July 13, 2013

Overall Division Results

Sprint Individual

Female Overall

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	13/202	1/92	188	Tara Makinen	34	Female	Grand Rapids	MN	00:07:12.31	00:30:49.30	00:21:32.44		01:01:27.48
Male	Overa	all											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/202	1/110	315	Adam Himes	41	Male	Plymouth	MN	00:06:16.62	00:28:13.51	00:17:49.81		00:53:47.78
Fema	le Mast	ers											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	26/202	2/92	222	Jena Ogston	42	Female	Duluth	MN	00:07:16.43	00:32:36.17	00:21:53.37		01:03:49.15
Male	Mast	ers											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	4/202	4/110	338	Lane Meyer	45	Male	Pengilly	MN	00:07:08.64	00:28:53.85	00:20:53.14		00:59:11.59
Fema	le Ages	01 - 15											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	125/202	41/92	164	Ellie Snuggerud	15	Female	Chaska	MN	00:07:15.47	00:41:54.23	00:26:21.11		01:18:25.47
Male	Ages	01 - 15											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1 2	41/202 78/202	34/110 58/110	270 272	Joshua Kemp Lars Anderson	14 15	Male Male	Floodwood Grand Rapids	MN MN	00:07:53.13 00:07:24.60	00:34:26.09 00:37:44.50	00:22:27.84 00:24:24.48		01:06:56.06 01:12:25.91
3	87/202	67/110	271	Wesley Grunke	15	Male	Deer River	MN	00:07:28.59	00:38:10.37	00:25:28.01		01:13:11.46

July 13, 2013

Overall Division Results

Sprint Individual

Female Ages 16 - 19

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	36/202	7/92	199	Anna Kubek	18	Female	Grand Rapids	MN	00:08:29.87	00:31:58.47	00:23:17.11		01:06:06.83
2	89/202	21/92	165	Julianna French	17	Female	Grand Rapids	MN	00:07:42.84	00:40:14.68	00:23:31.22		01:13:41.89
3	153/202	59/92	166	Edyn Isaacs	17	Female	Maple Grove	MN	00:06:46.37	00:44:58.89	00:28:34.00		01:23:24.54
4	182/202	81/92	168	Tanja Mattonen	19	Female	Hibbing	MN	00:08:08.89	00:41:15.74	00:37:36.99		01:31:37.78
Male	Ages	16 - 19											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	22/202	21/110	273	Colin Kemp	17	Male	Floodwood	MN	00:07:20.46	00:32:47.02	00:21:02.13		01:03:01.55
2	30/202	25/110	275	Kevin Mullaney	18	Male	Chanhassen	MN	00:06:28.29	00:34:12.16	00:20:10.55		01:04:12.25
3	143/202	92/110	274	Tyler Platt	18	Male	Hibbing	MN	00:10:18.70	00:38:21.91	00:28:59.60		01:21:32.12
Fema	le Ages	20 - 24											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	74/202	19/92	171	Lauren Anderson	23	Female	Elk River	MN	00:06:38.11	00:35:50.69	00:24:34.52		01:12:04.29
2	111/202	34/92	169	Hanna Yoki	20	Female	Hibbing	MN	00:07:12.36	00:39:29.63	00:27:11.58		01:16:26.07
3	146/202	54/92	170	Jocelyn Hokkanen	22	Female	Lino Lakes	MN	00:07:26.92	00:39:43.08	00:31:16.03		01:22:09.67
Male	Ages	20 - 24											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	12/202	12/110	276	Tyler Gustafson	20	Male	Grand Rapids	MN	00:07:55.40	00:30:25.79	00:19:46.84		01:01:21.64
2	32/202	27/110	278	Brett Tatum	24	Male	Minneapolis	MN	00:07:26.65	00:33:22.82	00:20:13.83		01:04:49.47

July 13, 2013

Overall Division Results

Sprint Individual

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	90/202	22/92	177	Christine Hinrichs	29	Female	St. Paul	MN	00:06:59.78	00:38:54.05	00:23:23.30		01:13:43.15
2	123/202	40/92	174	Laura Helmbrecht	26	Female	Minneapolis	MN	00:07:11.70	00:38:36.07	00:27:46.26		01:18:18.77
3	130/202	43/92	175	Jenikka Soyring	28	Female	Cloquet	MN	00:07:37.16	00:38:10.10	00:29:05.04		01:19:10.38
4	131/202	44/92	172	Elyse Claiborne	25	Female	Minneapolis	MN	00:09:34.60	00:40:38.96	00:26:04.95		01:19:19.24
5	144/202	52/92	176	Julie Ruuska	29	Female	Indianapolis	IN	00:09:38.49	00:39:08.10	00:30:02.55		01:21:33.07
6	196/202	88/92	173	Jeri Swanson	26	Female	Saginaw	MN	00:08:51.31	00:48:07.92	00:41:53.05		01:43:06.66
Male	Ages	25 - 29											
Div Place	Overall Plc/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	2/202	2/110	279	Mark Johnson	26	Male	Grand Rapids	MN	00:06:38.90	00:27:59.38	00:17:28.69		00:54:03.15
2	17/202	16/110	285	Brett Beckfeld	28	Male	Cohasset	MN	00:08:14.24	00:31:36.36	00:20:04.25		01:02:18.95
3	35/202	29/110	280	Andrew Luckow	27	Male	Fargo	ND	00:08:36.80	00:31:43.57	00:21:43.20		01:05:18.72
4	107/202	75/110	282	Nicholas Wilcox	28	Male	Grand Rapids	MN	00:09:40.19	00:38:09.93	00:25:08.43		01:15:51.88
5	115/202	79/110	283	Kai Johnson	28	Male	Fargo	ND	00:08:57.23	00:35:39.44	00:27:28.19		01:17:01.84

July 13, 2013

Overall Division Results

Sprint Individual

Female Ages 30 - 34

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	28/202	4/92	194	Heather Johnson	34	Female	Hermantown	MN	00:07:05.74	00:31:22.67	00:23:38.98		01:04:08.86
2	43/202	9/92	182	Tracy Klein	32	Female	Cedar Falls	IA	00:06:45.06	00:33:53.49	00:22:51.76		01:07:32.25
3	47/202	11/92	179	Heather Marden	32	Female	Rochester	MN	00:06:34.31	00:34:47.74	00:23:56.66		01:08:14.30
4	62/202	16/92	184	Aleksandra Siemers	31	Female	Inver Grove Heights	MN	00:08:50.19	00:36:47.96	00:21:46.06		01:10:18.71
5	65/202	18/92	185	Kristina Schwartz	33	Female	New Brighton	MN	00:07:20.61	00:36:17.95	00:24:04.66		01:10:58.97
6	102/202	30/92	190	Melissa Grzybowski	34	Female	Hibbing	MN	00:08:11.61	00:38:42.44	00:24:51.15		01:14:55.07
7	122/202	39/92	180	Sarah Mcbroom	32	Female	Coleraine	MN	00:08:37.56	00:39:41.37	00:26:35.34		01:17:55.67
8	128/202	42/92	191	Salli Fox	34	Female	Deer River	MN	00:10:33.87	00:39:12.89	00:25:53.39		01:19:06.56
9	133/202	46/92	181	Molly Martin	32	Female	Grand Rapids	MN	00:12:06.72	00:35:08.03	00:26:25.44		01:19:20.85
10	136/202	48/92	189	Molly Ziells	34	Female	Proctor	MN	00:08:40.91	00:40:08.73	00:27:12.84		01:19:59.26
11	148/202	56/92	178	Shawna Jokinen	31	Female	Hermantown	MN	00:07:10.61	00:40:01.03	00:31:21.04		01:22:28.86
12	164/202	67/92	192	Leah Gruhn	34	Female	Duluth	MN	00:08:52.65	00:39:56.67	00:33:22.89		01:26:04.03
13	174/202	75/92	193	Kristin Simonson	34	Female	Richfield	MN	00:09:00.03	00:44:51.70	00:30:47.56		01:28:13.89
14	175/202	76/92	195	Kimberly Holst	34	Female	Phoenix	AZ	00:09:18.16	00:42:21.37	00:32:49.91		01:28:15.12

Male Ages 30 - 34

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	3/202	3/110	294	Philip Imholte	33	Male	Grand Rapids	MN	00:06:04.50	00:31:36.62	00:19:12.45		00:58:34.75
2	7/202	7/110	298	Ryan Dewey	34	Male	Esko	MN	00:06:20.34	00:31:01.97	00:21:01.33		01:00:28.68
3	15/202	14/110	287	Craig Walli	31	Male	Hibbing	MN	00:06:27.23	00:30:57.60	00:22:41.26		01:01:58.92
4	19/202	18/110	291	William Richter	33	Male	Grand Rapids	MN	00:07:23.30	00:31:09.02	00:21:52.79		01:02:38.55
5	23/202	22/110	292	Nathan Johnson	33	Male	Duluth	MN	00:06:49.67	00:33:00.18	00:21:04.84		01:03:20.31
6	31/202	26/110	297	Luther Kemp	34	Male	Hibbing	MN	00:07:29.35	00:30:45.96	00:23:57.61		01:04:15.04
7	70/202	52/110	300	Joshua Wilson	34	Male	Maple Lake	MN	00:09:33.79	00:34:42.11	00:24:18.70		01:11:48.03
8	76/202	57/110	288	Ryan Sutherland	31	Male	Cohasset	MN	00:08:07.85	00:36:50.33	00:24:44.42		01:12:15.52
9	83/202	63/110	286	Marty Cole	31	Male	Grand Rapids	MN	00:08:06.39	00:36:47.95	00:23:48.50		01:12:54.74
10	91/202	69/110	290	Brian Walli	33	Male	Minneapolis	MN	00:07:55.94	00:35:48.70	00:22:48.11		01:13:50.56
11	94/202	70/110	296	Brian Grzybowski	34	Male	Hibbing	MN	00:09:33.47	00:36:38.20	00:25:32.35		01:14:07.72
12	105/202	74/110	295	Tom Johnson	34	Male	Minneapolis	MN	00:09:46.63	00:37:03.85	00:24:44.04		01:15:33.38
13	119/202	82/110	289	Lucas Winkler	32	Male	Grand Rapids	MN	00:10:29.75	00:39:33.08	00:23:48.31		01:17:38.71

July 13, 2013

Overall Division Results

Sprint Individual

Female Ages 35 - 39

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	27/202	3/92	209	Christel Kern	39	Female	Grand Rapids	MN	00:07:02.83	00:32:32.42	00:21:58.77		01:04:07.53
2	29/202	5/92	204	Shauna Joas	38	Female	Eagan	MN	00:07:08.00	00:31:40.89	00:23:07.37		01:04:09.78
3	34/202	6/92	259	Jill Murray	35	Female	Grand Rapids	MN	00:06:12.87	00:33:43.51	00:22:54.31		01:05:14.56
4	57/202	15/92	203	Christina Minaudo	38	Female	Reno	NV	00:07:44.36	00:35:46.32	00:23:27.98		01:09:13.34
5	63/202	17/92	210	Leigh Currie	39	Female	St. Paul	MN	00:06:52.89	00:35:14.37	00:25:35.55		01:10:38.52
6	104/202	31/92	201	Nicole Keough	38	Female	Vadnais Heights	MN	00:08:58.44	00:35:30.42	00:27:03.13		01:14:58.98
7	112/202	35/92	198	Willow Loney	36	Female	Grand Rapids	MN	00:08:45.45	00:36:36.85	00:26:48.36		01:16:26.90
8	113/202	36/92	205	Elisa Schmitz	38	Female	Hermantown	MN	00:07:52.98	00:35:38.97	00:29:51.64		01:16:46.73
9	138/202	49/92	200	Renee Saamanen	37	Female	Two Harbors	MN	00:09:45.91	00:34:25.75	00:31:38.03		01:20:28.28
10	157/202	62/92	208	Stacey Honkala	38	Female	Cloquet	MN	00:08:45.90	00:40:14.31	00:29:49.76		01:24:06.70
11	158/202	63/92	207	Beth Lind	38	Female	Hibbing	MN	00:09:36.85	00:38:31.03	00:30:59.44		01:24:14.87
12	161/202	65/92	206	Andrea Coombs	38	Female	Fargo	ND	00:09:43.84	00:41:15.36	00:30:40.57		01:24:43.56
13	177/202	78/92	47	Jodi Piekarski	38	Female	Grand Rapids	MN	00:09:35.79	00:45:59.28	00:30:22.50		01:29:26.46
14	201/202	92/92	197	Jessie Colter	36	Female	Grand Rapids	MN	00:13:17.10	00:56:13.96	00:42:56.27		01:56:31.36

Male Ages 35 - 39

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	5/202	5/110	304	Tim Mcshane	36	Male	Duluth	MN	00:07:27.91	00:30:22.17	00:19:32.23		00:59:21.83
2	6/202	6/110	303	Glen Palokangas	36	Male	Hermantown	MN	00:06:52.23	00:31:33.06	00:19:36.86		00:59:43.65
3	20/202	19/110	306	Tony Moen	37	Male	Proctor	MN	00:07:30.95	00:32:19.68	00:19:51.57		01:02:51.67
4	33/202	28/110	302	Mike Hanzlik	36	Male	Minneapolis	MN	00:07:54.99	00:31:23.73	00:22:50.73		01:04:58.26
5	39/202	32/110	307	Corey Tabbert	37	Male	Grand Rapids	MN	00:07:20.18	00:33:09.05	00:23:44.20		01:06:36.28
6	40/202	33/110	308	Glen Drexler	39	Male	Duluth	MN	00:06:58.13	00:34:11.41	00:23:32.46		01:06:51.58
7	60/202	45/110	305	Joseph Kaczor	37	Male	Cohasset	MN	00:08:22.89	00:33:09.59	00:26:09.56		01:10:04.35
8	71/202	53/110	301	Jere Mohr	35	Male	Duluth	MN	00:07:53.45	00:35:18.67	00:25:02.10		01:11:48.98
9	79/202	59/110	97	Ben Nicholson	38	Male	Solon	IA	00:08:35.34	00:36:04.00	00:23:21.86		01:12:31.86
10	82/202	62/110	100	Joe Dolan	39	Male	Minneapolis	MN	00:08:17.60	00:36:05.45	00:24:49.48		01:12:52.90

July 13, 2013

Overall Division Results

Sprint Individual

Female Ages 40 - 44

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	92/202	23/92	218	Marlo Gangi	42	Female	Coleraine	MN	00:09:11.41	00:34:46.30	00:26:58.26		01:13:55.17
2	93/202	24/92	228	Lori Sutherland	42	Female	Cohasset	MN	00:09:31.32	00:35:37.05	00:25:02.71		01:14:05.90
3	95/202	25/92	220	Patty Hausmann	42	Female	Duluth	MN	00:07:21.50	00:35:16.60	00:25:39.13	+02:00.00	01:14:20.43
4	96/202	26/92	214	Sara Peterson	40	Female	Duluth	MN	00:07:56.10	00:38:36.59	00:24:31.66		01:14:20.62
5	99/202	28/92	231	Paula Menzel	43	Female	Hermantown	MN	00:09:48.56	00:37:09.04	00:25:00.40		01:14:32.53
6	106/202	32/92	211	Kamrin Macki	40	Female	Grand Forks	ND	00:09:26.61	00:37:40.62	00:25:11.92		01:15:44.41
7	110/202	33/92	230	Veronica Kaspszak	43	Female	Hermantown	MN	00:08:54.96	00:38:57.87	00:25:43.78		01:16:22.80
8	118/202	37/92	212	Ladawn Kovala	40	Female	Hermantown	MN	00:08:59.81	00:37:24.03	00:28:16.47		01:17:35.68
9	120/202	38/92	213	Mina Bradley	40	Female	Duluth	MN	00:07:00.65	00:38:09.77	00:29:34.29		01:17:39.86
10	132/202	45/92	221	Jenny Evjen	42	Female	Hermantown	MN	00:08:29.31	00:37:01.92	00:31:09.03		01:19:20.23
11	135/202	47/92	226	Jan Barth	42	Female	Bovey	MN	00:09:31.31	00:40:41.49	00:26:35.88		01:19:47.50
12	139/202	50/92	232	Jaleh Nahvi	43	Female	Inver Grove Heights	MN	00:07:56.96	00:42:43.48	00:27:00.32		01:20:46.56
13	145/202	53/92	223	Lyssa Supinski	42	Female	Duluth	MN	00:07:02.34	00:39:22.24	00:32:17.95		01:21:49.08
14	147/202	55/92	215	Melissa Metzler	41	Female	Mpls	MN	00:10:32.85	00:43:41.88	00:23:03.12		01:22:16.84
15	149/202	57/92	225	Laura Sieger	42	Female	Duluth	MN	00:08:04.16	00:38:47.94	00:32:31.78		01:22:38.88
16	151/202	58/92	224	Cindy Shevich	42	Female	Deer River	MN	00:10:46.79	00:41:38.31	00:27:13.89		01:23:15.90
17	154/202	60/92	235	Rona Krenik	44	Female	Shakopee	MN	00:07:00.14	00:37:11.99	00:34:12.69		01:23:46.58
18	155/202	61/92	229	Kelly Moen	43	Female	Proctor	MN	00:10:02.79	00:39:46.31	00:30:33.99		01:23:48.63
19	159/202	64/92	56	Kristin Anderson	43	Female	Grand Rapids	MN	00:08:56.10	00:37:39.61	00:35:06.06		01:24:37.32
20	165/202	68/92	233	Shelly Tischler	43	Female	Superior	WI	00:10:01.62	00:40:57.99	00:32:14.32		01:26:34.37
21	167/202	70/92	227	Tina Rawn	42	Female	Fort Frances	ON	00:08:48.85	00:42:08.73	00:31:28.77		01:27:08.98
22	176/202	77/92	219	Skye Priesz	42	Female	Montrose	MN	00:08:31.60	00:38:53.24	00:37:00.25		01:29:12.90
23	191/202	84/92	216	Theresa Stark	41	Female	Grand Rapids	MN	00:09:55.92	00:48:12.35	00:32:57.33		01:36:07.14

July 13, 2013

Overall Division Results

Sprint Individual

Male Ages 40 - 44

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	16/202	15/110	158	Howie Learhers	43	Male	Duluth	MN	00:05:30.92	00:33:54.42	00:20:46.15		01:02:17.51
2	24/202	23/110	320	Chris Morris	43 42	Male	Hermantown	MN	00:07:38.45	00:32:20.10	00:21:36.30		01:03:23.82
3	25/202	23/110	320	Curt Dimberio	42	Male	Duluth	MN	00:08:17.98	00:31:53.20	00:20:33.33		01:03:38.22
4	44/202		107	Erik Riker-Coleman	42 41	Male	Duluth	MN	00:06:52.58	00:33:26.83	00:24:36.81		01:07:43.51
		35/110							00:09:10.01	00:34:08.03	00:24:50.81		01:07:59.49
5	46/202	36/110	329	Jeff Tillman	44	Male	Cohasset	MN					
6	49/202	38/110	328	Tony Tallman	44	Male	Hopkins	MN	00:08:34.55	00:33:45.31	00:22:44.31		01:08:30.89
7	50/202	39/110	319	Justin Keough	42	Male	Vadnias Heights	MN	00:07:32.23	00:31:11.36	00:24:08.24		01:08:35.77
8	52/202	40/110	318	Daniel Radloff	42	Male	Duluth	MN	00:07:55.53	00:32:53.64	00:25:01.41		01:08:51.68
9	53/202	41/110	314	Jeremy Lind	41	Male	Hibbing	MN	00:08:43.76	00:32:37.61	00:24:23.30		01:09:00.15
10	55/202	42/110	327	Jeff Haiskanen	43	Male	Fargo	ND	00:07:44.66	00:33:44.47	00:24:58.49		01:09:10.77
11	59/202	44/110	322	Rick Kieffer	42	Male	Linolakes	MN	00:08:15.46	00:35:13.67	00:23:05.34		01:09:43.06
12	67/202	49/110	323	Kevin Starcevich	42	Male	Blaine	MN	00:08:07.91	00:34:30.08	00:25:47.26		01:11:13.45
13	68/202	50/110	324	Sean Barrett	43	Male	Independence	MO	00:07:12.18	00:36:26.72	00:24:47.38		01:11:26.33
14	80/202	60/110	317	Gregory Nacker	41	Male	Vadnais Heights	MN	00:08:59.89	00:33:13.77	00:25:49.78		01:12:37.41
15	88/202	68/110	325	Karl Vielhaber	43	Male	Viola	WI	00:10:16.73	00:35:27.54	00:23:33.27		01:13:14.13
16	97/202	71/110	312	Chad Belanger	41	Male	International Falls	MN	00:08:54.05	00:36:23.35	00:25:27.26		01:14:23.05
17	101/202	72/110	309	Brian Horgan	40	Male	Minnneapolis	MN	00:08:21.24	00:33:36.75	00:28:37.00		01:14:50.72
18	109/202	77/110	316	Richard Heine	41	Male	Hermantown	MN	00:07:03.34	00:35:40.13	00:28:58.94		01:16:05.00
19	124/202	84/110	311	William Macki	40	Male	Grand Forks	ND	00:07:34.95	00:38:01.49	00:29:26.64		01:18:23.65
20	137/202	89/110	313	Steve Bellis	41	Male	Minneapolis	MN	00:09:33.66	00:40:27.42	00:25:45.21		01:20:11.92
21	142/202	91/110	310	Darren Coombs	40	Male	Fargo	ND	00:08:11.12	00:38:47.33	00:30:34.77		01:21:27.01
22	170/202	99/110	330	Alan Jylha	44	Male	Grand Rapids	MN	00:08:40.24	00:40:10.15	00:36:34.56		01:27:44.69

Female Ages 45 - 49

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	42/202	8/92	237	Petra Cervenkova	46	Female	Grand Rapids	MN	00:08:37.13	00:33:11.10	00:23:00.73		01:07:02.10
2	45/202	10/92	238	Linda Belanger	46	Female	International Falls	MN	00:08:06.05	00:34:04.98	00:23:22.87		01:07:44.64
3	98/202	27/92	241	Lisa Brandt	46	Female	Coleraine	MN	00:08:05.43	00:38:23.06	00:25:04.97		01:14:32.26
4	163/202	66/92	239	Cheri Boreen	46	Female	Superior	WI	00:10:01.70	00:40:09.26	00:30:46.23		01:25:35.44
5	198/202	90/92	242	Sue Savage	48	Female	Blaine	MN	00:11:34.18	00:46:19.90	00:40:08.92		01:43:25.32

July 13, 2013

Overall Division Results

Sprint Individual

Male Ages 45 - 49

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	8/202	8/110	337	Brian Mirsch	45	Male	Duluth	MN	00:06:41.53	00:31:16.04	00:20:18.42		01:00:39.92
2	9/202	9/110	342	Tim Walker	47	Male	Minnetonka	MN	00:06:17.07	00:29:35.71	00:22:50.70		01:00:49.93
3	10/202	10/110	335	Patrick Oltmanns	45	Male	Duluth	MN	00:06:57.15	00:30:47.10	00:20:58.31		01:00:56.98
4	14/202	13/110	390	Matt Evans	47	Male	Eau Claire	WI	00:05:56.41	00:31:44.77	00:22:13.09		01:01:40.24
5	18/202	17/110	340	Brent Johnson	46	Male	Superior	WI	00:07:10.41	00:31:38.48	00:21:57.48		01:02:37.72
6	21/202	20/110	332	Doug Berg	45	Male	Duluth	MN	00:07:23.10	00:30:08.66	00:22:36.53		01:02:57.21
7	64/202	47/110	333	Michael Clark	45	Male	Rochester	MN	00:07:40.60	00:33:54.82	00:25:41.67		01:10:57.08
8	69/202	51/110	339	Kevin Boreen	46	Male	Superior	WI	00:08:13.50	00:34:20.12	00:25:25.92		01:11:31.29
9	73/202	55/110	347	Kyle Harju	49	Male	Monticello	MN	00:06:53.16	00:33:46.08	00:27:57.49		01:11:54.02
10	85/202	65/110	126	Brian Piekarski	47	Male	Grand Rapids	MN	00:07:54.34	00:35:51.34	00:26:06.36		01:13:08.60
11	108/202	76/110	348	Stephen Tufo	49	Male	Plymouth	MN	00:09:55.51	00:35:43.76	00:24:34.99		01:16:00.87
12	114/202	78/110	334	Tony Radloff	45	Male	Saginaw	MN	00:11:22.27	00:34:36.95	00:25:53.31		01:16:47.90
13	116/202	80/110	345	Todd Isaacs	48	Male	Maple Grove	MN	00:09:57.77	00:36:05.59	00:28:28.25		01:17:18.53
14	126/202	85/110	343	Todd Kruse	48	Male	Inver Grove Heights	MN	00:09:45.86	00:38:30.23	00:26:13.66		01:18:33.09
15	186/202	105/110	341	Daren West	47	Male	Silver Spring	MD	00:14:36.88	00:42:40.01	00:30:12.21		01:32:18.43
16	194/202	108/110	336	Phillip Hensley	45	Male	Shoreview	MN	00:09:53.83	00:43:33.14	00:41:15.64		01:41:39.61

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	51/202	12/92	253	Judith Peters	53	Female	St. Cloud	MN	00:08:13.20	00:33:15.48	00:24:13.93		01:08:48.45
2	54/202	13/92	248	Mary Sands	52	Female	Saint Paul	MN	00:07:55.92	00:34:46.28	00:24:07.28		01:09:09.92
3	56/202	14/92	247	Amy Klosterman	51	Female	White Bear Lake	MN	00:06:58.26	00:34:24.82	00:25:45.08		01:09:11.46
4	77/202	20/92	250	Connie Rudolph	52	Female	Shoreview	MN	00:08:01.68	00:33:36.90	00:27:53.91		01:12:19.07
5	169/202	71/92	245	Stephanie Padden	51	Female	Duluth	MN	00:09:58.66	00:39:16.32	00:34:54.10		01:27:35.85
6	173/202	74/92	256	Kathleen Quam	54	Female	Mahtomedi	MN	00:08:40.53	00:45:40.46	00:28:26.87		01:28:09.39
7	178/202	79/92	244	Gina Swanson	51	Female	Saginaw	MN	00:09:30.80	00:40:54.44	00:34:39.52		01:29:45.16
8	179/202	80/92	255	Anne Howard	54	Female	Superior	WI	00:10:14.93	00:41:45.13	00:33:21.50		01:29:59.96
9	197/202	89/92	254	Mary Soyring	53	Female	Cloquet	MN	00:10:46.17	00:44:42.28	00:42:43.47		01:43:14.23

July 13, 2013

Overall Division Results

Sprint Individual

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	Citv	St.	Swim	Bike	Run	Penalty	Time
					-		- ,						
1	37/202	30/110	362	Allen Kutz	54	Male	Sartell	MN	00:07:35.57	00:33:41.31	00:22:12.40		01:06:10.69
2	38/202	31/110	357	T. J. Reinartz	52	Male	Saint Paul	MN	00:07:08.60	00:31:36.15	00:23:29.56		01:06:10.95
3	48/202	37/110	355	Todd Fawcett	52	Male	Saint Paul	MN	00:09:27.02	00:30:39.18	00:24:47.31		01:08:25.56
4	58/202	43/110	361	Steve Otto	54	Male	Cohasset	MN	00:08:39.86	00:34:33.66	00:23:26.58		01:09:26.93
5	72/202	54/110	352	Paul Kovach	52	Male	Duluth	MN	00:07:48.57	00:31:13.43	00:29:01.04		01:11:53.69
6	86/202	66/110	350	Charles Palokangas	50	Male	Saginaw	MN	00:09:20.64	00:36:44.93	00:24:18.75		01:13:10.86
7	134/202	88/110	349	Douglas Mcneil	50	Male	Hill City	MN	00:09:33.79	00:36:41.31	00:28:26.32		01:19:27.10
8	168/202	98/110	358	Craig Petter	53	Male	Plymouth	MN	00:11:18.17	00:38:26.53	00:32:12.63		01:27:12.03
9	180/202	100/110	354	Richard Kaput	52	Male	Minneapolis	MN	00:09:16.07	00:45:14.89	00:33:02.88		01:30:12.70
10	200/202	109/110	353	Jim Cagle	52	Male	Grand Rapids	MN	00:16:32.46	00:49:15.39	00:38:35.08		01:51:02.25

Female Ages 55 - 59

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	100/202	29/92	258	Laura Hansen	55	Female	White Bear Lake	MN	00:08:39.41	00:35:07.83	00:26:40.99		01:14:42.71
2	171/202	72/92	257	Susan Palm	55	Female	Loman	MS	00:09:03.99	00:44:07.55	00:30:08.28		01:27:51.08
3	172/202	73/92	263	Penny Agar	59	Female	Duluth	MN	00:08:24.21	00:43:25.92	00:31:53.72		01:27:51.84
4	188/202	82/92	261	Susan Voigt	57	Female	Pengilly	MN	00:08:51.12	00:44:04.85	00:36:30.77		01:33:34.85
5	190/202	83/92	260	Joanne Hurley	57	Female	Minneapolis	MN	00:12:19.55	00:45:02.97	00:29:28.98		01:34:23.85

July 13, 2013

Overall Division Results

Sprint Individual

Male Ages 55 - 59

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	11/202	11/110	365	Rick Christenson	55	Male	Roseville	MN	00:07:37.85	00:27:22.13	00:23:06.65		01:01:20.52
2	61/202	46/110	374	Mark Rauschenfels	58	Male	Duluth	MN	00:07:58.41	00:32:19.68	00:26:51.23		01:10:09.10
3	66/202	48/110	366	Paul Olson	55	Male	Grand Rapids	MN	00:08:33.42	00:34:40.33	00:24:56.81		01:11:05.08
4	75/202	56/110	377	Jim Miner	59	Male	Duluth	MN	00:07:29.25	00:32:55.97	00:28:11.02		01:12:04.57
5	81/202	61/110	371	Bill Stroozas	57	Male	Duluth	MN	00:07:28.52	00:36:38.85	00:25:06.33		01:12:38.57
6	84/202	64/110	364	Douglas Happy	55	Male	Duluth	MN	00:10:07.26	00:34:46.61	00:24:59.40		01:13:02.58
7	121/202	83/110	351	Marc Chiodo	55	Male	Minneapolis	MN	00:10:00.63	00:33:20.90	00:29:32.25		01:17:39.99
8	127/202	86/110	369	Lee Schumacher	56	Male	Hibbing	MN	00:07:42.93	00:37:22.28	00:29:06.69		01:18:59.23
9	140/202	90/110	363	Glenn Davis	55	Male	International Falls	MN	00:10:49.58	00:36:32.25	00:29:30.20		01:20:49.15
10	150/202	93/110	368	Gary Kubat	56	Male	Minneapolis	MN	00:09:35.18	00:35:52.87	00:32:20.57		01:22:47.30
11	156/202	95/110	376	Doug Jost	58	Male	Centerville	MN	00:11:14.21	00:38:27.65	00:30:23.49		01:23:57.12
12	184/202	103/110	370	David Mcdonald	56	Male	Grand Rapids	MN	00:10:05.18	00:43:34.30	00:31:44.13		01:31:53.86
13	185/202	104/110	372	Kenneth Odegaard	57	Male	Minneapolis	MN	00:07:42.01	00:43:06.06	00:35:52.88		01:32:04.07

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	141/202	51/92	267	Susanne Bakken	63	Female	Duluth	MN	00:08:51.45	00:39:05.92	00:30:13.72		01:21:25.05
2	166/202	69/92	265	Nancy Roehr	60	Female	Minneapolis	MN	00:10:47.90	00:38:51.78	00:32:33.33		01:26:34.70
3	192/202	85/92	266	Mary Renquist	60	Female	Bloomington	MN	00:09:48.33	00:45:40.64	00:35:02.49		01:37:43.79
4	193/202	86/92	268	Jean Wood	64	Female	Excelsior	MN	00:10:13.19	00:41:40.59	00:41:42.15		01:38:53.24
5	199/202	91/92	264	Lynnda Nelson	60	Female	Prior Lake	MN	00:13:50.14	00:48:31.86	00:36:05.79		01:44:51.00
Male	Ages	60 - 64											
Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	103/202	73/110	382	Tom Couillard	64	Male	White Bear Lake	MN	00:07:58.80	00:35:24.15	00:27:07.87		01:14:58.91
2	129/202	87/110	379	William Bunnelle	60	Male	Ham Lake	MO	00:09:20.18	00:33:52.04	00:31:39.18		01:19:06.67
3	162/202	97/110	381	Joe Kandiko	63	Male	Excelsior	MN	00:08:28.09	00:39:14.45	00:33:05.00		01:25:00.08
4	183/202	102/110	378	Tom Pearson	60	Male	Pengilly	MN	00:11:19.82	00:41:39.33	00:32:37.38		01:31:43.62
5	189/202	107/110	380	Duane Millslagle	63	Male	Duluth	MN	00:06:55.58	00:56:36.46	00:27:28.06		01:33:35.06

July 13, 2013

Overall Division Results

Sprint Individual

Female Ages 65 - 69

Div Place	Overall Pic/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	195/202	87/92	269	Kristin Johnson	68	Female	Grand Rapids	MN	00:10:18.34	00:48:32.46	00:38:00.98		01:43:00.83
Male	Ages	65 - 69											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	117/202	81/110	385	Jim Henrichsen	67	Male	Key Largo	FL	00:07:19.24	00:35:35.84	00:30:44.96		01:17:25.44
2	152/202	94/110	386	Lyle Koivisto	68	Male	Saginaw	MN	00:10:26.81	00:36:45.24	00:31:51.29		01:23:16.28
3	181/202	101/110	383	Mark Stange	67	Male	Shoreview	MN	00:08:46.44	00:39:03.35	00:37:08.46		01:30:18.75
Male	Ages	70 - 74											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	160/202	96/110	388	Don Meck	74	Male	Siren	WI	00:09:17.17	00:36:52.10	00:32:22.24		01:24:41.10
2	187/202	106/110	387	Francis Tuominen	70	Male	Minneapolis	MN	00:10:29.34	00:41:59.43	00:35:58.68		01:33:34.41
Male	Ages	85 - 98											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	202/202	110/110	389	Bob Powers	89	Male	White Bear Lake	MN	00:16:09.46	00:54:17.92	00:49:41.04		02:07:41.43

July 13, 2013

Overall Division Results

Sprint Team

Mixed Male Team Overall

Div

Gender

Place	Plc/Total	Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/20	1/20	403	The Young & Wild!	99	Mixed	Grand Rapids	MN	00:06:27.09	00:33:18.18	00:19:20.53		01:00:19.81
2	3/20	3/20	407	Luie Luie	99	Mixed	Shafer	MN	00:07:35.62	00:34:21.15	00:24:17.73		01:08:23.07
3	10/20	10/20	359	Padden	99	Mixed	Duluth	MN	00:07:49.54	00:45:18.93	00:21:12.18	+02:00.00	01:17:44.13
Mixed	Fema	le Team											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	6/20	6/20	398	The Foxy Thorhousens	99	Mixed	Cohasset	MN	00:10:00.28	00:37:24.57	00:26:46.94		01:15:45.92
2	7/20	7/20	392	Three Musketeers	99	Mixed	Cohasset	MN	00:08:48.63	00:37:25.09	00:28:16.59		01:15:59.33
3	11/20	11/20	396	Keeping Up With The E	99	Mixed	Esko	MN	00:09:01.80	00:40:43.89	00:27:53.23		01:19:37.37
4	12/20	12/20	395	Pure Energy	99	Mixed	Cohasset	MN	00:07:56.77	00:42:19.52	00:27:34.09		01:19:47.19
5	14/20	14/20	391	The Ginger The Ninga	99	Mixed	Grand Rapids	MN	00:08:39.15	00:49:03.57	00:25:12.95		01:24:21.50
6	15/20	15/20	394	Soup-A-Stars	99	Mixed	Chaska	MN	00:07:37.71	00:46:28.57	00:29:25.68		01:25:08.00
7	17/20	17/20	399	Barry Angels	99	Mixed	Cohasset	MN	00:07:52.47	00:41:27.23	00:36:33.08		01:27:37.36
Mixed	Coed	Team											
Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	2/20	2/20	397	Thunder Slooper Troop	99	Mixed	Grand Rapids	MN	00:07:23.87	00:30:30.23	00:27:53.37		01:07:04.06
2	4/20	4/20	404	The Cooks	99	Mixed	Hibbing	MN	00:07:15.06	00:36:09.00	00:23:39.12		01:08:32.34
3	5/20	5/20	401	Team Athena	99	Mixed	Zimmerman	MN	00:05:58.31	00:42:03.36	00:22:56.91		01:12:18.13
4	8/20	8/20	405	Wishful A C K S	99	Mixed	Superior	WI	00:09:29.09	00:35:01.26	00:30:38.61		01:17:00.07
5	9/20	9/20	411	Class Of 2 K 16	99	Mixed	Grand Rapids	MN	00:06:45.37	00:39:13.13	00:30:16.70		01:17:42.31
6	13/20	13/20	400	Mmmm Donuts	99	Mixed	Grand Rapids	MN	00:09:19.71	00:50:24.39	00:22:19.35		01:23:47.19
7	16/20	16/20	408	Grossingers	99	Mixed	Saint Michael	MN	00:08:55.95	00:45:44.55	00:29:11.29		01:25:27.66
8	18/20	18/20	402	Spike's Geriatrics	99	Mixed	Grand Rapids	MN	00:10:35.53	00:47:01.43	00:29:03.30		01:28:38.47
9	19/20	19/20	406	Sioux-Pers	99	Mixed	Grand Rapids	MN	00:07:38.11	00:48:10.93	00:39:11.38		01:36:51.02
10	20/20	20/20	393	JAM	99	Mixed	Aurora	CO	00:12:32.41	00:54:15.68	00:38:21.82		01:50:20.49