

# Timberman Triathlon

July 8, 2017

## Overall Division Results

## Sprint Individual

### Female Overall

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name            | Age | S | City   | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-----------------|-----|---|--------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 12/187            | 1/85             | 67  | Bettina Keppers | 34  | F | Duluth | MN  | 00:09:40.54 | 00:29:54.47 | 00:22:48.72 |         | 01:04:58.35 |

### Male Overall

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name       | Age | S | City     | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------|-----|---|----------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 1/187             | 1/102            | 203 | Adam Himes | 45  | M | Plymouth | MN  | 00:09:40.07 | 00:28:39.74 | 00:18:28.05 |         | 00:58:35.61 |

### Female Masters

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name          | Age | S | City       | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|---------------|-----|---|------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 13/187            | 2/85             | 117 | Jody Quesnell | 50  | F | Saint Paul | MN  | 00:10:36.94 | 00:30:16.49 | 00:22:25.52 |         | 01:05:43.38 |

### Male Masters

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 4/187             | 4/102            | 266 | Craig Peterson | 55  | M | Mpls | MN  | 00:09:50.27 | 00:29:52.63 | 00:20:24.53 |         | 01:01:58.98 |

### Female Ages 01 - 15

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 43/187            | 11/85            | 83  | Simone Lundquist | 15  | F | Maple Grove | MN  | 00:10:29.94 | 00:37:49.49 | 00:22:31.78 |         | 01:13:31.36 |
| 2         | 57/187            | 16/85            | 128 | Quincy Shelp     | 13  | F | Maple Plain | MN  | 00:11:33.55 | 00:36:09.01 | 00:24:33.42 |         | 01:15:30.11 |
| 3         | 166/187           | 75/85            | 64  | Danielle Kemp    | 14  | F | Esko        | MN  | 00:13:24.36 | 00:43:07.03 | 00:37:36.16 |         | 01:37:10.44 |

### Male Ages 01 - 15

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name            | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-----------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 36/187            | 26/102           | 210 | Cort Isaacs     | 15  | M | Maple Grove | MN  | 00:11:23.61 | 00:36:33.98 | 00:22:36.96 |         | 01:12:49.87 |
| 2         | 183/187           | 100/102          | 156 | Luke Bettendorf | 14  | M | Duluth      | MN  | 00:16:16.30 | 01:10:32.25 | 00:25:36.42 |         | 01:58:09.82 |

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## Overall Division Results

## Sprint Individual

### Female Ages 16 - 19

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 15/187            | 4/85             | 34  | Kaytlin Garrison | 19  | F | Cohasset    | MN  | 00:11:33.95 | 00:31:18.47 | 00:21:21.61 |         | 01:06:05.18 |
| 2         | 16/187            | 5/85             | 184 | Amanda Kautzer   | 19  | F | Houghton    | MI  | 00:09:15.28 | 00:33:20.51 | 00:21:13.01 |         | 01:06:28.17 |
| 3         | 25/187            | 9/85             | 84  | Taylor Lundquist | 18  | F | Maple Grove | MN  | 00:10:57.98 | 00:34:47.25 | 00:20:41.72 |         | 01:08:51.63 |

### Male Ages 16 - 19

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 2/187             | 2/102            | 221 | Joshua Kemp | 18  | M | Esko        | MN  | 00:11:10.01 | 00:30:05.85 | 00:17:44.72 |         | 01:00:39.36 |
| 2         | 6/187             | 6/102            | 204 | Sam Himes   | 17  | M | Plymouth    | MN  | 00:11:36.43 | 00:31:28.73 | 00:17:52.76 |         | 01:02:43.11 |
| 3         | 31/187            | 22/102           | 211 | Jace Isaacs | 19  | M | Maple Grove | MN  | 00:11:53.92 | 00:35:02.98 | 00:22:16.95 |         | 01:11:22.12 |

### Female Ages 20 - 24

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name               | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|--------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 65/187            | 20/85            | 344 | Julianna French    | 21  | F | Duluth      | MN  | 00:13:34.93 | 00:36:46.48 | 00:23:32.58 |         | 01:16:37.63 |
| 2         | 75/187            | 23/85            | 47  | Sommer Heikkila    | 21  | F | Delano      | MN  | 00:09:58.55 | 00:41:09.44 | 00:24:53.23 |         | 01:18:33.80 |
| 3         | 79/187            | 24/85            | 308 | Colleen Mccullough | 23  | F | Maple Grove | MN  | 00:13:47.91 | 00:37:51.82 | 00:23:24.60 |         | 01:19:08.29 |

### Male Ages 20 - 24

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 3/187             | 3/102            | 169 | Mitchell Clayton | 21  | M | Forest Lake | MN  | 00:09:20.94 | 00:29:21.87 | 00:20:19.41 |         | 01:00:57.61 |
| 2         | 7/187             | 7/102            | 185 | Summer Schrock   | 21  | M | Cohasset    | MN  | 00:09:57.10 | 00:31:50.22 | 00:19:20.62 |         | 01:03:41.07 |
| 3         | 37/187            | 27/102           | 350 | Jason Mattson    | 21  | M | Duluth      | MN  | 00:14:19.30 | 00:34:31.35 | 00:19:56.92 |         | 01:12:55.37 |

### Female Ages 25 - 29

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City                | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|---------------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 14/187            | 3/85             | 70  | Kayla Kjellman | 25  | F | Thunder Bay         | ON  | 00:09:02.49 | 00:30:34.95 | 00:23:21.67 |         | 01:05:53.12 |
| 2         | 50/187            | 15/85            | 53  | Hilary Huntley | 28  | F | Duluth              | MN  | 00:10:22.42 | 00:36:06.31 | 00:25:43.44 |         | 01:14:43.38 |
| 3         | 71/187            | 22/85            | 20  | Anna Dehler    | 29  | F | International Falls | MN  | 00:14:34.24 | 00:37:00.24 | 00:23:29.94 |         | 01:18:08.63 |

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## Overall Division Results

## Sprint Individual

### Male Ages 25 - 29

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name          | Age | S | City     | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|---------------|-----|---|----------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 52/187            | 37/102           | 188 | Jake Guello   | 27  | M | Bemidji  | MN  | 00:14:37.23 | 00:33:40.21 | 00:22:30.89 |         | 01:14:56.57 |
| 2         | 56/187            | 41/102           | 298 | Billy Utter   | 28  | M | Plymouth | MN  | 00:13:45.05 | 00:36:45.35 | 00:21:48.11 |         | 01:15:28.06 |
| 3         | 77/187            | 54/102           | 305 | Brooks Zamzow | 25  | M | Duluth   | MN  | 00:11:38.06 | 00:36:58.03 | 00:25:27.88 |         | 01:18:42.32 |

### Female Ages 30 - 34

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 45/187            | 12/85            | 147 | Terry Wosmek     | 30  | F | Duluth      | MN  | 00:13:29.24 | 00:34:38.74 | 00:23:49.61 |         | 01:14:11.31 |
| 2         | 91/187            | 27/85            | 95  | Emily Michog     | 32  | F | Duluth      | MN  | 00:12:13.22 | 00:36:40.99 | 00:27:50.13 |         | 01:20:14.88 |
| 3         | 108/187           | 38/85            | 48  | Laura Helmbrecht | 30  | F | Minneapolis | MN  | 00:11:32.33 | 00:39:07.25 | 00:29:27.52 |         | 01:24:55.64 |

### Male Ages 30 - 34

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City                | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|---------------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 5/187             | 5/102            | 368 | Thomas Loegering | 34  | M | West Fargo          | ND  | 00:11:23.79 | 00:28:49.62 | 00:19:50.49 |         | 01:02:21.48 |
| 2         | 27/187            | 18/102           | 316 | Fr. Ben Hadrich  | 34  | M | International Falls | MN  | 00:11:29.49 | 00:34:16.00 | 00:19:47.03 |         | 01:09:41.06 |
| 3         | 30/187            | 21/102           | 251 | Andrew Moe       | 31  | M | Minneapolis         | MN  | 00:14:08.31 | 00:33:08.52 | 00:19:49.83 |         | 01:11:12.40 |

### Female Ages 35 - 39

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City                | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|---------------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 18/187            | 7/85             | 87  | Tara Makinen   | 38  | F | Grand Rapids        | MN  | 00:11:14.80 | 00:31:22.32 | 00:21:58.20 |         | 01:06:35.37 |
| 2         | 34/187            | 10/85            | 25  | Julie Feldman  | 36  | F | Inver Grove Heights | MN  | 00:11:24.80 | 00:33:13.20 | 00:25:19.04 |         | 01:12:37.84 |
| 3         | 114/187           | 41/85            | 66  | Stephanie Kemp | 36  | F | Hibbing             | MN  | 00:14:39.81 | 00:41:22.86 | 00:26:40.92 |         | 01:26:01.01 |

### Male Ages 35 - 39

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City         | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|--------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 8/187             | 8/102            | 209 | Philip Imholte | 37  | M | Grand Rapids | MN  | 00:09:22.98 | 00:32:53.75 | 00:19:45.51 |         | 01:03:56.37 |
| 2         | 10/187            | 10/102           | 301 | Craig Walli    | 35  | M | Hibbing      | MN  | 00:10:07.24 | 00:30:30.84 | 00:22:07.65 |         | 01:04:46.61 |
| 3         | 23/187            | 15/102           | 317 | Josh Troumbly  | 38  | M | Bovey        | MN  | 00:11:42.33 | 00:29:45.50 | 00:23:34.12 |         | 01:07:44.37 |

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## Overall Division Results

## Sprint Individual

### Female Ages 40 - 44

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 21/187            | 8/85             | 111 | Kerri Persons  | 42  | F | Duluth      | MN  | 00:10:28.43 | 00:31:03.79 | 00:23:34.78 |         | 01:07:17.60 |
| 2         | 49/187            | 14/85            | 314 | Michelle Shelp | 43  | F | Maple Plain | MN  | 00:12:00.81 | 00:33:26.75 | 00:25:49.50 |         | 01:14:34.95 |
| 3         | 58/187            | 17/85            | 65  | Julie Kemp     | 44  | F | Esko        | MN  | 00:13:51.02 | 00:34:01.74 | 00:24:11.48 |         | 01:15:39.07 |

### Male Ages 40 - 44

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City         | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|--------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 19/187            | 12/102           | 348 | Marc Grenier     | 44  | M | Duluth       | MN  | 00:12:23.22 | 00:30:48.49 | 00:20:58.77 |         | 01:06:37.21 |
| 2         | 39/187            | 29/102           | 208 | Michael Hushagen | 41  | M | Pequot Lakes | MN  | 00:11:30.93 | 00:33:07.63 | 00:25:19.93 |         | 01:13:09.63 |
| 3         | 55/187            | 40/102           | 190 | Kevin Hagen      | 40  | M | Hibbing      | MN  | 00:12:24.44 | 00:34:32.99 | 00:25:15.49 |         | 01:15:09.23 |

### Female Ages 45 - 49

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City                | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|---------------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 17/187            | 6/85             | 109 | Jena Ogston | 46  | F | Duluth              | MN  | 00:10:23.76 | 00:31:20.94 | 00:22:35.52 |         | 01:06:31.92 |
| 2         | 84/187            | 26/85            | 33  | Marlo Gangi | 46  | F | Coleraine           | MN  | 00:13:27.31 | 00:35:15.47 | 00:27:54.76 |         | 01:19:34.89 |
| 3         | 94/187            | 29/85            | 100 | Jaleh Nahvi | 47  | F | Inver Grove Heights | MN  | 00:11:55.56 | 00:38:26.02 | 00:27:41.99 |         | 01:21:38.18 |

### Male Ages 45 - 49

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name              | Age | S | City      | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-------------------|-----|---|-----------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 9/187             | 9/102            | 339 | Bill Kelley       | 45  | M | Wrenshall | MN  | 00:10:06.04 | 00:30:51.74 | 00:20:52.66 |         | 01:04:19.61 |
| 2         | 20/187            | 13/102           | 158 | Christofer Botten | 47  | M | Duluth    | MN  | 00:11:21.55 | 00:29:59.47 | 00:22:14.38 |         | 01:06:56.30 |
| 3         | 22/187            | 14/102           | 253 | Tony Mosser       | 45  | M | Lakeville | MN  | 00:10:16.54 | 00:32:34.42 | 00:21:18.26 |         | 01:07:28.96 |

### Female Ages 50 - 54

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City         | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|--------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 48/187            | 13/85            | 18  | Petra Cervenkova | 50  | F | Grand Rapids | MN  | 00:13:27.06 | 00:35:08.26 | 00:23:07.60 |         | 01:14:30.88 |
| 2         | 60/187            | 18/85            | 72  | Julie Knochenmus | 51  | F | Esko         | MN  | 00:13:21.30 | 00:34:38.91 | 00:25:17.52 |         | 01:15:47.38 |
| 3         | 106/187           | 36/85            | 146 | Mary Wilcox      | 50  | F | Falls Church | VA  | 00:11:36.88 | 00:39:46.39 | 00:29:15.54 |         | 01:24:35.39 |

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## Overall Division Results

## Sprint Individual

### Male Ages 50 - 54

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name         | Age | S | City       | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|--------------|-----|---|------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 11/187            | 11/102           | 176 | Daniel Duff  | 53  | M | Duluth     | MN  | 00:10:07.00 | 00:31:34.96 | 00:20:17.27 |         | 01:04:54.69 |
| 2         | 42/187            | 32/102           | 218 | James Justus | 54  | M | Cohasset   | MN  | 00:09:52.72 | 00:36:11.85 | 00:23:53.44 |         | 01:13:29.88 |
| 3         | 64/187            | 45/102           | 366 | Matt Evans   | 51  | M | Eau Claire | WI  | 00:09:32.35 | 00:34:56.64 | 00:26:29.42 |         | 01:16:29.31 |

### Female Ages 55 - 59

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City         | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|--------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 63/187            | 19/85            | 112 | Judith Peters  | 57  | F | Saint Cloud  | MN  | 00:13:36.75 | 00:35:09.81 | 00:24:37.88 |         | 01:16:20.88 |
| 2         | 115/187           | 42/85            | 61  | Lorena Jenks   | 55  | F | Fort Frances | ON  | 00:14:40.65 | 00:39:46.70 | 00:27:58.59 |         | 01:26:06.71 |
| 3         | 124/187           | 49/85            | 135 | Beverly Soukup | 56  | F | Sartell      | MN  | 00:16:53.32 | 00:40:23.54 | 00:25:25.99 |         | 01:27:04.64 |

### Male Ages 55 - 59

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City    | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|---------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 24/187            | 16/102           | 254 | Mike Murray | 58  | M | Sartell | MN  | 00:11:07.30 | 00:31:48.53 | 00:23:05.42 |         | 01:08:24.62 |
| 2         | 28/187            | 19/102           | 229 | Paul Kovach | 56  | M | Duluth  | MN  | 00:12:04.51 | 00:30:40.63 | 00:25:14.51 |         | 01:10:25.38 |
| 3         | 38/187            | 28/102           | 233 | Allen Kutz  | 58  | M | Sartell | MN  | 00:12:26.05 | 00:34:53.45 | 00:22:48.97 |         | 01:12:56.25 |

### Female Ages 60 - 64

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name                | Age | S | City     | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|---------------------|-----|---|----------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 168/187           | 77/85            | 89  | Sandy Marden-Lokken | 64  | F | Duluth   | MN  | 00:17:17.46 | 00:43:29.58 | 00:30:43.77 |         | 01:37:27.07 |
| 2         | 187/187           | 85/85            | 108 | Maris O'connell     | 62  | F | Moorhead | MN  | 00:24:42.00 | 00:54:31.39 | 00:43:34.28 |         | 02:16:27.17 |

### Male Ages 60 - 64

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name              | Age | S | City      | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-------------------|-----|---|-----------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 69/187            | 48/102           | 290 | Bill Stroozas     | 61  | M | Duluth    | MN  | 00:11:48.04 | 00:36:00.86 | 00:25:52.28 |         | 01:17:32.64 |
| 2         | 70/187            | 49/102           | 270 | Mark Rauschenfels | 62  | M | Duluth    | MN  | 00:12:44.39 | 00:32:54.74 | 00:28:34.93 |         | 01:17:49.63 |
| 3         | 122/187           | 75/102           | 172 | Greg Dehler       | 61  | M | Roseville | MN  | 00:16:18.81 | 00:34:03.39 | 00:31:23.20 |         | 01:27:02.39 |

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## Overall Division Results

## Sprint Individual

### Female Ages 65 - 69

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name          | Age | S | City                 | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|---------------|-----|---|----------------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 151/187           | 64/85            | 45  | Elaine Hanson | 65  | F | Nevis                | MN  | 00:17:55.22 | 00:38:09.25 | 00:33:42.76 |         | 01:34:00.65 |
| 2         | 170/187           | 79/85            | 11  | Margi Braun   | 68  | F | Palos Verdes Estates | CA  | 00:15:36.57 | 00:45:13.33 | 00:31:16.75 |         | 01:38:13.00 |

### Male Ages 65 - 69

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name            | Age | S | City        | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-----------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 68/187            | 47/102           | 242 | John Mahowald   | 67  | M | Saint Cloud | MN  | 00:15:10.98 | 00:33:15.49 | 00:24:58.59 |         | 01:17:24.50 |
| 2         | 83/187            | 58/102           | 170 | Daniel Conway   | 67  | M | Erskine     | MN  | 00:12:58.01 | 00:35:27.03 | 00:27:08.59 |         | 01:19:19.86 |
| 3         | 101/187           | 68/102           | 283 | Michael Sjogren | 66  | M | Saint Cloud | MN  | 00:12:41.55 | 00:34:55.82 | 00:31:58.94 |         | 01:23:31.14 |

### Female Ages 70 - 74

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City     | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|----------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 144/187           | 60/85            | 345 | Nancy Bauer | 70  | F | Champlin | MN  | 00:16:19.82 | 00:40:21.84 | 00:30:58.05 |         | 01:32:03.35 |

### Male Ages 70 - 74

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City       | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|------------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 178/187           | 96/102           | 361 | Mark Stange | 71  | M | Shoreview  | MN  | 00:15:35.40 | 00:41:54.23 | 00:44:43.85 |         | 01:48:28.03 |
| 2         | 186/187           | 102/102          | 207 | Ed Howat    | 72  | M | Saint Paul | MN  | 00:31:17.51 | 00:43:45.97 | 00:43:20.63 |         | 02:07:56.17 |

### Male Ages 75 - 79

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name          | Age | S | City    | St. | Swim        | Bike        | Run         | Penalty | Time        |
|-----------|-------------------|------------------|-----|---------------|-----|---|---------|-----|-------------|-------------|-------------|---------|-------------|
| 1         | 149/187           | 87/102           | 289 | Daryl Stevens | 75  | M | Sartell | MN  | 00:15:06.50 | 00:35:53.49 | 00:39:26.87 |         | 01:33:51.89 |
| 2         | 185/187           | 101/102          | 247 | Don Meck      | 78  | M | Siren   | WI  | 00:19:44.51 | 00:43:48.74 | 00:47:29.21 |         | 02:05:19.66 |