

Buffalo Triathlon- Buffalo, MN Sunday June 7, 2009

<u>NAME/ AGE/ HOME</u>	<u>PLACE overall</u>	<u>PLACE age group</u>	<u>TIME (swim)</u>	<u>PACE 100/yd</u>	<u>TIME (bike)</u>	<u>SPEED mph</u>	<u>TIME (run)</u>	<u>PACE min/mi</u>	<u>TIME (TOTAL)</u>
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Sprint Distance (.25 mi. swim / 13 mile bike/ 3 mile run)

Steph Hoff /29F/Somerset WI	252	17/67	8:42	1:59	45:14	17.0	22:15	7:25	1:21:24
Aaron Marx /32M /Hudson WI	338	54/90	7:09	1:38	42:56	17.9	28:10	9:24	1:24:36

Olympic Distance (1.5 km swim / 40 km bike / 10 km run)

Monty Mouw /45/WBL, MN	7	6/19	21:32	1:22	1:03:21	23.5	39:12	6:19	2:07:27
Thomas Krenz/48/Chisago,MN	11	9/19	23:46	1:30	1:05:19	22.8	38:54	6:16	2:11:48
James Kelley/48/ Centuria	24	15/19	26:19	1:40	1:05:59	22.6	39:35	6:23	2:16:06
Kevin Rogers/47/Osceola,WI	110	10/30	31:50	2:01	1:12:41	20.5	41:54	6:45	2:33:04
Suzann Mouw/45/WBL, MN	146	6/7	24:41	1:34	1:18:19	19.0	50:35	8:09	2:38:07
Steve Gaffer/49/Nw Richmond	182	15/30	28:11	1:47	1:14:34	20.0	55:29	8:56	2:43:55
Scott Nelson/43/Hudson,WI	194	21/44	29:26	1:52	1:20:08	18.6	48:56	7:53	2:46:42
Doug Wynveen/52/Osceola,WI	212	12/20	35:49	2:16	1:19:34	18.7	47:16	7:37	2:48:57

Green Bay Triathlon- Green Bay, WI Sunday June 7, 2009 (800yd swim /29 mile bike / 6.2 mile run)

<u>NAME/ AGE/ HOME</u>	<u>PLACE overall</u>	<u>PLACE age group</u>	<u>TIME (swim)</u>	<u>PACE 100/yd</u>	<u>TIME (bike)</u>	<u>SPEED mph</u>	<u>TIME (run)</u>	<u>PACE min/mi</u>	<u>TIME (TOTAL)</u>
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Mark Bittner/40-44/Bruce WI	11	2/17	0:09:45.0	1:13	1:20:17.4	21.7	0:44:47.5	07:13	2:17:10.6
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