

TIMBERMAN TRIATHLON

July 11, 2009

Ruttger's Sugar Lake Lodge, Grand Rapids, Minnesota

(International Distance Course)

1 Mile Swim, 23.8 Mile Bike, 6 Mile Run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>pace</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
Patrick McCann/54/Hudson,WI	21/80	1/6	23:17	1:20	1:33	1:07:08	21.3	1:00	42:55	7:10	2:15:52
Kelly McCann/ 23/Hudson,WI	4/37	1/4	20:40	1:11	1:23	1:11:00	20.1	1:08	46:29	7:45	2:20:39
Michael Colaizy/59/Osceola,WI	35/80	4/8	29:56	1:43	1:52	1:06:34	21.5	1:02	44:29	7:25	2:23:52
Steve Gaffer/49/ New Richmond,WI	44 /80	2/8	23:07	1:19	2:02	1:10:35	20.2	1:14	50:51	8:29	2:27:46
Mike McCann /56/ Eden Prairie,MN	45/80	5/8	27:28	1:34	1:52	1:10:43	20.2	0:55	47:53	7:59	2:28:50
Carolyn Milbrath/52/Hudson,WI	18/37	1/5	24:11	1:23	1:28	1:17:11	18.5	1:15	52:40	8:47	2:36:43
Rick Wheeler/58/River Falls,WI	60/80	7/8	29:37	1:41	1:55	1:16:57	18.6	1:21	52:15	8:43	2:42:03
Walter Milbrath/54/Hudson,WI	70/80	5/6	27:11	1:33	2:11	1:22:21	17.3	1:07	57:02	9:31	2:51:49
Doran O'Brien/38/Scandi,MN	80/80	17/17	51:46	2:57	2:45	1:26:42	16.5	2:04	1:18:21	13:04	3:41:37

RECEIVED A PENALTY

Walter Milbrath Hudson WI 2:00 min. 5.10a rule for Drafting !!

TIMBERMAN TRIATHLON

July 11, 2009

Ruttger's Sugar Lake Lodge, Grand Rapids, Minnesota

(Sprint Distance Course)

.3 Mile Swim, 10.8 Mile Bike, 3 Mile Run

<u>Name/age/ home</u>	<u>overall</u>	<u>div.</u>	<u>swim</u>	<u>pace</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
James Kelley/48/Centuria,WI	3/116	1/15	9:49	1:42	1:29	28:10	23.0	0:56	18:14	6:05	58:36
Male Masters Champion!											

<http://www.pigmantri.com/jmsracing/results09/tim09b.html>