

# Lake Waconia Triathlon

June 30, 2013

## Best of the US Results - MN

### Male

State Place	Overall Plc/Total	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Time
1	2/263	2/183	2/19	2	Matthew Payne	Male	36	Columbia Heights	MN	01:22:09
2	3/263	3/183	3/19	3	Marcus Stromberg	Male	36	Buffalo	MN	01:23:21
3	5/263	5/183	5/19	4	Kevin Oconnor	Male	42	Medina	MN	01:25:07
4	7/263	7/183	7/19	25	Andy Wiberg	Male	34	Eden Prairie	MN	01:27:38
5	8/263	8/183	8/19	20	Ross Weinzierl	Male	27	Waconia	MN	01:28:05

### Female

State Place	Overall Plc/Total	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Time
1	21/263	1/80	1/11	9	Suzie Fox	Female	29	Chaska	MN	01:34:24
2	40/263	2/80	1/11	318	Nicole Heininger	Female	24	White Bear Lake	MN	01:38:23
3	43/263	3/80	2/11	7	Stephanie Solfelt	Female	22	Eden Prarie	MN	01:39:03
4	44/263	4/80	3/11	17	Julia Weisbecker	Female	47	Mendota Heights	MN	01:39:07
5	49/263	6/80	5/11	8	Christina Roberts	Female	27	St. Louis Park	MN	01:40:06

# Lake Waconia Triathlon

June 30, 2013

## Overall Division Results

Individual

### Female Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	21/263	1/80	9	Suzie Fox	30	Female	Chaska	MN	00:13:55.87	00:51:45.64	00:26:50.24		01:34:23.11
2	43/263	3/80	7	Stephanie Solfelt	23	Female	Eden Prarie	MN	00:11:35.21	01:00:54.92	00:24:54.90		01:39:02.04
3	44/263	4/80	17	Julia Weisbecker	47	Female	Mendota Heights	MN	00:13:24.69	00:55:55.36	00:27:54.59		01:39:06.02
4	45/263	5/80	10	Lisa Johns	32	Female	Madison	WI	00:15:13.80	00:54:18.14	00:27:17.55		01:39:19.03
5	49/263	6/80	8	Christina Roberts	27	Female	St. Louis Park	MN	00:13:18.05	00:57:14.85	00:27:24.42		01:40:05.90

### Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/263	1/183	27	David Thompson	35	Male	Long Lake	MN	00:10:45.77	00:46:29.20	00:22:24.93		01:20:54.38
2	2/263	2/183	2	Matthew Payne	36	Male	Columbia Heights	MN	00:11:38.41	00:45:44.29	00:23:09.27		01:22:08.27
3	3/263	3/183	3	Marcus Stromberg	37	Male	Buffalo	MN	00:10:49.02	00:47:29.05	00:23:29.93		01:23:20.31
4	4/263	4/183	29	Mark Harms	38	Male	Madison	WI	00:11:02.39	00:47:55.92	00:23:14.12		01:23:58.05
5	5/263	5/183	4	Kevin Oconnor	42	Male	Medina	MN	00:11:42.06	00:49:02.93	00:22:54.10		01:25:06.63

### Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	73/263	57/183	57	Greg Davenport	43	Male	St. Paul	MN	00:13:06.17	00:56:49.49	00:31:25.36		01:44:02.14
2	81/263	62/183	55	Kent Kolstad	42	Male	Bloomington	MN	00:16:59.08	00:54:30.29	00:31:14.64		01:45:39.94
3	97/263	75/183	53	David Cantrill	39	Male	Spring Park	MN	00:17:05.62	00:55:14.73	00:33:23.07		01:48:29.77

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	71/263	16/80	325	Paige Danielson	17	Female	St. Cloud	MN	00:15:02.06	00:59:37.36	00:26:51.25		01:43:48.73
2	195/263	56/80	326	Brianna Lavelle	15	Female	Chaska	MN	00:13:00.45	01:12:44.46	00:39:14.98		02:07:08.62

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## Overall Division Results

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	84/263	65/183	329	Parker Roehl	16	Male	St. Bonifacius	MN	00:13:19.54	00:57:16.89	00:33:34.06		01:45:51.61
2	163/263	119/183	328	Jared Grootwassink	18	Male	Eden Prairie	MN	00:17:02.32	01:02:41.91	00:34:43.49		01:59:24.61
3	165/263	121/183	327	Charlie Burton	19	Male	Deephaven	MN	00:17:28.50	01:05:33.02	00:33:18.13		02:00:00.09

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	60/263	12/80	324	Greta Danielson	20	Female	St. Cloud	MN	00:12:54.79	00:58:38.71	00:28:42.21		01:42:24.83
2	156/263	42/80	319	Alexandra Alcorn	24	Female	Elk River	MN	00:21:14.75	01:04:12.06	00:29:50.83		01:58:36.35
3	233/263	71/80	316	Amanda Peterson	24	Female	Minneapolis	MN	00:28:13.02	01:15:20.12	00:35:06.27		02:22:36.30

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	118/263	92/183	323	Harrison Burton	22	Male	Deephaven	MN	00:17:16.23	01:00:59.78	00:28:37.95		01:51:20.09
2	204/263	146/183	322	Nicholas Fragale	21	Male	Eden Prairie	MN	00:19:09.01	01:08:46.03	00:38:21.69		02:09:35.00

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	40/263	2/80	318	Nicole Heiningner	25	Female	White Bear Lake	MN	00:13:26.61	00:54:11.37	00:28:54.08		01:38:22.83
2	74/263	17/80	304	Kristina Hedberg	27	Female	Robbinsdale	MN	00:14:23.41	00:58:34.77	00:29:11.86		01:44:10.99
3	80/263	19/80	303	Jody Mullet	26	Female	Chaska	MN	00:17:20.01	00:56:18.05	00:29:18.56		01:45:31.58

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	10/263	10/183	311	Bob Wolter	29	Male	Chaska	MN	00:13:45.58	00:49:27.42	00:25:05.28		01:29:59.06
2	35/263	34/183	320	Kyle Peterson	25	Male	Minneapolis	MN	00:14:43.54	00:56:25.34	00:24:10.30		01:37:49.57
3	37/263	36/183	314	Marco Riboli	25	Male	St Louis Park	MN	00:14:07.79	00:55:20.56	00:26:34.41		01:38:06.34

# Lake Waconia Triathlon

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## Overall Division Results

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	67/263	15/80	269	Kristin Weinzierl	31	Female	Waconia	MN	00:15:43.76	00:58:03.60	00:27:04.86		01:43:02.58
2	77/263	18/80	270	Kimberly Ault	32	Female	Mound	MN	00:15:25.22	00:55:39.08	00:31:48.63		01:44:48.91
3	100/263	24/80	262	Laurel Sundberg	34	Female	Minnetonka	MN	00:15:52.36	00:59:25.94	00:31:56.39		01:49:40.71

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	13/263	13/183	282	Peter Somers	34	Male	Rochester	MN	00:14:01.64	00:51:03.18	00:24:39.48		01:31:49.71
2	33/263	32/183	295	Ben Brueshoff	30	Male	Bloomington	MN	00:15:20.10	00:51:55.88	00:27:54.81		01:37:25.41
3	53/263	46/183	288	Michael Stuart	32	Male	Minneapolis	MN	00:17:45.33	00:55:18.92	00:25:04.54		01:40:40.20

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	88/263	21/80	215	Christine Agazzi	37	Female	Eden Prairie	MN	00:14:23.57	00:59:44.28	00:29:38.49		01:46:27.10
2	98/263	23/80	222	Sadie Briggs	38	Female	Chaska	MN	00:16:22.66	00:59:09.66	00:30:42.19		01:48:37.76
3	143/263	37/80	218	Laura Feist	37	Female	Birchwood	MN	00:16:46.69	01:04:11.37	00:31:56.27		01:56:01.79

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	23/263	22/183	243	Jesse Westrup	39	Male	Sartell	MN	00:16:23.92	00:54:06.94	00:22:45.82		01:35:03.27
2	30/263	29/183	232	Michael Bruce	39	Male	Edina	MN	00:14:35.44	00:52:20.98	00:27:47.12		01:36:39.84
3	47/263	42/183	252	Mark Schimke	38	Male	Chanhassen	MN	00:15:39.90	00:54:00.27	00:27:31.57		01:39:43.67

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	59/263	11/80	165	Gillian Auslander	43	Female	Minneapolis	MN	00:13:43.76	00:56:23.85	00:29:08.20		01:41:57.63
2	64/263	13/80	172	Veronica Bond	41	Female	Rochester	MN	00:14:01.62	00:56:23.26	00:30:02.38		01:42:48.47
3	87/263	20/80	167	Sarah Foley	43	Female	Cologne	MN	00:15:12.83	00:58:29.80	00:30:26.03		01:46:17.41

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## Overall Division Results

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	11/263	11/183	186	Corey Binnebose	43	Male	New Berlin	WI	00:13:37.63	00:49:32.14	00:25:21.15		01:30:25.61
2	14/263	14/183	193	Greg Dummer	43	Male	Minneapolis	MN	00:13:07.38	00:51:22.46	00:25:25.98		01:31:56.28
3	18/263	18/183	207	Jamerson Perry	42	Male	Bismarck	ND	00:14:57.21	00:51:27.80	00:26:07.63		01:34:04.03

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	65/263	14/80	130	Christel Kippenhan	48	Female	Bemidji	MN	00:13:49.19	00:58:20.72	00:28:41.10		01:42:52.57
2	117/263	26/80	137	Kimberly Evans	45	Female	Minneapolis	MN	00:18:16.47	00:58:33.84	00:31:17.01		01:51:10.56
3	161/263	44/80	131	Lisa Rippe	47	Female	Edina	MN	00:16:41.51	01:06:49.35	00:31:26.86		01:59:19.32

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	29/263	28/183	151	Greg Ttimmons	47	Male	Ggood Thunder	MN	00:14:21.55	00:53:19.84	00:26:24.54		01:36:38.64
2	38/263	37/183	147	Jey Carlson	47	Male	North Oaks	MN	00:16:34.57	00:51:02.66	00:28:45.21		01:38:11.25
3	42/263	40/183	160	Todd White	46	Male	Roseville	MN	00:12:03.04	00:55:43.25	00:29:05.10		01:38:58.65

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	144/263	38/80	109	Susan Woods	52	Female	Shoreview	MN	00:16:24.76	01:02:19.43	00:35:16.27		01:56:19.27
2	158/263	43/80	106	Judith Peters	53	Female	St. Cloud	MN	00:19:01.79	01:03:25.62	00:33:24.45		01:58:54.45
3	168/263	46/80	108	Judy Mcmeekin	53	Female	Mpls	MN	00:18:35.88	00:59:48.97	00:37:58.99		02:00:55.52

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	31/263	30/183	115	David Goldberg	53	Male	Minnetrista	MN	00:12:36.84	00:53:53.65	00:28:22.00		01:36:47.76
2	36/263	35/183	123	Brian Lavelle	51	Male	Chaska	MN	00:13:39.34	00:52:26.83	00:29:50.68		01:38:03.38
3	39/263	38/183	120	Craig Peterson	51	Male	Minneapolis	MN	00:13:49.13	00:55:01.45	00:27:32.27		01:38:20.93

# Lake Waconia Triathlon

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## Overall Division Results

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	133/263	32/80	91	Beth Guck	57	Female	Andover	MN	00:14:59.54	01:06:16.08	00:30:02.89		01:54:19.56
2	138/263	34/80	89	Carol Markham-Cousin	58	Female	Minneapolis	MN	00:16:29.29	01:01:48.66	00:34:08.09		01:55:28.28
3	139/263	35/80	93	Helen Gunther	56	Female	Excelsior	MN	00:17:38.46	01:01:55.08	00:33:07.58		01:55:41.85

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	46/263	41/183	102	Dale Forde	55	Male	Golden Valley	MN	00:14:08.93	00:54:58.66	00:27:19.07		01:39:19.63
2	61/263	49/183	100	Peter Tabor	56	Male	Minneapolis	MN	00:14:41.38	00:53:25.50	00:30:21.27		01:42:42.09
3	82/263	63/183	101	Tad Hauck	55	Male	Eden Prairie	MN	00:15:09.25	00:57:05.98	00:30:30.11		01:45:45.26

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	125/263	28/80	337	Pam Stevens	60	Female	Sartell	MN	00:17:13.92	00:58:24.07	00:34:03.17		01:52:44.29
2	208/263	60/80	82	Deborah Roberts	62	Female	Nisswa	MN	00:18:05.37	01:09:54.66	00:39:50.52		02:10:50.28
3	230/263	70/80	83	Brook Lemm-Tabor	61	Female	Minneapolis	MN	00:22:45.88	01:08:22.60	00:45:47.02		02:20:52.76

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	72/263	56/183	97	Bill Schmitt	60	Male	Duluth	MN	00:14:53.50	00:53:25.13	00:33:02.05		01:44:00.02
2	93/263	71/183	86	Duane Millslagle	63	Male	Duluth	MN	00:15:15.53	00:58:33.50	00:31:34.92		01:47:56.99
3	180/263	130/183	88	Jim Haubrich	61	Male	Waconia	MN	00:16:11.07	01:06:31.73	00:36:42.26		02:03:16.13

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	226/263	68/80	80	Peggy Buxton	65	Female	Sterling	MA	00:22:48.93	01:14:11.58	00:40:02.92		02:19:57.86

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## Overall Division Results

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	203/263	145/183	74	Roman Scibora	68	Male	Bloomington	MN	00:21:36.99	01:05:06.96	00:37:36.35		02:08:50.23
2	255/263	177/183	78	James Barthel	66	Male	Dellwood	MN	00:22:51.10	01:23:59.09	00:45:31.83		02:39:12.54
3	260/263	181/183	77	Mark Stange	67	Male	Shoreview	MN	00:19:50.53	01:20:41.41	00:57:13.25		02:45:33.98

### Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	175/263	126/183	72	Hank Larsen	73	Male	Glencoe	MN	00:18:46.74	01:05:23.48	00:34:30.62		02:02:09.42
2	202/263	144/183	336	Daryl Stevens	71	Male	Sartell	MN	00:19:55.15	01:04:29.68	00:40:56.32		02:08:32.59
3	239/263	165/183	73	Don Meck	74	Male	Siren	WI	00:22:46.37	01:08:46.99	00:46:40.08		02:24:42.82

### Male Ages 80 - 84

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	252/263	175/183	68	Lou Harris	81	Male	Minneapolis	MN	00:21:26.56	01:21:59.58	00:47:46.51		02:37:23.15

# Lake Waconia Triathlon

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## Overall Division Results

Team

### Mixed Male Team

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/17	1/17	47	Camp Gunther	99	Mixed	Watertown	MN	00:12:28.26	01:01:43.31	00:26:50.22		01:42:24.07
2	2/17	2/17	48	Monacle Multi Sport	99	Mixed	Eden Prairie	MN	00:18:00.72	00:55:01.08	00:29:31.20		01:43:48.11
3	9/17	9/17	49	R P K	99	Mixed	Brooklyn Park	MN	00:21:45.37	01:05:17.02	00:38:10.48		02:07:07.03

### Mixed Female Team

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	3/17	3/17	37	Team?	99	Mixed	North Oaks	MN	00:18:22.22	01:00:21.16	00:30:18.51		01:50:12.89
2	12/17	12/17	36	Ladies Must Tri	99	Mixed	Saint Bonifacius	MN	00:18:13.88	01:16:28.63	00:39:00.42		02:15:10.70
3	14/17	14/17	33	We Don't Want No Scr	99	Mixed	Eden Prairie	MN	00:18:14.08	01:22:14.50	00:40:37.72		02:22:20.94

### Mixed Coed Team

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	4/17	4/17	41	Can't Stop Tri-Ing	99	Mixed	Chaska	MN	00:22:00.45	00:56:12.77	00:32:24.63		01:51:55.42
2	5/17	5/17	40	Accelerate Awareness	99	Mixed	Columbia Hights	MN	00:17:35.02	01:00:04.46	00:35:29.63		01:54:35.99
3	6/17	6/17	39	Laura Sam And Some	99	Mixed	Inver Grove Heights	MN	00:16:13.08	01:07:45.94	00:35:59.20		02:01:24.72