

Heart of the Lakes Triathlon

July 19, 2015

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	15/244	1/103	10	Christina Roberts	29	F	St. Louis Park	MN	00:12:24.54	00:54:07.26	00:32:57.43		01:41:37.47
2	16/244	2/103	9	Suzie Fox	32	F	Chaska	MN	00:14:36.34	00:51:46.87	00:33:47.55		01:42:25.90
3	19/244	3/103	27	Nicole Cueno	35	F	Minneapolis	MN	00:15:21.71	00:54:31.65	00:31:45.67		01:43:39.30

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/244	1/141	29	Matthew Payne	38	M	Columbia Heights	MN	00:12:35.98	00:45:58.77	00:29:53.66		01:30:22.14
2	2/244	2/141	2	Josh Blankenheim	34	M	Duluth	MN	00:13:38.94	00:48:26.84	00:29:04.81		01:33:04.79
3	3/244	3/141	3	Kevin O'Connor	44	M	Medina	MN	00:12:07.46	00:49:15.82	00:30:15.39		01:33:24.80

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	39/244	9/103	20	Ann Snuggerud	47	F	Chaska	MN	00:13:20.07	00:56:46.17	00:37:56.83		01:50:39.59

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/244	6/141	8	Tony Schiller	58	M	Long Lake	MN	00:13:08.82	00:48:35.51	00:32:11.77		01:36:08.53

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	182/244	70/103	318	Ericka Norgren	19	F	South Haven	MN	00:19:07.24	01:12:40.53	00:47:11.51		02:24:40.91

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Overall Division Results

Long 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	50/244	39/141	330	Jaret Carpenter	17	M	Maple Grove	MN	00:14:37.93	01:04:09.90	00:31:08.52		01:54:24.83
2	55/244	43/141	328	Will Gallagher	17	M	St. Michael	MN	00:11:11.71	00:59:29.52	00:39:22.02		01:55:40.00
3	97/244	71/141	327	David Ritz	18	M	Maple Grove	MN	00:17:00.58	01:01:05.05	00:43:30.83		02:05:51.85

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	56/244	13/103	315	Katie Oden	22	F	Buffalo	MN	00:14:36.25	01:02:00.98	00:35:58.84		01:55:40.54
2	77/244	18/103	317	Kaelyn Williams	21	F	Golden Valley	MN	00:17:55.14	01:03:38.19	00:35:24.17		02:00:57.70
3	146/244	50/103	314	Kelsey Sorensen	24	F	St Paul	MN	00:18:34.08	01:10:01.27	00:41:48.10		02:15:57.13

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	129/244	86/141	326	William Traxler	21	M	Victoria	MN	00:19:46.85	01:04:59.73	00:43:45.14		02:13:24.10
2	148/244	97/141	334	Sean Devine	22	M	Eden Prairie	MN	00:19:21.82	01:05:19.93	00:45:34.92		02:16:22.53
3	180/244	112/141	333	Andrew Barringer	24	M	Saint Francis	MN	00:20:12.00	00:59:40.23	00:55:51.53		02:24:28.96

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	79/244	20/103	308	Lindsey Palmer	29	F	Vadnais Heights	MN	00:16:37.53	00:59:51.26	00:40:34.99		02:01:10.87
2	103/244	29/103	310	Stephanie Simenstad	26	F	Richfield	MN	00:15:49.82	01:00:41.34	00:46:20.80		02:07:23.05
3	114/244	35/103	312	Emma Adriaens	25	F	Maple Grove	MN	00:19:44.91	01:02:01.42	00:41:45.56		02:09:36.98

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/244	27/141	324	Joe Adriaens	27	M	Maple Grove	MN	00:13:12.33	00:53:54.86	00:36:42.33		01:48:31.46
2	42/244	32/141	322	David Koppel	28	M	Plymouth	MN	00:14:22.45	00:55:13.83	00:36:47.03		01:52:10.13
3	45/244	35/141	323	Lucas Pedersen	28	M	Minneapolis	MN	00:15:46.78	00:57:33.78	00:34:59.13		01:52:33.32

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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	29/244	8/103	245	Sheena Dauer	33	F	Montevideo	MN	00:14:23.49	00:55:28.50	00:33:26.42		01:47:13.68
2	51/244	12/103	246	Kimberly Ault	33	F	Plymouth	MN	00:15:49.90	00:55:56.18	00:39:39.41		01:54:41.54
3	59/244	14/103	248	Margaret Nigg	32	F	Minneapolis	MN	00:15:56.10	01:00:19.16	00:36:01.93		01:56:03.40

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	24/244	20/141	292	Brian Glaeser	30	M	Somerset	WI	00:14:23.71	00:52:35.00	00:34:56.21		01:45:50.25
2	32/244	24/141	280	Ryan Welle	34	M	Bemidji	MN	00:13:18.04	00:53:50.64	00:37:08.58		01:47:41.84
3	85/244	63/141	301	Nicholas Lodien	33	M	Minneapolis	MN	00:15:16.55	00:59:44.89	00:40:02.49		02:02:56.63

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/244	10/103	224	Andrea Myers	39	F	Plymouth	MN	00:13:21.66	00:56:27.94	00:37:45.05		01:51:03.30
2	49/244	11/103	230	Krisana Hoff	38	F	Excelsior	MN	00:17:30.06	00:56:38.03	00:35:46.36		01:54:08.37
3	76/244	17/103	225	Susan Hilal	39	F	Plymouth	MN	00:13:50.42	01:01:38.68	00:41:13.03		02:00:37.18

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	22/244	18/141	305	David Thomes	35	M	Brainerd	MN	00:16:56.14	00:51:12.30	00:34:19.34		01:45:37.14
2	26/244	21/141	268	Derek Haag	37	M	Maple Grove	MN	00:12:42.68	00:52:02.55	00:39:30.17		01:46:37.45
3	38/244	30/141	267	Michael Hankee	38	M	Lino Lakes	MN	00:12:43.47	00:56:23.75	00:37:29.97		01:50:02.49

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	75/244	16/103	163	Jill Hughes	41	F	Orono	MN	00:17:29.82	00:58:51.01	00:40:23.54		02:00:36.48
2	81/244	22/103	152	Lori Gengler	44	F	Plymouth	MN	00:17:36.69	00:57:51.08	00:43:15.42		02:02:29.65
3	88/244	24/103	168	Becca Joseph	40	F	Minnetonka	MN	00:14:52.76	01:05:07.29	00:38:56.07		02:03:44.04

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Overall Division Results

Long 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	12/244	12/141	262	David Lewis	41	M	Nevis	MN	00:14:11.94	00:50:19.96	00:31:11.97		01:39:02.49
2	14/244	14/141	261	Mike Buenting	41	M	Chanhassen	MN	00:14:20.30	00:50:03.92	00:32:04.35		01:39:24.95
3	60/244	46/141	303	Corby Serk	41	M	Eden Prairie	MN	00:15:51.16	00:54:17.88	00:41:58.65		01:56:09.92

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/244	23/103	205	Kitty Earl-Torniainen	47	F	St. Paul	MN	00:18:46.44	01:01:13.05	00:39:38.31		02:03:15.52
2	151/244	53/103	209	Jill Wine	48	F	Plymouth	MN	00:15:44.60	01:05:57.78	00:48:14.90		02:16:30.25
3	155/244	55/103	219	Laura Hjort	48	F	Elk River	MN	00:18:04.77	01:05:33.56	00:48:13.39		02:17:06.09

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/244	19/141	188	Randy Peterson	49	M	Northfield	MN	00:14:02.23	00:52:59.33	00:35:16.01		01:45:49.04
2	34/244	26/141	200	Keith Thompson	46	M	Annandale	MN	00:15:51.68	00:53:41.53	00:34:31.59		01:48:09.25
3	43/244	33/141	211	Ryan Wenning	49	M	Excelsior	MN	00:15:20.82	00:54:54.09	00:38:43.72		01:52:14.39

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	115/244	36/103	77	Kathy Sanville	54	F	White Bear Lake	MN	00:19:48.24	00:58:57.40	00:47:19.59		02:10:12.55
2	128/244	43/103	124	Karen Eklin	51	F	Plymouth	MN	00:15:59.36	01:05:21.69	00:47:10.18		02:13:22.91
3	136/244	45/103	76	Mary Januschka	54	F	Cambridge	MN	00:19:41.82	01:04:19.15	00:44:11.74		02:15:00.04

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/244	23/141	207	Greg Roach	50	M	Sauk Rapids	MN		00:52:56.00	00:32:58.00		01:47:25.00
2	41/244	31/141	174	Brian Lavelle	53	M	Chaska	MN	00:14:20.67	00:54:06.45	00:40:23.88		01:52:01.66
3	46/244	36/141	216	J P Fahey	53	M	Nya	MN	00:15:52.39	00:54:11.90	00:38:52.81		01:52:34.54

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July 19, 2015

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	92/244	26/103	69	Helen Gunther	58	F	Excelsior	MN	00:17:15.40	01:01:33.36	00:42:59.66		02:05:11.41
2	105/244	30/103	71	Diane Stoller	56	F	Maple Grove	MN	00:19:39.13	00:58:40.31	00:45:02.16		02:07:34.36
3	110/244	33/103	70	Carolyn Milbrath	57	F	Hudson	WI	00:15:22.39	01:02:54.83	00:46:55.88		02:08:26.24

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/244	22/141	109	Dale Forde	57	M	Golden Valley	MN	00:14:02.00	00:55:11.07	00:34:54.93		01:47:17.79
2	33/244	25/141	123	Scott Ransom	55	M	Golden Valley	MN	00:12:41.44	00:53:37.68	00:39:06.99		01:47:58.74
3	36/244	28/141	115	Jeffrey Gilmer	56	M	Delano	MN	00:14:02.89	00:52:12.82	00:39:57.38		01:49:06.80

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	99/244	27/103	65	Pam Stevens	62	F	Sartell	MN	00:15:53.24	00:58:56.25	00:47:50.47		02:06:03.61
2	161/244	58/103	60	Deborah Roberts	64	F	Nisswa	MN	00:17:43.73	01:07:48.46	00:49:36.03		02:18:26.41
3	164/244	60/103	64	Lisa Wheeler	64	F	Bloomington	MN	00:19:33.33	01:07:31.89	00:47:50.62		02:19:43.00

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/244	29/141	125	David Dow	60	M	West Lakeland	MN	00:14:15.42	00:52:49.49	00:39:24.11		01:49:30.06
2	53/244	41/141	103	Leonard Klun	61	M	Maple Plain	MN	00:14:18.35	00:57:57.93	00:39:10.14		01:55:23.68
3	58/244	45/141	102	Kent Schwitzer	62	M	Minnetonka	MN	00:14:14.55	00:54:12.23	00:43:47.68		01:55:51.10

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	131/244	88/141	94	Thomas Rohman	68	M	South Haven	MN	00:18:18.10	01:02:16.29	00:48:25.45		02:14:00.22
2	171/244	109/141	98	Tom Couillard	66	M	White Bear Lake	MN	00:18:35.45	01:05:44.14	00:50:06.58		02:21:03.28
3	244/244	141/141	96	James Barthel	68	M	Dellwood	MN	00:22:27.68	01:29:51.86	01:05:26.62		03:09:13.71

Heart of the Lakes Triathlon

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Overall Division Results

Long Individual

Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	140/244	93/141	90	Hank Larsen	75	M	Glencoe	MN	00:19:04.06	01:05:27.44	00:47:28.90		02:15:40.05
2	176/244	110/141	93	Daryl Stevens	72	M	Sartell	MN	00:19:10.52	00:59:59.98	00:58:58.83		02:22:36.64
3	202/244	123/141	92	Fred Roethlisberger	72	M	River Falls	WI	00:22:11.48	01:11:29.96	00:51:01.05		02:32:16.88

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long Team

Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	1/15	45	Team Periscope	Minneapolis	MN	00:12:13.46	00:53:17.20	00:28:44.81		01:37:11.81
2	2/15	39	Nads	Champlin	MN	00:17:15.20	00:51:58.67	00:35:13.31		01:47:18.83
3	3/15	54	Peters/Yanta/Hoien	Montivideo	MN	00:13:39.50	00:59:02.98	00:35:38.13		01:50:26.16