

ST. CROIX TRIATHLON

Lake Front Park - Hudson, WI - September 05, 2009

Sprint Distance: 1/3 Mile Swim - 10 Mile Bike - 4 Mile Run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>pace</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
James Felling/30/RiverFls WI	2	1/31	9:53	1:41	0:58	28:07	21.3	0:37	25:06	6:17	1:04:38
Trent Johnson/38/Hudson WI	24	9/66	10:52	1:52	2:25	27:51	21.5	1:16	28:38	7:10	1:11:00
Doug Wynveen/52/Osceola WI	53	3/17	12:22	2:07	1:40	30:18	19.8	1:27	28:44	7:11	1:14:29
Jill McCarthy/47/Hudson	55	3/14	15:30	2:39	1:55	33:59	17.7	1:29	34:37	8:40	1:27:29
Karen Sorensen/48/Woodbury MN	72	4/14	12:38	2:10	2:58	40:38	14.8	1:24	32:25	8:07	1:30:02
Team Wild River :											
Aaron Marx , Cheryl Barker , Megan Westhoff											
	4/21 TEAMS		8:14	1:25	0:43	30:00	20.0	0:37	31:26	7:52	1:10:58

ST. CROIX TRIATHLON

Lake Front Park - Hudson, WI - September 06, 2009

Long Course: 1K Swim - 40K Bike - 10K Run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>pace</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
Brad Anez/38/Nw Richm WI	19	2/9	29:20	1:48	1:22	1:12:21	20.6	0:57	43:14	6:59	2:27:12
Steve Gaffer/49/Nw Richm WI	20	2/11	23:31	1:26	1:50	1:11:10	21.0	0:52	50:20	8:07	2:27:40
Mike Runnheim/43/Hudson WI	55	13/18	33:59	2:05	1:51	1:18:00	19.1	1:55	48:01	7:45	2:43:43
Joan Nyhus/45/Roberts WI	12	3/3	30:53	1:53	3:18	1:24:31	17.6	2:11	44:29	7:11	2:45:20

http://onlineraceresults.com/event/view_event.php?event_id=4037 long

http://www.onlineraceresults.com/race/view_race.php?race_id=11935#racetop sprint