Top Ten Adult Run 2008 Lakes to Pines Triathlon

	Team or Individual	Runner	City	State	5K Run	Run Pace
1	Hirt, Helm, & Jorgenson	Jay Jorgenson	Park Rapids	MN	0:18:58	06:07
2	Brian Maas		Plymouth	MN	0:21:43	07:00
3	Dan Bjorkstrand		Guthrie	MN	0:21:47	07:02
4	Ondracek, Puckropp, & Herzog	Larry Herzog	Park Rapids	MN	0:22:43	07:20
5	David Bjorklund		Park Rapids	MN	0:22:57	07:24
6	Mick Bakker		Moorhead	MN	0:23:02	07:26
7	Doug Wynveen		Osceola	WI	0:23:10	07:28
8	Randy Back		Superior	WI	0:23:14	07:30
9	Ryan Rogers		Bemidji	MN	0:24:40	07:57
10	Dave Benson		Park Rapids	MN	0:24:44	07:59