

# Heart of the Lakes Triathlon

July 19, 2015

## 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	16/358	1/181	844	Jacquelyn Bacigalupi	37	F	Baxter	MN	00:06:51.11	00:22:54.26	00:17:25.70		00:50:18.41
2	23/358	2/181	722	Kristina Swenson	18	F	Rogers	MN	00:06:10.91	00:24:55.83	00:18:57.60		00:52:49.59
3	27/358	3/181	546	Juli Currie	43	F	Chanhassen	MN	00:07:18.09	00:23:44.80	00:18:32.93		00:53:07.16

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/358	1/177	401	David Thompson	37	M	Long Lake	MN	00:05:08.23	00:18:55.26	00:14:55.78		00:41:20.61
2	2/358	2/177	430	Matthew Radniecki	28	M	Brainerd	MN	00:05:51.78	00:20:21.72	00:15:58.29		00:45:07.95
3	3/358	3/177	402	Andrew Zabel	35	M	Sartell	MN	00:06:40.71	00:20:30.09	00:15:20.78		00:45:19.13

### Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/358	6/181	408	Marta Lewinski	42	F	Edina	MN	00:07:37.33	00:24:14.56	00:18:55.49		00:54:07.20

### Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/358	8/177	839	Bill Corcoran	42	M	Sartell	MN	00:06:37.82	00:21:31.23	00:17:34.41		00:48:18.67

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	59/358	12/181	855	Anna Peterson	16	F	Rosemount	MN	00:07:49.19	00:28:00.08	00:19:01.90		00:58:07.22
2	72/358	14/181	599	Allison Crum	17	F	Deerwood	MN	00:06:40.16	00:27:32.76	00:21:03.07		00:59:26.41
3	87/358	22/181	817	Brianna Lavelle	17	F	Chaska	MN	00:06:25.28	00:27:12.54	00:23:39.22		01:00:24.52

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### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/358	6/177	837	Mitch Clayton	18	M	Forest Lake	MN	00:05:44.51	00:21:43.97	00:16:31.02		00:46:50.14
2	7/358	7/177	407	Nathan Bich	16	M	Duluth	MN	00:06:22.42	00:21:56.53	00:15:43.60		00:47:10.41
3	10/358	10/177	804	Parker Roehl	17	M	St.Bonifacius	MN	00:05:46.27	00:23:43.34	00:16:51.31		00:48:53.67

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	42/358	8/181	808	Jenna Muntifering	20	F	Buffalo	MN	00:06:21.92	00:26:10.86	00:19:03.41		00:55:11.56
2	56/358	11/181	761	Maggi Gertken	20	F	Saint Cloud	MN	00:07:29.20	00:28:39.42	00:18:01.55		00:57:27.82
3	100/358	27/181	764	Katelyn Gruys	21	F	Eugene	OR	00:07:59.56	00:29:03.47	00:19:42.31		01:01:33.26

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	43/358	35/177	629	Jackson Sullivan	23	M	Waconia	MN	00:08:52.53	00:23:16.29	00:19:57.62		00:55:15.84
2	70/358	57/177	793	Jon Bell-Clement	20	M	Fargo	ND	00:07:14.84	00:28:26.57	00:19:00.99		00:59:08.48
3	97/358	73/177	453	Nick Engfer	20	M	Buffalo	MN	00:06:56.34	00:27:58.90	00:22:29.66		01:01:01.85

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/358	7/181	622	Kelly Russ	26	F	Plymouth	MN	00:08:16.04	00:25:28.70	00:16:59.90		00:54:33.82
2	86/358	21/181	717	Katie Vandorp	25	F	Annandale	MN	00:10:29.51	00:26:48.20	00:19:54.04		01:00:23.79
3	99/358	26/181	705	Jen Nagorski	29	F	Minneapolis	MN	00:08:52.80	00:29:44.81	00:18:40.29		01:01:07.90

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	48/358	39/177	421	Erik Fagerstrom	26	M	Eagan	MN	00:07:54.95	00:24:27.88	00:19:53.74		00:56:23.07
2	62/358	50/177	606	Timothy Bartness	25	M	Hartland	MN	00:09:10.63	00:26:25.27	00:18:49.38		00:58:20.46
3	93/358	70/177	543	Matthew Wuollet	26	M	Annandale	MN	00:09:49.51	00:26:59.51	00:19:47.65		01:00:32.70

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### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	34/358	4/181	527	Kym Zest	33	F	Minneapolis	MN	00:07:23.58	00:25:43.55	00:17:47.13		00:53:48.78
2	50/358	10/181	435	Krisie Melsen	34	F	Saint Louis Park	MN	00:06:37.36	00:26:04.94	00:19:54.26		00:56:38.41
3	74/358	15/181	540	Julie Feldman	33	F	Inver Grove Heights	MN	00:08:46.33	00:24:54.06	00:22:37.81		00:59:33.74

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/358	5/177	688	Aaron Eicher	32	M	Prior Lake	MN	00:07:12.20	00:21:14.96	00:14:47.07		00:46:11.98
2	15/358	15/177	734	Tim Larson	32	M	Circle Pines	MN	00:07:13.13	00:23:00.34	00:16:56.55		00:50:13.69
3	71/358	58/177	832	Dan Bauman	30	M	New Hope	MN	00:09:11.47	00:26:23.79	00:19:04.72		00:59:08.48

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	36/358	5/181	577	Roxanne Lorenz	35	F	Benson	MN	00:08:38.04	00:25:23.28	00:16:37.12		00:54:04.84
2	46/358	9/181	591	Sheri Budde	37	F	Annandale	MN	00:08:07.33	00:25:13.50	00:19:49.55		00:56:18.74
3	69/358	13/181	439	Nicole Overby	35	F	Big Lake	MN	00:07:44.58	00:25:13.59	00:21:53.85		00:58:42.39

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/358	4/177	406	Nathan Budde	38	M	Annandale	MN	00:07:01.35	00:20:58.62	00:14:54.06		00:45:36.19
2	19/358	18/177	711	Greg Alexander	37	M	Plymouth	MN	00:07:00.95	00:23:21.79	00:17:48.34		00:51:30.98
3	21/358	20/177	838	Mike Basel	37	M	Blaine	MN	00:07:35.58	00:21:59.66	00:19:05.66		00:52:15.95

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	84/358	20/181	425	Amy Bennett	41	F	Duluth	MN	00:08:20.97	00:25:51.93	00:21:39.65		01:00:21.89
2	94/358	24/181	842	Debbie Christian	44	F	Buffalo	MN	00:08:56.98	00:24:52.95	00:22:30.39		01:00:32.80
3	121/358	42/181	662	Sarah Johnson	44	F	Minneapolis	MN	00:10:00.72	00:26:48.71	00:20:49.89		01:02:59.17

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## Overall Division Results

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### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/358	9/177	682	Jesse Shaw	43	M	St. Cloud	MN	00:07:21.54	00:21:25.40	00:16:48.95		00:48:39.89
2	18/358	17/177	785	Wade Olson	42	M	Wayzata	MN	00:07:20.36	00:21:20.70	00:18:15.55		00:50:49.24
3	24/358	22/177	416	Kris Lilja	43	M	Prior Lake	MN	00:07:12.86	00:24:15.15	00:17:41.92		00:52:54.93

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	83/358	19/181	684	Larae Heaney	47	F	Maple Grove	MN	00:09:28.43	00:25:14.79	00:21:37.06		01:00:20.45
2	108/358	33/181	523	Jaleh Nahvi	45	F	Inver Grove Heights	MN	00:07:55.28	00:28:48.76	00:21:15.80		01:02:02.87
3	128/358	45/181	637	Beth Wengler	49	F	Saint Cloud	MN	00:08:58.84	00:26:10.33	00:23:16.32		01:03:28.36

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	13/358	13/177	410	Marty Moran	48	M	St Cloud	MN	00:05:08.85	00:22:45.81	00:18:57.34		00:50:03.45
2	17/358	16/177	405	Todd White	48	M	Roseville	MN	00:05:42.85	00:23:33.48	00:17:54.89		00:50:19.46
3	22/358	21/177	822	Dean Anderson	45	M	Blaine	MN	00:08:27.17	00:22:39.69	00:17:53.72		00:52:30.70

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	76/358	16/181	830	Cindy Crawford	52	F	Wayzata	MN	00:07:41.96	00:24:55.97	00:23:00.88		00:59:41.26
2	79/358	18/181	575	Julie Grafft	52	F	Chanhassen	MN	00:07:13.11	00:26:38.95	00:21:59.83		00:59:49.48
3	92/358	23/181	598	Eileen Kurpiers	54	F	Deerwood	MN	00:09:42.07	00:26:15.55	00:20:47.40		01:00:32.35

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	11/358	11/177	404	David Goldberg	54	M	Unknown	MN	00:05:42.97	00:21:45.46	00:18:24.32		00:48:58.30
2	14/358	14/177	403	John Stangl	52	M	Buffalo	MN	00:07:36.56	00:22:05.76	00:16:57.19		00:50:11.91
3	20/358	19/177	411	Mark Rosen	51	M	Otsego	MN	00:08:38.24	00:22:27.12	00:17:36.26		00:51:51.66

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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	112/358	36/181	780	Lisa Polachek	57	F	Saint Paul	MN	00:07:22.36	00:28:22.01	00:22:30.38		01:02:27.86
2	123/358	43/181	721	Pat Mcdonald	55	F	St. Louis Park	MN	00:07:55.58	00:28:22.59	00:22:23.01		01:03:02.46
3	195/358	80/181	794	Tammy Miller	55	F	Boulder	CO	00:08:28.34	00:29:26.79	00:25:18.43		01:08:38.63

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/358	12/177	860	Larry Stracke	58	M	Sauk Rapids	MN	00:08:09.00	00:21:53.62	00:16:48.99		00:49:37.12
2	25/358	23/177	414	Kris Kolstad	57	M	Willmar	MN	00:07:58.43	00:23:33.18	00:18:05.11		00:52:58.21
3	68/358	56/177	843	Duane Pullins	57	M	Maple Lake	MN	00:09:19.36	00:23:03.83	00:21:55.27		00:58:38.01

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	160/358	62/181	768	Joanne Sunquist	61	F	Plymouth	MN	00:09:58.13	00:28:28.57	00:21:30.79		01:05:49.73
2	241/358	105/181	450	Brook Lemm-Tabor	63	F	Minneapolis	MN	00:12:53.64	00:27:38.63	00:27:28.36		01:13:02.86
3	261/358	115/181	745	Pamela Brophy	64	F	Buffalo	MN	00:09:58.41	00:30:11.46	00:28:59.66		01:14:42.37

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	51/358	41/177	422	Michael Bono	62	M	Minneapolis	MN	00:08:52.08	00:24:07.47	00:20:17.53		00:57:02.32
2	88/358	66/177	431	Ben Zhao	61	M	Edina	MN	00:09:56.15	00:28:15.38	00:18:22.50		01:00:27.44
3	208/358	122/177	852	Douglas Rausch	61	M	Minneapolis	MN	00:10:14.02	00:28:32.82	00:25:10.39		01:09:51.87

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	200/358	84/181	749	Nancy Bauer	67	F	Champlin	MN	00:10:40.94	00:28:25.49	00:24:22.01		01:08:54.10
2	228/358	96/181	726	Susan Dragsten	68	F	Minneapolis	MN	00:11:05.48	00:27:36.57	00:28:27.66		01:12:09.29
3	329/358	162/181	511	Jean Wood	65	F	Excelsior	MN	00:13:26.99	00:31:00.59	00:38:56.17		01:30:11.84

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Short Individual

### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	122/358	80/177	524	Mark Walford	65	M	Glencoe	MN	00:10:17.51	00:26:20.72	00:21:15.85		01:03:00.66
2	175/358	106/177	781	John Nielsen	68	M	Woodbury	MN	00:10:33.29	00:25:59.66	00:25:15.04		01:06:50.91
3	263/358	147/177	454	Joe Kandiko	65	M	Excelsior	MN	00:09:08.22	00:29:59.82	00:29:02.77		01:15:16.36

### Female Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	334/358	166/181	441	Judy Rykken	76	F	Bloomington	MN	00:14:05.92	00:37:31.40	00:32:31.20		01:32:09.00

### Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	234/358	134/177	595	Howard Bich	75	M	Sioux Falls	SD	00:13:57.65	00:26:44.19	00:26:23.96		01:12:24.43
2	356/358	176/177	547	Frank Farrar	86	M	Britton	SD	00:13:13.13	00:36:54.16	00:47:14.29		01:49:48.82
3	358/358	177/177	755	Robert Powers	91	M	White Bear Lake	MN	00:22:38.23	00:41:08.54	00:52:56.23		02:09:48.40

# 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	1/34	500	Team House Of Pizza	St Cloud	MN	00:06:37.74	00:20:58.09	00:18:04.67		00:48:15.02
2	2/34	502	Tri 4 Evr	Kimball	MN	00:07:38.49	00:23:27.24	00:17:37.56		00:51:44.35
3	3/34	485	Swish Bichs	Duluth	MN	00:05:59.87	00:24:50.69	00:18:41.03		00:51:46.65