

Heart of the Lakes Triathlon

July 17, 2016

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	14/297	1/150	373	Kristina Swenson	19	F	Rogers	MN	00:05:58.86	00:23:41.94	00:18:20.66		00:50:42.26
2	19/297	2/150	359	Juli Currie	44	F	Chanhassen	MN	00:07:20.43	00:24:26.46	00:17:27.66		00:52:33.51
3	27/297	3/150	710	Isabella Buenting	13	F	Chanhassen	MN	00:06:21.12	00:27:06.67	00:17:23.91		00:53:56.40

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/297	1/147	360	David Thompson	38	M	St Paul	MN	00:05:10.19	00:19:15.25	00:13:25.82		00:40:00.82
2	2/297	2/147	720	Michael Weissenborn	31	M	Minneapolis	MN	00:05:44.89	00:21:07.18	00:15:14.48		00:45:03.64
3	3/297	3/147	732	Lee Brown	24	M	Maple	WI	00:06:37.94	00:21:46.39	00:15:27.24		00:46:15.68

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/297	4/150	351	Marta Lewinski	43	F	Edina	MN	00:07:30.49	00:24:40.13	00:18:52.89		00:54:10.67

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/297	4/147	738	Colin Smith	46	M	Minneapolis	MN	00:07:05.25	00:22:06.97	00:16:07.73		00:48:18.86

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	36/297	7/150	411	Allison Crum	18	F	Deerwod	MN	00:06:12.48	00:26:22.19	00:19:31.05		00:56:15.68
2	100/297	29/150	405	Emily Quandt	18	F	Annandale	MN	00:10:37.65	00:30:04.13	00:19:28.40		01:04:04.15
3	105/297	32/150	651	Taylor Susa	19	F	Buffalo	MN	00:05:47.98	00:33:24.57	00:21:45.20		01:04:27.46
4	197/297	79/150	635	Laura Huepenbecker	19	F	Edina	MN	00:10:13.75	00:33:17.74	00:27:03.61		01:15:15.22
5	221/297	98/150	375	Olivia Honsey	13	F	Annandale	MN	00:10:43.77	00:37:43.22	00:25:57.84		01:18:30.25
6	251/297	116/150	743	Lexi Lebahn	14	F	Vadnais Heights	MN	00:12:06.17	00:36:25.90	00:29:21.03		01:23:42.36
7	284/297	138/150	572	Shadow Lievsay	18	F	Northome	MN	00:16:29.70	00:36:37.12	00:29:06.18		01:30:51.98

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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
1	7/297	7/147	355	Nathan Bich	17	M	Duluth	MN	00:06:06.39	00:22:35.81	00:16:51.47		00:48:34.16
2	21/297	19/147	371	Kyle Swenson	14	M	Rogers	MN	00:06:07.98	00:26:03.72	00:17:33.06		00:53:03.59
3	37/297	30/147	637	Zach Wenning	16	M	Excelsior	MN	00:07:45.30	00:27:45.15	00:17:43.38		00:56:28.12
4	38/297	31/147	662	Hunter Norgren	18	M	Annandale	MN	00:10:10.79	00:25:39.95	00:16:48.87		00:56:32.47
5	42/297	34/147	540	John Ledson	16	M	Stillwater	MN	00:06:16.96	00:26:11.77	00:20:13.80		00:57:17.25
6	46/297	36/147	532	Jonathan Eastlund	18	M	Buffalo	MN	00:08:41.75	00:28:46.79	00:15:44.82		00:57:51.38
7	59/297	47/147	665	Michael Guyse	19	M	Maple Lake	MN	00:08:17.15	00:26:05.12	00:20:36.40		00:59:21.71
8	67/297	54/147	364	Albert Abara	17	M	Plymouth	MN	00:09:20.72	00:33:10.92	00:15:45.83		01:01:15.18
9	68/297	55/147	533	Andrew Eastlund	16	M	Buffalo	MN	00:08:02.24	00:30:34.33	00:18:12.18		01:01:15.41
10	112/297	79/147	640	Colton Warner	11	M	Eden Prairie	MN	00:08:03.90	00:31:12.66	00:21:05.18		01:05:44.96
11	132/297	90/147	734	Brady Peterson	19	M	Platte	SD	00:08:21.64	00:32:34.53	00:21:45.80		01:07:21.11
12	135/297	91/147	492	Spencer Hagebock	16	M	Apple Valley	MN	00:10:24.50	00:30:10.02	00:23:38.46		01:07:38.94
13	167/297	105/147	495	Tommy Slane	16	M	Apple Valley	MN	00:10:20.34	00:32:34.72	00:24:44.83		01:11:11.57
14	196/297	118/147	713	Breckyn Lovaas	12	M	Minnnetonka	MN	00:09:39.49	00:33:23.91	00:28:06.51		01:15:01.94
15	244/297	132/147	645	Jordan Lemcke	19	M	Rogers	MN		00:41:23.28	00:22:30.67		01:21:35.50
16	266/297	141/147	385	Jonah Overby	12	M	Big Lake	MN	00:09:43.90	00:42:31.26	00:27:48.72		01:26:06.22
17	282/297	146/147	535	Kyle Eastlund	18	M	Brooklyn Park	MN	00:17:40.15	00:39:27.59	00:27:09.34		01:30:41.90

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	73/297	15/150	690	Abby Saddler	20	F	Wayzata	MN	00:06:01.89	00:30:06.36	00:21:47.49		01:01:56.31
2	101/297	30/150	400	Megan Mclain	24	F	Eagan	MN	00:08:36.74	00:29:17.83	00:22:02.00		01:04:11.87
3	113/297	34/150	407	Britta Oden	20	F	Buffalo	MN	00:07:32.65	00:30:30.37	00:23:39.74		01:05:48.19
4	115/297	36/150	656	Katie Gruys	22	F	Maple Lake	MN	00:08:54.10	00:31:07.28	00:22:22.04		01:06:09.95
5	146/297	51/150	707	Katie Page	20	F	Plymouth	MN	00:08:30.50	00:33:30.08	00:22:54.65		01:08:47.97
6	152/297	54/150	574	Korinne Wrobbel	21	F	Montrose	MN	00:09:03.71	00:30:12.53	00:23:48.42		01:09:23.96
7	180/297	70/150	607	Katherine Bell	20	F	Victoria	MN	00:11:54.50	00:33:34.02	00:21:57.22		01:12:56.72
8	199/297	80/150	580	Nadeen Berzins	24	F	Rochester	MN	00:12:30.38	00:33:53.70	00:24:17.64		01:15:37.22
9	214/297	91/150	558	Kristine Wolhowe	24	F	Waconia	MN	00:09:44.25	00:34:27.37	00:27:08.92		01:17:49.70
10	241/297	111/150	606	Kelsey Bell	20	F	Victoria	MN	00:10:28.74	00:41:31.09	00:23:02.24		01:20:11.56
11	243/297	112/150	626	Amber Nelson	24	F	Buffalo	MN	00:09:36.86	00:34:44.00	00:31:12.03		01:21:01.73
12	259/297	121/150	718	Skylar Storkamp	22	F	Clearwater	MN	00:11:24.92	00:36:19.70	00:28:19.47		01:24:24.39

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Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/297	15/147	708	Stephen Dennison	21	M	Maple Grove	MN	00:05:43.67	00:23:54.05	00:18:32.66		00:51:27.42
2	24/297	22/147	723	Nicholas Teetzel	24	M	Corcoran	MN	00:10:03.93	00:25:54.76	00:14:09.89		00:53:45.85
3	50/297	39/147	383	David Hoiem	21	M	Annandale	MN	00:08:41.28	00:26:57.95	00:17:35.45		00:58:03.66
4	116/297	80/147	500	Nick Engfer	21	M	Buffalo	MN	00:07:42.60	00:29:30.75	00:25:02.86		01:06:20.48

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/297	5/150	418	Kelly Russ	28	F	Plymouth	MN	00:08:05.24	00:25:54.90	00:17:15.47		00:54:36.21
2	34/297	6/150	523	Andrea Tremaine	28	F	Minneapolis	MN	00:08:52.24	00:25:16.24	00:18:34.22		00:55:42.94
3	78/297	17/150	678	Diana Soran	28	F	Wayzata	MN	00:09:32.21	00:29:41.83	00:19:20.05		01:02:18.39
4	157/297	58/150	677	Liv Anderson	28	F	Minneapolis	MN	00:09:17.35	00:33:23.47	00:23:36.56		01:09:56.10
5	175/297	67/150	530	Jennifer Stoa	29	F	Minneapolis	MN	00:11:00.24	00:28:54.46	00:24:53.71		01:12:21.30
6	212/297	89/150	551	Makenzie Pillsbury	25	F	Fridley	MN	00:07:25.00	00:35:40.63	00:28:42.45		01:17:32.97
7	220/297	97/150	676	Kate Schmidt	25	F	Eden Prairie	MN	00:11:52.75	00:39:16.28	00:21:56.21		01:18:28.47
8	228/297	103/150	631	Rachel Flygare	29	F	Clearwater	MN	00:11:54.25	00:38:15.43	00:23:12.89		01:19:03.34
9	267/297	126/150	504	Jessica Salo	28	F	Clear Lake	MN	00:08:04.42	00:36:49.94	00:34:34.99		01:26:06.80
10	273/297	131/150	394	Samantha Hebzynski	25	F	Maple Grove	MN	00:07:27.74	00:39:25.48	00:33:48.04		01:27:46.19
11	283/297	137/150	625	Caitlin Nelson	28	F	Brooklyn Park	MN	00:10:12.43	00:39:10.98	00:35:35.57		01:30:49.52
12	286/297	140/150	395	Emma Nelson	26	F	Maple Grove	MN	00:07:32.45	00:40:43.53	00:35:16.41		01:31:05.22
13	287/297	141/150	509	April Sutton	25	F	Monticello	MN	00:08:01.99	00:45:21.86	00:31:29.24		01:31:21.97

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/297	9/147	740	Josh Doebbert	27	M	Minneapolis	MN	00:06:59.18		00:17:10.96		00:49:59.44
2	10/297	10/147	714	Christopher Dirkes	27	M	Richfield	MN	00:06:42.75	00:22:43.12	00:17:27.85		00:50:04.33
3	35/297	29/147	685	Taylor Gombos	27	M	St. Cloud	MN	00:07:28.10	00:26:39.93	00:16:58.50		00:56:07.62
4	39/297	32/147	525	Erik Fagerstrom	27	M	Bloomington	MN	00:07:42.49	00:25:11.26	00:20:15.94		00:56:46.30
5	60/297	48/147	374	Matthew Wuollet	27	M	Annandale	MN	00:09:39.46	00:27:22.57	00:19:33.37		01:00:03.64
6	75/297	60/147	745	Patrick Becker	28	M	Minneapolis	MN	00:06:46.93	00:28:38.83	00:21:22.86		01:02:00.59
7	131/297	89/147	494	Steve Peery	29	M	Monticello	MN	00:09:08.24	00:33:09.87	00:19:43.84		01:07:18.41

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Short Individual

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
8	150/297	97/147	550	Michael Larch	25	M	Monticello	MN	00:07:19.53	00:31:47.91	00:24:50.91		01:09:13.71
9	193/297	117/147	536	David Latour	29	M	Monticello	MN	00:10:30.75	00:31:54.01	00:27:18.02		01:14:29.12

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	134/297	44/150	596	Sarah Sixta	34	F	Otsego	MN	00:11:16.51	00:28:53.94	00:21:44.88		01:07:29.70
2	159/297	60/150	556	Amber Duske	31	F	Waverly	MN	00:13:33.72	00:31:32.46	00:20:47.51		01:10:23.70
3	194/297	77/150	528	Lynn Taunton	33	F	Belgrade	MN	00:08:51.42	00:33:53.79	00:26:04.63		01:14:33.21
4	213/297	90/150	650	Megan Berendes	32	F	Blaine	MN	00:09:25.91	00:36:10.55	00:27:12.59		01:17:34.72
5	215/297	92/150	501	Kaitin Korbitz	30	F	Minneapolis	MN	00:09:59.23	00:31:08.11	00:31:27.40		01:17:57.58
6	216/297	93/150	565	Jessica Fernandez	32	F	London		00:14:33.66	00:35:28.52	00:23:28.78		01:18:05.36
7	245/297	113/150	381	Jessica Stewart	32	F	South Haven	MN	00:12:33.44	00:32:06.89	00:30:56.25		01:21:55.21
8	253/297	117/150	563	Kassi Baysinger	34	F	Buffalo Lake	MN	00:12:20.50	00:34:10.49	00:32:52.34		01:23:45.15
9	289/297	143/150	515	Stacy Winter	33	F	Minnetrissa	MN	00:16:54.46	00:37:58.33	00:29:57.03		01:32:18.83
10	295/297	149/150	380	Natalie Blake	30	F	Annandale	MN	00:25:10.44	00:44:04.21	00:30:38.91		01:45:43.49

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/297	5/147	630	Pablo Sanchez	31	M	Saint Louis Park	MN	00:07:06.50	00:23:06.88	00:14:58.64		00:48:19.89
2	12/297	12/147	362	Ryant Northway	34	M	Lake Shore	MN	00:07:12.50	00:22:24.90	00:17:26.22		00:50:13.64
3	32/297	27/147	715	Jason Larson	33	M	Golden Valley	MN	00:10:13.70	00:24:41.61	00:16:47.23		00:55:02.70
4	44/297	35/147	479	Ryan Friesen	33	M	Sauk Rapids	MN	00:07:45.24	00:26:45.10	00:20:05.89		00:57:46.68
5	70/297	57/147	570	Joseph Furuseth	34	M	Turtle River	MN	00:09:46.10	00:26:24.46	00:20:35.94		01:01:25.65
6	104/297	73/147	576	Brad Vrchota	33	M	Shakopee	MN	00:09:58.51	00:27:51.83	00:21:06.40		01:04:16.95
7	106/297	74/147	589	Adam Rohne	33	M	St. Paul	MN	00:12:33.83	00:28:58.73	00:19:06.45		01:04:36.90
8	263/297	140/147	649	Tony Berendes	32	M	Blaine	MN	00:12:39.69	00:38:14.01	00:28:28.36		01:25:01.63
9	277/297	143/147	421	Christopher Larson	30	M	Minneapolis	MN	00:13:02.00	00:32:57.54	00:37:23.61		01:29:08.29

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Female Ages 35 - 39

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1	40/297	8/150	496	Sheri Budde	38	F	South Haven	MN	00:07:30.74	00:25:15.64	00:20:25.57		00:56:50.36
2	43/297	9/150	493	Krisie Melsen	35	F	Saint Louis Park	MN	00:06:35.25	00:27:27.55	00:20:06.90		00:57:40.38
3	48/297	11/150	716	Laura Bergman	39	F	Edina	MN	00:07:14.12	00:28:09.91	00:17:58.07		00:57:54.95
4	80/297	19/150	661	Katie Kerker	37	F	Cedar Falls	IA	00:08:23.25	00:29:19.72	00:20:09.85		01:02:39.10
5	82/297	21/150	522	Maria Leth	37	F	Plymouth	MN	00:07:27.25	00:28:10.36	00:22:39.77		01:02:52.56
6	99/297	28/150	483	Adrea Mauseith	36	F	St. Louis Park	MN	00:09:06.99	00:29:12.01	00:22:18.77		01:04:04.11
7	133/297	43/150	497	Gretchen Langbehn	38	F	South Haven	MN	00:10:30.12	00:28:48.59	00:23:27.87		01:07:25.70
8	144/297	49/150	474	Kristen Baker	38	F	St. Bonifacius	MN	00:07:46.99	00:29:16.34	00:25:38.68		01:08:38.45
9	168/297	63/150	684	Natalie Roeser	35	F	Buffalo	MN	00:10:47.95	00:33:06.61	00:21:55.01		01:11:32.40
10	173/297	66/150	683	Melissa Hagerty	38	F	Eagan	MN	00:12:26.25	00:31:45.77	00:21:46.88		01:12:15.45
11	176/297	68/150	669	Shelby Fischer	38	F	Mendota Heights	MN	00:11:02.75	00:32:39.97	00:23:13.60		01:12:22.57
12	185/297	73/150	599	Kaia Ringwald	36	F	Rice	MN	00:10:44.48	00:30:47.94	00:26:14.05		01:13:09.93
13	200/297	81/150	617	Jaime Geyen	36	F	Montrose	MN	00:11:13.68	00:28:45.86	00:30:56.97		01:15:39.23
14	203/297	83/150	610	Maureen Berendes	36	F	Blaine	MN	00:13:05.70	00:35:54.48	00:22:50.13		01:16:09.95
15	217/297	94/150	472	Heidi Lang	39	F	Bloomington	MN	00:11:03.50	00:34:00.88	00:24:39.84		01:18:09.97
16	226/297	101/150	702	Leah Allman	39	F	Elk River	MN	00:12:45.11	00:34:44.32	00:24:21.67		01:18:55.65
17	230/297	105/150	561	Lana Lindeman	39	F	Saint Michael	MN	00:11:01.30	00:37:10.28	00:22:29.07		01:19:12.40
18	234/297	106/150	621	Kristi Walter	37	F	Shoreview	MN	00:09:51.37	00:32:24.45	00:31:22.16		01:19:23.98
19	257/297	120/150	424	Jennifer Gentry	39	F	Minneapolis	MN	00:12:01.14	00:40:11.75	00:26:37.15		01:24:09.97
20	270/297	129/150	490	Allison Coalwell	38	F	Maple Lake	MN	00:14:30.22	00:38:18.96	00:25:13.46		01:26:33.73
21	271/297	130/150	571	Colleen Johnson	38	F	Northome	MN	00:17:57.16	00:35:28.38	00:26:08.75		01:26:39.68
22	276/297	134/150	624	Deanne Kassulke	38	F	Maple Grove	MN	00:17:12.96	00:36:04.31	00:29:17.13		01:28:56.23
23	296/297	150/150	598	Sonja Hettinga	35	F	St Louis Park	MN	00:24:54.26	00:51:15.85	00:29:55.01		01:51:56.25

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/297	6/147	384	Ross Golla	37	M	Mnettonka	MN	00:07:13.49	00:23:02.05	00:15:26.83		00:48:22.79
2	13/297	13/147	711	Jason Migala	37	M	Sauk Rapids	MN	00:08:03.93	00:22:30.91	00:17:05.11		00:50:33.94
3	22/297	20/147	361	Aron Stumvoll	35	M	Lima		00:07:33.48	00:24:42.77	00:17:40.95		00:53:10.48
4	33/297	28/147	559	Jesse Rothfork	39	M	Saint Cloud	MN	00:08:45.78	00:24:32.82	00:19:19.90		00:55:15.55
5	41/297	33/147	658	Joshua Feldman	39	M	Inver Grove Heights	MN	00:07:20.75	00:26:53.24	00:18:41.53		00:56:55.43
6	89/297	63/147	510	Adam Downing	36	M	Buffalo	MN	00:10:50.72	00:27:08.39	00:19:32.53		01:03:26.51

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Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
7	92/297	66/147	717	Roger Derham	38	M	St Michael	MN	00:13:05.90	00:28:37.04	00:18:39.47		01:03:34.30
8	129/297	87/147	378	Dave Hartley	37	M	Annandale	MN	00:10:29.63	00:29:04.06	00:22:22.39		01:07:12.94
9	207/297	121/147	609	Dan Berendes	37	M	Blaine	MN	00:09:05.97	00:34:17.11	00:28:28.85		01:16:58.22
10	225/297	125/147	519	Scott Swensen	38	M	Rogers	MN	00:12:14.13	00:38:20.17	00:22:49.17		01:18:49.72
11	238/297	130/147	659	Marcus Carpenter	39	M	Albertville	MN	00:10:50.99	00:30:38.44	00:31:13.93		01:19:51.47

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	72/297	14/150	652	Peg Wright	44	F	Saint Paul	MN	00:09:37.93	00:25:40.58	00:21:18.36		01:01:44.67
2	83/297	22/150	527	Sara Dewitt	40	F	Rogers	MN	00:09:22.82	00:28:54.91	00:20:31.86		01:02:57.66
3	84/297	23/150	406	Karri Kearin	44	F	Maple Grove	MN	00:09:01.40	00:28:29.18	00:21:09.02		01:02:59.30
4	110/297	33/150	512	Paula Just	42	F	Spooner	WI	00:08:32.49	00:31:45.09	00:21:19.81		01:05:15.21
5	118/297	37/150	544	Kasey Morlock	41	F	Stewartville	MN	00:09:31.50	00:30:28.21	00:21:26.18		01:06:24.86
6	121/297	39/150	641	Jen Munson	43	F	Annandale	MN	00:10:39.62	00:30:46.91	00:21:09.88		01:06:45.69
7	127/297	42/150	681	Catherine Vaughn	40	F	Saint Paul	MN	00:11:30.38	00:29:33.48	00:22:18.08		01:07:09.67
8	142/297	47/150	655	Heather Hooper	44	F	Kimball	MN	00:09:45.50	00:32:02.25	00:21:29.33		01:08:26.66
9	149/297	53/150	592	Christa Close	41	F	Medina	MN	00:09:30.84	00:30:06.02	00:23:55.76		01:09:13.58
10	153/297	55/150	513	Laurie Dubois	40	F	Kimball	MN	00:10:27.99	00:32:08.59	00:21:26.14		01:09:24.45
11	158/297	59/150	722	Amy Swaim	43	F	Cottage Grove	MN	00:12:13.80	00:29:14.99	00:22:58.29		01:10:08.11
12	166/297	62/150	524	Angela Nelson	40	F	St Cloud	MN	00:08:34.52	00:31:45.53	00:26:11.76		01:11:08.88
13	170/297	64/150	376	Tina Honsey	41	F	Annandale	MN	00:12:43.62	00:31:53.27	00:23:01.60		01:11:44.33
14	177/297	69/150	636	Molly Anderson	40	F	Eden Prairie	MN	00:11:02.50	00:31:57.81	00:25:39.17		01:12:31.73
15	190/297	76/150	419	Eileen Lafontaine	43	F	Minneapolis	MN	00:10:09.56	00:31:38.96	00:27:43.11		01:14:25.91
16	195/297	78/150	668	Leanne Goerz	41	F	Monticello	MN	00:11:00.18	00:30:56.96	00:28:21.52		01:14:57.84
17	204/297	84/150	503	Natalie Dieterle	41	F	Stillwater	MN	00:11:58.43	00:34:22.29	00:25:00.41		01:16:12.16
18	240/297	110/150	600	Amy Albert	43	F	Medina	MN	00:12:07.16	00:37:41.48	00:24:48.49		01:19:57.31
19	254/297	118/150	594	Barbara Hood	44	F	Maple Grove	MN	00:12:35.88	00:32:09.72	00:33:06.55		01:23:58.55
20	269/297	128/150	478	Ingrid Anderson	40	F	Clearwater	MN	00:14:31.13	00:38:21.54	00:25:12.36		01:26:32.93
21	279/297	135/150	622	Shelly Stanchfield	43	F	Edina	MN	00:08:48.16	00:37:40.62	00:31:31.59		01:30:00.41
22	288/297	142/150	518	Cathy Ruschmeier	43	F	New Germany	MN	00:16:21.48	00:37:53.34	00:29:45.69		01:32:07.48
23	290/297	144/150	721	Paula Andrist	41	F	Saint Cloud	MN	00:12:35.26	00:36:10.26	00:37:26.41		01:32:47.74

Heart of the Lakes Triathlon

July 17, 2016

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	17/297	16/147	742	Bill Corcoran	43	M	Sartell	MN	00:06:43.24	00:22:29.09	00:19:02.92		00:51:38.19
2	18/297	17/147	694	Joshua Flynn	41	M	Medina	MN	00:05:46.50	00:24:32.32	00:17:57.17		00:51:55.47
3	20/297	18/147	366	Chad Nelson	40	M	Willmar	MN	00:07:51.49	00:23:55.12	00:17:45.58		00:52:40.28
4	51/297	40/147	560	Damien Aguilar	40	M	Minnetonka	MN	00:08:23.71	00:27:06.49	00:19:01.54		00:58:12.34
5	53/297	42/147	473	Jeremy Baker	42	M	St. Bonifacius	MN	00:09:00.49	00:25:49.68	00:19:45.84		00:58:42.36
6	54/297	43/147	712	Jamie Allman	40	M	Elk River	MN	00:09:10.55	00:24:58.36	00:20:50.17		00:58:48.46
7	96/297	70/147	498	Kirk Langbehn	43	M	South Haven	MN	00:09:48.00	00:26:23.64	00:23:10.13		01:03:48.44
8	147/297	96/147	660	Heath Sneller	40	M	Annandale	MN	00:11:46.13	00:30:09.99	00:22:32.17		01:08:50.90
9	179/297	110/147	390	Jeremy Dobson	43	M	St. Paul	MN	00:10:37.99	00:31:16.71	00:25:02.89		01:12:50.17
10	231/297	126/147	562	Matthew Lindeman	40	M	St Michael	MN	00:11:17.75	00:37:09.57	00:22:28.24		01:19:12.61
11	247/297	134/147	568	Mike Latterell	42	M	New Hope	MN	00:12:15.91	00:33:03.38	00:30:46.03		01:22:00.85

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	45/297	10/150	688	Lori Gengler	45	F	Plymouth	MN	00:08:33.49	00:25:30.81	00:19:57.79		00:57:48.70
2	61/297	13/150	514	Julie Gay	45	F	St. Cloud	MN	00:08:44.88	00:26:11.95	00:20:43.74		01:00:08.44
3	85/297	24/150	387	Debbie Christian	45	F	Buffalo	MN	00:08:45.45	00:26:05.00	00:23:38.91		01:03:01.36
4	87/297	25/150	423	Jaleh Nahvi	46	F	Inver Grove Heights	MN	00:08:06.98	00:29:35.79	00:21:15.68		01:03:05.85
5	88/297	26/150	699	Jessica Kessler	45	F	Mendota Heights	MN	00:10:43.62	00:27:22.58	00:19:42.82		01:03:18.48
6	97/297	27/150	557	Sarah Johnson	46	F	Minneapolis	MN	00:09:44.87	00:26:38.19	00:21:23.10		01:03:50.70
7	114/297	35/150	672	Jill Mcnamara	49	F	Buffalo	MN	00:08:58.50	00:29:01.39	00:23:40.06		01:06:09.71
8	126/297	41/150	737	Jennifer Daraheim	46	F	Edina	MN	00:09:01.75	00:29:16.50	00:23:41.15		01:07:07.96
9	138/297	45/150	693	Jane Wenning	48	F	Excelsior	MN	00:12:22.51	00:26:16.68	00:23:30.18		01:08:17.47
10	145/297	50/150	643	Marceil Skluzacek	48	F	Lakeville	MN	00:11:40.50	00:31:15.67	00:20:53.88		01:08:45.20
11	154/297	56/150	604	Julie Yost-Minnich	47	F	Stewartville	MN	00:12:54.25	00:28:31.61	00:21:41.66		01:09:39.96
12	155/297	57/150	517	Candace Millerbernd	47	F	Chaska	MN	00:11:52.78	00:29:26.73	00:23:04.23		01:09:40.71
13	161/297	61/150	616	Jody Sherwood	46	F	Maple Lake	MN	00:08:19.99	00:35:17.63	00:22:12.40		01:10:43.22
14	184/297	72/150	567	Michelle Furuseth	48	F	Northome	MN	00:10:16.70	00:31:05.47	00:25:47.41		01:12:59.97
15	205/297	85/150	642	Lisa Bessler	45	F	Apple Valley	MN	00:11:03.17	00:30:07.60	00:28:42.56		01:16:16.23
16	206/297	86/150	654	Heidi Halley	48	F	Scandia	MN	00:13:49.74	00:30:30.96	00:27:04.82		01:16:37.97
17	219/297	96/150	632	Jennifer Lindquist	45	F	Annandale	MN	00:11:08.96	00:35:52.47	00:26:48.12		01:18:24.31
18	222/297	99/150	697	Julie Jandrich	49	F	St. Paul	MN	00:10:46.68	00:31:58.23	00:29:02.87		01:18:42.60

Heart of the Lakes Triathlon

July 17, 2016

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
19	223/297	100/150	719	Libby Waters	49	F	Mendota Heights	MN	00:12:04.76	00:31:29.05	00:29:03.77		01:18:42.98
20	227/297	102/150	706	Janine Brenteson	48	F	Elk River	MN	00:12:54.67	00:34:04.49	00:24:21.68		01:18:55.65
21	249/297	115/150	591	Karen Fuecker	47	F	Rice	MN	00:13:14.94	00:34:45.12	00:28:48.69		01:23:05.27
22	262/297	123/150	372	Jamie Swenson	48	F	Rogers	MN	00:13:15.74	00:30:56.79	00:33:27.39		01:25:00.97
23	265/297	125/150	667	Carolyn Weeres	46	F	Becker	MN	00:10:59.25	00:31:08.29	00:38:22.00		01:26:05.64
24	281/297	136/150	482	Alyssa Rosenberger	45	F	Melrose	MN	00:09:40.72	00:43:08.25	00:32:29.11		01:30:41.83
25	293/297	147/150	584	Marisue Muellner	49	F	Lino Lakes	MN	00:16:01.49	00:40:09.57	00:36:51.14		01:41:27.45

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	15/297	14/147	358	Todd White	49	M	Roseville	MN	00:05:48.69	00:23:52.20	00:18:03.14		00:50:45.92
2	26/297	24/147	741	Marty Moran	49	M	Saint Cloud	MN	00:05:05.76	00:26:40.83	00:18:37.05		00:53:51.76
3	28/297	25/147	547	Sean Mulheron	47	M	Vadnais Heights	MN	00:08:22.75	00:25:21.93	00:17:07.51		00:54:08.97
4	49/297	38/147	370	Greg Swenson	47	M	Rogers	MN	00:06:36.70	00:24:37.51	00:22:31.62		00:57:55.32
5	57/297	46/147	486	Jeff Stites	46	M	Minneapolis	MN	00:08:35.24	00:26:27.77	00:19:56.71		00:59:11.87
6	63/297	50/147	508	Todd Ratcliff	49	M	Saint Paul	MN	00:07:54.81	00:28:09.21	00:19:38.13		01:00:26.60
7	94/297	68/147	733	Luis Garcia	46	M	Fargo	ND	00:08:04.69	00:29:51.19	00:20:36.51		01:03:38.79
8	98/297	71/147	593	Michael Close	46	M	Medina	MN	00:07:35.45	00:27:14.43	00:23:26.64		01:03:52.19
9	108/297	76/147	409	France Roberts	46	M	St. Louis Park	MN	00:08:21.40	00:31:16.95	00:20:40.58		01:05:11.87
10	123/297	84/147	575	Frank Westpfahl	45	M	Minneapolis	MN	00:12:36.91	00:28:16.48	00:19:28.63		01:07:02.28
11	137/297	93/147	470	Paul Hanek	45	M	Woodbury	MN	00:09:44.37	00:29:31.72	00:23:59.84		01:08:06.18
12	151/297	98/147	543	Paul Hughes	46	M	Eden Prairie	MN	00:09:16.80	00:28:56.27	00:26:40.70		01:09:23.14
13	163/297	102/147	516	Tom Millerbernd	49	M	Chaska	MN	00:09:27.70	00:30:23.90	00:25:00.87		01:10:48.61
14	165/297	104/147	386	Matthew Hwang	48	M	St. Cloud	MN	00:11:22.47	00:28:56.78	00:25:47.05		01:11:01.60
15	172/297	107/147	692	Marc Grams	46	M	Chanhassen	MN	00:12:21.90	00:27:51.44	00:25:23.17		01:11:48.47
16	178/297	109/147	597	Joe Derock	49	M	Minneapolis	MN	00:08:43.10	00:31:51.04	00:24:56.94		01:12:40.21
17	252/297	136/147	744	John Lebahn	48	M	Vadnais Heights	MN	00:12:06.51	00:36:13.53	00:29:21.40		01:23:42.73
18	280/297	145/147	664	Marty Davis	45	M	Minneapolis	MN	00:10:16.36	00:36:33.48	00:31:32.65		01:30:00.48

Heart of the Lakes Triathlon

July 17, 2016

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	76/297	16/150	471	Julie Grafft	53	F	Chanhassen	MN	00:07:13.52	00:28:32.32	00:21:57.45		01:02:01.95
2	124/297	40/150	679	Jenna Fletcher	54	F	Stillwater	MN	00:10:55.25	00:29:33.17	00:23:03.09		01:07:03.41
3	148/297	52/150	583	Lauretta Hassan	50	F	Lino Lakes	MN	00:10:16.28	00:31:47.41	00:21:26.47		01:08:58.10
4	171/297	65/150	698	Kimberly Wier	50	F	St. Paul	MN	00:11:37.50	00:29:49.94	00:25:03.56		01:11:46.23
5	181/297	71/150	709	Karen Slakey	53	F	Lake Elmo	MN	00:07:28.75	00:29:56.24	00:29:04.62		01:12:56.94
6	202/297	82/150	491	Cindy Lamp	54	F	St. Cloud	MN	00:09:17.70	00:28:32.46	00:30:05.77		01:16:01.21
7	208/297	87/150	476	Lori Fiechtner Paakh	53	F	Detroit Lakes	MN	00:12:48.94	00:29:58.83	00:28:52.00		01:17:00.69
8	210/297	88/150	730	Crystal Brown	51	F	Maple	WI	00:11:24.52	00:34:01.41	00:26:06.86		01:17:22.55
9	218/297	95/150	506	Mary Denucci	52	F	Minneapolis	MN	00:11:17.50	00:32:17.24	00:29:25.42		01:18:10.72
10	229/297	104/150	573	Teresa Wrobbel	50	F	Montrose	MN	00:10:15.66	00:32:25.40	00:29:55.10		01:19:10.58
11	235/297	107/150	579	Katherine Walz	53	F	Plymouth	MN	00:10:52.10	00:36:34.41	00:27:15.50		01:19:26.22
12	255/297	119/150	379	Andrea Warnert	53	F	Sartell	MN	00:11:24.24	00:39:22.73	00:26:23.07		01:24:01.42
13	260/297	122/150	657	Kristin Riley	51	F	Buffalo	MN	00:12:13.60	00:34:29.53	00:31:24.91		01:24:34.73
14	268/297	127/150	539	Kara Albrecht	53	F	Monticello	MN	00:12:49.96	00:37:26.22	00:28:03.24		01:26:11.97
15	275/297	133/150	507	Bonnie Aretz	52	F	Buffalo Lake	MN	00:13:48.75	00:33:06.47	00:34:02.70		01:28:33.86

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/297	8/147	739	Andy Clark	53	M	Northfield	MN	00:05:44.53	00:22:58.55	00:17:14.60		00:49:26.94
2	11/297	11/147	357	John Stangl	53	M	Buffalo	MN	00:07:39.18	00:22:18.24	00:16:48.28		00:50:08.56
3	23/297	21/147	367	Tom Brooks	52	M	Minneapolis	MN	00:08:45.99	00:23:06.40	00:17:45.28		00:53:40.55
4	56/297	45/147	686	Scott Crow	54	M	Vadnais Heights	MN	00:06:53.66	00:25:51.17	00:22:40.83		00:59:07.70
5	65/297	52/147	691	Ken Saddler	51	M	Wayzata	MN	00:08:50.22	00:25:56.51	00:21:50.37		01:00:32.67
6	69/297	56/147	402	Dwight Larsen	53	M	Plymouth	MN		00:27:35.34	00:20:30.68		01:01:20.18
7	86/297	62/147	392	David Barlow	53	M	Maple Grove	MN	00:08:23.24	00:28:15.20	00:22:36.03		01:03:03.81
8	91/297	65/147	554	Paul Lundeen	53	M	Buffalo	MN	00:09:53.25	00:26:12.13	00:21:37.06		01:03:32.95
9	107/297	75/147	618	Chris Muntifering	54	M	Buffalo	MN	00:09:34.24	00:27:31.73	00:22:19.06		01:04:37.62
10	109/297	77/147	531	David Eastlund	54	M	Buffalo	MN	00:10:00.45	00:30:17.46	00:19:29.60		01:05:12.45
11	111/297	78/147	577	Ben Awes	52	M	St. Paul	MN	00:08:56.18	00:29:07.21	00:22:20.95		01:05:25.95
12	156/297	99/147	731	Tom Becker	54	M	Mahtomedi	MN	00:06:50.81	00:30:46.02	00:27:26.01		01:09:53.97
13	174/297	108/147	647	Tim Hausken	51	M	Oakdale	MN	00:11:51.19	00:31:18.79	00:22:58.74		01:12:16.22
14	198/297	119/147	534	Kevin Eastlund	51	M	Brooklyn Park	MN	00:11:54.50	00:30:38.91	00:26:54.16		01:15:29.47

Heart of the Lakes Triathlon

July 17, 2016

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
15	256/297	137/147	377	Tab Ashwill	53	M	Annandale	MN	00:11:23.29	00:39:19.10	00:26:23.10		01:24:01.45
16	258/297	138/147	541	Mark Ledson	53	M	Stillwater	MN	00:11:21.24	00:32:35.66	00:33:03.44		01:24:16.00

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	58/297	12/150	410	Eileen Kurpiers	55	F	Deerwood	MN	00:09:43.99	00:25:58.21	00:19:38.96		00:59:17.43
2	79/297	18/150	538	Denise Casey	56	F	Buffalo	MN	00:09:32.49	00:29:29.46	00:19:32.95		01:02:34.45
3	81/297	20/150	726	Janell Pepper	56	F	Woodbury	MN	00:07:24.13	00:28:46.87	00:22:16.57		01:02:42.38
4	102/297	31/150	727	Lisa Polachek	58	F	Saint Paul	MN	00:07:24.74	00:28:35.54	00:23:17.61		01:04:11.92
5	119/297	38/150	638	Pat Mcdonald	56	F	St. Louis Park	MN	00:07:37.50	00:30:22.99	00:23:37.97		01:06:26.71
6	140/297	46/150	675	Debra Clift	59	F	Plymouth	MN	00:08:56.99	00:28:07.28	00:25:29.61		01:08:21.60
7	143/297	48/150	413	Brenda Conzet	56	F	Buffalo	MN	00:08:34.82	00:30:55.74	00:22:11.92		01:08:31.66
8	187/297	74/150	628	Marcia Page	55	F	Edina	MN	00:10:33.50	00:32:52.72	00:24:42.65		01:14:00.93
9	239/297	109/150	489	Carolyn Barriball	55	F	Monticello	MN	00:12:56.94	00:33:42.85	00:28:18.16		01:19:51.97
10	264/297	124/150	666	Suzanne Strauss	55	F	Plymouth	MN	00:14:24.51	00:36:49.28	00:25:37.82		01:25:25.98
11	274/297	132/150	627	Theresa Swansson	58	F	Bloomington	MN	00:13:23.45	00:36:40.75	00:31:39.39		01:28:20.72
12	292/297	146/150	648	Joleen Slinden	55	F	Maple Grove	MN	00:12:21.60	00:42:20.22	00:33:44.54		01:37:17.54
13	294/297	148/150	725	Christine Fjalstad	55	F	Prior Lake	MN	00:19:00.57	00:35:13.97	00:39:05.75		01:43:52.85

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/297	23/147	368	Kris Kolstad	58	M	Willmar	MN	00:07:52.24	00:24:34.94	00:18:10.15		00:53:46.42
2	47/297	37/147	488	Craig Helmer	55	M	Minneapolis	MN	00:08:41.30	00:27:55.51	00:17:18.13		00:57:53.94
3	52/297	41/147	388	Duane Pullins	58	M	Maple Lake	MN	00:08:38.29	00:24:20.16	00:20:59.15		00:58:29.43
4	62/297	49/147	615	Bob Leone	59	M	Plymouth	MN	00:08:22.91	00:24:36.09	00:21:05.90		01:00:09.20
5	64/297	51/147	629	Stephen Bullard	58	M	Minneapolis	MN	00:07:07.74	00:26:15.83	00:23:09.85		01:00:28.40
6	74/297	59/147	705	Randy Back	57	M	Superior	WI	00:12:42.53	00:25:14.99	00:19:53.47		01:01:59.71
7	77/297	61/147	417	Todd Russ	57	M	Plymouth	MN	00:09:46.34	00:27:27.82	00:20:31.53		01:02:15.82
8	93/297	67/147	644	David Yantes	57	M	St. Michael	MN	00:09:34.65	00:27:24.21	00:22:43.78		01:03:37.95
9	95/297	69/147	700	Joe Guttman	57	M	Eden Prairie	MN	00:06:58.15	00:27:14.94	00:24:16.39		01:03:39.19

Heart of the Lakes Triathlon

July 17, 2016

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
10	103/297	72/147	552	Eric Nelson	58	M	Minneapolis	MN	00:08:16.24	00:28:12.52	00:21:51.82		01:04:13.12
11	122/297	83/147	398	Todd Rogers	57	M	Minneapolis	MN	00:08:32.59	00:28:55.57	00:24:44.34		01:06:46.33
12	125/297	85/147	404	Mardon Quandt	56	M	Annandale	MN	00:09:54.11	00:28:41.46	00:23:29.40		01:07:05.70
13	130/297	88/147	595	Brian Wolf	56	M	Waverly	MN	00:08:31.67	00:28:10.66	00:25:55.30		01:07:17.71
14	136/297	92/147	408	Brett Oden	56	M	Buffalo	MN	00:09:05.24	00:30:35.44	00:21:52.90		01:07:58.45
15	160/297	100/147	623	Kenneth Paulus	57	M	Minneapolis	MN	00:12:43.37	00:28:28.36	00:23:55.99		01:10:40.83
16	162/297	101/147	696	Rick Larson	59	M	Bloomington	MN	00:13:18.87	00:28:36.46	00:23:31.53		01:10:46.22
17	164/297	103/147	680	Dwight Geisler	58	M	Bloomington	MN	00:10:57.93	00:28:45.57	00:25:24.41		01:10:59.22
18	182/297	111/147	602	Bobby Dearth	58	M	Kansas City	MO	00:09:48.75	00:33:03.97	00:21:57.15		01:12:57.46
19	183/297	112/147	612	Mark Myhra	55	M	Plymouth	MN	00:12:04.50	00:29:15.80	00:25:26.70		01:12:58.95
20	201/297	120/147	674	Bradley Clift	59	M	Plymouth	MN	00:10:28.75	00:31:31.56	00:25:35.01		01:15:49.97
21	233/297	128/147	603	Jim Bell	58	M	Victoria	MN	00:08:37.81	00:38:59.98	00:24:07.35		01:19:23.18
22	250/297	135/147	735	Michael Peterson	58	M	Ramsey	MN	00:08:38.91	00:32:12.93	00:32:19.53		01:23:22.31
23	272/297	142/147	555	Steve Edmonson	56	M	Buffalo	MN	00:17:17.18	00:29:36.74	00:32:39.48		01:27:28.67

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	189/297	75/150	485	Brook Lemm-Tabor	64	F	Minneapolis	MN	00:12:12.90	00:29:12.20	00:27:28.90		01:14:16.35
2	237/297	108/150	526	Ann Anderson	60	F	Mcperson	KS	00:11:12.47	00:33:24.72	00:30:02.90		01:19:46.12
3	285/297	139/150	469	Katherine Maiers	63	F	Minneapolis	MN	00:12:02.95	00:36:45.47	00:35:38.26		01:31:03.48

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/297	26/147	695	Kent Schwitzer	63	M	Minnetonka	MN	00:06:59.50	00:22:50.27	00:21:11.04		00:54:53.53
2	55/297	44/147	611	Michael Bono	63	M	Minneapolis	MN	00:09:20.48	00:24:51.95	00:20:49.77		00:58:49.74
3	90/297	64/147	505	Al Boehne	60	M	Stillwater	MN	00:07:56.99	00:27:34.27	00:23:27.48		01:03:32.59
4	117/297	81/147	588	Phil Davis	62	M	Bloomington	MN	00:11:28.16	00:28:25.71	00:21:39.90		01:06:21.19
5	128/297	86/147	412	Mitchell Zahler	60	M	Stillwater	MN	00:11:43.65	00:28:00.58	00:23:30.35		01:07:12.35
6	186/297	113/147	682	Marty Asleson	63	M	Lino Lakes	MN	00:13:48.92	00:28:27.52	00:24:26.08		01:13:59.90
7	188/297	114/147	537	Walter Milbrath	61	M	Hudson	WI	00:09:02.22	00:31:41.85	00:27:59.40		01:14:00.96

Heart of the Lakes Triathlon

July 17, 2016

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
8	192/297	116/147	546	Jim Fladland	61	M	Colorado Spring	CO	00:10:49.18	00:29:36.65	00:28:14.36		01:14:27.52
9	211/297	123/147	703	John O'neill	64	M	Bird Island	MN	00:10:53.39	00:31:50.44	00:29:14.34		01:17:30.91
10	224/297	124/147	499	James Vlcek	60	M	Woodbury	MN	00:10:29.50	00:32:58.82	00:25:52.07		01:18:43.22
11	242/297	131/147	671	Greg Pierson	63	M	Monticello	MN	00:12:32.98	00:30:17.01	00:31:59.73		01:20:59.17
12	246/297	133/147	724	John Vogt	64	M	Spring Park	MN	00:12:44.49	00:33:54.32	00:25:55.42		01:21:59.73
13	261/297	139/147	420	James Wright	61	M	Delano	MN	00:11:02.10	00:37:32.28	00:27:50.79		01:24:39.97
14	278/297	144/147	569	David Furuseth	62	M	Northome	MN	00:15:02.40	00:32:23.49	00:34:49.10		01:29:31.42
15	297/297	147/147	403	Ben Zhao	62	M	Edina	MN	00:09:53.24	01:22:02.88	00:31:23.56		02:07:40.26

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	248/297	114/150	586	Leanne Hansen	65	F	Bloomington	MN	00:15:36.43	00:32:24.73	00:27:21.80		01:22:05.56

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	66/297	53/147	663	Thomas Rohman	69	M	South Haven	MN	00:08:14.91	00:27:15.22	00:21:08.15		01:00:36.71
2	71/297	58/147	590	Mark Walford	66	M	Glencoe	MN	00:10:16.98	00:25:53.20	00:21:04.90		01:01:43.45
3	120/297	82/147	608	John Finger	65	M	Beresford	SD	00:10:31.78	00:28:14.06	00:22:02.06		01:06:39.70
4	169/297	106/147	566	Rick Golla	69	M	Rochester	MN	00:14:05.25	00:29:02.42	00:23:09.33		01:11:32.59
5	191/297	115/147	529	Brian Knox	68	M	South Haven	MN	00:12:30.23	00:32:38.67	00:24:20.19		01:14:27.46
6	232/297	127/147	542	Christopher C Smith	65	M	Cresskill	NJ	00:12:53.46	00:30:13.35	00:30:55.52		01:19:21.22
7	236/297	129/147	480	Joe Kandiko	66	M	Excelsior	MN	00:09:21.38	00:31:12.21	00:30:48.69		01:19:45.99

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	139/297	94/147	673	Bob Koshnick	73	M	Detroit Lakes	MN	00:09:24.47	00:27:58.27	00:25:28.21		01:08:18.97

Heart of the Lakes Triathlon

July 17, 2016

Overall Division Results

Short Individual

Female Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	291/297	145/150	393	Judy Rykken	77	F	Bloomington	MN	00:13:21.85	00:40:56.60	00:34:33.64		01:37:12.44

Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	141/297	95/147	701	Hank Larsen	75	M	Glencoe	MN	00:09:16.67	00:29:13.16	00:24:46.66		01:08:21.83
2	209/297	122/147	585	Howard Bich	76	M	Sioux Falls	SD	00:13:04.88	00:29:19.43	00:28:59.19		01:17:14.99