

Croixathlon- YMCA Camp St. Croix- Hudson, WI- June 27, 2009**Sprint Distance (.4mi swim / 14.9mi bike / 3.1mi run)****Men**

	PLACE	PLACE	TIME	PACE	TIME	TIME	SPEED	TIME	PACE	TIME
NAME/ AGE/ HOME	overall	age group	(swim)	100/yd	(hill)	(bike)	mph	(run)	min/mi	(TOTAL)
David Holden/40/Hudson,WI	2	1/28	9:19	2:07	2:08	38:24	23.3	17:59	6:00	1:09:05
Mo Mouw/45/WhBrLake, MN	3	2/28	9:57	2:16	2:32	39:05	22.9	17:46	5:56	1:10:30
Jim Felling/30/River Falls,WI	6	4/50	12:39	2:53	2:03	40:51	21.9	18:24	6:08	1:15:07
Pat McCann/53/Hudson,WI	9	1/19	12:35	2:24	2:24	42:16	21.1	19:47	6:36	1:18:59
Kevin Rogers/47/Osceola,WI	15	4/28	15:22	3:30	2:00	43:51	20.4	18:04	6:02	1:21:49
Trent Johnson/37/Hudson,WI	17	9/50	13:55	3:10	2 :06	42:31	21.0	xx	xx	1:22:21
Brad Anez/38/New Richm,WI	18	10/50	13:53	3:10	2:31	45:03	19.8	19:47	6:36	1:22:26
Tim Huntley/39/Hudson,WI	20	12/50	11:12	2:33	2:28	45:31	19.6	xx	xx	1:23:27
Steve Gaffer/49/Hudson,WI	26	6/28	12:16	2:48	3:03	45:15	19.7	xx	xx	1:26:57
Dan Kirkpatrick/47/Hudson,WI	29	9/28	12:01	2:44	3:32	46:52	19.1	xx	xx	1:28:00
Chas Barrette/37/Houlton,WI	34	19/50	15:07	3:27	3:08	43:21	20.6	25:33	8:31	1:28:45
Doug Wynveen/52/Osceola,WI	36	5/19	17:48	4:03	2:51	45:31	19.6	20:34	6:52	1:29:10
Mike Runnheim/43/Houlton,WI	45	14/28	xx	xx	xxx	50:51	17.8	21:23	7:08	1:32:33
Nathan Brine/23/Hudson,WI	47	5/10	16:03	3:39	2:33	49:05	18.1	22:35	7:32	1:32:49
Rick Wheeler/58/RiverFalls,WI	62	9/19	16:51	3:50	2:51	50:01	17.8	24:55	8:19	1:39:01
Wally Milbrath/54/Hudson,WI	64	10/19	14:58	3:25	3:15	51:51	17.2	xx	xx	1:39:16
Fred Roethlisberger/66/RF,WI	69	1/4	16:14	3:42	xxx	52:06	17.1	26:04	8:42	1:41:23

Sprint Distance (.4mi swim / 14.9mi bike / 3.1mi run)**Women**

	PLACE	PLACE	TIME	PACE	TIME	TIME	SPEED	TIME	PACE	TIME
NAME/ AGE/ HOME	overall	age group	(swim)	100/yd	(hill)	(bike)	mph	(run)	min/mi	(TOTAL)
Suzann Mouw/45/WhBLake,MN	3	2/33	11:56	2:43	3:15	45:47	19.5	22:42	7:34	1:25:28
Carolyn Milbrath/51/Hudson,WI	4	1/7	13:01	2:58	3:05	48:13	18.5	xx	xx	1:31:06
Cheryl Barker/40/Hudson,WI	10	4/33	15:24	3:30	3:10	48:06	18.5	xx	xx	1:35:59
Cindy Tiedke/51/RiverFalls,WI	11	2/7	20:33	4:41	2:51	46:51	18.9	23:32	7:51	1:36:23
Joan Nyhus/45/Roberts,WI	18	6/33	15:40	3:34	3:26	53:22	16.6	20:28	6:50	1:38:17

	PLACE	PLACE	TIME	PACE	TIME	TIME	SPEED	TIME	PACE	TIME
NAME/ AGE/ HOME	overall	age group	(swim)	100/yd	(hill)	(bike)	mph	(run)	min/mi	(TOTAL)
Karen Sorensen/48/Woodbry,MN	29	12/33	16:49	3:50	3:06	55:54	16.0	23:46	7:56	1:43:09
Connie Foster/58/RiverFalls,WI	37	4/7	17:24	3:58	3:15	54:24	16.3	27:39	9:13	1:46:26
Anne Anez/37/New Richmnd,WI	39	15/37	18:02	4:06	3:33	52:24	17.0	27:55	9:19	1:47:34
Jill McCarthy/45/Hudson,WI	45	16/33	25:12	5:44	2:51	52:58	16.7	24:48	8:16	1:49:44
Megan Westhoff/32/Roberts,WI	49	19/37	20:58	4:46	3:36	58:41	15.2	25:41	8:34	1:52:05
Cornelia Larson/57/River Falls,WI	54	5/7	20:58	4:46	3:14	58:41	17.1	25:41	8:34	1:52:52

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Team

	PLACE	TIME	PACE	TIME	TIME	SPEED	TIME	PACE	TIME
NAME/ AGE/ HOME	overall	(swim)	100/yd	(hill)	(bike)	mph	(run)	min/mi	(TOTAL)
Team Jim Caspers(Hudson)	8/23	19:26	4:25	4:52	48:40	16.0	20:33	6:51	1:35:08