

2010 Lakes to Pines Adult Overall Results

| | Report Name | Age | City | State | Swim | Swim Pace | Transition 1 | Bike | Bike Pace | Transition 2 | Run | Run Pace | Total |
|----|------------------|-----|----------------|-------|-------|-----------|--------------|---------|-----------|--------------|-------|----------|---------|
| 1 | Mike Fretland | 35 | Bismarck | ND | 07:10 | 0:01:26 | 00:51 | 0:37:53 | 23.28 | 00:55 | 18:41 | 06:02 | 1:05:30 |
| 2 | David Lewis | 35 | Nevis | MN | 07:47 | 0:01:33 | 01:19 | 0:37:09 | 23.74 | 00:47 | 18:52 | 06:05 | 1:05:54 |
| 3 | Eric Carder | 30 | Breezy Point | MN | 07:26 | 0:01:29 | 00:58 | 0:39:12 | 22.50 | 00:29 | 19:52 | 06:25 | 1:07:57 |
| 4 | Dan Bjorkstrand | 46 | Guthrie | MN | 07:41 | 0:01:32 | 01:06 | 0:38:44 | 22.77 | 00:36 | 20:15 | 06:32 | 1:08:22 |
| 5 | Brian Maas | 49 | Plymouth | MN | 07:49 | 0:01:34 | 00:51 | 0:39:06 | 22.56 | 00:51 | 20:45 | 06:42 | 1:09:22 |
| 6 | Chris O'Kane | 38 | Wadena | MN | 08:29 | 0:01:42 | 01:22 | 0:39:57 | 22.08 | 00:46 | 20:30 | 06:37 | 1:11:04 |
| 7 | Neil King | 60 | Nevis | MN | 07:53 | 0:01:35 | 00:48 | 0:40:04 | 22.01 | 00:26 | 22:13 | 07:10 | 1:11:24 |
| 8 | Lyle Goebel | 48 | Minnetonka | MN | 07:42 | 0:01:32 | 02:24 | 0:38:54 | 22.67 | 01:00 | 23:02 | 07:26 | 1:13:02 |
| 9 | Dave Gaukler | 53 | Fargo | ND | 08:02 | 0:01:36 | 01:09 | 0:40:06 | 22.00 | 00:35 | 23:59 | 07:44 | 1:13:51 |
| 10 | Casey English | 32 | St. Paul | MN | 07:45 | 0:01:33 | 01:25 | 0:42:01 | 20.99 | 00:49 | 22:26 | 07:14 | 1:14:26 |
| 11 | Dustin Skarda | 31 | South St. Paul | MN | 08:32 | 0:01:42 | 01:11 | 0:41:38 | 21.18 | 00:52 | 22:22 | 07:13 | 1:14:35 |
| 12 | Ben Bruce | 26 | Fosston | MN | 09:24 | 0:01:53 | 01:15 | 0:43:42 | 20.18 | 00:50 | 19:28 | 06:17 | 1:14:39 |
| 13 | Ryan Rogers | 30 | Bemidji | MN | 08:50 | 0:01:46 | 00:52 | 0:41:20 | 21.34 | 00:34 | 24:12 | 07:48 | 1:15:48 |
| 14 | The Naturals | | Park Rapids | MN | 05:45 | 0:01:09 | 00:54 | 0:50:33 | 17.45 | 00:13 | 19:20 | 06:14 | 1:16:45 |
| 15 | Chris Godwin | 35 | Nevis | MN | 09:54 | 0:01:59 | 02:14 | 0:39:56 | 22.09 | 01:00 | 25:25 | 08:12 | 1:18:29 |
| 16 | Jason Dohm | 41 | Milaca | MN | 07:21 | 0:01:28 | 02:07 | 0:42:44 | 20.64 | 00:32 | 25:48 | 08:19 | 1:18:32 |
| 17 | Robert Treuer | 44 | Grand Forks | ND | 08:35 | 0:01:43 | 01:17 | 0:42:56 | 20.54 | 01:17 | 24:55 | 08:02 | 1:19:00 |
| 18 | Steve Redman | 35 | Dayton | MN | 07:52 | 0:01:34 | 03:07 | 0:43:13 | 20.41 | 00:49 | 25:04 | 08:05 | 1:20:05 |
| 19 | Bodacious Trio | | Park Rapids | MN | 06:02 | 0:01:12 | 00:37 | 0:53:25 | 16.51 | 00:10 | 19:55 | 06:25 | 1:20:09 |
| 20 | Casey Kramer | 23 | Grand Forks | ND | 08:16 | 0:01:39 | 01:55 | 0:41:57 | 21.03 | 01:19 | 28:06 | 09:04 | 1:21:33 |
| 21 | Kailee Fretland | 29 | Bismarck | ND | 08:36 | 0:01:43 | 02:27 | 0:45:25 | 19.42 | 01:01 | 24:37 | 07:56 | 1:22:06 |
| 22 | Dad Daughter Duo | | St. Cloud | MN | 09:56 | 0:01:59 | 00:46 | 0:45:02 | 19.59 | 00:50 | 25:33 | 08:15 | 1:22:07 |
| 23 | Dan Dean | 50 | Cokato | MN | 06:42 | 0:01:20 | 01:51 | 0:41:39 | 21.18 | 00:09 | 32:06 | 10:21 | 1:22:09 |

| | Report Name | Age | City | State | Swim | Swim Pace | Transition 1 | Bike | Bike Pace | Transition 2 | Run | Run Pace | Total |
|----|------------------|-----|----------------|-------|-------|-----------|--------------|---------|-----------|--------------|-------|----------|---------|
| 24 | Thomas Halonen | 36 | Sebeka | MN | 10:27 | 0:02:05 | 03:16 | 0:42:42 | 20.66 | 00:51 | 25:49 | 08:20 | 1:23:05 |
| 25 | Mark Hagen | 58 | Dilworth | MN | 09:35 | 0:01:55 | 01:41 | 0:44:02 | 20.03 | 01:02 | 26:59 | 08:42 | 1:23:19 |
| 26 | Frode Tilden | 33 | Fargo | ND | 10:49 | 0:02:10 | 02:18 | 0:43:08 | 20.45 | 02:07 | 25:18 | 08:10 | 1:23:40 |
| 27 | Jayme Simon | 39 | Mound | MN | 08:26 | 0:01:41 | 01:05 | 0:47:39 | 18.51 | 00:56 | 25:47 | 08:19 | 1:23:53 |
| 28 | Troy Craven | 41 | Grand Forks | ND | 08:54 | 0:01:47 | 01:55 | 0:45:38 | 19.33 | 00:30 | 26:59 | 08:42 | 1:23:56 |
| 29 | Patty Jaeger | 44 | Vergas | MN | 09:30 | 0:01:54 | 02:00 | 0:46:45 | 18.87 | 00:48 | 24:57 | 08:03 | 1:24:00 |
| 30 | Jim McCormack | 52 | Detroit Lakes | MN | 09:10 | 0:01:50 | 03:13 | 0:43:18 | 20.37 | 00:46 | 27:47 | 08:58 | 1:24:14 |
| 31 | Trevor Helmers | 28 | New Hope | MN | 09:08 | 0:01:50 | 01:51 | 0:48:00 | 18.38 | 00:21 | 25:08 | 08:06 | 1:24:28 |
| 32 | Tina Robin | 37 | Nevis | MN | 08:55 | 0:01:47 | 01:35 | 0:47:41 | 18.50 | 01:01 | 25:31 | 08:14 | 1:24:43 |
| 33 | Angela Tangen | 31 | Fargo | ND | 08:45 | 0:01:45 | 01:38 | 0:47:08 | 18.71 | 01:05 | 27:06 | 08:45 | 1:25:42 |
| 34 | Mitchel Schwindt | 38 | Bemidji | MN | 10:54 | 0:02:11 | 01:57 | 0:48:40 | 18.12 | 00:26 | 24:16 | 07:50 | 1:26:13 |
| 35 | David Goebel | 20 | Minnetonka | MN | 08:23 | 0:01:41 | 02:10 | 0:48:30 | 18.19 | 00:39 | 26:41 | 08:36 | 1:26:23 |
| 36 | Robert Kramer | 50 | Grand Forks | ND | 10:35 | 0:02:07 | 02:34 | 0:46:53 | 18.81 | 01:22 | 25:38 | 08:16 | 1:27:02 |
| 37 | Team Kuehn | | Park Rapids | MN | 07:16 | 0:01:27 | 00:41 | 0:52:46 | 16.72 | 00:28 | 26:00 | 08:23 | 1:27:11 |
| 38 | Shaun Jamison | 43 | St. Louis Park | MN | 09:20 | 0:01:52 | 02:30 | 0:48:34 | 18.16 | 01:23 | 25:33 | 08:15 | 1:27:20 |
| 39 | Rick Hans | 62 | Brainerd | MN | 09:33 | 0:01:55 | 01:56 | 0:46:44 | 18.87 | 01:32 | 28:03 | 09:03 | 1:27:48 |
| 40 | James Redman | 28 | Monticello | MN | 08:49 | 0:01:46 | 01:36 | 0:45:06 | 19.56 | 01:02 | 31:27 | 10:09 | 1:28:00 |
| 41 | John Smith | 59 | Nevis | MN | 08:49 | 0:01:46 | 02:15 | 0:49:21 | 17.87 | 00:49 | 28:00 | 09:02 | 1:29:14 |
| 42 | Linda Belanger | 42 | Int'l Falls | MN | 12:10 | 0:02:26 | 02:29 | 0:50:07 | 17.60 | 01:01 | 23:44 | 07:39 | 1:29:31 |
| 43 | Justin Isaacson | 33 | Nevis | MN | 16:57 | 0:03:23 | 03:21 | 0:42:50 | 20.59 | 01:06 | 25:42 | 08:17 | 1:29:56 |
| 44 | Katie Stone | 17 | Staples | MN | 10:30 | 0:02:06 | 03:18 | 0:53:22 | 16.53 | 00:37 | 22:48 | 07:21 | 1:30:35 |
| 45 | Bruce Sutor | 48 | Rochester | MN | 09:39 | 0:01:56 | 05:14 | 0:45:01 | 19.59 | 01:24 | 29:59 | 09:40 | 1:31:17 |
| 46 | Brenda Cornell | 48 | Brooklyn Park | MN | 11:42 | 0:02:20 | 03:04 | 0:49:08 | 17.95 | 01:27 | 27:12 | 08:46 | 1:32:33 |
| 47 | Brent Rolf | 27 | Elk River | MN | 09:03 | 0:01:49 | 02:02 | 0:50:50 | 17.35 | 00:37 | 32:13 | 10:24 | 1:34:45 |
| 48 | Thomas Cornell | 50 | Brooklyn Park | MN | 10:22 | 0:02:04 | 01:16 | 0:46:50 | 18.83 | 02:14 | 36:01 | 11:37 | 1:36:43 |

| | Report Name | Age | City | State | Swim | Swim Pace | Transition 1 | Bike | Bike Pace | Transition 2 | Run | Run Pace | Total |
|----|----------------------------------|-----|----------------|-------|-------|-----------|--------------|---------|-----------|--------------|-------|----------|---------|
| 49 | Hailey Hyatt | 22 | Int'l Falls | MN | 07:18 | 0:01:28 | 02:49 | 0:59:35 | 14.80 | 00:45 | 27:11 | 08:46 | 1:37:38 |
| 50 | Rob Stieglitz | 60 | Fargo | ND | 11:29 | 0:02:18 | 04:18 | 0:46:18 | 19.05 | 02:40 | 33:25 | 10:47 | 1:38:10 |
| 51 | Christopher Klein | 37 | New York Mills | MN | 11:44 | 0:02:21 | 02:32 | 0:52:02 | 16.95 | 01:48 | 30:30 | 09:50 | 1:38:36 |
| 52 | The Inlaws | | St. Cloud | MN | 14:04 | 0:02:49 | 01:00 | 0:54:51 | 16.08 | 00:49 | 28:03 | 09:03 | 1:38:47 |
| 53 | Ross Oliver | 26 | Moorhead | MN | 11:43 | 0:02:21 | 05:14 | 0:55:55 | 15.77 | 00:51 | 26:31 | 08:33 | 1:40:14 |
| 54 | Teri Simon Pegelow | 46 | Eagan | MN | 10:02 | 0:02:00 | 01:55 | 0:54:24 | 16.21 | 00:44 | 36:18 | 11:43 | 1:43:23 |
| 55 | Dillon Sisters | | Nevis | MN | 07:33 | 0:01:31 | 00:45 | 1:02:00 | 14.23 | 00:18 | 33:18 | 10:45 | 1:43:54 |
| 56 | Jill Dean | 45 | Cokato | Mn | 09:04 | 0:01:49 | 04:26 | 0:54:21 | 16.23 | 01:27 | 34:36 | 11:10 | 1:43:54 |
| 57 | Tavia Schumacher | 25 | Vergas | MN | 06:42 | 0:01:20 | 01:59 | 1:02:31 | 14.11 | 00:37 | 32:41 | 10:33 | 1:44:30 |
| 58 | Lisa Gustafson | 46 | Savage | MN | 10:23 | 0:02:05 | 03:17 | 0:56:52 | 15.51 | 01:23 | 32:38 | 10:32 | 1:44:33 |
| 59 | Kelley Kossan | 19 | Motley | MN | 08:29 | 0:01:42 | 05:10 | 1:00:12 | 14.65 | 00:43 | 30:44 | 09:55 | 1:45:18 |
| 60 | The Center for Weight Management | | Park Rapids | MN | 13:40 | 0:02:44 | 01:04 | 0:57:31 | 15.33 | 00:39 | 34:32 | 11:08 | 1:47:26 |
| 61 | Nikki Breitbach | 25 | Moorhead | MN | 07:38 | 0:01:32 | 02:10 | 1:06:39 | 13.23 | 00:45 | 31:19 | 10:06 | 1:48:31 |
| 62 | Christine Kirschbaum | 41 | Zimmerman | MN | 12:17 | 0:02:27 | 02:01 | 1:08:49 | 12.82 | 00:51 | 33:16 | 10:44 | 1:57:14 |
| 63 | Christine Steffen | 31 | Minneapolis | MN | 09:38 | 0:01:56 | 02:47 | 1:05:44 | 13.42 | 00:41 | 41:32 | 13:24 | 2:00:22 |

2010 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 | 23 | Grand Forks | ND | 08:16 | 01:39 | 01:55 | 0:41:57 | 21.03 | 01:19 | 0:28:06 | 09:04 | 1:21:33 |
| 2 David Goebel | 20 | Minnetonka | MN | 08:23 | 01:41 | 02:10 | 0:48:30 | 18.19 | 00:39 | 0:26:41 | 08:36 | 1:26:23 |
| Male2529 | | | | | | | | | | | | |
| 1 Ben Bruce | 26 | Fosston | MN | 09:24 | 01:53 | 01:15 | 0:43:42 | 20.18 | 00:50 | 0:19:28 | 06:17 | 1:14:39 |
| 2 Trevor Helmers | 28 | New Hope | MN | 09:08 | 01:50 | 01:51 | 0:48:00 | 18.38 | 00:21 | 0:25:08 | 08:06 | 1:24:28 |
| 3 James Redman | 28 | Monticello | MN | 08:49 | 01:46 | 01:36 | 0:45:06 | 19.56 | 01:02 | 0:31:27 | 10:09 | 1:28:00 |
| 4 Brent Rolf | 27 | Elk River | MN | 09:03 | 01:49 | 02:02 | 0:50:50 | 17.35 | 00:37 | 0:32:13 | 10:24 | 1:34:45 |
| 5 Ross Oliver | 26 | Moorhead | MN | 11:43 | 02:21 | 05:14 | 0:55:55 | 15.77 | 00:51 | 0:26:31 | 08:33 | 1:40:14 |
| Male3034 | | | | | | | | | | | | |
| 1 Eric Carder | 30 | Breezy Point | MN | 07:26 | 01:29 | 00:58 | 0:39:12 | 22.50 | 00:29 | 0:19:52 | 06:25 | 1:07:57 |
| 2 Casey English | 32 | St. Paul | MN | 07:45 | 01:33 | 01:25 | 0:42:01 | 20.99 | 00:49 | 0:22:26 | 07:14 | 1:14:26 |
| 3 Dustin Skarda | 31 | South St. Paul | MN | 08:32 | 01:42 | 01:11 | 0:41:38 | 21.18 | 00:52 | 0:22:22 | 07:13 | 1:14:35 |
| 4 Ryan Rogers | 30 | Bemidji | MN | 08:50 | 01:46 | 00:52 | 0:41:20 | 21.34 | 00:34 | 0:24:12 | 07:48 | 1:15:48 |
| 5 Frode Tilden | 33 | Fargo | ND | 10:49 | 02:10 | 02:18 | 0:43:08 | 20.45 | 02:07 | 0:25:18 | 08:10 | 1:23:40 |
| 6 Justin Isaacson | 33 | Nevis | MN | 16:57 | 03:23 | 03:21 | 0:42:50 | 20.59 | 01:06 | 0:25:42 | 08:17 | 1:29:56 |
| Male3539 | | | | | | | | | | | | |
| 1 Mike Fretland | 35 | Bismarck | ND | 07:10 | 01:26 | 00:51 | 0:37:53 | 23.28 | 00:55 | 0:18:41 | 06:02 | 1:05:30 |
| 2 David Lewis | 35 | Nevis | MN | 07:47 | 01:33 | 01:19 | 0:37:09 | 23.74 | 00:47 | 0:18:52 | 06:05 | 1:05:54 |
| 3 Chris O'Kane | 38 | Wadena | MN | 08:29 | 01:42 | 01:22 | 0:39:57 | 22.08 | 00:46 | 0:20:30 | 06:37 | 1:11:04 |
| 4 Chris Godwin | 35 | Nevis | MN | 09:54 | 01:59 | 02:14 | 0:39:56 | 22.09 | 01:00 | 0:25:25 | 08:12 | 1:18:29 |
| 5 Steve Redman | 35 | Dayton | MN | 07:52 | 01:34 | 03:07 | 0:43:13 | 20.41 | 00:49 | 0:25:04 | 08:05 | 1:20:05 |
| 6 Thomas Halonen | 36 | Sebeka | MN | 10:27 | 02:05 | 03:16 | 0:42:42 | 20.66 | 00:51 | 0:25:49 | 08:20 | 1:23:05 |
| 7 Mitchel Schwindt | 38 | Bemidji | MN | 10:54 | 02:11 | 01:57 | 0:48:40 | 18.12 | 00:26 | 0:24:16 | 07:50 | 1:26:13 |
| 8 Christopher Klein | 37 | New York Mills | MN | 11:44 | 02:21 | 02:32 | 0:52:02 | 16.95 | 01:48 | 0:30:30 | 09:50 | 1:38:36 |

| Name | Age | City | State | Swim | Swim Pace | Transition 1 | Bike | Bike Pace | Transition 2 | Run | Run Pace | Total |
|---------------------------|-----|----------------|-------|-------|-----------|--------------|---------|-----------|--------------|---------|----------|---------|
| Male4044 | | | | | | | | | | | | |
| 1 Jason Dohm | 41 | Milaca | MN | 07:21 | 01:28 | 02:07 | 0:42:44 | 20.64 | 00:32 | 0:25:48 | 08:19 | 1:18:32 |
| 2 Robert Treuer | 44 | Grand Forks | ND | 08:35 | 01:43 | 01:17 | 0:42:56 | 20.54 | 01:17 | 0:24:55 | 08:02 | 1:19:00 |
| 3 Troy Craven | 41 | Grand Forks | ND | 08:54 | 01:47 | 01:55 | 0:45:38 | 19.33 | 00:30 | 0:26:59 | 08:42 | 1:23:56 |
| 4 Shaun Jamison | 43 | St. Louis Park | MN | 09:20 | 01:52 | 02:30 | 0:48:34 | 18.16 | 01:23 | 0:25:33 | 08:15 | 1:27:20 |
| Male4549 | | | | | | | | | | | | |
| 1 Dan Bjorkstrand | 46 | Guthrie | MN | 07:41 | 01:32 | 01:06 | 0:38:44 | 22.77 | 00:36 | 0:20:15 | 06:32 | 1:08:22 |
| 2 Brian Maas | 49 | Plymouth | MN | 07:49 | 01:34 | 00:51 | 0:39:06 | 22.56 | 00:51 | 0:20:45 | 06:42 | 1:09:22 |
| 3 Lyle Goebel | 48 | Minnetonka | MN | 07:42 | 01:32 | 02:24 | 0:38:54 | 22.67 | 01:00 | 0:23:02 | 07:26 | 1:13:02 |
| 4 Bruce Sutor | 48 | Rochester | MN | 09:39 | 01:56 | 05:14 | 0:45:01 | 19.59 | 01:24 | 0:29:59 | 09:40 | 1:31:17 |
| Male5054 | | | | | | | | | | | | |
| 1 Dave Gaukler | 53 | Fargo | ND | 08:02 | 01:36 | 01:09 | 0:40:06 | 22.00 | 00:35 | 0:23:59 | 07:44 | 1:13:51 |
| 2 Dan Dean | 50 | Cokato | MN | 06:42 | 01:20 | 01:51 | 0:41:39 | 21.18 | 00:09 | 0:32:06 | 10:21 | 1:22:09 |
| 3 Jim McCormack | 52 | Detroit Lakes | MN | 09:10 | 01:50 | 03:13 | 0:43:18 | 20.37 | 00:46 | 0:27:47 | 08:58 | 1:24:14 |
| 4 Robert Kramer | 50 | Grand Forks | ND | 10:35 | 02:07 | 02:34 | 0:46:53 | 18.81 | 01:22 | 0:25:38 | 08:16 | 1:27:02 |
| 5 Thomas Cornell | 50 | Brooklyn Park | MN | 10:22 | 02:04 | 01:16 | 0:46:50 | 18.83 | 02:14 | 0:36:01 | 11:37 | 1:36:43 |
| Male5559 | | | | | | | | | | | | |
| 1 Mark Hagen | 58 | Dilworth | MN | 09:35 | 01:55 | 01:41 | 0:44:02 | 20.03 | 01:02 | 0:26:59 | 08:42 | 1:23:19 |
| 2 John Smith | 59 | Nevis | MN | 08:49 | 01:46 | 02:15 | 0:49:21 | 17.87 | 00:49 | 0:28:00 | 09:02 | 1:29:14 |
| Male6064 | | | | | | | | | | | | |
| 1 Neil King | 60 | Nevis | MN | 07:53 | 01:35 | 00:48 | 0:40:04 | 22.01 | 00:26 | 0:22:13 | 07:10 | 1:11:24 |
| 2 Rick Hans | 62 | Brainerd | MN | 09:33 | 01:55 | 01:56 | 0:46:44 | 18.87 | 01:32 | 0:28:03 | 09:03 | 1:27:48 |
| 3 Rob Stieglitz | 60 | Fargo | ND | 11:29 | 02:18 | 04:18 | 0:46:18 | 19.05 | 02:40 | 0:33:25 | 10:47 | 1:38:10 |
| Female19&Under | | | | | | | | | | | | |
| 1 Katie Stone | 17 | Staples | MN | 10:30 | 02:06 | 03:18 | 0:53:22 | 16.53 | 00:37 | 0:22:48 | 07:21 | 1:30:35 |
| 2 Kelley Kossan | 19 | Motley | MN | 08:29 | 01:42 | 05:10 | 1:00:12 | 14.65 | 00:43 | 0:30:44 | 09:55 | 1:45:18 |

| Name | Age | City | State | Swim | Swim Pace | Transition 1 | Bike | Bike Pace | Transition 2 | Run | Run Pace | Total |
|------------------------|-----|---------------|-------|-------|-----------|--------------|---------|-----------|--------------|---------|----------|---------|
| Female2024 | | | | | | | | | | | | |
| 1 Hailey Hyatt | 22 | Int'l Falls | MN | 07:18 | 01:28 | 02:49 | 0:59:35 | 14.80 | 00:45 | 0:27:11 | 08:46 | 1:37:38 |
| Female2529 | | | | | | | | | | | | |
| 1 Kailee Fretland | 29 | Bismarck | ND | 08:36 | 01:43 | 02:27 | 0:45:25 | 19.42 | 01:01 | 0:24:37 | 07:56 | 1:22:06 |
| 2 Tavia Schumacher | 25 | Vergas | MN | 06:42 | 01:20 | 01:59 | 1:02:31 | 14.11 | 00:37 | 0:32:41 | 10:33 | 1:44:30 |
| 3 Nikki Breitbach | 25 | Moorhead | MN | 07:38 | 01:32 | 02:10 | 1:06:39 | 13.23 | 00:45 | 0:31:19 | 10:06 | 1:48:31 |
| Female3034 | | | | | | | | | | | | |
| 1 Angela Tangen | 31 | Fargo | ND | 08:45 | 01:45 | 01:38 | 0:47:08 | 18.71 | 01:05 | 0:27:06 | 08:45 | 1:25:42 |
| 2 Christine Steffen | 31 | Minneapolis | MN | 09:38 | 01:56 | 02:47 | 1:05:44 | 13.42 | 00:41 | 0:41:32 | 13:24 | 2:00:22 |
| Female3539 | | | | | | | | | | | | |
| 1 Jayme Simon | 39 | Mound | MN | 08:26 | 01:41 | 01:05 | 0:47:39 | 18.51 | 00:56 | 0:25:47 | 08:19 | 1:23:53 |
| 2 Tina Robin | 37 | Nevis | MN | 08:55 | 01:47 | 01:35 | 0:47:41 | 18.50 | 01:01 | 0:25:31 | 08:14 | 1:24:43 |
| Female4044 | | | | | | | | | | | | |
| 1 Patty Jaeger | 44 | Vergas | MN | 09:30 | 01:54 | 02:00 | 0:46:45 | 18.87 | 00:48 | 0:24:57 | 08:03 | 1:24:00 |
| 2 Linda Belanger | 42 | Int'l Falls | MN | 12:10 | 02:26 | 02:29 | 0:50:07 | 17.60 | 01:01 | 0:23:44 | 07:39 | 1:29:31 |
| 3 Christine Kirschbaum | 41 | Zimmerman | MN | 12:17 | 02:27 | 02:01 | 1:08:49 | 12.82 | 00:51 | 0:33:16 | 10:44 | 1:57:14 |
| Female4549 | | | | | | | | | | | | |
| 1 Brenda Cornell | 48 | Brooklyn Park | MN | 11:42 | 02:20 | 03:04 | 0:49:08 | 17.95 | 01:27 | 0:27:12 | 08:46 | 1:32:33 |
| 2 Teri Simon Pegelow | 46 | Eagan | MN | 10:02 | 02:00 | 01:55 | 0:54:24 | 16.21 | 00:44 | 0:36:18 | 11:43 | 1:43:23 |
| 3 Jill Dean | 45 | Cokato | Mn | 09:04 | 01:49 | 04:26 | 0:54:21 | 16.23 | 01:27 | 0:34:36 | 11:10 | 1:43:54 |
| 4 Lisa Gustafson | 46 | Savage | MN | 10:23 | 02:05 | 03:17 | 0:56:52 | 15.51 | 01:23 | 0:32:38 | 10:32 | 1:44:33 |
| MaleRelay | | | | | | | | | | | | |
| 1 The Naturals | | Park Rapids | MN | 05:45 | 01:09 | 00:54 | 0:50:33 | 17.45 | 00:13 | 0:19:20 | 06:14 | 1:16:45 |
| FemaleRelay | | | | | | | | | | | | |
| 1 Bodacious Trio | | Park Rapids | MN | 06:02 | 01:12 | 00:37 | 0:53:25 | 16.51 | 00:10 | 0:19:55 | 06:25 | 1:20:09 |
| 2 Dillon Sisters | | Nevis | MN | 07:33 | 01:31 | 00:45 | 1:02:00 | 14.23 | 00:18 | 0:33:18 | 10:45 | 1:43:54 |

| Name | Age | City | State | Swim | Swim Pace | Transition 1 | Bike | Bike Pace | Transition 2 | Run | Run Pace | Total |
|-------------------------------|-----|-------------|-------|-------|-----------|--------------|---------|-----------|--------------|---------|----------|---------|
| CoEdRelay | | | | | | | | | | | | |
| 1 Dad Daughter Duo | | St. Cloud | MN | 09:56 | 01:59 | 00:46 | 0:45:02 | 19.59 | 00:50 | 0:25:33 | 08:15 | 1:22:07 |
| 2 Team Kuehn | | Park Rapids | MN | 07:16 | 01:27 | 00:41 | 0:52:46 | 16.72 | 00:28 | 0:26:00 | 08:23 | 1:27:11 |
| 3 The Inlaws | | St. Cloud | MN | 14:04 | 02:49 | 01:00 | 0:54:51 | 16.08 | 00:49 | 0:28:03 | 09:03 | 1:38:47 |
| 4 The Center for Weight Manag | | Park Rapids | MN | 13:40 | 02:44 | 01:04 | 0:57:31 | 15.33 | 00:39 | 0:34:32 | 11:08 | 1:47:26 |

Top Ten Adult Swim 2010 Lakes to Pines Triathlon

| | Team or Individual | Swimmer | City | State | 500 Yard Swim | Swim Pace |
|----|--------------------|--------------------|--------------|-------|---------------|-----------|
| 1 | The Naturals | Sam Goebel | Park Rapids | MN | 05:45 | 01:09 |
| 2 | Bodacious Trio | Katherine Erickson | Park Rapids | MN | 06:02 | 01:12 |
| 3 | Dan Dean | | Cokato | MN | 06:42 | 01:20 |
| 4 | Tavia Schumacher | | Vergas | MN | 06:42 | 01:20 |
| 5 | Mike Fretland | | Bismarck | ND | 07:10 | 01:26 |
| 6 | Team Kuehn | Brian Kuehn | Park Rapids | MN | 07:16 | 01:27 |
| 7 | Hailey Hyatt | | Int'l Falls | MN | 07:18 | 01:28 |
| 8 | Jason Dohm | | Milaca | MN | 07:21 | 01:28 |
| 9 | Eric Carder | | Breezy Point | MN | 07:26 | 01:29 |
| 10 | Dillon Sisters | Kathy Stenberg | Nevis | MN | 07:33 | 01:31 |

Top Ten Adult Bike 2010 Lakes to Pines Triathlon

| | Team or Individual | Biker | City | State | 14.7 Mile Bike | Bike Pace |
|----|--------------------|-------|--------------|-------|----------------|-----------|
| 1 | David Lewis | | Nevis | MN | 0:37:09 | 23.74 |
| 2 | Mike Fretland | | Bismarck | ND | 0:37:53 | 23.28 |
| 3 | Dan Bjorkstrand | | Guthrie | MN | 0:38:44 | 22.77 |
| 4 | Lyle Goebel | | Minnetonka | MN | 0:38:54 | 22.67 |
| 5 | Brian Maas | | Plymouth | MN | 0:39:06 | 22.56 |
| 6 | Eric Carder | | Breezy Point | MN | 0:39:12 | 22.50 |
| 7 | Chris Godwin | | Nevis | MN | 0:39:56 | 22.09 |
| 8 | Chris O'Kane | | Wadena | MN | 0:39:57 | 22.08 |
| 9 | Neil King | | Nevis | MN | 0:40:04 | 22.01 |
| 10 | Dave Gaukler | | Fargo | ND | 0:40:06 | 22.00 |

Top Ten Adult Run 2010 Lakes to Pines Triathlon

| | Team or Individual | Runner | City | State | 5K Run | Run Pace |
|----|--------------------|----------------|--------------|-------|---------|----------|
| 1 | Mike Fretland | | Bismarck | ND | 0:18:41 | 06:02 |
| 2 | David Lewis | | Nevis | MN | 0:18:52 | 06:05 |
| 3 | The Naturals | Taylor Kimball | Park Rapids | MN | 0:19:20 | 06:14 |
| 4 | Ben Bruce | | Fosston | MN | 0:19:28 | 06:17 |
| 5 | Eric Carder | | Breezy Point | MN | 0:19:52 | 06:25 |
| 6 | Bodacious Trio | Lydia Lutz | Park Rapids | MN | 0:19:55 | 06:25 |
| 7 | Dan Bjorkstrand | | Guthrie | MN | 0:20:15 | 06:32 |
| 8 | Chris O'Kane | | Wadena | MN | 0:20:30 | 06:37 |
| 9 | Brian Maas | | Plymouth | MN | 0:20:45 | 06:42 |
| 10 | Neil King | | Nevis | MN | 0:22:13 | 07:10 |

2010 Lakes To Pines Kids Overall Results

| | Report Name | Age Categories | Age | City | State | Total Time |
|----|-------------------|-------------------|-----|-------------|-------|------------|
| 1 | Koji Gutzmann | MaleKids9-10 | 9 | Lilydale | MN | 0:05:23 |
| 2 | Colton Kirschbaum | MaleKids9-10 | 10 | Zimmerman | MN | 0:06:05 |
| 3 | Carly Waggoner | FemaleKids11-12 | 12 | Park Rapids | MN | 0:06:12 |
| 4 | Morgan Prom | FemaleKids11-12 | 11 | St. Cloud | MN | 0:06:13 |
| 5 | Graham Maas | MaleKids9-10 | 10 | Plymouth | MN | 0:06:33 |
| 6 | Spencer Fritze | MaleKids9-10 | 9 | Park Rapids | MN | 0:06:40 |
| 7 | Ramon Lopez | MaleKids9-10 | 10 | Battle Lake | MN | 0:06:43 |
| 8 | Bradley Graham | MaleKids9-10 | 10 | Park Rapids | MN | 0:07:15 |
| 9 | Zach Fritze | MaleKids9-10 | 9 | Park Rapids | MN | 0:09:32 |
| 10 | Caitlin Brumbaugh | FemaleKids11-12 | 12 | Menagha | MN | 0:09:55 |
| 11 | Matthew Benson | MaleKids9-10 | 10 | Park Rapids | MN | 0:10:06 |
| 12 | Lizzie Bannerman | FemaleKids11-12 | 11 | Park Rapids | MN | 0:10:10 |
| 13 | Nathaniel Dean | MaleKids9-10 | 9 | Cokato | MN | 0:10:23 |
| 14 | Kellsey Clark | FemaleKids11-12 | 12 | Park Rapids | MN | 0:10:42 |
| 15 | Kinley Nordin | FemaleKids9-10 | 9 | Park Rapids | MN | 0:10:58 |
| 16 | Colby Kimball | MaleKids8&Under | 8 | Hermantown | MN | 0:11:05 |
| 17 | Evan Edevold | MaleKids8&Under | 6 | Park Rapids | MN | 0:11:37 |
| 18 | Marcus Benson | MaleKids8&Under | 8 | Park Rapids | MN | 0:11:47 |
| 19 | Abbey Kimball | FemaleKids8&Under | 8 | Park Rapids | MN | 0:11:58 |
| 20 | Keegan Smythe | FemaleKids9-10 | 9 | Park Rapids | MN | 0:12:59 |
| 21 | Jessica Goebel | FemaleKids11-12 | 11 | Rockville | MN | 0:13:43 |
| 22 | Sidney Goebel | FemaleKids8&Under | 8 | Rockville | MN | 0:15:57 |
| 23 | Nicholas Graham | MaleKids8&Under | 5 | Park Rapids | MN | 0:16:49 |

2010 Lakes To Pines Kids Age Group Overall Results

| Report Name | Age | City | State | Total Time | |
|-------------------------------------|-------------------|------|-------------|------------|---------|
| <u>FemaleKids8&Under</u> | | | | | |
| 1 | Abbey Kimball | 8 | Park Rapids | MN | 0:11:58 |
| 2 | Sidney Goebel | 8 | Rockville | MN | 0:15:57 |
| <u>FemaleKids9-10</u> | | | | | |
| 1 | Kinley Nordin | 9 | Park Rapids | MN | 0:10:58 |
| 2 | Keegan Smythe | 9 | Park Rapids | MN | 0:12:59 |
| <u>FemaleKids11-12</u> | | | | | |
| 1 | Carly Waggoner | 12 | Park Rapids | MN | 0:06:12 |
| 2 | Morgan Prom | 11 | St. Cloud | MN | 0:06:13 |
| 3 | Caitlin Brumbaugh | 12 | Menagha | MN | 0:09:55 |
| 4 | Lizzie Bannerman | 11 | Park Rapids | MN | 0:10:10 |
| 5 | Kellsey Clark | 12 | Park Rapids | MN | 0:10:42 |
| 6 | Jessica Goebel | 11 | Rockville | MN | 0:13:43 |
| <u>MaleKids8&Under</u> | | | | | |
| 1 | Colby Kimball | 8 | Hermantown | MN | 0:11:05 |
| 2 | Evan Edevold | 6 | Park Rapids | MN | 0:11:37 |
| 3 | Marcus Benson | 8 | Park Rapids | MN | 0:11:47 |
| 4 | Nicholas Graham | 5 | Park Rapids | MN | 0:16:49 |
| <u>MaleKids9-10</u> | | | | | |
| 1 | Koji Gutzmann | 9 | Lilydale | MN | 0:05:23 |
| 2 | Colton Kirschbaum | 10 | Zimmerman | MN | 0:06:05 |
| 3 | Graham Maas | 10 | Plymouth | MN | 0:06:33 |
| 4 | Spencer Fritze | 9 | Park Rapids | MN | 0:06:40 |
| 5 | Ramon Lopez | 10 | Battle Lake | MN | 0:06:43 |
| 6 | Bradley Graham | 10 | Park Rapids | MN | 0:07:15 |
| 7 | Zach Fritze | 9 | Park Rapids | MN | 0:09:32 |
| 8 | Matthew Benson | 10 | Park Rapids | MN | 0:10:06 |

| | Report Name | Age | City | State | Total Time |
|---|----------------|-----|--------|-------|------------|
| 9 | Nathaniel Dean | 9 | Cokato | MN | 0:10:23 |