

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	401	David Thompson	M	37	Long Lake	MN	00:05:09	1	1:09	00:01:33	00:18:56	1	28.5	00:00:49	00:14:56	3	5:58	00:41:20.61
2	430	Matthew Radniecki	M	28	Brainerd	MN	00:05:52	8	1:19	00:01:46	00:20:22	2	26.5	00:01:11	00:15:59	6	6:23	00:45:07.95
3	402	Andrew Zabel	M	35	Sartell	MN	00:06:41	21	1:30	00:01:53	00:20:31	3	26.3	00:00:55	00:15:21	4	6:08	00:45:19.13
4	406	Nathan Budde	M	38	Annandale	MN	00:07:02	27	1:35	00:01:48	00:20:59	4	25.7	00:00:55	00:14:55	2	5:57	00:45:36.19
5	688	Aaron Eicher	M	32	Prior Lake	MN	00:07:13	31	1:37	00:02:06	00:21:15	5	25.4	00:00:52	00:14:48	1	5:54	00:46:11.98
6	837	Mitch Clayton	M	18	Forest Lake	MN	00:05:45	6	1:18	00:01:55	00:21:44	10	24.8	00:00:56	00:16:32	8	6:36	00:46:50.14
7	407	Nathan Bich	M	16	Duluth	MN	00:06:23	13	1:26	00:02:09	00:21:57	13	24.6	00:00:59	00:15:44	5	6:17	00:47:10.41
8	839	Bill Corcoran	M	42	Sartell	MN	00:06:38	18	1:30	00:01:29	00:21:32	9	25.1	00:01:07	00:17:35	19	7:01	00:48:18.67
9	682	Jesse Shaw	M	43	St. Cloud	MN	00:07:22	41	1:40	00:01:57	00:21:26	7	25.2	00:01:08	00:16:49	11	6:43	00:48:39.89
10	804	Parker Roehl	M	17	St.Bonifacius	MN	00:05:47	7	1:18	00:01:43	00:23:44	33	22.8	00:00:51	00:16:52	13	6:44	00:48:53.67
11	404	David Goldberg	M	54	Unknown	MN	00:05:43	4	1:17	00:01:58	00:21:46	11	24.8	00:01:09	00:18:25	40	7:21	00:48:58.30
12	860	Larry Stracke	M	58	Sauk Rapids	MN	00:08:09	81	1:50	00:01:50	00:21:54	12	24.7	00:00:57	00:16:49	12	6:43	00:49:37.12
13	410	Marty Moran	M	48	St Cloud	MN	00:05:09	2	1:10	00:02:00	00:22:46	19	23.7	00:01:12	00:18:58	53	7:34	00:50:03.45
14	403	John Stangl	M	52	Buffalo	MN	00:07:37	48	1:43	00:02:18	00:22:06	15	24.4	00:01:16	00:16:58	15	6:46	00:50:11.91
15	734	Tim Larson	M	32	Circle Pines	MN	00:07:14	34	1:38	00:01:58	00:23:01	22	23.5	00:01:07	00:16:57	14	6:46	00:50:13.69
16	844	Jacquelyn Bacigalupi	F	37	Baxter	MN	00:06:52	22	1:33	00:02:03	00:22:55	21	23.6	00:01:05	00:17:26	17	6:58	00:50:18.41
17	405	Todd White	M	48	Roseville	MN	00:05:43	3	1:17	00:01:51	00:23:34	29	22.9	00:01:18	00:17:55	29	7:09	00:50:19.46
18	785	Wade Olson	M	42	Wayzata	MN	00:07:21	39	1:39	00:02:24	00:21:21	6	25.3	00:01:29	00:18:16	37	7:18	00:50:49.24
19	711	Greg Alexander	M	37	Plymouth	MN	00:07:01	26	1:35	00:02:10	00:23:22	26	23.1	00:01:11	00:17:49	26	7:07	00:51:30.98
20	411	Mark Rosen	M	51	Otsego	MN	00:08:39	107	1:57	00:01:58	00:22:28	17	24.1	00:01:13	00:17:37	21	7:02	00:51:51.66
21	838	Mike Basel	M	37	Blaine	MN	00:07:36	47	1:43	00:02:22	00:22:00	14	24.6	00:01:14	00:19:06	59	7:38	00:52:15.95
22	822	Dean Anderson	M	45	Blaine	MN	00:08:28	96	1:54	00:02:19	00:22:40	18	23.8	00:01:12	00:17:54	27	7:09	00:52:30.70
23	722	Kristina Swenson	F	18	Rogers	MN	00:06:11	10	1:24	00:01:50	00:24:56	53	21.7	00:00:57	00:18:58	54	7:35	00:52:49.59
24	416	Kris Lilja	M	43	Prior Lake	MN	00:07:13	32	1:38	00:02:29	00:24:16	40	22.3	00:01:17	00:17:42	22	7:04	00:52:54.93
25	414	Kris Kolstad	M	57	Willmar	MN	00:07:59	69	1:48	00:02:14	00:23:34	28	22.9	00:01:08	00:18:06	32	7:14	00:52:58.21
26	744	Tom Brooks	M	51	Minneapolis	MN	00:08:35	104	1:56	00:02:42	00:22:26	16	24.1	00:01:17	00:18:08	34	7:15	00:53:05.71
27	546	Juli Currie	F	43	Chanhassen	MN	00:07:19	37	1:39	00:02:17	00:23:45	34	22.7	00:01:15	00:18:33	43	7:25	00:53:07.16
28	412	David Kerber	M	38	Maple Grove	MN	00:09:02	128	2:02	00:02:34	00:23:38	31	22.9	00:01:15	00:16:40	10	6:40	00:53:07.30
29	418	Daniel Dederichs	M	48	Waverly	MN	00:08:41	111	1:58	00:02:08	00:21:31	8	25.1	00:01:15	00:19:41	70	7:52	00:53:13.57
30	417	Ken Janda	M	54	St Paul	MN	00:08:12	82	1:51	00:02:19	00:24:09	37	22.4	00:01:07	00:17:34	18	7:01	00:53:18.42
31	433	Mitch Uecker	M	41	Annandale	MN	00:08:09	80	1:50	00:02:02	00:22:47	20	23.7	00:01:17	00:19:15	65	7:41	00:53:28.96
32	420	Chad Nelson	M	39	Willmar	MN	00:07:59	70	1:48	00:02:10	00:23:35	30	22.9	00:01:11	00:18:47	48	7:30	00:53:40.00
33	782	Dylan Remsik	M	16	Monticello	MN	00:06:12	11	1:24	00:02:46	00:25:55	77	20.8	00:00:46	00:18:06	33	7:14	00:53:43.19
34	527	Kym Zest	F	33	Minneapolis	MN	00:07:24	44	1:40	00:01:57	00:25:44	73	21.0	00:00:58	00:17:48	24	7:06	00:53:48.78
35	409	Mark Nieters	M	46	Sartell	MN	00:05:45	5	1:18	00:02:26	00:24:18	42	22.2	00:01:31	00:20:08	87	8:03	00:54:04.66
36	577	Roxanne Lorenz	F	35	Benson	MN	00:08:39	106	1:57	00:02:28	00:25:24	65	21.3	00:01:00	00:16:38	9	6:38	00:54:04.84

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	408	Marta Lewinski	F	42	Edina	MN	00:07:38	49	1:43	00:02:13	00:24:15	39	22.3	00:01:08	00:18:56	51	7:34		00:54:07.20
38	415	Nate Ilse	M	37	St. Paul	MN	00:07:22	40	1:40	00:02:55	00:24:48	49	21.8	00:01:32	00:17:48	25	7:07		00:54:22.59
39	756	Amanuel Abeje	M	49	Minneapolis	MN	00:07:24	43	1:40	00:01:49	00:24:16	41	22.3	00:02:20	00:18:45	47	7:29		00:54:32.03
40	622	Kelly Russ	F	26	Plymouth	MN	00:08:17	83	1:52	00:02:22	00:25:29	67	21.2	00:01:28	00:17:00	16	6:47		00:54:33.82
41	580	Sean Mulheson	M	46	Vadnais Heights	MN	00:09:09	137	2:04	00:02:22	00:24:35	45	22.0	00:01:06	00:17:56	30	7:10		00:55:05.31
42	808	Jenna Muntifering	F	20	Buffalo	MN	00:06:22	12	1:26	00:02:38	00:26:11	85	20.6	00:00:59	00:19:04	57	7:37		00:55:11.56
43	629	Jackson Sullivan	M	23	Waconia	MN	00:08:53	119	2:00	00:02:09	00:23:17	25	23.2	00:01:01	00:19:58	81	7:59		00:55:15.84
44	625	Bob Sullivan	M	54	Waconia	MN	00:09:39	163	2:11	00:02:59	00:23:16	24	23.2	00:01:33	00:18:43	46	7:29		00:56:08.37
45	723	Greg Swenson	M	46	Rogers	MN	00:06:39	19	1:30	00:02:33	00:23:40	32	22.8	00:01:27	00:22:01	143	8:48		00:56:18.28
46	591	Sheri Budde	F	37	Annandale	MN	00:08:08	77	1:50	00:01:56	00:25:14	59	21.4	00:01:13	00:19:50	76	7:55		00:56:18.74
47	790	Eric Gilbertson	M	19	Annandale	MN	00:07:57	68	1:48	00:02:49	00:26:57	104	20.0	00:00:46	00:17:55	28	7:09		00:56:21.24
48	421	Erik Fagerstrom	M	26	Eagan	MN	00:07:55	62	1:47	00:02:30	00:24:28	44	22.1	00:01:38	00:19:54	78	7:57		00:56:23.07
49	858	Ben Reiners	M	38	Albertville	MN	00:08:03	74	1:49	00:03:00	00:24:25	43	22.1	00:01:36	00:19:30	67	7:47		00:56:30.80
50	435	Krisie Melsen	F	34	Saint Louis Park	MN	00:06:38	17	1:30	00:03:08	00:26:05	83	20.7	00:00:55	00:19:55	80	7:57		00:56:38.41
51	422	Michael Bono	M	62	Minneapolis	MN	00:08:53	118	2:00	00:02:34	00:24:08	36	22.4	00:01:12	00:20:18	89	8:07		00:57:02.32
52	627	A J Abara	M	16	Plymouth	MN	00:09:48	167	2:13	00:02:01	00:28:11	148	19.2	00:00:51	00:16:16	7	6:30		00:57:04.18
53	850	Jamie Allman	M	39	Elk River	MN	00:09:02	130	2:02	00:02:36	00:23:52	35	22.6	00:01:06	00:20:48	100	8:18		00:57:21.43
54	840	Richard Olson	M	42	Blaine	MN	00:08:06	75	1:50	00:03:19	00:26:02	81	20.8	00:01:34	00:18:26	41	7:22		00:57:23.93
55	685	Michael Heaney	M	47	Maple Grove	MN	00:09:06	133	2:03	00:02:40	00:25:09	58	21.5	00:02:17	00:18:16	36	7:18		00:57:25.54
56	761	Maggi Gertken	F	20	Saint Cloud	MN	00:07:30	45	1:41	00:02:12	00:28:40	176	18.8	00:01:06	00:18:02	31	7:12		00:57:27.82
57	791	Ken Daullary	M	37	Marion	IA	00:08:33	101	1:56	00:02:32	00:26:26	93	20.4	00:01:42	00:18:20	38	7:19		00:57:30.56
58	754	Ross Golla	M	36	Minnetonka	MN	00:09:31	155	2:09	00:02:09	00:26:58	107	20.0	00:01:38	00:17:45	23	7:05		00:57:58.27
59	855	Anna Peterson	F	16	Rosemount	MN	00:07:50	60	1:46	00:02:03	00:28:01	144	19.3	00:01:14	00:19:02	56	7:36		00:58:07.22
60	658	Paul Holton	M	38	Medina	MN	00:09:07	134	2:03	00:03:13	00:25:29	66	21.2	00:01:12	00:19:09	61	7:39		00:58:08.32
61	854	Dwight Larsen	M	52	Plymouth	MN	00:08:18	86	1:52	00:02:58	00:25:18	63	21.4	00:01:26	00:20:18	90	8:07		00:58:15.36
62	606	Timothy Bartness	M	25	Hartland	MN	00:09:11	139	2:04	00:02:23	00:26:26	94	20.4	00:01:33	00:18:50	49	7:31		00:58:20.46
63	824	Zach Wenning	M	15	Excelsior	MN	00:08:18	87	1:52	00:03:18	00:27:13	113	19.8	00:01:27	00:18:11	35	7:16		00:58:25.04
64	811	Douglas Shield	M	16	Vadnais Heights	MN	00:08:57	124	2:01	00:03:04	00:25:04	56	21.6	00:01:05	00:20:22	91	8:08		00:58:29.26
65	742	Steven Meletiou	M	47	Stillwater	MN	00:08:34	102	1:56	00:03:57	00:24:42	46	21.9	00:02:22	00:18:57	52	7:34		00:58:29.27
66	724	Kyle Swenson	M	13	Rogers	MN	00:07:09	29	1:37	00:03:31	00:27:45	133	19.5	00:00:57	00:19:11	62	7:40		00:58:30.50
67	538	Damien Aguilar	M	39	Minnetonka	MN	00:08:22	92	1:53	00:02:07	00:26:57	106	20.0	00:01:22	00:19:47	74	7:54		00:58:33.10
68	843	Duane Pullins	M	57	Maple Lake	MN	00:09:20	148	2:06	00:02:36	00:23:04	23	23.4	00:01:45	00:21:56	137	8:46		00:58:38.01
69	439	Nicole Overby	F	35	Big Lake	MN	00:07:45	56	1:45	00:02:28	00:25:14	60	21.4	00:01:24	00:21:54	136	8:45		00:58:42.39
70	793	Jon Bell-Clement	M	20	Fargo	ND	00:07:15	36	1:38	00:03:01	00:28:27	158	19.0	00:01:26	00:19:01	55	7:36		00:59:08.48
71	832	Dan Bauman	M	30	New Hope	MN	00:09:12	140	2:04	00:03:18	00:26:24	90	20.5	00:01:11	00:19:05	58	7:37		00:59:08.48
72	599	Allison Crum	F	17	Deerwood	MN	00:06:41	20	1:30	00:03:00	00:27:33	124	19.6	00:01:11	00:21:04	108	8:25		00:59:26.41

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	812	Peter Rosen	M	51	Saint Paul	MN	00:09:56	174	2:15	00:03:01	00:26:12	86	20.6	00:01:45	00:18:41	44	7:28	00:59:32.61
74	540	Julie Feldman	F	33	Inver Grove Heights	MN	00:08:47	116	1:59	00:02:00	00:24:55	52	21.7	00:01:16	00:22:38	160	9:03	00:59:33.74
75	531	Kirk Langbehn	M	42	South Haven	MN	00:08:30	99	1:55	00:02:31	00:24:46	48	21.8	00:02:01	00:21:54	135	8:45	00:59:39.73
76	830	Cindy Crawford	F	52	Wayzata	MN	00:07:42	53	1:44	00:02:37	00:24:56	54	21.7	00:01:27	00:23:01	174	9:12	00:59:41.26
77	534	John Hagebock	M	46	Apple Valley	MN	00:12:01	279	2:43	00:03:29	00:24:57	55	21.6	00:01:43	00:17:36	20	7:02	00:59:43.54
78	557	Sara Dewitt	F	39	Rogers	MN	00:08:56	123	2:01	00:02:16	00:26:35	97	20.3	00:01:26	00:20:34	93	8:13	00:59:46.14
79	575	Julie Grafft	F	52	Chanhassen	MN	00:07:14	33	1:38	00:02:18	00:26:39	98	20.3	00:01:40	00:22:00	142	8:47	00:59:49.48
80	748	Mike Smith	M	43	Brooklyn Park	MN	00:08:42	112	1:58	00:03:05	00:26:25	92	20.4	00:01:19	00:20:29	92	8:11	00:59:57.71
81	521	Jeff Stites	M	45	Minneapolis	MN	00:09:06	132	2:03	00:02:59	00:25:32	69	21.2	00:01:38	00:20:59	105	8:23	01:00:11.69
82	686	Ryan Heaney	M	16	Maple Grove	MN	00:09:20	146	2:06	00:02:14	00:25:17	62	21.4	00:01:54	00:21:33	127	8:36	01:00:15.37
83	684	Larae Heaney	F	47	Maple Grove	MN	00:09:29	153	2:08	00:02:11	00:25:15	61	21.4	00:01:50	00:21:38	128	8:38	01:00:20.45
84	425	Amy Bennett	F	41	Duluth	MN	00:08:21	90	1:53	00:02:35	00:25:52	76	20.9	00:01:55	00:21:40	131	8:39	01:00:21.89
85	833	Ken Saddler	M	50	Chanhassen	MN	00:07:50	61	1:46	00:02:40	00:24:43	47	21.9	00:02:06	00:23:06	177	9:14	01:00:21.90
86	717	Katie Vandorp	F	25	Annandale	MN	00:10:30	204	2:22	00:02:13	00:26:49	100	20.1	00:01:00	00:19:55	79	7:57	01:00:23.79
87	817	Brianna Lavelle	F	17	Chaska	MN	00:06:26	14	1:27	00:01:55	00:27:13	111	19.8	00:01:13	00:23:40	191	9:27	01:00:24.52
88	431	Ben Zhao	M	61	Edina	MN	00:09:57	175	2:15	00:02:27	00:28:16	151	19.1	00:01:28	00:18:23	39	7:21	01:00:27.44
89	818	Scott Crow	M	53	Vadnais Heights	MN	00:06:27	15	1:27	00:02:29	00:25:32	68	21.2	00:01:37	00:24:27	207	9:46	01:00:29.94
90	727	Chad Wynia	M	41	Chisago City	MN	00:08:39	109	1:57	00:03:13	00:26:05	82	20.7	00:01:46	00:20:51	103	8:20	01:00:31.66
91	751	Christopher Marshall	M	44	Plymouth	MN	00:09:35	158	2:10	00:02:34	00:25:09	57	21.5	00:02:02	00:21:15	114	8:29	01:00:32.14
92	598	Eileen Kurpiers	F	54	Deerwood	MN	00:09:43	165	2:11	00:02:33	00:26:16	87	20.6	00:01:16	00:20:48	101	8:18	01:00:32.35
93	543	Matthew Wuollet	M	26	Annandale	MN	00:09:50	170	2:13	00:02:26	00:27:00	109	20.0	00:01:31	00:19:48	75	7:55	01:00:32.70
94	842	Debbie Christian	F	44	Buffalo	MN	00:08:57	125	2:01	00:02:42	00:24:53	51	21.7	00:01:31	00:22:31	156	9:00	01:00:32.80
95	640	Todd Ratcliff	M	48	Saint Paul	MN	00:08:17	84	1:52	00:03:19	00:27:31	123	19.6	00:01:47	00:19:42	71	7:52	01:00:33.67
96	827	Glen Varns	M	40	Minneapolis	MN	00:09:32	156	2:09	00:02:12	00:25:20	64	21.3	00:02:27	00:21:22	122	8:32	01:00:50.85
97	453	Nick Engfer	M	20	Buffalo	MN	00:06:57	24	1:34	00:02:46	00:27:59	142	19.3	00:00:52	00:22:30	153	8:59	01:01:01.85
98	738	Lizzie Johnson	F	15	Rosemount	MN	00:07:38	51	1:43	00:02:06	00:29:42	213	18.2	00:01:02	00:20:42	96	8:16	01:01:07.46
99	705	Jen Nagorski	F	29	Minneapolis	MN	00:08:53	120	2:00	00:02:23	00:29:45	221	18.2	00:01:28	00:18:41	45	7:28	01:01:07.90
100	764	Katelyn Gruys	F	21	Eugene	OR	00:08:00	71	1:48	00:03:46	00:29:04	190	18.6	00:01:03	00:19:43	72	7:52	01:01:33.26
101	628	Maria Leth	F	36	Plymouth	MN	00:07:30	46	1:41	00:03:10	00:28:35	170	18.9	00:01:10	00:21:15	115	8:29	01:01:36.86
102	714	Bob Leone	M	58	Plymouth	MN	00:08:25	94	1:54	00:04:03	00:25:35	70	21.1	00:02:39	00:21:05	110	8:25	01:01:44.03
103	805	Adrea Mauseth	F	35	St Louis Park	MN	00:09:03	131	2:03	00:02:33	00:27:20	120	19.8	00:01:31	00:21:21	121	8:32	01:01:45.27
104	846	Abby Saddler	F	19	Chanhassen	MN	00:05:56	9	1:20	00:02:27	00:30:14	238	17.9	00:00:56	00:22:16	148	8:54	01:01:45.66
105	617	Joseph Furusetth	M	33	Turtle River	MN	00:10:24	199	2:21	00:02:33	00:26:18	88	20.5	00:01:43	00:20:58	104	8:22	01:01:52.91
106	770	Jacqueline Jensen	F	30	Saint Michael	MN	00:08:54	121	2:00	00:03:17	00:28:41	178	18.8	00:01:03	00:20:01	85	8:00	01:01:53.38
107	797	Morgan Berger	F	20	Saint Cloud	MN	00:07:19	38	1:39	00:02:30	00:29:34	212	18.3	00:00:55	00:21:41	132	8:40	01:01:56.61
108	523	Jaleh Nahvi	F	45	Inver Grove Heights	MN	00:07:56	63	1:47	00:02:40	00:28:49	184	18.7	00:01:25	00:21:16	116	8:30	01:02:02.87

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	809	Chris Muntifering	M	53	Buffalo	MN	00:09:28	152	2:08	00:03:13	00:26:01	80	20.8	00:01:57	00:21:39	129	8:39		01:02:14.31
110	816	Meredith Reynolds	F	15	Buffalo	MN	00:09:23	150	2:07	00:03:08	00:29:00	187	18.6	00:00:55	00:20:00	84	7:59		01:02:24.17
111	728	Sarah Dragswiek	F	37	New Hope	MN	00:08:08	76	1:50	00:03:45	00:28:42	180	18.8	00:01:08	00:20:45	99	8:17		01:02:25.17
112	780	Lisa Polachek	F	57	Saint Paul	MN	00:07:23	42	1:40	00:02:53	00:28:23	155	19.0	00:01:21	00:22:31	155	9:00		01:02:27.86
113	820	Michael Sisto	M	31	Rogers	MN	00:07:47	57	1:45	00:03:14	00:24:12	38	22.3	00:02:20	00:25:08	230	10:02		01:02:37.39
114	459	Emily Quandt	F	17	Annandale	MN	00:11:19	249	2:33	00:03:10	00:28:10	146	19.2	00:00:52	00:19:11	64	7:40		01:02:39.20
115	775	Jenna Fletcher	F	53	Stillwater	MN	00:10:38	211	2:24	00:02:06	00:26:56	103	20.1	00:01:08	00:21:57	139	8:46		01:02:41.86
116	741	Molly Mortenson	F	30	Buffalo	MN	00:08:49	117	1:59	00:02:47	00:30:10	235	17.9	00:01:02	00:20:00	83	7:59		01:02:45.10
117	582	Todd Russ	M	56	Plymouth	MN	00:12:47	297	2:53	00:02:23	00:25:56	78	20.8	00:01:35	00:20:11	88	8:04		01:02:48.45
118	434	Kim Uecker	F	39	Annandale	MN	00:10:08	185	2:17	00:02:38	00:28:05	145	19.2	00:01:00	00:21:09	112	8:27		01:02:57.19
119	671	France Roberts	M	45	St. Louis Park	MN	00:09:18	143	2:06	00:03:00	00:29:01	189	18.6	00:01:56	00:19:45	73	7:53		01:02:58.27
120	733	Angela Larson	F	30	Circle Pines	MN	00:09:34	157	2:09	00:02:43	00:27:16	115	19.8	00:01:32	00:21:58	140	8:46		01:02:59.01
121	662	Sarah Johnson	F	44	Minneapolis	MN	00:10:01	181	2:16	00:02:56	00:26:49	101	20.1	00:02:25	00:20:50	102	8:19		01:02:59.17
122	524	Mark Walford	M	65	Glencoe	MN	00:10:18	195	2:19	00:03:20	00:26:21	89	20.5	00:01:48	00:21:16	117	8:30		01:03:00.66
123	721	Pat Mcdonald	F	55	St. Louis Park	MN	00:07:56	65	1:47	00:02:39	00:28:23	156	19.0	00:01:44	00:22:24	151	8:57		01:03:02.46
124	556	Matt Hansen	M	18	Apple Valley	MN	00:10:43	218	2:25	00:04:10	00:27:43	131	19.5	00:02:03	00:18:30	42	7:23		01:03:06.27
125	594	Adam Downing	M	35	Buffalo	MN	00:10:21	197	2:20	00:03:28	00:27:16	116	19.8	00:02:14	00:19:59	82	7:59		01:03:16.07
126	753	Mat Lindquist	M	38	Shoreview	MN	00:08:01	73	1:49	00:02:52	00:27:28	121	19.7	00:01:22	00:23:36	188	9:26		01:03:16.42
127	578	Paula Just	F	41	Spooner	WI	00:08:46	115	1:59	00:02:45	00:29:42	216	18.2	00:01:06	00:21:01	106	8:24		01:03:17.62
128	637	Beth Wengler	F	49	Saint Cloud	MN	00:08:59	126	2:02	00:02:48	00:26:11	84	20.6	00:02:16	00:23:17	183	9:18		01:03:28.36
129	836	Tina Ducharme	F	50	River Falls	WI	00:10:40	215	2:25	00:02:53	00:27:00	110	20.0	00:01:37	00:21:31	125	8:36		01:03:38.76
130	579	Laura Lilja	F	42	Prior Lake	MN	00:10:14	189	2:18	00:02:25	00:26:58	108	20.0	00:01:27	00:22:43	163	9:04		01:03:43.81
131	635	Michael Guyse	M	18	Maple Lake	MN	00:09:20	147	2:06	00:02:54	00:29:54	226	18.1	00:01:03	00:20:41	95	8:16		01:03:50.56
132	630	Steve Ystebo	M	26	Moorhead	MN	00:11:07	242	2:31	00:02:50	00:29:48	223	18.1	00:00:46	00:19:29	66	7:47		01:03:57.79
133	552	Erika Kufahl	F	30	Minnetonka	MN	00:10:56	232	2:28	00:02:48	00:29:25	204	18.4	00:00:53	00:20:02	86	8:00		01:04:01.93
134	597	Suzie O'Gorman	F	40	Eden Prairie	MN	00:06:29	16	1:28	00:02:40	00:27:54	137	19.4	00:01:34	00:25:30	245	10:11		01:04:04.55
135	758	Sarah Roque	F	31	Eden Prairie	MN	00:10:28	203	2:22	00:03:23	00:29:55	227	18.1	00:01:26	00:18:55	50	7:33		01:04:04.79
136	739	Charlie Johnson	M	14	Rosemount	MN	00:07:40	52	1:44	00:02:53	00:28:27	159	19.0	00:01:08	00:24:01	198	9:36		01:04:06.75
137	736	Karri Kearin	F	43	Maple Grove	MN	00:09:59	178	2:15	00:02:47	00:27:17	117	19.8	00:01:51	00:22:16	149	8:54		01:04:08.62
138	520	Frank Westpfahl	M	44	Minneapolis	MN	00:11:38	264	2:38	00:03:27	00:27:44	132	19.5	00:02:12	00:19:11	63	7:40		01:04:10.66
139	652	Thomas Becker	M	53	Mahtomedi	MN	00:06:53	23	1:33	00:03:48	00:28:49	183	18.7	00:01:05	00:23:39	190	9:27		01:04:11.80
140	747	Michaelle Meland	F	53	Golden Valley	MN	00:09:02	129	2:02	00:03:18	00:28:20	153	19.1	00:01:20	00:22:16	147	8:54		01:04:12.95
141	729	Kenneth Paulus	M	56	Minneapolis	MN	00:10:15	193	2:19	00:03:20	00:25:46	75	21.0	00:02:15	00:22:50	167	9:07		01:04:23.08
142	763	Sherilyn Young	F	47	St Paul	MN	00:10:03	182	2:16	00:02:06	00:27:50	136	19.4	00:01:30	00:23:00	172	9:11		01:04:26.76
143	849	Nick Fitzgerald	M	35	Maple Grove	MN	00:08:20	89	1:53	00:03:38	00:28:41	179	18.8	00:02:32	00:21:20	118	8:31		01:04:28.62
144	691	Kayla Willert	F	37	Annandale	MN	00:10:27	202	2:21	00:03:24	00:29:42	214	18.2	00:01:19	00:19:40	69	7:51		01:04:28.70

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
145	720	Nick Morales	M	48	New Hope	MN	00:07:38	50	1:43	00:03:06	00:26:30	96	20.4	00:01:54	00:25:25	243	10:09	01:04:31.31
146	423	Dina Post	F	48	Duluth	MN	00:08:17	85	1:52	00:03:56	00:29:09	194	18.5	00:01:22	00:21:53	134	8:45	01:04:35.85
147	561	Catherine Vaughn	F	39	Saint Paul	MN	00:11:31	257	2:36	00:02:30	00:28:11	147	19.2	00:01:26	00:21:06	111	8:26	01:04:41.19
148	703	Kristen Quill	F	30	Hampton	MN	00:08:39	108	1:57	00:03:42	00:28:28	160	19.0	00:01:38	00:22:19	150	8:55	01:04:42.57
149	641	Ryan Palmer	M	36	Chaska	MN	00:07:56	64	1:47	00:02:59	00:28:39	174	18.8	00:01:24	00:23:50	195	9:31	01:04:45.97
150	732	Dewey Pettit	M	44	Maple Grove	MN	00:10:08	184	2:17	00:03:58	00:27:43	130	19.5	00:01:52	00:21:21	120	8:32	01:04:58.85
151	676	Kimberly Moy	F	21	Saint Joseph	MN	00:07:47	58	1:45	00:02:41	00:29:17	197	18.4	00:01:14	00:24:05	203	9:37	01:05:02.92
152	562	Natalie Roeser	F	34	Buffalo	MN	00:10:39	212	2:24	00:03:17	00:28:34	169	18.9	00:01:55	00:20:43	97	8:17	01:05:05.80
153	789	Joe Guttman	M	56	Eden Prairie	MN	00:07:12	30	1:37	00:03:10	00:27:13	112	19.8	00:01:48	00:25:57	254	10:22	01:05:18.52
154	609	Jen Munson	F	42	Annandale	MN	00:11:55	277	2:41	00:02:14	00:29:32	208	18.3	00:01:07	00:20:40	94	8:15	01:05:25.34
155	746	Heath Sneller	M	39	Kimball	MN	00:11:33	259	2:36	00:03:00	00:27:15	114	19.8	00:01:00	00:22:41	162	9:04	01:05:26.37
156	649	Michael Close	M	45	Medina	MN	00:08:23	93	1:53	00:02:53	00:26:51	102	20.1	00:02:16	00:25:18	236	10:06	01:05:38.44
157	853	Scott Crawford	M	28	Monticello	MN	00:07:57	66	1:47	00:03:50	00:26:27	95	20.4	00:01:35	00:25:56	252	10:22	01:05:41.57
158	825	Jed Knutson	M	38	Shakopee	MN	00:10:26	201	2:21	00:02:29	00:28:12	150	19.1	00:01:05	00:23:35	187	9:25	01:05:44.84
159	555	Britta Oden	F	20	Buffalo	MN	00:08:01	72	1:48	00:02:45	00:30:25	240	17.8	00:01:25	00:23:15	182	9:17	01:05:48.73
160	768	Joanne Sunquist	F	61	Plymouth	MN	00:09:59	176	2:15	00:03:51	00:28:29	161	19.0	00:02:02	00:21:31	126	8:36	01:05:49.73
161	767	Julie Wiens	F	53	Wayzata	MN	00:10:43	219	2:25	00:02:37	00:27:41	129	19.5	00:01:58	00:22:54	170	9:09	01:05:49.90
162	810	David Barlow	M	52	Maple Grove	MN	00:08:41	110	1:58	00:02:21	00:27:19	119	19.8	00:01:56	00:25:38	246	10:14	01:05:51.85
163	456	Terri Fawkes	F	42	Stillwater	MN	00:08:32	100	1:55	00:03:22	00:27:36	125	19.6	00:02:50	00:23:43	192	9:28	01:06:00.00
164	774	Joe Mayer	M	50	New Hope	MN	00:12:59	300	2:56	00:03:15	00:25:43	72	21.0	00:01:19	00:22:49	166	9:07	01:06:02.34
165	633	Mike Fanslau	M	57	St. Cloud	MN	00:11:34	260	2:37	00:03:35	00:24:49	50	21.8	00:01:39	00:24:28	208	9:47	01:06:03.29
166	590	Pam Vandersluis	F	37	Buffalo	MN	00:12:13	285	2:45	00:03:16	00:28:31	164	18.9	00:01:22	00:20:44	98	8:17	01:06:03.98
167	458	Mardon Quandt	M	55	Annandale	MN	00:09:20	149	2:06	00:03:53	00:27:47	134	19.4	00:02:16	00:23:10	178	9:15	01:06:22.54
168	788	Eric Peterson	M	47	Maple Lake	MN	00:10:58	233	2:29	00:03:53	00:28:12	149	19.2	00:01:12	00:22:12	145	8:52	01:06:24.67
169	769	Whitney Beadle	F	23	Madison	WI	00:14:38	332	3:18	00:03:26	00:25:42	71	21.0	00:01:39	00:21:05	109	8:25	01:06:28.01
170	612	Marceil Skluzacek	F	47	Lakeville	MN	00:11:55	278	2:41	00:04:07	00:29:24	202	18.4	00:01:27	00:19:37	68	7:50	01:06:28.11
171	444	Thomas Slane	M	15	Apple Valley	MN	00:09:12	141	2:05	00:03:15	00:29:29	207	18.3	00:01:01	00:23:45	193	9:29	01:06:40.68
172	718	Riley Hagen	M	13	Apple Valley	MN	00:08:19	88	1:53	00:02:31	00:32:28	276	16.6	00:01:19	00:22:08	144	8:50	01:06:42.55
173	856	Hannah Lyrek	F	20	Loretto	MN	00:07:09	28	1:37	00:03:02	00:32:01	270	16.9	00:00:56	00:23:39	189	9:27	01:06:44.27
174	750	Sally Covert	F	44	White Bear Lake	MN	00:11:03	239	2:30	00:02:23	00:27:18	118	19.8	00:01:42	00:24:26	206	9:46	01:06:49.44
175	781	John Nielsen	M	68	Woodbury	MN	00:10:34	209	2:23	00:02:57	00:26:00	79	20.8	00:02:07	00:25:16	234	10:06	01:06:50.91
176	765	Joseph Wirth	M	49	Minneapolis	MN	00:15:37	341	3:32	00:04:21	00:23:25	27	23.1	00:02:18	00:21:13	113	8:29	01:06:52.26
177	620	Julie Yost-Minnich	F	46	Stewartville	MN	00:13:22	313	3:01	00:03:57	00:26:57	105	20.0	00:01:17	00:21:23	123	8:32	01:06:53.30
178	533	Spencer Hagebock	M	15	Apple Valley	MN	00:10:22	198	2:20	00:02:52	00:28:43	181	18.8	00:01:03	00:24:01	200	9:36	01:06:59.69
179	432	Kelly Berg	F	26	South Haven	MN	00:09:18	145	2:06	00:04:23	00:28:53	186	18.7	00:01:58	00:22:38	159	9:02	01:07:08.03
180	713	Dave Hartley	M	36	Annandale	MN	00:10:46	221	2:26	00:03:27	00:27:58	141	19.3	00:01:58	00:23:14	181	9:17	01:07:21.36

Heart of the Lakes Triathlon

July 19, 2015

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Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
181	819	Ava Larsen	F	11	Cold Spring	MN	00:09:49	169	2:13	00:02:25	00:32:55	285	16.4	00:00:58	00:21:20	119	8:31		01:07:25.54
182	834	Nikki Witowski	F	32	Plymouth	MN	00:08:44	114	1:58	00:02:55	00:29:20	199	18.4	00:01:48	00:24:47	215	9:54		01:07:31.13
183	813	Collin Lesch	M	19	Buffalo	MN	00:10:50	224	2:27	00:04:20	00:31:05	252	17.4	00:01:36	00:19:51	77	7:56		01:07:39.27
184	773	Laura Mayer	F	18	New Hope	MN	00:09:00	127	2:02	00:03:41	00:31:35	264	17.1	00:01:21	00:22:14	146	8:53		01:07:49.11
185	823	Katherine Walz	F	52	Plymouth	MN	00:09:36	160	2:10	00:03:20	00:30:09	233	17.9	00:01:51	00:23:01	173	9:12		01:07:54.55
186	550	Tom Millerbernd	M	48	Chaska	MN	00:09:43	166	2:12	00:03:22	00:28:50	185	18.7	00:02:01	00:24:04	202	9:37		01:07:56.41
187	539	Paul Hughes	M	45	Eden Prairie	MN	00:11:34	261	2:37	00:02:16	00:27:41	128	19.5	00:01:20	00:25:14	233	10:05		01:08:02.41
188	719	Tracy Jacobs	F	35	Annandale	MN	00:09:18	144	2:06	00:04:03	00:28:41	177	18.8	00:01:11	00:24:53	221	9:57		01:08:02.43
189	707	Rick Larson	M	58	Bloomington	MN	00:13:10	309	2:58	00:04:02	00:26:25	91	20.5	00:01:47	00:22:45	164	9:05		01:08:06.04
190	757	Hossana Teklyes	M	41	Spring Lake Park	MN	00:10:05	183	2:17	00:03:43	00:30:03	231	18.0	00:01:42	00:22:37	158	9:02		01:08:07.36
191	536	Todd Rogers	M	56	Minneapolis	MN	00:08:44	113	1:58	00:04:03	00:29:08	193	18.5	00:01:37	00:24:40	214	9:51		01:08:09.28
192	777	Hannah Theisen	F	23	Long Lake	MN	00:08:28	97	1:55	00:03:36	00:29:44	220	18.2	00:01:28	00:25:04	229	10:01		01:08:16.94
193	845	Sarah Isdahl	F	16	Plymouth	MN	00:06:59	25	1:34	00:03:23	00:29:25	203	18.4	00:01:23	00:27:22	276	10:56		01:08:29.27
194	831	Ravon Rasmussen	F	45	Delano	MN	00:10:44	220	2:25	00:03:26	00:29:53	225	18.1	00:02:02	00:22:31	157	9:00		01:08:33.80
195	794	Tammy Miller	F	55	Boulder	CO	00:08:29	98	1:55	00:03:15	00:29:27	206	18.3	00:02:11	00:25:19	240	10:07		01:08:38.63
196	657	Henry Toolan	M	41	Medina	MN	00:11:26	254	2:35	00:03:55	00:27:49	135	19.4	00:01:47	00:23:51	196	9:32		01:08:45.45
197	752	Monique Lindquist	F	32	Shoreview	MN	00:09:37	162	2:10	00:02:53	00:28:30	162	19.0	00:01:37	00:26:14	257	10:29		01:08:47.60
198	593	Erin Jacobson	F	40	North Oaks	MN	00:10:17	194	2:19	00:03:17	00:32:19	275	16.7	00:01:58	00:21:01	107	8:24		01:08:49.24
199	803	Jenna Horner	F	17	Eden Prairie	MN	00:12:10	282	2:45	00:02:49	00:29:17	196	18.4	00:01:34	00:23:05	176	9:13		01:08:52.41
200	749	Nancy Bauer	F	67	Champlin	MN	00:10:41	216	2:25	00:03:17	00:28:26	157	19.0	00:02:10	00:24:23	205	9:44		01:08:54.10
201	740	Kim Pederson	F	36	Eden Prairie	MN	00:08:54	122	2:01	00:02:34	00:31:05	254	17.4	00:01:18	00:25:18	238	10:06		01:09:07.66
202	680	Mark Myhra	M	54	Plymouth	MN	00:10:32	206	2:23	00:03:30	00:27:56	139	19.3	00:02:12	00:25:17	235	10:06		01:09:25.19
203	861	Grant Mueffelmann	M	12	Cold Spring	MN	00:09:10	138	2:04	00:03:00	00:31:41	266	17.0	00:01:05	00:24:39	212	9:51		01:09:33.09
204	636	Gregg Hulbert	M	52	Maple Lake	MN	00:11:27	255	2:35	00:03:16	00:30:10	234	17.9	00:01:34	00:23:10	179	9:15		01:09:34.56
205	759	Jennifer Stoa	F	28	Minneapolis	MN	00:10:53	227	2:27	00:04:10	00:27:56	138	19.3	00:02:41	00:24:03	201	9:37		01:09:40.64
206	712	Paul Hanek	M	44	Woodbury	MN	00:09:51	171	2:13	00:03:46	00:28:39	173	18.9	00:01:38	00:25:50	249	10:19		01:09:40.98
207	460	Adam Klarfeld	M	37	Minneapolis	MN	00:10:47	222	2:26	00:03:21	00:31:36	265	17.1	00:02:04	00:21:57	138	8:46		01:09:43.13
208	852	Douglas Rausch	M	61	Minneapolis	MN	00:10:15	192	2:19	00:03:37	00:28:33	167	18.9	00:02:19	00:25:11	231	10:04		01:09:51.87
209	551	Bob Spooner	M	63	Ramsey	MN	00:11:49	269	2:40	00:02:30	00:30:42	246	17.6	00:01:18	00:23:46	194	9:30		01:10:02.80
210	600	Heidi Dart	F	19	Greenfield	MN	00:11:54	273	2:41	00:03:17	00:30:39	245	17.6	00:01:52	00:22:38	161	9:03		01:10:17.85
211	802	Nathan Cerra	M	37	Saint Louis Park	MN	00:08:38	105	1:57	00:03:40	00:29:07	192	18.6	00:01:58	00:27:01	271	10:48		01:10:22.07
212	607	Charles Hanson	M	46	New Ulm	MN	00:10:33	208	2:23	00:05:10	00:29:43	218	18.2	00:02:53	00:22:26	152	8:58		01:10:41.94
213	461	Justin Ahlstrom	M	35	Andover	MN	00:14:11	328	3:12	00:03:10	00:29:33	209	18.3	00:02:06	00:21:46	133	8:42		01:10:43.70
214	700	Leanne Goerz	F	40	Monticello	MN	00:10:19	196	2:20	00:03:26	00:29:05	191	18.6	00:01:22	00:26:35	263	10:37		01:10:45.00
215	545	Bill Dodge	M	55	Finlayson	MN	00:09:48	168	2:13	00:04:22	00:29:42	215	18.2	00:02:23	00:24:35	210	9:49		01:10:47.10
216	762	Paul Peppin	M	55	Buffalo	MN	00:11:46	268	2:39	00:03:57	00:28:21	154	19.1	00:01:56	00:24:55	223	9:57		01:10:51.35

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
217	653	Nick Whitney	M	47	Dellwood	MN	00:11:37	263	2:37	00:04:22	00:30:01	230	18.0	00:01:26	00:23:29	185	9:23		01:10:52.91
218	516	Lindsay Jansen	F	32	Arden Hills	MN	00:11:01	237	2:29	00:03:33	00:29:42	217	18.2	00:01:54	00:24:53	220	9:56		01:11:00.56
219	725	Jennifer Gabrio	F	45	Hugo	MN	00:11:07	241	2:31	00:03:16	00:27:56	140	19.3	00:02:13	00:26:33	262	10:36		01:11:02.44
220	771	Jennifer Lindquist	F	44	Annandale	MN	00:10:56	230	2:28	00:03:05	00:31:54	269	16.9	00:01:14	00:24:01	199	9:36		01:11:07.70
221	549	Candace Millerbernd	F	46	Chaska	MN	00:13:05	306	2:57	00:02:54	00:28:40	175	18.8	00:02:02	00:24:34	209	9:49		01:11:12.79
222	697	Melissa Kelly	F	36	St. Paul	MN	00:12:05	281	2:44	00:02:58	00:30:35	243	17.7	00:02:06	00:23:34	186	9:25		01:11:15.59
223	801	Dylan Harris	M	31	Saint Paul	MN	00:13:32	317	3:03	00:03:51	00:28:32	165	18.9	00:02:26	00:22:58	171	9:11		01:11:16.09
224	537	Molly Murphy	F	40	Minneapolis	MN	00:11:21	250	2:34	00:02:57	00:33:57	293	15.9	00:01:23	00:21:40	130	8:39		01:11:16.42
225	541	William Cutshall	M	52	Rochester	MN	00:09:16	142	2:05	00:04:22	00:29:34	210	18.3	00:03:18	00:25:01	227	10:00		01:11:28.85
226	560	Eileen Lafontaine	F	42	Minneapolis	MN	00:10:25	200	2:21	00:02:58	00:28:16	152	19.1	00:02:27	00:27:57	289	11:10		01:12:01.07
227	464	Brett Honsey	M	14	Annandale	MN	00:07:49	59	1:46	00:02:50	00:37:41	330	14.3	00:00:59	00:22:51	168	9:08		01:12:06.99
228	726	Susan Dragsten	F	68	Minneapolis	MN	00:11:06	240	2:30	00:03:27	00:27:37	126	19.6	00:01:33	00:28:28	296	11:23		01:12:09.29
229	687	Korinne Wrobbel	F	20	Montrose	MN	00:10:48	223	2:26	00:04:50	00:32:45	282	16.5	00:01:05	00:22:48	165	9:07		01:12:13.57
230	679	Lisa Bauman	F	30	New Hope	MN	00:11:12	244	2:32	00:03:47	00:29:44	219	18.2	00:01:40	00:25:56	253	10:22		01:12:16.89
231	798	Bob Hollway	M	58	Plymouth	MN	00:12:39	294	2:51	00:03:57	00:28:36	171	18.9	00:02:14	00:24:56	224	9:58		01:12:19.15
232	513	Kristi Walter	F	36	Shoreview	MN	00:09:27	151	2:08	00:03:40	00:29:34	211	18.3	00:01:51	00:27:52	286	11:08		01:12:20.73
233	571	Kimberly Fier	F	40	St Paul	MN	00:08:34	103	1:56	00:04:39	00:30:50	247	17.5	00:03:09	00:25:14	232	10:05		01:12:23.33
234	595	Howard Bich	M	75	Sioux Falls	SD	00:13:58	323	3:09	00:03:37	00:26:45	99	20.2	00:01:43	00:26:24	260	10:33		01:12:24.43
235	692	Sarah Grovender	F	37	North Branch	MN	00:11:54	276	2:41	00:04:10	00:33:04	288	16.3	00:01:22	00:21:59	141	8:47		01:12:25.75
236	648	Christa Close	F	40	Medina	MN	00:10:52	226	2:27	00:03:48	00:30:27	241	17.7	00:02:29	00:24:59	226	9:59		01:12:32.14
237	857	Jen Bruett	F	38	Delano	MN	00:08:22	91	1:53	00:03:07	00:38:13	337	14.1	00:01:40	00:21:26	124	8:34		01:12:44.40
238	706	Dwight Geisler	M	57	Bloomington	MN	00:11:50	270	2:40	00:05:23	00:28:00	143	19.3	00:02:43	00:24:58	225	9:58		01:12:51.69
239	436	Wendy Ulferts	F	44	Willmar	MN	00:11:00	236	2:29	00:03:08	00:29:18	198	18.4	00:01:50	00:27:40	282	11:03		01:12:53.11
240	841	David Bailey	M	44	Horace	ND	00:12:03	280	2:43	00:03:46	00:29:25	205	18.4	00:02:02	00:25:46	248	10:18		01:13:00.08
241	450	Brook Lemm-Tabor	F	63	Minneapolis	MN	00:12:54	299	2:55	00:03:00	00:27:39	127	19.5	00:02:03	00:27:29	278	10:59		01:13:02.86
242	639	Jason Dieterle	M	41	Stillwater	MN	00:11:10	243	2:31	00:04:14	00:27:30	122	19.6	00:03:18	00:26:55	266	10:45		01:13:02.94
243	642	Steve Peery	M	28	Annandale	MN	00:11:16	247	2:33	00:03:43	00:34:43	306	15.6	00:01:09	00:22:31	154	9:00		01:13:19.44
244	701	Cindy Lamp	F	53	St. Cloud	MN	00:10:08	186	2:17	00:04:57	00:25:46	74	21.0	00:02:45	00:29:57	310	11:58		01:13:31.26
245	587	Matthew Giddings	M	38	Farmington	MN	00:13:44	319	3:06	00:03:53	00:29:57	228	18.0	00:01:09	00:24:54	222	9:57		01:13:34.81
246	826	Greg Hartley	M	38	Ham Lake	MN	00:09:52	172	2:14	00:03:31	00:29:24	201	18.4	00:02:39	00:28:13	290	11:16		01:13:36.63
247	514	Jeremy Dobson	M	42	St. Paul	MN	00:10:33	207	2:23	00:05:02	00:31:33	262	17.1	00:02:19	00:24:12	204	9:40		01:13:36.82
248	814	Linda Cieslak	F	52	Saint Michael	MN	00:11:03	238	2:30	00:04:14	00:31:05	253	17.4	00:01:30	00:25:53	251	10:20		01:13:41.60
249	570	Dan Berendes	M	36	Blaine	MN	00:10:00	179	2:15	00:03:24	00:32:02	271	16.9	00:01:32	00:27:04	272	10:49		01:13:59.16
250	716	Megan Champlin	F	28	Annandale	MN	00:12:50	298	2:54	00:02:48	00:32:43	281	16.5	00:01:03	00:24:39	213	9:51		01:14:01.66
251	438	Jessica Vagle	F	44	New London	MN	00:10:56	231	2:28	00:02:57	00:30:21	239	17.8	00:02:18	00:27:37	280	11:02		01:14:05.83
252	615	Mike Latterell	M	41	New Hope	MN	00:11:12	245	2:32	00:03:54	00:30:11	236	17.9	00:01:32	00:27:19	274	10:55		01:14:05.90

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
253	449	Dan Dean	M	55	Cokato	MN	00:07:57	67	1:47	00:02:56	00:34:16	300	15.8	00:01:24	00:27:38	281	11:02		01:14:08.12
254	608	Lisa Bessler	F	44	Apple Valley	MN	00:11:24	253	2:34	00:05:27	00:28:37	172	18.9	00:02:03	00:26:41	265	10:40		01:14:09.90
255	708	Skylar Storkamp	F	21	Clearwater	MN					00:32:31	277	16.6	00:00:56	00:25:38	247	10:15		01:14:11.00
256	667	Leslie Scott-Smith	F	46	Eden Prairie	MN	00:12:21	287	2:47	00:04:19	00:32:40	279	16.5	00:01:27	00:23:27	184	9:22		01:14:11.40
257	573	Kathleen Smith	F	57	Otsego	MN	00:10:13	188	2:18	00:03:54	00:30:07	232	17.9	00:02:16	00:27:45	284	11:05		01:14:11.92
258	529	Michael Harland	M	58	Wheaton	IL	00:09:41	164	2:11	00:04:07	00:33:00	287	16.4	00:02:07	00:25:22	242	10:08		01:14:15.51
259	554	Colton Warner	M	10	Eden Prairie	MN	00:10:14	190	2:18	00:04:07	00:32:58	286	16.4	00:02:14	00:24:50	216	9:55		01:14:19.94
260	638	Natalie Dieterle	F	40	Stillwater	MN	00:11:53	271	2:41	00:03:51	00:34:12	299	15.8	00:01:32	00:23:10	180	9:15		01:14:34.39
261	745	Pamela Brophy	F	64	Buffalo	MN	00:09:59	177	2:15	00:03:36	00:30:12	237	17.9	00:01:58	00:29:00	299	11:35		01:14:42.37
262	624	Kris Sullivan	F	53	Waconia	MN	00:12:33	292	2:50	00:04:55	00:32:05	272	16.8	00:01:18	00:24:01	197	9:36		01:14:49.35
263	454	Joe Kandiko	M	65	Excelsior	MN	00:09:09	136	2:04	00:03:51	00:30:00	229	18.0	00:03:16	00:29:03	300	11:37		01:15:16.36
264	766	Kaitlin Korbitz	F	29	Minneapolis	MN	00:10:54	228	2:28	00:03:25	00:28:30	163	19.0	00:02:05	00:30:28	315	12:11		01:15:19.88
265	626	Bailey Sullivan	F	20	Waconia	MN	00:14:55	337	3:22	00:03:50	00:32:32	278	16.6	00:01:07	00:23:03	175	9:12		01:15:23.93
266	569	Maureen Berendes	F	35	Blaine	MN	00:11:53	272	2:41	00:03:58	00:35:25	313	15.2	00:01:25	00:22:52	169	9:08		01:15:30.89
267	668	Wendy Sylvester	F	34	Annandale	MN	00:12:24	288	2:48	00:04:25	00:30:29	242	17.7	00:01:18	00:27:04	273	10:49		01:15:37.51
268	835	Colleen Ryan	F	48	Minneapolis	MN	00:10:39	213	2:24	00:03:39	00:31:09	255	17.3	00:02:30	00:27:49	285	11:07		01:15:43.50
269	681	Gregg Bell	M	45	Minneapolis	MN	00:10:40	214	2:24	00:04:43	00:31:44	267	17.0	00:02:08	00:26:37	264	10:38		01:15:50.40
270	829	Becca Rausenberger	F	45	Cologne	MN	00:10:59	234	2:29	00:02:50	00:30:50	248	17.5	00:01:44	00:30:15	313	12:05		01:16:34.84
271	709	Makenzie Pillsbury	F	24	Minneapolis	MN	00:07:15	35	1:38	00:04:06	00:37:45	332	14.3	00:01:33	00:26:00	255	10:23		01:16:35.77
272	542	Gregory Cutshall	M	45	Eagan	MN	00:12:29	289	2:49	00:03:28	00:31:11	256	17.3	00:01:24	00:28:13	291	11:17		01:16:42.29
273	799	Carolyn Hollway	F	47	Plymouth	MN	00:13:09	308	2:58	00:04:08	00:32:49	284	16.5	00:01:26	00:25:19	241	10:07		01:16:47.63
274	710	Colleen Lievsay	F	37	Northome	MN	00:14:46	336	3:20	00:04:35	00:31:30	259	17.1	00:01:41	00:24:37	211	9:50		01:17:06.93
275	522	James Vlcek	M	59	Woodbury	MN	00:13:07	307	2:58	00:04:32	00:31:32	261	17.1	00:01:48	00:26:12	256	10:28		01:17:08.48
276	613	Michelle Furuseth	F	47	Northome	MN	00:09:53	173	2:14	00:05:12	00:31:25	257	17.2	00:01:40	00:29:27	303	11:46		01:17:34.95
277	784	Jason Gates	M	38	Inver Grove Heights	MN	00:09:29	154	2:08	00:04:39	00:29:51	224	18.1	00:01:40	00:32:05	328	12:49		01:17:40.86
278	604	Carolyn Barribal	F	54	Monticello	MN	00:12:42	296	2:52	00:03:36	00:32:10	273	16.8	00:01:26	00:27:54	288	11:09		01:17:46.15
279	674	Sarah Zieska	F	24	Maple Lake	MN	00:10:42	217	2:25	00:03:31	00:34:20	301	15.7	00:02:08	00:27:21	275	10:56		01:17:59.57
280	693	Brooke Ziwicki	F	42	Clearwater	MN	00:13:02	302	2:57	00:03:06	00:35:15	311	15.3	00:01:41	00:25:04	228	10:01		01:18:05.24
281	603	Ann Anderson	F	59	Mcpherson	KS	00:10:51	225	2:27	00:03:19	00:32:48	283	16.5	00:02:18	00:29:07	302	11:38		01:18:19.91
282	670	Aaron Berning	M	28	Buffalo	MN	00:09:08	135	2:04	00:03:27	00:45:41	358	11.8	00:01:06	00:19:06	60	7:38		01:18:25.52
283	586	Amy Giddings	F	40	Farmington	MN	00:14:05	325	3:11	00:03:44	00:32:12	274	16.8	00:01:28	00:27:00	269	10:47		01:18:26.80
284	568	Deanne Kassulke	F	37	Maple Grove	MN	00:13:12	310	2:59	00:03:53	00:34:36	304	15.6	00:01:24	00:25:27	244	10:10		01:18:31.01
285	796	Brynn Bossen	F	10	Saint Anthony	MI	00:11:54	274	2:41	00:03:42	00:36:35	321	14.8	00:01:32	00:24:52	217	9:56		01:18:32.31
286	795	Deedee Bossen	F	39	St. Anthony	MN	00:11:54	275	2:41	00:03:40	00:36:36	322	14.8	00:01:33	00:24:52	218	9:56		01:18:32.42
287	783	Charlie Bammert	M	31	Champlin	MN	00:13:01	301	2:56	00:04:05	00:33:30	290	16.1	00:01:39	00:26:21	259	10:32		01:18:32.94
288	512	Tracy Janikula	F	44	Montrose	MN	00:13:44	318	3:06	00:04:59	00:28:34	168	18.9	00:01:47	00:29:49	307	11:55		01:18:50.25

Heart of the Lakes Triathlon

July 19, 2015

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Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
289	445	Tracy Hansen	F	44	Apple Valley	MN	00:19:47	351	4:28	00:03:22	00:29:01	188	18.6	00:01:59	00:24:52	219	9:56		01:18:58.43
290	566	Jana Hargreaves	F	51	Plymouth	MN	00:14:05	326	3:11	00:06:02	00:29:47	222	18.1	00:02:20	00:27:01	270	10:48		01:19:12.65
291	660	Elizabeth Becker	F	24	Mahtomedi	MN	00:07:44	55	1:45	00:04:03	00:36:12	317	14.9	00:01:36	00:29:51	308	11:56		01:19:23.08
292	650	Julie Wilhelm	F	45	Sun Prairie	WI	00:13:47	320	3:07	00:04:39	00:28:46	182	18.8	00:02:46	00:29:37	306	11:50		01:19:31.28
293	457	Tom Fulton	M	68	St. Louis Park	MN	00:09:35	159	2:10	00:06:21	00:29:21	200	18.4	00:04:17	00:30:12	312	12:04		01:19:43.61
294	678	Nikki Scheef	F	24	Saint Paul	MN	00:08:27	95	1:54	00:04:39	00:34:56	308	15.5	00:01:21	00:31:03	322	12:25		01:20:23.45
295	576	Kari Hourscht	F	39	Buffalo	MN	00:14:14	329	3:13	00:06:30	00:30:37	244	17.6	00:02:50	00:26:16	258	10:30		01:20:24.61
296	535	Greg Pierson	M	62	Monticello	MN	00:14:15	330	3:13	00:04:42	00:28:33	166	18.9	00:01:26	00:31:47	326	12:42		01:20:41.07
297	634	Clinton Berry	M	22	Plymouth	MN	00:11:41	266	2:38	00:04:12	00:34:56	309	15.5	00:01:22	00:28:43	298	11:29		01:20:51.57
298	815	Hannah Fischer	F	33	Annandale	MN	00:10:31	205	2:22	00:02:57	00:37:51	334	14.3	00:01:06	00:28:30	297	11:23		01:20:52.26
299	564	Megan Kelzenberg	F	30	Maple Grove	MN	00:10:37	210	2:24	00:04:23	00:35:26	314	15.2	00:02:02	00:28:27	295	11:22		01:20:53.20
300	760	Tom Barnard	M	67	Burnsville	MN	00:09:36	161	2:10	00:04:15	00:30:58	250	17.4	00:02:16	00:34:29	340	13:47		01:21:31.75
301	442	Charles Kent	M	33	Annandale	MN	00:12:34	293	2:50	00:06:27	00:33:05	289	16.3	00:01:43	00:27:52	287	11:08		01:21:38.40
302	443	Traci Slane	F	46	Apple Valley	MN	00:11:23	252	2:34	00:04:11	00:37:22	328	14.5	00:01:27	00:27:23	277	10:57		01:21:43.70
303	446	Joan Carples	F	61	Minnetonka	MN	00:13:25	315	3:02	00:03:36	00:35:32	315	15.2	00:01:31	00:28:20	294	11:19		01:22:22.17
304	807	Kimberly Hahn	F	35	Glencoe	MN	00:16:00	342	3:37	00:03:06	00:36:32	320	14.8	00:01:10	00:25:51	250	10:20		01:22:37.03
305	673	Samantha Hebzynski	F	24	Maple Grove	MN	00:07:43	54	1:44	00:04:12	00:35:20	312	15.3	00:01:21	00:34:28	339	13:46		01:23:01.20
306	778	Rebecca Moy	F	19	Cokato	MN	00:08:08	79	1:50	00:03:08	00:33:38	292	16.1	00:01:33	00:37:19	347	14:55		01:23:44.34
307	779	Tanner Iverson	M	19	Dassel	MN	00:08:08	78	1:50	00:03:21	00:40:53	346	13.2	00:01:43	00:29:53	309	11:56		01:23:56.11
308	699	Carolyn Weeres	F	45	Becker	MN	00:10:59	235	2:29	00:04:37	00:30:54	249	17.5	00:01:47	00:36:14	346	14:29		01:24:28.12
309	656	Tara Toolan	F	39	Medina	MN	00:12:31	291	2:49	00:05:04	00:37:44	331	14.3	00:02:47	00:26:29	261	10:35		01:24:31.11
310	563	Erin Kiel	F	34	Foley	MN	00:11:36	262	2:37	00:04:49	00:36:12	316	14.9	00:01:47	00:30:12	311	12:04		01:24:32.84
311	859	Walter Hagen	M	62	Wayzata	MN	00:12:13	286	2:46	00:05:08	00:31:30	258	17.2	00:04:01	00:31:50	327	12:43		01:24:39.94
312	672	Kathy Gruys	F	60	Maple Lake	MN	00:11:22	251	2:34	00:04:35	00:33:59	294	15.9	00:01:59	00:32:53	332	13:08		01:24:44.38
313	806	Heather Willey	F	36	Buffalo	MN	00:20:56	352	4:44	00:03:29	00:31:46	268	17.0	00:01:45	00:26:55	267	10:45		01:24:48.27
314	631	Rebecca Ystebo	F	24	Waconia	MN	00:13:51	321	3:08	00:03:59	00:36:13	318	14.9	00:01:57	00:29:04	301	11:37		01:25:01.83
315	528	Allie Harland	F	25	Wheaton	IL	00:10:55	229	2:28	00:04:47	00:35:02	310	15.4	00:02:18	00:32:26	329	12:58		01:25:24.60
316	792	Mari Bell	F	61	Fargo	ND	00:12:29	290	2:49	00:04:18	00:34:07	297	15.8	00:03:58	00:30:57	318	12:22		01:25:47.14
317	465	Olivia Honsey	F	13	Annandale	MN	00:11:32	258	2:36	00:03:48	00:38:22	338	14.1	00:01:11	00:31:13	323	12:28		01:26:03.47
318	821	Tim Pierson	M	34	Maple Grove	MN	00:14:44	335	3:20	00:03:47	00:34:09	298	15.8	00:01:44	00:31:46	325	12:42		01:26:06.21
319	695	Erin Lappen	F	29	Kobuk	AK	00:13:03	303	2:57	00:05:12	00:34:31	303	15.6	00:02:35	00:31:01	320	12:24		01:26:19.62
320	696	Nathan Woodford	M	39	Annandale	MN	00:13:03	305	2:57	00:05:10	00:34:29	302	15.7	00:02:39	00:31:02	321	12:24		01:26:19.85
321	525	Alyssa Rosenberger	F	44	Melrose	MN	00:10:00	180	2:15	00:03:36	00:40:03	344	13.5	00:02:29	00:30:27	314	12:10		01:26:32.97
322	847	Sarah Dewitt	F	56	Sioux Falls	SD	00:14:42	333	3:19	00:03:52	00:37:01	327	14.6	00:01:26	00:29:36	304	11:50		01:26:33.50
323	851	James Dewitt	M	58	Sioux Falls	SD	00:14:42	334	3:19	00:03:56	00:36:59	326	14.6	00:01:24	00:29:36	305	11:50		01:26:33.59
324	574	Raymond Smith	M	58	Otsego	MN	00:14:05	324	3:11	00:03:43	00:31:33	263	17.1	00:02:42	00:34:37	341	13:50		01:26:36.55

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
325	558	Katherine Maiers	F	62	Minneapolis	MN	00:11:43	267	2:39	00:04:47	00:34:06	296	15.8	00:02:23	00:34:14	336	13:41		01:27:10.78
326	451	James Wright	M	60	Delano	MN	00:11:30	256	2:36	00:04:46	00:42:11	349	12.8	00:01:25	00:27:31	279	11:00		01:27:20.66
327	702	Steve Edmonson	M	55	Buffalo	MN	00:16:28	344	3:43	00:05:03	00:29:15	195	18.5	00:04:40	00:33:09	333	13:15		01:28:32.65
328	602	David Mcgauvran	M	48	Maple Grove	MN	00:17:30	345	3:57	00:04:45	00:32:42	280	16.5	00:02:37	00:31:42	324	12:40		01:29:13.32
329	511	Jean Wood	F	65	Excelsior	MN	00:13:27	316	3:02	00:04:33	00:31:01	251	17.4	00:02:16	00:38:57	348	15:34		01:30:11.84
330	588	Angel Wagner	F	45	Buffalo	MN	00:15:31	338	3:30	00:05:15	00:36:44	324	14.7	00:02:14	00:30:58	319	12:23		01:30:39.75
331	677	Julie Williams	F	33	Foreston	MN	00:13:16	312	3:00	00:05:38	00:42:23	350	12.7	00:01:59	00:27:41	283	11:04		01:30:54.94
332	647	Courtney Montoya	F	35	Apple Valley	MN	00:25:24	357	5:45	00:03:35	00:34:00	295	15.9	00:01:47	00:26:58	268	10:46		01:31:40.83
333	614	David Furuseth	M	61	Northome	MN	00:16:04	343	3:38	00:04:55	00:34:39	305	15.6	00:01:17	00:35:08	342	14:02		01:32:00.44
334	441	Judy Rykken	F	76	Bloomington	MN	00:14:06	327	3:11	00:06:19	00:37:32	329	14.4	00:01:42	00:32:32	331	13:00		01:32:09.00
335	455	Jessica Baumann	F	31	Sartell	MN	00:13:03	304	2:57	00:05:59	00:37:51	333	14.3	00:01:56	00:34:06	335	13:38		01:32:51.39
336	863	Kiersten Savoie	F	21	Corcoran	MN	00:12:41	295	2:52	00:03:49	00:44:41	354	12.1	00:01:02	00:30:55	317	12:21		01:33:06.13
337	623	Julie Ystebo	F	57	Moorhead	MN	00:13:51	322	3:08	00:05:21	00:40:03	345	13.5	00:01:48	00:32:27	330	12:58		01:33:27.10
338	530	Kathrine Harland	F	28	Wheaton	IL	00:11:40	265	2:38	00:05:33	00:39:31	343	13.7	00:02:03	00:35:57	343	14:22		01:34:41.53
339	605	Thomas Bartness	M	28	Hutchinson	MN	00:17:59	346	4:04	00:04:27	00:38:31	339	14.0	00:01:15	00:33:32	334	13:24		01:35:41.56
340	427	Alayna Russell	F	12	Buffalo	MN	00:24:42	355	5:35	00:05:20	00:39:22	341	13.7	00:01:38	00:25:18	237	10:06		01:36:17.91
341	428	Jesse Russell	M	39	Buffalo	MN	00:24:43	356	5:35	00:05:18	00:39:27	342	13.7	00:01:36	00:25:18	239	10:06		01:36:18.35
342	601	Nancy Mccourt	F	56	Buffalo	MN	00:12:12	283	2:45	00:07:31	00:34:53	307	15.5	00:03:07	00:39:25	352	15:45		01:37:05.20
343	544	Daniel Dodge	M	27	St. Paul	MN	00:10:14	191	2:19	00:06:04	00:38:02	335	14.2	00:03:17	00:39:54	353	15:57		01:37:28.47
344	581	Hannah Walsh	F	26	Saint Paul	MN	00:10:11	187	2:18	00:06:07	00:38:06	336	14.2	00:02:31	00:40:36	354	16:14		01:37:28.74
345	643	Cindy Holstrom	F	58	Los Altos	CA	00:15:34	340	3:31	00:06:50	00:36:24	319	14.8	00:03:40	00:35:57	344	14:22		01:38:22.82
346	644	Amy Bauch	F	56	Minneapolis	MN	00:15:31	339	3:30	00:06:45	00:36:37	323	14.8	00:03:36	00:35:58	345	14:22		01:38:23.17
347	743	Joe Neubauer	M	61	Hutchinson	MN	00:12:13	284	2:45	00:04:12	00:41:45	348	12.9	00:02:10	00:38:58	349	15:34		01:39:14.93
348	621	Yifat Rogers	F	35	Cologne	MN	00:11:18	248	2:33	00:06:12	00:39:09	340	13.8	00:03:15	00:41:42	355	16:40		01:41:33.37
349	735	Stephanie Schmidt	F	29	Eden Prairie	MN	00:18:24	348	4:10	00:04:57	00:45:10	356	12.0	00:05:09	00:28:19	292	11:19		01:41:55.40
350	731	Kaitlin Schmidt	F	24	Eden Prairie	MN	00:18:14	347	4:07	00:05:04	00:45:00	355	12.0	00:05:20	00:28:19	293	11:19		01:41:55.53
351	730	Nancy Schmidt	F	54	Montgomery	MN	00:18:24	349	4:10	00:04:52	00:45:16	357	11.9	00:02:32	00:30:55	316	12:21		01:41:55.62
352	518	John Mohn	M	53	Stillwater	MN	00:11:13	246	2:32	00:17:23	00:31:31	260	17.1	00:08:40	00:34:21	337	13:44		01:43:06.28
353	517	Rand Adams	M	60	St. Louis Park	MN	00:19:30	350	4:25	00:09:04	00:33:31	291	16.1	00:06:44	00:34:27	338	13:46		01:43:13.44
354	737	Kenneth Freed	M	54	Minneapolis	MN	00:13:22	314	3:01	00:05:23	00:43:49	352	12.3	00:02:13	00:39:00	350	15:35		01:43:44.21
355	565	Jenny Seaton	F	58	Foley	MN	00:14:34	331	3:17	00:07:01	00:44:10	353	12.2	00:03:15	00:39:18	351	15:42		01:48:15.03
356	547	Frank Farrar	M	86	Britton	SD	00:13:14	311	2:59	00:08:11	00:36:55	325	14.6	00:04:17	00:47:15	357	18:53		01:49:48.82
357	663	Trudi La Rose	F	46	Brooklyn Park	MN	00:22:16	353	5:02	00:08:48	00:43:06	351	12.5	00:03:32	00:46:08	356	18:26		02:03:47.02
358	755	Robert Powers	M	91	White Bear Lake	MN	00:22:39	354	5:07	00:07:45	00:41:09	347	13.1	00:05:21	00:52:57	358	21:10		02:09:48.40

Heart of the Lakes Triathlon

July 19, 2015

Did Not Finish or Disqualified

Short Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
DNF	463	Tina Honsey	F	40	Annandale	MN	00:12:47		2:53	00:02:54								
DNF	664	Stacey Schoenke	F	46	Hanover	MN	00:22:16		5:02	00:08:49	00:41:38	13.0	00:04:59					
DNF	776	Roger Baumann	M	31	Sartell	MN	00:20:52		4:43	00:08:38	00:52:07	10.4						
DQ	862	Steve Theis	M	55	Wayzata	MN					00:26:17	20.6	00:02:19	00:22:44		9:05		01:01:46

Heart of the Lakes Triathlon

July 19, 2015

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
4	4/34	499	It's A G.A.S.	Annandale	MN	00:08:30.13	00:26:20.00	00:16:10.68		00:53:41.86
5	5/34	476	The Pickles	Saint Cloud	MN	00:07:37.67	00:25:56.49	00:17:06.57		00:54:20.36
6	6/34	475	Dipper Dawgs	Annandale	MN	00:07:37.83	00:29:40.56	00:15:24.28		00:55:10.37
7	7/34	480	Dalynor's Fishsyncsoccer	Plymouth	MN	00:07:50.09	00:28:00.88	00:18:44.88		00:57:02.09
8	8/34	505	Vernon	Edina	MN	00:09:48.69	00:26:37.48	00:19:03.50		00:58:20.98
9	9/34	490	1St Timers	Annandale	MN	00:13:05.79	00:25:49.83	00:17:27.74		00:58:41.35
10	10/34	489	Two Divas & A Dude	Annandale	MN	00:10:00.62	00:28:23.75	00:18:11.77		00:58:52.91
11	11/34	498	Overman/Sachs/Womack	Albany	MN	00:12:06.05	00:27:46.81	00:16:45.48		00:58:58.76
12	12/34	491	Team Will Drill	Maple Grove	MN	00:06:52.00	00:33:30.08	00:16:41.69		00:59:25.98
13	13/34	496	Hoiem/Froelich/Naak	South Haven	MN	00:09:40.10	00:23:48.08	00:23:39.46		00:59:50.91
14	14/34	486	Two Geezers And A Kid	Annandale	MN	00:09:53.95	00:28:34.84	00:18:47.26		01:00:11.26
15	15/34	493	M K M	Crystal	MN	00:12:47.45	00:30:02.29	00:16:07.74		01:01:14.83
16	16/34	483	Hornets	Edina	MN	00:09:49.84	00:30:00.80	00:19:30.20		01:01:28.90
17	17/34	494	Spartans	Apple Valley	MN	00:06:54.27	00:35:42.73	00:18:07.31		01:03:16.83
18	18/34	492	Twin Lake Loons	Dayton	MN	00:09:12.42	00:33:43.27	00:18:40.89		01:04:21.44
19	19/34	503	Super Freaks	Buffalo	MN	00:09:35.13	00:27:06.24	00:24:20.61		01:05:39.41
20	20/34	504	Lady Of The Lakes	Maple Lake	MN	00:12:16.84	00:28:55.40	00:21:18.65		01:05:53.31
21	21/34	501	C B	Delano	MN	00:07:04.87	00:35:48.26	00:21:30.24		01:06:31.14
22	22/34	487	T J K	Montrose	MN	00:09:55.68	00:31:10.89	00:22:23.51		01:06:33.07
23	23/34	495	Team Treistad	Elk River	MN	00:11:27.50	00:32:09.10	00:20:28.24		01:06:52.21
24	24/34	473	J R L	South Haven	MN	00:12:19.48	00:27:03.93	00:24:49.84		01:06:58.00
25	25/34	474	Mn Alternatives	Eden Prairie	MN	00:11:14.14	00:31:17.47	00:22:16.32		01:07:25.39
26	26/34	479	Team Goldman	Saint Paul	MN	00:09:32.64	00:32:52.53	00:21:04.46		01:09:23.40
27	27/34	507	Team Ulferts	Willmar	MN	00:11:01.39	00:32:38.65	00:24:00.18		01:10:25.79
28	28/34	484	Splash Flash And Dash	Clear Lake	MN	00:07:40.33	00:32:33.80	00:28:09.71		01:10:53.23
29	29/34	481	Haffer's Heroes	Monticello	MN	00:11:28.73	00:38:51.35	00:17:32.75		01:11:02.67
30	30/34	471	Landshark	Apple Valley	MN	00:09:28.55	00:34:14.51	00:26:49.32		01:13:16.04
31	31/34	472	Lovely Lamperts	Sauk Rapids	MN	00:09:56.18	00:39:42.05	00:22:09.53		01:15:03.84
32	32/34	506	Branch Duo	Unknown	MN	00:16:05.81	00:33:35.81	00:22:38.85		01:15:43.63

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Team

Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
33	33/34	482	Team Coldspell	Olivia	MN	00:14:23.42	00:32:30.78	00:27:23.18		01:16:55.35
34	34/34	478	Strootman Strutters	Edina	MN	00:14:03.55	00:42:15.79	00:21:50.70		01:21:21.29