

**YWCA WOMENS TRIATHLON**  
**Baker Park - Maple Plain, Minnesota, August 16, 2009**  
**500 Yard Swim - 15 Mile Bike - 5K Run**

Pl	Div/Tot	Name	Age	City	Swim	100yd	T1	Bike	MPH	T2	Run	Pace	Finish
67	98	Jill Bakalich	42	Prescott WI	11:56	2:24	3:56	1:01:34	14.6	3:48	44:20	14:16	2:05:32

**PIGMAN LONG COURSE TRIATHLON**  
**August 16, 2009**  
**Pleasant Creek Recreation Area, Palo, Iowa**  
**1.2M Swim, 56M Bike, 13.1M Run**

Pl	Div/Tot	Name	Age	City	Swim	100yd	T1	Bike	MPH	T2	Run	Pace	Finish
13	20Elite	JimKelley/48/Centuria		WI	34:31	1:39	2:35	2:30:13	22.4	1:28	1:32:07	7:02	4:40:52
20	20 Elite	Tom Krenz /48 /Chisago		MN	30:32	1:27	2:29	2:37:58	21.3	1:46	2:04:14	9:29	5:16:56
6	16	Suzann Mouw 46		Wh Br Lk MN	32:10	1:32	2:45	2:55:21	19.2	1:42	2:05:21	9:35	5:37:16
4	14	Rick Wheeler /58 /River Falls		WI	41:48	1:59	3:44	3:05:30	18.1	4:26	2:10:09	9:57	6:05:35
15	16	Wally Milbrath /54 /Hudson		WI	41:50	1:59	3:07	3:21:58	16.6	3:26	2:56:39	13:30	7:06:58