

Moose Lake Triathlon

.4 mile swim-12.5 mi bike-3.4 mi run
Moose Lake, MN 7/25/2015

Plc	plc/div	Name	Age	City	St	Swim	min/100	T1	Bike	mph	T2	Run	min/mi	Finish
5/62	2/5	Mike Reinhart	40-49	StPaul	MN	08:55	1:53	1:43	0:37:28	19.9	0:57	0:23:28	6:54	1:12:28

<http://www.duluthrunning.com/wp-content/uploads/2015/07/Triathlon2.html>

Shell Lake Triathlon

.25 mile swim-17 mi bike-3.8 mi run
Shell Lake, WI 7/25/2015

Plc	plc/div	Name	Age	City	St	Swim	min/100	T1	Bike	mph	T2	Run	min/mi	Finish
9/77	2/10	Mark Bittner	49	Bruce	WI	8:48	1:31	1:18	40:09	22.4	0:32	24:42	7:04	1:15:26
2/56	1/7	Nicole Finstad	41	Birchwood	WI	9:14	1:36	1:04	43:47	20.6	0:28	26:05	7:27	1:20:37

<http://www.frontrunnerusa.com/wp-content/uploads/2015/07/shellaketriresults20151.txt>