

Heart of the Lakes Triathlon

July 16, 2017

Long Individual

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	12	Christina Roberts	F	31	St. Louis Park	MN	00:12:20	1	1:23	00:01:33	00:54:53	3	23.0	00:00:27	00:33:58	2	6:24		01:43:08.12
2	16	Diane Hankee	F	40	Lino Lakes	MN	00:14:37	11	1:39	00:01:41	00:54:41	2	23.0	00:00:19	00:34:14	3	6:27		01:45:29.57
3	20	Margaret Weiss	F	22	Excelsior	MN	00:12:57	2	1:28	00:02:00	00:54:54	4	23.0	00:00:46	00:36:14	8	6:50		01:46:48.56
4	25	Kelly Trom	F	30	Minneapolis	MN	00:14:47	12	1:40	00:01:52	00:54:41	1	23.0	00:00:40	00:35:13	5	6:38		01:47:09.32
5	14	Andrea Myers	F	41	Plymouth	MN	00:12:59	3	1:28	00:01:41	00:57:02	8	22.1	00:00:28	00:37:43	14	7:06		01:49:50.63
6	17	Erin Farrens	F	36	Maple Grove	MN	00:15:23	17	1:44	00:01:47	00:55:36	5	22.7	00:00:57	00:36:43	10	6:55		01:50:23.57
7	181	Krisana Hoff	F	40	Excelsior	MN	00:16:34	29	1:52	00:02:38	00:55:56	6	22.5	00:01:31	00:35:47	6	6:45		01:52:25.40
8	66	Jan Guenther	F	58	Long Lake	MN	00:14:24	10	1:37	00:02:37	00:57:17	9	22.0	00:00:37	00:37:39	12	7:06		01:52:30.64
9	24	Lisa Lendway	F	36	St. Paul	MN	00:13:24	6	1:31	00:01:40	00:57:27	10	21.9	00:00:31	00:40:01	26	7:32		01:53:01.05
10	19	Kristina Swenson	F	20	Rogers	MN	00:13:10	4	1:29	00:01:36	00:58:08	14	21.7	00:00:38	00:40:01	27	7:32		01:53:30.07
11	133	Gillian Auslander	F	47	Minneapolis	MN	00:13:34	7	1:32	00:02:57	00:57:36	11	21.9	00:01:12	00:38:31	16	7:15		01:53:47.12
12	213	Katherine Johnson	F	29	Ramsey	MN	00:16:54	33	1:54	00:02:10	00:56:23	7	22.3	00:01:22	00:37:41	13	7:06		01:54:27.78
13	15	Kelli Moretter-Bue	F	39	Eden Prairie	MN	00:16:07	25	1:49	00:02:23	00:57:48	13	21.8	00:00:57	00:38:55	17	7:20		01:56:07.39
14	140	Veronica Bond	F	45	Rochester	MN	00:14:20	9	1:37	00:02:18	00:58:58	15	21.4	00:01:30	00:42:33	35	8:01		01:59:36.66
15	206	Sarah Getty	F	34	Maple Grove	MN	00:19:14	58	2:10	00:02:44	01:02:07	26	20.3	00:01:24	00:34:46	4	6:33		02:00:11.63
16	129	Jane Peterson	F	49	Saint Cloud	MN	00:13:20	5	1:30	00:02:57	01:00:51	20	20.7	00:01:43	00:41:58	33	7:54		02:00:45.91
17	238	Mariane Walin	F	32	Brooklyn Park	MN	00:15:36	19	1:45	00:02:20	01:00:18	19	20.9	00:01:35	00:41:17	30	7:47		02:01:02.59
18	148	Stephanie Peterson	F	41	Apple Valley	MN	00:16:26	27	1:51	00:02:08	01:05:03	39	19.4	00:01:09	00:36:35	9	6:54		02:01:18.31
19	215	Emma Adriaens	F	27	Elk River	MN	00:19:01	56	2:09	00:03:18	00:57:43	12	21.8	00:01:40	00:39:47	22	7:30		02:01:26.16
20	220	Katie Oden	F	24	Buffalo	MN	00:15:16	14	1:43	00:02:24	01:03:09	31	20.0	00:01:23	00:39:46	21	7:30		02:01:54.56
21	211	Mandy Stoesz	F	32	Buffalo	MN	00:15:56	24	1:48	00:02:28	01:02:00	25	20.3	00:01:52	00:39:52	25	7:31		02:02:05.55
22	237	Nicole Feist	F	36	Bloomington	MN	00:17:24	42	1:58	00:02:57	00:59:58	16	21.0	00:02:01	00:41:49	32	7:53		02:04:06.89
23	200	Lindsay Schwab	F	38	St. Paul	MN	00:16:29	28	1:52	00:02:26	01:04:47	36	19.5	00:01:53	00:39:48	23	7:30		02:05:20.43
24	62	Helen Gunther	F	60	Excelsior	MN	00:16:39	30	1:53	00:02:49	01:01:46	24	20.4	00:01:05	00:43:27	37	8:11		02:05:43.16
25	207	Molly Uecker	F	34	Buffalo	MN	00:17:15	40	1:57	00:02:40	01:03:01	30	20.0	00:01:47	00:41:04	29	7:44		02:05:45.23
26	214	Andrea Tremaine	F	29	Minneapolis	MN	00:20:16	65	2:17	00:02:05	01:01:20	22	20.5	00:01:19	00:41:00	28	7:44		02:05:57.18
27	71	Mary Deeg	F	55	Delano	MN	00:15:52	23	1:47	00:02:57	01:00:09	18	21.0	00:01:03	00:46:06	48	8:41		02:06:04.67
28	196	Janelle Ehlers	F	38	Eden Prairie	MN	00:15:20	16	1:44	00:03:05	01:04:22	33	19.6	00:01:52	00:41:34	31	7:50		02:06:11.10
29	204	Michelle Eversman	F	35	Eden Prairie	MN	00:21:49	71	2:28	00:02:44	01:04:29	35	19.5	00:01:52	00:35:48	7	6:45		02:06:39.92
30	221	Allison Crum	F	19	Deerwood	MN	00:13:54	8	1:34	00:03:05	01:04:54	37	19.4	00:01:41	00:43:22	36	8:10		02:06:53.17
31	217	Kaylea Brase	F	26	Lino Lakes	MN	00:17:58	43	2:02	00:03:25	01:06:09	43	19.0	00:01:57	00:37:37	11	7:05		02:07:04.28
32	132	Chris Nehring	F	48	Kimball	MN	00:18:10	45	2:03	00:02:56	01:00:03	17	21.0	00:01:21	00:45:08	43	8:30		02:07:35.36
33	212	Tracy Marko	F	30	Eagan	MN	00:21:51	72	2:28	00:02:57	01:02:29	28	20.2	00:01:38	00:38:59	18	7:21		02:07:50.67
34	146	Susan Hilal	F	41	Plymouth	MN	00:15:18	15	1:43	00:02:20	01:07:05	45	18.8	00:01:16	00:42:33	34	8:01		02:08:29.44
35	201	Heather Grazzini-Sims	F	37	Wayzata	MN	00:16:49	32	1:54	00:02:57	01:07:49	51	18.6	00:01:55	00:39:03	19	7:21		02:08:30.76

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Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	127	Sarah Parks	F	52	Minneapolis	MN	00:19:24	61	2:11	00:03:59	01:02:44	29	20.1	00:02:51	00:39:51	24	7:31		02:08:46.12
37	149	Amy Becker	F	40	Holmen	WI	00:18:09	44	2:03	00:03:43	01:05:41	41	19.2	00:01:45	00:39:39	20	7:28		02:08:54.18
38	205	Julie Feldman	F	35	Inver Grove Heights	MN					01:01:34	23	20.5	00:01:29	00:46:36	50	8:47		02:09:16.83
39	236	Kyleen Harstedt	F	38	Hugo	MN	00:15:45	20	1:46	00:02:57	01:02:12	27	20.3	00:02:25	00:47:06	52	8:53		02:10:21.35
40	59	Pam Stevens	F	64	Sartell	MN	00:15:51	22	1:47	00:02:40	01:07:45	49	18.6	00:01:11	00:46:21	49	8:44		02:13:46.67
41	139	Jessica Kessler	F	46	Mendota Heights	MN	00:20:05	64	2:16	00:03:23	01:04:57	38	19.4	00:01:24	00:44:22	42	8:22		02:14:08.71
42	63	Carolyn Milbrath	F	59	Hudson	WI	00:15:49	21	1:47	00:02:40	01:06:32	44	18.9	00:01:02	00:48:26	57	9:08		02:14:26.71
43	222	Jenna Horner	F	19	Eden Prairie	MN	00:19:19	59	2:11	00:02:15	01:05:58	42	19.1	00:01:23	00:45:55	47	8:39		02:14:46.33
44	119	Judith Peters	F	57	St. Cloud	MN	00:18:43	51	2:07	00:03:02	01:07:51	52	18.6	00:01:18	00:44:01	40	8:18		02:14:51.84
45	70	Mary Januschka	F	56	Cambridge	MN	00:20:20	66	2:18	00:04:16	01:04:09	32	19.6	00:02:04	00:44:12	41	8:20		02:14:58.57
46	73	Bethann Barankovich	F	53	Minneapolis	MN	00:17:00	35	1:55	00:03:07	01:08:52	55	18.3	00:01:26	00:45:36	45	8:36		02:15:59.64
47	199	Amy Pals	F	38	Hudson	WI	00:21:13	69	2:24	00:03:28	01:20:36	75	15.6	00:02:20	00:28:53	1	5:26		02:16:27.97
48	147	Kate Kelly	F	41	Minneapolis	MN	00:18:29	48	2:05	00:03:25	01:09:22	58	18.2	00:01:59	00:43:30	38	8:12		02:16:42.18
49	138	Brenda Schalk	F	47	Berrien Springs	MI	00:18:36	50	2:06	00:03:09	01:10:49	61	17.8	00:01:34	00:43:55	39	8:17		02:18:00.34
50	58	Lisa Wheeler	F	66	Bloomington	MN	00:19:02	57	2:09	00:02:59	01:07:14	46	18.7	00:01:37	00:47:20	53	8:55		02:18:08.14
51	74	Karen Eklin	F	53	Plymouth	MN	00:16:15	26	1:50	00:03:41	01:09:07	57	18.2	00:01:45	00:47:33	54	8:58		02:18:18.15
52	68	Brenda Conzet	F	56	Buffalo	MN	00:17:07	36	1:56	00:04:46	01:07:14	47	18.7	00:02:12	00:47:50	55	9:01		02:19:06.18
53	190	Andrea Potyondy-Smith	F	41	Brooklyn Park	MN	00:16:59	34	1:55	00:03:42	01:01:02	21	20.6	00:01:57	00:56:46	77	10:42		02:20:23.08
54	60	Susan Holt	F	61	Plymouth	MN	00:15:33	18	1:45	00:03:07	01:08:59	56	18.3	00:01:49	00:51:21	65	9:41		02:20:46.32
55	69	Carla Hausladen	F	56	Corcoran	MN	00:18:26	46	2:05	00:03:26	01:07:17	48	18.7	00:02:38	00:49:04	60	9:15		02:20:47.68
56	198	Christina Lysen	F	38	Sartell	MN	00:18:51	54	2:08	00:03:52	01:11:42	63	17.6	00:01:30	00:45:08	44	8:30		02:20:59.69
57	244	Sarah Lipinski	F	24	Minneapolis	MN	00:17:14	39	1:57	00:03:04	01:21:16	77	15.5	00:01:27	00:38:21	15	7:14		02:21:19.94
58	141	Amy Moran	F	44	Hastings	MN	00:23:16	75	2:38	00:03:52	01:04:27	34	19.6	00:01:58	00:48:29	58	9:08		02:21:59.06
59	57	Deborah Roberts	F	66	Northfield	MN	00:17:14	38	1:57	00:02:46	01:08:07	53	18.5	00:01:01	00:53:12	68	10:02		02:22:17.66
60	180	Carolyn Tuohy	F	43	Minneapolis	MN	00:18:45	52	2:07	00:02:59	01:10:14	60	17.9	00:02:18	00:48:25	56	9:08		02:22:38.20
61	64	Lisa Polachek	F	59	Saint Paul	MN	00:15:14	13	1:43	00:03:43	01:11:07	62	17.7	00:01:31	00:52:25	66	9:53		02:23:55.93
62	145	Ann Davenport	F	41	Minneapolis	MN	00:16:48	31	1:54	00:03:26	01:05:21	40	19.3	00:02:32	00:56:16	76	10:36		02:24:20.19
63	77	Cathleen Mcginnity	F	51	Luck	WI	00:17:23	41	1:58	00:03:46	01:08:49	54	18.3	00:01:29	00:54:41	70	10:19		02:26:06.44
64	209	Michelle Loerzel	F	33	Savage	MN	00:19:00	55	2:09	00:03:10	01:15:30	71	16.7	00:02:21	00:46:43	51	8:48		02:26:40.12
65	144	Jennifer Ho	F	42	Inver Grove Heights	MN	00:21:03	68	2:23	00:03:54	01:07:49	50	18.6	00:04:21	00:50:28	64	9:31		02:27:32.69
66	239	Kelli Millsagle	F	32	Minneapolis	MN	00:22:43	74	2:34	00:03:42	01:09:40	59	18.1	00:02:01	00:49:42	62	9:22		02:27:46.20
67	219	Rachael Howard	F	24	Saint Michael	MN	00:19:22	60	2:11	00:02:50	01:15:56	72	16.6	00:01:51	00:48:49	59	9:12		02:28:46.61
68	61	Susan Summitt	F	61	Minneapolis	MN	00:18:26	47	2:05	00:03:50	01:15:23	70	16.7	00:02:41	00:50:07	63	9:27		02:30:24.35
69	72	Michaelle Meland	F	55	Golden Valley	MN	00:18:30	49	2:05	00:04:23	01:13:00	64	17.3	00:02:19	00:52:55	67	9:58		02:31:04.58
70	56	Connie Foster	F	66	River Falls	WI	00:19:30	62	2:12	00:04:08	01:14:10	65	17.0	00:02:19	00:54:42	71	10:19		02:34:46.82

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							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	131	Kathleen Carlson	F	48	Edina	MN	00:19:58	63	2:15	00:03:52	01:14:26	67	16.9	00:02:08	00:55:09	74	10:24		02:35:31.68
72	203	Jenny Drew	F	35	Hong Kong		00:22:17	73	2:31	00:03:11	01:24:02	78	15.0	00:01:16	00:45:38	46	8:36		02:36:20.96
73	75	Ann Sheehan	F	53	Big Lake	MN	00:27:27	79	3:06	00:03:51	01:14:11	66	17.0	00:02:11	00:49:30	61	9:20		02:37:07.87
74	134	Joleen Gutting	F	47	River Falls	WI	00:21:01	67	2:22	00:04:28	01:15:08	69	16.8	00:02:04	00:55:08	73	10:24		02:37:45.41
75	188	Carol Osterhus	F	48	Minnetonka	MN	00:18:49	53	2:07	00:03:45	01:19:58	74	15.8	00:02:48	00:54:05	69	10:12		02:39:22.21
76	137	Cheryl Rubenis	F	47	Brooklyn Park	MN	00:17:12	37	1:56	00:04:14	01:14:28	68	16.9	00:02:18	01:02:09	79	11:43		02:40:18.90
77	210	Katie Pierson	F	33	Minnetonka	MN	00:21:18	70	2:24	00:03:46	01:21:03	76	15.5	00:02:33	00:54:59	72	10:22		02:43:36.72
78	197	Melissa Kelly	F	38	Saint Paul	MN	00:24:45	78	2:48	00:03:19	01:17:12	73	16.3	00:02:26	00:58:17	78	10:59		02:45:57.19
79	195	Christy Feist	F	39	Waconia	MN	00:24:27	77	2:46	00:05:42	01:25:17	79	14.8	00:03:35	00:55:26	75	10:27		02:54:25.23

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Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc		
1	27	Sean Cooley	M	32	Saint Paul	MN	00:12:28	7	1:24	00:01:29	00:46:34	1	27.1	00:00:34	00:31:06	6	5:52	01:32:10.00
2	1	Josh Blankenheim	M	36	Duluth	MN	00:13:29	22	1:31	00:01:34	00:48:49	4	25.8	00:00:28	00:29:30	1	5:33	01:33:46.86
3	26	Nathan Ansbaugh	M	30	Minneapolis	MN	00:12:19	4	1:23	00:01:38	00:48:56	5	25.8	00:00:28	00:31:01	5	5:51	01:34:19.60
4	28	Andy Wiberg	M	38	Lakeville	MN	00:14:44	36	1:40	00:01:35	00:47:24	2	26.6	00:00:40	00:30:24	4	5:43	01:34:44.81
5	23	Jordan Roby	M	27	St. Louis Park	MN	00:14:22	33	1:37	00:01:22	00:49:35	6	25.4	00:00:22	00:29:44	3	5:36	01:35:22.86
6	22	David Holden	M	48	Hudson	WI	00:11:41	1	1:19	00:01:37	00:50:32	9	24.9	00:00:27	00:32:01	9	6:02	01:36:16.36
7	8	Joe Adriaens	M	29	Elk River	MN	00:12:21	5	1:23	00:01:43	00:51:58	14	24.2	00:00:43	00:31:14	7	5:53	01:37:56.86
8	5	Scott Myers	M	42	Plymouth	MN	00:12:29	8	1:24	00:01:51	00:50:48	11	24.8	00:00:33	00:33:27	13	6:18	01:39:05.62
9	165	Greg Dummer	M	46	Minneapolis	MN	00:12:36	9	1:25	00:02:12	00:50:16	8	25.1	00:00:46	00:33:29	14	6:19	01:39:16.78
10	7	Tony Schiller	M	59	Eden Prairie	MN	00:13:03	13	1:28	00:01:45	00:50:12	7	25.1	00:00:27	00:34:13	17	6:27	01:39:36.71
11	9	Mitch Brekke	M	28	Hartland	MN	00:14:21	32	1:37	00:01:37	00:48:45	3	25.9	00:00:33	00:35:02	20	6:36	01:40:16.00
12	174	Mike Buenting	M	43	Chanhassen	MN	00:16:35	60	1:52	00:01:51	00:50:33	10	24.9	00:01:17	00:31:26	8	5:55	01:41:39.83
13	179	Moshe Peri	M	40	Minnetonka	MN	00:13:05	14	1:28	00:01:40	00:53:29	19	23.6	00:00:46	00:33:03	10	6:14	01:42:00.95
14	159	Phillip Falkner	M	47	Minneapolis	MN	00:13:12	17	1:29	00:02:32	00:52:52	15	23.8	00:01:06	00:33:17	12	6:16	01:42:56.85
15	18	Brian Porter	M	37	Northfield	MN	00:12:23	6	1:24	00:02:00	00:53:09	16	23.7	00:01:00	00:34:29	18	6:30	01:42:58.53
16	29	Nathan Hoffman	M	23	South Haven	MN	00:17:51	73	2:01	00:01:30	00:53:41	20	23.5	00:00:25	00:29:37	2	5:35	01:43:01.80
17	224	Gary Metcalf	M	38	Austin	TX	00:14:07	28	1:35	00:01:44	00:50:58	13	24.7	00:01:25	00:35:23	21	6:40	01:43:34.32
18	126	Randy Peterson	M	51	Northfield	MN	00:13:15	19	1:30	00:02:12	00:53:25	18	23.6	00:00:55	00:34:51	19	6:34	01:44:36.97
19	151	Tim Bode	M	49	Buffalo	MN	00:12:09	2	1:22	00:02:13	00:50:58	12	24.7	00:01:19	00:39:17	36	7:24	01:45:52.30
20	171	Scott Brown	M	44	Minneapolis	MN	00:14:14	31	1:36	00:02:28	00:53:11	17	23.7	00:00:45	00:35:28	22	6:41	01:46:03.89
21	177	Michael Hankee	M	40	Lino Lakes	MN	00:13:14	18	1:29	00:01:59	00:54:50	27	23.0	00:01:07	00:36:27	26	6:52	01:47:34.47
22	114	Ian Nemerov	M	51	Edina	MN	00:13:33	23	1:32	00:02:52	00:54:34	25	23.1	00:00:53	00:37:23	28	7:03	01:49:11.82
23	228	Jon Reifschneider	M	34	Minneapolis	MN	00:15:26	46	1:44	00:02:07	00:56:34	35	22.3	00:01:40	00:34:00	15	6:24	01:49:45.03
24	183	Mick Quinn	M	43	Willmar	MN	00:15:38	50	1:46	00:02:34	00:56:14	34	22.4	00:01:17	00:34:04	16	6:25	01:49:45.89
25	242	Carter Deichman	M	16	Mankato	MN	00:13:24	20	1:31	00:01:34	01:00:47	55	20.7	00:00:54	00:33:16	11	6:16	01:49:52.66
26	122	David Goldberg	M	56	Minnetrista	MN	00:12:54	11	1:27	00:02:19	00:54:26	22	23.2	00:01:02	00:39:36	39	7:28	01:50:14.39
27	223	Greg Alexander	M	39	Plymouth	MN	00:13:25	21	1:31	00:02:08	00:55:49	32	22.6	00:01:23	00:37:34	29	7:05	01:50:16.89
28	101	Keith Tufte	M	57	Eden Prairie	MN	00:13:37	24	1:32	00:02:44	00:55:33	29	22.7	00:00:53	00:38:23	30	7:14	01:51:07.15
29	162	Timothy Huntley	M	47	Hudson	WI	00:13:00	12	1:28	00:02:56	00:58:36	43	21.5	00:01:11	00:36:25	25	6:52	01:52:04.65
30	172	Bill Corcoran	M	44	Sauk Rapids	MN	00:14:11	30	1:36	00:01:54	00:54:14	21	23.2	00:01:25	00:40:40	44	7:40	01:52:22.15
31	234	Stephen Dennison	M	22	Maple Grove	MN	00:12:40	10	1:26	00:02:03	00:57:28	37	21.9	00:01:52	00:38:41	33	7:17	01:52:40.39
32	86	Skip Fitting	M	62	Buffalo	MN	00:15:24	44	1:44	00:02:53	00:57:48	39	21.8	00:00:44	00:36:20	24	6:51	01:53:06.80
33	108	David Knack	M	54	Prior Lake	MN	00:13:53	27	1:34	00:02:36	00:57:11	36	22.0	00:00:59	00:38:33	32	7:16	01:53:09.26
34	100	Kevin Olsen	M	57	Orono	MN	00:13:46	25	1:33	00:02:16	00:54:35	26	23.1	00:00:42	00:42:00	49	7:55	01:53:16.37
35	97	Jeff Gilmer	M	58	Delano	MN	00:15:30	48	1:45	00:02:34	00:54:29	23	23.1	00:00:34	00:40:36	43	7:39	01:53:39.10

Heart of the Lakes Triathlon

July 16, 2017

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc		
36	94	Dale Forde	M	59	Golden Valley	MN	00:15:07	40	1:42	00:02:47	00:57:59	40	21.7	00:01:17	00:37:04	27	6:59	01:54:11.81
37	167	Brett Bruininks	M	45	Edina	MN	00:14:52	38	1:40	00:03:32	00:54:33	24	23.1	00:01:57	00:39:35	38	7:28	01:54:25.29
38	185	Joshua Flynn	M	42	Medina	MN	00:12:13	3	1:22	00:02:29	00:59:03	45	21.3	00:01:10	00:39:36	40	7:28	01:54:28.53
39	117	Robert Gamboa	M	50	Plymouth	MN	00:13:10	16	1:29	00:02:15	00:58:33	41	21.5	00:00:52	00:40:01	42	7:32	01:54:48.97
40	99	Steve Kangas	M	57	Woodbury	MN	00:15:41	51	1:46	00:03:26	00:55:59	33	22.5	00:01:19	00:39:58	41	7:32	01:56:19.66
41	178	Doug Larsen	M	40	Cold Spring	MN	00:14:08	29	1:36	00:02:35	00:58:33	42	21.5	00:01:13	00:41:05	46	7:45	01:57:32.04
42	123	Rich Graske	M	57	Maple Grove	MN	00:15:25	45	1:44	00:02:36	00:59:08	46	21.3	00:00:58	00:39:31	37	7:27	01:57:34.40
43	107	Brian Lavelle	M	55	Chaska	MN	00:13:49	26	1:33	00:02:31	00:55:48	31	22.6	00:00:54	00:45:00	67	8:29	01:57:59.24
44	164	Reese Lang	M	47	Lotetto	MN	00:16:59	65	1:55	00:02:01	00:59:49	49	21.1	00:01:01	00:38:28	31	7:15	01:58:13.91
45	233	Mitchell Ergen	M	24	Sartell	MN	00:15:51	53	1:47	00:02:38	01:02:34	65	20.1	00:01:37	00:36:10	23	6:49	01:58:47.55
46	163	Joe Kelzer	M	47	New Richmond	WI					00:57:43	38	21.8	00:01:30	00:38:46	34	7:18	01:59:08.91
47	182	Alan Leusink	M	48	Minneapolis	MN	00:16:45	62	1:53	00:02:27	00:55:41	30	22.6	00:01:32	00:42:54	56	8:05	01:59:15.90
48	226	Mike Younes	M	37	St Louis Park	MN	00:16:09	55	1:49	00:02:59	01:00:59	56	20.7	00:01:06	00:39:01	35	7:21	02:00:11.33
49	168	Bruce Foyt	M	45	Rosemount	MN	00:13:06	15	1:28	00:03:32	01:03:54	69	19.7	00:01:24	00:40:57	45	7:43	02:02:49.66
50	105	Drew Frakes	M	55	St Louis Park	MN	00:17:21	69	1:57	00:03:40	00:58:53	44	21.4	00:01:04	00:42:12	51	7:57	02:03:08.46
51	154	Charles Huntley	M	49	Woodbury	MN	00:14:46	37	1:40	00:03:03	01:01:43	62	20.4	00:01:35	00:42:08	50	7:56	02:03:12.91
52	241	Mark Brice	M	34	Minneapolis	MN	00:15:12	41	1:43	00:02:44	01:01:42	61	20.4	00:01:38	00:42:32	52	8:01	02:03:45.57
53	88	Peter Lancaster	M	62	Minneapolis	MN	00:15:33	49	1:45	00:04:17	01:00:00	50	21.0	00:01:18	00:42:59	57	8:06	02:04:04.41
54	110	Mark Augdahl	M	52	Chaska	MN	00:14:57	39	1:41	00:03:09	01:03:29	67	19.9	00:01:43	00:41:11	47	7:46	02:04:25.63
55	240	Steven Brouwer	M	38	Waverly	MN	00:18:35	79	2:06	00:02:14	01:00:08	51	21.0	00:01:15	00:42:41	53	8:03	02:04:49.93
56	246	Andrew Jacot	M	29	St Paul	MN	00:15:47	52	1:47	00:02:31	01:01:58	63	20.3	00:01:43	00:43:22	58	8:10	02:05:18.17
57	83	Mike Flynn	M	65	Elk River	MN	00:19:57	84	2:15	00:03:52	01:00:14	52	20.9	00:01:16	00:41:27	48	7:49	02:06:45.34
58	115	Dustin Warner	M	51	Eden Prairie	MN	00:15:27	47	1:45	00:02:54	01:04:48	72	19.4	00:00:50	00:43:53	61	8:16	02:07:49.07
59	98	Don Weirens	M	58	St. Louis Park	MN	00:17:49	72	2:01	00:02:47	01:01:28	59	20.5	00:01:51	00:44:27	65	8:23	02:08:19.54
60	87	Greg Fletcher	M	62	Chanhassen	MN	00:14:28	35	1:38	00:03:52	00:59:23	48	21.2	00:02:04	00:49:03	81	9:15	02:08:46.92
61	91	Peter Tabor	M	60	Minneapolis	MN	00:15:21	43	1:44	00:03:42	00:55:22	28	22.8	00:02:00	00:52:42	90	9:56	02:09:05.39
62	92	Bob Leone	M	60	Plymouth	MN	00:16:55	64	1:54	00:04:52	01:00:24	53	20.9	00:02:45	00:44:54	66	8:28	02:09:47.42
63	112	Jeff Engel	M	52	Chaska	MN	00:15:59	54	1:48	00:03:15	01:06:15	75	19.0	00:01:40	00:42:51	55	8:05	02:09:57.59
64	158	Nate Thompson	M	48	Eden Prairie	MN	00:18:34	78	2:06	00:02:40	01:00:27	54	20.8	00:01:47	00:47:07	73	8:53	02:10:31.89
65	125	Jeff Dahle	M	54	Morristown	MN	00:18:11	76	2:03	00:03:24	01:01:19	58	20.6	00:02:05	00:46:46	72	8:49	02:11:42.59
66	111	Ted Peterson	M	52	Saint Cloud	MN	00:16:24	57	1:51	00:03:56	01:06:31	78	18.9	00:01:24	00:43:48	60	8:15	02:12:00.32
67	89	John Jeffries	M	61	Eden Prairie	MN	00:17:01	66	1:55	00:04:15	01:01:08	57	20.6	00:02:05	00:47:42	75	8:59	02:12:08.17
68	96	Steve Gunther	M	59	Excelsior	MN	00:14:24	34	1:37	00:02:16	01:04:33	70	19.5	00:00:51	00:50:29	87	9:31	02:12:31.00
69	109	Lane Gans	M	53	Mendota Heights	MN	00:16:26	59	1:51	00:03:08	01:10:03	88	18.0	00:00:58	00:43:35	59	8:13	02:14:07.43
70	175	Ryan Kessler	M	43	Mendota Heights	MN	00:17:57	75	2:01	00:02:54	01:06:45	79	18.9	00:01:09	00:45:27	69	8:34	02:14:08.88

Heart of the Lakes Triathlon

July 16, 2017

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	227	Bill Shields	M	36	Plymouth	MN	00:17:51	74	2:01	00:03:39	01:07:56	83	18.5	00:02:11	00:42:49	54	8:04		02:14:23.75
72	166	Scott Schalk	M	46	Berrien Springs	MI	00:20:51	87	2:21	00:03:01	01:06:20	76	19.0	00:01:22	00:44:06	63	8:19		02:15:38.18
73	113	Jon Frank	M	51	Prior Lake	MN	00:16:25	58	1:51	00:04:04	01:07:18	80	18.7	00:01:41	00:48:11	77	9:05		02:17:35.28
74	118	Lawrence Nemecek	M	50	Minnetrista	MN	00:16:51	63	1:54	00:03:28	00:59:14	47	21.3	00:02:40	00:55:28	93	10:27		02:17:37.43
75	124	Steve Gaffer	M	57	New Richmond	WI	00:15:20	42	1:44	00:03:23	01:01:35	60	20.5	00:01:30	00:56:59	96	10:44		02:18:45.30
76	160	Luis Garcia	M	47	Fargo	ND	00:17:26	70	1:58	00:03:47	01:10:55	89	17.8	00:02:48	00:43:55	62	8:17		02:18:47.18
77	93	Richard Dolski	M	59	Chaska	MN	00:18:51	80	2:08	00:04:10	01:05:12	73	19.3	00:01:29	00:49:09	82	9:16		02:18:48.17
78	84	Mike Borneke	M	63	Eagle Lake	MN	00:21:53	90	2:28	00:04:12	01:02:00	64	20.3	00:01:34	00:49:31	84	9:20		02:19:07.68
79	81	Rick E Wheeler	M	66	Bloomington	MN	00:19:02	81	2:09	00:03:17	01:06:29	77	19.0	00:01:17	00:49:17	83	9:17		02:19:20.87
80	184	Seth Hagerty	M	41	Eagan	MN	00:20:07	85	2:16	00:04:02	01:05:41	74	19.2	00:02:52	00:47:21	74	8:56		02:20:01.08
81	161	Christopher Hedberg	M	47	Maple Plain	MN	00:18:14	77	2:03	00:03:36	01:07:26	81	18.7	00:01:35	00:49:44	85	9:22		02:20:32.98
82	187	Lance Mueffelmann	M	44	Cold Spring	MN	00:19:11	82	2:10	00:04:30	01:04:48	71	19.4	00:02:24	00:50:19	86	9:29		02:21:10.94
83	176	Bill Copenhagen	M	41	Minnetonka	MN	00:16:10	56	1:49	00:03:07	01:03:38	68	19.8	00:01:27	00:56:54	95	10:44		02:21:12.81
84	173	Paul Portenl+finger	M	44	Minneapolis	MN	00:19:27	83	2:12	00:04:20	01:12:04	94	17.5	00:01:30	00:44:08	64	8:19		02:21:26.19
85	170	Matt Honsey	M	45	Annandale	MN	00:20:53	88	2:21	00:02:40	01:11:33	92	17.6	00:00:59	00:46:16	70	8:43		02:22:18.35
86	235	Tyler Shelby	M	22	Buffalo	MN	00:17:45	71	2:00	00:04:48	01:08:54	86	18.3	00:02:30	00:48:54	79	9:13		02:22:48.44
87	153	Paul Burleigh	M	49	Woodbury	MN	00:16:43	61	1:53	00:03:26	01:11:04	90	17.7	00:02:05	00:51:27	88	9:42		02:24:42.60
88	103	Jonathan Stinson	M	56	Plymouth	MN	00:23:24	93	2:39	00:03:47	01:08:03	85	18.5	00:03:52	00:46:46	71	8:49		02:25:49.19
89	120	Randall Kntson	M	54	Mankato	MN	00:17:03	67	1:55	00:03:46	01:02:38	66	20.1	00:04:07	00:59:08	99	11:09		02:26:39.34
90	82	George Fantauzza	M	65	Buffalo	MN	00:21:37	89	2:26	00:05:26	01:07:57	84	18.5	00:03:36	00:48:16	78	9:06		02:26:49.69
91	104	Tony Brown	M	55	Lakeville	MN	00:17:15	68	1:57	00:04:33	01:07:51	82	18.6	00:02:23	00:55:56	94	10:33		02:27:55.61
92	106	Mark Getty	M	55	Plymouth	MN	00:29:58	98	3:23	00:03:35	01:09:03	87	18.3	00:01:14	00:45:03	68	8:29		02:28:49.69
93	186	Saul Lockerby	M	43	Faribault	MN	00:24:34	96	2:46	00:04:24	01:12:39	95	17.3	00:02:52	00:49:02	80	9:15		02:33:27.89
94	102	Chuck Wagner	M	57	Minnetonka	MN	00:20:07	86	2:16	00:04:46	01:11:21	91	17.7	00:02:51	00:54:36	91	10:18		02:33:38.79
95	156	Bill Lyons	M	48	Golden Valley	MN	00:31:10	99	3:31	00:06:04	01:11:35	93	17.6	00:02:58	00:47:49	76	9:01		02:39:32.18
96	80	Jerry House	M	69	Woodbury	MN	00:23:14	92	2:37	00:06:56	01:16:56	97	16.4	00:02:07	00:52:38	89	9:55		02:41:47.99
97	155	Allen Weis	M	49	Delano	MN	00:22:49	91	2:35	00:04:00	01:12:55	96	17.3	00:02:12	01:06:55	100	12:37		02:48:48.66
98	90	John Jasinski	M	60	Minneapolis	MN	00:23:31	94	2:39	00:09:42	01:19:14	98	15.9	00:04:53	00:55:11	92	10:24		02:52:28.97
99	78	Fred Roethlisberger	M	74	River Falls	WI	00:24:52	97	2:49	00:05:22	01:23:06	99	15.2	00:04:44	00:58:17	97	10:59		02:56:18.95
100	229	Andrew Ortquist	M	33	Lakeville	MN	00:24:18	95	2:45	00:04:06	01:29:15	100	14.1	00:01:53	00:58:35	98	11:03		02:58:05.48