

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Long Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/244	1/84	22	Suzie Fox	31	F	Long Lake	MN	00:14:23.40	00:53:05.18	00:35:54.14		01:45:24.78
2	20/244	2/84	9	Nicole Heininger	25	F	Buffalo	MN	00:14:00.72	00:52:48.75	00:36:59.49		01:45:48.53
3	21/244	3/84	12	Christina Roberts	28	F	Medina	MN	00:12:39.57	00:56:40.86	00:34:39.66		01:45:56.92

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/244	1/160	24	Dan Hedgecock	27	M	St Paul	MN	00:13:01.62	00:46:43.37	00:29:20.38		01:30:46.41
2	2/244	2/160	18	Matthew Payne	37	M	Chaska	MN	00:12:58.70	00:46:17.87	00:30:17.62		01:31:32.00
3	3/244	3/160	1	Marcus Stromberg	37	M	Saint Paul	MN	00:11:50.36	00:48:08.67	00:30:09.37		01:32:08.84

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	38/244	6/84	13	Ann Snuggerud	46	F	Columbia Heights	MN	00:13:54.35	00:56:56.09	00:38:20.18		01:51:40.66

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/244	6/160	2	Brian Bich	48	M	Bemidji	MN	00:13:09.99	00:48:33.33	00:31:02.83		01:34:47.23

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	148/244	38/84	304	Kristina Swenson	17	F	Rogers	MN	00:13:10.11	01:09:17.45	00:52:04.87		02:18:32.56

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	227/244	149/160	336	Cole Rokke	19	M	Fargo	ND	00:18:32.56	01:28:30.65	00:50:49.32		02:42:40.52

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Overall Division Results

Long Individual

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	57/244	9/84	301	Lucy Ramquist	21	F	River Falls	WI	00:14:25.18	01:00:22.29	00:35:18.09		01:56:09.91
2	61/244	10/84	300	Katie Oden	21	F	Buffalo	MN	00:15:08.49	01:02:17.48	00:35:35.37		01:56:38.60
3	96/244	16/84	302	Kaelyn Williams	20	F	Golden Valley	MN	00:19:32.43	01:06:17.54	00:36:07.50		02:05:50.35

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	52/244	44/160	335	Gage Sachs	20	M	Duluth	MN	00:18:27.31	01:02:42.37	00:29:17.06		01:55:44.84
2	132/244	98/160	334	Derek Docherty	20	M	Buffalo	MN	00:19:13.71	01:08:12.24	00:43:57.19		02:15:37.96
3	135/244	100/160	333	Sean Devine	21	M	Eden Prairie	MN	00:19:49.75	01:03:36.80	00:46:32.65		02:15:47.21

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	165/244	47/84	295	Angela Larson	29	F	Circle Pines	MN	00:19:24.61	01:09:53.39	00:47:35.98		02:22:19.38
2	212/244	71/84	337	Rachel Stein	29	F	Kimball	MN	00:23:55.66	01:13:07.89	00:52:05.80		02:34:55.48
3	219/244	74/84	296	Lisa Stein	26	F	Bozeman	MT	00:23:52.59	01:18:31.72	00:49:18.85		02:36:41.80

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	15/244	15/160	338	Chris Frisch	29	M	Rochester	MN	00:13:42.18	00:51:31.96	00:35:01.54		01:44:42.02
2	41/244	34/160	320	Brian Glaeser	29	M	Somerset	WI	00:15:40.32	00:55:42.90	00:35:20.42		01:52:35.64
3	43/244	36/160	328	Mitch Brekke	25	M	Hartland	MN	00:16:40.51	00:53:25.11	00:39:02.95		01:53:07.46

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	99/244	18/84	233	Jessica Reisner	31	F	Minnnetonka	MN	00:15:56.63	01:01:55.29	00:44:13.67		02:06:53.94
2	137/244	36/84	285	Jessica Isabella	30	F	Burnsville	MN	00:18:40.81	01:11:08.64	00:42:33.04		02:16:24.16
3	154/244	39/84	228	Kris Nord	34	F	Buffalo	MN	00:17:06.40	01:07:48.85	00:48:04.55		02:19:50.02

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Overall Division Results

Long Individual

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	26/244	22/160	310	Ryan Welle	33	M	Bemidji	MN	00:13:40.20	00:54:07.93	00:35:44.41		01:47:05.37
2	35/244	30/160	339	Josh Mork	31	M	Arden Hills	MN	00:11:56.69	00:54:48.89	00:39:39.07		01:50:34.86
3	36/244	31/160	313	Jason Neumann	32	M	St. Cloud	MN	00:15:03.78	00:54:03.02	00:38:20.92		01:51:21.21

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	84/244	14/84	218	Susan Hilal	38	F	Plymouth	MN	00:15:14.98	01:01:50.24	00:41:58.27		02:02:43.26
2	106/244	21/84	287	Cortney Peterson	38	F	St. Louis Park	MN	00:16:17.85	01:01:10.97	00:47:13.15		02:09:04.64
3	123/244	29/84	224	Brooke Baeth	35	F	Spicer	MN	00:17:20.85	01:09:29.91	00:41:14.77		02:12:50.74

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/244	16/160	279	Scott Swenson	35	M	St Louis Park	MN	00:13:46.04	00:53:23.36	00:35:02.03		01:45:27.67
2	23/244	20/160	274	Matthew Trok	37	M	Maple Grove	MN	00:14:02.56	00:54:35.20	00:33:42.96		01:46:07.44
3	31/244	26/160	271	Rick Dehn	38	M	East Bethel	MN	00:14:22.49	00:54:14.30	00:37:00.17		01:49:16.84

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/244	7/84	141	Veronica Bond	42	F	Rochester	MN	00:14:11.27	00:56:18.71	00:38:36.94		01:52:27.91
2	50/244	8/84	210	Tracie Kent	40	F	Eden Prairie	MN	00:16:32.58	00:55:58.71	00:39:50.18		01:55:30.70
3	62/244	11/84	146	Juli Currie	42	F	Chanhassen	MN	00:15:15.46	00:58:09.80	00:39:42.10		01:56:57.05

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	13/244	13/160	245	Corey Binnebose	44	M	New Berlin	WI	00:14:13.10	00:50:07.02	00:33:21.71		01:41:15.13
2	18/244	17/160	240	Derek Rogers	44	M	Edina	MN	00:13:13.25	00:53:35.06	00:35:41.26		01:45:33.75
3	28/244	23/160	246	Don Steenson	43	M	Plymouth	MN	00:12:02.21	00:56:19.72	00:36:13.02		01:48:33.88

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Overall Division Results

Long Individual

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	97/244	17/84	124	Kitty Earl-Torniainen	46	F	St. Paul	MN	00:19:32.45	01:02:53.33	00:39:55.55		02:05:53.04
2	108/244	23/84	91	Kris Ridler	47	F	Chaska	MN	00:13:27.22	01:06:42.33	00:44:39.24		02:09:51.74
3	130/244	34/84	93	Dlee Dreyer	45	F	Minneapolis	MN	00:18:32.20	01:05:32.92	00:44:52.66		02:14:24.34

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	22/244	19/160	188	Randy Peterson	48	M	Northfield	MN	00:13:58.16	00:53:34.08	00:35:09.33		01:46:00.51
2	24/244	21/160	192	Ian Nemerov	48	M	Edina	MN	00:14:09.46	00:51:49.37	00:36:33.37		01:46:07.48
3	44/244	37/160	191	Sean Finn	48	M	Savage	MN	00:16:09.66	00:57:29.50	00:36:09.12		01:53:08.46

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	65/244	13/84	75	Eileen Bonnert	52	F	Apple Valley	MN	00:15:24.56	01:00:29.18	00:37:30.61		01:57:58.33
2	111/244	24/84	72	Judy Murray	54	F	Sartell	MN	00:18:12.91	01:01:21.66	00:46:26.04		02:10:30.28
3	112/244	25/84	77	Cindy Crawford	51	F	Deephaven	MN	00:16:48.13	01:03:39.47	00:46:47.64		02:10:49.04

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/244	18/160	175	Andy Clark	51	M	Northfield	MN	00:12:25.47	00:54:17.46	00:36:00.65		01:45:41.58
2	30/244	25/160	160	Scott Ransom	54	M	Golden Valley	MN	00:13:26.99	00:52:40.00	00:39:39.99		01:48:51.08
3	33/244	28/160	169	Brian Lavelle	52	M	Chaska	MN	00:14:05.53	00:52:00.68	00:40:31.20		01:50:02.11

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	104/244	20/84	68	Helen Gunther	57	F	Excelsior	MN	00:15:43.83	01:02:29.43	00:45:59.90		02:07:45.33
2	107/244	22/84	69	Carolyn Milbrath	56	F	Hudson	WI	00:15:47.42	01:03:45.14	00:46:47.43		02:09:33.13
3	125/244	30/84	71	Diane Stoller	55	F	Maple Grove	MN	00:21:10.82	01:00:59.38	00:47:03.63		02:13:36.73

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Overall Division Results

Long Individual

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	32/244	27/160	116	Dale Forde	56	M	Golden Valley	MN	00:14:20.72	00:55:52.09	00:35:45.71		01:49:16.85
2	45/244	38/160	120	Rick Christenson	56	M	Roseville	MN	00:18:23.82	00:50:19.38	00:40:33.33		01:53:09.69
3	54/244	46/160	121	Michael Murray	55	M	Sartell	MN	00:16:14.75	00:56:05.12	00:40:29.84		01:56:01.80

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/244	15/84	63	Pam Stevens	61	F	Sartell	MN	00:15:42.55	00:58:38.01	00:45:29.94		02:03:17.34
2	159/244	43/84	60	Lisa Wheeler	63	F	Bloomington	MN	00:20:19.72	01:08:31.88	00:48:32.09		02:21:12.76
3	182/244	52/84	61	Deb Roberts	63	F	Nisswa	MN	00:17:50.05	01:08:43.67	00:57:08.48		02:27:13.11

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	51/244	43/160	107	Leonard Klun	60	M	Maple Plain	MN	00:14:37.42	00:58:47.22	00:38:12.03		01:55:42.03
2	82/244	69/160	128	Byran Swenson	60	M	Big Lake	MN	00:18:20.43	00:58:31.68	00:42:31.56		02:02:08.90
3	145/244	108/160	101	Rick E. Wheeler	63	M	Bloomington	MN	00:18:35.48	01:06:34.41	00:48:49.09		02:18:15.02

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	203/244	138/160	100	Jerry House	66	M	Woodbury	MN	00:22:46.85	01:14:25.69	00:45:53.14		02:32:02.76
2	234/244	155/160	99	Bruce Ellington	67	M	Eagan	MN	00:20:17.06	01:14:12.56	01:07:01.96		02:48:00.56
3	240/244	158/160	98	James Barthel	67	M	Dellwood	MN	00:24:47.69	01:25:49.39	01:00:38.62		03:02:35.96

Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	139/244	103/160	97	Daryl Stevens	71	M	Sartell	MN	00:19:41.40	00:59:25.32	00:53:41.10		02:17:06.48
2	221/244	146/160	96	Steve Paladie	71	M	Plymouth	MN	00:20:20.72	01:13:33.04	00:59:26.59		02:38:29.02
3	228/244	150/160	127	Fred Roethlisberger	71	M	River Falls	WI	00:22:58.90	01:19:33.59	00:53:04.28		02:43:13.64

Heart of the Lakes Triathlon

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Overall Division Results

Long Team

Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	1/13	49	University Of Northwestern	Shoreview	MN	00:11:49.08	00:54:07.21	00:45:31.37		01:54:22.09
2	2/13	43	Comfortably Numb	St. Paul	MN	00:13:55.20	01:03:16.32	00:38:19.10		01:58:32.00
3	3/13	37	French Toast Mafia	Plymouth	MN	00:14:40.05	01:12:07.60	00:32:56.15		02:02:10.91