

# 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 Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/211	5/79	14	Lindsey Marshall	27	F	St Paul	MN	00:12:14.25	00:56:20.13	00:39:31.93		01:50:40.48

### Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/211	4/132	4	Josh Blankenheim	35	M	Duluth	MN	00:13:53.47	00:48:47.45	00:29:17.22		01:33:53.70

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### Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
2	6/211	6/132	6	Nathan Hoffman	33	M	South Haven	MN	00:14:57.00	00:49:41.97	00:28:40.72		01:35:20.12
3	7/211	7/132	13	Corey Towle	29	M	St. Louis Park	MN	00:12:10.80	00:51:08.16	00:30:14.99		01:35:33.54
4	8/211	8/132	19	Matthew Liebsch	33	M	Orono	MN	00:13:31.11	00:50:50.06	00:29:09.32		01:35:42.91
5	9/211	9/132	5	Brian Bich	50	M	Duluth	MN	00:13:00.64	00:49:32.71	00:32:33.26		01:37:08.45
6	10/211	10/132	12	Scott Myers	41	M	Plymouth	MN	00:12:29.89	00:50:34.11	00:32:36.36		01:37:57.59
7	11/211	11/132	30	Tony Schiller	59	M	Long Lake	MN	00:12:59.21	00:48:51.43	00:34:19.31		01:38:19.82
8	12/211	12/132	17	Steve Sander	37	M	Eden Prairie	MN	00:14:08.71	00:49:02.78	00:32:54.19		01:38:26.70
9	13/211	13/132	16	Brett Lovaas	41	M	Minnnetonka	MN	00:12:08.37	00:50:46.26	00:33:33.57		01:38:26.93
10	14/211	14/132	21	Josh Mork	33	M	Lino Lakes	MN	00:13:12.43	00:50:27.16	00:34:17.00		01:40:13.41
11	15/211	15/132	7	Travis Miller	36	M	Nisswa	MN	00:14:58.13	00:51:57.19	00:32:11.60		01:41:10.14

### 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
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
4	153/211	102/132	292	Brett Honsey	15	M	Annandale	MN	00:16:21.46	01:14:57.67	00:48:34.08		02:23:26.76

### 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 Muntifering	21	F	Buffalo	MN	00:13:09.74	01:06:41.94	00:39:00.13		02:02:51.50
4	70/211	19/79	267	Katie Oden	23	F	Buffalo	MN	00:15:56.21	01:02:56.43	00:40:51.02		02:03:37.94

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### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
5	92/211	26/79	297	Caroline Gagne	24	F	Wayzata	MN	00:17:35.63	01:05:05.59	00:40:17.47		02:08:14.39
6	100/211	31/79	266	Elizabeth Mcnamara	24	F	Buffalo	MN	00:16:01.51	01:02:56.06	00:46:08.32		02:09:40.25
7	157/211	53/79	269	Sophia laquinta	23	F	Minnetonka	MN	00:15:10.83	01:11:15.70	00:52:37.30		02:24:06.18
8	169/211	59/79	274	Ericka Norgren	20	F	South Haven	MN	00:19:26.61	01:15:01.72	00:47:59.02		02:28:12.44
9	174/211	63/79	270	Mikayla Sycks	22	F	Becker	MN	00:18:49.80	01:13:05.61	00:54:26.87		02:30:46.51

### 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
4	104/211	34/79	262	Stephanie Simenstad	27	F	Richfield	MN	00:15:45.64	01:02:38.42	00:47:49.33		02:10:44.43
5	138/211	46/79	295	Abby Solom	26	F	Bloomington	MN	00:18:11.58	01:08:50.65	00:45:49.25		02:18:41.74
6	170/211	60/79	261	Michelle Gowans	29	F	Bloomington	MN	00:18:21.94	01:10:21.22	00:54:00.65		02:28:23.76

### 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
4	76/211	56/132	276	Blake Steinbring	29	M	Alexandria	MN	00:16:29.24	01:01:28.69	00:40:50.91		02:04:54.50
5	91/211	66/132	279	Andrew Jacot	28	M	St Paul	MN	00:17:50.49	01:01:30.68	00:43:41.07		02:08:11.75

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### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
6	120/211	78/132	294	Kyle Scheeler	27	M	St Cloud	MN	00:17:48.88	01:10:12.78	00:40:52.02		02:15:38.75
7	124/211	82/132	284	Hunter Kaestner	25	M	Minneapolis	MN	00:19:16.90	01:07:38.49	00:44:06.14		02:16:26.76
8	152/211	101/132	281	Tyler Westphal	26	M	Minneapolis	MN	00:20:10.99	01:14:00.52	00:40:44.66		02:23:18.83
9	187/211	117/132	280	Travis Hein	28	M	Lester Prairie	MN	00:25:25.70	01:14:42.70	00:51:49.89		02:36:04.26
10	190/211	118/132	285	Andy Barringer	25	M	Saint Francis	MN	00:20:28.74	01:19:24.69	00:51:43.69		02:39:05.24
11	196/211	122/132	283	Derek Wolhowe	25	M	Waconia	MN	00:22:21.49	01:14:08.56	01:00:59.73		02:42:50.26
12	210/211	132/132	282	Rick Akaishi	26	M	Minneapolis	MN	00:29:13.25	01:29:42.99	01:14:34.83		03:21:05.48

### 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
4	49/211	11/79	251	Mariane Walin	31	F	Brooklyn Park	MN	00:14:51.74	00:57:57.86	00:41:11.91		01:58:05.24
5	87/211	24/79	213	Julie Feldman	34	F	Inver Grove Heights	MN	00:17:06.35	01:00:00.07	00:46:15.06		02:07:08.24
6	101/211	32/79	216	Jessica Reisner	33	F	Minnetonka	MN	00:17:08.18	01:04:20.27	00:43:24.34		02:09:51.94
7	164/211	57/79	220	Rebecca Peterson	31	F	Minneapolis	MN	00:21:34.74	01:10:34.71	00:49:24.32		02:27:07.78
8	200/211	76/79	217	Cassandra Peltier	33	F	Woodbury	MN	00:21:36.18	01:27:44.24	00:51:59.25		02:48:20.51

### 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	Mapl 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
4	102/211	70/132	243	Brian Boehmer	34	M	Sauk Rapids	MN	00:19:40.74	00:57:48.53	00:48:30.58		02:09:56.40
5	105/211	71/132	242	Jon Fox	34	M	Webster	MN	00:16:16.24	01:06:58.44	00:42:21.37		02:11:09.72
6	125/211	83/132	239	Nick Milton	34	M	Minneapolis	MN	00:17:32.98	00:59:07.50	00:51:26.75		02:16:29.34
7	135/211	90/132	247	Anthony Roman	32	M	Minneapolis	MN	00:14:46.30	01:07:51.29	00:50:57.37		02:18:29.25
8	156/211	104/132	244	Eric Fiedler	33	M	Blaine	MN	00:20:18.95	01:07:20.20	00:51:06.17		02:23:40.77
9	158/211	105/132	255	John Daly	33	M	Excelsior	MN	00:20:51.22	01:09:43.00	00:46:59.92		02:24:19.78

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### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
10	197/211	123/132	240	Ben O'donnell	34	M	Eagan	MN	00:18:40.37	01:14:57.93	01:03:48.62		02:43:37.23
11	204/211	127/132	248	Andrew Ortquist	32	M	Lakeville	MN	00:22:31.72	01:26:59.41	00:56:35.36		02:51:56.77

### 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
4	88/211	25/79	209	Lindsay Schwab	37	F	Saint Paul	MN	00:16:19.95	01:05:40.24	00:40:48.59		02:07:42.53
5	98/211	29/79	231	Rebecca Karnes	39	F	Mound	MN	00:20:39.71	01:06:07.44	00:38:53.49		02:09:38.93
6	114/211	40/79	211	Kyleen Harstedt	37	F	Hugo	MN	00:16:01.24	01:05:33.59	00:47:02.86		02:14:07.20
7	176/211	64/79	253	Sommer Mueller	37	F	Oak Grove	MN	00:20:27.91	01:13:56.32	00:52:04.96		02:31:23.26
8	194/211	74/79	207	Christy Feist	38	F	Waconia	MN	00:23:17.16	01:19:06.64	00:52:05.92		02:42:30.17
9	198/211	75/79	210	Angela Jens	37	F	Minnetrissa	MN	00:19:55.71	01:22:08.33	00:58:16.46		02:46:45.59
10	211/211	79/79	206	Shannon Reagan	39	F	Monticello	MN	00:24:42.24	01:38:30.20	01:16:20.75		03:25:50.53

### 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
4	27/211	25/132	250	Nathan Budde	39	M	South Haven	MN	00:15:45.93	00:53:54.81	00:34:30.11		01:47:20.73
5	80/211	59/132	236	Jason Odonnell	36	M	Minneapolis	MN	00:14:09.48	01:03:17.93	00:44:02.09		02:06:11.95
6	93/211	67/132	226	Matthew Ides	39	M	Minneapolis	MN	00:21:32.99	00:59:25.32	00:42:53.72		02:08:18.25
7	111/211	74/132	222	Aaron Lindeman	39	M	Sioux Falls	SD	00:23:10.64	01:01:44.73	00:42:32.90		02:12:47.50
8	140/211	94/132	229	Christopher Smith	38	M	Plymouth	MN	00:22:59.65	01:04:59.92	00:46:30.76		02:19:21.37
9	172/211	111/132	233	Mark Tennesen	36	M	Lakeville	MN	00:17:12.66	01:15:36.98	00:52:12.15		02:29:33.26
10	179/211	114/132	228	Dan Beckmann	38	M	St. Louis Park	MN	00:17:02.48	01:14:21.60	00:51:53.55		02:32:33.87

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## Long 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	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
4	112/211	38/79	192	Rebecca Kelly	44	F	Shullsburg	WI	00:21:56.16	01:03:44.98	00:42:34.64		02:13:13.50
5	126/211	43/79	201	Susan Hilal	40	F	Plymouth	MN	00:14:43.25	01:08:13.34	00:48:41.52		02:16:48.75
6	130/211	44/79	197	Carolyn Tuohy	42	F	Minneapolis	MN	00:19:49.60	01:09:37.73	00:43:21.94		02:17:44.50
7	141/211	47/79	203	Betsy Grams	40	F	Chanhassen	MN	00:20:22.41	01:05:48.82	00:47:51.38		02:19:25.23
8	148/211	51/79	195	Margaret Kelly	43	F	Minneapolis	MN	00:20:02.74	01:06:00.78	00:48:04.49		02:22:02.60
9	154/211	52/79	198	Suzie O'gorman	41	F	Eden Prairie	MN	00:13:06.24	01:07:57.23	00:56:47.60		02:23:27.56
10	159/211	54/79	193	Amy Moran	43	F	Hastings	MN	00:24:03.75	01:04:40.95	00:48:58.89		02:24:23.47
11	167/211	58/79	199	Kimberly Jaeger	41	F	Woodbury	MN	00:20:04.73	01:13:31.53	00:49:51.38		02:27:42.49
12	189/211	72/79	202	Jolene Carlson	40	F	Belle Plaine	MN	00:21:01.99	01:16:05.61	00:53:24.97		02:37:52.26
13	192/211	73/79	191	Kate Varns	44	F	Minneapolis	MN	00:20:57.96	01:15:02.29	00:55:06.34		02:40:26.96

### 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
4	71/211	52/132	173	Daniel Hackenberg	43	M	Eden Prairie	MN	00:15:44.00	01:02:05.62	00:41:06.57		02:03:48.90
5	108/211	72/132	179	David Smith	41	M	Sartell	MN	00:16:54.33	01:00:30.12	00:49:34.21		02:11:39.50
6	115/211	75/132	176	Jason Stover	41	M	Brooklyn Park	MN	00:19:00.22	01:10:01.92	00:38:26.00		02:14:16.20
7	128/211	85/132	171	David Clemens	44	M	Woodbury	MN	00:18:59.61	01:03:33.65	00:48:49.55		02:17:43.26
8	129/211	86/132	177	Glen Varns	41	M	Minneapolis	MN	00:16:33.73	01:05:22.96	00:51:25.15		02:17:43.99
9	131/211	87/132	170	Mark Hartley	44	M	Inver Grove Heights	MN	00:21:20.61	01:03:37.20	00:47:30.62		02:17:57.19
10	137/211	92/132	168	Matt Honsey	44	M	Annandale	MN	00:23:36.24	01:08:18.96	00:43:16.96		02:18:35.18
11	145/211	96/132	180	Seth Hagerty	40	M	Eagan	MN	00:19:38.23	01:05:05.46	00:50:38.89		02:21:17.38
12	150/211	99/132	174	Brian Hegrenes	42	M	Albertville	MN	00:20:08.38	01:06:12.61	00:48:59.40		02:22:47.25
13	206/211	129/132	172	Christopher Sather	43	M	Minnetonka	MN	00:20:19.37	01:15:30.69	01:14:35.50		02:57:08.36

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Division Results

## Long 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	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
4	109/211	37/79	148	Carole Weiland	45	F	Champlin	MN	00:13:48.46	01:03:49.44	00:48:58.16		02:12:30.42
5	146/211	50/79	145	Cheryl Oconnell	46	F	Eden Prairie	MN	00:18:26.11	01:07:45.84	00:49:51.16		02:21:25.50
6	180/211	66/79	149	Sally Covert	45	F	White Bear Lake	MN	00:22:20.84	01:09:52.57	00:54:13.92		02:32:53.24
7	185/211	69/79	143	Carol Osterhus	47	F	Minnetonka	MN	00:19:05.72	01:19:25.98	00:51:31.40		02:34:56.26

### 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
4	38/211	32/132	160	Keith Thompson	47	M	Annandale	MN	00:16:30.80	00:55:38.45	00:35:39.80		01:51:59.19
5	54/211	41/132	151	Dan Hauck	49	M	Cedar	MN	00:13:47.23	01:04:45.34	00:36:07.80		01:59:08.30
6	56/211	42/132	165	Reese Lang	46	M	Loretto	MN	00:17:44.65	01:00:42.66	00:38:26.86		01:59:45.64
7	69/211	51/132	156	Steven Meletiou	48	M	Stillwater	MN	00:17:19.98	01:00:46.69	00:40:11.08		02:03:33.24
8	77/211	57/132	158	David Barnes	48	M	Lakeville	MN	00:15:53.73	01:05:43.44	00:38:13.59		02:05:08.18
9	83/211	62/132	185	Gregory Bond	45	M	Rochester	MN	00:18:55.93	01:00:10.89	00:43:49.26		02:06:42.99
10	89/211	64/132	167	Greg Taft	45	M	Cold Spring	MN	00:16:44.13	01:01:36.69	00:45:21.84		02:07:49.67
11	97/211	69/132	157	Tim Jette	48	M	Maple Grove	MN	00:17:25.92	01:06:35.26	00:40:08.02		02:09:13.50
12	110/211	73/132	150	Scott Tollefson	49	M	Minneapolis	MN	00:25:26.82	01:03:32.38	00:39:18.06		02:12:42.25
13	127/211	84/132	152	Paul Gaskin	49	M	Victoria	MN	00:14:14.99	01:05:40.69	00:52:21.40		02:17:16.74
14	149/211	98/132	162	Anthony Karels	46	M	Minnetonka	MN	00:19:54.48	01:07:38.72	00:49:17.72		02:22:43.93
15	151/211	100/132	163	Christopher Hedberg	46	M	Maple Plain	MN	00:18:13.73	01:07:47.18	00:51:55.09		02:23:18.70
16	168/211	110/132	161	Brett Mayfield	47	M	Cokato	MN	00:16:51.65	01:11:19.11	00:51:37.69		02:28:09.18
17	193/211	120/132	154	Allen Weis	48	M	Delano	MN	00:22:55.91	01:08:38.15	01:04:58.03		02:41:58.14

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
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# Heart of the Lakes Triathlon

July 17, 2016

## Overall Division Results

## Long 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	106/211	35/79	73	Linda Langkos	52	F	Mnnetonka	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
4	142/211	48/79	72	Bethann Barankovich	52	F	Minneapolis	MN	00:17:48.65	01:11:07.99	00:45:43.20		02:19:52.50
5	144/211	49/79	74	Beth Wengler	50	F	Saint Cloud	MN	00:18:11.73	01:06:41.45	00:50:13.43		02:20:13.40
6	171/211	61/79	75	Cathleen Mcginnity	50	F	Luck	WI	00:19:32.12	01:09:49.86	00:54:27.35		02:29:03.58
7	178/211	65/79	70	Joan Ramquist	52	F	River Falls	WI	00:15:45.73	01:17:26.31	00:52:31.07		02:32:05.42
8	181/211	67/79	66	Michaelle Meland	54	F	Golden Valley	MN	00:18:56.46	01:15:31.51	00:53:12.40		02:33:22.20
9	188/211	71/79	76	Stacey Mackay	50	F	Eden Prairie	MN	00:19:18.68	01:15:24.20	00:55:22.93		02:37:45.55
10	201/211	77/79	67	Debra Grandgenett	54	F	Alexandria	MN	00:25:43.49	01:16:04.58	01:00:04.90		02:48:43.76
11	208/211	78/79	69	Jill Waters	52	F	Minneapolis	MN	00:20:40.98	01:25:02.61	01:13:21.29		03:05:15.41

### 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
4	34/211	30/132	132	Dan Silvernail	50	M	West Linn	OR	00:14:53.53	00:54:02.21	00:37:13.07		01:50:06.81
5	39/211	33/132	186	Kirk Vesterstin	54	M	Wayzata	MN	00:16:23.97	00:54:46.68	00:36:56.42		01:52:18.11
6	62/211	46/132	135	Dustin Warner	50	M	Eden Prairie	MN	00:15:31.78	01:00:35.47	00:41:41.57		02:01:57.81
7	67/211	49/132	127	Mark Augdahl	51	M	Chaska	MN	00:15:10.41	01:02:56.94	00:40:27.86		02:02:54.48
8	74/211	54/132	130	Mark Elli	50	M	Edina	MN	00:15:43.23	00:57:08.15	00:44:43.22		02:04:22.49
9	81/211	60/132	120	Mark Roth	54	M	Burnsville	MN	00:16:54.23	01:02:14.25	00:40:31.56		02:06:12.40
10	121/211	79/132	125	Ted Peterson	51	M	Saint Cloud	MN	00:17:34.48	01:09:35.21	00:42:47.78		02:15:57.75
11	132/211	88/132	121	Bryan Wray	54	M	Eagan	MN	00:17:10.63	01:03:42.65	00:50:42.74		02:18:10.22
12	143/211	95/132	126	Steven Gallagher	51	M	Minneapolis	MN	00:17:48.34	01:07:33.88	00:49:20.43		02:20:03.80
13	160/211	106/132	128	Greg Allen	51	M	Bloomington	MN	00:22:19.61	01:06:19.87	00:49:36.84		02:24:52.94
14	184/211	116/132	123	Craig Olsen	53	M	Inver Grove Heights	MN	00:19:12.40	01:17:29.11	00:50:48.69		02:34:38.81



# Heart of the Lakes Triathlon

July 17, 2016

## Overall Division Results

## 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
4	186/211	70/79	62	Gale Tinglov	59	F	St. Cloud	MN	00:15:41.12	01:17:52.54	00:57:05.07		02:35:39.76

### 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
4	50/211	39/132	111	Steve Peterson	58	M	Eagan	MN	00:17:02.93	00:57:42.45	00:40:57.43		01:58:51.39
5	52/211	40/132	100	Kevin Olsen	57	M	Orono	MN	00:14:02.35	00:56:20.82	00:46:09.03		01:59:06.85
6	64/211	47/132	95	Peter Tabor	59	M	Minneapolis	MN	00:15:34.81	01:00:00.69	00:41:11.84		02:02:33.66
7	84/211	63/132	102	Don Weirens	57	M	Minneapolis	MN	00:18:47.66	00:59:15.42	00:44:39.37		02:06:47.68
8	90/211	65/132	106	David Thoma	55	M	Annandale	MN	00:14:45.86	01:03:07.68	00:46:35.44		02:07:53.94
9	95/211	68/132	99	Steve Gunther	58	M	Excelsior	MN	00:14:24.70	01:03:14.18	00:48:21.56		02:09:05.67
10	133/211	89/132	104	Carl Hoang	56	M	Maple Grove	MN	00:19:00.48	01:03:01.94	00:51:20.26		02:18:18.95
11	136/211	91/132	105	Steve Gaffer	56	M	New Richmond	WI	00:15:40.10	01:02:40.81	00:56:07.46		02:18:32.25
12	155/211	103/132	101	William Markwardt	57	M	La Crosse	WI	00:24:32.62	01:05:53.66	00:46:32.94		02:23:32.29
13	165/211	108/132	108	Jonathan Stinson	55	M	Plymouth	MN	00:23:38.94	01:10:02.28	00:46:08.68		02:27:25.68
14	177/211	113/132	96	Steve Donen	59	M	Chanhausen	MN	00:18:00.23	01:08:24.45	01:00:16.92		02:31:51.51
15	205/211	128/132	103	Chuck Wagner	56	M	Minnetonka	MN	00:24:38.74	01:15:03.92	01:04:39.62		02:53:25.13
16	209/211	131/132	94	John Jasinski	59	M	Minneapolis	MN	00:22:55.98	01:20:14.99	01:00:56.66		03:05:38.27

### 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 Klaman	60	F	Lino Lakes	MN	00:20:30.20	01:14:06.08	00:50:40.82		02:30:36.28

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Division Results

## Long 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	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
4	117/211	77/132	112	Robert Daniels	63	M	Savage	MN	00:17:37.43	01:06:43.44	00:43:19.69		02:15:21.86
5	122/211	80/132	91	Brad Erickson	61	M	Plymouth	MN	00:18:03.10	01:02:06.44	00:49:26.66		02:15:59.24
6	123/211	81/132	89	Mike Borneke	62	M	Eagle Lake	MN	00:19:38.83	01:02:20.78	00:49:12.00		02:16:19.50
7	182/211	115/132	93	Tom Barringer	60	M	St.francis	MN	00:21:53.45	01:12:48.20	00:53:35.13		02:34:11.74
8	191/211	119/132	88	Gery Haag	62	M	Plymouth	MN	00:22:59.23	01:13:42.18	00:56:45.45		02:39:23.81
9	202/211	125/132	113	Gary Tintes	61	M	Litchfield	MN	00:26:29.74	01:16:14.59	01:00:47.68		02:50:00.30

### 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

### 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
4	195/211	121/132	85	Erling Anderson	65	M	Minneapolis	MN	00:18:01.87	01:13:40.18	01:03:19.65		02:42:39.24
5	207/211	130/132	84	Richard Weil	65	M	St. Paul	MN	00:33:10.24	01:22:42.91	00:53:53.88		03:00:08.52

### 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