

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 Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/244	4/84	20	Kortney Haag	35	F	Maple Grove	MN	00:15:14.49	00:53:28.71	00:35:10.38		01:46:12.33
2	27/244	5/84	17	Bridget Mccoy	30	F	South Haven	MN	00:12:18.12	00:55:45.38	00:37:25.03		01:47:28.89
3	63/244	12/84	11	Christel Kippenhan	49	F	St Paul	MN	00:15:01.61	01:00:03.03	00:39:49.83		01:57:06.50

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July 20, 2014

Overall Division Results

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Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/244	4/160	26	Brooks Grossinger	37	M	Mayer	MN	00:14:28.16	00:47:23.23	00:29:55.93		01:33:31.33
2	5/244	5/160	21	Josh Blankenheim	33	M	Richfield	MN	00:14:18.73	00:48:11.38	00:29:36.16		01:34:03.95
3	7/244	7/160	8	Kevin Oconnor	43	M	Duluth	MN	00:12:57.80	00:48:41.66	00:32:24.96		01:35:56.41
4	8/244	8/160	25	Bennett Isabella	31	M	Burnsville	MN	00:14:52.17	00:49:01.23	00:30:24.54		01:36:19.01
5	9/244	9/160	14	Philip English	22	M	Bloomington	MN	00:11:47.17	00:52:40.77	00:32:34.81		01:38:56.09
6	10/244	10/160	6	Nate Hoffman	31	M	Minnetonka	MN	00:18:04.17	00:50:15.44	00:29:07.90		01:39:29.35
7	11/244	11/160	23	Steve Sander	35	M	Chanhassen	MN	00:14:20.49	00:49:12.42	00:34:06.63		01:39:41.95
8	12/244	12/160	4	Brett Lovaas	39	M	White Bear Lake	MN	00:12:19.20	00:51:06.95	00:34:25.52		01:39:43.59
9	14/244	14/160	3	Tony Schiller	56	M	St. Louis Park	MN	00:14:04.29	00:51:07.76	00:35:07.46		01:42:28.30
10	60/244	51/160	16	Eben Spencer	34	M	Duluth	MN	00:18:04.81	00:53:47.97	00:42:11.26		01:56:23.69

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

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
4	133/244	35/84	299	Amy Spitzmueller	22	F	New Brighton	MN	00:17:18.88	01:08:41.23	00:44:24.68		02:15:41.95
5	187/244	55/84	297	Emma Adriaens	24	F	Plymouth	MN	00:28:14.47	01:08:21.44	00:46:09.44		02:28:27.19
6	209/244	69/84	303	Kimberly Moy	20	F	Cokato	MN	00:16:31.98	01:14:52.18	00:56:36.92		02:33:41.00

Heart of the Lakes Triathlon

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Long Individual

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
4	151/244	113/160	330	Tim Bartness	24	M	Hartland	MN	00:19:16.48	01:05:54.92	00:49:01.24		02:19:07.97
5	152/244	114/160	331	Alec Fotsch	22	M	Minneapolis	MN	00:22:26.21	01:04:23.42	00:45:35.29		02:19:08.85

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
4	55/244	47/160	324	Tyler Ruggles	27	M	Madison	WI	00:16:03.44	00:55:41.62	00:36:48.88		01:56:07.60
5	78/244	65/160	326	Joe Adriaens	26	M	Plymouth	MN	00:15:13.26	01:00:18.84	00:41:39.98		02:01:29.00
6	117/244	91/160	325	Kyle Srivastava	26	M	Atlanta	GA	00:15:26.92	01:09:59.78	00:41:14.83		02:11:56.39
7	161/244	117/160	319	Dan Bauman	29	M	New Hope	MN	00:18:34.05	01:06:55.98	00:50:14.58		02:21:28.75
8	215/244	143/160	323	Steve Peery	27	M	Madison	WI	00:23:47.24	01:18:50.88	00:48:08.33		02:35:54.46
9	216/244	144/160	321	Mark Lenling	29	M	Glenwood	MN	00:31:56.14	01:04:22.60	00:52:10.35		02:36:13.68
10	232/244	153/160	327	Alexander Helwig	26	M	Minneapolis	MN	00:21:44.52	01:26:22.95	00:49:23.71		02:44:44.24
11	239/244	157/160	322	Joseph Pickard	28	M	Minneapolis	MN	00:28:30.63	01:29:53.30	00:53:46.39		02:58:47.17

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Long Individual

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	Minnetonka	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
4	213/244	72/84	234	Chelsie Binsfeld	30	F	St.cloud	MN	00:16:14.00	01:14:15.04	00:58:39.95		02:35:01.87
5	217/244	73/84	231	Melissa Jacobsen	32	F	Montrose	MN	00:12:48.53	01:23:11.42	00:54:55.55		02:36:32.51
6	222/244	76/84	235	Heidi Meulners	30	F	Crystal	MN	00:18:39.18	01:09:23.03	01:01:39.95		02:38:30.62
7	235/244	80/84	229	Lindsay Mcfarlane	33	F	Maple Grove	MN	00:22:03.63	01:11:05.22	01:10:41.98		02:49:31.05
8	237/244	81/84	236	Sarah Wiljamaa	30	F	St. Paul	MN	00:24:56.47	01:28:02.08	00:55:08.74		02:54:09.80

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
4	59/244	50/160	316	Tim Larson	31	M	Circle Pines	MN	00:15:17.04	00:57:16.15	00:39:26.87		01:56:15.23
5	73/244	60/160	315	Nick Lodien	32	M	Minneapolis	MN	00:15:41.96	00:56:49.46	00:41:10.83		02:00:18.18
6	171/244	121/160	314	Timothy Urban	32	M	New Brighton	MN	00:21:28.33	01:10:17.04	00:47:11.02		02:23:50.66
7	179/244	128/160	306	Jeff Doughty	34	M	Maple Plain	MN	00:15:47.88	01:12:07.06	00:51:13.81		02:25:37.83
8	188/244	133/160	340	Oliver Ross	32	M	Saint Paul	MN	00:21:17.02	01:07:35.39	00:49:18.77		02:28:30.71
9	206/244	139/160	318	Andrew Ortquist	30	M	Lakeville	MN	00:22:23.96	01:17:23.05	00:47:30.63		02:32:58.87
10	214/244	142/160	311	Jeff Trinh-Sy	33	M	Minneapolis	MN	00:25:24.33	01:11:33.49	00:52:39.81		02:35:31.76

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Overall Division Results

Long Individual

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
4	160/244	44/84	226	Sarah Fowler	35	F	Saint Paul	MN	00:16:46.04	01:09:38.42	00:49:20.50		02:21:25.13
5	178/244	51/84	220	Anna Duray	37	F	Edina	MN	00:17:21.74	01:11:15.98	00:51:12.70		02:25:34.66
6	189/244	56/84	222	Gretchen Langbehn	36	F	South Haven	MN	00:20:03.42	01:11:47.59	00:51:16.10		02:28:49.01
7	191/244	58/84	291	Betsy Grame	38	F	Chanhassen	MN	00:14:28.89	01:12:43.45	00:50:48.58		02:28:50.22
8	192/244	59/84	221	Paige Von Bank	37	F	Corcoran	MN	00:20:34.92	01:12:11.31	00:50:03.77		02:29:13.09
9	196/244	62/84	227	Esther Dixon	35	F	Zimmerman	MN	00:19:59.35	01:14:11.27	00:48:33.33		02:29:44.28
10	202/244	65/84	223	Lisa Bizzell	36	F	San Antonio	TX	00:21:38.97	01:06:39.98	00:57:43.33		02:31:51.91
11	207/244	68/84	286	Christina Lysen	35	F	Sartell	MN	00:21:24.92	01:16:11.32	00:49:34.75		02:33:07.12

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
4	64/244	52/160	276	Eric Klimpke	37	M	Maple Grove	MN	00:16:00.24	00:59:34.21	00:37:06.33		01:57:15.58
5	69/244	56/160	270	Brian Ross	38	M	Shorewood	MN	00:14:46.12	00:57:54.22	00:43:23.35		01:59:52.28
6	74/244	61/160	268	David Berntson	38	M	Annandale	MN	00:19:33.58	01:00:29.42	00:37:04.92		02:01:04.04
7	77/244	64/160	283	Christos Jensen	35	M	Montrose	MN	00:17:00.07	01:05:49.05	00:34:25.63		02:01:24.02
8	83/244	70/160	282	Chris Swee	35	M	West Fargo	ND	00:12:41.13	01:01:38.86	00:44:16.71		02:02:33.51
9	85/244	71/160	273	Eric Bergstrom	37	M	Eden Prairie	MN	00:15:39.56	00:56:52.21	00:46:07.13		02:03:17.06
10	98/244	81/160	280	Brandon Newman	35	M	Shorewood	MN	00:17:25.93	01:02:01.64	00:42:39.34		02:06:25.95
11	105/244	85/160	267	Lance Westerlund	39	M	Saint Stephen	MN	00:15:46.25	01:01:36.02	00:46:06.89		02:08:22.21
12	113/244	88/160	292	James Fisher	37	M	Plymouth	MN	00:21:54.69	00:59:44.44	00:45:12.49		02:11:08.77
13	128/244	96/160	281	Matt Thell	35	M	Plymouth	MN	00:17:37.42	01:08:07.41	00:42:50.56		02:13:55.77
14	198/244	135/160	265	Previn Solberg	39	M	Blaine	MN	00:19:22.18	01:08:44.24	00:57:14.62		02:30:12.50
15	211/244	141/160	275	Greg Hartley	37	M	Ham Lake	MN	00:21:29.25	01:12:30.39	00:54:12.10		02:34:40.44
16	223/244	147/160	269	Heath Sneller	38	M	Kimball	MN	00:25:08.13	01:12:48.07	00:56:54.30		02:39:18.51
17	233/244	154/160	284	Steve Carlson	35	M	Minneapolis	MN	00:16:43.74	01:18:53.19	01:01:45.06		02:45:20.28

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Overall Division Results

Long Individual

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
4	101/244	19/84	140	Angela Jordahl	42	F	Big Lake	MN	00:18:20.79	01:03:06.68	00:42:16.42		02:07:16.17
5	118/244	27/84	153	Carolyn Tuohy	40	F	Minneapolis	MN	00:18:03.62	01:05:35.96	00:44:23.85		02:12:18.02
6	122/244	28/84	136	Brook Wheeler	43	F	Maple Grove	MN	00:16:54.92	01:06:28.47	00:44:19.91		02:12:40.75
7	127/244	32/84	138	Megan Maury	43	F	St Paul	MN	00:15:04.45	01:07:07.37	00:46:36.40		02:13:55.60
8	129/244	33/84	134	Tracy Sik	44	F	Willmar	MN	00:18:34.27	01:10:04.80	00:40:02.54		02:14:15.46
9	156/244	41/84	147	Judy Olstad	41	F	Minneapolis	MN	00:17:25.41	01:05:24.43	00:52:27.05		02:20:05.84
10	157/244	42/84	144	Carla Nordenstrom	42	F	Blaine	MN	00:15:56.10	01:09:11.69	00:50:44.64		02:20:30.79
11	163/244	45/84	137	Debbie Christian	43	F	Buffalo	MN	00:19:00.76	01:05:28.98	00:52:33.26		02:21:55.27
12	164/244	46/84	143	Jessica Constant	42	F	Champlin	MN	00:21:28.25	01:07:50.43	00:48:22.00		02:22:03.21
13	184/244	54/84	206	Zyvonne Langan	44	F	Hutchinson	MN	00:23:40.67	01:11:56.24	00:46:52.37		02:27:49.88
14	195/244	61/84	148	Cristin Bleess	41	F	Castle Rock	CO	00:19:23.22	01:13:08.73	00:51:50.41		02:29:35.32
15	210/244	70/84	142	Amy Blixt	42	F	Colorado Springs	CO	00:19:26.20	01:17:10.90	00:51:44.26		02:33:52.34
16	220/244	75/84	149	Aida Weber	41	F	Plymouth	MN	00:24:59.59	01:16:09.67	00:47:06.10		02:37:40.48
17	226/244	78/84	139	Aimee Schaefer Kueppers	43	F	Vadnais Heights	MN	00:21:32.21	01:25:20.75	00:48:25.38		02:42:07.23

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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
4	29/244	24/160	254	Thomas Bisel	42	M	Northfield	MN		00:53:43.30	00:36:52.69		01:48:48.76
5	37/244	32/160	260	Jeremy Thompson	40	M	Maple Grove	MN	00:15:01.93	00:52:32.25	00:39:42.20		01:51:26.98
6	39/244	33/160	247	Michael Olson	43	M	Savage	MN	00:14:39.63	00:56:00.15	00:36:33.30		01:51:52.75
7	46/244	39/160	244	Tim Huntley	44	M	Hudson	WI	00:13:40.69	00:58:43.35	00:38:35.36		01:54:40.36
8	48/244	41/160	241	Greg Davenport	44	M	St. Paul	MN	00:13:17.12	00:55:59.69	00:41:05.26		01:55:19.96
9	49/244	42/160	261	Mike Wayman	40	M	Ramsey	MN	00:16:01.91	00:53:49.50	00:41:11.18		01:55:20.06
10	56/244	48/160	258	Christopher Hawes	40	M	Minneapolis	MN	00:14:27.08	00:55:18.67	00:41:45.60		01:56:08.45
11	66/244	53/160	263	Kenneth Mcfarlane	40	M	Columbia Heights	MN	00:17:12.92	00:56:00.79	00:39:47.69		01:57:59.48
12	71/244	58/160	257	Christian Twigg	41	M	Minneapolis	MN	00:16:02.15	00:58:05.56	00:42:19.30		02:00:07.66
13	72/244	59/160	248	Lance Hauge	43	M	Minneapolis	MN	00:14:47.47	00:59:21.02	00:40:49.34		02:00:08.05
14	76/244	63/160	290	Gregory Bond	43	M	Rochester	MN	00:17:31.90	00:58:18.25	00:41:22.32		02:01:18.18
15	80/244	67/160	251	Joe Ryan	42	M	Rochester	MN	00:18:35.56	01:02:30.99	00:36:17.77		02:02:02.57
16	81/244	68/160	252	Jeff Blixt	42	M	Colorado Springs	CO	00:16:17.09	00:57:52.93	00:40:15.64		02:02:04.15
17	88/244	73/160	264	Clinton Smith	40	M	Hanover	MN	00:18:38.68	00:57:59.55	00:42:58.21		02:03:56.82
18	89/244	74/160	288	Carl Krause	43	M	Byron	MN	00:17:00.48	00:59:05.30	00:42:20.52		02:03:59.57
19	114/244	89/160	250	Mark Hartley	42	M	Inver Grove Heights	MN	00:18:34.48	01:00:39.86	00:46:31.83		02:11:23.85
20	115/244	90/160	253	Trevor Windel	42	M	St. Michael	MN	00:22:00.53	01:03:01.09	00:41:11.72		02:11:26.04
21	146/244	109/160	243	Thomas Laberge	44	M	Blaine	MN	00:15:36.27	01:07:27.75	00:49:37.34		02:18:24.28
22	147/244	110/160	262	Brian Hegrenes	40	M	Albertville	MN	00:18:55.08	01:05:56.07	00:46:52.80		02:18:31.68
23	174/244	124/160	289	Tom Vasterling	40	M	Eagan	MN	00:17:26.65	01:10:52.68	00:50:22.84		02:24:17.13
24	176/244	126/160	255	Mark Wagner	41	M	Minnetonka	MN	00:16:30.00	01:09:03.79	00:52:16.86		02:24:39.51
25	186/244	132/160	238	Bill Currie	44	M	Chanhassen	MN	00:13:49.47	01:00:42.65	01:05:26.24		02:28:05.44
26	194/244	134/160	249	Matt Honsey	42	M	Annandale	MN	00:25:53.42	01:10:20.20	00:49:37.54		02:29:34.18
27	201/244	137/160	256	Jeramy Bizzell	41	M	San Antonio	TX	00:17:57.37	01:09:34.72	00:57:43.18		02:31:51.85

Heart of the Lakes Triathlon

July 20, 2014

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
4	166/244	48/84	94	Leanne Ritz	45	F	Maple Grove	MN	00:16:31.69	01:04:56.13	00:55:57.79		02:22:32.90
5	168/244	49/84	88	Beth Wengler	48	F	St. Cloud	MN	00:18:21.67	01:04:06.13	00:55:31.48		02:23:08.18
6	170/244	50/84	125	Laura Hjort	47	F	Elk River	MN	00:22:03.92				02:23:45.00
7	197/244	63/84	89	Beckie Perkins	48	F	Apple Valley	MN	00:20:59.73	01:07:47.51	00:57:08.21		02:30:06.63
8	199/244	64/84	95	Pamela Gajdosik	45	F	Minneapolis	MN	00:19:50.94	01:11:08.94	00:53:41.17		02:30:12.68
9	205/244	67/84	92	Carol Osterhus	45	F	Minnetonka	MN	00:18:33.47	01:17:57.66	00:51:07.56		02:32:45.71
10	225/244	77/84	86	Brenda Carriere	49	F	Brooklyn Center	MN	00:16:17.86	01:12:37.34	01:05:27.70		02:40:46.49
11	238/244	82/84	90	Jennifer Katz	48	F	Plymouth	MN	00:23:20.89	01:19:46.23	01:08:28.81		02:57:00.70
12	244/244	84/84	85	Janelle Ranek	49	F	Minneapolis	MN	00:26:39.04	01:26:01.60	01:09:50.23		03:08:09.08

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Long Individual

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
4	47/244	40/160	202	Keith Thompson	45	M	Annanadale	MN	00:16:11.19	00:58:43.57	00:36:19.90		01:55:18.80
5	53/244	45/160	200	Jeff Winter	46	M	Edina	MN	00:15:32.74	00:56:09.37	00:39:49.98		01:55:47.30
6	58/244	49/160	189	Andy Leier	48	M	Shakopee	MN	00:16:22.92	00:55:48.08	00:39:28.16		01:56:15.18
7	67/244	54/160	208	Christopher Ludwig	45	M	Eden Prairie	MN	00:21:06.12	00:55:19.14	00:38:09.14		01:58:25.59
8	70/244	57/160	199	Peter Hagen	46	M	Apple Valley	MN	00:13:27.04	00:59:47.36	00:43:18.35		01:59:56.67
9	75/244	62/160	182	Mark Augdahl	49	M	Chaska	MN	00:14:48.69	01:00:50.83	00:41:03.92		02:01:15.31
10	79/244	66/160	186	Dustin Warner	48	M	Eden Prairie	MN	00:16:00.26	00:58:59.85	00:43:23.55		02:01:33.24
11	87/244	72/160	194	Dan Hauck	47	M	Cedar	MN	00:15:03.43	01:07:49.86	00:36:02.60		02:03:55.35
12	90/244	75/160	196	Todd Sullwold	46	M	Minnetrissa	MN	00:15:39.30	01:00:35.64	00:43:11.42		02:04:01.92
13	93/244	78/160	205	Mike Hurley	45	M	Edina	MN	00:16:27.13	01:03:02.25	00:41:00.08		02:05:15.51
14	95/244	80/160	190	Kirk Gassen	48	M	Mayer	MN	00:19:08.83	00:58:15.17	00:42:10.45		02:05:30.02
15	100/244	82/160	185	Ken Peters	48	M	Woodbury	MN	00:14:36.49	01:02:13.24	00:45:20.10		02:07:10.23
16	102/244	83/160	201	Tim Jette	46	M	Maple Grove	MN	00:17:08.62	01:03:40.34	00:41:22.72		02:07:19.40
17	103/244	84/160	204	Michael Hageman	45	M	Ramsey	MN	00:19:05.62	01:00:13.18	00:42:47.93		02:07:32.38
18	110/244	87/160	198	Kurt Bruhn	46	M	Buffalo	MN	00:18:12.14	00:59:53.80	00:44:08.70		02:10:28.81
19	119/244	92/160	197	Darrick Zarling	46	M	Vadnais Heights	MN	00:18:16.06	01:01:54.90	00:47:30.78		02:12:22.75
20	131/244	97/160	180	Jeff Walters	49	M	Golden Valley	MN	00:13:26.55	01:05:55.64	00:49:29.54		02:15:28.28
21	134/244	99/160	187	Tim Goodyear	48	M	Minnetonka	MN	00:15:30.86	01:08:58.43	00:45:58.20		02:15:43.74
22	136/244	101/160	184	Kevin Jones	49	M	Britton	SD	00:20:56.57	01:00:17.49	00:48:57.45		02:16:17.71
23	141/244	105/160	203	Randall L Strenge	45	M	Buffalo	MN	00:19:33.47	01:05:28.64	00:45:36.22		02:17:36.61
24	167/244	119/160	181	Steven Gallagher	49	M	Minneapolis	MN	00:16:51.99	01:06:40.29	00:53:13.10		02:22:35.79
25	169/244	120/160	183	Ken Saddler	49	M	Chanhassen	MN	00:16:24.27	01:04:09.67	00:57:54.01		02:23:22.39
26	236/244	156/160	195	Allen Weis	46	M	Delano	MN	00:25:57.50	01:12:09.04	01:07:33.61		02:51:35.42

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Long Individual

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
4	116/244	26/84	83	Colleen Lavelle	50	F	Iowa City	IA	00:18:05.57	01:06:17.65	00:43:28.37		02:11:35.31
5	126/244	31/84	74	Mary Januschka	53	F	Cambridge	MN	00:19:41.30	01:03:32.15	00:44:39.18		02:13:53.74
6	155/244	40/84	81	Bethann Barankovich	50	F	Mpls	MN	00:16:17.89	01:12:11.11	00:46:26.15		02:20:02.33
7	193/244	60/84	78	Joan Ramquist	50	F	River Falls	WI	00:14:18.52	01:14:32.37	00:51:35.00		02:29:25.27
8	204/244	66/84	76	Lori Woodfield	52	F	Victoria	MN	00:15:15.95	01:15:20.63	00:56:46.42		02:32:04.59

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Long Individual

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
4	34/244	29/160	209	Kirk Vesterstein	52	M	Wayzata	MN	00:16:15.85	00:54:11.90	00:36:18.57		01:50:15.78
5	42/244	35/160	167	Jp Fahey	52	M	Norwood	MN	00:15:42.14	00:55:35.06	00:38:09.33		01:52:37.86
6	68/244	55/160	170	Drew Frakes	52	M	St Louis Park	MN	00:18:02.60	00:56:01.14	00:40:19.62		01:58:35.01
7	91/244	76/160	162	Greg Becker	52	M	St.michael	MN	00:19:15.27	00:58:24.81	00:41:37.45		02:04:36.47
8	92/244	77/160	172	Tim Woodfield	51	M	Victoria	MN	00:15:37.24	00:59:54.62	00:45:19.83		02:04:55.44
9	109/244	86/160	207	William Hjort	51	M	Elk River	MN	00:15:08.24	01:05:28.62	00:43:50.75		02:10:09.93
10	120/244	93/160	161	David Thoma	53	M	Annandale	MN	00:14:43.26	01:03:02.65	00:50:24.28		02:12:26.38
11	121/244	94/160	163	Mark Getty	52	M	Plymouth	MN	00:21:33.77	01:04:14.93	00:42:21.70		02:12:37.79
12	124/244	95/160	168	Michael Shanahan	52	M	Watertown	MN	00:18:00.31	01:01:27.68	00:49:44.27		02:12:57.14
13	140/244	104/160	173	David Bullard	51	M	Colorado Springs	CO	00:17:53.11	01:06:57.62	00:47:08.57		02:17:18.45
14	142/244	106/160	177	Bryan Pohl	51	M	Golden Valley	MN	00:17:24.30	01:04:00.28	00:49:22.86		02:18:00.72
15	143/244	107/160	164	Mark Falzone	52	M	Chanhassen	MN	00:17:53.14	01:07:16.50	00:46:13.77		02:18:04.63
16	150/244	112/160	158	Carl Hoang	54	M	Maple Grove	MN	00:19:04.76	01:01:32.59	00:53:14.61		02:19:05.75
17	175/244	125/160	171	Craig Olsen	51	M	Inver Grove Heights	MN	00:19:20.43	01:08:08.38	00:50:22.60		02:24:18.73
18	177/244	127/160	155	Brett Oden	54	M	Buffalo	MN	00:18:33.18	01:11:42.03	00:47:00.57		02:24:54.98
19	180/244	129/160	178	Dan Sutton	50	M	Minneapolis	MN	00:22:54.58	01:05:47.78	00:51:03.57		02:25:38.12
20	200/244	136/160	166	Tony Brown	52	M	Lakeville	MN	00:19:13.84	01:06:37.39	00:58:28.85		02:31:05.57
21	208/244	140/160	156	Kenneth Katz	54	M	Plymouth	MN	00:21:59.00	01:09:57.86	00:54:46.98		02:33:29.02
22	229/244	151/160	165	Kevin Cashman	52	M	Minnetrista	MN	00:27:46.83	01:11:21.72	00:56:42.21		02:43:58.59
23	231/244	152/160	159	Matt Vanhoomissen	54	M	Prior Lake	MN	00:23:32.20	01:11:23.36	01:01:36.66		02:44:36.07
24	242/244	160/160	154	Chuck Wagner	54	M	Minnetonka	MN	00:24:03.76	01:19:12.93	01:13:25.93		03:05:18.30

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Long Individual

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
4	144/244	37/84	66	Susan Holt	58	F	Plymouth	MN	00:16:21.52	01:05:43.72	00:51:44.40		02:18:07.56
5	190/244	57/84	67	Gale Tinglov	57	F	St.cloud	MN	00:15:59.38	01:12:13.21	00:56:14.02		02:28:49.19
6	230/244	79/84	65	Diane Claeys	58	F	St. Louis Park	MN	00:23:23.64	01:12:53.87	01:02:21.83		02:44:28.57

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
4	94/244	79/160	115	Arthur Gorr	56	M	Buffalo	MN	00:18:44.61	00:58:26.30	00:43:38.71		02:05:20.35
5	138/244	102/160	119	Gregg Garretson	56	M	Lakeville	MN	00:15:37.70	01:01:55.42	00:54:49.21		02:16:45.53
6	149/244	111/160	118	Duane Pullins	56	M	Maple Lake	MN	00:20:12.12	01:00:46.89	00:53:06.76		02:18:48.36
7	162/244	118/160	112	Peter Tabor	57	M	Minneapolis	MN	00:15:20.92	01:00:36.69	00:56:05.01		02:21:52.00
8	172/244	122/160	114	Mark Heitkamp	57	M	St. Louis Park	MN	00:18:22.65	01:04:38.45	00:54:07.99		02:24:08.61
9	173/244	123/160	117	Jay Lawton	56	M	Willmar	MN	00:21:13.42	01:12:21.50	00:43:52.83		02:24:10.74
10	181/244	130/160	123	Gregor Macdonald	55	M	Chanhassen	MN	00:23:22.87	01:08:28.98	00:50:04.71		02:26:29.64
11	185/244	131/160	129	Mark Rauschenfels	58	M	Duluth	MN	00:18:33.07	01:04:57.35	00:59:30.84		02:28:01.04
12	224/244	148/160	108	Walter Milbrath	59	M	Hudson	WI	00:19:26.39	01:12:09.06	01:04:09.84		02:40:33.57

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
4	183/244	53/84	126	Connie Foster	63	F	River Falls	WI	00:18:41.47	01:13:57.44	00:49:42.32		02:27:19.32
5	243/244	83/84	62	Susan Anderson	61	F	Excelsior	MN	00:20:43.78	01:26:20.47			03:07:54.61

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Long Individual

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
4	153/244	115/160	105	Doug Jones	61	M	St. Louis Park	MN	00:19:20.99	01:05:44.61	00:49:05.52		02:19:17.88
5	158/244	116/160	106	Bruce Stroebe	61	M	Prior Lake	MN	00:14:41.46	01:08:45.21	00:51:50.09		02:20:39.60
6	218/244	145/160	102	David Heffernan	63	M	Minneapolis	MN	00:23:10.77	01:10:46.31	00:55:45.95		02:36:39.08
7	241/244	159/160	104	John Vogt	62	M	Spring Park	MN	00:28:37.48	01:21:38.71	01:06:07.29		03:05:01.53

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

July 20, 2014

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
4	4/13	42	Solejourner #5	Minneapolis	MN	00:19:38.19	01:02:15.13	00:43:11.87		02:08:11.33
5	5/13	48	Affiliates Of The Spartans	St Paul	MN	00:11:33.77	01:10:53.31	00:43:44.71		02:09:31.70
6	6/13	38	Nodak Sukker Punch	Bismarck	ND	00:24:39.54	01:00:20.46	00:43:41.23		02:12:37.53
7	7/13	47	Spartans	St Paul	MN	00:15:45.71	01:11:30.83	00:44:48.01		02:14:45.33
8	8/13	40	Solejourner #2	Saint Paul	MN	00:18:46.98	01:06:37.44	00:46:34.31		02:16:06.13
9	9/13	41	Solejourner #3	Eden Prairie	MN	00:20:29.60	01:14:15.89	00:46:12.91		02:24:13.65
10	10/13	51	Team Goulet	Annandale	MN	00:22:28.06	01:12:14.09	00:46:36.13		02:25:40.81
11	11/13	44	Cuties!	Eden Prairie	MN	00:21:13.05	01:05:00.84	00:57:01.28		02:26:48.29
12	12/13	45	Ginger Slaps	Hopkins	MN	00:17:57.59	01:13:02.32	00:55:05.35		02:30:17.99
13	13/13	36	Sweet Tarts	Buffalo	MN	00:25:58.03	01:34:18.89	01:05:05.80		03:10:06.76