

**OPTUM HEALTH TWIN CITIES TRIATHLON**

**(Olympic Distance Course)**

**July 24, 2011**

**Harriet Island, St. Paul, Minnesota**

1.2 Mile Swim, 25.13 Mile Bike, 6.2 Mile Run

<u>PL</u>	<u>Div</u>	<u>NAME</u>	<u>CITY</u>	<u>ST</u>	<u>Age</u>	<u>plc</u>	<u>SWIM</u> <u>time</u>	<u>100</u> <u>yds</u>	<u>T1</u> <u>time</u>	<u>plc</u>	<u>BIKE</u> <u>time</u>	<u>mph</u>	<u>T2</u> <u>time</u>	<u>plc</u>	<u>time</u>	<u>RUN</u> <u>pace</u>	<u>TOTAL</u> <u>TIME</u>
16	1/9	David Holden	Hudson	WI	42	2	15:19	0:44	1:02	35	1:11:26	21.1	0:46	12	40:52	6:36	2:09:24
79	1/7	Anne Salamone	Hudson	WI	27	82	20:28	0:59	1:43	87	1:24:17	17.9	1:04	73	52:47	8:31	2:40:17

<http://www.pigmantri.com/jmsracing/results11/twincetri11b.html>