

Heart of the Lakes Triathlon

July 16, 2017

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	17/179	1/79	12	Christina Roberts	31	F	St. Louis Park	MN	00:12:19.53	00:54:52.30	00:33:57.59		01:43:08.12
2	20/179	2/79	16	Diane Hankee	40	F	Lino Lakes	MN	00:14:36.22	00:54:40.62	00:34:13.00		01:45:29.57
3	23/179	3/79	20	Margaret Weiss	22	F	Excelsior	MN	00:12:56.73	00:54:53.49	00:36:13.41		01:46:48.56

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/179	1/100	27	Sean Cooley	32	M	Saint Paul	MN	00:12:27.88	00:46:33.50	00:31:05.85		01:32:10.00
2	2/179	2/100	1	Josh Blankenheim	36	M	Duluth	MN	00:13:28.25	00:48:48.49	00:29:29.67		01:33:46.86
3	3/179	3/100	26	Nathan Ansbaugh	30	M	Minneapolis	MN	00:12:18.69	00:48:55.26	00:31:00.88		01:34:19.60

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/179	5/79	14	Andrea Myers	41	F	Plymouth	MN	00:12:58.97	00:57:01.06	00:37:42.61		01:49:50.63

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/179	6/100	22	David Holden	48	M	Hudson	WI	00:11:40.28	00:50:31.86	00:32:00.41		01:36:16.36

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	87/179	30/79	221	Allison Crum	19	F	Deerwood	MN	00:13:53.46	01:04:53.36	00:43:21.40		02:06:53.17
2	114/179	43/79	222	Jenna Horner	19	F	Eden Prairie	MN	00:19:18.29	01:05:57.37	00:45:54.07		02:14:46.33

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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	30/179	25/100	242	Carter Deichman	16	M	Mankato	MN	00:13:23.72	01:00:46.79	00:33:15.64		01:49:52.66

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	68/179	20/79	220	Katie Oden	24	F	Buffalo	MN	00:15:15.04	01:03:08.65	00:39:45.21		02:01:54.56
2	140/179	57/79	244	Sarah Lipinski	24	F	Minneapolis	MN	00:17:13.88	01:21:15.12	00:38:20.97		02:21:19.94
3	158/179	67/79	219	Rachael Howard	24	F	Saint Michael	MN	00:19:21.25	01:15:55.79	00:48:48.92		02:28:46.61

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	39/179	31/100	234	Stephen Dennison	22	M	Maple Grove	MN	00:12:39.20	00:57:27.72	00:38:40.14		01:52:40.39
2	58/179	45/100	233	Mitchell Ergen	24	M	Sartell	MN	00:15:50.15	01:02:33.07	00:36:09.71		01:58:47.55
3	146/179	86/100	235	Tyler Shelby	22	M	Buffalo	MN	00:17:44.39	01:08:53.55	00:48:53.84		02:22:48.44

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	49/179	12/79	213	Katherine Johnson	29	F	Ramsey	MN	00:16:53.29	00:56:22.69	00:37:40.60		01:54:27.78
2	67/179	19/79	215	Emma Adriaens	27	F	Elk River	MN	00:19:00.95	00:57:42.80	00:39:46.07		02:01:26.16
3	82/179	26/79	214	Andrea Tremaine	29	F	Minneapolis	MN	00:20:15.29	01:01:19.70	00:40:59.33		02:05:57.18

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	78/179	56/100	246	Andrew Jacot	29	M	St Paul	MN	00:15:46.69	01:01:57.10	00:43:21.73		02:05:18.17

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Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/179	15/79	206	Sarah Getty	34	F	Maple Grove	MN	00:19:13.76	01:02:06.03	00:34:45.14		02:00:11.63
2	65/179	17/79	238	Mariane Walin	32	F	Brooklyn Park	MN	00:15:35.06	01:00:17.04	00:41:16.00		02:01:02.59
3	69/179	21/79	211	Mandy Stoesz	32	F	Buffalo	MN	00:15:55.45	01:01:59.79	00:39:51.70		02:02:05.55

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	27/179	23/100	228	Jon Reifschneider	34	M	Minneapolis	MN	00:15:25.65	00:56:34.00	00:33:59.29		01:49:45.03
2	73/179	52/100	241	Mark Brice	34	M	Minneapolis	MN	00:15:11.04	01:01:41.38	00:42:31.97		02:03:45.57
3	179/179	100/100	229	Andrew Ortquist	33	M	Lakeville	MN	00:24:17.60	01:29:14.72	00:58:34.77		02:58:05.48

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	75/179	22/79	237	Nicole Feist	36	F	Bloomington	MN	00:17:23.04	00:59:57.53	00:41:48.80		02:04:06.89
2	79/179	23/79	200	Lindsay Schwab	38	F	St. Paul	MN	00:16:28.54	01:04:46.43	00:39:47.23		02:05:20.43
3	84/179	28/79	196	Janelle Ehlers	38	F	Eden Prairie	MN	00:15:19.98	01:04:21.71	00:41:33.18		02:06:11.10

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	18/179	17/100	224	Gary Metcalf	38	M	Austin	TX	00:14:06.04	00:50:57.71	00:35:22.99		01:43:34.32
2	32/179	27/100	223	Greg Alexander	39	M	Plymouth	MN	00:13:24.53	00:55:48.54	00:37:33.45		01:50:16.89
3	62/179	48/100	226	Mike Younes	37	M	St Louis Park	MN	00:16:08.28	01:00:58.84	00:39:00.07		02:00:11.33

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/179	7/79	181	Krisana Hoff	40	F	Excelsior	MN	00:16:33.92	00:55:55.87	00:35:46.70		01:52:25.40
2	66/179	18/79	148	Stephanie Peterson	41	F	Apple Valley	MN	00:16:25.54	01:05:02.05	00:36:34.28		02:01:18.31
3	93/179	34/79	146	Susan Hilal	41	F	Plymouth	MN	00:15:17.79	01:07:04.74	00:42:32.09		02:08:29.44

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Long 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	12/179	12/100	174	Mike Buenting	43	M	Chanhassen	MN	00:16:34.04	00:50:32.97	00:31:25.52		01:41:39.83
2	13/179	13/100	179	Moshe Peri	40	M	Minnetonka	MN	00:13:04.02	00:53:28.49	00:33:02.46		01:42:00.95
3	22/179	20/100	171	Scott Brown	44	M	Minneapolis	MN	00:14:13.65	00:53:10.67	00:35:27.86		01:46:03.89

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	46/179	11/79	133	Gillian Auslander	47	F	Minneapolis	MN	00:13:33.34	00:57:35.98	00:38:30.29		01:53:47.12
2	61/179	14/79	140	Veronica Bond	45	F	Rochester	MN	00:14:19.93	00:58:57.79	00:42:32.34		01:59:36.66
3	64/179	16/79	129	Jane Peterson	49	F	Saint Cloud	MN	00:13:19.47	01:00:50.36	00:41:57.10		02:00:45.91

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/179	9/100	165	Greg Dummer	46	M	Minneapolis	MN	00:12:35.54	00:50:15.20	00:33:28.96		01:39:16.78
2	14/179	14/100	159	Phillip Falkner	47	M	Minneapolis	MN	00:13:11.95	00:52:51.88	00:33:16.09		01:42:56.85
3	21/179	19/100	151	Tim Bode	49	M	Buffalo	MN	00:12:08.02	00:50:57.04	00:39:16.23		01:45:52.30

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	95/179	36/79	127	Sarah Parks	52	F	Minneapolis	MN	00:19:23.03	01:02:43.68	00:39:50.52		02:08:46.12
2	118/179	46/79	73	Bethann Barankovich	53	F	Minneapolis	MN	00:16:59.53	01:08:51.97	00:45:35.90		02:15:59.64
3	125/179	51/79	74	Karen Eklin	53	F	Plymouth	MN	00:16:14.59	01:09:06.06	00:47:32.55		02:18:18.15

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/179	18/100	126	Randy Peterson	51	M	Northfield	MN	00:13:14.79	00:53:24.72	00:34:50.69		01:44:36.97
2	26/179	22/100	114	Ian Nemerov	51	M	Edina	MN	00:13:32.71	00:54:33.52	00:37:22.06		01:49:11.82
3	42/179	33/100	108	David Knack	54	M	Prior Lake	MN	00:13:52.48	00:57:10.11	00:38:32.18		01:53:09.26

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Long Individual

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	38/179	8/79	66	Jan Guenther	58	F	Long Lake	MN	00:14:23.53	00:57:16.65	00:37:38.08		01:52:30.64
2	83/179	27/79	71	Mary Deeg	55	F	Delano	MN	00:15:51.29	01:00:08.45	00:46:05.45		02:06:04.67
3	113/179	42/79	63	Carolyn Milbrath	59	F	Hudson	WI	00:15:48.15	01:06:31.89	00:48:25.63		02:14:26.71

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/179	26/100	122	David Goldberg	56	M	Minnetrissa	MN	00:12:53.51	00:54:25.64	00:39:35.11		01:50:14.39
2	34/179	28/100	101	Keith Tufte	57	M	Eden Prairie	MN	00:13:36.38	00:55:32.54	00:38:22.10		01:51:07.15
3	43/179	34/100	100	Kevin Olsen	57	M	Orono	MN	00:13:45.94	00:54:34.42	00:41:59.71		01:53:16.37

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	80/179	24/79	62	Helen Gunther	60	F	Excelsior	MN	00:16:38.62	01:01:45.98	00:43:26.08		02:05:43.16
2	108/179	40/79	59	Pam Stevens	64	F	Sartell	MN	00:15:50.79	01:07:44.31	00:46:20.94		02:13:46.67
3	135/179	54/79	60	Susan Holt	61	F	Plymouth	MN	00:15:32.28	01:08:58.51	00:51:20.24		02:20:46.32

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	41/179	32/100	86	Skip Fitting	62	M	Buffalo	MN	00:15:23.70	00:57:47.04	00:36:19.72		01:53:06.80
2	74/179	53/100	88	Peter Lancaster	62	M	Minneapolis	MN	00:15:32.27	00:59:59.30	00:42:58.93		02:04:04.41
3	96/179	60/100	87	Greg Fletcher	62	M	Chanhausen	MN	00:14:27.42	00:59:22.88	00:49:02.11		02:08:46.92

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	124/179	50/79	58	Lisa Wheeler	66	F	Bloomington	MN	00:19:01.16	01:07:13.20	00:47:19.65		02:18:08.14
2	143/179	59/79	57	Deborah Roberts	66	F	Northfield	MN	00:17:13.44	01:08:06.88	00:53:11.62		02:22:17.66
3	164/179	70/79	56	Connie Foster	66	F	River Falls	WI	00:19:29.79	01:14:09.29	00:54:41.96		02:34:46.82

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Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/179	57/100	83	Mike Flynn	65	M	Elk River	MN	00:19:56.78	01:00:13.64	00:41:27.00		02:06:45.34
2	131/179	79/100	81	Rick E Wheeler	66	M	Bloomington	MN	00:19:01.54	01:06:28.77	00:49:16.87		02:19:20.87
3	154/179	90/100	82	George Fantauzza	65	M	Buffalo	MN	00:21:36.89	01:07:56.54	00:48:15.83		02:26:49.69

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	178/179	99/100	78	Fred Roethlisberger	74	M	River Falls	WI	00:24:51.79	01:23:05.36	00:58:17.00		02:56:18.95