

Heart of the Lakes Triathlon

July 17, 2016

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	Pace
1	373	Kristina Swenson	F	19	Rogers	MN	00:05:59	2	1:21	00:01:45	00:23:42	1	22.8	00:00:57	00:18:21	5	7:20		00:50:42.26
2	359	Juli Currie	F	44	Chanhassen	MN	00:07:21	9	1:39	00:02:12	00:24:27	2	22.1	00:01:08	00:17:28	3	6:59		00:52:33.51
3	710	Isabella Buenting	F	13	Chanhassen	MN	00:06:22	5	1:26	00:02:00	00:27:07	15	19.9	00:01:06	00:17:24	2	6:57		00:53:56.40
4	351	Marta Lewinski	F	43	Edina	MN	00:07:31	16	1:42	00:02:08	00:24:41	3	21.9	00:01:00	00:18:53	7	7:33		00:54:10.67
5	418	Kelly Russ	F	28	Plymouth	MN	00:08:06	24	1:49	00:02:13	00:25:55	8	20.8	00:01:09	00:17:16	1	6:54		00:54:36.21
6	523	Andrea Tremaine	F	28	Minneapolis	MN	00:08:53	38	2:00	00:01:58	00:25:17	5	21.4	00:01:03	00:18:35	6	7:25		00:55:42.94
7	411	Allison Crum	F	18	Deerwood	MN	00:06:13	4	1:24	00:02:48	00:26:23	13	20.5	00:01:23	00:19:32	10	7:48		00:56:15.68
8	496	Sheri Budde	F	38	South Haven	MN	00:07:31	17	1:42	00:02:24	00:25:16	4	21.4	00:01:16	00:20:26	17	8:10		00:56:50.36
9	493	Krisie Melsen	F	35	Saint Louis Park	MN	00:06:36	6	1:29	00:02:40	00:27:28	17	19.7	00:00:52	00:20:07	15	8:02		00:57:40.38
10	688	Lori Gengler	F	45	Plymouth	MN	00:08:34	30	1:56	00:02:28	00:25:31	6	21.2	00:01:20	00:19:58	14	7:59		00:57:48.70
11	716	Laura Bergman	F	39	Edina	MN	00:07:15	8	1:38	00:02:59	00:28:10	19	19.2	00:01:35	00:17:59	4	7:11		00:57:54.95
12	410	Eileen Kurpiers	F	55	Deerwood	MN	00:09:44	57	2:12	00:02:48	00:25:59	9	20.8	00:01:09	00:19:39	12	7:51		00:59:17.43
13	514	Julie Gay	F	45	St. Cloud	MN	00:08:45	34	1:58	00:03:08	00:26:12	11	20.6	00:01:21	00:20:44	19	8:17		01:00:08.44
14	652	Peg Wright	F	44	Saint Paul	MN	00:09:38	55	2:10	00:03:28	00:25:41	7	21.0	00:01:41	00:21:19	25	8:31		01:01:44.67
15	690	Abby Saddler	F	20	Wayzata	MN	00:06:02	3	1:22	00:02:33	00:30:07	51	17.9	00:01:28	00:21:48	36	8:42		01:01:56.31
16	471	Julie Grafft	F	53	Chanhassen	MN	00:07:14	7	1:38	00:02:29	00:28:33	23	18.9	00:01:50	00:21:58	40	8:46		01:02:01.95
17	678	Diana Soran	F	28	Wayzata	MN	00:09:33	52	2:09	00:02:52	00:29:42	45	18.2	00:00:53	00:19:21	8	7:44		01:02:18.39
18	538	Denise Casey	F	56	Buffalo	MN	00:09:33	53	2:09	00:03:03	00:29:30	41	18.3	00:00:58	00:19:33	11	7:49		01:02:34.45
19	661	Katie Kerker	F	37	Cedar Falls	IA	00:08:24	27	1:54	00:03:37	00:29:20	39	18.4	00:01:10	00:20:10	16	8:03		01:02:39.10
20	726	Janell Pepper	F	56	Woodbury	MN	00:07:25	10	1:40	00:02:54	00:28:47	27	18.8	00:01:22	00:22:17	44	8:54		01:02:42.38
21	522	Maria Leth	F	37	Plymouth	MN	00:07:28	13	1:41	00:03:21	00:28:11	20	19.2	00:01:15	00:22:40	49	9:03		01:02:52.56
22	527	Sara Dewitt	F	40	Rogers	MN	00:09:23	48	2:07	00:02:35	00:28:55	31	18.7	00:01:34	00:20:32	18	8:12		01:02:57.66
23	406	Karri Kearin	F	44	Maple Grove	MN	00:09:02	42	2:02	00:02:49	00:28:30	21	19.0	00:01:31	00:21:10	22	8:27		01:02:59.30
24	387	Debbie Christian	F	45	Buffalo	MN	00:08:46	35	1:59	00:02:43	00:26:06	10	20.7	00:01:50	00:23:39	65	9:27		01:03:01.36
25	423	Jaleh Nahvi	F	46	Inver Grove Heights	MN	00:08:07	25	1:50	00:02:57	00:29:36	44	18.2	00:01:11	00:21:16	24	8:30		01:03:05.85
26	699	Jessica Kessler	F	45	Mendota Heights	MN	00:10:44	75	2:25	00:03:43	00:27:23	16	19.7	00:01:48	00:19:43	13	7:53		01:03:18.48
27	557	Sarah Johnson	F	46	Minneapolis	MN	00:09:45	59	2:12	00:03:04	00:26:39	14	20.3	00:03:01	00:21:24	27	8:33		01:03:50.70
28	483	Adrea Mauseth	F	36	St. Louis Park	MN	00:09:07	45	2:03	00:02:11	00:29:13	33	18.5	00:01:16	00:22:19	46	8:55		01:04:04.11
29	405	Emily Quandt	F	18	Annandale	MN	00:10:38	73	2:24	00:02:59	00:30:05	49	18.0	00:00:56	00:19:29	9	7:47		01:04:04.15
30	400	Megan Mclain	F	24	Eagan	MN	00:08:37	33	1:57	00:03:16	00:29:18	38	18.4	00:01:00	00:22:03	41	8:48		01:04:11.87
31	727	Lisa Polachek	F	58	Saint Paul	MN	00:07:25	11	1:40	00:03:17	00:28:36	25	18.9	00:01:38	00:23:18	59	9:19		01:04:11.92
32	651	Taylor Susa	F	19	Buffalo	MN	00:05:48	1	1:18	00:02:39	00:33:25	92	16.2	00:00:51	00:21:46	34	8:42		01:04:27.46
33	512	Paula Just	F	42	Spooner	WI	00:08:33	29	1:56	00:02:34	00:31:46	71	17.0	00:01:05	00:21:20	26	8:31		01:05:15.21
34	407	Britta Oden	F	20	Buffalo	MN	00:07:33	19	1:42	00:02:30	00:30:31	56	17.7	00:01:36	00:23:40	66	9:27		01:05:48.19
35	672	Jill Mcnamara	F	49	Buffalo	MN	00:08:59	41	2:02	00:02:46	00:29:02	32	18.6	00:01:45	00:23:41	67	9:28		01:06:09.71

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	656	Katie Gruys	F	22	Maple Lake	MN	00:08:55	39	2:01	00:02:37	00:31:08	64	17.4	00:01:11	00:22:23	47	8:56		01:06:09.95
37	544	Kasey Morlock	F	41	Stewartville	MN	00:09:32	51	2:09	00:03:24	00:30:29	55	17.7	00:01:36	00:21:27	29	8:34		01:06:24.86
38	638	Pat Mcdonald	F	56	St. Louis Park	MN	00:07:38	20	1:43	00:03:03	00:30:23	54	17.8	00:01:47	00:23:38	64	9:27		01:06:26.71
39	641	Jen Munson	F	43	Annandale	MN	00:10:40	74	2:24	00:02:50	00:30:47	58	17.5	00:01:20	00:21:10	23	8:27		01:06:45.69
40	679	Jenna Fletcher	F	54	Stillwater	MN	00:10:56	81	2:28	00:02:09	00:29:34	42	18.3	00:01:24	00:23:04	55	9:13		01:07:03.41
41	737	Jennifer Daraheim	F	46	Edina	MN	00:09:02	43	2:02	00:03:30	00:29:17	37	18.4	00:01:39	00:23:42	68	9:28		01:07:07.96
42	681	Catherine Vaughn	F	40	Saint Paul	MN	00:11:31	98	2:36	00:02:19	00:29:34	43	18.3	00:01:30	00:22:19	45	8:55		01:07:09.67
43	497	Gretchen Langbehn	F	38	South Haven	MN	00:10:31	71	2:22	00:02:55	00:28:49	28	18.7	00:01:46	00:23:28	60	9:23		01:07:25.70
44	596	Sarah Sixta	F	34	Otsego	MN	00:11:17	93	2:33	00:03:58	00:28:54	29	18.7	00:01:38	00:21:45	33	8:41		01:07:29.70
45	693	Jane Wenning	F	48	Excelsior	MN	00:12:23	116	2:48	00:03:48	00:26:17	12	20.5	00:02:21	00:23:31	62	9:24		01:08:17.47
46	675	Debra Clift	F	59	Plymouth	MN	00:08:57	40	2:01	00:03:25	00:28:08	18	19.2	00:02:24	00:25:30	82	10:11		01:08:21.60
47	655	Heather Hooper	F	44	Kimball	MN	00:09:46	60	2:12	00:03:49	00:32:03	78	16.9	00:01:22	00:21:30	31	8:35		01:08:26.66
48	413	Brenda Conzetz	F	56	Buffalo	MN	00:08:35	32	1:56	00:04:07	00:30:56	60	17.5	00:02:43	00:22:12	42	8:52		01:08:31.66
49	474	Kristen Baker	F	38	St. Bonifacius	MN	00:07:47	21	1:45	00:03:50	00:29:17	36	18.4	00:02:08	00:25:39	84	10:15		01:08:38.45
50	643	Marceil Skluzacek	F	48	Lakeville	MN	00:11:41	100	2:38	00:03:51	00:31:16	67	17.3	00:01:05	00:20:54	21	8:21		01:08:45.20
51	707	Katie Page	F	20	Plymouth	MN	00:08:31	28	1:55	00:03:00	00:33:31	94	16.1	00:00:54	00:22:55	51	9:09		01:08:47.97
52	583	Lauretta Hassan	F	50	Lino Lakes	MN	00:10:17	67	2:19	00:04:03	00:31:48	74	17.0	00:01:26	00:21:27	30	8:34		01:08:58.10
53	592	Christa Close	F	41	Medina	MN	00:09:31	50	2:09	00:03:37	00:30:07	50	17.9	00:02:05	00:23:56	70	9:34		01:09:13.58
54	574	Korinne Wrobbel	F	21	Montrose	MN	00:09:04	44	2:03	00:05:12	00:30:13	53	17.9	00:01:09	00:23:49	69	9:31		01:09:23.96
55	513	Laurie Dubois	F	40	Kimball	MN	00:10:28	69	2:22	00:03:18	00:32:09	80	16.8	00:02:05	00:21:27	28	8:34		01:09:24.45
56	604	Julie Yost-Minnich	F	47	Stewartville	MN	00:12:55	126	2:55	00:05:15	00:28:32	22	18.9	00:01:19	00:21:42	32	8:40		01:09:39.96
57	517	Candace Millerbernd	F	47	Chaska	MN	00:11:53	102	2:41	00:03:04	00:29:27	40	18.3	00:02:14	00:23:05	56	9:13		01:09:40.71
58	677	Liv Anderson	F	28	Minneapolis	MN	00:09:18	46	2:06	00:02:37	00:33:24	91	16.2	00:01:02	00:23:37	63	9:26		01:09:56.10
59	722	Amy Swaim	F	43	Cottage Grove	MN	00:12:14	113	2:46	00:03:38	00:29:15	35	18.5	00:02:04	00:22:59	52	9:11		01:10:08.11
60	556	Amber Duske	F	31	Waverly	MN	00:13:34	134	3:04	00:03:27	00:31:33	69	17.1	00:01:04	00:20:48	20	8:19		01:10:23.70
61	616	Jody Sherwood	F	46	Maple Lake	MN	00:08:20	26	1:53	00:03:49	00:35:18	110	15.3	00:01:05	00:22:13	43	8:52		01:10:43.22
62	524	Angela Nelson	F	40	St Cloud	MN	00:08:35	31	1:56	00:02:40	00:31:46	72	17.0	00:01:58	00:26:12	91	10:28		01:11:08.88
63	684	Natalie Roeser	F	35	Buffalo	MN	00:10:48	79	2:26	00:03:41	00:33:07	89	16.3	00:02:03	00:21:56	37	8:46		01:11:32.40
64	376	Tina Honsey	F	41	Annandale	MN	00:12:44	122	2:53	00:03:09	00:31:54	75	16.9	00:00:58	00:23:02	53	9:12		01:11:44.33
65	698	Kimberly Wier	F	50	St. Paul	MN	00:11:38	99	2:38	00:03:28	00:29:50	46	18.1	00:01:48	00:25:04	79	10:01		01:11:46.23
66	683	Melissa Hagerty	F	38	Eagan	MN	00:12:27	117	2:49	00:04:02	00:31:46	73	17.0	00:02:15	00:21:47	35	8:42		01:12:15.45
67	530	Jennifer Stoa	F	29	Minneapolis	MN	00:11:01	84	2:29	00:04:42	00:28:55	30	18.7	00:02:52	00:24:54	77	9:57		01:12:21.30
68	669	Shelby Fischer	F	38	Mendota Heights	MN	00:11:03	87	2:30	00:03:39	00:32:40	86	16.5	00:01:48	00:23:14	58	9:17		01:12:22.57
69	636	Molly Anderson	F	40	Eden Prairie	MN	00:11:03	86	2:30	00:02:41	00:31:58	76	16.9	00:01:13	00:25:40	85	10:15		01:12:31.73
70	607	Katherine Bell	F	20	Victoria	MN	00:11:55	104	2:41	00:02:38	00:33:35	95	16.1	00:02:54	00:21:58	39	8:46		01:12:56.72

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
71	709	Karen Slakey	F	53	Lake Elmo	MN	00:07:29	15	1:41	00:04:21	00:29:57	47	18.0	00:02:07	00:29:05	114	11:37	01:12:56.94
72	567	Michelle Furuseth	F	48	Northome	MN	00:10:17	68	2:19	00:04:06	00:31:06	63	17.4	00:01:46	00:25:48	86	10:18	01:12:59.97
73	599	Kaia Ringwald	F	36	Rice	MN	00:10:45	77	2:26	00:03:59	00:30:48	59	17.5	00:01:25	00:26:15	92	10:29	01:13:09.93
74	628	Marcia Page	F	55	Edina	MN	00:10:34	72	2:23	00:03:24	00:32:53	87	16.4	00:02:29	00:24:43	75	9:53	01:14:00.93
75	485	Brook Lemm-Tabor	F	64	Minneapolis	MN	00:12:13	111	2:46	00:03:20	00:29:13	34	18.5	00:02:03	00:27:29	102	10:59	01:14:16.35
76	419	Eileen Lafontaine	F	43	Minneapolis	MN	00:10:10	63	2:18	00:02:58	00:31:39	70	17.1	00:01:58	00:27:44	103	11:05	01:14:25.91
77	528	Lynn Taunton	F	33	Belgrade	MN	00:08:52	37	2:00	00:04:31	00:33:54	98	15.9	00:01:14	00:26:05	88	10:25	01:14:33.21
78	668	Leanne Goerz	F	41	Monticello	MN	00:11:01	83	2:29	00:03:28	00:30:57	62	17.4	00:01:12	00:28:22	107	11:20	01:14:57.84
79	635	Laura Huepenbecker	F	19	Edina	MN	00:10:14	65	2:19	00:03:17	00:33:18	90	16.2	00:01:24	00:27:04	96	10:49	01:15:15.22
80	580	Nadeen Berzins	F	24	Rochester	MN	00:12:31	118	2:50	00:03:28	00:33:54	97	15.9	00:01:29	00:24:18	71	9:43	01:15:37.22
81	617	Jaime Geyen	F	36	Montrose	MN	00:11:14	92	2:32	00:02:58	00:28:46	26	18.8	00:01:45	00:30:57	127	12:22	01:15:39.23
82	491	Cindy Lamp	F	54	St. Cloud	MN	00:09:18	47	2:06	00:06:07	00:28:33	24	18.9	00:02:00	00:30:06	124	12:02	01:16:01.21
83	610	Maureen Berendes	F	36	Blaine	MN	00:13:06	129	2:58	00:03:10	00:35:55	115	15.0	00:01:10	00:22:51	50	9:08	01:16:09.95
84	503	Natalie Dieterle	F	41	Stillwater	MN	00:11:59	105	2:42	00:03:34	00:34:23	103	15.7	00:01:18	00:25:01	78	10:00	01:16:12.16
85	642	Lisa Bessler	F	45	Apple Valley	MN	00:11:04	88	2:30	00:04:58	00:30:08	52	17.9	00:01:26	00:28:43	109	11:29	01:16:16.23
86	654	Heidi Halley	F	48	Scandia	MN	00:13:50	136	3:08	00:03:28	00:30:31	57	17.7	00:01:45	00:27:05	97	10:49	01:16:37.97
87	476	Lori Fiechtner Paakh	F	53	Detroit Lakes	MN	00:12:49	124	2:54	00:04:01	00:29:59	48	18.0	00:01:21	00:28:53	111	11:32	01:17:00.69
88	730	Crystal Brown	F	51	Maple	WI	00:11:25	96	2:35	00:04:32	00:34:02	100	15.9	00:01:19	00:26:07	89	10:26	01:17:22.55
89	551	Makenzie Pillsbury	F	25	Fridley	MN	00:07:25	12	1:40	00:04:34	00:35:41	113	15.1	00:01:11	00:28:43	108	11:28	01:17:32.97
90	650	Megan Berendes	F	32	Blaine	MN	00:09:26	49	2:08	00:03:32	00:36:11	118	14.9	00:01:15	00:27:13	99	10:53	01:17:34.72
91	558	Kristine Wolhowe	F	24	Waconia	MN	00:09:45	58	2:12	00:03:46	00:34:28	104	15.7	00:02:44	00:27:09	98	10:51	01:17:49.70
92	501	Kaitin Korbitz	F	30	Minneapolis	MN	00:10:00	62	2:15	00:03:39	00:31:09	65	17.3	00:01:44	00:31:28	131	12:34	01:17:57.58
93	565	Jessica Fernandez	F	32	London		00:14:34	140	3:18	00:03:15	00:35:29	112	15.2	00:01:20	00:23:29	61	9:23	01:18:05.36
94	472	Heidi Lang	F	39	Bloomington	MN	00:11:04	89	2:30	00:05:50	00:34:01	99	15.9	00:02:37	00:24:40	74	9:51	01:18:09.97
95	506	Mary Denucci	F	52	Minneapolis	MN	00:11:18	94	2:33	00:03:08	00:32:18	82	16.7	00:02:04	00:29:26	118	11:46	01:18:10.72
96	632	Jennifer Lindquist	F	45	Annandale	MN	00:11:09	90	2:31	00:03:19	00:35:53	114	15.1	00:01:17	00:26:49	95	10:43	01:18:24.31
97	676	Kate Schmidt	F	25	Eden Prairie	MN	00:11:53	101	2:41	00:04:09	00:39:17	138	13.8	00:01:15	00:21:57	38	8:46	01:18:28.47
98	375	Olivia Honsey	F	13	Annandale	MN	00:10:44	76	2:25	00:03:11	00:37:44	131	14.3	00:00:56	00:25:58	87	10:23	01:18:30.25
99	697	Julie Jandrich	F	49	St. Paul	MN	00:10:47	78	2:26	00:03:35	00:31:59	77	16.9	00:03:21	00:29:03	112	11:37	01:18:42.60
100	719	Libby Waters	F	49	Mendota Heights	MN	00:12:05	108	2:44	00:04:00	00:31:30	68	17.2	00:02:06	00:29:04	113	11:37	01:18:42.98
101	702	Leah Allman	F	39	Elk River	MN	00:12:46	123	2:53	00:05:02	00:34:45	107	15.5	00:02:03	00:24:22	72	9:44	01:18:55.65
102	706	Janine Brenteson	F	48	Elk River	MN	00:12:55	127	2:55	00:04:51	00:34:05	101	15.8	00:02:45	00:24:22	73	9:44	01:18:55.65
103	631	Rachel Flygare	F	29	Clearwater	MN	00:11:55	103	2:41	00:04:22	00:38:16	134	14.1	00:01:20	00:23:13	57	9:17	01:19:03.34
104	573	Teresa Wrobbel	F	50	Montrose	MN	00:10:16	66	2:19	00:04:49	00:32:26	85	16.7	00:01:47	00:29:56	121	11:58	01:19:10.58
105	561	Lana Lindeman	F	39	Saint Michael	MN	00:11:02	85	2:29	00:05:46	00:37:11	127	14.5	00:02:47	00:22:30	48	8:59	01:19:12.40

Heart of the Lakes Triathlon

July 17, 2016

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	Pace
106	621	Kristi Walter	F	37	Shoreview	MN	00:09:52	61	2:14	00:03:45	00:32:25	83	16.7	00:02:02	00:31:23	129	12:32		01:19:23.98
107	579	Katherine Walz	F	53	Plymouth	MN	00:10:53	80	2:27	00:03:25	00:36:35	121	14.8	00:01:21	00:27:16	100	10:54		01:19:26.22
108	526	Ann Anderson	F	60	Mcpherson	KS	00:11:13	91	2:32	00:02:58	00:33:25	93	16.2	00:02:09	00:30:03	123	12:01		01:19:46.12
109	489	Carolyn Barriball	F	55	Monticello	MN	00:12:57	128	2:56	00:03:38	00:33:43	96	16.0	00:01:17	00:28:19	105	11:19		01:19:51.97
110	600	Amy Albert	F	43	Medina	MN	00:12:08	110	2:44	00:03:46	00:37:42	130	14.3	00:01:35	00:24:49	76	9:55		01:19:57.31
111	606	Kelsey Bell	F	20	Victoria	MN	00:10:29	70	2:22	00:04:04	00:41:32	145	13.0	00:01:06	00:23:03	54	9:12		01:20:11.56
112	626	Amber Nelson	F	24	Buffalo	MN	00:09:37	54	2:10	00:03:38	00:34:45	106	15.5	00:01:52	00:31:13	128	12:28		01:21:01.73
113	381	Jessica Stewart	F	32	South Haven	MN	00:12:34	119	2:50	00:04:26	00:32:07	79	16.8	00:01:54	00:30:57	126	12:22		01:21:55.21
114	586	Leanne Hansen	F	65	Bloomington	MN	00:15:37	141	3:32	00:04:18	00:32:25	84	16.7	00:02:26	00:27:22	101	10:56		01:22:05.56
115	591	Karen Fuecker	F	47	Rice	MN	00:13:15	130	3:00	00:04:26	00:34:46	108	15.5	00:01:52	00:28:49	110	11:31		01:23:05.27
116	743	Lexi Lebahn	F	14	Vadnais Heights	MN	00:12:07	109	2:44	00:04:26	00:36:26	120	14.8	00:01:24	00:29:22	117	11:44		01:23:42.36
117	563	Kassi Baysinger	F	34	Buffalo Lake	MN	00:12:21	114	2:47	00:03:11	00:34:11	102	15.8	00:01:12	00:32:53	136	13:08		01:23:45.15
118	594	Barbara Hood	F	44	Maple Grove	MN	00:12:36	121	2:51	00:03:51	00:32:10	81	16.8	00:02:16	00:33:07	137	13:14		01:23:58.55
119	379	Andrea Warnert	F	53	Sartell	MN	00:11:25	95	2:35	00:04:32	00:39:23	139	13.7	00:02:21	00:26:24	93	10:33		01:24:01.42
120	424	Jennifer Gentry	F	39	Minneapolis	MN	00:12:02	106	2:43	00:04:01	00:40:12	142	13.4	00:01:20	00:26:38	94	10:38		01:24:09.97
121	718	Skylar Storkamp	F	22	Clearwater	MN	00:11:25	97	2:35	00:06:17	00:36:20	119	14.9	00:02:05	00:28:20	106	11:19		01:24:24.39
122	657	Kristin Riley	F	51	Buffalo	MN	00:12:14	112	2:46	00:04:45	00:34:30	105	15.7	00:01:42	00:31:25	130	12:33		01:24:34.73
123	372	Jamie Swenson	F	48	Rogers	MN	00:13:16	131	3:00	00:05:05	00:30:57	61	17.4	00:02:17	00:33:28	138	13:22		01:25:00.97
124	666	Suzanne Strauss	F	55	Plymouth	MN	00:14:25	137	3:15	00:05:05	00:36:50	125	14.7	00:03:31	00:25:38	83	10:15		01:25:25.98
125	667	Carolyn Weeres	F	46	Becker	MN	00:11:00	82	2:29	00:03:46	00:31:09	66	17.3	00:01:51	00:38:23	149	15:20		01:26:05.64
126	504	Jessica Salo	F	28	Clear Lake	MN	00:08:05	23	1:49	00:04:30	00:36:50	126	14.7	00:02:08	00:34:35	143	13:49		01:26:06.80
127	539	Kara Albrecht	F	53	Monticello	MN	00:12:50	125	2:54	00:06:07	00:37:27	128	14.4	00:01:47	00:28:04	104	11:13		01:26:11.97
128	478	Ingrid Anderson	F	40	Clearwater	MN	00:14:32	139	3:17	00:04:59	00:38:22	136	14.1	00:03:30	00:25:13	80	10:04		01:26:32.93
129	490	Allison Coalwell	F	38	Maple Lake	MN	00:14:31	138	3:17	00:04:59	00:38:19	135	14.1	00:03:33	00:25:14	81	10:05		01:26:33.73
130	571	Colleen Johnson	F	38	Northome	MN	00:17:58	147	4:04	00:05:14	00:35:29	111	15.2	00:01:52	00:26:09	90	10:27		01:26:39.68
131	394	Samantha Hebzynski	F	25	Maple Grove	MN	00:07:28	14	1:41	00:05:44	00:39:26	140	13.7	00:01:22	00:33:49	140	13:31		01:27:46.19
132	627	Theresa Swansson	F	58	Bloomington	MN	00:13:24	133	3:02	00:03:59	00:36:41	123	14.7	00:02:39	00:31:40	134	12:39		01:28:20.72
133	507	Bonnie Aretz	F	52	Buffalo Lake	MN	00:13:49	135	3:07	00:04:56	00:33:07	88	16.3	00:02:41	00:34:03	141	13:37		01:28:33.86
134	624	Deanne Kassulke	F	38	Maple Grove	MN	00:17:13	146	3:54	00:04:37	00:36:05	116	15.0	00:01:46	00:29:18	116	11:42		01:28:56.23
135	622	Shelly Stanchfield	F	43	Edina	MN	00:08:49	36	1:59	00:05:36	00:37:41	129	14.3	00:06:25	00:31:32	133	12:36		01:30:00.41
136	482	Alyssa Rosenberger	F	45	Melrose	MN	00:09:41	56	2:11	00:03:33	00:43:09	147	12.5	00:01:52	00:32:30	135	12:59		01:30:41.83
137	625	Caitlin Nelson	F	28	Brooklyn Park	MN	00:10:13	64	2:18	00:03:48	00:39:11	137	13.8	00:02:04	00:35:36	145	14:14		01:30:49.52
138	572	Shadow Lievsay	F	18	Northome	MN	00:16:30	144	3:44	00:06:05	00:36:38	122	14.7	00:02:35	00:29:07	115	11:38		01:30:51.98
139	469	Katherine Maiers	F	63	Minneapolis	MN	00:12:03	107	2:43	00:04:40	00:36:46	124	14.7	00:01:57	00:35:39	146	14:15		01:31:03.48
140	395	Emma Nelson	F	26	Maple Grove	MN	00:07:33	18	1:42	00:06:18	00:40:44	143	13.3	00:01:16	00:35:17	144	14:06		01:31:05.22

Heart of the Lakes Triathlon

July 17, 2016

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		
141	509	April Sutton	F	25	Monticello	MN	00:08:02	22	1:49	00:04:31	00:45:22	149	11.9	00:01:59	00:31:30	132	12:35		01:31:21.97
142	518	Cathy Ruschmeier	F	43	New Germany	MN	00:16:22	143	3:42	00:06:19	00:37:54	132	14.3	00:01:49	00:29:46	119	11:54		01:32:07.48
143	515	Stacy Winter	F	33	Minnetrissa	MN	00:16:55	145	3:49	00:05:51	00:37:59	133	14.2	00:01:39	00:29:58	122	11:58		01:32:18.83
144	721	Paula Andrist	F	41	Saint Cloud	MN	00:12:36	120	2:51	00:03:36	00:36:11	117	14.9	00:03:01	00:37:27	148	14:58		01:32:47.74
145	393	Judy Rykken	F	77	Bloomington	MN	00:13:22	132	3:01	00:06:28	00:40:57	144	13.2	00:01:53	00:34:34	142	13:49		01:37:12.44
146	648	Joleen Slinden	F	55	Maple Grove	MN	00:12:22	115	2:48	00:04:45	00:42:21	146	12.8	00:04:08	00:33:45	139	13:29		01:37:17.54
147	584	Marisue Muellner	F	49	Lino Lakes	MN	00:16:02	142	3:37	00:05:54	00:40:10	141	13.4	00:02:32	00:36:52	147	14:44		01:41:27.45
148	725	Christine Fjalstad	F	55	Prior Lake	MN	00:19:01	148	4:18	00:07:11	00:35:14	109	15.3	00:03:23	00:39:06	150	15:38		01:43:52.85
149	380	Natalie Blake	F	30	Annandale	MN	00:25:11	150	5:42	00:04:22	00:44:05	148	12.3	00:01:29	00:30:39	125	12:15		01:45:43.49
150	598	Sonja Hettinga	F	35	St Louis Park	MN	00:24:55	149	5:38	00:03:36	00:51:16	150	10.5	00:02:16	00:29:56	120	11:58		01:51:56.25

Heart of the Lakes Triathlon

July 17, 2016

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
1	360	David Thompson	M	38	St Paul	MN	00:05:11	2	1:10	00:01:27	00:19:16	1	28.0	00:00:43	00:13:26	1	5:22		00:40:00.82
2	720	Michael Weissenborn	M	31	Minneapolis	MN	00:05:45	5	1:18	00:01:51	00:21:08	2	25.6	00:01:07	00:15:15	4	6:05		00:45:03.64
3	732	Lee Brown	M	24	Maple	WI	00:06:38	12	1:30	00:01:39	00:21:47	3	24.8	00:00:46	00:15:28	6	6:10		00:46:15.68
4	738	Colin Smith	M	46	Minneapolis	MN	00:07:06	21	1:36	00:01:56	00:22:07	4	24.4	00:01:04	00:16:08	9	6:27		00:48:18.86
5	630	Pablo Sanchez	M	31	Saint Louis Park	MN	00:07:07	22	1:36	00:02:07	00:23:07	15	23.4	00:01:02	00:14:59	3	5:59		00:48:19.89
6	384	Ross Golla	M	37	Mnnetonka	MN	00:07:14	25	1:38	00:01:45	00:23:03	13	23.4	00:00:57	00:15:27	5	6:10		00:48:22.79
7	355	Nathan Bich	M	17	Duluth	MN	00:06:07	8	1:23	00:01:57	00:22:36	9	23.9	00:01:04	00:16:52	13	6:44		00:48:34.16
8	739	Andy Clark	M	53	Northfield	MN	00:05:45	4	1:18	00:02:28	00:22:59	12	23.5	00:01:02	00:17:15	18	6:53		00:49:26.94
9	740	Josh Doebbert	M	27	Minneapolis	MN	00:07:00	19	1:35	00:01:46					00:17:11	17	6:52		00:49:59.44
10	714	Christopher Dirkes	M	27	Richfield	MN	00:06:43	13	1:31	00:02:09	00:22:44	10	23.8	00:01:02	00:17:28	21	6:59		00:50:04.33
11	357	John Stangl	M	53	Buffalo	MN	00:07:40	31	1:44	00:02:11	00:22:19	5	24.2	00:01:13	00:16:49	11	6:43		00:50:08.56
12	362	Ryant Northway	M	34	Lake Shore	MN	00:07:13	24	1:38	00:01:56	00:22:25	6	24.1	00:01:15	00:17:27	20	6:58		00:50:13.64
13	711	Jason Migala	M	37	Sauk Rapids	MN	00:08:04	42	1:49	00:01:58	00:22:31	8	24.0	00:00:57	00:17:06	15	6:50		00:50:33.94
14	358	Todd White	M	49	Roseville	MN	00:05:49	7	1:19	00:01:58	00:23:53	16	22.6	00:01:04	00:18:04	29	7:13		00:50:45.92
15	708	Stephen Dennison	M	21	Maple Grove	MN	00:05:44	3	1:17	00:01:53	00:23:55	17	22.6	00:01:25	00:18:33	32	7:25		00:51:27.42
16	742	Bill Corcoran	M	43	Sartell	MN	00:06:44	14	1:31	00:02:08	00:22:30	7	24.0	00:01:15	00:19:03	37	7:37		00:51:38.19
17	694	Joshua Flynn	M	41	Medina	MN	00:05:47	6	1:18	00:02:31	00:24:33	20	22.0	00:01:09	00:17:58	28	7:10		00:51:55.47
18	366	Chad Nelson	M	40	Willmar	MN	00:07:52	36	1:46	00:02:02	00:23:56	18	22.6	00:01:07	00:17:46	27	7:06		00:52:40.28
19	371	Kyle Swenson	M	14	Rogers	MN	00:06:08	9	1:23	00:02:24	00:26:04	38	20.7	00:00:56	00:17:34	22	7:01		00:53:03.59
20	361	Aron Stumvoll	M	35	Lima		00:07:34	29	1:42	00:02:06	00:24:43	26	21.9	00:01:08	00:17:41	24	7:04		00:53:10.48
21	367	Tom Brooks	M	52	Minneapolis	MN	00:08:46	64	1:59	00:02:50	00:23:07	14	23.4	00:01:14	00:17:46	26	7:06		00:53:40.55
22	723	Nicholas Teetzel	M	24	Corcoran	MN	00:10:04	95	2:16	00:02:32	00:25:55	36	20.8	00:01:07	00:14:10	2	5:39		00:53:45.85
23	368	Kris Kolstad	M	58	Willmar	MN	00:07:53	37	1:47	00:02:04	00:24:35	22	22.0	00:01:06	00:18:11	30	7:16		00:53:46.42
24	741	Marty Moran	M	49	Saint Cloud	MN	00:05:06	1	1:09	00:02:07	00:26:41	47	20.2	00:01:22	00:18:38	33	7:26		00:53:51.76
25	547	Sean Mulheron	M	47	Vadnais Heights	MN	00:08:23	49	1:53	00:02:05	00:25:22	31	21.3	00:01:13	00:17:08	16	6:51		00:54:08.97
26	695	Kent Schwitzer	M	63	Mnnetonka	MN	00:07:00	20	1:35	00:02:39	00:22:51	11	23.6	00:01:15	00:21:12	66	8:28		00:54:53.53
27	715	Jason Larson	M	33	Golden Valley	MN	00:10:14	97	2:19	00:02:17	00:24:42	25	21.9	00:01:04	00:16:48	10	6:42		00:55:02.70
28	559	Jesse Rothfork	M	39	Saint Cloud	MN	00:08:46	63	1:59	00:01:43	00:24:33	21	22.0	00:00:55	00:19:20	39	7:43		00:55:15.55
29	685	Taylor Gombos	M	27	St. Cloud	MN	00:07:29	28	1:41	00:03:23	00:26:40	46	20.3	00:01:39	00:16:59	14	6:47		00:56:07.62
30	637	Zach Wenning	M	16	Excelsior	MN	00:07:46	35	1:45	00:02:01	00:27:46	62	19.5	00:01:14	00:17:44	25	7:05		00:56:28.12
31	662	Hunter Norgren	M	18	Annandale	MN	00:10:11	96	2:18	00:03:05	00:25:40	32	21.0	00:00:48	00:16:49	12	6:43		00:56:32.47
32	525	Erik Fagerstrom	M	27	Bloomington	MN	00:07:43	32	1:44	00:02:16	00:25:12	29	21.4	00:01:22	00:20:16	51	8:06		00:56:46.30
33	658	Joshua Feldman	M	39	Inver Grove Heights	MN	00:07:21	27	1:39	00:02:45	00:26:54	49	20.1	00:01:16	00:18:42	35	7:28		00:56:55.43
34	540	John Ledson	M	16	Stillwater	MN	00:06:17	10	1:25	00:03:08	00:26:12	40	20.6	00:01:28	00:20:14	50	8:05		00:57:17.25
35	479	Ryan Friesen	M	33	Sauk Rapids	MN	00:07:46	34	1:45	00:02:15	00:26:46	48	20.2	00:00:56	00:20:06	49	8:02		00:57:46.68

Heart of the Lakes Triathlon

July 17, 2016

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
36	532	Jonathan Eastlund	M	18	Buffalo	MN	00:08:42	61	1:58	00:03:40	00:28:47	82	18.8	00:00:59	00:15:45	7	6:17	00:57:51.38
37	488	Craig Helmer	M	55	Minneapolis	MN	00:08:42	60	1:58	00:03:00	00:27:56	65	19.3	00:01:00	00:17:19	19	6:55	00:57:53.94
38	370	Greg Swenson	M	47	Rogers	MN	00:06:37	11	1:29	00:02:52	00:24:38	24	21.9	00:01:19	00:22:32	81	9:00	00:57:55.32
39	383	David Hoiem	M	21	Annandale	MN	00:08:42	59	1:58	00:03:08	00:26:58	50	20.0	00:01:42	00:17:36	23	7:02	00:58:03.66
40	560	Damien Aguilar	M	40	Minnnetonka	MN	00:08:24	52	1:54	00:02:16	00:27:07	51	19.9	00:01:25	00:19:02	36	7:36	00:58:12.34
41	388	Duane Pullins	M	58	Maple Lake	MN	00:08:39	57	1:57	00:02:56	00:24:21	19	22.2	00:01:36	00:21:00	60	8:23	00:58:29.43
42	473	Jeremy Baker	M	42	St. Bonifacius	MN	00:09:01	67	2:02	00:03:10	00:25:50	33	20.9	00:00:58	00:19:46	46	7:54	00:58:42.36
43	712	Jamie Allman	M	40	Elk River	MN	00:09:11	72	2:04	00:02:42	00:24:59	28	21.6	00:01:08	00:20:51	59	8:20	00:58:48.46
44	611	Michael Bono	M	63	Minneapolis	MN	00:09:21	75	2:07	00:02:32	00:24:52	27	21.7	00:01:17	00:20:50	58	8:19	00:58:49.74
45	686	Scott Crow	M	54	Vadnais Heights	MN	00:06:54	17	1:33	00:02:28	00:25:52	34	20.9	00:01:15	00:22:41	84	9:04	00:59:07.70
46	486	Jeff Stites	M	46	Minneapolis	MN	00:08:36	55	1:56	00:02:48	00:26:28	45	20.4	00:01:25	00:19:57	48	7:58	00:59:11.87
47	665	Michael Guyse	M	19	Maple Lake	MN	00:08:18	46	1:52	00:02:53	00:26:06	39	20.7	00:01:31	00:20:37	55	8:14	00:59:21.71
48	374	Matthew Wuollet	M	27	Annandale	MN	00:09:40	82	2:11	00:02:19	00:27:23	56	19.7	00:01:10	00:19:34	43	7:49	01:00:03.64
49	615	Bob Leone	M	59	Plymouth	MN	00:08:23	50	1:53	00:03:57	00:24:37	23	21.9	00:02:09	00:21:06	63	8:26	01:00:09.20
50	508	Todd Ratcliff	M	49	Saint Paul	MN	00:07:55	38	1:47	00:03:02	00:28:10	68	19.2	00:01:44	00:19:39	44	7:51	01:00:26.60
51	629	Stephen Bullard	M	58	Minneapolis	MN	00:07:08	23	1:36	00:02:45	00:26:16	42	20.6	00:01:11	00:23:10	89	9:15	01:00:28.40
52	691	Ken Saddler	M	51	Wayzata	MN	00:08:51	65	2:00	00:02:18	00:25:57	37	20.8	00:01:38	00:21:51	71	8:44	01:00:32.67
53	663	Thomas Rohman	M	69	South Haven	MN	00:08:15	44	1:52	00:02:35	00:27:16	55	19.8	00:01:24	00:21:09	65	8:27	01:00:36.71
54	364	Albert Abara	M	17	Plymouth	MN	00:09:21	76	2:07	00:02:18	00:33:11	131	16.3	00:00:41	00:15:46	8	6:18	01:01:15.18
55	533	Andrew Eastlund	M	16	Buffalo	MN	00:08:03	40	1:49	00:03:33	00:30:35	104	17.7	00:00:54	00:18:13	31	7:16	01:01:15.41
56	402	Dwight Larsen	M	53	Plymouth	MN					00:27:36	61	19.6	00:01:20	00:20:31	52	8:12	01:01:20.18
57	570	Joseph Furuseth	M	34	Turtle River	MN	00:09:47	86	2:12	00:02:43	00:26:25	44	20.4	00:01:57	00:20:36	54	8:14	01:01:25.65
58	590	Mark Walford	M	66	Glencoe	MN	00:10:17	99	2:19	00:02:48	00:25:54	35	20.9	00:01:41	00:21:05	61	8:25	01:01:43.45
59	705	Randy Back	M	57	Superior	WI	00:12:43	133	2:52	00:02:44	00:25:15	30	21.4	00:01:26	00:19:54	47	7:57	01:01:59.71
60	745	Patrick Becker	M	28	Minneapolis	MN	00:06:47	15	1:32	00:03:39	00:28:39	79	18.8	00:01:34	00:21:23	67	8:33	01:02:00.59
61	417	Todd Russ	M	57	Plymouth	MN	00:09:47	87	2:12	00:02:44	00:27:28	58	19.7	00:01:47	00:20:32	53	8:12	01:02:15.82
62	392	David Barlow	M	53	Maple Grove	MN	00:08:24	51	1:54	00:02:07	00:28:16	72	19.1	00:01:44	00:22:37	83	9:02	01:03:03.81
63	510	Adam Downing	M	36	Buffalo	MN	00:10:51	109	2:27	00:03:55	00:27:09	52	19.9	00:02:01	00:19:33	42	7:49	01:03:26.51
64	505	Al Boehne	M	60	Stillwater	MN	00:07:57	39	1:48	00:03:09	00:27:35	60	19.6	00:01:26	00:23:28	92	9:22	01:03:32.59
65	554	Paul Lundeen	M	53	Buffalo	MN	00:09:54	91	2:14	00:03:49	00:26:13	41	20.6	00:02:03	00:21:38	68	8:38	01:03:32.95
66	717	Roger Derham	M	38	St Michael	MN	00:13:06	139	2:58	00:02:25	00:28:38	78	18.9	00:00:48	00:18:40	34	7:27	01:03:34.30
67	644	David Yantes	M	57	St. Michael	MN	00:09:35	81	2:10	00:02:18	00:27:25	57	19.7	00:01:38	00:22:44	85	9:05	01:03:37.95
68	733	Luis Garcia	M	46	Fargo	ND	00:08:05	43	1:49	00:03:13	00:29:52	97	18.1	00:01:54	00:20:37	56	8:14	01:03:38.79
69	700	Joe Guttman	M	57	Eden Prairie	MN	00:06:59	18	1:34	00:03:04	00:27:15	54	19.8	00:02:06	00:24:17	100	9:42	01:03:39.19
70	498	Kirk Langbehn	M	43	South Haven	MN	00:09:48	88	2:13	00:02:35	00:26:24	43	20.5	00:01:53	00:23:11	90	9:16	01:03:48.44

Heart of the Lakes Triathlon

July 17, 2016

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	593	Michael Close	M	46	Medina	MN	00:07:36	30	1:43	00:02:57	00:27:15	53	19.8	00:02:39	00:23:27	91	9:22		01:03:52.19
72	552	Eric Nelson	M	58	Minneapolis	MN	00:08:17	45	1:52	00:03:23	00:28:13	70	19.1	00:02:30	00:21:52	72	8:44		01:04:13.12
73	576	Brad Vrchota	M	33	Shakopee	MN	00:09:59	93	2:15	00:03:41	00:27:52	64	19.4	00:01:41	00:21:07	64	8:26		01:04:16.95
74	589	Adam Rohne	M	33	St. Paul	MN	00:12:34	130	2:50	00:02:49	00:28:59	86	18.6	00:01:10	00:19:07	38	7:38		01:04:36.90
75	618	Chris Muntiferog	M	54	Buffalo	MN	00:09:35	80	2:10	00:03:32	00:27:32	59	19.6	00:01:42	00:22:20	76	8:55		01:04:37.62
76	409	France Roberts	M	46	St. Louis Park	MN	00:08:22	47	1:53	00:03:11	00:31:17	112	17.3	00:01:42	00:20:41	57	8:16		01:05:11.87
77	531	David Eastlund	M	54	Buffalo	MN	00:10:01	94	2:16	00:04:05	00:30:18	102	17.8	00:01:20	00:19:30	41	7:47		01:05:12.45
78	577	Ben Awes	M	52	St. Paul	MN	00:08:57	66	2:01	00:03:52	00:29:08	89	18.5	00:01:11	00:22:21	77	8:56		01:05:25.95
79	640	Colton Warner	M	11	Eden Prairie	MN	00:08:04	41	1:49	00:03:55	00:31:13	110	17.3	00:01:29	00:21:06	62	8:26		01:05:44.96
80	500	Nick Engfer	M	21	Buffalo	MN	00:07:43	33	1:44	00:03:04	00:29:31	93	18.3	00:01:01	00:25:03	109	10:01		01:06:20.48
81	588	Phil Davis	M	62	Bloomington	MN	00:11:29	118	2:35	00:03:09	00:28:26	74	19.0	00:01:40	00:21:40	69	8:39		01:06:21.19
82	608	John Finger	M	65	Beresford	SD	00:10:32	106	2:23	00:04:15	00:28:15	71	19.1	00:01:38	00:22:03	75	8:48		01:06:39.70
83	398	Todd Rogers	M	57	Minneapolis	MN	00:08:33	54	1:56	00:02:49	00:28:56	83	18.7	00:01:46	00:24:45	103	9:53		01:06:46.33
84	575	Frank Westpfahl	M	45	Minneapolis	MN	00:12:37	131	2:51	00:04:26	00:28:17	73	19.1	00:02:15	00:19:29	40	7:47		01:07:02.28
85	404	Mardon Quandt	M	56	Annandale	MN	00:09:55	92	2:14	00:03:09	00:28:42	80	18.8	00:01:53	00:23:30	93	9:23		01:07:05.70
86	412	Mitchell Zahler	M	60	Stillwater	MN	00:11:44	119	2:39	00:02:59	00:28:01	67	19.3	00:01:00	00:23:31	94	9:24		01:07:12.35
87	378	Dave Hartley	M	37	Annandale	MN	00:10:30	104	2:22	00:03:39	00:29:05	88	18.6	00:01:38	00:22:23	78	8:56		01:07:12.94
88	595	Brian Wolf	M	56	Waverly	MN	00:08:32	53	1:55	00:03:07	00:28:11	69	19.2	00:01:35	00:25:56	118	10:22		01:07:17.71
89	494	Steve Peery	M	29	Monticello	MN	00:09:09	71	2:04	00:04:25	00:33:10	130	16.3	00:00:53	00:19:44	45	7:53		01:07:18.41
90	734	Brady Peterson	M	19	Platte	SD	00:08:22	48	1:53	00:03:38	00:32:35	122	16.6	00:01:02	00:21:46	70	8:42		01:07:21.11
91	492	Spencer Hagebock	M	16	Apple Valley	MN	00:10:25	101	2:21	00:02:24	00:30:11	99	17.9	00:01:03	00:23:39	96	9:27		01:07:38.94
92	408	Brett Oden	M	56	Buffalo	MN	00:09:06	69	2:03	00:04:01	00:30:36	105	17.7	00:02:25	00:21:53	73	8:45		01:07:58.45
93	470	Paul Hanek	M	45	Woodbury	MN	00:09:45	85	2:12	00:03:27	00:29:32	94	18.3	00:01:24	00:24:00	98	9:35		01:08:06.18
94	673	Bob Koshnick	M	73	Detroit Lakes	MN	00:09:25	78	2:07	00:03:14	00:27:59	66	19.3	00:02:15	00:25:29	114	10:11		01:08:18.97
95	701	Hank Larsen	M	75	Glencoe	MN	00:09:17	73	2:06	00:03:38	00:29:14	90	18.5	00:01:28	00:24:47	105	9:54		01:08:21.83
96	660	Heath Sneller	M	40	Annandale	MN	00:11:47	120	2:40	00:03:19	00:30:10	98	17.9	00:01:04	00:22:33	82	9:00		01:08:50.90
97	550	Michael Larch	M	25	Monticello	MN	00:07:20	26	1:39	00:03:36	00:31:48	116	17.0	00:01:41	00:24:51	106	9:56		01:09:13.71
98	543	Paul Hughes	M	46	Eden Prairie	MN	00:09:17	74	2:06	00:03:06	00:28:57	84	18.7	00:01:24	00:26:41	121	10:40		01:09:23.14
99	731	Tom Becker	M	54	Mahtomedi	MN	00:06:51	16	1:33	00:03:44	00:30:47	108	17.6	00:01:08	00:27:27	125	10:58		01:09:53.97
100	623	Kenneth Paulus	M	57	Minneapolis	MN	00:12:44	134	2:53	00:03:27	00:28:29	76	19.0	00:02:07	00:23:56	97	9:34		01:10:40.83
101	696	Rick Larson	M	59	Bloomington	MN	00:13:19	140	3:01	00:03:36	00:28:37	77	18.9	00:01:45	00:23:32	95	9:24		01:10:46.22
102	516	Tom Millerbernd	M	49	Chaska	MN	00:09:28	79	2:08	00:03:39	00:30:24	103	17.8	00:02:18	00:25:01	108	10:00		01:10:48.61
103	680	Dwight Geisler	M	58	Bloomington	MN	00:10:58	112	2:29	00:04:36	00:28:46	81	18.8	00:01:16	00:25:25	112	10:09		01:10:59.22
104	386	Matthew Hwang	M	48	St. Cloud	MN	00:11:23	116	2:34	00:03:03	00:28:57	85	18.7	00:01:53	00:25:48	116	10:18		01:11:01.60
105	495	Tommy Slane	M	16	Apple Valley	MN	00:10:21	100	2:20	00:02:32	00:32:35	123	16.6	00:01:01	00:24:45	104	9:53		01:11:11.57

Heart of the Lakes Triathlon

July 17, 2016

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	566	Rick Golla	M	69	Rochester	MN	00:14:06	142	3:11	00:03:32	00:29:03	87	18.6	00:01:44	00:23:10	88	9:15		01:11:32.59
107	692	Marc Grams	M	46	Chanhassen	MN	00:12:22	127	2:48	00:03:42	00:27:52	63	19.4	00:02:31	00:25:24	111	10:09		01:11:48.47
108	647	Tim Hausken	M	51	Oakdale	MN	00:11:52	121	2:41	00:04:30	00:31:19	113	17.2	00:01:39	00:22:59	87	9:11		01:12:16.22
109	597	Joe Derock	M	49	Minneapolis	MN	00:08:44	62	1:58	00:04:43	00:31:52	118	17.0	00:02:28	00:24:57	107	9:58		01:12:40.21
110	390	Jeremy Dobson	M	43	St. Paul	MN	00:10:38	107	2:24	00:04:27	00:31:17	111	17.3	00:01:26	00:25:03	110	10:01		01:12:50.17
111	602	Bobby Dearth	M	58	Kansas City	MO	00:09:49	89	2:13	00:04:45	00:33:04	129	16.3	00:03:23	00:21:58	74	8:46		01:12:57.46
112	612	Mark Myhra	M	55	Plymouth	MN	00:12:05	123	2:44	00:04:04	00:29:16	91	18.5	00:02:09	00:25:27	113	10:10		01:12:58.95
113	682	Marty Asleson	M	63	Lino Lakes	MN	00:13:49	141	3:07	00:04:58	00:28:28	75	19.0	00:02:20	00:24:27	102	9:46		01:13:59.90
114	537	Walter Milbrath	M	61	Hudson	WI	00:09:03	68	2:02	00:03:37	00:31:42	115	17.0	00:01:42	00:28:00	128	11:11		01:14:00.96
115	529	Brian Knox	M	68	South Haven	MN	00:12:31	128	2:50	00:03:50	00:32:39	125	16.5	00:01:09	00:24:21	101	9:44		01:14:27.46
116	546	Jim Fladland	M	61	Colorado Spring	CO	00:10:50	108	2:27	00:04:27	00:29:37	95	18.2	00:01:22	00:28:15	130	11:17		01:14:27.52
117	536	David Latour	M	29	Monticello	MN	00:10:31	105	2:22	00:03:41	00:31:55	119	16.9	00:01:06	00:27:19	124	10:55		01:14:29.12
118	713	Breckyn Lovaas	M	12	Minnetonka	MN	00:09:40	83	2:11	00:02:41	00:33:24	132	16.2	00:01:12	00:28:07	129	11:14		01:15:01.94
119	534	Kevin Eastlund	M	51	Brooklyn Park	MN	00:11:55	122	2:41	00:04:27	00:30:39	107	17.6	00:01:36	00:26:55	122	10:45		01:15:29.47
120	674	Bradley Clift	M	59	Plymouth	MN	00:10:29	102	2:22	00:05:32	00:31:32	114	17.1	00:02:43	00:25:36	115	10:14		01:15:49.97
121	609	Dan Berendes	M	37	Blaine	MN	00:09:06	70	2:03	00:03:49	00:34:18	134	15.8	00:01:19	00:28:29	132	11:23		01:16:58.22
122	585	Howard Bich	M	76	Sioux Falls	SD	00:13:05	138	2:57	00:04:12	00:29:20	92	18.4	00:01:41	00:29:00	133	11:35		01:17:14.99
123	703	John O'neill	M	64	Bird Island	MN	00:10:54	111	2:28	00:04:18	00:31:51	117	17.0	00:01:16	00:29:15	134	11:41		01:17:30.91
124	499	James Vlcek	M	60	Woodbury	MN	00:10:30	103	2:22	00:06:44	00:32:59	127	16.4	00:02:39	00:25:53	117	10:20		01:18:43.22
125	519	Scott Swensen	M	38	Rogers	MN	00:12:15	125	2:46	00:03:55	00:38:21	140	14.1	00:01:33	00:22:50	86	9:07		01:18:49.72
126	562	Matthew Lindeman	M	40	St Michael	MN	00:11:18	114	2:33	00:05:33	00:37:10	137	14.5	00:02:45	00:22:29	79	8:59		01:19:12.61
127	542	Christopher C Smith	M	65	Cresskill	NJ	00:12:54	136	2:55	00:04:12	00:30:14	100	17.9	00:01:08	00:30:56	138	12:22		01:19:21.22
128	603	Jim Bell	M	58	Victoria	MN	00:08:38	56	1:57	00:05:58	00:39:00	141	13.8	00:01:41	00:24:08	99	9:38		01:19:23.18
129	480	Joe Kandiko	M	66	Excelsior	MN	00:09:22	77	2:07	00:04:21	00:31:13	109	17.3	00:04:04	00:30:49	137	12:19		01:19:45.99
130	659	Marcus Carpenter	M	39	Albertville	MN	00:10:51	110	2:27	00:04:39	00:30:39	106	17.6	00:02:30	00:31:14	139	12:29		01:19:51.47
131	671	Greg Pierson	M	63	Monticello	MN	00:12:33	129	2:50	00:04:47	00:30:18	101	17.8	00:01:24	00:32:00	142	12:47		01:20:59.17
132	645	Jordan Lemcke	M	19	Rogers	MN					00:41:24	144	13.0	00:01:24	00:22:31	80	9:00		01:21:35.50
133	724	John Vogt	M	64	Spring Park	MN	00:12:45	135	2:53	00:06:31	00:33:55	133	15.9	00:02:56	00:25:56	119	10:22		01:21:59.73
134	568	Mike Latterell	M	42	New Hope	MN	00:12:16	126	2:46	00:04:04	00:33:04	128	16.3	00:01:52	00:30:47	136	12:18		01:22:00.85
135	735	Michael Peterson	M	58	Ramsey	MN	00:08:39	58	1:57	00:05:38	00:32:13	120	16.8	00:04:34	00:32:20	143	12:55		01:23:22.31
136	744	John Lebahn	M	48	Vadnais Heights	MN	00:12:07	124	2:44	00:04:39	00:36:14	135	14.9	00:01:23	00:29:22	135	11:44		01:23:42.73
137	377	Tab Ashwill	M	53	Annandale	MN	00:11:24	117	2:34	00:04:34	00:39:20	142	13.7	00:02:23	00:26:24	120	10:33		01:24:01.45
138	541	Mark Ledson	M	53	Stillwater	MN	00:11:22	115	2:34	00:04:43	00:32:36	124	16.6	00:02:34	00:33:04	145	13:13		01:24:16.00
139	420	James Wright	M	61	Delano	MN	00:11:03	113	2:30	00:06:28	00:37:33	138	14.4	00:01:48	00:27:51	127	11:08		01:24:39.97
140	649	Tony Berendes	M	32	Blaine	MN	00:12:40	132	2:52	00:04:11	00:38:15	139	14.1	00:01:30	00:28:29	131	11:23		01:25:01.63

Heart of the Lakes Triathlon

July 17, 2016

Short Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
141	385	Jonah Overby	M	12	Big Lake	MN	00:09:44	84	2:12	00:04:08	00:42:32	145	12.7	00:01:56	00:27:49	126	11:07		01:26:06.22
142	555	Steve Edmonson	M	56	Buffalo	MN	00:17:18	144	3:55	00:04:11	00:29:37	96	18.2	00:03:45	00:32:40	144	13:03		01:27:28.67
143	421	Christopher Larson	M	30	Minneapolis	MN	00:13:02	137	2:57	00:02:25	00:32:58	126	16.4	00:03:21	00:37:24	147	14:57		01:29:08.29
144	569	David Furuseth	M	62	Northome	MN	00:15:03	143	3:24	00:05:33	00:32:24	121	16.7	00:01:45	00:34:50	146	13:55		01:29:31.42
145	664	Marty Davis	M	45	Minneapolis	MN	00:10:17	98	2:19	00:06:03	00:36:34	136	14.8	00:05:36	00:31:33	141	12:37		01:30:00.48
146	535	Kyle Eastlund	M	18	Brooklyn Park	MN	00:17:41	145	4:00	00:04:25	00:39:28	143	13.7	00:02:01	00:27:10	123	10:51		01:30:41.90
147	403	Ben Zhao	M	62	Edina	MN	00:09:54	90	2:14	00:02:38	01:22:03	146	6.6	00:01:44	00:31:24	140	12:33		02:07:40.26