

**Chisago Lakes Triathlon Paradise Park, Chisago City, MN
Sun, Jul 26, 2009**

Sprint: 0.25mi swim -21mi bike -3.1mi run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>min/100</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
Michael Colaizy/59/ Osceola, WI	33/324	1/13	12:12	3:03	1:23	0:54:37	23.0	0:33.2	22:09	7:08	1:30:55.6
Doug Wynveen/52/ Osceola, WI	78/324	4/23	13:14	3:26	2:13	0:59:25	21.2	1:33.5	22:51	7:22	1:39:48.0
Aaron Marx /32/ Hudson, WI	95/324	15/34	10:51	2:42	1:24	1:01:11	20.5	1:32.9	26:49	8:39	1:41:50.3
Peter Gallatin /36/ Scandia, MN	126/324	21/42	11:33	2:53	2:04	1:05:29	19.2	1:11.3	24:02	7:45	1:44:22.3
KarenSorenson /48/Woodbury, MN	77/310	12/41	12:55	3:13	2:42	1:10:25	17.8	1:36.2	26:01	8:23	1:53:42.2
Jillene Gallatin /36/Scandia, MN	136/310	24/68	14:53	3:43	2:56	1:12:40	17.3	1:21.6	30:40	9:53	2:02:31.8
Doran O'Brien /32/Scandia, MN	clydesdale	27/43	15:00	3:45	2:36	1:07:02	18.7	1:39.2	36:49	11:52	2:03:08.9

Half Iron distance: 1.2mi swim -55.4mi bike -13.1mi run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>min/100</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
Jim Felling /30/River Falls, WI	31/274	4/45	29:47	1:32	1:09	2:22:33	23.3	0:40.7	1:37:36	7:27	4:31:48.3
Mark Bittner /43/ Bruce, WI	86/274	14/48	30:23	1:34	1:27	2:33:30	21.6	1:17.7	1:49:13	8:20	4:55:52.2
Brad Anez /37/Hudson, WI	169/274	41/60	33:01	1:42	2:04	2:47:36	19.8	1:08.7	2:04:03	9:28	5:27:54.5
Nate Edin /37/Hudson, WI	clydesdale	9/22	34:00	1:45	5:16	2:55:30	18.9	2:44.3	2:08:46	9:49	5:46:18.2
Tom Meyer /65/Hudson, WI	31/274	2/3	42:56	2:13	3:10	2:53:52	19.1	2:04.3	2:31:36	11:34	6:13:40.3

**Ironman -Lake Placid New York
July 26, 2009**

Ironman distance: 2.4mi swim -112mi bike -13.1mi run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>min/100</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
Tom Krenz /49/Chisago, MN	471/2258	63/304	1:03:26	1:41	6:32	5:37:53	19.9	5:14	4:55:20	11:17	11:48:23

**Race the River Triathlon- Coeur d'Alene, Idaho
July 26, 2009**

Sprint: 0.5mi swim -11mi bike -3.1mi run

<u>Name/age/ home</u>	<u>overall</u>	<u>div</u>	<u>swim</u>	<u>min/100</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
MeganWesthoff /32/Roberts, WI	31/ 283	4/21	15:21	1:45	1:34	0:38:43	17.0	1:18.8	26:58	8:42	1:23:56.2

