

Heart of The Lakes Triathlon

July 21, 2013

Overall Division Results

Long Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	14/260	1/90	10	Diane Hankee	36	Female	Lino Lakes	MN	00:14:48.66	00:53:53.83	00:33:15.69		01:43:58.93
2	24/260	2/90	4	Jan Guenther	54	Female	Mound	MN	00:14:50.24	00:54:12.67	00:35:35.29		01:46:52.68
3	28/260	3/90	12	Nicole Heininger	24	Female	White Bear Lake	MN	00:14:14.41	00:54:15.29	00:37:00.74		01:47:36.51

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/260	1/170	21	David Thompson	35	Male	St. Paul	MN	00:11:30.82	00:47:27.92	00:28:49.57		01:29:29.44
2	2/260	2/170	1	Marcus Stromberg	36	Male	Buffalo	MN	00:11:32.46	00:48:13.43	00:30:23.82		01:31:53.97
3	3/260	3/170	13	Brian Bich	47	Male	Duluth	MN	00:13:16.51	00:48:27.04	00:30:57.71		01:34:32.91

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	36/260	7/90	16	Ann Snuggerud	45	Female	Chaska	MN	00:13:31.75	00:57:46.35	00:35:52.94		01:49:54.44

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	4/260	4/170	3	Tony Schiller	55	Male	Chanhassen	MN	00:13:28.28	00:49:17.92	00:31:11.70		01:36:05.21

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	93/260	22/90	318	Kaelyn Williams	19	Female	Golden Valley	MN	00:18:01.61	01:04:27.39	00:33:11.65		01:59:36.05
2	204/260	63/90	319	Ericka Norgren	17	Female	South Haven	MN	00:19:25.67	01:13:42.91	00:42:09.96		02:20:29.90

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Long Individual

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	12/260	12/170	337	Patrick Griffith	19	Male	La Crosse	WI	00:15:01.20	00:50:51.44	00:33:38.32		01:42:48.99
2	88/260	67/170	338	Daniel Kordik	19	Male	Wauwatosa	WI	00:18:54.95	00:58:54.54	00:36:12.79		01:58:48.33
3	90/260	69/170	340	Garrett Williams	16	Male	Golden Valley	MN	00:18:49.47	01:06:07.37	00:30:50.99		01:59:20.75

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	57/260	14/90	315	Katie Oden	20	Female	Buffalo	MN	00:15:49.94	01:00:27.86	00:34:46.54		01:54:17.35
2	116/260	30/90	312	Beth Keskey	23	Female	Cokato	MN	00:14:42.22	01:05:48.57	00:39:14.85		02:04:58.21
3	125/260	35/90	310	Stephanie Simenstad	24	Female	Eden Prairie	MN	00:15:15.19	01:01:32.42	00:45:31.18		02:06:26.89

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	31/260	28/170	336	Johnny Aboud	20	Male	Algona	IA	00:15:21.18	00:54:10.34	00:34:34.50		01:47:49.46
2	83/260	64/170	343	Ricky Hoffman	24	Male	Saint Paul	MN	00:20:31.31	01:02:37.54	00:31:01.25		01:58:18.41
3	106/260	80/170	332	Robert Peschke	22	Male	Minneapolis	WI	00:15:04.15	01:05:15.05	00:37:23.04		02:01:41.90

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	114/260	29/90	306	Summer Wood	25	Female	Maple Grove	MN	00:13:01.07	01:09:22.23	00:38:54.21		02:04:47.10
2	137/260	37/90	305	Christi Nowak	25	Female	Saint Paul	MN	00:19:29.58	01:07:48.25	00:36:02.31		02:07:43.30
3	158/260	46/90	304	Janae Piehl	25	Female	Hutchinson	MN	00:14:10.75	01:04:17.16	00:46:53.34		02:10:11.46

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	22/260	21/170	342	Lucas Pederson	26	Male	Richfield	MN	00:13:42.54	00:57:04.10	00:32:21.64		01:46:42.58
2	68/260	52/170	321	Eric Naylor	29	Male	Brooklyn Park	MN	00:16:35.36	00:56:42.04	00:38:44.38		01:56:18.27
3	69/260	53/170	323	Brian Glaeser	28	Male	Somerset	WI	00:16:10.29	00:59:44.78	00:36:12.34		01:56:43.21

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Overall Division Results

Long Individual

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	80/260	18/90	246	Kelly Unger	34	Female	Madison	WI	00:14:43.98	00:56:27.44	00:42:56.75		01:57:51.25
2	85/260	20/90	247	Molly Larew	34	Female	Plymouth	MN	00:16:00.29	00:56:44.28	00:41:13.55		01:58:33.28
3	86/260	21/90	259	Molly Uecker	30	Female	Buffalo	MN	00:15:17.90	00:59:37.16	00:40:03.70		01:58:46.86

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	13/260	13/170	279	Brendan Dolan	33	Male	Minneapolis	MN	00:13:56.81	00:53:08.92	00:32:58.01		01:43:33.38
2	16/260	15/170	280	Michael Younes	33	Male	St Louis Park	MN	00:14:55.47	00:53:56.57	00:32:49.67		01:44:24.19
3	27/260	25/170	285	Ryan Welle	32	Male	Bemidji	MN	00:12:42.28	00:55:31.59	00:35:58.18		01:47:34.26

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	51/260	12/90	295	Christine Agazzi	37	Female	Eden Prairie	MN	00:14:32.38	00:57:28.74	00:37:35.64		01:53:22.16
2	58/260	15/90	228	Lynne Miller	39	Female	Elk River	MN	00:15:21.93	00:58:13.04	00:37:31.21		01:54:23.32
3	64/260	16/90	290	Sadie Briggs	37	Female	Chaska	MN	00:15:46.43	00:58:47.05	00:36:49.13		01:55:08.51

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	42/260	31/170	270	Brian Frank	37	Male	San Antonio	TX	00:14:55.82	00:54:40.66	00:37:11.51		01:51:00.37
2	47/260	36/170	262	Jeremy Thompson	39	Male	Maple Grove	MN	00:16:20.62	00:53:56.91	00:38:40.53		01:52:34.50
3	60/260	45/170	269	Brian Ross	37	Male	Shorewood	MN	00:14:25.49	00:55:19.73	00:40:46.79		01:54:40.16

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	101/260	24/90	125	Angela Jordahl	41	Female	Big Lake	MN	00:18:12.85	00:59:31.23	00:40:32.43		02:00:56.42
2	138/260	38/90	124	Brook Wheeler	42	Female	Maple Grove	MN	00:16:20.05	01:03:08.01	00:44:09.30		02:07:50.38
3	152/260	44/90	119	Dlee Dreyer	44	Female	Minneapolis	MN	00:17:36.97	01:03:28.14	00:42:06.12		02:09:03.08

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Overall Division Results

Long Individual

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	9/260	9/170	208	Greg Dummer	42	Male	Minneapolis	MN	00:13:17.25	00:52:23.42	00:32:34.68		01:41:12.70
2	15/260	14/170	201	Colin Smith	43	Male	Minneapolis	MN	00:14:06.44	00:52:05.45	00:34:48.84		01:44:04.73
3	19/260	18/170	212	Jesse Shaw	41	Male	Saint Cloud	MN	00:15:19.40	00:51:35.71	00:35:54.87		01:46:09.10

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	52/260	13/90	117	Julia Lyng	46	Female	Burnsville	MN	00:15:06.23	00:58:21.47	00:37:22.90		01:53:39.94
2	105/260	26/90	112	Julie Reddan	47	Female	Minneapolis	MN	00:15:37.79	00:59:10.21	00:41:42.16		02:01:40.88
3	187/260	57/90	109	Bethann Barankovich	49	Female	Mpls	MN	00:17:34.84	01:10:29.71	00:44:42.10		02:16:56.62

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	8/260	8/170	176	Leon Ball	48	Male	Minneapolis	MN	00:13:27.56	00:52:42.90	00:31:33.00		01:40:57.16
2	18/260	17/170	179	Randy Peterson	47	Male	Northfield	MN	00:13:37.21	00:53:55.75	00:34:30.91		01:45:04.11
3	25/260	23/170	184	Tim Quesnell	46	Male	Arden Hills	MN	00:14:28.42	00:54:52.41	00:34:22.16		01:47:10.71

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	122/260	32/90	69	Cindy Crawford	50	Female	Deephaven	MN	00:15:14.50	01:02:05.33	00:44:19.09		02:05:45.02
2	131/260	36/90	63	Susan Woods	51	Female	Shoreveiw	MN	00:17:12.25	01:01:28.28	00:45:53.69		02:07:24.16
3	139/260	39/90	61	Carol Marston	53	Female	Mankato	MN	00:19:31.16	00:58:09.17	00:46:08.77		02:07:53.12

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	11/260	11/170	221	Thomas Krenz	52	Male	Chisago City	MN	00:13:12.84	00:52:41.81	00:33:02.91		01:42:31.92
2	17/260	16/170	185	Andy Clark	50	Male	Mn	MN	00:12:06.39	00:54:29.89	00:35:32.18		01:44:54.66
3	26/260	24/170	162	Kirk Vesterstein	51	Male	Duluth	MN	00:16:31.16	00:52:22.21	00:35:16.92		01:47:32.93

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Overall Division Results

Long Individual

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	146/260	42/90	59	Carolyn Milbrath	55	Female	Hudson	WI	00:15:32.10	01:02:39.63	00:46:53.69		02:08:28.03
2	184/260	54/90	130	Susan Holt	57	Female	Plymouth	MN	00:17:22.57	01:05:45.59	00:48:41.60		02:16:24.33

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	21/260	20/170	99	Dale Forde	55	Male	Golden Valley	MN	00:13:52.34	00:55:13.17	00:34:29.65		01:46:41.41
2	45/260	34/170	90	Peter Tabor	56	Male	Minneapolis	MN	00:16:44.10	00:53:07.98	00:37:39.05		01:52:19.85
3	63/260	48/170	100	Arth Gorr	55	Male	Buffalo	MN	00:17:06.43	00:56:40.11	00:37:19.29		01:55:05.40

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	95/260	23/90	57	Pam Stevens	60	Female	Sartell	MN	00:16:15.29	00:57:41.55	00:42:39.16		02:00:02.17
2	175/260	50/90	53	Lisa Wheeler	62	Female	Bloomington	MN	00:19:05.95	01:05:43.50	00:45:27.67		02:14:21.84
3	200/260	61/90	55	Deborah Roberts	62	Female	Nisswa	MN	00:17:32.86	01:09:54.98	00:48:59.25		02:19:58.11

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	53/260	40/170	79	Kent Schwitzer	60	Male	Minnetonka	MN	00:14:00.73	00:54:30.03	00:41:46.35		01:53:42.46
2	87/260	66/170	76	Michael Colaizy	63	Male	Osceola	WI	00:19:01.80	00:55:32.21	00:41:07.97		01:58:47.02
3	155/260	110/170	77	Rick E. Wheeler	62	Male	Bloomington	MN	00:17:45.63	01:01:35.05	00:46:39.27		02:09:35.61

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	254/260	164/170	74	James Barthel	66	Male	Dellwood	MN	00:22:03.36	01:18:44.37	00:58:15.81		02:46:41.60

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Overall Division Results

Long Individual

Male Ages 70 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	167/260	119/170	70	Daryl Stevens	71	Male	Sartell	MN	00:18:58.40	00:57:33.59	00:52:13.53		02:13:04.69
2	226/260	151/170	71	Sterphen Paladie	70	Male	Plymouth	MN	00:21:09.89	01:09:28.35	00:52:58.76		02:27:55.42
3	228/260	152/170	72	Fred Roethlisberger	70	Male	River Falls	WI	00:21:31.39	01:09:23.00	00:52:03.62		02:28:45.59

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Overall Division Results

Long Team

Mixed Team

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	1/15	1/15	34	B A M	99	Mixed	Plymouth	MN	00:12:46.15	00:53:45.53	00:30:42.89		01:39:48.15
2	2/15	2/15	44	Team J A M	99	Mixed	Champlin	MN	00:13:42.71	01:00:31.37	00:39:31.04		01:56:17.39
3	3/15	3/15	41	Tri Again	99	Mixed	Plymouth	MN	00:16:58.05	01:03:02.91	00:40:30.77		02:03:32.45