

# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	24	Dan Hedgecock	M	27	St Paul	MN	00:13:02	13	1:28	00:01:19	00:46:44	2	27.0	00:00:23	00:29:21	3	5:32		01:30:46.41
2	18	Matthew Payne	M	37	Chaska	MN	00:12:59	12	1:28	00:01:35	00:46:18	1	27.2	00:00:23	00:30:18	7	5:42		01:31:32.00
3	1	Marcus Stromberg	M	37	Saint Paul	MN	00:11:51	2	1:20	00:01:34	00:48:09	4	26.2	00:00:28	00:30:10	6	5:41		01:32:08.84
4	26	Brooks Grossinger	M	37	Mayer	MN	00:14:29	44	1:38	00:01:21	00:47:24	3	26.6	00:00:24	00:29:56	5	5:38		01:33:31.33
5	21	Josh Blankenheim	M	33	Richfield	MN	00:14:19	37	1:37	00:01:35	00:48:12	5	26.1	00:00:24	00:29:37	4	5:35		01:34:03.95
6	2	Brian Bich	M	48	Bemidji	MN	00:13:10	14	1:29	00:01:38	00:48:34	6	25.9	00:00:24	00:31:03	9	5:51		01:34:47.23
7	8	Kevin Oconnor	M	43	Duluth	MN	00:12:58	11	1:28	00:01:33	00:48:42	7	25.9	00:00:20	00:32:25	10	6:06		01:35:56.41
8	25	Bennett Isabella	M	31	Burnsville	MN	00:14:53	54	1:41	00:01:34	00:49:02	8	25.7	00:00:29	00:30:25	8	5:44		01:36:19.01
9	14	Philip English	M	22	Bloomington	MN	00:11:48	1	1:20	00:01:24	00:52:41	20	23.9	00:00:30	00:32:35	11	6:08		01:38:56.09
10	6	Nate Hoffman	M	31	Minnnetonka	MN	00:18:05	138	2:02	00:01:32	00:50:16	11	25.1	00:00:31	00:29:08	1	5:29		01:39:29.35
11	23	Steve Sander	M	35	Chanhassen	MN	00:14:21	38	1:37	00:01:37	00:49:13	9	25.6	00:00:27	00:34:07	14	6:26		01:39:41.95
12	4	Brett Lovaas	M	39	White Bear Lake	MN	00:12:20	6	1:23	00:01:34	00:51:07	13	24.6	00:00:19	00:34:26	15	6:29		01:39:43.59
13	245	Corey Binnebose	M	44	New Berlin	WI	00:14:14	35	1:36	00:02:07	00:50:08	10	25.1	00:01:28	00:33:22	12	6:17		01:41:15.13
14	3	Tony Schiller	M	56	St. Louis Park	MN	00:14:05	31	1:35	00:01:46	00:51:08	14	24.6	00:00:24	00:35:08	20	6:37		01:42:28.30
15	338	Chris Frisch	M	29	Rochester	MN	00:13:43	24	1:33	00:02:31	00:51:32	15	24.5	00:01:56	00:35:02	18	6:36		01:44:42.02
16	22	Suzie Fox	F	31	Long Lake	MN	00:14:24	41	1:37	00:01:42	00:53:06	22	23.7	00:00:21	00:35:55	29	6:46		01:45:24.78
17	279	Scott Swenson	M	35	St Louis Park	MN	00:13:47	25	1:33	00:02:06	00:53:24	23	23.6	00:01:11	00:35:03	19	6:36		01:45:27.67
18	240	Derek Rogers	M	44	Edina	MN	00:13:14	16	1:29	00:01:37	00:53:36	27	23.5	00:01:28	00:35:42	26	6:44		01:45:33.75
19	175	Andy Clark	M	51	Northfield	MN	00:12:26	7	1:24	00:01:56	00:54:18	35	23.2	00:01:03	00:36:01	30	6:47		01:45:41.58
20	9	Nicole Heininger	F	25	Buffalo	MN	00:14:01	29	1:35	00:01:35	00:52:49	21	23.9	00:00:26	00:37:00	42	6:58		01:45:48.53
21	12	Christina Roberts	F	28	Medina	MN	00:12:40	8	1:26	00:01:35	00:56:41	55	22.2	00:00:23	00:34:40	17	6:32		01:45:56.92
22	188	Randy Peterson	M	48	Northfield	MN	00:13:59	28	1:34	00:02:14	00:53:35	26	23.5	00:01:06	00:35:10	21	6:37		01:46:00.51
23	274	Matthew Trok	M	37	Maple Grove	MN	00:14:03	30	1:35	00:02:24	00:54:36	36	23.1	00:01:24	00:33:43	13	6:21		01:46:07.44
24	192	Ian Nemerov	M	48	Edina	MN	00:14:10	33	1:36	00:02:29	00:51:50	16	24.3	00:01:07	00:36:34	39	6:53		01:46:07.48
25	20	Kortney Haag	F	35	Maple Grove	MN	00:15:15	63	1:43	00:01:51	00:53:29	25	23.6	00:00:29	00:35:11	22	6:38		01:46:12.33
26	310	Ryan Welle	M	33	Bemidji	MN	00:13:41	22	1:32	00:02:07	00:54:08	32	23.3	00:01:26	00:35:45	27	6:44		01:47:05.37
27	17	Bridget Mccoy	F	30	South Haven	MN	00:12:19	5	1:23	00:01:33	00:55:46	43	22.6	00:00:28	00:37:26	46	7:03		01:47:28.89
28	246	Don Steenson	M	43	Plymouth	MN	00:12:03	4	1:21	00:02:15	00:56:20	54	22.4	00:01:45	00:36:14	34	6:50		01:48:33.88
29	254	Thomas Bisel	M	42	Northfield	MN					00:53:44	28	23.5	00:01:35	00:36:53	41	6:57		01:48:48.76
30	160	Scott Ransom	M	54	Golden Valley	MN	00:13:27	19	1:31	00:02:04	00:52:41	19	23.9	00:01:01	00:39:40	59	7:29		01:48:51.08
31	271	Rick Dehn	M	38	East Bethel	MN	00:14:23	40	1:37	00:02:03	00:54:15	34	23.2	00:01:38	00:37:01	43	6:58		01:49:16.84
32	116	Dale Forde	M	56	Golden Valley	MN	00:14:21	39	1:37	00:02:14	00:55:53	45	22.6	00:01:06	00:35:46	28	6:44		01:49:16.85
33	169	Brian Lavelle	M	52	Chaska	MN	00:14:06	32	1:35	00:02:05	00:52:01	17	24.2	00:01:21	00:40:32	71	7:38		01:50:02.11
34	209	Kirk Vesterstein	M	52	Wayzata	MN	00:16:16	98	1:50	00:02:33	00:54:12	33	23.2	00:00:57	00:36:19	36	6:51		01:50:15.78
35	339	Josh Mork	M	31	Arden Hills	MN	00:11:57	3	1:21	00:02:30	00:54:49	37	23.0	00:01:41	00:39:40	58	7:28		01:50:34.86
36	313	Jason Neumann	M	32	St. Cloud	MN	00:15:04	58	1:42	00:02:04	00:54:04	31	23.3	00:01:50	00:38:21	52	7:14		01:51:21.21

# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	260	Jeremy Thompson	M	40	Maple Grove	MN	00:15:02	56	1:42	00:02:23	00:52:33	18	24.0	00:01:48	00:39:43	61	7:29		01:51:26.98
38	13	Ann Snuggerud	F	46	Columbia Heights	MN	00:13:55	27	1:34	00:01:50	00:56:57	58	22.1	00:00:41	00:38:21	51	7:13		01:51:40.66
39	247	Michael Olson	M	43	Savage	MN	00:14:40	48	1:39	00:03:11	00:56:01	48	22.5	00:01:30	00:36:34	38	6:53		01:51:52.75
40	141	Veronica Bond	F	42	Rochester	MN	00:14:12	34	1:36	00:02:11	00:56:19	53	22.4	00:01:11	00:38:37	54	7:17		01:52:27.91
41	320	Brian Glaeser	M	29	Somerset	WI	00:15:41	78	1:46	00:03:12	00:55:43	42	22.6	00:02:41	00:35:21	24	6:40		01:52:35.64
42	167	Jp Fahey	M	52	Norwood	MN	00:15:43	80	1:46	00:02:13	00:55:36	40	22.7	00:00:59	00:38:10	49	7:11		01:52:37.86
43	328	Mitch Brekke	M	25	Hartland	MN	00:16:41	111	1:53	00:02:08	00:53:26	24	23.6	00:01:52	00:39:03	55	7:22		01:53:07.46
44	191	Sean Finn	M	48	Savage	MN	00:16:10	94	1:49	00:02:18	00:57:30	60	21.9	00:01:03	00:36:10	33	6:49		01:53:08.46
45	120	Rick Christenson	M	56	Roseville	MN	00:18:24	148	2:05	00:03:09	00:50:20	12	25.0	00:00:45	00:40:34	72	7:39		01:53:09.69
46	244	Tim Huntley	M	44	Hudson	WI	00:13:41	23	1:32	00:02:30	00:58:44	72	21.5	00:01:12	00:38:36	53	7:16		01:54:40.36
47	202	Keith Thompson	M	45	Annanadale	MN	00:16:12	95	1:50	00:02:48	00:58:44	73	21.5	00:01:17	00:36:20	37	6:51		01:55:18.80
48	241	Greg Davenport	M	44	St. Paul	MN	00:13:18	17	1:30	00:02:39	00:56:00	47	22.5	00:02:20	00:41:06	76	7:45		01:55:19.96
49	261	Mike Wayman	M	40	Ramsey	MN	00:16:02	91	1:48	00:02:15	00:53:50	30	23.4	00:02:03	00:41:12	78	7:46		01:55:20.06
50	210	Tracie Kent	F	40	Eden Prairie	MN	00:16:33	110	1:52	00:02:08	00:55:59	46	22.5	00:01:02	00:39:51	65	7:30		01:55:30.70
51	107	Leonard Klun	M	60	Maple Plain	MN	00:14:38	47	1:39	00:02:38	00:58:48	74	21.4	00:01:28	00:38:13	50	7:12		01:55:42.03
52	335	Gage Sachs	M	20	Duluth	MN	00:18:28	149	2:05	00:02:50	01:02:43	113	20.1	00:02:29	00:29:18	2	5:31		01:55:44.84
53	200	Jeff Winter	M	46	Edina	MN	00:15:33	72	1:45	00:02:32	00:56:10	52	22.4	00:01:44	00:39:50	64	7:30		01:55:47.30
54	121	Michael Murray	M	55	Sartell	MN	00:16:15	97	1:50	00:02:15	00:56:06	51	22.5	00:00:58	00:40:30	70	7:38		01:56:01.80
55	324	Tyler Ruggles	M	27	Madison	WI	00:16:04	93	1:49	00:04:58	00:55:42	41	22.6	00:02:37	00:36:49	40	6:56		01:56:07.60
56	258	Christopher Hawes	M	40	Minneapolis	MN	00:14:28	43	1:38	00:03:06	00:55:19	38	22.8	00:01:32	00:41:46	86	7:52		01:56:08.45
57	301	Lucy Ramquist	F	21	River Falls	WI	00:14:26	42	1:38	00:03:40	01:00:23	88	20.9	00:02:25	00:35:19	23	6:39		01:56:09.91
58	189	Andy Leier	M	48	Shakopee	MN	00:16:23	104	1:51	00:02:50	00:55:49	44	22.6	00:01:47	00:39:29	57	7:26		01:56:15.18
59	316	Tim Larson	M	31	Circle Pines	MN	00:15:18	67	1:43	00:02:23	00:57:17	59	22.0	00:01:53	00:39:27	56	7:26		01:56:15.23
60	16	Eben Spencer	M	34	Duluth	MN	00:18:05	139	2:02	00:01:47	00:53:48	29	23.4	00:00:34	00:42:12	89	7:57		01:56:23.69
61	300	Katie Oden	F	21	Buffalo	MN	00:15:09	61	1:42	00:02:27	01:02:18	110	20.2	00:01:11	00:35:36	25	6:42		01:56:38.60
62	146	Juli Currie	F	42	Chanhassen	MN	00:15:16	65	1:43	00:02:29	00:58:10	65	21.7	00:01:22	00:39:43	60	7:29		01:56:57.05
63	11	Christel Kippenhan	F	49	St Paul	MN	00:15:02	55	1:42	00:01:46	01:00:04	84	21.0	00:00:27	00:39:50	63	7:30		01:57:06.50
64	276	Eric Klimpke	M	37	Maple Grove	MN	00:16:01	89	1:48	00:02:38	00:59:35	79	21.2	00:01:58	00:37:07	45	7:00		01:57:15.58
65	75	Eileen Bonnert	F	52	Apple Valley	MN	00:15:25	69	1:44	00:03:10	01:00:30	89	20.8	00:01:24	00:37:31	47	7:04		01:57:58.33
66	263	Kenneth Mcfarlane	M	40	Columbia Heights	MN	00:17:13	121	1:57	00:02:51	00:56:01	49	22.5	00:02:08	00:39:48	62	7:30		01:57:59.48
67	208	Christopher Ludwig	M	45	Eden Prairie	MN	00:21:07	199	2:23	00:02:12	00:55:20	39	22.8	00:01:40	00:38:10	48	7:11		01:58:25.59
68	170	Drew Frakes	M	52	St Louis Park	MN	00:18:03	136	2:02	00:02:55	00:56:02	50	22.5	00:01:17	00:40:20	69	7:36		01:58:35.01
69	270	Brian Ross	M	38	Shorewood	MN	00:14:47	51	1:40	00:02:26	00:57:55	62	21.8	00:01:24	00:43:24	102	8:11		01:59:52.28
70	199	Peter Hagen	M	46	Apple Valley	MN	00:13:28	20	1:31	00:02:17	00:59:48	81	21.1	00:01:08	00:43:19	101	8:10		01:59:56.67
71	257	Christian Twigg	M	41	Minneapolis	MN	00:16:03	92	1:49	00:02:15	00:58:06	64	21.7	00:01:26	00:42:20	91	7:59		02:00:07.66
72	248	Lance Hauge	M	43	Minneapolis	MN	00:14:48	52	1:40	00:03:08	00:59:22	77	21.2	00:02:04	00:40:50	73	7:42		02:00:08.05

# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	315	Nick Lodien	M	32	Minneapolis	MN	00:15:42	79	1:46	00:04:13	00:56:50	56	22.2	00:02:24	00:41:11	77	7:46	02:00:18.18
74	268	David Berntson	M	38	Annandale	MN	00:19:34	184	2:12	00:02:52	01:00:30	90	20.8	00:01:05	00:37:05	44	6:59	02:01:04.04
75	182	Mark Augdahl	M	49	Chaska	MN	00:14:49	53	1:40	00:02:53	01:00:51	96	20.7	00:01:40	00:41:04	75	7:44	02:01:15.31
76	290	Gregory Bond	M	43	Rochester	MN	00:17:32	129	1:59	00:02:21	00:58:19	67	21.6	00:01:46	00:41:23	82	7:48	02:01:18.18
77	283	Christos Jensen	M	35	Montrose	MN	00:17:01	117	1:55	00:02:41	01:05:50	142	19.1	00:01:29	00:34:26	16	6:29	02:01:24.02
78	326	Joe Adriaens	M	26	Plymouth	MN	00:15:14	62	1:43	00:02:06	01:00:19	87	20.9	00:02:12	00:41:40	85	7:51	02:01:29.00
79	186	Dustin Warner	M	48	Eden Prairie	MN	00:16:01	90	1:48	00:02:10	00:59:00	75	21.4	00:01:00	00:43:24	103	8:11	02:01:33.24
80	251	Joe Ryan	M	42	Rochester	MN	00:18:36	159	2:06	00:02:32	01:02:31	112	20.2	00:02:07	00:36:18	35	6:50	02:02:02.57
81	252	Jeff Blixt	M	42	Colorado Springs	CO	00:16:18	99	1:50	00:04:11	00:57:53	61	21.8	00:03:28	00:40:16	68	7:35	02:02:04.15
82	128	Byran Swenson	M	60	Big Lake	MN	00:18:21	144	2:04	00:02:11	00:58:32	70	21.5	00:00:35	00:42:32	94	8:01	02:02:08.90
83	282	Chris Swee	M	35	West Fargo	ND	00:12:42	9	1:26	00:02:11	01:01:39	103	20.4	00:01:47	00:44:17	111	8:21	02:02:33.51
84	218	Susan Hilal	F	38	Plymouth	MN	00:15:15	64	1:43	00:02:05	01:01:51	104	20.4	00:01:35	00:41:59	87	7:55	02:02:43.26
85	273	Eric Bergstrom	M	37	Eden Prairie	MN	00:15:40	77	1:46	00:02:44	00:56:53	57	22.2	00:01:55	00:46:08	128	8:42	02:03:17.06
86	63	Pam Stevens	F	61	Sartell	MN	00:15:43	81	1:46	00:02:41	00:58:39	71	21.5	00:00:47	00:45:30	121	8:35	02:03:17.34
87	194	Dan Hauck	M	47	Cedar	MN	00:15:04	57	1:42	00:02:46	01:07:50	162	18.6	00:02:15	00:36:03	31	6:48	02:03:55.35
88	264	Clinton Smith	M	40	Hanover	MN	00:18:39	160	2:06	00:02:44	00:58:00	63	21.7	00:01:37	00:42:59	99	8:06	02:03:56.82
89	288	Carl Krause	M	43	Byron	MN	00:17:01	118	1:55	00:03:23	00:59:06	76	21.3	00:02:11	00:42:21	92	7:59	02:03:59.57
90	196	Todd Sullwold	M	46	Minnetrissa	MN	00:15:40	76	1:46	00:02:48	01:00:36	91	20.8	00:01:48	00:43:12	100	8:08	02:04:01.92
91	162	Greg Becker	M	52	St.michael	MN	00:19:16	172	2:10	00:03:32	00:58:25	68	21.6	00:01:48	00:41:38	84	7:51	02:04:36.47
92	172	Tim Woodfield	M	51	Victoria	MN	00:15:38	74	1:46	00:02:45	00:59:55	83	21.0	00:01:20	00:45:20	119	8:33	02:04:55.44
93	205	Mike Hurley	M	45	Edina	MN	00:16:28	106	1:51	00:03:24	01:03:03	116	20.0	00:01:23	00:41:01	74	7:44	02:05:15.51
94	115	Arthur Gorr	M	56	Buffalo	MN	00:18:45	164	2:07	00:03:04	00:58:27	69	21.6	00:01:27	00:43:39	105	8:14	02:05:20.35
95	190	Kirk Gassen	M	48	Mayer	MN	00:19:09	169	2:10	00:03:50	00:58:16	66	21.6	00:02:06	00:42:11	88	7:57	02:05:30.02
96	302	Kaelyn Williams	F	20	Golden Valley	MN	00:19:33	181	2:12	00:02:12	01:06:18	146	19.0	00:01:42	00:36:08	32	6:48	02:05:50.35
97	124	Kitty Earl-Torniainen	F	46	St. Paul	MN	00:19:33	182	2:12	00:02:07	01:02:54	114	20.0	00:01:26	00:39:56	66	7:31	02:05:53.04
98	280	Brandon Newman	M	35	Shorewood	MN	00:17:26	127	1:58	00:02:48	01:02:02	108	20.3	00:01:32	00:42:40	96	8:02	02:06:25.95
99	233	Jessica Reisner	F	31	Minnetonka	MN	00:15:57	87	1:48	00:02:49	01:01:56	106	20.3	00:02:01	00:44:14	110	8:20	02:06:53.94
100	185	Ken Peters	M	48	Woodbury	MN	00:14:37	46	1:39	00:03:06	01:02:14	109	20.3	00:01:55	00:45:21	120	8:33	02:07:10.23
101	140	Angela Jordahl	F	42	Big Lake	MN	00:18:21	145	2:04	00:02:11	01:03:07	118	20.0	00:01:23	00:42:17	90	7:58	02:07:16.17
102	201	Tim Jette	M	46	Maple Grove	MN	00:17:09	120	1:56	00:03:09	01:03:41	122	19.8	00:02:00	00:41:23	83	7:48	02:07:19.40
103	204	Michael Hageman	M	45	Ramsey	MN	00:19:06	168	2:09	00:03:21	01:00:14	85	20.9	00:02:06	00:42:48	97	8:04	02:07:32.38
104	68	Helen Gunther	F	57	Excelsior	MN	00:15:44	82	1:46	00:02:48	01:02:30	111	20.2	00:00:45	00:46:00	126	8:40	02:07:45.33
105	267	Lance Westerlund	M	39	Saint Stephen	MN	00:15:47	83	1:47	00:02:50	01:01:37	102	20.5	00:02:04	00:46:07	127	8:42	02:08:22.21
106	287	Cortney Peterson	F	38	St. Louis Park	MN	00:16:18	100	1:50	00:02:25	01:01:11	98	20.6	00:01:59	00:47:14	145	8:54	02:09:04.64
107	69	Carolyn Milbrath	F	56	Hudson	WI	00:15:48	84	1:47	00:02:23	01:03:46	123	19.8	00:00:51	00:46:48	136	8:49	02:09:33.13
108	91	Kris Ridler	F	47	Chaska	MN	00:13:28	21	1:31	00:03:20	01:06:43	153	18.9	00:01:44	00:44:40	116	8:25	02:09:51.74

# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	207	William Hjort	M	51	Elk River	MN	00:15:09	60	1:42	00:03:22	01:05:29	134	19.2	00:02:21	00:43:51	106	8:16		02:10:09.93
110	198	Kurt Bruhn	M	46	Buffalo	MN	00:18:13	141	2:03	00:06:07	00:59:54	82	21.0	00:02:09	00:44:09	109	8:19		02:10:28.81
111	72	Judy Murray	F	54	Sartell	MN	00:18:13	142	2:03	00:03:10	01:01:22	99	20.5	00:01:20	00:46:27	131	8:45		02:10:30.28
112	77	Cindy Crawford	F	51	Deephaven	MN	00:16:49	114	1:54	00:02:43	01:03:40	121	19.8	00:00:52	00:46:48	137	8:49		02:10:49.04
113	292	James Fisher	M	37	Plymouth	MN	00:21:55	211	2:28	00:02:40	00:59:45	80	21.1	00:01:38	00:45:13	118	8:31		02:11:08.77
114	250	Mark Hartley	M	42	Inver Grove Heights	MN	00:18:35	157	2:06	00:03:35	01:00:40	93	20.8	00:02:03	00:46:32	133	8:46		02:11:23.85
115	253	Trevor Windel	M	42	St. Michael	MN	00:22:01	213	2:29	00:03:10	01:03:02	115	20.0	00:02:03	00:41:12	79	7:46		02:11:26.04
116	83	Colleen Lavelle	F	50	Iowa City	IA	00:18:06	140	2:03	00:02:27	01:06:18	147	19.0	00:01:18	00:43:29	104	8:12		02:11:35.31
117	325	Kyle Srivastava	M	26	Atlanta	GA	00:15:27	70	1:45	00:03:12	01:10:00	184	18.0	00:02:04	00:41:15	81	7:46		02:11:56.39
118	153	Carolyn Tuohy	F	40	Minneapolis	MN	00:18:04	137	2:02	00:02:23	01:05:36	138	19.2	00:01:52	00:44:24	113	8:22		02:12:18.02
119	197	Darrick Zaring	M	46	Vadnais Heights	MN	00:18:17	143	2:04	00:02:58	01:01:55	105	20.4	00:01:44	00:47:31	147	8:57		02:12:22.75
120	161	David Thoma	M	53	Annandale	MN	00:14:44	50	1:40	00:02:35	01:03:03	117	20.0	00:01:42	00:50:25	175	9:30		02:12:26.38
121	163	Mark Getty	M	52	Plymouth	MN	00:21:34	208	2:26	00:03:07	01:04:15	127	19.6	00:01:21	00:42:22	93	7:59		02:12:37.79
122	136	Brook Wheeler	F	43	Maple Grove	MN	00:16:55	116	1:55	00:03:15	01:06:29	148	19.0	00:01:43	00:44:20	112	8:21		02:12:40.75
123	224	Brooke Baeth	F	35	Spicer	MN	00:17:21	123	1:57	00:03:05	01:09:30	179	18.1	00:01:41	00:41:15	80	7:46		02:12:50.74
124	168	Michael Shanahan	M	52	Watertown	MN	00:18:01	135	2:02	00:02:30	01:01:28	100	20.5	00:01:16	00:49:45	169	9:23		02:12:57.14
125	71	Diane Stoller	F	55	Maple Grove	MN	00:21:11	200	2:24	00:03:10	01:01:00	97	20.7	00:01:14	00:47:04	141	8:52		02:13:36.73
126	74	Mary Januschka	F	53	Cambridge	MN	00:19:42	185	2:13	00:04:14	01:03:33	119	19.8	00:01:48	00:44:40	115	8:25		02:13:53.74
127	138	Megan Maury	F	43	St Paul	MN	00:15:05	59	1:42	00:03:33	01:07:08	156	18.8	00:01:35	00:46:37	135	8:47		02:13:55.60
128	281	Matt Thell	M	35	Plymouth	MN	00:17:38	130	1:59	00:03:26	01:08:08	164	18.5	00:01:55	00:42:51	98	8:05		02:13:55.77
129	134	Tracy Sik	F	44	Willmar	MN	00:18:35	156	2:06	00:03:40	01:10:05	185	18.0	00:01:55	00:40:03	67	7:33		02:14:15.46
130	93	Dlee Dreyer	F	45	Minneapolis	MN	00:18:33	150	2:06	00:03:32	01:05:33	137	19.2	00:01:55	00:44:53	117	8:28		02:14:24.34
131	180	Jeff Walters	M	49	Golden Valley	MN	00:13:27	18	1:31	00:04:07	01:05:56	144	19.1	00:02:30	00:49:30	164	9:20		02:15:28.28
132	334	Derek Docherty	M	20	Buffalo	MN	00:19:14	170	2:10	00:02:43	01:08:13	166	18.5	00:01:32	00:43:58	108	8:17		02:15:37.96
133	299	Amy Spitzmueller	F	22	New Brighton	MN	00:17:19	122	1:57	00:03:18	01:08:42	170	18.3	00:02:00	00:44:25	114	8:22		02:15:41.95
134	187	Tim Goodyear	M	48	Minnetonka	MN	00:15:31	71	1:45	00:03:07	01:08:59	174	18.3	00:02:10	00:45:59	125	8:40		02:15:43.74
135	333	Sean Devine	M	21	Eden Prairie	MN	00:19:50	187	2:14	00:03:02	01:03:37	120	19.8	00:02:47	00:46:33	134	8:46		02:15:47.21
136	184	Kevin Jones	M	49	Britton	SD	00:20:57	197	2:22	00:03:18	01:00:18	86	20.9	00:02:49	00:48:58	156	9:14		02:16:17.71
137	285	Jessica Isabella	F	30	Burnsville	MN	00:18:41	162	2:07	00:02:16	01:11:09	191	17.7	00:01:46	00:42:34	95	8:01		02:16:24.16
138	119	Gregg Garretson	M	56	Lakeville	MN	00:15:38	75	1:46	00:03:25	01:01:56	107	20.3	00:00:59	00:54:50	206	10:20		02:16:45.53
139	97	Daryl Stevens	M	71	Sartell	MN	00:19:42	186	2:13	00:03:44	00:59:26	78	21.2	00:00:36	00:53:42	200	10:07		02:17:06.48
140	173	David Bullard	M	51	Colorado Springs	CO	00:17:54	132	2:01	00:03:03	01:06:58	155	18.8	00:02:17	00:47:09	143	8:53		02:17:18.45
141	203	Randall L Strenge	M	45	Buffalo	MN	00:19:34	183	2:12	00:04:44	01:05:29	135	19.2	00:02:16	00:45:37	123	8:36		02:17:36.61
142	177	Bryan Pohl	M	51	Golden Valley	MN	00:17:25	125	1:58	00:04:30	01:04:01	124	19.7	00:02:44	00:49:23	162	9:19		02:18:00.72
143	164	Mark Falzone	M	52	Chanhassen	MN	00:17:54	133	2:01	00:03:39	01:07:17	157	18.7	00:03:04	00:46:14	130	8:43		02:18:04.63
144	66	Susan Holt	F	58	Plymouth	MN	00:16:22	103	1:51	00:03:15	01:05:44	139	19.2	00:01:04	00:51:45	186	9:45		02:18:07.56

# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
145	101	Rick E. Wheeler	M	63	Bloomington	MN	00:18:36	158	2:06	00:03:28	01:06:35	149	18.9	00:00:49	00:48:50	155	9:12		02:18:15.02
146	243	Thomas Laberge	M	44	Blaine	MN	00:15:37	73	1:46	00:03:00	01:07:28	158	18.7	00:02:44	00:49:38	166	9:21		02:18:24.28
147	262	Brian Hegrenes	M	40	Albertville	MN	00:18:56	165	2:08	00:04:01	01:05:57	145	19.1	00:02:48	00:46:53	139	8:50		02:18:31.68
148	304	Kristina Swenson	F	17	Rogers	MN	00:13:11	15	1:29	00:02:16	01:09:18	177	18.2	00:01:45	00:52:05	189	9:49		02:18:32.56
149	118	Duane Pullins	M	56	Maple Lake	MN	00:20:13	191	2:17	00:03:35	01:00:47	95	20.7	00:01:08	00:53:07	197	10:01		02:18:48.36
150	158	Carl Hoang	M	54	Maple Grove	MN	00:19:05	167	2:09	00:02:56	01:01:33	101	20.5	00:02:18	00:53:15	199	10:02		02:19:05.75
151	330	Tim Bartness	M	24	Hartland	MN	00:19:17	173	2:11	00:02:57	01:05:55	143	19.1	00:01:59	00:49:02	157	9:14		02:19:07.97
152	331	Alec Fotsch	M	22	Minneapolis	MN	00:22:27	217	2:32	00:03:46	01:04:24	129	19.6	00:02:59	00:45:36	122	8:36		02:19:08.85
153	105	Doug Jones	M	61	St. Louis Park	MN	00:19:21	175	2:11	00:03:19	01:05:45	140	19.2	00:01:49	00:49:06	158	9:15		02:19:17.88
154	228	Kris Nord	F	34	Buffalo	MN	00:17:07	119	1:56	00:04:14	01:07:49	161	18.6	00:02:37	00:48:05	149	9:04		02:19:50.02
155	81	Bethann Barankovich	F	50	Mpls	MN	00:16:18	102	1:50	00:03:29	01:12:12	203	17.5	00:01:39	00:46:27	132	8:45		02:20:02.33
156	147	Judy Olstad	F	41	Minneapolis	MN	00:17:26	126	1:58	00:02:58	01:05:25	133	19.3	00:01:52	00:52:28	193	9:53		02:20:05.84
157	144	Carla Nordenstrom	F	42	Blaine	MN	00:15:57	86	1:48	00:02:56	01:09:12	176	18.2	00:01:43	00:50:45	176	9:34		02:20:30.79
158	106	Bruce Stroebe	M	61	Prior Lake	MN	00:14:42	49	1:39	00:03:47	01:08:46	173	18.3	00:01:36	00:51:51	187	9:46		02:20:39.60
159	60	Lisa Wheeler	F	63	Bloomington	MN	00:20:20	193	2:18	00:02:51	01:08:32	169	18.4	00:00:59	00:48:33	153	9:09		02:21:12.76
160	226	Sarah Fowler	F	35	Saint Paul	MN	00:16:47	113	1:53	00:03:14	01:09:39	181	18.1	00:02:28	00:49:21	161	9:18		02:21:25.13
161	319	Dan Bauman	M	29	New Hope	MN	00:18:35	155	2:06	00:03:33	01:06:56	154	18.8	00:02:12	00:50:15	172	9:28		02:21:28.75
162	112	Peter Tabor	M	57	Minneapolis	MN	00:15:21	68	1:44	00:05:53	01:00:37	92	20.8	00:03:57	00:56:06	212	10:34		02:21:52.00
163	137	Debbie Christian	F	43	Buffalo	MN	00:19:01	166	2:09	00:03:05	01:05:29	136	19.2	00:01:48	00:52:34	194	9:54		02:21:55.27
164	143	Jessica Constant	F	42	Champlin	MN	00:21:29	204	2:25	00:02:57	01:07:51	163	18.6	00:01:27	00:48:23	151	9:07		02:22:03.21
165	295	Angela Larson	F	29	Circle Pines	MN	00:19:25	178	2:11	00:02:42	01:09:54	182	18.0	00:02:44	00:47:36	148	8:58		02:22:19.38
166	94	Leanne Ritz	F	45	Maple Grove	MN	00:16:32	108	1:52	00:03:23	01:04:57	131	19.4	00:01:45	00:55:58	211	10:33		02:22:32.90
167	181	Steven Gallagher	M	49	Minneapolis	MN	00:16:52	115	1:54	00:03:42	01:06:41	152	18.9	00:02:09	00:53:14	198	10:02		02:22:35.79
168	88	Beth Wengler	F	48	St. Cloud	MN	00:18:22	146	2:04	00:03:46	01:04:07	125	19.7	00:01:23	00:55:32	209	10:28		02:23:08.18
169	183	Ken Saddler	M	49	Chanhassen	MN	00:16:25	105	1:51	00:02:57	01:04:10	126	19.6	00:01:58	00:57:55	223	10:55		02:23:22.39
170	125	Laura Hjort	F	47	Elk River	MN	00:22:04	215	2:30	00:03:21									02:23:45.00
171	314	Timothy Urban	M	32	New Brighton	MN	00:21:29	205	2:25	00:03:03	01:10:18	186	17.9	00:01:53	00:47:12	144	8:54		02:23:50.66
172	114	Mark Heitkamp	M	57	St. Louis Park	MN	00:18:23	147	2:04	00:04:50	01:04:39	130	19.5	00:02:11	00:54:08	203	10:12		02:24:08.61
173	117	Jay Lawton	M	56	Willmar	MN	00:21:14	201	2:24	00:04:49	01:12:22	206	17.4	00:01:55	00:43:53	107	8:16		02:24:10.74
174	289	Tom Vasterling	M	40	Eagan	MN	00:17:27	128	1:58	00:03:24	01:10:53	189	17.8	00:02:12	00:50:23	174	9:30		02:24:17.13
175	171	Craig Olsen	M	51	Inver Grove Heights	MN	00:19:21	174	2:11	00:04:43	01:08:09	165	18.5	00:01:45	00:50:23	173	9:30		02:24:18.73
176	255	Mark Wagner	M	41	Minnetonka	MN	00:16:31	107	1:52	00:02:53	01:09:04	175	18.2	00:03:56	00:52:17	192	9:51		02:24:39.51
177	155	Brett Oden	M	54	Buffalo	MN	00:18:34	153	2:06	00:04:53	01:11:43	197	17.6	00:02:47	00:47:01	140	8:52		02:24:54.98
178	220	Anna Duray	F	37	Edina	MN	00:17:22	124	1:58	00:03:24	01:11:16	193	17.7	00:02:22	00:51:13	181	9:39		02:25:34.66
179	306	Jeff Doughty	M	34	Maple Plain	MN	00:15:48	85	1:47	00:04:00	01:12:08	200	17.5	00:02:30	00:51:14	182	9:39		02:25:37.83
180	178	Dan Sutton	M	50	Minneapolis	MN	00:22:55	219	2:35	00:03:47	01:05:48	141	19.2	00:02:06	00:51:04	179	9:38		02:25:38.12

# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
181	123	Gregor Macdonald	M	55	Chanhassen	MN	00:23:23	223	2:38	00:02:57	01:08:29	168	18.4	00:01:37	00:50:05	171	9:26		02:26:29.64
182	61	Deb Roberts	F	63	Nisswa	MN	00:17:51	131	2:01	00:02:40	01:08:44	171	18.3	00:00:52	00:57:09	219	10:46		02:27:13.11
183	126	Connie Foster	F	63	River Falls	WI	00:18:42	163	2:07	00:03:25	01:13:58	215	17.0	00:01:34	00:49:43	168	9:22		02:27:19.32
184	206	Zyvonne Langan	F	44	Hutchinson	MN	00:23:41	226	2:40	00:03:35	01:11:57	199	17.5	00:01:47	00:46:53	138	8:50		02:27:49.88
185	129	Mark Rauschenfels	M	58	Duluth	MN	00:18:34	152	2:06	00:03:03	01:04:58	132	19.4	00:01:58	00:59:31	227	11:13		02:28:01.04
186	238	Bill Currie	M	44	Chanhassen	MN	00:13:50	26	1:33	00:04:01	01:00:43	94	20.8	00:04:07	01:05:27	234	12:20		02:28:05.44
187	297	Emma Adriaens	F	24	Plymouth	MN	00:28:15	240	3:12	00:03:11	01:08:22	167	18.4	00:02:32	00:46:10	129	8:42		02:28:27.19
188	340	Oliver Ross	M	32	Saint Paul	MN	00:21:18	202	2:24	00:06:25	01:07:36	159	18.6	00:03:55	00:49:19	159	9:18		02:28:30.71
189	222	Gretchen Langbehn	F	36	South Haven	MN	00:20:04	190	2:16	00:03:34	01:11:48	198	17.6	00:02:09	00:51:17	183	9:40		02:28:49.01
190	67	Gale Tinglov	F	57	St.cloud	MN	00:16:00	88	1:48	00:03:18	01:12:14	205	17.4	00:01:06	00:56:15	213	10:36		02:28:49.19
191	291	Betsy Grame	F	38	Chanhassen	MN	00:14:29	45	1:38	00:08:32	01:12:44	209	17.3	00:02:19	00:50:49	177	9:35		02:28:50.22
192	221	Paige Von Bank	F	37	Corcoran	MN	00:20:35	195	2:19	00:03:34	01:12:12	204	17.5	00:02:50	00:50:04	170	9:26		02:29:13.09
193	78	Joan Ramquist	F	50	River Falls	WI	00:14:19	36	1:37	00:04:52	01:14:33	220	16.9	00:04:09	00:51:36	184	9:43		02:29:25.27
194	249	Matt Honsey	M	42	Annandale	MN	00:25:54	236	2:56	00:02:37	01:10:21	187	17.9	00:01:07	00:49:38	167	9:21		02:29:34.18
195	148	Cristin Bleess	F	41	Castle Rock	CO	00:19:24	177	2:11	00:03:25	01:13:09	213	17.2	00:01:49	00:51:51	188	9:46		02:29:35.32
196	227	Esther Dixon	F	35	Zimmerman	MN	00:20:00	189	2:15	00:04:08	01:14:12	216	17.0	00:02:53	00:48:34	154	9:09		02:29:44.28
197	89	Beckie Perkins	F	48	Apple Valley	MN	00:21:00	198	2:22	00:02:58	01:07:48	160	18.6	00:01:14	00:57:09	218	10:46		02:30:06.63
198	265	Previn Solberg	M	39	Blaine	MN	00:19:23	176	2:11	00:02:48	01:08:45	172	18.3	00:02:04	00:57:15	220	10:48		02:30:12.50
199	95	Pamela Gajdosik	F	45	Minneapolis	MN	00:19:51	188	2:14	00:03:39	01:11:09	192	17.7	00:01:53	00:53:42	201	10:07		02:30:12.68
200	166	Tony Brown	M	52	Lakeville	MN	00:19:14	171	2:10	00:04:05	01:06:38	150	18.9	00:02:41	00:58:29	224	11:02		02:31:05.57
201	256	Jeramy Bizzell	M	41	San Antonio	TX	00:17:58	134	2:02	00:04:19	01:09:35	180	18.1	00:02:18	00:57:44	221	10:53		02:31:51.85
202	223	Lisa Bizzell	F	36	San Antonio	TX	00:21:39	209	2:27	00:03:32	01:06:40	151	18.9	00:02:19	00:57:44	222	10:53		02:31:51.91
203	100	Jerry House	M	66	Woodbury	MN	00:22:47	218	2:34	00:06:16	01:14:26	219	16.9	00:02:42	00:45:54	124	8:39		02:32:02.76
204	76	Lori Woodfield	F	52	Victoria	MN	00:15:16	66	1:43	00:03:20	01:15:21	222	16.7	00:01:23	00:56:47	216	10:42		02:32:04.59
205	92	Carol Osterhus	F	45	Minnetonka	MN	00:18:34	154	2:06	00:03:28	01:17:58	227	16.2	00:01:40	00:51:08	180	9:38		02:32:45.71
206	318	Andrew Ortquist	M	30	Lakeville	MN	00:22:24	216	2:32	00:03:55	01:17:24	226	16.3	00:01:47	00:47:31	146	8:57		02:32:58.87
207	286	Christina Lysen	F	35	Sartell	MN	00:21:25	203	2:25	00:04:19	01:16:12	224	16.5	00:01:38	00:49:35	165	9:21		02:33:07.12
208	156	Kenneth Katz	M	54	Plymouth	MN	00:21:59	212	2:29	00:04:37	01:09:58	183	18.0	00:02:09	00:54:47	205	10:20		02:33:29.02
209	303	Kimberly Moy	F	20	Cokato	MN	00:16:32	109	1:52	00:03:15	01:14:53	221	16.8	00:02:26	00:56:37	214	10:40		02:33:41.00
210	142	Amy Blixt	F	42	Colorado Springs	CO	00:19:27	179	2:12	00:03:41	01:17:11	225	16.3	00:01:51	00:51:45	185	9:45		02:33:52.34
211	275	Greg Hartley	M	37	Ham Lake	MN	00:21:30	206	2:26	00:04:00	01:12:31	207	17.4	00:02:29	00:54:13	204	10:13		02:34:40.44
212	337	Rachel Stein	F	29	Kimball	MN	00:23:56	229	2:42	00:03:40	01:13:08	212	17.2	00:02:07	00:52:06	190	9:49		02:34:55.48
213	234	Chelsie Binsfeld	F	30	St.cloud	MN	00:16:15	96	1:50	00:03:31	01:14:16	218	17.0	00:02:22	00:58:40	225	11:04		02:35:01.87
214	311	Jeff Trinh-Sy	M	33	Minneapolis	MN	00:25:25	235	2:52	00:03:47	01:11:34	196	17.6	00:02:08	00:52:40	195	9:56		02:35:31.76
215	323	Steve Peery	M	27	Madison	WI	00:23:48	227	2:41	00:03:50	01:18:51	229	16.0	00:01:19	00:48:09	150	9:04		02:35:54.46
216	321	Mark Lenling	M	29	Glenwood	MN	00:31:57	243	3:37	00:05:00	01:04:23	128	19.6	00:02:46	00:52:11	191	9:50		02:36:13.68

# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----				----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc	Pace		
217	231	Melissa Jacobsen	F	32	Montrose	MN	00:12:49	10	1:27	00:03:55	01:23:12	235	15.1	00:01:43	00:54:56	207	10:21		02:36:32.51
218	102	David Heffernan	M	63	Minneapolis	MN	00:23:11	221	2:37	00:05:02	01:10:47	188	17.8	00:01:55	00:55:46	210	10:31		02:36:39.08
219	296	Lisa Stein	F	26	Bozeman	MT	00:23:53	228	2:42	00:03:14	01:18:32	228	16.0	00:01:45	00:49:19	160	9:18		02:36:41.80
220	149	Aida Weber	F	41	Plymouth	MN	00:25:00	233	2:49	00:06:22	01:16:10	223	16.5	00:03:04	00:47:07	142	8:53		02:37:40.48
221	96	Steve Paladie	M	71	Plymouth	MN	00:20:21	194	2:18	00:03:22	01:13:34	214	17.1	00:01:47	00:59:27	226	11:12		02:38:29.02
222	235	Heidi Meulners	F	30	Crystal	MN	00:18:40	161	2:06	00:04:57	01:09:24	178	18.2	00:03:53	01:01:40	230	11:38		02:38:30.62
223	269	Heath Sneller	M	38	Kimball	MN	00:25:09	234	2:50	00:03:17	01:12:49	210	17.3	00:01:12	00:56:55	217	10:44		02:39:18.51
224	108	Walter Milbrath	M	59	Hudson	WI	00:19:27	180	2:12	00:03:29	01:12:10	202	17.5	00:01:21	01:04:10	233	12:06		02:40:33.57
225	86	Brenda Carriere	F	49	Brooklyn Center	MN	00:16:18	101	1:50	00:04:25	01:12:38	208	17.4	00:02:00	01:05:28	235	12:21		02:40:46.49
226	139	Aimee Schaefer Kueppers	F	43	Vadnais Heights	MN	00:21:33	207	2:26	00:04:46	01:25:21	236	14.8	00:02:03	00:48:26	152	9:08		02:42:07.23
227	336	Cole Rokke	M	19	Fargo	ND	00:18:33	151	2:06	00:03:16	01:28:31	242	14.2	00:01:33	00:50:50	178	9:35		02:42:40.52
228	127	Fred Roethlisberger	M	71	River Falls	WI	00:22:59	220	2:36	00:04:19	01:19:34	232	15.8	00:03:19	00:53:05	196	10:00		02:43:13.64
229	165	Kevin Cashman	M	52	Minnetrissa	MN	00:27:47	239	3:08	00:04:37	01:11:22	194	17.7	00:03:32	00:56:43	215	10:41		02:43:58.59
230	65	Diane Claeys	F	58	St. Louis Park	MN	00:23:24	224	2:39	00:04:06	01:12:54	211	17.3	00:01:44	01:02:22	232	11:46		02:44:28.57
231	159	Matt Vanhoomissen	M	54	Prior Lake	MN	00:23:33	225	2:40	00:04:32	01:11:24	195	17.6	00:03:33	01:01:37	229	11:37		02:44:36.07
232	327	Alexander Helwig	M	26	Minneapolis	MN	00:21:45	210	2:27	00:04:10	01:26:23	240	14.6	00:03:04	00:49:24	163	9:19		02:44:44.24
233	284	Steve Carlson	M	35	Minneapolis	MN	00:16:44	112	1:53	00:04:38	01:18:54	230	16.0	00:03:21	01:01:46	231	11:39		02:45:20.28
234	99	Bruce Ellington	M	67	Eagan	MN	00:20:18	192	2:17	00:03:31	01:14:13	217	17.0	00:02:59	01:07:02	237	12:38		02:48:00.56
235	229	Lindsay Mcfarlane	F	33	Maple Grove	MN	00:22:04	214	2:29	00:03:15	01:11:06	190	17.7	00:02:26	01:10:42	241	13:20		02:49:31.05
236	195	Allen Weis	M	46	Delano	MN	00:25:58	237	2:56	00:03:29	01:12:10	201	17.5	00:02:28	01:07:34	238	12:44		02:51:35.42
237	236	Sarah Wiljamaa	F	30	St. Paul	MN	00:24:57	232	2:49	00:04:19	01:28:03	241	14.3	00:01:45	00:55:09	208	10:24		02:54:09.80
238	90	Jennifer Katz	F	48	Plymouth	MN	00:23:21	222	2:38	00:03:34	01:19:47	233	15.8	00:01:51	01:08:29	239	12:55		02:57:00.70
239	322	Joseph Pickard	M	28	Minneapolis	MN	00:28:31	241	3:13	00:04:30	01:29:54	243	14.0	00:02:08	00:53:47	202	10:08		02:58:47.17
240	98	James Barthel	M	67	Dellwood	MN	00:24:48	231	2:48	00:08:56	01:25:50	237	14.7	00:02:26	01:00:39	228	11:26		03:02:35.96
241	104	John Vogt	M	62	Spring Park	MN	00:28:38	242	3:14	00:06:03	01:21:39	234	15.4	00:02:36	01:06:08	236	12:28		03:05:01.53
242	154	Chuck Wagner	M	54	Minnetonka	MN	00:24:04	230	2:43	00:05:38	01:19:13	231	15.9	00:02:59	01:13:26	242	13:51		03:05:18.30
243	62	Susan Anderson	F	61	Excelsior	MN	00:20:44	196	2:20	00:05:10	01:26:21	239	14.6						03:07:54.61
244	85	Janelle Ranek	F	49	Minneapolis	MN	00:26:40	238	3:01	00:04:17	01:26:02	238	14.6	00:01:22	01:09:51	240	13:10		03:08:09.08

# Heart of the Lakes Triathlon

July 20, 2014

## Did Not Finish or Disqualified

### Long Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
DNF	122	Mark Plewka	M	55	Excelsior	MN	00:15:34	1:45	00:04:03	01:08:16	18.5	00:02:17					
DNF	219	Christine Agazzi	F	38	Eden Prairie	MN	00:14:46	1:40	00:02:36	01:10:57	17.8	00:04:36	00:41:53	7:54		02:14:47	



# Heart of the Lakes Triathlon

July 20, 2014

## Overall Results

### Long Team

Place	No.	Team Name	Members: Swimmer, Bike, Runner	----- SWIM -----			----- BIKE -----				----- RUN -----			Penalty	Total Time
				Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc		
1	49	University Of Northwestern	Brady Watson Dale Gentry Boyd Seevers	00:11:50	2	1:20	00:01:25	00:54:08	1	23.3	00:01:30	00:45:32	7	8:35	01:54:22.09
2	43	Comfortably Numb	mark johnson frank lombardo kenton johnson	00:13:56	3	1:34	00:01:34	01:03:17	4	19.9	00:01:29	00:38:20	2	7:13	01:58:32.00
3	37	French Toast Mafia	Sarah Isdahl Nick Hendrickson Jaret Carpenter	00:14:41	4	1:39	00:01:11	01:12:08	9	17.5	00:01:17	00:32:57	1	6:12	02:02:10.91
4	42	Solejourner #5	Katherine Wacker Kendra Krueger Patti Brase	00:19:39	8	2:13	00:01:32	01:02:16	3	20.2	00:01:35	00:43:12	3	8:09	02:08:11.33
5	48	Affiliates Of The Spartans	John Reinartz Luis Alvarado Mike Connelly	00:11:34	1	1:18	00:01:43	01:10:54	7	17.8	00:01:38	00:43:45	5	8:15	02:09:31.70
6	38	Nodak Sukker Punch	Jessica Ruhland Craig Ruhland Trysten Ruhland	00:24:40	12	2:47	00:02:05	01:00:21	2	20.9	00:01:53	00:43:42	4	8:14	02:12:37.53
7	47	Spartans	Matt Suzuki Emilio Alvarado John Connelly	00:15:46	5	1:47	00:01:17	01:11:31	8	17.6	00:01:25	00:44:49	6	8:27	02:14:45.33
8	40	Solejourner #2	Sondra Lazer Liz Wahlberg Maia Wahlberg	00:18:47	7	2:07	00:02:10	01:06:38	6	18.9	00:01:58	00:46:35	9	8:47	02:16:06.13
9	41	Solejourner #3	Gretchen Rohweder MarySue Ingman Gretchen Rohweder	00:20:30	9	2:19	00:01:40	01:14:16	12	17.0	00:01:36	00:46:13	8	8:43	02:24:13.65
10	51	Team Goulet	Joseph Zylstra Matt Baasch Andy Larson	00:22:29	11	2:32	00:01:55	01:12:15	10	17.4	00:02:28	00:46:37	10	8:47	02:25:40.81
11	44	Cuties!	Tracy Angelo Heidi Halley Molly Anderson	00:21:14	10	2:24	00:01:43	01:05:01	5	19.4	00:01:51	00:57:02	12	10:45	02:26:48.29
12	45	Ginger Slaps	Kelly Czech Autumn Amadou-Blegen Emily Waitz	00:17:58	6	2:02	00:02:06	01:13:03	11	17.3	00:02:08	00:55:06	11	10:23	02:30:17.99
13	36	Sweet Tarts	Becky Lang Beth Johnson Belinda Sarff	00:25:59	13	2:56	00:02:06	01:34:19	13	13.4	00:02:39	01:05:06	13	12:16	03:10:06.76