

SQUARE LAKE TRIATHLON LONG COURSE

Square Lake Park - Stillwater, MN, September 9, 2012

1.2 Mile Swim - 54 Mile Bike - 13 Mile Run

Pl	Div/Tot	Name	Age	City	St	Rank	Swim	100yd	T1	Rank	Bike	mph	T2	Rank	Run	min/mi	Finish
6	1/2	Tom Krenz	51	Chisago City	MN	10	32:05	1:47	1:50	13	2:32:19	21.3	1:33	10	1:32:08	7:06	4:39:54
8	3/7	Nicole Finstad	38	Birchwood	WI	9	39:04	2:11	2:41	9	2:57:38	18.2	1:02	8	1:51:48	8:36	5:32:11

<http://www.frontrunnerusa.com/wp-content/uploads/2011/02/squarelakelongresults121.txt>