

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/393	1/216	787	Nicole Cueno	34	F	Minneapolis	MN	00:07:29.55	00:23:27.02	00:15:56.84		00:49:46.80
2	14/393	2/216	412	Marta Lewinski	41	F	Edina	MN	00:07:40.15	00:23:18.63	00:17:38.75		00:51:58.40
3	16/393	3/216	886	Lauren Steinke	14	F	St Cloud	MN	00:07:00.06	00:26:24.12	00:16:22.01		00:52:11.45

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/393	1/177	475	David Thompson	36	M	Long Lake	MN	00:05:22.26	00:18:51.32	00:00:17.56		00:40:04.37
2	2/393	2/177	849	Greg Dummer	43	M	Minneapolis	MN	00:06:35.41	00:20:59.48	00:15:22.82		00:45:43.94
3	3/393	3/177	401	Andrew Zabel	34	M	Saint Joseph	MN	00:07:45.93	00:21:18.46	00:14:47.25		00:46:33.18

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/393	4/216	410	Karen Bebchuk	47	F	Plymouth	MN	00:07:51.82	00:25:10.71	00:17:47.96		00:53:37.84

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/393	5/177	403	David Goldberg	53	M	Minnetrista	MN	00:06:08.51	00:22:25.93	00:17:27.90		00:49:00.63

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/393	8/216	416	Jane Koch	17	F	Burnsville	MN	00:07:39.48	00:26:07.22	00:19:32.36		00:56:19.34
2	53/393	14/216	858	Brianna Lavelle	16	F	Chaska	MN	00:06:41.52	00:27:33.50	00:21:53.74		00:59:18.63
3	57/393	15/216	540	Allison Crum	16	F	Deerwood	MN	00:06:41.32	00:28:37.83	00:20:41.49		01:00:02.64

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Overall Division Results

Short Individual

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/393	6/177	843	Mitchell Clayton	17	M	Forest Lake	MN	00:06:31.13	00:22:41.17	00:17:16.25		00:49:13.91
2	13/393	12/177	415	Nathan Bich	15	M	Duluth	MN	00:06:51.11	00:23:55.97	00:17:49.42		00:51:57.32
3	44/393	34/177	425	Hunter Warner	14	M	Eden Prairie	MN	00:08:00.60	00:26:48.70	00:18:55.80		00:57:56.35

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	197/393	86/216	793	Jenna Schmitz	20	F	St. Cloud	MN	00:12:22.38	00:29:53.31	00:21:38.41		01:09:39.12
2	201/393	88/216	810	Randa Glazier	22	F	Annandale	MN	00:12:22.46	00:31:23.26	00:22:00.31		01:09:44.76
3	362/393	191/216	615	Allison Harland	24	F	Wheaton	IL	00:11:25.24	00:35:19.66	00:32:46.92		01:26:26.62

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	55/393	41/177	873	Tyler Velin	20	M	Apple Valley	MN	00:11:01.38	00:27:06.11	00:17:46.28		00:59:41.60
2	59/393	43/177	674	Jackson Sullivan	22	M	Waconia	MN	00:08:50.35	00:25:47.95	00:21:06.62		01:00:20.12
3	153/393	99/177	874	Troy Beckman	21	M	Minneapolis	MN	00:09:54.14	00:32:06.86	00:20:41.39		01:07:14.34

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	42/393	10/216	759	Laura Edlund	28	F	Minnesota City	MN	00:09:36.77	00:27:00.91	00:17:29.39		00:57:51.80
2	80/393	22/216	730	Marissa Larson	26	F	Eau Claire	WI	00:08:27.68	00:27:47.65	00:21:08.61		01:01:27.23
3	81/393	23/216	667	Jennifer Nagorski	28	F	Minneapolis	MN	00:09:23.79	00:30:06.80	00:18:32.51		01:01:34.38

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	18/393	15/177	814	Zach Wood	29	M	Maple Grove	MN	00:06:16.14	00:25:27.26	00:18:01.14		00:53:16.68
2	37/393	29/177	899	Christopher Dirkes	25	M	Minneapolis	MN	00:08:29.75	00:25:14.30	00:19:45.90		00:57:13.65
3	38/393	30/177	534	Erik Fagerstrom	25	M	Eagan	MN	00:08:39.67	00:24:40.02	00:20:15.23		00:57:21.07

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Overall Division Results

Short 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	27/393	6/216	889	Nancy Buselmeier	30	F	Buffalo	MN	00:08:44.76	00:26:19.75	00:15:56.17		00:54:37.91
2	39/393	9/216	733	Jennifer Johansen	32	F	Saint Paul	MN	00:08:16.40	00:26:44.77	00:18:59.00		00:57:23.17
3	49/393	12/216	541	Kym Zest	32	F	Minneapolis	MN	00:07:34.95	00:27:46.00	00:19:32.64		00:58:38.55

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/393	4/177	909	Regis Dupont	30	M	Minneapolis	MN	00:07:45.73	00:22:25.31	00:15:55.61		00:48:53.70
2	15/393	13/177	406	Timothy Harmon	34	M	Shakopee	MN	00:09:04.75	00:23:05.51	00:16:53.46		00:52:05.47
3	48/393	37/177	426	Ryan Friesen	31	M	Sauk Rapids	MN	00:08:14.47	00:27:05.56	00:19:42.59		00:58:29.59

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	34/393	7/216	850	Brenda Trok	35	F	Maple Grove	MN	00:07:44.34	00:25:18.46	00:19:49.58		00:56:08.36
2	58/393	16/216	562	Sheri Budde	36	F	Annandale	MN	00:07:48.74	00:27:10.98	00:21:25.84		01:00:11.48
3	64/393	19/216	713	Kelly Anderson	36	F	Farwell	MN	00:07:31.87	00:29:19.61	00:19:01.79		01:00:29.48

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/393	9/177	404	Nathan Budde	37	M	Annandale	MN	00:07:42.93	00:23:33.49	00:16:54.73		00:50:56.00
2	12/393	11/177	405	Jason Migala	35	M	Sauk Rapids	MN	00:08:42.66	00:23:23.19	00:16:41.95		00:51:46.43
3	22/393	18/177	538	David Kerber	37	M	Maple Grove	MN	00:09:44.72	00:23:45.62	00:16:50.04		00:54:08.75

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/393	5/216	420	Cara Pavsek	40	F	Rosemount	MN	00:06:59.83	00:24:32.23	00:19:26.60		00:54:16.54
2	50/393	13/216	680	Gretchen Randall	43	F	Maple Grove	MN	00:09:05.45	00:26:25.23	00:19:50.25		00:58:53.78
3	62/393	18/216	894	Sara Ahlquist	44	F	Minnetonka	MN	00:07:39.99	00:28:21.13	00:20:34.27		01:00:27.30

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Overall Division Results

Short Individual

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/393	20/177	901	William Lorenz	42	M	Benson	MN	00:07:41.97	00:24:24.06	00:18:11.48		00:54:30.35
2	28/393	22/177	421	Kris Lilja	42	M	Prior Lake	MN	00:07:04.30	00:26:16.98	00:17:42.72		00:54:39.33
3	32/393	26/177	407	Scott Backman	42	M	Brooklyn Park	MN	00:07:44.55	00:25:09.18	00:18:18.75		00:55:10.21

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	46/393	11/216	422	Beth Trautman	47	F	Medina	MN	00:08:57.13	00:24:37.86	00:21:10.29		00:58:16.19
2	129/393	41/216	553	Kathleen Roller	45	F	Orono	MN	00:10:37.74	00:27:51.18	00:23:05.13		01:05:44.37
3	152/393	54/216	734	Susan Wandersee	45	F	Waconia	MN	00:08:19.65	00:31:30.63	00:23:01.62		01:07:13.00

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/393	8/177	402	Todd White	47	M	Roseville	MN	00:05:57.20	00:23:42.33	00:17:53.24		00:50:37.49
2	17/393	14/177	419	Mark Nieters	46	M	Sartell	MN	00:06:00.40	00:24:14.86	00:19:11.37		00:53:14.59
3	20/393	16/177	408	Marty Moran	47	M	St Cloud	MI	00:05:21.20	00:24:01.64	00:20:42.97		00:53:50.67

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	60/393	17/216	698	Lisa Spethmann	51	F	St. Cloud	MN	00:07:46.75	00:27:59.69	00:20:02.41		01:00:26.01
2	68/393	20/216	539	Eileen Kurpiers	53	F	Deerwood	MN	00:09:47.55	00:26:54.90	00:20:02.22		01:00:40.24
3	79/393	21/216	779	Mary Edelman	53	F	Maple Grove	MN	00:08:50.45	00:26:14.43	00:21:39.16		01:01:22.45

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/393	7/177	411	John Stangl	51	M	Buffalo	MN	00:07:44.01	00:22:12.89	00:16:20.19		00:49:41.00
2	11/393	10/177	763	Jim Green	51	M	San Diego	CA	00:08:18.08	00:21:45.89	00:17:37.13		00:51:14.79
3	21/393	17/177	418	Mark Rosen	50	M	Otsego	MN	00:09:13.51	00:23:01.68	00:18:42.87		00:54:05.29

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Overall Division Results

Short 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	164/393	61/216	904	Mary English	55	F	Minnetonka	MN	00:09:41.11	00:29:21.63	00:23:54.86		01:07:55.48
2	165/393	62/216	655	Karen Swenson	55	F	Plymouth Mn	MN	00:09:28.69	00:29:11.75	00:24:50.53		01:08:03.70
3	198/393	87/216	560	Laurie Payton	55	F	Mendota Heights	MN	00:12:01.75	00:27:10.15	00:25:39.20		01:09:41.44

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	24/393	19/177	417	Kris Kolstad	56	M	Willmar	MN	00:07:56.84	00:24:55.34	00:18:31.71		00:54:29.67
2	40/393	31/177	559	Stephen Bullard	56	M	Minneapolis	MN	00:07:45.37	00:25:06.28	00:21:08.37		00:57:33.36
3	70/393	50/177	520	Todd Russ	55	M	Plymouth	MN	00:09:54.02	00:27:00.39	00:19:35.45		01:00:47.34

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	163/393	60/216	800	Joanne Sunquist	60	F	Plymouth	MN		00:29:56.00	00:21:45.00		01:07:52.00
2	245/393	112/216	443	Brook Lemm-Tabor	62	F	Minneapolis	MN	00:11:54.52	00:28:37.32	00:27:19.00		01:12:24.76
3	305/393	151/216	906	Linda Kelley	61	F	Minneapolis	MN	00:10:20.86	00:33:31.58	00:26:53.39		01:17:32.10

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	41/393	32/177	797	Michael Bono	61	M	Minneapolis	MN	00:09:04.53	00:24:06.22	00:20:27.50		00:57:39.20
2	84/393	59/177	450	Ben Zhao	60	M	Edina	MN	00:10:35.08	00:28:27.21	00:18:00.27		01:01:48.45
3	113/393	76/177	694	Mark Walford	64	M	Glencoe	MN	00:11:05.12	00:27:14.76	00:21:00.81		01:04:09.83

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	121/393	83/177	565	Thomas Rohman	67	M	South Haven	MN	00:10:16.56	00:27:08.02	00:20:57.01		01:04:41.78
2	130/393	89/177	799	Joe Gryskiewicz	65	M	Edina	MN	00:08:40.51	00:27:47.55	00:23:28.51		01:05:45.21
3	264/393	139/177	544	Tom Fulton	67	M	St. Louis Park	MN	00:09:42.86	00:27:53.36	00:29:04.76		01:13:27.72

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Overall Division Results

Short Individual

Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	203/393	114/177	714	Bob Koshnick	71	M	Detroit Lakes	MN	00:09:44.18	00:29:36.06	00:25:30.09		01:09:50.65
2	240/393	132/177	679	Howard Bich	74	M	Sioux Falls	SD	00:13:36.78	00:27:41.69	00:26:09.83		01:12:16.78
3	307/393	155/177	537	Roger Carlson	70	M	Stillwater	MN	00:13:49.59	00:32:52.22	00:24:21.29		01:17:45.62

Heart of the Lakes Triathlon

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Overall Division Results

Short Team

Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	1/28	503	Team Team	South Haven	MN	00:06:54.44	00:24:53.68	00:15:51.39		00:49:25.41
2	2/28	505	The Pink Boys	Annandale	MN	00:08:13.25	00:26:27.18	00:16:36.15		00:52:57.84
3	3/28	487	Give It A Tri	Buffalo	MN	00:07:42.69	00:26:46.22	00:19:04.00		00:55:44.00