

Capitol City Tri

June 14, 2015

Individual

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	136	Nicole Heiningner	F	27	White Bear Lake	MN	00:08:27	3	1:32	00:00:56	00:33:52	1	23.6	00:00:36	00:20:39	5	6:38		01:04:27.17
2	8	Gaby Bunten	F	23	Forest Lake	MN	00:08:11	1	1:29	00:00:54	00:35:34	3	22.4	00:00:39	00:19:55	1	6:24		01:05:11.19
3	9	Kortney Haag	F	36	Maple Grove	MN	00:09:39	6	1:45	00:00:55	00:34:03	2	23.4	00:00:36	00:20:31	4	6:35		01:05:40.84
4	137	Olivia Bagnall	F	24	Lakeville	MN	00:08:45	4	1:35	00:00:49	00:36:05	4	22.1	00:00:38	00:20:23	3	6:33		01:06:37.81
5	10	Christel Kippenhan	F	50	Bemidji	MN	00:09:36	5	1:45	00:00:53	00:37:46	6	21.1	00:00:38	00:22:29	7	7:14		01:11:20.43
6	123	Kimberly Ault	F	34	Plymouth	MN	00:11:40	13	2:07	00:01:02	00:36:35	5	21.8	00:00:35	00:21:45	6	6:59		01:11:33.57
7	122	Mata Agre	F	22	Corcoran	MN	00:11:44	14	2:08	00:01:12	00:40:31	11	19.7	00:01:00	00:20:19	2	6:32		01:14:44.19
8	142	Megan Mcculloch	F	30	Brooklyn Park	MN	00:10:46	10	1:58	00:01:28	00:39:18	8	20.3	00:01:01	00:25:26	16	8:11		01:17:56.76
9	127	Jessica Padniewski	F	23	Eden Prairie	MN	00:09:47	7	1:47	00:01:47	00:43:26	22	18.4	00:00:54	00:22:34	8	7:15		01:18:25.65
10	143	Sarah Nichols	F	37	Maple Grove	MN	00:11:44	15	2:08	00:00:55	00:40:16	10	19.8	00:00:46	00:24:53	14	8:00		01:18:31.15
11	76	Marisa Skees	F	39	Eden Prairie	MN	00:12:43	21	2:19	00:01:40	00:40:33	12	19.7	00:01:05	00:23:17	11	7:29		01:19:14.69
12	60	Sara Dalton	F	26	Saint Cloud	MN	00:12:37	20	2:18	00:01:39	00:41:02	13	19.4	00:00:52	00:23:56	13	7:42		01:20:03.90
13	100	Reilly Ingersoll	F	18	St. Paul	MI	00:08:24	2	1:32	00:01:04	00:43:39	25	18.3	00:00:44	00:26:36	20	8:33		01:20:25.36
14	116	Cindy Crawford	F	52	Deephaven	MN	00:11:52	16	2:10	00:01:22	00:39:38	9	20.1	00:01:00	00:27:02	22	8:41		01:20:50.86
15	42	Emily Koski	F	37	Minneapolis	MN	00:12:31	19	2:17	00:01:31	00:42:57	17	18.6	00:00:38	00:23:26	12	7:32		01:21:00.44
16	56	Julie Feldman	F	34	Inver Grove Height	MN	00:13:20	28	2:26	00:01:20	00:39:16	7	20.3	00:00:50	00:27:05	23	8:42		01:21:48.33
17	54	Lezlie Germann Tooley	F	38	Edina	MN	00:13:04	25	2:23	00:01:21	00:43:48	26	18.2	00:01:03	00:23:14	10	7:28		01:22:26.92
18	81	Tana Setness Horfs	F	44	Grand Forks	ND	00:12:30	18	2:17	00:02:08	00:41:47	15	19.1	00:00:43	00:25:44	17	8:16		01:22:50.19
19	72	Janice Stanford	F	45	Bloomington	MN	00:12:51	22	2:20	00:01:56	00:42:32	16	18.8	00:00:54	00:25:50	18	8:18		01:23:59.81
20	104	Marit Henckel	F	22	Viroqua	WI	00:16:24	38	2:59	00:01:19	00:45:32	31	17.5	00:00:45	00:22:50	9	7:20		01:26:46.65
21	145	Joyce Olson Kapell	F	52	Minneapolis	MN	00:15:49	34	2:53	00:01:42	00:43:31	24	18.3	00:01:51	00:25:25	15	8:10		01:28:15.71
22	94	Erika Lee	F	47	Duluth	MN	00:14:29	31	2:38	00:02:18	00:43:29	23	18.4	00:01:15	00:26:49	21	8:37		01:28:17.18
23	79	Kim Siebold	F	46	Lakeville	MN	00:14:03	30	2:34	00:01:42	00:43:10	20	18.5	00:02:04	00:28:09	28	9:03		01:29:04.69
24	69	Heidi Anderson Isaacson	F	44	St. Paul	MN	00:14:46	32	2:41	00:02:40	00:41:17	14	19.3	00:02:06	00:29:26	36	9:28		01:30:11.70
25	15	Sherilyn Young	F	48	Saint Paul	MN	00:15:58	36	2:55	00:01:26	00:45:00	29	17.7	00:01:07	00:27:41	26	8:54		01:31:09.70
26	117	Tess Cotter	F	26	St. Paul	MN	00:10:34	9	1:55	00:02:36	00:49:29	44	16.1	00:01:14	00:27:33	25	8:51		01:31:23.20
27	120	Karen Barton	F	49	Minneapolis	MN	00:17:06	43	3:07	00:02:07	00:43:06	19	18.5	00:01:04	00:28:37	29	9:12		01:31:57.45
28	40	Amanda Kutzke	F	34	Saint Paul	MN	00:17:16	45	3:09	00:02:29	00:44:40	28	17.9	00:01:57	00:25:50	19	8:18		01:32:08.79
29	107	Laura Gulick	F	36	River Falls	WI	00:10:48	11	1:58	00:01:53	00:47:22	37	16.8	00:01:27	00:30:53	40	9:56		01:32:20.25
30	118	Kathleen Carlson	F	47	Edina	MI	00:16:40	39	3:02	00:02:30	00:43:11	21	18.5	00:01:04	00:29:00	32	9:19		01:32:22.92
31	82	Sharon Schneider	F	55	Ham Lake	MN	00:13:06	26	2:23	00:02:00	00:45:51	32	17.4	00:01:49	00:29:41	37	9:33		01:32:25.14
32	141	Dianne Gregory	F	64	St. Paul	MN	00:13:01	24	2:22	00:02:26	00:46:19	35	17.2	00:01:38	00:29:20	35	9:26		01:32:41.89
33	35	Jaleh Nahvi	F	45	Inver Grove Height	MN	00:13:18	27	2:25	00:02:03	00:47:50	38	16.7	00:00:50	00:29:05	33	9:21		01:33:03.18
34	61	Joanna Cregan	F	37	Apple Valley	MN	00:12:53	23	2:21	00:01:58	00:49:29	43	16.1	00:01:17	00:27:58	27	8:59		01:33:31.95
35	73	Leslie Stanaway	F	62	Minneapolis	MN	00:16:19	37	2:59	00:02:08	00:48:11	40	16.6	00:01:03	00:27:22	24	8:48		01:35:00.64

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Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	83	Patty Schmidt	F	47	Minneapolis	MN	00:17:06	42	3:07	00:02:02	00:46:35	36	17.1	00:00:43	00:28:56	31	9:18		01:35:18.60
37	126	Nicole Brown	F	24	Wayzata	MN	00:10:28	8	1:54	00:01:28	00:52:03	51	15.3	00:00:33	00:31:22	43	10:05		01:35:51.46
38	140	Wendy Mueller	F	46	Andover	MN	00:15:22	33	2:48	00:02:25	00:48:02	39	16.6	00:01:41	00:29:10	34	9:23		01:36:38.85
39	22	Michel Sanders	F	62	Saint Paul	MN	00:16:52	40	3:05	00:02:40	00:45:27	30	17.6	00:01:21	00:31:21	42	10:05		01:37:40.21
40	20	Michelle Spivey	F	24	St. Louis Park	MN	00:18:20	46	3:21	00:01:59	00:44:33	27	17.9	00:01:42	00:31:16	41	10:03		01:37:47.71
41	124	Marie White	F	46	Bloomington	MN	00:13:51	29	2:31	00:03:59	00:50:49	47	15.7	00:00:58	00:28:52	30	9:17		01:38:26.96
42	152	Nancy Bauer	F	68	Champlin	MN	00:17:09	44	3:08	00:01:41	00:48:56	41	16.3	00:01:30	00:30:22	38	9:46		01:39:36.18
43	31	Laurie Payton	F	57	West Saint Paul	MN	00:22:28	53	4:06	00:02:02	00:43:00	18	18.6	00:01:07	00:31:34	45	10:09		01:40:09.21
44	89	Lisa Peterson	F	54	Minneapolis	MI	00:20:17	49	3:42	00:02:14	00:46:16	33	17.3	00:00:50	00:32:06	46	10:19		01:41:40.36
45	50	Nichole Hall	F	42	Farmington	MN	00:12:15	17	2:14	00:03:55	00:50:50	48	15.7	00:01:22	00:33:26	47	10:45		01:41:45.85
46	32	Julie Padilla	F	40	Saint Paul	MN	00:20:36	50	3:45	00:01:42	00:46:17	34	17.2	00:02:03	00:31:33	44	10:09		01:42:07.86
47	29	Sue Pilon	F	61	Blaine	MN	00:15:57	35	2:54	00:02:40	00:51:16	49	15.6	00:03:17	00:30:41	39	9:52		01:43:48.92
48	80	Kayla Siebold	F	19	Lakeville	MN	00:11:34	12	2:06	00:03:05	00:49:31	45	16.1	00:00:57	00:41:07	51	13:13		01:46:10.72
49	24	Kourtney Rose	F	27	Prior Lake	MN	00:16:53	41	3:05	00:03:02	00:50:18	46	15.9	00:01:45	00:36:45	48	11:49		01:48:40.47
50	21	Sue Savage	F	50	Blaine	MN	00:20:50	52	3:48	00:02:41	00:49:00	42	16.3	00:01:52	00:41:00	50	13:11		01:55:19.47
51	111	Christine Fjalstad	F	55	Prior Lake	MN	00:29:12	59	5:20	00:04:02	00:51:51	50	15.4	00:03:07	00:43:07	53	13:52		02:11:17.00
52	52	Anne Gratz	F	52	Prior Lake	MN	00:19:11	47	3:30	00:06:58	01:00:48	54	13.1	00:04:12	00:40:27	49	13:00		02:11:34.00
53	19	Erika Stienessen	F	38	Belle Plaine	MN	00:20:50	51	3:48	00:05:21	01:00:44	53	13.1	00:04:08	00:41:24	52	13:19		02:12:24.00
54	38	Patsy Lillehei	F	71	Minneapolis	MN	00:19:53	48	3:38	00:04:32	01:00:23	52	13.2	00:01:16	00:50:52	54	16:22		02:16:54.00

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	3	Matthew Payne	M	38	Columbia Heights	MN	00:07:13	6	1:19	00:00:47	00:29:44	1	26.8	00:00:31	00:16:59	6	5:27		00:55:11.65
2	1	Josh Blankenheim	M	35	Duluth	MN	00:07:47	10	1:25	00:00:51	00:31:41	5	25.2	00:00:28	00:16:26	1	5:17		00:57:11.19
3	6	Mike Ward	M	26	Duluth	MN	00:08:01	15	1:27	00:00:55	00:31:09	2	25.6	00:00:26	00:16:47	4	5:23		00:57:15.92
4	4	Kevin O'connor	M	44	Medina	MN	00:07:31	9	1:22	00:00:47	00:31:34	4	25.3	00:00:29	00:17:06	8	5:30		00:57:24.91
5	13	Bennett Isabella	M	33	Burnsville	MN	00:08:05	17	1:28	00:01:00	00:31:22	3	25.4	00:00:31	00:16:42	3	5:22		00:57:37.63
6	103	Eric Hendrickson	M	35	Minnetonka	MN	00:07:30	8	1:22	00:00:44	00:31:47	6	25.1	00:00:28	00:17:46	12	5:43		00:58:12.99
7	154	Brian Sames	M	29	Chaska	MN	00:07:59	14	1:27	00:01:03	00:32:28	12	24.6	00:00:33	00:16:32	2	5:19		00:58:32.61
8	7	Kyle Serreyn	M	25	Lakeville	MI	00:07:55	12	1:26	00:00:43	00:32:49	14	24.3	00:00:25	00:16:50	5	5:25		00:58:39.66
9	2	Andy Wiberg	M	37	Lakeville	MN	00:08:08	18	1:29	00:00:58	00:32:11	10	24.8	00:00:37	00:17:02	7	5:28		00:58:53.41
10	11	Brett Lovaas	M	41	Hopkins	MN	00:06:59	5	1:16	00:00:49	00:32:10	9	24.8	00:00:28	00:18:39	17	6:00		00:59:02.86
11	93	Travis Miller	M	36	Nisswa	MN	00:08:27	19	1:32	00:00:56	00:31:53	7	25.0	00:00:26	00:17:38	10	5:40		00:59:18.21
12	153	Marcus Duval	M	24	Bloomington	MN	00:06:20	1	1:09	00:01:31	00:32:13	11	24.8	00:00:38	00:19:12	21	6:10		00:59:51.43
13	12	Curt Wood	M	37	Eden Prairie	MN	00:06:57	4	1:16	00:01:05	00:31:57	8	25.0	00:00:31	00:20:30	29	6:35		01:00:57.74
14	135	Elliot Slade	M	19	St. Louis Park	MN	00:07:55	13	1:26	00:01:18	00:34:37	23	23.1	00:00:34	00:17:08	9	5:30		01:01:29.16
15	101	Thaddeus Ingersoll	M	45	St. Paul	MI	00:06:45	3	1:13	00:01:11	00:35:14	26	22.7	00:00:34	00:18:07	15	5:49		01:01:48.42
16	151	Mike Ladendorf	M	34	Farmington	MN	00:08:33	20	1:33	00:00:49	00:34:32	22	23.1	00:00:32	00:17:40	11	5:40		01:02:02.90
17	125	Lee Brown	M	23	Maple	WI	00:08:55	22	1:37	00:00:48	00:34:01	19	23.5	00:00:34	00:17:55	13	5:45		01:02:10.86
18	128	Andrew Zabel	M	36	Sartell	MN	00:09:10	25	1:40	00:01:00	00:32:55	15	24.2	00:00:37	00:18:39	16	5:59		01:02:18.42
19	119	Jeffrey Bishop	M	40	Minneapolis	MN	00:08:33	21	1:33	00:01:13	00:32:58	16	24.2	00:00:51	00:19:12	22	6:10		01:02:43.78
20	109	Jim Guenter	M	45	St. Paul	MN	00:07:26	7	1:21	00:01:04	00:34:39	24	23.0	00:00:32	00:19:50	24	6:22		01:03:27.42
21	18	John Taipale	M	30	Hammond	WI	00:09:19	28	1:42	00:00:46	00:33:06	17	24.1	00:00:34	00:20:00	25	6:26		01:03:43.45
22	14	Aaron Eicher	M	33	Prior Lake	MI	00:09:10	24	1:40	00:01:17	00:34:09	20	23.4	00:00:35	00:19:05	20	6:08		01:04:14.16
23	92	Brad Mitchell	M	42	Rochester	MN	00:09:36	30	1:45	00:01:12	00:34:22	21	23.2	00:00:42	00:18:48	18	6:02		01:04:37.18
24	138	Steve Stenzel	M	34	St. Paul	MN	00:09:03	23	1:39	00:01:11	00:36:00	29	22.2	00:00:31	00:17:57	14	5:46		01:04:39.17
25	144	Ryan Saline	M	41	St Paul	MN	00:09:59	34	1:49	00:01:52	00:32:41	13	24.4	00:00:31	00:20:07	26	6:28		01:05:08.26
26	90	Jon Moynihan	M	38	Apple Valley	MN	00:08:04	16	1:28	00:01:06	00:37:27	34	21.3	00:00:54	00:18:59	19	6:06		01:06:27.67
27	106	David Haaland	M	40	St. Paul	MN	00:11:01	43	2:00	00:01:21	00:33:58	18	23.5	00:00:53	00:21:03	30	6:46		01:08:14.67
28	77	Harvey Skees	M	43	Eden Prairie	MN	00:09:57	33	1:49	00:01:49	00:34:39	25	23.0	00:00:50	00:21:54	35	7:02		01:09:07.33
29	30	Joe Piepgras	M	48	Robbinsdale	MN	00:11:09	45	2:02	00:00:59	00:35:24	27	22.5	00:00:51	00:22:03	37	7:05		01:10:24.40
30	130	Max Peterson	M	16	St. Paul	MI	00:09:11	26	1:40	00:01:40	00:38:31	39	20.7	00:01:04	00:20:26	27	6:34		01:10:49.12
31	36	Duane Millslagle	M	65	Savage	MN	00:09:20	29	1:42	00:01:49	00:36:39	31	21.8	00:00:51	00:22:22	40	7:11		01:10:58.47
32	134	Dean Anderson	M	45	Blaine	MN	00:11:00	42	2:00	00:01:16	00:36:09	30	22.1	00:00:49	00:21:58	36	7:04		01:11:09.29
33	71	Jarrett Swanson	M	31	Brainerd	MN	00:09:16	27	1:41	00:01:04	00:39:30	43	20.2	00:00:33	00:22:10	39	7:07		01:12:31.43
34	121	Joshua Barrett	M	36	Woodbury	MN	00:06:39	2	1:12	00:01:12	00:41:22	52	19.3	00:00:48	00:23:16	43	7:29		01:13:15.43
35	68	Luke Anton	M	30	Saint Paul	MN	00:10:15	36	1:52	00:01:36	00:39:31	44	20.2	00:01:32	00:20:28	28	6:35		01:13:19.68

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							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	129	Eric Peterson	M	47	St. Paul	MI	00:10:11	35	1:51	00:01:45	00:38:39	40	20.7	00:01:04	00:22:04	38	7:06		01:13:40.53
37	133	Mike Abel	M	47	Sartell	MN	00:10:30	37	1:55	00:01:28	00:35:40	28	22.4	00:01:46	00:24:44	49	7:57		01:14:05.93
38	85	Scott Remiger	M	42	Lakeville	MN	00:10:41	39	1:57	00:01:37	00:38:07	37	20.9	00:01:03	00:23:35	45	7:35		01:15:00.59
39	67	Bill Benning	M	53	Lakeville	MN	00:11:32	52	2:06	00:01:06	00:37:48	35	21.1	00:00:49	00:24:12	47	7:47		01:15:24.88
40	98	David Kerber	M	39	Maple Grove	MN	00:13:13	66	2:25	00:01:55	00:38:09	38	20.9	00:01:13	00:21:26	32	6:53		01:15:52.94
41	39	Jason Lien	M	43	St. Paul	MN	00:11:13	46	2:02	00:01:54	00:37:57	36	21.0	00:01:25	00:23:30	44	7:33		01:15:55.93
42	37	Eric Mckee	M	50	Cedar	MN	00:09:41	31	1:46	00:01:32	00:40:14	47	19.8	00:00:53	00:23:48	46	7:39		01:16:04.36
43	115	Steve Dahlke	M	25	Minneapolis	MN	00:10:39	38	1:56	00:02:01	00:41:43	55	19.1	00:01:11	00:21:45	34	6:59		01:17:16.61
44	139	Matt Linder	M	30	St Paul	MN	00:11:46	59	2:08	00:01:19	00:37:24	33	21.3	00:01:33	00:25:40	56	8:15		01:17:39.10
45	155	Jeff Dahle	M	53	St Paul	MN	00:11:47	61	2:09	00:02:06	00:36:45	32	21.7	00:01:06	00:26:14	57	8:26		01:17:55.44
46	45	Tyler Kennedy	M	25	Saint Louis Park	MN	00:11:41	56	2:08	00:01:58	00:44:05	67	18.1	00:00:53	00:19:27	23	6:15		01:18:01.82
47	16	Tom Webb	M	35	Chaska	MN	00:11:14	47	2:03	00:01:37	00:39:42	45	20.1	00:01:35	00:24:27	48	7:51		01:18:31.44
48	57	Theodore Fabel	M	31	Minneapolis	MN	00:11:35	53	2:06	00:03:43	00:40:57	51	19.5	00:01:38	00:21:15	31	6:50		01:19:05.18
49	114	Stefan Figurski	M	27	St. Paul	MN	00:11:02	44	2:01	00:02:46	00:43:07	61	18.5	00:01:13	00:21:40	33	6:58		01:19:46.44
50	88	William Pine	M	44	Minneapolis	MN	00:10:51	41	1:58	00:02:04	00:39:27	42	20.2	00:01:10	00:26:44	60	8:36		01:20:13.66
51	58	Vince Duray	M	46	Minneapolis	MN	00:11:24	49	2:04	00:01:52	00:40:56	50	19.5	00:01:21	00:24:56	50	8:01		01:20:26.54
52	110	Jim Gaubert	M	49	Eagan	MN	00:11:57	62	2:11	00:02:27	00:42:17	56	18.9	00:01:20	00:23:16	42	7:29		01:21:14.21
53	23	Peter Rosen	M	51	Saint Paul	MN	00:13:18	68	2:25	00:02:49	00:41:25	53	19.3	00:01:30	00:22:56	41	7:22		01:21:56.14
54	95	Dwight Larsen	M	53	Plymouth	MN	00:11:19	48	2:04	00:02:05	00:43:21	63	18.4	00:00:58	00:25:18	51	8:08		01:22:57.74
55	102	Tracy Huizel	M	47	Minneapolis	MN	00:13:13	65	2:24	00:02:19	00:40:09	46	19.9	00:01:18	00:26:30	58	8:31		01:23:26.38
56	62	Thomas Couillard	M	66	White Bear Lake	MN	00:12:53	64	2:21	00:02:33	00:41:27	54	19.3	00:01:48	00:25:21	52	8:09		01:23:59.64
57	47	Andrew Jacot	M	28	St. Paul	MN	00:11:26	50	2:05	00:02:38	00:42:18	57	18.9	00:01:43	00:26:36	59	8:33		01:24:37.69
58	59	Casey Dickinson	M	31	Minneapolis	MN	00:11:44	57	2:08	00:02:54	00:43:20	62	18.4	00:01:30	00:25:37	54	8:14		01:25:02.61
59	44	Daniel Kirk	M	69	Blaine	MN	00:13:52	71	2:32	00:02:23	00:42:20	58	18.9	00:01:11	00:25:25	53	8:10		01:25:09.40
60	26	John Reuter	M	53	Hopkins	MN	00:09:50	32	1:47	00:02:02	00:38:54	41	20.5	00:01:27	00:33:14	75	10:41		01:25:27.00
61	131	Tony Mantovani	M	36	Champlin	MN	00:14:04	72	2:34	00:03:01	00:40:45	49	19.6	00:01:15	00:27:03	63	8:42		01:26:05.70
62	27	Michael Powers	M	59	Minneapolis	MN	00:13:16	67	2:25	00:02:13	00:40:32	48	19.7	00:01:10	00:30:04	68	9:40		01:27:12.30
63	113	Nick Fitzgerald	M	35	Maple Grove	MN	00:11:46	60	2:09	00:03:20	00:45:06	69	17.7	00:01:50	00:25:38	55	8:14		01:27:37.19
64	74	Tony Stack	M	44	Inver Grove Heights	MN	00:11:45	58	2:08	00:01:53	00:42:25	59	18.8	00:01:24	00:30:17	69	9:44		01:27:41.87
65	91	David Moore	M	53	St. Paul	MN	00:11:30	51	2:06	00:04:00	00:43:51	66	18.2	00:01:43	00:28:27	64	9:09		01:29:27.85
66	17	David Warren	M	46	Robbinsdale	MN	00:15:51	74	2:53	00:03:10	00:43:21	64	18.4	00:01:07	00:26:56	62	8:39		01:30:22.46
67	49	Colby Heineman	M	32	Saint Paul	MN	00:13:50	70	2:31	00:03:55	00:43:06	60	18.5	00:01:55	00:28:42	65	9:14		01:31:26.36
68	55	Dylan Galos	M	30	Minneapolis	MN	00:11:39	55	2:07	00:03:45	00:44:32	68	17.9	00:01:21	00:32:14	73	10:22		01:33:27.37
69	25	Andrew Rogers	M	37	Minneapolis	MN	00:13:26	69	2:27	00:02:40	00:48:24	76	16.5	00:00:56	00:28:48	67	9:16		01:34:11.87
70	70	Robert Varney	M	42	Crystal	MN	00:10:48	40	1:58	00:03:40	00:45:23	70	17.6	00:01:33	00:33:07	74	10:39		01:34:31.00

Capitol City Tri

June 14, 2015

Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	108	Daniel Gulick	M	38	River Falls	WI	00:07:48	11	1:25	00:07:56	00:47:17	74	16.9	00:01:29	00:30:53	72	9:56		01:35:20.46
72	78	Bryan Simmons	M	52	Minneapolis	MN	00:17:28	75	3:11	00:04:26	00:47:15	73	16.9	00:01:54	00:28:43	66	9:14		01:39:44.14
73	34	Dan Nguyen	M	29	St. Paul	MN	00:20:00	76	3:39	00:02:10	00:46:51	71	17.0	00:01:35	00:30:20	70	9:45		01:40:53.91
74	66	Eric Bester	M	26	Shoreview	MN	00:15:38	73	2:51	00:04:42	00:48:33	77	16.4	00:02:28	00:30:20	71	9:45		01:41:38.62
75	99	Joe Kandiko	M	65	Excelsior	MN	00:11:38	54	2:07	00:02:37	00:47:37	75	16.8	00:04:11	00:36:19	76	11:41		01:42:19.41
76	97	William Kessler	M	34	South Saint Paul	MN	00:29:04	77	5:18	00:01:41	00:43:25	65	18.4	00:01:30	00:26:51	61	8:38		01:42:29.71
77	96	Benji Lamfers	M	30	Shakopee	MI	00:12:12	63	2:13	00:03:43	00:46:55	72	17.0	00:02:24	00:40:00	77	12:52		01:45:12.71