

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

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 |
| 1 | 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 |
| 2 | 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 |
| 3 | 12 | Nicole Heiningner | 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 |
| 4 | 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 |
| 5 | 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 |
| 6 | 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 |
| 7 | 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 |
| 8 | 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 |
| 9 | 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 |
| 10 | 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 |
| 11 | 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 |
| 12 | 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 |
| 13 | 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 |
| 14 | 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 |
| 15 | 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 |
| 16 | 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 |
| 17 | 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 |
| 18 | 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 |
| 19 | 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 |
| 20 | 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 |
| 21 | 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 |
| 22 | 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 |
| 23 | 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 |
| 24 | 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 |
| 25 | 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 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | 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 |
| 30 | 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 |
| 31 | 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 |
| 32 | 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 |
| 33 | 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 |
| 34 | 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 |
| 35 | 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 |
| 36 | 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 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

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 |
| 37 | 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 |
| 38 | 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 |
| 39 | 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 |
| 40 | 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 |
| 41 | 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 |
| 42 | 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 |
| 43 | 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 |
| 44 | 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 |
| 45 | 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 |
| 46 | 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 |
| 47 | 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 |
| 48 | 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 |
| 49 | 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 |
| 50 | 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 |
| 51 | 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 |
| 52 | 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 |
| 53 | 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 |
| 54 | 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 |
| 55 | 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 |
| 56 | 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 |
| 57 | 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 |
| 58 | 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 |
| 59 | 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 |
| 60 | 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 |
| 61 | 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 |
| 62 | 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 |
| 63 | 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 |
| 64 | 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 |
| 65 | 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 |
| 66 | 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 |
| 67 | 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 |
| 68 | 120 | Carol Osterhus | Female | 44 | Minnetonka | 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 |
| 69 | 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 |
| 70 | 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 |
| 71 | 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 |
| 72 | 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 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

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 |
| 73 | 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 |
| 74 | 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 |
| 75 | 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 |
| 76 | 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 |
| 77 | 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 |
| 78 | 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 |
| 79 | 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 |
| 80 | 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 |
| 81 | 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 |
| 82 | 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 |
| 83 | 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 |
| 84 | 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 |
| 85 | 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 |
| 86 | 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 |
| 87 | 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 |
| 88 | 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 |
| 89 | 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 |
| 90 | 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 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

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 |
| 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 | 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 |
| 15 | 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 |
| 16 | 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 |
| 17 | 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 |
| 18 | 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 |
| 19 | 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 |
| 20 | 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 |
| 21 | 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 |
| 22 | 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 |
| 23 | 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 |
| 24 | 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 |
| 25 | 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 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | 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 |
| 30 | 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 |
| 31 | 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 |
| 32 | 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 |
| 33 | 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 |
| 34 | 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 |
| 35 | 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 |
| 36 | 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 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

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 |
| 37 | 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 |
| 38 | 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 |
| 39 | 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 |
| 40 | 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 |
| 41 | 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 |
| 42 | 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 |
| 43 | 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 |
| 44 | 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 |
| 45 | 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 |
| 46 | 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 |
| 47 | 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 |
| 48 | 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 |
| 49 | 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 |
| 50 | 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 |
| 51 | 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 |
| 52 | 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 |
| 53 | 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 |
| 54 | 195 | Keith Thompson | Male | 44 | Annapdale | 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 |
| 55 | 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 |
| 56 | 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 |
| 57 | 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 |
| 58 | 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 |
| 59 | 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 |
| 60 | 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 |
| 61 | 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 |
| 62 | 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 |
| 63 | 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 |
| 64 | 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 |
| 65 | 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 |
| 66 | 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 |
| 67 | 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 |
| 68 | 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 |
| 69 | 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 |
| 70 | 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 |
| 71 | 276 | Jason O'donnell | Male | 33 | Minnetonka | 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 |
| 72 | 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 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

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 |
| 73 | 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 |
| 74 | 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 |
| 75 | 187 | Darrick Zarlring | 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 |
| 76 | 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 |
| 77 | 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 |
| 78 | 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 |
| 79 | 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 |
| 80 | 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 |
| 81 | 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 |
| 82 | 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 |
| 83 | 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 |
| 84 | 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 |
| 85 | 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 |
| 86 | 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 |
| 87 | 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 |
| 88 | 267 | Jamie Galioto | 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 |
| 89 | 170 | Erich Zeitz | Male | 49 | Minnetonka | 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 |
| 90 | 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 |
| 91 | 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 |
| 92 | 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 |
| 93 | 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 |
| 94 | 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 |
| 95 | 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 |
| 96 | 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 |
| 97 | 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 |
| 98 | 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 |
| 99 | 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 |
| 100 | 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 |
| 101 | 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 |
| 102 | 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 |
| 103 | 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 |
| 104 | 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 |
| 105 | 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 |
| 106 | 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 |
| 107 | 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 |
| 108 | 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 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

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 | 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 |
| 110 | 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 |
| 111 | 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 |
| 112 | 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 |
| 113 | 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 |
| 114 | 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 |
| 115 | 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 |
| 116 | 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 |
| 117 | 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 |
| 118 | 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 |
| 119 | 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 |
| 120 | 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 |
| 121 | 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 |
| 122 | 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 |
| 123 | 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 |
| 124 | 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 |
| 125 | 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 |
| 126 | 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 |
| 127 | 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 |
| 128 | 278 | Anthony Leicher | 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 |
| 129 | 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 |
| 130 | 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 |
| 131 | 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 |
| 132 | 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 |
| 133 | 217 | Mark Wagner | Male | 40 | Minnetonka | 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 |
| 134 | 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 |
| 135 | 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 |
| 136 | 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 |
| 137 | 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 |
| 138 | 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 |
| 139 | 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 |
| 140 | 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 |
| 141 | 178 | Tim Goodyear | Male | 47 | Minnetonka | 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 |
| 142 | 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 |
| 143 | 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 |
| 144 | 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 |

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

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 | 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 |
| 146 | 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 |
| 147 | 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 |
| 148 | 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 |
| 149 | 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 |
| 150 | 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 |
| 151 | 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 |
| 152 | 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 |
| 153 | 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 |
| 154 | 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 |
| 155 | 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 |
| 156 | 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 |
| 157 | 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 |
| 158 | 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 |
| 159 | 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 |
| 160 | 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 |
| 161 | 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 |
| 162 | 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 |
| 163 | 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 |
| 164 | 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 |
| 165 | 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 |
| 166 | 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 |
| 167 | 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 |
| 168 | 294 | Mike Swanson | Male | 43 | Mineapolis | 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 |
| 169 | 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 |
| 170 | 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 |