

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Short Individual

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	14/426	1/231	356	Juli Currie	41	Female	Chanhassen	MN	00:07:39.28	00:23:29.49	00:17:42.04		00:52:03.78
2	18/426	2/231	355	Karen Bebchuk	46	Female	Plymouth	MN	00:07:28.19	00:24:51.87	00:17:37.49		00:52:42.30
3	21/426	3/231	870	Marta Lewinski	40	Female	Edina	MN	00:08:10.56	00:23:24.56	00:17:58.58		00:52:55.79

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/426	1/195	834	Andrew Zabel	33	Male	Saint Joseph	MN	00:07:37.02	00:21:12.23	00:14:54.14		00:46:18.85
2	2/426	2/195	352	Todd White	46	Male	Roseville	MN	00:05:51.45	00:22:21.23	00:16:14.98		00:47:09.64
3	3/426	3/195	353	Jon Armour	43	Male	Golden Valley	MN	00:06:01.88	00:21:39.66	00:16:30.58		00:47:15.12

### Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	37/426	6/231	616	Kirsten Bich	43	Female	Duluth	MN	00:09:21.24	00:23:47.39	00:18:31.43		00:54:51.80

### Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	4/426	4/195	351	David Goldberg	52	Male	Minnetrissa	MN	00:06:13.47	00:21:49.71	00:17:03.65		00:47:57.89

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	29/426	4/231	378	Jane Koch	16	Female	Burnsville	MN	00:07:16.47	00:26:28.26	00:17:34.23		00:54:05.55
2	65/426	13/231	500	Kristina Swenson	16	Female	Rogers	MN	00:06:28.58	00:26:34.45	00:20:47.11		00:57:15.82
3	87/426	17/231	809	Anna Peterson	14	Female	Rosemount	MN	00:08:01.72	00:28:42.23	00:19:36.49		00:59:06.98

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### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	8/426	8/195	478	Zach Goldberg	18	Male	Minnetrista	MN	00:06:33.29	00:25:01.20	00:15:31.39		00:50:10.81
2	23/426	20/195	634	Mark Myers	16	Male	Cannon Falls	MN	00:05:47.35	00:26:21.75	00:17:18.01		00:53:07.37
3	28/426	25/195	617	Nathan Bich	14	Male	Duluth	MN	00:07:42.50	00:25:06.20	00:17:27.34		00:53:47.33

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	149/426	42/231	695	Katie Van Dorp	23	Female	Annandale	MN	00:11:05.44	00:27:06.83	00:20:19.49		01:03:00.99
2	247/426	100/231	612	Kelly Johnson	20	Female	Annandale	MN	00:12:58.52	00:29:58.40	00:21:40.16		01:09:29.32
3	263/426	107/231	706	Kristen Grossman	24	Female	Wayzata	MN	00:11:18.61	00:30:39.52	00:25:02.53		01:10:27.99

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	11/426	11/195	785	Alexander Vogel	20	Male	Maple Grove	MN	00:06:11.90	00:24:03.13	00:18:12.23		00:51:09.25
2	30/426	26/195	740	Mitch Brekke	24	Male	Hartland	MN	00:09:20.30	00:23:22.48	00:18:08.04		00:54:06.37
3	32/426	28/195	885	Nick Teetzel	21	Male	Rogers	MN	00:12:01.65	00:24:00.52	00:14:46.53		00:54:24.08

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	55/426	9/231	716	Stacy Kalemkarian	28	Female	Stillwater	MN	00:10:53.34	00:23:33.93	00:17:57.80		00:56:25.81
2	81/426	14/231	850	Hilary Young	27	Female	Minneapolis	MN	00:07:50.60	00:27:20.72	00:19:04.11		00:58:53.12
3	95/426	23/231	704	Devin Thorson	28	Female	St. Paul	MN	00:08:58.08	00:26:27.17	00:20:47.04		00:59:46.19

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	15/426	14/195	354	Justin Hoefler	25	Male	Annandale	MN	00:07:12.32	00:24:02.16	00:18:17.58		00:52:17.71
2	19/426	17/195	788	Joseph Mcshane	28	Male	Chanhassen	MN	00:08:06.74	00:22:19.91	00:19:20.83		00:52:49.97
3	24/426	21/195	889	Lucas Reidenbach	27	Male	Arden Hills	MN	00:07:46.93	00:24:15.05	00:17:17.79		00:53:09.87

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### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	62/426	12/231	377	Krisie Melsen	32	Female	Minneapolis	MN	00:07:05.57	00:26:28.35	00:20:04.61		00:57:04.73
2	101/426	26/231	869	Kyleen Harstedt	34	Female	North Branch	MN	00:09:36.32	00:24:50.02	00:21:32.60		01:00:06.84
3	105/426	29/231	843	Laura Kalland	31	Female	Elk River	MN	00:07:43.82	00:27:36.85	00:21:17.71		01:00:21.60

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	9/426	9/195	362	Jason Migala	34	Male	Sauk Rapids	MN	00:08:41.18	00:22:23.50	00:16:40.72		00:50:27.29
2	10/426	10/195	815	Timothy Harmon	33	Male	Shakopee	MN	00:08:09.64	00:22:37.53	00:16:46.99		00:50:30.38
3	25/426	22/195	656	Tim Larson	30	Male	Circle Pines	MN	00:07:17.57	00:23:55.81	00:17:58.93		00:53:12.70

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	36/426	5/231	359	Cara Pavek	39	Female	Rosemount	MN	00:07:27.64	00:24:53.88	00:19:23.65		00:54:46.43
2	47/426	7/231	690	Heather Pitschka	38	Female	Duluth	MN	00:08:49.42	00:24:39.57	00:18:53.31		00:55:51.35
3	59/426	11/231	564	Camille Picconatto	36	Female	Maple Grove	MN	00:07:48.20	00:25:31.48	00:19:23.65		00:56:43.08

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	5/426	5/195	604	Nathan Budde	36	Male	South Haven	MN	00:07:57.92	00:22:26.70	00:15:41.16		00:48:49.81
2	41/426	35/195	425	Mitch Uecker	39	Male	Annandale	MN	00:08:59.36	00:23:28.94	00:19:17.10		00:55:23.49
3	50/426	42/195	374	Damien Aguilar	37	Male	Minnetonka	MN	00:08:46.23	00:25:48.63	00:17:48.86		00:55:53.86

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	58/426	10/231	810	Jena Klein	42	Female	Cold Spring	MN	00:08:16.77	00:24:17.68	00:20:21.07		00:56:39.36
2	144/426	39/231	519	Kathleen Roller	44	Female	Long Lake	MN	00:09:57.22	00:26:42.03	00:21:59.09		01:02:37.06
3	147/426	40/231	575	Dawn Holtz	43	Female	Hutchinson	MN	00:09:19.60	00:27:56.95	00:21:19.81		01:02:41.95

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### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	12/426	12/195	596	Scott Backman	41	Male	Brooklyn Park	MN	00:07:55.86	00:23:38.07	00:17:15.70		00:51:56.03
2	43/426	37/195	516	Kris Lilja	41	Male	Prior Lake	MN	00:08:08.61	00:25:05.51	00:18:08.79		00:55:33.81
3	46/426	40/195	370	Joe Toth	41	Male	Mound	MN	00:09:23.79	00:22:42.11	00:20:11.09		00:55:49.54

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	48/426	8/231	729	Beth Trautman	46	Female	Medina	MN	00:09:16.63	00:23:27.33	00:19:43.74		00:55:51.56
2	168/426	55/231	808	Rebecca Stewart	45	Female	St. Paul	MN	00:09:33.74	00:24:45.28	00:24:50.01		01:04:19.54
3	208/426	72/231	827	Mary Godfrey	49	Female	Saint Paul	MN	00:10:49.38	00:28:15.48	00:22:11.98		01:06:45.31

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	7/426	7/195	884	Steve Neuharth	46	Male	Savage	MN	00:07:36.67	00:21:08.54	00:17:21.97		00:49:22.05
2	13/426	13/195	366	Marty Moran	46	Male	St Cloud	MN	00:05:32.30	00:22:14.78	00:20:34.84		00:51:59.46
3	22/426	19/195	797	Ken Peters	47	Male	Woodbury	MN	00:06:55.39	00:24:00.91	00:19:03.66		00:53:05.88

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	86/426	16/231	689	Lisa Spethmann	50	Female	Saint Cloud	MN	00:07:33.70	00:27:37.47	00:19:18.20		00:59:04.46
2	100/426	25/231	509	Eileen Kurpiers	52	Female	Deerwood	MN	00:10:01.25	00:25:38.09	00:20:19.16		01:00:03.19
3	154/426	46/231	490	Julie Grafft	50	Female	Chanhassen	MN	00:08:03.03	00:28:32.70	00:22:29.14		01:03:17.48

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	6/426	6/195	430	Brian Lavelle	51	Male	Chaska	MN	00:06:59.82	00:21:31.03	00:17:29.95		00:48:58.21
2	17/426	16/195	357	Greg Kurowski	51	Male	Victoria	MN	00:08:29.44	00:22:39.85	00:18:16.62		00:52:34.06
3	20/426	18/195	382	John Stangl	50	Male	Buffalo	MN	00:08:32.40	00:23:14.26	00:17:11.47		00:52:50.05

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## Overall Division Results

Short Individual

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	277/426	117/231	506	Kathleen Smith	55	Female	Otsego	MN	00:10:12.09	00:29:43.45	00:25:05.07		01:11:08.92
2	303/426	139/231	529	Karen Willette	58	Female	Minneapolis	MN	00:12:23.14	00:29:46.90	00:25:37.98		01:12:59.79
3	335/426	165/231	677	Carly Schroefer	58	Female	Mahtomedi	MN	00:14:45.50	00:30:03.84	00:24:27.36		01:15:50.29

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	16/426	15/195	530	Leonard Klun	59	Male	Maple Plain	MN	00:07:20.75	00:23:58.27	00:17:22.59		00:52:19.02
2	31/426	27/195	361	Kris Kolstad	55	Male	Willmar	MN	00:08:11.13	00:24:56.41	00:17:58.45		00:54:16.75
3	40/426	34/195	363	Jim Ertl	55	Male	Rosemount	MN	00:07:38.43	00:23:07.37	00:20:42.38		00:55:16.67

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	253/426	103/231	423	Brook Lemm-Tabor	61	Female	Minneapolis	MN	00:13:27.66	00:26:44.26	00:24:58.57		01:09:45.59
2	270/426	111/231	838	Jan Albertson	64	Female	Anoka	MN	00:10:46.93	00:31:42.92	00:23:54.96		01:10:44.26
3	285/426	125/231	717	Marsha Anklam	60	Female	South Haven	MN	00:09:06.50	00:29:39.49	00:27:17.10		01:11:57.00

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	61/426	50/195	701	Michael Bono	60	Male	Minneapolis	MN	00:09:11.26	00:23:56.07	00:19:59.95		00:56:56.11
2	107/426	78/195	552	Tom Amundson	62	Male	Minneapolis	MN	00:08:48.06	00:25:56.34	00:21:41.37		01:00:32.21
3	174/426	115/195	673	Tim Ilse	64	Male	Annandale	MN	00:10:25.18	00:27:23.24	00:22:10.53		01:04:40.20

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	260/426	106/231	615	Nancy Bauer	65	Female	Champlin	MN	00:10:50.04	00:29:58.06	00:23:36.04		01:10:08.94
2	324/426	158/231	472	Mary Bond	65	Female	Minneapolis	MN	00:12:52.42	00:29:55.09	00:27:33.46		01:14:45.94
3	411/426	218/231	820	Judy Kaltenhauser	69	Female	Lindstrom	MN	00:22:39.08	00:34:07.52	00:26:49.86		01:30:04.29

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Short Individual

### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	161/426	111/195	626	Roman Scibora	68	Male	Bloomington	MN	00:10:42.49	00:25:28.83	00:21:37.86		01:04:05.72
2	193/426	126/195	600	Jerry House	65	Male	Woodbury	MN	00:11:35.29	00:28:32.91	00:19:41.06		01:05:39.49
3	223/426	137/195	842	John Nielsen	66	Male	Woodbury	MN	00:10:55.79	00:27:51.25	00:23:54.65		01:07:49.53

### Female Ages 70 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	412/426	219/231	856	Judy Rykken	75	Female	Bloomington	MN	00:14:28.05	00:38:37.97	00:30:13.05		01:31:08.59

### Male Ages 70 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	185/426	123/195	594	Gene Holen	71	Male	Shoreview	MN	00:11:34.35	00:27:09.00	00:21:47.09		01:05:11.29
2	426/426	195/195	551	Robert Powers	89	Male	White Bear Lake	MN	00:19:42.84	00:38:38.02	00:41:57.46		01:50:02.40

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## Overall Division Results

Short Team

### Mixed Team

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/31	1/31	445	Broadway Cycle	99	Mixed	Monticello	MN	00:07:10.76	00:23:43.59	00:16:45.44		00:49:49.22
2	2/31	2/31	449	Team Ma Ka Pe Reuni	99	Mixed	Arden Hills	MN	00:07:31.98	00:23:26.00	00:19:05.67		00:51:53.29
3	3/31	3/31	448	Hoiem - Yanta - Hoiem	99	Mixed	South Haven	MN	00:10:03.34	00:25:19.25	00:15:35.25		00:53:00.68