

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	88/426	18/231	811	Marina Chapman	16	Female	South Haven	MN	00:08:36.39	00:27:00.62	00:18:56.97		00:59:07.93
5	89/426	19/231	775	Lizzie Johnson	13	Female	Rosemount	MN	00:07:38.22	00:29:00.16	00:19:00.90		00:59:09.16
6	90/426	20/231	630	Taylor Pehrson	16	Female	Hanover	MN	00:06:44.18	00:30:02.00	00:18:42.49		00:59:10.80
7	91/426	21/231	652	Halle Gustafson	19	Female	Minneapolis	MN	00:10:03.28	00:28:16.44	00:17:07.09		00:59:14.62
8	98/426	24/231	595	Lizzy Heil	14	Female	Albertville	MN	00:09:57.02	00:29:22.58	00:16:58.16		00:59:54.16
9	127/426	31/231	510	Allison Crum	15	Female	Deerwood	MN	00:06:38.83	00:28:46.03	00:21:57.25		01:01:42.21
10	130/426	32/231	621	Ellen Swedzinski	18	Female	Albertville	MN	00:07:20.10	00:30:44.18	00:20:15.11		01:01:50.14
11	132/426	33/231	836	Kelli Heytens	17	Female	Brooklyn Park	MN	00:11:00.86	00:27:11.89	00:20:30.89		01:01:59.36
12	133/426	34/231	492	Emily Quandt	15	Female	Annandale	MN	00:10:34.53	00:29:33.51	00:17:45.53		01:02:07.92
13	135/426	35/231	806	Anna Wise	14	Female	Rosemount	MN	00:08:26.76	00:28:09.94	00:22:19.17		01:02:10.32
14	138/426	37/231	501	Lexi Heil	16	Female	Albertville	MN	00:06:46.42	00:29:52.11	00:20:43.82		01:02:14.88
15	148/426	41/231	627	Kayltlin Kuefler	18	Female	Annandale	MN	00:10:59.04	00:27:26.35	00:20:42.40		01:02:51.59
16	166/426	53/231	583	Anna Becker	17	Female	Rochester	MN	00:06:36.42	00:30:03.26	00:23:40.27		01:04:17.87
17	192/426	67/231	798	Madeline Peters	17	Female	Woodbury	MN	00:07:06.49	00:32:54.61	00:22:06.28		01:05:34.99
18	206/426	71/231	387	Kimberly Moy	19	Female	Cokato	MN	00:07:44.45	00:31:31.48	00:23:10.28		01:06:30.68
19	210/426	74/231	736	Alyce Johnson	19	Female	Hudson	WI	00:10:21.37	00:29:02.75	00:22:30.55		01:07:16.98
20	214/426	78/231	635	Megan Myers	19	Female	Cannon Falls	MN	00:11:11.17	00:30:27.54	00:21:43.59		01:07:29.59
21	246/426	99/231	659	Sarah Isdahl	14	Female	Plymouth	MN	00:07:28.28	00:33:02.12	00:24:57.58		01:09:24.99
22	316/426	150/231	386	Rebecca Moy	17	Female	Cokato	MN	00:08:06.30	00:32:18.65	00:29:24.35		01:14:06.14
23	325/426	159/231	782	Alyssa Englund	14	Female	Buffaki	MN	00:10:00.97	00:33:05.55	00:27:09.47		01:14:59.98
24	364/426	183/231	422	Shannon Heinlein	16	Female	Wheaton	IL	00:12:34.30	00:33:01.47	00:28:42.37		01:19:13.03
25	375/426	192/231	898	Hannah Striker	17	Female	Eden Prairie	MN	00:10:26.44	00:39:00.89	00:23:28.25		01:20:30.27
26	387/426	200/231	895	Shea Lindsay	17	Female	Wayzata	MN	00:11:40.61	00:42:31.88	00:24:04.44		01:22:53.29

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	38/426	32/195	891	Hunter Wheeler	15	Male	Edina	MN	00:07:46.55	00:26:00.52	00:17:56.72		00:55:01.64
5	42/426	36/195	479	Andrew Nadler	18	Male	Minnetrista	MN	00:10:41.30	00:25:02.28	00:15:23.74		00:55:32.35
6	51/426	43/195	549	Nick Engfer	18	Male	Buffalo	MN	00:06:52.82	00:26:55.46	00:18:58.81		00:55:54.61
7	52/426	44/195	664	Hunter Warner	13	Male	Eden Prairie	MN	00:08:10.73	00:24:58.14	00:18:34.62		00:56:03.30
8	57/426	48/195	365	Jon Bell-Clement	18	Male	Fargo	ND	00:07:24.92	00:26:16.54	00:17:42.54		00:56:33.38
9	75/426	62/195	584	John Becker	14	Male	Rochester	MN	00:06:06.03	00:27:42.24	00:19:42.13		00:58:24.76
10	84/426	69/195	864	Jonathan Eastlund	15	Male	Buffalo	MN	00:10:43.28	00:27:48.65	00:15:34.93		00:59:02.22
11	131/426	99/195	862	Jack Hennen	13	Male	Cambridge	MN	00:08:25.51	00:28:09.32	00:21:31.95		01:01:53.87
12	165/426	113/195	900	Tyler Velin	19	Male	Apple Valley	MN	00:11:02.30	00:30:31.03	00:18:18.20		01:04:17.87
13	181/426	120/195	531	Jack Nieters	18	Male	Sartell	MN	00:07:35.91	00:30:26.69	00:23:15.58		01:04:55.77
14	235/426	143/195	562	Brett Honsey	12	Male	Annandale	MN	00:09:16.81	00:32:11.35	00:22:55.75		01:08:37.80
15	340/426	173/195	865	Collin Lesch	17	Male	Buffalo	MN	00:16:25.65	00:33:24.88	00:21:08.39		01:16:42.02
16	349/426	176/195	830	Tanner Iverson	17	Male	Dassel	MN	00:07:36.83	00:38:43.39	00:26:26.41		01:17:17.83
17	380/426	186/195	640	Thomas Bazan	14	Male	Buffalo	MN	00:08:07.80	00:35:30.71	00:32:41.92		01:21:05.33

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	282/426	122/231	658	Amanda Schwietering	21	Female	Becker	MN	00:08:20.72	00:30:46.95	00:27:41.07		01:11:40.83
5	287/426	127/231	687	Anna Holl	24	Female	Menomonie	WI	00:11:37.59	00:34:25.84	00:21:10.34		01:12:08.54
6	313/426	147/231	611	Megan Johnson	20	Female	Hibbing	MN	00:14:30.76	00:32:51.71	00:22:26.42		01:13:53.58
7	329/426	162/231	708	Elizabeth Donovan	21	Female	Hartland	MN	00:11:56.24	00:31:57.15	00:25:43.24		01:15:10.39
8	357/426	178/231	755	Amy Waryan	24	Female	Andover	MN	00:11:28.84	00:33:48.90	00:26:21.80		01:18:14.64
9	365/426	184/231	420	Allison Hartland	23	Female	Wheaton	IL	00:11:10.68	00:36:12.37	00:25:47.78		01:19:40.50
10	369/426	187/231	586	Elizabeth Becker	22	Female	Mahtomedi	MN	00:07:31.80	00:39:49.98	00:28:06.95		01:19:59.42
11	385/426	198/231	821	Kelly Lang	21	Female	Clinton	MN	00:09:39.34	00:31:55.39	00:32:10.32		01:22:46.75
12	386/426	199/231	822	Andrea Vavra	24	Female	New Hope	MN	00:09:39.16	00:33:08.65	00:32:10.46		01:22:47.16
13	395/426	207/231	791	Stephanie Wymore	22	Female	Waconia	MN	00:12:28.65	00:34:59.84	00:31:19.67		01:24:42.79

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
4	49/426	41/195	709	Tim Bartness	23	Male	Hartland	MN	00:10:10.31	00:24:48.79	00:17:42.05		00:55:52.11
5	93/426	71/195	840	Sean Devine	20	Male	Eden Prairie	MN	00:08:47.16	00:26:35.92	00:19:30.39		00:59:31.39
6	119/426	89/195	844	Charles Godfrey	22	Male	Saint Paul	MN	00:10:29.79	00:28:05.57	00:16:35.63		01:01:16.02
7	121/426	91/195	700	Nicholas Gunderson	23	Male	Annandale	MN	00:10:18.08	00:27:11.06	00:17:22.27		01:01:21.99
8	126/426	96/195	515	Erik Fagerstrom	24	Male	Crystal	MN	00:08:56.56	00:28:35.96	00:19:01.90		01:01:39.80
9	150/426	108/195	392	Matthew Wuollet	24	Male	Annandale	MN	00:10:32.84	00:28:12.59	00:19:35.23		01:03:09.95
10	339/426	172/195	790	Michael Schnedler	23	Male	Waconia	MN	00:12:04.03	00:35:21.88	00:23:48.85		01:16:33.79

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	153/426	45/231	590	Kristen Quill	29	Female	Minneapolis	MN	00:08:36.33	00:28:46.23	00:21:27.53		01:03:14.82
5	173/426	59/231	543	Jen Nagorski	27	Female	Minneapolis	MN	00:10:01.70	00:31:19.28	00:18:58.49		01:04:33.91
6	182/426	62/231	859	Jesse Dunn	26	Female	Fargo	ND	00:11:27.88	00:27:31.28	00:21:25.99		01:04:57.22
7	209/426	73/231	498	Erika Sawinski	25	Female	St Louis Park	MN	00:10:46.69	00:28:51.12	00:22:34.58		01:07:08.48
8	217/426	81/231	849	Rachel Karst	26	Female	Shakopee	MN	00:10:59.07	00:31:59.72	00:19:55.22		01:07:34.85
9	237/426	94/231	655	Angela Larson	28	Female	Circle Pines	MN	00:11:22.19	00:28:33.59	00:23:51.60		01:08:47.61
10	241/426	97/231	770	Marla Urban	28	Female	Newbrighton	MN	00:09:30.31	00:30:26.73	00:24:18.36		01:08:59.13
11	292/426	130/231	565	Jennifer Stoa	26	Female	Minneapolis	MN	00:11:23.37	00:29:56.92	00:23:14.25		01:12:19.82
12	322/426	156/231	609	Sara Scardigli	26	Female	Elk River	MN	00:12:37.08	00:33:06.96	00:24:12.67		01:14:34.08
13	330/426	163/231	645	Cassandra Davison	29	Female	Dassel	MN	00:10:40.57	00:36:39.10	00:22:46.88		01:15:12.75
14	358/426	179/231	681	Kathryn Ohland	29	Female	Blaine	MN	00:08:29.54	00:35:06.70	00:30:36.80		01:18:45.59
15	360/426	181/231	807	Erin Erdmann	27	Female	Rice	MN	00:13:55.98	00:34:14.53	00:26:27.55		01:19:03.19
16	362/426	182/231	741	Erin Lappen	27	Female	Chanhausen	MN	00:12:28.23	00:32:18.00	00:25:23.33		01:19:05.86
17	374/426	191/231	483	Tessa Hilson	29	Female	Crystal	MN	00:11:43.77	00:35:28.83	00:28:03.39		01:20:23.93
18	400/426	209/231	572	Jenna Gruidl-Cofield	27	Female	Albertville	MN	00:09:16.33	00:35:28.29	00:34:44.53		01:25:46.41
19	420/426	227/231	705	Melissa Miller	26	Female	Albertville	MN	00:08:50.31	00:48:53.65	00:33:38.01		01:37:33.48

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July 21, 2013

Overall Division Results

Short Individual

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 Hoefer	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
4	27/426	24/195	730	Josh Erdman	27	Male	Minneapolis	MN	00:08:33.99	00:23:08.27	00:18:19.05		00:53:46.17
5	79/426	66/195	550	Derek Dockendorf	27	Male	Otsego	MN	00:08:56.35	00:25:46.13	00:20:15.25		00:58:47.47
6	110/426	81/195	582	Patrick Becker	25	Male	Rochester	MN	00:07:27.39	00:28:09.14	00:20:55.29		01:00:43.41
7	122/426	92/195	622	Andrew Savaloja	29	Male	Minneapolis	MN	00:11:20.80	00:26:22.18	00:19:33.18		01:01:29.77
8	125/426	95/195	824	Kent Katterheinrich	26	Male	Shoreview	MN	00:09:33.69	00:28:31.46	00:19:55.64		01:01:38.43
9	205/426	135/195	553	Steve Peery	26	Male	Madison	WI	00:11:16.58	00:30:15.09	00:20:24.96		01:06:30.56
10	239/426	144/195	637	Chris Larson	27	Male	Maple Grove	MN	00:10:08.28	00:27:18.33	00:26:32.94		01:08:53.31
11	288/426	161/195	554	David Latour	26	Male	Montiello	MN	00:11:17.44	00:31:02.30	00:24:32.12		01:12:10.33
12	350/426	177/195	894	Evan Nicholas	29	Male	Santa Monica	CA	00:12:38.65	00:30:57.38	00:26:41.28		01:17:18.74

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	111/426	30/231	877	Kristy Wynn	34	Female	New Brighton	MN	00:10:02.67	00:25:52.64	00:20:31.40		01:00:44.52
5	142/426	38/231	648	Rachel Horstmann	33	Female	Eden Prairie	MN	00:07:27.47	00:28:49.28	00:22:01.89		01:02:33.30
6	156/426	47/231	495	Adrea Mauseth	33	Female	St Louis Park	MN	00:08:50.64	00:28:31.23	00:22:40.69		01:03:45.48
7	157/426	48/231	786	Suzie Shoemaker	30	Female	Minneapolis	MN	00:09:34.65	00:28:12.33	00:21:54.87		01:03:49.63
8	162/426	51/231	672	Jody Zylstra	34	Female	Annandale	MN	00:11:59.18	00:27:59.39	00:18:29.94		01:04:06.71
9	186/426	63/231	703	Carrie Longsdorf	30	Female	Minneapolis	MN	00:10:08.79	00:28:45.60	00:22:00.56		01:05:23.25
10	196/426	68/231	868	Nikki Witowski	30	Female	Plymouth	MN	00:09:06.22	00:28:26.62	00:23:24.99		01:05:50.05
11	197/426	69/231	644	Megan Koski	33	Female	Dassel	MN	00:10:51.07	00:30:20.10	00:20:25.28		01:05:59.87
12	212/426	76/231	727	Emily Anderson	31	Female	Spring Lake Park	MN	00:14:38.08	00:26:48.52	00:20:56.02		01:07:20.49
13	213/426	77/231	757	Julie Feldman	31	Female	Inver Grove Heights	MN	00:13:05.25	00:27:43.42	00:22:28.17		01:07:23.72
14	216/426	80/231	385	Christina Mckinlay	34	Female	Victoria	MN	00:11:40.55	00:27:25.47	00:23:27.93		01:07:32.89
15	218/426	82/231	504	Jennifer Messmer	33	Female	Minneapolis	MN	00:10:47.53	00:30:28.01	00:22:03.45		01:07:35.17
16	238/426	95/231	642	Denae Schuldt	33	Female	Minneapolis	MN	00:15:17.79	00:31:04.74	00:18:39.07		01:08:50.95
17	243/426	98/231	749	Lindsay Wurm	30	Female	Buffalo	MN	00:10:16.78	00:30:20.83	00:23:18.97		01:09:04.20
18	256/426	104/231	715	Sally Hutson	31	Female	Farmington	MN	00:11:09.04	00:30:56.50	00:22:18.74		01:10:00.31
19	276/426	116/231	852	Lindsay Majerus	31	Female	Waconia	MN	00:08:49.45	00:29:18.58	00:28:54.54		01:11:07.17
20	280/426	120/231	507	Amy Van Beusekom	33	Female	Waverly	MN	00:10:14.61	00:32:08.08	00:22:51.42		01:11:25.80
21	284/426	124/231	505	Renu Thukral	32	Female	Minneapolis	MN	00:13:11.56	00:30:01.17	00:23:33.13		01:11:49.70
22	286/426	126/231	847	Jennifer Inderlee	34	Female	Minnetonka	MN	00:13:34.64	00:27:33.83	00:26:12.04		01:12:04.07
23	297/426	135/231	732	Molly Collins	33	Female	Little Canada	MN	00:12:45.94	00:33:03.48	00:22:22.96		01:12:43.97
24	298/426	136/231	731	Emily Haywood	32	Female	Monticello	MN	00:11:59.60	00:31:42.92	00:22:23.90		01:12:44.36
25	301/426	138/231	682	Nicole Spooner	32	Female	Robbinsdale	MN	00:12:43.16	00:32:48.25	00:22:56.13		01:12:49.69
26	312/426	146/231	837	Mariah Johnson	30	Female	Apple Valley	MN	00:11:10.95	00:32:14.90	00:26:01.16		01:13:47.44
27	317/426	151/231	819	Teresa Fenske-Fanucc	30	Female	Andover	MN	00:09:08.30	00:33:48.01	00:25:49.13		01:14:09.51
28	319/426	153/231	724	Kerry Schmitz	34	Female	Monticello	MN	00:09:22.53	00:31:48.23	00:27:03.39		01:14:27.65
29	326/426	160/231	618	Angela Swanson	33	Female	Otsego	MN	00:09:44.82	00:30:23.57	00:28:13.83		01:15:05.12
30	327/426	161/231	745	Wendy Sylvester	32	Female	South Haven	MN	00:13:43.66	00:30:55.17	00:25:31.24		01:15:06.78
31	338/426	167/231	651	Maureen Berendes	33	Female	Coon Rapids	MN	00:12:16.16	00:36:06.11	00:23:05.20		01:16:24.05
32	351/426	174/231	789	Alyson Nicholas	30	Female	Santa Monica	CA	00:12:39.43	00:30:01.11	00:26:41.33		01:17:18.77
33	367/426	185/231	567	Steph Friesen	31	Female	Sauk Rapids	MN	00:14:48.26	00:35:13.54	00:24:50.98		01:19:48.81
34	368/426	186/231	748	Kristin Riley	31	Female	Monticello	MN	00:09:55.46	00:34:15.18	00:30:03.62		01:19:55.56

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
35	371/426	189/231	725	Rebecca Rose	34	Female	Mounds View	MN	00:11:05.98	00:35:41.95	00:25:58.59		01:20:16.86
36	372/426	190/231	613	Samantha Polinder	32	Female	St. Augusta	MN	00:10:53.63	00:33:12.51	00:31:16.53		01:20:17.16
37	379/426	194/231	746	Allyssa Woodford Hugl	30	Female	Minneapolis	MN	00:12:27.76	00:32:47.01	00:26:57.11		01:20:39.52
38	394/426	206/231	610	Lindsay Mcfarlane	32	Female	Maple Grove	MN	00:14:21.84	00:30:58.15	00:33:29.15		01:24:27.78
39	408/426	215/231	601	Manda Olson	32	Female	St. Louis Park	MN	00:14:34.77	00:40:33.87	00:28:12.67		01:29:20.58
40	409/426	216/231	597	Erin Kiel	32	Female	Foley	MN	00:14:31.18	00:36:41.23	00:28:12.99		01:29:20.64
41	416/426	223/231	402	Karly Lackore	31	Female	Richfield	MN	00:15:50.12	00:33:49.03	00:38:26.61		01:34:25.71
42	419/426	226/231	744	Heather O'neal	34	Female	Monticello	MN	00:16:14.81	00:36:36.08	00:37:38.70		01:37:33.23
43	422/426	229/231	854	Erin Barnes	32	Female	Minneapolis	MN	00:07:52.66	00:40:29.88	00:36:18.62		01:41:15.50

Male Ages 30 - 34

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	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
3	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
4	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
5	53/426	45/195	566	Ryan Friesen	30	Male	Sauk Rapids	MN	00:08:02.80	00:26:28.73	00:18:28.84		00:56:17.84
6	60/426	49/195	866	Henry Praska	32	Male	Brainerd	MN	00:08:22.16	00:25:11.35	00:19:44.64		00:56:49.39
7	68/426	55/195	795	Stan Triebenbach	34	Male	Osakis	MN	00:12:56.09	00:23:55.02	00:17:04.82		00:57:28.71
8	69/426	56/195	390	Seth Quiggle	30	Male	Watertown	MN	00:08:06.76	00:26:51.94	00:19:24.87		00:57:32.21
9	113/426	83/195	853	Robert Bevars	33	Male	Minneapolis	MN	00:10:10.11	00:26:17.92	00:19:50.34		01:00:55.31
10	124/426	94/195	766	Erik Wright	30	Male	Chicago	IL	00:07:55.73	00:31:16.73	00:18:49.61		01:01:37.00
11	128/426	97/195	723	Brian Schmitz	34	Male	Monticello	MN	00:10:48.38	00:26:37.28	00:19:34.26		01:01:45.80
12	140/426	103/195	876	Josh Wilson	34	Male	Maple Lake	MN	00:11:50.80	00:27:10.92	00:19:33.93		01:02:27.42
13	155/426	109/195	764	Adam Downing	33	Male	Buffalo	MN	00:10:25.57	00:26:25.41	00:20:24.95		01:03:35.81
14	199/426	130/195	668	Matt Baasch	34	Male	West Fargo	ND	00:11:09.18	00:27:53.31	00:22:04.06		01:06:07.50
15	225/426	138/195	880	Deron Johnson	32	Male	Monticello	MN	00:09:25.50	00:30:31.00	00:20:58.24		01:07:52.12
16	245/426	147/195	669	Eric Fischer	34	Male	Saint Louis Park	MN	00:12:29.59	00:31:54.75	00:20:09.04		01:09:13.71
17	356/426	179/195	650	Dan Berendes	34	Male	Coon Rapids	MN	00:11:10.51	00:33:45.13	00:27:57.25		01:18:08.77
18	378/426	185/195	747	Tony Hughes	30	Male	Minneapolis	MN	00:12:54.00	00:32:45.55	00:26:56.24		01:20:38.64

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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 Pavvek	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
4	83/426	15/231	883	Rebecca Karnes-Toth	36	Female	Mound	MN	00:11:02.79	00:26:15.15	00:17:51.64		00:59:01.27
5	92/426	22/231	389	Sonja Daniels	39	Female	Duluth	MN	00:09:05.96	00:25:33.75	00:21:15.84		00:59:25.68
6	102/426	27/231	888	Cortney Johnson	37	Female	St Louis Park	MN	00:11:19.67	00:24:38.19	00:20:23.86		01:00:09.15
7	104/426	28/231	649	Jennifer Olson	36	Female	Rice	MN	00:10:53.14	00:24:46.28	00:20:41.16		01:00:14.06
8	136/426	36/231	654	Paula Just	39	Female	Spooner	WI	00:08:59.98	00:30:03.33	00:19:46.52		01:02:10.40
9	151/426	43/231	568	Kristen Baker	35	Female	St. Bonifacius	MN	00:07:52.75	00:26:18.52	00:23:47.62		01:03:12.67
10	152/426	44/231	752	Barbara Thukral	36	Female	St. Paul	MN	00:10:20.36	00:28:26.80	00:20:16.94		01:03:14.46
11	159/426	49/231	778	Stacy Solomonson	35	Female	Princeton	MN	00:10:17.03	00:27:41.15	00:21:16.37		01:03:54.10
12	160/426	50/231	570	Debra Shaw	35	Female	Saint Cloud	MN	00:09:31.27	00:25:21.65	00:23:03.78		01:04:03.07
13	170/426	57/231	482	Rebekah Archer	35	Female	Minneapolis	MN	00:10:41.80	00:29:40.78	00:20:43.35		01:04:25.73
14	178/426	60/231	602	Kayla Willert	35	Female	Annandale	MN	00:09:54.70	00:30:05.55	00:19:28.78		01:04:50.11
15	188/426	65/231	576	Jennifer Berthiaume	36	Female	South Haven	MN	00:09:01.79	00:30:28.49	00:21:38.31		01:05:28.75
16	211/426	75/231	480	Kim Uecker	37	Female	Annandale	MN	00:10:58.47	00:28:06.12	00:23:09.89		01:07:17.90
17	219/426	83/231	629	Lesley Scibora	39	Female	Bloomington	MN	00:11:24.66	00:28:07.36	00:22:51.49		01:07:41.56
18	224/426	87/231	721	Sidney Sollazo	35	Female	South Saint Paul	MN	00:09:21.51	00:31:49.55	00:21:07.67		01:07:49.69
19	233/426	91/231	579	Lane Patten	38	Female	Eden Prairie	MN	00:10:59.66	00:29:37.02	00:23:32.06		01:08:32.49
20	234/426	92/231	561	Tina Honsey	38	Female	Annandale	MN	00:12:25.90	00:28:57.39	00:22:56.45		01:08:37.65
21	267/426	109/231	574	Pam Vandersluis	35	Female	Buffalo	MN	00:12:35.51	00:29:15.71	00:24:33.76		01:10:38.12
22	269/426	110/231	493	Christa Close	38	Female	Plymouth	MN	00:10:23.81	00:30:19.60	00:23:17.94		01:10:43.51
23	279/426	119/231	536	Molly Murphy	38	Female	Minneapolis	MN	00:11:52.98	00:33:06.48	00:21:35.13		01:11:24.38
24	281/426	121/231	685	Randi Setter	39	Female	Hugo	MN	00:10:11.18	00:30:17.07	00:27:01.19		01:11:40.31
25	283/426	123/231	508	Julie Mcalister	39	Female	New Hope	MN	00:08:51.20	00:34:10.85	00:24:12.98		01:11:46.05
26	290/426	129/231	882	Carlene Jensen	38	Female	Plymouth	MN	00:15:14.25	00:31:16.31	00:20:09.07		01:12:12.87
27	296/426	134/231	750	Jolene Halek	35	Female	Rogers	MN	00:11:33.86	00:32:46.64	00:22:12.81		01:12:42.80
28	309/426	144/231	828	Kristy Johnson	35	Female	Monticello	MN	00:11:14.11	00:32:48.06	00:23:04.54		01:13:30.20
29	320/426	154/231	826	Rachael Walker	37	Female	Chanhassen	MN	00:09:15.35	00:31:54.76	00:27:04.82		01:14:30.88
30	336/426	166/231	481	Allison Gruhn	38	Female	Brooklyn Park	MN	00:11:31.57	00:30:19.21	00:28:47.70		01:15:57.58
31	359/426	180/231	532	Lisa Maas	36	Female	Monticello	MN	00:11:50.88	00:32:04.83	00:28:02.08		01:19:00.50
32	390/426	202/231	487	Natalie Dieterle	38	Female	Stillwater	MN	00:12:33.88	00:36:02.27	00:28:06.84		01:23:26.23
33	398/426	208/231	697	Laura Castro	35	Female	Maple Lake	MN	00:12:23.63	00:36:13.88	00:26:35.77		01:25:25.75
34	423/426	230/231	861	Sharen Severson	35	Female	Saint Paul	MN	00:15:17.44	00:40:28.81	00:36:55.24		01:41:51.49

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	63/426	51/195	364	Topher Mckinlay	39	Male	Victoria	MN	00:09:47.71	00:25:10.06	00:19:03.08		00:57:11.62
5	64/426	52/195	839	David Kerber	37	Male	Maple Grove	MN	00:09:49.10	00:24:29.60	00:18:23.45		00:57:14.25
6	66/426	53/195	375	Jody Cullen	39	Male	Andover	MN	00:08:30.03	00:26:22.85	00:19:40.20		00:57:22.85
7	67/426	54/195	831	Ben Reiners	36	Male	Otsego	MN	00:08:37.48	00:25:31.33	00:18:47.19		00:57:24.89
8	99/426	75/195	879	Michael Mccue	38	Male	Saint Paul	MN	00:09:13.19	00:24:44.84	00:21:48.78		00:59:59.06
9	106/426	77/195	560	Martin Wera	36	Male	Minneapolis	MN	00:09:18.62	00:29:25.86	00:17:39.08		01:00:29.58
10	112/426	82/195	641	Ryan Schuldt	37	Male	Apple Valley	MN	00:08:47.89	00:29:19.63	00:18:38.17		01:00:49.74
11	117/426	87/195	415	Lee Shoberg	38	Male	Eau Claire	WI	00:09:20.43	00:26:17.60	00:21:02.53		01:01:06.82
12	118/426	88/195	484	Blake Barnard	38	Male	Hutchinson	MN	00:09:48.13	00:26:42.49	00:20:24.69		01:01:07.65
13	139/426	102/195	542	Jeremy Duensing	37	Male	Rosemount	MN	00:12:51.53	00:27:14.67	00:18:21.30		01:02:24.15
14	141/426	104/195	569	Jeremy Baker	39	Male	St. Bonifacius	MN	00:10:50.01	00:27:55.60	00:20:15.53		01:02:30.20
15	184/426	122/195	887	Chad Wynia	39	Male	Chisago City	MN	00:10:19.23	00:28:23.06	00:21:16.66		01:05:07.00
16	189/426	124/195	787	Pat Pickar	36	Male	Baxter	MN	00:08:11.43	00:26:33.26	00:24:45.77		01:05:29.60
17	195/426	128/195	812	Seth Hagerty	37	Male	Saint Paul	MN	00:11:00.46	00:28:00.60	00:21:57.89		01:05:47.76
18	198/426	129/195	608	Jed Knutson	36	Male	Shakopee	MN	00:10:46.53	00:28:30.21	00:22:33.06		01:06:06.88
19	202/426	132/195	394	Michael De Leon	38	Male	Eagan	MN	00:08:39.31	00:26:36.65	00:26:10.01		01:06:15.86
20	248/426	148/195	486	Jason Dieterle	39	Male	Stillwater	MN	00:11:37.50	00:26:52.84	00:24:56.42		01:09:31.73
21	254/426	151/195	814	Erik Neudecker	38	Male	Wake Forest	NC	00:08:09.02	00:27:27.71	00:29:19.70		01:09:47.06
22	265/426	158/195	860	John Severson	35	Male	St Pual	MN	00:11:29.90	00:30:35.40	00:23:01.85		01:10:37.01
23	299/426	163/195	696	Martin Castro	36	Male	Maple Lake	MN	00:09:38.55	00:30:41.04	00:23:52.96		01:12:45.03
24	302/426	164/195	559	Brian Oderkirk	38	Male	Scottsdal	AZ	00:13:21.27	00:28:39.36	00:25:14.72		01:12:56.45
25	337/426	171/195	523	Michael Latterell	38	Male	New Hope	MN	00:12:40.59	00:31:21.24	00:26:50.92		01:16:20.88
26	363/426	181/195	742	Nathan Woodford	37	Male	Kotzebue	AK	00:12:31.17	00:32:26.56	00:25:23.91		01:19:06.50

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

Female Ages 40 - 44

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	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
3	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
4	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
5	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
6	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
7	163/426	52/231	391	Jenifer Munson	40	Female	Annandale	MN	00:11:14.62	00:29:41.68	00:19:35.61		01:04:12.91
8	167/426	54/231	761	Barbara Berdahl	43	Female	Saint Paul	MN	00:09:39.42	00:27:47.81	00:22:26.29		01:04:18.53
9	169/426	56/231	777	Debbie Christian	42	Female	Buffalo	MN	00:09:39.98	00:26:47.24	00:22:46.13		01:04:23.87
10	187/426	64/231	517	Laura Lilja	40	Female	Prior Lake	MN	00:10:16.03	00:27:13.17	00:23:43.96		01:05:28.19
11	221/426	85/231	734	Angie Voll	43	Female	Monticello	MN	00:11:51.32	00:29:16.95	00:22:15.53		01:07:43.25
12	222/426	86/231	470	Wendy Ulferts	42	Female	Willmar	MN	00:11:03.12	00:27:14.92	00:24:24.14		01:07:44.11
13	226/426	88/231	527	Candy Millerbernd	44	Female	Chaska	MN	00:11:13.26	00:27:43.77	00:23:50.34		01:07:52.72
14	232/426	90/231	707	Sally Covert	42	Female	White Bear Lake	MN	00:11:00.40	00:29:14.01	00:23:45.69		01:08:20.63
15	250/426	101/231	539	Teresa Zuehl	42	Female	Clearwater	MN	00:11:19.34	00:29:58.80	00:23:10.67		01:09:38.18
16	251/426	102/231	823	Christine Smid	44	Female	Litchfield	MN	00:13:33.30	00:27:53.10	00:21:56.74		01:09:44.04
17	258/426	105/231	580	Katrin Sigurdardottir	40	Female	Eden Prairie	MN	00:10:58.31	00:28:40.19	00:25:49.04		01:10:06.22
18	266/426	108/231	713	Lisa Prescott-Williams	44	Female	South St Paul	MN	00:09:45.24	00:31:18.30	00:24:09.57		01:10:37.30
19	272/426	113/231	471	Shannon Pettitt	42	Female	Inver Grove Heights	MN	00:08:42.67	00:27:43.28	00:29:52.74		01:10:51.65
20	273/426	114/231	393	Dustine Turbeville	43	Female	Big Lake	MN	00:10:31.39	00:30:43.40	00:24:25.37		01:10:53.38
21	293/426	131/231	803	Stephanie Kovarik	41	Female	South St. Paul	MN	00:13:32.94	00:31:24.37	00:23:17.54		01:12:21.71
22	304/426	140/231	662	Eileen Lafontaine	40	Female	Minneapolis	MN	00:11:14.57	00:29:53.27	00:26:45.39		01:13:13.67
23	311/426	145/231	756	Jinna Collins-Jwacu	44	Female	Minneapolis	MN	00:12:31.95	00:29:42.60	00:25:29.96		01:13:44.72
24	318/426	152/231	593	Amy Moran	40	Female	Hastings	MN	00:12:57.16	00:32:12.30	00:24:23.13		01:14:26.55
25	321/426	155/231	832	Joleen Gutting	43	Female	River Falls	WI	00:12:08.25	00:31:17.45	00:25:56.62		01:14:33.46
26	343/426	169/231	555	Jackie Edwards	43	Female	Ramsey	MN	00:16:10.82	00:31:09.53	00:25:18.05		01:16:55.19
27	344/426	170/231	497	Alyssa Rosenberger	42	Female	Melrose	MN	00:10:30.87	00:32:29.21	00:28:28.72		01:16:58.39
28	346/426	171/231	647	Britta Jensen	41	Female	Hutchinson	MN	00:12:54.60	00:29:10.63	00:30:00.96		01:17:11.59
29	347/426	172/231	537	Kelly Czech	40	Female	Ellsworth	WI	00:09:15.24	00:32:15.43	00:30:32.82		01:17:15.71
30	353/426	176/231	417	Jessica Vagle	42	Female	New London	MN	00:11:26.38	00:31:22.54	00:29:32.11		01:17:41.58
31	370/426	188/231	397	Phyllis Mahan	44	Female	Golden Valley	MN	00:12:12.96	00:36:38.46	00:24:26.89		01:20:13.04
32	383/426	196/231	577	Kari Halker-Saathoff	43	Female	Edina	MN	00:11:21.61	00:35:34.54	00:29:53.14		01:22:31.07
33	389/426	201/231	743	Becca Rausenberger	43	Female	Cologne	MN	00:12:06.06	00:33:21.37	00:32:14.60		01:23:25.53
34	391/426	203/231	538	Terri Fawkes	40	Female	Stillwater	MN	00:10:32.76	00:30:43.60	00:33:58.55		01:23:30.47

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
35	404/426	211/231	718	Jill Tallman	40	Female	South St Paul	MN	00:13:26.82	00:36:21.71	00:30:08.18		01:27:27.43
36	405/426	212/231	684	Gail Brinkmeier	40	Female	Saint Paul	MN	00:10:38.18	00:34:44.08	00:35:52.84		01:28:25.13
37	407/426	214/231	881	Liz Rosenthal	44	Female	Edina	MN	00:12:54.60	00:36:02.04	00:33:25.45		01:28:46.28

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	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
2	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
3	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
4	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
5	54/426	46/195	367	Joseph Randall	44	Male	Maple Grove	MN	00:09:38.55	00:25:01.24	00:18:32.39		00:56:22.05
6	56/426	47/195	794	Jason Koets	40	Male	Maple Lake	MN	00:10:03.75	00:23:49.83	00:18:33.80		00:56:31.76
7	71/426	58/195	867	Erik Olson	41	Male	Shakopee	MN	00:11:03.67	00:23:11.77	00:19:36.42		00:57:43.37
8	74/426	61/195	499	Greg Swenson	44	Male	Rogers	MN	00:06:53.86	00:25:03.33	00:21:38.22		00:57:48.87
9	76/426	63/195	657	Scott Nicholson	44	Male	Minneapolis	MN	00:10:35.64	00:25:33.86	00:19:39.16		00:58:34.66
10	77/426	64/195	541	Eric Carlson	42	Male	Buffalo	MN	00:10:19.20	00:25:20.47	00:18:32.65		00:58:37.84
11	78/426	65/195	845	Josh Kramber	41	Male	Buffalo	MN	00:09:02.45	00:25:00.62	00:20:39.99		00:58:41.35
12	82/426	68/195	376	Matthew Bleecker	43	Male	St Louis Park	MN	00:09:27.77	00:25:55.87	00:19:51.10		00:58:58.68
13	94/426	72/195	818	Mike Smith	41	Male	Brooklyn Park	MN	00:08:31.24	00:27:21.67	00:19:10.49		00:59:35.96
14	97/426	74/195	780	Troy Adams	41	Male	Plymouth	MN	00:08:55.07	00:25:09.39	00:21:13.87		00:59:52.55
15	114/426	84/195	511	Jeff Stites	43	Male	Minneapolis	MN	00:10:04.37	00:26:00.09	00:20:33.66		01:00:59.57
16	115/426	85/195	571	Stephen Whitlow	43	Male	St Louis Park	MN	00:08:28.44	00:25:01.85	00:22:12.46		01:00:59.67
17	146/426	107/195	759	James Spence	42	Male	Seattle	WA	00:10:58.95	00:27:18.17	00:20:14.33		01:02:38.65
18	158/426	110/195	534	Kevin Bigalke	40	Male	Lakeville	MN	00:11:37.21	00:25:37.50	00:22:04.56		01:03:52.31
19	176/426	117/195	513	Frank Westpfahl	42	Male	Minneapolis	MN	00:11:48.95	00:28:01.95	00:19:25.90		01:04:45.12
20	179/426	119/195	494	Michael Close	43	Male	Plymouth	MN	00:08:34.84	00:26:58.45	00:23:13.75		01:04:50.77
21	227/426	139/195	825	Charles Fowler	41	Male	Rogers	MN	00:11:10.31	00:27:41.19	00:23:50.26		01:07:54.99
22	228/426	140/195	773	Christopher Hedberg	43	Male	Maple Plain	MN	00:09:19.95	00:28:56.95	00:23:55.39		01:07:59.14
23	230/426	141/195	753	Brett Mayfield	44	Male	Cokato	MN	00:11:21.82	00:27:36.72	00:23:27.63		01:08:13.08
24	242/426	145/195	784	Thomas Mcdonald	44	Male	Minneapolis	MN	00:08:53.89	00:26:41.01	00:27:35.47		01:09:03.89
25	259/426	154/195	623	Paul Hughes	43	Male	Eden Prairie	MN	00:10:24.22	00:28:38.02	00:26:48.10		01:10:06.81
26	274/426	160/195	813	David Graff	40	Male	Brooklyn Park	MN	00:11:39.91	00:29:35.40	00:23:39.63		01:10:54.25
27	291/426	162/195	589	Patrick Athman	43	Male	Annandale	MN	00:14:06.31	00:30:10.55	00:21:10.83		01:12:17.42
28	328/426	167/195	801	Jeremy Dobson	40	Male	St. Paul	MN	00:11:38.82	00:30:58.88	00:25:22.06		01:15:10.05
29	345/426	175/195	674	Mark Conte	42	Male	Clearwater	MN	00:15:08.80	00:31:08.68	00:22:26.42		01:17:07.28
30	399/426	191/195	592	Brad Koland	42	Male	Roseville	MN	00:13:03.54	00:32:45.64	00:33:33.35		01:25:42.80
31	424/426	194/195	606	Chris Maier	43	Male	South Haven	MN	00:16:56.38	00:41:00.90	00:29:59.28		01:43:10.34

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	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
2	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
3	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
4	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
5	220/426	84/231	874	Sherilyn Young	45	Female	St. Paul	MN	00:10:42.56	00:29:34.37	00:23:05.14		01:07:42.30
6	236/426	93/231	722	Lisa Vague	49	Female	Albertville	MN	00:09:13.42	00:31:03.79	00:23:26.92		01:08:44.78
7	240/426	96/231	762	Emily Chrysler	48	Female	Richfield	MN	00:11:25.09	00:28:34.05	00:23:11.90		01:08:54.18
8	294/426	132/231	848	Lisa Horn	47	Female	Howard Lake	MN	00:12:57.69	00:29:29.74	00:24:37.59		01:12:30.23
9	295/426	133/231	779	Jan Vanderlinde	46	Female	Delano	MN	00:11:52.75	00:27:43.39	00:24:53.73		01:12:36.20
10	300/426	137/231	646	Carol Grzybowski	49	Female	Edina	MN	00:13:04.62	00:28:46.94	00:25:41.05		01:12:46.12
11	306/426	142/231	833	Tina Ducharme	48	Female	River Falls	WI	00:15:58.88	00:30:45.75	00:22:11.90		01:13:15.17
12	307/426	143/231	754	Sarah Mayfield	45	Female	Cokato	MN	00:12:32.89	00:29:58.37	00:23:36.69		01:13:24.54
13	315/426	149/231	591	Laurie Hanson	49	Female	Big Lake	MN	00:12:27.16	00:31:07.39	00:25:11.49		01:14:00.63
14	352/426	175/231	414	Mary Denucci	49	Female	Minneapolis	MN	00:11:54.48	00:31:41.62	00:28:40.72		01:17:19.22
15	381/426	195/231	774	Gale Raisanen	45	Female	Buffalo	MN	00:15:01.49	00:31:48.06	00:27:10.17		01:21:43.75
16	392/426	204/231	619	Bonnie Aretz	49	Female	Buffalo Lake	MN	00:18:04.78	00:32:21.03	00:27:22.96		01:24:12.71
17	414/426	221/231	521	Michelle Furuseth	45	Female	Northome	MN	00:12:40.74	00:49:34.37	00:25:36.05		01:32:47.08
18	417/426	224/231	698	Maria Mcstott	45	Female	Waite Park	MN	00:15:55.57	00:38:52.79	00:33:39.95		01:36:21.26
19	421/426	228/231	760	Jessica Spence	48	Female	Seattle	WA	00:21:32.98	00:38:14.10	00:31:34.36		01:38:29.90

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	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
2	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
3	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
4	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
5	33/426	29/195	768	Mark Rosen	49	Male	Otsego	MN	00:09:41.06	00:22:26.59	00:19:09.77		00:54:31.32
6	34/426	30/195	360	Mark Nieters	45	Male	Sartell	MN	00:06:30.83	00:24:55.51	00:19:27.11		00:54:33.70
7	35/426	31/195	872	Nick Morales	46	Male	New Hope	MN	00:07:17.47	00:23:14.57	00:21:10.21		00:54:40.23
8	39/426	33/195	624	Tim Thoma	49	Male	Victoria	MN	00:08:06.26	00:23:36.82	00:20:11.32		00:55:16.12
9	44/426	38/195	692	Carl Hoeft	47	Male	Hutchinson	MN	00:08:32.00	00:23:45.32	00:19:34.17		00:55:37.31
10	70/426	57/195	763	Daniel Dederichs	46	Male	Waverly	MN	00:08:54.38	00:22:59.90	00:21:39.92		00:57:32.24
11	72/426	59/195	379	Tom Mahan	48	Male	Golden Valley	MN	00:09:09.76	00:25:02.08	00:19:58.64		00:57:48.60
12	123/426	93/195	735	Ben Awes	49	Male	St. Paul	MN	00:08:50.67	00:27:20.27	00:20:37.09		01:01:36.25
13	137/426	101/195	396	Michael Abegg	47	Male	Minneapolis	MN	00:09:52.83	00:27:06.05	00:22:00.46		01:02:11.57
14	145/426	106/195	805	Jim Wise	48	Male	Rosemount	MN	00:07:14.60	00:26:30.69	00:24:36.10		01:02:37.65
15	164/426	112/195	835	Jim Lebahn	45	Male	Vadnais Heights	MN	00:09:22.26	00:28:24.28	00:21:29.82		01:04:16.76
16	175/426	116/195	875	Dan Metcalfe	48	Male	Maple Grove	MN	00:08:32.67	00:26:45.43	00:23:08.81		01:04:42.71
17	200/426	131/195	855	Rich Alteri	46	Male	Saint Paul	MN	00:09:56.35	00:29:33.47	00:20:08.61		01:06:10.00
18	204/426	134/195	738	Joe Derock	46	Male	Minneapolis	MN	00:11:26.81	00:27:58.13	00:21:08.73		01:06:20.44
19	207/426	136/195	526	Tom Millerbernd	46	Male	Chaska	MN	00:10:25.77	00:27:28.00	00:23:43.67		01:06:42.85
20	262/426	156/195	520	Nick Whitney	45	Male	Dellwood	MN	00:12:48.80	00:28:55.26	00:23:28.75		01:10:25.70
21	333/426	170/195	475	Tony Denuci	49	Male	Victoria	MN	00:15:34.71	00:30:22.74	00:22:59.56		01:15:36.03
22	373/426	183/195	767	Tim Klein	49	Male	Buffalo	MN	00:10:53.72	00:33:34.94	00:30:03.05		01:20:23.74
23	403/426	193/195	540	Jeff Zuehl	47	Male	Clearwater	MN	00:19:52.33	00:32:26.10	00:29:07.98		01:27:27.13

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	171/426	58/231	886	Janell Pepper	53	Female	Woodbury	MN	00:08:23.81	00:28:50.35	00:22:21.65		01:04:29.74
5	180/426	61/231	528	Therese Kennedy	52	Female	Minneapolis	MN	00:10:23.40	00:28:49.50	00:22:02.37		01:04:52.90
6	191/426	66/231	467	Jenna Fletcher	51	Female	Stillwater	MN	00:10:56.95	00:27:54.47	00:23:18.83		01:05:34.00
7	201/426	70/231	544	Karen Slakey	50	Female	Lake Elmo	MN	00:08:59.01	00:28:40.24	00:21:38.39		01:06:10.39
8	215/426	79/231	625	Julie Wiens	51	Female	Wayzata	MN	00:11:18.99	00:29:05.17	00:22:18.32		01:07:30.14
9	271/426	112/231	772	Julie Hertzog	50	Female	Watertown	MN	00:11:06.90	00:27:45.96	00:26:05.21		01:10:51.02
10	275/426	115/231	587	Brenda Conzet	53	Female	Buffalo	MN	00:09:28.16	00:31:46.16	00:23:02.58		01:10:55.57
11	278/426	118/231	781	Julie Schmelzer	50	Female	Kimball	MN	00:11:55.69	00:30:14.89	00:23:59.53		01:11:09.67
12	289/426	128/231	524	Debra Schnedler	53	Female	Waconia	MN	00:11:06.83	00:29:27.20	00:26:06.45		01:12:12.84
13	305/426	141/231	614	Gretchen Lieb	51	Female	Buffalo	MN	00:09:10.30	00:33:30.45	00:25:41.65		01:13:14.82
14	323/426	157/231	525	Denise Fenwick	54	Female	St. Cloud	MN	00:13:32.46	00:30:18.12	00:25:19.29		01:14:44.59
15	342/426	168/231	758	Debra Grandgenett	51	Female	Alexandria	MN	00:15:04.60	00:28:57.13	00:27:06.33		01:16:48.09
16	406/426	213/231	896	Kelly Blasing	50	Female	Shorewood	MN	00:16:55.49	00:31:58.65	00:32:12.46		01:28:33.91
17	410/426	217/231	699	Corinne Mitchell	50	Female	Monticello	MN	00:12:43.94	00:39:11.39	00:32:02.18		01:29:50.84
18	413/426	220/231	670	Lori Bonin	52	Female	Buffalo	MN	00:14:41.48	00:41:16.49	00:28:13.31		01:31:59.61
19	415/426	222/231	678	Judy Larson	53	Female	Rogers	MN	00:14:41.87	00:41:10.35	00:30:14.93		01:34:01.40
20	418/426	225/231	679	Nancy Mccourt	54	Female	Buffalo	MN	00:12:59.39	00:36:47.27	00:38:46.09		01:36:47.47
21	425/426	231/231	680	Mary Quinlivan	54	Female	Minneapolis	MN	00:17:32.12	00:44:35.16	00:33:46.93		01:45:10.06

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

Male Ages 50 - 54

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	Minnetrista	MN	00:06:13.47	00:21:49.71	00:17:03.65		00:47:57.89
2	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
3	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
4	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
5	26/426	23/195	358	Ken Janda	52	Male	Big Lake	MI	00:08:37.02	00:24:23.98	00:17:09.79		00:53:24.37
6	45/426	39/195	632	David Myers	51	Male	Cannon Falls	MN	00:07:05.48	00:23:55.77	00:21:00.22		00:55:37.59
7	73/426	60/195	796	Scott Crow	51	Male	Vadnais Heights	MN	00:06:53.94	00:25:59.18	00:21:04.43		00:57:48.73
8	85/426	70/195	371	Thomas Becker	51	Male	Mahtomedi	MN	00:06:46.60	00:28:09.12	00:20:29.25		00:59:03.06
9	103/426	76/195	388	Dan Dean	53	Male	Cokato	MN	00:07:14.18	00:25:25.70	00:23:37.53		01:00:10.37
10	108/426	79/195	368	David Thoma	52	Male	Annandale	MN	00:07:21.69	00:26:28.47	00:22:37.51		01:00:39.78
11	116/426	86/195	892	Frank Wheeler	50	Male	Edina	MN	00:12:55.83	00:26:16.62	00:18:11.38		01:01:02.11
12	120/426	90/195	607	Robert Badger	53	Male	Cottage Grove	MN	00:10:04.29	00:26:02.17	00:21:04.05		01:01:20.29
13	129/426	98/195	858	Anthony Rezek	50	Male	Des Moines	IA	00:08:49.74	00:25:33.57	00:23:43.35		01:01:46.17
14	134/426	100/195	737	David Yantes	54	Male	St. Michael	MN	00:09:39.23	00:25:48.97	00:22:36.29		01:02:09.63
15	143/426	105/195	863	David Eastlund	51	Male	Buffalo	MN	00:10:42.17	00:28:04.97	00:18:55.19		01:02:34.20
16	177/426	118/195	491	Mardon Quandt	53	Male	Annandale	MN	00:09:42.72	00:27:56.64	00:22:15.69		01:04:48.18
17	249/426	149/195	899	Richard Weeks	52	Male	Annandale	MN	00:11:33.22	00:25:29.96	00:26:33.79		01:09:34.66
18	252/426	150/195	535	Todd Rogers	54	Male	Minneapolis	MN	00:09:20.05	00:31:03.92	00:24:01.57		01:09:44.47
19	261/426	155/195	793	Gregory Emerick	50	Male	Buffalo	MN	00:13:21.50	00:29:46.01	00:22:13.71		01:10:08.94
20	308/426	165/195	693	Brian Rickard	53	Male	Plymouth	MN	00:16:47.86	00:27:42.99	00:22:52.97		01:13:29.21
21	332/426	169/195	665	Brian Skjei	53	Male	Sauk Rapids	MN	00:14:42.31	00:31:16.04	00:22:38.85		01:15:26.09
22	341/426	174/195	897	Bill Stephens	53	Male	Buffalo	MN	00:14:45.09	00:32:02.21	00:23:25.17		01:16:44.71
23	402/426	192/195	851	John Heinlein Jr	54	Male	Stillwater	MN	00:14:13.10	00:31:10.16	00:35:41.72		01:27:20.44

Heart of The Lakes Triathlon

July 21, 2013

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 Schroeffer	58	Female	Mahtomedi	MN	00:14:45.50	00:30:03.84	00:24:27.36		01:15:50.29
4	348/426	173/231	871	Julia Costello	56	Female	Afton	MN	00:12:58.20	00:34:32.24	00:23:17.16		01:17:16.84
5	354/426	177/231	585	Marcie Becker	55	Female	Rochester	MN	00:10:44.48	00:35:10.61	00:25:42.83		01:17:51.87
6	376/426	193/231	384	Mari Bell	59	Female	Fargo	ND	00:11:58.76	00:30:50.17	00:28:26.87		01:20:31.85
7	393/426	205/231	739	Pam Fitting	59	Female	Buffalo	MN	00:11:24.59	00:35:28.64	00:32:07.64		01:24:24.31

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
4	80/426	67/195	373	Ben Zhao	59	Male	Edina	MN	00:09:53.34	00:27:46.65	00:17:27.11		00:58:50.53
5	96/426	73/195	372	Mitchell Zahler	57	Male	Stillwater	MN	00:09:52.40	00:27:14.64	00:19:06.75		00:59:48.26
6	109/426	80/195	581	Joseph Becker	56	Male	Rochester	MN	00:08:23.99	00:25:48.55	00:21:56.37		01:00:43.30
7	172/426	114/195	776	Duane Pullins	55	Male	Maple Lake	MN	00:11:31.22	00:24:17.89	00:22:29.21		01:04:30.81
8	183/426	121/195	383	Tom Nowak	56	Male	Annandale	MN	00:08:24.01	00:26:59.59	00:24:42.91		01:05:03.39
9	190/426	125/195	710	Rodney Barnes	58	Male	Maple Grove	MN	00:12:11.17	00:24:40.15	00:23:54.46		01:05:31.74
10	194/426	127/195	712	Keith Barnes	57	Male	Maple Grove	MN	00:12:42.10	00:26:57.63	00:21:02.22		01:05:43.19
11	231/426	142/195	418	Michael Harland	56	Male	Wheaton	IL	00:09:31.52	00:31:01.09	00:22:05.33		01:08:13.32
12	255/426	152/195	711	Robin Barnes	58	Male	Maple Grove	MN			00:28:16.45		01:09:54.48
13	264/426	157/195	413	Bill Maguire	59	Male	St. Paul	MN	00:09:18.42	00:31:39.28	00:24:10.04		01:10:33.94
14	310/426	166/195	846	Michael Petersen	55	Male	Ramsey	MN	00:09:49.47	00:28:40.96	00:27:45.28		01:13:30.82
15	361/426	180/195	765	Mike Miller	56	Male	Annandale	MN	00:14:48.74	00:28:00.46	00:30:01.84		01:19:04.45
16	382/426	187/195	469	James Vlcek	57	Male	Woodbury	MN	00:14:15.51	00:33:17.44	00:24:30.60		01:21:48.78
17	388/426	188/195	522	David Furuseth	58	Male	Northome	MN	00:15:27.16	00:30:54.79	00:30:50.43		01:23:06.96
18	396/426	189/195	496	James Wright	58	Male	Delano	MN	00:11:18.04	00:42:54.53	00:24:48.46		01:24:52.31

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Short Individual

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
4	314/426	148/231	403	Pamela Brophy	62	Female	Buffalo	MN	00:09:54.22	00:30:42.87	00:27:54.80		01:13:55.79
5	334/426	164/231	694	Linda Kelley	60	Female	Minneapolis	MN	00:11:06.12	00:31:52.28	00:25:42.17		01:15:42.29
6	384/426	197/231	488	Jean Wood	63	Female	Excelsior	MN	00:11:18.58	00:30:11.14	00:33:23.92		01:22:34.15
7	401/426	210/231	660	Katie Maiers	60	Female	Minneapolis	MN	00:12:50.22	00:35:45.53	00:32:23.15		01:27:05.65

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
4	203/426	133/195	688	Bradley Johnson	60	Male	Champlin	MN	00:11:04.02	00:28:04.19	00:21:54.19		01:06:19.84
5	244/426	146/195	408	Bob Spooner	61	Male	Ramsey	MN	00:12:32.18	00:29:42.15	00:23:31.59		01:09:10.45
6	257/426	153/195	468	Joe Kandiko	63	Male	Excelsior	MN	00:09:28.75	00:28:42.78	00:26:22.64		01:10:00.92
7	268/426	159/195	476	Gary Rychley	62	Male	Forest Lake	MN	00:11:09.15	00:30:12.24	00:24:57.21		01:10:41.29
8	397/426	190/195	395	John Rice	60	Male	Eden Prairie	MN	00:14:40.08	00:31:10.43	00:32:01.07		01:25:03.40

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

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

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
4	331/426	168/195	412	James Burger	69	Male	Manitowish Waters	WI	00:13:49.56	00:26:59.07	00:27:11.37		01:15:13.11
5	355/426	178/195	400	Mark Stange	66	Male	Shoreview	MN	00:10:24.94	00:30:05.32	00:31:15.45		01:17:52.51
6	366/426	182/195	407	Roger Carlson	69	Male	Stillwater	MN	00:13:52.67	00:32:59.27	00:25:55.88		01:19:45.65
7	377/426	184/195	599	Tom Barnard	65	Male	Burnsville	MN	00:09:58.06	00:31:03.24	00:32:36.98		01:20:32.50

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

Female Ages 99 - 99

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	229/426	89/231	563	Jennifer Steenerson	99	Female	Maple Grove	MN	00:09:22.68	00:30:06.17	00:24:27.97		01:08:03.32