

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/358	1/181	844	Jacquelyn Bacigalupi	37	F	Baxter	MN	00:06:51.11	00:22:54.26	00:17:25.70		00:50:18.41
2	23/358	2/181	722	Kristina Swenson	18	F	Rogers	MN	00:06:10.91	00:24:55.83	00:18:57.60		00:52:49.59
3	27/358	3/181	546	Juli Currie	43	F	Chanhassen	MN	00:07:18.09	00:23:44.80	00:18:32.93		00:53:07.16

Male Overall

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

Female Masters

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

Male Masters

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

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July 19, 2015

Overall Division Results

Short Individual

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	59/358	12/181	855	Anna Peterson	16	F	Rosemount	MN	00:07:49.19	00:28:00.08	00:19:01.90		00:58:07.22
2	72/358	14/181	599	Allison Crum	17	F	Deerwood	MN	00:06:40.16	00:27:32.76	00:21:03.07		00:59:26.41
3	87/358	22/181	817	Brianna Lavelle	17	F	Chaska	MN	00:06:25.28	00:27:12.54	00:23:39.22		01:00:24.52
4	98/358	25/181	738	Lizzie Johnson	15	F	Rosemount	MN	00:07:37.83	00:29:41.38	00:20:41.39		01:01:07.46
5	104/358	30/181	846	Abby Saddler	19	F	Chanhassen	MN	00:05:55.82	00:30:13.44	00:22:15.13		01:01:45.66
6	110/358	34/181	816	Meredith Reynolds	15	F	Buffalo	MN	00:09:22.53	00:28:59.95	00:19:59.39		01:02:24.17
7	114/358	37/181	459	Emily Quandt	17	F	Annandale	MN	00:11:18.64	00:28:09.02	00:19:10.73		01:02:39.20
8	181/358	72/181	819	Ava Larsen	11	F	Cold Spring	MN	00:09:48.87	00:32:54.84	00:21:19.67		01:07:25.54
9	184/358	74/181	773	Laura Mayer	18	F	New Hope	MN	00:08:59.50	00:31:34.63	00:22:13.48		01:07:49.11
10	193/358	78/181	845	Sarah Isdahl	16	F	Plymouth	MN	00:06:58.96	00:29:24.08	00:27:21.48		01:08:29.27
11	199/358	83/181	803	Jenna Horner	17	F	Eden Prairie	MN	00:12:09.56	00:29:16.32	00:23:04.75		01:08:52.41
12	210/358	87/181	600	Heidi Dart	19	F	Greenfield	MN	00:11:53.13	00:30:38.81	00:22:37.86		01:10:17.85
13	285/358	133/181	796	Brynn Bossen	10	F	Saint Anthony	MI	00:11:53.51	00:36:34.79	00:24:51.43		01:18:32.31
14	306/358	148/181	778	Rebecca Moy	19	F	Cokato	MN	00:08:07.97	00:33:37.63	00:37:18.79		01:23:44.34
15	317/358	157/181	465	Olivia Honsey	13	F	Annandale	MN	00:11:31.69	00:38:21.39	00:31:12.31		01:26:03.47
16	340/358	171/181	427	Alayna Russell	12	F	Buffalo	MN	00:24:41.99	00:39:21.94	00:25:17.24		01:36:17.91

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Overall Division Results

Short Individual

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/358	6/177	837	Mitch Clayton	18	M	Forest Lake	MN	00:05:44.51	00:21:43.97	00:16:31.02		00:46:50.14
2	7/358	7/177	407	Nathan Bich	16	M	Duluth	MN	00:06:22.42	00:21:56.53	00:15:43.60		00:47:10.41
3	10/358	10/177	804	Parker Roehl	17	M	St.Bonifacius	MN	00:05:46.27	00:23:43.34	00:16:51.31		00:48:53.67
4	33/358	30/177	782	Dylan Remsik	16	M	Monticello	MN	00:06:11.68	00:25:54.88	00:18:05.13		00:53:43.19
5	47/358	38/177	790	Eric Gilbertson	19	M	Annandale	MN	00:07:56.79	00:26:56.45	00:17:54.31		00:56:21.24
6	52/358	42/177	627	A J Abara	16	M	Plymouth	MN	00:09:47.08	00:28:10.77	00:16:15.27		00:57:04.18
7	63/358	51/177	824	Zach Wenning	15	M	Excelsior	MN	00:08:17.74	00:27:12.92	00:18:10.80		00:58:25.04
8	64/358	52/177	811	Douglas Shield	16	M	Vadnais Heights	MN	00:08:56.57	00:25:03.18	00:20:21.25		00:58:29.26
9	66/358	54/177	724	Kyle Swenson	13	M	Rogers	MN	00:07:08.79	00:27:44.55	00:19:10.07		00:58:30.50
10	82/358	64/177	686	Ryan Heaney	16	M	Maple Grove	MN	00:09:19.06	00:25:16.30	00:21:32.14		01:00:15.37
11	124/358	81/177	556	Matt Hansen	18	M	Apple Valley	MN	00:10:42.03	00:27:42.92	00:18:29.08		01:03:06.27
12	131/358	84/177	635	Michael Guyse	18	M	Maple Lake	MN	00:09:19.33	00:29:53.79	00:20:40.98		01:03:50.56
13	136/358	86/177	739	Charlie Johnson	14	M	Rosemount	MN	00:07:39.97	00:28:26.76	00:24:00.35		01:04:06.75
14	171/358	104/177	444	Thomas Slane	15	M	Apple Valley	MN	00:09:11.90	00:29:28.42	00:23:44.50		01:06:40.68
15	172/358	105/177	718	Riley Hagen	13	M	Apple Valley	MN	00:08:18.76	00:32:27.81	00:22:07.17		01:06:42.55
16	178/358	108/177	533	Spencer Hagebock	15	M	Apple Valley	MN	00:10:21.98	00:28:42.79	00:24:00.68		01:06:59.69
17	183/358	110/177	813	Collin Lesch	19	M	Buffalo	MN	00:10:49.75	00:31:04.06	00:19:50.82		01:07:39.27
18	203/358	118/177	861	Grant Mueffelmann	12	M	Cold Spring	MN	00:09:09.64	00:31:40.90	00:24:38.29		01:09:33.09
19	227/358	132/177	464	Brett Honsey	14	M	Annandale	MN	00:07:48.81	00:37:40.18	00:22:50.47		01:12:06.99
20	259/358	146/177	554	Colton Warner	10	M	Eden Prairie	MN	00:10:13.05	00:32:57.65	00:24:49.13		01:14:19.94
21	307/358	159/177	779	Tanner Iverson	19	M	Dassel	MN	00:08:07.77	00:40:52.44	00:29:52.27		01:23:56.11

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July 19, 2015

Overall Division Results

Short Individual

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	42/358	8/181	808	Jenna Muntifering	20	F	Buffalo	MN	00:06:21.92	00:26:10.86	00:19:03.41		00:55:11.56
2	56/358	11/181	761	Maggi Gertken	20	F	Saint Cloud	MN	00:07:29.20	00:28:39.42	00:18:01.55		00:57:27.82
3	100/358	27/181	764	Katelyn Gruys	21	F	Eugene	OR	00:07:59.56	00:29:03.47	00:19:42.31		01:01:33.26
4	107/358	32/181	797	Morgan Berger	20	F	Saint Cloud	MN	00:07:18.92	00:29:33.42	00:21:40.35		01:01:56.61
5	151/358	58/181	676	Kimberly Moy	21	F	Saint Joseph	MN	00:07:46.81	00:29:16.59	00:24:04.94		01:05:02.92
6	159/358	61/181	555	Britta Oden	20	F	Buffalo	MN	00:08:00.65	00:30:24.41	00:23:14.49		01:05:48.73
7	169/358	66/181	769	Whitney Beadle	23	F	Madison	WI	00:14:37.33	00:25:41.66	00:21:04.41		01:06:28.01
8	173/358	68/181	856	Hannah Lyrek	20	F	Loretto	MN	00:07:08.53	00:32:00.47	00:23:38.61		01:06:44.27
9	192/358	77/181	777	Hannah Theisen	23	F	Long Lake	MN	00:08:27.40	00:29:43.69	00:25:03.24		01:08:16.94
10	229/358	97/181	687	Korinne Wrobbel	20	F	Montrose	MN	00:10:47.41	00:32:44.50	00:22:47.67		01:12:13.57
11	255/358	111/181	708	Skylar Storkamp	21	F	Clearwater	MN		00:32:31.00	00:25:38.00		01:14:11.00
12	265/358	118/181	626	Bailey Sullivan	20	F	Waconia	MN	00:14:54.57	00:32:31.27	00:23:02.31		01:15:23.93
13	271/358	123/181	709	Makenzie Pillsbury	24	F	Minneapolis	MN	00:07:14.47	00:37:44.32	00:25:59.01		01:16:35.77
14	279/358	128/181	674	Sarah Zieska	24	F	Maple Lake	MN	00:10:41.62	00:34:19.07	00:27:20.34		01:17:59.57
15	291/358	138/181	660	Elizabeth Becker	24	F	Mahtomedi	MN	00:07:43.49	00:36:11.78	00:29:50.53		01:19:23.08
16	294/358	140/181	678	Nikki Scheef	24	F	Saint Paul	MN	00:08:26.01	00:34:55.52	00:31:02.56		01:20:23.45
17	305/358	147/181	673	Samantha Hebzynski	24	F	Maple Grove	MN	00:07:42.88	00:35:19.10	00:34:27.47		01:23:01.20
18	314/358	154/181	631	Rebecca Ystebo	24	F	Waconia	MN	00:13:50.70	00:36:12.53	00:29:03.04		01:25:01.83
19	336/358	168/181	863	Kiersten Savoie	21	F	Corcoran	MN	00:12:40.67	00:44:40.45	00:30:54.63		01:33:06.13
20	350/358	178/181	731	Kaitlin Schmidt	24	F	Eden Prairie	MN	00:18:13.68	00:44:59.90	00:28:18.87		01:41:55.53

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	43/358	35/177	629	Jackson Sullivan	23	M	Waconia	MN	00:08:52.53	00:23:16.29	00:19:57.62		00:55:15.84
2	70/358	57/177	793	Jon Bell-Clement	20	M	Fargo	ND	00:07:14.84	00:28:26.57	00:19:00.99		00:59:08.48
3	97/358	73/177	453	Nick Engfer	20	M	Buffalo	MN	00:06:56.34	00:27:58.90	00:22:29.66		01:01:01.85
4	297/358	156/177	634	Clinton Berry	22	M	Plymouth	MN	00:11:40.02	00:34:55.92	00:28:42.87		01:20:51.57

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/358	7/181	622	Kelly Russ	26	F	Plymouth	MN	00:08:16.04	00:25:28.70	00:16:59.90		00:54:33.82
2	86/358	21/181	717	Katie Vandorp	25	F	Annandale	MN	00:10:29.51	00:26:48.20	00:19:54.04		01:00:23.79
3	99/358	26/181	705	Jen Nagorski	29	F	Minneapolis	MN	00:08:52.80	00:29:44.81	00:18:40.29		01:01:07.90
4	179/358	71/181	432	Kelly Berg	26	F	South Haven	MN	00:09:17.90	00:28:52.76	00:22:37.21		01:07:08.03
5	205/358	86/181	759	Jennifer Stoa	28	F	Minneapolis	MN	00:10:52.11	00:27:55.09	00:24:02.86		01:09:40.64
6	250/358	108/181	716	Megan Champlin	28	F	Annandale	MN	00:12:49.86	00:32:42.37	00:24:39.00		01:14:01.66
7	264/358	117/181	766	Kaitlin Korbitz	29	F	Minneapolis	MN	00:10:53.67	00:28:29.21	00:30:27.54		01:15:19.88
8	315/358	155/181	528	Allie Harland	25	F	Wheaton	IL	00:10:54.17	00:35:01.01	00:32:25.55		01:25:24.60
9	319/358	158/181	695	Erin Lappen	29	F	Kobuk	AK	00:13:02.13	00:34:30.60	00:31:00.86		01:26:19.62
10	338/358	170/181	530	Kathrine Harland	28	F	Wheaton	IL	00:11:39.58	00:39:30.55	00:35:56.03		01:34:41.53
11	344/358	173/181	581	Hannah Walsh	26	F	Saint Paul	MN	00:10:10.87	00:38:05.42	00:40:35.19		01:37:28.74
12	349/358	177/181	735	Stephanie Schmidt	29	F	Eden Prairie	MN	00:18:23.21	00:45:09.07	00:28:18.20		01:41:55.40

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	48/358	39/177	421	Erik Fagerstrom	26	M	Eagan	MN	00:07:54.95	00:24:27.88	00:19:53.74		00:56:23.07
2	62/358	50/177	606	Timothy Bartness	25	M	Hartland	MN	00:09:10.63	00:26:25.27	00:18:49.38		00:58:20.46
3	93/358	70/177	543	Matthew Wuollet	26	M	Annandale	MN	00:09:49.51	00:26:59.51	00:19:47.65		01:00:32.70
4	132/358	85/177	630	Steve Ystebo	26	M	Moorhead	MN	00:11:06.84	00:29:47.57	00:19:28.17		01:03:57.79
5	157/358	97/177	853	Scott Crawford	28	M	Monticello	MN	00:07:56.02	00:26:26.20	00:25:55.06		01:05:41.57
6	243/358	138/177	642	Steve Peery	28	M	Annandale	MN	00:11:15.16	00:34:42.48	00:22:30.32		01:13:19.44
7	282/358	152/177	670	Aaron Berning	28	M	Buffalo	MN	00:09:07.09	00:45:40.67	00:19:05.67		01:18:25.52
8	339/358	169/177	605	Thomas Bartness	28	M	Hutchinson	MN	00:17:58.96	00:38:30.78	00:33:31.11		01:35:41.56
9	343/358	171/177	544	Daniel Dodge	27	M	St. Paul	MN	00:10:13.95	00:38:01.83	00:39:53.09		01:37:28.47

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	34/358	4/181	527	Kym Zest	33	F	Minneapolis	MN	00:07:23.58	00:25:43.55	00:17:47.13		00:53:48.78
2	50/358	10/181	435	Krisie Melsen	34	F	Saint Louis Park	MN	00:06:37.36	00:26:04.94	00:19:54.26		00:56:38.41
3	74/358	15/181	540	Julie Feldman	33	F	Inver Grove Heights	MN	00:08:46.33	00:24:54.06	00:22:37.81		00:59:33.74
4	106/358	31/181	770	Jacqueline Jensen	30	F	Saint Michael	MN	00:08:53.00	00:28:40.44	00:20:00.24		01:01:53.38
5	116/358	39/181	741	Molly Mortenson	30	F	Buffalo	MN	00:08:48.17	00:30:09.68	00:19:59.27		01:02:45.10
6	120/358	41/181	733	Angela Larson	30	F	Circle Pines	MN	00:09:33.32	00:27:15.29	00:21:57.23		01:02:59.01
7	133/358	48/181	552	Erika Kufahl	30	F	Minnetonka	MN	00:10:55.57	00:29:24.25	00:20:02.00		01:04:01.93
8	135/358	50/181	758	Sarah Roque	31	F	Eden Prairie	MN	00:10:27.99	00:29:54.31	00:18:54.19		01:04:04.79
9	148/358	57/181	703	Kristen Quill	30	F	Hampton	MN	00:08:38.30	00:28:27.33	00:22:18.50		01:04:42.57
10	152/358	59/181	562	Natalie Roeser	34	F	Buffalo	MN	00:10:38.27	00:28:33.43	00:20:42.76		01:05:05.80
11	182/358	73/181	834	Nikki Witowski	32	F	Plymouth	MN	00:08:43.47	00:29:19.51	00:24:46.11		01:07:31.13
12	197/358	81/181	752	Monique Lindquist	32	F	Shoreview	MN	00:09:36.16	00:28:29.04	00:26:13.28		01:08:47.60
13	218/358	89/181	516	Lindsay Jansen	32	F	Arden Hills	MN	00:11:00.28	00:29:41.82	00:24:52.48		01:11:00.56
14	230/358	98/181	679	Lisa Bauman	30	F	New Hope	MN	00:11:11.43	00:29:43.28	00:25:55.58		01:12:16.89
15	267/358	120/181	668	Wendy Sylvester	34	F	Annandale	MN	00:12:23.73	00:30:28.39	00:27:03.56		01:15:37.51
16	298/358	142/181	815	Hannah Fischer	33	F	Annandale	MN	00:10:30.30	00:37:50.35	00:28:29.78		01:20:52.26
17	299/358	143/181	564	Megan Kelzenberg	30	F	Maple Grove	MN	00:10:36.76	00:35:25.52	00:28:26.78		01:20:53.20
18	310/358	151/181	563	Erin Kiel	34	F	Foley	MN	00:11:35.82	00:36:11.41	00:30:11.13		01:24:32.84
19	331/358	164/181	677	Julie Williams	33	F	Foreston	MN	00:13:15.19	00:42:22.66	00:27:40.93		01:30:54.94
20	335/358	167/181	455	Jessica Baumann	31	F	Sartell	MN	00:13:02.20	00:37:50.27	00:34:05.50		01:32:51.39

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/358	5/177	688	Aaron Eicher	32	M	Prior Lake	MN	00:07:12.20	00:21:14.96	00:14:47.07		00:46:11.98
2	15/358	15/177	734	Tim Larson	32	M	Circle Pines	MN	00:07:13.13	00:23:00.34	00:16:56.55		00:50:13.69
3	71/358	58/177	832	Dan Bauman	30	M	New Hope	MN	00:09:11.47	00:26:23.79	00:19:04.72		00:59:08.48
4	105/358	75/177	617	Joseph Furuseh	33	M	Turtle River	MN	00:10:23.56	00:26:17.31	00:20:57.09		01:01:52.91
5	113/358	77/177	820	Michael Sisto	31	M	Rogers	MN	00:07:46.35	00:24:11.63	00:25:07.25		01:02:37.39
6	223/358	130/177	801	Dylan Harris	31	M	Saint Paul	MN	00:13:31.72	00:28:31.05	00:22:57.52		01:11:16.09
7	287/358	153/177	783	Charlie Bammert	31	M	Champlin	MN	00:13:00.17	00:33:29.48	00:26:20.57		01:18:32.94
8	301/358	158/177	442	Charles Kent	33	M	Annandale	MN	00:12:33.64	00:33:04.49	00:27:51.77		01:21:38.40
9	318/358	161/177	821	Tim Pierson	34	M	Maple Grove	MN	00:14:43.07	00:34:08.40	00:31:45.59		01:26:06.21

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	36/358	5/181	577	Roxanne Lorenz	35	F	Benson	MN	00:08:38.04	00:25:23.28	00:16:37.12		00:54:04.84
2	46/358	9/181	591	Sheri Budde	37	F	Annandale	MN	00:08:07.33	00:25:13.50	00:19:49.55		00:56:18.74
3	69/358	13/181	439	Nicole Overby	35	F	Big Lake	MN	00:07:44.58	00:25:13.59	00:21:53.85		00:58:42.39
4	78/358	17/181	557	Sara Dewitt	39	F	Rogers	MN	00:08:55.51	00:26:34.99	00:20:33.84		00:59:46.14
5	101/358	28/181	628	Maria Leth	36	F	Plymouth	MN	00:07:29.55	00:28:34.06	00:21:14.93		01:01:36.86
6	103/358	29/181	805	Adrea Mauseth	35	F	St Louis Park	MN	00:09:02.96	00:27:19.05	00:21:20.57		01:01:45.27
7	111/358	35/181	728	Sarah Dragswiek	37	F	New Hope	MN	00:08:07.09	00:28:41.61	00:20:44.48		01:02:25.17
8	118/358	40/181	434	Kim Uecker	39	F	Annandale	MN	00:10:07.51	00:28:04.67	00:21:08.04		01:02:57.19
9	144/358	54/181	691	Kayla Willert	37	F	Annandale	MN	00:10:26.33	00:29:41.60	00:19:39.42		01:04:28.70
10	147/358	56/181	561	Catherine Vaughn	39	F	Saint Paul	MN	00:11:30.71	00:28:10.51	00:21:05.09		01:04:41.19
11	166/358	65/181	590	Pam Vandersluis	37	F	Buffalo	MN	00:12:12.19	00:28:30.54	00:20:43.81		01:06:03.98
12	188/358	76/181	719	Tracy Jacobs	35	F	Annandale	MN	00:09:17.48	00:28:40.25	00:24:52.57		01:08:02.43
13	201/358	85/181	740	Kim Pederson	36	F	Eden Prairie	MN	00:08:53.94	00:31:04.93	00:25:17.46		01:09:07.66
14	222/358	93/181	697	Melissa Kelly	36	F	St. Paul	MN	00:12:04.42	00:30:34.16	00:23:33.56		01:11:15.59
15	232/358	99/181	513	Kristi Walter	36	F	Shoreview	MN	00:09:26.20	00:29:33.37	00:27:51.20		01:12:20.73
16	235/358	101/181	692	Sarah Grovender	37	F	North Branch	MN	00:11:53.98	00:33:03.40	00:21:58.11		01:12:25.75
17	237/358	103/181	857	Jen Bruett	38	F	Delano	MN	00:08:21.28	00:38:12.41	00:21:25.08		01:12:44.40
18	266/358	119/181	569	Maureen Berendes	35	F	Blaine	MN	00:11:52.36	00:35:24.88	00:22:51.67		01:15:30.89
19	274/358	125/181	710	Colleen Lievsay	37	F	Northome	MN	00:14:45.00	00:31:29.96	00:24:36.20		01:17:06.93
20	284/358	132/181	568	Deanne Kassulke	37	F	Maple Grove	MN	00:13:11.79	00:34:35.87	00:25:26.92		01:18:31.01
21	286/358	134/181	795	Deedee Bossen	39	F	St. Anthony	MN	00:11:53.78	00:36:35.53	00:24:51.71		01:18:32.42
22	295/358	141/181	576	Kari Hourscht	39	F	Buffalo	MN	00:14:13.33	00:30:36.77	00:26:15.16		01:20:24.61
23	304/358	146/181	807	Kimberly Hahn	35	F	Glencoe	MN	00:15:59.42	00:36:31.93	00:25:50.76		01:22:37.03
24	309/358	150/181	656	Tara Toolan	39	F	Medina	MN	00:12:30.03	00:37:43.60	00:26:28.00		01:24:31.11
25	313/358	153/181	806	Heather Willey	36	F	Buffalo	MN	00:20:55.11	00:31:45.58	00:26:54.31		01:24:48.27
26	332/358	165/181	647	Courtney Montoya	35	F	Apple Valley	MN	00:25:23.73	00:33:59.48	00:26:57.16		01:31:40.83
27	348/358	176/181	621	Yifat Rogers	35	F	Cologne	MN	00:11:17.09	00:39:08.47	00:41:41.70		01:41:33.37

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/358	4/177	406	Nathan Budde	38	M	Annandale	MN	00:07:01.35	00:20:58.62	00:14:54.06		00:45:36.19
2	19/358	18/177	711	Greg Alexander	37	M	Plymouth	MN	00:07:00.95	00:23:21.79	00:17:48.34		00:51:30.98
3	21/358	20/177	838	Mike Basel	37	M	Blaine	MN	00:07:35.58	00:21:59.66	00:19:05.66		00:52:15.95
4	28/358	25/177	412	David Kerber	38	M	Maple Grove	MN	00:09:01.10	00:23:37.82	00:16:40.00		00:53:07.30
5	32/358	29/177	420	Chad Nelson	39	M	Willmar	MN	00:07:58.78	00:23:34.23	00:18:46.88		00:53:40.00
6	38/358	32/177	415	Nate Ilse	37	M	St. Paul	MN	00:07:21.29	00:24:47.89	00:17:47.91		00:54:22.59
7	49/358	40/177	858	Ben Reiners	38	M	Albertville	MN	00:08:02.21	00:24:24.53	00:19:29.57		00:56:30.80
8	53/358	43/177	850	Jamie Allman	39	M	Elk River	MN	00:09:01.87	00:23:51.54	00:20:47.26		00:57:21.43
9	57/358	46/177	791	Ken Daullary	37	M	Marion	IA	00:08:32.37	00:26:25.23	00:18:19.81		00:57:30.56
10	58/358	47/177	754	Ross Golla	36	M	Minnnetonka	MN	00:09:30.80	00:26:57.19	00:17:44.22		00:57:58.27
11	60/358	48/177	658	Paul Holton	38	M	Medina	MN	00:09:06.08	00:25:28.54	00:19:08.93		00:58:08.32
12	67/358	55/177	538	Damien Aguilar	39	M	Minnnetonka	MN	00:08:21.79	00:26:56.94	00:19:46.42		00:58:33.10
13	125/358	82/177	594	Adam Downing	35	M	Buffalo	MN	00:10:20.85	00:27:15.93	00:19:58.58		01:03:16.07
14	126/358	83/177	753	Mat Lindquist	38	M	Shoreview	MN	00:08:01.00	00:27:27.23	00:23:35.51		01:03:16.42
15	143/358	90/177	849	Nick Fitzgerald	35	M	Maple Grove	MN	00:08:19.46	00:28:40.78	00:21:19.54		01:04:28.62
16	149/358	92/177	641	Ryan Palmer	36	M	Chaska	MN	00:07:55.56	00:28:38.96	00:23:49.76		01:04:45.97
17	155/358	95/177	746	Heath Sneller	39	M	Kimball	MN	00:11:32.05	00:27:14.74	00:22:40.83		01:05:26.37
18	158/358	98/177	825	Jed Knutson	38	M	Shakopee	MN	00:10:25.23	00:28:11.94	00:23:34.81		01:05:44.84
19	180/358	109/177	713	Dave Hartley	36	M	Annandale	MN	00:10:45.87	00:27:57.37	00:23:13.83		01:07:21.36
20	207/358	121/177	460	Adam Klarfeld	37	M	Minneapolis	MN	00:10:46.87	00:31:35.85	00:21:56.28		01:09:43.13
21	211/358	124/177	802	Nathan Cerra	37	M	Saint Louis Park	MN	00:08:37.54	00:29:06.27	00:27:00.90		01:10:22.07
22	213/358	126/177	461	Justin Ahlstrom	35	M	Andover	MN	00:14:10.04	00:29:32.93	00:21:45.67		01:10:43.70
23	245/358	139/177	587	Matthew Giddings	38	M	Farmington	MN	00:13:43.69	00:29:56.54	00:24:53.43		01:13:34.81
24	246/358	140/177	826	Greg Hartley	38	M	Ham Lake	MN	00:09:51.85	00:29:23.11	00:28:12.47		01:13:36.63
25	249/358	142/177	570	Dan Berendes	36	M	Blaine	MN	00:09:59.26	00:32:01.72	00:27:03.18		01:13:59.16
26	277/358	151/177	784	Jason Gates	38	M	Inver Grove Heights	MN	00:09:28.87	00:29:50.48	00:32:04.03		01:17:40.86
27	320/358	162/177	696	Nathan Woodford	39	M	Annandale	MN	00:13:02.62	00:34:28.23	00:31:01.18		01:26:19.85
28	341/358	170/177	428	Jesse Russell	39	M	Buffalo	MN	00:24:42.06	00:39:26.19	00:25:17.48		01:36:18.35

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	84/358	20/181	425	Amy Bennett	41	F	Duluth	MN	00:08:20.97	00:25:51.93	00:21:39.65		01:00:21.89
2	94/358	24/181	842	Debbie Christian	44	F	Buffalo	MN	00:08:56.98	00:24:52.95	00:22:30.39		01:00:32.80
3	121/358	42/181	662	Sarah Johnson	44	F	Minneapolis	MN	00:10:00.72	00:26:48.71	00:20:49.89		01:02:59.17
4	127/358	44/181	578	Paula Just	41	F	Spooner	WI	00:08:45.42	00:29:41.80	00:21:00.56		01:03:17.62
5	130/358	47/181	579	Laura Lilja	42	F	Prior Lake	MN	00:10:13.04	00:26:57.53	00:22:42.09		01:03:43.81
6	134/358	49/181	597	Suzie O'Gorman	40	F	Eden Prairie	MN	00:06:28.60	00:27:53.21	00:25:29.85		01:04:04.55
7	137/358	51/181	736	Karri Kearin	43	F	Maple Grove	MN	00:09:58.89	00:27:16.70	00:22:15.63		01:04:08.62
8	154/358	60/181	609	Jen Munson	42	F	Annandale	MN	00:11:54.27	00:29:31.64	00:20:39.57		01:05:25.34
9	163/358	64/181	456	Terri Fawkes	42	F	Stillwater	MN	00:08:31.69	00:27:35.00	00:23:42.15		01:06:00.00
10	174/358	69/181	750	Sally Covert	44	F	White Bear Lake	MN	00:11:02.24	00:27:17.59	00:24:25.30		01:06:49.44
11	198/358	82/181	593	Erin Jacobson	40	F	North Oaks	MN	00:10:16.12	00:32:18.49	00:21:00.61		01:08:49.24
12	214/358	88/181	700	Leanne Goerz	40	F	Monticello	MN	00:10:18.39	00:29:04.55	00:26:34.40		01:10:45.00
13	220/358	91/181	771	Jennifer Lindquist	44	F	Annandale	MN	00:10:55.39	00:31:53.98	00:24:00.36		01:11:07.70
14	224/358	94/181	537	Molly Murphy	40	F	Minneapolis	MN	00:11:20.89	00:33:56.98	00:21:39.52		01:11:16.42
15	226/358	95/181	560	Eileen Lafontaine	42	F	Minneapolis	MN	00:10:24.34	00:28:15.76	00:27:56.67		01:12:01.07
16	233/358	100/181	571	Kimberly Fier	40	F	St Paul	MN	00:08:33.85	00:30:49.25	00:25:13.14		01:12:23.33
17	236/358	102/181	648	Christa Close	40	F	Medina	MN	00:10:51.95	00:30:26.00	00:24:58.11		01:12:32.14
18	239/358	104/181	436	Wendy Ulferts	44	F	Willmar	MN	00:10:59.36	00:29:17.59	00:27:39.04		01:12:53.11
19	251/358	109/181	438	Jessica Vagle	44	F	New London	MN	00:10:55.52	00:30:20.08	00:27:36.28		01:14:05.83
20	254/358	110/181	608	Lisa Bessler	44	F	Apple Valley	MN	00:11:23.77	00:28:36.59	00:26:40.09		01:14:09.90
21	260/358	114/181	638	Natalie Dieterle	40	F	Stillwater	MN	00:11:52.29	00:34:11.02	00:23:09.66		01:14:34.39
22	280/358	129/181	693	Brooke Ziwicki	42	F	Clearwater	MN	00:13:01.28	00:35:14.37	00:25:03.02		01:18:05.24
23	283/358	131/181	586	Amy Giddings	40	F	Farmington	MN	00:14:04.09	00:32:11.92	00:26:59.81		01:18:26.80
24	288/358	135/181	512	Tracy Janikula	44	F	Montrose	MN	00:13:43.35	00:28:33.42	00:29:48.44		01:18:50.25
25	289/358	136/181	445	Tracy Hansen	44	F	Apple Valley	MN	00:19:46.41	00:29:00.61	00:24:51.99		01:18:58.43
26	321/358	159/181	525	Alyssa Rosenberger	44	F	Melrose	MN	00:09:59.92	00:40:02.43	00:30:26.41		01:26:32.97

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/358	9/177	682	Jesse Shaw	43	M	St. Cloud	MN	00:07:21.54	00:21:25.40	00:16:48.95		00:48:39.89
2	18/358	17/177	785	Wade Olson	42	M	Wayzata	MN	00:07:20.36	00:21:20.70	00:18:15.55		00:50:49.24
3	24/358	22/177	416	Kris Lilja	43	M	Prior Lake	MN	00:07:12.86	00:24:15.15	00:17:41.92		00:52:54.93
4	31/358	28/177	433	Mitch Uecker	41	M	Annandale	MN	00:08:08.65	00:22:46.99	00:19:14.61		00:53:28.96
5	54/358	44/177	840	Richard Olson	42	M	Blaine	MN	00:08:05.42	00:26:01.03	00:18:25.47		00:57:23.93
6	75/358	60/177	531	Kirk Langbehn	42	M	South Haven	MN	00:08:29.69	00:24:45.13	00:21:53.59		00:59:39.73
7	80/358	62/177	748	Mike Smith	43	M	Brooklyn Park	MN	00:08:41.90	00:26:24.40	00:20:28.07		00:59:57.71
8	90/358	68/177	727	Chad Wynia	41	M	Chisago City	MN	00:08:38.94	00:26:04.80	00:20:50.39		01:00:31.66
9	91/358	69/177	751	Christopher Marshall	44	M	Plymouth	MN	00:09:34.28	00:25:08.39	00:21:14.83		01:00:32.14
10	96/358	72/177	827	Glen Varns	40	M	Minneapolis	MN	00:09:31.71	00:25:19.69	00:21:21.18		01:00:50.85
11	138/358	87/177	520	Frank Westpfahl	44	M	Minneapolis	MN	00:11:37.78	00:27:43.82	00:19:10.49		01:04:10.66
12	150/358	93/177	732	Dewey Pettit	44	M	Maple Grove	MN	00:10:07.35	00:27:42.10	00:21:20.31		01:04:58.85
13	190/358	114/177	757	Hossana Teklyes	41	M	Spring Lake Park	MN	00:10:04.92	00:30:02.25	00:22:36.13		01:08:07.36
14	196/358	116/177	657	Henry Toolan	41	M	Medina	MN	00:11:25.93	00:27:48.01	00:23:50.75		01:08:45.45
15	206/358	120/177	712	Paul Hanek	44	M	Woodbury	MN	00:09:50.24	00:28:38.47	00:25:49.18		01:09:40.98
16	240/358	136/177	841	David Bailey	44	M	Horace	ND	00:12:02.69	00:29:24.84	00:25:45.44		01:13:00.08
17	242/358	137/177	639	Jason Dieterle	41	M	Stillwater	MN	00:11:09.15	00:27:29.06	00:26:54.00		01:13:02.94
18	247/358	141/177	514	Jeremy Dobson	42	M	St. Paul	MN	00:10:32.73	00:31:32.05	00:24:11.99		01:13:36.82
19	252/358	143/177	615	Mike Latterell	41	M	New Hope	MN	00:11:11.94	00:30:10.49	00:27:18.91		01:14:05.90

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	83/358	19/181	684	Larae Heaney	47	F	Maple Grove	MN	00:09:28.43	00:25:14.79	00:21:37.06		01:00:20.45
2	108/358	33/181	523	Jaleh Nahvi	45	F	Inver Grove Heights	MN	00:07:55.28	00:28:48.76	00:21:15.80		01:02:02.87
3	128/358	45/181	637	Beth Wengler	49	F	Saint Cloud	MN	00:08:58.84	00:26:10.33	00:23:16.32		01:03:28.36
4	142/358	53/181	763	Sherilyn Young	47	F	St Paul	MN	00:10:02.62	00:27:49.07	00:22:59.65		01:04:26.76
5	146/358	55/181	423	Dina Post	48	F	Duluth	MN	00:08:16.86	00:29:08.76	00:21:53.00		01:04:35.85
6	170/358	67/181	612	Marceil Skluzacek	47	F	Lakeville	MN	00:11:54.63	00:29:23.48	00:19:36.70		01:06:28.11
7	177/358	70/181	620	Julie Yost-Minnich	46	F	Stewartville	MN	00:13:21.04	00:26:56.79	00:21:22.44		01:06:53.30
8	194/358	79/181	831	Ravon Rasmussen	45	F	Delano	MN	00:10:43.85	00:29:52.22	00:22:30.59		01:08:33.80
9	219/358	90/181	725	Jennifer Gabrio	45	F	Hugo	MN	00:11:06.57	00:27:55.91	00:26:32.10		01:11:02.44
10	221/358	92/181	549	Candace Millerbernd	46	F	Chaska	MN	00:13:04.71	00:28:39.06	00:24:33.63		01:11:12.79
11	256/358	112/181	667	Leslie Scott-Smith	46	F	Eden Prairie	MN	00:12:20.85	00:32:39.41	00:23:26.59		01:14:11.40
12	268/358	121/181	835	Colleen Ryan	48	F	Minneapolis	MN	00:10:38.85	00:31:08.66	00:27:48.15		01:15:43.50
13	270/358	122/181	829	Becca Rausenberger	45	F	Cologne	MN	00:10:58.23	00:30:49.27	00:30:14.45		01:16:34.84
14	273/358	124/181	799	Carolyn Hollway	47	F	Plymouth	MN	00:13:08.55	00:32:48.01	00:25:18.83		01:16:47.63
15	276/358	126/181	613	Michelle Furuseth	47	F	Northome	MN	00:09:52.76	00:31:24.26	00:29:26.80		01:17:34.95
16	292/358	139/181	650	Julie Wilhelm	45	F	Sun Prairie	WI	00:13:46.08	00:28:45.21	00:29:36.38		01:19:31.28
17	302/358	144/181	443	Traci Slane	46	F	Apple Valley	MN	00:11:22.63	00:37:21.52	00:27:22.64		01:21:43.70
18	308/358	149/181	699	Carolyn Weeres	45	F	Becker	MN	00:10:58.31	00:30:53.65	00:36:13.18		01:24:28.12
19	330/358	163/181	588	Angel Wagner	45	F	Buffalo	MN	00:15:30.18	00:36:43.12	00:30:57.87		01:30:39.75
20	357/358	181/181	663	Trudi La Rose	46	F	Brooklyn Park	MN	00:22:15.33	00:43:05.45	00:46:07.12		02:03:47.02

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	13/358	13/177	410	Marty Moran	48	M	St Cloud	MN	00:05:08.85	00:22:45.81	00:18:57.34		00:50:03.45
2	17/358	16/177	405	Todd White	48	M	Roseville	MN	00:05:42.85	00:23:33.48	00:17:54.89		00:50:19.46
3	22/358	21/177	822	Dean Anderson	45	M	Blaine	MN	00:08:27.17	00:22:39.69	00:17:53.72		00:52:30.70
4	29/358	26/177	418	Daniel Dederichs	48	M	Waverly	MN	00:08:40.92	00:21:30.49	00:19:40.53		00:53:13.57
5	35/358	31/177	409	Mark Nieters	46	M	Sartell	MN	00:05:44.30	00:24:17.16	00:20:07.56		00:54:04.66
6	39/358	33/177	756	Amanuel Abeje	49	M	Minneapolis	MN	00:07:23.37	00:24:15.95	00:18:44.88		00:54:32.03
7	41/358	34/177	580	Sean Mulheson	46	M	Vadnais Heights	MN	00:09:08.63	00:24:34.29	00:17:55.52		00:55:05.31
8	45/358	37/177	723	Greg Swenson	46	M	Rogers	MN	00:06:38.76	00:23:39.93	00:22:00.50		00:56:18.28
9	55/358	45/177	685	Michael Heaney	47	M	Maple Grove	MN	00:09:05.95	00:25:08.69	00:18:15.46		00:57:25.54
10	65/358	53/177	742	Steven Meletiou	47	M	Stillwater	MN	00:08:33.52	00:24:41.51	00:18:56.75		00:58:29.27
11	77/358	61/177	534	John Hagebock	46	M	Apple Valley	MN	00:12:00.15	00:24:56.59	00:17:35.38		00:59:43.54
12	81/358	63/177	521	Jeff Stites	45	M	Minneapolis	MN	00:09:05.46	00:25:31.69	00:20:58.06		01:00:11.69
13	95/358	71/177	640	Todd Ratcliff	48	M	Saint Paul	MN	00:08:16.61	00:27:30.13	00:19:41.83		01:00:33.67
14	119/358	79/177	671	France Roberts	45	M	St. Louis Park	MN	00:09:17.42	00:29:00.99	00:19:44.58		01:02:58.27
15	145/358	91/177	720	Nick Morales	48	M	New Hope	MN	00:07:37.43	00:26:29.96	00:25:24.65		01:04:31.31
16	156/358	96/177	649	Michael Close	45	M	Medina	MN	00:08:22.60	00:26:50.90	00:25:17.00		01:05:38.44
17	168/358	103/177	788	Eric Peterson	47	M	Maple Lake	MN	00:10:57.43	00:28:11.00	00:22:11.95		01:06:24.67
18	176/358	107/177	765	Joseph Wirth	49	M	Minneapolis	MN	00:15:36.33	00:23:24.94	00:21:12.77		01:06:52.26
19	186/358	111/177	550	Tom Millerbernd	48	M	Chaska	MN	00:09:42.41	00:28:49.88	00:24:03.02		01:07:56.41
20	187/358	112/177	539	Paul Hughes	45	M	Eden Prairie	MN	00:11:33.40	00:27:40.68	00:25:13.34		01:08:02.41
21	212/358	125/177	607	Charles Hanson	46	M	New Ulm	MN	00:10:32.76	00:29:42.00	00:22:25.49		01:10:41.94
22	217/358	129/177	653	Nick Whitney	47	M	Dellwood	MN	00:11:36.92	00:30:00.73	00:23:28.61		01:10:52.91
23	269/358	148/177	681	Gregg Bell	45	M	Minneapolis	MN	00:10:39.53	00:31:43.90	00:26:36.45		01:15:50.40
24	272/358	149/177	542	Gregory Cutshall	45	M	Eagan	MN	00:12:28.78	00:31:10.57	00:28:12.51		01:16:42.29
25	328/358	167/177	602	David Mcgauvran	48	M	Maple Grove	MN	00:17:29.26	00:32:41.82	00:31:41.84		01:29:13.32

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	76/358	16/181	830	Cindy Crawford	52	F	Wayzata	MN	00:07:41.96	00:24:55.97	00:23:00.88		00:59:41.26
2	79/358	18/181	575	Julie Grafft	52	F	Chanhassen	MN	00:07:13.11	00:26:38.95	00:21:59.83		00:59:49.48
3	92/358	23/181	598	Eileen Kurpiers	54	F	Deerwood	MN	00:09:42.07	00:26:15.55	00:20:47.40		01:00:32.35
4	115/358	38/181	775	Jenna Fletcher	53	F	Stillwater	MN	00:10:37.19	00:26:55.35	00:21:56.70		01:02:41.86
5	129/358	46/181	836	Tina Ducharme	50	F	River Falls	WI	00:10:39.86	00:26:59.75	00:21:30.15		01:03:38.76
6	140/358	52/181	747	Michaelle Meland	53	F	Golden Valley	MN	00:09:01.17	00:28:19.84	00:22:15.04		01:04:12.95
7	161/358	63/181	767	Julie Wiens	53	F	Wayzata	MN	00:10:42.51	00:27:40.91	00:22:53.01		01:05:49.90
8	185/358	75/181	823	Katherine Walz	52	F	Plymouth	MN	00:09:35.12	00:30:08.52	00:23:00.49		01:07:54.55
9	244/358	106/181	701	Cindy Lamp	53	F	St. Cloud	MN	00:10:07.98	00:25:45.42	00:29:56.69		01:13:31.26
10	248/358	107/181	814	Linda Cieslak	52	F	Saint Michael	MN	00:11:02.09	00:31:04.32	00:25:52.06		01:13:41.60
11	262/358	116/181	624	Kris Sullivan	53	F	Waconia	MN	00:12:32.73	00:32:04.09	00:24:00.27		01:14:49.35
12	278/358	127/181	604	Carolyn Barriball	54	F	Monticello	MN	00:12:41.93	00:32:09.45	00:27:53.83		01:17:46.15
13	290/358	137/181	566	Jana Hargreaves	51	F	Plymouth	MN	00:14:04.95	00:29:46.19	00:27:00.07		01:19:12.65
14	351/358	179/181	730	Nancy Schmidt	54	F	Montgomery	MN	00:18:23.48	00:45:15.39	00:30:54.62		01:41:55.62

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	11/358	11/177	404	David Goldberg	54	M	Unknown	MN	00:05:42.97	00:21:45.46	00:18:24.32		00:48:58.30
2	14/358	14/177	403	John Stangl	52	M	Buffalo	MN	00:07:36.56	00:22:05.76	00:16:57.19		00:50:11.91
3	20/358	19/177	411	Mark Rosen	51	M	Otsego	MN	00:08:38.24	00:22:27.12	00:17:36.26		00:51:51.66
4	26/358	24/177	744	Tom Brooks	51	M	Minneapolis	MN	00:08:34.90	00:22:25.82	00:18:07.82		00:53:05.71
5	30/358	27/177	417	Ken Janda	54	M	St Paul	MN	00:08:11.14	00:24:08.11	00:17:33.52		00:53:18.42
6	44/358	36/177	625	Bob Sullivan	54	M	Waconia	MN	00:09:38.50	00:23:15.65	00:18:42.75		00:56:08.37
7	61/358	49/177	854	Dwight Larsen	52	M	Plymouth	MN	00:08:17.71	00:25:17.07	00:20:17.65		00:58:15.36
8	73/358	59/177	812	Peter Rosen	51	M	Saint Paul	MN	00:09:55.63	00:26:11.37	00:18:40.27		00:59:32.61
9	85/358	65/177	833	Ken Saddler	50	M	Chanhassen	MN	00:07:49.72	00:24:42.01	00:23:05.64		01:00:21.90
10	89/358	67/177	818	Scott Crow	53	M	Vadnais Heights	MN	00:06:26.49	00:25:31.31	00:24:26.59		01:00:29.94
11	109/358	76/177	809	Chris Muntifering	53	M	Buffalo	MN	00:09:27.08	00:26:00.23	00:21:38.31		01:02:14.31
12	139/358	88/177	652	Thomas Becker	53	M	Mahtomedi	MN	00:06:52.33	00:28:48.70	00:23:38.78		01:04:11.80
13	162/358	99/177	810	David Barlow	52	M	Maple Grove	MN	00:08:40.73	00:27:18.08	00:25:37.31		01:05:51.85
14	164/358	100/177	774	Joe Mayer	50	M	New Hope	MN	00:12:58.01	00:25:42.96	00:22:48.37		01:06:02.34
15	202/358	117/177	680	Mark Myhra	54	M	Plymouth	MN	00:10:31.46	00:27:55.84	00:25:16.88		01:09:25.19
16	204/358	119/177	636	Gregg Hulbert	52	M	Maple Lake	MN	00:11:26.50	00:30:09.35	00:23:09.66		01:09:34.56
17	225/358	131/177	541	William Cutshall	52	M	Rochester	MN	00:09:15.82	00:29:33.02	00:25:00.63		01:11:28.85
18	352/358	173/177	518	John Mohn	53	M	Stillwater	MN	00:11:12.65	00:31:30.87	00:34:20.41		01:43:06.28
19	354/358	175/177	737	Kenneth Freed	54	M	Minneapolis	MN	00:13:21.05	00:43:48.39	00:38:59.91		01:43:44.21

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	112/358	36/181	780	Lisa Polachek	57	F	Saint Paul	MN	00:07:22.36	00:28:22.01	00:22:30.38		01:02:27.86
2	123/358	43/181	721	Pat Mcdonald	55	F	St. Louis Park	MN	00:07:55.58	00:28:22.59	00:22:23.01		01:03:02.46
3	195/358	80/181	794	Tammy Miller	55	F	Boulder	CO	00:08:28.34	00:29:26.79	00:25:18.43		01:08:38.63
4	257/358	113/181	573	Kathleen Smith	57	F	Otsego	MN	00:10:12.30	00:30:06.51	00:27:44.33		01:14:11.92
5	281/358	130/181	603	Ann Anderson	59	F	Mcperson	KS	00:10:50.43	00:32:47.55	00:29:06.11		01:18:19.91
6	322/358	160/181	847	Sarah Dewitt	56	F	Sioux Falls	SD	00:14:41.12	00:37:00.58	00:29:35.23		01:26:33.50
7	337/358	169/181	623	Julie Ystebo	57	F	Moorhead	MN	00:13:50.72	00:40:02.67	00:32:26.18		01:33:27.10
8	342/358	172/181	601	Nancy Mccourt	56	F	Buffalo	MN	00:12:11.35	00:34:52.64	00:39:24.24		01:37:05.20
9	345/358	174/181	643	Cindy Holstrom	58	F	Los Altos	CA	00:15:33.33	00:36:23.44	00:35:56.76		01:38:22.82
10	346/358	175/181	644	Amy Bauch	56	F	Minneapolis	MN	00:15:30.25	00:36:36.36	00:35:57.17		01:38:23.17
11	355/358	180/181	565	Jenny Seaton	58	F	Foley	MN	00:14:33.44	00:44:09.35	00:39:17.04		01:48:15.03

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/358	12/177	860	Larry Stracke	58	M	Sauk Rapids	MN	00:08:09.00	00:21:53.62	00:16:48.99		00:49:37.12
2	25/358	23/177	414	Kris Kolstad	57	M	Willmar	MN	00:07:58.43	00:23:33.18	00:18:05.11		00:52:58.21
3	68/358	56/177	843	Duane Pullins	57	M	Maple Lake	MN	00:09:19.36	00:23:03.83	00:21:55.27		00:58:38.01
4	102/358	74/177	714	Bob Leone	58	M	Plymouth	MN	00:08:24.21	00:25:34.50	00:21:04.73		01:01:44.03
5	117/358	78/177	582	Todd Russ	56	M	Plymouth	MN	00:12:46.16	00:25:55.44	00:20:10.70		01:02:48.45
6	141/358	89/177	729	Kenneth Paulus	56	M	Minneapolis	MN	00:10:14.30	00:25:45.54	00:22:49.66		01:04:23.08
7	153/358	94/177	789	Joe Guttman	56	M	Eden Prairie	MN	00:07:11.98	00:27:12.59	00:25:56.31		01:05:18.52
8	165/358	101/177	633	Mike Fanslau	57	M	St. Cloud	MN	00:11:33.22	00:24:48.60	00:24:27.61		01:06:03.29
9	167/358	102/177	458	Mardon Quandt	55	M	Annandale	MN	00:09:19.80	00:27:46.08	00:23:09.01		01:06:22.54
10	189/358	113/177	707	Rick Larson	58	M	Bloomington	MN	00:13:09.39	00:26:24.19	00:22:44.40		01:08:06.04
11	191/358	115/177	536	Todd Rogers	56	M	Minneapolis	MN	00:08:43.25	00:29:07.68	00:24:39.74		01:08:09.28
12	215/358	127/177	545	Bill Dodge	55	M	Finlayson	MN	00:09:47.15	00:29:41.68	00:24:34.51		01:10:47.10
13	216/358	128/177	762	Paul Peppin	55	M	Buffalo	MN	00:11:45.04	00:28:20.42	00:24:54.06		01:10:51.35
14	231/358	133/177	798	Bob Hollway	58	M	Plymouth	MN	00:12:38.19	00:28:35.17	00:24:55.48		01:12:19.15
15	238/358	135/177	706	Dwight Geisler	57	M	Bloomington	MN	00:11:49.92	00:27:59.66	00:24:57.46		01:12:51.69
16	253/358	144/177	449	Dan Dean	55	M	Cokato	MN	00:07:56.42	00:34:15.56	00:27:37.02		01:14:08.12
17	258/358	145/177	529	Michael Harland	58	M	Wheaton	IL	00:09:40.16	00:32:59.66	00:25:21.84		01:14:15.51
18	275/358	150/177	522	James Vlcek	59	M	Woodbury	MN	00:13:06.85	00:31:31.58	00:26:11.27		01:17:08.48
19	323/358	163/177	851	James Dewitt	58	M	Sioux Falls	SD	00:14:41.27	00:36:58.19	00:29:35.32		01:26:33.59
20	324/358	164/177	574	Raymond Smith	58	M	Otsego	MN	00:14:04.08	00:31:32.45	00:34:36.42		01:26:36.55
21	327/358	166/177	702	Steve Edmonson	55	M	Buffalo	MN	00:16:27.48	00:29:14.92	00:33:08.06		01:28:32.65

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	160/358	62/181	768	Joanne Sunquist	61	F	Plymouth	MN	00:09:58.13	00:28:28.57	00:21:30.79		01:05:49.73
2	241/358	105/181	450	Brook Lemm-Tabor	63	F	Minneapolis	MN	00:12:53.64	00:27:38.63	00:27:28.36		01:13:02.86
3	261/358	115/181	745	Pamela Brophy	64	F	Buffalo	MN	00:09:58.41	00:30:11.46	00:28:59.66		01:14:42.37
4	303/358	145/181	446	Joan Carples	61	F	Minnetonka	MN	00:13:24.92	00:35:31.83	00:28:19.06		01:22:22.17
5	312/358	152/181	672	Kathy Gruys	60	F	Maple Lake	MN	00:11:21.05	00:33:58.66	00:32:52.09		01:24:44.38
6	316/358	156/181	792	Mari Bell	61	F	Fargo	ND	00:12:28.89	00:34:06.65	00:30:56.24		01:25:47.14
7	325/358	161/181	558	Katherine Maiers	62	F	Minneapolis	MN	00:11:42.86	00:34:05.15	00:34:13.49		01:27:10.78

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	51/358	41/177	422	Michael Bono	62	M	Minneapolis	MN	00:08:52.08	00:24:07.47	00:20:17.53		00:57:02.32
2	88/358	66/177	431	Ben Zhao	61	M	Edina	MN	00:09:56.15	00:28:15.38	00:18:22.50		01:00:27.44
3	208/358	122/177	852	Douglas Rausch	61	M	Minneapolis	MN	00:10:14.02	00:28:32.82	00:25:10.39		01:09:51.87
4	209/358	123/177	551	Bob Spooner	63	M	Ramsey	MN	00:11:48.99	00:30:41.16	00:23:45.89		01:10:02.80
5	296/358	155/177	535	Greg Pierson	62	M	Monticello	MN	00:14:14.24	00:28:32.72	00:31:46.80		01:20:41.07
6	311/358	160/177	859	Walter Hagen	62	M	Wayzata	MN	00:12:12.92	00:31:29.18	00:31:49.79		01:24:39.94
7	326/358	165/177	451	James Wright	60	M	Delano	MN	00:11:29.54	00:42:10.84	00:27:30.18		01:27:20.66
8	333/358	168/177	614	David Furuseth	61	M	Northome	MN	00:16:03.29	00:34:38.93	00:35:07.12		01:32:00.44
9	347/358	172/177	743	Joe Neubauer	61	M	Hutchinson	MN	00:12:12.17	00:41:44.60	00:38:57.36		01:39:14.93
10	353/358	174/177	517	Rand Adams	60	M	St. Louis Park	MN	00:19:29.72	00:33:30.38	00:34:26.47		01:43:13.44

Female Ages 65 - 69

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

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	122/358	80/177	524	Mark Walford	65	M	Glencoe	MN	00:10:17.51	00:26:20.72	00:21:15.85		01:03:00.66
2	175/358	106/177	781	John Nielsen	68	M	Woodbury	MN	00:10:33.29	00:25:59.66	00:25:15.04		01:06:50.91
3	263/358	147/177	454	Joe Kandiko	65	M	Excelsior	MN	00:09:08.22	00:29:59.82	00:29:02.77		01:15:16.36
4	293/358	154/177	457	Tom Fulton	68	M	St. Louis Park	MN	00:09:34.58	00:29:20.93	00:30:11.40		01:19:43.61
5	300/358	157/177	760	Tom Barnard	67	M	Burnsville	MN	00:09:35.85	00:30:57.78	00:34:28.07		01:21:31.75

Female Ages 70+

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

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Short Individual

Male Ages 70+

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