

Heart of the Lakes Triathlon

July 19, 2015

Long Individual

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	10	Christina Roberts	F	29	St. Louis Park	MN	00:12:25	2	1:24	00:01:45	00:54:08	4	23.3	00:00:24	00:32:58	2	6:13		01:41:37.47
2	9	Suzie Fox	F	32	Chaska	MN	00:14:37	11	1:39	00:01:52	00:51:47	1	24.3	00:00:24	00:33:48	4	6:22		01:42:25.90
3	27	Nicole Cueno	F	35	Minneapolis	MN	00:15:22	18	1:44	00:01:37	00:54:32	6	23.1	00:00:24	00:31:46	1	5:59		01:43:39.30
4	11	Kortney Haag	F	36	Maple Grove	MN	00:14:42	12	1:39	00:01:44	00:52:11	2	24.2	00:00:26	00:36:02	9	6:47		01:45:02.18
5	12	Diane Hankee	F	38	Lino Lakes	MN	00:15:24	21	1:44	00:01:37	00:54:12	5	23.3	00:00:15	00:34:46	5	6:33		01:46:11.88
6	13	Lisa Lendway	F	34	St. Paul	MN	00:13:03	3	1:28	00:01:31	00:53:45	3	23.4	00:00:24	00:38:01	14	7:10		01:46:42.46
7	21	Bridget Mccoy	F	31	St Paul	MN	00:12:04	1	1:21	00:01:44	00:56:24	10	22.3	00:00:27	00:36:17	11	6:50		01:46:53.06
8	245	Sheena Dauer	F	33	Montevideo	MN	00:14:24	9	1:37	00:02:19	00:55:29	8	22.7	00:01:37	00:33:27	3	6:18		01:47:13.68
9	20	Ann Snuggerud	F	47	Chaska	MN	00:13:21	5	1:30	00:01:55	00:56:47	13	22.2	00:00:42	00:37:57	13	7:09		01:50:39.59
10	224	Andrea Myers	F	39	Plymouth	MN	00:13:22	6	1:30	00:02:11	00:56:28	11	22.3	00:01:19	00:37:46	12	7:07		01:51:03.30
11	230	Krisana Hoff	F	38	Excelsior	MN	00:17:31	45	1:58	00:02:39	00:56:39	12	22.2	00:01:36	00:35:47	7	6:44		01:54:08.37
12	246	Kimberly Ault	F	33	Plymouth	MN	00:15:50	28	1:47	00:01:59	00:55:57	9	22.5	00:01:18	00:39:40	17	7:28		01:54:41.54
13	315	Katie Oden	F	22	Buffalo	MN	00:14:37	10	1:39	00:02:06	01:02:01	31	20.3	00:00:59	00:35:59	8	6:47		01:55:40.54
14	248	Margaret Nigg	F	32	Minneapolis	MN	00:15:57	31	1:48	00:02:20	01:00:20	21	20.9	00:01:27	00:36:02	10	6:47		01:56:03.40
15	22	Anne Grabowski	F	47	Minneapolis	MN	00:18:27	54	2:05	00:02:02	00:54:51	7	23.0	00:01:01	00:42:17	27	7:58		01:58:35.12
16	163	Jill Hughes	F	41	Orono	MN	00:17:30	44	1:58	00:02:25	00:58:52	17	21.4	00:01:28	00:40:24	18	7:37		02:00:36.48
17	225	Susan Hilal	F	39	Plymouth	MN	00:13:51	7	1:34	00:02:27	01:01:39	29	20.4	00:01:29	00:41:14	22	7:46		02:00:37.18
18	317	Kaelyn Williams	F	21	Golden Valley	MN	00:17:56	50	2:01	00:02:39	01:03:39	38	19.8	00:01:22	00:35:25	6	6:40		02:00:57.70
19	234	Kelli Moretter-Bue	F	37	Eden Prairie	MN	00:16:12	33	1:50	00:02:58	00:57:49	14	21.8	00:02:08	00:41:56	26	7:54		02:01:01.13
20	308	Lindsey Palmer	F	29	Vadnais Heights	MN	00:16:38	36	1:53	00:02:17	00:59:52	20	21.1	00:01:51	00:40:35	20	7:39		02:01:10.87
21	223	Christine Agazzi	F	39	Eden Prairie	MN	00:15:14	16	1:43	00:02:44	01:01:15	25	20.6	00:01:43	00:40:45	21	7:41		02:01:38.06
22	152	Lori Gengler	F	44	Plymouth	MN	00:17:37	46	1:59	00:02:27	00:57:52	15	21.8	00:01:20	00:43:16	30	8:09		02:02:29.65
23	205	Kitty Earl-Torniainen	F	47	St. Paul	MN	00:18:47	59	2:07	00:02:10	01:01:14	24	20.6	00:01:29	00:39:39	16	7:28		02:03:15.52
24	168	Becca Joseph	F	40	Mnnetonka	MN	00:14:53	13	1:41	00:03:03	01:05:08	45	19.3	00:01:46	00:38:57	15	7:20		02:03:44.04
25	294	Kathy Dixon	F	36	Arden Hills	MN	00:14:18	8	1:37	00:02:22	01:01:18	26	20.6	00:01:32	00:44:18	34	8:21		02:03:45.22
26	69	Helen Gunther	F	58	Excelsior	MN	00:17:16	40	1:57	00:02:40	01:01:34	28	20.5	00:00:44	00:43:00	29	8:06		02:05:11.41
27	65	Pam Stevens	F	62	Sartell	MN	00:15:54	30	1:48	00:02:37	00:58:57	18	21.4	00:00:48	00:47:51	58	9:01		02:06:03.61
28	160	Julie Hurley	F	42	Minneapolis	MN	00:17:20	41	1:57	00:02:21	01:04:25	42	19.6	00:01:59	00:40:33	19	7:38		02:06:34.97
29	310	Stephanie Simenstad	F	26	Richfield	MN	00:15:50	27	1:47	00:02:28	01:00:42	22	20.8	00:02:04	00:46:21	49	8:44		02:07:23.05
30	71	Diane Stoller	F	56	Maple Grove	MN	00:19:40	69	2:13	00:03:06	00:58:41	16	21.5	00:01:08	00:45:03	38	8:29		02:07:34.36
31	235	Kelly Unger	F	36	Madison	WI	00:16:59	39	1:55	00:02:39	01:00:48	23	20.7	00:01:45	00:46:06	46	8:41		02:08:13.77
32	239	Kyleen Harstedt	F	36	North Branch	MN	00:15:25	22	1:44	00:02:49	01:02:49	34	20.1	00:02:29	00:44:52	37	8:27		02:08:22.32
33	70	Carolyn Milbrath	F	57	Hudson	WI	00:15:23	19	1:44	00:02:18	01:02:55	36	20.0	00:00:56	00:46:56	52	8:51		02:08:26.24
34	72	Judy Murray	F	55	Sartell	MN	00:17:52	48	2:01	00:02:58	01:01:44	30	20.4	00:01:03	00:45:31	43	8:35		02:09:05.62
35	312	Emma Adriaens	F	25	Maple Grove	MN	00:19:45	72	2:14	00:04:00	01:02:02	32	20.3	00:02:06	00:41:46	24	7:52		02:09:36.98

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	77	Kathy Sarville	F	54	White Bear Lake	MN	00:19:49	73	2:14	00:02:34	00:58:58	19	21.4	00:01:34	00:47:20	56	8:55		02:10:12.55
37	167	Stephanie Kvasnicka	F	40	Medina	MN	00:15:24	20	1:44	00:02:42	01:06:48	59	18.9	00:01:12	00:44:34	35	8:24		02:10:37.60
38	75	Judith Peters	F	55	St. Cloud	MN	00:19:24	65	2:11	00:02:45	01:02:37	33	20.1	00:00:54	00:45:18	42	8:32		02:10:55.65
39	158	Angela Jordahl	F	43	Big Lake	MN	00:18:26	53	2:05	00:02:04	01:02:53	35	20.0	00:01:42	00:46:21	48	8:44		02:11:22.65
40	311	Jaci Lang	F	26	Saint Cloud	MN	00:19:35	67	2:13	00:02:15	01:05:37	50	19.2	00:01:40	00:42:35	28	8:01		02:11:39.97
41	184	Cara Mulder	F	40	Wayzata	MN	00:19:00	61	2:09	00:04:21	01:05:38	51	19.2	00:01:56	00:41:25	23	7:48		02:12:17.05
42	149	Carole Weiland	F	44	Champlin	MN	00:13:14	4	1:29	00:02:29	01:01:22	27	20.5	00:02:09	00:53:35	79	10:06		02:12:46.47
43	124	Karen Eklin	F	51	Plymouth	MN	00:16:00	32	1:48	00:03:06	01:05:22	47	19.3	00:01:47	00:47:11	53	8:53		02:13:22.91
44	162	Carolyn Tuohy	F	41	Minneapolis	MN	00:19:01	62	2:09	00:02:23	01:05:52	53	19.1	00:02:01	00:45:41	44	8:37		02:14:54.70
45	76	Mary Januschka	F	54	Cambridge	MN	00:19:42	70	2:13	00:04:23	01:04:20	41	19.6	00:02:25	00:44:12	32	8:20		02:15:00.04
46	164	Joy Orvis	F	41	Andover	MN	00:18:56	60	2:08	00:03:16	01:03:00	37	20.0	00:01:35	00:48:34	63	9:09		02:15:18.85
47	243	Kaitlyn Julius	F	34	Minneapolis	MN	00:15:41	25	1:46	00:02:46	01:04:10	39	19.6	00:02:12	00:50:43	69	9:33		02:15:28.92
48	299	Anna Duray	F	38	Edina	MN	00:15:32	24	1:45	00:02:48	01:06:47	58	18.9	00:01:52	00:48:52	66	9:13		02:15:49.37
49	232	Amanda Heinritz	F	37	Northfield	MN	00:15:22	17	1:44	00:02:33	01:07:27	61	18.7	00:01:58	00:48:36	64	9:10		02:15:53.01
50	314	Kelsey Sorensen	F	24	St Paul	MN	00:18:35	57	2:06	00:02:47	01:10:02	72	18.0	00:02:48	00:41:49	25	7:53		02:15:57.13
51	231	Gretchen Langbehn	F	37	South Haven	MN					01:05:16	46	19.3	00:02:18	00:47:23	57	8:56		02:16:01.83
52	85	Bethann Barankovitch	F	51	Minneapolis	MN	00:15:52	29	1:47	00:03:35	01:10:01	70	18.0	00:01:50	00:45:08	40	8:30		02:16:24.44
53	209	Jill Wine	F	48	Plymouth	MN	00:15:45	26	1:47	00:03:31	01:05:58	54	19.1	00:03:03	00:48:15	62	9:06		02:16:30.25
54	151	Megan Maury	F	44	St Paul	MN	00:15:10	15	1:43	00:03:19	01:07:43	63	18.6	00:01:41	00:48:48	65	9:12		02:16:38.58
55	219	Laura Hjort	F	48	Elk River	MN	00:18:05	51	2:02	00:03:24	01:05:34	49	19.2	00:01:51	00:48:14	61	9:05		02:17:06.09
56	74	Denise Casey	F	55	Buffalo	MN	00:19:56	75	2:15	00:03:05	01:08:23	65	18.4	00:00:59	00:45:04	39	8:30		02:17:25.03
57	298	Betsy Grams	F	39	Chanhassen	MN	00:20:11	78	2:17	00:03:12	01:04:46	43	19.5	00:02:33	00:47:13	55	8:54		02:17:52.39
58	60	Deborah Roberts	F	64	Nisswa	MN	00:17:44	47	2:00	00:02:32	01:07:49	64	18.6	00:00:47	00:49:37	68	9:21		02:18:26.41
59	67	Susan Holt	F	59	Plymouth	MN	00:15:30	23	1:45	00:03:05	01:06:44	57	18.9	00:01:36	00:52:21	75	9:52		02:19:13.10
60	64	Lisa Wheeler	F	64	Bloomington	MN	00:19:34	66	2:12	00:03:16	01:07:32	62	18.7	00:01:32	00:47:51	59	9:01		02:19:43.00
61	332	Krista Moorman	F	23	Freeport	MN	00:20:27	80	2:19	00:03:30	01:10:16	74	17.9	00:01:50	00:44:16	33	8:21		02:20:17.35
62	244	Teresa Werth	F	33	Woodbury	MN	00:23:15	94	2:38	00:03:25	01:05:00	44	19.4	00:02:04	00:46:52	51	8:50		02:20:33.81
63	208	Susan Peterson	F	47	St Louis Park	MN	00:23:53	98	2:42	00:04:01	01:05:30	48	19.2	00:03:17	00:44:41	36	8:25		02:21:19.50
64	87	Kathy Nelson	F	51	Brooklyn Park	MN	00:17:25	42	1:58	00:03:05	01:07:13	60	18.7	00:01:35	00:52:41	76	9:56		02:21:57.83
65	153	Linda Mckee	F	43	Shoreview	MN	00:15:02	14	1:42	00:02:40	01:10:48	77	17.8	00:02:12	00:51:21	70	9:41		02:21:59.31
66	157	Julie Pettit	F	43	Maple Grove	MN	00:18:16	52	2:04	00:04:13	01:11:00	78	17.7	00:01:58	00:46:51	50	8:50		02:22:16.19
67	141	Leanne Ritz	F	46	Maple Grove	MN	00:16:53	38	1:54	00:03:19	01:04:13	40	19.6	00:02:29	00:55:55	87	10:33		02:22:48.26
68	249	Chelsie Binsfeld	F	31	Saint Cloud	MN	00:16:20	34	1:50	00:03:29	01:06:16	56	19.0	00:02:48	00:55:30	85	10:28		02:24:20.13
69	137	Cathleen Mcginnity	F	49	Luck	WI	00:19:01	63	2:09	00:03:10	01:05:44	52	19.2	00:02:15	00:54:25	81	10:15		02:24:32.27
70	318	Erica Norgren	F	19	South Haven	MN	00:19:08	64	2:09	00:03:14	01:12:41	83	17.3	00:02:29	00:47:12	54	8:54		02:24:40.91

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
71	309	Madilyn Vaith	F	27	St. Paul	MN	00:23:37	96	2:40	00:04:05	01:10:32	76	17.9	00:03:53	00:43:34	31	8:13		02:25:38.32
72	131	Leslie Stanaway	F	61	Minneapolis	MN	00:21:50	87	2:28	00:03:42	01:14:03	89	17.0	00:00:30	00:46:09	47	8:42		02:26:10.54
73	159	Amy Moran	F	42	Hastings	MN	00:25:14	101	2:51	00:04:13	01:06:14	55	19.0	00:02:38	00:48:09	60	9:05		02:26:25.64
74	155	Carla Nordenstrom	F	43	Blaine	MN	00:16:53	37	1:54	00:02:59	01:11:57	80	17.5	00:01:55	00:53:31	78	10:05		02:27:10.95
75	218	Andrea Brockberg	F	41	Saint Paul	MN	00:21:12	84	2:24	00:04:48	01:10:12	73	17.9	00:02:25	00:49:06	67	9:15		02:27:41.04
76	61	Connie Foster	F	64	River Falls	WI	00:18:33	56	2:06	00:03:05	01:13:21	85	17.2	00:01:24	00:51:49	72	9:46		02:28:08.84
77	165	Julie Longstreet	F	40	Delano	MN	00:21:36	86	2:26	00:03:53	01:09:29	67	18.1	00:02:00	00:52:50	77	9:58		02:29:45.59
78	73	Brenda Conzetz	F	55	Buffalo	MN	00:18:46	58	2:07	00:04:14	01:12:21	82	17.4	00:03:41	00:51:25	71	9:41		02:30:25.38
79	154	Amy Blixt	F	43	Colorado Springs	CO	00:19:35	68	2:13	00:03:41	01:13:33	87	17.1	00:01:51	00:52:00	73	9:48		02:30:38.04
80	300	Sarah Klemmensen	F	37	Saint Paul	MN	00:22:26	91	2:32	00:03:28	01:09:30	68	18.1	00:03:10	00:53:52	80	10:09		02:32:23.75
81	293	Carmen Olsen	F	38	Mahtomedi	MN	00:20:31	81	2:19	00:03:30	01:11:03	79	17.7	00:02:48	00:55:03	83	10:23		02:32:51.93
82	80	Diane Lang	F	53	Burnsville	MN	00:22:32	93	2:33	00:04:31	01:17:36	97	16.2	00:02:19	00:46:01	45	8:40		02:32:56.22
83	66	Michel Sanders	F	61	Saint Paul	MN	00:19:43	71	2:13	00:04:01	01:10:26	75	17.9	00:01:50	00:57:04	91	10:45		02:33:01.40
84	68	Gale Tinglov	F	58	St. Cloud	MN	00:16:22	35	1:51	00:03:38	01:13:00	84	17.3	00:01:30	00:58:42	93	11:04		02:33:09.35
85	138	Michele Pasko	F	49	Minnetonka	MN	00:21:31	85	2:26	00:04:53	01:09:01	66	18.3	00:03:00	00:56:34	90	10:40		02:34:55.88
86	228	Laurie Dubois	F	38	Kimball	MN	00:22:01	89	2:29	00:02:54	01:13:27	86	17.2	00:01:56	00:56:06	88	10:35		02:36:21.22
87	62	Peggy Hunter	F	64	Hugo	MN	00:23:30	95	2:39	00:04:13	01:10:02	71	18.0	00:01:36	00:57:38	92	10:52		02:36:56.69
88	144	Joleen Gutting	F	45	River Falls	WI	00:21:03	83	2:23	00:04:54	01:15:19	92	16.7	00:01:51	00:54:58	82	10:22		02:38:02.45
89	139	Kristin Nelson	F	49	Delano	MN	00:20:54	82	2:22	00:03:55	01:16:39	94	16.4	00:02:31	00:55:22	84	10:26		02:39:18.94
90	166	Kasey Morlock	F	40	Stewartville	MN	00:19:57	76	2:15	00:07:55	01:13:41	88	17.1	00:01:45	00:56:07	89	10:35		02:39:21.47
91	148	Diana Oberg	F	44	Maple Grove	MN	00:26:34	102	3:00	00:04:29	01:14:06	90	17.0	00:02:12	00:52:06	74	9:49		02:39:24.67
92	247	Dawn Pierson	F	32	Eden Prairie	MN	00:17:26	43	1:58	00:04:45	01:12:05	81	17.5	00:03:39	01:02:11	95	11:43		02:40:03.10
93	238	Heidi Frederickson	F	36	Blaine	MN	00:23:52	97	2:42	00:04:14	01:18:22	99	16.1	00:03:10	00:55:40	86	10:30		02:45:16.32
94	250	Jessica Fernandez	F	31	Chicago	IL	00:24:13	99	2:44	00:03:28	01:17:42	98	16.2	00:02:17	00:59:17	94	11:10		02:46:53.35
95	78	Nancy Konkkel	F	54	Eden Prairie	MN	00:17:55	49	2:01	00:04:12	01:17:03	96	16.4	00:02:06	01:05:59	96	12:26		02:47:11.90
96	242	Lindsay Mcfarlane	F	34	Maple Grove	MN	00:21:59	88	2:29	00:03:23	01:09:35	69	18.1	00:02:06	01:11:11	101	13:25		02:48:11.48
97	128	Barbara Logan	F	61	Seattle	WA	00:18:29	55	2:05	00:04:20	01:14:23	91	16.9	00:01:53	01:09:29	99	13:06		02:48:31.22
98	86	Jill Waters	F	51	Minneapolis	MN	00:20:19	79	2:18	00:03:56	01:20:53	101	15.6	00:01:58	01:08:07	98	12:51		02:55:10.82
99	82	Tina Krause	F	52	Delano	MN	00:24:42	100	2:47	00:04:12	01:16:15	93	16.5	00:03:02	01:09:53	100	13:11		02:58:02.04
100	83	Paquita Ray	F	52	Delano	MN	00:22:02	90	2:29	00:03:12	01:16:57	95	16.4	00:03:34	01:12:20	102	13:38		02:58:02.07
101	229	Shannon Reagan	F	38	Monticello	MN	00:22:29	92	2:32	00:03:21	01:28:04	102	14.3	00:01:51	01:07:01	97	12:38		03:02:43.80
102	156	Susan Kilbane	F	43	Deephaven	MN	00:20:08	77	2:16	00:04:12	01:19:07	100	15.9	00:03:57	01:17:18	103	14:34		03:04:39.54
103	150	Aimee Kueppers	F	44	Vadnais Heights	MN	00:19:51	74	2:14	00:04:30	01:56:37	103	10.8	00:02:45	00:45:08	41	8:30		03:08:48.33

Heart of the Lakes Triathlon

July 19, 2015

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	29	Matthew Payne	M	38	Columbia Heights	MN	00:12:36	6	1:25	00:01:31	00:45:59	1	27.4	00:00:23	00:29:54	3	5:38		01:30:22.14
2	2	Josh Blankenheim	M	34	Duluth	MN	00:13:39	18	1:32	00:01:26	00:48:27	4	26.0	00:00:29	00:29:05	2	5:29		01:33:04.79
3	3	Kevin O'Connor	M	44	Medina	MN	00:12:08	5	1:22	00:01:32	00:49:16	7	25.6	00:00:15	00:30:16	5	5:42		01:33:24.80
4	19	Larry Hosch	M	37	St. Joseph	MN	00:14:35	36	1:39	00:01:26	00:47:31	3	26.5	00:00:25	00:30:15	4	5:42		01:34:09.76
5	4	Bennett Isabella	M	32	Burnsville	MN	00:14:34	35	1:38	00:01:26	00:47:30	2	26.5	00:00:30	00:30:25	6	5:44		01:34:23.19
6	8	Tony Schiller	M	58	Long Lake	MN	00:13:09	11	1:29	00:01:41	00:48:36	5	25.9	00:00:33	00:32:12	12	6:04		01:36:08.53
7	6	Nate Hoffman	M	32	South Haven	MN	00:16:29	65	1:51	00:01:31	00:49:49	8	25.3	00:00:23	00:28:30	1	5:22		01:36:39.79
8	28	Thaddeus Ingersoll	M	45	St Paul	MN	00:11:10	2	1:15	00:01:34	00:52:21	17	24.1	00:00:25	00:31:26	9	5:55		01:36:53.15
9	26	Scott Myers	M	40	Plymouth	MN	00:13:19	16	1:30	00:01:37	00:50:08	10	25.1	00:00:43	00:32:35	13	6:08		01:38:18.68
10	5	Philip English	M	23	Mnnetonka	MN	00:11:08	1	1:15	00:01:33	00:52:44	19	23.9	00:00:34	00:32:47	14	6:10		01:38:42.08
11	7	Steve Sander	M	36	Eden Prairie	MN	00:14:01	21	1:35	00:01:43	00:49:13	6	25.6	00:00:38	00:33:16	17	6:16		01:38:49.43
12	262	David Lewis	M	41	Nevis	MN	00:14:12	26	1:36	00:01:56	00:50:20	12	25.0	00:01:23	00:31:12	8	5:53		01:39:02.49
13	15	Travis Miller	M	35	Nisswa	MN	00:14:40	39	1:39	00:01:32	00:50:13	11	25.1	00:00:30	00:32:11	11	6:04		01:39:04.16
14	261	Mike Buenting	M	41	Chanhassen	MN	00:14:21	30	1:37	00:01:54	00:50:04	9	25.2	00:01:03	00:32:05	10	6:03		01:39:24.95
15	24	Ben Trnka	M	26	Robbinsdale	MN	00:13:02	10	1:28	00:01:27	00:52:54	21	23.8	00:00:17	00:34:57	23	6:35		01:42:35.53
16	16	Michael Williams	M	26	Mnnetonka	MN	00:11:45	4	1:19	00:01:30	00:54:05	29	23.3	00:00:18	00:36:03	26	6:48		01:43:38.30
17	18	Mike Ladendorf	M	33	Farmington	MN	00:15:51	58	1:47	00:01:39	00:53:42	26	23.5	00:00:26	00:33:13	16	6:15		01:44:49.47
18	305	David Thomes	M	35	Brainerd	MN	00:16:57	69	1:55	00:01:57	00:51:13	13	24.6	00:01:14	00:34:20	19	6:28		01:45:37.14
19	188	Randy Peterson	M	49	Northfield	MN	00:14:03	24	1:35	00:02:23	00:53:00	23	23.8	00:01:09	00:35:17	25	6:39		01:45:49.04
20	292	Brian Glaeser	M	30	Somerset	WI	00:14:24	34	1:37	00:02:22	00:52:36	18	24.0	00:01:35	00:34:57	22	6:35		01:45:50.25
21	268	Derek Haag	M	37	Maple Grove	MN	00:12:43	8	1:26	00:01:55	00:52:03	14	24.2	00:00:28	00:39:31	45	7:27		01:46:37.45
22	109	Dale Forde	M	57	Golden Valley	MN	00:14:03	23	1:35	00:02:11	00:55:12	41	22.8	00:01:00	00:34:55	21	6:35		01:47:17.79
23	207	Greg Roach	M	50	Sauk Rapids	MN					00:52:56	22	23.8	00:01:18	00:32:58	15	6:13		01:47:25.00
24	280	Ryan Welle	M	34	Bemidji	MN	00:13:19	15	1:30	00:02:07	00:53:51	27	23.4	00:01:19	00:37:09	33	7:00		01:47:41.84
25	123	Scott Ransom	M	55	Golden Valley	MN	00:12:42	7	1:26	00:02:04	00:53:38	24	23.5	00:00:30	00:39:07	40	7:22		01:47:58.74
26	200	Keith Thompson	M	46	Annandale	MN	00:15:52	61	1:47	00:02:47	00:53:42	25	23.5	00:01:18	00:34:32	20	6:30		01:48:09.25
27	324	Joe Adriaens	M	27	Maple Grove	MN	00:13:13	12	1:29	00:02:34	00:53:55	28	23.4	00:02:09	00:36:43	30	6:55		01:48:31.46
28	115	Jeffrey Gilmer	M	56	Delano	MN	00:14:03	25	1:35	00:02:15	00:52:13	16	24.1	00:00:40	00:39:58	49	7:32		01:49:06.80
29	125	David Dow	M	60	West Lakeland	MN	00:14:16	28	1:36	00:02:07	00:52:50	20	23.9	00:00:55	00:39:25	44	7:26		01:49:30.06
30	267	Michael Hankee	M	38	Lino Lakes	MN	00:12:44	9	1:26	00:01:57	00:56:24	45	22.3	00:01:30	00:37:30	34	7:04		01:50:02.49
31	174	Brian Lavelle	M	53	Chaska	MN	00:14:21	31	1:37	00:01:54	00:54:07	31	23.3	00:01:18	00:40:24	52	7:37		01:52:01.66
32	322	David Koppel	M	28	Plymouth	MN	00:14:23	33	1:37	00:03:09	00:55:14	42	22.8	00:02:38	00:36:48	32	6:56		01:52:10.13
33	211	Ryan Wenning	M	49	Excelsior	MN	00:15:21	49	1:44	00:02:12	00:54:55	39	23.0	00:01:05	00:38:44	38	7:18		01:52:14.39
34	117	Kevin Olsen	M	56	Minneapolis	MN	00:13:43	19	1:33	00:02:02	00:54:18	34	23.2	00:00:33	00:41:57	59	7:54		01:52:30.61
35	323	Lucas Pedersen	M	28	Minneapolis	MN	00:15:47	57	1:47	00:02:29	00:57:34	49	21.9	00:01:45	00:35:00	24	6:36		01:52:33.32

Heart of the Lakes Triathlon

July 19, 2015

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	216	J P Fahey	M	53	Nya	MN	00:15:53	62	1:47	00:02:26	00:54:12	32	23.2	00:01:12	00:38:53	39	7:20		01:52:34.54
37	215	Mark Bittner	M	49	Bruce	WI	00:15:40	54	1:46	00:03:14	00:54:37	37	23.1	00:01:16	00:37:55	35	7:09		01:52:39.78
38	266	Brian Frank	M	39	Little Falls	MN	00:15:21	50	1:44	00:03:14	00:54:55	40	22.9	00:01:16	00:38:38	37	7:17		01:53:21.45
39	330	Jaret Carpenter	M	17	Maple Grove	MN	00:14:38	38	1:39	00:02:57	01:04:10	94	19.6	00:01:32	00:31:09	7	5:52		01:54:24.83
40	192	Andy Leier	M	49	Shakopee	MN	00:17:52	83	2:01	00:03:09	00:54:30	36	23.1	00:01:35	00:38:05	36	7:10		01:55:07.51
41	103	Leonard Klun	M	61	Maple Plain	MN	00:14:19	29	1:37	00:02:46	00:57:58	51	21.7	00:01:13	00:39:11	41	7:23		01:55:23.68
42	122	Steve Kangas	M	55	Woodbury	MN	00:15:52	60	1:47	00:03:11	00:54:38	38	23.1	00:01:23	00:40:26	53	7:37		01:55:27.79
43	328	Will Gallagher	M	17	St. Michael	MN	00:11:12	3	1:16	00:02:37	00:59:30	58	21.2	00:03:01	00:39:23	43	7:25		01:55:40.00
44	106	Peter Tabor	M	58	Minneapolis	MN	00:16:54	68	1:54	00:03:11	00:54:05	30	23.3	00:02:03	00:39:33	46	7:27		01:55:43.81
45	102	Kent Schwitzer	M	62	Minnetonka	MN	00:14:15	27	1:36	00:02:37	00:54:13	33	23.2	00:01:00	00:43:48	77	8:15		01:55:51.10
46	303	Corby Serk	M	41	Eden Prairie	MN	00:15:52	59	1:47	00:02:18	00:54:18	35	23.2	00:01:45	00:41:59	60	7:55		01:56:09.92
47	278	Eben Spencer	M	35	Apple Valley	MN	00:17:20	74	1:57	00:01:54	00:52:13	15	24.1	00:01:26	00:44:31	85	8:23		01:57:21.01
48	265	David Berntson	M	39	Duluth	MN	00:17:54	84	2:01	00:02:31	00:59:56	64	21.0	00:01:27	00:36:29	27	6:52		01:58:12.49
49	175	Drew Frakes	M	53	St Louis Park	MN	00:17:40	80	2:00	00:02:57	00:55:42	43	22.6	00:01:07	00:41:10	55	7:45		01:58:33.28
50	17	Peter Hagen	M	47	Apple Valley	MN	00:14:48	42	1:40	00:02:05	00:58:52	54	21.4	00:00:52	00:42:26	66	8:00		01:59:00.62
51	210	David Barnes	M	47	Lakeville	MN	00:15:26	52	1:44	00:03:23	01:02:30	85	20.2	00:01:23	00:36:44	31	6:55		01:59:24.05
52	195	Scott Tollefson	M	48	Minneapolis	MN	00:19:20	105	2:11	00:02:23	00:59:35	60	21.2	00:01:32	00:36:41	29	6:55		01:59:28.41
53	196	Dan Hauck	M	48	Cedar	MN	00:13:39	17	1:32	00:02:39	01:05:12	101	19.3	00:01:51	00:36:32	28	6:53		01:59:49.96
54	264	Brian Ross	M	39	Shorewood	MN	00:15:19	48	1:44	00:02:31	00:57:07	47	22.1	00:01:22	00:43:46	76	8:15		02:00:03.97
55	182	Mark Moland	M	52	Lakeville	MN	00:14:56	43	1:41	00:02:43	00:56:33	46	22.3	00:02:38	00:43:19	71	8:10		02:00:06.79
56	190	Dustin Warner	M	49	Eden Prairie	MN	00:15:30	53	1:45	00:02:20	00:59:18	56	21.2	00:01:13	00:41:55	58	7:54		02:00:13.65
57	306	Christian Twigg	M	42	Minneapolis	MN	00:14:21	32	1:37	00:02:17	00:57:59	52	21.7	00:01:29	00:44:18	81	8:21		02:00:22.12
58	202	Reese Lang	M	45	Loretto	MN	00:18:15	89	2:04	00:02:08	00:59:22	57	21.2	00:01:03	00:39:37	48	7:28		02:00:23.13
59	257	Dan Hackenberg	M	42	Eden Prairie	MN	00:15:42	55	1:46	00:02:57	00:59:32	59	21.2	00:01:54	00:40:23	51	7:37		02:00:24.73
60	290	Alan Cornett	M	41	Blaine	MN	00:17:36	78	1:59	00:02:27	00:57:10	48	22.0	00:02:07	00:43:25	72	8:11		02:02:41.80
61	277	Benjamin Menk	M	35	Minneapolis	MN	00:20:35	117	2:19	00:04:27	00:56:13	44	22.4	00:02:10	00:39:21	42	7:25		02:02:43.44
62	110	Arth Gorr	M	57	Buffalo	MN	00:18:15	88	2:04	00:03:09	00:57:40	50	21.8	00:01:42	00:42:06	61	7:56		02:02:50.87
63	301	Nicholas Lodien	M	33	Minneapolis	MN	00:15:17	47	1:43	00:04:20	00:59:45	63	21.1	00:03:34	00:40:03	50	7:33		02:02:56.63
64	191	Rick Trueman	M	49	Plymouth	MN	00:21:30	120	2:26	00:04:52	01:00:35	69	20.8	00:02:16	00:34:20	18	6:28		02:03:31.09
65	116	Don Weirens	M	56	Minneapolis	MN	00:17:34	76	1:59	00:02:41	00:58:17	53	21.6	00:00:59	00:44:42	86	8:25		02:04:10.65
66	186	Mark Augdahl	M	50	Chaska	MN	00:15:06	45	1:42	00:02:41	01:02:36	88	20.1	00:01:40	00:42:24	65	7:59		02:04:24.50
67	275	Chris Swee	M	36	West Fargo	ND	00:13:16	13	1:30	00:02:25	01:02:23	83	20.2	00:02:06	00:45:05	87	8:30		02:05:12.02
68	276	Ejay Jack	M	35	Minneapolis	MN	00:15:24	51	1:44	00:02:00	01:02:04	78	20.3	00:01:37	00:44:18	82	8:21		02:05:20.39
69	302	Tim Vedder	M	36	Minneapolis	MN	00:18:09	87	2:03	00:03:29	00:59:40	61	21.1	00:02:11	00:42:07	62	7:56		02:05:33.63
70	113	Steve Gunther	M	57	Excelsior	MN	00:13:53	20	1:34	00:02:30	01:02:10	80	20.3	00:00:56	00:46:13	89	8:43		02:05:38.91

Heart of the Lakes Triathlon

July 19, 2015

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	327	David Ritz	M	18	Maple Grove	MN	00:17:01	70	1:55	00:02:30	01:01:06	73	20.6	00:01:47	00:43:31	73	8:12		02:05:51.85
72	213	Brian Ohana	M	46	Minneapolis	MN	00:16:52	66	1:54	00:02:19	01:01:11	76	20.6	00:01:54	00:43:40	74	8:14		02:05:53.42
73	291	David Williams	M	30	Stewartville	MN	00:14:36	37	1:39	00:02:03	01:03:37	92	19.8	00:02:12	00:44:07	79	8:19		02:06:32.55
74	171	Mark Getty	M	53	Plymouthy	MN	00:19:37	111	2:13	00:03:05	01:02:32	87	20.1	00:01:14	00:40:38	54	7:39		02:07:04.83
75	180	Mike Dezellar	M	52	Eden Prairie	MN	00:17:25	75	1:58	00:02:32	00:59:03	55	21.3	00:02:11	00:46:16	91	8:43		02:07:24.79
76	331	Blake Steinbring	M	28	Alexandria	MN	00:18:46	97	2:07	00:03:05	01:02:11	81	20.3	00:04:08	00:39:36	47	7:28		02:07:43.42
77	178	Tim Woodfield	M	52	Victoria	MN	00:15:00	44	1:41	00:02:45	01:00:47	70	20.7	00:01:25	00:47:50	97	9:01		02:07:43.94
78	325	Drew Olmen	M	25	Annandale	MN	00:16:26	64	1:51	00:02:41	01:04:51	97	19.4	00:01:32	00:43:00	68	8:06		02:08:28.46
79	220	David Thoma	M	54	Annandale	MN	00:14:48	41	1:40	00:02:22	01:02:05	79	20.3	00:01:53	00:47:31	95	8:57		02:08:35.75
80	193	Dave Link	M	48	Eden Prairie	MN	00:14:41	40	1:39	00:02:47	01:02:29	84	20.2	00:01:35	00:48:48	101	9:12		02:10:16.24
81	282	Kevin Jaunich	M	34	Delano	MN	00:22:08	124	2:30	00:02:58	01:00:33	68	20.8	00:02:33	00:42:17	64	7:58		02:10:25.27
82	329	Nick Hendrickson	M	17	Maple Grove	MN	00:13:18	14	1:30	00:03:08	01:10:20	120	17.9	00:01:53	00:42:51	67	8:05		02:11:28.77
83	204	Thomas Laberge	M	45	Blaine	MN	00:15:10	46	1:43	00:02:23	01:03:01	90	20.0	00:02:40	00:48:49	102	9:12		02:12:00.07
84	259	Brian Hegrenes	M	41	Albertville	MN	00:19:40	112	2:13	00:03:29	01:00:57	72	20.7	00:03:28	00:44:30	83	8:23		02:12:00.84
85	255	Mark Hartley	M	43	Inver Grove Heights	MN	00:18:24	92	2:04	00:03:58	01:01:07	74	20.6	00:03:10	00:46:14	90	8:43		02:12:51.49
86	326	William Traxler	M	21	Victoria	MN	00:19:47	114	2:14	00:02:24	01:05:00	99	19.4	00:02:30	00:43:46	75	8:15		02:13:24.10
87	183	Tim Tanner	M	51	Plymouth	MN	00:17:36	77	1:59	00:03:04	01:06:40	109	18.9	00:01:48	00:44:30	84	8:23		02:13:35.76
88	94	Thomas Rohman	M	68	South Haven	MN	00:18:19	91	2:04	00:02:47	01:02:17	82	20.2	00:02:14	00:48:26	100	9:08		02:14:00.22
89	296	Trevor Windel	M	43	St. Michael	MN	00:20:48	118	2:21	00:04:11	01:04:51	96	19.4	00:02:39	00:41:48	57	7:53		02:14:14.24
90	127	Mike Borneke	M	61	Eagle Lake	MN	00:19:28	109	2:12	00:04:11	01:00:55	71	20.7	00:01:26	00:48:19	99	9:06		02:14:17.15
91	112	Robert Lawton	M	57	Willmar	MN	00:17:13	73	1:57	00:05:24	01:07:56	111	18.5	00:02:15	00:41:48	56	7:53		02:14:33.73
92	214	Robert Younger	M	46	Brooklyn Park	MN	00:15:42	56	1:46	00:07:18	01:06:29	107	19.0	00:03:46	00:42:10	63	7:57		02:15:21.78
93	90	Hank Larsen	M	75	Glencoe	MN	00:19:05	99	2:09	00:02:55	01:05:28	103	19.2	00:00:45	00:47:29	94	8:57		02:15:40.05
94	120	Carl Hoang	M	55	Maple Grove	MN	00:18:42	96	2:07	00:03:03	01:00:20	66	20.9	00:01:13	00:52:26	121	9:53		02:15:41.62
95	107	Cary Radisewitz	M	58	Luverne	MN	00:18:24	93	2:05	00:04:29	01:02:56	89	20.0	00:02:25	00:47:32	96	8:57		02:15:43.35
96	126	Rob Sitek	M	58	Hastings	MN	00:17:42	82	2:00	00:03:11	01:00:33	67	20.8	00:01:41	00:52:49	123	9:57		02:15:53.02
97	334	Sean Devine	M	22	Eden Prairie	MN	00:19:22	106	2:11	00:03:41	01:05:20	102	19.3	00:02:26	00:45:35	88	8:36		02:16:22.53
98	256	Paul Portenlanger	M	42	Minneapolis	MN	00:19:25	108	2:11	00:04:21	01:07:21	110	18.7	00:02:16	00:43:03	70	8:07		02:16:23.15
99	197	Darrick Zaring	M	47	Vadnais Heights	MN	00:18:18	90	2:04	00:03:22	01:02:31	86	20.2	00:01:43	00:50:43	112	9:34		02:16:34.86
100	172	Mark Falzone	M	53	Chanhassen	MN	00:16:26	63	1:51	00:03:41	01:08:18	112	18.4	00:04:41	00:44:01	78	8:18		02:17:04.70
101	295	Andy Kock	M	37	Golden Valley	MN	00:19:16	103	2:10	00:04:18	01:08:42	115	18.3	00:01:51	00:44:09	80	8:19		02:18:13.57
102	99	Rick E. Wheeler	M	64	Bloomington	MN	00:17:59	85	2:02	00:03:24	01:05:38	105	19.2	00:01:17	00:49:59	109	9:25		02:18:14.21
103	185	Steven Gallagher	M	50	Minneapolis	MN	00:18:05	86	2:02	00:03:28	01:05:33	104	19.2	00:01:54	00:49:24	107	9:19		02:18:21.02
104	287	Eric Fiedler	M	32	Ramsey	MN	00:19:32	110	2:12	00:02:29	01:03:18	91	19.9	00:02:01	00:51:24	117	9:41		02:18:42.39
105	283	Nicholas Milton	M	33	Minneapolis	MN	00:17:13	72	1:56	00:04:06	01:01:48	77	20.4	00:04:25	00:52:29	122	9:53		02:19:57.00

Heart of the Lakes Triathlon

July 19, 2015

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
106	199	Brett Mayfield	M	46	Cokato	MN	00:16:53	67	1:54	00:04:15	01:06:31	108	18.9	00:03:31	00:49:11	105	9:16		02:20:19.40
107	217	Allen Donais	M	52	Eveleth	MN	00:23:29	132	2:39	00:04:27	01:01:09	75	20.6	00:02:29	00:49:20	106	9:18		02:20:52.81
108	279	Nathan Evans	M	34	Chicago	IL	00:19:16	102	2:10	00:02:42	01:05:02	100	19.4	00:03:00	00:51:01	114	9:37		02:20:58.38
109	98	Tom Couillard	M	66	White Bear Lake	MN	00:18:36	94	2:06	00:04:10	01:05:45	106	19.2	00:02:28	00:50:07	110	9:27		02:21:03.28
110	93	Daryl Stevens	M	72	Sartell	MN	00:19:11	100	2:10	00:03:37	01:00:00	65	21.0	00:00:51	00:58:59	130	11:07		02:22:36.64
111	181	William Traxler	M	52	Victoria	MN	00:22:40	129	2:34	00:03:15	01:03:59	93	19.7	00:01:38	00:52:12	120	9:50		02:23:41.62
112	333	Andrew Barringer	M	24	Saint Francis	MN	00:20:13	115	2:17	00:03:56	00:59:41	62	21.1	00:04:51	00:55:52	127	10:32		02:24:28.96
113	187	Paul Pasko	M	50	Minnetonka	MN	00:21:30	121	2:26	00:03:57	01:04:57	98	19.4	00:03:34	00:51:44	118	9:45		02:25:40.48
114	179	Craig Olsen	M	52	Inver Grove Heights	MN	00:19:13	101	2:10	00:05:04	01:12:24	125	17.4	00:01:58	00:47:15	93	8:54		02:25:51.39
115	194	Michael Kovic	M	48	Chanhassen	MN	00:14:02	22	1:35	00:03:54	01:14:00	130	17.0	00:02:08	00:52:03	119	9:49		02:26:03.63
116	170	Jonathan Stinson	M	54	Plymouth	MN	00:24:55	138	2:49	00:03:21	01:08:42	114	18.3	00:04:21	00:46:31	92	8:46		02:27:47.34
117	119	Brett Oden	M	55	Buffalo	MN	00:18:58	98	2:08	00:04:17	01:12:51	128	17.3	00:03:31	00:48:18	98	9:06		02:27:53.68
118	121	Ken Katz	M	55	Plymouth	MN	00:22:36	128	2:33	00:04:33	01:08:25	113	18.4	00:02:28	00:50:44	113	9:34		02:28:43.44
119	206	Mike Swanson	M	45	Minneapolis	MN	00:21:22	119	2:25	00:04:02	01:11:12	121	17.7	00:03:13	00:48:58	103	9:14		02:28:44.18
120	254	Matt Honsey	M	43	Annandale	MN	00:24:46	136	2:48	00:02:40	01:16:52	136	16.4	00:01:55	00:43:01	69	8:06		02:29:11.56
121	286	Oliver Ross	M	33	Saint Paul	MN	00:20:30	116	2:19	00:05:13	01:11:28	123	17.6	00:02:35	00:51:07	116	9:38		02:30:50.84
122	176	Mark Mcarthur	M	53	Excelsior	MN	00:19:22	107	2:11	00:03:37	01:09:23	117	18.2	00:02:19	00:57:30	128	10:50		02:32:07.91
123	92	Fred Roethlisberger	M	72	River Falls	WI	00:22:12	125	2:30	00:03:30	01:11:30	124	17.6	00:04:05	00:51:02	115	9:37		02:32:16.88
124	272	Mark Tennesen	M	36	Lakeville	MN	00:17:11	71	1:56	00:02:40	01:16:28	135	16.5	00:02:04	00:54:48	125	10:20		02:33:07.63
125	104	Walter Milbrath	M	60	Hudson	WI	00:19:18	104	2:11	00:03:20	01:10:19	119	17.9	00:01:27	00:59:38	131	11:15		02:34:00.14
126	281	Jeff Trinh-Sy	M	34	Minneapolis	MN	00:25:57	139	2:56	00:04:02	01:09:43	118	18.1	00:01:57	00:53:28	124	10:05		02:35:03.98
127	203	David John Carlson	M	45	Minneapolis	MN	00:23:02	130	2:36	00:05:01	01:14:38	132	16.9	00:04:13	00:49:26	108	9:19		02:36:17.75
128	285	Ben O'Donnell	M	33	Eagan	MN	00:18:41	95	2:06	00:03:16	01:09:06	116	18.2	00:02:28	01:03:49	136	12:02		02:37:17.12
129	288	Andrew Ortquist	M	31	Lakeville	MN	00:21:51	123	2:28	00:04:49	01:18:52	138	16.0	00:01:56	00:50:29	111	9:31		02:37:54.26
130	258	Mark Wagner	M	42	New Hope	MN	00:17:41	81	2:00	00:04:13	01:04:31	95	19.5	00:04:34	01:08:19	139	12:53		02:39:14.92
131	270	Kyle Bauman	M	37	Delano	MN	00:24:31	134	2:46	00:04:20	01:12:36	127	17.4	00:02:14	00:58:05	129	10:57		02:41:43.72
132	289	Bryan Baxter	M	31	Lakeville	MN	00:28:26	140	3:13	00:04:26	01:17:20	137	16.3	00:02:32	00:49:08	104	9:16		02:41:48.54
133	130	Tom Barringer	M	59	St.Francis	MN	00:23:06	131	2:37	00:04:17	01:12:31	126	17.4	00:02:30	01:01:06	133	11:31		02:43:28.07
134	118	Chuck Wagner	M	55	Minnetonka	MN	00:22:27	126	2:32	00:04:37	01:14:35	131	16.9	00:02:40	01:00:25	132	11:23		02:44:40.95
135	319	Eric Andersen	M	28	Champlin	MN	00:19:45	113	2:14	00:03:09	01:13:59	129	17.0	00:02:10	01:06:45	138	12:35		02:45:44.72
136	91	Steve Paladie	M	72	Plymouth	MI	00:23:38	133	2:40	00:03:22	01:15:05	133	16.8	00:01:43	01:02:19	134	11:45		02:46:03.23
137	320	Spencer Hagen	M	28	St. Louis Park	MN	00:24:51	137	2:48	00:05:18	01:15:49	134	16.6	00:04:22	01:03:26	135	11:57		02:53:42.31
138	212	Robert Bode	M	52	Minneapolis	MN	00:17:38	79	1:59	00:03:54	01:11:13	122	17.7	00:03:27	01:20:32	141	15:11		02:56:40.31
139	105	John Jasinski	M	58	Minneapolis	MN	00:21:31	122	2:26	00:14:13	01:19:02	139	15.9	00:07:00	00:55:26	126	10:27		02:57:09.40
140	101	Terry Hill	M	63	Maple Grove	MN	00:24:33	135	2:46	00:05:03	01:24:06	140	15.0	00:03:56	01:11:19	140	13:27		03:08:55.45

Heart of the Lakes Triathlon

July 19, 2015

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Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
141	96	James Barthel	M	68	Dellwood	MN	00:22:28	127	2:32	00:07:34	01:29:52	141	14.0	00:03:55	01:05:27	137	12:20		03:09:13.71