

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

2.8 Mile Run, 16.6 Mile Bike, 2.8 Mile Run

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Pat Griffith	Maple Grove	MN	19	M	1	18:50	6:44	1:01	1	43:32	22.9	0:51	1	20:14	7:14	1:24:25
2 Aaron Senne	North Branch	MN	16	M	2	20:25	7:18	1:35	3	50:25	19.8	0:49	2	21:38	7:44	1:34:49
3 Carson Price	Wayzata	MN	16	M	3	20:31	7:20	1:20	2	49:47	20.0	1:00	3	25:15	9:01	1:37:51
4 Hunter Wheeler	Edina	MN	15	M	4	23:24	8:22	1:29	4	52:51	18.8	0:52	5	26:43	9:33	1:45:17
5 Eric Stone	Eden Prairie	MN	15	M	5	30:45	10:59	2:24	5	56:31	17.6	2:06	4	25:49	9:13	1:57:33

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Gabby Keller	Maple Grove	MN	21	F	1	24:53	8:54	1:24	1	52:19	19.0	0:42	2	26:39	9:31	1:45:55
2 Kyla Gill	Orono	MN	21	F	2	27:40	9:53	1:39	2	1:06:14	15.0	0:45	1	24:36	8:47	2:00:51

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 John Heinlein III	Stillwater	MN	24	M	3	18:04	6:27	0:47	1	39:22	25.3	0:25	1	19:18	6:54	1:17:54
2 Michael Mittelstea	Apple Valley	MN	22	M	4	18:07	6:29	1:12	2	42:24	23.5	0:38	3	19:32	6:59	1:21:51
3 Ben Trnka	Roseville	MN	24	M	7	18:48	6:43	0:54	3	42:49	23.3	0:36	6	20:02	7:10	1:23:07
4 Jordan Roby	Saint Paul	MN	22	M	8	18:48	6:43	1:08	6	43:37	22.8	0:34	5	19:50	7:05	1:23:55
5 Philip English	Minnetonka	MN	21	M	6	18:45	6:42	0:55	7	44:09	22.6	0:46	7	20:38	7:22	1:25:11
6 Brett Danielson	Cokato	MN	23	M	11	20:19	7:16	0:54	5	42:50	23.3	0:27	10	21:28	7:40	1:25:56
7 Matt Orzechowski	Richfield	MN	24	M	12	20:22	7:17	1:12	4	42:49	23.3	0:53	11	21:37	7:44	1:26:52
8 Ben Thomas	St. Paul	MN	24	M	1	17:13	6:09	1:17	9	46:32	21.4	0:41	8	21:22	7:38	1:27:03
9 Jacob Braaten	Glenwood	MN	20	M	9	19:29	6:58	0:55	10	47:03	21.2	0:39	4	19:48	7:05	1:27:51
10 Michael Williams	Maple Grove	MN	24	M	10	19:32	6:59	1:00	8	45:48	21.7	0:33	9	21:25	7:39	1:28:16
11 Nicholas Teetzel	Rogers	MN	21	M	2	17:24	6:13	1:33	13	49:18	20.2	1:24	2	19:26	6:57	1:29:03
12 Danny Braaten	Inver Grove He	MN	23	M	13	20:57	7:29	1:02	12	47:31	21.0	0:32	13	23:01	8:14	1:33:01
13 Alex Peterson	Plymouth	MN	21	M	15	23:07	8:16	1:05	11	47:30	21.0	0:29	14	23:10	8:17	1:35:19
14 Jonathan Rodengen	Golden Valley	MN	21	M	14	21:07	7:33	1:01	15	51:08	19.5	0:40	12	22:31	8:03	1:36:25
15 Dain Clausen	Saint Louis Pa	MN	24	M	16	23:32	8:25	2:20	14	49:58	19.9	1:13	16	25:47	9:13	1:42:48
16 Shawn Rivoire	New Brunswick		23	M	5	18:45	6:42	2:05	16	55:37	17.9	1:55	15	25:12	9:00	1:43:33

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Suzanne Fox	Chaska	MN	29	F	2	20:02	7:09	1:05	1	44:37	22.3	0:34	1	21:16	7:36	1:27:32
2 Claire Bootsma	Minneapolis	MN	26	F	1	19:46	7:04	0:55	2	45:45	21.8	0:31	2	21:33	7:42	1:28:27

3	Jasmine Carlson	Becida	MN	27	F	4	21:52	7:49	1:13	3	45:52	21.7	0:54	7	24:31	8:46	1:34:20
4	Erin Holznagel	Richfield	MN	27	F	3	20:58	7:29	1:54	4	48:40	20.5	0:50	4	24:06	8:37	1:36:25
5	Mandy Stoesz	Buffalo	MN	28	F	5	22:07	7:54	1:26	6	53:49	18.5	0:59	3	23:11	8:17	1:41:31
6	Molly Uecker	Buffalo	MN	29	F	7	23:28	8:23	1:25	5	51:11	19.5	1:13	6	24:31	8:46	1:41:46
7	Erin Gadelmann	Hopkins	MN	29	F	6	22:52	8:10	1:55	8	54:59	18.1	1:28	5	24:13	8:39	1:45:25
8	Ailena Baum	Kennan	WI	27	F	9	26:53	9:36	1:24	7	54:08	18.4	0:49	9	28:34	10:12	1:51:45
9	Shanna Boltz	Independence	MN	28	F	8	26:02	9:18	2:30	9	1:12:52	13.7	0:55	8	28:20	10:08	2:10:38

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Dan Hedgecock	Minneapolis	MN	26	M	1	16:01	5:43	0:50	1	38:14	26.1	0:34	3	18:00	6:26	1:13:37
2	Patrick Parish	Bloomington	MN	28	M	2	16:50	6:01	0:52	3	40:27	24.6	0:34	1	17:26	6:14	1:16:08
3	Jared Smith	Minneapolis	MN	29	M	3	17:47	6:21	0:56	2	39:39	25.1	0:31	2	17:59	6:26	1:16:49
4	Cody Stadler	Minneapolis	MN	26	M	7	20:35	7:21	1:19	4	42:50	23.3	0:46	6	21:52	7:49	1:27:20
5	David Kerber	Minneapolis	MN	26	M	4	19:14	6:52	0:59	7	47:25	21.0	0:41	5	21:07	7:33	1:29:24
6	Chad Solei	Minneapolis	MN	26	M	6	20:32	7:20	1:42	6	46:56	21.2	1:23	4	20:59	7:30	1:31:31
7	Daniel Bocock	Kennan	WI	26	M	5	20:29	7:19	1:48	5	46:46	21.3	0:55	7	22:32	8:03	1:32:28
8	Daniel Diepenbrock	Hopkins	MN	29	M	8	24:54	8:54	1:34	8	50:44	19.6	1:07	8	25:09	8:59	1:43:26
9	Ryan Gehlen	Bloomington	MN	28	M	10	27:10	9:43	1:58	10	57:32	17.3	1:59	9	31:52	11:23	2:00:29
10	Brian Vollbrecht	Buffalo	MN	29	M	9	26:27	9:27	1:12	11	59:49	16.7	0:58	10	32:08	11:29	2:00:32
11	Cameron Porter	Minneapolis	MN	28	M	11	30:02	10:44	1:26	9	57:22	17.4	1:23	11	36:02	12:53	2:06:14

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Kortney Haag	Maple Grove	MN	34	F	1	21:23	7:38	1:09	1	43:59	22.6	0:43	1	21:55	7:50	1:29:08
2	Jennifer Scudiero	Eagan	MN	30	F	2	22:11	7:56	1:08	2	44:42	22.3	0:38	2	22:39	8:06	1:31:15
3	Rachel Elvester	Minnetonka	MN	31	F	3	23:13	8:18	1:34	3	51:18	19.4	1:09	3	24:00	8:35	1:41:13
4	Emily Mack	Golden Valley	MN	30	F	5	24:22	8:42	1:30	4	55:26	18.0	0:54	5	26:04	9:19	1:48:13
5	Jill Snitko	Marion	IA	34	F	4	23:25	8:22	1:27	6	1:00:46	16.4	0:52	4	24:39	8:48	1:51:06
6	Stephanie Potter	Winsted	MN	31	F	6	25:24	9:05	1:47	5	56:53	17.5	1:15	6	27:52	9:57	1:53:09
7	Kari Schmaltz	Richfield	MN	33	F	8	26:33	9:29	1:46	7	1:01:31	16.2	1:22	7	27:53	9:58	1:59:04
8	Lisa Holy	Plymouth	MN	30	F	7	26:18	9:24	1:57	9	1:03:20	15.7	1:47	8	28:04	10:02	2:01:23
9	Julia Berg	Maple Grove	MN	30	F	9	27:45	9:55	2:20	8	1:02:50	15.9	1:07	9	31:53	11:23	2:05:53
10	Leslie Cain	Richfield	MN	30	F	10	33:30	11:58	3:15	10	1:15:01	13.3	0:48	10	39:24	14:05	2:31:56

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Mike Ladendorf	Apple Valley	MN	31	M	1	17:46	6:21	0:55	4	43:37	22.8	0:31	1	18:00	6:26	1:20:47
2	Andrew Elvester	Minnetonka	MN	34	M	2	17:49	6:22	1:10	3	42:50	23.3	0:39	2	19:35	7:00	1:22:00
3	Andrew Zabel	Saint Joseph	MN	33	M	4	19:17	6:53	1:08	1	41:54	23.8	0:39	4	20:11	7:13	1:23:07
4	Michael Younes	St Louis Park	MN	32	M	3	18:53	6:45	1:15	5	44:49	22.2	0:42	3	19:50	7:05	1:25:28
5	Eben Spencer	Eden Prairie	MN	33	M	6	20:49	7:26	1:12	2	42:19	23.5	0:47	9	25:25	9:05	1:30:31
6	Jason Migala	Sauk Rapids	MN	34	M	5	20:43	7:24	1:16	8	49:07	20.3	0:49	8	23:56	8:33	1:35:50
7	Brian Behrendt	Roseville	MN	32	M	8	21:13	7:35	2:00	7	48:34	20.5	1:15	6	22:58	8:12	1:35:58
8	Jason Gehlen	Chanhassen	MN	32	M	13	23:26	8:22	1:46	6	44:58	22.1	0:59	10	25:26	9:05	1:36:33
9	Joel Voorhees	Golden Valley	MN	30	M	7	21:12	7:34	1:21	17	55:21	18.0	1:33	5	21:22	7:38	1:40:46
10	Erik Miller	Rogers	MN	34	M	12	23:24	8:22	1:30	10	50:47	19.6	1:12	7	23:56	8:33	1:40:47

11	Scott Olson	Brooklyn Park	MN	33	M	17	25:02	8:57	1:55	9	50:14	19.8	1:30	11	25:38	9:10	1:44:17
12	Jimmy Maloney	St. Louis Park	MN	31	M	10	22:55	8:11	1:52	13	53:15	18.7	1:18	14	26:49	9:35	1:46:05
13	Curt Lockman	Lakeville	MN	32	M	16	24:10	8:38	1:32	11	51:46	19.2	0:54	16	27:51	9:57	1:46:09
14	Nick Johnson	Plymouth	MN	31	M	15	24:08	8:38	1:21	16	54:57	18.1	0:56	12	25:51	9:14	1:47:11
15	Jared Voorhees	Golden Valley	MN	32	M	11	23:09	8:16	1:23	15	54:04	18.4	0:57	15	27:48	9:56	1:47:20
16	Chuck Kelly	St Louis Park	MN	33	M	9	22:54	8:11	1:53	14	53:28	18.6	0:59	18	28:39	10:14	1:47:52
17	Jeff Gammon	Maple Grove	MN	31	M	14	24:03	8:36	1:55	18	55:50	17.8	1:25	13	26:36	9:30	1:49:46
18	Jon Kubes	Howard Lake	MN	32	M	19	26:28	9:28	1:39	12	52:17	19.1	1:18	20	29:46	10:38	1:51:25
19	Steven Jones	Minneapolis	MN	32	M	20	27:24	9:47	2:08	19	57:08	17.4	1:45	19	28:53	10:19	1:57:14
20	Wyatt Pannhoff	Carver	MN	34	M	18	25:12	9:00	2:33	20	1:01:28	16.2	2:41	17	27:59	10:00	1:59:51

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Tracie Kent	Saint Paul	MN	39	F											1:31:53	
2	Andrea Myers	Plymouth	MN	37	F	1	21:13	7:35	1:02	2	49:17	20.2	0:38	1	22:57	8:12	1:35:05
3	Brenna Zavadsky	Shakopee	MN	39	F	4	22:55	8:12	1:14	1	46:45	21.3	0:47	3	24:04	8:36	1:35:43
4	Sadie Briggs	Chaska	MN	37	F	2	22:08	7:55	1:32	4	52:19	19.0	1:18	2	23:24	8:22	1:40:39
5	Naomi Hamer	Orono	MN	38	F	6	24:52	8:53	1:58	3	52:03	19.1	1:06	6	26:07	9:20	1:46:05
6	Kamie Moen	Minneapolis	MN	36	F	7	25:09	8:59	2:20	5	52:59	18.8	1:17	7	26:48	9:35	1:48:31
7	Sarah Siedschlag	Minneapolis	MN	37	F	3	22:27	8:01	1:45	8	1:00:35	16.4	1:28	4	24:37	8:48	1:50:50
8	Melissa Gregory	Minneapolis	MN	39	F	5	24:10	8:38	1:49	7	58:07	17.1	1:15	5	25:53	9:15	1:51:11
9	Lara Thomas	Saint Louis Pa	MN	38	F	10	28:18	10:07	2:05	6	53:07	18.8	1:15	8	28:16	10:06	1:53:00
10	Jennifer Roesner	Minnetonka	MN	39	F	8	26:47	9:34	1:30	11	1:03:27	15.7	0:57	9	28:36	10:13	2:01:15
11	Chella Hjelm	Maple Grove	MN	37	F	9	27:43	9:54	2:12	9	1:00:38	16.4	1:01	10	30:09	10:46	2:01:40
12	Deb Kersten	Robbinsdale	MN	39	F	11	30:53	11:02	4:11	10	1:02:53	15.8	3:12	11	35:13	12:35	2:16:21
13	Renee Zinken	Blaine	MN	39	F	12	31:22	11:12	2:01	12	1:17:06	12.9	0:50	12	43:45	15:38	2:35:01
14	Jennifer Sinsigall	Mound	MN	39	F	13	57:42	20:37	6:11	13	1:45:46	9.4	2:24	13	50:00	17:52	3:42:02

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Brooks Grossinger	Mayer	MN	36	M	1	17:13	6:09	0:52	2	40:18	24.7	0:33	1	17:49	6:22	1:16:44
2	Dan Arlandson	Burnsville	MN	35	M	3	18:01	6:26	1:08	1	39:02	25.5	0:44	3	19:45	7:04	1:18:38
3	Scott Myers	Plymouth	MN	37	M	4	18:59	6:47	1:00	5	42:36	23.4	0:38	2	19:42	7:02	1:22:53
4	Jesse Marzean	Montrose	MN	35	M	6	19:42	7:03	0:56	4	41:58	23.7	0:40	4	20:12	7:13	1:23:26
5	Michael Bolinske	Hopkins	MN	37	M	8	19:58	7:08	1:24	3	41:07	24.2	0:50	11	21:25	7:39	1:24:42
6	Scott Parker	Plymouth	MN	37	M	2	17:24	6:13	1:17	7	44:44	22.3	0:52	7	21:04	7:32	1:25:19
7	Nicholas Shultz	St. Michael	MN	36	M	5	19:18	6:54	1:09	8	45:00	22.1	0:48	5	20:54	7:28	1:27:06
8	Robert Brown	Hopkins	MN	38	M	11	20:24	7:17	1:07	9	45:02	22.1	0:37	10	21:19	7:37	1:28:26
9	Andy Brink	Chaska	MN	39	M	7	19:45	7:04	1:14	12	47:02	21.2	0:58	8	21:11	7:34	1:30:09
10	Ebe Boettcher	Cedar Rapids	IA	37	M	15	22:11	7:56	1:18	6	43:59	22.6	0:43	15	22:43	8:07	1:30:52
11	David Haaland	Saint Paul	MN	38	M	14	21:04	7:32	1:32	11	45:09	22.1	1:02	16	22:46	8:08	1:31:31
12	James Dougmerty	Saint Paul	MN	36	M	9	20:17	7:15	1:33	18	49:58	19.9	0:59	12	21:36	7:43	1:34:20
13	Nick Lampi	Corcoran	MN	37	M	13	20:54	7:28	2:25	16	49:36	20.1	1:53	6	21:03	7:32	1:35:49
14	Ryan Dailey	Maple Grove	MN	36	M	20	24:02	8:35	1:11	10	45:06	22.1	0:42	22	25:34	9:08	1:36:34
15	Eric Omdahl	St Charles	MN	36	M	17	23:18	8:20	1:06	14	48:42	20.5	0:43	17	22:52	8:10	1:36:39
16	Matt Bower	St. Paul	MN	39	M	12	20:51	7:27	1:01	25	54:53	18.1	0:31	9	21:15	7:36	1:38:30
17	Derek Haag	Maple Grove	MN	35	M	10	20:23	7:17	1:05	24	54:15	18.4	0:59	13	21:57	7:51	1:38:36
18	Ryan Dow	Minneapolis	MN	36	M	24	24:39	8:49	1:37	15	48:55	20.4	1:00	18	23:11	8:17	1:39:21
19	Adam Dooley	Rogers	MN	37	M	19	23:24	8:22	1:52	17	49:41	20.0	1:57	14	22:38	8:05	1:39:30
20	Chris Hawes	Minneapolis	MN	39	M	22	24:17	8:41	1:34	13	48:07	20.7	0:51	21	25:30	9:07	1:40:19
21	Jeremiah Gardner	Bloomington	MN	39	M	18	23:23	8:21	1:26	22	52:58	18.8	1:00	25	26:23	9:26	1:45:08

22	Eric Bergstrom	New Hope	MN	36	M	27	26:11	9:22	1:44	20	52:07	19.1	1:00	26	26:29	9:28	1:47:30
23	Adam Recknor	Apple Valley	MN	35	M	21	24:11	8:38	1:51	26	56:14	17.7	1:26	19	24:47	8:51	1:48:27
24	Timothy Johnson	Plymouth	MN	37	M	26	24:58	8:55	1:33	23	53:15	18.7	1:06	27	27:46	9:55	1:48:36
25	Tim Hoke	Crystal	MN	39	M	28	26:14	9:22	1:28	19	51:34	19.3	0:53	28	28:37	10:13	1:48:45
26	Neil Swanson	Plymouth	MN	37	M	25	24:41	8:49	2:24	28	58:41	17.0	1:03	24	25:59	9:17	1:52:46
27	Corey Stender	Minnetrista	MN	38	M	23	24:34	8:47	2:35	29	58:45	17.0	1:42	23	25:36	9:09	1:53:09
28	David Kerber	Maple Grove	MN	36	M	16	23:05	8:15	1:51	31	1:03:07	15.8	0:50	20	25:18	9:03	1:54:08
29	Nathan Purdy	St. Louis Park	MN	36	M	29	27:01	9:39	2:14	21	52:15	19.1	2:02	30	32:10	11:29	1:55:39
30	Mike Holy	Plymouth	MN	35	M	30	29:57	10:42	2:45	27	58:23	17.1	1:56	29	29:27	10:31	2:02:24
31	Aaron Harding	Chanhassen	MN	37	M	31	30:21	10:51	3:20	30	1:03:00	15.8	3:11	31	35:42	12:45	2:15:31

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Julie Hull	Farmington	MN	40	F	2	22:23	8:00	0:53	1	44:48	22.2	0:34	1	22:36	8:05	1:31:12
2	Heather Norton-Bow	St. Paul	MN	40	F	1	21:42	7:45	2:12	3	53:36	18.6	1:47	2	22:55	8:11	1:42:09
3	Teresa Morgan	Minnetonka	MN	43	F	8	26:54	9:37	1:39	2	49:50	20.0	0:46	6	27:59	10:00	1:47:05
4	Ann Lendino	Chaska	MN	42	F	4	25:03	8:57	1:58	5	56:56	17.5	1:15	3	26:19	9:24	1:51:29
5	Nicole Kveton	Blaine	MN	40	F	6	26:15	9:23	2:37	4	55:25	18.0	1:32	8	29:31	10:33	1:55:17
6	Ottilie Walls	Hastings	MN	42	F	3	24:27	8:44	3:45	6	59:11	16.8	2:54	4	26:33	9:29	1:56:50
7	Karla Schmid	Brooklyn Park	MN	42	F	7	26:50	9:35	2:01	7	59:39	16.7	2:20	7	28:00	10:00	1:58:47
8	Julie Pettit	Maple Grove	MN	41	F	5	25:44	9:12	3:14	9	1:02:48	15.9	1:54	5	27:16	9:45	2:00:53
9	Jen Zeiss	Buffalo	MN	40	F	10	28:23	10:09	2:08	8	1:01:28	16.2	1:39	10	33:33	11:59	2:07:09
10	Laura Bonisas	Maple Grove	MN	41	F	9	27:38	9:53	3:18	10	1:05:21	15.2	1:57	9	30:39	10:57	2:08:52

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Greg Dummer	Minneapolis	MN	42	M	2	19:25	6:57	1:22	3	43:15	23.0	0:50	3	20:10	7:12	1:25:01
2	Josh Sprague	Edina	MN	41	M	3	19:57	7:08	1:04	5	43:26	22.9	0:51	2	20:04	7:10	1:25:20
3	John Shelp	Maple Plain	MN	41	M	5	20:19	7:16	0:58	1	41:36	23.9	0:55	7	21:53	7:49	1:25:40
4	Shawn Kittridge	St. Cloud	MN	42	M	4	20:06	7:11	1:17	6	43:46	22.8	0:49	4	20:32	7:20	1:26:28
5	Colin Smith	Minneapolis	MN	43	M	8	20:52	7:27	1:17	2	42:23	23.5	0:51	6	21:19	7:37	1:26:40
6	Thaddeus Ingersoll	St. Paul	MN	43	M	1	19:16	6:53	0:58	9	46:21	21.5	0:39	1	19:41	7:02	1:26:53
7	Pearce McCarty	Long Lake	MN	43	M	6	20:20	7:16	1:16	4	43:20	23.0	0:54	8	21:53	7:49	1:27:42
8	Kevin Rutherford	Minneapolis	MN	42	M	7	20:26	7:18	1:39	10	46:37	21.4	1:30	5	21:02	7:31	1:31:13
9	Jukka Kukkonen	St Paul	MN	40	M	9	22:12	7:56	1:26	7	45:27	21.9	1:08	10	23:41	8:28	1:33:53
10	John Brockman	Saint Paul	MN	41	M	11	22:21	7:59	1:04	11	47:09	21.1					1:34:36
11	Scott Backman	Brooklyn Park	MN	41	M	10	22:21	7:59	1:30	14	48:29	20.5	0:56	9	23:34	8:25	1:36:48
12	Joe Kelzer	New Richmond	WI	43	M	12	22:29	8:02	1:17	15	49:06	20.3	0:41	13	25:12	9:00	1:38:44
13	Kevin Knight	Cottonwood	MN	43	M	16	23:52	8:32	1:26	8	46:16	21.5	1:26	16	27:15	9:44	1:40:13
14	Michael Iwan	Golden Valley	MN	42	M	18	24:49	8:52	1:42	12	47:31	21.0	1:20	11	24:56	8:55	1:40:15
15	Erik Olson	Shakopee	MN	41	M	13	23:09	8:16	1:46	13	48:13	20.7	1:41	15	26:05	9:19	1:40:52
16	Braden Dent	Minnetrista	MN	41	M	15	23:41	8:28	1:42	17	52:00	19.2	0:59	18	27:54	9:58	1:46:14
17	Jeremy Mickelson	Plymouth	MN	40	M	14	23:41	8:28	2:05	20	56:04	17.8	1:18	12	25:10	8:59	1:48:16
18	Robert Bros	Savage	MN	44	M	17	24:45	8:51	2:40	18	52:28	19.0	1:55	17	27:45	9:55	1:49:32
19	Jeff Lendino	Chaska	MN	42	M	19	24:49	8:52	1:49	21	56:18	17.7	1:24	14	25:30	9:07	1:49:48
20	Matt Ostrowski	Chaska	MN	44	M	20	26:28	9:27	1:38	19	53:26	18.6	1:33	19	28:47	10:17	1:51:50
21	Christopher D Jone	Brooklyn Park	MN	42	M	23	28:32	10:12	2:06	16	50:42	19.6					1:54:00
22	Troy Thome	Minnetonka	MN	43	M	21	26:40	9:32	2:35	22	57:35	17.3	1:36	20	30:12	10:47	1:58:37
23	Andy Berg	Maple Grove	MN	41	M	22	28:13	10:05	1:52	24	1:05:53	15.1	1:02	21	35:04	12:32	2:12:01
24	Sean Pirtle	Edina	MN	41	M	24	29:02	10:23	7:57	23	59:23	16.8	3:15	22	35:09	12:33	2:14:43

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Julia Weisbecker	Mendota Height	MN	47	F	2	21:46	7:47	0:59	1	46:18	21.5	0:40	2	22:03	7:53	1:31:45
2 Ann Snuggerud	Chaska	MN	45	F	1	21:12	7:35	1:26	2	47:20	21.0	0:54	1	21:49	7:48	1:32:40
3 Dawn Keller	Maple Grove	MN	48	F	4	25:24	9:04	1:22	3	47:51	20.8	0:45	3	26:34	9:30	1:41:54
4 Beth Trautman	Medina	MN	45	F	5	25:52	9:15	1:30	4	48:42	20.5	1:00	5	27:32	9:50	1:44:34
5 Gina Murphy	Shakopee	MN	48	F	3	25:04	8:57	1:30	7	58:58	16.9	1:21	4	27:07	9:41	1:53:58
6 Kim Sorenson	Plymouth	MN	48	F	6	26:14	9:23	2:30	5	57:25	17.3	1:45	6	29:29	10:32	1:57:22
7 Charlene Vogt	Pequot Lakes	MN	49	F	8	27:44	9:55	1:52	10	1:03:24	15.7	0:45	7	29:51	10:40	2:03:34
8 Tammy Johnson	Maple Grove	MN	46	F	7	27:35	9:51	2:12	9	1:02:25	16.0	2:43	8	31:17	11:11	2:06:10
9 Jill McNamara	Buffalo	MN	45	F	9	28:24	10:09	2:05	8	1:01:22	16.2	1:48	10	33:26	11:57	2:07:04
10 Kim Togstad	Chaska	MN	45	F	10	31:34	11:17	3:14	6	58:18	17.1	1:43	9	32:25	11:35	2:07:12
11 Becky Coleman	Maple Grove	MN	47	F	11	34:13	12:14	1:30	11	1:10:19	14.2	0:59	11	38:49	13:52	2:25:47
12 Beckie Perkins	Apple Valley	MN	47	F	12	39:22	14:04	2:54	12	1:40:56	9.9	2:40	12	39:07	13:59	3:04:57

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Leon Ball	Minneapolis	MN	47	M	1	19:25	6:57	1:24	5	44:47	22.2	0:59	1	20:37	7:22	1:26:06
2 Tim Bode	Buffalo	MN	45	M	3	20:36	7:22	1:01	3	43:14	23.0	0:47	7	22:42	8:07	1:27:31
3 Jey Carlson	North Oaks	MN	47	M	4	21:21	7:38	1:07	1	41:36	23.9	0:44	4	22:33	8:04	1:28:51
4 Ted McNamara	Buffalo	MN	46	M	6	21:35	7:43	1:18	2	42:43	23.3	1:57	2	20:44	7:25	1:32:08
5 Bill Sevold	Woodbury	MN	47	M	2	19:51	7:06	2:18	10	47:19	21.0	1:03	3	22:13	7:57	1:32:10
6 Alfredo Martel	Saint Louis Pa	MN	47	M	7	21:55	7:50	1:09	6	45:52	21.7	1:25	5	22:35	8:04	1:34:12
7 Andy Leier	Shakopee	MN	47	M	5	21:29	7:41	1:44	8	47:01	21.2	0:56	10	24:01	8:35	1:35:39
8 Chuck Jensen	Ramsey,	MN	46	M	9	22:28	8:02	1:24	4	44:03	22.6	0:46	13	25:21	9:04	1:36:08
9 Tim J Walker	Minnetonka	MN	46	M	17	24:36	8:47	1:23	11	48:07	20.7	0:56	9	24:00	8:35	1:37:39
10 Lee Hetherington	Chaska	MN	49	M	13	23:16	8:19	1:36	14	49:10	20.3	1:02	8	23:16	8:19	1:37:40
11 Carl Spalding	Maple Plain	MN	49	M	10	22:39	8:06	1:36	13	48:55	20.4	1:01	12	24:51	8:53	1:39:40
12 Scott Beaupre	Orono	MN	49	M	14	23:20	8:20	1:16	19	52:51	18.8	0:48	6	22:41	8:06	1:39:58
13 David Leard	Rosemount	MN	49	M	8	22:25	8:01	1:40	9	47:12	21.1	1:11	19	27:14	9:44	1:42:02
14 Daniel Dederichs	Waverly	MN	46	M	19	24:47	8:51	1:53	12	48:27	20.6	1:12	16	26:16	9:23	1:42:17
15 George Callahan	Wayzata	MN	45	M	16	24:32	8:46	1:31	15	49:34	20.1	1:34	15	26:15	9:23	1:42:52
16 Randy Kramer	Buffalo	MN	46	M	15	24:00	8:35	1:47	17	52:18	19.0	1:24	17	26:19	9:24	1:44:48
17 John Will	Edina	MN	47	M	11	23:02	8:14	1:16	23	56:26	17.6	0:41	11	24:16	8:40	1:45:49
18 Peter Kaul	Eagan	MN	47	M	12	23:12	8:17	1:46	21	54:14	18.4	1:11	20	27:24	9:47	1:50:18
19 Erich Zeitz	Minnetonka	MN	48	M	20	25:45	9:12	2:21	24	56:30	17.6	2:09	14	25:50	9:14	1:51:33
20 Brian Stone	Eden Prairie	MN	45	M	18	24:45	8:51	1:43	22	55:10	18.1	1:22	18	26:55	9:37	1:51:39
21 Paul Bruzek	Minneapolis	MN	47	M	22	26:30	9:28	2:17	20	53:52	18.5	1:36	21	28:09	10:03	1:52:10
22 Chris Prew	Minneapolis	MN	46	M	21	26:19	9:24	2:32	16	51:31	19.3	1:28	26	37:07	13:16	1:59:29
23 Mark Johnson	Saint Paul	MN	47	M	24	26:52	9:36	3:50	26	58:09	17.1	2:21	22	28:31	10:11	1:59:39
24 Doug Jackels	Maple Grove	MN	47	M	23	26:50	9:35	2:02	18	52:22	19.0	1:16	25	34:08	12:12	2:01:18
25 John McLaughlin	Eagan	MN	48	M	28	31:32	11:16	3:18	25	56:34	17.6	1:57	24	31:07	11:07	2:01:25
26 John Sullivan	Hastings	MN	49	M	26	28:31	10:11	2:36	27	1:01:54	16.1	1:57	23	30:15	10:49	2:04:59
27 Bryan Simmons	Minneapolis	MN	49	M	25	28:19	10:07	2:44	28	1:03:56	15.6	3:08	28	42:07	15:03	2:21:47
28 Todd Elmer	Maple Grove	MN	49	M	27	29:55	10:41	3:40	29	1:07:12	14.8	2:39	29	42:49	15:18	2:31:04
29 Harshad Borgaonkar	Blaine	MN	45	M	29	34:47	12:26	3:31	30	1:19:54	12.5	2:11	27	41:30	14:50	2:44:57
30 Dennis Sherman	Winsted	MN	48	M	30	37:53	13:32									

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Jan Guenther	Mound	MN	53	F	1	21:50	7:48	1:12	1	47:53	20.8	0:47	1	22:44	8:07	1:34:24
2 Laurie Payton	Mendota Height	MN	54	F	3	29:51	10:40	1:32	2	53:23	18.7	1:04	3	32:36	11:39	1:58:24
3 Marlee Meshbsher	Eden Prairie	MN	53	F	2	27:01	9:39	2:39	5	1:06:24	15.0	1:21	2	26:48	9:35	2:04:12
4 Margot Storti-Marr	Maple Grove	MN	54	F	4	35:57	12:51	3:48	3	1:01:18	16.2	3:21	4	34:26	12:18	2:18:49
5 Christine Fjalstad	Prior Lake	MN	52	F				4	1:03:18	15.7		1:46	5	43:00	15:22	2:26:27
6 Sue Murphy	Minnetrista	MN	50	F	5	57:42	20:37	6:10	6	1:45:47	9.4	2:24	6	50:00	17:52	3:42:02

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Derek Hager	Minneapolis	MN	51	M	1	20:11	7:13	0:59	1	40:47	24.4	0:33	4	22:06	7:54	1:24:34
2 Kirk Vesterstein	Wayzata	MN	51	M				2	42:15	23.6		0:42	1	21:08	7:33	1:26:19
3 Brian Maas	Plymouth	MN	52	M	2	20:20	7:16	1:50	7	47:08	21.1	1:18	3	21:48	7:47	1:32:22
4 David Frank	Plymouth	MN	50	M	3	20:22	7:17	0:58	13	49:10	20.3	0:37	2	21:24	7:39	1:32:30
5 Brian Lavelle	Chaska	MN	51	M	6	23:07	8:16	1:26	3	43:48	22.7	0:52	8	23:47	8:30	1:32:58
6 Thomas Egger	Edina	MN	54	M	4	21:43	7:46	1:40	5	45:15	22.0	1:23	6	23:02	8:14	1:33:01
7 John Stangl	Buffalo	MN	50	M	12	24:32	8:46	1:56	4	44:46	22.2	0:56	5	22:52	8:10	1:35:00
8 Kerry Yndestad	Rosemount	MN	52	M	5	22:03	7:53	1:11	10	47:41	20.9	0:40	7	23:45	8:29	1:35:19
9 Gregory Kurowski	Victoria	MN	50	M	10	23:47	8:30	1:39	8	47:08	21.1	1:08	12	25:31	9:07	1:39:11
10 Jack D. Shovein	North Oaks	MN	54	M	11	24:26	8:44	1:55	11	48:20	20.6	1:05	10	24:56	8:55	1:40:40
11 Jeff Melby	Bloomington	MN	53	M	15	24:47	8:51	1:37	6	47:06	21.1	0:49	15	26:24	9:26	1:40:41
12 Todd Hausmann	Saint Paul	MN	50	M	8	23:13	8:18	1:41	16	49:54	20.0	1:13	11	25:22	9:04	1:41:21
13 Mark Getty	Plymouth	MN	51	M	9	23:37	8:26	1:35	17	52:29	19.0	1:10	9	24:21	8:42	1:43:10
14 Dan Lagermeier	Eden Prairie	MN	50	M	13	24:34	8:47	1:43	15	49:39	20.1	1:10	14	26:19	9:24	1:43:23
15 Rick Abrahamson	Andover	MN	50	M	7	23:13	8:18	2:14	14	49:34	20.1	1:37	19	28:33	10:12	1:45:09
16 Doug Moore	Minneapolis	MN	50	M	14	24:41	8:49	2:17	19	53:16	18.7	1:40	13	26:18	9:24	1:48:09
17 Michael Gonzales	Lakeville	MN	54	M	18	25:22	9:04	1:35	18	52:49	18.9	0:51	18	27:42	9:54	1:48:17
18 Todd Russ	Plymouth	MN	54	M	16	24:59	8:56	1:50	21	54:00	18.4	1:35	17	27:26	9:48	1:49:48
19 Jonathan Stinson	Plymouth	MN	52	M	17	25:20	9:03	1:07	23	56:18	17.7	0:45	16	27:08	9:42	1:50:36
20 Tom Griffin	Bloomington	MN	50	M	19	26:50	9:35	2:05	20	53:46	18.5	1:20	22	31:00	11:05	1:54:59
21 Chris Poferl	Eden Prairie	MN	53	M	25	35:46	12:47	1:57	9	47:27	21.0	1:08	20	29:12	10:26	1:55:28
22 Tom Zemke	Plymouth	MN	52	M	24	30:13	10:48	2:28	12	48:46	20.4	1:25	26	33:57	12:08	1:56:47
23 Dan Kinsella	Bloomington	MN	54	M	21	28:31	10:11	2:02	24	56:23	17.7	1:33	23	31:21	11:12	1:59:49
24 Ed Moriarty	Eden Prairie	MN	51	M	20	27:13	9:44	2:10	25	57:11	17.4	1:52	24	33:04	11:49	2:01:28
25 Kent Gaither	Minnetonka	MN	51	M	23	30:12	10:47	3:13	22	55:21	18.0	3:00	25	33:06	11:50	2:04:50
26 Anthony Brown	Lakeville	MN	51	M	22	30:06	10:45	3:42	26	58:19	17.1	2:40	21	30:54	11:02	2:05:40

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Michel Sanders	Saint Paul	MN	59	F	1	30:59	11:04	3:15	1	59:26	16.8	1:36	1	33:18	11:54	2:08:33

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tony Schiller	Eden Prairie	MN	55	M	1	18:21	6:34	1:04	1	41:29	24.0	0:38	1	19:39	7:01	1:21:09
2 Dale Forde	Golden Valley	MN	55	M	2	20:47	7:26	1:30	2	45:10	22.1	1:23	2	21:01	7:31	1:29:48

3	David Dow	Stillwater	MN	58	M	3	21:46	7:47	1:17	4	45:35	21.9	1:04	4	23:59	8:34	1:33:39
4	Brian Burkhartzmey	Lakeville	MN	56	M	4	22:07	7:54	1:37	6	49:29	20.1	1:21	3	23:23	8:21	1:37:55
5	Kent Schwitzer	Minnetonka	MN	59	M	7	24:54	8:54	1:33	3	45:16	22.0	0:53	6	25:52	9:15	1:38:26
6	Leonard Klun	Maple Plain	MN	59	M	5	22:38	8:05	1:38	5	49:22	20.2	1:02	5	24:45	8:51	1:39:23
7	Greg Albrecht	Eden Prairie	MN	59	M	6	24:51	8:53	1:35	9	51:24	19.4	0:53	8	26:10	9:21	1:44:51
8	Gregg Garretson	Lakeville	MN	55	M	11	27:14	9:44	2:16	7	50:19	19.8	1:01	7	25:52	9:15	1:46:41
9	Louis Ahlstrand	Shafer	MN	59	M	8	25:37	9:09	1:43	10	53:26	18.6	0:59	10	28:32	10:12	1:50:15
10	Michael Caldow	Eagan	MN	59	M	10	26:31	9:29	2:22	8	51:10	19.5	1:55	11	28:55	10:20	1:50:52
11	Kurt Rahola	Independence	MN	55	M	9	25:40	9:10	2:27	11	55:22	18.0	1:42	9	26:13	9:22	1:51:21
12	Butch Kummer	Hastings	MN	56	M	12	28:42	10:15	2:04	12	57:10	17.4	0:57	12	30:53	11:02	1:59:44
13	Bruce Quinn	St. Paul	MN	58	M					13	1:04:42	15.4	1:48	13	33:05	11:49	2:13:03

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Lila Tully	St. Louis Park	MN	62	F	1	31:45	11:21	1:52	1	59:22	16.8	1:21	1	34:00	12:09	2:08:19
2	Jean Wood	Excelsior	MN	63	F	2	39:51	14:14	2:30	2	1:10:02	14.2	1:17	2	51:49	18:31	2:45:28

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Bill Minge	Minneapolis	MN	61	M	1	24:38	8:48	2:15	3	58:15	17.1	1:17	1	26:03	9:19	1:52:26
2	Emmanuel Day	Plymouth	MN	60	M	2	24:57	8:55	1:16	2	57:52	17.2	0:50	2	28:44	10:16	1:53:37
3	Barry Ross	Minnetonka	MN	61	M	3	29:02	10:23	2:16	1	53:46	18.5	2:14	3	30:54	11:03	1:58:10
4	Ricardo Peters	Maple Grove	MN	62	M	4	29:14	10:27	1:48	4	1:21:14	12.3	1:18	4	36:32	13:03	2:30:04