

St Paul Triathlon



International 1M-40K-10K

Pl	Div/Tot	Name	Age	City	St	Swim	Pace	Trn.1	Bike	Rate	Trn.2	Run	Pace	Finish
1	1/7	Dave Holden	41	Hudson	WI	20:58	1:12	0:34	55:57	25.7	0:31	37:27	6:09	1:55:25
128	2/5	Rick Wheeler	59	River Falls	WI	33:32	3:49	2:00	1:13:12	19.7	1:18	52:10	8:33	2:42:09
156	1/3	Lisa Wheeler	59	River Falls	WI	36:27	4:09	2:03	1:17:06	18.7	1:47	55:17	9:04	2:52:38
170	2/3	Connie Foster	59	River Falls	WI	38:15	4:21	2:38	1:21:25	17.7	2:01	56:58	9:21	3:01:15
182	1/2	F. Roethlisberger	67	River Falls	WI	38:36	4:24	3:17	1:21:45	17.6	3:30	60:20	9:54	3:07:27

Sprint .5M-20K-5K

Pl	Div/Tot	Name	Age	City	St	Swim	Pace	Trn.1	Bike	Rate	Trn.2	Run	Pace	Finish
2/24		Eric Olson	35	Luck	WI	15:08	1:44	0:54	31:49	22.6	0:41	19:21	6:15	1:07:51
2/35		Dana Phillips	39	Woodbury	MN	16:17	1:51	2:02	36:13	19.9	1:19	26:09	8:27	1:21:58