

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

Short 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	356	Juli Currie	Female	41	Chanhassen	MN	00:07:40	48	1:44	00:02:08	00:23:30	25	23.0	00:01:06	00:17:43	30	7:04		00:52:03.78
2	355	Karen Bebchuk	Female	46	Plymouth	MN	00:07:29	37	1:41	00:01:58	00:24:52	54	21.7	00:00:48	00:17:38	28	7:02		00:52:42.30
3	870	Marta Lewinski	Female	40	Edina	MN	00:08:11	72	1:51	00:02:13	00:23:25	22	23.1	00:01:10	00:17:59	39	7:11		00:52:55.79
4	378	Jane Koch	Female	16	Burnsville	MN	00:07:17	27	1:38	00:01:45	00:26:29	105	20.4	00:01:02	00:17:35	27	7:01		00:54:05.55
5	359	Cara Pavsek	Female	39	Rosemount	MN	00:07:28	36	1:41	00:01:57	00:24:54	55	21.7	00:01:05	00:19:24	79	7:45		00:54:46.43
6	616	Kirsten Bich	Female	43	Duluth	MN	00:09:22	144	2:07	00:02:10	00:23:48	30	22.7	00:01:03	00:18:32	53	7:24		00:54:51.80
7	690	Heather Pitschka	Female	38	Duluth	MN	00:08:50	105	1:59	00:02:22	00:24:40	47	21.9	00:01:08	00:18:54	63	7:33		00:55:51.35
8	729	Beth Trautman	Female	46	Medina	MN	00:09:17	135	2:06	00:02:15	00:23:28	23	23.0	00:01:10	00:19:44	98	7:53		00:55:51.56
9	716	Stacy Kalemkiarian	Female	28	Stillwater	MN	00:10:54	243	2:28	00:02:41	00:23:34	26	22.9	00:01:21	00:17:58	37	7:11		00:56:25.81
10	810	Jena Klein	Female	42	Cold Spring	MN	00:08:17	76	1:52	00:02:11	00:24:18	42	22.2	00:01:34	00:20:22	120	8:08		00:56:39.36
11	564	Camille Picconatto	Female	36	Maple Grove	MN	00:07:49	54	1:46	00:02:34	00:25:32	77	21.2	00:01:27	00:19:24	80	7:45		00:56:43.08
12	377	Krisie Melsen	Female	32	Minneapolis	MN	00:07:06	22	1:36	00:02:40	00:26:29	106	20.4	00:00:48	00:20:05	107	8:01		00:57:04.73
13	500	Kristina Swenson	Female	16	Rogers	MN	00:06:29	8	1:28	00:02:21	00:26:35	111	20.3	00:01:06	00:20:48	139	8:18		00:57:15.82
14	850	Hilary Young	Female	27	Minneapolis	MN	00:07:51	55	1:46	00:02:59	00:27:21	143	19.7	00:01:40	00:19:05	72	7:37		00:58:53.12
15	883	Rebecca Karnes-Toth	Female	36	Mound	MN	00:11:03	258	2:30	00:02:49	00:26:16	94	20.6	00:01:03	00:17:52	35	7:08		00:59:01.27
16	689	Lisa Spethmann	Female	50	Saint Cloud	MN	00:07:34	41	1:42	00:02:59	00:27:38	154	19.5	00:01:37	00:19:19	77	7:43		00:59:04.46
17	809	Anna Peterson	Female	14	Rosemount	MN	00:08:02	61	1:49	00:01:46	00:28:43	209	18.8	00:01:01	00:19:37	93	7:50		00:59:06.98
18	811	Marina Chapman	Female	16	South Haven	MN	00:08:37	95	1:57	00:03:30	00:27:01	129	20.0	00:01:05	00:18:57	65	7:34		00:59:07.93
19	775	Lizzie Johnson	Female	13	Rosemount	MN	00:07:39	46	1:43	00:02:30	00:29:01	223	18.6	00:01:01	00:19:01	68	7:36		00:59:09.16
20	630	Taylor Pehrson	Female	16	Hanover	MN	00:06:45	13	1:31	00:02:44	00:30:02	259	18.0	00:00:59	00:18:43	60	7:28		00:59:10.80
21	652	Halle Gustafson	Female	19	Minneapolis	MN	00:10:04	190	2:16	00:02:34	00:28:17	191	19.1	00:01:14	00:17:08	15	6:50		00:59:14.62
22	389	Sonja Daniels	Female	39	Duluth	MN	00:09:06	123	2:03	00:02:12	00:25:34	79	21.1	00:01:19	00:21:16	155	8:30		00:59:25.68
23	704	Devin Thorson	Female	28	St. Paul	MN	00:08:59	117	2:01	00:02:09	00:26:28	104	20.4	00:01:26	00:20:48	138	8:18		00:59:46.19
24	595	Lizzy Heil	Female	14	Albertville	MN	00:09:58	183	2:15	00:02:46	00:29:23	232	18.4	00:00:52	00:16:59	12	6:47		00:59:54.16
25	509	Eileen Kurpiers	Female	52	Deerwood	MN	00:10:02	187	2:16	00:02:31	00:25:39	82	21.1	00:01:34	00:20:20	118	8:07		01:00:03.19
26	869	Kyleen Harstedt	Female	34	North Branch	MN	00:09:37	160	2:10	00:02:22	00:24:51	53	21.7	00:01:47	00:21:33	164	8:37		01:00:06.84
27	888	Cortney Johnson	Female	37	St Louis Park	MN	00:11:20	286	2:34	00:01:58	00:24:39	46	21.9	00:01:51	00:20:24	121	8:09		01:00:09.15
28	649	Jennifer Olson	Female	36	Rice	MN	00:10:54	242	2:28	00:02:39	00:24:47	51	21.8	00:01:15	00:20:42	133	8:16		01:00:14.06
29	843	Laura Kalland	Female	31	Elk River	MN	00:07:44	50	1:45	00:02:41	00:27:37	153	19.6	00:01:03	00:21:18	158	8:31		01:00:21.60
30	877	Kristy Wynn	Female	34	New Brighton	MN	00:10:03	189	2:16	00:02:44	00:25:53	87	20.9	00:01:35	00:20:32	128	8:12		01:00:44.52
31	510	Allison Crum	Female	15	Deerwood	MN	00:06:39	12	1:30	00:03:17	00:28:47	212	18.8	00:01:04	00:21:58	180	8:46		01:01:42.21
32	621	Ellen Swedzinski	Female	18	Albertville	MN	00:07:21	30	1:39	00:02:39	00:30:45	292	17.6	00:00:53	00:20:16	114	8:06		01:01:50.14
33	836	Kelli Heytens	Female	17	Brooklyn Park	MN	00:11:01	256	2:29	00:02:07	00:27:12	135	19.9	00:01:09	00:20:31	127	8:12		01:01:59.36
34	492	Emily Quandt	Female	15	Annandale	MN	00:10:35	222	2:23	00:03:27	00:29:34	237	18.3	00:00:49	00:17:46	33	7:06		01:02:07.92
35	806	Anna Wise	Female	14	Rosemount	MN	00:08:27	83	1:54	00:02:21	00:28:10	187	19.2	00:00:54	00:22:20	202	8:55		01:02:10.32
36	654	Paula Just	Female	39	Spooner	WI	00:09:00	120	2:02	00:02:30	00:30:04	261	18.0	00:00:51	00:19:47	100	7:54		01:02:10.40

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

Short 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	501	Lexi Heil	Female	16	Albertville	MN	00:06:47	14	1:32	00:02:58	00:29:53	249	18.1	00:01:56	00:20:44	137	8:17		01:02:14.88
38	648	Rachel Horstmann	Female	33	Eden Prairie	MN	00:07:28	35	1:41	00:03:04	00:28:50	215	18.7	00:01:12	00:22:02	185	8:48		01:02:33.30
39	519	Kathleen Roller	Female	44	Long Lake	MN	00:09:58	184	2:15	00:02:32	00:26:43	116	20.2	00:01:28	00:22:00	182	8:47		01:02:37.06
40	575	Dawn Holtz	Female	43	Hutchinson	MN	00:09:20	139	2:06	00:02:58	00:27:57	173	19.3	00:01:09	00:21:20	159	8:31		01:02:41.95
41	627	Kaytlin Kuefler	Female	18	Annandale	MN	00:11:00	251	2:29	00:02:51	00:27:27	147	19.7	00:00:54	00:20:43	135	8:16		01:02:51.59
42	695	Katie Van Dorp	Female	23	Annandale	MN	00:11:06	262	2:30	00:03:28	00:27:07	131	19.9	00:01:02	00:20:20	119	8:07		01:03:00.99
43	568	Kristen Baker	Female	35	St. Bonifacius	MN	00:07:53	57	1:47	00:03:19	00:26:19	99	20.5	00:01:56	00:23:48	266	9:31		01:03:12.67
44	752	Barbara Thukral	Female	36	St. Paul	MN	00:10:21	207	2:20	00:02:54	00:28:27	195	19.0	00:01:17	00:20:17	117	8:06		01:03:14.46
45	590	Kristen Quill	Female	29	Minneapolis	MN	00:08:37	94	1:57	00:03:07	00:28:47	213	18.8	00:01:19	00:21:28	161	8:35		01:03:14.82
46	490	Julie Grafft	Female	50	Chanhassen	MN	00:08:04	63	1:49	00:02:29	00:28:33	199	18.9	00:01:45	00:22:30	210	8:59		01:03:17.48
47	495	Adrea Mauseth	Female	33	St Louis Park	MN	00:08:51	109	2:00	00:02:22	00:28:32	197	18.9	00:01:22	00:22:41	218	9:04		01:03:45.48
48	786	Suzie Shoemaker	Female	30	Minneapolis	MN	00:09:35	159	2:10	00:02:36	00:28:13	188	19.1	00:01:33	00:21:55	177	8:45		01:03:49.63
49	778	Stacy Solomonson	Female	35	Princeton	MN	00:10:18	203	2:19	00:03:32	00:27:42	155	19.5	00:01:09	00:21:17	156	8:30		01:03:54.10
50	570	Debra Shaw	Female	35	Saint Cloud	MN	00:09:32	155	2:09	00:03:18	00:25:22	72	21.3	00:02:49	00:23:04	230	9:13		01:04:03.07
51	672	Jody Zylstra	Female	34	Annandale	MN	00:12:00	324	2:43	00:03:43	00:28:00	175	19.3	00:01:57	00:18:30	52	7:23		01:04:06.71
52	391	Jenifer Munson	Female	40	Annandale	MN	00:11:15	278	2:32	00:02:36	00:29:42	243	18.2	00:01:06	00:19:36	91	7:50		01:04:12.91
53	583	Anna Becker	Female	17	Rochester	MN	00:06:37	11	1:29	00:02:44	00:30:04	260	18.0	00:01:15	00:23:41	261	9:28		01:04:17.87
54	761	Barbara Berdahl	Female	43	Saint Paul	MN	00:09:40	166	2:11	00:03:16	00:27:48	165	19.4	00:01:10	00:22:27	206	8:58		01:04:18.53
55	808	Rebecca Stewart	Female	45	St. Paul	MN	00:09:34	158	2:10	00:03:16	00:24:46	50	21.8	00:01:55	00:24:51	298	9:56		01:04:19.54
56	777	Debbie Christian	Female	42	Buffalo	MN	00:09:40	167	2:11	00:03:21	00:26:48	120	20.2	00:01:50	00:22:47	219	9:06		01:04:23.87
57	482	Rebekah Archer	Female	35	Minneapolis	MN	00:10:42	227	2:25	00:02:20	00:29:41	242	18.2	00:01:00	00:20:44	136	8:17		01:04:25.73
58	886	Janell Pepper	Female	53	Woodbury	MN	00:08:24	79	1:54	00:03:30	00:28:51	217	18.7	00:01:25	00:22:22	203	8:56		01:04:29.74
59	543	Jen Nagorski	Female	27	Minneapolis	MN	00:10:02	188	2:16	00:02:55	00:31:20	318	17.2	00:01:21	00:18:59	66	7:35		01:04:33.91
60	602	Kayla Willert	Female	35	Annandale	MN	00:09:55	180	2:14	00:04:15	00:30:06	264	17.9	00:01:07	00:19:29	84	7:47		01:04:50.11
61	528	Therese Kennedy	Female	52	Minneapolis	MN	00:10:24	209	2:21	00:02:27	00:28:50	216	18.7	00:01:12	00:22:03	186	8:48		01:04:52.90
62	859	Jesse Dunn	Female	26	Fargo	ND	00:11:28	297	2:35	00:03:31	00:27:32	150	19.6	00:01:02	00:21:26	160	8:34		01:04:57.22
63	703	Carrie Longsdorf	Female	30	Minneapolis	MN	00:10:09	195	2:17	00:02:37	00:28:46	211	18.8	00:01:52	00:22:01	184	8:48		01:05:23.25
64	517	Laura Lilja	Female	40	Prior Lake	MN	00:10:17	201	2:19	00:03:10	00:27:14	136	19.8	00:01:06	00:23:44	264	9:29		01:05:28.19
65	576	Jennifer Berthiaume	Female	36	South Haven	MN	00:09:02	121	2:02	00:03:19	00:30:29	283	17.7	00:01:02	00:21:39	168	8:39		01:05:28.75
66	467	Jenna Fletcher	Female	51	Stillwater	MN	00:10:57	247	2:28	00:02:08	00:27:55	170	19.3	00:01:17	00:23:19	245	9:19		01:05:34.00
67	798	Madeline Peters	Female	17	Woodbury	MN	00:07:07	23	1:36	00:02:05	00:32:55	358	16.4	00:01:24	00:22:07	191	8:50		01:05:34.99
68	868	Nikki Witowski	Female	30	Plymouth	MN	00:09:07	124	2:03	00:03:04	00:28:27	194	19.0	00:01:49	00:23:25	247	9:21		01:05:50.05
69	644	Megan Koski	Female	33	Dassel	MN	00:10:52	241	2:27	00:03:13	00:30:21	275	17.8	00:01:11	00:20:26	125	8:10		01:05:59.87
70	544	Karen Slakey	Female	50	Lake Elmo	MN	00:09:00	118	2:02	00:04:42	00:28:41	207	18.8	00:02:12	00:21:39	169	8:39		01:06:10.39
71	387	Kimberly Moy	Female	19	Cokato	MN	00:07:45	51	1:45	00:02:50	00:31:32	322	17.1	00:01:15	00:23:11	236	9:16		01:06:30.68
72	827	Mary Godfrey	Female	49	Saint Paul	MN	00:10:50	238	2:27	00:03:34	00:28:16	190	19.1	00:01:56	00:22:12	194	8:52		01:06:45.31

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

Short 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	498	Erika Sawinski	Female	25	St Louis Park	MN	00:10:47	234	2:26	00:03:29	00:28:52	218	18.7	00:01:28	00:22:35	214	9:01		01:07:08.48
74	736	Alyce Johnson	Female	19	Hudson	WI	00:10:22	208	2:20	00:03:25	00:29:03	224	18.6	00:01:59	00:22:31	212	9:00		01:07:16.98
75	480	Kim Uecker	Female	37	Annandale	MN	00:10:59	249	2:29	00:03:35	00:28:07	182	19.2	00:01:30	00:23:10	235	9:15		01:07:17.90
76	727	Emily Anderson	Female	31	Spring Lake Park	MN	00:14:39	395	3:19	00:03:04	00:26:49	121	20.1	00:01:55	00:20:57	141	8:22		01:07:20.49
77	757	Julie Feldman	Female	31	Inver Grove Heights	MN	00:13:06	373	2:57	00:03:11	00:27:44	161	19.5	00:00:57	00:22:29	209	8:59		01:07:23.72
78	635	Megan Myers	Female	19	Cannon Falls	MN	00:11:12	274	2:32	00:03:11	00:30:28	281	17.7	00:00:57	00:21:44	173	8:41		01:07:29.59
79	625	Julie Wiens	Female	51	Wayzata	MN	00:11:19	284	2:33	00:03:22	00:29:06	225	18.6	00:01:27	00:22:19	200	8:55		01:07:30.14
80	385	Christina Mckinlay	Female	34	Victoria	MN	00:11:41	311	2:38	00:02:53	00:27:26	146	19.7	00:02:07	00:23:28	251	9:23		01:07:32.89
81	849	Rachel Karst	Female	26	Shakopee	MN	00:11:00	252	2:29	00:03:33	00:32:00	337	16.9	00:01:08	00:19:56	103	7:58		01:07:34.85
82	504	Jennifer Messmer	Female	33	Minneapolis	MN	00:10:48	236	2:26	00:03:03	00:30:29	282	17.7	00:01:14	00:22:04	187	8:49		01:07:35.17
83	629	Lesley Scibora	Female	39	Bloomington	MN	00:11:25	293	2:35	00:03:20	00:28:08	183	19.2	00:01:59	00:22:52	222	9:08		01:07:41.56
84	874	Sherilyn Young	Female	45	St. Paul	MN	00:10:43	230	2:25	00:02:53	00:29:35	238	18.3	00:01:28	00:23:06	232	9:14		01:07:42.30
85	734	Angie Voll	Female	43	Monticello	MN	00:11:52	317	2:41	00:03:10	00:29:17	229	18.4	00:01:10	00:22:16	198	8:54		01:07:43.25
86	470	Wendy Ulferts	Female	42	Willmar	MN	00:11:04	259	2:30	00:02:35	00:27:15	139	19.8	00:02:28	00:24:25	285	9:45		01:07:44.11
87	721	Sidney Sollazo	Female	35	South Saint Paul	MN	00:09:22	145	2:07	00:04:22	00:31:50	330	17.0	00:01:10	00:21:08	148	8:27		01:07:49.69
88	527	Candy Millerbernd	Female	44	Chaska	MN	00:11:14	275	2:32	00:03:12	00:27:44	162	19.5	00:01:54	00:23:51	269	9:32		01:07:52.72
89	563	Jennifer Steenerson	Female	99	Maple Grove	MN	00:09:23	148	2:07	00:02:40	00:30:07	265	17.9	00:01:28	00:24:28	289	9:47		01:08:03.32
90	707	Sally Covert	Female	42	White Bear Lake	MN	00:11:01	254	2:29	00:02:46	00:29:15	227	18.5	00:01:36	00:23:46	265	9:30		01:08:20.63
91	579	Lane Patten	Female	38	Eden Prairie	MN	00:11:00	253	2:29	00:02:51	00:29:38	240	18.2	00:01:34	00:23:33	255	9:24		01:08:32.49
92	561	Tina Honsey	Female	38	Annandale	MN	00:12:26	335	2:49	00:03:18	00:28:58	222	18.6	00:01:01	00:22:57	226	9:10		01:08:37.65
93	722	Lisa Vague	Female	49	Albertville	MN	00:09:14	131	2:05	00:03:35	00:31:04	305	17.4	00:01:27	00:23:27	249	9:22		01:08:44.78
94	655	Angela Larson	Female	28	Circle Pines	MN	00:11:23	290	2:34	00:03:04	00:28:34	201	18.9	00:01:57	00:23:52	270	9:32		01:08:47.61
95	642	Denae Schuldt	Female	33	Minneapolis	MN	00:15:18	409	3:28	00:02:41	00:31:05	307	17.4	00:01:09	00:18:40	59	7:27		01:08:50.95
96	762	Emily Chrysler	Female	48	Richfield	MN	00:11:26	294	2:35	00:03:50	00:28:35	202	18.9	00:01:54	00:23:12	238	9:16		01:08:54.18
97	770	Marla Urban	Female	28	Newbrighton	MN	00:09:31	154	2:09	00:03:41	00:30:27	280	17.7	00:01:04	00:24:19	283	9:43		01:08:59.13
98	749	Lindsay Wurm	Female	30	Buffalo	MN	00:10:17	202	2:19	00:04:02	00:30:21	276	17.8	00:01:07	00:23:19	246	9:19		01:09:04.20
99	659	Sarah Isdahl	Female	14	Plymouth	MN	00:07:29	38	1:41	00:02:55	00:33:03	361	16.3	00:01:03	00:24:58	303	9:59		01:09:24.99
100	612	Kelly Johnson	Female	20	Annandale	MN	00:12:59	369	2:56	00:03:38	00:29:59	255	18.0	00:01:16	00:21:41	171	8:40		01:09:29.32
101	539	Teresa Zuehl	Female	42	Clearwater	MN	00:11:20	285	2:33	00:03:58	00:29:59	256	18.0	00:01:12	00:23:11	237	9:16		01:09:38.18
102	823	Christine Smid	Female	44	Litchfield	MN	00:13:34	381	3:04	00:04:10	00:27:54	168	19.4	00:02:12	00:21:57	179	8:46		01:09:44.04
103	423	Brook Lemm-Tabor	Female	61	Minneapolis	MN	00:13:28	378	3:03	00:02:49	00:26:45	118	20.2	00:01:47	00:24:59	304	9:59		01:09:45.59
104	715	Sally Hutson	Female	31	Farmington	MN	00:11:10	267	2:31	00:03:51	00:30:57	298	17.5	00:01:46	00:22:19	201	8:55		01:10:00.31
105	580	Katrin Sigurdardottir	Female	40	Eden Prairie	MN	00:10:59	248	2:29	00:02:55	00:28:41	206	18.8	00:01:45	00:25:50	324	10:19		01:10:06.22
106	615	Nancy Bauer	Female	65	Champlin	MN	00:10:51	240	2:27	00:03:21	00:29:59	253	18.0	00:02:25	00:23:37	257	9:26		01:10:08.94
107	706	Kristen Grossman	Female	24	Wayzata	MN	00:11:19	283	2:33	00:02:24	00:30:40	287	17.6	00:01:04	00:25:03	305	10:01		01:10:27.99
108	713	Lisa Prescott-Williams	Female	44	South St Paul	MN	00:09:46	171	2:12	00:03:56	00:31:19	317	17.2	00:01:29	00:24:10	279	9:39		01:10:37.30

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

Short 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	574	Pam Vandersluis	Female	35	Buffalo	MN	00:12:36	347	2:51	00:03:08	00:29:16	228	18.5	00:01:06	00:24:34	292	9:49		01:10:38.12
110	493	Christa Close	Female	38	Plymouth	MN	00:10:24	210	2:21	00:03:59	00:30:20	274	17.8	00:02:44	00:23:18	244	9:19		01:10:43.51
111	838	Jan Albertson	Female	64	Anoka	MN	00:10:47	235	2:26	00:02:59	00:31:43	326	17.0	00:01:21	00:23:55	274	9:33		01:10:44.26
112	772	Julie Hertzog	Female	50	Watertown	MN	00:11:07	266	2:31	00:03:46	00:27:46	163	19.4	00:02:07	00:26:06	330	10:26		01:10:51.02
113	471	Shannon Pettitt	Female	42	Inver Grove Heights	MN	00:08:43	100	1:58	00:02:55	00:27:44	159	19.5	00:01:39	00:29:53	383	11:57		01:10:51.65
114	393	Dustine Turbeville	Female	43	Big Lake	MN	00:10:32	219	2:23	00:03:34	00:30:44	290	17.6	00:01:40	00:24:26	286	9:46		01:10:53.38
115	587	Brenda Conzet	Female	53	Buffalo	MN	00:09:29	152	2:08	00:04:07	00:31:47	327	17.0	00:02:33	00:23:03	229	9:13		01:10:55.57
116	852	Lindsay Majerus	Female	31	Waconia	MN	00:08:50	106	2:00	00:02:47	00:29:19	230	18.4	00:01:19	00:28:55	378	11:33		01:11:07.17
117	506	Kathleen Smith	Female	55	Otsego	MN	00:10:13	199	2:18	00:03:32	00:29:44	246	18.2	00:02:38	00:25:06	306	10:02		01:11:08.92
118	781	Julie Schmelzer	Female	50	Kimball	MN	00:11:56	321	2:42	00:02:58	00:30:15	269	17.9	00:02:03	00:24:00	276	9:35		01:11:09.67
119	536	Molly Murphy	Female	38	Minneapolis	MN	00:11:53	319	2:41	00:03:00	00:33:07	364	16.3	00:01:51	00:21:36	165	8:38		01:11:24.38
120	507	Amy Van Beusekom	Female	33	Waverly	MN	00:10:15	200	2:19	00:04:44	00:32:09	340	16.8	00:01:28	00:22:52	221	9:08		01:11:25.80
121	685	Randi Setter	Female	39	Hugo	MN	00:10:12	198	2:18	00:02:39	00:30:18	271	17.8	00:01:33	00:27:02	349	10:48		01:11:40.31
122	658	Amanda Schwietering	Female	21	Becker	MN	00:08:21	77	1:53	00:03:25	00:30:47	294	17.5	00:01:28	00:27:42	360	11:04		01:11:40.83
123	508	Julie Mcalister	Female	39	New Hope	MN	00:08:52	111	2:00	00:03:28	00:34:11	378	15.8	00:01:04	00:24:13	282	9:41		01:11:46.05
124	505	Renu Thukral	Female	32	Minneapolis	MN	00:13:12	374	2:59	00:03:15	00:30:02	258	18.0	00:01:50	00:23:34	256	9:25		01:11:49.70
125	717	Marsha Anklam	Female	60	South Haven	MN	00:09:07	125	2:03	00:03:39	00:29:40	241	18.2	00:02:16	00:27:18	356	10:54		01:11:57.00
126	847	Jennifer Inderlee	Female	34	Minnetonka	MN	00:13:35	382	3:04	00:03:18	00:27:34	151	19.6	00:01:27	00:26:13	333	10:28		01:12:04.07
127	687	Anna Holl	Female	24	Menomonie	WI	00:11:38	308	2:38	00:03:58	00:34:26	381	15.7	00:00:58	00:21:11	152	8:28		01:12:08.54
128	524	Debra Schnedler	Female	53	Waconia	MN	00:11:07	265	2:31	00:03:48	00:29:28	234	18.3	00:01:45	00:26:07	331	10:26		01:12:12.84
129	882	Carlene Jensen	Female	38	Plymouth	MN	00:15:15	407	3:27	00:03:19	00:31:17	314	17.3	00:02:16	00:20:10	110	8:03		01:12:12.87
130	565	Jennifer Stoa	Female	26	Minneapolis	MN	00:11:24	291	2:34	00:04:45	00:29:57	252	18.0	00:03:01	00:23:15	240	9:17		01:12:19.82
131	803	Stephanie Kovarik	Female	41	South St. Paul	MN	00:13:33	380	3:04	00:02:44	00:31:25	321	17.2	00:01:23	00:23:18	243	9:19		01:12:21.71
132	848	Lisa Horn	Female	47	Howard Lake	MN	00:12:58	367	2:56	00:04:02	00:29:30	235	18.3	00:01:24	00:24:38	294	9:51		01:12:30.23
133	779	Jan Vanderlinde	Female	46	Delano	MN	00:11:53	318	2:41	00:05:03	00:27:44	160	19.5	00:03:05	00:24:54	300	9:57		01:12:36.20
134	750	Jolene Halek	Female	35	Rogers	MN	00:11:34	303	2:37	00:04:18	00:32:47	353	16.5	00:01:52	00:22:13	196	8:53		01:12:42.80
135	732	Molly Collins	Female	33	Little Canada	MN	00:12:46	356	2:53	00:03:26	00:33:04	362	16.3	00:01:07	00:22:23	204	8:57		01:12:43.97
136	731	Emily Haywood	Female	32	Monticello	MN	00:12:00	325	2:43	00:04:44	00:31:43	325	17.0	00:01:55	00:22:24	205	8:57		01:12:44.36
137	646	Carol Grzybowski	Female	49	Edina	MN	00:13:05	372	2:57	00:03:16	00:28:47	214	18.8	00:01:59	00:25:42	318	10:16		01:12:46.12
138	682	Nicole Spooner	Female	32	Robbinsdale	MN	00:12:44	354	2:52	00:03:11	00:32:49	356	16.5	00:01:13	00:22:57	225	9:10		01:12:49.69
139	529	Karen Willette	Female	58	Minneapolis	MN	00:12:24	333	2:48	00:03:02	00:29:47	248	18.1	00:02:11	00:25:38	317	10:15		01:12:59.79
140	662	Eileen Lafontaine	Female	40	Minneapolis	MN	00:11:15	277	2:32	00:03:23	00:29:54	250	18.1	00:01:58	00:26:46	343	10:42		01:13:13.67
141	614	Gretchen Lieb	Female	51	Buffalo	MN	00:09:11	128	2:04	00:03:33	00:33:31	371	16.1	00:01:20	00:25:42	319	10:16		01:13:14.82
142	833	Tina Ducharme	Female	48	River Falls	WI	00:15:59	414	3:37	00:02:44	00:30:46	293	17.6	00:01:36	00:22:12	193	8:52		01:13:15.17
143	754	Sarah Mayfield	Female	45	Cokato	MN	00:12:33	344	2:50	00:04:27	00:29:59	254	18.0	00:02:51	00:23:37	258	9:26		01:13:24.54
144	828	Kristy Johnson	Female	35	Monticello	MN	00:11:15	276	2:32	00:03:57	00:32:49	355	16.5	00:02:28	00:23:05	231	9:13		01:13:30.20

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

Short 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	756	Jinna Collins-Jwacu	Female	44	Minneapolis	MN	00:12:32	342	2:50	00:03:33	00:29:43	245	18.2	00:02:28	00:25:30	314	10:11		01:13:44.72
146	837	Mariah Johnson	Female	30	Apple Valley	MN	00:11:11	273	2:32	00:03:12	00:32:15	343	16.7	00:01:10	00:26:02	329	10:24		01:13:47.44
147	611	Megan Johnson	Female	20	Hibbing	MN	00:14:31	392	3:17	00:02:46	00:32:52	357	16.4	00:01:20	00:22:27	207	8:58		01:13:53.58
148	403	Pamela Brophy	Female	62	Buffalo	MN	00:09:55	179	2:14	00:03:33	00:30:43	289	17.6	00:01:52	00:27:55	362	11:09		01:13:55.79
149	591	Laurie Hanson	Female	49	Big Lake	MN	00:12:28	336	2:49	00:04:00	00:31:08	308	17.4	00:01:15	00:25:12	307	10:04		01:14:00.63
150	386	Rebecca Moy	Female	17	Cokato	MN	00:08:07	65	1:50	00:03:04	00:32:19	346	16.7	00:01:14	00:29:25	381	11:45		01:14:06.14
151	819	Teresa Fenske-Fanucci	Female	30	Andover	MN	00:09:09	126	2:04	00:03:12	00:33:49	374	16.0	00:02:13	00:25:50	325	10:19		01:14:09.51
152	593	Amy Moran	Female	40	Hastings	MN	00:12:58	366	2:56	00:03:29	00:32:13	342	16.8	00:01:26	00:24:24	284	9:45		01:14:26.55
153	724	Kerry Schmitz	Female	34	Monticello	MN	00:09:23	147	2:07	00:04:15	00:31:49	329	17.0	00:01:59	00:27:04	350	10:49		01:14:27.65
154	826	Rachael Walker	Female	37	Chanhassen	MN	00:09:16	133	2:05	00:03:30	00:31:55	333	16.9	00:02:47	00:27:05	351	10:49		01:14:30.88
155	832	Joleen Gutting	Female	43	River Falls	WI	00:12:09	329	2:45	00:03:29	00:31:18	316	17.3	00:01:44	00:25:57	327	10:22		01:14:33.46
156	609	Sara Scardigli	Female	26	Elk River	MN	00:12:38	348	2:51	00:03:24	00:33:07	365	16.3	00:01:14	00:24:13	281	9:41		01:14:34.08
157	525	Denise Fenwick	Female	54	St. Cloud	MN	00:13:33	379	3:04	00:04:01	00:30:19	272	17.8	00:01:35	00:25:20	310	10:07		01:14:44.59
158	472	Mary Bond	Female	65	Minneapolis	MN	00:12:53	360	2:55	00:02:46	00:29:56	251	18.0	00:01:40	00:27:34	358	11:01		01:14:45.94
159	782	Alyssa Englund	Female	14	Buffaki	MN	00:10:01	186	2:16	00:03:25	00:33:06	363	16.3	00:01:20	00:27:10	353	10:51		01:14:59.98
160	618	Angela Swanson	Female	33	Otsego	MN	00:09:45	170	2:12	00:04:51	00:30:24	278	17.8	00:01:53	00:28:14	371	11:17		01:15:05.12
161	745	Wendy Sylvester	Female	32	South Haven	MN	00:13:44	383	3:06	00:03:45	00:30:56	297	17.5	00:01:13	00:25:32	315	10:12		01:15:06.78
162	708	Elizabeth Donovan	Female	21	Hartland	MN	00:11:57	322	2:42	00:04:26	00:31:58	335	16.9	00:01:08	00:25:44	322	10:17		01:15:10.39
163	645	Cassandra Davison	Female	29	Dassel	MN	00:10:41	225	2:25	00:03:47	00:36:40	404	14.7	00:01:20	00:22:47	220	9:06		01:15:12.75
164	694	Linda Kelley	Female	60	Minneapolis	MN	00:11:07	264	2:30	00:04:13	00:31:53	331	16.9	00:02:50	00:25:43	320	10:16		01:15:42.29
165	677	Carly Schroepfer	Female	58	Mahtomedi	MN	00:14:46	401	3:20	00:04:18	00:30:04	262	18.0	00:02:16	00:24:28	288	9:46		01:15:50.29
166	481	Allison Gruhn	Female	38	Brooklyn Park	MN	00:11:32	301	2:36	00:03:36	00:30:20	273	17.8	00:01:44	00:28:48	377	11:31		01:15:57.58
167	651	Maureen Berendes	Female	33	Coon Rapids	MN	00:12:17	332	2:46	00:03:28	00:36:07	398	15.0	00:01:29	00:23:06	233	9:14		01:16:24.05
168	758	Debra Grandgenett	Female	51	Alexandria	MN	00:15:05	405	3:25	00:03:57	00:28:58	221	18.7	00:01:44	00:27:07	352	10:50		01:16:48.09
169	555	Jackie Edwards	Female	43	Ramsey	MN	00:16:11	415	3:40	00:03:03	00:31:10	310	17.3	00:01:15	00:25:19	309	10:07		01:16:55.19
170	497	Alyssa Rosenberger	Female	42	Melrose	MN	00:10:31	218	2:22	00:04:01	00:32:30	350	16.6	00:01:29	00:28:29	374	11:23		01:16:58.39
171	647	Britta Jensen	Female	41	Hutchinson	MN	00:12:55	362	2:55	00:03:03	00:29:11	226	18.5	00:02:03	00:30:01	386	12:00		01:17:11.59
172	537	Kelly Czech	Female	40	Ellsworth	WI	00:09:16	132	2:05	00:03:08	00:32:16	344	16.7	00:02:05	00:30:33	393	12:13		01:17:15.71
173	871	Julia Costello	Female	56	Afton	MN	00:12:59	368	2:56	00:03:57	00:34:33	382	15.6	00:02:33	00:23:18	242	9:18		01:17:16.84
174	789	Alyson Nicholas	Female	30	Santa Monica	CA	00:12:40	350	2:52	00:04:53	00:30:02	257	18.0	00:03:05	00:26:42	342	10:40		01:17:18.77
175	414	Mary Denucci	Female	49	Minneapolis	MN	00:11:55	320	2:41	00:03:14	00:31:42	324	17.0	00:01:50	00:28:41	375	11:28		01:17:19.22
176	417	Jessica Vagle	Female	42	New London	MN	00:11:27	295	2:35	00:03:04	00:31:23	320	17.2	00:02:18	00:29:33	382	11:48		01:17:41.58
177	585	Marcie Becker	Female	55	Rochester	MN	00:10:45	232	2:26	00:04:46	00:35:11	386	15.4	00:01:29	00:25:43	321	10:17		01:17:51.87
178	755	Amy Waryan	Female	24	Andover	MN	00:11:29	298	2:36	00:04:13	00:33:49	375	16.0	00:02:23	00:26:22	334	10:32		01:18:14.64
179	681	Kathryn Ohland	Female	29	Blaine	MN	00:08:30	86	1:55	00:03:21	00:35:07	385	15.4	00:01:13	00:30:37	394	12:14		01:18:45.59
180	532	Lisa Maas	Female	36	Monticello	MN	00:11:51	316	2:41	00:04:34	00:32:05	339	16.8	00:02:30	00:28:03	364	11:12		01:19:00.50

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

Short 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	807	Erin Erdmann	Female	27	Rice	MN	00:13:56	386	3:09	00:03:16	00:34:15	379	15.8	00:01:10	00:26:28	337	10:35		01:19:03.19
182	741	Erin Lappen	Female	27	Chanhassen	MN	00:12:29	338	2:49	00:05:34	00:32:19	345	16.7	00:03:23	00:25:24	312	10:09		01:19:05.86
183	422	Shannon Heinlein	Female	16	Wheaton	IL	00:12:35	346	2:50	00:04:03	00:33:02	360	16.4	00:00:53	00:28:43	376	11:28		01:19:13.03
184	420	Allison Harland	Female	23	Wheaton	IL	00:11:11	272	2:32	00:05:26	00:36:13	399	14.9	00:01:04	00:25:48	323	10:19		01:19:40.50
185	567	Steph Friesen	Female	31	Sauk Rapids	MN	00:14:49	402	3:21	00:03:26	00:35:14	387	15.3	00:01:31	00:24:51	299	9:56		01:19:48.81
186	748	Kristin Riley	Female	31	Monticello	MN	00:09:56	181	2:14	00:03:27	00:34:16	380	15.8	00:02:16	00:30:04	389	12:01		01:19:55.56
187	586	Elizabeth Becker	Female	22	Mahtomedi	MN	00:07:32	39	1:42	00:03:20	00:39:50	414	13.6	00:01:12	00:28:07	367	11:14		01:19:59.42
188	397	Phyllis Mahan	Female	44	Golden Valley	MN	00:12:13	331	2:46	00:04:57	00:36:39	403	14.7	00:01:59	00:24:27	287	9:46		01:20:13.04
189	725	Rebecca Rose	Female	34	Mounds View	MN	00:11:06	263	2:30	00:04:26	00:35:42	394	15.1	00:03:05	00:25:59	328	10:23		01:20:16.86
190	613	Samantha Polinder	Female	32	St. Augusta	MN	00:10:54	244	2:28	00:03:48	00:33:13	367	16.3	00:01:08	00:31:17	397	12:30		01:20:17.16
191	483	Tessa Hilson	Female	29	Crystal	MN	00:11:44	313	2:39	00:03:33	00:35:29	391	15.2	00:01:36	00:28:04	365	11:13		01:20:23.93
192	898	Hannah Striker	Female	17	Eden Prairie	MN	00:10:27	216	2:21	00:04:50	00:39:01	412	13.8	00:02:46	00:23:29	252	9:23		01:20:30.27
193	384	Mari Bell	Female	59	Fargo	ND	00:11:59	323	2:42	00:06:39	00:30:51	295	17.5	00:02:38	00:28:27	373	11:22		01:20:31.85
194	746	Allyssa Woodford Hughe	Female	30	Minneapolis	MN	00:12:28	337	2:49	00:05:35	00:32:48	354	16.5	00:02:54	00:26:58	348	10:46		01:20:39.52
195	774	Gale Raisanen	Female	45	Buffalo	MN	00:15:02	404	3:24	00:06:06	00:31:49	328	17.0	00:01:39	00:27:11	354	10:52		01:21:43.75
196	577	Kari Halker-Saathoff	Female	43	Edina	MN	00:11:22	288	2:34	00:04:20	00:35:35	393	15.2	00:01:22	00:29:54	384	11:57		01:22:31.07
197	488	Jean Wood	Female	63	Excelsior	MN	00:11:19	282	2:33	00:05:36	00:30:12	267	17.9	00:02:06	00:33:24	410	13:21		01:22:34.15
198	821	Kelly Lang	Female	21	Clinton	MN	00:09:40	165	2:11	00:05:35	00:31:56	334	16.9	00:03:28	00:32:11	403	12:52		01:22:46.75
199	822	Andrea Vavra	Female	24	New Hope	MN	00:09:40	163	2:11	00:05:37	00:33:09	366	16.3	00:02:13	00:32:11	404	12:52		01:22:47.16
200	895	Shea Lindsay	Female	17	Wayzata	MN	00:11:41	312	2:38	00:03:32	00:42:32	421	12.7	00:01:05	00:24:05	278	9:37		01:22:53.29
201	743	Becca Rausenberger	Female	43	Cologne	MN	00:12:07	328	2:44	00:03:42	00:33:22	369	16.2	00:02:03	00:32:15	406	12:53		01:23:25.53
202	487	Natalie Dieterle	Female	38	Stillwater	MN	00:12:34	345	2:50	00:04:52	00:36:03	397	15.0	00:01:52	00:28:07	366	11:14		01:23:26.23
203	538	Terri Fawkes	Female	40	Stillwater	MN	00:10:33	220	2:23	00:04:27	00:30:44	291	17.6	00:03:49	00:33:59	417	13:35		01:23:30.47
204	619	Bonnie Aretz	Female	49	Buffalo Lake	MN	00:18:05	422	4:05	00:03:42	00:32:22	347	16.7	00:02:43	00:27:23	357	10:57		01:24:12.71
205	739	Pam Fitting	Female	59	Buffalo	MN	00:11:25	292	2:35	00:03:54	00:35:29	390	15.2	00:01:31	00:32:08	402	12:51		01:24:24.31
206	610	Lindsay Mcfarlane	Female	32	Maple Grove	MN	00:14:22	390	3:15	00:03:54	00:30:59	300	17.4	00:01:46	00:33:30	412	13:23		01:24:27.78
207	791	Stephanie Wymore	Female	22	Waconia	MN	00:12:29	339	2:49	00:04:36	00:35:00	384	15.4	00:01:20	00:31:20	398	12:31		01:24:42.79
208	697	Laura Castro	Female	35	Maple Lake	MN	00:12:24	334	2:48	00:05:17	00:36:14	400	14.9	00:04:57	00:26:36	340	10:38		01:25:25.75
209	572	Jenna Gruidl-Cofield	Female	27	Albertville	MN	00:09:17	134	2:06	00:03:59	00:35:29	389	15.2	00:02:19	00:34:45	418	13:53		01:25:46.41
210	660	Katie Maiers	Female	60	Minneapolis	MN	00:12:51	358	2:54	00:04:17	00:35:46	395	15.1	00:01:50	00:32:24	407	12:57		01:27:05.65
211	718	Jill Tallman	Female	40	South St Paul	MN	00:13:27	377	3:02	00:05:01	00:36:22	401	14.9	00:02:31	00:30:09	390	12:03		01:27:27.43
212	684	Gail Brinkmeier	Female	40	Saint Paul	MN	00:10:39	224	2:24	00:05:11	00:34:45	383	15.5	00:02:00	00:35:53	420	14:21		01:28:25.13
213	896	Kelly Blasing	Female	50	Shorewood	MN	00:16:56	419	3:50	00:03:57	00:31:59	336	16.9	00:03:31	00:32:13	405	12:52		01:28:33.91
214	881	Liz Rosenthal	Female	44	Edina	MN	00:12:55	363	2:55	00:04:15	00:36:03	396	15.0	00:02:10	00:33:26	411	13:22		01:28:46.28
215	601	Manda Olson	Female	32	St. Louis Park	MN	00:14:35	394	3:18	00:04:51	00:40:34	417	13.3	00:01:09	00:28:13	368	11:17		01:29:20.58
216	597	Erin Kiel	Female	32	Foley	MN	00:14:32	393	3:17	00:04:52	00:36:42	405	14.7	00:05:04	00:28:13	369	11:17		01:29:20.64

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Female

Short Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
217	699	Corinne Mitchell	Female	50	Monticello	MN	00:12:44	355	2:53	00:04:08	00:39:12	413	13.8	00:01:46	00:32:03	401	12:48	01:29:50.84
218	820	Judy Kaltenhauser	Female	69	Lindstrom	MN	00:22:40	426	5:08	00:04:49	00:34:08	377	15.8	00:01:40	00:26:50	345	10:43	01:30:04.29
219	856	Judy Rykken	Female	75	Bloomington	MN	00:14:29	391	3:16	00:06:02	00:38:38	408	14.0	00:01:48	00:30:14	391	12:05	01:31:08.59
220	670	Lori Bonin	Female	52	Buffalo	MN	00:14:42	397	3:19	00:05:40	00:41:17	420	13.1	00:02:09	00:28:14	370	11:17	01:31:59.61
221	521	Michelle Furuseth	Female	45	Northome	MN	00:12:41	352	2:52	00:03:42	00:49:35	425	10.9	00:01:15	00:25:37	316	10:14	01:32:47.08
222	678	Judy Larson	Female	53	Rogers	MN	00:14:42	398	3:19	00:05:44	00:41:11	419	13.1	00:02:11	00:30:15	392	12:05	01:34:01.40
223	402	Karly Lackore	Female	31	Richfield	MN	00:15:51	412	3:35	00:04:00	00:33:50	376	16.0	00:02:21	00:38:27	424	15:22	01:34:25.71
224	698	Maria Mcstott	Female	45	Waite Park	MN	00:15:56	413	3:36	00:06:04	00:38:53	411	13.9	00:01:50	00:33:40	415	13:27	01:36:21.26
225	679	Nancy Mccourt	Female	54	Buffalo	MN	00:13:00	370	2:56	00:06:08	00:36:48	406	14.7	00:02:08	00:38:47	425	15:30	01:36:47.47
226	744	Heather O'neal	Female	34	Monticello	MN	00:16:15	416	3:40	00:04:39	00:36:37	402	14.8	00:02:26	00:37:39	423	15:03	01:37:33.23
227	705	Melissa Miller	Female	26	Albertville	MN	00:08:51	108	2:00	00:03:36	00:48:54	424	11.0	00:02:36	00:33:39	414	13:27	01:37:33.48
228	760	Jessica Spence	Female	48	Seattle	WA	00:21:33	425	4:53	00:05:11	00:38:15	407	14.1	00:01:59	00:31:35	399	12:37	01:38:29.90
229	854	Erin Barnes	Female	32	Minneapolis	MN	00:07:53	56	1:47	00:13:27	00:40:30	416	13.3	00:03:09	00:36:19	421	14:31	01:41:15.50
230	861	Sharen Severson	Female	35	Saint Paul	MN	00:15:18	408	3:27	00:06:04	00:40:29	415	13.3	00:03:07	00:36:56	422	14:46	01:41:51.49
231	680	Mary Quinlivan	Female	54	Minneapolis	MN	00:17:33	421	3:58	00:06:08	00:44:36	423	12.1	00:03:09	00:33:47	416	13:30	01:45:10.06

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

Short 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	834	Andrew Zabel	Male	33	Saint Joseph	MN	00:07:38	45	1:43	00:01:49	00:21:13	2	25.5	00:00:48	00:14:55	2	5:57		00:46:18.85
2	352	Todd White	Male	46	Roseville	MN	00:05:52	3	1:19	00:01:43	00:22:22	8	24.2	00:01:00	00:16:15	7	6:29		00:47:09.64
3	353	Jon Armour	Male	43	Golden Valley	MN	00:06:02	4	1:22	00:02:00	00:21:40	4	24.9	00:01:04	00:16:31	8	6:36		00:47:15.12
4	351	David Goldberg	Male	52	Minnetrissa	MN	00:06:14	7	1:24	00:01:54	00:21:50	5	24.7	00:00:58	00:17:04	13	6:49		00:47:57.89
5	604	Nathan Budde	Male	36	South Haven	MN	00:07:58	60	1:48	00:01:46	00:22:27	11	24.1	00:00:59	00:15:42	6	6:16		00:48:49.81
6	430	Brian Lavelle	Male	51	Chaska	MN	00:07:00	20	1:35	00:01:53	00:21:32	3	25.1	00:01:05	00:17:30	26	6:59		00:48:58.21
7	884	Steve Neuharth	Male	46	Savage	MN	00:07:37	43	1:43	00:02:14	00:21:09	1	25.5	00:01:02	00:17:22	21	6:56		00:49:22.05
8	478	Zach Goldberg	Male	18	Minnetrissa	MN	00:06:34	10	1:29	00:02:06	00:25:02	60	21.6	00:01:00	00:15:32	4	6:12		00:50:10.81
9	362	Jason Migala	Male	34	Sauk Rapids	MN	00:08:42	99	1:58	00:01:58	00:22:24	9	24.1	00:00:45	00:16:41	10	6:40		00:50:27.29
10	815	Timothy Harmon	Male	33	Shakopee	MN	00:08:10	71	1:50	00:01:52	00:22:38	12	23.9	00:01:06	00:16:47	11	6:42		00:50:30.38
11	785	Alexander Vogel	Male	20	Maple Grove	MN	00:06:12	6	1:24	00:01:58	00:24:04	40	22.5	00:00:45	00:18:13	44	7:16		00:51:09.25
12	596	Scott Backman	Male	41	Brooklyn Park	MN	00:07:56	59	1:47	00:02:01	00:23:39	28	22.8	00:01:06	00:17:16	18	6:54		00:51:56.03
13	366	Marty Moran	Male	46	St Cloud	MN	00:05:33	1	1:15	00:02:07	00:22:15	6	24.3	00:01:31	00:20:35	130	8:13		00:51:59.46
14	354	Justin Hoefer	Male	25	Annandale	MN	00:07:13	24	1:37	00:01:42	00:24:03	39	22.5	00:01:05	00:18:18	46	7:19		00:52:17.71
15	530	Leonard Klun	Male	59	Maple Plain	MN	00:07:21	31	1:39	00:02:27	00:23:59	36	22.5	00:01:12	00:17:23	23	6:57		00:52:19.02
16	357	Greg Kurowski	Male	51	Victoria	MN	00:08:30	85	1:55	00:01:58	00:22:40	13	23.8	00:01:12	00:18:17	45	7:18		00:52:34.06
17	788	Joseph Mcshane	Male	28	Chanhassen	MN	00:08:07	66	1:50	00:01:59	00:22:20	7	24.2	00:01:05	00:19:21	78	7:44		00:52:49.97
18	382	John Stangl	Male	50	Buffalo	MN	00:08:33	90	1:56	00:02:36	00:23:15	19	23.2	00:01:17	00:17:12	17	6:52		00:52:50.05
19	797	Ken Peters	Male	47	Woodbury	MN	00:06:56	19	1:34	00:01:49	00:24:01	38	22.5	00:01:18	00:19:04	71	7:37		00:53:05.88
20	634	Mark Myers	Male	16	Cannon Falls	MN	00:05:48	2	1:18	00:02:52	00:26:22	100	20.5	00:00:49	00:17:19	20	6:55		00:53:07.37
21	889	Lucas Reidenbach	Male	27	Arden Hills	MN	00:07:47	53	1:45	00:02:19	00:24:16	41	22.3	00:01:32	00:17:18	19	6:55		00:53:09.87
22	656	Tim Larson	Male	30	Circle Pines	MN	00:07:18	29	1:39	00:02:35	00:23:56	34	22.6	00:01:26	00:17:59	40	7:11		00:53:12.70
23	358	Ken Janda	Male	52	Big Lake	MI	00:08:38	96	1:57	00:02:09	00:24:24	44	22.1	00:01:06	00:17:10	16	6:51		00:53:24.37
24	730	Josh Erdman	Male	27	Minneapolis	MN	00:08:34	92	1:56	00:02:32	00:23:09	17	23.3	00:01:14	00:18:20	48	7:19		00:53:46.17
25	617	Nathan Bich	Male	14	Duluth	MN	00:07:43	49	1:44	00:02:12	00:25:07	67	21.5	00:01:20	00:17:28	25	6:58		00:53:47.33
26	740	Mitch Brekke	Male	24	Hartland	MN	00:09:21	142	2:06	00:02:17	00:23:23	21	23.1	00:01:00	00:18:09	41	7:15		00:54:06.37
27	361	Kris Kolstad	Male	55	Willmar	MN	00:08:12	74	1:51	00:02:11	00:24:57	57	21.7	00:01:00	00:17:59	38	7:11		00:54:16.75
28	885	Nick Teetzel	Male	21	Rogers	MN	00:12:02	326	2:43	00:02:31	00:24:01	37	22.5	00:01:05	00:14:47	1	5:54		00:54:24.08
29	768	Mark Rosen	Male	49	Otsego	MN	00:09:42	168	2:11	00:02:02	00:22:27	10	24.1	00:01:13	00:19:10	74	7:39		00:54:31.32
30	360	Mark Nieters	Male	45	Sartell	MN	00:06:31	9	1:28	00:02:20	00:24:56	56	21.7	00:01:21	00:19:28	83	7:46		00:54:33.70
31	872	Nick Morales	Male	46	New Hope	MN	00:07:18	28	1:39	00:02:00	00:23:15	20	23.2	00:00:59	00:21:11	151	8:28		00:54:40.23
32	891	Hunter Wheeler	Male	15	Edina	MN	00:07:47	52	1:45	00:02:16	00:26:01	92	20.8	00:01:03	00:17:57	36	7:10		00:55:01.64
33	624	Tim Thoma	Male	49	Victoria	MN	00:08:07	64	1:50	00:02:04	00:23:37	27	22.9	00:01:19	00:20:12	112	8:04		00:55:16.12
34	363	Jim Ertl	Male	55	Rosemount	MN	00:07:39	47	1:43	00:02:38	00:23:08	16	23.4	00:01:12	00:20:43	134	8:16		00:55:16.67
35	425	Mitch Uecker	Male	39	Annandale	MN	00:09:00	119	2:02	00:02:26	00:23:29	24	23.0	00:01:13	00:19:18	76	7:42		00:55:23.49
36	479	Andrew Nadler	Male	18	Minnetrissa	MN	00:10:42	226	2:25	00:02:58	00:25:03	64	21.6	00:01:28	00:15:24	3	6:09		00:55:32.35

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

Short 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	516	Kris Lilja	Male	41	Prior Lake	MN	00:08:09	69	1:50	00:02:53	00:25:06	66	21.5	00:01:19	00:18:09	42	7:15		00:55:33.81
38	692	Carl Hoeft	Male	47	Hutchinson	MN	00:08:33	89	1:56	00:02:29	00:23:46	29	22.7	00:01:18	00:19:35	88	7:49		00:55:37.31
39	632	David Myers	Male	51	Cannon Falls	MN	00:07:06	21	1:36	00:02:17	00:23:56	33	22.6	00:01:20	00:21:01	143	8:24		00:55:37.59
40	370	Joe Toth	Male	41	Mound	MN	00:09:24	149	2:07	00:02:22	00:22:43	14	23.8	00:01:12	00:20:12	111	8:04		00:55:49.54
41	709	Tim Bartness	Male	23	Hartland	MN	00:10:11	197	2:18	00:02:28	00:24:49	52	21.8	00:00:44	00:17:43	31	7:04		00:55:52.11
42	374	Damien Aguilar	Male	37	Minnnetonka	MN	00:08:47	101	1:59	00:02:10	00:25:49	85	20.9	00:01:21	00:17:49	34	7:07		00:55:53.86
43	549	Nick Engfer	Male	18	Buffalo	MN	00:06:53	16	1:33	00:02:23	00:26:56	124	20.1	00:00:45	00:18:59	67	7:35		00:55:54.61
44	664	Hunter Warner	Male	13	Eden Prairie	MN	00:08:11	73	1:51	00:03:03	00:24:59	58	21.6	00:01:18	00:18:35	57	7:25		00:56:03.30
45	566	Ryan Friesen	Male	30	Sauk Rapids	MN	00:08:03	62	1:49	00:02:14	00:26:29	108	20.4	00:01:04	00:18:29	51	7:23		00:56:17.84
46	367	Joseph Randall	Male	44	Maple Grove	MN	00:09:39	161	2:11	00:02:06	00:25:02	61	21.6	00:01:05	00:18:33	54	7:24		00:56:22.05
47	794	Jason Koets	Male	40	Maple Lake	MN	00:10:04	191	2:16	00:02:42	00:23:50	31	22.7	00:01:24	00:18:34	56	7:25		00:56:31.76
48	365	Jon Bell-Clement	Male	18	Fargo	ND	00:07:25	33	1:40	00:03:27	00:26:17	95	20.6	00:01:43	00:17:43	32	7:05		00:56:33.38
49	866	Henry Praska	Male	32	Brainerd	MN	00:08:23	78	1:53	00:02:18	00:25:12	70	21.4	00:01:15	00:19:45	99	7:53		00:56:49.39
50	701	Michael Bono	Male	60	Minneapolis	MN	00:09:12	129	2:04	00:02:26	00:23:57	35	22.6	00:01:23	00:20:00	106	7:59		00:56:56.11
51	364	Topher Mckinlay	Male	39	Victoria	MN	00:09:48	172	2:13	00:01:42	00:25:11	69	21.5	00:01:30	00:19:04	70	7:37		00:57:11.62
52	839	David Kerber	Male	37	Maple Grove	MN	00:09:50	174	2:13	00:03:30	00:24:30	45	22.0	00:01:04	00:18:24	50	7:21		00:57:14.25
53	375	Jody Cullen	Male	39	Andover	MN	00:08:31	87	1:55	00:01:44	00:26:23	102	20.5	00:01:07	00:19:41	95	7:52		00:57:22.85
54	831	Ben Reiners	Male	36	Otsego	MN	00:08:38	97	1:57	00:02:34	00:25:32	76	21.2	00:01:56	00:18:48	61	7:30		00:57:24.89
55	795	Stan Triebenbach	Male	34	Osakis	MN	00:12:57	365	2:55	00:02:45	00:23:56	32	22.6	00:00:49	00:17:05	14	6:49		00:57:28.71
56	390	Seth Quiggle	Male	30	Watertown	MN	00:08:07	67	1:50	00:01:46	00:26:52	122	20.1	00:01:24	00:19:25	81	7:45		00:57:32.21
57	763	Daniel Dederichs	Male	46	Waverly	MN	00:08:55	113	2:01	00:02:36	00:23:00	15	23.5	00:01:23	00:21:40	170	8:39		00:57:32.24
58	867	Erik Olson	Male	41	Shakopee	MN	00:11:04	260	2:30	00:02:08	00:23:12	18	23.3	00:01:44	00:19:37	92	7:50		00:57:43.37
59	379	Tom Mahan	Male	48	Golden Valley	MN	00:09:10	127	2:04	00:02:18	00:25:03	63	21.6	00:01:21	00:19:59	105	7:59		00:57:48.60
60	796	Scott Crow	Male	51	Vadnais Heights	MN	00:06:54	18	1:33	00:02:36	00:26:00	90	20.8	00:01:16	00:21:05	147	8:25		00:57:48.73
61	499	Greg Swenson	Male	44	Rogers	MN	00:06:54	17	1:33	00:02:54	00:25:04	65	21.6	00:01:21	00:21:39	167	8:39		00:57:48.87
62	584	John Becker	Male	14	Rochester	MN	00:06:07	5	1:22	00:03:08	00:27:43	157	19.5	00:01:47	00:19:43	97	7:52		00:58:24.76
63	657	Scott Nicholson	Male	44	Minneapolis	MN	00:10:36	223	2:24	00:01:46	00:25:34	80	21.1	00:01:01	00:19:40	94	7:51		00:58:34.66
64	541	Eric Carlson	Male	42	Buffalo	MN	00:10:20	205	2:20	00:02:58	00:25:21	71	21.3	00:01:29	00:18:33	55	7:25		00:58:37.84
65	845	Josh Kramber	Male	41	Buffalo	MN	00:09:03	122	2:02	00:02:47	00:25:01	59	21.6	00:01:12	00:20:40	132	8:15		00:58:41.35
66	550	Derek Dockendorf	Male	27	Otsego	MN	00:08:57	115	2:01	00:02:18	00:25:47	83	21.0	00:01:32	00:20:16	115	8:06		00:58:47.47
67	373	Ben Zhao	Male	59	Edina	MN	00:09:54	178	2:14	00:02:25	00:27:47	164	19.4	00:01:19	00:17:28	24	6:58		00:58:50.53
68	376	Matthew Bleecker	Male	43	St Louis Park	MN	00:09:28	151	2:08	00:02:21	00:25:56	88	20.8	00:01:24	00:19:52	102	7:56		00:58:58.68
69	864	Jonathan Eastlund	Male	15	Buffalo	MN	00:10:44	231	2:25	00:03:56	00:27:49	166	19.4	00:01:01	00:15:35	5	6:13		00:59:02.22
70	371	Thomas Becker	Male	51	Mahtomedi	MN	00:06:47	15	1:32	00:02:48	00:28:10	184	19.2	00:00:51	00:20:30	126	8:11		00:59:03.06
71	840	Sean Devine	Male	20	Eden Prairie	MN	00:08:48	102	1:59	00:03:27	00:26:36	112	20.3	00:01:12	00:19:31	85	7:48		00:59:31.39
72	818	Mike Smith	Male	41	Brooklyn Park	MN	00:08:32	88	1:55	00:03:28	00:27:22	144	19.7	00:01:05	00:19:11	75	7:40		00:59:35.96

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

Short 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	372	Mitchell Zahler	Male	57	Stillwater	MN	00:09:53	176	2:14	00:02:36	00:27:15	137	19.8	00:01:00	00:19:07	73	7:38		00:59:48.26
74	780	Troy Adams	Male	41	Plymouth	MN	00:08:56	114	2:01	00:02:41	00:25:10	68	21.5	00:01:54	00:21:14	154	8:29		00:59:52.55
75	879	Michael Mccue	Male	38	Saint Paul	MN	00:09:14	130	2:05	00:02:54	00:24:45	49	21.8	00:01:19	00:21:49	175	8:43		00:59:59.06
76	388	Dan Dean	Male	53	Cokato	MN	00:07:15	25	1:38	00:02:36	00:25:26	73	21.2	00:01:18	00:23:38	259	9:27		01:00:10.37
77	560	Martin Wera	Male	36	Minneapolis	MN	00:09:19	138	2:06	00:02:42	00:29:26	233	18.3	00:01:25	00:17:40	29	7:03		01:00:29.58
78	552	Tom Amundson	Male	62	Minneapolis	MN	00:08:49	104	1:59	00:02:48	00:25:57	89	20.8	00:01:20	00:21:42	172	8:40		01:00:32.21
79	368	David Thoma	Male	52	Annandale	MN	00:07:22	32	1:40	00:02:41	00:26:29	107	20.4	00:01:33	00:22:38	216	9:03		01:00:39.78
80	581	Joseph Becker	Male	56	Rochester	MN	00:08:24	80	1:54	00:03:04	00:25:49	84	20.9	00:01:31	00:21:57	178	8:46		01:00:43.30
81	582	Patrick Becker	Male	25	Rochester	MN	00:07:28	34	1:41	00:03:09	00:28:10	185	19.2	00:01:04	00:20:56	140	8:22		01:00:43.41
82	641	Ryan Schuldt	Male	37	Apple Valley	MN	00:08:48	103	1:59	00:02:38	00:29:20	231	18.4	00:01:27	00:18:39	58	7:27		01:00:49.74
83	853	Robert Bevars	Male	33	Minneapolis	MN	00:10:11	196	2:18	00:03:10	00:26:18	98	20.5	00:01:28	00:19:51	101	7:56		01:00:55.31
84	511	Jeff Stites	Male	43	Minneapolis	MN	00:10:05	193	2:16	00:02:47	00:26:01	91	20.8	00:01:35	00:20:34	129	8:13		01:00:59.57
85	571	Stephen Whitlow	Male	43	St Louis Park	MN	00:08:29	84	1:55	00:03:34	00:25:02	62	21.6	00:01:44	00:22:13	195	8:52		01:00:59.67
86	892	Frank Wheeler	Male	50	Edina	MN	00:12:56	364	2:55	00:02:19	00:26:17	96	20.6	00:01:21	00:18:12	43	7:16		01:01:02.11
87	415	Lee Shoberg	Male	38	Eau Claire	WI	00:09:21	143	2:07	00:02:50	00:26:18	97	20.5	00:01:38	00:21:03	145	8:25		01:01:06.82
88	484	Blake Barnard	Male	38	Hutchinson	MN	00:09:49	173	2:13	00:02:47	00:26:43	117	20.2	00:01:26	00:20:25	122	8:09		01:01:07.65
89	844	Charles Godfrey	Male	22	Saint Paul	MN	00:10:30	217	2:22	00:04:37	00:28:06	181	19.2	00:01:29	00:16:36	9	6:38		01:01:16.02
90	607	Robert Badger	Male	53	Cottage Grove	MN	00:10:05	192	2:16	00:02:35	00:26:03	93	20.7	00:01:36	00:21:05	146	8:25		01:01:20.29
91	700	Nicholas Gunderson	Male	23	Annandale	MN	00:10:19	204	2:20	00:04:48	00:27:12	134	19.9	00:01:44	00:17:23	22	6:56		01:01:21.99
92	622	Andrew Savaloja	Male	29	Minneapolis	MN	00:11:21	287	2:34	00:02:51	00:26:23	101	20.5	00:01:24	00:19:34	86	7:49		01:01:29.77
93	735	Ben Awes	Male	49	St. Paul	MN	00:08:51	110	2:00	00:03:32	00:27:21	142	19.8	00:01:17	00:20:38	131	8:14		01:01:36.25
94	766	Erik Wright	Male	30	Chicago	IL	00:07:56	58	1:47	00:02:44	00:31:17	315	17.3	00:00:52	00:18:50	62	7:31		01:01:37.00
95	824	Kent Katterheinrich	Male	26	Shoreview	MN	00:09:34	157	2:10	00:02:48	00:28:32	198	18.9	00:00:51	00:19:56	104	7:58		01:01:38.43
96	515	Erik Fagerstrom	Male	24	Crystal	MN	00:08:57	116	2:01	00:03:41	00:28:36	203	18.9	00:01:25	00:19:02	69	7:36		01:01:39.80
97	723	Brian Schmitz	Male	34	Monticello	MN	00:10:49	237	2:26	00:03:35	00:26:38	114	20.3	00:01:12	00:19:35	89	7:49		01:01:45.80
98	858	Anthony Rezek	Male	50	Des Moines	IA	00:08:50	107	2:00	00:02:18	00:25:34	78	21.1	00:01:22	00:23:44	262	9:29		01:01:46.17
99	862	Jack Hennen	Male	13	Cambridge	MN	00:08:26	82	1:54	00:02:21	00:28:10	186	19.2	00:01:27	00:21:32	163	8:36		01:01:53.87
100	737	David Yantes	Male	54	St. Michael	MN	00:09:40	164	2:11	00:02:19	00:25:49	86	20.9	00:01:47	00:22:37	215	9:02		01:02:09.63
101	396	Michael Abegg	Male	47	Minneapolis	MN	00:09:53	177	2:14	00:02:03	00:27:07	130	19.9	00:01:10	00:22:01	183	8:48		01:02:11.57
102	542	Jeremy Duensing	Male	37	Rosemount	MN	00:12:52	359	2:54	00:02:29	00:27:15	138	19.8	00:01:29	00:18:22	49	7:20		01:02:24.15
103	876	Josh Wilson	Male	34	Maple Lake	MN	00:11:51	315	2:41	00:02:50	00:27:11	133	19.9	00:01:03	00:19:34	87	7:49		01:02:27.42
104	569	Jeremy Baker	Male	39	St. Bonifacius	MN	00:10:51	239	2:27	00:02:22	00:27:56	171	19.3	00:01:08	00:20:16	116	8:06		01:02:30.20
105	863	David Eastlund	Male	51	Buffalo	MN	00:10:43	228	2:25	00:03:43	00:28:05	180	19.2	00:01:10	00:18:56	64	7:34		01:02:34.20
106	805	Jim Wise	Male	48	Rosemount	MN	00:07:15	26	1:38	00:03:11	00:26:31	109	20.4	00:01:06	00:24:37	293	9:50		01:02:37.65
107	759	James Spence	Male	42	Seattle	WA	00:10:59	250	2:29	00:02:46	00:27:19	140	19.8	00:01:22	00:20:15	113	8:05		01:02:38.65
108	392	Matthew Wuollet	Male	24	Annandale	MN	00:10:33	221	2:23	00:03:12	00:28:13	189	19.1	00:01:38	00:19:36	90	7:50		01:03:09.95

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

Short Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
109	764	Adam Downing	Male	33	Buffalo	MN	00:10:26	214	2:21	00:04:00	00:26:26	103	20.4	00:02:21	00:20:25	123	8:09	01:03:35.81
110	534	Kevin Bigalke	Male	40	Lakeville	MN	00:11:38	306	2:38	00:03:28	00:25:38	81	21.1	00:01:06	00:22:05	189	8:49	01:03:52.31
111	626	Roman Scibora	Male	68	Bloomington	MN	00:10:43	229	2:25	00:03:40	00:25:29	74	21.2	00:02:38	00:21:38	166	8:39	01:04:05.72
112	835	Jim Lebahn	Male	45	Vadnais Heights	MN	00:09:23	146	2:07	00:03:43	00:28:25	193	19.0	00:01:18	00:21:30	162	8:35	01:04:16.76
113	900	Tyler Velin	Male	19	Apple Valley	MN	00:11:03	257	2:30	00:03:11	00:30:32	285	17.7	00:01:16	00:18:19	47	7:19	01:04:17.87
114	776	Duane Pullins	Male	55	Maple Lake	MN	00:11:32	300	2:36	00:04:25	00:24:18	43	22.2	00:01:49	00:22:30	211	8:59	01:04:30.81
115	673	Tim Ilse	Male	64	Annandale	MN	00:10:26	213	2:21	00:02:54	00:27:24	145	19.7	00:01:49	00:22:11	192	8:52	01:04:40.20
116	875	Dan Metcalfe	Male	48	Maple Grove	MN	00:08:33	91	1:56	00:04:11	00:26:46	119	20.2	00:02:05	00:23:09	234	9:15	01:04:42.71
117	513	Frank Westpfahl	Male	42	Minneapolis	MN	00:11:49	314	2:40	00:03:35	00:28:02	178	19.3	00:01:55	00:19:26	82	7:46	01:04:45.12
118	491	Mardon Quandt	Male	53	Annandale	MN	00:09:43	169	2:12	00:02:56	00:27:57	172	19.3	00:01:58	00:22:16	199	8:54	01:04:48.18
119	494	Michael Close	Male	43	Plymouth	MN	00:08:35	93	1:56	00:03:22	00:26:59	126	20.0	00:02:42	00:23:14	239	9:17	01:04:50.77
120	531	Jack Nieters	Male	18	Sartell	MN	00:07:36	42	1:43	00:02:53	00:30:27	279	17.7	00:00:46	00:23:16	241	9:18	01:04:55.77
121	383	Tom Nowak	Male	56	Annandale	MN	00:08:25	81	1:54	00:03:32	00:27:00	128	20.0	00:01:26	00:24:43	295	9:53	01:05:03.39
122	887	Chad Wynia	Male	39	Chisago City	MN	00:10:20	206	2:20	00:03:50	00:28:24	192	19.0	00:01:19	00:21:17	157	8:30	01:05:07.00
123	594	Gene Holen	Male	71	Shoreview	MN	00:11:35	304	2:37	00:02:50	00:27:10	132	19.9	00:01:52	00:21:48	174	8:42	01:05:11.29
124	787	Pat Pickar	Male	36	Baxter	MN	00:08:12	75	1:51	00:04:03	00:26:34	110	20.3	00:01:58	00:24:46	296	9:54	01:05:29.60
125	710	Rodney Barnes	Male	58	Maple Grove	MN	00:12:12	330	2:45	00:02:46	00:24:41	48	21.9	00:02:01	00:23:55	272	9:33	01:05:31.74
126	600	Jerry House	Male	65	Woodbury	MN	00:11:36	305	2:37	00:04:10	00:28:33	200	18.9	00:01:42	00:19:42	96	7:52	01:05:39.49
127	712	Keith Barnes	Male	57	Maple Grove	MN	00:12:43	353	2:52	00:03:32	00:26:58	125	20.0	00:01:31	00:21:03	144	8:24	01:05:43.19
128	812	Seth Hagerty	Male	37	Saint Paul	MN	00:11:01	255	2:29	00:02:28	00:28:01	177	19.3	00:02:22	00:21:58	181	8:47	01:05:47.76
129	608	Jed Knutson	Male	36	Shakopee	MN	00:10:47	233	2:26	00:03:03	00:28:31	196	18.9	00:01:15	00:22:34	213	9:01	01:06:06.88
130	668	Matt Baasch	Male	34	West Fargo	ND	00:11:10	269	2:31	00:03:51	00:27:54	169	19.4	00:01:10	00:22:05	188	8:49	01:06:07.50
131	855	Rich Alteri	Male	46	Saint Paul	MN	00:09:57	182	2:15	00:04:28	00:29:34	236	18.3	00:02:04	00:20:09	108	8:03	01:06:10.00
132	394	Michael De Leon	Male	38	Eagan	MN	00:08:40	98	1:57	00:03:23	00:26:37	113	20.3	00:01:28	00:26:11	332	10:28	01:06:15.86
133	688	Bradley Johnson	Male	60	Champlin	MN	00:11:05	261	2:30	00:03:31	00:28:05	179	19.2	00:01:47	00:21:55	176	8:45	01:06:19.84
134	738	Joe Derock	Male	46	Minneapolis	MN	00:11:27	296	2:35	00:04:00	00:27:59	174	19.3	00:01:47	00:21:09	150	8:27	01:06:20.44
135	553	Steve Peery	Male	26	Madison	WI	00:11:17	279	2:33	00:03:36	00:30:16	270	17.9	00:00:59	00:20:25	124	8:09	01:06:30.56
136	526	Tom Millerbernd	Male	46	Chaska	MN	00:10:26	215	2:21	00:03:21	00:27:29	149	19.7	00:01:45	00:23:44	263	9:29	01:06:42.85
137	842	John Nielsen	Male	66	Woodbury	MN	00:10:56	246	2:28	00:03:01	00:27:52	167	19.4	00:02:07	00:23:55	273	9:33	01:07:49.53
138	880	Deron Johnson	Male	32	Monticello	MN	00:09:26	150	2:08	00:05:43	00:30:32	284	17.7	00:01:16	00:20:59	142	8:23	01:07:52.12
139	825	Charles Fowler	Male	41	Rogers	MN	00:11:11	270	2:31	00:03:26	00:27:42	156	19.5	00:01:48	00:23:51	268	9:32	01:07:54.99
140	773	Christopher Hedberg	Male	43	Maple Plain	MN	00:09:20	140	2:06	00:03:55	00:28:57	220	18.7	00:01:53	00:23:56	275	9:34	01:07:59.14
141	753	Brett Mayfield	Male	44	Cokato	MN	00:11:22	289	2:34	00:04:20	00:27:37	152	19.6	00:01:28	00:23:28	250	9:23	01:08:13.08
142	418	Michael Harland	Male	56	Wheaton	IL	00:09:32	156	2:09	00:03:59	00:31:02	302	17.4	00:01:38	00:22:06	190	8:50	01:08:13.32
143	562	Brett Honsey	Male	12	Annandale	MN	00:09:17	136	2:06	00:03:11	00:32:12	341	16.8	00:01:04	00:22:56	224	9:10	01:08:37.80
144	637	Chris Larson	Male	27	Maple Grove	MN	00:10:09	194	2:17	00:03:06	00:27:19	141	19.8	00:01:49	00:26:33	338	10:37	01:08:53.31

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

Short 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	784	Thomas Mcdonald	Male	44	Minneapolis	MN	00:08:54	112	2:01	00:03:16	00:26:42	115	20.2	00:02:38	00:27:36	359	11:02		01:09:03.89
146	408	Bob Spooner	Male	61	Ramsey	MN	00:12:33	343	2:50	00:02:08	00:29:43	244	18.2	00:01:18	00:23:32	254	9:24		01:09:10.45
147	669	Eric Fischer	Male	34	Saint Louis Park	MN	00:12:30	340	2:49	00:03:44	00:31:55	332	16.9	00:00:57	00:20:10	109	8:03		01:09:13.71
148	486	Jason Dieterle	Male	39	Stillwater	MN	00:11:38	307	2:38	00:03:35	00:26:53	123	20.1	00:02:31	00:24:57	301	9:58		01:09:31.73
149	899	Richard Weeks	Male	52	Annandale	MN	00:11:34	302	2:37	00:03:34	00:25:30	75	21.2	00:02:25	00:26:34	339	10:37		01:09:34.66
150	535	Todd Rogers	Male	54	Minneapolis	MN	00:09:21	141	2:06	00:03:42	00:31:04	306	17.4	00:01:38	00:24:02	277	9:36		01:09:44.47
151	814	Erik Neudecker	Male	38	Wake Forest	NC	00:08:10	70	1:50	00:03:08	00:27:28	148	19.7	00:01:44	00:29:20	380	11:43		01:09:47.06
152	711	Robin Barnes	Male	58	Maple Grove	MN									00:28:17	372	11:18		01:09:54.48
153	468	Joe Kandiko	Male	63	Excelsior	MN	00:09:29	153	2:08	00:03:15	00:28:43	210	18.8	00:02:12	00:26:23	335	10:33		01:10:00.92
154	623	Paul Hughes	Male	43	Eden Prairie	MN	00:10:25	211	2:21	00:02:50	00:28:39	204	18.9	00:01:27	00:26:49	344	10:43		01:10:06.81
155	793	Gregory Emerick	Male	50	Buffalo	MN	00:13:22	376	3:01	00:03:50	00:29:47	247	18.1	00:00:59	00:22:14	197	8:53		01:10:08.94
156	520	Nick Whitney	Male	45	Dellwood	MN	00:12:49	357	2:54	00:03:56	00:28:56	219	18.7	00:01:18	00:23:29	253	9:23		01:10:25.70
157	413	Bill Maguire	Male	59	St. Paul	MN	00:09:19	137	2:06	00:03:27	00:31:40	323	17.1	00:02:00	00:24:11	280	9:40		01:10:33.94
158	860	John Severson	Male	35	St Pual	MN	00:11:30	299	2:36	00:03:13	00:30:36	286	17.7	00:02:18	00:23:02	228	9:12		01:10:37.01
159	476	Gary Rychley	Male	62	Forest Lake	MN	00:11:10	268	2:31	00:03:06	00:30:13	268	17.9	00:01:17	00:24:58	302	9:58		01:10:41.29
160	813	David Graff	Male	40	Brookklyn Park	MN	00:11:40	310	2:38	00:04:21	00:29:36	239	18.2	00:01:39	00:23:40	260	9:27		01:10:54.25
161	554	David Latour	Male	26	Montiello	MN	00:11:18	280	2:33	00:04:20	00:31:03	303	17.4	00:00:59	00:24:33	291	9:48		01:12:10.33
162	589	Patrick Athman	Male	43	Annandale	MN	00:14:07	387	3:11	00:05:49	00:30:11	266	17.9	00:01:02	00:21:11	153	8:28		01:12:17.42
163	696	Martin Castro	Male	36	Maple Lake	MN	00:09:39	162	2:11	00:05:58	00:30:42	288	17.6	00:02:35	00:23:53	271	9:33		01:12:45.03
164	559	Brian Oderkirk	Male	38	Scottsdal	AZ	00:13:22	375	3:01	00:03:35	00:28:40	205	18.8	00:02:07	00:25:15	308	10:05		01:12:56.45
165	693	Brian Rickard	Male	53	Plymouth	MN	00:16:48	418	3:48	00:03:51	00:27:43	158	19.5	00:02:15	00:22:53	223	9:09		01:13:29.21
166	846	Michael Petersen	Male	55	Ramsey	MN	00:09:50	175	2:13	00:04:07	00:28:41	208	18.8	00:03:09	00:27:46	361	11:06		01:13:30.82
167	801	Jeremy Dobson	Male	40	St. Paul	MN	00:11:39	309	2:38	00:04:41	00:30:59	301	17.4	00:02:30	00:25:23	311	10:08		01:15:10.05
168	412	James Burger	Male	69	Manitowish Waters	WI	00:13:50	384	3:08	00:05:04	00:27:00	127	20.0	00:02:10	00:27:12	355	10:52		01:15:13.11
169	665	Brian Skjei	Male	53	Sauk Rapids	MN	00:14:43	399	3:19	00:04:20	00:31:17	313	17.3	00:02:30	00:22:39	217	9:03		01:15:26.09
170	475	Tony Denuci	Male	49	Victoria	MN	00:15:35	411	3:31	00:03:53	00:30:23	277	17.8	00:02:47	00:23:00	227	9:11		01:15:36.03
171	523	Michael Latterell	Male	38	New Hope	MN	00:12:41	351	2:52	00:03:41	00:31:22	319	17.2	00:01:48	00:26:51	346	10:44		01:16:20.88
172	790	Michael Schnedler	Male	23	Waconia	MN	00:12:05	327	2:44	00:03:51	00:35:22	388	15.3	00:01:29	00:23:49	267	9:31		01:16:33.79
173	865	Collin Lesch	Male	17	Buffalo	MN	00:16:26	417	3:43	00:04:11	00:33:25	370	16.2	00:01:33	00:21:09	149	8:27		01:16:42.02
174	897	Bill Stephens	Male	53	Buffalo	MN	00:14:46	400	3:20	00:04:41	00:32:03	338	16.9	00:01:52	00:23:26	248	9:22		01:16:44.71
175	674	Mark Conte	Male	42	Clearwater	MN	00:15:09	406	3:25	00:06:43	00:31:09	309	17.3	00:01:42	00:22:27	208	8:58		01:17:07.28
176	830	Tanner Iverson	Male	17	Dassel	MN	00:07:37	44	1:43	00:03:06	00:38:44	410	13.9	00:01:26	00:26:27	336	10:34		01:17:17.83
177	894	Evan Nicholas	Male	29	Santa Monica	CA	00:12:39	349	2:51	00:04:40	00:30:58	299	17.4	00:02:22	00:26:42	341	10:40		01:17:18.74
178	400	Mark Stange	Male	66	Shoreview	MN	00:10:25	212	2:21	00:03:44	00:30:06	263	17.9	00:02:24	00:31:16	396	12:30		01:17:52.51
179	650	Dan Berendes	Male	34	Coon Rapids	MN	00:11:11	271	2:31	00:03:45	00:33:46	373	16.0	00:01:32	00:27:58	363	11:10		01:18:08.77
180	765	Mike Miller	Male	56	Annandale	MN	00:14:49	403	3:21	00:04:21	00:28:01	176	19.3	00:01:54	00:30:02	387	12:00		01:19:04.45

Heart of The Lakes Triathlon

July 21, 2013

Overall Results - Male

Short Individual

Place	No.	Name	Gender	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
181	742	Nathan Woodford	Male	37	Kotzebue	AK	00:12:32	341	2:50	00:05:29	00:32:27	349	16.6	00:03:17	00:25:24	313	10:09	01:19:06.50
182	407	Roger Carlson	Male	69	Stillwater	MN	00:13:53	385	3:08	00:05:07	00:33:00	359	16.4	00:01:52	00:25:56	326	10:22	01:19:45.65
183	767	Tim Klein	Male	49	Buffalo	MN	00:10:54	245	2:28	00:04:15	00:33:35	372	16.1	00:01:38	00:30:04	388	12:01	01:20:23.74
184	599	Tom Barnard	Male	65	Burnsville	MN	00:09:59	185	2:15	00:04:17	00:31:04	304	17.4	00:02:39	00:32:37	408	13:02	01:20:32.50
185	747	Tony Hughes	Male	30	Minneapolis	MN	00:12:55	361	2:55	00:05:09	00:32:46	351	16.5	00:02:55	00:26:57	347	10:46	01:20:38.64
186	640	Thomas Bazan	Male	14	Buffalo	MN	00:08:08	68	1:50	00:03:44	00:35:31	392	15.2	00:01:02	00:32:42	409	13:04	01:21:05.33
187	469	James Vlcek	Male	57	Woodbury	MN	00:14:16	389	3:13	00:07:23	00:33:18	368	16.2	00:02:24	00:24:31	290	9:48	01:21:48.78
188	522	David Furuseth	Male	58	Northome	MN	00:15:28	410	3:30	00:04:17	00:30:55	296	17.5	00:01:39	00:30:51	395	12:20	01:23:06.96
189	496	James Wright	Male	58	Delano	MN	00:11:19	281	2:33	00:04:17	00:42:55	422	12.6	00:01:36	00:24:49	297	9:55	01:24:52.31
190	395	John Rice	Male	60	Eden Prairie	MN	00:14:41	396	3:19	00:04:47	00:31:11	312	17.3	00:02:26	00:32:02	400	12:48	01:25:03.40
191	592	Brad Koland	Male	42	Roseville	MN	00:13:04	371	2:57	00:04:31	00:32:46	352	16.5	00:01:51	00:33:34	413	13:25	01:25:42.80
192	851	John Heinlein Jr	Male	54	Stillwater	MN	00:14:14	388	3:13	00:03:50	00:31:11	311	17.3	00:02:27	00:35:42	419	14:16	01:27:20.44
193	540	Jeff Zuehl	Male	47	Clearwater	MN	00:19:53	424	4:30	00:04:43	00:32:27	348	16.6	00:01:19	00:29:08	379	11:39	01:27:27.13
194	606	Chris Maier	Male	43	South Haven	MN	00:16:57	420	3:50	00:09:42	00:41:01	418	13.2	00:05:33	00:30:00	385	11:59	01:43:10.34
195	551	Robert Powers	Male	89	White Bear Lake	MN	00:19:43	423	4:28	00:06:08	00:38:39	409	14.0	00:03:37	00:41:58	426	16:46	01:50:02.40