

APPLE KID DUATHLON
(AGE 7 TO 10)
Friday, May 28, 2010
Sartell, Minnesota

.25M Run, 3.5M Bike, .25M Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/17	Eli Weiss	Avon	MN	10	M	2	1:23	5:29	0:16	1	10:01	21.0	0:19	1	1:34	6:14	13:31
2	1/13	Talon Lenzen	St. Cloud	MN	9	M	6	1:28	5:49	0:24	3	11:09	18.8	0:22	2	1:38	6:30	14:58
3	2/17	Gus Robinson	Baxter	MN	10	M	5	1:27	5:48	0:32	2	11:04	19.0	0:23	4	1:40	6:38	15:05
4	3/17	Eric Minnerath	Sartell	MN	10	M	12	1:31	6:01	0:39	5	11:16	18.6	0:23	11	1:52	7:26	15:39
5	1/9	Ryan Ressemann	St. Cloud	MN	7	M	27	1:38	6:31	0:29	4	11:10	18.8	0:37	7	1:50	7:17	15:42
6	4/17	Riley Halstrom	Sartell	MN	10	M	14	1:32	6:05	0:37	6	11:19	18.6	0:25	22	2:01	8:03	15:51
7	1/9	Ty Ballinger	Maple Grove	MN	8	M	9	1:29	5:54					0:24	15	1:57	7:45	16:15
8	5/17	J.D. Bates	Sauk Rapids	MN	10	M	45	1:45	6:57	0:18	10	11:50	17.7	0:32	12	1:52	7:27	16:15
9	6/17	Ulises Ramirez	St. Cloud	MN	10	M	11	1:29	5:56	0:42	9	11:45	17.9	0:28	13	1:53	7:31	16:15
10	1/9	Zoe Iyer	Edina	MN	9	F	37	1:43	6:49	0:34	8	11:42	17.9	0:25	20	2:01	8:01	16:22
11	1/12	Olivia Ellenbecker	Coon Rapids	MN	10	F	15	1:32	6:08	0:41	11	11:57	17.6	0:22	17	1:58	7:51	16:28
12	2/13	Nick Plautz	Sartell	MN	9	M	10	1:29	5:54	0:25	15	12:13	17.2	0:26	24	2:02	8:06	16:33
13	7/17	Peter Amundson	Sartell	MN	10	M	30	1:40	6:37	0:39	21	12:22	17.0	0:22	3	1:39	6:34	16:39
14	8/17	Sawyer Amo	Sauk Rapids	MN	10	M	19	1:34	6:15	1:10	7	11:20	18.5	0:26	44	2:12	8:45	16:40
15	3/13	Zachary Lary	Plymouth	MN	9	M	49	1:46	7:02	0:18	12	12:03	17.4	0:28	43	2:11	8:44	16:43
16	9/17	Jack Hennemann	Sartell	MN	10	M	20	1:35	6:18	0:30	20	12:19	17.1	0:29	14	1:54	7:34	16:45
17	1/11	Sophie Robinson	Baxter	MN	8	F	1	1:19	5:16					0:23	5	1:43	6:50	16:46
18	4/13	Brian Amundson	Sartell	MN	9	M	29	1:39	6:33	0:22	17	12:15	17.1	0:24	39	2:09	8:35	16:47
19	2/9	Marcel Testa	Sartell	MN	8	M	18	1:34	6:14	0:46	19	12:18	17.1	0:27	9	1:51	7:23	16:53
20	5/13	Cole Tetrault	St. Cloud	MN	9	M	7	1:28	5:50	0:38	18	12:17	17.1	0:21	42	2:11	8:44	16:53
21	10/17	Jake Brenhaug	Sartell	MN	10	M	42	1:44	6:54	0:40	13	12:05	17.4	0:30	26	2:03	8:12	17:00
22	2/12	Abby Weber	Sartell	MN	10	F	23	1:37	6:27	0:40	14	12:08	17.3	0:23	52	2:18	9:12	17:04
23	11/17	Andy Dillon	La Crosse	WI	10	M	59	1:52	7:25	0:30	22	12:33	16.7	0:24	34	2:07	8:28	17:24
24	2/9	Ellie Revermann	St. Cloud	MN	9	F	61	1:52	7:27	0:40	16	12:15	17.1	0:32	51	2:18	9:11	17:34
25	2/11	Sarah Schad	Sartell	MN	8	F	4	1:26	5:42	0:40	23	12:38	16.6	0:25	71	2:33	10:10	17:40
26	3/12	Lizzy Minnerath	Sartell	MN	10	F	17	1:33	6:12	0:37	24	13:02	16.1	0:25	41	2:11	8:42	17:46
27	3/11	Taylor Mathiasen	Sartell	MN	8	F	25	1:38	6:29	0:35	25	13:03	16.1	0:28	32	2:06	8:21	17:47
28	4/11	Abby Ellenbecker	Coon Rapids	MN	8	F	21	1:35	6:18	0:44	27	13:11	15.9	0:28	16	1:58	7:49	17:53
29	3/9	Miah Gessell	Sartell	MN	9	F	28	1:38	6:31	0:29	31	13:22	15.7	0:27	29	2:04	8:16	17:59
30	6/13	Christian Knellwol	Sartell	MN	9	M	39	1:43	6:52	0:28	32	13:27	15.6	0:25	31	2:06	8:21	18:07
31	4/12	Lexie Lamont	Sartell	MN	10	F	41	1:43	6:52	0:32	26	13:10	15.9	0:26	66	2:25	9:38	18:15
32	7/13	Hayden Roelofs	Sartell	MN	9	M	33	1:41	6:42	0:28	33	13:29	15.6	0:24	56	2:20	9:17	18:19
33	8/13	Zach Ittel	Sartell	MN	9	M	22	1:37	6:25	0:31	30	13:17	15.8	0:22	75	2:38	10:31	18:23
34	12/17	Colten Sigurdson	Sartell	MN	10	M	8	1:29	5:53	0:53	39	13:55	15.1	0:20	30	2:05	8:19	18:40
35	3/9	Talon Sigurdson	Sartell	MN	8	M	13	1:31	6:03	0:48	44	14:15	14.7	0:24	10	1:51	7:24	18:47
36	5/11	Lauren Peterson	Sartell	MN	8	F	16	1:33	6:10	0:32	47	14:22	14.6	0:35	8	1:50	7:17	18:49
37	5/12	Sydney Weiman	Brooklyn Cente	MN	10	F	50	1:46	7:03	0:42	37	13:49	15.2	0:28	36	2:08	8:31	18:52
38	13/17	Luke Casperson	Saint Joseph	MN	10	M	34	1:42	6:45	0:53	28	13:12	15.9	0:28	78	2:41	10:41	18:52
39	14/17	Evan Olson	Sartell	MN	10	M	63	1:53	7:29	0:40	36	13:42	15.3	0:30	46	2:12	8:47	18:55
40	6/12	Jessica Lemke	Sartell	MN	10	F	44	1:44	6:56	0:45	34	13:38	15.4	0:31	60	2:21	9:24	18:58
41	15/17	T.J. Nies	Sartell	MN	10	M	52	1:46	7:04	0:37	42	14:14	14.8	0:26	25	2:02	8:08	19:04
42	7/12	Taylor Lee	St. Cloud	MN	10	F	65	1:54	7:34	0:44	38	13:52	15.1	0:27	40	2:11	8:42	19:06
43	2/9	Carter Halstrom	Sartell	MN	7	M	24	1:37	6:28	0:40	40	14:04	14.9	0:44	37	2:08	8:32	19:12
44	4/9	Faith Wannarka	Saint Joseph	MN	9	F	38	1:43	6:50	0:32	52	14:38	14.4	0:26	33	2:06	8:22	19:22
45	16/17	Jacob Ringstad	Sartell	MN	10	M	55	1:49	7:13	0:31	45	14:19	14.7	0:27	62	2:23	9:31	19:26
46	9/13	Jacob Wieland	Rice	MN	9	M	67	1:55	7:37	0:34	41	14:07	14.9	0:26	69	2:29	9:55	19:29
47	8/12	Elise Kmitch	St. Cloud	MN	10	F	46	1:45	6:57	0:43	53	14:39	14.3	0:28	21	2:01	8:02	19:34
48	4/9	Callan Markey	Sartell	MN	8	M	53	1:48	7:09	0:56	46	14:20	14.7	0:21	47	2:13	8:49	19:36
49	10/13	Cody Brenhaug	Sartell	MN	9	M	70	1:56	7:41	0:45	43	14:14	14.8	0:23	65	2:25	9:38	19:40
50	9/12	Colleen Zadoo	St. Cloud	MN	10	F	47	1:45	7:00	0:33	51	14:36	14.4	0:25	64	2:24	9:35	19:41
51	3/9	Mark Amundson	Sartell	MN	7	M	72	1:57	7:45	0:48	49	14:26	14.5	0:40	28	2:04	8:16	19:53
52	5/9	Kassandra Markey	Sartell	MN	9	F	69	1:55	7:39	0:25	55	14:53	14.1	0:28	73	2:35	10:19	20:14
53	5/9	Noah Pretzer	Sauk Rapids	MN	8	M	48	1:46	7:01	1:00	54	14:46	14.2	0:27	61	2:23	9:29	20:20
54	1/6	Peyton Mathiasen	Sartell	MN	7	F	64	1:54	7:33	0:56	56	14:53	14.1	0:35	59	2:21	9:24	20:37
55	11/13	Taylor Krengel	Sauk Rapids	MN	9	M	32	1:41	6:41	0:25	64	15:51	13.2	0:31	49	2:14	8:55	20:40
56	4/9	Lacen Vandenberg	Sartell	MN	7	M	58	1:51	7:21	0:46	62	15:38	13.4	0:25	38	2:09	8:35	20:47
57	6/11	Elizabeth Crandall	Sartell	MN	8	F	76	2:00	7:58	0:57	57	14:56	14.1	0:38	68	2:27	9:46	20:56
58	10/12	Regan Mies	Cold Spring	MN	10	F	56	1:50	7:17	0:57	58	15:20	13.7	0:29	63	2:23	9:31	20:57
59	6/9	Grace Rasmussen	Sartell	MN	9	F	71	1:57	7:45	0:43	60	15:27	13.6	0:37	54	2:19	9:14	21:00
60	7/9	Summer Kleinschmid	Sartell	MN	9	F	74	1:58	7:49	0:46	61	15:30	13.5	0:40	45	2:12	8:47	21:04
61	6/9	Owen Lindstrom	Buffalo	MN	8	M	75	1:58	7:50	2:05	50	14:27	14.5	0:33	50	2:15	8:59	21:16
62	12/13	Mitchell Marthaler	Sartell	MN	9	M	26	1:38	6:29	0:37	71	16:32	12.7	0:31	23	2:01	8:04	21:17
63	7/11	Sofia Streich	Waite Parik	MN	8	F	31	1:40	6:39	0:59	65	15:54	13.2	0:28	55	2:19	9:15	21:18
64	11/12	Lauren Karls	Cold Spring	MN	10	F	57	1:50	7:18	1:09	59	15:20	13.7	0:31	70	2:32	10:05	21:19
65	5/9	Brady Baxter	Sartell	MN	7	M	40	1:43	6:52	1:05	66	15:58	13.2	0:50	27	2:04	8:14	21:37
66	12/12	Madeline Goetz	Sartell	MN	10	F	73	1:57	7:47	0:45	69	16:14	12.9	0:34	67	2:25	9:40	21:53
67	6/9	Zachary Plante	St. Cloud	MN	7	M	54	1:48	7:11	1:02	68	16:12	13.0	0:32	58	2:21	9:24	21:54
68	8/11	Amber Pietrowski	Sartell	MN	8	F	66	1:54	7:36	0:49	67	16:04	13.1	0:40	80	2:42	10:47	22:07
69	7/9	Ethan Daw	Sartell	MN	7	M	68	1:55	7:39	0:52	63	15:51	13.2	0:58	79	2:41	10:43	22:14
70	8/9	Ainsley Holien	Sartell	MN	9	F	35	1:42	6:47	0:29	77	17:42	11.9	0:26	19	1:59	7:55	22:16
71	7/9	Mitiku Nies	Sartell	MN	8	M	60	1:52	7:25	1:03	70	16:29	12.7	0:38	57	2:20	9:18	22:20
72	2/6	Alexandra Boschee	Sartell	MN	7	F	51	1:46	7:04	0:47	76	17:24	12.1	0:38	48	2:14	8:53	22:47
73	3/6	Rachel Wieland	Rice	MN	7	F	62	1:52	7:28	0:47	74	17:05	12.3	0:36	74	2:36	10:21	22:54
74	9/9	Tarah Rosendahl	Rice	MN	9	F	77	2:03	8:10	0:30	75	17:06	12.3	0:45	72	2:35	10:17	22:57
75	8/9	Alton Mies	Cold Spring	MN	8	M	36	1:42	6:48	0:51	79	18:00	11.7	0:31	18	1:59	7:53	23:02
76	8/9	Peyton Bigaouette	St. Cloud	MN	7	M	78	2:07	8:27	0:54	72	16:42	12.6	0:46	76	2:39	10:33	23:06
77	4/6	Lily Rasmussen	Sartell	MN	7	F	81	2:11	8:42	0:48	73							

MALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	347 Eli Weiss	Avon	MN	10	M	1	1:23	5:29	0:16	1	10:01	21.0	0:19	1	1:34	6:14	13:31
2	302 Talon Lenzen	St. Cloud	MN	9	M	3	1:28	5:49	0:24	3	11:09	18.8	0:22	2	1:38	6:30	14:58
3	319 Gus Robinson	Baxter	MN	10	M	2	1:27	5:48	0:32	2	11:04	19.0	0:23	4	1:40	6:38	15:05
4	313 Eric Minnerath	Sartell	MN	10	M	9	1:31	6:01	0:39	5	11:16	18.6	0:23	8	1:52	7:26	15:39
5	204 Ryan Ressemann	St. Cloud	MN	7	M	18	1:38	6:31	0:29	4	11:10	18.8	0:37	5	1:50	7:17	15:42
6	340 Riley Halstrom	Sartell	MN	10	M	11	1:32	6:05	0:37	6	11:19	18.6	0:25	14	2:01	8:03	15:51
7	219 Ty Ballinger	Maple Grove	MN	8	M	6	1:29	5:54					0:24	12	1:57	7:45	16:15
8	333 J.D. Bates	Sauk Rapids	MN	10	M	28	1:45	6:57	0:18	9	11:50	17.7	0:32	9	1:52	7:27	16:15
9	323 Ulises Ramirez	St. Cloud	MN	10	M	8	1:29	5:56	0:42	8	11:45	17.9	0:28	10	1:53	7:31	16:15
10	220 Nick Plautz	Sartell	MN	9	M	7	1:29	5:54	0:25	12	12:13	17.2	0:26	16	2:02	8:06	16:33
11	321 Peter Amundson	Sartell	MN	10	M	20	1:40	6:37	0:39	17	12:22	17.0	0:22	3	1:39	6:34	16:39
12	341 Sawyer Amo	Sauk Rapids	MN	10	M	13	1:34	6:15	1:10	7	11:20	18.5	0:26	29	2:12	8:45	16:40
13	306 Zachary Lary	Plymouth	MN	9	M	30	1:46	7:02	0:18	10	12:03	17.4	0:28	28	2:11	8:44	16:43
14	350 Jack Hennemann	Sartell	MN	10	M	14	1:35	6:18	0:30	16	12:19	17.1	0:29	11	1:54	7:34	16:45
15	301 Brian Amundson	Sartell	MN	9	M	19	1:39	6:33	0:22	13	12:15	17.1	0:24	26	2:09	8:35	16:47
16	218 Marcel Testa	Sartell	MN	8	M	12	1:34	6:14	0:46	15	12:18	17.1	0:27	6	1:51	7:23	16:53
17	327 Cole Tetrault	St. Cloud	MN	9	M	4	1:28	5:50	0:38	14	12:17	17.1	0:21	27	2:11	8:44	16:53
18	315 Jake Brenhaug	Sartell	MN	10	M	27	1:44	6:54	0:40	11	12:05	17.4	0:30	18	2:03	8:12	17:00
19	351 Andy Dillon	La Crosse	WI	10	M	36	1:52	7:25	0:30	18	12:33	16.7	0:24	23	2:07	8:28	17:24
20	303 Christian Knellwol	Sartell	MN	9	M	25	1:43	6:52	0:28	21	13:27	15.6	0:25	22	2:06	8:21	18:07
21	336 Hayden Roelofs	Sartell	MN	9	M	22	1:41	6:42	0:28	22	13:29	15.6	0:24	34	2:20	9:17	18:19
22	328 Zach Ittel	Sartell	MN	9	M	15	1:37	6:25	0:31	20	13:17	15.8	0:22	41	2:38	10:31	18:23
23	343 Colten Sigurdson	Sartell	MN	10	M	5	1:29	5:53	0:53	24	13:55	15.1	0:20	21	2:05	8:19	18:40
24	236 Talon Sigurdson	Sartell	MN	8	M	10	1:31	6:03	0:48	29	14:15	14.7	0:24	7	1:51	7:24	18:47
25	346 Luke Casperson	Saint Joseph	MN	10	M	23	1:42	6:45	0:53	19	13:12	15.9	0:28	43	2:41	10:41	18:52
26	355 Evan Olson	Sartell	MN	10	M	38	1:53	7:29	0:40	23	13:42	15.3	0:30	30	2:12	8:47	18:55
27	317 T.J. Nies	Sartell	MN	10	M	31	1:46	7:04	0:37	27	14:14	14.8	0:26	17	2:02	8:08	19:04
28	225 Carter Halstrom	Sartell	MN	7	M	16	1:37	6:28	0:40	25	14:04	14.9	0:44	24	2:08	8:32	19:12
29	324 Jacob Ringstad	Sartell	MN	10	M	34	1:49	7:13	0:31	30	14:19	14.7	0:27	38	2:23	9:31	19:26
30	307 Jacob Wieland	Rice	MN	9	M	39	1:55	7:37	0:34	26	14:07	14.9	0:26	40	2:29	9:55	19:29
31	213 Callan Markey	Sartell	MN	8	M	32	1:48	7:09	0:56	31	14:20	14.7	0:21	31	2:13	8:49	19:36
32	309 Cody Brenhaug	Sartell	MN	9	M	41	1:56	7:41	0:45	28	14:14	14.8	0:23	39	2:25	9:38	19:40
33	206 Mark Amundson	Sartell	MN	7	M	42	1:57	7:45	0:48	32	14:26	14.5	0:40	20	2:04	8:16	19:53
34	209 Noah Pretzer	Sauk Rapids	MN	8	M	29	1:46	7:01	1:00	34	14:46	14.2	0:27	37	2:23	9:29	20:20
35	308 Taylor Krenkel	Sauk Rapids	MN	9	M	21	1:41	6:41	0:25	37	15:51	13.2	0:31	32	2:14	8:55	20:40
36	205 Lacen Vandenberg	Sartell	MN	7	M	35	1:51	7:21	0:46	35	15:38	13.4	0:25	25	2:09	8:35	20:47
37	232 Owen Lindstrom	Buffalo	MN	8	M	43	1:58	7:50	2:05	33	14:27	14.5	0:33	33	2:15	8:59	21:16
38	330 Mitchell Marthaler	Sartell	MN	9	M	17	1:38	6:29	0:37	41	16:32	12.7	0:31	15	2:01	8:04	21:17
39	229 Brady Baxter	Sartell	MN	7	M	26	1:43	6:52	1:05	38	15:58	13.2	0:50	19	2:04	8:14	21:37
40	201 Zachary Plante	St. Cloud	MN	7	M	33	1:48	7:11	1:02	39	16:12	13.0	0:32	36	2:21	9:24	21:54
41	224 Ethan Daw	Sartell	MN	7	M	40	1:55	7:39	0:52	36	15:51	13.2	0:58	44	2:41	10:43	22:14
42	208 Mitiku Nies	Sartell	MN	8	M	37	1:52	7:25	1:03	40	16:29	12.7	0:38	35	2:20	9:18	22:20
43	216 Alton Mies	Cold Spring	MN	8	M	24	1:42	6:48	0:51	43	18:00	11.7	0:31	13	1:59	7:53	23:02
44	221 Peyton Bigaouette	St. Cloud	MN	7	M	44	2:07	8:27	0:54	42	16:42	12.6	0:46	42	2:39	10:33	23:06
45	214 Beau Garman	Sartell	MN	8	M	45	2:09	8:36	0:31	44	20:16	10.4	0:44	45	2:57	11:46	26:36
46	222 Damian Steffes	Sartell	MN	7	M	46	2:19	9:16					1:22	46	4:42	18:46	31:57
47	339 Ian Weber	Sartell	MN	10	M	47	42:55	171:40	1:01	45	32:16	6.5	1:01	47	5:49	23:13	1:23:00

FEMALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	312 Zoe Iyer	Edina	MN	9	F	12	1:43	6:49	0:34	1	11:42	17.9	0:25	7	2:01	8:01	16:22
2	316 Olivia Ellenbecker	Coon Rapids	MN	10	F	3	1:32	6:08	0:41	2	11:57	17.6	0:22	5	1:58	7:51	16:28
3	215 Sophie Robinson	Baxter	MN	8	F	1	1:19	5:16					0:23	1	1:43	6:50	16:46
4	329 Abby Weber	Sartell	MN	10	F	7	1:37	6:27	0:40	3	12:08	17.3	0:23	19	2:18	9:12	17:04
5	337 Ellie Revermann	St. Cloud	MN	9	F	23	1:52	7:27	0:40	4	12:15	17.1	0:32	18	2:18	9:11	17:34
6	234 Sarah Schad	Sartell	MN	8	F	2	1:26	5:42	0:40	5	12:38	16.6	0:25	31	2:33	10:10	17:40
7	314 Lizzy Minnerath	Sartell	MN	10	F	5	1:33	6:12	0:37	6	13:02	16.1	0:25	15	2:11	8:42	17:46
8	226 Taylor Mathiasen	Sartell	MN	8	F	8	1:38	6:29	0:35	7	13:03	16.1	0:28	10	2:06	8:21	17:47
9	211 Abby Ellenbecker	Coon Rapids	MN	8	F	6	1:35	6:18	0:44	9	13:11	15.9	0:28	4	1:58	7:49	17:53
10	332 Miah Gessell	Sartell	MN	9	F	9	1:38	6:31	0:29	11	13:22	15.7	0:27	9	2:04	8:16	17:59
11	320 Lexie Lamont	Sartell	MN	10	F	14	1:43	6:52	0:32	8	13:10	15.9	0:26	27	2:25	9:38	18:15
12	231 Lauren Peterson	Sartell	MN	8	F	4	1:33	6:10	0:32	16	14:22	14.6	0:35	3	1:50	7:17	18:49
13	352 Sydney Weiman	Brooklyn Centre	MN	10	F	19	1:46	7:03	0:42	14	13:49	15.2	0:28	13	2:08	8:31	18:52
14	344 Jessica Lemke	Sartell	MN	10	F	16	1:44	6:56	0:45	12	13:38	15.4	0:31	24	2:21	9:24	18:58
15	318 Taylor Lee	St. Cloud	MN	10	F	26	1:54	7:34	0:44	15	13:52	15.1	0:27	14	2:11	8:42	19:06
16	353 Faith Wannarka	Saint Joseph	MN	9	F	13	1:43	6:50	0:32	19	14:38	14.4	0:26	11	2:06	8:22	19:22
17	334 Elise Kmitch	St. Cloud	MN	10	F	17	1:45	6:57	0:43	20	14:39	14.3	0:28	8	2:01	8:02	19:34
18	325 Colleen Zadoo	St. Cloud	MN	10	F	18	1:45	7:00	0:33	18	14:36	14.4	0:25	26	2:24	9:35	19:41
19	305 Kassandra Markey	Sartell	MN	9	F	28	1:55	7:39	0:25	21	14:53	14.1	0:28	33	2:35	10:19	20:14
20	227 Peyton Mathiasen	Sartell	MN	7	F	25	1:54	7:33	0:56	22	14:53	14.1	0:35	23	2:21	9:24	20:37
21	235 Elizabeth Crandall	Sartell	MN	8	F	32	2:00	7:58	0:57	23	14:56	14.1	0:38	29	2:27	9:46	20:56
22	322 Regan Mies	Cold Spring	MN	10	F	21	1:50	7:17	0:57	24	15:20	13.7	0:29	25	2:23	9:31	20:57
23	338 Grace Rasmussen	Sartell	MN	9	F	29	1:57	7:45	0:43	26	15:27	13.6	0:37	21	2:19	9:14	21:00
24	331 Summer Kleinschmid	Sartell	MN	9	F	31	1:58	7:49	0:46	27	15:30	13.5	0:40	16	2:12	8:47	21:04
25	210 Sofia Streich	Waite Parik	MN	8	F	10	1:40	6:39	0:59	28	15:54	13.2	0:28	22	2:19	9:15	21:18
26	326 Lauren Karls	Cold Spring	MN	10	F	22	1:50	7:18	1:09	25	15:20	13.7	0:31	30	2:32	10:05	21:19
27	335 Madeline Goetz	Sartell	MN	10	F	30	1:57	7:47	0:45	30	16:14	12.9	0:34	28	2:25	9:40	21:53
28	223 Amber Pietrowski	Sartell	MN	8	F	27	1:54	7:36	0:49	29	16:04	13.1	0:40	36	2:42	10:47	22:07
29	311 Ainsley Holien	Sartell	MN	9	F	11	1:42	6:47	0:29	35	17:42	11.9	0:26	6	1:59	7:55	22:16
30	203 Alexandra Boschee	Sartell	MN	7	F	20	1:46	7:04	0:47	34	17:24	12.1	0:38	17	2:14	8:53	22:47
31	202 Rachel Wieland	Rice	MN	7	F	24	1:52	7:28	0:47	32	17:05	12.3	0:36	34	2:36	10:21	22:54
32	349 Tarah Rosendahl	Rice	MN	9	F	33	2:03	8:10	0:30	33	17:06	12.3	0:45	32	2:35	10	

2	Eli Weiss	Avon	MN	10	M	1:23	5:29
3	Sarah Schad	Sartell	MN	8	F	1:26	5:42
4	Gus Robinson	Baxter	MN	10	M	1:27	5:48
5	Talon Lenzen	St. Cloud	MN	9	M	1:28	5:49
6	Cole Tetrault	St. Cloud	MN	9	M	1:28	5:50
7	Colten Sigurdson	Sartell	MN	10	M	1:29	5:53
8	Ty Ballinger	Maple Grove	MN	8	M	1:29	5:54
9	Nick Plautz	Sartell	MN	9	M	1:29	5:54
10	Ulises Ramirez	St. Cloud	MN	10	M	1:29	5:56

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Eli Weiss	Avon	MN	10	M	0:16
2	Zachary Lary	Plymouth	MN	9	M	0:18
3	J.D. Bates	Sauk Rapids	MN	10	M	0:18
4	Brian Amundson	Sartell	MN	9	M	0:22
5	Talon Lenzen	St. Cloud	MN	9	M	0:24
6	Taylor Krengel	Sauk Rapids	MN	9	M	0:25
7	Kassandra Markey	Sartell	MN	9	F	0:25
8	Nick Plautz	Sartell	MN	9	M	0:25
9	Hayden Roelofs	Sartell	MN	9	M	0:28
10	Christian Knellwol	Sartell	MN	9	M	0:28

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph	
1	Eli Weiss	Avon	MN	10	M	10:01	21.0
2	Gus Robinson	Baxter	MN	10	M	11:04	19.0
3	Talon Lenzen	St. Cloud	MN	9	M	11:09	18.8
4	Ryan Ressemann	St. Cloud	MN	7	M	11:10	18.8
5	Eric Minnerath	Sartell	MN	10	M	11:16	18.6
6	Riley Halstrom	Sartell	MN	10	M	11:19	18.6
7	Sawyer Amo	Sauk Rapids	MN	10	M	11:20	18.5
8	Zoe Iyer	Edina	MN	9	F	11:42	17.9
9	Ulises Ramirez	St. Cloud	MN	10	M	11:45	17.9
10	J.D. Bates	Sauk Rapids	MN	10	M	11:50	17.7

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Eli Weiss	Avon	MN	10	M	0:19
2	Colten Sigurdson	Sartell	MN	10	M	0:20
3	Cole Tetrault	St. Cloud	MN	9	M	0:21
4	Callan Markey	Sartell	MN	8	M	0:21
5	Talon Lenzen	St. Cloud	MN	9	M	0:22
6	Peter Amundson	Sartell	MN	10	M	0:22
7	Olivia Ellenbecker	Coon Rapids	MN	10	F	0:22
8	Zach Ittel	Sartell	MN	9	M	0:22
9	Mackenzie Lee	St. Cloud	MN	8	F	0:22
10	Cody Brenhaug	Sartell	MN	9	M	0:23

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace	
1	Eli Weiss	Avon	MN	10	M	1:34	6:14
2	Talon Lenzen	St. Cloud	MN	9	M	1:38	6:30
3	Peter Amundson	Sartell	MN	10	M	1:39	6:34
4	Gus Robinson	Baxter	MN	10	M	1:40	6:38
5	Sophie Robinson	Baxter	MN	8	F	1:43	6:50
6	Erika Fenstad	Saint Cloud	MN	8	F	1:49	7:14
7	Ryan Ressemann	St. Cloud	MN	7	M	1:50	7:17
8	Lauren Peterson	Sartell	MN	8	F	1:50	7:17
9	Marcel Testa	Sartell	MN	8	M	1:51	7:23
10	Talon Sigurdson	Sartell	MN	8	M	1:51	7:24

FEMALE AGE GROUP RESULTS - 7 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Peyton Mathiasen	Sartell	MN	7	F	4	1:54	7:33	0:56	1	14:53	14.1	0:35	2	2:21	9:24	20:37
2	Alexandra Boschee	Sartell	MN	7	F	2	1:46	7:04	0:47	4	17:24	12.1	0:38	1	2:14	8:53	22:47
3	Rachel Wieland	Rice	MN	7	F	3	1:52	7:28	0:47	3	17:05	12.3	0:36	3	2:36	10:21	22:54
4	Lily Rasmussen	Sartell	MN	7	F	6	2:11	8:42	0:48	2	16:43	12.6	0:35	5	2:59	11:53	23:13
5	Ivy Senn	Sartell	MN	7	F	5	2:08	8:30	0:58	5	17:42	11.9	0:36	6	3:10	12:38	24:32
6	Emma Fry	Bozeman	MT	7	F	1	1:44	6:54					0:56	4	2:40	10:38	24:58

MALE AGE GROUP RESULTS - 7 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Ryan Ressemann	St. Cloud	MN	7	M	2	1:38	6:31	0:29	1	11:10	18.8	0:37	1	1:50	7:17	15:42
2	Carter Halstrom	Sartell	MN	7	M	1	1:37	6:28	0:40	2	14:04	14.9	0:44	4	2:08	8:32	19:12
3	Mark Amundson	Sartell	MN	7	M	7	1:57	7:45	0:48	3	14:26	14.5	0:40	3	2:04	8:16	19:53
4	Lacen Vandenberg	Sartell	MN	7	M	5	1:51	7:21	0:46	4	15:38	13.4	0:25	5	2:09	8:35	20:47
5	Brady Baxter	Sartell	MN	7	M	3	1:43	6:52	1:05	6	15:58	13.2	0:50	2	2:04	8:14	21:37
6	Zachary Plante	St. Cloud	MN	7	M	4	1:48	7:11	1:02	7	16:12	13.0	0:32	6	2:21	9:24	21:54
7	Ethan Dauw	Sartell	MN	7	M	6	1:55	7:39	0:52	5	15:51	13.2	0:58	8	2:41	10:43	22:14
8	Peyton Bigaouette	St. Cloud	MN	7	M	8	2:07	8:27	0:54	8	16:42	12.6	0:46	7	2:39	10:33	23:06
9	Damian Steffes	Sartell	MN	7	M	9	2:19	9:16					1:22	9	4:42	18:46	31:57

FEMALE AGE GROUP RESULTS - 8 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Sophie Robinson	Baxter	MN	8	F	1	1:19	5:16					0:23	1	1:43	6:50	16:46
2 Sarah Schad	Sartell	MN	8	F	2	1:26	5:42	0:40	1	12:38	16.6	0:25	10	2:33	10:10	17:40
3 Taylor Mathiasen	Sartell	MN	8	F	5	1:38	6:29	0:35	2	13:03	16.1	0:28	5	2:06	8:21	17:47
4 Abby Ellenbecker	Coon Rapids	MN	8	F	4	1:35	6:18	0:44	3	13:11	15.9	0:28	4	1:58	7:49	17:53
5 Lauren Peterson	Sartell	MN	8	F	3	1:33	6:10	0:32	6	14:22	14.6	0:35	3	1:50	7:17	18:49
6 Elizabeth Crandall	Sartell	MN	8	F	8	2:00	7:58	0:57	8	14:56	14.1	0:38	9	2:27	9:46	20:56
7 Sofia Streich	Waite Park	MN	8	F	6	1:40	6:39	0:59	9	15:54	13.2	0:28	8	2:19	9:15	21:18
8 Amber Pietrowski	Sartell	MN	8	F	7	1:54	7:36	0:49	10	16:04	13.1	0:40	11	2:42	10:47	22:07
9 Lydia Anderson	St Joseph	MN	8	F	10	6:35	26:19	0:42	4	13:15	15.8	0:27	7	2:18	9:12	23:15
10 Erika Fenstad	Saint Cloud	MN	8	F	11	6:39	26:34	0:42	5	13:42	15.3	0:29	2	1:49	7:14	23:20
11 Mackenzie Lee	St. Cloud	MN	8	F	9	6:27	25:46	0:48	7	14:26	14.5	0:22	6	2:08	8:31	24:09

MALE AGE GROUP RESULTS - 8 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Ty Ballinger	Maple Grove	MN	8	M	1	1:29	5:54					0:24	3	1:57	7:45	16:15
2 Marcel Testa	Sartell	MN	8	M	3	1:34	6:14	0:46	1	12:18	17.1	0:27	1	1:51	7:23	16:53
3 Talon Sigurdson	Sartell	MN	8	M	2	1:31	6:03	0:48	2	14:15	14.7	0:24	2	1:51	7:24	18:47
4 Callan Markey	Sartell	MN	8	M	6	1:48	7:09	0:56	3	14:20	14.7	0:21	5	2:13	8:49	19:36
5 Noah Pretzer	Sauk Rapids	MN	8	M	5	1:46	7:01	1:00	5	14:46	14.2	0:27	8	2:23	9:29	20:20
6 Owen Lindstrom	Buffalo	MN	8	M	8	1:58	7:50	2:05	4	14:27	14.5	0:33	6	2:15	8:59	21:16
7 Mitiku Nies	Sartell	MN	8	M	7	1:52	7:25	1:03	6	16:29	12.7	0:38	7	2:20	9:18	22:20
8 Alton Mies	Cold Spring	MN	8	M	4	1:42	6:48	0:51	7	18:00	11.7	0:31	4	1:59	7:53	23:02
9 Beau Garman	Sartell	MN	8	M	9	2:09	8:36	0:31	8	20:16	10.4	0:44	9	2:57	11:46	26:36

FEMALE AGE GROUP RESULTS - 9 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Zoe Iyer	Edina	MN	9	F	3	1:43	6:49	0:34	1	11:42	17.9	0:25	2	2:01	8:01	16:22
2 Ellie Revermann	St. Cloud	MN	9	F	5	1:52	7:27	0:40	2	12:15	17.1	0:32	6	2:18	9:11	17:34
3 Miah Gessell	Sartell	MN	9	F	1	1:38	6:31	0:29	3	13:22	15.7	0:27	3	2:04	8:16	17:59
4 Faith Wannarka	Saint Joseph	MN	9	F	4	1:43	6:50	0:32	4	14:38	14.4	0:26	4	2:06	8:22	19:22
5 Kassandra Markey	Sartell	MN	9	F	6	1:55	7:39	0:25	5	14:53	14.1	0:28	9	2:35	10:19	20:14
6 Grace Rasmussen	Sartell	MN	9	F	7	1:57	7:45	0:43	6	15:27	13.6	0:37	7	2:19	9:14	21:00
7 Summer Kleinschmid	Sartell	MN	9	F	8	1:58	7:49	0:46	7	15:30	13.5	0:40	5	2:12	8:47	21:04
8 Ainsley Holien	Sartell	MN	9	F	2	1:42	6:47	0:29	9	17:42	11.9	0:26	1	1:59	7:55	22:16
9 Tarah Rosendahl	Rice	MN	9	F	9	2:03	8:10	0:30	8	17:06	12.3	0:45	8	2:35	10:17	22:57

MALE AGE GROUP RESULTS - 9 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Talon Lenzen	St. Cloud	MN	9	M	1	1:28	5:49	0:24	1	11:09	18.8	0:22	1	1:38	6:30	14:58
2 Nick Plautz	Sartell	MN	9	M	3	1:29	5:54	0:25	3	12:13	17.2	0:26	3	2:02	8:06	16:33
3 Zachary Lary	Plymouth	MN	9	M	10	1:46	7:02	0:18	2	12:03	17.4	0:28	7	2:11	8:44	16:43
4 Brian Amundson	Sartell	MN	9	M	6	1:39	6:33	0:22	4	12:15	17.1	0:24	5	2:09	8:35	16:47
5 Cole Tetrault	St. Cloud	MN	9	M	2	1:28	5:50	0:28	5	12:17	17.1	0:21	6	2:11	8:44	16:53
6 Christian Knellwol	Sartell	MN	9	M	9	1:43	6:52	0:28	7	13:27	15.6	0:25	4	2:06	8:21	18:07
7 Hayden Roelofs	Sartell	MN	9	M	8	1:41	6:42	0:28	8	13:29	15.6	0:24	9	2:20	9:17	18:19
8 Zach Ittel	Sartell	MN	9	M	4	1:37	6:25	0:31	6	13:17	15.8	0:22	12	2:38	10:31	18:23
9 Jacob Wieland	Rice	MN	9	M	11	1:55	7:37	0:34	9	14:07	14.9	0:26	11	2:29	9:55	19:29
10 Cody Brenhaug	Sartell	MN	9	M	12	1:56	7:41	0:45	10	14:14	14.8	0:23	10	2:25	9:38	19:40
11 Taylor Krenkel	Sauk Rapids	MN	9	M	7	1:41	6:41	0:25	11	15:51	13.2	0:31	8	2:14	8:55	20:40
12 Mitchell Marthaler	Sartell	MN	9	M	5	1:38	6:29	0:37	12	16:32	12.7	0:31	2	2:01	8:04	21:17

FEMALE AGE GROUP RESULTS - 10 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Olivia Ellenbecker	Coon Rapids	MN	10	F	1	1:32	6:08	0:41	1	11:57	17.6	0:22	1	1:58	7:51	16:28
2 Abby Weber	Sartell	MN	10	F	3	1:37	6:27	0:40	2	12:08	17.3	0:23	6	2:18	9:12	17:04
3 Lizzy Minnerath	Sartell	MN	10	F	2	1:33	6:12	0:37	3	13:02	16.1	0:25	5	2:11	8:42	17:46
4 Lexie Lamont	Sartell	MN	10	F	4	1:43	6:52	0:32	4	13:10	15.9	0:26	10	2:25	9:38	18:15
5 Sydney Weiman	Brooklyn Cente	MN	10	F	8	1:46	7:03	0:42	6	13:49	15.2	0:28	3	2:08	8:31	18:52
6 Jessica Lemke	Sartell	MN	10	F	5	1:44	6:56	0:45	5	13:38	15.4	0:31	7	2:21	9:24	18:58
7 Taylor Lee	St. Cloud	MN	10	F	11	1:54	7:34	0:44	7	13:52	15.1	0:27	4	2:11	8:42	19:06
8 Elise Kmitch	St. Cloud	MN	10	F	6	1:45	6:57	0:43	9	14:39	14.3	0:28	2	2:01	8:02	19:34
9 Colleen Zadoo	St. Cloud	MN	10	F	7	1:45	7:00	0:33	8	14:36	14.4	0:25	9	2:24	9:35	19:41
10 Regan Mies	Cold Spring	MN	10	F	9	1:50	7:17	0:57	10	15:20	13.7	0:29	8	2:23	9:31	20:57
11 Lauren Karls	Cold Spring	MN	10	F	10	1:50	7:18	1:09	11	15:20	13.7	0:31	12	2:32	10:05	21:19
12 Madeline Goetz	Sartell	MN	10	F	12	1:57	7:47	0:45	12	16:14	12.9	0:34	11	2:25	9:40	21:53

MALE AGE GROUP RESULTS - 10 YEAR OLDS

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Eli Weiss	Avon	MN	10	M	1	1:23	5:29	0:16	1	10:01	21.0	0:19	1	1:34	6:14	13:31
2 Gus Robinson	Baxter	MN	10	M	2	1:27	5:48	0:32	2	11:04	19.0	0:23	3	1:40	6:38	15:05
3 Eric Minnerath	Sartell	MN	10	M	5	1:31	6:01	0:39	3	11:16	18.6	0:23	4	1:52	7:26	15:39
4 Riley Halstrom	Sartell	MN	10	M	6	1:32	6:05	0:37	4	11:19	18.6	0:25	8	2:01	8:03	15:51
5 J.D. Bates	Sauk Rapids	MN	10	M	12	1:45	6:57	0:18	7	11:50	17.7	0:32	5	1:52	7:27	16:15
6 Ulises Ramirez	St. Cloud	MN	10	M	4	1:29	5:56	0:42	6	11:45	17.9	0:28	6	1:53	7:31	16:15
7 Peter Amundson	Sartell	MN	10	M	9	1:40	6:37	0:39	10	12:22	17.0	0:22	2	1:39	6:34	16:39
8 Sawyer Amo	Sauk Rapids	MN	10	M	7	1:34	6:15	1:10	5	11:20	18.5	0:26	13	2:12	8:45	16:40
9 Jack Hennemann	Sartell	MN	10	M	8	1:35	6:18	0:30	9	12:19	17.1	0:29	7	1:54	7:34	16:45
10 Jake Brenhaug	Sartell	MN	10	M	11	1:44	6:54	0:40	8	12:05	17.4	0:30	10	2:03	8:12	17:00
11 Andy Dillon	La Crosse	WI	10	M	15	1:52	7:25	0:30	11	12:33	16.7	0:24	12	2:07	8:28	17:24

12	Colten Sigurdson	Sartell	MN	10 M	3	1:29	5:53	0:53	14	13:55	15.1	0:20	11	2:05	8:19	18:40
13	Luke Casperson	Saint Joseph	MN	10 M	10	1:42	6:45	0:53	12	13:12	15.9	0:28	16	2:41	10:41	18:52
14	Evan Olson	Sartell	MN	10 M	16	1:53	7:29	0:40	13	13:42	15.3	0:30	14	2:12	8:47	18:55
15	T.J. Nies	Sartell	MN	10 M	13	1:46	7:04	0:37	15	14:14	14.8	0:26	9	2:02	8:08	19:04
16	Jacob Ringstad	Sartell	MN	10 M	14	1:49	7:13	0:31	16	14:19	14.7	0:27	15	2:23	9:31	19:26
17	Ian Weber	Sartell	MN	10 M	17	42:55	171:40	1:01	17	32:16	6.5	1:01	17	5:49	23:13	1:23:00