

	Overall rank	Age group rank	Swim Rank	Swim time	Swim 100 yd	Transition 1	Bike Rank	Bike Time	Bike Avg. Speed (MPH)	Transition 2	Run Rank	Run Time	Run Avg. pace (min/mile)	Overall Time
St. Paul Tri .5 mile swim 20k bike 5k run 06/29/09	100/565	11/42	207	17:46	2:02	2:15	118	35:12	20.5	0:31	73	22:01	7:05	1:17:42
Rochesterfest .25 swim 10 mile bike 5k run 08/23/2009	95/374	9/16	233	9:43	2:13	3:58	88	34:50	17.4	1:17	66	24:50	7:55	1:14:36
Waseca Tri Relay (Run only) .25 mile swim 14 mile bike 4.4 mile run 08/02/2009	1/13	1/3	1	7:20	1:40	0:39	1	41:14	20.1	0:37	1	31:15	7:06	1:21:02