

Trinona- Sprint

Winona, MN - 6/10/2012

1/4 Mile Swim - 11 Mile Bike - 3.1 Mile Run

| Plc | Div/Tot | Name | Age | City | St | Rank | Swim | 100yd | T1 | Rank | Bike | mph | T2 | Rank | Run | mi/min | Finish |
|-----|---------|--------------|-----|-------------|----|------|------|-------|------|------|-------|------|------|------|-------|--------|---------|
| 3 | 1/48 | Jim Felling | 34 | River Falls | WI | 20 | 6:10 | 1:25 | 1:01 | 1 | 28:18 | 23.3 | 0:56 | 3 | 18:57 | 6:07 | 55:21 |
| 56 | 3/32 | Meg.Westhoff | 35 | Hudson | WI | 48 | 6:54 | 1:35 | 1:43 | 97 | 36:04 | 18.3 | 1:37 | 41 | 22:56 | 7:24 | 1:09:13 |

Trinona- Olympic

Winona, MN - 6/10/2012

1.5K Swim, 28 Mile Bike, 10K Run

| Plc | Div/Tot | Name | Age | City | St | Rank | Swim | 100yd | T1 | Rank | Bike | mph | T2 | Rank | Run | mi/min | Finish |
|-----|---------|----------------|-----|---------|----|------|-------|-------|------|------|---------|------|------|------|---------|--------|---------|
| 98 | 2/10 | Doug Wynveen | 56 | Osceola | WI | 7 | 32:55 | 2:01 | 1:55 | 1 | 1:17:33 | 20.1 | 1:32 | 1 | 49:25 | 7:58 | 2:43:18 |
| 127 | 4/14 | Cheryl Barker | 43 | Hudson | WI | 3 | 27:51 | 1:42 | 2:09 | 2 | 1:20:01 | 19.5 | 2:00 | 7 | 56:43 | 9:08 | 2:48:43 |
| 130 | 1/2 | Mike Colaizy | 62 | Osceola | WI | 186 | 31:50 | 1:57 | 1:58 | 69 | 1:16:47 | 20.3 | 1:33 | 167 | 57:33 | 9:16 | 2:49:39 |
| 268 | 3/4 | Cath.McGinnity | 47 | Luck | WI | 4 | 37:52 | 2:19 | 2:38 | 4 | 1:46:01 | 14.7 | 3:38 | 3 | 1:08:54 | 11:06 | 3:39:01 |

"King of the Hill"- Trinona

| Plc-cat | Name | age | City | State | time |
|---------|-----------------|-----|---------|-------|------|
| 103-M | Doug Wynveen | 56 | Osceola | WI | 9:12 |
| 16-F | Cheryl Barker | 43 | Hudson | WI | 9:15 |
| 113-M | Michael Colaizy | 62 | Osceola | WI | 9:31 |