

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Long Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	21	David Thompson	Male	35	St. Paul	MN	00:11:31	1	1:18	00:01:20	00:47:28	1	26.5	00:00:22	00:28:50	1	5:26	01:29:29.44
2	1	Marcus Stromberg	Male	36	Buffalo	MN	00:11:33	2	1:18	00:01:27	00:48:14	2	26.1	00:00:18	00:30:24	3	5:44	01:31:53.97
3	13	Brian Bich	Male	47	Duluth	MN	00:13:17	15	1:30	00:01:33	00:48:28	3	26.0	00:00:20	00:30:58	5	5:50	01:34:32.91
4	3	Tony Schiller	Male	55	Chanhassen	MN	00:13:29	19	1:31	00:01:45	00:49:18	5	25.6	00:00:24	00:31:12	7	5:53	01:36:05.21
5	17	Brett Lovaas	Male	38	Minnetonka	MN	00:12:11	7	1:22	00:01:35	00:49:59	6	25.2	00:00:19	00:32:15	9	6:04	01:36:15.76
6	8	David Phillips	Male	27	Maple Grove	MN	00:15:31	83	1:45	00:01:30	00:48:40	4	25.9	00:00:38	00:33:19	18	6:17	01:39:36.22
7	18	Nate Hoffman	Male	30	South Haven	MN	00:17:12	134	1:56	00:01:44	00:51:28	8	24.5	00:00:21	00:29:35	2	5:34	01:40:17.06
8	176	Leon Ball	Male	48	Minneapolis	MN	00:13:28	18	1:31	00:02:08	00:52:43	15	23.9	00:01:07	00:31:34	8	5:57	01:40:57.16
9	208	Greg Dummer	Male	42	Minneapolis	MN	00:13:18	17	1:30	00:01:59	00:52:24	12	24.1	00:01:00	00:32:35	12	6:08	01:41:12.70
10	20	Jim Felling	Male	34	River Falls	WI	00:13:44	25	1:33	00:01:25	00:52:42	13	23.9	00:01:38	00:32:19	10	6:05	01:41:45.67
11	221	Thomas Krenz	Male	52	Chisago City	MN	00:13:13	14	1:29	00:02:13	00:52:42	14	23.9	00:01:23	00:33:03	15	6:14	01:42:31.92
12	337	Patrick Griffith	Male	19	La Crosse	WI	00:15:02	60	1:42	00:01:52	00:50:52	7	24.8	00:01:27	00:33:39	19	6:20	01:42:48.99
13	279	Brendan Dolan	Male	33	Minneapolis	MN	00:13:57	30	1:34	00:02:12	00:53:09	19	23.7	00:01:19	00:32:59	14	6:13	01:43:33.38
14	10	Diane Hankee	Female	36	Lino Lakes	MN	00:14:49	50	1:40	00:01:42	00:53:54	22	23.4	00:00:19	00:33:16	17	6:16	01:43:58.93
15	201	Colin Smith	Male	43	Minneapolis	MN	00:14:07	34	1:35	00:01:53	00:52:06	10	24.2	00:01:12	00:34:49	29	6:34	01:44:04.73
16	280	Michael Younes	Male	33	St Louis Park	MN	00:14:56	54	1:41	00:01:57	00:53:57	24	23.4	00:00:46	00:32:50	13	6:11	01:44:24.19
17	185	Andy Clark	Male	50	Mn	MN	00:12:07	4	1:22	00:01:46	00:54:30	32	23.1	00:01:01	00:35:33	36	6:42	01:44:54.66
18	179	Randy Peterson	Male	47	Northfield	MN	00:13:38	22	1:32	00:01:59	00:53:56	23	23.4	00:01:02	00:34:31	23	6:30	01:45:04.11
19	212	Jesse Shaw	Male	41	Saint Cloud	MN	00:15:20	72	1:44	00:02:07	00:51:36	9	24.4	00:01:13	00:35:55	41	6:46	01:46:09.10
20	219	Jim Guenter	Male	43	Woodbury	MN	00:14:18	37	1:37	00:01:47	00:53:26	20	23.6	00:00:59	00:36:01	43	6:47	01:46:28.56
21	99	Dale Forde	Male	55	Golden Valley	MN	00:13:53	29	1:34	00:02:06	00:55:14	45	22.8	00:01:01	00:34:30	22	6:30	01:46:41.41
22	342	Lucas Pederson	Male	26	Richfield	MN	00:13:43	24	1:33	00:02:23	00:57:05	61	22.1	00:01:12	00:32:22	11	6:06	01:46:42.58
23	224	Damon Dunkel	Male	40	Minneapolis	MN	00:15:31	82	1:45	00:01:56	00:52:57	17	23.8	00:01:09	00:35:20	35	6:39	01:46:51.14
24	4	Jan Guenther	Female	54	Mound	MN	00:14:51	51	1:40	00:01:47	00:54:13	28	23.2	00:00:29	00:35:36	37	6:42	01:46:52.68
25	184	Tim Quesnell	Male	46	Arden Hills	MN	00:14:29	42	1:38	00:02:05	00:54:53	39	23.0	00:01:24	00:34:23	21	6:29	01:47:10.71
26	162	Kirk Vesterstein	Male	51	Duluth	MN	00:16:32	114	1:52	00:02:40	00:52:23	11	24.1	00:00:43	00:35:17	34	6:39	01:47:32.93
27	285	Ryan Welle	Male	32	Bemidji	MN	00:12:43	8	1:26	00:02:02	00:55:32	49	22.7	00:01:21	00:35:59	42	6:47	01:47:34.26
28	12	Nicole Heinger	Female	24	White Bear Lake	MN	00:14:15	36	1:36	00:01:39	00:54:16	29	23.2	00:00:28	00:37:01	60	6:59	01:47:36.51
29	11	Doug Davis	Male	46	Lakeville	MN	00:12:59	10	1:28	00:01:41	00:55:09	42	22.9	00:00:41	00:37:15	63	7:01	01:47:43.00
30	181	Andy Leier	Male	47	Shakopee	MN	00:16:09	103	1:49	00:02:41	00:52:50	16	23.9	00:01:04	00:35:05	31	6:37	01:47:45.64
31	336	Johnny Aboud	Male	20	Algona	IA	00:15:22	73	1:44	00:02:09	00:54:11	27	23.3	00:01:36	00:34:35	24	6:31	01:47:49.46
32	6	Christina Roberts	Female	27	St. Louis Park Mn	MN	00:13:10	13	1:29	00:01:56	00:58:09	73	21.7	00:00:31	00:34:39	25	6:32	01:48:22.71
33	138	Jeffrey Gilmer	Male	54	Delano	MN	00:14:40	46	1:39	00:02:05	00:54:41	34	23.0	00:01:03	00:36:42	48	6:55	01:49:08.21
34	5	Beth Zirbes	Female	28	Fairbanks	AK	00:14:21	39	1:37	00:01:37	00:56:05	53	22.5	00:00:29	00:36:47	52	6:56	01:49:16.95
35	26	Katherine Schlaefer	Female	35	Saint Paul	MN	00:14:33	43	1:38	00:01:51	00:57:29	64	21.9	00:00:37	00:35:08	33	6:37	01:49:35.00
36	16	Ann Snuggerud	Female	45	Chaska	MN	00:13:32	21	1:31	00:02:11	00:57:47	69	21.8	00:00:33	00:35:53	40	6:46	01:49:54.44

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
37	22	Julie Hull	Female	40	Farmington	MN	00:16:03	102	1:49	00:01:39	00:54:47	36	23.0	00:00:17	00:37:17	64	7:01		01:49:59.88
38	9	Hilary Patzer	Female	33	St. Paul	MN	00:15:30	80	1:45	00:01:43	00:56:44	58	22.2	00:00:37	00:35:36	38	6:42		01:50:06.82
39	14	Christel Kippenhan	Female	48	Bemidji	MN	00:14:28	41	1:38	00:01:44	00:57:18	63	22.0	00:00:31	00:36:49	53	6:56		01:50:47.78
40	202	Erik Hull	Male	43	Farmington	MN	00:15:19	71	1:44	00:02:04	00:55:12	44	22.8	00:01:39	00:36:43	49	6:55		01:50:53.26
41	19	Bridget Mccoy	Female	29	St. Paul	MN	00:12:10	5	1:22	00:01:54	00:59:41	103	21.1	00:00:29	00:36:47	51	6:56		01:50:57.59
42	270	Brian Frank	Male	37	San Antonio	TX	00:14:56	55	1:41	00:02:47	00:54:41	35	23.0	00:01:26	00:37:12	62	7:01		01:51:00.37
43	227	John Witzmann	Male	51	Maplewood	MN	00:14:57	56	1:41	00:02:14	00:56:01	52	22.5	00:01:51	00:36:51	56	6:57		01:51:51.96
44	204	Tim Huntley	Male	43	Hudson	WI	00:13:40	23	1:32	00:02:29	00:57:56	70	21.8	00:01:00	00:37:08	61	7:00		01:52:11.11
45	90	Peter Tabor	Male	56	Minneapolis	MN	00:16:45	120	1:53	00:03:13	00:53:08	18	23.7	00:01:37	00:37:40	73	7:06		01:52:19.85
46	225	Kent Kolstad	Male	41	Bloomington	MN	00:16:31	113	1:52	00:02:09	00:53:34	21	23.5	00:01:20	00:39:03	89	7:21		01:52:34.21
47	262	Jeremy Thompson	Male	39	Maple Grove	MN	00:16:21	111	1:51	00:02:29	00:53:57	25	23.4	00:01:08	00:38:41	83	7:17		01:52:34.50
48	274	Ben Hanson	Male	34	Prior Lake	MN	00:17:07	129	1:56	00:02:03	00:54:49	37	23.0	00:01:15	00:37:24	69	7:03		01:52:35.64
49	222	David Barnes	Male	45	Lakeville	MN	00:15:39	89	1:46	00:02:29	00:58:42	84	21.5	00:01:25	00:34:41	27	6:32		01:52:53.34
50	164	Mark Roth	Male	51	Burnsville	MN	00:15:56	97	1:48	00:03:37	00:56:50	60	22.2	00:01:48	00:35:07	32	6:37		01:53:15.87
51	295	Christine Agazzi	Female	37	Eden Prairie	MN	00:14:33	44	1:38	00:02:31	00:57:29	65	21.9	00:01:15	00:37:36	72	7:05		01:53:22.16
52	117	Julia Lyng	Female	46	Burnsville	MN	00:15:07	62	1:42	00:02:27	00:58:22	77	21.6	00:00:23	00:37:23	67	7:03		01:53:39.94
53	79	Kent Schwitzer	Male	60	Minnetonka	MN	00:14:01	32	1:35	00:02:39	00:54:31	33	23.1	00:00:48	00:41:47	134	7:52		01:53:42.46
54	191	Kurt Bruhn	Male	45	Buffalo	MN	00:16:37	117	1:52	00:03:00	00:54:21	30	23.2	00:01:44	00:38:07	79	7:11		01:53:46.38
55	209	Jeremy Brekke	Male	42	Fargo	ND	00:18:00	156	2:02	00:01:40	00:58:05	71	21.7	00:01:33	00:34:40	26	6:32		01:53:55.63
56	146	Jeff Melby	Male	53	Bloomington	MN	00:14:36	45	1:39	00:02:17	00:54:05	26	23.3	00:01:31	00:41:31	129	7:49		01:53:58.01
57	315	Katie Oden	Female	20	Buffalo	MN	00:15:50	95	1:47	00:02:03	01:00:28	115	20.8	00:01:11	00:34:47	28	6:33		01:54:17.35
58	228	Lynne Miller	Female	39	Elk River	MN	00:15:22	74	1:44	00:02:03	00:58:14	76	21.6	00:01:15	00:37:32	70	7:04		01:54:23.32
59	159	Drew Frakes	Male	51	St Louis Park	MN	00:17:04	128	1:55	00:03:01	00:54:28	31	23.1	00:01:04	00:39:05	90	7:22		01:54:39.95
60	269	Brian Ross	Male	37	Shorewood	MN	00:14:26	40	1:38	00:02:38	00:55:20	46	22.8	00:01:31	00:40:47	113	7:41		01:54:40.16
61	140	Pete Royer	Male	54	Litchfield	MN	00:16:47	121	1:54	00:02:35	00:54:54	40	23.0	00:01:29	00:38:58	88	7:21		01:54:41.07
62	291	John Nolan	Male	35	Minneapolis	MN	00:13:17	16	1:30	00:03:29	00:56:43	57	22.2	00:01:31	00:39:50	96	7:30		01:54:48.14
63	100	Arth Gorr	Male	55	Buffalo	MN	00:17:07	130	1:56	00:02:38	00:56:41	55	22.2	00:01:23	00:37:20	65	7:02		01:55:05.40
64	290	Sadie Briggs	Female	37	Chaska	MN	00:15:47	93	1:47	00:02:18	00:58:48	86	21.4	00:01:29	00:36:50	54	6:56		01:55:08.51
65	193	Mike Reinhart	Male	44	St Paul	MN	00:16:19	109	1:50	00:02:26	00:59:05	93	21.3	00:01:11	00:36:19	47	6:51		01:55:17.96
66	96	David Swanson	Male	56	Saint Paul	MN	00:15:15	68	1:43	00:02:31	00:59:02	91	21.3	00:00:43	00:37:58	78	7:09		01:55:27.05
67	215	William Lorenz	Male	41	Benson	MN	00:16:02	101	1:48	00:02:23	00:59:03	92	21.3	00:01:02	00:37:23	66	7:03		01:55:50.51
68	321	Eric Naylor	Male	29	Brooklyn Park	MN	00:16:36	116	1:52	00:02:24	00:56:43	56	22.2	00:01:53	00:38:45	84	7:18		01:56:18.27
69	323	Brian Glaeser	Male	28	Somerset	WI	00:16:11	104	1:49	00:02:39	00:59:45	104	21.1	00:01:58	00:36:13	45	6:49		01:56:43.21
70	195	Keith Thompson	Male	44	Annapadale	MN	00:17:32	142	1:59	00:02:51	00:58:22	78	21.6	00:01:16	00:36:44	50	6:55		01:56:43.36
71	327	Tyler Geyen	Male	26	Minneapolis	MN	00:16:12	106	1:50	00:03:14	01:00:30	116	20.8	00:01:11	00:35:45	39	6:44		01:56:49.61
72	101	Tad Hauck	Male	55	Eden Prairie	MN	00:15:24	75	1:44	00:02:31	00:57:35	67	21.9	00:01:45	00:39:42	94	7:29		01:56:54.70

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	145	Jeff Yue	Male	53	Wayzata	MN	00:16:42	119	1:53	00:02:36	00:55:00	41	22.9	00:01:33	00:41:07	121	7:45		01:56:56.04
74	82	Bryan Swenson	Male	59	Big Lake	MN	00:19:58	206	2:15	00:02:32	00:54:50	38	23.0	00:01:06	00:38:38	82	7:17		01:57:00.47
75	261	Christopher Hawes	Male	39	Minneapolis	MN	00:15:24	76	1:44	00:03:10	00:55:59	51	22.5	00:01:29	00:41:03	116	7:44		01:57:01.71
76	190	Peter Hagen	Male	45	Apple Valley	MN	00:14:02	33	1:35	00:02:05	00:59:12	96	21.3	00:01:33	00:40:22	107	7:36		01:57:12.48
77	292	Megan Westhoff	Female	36	Hudson	WI	00:15:26	77	1:44	00:01:56	01:00:30	117	20.8	00:01:53	00:37:33	71	7:05		01:57:14.75
78	272	Ryan Granroth	Male	36	Sartell	MN	00:16:53	124	1:54	00:02:59	00:55:10	43	22.8	00:02:15	00:40:08	101	7:34		01:57:21.38
79	199	Reese Lang	Male	43	Loretto	MN	00:17:41	147	2:00	00:01:54	00:59:10	94	21.3	00:01:12	00:37:48	75	7:07		01:57:41.95
80	246	Kelly Unger	Female	34	Madison	WI	00:14:44	48	1:40	00:02:16	00:56:28	54	22.3	00:01:28	00:42:57	148	8:06		01:57:51.25
81	183	Dan Hauck	Male	46	Cedar	MN	00:14:19	38	1:37	00:03:16	01:04:10	159	19.6	00:01:28	00:34:50	30	6:34		01:58:00.10
82	229	Jill Hughes	Female	39	Orono	MN	00:17:28	140	1:58	00:02:07	01:00:22	111	20.9	00:01:25	00:36:57	58	6:58		01:58:16.51
83	343	Ricky Hoffman	Male	24	Saint Paul	MN	00:20:32	211	2:19	00:02:41	01:02:38	142	20.1	00:01:28	00:31:02	6	5:51		01:58:18.41
84	277	Tim Vaughn	Male	33	Minneapolis	MN	00:13:51	27	1:34	00:02:52	01:03:19	152	19.9	00:01:37	00:36:51	55	6:57		01:58:27.00
85	247	Molly Larew	Female	34	Plymouth	MN	00:16:01	99	1:48	00:02:38	00:56:45	59	22.2	00:01:58	00:41:14	124	7:46		01:58:33.28
86	259	Molly Uecker	Female	30	Buffalo	MN	00:15:18	70	1:44	00:02:16	00:59:38	101	21.1	00:01:33	00:40:04	99	7:33		01:58:46.86
87	76	Michael Colaizy	Male	63	Osceola	WI	00:19:02	188	2:09	00:02:25	00:55:33	50	22.7	00:00:41	00:41:08	122	7:45		01:58:47.02
88	338	Daniel Kordik	Male	19	Wauwatosa	WI	00:18:55	184	2:08	00:03:03	00:58:55	89	21.4	00:01:44	00:36:13	46	6:49		01:58:48.33
89	218	Christian Twigg	Male	40	Minneapolis	MN	00:15:39	88	1:46	00:02:25	00:58:12	75	21.7	00:01:28	00:41:14	123	7:46		01:58:53.86
90	340	Garrett Williams	Male	16	Golden Valley	MN	00:18:50	181	2:07	00:02:21	01:06:08	181	19.1	00:01:13	00:30:51	4	5:49		01:59:20.75
91	196	David Johnson	Male	44	Lake Elmo	MN	00:18:30	171	2:05	00:03:25	00:58:50	87	21.4	00:01:44	00:36:56	57	6:58		01:59:23.23
92	276	Jason O'donnell	Male	33	Mnnetonka	MN	00:14:00	31	1:35	00:02:11	00:59:39	102	21.1	00:01:46	00:41:51	136	7:53		01:59:24.11
93	318	Kaelyn Williams	Female	19	Golden Valley	MN	00:18:02	157	2:02	00:02:41	01:04:28	164	19.5	00:01:15	00:33:12	16	6:15		01:59:36.05
94	104	Gregg Garretson	Male	55	Lakeville	MN	00:14:52	53	1:41	00:02:56	00:59:24	98	21.2	00:00:49	00:41:41	132	7:51		01:59:38.45
95	57	Pam Stevens	Female	60	Sartell	MN	00:16:16	107	1:50	00:02:33	00:57:42	68	21.8	00:00:54	00:42:40	143	8:02		02:00:02.17
96	329	Joe Adriaens	Male	25	Coon Rapids	MN	00:15:15	66	1:43	00:02:06	01:00:50	121	20.7	00:01:52	00:40:08	103	7:34		02:00:08.64
97	180	Dustin Warner	Male	47	Eden Prairie	MN	00:15:30	81	1:45	00:02:28	00:58:38	83	21.5	00:01:11	00:42:34	142	8:01		02:00:18.04
98	187	Darrick Zaring	Male	45	Vadnais Heights	MN	00:17:52	153	2:01	00:02:24	00:58:27	80	21.6	00:01:34	00:40:10	104	7:34		02:00:23.95
99	106	Marty Wyland	Male	55	Eden Prairie	MN	00:17:10	132	1:56	00:02:30	00:59:47	105	21.1	00:01:59	00:39:15	91	7:24		02:00:38.50
100	135	Christopher Ludwig	Male	44	Eden Prairie	MN	00:23:44	242	2:41	00:02:41	00:55:25	47	22.7	00:02:09	00:36:58	59	6:58		02:00:54.37
101	125	Angela Jordahl	Female	41	Big Lake	MN	00:18:13	164	2:03	00:01:49	00:59:32	99	21.2	00:00:52	00:40:33	110	7:38		02:00:56.42
102	175	Mark Augdahl	Male	48	Chaska	MN	00:14:51	52	1:40	00:02:44	01:01:20	126	20.5	00:01:49	00:40:25	108	7:37		02:01:07.28
103	142	Jack Shovein	Male	54	North Oaks	MN	00:16:56	126	1:55	00:03:10	00:58:27	79	21.6	00:01:39	00:41:05	119	7:45		02:01:14.66
104	242	Laura Feist	Female	37	Birchwood	MN	00:15:56	96	1:48	00:02:44	01:00:46	119	20.7	00:01:47	00:40:19	106	7:36		02:01:29.59
105	112	Julie Reddan	Female	47	Minneapolis	MN	00:15:38	87	1:46	00:04:05	00:59:11	95	21.3	00:01:07	00:41:43	133	7:52		02:01:40.88
106	332	Robert Peschke	Male	22	Minneapolis	WI	00:15:05	61	1:42	00:02:13	01:05:16	169	19.3	00:01:47	00:37:24	68	7:03		02:01:41.90
107	324	Bradley Lawinger	Male	28	Albertville	MN	00:15:47	94	1:47	00:02:48	01:02:53	147	20.0	00:01:42	00:38:48	85	7:19		02:01:54.52
108	275	Chris Swee	Male	34	West Fargo	ND	00:12:02	3	1:21	00:02:29	01:04:05	157	19.7	00:01:47	00:42:01	137	7:55		02:02:21.70

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Long Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	211	Mark Hartley	Male	41	Inver Grove Heights	MN	00:17:01	127	1:55	00:03:32	00:58:55	88	21.4	00:02:26	00:41:05	118	7:44		02:02:56.27
110	156	Greg Becker	Male	51	St.michael	MN	00:18:38	176	2:06	00:03:28	00:59:33	100	21.2	00:02:02	00:40:07	100	7:33		02:03:45.02
111	237	Kristyn Benson	Female	39	Lake Elmo	MN	00:18:57	185	2:08	00:02:44	01:00:26	114	20.9	00:02:02	00:40:10	105	7:34		02:04:16.76
112	248	Siri Thompson	Female	34	Maple Grove	MN	00:18:23	169	2:04	00:02:55	01:02:18	139	20.2	00:02:34	00:38:29	80	7:15		02:04:36.90
113	141	Don Weirens	Male	54	St. Louis Park	MN	00:19:51	203	2:14	00:02:22	00:58:07	72	21.7	00:01:41	00:42:43	144	8:03		02:04:41.52
114	306	Summer Wood	Female	25	Maple Grove	MN	00:13:02	11	1:28	00:01:58	01:09:23	206	18.2	00:01:32	00:38:55	87	7:20		02:04:47.10
115	192	Tim Jette	Male	45	Maple Grove	MN	00:18:12	162	2:03	00:02:42	01:02:12	138	20.3	00:01:40	00:40:04	98	7:33		02:04:47.44
116	312	Beth Keskey	Female	23	Cokato	MN	00:14:43	47	1:39	00:03:04	01:05:49	179	19.1	00:02:10	00:39:15	92	7:24		02:04:58.21
117	339	Jack Taylor	Male	17	Wayzata	MN	00:18:41	178	2:06	00:03:07	01:00:47	120	20.7	00:02:07	00:40:27	109	7:37		02:05:05.99
118	267	Jamie Galieto	Male	37	St Paul	MN	00:15:11	64	1:43	00:03:08	01:00:55	124	20.7	00:02:18	00:43:38	152	8:13		02:05:08.08
119	170	Erich Zeitz	Male	49	Minnnetonka	MN	00:15:33	86	1:45	00:03:22	01:00:52	122	20.7	00:02:55	00:42:32	141	8:01		02:05:11.93
120	243	Gina Rumore	Female	35	St Louis Park	MN	00:16:56	125	1:55	00:02:32	01:04:35	165	19.5	00:01:42	00:39:40	93	7:28		02:05:21.68
121	86	Gregory Cooley	Male	58	Sartell	MN	00:17:16	138	1:57	00:03:04	00:58:46	85	21.4	00:01:27	00:45:08	167	8:30		02:05:38.79
122	69	Cindy Crawford	Female	50	Deephaven	MN	00:15:15	67	1:43	00:02:50	01:02:06	137	20.3	00:01:18	00:44:20	159	8:21		02:05:45.02
123	235	Melissa Gregory	Female	39	Minneapolis	MN	00:14:59	57	1:41	00:02:14	01:06:37	182	18.9	00:01:34	00:40:43	112	7:40		02:06:03.70
124	250	Julie Quinn	Female	32	Maplewood	MN	00:18:15	167	2:04	00:02:16	01:02:52	146	20.0	00:02:06	00:40:58	114	7:43		02:06:24.66
125	310	Stephanie Simenstad	Female	24	Eden Prairie	MN	00:15:16	69	1:43	00:02:08	01:01:33	132	20.5	00:02:01	00:45:32	173	8:35		02:06:26.89
126	207	David Stueve	Male	42	Buffalo	MN	00:18:15	166	2:03	00:02:39	00:55:28	48	22.7	00:01:55	00:48:16	204	9:06		02:06:30.02
127	169	Thorn Turner	Male	50	Shorewood	MN	00:13:05	12	1:28	00:02:15	01:09:35	211	18.1	00:01:06	00:40:37	111	7:39		02:06:35.07
128	83	Frank Lombardo	Male	59	Lakeville	MN	00:17:32	141	1:59	00:03:06	01:00:24	112	20.9	00:01:30	00:44:12	157	8:20		02:06:41.06
129	205	Bill Currie	Male	43	Chanhassen	MN	00:13:29	20	1:31	00:02:55	00:57:06	62	22.1	00:01:16	00:52:07	235	9:49		02:06:50.55
130	167	Kenton Johnson	Male	50	St. Paul	MN	00:15:58	98	1:48	00:02:58	01:06:01	180	19.1	00:02:25	00:39:58	97	7:32		02:07:18.43
131	63	Susan Woods	Female	51	Shoreveiw	MN	00:17:13	136	1:56	00:02:08	01:01:29	130	20.5	00:00:43	00:45:54	181	8:39		02:07:24.16
132	223	Chris Guertin	Male	41	Minneapolis	MN	00:21:42	218	2:27	00:03:03	00:59:23	97	21.2	00:02:21	00:41:05	120	7:45		02:07:31.62
133	296	Duncan Tomassen	Male	35	Eden Prairie	MN	00:17:47	150	2:00	00:04:32	00:58:37	82	21.5	00:04:50	00:41:50	135	7:53		02:07:33.18
134	333	Andy Barringer	Male	22	Saint Francis	MN	00:22:29	234	2:32	00:02:17	00:59:56	108	21.0	00:01:27	00:41:28	127	7:49		02:07:33.71
135	155	Mark Getty	Male	51	Plymouth	MN	00:21:52	223	2:28	00:03:09	01:00:55	123	20.7	00:01:33	00:40:08	102	7:34		02:07:34.51
136	188	Todd Sullwold	Male	45	Minnetrista	MN	00:15:32	84	1:45	00:03:01	01:02:29	140	20.2	00:01:47	00:44:53	163	8:28		02:07:39.77
137	305	Christi Nowak	Female	25	Saint Paul	MN	00:19:30	198	2:12	00:02:21	01:07:49	194	18.6	00:02:03	00:36:03	44	6:47		02:07:43.30
138	124	Brook Wheeler	Female	42	Maple Grove	MN	00:16:21	110	1:51	00:03:07	01:03:09	150	20.0	00:01:07	00:44:10	155	8:19		02:07:50.38
139	61	Carol Marston	Female	53	Mankato	MN	00:19:32	199	2:12	00:02:46	00:58:10	74	21.7	00:01:19	00:46:09	183	8:42		02:07:53.12
140	65	Mary Deeg	Female	51	St. Paul	MN	00:17:52	154	2:01	00:02:32	00:59:49	106	21.1	00:01:24	00:46:21	186	8:44		02:07:55.54
141	85	Michael Costello	Male	58	Afton	MN	00:18:36	175	2:06	00:05:01	01:03:59	156	19.7	00:02:40	00:37:45	74	7:07		02:07:59.09
142	160	Bryan Wray	Male	51	Eagan	MN	00:16:25	112	1:51	00:04:05	01:00:35	118	20.8	00:02:01	00:44:58	164	8:28		02:08:00.72
143	264	Nathaniel George	Male	38	Saint Paul	MN	00:16:12	105	1:50	00:02:41	01:02:03	135	20.3	00:02:38	00:44:30	160	8:23		02:08:00.75
144	152	Carl Hoang	Male	53	Maple Grove	MN	00:18:22	168	2:04	00:02:34	00:59:02	90	21.3	00:01:51	00:46:18	184	8:44		02:08:05.21

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Long Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
145	236	Carolyn Tuohy	Female	39	Minneapolis	MN	00:18:32	174	2:05	00:02:04	01:02:30	141	20.2	00:02:20	00:42:45	145	8:03		02:08:08.85
146	59	Carolyn Milbrath	Female	55	Hudson	WI	00:15:33	85	1:45	00:02:27	01:02:40	144	20.1	00:00:56	00:46:54	190	8:50		02:08:28.03
147	265	Matthew Mohning	Male	38	Minneapolis	MN	00:21:46	220	2:27	00:03:06	00:59:50	107	21.1	00:02:26	00:41:25	126	7:48		02:08:30.64
148	148	Jeffrey Daly	Male	53	Shakopee	MN	00:18:58	186	2:08	00:02:34	01:00:02	109	21.0	00:01:23	00:45:39	177	8:36		02:08:32.69
149	240	Susan Hilal	Female	37	Plymouth	MN	00:15:42	92	1:46	00:02:20	01:05:35	175	19.2	00:01:47	00:43:16	149	8:09		02:08:36.95
150	268	David Berntson	Male	37	Annandale	MN	00:20:06	208	2:16	00:04:05	01:05:27	171	19.3	00:01:19	00:37:58	77	7:09		02:08:52.26
151	102	Steve Gunther	Male	55	Excelsior	MN	00:15:01	59	1:42	00:02:39	01:01:22	127	20.5	00:01:05	00:48:55	214	9:13		02:08:59.71
152	119	Dlee Dreyer	Female	44	Minneapolis	MN	00:17:37	145	1:59	00:03:36	01:03:29	153	19.9	00:02:17	00:42:07	138	7:56		02:09:03.08
153	257	Aleksandra Siemers	Female	31	Inver Grove Heights	MN	00:18:31	172	2:05	00:02:52	01:08:04	197	18.5	00:01:14	00:38:36	81	7:16		02:09:13.54
154	168	Tim Woodfield	Male	50	Victoria	MN	00:14:48	49	1:40	00:02:57	01:04:21	163	19.6	00:01:34	00:45:39	176	8:36		02:09:15.68
155	77	Rick E. Wheeler	Male	62	Bloomington	MN	00:17:46	148	2:00	00:03:00	01:01:36	133	20.5	00:00:37	00:46:40	188	8:48		02:09:35.61
156	143	Tony Chasensky	Male	54	Saint Paul	MN	00:18:41	179	2:06	00:03:09	01:03:57	155	19.7	00:02:33	00:41:29	128	7:49		02:09:46.32
157	289	Nick Milton	Male	31	Minneapolis	MN	00:16:48	122	1:54	00:03:15	01:01:30	131	20.5	00:02:26	00:46:02	182	8:41		02:09:58.46
158	304	Janae Piehl	Female	25	Hutchinson	MN	00:14:11	35	1:36	00:03:18	01:04:18	161	19.6	00:01:33	00:46:54	189	8:50		02:10:11.46
159	283	Patrick Thomas	Male	32	Minneapolis	MN	00:17:13	137	1:57	00:02:26	01:01:22	128	20.5	00:02:43	00:46:59	192	8:51		02:10:39.63
160	80	Michael Borneke	Male	59	Eagle Lake	MN	00:20:09	209	2:16	00:03:47	00:58:34	81	21.5	00:01:01	00:47:42	198	8:59		02:11:11.81
161	171	Lane Gans	Male	49	Mendota Heights	MN	00:16:48	123	1:54	00:03:47	01:08:39	201	18.4	00:02:23	00:39:48	95	7:30		02:11:23.32
162	128	Denise Kuheman	Female	40	Buffalo	MN	00:16:17	108	1:50	00:04:11	01:04:12	160	19.6	00:01:08	00:45:39	175	8:36		02:11:23.56
163	334	Ryan Quinlivan	Male	21	Minneapolis	MN	00:22:13	231	2:31	00:04:40	01:04:08	158	19.6	00:01:47	00:38:54	86	7:20		02:11:40.12
164	232	Lara Thomas	Female	39	Saint Louis Park	MN	00:15:00	58	1:41	00:03:03	01:04:54	167	19.4	00:02:35	00:46:38	187	8:47		02:12:07.86
165	273	Christos Jensen	Male	34	Willmar	MN	00:17:12	135	1:56	00:02:39	01:17:41	247	16.2	00:01:21	00:33:41	20	6:21		02:12:31.12
166	331	David Giacomini	Male	22	Minneapolis	MN	00:20:18	210	2:17	00:03:06	01:05:18	170	19.3	00:02:22	00:41:35	131	7:50		02:12:35.83
167	70	Daryl Stevens	Male	71	Sartell	MN	00:18:59	187	2:08	00:03:23	00:57:34	66	21.9	00:00:58	00:52:14	236	9:51		02:13:04.69
168	165	Kurt Schultz	Male	50	Lakeville	MN	00:17:48	151	2:00	00:03:07	01:01:28	129	20.5	00:02:17	00:48:42	212	9:11		02:13:19.90
169	220	Jeff Dahle	Male	50	Morristown	MN	00:20:04	207	2:16	00:03:07	01:00:06	110	21.0	00:01:59	00:48:10	203	9:05		02:13:22.83
170	174	Jeff Walters	Male	48	Golden Valley	MN	00:12:55	9	1:27	00:03:48	01:06:40	185	18.9	00:02:06	00:48:09	202	9:05		02:13:35.06
171	302	Jessica Conrad	Female	26	Minneapolis	MN	00:18:10	159	2:03	00:03:14	01:05:45	177	19.2	00:02:17	00:44:14	158	8:20		02:13:37.57
172	287	Ryan Oesterreich	Male	32	Minneapolis	MN	00:24:49	247	2:48	00:03:50	01:05:29	172	19.2	00:01:52	00:37:50	76	7:08		02:13:48.18
173	173	Steven Gallagher	Male	48	Minneapolis	MN	00:17:09	131	1:56	00:03:26	01:02:50	145	20.1	00:02:06	00:48:23	206	9:07		02:13:50.52
174	172	Ken Saddler	Male	48	Chanhassen	MN	00:15:41	91	1:46	00:02:58	01:02:56	148	20.0	00:01:46	00:50:46	230	9:34		02:14:04.11
175	53	Lisa Wheeler	Female	62	Bloomington	MN	00:19:06	191	2:09	00:02:52	01:05:44	176	19.2	00:01:14	00:45:28	172	8:34		02:14:21.84
176	98	Jay Lawton	Male	55	Willmar	MN	00:19:05	190	2:09	00:04:07	01:08:42	202	18.3	00:01:16	00:41:24	125	7:48		02:14:31.48
177	325	Ben Ferin	Male	26	Edina	MN	00:18:32	173	2:05	00:03:39	01:06:39	184	18.9	00:02:24	00:43:30	150	8:12		02:14:41.73
178	297	Kaitlin Wiedeman	Female	30	Minneapolis	MN	00:23:37	241	2:40	00:02:25	01:03:01	149	20.0	00:01:44	00:43:59	154	8:17		02:14:44.08
179	278	Anthony Lejcher	Male	33	Apple Valley	MN	00:13:52	28	1:34	00:03:49	01:10:33	218	17.9	00:01:38	00:45:02	165	8:29		02:14:51.02
180	129	Thomas Lyons	Male	61	Excelsior	MN	00:15:13	65	1:43	00:03:18	01:03:53	154	19.7	00:03:09	00:49:41	222	9:22		02:15:12.59

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Long Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
181	249	Jessica Wendling	Female	34	Dassel	MN	00:16:40	118	1:53	00:03:12	01:11:21	222	17.7	00:03:04	00:41:01	115	7:44		02:15:16.17
182	210	Matt Honsey	Male	41	Annandale	MN	00:22:47	239	2:34	00:02:31	01:08:03	196	18.5	00:00:47	00:41:34	130	7:50		02:15:40.34
183	254	Emily Tritabaugh	Female	31	St. Louis Park	MN	00:16:01	100	1:48	00:02:23	01:06:48	187	18.9	00:01:42	00:49:17	218	9:17		02:16:08.39
184	130	Susan Holt	Female	57	Plymouth	MN	00:17:23	139	1:58	00:03:03	01:05:46	178	19.2	00:01:32	00:48:42	211	9:11		02:16:24.33
185	314	Ashley Heinlein	Female	22	Stillwater	MN	00:17:11	133	1:56	00:02:42	01:06:38	183	18.9	00:01:55	00:48:26	207	9:08		02:16:50.76
186	234	Lisa Schiltz	Female	39	Buffalo	MN	00:18:40	177	2:06	00:03:29	01:01:08	125	20.6	00:03:34	00:50:04	226	9:26		02:16:51.66
187	109	Bethann Barankovich	Female	49	Mpls	MN	00:17:35	144	1:59	00:02:48	01:10:30	217	17.9	00:01:23	00:44:43	162	8:26		02:16:56.62
188	127	Jessica Constant	Female	41	Champlin	MN	00:19:05	189	2:09	00:02:58	01:05:33	174	19.2	00:01:03	00:48:35	210	9:09		02:17:10.66
189	136	Mike Hoenie	Male	40	Golden Valley	MN	00:22:09	229	2:30	00:03:00	01:02:38	143	20.1	00:02:22	00:47:17	194	8:55		02:17:24.35
190	78	David Heffernan	Male	62	Minneapolis	MN	00:22:42	236	2:34	00:03:58	01:03:14	151	19.9	00:02:17	00:45:34	174	8:35		02:17:43.44
191	217	Mark Wagner	Male	40	Minnnetonka	MN	00:17:47	149	2:00	00:02:37	01:02:03	136	20.3	00:03:06	00:52:14	237	9:51		02:17:44.73
192	281	Ryan Moore	Male	32	Maple Grove	MN	00:20:33	212	2:19	00:03:46	01:05:29	173	19.2	00:02:20	00:45:46	179	8:38		02:17:51.60
193	139	Gregor Macdonald	Male	54	Chanhassen	MN	00:20:55	214	2:22	00:03:28	01:06:55	188	18.8	00:01:53	00:45:11	169	8:31		02:18:19.59
194	103	Mike Quinlivan	Male	55	Minneapolis	MN	00:18:51	182	2:08	00:06:29	01:07:12	190	18.8	00:01:43	00:44:12	156	8:20		02:18:23.59
195	309	Rachel Busch	Female	24	Buffalo	MN	00:12:10	6	1:22	00:04:27	01:01:42	134	20.4	00:04:57	00:55:10	247	10:24		02:18:24.77
196	147	Brett Oden	Male	53	Buffalo	MN	00:18:06	158	2:03	00:04:30	01:08:14	199	18.5	00:03:02	00:45:08	166	8:30		02:18:57.03
197	226	Bob Kramer	Male	53	Grand Forks	ND	00:23:57	244	2:42	00:03:14	01:04:56	168	19.4	00:01:56	00:45:12	170	8:31		02:19:12.37
198	230	Susan Robbins	Female	39	Eden Prairie	MN	00:22:23	232	2:32	00:02:25	01:09:25	208	18.2	00:01:44	00:43:50	153	8:16		02:19:43.77
199	137	John Mclaughlin	Male	48	Eagan	MN	00:16:35	115	1:52	00:03:48	01:00:25	113	20.9	00:02:10	00:57:01	251	10:45		02:19:56.46
200	55	Deborah Roberts	Female	62	Nisswa	MN	00:17:33	143	1:59	00:02:41	01:09:55	215	18.0	00:00:52	00:49:00	217	9:14		02:19:58.11
201	154	Jonathan Stinson	Male	52	Plymouth	MN	00:24:32	245	2:46	00:04:19	01:06:44	186	18.9	00:02:17	00:42:10	139	7:57		02:19:58.90
202	244	Kelly Anderson	Female	35	Farwell	MN	00:15:40	90	1:46	00:03:12	01:14:48	237	16.8	00:01:54	00:44:41	161	8:25		02:20:10.97
203	178	Tim Goodyear	Male	47	Minnnetonka	MN	00:15:29	78	1:45	00:03:06	01:11:53	225	17.5	00:02:09	00:47:37	196	8:59		02:20:11.89
204	319	Ericka Norgren	Female	17	South Haven	MN	00:19:26	197	2:12	00:02:49	01:13:43	235	17.1	00:02:24	00:42:10	140	7:57		02:20:29.90
205	200	Garrett Jordahl	Male	43	Big Lake	MN	00:15:09	63	1:42	00:02:32	01:09:44	212	18.1	00:01:45	00:51:24	232	9:41		02:20:30.75
206	131	Caryn Mohr	Female	41	Falcon Heights	MN	00:18:30	170	2:05	00:03:44	01:13:20	232	17.2	00:01:24	00:43:36	151	8:13		02:20:31.94
207	186	David Lund	Male	45	Montrose	MN	00:19:17	194	2:11	00:05:22	01:07:12	191	18.8	00:02:21	00:48:19	205	9:06		02:22:28.30
208	326	Josiah Defelice	Male	26	New Hope	MN	00:19:22	196	2:11	00:03:26	01:10:57	220	17.8	00:01:31	00:47:37	195	8:58		02:22:51.16
209	108	Jeanine Chagnon	Female	49	White Bear Lake	MN	00:21:43	219	2:27	00:04:18	01:07:55	195	18.6	00:01:30	00:47:38	197	8:59		02:23:02.26
210	316	Emily Quinlivan	Female	20	Minneapolis	MN	00:21:50	222	2:28	00:03:25	01:12:20	227	17.4	00:02:55	00:42:52	147	8:05		02:23:20.01
211	194	Rick Monro	Male	44	Plymouth	MN	00:17:39	146	1:59	00:03:48	01:10:01	216	18.0	00:02:06	00:49:51	223	9:24		02:23:22.50
212	67	Lori Woodfield	Female	51	Victoria	MN	00:15:29	79	1:45	00:02:52	01:13:38	234	17.1	00:00:51	00:50:35	228	9:32		02:23:22.67
213	166	Craig Olsen	Male	50	Inver Grove Heights	MN	00:17:53	155	2:01	00:04:18	01:07:14	192	18.7	00:02:17	00:52:31	240	9:54		02:24:11.08
214	120	Carol Osterhus	Female	44	Minnnetonka	MN	00:18:10	161	2:03	00:03:02	01:13:13	231	17.2	00:00:57	00:49:31	221	9:20		02:24:50.66
215	161	Anthony Brown	Male	51	Lakeville	MN	00:18:52	183	2:08	00:04:34	01:04:35	166	19.5	00:04:38	00:52:18	238	9:51		02:24:54.98
216	121	Lee Shumate	Female	43	Shakopee	MN	00:17:49	152	2:01	00:03:35	01:12:56	230	17.3	00:02:10	00:48:30	209	9:08		02:24:57.29

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Long Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
217	308	Jaci Lang	Female	24	St. Cloud	MN	00:19:57	205	2:15	00:02:56	01:10:52	219	17.8	00:01:48	00:49:28	220	9:19		02:24:58.02
218	64	Diane Lang	Female	51	Burnsville	MN	00:19:22	195	2:11	00:03:50	01:17:41	246	16.2	00:01:21	00:42:51	146	8:05		02:25:01.91
219	56	Connie Foster	Female	62	River Falls	WI	00:19:16	193	2:10	00:03:22	01:13:58	236	17.0	00:01:22	00:48:01	201	9:03		02:25:55.86
220	303	Megan Rihn	Female	26	Madison	MN	00:21:27	216	2:25	00:03:20	01:08:45	203	18.3	00:02:10	00:50:38	229	9:33		02:26:17.81
221	328	Nicholas Demarais	Male	26	Denver	CO	00:25:57	250	2:56	00:04:03	01:09:32	210	18.1	00:01:40	00:45:10	168	8:31		02:26:18.67
222	214	Scott Harrison	Male	41	Farmington	MN	00:20:36	213	2:20	00:03:19	01:07:16	193	18.7	00:01:55	00:54:19	245	10:14		02:27:23.63
223	111	Barb Leppke-Hennig	Female	48	Golden Valley	MN	00:19:53	204	2:15	00:03:30	01:14:55	238	16.8	00:01:22	00:47:51	200	9:01		02:27:28.88
224	313	Kendra Radtke	Female	22	Appleton	WI	00:18:13	163	2:03	00:03:20	01:16:29	243	16.5	00:02:32	00:46:59	193	8:51		02:27:30.58
225	271	Heath Sneller	Male	37	Kimball	MN	00:24:54	248	2:49	00:02:47	01:09:55	214	18.0	00:01:08	00:48:53	213	9:13		02:27:35.99
226	71	Sterphen Paladie	Male	70	Plymouth	MN	00:21:10	215	2:23	00:03:09	01:09:29	209	18.1	00:01:10	00:52:59	241	9:59		02:27:55.42
227	241	Catherine Vaughn	Female	37	Minneapolis	MN	00:22:43	237	2:34	00:03:28	01:11:03	221	17.7	00:02:25	00:48:30	208	9:08		02:28:05.48
228	72	Fred Roethlisberger	Male	70	River Falls	WI	00:21:32	217	2:26	00:03:34	01:09:24	207	18.2	00:02:15	00:52:04	234	9:49		02:28:45.59
229	213	Jeff Wassenberg	Male	41	Edina	MN	00:21:59	225	2:29	00:04:19	01:12:47	228	17.3	00:04:08	00:45:42	178	8:37		02:28:52.50
230	251	Rondi Scoular	Female	32	Milbank	SD	00:22:39	235	2:33	00:03:16	01:12:56	229	17.3	00:01:27	00:48:59	216	9:14		02:29:13.87
231	286	Rob Hunt	Male	32	Valley City	ND	00:24:33	246	2:46	00:06:07	01:11:34	224	17.6	00:02:04	00:45:16	171	8:32		02:29:30.98
232	288	Ryan Picken	Male	32	Monticello	MN	00:18:10	160	2:03	00:21:13	01:08:17	200	18.5	00:01:13	00:41:04	117	7:44		02:29:54.78
233	126	Julie Pettit	Female	41	Maple Grove	MN	00:19:35	201	2:13	00:05:28	01:18:08	248	16.1	00:02:14	00:45:51	180	8:39		02:31:12.83
234	206	Doran O'brien	Male	42	Scandia	MN	00:18:14	165	2:03	00:03:37	01:04:19	162	19.6	00:02:47	01:03:17	258	11:56		02:32:10.44
235	118	Pattie Ekman	Female	45	West Concord	MN	00:19:12	192	2:10	00:03:27	01:07:05	189	18.8	00:01:59	01:01:33	256	11:36		02:33:13.62
236	300	Erin Manthey	Female	28	Saint Paul	MN	00:19:32	200	2:12	00:03:20	01:15:38	241	16.7	00:02:17	00:53:23	243	10:04		02:34:07.43
237	311	Emma Getty	Female	23	Plymouth	MN	00:29:02	257	3:17	00:03:55	01:09:11	204	18.2	00:03:03	00:48:59	215	9:14		02:34:07.79
238	157	Kevin Cashman	Male	51	Minnetrissa	MN	00:27:17	252	3:05	00:04:19	01:08:09	198	18.5	00:02:44	00:52:03	233	9:49		02:34:28.90
239	89	Tom Barringer	Male	57	St.francis	MN	00:22:44	238	2:34	00:03:44	01:11:31	223	17.6	00:01:13	00:55:22	248	10:26		02:34:30.48
240	238	Vickie Albright	Female	38	Minnetonka	MN	00:22:06	228	2:30	00:02:33	01:17:08	245	16.3	00:02:39	00:50:14	227	9:28		02:34:37.50
241	258	Lizbeth Hansen	Female	31	Minneapolis	MN	00:22:13	230	2:30	00:05:08	01:13:24	233	17.2	00:03:03	00:51:03	231	9:37		02:34:48.55
242	322	Andrew Ortquist	Male	29	Lakeville	MN	00:22:00	226	2:29	00:04:07	01:19:04	251	15.9	00:01:57	00:47:49	199	9:01		02:34:54.64
243	256	Melissa Jacobsen	Female	31	Willmar	MN	00:13:48	26	1:33	00:02:48	01:21:29	257	15.5	00:01:38	00:57:15	252	10:47		02:36:54.96
244	341	Jacob Trout	Male	11	Detroit Lakes	MN	00:18:44	180	2:07	00:05:40	01:21:28	256	15.5	00:01:40	00:49:51	224	9:24		02:37:20.76
245	66	Bonnie Bohn Hector	Female	51	Orono	MN	00:27:38	255	3:07	00:02:41	01:19:10	252	15.9	00:01:46	00:46:20	185	8:44		02:37:33.78
246	158	David Knoll	Male	51	Lino Lakes	MN	00:21:46	221	2:27	00:04:06	01:15:42	242	16.6	00:02:16	00:54:26	246	10:16		02:38:11.89
247	233	Tiffany Giese	Female	39	Maple Grove	MN	00:25:34	249	2:53	00:03:23	01:15:11	239	16.8	00:02:10	00:52:30	239	9:54		02:38:47.42
248	189	Allen Weis	Male	45	Delano	MN	00:27:38	254	3:07	00:03:04	01:09:12	205	18.2	00:01:44	00:57:27	253	10:50		02:39:03.14
249	301	Raylene Natwick	Female	26	Minneapolis	MN	00:25:57	251	2:56	00:02:59	01:18:34	249	16.0	00:02:20	00:49:27	219	9:19		02:39:14.98
250	92	John Jasinski	Male	56	Minneapolis	MN	00:22:55	240	2:35	00:09:38	01:09:53	213	18.0	00:02:01	00:56:33	250	10:40		02:40:56.80
251	299	Katie Hassig	Female	29	Hopkins	MN	00:23:56	243	2:42	00:03:26	01:21:08	255	15.5	00:01:44	00:53:06	242	10:01		02:43:16.83
252	239	Ingrid Kaufman	Female	38	Eden Prairie	MN	00:21:55	224	2:28	00:02:32	01:31:29	260	13.8	00:02:55	00:46:57	191	8:51		02:45:45.31

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Long Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
253	122	Karen Trout	Female	43	Detroit Lakes	MN	00:31:24	259	3:33	00:02:54	01:20:28	253	15.7	00:01:45	00:49:52	225	9:24	02:46:20.98
254	74	James Barthel	Male	66	Dellwood	MN	00:22:04	227	2:29	00:05:20	01:18:45	250	16.0	00:02:19	00:58:16	254	10:59	02:46:41.60
255	177	Charles Meadows	Male	47	Rogers	MN	00:27:26	253	3:06	00:03:46	01:12:09	226	17.5	00:01:56	01:02:01	257	11:41	02:47:15.25
256	216	Dustin Taylor	Male	40	Burnsville	MN	00:19:46	202	2:14	00:04:05	01:25:47	258	14.7	00:02:52	00:56:08	249	10:35	02:48:35.35
257	144	Chuck Wagner	Male	53	Minnetonka	MN	00:22:27	233	2:32	00:04:29	01:15:37	240	16.7	00:03:17	01:03:24	259	11:57	02:49:11.29
258	294	Mike Swanson	Male	43	Minneapolis	MN	00:30:28	258	3:27	00:05:25	01:26:19	259	14.6	00:02:53	00:53:51	244	10:09	02:58:54.08
259	93	Raymond Smith	Male	56	Otsego	MN	00:28:44	256	3:15	00:04:13	01:20:38	254	15.6	00:01:38	01:05:43	260	12:23	03:00:52.97
260	197	Johannes Manlapaz	Male	44	Apple Valley	MN	00:42:43	260	4:50	00:04:11	01:16:50	244	16.4	00:02:20	00:59:46	255	11:16	03:05:46.81

Heart of The Lakes Triathlon

July 21, 2013

Did Not Finish or Disqualified

Long Individual

Reason	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
DNF	245	Sheri Budde	Female	35	South Haven	MN	00:18:30		2:05									
DQ	307	Lindsey Fitting	Female	25	Buffalo	MN	00:23:02		2:36	00:04:38								01:53:48
DNF	260	Jessica Reisner	Female	30	Minnetonka	MN	00:16:18		1:50	00:02:33	00:58:57	21.4	01:03:05					
DNF	255	Kym Zest	Female	31	Minneapolis	MN	00:14:03		1:35									
DNF	284	Jeremy Lawinger	Male	32	Brooklyn Center	MN	00:20:46		2:21	00:04:29	01:26:55	14.5	00:02:17					
DNF	68	Pamila Mcdonald	Female	50	Shoreview	MN	00:32:00		3:37	00:07:24	02:01:49	10.3	00:00:42					
DNF	151	Eric Murphy	Male	53	Wayzata	MN	00:16:27		1:51	00:02:12								

Heart of The Lakes Triathlon

July 21, 2013

Overall Results

Long Team

Place	No.	Team Name	Members: Swimmer, Bike, Runner			----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
						Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
1	34	B A M Alex Jimenez	Matt Engeriser	Bill Revering	00:12:47	1	1:26	00:01:22	00:53:46	1	23.4	00:01:13	00:30:43	1	5:47	01:39:48.15
2	44	Team J A M Abby Scheller	Joseph Scheller	Maria Trescony	00:13:43	2	1:33	00:01:20	01:00:32	3	20.8	00:01:13	00:39:32	5	7:27	01:56:17.39
3	41	Tri Again Ross McDermott	Steve Volbrecht	Dennis Crane	00:16:59	7	1:55	00:01:34	01:03:03	5	20.0	00:01:28	00:40:31	8	7:38	02:03:32.45
4	40	A J V Alex Kubitz	john maiers	Vien daoheuang	00:14:58	3	1:41	00:01:36	01:00:16	2	20.9	00:02:46	00:44:52	12	8:27	02:04:25.57
5	47	Team Schultz Karen Schultz	Dave Schultz	Jim Schultz	00:22:33	13	2:33	00:01:40	01:02:04	4	20.3	00:01:21	00:37:25	3	7:03	02:05:00.26
6	39	Super Heros In Training justine meierhofer	nia meierhofer	beth libbesmeier	00:19:34	10	2:12	00:01:33	01:05:16	6	19.3	00:01:30	00:40:35	9	7:39	02:08:25.21
7	33	Solejourner #1 Sondra Lazer	Liz Wahlberg	Patti Brase	00:16:38	6	1:53	00:02:09	01:07:22	7	18.7	00:01:49	00:41:24	10	7:48	02:09:19.49
8	28	Bates Motel Jeff Pierson	Bryan Patrick	Chris Milton	00:16:18	5	1:50	00:01:19	01:12:14	12	17.4	00:01:27	00:39:57	6	7:32	02:11:12.20
9	43	Fliegel - Butz - Vanbeck Megan Fliegel	Amanda Butz	Andy VanBeck	00:21:06	12	2:23	00:01:33	01:08:23	9	18.4	00:01:28	00:40:29	7	7:38	02:12:56.55
10	30	Solejourner Tres Amigos Shannon Nelson	Kathi Johnson	Kathleen Kennedy-Budge	00:17:03	8	1:55	00:01:37	01:08:00	8	18.5	00:01:31	00:46:01	13	8:40	02:14:08.85
11	46	Team Mertens Julia Mertens	Aaron Mertens	Linda Mertens	00:15:50	4	1:47	00:01:18	01:10:48	11	17.8	00:01:36	00:48:40	15	9:10	02:18:10.82
12	31	Solejourner 4 Gretchen Rohweder	Kendra Krueger	MarySue Ingman	00:20:53	11	2:21	00:01:46	01:10:43	10	17.8	00:01:38	00:44:32	11	8:24	02:19:28.86
13	38	Team K M T Tracy Fossum	Mary Eide	Meagan Galbari	00:19:16	9	2:10	00:01:39	01:20:42	14	15.6	00:01:20	00:46:24	14	8:45	02:29:17.38
14	42	Tri Terrors Julie Hirte	Thomas Hirte	Greg Lindusky	00:27:33	14	3:07	00:01:48	01:22:31	15	15.3	00:01:38	00:36:59	2	6:58	02:30:27.55
15	37	M E W S G Mary Wells	MaryEllen Wells	Scott Galbari	00:32:30	15	3:40	00:04:28	01:18:22	13	16.1	00:01:53	00:37:29	4	7:04	02:34:39.93