

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

Short .5M-12M-3M & Long 1M-24M-6M (LONG 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	188	Patrick Sheehan	I	39	M			53	60:42	60:42	2:35	55	56:37	25.4	1:42				1:35:28
2	1/6	205	Parker Tangen	I	25	M	Inver Grove	MN	1	8:52	8:52	1:54	14	46:52	30.7	1:59	6	45:21	7:34	1:44:58
3	1/9	207	Michael Tate	I	34	M	Eden Prairie	MN				1:34								2:07:00
4	1/4	210	Thompson	I	51	M	Annandale	MN	19	46:59	46:59	1:57	1	41:42	34.5	0:44	3	39:35	6:36	2:10:55
5	2/4	244	Steve Harley	I	53	M			14	42:27	42:27	1:16	2	42:48	33.6	1:04	13	47:14	7:53	2:14:47
6	2/9	219	Alex Wold	I	32	M	Saint Paul	MN	2	32:11	32:11	2:08	21	47:43	30.2	1:16	26	51:51	8:39	2:15:08
7	1/6	66	Whitney Greilanger	I	33	F	St.Paul	MN	12	41:35	41:35	1:12	17	47:15	30.5	1:00	5	44:31	7:26	2:15:30
8	1/4	102	Logan Lasley	I	21	M	Eden Prairie	MN	8	39:52	39:52	2:19	4	44:47	32.2	2:00	14	47:29	7:55	2:16:27
9	2/9	71	Joe Herriges	I	35	M	St. Paul	MN	7	39:25	39:25	1:29	6	45:40	31.5	1:03	20	49:36	8:16	2:17:11
10	1/3	176	Sean Schiferl	I	18	M	Woodbury	MN	6	39:13	39:13	0:50	38	51:32	27.9	0:57	11	47:11	7:52	2:19:42
11	3/9	89	Aaron Johnson	I	39	M	Hammond	WI	15	42:41	42:41	2:47	27	49:04	29.3	2:00	7	46:41	7:47	2:23:10
12	4/9	92	Andy Jorde	I	35	M	Winona	MN	9	40:37	40:37	2:19	11	46:30	31.0	1:19	29	52:37	8:47	2:23:20
13	1/2	238	Sara Ahlquist	I	50	F			16	43:01	43:01	1:15	19	47:36	30.3	0:50	24	50:59	8:30	2:23:39
14	1/4	57	Corey Gallagher	I	45	M	Pulaski	WI	4	38:16	38:16	2:00	3	44:26	32.4	1:16	46	60:18	10:03	2:26:15
15	5/9	18	Nick Boehland	I	38	M	Vadnais Heights	MN	18	46:55	46:55	3:54	22	47:50	30.1	1:42	10	47:00	7:50	2:27:18
16	2/4	32	Harrison Collins	I	21	M	Brooklyn	NY	5	38:35	38:35	2:43	26	49:04	29.3	0:55	40	56:49	9:29	2:28:03
17	3/9	49	Brian Falk	I	33	M	Waconia	MN	26	48:47	48:47	1:35	20	47:36	30.3	0:54	21	49:49	8:19	2:28:38
18	2/6	23	Justin Bradfield	I	28	M	Minneapolis	MN	20	47:17	47:17	1:54	34	50:47	28.4	2:04	9	46:58	7:50	2:29:00
19	1/4	112	Dan Lynch	I	59	M	Saint Paul	MN	17	44:04	44:04	2:49	24	47:59	30.0	2:07	28	52:33	8:46	2:29:30
20	3/4	74	Brian Hoernemann	I	50	M	Waconia	MN	28	48:58	48:58	3:36	16	47:15	30.5	1:40	17	48:09	8:02	2:29:36
21	4/9	2	Adam Alidra	I	34	M	Minneapolis	MN	10	40:38	40:38	2:09	7	46:00	31.3	2:01	45	58:55	9:50	2:29:42
22	6/9	110	Nicholas Lodian	I	37	M	Minneapolis	MN	34	50:19	50:19	3:00	15	47:07	30.6	2:18	12	47:14	7:53	2:29:56
23	1/7	130	Jessie Meyer	I	39	F	Lakeville	MN	22	47:45	47:45	1:31	32	50:28	28.5	0:37	22	50:13	8:23	2:30:31
24	5/9	172	Alexander Ryu	I	30	M	Rochester	MN	25	48:18	48:18	3:22	12	46:32	30.9	3:25	19	49:15	8:13	2:30:51
25	2/3	232	Klausner Nathaniel	I	17	M			46	57:41	57:41	3:02	33	50:34	28.5	1:15	2	38:31	6:26	2:31:01
26	1/3	69	Anna Hauer	I	24	F	Minneapolis	MN	11	41:33	41:33	2:37	48	54:26	26.5	1:44	25	51:34	8:36	2:31:50
27	7/9	77	John Hoogeveen	I	37	M	Saint Paul	MN	27	48:50	48:50	4:11	9	46:22	31.1	1:41	23	50:55	8:30	2:31:57
28	3/3	33	Parker Collins	I	19	M	Golden Valley	MN	36	52:05	52:05	1:44	36	51:09	28.2	0:42	16	48:00	8:00	2:33:39
29	3/6	162	Joseph Rief	I	26	M	Saint Paul	MN	47	58:43	58:43	2:25	25	48:22	29.8	0:58	4	43:28	7:15	2:33:54
30	2/3	109	Emily Lipson	I	24	F	Evanston	IL	3	35:32	35:32	5:39	41	52:52	27.2	4:28	35	55:36	9:16	2:34:05
31	1/2	178	Chris Schmidkamp	I	42	M	Minneapolis	MN	38	52:12	52:12	2:53	18	47:35	30.3	2:01	30	53:35	8:56	2:38:14
32	3/3	105	Lilith Lengvenis	I	21	F	Minneapolis	MN	30	49:09	49:09	3:42	60	57:37	25.0	1:21	8	46:47	7:48	2:38:35
33	2/4	168	Joel Rosenthal	I	55	M	Maple Grove	MN	63	65:45	65:45	2:03	50	54:41	26.3	3:03	1	34:20	5:44	2:39:51
34	4/4	267	Tony Taylor	I	52	M			39	53:07	53:07	1:37	29	49:14	29.2	2:13	32	53:44	8:58	2:39:53
35	6/9	193	Matthew Sinnen	I	34	M	Waconia	MN	33	50:03	50:03	3:41	30	49:48	28.9	2:27	33	55:11	9:12	2:41:07
36	2/6	93	Kyrie Jorgenson	I	30	F	Decorah	IA	24	48:06	48:06	2:50	46	53:58	26.7	2:19	34	55:14	9:13	2:42:26
37	2/4	161	Greg Richter	I	45	M	Burnsville	MN	35	51:23	51:23	2:14	8	46:11	31.2	1:33	53	63:24	10:34	2:44:44
38	2/7	11	Diana Barr	I	37	F	Edina	MN	29	49:04	49:04	1:42	42	52:55	27.2	1:48	47	60:31	10:06	2:45:59
39	7/9	87	Bryan Jensen	I	32	M	Minnetonka	MN	57	62:48	62:48	2:53	31	50:08	28.7	2:23	15	47:52	7:59	2:46:02
40	3/6	50	Laura Falk	I	31	F	Waconia	MN	37	52:12	52:12	2:44	49	54:39	26.3	1:49	43	58:27	9:45	2:49:49
41	3/4	190	Zak Shimanski	I	46	M	Minneapolis	MN	54	60:45	60:45	2:19	28	49:07	29.3	1:50	39	56:46	9:28	2:50:45
42	8/9	37	Peter Dauwalter	I	34	M	Waconia	MN	55	60:54	60:54	2:09	45	53:57	26.7	2:38	27	52:25	8:45	2:52:02
43	8/9	215	Daniel Weinstein	I	39	M	Minneapolis	MN	32	49:41	49:41	2:09	59	57:20	25.1	3:00	48	60:38	10:07	2:52:47
44	3/7	52	Ashley France	I	35	F	Brooklyn Ctr	MN	45	56:59	56:59	1:34	64	1:00:33	23.8	0:45	31	53:39	8:57	2:53:27
45	1/3	45	Margaret Eileen	I	25	F	Plymouth	MN	13	42:04	42:04	1:07	5	45:03	32.0	1:51	66	84:01	14:01	2:54:06
46	1/1	20	Mike Borneke	I	65	M	Eagle Lake	MN	60	64:14	64:14	2:10	13	46:44	30.8	1:08	49	60:58	10:10	2:55:14
47	4/7	166	Paulina Roman	I	35	F	Rochester	MN	31	49:20	49:20	4:55	67	1:08:09	21.1	4:27	18	48:30	8:05	2:55:19
48	4/6	24	Rachelle Brockell	I	32	F	Minneapolis	MN	59	64:04	64:04	2:12	39	51:41	27.9	0:46	38	56:43	9:28	2:55:24
49	4/6	212	Jared Vincent	I	28	M	Minneapolis	MN	49	59:40	59:40	2:12	58	57:07	25.2	1:05	36	56:09	9:22	2:56:12

50	3/4	233 Klausner Dan	I	55 M						68 82:32 82:32	10	46:29 31.0	1:45	51 61:55 10:20 2:56:46
51	3/4	240 Damon Summer	I	21 M						58 63:01 63:01 2:03	44	53:49 26.8	1:48	37 56:17 9:23 2:56:56
52	5/6	198 Jacob Stein	I	26 M	Minneapolis	MN				50 60:01 60:01 2:07	57	57:05 25.2	0:50	41 57:14 9:33 2:57:16
53	9/9	99 Drew Klinkert	I	37 M	Minneapolis	MN				41 53:34 53:34 3:52	40	52:24 27.5	2:55	54 64:58 10:50 2:57:40
54	1/2	253 Deane Supanich	I	55 F						56 62:16 62:16 3:31	23	47:56 30.0	2:06	52 62:31 10:26 2:58:19
55	5/6	82 Joanna Ison	I	33 F	Minneapolis	MN				21 47:26 47:26 2:37	37	51:31 28.0	2:26	65 75:31 12:36 2:59:30
56	5/7	187 Annie Sheehan	I	36 F	Minneapolis	MN				48 59:08 59:08 4:01	56	56:45 25.4	3:22	42 58:24 9:44 3:01:38
57	6/6	60 Mario Giacobassi	I	28 M	Madison	WI				43 54:56 54:56 8:57	52	55:14 26.1	2:44	56 66:36 11:06 3:08:25
58	2/2	59 Beth Giacobassi	I	59 F	Shorewood	WI				51 60:27 60:27 3:33	53	55:20 26.0	2:34	57 66:40 11:07 3:08:32
59	4/4	51 Reid Ferguson	I	56 M	Hudson	WI				23 47:47 47:47 3:29	68	1:17:17 18.6	3:11	44 58:38 9:47 3:10:21
60	4/4	194 Bjorn Solberg	I	23 M	Minneapolis	MN				62 65:17 65:17 3:39	35	51:02 28.2	2:21	58 68:23 11:24 3:10:41
61	6/7	31 Anna Clausen	I	37 F	Minneapolis	MN				52 60:31 60:31 5:04	47	54:11 26.6	2:09	62 71:04 11:51 3:12:56
62	9/9	263 Roman Gromon	I	30 M						42 54:18 54:18 6:02	54	55:59 25.7	4:44	64 73:15 12:13 3:14:17
63	2/3	129 Emily Merry	I	27 F	Minneapolis	MN				44 55:46 55:46 11:08	65	1:01:42 23.3	1:18	61 69:15 11:33 3:19:07
64	3/3	47 Joanna Fakhoury	I	27 F	Minneapolis	MN				61 64:21 64:21 4:30	62	1:00:21 23.9	2:00	59 68:26 11:25 3:19:37
65	2/2	158 Jay Rasmussen	I	43 M	New Brighton	MN				67 74:37 74:37 2:26	43	53:12 27.1	2:24	60 68:57 11:30 3:21:34
66	4/4	192 Michael G Simon	I	48 M	Stillwater	MN				40 53:29 53:29 2:30	51	55:08 26.1	2:45	67 88:25 14:45 3:22:15
67	7/7	196 Angie Spencer	I	37 F	Minneapolis	MN				65 71:30 71:30 3:21	63	1:00:31 23.8	1:55	55 65:23 10:54 3:22:38
68	6/6	211 Alexis Trauger	I	31 F	Minneapolis	MN				66 73:41 73:41 2:46	66	1:02:38 23.0	2:47	50 61:34 10:16 3:23:24
69	2/2	125 Janice McFadden	I	54 F	New York	NY				64 66:22 66:22 3:38	61	59:08 24.4	3:22	63 71:50 11:59 3:24:18

results by VacationSports

results posted on: www.vacationsports.com

MALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	226	Team Saldin	Paul Saldin , Joseph Saldin , Jonathan Saldin	1	36:22	36:22	0:41	1	47:42	30.2	0:30	2	45:29	7:35	2:10:43
2	223	GJT	Greg Schutte , John Ely , Tony Ramunno	2	45:37	45:37	0:42	2	48:55	29.4	0:36	1	41:35	6:56	2:17:23

FEMALE RELAY RESULTS

Place	Bib	TEAM	MEMBERS:	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	228	The Black Slacks	Ellen Ryan , Megan Gronau , Jean Dahm					1	44:37	32.3	0:31	1	53:40	8:57	2:35:14

MIXED RELAY RESULTS

Place	Bib	TEAM	MEMBERS:	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
1	224	Sch pfl ffe	Laura Meinholz , Katie Mullin , Travis Bode								0:32	1	52:03	8:41	2:45:41
2	225	Team BOP	Brittany Pennington , Kyle Pennington , Spud Brazee					1	53:19	27.0	0:42	3	72:24	12:04	2:58:17
3	242	TEAM PURDY	, ,					2	1:02:34	23.0	1:03	2	71:17	11:53	3:21:34

ELITE MALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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ELITE FEMALE OVERALL RESULTS

Place	Bib	Name	Age	City	St	Rank	Swim	Pace	Trn.1	Rank	Bike	Rate	Trn.2	Rank	Run	Pace	Finish
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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	188	Patrick Sheehan	39			36	60:42	60:42	2:35	41	56:37	25.4	1:42				1:35:28
2	205	Parker Tangen	25	Inver Grove	MN	1	8:52	8:52	1:54	13	46:52	30.7	1:59	5	45:21	7:34	1:44:58
3	207	Michael Tate	34	Eden Prairie	MN				1:34								2:07:00
4	210	Thompson	51	Annandale	MN	14	46:59	46:59	1:57	1	41:42	34.5	0:44	3	39:35	6:36	2:10:55
5	244	Steve Harley	53			10	42:27	42:27	1:16	2	42:48	33.6	1:04	11	47:14	7:53	2:14:47
6	219	Alex Wold	32	Saint Paul	MN	2	32:11	32:11	2:08	18	47:43	30.2	1:16	20	51:51	8:39	2:15:08
7	102	Logan Lasley	21	Eden Prairie	MN	7	39:52	39:52	2:19	4	44:47	32.2	2:00	12	47:29	7:55	2:16:27
8	71	Joe Herriges	35	St. Paul	MN	6	39:25	39:25	1:29	5	45:40	31.5	1:03	17	49:36	8:16	2:17:11
9	176	Sean Schiferl	18	Woodbury	MN	5	39:13	39:13	0:50	32	51:32	27.9	0:57	9	47:11	7:52	2:19:42
10	89	Aaron Johnson	39	Hammond	WI	11	42:41	42:41	2:47	23	49:04	29.3	2:00	6	46:41	7:47	2:23:10
11	92	Andy Jorde	35	Winona	MN	8	40:37	40:37	2:19	10	46:30	31.0	1:19	23	52:37	8:47	2:23:20
12	57	Corey Gallagher	45	Pulaski	WI	3	38:16	38:16	2:00	3	44:26	32.4	1:16	34	60:18	10:03	2:26:15
13	18	Nick Boehland	38	Vadnais Heights	MN	13	46:55	46:55	3:54	19	47:50	30.1	1:42	8	47:00	7:50	2:27:18
14	32	Harrison Collins	21	Brooklyn	NY	4	38:35	38:35	2:43	22	49:04	29.3	0:55	30	56:49	9:29	2:28:03
15	49	Brian Falk	33	Waconia	MN	18	48:47	48:47	1:35	17	47:36	30.3	0:54	18	49:49	8:19	2:28:38
16	23	Justin Bradfield	28	Minneapolis	MN	15	47:17	47:17	1:54	29	50:47	28.4	2:04	7	46:58	7:50	2:29:00
17	112	Dan Lynch	59	Saint Paul	MN	12	44:04	44:04	2:49	20	47:59	30.0	2:07	22	52:33	8:46	2:29:30
18	74	Brian Hoernemann	50	Waconia	MN	20	48:58	48:58	3:36	15	47:15	30.5	1:40	15	48:09	8:02	2:29:36
19	2	Adam Alidra	34	Minneapolis	MN	9	40:38	40:38	2:09	6	46:00	31.3	2:01	33	58:55	9:50	2:29:42
20	110	Nicholas Lodien	37	Minneapolis	MN	23	50:19	50:19	3:00	14	47:07	30.6	2:18	10	47:14	7:53	2:29:56
21	172	Alexander Ryu	30	Rochester	MN	17	48:18	48:18	3:22	11	46:32	30.9	3:25	16	49:15	8:13	2:30:51
22	232	Klausner Nathaniel	17			32	57:41	57:41	3:02	28	50:34	28.5	1:15	2	38:31	6:26	2:31:01
23	77	John Hoogveen	37	Saint Paul	MN	19	48:50	48:50	4:11	8	46:22	31.1	1:41	19	50:55	8:30	2:31:57
24	33	Parker Collins	19	Golden Valley	MN	25	52:05	52:05	1:44	31	51:09	28.2	0:42	14	48:00	8:00	2:33:39
25	162	Joseph Rief	26	Saint Paul	MN	33	58:43	58:43	2:25	21	48:22	29.8	0:58	4	43:28	7:15	2:33:54
26	178	Chris Schmidkamp	42	Minneapolis	MN	26	52:12	52:12	2:53	16	47:35	30.3	2:01	24	53:35	8:56	2:38:14
27	168	Joel Rosenthal	55	Maple Grove	MN	43	65:45	65:45	2:03	37	54:41	26.3	3:03	1	34:20	5:44	2:39:51
28	267	Tony Taylor	52			27	53:07	53:07	1:37	25	49:14	29.2	2:13	25	53:44	8:58	2:39:53
29	193	Matthew Sinnen	34	Waconia	MN	22	50:03	50:03	3:41	26	49:48	28.9	2:27	26	55:11	9:12	2:41:07
30	161	Greg Richter	45	Burnsville	MN	24	51:23	51:23	2:14	7	46:11	31.2	1:33	38	63:24	10:34	2:44:44
31	87	Bryan Jensen	32	Minnetonka	MN	39	62:48	62:48	2:53	27	50:08	28.7	2:23	13	47:52	7:59	2:46:02
32	190	Zak Shimanski	46	Minneapolis	MN	37	60:45	60:45	2:19	24	49:07	29.3	1:50	29	56:46	9:28	2:50:45
33	37	Peter Dauwalter	34	Waconia	MN	38	60:54	60:54	2:09	36	53:57	26.7	2:38	21	52:25	8:45	2:52:02
34	215	Daniel Weinstein	39	Minneapolis	MN	21	49:41	49:41	2:09	44	57:20	25.1	3:00	35	60:38	10:07	2:52:47
35	20	Mike Borneke	65	Eagle Lake	MN	41	64:14	64:14	2:10	12	46:44	30.8	1:08	36	60:58	10:10	2:55:14
36	212	Jared Vincent	28	Minneapolis	MN	34	59:40	59:40	2:12	43	57:07	25.2	1:05	27	56:09	9:22	2:56:12
37	233	Klausner Dan	55			45	82:32	82:32		9	46:29	31.0	1:45	37	61:55	10:20	2:56:46
38	240	Damon Summer	21			40	63:01	63:01	2:03	35	53:49	26.8	1:48	28	56:17	9:23	2:56:56
39	198	Jacob Stein	26	Minneapolis	MN	35	60:01	60:01	2:07	42	57:05	25.2	0:50	31	57:14	9:33	2:57:16
40	99	Drew Klinkert	37	Minneapolis	MN	29	53:34	53:34	3:52	33	52:24	27.5	2:55	39	64:58	10:50	2:57:40
41	60	Mario Giacobassi	28	Madison	WI	31	54:56	54:56	8:57	39	55:14	26.1	2:44	40	66:36	11:06	3:08:25
42	51	Reid Ferguson	56	Hudson	WI	16	47:47	47:47	3:29	45	1:17:17	18.6	3:11	32	58:38	9:47	3:10:21
43	194	Bjorn Solberg	23	Minneapolis	MN	42	65:17	65:17	3:39	30	51:02	28.2	2:21	41	68:23	11:24	3:10:41
44	263	Roman Gromon	30			30	54:18	54:18	6:02	40	55:59	25.7	4:44	43	73:15	12:13	3:14:17
45	158	Jay Rasmussen	43	New Brighton	MN	44	74:37	74:37	2:26	34	53:12	27.1	2:24	42	68:57	11:30	3:21:34
46	192	Michael G Simon	48	Stillwater	MN	28	53:29	53:29	2:30	38	55:08	26.1	2:45	44	88:25	14:45	3:22:15
47	127	Ben Meier	28	Plymouth	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	66	Whitney Greilanger	33	St. Paul	MN	3	41:35	41:35	1:12	2	47:15	30.5	1:00	1	44:31	7:26	2:15:30
2	238	Sara Ahlquist	50			5	43:01	43:01	1:15	3	47:36	30.3	0:50	5	50:59	8:30	2:23:39
3	130	Jessie Meyer	39	Lakeville	MN	7	47:45	47:45	1:31	5	50:28	28.5	0:37	4	50:13	8:23	2:30:31
4	69	Anna Hauer	24	Minneapolis	MN	2	41:33	41:33	2:37	12	54:26	26.5	1:44	6	51:34	8:36	2:31:50
5	109	Emily Lipson	24	Evanston	IL	1	35:32	35:32	5:39	8	52:52	27.2	4:28	9	55:36	9:16	2:34:05
6	105	Lilith Lengvenis	21	Minneapolis	MN	10	49:09	49:09	3:42	16	57:37	25.0	1:21	2	46:47	7:48	2:38:35
7	93	Kyrie Jorgenson	30	Decorah	IA	8	48:06	48:06	2:50	10	53:58	26.7	2:19	8	55:14	9:13	2:42:26
8	11	Diana Barr	37	Edina	MN	9	49:04	49:04	1:42	9	52:55	27.2	1:48	13	60:31	10:06	2:45:59
9	50	Laura Falk	31	Waconia	MN	12	52:12	52:12	2:44	13	54:39	26.3	1:49	12	58:27	9:45	2:49:49
10	52	Ashley France	35	Brooklyn Ctr	MN	14	56:59	56:59	1:34	20	1:00:33	23.8	0:45	7	53:39	8:57	2:53:27
11	45	Margaret Eileen	25	Plymouth	MN	4	42:04	42:04	1:07	1	45:03	32.0	1:51	23	84:01	14:01	2:54:06
12	166	Paulina Roman	35	Rochester	MN	11	49:20	49:20	4:55	23	1:08:09	21.1	4:27	3	48:30	8:05	2:55:19
13	24	Rachelle Brockell	32	Minneapolis	MN	19	64:04	64:04	2:12	7	51:41	27.9	0:46	10	56:43	9:28	2:55:24
14	253	Deane Supanich	55			18	62:16	62:16	3:31	4	47:56	30.0	2:06	15	62:31	10:26	2:58:19
15	82	Joanna Ison	33	Minneapolis	MN	6	47:26	47:26	2:37	6	51:31	28.0	2:26	22	75:31	12:36	2:59:30
16	187	Annie Sheehan	36	Minneapolis	MN	15	59:08	59:08	4:01	15	56:45	25.4	3:22	11	58:24	9:44	3:01:38
17	59	Beth Giacobassi	59	Shorewood	WI	16	60:27	60:27	3:33	14	55:20	26.0	2:34	17	66:40	11:07	3:08:32
18	31	Anna Clausen	37	Minneapolis	MN	17	60:31	60:31	5:04	11	54:11	26.6	2:09	20	71:04	11:51	3:12:56
19	129	Emily Merry	27	Minneapolis	MN	13	55:46	55:46	11:08	21	1:01:42	23.3	1:18	19	69:15	11:33	3:19:07
20	47	Joanna Fakhoury	27	Minneapolis	MN	20	64:21	64:21	4:30	18	1:00:21	23.9	2:00	18	68:26	11:25	3:19:37
21	196	Angie Spencer	37	Minneapolis	MN	22	71:30	71:30	3:21	19	1:00:31	23.8	1:55	16	65:23	10:54	3:22:38
22	211	Alexis Trauger	31	Minneapolis	MN	23	73:41	73:41	2:46	22	1:02:38	23.0	2:47	14	61:34	10:16	3:23:24
23	125	Janice McFadden	54	New York	NY	21	66:22	66:22	3:38	17	59:08	24.4	3:22	21	71:50	11:59	3:24:18

TOP TEN Swim TIMES

PLACE	NAME	CITY	ST	AGE	S	Swim Time	Pace
1	Parker Tangen	Inver Grove	MN	25	M	8:52	8:52
2	Alex Wold	Saint Paul	MN	32	M	32:11	32:11
3	Emily Lipson	Evanston	IL	24	F	35:32	35:32
4	Corey Gallagher	Pulaski	WI	45	M	38:16	38:16
5	Harrison Collins	Brooklyn	NY	21	M	38:35	38:35
6	Sean Schiferl	Woodbury	MN	18	M	39:13	39:13
7	Joe Herriges	St. Paul	MN	35	M	39:25	39:25
8	Logan Lasley	Eden Prairie	MN	21	M	39:52	39:52
9	Andy Jorde	Winona	MN	35	M	40:37	40:37
10	Adam Alidra	Minneapolis	MN	34	M	40:38	40:38

TOP TEN BIKE TIMES

PLACE	NAME	CITY	ST	AGE	S	Bike Time	mph
1	Thompson	Annandale	MN	51	M	00:41:42	34.5
2	Steve Harley			53	M	00:42:48	33.6
3	Corey Gallagher	Pulaski	WI	45	M	00:44:26	32.4
4	Logan Lasley	Eden Prairie	MN	21	M	00:44:47	32.2
5	Margaret Eileen	Plymouth	MN	25	F	00:45:03	32.0
6	Joe Herriges	St. Paul	MN	35	M	00:45:40	31.5
7	Adam Alidra	Minneapolis	MN	34	M	00:46:00	31.3
8	Greg Richter	Burnsville	MN	45	M	00:46:11	31.2
9	John Hoogeveen	Saint Paul	MN	37	M	00:46:22	31.1
10	Klausner Dan			55	M	00:46:29	31.0

TOP TEN Run TIMES

PLACE	NAME	CITY	ST	AGE	S	Run Time	Pace
1	Joel Rosenthal	Maple Grove	MN	55	M	34:20	5:44
2	Klausner Nathaniel			17	M	38:31	6:26
3	Thompson	Annandale	MN	51	M	39:35	6:36
4	Joseph Rief	Saint Paul	MN	26	M	43:28	7:15
5	Whitney Greilanger	St.Paul	MN	33	F	44:31	7:26
6	Parker Tangen	Inver Grove	MN	25	M	45:21	7:34
7	Aaron Johnson	Hammond	WI	39	M	46:41	7:47
8	Lilith Lengvenis	Minneapolis	MN	21	F	46:47	7:48
9	Justin Bradfield	Minneapolis	MN	28	M	46:58	7:50
10	Nick Boehland	Vadnais Height	MN	38	M	47:00	7:50

TOP 20 1st\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/3	Sean Schiferl	Woodbury	MN	18	M	0:50
2	1/3	Margaret Eileen	Plymouth	MN	25	F	1:07
3	1/6	Whitney Greilanger	St.Paul	MN	33	F	1:12
4	1/2	Sara Ahlquist			50	F	1:15
5	1/4	Steve Harley			53	M	1:16
6	1/9	Joe Herriges	St. Paul	MN	35	M	1:29
7	1/7	Jessie Meyer	Lakeville	MN	39	F	1:31
8	2/7	Ashley France	Brooklyn Ctr	MN	35	F	1:34
9	1/9	Michael Tate	Eden Prairie	MN	34	M	1:34
10	2/9	Brian Falk	Waconia	MN	33	M	1:35
11	2/4	Tony Taylor			52	M	1:37
12	3/7	Diana Barr	Edina	MN	37	F	1:42
13	2/3	Parker Collins	Golden Valley	MN	19	M	1:44
14	1/6	Parker Tangen	Inver Grove	MN	25	M	1:54
15	2/6	Justin Bradfield	Minneapolis	MN	28	M	1:54
16	3/4	Thompson	Annandale	MN	51	M	1:57
17	1/4	Corey Gallagher	Pulaski	WI	45	M	2:00
18	1/4	Joel Rosenthal	Maple Grove	MN	55	M	2:03
19	1/4	Damon Summer			21	M	2:03
20	3/6	Jacob Stein	Minneapolis	MN	26	M	2:07

TOP 20 2nd\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
1	1/7	Jessie Meyer	Lakeville	MN	39	F	0:37
2	1/3	Parker Collins	Golden Valley	MN	19	M	0:42
3	1/4	Thompson	Annandale	MN	51	M	0:44
4	2/7	Ashley France	Brooklyn Ctr	MN	35	F	0:45
5	1/6	Rachelle Brockell	Minneapolis	MN	32	F	0:46
6	1/7	Jacob Stein	Minneapolis	MN	26	M	0:50
7	1/2	Sara Ahlquist			50	F	0:50
8	1/8	Brian Falk	Waconia	MN	33	M	0:54
9	1/4	Harrison Collins	Brooklyn	NY	21	M	0:55
10	2/3	Sean Schiferl	Woodbury	MN	18	M	0:57
11	2/7	Joseph Rief	Saint Paul	MN	26	M	0:58
12	2/6	Whitney Greilanger	St.Paul	MN	33	F	1:00
13	1/9	Joe Herriges	St. Paul	MN	35	M	1:03
14	2/4	Steve Harley			53	M	1:04
15	3/7	Jared Vincent	Minneapolis	MN	28	M	1:05
16	1/1	Mike Borneke	Eagle Lake	MN	65	M	1:08

17	3/3	Klausner Nathaniel			17 M	1:15
18	1/4	Corey Gallagher	Pulaski	WI	45 M	1:16
19	2/8	Alex Wold	Saint Paul	MN	32 M	1:16
20	1/3	Emily Merry	Minneapolis	MN	27 F	1:18

TOP 50 Total\_Transition TIMES

PLACE	DIV/TOT	NAME	CITY	ST	AGE	S	Trans Time
=====	=====	=====	=====	==	==	=	=====
1	1/3	Sean Schiferl	Woodbury	MN	18	M	1:47
2	1/2	Sara Ahlquist			50	F	2:05
3	1/7	Jessie Meyer	Lakeville	MN	39	F	2:08
4	1/6	Whitney Greilanger	St.Paul	MN	33	F	2:12
5	2/7	Ashley France	Brooklyn Ctr	MN	35	F	2:19
6	1/4	Steve Harley			53	M	2:20
7	2/3	Parker Collins	Golden Valley	MN	19	M	2:26
8	1/8	Brian Falk	Waconia	MN	33	M	2:29
9	1/9	Joe Herriges	St. Paul	MN	35	M	2:32
10	2/4	Thompson	Annandale	MN	51	M	2:41
11	1/6	Jacob Stein	Minneapolis	MN	26	M	2:57
12	2/6	Rachelle Brockell	Minneapolis	MN	32	F	2:58
13	1/3	Margaret Eileen	Plymouth	MN	25	F	2:58
14	1/4	Corey Gallagher	Pulaski	WI	45	M	3:16
15	2/6	Jared Vincent	Minneapolis	MN	28	M	3:17
16	1/1	Mike Borneke	Eagle Lake	MN	65	M	3:18
17	3/6	Joseph Rief	Saint Paul	MN	26	M	3:23
18	2/8	Alex Wold	Saint Paul	MN	32	M	3:24
19	3/7	Diana Barr	Edina	MN	37	F	3:30
20	1/4	Harrison Collins	Brooklyn	NY	21	M	3:38
21	2/9	Andy Jorde	Winona	MN	35	M	3:38
22	2/4	Greg Richter	Burnsville	MN	45	M	3:47
23	3/4	Tony Taylor			52	M	3:50
24	2/4	Damon Summer			21	M	3:51
25	4/6	Parker Tangen	Inver Grove	MN	25	M	3:53
26	5/6	Justin Bradfield	Minneapolis	MN	28	M	3:58
27	3/4	Zak Shimanski	Minneapolis	MN	46	M	4:09
28	3/8	Adam Alidra	Minneapolis	MN	34	M	4:10
29	3/9	Patrick Sheehan			39	M	4:17
30	3/3	Klausner Nathaniel			17	M	4:17
31	3/4	Logan Lasley	Eden Prairie	MN	21	M	4:19
32	1/3	Anna Hauer	Minneapolis	MN	24	F	4:21
33	3/6	Laura Falk	Waconia	MN	31	F	4:33
34	4/8	Peter Dauwalter	Waconia	MN	34	M	4:47
35	4/9	Aaron Johnson	Hammond	WI	39	M	4:47
36	1/2	Jay Rasmussen	New Brighton	MN	43	M	4:50
37	2/2	Chris Schmidkamp	Minneapolis	MN	42	M	4:54
38	1/3	Dan Lynch	Saint Paul	MN	59	M	4:56
39	4/6	Joanna Ison	Minneapolis	MN	33	F	5:03
40	2/3	Lilith Lengvenis	Minneapolis	MN	21	F	5:03
41	2/3	Joel Rosenthal	Maple Grove	MN	55	M	5:06
42	5/6	Kyrie Jorgenson	Decorah	IA	30	F	5:09
43	5/9	Daniel Weinstein	Minneapolis	MN	39	M	5:09
44	4/4	Michael G Simon	Stillwater	MN	48	M	5:15
45	4/4	Brian Hoernemann	Waconia	MN	50	M	5:16
46	5/8	Bryan Jensen	Minnetonka	MN	32	M	5:16
47	4/7	Angie Spencer	Minneapolis	MN	37	F	5:16
48	6/9	Nicholas Lodian	Minneapolis	MN	37	M	5:18
49	6/6	Alexis Trauger	Minneapolis	MN	31	F	5:33
50	7/9	Nick Boehland	Vadnais Height	MN	38	M	5:36

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
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FEMALE AGE GROUP RESULTS 20 - 24

1	69	Anna Hauer	24	F	Minneapolis	MN	2	41:33	41:33	2:37	2	54:26	26.5	1:44	2	51:34	8:36	2:31:50
2	109	Emily Lipson	24	F	Evanston	IL	1	35:32	35:32	5:39	1	52:52	27.2	4:28	3	55:36	9:16	2:34:05
3	105	Lilith Lengvenis	21	F	Minneapolis	MN	3	49:09	49:09	3:42	3	57:37	25.0	1:21	1	46:47	7:48	2:38:35

FEMALE AGE GROUP RESULTS 25 - 29

1	45	Margaret Eileen	25	F	Plymouth	MN	1	42:04	42:04	1:07	1	45:03	32.0	1:51	3	84:01	14:01	2:54:06
2	129	Emily Merry	27	F	Minneapolis	MN	2	55:46	55:46	11:08	3	1:01:42	23.3	1:18	2	69:15	11:33	3:19:07
3	47	Joanna Fakhoury	27	F	Minneapolis	MN	3	64:21	64:21	4:30	2	1:00:21	23.9	2:00	1	68:26	11:25	3:19:37

FEMALE AGE GROUP RESULTS 30 - 34

1	66	Whitney Greilanger	33	F	St.Paul	MN	1	41:35	41:35	1:12	1	47:15	30.5	1:00	1	44:31	7:26	2:15:30
2	93	Kyrie Jorgenson	30	F	Decorah	IA	3	48:06	48:06	2:50	4	53:58	26.7	2:19	2	55:14	9:13	2:42:26
3	50	Laura Falk	31	F	Waconia	MN	4	52:12	52:12	2:44	5	54:39	26.3	1:49	4	58:27	9:45	2:49:49
4	24	Rachelle Brockell	32	F	Minneapolis	MN	5	64:04	64:04	2:12	3	51:41	27.9	0:46	3	56:43	9:28	2:55:24
5	82	Joanna Ison	33	F	Minneapolis	MN	2	47:26	47:26	2:37	2	51:31	28.0	2:26	6	75:31	12:36	2:59:30
6	211	Alexis Trauger	31	F	Minneapolis	MN	6	73:41	73:41	2:46	6	1:02:38	23.0	2:47	5	61:34	10:16	3:23:24

FEMALE AGE GROUP RESULTS 35 - 39

1	130	Jessie Meyer	39	F	Lakeville	MN	1	47:45	47:45	1:31	1	50:28	28.5	0:37	2	50:13	8:23	2:30:31
2	11	Diana Barr	37	F	Edina	MN	2	49:04	49:04	1:42	2	52:55	27.2	1:48	5	60:31	10:06	2:45:59
3	52	Ashley France	35	F	Brooklyn Ctr	MN	4	56:59	56:59	1:34	6	1:00:33	23.8	0:45	3	53:39	8:57	2:53:27
4	166	Paulina Roman	35	F	Rochester	MN	3	49:20	49:20	4:55	7	1:08:09	21.1	4:27	1	48:30	8:05	2:55:19
5	187	Annie Sheehan	36	F	Minneapolis	MN	5	59:08	59:08	4:01	4	56:45	25.4	3:22	4	58:24	9:44	3:01:38
6	31	Anna Clausen	37	F	Minneapolis	MN	6	60:31	60:31	5:04	3	54:11	26.6	2:09	7	71:04	11:51	3:12:56
7	196	Angie Spencer	37	F	Minneapolis	MN	7	71:30	71:30	3:21	5	1:00:31	23.8	1:55	6	65:23	10:54	3:22:38

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
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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
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FEMALE AGE GROUP RESULTS 50 - 54

1	238	Sara Ahlquist	50	F			1	43:01	43:01	1:15	1	47:36	30.3	0:50	1	50:59	8:30	2:23:39
2	125	Janice McFadden	54	F	New York	NY	2	66:22	66:22	3:38	2	59:08	24.4	3:22	2	71:50	11:59	3:24:18

FEMALE AGE GROUP RESULTS 55 - 59

1	253	Deane Supanich	55	F			2	62:16	62:16	3:31	1	47:56	30.0	2:06	1	62:31	10:26	2:58:19
2	59	Beth Giacobassi	59	F	Shorewood	WI	1	60:27	60:27	3:33	2	55:20	26.0	2:34	2	66:40	11:07	3:08:32

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
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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
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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
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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	176	Sean Schiferl	18	M	Woodbury	MN	1	39:13	39:13	0:50	3	51:32	27.9	0:57	2	47:11	7:52	2:19:42
2	232	Klausner Nathaniel	17	M			3	57:41	57:41	3:02	1	50:34	28.5	1:15	1	38:31	6:26	2:31:01
3	33	Parker Collins	19	M	Golden Valley	MN	2	52:05	52:05	1:44	2	51:09	28.2	0:42	3	48:00	8:00	2:33:39

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	102	Logan Lasley	21	M	Eden Prairie	MN	2	39:52	39:52	2:19	1	44:47	32.2	2:00	1	47:29	7:55	2:16:27
2	32	Harrison Collins	21	M	Brooklyn	NY	1	38:35	38:35	2:43	2	49:04	29.3	0:55	3	56:49	9:29	2:28:03
3	240	Damon Summer	21	M			3	63:01	63:01	2:03	4	53:49	26.8	1:48	2	56:17	9:23	2:56:56
4	194	Bjorn Solberg	23	M	Minneapolis	MN	4	65:17	65:17	3:39	3	51:02	28.2	2:21	4	68:23	11:24	3:10:41

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	205	Parker Tangen	25	M	Inver Grove	MN	1	8:52	8:52	1:54	1	46:52	30.7	1:59	2	45:21	7:34	1:44:58
2	23	Justin Bradfield	28	M	Minneapolis	MN	2	47:17	47:17	1:54	3	50:47	28.4	2:04	3	46:58	7:50	2:29:00
3	162	Joseph Rief	26	M	Saint Paul	MN	4	58:43	58:43	2:25	2	48:22	29.8	0:58	1	43:28	7:15	2:33:54
4	212	Jared Vincent	28	M	Minneapolis	MN	5	59:40	59:40	2:12	6	57:07	25.2	1:05	4	56:09	9:22	2:56:12
5	198	Jacob Stein	26	M	Minneapolis	MN	6	60:01	60:01	2:07	5	57:05	25.2	0:50	5	57:14	9:33	2:57:16
6	60	Mario Giacobassi	28	M	Madison	WI	3	54:56	54:56	8:57	4	55:14	26.1	2:44	6	66:36	11:06	3:08:25
7	127	Ben Meier	28	M	Plymouth	MN												

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	207	Michael Tate	34	M	Eden Prairie	MN				1:34								2:07:00
2	219	Alex Wold	32	M	Saint Paul	MN	1	32:11	32:11	2:08	4	47:43	30.2	1:16	4	51:51	8:39	2:15:08
3	49	Brian Falk	33	M	Waconia	MN	4	48:47	48:47	1:35	3	47:36	30.3	0:54	3	49:49	8:19	2:28:38
4	2	Adam Alidra	34	M	Minneapolis	MN	2	40:38	40:38	2:09	1	46:00	31.3	2:01	7	58:55	9:50	2:29:42
5	172	Alexander Ryu	30	M	Rochester	MN	3	48:18	48:18	3:22	2	46:32	30.9	3:25	2	49:15	8:13	2:30:51
6	193	Matthew Sinnen	34	M	Waconia	MN	5	50:03	50:03	3:41	5	49:48	28.9	2:27	6	55:11	9:12	2:41:07
7	87	Bryan Jensen	32	M	Minnetonka	MN	8	62:48	62:48	2:53	6	50:08	28.7	2:23	1	47:52	7:59	2:46:02
8	37	Peter Dauwalter	34	M	Waconia	MN	7	60:54	60:54	2:09	7	53:57	26.7	2:38	5	52:25	8:45	2:52:02
9	263	Roman Gromon	30	M			6	54:18	54:18	6:02	8	55:59	25.7	4:44	8	73:15	12:13	3:14:17

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	188	Patrick Sheehan	39	M			9	60:42	60:42	2:35	8	56:37	25.4	1:42				1:35:28
2	71	Joe Herriges	35	M	St. Paul	MN	1	39:25	39:25	1:29	1	45:40	31.5	1:03	4	49:36	8:16	2:17:11
3	89	Aaron Johnson	39	M	Hammond	WI	3	42:41	42:41	2:47	6	49:04	29.3	2:00	1	46:41	7:47	2:23:10
4	92	Andy Jorde	35	M	Winona	MN	2	40:37	40:37	2:19	3	46:30	31.0	1:19	6	52:37	8:47	2:23:20



5	18	Nick Boehland	38	M	Vadnais Heights	MN	4	46:55	46:55	3:54	5	47:50	30.1	1:42	2	47:00	7:50	2:27:18
6	110	Nicholas Lodien	37	M	Minneapolis	MN	7	50:19	50:19	3:00	4	47:07	30.6	2:18	3	47:14	7:53	2:29:56
7	77	John Hoogeveen	37	M	Saint Paul	MN	5	48:50	48:50	4:11	2	46:22	31.1	1:41	5	50:55	8:30	2:31:57
8	215	Daniel Weinstein	39	M	Minneapolis	MN	6	49:41	49:41	2:09	9	57:20	25.1	3:00	7	60:38	10:07	2:52:47
9	99	Drew Klinkert	37	M	Minneapolis	MN	8	53:34	53:34	3:52	7	52:24	27.5	2:55	8	64:58	10:50	2:57:40

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	178	Chris Schmidkamp	42	M	Minneapolis	MN	1	52:12	52:12	2:53	1	47:35	30.3	2:01	1	53:35	8:56	2:38:14
2	158	Jay Rasmussen	43	M	New Brighton	MN	2	74:37	74:37	2:26	2	53:12	27.1	2:24	2	68:57	11:30	3:21:34

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	57	Corey Gallagher	45	M	Pulaski	WI	1	38:16	38:16	2:00	1	44:26	32.4	1:16	2	60:18	10:03	2:26:15
2	161	Greg Richter	45	M	Burnsville	MN	2	51:23	51:23	2:14	2	46:11	31.2	1:33	3	63:24	10:34	2:44:44
3	190	Zak Shimanski	46	M	Minneapolis	MN	4	60:45	60:45	2:19	3	49:07	29.3	1:50	1	56:46	9:28	2:50:45
4	192	Michael G Simon	48	M	Stillwater	MN	3	53:29	53:29	2:30	4	55:08	26.1	2:45	4	88:25	14:45	3:22:15

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	210	Thompson	51	M	Annandale	MN	2	46:59	46:59	1:57	1	41:42	34.5	0:44	1	39:35	6:36	2:10:55
2	244	Steve Harley	53	M			1	42:27	42:27	1:16	2	42:48	33.6	1:04	2	47:14	7:53	2:14:47
3	74	Brian Hoernemann	50	M	Waconia	MN	3	48:58	48:58	3:36	3	47:15	30.5	1:40	3	48:09	8:02	2:29:36
4	267	Tony Taylor	52	M			4	53:07	53:07	1:37	4	49:14	29.2	2:13	4	53:44	8:58	2:39:53

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	112	Dan Lynch	59	M	Saint Paul	MN	1	44:04	44:04	2:49	2	47:59	30.0	2:07	2	52:33	8:46	2:29:30
2	168	Joel Rosenthal	55	M	Maple Grove	MN	3	65:45	65:45	2:03	3	54:41	26.3	3:03	1	34:20	5:44	2:39:51
3	233	Klausner Dan	55	M			4	82:32	82:32		1	46:29	31.0	1:45	4	61:55	10:20	2:56:46
4	51	Reid Ferguson	56	M	Hudson	WI	2	47:47	47:47	3:29	4	1:17:17	18.6	3:11	3	58:38	9:47	3:10:21

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
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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	20	Mike Borneke	65	M	Eagle Lake	MN	1	64:14	64:14	2:10	1	46:44	30.8	1:08	1	60:58	10:10	2:55:14

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
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Total Registered: 96  
 Total Number of Individual Finishers: 69  
 Number of Male Finishers: 46  
 Number of Female Finishers: 23  
 Total Number of Relay Finishers: 6

St. Paul, MN, aUGUST 17, 2019

Short .5M-12M-3M & Long 1M-24M-6M (AQUABIKE LONG 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	132	Audun Mikkelson	I	61	M	Hayward	WI	1	37:16	37:16	1:17	2	47:20	30.4					1:27:21
2	1/1	106	Scott Leo	I	57	M	Minneapolis	MN	2	46:31	46:31	1:46	1	41:18	34.9					1:30:53
3	1/1	70	Nicole Helgeson	I	34	F	Saint Paul	MN	3	66:12	66:12	2:09	3	55:27	26.0					2:00:16

results by VacationSports

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