

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Division Results

## Long Individual

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/211	1/79	22	Hanna Grinaker	28	F	St Paul	MN	00:14:15.96	00:52:22.83	00:32:47.51		01:42:14.82
2	19/211	2/79	2	Christina Roberts	30	F	St. Louis Park	MN	00:12:15.87	00:54:41.19	00:33:49.31		01:42:54.84
3	33/211	4/79	11	Andrea Myers	40	F	Plymouth	MN	00:13:07.15	00:56:43.70	00:37:28.90		01:49:48.13

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/211	1/132	1	Matthew Payne	39	M	Golden Valley	MN	00:12:19.94	00:46:17.84	00:29:37.85		01:30:16.19
2	2/211	2/132	23	Sean Cooley	31	M	St Paul	MN	00:12:10.97	00:45:49.61	00:31:09.74		01:31:05.43
3	3/211	3/132	24	Nathan Ansbaugh	29	M	Minneapolis	MN	00:12:09.37	00:47:32.34	00:31:12.24		01:32:51.14

### Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/211	7/79	25	Ann Snuggerud	48	F	Chaska	MN	00:14:12.61	00:57:28.70	00:38:14.67		01:52:39.97

### Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/211	5/132	15	Kevin Oconnor	45	M	Medina	MN	00:12:12.44	00:49:15.45	00:31:00.91		01:34:16.28

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	162/211	55/79	273	Katelyn Strauss	19	F	Plymouth	MN	00:13:04.89	01:15:54.78	00:49:20.89		02:25:41.59

### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/211	27/132	289	Will Gallagher	18	M	Saint Michael	MN	00:11:15.25	00:57:12.59	00:36:31.92		01:48:27.45

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### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
2	68/211	50/132	291	Douglas Shield	17	M	Vadnais Heights	MN	00:16:03.99	01:03:43.71	00:37:59.14		02:03:03.49
3	82/211	61/132	290	Charles Couvreur	18	M	Saint Paul	MN	00:22:19.75	00:54:49.44	00:43:47.61		02:06:32.45

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	28/211	3/79	272	Maggie Weiss	21	F	Excelsior	MN	00:13:45.98	00:53:53.01	00:36:18.87		01:48:16.66
2	63/211	17/79	268	Lucy Ramquist	23	F	River Falls	WI	00:15:01.72	01:03:19.22	00:38:14.72		02:02:04.50
3	66/211	18/79	271	Jenna Muntiferog	21	F	Buffalo	MN	00:13:09.74	01:06:41.94	00:39:00.13		02:02:51.50

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	65/211	48/132	286	Mitchell Ergen	23	M	Sartell	MN	00:16:47.15	01:03:41.32	00:38:39.41		02:02:46.34
2	116/211	76/132	288	Sean Devine	23	M	Eden Prairie	MN	00:19:48.24	01:05:30.77	00:44:51.98		02:14:20.33
3	147/211	97/132	287	Ryan Money	23	M	Becker	MN	00:20:29.82	01:09:06.55	00:47:17.62		02:22:02.48

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	51/211	12/79	263	Brigid Varley	27	F	St.Paul	MN	00:13:31.98	01:02:14.13	00:39:22.06		01:58:59.20
2	86/211	23/79	264	Emma Adriaens	26	F	Elk River	MN	00:18:50.74	01:01:35.39	00:41:53.59		02:07:06.98
3	99/211	30/79	265	Candace Corso	25	F	Saint Paul	MN	00:13:05.31	01:07:39.62	00:44:19.11		02:09:39.30

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	20/211	18/132	278	Joe Adriaens	28	M	Elk River	MN	00:12:35.76	00:52:41.76	00:34:19.41		01:43:12.73
2	22/211	20/132	296	John Heinlein	27	M	Wayzata	MN	00:14:02.89	00:49:49.74	00:36:53.55		01:43:55.21
3	60/211	45/132	275	Ben Ferin	29	M	White Bear Lake	MN	00:16:20.74	01:00:10.53	00:41:03.53		02:01:21.84

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### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/211	6/79	214	Sheena Dauer	34	F	Montevideo	MN	00:14:48.23	00:57:02.97	00:34:52.36		01:51:17.68
2	45/211	8/79	252	Kristin Weinzierl	34	F	Waconia	MN	00:15:39.34	01:01:40.51	00:34:44.77		01:55:44.49
3	47/211	10/79	219	Mandy Stoesz	31	F	Buffalo	MN	00:14:34.73	00:58:49.43	00:39:35.10		01:57:18.94

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/211	21/132	256	David Phillips	30	M	Maple Grove	MN	00:14:35.69	00:50:23.42	00:35:41.13		01:44:07.71
2	42/211	35/132	258	Jason Neumann	34	M	St Cloud	MN	00:15:33.48	00:56:56.38	00:38:23.64		01:54:43.45
3	75/211	55/132	245	Derek Desens	33	M	Cokato	MN	00:14:51.20	01:05:13.69	00:39:44.05		02:04:27.93

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	46/211	9/79	205	Sara Rondorf	39	F	Andover	MN	00:16:20.36	00:56:22.65	00:40:17.23		01:56:39.55
2	57/211	15/79	224	Kathy Dixon	37	F	Arden Hills	MN	00:13:15.61	01:02:11.44	00:40:21.16		01:59:49.99
3	61/211	16/79	212	Molly Larew	37	F	Plymouth	MN	00:16:25.86	00:58:32.78	00:43:03.49		02:01:53.72

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/211	16/132	227	Moshe Peri	39	M	Minnetonka	MN	00:13:10.88	00:53:39.63	00:32:18.75		01:41:50.17
2	24/211	22/132	225	Matthew Trok	39	M	Maple Grove	MN	00:14:10.22	00:54:24.29	00:32:33.53		01:45:20.68
3	26/211	24/132	223	Michael Hankee	39	M	Lino Lakes	MN	00:13:02.36	00:54:12.98	00:37:04.86		01:47:15.48

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	53/211	13/79	200	Christine Agazzi	40	F	Eden Prairie	MN	00:15:02.37	01:00:40.94	00:39:10.53		01:59:07.75
2	55/211	14/79	257	Veronica Bond	44	F	Rochester	MN	00:14:18.17	00:59:25.58	00:41:47.27		01:59:41.99
3	96/211	28/79	221	Cortney Engen	40	F	St. Louis Park	MN	00:15:41.63	00:59:33.89	00:48:35.65		02:09:12.50

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### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	44/211	37/132	175	Graham Wright	42	M	Saint Paul	MN	00:15:18.73	00:57:07.32	00:39:57.15		01:55:43.67
2	58/211	43/132	182	William Lorenz	44	M	Benson	MN	00:17:08.48	01:00:35.68	00:39:21.78		02:00:10.74
3	59/211	44/132	181	David Berntson	40	M	Annandale	MN	00:18:34.34	00:59:58.23	00:37:53.91		02:00:53.81

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	73/211	20/79	139	Jane Peterson	48	F	Saint Cloud	MN	00:13:23.68	01:02:58.21	00:42:44.60		02:04:11.87
2	79/211	21/79	141	Kitty Earl-Torniainen	48	F	Saint Paul	MN	00:20:34.62	01:02:21.03	00:38:31.60		02:06:11.75
3	103/211	33/79	184	Laura Hjort	49	F	Elk River	MN	00:17:38.94	01:03:09.21	00:45:41.41		02:10:24.25

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	18/211	17/132	155	Tim Bode	48	M	Buffalol	MN	00:11:41.19	00:50:06.49	00:37:33.03		01:42:40.94
2	21/211	19/132	164	Phillip Falkner	46	M	Minneapolis	MN	00:13:22.23	00:52:38.65	00:34:00.05		01:43:43.31
3	31/211	28/132	166	Don Steenson	45	M	Plymouth	MN	00:11:55.21	00:57:15.52	00:36:22.12		01:49:31.32

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	106/211	35/79	73	Linda Langkos	52	F	Minnetonka	MN	00:16:39.32	01:02:19.59	00:47:20.60		02:11:10.17
2	118/211	41/79	71	Karen Eklin	52	F	Plymouth	MN	00:16:03.22	01:08:16.93	00:46:39.77		02:15:29.50
3	134/211	45/79	68	Pam Reimer	54	F	Eden Prairie	MN	00:19:35.38	01:11:48.69	00:42:47.14		02:18:21.40

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/211	23/132	136	Randy Peterson	50	M	Northfield	MN	00:13:09.45	00:53:42.18	00:35:47.49		01:45:56.61
2	29/211	26/132	134	Ryan Wenning	50	M	Excelsior	MN	00:15:12.44	00:53:53.33	00:36:19.74		01:48:21.90
3	32/211	29/132	119	Brian Lavelle	54	M	Chaska	MN	00:13:38.31	00:53:17.24	00:39:49.72		01:49:42.62

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## Long 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	85/211	22/79	61	Helen Gunther	59	F	Excelsior	MN	00:17:01.48	01:02:29.56	00:43:50.32		02:06:52.16
2	107/211	36/79	64	Judith Peters	56	F	St. Cloud	MN	00:19:12.48	01:04:01.45	00:43:57.00		02:11:27.84
3	113/211	39/79	63	Carolyn Milbrath	58	F	Hudson	WI	00:15:52.52	01:05:25.45	00:48:05.16		02:13:14.99

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	36/211	31/132	98	Dale Forde	58	M	Golden Valley	MN	00:14:25.72	00:57:29.84	00:35:54.91		01:51:06.73
2	41/211	34/132	107	Kevin Grafft	55	M	Chanhausen	MN	00:15:34.60	00:57:00.53	00:38:16.89		01:54:24.21
3	48/211	38/132	110	Jim Nack	56	M	Madison Lake	MN	00:14:31.21	00:56:21.70	00:43:17.76		01:57:34.36

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	94/211	27/79	59	Pam Stevens	63	F	Sartell	MN	00:15:59.66	01:00:40.44	00:48:08.12		02:08:24.40
2	119/211	42/79	109	Carol Markham-Cousins	61	F	Minneapolis	MN	00:15:56.20	01:06:10.72	00:49:13.08		02:15:34.90
3	173/211	62/79	60	Theresa Klamann	60	F	Lino Lakes	MN	00:20:30.20	01:14:06.08	00:50:40.82		02:30:36.28

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	43/211	36/132	87	Leonard Klun	62	M	Maple Plain	MN	00:14:47.88	00:57:47.11	00:38:08.52		01:54:53.48
2	72/211	53/132	86	Mike Flynn	64	M	Elk River	MN	00:19:21.23	01:00:14.05	00:39:50.30		02:03:54.71
3	78/211	58/132	90	Peter Lancaster	61	M	Minneapolis	MN	00:15:10.43	01:01:04.92	00:44:51.41		02:05:34.15

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	163/211	56/79	56	Lisa Wheeler	65	F	Bloomington	MN	00:20:38.13	01:11:34.76	00:49:41.11		02:26:33.90
2	183/211	68/79	57	Connie Foster	65	F	River Falls	WI	00:18:43.16	01:16:20.44	00:53:40.80		02:34:25.35

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### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	139/211	93/132	81	John Zumhofe	66	M	Sioux Falls	SD	00:18:37.89	01:03:41.19	00:51:03.49		02:19:06.25
2	161/211	107/132	82	Rick E. Wheeler	65	M	Bloomington	MN	00:19:01.94	01:08:43.28	00:51:48.59		02:25:08.51
3	175/211	112/132	80	Joe Gryskiewicz	67	M	Edina	MN	00:18:48.50	01:11:05.94	00:53:53.83		02:31:03.69

### Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	166/211	109/132	79	Daryl Stevens	73	M	Sartell	MN	00:21:27.44	01:03:12.84	00:58:02.54		02:27:37.48
2	199/211	124/132	78	Stephen Paladie	73	M	Plymouth	MN	00:25:07.97	01:15:50.12	01:01:41.12		02:48:16.24
3	203/211	126/132	77	Fred Roethlisberger	73	M	River Falls	WI	00:23:36.23	01:22:49.35	00:57:12.84		02:51:34.72