

**PIGMAN LONG COURSE TRIATHLON**  
**August 21, 2011**  
**Pleasant Creek Recreation Area, Palo, Iowa**

1.2M Swim, 56M Bike, 13.1M Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	SWIM time	100 yds	T1 time	BIKE time	BIKE mph	T2 time	Run time	Run pace	TOTAL TIME
36	8/59	John Sosniecki	River Falls	WI	44	36:52	1:45	2:56	2:18:04	24.3	1:13	1:41:22	7:45	4:40:25
125	3/16	Suzann Mouw	Wh Bear Lk	MN	48	32:22	1:32	2:30	2:38:08	21.2	1:51	1:54:52	8:47	5:09:40
185	28/59	Tim Huntley	Hudson	WI	41	30:01	1:26	2:56	2:43:29	20.6	1:39	2:07:35	9:45	5:25:38
461	37/43	John Meyer	Lake Elmo	MN	47	53:35	2:33	3:35	3:07:17	17.9	4:46	2:40:08	12:14	6:49:20

<http://www.pigmantri.com/pigman-long/results/pig211b.html>