

USAT Age Group National Championship
Tuscaloosa, AL
Sat. Aug. 22, 2009
1.5km swim-40km bike- 10km run

Grand Master

<u>Name /Age /Address</u>	<u>div. place</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>
Benjamin Ewers /63/North Oaks MN	4th	40:56	2:30	2:03	1:03:43	23.4	1:05	45:06	7:16	2:32:51

ST. PAUL TRIATHLON
Lake Phalen, St. Paul , Minnesota
Sunday August 23 , 2009
Sprint Course - 1/2 Mile Swim • 20K Bike • 5K Run

<u>Name /Age /Address</u>	<u>pl/oa</u>	<u>pl/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</u>
Karen Sorensen /48/Wdbury MN	69/241	7/14	17:46	2:02	2:35	41:05	17.5	1:24	23:48	7:40	1:26:35
Mike Runnheim /43/Hudson WI	57/263	9 /39	17:16	1:58	1:33	34:46	20.7	1:11	20:47	6:42	1:15:31

International Course - 1 Mile Swim • 40K Bike • 10K Run

<u>Name /Age /Address</u>	<u>pl/oa</u>	<u>pl/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</u>
Jim Felling/ 30 /River Falls WI	7 1/26	2/134	26:50	1:32	0:53	58:51	24.8	0:35	39:44	6:24	2:06:51
Cindy Tiedke /51/River Fls WI	31/56	2/3	43:57	2:30	2:38	1:10:47	20.6	1:49	50:35	8:09	2:49:43
Fd Roethlisberger/66/Rvr Fls WI	120/134	1/2	36:05	2:03	2:16	1:20:12	18.2	2:11	56:08	9:02	2:56:50
Connie Foster/58/River Falls WI	41/56	1/1	36:53	2:06	2:31	1:21:59	17.8	1:32	56:07	9:02	2:58:59