Top Ten Adult Run 2009 Lakes to Pines Triathlon

	Team or Individual	Runner	City	State	5K Run	Run Pace
1	Park Rapids Own Home Boys	Kenny Miller	Park Rapids	MN	0:16:31	05:20
2	TWO	Travis Rupp	Beatrice	NE	0:19:50	06:24
3	Craig Peterson		Minneapolis	MN	0:22:19	07:12
4	Eric Kaufman		Bemidji	MN	0:22:31	07:16
5	David Bjorklund		Park Rapids	MN	0:22:50	07:22
6	Brian Maas		Plymouth	MN	0:23:54	07:43
7	Lyle Goebel		Minnetonka	MN	0:24:07	07:47
8	Bert Hansen		Willmar	MN	0:24:32	07:55
9	Mike McCollor		Woodbury	MN	0:24:33	07:55
10	Gregg Trautwein		Fargo	ND	0:24:40	07:57