

Trinona Triathlon- Olympic

Winona, MN - June 9th, 2013

1.5k Swim, 40k Bike, 10k mile Run

Plc	Div/plc	Name	Age	City	St	Swim	min/100	T1	Bike	mph	T2	Run	min/mi	Finish
90/229	8/24	Mike Reinhart	45	St. Paul	MN	32:00	1:58	3:12	1:20:16	18.6	1:50	43:55	7:06	2:41:11
95/229	1/5	Mike Colaizy	63	Osceola	WI	35:09	2:09	2:07	1:14:57	19.9	1:24	48:32	7:50	2:42:07
17/68	2/9	Cheryl Barker	44	Hudson	WI	29:58	1:50	2:29	1:18:43	18.9	1:43	49:25	7:59	2:42:17
33/68	2/2	Carolyn Milbrath	56	Hudson	WI	29:40	1:49	2:45	1:27:08	17.1	1:52	56:24	9:06	2:57:48
159/229	30/44	Steve O'Hara	39	Stillwater	MN	32:24	1:59	3:31	1:32:47	16.1	1:42	49:52	8:03	3:00:14
54/68	6/6	Cathleen McGinnity	48	Luck	WI	39:20	2:24	3:08	1:42:37	14.5	2:19	59:34	9:37	3:26:57

Trinona Triathlon- Sprint

Winona, MN - June 9th, 2013

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

Plc	Div/plc	Name	Age	City	St	Swim	min/100	T1	Bike	mph	T2	Run	min/mi	Finish
2/227	1/36	Jim Felling	35	River Falls	WI	6:50	1:17	1:10	30:00	22.0	1:03	18:50	6:05	:57:50
9/179	2/33	Meg Westhoff	36	Hudson	WI	8:11	1:52	2:09	36:02	18.3	2:22	22:03	7:07	1:10:45
51/179	9/33	Val Schuld	35	Nw Richmnd	WI	9:14	2:06	3:24	39:05	16.9	2:06	26:06	8:25	1:19:52
65/227	1/3	Lisa Wheeler	62	BloomIngtN	MN	9:59	2:17	3:18	40:38	16.2	2:41	26:35	8:35	1:23:10
155/227	4/9	Rick Wheeler	62	River Falls	WI	9:46	2:14	3:50	39:30	16.7	2:30	29:39	9:34	1:25:13
158/227	6/14	Wally Milbrath	58	Hudson	WI	9:13	2:06	3:29	40:01	16.5	2:07	30:56	9:59	1:25:44

http://www.mtecreports.com/race/show/1495/2013_Trinona-Olympic_Individual_Results<http://www.mtecreports.com/race/show/1493>