

LONG COURSE
.5 Mile Swim, 21 Mile Bike, 5.3 Mile Run

FEMALE OVERALL

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|--------------------|-----|--------------|----|-------|-------|-------|---------|
| 1 | Cathy Yndestad | 30 | Apple Valley | MN | 11:14 | 52:45 | 33:25 | 1:39:16 |
| 2 | Kortney Haag | 30 | New Hope | MN | 13:06 | 52:34 | 34:12 | 1:42:11 |
| 3 | Jeanne Fleck | 44 | Proctor | MN | 13:48 | 52:50 | 33:58 | 1:42:53 |
| 4 | Jan Guenther | 50 | Long Lake | MN | 13:13 | 52:48 | 34:39 | 1:43:23 |
| 5 | Brook Mutzenberger | 29 | Eden Prairie | MN | 13:50 | 53:48 | 35:57 | 1:45:31 |

MALE OVERALL

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|----------------|-----|--------------|----|-------|-------|-------|---------|
| 1 | David Thompson | 31 | St Paul | MN | 10:09 | 45:51 | 27:47 | 1:25:26 |
| 2 | Devon Palmer | 22 | St Paul | MN | 10:44 | 45:31 | 29:30 | 1:27:45 |
| 3 | Samuel Hauck | 25 | Shoreview | MN | 10:53 | 46:36 | 28:26 | 1:27:59 |
| 4 | Kevin O'Connor | 38 | Medina | MN | 10:40 | 46:51 | 28:53 | 1:28:17 |
| 5 | Dan Cohen | 35 | Eden Prairie | MN | 11:48 | 45:56 | 30:18 | 1:29:47 |

FEMALE MASTER

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|--------------------|-----|--------|----|-------|-------|-------|---------|
| 1 | Heidi Keller-Miler | 44 | Chaska | MN | 11:16 | 56:27 | 36:01 | 1:46:06 |

MALE MASTER

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------------|-----|-----------|----|-------|-------|-------|---------|
| 1 | Doug Davis | 42 | Lakeville | MN | 11:07 | 48:19 | 33:31 | 1:35:22 |

FEMALE INDIVIDUAL AGE GROUP: 1 - 19

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------------------|-----|------------|----|-------|---------|-------|---------|
| 1 | Shelby Woodworth | 16 | Hutchinson | MN | 16:28 | 1:05:00 | 45:48 | 2:11:53 |
| 2 | Ingrid Leask | 19 | Buffalo | MN | 20:28 | 1:01:54 | 44:37 | 2:11:59 |
| 3 | Katie Oden | 16 | Buffalo | MN | 19:31 | 1:09:39 | 44:17 | 2:17:50 |

MALE INDIVIDUAL AGE GROUP: 1 - 19

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------------------|-----|------------|----|-------|---------|-------|---------|
| 1 | Griffin Williams | 19 | Northfield | MN | 14:10 | 55:13 | 35:21 | 1:49:57 |
| 2 | Nathan Engfer | 18 | Buffalo | MN | 12:52 | 1:06:25 | 45:26 | 2:09:47 |

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|-----------------|-----|-------------|----|-------|---------|-------|---------|
| 1 | Nordica Stocker | 23 | Minneapolis | MN | 13:28 | 56:57 | 39:07 | 1:53:25 |
| 2 | Becca Skadsberg | 23 | Maple Grove | MN | 14:48 | 1:00:17 | 40:22 | 1:59:16 |
| 3 | Erin Kilbury | 22 | Minneapolis | MN | 16:49 | 1:03:56 | 39:30 | 2:04:51 |

MALE INDIVIDUAL AGE GROUP: 20 - 24

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|-----------------|-----|----------|----|-------|-------|-------|---------|
| 1 | Ross Weinzierl | 23 | Waconia | MN | 13:17 | 48:08 | 32:22 | 1:37:13 |
| 2 | Brett Danielson | 20 | Cokato | MN | 14:36 | 51:59 | 34:17 | 1:44:43 |
| 3 | Ben Wareham | 23 | St. Paul | MN | 13:31 | 52:46 | 35:18 | 1:45:41 |

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|----------------|-----|-------------|----|-------|-------|-------|---------|
| 1 | Tina Welzien | 27 | Woodbury | MN | 12:31 | 59:13 | 38:08 | 1:54:44 |
| 2 | Hilary Patzer | 29 | St. Paul | MN | 15:09 | 57:31 | 38:01 | 1:56:14 |
| 3 | Abigail Turman | 27 | Minneapolis | MN | 15:31 | 59:28 | 39:10 | 1:57:43 |

MALE INDIVIDUAL AGE GROUP: 25 - 29

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|----------------|-----|-------------|----|-------|-------|-------|---------|
| 1 | Kyle Fleener | 25 | Austin | MN | 13:35 | 49:48 | 32:47 | 1:39:49 |
| 2 | Brendan Dolan | 29 | Minneapolis | MN | 16:45 | 54:19 | 31:10 | 1:46:20 |
| 3 | Byron Lubenkov | 28 | Plymouth | MN | 12:53 | 53:11 | 38:49 | 1:49:56 |

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|-------------------|-----|------------|----|-------|-------|-------|---------|
| 1 | Diane Hankee | 32 | Lino Lakes | MN | 15:09 | 53:48 | 36:58 | 1:49:27 |
| 2 | Brooke Larsen | 31 | Northfield | MN | 12:01 | 58:27 | 36:46 | 1:51:16 |
| 3 | Trisha Totenhagen | 34 | Shakopee | MN | 16:38 | 57:43 | 40:54 | 1:59:36 |

MALE INDIVIDUAL AGE GROUP: 30 - 34

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|---------------|-----|-------------|----|-------|-------|-------|---------|
| 1 | Jesse Nelson | 32 | Red Wing | MN | 13:30 | 51:23 | 30:33 | 1:38:32 |
| 2 | Matthew Onnen | 34 | Minneapolis | MN | 14:40 | 49:33 | 32:55 | 1:41:49 |
| 3 | Emmerson Ward | 32 | Saint Paul | MN | 15:07 | 49:46 | 34:37 | 1:43:36 |

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------|-----|------|----|------|------|-----|------|
|-------|------|-----|------|----|------|------|-----|------|

| | | | | | | | | |
|---|------------------|----|----------|----|-------|-------|-------|---------|
| 1 | Kirsten Bich | 39 | Duluth | MN | 16:53 | 53:54 | 37:26 | 1:52:27 |
| 2 | Jill Hughes | 35 | Medina | MN | 16:39 | 55:21 | 38:12 | 1:53:35 |
| 3 | Cindy Blackstock | 36 | Plymouth | MN | 17:39 | 55:44 | 35:48 | 1:53:50 |

MALE INDIVIDUAL AGE GROUP: 35 - 39

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|---------------|-----|---------------|----|-------|-------|-------|---------|
| 1 | Troy Anderson | 38 | Big Lake | MN | 12:15 | 49:53 | 31:21 | 1:36:20 |
| 2 | Chip Tabor | 37 | St Louis Park | MN | 14:16 | 51:34 | 30:53 | 1:40:29 |
| 3 | Clifford Owen | 37 | Shorewood | MN | 14:14 | 51:47 | 32:22 | 1:41:45 |

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|----------------|-----|----------------|----|-------|-------|-------|---------|
| 1 | Wendy Bengtson | 43 | Chippewa Falls | WI | 15:24 | 55:31 | 34:30 | 1:48:32 |
| 2 | Julia Lyng | 42 | Burnsville | MN | 14:16 | 56:03 | 38:11 | 1:52:16 |
| 3 | Amy Lindgren | 40 | St Anthony | MN | 12:50 | 59:52 | 37:13 | 1:54:14 |

MALE INDIVIDUAL AGE GROUP: 40 - 44

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|--------------------|-----|------------|----|-------|-------|-------|---------|
| 1 | Jey Carlson | 43 | Mtka | MN | 14:49 | 49:10 | 34:57 | 1:42:08 |
| 2 | Randy Peterson | 43 | Northfield | MN | 13:58 | 52:54 | 33:23 | 1:43:01 |
| 3 | Joseph Schneiderha | 43 | Alexandria | MN | 15:06 | 52:19 | 33:03 | 1:44:14 |

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|-----------------|-----|--------------|----|-------|---------|-------|---------|
| 1 | Jackie Dezellar | 45 | Eden Prairie | MN | 16:37 | 55:44 | 38:43 | 1:55:12 |
| 2 | Eileen Bonnert | 47 | Apple Valley | MN | 14:59 | 1:01:46 | 35:48 | 1:56:35 |
| 3 | Kathryn Jensen | 45 | St Paul | MN | 14:58 | 57:14 | 41:17 | 1:57:08 |

MALE INDIVIDUAL AGE GROUP: 45 - 49

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|----------------|-----|---------------|----|-------|-------|-------|---------|
| 1 | Mark McLain | 47 | Bloomington | MN | 14:02 | 51:16 | 35:20 | 1:43:56 |
| 2 | Kerry Yndestad | 48 | Apple Valley | MN | 13:45 | 53:59 | 35:18 | 1:45:40 |
| 3 | Scott Ransom | 49 | Golden Valley | MN | 12:35 | 52:47 | 37:29 | 1:46:02 |

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------------------|-----|-------------|----|-------|---------|-------|---------|
| 1 | Carolyn Milbrath | 51 | Hudson | WI | 14:49 | 1:01:28 | 44:15 | 2:03:49 |
| 2 | Diane Stoller | 50 | Maple Grove | MN | 20:20 | 58:36 | 44:24 | 2:09:06 |

3 Helen Gunther 52 Excelsior MN 16:48 1:02:18 46:44 2:09:37

MALE INDIVIDUAL AGE GROUP: 50 - 54

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|--------------------|-----|-----------|----|-------|-------|-------|---------|
| 1 | Michael Landrevill | 51 | Edina | MN | 14:31 | 49:26 | 35:30 | 1:43:40 |
| 2 | Charlie Roach | 51 | Lakeville | MN | 16:05 | 52:59 | 32:15 | 1:44:31 |
| 3 | James Ross | 50 | Lakeville | MN | 13:39 | 51:28 | 37:25 | 1:46:09 |

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|----------------|-----|-------------|----|-------|---------|-------|---------|
| 1 | Pam Stevens | 56 | Sartell | MN | 15:00 | 56:47 | 41:53 | 1:57:27 |
| 2 | Sheila Dipaola | 56 | Minneapolis | MN | 19:56 | 1:05:56 | 45:56 | 2:21:01 |
| 3 | Connie Foster | 58 | River Falls | WI | 18:48 | 1:07:31 | 48:33 | 2:21:15 |

MALE INDIVIDUAL AGE GROUP: 55 - 59

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|-----------------|-----|-------------|----|-------|-------|-------|---------|
| 1 | Kent Schwitzer | 56 | Minnetonka | MN | 14:13 | 52:17 | 37:22 | 1:46:53 |
| 2 | Michael Colaizy | 59 | Osceola | WI | 16:39 | 51:39 | 36:18 | 1:47:27 |
| 3 | Leonard Klun | 55 | Maple Plain | MN | 13:25 | 56:31 | 36:09 | 1:49:28 |

MALE INDIVIDUAL AGE GROUP: 60 - 64

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------------------|-----|-------------|----|-------|---------|-------|---------|
| 1 | Eugene Garver | 64 | Sartell | MN | 18:17 | 1:02:59 | 44:28 | 2:11:39 |
| 2 | Hubert Ellington | 62 | Eagan | MN | 16:46 | 1:01:30 | 50:00 | 2:12:00 |
| 3 | Roman Scibora | 64 | Bloomington | MN | 19:46 | 1:04:02 | 47:44 | 2:16:01 |

MALE INDIVIDUAL AGE GROUP: 65 - 69

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|--------------------|-----|-------------|----|-------|---------|-------|---------|
| 1 | Hank Larsen | 69 | Glencoe | MN | 17:55 | 58:16 | 41:06 | 2:00:28 |
| 2 | Fred Roethlisberge | 66 | River Falls | WI | 19:16 | 1:03:03 | 48:19 | 2:16:44 |
| 3 | Don Meck | 69 | Siren | WI | 18:27 | 1:00:29 | 53:17 | 2:18:40 |

MALE INDIVIDUAL AGE GROUP: 70 - 99

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------------|-----|----------|----|-------|---------|---------|---------|
| 1 | Mel Opstad | 72 | Big Lake | MN | 33:08 | 1:33:22 | 1:17:11 | 3:44:50 |

TEAM RESULTS

| | | | | | | |
|---|-------------------|---------------|-------|----------------|-------|---------|
| 1 | Naspa | | 14:39 | 1:01:01 | 30:56 | 1:51:51 |
| | Joel Tracy | John Kueng | | Mike Kennedy | | |
| 2 | Cousins3 | | 15:27 | 1:01:41 | 31:24 | 1:52:39 |
| | Carol Markham-Cou | Rick Cousins | | Collin Cousins | | |
| 3 | Blitz | | 15:58 | 1:01:30 | 33:16 | 1:54:50 |
| | Alex Dobbertin | Jason Tischer | | Chris Peterson | | |