/15	40	Jacalyn Denis	I	29	F	Overland Park	KS	22	25:40	51:19	1:53	24	25:20	28.4	1:14	58	27:29	9:10	1:21:34
26	5/5	237	Andrew Bielke	I	33	M			50	29:25	58:50	3:41	33	26:15	27.4	1:04	11	21:15	7:05	1:21:38
27	3/6	264	Gene Tannuzzo	I	38	M			59	30:01	60:01	2:37	13	24:25	29.5	1:35	21	23:26	7:49	1:22:02
28	3/7	258	Dwight Larson	I	56	M			26	26:23	52:46	2:35	22	25:11	28.6	1:03	53	27:09	9:03	1:22:19
29	3/7	153	Eric Philipp	I	48	M	Lakeville	MN	28	26:42	53:24	2:51	7	23:38	30.5	1:13	64	28:02	9:21	1:22:25
30	4/15	42	Anna Drahos	I	27	F	Eagan	MN	11	22:46	45:32	2:01	63	28:45	25.0	1:46	54	27:16	9:06	1:22:33
31	2/6	234	Chris Creagh	I	37	F			25	26:05	52:09	1:45	29	26:01	27.7	1:02	62	27:49	9:17	1:22:40
32	1/3	117	James Martenson	I	64	M	Rochester	MN	37	27:54	55:48	1:40	15	24:28	29.4	1:04	65	28:04	9:22	1:23:10
33	1/6	239	Jason Horn	I	21	M			32	27:27	54:53	4:27	12	24:24	29.5	1:01	42	26:01	8:41	1:23:18
34	5/9	201	Ben Swanson-Hysell	I	27	M	Saint Paul	MN	95	34:06	68:12	2:03	11	24:09	29.8	1:09	16	22:36	7:32	1:24:01
35	4/9	81	Matthew Ides	I	42	M	Minneapolis	MN	53	29:41	59:22	2:09	19	25:01	28.8	1:14	45	26:09	8:43	1:24:12
36	4/7	108	Jason Lien	I	47	M	St. Paul	MN	54	29:44	59:27	1:49	9	23:57	30.1	1:08	61	27:46	9:16	1:24:21
37	5/7	95	Greg Kerr	I	49	M	Savage	MN	10	22:46	45:32	2:29	66	28:57	24.9	0:54	74	29:29	9:50	1:24:33
38	2/8	163	Raymond Robertson	I	50	M	Saint Paul	MN	30	27:00	54:00	3:26	36	26:39	27.0	2:05	38	25:33	8:31	1:24:41
39	5/9	236	Aldo Cantellano	I	42	M			39	28:00	56:00	3:07	49	27:36	26.1	2:07	25	23:59	8:00	1:24:48
40	3/8	157	Dan Quillin	I	52	M	Eden Prairie	MN	79	31:52	63:44	2:16	16	24:46	29.1	1:27	30	24:52	8:18	1:25:12
41	4/8	254	Jeff Tortelli	I	52	M			21	25:28	50:56	2:28	42	27:00	26.7	0:42	77	29:58	10:00	1:25:35
42	4/6	245	Brandon Peterson	I	39	M			88	33:01	66:02	1:55	43	27:05	26.6	0:59	20	22:48	7:36	1:25:45
43	6/9	13	Daniel Bellido-Canessa	I	25	M	Minneapolis	MN	14	23:40	47:20	2:25	51	27:52	25.8	1:20	88	31:01	10:21	1:26:17
44	1/5	58	Jennifer Garner	I	45	F	Katy	TX	60	30:01	60:01	2:22	4	23:05	31.2	1:35	72	29:17	9:46	1:26:17
45	3/11	96	Jenna Kilawee	I	34	F	Woodbury	MN	40	28:07	56:14	2:00	34	26:18	27.4	1:09	71	29:10	9:44	1:26:42
46	6/9	199	Jesse Stremcha	I	42	M	Saint Paul	MN	92	33:37	67:14	1:48	17	24:48	29.0	0:51	39	25:45	8:35	1:26:47
47	4/11	114	Nicole Maas	I	33	F	Richfield	MN	57	29:57	59:54	2:50	75	29:50	24.1	0:39	23	23:42	7:54	1:26:57
48	4/7	208	Jeff Thole	I	55	M	Maplewood	MN	61	30:11	60:22	2:28	26	25:21	28.4	1:34	59	27:34	9:12	1:27:06
49	2/4	260	Frederick Heaser	I	14	M			51	29:26	58:51	3:32	71	29:21	24.5	0:45	27	24:16	8:06	1:27:17

50	5/15	91 Leah Johnson	I	26 F	Chanhassen	MN	24	25:59	51:57	3:02	58	28:14	25.5	1:43	70	29:08	9:43	1:28:04
51	6/7	204 Nicholas Tamble	I	45 M	Arden Hills	MN	20	25:24	50:48	2:37	39	26:49	26.8	1:45	92	31:35	10:32	1:28:09
52	5/6	9 John Chris Bach	I	38 M	Saint Paul	MN	72	31:12	62:24	3:21	37	26:39	27.0	1:43	33	25:19	8:27	1:28:12
53	3/4	145 Matt Nasseff	I	17 M			99	35:14	70:27	2:32	56	28:02	25.7	0:51	13	21:55	7:19	1:28:33
54	4/4	120 Oliver Matte Matte	I	18 M	Eagan	MN	70	31:07	62:13	1:40	52	27:55	25.8	0:36	55	27:18	9:06	1:28:34
55	5/11	150 Angela Packer	I	31 F	Rosemount	MN	42	28:15	56:29	3:35	69	29:13	24.6	0:54	51	26:42	8:54	1:28:37
56	1/2	169 Elizabeth Ryan	I	56 F	Edina	MN	27	26:28	52:56	1:46	50	27:44	26.0	1:23	91	31:25	10:29	1:28:44
57	7/7	44 John Dwyer	I	45 M	Saint Paul	MN	66	30:33	61:05	1:46	31	26:04	27.6	1:46	69	28:46	9:36	1:28:53
58	1/6	14 Katelyn Bennington	I	24 F	Minneapolis	MN	41	28:13	56:26	1:39	72	29:37	24.3	3:17	46	26:13	8:45	1:28:57
59	2/5	180 Sara Schoen	I	45 F	Minneapolis	MN	82	32:10	64:20	2:33	38	26:45	26.9	1:26	49	26:35	8:52	1:29:27
60	1/3	34 Thomas Couillard	I	70 M	White Bear Lake	MN	68	30:59	61:58	2:25	47	27:17	26.4	1:43	57	27:29	9:10	1:29:53
61	5/7	167 Gary Rosenthal	I	59 M	Burnsville	MN	29	26:57	53:54	2:58	61	28:33	25.2	1:20	81	30:10	10:04	1:29:57
62	2/6	104 Mitchell Legrand	I	23 M	Minneapolis	MN	86	32:30	65:00	3:12	55	28:00	25.7	0:38	44	26:04	8:42	1:30:22
63	5/8	122 Pierre Matte	I	52 M	Eagan	MN	34	27:44	55:27	4:54	41	26:58	26.7	1:26	76	29:41	9:54	1:30:42
64	6/6	165 Kenneth Rohricht	I	38 M	Woodbu	MN	56	29:52	59:43	2:06	68	29:11	24.7	1:26	66	28:10	9:24	1:30:43
65	6/7	206 Tim Tanner	I	55 M	Plymouth	MN	48	29:05	58:09	2:01	67	29:11	24.7	1:56	68	28:41	9:34	1:30:52
66	6/11	10 Cassidy Bailey	I	30 F	St Paul	MN	31	27:18	54:36	3:03	78	30:17	23.8	1:01	73	29:22	9:48	1:30:58
67	1/3	175 Debbie Schiferl	I	54 F	Woodbury	MN	64	30:25	60:49	2:21	73	29:43	24.2	0:38	67	28:11	9:24	1:31:17
68	1/4	101 Gina Lambert	I	19 F	Stillwater	MN	46	28:46	57:31	3:06	64	28:47	25.0	1:04	75	29:41	9:54	1:31:21
69	7/9	53 Tom Frawley	I	40 M	Saint Paul	MN	81	32:08	64:16	3:06	62	28:44	25.1	2:03	36	25:28	8:30	1:31:28
70	7/9	218 Keith Willey	I	25 M	Eagan	MN	102	35:43	71:26	2:08	70	29:13	24.6	0:59	24	23:45	7:55	1:31:46
71	2/6	139 Brooke Moseley	I	20 F			65	30:28	60:56	2:01	90	31:25	22.9	0:47	56	27:28	9:10	1:32:07
72	3/6	255 Uam Reardon	I	21 M			78	31:43	63:25	3:20	83	30:45	23.4	1:40	43	26:03	8:41	1:33:29
73	6/15	118 Celia Masel	I	27 F	Eau Claire	WI	67	30:37	61:13	1:54	79	30:33	23.6	0:37	78	30:01	10:01	1:33:40
74	1/2	173 Michel Sanders	I	65 F	Saint Paul	MN	74	31:25	62:49	2:47	53	27:56	25.8	1:19	89	31:10	10:24	1:34:35
75	2/2	65 Dianne Gregory	I	68 F	St Paul	MN	62	30:21	60:42	2:47	54	27:56	25.8	1:57	96	32:05	10:42	1:35:04
76	7/15	30 Leah Christensen	I	28 F	Hopkins	MN	63	30:21	60:42	2:06	89	31:17	23.0	1:30	79	30:07	10:03	1:35:20
77	4/6	181 Miles Scholl	I	24 M	St Louis Park	MN	98	34:55	69:49	2:56	74	29:46	24.2	1:41	48	26:30	8:50	1:35:47
78	3/6	15 Chelsea Beno	I	22 F	Eldridge	IA	55	29:45	59:30	3:39	80	30:35	23.5	1:20	82	30:39	10:13	1:35:56
79	1/2	61 Charles Godfrey	I	68 M	St Paul	MN	58	29:58	59:55	2:38	40	26:56	26.7	2:18	102	34:33	11:31	1:36:20
80	8/15	64 Jordan Greene	I	25 F	Saint Paul	MN	19	24:51	49:42	2:21	88	31:12	23.1	1:52	110	36:18	12:06	1:36:34
81	6/8	177 Wayne Schiferl	I	54 M	Saint Paul	MN	85	32:17	64:34	4:02	84	30:52	23.3	1:35	63	28:01	9:21	1:36:44
82	2/4	138 Ally Moseley	I	18 F			103	36:03	72:05	2:53	95	32:05	22.4	0:43	40	25:47	8:36	1:37:29
83	3/6	209 Nicole Thomas	I	36 F	Minneapolis	MN	117	42:05	84:09	1:37	117	39:31	18.2	0:31	2	14:04	4:42	1:37:46
84	4/6	46 Rebecca Eventyr	I	36 F	Minneapolis	MN	116	41:24	82:47		91	31:45	22.7	1:39	50	26:40	8:54	1:37:52
85	7/8	256 Brendon Readon	I	52 M			76	31:40	63:19	3:22	82	30:44	23.4	1:59	80	30:09	10:03	1:37:52
86	4/6	221 Alicia Zhang	I	20 F	Woodbury	MN	87	32:38	65:15	3:32	102	33:41	21.4	1:11	52	26:59	9:00	1:38:00
87	5/6	103 Katrina Lau	I	24 F	Woodbury	MN	83	32:12	64:24	3:43	106	34:32	20.8	1:42	47	26:17	8:46	1:38:26
88	6/6	200 Suzy Strubel	I	23 F	Minneapolis	MN	45	28:42	57:23	3:02	94	32:04	22.5	1:25	101	33:54	11:18	1:39:05
89	3/5	152 Shannon Pettitt	I	48 F	Inver Grove Height	MN	18	24:48	49:35	2:53	77	30:10	23.9	2:08	115	39:52	13:18	1:39:49
90	9/15	179 Elise Schoch	I	29 F	Minneapolis	MN	69	31:04	62:07	2:53	93	31:54	22.6	1:21	98	32:39	10:53	1:39:49
91	5/6	27 Tami Buckholz	I	38 F	Cheyenne	WY	108	37:06	74:12	2:08	32	26:11	27.5	1:29	99	32:57	10:59	1:39:50
92	2/3	133 Peter Miller	I	61 M	Zimmerman	MN	105	36:32	73:04	2:26	60	28:22	25.4	1:30	93	31:58	10:40	1:40:46
93	7/11	26 Malorie Buckholz	I	32 F	Brooklyn Park	MN	47	29:02	58:03	2:05	103	33:59	21.2	0:51	104	34:52	11:38	1:40:47
94	10/15	8 Cassie Andren	I	28 F	Forest Lake	MN	114	39:14	78:27	3:17	92	31:51	22.6	2:13	28	24:25	8:09	1:40:57
95	11/15	197 Cassie Stangl	I	26 F	Plymouth	MN	90	33:33	67:05	4:00	85	31:03	23.2	1:39	86	31:00	10:20	1:41:13
96	12/15	55 Michaela Frie	I	29 F	Crystal	MN	93	33:49	67:37	3:56	81	30:42	23.5	1:15	95	32:03	10:41	1:41:43
97	5/6	94 Keaton Judy	I	24 M	Arden Hills	MN	89	33:22	66:44	4:21	101	33:25	21.5	0:58	97	32:06	10:42	1:44:11
98	6/6	113 Dylan Lynch	I	24 M	Saint Croix Falls	WI	115	40:42	81:23	2:34	65	28:47	25.0	1:31	87	31:00	10:20	1:44:32
99	8/9	116 Shawn Marron	I	27 M	New Ulm	MN	109	37:19	74:38	3:06	87	31:10	23.1	1:57	90	31:18	10:26	1:44:49
100	8/11	141 Amanda Murphy	I	32 F	Minneapolis	MN	100	35:39	71:18	2:50	86	31:09	23.1	1:50	100	33:36	11:12	1:45:04
101	6/6	1 Amanda Aarsvold	I	35 F	Owatonna	MN	77	31:42	63:24	2:34	97	32:46	22.0	1:30	111	36:41	12:14	1:45:11
102	3/4	68 Abigail Hall	I	18 F	Bloomington	MN	97	34:33	69:05	4:46	100	33:18	21.6	1:55	83	30:42	10:14	1:45:13
103	4/4	213 Marissa Voelkel	I	17 F			106	36:54	73:48	2:29	98	33:16	21.6	1:53	84	30:43	10:15	1:45:14
104	2/3	140 Jenny Moseley	I	51 F	Roseville	MN	96	34:21	68:42	3:21	109	35:49	20.1	1:00	85	30:54	10:18	1:45:22
105	13/15	107 Kirsten Leon	I	25 F	Rochester	MN	122	43:19	86:37	2:42	99	33:18	21.6		124	59:41	19:54	1:45:41
106	4/5	115 Tammy Mann	I	47 F	Golden Valley	MN	73	31:21	62:41	2:19	124	45:12	15.9	2:10	37	25:32	8:31	1:46:33
107	2/3	80 Jerry House	I	72 M	Woodbury	MN	113	38:50	77:40	4:07	96	32:18	22.3	2:29	94	32:01	10:41	1:49:43
108	3/3	126 Merredyth McManus	I	54 F	Eldridge	IA	75	31:32	63:03	2:20	105	34:23	20.9	1:19	118	40:38	13:33	1:50:10



CLYDESDALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
-------	-----	------	-----	------	----	------	------	------	-------	------	------	------	-------	------	-----	------	--------

ATHENA OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
-------	-----	------	-----	------	----	------	------	------	-------	------	------	------	-------	------	-----	------	--------

INDIVIDUAL MALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	142	Isaac Muscanto	29	Roseville	MN	3	20:16	40:31	0:59	2	22:05	32.6	0:57	1	18:31	6:11	1:02:47
2	131	Stephen Meyer	27	Minneapolis	MN	1	16:26	32:51	1:16	22	25:18	28.5	1:15	15	22:44	7:35	1:06:58
3	144	Jim Nack	59	Madison Lake	MN	4	20:24	40:47	1:12	1	22:04	32.6	1:20	17	22:47	7:36	1:07:45
4	143	Robert Muschler	28	Minneapolis	MN	7	21:18	42:35	1:26	7	23:40	30.4	0:51	6	20:58	7:00	1:08:10
5	147	Brian Ogren	44	Rochester	MN	8	21:29	42:58	1:34	3	22:31	32.0	0:48	23	24:03	8:01	1:10:23
6	185	Bradley Severson	52	Minnetonka	MN	10	23:07	46:13	1:25	13	24:26	29.5	1:32	8	21:13	7:05	1:11:41
7	241	Kade Hagen	18			5	20:59	41:58	2:53	38	27:16	26.4	1:15	4	20:07	6:43	1:12:28
8	25	Jonathan Brovold	37	Lakeville	MN	13	24:42	49:24	1:11	20	25:10	28.6	1:55	3	19:45	6:35	1:12:43
9	136	Nick Moen	30	Asheville	NC	6	21:00	42:00	0:45	46	28:19	25.4	0:54	20	23:41	7:54	1:14:38
10	184	Duncan Secor	27	Stillwater	MN	24	27:47	55:34	1:59	4	23:20	30.9	1:55	5	20:39	6:53	1:15:40
11	195	Ben Sommerfeld	30	Saint Paul	MN	11	23:20	46:40	2:34	45	28:11	25.5	0:58	12	22:10	7:24	1:17:12
12	76	Michael Honnoll	46	Rogers	MN	27	28:00	55:59	1:42	9	24:03	29.9	1:00	16	22:45	7:35	1:17:28
13	261	Jesse Bunette	37			29	28:21	56:41	2:34	17	24:59	28.8	1:05	7	20:59	7:00	1:17:55
14	98	William King	56	Plymouth	MN	14	24:42	49:24	0:55	23	25:20	28.4	1:47	32	25:48	8:36	1:18:32
15	217	Brian Wells	42	Rochester	MN	35	29:31	59:01	2:11	27	26:03	27.6	1:27	2	19:37	6:33	1:18:47
16	16	Nick Bilderback	42	Baldwin	WI	25	27:51	55:41	1:44	26	26:01	27.7	1:07	13	22:26	7:29	1:19:06
17	183	Jonathan Seaberg	31	Saint Paul	MN	32	29:10	58:20	2:05	25	25:22	28.4	1:15	10	21:49	7:17	1:19:39
18	39	Robert Day	49	Stillwater	MN	30	28:42	57:23	2:12	5	23:21	30.8	1:16	28	25:26	8:29	1:20:56
19	262	Brady McKolichek	30			22	27:37	55:14	1:55	19	25:02	28.8	1:34	26	25:09	8:23	1:21:14
20	237	Andrew Bielke	33			33	29:25	58:50	3:41	29	26:15	27.4	1:04	9	21:15	7:05	1:21:38
21	264	Gene Tannuzzo	38			40	30:01	60:01	2:37	12	24:25	29.5	1:35	19	23:26	7:49	1:22:02
22	258	Dwight Larson	56			17	26:23	52:46	2:35	21	25:11	28.6	1:03	38	27:09	9:03	1:22:19
23	153	Eric Philipp	48	Lakeville	MN	18	26:42	53:24	2:51	6	23:38	30.5	1:13	44	28:02	9:21	1:22:25
24	117	James Martenson	64	Rochester	MN	26	27:54	55:48	1:40	14	24:28	29.4	1:04	45	28:04	9:22	1:23:10
25	239	Jason Horn	21			21	27:27	54:53	4:27	11	24:24	29.5	1:01	33	26:01	8:41	1:23:18
26	201	Ben Swanson-Hysell	27	Saint Paul	MN	56	34:06	68:12	2:03	10	24:09	29.8	1:09	14	22:36	7:32	1:24:01
27	81	Matthew Ides	42	Minneapolis	MN	36	29:41	59:22	2:09	18	25:01	28.8	1:14	36	26:09	8:43	1:24:12
28	108	Jason Lien	47	St. Paul	MN	37	29:44	59:27	1:49	8	23:57	30.1	1:08	42	27:46	9:16	1:24:21
29	95	Greg Kerr	49	Savage	MN	9	22:46	45:32	2:29	51	28:57	24.9	0:54	49	29:29	9:50	1:24:33
30	163	Raymond Robertson	50	Saint Paul	MN	20	27:00	54:00	3:26	30	26:39	27.0	2:05	30	25:33	8:31	1:24:41
31	236	Aldo Cantellano	42			28	28:00	56:00	3:07	40	27:36	26.1	2:07	22	23:59	8:00	1:24:48
32	157	Dan Quillin	52	Eden Prairie	MN	48	31:52	63:44	2:16	15	24:46	29.1	1:27	25	24:52	8:18	1:25:12
33	254	Jeff Tortelli	52			16	25:28	50:56	2:28	35	27:00	26.7	0:42	51	29:58	10:00	1:25:35
34	245	Brandon Peterson	39			52	33:01	66:02	1:55	37	27:05	26.6	0:59	18	22:48	7:36	1:25:45
35	13	Daniel Bellido-Canessa	25	Minneapolis	MN	12	23:40	47:20	2:25	41	27:52	25.8	1:20	55	31:01	10:21	1:26:17
36	199	Jesse Stremcha	42	Saint Paul	MN	55	33:37	67:14	1:48	16	24:48	29.0	0:51	31	25:45	8:35	1:26:47
37	208	Jeff Thole	55	Maplewood	MN	41	30:11	60:22	2:28	24	25:21	28.4	1:34	41	27:34	9:12	1:27:06
38	260	Frederick Heaser	14			34	29:26	58:51	3:32	55	29:21	24.5	0:45	24	24:16	8:06	1:27:17
39	204	Nicholas Tamble	45	Arden Hills	MN	15	25:24	50:48	2:37	32	26:49	26.8	1:45	57	31:35	10:32	1:28:09
40	9	John Chris Bach	38	Saint Paul	MN	45	31:12	62:24	3:21	31	26:39	27.0	1:43	27	25:19	8:27	1:28:12
41	145	Matt Nasseff	17			58	35:14	70:27	2:32	44	28:02	25.7	0:51	11	21:55	7:19	1:28:33
42	120	Oliver Matte Matte	18	Eagan	MN	44	31:07	62:13	1:40	42	27:55	25.8	0:36	39	27:18	9:06	1:28:34
43	44	John Dwyer	45	Saint Paul	MN	42	30:33	61:05	1:46	28	26:04	27.6	1:46	48	28:46	9:36	1:28:53

44	34	Thomas Couillard	70	White Bear Lake	MN	43	30:59	61:58	2:25	39	27:17	26.4	1:43	40	27:29	9:10	1:29:53
45	167	Gary Rosenthal	59	Burnsville	MN	19	26:57	53:54	2:58	48	28:33	25.2	1:20	53	30:10	10:04	1:29:57
46	104	Mitchell LeGrand	23	Minneapolis	MN	51	32:30	65:00	3:12	43	28:00	25.7	0:38	35	26:04	8:42	1:30:22
47	122	Pierre Matte	52	Eagan	MN	23	27:44	55:27	4:54	34	26:58	26.7	1:26	50	29:41	9:54	1:30:42
48	165	Kenneth Rohricht	38	Woodbu	MN	38	29:52	59:43	2:06	53	29:11	24.7	1:26	46	28:10	9:24	1:30:43
49	206	Tim Tanner	55	Plymouth	MN	31	29:05	58:09	2:01	52	29:11	24.7	1:56	47	28:41	9:34	1:30:52
50	53	Tom Frawley	40	Saint Paul	MN	49	32:08	64:16	3:06	49	28:44	25.1	2:03	29	25:28	8:30	1:31:28
51	218	Keith Willey	25	Eagan	MN	60	35:43	71:26	2:08	54	29:13	24.6	0:59	21	23:45	7:55	1:31:46
52	255	Uam Reardon	21			47	31:43	63:25	3:20	60	30:45	23.4	1:40	34	26:03	8:41	1:33:29
53	181	Miles Scholl	24	St Louis Park	MN	57	34:55	69:49	2:56	56	29:46	24.2	1:41	37	26:30	8:50	1:35:47
54	61	Charles Godfrey	68	St Paul	MN	39	29:58	59:55	2:38	33	26:56	26.7	2:18	61	34:33	11:31	1:36:20
55	177	Wayne Schiferl	54	Saint Paul	MN	50	32:17	64:34	4:02	61	30:52	23.3	1:35	43	28:01	9:21	1:36:44
56	256	Brendon Readon	52			46	31:40	63:19	3:22	59	30:44	23.4	1:59	52	30:09	10:03	1:37:52
57	133	Peter Miller	61	Zimmerman	MN	62	36:32	73:04	2:26	47	28:22	25.4	1:30	58	31:58	10:40	1:40:46
58	94	Keaton Judy	24	Arden Hills	MN	53	33:22	66:44	4:21	64	33:25	21.5	0:58	60	32:06	10:42	1:44:11
59	113	Dylan Lynch	24	Saint Croix Falls	WI	67	40:42	81:23	2:34	50	28:47	25.0	1:31	54	31:00	10:20	1:44:32
60	116	Shawn Marron	27	New Ulm	MN	63	37:19	74:38	3:06	62	31:10	23.1	1:57	56	31:18	10:26	1:44:49
61	80	Jerry House	72	Woodbury	MN	66	38:50	77:40	4:07	63	32:18	22.3	2:29	59	32:01	10:41	1:49:43
62	56	Tom Fulton	72	St. Louis Park	MN	59	35:41	71:21	3:50	58	30:02	24.0	3:42	64	37:37	12:33	1:50:49
63	67	Philip Haedtke	43	South St Paul	MN	54	33:33	67:06	3:46	69	41:41	17.3	2:16	63	36:13	12:05	1:57:29
64	22	Billy Boyle	65	Lakeville	MN	64	37:33	75:06	3:44	65	34:16	21.0	4:01	65	41:58	14:00	2:01:30
65	5	Scott Allen	52	Ramsey	MN	69	42:51	85:42	4:29	66	35:19	20.4	5:09	62	36:10	12:04	2:03:57
66	124	John McArthur	28	Eden Prairie	MN	61	36:32	73:03	2:50	68	41:39	17.3	1:22	66	42:26	14:09	2:04:46
67	54	Kenneth Freed	58	Minneapolis	MN	68	42:11	84:22	4:31	67	40:01	18.0	1:35	67	53:11	17:44	2:21:26
68	19	Brad Booher	41	Baldwin	WI	70	50:33	101:06	3:58	70	47:53	15.0	2:11	68	67:57	22:39	2:52:30
69	63	Brad Grayson	37	Andover	MN	2	19:05	38:10	2:47	36	27:01	26.7	1:40				
70	182	Shelby Schulz	25	Eagan	MN	65	38:14	76:28	3:41	57	29:52	24.1	1:43				
71	85	John Jasinski	62	Minneapolis	MN												

INDIVIDUAL FEMALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	160	Laura Rescorla	31	Minneapolis	MN	1	19:23	38:46	1:04	8	27:11	26.5	1:01	7	25:25	8:29	1:14:04
2	28	Raynee Buckley	28	Minneapolis	MN	2	20:13	40:26	1:35	6	26:32	27.1	1:43	19	27:39	9:13	1:17:41
3	17	Sonya Bloms	28	Plymouth	MN	29	31:11	62:21	2:44	44	35:47	20.1	2:10	1	7:01	2:21	1:18:50
4	111	Elizabeth Lorton	32	Minneapolis	MN	4	24:26	48:52	1:53	10	27:18	26.4	1:25	5	24:26	8:09	1:19:26
5	252	Melissa Anderson	37			8	25:59	51:57	1:48	9	27:14	26.4	1:11	6	25:17	8:26	1:21:26
6	40	Jacalyn Denis	29	Overland Park	KS	7	25:40	51:19	1:53	2	25:20	28.4	1:14	18	27:29	9:10	1:21:34
7	42	Anna Drahos	27	Eagan	MN	3	22:46	45:32	2:01	15	28:45	25.0	1:46	16	27:16	9:06	1:22:33
8	234	Chris Creagh	37			10	26:05	52:09	1:45	3	26:01	27.7	1:02	20	27:49	9:17	1:22:40
9	58	Jennifer Garner	45	Katy	TX	22	30:01	60:01	2:22	1	23:05	31.2	1:35	24	29:17	9:46	1:26:17
10	96	Jenna Kilawee	34	Woodbury	MN	14	28:07	56:14	2:00	5	26:18	27.4	1:09	23	29:10	9:44	1:26:42
11	114	Nicole Maas	33	Richfield	MN	21	29:57	59:54	2:50	20	29:50	24.1	0:39	3	23:42	7:54	1:26:57
12	91	Leah Johnson	26	Chanhassen	MN	9	25:59	51:57	3:02	14	28:14	25.5	1:43	22	29:08	9:43	1:28:04
13	150	Angela Packer	31	Rosemount	MN	16	28:15	56:29	3:35	17	29:13	24.6	0:54	14	26:42	8:54	1:28:37
14	169	Elizabeth Ryan	56	Edina	MN	11	26:28	52:56	1:46	11	27:44	26.0	1:23	35	31:25	10:29	1:28:44
15	14	Katelyn Bennington	24	Minneapolis	MN	15	28:13	56:26	1:39	18	29:37	24.3	3:17	10	26:13	8:45	1:28:57
16	180	Sara Schoen	45	Minneapolis	MN	35	32:10	64:20	2:33	7	26:45	26.9	1:26	12	26:35	8:52	1:29:27
17	10	Cassidy Bailey	30	St Paul	MN	12	27:18	54:36	3:03	22	30:17	23.8	1:01	25	29:22	9:48	1:30:58
18	175	Debbie Schiferl	54	Woodbury	MN	25	30:25	60:49	2:21	19	29:43	24.2	0:38	21	28:11	9:24	1:31:17
19	101	Gina Lambert	19	Stillwater	MN	18	28:46	57:31	3:06	16	28:47	25.0	1:04	26	29:41	9:54	1:31:21
20	139	Brooke Moseley	20			26	30:28	60:56	2:01	30	31:25	22.9	0:47	17	27:28	9:10	1:32:07
21	118	Celia Masel	27	Eau Claire	WI	27	30:37	61:13	1:54	23	30:33	23.6	0:37	27	30:01	10:01	1:33:40
22	173	Michel Sanders	65	Saint Paul	MN	31	31:25	62:49	2:47	12	27:56	25.8	1:19	34	31:10	10:24	1:34:35
23	65	Dianne Gregory	68	St Paul	MN	23	30:21	60:42	2:47	13	27:56	25.8	1:57	37	32:05	10:42	1:35:04
24	30	Leah Christensen	28	Hopkins	MN	24	30:21	60:42	2:06	29	31:17	23.0	1:30	28	30:07	10:03	1:35:20
25	15	Chelsea Beno	22	Eldridge	IA	20	29:45	59:30	3:39	24	30:35	23.5	1:20	29	30:39	10:13	1:35:56

26	64	Jordan Greene	25	Saint Paul	MN	6	24:51	49:42	2:21	28	31:12	23.1	1:52	47	36:18	12:06	1:36:34
27	138	Ally Moseley	18			45	36:03	72:05	2:53	35	32:05	22.4	0:43	9	25:47	8:36	1:37:29
28	209	Nicole Thomas	36	Minneapolis	MN	54	42:05	84:09	1:37	53	39:31	18.2	0:31	2	14:04	4:42	1:37:46
29	46	Rebecca Eventyr	36	Minneapolis	MN	53	41:24	82:47		31	31:45	22.7	1:39	13	26:40	8:54	1:37:52
30	221	Alicia Zhang	20	Woodbury	MN	38	32:38	65:15	3:32	40	33:41	21.4	1:11	15	26:59	9:00	1:38:00
31	103	Katrina Lau	24	Woodbury	MN	36	32:12	64:24	3:43	43	34:32	20.8	1:42	11	26:17	8:46	1:38:26
32	200	Suzy Strubel	23	Minneapolis	MN	17	28:42	57:23	3:02	34	32:04	22.5	1:25	41	33:54	11:18	1:39:05
33	152	Shannon Pettitt	48	Inver Grove Height	MN	5	24:48	49:35	2:53	21	30:10	23.9	2:08	51	39:52	13:18	1:39:49
34	179	Elise Schoch	29	Minneapolis	MN	28	31:04	62:07	2:53	33	31:54	22.6	1:21	38	32:39	10:53	1:39:49
35	27	Tami Buckholz	38	Cheyenne	WY	48	37:06	74:12	2:08	4	26:11	27.5	1:29	39	32:57	10:59	1:39:50
36	26	Malorie Buckholz	32	Brooklyn Park	MN	19	29:02	58:03	2:05	41	33:59	21.2	0:51	43	34:52	11:38	1:40:47
37	8	Cassie Andren	28	Forest Lake	MN	51	39:14	78:27	3:17	32	31:51	22.6	2:13	4	24:25	8:09	1:40:57
38	197	Cassie Stangl	26	Plymouth	MN	39	33:33	67:05	4:00	26	31:03	23.2	1:39	33	31:00	10:20	1:41:13
39	55	Michaela Frie	29	Crystal	MN	40	33:49	67:37	3:56	25	30:42	23.5	1:15	36	32:03	10:41	1:41:43
40	141	Amanda Murphy	32	Minneapolis	MN	44	35:39	71:18	2:50	27	31:09	23.1	1:50	40	33:36	11:12	1:45:04
41	1	Amanda Aarsvold	35	Owatonna	MN	33	31:42	63:24	2:34	36	32:46	22.0	1:30	48	36:41	12:14	1:45:11
42	68	Abigail Hall	18	Bloomington	MN	43	34:33	69:05	4:46	39	33:18	21.6	1:55	30	30:42	10:14	1:45:13
43	213	Marissa Voelkel	17			46	36:54	73:48	2:29	37	33:16	21.6	1:53	31	30:43	10:15	1:45:14
44	140	Jenny Moseley	51	Roseville	MN	42	34:21	68:42	3:21	45	35:49	20.1	1:00	32	30:54	10:18	1:45:22
45	107	Kirsten Leon	25	Rochester	MN	57	43:19	86:37	2:42	38	33:18	21.6		57	59:41	19:54	1:45:41
46	115	Tammy Mann	47	Golden Valley	MN	30	31:21	62:41	2:19	57	45:12	15.9	2:10	8	25:32	8:31	1:46:33
47	126	Merredyth McManus	54	Eldridge	IA	32	31:32	63:03	2:20	42	34:23	20.9	1:19	54	40:38	13:33	1:50:10
48	257	Allison Rasmussen	43			37	32:15	64:29	4:58	47	36:41	19.6	2:13	46	36:13	12:05	1:52:17
49	29	Krista Cahill	26	Minneapolis	MN	47	37:03	74:05	5:37	48	37:49	19.0	2:43	42	34:41	11:34	1:57:52
50	259	Valerie Bruner	26			55	42:58	85:55	3:47	46	36:31	19.7	1:02	44	35:39	11:53	1:59:55
51	100	Dana Kuehn	30	Woodbury	MN	58	44:35	89:10	1:31	49	37:54	19.0	1:35	45	35:48	11:56	2:01:23
52	21	Sheila Bothwell	34	Minnetonka	MN	49	38:14	76:28	3:37	54	40:07	17.9	1:43	50	37:54	12:38	2:01:34
53	75	Lindsay Hofschulte	31	Minneapolis	MN	50	38:18	76:36	3:39	55	40:10	17.9	1:36	49	37:53	12:38	2:01:35
54	203	Rachel Swystun	47	Mahtomedi	MN	41	34:00	67:59	6:31	50	38:22	18.8	4:41	52	40:28	13:30	2:03:59
55	149	Sherri Overstreet	56	Maplewood	MN	34	31:53	63:45	8:34	51	38:31	18.7	4:38	53	40:29	13:30	2:04:02
56	171	Judy Rykken	81	Bloomington	MN	56	43:17	86:33	4:46	56	40:55	17.6	1:14	56	46:30	15:30	2:16:41
57	214	Patricia Walker	42	St Louis Park	MN	59	55:43	111:26	4:06	52	38:41	18.6	1:59	55	44:36	14:52	2:25:05
58	86	Kristen Jaster	33	Waconia	MN	13	27:33	55:06	1:41								
59	146	Anna Ogren	16	Rochester	MN	52	40:47	81:34	2:35								

TOP TEN Swim TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	Pace
1	Stephen Meyer	Minneapolis	MN	27	M	16:26	32:51
2	Brad Grayson	Andover	MN	37	M	19:05	38:10
3	Laura Rescorla	Minneapolis	MN	31	F	19:23	38:46
4	Raynee Buckley	Minneapolis	MN	28	F	20:13	40:26
5	Isaac Muscanto	Roseville	MN	29	M	20:16	40:31
6	Jim Nack	Madison Lake	MN	59	M	20:24	40:47
7	Kade Hagen			18	M	20:59	41:58
8	Nick Moen	Asheville	NC	30	M	21:00	42:00
9	Robert Muschler	Minneapolis	MN	28	M	21:18	42:35
10	Brian Ogren	Rochester	MN	44	M	21:29	42:58

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Jim Nack	Madison Lake	MN	59	M	00:22:04	32.6
2	Isaac Muscanto	Roseville	MN	29	M	00:22:05	32.6
3	Brian Ogren	Rochester	MN	44	M	00:22:31	32.0

4	Jennifer Garner	Katy	TX	45	F	00:23:05	31.2
5	Duncan Secor	Stillwater	MN	27	M	00:23:20	30.9
6	Robert Day	Stillwater	MN	49	M	00:23:21	30.8
7	Eric Philipp	Lakeville	MN	48	M	00:23:38	30.5
8	Robert Muschler	Minneapolis	MN	28	M	00:23:40	30.4
9	Jason Lien	St. Paul	MN	47	M	00:23:57	30.1
10	Michael Honnoll	Rogers	MN	46	M	00:24:03	29.9

TOP TEN Run TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Sonya Bloms	Plymouth	MN	28	F	7:01	2:21
2	Nicole Thomas	Minneapolis	MN	36	F	14:04	4:42
3	Isaac Muscanto	Roseville	MN	29	M	18:31	6:11
4	Brian Wells	Rochester	MN	42	M	19:37	6:33
5	Jonathan Brovold	Lakeville	MN	37	M	19:45	6:35
6	Kade Hagen			18	M	20:07	6:43
7	Duncan Secor	Stillwater	MN	27	M	20:39	6:53
8	Robert Muschler	Minneapolis	MN	28	M	20:58	7:00
9	Jesse Bunette			37	M	20:59	7:00
10	Bradley Severson	Minnetonka	MN	52	M	21:13	7:05

TOP 10 1st\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/5	Nick Moen	Asheville	NC	30	M	0:45
2	1/7	William King	Plymouth	MN	56	M	0:55
3	1/10	Isaac Muscanto	Roseville	MN	29	M	0:59
4	1/12	Laura Rescorla	Minneapolis	MN	31	F	1:04
5	1/7	Jonathan Brovold	Lakeville	MN	37	M	1:11
6	2/7	Jim Nack	Madison Lake	MN	59	M	1:12
7	2/10	Stephen Meyer	Minneapolis	MN	27	M	1:16
8	1/8	Bradley Severson	Minnetonka	MN	52	M	1:25
9	3/10	Robert Muschler	Minneapolis	MN	28	M	1:26
10	2/12	Dana Kuehn	Woodbury	MN	30	F	1:31

TOP 10 2nd\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/6	Nicole Thomas	Minneapolis	MN	36	F	0:31
2	1/4	Oliver Matte Matte	Eagan	MN	18	M	0:36
3	1/15	Celia Masel	Eau Claire	WI	27	F	0:37
4	1/6	Mitchell Legrand	Minneapolis	MN	23	M	0:38
5	1/3	Debbie Schiferl	Woodbury	MN	54	F	0:38
6	1/11	Nicole Maas	Richfield	MN	33	F	0:39
7	1/8	Jeff Tortelli			52	M	0:42
8	1/4	Ally Moseley			18	F	0:43
9	2/4	Frederick Heaser			14	M	0:45
10	1/6	Brooke Moseley			20	F	0:47

TOP 50 Total\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/5	Nick Moen	Asheville	NC	30	M	1:39
2	1/10	Isaac Muscanto	Roseville	MN	29	M	1:56

3	1/11	Laura Rescorla	Minneapolis	MN	31	F	2:05
4	1/5	Nicole Thomas	Minneapolis	MN	36	F	2:08
5	1/4	Oliver Matte Matte	Eagan	MN	18	M	2:16
6	2/10	Robert Muschler	Minneapolis	MN	28	M	2:17
7	1/9	Brian Ogren	Rochester	MN	44	M	2:22
8	1/15	Celia Masel	Eau Claire	WI	27	F	2:31
9	3/10	Stephen Meyer	Minneapolis	MN	27	M	2:31
10	1/7	Jim Nack	Madison Lake	MN	59	M	2:32
11	2/9	Jesse Stremcha	Saint Paul	MN	42	M	2:39
12	1/7	Michael Honnoll	Rogers	MN	46	M	2:42
13	2/7	William King	Plymouth	MN	56	M	2:42
14	1/2	James Martenson	Rochester	MN	64	M	2:44
15	2/5	Chris Creagh			37	F	2:47
16	1/6	Brooke Moseley			20	F	2:48
17	3/9	Nick Bilderback	Baldwin	WI	42	M	2:51
18	1/7	Brandon Peterson			39	M	2:54
19	2/11	Malorie Buckholz	Brooklyn Park	MN	32	F	2:56
20	2/7	Jason Lien	St. Paul	MN	47	M	2:57
21	1/8	Bradley Severson	Minnetonka	MN	52	M	2:57
22	1/3	Debbie Schiferl	Woodbury	MN	54	F	2:59
23	3/5	Melissa Anderson			37	F	2:59
24	2/7	Jonathan Brovold	Lakeville	MN	37	M	3:06
25	3/11	Dana Kuehn	Woodbury	MN	30	F	3:06
26	2/15	Jacalyn Denis	Overland Park	KS	29	F	3:07
27	4/10	Keith Willey	Eagan	MN	25	M	3:07
28	4/11	Jenna Kilawee	Woodbury	MN	34	F	3:09
29	1/2	Elizabeth Ryan	Edina	MN	56	F	3:09
30	2/8	Jeff Tortelli			52	M	3:10
31	5/10	Ben Swanson-Hysell	Saint Paul	MN	27	M	3:12
32	3/15	Raynee Buckley	Minneapolis	MN	28	F	3:18
33	5/11	Elizabeth Lorton	Minneapolis	MN	32	F	3:18
34	2/5	Jonathan Seaberg	Saint Paul	MN	31	M	3:20
35	4/9	Matthew Ides	Minneapolis	MN	42	M	3:23
36	3/7	Greg Kerr	Savage	MN	49	M	3:23
37	2/4	Matt Nasseff			17	M	3:23
38	4/7	Robert Day	Stillwater	MN	49	M	3:28
39	6/11	Nicole Maas	Richfield	MN	33	F	3:29
40	3/5	Brady McKolichek			30	M	3:29
41	5/7	John Dwyer	Saint Paul	MN	45	M	3:32
42	3/7	Kenneth Rohricht	Woodbu	MN	38	M	3:32
43	4/5	Ben Sommerfeld	Saint Paul	MN	30	M	3:32
44	4/15	Leah Christensen	Hopkins	MN	28	F	3:36
45	1/4	Ally Moseley			18	F	3:36
46	4/5	Tami Buckholz	Cheyenne	WY	38	F	3:37
47	5/9	Brian Wells	Rochester	MN	42	M	3:38
48	3/7	Dwight Larson			56	M	3:38
49	2/3	Merredyth McManus	Eldridge	IA	54	F	3:39
50	4/7	Jesse Bunette			37	M	3:39

FEMALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	101	Gina Lambert	19	F	Stillwater	MN	1	28:46	57:31	3:06	1	28:47	25.0	1:04	2	29:41	9:54	1:31:21
2	138	Ally Moseley	18	F			3	36:03	72:05	2:53	2	32:05	22.4	0:43	1	25:47	8:36	1:37:29
3	68	Abigail Hall	18	F	Bloomington	MN	2	34:33	69:05	4:46	4	33:18	21.6	1:55	3	30:42	10:14	1:45:13
4	213	Marissa Voelkel	17	F			4	36:54	73:48	2:29	3	33:16	21.6	1:53	4	30:43	10:15	1:45:14
5	146	Anna Ogren	16	F	Rochester	MN	5	40:47	81:34	2:35								

FEMALE AGE GROUP RESULTS 20 - 24



Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	14	Katelyn Bennington	24	F	Minneapolis	MN	1	28:13	56:26	1:39	1	29:37	24.3	3:17	1	26:13	8:45	1:28:57
2	139	Brooke Moseley	20	F			4	30:28	60:56	2:01	3	31:25	22.9	0:47	4	27:28	9:10	1:32:07
3	15	Chelsea Beno	22	F	Eldridge	IA	3	29:45	59:30	3:39	2	30:35	23.5	1:20	5	30:39	10:13	1:35:56
4	221	Alicia Zhang	20	F	Woodbury	MN	6	32:38	65:15	3:32	5	33:41	21.4	1:11	3	26:59	9:00	1:38:00
5	103	Katrina Lau	24	F	Woodbury	MN	5	32:12	64:24	3:43	6	34:32	20.8	1:42	2	26:17	8:46	1:38:26
6	200	Suzy Strubel	23	F	Minneapolis	MN	2	28:42	57:23	3:02	4	32:04	22.5	1:25	6	33:54	11:18	1:39:05

FEMALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	28	Raynee Buckley	28	F	Minneapolis	MN	1	20:13	40:26	1:35	2	26:32	27.1	1:43	5	27:39	9:13	1:17:41
2	17	Sonya Bloms	28	F	Plymouth	MN	9	31:11	62:21	2:44	13	35:47	20.1	2:10	1	7:01	2:21	1:18:50
3	40	Jacalyn Denis	29	F	Overland Park	KS	4	25:40	51:19	1:53	1	25:20	28.4	1:14	4	27:29	9:10	1:21:34
4	42	Anna Drahos	27	F	Eagan	MN	2	22:46	45:32	2:01	4	28:45	25.0	1:46	3	27:16	9:06	1:22:33
5	91	Leah Johnson	26	F	Chanhassen	MN	5	25:59	51:57	3:02	3	28:14	25.5	1:43	6	29:08	9:43	1:28:04
6	118	Celia Masel	27	F	Eau Claire	WI	7	30:37	61:13	1:54	5	30:33	23.6	0:37	7	30:01	10:01	1:33:40
7	30	Leah Christensen	28	F	Hopkins	MN	6	30:21	60:42	2:06	9	31:17	23.0	1:30	8	30:07	10:03	1:35:20
8	64	Jordan Greene	25	F	Saint Paul	MN	3	24:51	49:42	2:21	8	31:12	23.1	1:52	14	36:18	12:06	1:36:34
9	179	Elise Schoch	29	F	Minneapolis	MN	8	31:04	62:07	2:53	11	31:54	22.6	1:21	11	32:39	10:53	1:39:49
10	8	Cassie Andren	28	F	Forest Lake	MN	13	39:14	78:27	3:17	10	31:51	22.6	2:13	2	24:25	8:09	1:40:57
11	197	Cassie Stangl	26	F	Plymouth	MN	10	33:33	67:05	4:00	7	31:03	23.2	1:39	9	31:00	10:20	1:41:13
12	55	Michaela Frie	29	F	Crystal	MN	11	33:49	67:37	3:56	6	30:42	23.5	1:15	10	32:03	10:41	1:41:43
13	107	Kirsten Leon	25	F	Rochester	MN	15	43:19	86:37	2:42	12	33:18	21.6		15	59:41	19:54	1:45:41
14	29	Krista Cahill	26	F	Minneapolis	MN	12	37:03	74:05	5:37	15	37:49	19.0	2:43	12	34:41	11:34	1:57:52
15	259	Valerie Bruner	26	F			14	42:58	85:55	3:47	14	36:31	19.7	1:02	13	35:39	11:53	1:59:55

FEMALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	160	Laura Rescorla	31	F	Minneapolis	MN	1	19:23	38:46	1:04	2	27:11	26.5	1:01	3	25:25	8:29	1:14:04
2	111	Elizabeth Lorton	32	F	Minneapolis	MN	2	24:26	48:52	1:53	3	27:18	26.4	1:25	2	24:26	8:09	1:19:26
3	96	Jenna Kilawee	34	F	Woodbury	MN	5	28:07	56:14	2:00	1	26:18	27.4	1:09	5	29:10	9:44	1:26:42
4	114	Nicole Maas	33	F	Richfield	MN	8	29:57	59:54	2:50	5	29:50	24.1	0:39	1	23:42	7:54	1:26:57
5	150	Angela Packer	31	F	Rosemount	MN	6	28:15	56:29	3:35	4	29:13	24.6	0:54	4	26:42	8:54	1:28:37
6	10	Cassidy Bailey	30	F	St Paul	MN	3	27:18	54:36	3:03	6	30:17	23.8	1:01	6	29:22	9:48	1:30:58
7	26	Malorie Buckholz	32	F	Brooklyn Park	MN	7	29:02	58:03	2:05	8	33:59	21.2	0:51	8	34:52	11:38	1:40:47
8	141	Amanda Murphy	32	F	Minneapolis	MN	9	35:39	71:18	2:50	7	31:09	23.1	1:50	7	33:36	11:12	1:45:04
9	100	Dana Kuehn	30	F	Woodbury	MN	12	44:35	89:10	1:31	9	37:54	19.0	1:35	9	35:48	11:56	2:01:23
10	21	Sheila Bothwell	34	F	Minnetonka	MN	10	38:14	76:28	3:37	10	40:07	17.9	1:43	11	37:54	12:38	2:01:34
11	75	Lindsay Hofschulte	31	F	Minneapolis	MN	11	38:18	76:36	3:39	11	40:10	17.9	1:36	10	37:53	12:38	2:01:35
12	86	Kristen Jaster	33	F	Waconia	MN	4	27:33	55:06	1:41								

FEMALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	252	Melissa Anderson	37	F			1	25:59	51:57	1:48	3	27:14	26.4	1:11	2	25:17	8:26	1:21:26
2	234	Chris Creagh	37	F			2	26:05	52:09	1:45	1	26:01	27.7	1:02	4	27:49	9:17	1:22:40
3	209	Nicole Thomas	36	F	Minneapolis	MN	6	42:05	84:09	1:37	6	39:31	18.2	0:31	1	14:04	4:42	1:37:46
4	46	Rebecca Eventyr	36	F	Minneapolis	MN	5	41:24	82:47		4	31:45	22.7	1:39	3	26:40	8:54	1:37:52
5	27	Tami Buckholz	38	F	Cheyenne	WY	4	37:06	74:12	2:08	2	26:11	27.5	1:29	5	32:57	10:59	1:39:50
6	1	Amanda Aarsvold	35	F	Owatonna	MN	3	31:42	63:24	2:34	5	32:46	22.0	1:30	6	36:41	12:14	1:45:11

FEMALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	257	Allison Rasmussen	43	F			1	32:15	64:29	4:58	1	36:41	19.6	2:13	1	36:13	12:05	1:52:17
2	214	Patricia Walker	42	F	St Louis Park	MN	2	55:43	111:26	4:06	2	38:41	18.6	1:59	2	44:36	14:52	2:25:05

FEMALE AGE GROUP RESULTS 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	58	Jennifer Garner	45	F	Katy	TX	2	30:01	60:01	2:22	1	23:05	31.2	1:35	3	29:17	9:46	1:26:17
2	180	Sara Schoen	45	F	Minneapolis	MN	4	32:10	64:20	2:33	2	26:45	26.9	1:26	2	26:35	8:52	1:29:27
3	152	Shannon Pettitt	48	F	Inver Grove Height	MN	1	24:48	49:35	2:53	3	30:10	23.9	2:08	4	39:52	13:18	1:39:49
4	115	Tammy Mann	47	F	Golden Valley	MN	3	31:21	62:41	2:19	5	45:12	15.9	2:10	1	25:32	8:31	1:46:33
5	203	Rachel Swystun	47	F	Mahtomedi	MN	5	34:00	67:59	6:31	4	38:22	18.8	4:41	5	40:28	13:30	2:03:59

FEMALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	175	Debbie Schiferl	54	F	Woodbury	MN	1	30:25	60:49	2:21	1	29:43	24.2	0:38	1	28:11	9:24	1:31:17
2	140	Jenny Moseley	51	F	Roseville	MN	3	34:21	68:42	3:21	3	35:49	20.1	1:00	2	30:54	10:18	1:45:22
3	126	Merredyth McManus	54	F	Eldridge	IA	2	31:32	63:03	2:20	2	34:23	20.9	1:19	3	40:38	13:33	1:50:10

FEMALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	169	Elizabeth Ryan	56	F	Edina	MN	1	26:28	52:56	1:46	1	27:44	26.0	1:23	1	31:25	10:29	1:28:44
2	149	Sherri Overstreet	56	F	Maplewood	MN	2	31:53	63:45	8:34	2	38:31	18.7	4:38	2	40:29	13:30	2:04:02

FEMALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
-------	-----	------	-----	-----	------	----	------	------	------	-------	------	------	------	-------	------	-----	------	--------

FEMALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	173	Michel Sanders	65	F	Saint Paul	MN	2	31:25	62:49	2:47	1	27:56	25.8	1:19	1	31:10	10:24	1:34:35
2	65	Dianne Gregory	68	F	St Paul	MN	1	30:21	60:42	2:47	2	27:56	25.8	1:57	2	32:05	10:42	1:35:04

FEMALE AGE GROUP RESULTS 70 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	171	Judy Rykken	81	F	Bloomington	MN	1	43:17	86:33	4:46	1	40:55	17.6	1:14	1	46:30	15:30	2:16:41

MALE AGE GROUP RESULTS 1 - 19

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	241	Kade Hagen	18	M			1	20:59	41:58	2:53	1	27:16	26.4	1:15	1	20:07	6:43	1:12:28
2	260	Frederick Heaser	14	M			2	29:26	58:51	3:32	4	29:21	24.5	0:45	3	24:16	8:06	1:27:17
3	145	Matt Nasseff	17	M			4	35:14	70:27	2:32	3	28:02	25.7	0:51	2	21:55	7:19	1:28:33
4	120	Oliver Matte Matte	18	M	Eagan	MN	3	31:07	62:13	1:40	2	27:55	25.8	0:36	4	27:18	9:06	1:28:34

MALE AGE GROUP RESULTS 20 - 24

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	239	Jason Horn	21	M			1	27:27	54:53	4:27	1	24:24	29.5	1:01	1	26:01	8:41	1:23:18
2	104	Mitchell Legrand	23	M	Minneapolis	MN	3	32:30	65:00	3:12	2	28:00	25.7	0:38	3	26:04	8:42	1:30:22
3	255	Uam Reardon	21	M			2	31:43	63:25	3:20	5	30:45	23.4	1:40	2	26:03	8:41	1:33:29
4	181	Miles Scholl	24	M	St Louis Park	MN	5	34:55	69:49	2:56	4	29:46	24.2	1:41	4	26:30	8:50	1:35:47
5	94	Keaton Judy	24	M	Arden Hills	MN	4	33:22	66:44	4:21	6	33:25	21.5	0:58	6	32:06	10:42	1:44:11
6	113	Dylan Lynch	24	M	Saint Croix Falls	WI	6	40:42	81:23	2:34	3	28:47	25.0	1:31	5	31:00	10:20	1:44:32

MALE AGE GROUP RESULTS 25 - 29

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
-------	-----	------	-----	-----	------	----	------	------	------	-------	------	------	------	-------	------	-----	------	--------

1	142	Isaac Muscanto	29	M	Roseville	MN	2	20:16	40:31	0:59	1	22:05	32.6	0:57	1	18:31	6:11	1:02:47
2	131	Stephen Meyer	27	M	Minneapolis	MN	1	16:26	32:51	1:16	5	25:18	28.5	1:15	5	22:44	7:35	1:06:58
3	143	Robert Muschler	28	M	Minneapolis	MN	3	21:18	42:35	1:26	3	23:40	30.4	0:51	3	20:58	7:00	1:08:10
4	184	Duncan Secor	27	M	Stillwater	MN	5	27:47	55:34	1:59	2	23:20	30.9	1:55	2	20:39	6:53	1:15:40
5	201	Ben Swanson-Hysell	27	M	Saint Paul	MN	6	34:06	68:12	2:03	4	24:09	29.8	1:09	4	22:36	7:32	1:24:01
6	13	Daniel Bellido-Canessa	25	M	Minneapolis	MN	4	23:40	47:20	2:25	6	27:52	25.8	1:20	7	31:01	10:21	1:26:17
7	218	Keith Willey	25	M	Eagan	MN	7	35:43	71:26	2:08	7	29:13	24.6	0:59	6	23:45	7:55	1:31:46
8	116	Shawn Marron	27	M	New Ulm	MN	9	37:19	74:38	3:06	9	31:10	23.1	1:57	8	31:18	10:26	1:44:49
9	124	John McArthur	28	M	Eden Prairie	MN	8	36:32	73:03	2:50	10	41:39	17.3	1:22	9	42:26	14:09	2:04:46
10	182	Shelby Schulz	25	M	Eagan	MN	10	38:14	76:28	3:41	8	29:52	24.1	1:43				

MALE AGE GROUP RESULTS 30 - 34

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	136	Nick Moen	30	M	Asheville	NC	1	21:00	42:00	0:45	5	28:19	25.4	0:54	4	23:41	7:54	1:14:38
2	195	Ben Sommerfeld	30	M	Saint Paul	MN	2	23:20	46:40	2:34	4	28:11	25.5	0:58	3	22:10	7:24	1:17:12
3	183	Jonathan Seaberg	31	M	Saint Paul	MN	4	29:10	58:20	2:05	2	25:22	28.4	1:15	2	21:49	7:17	1:19:39
4	262	Brady McKolichuk	30	M			3	27:37	55:14	1:55	1	25:02	28.8	1:34	5	25:09	8:23	1:21:14
5	237	Andrew Bielke	33	M			5	29:25	58:50	3:41	3	26:15	27.4	1:04	1	21:15	7:05	1:21:38

MALE AGE GROUP RESULTS 35 - 39

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	25	Jonathan Brovold	37	M	Lakeville	MN	2	24:42	49:24	1:11	3	25:10	28.6	1:55	1	19:45	6:35	1:12:43
2	261	Jesse Bunette	37	M			3	28:21	56:41	2:34	2	24:59	28.8	1:05	2	20:59	7:00	1:17:55
3	264	Gene Tannuzzo	38	M			5	30:01	60:01	2:37	1	24:25	29.5	1:35	4	23:26	7:49	1:22:02
4	245	Brandon Peterson	39	M			7	33:01	66:02	1:55	6	27:05	26.6	0:59	3	22:48	7:36	1:25:45
5	9	John Chris Bach	38	M	Saint Paul	MN	6	31:12	62:24	3:21	4	26:39	27.0	1:43	5	25:19	8:27	1:28:12
6	165	Kenneth Rohricht	38	M	Woodbu	MN	4	29:52	59:43	2:06	7	29:11	24.7	1:26	6	28:10	9:24	1:30:43
7	63	Brad Grayson	37	M	Andover	MN	1	19:05	38:10	2:47	5	27:01	26.7	1:40				

MALE AGE GROUP RESULTS 40 - 44

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	147	Brian Ogren	44	M	Rochester	MN	1	21:29	42:58	1:34	1	22:31	32.0	0:48	4	24:03	8:01	1:10:23
2	217	Brian Wells	42	M	Rochester	MN	4	29:31	59:01	2:11	5	26:03	27.6	1:27	1	19:37	6:33	1:18:47
3	16	Nick Bilderback	42	M	Baldwin	WI	2	27:51	55:41	1:44	4	26:01	27.7	1:07	2	22:26	7:29	1:19:06
4	81	Matthew Ides	42	M	Minneapolis	MN	5	29:41	59:22	2:09	3	25:01	28.8	1:14	7	26:09	8:43	1:24:12
5	236	Aldo Cantellano	42	M			3	28:00	56:00	3:07	6	27:36	26.1	2:07	3	23:59	8:00	1:24:48
6	199	Jesse Stremcha	42	M	Saint Paul	MN	8	33:37	67:14	1:48	2	24:48	29.0	0:51	6	25:45	8:35	1:26:47
7	53	Tom Frawley	40	M	Saint Paul	MN	6	32:08	64:16	3:06	7	28:44	25.1	2:03	5	25:28	8:30	1:31:28
8	67	Philip Haedtke	43	M	South St Paul	MN	7	33:33	67:06	3:46	8	41:41	17.3	2:16	8	36:13	12:05	1:57:29
9	19	Brad Boohar	41	M	Baldwin	WI	9	50:33	101:06	3:58	9	47:53	15.0	2:11	9	67:57	22:39	2:52:30

MALE AGE GROUP RESULTS 45 - 49

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	76	Michael Honnoll	46	M	Rogers	MN	4	28:00	55:59	1:42	4	24:03	29.9	1:00	1	22:45	7:35	1:17:28
2	39	Robert Day	49	M	Stillwater	MN	5	28:42	57:23	2:12	1	23:21	30.8	1:16	2	25:26	8:29	1:20:56
3	153	Eric Philipp	48	M	Lakeville	MN	3	26:42	53:24	2:51	2	23:38	30.5	1:13	4	28:02	9:21	1:22:25
4	108	Jason Lien	47	M	St. Paul	MN	6	29:44	59:27	1:49	3	23:57	30.1	1:08	3	27:46	9:16	1:24:21
5	95	Greg Kerr	49	M	Savage	MN	1	22:46	45:32	2:29	7	28:57	24.9	0:54	6	29:29	9:50	1:24:33
6	204	Nicholas Tamble	45	M	Arden Hills	MN	2	25:24	50:48	2:37	6	26:49	26.8	1:45	7	31:35	10:32	1:28:09
7	44	John Dwyer	45	M	Saint Paul	MN	7	30:33	61:05	1:46	5	26:04	27.6	1:46	5	28:46	9:36	1:28:53

MALE AGE GROUP RESULTS 50 - 54

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	185	Bradley Severson	52	M	Minnetonka	MN	1	23:07	46:13	1:25	1	24:26	29.5	1:32	1	21:13	7:05	1:11:41

2	163	Raymond Robertson	50	M	Saint Paul	MN	3	27:00	54:00	3:26	3	26:39	27.0	2:05	3	25:33	8:31	1:24:41
3	157	Dan Quillin	52	M	Eden Prairie	MN	6	31:52	63:44	2:16	2	24:46	29.1	1:27	2	24:52	8:18	1:25:12
4	254	Jeff Tortelli	52	M			2	25:28	50:56	2:28	5	27:00	26.7	0:42	6	29:58	10:00	1:25:35
5	122	Pierre Matte	52	M	Eagan	MN	4	27:44	55:27	4:54	4	26:58	26.7	1:26	5	29:41	9:54	1:30:42
6	177	Wayne Schiferl	54	M	Saint Paul	MN	7	32:17	64:34	4:02	7	30:52	23.3	1:35	4	28:01	9:21	1:36:44
7	256	Brendon Readon	52	M			5	31:40	63:19	3:22	6	30:44	23.4	1:59	7	30:09	10:03	1:37:52
8	5	Scott Allen	52	M	Ramsey	MN	8	42:51	85:42	4:29	8	35:19	20.4	5:09	8	36:10	12:04	2:03:57

MALE AGE GROUP RESULTS 55 - 59

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	144	Jim Nack	59	M	Madison Lake	MN	1	20:24	40:47	1:12	1	22:04	32.6	1:20	1	22:47	7:36	1:07:45
2	98	William King	56	M	Plymouth	MN	2	24:42	49:24	0:55	3	25:20	28.4	1:47	2	25:48	8:36	1:18:32
3	258	Dwight Larson	56	M			3	26:23	52:46	2:35	2	25:11	28.6	1:03	3	27:09	9:03	1:22:19
4	208	Jeff Thole	55	M	Maplewood	MN	6	30:11	60:22	2:28	4	25:21	28.4	1:34	4	27:34	9:12	1:27:06
5	167	Gary Rosenthal	59	M	Burnsville	MN	4	26:57	53:54	2:58	5	28:33	25.2	1:20	6	30:10	10:04	1:29:57
6	206	Tim Tanner	55	M	Plymouth	MN	5	29:05	58:09	2:01	6	29:11	24.7	1:56	5	28:41	9:34	1:30:52
7	54	Kenneth Freed	58	M	Minneapolis	MN	7	42:11	84:22	4:31	7	40:01	18.0	1:35	7	53:11	17:44	2:21:26

MALE AGE GROUP RESULTS 60 - 64

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	117	James Martenson	64	M	Rochester	MN	1	27:54	55:48	1:40	1	24:28	29.4	1:04	1	28:04	9:22	1:23:10
2	133	Peter Miller	61	M	Zimmerman	MN	2	36:32	73:04	2:26	2	28:22	25.4	1:30	2	31:58	10:40	1:40:46
3	85	John Jasinski	62	M	Minneapolis	MN												

MALE AGE GROUP RESULTS 65 - 69

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	61	Charles Godfrey	68	M	St Paul	MN	1	29:58	59:55	2:38	1	26:56	26.7	2:18	1	34:33	11:31	1:36:20
2	22	Billy Boyle	65	M	Lakeville	MN	2	37:33	75:06	3:44	2	34:16	21.0	4:01	2	41:58	14:00	2:01:30

MALE AGE GROUP RESULTS 70 - 98

Place	Bib	Name	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	34	Thomas Couillard	70	M	White Bear Lake	MN	1	30:59	61:58	2:25	1	27:17	26.4	1:43	1	27:29	9:10	1:29:53
2	80	Jerry House	72	M	Woodbury	MN	3	38:50	77:40	4:07	3	32:18	22.3	2:29	2	32:01	10:41	1:49:43
3	56	Tom Fulton	72	M	St. Louis Park	MN	2	35:41	71:21	3:50	2	30:02	24.0	3:42	3	37:37	12:33	1:50:49

Total Number of Individual Finishers: 126  
 Number of Male Finishers: 69  
 Number of Female Finishers: 57  
 Total Number of Relay Finishers: 5

ST. PAUL TRIATHLON  
 St. Paul, MN, AUGUST 17, 2019

Short .5M-12M-3M & Long 1M-24M-6M (AQUABIKE SHORT COURSE RESULTS)

INDIVIDUAL RESULTS

Place	Div/Tot	Bib	Name	Cat	Age	Sex	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	1/1	134	Bryn Milne	I	39	F	Maplewood	MN	1	26:17	52:34	4:39	1	32:35	22.1					1:05:56
2	1/1	235	Halverson Ross	I	33	M			2	26:53	53:46	1:20	4	1:14:46	9.6					1:42:04
3	1/2	243	Jessica Deeg	I	43	F			4	44:36	89:12	1:12	3	48:16	14.9					1:44:31

4 2/2 128 Kristen Melby

I 42 F Minneapolis MN 3 36:19 72:38 3:13 2 35:24 20.3

2:04:27

results by FrontRunner Events

results posted on: [www.frontrunnerusa.com](http://www.frontrunnerusa.com)