

**Chain of Lakes Triathlon**  
**Phillips, WI 07/11/2009 Sunny, 65-75 degrees.**  
**Sprint Distance**

OA Plc	NAME	Age	City	divRank	SWIM	BIKE	mph	RUN	min./mile	Tot. TIME
9.	MARK BITTNER /43 /		BRUCE, WI	2/15	5:10	50:20	21.5	23:30	7:34	1:19:00
30.	MIKE RUNNHEIM /43/		HUDSON, WI	5/15	7:02	58:12	18.6	23:38	7:37	1:28:50
41.	AARON MARX /32 /		HUDSON, WI	11/22	5:30	56:56	19.0	29:11	9:24	1:31:35

**ELYSIAN ROOKIE TRIATHLON**  
**Elysian, Minnesota, July 11, 2009**

.4 Mile Swim - 8 Mile Bike - 4 Mile Run

OA Plc	NAME	Age	City	divRank	SWIM	BIKE	mph	RUN	min./mile	Tot. TIME
88	Karen Sorensen/48/		Woodbury, MN	3/10	10:10	40:02				1:10:52