

LibertyTriathlon- Lake Independence, MN Saturday June 13, 2009**Olympic Distance (1.5 km swim / 40 km bike / 10 km 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>
David Runk /41/Hudson WI	156	22/26	35:38	2:11	1:18:48	19.08	58:09	9:22	2:57:48

Half Iron Distance (1.2 mi swim / 56 mi bike / 13.1 mi 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>
Thomas Krenz/48/Chisago,MN	16	1/25	32:17	1:32	2:31:07	22.2	1:30:17	6:54	4:36:41
Patrick McCann/48/Hudson,WI	58	1/25	35:24	1:41	2:42:00	20.7	1:47:43	8:14	5:08:29
Kelly McCann/48/Hudson,WI	60	1/2	31:40	1:30	2:48:02	20.0	1:48:40	8:18	5:11:14

Elkart Lake Tri, Elkhart Lake Wi Saturday June 13, 2009**Sprint distance**

<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>
Jill Bakalich/42/Prescott WI	289	25/42	6:43	-	50:43	-	37:55	-	1:42:36

Trinona, Winona MN Sunday June 14, 2009**Olympic (1.5 km swim / 40 km bike / 10 km 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>
Aaron Marx/32/Hudson WI	61	9/12	26:17	1:37	1:26:50	18.0	1:06:01	10:38	3:04:07