July 11, 2015

Overall Division Results

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Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	5/79	1/32	2	Suzie Fox	32	F	Chaska	MN	00:24:42.13	01:08:06.34	00:42:29.82		02:17:11.57
Male	Over	all											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	1/79	1/47	32	Nick Nygaard	25	М	Duluth	MN	00:24:13.37	01:06:33.17	00:32:49.44		02:05:31.71
Fema	le Mast	ers											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	15/79	3/32	110	Sara Sampsell-Jones	40	F	Minneapolis	MN	00:24:53.13	01:11:51.94	00:46:32.57		02:26:23.11
Male	Mast	ers											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	3/79	3/47	52	David Lewis	41	М	Nevis	MN	00:24:56.85	01:04:48.34	00:36:42.77		02:09:04.56
Fema	le Ages	16 - 19											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	33/79	8/32	91	Kaytlin Garrison	17	F	Cohasset	MN	00:31:39.65	01:15:57.75	00:46:49.04		02:36:39.71
2	37/79	11/32	90	Erika Fox	17	F	Carlton	MN	00:31:06.14	01:23:36.85	00:43:25.72		02:41:32.87
3	43/79	15/32	92	Tayler Hebner	19	F	International Falls	MN	00:26:08.58	01:26:13.35	00:52:24.28		02:47:35.57
Male	Ages	16 - 19											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	4/79	4/47	30	Jake Croteau	19	М	La Crosse	WI	00:23:55.30	01:05:06.92	00:38:23.13		02:09:10.44

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Overall Division Results

Male	Ages	20 - 24											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	46/79	31/47	31	James Jylha	20	М	Grand Rapids	MN	00:29:28.77	01:24:12.92	00:56:13.87		02:52:10.63
2	47/79	32/47	48	Meirs Moore	21	М	Duluth	MN	00:37:22.80	01:22:01.67	00:50:05.32		02:52:39.63
Fema	le Ages	25 - 29											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	10/79	2/32	97	Sarah Berger	29	F	Saint Paul	MN	00:25:51.89	01:10:43.74	00:43:28.69		02:22:43.30
2	35/79	9/32	93	Chelsea Froemke	25	F	Duluth	MN	00:23:18.88	01:16:39.45	00:55:52.73		02:39:01.27
3	61/79	22/32	94	Jeanna Miner	26	F	Duluth	MN	00:25:50.38	01:30:23.36	01:00:03.03		03:00:26.39
4	73/79	29/32	96	Krista Elkie	28	F	Gorham	ON	00:30:52.40	01:32:31.59	01:06:06.46		03:12:55.90
5	79/79	32/32	95	Robyn Meyer-Thompson	28	F	Saint Paul	MN	00:37:51.17	01:54:35.61	01:07:21.09		03:44:58.67
Male	Ages	25 - 29											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	9/79	8/47	47	Nicholas Serratore	26	М	Minneapolis	MN	00:26:35.62	01:06:29.37	00:45:10.02		02:20:39.54
2	16/79	13/47	35	Chad Solei	29	M	Minneapolis	MN	00:28:00.63	01:14:06.74	00:41:45.99		02:26:24.28
3	25/79	20/47	34	Ry Kabanuck	28	M	Bossier City	LA	00:30:11.88	01:11:40.65	00:44:27.50		02:30:52.81
4	77/79	47/47	33	Nicholas Thompson	28	М	Saint Paul	MN	00:33:54.14	01:39:20.68	01:04:35.75		03:21:54.31
Fema	le Ages	30 - 34											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	54/79	19/32	99	Sara Morgan	32	F	Duluth	MN	00:25:21.88	01:25:48.26	01:02:12.68		02:57:22.14
2	60/79	21/32	124	Jennifer Morrissey	34	F	Blaine	MN	00:27:54.85	01:27:33.83	01:00:51.17		03:00:10.37
3	69/79	27/32	100	Megan Steil	33	F	Ham Lake	MN	00:36:08.51	01:27:29.72	00:57:41.05		03:05:43.64

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Overall Division Results

Male	Ages	30 - 34											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	19/79	16/47	36	Greg Spoelhof	30	М	Duluth	MN	00:31:19.88	01:08:55.81	00:44:00.05		02:27:12.59
2	55/79	36/47	37	Baird Miltich	31	М	Pelicanrapids	MN	00:35:09.62	01:21:05.59	00:57:07.04		02:57:34.47
Fema	le Ages	35 - 39											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	20/79	4/32	12	Tiffany Kari	35	F	Duluth	MN	00:26:21.82	01:17:45.32	00:41:01.43		02:27:19.36
2	29/79	7/32	14	Michelle Breiland	38	F	Duluth	MN	00:24:04.38	01:18:07.89	00:47:26.32		02:32:10.61
3	56/79	20/32	103	Patricia Mueller	36	F	Superior	WI	00:35:47.77	01:28:31.99	00:50:23.63		02:58:49.22
4	62/79	23/32	104	Shannon Worum	36	F	Eden Prairie	MN	00:34:00.39	01:30:33.51	00:51:51.66		03:00:42.24
5	68/79	26/32	108	Renee Saamanen	39	F	Duluth	MN	00:32:52.62	01:22:27.19	01:05:28.12		03:05:11.65
6	70/79	28/32	102	Melissa Grzybowski	36	F	Hibbing	MN	00:34:24.80	01:34:58.32	00:53:43.33		03:06:19.90
7	78/79	31/32	107	Leah Raboin	39	F	Superior	WI	00:30:12.36	01:37:42.92	01:13:34.96		03:27:18.36
Male	Ages	35 - 39											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	2/79	2/47	1	Brooks Grossinger	38	М	Mayer	MN	00:24:09.73	01:04:09.45	00:38:12.80		02:08:07.10
2	6/79	5/47	40	Eric Carder	36	М	Breezy Point	MN	00:26:24.21	01:07:39.98	00:42:03.75		02:18:33.10
3	11/79	9/47	39	Peter Miner	35	М	Duluth	MN	00:27:15.00	01:07:45.82	00:45:45.44		02:24:00.60
4	22/79	18/47	41	Ryan Dewey	36	М	Esko	MN	00:24:52.32	01:15:35.17	00:45:57.63		02:29:01.18
5	26/79	21/47	44	Corey Tabbert	39	М	Grand Rapids	MN	00:28:33.17	01:14:37.11	00:44:17.96		02:31:17.75
6	28/79	22/47	46	Matthew Backmann	37	М	Park Rapids	MN	00:27:23.70	01:12:18.85	00:50:05.74		02:32:02.61
7	32/79	25/47	45	Brad Anderson	39	М	Duluth	MN	00:28:35.77	01:10:13.37	00:53:52.21		02:35:22.61
8	52/79	35/47	42	Erik Andersen	38	М	Grand Rapids	MN	00:32:51.12	01:18:04.51	01:01:49.07		02:56:08.37
Fema	le Ages	40 - 44											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	38/79	12/32	111	Julie Kemp	42	F	Floodwood	MN	00:30:07.29	01:18:57.83	00:50:03.83		02:42:12.63
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Overall Division Results

Male	Ages	40 - 44											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	8/79	7/47	51	Ryan Saline	41	М	Cloquet	MN	00:28:35.65	01:06:10.51	00:43:36.36		02:19:59.75
2	31/79	24/47	50	Ted Sampsell-Jones	41	M	Minneapolis	MN	00:30:49.95	01:14:42.00	00:46:28.18		02:35:07.97
3	58/79	38/47	56	Jason Skiple	44	M	Fargo	ND	00:33:13.14	01:25:38.59	00:57:14.66		03:00:00.87
4	66/79	42/47	54	Nathan Hoffmann	42	М	Duluth	MN	00:32:06.16	01:26:57.32	01:01:24.74		03:04:28.64
Fema	le Ages	45 - 49											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	27/79	6/32	113	Leanne Bronson	45	F	Superior	WI	00:27:12.67	01:13:30.17	00:48:36.83		02:31:28.37
2	49/79	16/32	114	Linda Belanger	48	F	International Falls	MN	00:33:48.14	01:28:46.42	00:50:14.08		02:55:03.34
Male	Ages	45 - 49											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	7/79	6/47	61	Tom Verry	46	М	Aspen	СО	00:23:42.61	01:04:42.82	00:47:14.04		02:18:34.33
2	18/79	15/47	63	Jay Heikkila	47	M	Delano	MN	00:24:07.22	01:10:38.14	00:50:11.14		02:27:06.53
3	41/79	28/47	59	Richard Johnson	46	M	Nevis	MN	00:31:17.65	01:22:52.82	00:50:09.76		02:46:57.13
4	48/79	33/47	60	Jeff Tillman	46	M	Cohasset	MN	00:37:16.83	01:22:12.99	00:49:27.83		02:52:55.38
5	59/79	39/47	62	Michael Clark	47	M	Rochester	MN	00:32:59.14	01:23:18.42	00:58:33.12		03:00:01.38
6	65/79	41/47	57	Troy Carlson	45	М	Duluth	MN	00:28:18.99	01:23:49.28	01:07:21.20		03:03:14.42
Fema	le Ages	50 - 54											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
							•					1 Charty	
1	24/79	5/32	117	Christel Kippenhan	50	F	Bemidji	MN	00:23:23.65	01:16:03.37	00:47:54.99		02:29:25.78
2	36/79	10/32	115	Kris Kolenz	50	F	Duluth	MN	00:24:21.13	01:16:42.79	00:55:06.70		02:39:33.36
3	42/79	14/32	120	Mary Sands	54	F -	Saint Paul	MN	00:28:55.14	01:25:58.77	00:49:38.75		02:47:12.38
4	53/79	18/32	248	Patty Jaeger	50	F	Vergas	MN	00:30:19.10	01:28:21.10	00:53:43.40		02:56:46.21
5	64/79	24/32	118	Sara Dougherty	53	F	Cloquet	MN	00:30:18.64	01:30:33.87	00:57:32.19		03:01:56.75
6	67/79	25/32	116	Elizabeth Seibel-Hunt	50	F	Minneapolis	MN	00:30:36.64	01:28:09.16	01:01:45.92		03:04:30.48
7	76/79	30/32	119	Mary Bangs	54	F	Loveland	СО	00:31:30.52	01:33:30.52	01:06:48.09		03:16:27.65

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Overall Division Results

Male	ale Ages 50 - 54												
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	14/79	12/47	28	Kurt Vesterstein	54	М	Wayzata	MN	00:29:23.13	01:09:10.43	00:44:02.81		02:25:21.78
2	30/79	23/47	70	Paul Kovach	54	M	Duluth	MN	00:29:23.23	01:09:14.12	00:52:24.46		02:33:55.62
3	40/79	27/47	67	Skeeter Moore	52	M	Duluth	MN	00:26:23.86	01:12:25.74	01:03:28.72		02:45:10.67
4	50/79	34/47	66	Brett Salo	52	М	Cohasset	MN	00:30:42.75	01:21:57.27	00:57:35.95		02:55:09.88
5	63/79	40/47	69	Chris Froemke	53	М	Lino Lakes	MN	00:25:38.29	01:26:35.88	01:04:18.64		03:01:29.64
6	75/79	46/47	68	Brad Irwin	52	M	Hermantown	MN	00:32:03.11	01:34:41.76	01:02:48.18		03:16:06.94
Male	Ages	55 - 59											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	12/79	10/47	78	D J Lamour	58	М	Inver Grove Heights	MN	00:23:56.42	01:07:56.99	00:48:52.32		02:24:33.25
2	13/79	11/47	73	Jim Reed	56	М	Duluth	MN	00:26:17.32	01:14:58.17	00:41:06.73		02:25:06.12
3	17/79	14/47	74	Kevin Olsen	56	M	Orono	MN	00:23:58.68	01:09:33.92	00:51:03.27		02:26:38.57
4	23/79	19/47	71	Phil Elkie	55	M	Gorham	ON	00:24:24.87	01:13:48.56	00:48:39.52		02:29:15.26
5	34/79	26/47	77	Steve Heikkila	58	M	Saint Paul	MN	00:24:16.94	01:17:56.16	00:51:57.89		02:37:13.33
6	44/79	29/47	79	Jonathan Byrne	59	M	Bovey	MN	00:26:03.13	01:21:55.19	00:57:17.02		02:49:33.38
7	45/79	30/47	72	Carl Hoang	55	M	Maple Grove	MN	00:31:56.21	01:17:30.24	00:58:35.83		02:51:45.13
8	57/79	37/47	76	Mike Hudspith	57	M	North Mankato	MN	00:34:25.44	01:25:17.89	00:55:25.23		02:58:59.96
9	72/79	44/47	75	Mike Teitelbaum	57	M	Duluth	MN	00:35:27.83	01:23:24.19	01:06:24.14		03:08:51.88
Fema	le Ages	60 - 64											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	39/79	13/32	123	Sheri Schrock	61	F	Cohasset	MN	00:27:58.90	01:16:11.64	00:55:47.02		02:42:43.52
Male	Ages	60 - 64											
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	s	City	St.	Swim	Bike	Run	Penalty	Time
1	71/79	43/47	82	Walt Prahl	62	М	Duluth	MN	00:35:25.16	01:24:09.35	01:03:47.89		03:06:57.20
2	74/79	45/47	81	Rick Agar	61	M	Duluth	MN	00:31:47.27	01:31:26.95	01:08:30.87		03:15:17.40

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Overall Division Results

Male	Ages	65 - 69												
Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Ag	е	s	City	St.	Swim	Bike	Run	Penalty	Time
1	21/79	17/47	84	Neil King	66	5	М	Nevis	MN	00:26:28.77	01:12:35.55	00:47:11.20		02:28:24.61

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Overall Division Results

Olympic Team

Male Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	2/11	407	Pokegama Punks	Stillwater	MN	00:25:55.26	01:19:26.56	00:49:53.16		02:37:21.83
2	3/11	406	Heal With Steel	Grand Rapids	MN	00:26:30.40	01:21:57.56	00:50:58.92		02:40:57.37
3	8/11	400	Team Don	Edina	MN	00:27:06.37	01:38:03.43	00:52:27.22		02:59:04.38
Fema	ile Team									
Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	7/11	408	The Leadbutt Ladies	Brooklyn Park	MN	00:32:52.63	01:20:20.63	01:00:24.16		02:57:47.86
2	9/11	404	Fitlife United	Grand Rapids	MN	00:33:43.37	01:26:22.24	00:59:34.36		03:01:21.84
Coed	Team									
Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	1/11	409	Side Lakers	Side Lake	MN	00:26:40.88	01:12:32.75	00:45:34.88		02:26:13.61
2	4/11	410	For Pete's Sake	Hibbing	MN	00:31:54.88	01:21:26.91	00:51:36.86		02:46:34.33
3	5/11	403	Team Nydia Lake	Thunder Bay	ON	00:36:06.39	01:24:58.05	00:44:44.07		02:47:35.87
4	6/11	405	Garretson's	Lakeville	MN	00:29:19.35	01:23:50.91	00:55:08.63		02:51:29.13
5	10/11	401	We Race For Beverages	St. Paul	MN	00:48:57.94	01:26:14.32	01:09:51.73		03:27:01.65
6	11/11	402	Team Bruce	Odenton	MD	00:26:16.39	02:07:34.90	01:13:57.61		03:50:13.53