2009 lakes to pines adult age group overall results

	Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
	Male2024												
1	Casey Kramer	22	Fargo	ND	14:20	02:52	01:11	0:50:31	17.46	01:08	0:27:36	08:54	1:34:46
	Male2529												
1	Derrick Cruze	29	Willmar	MN	11:34	02:19	00:52	0:46:41	18.89	00:50	0:25:11	08:07	1:25:08
2	Ryan Rogers	29	Bemidji	MN	10:44	02:09	01:10	0:53:17	16.55	00:49	0:25:11	08:07	1:31:11
	Male3034												
1	Eric Kaufman	31	Bemidji	MN	12:14	02:27	01:29	0:45:37	19.34	02:19	0:22:31	07:16	1:24:10
2	Chris Godwin	33	Nevis	MN	14:50	02:58	01:00	0:48:36	18.15	01:41	0:27:29	08:52	1:33:36
3	Frode Tilden	32	Fargo	ND	13:59	02:48	00:32	0:53:58	16.34	02:13	0:27:49	08:58	1:38:31
	Male3539												
1	Bert Hansen	37	Willmar	MN	09:44	01:57	01:44	0:56:32	15.60	01:59	0:24:32	07:55	1:34:31
2	Wade Martin	36	Laporte	MN	10:22	02:04	01:11	0:54:47	16.10	02:19	0:30:07	09:43	1:38:46
	Male4044												
1	David Bjorklund	41	Park Rapids	MN	09:20	01:52	00:37	0:44:13	19.95	00:37	0:22:50	07:22	1:17:37
2	Stace Landwer	40	Gilbert	MN	09:03	01:49	02:08	0:54:04	16.31	01:33	0:25:38	08:16	1:32:26
	Male4549												
1	Craig Peterson	47	Minneapolis	MN	09:08	01:50	00:21	0:44:04	20.02	00:28	0:22:19	07:12	1:16:20
2	Brian Maas	48	Plymouth	MN	10:27	02:05	01:10	0:42:39	20.68	01:06	0:23:54	07:43	1:19:16
3	Lyle Goebel	47	Minnetonka	MN	12:31	02:30	00:58	0:49:44	17.73	00:48	0:24:07	07:47	1:28:08
4	Mike McCollor	45	Woodbury	MN	10:32	02:06	00:44	0:52:28	16.81	01:00	0:24:33	07:55	1:29:17
5	Thomas Cornell	49	Brooklyn Park	MN	14:07	02:49	01:03	0:54:42	16.12	01:44	0:35:56	11:35	1:47:32
	Male5054												
1	Gregg Trautwein	51	Fargo	ND	09:42	01:56	00:58	0:44:28	19.84	01:14	0:24:40	07:57	1:21:02

	Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
	Male6064												
1	Gary Kriesel	60	Park Rapids	MN	19:11	03:50	01:17	1:10:59	12.43	00:56	0:32:34	10:30	2:04:57
2	Arthur Bakker	60	Detroit Lakes	MN	17:30	03:30	01:10	1:32:13	09.56	01:46	0:44:15	14:16	2:36:54
	Female19&Under												
1	Calise Berger	17	Eagan	MN	14:54	02:59	01:49	1:06:11	13.33	01:24	0:28:28	09:11	1:52:46
2	Jelisa Phillippi	19	Moorhead	MN	15:48	03:10	00:33	1:08:28	12.88	00:34	0:38:22	12:23	2:03:45
	Female2024												
1	Danielle Cranston	24	Baxter	MN	12:45	02:33	00:48	1:22:52	10.64	00:42	0:30:52	09:57	2:07:59
2	Rachel Isaacs	21	St. Paul	MN	17:57	03:35	01:03	1:14:26	11.85	01:06	0:33:31	10:49	2:08:03
	Female2529												
1	Kelli Mooney	26	Fridley	MN	15:24	03:05	00:38	1:15:38	11.66	01:02	0:28:32	09:12	2:01:14
2	Rebecca Scraper	25	Park Rapids	MN	17:16	03:27	01:48	1:07:30	13.07	00:36	0:38:04	12:17	2:05:14
3	Amber Regan	26	Minneapolis	MN	15:29	03:06	00:36	1:15:53	11.62	00:39	0:32:45	10:34	2:05:22
	Female3034												
1	Lynn Just	33	Park Rapids	MN	13:14	02:39	00:26	1:00:24	14.60	00:35	0:27:58	09:01	1:42:37
2	Shelly Ulvin	34	Park Rapids	MN	15:08	03:02	01:06	1:10:36	12.49	01:05	0:29:53	09:38	1:57:48
3	Sarah Girtz	32	Park Rapids	MN	15:33	03:07	01:05	1:13:56	11.93	00:41	0:30:34	09:52	2:01:49
4	Miranda Graceffa	30	Zimmerman	MN	14:31	02:54	00:43	1:11:59	12.25	00:49	0:36:59	11:56	2:05:01
5	Sarah Leschinsky	34	Maple Grove	MN	16:54	03:23	00:58	1:28:37	09.95	01:04	0:28:50	09:18	2:16:23
	Female4044												
1	Angie Walther	40	Park Rapids	MN	10:42	02:08	00:43	0:58:52	14.98	01:06	0:24:47	08:00	1:36:10
2	Patty Jaeger	43	Vergas	MN	12:02	02:24	00:33	0:59:01	14.94	00:54	0:25:39	08:16	1:38:09
3	Kelly McConkey	40	Baxter	MN	16:36	03:19	00:45	1:12:22	12.19	00:50	0:35:05	11:19	2:05:38
4	Kathleen Murphy	40	Minneapolis	MN	18:58	03:48	00:50	1:10:44	12.47	03:36	0:42:31	13:43	2:16:39
	Female4549												
1	Brenda Cornell	47	Brooklyn Park	MN	14:50	02:58	01:41	0:59:44	14.77	01:24	0:29:29	09:31	1:47:08

	Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
	MaleRelay												
1	Park Rapids Own Home Boys		Park Rapids	MN	06:52	01:22	00:18	0:48:13	18.29	00:09	0:16:31	05:20	1:12:03
2	The Naturals		Minnetonka	MN	06:40	01:20	00:20	0:57:41	15.29	00:46	0:26:08	08:26	1:31:35
	CoEdRelay												
1	TWO		Beatrice	NE	10:24	02:05	00:19	0:42:50	20.59	00:23	0:19:50	06:24	1:13:46
2	Two Mavericks and a Boxer		Park Rapids	MN	07:08	01:26	00:24	0:51:09	17.24	00:13	0:24:52	08:01	1:23:46
3	Master Yoda		Fargo	ND	07:28	01:30	00:18	0:51:49	17.02	00:14	0:28:24	09:10	1:28:13
4	Cobbers & Huskers		Park Rapids	MN	07:44	01:33	00:32	1:09:01	12.78	00:21	0:25:44	08:18	1:43:22