

Manitou Sprint Triathlon- White Bear Lake, MN Sunday June 14, 2009**Sprint Distance (.5 mi swim / 13.5 bike / 3 mi run)**

NAME/ AGE/ HOME	PLACE overall	PLACE age group	TIME (swim)	PACE 100/yd	TIME (bike)	SPEED mph	TIME (run)	PACE min/mi	TIME (TOTAL)
Mont.Mouw/ 46/ Wh Br Lk MN	8	8/22	11:35	1:19	32:39	24.8	17:43	5:55	1:04:04
Tim Huntley/ 39/ Hudson WI	37	8/36	13:12	1:30	38:57	20.8	21:27	7:09	1:16:44
Mike McCann/ 56/ Eden Pr. MN	57	3/12	16:14	1:54	38:11	21.2	21:41	7:14	1:19:51
Dan Kirkpatrick/ 48/ Hudson WI	60	5/20	13:01	1:29	40:32	20.0	23:14	7:45	1:20:08
DougWynveen/ 53/ Osceola WI	77	11/20	20:44	2:22	36:20	22.3	21:12	7:04	1:22:58
Carolyn Milbrath/ 52/ Osceola WI	26F	2/6	14:46	1:41	41:51	19.4	25:09	8:23	1:25:10
Rick Wheeler/ 58/ River Falls WI	102	5/12	18:29	2:07	41:26	19.5	23:52	7:58	1:27:53
Cindy Tiedke/ 51/ River Falls WI	61F	4/6	22:43	2:35	39:56	20.3	23:55	7:59	1:32:17
Wally Milbrath/ 54/ Hudson WI	131	17/20	17:29	2:00	44:52	18.1	27:06	9:02	1:34:13
Tom Meyer/ 65/ Hudson WI	138	1/3	23:04	2:38	41:24	19.6	26:24	8:48	1:35:28
Lisa Wheeler/ 58/ River Falls WI	77F	2/6	20:06	2:17	44:03	18.4	26:58	9:00	1:37:09
Fred Roethlisberger/ 66/ Rvr Fls WI	152	3/3	19:23	2:13	44:49	18.1	26:06	8:42	1:38:03
Connie Foster/ 59/ River Falls WI	86F	3/6	20:19	2:19	46:33	17.4	25:58	8:40	1:39:32
Doran O'Brien/ 38/ Scandia MN	183	36/36	31:52	3:38	48:58	16.5	35:14	11:45	2:05:13

<http://www.pigmantri.com/jmsracing/results09/man09b.html>