

**SQUARE LAKE TRIATHLON LONG COURSE**

Square Lake Park - Stillwater, MN, September 11, 2011

1.2 Mile Swim - 54 Mile Bike - 13 Mile Run

Pl	Div/Tot	Name	Age	City/ St	Rank	Swim	100yd	T1	Rank	Bike	Rate	T2	Rank	Run	Pace	Finish
9	3/4	Tom Krenz	E 50						17	2:29:40	21.6	0:59	25	109:36	8:26	4:39:41
164	3/3	Cindy Tiedke	53	River Falls WI	173	42:40	2:23	5:32	140	3:12:51	16.8	3:44	149	168:11	12:57	6:52:56

**SQUARE LAKE TRIATHLON SHORT COURSE**

Square Lake Park - Stillwater, MN, September 10, 2011

1/2 Mile Swim - 18 Mile Bike - 5 Mile Run

Pl	Div/Tot	Name	Age	City/ St	Rank	Swim	100yd	T1	Rank	Bike	Rate	T2	Rank	Run	Pace	Finish
83	11/24	Steve Gaffer	51	N. RichmondWI	1	13:01	1:29	1:37	9	49:27	21.8	1:10	13	43:23	8:41	1:48:36

<http://www.frontrunnerusa.com/wp-content/uploads/2011/02/squarelakelongresults2011.txt><http://www.frontrunnerusa.com/wp-content/uploads/2011/02/squarelakeshortresults2011.txt>