

ST. PAUL TRIATHLON

St. Paul, MN - Lake Phalen Regional Park, August 21, 2011

Sprint .5M-20K-5K & International 1M-40K-10K (SHORT COURSE RESULTS)

| <u>Place</u> | <u>Div/Tot</u> | <u>Name</u> | <u>Age</u> | <u>City</u> | <u>St</u> | <u>Rank</u> | <u>Swim</u> | <u>Pace</u> | <u>T1</u> | <u>Rank</u> | <u>Bike</u> | <u>Rate</u> | <u>T2</u> | <u>Rank</u> | <u>Run</u> | <u>Pace</u> | <u>Finish</u> |
|--------------|----------------|-----------------|------------|-------------|-----------|-------------|-------------|-------------|-----------|-------------|-------------|-------------|-----------|-------------|------------|-------------|---------------|
| 11 | 2/16 | Dana Phillips | 40 | Oakdale | MN | 44 | 14:07 | 1:37 | 1:30 | 70 | 35:03 | 20.5 | 1:14 | 96 | 24:23 | 7:52 | 1:16:16 |
| 54 | 5/10 | Cathl McGinnity | 45 | Luck | WI | 208 | 19:08 | 2:11 | 2:06 | 168 | 38:45 | 18.6 | 1:03 | 175 | 27:12 | 8:47 | 1:28:12 |

<http://www.frontrunnerusa.com/wp-content/uploads/2011/02/stpaultrilsprint2011results.txt>