

## Superiorman

Duluth, MN 8/24/14

Long Course Results- .9 mile swim/56 mile bike/13.1 mile run

| Pl  | Div  | Pl | Name             | Div    | City    | St | Plc | Swim  | min/100 | T1   | Plc | Bike    | MPH  | T2   | Plc | Run     | min/mi | Time    |
|-----|------|----|------------------|--------|---------|----|-----|-------|---------|------|-----|---------|------|------|-----|---------|--------|---------|
| 94  | 8/14 |    | Mike Reinhart    | M45-49 | St Paul | MN | 132 | 29:52 | 1:54    | 3:28 | 101 | 2:54:07 | 19.3 | 2:38 | 72  | 1:50:29 | 8:26   | 5:20:32 |
| 132 | 1/2  |    | Carolyn Milbrath | F55-59 | Hudson  | WI | 86  | 26:53 | 1:42    | 3:19 | 126 | 3:00:19 | 18.6 | 2:15 | 165 | 2:11:19 | 10:02  | 5:44:03 |
| 231 | 2/3  |    | CathIn McGinnity | F45-49 | Luck    | WI | 213 | 36:44 | 2:20    | 6:57 | 213 | 3:36:35 | 15.5 | 4:50 | 220 | 2:40:59 | 12:18  | 7:06:04 |

Short Course Results- .25 mile swim/35 mile bike/5.5 mile run

| Pl | Div | Pl | Name            | Div    | City      | St | Plc | Swim | min/100 | T1   | Plc | Bike    | MPH  | T2   | Plc | Run   | min/mi | Time    |
|----|-----|----|-----------------|--------|-----------|----|-----|------|---------|------|-----|---------|------|------|-----|-------|--------|---------|
| 50 | 3/3 |    | Walter Milbrath | M55-59 | Hudson    | WI | 39  | 6:12 | 0:43    | 4:10 | 50  | 2:09:21 | 16.4 | 2:13 | 53  | 65:12 | 11:39  | 3:27:05 |
| 54 | 3/4 |    | Tina Ducharme   | F50-54 | Ellsworth | WI | 66  | 8:38 | 0:59    | 5:54 | 60  | 2:21:11 | 15.0 | 4:26 | 28  | 51:04 | 9:07   | 3:31:11 |