

# Heart of the Lakes Triathlon

July 19, 2015

## Short 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	844	Jacquelyn Bacigalupi	F	37	Baxter	MN	00:06:52	8	1:33	00:02:03	00:22:55	1	23.6	00:01:05	00:17:26	3	6:58		00:50:18.41
2	722	Kristina Swenson	F	18	Rogers	MN	00:06:11	2	1:24	00:01:50	00:24:56	6	21.7	00:00:57	00:18:58	10	7:35		00:52:49.59
3	546	Juli Currie	F	43	Chanhassen	MN	00:07:19	13	1:39	00:02:17	00:23:45	2	22.7	00:01:15	00:18:33	6	7:25		00:53:07.16
4	527	Kym Zest	F	33	Minneapolis	MN	00:07:24	16	1:40	00:01:57	00:25:44	14	21.0	00:00:58	00:17:48	4	7:06		00:53:48.78
5	577	Roxanne Lorenz	F	35	Benson	MN	00:08:39	43	1:57	00:02:28	00:25:24	11	21.3	00:01:00	00:16:38	1	6:38		00:54:04.84
6	408	Marta Lewinski	F	42	Edina	MN	00:07:38	19	1:43	00:02:13	00:24:15	3	22.3	00:01:08	00:18:56	9	7:34		00:54:07.20
7	622	Kelly Russ	F	26	Plymouth	MN	00:08:17	34	1:52	00:02:22	00:25:29	12	21.2	00:01:28	00:17:00	2	6:47		00:54:33.82
8	808	Jenna Muntiferung	F	20	Buffalo	MN	00:06:22	3	1:26	00:02:38	00:26:11	19	20.6	00:00:59	00:19:04	12	7:37		00:55:11.56
9	591	Sheri Budde	F	37	Annandale	MN	00:08:08	32	1:50	00:01:56	00:25:14	8	21.4	00:01:13	00:19:50	17	7:55		00:56:18.74
10	435	Krisie Melsen	F	34	Saint Louis Park	MN	00:06:38	6	1:30	00:03:08	00:26:05	17	20.7	00:00:55	00:19:55	19	7:57		00:56:38.41
11	761	Maggi Gertken	F	20	Saint Cloud	MN	00:07:30	17	1:41	00:02:12	00:28:40	62	18.8	00:01:06	00:18:02	5	7:12		00:57:27.82
12	855	Anna Peterson	F	16	Rosemount	MN	00:07:50	26	1:46	00:02:03	00:28:01	43	19.3	00:01:14	00:19:02	11	7:36		00:58:07.22
13	439	Nicole Overby	F	35	Big Lake	MN	00:07:45	24	1:45	00:02:28	00:25:14	9	21.4	00:01:24	00:21:54	51	8:45		00:58:42.39
14	599	Allison Crum	F	17	Deerwood	MN	00:06:41	7	1:30	00:03:00	00:27:33	34	19.6	00:01:11	00:21:04	34	8:25		00:59:26.41
15	540	Julie Feldman	F	33	Inver Grove Heights	MN	00:08:47	47	1:59	00:02:00	00:24:55	5	21.7	00:01:16	00:22:38	66	9:03		00:59:33.74
16	830	Cindy Crawford	F	52	Wayzata	MN	00:07:42	21	1:44	00:02:37	00:24:56	7	21.7	00:01:27	00:23:01	74	9:12		00:59:41.26
17	557	Sara Dewitt	F	39	Rogers	MN	00:08:56	52	2:01	00:02:16	00:26:35	21	20.3	00:01:26	00:20:34	24	8:13		00:59:46.14
18	575	Julie Grafft	F	52	Chanhassen	MN	00:07:14	11	1:38	00:02:18	00:26:39	22	20.3	00:01:40	00:22:00	55	8:47		00:59:49.48
19	684	Larae Heaney	F	47	Maple Grove	MN	00:09:29	62	2:08	00:02:11	00:25:15	10	21.4	00:01:50	00:21:38	46	8:38		01:00:20.45
20	425	Amy Bennett	F	41	Duluth	MN	00:08:21	36	1:53	00:02:35	00:25:52	16	20.9	00:01:55	00:21:40	48	8:39		01:00:21.89
21	717	Katie Vandorp	F	25	Annandale	MN	00:10:30	85	2:22	00:02:13	00:26:49	23	20.1	00:01:00	00:19:55	18	7:57		01:00:23.79
22	817	Brianna Lavelle	F	17	Chaska	MN	00:06:26	4	1:27	00:01:55	00:27:13	29	19.8	00:01:13	00:23:40	83	9:27		01:00:24.52
23	598	Eileen Kurpiers	F	54	Deerwood	MN	00:09:43	66	2:11	00:02:33	00:26:16	20	20.6	00:01:16	00:20:48	30	8:18		01:00:32.35
24	842	Debbie Christian	F	44	Buffalo	MN	00:08:57	53	2:01	00:02:42	00:24:53	4	21.7	00:01:31	00:22:31	63	9:00		01:00:32.80
25	738	Lizzie Johnson	F	15	Rosemount	MN	00:07:38	20	1:43	00:02:06	00:29:42	85	18.2	00:01:02	00:20:42	26	8:16		01:01:07.46
26	705	Jen Nagorski	F	29	Minneapolis	MN	00:08:53	49	2:00	00:02:23	00:29:45	91	18.2	00:01:28	00:18:41	7	7:28		01:01:07.90
27	764	Katelyn Gruys	F	21	Eugene	OR	00:08:00	29	1:48	00:03:46	00:29:04	71	18.6	00:01:03	00:19:43	16	7:52		01:01:33.26
28	628	Maria Leth	F	36	Plymouth	MN	00:07:30	18	1:41	00:03:10	00:28:35	59	18.9	00:01:10	00:21:15	38	8:29		01:01:36.86
29	805	Adrea Mauseth	F	35	St Louis Park	MN	00:09:03	57	2:03	00:02:33	00:27:20	33	19.8	00:01:31	00:21:21	41	8:32		01:01:45.27
30	846	Abby Saddler	F	19	Chanhassen	MN	00:05:56	1	1:20	00:02:27	00:30:14	99	17.9	00:00:56	00:22:16	58	8:54		01:01:45.66
31	770	Jacqueline Jensen	F	30	Saint Michael	MN	00:08:54	50	2:00	00:03:17	00:28:41	64	18.8	00:01:03	00:20:01	22	8:00		01:01:53.38
32	797	Morgan Berger	F	20	Saint Cloud	MN	00:07:19	14	1:39	00:02:30	00:29:34	84	18.3	00:00:55	00:21:41	49	8:40		01:01:56.61
33	523	Jaleh Nahvi	F	45	Inver Grove Heights	MN	00:07:56	27	1:47	00:02:40	00:28:49	67	18.7	00:01:25	00:21:16	39	8:30		01:02:02.87
34	816	Meredith Reynolds	F	15	Buffalo	MN	00:09:23	60	2:07	00:03:08	00:29:00	69	18.6	00:00:55	00:20:00	21	7:59		01:02:24.17
35	728	Sarah Dragswiek	F	37	New Hope	MN	00:08:08	31	1:50	00:03:45	00:28:42	65	18.8	00:01:08	00:20:45	29	8:17		01:02:25.17

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							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	780	Lisa Polachek	F	57	Saint Paul	MN	00:07:23	15	1:40	00:02:53	00:28:23	49	19.0	00:01:21	00:22:31	62	9:00		01:02:27.86
37	459	Emily Quandt	F	17	Annandale	MN	00:11:19	115	2:33	00:03:10	00:28:10	45	19.2	00:00:52	00:19:11	13	7:40		01:02:39.20
38	775	Jenna Fletcher	F	53	Stillwater	MN	00:10:38	88	2:24	00:02:06	00:26:56	25	20.1	00:01:08	00:21:57	52	8:46		01:02:41.86
39	741	Molly Mortenson	F	30	Buffalo	MN	00:08:49	48	1:59	00:02:47	00:30:10	97	17.9	00:01:02	00:20:00	20	7:59		01:02:45.10
40	434	Kim Uecker	F	39	Annandale	MN	00:10:08	75	2:17	00:02:38	00:28:05	44	19.2	00:01:00	00:21:09	37	8:27		01:02:57.19
41	733	Angela Larson	F	30	Circle Pines	MN	00:09:34	63	2:09	00:02:43	00:27:16	30	19.8	00:01:32	00:21:58	53	8:46		01:02:59.01
42	662	Sarah Johnson	F	44	Minneapolis	MN	00:10:01	73	2:16	00:02:56	00:26:49	24	20.1	00:02:25	00:20:50	31	8:19		01:02:59.17
43	721	Pat Mcdonald	F	55	St. Louis Park	MN	00:07:56	28	1:47	00:02:39	00:28:23	50	19.0	00:01:44	00:22:24	61	8:57		01:03:02.46
44	578	Paula Just	F	41	Spooner	WI	00:08:46	46	1:59	00:02:45	00:29:42	87	18.2	00:01:06	00:21:01	32	8:24		01:03:17.62
45	637	Beth Wengler	F	49	Saint Cloud	MN	00:08:59	54	2:02	00:02:48	00:26:11	18	20.6	00:02:16	00:23:17	79	9:18		01:03:28.36
46	836	Tina Ducharme	F	50	River Falls	WI	00:10:40	91	2:25	00:02:53	00:27:00	28	20.0	00:01:37	00:21:31	44	8:36		01:03:38.76
47	579	Laura Lilja	F	42	Prior Lake	MN	00:10:14	79	2:18	00:02:25	00:26:58	27	20.0	00:01:27	00:22:43	68	9:04		01:03:43.81
48	552	Erika Kufahl	F	30	Minnnetonka	MN	00:10:56	104	2:28	00:02:48	00:29:25	80	18.4	00:00:53	00:20:02	23	8:00		01:04:01.93
49	597	Suzie O'Gorman	F	40	Eden Prairie	MN	00:06:29	5	1:28	00:02:40	00:27:54	40	19.4	00:01:34	00:25:30	109	10:11		01:04:04.55
50	758	Sarah Roque	F	31	Eden Prairie	MN	00:10:28	84	2:22	00:03:23	00:29:55	94	18.1	00:01:26	00:18:55	8	7:33		01:04:04.79
51	736	Karri Kearin	F	43	Maple Grove	MN	00:09:59	71	2:15	00:02:47	00:27:17	31	19.8	00:01:51	00:22:16	59	8:54		01:04:08.62
52	747	Michaelle Meland	F	53	Golden Valley	MN	00:09:02	56	2:02	00:03:18	00:28:20	48	19.1	00:01:20	00:22:16	57	8:54		01:04:12.95
53	763	Sherilyn Young	F	47	St Paul	MN	00:10:03	74	2:16	00:02:06	00:27:50	39	19.4	00:01:30	00:23:00	72	9:11		01:04:26.76
54	691	Kayla Willert	F	37	Annandale	MN	00:10:27	83	2:21	00:03:24	00:29:42	86	18.2	00:01:19	00:19:40	15	7:51		01:04:28.70
55	423	Dina Post	F	48	Duluth	MN	00:08:17	35	1:52	00:03:56	00:29:09	73	18.5	00:01:22	00:21:53	50	8:45		01:04:35.85
56	561	Catherine Vaughn	F	39	Saint Paul	MN	00:11:31	120	2:36	00:02:30	00:28:11	46	19.2	00:01:26	00:21:06	36	8:26		01:04:41.19
57	703	Kristen Quill	F	30	Hampton	MN	00:08:39	44	1:57	00:03:42	00:28:28	52	19.0	00:01:38	00:22:19	60	8:55		01:04:42.57
58	676	Kimberly Moy	F	21	Saint Joseph	MN	00:07:47	25	1:45	00:02:41	00:29:17	75	18.4	00:01:14	00:24:05	88	9:37		01:05:02.92
59	562	Natalie Roeser	F	34	Buffalo	MN	00:10:39	89	2:24	00:03:17	00:28:34	58	18.9	00:01:55	00:20:43	27	8:17		01:05:05.80
60	609	Jen Munson	F	42	Annandale	MN	00:11:55	131	2:41	00:02:14	00:29:32	82	18.3	00:01:07	00:20:40	25	8:15		01:05:25.34
61	555	Britta Oden	F	20	Buffalo	MN	00:08:01	30	1:48	00:02:45	00:30:25	101	17.8	00:01:25	00:23:15	78	9:17		01:05:48.73
62	768	Joanne Sunquist	F	61	Plymouth	MN	00:09:59	69	2:15	00:03:51	00:28:29	53	19.0	00:02:02	00:21:31	45	8:36		01:05:49.73
63	767	Julie Wiens	F	53	Wayzata	MN	00:10:43	94	2:25	00:02:37	00:27:41	38	19.5	00:01:58	00:22:54	71	9:09		01:05:49.90
64	456	Terri Fawkes	F	42	Stillwater	MN	00:08:32	41	1:55	00:03:22	00:27:36	35	19.6	00:02:50	00:23:43	84	9:28		01:06:00.00
65	590	Pam Vandersluis	F	37	Buffalo	MN	00:12:13	136	2:45	00:03:16	00:28:31	56	18.9	00:01:22	00:20:44	28	8:17		01:06:03.98
66	769	Whitney Beadle	F	23	Madison	WI	00:14:38	165	3:18	00:03:26	00:25:42	13	21.0	00:01:39	00:21:05	35	8:25		01:06:28.01
67	612	Marceil Skluzacek	F	47	Lakeville	MN	00:11:55	132	2:41	00:04:07	00:29:24	78	18.4	00:01:27	00:19:37	14	7:50		01:06:28.11
68	856	Hannah Lyrek	F	20	Loretto	MN	00:07:09	10	1:37	00:03:02	00:32:01	119	16.9	00:00:56	00:23:39	82	9:27		01:06:44.27
69	750	Sally Covert	F	44	White Bear Lake	MN	00:11:03	110	2:30	00:02:23	00:27:18	32	19.8	00:01:42	00:24:26	90	9:46		01:06:49.44
70	620	Julie Yost-Minnich	F	46	Stewartville	MN	00:13:22	153	3:01	00:03:57	00:26:57	26	20.0	00:01:17	00:21:23	42	8:32		01:06:53.30

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
71	432	Kelly Berg	F	26	South Haven	MN	00:09:18	59	2:06	00:04:23	00:28:53	68	18.7	00:01:58	00:22:38	65	9:02	01:07:08.03
72	819	Ava Larsen	F	11	Cold Spring	MN	00:09:49	67	2:13	00:02:25	00:32:55	131	16.4	00:00:58	00:21:20	40	8:31	01:07:25.54
73	834	Nikki Witowski	F	32	Plymouth	MN	00:08:44	45	1:58	00:02:55	00:29:20	77	18.4	00:01:48	00:24:47	94	9:54	01:07:31.13
74	773	Laura Mayer	F	18	New Hope	MN	00:09:00	55	2:02	00:03:41	00:31:35	116	17.1	00:01:21	00:22:14	56	8:53	01:07:49.11
75	823	Katherine Walz	F	52	Plymouth	MN	00:09:36	64	2:10	00:03:20	00:30:09	96	17.9	00:01:51	00:23:01	73	9:12	01:07:54.55
76	719	Tracy Jacobs	F	35	Annandale	MN	00:09:18	58	2:06	00:04:03	00:28:41	63	18.8	00:01:11	00:24:53	99	9:57	01:08:02.43
77	777	Hannah Theisen	F	23	Long Lake	MN	00:08:28	39	1:55	00:03:36	00:29:44	90	18.2	00:01:28	00:25:04	102	10:01	01:08:16.94
78	845	Sarah Isdahl	F	16	Plymouth	MN	00:06:59	9	1:34	00:03:23	00:29:25	79	18.4	00:01:23	00:27:22	127	10:56	01:08:29.27
79	831	Ravon Rasmussen	F	45	Delano	MN	00:10:44	95	2:25	00:03:26	00:29:53	93	18.1	00:02:02	00:22:31	64	9:00	01:08:33.80
80	794	Tammy Miller	F	55	Boulder	CO	00:08:29	40	1:55	00:03:15	00:29:27	81	18.3	00:02:11	00:25:19	106	10:07	01:08:38.63
81	752	Monique Lindquist	F	32	Shoreview	MN	00:09:37	65	2:10	00:02:53	00:28:30	54	19.0	00:01:37	00:26:14	115	10:29	01:08:47.60
82	593	Erin Jacobson	F	40	North Oaks	MN	00:10:17	80	2:19	00:03:17	00:32:19	123	16.7	00:01:58	00:21:01	33	8:24	01:08:49.24
83	803	Jenna Horner	F	17	Eden Prairie	MN	00:12:10	134	2:45	00:02:49	00:29:17	74	18.4	00:01:34	00:23:05	76	9:13	01:08:52.41
84	749	Nancy Bauer	F	67	Champlin	MN	00:10:41	92	2:25	00:03:17	00:28:26	51	19.0	00:02:10	00:24:23	89	9:44	01:08:54.10
85	740	Kim Pederson	F	36	Eden Prairie	MN	00:08:54	51	2:01	00:02:34	00:31:05	112	17.4	00:01:18	00:25:18	105	10:06	01:09:07.66
86	759	Jennifer Stoa	F	28	Minneapolis	MN	00:10:53	99	2:27	00:04:10	00:27:56	41	19.3	00:02:41	00:24:03	87	9:37	01:09:40.64
87	600	Heidi Dart	F	19	Greenfield	MN	00:11:54	127	2:41	00:03:17	00:30:39	106	17.6	00:01:52	00:22:38	67	9:03	01:10:17.85
88	700	Leanne Goerz	F	40	Monticello	MN	00:10:19	81	2:20	00:03:26	00:29:05	72	18.6	00:01:22	00:26:35	119	10:37	01:10:45.00
89	516	Lindsay Jansen	F	32	Arden Hills	MN	00:11:01	108	2:29	00:03:33	00:29:42	88	18.2	00:01:54	00:24:53	98	9:56	01:11:00.56
90	725	Jennifer Gabrio	F	45	Hugo	MN	00:11:07	112	2:31	00:03:16	00:27:56	42	19.3	00:02:13	00:26:33	118	10:36	01:11:02.44
91	771	Jennifer Lindquist	F	44	Annandale	MN	00:10:56	102	2:28	00:03:05	00:31:54	118	16.9	00:01:14	00:24:01	86	9:36	01:11:07.70
92	549	Candace Millerbernd	F	46	Chaska	MN	00:13:05	149	2:57	00:02:54	00:28:40	61	18.8	00:02:02	00:24:34	91	9:49	01:11:12.79
93	697	Melissa Kelly	F	36	St. Paul	MN	00:12:05	133	2:44	00:02:58	00:30:35	104	17.7	00:02:06	00:23:34	81	9:25	01:11:15.59
94	537	Molly Murphy	F	40	Minneapolis	MN	00:11:21	116	2:34	00:02:57	00:33:57	134	15.9	00:01:23	00:21:40	47	8:39	01:11:16.42
95	560	Eileen Lafontaine	F	42	Minneapolis	MN	00:10:25	82	2:21	00:02:58	00:28:16	47	19.1	00:02:27	00:27:57	137	11:10	01:12:01.07
96	726	Susan Dragsten	F	68	Minneapolis	MN	00:11:06	111	2:30	00:03:27	00:27:37	36	19.6	00:01:33	00:28:28	142	11:23	01:12:09.29
97	687	Korinne Wrobbel	F	20	Montrose	MN	00:10:48	96	2:26	00:04:50	00:32:45	128	16.5	00:01:05	00:22:48	69	9:07	01:12:13.57
98	679	Lisa Bauman	F	30	New Hope	MN	00:11:12	113	2:32	00:03:47	00:29:44	89	18.2	00:01:40	00:25:56	113	10:22	01:12:16.89
99	513	Kristi Walter	F	36	Shoreview	MN	00:09:27	61	2:08	00:03:40	00:29:34	83	18.3	00:01:51	00:27:52	135	11:08	01:12:20.73
100	571	Kimberly Fier	F	40	St Paul	MN	00:08:34	42	1:56	00:04:39	00:30:50	107	17.5	00:03:09	00:25:14	103	10:05	01:12:23.33
101	692	Sarah Grovender	F	37	North Branch	MN	00:11:54	130	2:41	00:04:10	00:33:04	132	16.3	00:01:22	00:21:59	54	8:47	01:12:25.75
102	648	Christa Close	F	40	Medina	MN	00:10:52	98	2:27	00:03:48	00:30:27	102	17.7	00:02:29	00:24:59	100	9:59	01:12:32.14
103	857	Jen Bruett	F	38	Delano	MN	00:08:22	37	1:53	00:03:07	00:38:13	168	14.1	00:01:40	00:21:26	43	8:34	01:12:44.40
104	436	Wendy Ulferts	F	44	Willmar	MN	00:11:00	107	2:29	00:03:08	00:29:18	76	18.4	00:01:50	00:27:40	131	11:03	01:12:53.11
105	450	Brook Lemm-Tabor	F	63	Minneapolis	MN	00:12:54	145	2:55	00:03:00	00:27:39	37	19.5	00:02:03	00:27:29	129	10:59	01:13:02.86

# Heart of the Lakes Triathlon

July 19, 2015

## Short 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
106	701	Cindy Lamp	F	53	St. Cloud	MN	00:10:08	76	2:17	00:04:57	00:25:46	15	21.0	00:02:45	00:29:57	152	11:58		01:13:31.26
107	814	Linda Cieslak	F	52	Saint Michael	MN	00:11:03	109	2:30	00:04:14	00:31:05	111	17.4	00:01:30	00:25:53	112	10:20		01:13:41.60
108	716	Megan Champlin	F	28	Annandale	MN	00:12:50	144	2:54	00:02:48	00:32:43	127	16.5	00:01:03	00:24:39	93	9:51		01:14:01.66
109	438	Jessica Vagle	F	44	New London	MN	00:10:56	103	2:28	00:02:57	00:30:21	100	17.8	00:02:18	00:27:37	130	11:02		01:14:05.83
110	608	Lisa Bessler	F	44	Apple Valley	MN	00:11:24	119	2:34	00:05:27	00:28:37	60	18.9	00:02:03	00:26:41	120	10:40		01:14:09.90
111	708	Skylar Storkamp	F	21	Clearwater	MN					00:32:31	124	16.6	00:00:56	00:25:38	110	10:15		01:14:11.00
112	667	Leslie Scott-Smith	F	46	Eden Prairie	MN	00:12:21	137	2:47	00:04:19	00:32:40	126	16.5	00:01:27	00:23:27	80	9:22		01:14:11.40
113	573	Kathleen Smith	F	57	Otsego	MN	00:10:13	78	2:18	00:03:54	00:30:07	95	17.9	00:02:16	00:27:45	133	11:05		01:14:11.92
114	638	Natalie Dieterle	F	40	Stillwater	MN	00:11:53	125	2:41	00:03:51	00:34:12	139	15.8	00:01:32	00:23:10	77	9:15		01:14:34.39
115	745	Pamela Brophy	F	64	Buffalo	MN	00:09:59	70	2:15	00:03:36	00:30:12	98	17.9	00:01:58	00:29:00	144	11:35		01:14:42.37
116	624	Kris Sullivan	F	53	Waconia	MN	00:12:33	141	2:50	00:04:55	00:32:05	120	16.8	00:01:18	00:24:01	85	9:36		01:14:49.35
117	766	Kaitlin Korbitz	F	29	Minneapolis	MN	00:10:54	100	2:28	00:03:25	00:28:30	55	19.0	00:02:05	00:30:28	156	12:11		01:15:19.88
118	626	Bailey Sullivan	F	20	Waconia	MN	00:14:55	168	3:22	00:03:50	00:32:32	125	16.6	00:01:07	00:23:03	75	9:12		01:15:23.93
119	569	Maureen Berendes	F	35	Blaine	MN	00:11:53	126	2:41	00:03:58	00:35:25	148	15.2	00:01:25	00:22:52	70	9:08		01:15:30.89
120	668	Wendy Sylvester	F	34	Annandale	MN	00:12:24	138	2:48	00:04:25	00:30:29	103	17.7	00:01:18	00:27:04	125	10:49		01:15:37.51
121	835	Colleen Ryan	F	48	Minneapolis	MN	00:10:39	90	2:24	00:03:39	00:31:09	113	17.3	00:02:30	00:27:49	134	11:07		01:15:43.50
122	829	Becca Rausenberger	F	45	Cologne	MN	00:10:59	105	2:29	00:02:50	00:30:50	108	17.5	00:01:44	00:30:15	154	12:05		01:16:34.84
123	709	Makenzie Pillsbury	F	24	Minneapolis	MN	00:07:15	12	1:38	00:04:06	00:37:45	164	14.3	00:01:33	00:26:00	114	10:23		01:16:35.77
124	799	Carolyn Hollway	F	47	Plymouth	MN	00:13:09	150	2:58	00:04:08	00:32:49	130	16.5	00:01:26	00:25:19	107	10:07		01:16:47.63
125	710	Colleen Lievsay	F	37	Northome	MN	00:14:46	167	3:20	00:04:35	00:31:30	115	17.1	00:01:41	00:24:37	92	9:50		01:17:06.93
126	613	Michelle Furuseth	F	47	Northome	MN	00:09:53	68	2:14	00:05:12	00:31:25	114	17.2	00:01:40	00:29:27	147	11:46		01:17:34.95
127	604	Carolyn Barribal	F	54	Monticello	MN	00:12:42	143	2:52	00:03:36	00:32:10	121	16.8	00:01:26	00:27:54	136	11:09		01:17:46.15
128	674	Sarah Zieska	F	24	Maple Lake	MN	00:10:42	93	2:25	00:03:31	00:34:20	140	15.7	00:02:08	00:27:21	126	10:56		01:17:59.57
129	693	Brooke Ziwicki	F	42	Clearwater	MN	00:13:02	146	2:57	00:03:06	00:35:15	146	15.3	00:01:41	00:25:04	101	10:01		01:18:05.24
130	603	Ann Anderson	F	59	Mcperson	KS	00:10:51	97	2:27	00:03:19	00:32:48	129	16.5	00:02:18	00:29:07	146	11:38		01:18:19.91
131	586	Amy Giddings	F	40	Farmington	MN	00:14:05	160	3:11	00:03:44	00:32:12	122	16.8	00:01:28	00:27:00	123	10:47		01:18:26.80
132	568	Deanne Kassulke	F	37	Maple Grove	MN	00:13:12	151	2:59	00:03:53	00:34:36	142	15.6	00:01:24	00:25:27	108	10:10		01:18:31.01
133	796	Brynn Bossen	F	10	Saint Anthony	MI	00:11:54	128	2:41	00:03:42	00:36:35	156	14.8	00:01:32	00:24:52	95	9:56		01:18:32.31
134	795	Deedee Bossen	F	39	St. Anthony	MN	00:11:54	129	2:41	00:03:40	00:36:36	157	14.8	00:01:33	00:24:52	96	9:56		01:18:32.42
135	512	Tracy Janikula	F	44	Montrose	MN	00:13:44	156	3:06	00:04:59	00:28:34	57	18.9	00:01:47	00:29:49	150	11:55		01:18:50.25
136	445	Tracy Hansen	F	44	Apple Valley	MN	00:19:47	176	4:28	00:03:22	00:29:01	70	18.6	00:01:59	00:24:52	97	9:56		01:18:58.43
137	566	Jana Hargreaves	F	51	Plymouth	MN	00:14:05	161	3:11	00:06:02	00:29:47	92	18.1	00:02:20	00:27:01	124	10:48		01:19:12.65
138	660	Elizabeth Becker	F	24	Mahtomedi	MN	00:07:44	23	1:45	00:04:03	00:36:12	152	14.9	00:01:36	00:29:51	151	11:56		01:19:23.08
139	650	Julie Wilhelm	F	45	Sun Prairie	WI	00:13:47	157	3:07	00:04:39	00:28:46	66	18.8	00:02:46	00:29:37	149	11:50		01:19:31.28
140	678	Nikki Scheef	F	24	Saint Paul	MN	00:08:27	38	1:54	00:04:39	00:34:56	144	15.5	00:01:21	00:31:03	162	12:25		01:20:23.45

# Heart of the Lakes Triathlon

July 19, 2015

## Short Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
141	576	Kari Hourscht	F	39	Buffalo	MN	00:14:14	163	3:13	00:06:30	00:30:37	105	17.6	00:02:50	00:26:16	116	10:30	01:20:24.61
142	815	Hannah Fischer	F	33	Annandale	MN	00:10:31	86	2:22	00:02:57	00:37:51	166	14.3	00:01:06	00:28:30	143	11:23	01:20:52.26
143	564	Megan Kelzenberg	F	30	Maple Grove	MN	00:10:37	87	2:24	00:04:23	00:35:26	149	15.2	00:02:02	00:28:27	141	11:22	01:20:53.20
144	443	Traci Slane	F	46	Apple Valley	MN	00:11:23	118	2:34	00:04:11	00:37:22	161	14.5	00:01:27	00:27:23	128	10:57	01:21:43.70
145	446	Joan Carples	F	61	Minnetonka	MN	00:13:25	154	3:02	00:03:36	00:35:32	150	15.2	00:01:31	00:28:20	140	11:19	01:22:22.17
146	807	Kimberly Hahn	F	35	Glencoe	MN	00:16:00	172	3:37	00:03:06	00:36:32	155	14.8	00:01:10	00:25:51	111	10:20	01:22:37.03
147	673	Samantha Hebzynski	F	24	Maple Grove	MN	00:07:43	22	1:44	00:04:12	00:35:20	147	15.3	00:01:21	00:34:28	170	13:46	01:23:01.20
148	778	Rebecca Moy	F	19	Cokato	MN	00:08:08	33	1:50	00:03:08	00:33:38	133	16.1	00:01:33	00:37:19	175	14:55	01:23:44.34
149	699	Carolyn Weeres	F	45	Becker	MN	00:10:59	106	2:29	00:04:37	00:30:54	109	17.5	00:01:47	00:36:14	174	14:29	01:24:28.12
150	656	Tara Toolan	F	39	Medina	MN	00:12:31	140	2:49	00:05:04	00:37:44	163	14.3	00:02:47	00:26:29	117	10:35	01:24:31.11
151	563	Erin Kiel	F	34	Foley	MN	00:11:36	122	2:37	00:04:49	00:36:12	151	14.9	00:01:47	00:30:12	153	12:04	01:24:32.84
152	672	Kathy Gruys	F	60	Maple Lake	MN	00:11:22	117	2:34	00:04:35	00:33:59	135	15.9	00:01:59	00:32:53	167	13:08	01:24:44.38
153	806	Heather Willey	F	36	Buffalo	MN	00:20:56	177	4:44	00:03:29	00:31:46	117	17.0	00:01:45	00:26:55	121	10:45	01:24:48.27
154	631	Rebecca Ystebo	F	24	Waconia	MN	00:13:51	158	3:08	00:03:59	00:36:13	153	14.9	00:01:57	00:29:04	145	11:37	01:25:01.83
155	528	Allie Harland	F	25	Wheaton	IL	00:10:55	101	2:28	00:04:47	00:35:02	145	15.4	00:02:18	00:32:26	164	12:58	01:25:24.60
156	792	Mari Bell	F	61	Fargo	ND	00:12:29	139	2:49	00:04:18	00:34:07	138	15.8	00:03:58	00:30:57	159	12:22	01:25:47.14
157	465	Olivia Honsey	F	13	Annandale	MN	00:11:32	121	2:36	00:03:48	00:38:22	169	14.1	00:01:11	00:31:13	163	12:28	01:26:03.47
158	695	Erin Lappen	F	29	Kobuk	AK	00:13:03	147	2:57	00:05:12	00:34:31	141	15.6	00:02:35	00:31:01	161	12:24	01:26:19.62
159	525	Alyssa Rosenberger	F	44	Melrose	MN	00:10:00	72	2:15	00:03:36	00:40:03	173	13.5	00:02:29	00:30:27	155	12:10	01:26:32.97
160	847	Sarah Dewitt	F	56	Sioux Falls	SD	00:14:42	166	3:19	00:03:52	00:37:01	160	14.6	00:01:26	00:29:36	148	11:50	01:26:33.50
161	558	Katherine Maiers	F	62	Minneapolis	MN	00:11:43	124	2:39	00:04:47	00:34:06	137	15.8	00:02:23	00:34:14	169	13:41	01:27:10.78
162	511	Jean Wood	F	65	Excelsior	MN	00:13:27	155	3:02	00:04:33	00:31:01	110	17.4	00:02:16	00:38:57	176	15:34	01:30:11.84
163	588	Angel Wagner	F	45	Buffalo	MN	00:15:31	169	3:30	00:05:15	00:36:44	159	14.7	00:02:14	00:30:58	160	12:23	01:30:39.75
164	677	Julie Williams	F	33	Foreston	MN	00:13:16	152	3:00	00:05:38	00:42:23	175	12.7	00:01:59	00:27:41	132	11:04	01:30:54.94
165	647	Courtney Montoya	F	35	Apple Valley	MN	00:25:24	180	5:45	00:03:35	00:34:00	136	15.9	00:01:47	00:26:58	122	10:46	01:31:40.83
166	441	Judy Rykken	F	76	Bloomington	MN	00:14:06	162	3:11	00:06:19	00:37:32	162	14.4	00:01:42	00:32:32	166	13:00	01:32:09.00
167	455	Jessica Baumann	F	31	Sartell	MN	00:13:03	148	2:57	00:05:59	00:37:51	165	14.3	00:01:56	00:34:06	168	13:38	01:32:51.39
168	863	Kiersten Savoie	F	21	Corcoran	MN	00:12:41	142	2:52	00:03:49	00:44:41	178	12.1	00:01:02	00:30:55	158	12:21	01:33:06.13
169	623	Julie Ystebo	F	57	Moorhead	MN	00:13:51	159	3:08	00:05:21	00:40:03	174	13.5	00:01:48	00:32:27	165	12:58	01:33:27.10
170	530	Kathrine Harland	F	28	Wheaton	IL	00:11:40	123	2:38	00:05:33	00:39:31	172	13.7	00:02:03	00:35:57	171	14:22	01:34:41.53
171	427	Alayna Russell	F	12	Buffalo	MN	00:24:42	179	5:35	00:05:20	00:39:22	171	13.7	00:01:38	00:25:18	104	10:06	01:36:17.91
172	601	Nancy Mccourt	F	56	Buffalo	MN	00:12:12	135	2:45	00:07:31	00:34:53	143	15.5	00:03:07	00:39:25	178	15:45	01:37:05.20
173	581	Hannah Walsh	F	26	Saint Paul	MN	00:10:11	77	2:18	00:06:07	00:38:06	167	14.2	00:02:31	00:40:36	179	16:14	01:37:28.74
174	643	Cindy Holstrom	F	58	Los Altos	CA	00:15:34	171	3:31	00:06:50	00:36:24	154	14.8	00:03:40	00:35:57	172	14:22	01:38:22.82
175	644	Amy Bauch	F	56	Minneapolis	MN	00:15:31	170	3:30	00:06:45	00:36:37	158	14.8	00:03:36	00:35:58	173	14:22	01:38:23.17

# Heart of the Lakes Triathlon

July 19, 2015

## Short Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
176	621	Yifat Rogers	F	35	Cologne	MN	00:11:18	114	2:33	00:06:12	00:39:09	170	13.8	00:03:15	00:41:42	180	16:40		01:41:33.37
177	735	Stephanie Schmidt	F	29	Eden Prairie	MN	00:18:24	174	4:10	00:04:57	00:45:10	180	12.0	00:05:09	00:28:19	138	11:19		01:41:55.40
178	731	Kaitlin Schmidt	F	24	Eden Prairie	MN	00:18:14	173	4:07	00:05:04	00:45:00	179	12.0	00:05:20	00:28:19	139	11:19		01:41:55.53
179	730	Nancy Schmidt	F	54	Montgomery	MN	00:18:24	175	4:10	00:04:52	00:45:16	181	11.9	00:02:32	00:30:55	157	12:21		01:41:55.62
180	565	Jenny Seaton	F	58	Foley	MN	00:14:34	164	3:17	00:07:01	00:44:10	177	12.2	00:03:15	00:39:18	177	15:42		01:48:15.03
181	663	Trudi La Rose	F	46	Brooklyn Park	MN	00:22:16	178	5:02	00:08:48	00:43:06	176	12.5	00:03:32	00:46:08	181	18:26		02:03:47.02

# Heart of the Lakes Triathlon

July 19, 2015

## Short Individual

### Overall Results - Male

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	14	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	18	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	21	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	10	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	12	1:30	00:01:29	00:21:32	9	25.1	00:01:07	00:17:35	16	7:01	00:48:18.67
9	682	Jesse Shaw	M	43	St. Cloud	MN	00:07:22	27	1:40	00:01:57	00:21:26	7	25.2	00:01:08	00:16:49	10	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	32	22.8	00:00:51	00:16:52	12	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	35	7:21	00:48:58.30
12	860	Larry Stracke	M	58	Sauk Rapids	MN	00:08:09	48	1:50	00:01:50	00:21:54	12	24.7	00:00:57	00:16:49	11	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	44	7:34	00:50:03.45
14	403	John Stangl	M	52	Buffalo	MN	00:07:37	30	1:43	00:02:18	00:22:06	15	24.4	00:01:16	00:16:58	14	6:46	00:50:11.91
15	734	Tim Larson	M	32	Circle Pines	MN	00:07:14	23	1:38	00:01:58	00:23:01	21	23.5	00:01:07	00:16:57	13	6:46	00:50:13.69
16	405	Todd White	M	48	Roseville	MN	00:05:43	3	1:17	00:01:51	00:23:34	28	22.9	00:01:18	00:17:55	25	7:09	00:50:19.46
17	785	Wade Olson	M	42	Wayzata	MN	00:07:21	25	1:39	00:02:24	00:21:21	6	25.3	00:01:29	00:18:16	32	7:18	00:50:49.24
18	711	Greg Alexander	M	37	Plymouth	MN	00:07:01	17	1:35	00:02:10	00:23:22	25	23.1	00:01:11	00:17:49	22	7:07	00:51:30.98
19	411	Mark Rosen	M	51	Otsego	MN	00:08:39	64	1:57	00:01:58	00:22:28	17	24.1	00:01:13	00:17:37	18	7:02	00:51:51.66
20	838	Mike Basel	M	37	Blaine	MN	00:07:36	29	1:43	00:02:22	00:22:00	14	24.6	00:01:14	00:19:06	47	7:38	00:52:15.95
21	822	Dean Anderson	M	45	Blaine	MN	00:08:28	58	1:54	00:02:19	00:22:40	18	23.8	00:01:12	00:17:54	23	7:09	00:52:30.70
22	416	Kris Lilja	M	43	Prior Lake	MN	00:07:13	22	1:38	00:02:29	00:24:16	37	22.3	00:01:17	00:17:42	19	7:04	00:52:54.93
23	414	Kris Kolstad	M	57	Willmar	MN	00:07:59	41	1:48	00:02:14	00:23:34	27	22.9	00:01:08	00:18:06	27	7:14	00:52:58.21
24	744	Tom Brooks	M	51	Minneapolis	MN	00:08:35	62	1:56	00:02:42	00:22:26	16	24.1	00:01:17	00:18:08	29	7:15	00:53:05.71
25	412	David Kerber	M	38	Maple Grove	MN	00:09:02	73	2:02	00:02:34	00:23:38	30	22.9	00:01:15	00:16:40	9	6:40	00:53:07.30
26	418	Daniel Dederichs	M	48	Waverly	MN	00:08:41	67	1:58	00:02:08	00:21:31	8	25.1	00:01:15	00:19:41	55	7:52	00:53:13.57
27	417	Ken Janda	M	54	St Paul	MN	00:08:12	49	1:51	00:02:19	00:24:09	35	22.4	00:01:07	00:17:34	15	7:01	00:53:18.42
28	433	Mitch Uecker	M	41	Annandale	MN	00:08:09	47	1:50	00:02:02	00:22:47	20	23.7	00:01:17	00:19:15	52	7:41	00:53:28.96
29	420	Chad Nelson	M	39	Willmar	MN	00:07:59	42	1:48	00:02:10	00:23:35	29	22.9	00:01:11	00:18:47	41	7:30	00:53:40.00
30	782	Dylan Remsik	M	16	Monticello	MN	00:06:12	9	1:24	00:02:46	00:25:55	61	20.8	00:00:46	00:18:06	28	7:14	00:53:43.19
31	409	Mark Nieters	M	46	Sartell	MN	00:05:45	5	1:18	00:02:26	00:24:18	39	22.2	00:01:31	00:20:08	64	8:03	00:54:04.66
32	415	Nate Ilse	M	37	St. Paul	MN	00:07:22	26	1:40	00:02:55	00:24:48	46	21.8	00:01:32	00:17:48	21	7:07	00:54:22.59
33	756	Amanuel Abeje	M	49	Minneapolis	MN	00:07:24	28	1:40	00:01:49	00:24:16	38	22.3	00:02:20	00:18:45	40	7:29	00:54:32.03
34	580	Sean Mulheson	M	46	Vadnais Heights	MN	00:09:09	80	2:04	00:02:22	00:24:35	42	22.0	00:01:06	00:17:56	26	7:10	00:55:05.31
35	629	Jackson Sullivan	M	23	Waconia	MN	00:08:53	71	2:00	00:02:09	00:23:17	24	23.2	00:01:01	00:19:58	62	7:59	00:55:15.84

# Heart of the Lakes Triathlon

July 19, 2015

## Short 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	625	Bob Sullivan	M	54	Waconia	MN	00:09:39	98	2:11	00:02:59	00:23:16	23	23.2	00:01:33	00:18:43	39	7:29		00:56:08.37
37	723	Greg Swenson	M	46	Rogers	MN	00:06:39	13	1:30	00:02:33	00:23:40	31	22.8	00:01:27	00:22:01	88	8:48		00:56:18.28
38	790	Eric Gilbertson	M	19	Annandale	MN	00:07:57	40	1:48	00:02:49	00:26:57	79	20.0	00:00:46	00:17:55	24	7:09		00:56:21.24
39	421	Erik Fagerstrom	M	26	Eagan	MN	00:07:55	36	1:47	00:02:30	00:24:28	41	22.1	00:01:38	00:19:54	61	7:57		00:56:23.07
40	858	Ben Reiners	M	38	Albertville	MN	00:08:03	44	1:49	00:03:00	00:24:25	40	22.1	00:01:36	00:19:30	54	7:47		00:56:30.80
41	422	Michael Bono	M	62	Minneapolis	MN	00:08:53	70	2:00	00:02:34	00:24:08	34	22.4	00:01:12	00:20:18	66	8:07		00:57:02.32
42	627	A J Abara	M	16	Plymouth	MN	00:09:48	101	2:13	00:02:01	00:28:11	102	19.2	00:00:51	00:16:16	7	6:30		00:57:04.18
43	850	Jamie Allman	M	39	Elk River	MN	00:09:02	74	2:02	00:02:36	00:23:52	33	22.6	00:01:06	00:20:48	71	8:18		00:57:21.43
44	840	Richard Olson	M	42	Blaine	MN	00:08:06	45	1:50	00:03:19	00:26:02	65	20.8	00:01:34	00:18:26	36	7:22		00:57:23.93
45	685	Michael Heaney	M	47	Maple Grove	MN	00:09:06	76	2:03	00:02:40	00:25:09	51	21.5	00:02:17	00:18:16	31	7:18		00:57:25.54
46	791	Ken Daullary	M	37	Marion	IA	00:08:33	60	1:56	00:02:32	00:26:26	73	20.4	00:01:42	00:18:20	33	7:19		00:57:30.56
47	754	Ross Golla	M	36	Mnnetonka	MN	00:09:31	93	2:09	00:02:09	00:26:58	81	20.0	00:01:38	00:17:45	20	7:05		00:57:58.27
48	658	Paul Holton	M	38	Medina	MN	00:09:07	77	2:03	00:03:13	00:25:29	55	21.2	00:01:12	00:19:09	49	7:39		00:58:08.32
49	854	Dwight Larsen	M	52	Plymouth	MN	00:08:18	51	1:52	00:02:58	00:25:18	53	21.4	00:01:26	00:20:18	67	8:07		00:58:15.36
50	606	Timothy Bartness	M	25	Hartland	MN	00:09:11	82	2:04	00:02:23	00:26:26	74	20.4	00:01:33	00:18:50	42	7:31		00:58:20.46
51	824	Zach Wenning	M	15	Excelsior	MN	00:08:18	52	1:52	00:03:18	00:27:13	84	19.8	00:01:27	00:18:11	30	7:16		00:58:25.04
52	811	Douglas Shield	M	16	Vadnais Heights	MN	00:08:57	72	2:01	00:03:04	00:25:04	49	21.6	00:01:05	00:20:22	68	8:08		00:58:29.26
53	742	Steven Meletiou	M	47	Stillwater	MN	00:08:34	61	1:56	00:03:57	00:24:42	43	21.9	00:02:22	00:18:57	43	7:34		00:58:29.27
54	724	Kyle Swenson	M	13	Rogers	MN	00:07:09	19	1:37	00:03:31	00:27:45	95	19.5	00:00:57	00:19:11	50	7:40		00:58:30.50
55	538	Damien Aguilar	M	39	Mnnetonka	MN	00:08:22	55	1:53	00:02:07	00:26:57	80	20.0	00:01:22	00:19:47	58	7:54		00:58:33.10
56	843	Duane Pullins	M	57	Maple Lake	MN	00:09:20	89	2:06	00:02:36	00:23:04	22	23.4	00:01:45	00:21:56	86	8:46		00:58:38.01
57	793	Jon Bell-Clement	M	20	Fargo	ND	00:07:15	24	1:38	00:03:01	00:28:27	107	19.0	00:01:26	00:19:01	45	7:36		00:59:08.48
58	832	Dan Bauman	M	30	New Hope	MN	00:09:12	83	2:04	00:03:18	00:26:24	70	20.5	00:01:11	00:19:05	46	7:37		00:59:08.48
59	812	Peter Rosen	M	51	Saint Paul	MN	00:09:56	106	2:15	00:03:01	00:26:12	67	20.6	00:01:45	00:18:41	38	7:28		00:59:32.61
60	531	Kirk Langbehn	M	42	South Haven	MN	00:08:30	59	1:55	00:02:31	00:24:46	45	21.8	00:02:01	00:21:54	85	8:45		00:59:39.73
61	534	John Hagebock	M	46	Apple Valley	MN	00:12:01	147	2:43	00:03:29	00:24:57	48	21.6	00:01:43	00:17:36	17	7:02		00:59:43.54
62	748	Mike Smith	M	43	Brooklyn Park	MN	00:08:42	68	1:58	00:03:05	00:26:25	72	20.4	00:01:19	00:20:29	69	8:11		00:59:57.71
63	521	Jeff Stites	M	45	Minneapolis	MN	00:09:06	75	2:03	00:02:59	00:25:32	57	21.2	00:01:38	00:20:59	74	8:23		01:00:11.69
64	686	Ryan Heaney	M	16	Maple Grove	MN	00:09:20	87	2:06	00:02:14	00:25:17	52	21.4	00:01:54	00:21:33	82	8:36		01:00:15.37
65	833	Ken Saddler	M	50	Chanhassen	MN	00:07:50	35	1:46	00:02:40	00:24:43	44	21.9	00:02:06	00:23:06	101	9:14		01:00:21.90
66	431	Ben Zhao	M	61	Edina	MN	00:09:57	107	2:15	00:02:27	00:28:16	105	19.1	00:01:28	00:18:23	34	7:21		01:00:27.44
67	818	Scott Crow	M	53	Vadnais Heights	MN	00:06:27	11	1:27	00:02:29	00:25:32	56	21.2	00:01:37	00:24:27	117	9:46		01:00:29.94
68	727	Chad Wynia	M	41	Chisago City	MN	00:08:39	65	1:57	00:03:13	00:26:05	66	20.7	00:01:46	00:20:51	72	8:20		01:00:31.66
69	751	Christopher Marshall	M	44	Plymouth	MN	00:09:35	95	2:10	00:02:34	00:25:09	50	21.5	00:02:02	00:21:15	77	8:29		01:00:32.14
70	543	Matthew Wuollet	M	26	Annandale	MN	00:09:50	103	2:13	00:02:26	00:27:00	82	20.0	00:01:31	00:19:48	59	7:55		01:00:32.70



# Heart of the Lakes Triathlon

July 19, 2015

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
71	640	Todd Ratcliff	M	48	Saint Paul	MN	00:08:17	50	1:52	00:03:19	00:27:31	90	19.6	00:01:47	00:19:42	56	7:52		01:00:33.67
72	827	Glen Varns	M	40	Minneapolis	MN	00:09:32	94	2:09	00:02:12	00:25:20	54	21.3	00:02:27	00:21:22	81	8:32		01:00:50.85
73	453	Nick Engfer	M	20	Buffalo	MN	00:06:57	16	1:34	00:02:46	00:27:59	100	19.3	00:00:52	00:22:30	92	8:59		01:01:01.85
74	714	Bob Leone	M	58	Plymouth	MN	00:08:25	57	1:54	00:04:03	00:25:35	58	21.1	00:02:39	00:21:05	75	8:25		01:01:44.03
75	617	Joseph Furuseth	M	33	Turtle River	MN	00:10:24	118	2:21	00:02:33	00:26:18	68	20.5	00:01:43	00:20:58	73	8:22		01:01:52.91
76	809	Chris Muntifering	M	53	Buffalo	MN	00:09:28	91	2:08	00:03:13	00:26:01	64	20.8	00:01:57	00:21:39	83	8:39		01:02:14.31
77	820	Michael Sisto	M	31	Rogers	MN	00:07:47	33	1:45	00:03:14	00:24:12	36	22.3	00:02:20	00:25:08	128	10:02		01:02:37.39
78	582	Todd Russ	M	56	Plymouth	MN	00:12:47	154	2:53	00:02:23	00:25:56	62	20.8	00:01:35	00:20:11	65	8:04		01:02:48.45
79	671	France Roberts	M	45	St. Louis Park	MN	00:09:18	86	2:06	00:03:00	00:29:01	119	18.6	00:01:56	00:19:45	57	7:53		01:02:58.27
80	524	Mark Walford	M	65	Glencoe	MN	00:10:18	115	2:19	00:03:20	00:26:21	69	20.5	00:01:48	00:21:16	78	8:30		01:03:00.66
81	556	Matt Hansen	M	18	Apple Valley	MN	00:10:43	125	2:25	00:04:10	00:27:43	93	19.5	00:02:03	00:18:30	37	7:23		01:03:06.27
82	594	Adam Downing	M	35	Buffalo	MN	00:10:21	116	2:20	00:03:28	00:27:16	86	19.8	00:02:14	00:19:59	63	7:59		01:03:16.07
83	753	Mat Lindquist	M	38	Shoreview	MN	00:08:01	43	1:49	00:02:52	00:27:28	88	19.7	00:01:22	00:23:36	107	9:26		01:03:16.42
84	635	Michael Guyse	M	18	Maple Lake	MN	00:09:20	88	2:06	00:02:54	00:29:54	133	18.1	00:01:03	00:20:41	70	8:16		01:03:50.56
85	630	Steve Ystebo	M	26	Moorhead	MN	00:11:07	130	2:31	00:02:50	00:29:48	131	18.1	00:00:46	00:19:29	53	7:47		01:03:57.79
86	739	Charlie Johnson	M	14	Rosemount	MN	00:07:40	32	1:44	00:02:53	00:28:27	108	19.0	00:01:08	00:24:01	113	9:36		01:04:06.75
87	520	Frank Westpfahl	M	44	Minneapolis	MN	00:11:38	142	2:38	00:03:27	00:27:44	94	19.5	00:02:12	00:19:11	51	7:40		01:04:10.66
88	652	Thomas Becker	M	53	Mahtomedi	MN	00:06:53	15	1:33	00:03:48	00:28:49	117	18.7	00:01:05	00:23:39	108	9:27		01:04:11.80
89	729	Kenneth Paulus	M	56	Minneapolis	MN	00:10:15	114	2:19	00:03:20	00:25:46	60	21.0	00:02:15	00:22:50	98	9:07		01:04:23.08
90	849	Nick Fitzgerald	M	35	Maple Grove	MN	00:08:20	54	1:53	00:03:38	00:28:41	115	18.8	00:02:32	00:21:20	79	8:31		01:04:28.62
91	720	Nick Morales	M	48	New Hope	MN	00:07:38	31	1:43	00:03:06	00:26:30	76	20.4	00:01:54	00:25:25	136	10:09		01:04:31.31
92	641	Ryan Palmer	M	36	Chaska	MN	00:07:56	37	1:47	00:02:59	00:28:39	114	18.8	00:01:24	00:23:50	111	9:31		01:04:45.97
93	732	Dewey Pettit	M	44	Maple Grove	MN	00:10:08	110	2:17	00:03:58	00:27:43	92	19.5	00:01:52	00:21:21	80	8:32		01:04:58.85
94	789	Joe Guttman	M	56	Eden Prairie	MN	00:07:12	20	1:37	00:03:10	00:27:13	83	19.8	00:01:48	00:25:57	141	10:22		01:05:18.52
95	746	Heath Sneller	M	39	Kimball	MN	00:11:33	138	2:36	00:03:00	00:27:15	85	19.8	00:01:00	00:22:41	95	9:04		01:05:26.37
96	649	Michael Close	M	45	Medina	MN	00:08:23	56	1:53	00:02:53	00:26:51	78	20.1	00:02:16	00:25:18	133	10:06		01:05:38.44
97	853	Scott Crawford	M	28	Monticello	MN	00:07:57	38	1:47	00:03:50	00:26:27	75	20.4	00:01:35	00:25:56	140	10:22		01:05:41.57
98	825	Jed Knutson	M	38	Shakopee	MN	00:10:26	119	2:21	00:02:29	00:28:12	104	19.1	00:01:05	00:23:35	106	9:25		01:05:44.84
99	810	David Barlow	M	52	Maple Grove	MN	00:08:41	66	1:58	00:02:21	00:27:19	87	19.8	00:01:56	00:25:38	137	10:14		01:05:51.85
100	774	Joe Mayer	M	50	New Hope	MN	00:12:59	155	2:56	00:03:15	00:25:43	59	21.0	00:01:19	00:22:49	97	9:07		01:06:02.34
101	633	Mike Fanslau	M	57	St. Cloud	MN	00:11:34	139	2:37	00:03:35	00:24:49	47	21.8	00:01:39	00:24:28	118	9:47		01:06:03.29
102	458	Mardon Quandt	M	55	Annandale	MN	00:09:20	90	2:06	00:03:53	00:27:47	96	19.4	00:02:16	00:23:10	102	9:15		01:06:22.54
103	788	Eric Peterson	M	47	Maple Lake	MN	00:10:58	129	2:29	00:03:53	00:28:12	103	19.2	00:01:12	00:22:12	90	8:52		01:06:24.67
104	444	Thomas Slane	M	15	Apple Valley	MN	00:09:12	84	2:05	00:03:15	00:29:29	126	18.3	00:01:01	00:23:45	109	9:29		01:06:40.68
105	718	Riley Hagen	M	13	Apple Valley	MN	00:08:19	53	1:53	00:02:31	00:32:28	153	16.6	00:01:19	00:22:08	89	8:50		01:06:42.55

# Heart of the Lakes Triathlon

July 19, 2015

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
106	781	John Nielsen	M	68	Woodbury	MN	00:10:34	123	2:23	00:02:57	00:26:00	63	20.8	00:02:07	00:25:16	131	10:06		01:06:50.91
107	765	Joseph Wirth	M	49	Minneapolis	MN	00:15:37	170	3:32	00:04:21	00:23:25	26	23.1	00:02:18	00:21:13	76	8:29		01:06:52.26
108	533	Spencer Hagebock	M	15	Apple Valley	MN	00:10:22	117	2:20	00:02:52	00:28:43	116	18.8	00:01:03	00:24:01	114	9:36		01:06:59.69
109	713	Dave Hartley	M	36	Annandale	MN	00:10:46	126	2:26	00:03:27	00:27:58	99	19.3	00:01:58	00:23:14	104	9:17		01:07:21.36
110	813	Collin Lesch	M	19	Buffalo	MN	00:10:50	128	2:27	00:04:20	00:31:05	142	17.4	00:01:36	00:19:51	60	7:56		01:07:39.27
111	550	Tom Millerbernd	M	48	Chaska	MN	00:09:43	100	2:12	00:03:22	00:28:50	118	18.7	00:02:01	00:24:04	115	9:37		01:07:56.41
112	539	Paul Hughes	M	45	Eden Prairie	MN	00:11:34	140	2:37	00:02:16	00:27:41	91	19.5	00:01:20	00:25:14	130	10:05		01:08:02.41
113	707	Rick Larson	M	58	Bloomington	MN	00:13:10	159	2:58	00:04:02	00:26:25	71	20.5	00:01:47	00:22:45	96	9:05		01:08:06.04
114	757	Hossana Teklyes	M	41	Spring Lake Park	MN	00:10:05	109	2:17	00:03:43	00:30:03	137	18.0	00:01:42	00:22:37	94	9:02		01:08:07.36
115	536	Todd Rogers	M	56	Minneapolis	MN	00:08:44	69	1:58	00:04:03	00:29:08	121	18.5	00:01:37	00:24:40	121	9:51		01:08:09.28
116	657	Henry Toolan	M	41	Medina	MN	00:11:26	135	2:35	00:03:55	00:27:49	97	19.4	00:01:47	00:23:51	112	9:32		01:08:45.45
117	680	Mark Myhra	M	54	Plymouth	MN	00:10:32	120	2:23	00:03:30	00:27:56	98	19.3	00:02:12	00:25:17	132	10:06		01:09:25.19
118	861	Grant Mueffelmann	M	12	Cold Spring	MN	00:09:10	81	2:04	00:03:00	00:31:41	150	17.0	00:01:05	00:24:39	120	9:51		01:09:33.09
119	636	Gregg Hulbert	M	52	Maple Lake	MN	00:11:27	136	2:35	00:03:16	00:30:10	138	17.9	00:01:34	00:23:10	103	9:15		01:09:34.56
120	712	Paul Hanek	M	44	Woodbury	MN	00:09:51	104	2:13	00:03:46	00:28:39	113	18.9	00:01:38	00:25:50	139	10:19		01:09:40.98
121	460	Adam Klarfeld	M	37	Minneapolis	MN	00:10:47	127	2:26	00:03:21	00:31:36	149	17.1	00:02:04	00:21:57	87	8:46		01:09:43.13
122	852	Douglas Rausch	M	61	Minneapolis	MN	00:10:15	113	2:19	00:03:37	00:28:33	111	18.9	00:02:19	00:25:11	129	10:04		01:09:51.87
123	551	Bob Spooner	M	63	Ramsey	MN	00:11:49	145	2:40	00:02:30	00:30:42	140	17.6	00:01:18	00:23:46	110	9:30		01:10:02.80
124	802	Nathan Cerra	M	37	Saint Louis Park	MN	00:08:38	63	1:57	00:03:40	00:29:07	120	18.6	00:01:58	00:27:01	147	10:48		01:10:22.07
125	607	Charles Hanson	M	46	New Ulm	MN	00:10:33	122	2:23	00:05:10	00:29:43	130	18.2	00:02:53	00:22:26	91	8:58		01:10:41.94
126	461	Justin Ahlstrom	M	35	Andover	MN	00:14:11	166	3:12	00:03:10	00:29:33	127	18.3	00:02:06	00:21:46	84	8:42		01:10:43.70
127	545	Bill Dodge	M	55	Finlayson	MN	00:09:48	102	2:13	00:04:22	00:29:42	129	18.2	00:02:23	00:24:35	119	9:49		01:10:47.10
128	762	Paul Peppin	M	55	Buffalo	MN	00:11:46	144	2:39	00:03:57	00:28:21	106	19.1	00:01:56	00:24:55	124	9:57		01:10:51.35
129	653	Nick Whitney	M	47	Dellwood	MN	00:11:37	141	2:37	00:04:22	00:30:01	136	18.0	00:01:26	00:23:29	105	9:23		01:10:52.91
130	801	Dylan Harris	M	31	Saint Paul	MN	00:13:32	162	3:03	00:03:51	00:28:32	109	18.9	00:02:26	00:22:58	100	9:11		01:11:16.09
131	541	William Cutshall	M	52	Rochester	MN	00:09:16	85	2:05	00:04:22	00:29:34	128	18.3	00:03:18	00:25:01	127	10:00		01:11:28.85
132	464	Brett Honsey	M	14	Annandale	MN	00:07:49	34	1:46	00:02:50	00:37:41	168	14.3	00:00:59	00:22:51	99	9:08		01:12:06.99
133	798	Bob Hollway	M	58	Plymouth	MN	00:12:39	153	2:51	00:03:57	00:28:36	112	18.9	00:02:14	00:24:56	125	9:58		01:12:19.15
134	595	Howard Bich	M	75	Sioux Falls	SD	00:13:58	164	3:09	00:03:37	00:26:45	77	20.2	00:01:43	00:26:24	144	10:33		01:12:24.43
135	706	Dwight Geisler	M	57	Bloomington	MN	00:11:50	146	2:40	00:05:23	00:28:00	101	19.3	00:02:43	00:24:58	126	9:58		01:12:51.69
136	841	David Bailey	M	44	Horace	ND	00:12:03	148	2:43	00:03:46	00:29:25	125	18.4	00:02:02	00:25:46	138	10:18		01:13:00.08
137	639	Jason Dieterle	M	41	Stillwater	MN	00:11:10	131	2:31	00:04:14	00:27:30	89	19.6	00:03:18	00:26:55	146	10:45		01:13:02.94
138	642	Steve Peery	M	28	Annandale	MN	00:11:16	134	2:33	00:03:43	00:34:43	164	15.6	00:01:09	00:22:31	93	9:00		01:13:19.44
139	587	Matthew Giddings	M	38	Farmington	MN	00:13:44	163	3:06	00:03:53	00:29:57	134	18.0	00:01:09	00:24:54	123	9:57		01:13:34.81
140	826	Greg Hartley	M	38	Ham Lake	MN	00:09:52	105	2:14	00:03:31	00:29:24	124	18.4	00:02:39	00:28:13	153	11:16		01:13:36.63

# Heart of the Lakes Triathlon

July 19, 2015

## Short 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
141	514	Jeremy Dobson	M	42	St. Paul	MN	00:10:33	121	2:23	00:05:02	00:31:33	147	17.1	00:02:19	00:24:12	116	9:40		01:13:36.82
142	570	Dan Berendes	M	36	Blaine	MN	00:10:00	108	2:15	00:03:24	00:32:02	152	16.9	00:01:32	00:27:04	148	10:49		01:13:59.16
143	615	Mike Latterell	M	41	New Hope	MN	00:11:12	132	2:32	00:03:54	00:30:11	139	17.9	00:01:32	00:27:19	149	10:55		01:14:05.90
144	449	Dan Dean	M	55	Cokato	MN	00:07:57	39	1:47	00:02:56	00:34:16	161	15.8	00:01:24	00:27:38	151	11:02		01:14:08.12
145	529	Michael Harland	M	58	Wheaton	IL	00:09:41	99	2:11	00:04:07	00:33:00	156	16.4	00:02:07	00:25:22	135	10:08		01:14:15.51
146	554	Colton Warner	M	10	Eden Prairie	MN	00:10:14	111	2:18	00:04:07	00:32:58	155	16.4	00:02:14	00:24:50	122	9:55		01:14:19.94
147	454	Joe Kandiko	M	65	Excelsior	MN	00:09:09	79	2:04	00:03:51	00:30:00	135	18.0	00:03:16	00:29:03	156	11:37		01:15:16.36
148	681	Gregg Bell	M	45	Minneapolis	MN	00:10:40	124	2:24	00:04:43	00:31:44	151	17.0	00:02:08	00:26:37	145	10:38		01:15:50.40
149	542	Gregory Cutshall	M	45	Eagan	MN	00:12:29	151	2:49	00:03:28	00:31:11	143	17.3	00:01:24	00:28:13	154	11:17		01:16:42.29
150	522	James Vlcek	M	59	Woodbury	MN	00:13:07	158	2:58	00:04:32	00:31:32	146	17.1	00:01:48	00:26:12	142	10:28		01:17:08.48
151	784	Jason Gates	M	38	Inver Grove Heights	MN	00:09:29	92	2:08	00:04:39	00:29:51	132	18.1	00:01:40	00:32:05	165	12:49		01:17:40.86
152	670	Aaron Berning	M	28	Buffalo	MN	00:09:08	78	2:04	00:03:27	00:45:41	177	11.8	00:01:06	00:19:06	48	7:38		01:18:25.52
153	783	Charlie Bammert	M	31	Champlin	MN	00:13:01	156	2:56	00:04:05	00:33:30	158	16.1	00:01:39	00:26:21	143	10:32		01:18:32.94
154	457	Tom Fulton	M	68	St. Louis Park	MN	00:09:35	96	2:10	00:06:21	00:29:21	123	18.4	00:04:17	00:30:12	159	12:04		01:19:43.61
155	535	Greg Pierson	M	62	Monticello	MN	00:14:15	167	3:13	00:04:42	00:28:33	110	18.9	00:01:26	00:31:47	163	12:42		01:20:41.07
156	634	Clinton Berry	M	22	Plymouth	MN	00:11:41	143	2:38	00:04:12	00:34:56	165	15.5	00:01:22	00:28:43	155	11:29		01:20:51.57
157	760	Tom Barnard	M	67	Burnsville	MN	00:09:36	97	2:10	00:04:15	00:30:58	141	17.4	00:02:16	00:34:29	170	13:47		01:21:31.75
158	442	Charles Kent	M	33	Annandale	MN	00:12:34	152	2:50	00:06:27	00:33:05	157	16.3	00:01:43	00:27:52	152	11:08		01:21:38.40
159	779	Tanner Iverson	M	19	Dassel	MN	00:08:08	46	1:50	00:03:21	00:40:53	172	13.2	00:01:43	00:29:53	158	11:56		01:23:56.11
160	859	Walter Hagen	M	62	Wayzata	MN	00:12:13	150	2:46	00:05:08	00:31:30	144	17.2	00:04:01	00:31:50	164	12:43		01:24:39.94
161	821	Tim Pierson	M	34	Maple Grove	MN	00:14:44	169	3:20	00:03:47	00:34:09	160	15.8	00:01:44	00:31:46	162	12:42		01:26:06.21
162	696	Nathan Woodford	M	39	Annandale	MN	00:13:03	157	2:57	00:05:10	00:34:29	162	15.7	00:02:39	00:31:02	160	12:24		01:26:19.85
163	851	James Dewitt	M	58	Sioux Falls	SD	00:14:42	168	3:19	00:03:56	00:36:59	167	14.6	00:01:24	00:29:36	157	11:50		01:26:33.59
164	574	Raymond Smith	M	58	Otsego	MN	00:14:05	165	3:11	00:03:43	00:31:33	148	17.1	00:02:42	00:34:37	171	13:50		01:26:36.55
165	451	James Wright	M	60	Delano	MN	00:11:30	137	2:36	00:04:46	00:42:11	175	12.8	00:01:25	00:27:31	150	11:00		01:27:20.66
166	702	Steve Edmonson	M	55	Buffalo	MN	00:16:28	172	3:43	00:05:03	00:29:15	122	18.5	00:04:40	00:33:09	166	13:15		01:28:32.65
167	602	David Mcgavran	M	48	Maple Grove	MN	00:17:30	173	3:57	00:04:45	00:32:42	154	16.5	00:02:37	00:31:42	161	12:40		01:29:13.32
168	614	David Furuseth	M	61	Northome	MN	00:16:04	171	3:38	00:04:55	00:34:39	163	15.6	00:01:17	00:35:08	172	14:02		01:32:00.44
169	605	Thomas Bartness	M	28	Hutchinson	MN	00:17:59	174	4:04	00:04:27	00:38:31	170	14.0	00:01:15	00:33:32	167	13:24		01:35:41.56
170	428	Jesse Russell	M	39	Buffalo	MN	00:24:43	177	5:35	00:05:18	00:39:27	171	13.7	00:01:36	00:25:18	134	10:06		01:36:18.35
171	544	Daniel Dodge	M	27	St. Paul	MN	00:10:14	112	2:19	00:06:04	00:38:02	169	14.2	00:03:17	00:39:54	175	15:57		01:37:28.47
172	743	Joe Neubauer	M	61	Hutchinson	MN	00:12:13	149	2:45	00:04:12	00:41:45	174	12.9	00:02:10	00:38:58	173	15:34		01:39:14.93
173	518	John Mohn	M	53	Stillwater	MN	00:11:13	133	2:32	00:17:23	00:31:31	145	17.1	00:08:40	00:34:21	168	13:44		01:43:06.28
174	517	Rand Adams	M	60	St. Louis Park	MN	00:19:30	175	4:25	00:09:04	00:33:31	159	16.1	00:06:44	00:34:27	169	13:46		01:43:13.44
175	737	Kenneth Freed	M	54	Minneapolis	MN	00:13:22	161	3:01	00:05:23	00:43:49	176	12.3	00:02:13	00:39:00	174	15:35		01:43:44.21

# Heart of the Lakes Triathlon

July 19, 2015

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
176	547	Frank Farrar	M	86	Britton	SD	00:13:14	160	2:59	00:08:11	00:36:55	166	14.6	00:04:17	00:47:15	176	18:53	01:49:48.82
177	755	Robert Powers	M	91	White Bear Lake	MN	00:22:39	176	5:07	00:07:45	00:41:09	173	13.1	00:05:21	00:52:57	177	21:10	02:09:48.40