

Liberty Triathlon-Olympic

Lake Rebecca, Rockford, MN - June 9th, 2012

1.5K Swim, 40K Bike, 10K Run

Plc	Div/Tot	Name	Age	City	St	Rank	Swim	100yd	T1	Rank	Bike	mph	T2	Rank	Run	mi/min	Finish
1	1/19	David Holden	43	No Hudson	WI	1	19:38	1:12	0:48	3	54:16	28.7	0:30	6	38:21	6:11	1:53:32

Liberty Triathlon- Half Ironman

Lake Rebecca, Rockford, MN - June 9th, 2012

1.2 Mile Swim - 56 Mile Bike - 13.1 Mile Run

Plc	Div/Tot	Name	Age	City	St	Rank	Swim	100yd	T1	Rank	Bike	mph	T2	Rank	Run	mi/min	Finish
21	3/31	John Sosniecki	45	RiverFalls	WI	135	38:48	1:51	1:38	13	2:24:24	23.3	0:59	40	1:44:58	8:01	4:50:44
223	29/31	John Meyer	48	Lake Elmo	MN	264	1:01:20	2:55	2:53	202	3:05:45	18.1	2:14	200	2:25:17	11:06	6:37:27

EAU CLAIRE TRIATHLON

Halfmoon Park - Eau Claire, WI - June 10, 2012

500 Meter Swim - 17 Mile Bike - 5K Run

Plc	Div/Tot	Name	Age	City	St	Rank	Swim	100yd	T1	Rank	Bike	mph	T2	Rank	Run	mi/min	Finish
2	2/32	Monty Mouw	48	WhBearLk	MN	1	5:10	0:57	0:40	4	42:28	24.0	0:33	7	21:03	6:48	1:09:51
18	1/16	Suzann Mouw	48	WhBearLk	MN	20	5:58	1:06	1:03	20	48:15	21.1	0:46	38	23:50	7:42	1:19:48
38	4/26	Nicole Finstad	38	Birchwood	WI	68	7:11	1:19	1:10	42	51:51	19.7	0:41	46	24:09	7:48	1:24:58
73	21/32	Eric Olson	42			144	8:52	1:38	1:37	61	53:48	19.0	1:22	91	27:09	8:46	1:32:45
201	26/26	Devon Brecke	30	Hudson	WI	89	7:44	1:25	3:09	196	1:21:58	12.4	1:47	195	38:42	12:30	2:13:18