

# Heart of the Lakes Triathlon

July 16, 2017

## Overall Results

### Short Individual

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	356	Kyle Swenson	M	15	Rogers	MN	00:05:50	2	1:19	00:01:54	00:18:29	16	20.8	00:00:58	00:15:31	2	6:12		00:42:38.75
2	352	Nathan Bich	M	18	Duluth	MN	00:06:12	5	1:24	00:01:59	00:16:57	1	22.7	00:01:14	00:16:23	5	6:33		00:42:41.81
3	732	Ross Golla	M	38	Minnetonka	MN	00:07:44	42	1:45	00:01:38	00:17:19	5	22.2	00:00:59	00:15:37	3	6:14		00:43:14.25
4	496	Andy Clark	M	54	Northfield	MN	00:06:18	6	1:25	00:01:31	00:17:58	9	21.4	00:01:05	00:16:44	8	6:41		00:43:34.20
5	351	Colin Smith	M	47	Minneapolis	MN	00:07:32	33	1:42	00:02:10	00:17:18	4	22.2	00:01:17	00:16:25	6	6:33		00:44:39.22
6	354	Todd White	M	50	Roseville	MN	00:06:03	4	1:22	00:01:49	00:18:06	10	21.2	00:01:05	00:17:42	13	7:04		00:44:41.26
7	360	Marty Moran	M	50	St Cloud	MN	00:05:12	1	1:10	00:02:06	00:17:25	6	22.1	00:01:04	00:19:00	42	7:35		00:44:45.52
8	358	Nick Teetzel	M	25	Corcoran	MN	00:09:35	127	2:10	00:02:10	00:17:17	3	22.2	00:01:07	00:14:57	1	5:58		00:45:04.56
9	683	Tyson Molitor	M	28	Belgrade	MN	00:07:08	20	1:36	00:02:01	00:19:15	23	19.9	00:01:03	00:16:58	10	6:46		00:46:23.11
10	748	Jim Mack	M	57	Madison Lake	MN	00:06:52	11	1:33	00:02:34	00:16:58	2	22.7	00:01:10	00:19:15	47	7:41		00:46:46.61
11	736	Keith Thompson	M	48	Annandale	MN	00:07:54	52	1:47	00:02:30	00:17:57	8	21.4	00:01:15	00:17:50	14	7:07		00:47:23.61
12	363	Jason Larson	M	34	Golden Valley	MN	00:09:22	119	2:07	00:02:16	00:18:36	17	20.6	00:01:13	00:16:23	4	6:32		00:47:47.82
13	479	Jennifer Neuman	F	47	Ramsey	MN	00:07:37	37	1:43	00:02:02	00:18:25	15	20.9	00:01:29	00:18:26	29	7:22		00:47:56.09
14	672	Isaiah Bischoff	M	14	Minneapolis	MN	00:07:21	26	1:39	00:02:27	00:19:40	30	19.5	00:00:51	00:17:41	12	7:04		00:47:58.17
15	361	Isabella Buenting	F	14	Chanhassen	MN	00:06:21	7	1:26	00:02:01	00:20:15	46	19.0	00:01:07	00:18:29	30	7:23		00:48:10.77
16	731	Carson Deichman	M	14	Mankato	MN	00:06:36	10	1:29	00:01:35	00:20:30	60	18.7	00:00:55	00:18:38	32	7:26		00:48:11.36
17	357	Tom Brooks	M	53	Minneapolis	MN	00:08:40	81	1:57	00:02:14	00:18:18	14	21.0	00:01:04	00:18:39	33	7:27		00:48:51.59
18	589	Taylor Lundquist	F	17	Maple Grove	MN	00:07:32	34	1:42	00:01:56	00:20:23	52	18.9	00:01:02	00:18:06	19	7:14		00:48:57.27
19	712	Roxanne Lorenz	F	37	Benson	MN	00:09:20	115	2:06	00:02:12	00:20:06	44	19.1	00:00:58	00:16:42	7	6:40		00:49:15.61
20	355	Chad Nelson	M	41	Willmar	MN	00:08:54	93	2:00	00:02:08	00:18:43	18	20.5	00:01:20	00:18:26	28	7:22		00:49:28.46
21	669	Scott Dezurik	M	49	Avon	MN	00:08:26	66	1:54	00:02:16	00:19:04	21	20.1	00:01:18	00:18:31	31	7:24		00:49:32.44
22	627	Cara Pavsek	F	43	Rosemount	MN	00:07:06	19	1:36	00:02:11	00:19:23	26	19.8	00:00:52	00:20:14	68	8:05		00:49:42.74
23	728	Jonathan Kell	M	37	Blaine	MN	00:08:49	88	1:59	00:02:04	00:18:07	11	21.2	00:01:25	00:19:42	57	7:52		00:50:04.86
24	459	Kym Zest	F	35	Minneapolis	MN	00:07:39	38	1:43	00:02:23	00:20:44	66	18.5	00:01:22	00:18:09	21	7:15		00:50:15.25
25	362	Kelly Russ	F	28	Plymouth	MN	00:08:35	75	1:56	00:02:11	00:20:19	51	18.9	00:01:17	00:18:19	26	7:19		00:50:38.99
26	517	Jill Hughes	F	43	Orono	MN	00:09:17	111	2:06	00:02:13	00:19:18	24	19.9	00:01:22	00:18:39	34	7:27		00:50:47.59
27	511	Doobie Kurus	M	44	Minnetonka	MN	00:07:02	18	1:35	00:02:18	00:20:05	43	19.1	00:01:44	00:19:49	61	7:55		00:50:55.94
28	634	Jill Ellenbecker	F	44	Coon Rapids	MN	00:07:37	36	1:43	00:02:09	00:20:18	48	18.9	00:01:12	00:19:51	62	7:56		00:51:03.61
29	682	Tom Goudreault	M	57	Minneapolis	MN	00:09:21	118	2:07	00:03:00	00:18:17	13	21.0	00:01:37	00:19:13	46	7:40		00:51:24.94
30	377	Dwight Larsen	M	54	Plymouth	MN	00:08:31	70	1:55	00:02:36	00:19:05	22	20.1	00:01:18	00:20:06	66	8:02		00:51:33.57
31	491	Nick Engfer	M	22	Buffalo	MN	00:06:52	12	1:33	00:02:34	00:20:19	50	18.9	00:00:52	00:21:11	95	8:28		00:51:45.60
32	375	Michael Bono	M	64	Minneapolis	MN	00:08:51	91	2:00	00:02:33	00:18:50	19	20.4	00:01:20	00:20:23	71	8:09		00:51:54.83
33	478	Krisie Melsen	F	36	Saint Louis Park	MN	00:06:53	13	1:33	00:02:50	00:20:58	73	18.3	00:00:57	00:20:24	72	8:09		00:52:00.02
34	565	Ryan Parker	M	14	Buffalo	MN	00:09:25	121	2:07	00:02:20	00:21:40	95	17.7	00:00:46	00:17:56	16	7:10		00:52:03.84
35	372	Duane Pullins	M	59	Maple Lake	MN	00:08:59	97	2:02	00:02:52	00:18:11	12	21.1	00:01:38	00:20:27	73	8:10		00:52:05.08
36	615	Michael Heaney	M	49	Maple Grove	MN	00:09:05	101	2:03	00:02:54	00:20:25	55	18.8	00:01:53	00:18:01	17	7:12		00:52:15.11

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
37	368	Greg Swenson	M	48	Rogers	MN	00:06:54	14	1:33	00:02:38	00:19:19	25	19.9	00:01:15	00:22:18	127	8:54		00:52:20.12
38	611	Scott Crow	M	55	Vadnais Heights	MN	00:06:59	17	1:34	00:02:23	00:19:36	29	19.6	00:01:22	00:22:05	124	8:49		00:52:21.68
39	460	Glen Varns	M	42	Minneapolis	MN	00:09:03	100	2:02	00:03:22	00:19:31	27	19.7	00:01:35	00:19:05	44	7:37		00:52:31.84
40	697	Mike Jackson	M	34	Eden Prairie	MN	00:08:52	92	2:00	00:02:31	00:19:56	39	19.3	00:01:16	00:20:01	64	8:00		00:52:33.36
41	514	Brett Honsey	M	16	Annandale	MN	00:07:50	47	1:46	00:02:33	00:21:59	108	17.5	00:00:48	00:19:39	55	7:51		00:52:46.38
42	559	Dale Nelson	M	57	Maple Grove	MN	00:08:17	61	1:52	00:03:25	00:19:48	31	19.4	00:01:46	00:19:38	53	7:51		00:52:51.60
43	690	Dillon Norgren	M	23	Watkins	MN	00:10:15	166	2:19	00:02:18	00:21:05	80	18.2	00:00:45	00:18:45	36	7:29		00:53:05.73
44	398	Duane Millslagle	M	66	Savage	MN	00:07:45	43	1:45	00:03:31	00:19:02	20	20.2	00:01:34	00:21:19	98	8:31		00:53:07.99
45	689	Thomas Rohman	M	70	South Haven	MN	00:08:25	65	1:54	00:02:51	00:19:51	34	19.4	00:01:24	00:20:40	78	8:15		00:53:08.73
46	588	Simone Lundquist	F	14	Maple Grove	MN	00:07:17	25	1:38	00:02:20	00:22:50	149	16.8	00:01:02	00:19:44	58	7:53		00:53:11.10
47	390	Katie Vandorp	F	27	Annandale	MN	00:11:06	198	2:30	00:02:20	00:21:04	79	18.2	00:00:48	00:18:02	18	7:12		00:53:18.57
48	706	Todd Sullwold	M	49	Minnetrissa	MN	00:07:48	45	1:45	00:02:57	00:20:27	57	18.8	00:01:37	00:20:37	77	8:14		00:53:23.43
49	365	Erik Fagerstrom	M	28	Bloomington	MN	00:07:55	53	1:47	00:02:43	00:19:55	38	19.3	00:02:05	00:20:50	85	8:19		00:53:26.65
50	555	Lindsay Buchholz	F	34	Sartell	MN	00:09:09	105	2:04	00:03:11	00:22:07	115	17.4	00:01:00	00:18:12	23	7:16		00:53:36.22
51	392	Matthew Wuollet	M	28	Annandale	MN	00:09:11	106	2:04	00:02:05	00:21:36	94	17.8	00:01:10	00:19:38	52	7:50		00:53:37.29
52	729	Marc Vezies	M	45	Minneapolis	MN	00:09:42	134	2:11	00:02:11	00:21:09	83	18.2	00:01:36	00:19:03	43	7:36		00:53:37.87
53	738	Keno Avila	M	56	Big Lake	MN	00:08:35	77	1:56	00:02:49	00:20:19	49	18.9	00:01:31	00:20:31	75	8:12		00:53:42.76
54	512	Sarah Ruschmeier	F	22	New Germany	MN	00:10:19	171	2:20	00:02:29	00:20:47	68	18.5	00:01:13	00:18:58	41	7:35		00:53:44.09
55	747	Darren Amundsen	M	44	Saint Michael	MN	00:07:09	21	1:37	00:03:34	00:21:11	84	18.1	00:01:57	00:19:58	63	7:59		00:53:46.62
56	378	Joseph Furuseth	M	35	Bemidji	MN	00:09:35	126	2:10	00:03:18	00:21:25	87	17.9	00:01:01	00:18:40	35	7:27		00:53:57.58
57	698	Thomas Pritzker	M	60	Plymouth	MN	00:07:42	40	1:44	00:03:08	00:20:04	42	19.1	00:01:56	00:21:14	96	8:29		00:54:02.36
58	364	Hunter Norgren	M	19	Annandale	MN	00:08:38	80	1:57	00:03:58	00:22:35	131	17.0	00:00:49	00:18:09	20	7:15		00:54:06.09
59	382	Debbie Christian	F	46	Buffalo	MN	00:08:49	86	1:59	00:02:40	00:20:09	45	19.1	00:01:47	00:20:58	90	8:22		00:54:19.33
60	741	Darin Fischer	M	34	Atwater	MN	00:08:57	96	2:01	00:03:39	00:21:04	78	18.2	00:01:31	00:19:32	49	7:48		00:54:40.43
61	688	Bill Edmonson	M	40	Big Lake	MN	00:07:49	46	1:46	00:03:58	00:19:50	33	19.4	00:02:26	00:20:44	81	8:17		00:54:44.05
62	395	Jeff Stites	M	47	Minneapolis	MN	00:09:17	110	2:06	00:02:42	00:20:28	58	18.8	00:01:23	00:20:57	89	8:22		00:54:44.30
63	681	Sam Ringham	M	17	Wanamingo	MN	00:08:36	78	1:56	00:03:56	00:24:34	197	15.6	00:00:47	00:16:55	9	6:45		00:54:45.27
64	654	Jason Loeschen	M	38	Silver Lake	MN	00:08:45	84	1:58	00:03:50	00:21:30	91	17.9	00:00:57	00:19:47	59	7:54		00:54:46.10
65	498	Andrea O'Brien	F	29	Chanhassen	MN	00:06:31	8	1:28	00:02:21	00:22:18	120	17.2	00:01:05	00:22:41	138	9:04		00:54:53.83
66	700	Dina Khaled	F	47	Minneapolis	MN	00:10:23	173	2:21	00:02:22	00:20:02	41	19.2	00:01:18	00:20:52	87	8:20		00:54:54.22
67	624	Tom Mcdonald	M	48	Minneapolis	MN	00:07:42	39	1:44	00:02:45	00:17:54	7	21.5	00:02:38	00:24:00	163	9:35		00:54:56.21
68	539	Tara Toolan	F	41	Medina	MN	00:07:34	35	1:42	00:03:14	00:21:34	93	17.8	00:01:30	00:21:08	93	8:27		00:54:58.77
69	560	Jeffrey Nelson	M	23	Maple Grove	MN	00:06:32	9	1:28	00:03:40	00:22:26	127	17.1	00:01:35	00:20:51	86	8:20		00:55:01.35
70	506	Ariel Lindahl	F	26	Chaska	MN	00:07:21	27	1:39	00:02:55	00:22:18	119	17.2	00:00:57	00:21:42	106	8:40		00:55:10.56
71	520	Michelle Molitor	F	27	Belgrade	MN	00:08:49	87	1:59	00:02:49	00:22:25	126	17.1	00:01:08	00:20:02	65	8:00		00:55:11.10
72	451	Adrea Mauseth	F	37	St. Louis Park	MN	00:08:12	59	1:51	00:02:10	00:21:52	101	17.6	00:01:13	00:21:47	110	8:42		00:55:11.48

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	381	Todd Russ	M	58	Plymouth	MN	00:09:55	147	2:14	00:02:19	00:21:07	82	18.2	00:01:47	00:20:10	67	8:03		00:55:15.79
74	704	Lance Nemecek	M	13	Minnetrista	MN	00:10:04	159	2:16	00:03:10	00:20:58	74	18.3	00:01:41	00:19:35	50	7:49		00:55:26.13
75	535	Paul Lundeen	M	54	Buffalo	MN	00:09:17	112	2:06	00:03:15	00:20:16	47	19.0	00:01:50	00:20:53	88	8:20		00:55:28.85
76	476	Michael Guyse	M	20	Madison	WI	00:08:11	58	1:51	00:02:44	00:20:24	54	18.8	00:01:53	00:22:23	129	8:56		00:55:31.84
77	561	David Swift	M	54	Glencoe	MN	00:08:19	63	1:52	00:02:39	00:20:58	72	18.3	00:01:06	00:22:36	135	9:02		00:55:34.85
78	636	Ian O'neill	M	25	Richfield	MN	00:09:16	109	2:05	00:03:34	00:23:07	160	16.6	00:00:58	00:18:46	37	7:30		00:55:38.06
79	623	Karmin Mcdonald	F	43	Minneapolis	MN	00:11:41	219	2:38	00:02:47	00:20:42	65	18.6	00:01:42	00:18:51	38	7:32		00:55:40.69
80	617	Murphy Hebbard	M	25	Minneapolis	MN	00:06:01	3	1:21	00:03:53	00:22:35	133	17.0	00:00:54	00:22:30	131	8:59		00:55:50.83
81	616	Melissa Funke	F	26	Minneapolis	MN	00:07:29	29	1:41	00:03:35	00:23:43	176	16.2	00:01:55	00:19:12	45	7:40		00:55:51.23
82	750	Bob Sturm	M	70	Plymouth	MN	00:09:43	136	2:12	00:03:32	00:19:58	40	19.2	00:01:59	00:20:42	80	8:16		00:55:51.87
83	485	Julie Gay	F	46	Saint Cloud	MN	00:08:47	85	1:59	00:04:35	00:20:31	61	18.7	00:01:37	00:20:41	79	8:16		00:56:08.72
84	597	Lisa Spethmann	F	54	St. Cloud	MN	00:07:58	55	1:48	00:03:34	00:22:04	113	17.4	00:01:36	00:20:59	91	8:23		00:56:09.80
85	580	Karl Mertens	M	29	Gypsum	CO	00:12:53	252	2:55	00:03:27	00:19:53	36	19.3	00:01:09	00:18:54	39	7:33		00:56:13.85
86	613	Joe Dumas	M	48	Loretto	MN	00:07:30	31	1:41	00:02:33	00:22:45	147	16.9	00:01:24	00:22:04	123	8:49		00:56:13.99
87	727	Janelle Waslaski	F	50	Inver Grove Heights	MN	00:11:40	217	2:38	00:02:47	00:22:18	118	17.2	00:01:22	00:18:18	25	7:18		00:56:21.99
88	743	Peter Larson	M	17	Edina	MN	00:09:48	141	2:13	00:02:42	00:24:37	198	15.6	00:00:58	00:18:21	27	7:20		00:56:23.01
89	628	Paul Hanek	M	46	Woodbury	MN	00:09:30	124	2:09	00:02:48	00:21:16	85	18.1	00:01:10	00:21:42	105	8:40		00:56:24.11
90	625	Matt Ides	M	40	Minneapolis	MN	00:11:06	199	2:30	00:02:51	00:19:51	35	19.3	00:01:24	00:21:18	97	8:30		00:56:27.40
91	673	Jennifer Larson	F	49	Minneapolis	MN	00:08:32	74	1:55	00:02:35	00:21:56	105	17.5	00:01:27	00:22:03	122	8:48		00:56:29.53
92	626	Matthew Hwang	M	49	St. Cloud	MN	00:07:48	44	1:45	00:03:32	00:19:33	28	19.7	00:01:25	00:24:15	168	9:41		00:56:30.36
93	740	Kelli Garbers	F	25	Minneapolis	MN	00:08:40	82	1:57	00:02:57	00:22:13	116	17.3	00:00:57	00:21:47	109	8:42		00:56:30.62
94	713	Chuck Weymann	M	40	Columbus Township	MN	00:11:01	197	2:29	00:03:14	00:22:19	121	17.2	00:02:14	00:17:54	15	7:09		00:56:38.62
95	661	Anne Hoeschen	F	43	Freeport	MN	00:10:17	167	2:19	00:02:14	00:20:59	75	18.3	00:01:14	00:21:57	120	8:46		00:56:38.88
96	658	Nathaniel Bodem	M	17	Gilbert	AZ	00:07:51	49	1:46	00:04:49	00:23:56	179	16.1	00:01:11	00:18:54	40	7:33		00:56:39.11
97	556	Ben Awes	M	53	Minneapolis	MN	00:08:32	71	1:55	00:04:08	00:21:49	99	17.6	00:01:10	00:21:09	94	8:27		00:56:44.36
98	387	Emily Quandt	F	19	Annandale	MN	00:10:53	192	2:27	00:02:59	00:22:30	128	17.1	00:00:51	00:19:39	56	7:51		00:56:48.56
99	618	Kenneth Paulus	M	58	Saint Louis Park	MN	00:10:10	163	2:18	00:02:45	00:20:26	56	18.8	00:01:45	00:21:50	112	8:43		00:56:53.84
100	528	Megan Mclain	F	25	Bloomington	MN	00:09:08	104	2:03	00:02:52	00:22:37	139	17.0	00:00:57	00:21:28	100	8:35		00:56:59.35
101	642	Amber Rattray	F	34	Hutchinson	MN	00:09:43	137	2:12	00:02:40	00:20:28	59	18.8	00:01:19	00:23:00	145	9:11		00:57:07.87
102	643	Austin Yantes	F	24	St. Michael	MN	00:09:15	108	2:05	00:02:10	00:22:54	151	16.8	00:01:00	00:21:53	116	8:44		00:57:09.09
103	374	Jeremy Baker	M	43	St. Bonifacius	MN	00:10:42	186	2:25	00:03:06	00:21:26	88	17.9	00:01:24	00:20:45	82	8:17		00:57:20.23
104	472	Steven Gallagher	M	52	Minneapolis	MN	00:08:55	94	2:01	00:03:06	00:20:41	64	18.6	00:01:39	00:23:04	146	9:13		00:57:22.10
105	463	Sarah Johnson	F	46	Minneapolis	MN	00:10:24	175	2:21	00:02:58	00:20:53	69	18.4	00:01:51	00:21:21	99	8:32		00:57:23.88
106	590	Nathan Evans	M	37	London	IL	00:09:44	138	2:12	00:02:58	00:20:23	53	18.8	00:01:24	00:22:58	144	9:10		00:57:24.35
107	379	Mark Walford	M	67	Glencoe	MN	00:10:14	165	2:19	00:03:02	00:20:46	67	18.5	00:01:32	00:21:55	117	8:45		00:57:26.71
108	644	David Yantes	M	58	St. Michael	MN	00:09:14	107	2:05	00:02:52	00:21:06	81	18.2	00:01:48	00:22:31	133	9:00		00:57:27.86

# Heart of the Lakes Triathlon

July 16, 2017

## Overall Results

### Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
109	541	David Eastlund	M	55	Buffalo	MN	00:09:43	135	2:11	00:03:27	00:22:53	150	16.8	00:01:16	00:20:18	70	8:06		00:57:33.55
110	708	Joe Derock	M	50	Minneapolis	MN	00:08:05	56	1:49	00:03:42	00:21:57	107	17.5	00:01:39	00:22:18	128	8:55		00:57:38.33
111	668	Forrest Peterson	M	68	Willmar	MN	00:10:36	182	2:24	00:03:25	00:19:54	37	19.3	00:01:49	00:21:57	119	8:46		00:57:38.82
112	525	Michael Larch	M	26	Minneapolis	MN	00:07:10	22	1:37	00:03:22	00:22:39	141	17.0	00:01:53	00:22:44	141	9:05		00:57:45.60
113	383	Jaleh Nahvi	F	47	Inver Grove Heights	MN	00:08:17	62	1:52	00:02:46	00:23:04	157	16.7	00:01:27	00:22:30	132	8:59		00:58:00.83
114	510	Laura Lilja	F	44	Prior Lake	MN	00:10:17	168	2:19	00:02:31	00:20:56	70	18.4	00:01:21	00:23:05	147	9:13		00:58:07.45
115	486	Ben Zhao	M	53	Minneapolis	MN	00:11:33	210	2:36	00:03:12	00:21:56	104	17.5	00:02:11	00:19:20	48	7:43		00:58:09.10
116	746	Colton Warner	M	12	Eden Prairie	MN	00:07:50	48	1:46	00:03:33	00:24:13	185	15.9	00:01:24	00:21:28	101	8:35		00:58:24.98
117	612	Claire Henderson	F	28	Evanston	IL	00:07:13	23	1:38	00:02:57	00:22:45	146	16.9	00:01:23	00:24:09	166	9:39		00:58:25.12
118	665	Christopher Marshall	M	46	Plymouth	MN	00:10:12	164	2:18	00:02:48	00:21:02	77	18.3	00:02:28	00:22:00	121	8:47		00:58:27.12
119	744	David Kell	M	64	Hudson	WI	00:09:58	154	2:15	00:03:15	00:19:48	32	19.4	00:01:52	00:23:41	157	9:28		00:58:32.09
120	717	Catherine Vaughn	F	41	Saint Paul	MN	00:11:42	223	2:39	00:02:07	00:21:50	100	17.6	00:01:26	00:21:36	103	8:38		00:58:38.59
121	497	Will Clark	M	19	Northfield	MN	00:06:57	16	1:34	00:03:39	00:22:00	110	17.5	00:02:50	00:23:16	153	9:18		00:58:40.86
122	380	Julie Grafft	F	54	Chanhausen	MN	00:07:54	50	1:47	00:02:15	00:21:46	98	17.7	00:01:54	00:25:00	186	9:59		00:58:46.09
123	388	Mardon Quandt	M	57	Annandale	MN	00:08:57	95	2:01	00:03:09	00:20:57	71	18.3	00:02:10	00:23:46	159	9:30		00:58:56.33
124	554	Adam Downing	M	37	Buffalo	MN	00:11:54	228	2:41	00:04:18	00:20:39	63	18.6	00:02:33	00:19:39	54	7:51		00:59:00.97
125	587	Phil Davis	M	63	Bloomington	MN	00:11:31	209	2:36	00:02:36	00:21:34	92	17.8	00:01:48	00:21:45	107	8:41		00:59:12.58
126	571	Megan Koski	F	37	Dassel	MN	00:09:57	151	2:15	00:03:25	00:24:09	183	15.9	00:00:59	00:20:49	84	8:19		00:59:15.82
127	499	Beth Wengler	F	51	Saint Cloud	MN	00:09:19	113	2:06	00:03:04	00:21:40	96	17.7	00:01:43	00:23:34	155	9:25		00:59:17.73
128	527	Todd Rogers	M	58	Minneapolis	MN	00:07:29	30	1:41	00:03:39	00:21:53	102	17.6	00:01:14	00:25:28	194	10:11		00:59:40.61
129	566	Korinne Wrobbel	F	22	Montrose	MN	00:09:58	153	2:15	00:04:23	00:22:36	135	17.0	00:01:05	00:21:50	113	8:43		00:59:50.59
130	464	Laurie Payton	F	58	Mendota Heights	MN	00:10:37	183	2:24	00:02:53	00:20:38	62	18.6	00:01:26	00:24:21	170	9:44		00:59:52.09
131	369	Andrew Eastlund	M	17	Buffalo	MN	00:08:37	79	1:57	00:04:08	00:25:14	218	15.2	00:01:30	00:20:29	74	8:11		00:59:56.15
132	367	Jonathan Eastlund	M	20	Buffalo	MN					00:21:01	76	18.3	00:00:50	00:17:19	11	6:55		00:59:59.00
133	645	Joanne Sunquist	F	63	Plymouth	MN	00:09:57	149	2:15	00:03:17	00:23:05	159	16.6	00:01:44	00:22:14	125	8:53		01:00:14.44
134	576	Scott Myren	M	51	Maple Grove	MN	00:10:28	178	2:22	00:03:10	00:23:07	161	16.6	00:02:15	00:21:50	114	8:43		01:00:47.92
135	574	Becki Haar	F	48	Lakeville	MN	00:10:28	177	2:22	00:03:29	00:23:19	166	16.5	00:02:06	00:21:28	102	8:35		01:00:48.12
136	730	Jeff Kletti	M	51	Prior Lake	MN	00:08:27	69	1:54	00:03:21	00:21:27	90	17.9	00:01:53	00:25:46	199	10:18		01:00:52.88
137	724	Julie Wiens	F	55	Wayzata	MN	00:10:58	196	2:29	00:03:14	00:22:35	134	17.0	00:01:42	00:22:36	136	9:02		01:01:03.33
138	489	Paul Fallon	M	50	Monticello	MN	00:08:35	76	1:56	00:03:08	00:24:48	205	15.5	00:02:48	00:21:49	111	8:43		01:01:05.61
139	385	Kaytlin Kuefler	F	22	Annandale	MN	00:10:06	161	2:17	00:02:58	00:22:59	154	16.7	00:00:58	00:24:13	167	9:40		01:01:11.84
140	699	Justine Grover	F	30	Buffalo	MN	00:10:36	181	2:23	00:03:14	00:26:33	239	14.5	00:01:16	00:19:36	51	7:50		01:01:12.38
141	466	Steve Peery	M	30	Madison	WI	00:09:25	120	2:07	00:04:08	00:26:05	232	14.7	00:00:54	00:20:46	83	8:18		01:01:14.75
142	692	Peg Sorensen	F	60	Chaska	MN	00:08:32	72	1:55	00:02:55	00:21:27	89	17.9	00:01:34	00:27:08	221	10:50		01:01:31.88
143	685	Jaclyn Thorston	F	27	South Haven	MN	00:10:57	194	2:28	00:03:26	00:22:41	143	16.9	00:01:20	00:23:15	152	9:17		01:01:36.57
144	389	Heath Sneller	M	41	Annandale	MN	00:11:31	208	2:36	00:03:00	00:23:54	178	16.1	00:00:54	00:22:42	139	9:04		01:01:59.60

# Heart of the Lakes Triathlon

July 16, 2017

## Overall Results

### Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
145	568	Lucas Martin	M	24	Albertville	MN	00:10:37	184	2:24	00:03:32	00:26:13	235	14.7	00:01:09	00:20:36	76	8:14		01:02:04.87
146	546	Molly Krehbiel	F	41	Lakeville	MN	00:09:26	122	2:08	00:03:10	00:22:15	117	17.3	00:01:27	00:26:05	202	10:25		01:02:20.50
147	605	Brody Sunsten	M	18	St. Michael	MN	00:09:05	102	2:03	00:03:16	00:24:48	206	15.5	00:01:22	00:23:57	162	9:34		01:02:24.62
148	660	Katie Gasser	F	31	Sartell	MN	00:07:57	54	1:47	00:04:34	00:25:08	216	15.3	00:01:16	00:23:33	154	9:25		01:02:25.60
149	494	Molly Hebzynski	F	20	Maple Grove	MN	00:06:56	15	1:34	00:04:02	00:26:17	236	14.6	00:01:10	00:24:04	164	9:37		01:02:26.36
150	575	Kristyn Haar	F	19	Lakeville	MN	00:10:24	176	2:21	00:03:17	00:26:50	242	14.3	00:00:58	00:21:01	92	8:24		01:02:27.62
151	686	Dave Redick	M	37	Rogers	MN	00:09:40	131	2:11	00:03:18	00:22:21	123	17.2	00:01:13	00:26:03	201	10:25		01:02:33.10
152	516	Tina Honsey	F	42	Annandale	MN	00:12:47	251	2:53	00:03:17	00:23:39	173	16.2	00:00:57	00:21:56	118	8:46		01:02:33.50
153	678	Sarah Krizmanic	F	48	New Hope	MN	00:08:14	60	1:51	00:03:21	00:22:40	142	17.0	00:01:57	00:26:28	211	10:35		01:02:37.78
154	649	Timothy Zavadil	M	45	Edina	MN	00:10:01	157	2:16	00:05:05	00:23:39	174	16.2	00:01:42	00:22:17	126	8:54		01:02:40.72
155	469	Tom Millerbernd	M	50	Chaska	MN	00:09:19	114	2:06	00:03:39	00:23:03	156	16.7	00:02:16	00:24:30	176	9:47		01:02:45.93
156	735	Tammy Miller	F	57	Boulder	CO	00:08:27	68	1:54	00:03:14	00:23:03	155	16.7	00:02:23	00:25:45	197	10:17		01:02:50.13
157	621	T J Haugan	M	23	Oak Grove	MN	00:11:27	206	2:35	00:04:42	00:24:43	203	15.5	00:01:46	00:20:15	69	8:05		01:02:51.31
158	557	Gregg Bell	M	47	Minneapolis	MN	00:09:42	133	2:11	00:04:13	00:21:41	97	17.7	00:02:17	00:25:13	188	10:04		01:03:03.09
159	714	Sarah Isdahl	F	18	Plymouth	MN	00:08:06	57	1:50	00:03:24	00:26:06	234	14.7	00:01:25	00:24:05	165	9:37		01:03:03.60
160	745	Zyvonne Langan	F	47	Hutchinson	MN	00:12:16	239	2:46	00:03:18	00:22:50	148	16.8	00:02:23	00:22:33	134	9:00		01:03:16.43
161	477	Gregg Hulbert	M	54	Maple Lake	MN	00:12:00	233	2:43	00:02:47	00:24:21	193	15.8	00:01:06	00:23:11	149	9:16		01:03:22.51
162	400	Brook Lemm-Tabor	F	65	Minneapolis	MN	00:13:12	255	2:59	00:02:40	00:21:25	86	17.9	00:01:44	00:24:33	178	9:48		01:03:30.85
163	563	Britta Oden	F	21	Buffalo	MN	00:07:54	51	1:47	00:02:47	00:25:39	225	15.0	00:01:49	00:25:28	193	10:11		01:03:35.77
164	720	Sally Covert	F	46	White Bear Lake	MN	00:12:09	236	2:45	00:02:37	00:21:57	106	17.5	00:01:44	00:25:15	189	10:05		01:03:38.35
165	492	Cathy Ruschmeier	F	44	New Germany	MN	00:12:35	246	2:51	00:03:51	00:24:41	200	15.6	00:01:03	00:21:37	104	8:38		01:03:43.43
166	526	Makenzie Pillsbury	F	26	Minneapolis	MN	00:07:28	28	1:41	00:04:04	00:25:12	217	15.2	00:01:41	00:25:22	191	10:08		01:03:44.36
167	542	Christa Close	F	42	Medina	MN	00:10:20	172	2:20	00:03:49	00:23:08	162	16.6	00:02:19	00:24:25	172	9:45		01:03:59.32
168	543	Michael Close	M	47	Medina	MN	00:08:59	98	2:02	00:05:12	00:23:09	163	16.6	00:02:18	00:24:25	171	9:45		01:03:59.32
169	547	Patti Anderson	F	49	Mendota Heights	MN	00:10:58	195	2:28	00:03:53	00:22:25	125	17.1	00:03:09	00:23:46	160	9:30		01:04:07.63
170	718	Liv Auderson	F	29	Minneapolis	MN	00:09:06	103	2:03	00:02:30	00:28:38	263	13.4	00:01:07	00:22:52	143	9:08		01:04:10.38
171	386	Austin Mehr	M	18	Annandale	MN	00:12:31	243	2:49	00:03:19	00:25:40	226	15.0	00:01:02	00:21:46	108	8:42		01:04:14.24
172	544	John O'Neill	M	65	Bird Island	MN	00:11:20	203	2:33	00:02:28	00:24:13	184	15.9	00:01:13	00:25:07	187	10:02		01:04:18.03
173	579	Allison Coalwell	F	39	Maple Lake	MN	00:09:37	130	2:10	00:03:17	00:27:25	249	14.0	00:02:23	00:21:52	115	8:44		01:04:31.13
174	707	Sherilyn Young	F	49	Saint Paul	MN	00:08:44	83	1:58	00:03:08	00:25:38	224	15.0	00:01:22	00:25:46	198	10:18		01:04:35.64
175	455	Garrett Monson	M	29	Maple Grove	MN	00:10:46	189	2:26	00:05:21	00:24:16	187	15.8	00:01:54	00:22:23	130	8:57		01:04:37.04
176	620	Thomas Haugan	M	54	Oak Grove	MN	00:10:04	160	2:16	00:02:52	00:22:34	129	17.0	00:01:23	00:27:47	226	11:06		01:04:38.87
177	384	Mike Combs	M	30	Annandale	MN	00:10:45	188	2:25	00:05:16	00:25:45	227	14.9	00:03:16	00:19:48	60	7:54		01:04:47.79
178	538	Henry Toolan	M	43	Medina	MN	00:11:35	213	2:37	00:03:23	00:22:02	112	17.4	00:02:32	00:25:22	190	10:08		01:04:52.35
179	737	Colleen Avila	F	49	Big Lake	MN	00:10:55	193	2:28	00:03:55	00:22:37	136	17.0	00:01:40	00:25:49	200	10:19		01:04:54.14
180	599	Carrie Agre	F	55	Corcoran	MN	00:10:32	180	2:23	00:02:55	00:23:04	158	16.6	00:01:40	00:26:56	218	10:46		01:05:04.62

# Heart of the Lakes Triathlon

July 16, 2017

## Overall Results

### Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
181	721	Luke Mikel	M	16	South Haven	MN	00:17:35	281	3:58	00:03:31	00:25:06	215	15.3	00:00:49	00:18:14	24	7:17		01:05:12.13
182	614	Mark Myhra	M	56	Plymouth	MN	00:11:38	216	2:38	00:03:35	00:23:17	164	16.5	00:01:56	00:24:51	183	9:56		01:05:13.80
183	607	Elizabeth Hilberg	F	41	Medina	MN	00:09:59	155	2:15	00:02:55	00:23:40	175	16.2	00:01:51	00:26:56	217	10:46		01:05:18.38
184	531	Paula Desanto	F	57	Champlin	MN	00:11:10	200	2:31	00:04:21	00:22:34	130	17.0	00:01:41	00:25:36	196	10:14		01:05:19.98
185	529	Lindsay Turner	F	29	Mankato	MN	00:10:09	162	2:17	00:04:32	00:23:57	180	16.0	00:02:02	00:24:46	180	9:54		01:05:22.01
186	578	Scott Swensen	M	39	Rogers	MN	00:12:10	238	2:45	00:04:05	00:25:26	222	15.1	00:00:59	00:22:45	142	9:05		01:05:22.40
187	739	Brad Johnson	M	64	Champlin	MN	00:11:36	214	2:37	00:04:35	00:22:37	138	17.0	00:02:17	00:24:27	173	9:46		01:05:29.86
188	722	Shelly Mikel	F	50	South Haven	MN	00:16:40	276	3:46	00:04:17	00:25:19	219	15.2	00:01:08	00:18:10	22	7:15		01:05:31.64
189	684	Rick Golla	M	70	Rohester	MN	00:13:36	259	3:04	00:03:48	00:22:56	153	16.8	00:01:43	00:23:42	158	9:28		01:05:43.09
190	725	Robert Kranz	M	70	Kapaa	HI	00:12:45	249	2:53	00:03:33	00:22:44	145	16.9	00:02:04	00:24:48	181	9:54		01:05:51.38
191	581	Rachel Werdin	F	19	Eden Prairie	MN	00:08:50	89	1:59	00:04:22	00:28:26	259	13.5	00:01:10	00:23:08	148	9:15		01:05:52.87
192	509	Molly Anderson	F	41	Eden Prairie	MN	00:11:59	231	2:42	00:02:49	00:24:20	191	15.8	00:01:17	00:25:33	195	10:12		01:05:53.54
193	726	Grant Waslaski	M	12	Inver Grove Heights	MN	00:09:36	128	2:10	00:03:17	00:24:42	201	15.6	00:01:23	00:27:03	220	10:48		01:05:57.07
194	551	Heidi Meulners	F	33	Crystal	MN	00:09:20	116	2:06	00:03:59	00:22:20	122	17.2	00:02:30	00:28:00	228	11:11		01:06:06.76
195	515	Olivia Honsey	F	14	Annandale	MN	00:11:11	201	2:31	00:03:04	00:26:02	231	14.8	00:01:08	00:24:57	184	9:58		01:06:19.29
196	504	Adele Reichel	F	35	St Anthony	MN	00:14:13	264	3:13	00:03:05	00:24:58	211	15.4	00:01:07	00:23:12	150	9:16		01:06:33.62
197	468	Candace Millerbernd	F	48	Chaska	MN	00:15:24	271	3:29	00:03:08	00:22:06	114	17.4	00:02:07	00:23:53	161	9:32		01:06:34.47
198	456	Eileen Lafontaine	F	44	Minneapolis	MN	00:10:42	185	2:25	00:03:27	00:22:39	140	17.0	00:01:55	00:27:55	227	11:09		01:06:35.36
199	373	Peter Norgren	M	44	Annandale	MN	00:15:38	273	3:32	00:03:24	00:22:01	111	17.4	00:02:03	00:23:38	156	9:27		01:06:40.63
200	396	Doug Jost	M	62	Centerville	MN	00:11:20	204	2:34	00:03:30	00:22:55	152	16.8	00:02:33	00:26:29	212	10:35		01:06:44.90
201	521	Ingrid Anderson	F	41	Clearwater	MN	00:11:31	207	2:36	00:03:57	00:24:46	204	15.5	00:02:17	00:24:19	169	9:43		01:06:46.33
202	545	Andrea Wildman-Hilal	F	39	Maple Grove	MN	00:09:30	123	2:09	00:03:34	00:23:21	168	16.5	00:02:31	00:28:02	229	11:12		01:06:55.48
203	664	Amy Sommers	F	32	Saint Louis Park	MN	00:09:01	99	2:02	00:03:58	00:24:30	195	15.7	00:03:12	00:26:21	209	10:32		01:06:58.68
204	663	Ryan Sommers	M	47	Saint Louis Park	MN	00:09:32	125	2:09	00:04:27	00:24:48	207	15.5	00:01:53	00:26:22	210	10:32		01:06:59.70
205	640	Michelle Furuseth	F	49	Northome	MN	00:10:00	156	2:15	00:03:27	00:24:21	192	15.8	00:01:33	00:27:44	225	11:05		01:07:02.51
206	652	Dan Berendes	M	38	Blaine	MN	00:09:48	142	2:13	00:03:25	00:25:58	229	14.8	00:01:09	00:27:26	223	10:58		01:07:43.99
207	569	Courtney Rotenberger	F	23	Albertville	MN	00:10:44	187	2:25	00:03:17	00:27:55	251	13.8	00:01:11	00:24:45	179	9:53		01:07:50.19
208	552	Kristin Hanson	F	32	Sartell	MN	00:09:45	139	2:12	00:03:42	00:26:35	241	14.4	00:01:19	00:26:34	215	10:37		01:07:52.45
209	558	Paul Hughes	M	47	Eden Prairie	MN	00:11:53	227	2:41	00:02:19	00:23:24	170	16.4	00:01:20	00:29:07	240	11:38		01:08:00.80
210	723	Linda Cieslak	F	54	Saint Michael	MN	00:10:51	191	2:27	00:04:27	00:24:58	210	15.4	00:01:30	00:26:32	213	10:36		01:08:15.80
211	519	Natalie Dieterle	F	42	Stillwater	MN	00:11:34	211	2:37	00:03:09	00:27:01	243	14.2	00:01:13	00:25:26	192	10:10		01:08:20.12
212	371	Bob Spooner	M	65	Ramsey	MN	00:13:17	256	3:00	00:02:23	00:25:36	223	15.0	00:01:12	00:26:17	206	10:30		01:08:41.61
213	659	Linda Dorow	F	50	Minneapolis	MN	00:12:00	232	2:43	00:02:45	00:23:27	171	16.4	00:02:00	00:28:55	236	11:33		01:09:03.77
214	564	Kevin Eastlund	M	52	Brooklyn Park	MN	00:11:54	229	2:41	00:04:00	00:21:59	109	17.5	00:02:08	00:29:11	241	11:40		01:09:09.38
215	532	Julie Jandrich	F	50	St. Paul	MN	00:10:19	170	2:20	00:03:54	00:23:18	165	16.5	00:02:53	00:29:03	239	11:37		01:09:23.85
216	533	Kim Wier	F	51	St. Paul	MN	00:12:04	234	2:44	00:03:37	00:21:55	103	17.5	00:02:48	00:29:03	238	11:36		01:09:23.85

# Heart of the Lakes Triathlon

July 16, 2017

## Overall Results

### Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
217	622	Amy Ohland	F	30	Blaine	MN	00:07:30	32	1:41	00:04:01	00:28:25	258	13.5	00:01:30	00:28:06	230	11:14		01:09:29.38
218	454	David Bucher	M	59	Minneapolis	MN	00:09:42	132	2:11	00:04:47	00:24:18	189	15.8	00:02:21	00:28:26	233	11:22		01:09:31.11
219	631	Thomas Miller	M	70	Youngsville	LA	00:11:57	230	2:42	00:03:50	00:23:19	167	16.5	00:01:35	00:29:02	237	11:36		01:09:40.60
220	703	Michelle Martin	F	37	Albertville	MN	00:12:26	241	2:48	00:03:21	00:28:03	253	13.7	00:01:30	00:24:30	175	9:47		01:09:47.59
221	676	Mallory Jarvi	F	19	Virginia	MN	00:08:32	73	1:55	00:04:42	00:28:46	265	13.4	00:01:34	00:26:20	207	10:31		01:09:51.49
222	592	Curt Benson	M	45	Cokato	MN	00:12:05	235	2:44	00:03:32	00:22:37	137	17.0	00:01:52	00:29:51	246	11:56		01:09:54.79
223	653	Maureen Berendes	F	37	Blaine	MN	00:13:26	257	3:02	00:02:55	00:29:26	277	13.1	00:01:11	00:23:13	151	9:16		01:10:07.55
224	524	Kelsey Shopp	F	28	Dayton	MN	00:11:24	205	2:34	00:03:18	00:24:42	202	15.5	00:01:16	00:29:51	247	11:56		01:10:28.83
225	567	Teresa Wrobbel	F	51	Montrose	MN	00:10:23	174	2:21	00:04:41	00:23:35	172	16.3	00:01:41	00:30:14	253	12:05		01:10:31.55
226	601	Jacqueline Bach	F	53	Saint Cloud	MN	00:15:12	268	3:26	00:04:50	00:22:35	132	17.0	00:01:40	00:26:32	214	10:36		01:10:46.62
227	503	Cindy Lamp	F	55	Saint Cloud	MN	00:09:53	144	2:14	00:04:08	00:22:23	124	17.2	00:02:12	00:32:18	265	12:55		01:10:51.63
228	399	David Latour	M	30	Monticello	MN	00:11:44	224	2:39	00:03:35	00:24:39	199	15.6	00:01:24	00:29:57	248	11:58		01:11:16.11
229	537	Ann Anderson	F	61	Mcpherson	KS	00:10:28	179	2:22	00:02:53	00:25:23	220	15.1	00:02:12	00:30:25	255	12:09		01:11:18.88
230	508	Heidi Halley	F	49	Scandia	MN	00:12:58	254	2:56	00:04:03	00:24:16	188	15.8	00:01:35	00:28:33	234	11:25		01:11:22.54
231	475	Denucci Mary	F	53	Minneapolis	MN	00:11:45	225	2:39	00:03:28	00:24:59	213	15.4	00:01:48	00:29:42	245	11:52		01:11:39.62
232	675	Brianna Lovato	F	20	St. Augusta	MN	00:09:56	148	2:14	00:03:27	00:34:21	284	11.2	00:01:15	00:22:44	140	9:05		01:11:40.14
233	481	Heidi Lang	F	40	Bloomington	MN	00:11:37	215	2:37	00:03:38	00:28:46	266	13.4	00:01:25	00:26:21	208	10:32		01:11:44.81
234	482	Jennifer Gentry	F	40	Edina	MN	00:11:46	226	2:39	00:03:12	00:29:06	269	13.2	00:01:10	00:26:34	216	10:37		01:11:45.37
235	604	Sara Peterson	F	42	Minneapolis	MN	00:11:18	202	2:33	00:03:28	00:26:31	238	14.5	00:02:20	00:28:11	231	11:16		01:11:45.64
236	694	Nicole Walerius	F	36	Albertville	MN	00:12:25	240	2:48	00:05:52	00:27:12	246	14.1	00:01:55	00:24:29	174	9:47		01:11:50.13
237	749	Courtney Andresen	F	24	Minneapolis	MN	00:12:31	244	2:50	00:03:24	00:27:57	252	13.7	00:01:52	00:26:09	203	10:27		01:11:50.48
238	693	Dave Sibley	M	65	Plymouth	MN	00:12:26	242	2:49	00:05:48	00:27:07	244	14.2	00:02:01	00:24:31	177	9:48		01:11:51.97
239	484	David Graff	M	44	Champlin	MN	00:12:36	247	2:51	00:04:53	00:24:59	212	15.4	00:02:04	00:27:29	224	10:59		01:11:58.21
240	657	Paul Bodem	M	42	Gilbert	AZ	00:09:54	146	2:14	00:05:40	00:29:17	275	13.1	00:02:38	00:24:51	182	9:56		01:12:16.89
241	651	Anna Holl	F	28	Victoria	MN	00:11:34	212	2:37	00:03:40	00:29:16	273	13.1	00:01:02	00:26:57	219	10:46		01:12:27.09
242	600	Kathryn Ohland	F	33	St. Paul	MN	00:08:22	64	1:53	00:04:10	00:28:41	264	13.4	00:01:14	00:30:05	250	12:01		01:12:29.42
243	480	Wally Milbrath	M	62	Hudson	WI	00:10:48	190	2:26	00:03:09	00:24:19	190	15.8	00:01:54	00:32:25	267	12:57		01:12:32.84
244	709	Samuel Sellner	M	19	Monticello	MN	00:09:45	140	2:12	00:05:02	00:34:13	283	11.2	00:01:16	00:22:41	137	9:04		01:12:55.06
245	691	Lisa Nygaard	F	22	Monticello	MN	00:09:21	117	2:06	00:03:45	00:29:04	268	13.2	00:01:44	00:29:12	242	11:40		01:13:03.25
246	483	Kaitlin Korbitz	F	31	St. Paul	MN	00:10:02	158	2:16	00:03:23	00:24:14	186	15.9	00:01:57	00:33:50	273	13:31		01:13:22.87
247	715	Michael Petersen	M	59	Ramsey	MN	00:09:58	152	2:15	00:05:09	00:24:08	181	15.9	00:04:19	00:30:26	256	12:10		01:13:57.15
248	507	Angela Starr	F	38	Sauk Rapids	MN	00:13:40	260	3:05	00:03:16	00:28:19	257	13.6	00:01:41	00:27:14	222	10:53		01:14:06.30
249	501	Emma Nelson	F	27	Maple Grove	MN	00:07:16	24	1:38	00:04:31	00:29:01	267	13.2	00:01:02	00:32:25	266	12:57		01:14:10.63
250	650	Kristi Walter	F	38	Shoreview	MN	00:10:17	169	2:19	00:03:46	00:25:47	228	14.9	00:02:26	00:32:01	264	12:48		01:14:14.97
251	671	Jenelle Brekken	F	43	St. Cloud	MN	00:11:40	218	2:38	00:05:46	00:26:02	230	14.8	00:01:22	00:29:34	244	11:49		01:14:21.64
252	397	Joe Kandiko	M	67	Excelsior	MN	00:09:51	143	2:13	00:04:33	00:24:30	196	15.7	00:04:06	00:31:28	260	12:34		01:14:24.87

# Heart of the Lakes Triathlon

July 16, 2017

## Overall Results

### Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
253	495	Samantha Hebzynski	F	26	Maple Grove	MN	00:07:43	41	1:44	00:03:57	00:28:11	255	13.6	00:01:12	00:34:01	274	13:36		01:15:01.31
254	716	Steve Paladie	M	74	Plymouth	MN	00:14:02	262	3:10	00:03:34	00:24:58	209	15.4	00:02:57	00:30:02	249	12:00		01:15:30.15
255	586	James Vlcek	M	61	Woodbury	MN	00:12:09	237	2:45	00:05:50	00:26:05	233	14.7	00:02:48	00:28:52	235	11:32		01:15:41.89
256	593	Mary Ellen Gutknechtq	F	59	Buffalo	MN	00:12:56	253	2:55	00:04:40	00:22:42	144	16.9	00:02:02	00:34:13	278	13:40		01:16:29.65
257	534	Leanne Hansen	F	66	Bloomington	MN	00:17:27	280	3:57	00:04:18	00:25:23	221	15.1	00:02:17	00:28:16	232	11:18		01:17:37.89
258	584	Rebecca Rose	F	38	Mounds View	MN	00:11:41	220	2:38	00:04:12	00:28:27	261	13.5	00:03:05	00:30:22	254	12:08		01:17:44.43
259	619	Vickie O'hara	F	58	Clearwater	MN	00:12:34	245	2:50	00:03:53	00:27:24	248	14.0	00:03:11	00:30:45	257	12:17		01:17:45.40
260	487	Caroline Mccard	F	38	Minneapolis	MN	00:09:53	145	2:14	00:02:58	00:24:09	182	15.9	00:01:50	00:39:14	286	15:41		01:18:01.13
261	370	Howard Bich	M	77	Siouxfalls	SD	00:15:58	274	3:36	00:04:49	00:23:23	169	16.4	00:02:03	00:31:54	263	12:45		01:18:04.73
262	719	Teresa Savage	F	48	Maple Grove	MN	00:17:14	278	3:54	00:04:20	00:24:57	208	15.4	00:02:37	00:29:28	243	11:47		01:18:33.40
263	679	Melanie Mobley	F	32	Buffalo	MN	00:17:37	282	3:59	00:05:01	00:29:14	271	13.1	00:01:55	00:24:58	185	9:58		01:18:42.59
264	572	Betsey Nelson	F	35	Plymouth	MN	00:13:32	258	3:03	00:05:32	00:28:28	262	13.5	00:01:29	00:30:07	252	12:02		01:19:05.40
265	573	Katie Schoenberger	F	36	Bloomington	MN	00:14:11	263	3:12	00:04:51	00:28:27	260	13.5	00:01:32	00:30:07	251	12:02		01:19:05.64
266	562	Brett Oden	M	57	Buffalo	MN	00:08:51	90	2:00	00:04:49	00:23:54	177	16.1	00:05:13	00:36:59	285	14:47		01:19:43.65
267	633	Lisa Hagen	F	49	St. Cloud	MN	00:15:34	272	3:31	00:04:35	00:27:19	247	14.1	00:01:49	00:30:52	258	12:20		01:20:07.32
268	641	Michael Latterell	M	43	New Hope	MN	00:11:41	221	2:38	00:04:14	00:28:12	256	13.6	00:02:04	00:34:01	275	13:36		01:20:10.38
269	655	Jourdan Bennett	M	42	Brooklyn Park	MN	00:08:27	67	1:54	00:07:05	00:28:08	254	13.7	00:02:47	00:34:03	277	13:36		01:20:26.50
270	488	Bonnie Aretz	F	53	Buffalo Lake	MN	00:13:41	261	3:05	00:05:25	00:24:26	194	15.7	00:02:29	00:35:24	280	14:09		01:21:22.25
271	462	Katie Maiers	F	64	Minneapolis	MN	00:11:41	222	2:38	00:04:43	00:27:49	250	13.8	00:01:57	00:36:37	283	14:38		01:22:44.46
272	639	David Furuseth	M	63	Northome	MN	00:16:40	277	3:46	00:03:12	00:26:33	240	14.5	00:03:04	00:33:27	272	13:22		01:22:54.40
273	493	Stacy Winter	F	34	Minnetrissa	MN	00:14:56	265	3:22	00:04:30	00:30:33	278	12.6	00:01:47	00:31:54	262	12:45		01:23:36.65
274	609	Kasey Heider	F	27	Minnetonka	MN	00:09:57	150	2:15	00:06:04	00:29:17	274	13.1	00:03:11	00:35:38	282	14:14		01:24:04.44
275	702	Lauren Morris	F	23	River Falls	WI	00:17:23	279	3:56	00:04:12	00:34:30	285	11.1	00:02:15	00:26:12	204	10:28		01:24:30.91
276	656	Dean Bodem	M	68	Buffalo	MN	00:09:36	129	2:10	00:06:00	00:29:16	272	13.1	00:02:51	00:36:51	284	14:44		01:24:31.01
277	474	Gretchen Zunkel	F	68	Saint Paul	MN	00:15:21	270	3:28	00:04:14	00:29:10	270	13.2	00:01:49	00:35:25	281	14:09		01:25:56.86
278	637	Susan Schlagel	F	38	Howard Lake	MN	00:25:17	286	5:43	00:04:43	00:29:19	276	13.1	00:01:30	00:26:15	205	10:29		01:27:01.80
279	458	Nancy Mccourt	F	58	Buffalo	MN	00:12:44	248	2:53	00:05:22	00:26:21	237	14.6	00:02:56	00:39:43	287	15:52		01:27:03.27
280	393	Judy Rykken	F	78	Bloomington	MN	00:14:58	266	3:23	00:05:36	00:30:58	279	12.4	00:01:58	00:34:01	276	13:36		01:27:28.57
281	646	Lori Heidelberger	F	44	Farmington	MN	00:15:03	267	3:24	00:05:35	00:31:19	280	12.3	00:01:38	00:35:16	279	14:06		01:28:48.36
282	523	Brandon Putzke	M	36	Cambridge	MN	00:23:16	285	5:16	00:04:45	00:25:00	214	15.4	00:04:29	00:31:28	261	12:34		01:28:55.41
283	647	James Luadtke	M	77	Woodbury	MN	00:22:47	284	5:09	00:05:00	00:27:08	245	14.2	00:03:23	00:31:27	259	12:34		01:29:43.16
284	598	Stephanie Smith	F	41	St Cloud	MN	00:18:33	283	4:12	00:05:58	00:31:34	281	12.2	00:02:11	00:33:26	271	13:22		01:31:39.62
285	677	Jennifer Graham	F	44	Dassel	MN	00:16:37	275	3:45	00:07:28	00:37:11	287	10.3	00:04:23	00:33:05	270	13:13		01:38:41.56
286	680	Joy Bonk	F	44	Buffalo	MN	00:15:15	269	3:27	00:08:47	00:37:10	286	10.3	00:04:41	00:32:50	269	13:07		01:38:41.77
287	701	Kenneth Freed	M	56	Minneapolis	MN	00:12:47	250	2:53	00:07:39	00:38:36	288	9.9	00:02:23	00:39:55	288	15:57		01:41:17.17
288	391	Kelly Williams	F	45	Annandale	MN	00:33:12	288	7:31	00:05:38	00:33:18	282	11.5	00:03:49	00:32:31	268	13:00		01:48:25.32



# Heart of the Lakes Triathlon

July 16, 2017

## Did Not Finish or Disqualified

### Short Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
STD	540	Benjamin Eastlund	M	14	Buffalo	MN	00:31:34	284	7:09								
STD	595	Michael Daniels	M	48	Sauk Rapids	MN											
STD	596	Thomas Daniels	M	15	Sauk Rapids	MN											
DQ	666	Erik Odland	M	35	Minneapolis	MN	00:10:15		2:19	00:08:58	00:31:21	12.3	00:02:52	00:11:38		4:39	01:05:03
DQ	667	Michelle Odland	F	33	Minneapolis	MN	00:12:19		2:47	00:06:52	00:31:27	12.2	00:02:46	00:11:39		4:39	01:05:03
DQ	696	Sarah Jackson	F	33	Eden Prairie	MN	00:11:19		2:33	00:03:02	00:24:13	15.9	00:02:08	00:12:05		4:49	00:52:44