

# Capitol City Tri

June 14, 2015

## Overall Results

Note: Penalty list at end of results

### Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
1	3	Matthew Payne	M	38	Columbia Heights	MN	00:07:13	6	1:19	00:00:47	00:29:44	1	26.8	00:00:31	00:16:59	6	5:27		00:55:11.65
2	1	Josh Blankenheim	M	35	Duluth	MN	00:07:47	10	1:25	00:00:51	00:31:41	5	25.2	00:00:28	00:16:26	1	5:17		00:57:11.19
3	6	Mike Ward	M	26	Duluth	MN	00:08:01	15	1:27	00:00:55	00:31:09	2	25.6	00:00:26	00:16:47	4	5:23		00:57:15.92
4	4	Kevin O'connor	M	44	Medina	MN	00:07:31	9	1:22	00:00:47	00:31:34	4	25.3	00:00:29	00:17:06	8	5:30		00:57:24.91
5	13	Bennett Isabella	M	33	Burnsville	MN	00:08:05	17	1:28	00:01:00	00:31:22	3	25.4	00:00:31	00:16:42	3	5:22		00:57:37.63
6	103	Eric Hendrickson	M	35	Minnetonka	MN	00:07:30	8	1:22	00:00:44	00:31:47	6	25.1	00:00:28	00:17:46	12	5:43		00:58:12.99
7	154	Brian Sames	M	29	Chaska	MN	00:07:59	14	1:27	00:01:03	00:32:28	12	24.6	00:00:33	00:16:32	2	5:19		00:58:32.61
8	7	Kyle Serreyn	M	25	Lakeville	MI	00:07:55	12	1:26	00:00:43	00:32:49	14	24.3	00:00:25	00:16:50	5	5:25		00:58:39.66
9	2	Andy Wiberg	M	37	Lakeville	MN	00:08:08	18	1:29	00:00:58	00:32:11	10	24.8	00:00:37	00:17:02	7	5:28		00:58:53.41
10	11	Brett Lovaas	M	41	Hopkins	MN	00:06:59	5	1:16	00:00:49	00:32:10	9	24.8	00:00:28	00:18:39	17	6:00		00:59:02.86
11	93	Travis Miller	M	36	Nisswa	MN	00:08:27	22	1:32	00:00:56	00:31:53	7	25.0	00:00:26	00:17:38	10	5:40		00:59:18.21
12	153	Marcus Duval	M	24	Bloomington	MN	00:06:20	1	1:09	00:01:31	00:32:13	11	24.8	00:00:38	00:19:12	21	6:10		00:59:51.43
13	12	Curt Wood	M	37	Eden Prairie	MN	00:06:57	4	1:16	00:01:05	00:31:57	8	25.0	00:00:31	00:20:30	32	6:35		01:00:57.74
14	135	Elliot Slade	M	19	St. Louis Park	MN	00:07:55	13	1:26	00:01:18	00:34:37	25	23.1	00:00:34	00:17:08	9	5:30		01:01:29.16
15	101	Thaddeus Ingersoll	M	45	St. Paul	MI	00:06:45	3	1:13	00:01:11	00:35:14	28	22.7	00:00:34	00:18:07	15	5:49		01:01:48.42
16	151	Mike Ladendorf	M	34	Farmington	MN	00:08:33	23	1:33	00:00:49	00:34:32	24	23.1	00:00:32	00:17:40	11	5:40		01:02:02.90
17	125	Lee Brown	M	23	Maple	WI	00:08:55	26	1:37	00:00:48	00:34:01	20	23.5	00:00:34	00:17:55	13	5:45		01:02:10.86
18	128	Andrew Zabel	M	36	Sartell	MN	00:09:10	29	1:40	00:01:00	00:32:55	15	24.2	00:00:37	00:18:39	16	5:59		01:02:18.42
19	119	Jeffrey Bishop	M	40	Minneapolis	MN	00:08:33	24	1:33	00:01:13	00:32:58	16	24.2	00:00:51	00:19:12	22	6:10		01:02:43.78
20	109	Jim Guenter	M	45	St. Paul	MN	00:07:26	7	1:21	00:01:04	00:34:39	26	23.0	00:00:32	00:19:50	24	6:22		01:03:27.42
21	18	John Taipale	M	30	Hammond	WI	00:09:19	32	1:42	00:00:46	00:33:06	17	24.1	00:00:34	00:20:00	26	6:26		01:03:43.45
22	14	Aaron Eicher	M	33	Prior Lake	MI	00:09:10	28	1:40	00:01:17	00:34:09	22	23.4	00:00:35	00:19:05	20	6:08		01:04:14.16
23	136	Nicole Heinger	F	27	White Bear Lake	MN	00:08:27	21	1:32	00:00:56	00:33:52	18	23.6	00:00:36	00:20:39	34	6:38		01:04:27.17
24	92	Brad Mitchell	M	42	Rochester	MN	00:09:36	35	1:45	00:01:12	00:34:22	23	23.2	00:00:42	00:18:48	18	6:02		01:04:37.18
25	138	Steve Stenzel	M	34	St. Paul	MN	00:09:03	27	1:39	00:01:11	00:36:00	32	22.2	00:00:31	00:17:57	14	5:46		01:04:39.17
26	144	Ryan Saline	M	41	St Paul	MN	00:09:59	41	1:49	00:01:52	00:32:41	13	24.4	00:00:31	00:20:07	27	6:28		01:05:08.26
27	8	Gaby Bunten	F	23	Forest Lake	MN	00:08:11	19	1:29	00:00:54	00:35:34	30	22.4	00:00:39	00:19:55	25	6:24		01:05:11.19
28	9	Kortney Haag	F	36	Maple Grove	MN	00:09:39	36	1:45	00:00:55	00:34:03	21	23.4	00:00:36	00:20:31	33	6:35		01:05:40.84
29	90	Jon Moynihan	M	38	Apple Valley	MN	00:08:04	16	1:28	00:01:06	00:37:27	39	21.3	00:00:54	00:18:59	19	6:06		01:06:27.67
30	137	Olivia Bagnall	F	24	Lakeville	MN	00:08:45	25	1:35	00:00:49	00:36:05	33	22.1	00:00:38	00:20:23	29	6:33		01:06:37.81
31	106	David Haaland	M	40	St. Paul	MN	00:11:01	54	2:00	00:01:21	00:33:58	19	23.5	00:00:53	00:21:03	35	6:46		01:08:14.67
32	77	Harvey Skees	M	43	Eden Prairie	MN	00:09:57	40	1:49	00:01:49	00:34:39	27	23.0	00:00:50	00:21:54	41	7:02		01:09:07.33
33	30	Joe Piepgras	M	48	Robbinsdale	MN	00:11:09	56	2:02	00:00:59	00:35:24	29	22.5	00:00:51	00:22:03	43	7:05		01:10:24.40
34	130	Max Peterson	M	16	St. Paul	MI	00:09:11	30	1:40	00:01:40	00:38:31	45	20.7	00:01:04	00:20:26	30	6:34		01:10:49.12
35	36	Duane Millslagle	M	65	Savage	MN	00:09:20	33	1:42	00:01:49	00:36:39	36	21.8	00:00:51	00:22:22	46	7:11		01:10:58.47
36	134	Dean Anderson	M	45	Blaine	MN	00:11:00	53	2:00	00:01:16	00:36:09	34	22.1	00:00:49	00:21:58	42	7:04		01:11:09.29

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Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
37	10	Christel Kippenhan	F	50	Bemidji	MN	00:09:36	34	1:45	00:00:53	00:37:46	40	21.1	00:00:38	00:22:29	47	7:14		01:11:20.43
38	123	Kimberly Ault	F	34	Plymouth	MN	00:11:40	68	2:07	00:01:02	00:36:35	35	21.8	00:00:35	00:21:45	39	6:59		01:11:33.57
39	71	Jarrett Swanson	M	31	Brainerd	MN	00:09:16	31	1:41	00:01:04	00:39:30	51	20.2	00:00:33	00:22:10	45	7:07		01:12:31.43
40	121	Joshua Barrett	M	36	Woodbury	MN	00:06:39	2	1:12	00:01:12	00:41:22	66	19.3	00:00:48	00:23:16	53	7:29		01:13:15.43
41	68	Luke Anton	M	30	Saint Paul	MN	00:10:15	43	1:52	00:01:36	00:39:31	52	20.2	00:01:32	00:20:28	31	6:35		01:13:19.68
42	129	Eric Peterson	M	47	St. Paul	MI	00:10:11	42	1:51	00:01:45	00:38:39	46	20.7	00:01:04	00:22:04	44	7:06		01:13:40.53
43	133	Mike Abel	M	47	Sartell	MN	00:10:30	45	1:55	00:01:28	00:35:40	31	22.4	00:01:46	00:24:44	62	7:57		01:14:05.93
44	122	Mata Agre	F	22	Corcoran	MN	00:11:44	71	2:08	00:01:12	00:40:31	58	19.7	00:01:00	00:20:19	28	6:32		01:14:44.19
45	85	Scott Remiger	M	42	Lakeville	MN	00:10:41	48	1:57	00:01:37	00:38:07	43	20.9	00:01:03	00:23:35	57	7:35		01:15:00.59
46	67	Bill Benning	M	53	Lakeville	MN	00:11:32	63	2:06	00:01:06	00:37:48	41	21.1	00:00:49	00:24:12	60	7:47		01:15:24.88
47	98	David Kerber	M	39	Maple Grove	MN	00:13:13	92	2:25	00:01:55	00:38:09	44	20.9	00:01:13	00:21:26	37	6:53		01:15:52.94
48	39	Jason Lien	M	43	St. Paul	MN	00:11:13	57	2:02	00:01:54	00:37:57	42	21.0	00:01:25	00:23:30	56	7:33		01:15:55.93
49	37	Eric Mckee	M	50	Cedar	MN	00:09:41	37	1:46	00:01:32	00:40:14	56	19.8	00:00:53	00:23:48	58	7:39		01:16:04.36
50	115	Steve Dahlke	M	25	Minneapolis	MN	00:10:39	47	1:56	00:02:01	00:41:43	69	19.1	00:01:11	00:21:45	40	6:59		01:17:16.61
51	139	Matt Linder	M	30	St Paul	MN	00:11:46	74	2:08	00:01:19	00:37:24	38	21.3	00:01:33	00:25:40	72	8:15		01:17:39.10
52	155	Jeff Dahle	M	53	St Paul	MN	00:11:47	76	2:09	00:02:06	00:36:45	37	21.7	00:01:06	00:26:14	76	8:26		01:17:55.44
53	142	Megan Mcculloch	F	30	Brooklyn Park	MN	00:10:46	49	1:58	00:01:28	00:39:18	49	20.3	00:01:01	00:25:26	69	8:11		01:17:56.76
54	45	Tyler Kennedy	M	25	Saint Louis Park	MN	00:11:41	69	2:08	00:01:58	00:44:05	93	18.1	00:00:53	00:19:27	23	6:15		01:18:01.82
55	127	Jessica Padniewski	F	23	Eden Prairie	MN	00:09:47	38	1:47	00:01:47	00:43:26	87	18.4	00:00:54	00:22:34	48	7:15		01:18:25.65
56	143	Sarah Nichols	F	37	Maple Grove	MN	00:11:44	72	2:08	00:00:55	00:40:16	57	19.8	00:00:46	00:24:53	63	8:00		01:18:31.15
57	16	Tom Webb	M	35	Chaska	MN	00:11:14	58	2:03	00:01:37	00:39:42	54	20.1	00:01:35	00:24:27	61	7:51		01:18:31.44
58	57	Theodore Fabel	M	31	Minneapolis	MN	00:11:35	65	2:06	00:03:43	00:40:57	63	19.5	00:01:38	00:21:15	36	6:50		01:19:05.18
59	76	Marisa Skees	F	39	Eden Prairie	MN	00:12:43	84	2:19	00:01:40	00:40:33	60	19.7	00:01:05	00:23:17	54	7:29		01:19:14.69
60	114	Stefan Figurski	M	27	St. Paul	MN	00:11:02	55	2:01	00:02:46	00:43:07	80	18.5	00:01:13	00:21:40	38	6:58		01:19:46.44
61	60	Sara Dalton	F	26	Saint Cloud	MN	00:12:37	83	2:18	00:01:39	00:41:02	64	19.4	00:00:52	00:23:56	59	7:42		01:20:03.90
62	88	William Pine	M	44	Minneapolis	MN	00:10:51	52	1:58	00:02:04	00:39:27	50	20.2	00:01:10	00:26:44	80	8:36		01:20:13.66
63	100	Reilly Ingersoll	F	18	St. Paul	MI	00:08:24	20	1:32	00:01:04	00:43:39	90	18.3	00:00:44	00:26:36	79	8:33		01:20:25.36
64	58	Vince Duray	M	46	Minneapolis	MN	00:11:24	60	2:04	00:01:52	00:40:56	62	19.5	00:01:21	00:24:56	64	8:01		01:20:26.54
65	116	Cindy Crawford	F	52	Deephaven	MN	00:11:52	77	2:10	00:01:22	00:39:38	53	20.1	00:01:00	00:27:02	84	8:41		01:20:50.86
66	42	Emily Koski	F	37	Minneapolis	MN	00:12:31	82	2:17	00:01:31	00:42:57	76	18.6	00:00:38	00:23:26	55	7:32		01:21:00.44
67	110	Jim Gaubert	M	49	Eagan	MN	00:11:57	78	2:11	00:02:27	00:42:17	71	18.9	00:01:20	00:23:16	52	7:29		01:21:14.21
68	56	Julie Feldman	F	34	Inver Grove Height	MN	00:13:20	96	2:26	00:01:20	00:39:16	48	20.3	00:00:50	00:27:05	86	8:42		01:21:48.33
69	23	Peter Rosen	M	51	Saint Paul	MN	00:13:18	94	2:25	00:02:49	00:41:25	67	19.3	00:01:30	00:22:56	50	7:22		01:21:56.14
70	54	Lezlie Germann Tooley	F	38	Edina	MN	00:13:04	89	2:23	00:01:21	00:43:48	91	18.2	00:01:03	00:23:14	51	7:28		01:22:26.92
71	81	Tana Setness Horfs	F	44	Grand Forks	ND	00:12:30	81	2:17	00:02:08	00:41:47	70	19.1	00:00:43	00:25:44	73	8:16		01:22:50.19
72	95	Dwight Larsen	M	53	Plymouth	MN	00:11:19	59	2:04	00:02:05	00:43:21	84	18.4	00:00:58	00:25:18	65	8:08		01:22:57.74

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	102	Tracy Huizel	M	47	Minneapolis	MN	00:13:13	91	2:24	00:02:19	00:40:09	55	19.9	00:01:18	00:26:30	77	8:31	01:23:26.38
74	62	Thomas Couillard	M	66	White Bear Lake	MN	00:12:53	87	2:21	00:02:33	00:41:27	68	19.3	00:01:48	00:25:21	66	8:09	01:23:59.64
75	72	Janice Stanford	F	45	Bloomington	MN	00:12:51	85	2:20	00:01:56	00:42:32	75	18.8	00:00:54	00:25:50	74	8:18	01:23:59.81
76	47	Andrew Jacot	M	28	St. Paul	MN	00:11:26	61	2:05	00:02:38	00:42:18	72	18.9	00:01:43	00:26:36	78	8:33	01:24:37.69
77	59	Casey Dickinson	M	31	Minneapolis	MN	00:11:44	70	2:08	00:02:54	00:43:20	83	18.4	00:01:30	00:25:37	70	8:14	01:25:02.61
78	44	Daniel Kirk	M	69	Blaine	MN	00:13:52	100	2:32	00:02:23	00:42:20	73	18.9	00:01:11	00:25:25	68	8:10	01:25:09.40
79	26	John Reuter	M	53	Hopkins	MN	00:09:50	39	1:47	00:02:02	00:38:54	47	20.5	00:01:27	00:33:14	121	10:41	01:25:27.00
80	131	Tony Mantovani	M	36	Champlin	MN	00:14:04	102	2:34	00:03:01	00:40:45	61	19.6	00:01:15	00:27:03	85	8:42	01:26:05.70
81	104	Marit Henckel	F	22	Viroqua	WI	00:16:24	112	2:59	00:01:19	00:45:32	101	17.5	00:00:45	00:22:50	49	7:20	01:26:46.65
82	27	Michael Powers	M	59	Minneapolis	MN	00:13:16	93	2:25	00:02:13	00:40:32	59	19.7	00:01:10	00:30:04	105	9:40	01:27:12.30
83	113	Nick Fitzgerald	M	35	Maple Grove	MN	00:11:46	75	2:09	00:03:20	00:45:06	98	17.7	00:01:50	00:25:38	71	8:14	01:27:37.19
84	74	Tony Stack	M	44	Inver Grove Heights	MN	00:11:45	73	2:08	00:01:53	00:42:25	74	18.8	00:01:24	00:30:17	106	9:44	01:27:41.87
85	145	Joyce Olson Kapell	F	52	Minneapolis	MN	00:15:49	107	2:53	00:01:42	00:43:31	89	18.3	00:01:51	00:25:25	67	8:10	01:28:15.71
86	94	Erika Lee	F	47	Duluth	MN	00:14:29	103	2:38	00:02:18	00:43:29	88	18.4	00:01:15	00:26:49	81	8:37	01:28:17.18
87	79	Kim Siebold	F	46	Lakeville	MN	00:14:03	101	2:34	00:01:42	00:43:10	81	18.5	00:02:04	00:28:09	91	9:03	01:29:04.69
88	91	David Moore	M	53	St. Paul	MN	00:11:30	62	2:06	00:04:00	00:43:51	92	18.2	00:01:43	00:28:27	92	9:09	01:29:27.85
89	69	Heidi Anderson Isaacson	F	44	St. Paul	MN	00:14:46	104	2:41	00:02:40	00:41:17	65	19.3	00:02:06	00:29:26	103	9:28	01:30:11.70
90	17	David Warren	M	46	Robbinsdale	MN	00:15:51	108	2:53	00:03:10	00:43:21	85	18.4	00:01:07	00:26:56	83	8:39	01:30:22.46
91	15	Sherilyn Young	F	48	Saint Paul	MN	00:15:58	110	2:55	00:01:26	00:45:00	97	17.7	00:01:07	00:27:41	89	8:54	01:31:09.70
92	117	Tess Cotter	F	26	St. Paul	MN	00:10:34	46	1:55	00:02:36	00:49:29	121	16.1	00:01:14	00:27:33	88	8:51	01:31:23.20
93	49	Colby Heineman	M	32	Saint Paul	MN	00:13:50	98	2:31	00:03:55	00:43:06	79	18.5	00:01:55	00:28:42	94	9:14	01:31:26.36
94	120	Karen Barton	F	49	Minneapolis	MN	00:17:06	117	3:07	00:02:07	00:43:06	78	18.5	00:01:04	00:28:37	93	9:12	01:31:57.45
95	40	Amanda Kutzke	F	34	Saint Paul	MN	00:17:16	119	3:09	00:02:29	00:44:40	96	17.9	00:01:57	00:25:50	75	8:18	01:32:08.79
96	107	Laura Gulick	F	36	River Falls	WI	00:10:48	50	1:58	00:01:53	00:47:22	111	16.8	00:01:27	00:30:53	111	9:56	01:32:20.25
97	118	Kathleen Carlson	F	47	Edina	MI	00:16:40	113	3:02	00:02:30	00:43:11	82	18.5	00:01:04	00:29:00	99	9:19	01:32:22.92
98	82	Sharon Schneider	F	55	Ham Lake	MN	00:13:06	90	2:23	00:02:00	00:45:51	102	17.4	00:01:49	00:29:41	104	9:33	01:32:25.14
99	141	Dianne Gregory	F	64	St. Paul	MN	00:13:01	88	2:22	00:02:26	00:46:19	105	17.2	00:01:38	00:29:20	102	9:26	01:32:41.89
100	35	Jaleh Nahvi	F	45	Inver Grove Height	MN	00:13:18	95	2:25	00:02:03	00:47:50	113	16.7	00:00:50	00:29:05	100	9:21	01:33:03.18
101	55	Dylan Galos	M	30	Minneapolis	MN	00:11:39	67	2:07	00:03:45	00:44:32	94	17.9	00:01:21	00:32:14	119	10:22	01:33:27.37
102	61	Joanna Cregan	F	37	Apple Valley	MN	00:12:53	86	2:21	00:01:58	00:49:29	120	16.1	00:01:17	00:27:58	90	8:59	01:33:31.95
103	25	Andrew Rogers	M	37	Minneapolis	MN	00:13:26	97	2:27	00:02:40	00:48:24	116	16.5	00:00:56	00:28:48	96	9:16	01:34:11.87
104	70	Robert Varney	M	42	Crystal	MN	00:10:48	51	1:58	00:03:40	00:45:23	99	17.6	00:01:33	00:33:07	120	10:39	01:34:31.00
105	73	Leslie Stanaway	F	62	Minneapolis	MN	00:16:19	111	2:59	00:02:08	00:48:11	115	16.6	00:01:03	00:27:22	87	8:48	01:35:00.64
106	83	Patty Schmidt	F	47	Minneapolis	MN	00:17:06	116	3:07	00:02:02	00:46:35	106	17.1	00:00:43	00:28:56	98	9:18	01:35:18.60
107	108	Daniel Gulick	M	38	River Falls	WI	00:07:48	11	1:25	00:07:56	00:47:17	110	16.9	00:01:29	00:30:53	112	9:56	01:35:20.46
108	126	Nicole Brown	F	24	Wayzata	MN	00:10:28	44	1:54	00:01:28	00:52:03	128	15.3	00:00:33	00:31:22	115	10:05	01:35:51.46

# Capitol City Tri

June 14, 2015

## Overall Results

Note: Penalty list at end of results

### Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	140	Wendy Mueller	F	46	Andover	MN	00:15:22	105	2:48	00:02:25	00:48:02	114	16.6	00:01:41	00:29:10	101	9:23		01:36:38.85
110	22	Michel Sanders	F	62	Saint Paul	MN	00:16:52	114	3:05	00:02:40	00:45:27	100	17.6	00:01:21	00:31:21	114	10:05		01:37:40.21
111	20	Michelle Spivey	F	24	St. Louis Park	MN	00:18:20	121	3:21	00:01:59	00:44:33	95	17.9	00:01:42	00:31:16	113	10:03		01:37:47.71
112	124	Marie White	F	46	Bloomington	MN	00:13:51	99	2:31	00:03:59	00:50:49	124	15.7	00:00:58	00:28:52	97	9:17		01:38:26.96
113	152	Nancy Bauer	F	68	Champlin	MN	00:17:09	118	3:08	00:01:41	00:48:56	118	16.3	00:01:30	00:30:22	109	9:46		01:39:36.18
114	78	Bryan Simmons	M	52	Minneapolis	MN	00:17:28	120	3:11	00:04:26	00:47:15	109	16.9	00:01:54	00:28:43	95	9:14		01:39:44.14
115	31	Laurie Payton	F	57	West Saint Paul	MN	00:22:28	129	4:06	00:02:02	00:43:00	77	18.6	00:01:07	00:31:34	117	10:09		01:40:09.21
116	34	Dan Nguyen	M	29	St. Paul	MN	00:20:00	124	3:39	00:02:10	00:46:51	107	17.0	00:01:35	00:30:20	107	9:45		01:40:53.91
117	66	Eric Bester	M	26	Shoreview	MN	00:15:38	106	2:51	00:04:42	00:48:33	117	16.4	00:02:28	00:30:20	108	9:45		01:41:38.62
118	89	Lisa Peterson	F	54	Minneapolis	MI	00:20:17	125	3:42	00:02:14	00:46:16	103	17.3	00:00:50	00:32:06	118	10:19		01:41:40.36
119	50	Nichole Hall	F	42	Farmington	MN	00:12:15	80	2:14	00:03:55	00:50:50	125	15.7	00:01:22	00:33:26	122	10:45		01:41:45.85
120	32	Julie Padilla	F	40	Saint Paul	MN	00:20:36	126	3:45	00:01:42	00:46:17	104	17.2	00:02:03	00:31:33	116	10:09		01:42:07.86
121	99	Joe Kandiko	M	65	Excelsior	MN	00:11:38	66	2:07	00:02:37	00:47:37	112	16.8	00:04:11	00:36:19	123	11:41		01:42:19.41
122	97	William Kessler	M	34	South Saint Paul	MN	00:29:04	135	5:18	00:01:41	00:43:25	86	18.4	00:01:30	00:26:51	82	8:38		01:42:29.71
123	29	Sue Pilon	F	61	Blaine	MN	00:15:57	109	2:54	00:02:40	00:51:16	126	15.6	00:03:17	00:30:41	110	9:52		01:43:48.92
124	96	Benji Lamfers	M	30	Shakopee	MI	00:12:12	79	2:13	00:03:43	00:46:55	108	17.0	00:02:24	00:40:00	125	12:52		01:45:12.71
125	80	Kayla Siebold	F	19	Lakeville	MN	00:11:34	64	2:06	00:03:05	00:49:31	122	16.1	00:00:57	00:41:07	128	13:13		01:46:10.72
126	24	Kourtney Rose	F	27	Prior Lake	MN	00:16:53	115	3:05	00:03:02	00:50:18	123	15.9	00:01:45	00:36:45	124	11:49		01:48:40.47
127	21	Sue Savage	F	50	Blaine	MN	00:20:50	128	3:48	00:02:41	00:49:00	119	16.3	00:01:52	00:41:00	127	13:11		01:55:19.47
128	111	Christine Fjalstad	F	55	Prior Lake	MN	00:29:12	136	5:20	00:04:02	00:51:51	127	15.4	00:03:07	00:43:07	130	13:52		02:11:17.00
129	52	Anne Gratz	F	52	Prior Lake	MN	00:19:11	122	3:30	00:06:58	01:00:48	131	13.1	00:04:12	00:40:27	126	13:00		02:11:34.00
130	19	Erika Stienessen	F	38	Belle Plaine	MN	00:20:50	127	3:48	00:05:21	01:00:44	130	13.1	00:04:08	00:41:24	129	13:19		02:12:24.00
131	38	Patsy Lillehei	F	71	Minneapolis	MN	00:19:53	123	3:38	00:04:32	01:00:23	129	13.2	00:01:16	00:50:52	131	16:22		02:16:54.00

# Capitol City Tri

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## Did Not Finish or Disqualified

### Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
STD	28	Holly Pinkerton	F	35	Columbia Heights	MN	00:26:20	133	4:48								
DNF	5	Lisa Lendway	F	34	St. Paul	MN	00:08:29		1:33	00:01:18	00:37:30	21.3	00:01:51				
STD	75	Kari Snyder	F	43	Lakeville	MN	00:26:20	134	4:48								
STD	63	Mijail Constante	M	32	Eau Claire	WI	00:29:18	137	5:21								
STD	112	Jennifer Fitzharris Funk	F	40	Minneapolis	MN	00:26:18	131	4:48								
STD	86	Robert Prevost	M	38	St. Louis Park	MN	00:29:20	138	5:21								
STD	84	Judy Rykken	F	77	Bloomington	MN	00:26:10	130	4:47								
STD	132	Suzie Fox	F	32	Chaska	MN	00:26:20	132	4:48								