

MINNEMAN TRIATHLON July 4, 2009

Lake George Regional Park, Oak Grove, MN

Sprint Distance: .3 Mile Swim, 13 Mile Bike, 3 Mile Run

<u>Pl/totl</u>	<u>Name</u>	<u>/Address /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</u>
6/32	Dana Benedict/Hudson WI/41		10:53	2:04	2:39	40:09	19.4	1:26	22:54	7:38	1:17:59

High Cliff Triathlon- Sat, Jun 20, 2009

High Cliff State Park, Sherwood, WI

Half Iron Distance: 1.2 Mile Swim, 156.7 Mile Bike, 13.1 Mile Run

<u>Pl/totl</u>	<u>Name</u>	<u>/Address/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</u>
7/69	Mark Bittner/BruceWI/40		0:35:03	1:48	2:06	2:31:07	22.50	1:45	1:48:00	8:14	4:58:03