

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### Female Elite

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	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
3	32/260	4/90	6	Christina Roberts	27	Female	St. Louis Park Mn	MN	00:13:09.16	00:58:08.31	00:34:38.83		01:48:22.71
4	34/260	5/90	5	Beth Zirbes	28	Female	Fairbanks	AK	00:14:20.32	00:56:04.75	00:36:46.24		01:49:16.95
5	35/260	6/90	26	Katherine Schlaefer	35	Female	Saint Paul	MN	00:14:32.13	00:57:28.43	00:35:07.76		01:49:35.00
6	38/260	9/90	9	Hilary Patzer	33	Female	St. Paul	MN	00:15:29.07	00:56:43.29	00:35:35.84		01:50:06.82
7	41/260	11/90	19	Bridget Mccoy	29	Female	St. Paul	MN	00:12:09.50	00:59:40.11	00:36:46.01		01:50:57.59

### Male Elite

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	5/260	5/170	17	Brett Lovaas	38	Male	Minnetonka	MN	00:12:10.67	00:49:58.03	00:32:14.45		01:36:15.76
4	6/260	6/170	8	David Phillips	27	Male	Maple Grove	MN	00:15:30.68	00:48:39.81	00:33:18.61		01:39:36.22
5	7/260	7/170	18	Nate Hoffman	30	Male	South Haven	MN	00:17:11.31	00:51:27.66	00:29:34.03		01:40:17.06
6	10/260	10/170	20	Jim Felling	34	Male	River Falls	WI	00:13:43.96	00:52:41.47	00:32:18.83		01:41:45.67

### Female Elite Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	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
2	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
3	37/260	8/90	22	Julie Hull	40	Female	Farmington	MN	00:16:02.05	00:54:46.63	00:37:16.04		01:49:59.88
4	39/260	10/90	14	Christel Kippenhan	48	Female	Bemidji	MN	00:14:27.09	00:57:17.43	00:36:48.79		01:50:47.78

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### Male Elite Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Swim	Bike	Run	Penalty	Time
1	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
2	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
3	29/260	26/170	11	Doug Davis	46	Male	Lakeville	MN	00:12:58.48	00:55:08.49	00:37:14.92		01:47:43.00

### 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

### 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
4	117/260	87/170	339	Jack Taylor	17	Male	Wayzata	MN	00:18:40.23	01:00:46.83	00:40:26.20		02:05:05.99
5	244/260	160/170	341	Jacob Trout	11	Male	Detroit Lakes	MN	00:18:43.47	01:21:27.54	00:49:50.89		02:37:20.76

### 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
4	185/260	55/90	314	Ashley Heinlein	22	Female	Stillwater	MN	00:17:10.92	01:06:37.57	00:48:25.82		02:16:50.76
5	195/260	59/90	309	Rachel Busch	24	Female	Buffalo	MN	00:12:09.61	01:01:41.40	00:55:09.90		02:18:24.77
6	210/260	66/90	316	Emily Quinlivan	20	Female	Minneapolis	MN	00:21:49.50	01:12:19.90	00:42:51.29		02:23:20.01
7	217/260	70/90	308	Jaci Lang	24	Female	St. Cloud	MN	00:19:56.51	01:10:51.19	00:49:27.39		02:24:58.02
8	224/260	75/90	313	Kendra Radtke	22	Female	Appleton	WI	00:18:12.48	01:16:28.06	00:46:58.60		02:27:30.58
9	237/260	81/90	311	Emma Getty	23	Female	Plymouth	MN	00:29:01.24	01:09:10.53	00:48:58.51		02:34:07.79

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### 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
4	134/260	98/170	333	Andy Barringer	22	Male	Saint Francis	MN	00:22:28.29	00:59:55.81	00:41:27.09		02:07:33.71
5	163/260	116/170	334	Ryan Quinlivan	21	Male	Minneapolis	MN	00:22:12.82	01:04:08.00	00:38:53.82		02:11:40.12
6	166/260	118/170	331	David Giacomini	22	Male	Minneapolis	MN	00:20:17.01	01:05:17.66	00:41:34.38		02:12:35.83

### 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
4	171/260	49/90	302	Jessica Conrad	26	Female	Minneapolis	MN	00:18:09.58	01:05:44.06	00:44:13.61		02:13:37.57
5	220/260	73/90	303	Megan Rihn	26	Female	Madison	MN	00:21:26.95	01:08:44.61	00:50:37.03		02:26:17.81
6	236/260	80/90	300	Erin Manthey	28	Female	Saint Paul	MN	00:19:31.53	01:15:37.45	00:53:22.07		02:34:07.43
7	249/260	87/90	301	Raylene Natwick	26	Female	Minneapolis	MN	00:25:56.40	01:18:33.61	00:49:26.60		02:39:14.98
8	251/260	88/90	299	Katie Hassig	29	Female	Hopkins	MN	00:23:55.26	01:21:07.60	00:53:05.61		02:43:16.83

### 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
4	71/260	55/170	327	Tyler Geyen	26	Male	Minneapolis	MN	00:16:11.88	01:00:29.09	00:35:44.67		01:56:49.61
5	96/260	73/170	329	Joe Adriaens	25	Male	Coon Rapids	MN	00:15:14.30	01:00:49.72	00:40:07.65		02:00:08.64
6	107/260	81/170	324	Bradley Lawinger	28	Male	Albertville	MN	00:15:46.50	01:02:52.16	00:38:47.24		02:01:54.52
7	177/260	127/170	325	Ben Ferin	26	Male	Edina	MN	00:18:31.85	01:06:38.28	00:43:29.31		02:14:41.73
8	208/260	144/170	326	Josiah Defelice	26	Male	New Hope	MN	00:19:21.72	01:10:56.59	00:47:36.02		02:22:51.16
9	221/260	148/170	328	Nicholas Demarais	26	Male	Denver	CO	00:25:56.22	01:09:31.21	00:45:09.43		02:26:18.67
10	242/260	159/170	322	Andrew Ortquist	29	Male	Lakeville	MN	00:21:59.94	01:19:03.37	00:47:48.42		02:34:54.64

# Heart of The Lakes Triathlon

July 21, 2013

## 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
4	112/260	28/90	248	Siri Thompson	34	Female	Maple Grove	MN	00:18:22.34	01:02:17.70	00:38:28.75		02:04:36.90
5	124/260	34/90	250	Julie Quinn	32	Female	Maplewood	MN	00:18:14.51	01:02:51.67	00:40:57.12		02:06:24.66
6	153/260	45/90	257	Aleksandra Siemers	31	Female	Inver Grove Heights	MN	00:18:30.22	01:08:03.77	00:38:35.07		02:09:13.54
7	178/260	51/90	297	Kaitlin Wiedeman	30	Female	Minneapolis	MN	00:23:36.62	01:03:00.54	00:43:58.63		02:14:44.08
8	181/260	52/90	249	Jessica Wendling	34	Female	Dassel	MN	00:16:39.70	01:11:20.75	00:41:00.93		02:15:16.17
9	183/260	53/90	254	Emily Tritabaugh	31	Female	St. Louis Park	MN	00:16:00.94	01:06:47.60	00:49:16.07		02:16:08.39
10	230/260	77/90	251	Rondi Scoular	32	Female	Milbank	SD	00:22:38.33	01:12:55.01	00:48:58.65		02:29:13.87
11	241/260	83/90	258	Lizbeth Hansen	31	Female	Minneapolis	MN	00:22:12.02	01:13:23.60	00:51:02.18		02:34:48.55
12	243/260	84/90	256	Melissa Jacobsen	31	Female	Willmar	MN	00:13:47.74	01:21:28.36	00:57:14.02		02:36:54.96

### 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
4	48/260	37/170	274	Ben Hanson	34	Male	Prior Lake	MN	00:17:06.00	00:54:48.90	00:37:23.77		01:52:35.64
5	84/260	65/170	277	Tim Vaughn	33	Male	Minneapolis	MN	00:13:50.49	01:03:18.41	00:36:50.17		01:58:27.00
6	92/260	71/170	276	Jason O'donnell	33	Male	Minnetonka	MN	00:13:59.29	00:59:38.33	00:41:50.78		01:59:24.11
7	108/260	82/170	275	Chris Swee	34	Male	West Fargo	ND	00:12:01.36	01:04:04.41	00:42:00.54		02:02:21.70
8	157/260	112/170	289	Nick Milton	31	Male	Minneapolis	MN	00:16:47.43	01:01:29.43	00:46:01.85		02:09:58.46
9	159/260	113/170	283	Patrick Thomas	32	Male	Minneapolis	MN	00:17:12.54	01:01:21.24	00:46:58.05		02:10:39.63
10	165/260	117/170	273	Christos Jensen	34	Male	Willmar	MN	00:17:11.47	01:17:41.00	00:33:40.08		02:12:31.12
11	172/260	123/170	287	Ryan Oesterreich	32	Male	Minneapolis	MN	00:24:48.76	01:05:28.73	00:37:49.77		02:13:48.18
12	179/260	128/170	278	Anthony Lejcher	33	Male	Apple Valley	MN	00:13:51.05	01:10:32.46	00:45:01.54		02:14:51.02
13	192/260	134/170	281	Ryan Moore	32	Male	Maple Grove	MN	00:20:32.03	01:05:28.80	00:45:45.72		02:17:51.60
14	231/260	154/170	286	Rob Hunt	32	Male	Valley City	ND	00:24:32.06	01:11:33.16	00:45:15.69		02:29:30.98
15	232/260	155/170	288	Ryan Picken	32	Male	Monticello	MN	00:18:09.76	01:08:16.93	00:41:03.09		02:29:54.78

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### 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
4	77/260	17/90	292	Megan Westhoff	36	Female	Hudson	WI	00:15:25.20	01:00:29.23	00:37:32.52		01:57:14.75
5	82/260	19/90	229	Jill Hughes	39	Female	Orono	MN	00:17:27.83	01:00:21.18	00:36:56.59		01:58:16.51
6	104/260	25/90	242	Laura Feist	37	Female	Birchwood	MN	00:15:55.62	01:00:45.59	00:40:18.04		02:01:29.59
7	111/260	27/90	237	Kristyn Benson	39	Female	Lake Elmo	MN	00:18:56.16	01:00:25.55	00:40:09.68		02:04:16.76
8	120/260	31/90	243	Gina Rumore	35	Female	St Louis Park	MN	00:16:55.58	01:04:34.11	00:39:39.59		02:05:21.68
9	123/260	33/90	235	Melissa Gregory	39	Female	Minneapolis	MN	00:14:58.08	01:06:36.81	00:40:42.32		02:06:03.70
10	145/260	41/90	236	Carolyn Tuohy	39	Female	Minneapolis	MN	00:18:31.93	01:02:29.48	00:42:44.71		02:08:08.85
11	149/260	43/90	240	Susan Hilal	37	Female	Plymouth	MN	00:15:41.72	01:05:34.19	00:43:15.51		02:08:36.95
12	164/260	48/90	232	Lara Thomas	39	Female	Saint Louis Park	MN	00:14:59.81	01:04:53.84	00:46:37.42		02:12:07.86
13	186/260	56/90	234	Lisa Schiltz	39	Female	Buffalo	MN	00:18:39.32	01:01:07.24	00:50:03.83		02:16:51.66
14	198/260	60/90	230	Susan Robbins	39	Female	Eden Prairie	MN	00:22:22.47	01:09:24.83	00:43:49.04		02:19:43.77
15	202/260	62/90	244	Kelly Anderson	35	Female	Farwell	MN	00:15:39.03	01:14:47.06	00:44:40.43		02:20:10.97
16	227/260	76/90	241	Catherine Vaughn	37	Female	Minneapolis	MN	00:22:42.30	01:11:02.39	00:48:29.14		02:28:05.48
17	240/260	82/90	238	Vickie Albright	38	Female	Minnetonka	MN	00:22:05.26	01:17:07.42	00:50:13.58		02:34:37.50
18	247/260	86/90	233	Tiffany Giese	39	Female	Maple Grove	MN	00:25:33.91	01:15:10.88	00:52:29.79		02:38:47.42
19	252/260	89/90	239	Ingrid Kaufman	38	Female	Eden Prairie	MN	00:21:54.40	01:31:28.08	00:46:56.88		02:45:45.31

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### 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
4	62/260	47/170	291	John Nolan	35	Male	Minneapolis	MN	00:13:16.95	00:56:42.90	00:39:49.78		01:54:48.14
5	75/260	59/170	261	Christopher Hawes	39	Male	Minneapolis	MN	00:15:23.51	00:55:58.10	00:41:02.80		01:57:01.71
6	78/260	61/170	272	Ryan Granroth	36	Male	Sartell	MN	00:16:52.89	00:55:09.06	00:40:07.03		01:57:21.38
7	118/260	88/170	267	Jamie Galioto	37	Male	St Paul	MN	00:15:10.59	01:00:54.91	00:43:37.76		02:05:08.08
8	133/260	97/170	296	Duncan Tomassen	35	Male	Eden Prairie	MN	00:17:46.57	00:58:36.51	00:41:49.62		02:07:33.18
9	143/260	103/170	264	Nathaniel George	38	Male	Saint Paul	MN	00:16:11.28	01:02:02.03	00:44:29.87		02:08:00.75
10	147/260	105/170	265	Matthew Mohning	38	Male	Minneapolis	MN	00:21:45.25	00:59:49.43	00:41:24.23		02:08:30.64
11	150/260	107/170	268	David Berntson	37	Male	Annandale	MN	00:20:05.21	01:05:26.64	00:37:57.14		02:08:52.26
12	225/260	150/170	271	Heath Sneller	37	Male	Kimball	MN	00:24:53.97	01:09:54.35	00:48:52.92		02:27:35.99

### 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
4	162/260	47/90	128	Denise Kuheman	40	Female	Buffalo	MN	00:16:16.31	01:04:11.15	00:45:38.05		02:11:23.56
5	188/260	58/90	127	Jessica Constant	41	Female	Champlin	MN	00:19:04.09	01:05:32.70	00:48:34.61		02:17:10.66
6	206/260	64/90	131	Caryn Mohr	41	Female	Falcon Heights	MN	00:18:29.15	01:13:19.32	00:43:35.97		02:20:31.94
7	214/260	68/90	120	Carol Osterhus	44	Female	Minnetonka	MN	00:18:09.98	01:13:12.36	00:49:30.24		02:24:50.66
8	216/260	69/90	121	Lee Shumate	43	Female	Shakopee	MN	00:17:48.68	01:12:55.46	00:48:29.17		02:24:57.29
9	233/260	78/90	126	Julie Pettit	41	Female	Maple Grove	MN	00:19:34.32	01:18:07.21	00:45:50.88		02:31:12.83
10	253/260	90/90	122	Karen Trout	43	Female	Detroit Lakes	MN	00:31:23.97	01:20:27.99	00:49:51.15		02:46:20.98

# Heart of The Lakes Triathlon

July 21, 2013

## 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
4	20/260	19/170	219	Jim Guenter	43	Male	Woodbury	MN	00:14:17.40	00:53:25.79	00:36:00.17		01:46:28.56
5	23/260	22/170	224	Damon Dunkel	40	Male	Minneapolis	MN	00:15:30.49	00:52:56.75	00:35:19.66		01:46:51.14
6	40/260	30/170	202	Erik Hull	43	Male	Farmington	MN	00:15:18.40	00:55:11.08	00:36:42.16		01:50:53.26
7	44/260	33/170	204	Tim Huntley	43	Male	Hudson	WI	00:13:39.92	00:57:55.83	00:37:07.55		01:52:11.11
8	46/260	35/170	225	Kent Kolstad	41	Male	Bloomington	MN	00:16:30.46	00:53:33.99	00:39:02.15		01:52:34.21
9	55/260	42/170	209	Jeremy Brekke	42	Male	Fargo	ND	00:17:59.17	00:58:04.90	00:34:39.08		01:53:55.63
10	65/260	49/170	193	Mike Reinhart	44	Male	St Paul	MN	00:16:18.62	00:59:04.58	00:36:18.52		01:55:17.96
11	67/260	51/170	215	William Lorenz	41	Male	Benson	MN	00:16:01.79	00:59:02.17	00:37:22.35		01:55:50.51
12	70/260	54/170	195	Keith Thompson	44	Male	Annanadale	MN	00:17:31.98	00:58:21.73	00:36:43.37		01:56:43.36
13	79/260	62/170	199	Reese Lang	43	Male	Loretto	MN	00:17:40.03	00:59:09.30	00:37:47.37		01:57:41.95
14	89/260	68/170	218	Christian Twigg	40	Male	Minneapolis	MN	00:15:38.17	00:58:11.12	00:41:13.41		01:58:53.86
15	91/260	70/170	196	David Johnson	44	Male	Lake Elmo	MN	00:18:29.97	00:58:49.59	00:36:55.71		01:59:23.23
16	100/260	77/170	135	Christopher Ludwig	44	Male	Eden Prairie	MN	00:23:43.66	00:55:24.21	00:36:57.45		02:00:54.37
17	109/260	83/170	211	Mark Hartley	41	Male	Inver Grove Heights	MN	00:17:00.97	00:58:54.30	00:41:04.08		02:02:56.27
18	126/260	91/170	207	David Stueve	42	Male	Buffalo	MN	00:18:14.07	00:55:27.70	00:48:15.57		02:06:30.02
19	129/260	94/170	205	Bill Currie	43	Male	Chanhassen	MN	00:13:28.91	00:57:05.94	00:52:06.02		02:06:50.55
20	132/260	96/170	223	Chris Guertin	41	Male	Minneapolis	MN	00:21:41.13	00:59:22.94	00:41:04.77		02:07:31.62
21	182/260	130/170	210	Matt Honsey	41	Male	Annandale	MN	00:22:46.71	01:08:02.74	00:41:33.44		02:15:40.34
22	189/260	131/170	136	Mike Hoenie	40	Male	Golden Valley	MN	00:22:08.85	01:02:37.58	00:47:16.83		02:17:24.35
23	191/260	133/170	217	Mark Wagner	40	Male	Minnetonka	MN	00:17:46.27	01:02:02.98	00:52:13.80		02:17:44.73
24	205/260	142/170	200	Garrett Jordahl	43	Male	Big Lake	MN	00:15:08.07	01:09:43.72	00:51:23.38		02:20:30.75
25	211/260	145/170	194	Rick Monro	44	Male	Plymouth	MN	00:17:38.35	01:10:00.39	00:49:50.34		02:23:22.50
26	222/260	149/170	214	Scott Harrison	41	Male	Farmington	MN	00:20:35.94	01:07:15.94	00:54:18.75		02:27:23.63
27	229/260	153/170	213	Jeff Wassenberg	41	Male	Edina	MN	00:21:58.02	01:12:46.95	00:45:41.14		02:28:52.50
28	234/260	156/170	206	Doran O'brien	42	Male	Scandia	MN	00:18:13.10	01:04:18.19	01:03:16.05		02:32:10.44
29	256/260	166/170	216	Dustin Taylor	40	Male	Burnsville	MN	00:19:45.29	01:25:46.28	00:56:07.88		02:48:35.35
30	258/260	168/170	294	Mike Swanson	43	Male	Mineapolis	MN	00:30:27.31	01:26:18.99	00:53:50.81		02:58:54.08
31	260/260	170/170	197	Johannes Manlapaz	44	Male	Apple Valley	MN	00:42:42.27	01:16:49.82	00:59:45.27		03:05:46.81

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### 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
4	209/260	65/90	108	Jeanine Chagnon	49	Female	White Bear Lake	MN	00:21:42.38	01:07:55.00	00:47:37.61		02:23:02.26
5	223/260	74/90	111	Barb Leppke-Hennig	48	Female	Golden Valley	MN	00:19:52.85	01:14:54.77	00:47:50.67		02:27:28.88
6	235/260	79/90	118	Pattie Ekman	45	Female	West Concord	MN	00:19:11.11	01:07:04.91	01:01:32.86		02:33:13.62

### 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
4	30/260	27/170	181	Andy Leier	47	Male	Shakopee	MN	00:16:08.38	00:52:49.11	00:35:04.61		01:47:45.64
5	49/260	38/170	222	David Barnes	45	Male	Lakeville	MN	00:15:38.20	00:58:41.71	00:34:40.51		01:52:53.34
6	54/260	41/170	191	Kurt Bruhn	45	Male	Buffalo	MN	00:16:36.48	00:54:20.33	00:38:06.76		01:53:46.38
7	76/260	60/170	190	Peter Hagen	45	Male	Apple Valley	MN	00:14:01.93	00:59:11.65	00:40:21.87		01:57:12.48
8	81/260	63/170	183	Dan Hauck	46	Male	Cedar	MN	00:14:18.65	01:04:09.52	00:34:49.40		01:58:00.10
9	97/260	74/170	180	Dustin Warner	47	Male	Eden Prairie	MN	00:15:29.80	00:58:37.16	00:42:33.39		02:00:18.04
10	98/260	75/170	187	Darrick Zarlring	45	Male	Vadnais Heights	MN	00:17:51.15	00:58:26.18	00:40:09.02		02:00:23.95
11	102/260	78/170	175	Mark Augdahl	48	Male	Chaska	MN	00:14:50.94	01:01:19.97	00:40:24.44		02:01:07.28
12	115/260	86/170	192	Tim Jette	45	Male	Maple Grove	MN	00:18:11.01	01:02:11.41	00:40:03.65		02:04:47.44
13	119/260	89/170	170	Erich Zeitz	49	Male	Minnetonka	MN	00:15:32.47	01:00:51.31	00:42:31.69		02:05:11.93
14	136/260	100/170	188	Todd Sullwold	45	Male	Minnetrista	MN	00:15:31.74	01:02:28.02	00:44:52.43		02:07:39.77
15	161/260	115/170	171	Lane Gans	49	Male	Mendota Heights	MN	00:16:47.91	01:08:38.70	00:39:47.47		02:11:23.32
16	170/260	122/170	174	Jeff Walters	48	Male	Golden Valley	MN	00:12:54.67	01:06:39.30	00:48:08.53		02:13:35.06
17	173/260	124/170	173	Steven Gallagher	48	Male	Minneapolis	MN	00:17:08.41	01:02:49.42	00:48:22.11		02:13:50.52
18	174/260	125/170	172	Ken Saddler	48	Male	Chanhassen	MN	00:15:40.77	01:02:55.27	00:50:45.33		02:14:04.11
19	199/260	139/170	137	John Mclaughlin	48	Male	Eagan	MN	00:16:34.15	01:00:24.67	00:57:00.63		02:19:56.46
20	203/260	141/170	178	Tim Goodyear	47	Male	Minnetonka	MN	00:15:28.19	01:11:52.51	00:47:36.89		02:20:11.89
21	207/260	143/170	186	David Lund	45	Male	Montrose	MN	00:19:16.28	01:07:11.90	00:48:18.57		02:22:28.30
22	248/260	162/170	189	Allen Weis	45	Male	Delano	MN	00:27:37.82	01:09:11.11	00:57:26.70		02:39:03.14
23	255/260	165/170	177	Charles Meadows	47	Male	Rogers	MN	00:27:25.98	01:12:08.20	01:02:00.24		02:47:15.25



# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### 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
4	140/260	40/90	65	Mary Deeg	51	Female	St. Paul	MN	00:17:51.96	00:59:48.01	00:46:20.64		02:07:55.54
5	212/260	67/90	67	Lori Woodfield	51	Female	Victoria	MN	00:15:28.76	01:13:37.37	00:50:34.06		02:23:22.67
6	218/260	71/90	64	Diane Lang	51	Female	Burnsville	MN	00:19:21.31	01:17:40.03	00:42:50.58		02:25:01.91
7	245/260	85/90	66	Bonnie Bohn Hector	51	Female	Orono	MN	00:27:37.94	01:19:09.57	00:46:19.96		02:37:33.78

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### 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
4	33/260	29/170	138	Jeffrey Gilmer	54	Male	Delano	MN	00:14:39.89	00:54:40.30	00:36:41.02		01:49:08.21
5	43/260	32/170	227	John Witzmann	51	Male	Maplewood	MN	00:14:56.18	00:56:00.87	00:36:50.50		01:51:51.96
6	50/260	39/170	164	Mark Roth	51	Male	Burnsville	MN	00:15:55.77	00:56:49.81	00:35:06.55		01:53:15.87
7	56/260	43/170	146	Jeff Melby	53	Male	Bloomington	MN	00:14:35.63	00:54:04.60	00:41:30.84		01:53:58.01
8	59/260	44/170	159	Drew Frakes	51	Male	St Louis Park	MN	00:17:03.65	00:54:27.34	00:39:04.75		01:54:39.95
9	61/260	46/170	140	Pete Royer	54	Male	Litchfield	MN	00:16:46.38	00:54:53.64	00:38:57.63		01:54:41.07
10	73/260	57/170	145	Jeff Yue	53	Male	Wayzata	MN	00:16:41.73	00:54:59.80	00:41:06.21		01:56:56.04
11	103/260	79/170	142	Jack Shovein	54	Male	North Oaks	MN	00:16:55.88	00:58:26.13	00:41:04.50		02:01:14.66
12	110/260	84/170	156	Greg Becker	51	Male	St.michael	MN	00:18:37.15	00:59:32.26	00:40:06.01		02:03:45.02
13	113/260	85/170	141	Don Weirens	54	Male	St. Louis Park	MN	00:19:50.65	00:58:06.38	00:42:42.31		02:04:41.52
14	127/260	92/170	169	Thorn Turner	50	Male	Shorewood	MN	00:13:04.28	01:09:34.04	00:40:36.55		02:06:35.07
15	130/260	95/170	167	Kenton Johnson	50	Male	St. Paul	MN	00:15:57.87	01:06:00.89	00:39:57.97		02:07:18.43
16	135/260	99/170	155	Mark Getty	51	Male	Plymouth	MN	00:21:51.69	01:00:54.76	00:40:07.38		02:07:34.51
17	142/260	102/170	160	Bryan Wray	51	Male	Eagan	MN	00:16:24.70	01:00:34.06	00:44:57.43		02:08:00.72
18	144/260	104/170	152	Carl Hoang	53	Male	Maple Grove	MN	00:18:21.99	00:59:01.23	00:46:17.86		02:08:05.21
19	148/260	106/170	148	Jeffrey Daly	53	Male	Shakopee	MN	00:18:57.11	01:00:01.81	00:45:38.42		02:08:32.69
20	154/260	109/170	168	Tim Woodfield	50	Male	Victoria	MN	00:14:47.20	01:04:20.38	00:45:38.14		02:09:15.68
21	156/260	111/170	143	Tony Chasensky	54	Male	Saint Paul	MN	00:18:40.58	01:03:56.51	00:41:28.41		02:09:46.32
22	168/260	120/170	165	Kurt Schultz	50	Male	Lakeville	MN	00:17:47.64	01:01:27.55	00:48:41.79		02:13:19.90
23	169/260	121/170	220	Jeff Dahle	50	Male	Morristown	MN	00:20:03.64	01:00:05.54	00:48:09.00		02:13:22.83
24	193/260	135/170	139	Gregor Macdonald	54	Male	Chanhassen	MN	00:20:54.92	01:06:54.45	00:45:10.17		02:18:19.59
25	196/260	137/170	147	Brett Oden	53	Male	Buffalo	MN	00:18:05.60	01:08:13.14	00:45:07.06		02:18:57.03
26	197/260	138/170	226	Bob Kramer	53	Male	Grand Forks	ND	00:23:56.13	01:04:55.76	00:45:11.70		02:19:12.37
27	201/260	140/170	154	Jonathan Stinson	52	Male	Plymouth	MN	00:24:31.43	01:06:43.71	00:42:09.18		02:19:58.90
28	213/260	146/170	166	Craig Olsen	50	Male	Inver Grove Heights	MN	00:17:52.90	01:07:13.02	00:52:30.94		02:24:11.08
29	215/260	147/170	161	Anthony Brown	51	Male	Lakeville	MN	00:18:51.53	01:04:34.48	00:52:17.47		02:24:54.98
30	238/260	157/170	157	Kevin Cashman	51	Male	Minnetrissa	MN	00:27:16.06	01:08:08.54	00:52:02.80		02:34:28.90
31	246/260	161/170	158	David Knoll	51	Male	Lino Lakes	MN	00:21:45.43	01:15:41.21	00:54:25.16		02:38:11.89
32	257/260	167/170	144	Chuck Wagner	53	Male	Minnetonka	MN	00:22:26.18	01:15:36.69	01:03:23.55		02:49:11.29

# Heart of The Lakes Triathlon

July 21, 2013

## 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
4	66/260	50/170	96	David Swanson	56	Male	Saint Paul	MN	00:15:14.95	00:59:01.48	00:37:57.65		01:55:27.05
5	72/260	56/170	101	Tad Hauck	55	Male	Eden Prairie	MN	00:15:23.35	00:57:34.39	00:39:41.75		01:56:54.70
6	74/260	58/170	82	Bryan Swenson	59	Male	Big Lake	MN	00:19:57.98	00:54:49.17	00:38:37.07		01:57:00.47
7	94/260	72/170	104	Gregg Garretson	55	Male	Lakeville	MN	00:14:51.69	00:59:23.31	00:41:40.15		01:59:38.45
8	99/260	76/170	106	Marty Wyland	55	Male	Eden Prairie	MN	00:17:09.51	00:59:46.23	00:39:14.28		02:00:38.50
9	121/260	90/170	86	Gregory Cooley	58	Male	Sartell	MN	00:17:15.46	00:58:45.36	00:45:07.58		02:05:38.79
10	128/260	93/170	83	Frank Lombardo	59	Male	Lakeville	MN	00:17:31.12	01:00:23.65	00:44:11.59		02:06:41.06
11	141/260	101/170	85	Michael Costello	58	Male	Afton	MN	00:18:35.84	01:03:58.41	00:37:44.78		02:07:59.09
12	151/260	108/170	102	Steve Gunther	55	Male	Excelsior	MN	00:15:00.98	01:01:21.09	00:48:54.29		02:08:59.71
13	160/260	114/170	80	Michael Borneke	59	Male	Eagle Lake	MN	00:20:08.75	00:58:33.96	00:47:41.92		02:11:11.81
14	176/260	126/170	98	Jay Lawton	55	Male	Willmar	MN	00:19:04.65	01:08:41.48	00:41:23.27		02:14:31.48
15	194/260	136/170	103	Mike Quinlivan	55	Male	Minneapolis	MN	00:18:50.38	01:07:11.33	00:44:11.37		02:18:23.59
16	239/260	158/170	89	Tom Barringer	57	Male	St.francis	MN	00:22:43.41	01:11:30.27	00:55:21.18		02:34:30.48
17	250/260	163/170	92	John Jasinski	56	Male	Minneapolis	MN	00:22:54.45	01:09:52.27	00:56:32.59		02:40:56.80
18	259/260	169/170	93	Raymond Smith	56	Male	Otsego	MN	00:28:43.11	01:20:37.46	01:05:42.12		03:00:52.97

### 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
4	219/260	72/90	56	Connie Foster	62	Female	River Falls	WI	00:19:15.20	01:13:57.27	00:48:00.28		02:25:55.86

# Heart of The Lakes Triathlon

July 21, 2013

## Overall Division Results

Long Individual

### 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
4	180/260	129/170	129	Thomas Lyons	61	Male	Excelsior	MN	00:15:12.87	01:03:52.72	00:49:40.51		02:15:12.59
5	190/260	132/170	78	David Heffernan	62	Male	Minneapolis	MN	00:22:41.86	01:03:13.52	00:45:33.49		02:17:43.44

### 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

### 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