

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time |
|-------|-----|------------------|--------|-----|---------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | |
| 1 | 834 | Andrew Zabel | Male | 33 | Saint Joseph | MN | 00:07:38 | 45 | 1:43 | 00:01:49 | 00:21:13 | 2 | 25.5 | 00:00:48 | 00:14:55 | 2 | 5:57 | 00:46:18.85 |
| 2 | 352 | Todd White | Male | 46 | Roseville | MN | 00:05:52 | 3 | 1:19 | 00:01:43 | 00:22:22 | 8 | 24.2 | 00:01:00 | 00:16:15 | 7 | 6:29 | 00:47:09.64 |
| 3 | 353 | Jon Armour | Male | 43 | Golden Valley | MN | 00:06:02 | 4 | 1:22 | 00:02:00 | 00:21:40 | 4 | 24.9 | 00:01:04 | 00:16:31 | 8 | 6:36 | 00:47:15.12 |
| 4 | 351 | David Goldberg | Male | 52 | Minnetrissa | MN | 00:06:14 | 7 | 1:24 | 00:01:54 | 00:21:50 | 5 | 24.7 | 00:00:58 | 00:17:04 | 13 | 6:49 | 00:47:57.89 |
| 5 | 604 | Nathan Budde | Male | 36 | South Haven | MN | 00:07:58 | 60 | 1:48 | 00:01:46 | 00:22:27 | 11 | 24.1 | 00:00:59 | 00:15:42 | 6 | 6:16 | 00:48:49.81 |
| 6 | 430 | Brian Lavelle | Male | 51 | Chaska | MN | 00:07:00 | 20 | 1:35 | 00:01:53 | 00:21:32 | 3 | 25.1 | 00:01:05 | 00:17:30 | 26 | 6:59 | 00:48:58.21 |
| 7 | 884 | Steve Neuharth | Male | 46 | Savage | MN | 00:07:37 | 43 | 1:43 | 00:02:14 | 00:21:09 | 1 | 25.5 | 00:01:02 | 00:17:22 | 21 | 6:56 | 00:49:22.05 |
| 8 | 478 | Zach Goldberg | Male | 18 | Minnetrissa | MN | 00:06:34 | 10 | 1:29 | 00:02:06 | 00:25:02 | 60 | 21.6 | 00:01:00 | 00:15:32 | 4 | 6:12 | 00:50:10.81 |
| 9 | 362 | Jason Migala | Male | 34 | Sauk Rapids | MN | 00:08:42 | 99 | 1:58 | 00:01:58 | 00:22:24 | 9 | 24.1 | 00:00:45 | 00:16:41 | 10 | 6:40 | 00:50:27.29 |
| 10 | 815 | Timothy Harmon | Male | 33 | Shakopee | MN | 00:08:10 | 71 | 1:50 | 00:01:52 | 00:22:38 | 12 | 23.9 | 00:01:06 | 00:16:47 | 11 | 6:42 | 00:50:30.38 |
| 11 | 785 | Alexander Vogel | Male | 20 | Maple Grove | MN | 00:06:12 | 6 | 1:24 | 00:01:58 | 00:24:04 | 40 | 22.5 | 00:00:45 | 00:18:13 | 44 | 7:16 | 00:51:09.25 |
| 12 | 596 | Scott Backman | Male | 41 | Brooklyn Park | MN | 00:07:56 | 59 | 1:47 | 00:02:01 | 00:23:39 | 28 | 22.8 | 00:01:06 | 00:17:16 | 18 | 6:54 | 00:51:56.03 |
| 13 | 366 | Marty Moran | Male | 46 | St Cloud | MN | 00:05:33 | 1 | 1:15 | 00:02:07 | 00:22:15 | 6 | 24.3 | 00:01:31 | 00:20:35 | 130 | 8:13 | 00:51:59.46 |
| 14 | 356 | Juli Currie | Female | 41 | Chanhassen | MN | 00:07:40 | 48 | 1:44 | 00:02:08 | 00:23:30 | 25 | 23.0 | 00:01:06 | 00:17:43 | 30 | 7:04 | 00:52:03.78 |
| 15 | 354 | Justin Hoefer | Male | 25 | Annandale | MN | 00:07:13 | 24 | 1:37 | 00:01:42 | 00:24:03 | 39 | 22.5 | 00:01:05 | 00:18:18 | 46 | 7:19 | 00:52:17.71 |
| 16 | 530 | Leonard Klun | Male | 59 | Maple Plain | MN | 00:07:21 | 31 | 1:39 | 00:02:27 | 00:23:59 | 36 | 22.5 | 00:01:12 | 00:17:23 | 23 | 6:57 | 00:52:19.02 |
| 17 | 357 | Greg Kurowski | Male | 51 | Victoria | MN | 00:08:30 | 85 | 1:55 | 00:01:58 | 00:22:40 | 13 | 23.8 | 00:01:12 | 00:18:17 | 45 | 7:18 | 00:52:34.06 |
| 18 | 355 | Karen Bebchuk | Female | 46 | Plymouth | MN | 00:07:29 | 37 | 1:41 | 00:01:58 | 00:24:52 | 54 | 21.7 | 00:00:48 | 00:17:38 | 28 | 7:02 | 00:52:42.30 |
| 19 | 788 | Joseph Mcshane | Male | 28 | Chanhassen | MN | 00:08:07 | 66 | 1:50 | 00:01:59 | 00:22:20 | 7 | 24.2 | 00:01:05 | 00:19:21 | 78 | 7:44 | 00:52:49.97 |
| 20 | 382 | John Stangl | Male | 50 | Buffalo | MN | 00:08:33 | 90 | 1:56 | 00:02:36 | 00:23:15 | 19 | 23.2 | 00:01:17 | 00:17:12 | 17 | 6:52 | 00:52:50.05 |
| 21 | 870 | Marta Lewinski | Female | 40 | Edina | MN | 00:08:11 | 72 | 1:51 | 00:02:13 | 00:23:25 | 22 | 23.1 | 00:01:10 | 00:17:59 | 39 | 7:11 | 00:52:55.79 |
| 22 | 797 | Ken Peters | Male | 47 | Woodbury | MN | 00:06:56 | 19 | 1:34 | 00:01:49 | 00:24:01 | 38 | 22.5 | 00:01:18 | 00:19:04 | 71 | 7:37 | 00:53:05.88 |
| 23 | 634 | Mark Myers | Male | 16 | Cannon Falls | MN | 00:05:48 | 2 | 1:18 | 00:02:52 | 00:26:22 | 100 | 20.5 | 00:00:49 | 00:17:19 | 20 | 6:55 | 00:53:07.37 |
| 24 | 889 | Lucas Reidenbach | Male | 27 | Arden Hills | MN | 00:07:47 | 53 | 1:45 | 00:02:19 | 00:24:16 | 41 | 22.3 | 00:01:32 | 00:17:18 | 19 | 6:55 | 00:53:09.87 |
| 25 | 656 | Tim Larson | Male | 30 | Circle Pines | MN | 00:07:18 | 29 | 1:39 | 00:02:35 | 00:23:56 | 34 | 22.6 | 00:01:26 | 00:17:59 | 40 | 7:11 | 00:53:12.70 |
| 26 | 358 | Ken Janda | Male | 52 | Big Lake | MI | 00:08:38 | 96 | 1:57 | 00:02:09 | 00:24:24 | 44 | 22.1 | 00:01:06 | 00:17:10 | 16 | 6:51 | 00:53:24.37 |
| 27 | 730 | Josh Erdman | Male | 27 | Minneapolis | MN | 00:08:34 | 92 | 1:56 | 00:02:32 | 00:23:09 | 17 | 23.3 | 00:01:14 | 00:18:20 | 48 | 7:19 | 00:53:46.17 |
| 28 | 617 | Nathan Bich | Male | 14 | Duluth | MN | 00:07:43 | 49 | 1:44 | 00:02:12 | 00:25:07 | 67 | 21.5 | 00:01:20 | 00:17:28 | 25 | 6:58 | 00:53:47.33 |
| 29 | 378 | Jane Koch | Female | 16 | Burnsville | MN | 00:07:17 | 27 | 1:38 | 00:01:45 | 00:26:29 | 105 | 20.4 | 00:01:02 | 00:17:35 | 27 | 7:01 | 00:54:05.55 |
| 30 | 740 | Mitch Brekke | Male | 24 | Hartland | MN | 00:09:21 | 142 | 2:06 | 00:02:17 | 00:23:23 | 21 | 23.1 | 00:01:00 | 00:18:09 | 41 | 7:15 | 00:54:06.37 |
| 31 | 361 | Kris Kolstad | Male | 55 | Willmar | MN | 00:08:12 | 74 | 1:51 | 00:02:11 | 00:24:57 | 57 | 21.7 | 00:01:00 | 00:17:59 | 38 | 7:11 | 00:54:16.75 |
| 32 | 885 | Nick Teetzel | Male | 21 | Rogers | MN | 00:12:02 | 326 | 2:43 | 00:02:31 | 00:24:01 | 37 | 22.5 | 00:01:05 | 00:14:47 | 1 | 5:54 | 00:54:24.08 |
| 33 | 768 | Mark Rosen | Male | 49 | Otsego | MN | 00:09:42 | 168 | 2:11 | 00:02:02 | 00:22:27 | 10 | 24.1 | 00:01:13 | 00:19:10 | 74 | 7:39 | 00:54:31.32 |
| 34 | 360 | Mark Nieters | Male | 45 | Sartell | MN | 00:06:31 | 9 | 1:28 | 00:02:20 | 00:24:56 | 56 | 21.7 | 00:01:21 | 00:19:28 | 83 | 7:46 | 00:54:33.70 |
| 35 | 872 | Nick Morales | Male | 46 | New Hope | MN | 00:07:18 | 28 | 1:39 | 00:02:00 | 00:23:15 | 20 | 23.2 | 00:00:59 | 00:21:11 | 151 | 8:28 | 00:54:40.23 |
| 36 | 359 | Cara Pavek | Female | 39 | Rosemount | MN | 00:07:28 | 36 | 1:41 | 00:01:57 | 00:24:54 | 55 | 21.7 | 00:01:05 | 00:19:24 | 79 | 7:45 | 00:54:46.43 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|--------------------|--------|-----|---------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 37 | 616 | Kirsten Bich | Female | 43 | Duluth | MN | 00:09:22 | 144 | 2:07 | 00:02:10 | 00:23:48 | 30 | 22.7 | 00:01:03 | 00:18:32 | 53 | 7:24 | | 00:54:51.80 |
| 38 | 891 | Hunter Wheeler | Male | 15 | Edina | MN | 00:07:47 | 52 | 1:45 | 00:02:16 | 00:26:01 | 92 | 20.8 | 00:01:03 | 00:17:57 | 36 | 7:10 | | 00:55:01.64 |
| 39 | 624 | Tim Thoma | Male | 49 | Victoria | MN | 00:08:07 | 64 | 1:50 | 00:02:04 | 00:23:37 | 27 | 22.9 | 00:01:19 | 00:20:12 | 112 | 8:04 | | 00:55:16.12 |
| 40 | 363 | Jim Ertl | Male | 55 | Rosemount | MN | 00:07:39 | 47 | 1:43 | 00:02:38 | 00:23:08 | 16 | 23.4 | 00:01:12 | 00:20:43 | 134 | 8:16 | | 00:55:16.67 |
| 41 | 425 | Mitch Uecker | Male | 39 | Annandale | MN | 00:09:00 | 119 | 2:02 | 00:02:26 | 00:23:29 | 24 | 23.0 | 00:01:13 | 00:19:18 | 76 | 7:42 | | 00:55:23.49 |
| 42 | 479 | Andrew Nadler | Male | 18 | Minnetrissa | MN | 00:10:42 | 226 | 2:25 | 00:02:58 | 00:25:03 | 64 | 21.6 | 00:01:28 | 00:15:24 | 3 | 6:09 | | 00:55:32.35 |
| 43 | 516 | Kris Liija | Male | 41 | Prior Lake | MN | 00:08:09 | 69 | 1:50 | 00:02:53 | 00:25:06 | 66 | 21.5 | 00:01:19 | 00:18:09 | 42 | 7:15 | | 00:55:33.81 |
| 44 | 692 | Carl Hoeft | Male | 47 | Hutchinson | MN | 00:08:33 | 89 | 1:56 | 00:02:29 | 00:23:46 | 29 | 22.7 | 00:01:18 | 00:19:35 | 88 | 7:49 | | 00:55:37.31 |
| 45 | 632 | David Myers | Male | 51 | Cannon Falls | MN | 00:07:06 | 21 | 1:36 | 00:02:17 | 00:23:56 | 33 | 22.6 | 00:01:20 | 00:21:01 | 143 | 8:24 | | 00:55:37.59 |
| 46 | 370 | Joe Toth | Male | 41 | Mound | MN | 00:09:24 | 149 | 2:07 | 00:02:22 | 00:22:43 | 14 | 23.8 | 00:01:12 | 00:20:12 | 111 | 8:04 | | 00:55:49.54 |
| 47 | 690 | Heather Pitschka | Female | 38 | Duluth | MN | 00:08:50 | 105 | 1:59 | 00:02:22 | 00:24:40 | 47 | 21.9 | 00:01:08 | 00:18:54 | 63 | 7:33 | | 00:55:51.35 |
| 48 | 729 | Beth Trautman | Female | 46 | Medina | MN | 00:09:17 | 135 | 2:06 | 00:02:15 | 00:23:28 | 23 | 23.0 | 00:01:10 | 00:19:44 | 98 | 7:53 | | 00:55:51.56 |
| 49 | 709 | Tim Bartness | Male | 23 | Hartland | MN | 00:10:11 | 197 | 2:18 | 00:02:28 | 00:24:49 | 52 | 21.8 | 00:00:44 | 00:17:43 | 31 | 7:04 | | 00:55:52.11 |
| 50 | 374 | Damien Aguilar | Male | 37 | Minnetonka | MN | 00:08:47 | 101 | 1:59 | 00:02:10 | 00:25:49 | 85 | 20.9 | 00:01:21 | 00:17:49 | 34 | 7:07 | | 00:55:53.86 |
| 51 | 549 | Nick Engfer | Male | 18 | Buffalo | MN | 00:06:53 | 16 | 1:33 | 00:02:23 | 00:26:56 | 124 | 20.1 | 00:00:45 | 00:18:59 | 67 | 7:35 | | 00:55:54.61 |
| 52 | 664 | Hunter Warner | Male | 13 | Eden Prairie | MN | 00:08:11 | 73 | 1:51 | 00:03:03 | 00:24:59 | 58 | 21.6 | 00:01:18 | 00:18:35 | 57 | 7:25 | | 00:56:03.30 |
| 53 | 566 | Ryan Friesen | Male | 30 | Sauk Rapids | MN | 00:08:03 | 62 | 1:49 | 00:02:14 | 00:26:29 | 108 | 20.4 | 00:01:04 | 00:18:29 | 51 | 7:23 | | 00:56:17.84 |
| 54 | 367 | Joseph Randall | Male | 44 | Maple Grove | MN | 00:09:39 | 161 | 2:11 | 00:02:06 | 00:25:02 | 61 | 21.6 | 00:01:05 | 00:18:33 | 54 | 7:24 | | 00:56:22.05 |
| 55 | 716 | Stacy Kalemkiarian | Female | 28 | Stillwater | MN | 00:10:54 | 243 | 2:28 | 00:02:41 | 00:23:34 | 26 | 22.9 | 00:01:21 | 00:17:58 | 37 | 7:11 | | 00:56:25.81 |
| 56 | 794 | Jason Koets | Male | 40 | Maple Lake | MN | 00:10:04 | 191 | 2:16 | 00:02:42 | 00:23:50 | 31 | 22.7 | 00:01:24 | 00:18:34 | 56 | 7:25 | | 00:56:31.76 |
| 57 | 365 | Jon Bell-Clement | Male | 18 | Fargo | ND | 00:07:25 | 33 | 1:40 | 00:03:27 | 00:26:17 | 95 | 20.6 | 00:01:43 | 00:17:43 | 32 | 7:05 | | 00:56:33.38 |
| 58 | 810 | Jena Klein | Female | 42 | Cold Spring | MN | 00:08:17 | 76 | 1:52 | 00:02:11 | 00:24:18 | 42 | 22.2 | 00:01:34 | 00:20:22 | 120 | 8:08 | | 00:56:39.36 |
| 59 | 564 | Camille Picconatto | Female | 36 | Maple Grove | MN | 00:07:49 | 54 | 1:46 | 00:02:34 | 00:25:32 | 77 | 21.2 | 00:01:27 | 00:19:24 | 80 | 7:45 | | 00:56:43.08 |
| 60 | 866 | Henry Praska | Male | 32 | Brainerd | MN | 00:08:23 | 78 | 1:53 | 00:02:18 | 00:25:12 | 70 | 21.4 | 00:01:15 | 00:19:45 | 99 | 7:53 | | 00:56:49.39 |
| 61 | 701 | Michael Bono | Male | 60 | Minneapolis | MN | 00:09:12 | 129 | 2:04 | 00:02:26 | 00:23:57 | 35 | 22.6 | 00:01:23 | 00:20:00 | 106 | 7:59 | | 00:56:56.11 |
| 62 | 377 | Krisie Melsen | Female | 32 | Minneapolis | MN | 00:07:06 | 22 | 1:36 | 00:02:40 | 00:26:29 | 106 | 20.4 | 00:00:48 | 00:20:05 | 107 | 8:01 | | 00:57:04.73 |
| 63 | 364 | Topher Mckinlay | Male | 39 | Victoria | MN | 00:09:48 | 172 | 2:13 | 00:01:42 | 00:25:11 | 69 | 21.5 | 00:01:30 | 00:19:04 | 70 | 7:37 | | 00:57:11.62 |
| 64 | 839 | David Kerber | Male | 37 | Maple Grove | MN | 00:09:50 | 174 | 2:13 | 00:03:30 | 00:24:30 | 45 | 22.0 | 00:01:04 | 00:18:24 | 50 | 7:21 | | 00:57:14.25 |
| 65 | 500 | Kristina Swenson | Female | 16 | Rogers | MN | 00:06:29 | 8 | 1:28 | 00:02:21 | 00:26:35 | 111 | 20.3 | 00:01:06 | 00:20:48 | 139 | 8:18 | | 00:57:15.82 |
| 66 | 375 | Jody Cullen | Male | 39 | Andover | MN | 00:08:31 | 87 | 1:55 | 00:01:44 | 00:26:23 | 102 | 20.5 | 00:01:07 | 00:19:41 | 95 | 7:52 | | 00:57:22.85 |
| 67 | 831 | Ben Reiners | Male | 36 | Otsego | MN | 00:08:38 | 97 | 1:57 | 00:02:34 | 00:25:32 | 76 | 21.2 | 00:01:56 | 00:18:48 | 61 | 7:30 | | 00:57:24.89 |
| 68 | 795 | Stan Triebenbach | Male | 34 | Osakis | MN | 00:12:57 | 365 | 2:55 | 00:02:45 | 00:23:56 | 32 | 22.6 | 00:00:49 | 00:17:05 | 14 | 6:49 | | 00:57:28.71 |
| 69 | 390 | Seth Quiggle | Male | 30 | Watertown | MN | 00:08:07 | 67 | 1:50 | 00:01:46 | 00:26:52 | 122 | 20.1 | 00:01:24 | 00:19:25 | 81 | 7:45 | | 00:57:32.21 |
| 70 | 763 | Daniel Dederichs | Male | 46 | Waverly | MN | 00:08:55 | 113 | 2:01 | 00:02:36 | 00:23:00 | 15 | 23.5 | 00:01:23 | 00:21:40 | 170 | 8:39 | | 00:57:32.24 |
| 71 | 867 | Erik Olson | Male | 41 | Shakopee | MN | 00:11:04 | 260 | 2:30 | 00:02:08 | 00:23:12 | 18 | 23.3 | 00:01:44 | 00:19:37 | 92 | 7:50 | | 00:57:43.37 |
| 72 | 379 | Tom Mahan | Male | 48 | Golden Valley | MN | 00:09:10 | 127 | 2:04 | 00:02:18 | 00:25:03 | 63 | 21.6 | 00:01:21 | 00:19:59 | 105 | 7:59 | | 00:57:48.60 |

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July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|---------------------|--------|-----|-----------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 73 | 796 | Scott Crow | Male | 51 | Vadnais Heights | MN | 00:06:54 | 18 | 1:33 | 00:02:36 | 00:26:00 | 90 | 20.8 | 00:01:16 | 00:21:05 | 147 | 8:25 | | 00:57:48.73 |
| 74 | 499 | Greg Swenson | Male | 44 | Rogers | MN | 00:06:54 | 17 | 1:33 | 00:02:54 | 00:25:04 | 65 | 21.6 | 00:01:21 | 00:21:39 | 167 | 8:39 | | 00:57:48.87 |
| 75 | 584 | John Becker | Male | 14 | Rochester | MN | 00:06:07 | 5 | 1:22 | 00:03:08 | 00:27:43 | 157 | 19.5 | 00:01:47 | 00:19:43 | 97 | 7:52 | | 00:58:24.76 |
| 76 | 657 | Scott Nicholson | Male | 44 | Minneapolis | MN | 00:10:36 | 223 | 2:24 | 00:01:46 | 00:25:34 | 80 | 21.1 | 00:01:01 | 00:19:40 | 94 | 7:51 | | 00:58:34.66 |
| 77 | 541 | Eric Carlson | Male | 42 | Buffalo | MN | 00:10:20 | 205 | 2:20 | 00:02:58 | 00:25:21 | 71 | 21.3 | 00:01:29 | 00:18:33 | 55 | 7:25 | | 00:58:37.84 |
| 78 | 845 | Josh Kramber | Male | 41 | Buffalo | MN | 00:09:03 | 122 | 2:02 | 00:02:47 | 00:25:01 | 59 | 21.6 | 00:01:12 | 00:20:40 | 132 | 8:15 | | 00:58:41.35 |
| 79 | 550 | Derek Dockendorf | Male | 27 | Otsego | MN | 00:08:57 | 115 | 2:01 | 00:02:18 | 00:25:47 | 83 | 21.0 | 00:01:32 | 00:20:16 | 115 | 8:06 | | 00:58:47.47 |
| 80 | 373 | Ben Zhao | Male | 59 | Edina | MN | 00:09:54 | 178 | 2:14 | 00:02:25 | 00:27:47 | 164 | 19.4 | 00:01:19 | 00:17:28 | 24 | 6:58 | | 00:58:50.53 |
| 81 | 850 | Hilary Young | Female | 27 | Minneapolis | MN | 00:07:51 | 55 | 1:46 | 00:02:59 | 00:27:21 | 143 | 19.7 | 00:01:40 | 00:19:05 | 72 | 7:37 | | 00:58:53.12 |
| 82 | 376 | Matthew Bleecker | Male | 43 | St Louis Park | MN | 00:09:28 | 151 | 2:08 | 00:02:21 | 00:25:56 | 88 | 20.8 | 00:01:24 | 00:19:52 | 102 | 7:56 | | 00:58:58.68 |
| 83 | 883 | Rebecca Karnes-Toth | Female | 36 | Mound | MN | 00:11:03 | 258 | 2:30 | 00:02:49 | 00:26:16 | 94 | 20.6 | 00:01:03 | 00:17:52 | 35 | 7:08 | | 00:59:01.27 |
| 84 | 864 | Jonathan Eastlund | Male | 15 | Buffalo | MN | 00:10:44 | 231 | 2:25 | 00:03:56 | 00:27:49 | 166 | 19.4 | 00:01:01 | 00:15:35 | 5 | 6:13 | | 00:59:02.22 |
| 85 | 371 | Thomas Becker | Male | 51 | Mahtomedi | MN | 00:06:47 | 15 | 1:32 | 00:02:48 | 00:28:10 | 184 | 19.2 | 00:00:51 | 00:20:30 | 126 | 8:11 | | 00:59:03.06 |
| 86 | 689 | Lisa Spethmann | Female | 50 | Saint Cloud | MN | 00:07:34 | 41 | 1:42 | 00:02:59 | 00:27:38 | 154 | 19.5 | 00:01:37 | 00:19:19 | 77 | 7:43 | | 00:59:04.46 |
| 87 | 809 | Anna Peterson | Female | 14 | Rosemount | MN | 00:08:02 | 61 | 1:49 | 00:01:46 | 00:28:43 | 209 | 18.8 | 00:01:01 | 00:19:37 | 93 | 7:50 | | 00:59:06.98 |
| 88 | 811 | Marina Chapman | Female | 16 | South Haven | MN | 00:08:37 | 95 | 1:57 | 00:03:30 | 00:27:01 | 129 | 20.0 | 00:01:05 | 00:18:57 | 65 | 7:34 | | 00:59:07.93 |
| 89 | 775 | Lizzie Johnson | Female | 13 | Rosemount | MN | 00:07:39 | 46 | 1:43 | 00:02:30 | 00:29:01 | 223 | 18.6 | 00:01:01 | 00:19:01 | 68 | 7:36 | | 00:59:09.16 |
| 90 | 630 | Taylor Pehrson | Female | 16 | Hanover | MN | 00:06:45 | 13 | 1:31 | 00:02:44 | 00:30:02 | 259 | 18.0 | 00:00:59 | 00:18:43 | 60 | 7:28 | | 00:59:10.80 |
| 91 | 652 | Halle Gustafson | Female | 19 | Minneapolis | MN | 00:10:04 | 190 | 2:16 | 00:02:34 | 00:28:17 | 191 | 19.1 | 00:01:14 | 00:17:08 | 15 | 6:50 | | 00:59:14.62 |
| 92 | 389 | Sonja Daniels | Female | 39 | Duluth | MN | 00:09:06 | 123 | 2:03 | 00:02:12 | 00:25:34 | 79 | 21.1 | 00:01:19 | 00:21:16 | 155 | 8:30 | | 00:59:25.68 |
| 93 | 840 | Sean Devine | Male | 20 | Eden Prairie | MN | 00:08:48 | 102 | 1:59 | 00:03:27 | 00:26:36 | 112 | 20.3 | 00:01:12 | 00:19:31 | 85 | 7:48 | | 00:59:31.39 |
| 94 | 818 | Mike Smith | Male | 41 | Brooklyn Park | MN | 00:08:32 | 88 | 1:55 | 00:03:28 | 00:27:22 | 144 | 19.7 | 00:01:05 | 00:19:11 | 75 | 7:40 | | 00:59:35.96 |
| 95 | 704 | Devin Thorson | Female | 28 | St. Paul | MN | 00:08:59 | 117 | 2:01 | 00:02:09 | 00:26:28 | 104 | 20.4 | 00:01:26 | 00:20:48 | 138 | 8:18 | | 00:59:46.19 |
| 96 | 372 | Mitchell Zahler | Male | 57 | Stillwater | MN | 00:09:53 | 176 | 2:14 | 00:02:36 | 00:27:15 | 137 | 19.8 | 00:01:00 | 00:19:07 | 73 | 7:38 | | 00:59:48.26 |
| 97 | 780 | Troy Adams | Male | 41 | Plymouth | MN | 00:08:56 | 114 | 2:01 | 00:02:41 | 00:25:10 | 68 | 21.5 | 00:01:54 | 00:21:14 | 154 | 8:29 | | 00:59:52.55 |
| 98 | 595 | Lizzy Heil | Female | 14 | Albertville | MN | 00:09:58 | 183 | 2:15 | 00:02:46 | 00:29:23 | 232 | 18.4 | 00:00:52 | 00:16:59 | 12 | 6:47 | | 00:59:54.16 |
| 99 | 879 | Michael Mccue | Male | 38 | Saint Paul | MN | 00:09:14 | 130 | 2:05 | 00:02:54 | 00:24:45 | 49 | 21.8 | 00:01:19 | 00:21:49 | 175 | 8:43 | | 00:59:59.06 |
| 100 | 509 | Eileen Kurpiers | Female | 52 | Deerwood | MN | 00:10:02 | 187 | 2:16 | 00:02:31 | 00:25:39 | 82 | 21.1 | 00:01:34 | 00:20:20 | 118 | 8:07 | | 01:00:03.19 |
| 101 | 869 | Kyleen Harstedt | Female | 34 | North Branch | MN | 00:09:37 | 160 | 2:10 | 00:02:22 | 00:24:51 | 53 | 21.7 | 00:01:47 | 00:21:33 | 164 | 8:37 | | 01:00:06.84 |
| 102 | 888 | Cortney Johnson | Female | 37 | St Louis Park | MN | 00:11:20 | 286 | 2:34 | 00:01:58 | 00:24:39 | 46 | 21.9 | 00:01:51 | 00:20:24 | 121 | 8:09 | | 01:00:09.15 |
| 103 | 388 | Dan Dean | Male | 53 | Cokato | MN | 00:07:15 | 25 | 1:38 | 00:02:36 | 00:25:26 | 73 | 21.2 | 00:01:18 | 00:23:38 | 259 | 9:27 | | 01:00:10.37 |
| 104 | 649 | Jennifer Olson | Female | 36 | Rice | MN | 00:10:54 | 242 | 2:28 | 00:02:39 | 00:24:47 | 51 | 21.8 | 00:01:15 | 00:20:42 | 133 | 8:16 | | 01:00:14.06 |
| 105 | 843 | Laura Kalland | Female | 31 | Elk River | MN | 00:07:44 | 50 | 1:45 | 00:02:41 | 00:27:37 | 153 | 19.6 | 00:01:03 | 00:21:18 | 158 | 8:31 | | 01:00:21.60 |
| 106 | 560 | Martin Wera | Male | 36 | Minneapolis | MN | 00:09:19 | 138 | 2:06 | 00:02:42 | 00:29:26 | 233 | 18.3 | 00:01:25 | 00:17:40 | 29 | 7:03 | | 01:00:29.58 |
| 107 | 552 | Tom Amundson | Male | 62 | Minneapolis | MN | 00:08:49 | 104 | 1:59 | 00:02:48 | 00:25:57 | 89 | 20.8 | 00:01:20 | 00:21:42 | 172 | 8:40 | | 01:00:32.21 |
| 108 | 368 | David Thoma | Male | 52 | Annandale | MN | 00:07:22 | 32 | 1:40 | 00:02:41 | 00:26:29 | 107 | 20.4 | 00:01:33 | 00:22:38 | 216 | 9:03 | | 01:00:39.78 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|---------------------|--------|-----|----------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 109 | 581 | Joseph Becker | Male | 56 | Rochester | MN | 00:08:24 | 80 | 1:54 | 00:03:04 | 00:25:49 | 84 | 20.9 | 00:01:31 | 00:21:57 | 178 | 8:46 | | 01:00:43.30 |
| 110 | 582 | Patrick Becker | Male | 25 | Rochester | MN | 00:07:28 | 34 | 1:41 | 00:03:09 | 00:28:10 | 185 | 19.2 | 00:01:04 | 00:20:56 | 140 | 8:22 | | 01:00:43.41 |
| 111 | 877 | Kristy Wynn | Female | 34 | New Brighton | MN | 00:10:03 | 189 | 2:16 | 00:02:44 | 00:25:53 | 87 | 20.9 | 00:01:35 | 00:20:32 | 128 | 8:12 | | 01:00:44.52 |
| 112 | 641 | Ryan Schuldt | Male | 37 | Apple Valley | MN | 00:08:48 | 103 | 1:59 | 00:02:38 | 00:29:20 | 231 | 18.4 | 00:01:27 | 00:18:39 | 58 | 7:27 | | 01:00:49.74 |
| 113 | 853 | Robert Bevars | Male | 33 | Minneapolis | MN | 00:10:11 | 196 | 2:18 | 00:03:10 | 00:26:18 | 98 | 20.5 | 00:01:28 | 00:19:51 | 101 | 7:56 | | 01:00:55.31 |
| 114 | 511 | Jeff Stites | Male | 43 | Minneapolis | MN | 00:10:05 | 193 | 2:16 | 00:02:47 | 00:26:01 | 91 | 20.8 | 00:01:35 | 00:20:34 | 129 | 8:13 | | 01:00:59.57 |
| 115 | 571 | Stephen Whitlow | Male | 43 | St Louis Park | MN | 00:08:29 | 84 | 1:55 | 00:03:34 | 00:25:02 | 62 | 21.6 | 00:01:44 | 00:22:13 | 195 | 8:52 | | 01:00:59.67 |
| 116 | 892 | Frank Wheeler | Male | 50 | Edina | MN | 00:12:56 | 364 | 2:55 | 00:02:19 | 00:26:17 | 96 | 20.6 | 00:01:21 | 00:18:12 | 43 | 7:16 | | 01:01:02.11 |
| 117 | 415 | Lee Shoberg | Male | 38 | Eau Claire | WI | 00:09:21 | 143 | 2:07 | 00:02:50 | 00:26:18 | 97 | 20.5 | 00:01:38 | 00:21:03 | 145 | 8:25 | | 01:01:06.82 |
| 118 | 484 | Blake Barnard | Male | 38 | Hutchinson | MN | 00:09:49 | 173 | 2:13 | 00:02:47 | 00:26:43 | 117 | 20.2 | 00:01:26 | 00:20:25 | 122 | 8:09 | | 01:01:07.65 |
| 119 | 844 | Charles Godfrey | Male | 22 | Saint Paul | MN | 00:10:30 | 217 | 2:22 | 00:04:37 | 00:28:06 | 181 | 19.2 | 00:01:29 | 00:16:36 | 9 | 6:38 | | 01:01:16.02 |
| 120 | 607 | Robert Badger | Male | 53 | Cottage Grove | MN | 00:10:05 | 192 | 2:16 | 00:02:35 | 00:26:03 | 93 | 20.7 | 00:01:36 | 00:21:05 | 146 | 8:25 | | 01:01:20.29 |
| 121 | 700 | Nicholas Gunderson | Male | 23 | Annandale | MN | 00:10:19 | 204 | 2:20 | 00:04:48 | 00:27:12 | 134 | 19.9 | 00:01:44 | 00:17:23 | 22 | 6:56 | | 01:01:21.99 |
| 122 | 622 | Andrew Savaloja | Male | 29 | Minneapolis | MN | 00:11:21 | 287 | 2:34 | 00:02:51 | 00:26:23 | 101 | 20.5 | 00:01:24 | 00:19:34 | 86 | 7:49 | | 01:01:29.77 |
| 123 | 735 | Ben Awes | Male | 49 | St. Paul | MN | 00:08:51 | 110 | 2:00 | 00:03:32 | 00:27:21 | 142 | 19.8 | 00:01:17 | 00:20:38 | 131 | 8:14 | | 01:01:36.25 |
| 124 | 766 | Erik Wright | Male | 30 | Chicago | IL | 00:07:56 | 58 | 1:47 | 00:02:44 | 00:31:17 | 315 | 17.3 | 00:00:52 | 00:18:50 | 62 | 7:31 | | 01:01:37.00 |
| 125 | 824 | Kent Katterheinrich | Male | 26 | Shoreview | MN | 00:09:34 | 157 | 2:10 | 00:02:48 | 00:28:32 | 198 | 18.9 | 00:00:51 | 00:19:56 | 104 | 7:58 | | 01:01:38.43 |
| 126 | 515 | Erik Fagerstrom | Male | 24 | Crystal | MN | 00:08:57 | 116 | 2:01 | 00:03:41 | 00:28:36 | 203 | 18.9 | 00:01:25 | 00:19:02 | 69 | 7:36 | | 01:01:39.80 |
| 127 | 510 | Allison Crum | Female | 15 | Deerwood | MN | 00:06:39 | 12 | 1:30 | 00:03:17 | 00:28:47 | 212 | 18.8 | 00:01:04 | 00:21:58 | 180 | 8:46 | | 01:01:42.21 |
| 128 | 723 | Brian Schmitz | Male | 34 | Monticello | MN | 00:10:49 | 237 | 2:26 | 00:03:35 | 00:26:38 | 114 | 20.3 | 00:01:12 | 00:19:35 | 89 | 7:49 | | 01:01:45.80 |
| 129 | 858 | Anthony Rezek | Male | 50 | Des Moines | IA | 00:08:50 | 107 | 2:00 | 00:02:18 | 00:25:34 | 78 | 21.1 | 00:01:22 | 00:23:44 | 262 | 9:29 | | 01:01:46.17 |
| 130 | 621 | Ellen Swedzinski | Female | 18 | Albertville | MN | 00:07:21 | 30 | 1:39 | 00:02:39 | 00:30:45 | 292 | 17.6 | 00:00:53 | 00:20:16 | 114 | 8:06 | | 01:01:50.14 |
| 131 | 862 | Jack Hennen | Male | 13 | Cambridge | MN | 00:08:26 | 82 | 1:54 | 00:02:21 | 00:28:10 | 186 | 19.2 | 00:01:27 | 00:21:32 | 163 | 8:36 | | 01:01:53.87 |
| 132 | 836 | Kelli Heytens | Female | 17 | Brooklyn Park | MN | 00:11:01 | 256 | 2:29 | 00:02:07 | 00:27:12 | 135 | 19.9 | 00:01:09 | 00:20:31 | 127 | 8:12 | | 01:01:59.36 |
| 133 | 492 | Emily Quandt | Female | 15 | Annandale | MN | 00:10:35 | 222 | 2:23 | 00:03:27 | 00:29:34 | 237 | 18.3 | 00:00:49 | 00:17:46 | 33 | 7:06 | | 01:02:07.92 |
| 134 | 737 | David Yantes | Male | 54 | St. Michael | MN | 00:09:40 | 164 | 2:11 | 00:02:19 | 00:25:49 | 86 | 20.9 | 00:01:47 | 00:22:37 | 215 | 9:02 | | 01:02:09.63 |
| 135 | 806 | Anna Wise | Female | 14 | Rosemount | MN | 00:08:27 | 83 | 1:54 | 00:02:21 | 00:28:10 | 187 | 19.2 | 00:00:54 | 00:22:20 | 202 | 8:55 | | 01:02:10.32 |
| 136 | 654 | Paula Just | Female | 39 | Spooner | WI | 00:09:00 | 120 | 2:02 | 00:02:30 | 00:30:04 | 261 | 18.0 | 00:00:51 | 00:19:47 | 100 | 7:54 | | 01:02:10.40 |
| 137 | 396 | Michael Abegg | Male | 47 | Minneapolis | MN | 00:09:53 | 177 | 2:14 | 00:02:03 | 00:27:07 | 130 | 19.9 | 00:01:10 | 00:22:01 | 183 | 8:48 | | 01:02:11.57 |
| 138 | 501 | Lexi Heil | Female | 16 | Albertville | MN | 00:06:47 | 14 | 1:32 | 00:02:58 | 00:29:53 | 249 | 18.1 | 00:01:56 | 00:20:44 | 137 | 8:17 | | 01:02:14.88 |
| 139 | 542 | Jeremy Duensing | Male | 37 | Rosemount | MN | 00:12:52 | 359 | 2:54 | 00:02:29 | 00:27:15 | 138 | 19.8 | 00:01:29 | 00:18:22 | 49 | 7:20 | | 01:02:24.15 |
| 140 | 876 | Josh Wilson | Male | 34 | Maple Lake | MN | 00:11:51 | 315 | 2:41 | 00:02:50 | 00:27:11 | 133 | 19.9 | 00:01:03 | 00:19:34 | 87 | 7:49 | | 01:02:27.42 |
| 141 | 569 | Jeremy Baker | Male | 39 | St. Bonifacius | MN | 00:10:51 | 239 | 2:27 | 00:02:22 | 00:27:56 | 171 | 19.3 | 00:01:08 | 00:20:16 | 116 | 8:06 | | 01:02:30.20 |
| 142 | 648 | Rachel Horstmann | Female | 33 | Eden Prairie | MN | 00:07:28 | 35 | 1:41 | 00:03:04 | 00:28:50 | 215 | 18.7 | 00:01:12 | 00:22:02 | 185 | 8:48 | | 01:02:33.30 |
| 143 | 863 | David Eastlund | Male | 51 | Buffalo | MN | 00:10:43 | 228 | 2:25 | 00:03:43 | 00:28:05 | 180 | 19.2 | 00:01:10 | 00:18:56 | 64 | 7:34 | | 01:02:34.20 |
| 144 | 519 | Kathleen Roller | Female | 44 | Long Lake | MN | 00:09:58 | 184 | 2:15 | 00:02:32 | 00:26:43 | 116 | 20.2 | 00:01:28 | 00:22:00 | 182 | 8:47 | | 01:02:37.06 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|------------------|--------|-----|-----------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 145 | 805 | Jim Wise | Male | 48 | Rosemount | MN | 00:07:15 | 26 | 1:38 | 00:03:11 | 00:26:31 | 109 | 20.4 | 00:01:06 | 00:24:37 | 293 | 9:50 | | 01:02:37.65 |
| 146 | 759 | James Spence | Male | 42 | Seattle | WA | 00:10:59 | 250 | 2:29 | 00:02:46 | 00:27:19 | 140 | 19.8 | 00:01:22 | 00:20:15 | 113 | 8:05 | | 01:02:38.65 |
| 147 | 575 | Dawn Holtz | Female | 43 | Hutchinson | MN | 00:09:20 | 139 | 2:06 | 00:02:58 | 00:27:57 | 173 | 19.3 | 00:01:09 | 00:21:20 | 159 | 8:31 | | 01:02:41.95 |
| 148 | 627 | Kayltlin Kuefler | Female | 18 | Annandale | MN | 00:11:00 | 251 | 2:29 | 00:02:51 | 00:27:27 | 147 | 19.7 | 00:00:54 | 00:20:43 | 135 | 8:16 | | 01:02:51.59 |
| 149 | 695 | Katie Van Dorp | Female | 23 | Annandale | MN | 00:11:06 | 262 | 2:30 | 00:03:28 | 00:27:07 | 131 | 19.9 | 00:01:02 | 00:20:20 | 119 | 8:07 | | 01:03:00.99 |
| 150 | 392 | Matthew Wuollet | Male | 24 | Annandale | MN | 00:10:33 | 221 | 2:23 | 00:03:12 | 00:28:13 | 189 | 19.1 | 00:01:38 | 00:19:36 | 90 | 7:50 | | 01:03:09.95 |
| 151 | 568 | Kristen Baker | Female | 35 | St. Bonifacius | MN | 00:07:53 | 57 | 1:47 | 00:03:19 | 00:26:19 | 99 | 20.5 | 00:01:56 | 00:23:48 | 266 | 9:31 | | 01:03:12.67 |
| 152 | 752 | Barbara Thukral | Female | 36 | St. Paul | MN | 00:10:21 | 207 | 2:20 | 00:02:54 | 00:28:27 | 195 | 19.0 | 00:01:17 | 00:20:17 | 117 | 8:06 | | 01:03:14.46 |
| 153 | 590 | Kristen Quill | Female | 29 | Minneapolis | MN | 00:08:37 | 94 | 1:57 | 00:03:07 | 00:28:47 | 213 | 18.8 | 00:01:19 | 00:21:28 | 161 | 8:35 | | 01:03:14.82 |
| 154 | 490 | Julie Grafft | Female | 50 | Chanhassen | MN | 00:08:04 | 63 | 1:49 | 00:02:29 | 00:28:33 | 199 | 18.9 | 00:01:45 | 00:22:30 | 210 | 8:59 | | 01:03:17.48 |
| 155 | 764 | Adam Downing | Male | 33 | Buffalo | MN | 00:10:26 | 214 | 2:21 | 00:04:00 | 00:26:26 | 103 | 20.4 | 00:02:21 | 00:20:25 | 123 | 8:09 | | 01:03:35.81 |
| 156 | 495 | Adrea Mauseth | Female | 33 | St Louis Park | MN | 00:08:51 | 109 | 2:00 | 00:02:22 | 00:28:32 | 197 | 18.9 | 00:01:22 | 00:22:41 | 218 | 9:04 | | 01:03:45.48 |
| 157 | 786 | Suzie Shoemaker | Female | 30 | Minneapolis | MN | 00:09:35 | 159 | 2:10 | 00:02:36 | 00:28:13 | 188 | 19.1 | 00:01:33 | 00:21:55 | 177 | 8:45 | | 01:03:49.63 |
| 158 | 534 | Kevin Bigalke | Male | 40 | Lakeville | MN | 00:11:38 | 306 | 2:38 | 00:03:28 | 00:25:38 | 81 | 21.1 | 00:01:06 | 00:22:05 | 189 | 8:49 | | 01:03:52.31 |
| 159 | 778 | Stacy Solomonson | Female | 35 | Princeton | MN | 00:10:18 | 203 | 2:19 | 00:03:32 | 00:27:42 | 155 | 19.5 | 00:01:09 | 00:21:17 | 156 | 8:30 | | 01:03:54.10 |
| 160 | 570 | Debra Shaw | Female | 35 | Saint Cloud | MN | 00:09:32 | 155 | 2:09 | 00:03:18 | 00:25:22 | 72 | 21.3 | 00:02:49 | 00:23:04 | 230 | 9:13 | | 01:04:03.07 |
| 161 | 626 | Roman Scibora | Male | 68 | Bloomington | MN | 00:10:43 | 229 | 2:25 | 00:03:40 | 00:25:29 | 74 | 21.2 | 00:02:38 | 00:21:38 | 166 | 8:39 | | 01:04:05.72 |
| 162 | 672 | Jody Zylstra | Female | 34 | Annandale | MN | 00:12:00 | 324 | 2:43 | 00:03:43 | 00:28:00 | 175 | 19.3 | 00:01:57 | 00:18:30 | 52 | 7:23 | | 01:04:06.71 |
| 163 | 391 | Jenifer Munson | Female | 40 | Annandale | MN | 00:11:15 | 278 | 2:32 | 00:02:36 | 00:29:42 | 243 | 18.2 | 00:01:06 | 00:19:36 | 91 | 7:50 | | 01:04:12.91 |
| 164 | 835 | Jim Lebahn | Male | 45 | Vadnais Heights | MN | 00:09:23 | 146 | 2:07 | 00:03:43 | 00:28:25 | 193 | 19.0 | 00:01:18 | 00:21:30 | 162 | 8:35 | | 01:04:16.76 |
| 165 | 900 | Tyler Velin | Male | 19 | Apple Valley | MN | 00:11:03 | 257 | 2:30 | 00:03:11 | 00:30:32 | 285 | 17.7 | 00:01:16 | 00:18:19 | 47 | 7:19 | | 01:04:17.87 |
| 166 | 583 | Anna Becker | Female | 17 | Rochester | MN | 00:06:37 | 11 | 1:29 | 00:02:44 | 00:30:04 | 260 | 18.0 | 00:01:15 | 00:23:41 | 261 | 9:28 | | 01:04:17.87 |
| 167 | 761 | Barbara Berdahl | Female | 43 | Saint Paul | MN | 00:09:40 | 166 | 2:11 | 00:03:16 | 00:27:48 | 165 | 19.4 | 00:01:10 | 00:22:27 | 206 | 8:58 | | 01:04:18.53 |
| 168 | 808 | Rebecca Stewart | Female | 45 | St. Paul | MN | 00:09:34 | 158 | 2:10 | 00:03:16 | 00:24:46 | 50 | 21.8 | 00:01:55 | 00:24:51 | 298 | 9:56 | | 01:04:19.54 |
| 169 | 777 | Debbie Christian | Female | 42 | Buffalo | MN | 00:09:40 | 167 | 2:11 | 00:03:21 | 00:26:48 | 120 | 20.2 | 00:01:50 | 00:22:47 | 219 | 9:06 | | 01:04:23.87 |
| 170 | 482 | Rebekah Archer | Female | 35 | Minneapolis | MN | 00:10:42 | 227 | 2:25 | 00:02:20 | 00:29:41 | 242 | 18.2 | 00:01:00 | 00:20:44 | 136 | 8:17 | | 01:04:25.73 |
| 171 | 886 | Janell Pepper | Female | 53 | Woodbury | MN | 00:08:24 | 79 | 1:54 | 00:03:30 | 00:28:51 | 217 | 18.7 | 00:01:25 | 00:22:22 | 203 | 8:56 | | 01:04:29.74 |
| 172 | 776 | Duane Pullins | Male | 55 | Maple Lake | MN | 00:11:32 | 300 | 2:36 | 00:04:25 | 00:24:18 | 43 | 22.2 | 00:01:49 | 00:22:30 | 211 | 8:59 | | 01:04:30.81 |
| 173 | 543 | Jen Nagorski | Female | 27 | Minneapolis | MN | 00:10:02 | 188 | 2:16 | 00:02:55 | 00:31:20 | 318 | 17.2 | 00:01:21 | 00:18:59 | 66 | 7:35 | | 01:04:33.91 |
| 174 | 673 | Tim Ilse | Male | 64 | Annandale | MN | 00:10:26 | 213 | 2:21 | 00:02:54 | 00:27:24 | 145 | 19.7 | 00:01:49 | 00:22:11 | 192 | 8:52 | | 01:04:40.20 |
| 175 | 875 | Dan Metcalfe | Male | 48 | Maple Grove | MN | 00:08:33 | 91 | 1:56 | 00:04:11 | 00:26:46 | 119 | 20.2 | 00:02:05 | 00:23:09 | 234 | 9:15 | | 01:04:42.71 |
| 176 | 513 | Frank Westpfahl | Male | 42 | Minneapolis | MN | 00:11:49 | 314 | 2:40 | 00:03:35 | 00:28:02 | 178 | 19.3 | 00:01:55 | 00:19:26 | 82 | 7:46 | | 01:04:45.12 |
| 177 | 491 | Mardon Quandt | Male | 53 | Annandale | MN | 00:09:43 | 169 | 2:12 | 00:02:56 | 00:27:57 | 172 | 19.3 | 00:01:58 | 00:22:16 | 199 | 8:54 | | 01:04:48.18 |
| 178 | 602 | Kayla Willert | Female | 35 | Annandale | MN | 00:09:55 | 180 | 2:14 | 00:04:15 | 00:30:06 | 264 | 17.9 | 00:01:07 | 00:19:29 | 84 | 7:47 | | 01:04:50.11 |
| 179 | 494 | Michael Close | Male | 43 | Plymouth | MN | 00:08:35 | 93 | 1:56 | 00:03:22 | 00:26:59 | 126 | 20.0 | 00:02:42 | 00:23:14 | 239 | 9:17 | | 01:04:50.77 |
| 180 | 528 | Therese Kennedy | Female | 52 | Minneapolis | MN | 00:10:24 | 209 | 2:21 | 00:02:27 | 00:28:50 | 216 | 18.7 | 00:01:12 | 00:22:03 | 186 | 8:48 | | 01:04:52.90 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|---------------------|--------|-----|---------------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 181 | 531 | Jack Nieters | Male | 18 | Sartell | MN | 00:07:36 | 42 | 1:43 | 00:02:53 | 00:30:27 | 279 | 17.7 | 00:00:46 | 00:23:16 | 241 | 9:18 | | 01:04:55.77 |
| 182 | 859 | Jesse Dunn | Female | 26 | Fargo | ND | 00:11:28 | 297 | 2:35 | 00:03:31 | 00:27:32 | 150 | 19.6 | 00:01:02 | 00:21:26 | 160 | 8:34 | | 01:04:57.22 |
| 183 | 383 | Tom Nowak | Male | 56 | Annandale | MN | 00:08:25 | 81 | 1:54 | 00:03:32 | 00:27:00 | 128 | 20.0 | 00:01:26 | 00:24:43 | 295 | 9:53 | | 01:05:03.39 |
| 184 | 887 | Chad Wynia | Male | 39 | Chisago City | MN | 00:10:20 | 206 | 2:20 | 00:03:50 | 00:28:24 | 192 | 19.0 | 00:01:19 | 00:21:17 | 157 | 8:30 | | 01:05:07.00 |
| 185 | 594 | Gene Holen | Male | 71 | Shoreview | MN | 00:11:35 | 304 | 2:37 | 00:02:50 | 00:27:10 | 132 | 19.9 | 00:01:52 | 00:21:48 | 174 | 8:42 | | 01:05:11.29 |
| 186 | 703 | Carrie Longsdorf | Female | 30 | Minneapolis | MN | 00:10:09 | 195 | 2:17 | 00:02:37 | 00:28:46 | 211 | 18.8 | 00:01:52 | 00:22:01 | 184 | 8:48 | | 01:05:23.25 |
| 187 | 517 | Laura Lilja | Female | 40 | Prior Lake | MN | 00:10:17 | 201 | 2:19 | 00:03:10 | 00:27:14 | 136 | 19.8 | 00:01:06 | 00:23:44 | 264 | 9:29 | | 01:05:28.19 |
| 188 | 576 | Jennifer Berthiaume | Female | 36 | South Haven | MN | 00:09:02 | 121 | 2:02 | 00:03:19 | 00:30:29 | 283 | 17.7 | 00:01:02 | 00:21:39 | 168 | 8:39 | | 01:05:28.75 |
| 189 | 787 | Pat Pickar | Male | 36 | Baxter | MN | 00:08:12 | 75 | 1:51 | 00:04:03 | 00:26:34 | 110 | 20.3 | 00:01:58 | 00:24:46 | 296 | 9:54 | | 01:05:29.60 |
| 190 | 710 | Rodney Barnes | Male | 58 | Maple Grove | MN | 00:12:12 | 330 | 2:45 | 00:02:46 | 00:24:41 | 48 | 21.9 | 00:02:01 | 00:23:55 | 272 | 9:33 | | 01:05:31.74 |
| 191 | 467 | Jenna Fletcher | Female | 51 | Stillwater | MN | 00:10:57 | 247 | 2:28 | 00:02:08 | 00:27:55 | 170 | 19.3 | 00:01:17 | 00:23:19 | 245 | 9:19 | | 01:05:34.00 |
| 192 | 798 | Madeline Peters | Female | 17 | Woodbury | MN | 00:07:07 | 23 | 1:36 | 00:02:05 | 00:32:55 | 358 | 16.4 | 00:01:24 | 00:22:07 | 191 | 8:50 | | 01:05:34.99 |
| 193 | 600 | Jerry House | Male | 65 | Woodbury | MN | 00:11:36 | 305 | 2:37 | 00:04:10 | 00:28:33 | 200 | 18.9 | 00:01:42 | 00:19:42 | 96 | 7:52 | | 01:05:39.49 |
| 194 | 712 | Keith Barnes | Male | 57 | Maple Grove | MN | 00:12:43 | 353 | 2:52 | 00:03:32 | 00:26:58 | 125 | 20.0 | 00:01:31 | 00:21:03 | 144 | 8:24 | | 01:05:43.19 |
| 195 | 812 | Seth Hagerty | Male | 37 | Saint Paul | MN | 00:11:01 | 255 | 2:29 | 00:02:28 | 00:28:01 | 177 | 19.3 | 00:02:22 | 00:21:58 | 181 | 8:47 | | 01:05:47.76 |
| 196 | 868 | Nikki Witowski | Female | 30 | Plymouth | MN | 00:09:07 | 124 | 2:03 | 00:03:04 | 00:28:27 | 194 | 19.0 | 00:01:49 | 00:23:25 | 247 | 9:21 | | 01:05:50.05 |
| 197 | 644 | Megan Koski | Female | 33 | Dassel | MN | 00:10:52 | 241 | 2:27 | 00:03:13 | 00:30:21 | 275 | 17.8 | 00:01:11 | 00:20:26 | 125 | 8:10 | | 01:05:59.87 |
| 198 | 608 | Jed Knutson | Male | 36 | Shakopee | MN | 00:10:47 | 233 | 2:26 | 00:03:03 | 00:28:31 | 196 | 18.9 | 00:01:15 | 00:22:34 | 213 | 9:01 | | 01:06:06.88 |
| 199 | 668 | Matt Baasch | Male | 34 | West Fargo | ND | 00:11:10 | 269 | 2:31 | 00:03:51 | 00:27:54 | 169 | 19.4 | 00:01:10 | 00:22:05 | 188 | 8:49 | | 01:06:07.50 |
| 200 | 855 | Rich Alteri | Male | 46 | Saint Paul | MN | 00:09:57 | 182 | 2:15 | 00:04:28 | 00:29:34 | 236 | 18.3 | 00:02:04 | 00:20:09 | 108 | 8:03 | | 01:06:10.00 |
| 201 | 544 | Karen Slakey | Female | 50 | Lake Elmo | MN | 00:09:00 | 118 | 2:02 | 00:04:42 | 00:28:41 | 207 | 18.8 | 00:02:12 | 00:21:39 | 169 | 8:39 | | 01:06:10.39 |
| 202 | 394 | Michael De Leon | Male | 38 | Eagan | MN | 00:08:40 | 98 | 1:57 | 00:03:23 | 00:26:37 | 113 | 20.3 | 00:01:28 | 00:26:11 | 332 | 10:28 | | 01:06:15.86 |
| 203 | 688 | Bradley Johnson | Male | 60 | Champlin | MN | 00:11:05 | 261 | 2:30 | 00:03:31 | 00:28:05 | 179 | 19.2 | 00:01:47 | 00:21:55 | 176 | 8:45 | | 01:06:19.84 |
| 204 | 738 | Joe Derock | Male | 46 | Minneapolis | MN | 00:11:27 | 296 | 2:35 | 00:04:00 | 00:27:59 | 174 | 19.3 | 00:01:47 | 00:21:09 | 150 | 8:27 | | 01:06:20.44 |
| 205 | 553 | Steve Peery | Male | 26 | Madison | WI | 00:11:17 | 279 | 2:33 | 00:03:36 | 00:30:16 | 270 | 17.9 | 00:00:59 | 00:20:25 | 124 | 8:09 | | 01:06:30.56 |
| 206 | 387 | Kimberly Moy | Female | 19 | Cokato | MN | 00:07:45 | 51 | 1:45 | 00:02:50 | 00:31:32 | 322 | 17.1 | 00:01:15 | 00:23:11 | 236 | 9:16 | | 01:06:30.68 |
| 207 | 526 | Tom Millerbernd | Male | 46 | Chaska | MN | 00:10:26 | 215 | 2:21 | 00:03:21 | 00:27:29 | 149 | 19.7 | 00:01:45 | 00:23:44 | 263 | 9:29 | | 01:06:42.85 |
| 208 | 827 | Mary Godfrey | Female | 49 | Saint Paul | MN | 00:10:50 | 238 | 2:27 | 00:03:34 | 00:28:16 | 190 | 19.1 | 00:01:56 | 00:22:12 | 194 | 8:52 | | 01:06:45.31 |
| 209 | 498 | Erika Sawinski | Female | 25 | St Louis Park | MN | 00:10:47 | 234 | 2:26 | 00:03:29 | 00:28:52 | 218 | 18.7 | 00:01:28 | 00:22:35 | 214 | 9:01 | | 01:07:08.48 |
| 210 | 736 | Alyce Johnson | Female | 19 | Hudson | WI | 00:10:22 | 208 | 2:20 | 00:03:25 | 00:29:03 | 224 | 18.6 | 00:01:59 | 00:22:31 | 212 | 9:00 | | 01:07:16.98 |
| 211 | 480 | Kim Uecker | Female | 37 | Annandale | MN | 00:10:59 | 249 | 2:29 | 00:03:35 | 00:28:07 | 182 | 19.2 | 00:01:30 | 00:23:10 | 235 | 9:15 | | 01:07:17.90 |
| 212 | 727 | Emily Anderson | Female | 31 | Spring Lake Park | MN | 00:14:39 | 395 | 3:19 | 00:03:04 | 00:26:49 | 121 | 20.1 | 00:01:55 | 00:20:57 | 141 | 8:22 | | 01:07:20.49 |
| 213 | 757 | Julie Feldman | Female | 31 | Inver Grove Heights | MN | 00:13:06 | 373 | 2:57 | 00:03:11 | 00:27:44 | 161 | 19.5 | 00:00:57 | 00:22:29 | 209 | 8:59 | | 01:07:23.72 |
| 214 | 635 | Megan Myers | Female | 19 | Cannon Falls | MN | 00:11:12 | 274 | 2:32 | 00:03:11 | 00:30:28 | 281 | 17.7 | 00:00:57 | 00:21:44 | 173 | 8:41 | | 01:07:29.59 |
| 215 | 625 | Julie Wiens | Female | 51 | Wayzata | MN | 00:11:19 | 284 | 2:33 | 00:03:22 | 00:29:06 | 225 | 18.6 | 00:01:27 | 00:22:19 | 200 | 8:55 | | 01:07:30.14 |
| 216 | 385 | Christina Mckinlay | Female | 34 | Victoria | MN | 00:11:41 | 311 | 2:38 | 00:02:53 | 00:27:26 | 146 | 19.7 | 00:02:07 | 00:23:28 | 251 | 9:23 | | 01:07:32.89 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | | |
|-------|-----|---------------------|--------|-----|------------------|-----|------------------|-----|------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-----|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | | | Plc | Pace |
| 217 | 849 | Rachel Karst | Female | 26 | Shakopee | MN | 00:11:00 | 252 | 2:29 | 00:03:33 | 00:32:00 | 337 | 16.9 | 00:01:08 | 00:19:56 | 103 | 7:58 | | 01:07:34.85 |
| 218 | 504 | Jennifer Messmer | Female | 33 | Minneapolis | MN | 00:10:48 | 236 | 2:26 | 00:03:03 | 00:30:29 | 282 | 17.7 | 00:01:14 | 00:22:04 | 187 | 8:49 | | 01:07:35.17 |
| 219 | 629 | Lesley Scibora | Female | 39 | Bloomington | MN | 00:11:25 | 293 | 2:35 | 00:03:20 | 00:28:08 | 183 | 19.2 | 00:01:59 | 00:22:52 | 222 | 9:08 | | 01:07:41.56 |
| 220 | 874 | Sherilyn Young | Female | 45 | St. Paul | MN | 00:10:43 | 230 | 2:25 | 00:02:53 | 00:29:35 | 238 | 18.3 | 00:01:28 | 00:23:06 | 232 | 9:14 | | 01:07:42.30 |
| 221 | 734 | Angie Voll | Female | 43 | Monticello | MN | 00:11:52 | 317 | 2:41 | 00:03:10 | 00:29:17 | 229 | 18.4 | 00:01:10 | 00:22:16 | 198 | 8:54 | | 01:07:43.25 |
| 222 | 470 | Wendy Ulferts | Female | 42 | Willmar | MN | 00:11:04 | 259 | 2:30 | 00:02:35 | 00:27:15 | 139 | 19.8 | 00:02:28 | 00:24:25 | 285 | 9:45 | | 01:07:44.11 |
| 223 | 842 | John Nielsen | Male | 66 | Woodbury | MN | 00:10:56 | 246 | 2:28 | 00:03:01 | 00:27:52 | 167 | 19.4 | 00:02:07 | 00:23:55 | 273 | 9:33 | | 01:07:49.53 |
| 224 | 721 | Sidney Sollazo | Female | 35 | South Saint Paul | MN | 00:09:22 | 145 | 2:07 | 00:04:22 | 00:31:50 | 330 | 17.0 | 00:01:10 | 00:21:08 | 148 | 8:27 | | 01:07:49.69 |
| 225 | 880 | Deron Johnson | Male | 32 | Monticello | MN | 00:09:26 | 150 | 2:08 | 00:05:43 | 00:30:32 | 284 | 17.7 | 00:01:16 | 00:20:59 | 142 | 8:23 | | 01:07:52.12 |
| 226 | 527 | Candy Millerbernd | Female | 44 | Chaska | MN | 00:11:14 | 275 | 2:32 | 00:03:12 | 00:27:44 | 162 | 19.5 | 00:01:54 | 00:23:51 | 269 | 9:32 | | 01:07:52.72 |
| 227 | 825 | Charles Fowler | Male | 41 | Rogers | MN | 00:11:11 | 270 | 2:31 | 00:03:26 | 00:27:42 | 156 | 19.5 | 00:01:48 | 00:23:51 | 268 | 9:32 | | 01:07:54.99 |
| 228 | 773 | Christopher Hedberg | Male | 43 | Maple Plain | MN | 00:09:20 | 140 | 2:06 | 00:03:55 | 00:28:57 | 220 | 18.7 | 00:01:53 | 00:23:56 | 275 | 9:34 | | 01:07:59.14 |
| 229 | 563 | Jennifer Steenerson | Female | 99 | Maple Grove | MN | 00:09:23 | 148 | 2:07 | 00:02:40 | 00:30:07 | 265 | 17.9 | 00:01:28 | 00:24:28 | 289 | 9:47 | | 01:08:03.32 |
| 230 | 753 | Brett Mayfield | Male | 44 | Cokato | MN | 00:11:22 | 289 | 2:34 | 00:04:20 | 00:27:37 | 152 | 19.6 | 00:01:28 | 00:23:28 | 250 | 9:23 | | 01:08:13.08 |
| 231 | 418 | Michael Harland | Male | 56 | Wheaton | IL | 00:09:32 | 156 | 2:09 | 00:03:59 | 00:31:02 | 302 | 17.4 | 00:01:38 | 00:22:06 | 190 | 8:50 | | 01:08:13.32 |
| 232 | 707 | Sally Covert | Female | 42 | White Bear Lake | MN | 00:11:01 | 254 | 2:29 | 00:02:46 | 00:29:15 | 227 | 18.5 | 00:01:36 | 00:23:46 | 265 | 9:30 | | 01:08:20.63 |
| 233 | 579 | Lane Patten | Female | 38 | Eden Prairie | MN | 00:11:00 | 253 | 2:29 | 00:02:51 | 00:29:38 | 240 | 18.2 | 00:01:34 | 00:23:33 | 255 | 9:24 | | 01:08:32.49 |
| 234 | 561 | Tina Honsey | Female | 38 | Annandale | MN | 00:12:26 | 335 | 2:49 | 00:03:18 | 00:28:58 | 222 | 18.6 | 00:01:01 | 00:22:57 | 226 | 9:10 | | 01:08:37.65 |
| 235 | 562 | Brett Honsey | Male | 12 | Annandale | MN | 00:09:17 | 136 | 2:06 | 00:03:11 | 00:32:12 | 341 | 16.8 | 00:01:04 | 00:22:56 | 224 | 9:10 | | 01:08:37.80 |
| 236 | 722 | Lisa Vague | Female | 49 | Albertville | MN | 00:09:14 | 131 | 2:05 | 00:03:35 | 00:31:04 | 305 | 17.4 | 00:01:27 | 00:23:27 | 249 | 9:22 | | 01:08:44.78 |
| 237 | 655 | Angela Larson | Female | 28 | Circle Pines | MN | 00:11:23 | 290 | 2:34 | 00:03:04 | 00:28:34 | 201 | 18.9 | 00:01:57 | 00:23:52 | 270 | 9:32 | | 01:08:47.61 |
| 238 | 642 | Denae Scholdt | Female | 33 | Minneapolis | MN | 00:15:18 | 409 | 3:28 | 00:02:41 | 00:31:05 | 307 | 17.4 | 00:01:09 | 00:18:40 | 59 | 7:27 | | 01:08:50.95 |
| 239 | 637 | Chris Larson | Male | 27 | Maple Grove | MN | 00:10:09 | 194 | 2:17 | 00:03:06 | 00:27:19 | 141 | 19.8 | 00:01:49 | 00:26:33 | 338 | 10:37 | | 01:08:53.31 |
| 240 | 762 | Emily Chrysler | Female | 48 | Richfield | MN | 00:11:26 | 294 | 2:35 | 00:03:50 | 00:28:35 | 202 | 18.9 | 00:01:54 | 00:23:12 | 238 | 9:16 | | 01:08:54.18 |
| 241 | 770 | Marla Urban | Female | 28 | Newbrighton | MN | 00:09:31 | 154 | 2:09 | 00:03:41 | 00:30:27 | 280 | 17.7 | 00:01:04 | 00:24:19 | 283 | 9:43 | | 01:08:59.13 |
| 242 | 784 | Thomas Mcdonald | Male | 44 | Minneapolis | MN | 00:08:54 | 112 | 2:01 | 00:03:16 | 00:26:42 | 115 | 20.2 | 00:02:38 | 00:27:36 | 359 | 11:02 | | 01:09:03.89 |
| 243 | 749 | Lindsay Wurm | Female | 30 | Buffalo | MN | 00:10:17 | 202 | 2:19 | 00:04:02 | 00:30:21 | 276 | 17.8 | 00:01:07 | 00:23:19 | 246 | 9:19 | | 01:09:04.20 |
| 244 | 408 | Bob Spooner | Male | 61 | Ramsey | MN | 00:12:33 | 343 | 2:50 | 00:02:08 | 00:29:43 | 244 | 18.2 | 00:01:18 | 00:23:32 | 254 | 9:24 | | 01:09:10.45 |
| 245 | 669 | Eric Fischer | Male | 34 | Saint Louis Park | MN | 00:12:30 | 340 | 2:49 | 00:03:44 | 00:31:55 | 332 | 16.9 | 00:00:57 | 00:20:10 | 109 | 8:03 | | 01:09:13.71 |
| 246 | 659 | Sarah Isdahl | Female | 14 | Plymouth | MN | 00:07:29 | 38 | 1:41 | 00:02:55 | 00:33:03 | 361 | 16.3 | 00:01:03 | 00:24:58 | 303 | 9:59 | | 01:09:24.99 |
| 247 | 612 | Kelly Johnson | Female | 20 | Annandale | MN | 00:12:59 | 369 | 2:56 | 00:03:38 | 00:29:59 | 255 | 18.0 | 00:01:16 | 00:21:41 | 171 | 8:40 | | 01:09:29.32 |
| 248 | 486 | Jason Dieterle | Male | 39 | Stillwater | MN | 00:11:38 | 307 | 2:38 | 00:03:35 | 00:26:53 | 123 | 20.1 | 00:02:31 | 00:24:57 | 301 | 9:58 | | 01:09:31.73 |
| 249 | 899 | Richard Weeks | Male | 52 | Annandale | MN | 00:11:34 | 302 | 2:37 | 00:03:34 | 00:25:30 | 75 | 21.2 | 00:02:25 | 00:26:34 | 339 | 10:37 | | 01:09:34.66 |
| 250 | 539 | Teresa Zuehl | Female | 42 | Clearwater | MN | 00:11:20 | 285 | 2:33 | 00:03:58 | 00:29:59 | 256 | 18.0 | 00:01:12 | 00:23:11 | 237 | 9:16 | | 01:09:38.18 |
| 251 | 823 | Christine Smid | Female | 44 | Litchfield | MN | 00:13:34 | 381 | 3:04 | 00:04:10 | 00:27:54 | 168 | 19.4 | 00:02:12 | 00:21:57 | 179 | 8:46 | | 01:09:44.04 |
| 252 | 535 | Todd Rogers | Male | 54 | Minneapolis | MN | 00:09:21 | 141 | 2:06 | 00:03:42 | 00:31:04 | 306 | 17.4 | 00:01:38 | 00:24:02 | 277 | 9:36 | | 01:09:44.47 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | | ----- RUN ----- | | | Penalty | Total Time |
|-------|-----|------------------------|--------|-----|---------------------|-----|------------------|-----|------|----------|------------------|-----|------|----------|-----------------|-----|-------|---------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | Pace | | |
| 253 | 423 | Brook Lemm-Tabor | Female | 61 | Minneapolis | MN | 00:13:28 | 378 | 3:03 | 00:02:49 | 00:26:45 | 118 | 20.2 | 00:01:47 | 00:24:59 | 304 | 9:59 | | 01:09:45.59 |
| 254 | 814 | Erik Neudecker | Male | 38 | Wake Forest | NC | 00:08:10 | 70 | 1:50 | 00:03:08 | 00:27:28 | 148 | 19.7 | 00:01:44 | 00:29:20 | 380 | 11:43 | | 01:09:47.06 |
| 255 | 711 | Robin Barnes | Male | 58 | Maple Grove | MN | | | | | | | | | 00:28:17 | 372 | 11:18 | | 01:09:54.48 |
| 256 | 715 | Sally Hutson | Female | 31 | Farmington | MN | 00:11:10 | 267 | 2:31 | 00:03:51 | 00:30:57 | 298 | 17.5 | 00:01:46 | 00:22:19 | 201 | 8:55 | | 01:10:00.31 |
| 257 | 468 | Joe Kandiko | Male | 63 | Excelsior | MN | 00:09:29 | 153 | 2:08 | 00:03:15 | 00:28:43 | 210 | 18.8 | 00:02:12 | 00:26:23 | 335 | 10:33 | | 01:10:00.92 |
| 258 | 580 | Katrin Sigurdardottir | Female | 40 | Eden Prairie | MN | 00:10:59 | 248 | 2:29 | 00:02:55 | 00:28:41 | 206 | 18.8 | 00:01:45 | 00:25:50 | 324 | 10:19 | | 01:10:06.22 |
| 259 | 623 | Paul Hughes | Male | 43 | Eden Prairie | MN | 00:10:25 | 211 | 2:21 | 00:02:50 | 00:28:39 | 204 | 18.9 | 00:01:27 | 00:26:49 | 344 | 10:43 | | 01:10:06.81 |
| 260 | 615 | Nancy Bauer | Female | 65 | Champlin | MN | 00:10:51 | 240 | 2:27 | 00:03:21 | 00:29:59 | 253 | 18.0 | 00:02:25 | 00:23:37 | 257 | 9:26 | | 01:10:08.94 |
| 261 | 793 | Gregory Emerick | Male | 50 | Buffalo | MN | 00:13:22 | 376 | 3:01 | 00:03:50 | 00:29:47 | 247 | 18.1 | 00:00:59 | 00:22:14 | 197 | 8:53 | | 01:10:08.94 |
| 262 | 520 | Nick Whitney | Male | 45 | Dellwood | MN | 00:12:49 | 357 | 2:54 | 00:03:56 | 00:28:56 | 219 | 18.7 | 00:01:18 | 00:23:29 | 253 | 9:23 | | 01:10:25.70 |
| 263 | 706 | Kristen Grossman | Female | 24 | Wayzata | MN | 00:11:19 | 283 | 2:33 | 00:02:24 | 00:30:40 | 287 | 17.6 | 00:01:04 | 00:25:03 | 305 | 10:01 | | 01:10:27.99 |
| 264 | 413 | Bill Maguire | Male | 59 | St. Paul | MN | 00:09:19 | 137 | 2:06 | 00:03:27 | 00:31:40 | 323 | 17.1 | 00:02:00 | 00:24:11 | 280 | 9:40 | | 01:10:33.94 |
| 265 | 860 | John Severson | Male | 35 | St Pual | MN | 00:11:30 | 299 | 2:36 | 00:03:13 | 00:30:36 | 286 | 17.7 | 00:02:18 | 00:23:02 | 228 | 9:12 | | 01:10:37.01 |
| 266 | 713 | Lisa Prescott-Williams | Female | 44 | South St Paul | MN | 00:09:46 | 171 | 2:12 | 00:03:56 | 00:31:19 | 317 | 17.2 | 00:01:29 | 00:24:10 | 279 | 9:39 | | 01:10:37.30 |
| 267 | 574 | Pam Vandersluis | Female | 35 | Buffalo | MN | 00:12:36 | 347 | 2:51 | 00:03:08 | 00:29:16 | 228 | 18.5 | 00:01:06 | 00:24:34 | 292 | 9:49 | | 01:10:38.12 |
| 268 | 476 | Gary Rychley | Male | 62 | Forest Lake | MN | 00:11:10 | 268 | 2:31 | 00:03:06 | 00:30:13 | 268 | 17.9 | 00:01:17 | 00:24:58 | 302 | 9:58 | | 01:10:41.29 |
| 269 | 493 | Christa Close | Female | 38 | Plymouth | MN | 00:10:24 | 210 | 2:21 | 00:03:59 | 00:30:20 | 274 | 17.8 | 00:02:44 | 00:23:18 | 244 | 9:19 | | 01:10:43.51 |
| 270 | 838 | Jan Albertson | Female | 64 | Anoka | MN | 00:10:47 | 235 | 2:26 | 00:02:59 | 00:31:43 | 326 | 17.0 | 00:01:21 | 00:23:55 | 274 | 9:33 | | 01:10:44.26 |
| 271 | 772 | Julie Hertzog | Female | 50 | Watertown | MN | 00:11:07 | 266 | 2:31 | 00:03:46 | 00:27:46 | 163 | 19.4 | 00:02:07 | 00:26:06 | 330 | 10:26 | | 01:10:51.02 |
| 272 | 471 | Shannon Pettitt | Female | 42 | Inver Grove Heights | MN | 00:08:43 | 100 | 1:58 | 00:02:55 | 00:27:44 | 159 | 19.5 | 00:01:39 | 00:29:53 | 383 | 11:57 | | 01:10:51.65 |
| 273 | 393 | Dustine Turbeville | Female | 43 | Big Lake | MN | 00:10:32 | 219 | 2:23 | 00:03:34 | 00:30:44 | 290 | 17.6 | 00:01:40 | 00:24:26 | 286 | 9:46 | | 01:10:53.38 |
| 274 | 813 | David Graff | Male | 40 | Brookklyn Park | MN | 00:11:40 | 310 | 2:38 | 00:04:21 | 00:29:36 | 239 | 18.2 | 00:01:39 | 00:23:40 | 260 | 9:27 | | 01:10:54.25 |
| 275 | 587 | Brenda Conzetz | Female | 53 | Buffalo | MN | 00:09:29 | 152 | 2:08 | 00:04:07 | 00:31:47 | 327 | 17.0 | 00:02:33 | 00:23:03 | 229 | 9:13 | | 01:10:55.57 |
| 276 | 852 | Lindsay Majerus | Female | 31 | Waconia | MN | 00:08:50 | 106 | 2:00 | 00:02:47 | 00:29:19 | 230 | 18.4 | 00:01:19 | 00:28:55 | 378 | 11:33 | | 01:11:07.17 |
| 277 | 506 | Kathleen Smith | Female | 55 | Otsego | MN | 00:10:13 | 199 | 2:18 | 00:03:32 | 00:29:44 | 246 | 18.2 | 00:02:38 | 00:25:06 | 306 | 10:02 | | 01:11:08.92 |
| 278 | 781 | Julie Schmelzer | Female | 50 | Kimball | MN | 00:11:56 | 321 | 2:42 | 00:02:58 | 00:30:15 | 269 | 17.9 | 00:02:03 | 00:24:00 | 276 | 9:35 | | 01:11:09.67 |
| 279 | 536 | Molly Murphy | Female | 38 | Minneapolis | MN | 00:11:53 | 319 | 2:41 | 00:03:00 | 00:33:07 | 364 | 16.3 | 00:01:51 | 00:21:36 | 165 | 8:38 | | 01:11:24.38 |
| 280 | 507 | Amy Van Beusekom | Female | 33 | Waverly | MN | 00:10:15 | 200 | 2:19 | 00:04:44 | 00:32:09 | 340 | 16.8 | 00:01:28 | 00:22:52 | 221 | 9:08 | | 01:11:25.80 |
| 281 | 685 | Randi Setter | Female | 39 | Hugo | MN | 00:10:12 | 198 | 2:18 | 00:02:39 | 00:30:18 | 271 | 17.8 | 00:01:33 | 00:27:02 | 349 | 10:48 | | 01:11:40.31 |
| 282 | 658 | Amanda Schwietering | Female | 21 | Becker | MN | 00:08:21 | 77 | 1:53 | 00:03:25 | 00:30:47 | 294 | 17.5 | 00:01:28 | 00:27:42 | 360 | 11:04 | | 01:11:40.83 |
| 283 | 508 | Julie Mcalister | Female | 39 | New Hope | MN | 00:08:52 | 111 | 2:00 | 00:03:28 | 00:34:11 | 378 | 15.8 | 00:01:04 | 00:24:13 | 282 | 9:41 | | 01:11:46.05 |
| 284 | 505 | Renu Thukral | Female | 32 | Minneapolis | MN | 00:13:12 | 374 | 2:59 | 00:03:15 | 00:30:02 | 258 | 18.0 | 00:01:50 | 00:23:34 | 256 | 9:25 | | 01:11:49.70 |
| 285 | 717 | Marsha Anklam | Female | 60 | South Haven | MN | 00:09:07 | 125 | 2:03 | 00:03:39 | 00:29:40 | 241 | 18.2 | 00:02:16 | 00:27:18 | 356 | 10:54 | | 01:11:57.00 |
| 286 | 847 | Jennifer Inderlee | Female | 34 | Minnetonka | MN | 00:13:35 | 382 | 3:04 | 00:03:18 | 00:27:34 | 151 | 19.6 | 00:01:27 | 00:26:13 | 333 | 10:28 | | 01:12:04.07 |
| 287 | 687 | Anna Holl | Female | 24 | Menomonie | WI | 00:11:38 | 308 | 2:38 | 00:03:58 | 00:34:26 | 381 | 15.7 | 00:00:58 | 00:21:11 | 152 | 8:28 | | 01:12:08.54 |
| 288 | 554 | David Latour | Male | 26 | Montiello | MN | 00:11:18 | 280 | 2:33 | 00:04:20 | 00:31:03 | 303 | 17.4 | 00:00:59 | 00:24:33 | 291 | 9:48 | | 01:12:10.33 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|-----------------------|--------|-----|----------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 289 | 524 | Debra Schnedler | Female | 53 | Waconia | MN | 00:11:07 | 265 | 2:31 | 00:03:48 | 00:29:28 | 234 | 18.3 | 00:01:45 | 00:26:07 | 331 | 10:26 | | 01:12:12.84 |
| 290 | 882 | Carlene Jensen | Female | 38 | Plymouth | MN | 00:15:15 | 407 | 3:27 | 00:03:19 | 00:31:17 | 314 | 17.3 | 00:02:16 | 00:20:10 | 110 | 8:03 | | 01:12:12.87 |
| 291 | 589 | Patrick Athman | Male | 43 | Annandale | MN | 00:14:07 | 387 | 3:11 | 00:05:49 | 00:30:11 | 266 | 17.9 | 00:01:02 | 00:21:11 | 153 | 8:28 | | 01:12:17.42 |
| 292 | 565 | Jennifer Stoa | Female | 26 | Minneapolis | MN | 00:11:24 | 291 | 2:34 | 00:04:45 | 00:29:57 | 252 | 18.0 | 00:03:01 | 00:23:15 | 240 | 9:17 | | 01:12:19.82 |
| 293 | 803 | Stephanie Kovarik | Female | 41 | South St. Paul | MN | 00:13:33 | 380 | 3:04 | 00:02:44 | 00:31:25 | 321 | 17.2 | 00:01:23 | 00:23:18 | 243 | 9:19 | | 01:12:21.71 |
| 294 | 848 | Lisa Horn | Female | 47 | Howard Lake | MN | 00:12:58 | 367 | 2:56 | 00:04:02 | 00:29:30 | 235 | 18.3 | 00:01:24 | 00:24:38 | 294 | 9:51 | | 01:12:30.23 |
| 295 | 779 | Jan Vanderlinde | Female | 46 | Delano | MN | 00:11:53 | 318 | 2:41 | 00:05:03 | 00:27:44 | 160 | 19.5 | 00:03:05 | 00:24:54 | 300 | 9:57 | | 01:12:36.20 |
| 296 | 750 | Jolene Halek | Female | 35 | Rogers | MN | 00:11:34 | 303 | 2:37 | 00:04:18 | 00:32:47 | 353 | 16.5 | 00:01:52 | 00:22:13 | 196 | 8:53 | | 01:12:42.80 |
| 297 | 732 | Molly Collins | Female | 33 | Little Canada | MN | 00:12:46 | 356 | 2:53 | 00:03:26 | 00:33:04 | 362 | 16.3 | 00:01:07 | 00:22:23 | 204 | 8:57 | | 01:12:43.97 |
| 298 | 731 | Emily Haywood | Female | 32 | Monticello | MN | 00:12:00 | 325 | 2:43 | 00:04:44 | 00:31:43 | 325 | 17.0 | 00:01:55 | 00:22:24 | 205 | 8:57 | | 01:12:44.36 |
| 299 | 696 | Martin Castro | Male | 36 | Maple Lake | MN | 00:09:39 | 162 | 2:11 | 00:05:58 | 00:30:42 | 288 | 17.6 | 00:02:35 | 00:23:53 | 271 | 9:33 | | 01:12:45.03 |
| 300 | 646 | Carol Grzybowski | Female | 49 | Edina | MN | 00:13:05 | 372 | 2:57 | 00:03:16 | 00:28:47 | 214 | 18.8 | 00:01:59 | 00:25:42 | 318 | 10:16 | | 01:12:46.12 |
| 301 | 682 | Nicole Spooner | Female | 32 | Robbinsdale | MN | 00:12:44 | 354 | 2:52 | 00:03:11 | 00:32:49 | 356 | 16.5 | 00:01:13 | 00:22:57 | 225 | 9:10 | | 01:12:49.69 |
| 302 | 559 | Brian Oderkirk | Male | 38 | Scottsdal | AZ | 00:13:22 | 375 | 3:01 | 00:03:35 | 00:28:40 | 205 | 18.8 | 00:02:07 | 00:25:15 | 308 | 10:05 | | 01:12:56.45 |
| 303 | 529 | Karen Willette | Female | 58 | Minneapolis | MN | 00:12:24 | 333 | 2:48 | 00:03:02 | 00:29:47 | 248 | 18.1 | 00:02:11 | 00:25:38 | 317 | 10:15 | | 01:12:59.79 |
| 304 | 662 | Eileen Lafontaine | Female | 40 | Minneapolis | MN | 00:11:15 | 277 | 2:32 | 00:03:23 | 00:29:54 | 250 | 18.1 | 00:01:58 | 00:26:46 | 343 | 10:42 | | 01:13:13.67 |
| 305 | 614 | Gretchen Lieb | Female | 51 | Buffalo | MN | 00:09:11 | 128 | 2:04 | 00:03:33 | 00:33:31 | 371 | 16.1 | 00:01:20 | 00:25:42 | 319 | 10:16 | | 01:13:14.82 |
| 306 | 833 | Tina Ducharme | Female | 48 | River Falls | WI | 00:15:59 | 414 | 3:37 | 00:02:44 | 00:30:46 | 293 | 17.6 | 00:01:36 | 00:22:12 | 193 | 8:52 | | 01:13:15.17 |
| 307 | 754 | Sarah Mayfield | Female | 45 | Cokato | MN | 00:12:33 | 344 | 2:50 | 00:04:27 | 00:29:59 | 254 | 18.0 | 00:02:51 | 00:23:37 | 258 | 9:26 | | 01:13:24.54 |
| 308 | 693 | Brian Rickard | Male | 53 | Plymouth | MN | 00:16:48 | 418 | 3:48 | 00:03:51 | 00:27:43 | 158 | 19.5 | 00:02:15 | 00:22:53 | 223 | 9:09 | | 01:13:29.21 |
| 309 | 828 | Kristy Johnson | Female | 35 | Monticello | MN | 00:11:15 | 276 | 2:32 | 00:03:57 | 00:32:49 | 355 | 16.5 | 00:02:28 | 00:23:05 | 231 | 9:13 | | 01:13:30.20 |
| 310 | 846 | Michael Petersen | Male | 55 | Ramsey | MN | 00:09:50 | 175 | 2:13 | 00:04:07 | 00:28:41 | 208 | 18.8 | 00:03:09 | 00:27:46 | 361 | 11:06 | | 01:13:30.82 |
| 311 | 756 | Jinna Collins-Jwacu | Female | 44 | Minneapolis | MN | 00:12:32 | 342 | 2:50 | 00:03:33 | 00:29:43 | 245 | 18.2 | 00:02:28 | 00:25:30 | 314 | 10:11 | | 01:13:44.72 |
| 312 | 837 | Mariah Johnson | Female | 30 | Apple Valley | MN | 00:11:11 | 273 | 2:32 | 00:03:12 | 00:32:15 | 343 | 16.7 | 00:01:10 | 00:26:02 | 329 | 10:24 | | 01:13:47.44 |
| 313 | 611 | Megan Johnson | Female | 20 | Hibbing | MN | 00:14:31 | 392 | 3:17 | 00:02:46 | 00:32:52 | 357 | 16.4 | 00:01:20 | 00:22:27 | 207 | 8:58 | | 01:13:53.58 |
| 314 | 403 | Pamela Brophy | Female | 62 | Buffalo | MN | 00:09:55 | 179 | 2:14 | 00:03:33 | 00:30:43 | 289 | 17.6 | 00:01:52 | 00:27:55 | 362 | 11:09 | | 01:13:55.79 |
| 315 | 591 | Laurie Hanson | Female | 49 | Big Lake | MN | 00:12:28 | 336 | 2:49 | 00:04:00 | 00:31:08 | 308 | 17.4 | 00:01:15 | 00:25:12 | 307 | 10:04 | | 01:14:00.63 |
| 316 | 386 | Rebecca Moy | Female | 17 | Cokato | MN | 00:08:07 | 65 | 1:50 | 00:03:04 | 00:32:19 | 346 | 16.7 | 00:01:14 | 00:29:25 | 381 | 11:45 | | 01:14:06.14 |
| 317 | 819 | Teresa Fenske-Fanucci | Female | 30 | Andover | MN | 00:09:09 | 126 | 2:04 | 00:03:12 | 00:33:49 | 374 | 16.0 | 00:02:13 | 00:25:50 | 325 | 10:19 | | 01:14:09.51 |
| 318 | 593 | Amy Moran | Female | 40 | Hastings | MN | 00:12:58 | 366 | 2:56 | 00:03:29 | 00:32:13 | 342 | 16.8 | 00:01:26 | 00:24:24 | 284 | 9:45 | | 01:14:26.55 |
| 319 | 724 | Kerry Schmitz | Female | 34 | Monticello | MN | 00:09:23 | 147 | 2:07 | 00:04:15 | 00:31:49 | 329 | 17.0 | 00:01:59 | 00:27:04 | 350 | 10:49 | | 01:14:27.65 |
| 320 | 826 | Rachael Walker | Female | 37 | Chanhassen | MN | 00:09:16 | 133 | 2:05 | 00:03:30 | 00:31:55 | 333 | 16.9 | 00:02:47 | 00:27:05 | 351 | 10:49 | | 01:14:30.88 |
| 321 | 832 | Joleen Gutting | Female | 43 | River Falls | WI | 00:12:09 | 329 | 2:45 | 00:03:29 | 00:31:18 | 316 | 17.3 | 00:01:44 | 00:25:57 | 327 | 10:22 | | 01:14:33.46 |
| 322 | 609 | Sara Scardigli | Female | 26 | Elk River | MN | 00:12:38 | 348 | 2:51 | 00:03:24 | 00:33:07 | 365 | 16.3 | 00:01:14 | 00:24:13 | 281 | 9:41 | | 01:14:34.08 |
| 323 | 525 | Denise Fenwick | Female | 54 | St. Cloud | MN | 00:13:33 | 379 | 3:04 | 00:04:01 | 00:30:19 | 272 | 17.8 | 00:01:35 | 00:25:20 | 310 | 10:07 | | 01:14:44.59 |
| 324 | 472 | Mary Bond | Female | 65 | Minneapolis | MN | 00:12:53 | 360 | 2:55 | 00:02:46 | 00:29:56 | 251 | 18.0 | 00:01:40 | 00:27:34 | 358 | 11:01 | | 01:14:45.94 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|--------------------|--------|-----|-------------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 325 | 782 | Alyssa Englund | Female | 14 | Buffaki | MN | 00:10:01 | 186 | 2:16 | 00:03:25 | 00:33:06 | 363 | 16.3 | 00:01:20 | 00:27:10 | 353 | 10:51 | | 01:14:59.98 |
| 326 | 618 | Angela Swanson | Female | 33 | Otsego | MN | 00:09:45 | 170 | 2:12 | 00:04:51 | 00:30:24 | 278 | 17.8 | 00:01:53 | 00:28:14 | 371 | 11:17 | | 01:15:05.12 |
| 327 | 745 | Wendy Sylvester | Female | 32 | South Haven | MN | 00:13:44 | 383 | 3:06 | 00:03:45 | 00:30:56 | 297 | 17.5 | 00:01:13 | 00:25:32 | 315 | 10:12 | | 01:15:06.78 |
| 328 | 801 | Jeremy Dobson | Male | 40 | St. Paul | MN | 00:11:39 | 309 | 2:38 | 00:04:41 | 00:30:59 | 301 | 17.4 | 00:02:30 | 00:25:23 | 311 | 10:08 | | 01:15:10.05 |
| 329 | 708 | Elizabeth Donovan | Female | 21 | Hartland | MN | 00:11:57 | 322 | 2:42 | 00:04:26 | 00:31:58 | 335 | 16.9 | 00:01:08 | 00:25:44 | 322 | 10:17 | | 01:15:10.39 |
| 330 | 645 | Cassandra Davison | Female | 29 | Dassel | MN | 00:10:41 | 225 | 2:25 | 00:03:47 | 00:36:40 | 404 | 14.7 | 00:01:20 | 00:22:47 | 220 | 9:06 | | 01:15:12.75 |
| 331 | 412 | James Burger | Male | 69 | Manitowish Waters | WI | 00:13:50 | 384 | 3:08 | 00:05:04 | 00:27:00 | 127 | 20.0 | 00:02:10 | 00:27:12 | 355 | 10:52 | | 01:15:13.11 |
| 332 | 665 | Brian Skjei | Male | 53 | Sauk Rapids | MN | 00:14:43 | 399 | 3:19 | 00:04:20 | 00:31:17 | 313 | 17.3 | 00:02:30 | 00:22:39 | 217 | 9:03 | | 01:15:26.09 |
| 333 | 475 | Tony Denuci | Male | 49 | Victoria | MN | 00:15:35 | 411 | 3:31 | 00:03:53 | 00:30:23 | 277 | 17.8 | 00:02:47 | 00:23:00 | 227 | 9:11 | | 01:15:36.03 |
| 334 | 694 | Linda Kelley | Female | 60 | Minneapolis | MN | 00:11:07 | 264 | 2:30 | 00:04:13 | 00:31:53 | 331 | 16.9 | 00:02:50 | 00:25:43 | 320 | 10:16 | | 01:15:42.29 |
| 335 | 677 | Carly Schroepfer | Female | 58 | Mahtomedi | MN | 00:14:46 | 401 | 3:20 | 00:04:18 | 00:30:04 | 262 | 18.0 | 00:02:16 | 00:24:28 | 288 | 9:46 | | 01:15:50.29 |
| 336 | 481 | Allison Gruhn | Female | 38 | Brooklyn Park | MN | 00:11:32 | 301 | 2:36 | 00:03:36 | 00:30:20 | 273 | 17.8 | 00:01:44 | 00:28:48 | 377 | 11:31 | | 01:15:57.58 |
| 337 | 523 | Michael Latterell | Male | 38 | New Hope | MN | 00:12:41 | 351 | 2:52 | 00:03:41 | 00:31:22 | 319 | 17.2 | 00:01:48 | 00:26:51 | 346 | 10:44 | | 01:16:20.88 |
| 338 | 651 | Maureen Berendes | Female | 33 | Coon Rapids | MN | 00:12:17 | 332 | 2:46 | 00:03:28 | 00:36:07 | 398 | 15.0 | 00:01:29 | 00:23:06 | 233 | 9:14 | | 01:16:24.05 |
| 339 | 790 | Michael Schnedler | Male | 23 | Waconia | MN | 00:12:05 | 327 | 2:44 | 00:03:51 | 00:35:22 | 388 | 15.3 | 00:01:29 | 00:23:49 | 267 | 9:31 | | 01:16:33.79 |
| 340 | 865 | Collin Lesch | Male | 17 | Buffalo | MN | 00:16:26 | 417 | 3:43 | 00:04:11 | 00:33:25 | 370 | 16.2 | 00:01:33 | 00:21:09 | 149 | 8:27 | | 01:16:42.02 |
| 341 | 897 | Bill Stephens | Male | 53 | Buffalo | MN | 00:14:46 | 400 | 3:20 | 00:04:41 | 00:32:03 | 338 | 16.9 | 00:01:52 | 00:23:26 | 248 | 9:22 | | 01:16:44.71 |
| 342 | 758 | Debra Grandgenett | Female | 51 | Alexandria | MN | 00:15:05 | 405 | 3:25 | 00:03:57 | 00:28:58 | 221 | 18.7 | 00:01:44 | 00:27:07 | 352 | 10:50 | | 01:16:48.09 |
| 343 | 555 | Jackie Edwards | Female | 43 | Ramsey | MN | 00:16:11 | 415 | 3:40 | 00:03:03 | 00:31:10 | 310 | 17.3 | 00:01:15 | 00:25:19 | 309 | 10:07 | | 01:16:55.19 |
| 344 | 497 | Alyssa Rosenberger | Female | 42 | Melrose | MN | 00:10:31 | 218 | 2:22 | 00:04:01 | 00:32:30 | 350 | 16.6 | 00:01:29 | 00:28:29 | 374 | 11:23 | | 01:16:58.39 |
| 345 | 674 | Mark Conte | Male | 42 | Clearwater | MN | 00:15:09 | 406 | 3:25 | 00:06:43 | 00:31:09 | 309 | 17.3 | 00:01:42 | 00:22:27 | 208 | 8:58 | | 01:17:07.28 |
| 346 | 647 | Britta Jensen | Female | 41 | Hutchinson | MN | 00:12:55 | 362 | 2:55 | 00:03:03 | 00:29:11 | 226 | 18.5 | 00:02:03 | 00:30:01 | 386 | 12:00 | | 01:17:11.59 |
| 347 | 537 | Kelly Czech | Female | 40 | Ellsworth | WI | 00:09:16 | 132 | 2:05 | 00:03:08 | 00:32:16 | 344 | 16.7 | 00:02:05 | 00:30:33 | 393 | 12:13 | | 01:17:15.71 |
| 348 | 871 | Julia Costello | Female | 56 | Afton | MN | 00:12:59 | 368 | 2:56 | 00:03:57 | 00:34:33 | 382 | 15.6 | 00:02:33 | 00:23:18 | 242 | 9:18 | | 01:17:16.84 |
| 349 | 830 | Tanner Iverson | Male | 17 | Dassel | MN | 00:07:37 | 44 | 1:43 | 00:03:06 | 00:38:44 | 410 | 13.9 | 00:01:26 | 00:26:27 | 336 | 10:34 | | 01:17:17.83 |
| 350 | 894 | Evan Nicholas | Male | 29 | Santa Monica | CA | 00:12:39 | 349 | 2:51 | 00:04:40 | 00:30:58 | 299 | 17.4 | 00:02:22 | 00:26:42 | 341 | 10:40 | | 01:17:18.74 |
| 351 | 789 | Alyson Nicholas | Female | 30 | Santa Monica | CA | 00:12:40 | 350 | 2:52 | 00:04:53 | 00:30:02 | 257 | 18.0 | 00:03:05 | 00:26:42 | 342 | 10:40 | | 01:17:18.77 |
| 352 | 414 | Mary Denucci | Female | 49 | Minneapolis | MN | 00:11:55 | 320 | 2:41 | 00:03:14 | 00:31:42 | 324 | 17.0 | 00:01:50 | 00:28:41 | 375 | 11:28 | | 01:17:19.22 |
| 353 | 417 | Jessica Vagle | Female | 42 | New London | MN | 00:11:27 | 295 | 2:35 | 00:03:04 | 00:31:23 | 320 | 17.2 | 00:02:18 | 00:29:33 | 382 | 11:48 | | 01:17:41.58 |
| 354 | 585 | Marcie Becker | Female | 55 | Rochester | MN | 00:10:45 | 232 | 2:26 | 00:04:46 | 00:35:11 | 386 | 15.4 | 00:01:29 | 00:25:43 | 321 | 10:17 | | 01:17:51.87 |
| 355 | 400 | Mark Stange | Male | 66 | Shoreview | MN | 00:10:25 | 212 | 2:21 | 00:03:44 | 00:30:06 | 263 | 17.9 | 00:02:24 | 00:31:16 | 396 | 12:30 | | 01:17:52.51 |
| 356 | 650 | Dan Berendes | Male | 34 | Coon Rapids | MN | 00:11:11 | 271 | 2:31 | 00:03:45 | 00:33:46 | 373 | 16.0 | 00:01:32 | 00:27:58 | 363 | 11:10 | | 01:18:08.77 |
| 357 | 755 | Amy Waryan | Female | 24 | Andover | MN | 00:11:29 | 298 | 2:36 | 00:04:13 | 00:33:49 | 375 | 16.0 | 00:02:23 | 00:26:22 | 334 | 10:32 | | 01:18:14.64 |
| 358 | 681 | Kathryn Ohland | Female | 29 | Blaine | MN | 00:08:30 | 86 | 1:55 | 00:03:21 | 00:35:07 | 385 | 15.4 | 00:01:13 | 00:30:37 | 394 | 12:14 | | 01:18:45.59 |
| 359 | 532 | Lisa Maas | Female | 36 | Monticello | MN | 00:11:51 | 316 | 2:41 | 00:04:34 | 00:32:05 | 339 | 16.8 | 00:02:30 | 00:28:03 | 364 | 11:12 | | 01:19:00.50 |
| 360 | 807 | Erin Erdmann | Female | 27 | Rice | MN | 00:13:56 | 386 | 3:09 | 00:03:16 | 00:34:15 | 379 | 15.8 | 00:01:10 | 00:26:28 | 337 | 10:35 | | 01:19:03.19 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|------------------------|--------|-----|---------------|-----|------------------|-----|------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | Plc | | | Pace |
| 361 | 765 | Mike Miller | Male | 56 | Annandale | MN | 00:14:49 | 403 | 3:21 | 00:04:21 | 00:28:01 | 176 | 19.3 | 00:01:54 | 00:30:02 | 387 | 12:00 | | 01:19:04.45 |
| 362 | 741 | Erin Lappen | Female | 27 | Chanhassen | MN | 00:12:29 | 338 | 2:49 | 00:05:34 | 00:32:19 | 345 | 16.7 | 00:03:23 | 00:25:24 | 312 | 10:09 | | 01:19:05.86 |
| 363 | 742 | Nathan Woodford | Male | 37 | Kotzebue | AK | 00:12:32 | 341 | 2:50 | 00:05:29 | 00:32:27 | 349 | 16.6 | 00:03:17 | 00:25:24 | 313 | 10:09 | | 01:19:06.50 |
| 364 | 422 | Shannon Heinlein | Female | 16 | Wheaton | IL | 00:12:35 | 346 | 2:50 | 00:04:03 | 00:33:02 | 360 | 16.4 | 00:00:53 | 00:28:43 | 376 | 11:28 | | 01:19:13.03 |
| 365 | 420 | Allison Harland | Female | 23 | Wheaton | IL | 00:11:11 | 272 | 2:32 | 00:05:26 | 00:36:13 | 399 | 14.9 | 00:01:04 | 00:25:48 | 323 | 10:19 | | 01:19:40.50 |
| 366 | 407 | Roger Carlson | Male | 69 | Stillwater | MN | 00:13:53 | 385 | 3:08 | 00:05:07 | 00:33:00 | 359 | 16.4 | 00:01:52 | 00:25:56 | 326 | 10:22 | | 01:19:45.65 |
| 367 | 567 | Steph Friesen | Female | 31 | Sauk Rapids | MN | 00:14:49 | 402 | 3:21 | 00:03:26 | 00:35:14 | 387 | 15.3 | 00:01:31 | 00:24:51 | 299 | 9:56 | | 01:19:48.81 |
| 368 | 748 | Kristin Riley | Female | 31 | Monticello | MN | 00:09:56 | 181 | 2:14 | 00:03:27 | 00:34:16 | 380 | 15.8 | 00:02:16 | 00:30:04 | 389 | 12:01 | | 01:19:55.56 |
| 369 | 586 | Elizabeth Becker | Female | 22 | Mahtomedi | MN | 00:07:32 | 39 | 1:42 | 00:03:20 | 00:39:50 | 414 | 13.6 | 00:01:12 | 00:28:07 | 367 | 11:14 | | 01:19:59.42 |
| 370 | 397 | Phyllis Mahan | Female | 44 | Golden Valley | MN | 00:12:13 | 331 | 2:46 | 00:04:57 | 00:36:39 | 403 | 14.7 | 00:01:59 | 00:24:27 | 287 | 9:46 | | 01:20:13.04 |
| 371 | 725 | Rebecca Rose | Female | 34 | Mounds View | MN | 00:11:06 | 263 | 2:30 | 00:04:26 | 00:35:42 | 394 | 15.1 | 00:03:05 | 00:25:59 | 328 | 10:23 | | 01:20:16.86 |
| 372 | 613 | Samantha Polinder | Female | 32 | St. Augusta | MN | 00:10:54 | 244 | 2:28 | 00:03:48 | 00:33:13 | 367 | 16.3 | 00:01:08 | 00:31:17 | 397 | 12:30 | | 01:20:17.16 |
| 373 | 767 | Tim Klein | Male | 49 | Buffalo | MN | 00:10:54 | 245 | 2:28 | 00:04:15 | 00:33:35 | 372 | 16.1 | 00:01:38 | 00:30:04 | 388 | 12:01 | | 01:20:23.74 |
| 374 | 483 | Tessa Hilson | Female | 29 | Crystal | MN | 00:11:44 | 313 | 2:39 | 00:03:33 | 00:35:29 | 391 | 15.2 | 00:01:36 | 00:28:04 | 365 | 11:13 | | 01:20:23.93 |
| 375 | 898 | Hannah Striker | Female | 17 | Eden Prairie | MN | 00:10:27 | 216 | 2:21 | 00:04:50 | 00:39:01 | 412 | 13.8 | 00:02:46 | 00:23:29 | 252 | 9:23 | | 01:20:30.27 |
| 376 | 384 | Mari Bell | Female | 59 | Fargo | ND | 00:11:59 | 323 | 2:42 | 00:06:39 | 00:30:51 | 295 | 17.5 | 00:02:38 | 00:28:27 | 373 | 11:22 | | 01:20:31.85 |
| 377 | 599 | Tom Barnard | Male | 65 | Burnsville | MN | 00:09:59 | 185 | 2:15 | 00:04:17 | 00:31:04 | 304 | 17.4 | 00:02:39 | 00:32:37 | 408 | 13:02 | | 01:20:32.50 |
| 378 | 747 | Tony Hughes | Male | 30 | Minneapolis | MN | 00:12:55 | 361 | 2:55 | 00:05:09 | 00:32:46 | 351 | 16.5 | 00:02:55 | 00:26:57 | 347 | 10:46 | | 01:20:38.64 |
| 379 | 746 | Allyssa Woodford Hughe | Female | 30 | Minneapolis | MN | 00:12:28 | 337 | 2:49 | 00:05:35 | 00:32:48 | 354 | 16.5 | 00:02:54 | 00:26:58 | 348 | 10:46 | | 01:20:39.52 |
| 380 | 640 | Thomas Bazan | Male | 14 | Buffalo | MN | 00:08:08 | 68 | 1:50 | 00:03:44 | 00:35:31 | 392 | 15.2 | 00:01:02 | 00:32:42 | 409 | 13:04 | | 01:21:05.33 |
| 381 | 774 | Gale Raisanen | Female | 45 | Buffalo | MN | 00:15:02 | 404 | 3:24 | 00:06:06 | 00:31:49 | 328 | 17.0 | 00:01:39 | 00:27:11 | 354 | 10:52 | | 01:21:43.75 |
| 382 | 469 | James Vlcek | Male | 57 | Woodbury | MN | 00:14:16 | 389 | 3:13 | 00:07:23 | 00:33:18 | 368 | 16.2 | 00:02:24 | 00:24:31 | 290 | 9:48 | | 01:21:48.78 |
| 383 | 577 | Kari Halker-Saathoff | Female | 43 | Edina | MN | 00:11:22 | 288 | 2:34 | 00:04:20 | 00:35:35 | 393 | 15.2 | 00:01:22 | 00:29:54 | 384 | 11:57 | | 01:22:31.07 |
| 384 | 488 | Jean Wood | Female | 63 | Excelsior | MN | 00:11:19 | 282 | 2:33 | 00:05:36 | 00:30:12 | 267 | 17.9 | 00:02:06 | 00:33:24 | 410 | 13:21 | | 01:22:34.15 |
| 385 | 821 | Kelly Lang | Female | 21 | Clinton | MN | 00:09:40 | 165 | 2:11 | 00:05:35 | 00:31:56 | 334 | 16.9 | 00:03:28 | 00:32:11 | 403 | 12:52 | | 01:22:46.75 |
| 386 | 822 | Andrea Vavra | Female | 24 | New Hope | MN | 00:09:40 | 163 | 2:11 | 00:05:37 | 00:33:09 | 366 | 16.3 | 00:02:13 | 00:32:11 | 404 | 12:52 | | 01:22:47.16 |
| 387 | 895 | Shea Lindsay | Female | 17 | Wayzata | MN | 00:11:41 | 312 | 2:38 | 00:03:32 | 00:42:32 | 421 | 12.7 | 00:01:05 | 00:24:05 | 278 | 9:37 | | 01:22:53.29 |
| 388 | 522 | David Furuseth | Male | 58 | Northome | MN | 00:15:28 | 410 | 3:30 | 00:04:17 | 00:30:55 | 296 | 17.5 | 00:01:39 | 00:30:51 | 395 | 12:20 | | 01:23:06.96 |
| 389 | 743 | Becca Rausenberger | Female | 43 | Cologne | MN | 00:12:07 | 328 | 2:44 | 00:03:42 | 00:33:22 | 369 | 16.2 | 00:02:03 | 00:32:15 | 406 | 12:53 | | 01:23:25.53 |
| 390 | 487 | Natalie Dieterle | Female | 38 | Stillwater | MN | 00:12:34 | 345 | 2:50 | 00:04:52 | 00:36:03 | 397 | 15.0 | 00:01:52 | 00:28:07 | 366 | 11:14 | | 01:23:26.23 |
| 391 | 538 | Terri Fawkes | Female | 40 | Stillwater | MN | 00:10:33 | 220 | 2:23 | 00:04:27 | 00:30:44 | 291 | 17.6 | 00:03:49 | 00:33:59 | 417 | 13:35 | | 01:23:30.47 |
| 392 | 619 | Bonnie Aretz | Female | 49 | Buffalo Lake | MN | 00:18:05 | 422 | 4:05 | 00:03:42 | 00:32:22 | 347 | 16.7 | 00:02:43 | 00:27:23 | 357 | 10:57 | | 01:24:12.71 |
| 393 | 739 | Pam Fitting | Female | 59 | Buffalo | MN | 00:11:25 | 292 | 2:35 | 00:03:54 | 00:35:29 | 390 | 15.2 | 00:01:31 | 00:32:08 | 402 | 12:51 | | 01:24:24.31 |
| 394 | 610 | Lindsay Mcfarlane | Female | 32 | Maple Grove | MN | 00:14:22 | 390 | 3:15 | 00:03:54 | 00:30:59 | 300 | 17.4 | 00:01:46 | 00:33:30 | 412 | 13:23 | | 01:24:27.78 |
| 395 | 791 | Stephanie Wymore | Female | 22 | Waconia | MN | 00:12:29 | 339 | 2:49 | 00:04:36 | 00:35:00 | 384 | 15.4 | 00:01:20 | 00:31:20 | 398 | 12:31 | | 01:24:42.79 |
| 396 | 496 | James Wright | Male | 58 | Delano | MN | 00:11:19 | 281 | 2:33 | 00:04:17 | 00:42:55 | 422 | 12.6 | 00:01:36 | 00:24:49 | 297 | 9:55 | | 01:24:52.31 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Individual

| Place | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|----------------------|--------|-----|-----------------|-----|------------------|-----|------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | | | Plc |
| 397 | 395 | John Rice | Male | 60 | Eden Prairie | MN | 00:14:41 | 396 | 3:19 | 00:04:47 | 00:31:11 | 312 | 17.3 | 00:02:26 | 00:32:02 | 400 | 12:48 | 01:25:03.40 |
| 398 | 697 | Laura Castro | Female | 35 | Maple Lake | MN | 00:12:24 | 334 | 2:48 | 00:05:17 | 00:36:14 | 400 | 14.9 | 00:04:57 | 00:26:36 | 340 | 10:38 | 01:25:25.75 |
| 399 | 592 | Brad Koland | Male | 42 | Roseville | MN | 00:13:04 | 371 | 2:57 | 00:04:31 | 00:32:46 | 352 | 16.5 | 00:01:51 | 00:33:34 | 413 | 13:25 | 01:25:42.80 |
| 400 | 572 | Jenna Gruidl-Cofield | Female | 27 | Albertville | MN | 00:09:17 | 134 | 2:06 | 00:03:59 | 00:35:29 | 389 | 15.2 | 00:02:19 | 00:34:45 | 418 | 13:53 | 01:25:46.41 |
| 401 | 660 | Katie Maiers | Female | 60 | Minneapolis | MN | 00:12:51 | 358 | 2:54 | 00:04:17 | 00:35:46 | 395 | 15.1 | 00:01:50 | 00:32:24 | 407 | 12:57 | 01:27:05.65 |
| 402 | 851 | John Heinlein Jr | Male | 54 | Stillwater | MN | 00:14:14 | 388 | 3:13 | 00:03:50 | 00:31:11 | 311 | 17.3 | 00:02:27 | 00:35:42 | 419 | 14:16 | 01:27:20.44 |
| 403 | 540 | Jeff Zuehl | Male | 47 | Clearwater | MN | 00:19:53 | 424 | 4:30 | 00:04:43 | 00:32:27 | 348 | 16.6 | 00:01:19 | 00:29:08 | 379 | 11:39 | 01:27:27.13 |
| 404 | 718 | Jill Tallman | Female | 40 | South St Paul | MN | 00:13:27 | 377 | 3:02 | 00:05:01 | 00:36:22 | 401 | 14.9 | 00:02:31 | 00:30:09 | 390 | 12:03 | 01:27:27.43 |
| 405 | 684 | Gail Brinkmeier | Female | 40 | Saint Paul | MN | 00:10:39 | 224 | 2:24 | 00:05:11 | 00:34:45 | 383 | 15.5 | 00:02:00 | 00:35:53 | 420 | 14:21 | 01:28:25.13 |
| 406 | 896 | Kelly Blasing | Female | 50 | Shorewood | MN | 00:16:56 | 419 | 3:50 | 00:03:57 | 00:31:59 | 336 | 16.9 | 00:03:31 | 00:32:13 | 405 | 12:52 | 01:28:33.91 |
| 407 | 881 | Liz Rosenthal | Female | 44 | Edina | MN | 00:12:55 | 363 | 2:55 | 00:04:15 | 00:36:03 | 396 | 15.0 | 00:02:10 | 00:33:26 | 411 | 13:22 | 01:28:46.28 |
| 408 | 601 | Manda Olson | Female | 32 | St. Louis Park | MN | 00:14:35 | 394 | 3:18 | 00:04:51 | 00:40:34 | 417 | 13.3 | 00:01:09 | 00:28:13 | 368 | 11:17 | 01:29:20.58 |
| 409 | 597 | Erin Kiel | Female | 32 | Foley | MN | 00:14:32 | 393 | 3:17 | 00:04:52 | 00:36:42 | 405 | 14.7 | 00:05:04 | 00:28:13 | 369 | 11:17 | 01:29:20.64 |
| 410 | 699 | Corinne Mitchell | Female | 50 | Monticello | MN | 00:12:44 | 355 | 2:53 | 00:04:08 | 00:39:12 | 413 | 13.8 | 00:01:46 | 00:32:03 | 401 | 12:48 | 01:29:50.84 |
| 411 | 820 | Judy Kaltenhauser | Female | 69 | Lindstrom | MN | 00:22:40 | 426 | 5:08 | 00:04:49 | 00:34:08 | 377 | 15.8 | 00:01:40 | 00:26:50 | 345 | 10:43 | 01:30:04.29 |
| 412 | 856 | Judy Rykken | Female | 75 | Bloomington | MN | 00:14:29 | 391 | 3:16 | 00:06:02 | 00:38:38 | 408 | 14.0 | 00:01:48 | 00:30:14 | 391 | 12:05 | 01:31:08.59 |
| 413 | 670 | Lori Bonin | Female | 52 | Buffalo | MN | 00:14:42 | 397 | 3:19 | 00:05:40 | 00:41:17 | 420 | 13.1 | 00:02:09 | 00:28:14 | 370 | 11:17 | 01:31:59.61 |
| 414 | 521 | Michelle Furuseth | Female | 45 | Northome | MN | 00:12:41 | 352 | 2:52 | 00:03:42 | 00:49:35 | 425 | 10.9 | 00:01:15 | 00:25:37 | 316 | 10:14 | 01:32:47.08 |
| 415 | 678 | Judy Larson | Female | 53 | Rogers | MN | 00:14:42 | 398 | 3:19 | 00:05:44 | 00:41:11 | 419 | 13.1 | 00:02:11 | 00:30:15 | 392 | 12:05 | 01:34:01.40 |
| 416 | 402 | Karly Lackore | Female | 31 | Richfield | MN | 00:15:51 | 412 | 3:35 | 00:04:00 | 00:33:50 | 376 | 16.0 | 00:02:21 | 00:38:27 | 424 | 15:22 | 01:34:25.71 |
| 417 | 698 | Maria Mcstott | Female | 45 | Waite Park | MN | 00:15:56 | 413 | 3:36 | 00:06:04 | 00:38:53 | 411 | 13.9 | 00:01:50 | 00:33:40 | 415 | 13:27 | 01:36:21.26 |
| 418 | 679 | Nancy Mccourt | Female | 54 | Buffalo | MN | 00:13:00 | 370 | 2:56 | 00:06:08 | 00:36:48 | 406 | 14.7 | 00:02:08 | 00:38:47 | 425 | 15:30 | 01:36:47.47 |
| 419 | 744 | Heather O'neal | Female | 34 | Monticello | MN | 00:16:15 | 416 | 3:40 | 00:04:39 | 00:36:37 | 402 | 14.8 | 00:02:26 | 00:37:39 | 423 | 15:03 | 01:37:33.23 |
| 420 | 705 | Melissa Miller | Female | 26 | Albertville | MN | 00:08:51 | 108 | 2:00 | 00:03:36 | 00:48:54 | 424 | 11.0 | 00:02:36 | 00:33:39 | 414 | 13:27 | 01:37:33.48 |
| 421 | 760 | Jessica Spence | Female | 48 | Seattle | WA | 00:21:33 | 425 | 4:53 | 00:05:11 | 00:38:15 | 407 | 14.1 | 00:01:59 | 00:31:35 | 399 | 12:37 | 01:38:29.90 |
| 422 | 854 | Erin Barnes | Female | 32 | Minneapolis | MN | 00:07:53 | 56 | 1:47 | 00:13:27 | 00:40:30 | 416 | 13.3 | 00:03:09 | 00:36:19 | 421 | 14:31 | 01:41:15.50 |
| 423 | 861 | Sharen Severson | Female | 35 | Saint Paul | MN | 00:15:18 | 408 | 3:27 | 00:06:04 | 00:40:29 | 415 | 13.3 | 00:03:07 | 00:36:56 | 422 | 14:46 | 01:41:51.49 |
| 424 | 606 | Chris Maier | Male | 43 | South Haven | MN | 00:16:57 | 420 | 3:50 | 00:09:42 | 00:41:01 | 418 | 13.2 | 00:05:33 | 00:30:00 | 385 | 11:59 | 01:43:10.34 |
| 425 | 680 | Mary Quinlivan | Female | 54 | Minneapolis | MN | 00:17:33 | 421 | 3:58 | 00:06:08 | 00:44:36 | 423 | 12.1 | 00:03:09 | 00:33:47 | 416 | 13:30 | 01:45:10.06 |
| 426 | 551 | Robert Powers | Male | 89 | White Bear Lake | MN | 00:19:43 | 423 | 4:28 | 00:06:08 | 00:38:39 | 409 | 14.0 | 00:03:37 | 00:41:58 | 426 | 16:46 | 01:50:02.40 |

Heart of The Lakes Triathlon

July 21, 2013

Did Not Finish or Disqualified

Short Individual

| Reason | No. | Name | Gender | Age | City | St. | ----- SWIM ----- | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time |
|--------|-----|----------------------|--------|-----|--------------|-----|------------------|-----|------|------------------|----------|------|-----------------|----|------|---------|------------|
| | | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | | |
| DNF | 638 | Nathan Ilse | Male | 35 | St. Paul | MN | 00:07:38 | | 1:43 | 00:02:07 | | | | | | | 02:31:43 |
| STD | 636 | Michael Mittelsteadt | Male | 23 | Apple Valley | MN | 00:07:33 | 40 | 1:42 | 00:01:37 | | | | | | | |
| DNF | 771 | Timothy Urban | Male | 31 | New Brighton | MN | 00:10:47 | | 2:26 | 00:03:15 | 00:35:45 | 15.1 | | | | | |
| DNF | 802 | Jeanne Dobson | Female | 36 | St. Paul | MN | 00:12:14 | | 2:46 | 00:03:37 | 00:33:40 | 16.0 | 00:01:26 | | | | |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Team

| Place | No. | Team Name | Members: Swimmer, Bike, Runner | ----- SWIM ----- | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|---------------------------------|--|------------------|-----|------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-------------|
| | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | | | Plc |
| 1 | 445 | Broadway Cycle | Karen Fernandez Don Abresch Mandy Stoez | 00:07:11 | 1 | 1:37 | 00:01:20 | 00:23:44 | 2 | 22.8 | 00:00:51 | 00:16:46 | 5 | 6:42 | 00:49:49.22 |
| 2 | 449 | Team Ma Ka Pe Reunited | Kathy Dixon Pete Dahlquist Matt Dixon | 00:07:32 | 2 | 1:42 | 00:01:15 | 00:23:27 | 1 | 23.0 | 00:00:36 | 00:19:06 | 13 | 7:38 | 00:51:53.29 |
| 3 | 448 | Hoiien - Yanta - Hoiien | Vicki Hoiien Chris Yanta David Hoiien | 00:10:04 | 13 | 2:16 | 00:01:28 | 00:25:20 | 3 | 21.3 | 00:00:35 | 00:15:36 | 2 | 6:14 | 00:53:00.68 |
| 4 | 447 | Glibertson - Fliegel | Eric Glibertson Matt Fliegel Matt Fliegel | 00:09:06 | 6 | 2:03 | 00:01:15 | 00:26:25 | 6 | 20.4 | 00:01:14 | 00:15:55 | 4 | 6:21 | 00:53:53.25 |
| 5 | 434 | Dipper Dawgs | Chris Haukos Mary Shrode Justin Wirth | 00:07:38 | 3 | 1:43 | 00:01:30 | 00:29:08 | 18 | 18.5 | 00:00:56 | 00:15:39 | 3 | 6:15 | 00:54:48.05 |
| 6 | 451 | Three Skiers | Peter Scheller Luke Crandall Ian Ivens | 00:09:45 | 9 | 2:12 | 00:01:21 | 00:27:26 | 13 | 19.7 | 00:00:42 | 00:17:00 | 6 | 6:47 | 00:56:09.96 |
| 7 | 440 | Captain Crunch & Cereal Killers | Laura Isdahl Tim Isdahl Ellen Rethwisch | 00:08:15 | 4 | 1:52 | 00:01:35 | 00:27:04 | 8 | 20.0 | 00:00:45 | 00:18:40 | 11 | 7:27 | 00:56:17.13 |
| 8 | 458 | M O J O | Molly Hennen Michael Hennen Michael Hennen | 00:10:02 | 12 | 2:16 | 00:01:35 | 00:26:03 | 4 | 20.7 | 00:01:30 | 00:17:58 | 7 | 7:11 | 00:57:05.86 |
| 9 | 455 | Team T D B | Elizabeth Tangen Kathy Delgehausen Michelle Beaudoin | 00:08:56 | 5 | 2:01 | 00:01:58 | 00:28:39 | 17 | 18.8 | 00:00:51 | 00:18:45 | 12 | 7:29 | 00:59:06.17 |
| 10 | 438 | Ilse - Martinson | Barbara Ilse Barbara Ilse Amanda Martinson | 00:10:21 | 16 | 2:20 | 00:03:51 | 00:29:23 | 19 | 18.4 | 00:01:18 | 00:15:34 | 1 | 6:13 | 01:00:23.86 |
| 11 | 444 | Maturity Wisdom And That Guy | Carmen Converse Retta Griffin Patrick Maiers | 00:09:51 | 10 | 2:13 | 00:01:52 | 00:27:21 | 12 | 19.8 | 00:01:01 | 00:20:58 | 17 | 8:23 | 01:00:59.53 |
| 12 | 436 | Destin For Beach Time! | Jennifer Holte Brad Holte Jennifer Holte | 00:10:06 | 14 | 2:17 | 00:01:32 | 00:30:28 | 21 | 17.7 | 00:00:47 | 00:18:23 | 10 | 7:20 | 01:01:13.27 |
| 13 | 452 | Go Go Godfreys | Paul Godfrey Paul Godfrey Claire Godfrey | 00:11:18 | 19 | 2:33 | 00:04:41 | 00:28:13 | 16 | 19.1 | 00:01:14 | 00:18:14 | 9 | 7:17 | 01:03:37.36 |
| 14 | 433 | Ladies Of The Lake | Deb Hoaby Sharon Stoick Ann Bell Pfeifer | 00:12:33 | 21 | 2:50 | 00:01:55 | 00:27:17 | 10 | 19.8 | 00:01:05 | 00:20:54 | 16 | 8:21 | 01:03:41.98 |
| 15 | 442 | Run Like The Winded | Eric Timmerman Darwim Isdahl Lisa Timmerman | 00:13:07 | 25 | 2:58 | 00:01:40 | 00:28:10 | 15 | 19.2 | 00:01:10 | 00:20:05 | 14 | 8:01 | 01:04:10.23 |
| 16 | 463 | Wernz - Lampi | Kim Wernz Lynn Lampi Kim Wernz | 00:12:26 | 20 | 2:48 | 00:01:36 | 00:26:20 | 5 | 20.5 | 00:00:52 | 00:23:38 | 21 | 9:27 | 01:04:49.29 |
| 17 | 460 | Meal Plan Or Husky | Sarah Nordberg Kell Sanders Dustin Andres | 00:09:59 | 11 | 2:15 | 00:01:40 | 00:27:06 | 9 | 19.9 | 00:00:41 | 00:25:55 | 26 | 10:21 | 01:05:19.01 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Short Team

| Place | No. | Team Name | Members: Swimmer, Bike, Runner | | | ----- SWIM ----- | | | ----- BIKE ----- | | | ----- RUN ----- | | | Penalty | Total Time | |
|-------|-----|-------------------------|--------------------------------|-------------------|------------------|------------------|-----|------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-------------|
| | | | | | | Time | Plc | 100y | T1 | Time | Plc | Mph | T2 | Time | | | Plc |
| 18 | 437 | Triple Bell | James Bell | Katie Bell | Kelsey Bell | 00:09:37 | 8 | 2:10 | 00:01:30 | 00:36:09 | 26 | 14.9 | 00:00:46 | 00:18:09 | 8 | 7:15 | 01:06:09.91 |
| 19 | 459 | Anderso - Soran - Jones | Sue Anderson | Phil Soran | Greg Jones | 00:09:35 | 7 | 2:10 | 00:01:57 | 00:29:38 | 20 | 18.2 | 00:01:10 | 00:24:18 | 23 | 9:43 | 01:06:33.90 |
| 20 | 432 | B D W | Judy Bowdin | Renee Wyffels | Laurie Doherty | 00:13:10 | 26 | 2:58 | 00:01:57 | 00:26:30 | 7 | 20.4 | 00:00:48 | 00:24:16 | 22 | 9:42 | 01:06:38.85 |
| 21 | 435 | Three To Tri Again! | Cathy Lampert | Mary Cheryl Opatz | Melinda Lampert | 00:10:10 | 15 | 2:18 | 00:01:40 | 00:33:15 | 23 | 16.2 | 00:00:52 | 00:21:34 | 18 | 8:37 | 01:07:27.65 |
| 22 | 441 | Bazyl Twister | Eli Baasch | Joe Zylstra | Amy Baasch | 00:13:01 | 24 | 2:56 | 00:01:39 | 00:27:21 | 11 | 19.8 | 00:01:03 | 00:24:52 | 25 | 9:56 | 01:07:52.93 |
| 23 | 457 | 3 Fools Afoot | Adam Kaley | Erin Batchelder | Rebecca Travis | 00:12:39 | 22 | 2:51 | 00:01:40 | 00:34:14 | 25 | 15.8 | 00:00:54 | 00:20:28 | 15 | 8:11 | 01:09:51.72 |
| 24 | 461 | M H S | Lori Maidment | Carolyn Hunter | Heidi Swoope | 00:12:54 | 23 | 2:55 | 00:01:50 | 00:32:08 | 22 | 16.8 | 00:00:51 | 00:26:56 | 29 | 10:46 | 01:14:36.89 |
| 25 | 443 | Team Woulfe | Amu Woulfe | Richard Woulfe | Susan Woulfe | | | | | 00:36:45 | 27 | 14.7 | 00:01:54 | 00:26:04 | 27 | 10:25 | 01:16:33.76 |
| 26 | 450 | Tony Hess | anthony hess | Mary yeager | cathleen hess | 00:17:13 | 29 | 3:54 | 00:01:55 | 00:27:47 | 14 | 19.4 | 00:01:07 | 00:29:00 | 31 | 11:35 | 01:16:58.83 |
| 27 | 462 | Solejourner 2 | Maggie George | Denise Daurora | Terry Ferrozzo | 00:11:16 | 18 | 2:33 | 00:02:00 | 00:40:57 | 30 | 13.2 | 00:00:59 | 00:21:54 | 19 | 8:45 | 01:17:04.08 |
| 28 | 453 | Kjaer - Koets | Lara Kjaer | Lara Kjaer | Penny Koets | 00:17:29 | 30 | 3:57 | 00:02:07 | 00:33:42 | 24 | 16.0 | 00:01:05 | 00:24:22 | 24 | 9:44 | 01:18:42.67 |
| 29 | 439 | Pi Girls | Rachel Peterson | Tami Peterson | Heidi Peterson | 00:11:09 | 17 | 2:31 | 00:01:35 | 00:39:20 | 29 | 13.7 | 00:00:57 | 00:27:13 | 30 | 10:53 | 01:20:12.47 |
| 30 | 446 | Stonecipher - Emerick | Patrick Stonecipher | Frank Emerick | Jack Stonecipher | 00:14:09 | 27 | 3:12 | 00:01:52 | 00:38:10 | 28 | 14.2 | 00:00:48 | 00:26:24 | 28 | 10:33 | 01:21:20.91 |
| 31 | 431 | Great Expectations | Mary Heinz | Barb Westman | Megan VanDorp | 00:14:34 | 28 | 3:18 | 00:02:35 | 00:55:34 | 31 | 9.7 | 00:01:29 | 00:22:18 | 20 | 8:54 | 01:36:27.64 |