

**SQUARE LAKE TRIATHLON LONG COURSE**  
**Square Lake Park - Stillwater, MN, September 13, 2009**  
**1.2 Mile Swim - 56 Mile Bike - 13 Mile Run**

PI	Div/Tot	Name /Age /City	Swim	100yd	T1	Bike	MPH	T2	Run	Pace	Finish
4	1/25	Jim Felling /30/River Falls WI	31:22	1:40	1:34	2:24:21	23.3	0:45	1:34:53	7:18	4:32:54
109	1/2	Joan Nyhus / 45/Roberts WI	37:15	1:58	4:49	3:08:55	17.8	1:58	1:49:58	8:28	5:42:52

**SQUARE LAKE TRIATHLON SHORT COURSE**  
**Square Lake Park - Stillwater, MN, September 12, 2009**  
**1/2 Mile Swim - 17 Mile Bike - 5 Mile Run**

PI	Div/Tot	Name /Age /City	Swim	100yd	T1	Bike	MPH	T2	Run	Pace	Finish
175	26/37	Jim Caspers/ 42/Hudson WI	16:36	33:11	3:08	51:56	20.2	1:39	47:12	9:27	2:00:28
217	1/5	Fr. Roethlisberger/ 66/Rvr Fls WI	18:14	36:28	3:15	54:59	19.1	2:48	45:48	9:10	2:05:03
307	4/7	Cornelia Larson /57/Hudson WI	20:06	40:12	3:52	59:12	17.7	2:10	55:06	11:02	2:20:23

**ONE LAST TRI**  
**Big Marine Lake Park**

PI	Div/Tot	Name Age City	Swim	100yd	T1	Bike	MPH	T2	Run	Pace	Finish
5		Steve Gaffer/49/Nw Richmd WI	0:08:58	1:49	1:30	0:39:48	21.48	0:50	0:24:48	7:54	1:15:34