

ST. PAUL TRIATHLON

Sunday, August 19, 2012

St. Paul, MN - Lake Phalen Regional Park

Sprint .5M-20K-5K & International 1M-40K-10K (LONG COURSE RESULTS)

Pl	Div/Tot	Name	Age	City	St	Rank	Swim	min/100	T1	Rank	Bike	mph	T2	Rank	Run	min/mi	Total
1	1/2	DaveHolden	43	No Hudson	WI	1	17:47	1:01	0:41	2	56:51	25.3	0:24	4	37:59	6:14	1:53:41
24	1	Connie Foster	61	River Falls	WI	27	31:10	3:33	2:38	30	1:27:14	16.6	1:36	20	56:35	9:17	2:59:11
66	2	Fr. Roethlisberg	69	River Falls	WI	62	34:51	3:58	2:53	67	1:28:48	16.2	2:56	62	59:34	9:42	3:09:01

<http://www.frontrunnerusa.com/our-events/results/stpaultriinternationalresults2012>
