

**TRI FITNESS ONE LAST TRI
SEPTEMBER 18, 2011
MARINE PARK, MARINE ON THE ST CROIX, MINNESOTA**

Place Swim Swim Bike Bike Bike Bike Bike Run Run Total

Pl	Div	NO.	NAME	CITY	ST	Age	Sx	in Cum		Cum Splt		Split		Cum Cum		Cum Spt		Splt Cum	
								Plc	Time	T1	Plc	Time	Plc	Time	Plc	Time	Plc	Time	T2
1	1/57	16	Jonathan Balabuck	Thunder Bay	ON	31	M	4	5:14	0:39	1	34:49	1	40:40	3	17:28	0:55	1	59:02
2	1/37	186	Sam Janicki			25	M	3	5:08	0:35	2	35:06	2	40:49	6	18:33	0:47	2	1:00:08
3	1/26	81	Joseph Dalton	Minneapolis	MN	22	M	24	5:55	0:57	6	35:52	4	42:42	2	17:24	0:58	3	1:01:03
4	2/57	360	Chris Sachs	White Bear Lake	MN	31	M	8	5:34	0:36	5	35:47	3	41:57	9	18:54	0:40	4	1:01:30
5	3/57	381	julien sein	Minneapolis	MN	30	M	5	5:15	0:56	13	38:06	9	44:15	4	17:35	0:42	5	1:02:31
6	2/26	331	Lee Peters	Maple Plain	MN	23	M	28	6:04	2:05	3	35:11	5	43:18	7	18:34	1:04	6	1:02:54
7	2/37	470	Bob Wolter	Chaska	MN	26	M	35	6:09	0:55	8	36:35	6	43:38	11	19:26	0:49	7	1:03:52
8	3/37	316	Tyler Olson	Minneapolis	MN	25	M	14	5:45	0:53					28	20:37		8	1:04:10
9	4/57	458	Ryan Welle	St. Paul	MN	31	M	18	5:49	0:56	10	37:17	7	44:01	13	19:34	0:42	9	1:04:16
10	4/37	466	Stephen Wilson	Golden Valley	MN	26	M	12	5:44	1:07	14	38:20	10	45:10	16	19:47	1:04	10	1:06:00
11	1/52	177	Bart Hollaren	Andover	MN	37	M	89	6:58	1:31	4	35:35	8	44:03	46	21:30	0:55	11	1:06:27
12		901	No Name					13	5:45	0:38	29	39:48	14	46:10	14	19:37	0:54	12	1:06:39
13	3/26	94	Greg Dowe	Burnsville	MN	24	M	45	6:19	2:10	38	40:31	32	48:59	1	17:05	1:33	13	1:07:36
14	5/57	6	Jonathon Achey	Bloomington	MN	33	M	107	7:05	1:48	18	38:59	24	47:52	10	19:10	1:14	14	1:08:14
15	1/51	426	Scott Thalhuber	Mendota Heights	MN	41	M	17	5:49	1:25	20	39:03	15	46:16	34	20:50	1:11	15	1:08:16

16	2/51	401 Colin Smith	Minneapolis	MN 41 M	44 6:18 1:31	15 38:54	17 46:43	33 20:49 0:57	16 1:08:28
17	3/51	241 brian lavelle	chaska	MN 49 M	27 6:01 1:19	11 37:51	11 45:10	70 22:34 1:03	17 1:08:46
18	6/57	469 Tom Wolff	Stillwater	MN 31 M	32 6:06 1:52	19 39:02	19 47:00	35 20:51 1:10	18 1:08:59
19	7/57	489 Andrew Freeman	Falcon Heights	MN 33 M	19 5:50 1:56	28 39:44	23 47:28	31 20:44 0:54	19 1:09:05
20	2/52	371 Joe Schmitt	White Bear Lake	MN 36 M	36 6:09 1:59	24 39:20	22 47:28	38 20:59 1:01	20 1:09:27
21	3/52	354 Jeremy Rondorf	Blaine	MN 36 M	74 6:45 1:57	9 37:10	13 45:51	66 22:28 1:12	21 1:09:31
22	4/51	281 Lane Meyer	Pengilly	MN 43 M	59 6:34 1:19	25 39:28	21 47:20	36 20:54 1:31	22 1:09:44
23	4/52	318 Joe Ostrander	SHOREVIEW	MN 35 M	259 8:26 1:19	7 35:56	12 45:40	102 23:30 1:00	23 1:10:08
24	5/37	131 Oliver Garrison	Minneapolis	MN 28 M	30 6:04 2:03	42 40:47	31 48:53	21 20:16 1:10	24 1:10:17
25	4/26	244 Jon Lenz	Mounds View	MN 23 M	87 6:56 1:59	43 40:50	43 49:44	20 20:15 0:35	25 1:10:33
26	6/37	325 Joel Paulson	Maple Grove	MN 29 M	144 7:34 2:08	32 40:03	42 49:44	15 19:47 1:05	26 1:10:35
27	5/51	21 Markus Beiber	North Oaks	MN 41 M	52 6:24 1:09	21 39:05	16 46:36	85 23:00 1:12	27 1:10:47
28	6/51	409 JOSH SPRAGUE	EDINA	MN 40 M	66 6:37 1:12	67 41:49	40 49:36	17 20:08 1:04	28 1:10:47
29	7/37	321 erik palmberg	willernie	MN 27 M	70 6:41 2:28	12 38:01	20 47:09	83 22:58 0:51	29 1:10:58
30	8/37	135 Jake Gleitz	Minnetonka	MN 27 M	176 7:44 0:43	33 40:11	29 48:38	50 21:38 0:46	30 1:11:01
31	8/57	253 Christopher Lund	Farmington	MN 30 M	211 8:00 0:52	27 39:39	28 48:31	49 21:32 1:14	31 1:11:16
32	9/37	427 Sam Thillen	Minneapolis	MN 27 M	23 5:53 1:49	37 40:31	26 48:11	30 20:43 2:32	32 1:11:26
33	5/26	445 John VanStraaten	Minneapolis	MN 23 M	75 6:45 1:28	55 41:22	39 49:35	26 20:34 1:19	33 1:11:27
34	6/26	428 Peter Thillen	Minneapolis	MN 24 M	20 5:50 2:01	56 41:22	34 49:13	32 20:44 1:31	34 1:11:27
35	7/26	46 Lee Brown	Maple	WI 19 M	268 8:33 1:52	16 38:57	36 49:22	22 20:16 1:52	35 1:11:29
36		455 Kristen Weaver	Stillwater	MN F	42 6:14 0:56	26 39:38	18 46:47	106 23:38 1:19	36 1:11:43
37	1/35	363 Sara Sampsell-Jones	Minneapolis	MN 36 F	26 6:00 1:49	79 42:11	48 49:59	27 20:36 1:22	37 1:11:55
38	1/5	19 Alex Barrette	Houlton	WI 15 M	83 6:52 1:04	68 41:49	44 49:45	43 21:23 1:01	38 1:12:08
39	10/37	163 Mark Henry	Champlin	MN 26 M	56 6:27 2:13	85 42:24	68 51:02	25 20:30 1:19	39 1:12:50
40	9/57	388 David Simmer	Eden Prairie	MN 32 M	183 7:47 1:23	30 39:53	33 49:02	86 23:05 0:58	40 1:13:04
41	10/57	231 Travis Kreuziger	Inver Grove Height	MN 33 M	112 7:09 1:40	22 39:14	25 48:02	118 23:48 1:23	41 1:13:13
42	2/5	432 Jacob Totall	Minneapolis	MN 14 M	11 5:41 0:51	125 43:40	49 50:11	39 21:02 2:03	42 1:13:15

43	1/22	299	jim nack	madison lake	MN 51 M	50	6:24	2:05	31	39:58	27	48:25	111	23:44	1:25	43	1:13:33
44	2/35	173	laura hoffman	edina	MN 35 F	163	7:42	2:38	39	40:40	67	50:59				44	1:13:36
45	11/37	443	Michael Vanacora	Elgin	IL 25 M	1	4:55	1:28	89	42:29	30	48:51	92	23:17	1:39	45	1:13:47
46	12/37	408	Greg Spoelhof	Duluth	MN 26 M	60	6:34	1:52	50	41:07	38	49:32	78	22:49	1:38	46	1:13:59
47	1/17	106	Marey Erickson	Waite Park	MN 24 F	53	6:26	1:23	128	43:42	81	51:29	42	21:21	1:10	47	1:14:00
48	1/37	314	Erica Oelke	Minnetonka	MN 26 F	231	8:10	0:36	71	41:52	53	50:37	71	22:36	0:57	48	1:14:09
49	8/26	170	Matthew Hochbrunn	Cirlice Pines	MN 23 M	99	7:02	4:52	93	42:34	128	54:26	8	18:54	0:59	49	1:14:18
50	13/37	100	Nels Dyste	MPLS	MN 25 M	133	7:26	2:27	53	41:13	71	51:05	62	22:21	1:01	50	1:14:26
51	7/51	328	Ken Peters	Woodbury	MN 46 M	37	6:10	2:31	70	41:52	52	50:32	69	22:30	1:27	51	1:14:28
52	3/35	334	Stephanie Peterson	Apple Valley	MN 35 F	146	7:34	1:39	81	42:19	83	51:31	55	21:59	1:07	52	1:14:36
53	11/57	67	Chad Christianson	Minneapolis	MN 33 M	6	5:30	1:36	101	42:48	46	49:53	109	23:42	1:12	53	1:14:46
54	5/52	30	Eric Bjorklund	St. Louis Park	MN 37 M	152	7:38	1:03	95	42:37	76	51:17	64	22:27	1:04	54	1:14:47
55	9/26	36	Ryan Bohn	Cambridge	MN 20 M	313	9:01	2:34	23	39:18	63	50:52	79	22:51	1:19	55	1:15:01
56	6/52	146	Jurgen Gruber	Hammond	WI 39 M	130	7:24	2:06	60	41:36	72	51:06	75	22:42	1:22	56	1:15:09
57	12/57	84	Jason Davis	Minneapolis	MN 30 M	151	7:37	3:26	59	41:35	96	52:37	44	21:25	1:14	57	1:15:15
58	13/57	214	Ryan Kelly	Belle Plaine	MN 33 M	94	7:00	2:33	120	43:29	101	53:01	40	21:11	1:09	58	1:15:19
59	8/51	393	Tom Moody	Hudson	WI 45 M	38	6:10	2:57	114	43:16	94	52:21	52	21:43	1:18	59	1:15:21
60	1/28	429	Megan Thomas	Eden Prairie	MN 30 F	34	6:08	2:29	178	45:34	118	54:10	24	20:25	0:48	60	1:15:22
61	10/26	422	Garrett Swindlehurst	St. Paul	MN 24 M	65	6:37	2:43	66	41:46	70	51:05	56	22:00	2:24	61	1:15:28
62	9/51	280	Nick Meyer	Stillwater	MN 40 M	81	6:51	1:48	41	40:45	37	49:22	163	24:44	1:23	62	1:15:28
63	7/52	435	Jason Troxell	Madison	SD 36 M	278	8:37	2:07	48	41:02	85	51:44	61	22:17	1:30	63	1:15:31
64	14/37	474	Nick Zarns	St.Louis Park	MN 27 M	15	5:46	2:42	130	43:51	92	52:18	65	22:28	0:52	64	1:15:36
65	15/37	276	Joseph McShane	Chanhassen	MN 26 M	47	6:21	1:53	63	41:41	47	49:55	156	24:37	1:06	65	1:15:37
66	11/26	378	Alec Schumacher	savage	MN 23 M	117	7:13	2:26	150	44:36	120	54:15	18	20:11	1:14	66	1:15:39
67	14/57	86	Carl Schlessner		MN M	108	7:07	3:21	47	41:01	79	51:27	73	22:42	1:35	67	1:15:44
68	15/57	425	Kelly Tamm	Maple Grove	MN 30 M	125	7:18	2:33	52	41:08	65	50:59	97	23:25	1:23	68	1:15:45
69	2/22	235	Peter Lancaster	Minneapolis	MN 57 M	58	6:31	2:23	45	40:53	45	49:46	148	24:22	1:39	69	1:15:46

70	8/52	77	Jeff Cross	Champlin	MN	36	M	91	6:58	1:18	96	42:38	64	50:54	88	23:10	1:51	70	1:15:54
71	10/51	481	Joseph Zimsen	Minneapolis	MN	41	M	10	5:38	2:11	97	42:39	51	50:26	146	24:20	1:14	71	1:15:58
72	9/52	156	Eric Haug	Minneapolis	MN	38	M	51	6:24	2:49	57	41:25	54	50:37	131	24:04	1:21	72	1:16:01
73	1/2	22	Alex Benjamin	White Bear Lake	MN	16	F	25	5:59	1:51	158	44:49	97	52:37	63	22:26	1:06	73	1:16:08
74	11/51	413	Fred Stephens	White Bear Lake	MN	46	M	283	8:42	2:36	40	40:42	87	52:00	81	22:52	1:33	74	1:16:24
75	12/26	353	Jordan Roby	St. Paul	MN	21	M	64	6:36	2:29	135	44:00	103	53:05	57	22:10	1:11	75	1:16:25
76	1/33	482	Sarah Zirkle	Wyoming	MN	45	F	22	5:51	2:10	116	43:18	77	51:18	100	23:29	1:44	76	1:16:29
77	2/28	298	Jennifer Mortale	St Louis Park	MN	34	F	98	7:01	1:41	75	42:02	59	50:43	151	24:24	1:23	77	1:16:29
78	12/51	484	John Wendorf	North Oaks	MN	44	M	249	8:18	1:29	58	41:27	75	51:13	93	23:18	2:15	78	1:16:45
79	16/37	20	Robert Batdorf	Minneapolis	MN	29	M	61	6:34	3:53	103	42:51	107	53:17	45	21:26	2:04	79	1:16:47
80	3/22	49	Stephen Bullard	Minneapolis	MN	53	M	95	7:00	0:34	99	42:45	50	50:17	204	25:42	0:56	80	1:16:54
81	13/51	310	Tom Oden	St. Louis Park	MN	49	M	241	8:14	1:48	64	41:45	86	51:46	137	24:10	1:00	81	1:16:55
82	3/28	464	Lauren Williams	Maple Grove	MN	32	F	16	5:47	2:36	83	42:21	58	50:42	184	25:18	1:13	82	1:17:12
83	10/52	187	Mike Jensen	Owatonna	MN	35	M	119	7:14	2:57	138	44:16	126	54:26	29	20:37	2:12	83	1:17:14
84	11/52	127	Jared Fuller	St. Paul	MN	35	M	62	6:34	1:55	108	42:58	78	51:27	155	24:37	1:16	84	1:17:18
85	2/33	369	Linda Schievelbein	Maple Grove	MN	47	F	110	7:08	2:01	62	41:38	60	50:46	179	25:10	1:31	85	1:17:26
86	12/52	99	Paul Duncombe	becker	MN	35	M	54	6:26	1:02	69	41:50	35	49:17	217	26:05	2:09	86	1:17:29
87	14/51	78	John Dahl	Spicer	MN	47	M	147	7:35	1:27	91	42:30	82	51:31	159	24:38	1:29	87	1:17:37
88	2/37	195	Kjersten Johnson	Edina	MN	29	F	113	7:11	1:20	196	46:27	142	54:57	53	21:53	1:07	88	1:17:56
89	13/52	265	James Mathis	Woodbury	MN	39	M	169	7:43	2:38	72	41:55	91	52:15	157	24:37	1:05	89	1:17:56
90	3/37	61	Bri Carlson	Hastings	MN	25	F	189	7:51	1:56	118	43:19	104	53:05	115	23:48	1:09	90	1:18:01
91	17/37	153	David Hansen	Pine City	MN	26	M	364	9:53	3:48	104	42:52	176	56:32	12	19:33	2:05	91	1:18:08
92	18/37	396	Lukas Slater	West St Paul	MN	25	M	223	8:05	5:04	82	42:20	156	55:28	54	21:58	0:46	92	1:18:12
93	4/22	108	Pat Erlandson	orono	MN	52	M	195	7:55	3:01	88	42:29	109	53:24	51	21:39	3:18	93	1:18:20
94	15/51	70	Lyndon Clark	Plainview	MN	44	M	145	7:34	3:05	133	43:59	135	54:36	80	22:51	1:04	94	1:18:30
95	4/28	259	Alisa Madson	St. Louis Park	MN	31	F	76	6:46	3:11	159	44:49	139	54:46	77	22:44	1:05	95	1:18:34
96	4/35	256	Melinda Macdonald	Plymouth	MN	35	F	224	8:06	2:38	107	42:57	111	53:40	113	23:46	1:10	96	1:18:35

97	16/57	210	Steve Kalina	Andover	MN 30 M 219	8:03	2:18	235	48:09	206	58:30	5	18:07	2:00	97	1:18:36
98	14/52	288	EJ Tso	Minneapolis	MN 39 M 401	10:57	1:34	77	42:07	137	54:37	98	23:27	0:35	98	1:18:37
99	15/52	50	Brian Bumgar er	Zimmerman	MN 37 M 160	7:41	2:29	49	41:03	74	51:13	225	26:16	1:19	99	1:18:46
100	17/57	399	Justin Small	Duluth	MN 33 M 116	7:11	2:48	65	41:46	84	51:44	222	26:09	0:57	100	1:18:50
101	16/51	442	Richard Van Sickle	Minneapolis	MN 42 M 33	6:07	2:10	86	42:26	57	50:42	253	27:14	1:05	101	1:18:59
102	18/57	95	Matthew Dufort	Minneapolis	MN 32 M 331	9:14	2:49	36	40:17	93	52:20	161	24:39	2:16	102	1:19:13
103	17/51	283	Doug Meyers	River falls	WI 43 M 200	7:56	1:51	46	40:54	55	50:40	239	26:41	1:59	103	1:19:20
104	5/22	209	Vince Justinak	Blaine	MN 53 M 142	7:33	2:23	51	41:07	69	51:02	234	26:34	1:46	104	1:19:21
105	16/52	342	Matt Prentice	Minnetonka	MN 36 M 132	7:25	4:22	54	41:16	102	53:02	167	24:51	1:31	105	1:19:24
106	19/37	188	Cody Jenson	Plymouth	MN 27 M 216	8:02	2:07	124	43:39	113	53:47	139	24:12	1:31	106	1:19:30
107	19/57	180	Sean holmes	Chaska	MN 32 M 93	6:59	2:34	127	43:41	106	53:13	127	24:02	2:21	107	1:19:36
108	18/51	468	Paul Wisniewski	Winona	MN 42 M 185	7:48	3:06	123	43:36	129	54:29	125	23:55	1:12	108	1:19:36
109	17/52	447	Chris Vokal	Maple Grove	MN 35 M 77	6:47	1:47	92	42:33	73	51:07	254	27:19	1:12	109	1:19:37
110	20/57	69	Chris Cichosz	Winona	MN 34 M 82	6:52	2:51	126	43:41	108	53:23	164	24:44	1:40	110	1:19:46
111	18/52	192	Ben Johnson	Minneapolis	MN 37 M 271	8:34	3:25	109	43:00	143	54:58	72	22:38	2:11	111	1:19:46
112	21/57	83	Dan Davenport	Minneapolis	MN 33 M 46	6:19	2:14	139	44:18	98	52:50	185	25:18	1:51	112	1:19:59
113	6/22	407	dan sperry	scandia	MN 50 M 40	6:11	2:48	190	46:11	149	55:10	133	24:05	0:46	113	1:20:01
114	22/57	254	Jesse Bergman	Minneapolis	MN 34 M 29	6:04	3:18	163	44:56	122	54:17	116	23:48	1:58	114	1:20:02
115	4/37	145	Kacie Groves	Brooklyn Park	MN 28 F 135	7:28	2:16	153	44:39	124	54:22	142	24:15	1:33	115	1:20:08
116	19/52	215	Marc Kenville	St. Louis Park	MN 37 M 80	6:50	3:02	78	42:09	89	52:01	212	25:57	2:13	116	1:20:09
117	19/51	5	Craig Aasen	Vadnais Heights	MN 41 M 96	7:00	1:02	98	42:41	56	50:41	278	28:10	1:19	117	1:20:10
118	5/37	172	Michelle Hoffman	Maple Grove	MN 26 F 49	6:22	1:27	204	46:43	130	54:31	119	23:51	1:49	118	1:20:10
119	23/57	257	Adam MacEwen	White Bear Lake	MN 32 M 109	7:08	3:47	149	44:31	152	55:24	84	22:58	1:55	119	1:20:16
120	24/57	182	Tyler Jacobson	Stillwater	MN 33 M 380	10:12	3:19	90	42:29	164	56:00	74	22:42	1:40	120	1:20:21
121	7/22	154	Douglas Happy	Duluth	MN 53 M 332	9:17	3:26	111	43:02	159	55:44	123	23:53	0:48	121	1:20:24
122	20/52	12	Brad Anderson	Duluth	MN 35 M 205	7:58	2:56	76	42:07	100	52:59	166	24:49	2:41	122	1:20:28
123	25/57	476	Christian Zepeda	St Anthony	MN 33 M		12:15	140	44:20	155	55:26	104	23:31	1:35	123	1:20:31

124	21/52	463	Chris Wilke	White Bear Lake	MN	36	M	134	7:27	2:03	132	43:57	110	53:26	207	25:45	1:23	124	1:20:33
125	22/52	450	Michael Wangsness	Woodbury	MN	38	M	48	6:22	3:12	73	41:56	80	51:29	260	27:40	1:24	125	1:20:33
126	5/35	462	Jenni Wilke	White Bear Lake	MN	36	F	138	7:28	1:45	166	45:02	119	54:15	160	24:38	1:41	126	1:20:33
127	20/51	206	Kelly Jordan	princeton	MN	41	M	288	8:44	1:46	212	47:01	194	57:30	59	22:11	0:58	127	1:20:38
128	8/22	17	James Barr	White Bear Lake	MN	53	M	184	7:47	3:51	119	43:25	146	55:02	87	23:05	2:37	128	1:20:43
129	3/33	402	Anne Smith	Elk River	MN	40	F	118	7:14	2:11	180	45:38	144	55:01	136	24:10	1:35	129	1:20:45
130	26/57	406	Gary Spencer	Chanhassen	MN	30	M	355	9:38	2:05	147	44:30	166	56:11	105	23:36	1:02	130	1:20:48
131	21/51	140	Doug Grennan	edina	MN	43	M	206	7:58	3:19	102	42:50	117	54:06	176	25:07	1:37	131	1:20:49
132	23/52	361	Xavier Salgado	River Falls	WI	36	M	186	7:48	3:13	100	42:45	112	53:45	76	22:43	4:33	132	1:21:00
133	3/5	227	Timothy Kramer	Rochester	MN	15	M	339	9:20	4:22	165	45:01	210	58:42	47	21:31	0:52	133	1:21:04
134	20/37	103	Matthew Ellis	Maple Grove	MN	28	M	175	7:44	3:41	113	43:12	136	54:36	158	24:38	1:52	134	1:21:05
135	22/51	43	David Brooks	Brooklyn Park	MN	42	M	315	9:02	4:48	61	41:36	153	55:25	122	23:53	1:49	135	1:21:05
136	13/26	185	Garrett Janda	Minneapolis	MN	21	M	97	7:00	3:19	156	44:46	147	55:04	172	25:01	1:03	136	1:21:07
137	2/17	157	Hannah Heavenrich	Berkley	MI	21	F	7	5:30	3:10	227	47:39	171	56:18	96	23:24	1:31	137	1:21:13
138	21/37	58	Corey Busch	Minneapolis, MN	MN	26	M	170	7:43	5:12	191	46:12	221	59:06	23	20:19	1:49	138	1:21:13
139	27/57	165	Kyle Hermes	Shakopee	MN	31	M	101	7:03	2:48	155	44:45	133	54:35	189	25:27	1:14	139	1:21:14
140	14/26	51	Benjamin Bungarten	Minneapolis	MN	24	M	121	7:16	2:36	84	42:21	90	52:13	255	27:22	1:42	140	1:21:15
141	4/5	395	Christopher Slater	Rochester	MN	13	M	269	8:34	2:26	131	43:53	140	54:52	145	24:19	2:07	141	1:21:18
142	1/11	239	Jeanne Lau	Vadnais Heights	MN	52	F	363	9:52	2:37	115	43:16	160	55:45	129	24:03	1:32	142	1:21:19
143	2/11	335	Julie Peterson	Cambridge	MN	55	F	100	7:02	3:42	129	43:50	132	54:34	177	25:07	1:40	143	1:21:20
144	24/52	213	Toby Kederer	Apple Valley	MN	38	M	90	6:58	3:47	122	43:35	123	54:19	110	23:43	3:21	144	1:21:22
145	28/57	151	Steve Hagen	Moorhead	MN	30	M	105	7:04	2:01	106	42:56	88	52:00	264	27:50	1:34	145	1:21:23
146	9/22	38	Louis Bortolon	Thunder Bay	ON	56	M	312	9:01	2:54	179	45:34	193	57:28	67	22:29	1:35	146	1:21:31
147	1/11	345	Jeff Reichel	Stillwater	MN	61	M	227	8:07	2:58	161	44:51	163	55:56	134	24:06	1:31	147	1:21:32
148	6/37	295	Erin Moore	Minneapolis	MN	26	F	55	6:27	1:57	175	45:26	114	53:48	226	26:20	1:32	148	1:21:39
149	29/57	97	Michael Duncombe	Becker	MN	31	M	193	7:53	1:36	157	44:48	121	54:17	229	26:27	1:05	149	1:21:48
150	2/11	486	Richard Trenkmann	Edina	MN	69	M	155	7:38	2:16	145	44:28	125	54:22	197	25:36	1:52	150	1:21:48

151	22/37	34	Matt Blazevic	Maple Grove	MN	29	M	115	7:11	3:40	183	45:45	177	56:35	150	24:23	0:52	151	1:21:49
152	23/51	105	Shawn Ellis	Golden Valley	MN	40	M	204	7:57	3:11	154	44:41	161	55:48	171	25:01	1:06	152	1:21:53
153	24/51	261	Patrick Malone	Hugo	MN	43	M	246	8:16	2:16	87	42:28	99	52:59	271	28:00	1:01	153	1:21:59
154	4/33	37	Rose Bortolon	THUNDER BAY	ON	49	F	236	8:12	2:32	137	44:13	141	54:55	202	25:40	1:28	154	1:22:02
155	30/57	238	Doug Larsen	Cold Spring	MN	34	M	191	7:51	1:37	207	46:50	170	56:18	130	24:04	1:45	155	1:22:06
156	1/2	242	brianna lavelle	chaska	MN	13	F	21	5:51				151	55:21	196	25:35	1:17	156	1:22:13
157	31/57	189	Luke Johnson	Rochester	MN	31	M	86	6:55	4:50	168	45:07	185	56:50	132	24:04	1:20	157	1:22:14
158	25/52	352	Christopher Rivard	maplewood	MN	35	M	173	7:44	2:16	203	46:39	180	56:39	128	24:03	1:38	158	1:22:18
159	32/57	68	Jason Chrudimsky	Minneapolis	MN	34	M	258	8:23	3:12	237	48:15	234	59:49	48	21:32	1:00	159	1:22:19
160	33/57	190	Nick Johnson	Fargo	ND	33	M	85	6:54	3:06	202	46:39	179	56:38	140	24:13	1:33	160	1:22:23
161		902	No Name					31	6:05	3:08	214	47:03	168	56:15	194	25:35	0:42	161	1:22:31
162	3/11	358	George Rux	North Oaks	MN	62	M	197	7:56	4:30	74	42:01	127	54:26	248	27:11	0:56	162	1:22:31
163	25/51	294	Ken Moore	Eden Prairie	MN	48	M	234	8:12	3:26	110	43:01	138	54:38	227	26:24	1:45	163	1:22:46
164		903	No Name					300	8:54	2:58	17	38:59	61	50:50	309	29:23	2:35	164	1:22:46
165	26/52	176	Keith Holder	Carver	MN	36	M	79	6:48	3:21	144	44:23	131	54:31	256	27:28	0:52	165	1:22:50
166	7/37	162	Meghan Henry	Champlin	MN	26	F	157	7:40	2:09	197	46:30	169	56:18	169	24:56	1:44	166	1:22:57
167	27/52	124	Gary Francis	Farmington	MN	36	M	214	8:01	3:27	172	45:18	184	56:46	181	25:12	1:02	167	1:22:58
168	23/37	197	Jacob Johnson	Savage	MN	26	M	181	7:46	3:37	221	47:21	213	58:43	82	22:56	1:33	168	1:23:11
169	34/57	272	Daniel McHugh	Northfield	MN	33	M	73	6:44	2:45	233	48:02	195	57:31				169	1:23:17
170	26/51	420	Nick Summers	Orono	MN	43	M	88	6:56	2:46	136	44:08	115	53:50	280	28:16	1:18	170	1:23:23
171	3/11	309	Rhiannon O'Connor	Dellwood	MN	55	F	102	7:03	2:01	245	48:42	199	57:45	143	24:17	1:23	171	1:23:24
172	35/57	433	Jeff Trinh-Sy	Minneapolis	MN	30	M	385	10:21	2:46	117	43:18	173	56:23	218	26:05	0:59	172	1:23:27
173	10/22	306	Bob Nordman	Savage	MN	58	M	273	8:35	3:31	142	44:22	174	56:27	190	25:27	1:34	173	1:23:27
174	5/28	271	Laurie McElmeel	Minneapolis	MN	34	F	153	7:38	2:19	112	43:11	105	53:07	276	28:09	2:16	174	1:23:31
175	6/28	148	Janice Gundlach	Minneapolis	MN	32	F	120	7:15	2:44	215	47:07	186	57:04	193	25:29	1:01	175	1:23:33
176	11/22	35	tarryl bockelman	North Liberty	IA	54	M	104	7:04	2:24	34	40:13	41	49:40	355	32:22	1:33	176	1:23:33
177	5/33	3	Jane Depert	White Bear Lake	MN	44	F	396	10:41	2:39	181	45:41	218	59:00	101	23:29	1:07	177	1:23:35

178	28/52	448	Mark Vyvyan	Maple Grove	MN 39 M	284	8:42	4:59	209	46:54	252	1:00:35	41	21:13	1:51	178	1:23:37
179	8/37	160	Kathryn Heinz	Minneapolis	MN 27 F	177	7:45	2:24	200	46:32	182	56:39				179	1:23:44
180	29/52	421	Mark Swanovich	Lino Lakes	MN 39 M	244	8:15	2:58	152	44:39	162	55:51	224	26:12	1:49	180	1:23:50
181	27/51	275	Brian McLaughlin	Medina	MN 45 M	323	9:07	3:20	162	44:55	192	57:21	120	23:51	2:48	181	1:24:00
182	4/11	166	Zach Herringer	Vadnais Heights	MN 51 F	111	7:08	2:25	186	45:53	154	55:25				182	1:24:11
183	4/11	175	Ken Hola	Shoreview	MN 67 M	162	7:41	7:07	35	40:14	145	55:02	235	26:34	2:36	183	1:24:11
184	30/52	459	Travis Wells	Zimmerman	MN 35 M	276	8:36	2:25	169	45:13	167	56:14	246	27:02	0:57	184	1:24:12
185	15/26	376	Matthew Schreier	Coon Rapids	MN 22 M	180	7:45	3:06	239	48:16	222	59:07	149	24:22	0:47	185	1:24:15
186	24/37	167	Joel Hesch	Minneapolis	MN 29 M	137	7:28	4:04	167	45:06	178	56:37	210	25:54	1:48	186	1:24:18
187	9/37	14	Bridget Arnold	Robbinsdale	MN 27 F	201	7:57	3:23	187	45:59	190	57:17	192	25:28	1:36	187	1:24:21
188	25/37	339	Zach Pieper	Minneapolis	MN 26 M	250	8:19	2:01	171	45:16	158	55:36	261	27:43	1:04	188	1:24:22
189	7/28	169	MELISSA HILPISCH	LAKE ELMO	MN 30 F	317	9:04	2:21	226	47:37	220	59:02	121	23:52	1:37	189	1:24:30
190	28/51	85	Tim Davis	Little Canada	MN 45 M	247	8:16	3:06	201	46:33	202	57:54	144	24:18	2:29	190	1:24:40
191	3/17	109	Ellen Esch	Northfield	MN 22 F	41	6:13	2:32	251	48:57	197	57:41	211	25:56	1:16	191	1:24:53
192	26/37	263	Christopher Martin	Maple Grove	MN 26 M	377	10:11	3:30	223	47:28	262	1:01:08	58	22:10	1:40	192	1:24:58
193	6/35	226	Jessica Kottke	Saint Paul	MN 37 F	164	7:42	3:46	266	49:22	255	1:00:48	90	23:11	1:04	193	1:25:02
194	10/37	159	Heidi McCrosk Heimerl	Saint Paul	MN 26 F	287	8:43	2:46	206	46:46	204	58:14	180	25:10	1:42	194	1:25:04
195	7/35	266	Tiffany Mattes	Woodbury	MN 36 F	182	7:46	3:05	193	46:15	187	57:06	240	26:42	1:24	195	1:25:10
196	8/28	414	Anne Stepnick	Hugo	MN 32 F	253	8:20	2:46	173	45:18	172	56:23	247	27:09	1:41	196	1:25:12
197	29/51	141	Tom Griffin	Bloomington	MN 48 M	114	7:11	1:54	176	45:31	134	54:35	294	28:59	1:42	197	1:25:15
198	30/51	243	Russ Lawrence	Hugo	MN 40 M	381	10:18	3:54	141	44:21	207	58:32	124	23:55	2:53	198	1:25:18
199	36/57	411	Andrew Steiner	Edina	MN 33 M	128	7:23	5:34	184	45:47	214	58:43	117	23:48	2:49	199	1:25:19
200	27/37	132	Zackery Gay	Crystal	MN 29 M	243	8:15	3:33	238	48:15	242	1:00:02	95	23:24	1:57	200	1:25:22
201	11/37	380	Michelle Scott	Brooklyn Park	MN 28 F	218	8:02	1:46	271	49:44	228	59:32	175	25:05	0:53	201	1:25:29
202	37/57	285	William Miller	Winona	MN 34 M	67	6:38	3:06	232	48:01	198	57:45	219	26:06	1:48	202	1:25:37
203	38/57	344	Brandon Ranvek	Rosemount	MN 30 M	190	7:51	3:53	273	49:47	273	1:01:31	94	23:21	0:48	203	1:25:39

204	16/26	7 Timothy Achey	New Ulm	MN 23 M 238	8:13 4:15 228 47:40 243 1:00:07 170 24:57 0:53 204 1:25:56
205	8/35	126 Paula Fuhr	Edina	MN 36 F 136	7:28 5:27 224 47:29 250 1:00:23 89 23:10 2:33 205 1:26:04
206	31/52	29 Brian Binger	Princeton	MN 38 M 209	8:00 4:54 94 42:36 157 55:29 292 28:57 1:52 206 1:26:17
207	31/51	446 Matthew Voda	Minneapolis	MN 43 M 161	7:41 4:12 208 46:51 212 58:43 201 25:39 2:01 207 1:26:22
208	5/11	365 Michel M Sanders	Saint Paul	MN 57 F 233	8:10 3:09 174 45:20 181 56:39 277 28:10 1:50 208 1:26:38
209	32/52	23 Paul Bennett	Bloomington	MN 36 M 264	8:31 3:53 160 44:51 189 57:15 183 25:16 4:13 209 1:26:43
210	39/57	347 Ben Reiners	Otsego	MN 34 M 261	8:28 4:39 205 46:45 236 59:51 147 24:22 2:40 210 1:26:52
211	4/17	26 Natalie Benson	Lino Lakes	MN 19 F 228	8:07 3:56 263 49:12 264 1:01:14 91 23:15 2:29 211 1:26:57
212	28/37	430 Stephen Thompson	St. Cloud	MN 29 M 172	7:44 1:43 329 53:01 284 1:02:27 68 22:30 2:04 212 1:27:01
213	33/52	60 Jeff Canfield	Waconia	MN 36 M 68	6:40 4:12 243 48:28 225 59:19 233 26:34 1:12 213 1:27:03
214	9/28	392 Jennifer Sjoberg	Isanti	MN 34 F 335	9:17 3:01 230 47:44 241 1:00:01 162 24:42 2:22 214 1:27:03
215	17/26	87 Michael Dempsey	Minneapolis	MN 24 M 9	5:36 7:05 195 46:21 219 59:01 209 25:51 2:12 215 1:27:04
216	34/52	418 Jonathan Sudberry	Minneapolis	MN 38 M 150	7:37 3:06 291 50:46 271 1:01:27 138 24:12 1:26 216 1:27:04
217	12/22	247 Richard Lindblom	Minnnetonka	MN 51 M 123	7:17 3:22 250 48:49 227 59:27 231 26:32 1:09 217 1:27:06
218	6/11	147 Linda Gruntner	Chisago City,	MN 53 F 131	7:24 2:09 267 49:25 217 58:57 242 26:44 1:26 218 1:27:06
219	35/52	389 Garrett Sipple	Circle Pines	MN 36 M 245	8:16 2:50 218 47:18 205 58:23 249 27:11 1:38 219 1:27:12
220	13/22	88 John Dick	St Paul	MN 58 M 371	10:01 4:08 182 45:44 235 59:51 205 25:42 1:41 220 1:27:13
221	12/37	98 Shannon Duncombe	Becker	MN 29 F 333	9:17 1:16 270 49:36 244 1:00:08 199 25:37 1:29 221 1:27:14
222	40/57	149 Cam Gzym	Minneapolis	MN 33 M 126	7:18 3:13 259 49:06 231 59:37 195 25:35 2:06 222 1:27:17
223	41/57	324 Todd Paulsen	Minneapolis	MN 30 M 207	7:59 4:03 146 44:28 175 56:29 291 28:53 2:01 223 1:27:22
224	9/35	251 Erika Lohn	Dayton	MN 39 F 217	8:02 4:25 261 49:11 275 1:01:38 112 23:46 2:05 224 1:27:27
225	14/22	431 Scott Thorson	Northfield	MN 52 M 203	7:57 4:14 247 48:42 257 1:00:52 154 24:33 2:07 225 1:27:31
226	36/52	373 Matt Schomaker	Champlin	MN 35 M 166	7:42 2:31 281 50:08 248 1:00:21 200 25:38 1:34 226 1:27:32
227	29/37	416 Paul Storm	Saint Paul	MN 26 M 376	10:08 5:46 198 46:31 283 1:02:24 99 23:28 1:41 227 1:27:32
228	32/51	25 Mark Benson	Lino Lakes	MN 49 M 366	9:54 3:02 199 46:31 226 59:25 186 25:22 2:54 228 1:27:40
229	10/35	472 Hallie Wright	Plymouth	MN 39 F 140	7:30 2:36 216 47:09 188 57:13 286 28:41 1:56 229 1:27:49
230	11/35	374 Jennifer Schrandt	Rochester	MN 35 F 257	8:23 3:15 269 49:33 263 1:01:10 174 25:02 1:55 230 1:28:06

231	6/33	326	Anne Pearson	Minneapolis	MN 42 F	326	9:08	2:06	189	46:07	191	57:20	307	29:13	1:35	231	1:28:08
232	1/1	313	Rachel Odland	White Bear Lake	MN F	285	8:42	3:29	306	51:24	299	1:03:34	107	23:38	1:02	232	1:28:13
233	42/57	168	Ryan Hess	Andover	MN 30 M	2	5:06	1:31	143	44:23	66	50:59	388	35:51	1:25	233	1:28:15
234	7/33	245	Elyse Less	West St.Paul	MN 45 F	255	8:22	3:41	246	48:42	254	1:00:43	237	26:38	1:03	234	1:28:24
235	8/33	471	Sharon Wormwood	Elk River	MN 48 F	222	8:05	1:02	295	50:51	237	59:57	265	27:52	0:48	235	1:28:36
236	9/33	436	Sarah Turino	St. Paul	MN 42 F	178	7:45	3:25	211	46:57	203	58:06	304	29:10	1:23	236	1:28:38
237	13/37	181	Elizabeth Hutter	Minneapolis	MN 29 F	357	9:39				238	59:59	244	26:56	1:44	237	1:28:39
238	18/26	323	bert parker	st louis park	MN 24 M	159	7:41	6:08	105	42:56	183	56:44	290	28:53	3:04	238	1:28:39
239	33/51	291	Rick Monro	Plymouth	MN 42 M	84	6:53	3:09	264	49:12	224	59:13	243	26:49	2:40	239	1:28:40
240	34/51	286	Robert Miller	Apple Valley	MN 41 M	148	7:36	3:08	217	47:10	200	57:53	308	29:21	1:32	240	1:28:44
241	12/35	150	Angela Haeg	Minneapolis	MN 38 F	252	8:20	3:03	278	49:57	267	1:01:18	126	24:01	3:31	241	1:28:48
242	10/28	101	Alyssa Eidson	Minneapolis	MN 32 F	69	6:40	2:17	279	50:01	216	58:57	272	28:07	1:46	242	1:28:49
243	10/33	234	Carmen LaChappelle	Crystal	MN 46 F	215	8:02	2:27	236	48:14	211	58:42	287	28:49	1:20	243	1:28:51
244	5/17	73	Annie Conright	Burnsville	MN 24 F	296	8:51	4:24	213	47:02	247	1:00:16	214	26:00	2:48	244	1:29:03
245	14/37	419	Millie Suk	Rochester	MN 27 F	345	9:31	3:13	287	50:31	295	1:03:14	103	23:31	2:26	245	1:29:10
246	35/51	104	Chris Ellis	New Richmond	WI 42 M	341	9:24	2:50	244	48:37	256	1:00:50	257	27:33	0:48	246	1:29:10
247	15/37	115	Kathryn Ferguson	Duluth	MN 27 F	328	9:12	2:04	220	47:20	209	58:35	314	29:33	1:06	247	1:29:13
248	19/26	260	Robert Mahrer	Rochester	MN 20 M	198	7:56	6:47	194	46:17	260	1:01:00	216	26:04	2:13	248	1:29:15
249	16/37	120	Erin Flathers	Minneapolis	MN 25 F	106	7:04	5:48	256	49:00	277	1:01:52	198	25:37	1:51	249	1:29:19
250	6/17	56	Allie Metzler	Minneapolis, MN	MN 22 F	274	8:36	5:23	339	53:37	339	1:07:35	19	20:12	1:38	250	1:29:24
251	7/17	47	Megan Brown	Bloomington	MN 24 F	240	8:14	4:40	254	48:59	276	1:01:51	213	25:59	1:38	251	1:29:26
252	8/17	24	Michelle Benson	Minneapolis	MN 22 F	129	7:24	3:21	305	51:22	279	1:02:05	188	25:26	2:01	252	1:29:31
253	30/37	274	Jeff McKee	Rogers	MN 28 M	322	9:06	4:40	164	44:58	215	58:43	315	29:34	1:41	253	1:29:57
254	31/37	268	Charles McCarty	Forest Lake	MN 27 M	270	8:34				302	1:03:43	173	25:01	1:15	254	1:29:58
255	43/57	216	Niels Kerkhof	Minneapolis	MN 33 M	187	7:50	2:45	336	53:29	307	1:04:03	141	24:14	1:46	255	1:30:02
256	13/35	40	Christa Bren	Saint Paul	MN 38 F	188	7:50	3:23	257	49:02	246	1:00:15	266	27:54	1:58	256	1:30:05
257	17/37	467	Rebecca Windhorst	St Louis Park	MN 27 F	72	6:42	3:47	177	45:33	165	56:02	351	32:12	1:56	257	1:30:09

258	36/51	301	Mark Nazigian	Plymouth	MN 46 M	311	9:00	3:23	222	47:27	233	59:49	289	28:51	1:35	258	1:30:14
259	20/26	123	Aaron Fortunato	Minneapolis	MN 24 M	57	6:27	2:13	346	54:05	289	1:02:44	208	25:46	2:05	259	1:30:35
260	37/51	317	Jay O'Neill	Apple Valley	MN 48 M	235	8:12	2:47	210	46:56	201	57:54	334	30:49	1:55	260	1:30:37
261	37/52	367	Eric Sanks	Blaine	MN 36 M	139	7:29	5:09	277	49:55	286	1:02:32	232	26:33	1:45	261	1:30:50
262	18/37	52	Becky Burand	St Louis Park	MN 27 F	338	9:19	3:36	234	48:04	259	1:00:58	288	28:50	1:08	262	1:30:55
263	38/52	90	Jason Dieterle	Stillwater	MN 37 M	293	8:50	3:29	260	49:10	270	1:01:27	270	28:00	1:30	263	1:30:56
264	9/17	174	Amy Hogerton	Minneapolis	MN 23 F	294	8:51				274	1:01:35	262	27:43	1:49	264	1:31:07
265	11/28	130	Amber Fyfe-Johnson	Minneapolis	MN 34 F	305	8:56	3:34	301	51:17	303	1:03:46	187	25:22	2:03	265	1:31:10
266	7/11	487	Lisa Gilliland	Vadnais Hgts	MN 51 F	260	8:26	2:50	274	49:50	261	1:01:06	295	28:59	1:17	266	1:31:21
267	15/22	75	DARRELL COYLE	PRIOR LAKE	MN 50 M	92	6:59	3:52	262	49:11	240	1:00:00	317	29:39	1:51	267	1:31:29
268	12/28	76	Jenny Crawford	Stillwater	MN 31 F	71	6:42	3:40	285	50:22	253	1:00:42	275	28:09	2:50	268	1:31:41
269	38/51	327	Scott Perkins	Prior lake	MN 44 M	220	8:04	2:22	294	50:50	265	1:01:14	310	29:23	1:07	269	1:31:44
270	16/22	337	Charles Pflanze	St. Paul	MN 55 M	262	8:29	3:25	219	47:19	223	59:12	327	30:22	2:13	270	1:31:47
271	11/33	277	kami meier	afton	MN 49 F	387	10:21	4:39	151	44:37	230	59:36	322	29:58	2:17	271	1:31:50
272	17/22	456	Rich Weeks	Eden Prairie	MN 51 M	124	7:18	2:45	170	45:16	150	55:18	373	34:16	2:19	272	1:31:52
273	19/37	10	Natalie Aldrich	Minneapolis	MN 28 F	361	9:49	2:40	253	48:58	269	1:01:26	303	29:06	1:30	273	1:32:01
274	39/51	375	Gregory Schreier	Coon Rapids	MN 48 M	372	10:01	1:40	325	52:50	314	1:04:30	228	26:27	1:08	274	1:32:03
275	12/33	71	Wendy Clements	Stillwater	MN 41 F	301	8:54	1:33	299	51:03	272	1:01:29	316	29:37	1:04	275	1:32:09
276	13/33	4	Shannon McLevish	Woodbury	MN 42 F	251	8:20	3:50	240	48:22	251	1:00:31	293	28:57	2:43	276	1:32:09
277	20/37	264	Wagner Mathews	Minneapolis	MN 26 F	354	9:37	5:04	297	50:53	326	1:05:33	165	24:48	1:58	277	1:32:19
278	21/37	229	Jessica Krawczak	Minneapolis	MN 27 F	179	7:45	5:08	307	51:27	311	1:04:19	221	26:08	1:55	278	1:32:21
279	14/35	444	Janel VanArragon	Blaine	MN 37 F	141	7:33	3:08	319	52:09	291	1:02:49	282	28:24	1:11	279	1:32:24
280	32/37	8	Christopher Adams	St Paul	MN 26 M	165	7:42	4:50	225	47:30	239	1:00:00	324	30:07	2:18	280	1:32:24
281	18/22	269	Tom McConville	Osseo	MN 59 M	356	9:38	3:25	148	44:30	196	57:32	302	29:05	5:56	281	1:32:33
282	44/57	270	Kelly McConville	Champlin	MN 32 M	210	8:00	5:12	265	49:13	282	1:02:23	298	29:02	1:09	282	1:32:33
283	10/17	303	Cassy Nelson	St. Paul	MN 24 F	103	7:04	5:06	308	51:28	300	1:03:36	245	26:58	2:00	283	1:32:34
284	21/26	382	Johnathon Shadduck	Minneapolis	MN 21 M	156	7:39	5:21	310	51:40	317	1:04:39	135	24:10	3:51	284	1:32:39

285	15/35	289	Megan Hughes	Edina	MN	37	F	168	7:43	3:04	322	52:39	297	1:03:24	252	27:14	2:02	285	1:32:39
286	5/11	223	Lyle Koivisto	Tucson	AZ	66	M	393	10:32	3:13	185	45:49	229	59:33	350	32:10	1:00	286	1:32:42
287	22/37	312	Amy Odland	Minneapolis	MN	26	F	229	8:07	3:49	317	52:09	308	1:04:04	236	26:35	2:09	287	1:32:47
288	16/35	102	Heidi Eisenbeis	Minneapolis	MN	39	F	174	7:44	3:04	300	51:11	278	1:01:58	313	29:31	1:31	288	1:32:59
289	40/51	333	Brent Peterson	St Louis Park	MN	44	M	367	9:55	3:38	255	49:00	285	1:02:32	268	27:57	2:45	289	1:33:13
290	39/52	292	Matt Monteiro	Mahtomedi	MN	36	M	369	9:59	3:45	258	49:04	290	1:02:46	284	28:28	2:00	290	1:33:14
291	23/37	44	Laura Brown	Minneapolis	MN	29	F	397	10:41	2:53	229	47:43	266	1:01:16	337	30:56	1:04	291	1:33:16
292	6/11	129	Tom Fulton	Saint Louis Park	MN	64	M	373	10:02	2:17	192	46:15	208	58:32	348	32:09	2:38	292	1:33:18
293	14/33	332	Susan Peterson	St Louis Park	MN	43	F	302	8:55	4:09	303	51:19	312	1:04:23	223	26:10	2:51	293	1:33:23
294	13/28	379	Sara Schwartz	St. Louis Park	MN	32	F	149	7:36	2:45	376	58:16	351	1:08:37	114	23:47	1:13	294	1:33:36
295	40/52	460	Sean Wenham	Edina	MN	39	M	267	8:33	5:35	275	49:52	305	1:03:59	241	26:44	2:59	295	1:33:40
296	24/37	136	Heidi Govednik	Minneapolis	MN	27	F	212	8:01	4:58	280	50:06	292	1:03:03	319	29:44	0:56	296	1:33:43
297	41/52	315	Dennis Olson	Minneapolis	MN	35	M	319	9:05	5:50	321	52:36	337	1:07:29	203	25:41	1:00	297	1:34:09
298	41/51	107	Robin Erkenbrack	Forest Lake	MN	48	M	289	8:45	4:10	293	50:49	301	1:03:43	320	29:45	0:57	298	1:34:24
299	15/33	400	Gail Smith	Blaine	MN	42	F	232	8:10	3:05	324	52:49	306	1:04:02	273	28:07	2:16	299	1:34:25
300	25/37	158	Jennifer Heiman	Minneapolis	MN	26	F	225	8:06	4:45	283	50:15	293	1:03:05	312	29:28	1:55	300	1:34:27
301	26/37	55	Laura Janzen	Minneapolis	MN	28	F	226	8:06	3:55	252	48:58	258	1:00:58	344	31:53	1:39	301	1:34:29
302	33/37	412	Ted Steinmann	Eagan	MN	29	M	316	9:03	4:26	313	51:51	324	1:05:18	283	28:27	0:58	302	1:34:43
303	42/52	319	Michael O'Sullivan	St. Paul	MN	36	M	308	8:58	4:46	335	53:20	335	1:07:02	230	26:31	1:15	303	1:34:48
304	14/28	27	Lydia Bernhart	Minneapolis	MN	34	F	263	8:31	3:57	316	52:01	313	1:04:27	258	27:33	2:52	304	1:34:52
305	34/37	364	William Samsel	Saint Paul	MN	26	M	330	9:13	3:24	363	56:19	353	1:08:54	178	25:09	1:07	305	1:35:09
306	7/11	233	Tom Krueger	Chisago City,	MN	61	M	265	8:32	4:03	292	50:47	296	1:03:21	318	29:44	2:07	306	1:35:11
307	11/17	377	Jessie Schreier	Coon Rapids	MN	23	F	314	9:01	4:31	290	50:36	309	1:04:08	323	30:05	1:02	307	1:35:14
308	42/51	343	Ryan Pulkrabek	Minneapolis	MN	43	M	334	9:17	4:40	343	53:49	342	1:07:46	182	25:12	2:19	308	1:35:15
309	16/33	13	Mary Anderson	St. Louis park	MN	44	F	347	9:33	4:49	296	50:52	321	1:05:13	306	29:12	1:12	309	1:35:35
310	8/11	32	Deb Blair	St Paul	MN	53	F	154	7:38	3:38	302	51:19	287	1:02:35	338	31:09	2:00	310	1:35:43
311	8/11	212	Joe Kandiko	Excelsior	MN	61	M	199	7:56	2:31	272	49:46	245	1:00:12	361	33:06	2:29	311	1:35:46

312	17/35	121 jennifer Flynn	Coon Rapids	MN	37 F	281	8:39	8:07	332	53:12	364	1:09:57	108	23:38	2:13	312	1:35:48
313	45/57	236 Joe Lang	St paul	MN	33 M	327	9:09	3:45	359	56:10	356	1:09:02	191	25:28	1:20	313	1:35:49
314	18/35	224 Maren Koncilja	St. Paul	MN	38 F	291	8:46	4:03	341	53:47	333	1:06:35	274	28:07	1:19	314	1:36:00
315	27/37	362 Rachel Salzmann	Edina	MN	26 F	351	9:36	2:54	276	49:52	281	1:02:21	352	32:12	1:56	315	1:36:28
316	15/28	300 Christine Nawrocki	St Louis Park	MN	30 F	202	7:57	4:57	304	51:20	310	1:04:14	326	30:17	1:59	316	1:36:29
317	43/52	219 Tom Kielty	Elk River	MN	37 M				231	47:49	249	1:00:22	375	34:29	1:49	317	1:36:39
318	19/22	66 Tim Chisholm	North Branch	MN	57 M	395	10:38	2:50	311	51:44	320	1:05:10	311	29:24	2:13	318	1:36:46
319	44/52	478 paul ziegler	minneapolis	MN	39 M	416	11:47	8:48	242	48:26	354	1:09:01	215	26:01	1:58	319	1:36:59
320	19/35	338 Sarah Phenow	Champlin	MN	36 F	337	9:17	5:00	338	53:32	343	1:07:48	267	27:56	1:21	320	1:37:03
321	46/57	246 Thomas Liester	Stillwater	MN	30 M	298	8:53	4:07	331	53:04	328	1:06:03	305	29:11	1:52	321	1:37:05
322	43/51	351 Dave Ringquist	Plymouth	MN	40 M	171	7:44	3:58	318	52:09	304	1:03:50	349	32:09	1:09	322	1:37:07
323	28/37	386 Lisa Shol	Minneapolis	MN	28 F	370	10:00	2:46	350	54:55	340	1:07:40	285	28:35	0:54	323	1:37:08
324	17/33	440 Lisa Vague	Albertville	MN	48 F	242	8:15	3:11	356	55:40	336	1:07:04	297	29:01	1:07	324	1:37:12
325	20/22	155 Rand Harrington	Hopkins	MN	52 M	365	9:53	2:26	298	50:55	294	1:03:14	354	32:17	2:29	325	1:37:59
326	45/52	9 Danny Alcantara	Chaska	MN	35 M	254	8:21	4:48	268	49:28	288	1:02:36	356	32:33	3:17	326	1:38:26
327	9/11	228 Robert Kranz	Kapaa	HI	64 M	374	10:03	3:03	314	51:53	318	1:04:58	340	31:43	1:57	327	1:38:38
328	29/37	383 Karee Shapiro	Minneapolis	MN	26 F	343	9:30	5:39	364	56:30	376	1:11:38	220	26:07	1:01	328	1:38:45
329	18/33	349 Paula Rheault	Eden Prairie	MN	43 F	248	8:17	3:06	241	48:22	232	59:45	393	37:01	2:08	329	1:38:52
330	44/51	385 richard sherry	robbinsdale	MN	43 M	286	8:43	5:41	282	50:09	315	1:04:32	358	32:44	2:13	330	1:39:28
331	30/37	42 Amanda Brooks	Minneapolis	MN	25 F	310	8:59	3:07	392	1:01:11	382	1:13:16	168	24:54	1:30	331	1:39:39
332	35/37	240 Shea Lavalier	Minneapolis	MN	26 M	43	6:15	10:00	340	53:47	365	1:10:01	269	27:59	1:44	332	1:39:43
333	46/52	96 Michael Duley	Minneapolis	MN	35 M	336	9:17	4:46	289	50:35	316	1:04:38	370	33:50	1:17	333	1:39:44
334	31/37	53 Theresa Burns	Champlin	MN	28 F	359	9:43	4:04	327	52:56	334	1:06:42	333	30:49	2:35	334	1:40:04
335	32/37	387 Brittany Shrimpton	St. Paul	MN	26 F	352	9:36	4:01	368	56:41	368	1:10:17	281	28:22	1:52	335	1:40:31
336	20/35	122 Heather Forseth	New Richmond	WI	38 F	421	12:16	3:43	288	50:33	332	1:06:32	353	32:17	1:45	336	1:40:33
337	9/11	161 Diane Hemstad	Brooklyn Park	MN	59 F	407	11:24	4:31	315	51:56	344	1:07:50	332	30:40	2:19	337	1:40:48
338	19/33	45 Crystal Brown	Maple	WI	46 F	353	9:37	6:09	355	55:39	373	1:11:23	296	29:01	0:47	338	1:41:10

339	12/17	54 Michelle Burns	Champlin	MN 22 F	275	8:36	5:15	357	55:44	361	1:09:34	325	30:07	1:30	339	1:41:10
340	45/51	92 Steve Dilger	Vadnais Heights	MN 49 M	386	10:21	6:12	249	48:44	323	1:05:16	366	33:21	2:36	340	1:41:13
341	36/37	79 Josh Dahl	princeton	MN 25 M	325	9:08	3:01	328	53:00	319	1:05:08	382	35:21	0:59	341	1:41:27
342	22/26	63 Derek Chapman	Burnsville	MN 23 M	78	6:48	3:00	404	1:06:19	398	1:16:06	152	24:27	1:04	342	1:41:36
343	46/51	308 Andrew Obst	Scandia	MN 44 M	143	7:33	8:23	284	50:20	329	1:06:15	341	31:46	3:48	343	1:41:48
344	20/33	307 Maryanne Obst	Scandia, MN	MN 45 F	408	11:27	4:30	286	50:24	331	1:06:20	342	31:46	3:43	344	1:41:48
345	21/33	118 Sarah Fish	St. Paul	MN 41 F	196	7:56	3:15	320	52:18	298	1:03:28	385	35:29	3:07	345	1:42:03
346	16/28	258 Meredith Mackinnon	Minneapolis	MN 30 F	237	8:13	2:51	365	56:38	341	1:07:41	363	33:16	1:08	346	1:42:03
347	33/37	304 Natalie Netzel	Duluth	MN 26 F	192	7:52	2:19	373	57:21	338	1:07:31	369	33:47	1:21	347	1:42:38
348	34/37	220 Tiffany Kirkpatrick	Rochester	MN 25 F	346	9:32	2:05	370	56:51	346	1:08:26	364	33:16	0:59	348	1:42:40
349	13/17	164 Shawna Hermann	Rochester	MN 22 F	297	8:51	2:39	372	56:59	347	1:08:27	365	33:17	0:57	349	1:42:41
350	21/35	64 Jill Chau	Lake Elmo	MN 37 F	239	8:14	5:05	389	1:00:33	384	1:13:51	263	27:49	1:17	350	1:42:56
351	22/33	200 Kristen Johnson	St. Paul	MN 41 F	425	13:34	2:42	334	53:14	359	1:09:30	336	30:52	2:41	351	1:43:02
352	23/33	196 Lisa Johnson	Maplewood	MN 45 F	426	13:35	2:45	333	53:13	360	1:09:33	335	30:51	2:41	352	1:43:03
353	47/52	128 Jared Fuller	Minneapolis	MN 36 M	292	8:49	5:30	367	56:40	369	1:10:58	331	30:34	1:37	353	1:43:08
354	24/33	384 Ann Sheehan	Big Lake	MN 47 F	384	10:20	4:13	345	54:04	350	1:08:36	301	29:03	5:31	354	1:43:10
355	17/28	454 Robin Warden	Chanhassen	MN 30 F	388	10:24	4:21	342	53:48	349	1:08:32	300	29:03	5:38	355	1:43:11
356	47/57	171 Robert Hodge	Saint Michael	MN 34 M	290	8:45	5:21	391	1:01:11	392	1:15:16	238	26:38	1:21	356	1:43:15
357	22/35	451 Michelle Ward	Osceola	WI 35 F	272	8:35	5:17	352	55:16	357	1:09:07	359	32:48	1:24	357	1:43:17
358	25/33	133 Jennifer George	Woodbury	MN 42 F	127	7:20	2:43	381	58:27	348	1:08:29	367	33:35	1:26	358	1:43:29
359	48/57	193 Joyell Johnson	Minneapolis	MN 34 M	405	11:09	4:01	349	54:54	367	1:10:03	343	31:51	1:47	359	1:43:40
360	18/28	437 Emily Unklesbay	St Paul	MN 33 F	382	10:19	3:27	375	57:40	374	1:11:25	329	30:30	1:54	360	1:43:48
361	19/28	372 Sara Schmitz	Wayzata	MN 32 F	391	10:32	4:18	385	59:56	387	1:14:45	259	27:34	1:34	361	1:43:52
362	49/57	336 Brandon Peterson	White Bear Lake	MN 30 M	412	11:39	2:46	387	1:00:07	385	1:14:32	279	28:16	1:10	362	1:43:57
363	47/51	356 drake rosenwinkel	madison lake	MN 49 M	329	9:12	4:25	323	52:44	330	1:06:20	387	35:48	1:52	363	1:43:58
364	20/28	119 marissa Fitzgibbons	rochester	MN 32 F	392	10:32	5:23	369	56:42	381	1:12:36	321	29:48	1:49	364	1:44:12

365	23/26	465	Allan Williams	Minneapolis	MN 24 M 358	9:40	3:49	312	51:48	322	1:05:16	390	36:56	2:04	365	1:44:15
366	48/52	449	Dion Walker	Shoreview	MN 35 M 158	7:40	4:57	248	48:43	268	1:01:20	413	41:06	2:26	366	1:44:51
367	48/51	293	Thomas Skadron	West St Paul	MN 46 M 360	9:44	5:54	361	56:16	378	1:11:52	339	31:26	1:37	367	1:44:54
368	50/57	248	Hans Lindvall	Minneapolis	MN 30 M 307	8:57	3:56	399	1:03:01	396	1:15:53	250	27:12	2:32	368	1:45:36
369	49/52	391	David Sjoberg	Isanti	MN 36 M 282	8:42	2:38	347	54:28	327	1:05:47	402	38:19	1:32	369	1:45:37
370	14/17	199	Kristen Johnson	Minneapolis	MN 24 F 309	8:58	3:55	400	1:03:04	397	1:15:56	251	27:13	2:29	370	1:45:38
371	23/35	350	Carla Riemer	Belle Plaine	MN 39 F 321	9:06	4:32	351	55:04	352	1:08:40	374	34:22	2:42	371	1:45:42
372	24/26	368	dan sather	farmington	MN 23 M 418	11:59	5:15	377	58:20	393	1:15:33	299	29:02	2:20	372	1:46:54
373	24/35	330	Laura Peters	Stillwater	MN 37 F 368	9:58	3:55	383	58:34	380	1:12:26	330	30:33	4:03	373	1:47:01
374	25/26	480	Andrew Ziller	Minneapolis	MN 24 M 429	17:05	6:58	353	55:18	406	1:19:20	206	25:43	2:24	374	1:47:26
375	25/35	370	Erika Schmidt	Osseo	MN 35 F 256	8:22	5:07	374	57:35	370	1:11:04	379	35:03	1:34	375	1:47:39
376	1/1	457	Jean Weiss	Minneapolis	MN 62 F 422	12:21	4:27	348	54:42	375	1:11:29	362	33:14	3:09	376	1:47:52
377	26/35	2	Lisen Stoa	Minneapolis	MN 37 F 208	7:59	5:18	382	58:31	377	1:11:47	360	32:55	3:23	377	1:48:04
378	27/35	267	Tracy Maul	Minneapolis	MN 36 F 411	11:34	4:09	360	56:14	379	1:11:56	368	33:36	2:38	378	1:48:09
379	50/52	117	Matt Feyen	Rosemount	MN 37 M 375	10:04	3:04	371	56:54	366	1:10:01	391	36:59	1:10	379	1:48:10
380	10/11	296	Carol Mordorski	Roseville	MN 54 F 362	9:50	5:48	354	55:38	371	1:11:15	381	35:14	2:08	380	1:48:36
381	10/11	198	John Johnson	White Bear Lake	MN 65 M 404	11:07	6:53	309	51:39	362	1:09:38	400	37:39	1:35	381	1:48:51
382	51/57	405	Ryan Sommers	Minneapolis	MN 31 M 295	8:51	4:23	358	56:00	358	1:09:13	401	37:42	2:54	382	1:49:48
383	26/33	194	Candace Johnson	Forest Lake	MN 49 F 406	11:14	2:38	394	1:01:20	390	1:15:10	346	32:02	2:52	383	1:50:03
384	28/35	91	Natalie Dieterle	Stillwater	MN 36 F 348	9:33	4:14	386	59:56	383	1:13:42	378	34:45	2:09	384	1:50:34
385	27/33	114	Catherine Fenner	Woodbury	MN 42 F 266	8:33	3:20	401	1:03:07	389	1:14:59	371	33:58	1:53	385	1:50:49
386	29/35	479	kristin ziegler	minneapolis	MN 38 F 415	11:46	8:42	406	1:06:31	422	1:26:58	60	22:16	1:54	386	1:51:08
387	52/57	439	Benjamin Utter	St. Paul	MN 31 M 277	8:37	2:06	423	1:14:38	420	1:25:20	153	24:32	1:48	387	1:51:40
388	35/37	346	Emily Reilly	St. Paul	MN 29 F 410	11:31	5:23	378	58:20	391	1:15:12	389	35:56	1:08	388	1:52:16
389	37/37	284	Tony Miller	Cottage Grove	MN 29 M 417	11:59	2:14	344	53:58	345	1:08:11	417	42:25	1:50	389	1:52:24
390	21/22	438	Don Uram	Eden Prairie	MN 53 M 230	8:09	7:56	188	46:06	280	1:02:09	380	35:05	16:21	390	1:53:34
391	30/35	390	Elizabeth Sipple	Circle Pines	MN 37 F 394	10:38	4:14	398	1:03:01	404	1:17:51	372	34:07	1:39	391	1:53:36

392	31/35	230	Carie Krentz	Star Prairie	WI	35	F	299	8:53	4:59	397	1:02:52	401	1:16:43	386	35:36	1:20	392	1:53:38	
393	11/11	485	Linda Saetre	Crystal	MN	53	F	383	10:19	4:22	366	56:38	372	1:11:19	412	40:55	2:46	393	1:54:59	
394	21/28	112	Lisa Schwinghammer	Minnetonka	MN	33	F	413	11:43	5:35	379	58:23	394	1:15:39	397	37:17	2:10	394	1:55:04	
395	32/35	111	Shari Fahey	Tonka Bay	MN	38	F	414	11:44	5:35	380	58:24	395	1:15:42	395	37:13	2:10	395	1:55:04	
396	53/57	80	Caleb Dahl	Crystal	MN	30	M	427	13:38	2:43	337	53:31	363	1:09:52	419	43:38	1:53	396	1:55:22	
397	33/35	359	Christa Rymal	Afton	MN	37	F	344	9:31	5:03	396	1:02:13	402	1:16:46	384	35:28	3:41	397	1:55:54	
398	28/33	453	Kim Ward	Eau claire	WI	42	F	390	10:31	5:02	390	1:01:03	400	1:16:35	403	38:51	1:44	398	1:57:09	
399	22/28	262	Amanda Marquardt	Litchfield	MN	33	F	318	9:04	7:41	408	1:06:39	412	1:23:23	347	32:06	1:53	399	1:57:21	
400	23/28	357	Rebecca Rue	Litchfield	MN	33	F	320	9:05	7:42	409	1:06:43	413	1:23:29	345	31:59	1:55	400	1:57:22	
401	24/28	204	Danelle Jones	Cloquet	MN	31	F	420	12:05	5:27	393	1:01:16	405	1:18:47	392	37:00	2:03	401	1:57:48	
402	1/1	255	Zachary Macdonald	Plymouth	MN	12	M	213	8:01	6:00	418	1:09:48	414	1:23:49	357	32:42	1:30	402	1:58:00	
403	25/28	201	Brittany johnston	Ham lake	MN	31	F	349	9:33	6:33	403	1:04:50	408	1:20:55	383	35:27	2:57	403	1:59:19	
404	54/57	202	Nathan Johnston	ham lake	MN	30	M	350	9:35										404	1:59:21
405	26/28	59	Annie Campbell	Woodbury	MN	30	F	378	10:11	5:49	395	1:01:50	403	1:17:49	396	37:15	4:26	405	1:59:29	
406	11/11	225	Joseph Koppi	West St Paul	MN	64	M	424	13:26	5:10	362	56:18	388	1:14:53	416	42:22	2:52	406	2:00:07	
407	29/33	415	Sue Stock	Eden Prairie	MN	48	F	221	8:05	7:54	384	58:40	386	1:14:38	418	42:45	3:09	407	2:00:31	
408	27/28	355	shannon rosenthal	maplewood	MN	32	F	389	10:28	4:06	412	1:08:11	411	1:22:44	399	37:26	1:36	408	2:01:45	
409	36/37	237	Dana Larmour	Eden Prairie	MN	28	F	419	12:00	4:35	402	1:03:32	407	1:20:06	414	41:52	1:24	409	2:03:22	
410	15/17	57	Elizabeth Nordland	Golden Valley	MN	22	F	280	8:39	5:24	413	1:08:12	409	1:22:13	404	39:19	2:09	410	2:03:40	
411	34/35	41	Heidi Brenegan	Minneapolis	MN	38	F	279	8:37	3:29	426	1:29:49	428	1:41:54	37	20:58	1:47	411	2:04:38	
412	28/28	65	Susi Little	Lakeville	MN	32	F	340	9:24	6:16	410	1:06:49	410	1:22:28	409	40:22	2:12	412	2:05:00	
413	51/52	207	Paul Judd	Saint Paul	MN	36	M	428	17:01	4:54	417	1:08:54	425	1:30:48	328	30:30	4:00	413	2:05:16	
414	30/33	222	Carrie Koelzer	Stillwater	MN	41	F	167	7:43	5:54	422	1:13:48	423	1:27:24	394	37:06	1:16	414	2:05:44	
415	49/51	287	Terry Miller	Cambridge	MN	41	M	409	11:29	4:30	330	53:03	355	1:09:02	405	39:24	17:35	415	2:06:01	
416	52/52	183	Jason James	princeton	MN	39	M	342	9:25	6:34	388	1:00:12	399	1:16:10	406	39:33	10:28	416	2:06:10	
417	2/2	184	Bailey James	princeton	MN	14	F	303	8:55	7:05	414	1:08:17	415	1:24:16	408	39:37	2:22	417	2:06:14	

418	5/5	18	John Barrett	princeton	MN	14	M	306	8:56	7:03	415	1:08:22	416	1:24:20	407	39:36	2:19	418	2:06:14
419	16/17	424	Megan Tadewald	Minneapolis	MN	23	F	399	10:53	3:44	419	1:10:05	418	1:24:41	410	40:46	1:53	419	2:07:19
420	37/37	423	Amy Tadewald	Minneapolis	MN	28	F	400	10:54	3:39	420	1:10:08	417	1:24:39	411	40:47	1:56	420	2:07:21
421	17/17	142	Margaret Groshens	Minneapolis	MN	23	F	403	11:05	4:46	425	1:15:15	426	1:31:05	376	34:32	1:53	421	2:07:29
422	22/22	143	Tim Groshens	Minneapolis	MN	57	M	398	10:49	5:06	424	1:15:14	427	1:31:09	377	34:32	1:53	422	2:07:33
423	31/33	410	Susanne Starr Goodman	Saint Paul	MN	41	F	402	11:01	9:48	411	1:07:15	424	1:28:03	398	37:21	3:03	423	2:08:27
424	32/33	93	Cathy Donovan	Woodbury	MN	48	F	423	12:42	4:42	416	1:08:43	421	1:26:05	415	42:15	2:02	424	2:10:21
425	33/33	273	Catherine McIntyre- Velky	White Bear Lake	MN	46	F	379	10:11	4:15	421	1:10:20	419	1:24:46	420	45:13	2:27	425	2:12:25
426	55/57	89	Tim Delf	Montevideo	MN	30	M	122	7:16	2:44	44	40:51	62	50:50			1:48		
427	56/57	28	Mike Bibelheimer	Plymouth	MN	31	M	63	6:35	3:36	80	42:13	95	52:23			2:06		
428	50/51	205	Erik Jordahl	Vadnais Heights	MN	40	M	194	7:55	1:57	134	44:00	116	53:51			7:01		
429	57/57	208	Douglas Jurcich	St. Louis Park	MN	31	M	304	8:56	2:38	121	43:33	148	55:06			1:28		
430	35/35	191	Tina Johnson	Deer Park	WI	38	F	324	9:08	3:19	326	52:53	325	1:05:19			1:33		
431	26/26	441	Russell Van Schaick	Saint Cloud	MN	23	M	39	6:11										
432	2/2	249	Meghan Lockner	Stillwater	MN	17	F					405	1:06:30						
433	51/51	250	John Lockner	Stillwater	MN	46	M					407	1:06:36						