

GEAR WEST DUATHLON
 Sunday, May 19, 2013
 Orono, Minnesota

2.8 Mile Run, 16.6 Mile Bike, 2.8 Mile Run

MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	pace	TRAN	plc	BIKE	mph	TRAN	plc	RUN	pace	TOTAL	TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1	Dan Hedgecock	Minneapolis	MN	26	M	1	16:01	5:43	0:50	1	38:14	26.1	0:34	4	18:00	6:26	1:13:37	
2	2	Patrick Parish	Bloomington	MN	28	M	2	16:50	6:01	0:52	6	40:27	24.6	0:34	1	17:26	6:14	1:16:08	
3	3	Brooks Grossinger	Mayer	MN	36	M	4	17:13	6:09	0:52	5	40:18	24.7	0:33	2	17:49	6:22	1:16:44	
4	48	Jared Smith	Minneapolis	MN	29	M	8	17:47	6:21	0:56	4	39:39	25.1	0:31	3	17:59	6:26	1:16:49	
5	28	John Heinlein III	Stillwater	MN	24	M	11	18:04	6:27	0:47	3	39:22	25.3	0:25	6	19:18	6:54	1:17:54	
6	9	Dan Arlandson	Burnsville	MN	35	M	10	18:01	6:26	1:08	2	39:02	25.5	0:44	13	19:45	7:04	1:18:38	
7	52	Mike Ladendorf	Apple Valley	MN	31	M	7	17:46	6:21	0:55	30	43:37	22.8	0:31	5	18:00	6:26	1:20:47	
8	212	Tony Schiller	Eden Prairie	MN	55	M	13	18:21	6:34	1:04	9	41:29	24.0	0:38	10	19:39	7:01	1:21:09	
9	22	Michael Mittelstea	Apple Valley	MN	22	M	12	18:07	6:29	1:12	17	42:24	23.5	0:38	8	19:32	6:59	1:21:51	
10	61	Andrew Elvester	Minnetonka	MN	34	M	9	17:49	6:22	1:10	22	42:50	23.3	0:39	9	19:35	7:00	1:22:00	
11	8	Scott Myers	Plymouth	MN	37	M	20	18:59	6:47	1:00	18	42:36	23.4	0:38	12	19:42	7:02	1:22:53	
12	27	Ben Trnka	Roseville	MN	24	M	16	18:48	6:43	0:54	20	42:49	23.3	0:36	17	20:02	7:10	1:23:07	
13	94	Andrew Zabel	Saint Joseph	MN	33	M	23	19:17	6:53	1:08	12	41:54	23.8	0:39	20	20:11	7:13	1:23:07	
14	72	Jesse Marzean	Montrose	MN	35	M	29	19:42	7:03	0:56	13	41:58	23.7	0:40	21	20:12	7:13	1:23:26	
15	23	Jordan Roby	Saint Paul	MN	22	M	17	18:48	6:43	1:08	31	43:37	22.8	0:34	15	19:50	7:05	1:23:55	
16	14	Pat Griffith	Maple Grove	MN	19	M	18	18:50	6:44	1:01	29	43:32	22.9	0:51	22	20:14	7:14	1:24:25	
17	164	Derek Hager	Minneapolis	MN	51	M	35	20:11	7:13	0:59	7	40:47	24.4	0:33	53	22:06	7:54	1:24:34	
18	104	Michael Bolinske	Hopkins	MN	37	M	33	19:58	7:08	1:24	8	41:07	24.2	0:50	43	21:25	7:39	1:24:42	
19	192	Greg Dummer	Minneapolis	MN	42	M	26	19:25	6:57	1:22	26	43:15	23.0	0:50	19	20:10	7:12	1:25:01	
20	18	Philip English	Minnetonka	MN	21	M	15	18:45	6:42	0:55	36	44:09	22.6	0:46	25	20:38	7:22	1:25:11	
21	132	Scott Parker	Plymouth	MN	37	M	5	17:24	6:13	1:17	37	44:44	22.3	0:52	32	21:04	7:32	1:25:19	
22	174	Josh Sprague	Edina	MN	41	M	32	19:57	7:08	1:04	28	43:26	22.9	0:51	18	20:04	7:10	1:25:20	
23	87	Michael Younes	St Louis Park	MN	32	M	19	18:53	6:45	1:15	40	44:49	22.2	0:42	16	19:50	7:05	1:25:28	
24	127	John Shelp	Maple Plain	MN	41	M	38	20:19	7:16	0:58	11	41:36	23.9	0:55	50	21:53	7:49	1:25:40	
25	24	Brett Danielson	Cokato	MN	23	M	37	20:19	7:16	0:54	24	42:50	23.3	0:27	44	21:28	7:40	1:25:56	
26	246	Leon Ball	Minneapolis	MN	47	M	25	19:25	6:57	1:24	39	44:47	22.2					1:26:06	
27	278	Kirk Vesterstein	Wayzata	MN	51	M					14	42:15	23.6	0:42	34	21:08	7:33	1:26:19	
28	147	Tim Bode	Buffalo	MN	45	M	51	20:36	7:22	1:01	25	43:14	23.0	0:59	24	20:37	7:22	1:26:26	
29	198	Shawn Kittridge	St. Cloud	MN	42	M	34	20:06	7:11	1:17	32	43:46	22.8	0:49	23	20:32	7:20	1:26:28	
30	209	Colin Smith	Minneapolis	MN	43	M	56	20:52	7:27	1:17	16	42:23	23.5	0:51	38	21:19	7:37	1:26:40	
31	29	Matt Orzechowski	Richfield	MN	24	M	41	20:22	7:17	1:12	21	42:49	23.3	0:53	46	21:37	7:44	1:26:52	
32	128	Thaddeus Ingersoll	St. Paul	MN	43	M	22	19:16	6:53	0:58	54	46:21	21.5	0:39	11	19:41	7:02	1:26:53	
33	35	Ben Thomas	St. Paul	MN	24	M	3	17:13	6:09	1:17	55	46:32	21.4	0:41	40	21:22	7:38	1:27:03	
34	77	Nicholas Shultz	St. Michael	MN	36	M	24	19:18	6:54	1:09	42	45:00	22.1	0:48	27	20:54	7:28	1:27:06	
35	31	Cody Stadler	Minneapolis	MN	26	M	50	20:35	7:21	1:19	23	42:50	23.3	0:46	49	21:52	7:49	1:27:20	
36	245	Jey Carlson	North Oaks	MN	47	M	63	21:21	7:38	1:07	10	41:36	23.9	0:47	61	22:42	8:07	1:27:31	
37	205	Pearce McCarty	Long Lake	MN	43	M	39	20:20	7:16	1:16	27	43:20	23.0	0:54	51	21:53	7:49	1:27:42	
38	16	Jacob Braaten	Glenwood	MN	20	M	27	19:29	6:58	0:55	62	47:03	21.2	0:39	14	19:48	7:05	1:27:51	
39	25	Michael Williams	Maple Grove	MN	24	M	28	19:32	6:59	1:00	51	45:48	21.7	0:33	42	21:25	7:39	1:28:16	
40	110	Robert Brown	Hopkins	MN	38	M	44	20:24	7:17	1:07	43	45:02	22.1	0:37	37	21:19	7:37	1:28:26	
41	47	Ted McNamara	Buffalo	MN	46	M	65	21:35	7:43	1:18	19	42:43	23.3	0:44	57	22:33	8:04	1:28:51	
42	21	Nicholas Teetzel	Rogers	MN	21	M	6	17:24	6:13	1:33	90	49:18	20.2	1:24	7	19:26	6:57	1:29:03	
43	36	David Kerber	Minneapolis	MN	26	M	21	19:14	6:52	0:59	69	47:25	21.0	0:41	33	21:07	7:33	1:29:24	
44	210	Dale Forde	Golden Valley	MN	55	M	53	20:47	7:26	1:30	46	45:10	22.1	1:23	29	21:01	7:31	1:29:48	
45	122	Andy Brink	Chaska	MN	39	M	30	19:45	7:04	1:14	61	47:02	21.2	0:58	35	21:11	7:34	1:30:09	
46	97	Eben Spencer	Eden Prairie	MN	33	M	54	20:49	7:26	1:12	15	42:19	23.5	0:47	97	25:25	9:05	1:30:31	
47	125	Ebe Boettcher	Cedar Rapids	IA	37	M	71	22:11	7:56	1:18	34	43:59	22.6	0:43	62	22:43	8:07	1:30:52	

48	63	Kevin Rutherford	Minneapolis	MN	42	M	46	20:26	7:18	1:39	56	46:37	21.4	1:30	30	21:02	7:31	1:31:13
49	148	David Haaland	Saint Paul	MN	38	M	59	21:04	7:32	1:32	45	45:09	22.1	1:02	63	22:46	8:08	1:31:31
50	37	Chad Solei	Minneapolis	MN	26	M	49	20:32	7:20	1:42	59	46:56	21.2	1:23	28	20:59	7:30	1:31:31
51	161	Bill Sevoid	Woodbury	MN	47	M	31	19:51	7:06	2:18	68	47:19	21.0	1:57	26	20:44	7:25	1:32:08
52	341	Alfredo Martel	Saint Louis Pa	MN	47	M	68	21:55	7:50	1:09	52	45:52	21.7	1:03	54	22:13	7:57	1:32:10
53	169	Brian Maas	Plymouth	MN	52	M	40	20:20	7:16	1:50	64	47:08	21.1	1:18	48	21:48	7:47	1:32:22
54	38	Daniel Bocock	Kennan	WI	26	M	47	20:29	7:19	1:48	57	46:46	21.3	0:55	56	22:32	8:03	1:32:28
55	163	David Frank	Plymouth	MN	50	M	42	20:22	7:17	0:58	89	49:10	20.3	0:37	41	21:24	7:39	1:32:30
56	279	Brian Lavelle	Chaska	MN	51	M	84	23:07	8:16	1:26	33	43:48	22.7	0:52	76	23:47	8:30	1:32:58
57	208	Thomas Egger	Edina	MN	54	M	66	21:43	7:46	1:40	47	45:15	22.0	1:23	68	23:02	8:14	1:33:01
58	26	Danny Braaten	Inver Grove He	MN	23	M	58	20:57	7:29	1:02	73	47:31	21.0	0:32	67	23:01	8:14	1:33:01
59	303	David Dow	Stillwater	MN	58	M	67	21:46	7:47	1:17	50	45:35	21.9	1:04	79	23:59	8:34	1:33:39
60	171	Jukka Kukkonen	St Paul	MN	40	M	72	22:12	7:56	1:26	49	45:27	21.9	1:08	74	23:41	8:28	1:33:53
61	241	Andy Leier	Shakopee	MN	47	M	64	21:29	7:41	1:44	60	47:01	21.2	1:25	58	22:35	8:04	1:34:12
62	348	James Dougmerty	Saint Paul	MN	36	M	36	20:17	7:15	1:33	100	49:58	19.9	0:59	45	21:36	7:43	1:34:20
63	178	John Brockman	Saint Paul	MN	41	M	74	22:21	7:59	1:04	66	47:09	21.1					1:34:36
64	13	Aaron Senne	North Branch	MN	16	M	45	20:25	7:18	1:35	104	50:25	19.8	0:49	47	21:38	7:44	1:34:49
65	273	John Stangl	Buffalo	MN	50	M	114	24:32	8:46	1:56	38	44:46	22.2	0:56	65	22:52	8:10	1:35:00
66	17	Alex Peterson	Plymouth	MN	21	M	85	23:07	8:16	1:05	71	47:30	21.0	0:29	69	23:10	8:17	1:35:19
67	33	Kerry Yndestad	Rosemount	MN	52	M	69	22:03	7:53	1:11	74	47:41	20.9	0:40	75	23:45	8:29	1:35:19
68	229	Chuck Jensen	Ramsey,	MN	46	M	76	22:28	8:02	1:21	58	46:54	21.2	0:56	81	24:01	8:35	1:35:39
69	136	Nick Lampi	Corcoran	MN	37	M	57	20:54	7:28	2:25	95	49:36	20.1	1:53	31	21:03	7:32	1:35:49
70	320	Jason Migala	Sauk Rapids	MN	34	M	52	20:43	7:24	1:16	87	49:07	20.3	0:49	78	23:56	8:33	1:35:50
71	89	Brian Behrendt	Roseville	MN	32	M	62	21:13	7:35	2:00	81	48:34	20.5	1:15	66	22:58	8:12	1:35:58
72	228	Tim J Walker	Minnetonka	MN	46	M	117	24:36	8:47	1:24	35	44:03	22.6	0:46	95	25:21	9:04	1:36:08
73	20	Jonathan Rodengen	Golden Valley	MN	21	M	60	21:07	7:33	1:01	108	51:08	19.5	0:40	55	22:31	8:03	1:36:25
74	88	Jason Gehlen	Chanhassen	MN	32	M	98	23:26	8:22	1:46	41	44:58	22.1	0:59	98	25:26	9:05	1:36:33
75	116	Ryan Dailey	Maple Grove	MN	36	M	106	24:02	8:35	1:11	44	45:06	22.1	0:42	102	25:34	9:08	1:36:34
76	73	Eric Omdahl	St Charles	MN	36	M	92	23:18	8:20	1:06	82	48:42	20.5	0:43	64	22:52	8:10	1:36:39
77	172	Scott Backman	Brooklyn Park	MN	41	M	73	22:21	7:59	1:30	80	48:29	20.5	0:56	73	23:34	8:25	1:36:48
78	261	Lee Hetherington	Chaska	MN	49	M	91	23:16	8:19	1:23	75	48:07	20.7	0:56	80	24:00	8:35	1:37:39
79	345	Carl Spalding	Maple Plain	MN	49	M	79	22:39	8:06	1:36	88	49:10	20.3	1:02	71	23:16	8:19	1:37:40
80	346	Carson Price	Wayzata	MN	16	M	48	20:31	7:20	1:20	98	49:47	20.0	1:00	93	25:15	9:01	1:37:51
81	300	Brian Burkhardtzmey	Lakeville	MN	56	M	70	22:07	7:54	1:37	92	49:29	20.1	1:21	72	23:23	8:21	1:37:55
82	220	Kent Schwitzer	Minnetonka	MN	59	M	129	24:54	8:54	1:33	48	45:16	22.0	0:53	109	25:52	9:15	1:38:26
83	153	Matt Bower	St. Paul	MN	39	M	55	20:51	7:27	1:01	139	54:53	18.1	0:31	36	21:15	7:36	1:38:30
84	67	Derek Haag	Maple Grove	MN	35	M	43	20:23	7:17	1:05	138	54:15	18.4	0:59	52	21:57	7:51	1:38:36
85	211	Joe Kelzer	New Richmond	WI	43	M	77	22:29	8:02	1:17	86	49:06	20.3	0:41	91	25:12	9:00	1:38:44
86	267	Gregory Kurowski	Victoria	MN	50	M	103	23:47	8:30	1:39	65	47:08	21.1	1:08	101	25:31	9:07	1:39:11
87	119	Ryan Dow	Minneapolis	MN	36	M	119	24:39	8:49	1:37	85	48:55	20.4	1:00	70	23:11	8:17	1:39:21
88	213	Leonard Klun	Maple Plain	MN	59	M	78	22:38	8:05	1:38	91	49:22	20.2	1:02	84	24:45	8:51	1:39:23
89	141	Adam Dooley	Rogers	MN	37	M	95	23:24	8:22	1:52	97	49:41	20.0	1:57	59	22:38	8:05	1:39:30
90	262	Scott Beaupre	Orono	MN	49	M	93	23:20	8:20	1:36	84	48:55	20.4	1:01	86	24:51	8:53	1:39:40
91	258	David Leard	Rosemount	MN	49	M	75	22:25	8:01	1:16	124	52:51	18.8	0:48	60	22:41	8:06	1:39:58
92	204	Kevin Knight	Cottonwood	MN	43	M	104	23:52	8:32	1:26	53	46:16	21.5	1:26	130	27:15	9:44	1:40:13
93	187	Michael Iwan	Golden Valley	MN	42	M	126	24:49	8:52	1:42	72	47:31	21.0	1:20	87	24:56	8:55	1:40:15
94	150	Chris Hawes	Minneapolis	MN	39	M	111	24:17	8:41	1:34	76	48:07	20.7	0:51	99	25:30	9:07	1:40:19
95	294	Jack D. Shovein	North Oaks	MN	54	M	112	24:26	8:44	1:55	78	48:20	20.6	1:05	88	24:56	8:55	1:40:40
96	290	Jeff Melby	Bloomington	MN	53	M	124	24:47	8:51	1:37	63	47:06	21.1	0:49	122	26:24	9:26	1:40:41
97	322	Joel Voorhees	Golden Valley	MN	30	M	61	21:12	7:34	1:21	142	55:21	18.0	1:33	39	21:22	7:38	1:40:46
98	102	Erik Miller	Rogers	MN	34	M	96	23:24	8:22	1:30	107	50:47	19.6	1:12	77	23:56	8:33	1:40:47
99	183	Erik Olson	Shakopee	MN	41	M	86	23:09	8:16	1:46	77	48:13	20.7	1:41	113	26:05	9:19	1:40:52
100	268	Todd Hausmann	Saint Paul	MN	50	M	90	23:13	8:18	1:41	99	49:54	20.0	1:13	96	25:22	9:04	1:41:21
101	234	Daniel Dederichs	Waverly	MN	46	M	125	24:47	8:51	1:40	67	47:12	21.1	1:11	129	27:14	9:44	1:42:02
102	223	George Callahan	Wayzata	MN	45	M	113	24:32	8:46	1:53	79	48:27	20.6	1:12	117	26:16	9:23	1:42:17
103	30	Dain Clausen	Saint Louis Pa	MN	24	M	99	23:32	8:25	2:20	101	49:58	19.9	1:13	105	25:47	9:13	1:42:48
104	235	Randy Kramer	Buffalo	MN	46	M	105	24:00	8:35	1:31	94	49:34	20.1	1:34	116	26:15	9:23	1:42:52
105	284	Mark Getty	Plymouth	MN	51	M	100	23:37	8:26	1:35	121	52:29	19.0	1:10	83	24:21	8:42	1:43:10
106	270	Dan Lagermeier	Eden Prairie	MN	50	M	115	24:34	8:47	1:43	96	49:39	20.1	1:10	120	26:19	9:24	1:43:23

107	321	Daniel Diepenbrock	Hopkins	MN	29	M	130	24:54	8:54	1:34	106	50:44	19.6	1:07	89	25:09	8:59	1:43:26
108	340	Shawn Rivoire	New Brunswick		23	M	14	18:45	6:42	2:05	145	55:37	17.9	1:55	92	25:12	9:00	1:43:33
109	96	Scott Olson	Brooklyn Park	MN	33	M	134	25:02	8:57	1:55	102	50:14	19.8	1:30	104	25:38	9:10	1:44:17
110	242	John Will	Edina	MN	47	M	82	23:02	8:14	1:47	118	52:18	19.0	1:24	119	26:19	9:24	1:44:48
111	305	Greg Albrecht	Eden Prairie	MN	59	M	128	24:51	8:53	1:35	110	51:24	19.4	0:53	114	26:10	9:21	1:44:51
112	156	Jeremiah Gardner	Bloomington	MN	39	M	94	23:23	8:21	1:26	125	52:58	18.8	1:00	121	26:23	9:26	1:45:08
113	276	Rick Abrahamson	Andover	MN	50	M	89	23:13	8:18	2:14	93	49:34	20.1	1:37	143	28:33	10:12	1:45:09
114	12	Hunter Wheeler	Edina	MN	15	M	97	23:24	8:22	1:29	123	52:51	18.8	0:52	125	26:43	9:33	1:45:17
115	243	Peter Kaul	Eagan	MN	47	M	88	23:12	8:17	1:16	152	56:26	17.6	0:41	82	24:16	8:40	1:45:49
116	78	Jimmy Maloney	St. Louis Park	MN	31	M	81	22:55	8:11	1:52	127	53:15	18.7	1:18	126	26:49	9:35	1:46:05
117	86	Curt Lockman	Lakeville	MN	32	M	109	24:10	8:38	1:32	113	51:46	19.2	0:54	137	27:51	9:57	1:46:09
118	173	Braden Dent	Minnetrista	MN	41	M	102	23:41	8:28	1:42	114	52:00	19.2	0:59	138	27:54	9:58	1:46:14
119	298	Gregg Garretson	Lakeville	MN	55	M	156	27:14	9:44	2:16	103	50:19	19.8	1:01	110	25:52	9:15	1:46:41
120	83	Nick Johnson	Plymouth	MN	31	M	108	24:08	8:38	1:21	140	54:57	18.1	0:56	108	25:51	9:14	1:47:11
121	323	Jared Voorhees	Golden Valley	MN	32	M	87	23:09	8:16	1:23	136	54:04	18.4	0:57	136	27:48	9:56	1:47:20
122	118	Eric Bergstrom	New Hope	MN	36	M	141	26:11	9:22	1:44	115	52:07	19.1	1:00	123	26:29	9:28	1:47:30
123	93	Chuck Kelly	St Louis Park	MN	33	M	80	22:54	8:11	1:53	131	53:28	18.6	0:59	145	28:39	10:14	1:47:52
124	275	Doug Moore	Minneapolis	MN	50	M	121	24:41	8:49	2:17	128	53:16	18.7	1:40	118	26:18	9:24	1:48:09
125	166	Jeremy Mickelson	Plymouth	MN	40	M	101	23:41	8:28	2:05	147	56:04	17.8	1:18	90	25:10	8:59	1:48:16
126	291	Michael Gonzales	Lakeville	MN	54	M	137	25:22	9:04	1:35	122	52:49	18.9	0:51	133	27:42	9:54	1:48:17
127	113	Adam Recknor	Apple Valley	MN	35	M	110	24:11	8:38	1:51	148	56:14	17.7	1:26	85	24:47	8:51	1:48:27
128	134	Timothy Johnson	Plymouth	MN	37	M	132	24:58	8:55	1:33	126	53:15	18.7	1:06	135	27:46	9:55	1:48:36
129	152	Tim Hoke	Crystal	MN	39	M	142	26:14	9:22	1:28	112	51:34	19.3	0:53	144	28:37	10:13	1:48:45
130	216	Robert Bros	Savage	MN	44	M	123	24:45	8:51	2:40	120	52:28	19.0	1:55	134	27:45	9:55	1:49:32
131	82	Jeff Gammon	Maple Grove	MN	31	M	107	24:03	8:36	1:55	146	55:50	17.8	1:25	124	26:36	9:30	1:49:46
132	207	Todd Russ	Plymouth	MN	54	M	133	24:59	8:56	1:50	135	54:00	18.4	1:35	132	27:26	9:48	1:49:48
133	200	Jeff Lendino	Chaska	MN	42	M	127	24:49	8:52	1:49	149	56:18	17.7	1:24	100	25:30	9:07	1:49:48
134	304	Louis Ahlstrand	Shafer	MN	59	M	138	25:37	9:09	1:43	129	53:26	18.6	0:59	142	28:32	10:12	1:50:15
135	251	Erich Zeitz	Minnetonka	MN	48	M	140	25:45	9:12	1:46	137	54:14	18.4	1:11	131	27:24	9:47	1:50:18
136	287	Jonathan Stinson	Plymouth	MN	52	M	136	25:20	9:03	1:07	150	56:18	17.7	0:45	128	27:08	9:42	1:50:36
137	307	Michael Caldwell	Eagan	MN	59	M	148	26:31	9:29	2:22	109	51:10	19.5	1:55	149	28:55	10:20	1:50:52
138	318	Kurt Rahola	Independence	MN	55	M	139	25:40	9:10	2:27	144	55:22	18.0	1:42	115	26:13	9:22	1:51:21
139	90	Jon Kubes	Howard Lake	MN	32	M	146	26:28	9:28	1:39	117	52:17	19.1	1:18	152	29:46	10:38	1:51:25
140	224	Brian Stone	Eden Prairie	MN	45	M	122	24:45	8:51	2:21	153	56:30	17.6	2:09	107	25:50	9:14	1:51:33
141	238	Paul Bruzek	Minneapolis	MN	47	M	147	26:30	9:28	1:43	141	55:10	18.1	1:22	127	26:55	9:37	1:51:39
142	215	Matt Ostrowski	Chaska	MN	44	M	145	26:28	9:27	1:38	130	53:26	18.6	1:33	147	28:47	10:17	1:51:50
143	231	Chris Prew	Minneapolis	MN	46	M	143	26:19	9:24	2:17	134	53:52	18.5	1:36	140	28:09	10:03	1:52:10
144	311	Bill Minge	Minneapolis	MN	61	M	118	24:38	8:48	2:15	164	58:15	17.1	1:17	112	26:03	9:19	1:52:26
145	137	Neil Swanson	Plymouth	MN	37	M	120	24:41	8:49	2:24	167	58:41	17.0	1:03	111	25:59	9:17	1:52:46
146	144	Corey Stender	Minnetrista	MN	38	M	116	24:34	8:47	2:35	168	58:45	17.0	1:42	103	25:36	9:09	1:53:09
147	309	Emmanuel Day	Plymouth	MN	60	M	131	24:57	8:55	1:16	162	57:52	17.2	0:50	146	28:44	10:16	1:53:37
148	199	Christopher D Jone	Brooklyn Park	MN	42	M	162	28:32	10:12	2:06	105	50:42	19.6					1:54:00
149	114	David Kerber	Maple Grove	MN	36	M	83	23:05	8:15	1:51	174	1:03:07	15.8	0:50	94	25:18	9:03	1:54:08
150	274	Tom Griffin	Bloomington	MN	50	M	151	26:50	9:35	2:05	133	53:46	18.5	1:20	158	31:00	11:05	1:54:59
151	184	Chris Poflerl	Eden Prairie	MN	53	M	177	35:46	12:47	1:57	70	47:27	21.0	1:08	150	29:12	10:26	1:55:28
152	124	Nathan Purdy	St. Louis Park	MN	36	M	153	27:01	9:39	2:14	116	52:15	19.1	2:02	163	32:10	11:29	1:55:39
153	286	Tom Zemke	Plymouth	MN	52	M	172	30:13	10:48	2:28	83	48:46	20.4	1:25	167	33:57	12:08	1:56:47
154	91	Steven Jones	Minneapolis	MN	32	M	157	27:24	9:47	2:08	156	57:08	17.4	1:45	148	28:53	10:19	1:57:14
155	11	Eric Stone	Eden Prairie	MN	15	M	174	30:45	10:59	2:24	154	56:31	17.6	2:06	106	25:49	9:13	1:57:33
156	310	Barry Ross	Minnetonka	MN	61	M	164	29:02	10:23	2:16	132	53:46	18.5	2:14	157	30:54	11:03	1:58:10
157	139	Troy Thome	Minnetonka	MN	43	M	149	26:40	9:32	2:35	161	57:35	17.3	1:36	153	30:12	10:47	1:58:37
158	34	Mark Johnson	Saint Paul	MN	47	M	152	26:52	9:36	2:32	111	51:31	19.3	1:28	174	37:07	13:16	1:59:29
159	248	Doug Jackels	Maple Grove	MN	47	M	150	26:50	9:35	3:50	163	58:09	17.1	2:21	141	28:31	10:11	1:59:39
160	299	Butch Kummer	Hastings	MN	56	M	163	28:42	10:15	2:04	157	57:10	17.4	0:57	155	30:53	11:02	1:59:44
161	292	Dan Kinsella	Bloomington	MN	54	M	160	28:31	10:11	2:02	151	56:23	17.7	1:33	160	31:21	11:12	1:59:49
162	106	Wyatt Pannhoff	Carver	MN	34	M	135	25:12	9:00	2:33	171	1:01:28	16.2	2:41	139	27:59	10:00	1:59:51
163	53	Ryan Gehlen	Bloomington	MN	28	M	154	27:10	9:43	1:58	160	57:32	17.3	1:59	161	31:52	11:23	2:00:29
164	62	Brian Vollbrecht	Buffalo	MN	29	M	144	26:27	9:27	1:12	170	59:49	16.7	0:58	162	32:08	11:29	2:00:32
165	256	John McLaughlin	Eagan	MN	48	M	175	31:32	11:16	2:02	119	52:22	19.0	1:16	168	34:08	12:12	2:01:18

166	263	John Sullivan	Hastings	MN	49	M	161	28:31	10:11	3:18	155	56:34	17.6	1:57	159	31:07	11:07	2:01:25
167	281	Ed Moriarty	Eden Prairie	MN	51	M	155	27:13	9:44	2:10	158	57:11	17.4	1:52	164	33:04	11:49	2:01:28
168	111	Mike Holy	Plymouth	MN	35	M	168	29:57	10:42	2:45	166	58:23	17.1	1:56	151	29:27	10:31	2:02:24
169	280	Kent Gaither	Minnetonka	MN	51	M	171	30:12	10:47	3:13	143	55:21	18.0	3:00	166	33:06	11:50	2:04:50
170	259	Bryan Simmons	Minneapolis	MN	49	M	159	28:19	10:07	2:36	172	1:01:54	16.1	1:57	154	30:15	10:49	2:04:59
171	285	Anthony Brown	Lakeville	MN	51	M	170	30:06	10:45	3:42	165	58:19	17.1	2:40	156	30:54	11:02	2:05:40
172	56	Cameron Porter	Minneapolis	MN	28	M	169	30:02	10:44	1:26	159	57:22	17.4	1:23	172	36:02	12:53	2:06:14
173	177	Andy Berg	Maple Grove	MN	41	M	158	28:13	10:05	1:52	177	1:05:53	15.1	1:02	169	35:04	12:32	2:12:01
174	302	Bruce Quinn	St. Paul	MN	58	M					176	1:04:42	15.4	1:48	165	33:05	11:49	2:13:03
175	185	Sean Pirtle	Edina	MN	41	M	165	29:02	10:23	7:57	169	59:23	16.8	3:15	170	35:09	12:33	2:14:43
176	130	Aaron Harding	Chanhausen	MN	37	M	173	30:21	10:51	3:20	173	1:03:00	15.8	3:11	171	35:42	12:45	2:15:31
177	260	Todd Elmer	Maple Grove	MN	49	M	167	29:55	10:41	2:44	175	1:03:56	15.6	3:08	176	42:07	15:03	2:21:47
178	313	Ricardo Peters	Maple Grove	MN	62	M	166	29:14	10:27	1:48	180	1:21:14	12.3	1:18	173	36:32	13:03	2:30:04
179	225	Harshad Borgaonkar	Blaine	MN	45	M	176	34:47	12:26	3:40	178	1:07:12	14.8	2:39	177	42:49	15:18	2:31:04
180	253	Dennis Sherman	Winsted	MN	48	M	178	37:53	13:32	3:31	179	1:19:54	12.5	2:11	175	41:30	14:50	2:44:57

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOTAL	TIME
1	4	Suzanne Fox	Chaska	MN	29	F	2	20:02	7:09		1:05	2	44:37	22.3			0:34	1	21:16	7:36	1:27:32			
2	10	Claire Bootsma	Minneapolis	MN	26	F	1	19:46	7:04		0:55	5	45:45	21.8			0:31	2	21:33	7:42	1:28:27			
3	6	Kortney Haag	Maple Grove	MN	34	F	6	21:23	7:38		1:09	1	43:59	22.6			0:43	4	21:55	7:50	1:29:08			
4	5	Julie Hull	Farmington	MN	40	F	14	22:23	8:00		0:53	4	44:48	22.2			0:34	6	22:36	8:05	1:31:12			
5	50	Jennifer Scudiero	Eagan	MN	30	F	13	22:11	7:56		1:08	3	44:42	22.3			0:38	7	22:39	8:06	1:31:15			
6	159	Julia Weisbecker	Mendota Height	MN	47	F	8	21:46	7:47		0:59	7	46:18	21.5			0:40	5	22:03	7:53	1:31:45			
7	151	Tracie Kent	Saint Paul	MN	39	F																	1:31:53	
8	149	Ann Snuggerud	Chaska	MN	45	F	4	21:12	7:35		1:26	9	47:20	21.0			0:54	3	21:49	7:48	1:32:40			
9	42	Jasmine Carlson	Becida	MN	27	F	10	21:52	7:49		1:13	6	45:52	21.7			0:54	18	24:31	8:46	1:34:20			
10	32	Jan Guenther	Mound	MN	53	F	9	21:50	7:48		1:12	11	47:53	20.8			0:47	8	22:44	8:07	1:34:24			
11	7	Andrea Myers	Plymouth	MN	37	F	5	21:13	7:35		1:02	14	49:17	20.2			0:38	10	22:57	8:12	1:35:05			
12	120	Brenna Zavadzsky	Shakopee	MN	39	F	17	22:55	8:12		1:14	8	46:45	21.3			0:47	14	24:04	8:36	1:35:43			
13	41	Erin Holznagel	Richfield	MN	27	F	3	20:58	7:29		1:54	12	48:40	20.5			0:50	15	24:06	8:37	1:36:25			
14	129	Sadie Briggs	Chaska	MN	37	F	12	22:08	7:55		1:32	20	52:19	19.0			1:18	12	23:24	8:22	1:40:39			
15	59	Rachel Elvester	Minnetonka	MN	31	F	18	23:13	8:18		1:34	17	51:18	19.4			1:09	13	24:00	8:35	1:41:13			
16	55	Mandy Stoesz	Buffalo	MN	28	F	11	22:07	7:54		1:26	25	53:49	18.5			0:59	11	23:11	8:17	1:41:31			
17	65	Molly Uecker	Buffalo	MN	29	F	20	23:28	8:23		1:25	16	51:11	19.5			1:13	17	24:31	8:46	1:41:46			
18	249	Dawn Keller	Maple Grove	MN	48	F	29	25:24	9:04		1:22	10	47:51	20.8			0:45	27	26:34	9:30	1:41:54			
19	167	Heather Norton-Bow	St. Paul	MN	40	F	7	21:42	7:45		2:12	24	53:36	18.6			1:47	9	22:55	8:11	1:42:09			
20	342	Beth Trautman	Medina	MN	45	F	32	25:52	9:15		1:30	13	48:42	20.5			1:00	33	27:32	9:50	1:44:34			
21	68	Erin Geadelmann	Hopkins	MN	29	F	16	22:52	8:10		1:55	27	54:59	18.1			1:28	16	24:13	8:39	1:45:25			
22	19	Gabby Keller	Maple Grove	MN	21	F	25	24:53	8:54		1:24	19	52:19	19.0			0:42	28	26:39	9:31	1:45:55			
23	145	Naomi Hamer	Orono	MN	38	F	24	24:52	8:53		1:58	18	52:03	19.1			1:06	24	26:07	9:20	1:46:05			
24	202	Teresa Morgan	Minnetonka	MN	43	F	41	26:54	9:37		1:39	15	49:50	20.0			0:46	36	27:59	10:00	1:47:05			
25	70	Emily Mack	Golden Valley	MN	30	F	22	24:22	8:42		1:30	29	55:26	18.0			0:54	23	26:04	9:19	1:48:13			
26	115	Kamie Moen	Minneapolis	MN	36	F	28	25:09	8:59		2:20	21	52:59	18.8			1:17	30	26:48	9:35	1:48:31			
27	138	Sarah Siedschlag	Minneapolis	MN	37	F	15	22:27	8:01		1:45	40	1:00:35	16.4			1:28	20	24:37	8:48	1:50:50			
28	351	Jill Snitko	Marion	IA	34	F	19	23:25	8:22		1:27	42	1:00:46	16.4			0:52	21	24:39	8:48	1:51:06			
29	117	Melissa Gregory	Minneapolis	MN	39	F	21	24:10	8:38		1:49	33	58:07	17.1			1:15	22	25:53	9:15	1:51:11			
30	197	Ann Lendino	Chaska	MN	42	F	26	25:03	8:57		1:58	31	56:56	17.5			1:15	25	26:19	9:24	1:51:29			
31	43	Ailena Baum	Kennan	WI	27	F	40	26:53	9:36		1:24	26	54:08	18.4			0:49	41	28:34	10:12	1:51:45			
32	146	Lara Thomas	Saint Louis Pa	MN	38	F	49	28:18	10:07		2:05	22	53:07	18.8			1:15	39	28:16	10:06	1:53:00			
33	84	Stephanie Potter	Winsted	MN	31	F	30	25:24	9:05		1:47	30	56:53	17.5			1:15	34	27:52	9:57	1:53:09			
34	252	Gina Murphy	Shakopee	MN	48	F	27	25:04	8:57		1:30	35	58:58	16.9			1:21	31	27:07	9:41	1:53:58			
35	168	Nicole Kveton	Blaine	MN	40	F	35	26:15	9:23		2:37	28	55:25	18.0			1:32	44	29:31	10:33	1:55:17			
36	191	Ottillie Walls	Hastings	MN	42	F	23	24:27	8:44		3:45	36	59:11	16.8			2:54	26	26:33	9:29	1:56:50			
37	254	Kim Sorenson	Plymouth	MN	48	F	34	26:14	9:23		2:30	32	57:25	17.3			1:45	43	29:29	10:32	1:57:22			

38	203	Laurie Payton	Mendota Height	MN	54	F	52	29:51	10:40	1:32	23	53:23	18.7	1:04	51	32:36	11:39	1:58:24
39	195	Karla Schmid	Brooklyn Park	MN	42	F	39	26:50	9:35	2:01	39	59:39	16.7	2:20	37	28:00	10:00	1:58:47
40	92	Kari Schmaltz	Richfield	MN	33	F	37	26:33	9:29	1:46	46	1:01:31	16.2	1:22	35	27:53	9:58	1:59:04
41	44	Kyla Gill	Orono	MN	21	F	45	27:40	9:53	1:39	56	1:06:14	15.0	0:45	19	24:36	8:47	2:00:51
42	182	Julie Pettit	Maple Grove	MN	41	F	31	25:44	9:12	3:14	48	1:02:48	15.9	1:54	32	27:16	9:45	2:00:53
43	157	Jennifer Roesner	Minnetonka	MN	39	F	38	26:47	9:34	1:30	54	1:03:27	15.7	0:57	42	28:36	10:13	2:01:15
44	75	Lisa Holy	Plymouth	MN	30	F	36	26:18	9:24	1:57	52	1:03:20	15.7	1:47	38	28:04	10:02	2:01:23
45	142	Chella Hjelm	Maple Grove	MN	37	F	46	27:43	9:54	2:12	41	1:00:38	16.4	1:01	46	30:09	10:46	2:01:40
46	264	Charlene Vogt	Pequot Lakes	MN	49	F	47	27:44	9:55	1:52	53	1:03:24	15.7	0:45	45	29:51	10:40	2:03:34
47	289	Marlee Meshbesh	Eden Prairie	MN	53	F	42	27:01	9:39	2:39	57	1:06:24	15.0	1:21	29	26:48	9:35	2:04:12
48	74	Julia Berg	Maple Grove	MN	30	F	48	27:45	9:55	2:20	49	1:02:50	15.9	1:07	49	31:53	11:23	2:05:53
49	232	Tammy Johnson	Maple Grove	MN	46	F	43	27:35	9:51	2:12	47	1:02:25	16.0	2:43	48	31:17	11:11	2:06:10
50	343	Jill McNamara	Buffalo	MN	45	F	51	28:24	10:09	2:05	44	1:01:22	16.2	1:48	53	33:26	11:57	2:07:04
51	344	Jen Zeiss	Buffalo	MN	40	F	50	28:23	10:09	2:08	45	1:01:28	16.2	1:39	54	33:33	11:59	2:07:09
52	222	Kim Togstad	Chaska	MN	45	F	56	31:34	11:17	3:14	34	58:18	17.1	1:43	50	32:25	11:35	2:07:12
53	312	Lila Tully	St. Louis Park	MN	62	F	57	31:45	11:21	1:52	37	59:22	16.8	1:21	55	34:00	12:09	2:08:19
54	306	Michel Sanders	Saint Paul	MN	59	F	54	30:59	11:04	3:15	38	59:26	16.8	1:36	52	33:18	11:54	2:08:33
55	175	Laura Bonisas	Mapel Grove	MN	41	F	44	27:38	9:53	3:18	55	1:05:21	15.2	1:57	47	30:39	10:57	2:08:52
56	319	Shanna Boltz	Independence	MN	28	F	33	26:02	9:18	2:30	60	1:12:52	13.7	0:55	40	28:20	10:08	2:10:38
57	160	Deb Kersten	Robbinsdale	MN	39	F	53	30:53	11:02	4:11	50	1:02:53	15.8	3:12	57	35:13	12:35	2:16:21
58	206	Margot Storti-Marr	Maple Grove	MN	54	F	60	35:57	12:51	3:48	43	1:01:18	16.2	3:21	56	34:26	12:18	2:18:49
59	247	Becky Coleman	Maple Grove	MN	47	F	59	34:13	12:14	1:30	59	1:10:19	14.2	0:59	58	38:49	13:52	2:25:47
60	288	Christine Fjalstad	Prior Lake	MN	52	F					51	1:03:18	15.7	1:46	61	43:00	15:22	2:26:27
61	51	Leslie Cain	Richfield	MN	30	F	58	33:30	11:58	3:15	61	1:15:01	13.3	0:48	60	39:24	14:05	2:31:56
62	112	Renee Zinken	Blaine	MN	39	F	55	31:22	11:12	2:01	62	1:17:06	12.9	0:50	62	43:45	15:38	2:35:01
63	314	Jean Wood	Excelsior	MN	63	F	62	39:51	14:14	2:30	58	1:10:02	14.2	1:17	65	51:49	18:31	2:45:28
64	244	Beckie Perkins	Apple Valley	MN	47	F	61	39:22	14:04	2:54	63	1:40:56	9.9	2:40	59	39:07	13:59	3:04:57
65	162	Jennifer Sinsigall	Mound	MN	39	F	63	57:42	20:37	6:11	64	1:45:46	9.4	2:24	63	50:00	17:52	3:42:02
66	277	Sue Murphy	Minnetrissa	MN	50	F	64	57:42	20:37	6:10	65	1:45:47	9.4	2:24	64	50:00	17:52	3:42:02