

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	475	David Thompson	M	36	Long Lake	MN	00:05:23	2	1:13	00:01:21	00:18:52	1	28.6	00:14:14	00:00:18	1	0:07	00:40:04.37
2	849	Greg Dummer	M	43	Minneapolis	MN	00:06:36	8	1:29	00:01:55	00:21:00	2	25.7	00:00:53	00:15:23	3	6:09	00:45:43.94
3	401	Andrew Zabel	M	34	Saint Joseph	MN	00:07:46	40	1:45	00:01:44	00:21:19	3	25.3	00:00:59	00:14:48	2	5:54	00:46:33.18
4	909	Regis Dupont	M	30	Minneapolis	MN	00:07:46	39	1:45	00:01:49	00:22:26	7	24.1	00:00:59	00:15:56	4	6:22	00:48:53.70
5	403	David Goldberg	M	53	Minnetrissa	MN	00:06:09	5	1:23	00:01:56	00:22:26	8	24.1	00:01:03	00:17:28	18	6:59	00:49:00.63
6	843	Mitchell Clayton	M	17	Forest Lake	MN	00:06:32	7	1:28	00:01:45	00:22:42	9	23.8	00:01:01	00:17:17	15	6:54	00:49:13.91
7	411	John Stangl	M	51	Buffalo	MN	00:07:45	35	1:45	00:02:14	00:22:13	6	24.3	00:01:11	00:16:21	7	6:32	00:49:41.00
8	787	Nicole Cueno	F	34	Minneapolis	MN	00:07:30	25	1:41	00:02:01	00:23:28	15	23.0	00:00:53	00:15:57	6	6:22	00:49:46.80
9	402	Todd White	M	47	Roseville	MN	00:05:58	3	1:20	00:01:52	00:23:43	17	22.8	00:01:14	00:17:54	28	7:09	00:50:37.49
10	404	Nathan Budde	M	37	Annandale	MN	00:07:43	34	1:44	00:01:51	00:23:34	16	22.9	00:00:55	00:16:55	13	6:45	00:50:56.00
11	763	Jim Green	M	51	San Diego	CA	00:08:19	66	1:52	00:02:22	00:21:46	5	24.8	00:01:12	00:17:38	21	7:02	00:51:14.79
12	405	Jason Migala	M	35	Sauk Rapids	MN	00:08:43	83	1:58	00:02:06	00:23:24	14	23.1	00:00:54	00:16:42	9	6:40	00:51:46.43
13	415	Nathan Bich	M	15	Duluth	MN	00:06:52	12	1:33	00:02:12	00:23:56	19	22.6	00:01:09	00:17:50	27	7:07	00:51:57.32
14	412	Marta Lewinski	F	41	Edina	MN	00:07:41	31	1:44	00:02:21	00:23:19	13	23.2	00:01:01	00:17:39	22	7:03	00:51:58.40
15	406	Timothy Harmon	M	34	Shakopee	MN	00:09:05	109	2:03	00:01:52	00:23:06	12	23.4	00:01:11	00:16:54	12	6:45	00:52:05.47
16	886	Lauren Steinke	F	14	St Cloud	MN	00:07:01	18	1:35	00:01:32	00:26:25	57	20.5	00:00:54	00:16:23	8	6:32	00:52:11.45
17	419	Mark Nieters	M	46	Sartell	MN	00:06:01	4	1:21	00:02:24	00:24:15	22	22.3	00:01:25	00:19:12	53	7:40	00:53:14.59
18	814	Zach Wood	M	29	Maple Grove	MN	00:06:17	6	1:25	00:02:12	00:25:28	40	21.2	00:01:21	00:18:02	30	7:12	00:53:16.68
19	410	Karen Bebchuk	F	47	Plymouth	MN	00:07:52	45	1:46	00:01:57	00:25:11	35	21.4	00:00:51	00:17:48	26	7:07	00:53:37.84
20	408	Marty Moran	M	47	St Cloud	MI	00:05:22	1	1:12	00:02:24	00:24:02	20	22.5	00:01:22	00:20:43	94	8:17	00:53:50.67
21	418	Mark Rosen	M	50	Otsego	MN	00:09:14	118	2:05	00:02:07	00:23:02	11	23.4	00:01:01	00:18:43	41	7:29	00:54:05.29
22	538	David Kerber	M	37	Maple Grove	MN	00:09:45	150	2:12	00:02:43	00:23:46	18	22.7	00:01:06	00:16:51	11	6:44	00:54:08.75
23	420	Cara Pavsek	F	40	Rosemount	MN	00:07:00	17	1:35	00:02:10	00:24:33	25	22.0	00:01:09	00:19:27	56	7:46	00:54:16.54
24	417	Kris Kolstad	M	56	Willmar	MN	00:07:57	49	1:48	00:02:09	00:24:56	29	21.7	00:00:57	00:18:32	35	7:24	00:54:29.67
25	901	William Lorenz	M	42	Benson	MN	00:07:42	33	1:44	00:02:25	00:24:25	23	22.1	00:01:49	00:18:12	32	7:16	00:54:30.35
26	864	Nathan Ilse	M	36	St. Paul	MN	00:07:41	32	1:44	00:02:41	00:25:17	37	21.4	00:01:32	00:17:27	17	6:58	00:54:36.09
27	889	Nancy Buselmeier	F	30	Buffalo	MN	00:08:45	84	1:58	00:02:15	00:26:20	53	20.5	00:01:23	00:15:57	5	6:22	00:54:37.91
28	421	Kris Lilja	M	42	Prior Lake	MN	00:07:05	20	1:36	00:02:23	00:26:17	51	20.5	00:01:13	00:17:43	23	7:05	00:54:39.33
29	413	Ken Janda	M	53	Big Lake	MN	00:08:51	93	2:00	00:02:16	00:25:04	31	21.5	00:01:03	00:17:37	20	7:02	00:54:48.36
30	753	Daniel Dederichs	M	47	Waverly	MN	00:08:43	82	1:58	00:02:31	00:21:40	4	24.9	00:01:31	00:20:33	85	8:13	00:54:55.53
31	409	Greg Kurowski	M	52	Victoria	MN	00:09:23	126	2:07	00:02:23	00:22:53	10	23.6	00:01:21	00:19:01	49	7:36	00:54:58.83
32	407	Scott Backman	M	42	Brooklyn Park	MN	00:07:45	37	1:45	00:02:21	00:25:10	34	21.5	00:01:38	00:18:19	33	7:19	00:55:10.21
33	831	Ryan Gale	M	38	Hugo	MN	00:08:16	63	1:52	00:02:48	00:26:34	61	20.3	00:01:14	00:17:06	14	6:50	00:55:55.06
34	850	Brenda Trok	F	35	Maple Grove	MN	00:07:45	36	1:45	00:02:12	00:25:19	38	21.3	00:01:05	00:19:50	66	7:55	00:56:08.36
35	416	Jane Koch	F	17	Burnsville	MN	00:07:40	29	1:44	00:01:55	00:26:08	46	20.7	00:01:06	00:19:33	58	7:48	00:56:19.34
36	433	Chad Nelson	M	38	Willmar	MN	00:07:55	47	1:47	00:02:07	00:26:53	70	20.1	00:01:19	00:18:50	42	7:31	00:57:00.84

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
37	899	Christopher Dirkes	M	25	Minneapolis	MN	00:08:30	75	1:55	00:02:11	00:25:15	36	21.4	00:01:34	00:19:46	64	7:54		00:57:13.65
38	534	Erik Fagerstrom	M	25	Eagan	MN	00:08:40	78	1:57	00:02:24	00:24:41	28	21.9	00:01:23	00:20:16	79	8:06		00:57:21.07
39	733	Jennifer Johansen	F	32	Saint Paul	MN	00:08:17	64	1:52	00:02:09	00:26:45	63	20.2	00:01:15	00:18:59	47	7:35		00:57:23.17
40	559	Stephen Bullard	M	56	Minneapolis	MN	00:07:46	38	1:45	00:02:28	00:25:07	33	21.5	00:01:06	00:21:09	105	8:27		00:57:33.36
41	797	Michael Bono	M	61	Minneapolis	MN	00:09:05	107	2:03	00:02:45	00:24:07	21	22.4	00:01:17	00:20:28	84	8:11		00:57:39.20
42	759	Laura Edlund	F	28	Minnesota City	MN	00:09:37	139	2:10	00:02:15	00:27:01	74	20.0	00:01:31	00:17:30	19	6:59		00:57:51.80
43	681	Joseph Randall	M	45	Maple Grove	MN	00:09:38	140	2:10	00:02:01	00:26:09	47	20.7	00:01:18	00:18:50	43	7:31		00:57:53.90
44	425	Hunter Warner	M	14	Eden Prairie	MN	00:08:01	51	1:48	00:03:06	00:26:49	67	20.1	00:01:07	00:18:56	46	7:34		00:57:56.35
45	820	Greg Swenson	M	45	Rogers	MN	00:07:04	19	1:36	00:02:46	00:24:59	30	21.6	00:01:15	00:21:59	136	8:47		00:58:01.81
46	422	Beth Trautman	F	47	Medina	MN	00:08:58	102	2:01	00:02:26	00:24:38	27	21.9	00:01:06	00:21:11	107	8:28		00:58:16.19
47	423	Damien Aguilar	M	38	Minnnetonka	MN	00:08:33	76	1:56	00:02:26	00:26:58	72	20.0	00:01:30	00:18:53	44	7:33		00:58:17.34
48	426	Ryan Friesen	M	31	Sauk Rapids	MN	00:08:15	62	1:52	00:02:22	00:27:06	76	19.9	00:01:06	00:19:43	63	7:53		00:58:29.59
49	541	Kym Zest	F	32	Minneapolis	MN	00:07:35	28	1:43	00:02:30	00:27:46	104	19.4	00:01:16	00:19:33	59	7:49		00:58:38.55
50	680	Gretchen Randall	F	43	Maple Grove	MN	00:09:06	110	2:03	00:02:18	00:26:26	59	20.4	00:01:16	00:19:51	68	7:56		00:58:53.78
51	530	Jody Cullen	M	40	Andover	MN	00:08:37	77	1:57	00:01:47	00:27:33	97	19.6	00:01:14	00:19:55	69	7:57		00:59:04.06
52	719	Ryan Heaney	M	15	Maple Grove	MN	00:09:46	154	2:12	00:03:01	00:25:33	41	21.1	00:01:41	00:19:19	54	7:43		00:59:16.99
53	858	Brianna Lavelle	F	16	Chaska	MN	00:06:42	11	1:31	00:01:57	00:27:34	98	19.6	00:01:14	00:21:54	133	8:45		00:59:18.63
54	736	Jonathan Bell-Clement	M	19	Fargo	ND	00:08:13	59	1:51	00:03:04	00:27:46	103	19.5	00:01:41	00:18:41	39	7:28		00:59:22.40
55	873	Tyler Velin	M	20	Apple Valley	MN	00:11:02	233	2:29	00:02:41	00:27:07	77	19.9	00:01:08	00:17:47	24	7:06		00:59:41.60
56	817	Warren Zook	M	37	Buffalo	MN	00:08:15	61	1:52	00:02:28	00:27:24	91	19.7	00:01:17	00:20:20	80	8:07		00:59:42.05
57	540	Allison Crum	F	16	Deerwood	MN	00:06:42	10	1:30	00:02:55	00:28:38	142	18.9	00:01:08	00:20:42	93	8:16		01:00:02.64
58	562	Sheri Budde	F	36	Annandale	MN	00:07:49	42	1:46	00:02:38	00:27:11	81	19.9	00:01:09	00:21:26	117	8:34		01:00:11.48
59	674	Jackson Sullivan	M	22	Waconia	MN	00:08:51	95	2:00	00:02:58	00:25:48	43	20.9	00:01:38	00:21:07	103	8:26		01:00:20.12
60	698	Lisa Spethmann	F	51	St. Cloud	MN	00:07:47	41	1:45	00:03:04	00:28:00	121	19.3	00:01:34	00:20:03	74	8:00		01:00:26.01
61	773	Richard Olson	M	41	Blaine	MN	00:10:03	177	2:16	00:03:07	00:27:05	75	19.9	00:01:36	00:18:38	37	7:26		01:00:26.77
62	894	Sara Ahlquist	F	44	Minnnetonka	MN	00:07:40	30	1:44	00:02:29	00:28:22	134	19.0	00:01:23	00:20:35	86	8:13		01:00:27.30
63	865	Ben Reiners	M	37	Otsego	MN	00:08:26	72	1:54	00:02:58	00:27:47	105	19.4	00:01:48	00:19:32	57	7:48		01:00:28.75
64	713	Kelly Anderson	F	36	Farwell	MN	00:07:32	26	1:42	00:03:00	00:29:20	168	18.4	00:01:37	00:19:02	50	7:36		01:00:29.48
65	749	Mike Dezellar	M	51	Eden Prairie	MN	00:08:51	94	2:00	00:03:32	00:24:29	24	22.1	00:01:27	00:22:16	145	8:54		01:00:31.92
66	902	Tanner Wenzel	M	14	Rosemount	MN	00:07:08	23	1:36	00:02:39	00:31:44	260	17.0	00:01:41	00:17:27	16	6:58		01:00:35.21
67	515	Jeffrey Stites	M	44	Minneapolis	MN	00:10:00	173	2:15	00:02:48	00:26:16	49	20.6	00:01:27	00:20:11	75	8:04		01:00:39.63
68	539	Eileen Kurpiers	F	53	Deerwood	MN	00:09:48	157	2:13	00:02:41	00:26:55	71	20.1	00:01:15	00:20:03	73	8:00		01:00:40.24
69	872	Christopher Romanoski	M	32	Cold Spring	MN	00:11:22	259	2:34	00:03:48	00:27:26	92	19.7	00:01:20	00:16:48	10	6:43		01:00:41.69
70	520	Todd Russ	M	55	Plymouth	MN	00:09:55	166	2:14	00:02:25	00:27:01	73	20.0	00:01:54	00:19:36	61	7:50		01:00:47.34
71	543	Dwight Larsen	M	51	Minnnetonka	MN	00:08:56	101	2:01	00:02:59	00:27:21	90	19.7	00:01:17	00:20:21	81	8:08		01:00:51.10
72	717	Michael Heaney	M	46	Maple Grove	MN	00:09:50	162	2:13	00:03:06	00:26:50	68	20.1	00:02:06	00:19:04	51	7:37		01:00:54.11

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	662	Stan Triebenbach	M	35	Osakis	MN	00:13:35	345	3:04	00:03:03	00:24:38	26	21.9	00:00:59	00:18:43	40	7:28		01:00:55.82
74	868	Jamie Allman	M	38	Elk River	MN	00:09:28	129	2:08	00:02:38	00:25:05	32	21.5	00:01:09	00:22:46	164	9:06		01:01:03.48
75	677	Robert Sullivan	M	53	Waconia	MN	00:11:42	282	2:38	00:03:31	00:25:22	39	21.3	00:01:32	00:19:00	48	7:35		01:01:04.34
76	617	Mike Smith	M	42	Brooklyn Park	MN	00:08:50	91	1:59	00:03:36	00:27:48	106	19.4	00:00:59	00:19:56	71	7:58		01:01:05.71
77	688	Thomas Becker	M	52	Saint Paul	MN	00:07:05	21	1:36	00:03:18	00:28:17	131	19.1	00:01:07	00:21:21	115	8:32		01:01:06.38
78	561	Matthew Wuollet	M	25	Annandale	MN	00:09:50	161	2:13	00:02:38	00:28:00	120	19.3	00:01:26	00:19:27	55	7:46		01:01:18.09
79	779	Mary Edelman	F	53	Maple Grove	MN	00:08:51	96	2:00	00:03:36	00:26:15	48	20.6	00:01:04	00:21:40	123	8:39		01:01:22.45
80	730	Marissa Larson	F	26	Eau Claire	WI	00:08:28	74	1:55	00:02:46	00:27:48	108	19.4	00:01:18	00:21:09	106	8:27		01:01:27.23
81	667	Jennifer Nagorski	F	28	Minneapolis	MN	00:09:24	127	2:07	00:02:16	00:30:07	206	17.9	00:01:16	00:18:33	36	7:25		01:01:34.38
82	577	Sara Dewitt	F	38	Rogers	MN	00:08:59	103	2:02	00:02:31	00:27:56	115	19.3	00:01:32	00:20:45	95	8:17		01:01:40.27
83	727	Jenna Muntifering	F	19	Buffalo	MN	00:06:55	14	1:33	00:02:41	00:31:25	249	17.2	00:00:54	00:19:50	67	7:55		01:01:42.99
84	450	Ben Zhao	M	60	Edina	MN	00:10:36	200	2:23	00:02:42	00:28:28	138	19.0	00:02:05	00:18:01	29	7:12		01:01:48.45
85	661	Alison Triebenbach	F	35	Osakis	MN	00:09:17	121	2:06	00:02:54	00:26:01	45	20.8	00:01:02	00:22:38	160	9:03		01:01:49.78
86	551	Julie Grafft	F	51	Chanhassen	MN	00:07:34	27	1:42	00:02:17	00:27:13	83	19.9	00:01:38	00:23:13	187	9:17		01:01:52.61
87	856	Steve Gaffer	M	54	New Richmond	WI	00:08:11	57	1:51	00:02:58	00:25:37	42	21.1	00:01:18	00:23:58	213	9:34		01:01:59.27
88	878	Madison Sachs	F	18	Duluth	MN	00:09:45	149	2:12	00:02:11	00:31:10	240	17.3	00:00:54	00:18:07	31	7:14		01:02:05.22
89	469	Ben Awes	M	50	Saint Paul	MN	00:08:18	65	1:52	00:03:02	00:27:57	117	19.3	00:01:10	00:21:45	128	8:41		01:02:09.75
90	801	Elizabeth Johnson	F	14	Rosemount	MN	00:07:58	50	1:48	00:02:07	00:31:31	253	17.1	00:00:57	00:19:50	65	7:55		01:02:19.79
91	896	Janell Pepper	F	54	Woodbury	MN	00:07:56	48	1:47	00:02:41	00:27:15	84	19.8	00:01:30	00:23:01	172	9:12		01:02:20.28
92	875	Steven Meleton	M	46	Stillwater	MN	00:09:27	128	2:08	00:04:48	00:26:50	69	20.1	00:02:15	00:19:09	52	7:39		01:02:26.73
93	566	Kirk Langbehn	M	41	South Haven	MN	00:09:00	104	2:02	00:02:44	00:26:25	58	20.4	00:01:55	00:22:42	162	9:04		01:02:42.52
94	657	Britta Oden	F	19	Buffalo	MN	00:07:53	46	1:47	00:02:19	00:29:31	175	18.3	00:01:35	00:21:37	121	8:38		01:02:52.60
95	527	Jennifer Olson	F	37	Rice	MN	00:10:44	212	2:25	00:02:31	00:26:22	54	20.5	00:01:12	00:22:09	143	8:51		01:02:54.68
96	548	Tom Mahan	M	49	Golden Valley	MN	00:08:53	98	2:00	00:02:43	00:26:34	60	20.3	00:01:33	00:23:17	192	9:18		01:02:57.68
97	867	Christopher Marshall	M	43	Plymouth	MN	00:10:31	197	2:22	00:02:52	00:26:49	66	20.1	00:01:54	00:20:56	99	8:22		01:02:59.53
98	845	Dan Ronken	M	41	Minneapolis	MN	00:09:29	133	2:08	00:02:58	00:27:35	99	19.6	00:01:28	00:21:43	126	8:40		01:03:10.38
99	669	Ryan Lund	M	42	Edina	MN	00:10:48	218	2:26	00:03:57	00:26:37	62	20.3	00:01:40	00:20:13	76	8:04		01:03:11.91
100	740	Julie Feldman	F	32	Inver Grove Heights	MN	00:10:01	175	2:16	00:02:24	00:26:16	50	20.6	00:01:21	00:23:29	196	9:23		01:03:29.16
101	829	Ken Kufahl	M	56	Hanover	MN	00:14:22	360	3:15	00:02:28	00:26:23	55	20.5	00:01:48	00:18:40	38	7:27		01:03:38.31
102	832	Lawrence Krause	M	19	Monticello	MN	00:06:41	9	1:30	00:04:10	00:31:51	267	17.0	00:01:04	00:19:55	70	7:57		01:03:39.98
103	905	Nick Morales	M	47	Golden Valley	MN	00:07:51	44	1:46	00:02:48	00:26:18	52	20.5	00:01:26	00:25:31	260	10:12		01:03:50.87
104	835	Jacob Batchelor	M	17	Victoria	MN	00:10:12	184	2:18	00:05:41	00:27:16	86	19.8	00:02:15	00:18:30	34	7:23		01:03:52.43
105	723	Paula Just	F	40	Spooner	WI	00:08:50	92	2:00	00:02:25	00:30:52	232	17.5	00:00:57	00:20:51	96	8:20		01:03:52.55
106	741	Jaleh Nahvi	F	44	Inver Grove Heights	MN	00:08:03	54	1:49	00:02:44	00:30:05	202	18.0	00:01:16	00:21:52	131	8:44		01:03:58.25
107	830	Eugenio Avila	M	53	Monticello	MN	00:10:41	208	2:25	00:02:40	00:27:59	119	19.3	00:01:28	00:21:14	111	8:29		01:03:59.78
108	712	Megan Ramola	F	39	Becker	MN	00:10:37	202	2:24	00:02:57	00:27:26	93	19.7	00:01:06	00:21:58	135	8:46		01:04:01.63

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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	860	Michael Swanson	M	44	Mineapolis	MN	00:09:57	170	2:15	00:03:01	00:27:54	112	19.4	00:01:41	00:21:31	118	8:36		01:04:01.75
110	442	Sonja Daniels	F	40	Duluth	MN	00:10:01	174	2:16	00:02:20	00:27:29	95	19.7	00:01:25	00:22:54	170	9:09		01:04:05.84
111	879	Nick Fitzgerald	M	34	Maple Grove	MN	00:08:46	85	1:59	00:03:38	00:28:04	125	19.2	00:02:24	00:21:19	114	8:31		01:04:08.25
112	731	Luke Larson	M	26	Eau Claire	WI	00:10:00	172	2:15	00:03:44	00:29:12	161	18.5	00:01:01	00:20:14	78	8:05		01:04:09.36
113	694	Mark Walford	M	64	Glencoe	MN	00:11:06	235	2:30	00:03:12	00:27:15	85	19.8	00:01:38	00:21:01	102	8:24		01:04:09.83
114	691	Luke Sullivan	M	26	Minnetonka	MN	00:09:54	165	2:14	00:03:09	00:27:31	96	19.6	00:01:36	00:22:05	140	8:49		01:04:12.99
115	457	Madeline Peters	F	18	Woodbury	MN	00:07:19	24	1:39	00:02:07	00:32:00	272	16.9	00:01:22	00:21:34	120	8:37		01:04:20.06
116	441	Dan Dean	M	54	Cokato	MN	00:06:53	13	1:33	00:02:51	00:27:07	78	19.9	00:01:29	00:26:06	279	10:26		01:04:23.28
117	656	Mark Swenson	M	55	Plymouth	MN	00:10:04	179	2:16	00:03:49	00:27:52	110	19.4	00:01:28	00:21:13	108	8:28		01:04:23.52
118	632	Stephen Whitlow	M	44	St. Louis Park	MN	00:08:21	71	1:53	00:03:15	00:26:25	56	20.5	00:02:27	00:23:59	214	9:35		01:04:24.60
119	897	Matthew Strauss	M	18	Plymouth	MN	00:07:07	22	1:36	00:03:18	00:29:12	163	18.5	00:01:18	00:23:36	200	9:26		01:04:29.14
120	557	Kurt Schultz	M	51	Lakeville	MN	00:10:06	180	2:17	00:02:39	00:26:46	64	20.2	00:02:04	00:23:03	177	9:13		01:04:36.28
121	565	Thomas Rohman	M	67	South Haven	MN	00:10:17	189	2:19	00:04:39	00:27:09	79	19.9	00:01:42	00:20:58	100	8:22		01:04:41.78
122	885	Julie Pettit	F	42	Maple Grove	MN	00:09:17	122	2:06	00:03:23	00:29:03	156	18.6	00:01:44	00:21:26	116	8:34		01:04:51.27
123	589	Bob Leone	M	57	Plymouth	MN	00:09:46	153	2:12	00:04:59	00:26:00	44	20.8	00:01:53	00:22:19	150	8:55		01:04:54.93
124	645	Tim Tanner	M	50	Plymouth	MN	00:10:44	211	2:25	00:02:59	00:28:23	135	19.0	00:02:01	00:20:54	98	8:21		01:04:58.71
125	602	Joe Furuseth	M	32	Northome	MN	00:11:59	296	2:42	00:03:24	00:27:38	100	19.5	00:01:14	00:20:52	97	8:20		01:05:04.60
126	636	Dawn Holtz	F	44	Hutchinson	MN	00:09:45	151	2:12	00:03:14	00:29:15	165	18.5	00:01:15	00:21:51	130	8:44		01:05:17.71
127	764	Brett Mayfield	M	45	Cokato	MN	00:08:48	86	1:59	00:03:53	00:27:20	89	19.8	00:02:13	00:23:09	184	9:15		01:05:19.83
128	536	Matthew Taylor	M	39	Roseville	MN	00:08:49	90	1:59	00:03:07	00:30:00	201	18.0	00:00:53	00:22:47	165	9:06		01:05:32.93
129	553	Kathleen Roller	F	45	Orono	MN	00:10:38	203	2:24	00:02:40	00:27:52	111	19.4	00:01:31	00:23:06	180	9:14		01:05:44.37
130	799	Joe Gryskiewicz	M	65	Edina	MN	00:08:41	79	1:57	00:04:09	00:27:48	107	19.4	00:01:40	00:23:29	195	9:23		01:05:45.21
131	552	Diana Soran	F	26	Atlanta	GA	00:10:03	178	2:16	00:03:09	00:29:29	174	18.3	00:01:06	00:22:07	142	8:50		01:05:51.74
132	699	Eric Fischer	M	35	St. Louis Park	MN	00:11:12	248	2:32	00:03:03	00:29:37	183	18.2	00:00:58	00:21:08	104	8:26		01:05:54.84
133	704	Ryan Schulzetenberg	M	37	Maple Grove	MN	00:11:56	293	2:42	00:03:12	00:27:51	109	19.4	00:01:46	00:21:17	113	8:30		01:06:00.15
134	449	Brett Honsey	M	13	Annandale	MN	00:09:38	141	2:10	00:02:47	00:32:14	282	16.8	00:00:56	00:20:38	87	8:14		01:06:11.25
135	754	Frank Pace	M	36	St Paul	MN	00:12:42	330	2:52	00:02:05	00:28:01	122	19.3	00:02:12	00:21:14	112	8:29		01:06:11.97
136	887	Anna Wise	F	15	Rosemount	MN	00:09:13	117	2:05	00:03:05	00:30:11	207	17.9	00:01:44	00:22:07	141	8:50		01:06:17.50
137	659	Jim Bell	M	56	Victoria	MN	00:08:43	81	1:58	00:03:30	00:27:19	88	19.8	00:01:49	00:25:00	247	9:59		01:06:17.77
138	455	Jeremy Baker	M	40	St. Bonifacius	MN	00:09:33	135	2:09	00:02:53	00:27:28	94	19.7	00:01:51	00:24:38	235	9:51		01:06:20.58
139	745	Laurie Dubois	F	37	Hong Kong		00:11:00	231	2:29	00:03:32	00:29:46	187	18.1	00:01:25	00:20:41	90	8:16		01:06:20.80
140	756	Kasey Morlock	F	39	Stewartville	MN	00:10:49	220	2:27	00:03:36	00:29:52	191	18.1	00:01:25	00:20:41	91	8:16		01:06:20.88
141	863	Karri Kearin	F	42	Maple Grove	MN	00:10:09	182	2:17	00:02:59	00:29:35	180	18.3	00:01:51	00:21:54	132	8:45		01:06:25.77
142	726	Chris Muntifering	M	52	Buffalo	MN	00:11:10	246	2:31	00:03:17	00:28:27	137	19.0	00:01:04	00:22:32	155	9:00		01:06:26.15
143	848	Kari Osmondson	F	33	Saint Cloud	MN	00:10:14	185	2:19	00:02:36	00:28:05	126	19.2	00:01:48	00:23:46	207	9:30		01:06:27.34
144	668	Amy Whaley	F	36	Apple Valley	MN	00:08:48	87	1:59	00:03:13	00:29:04	157	18.6	00:01:17	00:24:08	219	9:38		01:06:27.76

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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	466	Emily Quandt	F	16	Annandale	MN	00:11:43	283	2:39	00:03:12	00:30:07	204	17.9	00:01:03	00:20:26	83	8:10		01:06:29.11
146	432	Laura Lilja	F	41	Prior Lake	MN	00:10:35	198	2:23	00:02:36	00:27:56	114	19.3	00:01:49	00:23:41	204	9:28		01:06:34.68
147	792	Ann Gale	F	38	Hugo	MN	00:09:11	115	2:04	00:03:21	00:28:49	147	18.7	00:02:02	00:23:20	193	9:19		01:06:40.55
148	706	Lydia Hadash	F	29	St. Michael	MN	00:11:38	277	2:38	00:02:43	00:29:32	176	18.3	00:01:38	00:21:14	110	8:29		01:06:43.13
149	903	Chad Wynia	M	40	Chisago City	MN	00:10:51	221	2:27	00:03:30	00:28:58	150	18.6	00:01:36	00:21:57	134	8:46		01:06:49.81
150	465	Mardon Quandt	M	54	Annandale	MN	00:10:18	190	2:19	00:03:00	00:28:18	132	19.1	00:02:03	00:23:30	197	9:23		01:07:06.90
151	842	Barbara Berdahl	F	44	Saint Paul	MN	00:10:10	183	2:18	00:03:17	00:29:08	159	18.5	00:01:20	00:23:17	191	9:18		01:07:08.85
152	734	Susan Wandersee	F	45	Waconia	MN	00:08:20	70	1:53	00:03:25	00:31:31	251	17.1	00:00:57	00:23:02	174	9:12		01:07:13.00
153	874	Troy Beckman	M	21	Minneapolis	MN	00:09:55	167	2:14	00:03:16	00:32:07	275	16.8	00:01:17	00:20:42	92	8:16		01:07:14.34
154	437	Adrea Jeske Mauseth	F	34	St. Louis Park	MN	00:09:12	116	2:05	00:02:36	00:29:52	190	18.1	00:01:34	00:24:05	216	9:37		01:07:17.04
155	458	Megan Koski	F	34	Dassel	MN	00:11:09	243	2:31	00:02:44	00:31:39	256	17.1	00:01:08	00:20:40	88	8:15		01:07:17.38
156	454	Kristen Baker	F	36	St. Bonifacius	MN	00:08:09	56	1:50	00:03:25	00:27:59	118	19.3	00:01:54	00:26:00	274	10:23		01:07:24.81
157	431	Frank Westpfahl	M	43	Minneapolis	MN	00:12:52	332	2:54	00:03:51	00:29:13	164	18.5	00:01:50	00:19:43	62	7:52		01:07:26.01
158	828	Joseph Larue	M	34	Elbow Lake	MN	00:13:03	337	2:57	00:03:45	00:28:49	148	18.7	00:01:24	00:20:41	89	8:16		01:07:39.69
159	705	Amber Rattray	F	31	Hutchinson	MN	00:11:07	240	2:31	00:02:37	00:28:04	124	19.2	00:01:36	00:24:19	225	9:43		01:07:40.87
160	781	France Roberts	M	44	St. Louis Park	MN	00:10:47	217	2:26	00:03:20	00:31:07	237	17.4	00:02:12	00:20:22	82	8:08		01:07:45.20
161	625	Brenda Conzert	F	54	Buffalo	MN	00:08:42	80	1:58	00:03:31	00:31:05	235	17.4	00:01:58	00:22:37	158	9:02		01:07:49.53
162	910	Adam Downing	M	34	Buffalo	MN	00:12:27	315	2:49	00:02:44	00:28:19	133	19.1	00:03:10	00:21:14	109	8:29		01:07:51.38
163	800	Joanne Sunquist	F	60	Plymouth	MN					00:29:56	197	18.0	00:02:14	00:21:45	129	8:42		01:07:52.00
164	904	Mary English	F	55	Minnetonka	MN	00:09:42	145	2:11	00:03:04	00:29:22	172	18.4	00:01:55	00:23:55	211	9:33		01:07:55.48
165	655	Karen Swenson	F	55	Plymouth Mn	MN	00:09:29	132	2:08	00:02:55	00:29:12	162	18.5	00:01:39	00:24:51	242	9:56		01:08:03.70
166	542	Meryl Mcgauvran	F	45	Minneapolis	MN	00:11:17	251	2:33	00:03:32	00:29:02	154	18.6	00:01:41	00:22:35	157	9:01		01:08:03.72
167	690	Claire Conner	F	18	Edina	MN	00:10:49	219	2:26	00:03:10	00:29:02	153	18.6	00:01:14	00:23:51	209	9:32		01:08:03.82
168	696	Matt Steenerson	M	18	Dayton	MN	00:11:46	286	2:39	00:04:10	00:31:26	250	17.2	00:01:11	00:19:35	60	7:49		01:08:05.59
169	594	Erika Sawinski	F	26	Saint Louis Park	MN	00:10:45	215	2:26	00:03:01	00:29:53	192	18.1	00:01:37	00:22:54	169	9:09		01:08:07.54
170	689	Nick Whitney	M	46	Dellwood	MN	00:11:23	261	2:34	00:04:20	00:28:45	145	18.8	00:01:22	00:22:24	152	8:57		01:08:11.97
171	576	Jenna Fletcher	F	52	Stillwater	MN	00:11:40	280	2:38	00:02:12	00:29:10	160	18.5	00:01:20	00:23:54	210	9:33		01:08:13.74
172	467	Jenifer Munson	F	41	Annandale	MN	00:11:18	256	2:33	00:03:00	00:31:09	239	17.3	00:01:11	00:21:41	125	8:40		01:08:15.83
173	833	Nelson Krause	M	15	Monticello	MN	00:06:59	16	1:34	00:03:51	00:32:41	288	16.5	00:01:12	00:23:42	205	9:28		01:08:21.16
174	709	Erika Kufahl	F	29	Minnetonka	MN	00:11:18	254	2:33	00:03:01	00:32:54	296	16.4	00:00:58	00:20:14	77	8:05		01:08:23.87
175	794	Danielle Coffield	F	35	Eden Prairie	MN	00:11:17	253	2:33	00:03:10	00:26:47	65	20.2	00:01:55	00:25:20	257	10:07		01:08:25.87
176	855	Jill Mckenzie	F	45	St. Cloud	MN	00:12:10	303	2:45	00:02:56	00:28:12	128	19.2	00:02:07	00:23:04	178	9:13		01:08:25.95
177	765	Jayne Gassen	F	49	Mayer	MN	00:10:51	222	2:27	00:03:24	00:31:46	261	17.0	00:02:26	00:20:03	72	8:00		01:08:27.03
178	778	Jody Zylstra	F	35	Annandale	MN	00:12:41	329	2:52	00:05:12	00:29:38	184	18.2	00:02:08	00:18:56	45	7:34		01:08:32.78
179	640	Suzie O'gorman	F	39	Eden Prairie	MN	00:06:56	15	1:34	00:03:10	00:28:52	149	18.7	00:02:07	00:27:32	313	11:00		01:08:34.81
180	870	Jesse Dunn	F	27	Fargo	ND	00:11:03	234	2:30	00:03:36	00:30:21	213	17.8	00:01:40	00:22:03	139	8:48		01:08:40.85

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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	806	Lauretta Hassan	F	48	Lino Lakes	MN	00:12:03	300	2:43	00:03:05	00:30:30	218	17.7	00:01:29	00:21:43	127	8:41		01:08:48.50
182	880	Tammy Miller	F	54	Boulder	CO	00:09:09	114	2:04	00:03:00	00:29:51	189	18.1	00:02:23	00:24:30	231	9:47		01:08:50.25
183	608	Molly Murphy	F	39	Minneapolis	MN	00:11:06	237	2:30	00:02:39	00:32:13	281	16.8	00:01:25	00:21:32	119	8:36		01:08:52.35
184	890	Rondi Scoular	F	33	Milbank	SD	00:11:21	258	2:34	00:03:12	00:30:52	231	17.5	00:01:09	00:22:21	151	8:56		01:08:53.29
185	808	Nikki Witowski	F	31	Plymouth	MN	00:09:03	106	2:03	00:02:54	00:31:31	252	17.1	00:01:56	00:23:40	201	9:27		01:09:00.93
186	900	Deron Johnson	M	33	Monticello	MN	00:09:16	120	2:05	00:04:00	00:31:40	258	17.1	00:02:10	00:22:01	137	8:48		01:09:03.20
187	742	Sue Haller	F	53	Clearwater	MN	00:10:36	199	2:23	00:03:20	00:30:42	225	17.6	00:01:45	00:22:43	163	9:05		01:09:03.98
188	446	Tommy Slane	M	14	Apple Valley	MN	00:09:36	138	2:10	00:02:32	00:29:24	173	18.4	00:01:24	00:26:16	285	10:30		01:09:08.89
189	908	Missy Schmidt	F	50	Eagan	MN	00:08:49	89	1:59	00:02:41	00:32:43	289	16.5	00:01:47	00:23:13	186	9:17		01:09:10.35
190	606	Heather Guyan	F	39	Litchfield	MN	00:08:49	88	1:59	00:03:18	00:31:04	234	17.4	00:01:56	00:24:06	217	9:38		01:09:11.16
191	710	Michelle Kennedy	F	52	North Oaks	MN	00:09:56	169	2:14	00:02:53	00:29:41	186	18.2	00:02:07	00:24:39	236	9:51		01:09:13.36
192	658	Bobby Dearth	M	56	Kansas City	MO	00:10:20	191	2:20	00:04:51	00:27:18	87	19.8	00:01:51	00:25:00	249	9:59		01:09:17.84
193	854	Rebecca McCleery	F	42	New London	MN	00:09:52	164	2:13	00:04:30	00:30:19	212	17.8	00:01:57	00:22:50	167	9:07		01:09:24.67
194	853	Marcus McCleery	M	49	New London	MN	00:10:15	186	2:19	00:04:03	00:30:27	215	17.7	00:01:53	00:22:49	166	9:07		01:09:24.73
195	613	Nick Johnson	M	36	Plymouth	MN	00:10:25	194	2:21	00:04:29	00:28:39	143	18.9	00:02:27	00:23:28	194	9:22		01:09:25.53
196	819	Krista Bain	F	18	Savage	MN	00:09:33	136	2:09	00:03:21	00:30:48	230	17.5	00:01:51	00:24:07	218	9:38		01:09:38.81
197	793	Jenna Schmitz	F	20	St. Cloud	MN	00:12:23	309	2:48	00:04:28	00:29:54	194	18.1	00:01:18	00:21:39	122	8:39		01:09:39.12
198	560	Laurie Payton	F	55	Mendota Heights	MN	00:12:02	299	2:43	00:03:09	00:27:11	80	19.9	00:01:43	00:25:40	267	10:15		01:09:41.44
199	525	Tom Millerbernd	M	47	Chaska	MN	00:09:41	144	2:11	00:03:57	00:29:57	199	18.0	00:01:49	00:24:19	226	9:43		01:09:41.65
200	607	Todd Rogers	M	55	Minneapolis	MN	00:09:51	163	2:13	00:03:26	00:29:01	152	18.6	00:01:23	00:26:06	278	10:26		01:09:44.47
201	810	Randa Glazier	F	22	Annandale	MN	00:12:23	310	2:48	00:03:02	00:31:24	247	17.2	00:00:58	00:22:01	138	8:48		01:09:44.76
202	785	Natalie Roeser	F	33	Buffalo	MN	00:10:56	229	2:28	00:04:17	00:30:34	219	17.7	00:01:51	00:22:13	144	8:53		01:09:49.47
203	714	Bob Koshnick	M	71	Detroit Lakes	MN	00:09:45	147	2:12	00:03:32	00:29:37	182	18.2	00:01:29	00:25:31	259	10:12		01:09:50.65
204	746	Bryan Logue	M	43	St. Paul	MN	00:10:45	216	2:26	00:03:02	00:27:56	116	19.3	00:02:30	00:25:43	268	10:17		01:09:53.56
205	697	Sally Covert	F	43	White Bear Lake	MN	00:11:25	264	2:35	00:02:35	00:29:41	185	18.2	00:01:34	00:24:42	238	9:52		01:09:54.45
206	563	Dave Hartley	M	35	Annandale	MN	00:11:39	279	2:38	00:03:35	00:30:44	228	17.6	00:01:51	00:22:16	146	8:54		01:10:02.46
207	702	William Hedberg	M	14	Maple Plain	MN	00:09:16	119	2:05	00:04:20	00:31:24	248	17.2	00:01:25	00:23:44	206	9:29		01:10:06.84
208	701	Christopher Hedberg	M	44	Maple Plain	MN	00:09:06	111	2:03	00:04:26	00:31:18	241	17.3	00:01:40	00:23:41	203	9:28		01:10:06.86
209	780	Paul Peppin	M	54	Buffalo	MN	00:10:54	228	2:28	00:04:23	00:29:18	166	18.4	00:02:04	00:23:35	199	9:25		01:10:11.24
210	852	Kimberly Troske	F	38	Eden Prairie	MN	00:09:55	168	2:14	00:02:56	00:30:07	203	17.9	00:01:44	00:25:32	263	10:12		01:10:11.70
211	567	Kim Uecker	F	38	Annandale	MN	00:11:07	239	2:31	00:03:10	00:30:07	205	17.9	00:01:50	00:24:03	215	9:36		01:10:14.32
212	558	Jim Fladland	M	59	Colorado Springs	CO	00:11:10	247	2:31	00:04:13	00:28:02	123	19.3	00:02:05	00:24:48	239	9:55		01:10:16.06
213	770	Kristine Enos	F	43	St. Michael	MN	00:12:41	327	2:52	00:03:53	00:29:55	196	18.1	00:01:21	00:22:33	156	9:01		01:10:20.27
214	881	Jeff Knaus	M	36	Plymouth	MN	00:10:39	205	2:24	00:03:35	00:30:22	214	17.8	00:01:39	00:24:10	221	9:39		01:10:22.37
215	815	Alyssa Englund	F	15	Buffalo	MN	00:09:45	148	2:12	00:03:09	00:30:42	226	17.6	00:01:18	00:25:34	264	10:13		01:10:25.52
216	686	Paul Hughes	M	44	Eden Prairie	MN	00:12:08	302	2:44	00:02:51	00:29:00	151	18.6	00:01:17	00:25:14	254	10:05		01:10:27.19

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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	603	Michelle Latterell	F	46	Northome	MN	00:10:43	210	2:25	00:02:42	00:30:47	229	17.5	00:01:23	00:24:54	243	9:57		01:10:27.62
218	898	Sam Ross	M	21	Apple Valley	MN	00:09:49	159	2:13	00:03:06	00:32:02	274	16.9	00:01:14	00:24:19	224	9:43		01:10:27.68
219	824	Rick Larson	M	57	Bloomington	MN	00:13:31	344	3:03	00:04:01	00:28:16	130	19.1	00:01:53	00:22:53	168	9:09		01:10:31.95
220	628	Jason Dieterle	M	40	Stillwater	MN	00:11:44	285	2:39	00:03:42	00:27:12	82	19.9	00:02:33	00:25:31	262	10:12		01:10:39.55
221	846	Dina Hemminger	F	37	Minneapolis	MN	00:09:47	156	2:12	00:03:02	00:30:17	210	17.8	00:02:37	00:25:02	251	10:00		01:10:42.54
222	907	Emily Chrysler	F	49	Richfield	MN	00:09:35	137	2:10	00:05:18	00:30:40	224	17.6	00:01:33	00:23:50	208	9:31		01:10:53.95
223	822	Steve Becker	M	48	Buffalo	MN	00:09:17	123	2:06	00:03:39	00:29:49	188	18.1	00:01:16	00:26:59	303	10:47		01:10:58.39
224	795	Amy Mattson	F	32	Buffalo	MN	00:11:35	273	2:37	00:04:18	00:29:20	169	18.4	00:01:29	00:24:30	232	9:47		01:11:09.16
225	511	Bob Spooner	M	62	Ramsey	MN	00:13:07	340	2:58	00:02:12	00:31:07	238	17.4	00:01:07	00:23:41	202	9:28		01:11:11.18
226	573	Teresa Fenske-Fanucci	F	31	Andover	MN	00:09:23	125	2:07	00:03:02	00:31:43	259	17.0	00:01:58	00:25:20	258	10:07		01:11:23.02
227	435	Amy Moran	F	41	Hastings	MN	00:12:08	301	2:44	00:03:35	00:29:59	200	18.0	00:01:36	00:24:16	223	9:42		01:11:30.96
228	648	Steve Livermore	M	53	Minnetrissa	MN	00:11:25	263	2:35	00:03:49	00:28:46	146	18.8	00:02:00	00:25:46	271	10:18		01:11:43.24
229	447	Pamela Vandersluis	F	36	Buffalo	MN	00:12:35	319	2:51	00:02:57	00:30:38	223	17.6	00:01:11	00:24:26	229	9:46		01:11:44.47
230	524	Candy Millerbernd	F	45	Chaska	MN	00:13:41	347	3:05	00:02:44	00:28:34	140	18.9	00:01:59	00:24:50	241	9:55		01:11:45.56
231	514	Ben Ferin	M	27	Edina	MN	00:08:20	68	1:53	00:06:26	00:33:09	304	16.3	00:01:47	00:22:17	148	8:54		01:11:57.02
232	510	Garrett Monson	M	26	Maple Grove	MN	00:10:22	193	2:20	00:04:21	00:33:11	306	16.3	00:01:48	00:22:17	149	8:54		01:11:57.06
233	813	Erika Wood	F	29	Maple Grove	MN	00:07:50	43	1:46	00:02:59	00:32:46	291	16.5	00:01:41	00:26:47	298	10:42		01:12:00.90
234	448	Tina Honsey	F	39	Annandale	MN	00:13:06	339	2:58	00:03:01	00:31:49	264	17.0	00:01:08	00:23:06	179	9:14		01:12:07.84
235	796	Lindsay Wurm	F	31	Buffalo	MN	00:09:01	105	2:02	00:04:11	00:33:01	299	16.4	00:01:32	00:24:25	228	9:45		01:12:08.22
236	522	Terri Fawkes	F	41	Stillwater	MN	00:09:47	155	2:12	00:04:17	00:29:32	177	18.3	00:02:35	00:26:00	275	10:23		01:12:09.22
237	866	Carmen Olsen	F	37	Mahtomedi	MN	00:09:28	130	2:08	00:03:30	00:29:19	167	18.4	00:01:58	00:27:59	321	11:11		01:12:10.89
238	748	Heidi Frederickson	F	35	Blaine	MN	00:11:44	284	2:39	00:04:30	00:32:02	273	16.9	00:01:33	00:22:30	154	8:59		01:12:15.58
239	767	David Bailey	M	43	Horace	ND	00:12:38	323	2:51	00:04:12	00:29:54	195	18.1	00:02:30	00:23:06	181	9:14		01:12:16.28
240	679	Howard Bich	M	74	Sioux Falls	SD	00:13:37	346	3:05	00:03:08	00:27:42	102	19.5	00:01:42	00:26:10	281	10:27		01:12:16.78
241	802	Charlie Johnson	M	13	Rosemount	MN	00:08:19	67	1:53	00:03:22	00:33:34	317	16.1	00:01:32	00:25:35	265	10:13		01:12:18.89
242	724	Anne Schwalbe	F	30	West St. Paul	MN	00:08:03	53	1:49	00:03:49	00:32:55	297	16.4	00:01:21	00:26:14	283	10:29		01:12:19.71
243	725	Lindsay Jansen	F	31	Arden Hills	MN	00:11:14	249	2:32	00:02:59	00:29:35	181	18.3	00:02:20	00:26:14	284	10:29		01:12:19.84
244	463	Vicki Fladland/hoien	F	56	South Haven	MN	00:10:01	176	2:16	00:03:22	00:31:51	266	17.0	00:01:09	00:26:01	276	10:24		01:12:21.81
245	443	Brook Lemm-Tabor	F	62	Minneapolis	MN	00:11:55	292	2:41	00:02:50	00:28:38	141	18.9	00:01:45	00:27:20	311	10:55		01:12:24.76
246	621	Kimberly Fier	F	39	St Paul	MN	00:08:54	100	2:00	00:04:30	00:31:22	245	17.2	00:02:45	00:25:00	248	9:59		01:12:29.30
247	877	Jesse Womack	M	19	Duluth	MN	00:14:38	364	3:18	00:04:17	00:34:57	337	15.5	00:00:57	00:17:48	25	7:07		01:12:34.21
248	751	Paula Desanto Desanto	F	53	St. Paul	MN	00:11:24	262	2:35	00:03:58	00:32:31	286	16.6	00:01:43	00:23:02	175	9:12		01:12:36.61
249	716	Mark Myhra	M	53	Plymouth	MN	00:11:52	290	2:41	00:03:33	00:29:06	158	18.6	00:03:12	00:24:58	246	9:58		01:12:38.41
250	839	Kimberly Beyer	F	34	Greenfield	MN	00:12:25	313	2:48	00:04:13	00:30:37	221	17.6	00:02:15	00:23:17	190	9:18		01:12:43.56
251	622	Gretchen Lieb	F	52	Buffalo	MN	00:09:05	108	2:03	00:03:38	00:33:05	300	16.3	00:01:08	00:25:52	273	10:20		01:12:45.91
252	451	Kathleen Smith	F	56	Otsego	MN	00:10:38	204	2:24	00:03:41	00:29:35	178	18.3	00:02:31	00:26:25	288	10:33		01:12:48.41

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
253	673	Erin Agosto	F	35	Elk River	MN	00:11:31	270	2:36	00:03:09	00:33:24	311	16.2	00:01:41	00:23:12	185	9:16	01:12:55.84
254	825	Emily Krob	F	32	Monticello	MN	00:11:35	274	2:37	00:04:53	00:32:12	279	16.8	00:01:41	00:22:37	159	9:02	01:12:56.05
255	459	Christopher Larson	M	28	Maple Grove	MN	00:09:49	158	2:13	00:03:10	00:30:38	222	17.6	00:01:41	00:27:41	317	11:04	01:12:56.13
256	598	Angie Voll	F	44	Monticello	MN	00:12:13	305	2:45	00:03:22	00:32:46	290	16.5	00:01:33	00:23:14	188	9:17	01:13:04.91
257	721	Greg Kufahl	M	23	Golden Valley	MN	00:16:24	383	3:42	00:04:27	00:30:16	209	17.8	00:01:01	00:21:01	101	8:24	01:13:05.72
258	556	Lisa Vague	F	50	Albertville	MN	00:09:09	113	2:04	00:04:06	00:35:13	346	15.3	00:01:40	00:23:02	173	9:12	01:13:06.55
259	743	Kris Peterson	F	54	Clearwater	MN	00:13:59	353	3:10	00:02:58	00:31:32	254	17.1	00:02:01	00:22:40	161	9:03	01:13:07.82
260	788	Jeremy Dobson	M	41	St. Paul	MN	00:11:07	238	2:31	00:04:01	00:30:35	220	17.7	00:02:01	00:25:36	266	10:14	01:13:17.76
261	685	Tamara Wikan	F	35	Minneapolis	MN	00:12:25	312	2:48	00:03:39	00:31:06	236	17.4	00:01:43	00:24:33	233	9:48	01:13:22.42
262	692	Julie Ellis	F	39	Buffalo	MN	00:12:24	311	2:48	00:03:41	00:31:04	233	17.4	00:01:44	00:24:33	234	9:48	01:13:22.59
263	720	Crystal Johnson	F	27	Eden Prairie	MN	00:08:26	73	1:54	00:03:32	00:32:10	276	16.8	00:01:03	00:28:17	329	11:18	01:13:25.12
264	544	Tom Fulton	M	67	St. Louis Park	MN	00:09:43	146	2:12	00:04:04	00:27:54	113	19.4	00:02:44	00:29:05	337	11:37	01:13:27.72
265	782	Maya Cochrane	F	13	Woodbury	MN	00:08:12	58	1:51	00:03:13	00:30:28	216	17.7	00:02:12	00:29:28	341	11:46	01:13:29.90
266	639	Matthew Weide	M	39	Minneapolis	MN	00:10:58	230	2:29	00:02:57	00:31:37	255	17.1	00:01:13	00:26:47	299	10:42	01:13:30.55
267	671	Catherine Ziola	F	51	Edina	MN	00:10:27	195	2:21	00:03:34	00:32:50	292	16.5	00:01:15	00:25:43	269	10:17	01:13:47.25
268	517	Eileen Lafontaine	F	41	Minneapolis	MN	00:11:23	260	2:34	00:02:53	00:31:39	257	17.1	00:01:51	00:26:05	277	10:25	01:13:49.05
269	461	Cassandra Davison	F	30	Plymouth	MN	00:11:09	245	2:31	00:03:25	00:35:00	339	15.4	00:01:10	00:23:07	183	9:14	01:13:49.57
270	869	Tony Lesch	M	42	Buffalo	MN	00:10:09	181	2:17	00:04:06	00:28:16	129	19.1	00:02:06	00:29:29	343	11:47	01:14:03.24
271	575	Shannon Okeefe	F	39	New Brighton	MN	00:11:32	271	2:36	00:03:34	00:35:41	354	15.1	00:01:07	00:22:25	153	8:57	01:14:16.11
272	755	Kellie Stowell	F	35	New Brighton	MN	00:12:38	321	2:51	00:03:06	00:35:08	341	15.4	00:01:20	00:22:17	147	8:54	01:14:26.69
273	871	Dylan Folger	M	14	Apple Valley	MN	00:09:32	134	2:09	00:03:10	00:29:21	170	18.4	00:02:05	00:30:22	352	12:08	01:14:26.69
274	614	Harland Michael	M	57	Wheaton	IL	00:10:15	188	2:19	00:04:30	00:33:09	303	16.3	00:01:51	00:24:49	240	9:55	01:14:32.00
275	638	Colleen Vossen	F	34	Woodbury	MN	00:12:14	307	2:46	00:04:14	00:33:16	308	16.2	00:01:26	00:23:34	198	9:25	01:14:40.28
276	583	Julie Mcalsiter	F	40	New Hope	MN	00:08:52	97	2:00	00:03:26	00:36:28	362	14.8	00:01:09	00:24:57	245	9:58	01:14:49.09
277	528	Mary Denucci	F	50	Minneapolis	MN	00:11:38	278	2:38	00:02:24	00:31:19	243	17.3	00:02:06	00:27:32	314	11:00	01:14:56.12
278	776	Hannah Fischer	F	32	Annandale	MN	00:10:53	226	2:27	00:03:24	00:32:54	295	16.4	00:01:43	00:26:12	282	10:28	01:15:04.46
279	769	Janel Anderson	F	42	Crystal	MN	00:16:46	387	3:47	00:03:45	00:30:29	217	17.7	00:01:11	00:22:57	171	9:10	01:15:05.09
280	609	David Latour	M	27	Monticello	MN	00:11:19	257	2:33	00:03:28	00:31:54	268	16.9	00:01:28	00:27:15	308	10:53	01:15:21.08
281	823	Dwight Geisler	M	56	Bloomington	MN	00:12:38	322	2:51	00:05:18	00:29:54	193	18.1	00:02:34	00:25:13	252	10:05	01:15:35.05
282	857	Lori Paakh	F	51	Detroit Lakes	MN	00:12:11	304	2:45	00:04:19	00:29:03	155	18.6	00:02:24	00:27:48	318	11:07	01:15:43.11
283	439	Joe Kandiko	M	64	Excelsior	MN	00:09:28	131	2:08	00:04:09	00:31:18	242	17.3	00:02:21	00:28:32	335	11:24	01:15:45.22
284	838	Mike Carlson	M	37	Saint Cloud	MN	00:14:45	368	3:20	00:04:55	00:28:05	127	19.2	00:02:45	00:25:18	256	10:06	01:15:45.51
285	837	Amy Skeate-Carlson	F	37	Saint Cloud	MN	00:14:39	366	3:19	00:03:53	00:28:43	144	18.8	00:03:14	00:25:18	255	10:06	01:15:45.59
286	774	Anne Pribyl	F	28	Maple Lake	MN	00:12:53	333	2:55	00:04:10	00:32:12	278	16.8	00:01:58	00:24:55	244	9:58	01:16:05.22
287	805	Julie Hertzog	F	51	Watertown	MN	00:11:26	266	2:35	00:04:03	00:29:22	171	18.4	00:02:04	00:29:35	344	11:49	01:16:26.16
288	574	Alicia Okeefe	F	15	New Brighton	MN	00:11:07	241	2:31	00:03:51	00:35:35	351	15.2	00:01:18	00:24:40	237	9:51	01:16:29.51

Heart of the Lakes Triathlon

July 20, 2014

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Short 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
289	737	Valerie Sims	F	39	St. Louis Park	MN	00:10:41	207	2:25	00:03:24	00:33:20	309	16.2	00:01:36	00:27:31	312	11:00		01:16:30.34
290	884	Benjamin Sweet	M	34	Moline	IL	00:11:41	281	2:38	00:04:58	00:28:23	136	19.0	00:03:55	00:27:36	315	11:02		01:16:30.72
291	883	Ryan Scott	M	33	Minneapolis	MN	00:10:54	227	2:28	00:04:55	00:30:18	211	17.8	00:02:51	00:27:36	316	11:02		01:16:30.85
292	693	Ginnie Pollen	F	37	Minnetonka	MN	00:11:06	236	2:30	00:03:25	00:34:15	329	15.8	00:01:40	00:26:08	280	10:26		01:16:31.40
293	533	Kristi Walter	F	35	Shoreview	MN	00:09:39	142	2:11	00:02:56	00:33:44	320	16.0	00:02:01	00:28:18	330	11:18		01:16:34.43
294	811	Jennifer Draheim	F	44	Edina	MN	00:09:59	171	2:15	00:05:11	00:31:48	263	17.0	00:01:36	00:28:04	323	11:13		01:16:35.16
295	593	Christa Close	F	39	Plymouth	MN	00:11:46	287	2:39	00:04:07	00:31:48	262	17.0	00:02:36	00:26:29	291	10:35		01:16:43.95
296	729	Paul Hanek	M	43	Woodbury	MN	00:11:08	242	2:31	00:04:27	00:32:31	285	16.6	00:01:36	00:27:08	306	10:50		01:16:47.95
297	804	Tracy Jacobs	F	34	Clearwater	MN	00:10:37	201	2:24	00:04:15	00:34:16	330	15.8	00:01:17	00:26:28	290	10:34		01:16:49.82
298	840	Kayla Siebold	F	17	Lakeville	MN	00:08:14	60	1:51	00:04:18	00:31:55	269	16.9	00:01:54	00:30:32	356	12:12		01:16:49.89
299	738	John Arrell	M	47	St. Louis Park	MN	00:16:39	386	3:46	00:04:15	00:32:37	287	16.6	00:01:50	00:21:40	124	8:39		01:16:58.81
300	678	Austin Sullivan	M	24	Waconia	MN	00:11:17	252	2:33	00:03:41	00:33:11	305	16.3	00:01:07	00:27:57	320	11:10		01:17:10.18
301	676	Kristina Sullivan	F	52	Waconia	MN	00:12:41	328	2:52	00:05:10	00:33:53	324	15.9	00:01:31	00:24:10	222	9:39		01:17:22.88
302	851	Drew Olmen	M	24	Annandale	MN	00:08:03	52	1:49	00:04:40	00:39:19	380	13.7	00:01:32	00:23:57	212	9:34		01:17:27.88
303	464	Wendy Sylvester	F	33	South Haven	MN	00:12:40	326	2:52	00:05:06	00:31:57	270	16.9	00:01:17	00:26:31	292	10:36		01:17:28.59
304	847	Spencer Hagebock	M	14	Apple Valley	MN	00:15:46	378	3:34	00:02:32	00:27:42	101	19.5	00:01:08	00:30:25	353	12:09		01:17:29.97
305	906	Linda Kelley	F	61	Minneapolis	MN	00:10:21	192	2:20	00:04:33	00:33:32	316	16.1	00:02:14	00:26:54	302	10:45		01:17:32.10
306	744	Diane Deters	F	60	Sartell	MN	00:09:49	160	2:13	00:04:57	00:32:50	293	16.4	00:01:52	00:28:14	327	11:17		01:17:40.76
307	537	Roger Carlson	M	70	Stillwater	MN	00:13:50	349	3:08	00:05:10	00:32:53	294	16.4	00:01:33	00:24:22	227	9:44		01:17:45.62
308	772	Kristin Hanson	F	29	Princeton	MN	00:10:28	196	2:22	00:03:35	00:33:26	312	16.2	00:02:02	00:28:18	331	11:19		01:17:46.17
309	570	Sara Greenhoe	F	27	Elk River	MN	00:12:30	317	2:49	00:03:01	00:35:57	357	15.0	00:01:09	00:25:13	253	10:05		01:17:46.42
310	747	Lisa Bauman	F	29	New Hope	MN	00:12:14	306	2:46	00:03:55	00:33:14	307	16.3	00:02:14	00:26:24	287	10:33		01:17:57.45
311	893	Diana Osberg	F	43	Maple Grove	MN	00:16:15	382	3:40	00:03:53	00:32:57	298	16.4	00:01:45	00:23:15	189	9:17		01:18:02.32
312	836	Christina Lindquist	F	38	Wendell	MN	00:11:15	250	2:32	00:04:53	00:33:28	314	16.1	00:01:46	00:26:43	295	10:41		01:18:03.43
313	612	Terry Hill	M	62	Maple Grove	MN	00:11:02	232	2:29	00:04:20	00:31:21	244	17.2	00:02:28	00:29:13	338	11:41		01:18:21.32
314	739	John Bartels	M	38	Shoreview	MN	00:13:59	352	3:10	00:05:52	00:29:57	198	18.0	00:03:09	00:25:31	261	10:12		01:18:25.38
315	758	Sarah Sneller	F	38	Kimball	MN	00:11:28	268	2:35	00:03:56	00:34:57	338	15.5	00:01:27	00:26:45	296	10:41		01:18:30.17
316	572	Aaron David	M	27	Saint Paul	MN	00:14:56	371	3:23	00:05:01	00:34:15	328	15.8	00:01:21	00:23:03	176	9:12		01:18:33.22
317	470	Jill James	F	40	Minneapolis	MN	00:12:00	297	2:42	00:04:47	00:35:22	349	15.3	00:02:36	00:24:10	220	9:39		01:18:51.23
318	650	Dan Berendes	M	35	Coon Rapids	MN	00:10:51	223	2:27	00:03:40	00:34:02	326	15.9	00:01:36	00:28:54	336	11:33		01:19:00.55
319	626	Joan Maday	F	41	Burnsville	MN	00:10:44	213	2:25	00:03:44	00:34:43	333	15.6	00:01:05	00:29:17	339	11:42		01:19:30.31
320	460	James Burger	M	70	Manitowish Waters	WI	00:13:47	348	3:07	00:04:57	00:28:28	139	19.0	00:02:18	00:30:17	350	12:06		01:19:43.17
321	882	Jill Waters	F	50	Minneapolis	MN	00:10:43	209	2:25	00:03:36	00:33:43	319	16.0	00:01:34	00:30:22	351	12:08		01:19:55.42
322	591	Gregory Cutshall	M	44	Eagan	MN	00:12:58	334	2:56	00:03:44	00:35:07	340	15.4	00:01:28	00:26:43	294	10:40		01:19:57.80
323	708	Joan Gindele	F	52	St. Michael	MN	00:11:18	255	2:33	00:04:00	00:35:10	344	15.4	00:01:14	00:28:19	332	11:19		01:19:59.69
324	675	Bailey Sullivan	F	19	Waconia	MN	00:15:40	376	3:33	00:04:14	00:34:36	332	15.6	00:01:18	00:24:26	230	9:46		01:20:11.98

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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
325	861	Michael Petersen	M	56	Ramsey	MN	00:09:46	152	2:12	00:05:28	00:31:24	246	17.2	00:03:09	00:30:44	361	12:17		01:20:28.05
326	803	Denise Kuhlman	F	41	Buffalo	MN	00:09:06	112	2:03	00:05:21	00:32:13	280	16.8	00:01:55	00:32:04	369	12:49		01:20:36.40
327	732	Jeanette Schmidt	F	49	Chaska	MN	00:11:33	272	2:36	00:04:07	00:34:52	336	15.5	00:03:29	00:26:48	300	10:43		01:20:46.79
328	580	Anne Florenzano	F	60	Eden Prairie	MN	00:10:40	206	2:24	00:04:59	00:33:29	315	16.1	00:01:50	00:30:10	349	12:03		01:21:06.60
329	637	Nicole Lucas	F	31	Albertville	MN	00:12:27	314	2:49	00:03:37	00:35:52	356	15.1	00:01:15	00:28:02	322	11:12		01:21:09.22
330	654	Carolyn Barriball	F	53	Monticello	MN	00:14:13	358	3:13	00:03:53	00:34:22	331	15.7	00:01:40	00:27:15	307	10:53		01:21:19.61
331	768	Tracy Hansen	F	43	Apple Valley	MN	00:18:44	389	4:14	00:03:54	00:31:50	265	17.0	00:01:55	00:25:01	250	10:00		01:21:20.98
332	715	Laura Berntson	F	37	Annandale	MN	00:14:12	357	3:12	00:03:52	00:35:18	347	15.3	00:01:16	00:26:50	301	10:43		01:21:25.26
333	471	Becca Rausenberger	F	44	Cologne	MN	00:12:35	318	2:51	00:03:22	00:33:24	310	16.2	00:01:52	00:30:28	354	12:11		01:21:39.35
334	812	Debra Grandgenett	F	52	Alexandria	MN	00:15:28	374	3:30	00:04:06	00:30:44	227	17.6	00:01:37	00:29:49	346	11:55		01:21:41.02
335	581	Daniel Dodge	M	26	St. Paul	MN	00:11:27	267	2:35	00:04:19	00:34:11	327	15.8	00:01:22	00:30:47	363	12:18		01:22:03.83
336	472	James Vlcek	M	58	Woodbury	MN	00:11:09	244	2:31	00:07:12	00:35:26	350	15.2	00:02:08	00:26:16	286	10:30		01:22:08.80
337	666	Max Misner	M	18	Woodbury	MN	00:12:18	308	2:47	00:05:16	00:39:32	382	13.7	00:01:59	00:23:06	182	9:14		01:22:08.93
338	791	Kimberly Trinh-Sy	F	34	Minneapolis	MN	00:12:45	331	2:53	00:03:13	00:33:45	321	16.0	00:01:49	00:30:40	358	12:15		01:22:09.28
339	436	Alyssa Rosenberger	F	43	Melrose	MN	00:10:45	214	2:26	00:04:23	00:33:55	325	15.9	00:01:50	00:31:21	364	12:32		01:22:11.77
340	703	Kari Schulzetenberg	F	36	Maple Grove	MN	00:13:29	343	3:03	00:03:32	00:29:35	179	18.3	00:02:11	00:33:29	376	13:23		01:22:13.00
341	578	Jesse Bunker	M	38	Cokato	MN	00:16:33	385	3:44	00:04:51	00:32:15	283	16.7	00:02:00	00:26:45	297	10:41		01:22:21.71
342	468	Carla Berger	F	40	Becker	MN	00:12:28	316	2:49	00:04:19	00:36:05	359	15.0	00:01:52	00:27:53	319	11:09		01:22:34.37
343	456	Steph Friesen	F	32	Sauk Rapids	MN	00:14:49	370	3:21	00:04:20	00:34:48	335	15.5	00:01:46	00:27:03	304	10:49		01:22:43.75
344	888	Kacie Ziola	F	25	Edina	MN	00:10:52	224	2:27	00:03:56	00:36:48	363	14.7	00:01:41	00:29:29	342	11:47		01:22:43.93
345	762	Tanner Iverson	M	18	Dassel	MN	00:08:20	69	1:53	00:04:27	00:37:06	369	14.6	00:01:30	00:31:30	366	12:35		01:22:51.46
346	629	Natalie Dieterle	F	39	Stillwater	MN	00:13:05	338	2:57	00:03:28	00:34:47	334	15.5	00:02:05	00:29:51	347	11:56		01:23:14.00
347	789	Jeanne Dobson	F	37	St. Paul	MN	00:13:22	342	3:01	00:03:42	00:33:51	323	16.0	00:01:42	00:30:45	362	12:17		01:23:19.67
348	777	Randy Gibbs	M	35	West Fargo	ND	00:12:38	324	2:51	00:04:46	00:35:37	352	15.2	00:02:26	00:28:17	328	11:18		01:23:41.51
349	550	James Wright	M	59	Delano	MN	00:10:53	225	2:27	00:04:07	00:39:05	379	13.8	00:01:30	00:28:11	325	11:16		01:23:43.87
350	652	Joan Carples	F	60	Minnetonka	MN	00:14:00	354	3:10	00:04:00	00:36:17	360	14.9	00:02:26	00:27:19	310	10:55		01:23:59.80
351	462	Kyle Bair	M	30	Minneapolis	MN	00:14:46	369	3:20	00:05:37	00:35:09	342	15.4	00:01:33	00:27:04	305	10:49		01:24:06.48
352	827	Laura Larue	F	35	Elbow Lake	MN	00:14:36	363	3:18	00:05:42	00:33:27	313	16.1	00:02:09	00:28:22	333	11:20		01:24:14.88
353	445	Traci Slane	F	45	Apple Valley	MN	00:13:01	335	2:56	00:03:30	00:40:20	388	13.4	00:01:48	00:25:46	270	10:18		01:24:22.13
354	597	Kathryn Ohland	F	30	Blaine	MN	00:09:21	124	2:07	00:03:56	00:36:27	361	14.8	00:01:31	00:33:12	375	13:16		01:24:24.36
355	784	Teresa Savage	F	45	Maple Grove	MN	00:16:30	384	3:44	00:03:57	00:32:10	277	16.8	00:02:12	00:29:47	345	11:54		01:24:33.84
356	711	Shaun Kennedy	M	50	North Oaks	MN	00:18:07	388	4:06	00:03:44	00:30:13	208	17.9	00:02:18	00:30:31	355	12:12		01:24:51.52
357	473	Megan Pickard	F	29	Minneapolis	MN	00:11:54	291	2:41	00:04:59	00:36:55	367	14.6	00:01:52	00:29:25	340	11:45		01:25:02.30
358	735	Mari Bell	F	60	Fargo	ND	00:13:03	336	2:57	00:04:46	00:33:07	302	16.3	00:03:36	00:30:43	359	12:17		01:25:12.91
359	624	Erin Kiel	F	33	Foley	MN	00:11:58	295	2:42	00:05:09	00:38:19	375	14.1	00:01:43	00:28:09	324	11:15		01:25:15.52
360	775	Bonnie Aretz	F	50	Buffalo Lake	MN	00:13:58	351	3:09	00:05:36	00:32:19	284	16.7	00:03:00	00:30:38	357	12:15		01:25:30.59

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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
361	547	Phyllis Mahan	F	45	Golden Valley	MN	00:14:22	359	3:15	00:05:18	00:37:28	372	14.4	00:02:09	00:26:26	289	10:34		01:25:40.70
362	615	Allison Harland	F	24	Wheaton	IL	00:11:26	265	2:35	00:04:15	00:35:20	348	15.3	00:02:41	00:32:47	372	13:06		01:26:26.62
363	895	Suzanne Strauss	F	53	Plymouth	MN	00:15:07	372	3:25	00:05:02	00:35:49	355	15.1	00:04:56	00:25:49	272	10:19		01:26:41.08
364	752	Gregory Pierson	M	61	Monticello	MN	00:14:42	367	3:19	00:05:07	00:31:58	271	16.9	00:01:56	00:33:03	374	13:13		01:26:44.01
365	891	Alicia Johnson	F	34	Mounds View	MN	00:09:41	143	2:11	00:03:50	00:35:09	343	15.4	00:03:25	00:34:48	378	13:54		01:26:50.09
366	816	Annika Englund	F	10	Buffalo	MN	00:11:37	275	2:37	00:03:32	00:40:20	387	13.4	00:01:31	00:29:57	348	11:58		01:26:53.33
367	826	Manda Olson	F	33	St Louis Park	MN	00:14:08	355	3:12	00:03:42	00:39:19	381	13.7	00:01:21	00:28:28	334	11:23		01:26:56.30
368	834	Brenda Mills	F	44	Victoria	MN	00:14:39	365	3:19	00:05:03	00:36:54	365	14.6	00:02:10	00:28:12	326	11:16		01:26:56.30
369	809	Shannon Reagan	F	37	Monticello	MN	00:11:57	294	2:42	00:03:06	00:38:20	376	14.1	00:01:12	00:32:32	371	13:00		01:27:05.09
370	649	Vanessa Livermore	F	17	Minnetrissa	MN	00:14:29	361	3:16	00:07:29	00:35:12	345	15.3	00:03:32	00:26:39	293	10:39		01:27:18.56
371	859	Jason Gates	M	37	Inver Grove Heights	MN	00:10:15	187	2:19	00:04:22	00:33:38	318	16.1	00:02:55	00:36:22	386	14:32		01:27:29.09
372	682	Corinne Mitchell	F	51	Monticello	MN	00:12:00	298	2:43	00:03:59	00:37:26	371	14.4	00:02:41	00:31:58	368	12:46		01:28:02.41
373	604	Mike Latterell	M	40	New Hope	MN	00:15:13	373	3:26	00:04:09	00:35:40	353	15.1	00:01:58	00:31:22	365	12:32		01:28:18.72
374	587	Stephen Halsey	M	62	Monticello	MN	00:15:36	375	3:31	00:07:12	00:33:49	322	16.0	00:01:46	00:30:44	360	12:17		01:29:04.01
375	766	Pam Fitting	F	60	Buffalo	MN	00:11:51	289	2:41	00:03:44	00:38:47	377	13.9	00:01:57	00:34:45	377	13:53		01:31:02.23
376	582	Bill Dodge	M	54	Finlayson	MN	00:12:37	320	2:51	00:07:17	00:36:53	364	14.6	00:01:53	00:32:26	370	12:58		01:31:03.93
377	707	Elizabeth Becker	F	23	Mahtomedi	MN	00:08:54	99	2:00	00:04:07	00:41:09	390	13.1	00:02:26	00:34:53	379	13:56		01:31:25.74
378	807	Kate Casserly	F	62	Maple Grove	MN	00:11:48	288	2:40	00:04:59	00:37:52	373	14.3	00:01:54	00:35:32	385	14:12		01:32:02.30
379	523	Katherine Maiers	F	61	Minneapolis	MN	00:13:11	341	2:59	00:04:25	00:37:06	368	14.6	00:02:23	00:35:04	381	14:01		01:32:07.23
380	440	Jean Wood	F	64	Excelsior	MN	00:12:39	325	2:51	00:04:48	00:33:06	301	16.3	00:02:00	00:41:19	392	16:31		01:33:50.35
381	616	Kathrine Harland	F	27	Wheaton	IL	00:11:38	276	2:38	00:05:04	00:40:42	389	13.3	00:01:56	00:34:57	380	13:58		01:34:14.38
382	653	Jana Hargreaves	F	50	Plymouth	MN	00:15:43	377	3:33	00:09:42	00:35:58	358	15.0	00:07:11	00:27:17	309	10:54		01:35:48.14
383	862	Marisue Muellner	F	47	Lino Lakes	MN	00:14:08	356	3:12	00:05:44	00:37:11	370	14.5	00:03:20	00:36:46	387	14:42		01:37:06.54
384	783	Candi Ruppert	F	43	Charlotte	NC	00:11:30	269	2:36	00:04:58	00:47:28	393	11.4	00:01:54	00:31:33	367	12:37		01:37:21.70
385	664	Kristen Warren	F	25	Fairmount	ND	00:16:05	381	3:38	00:05:56	00:39:41	383	13.6	00:02:13	00:35:13	382	14:04		01:39:05.22
386	761	Melissa Moy	F	15	Cokato	MN	00:08:04	55	1:49	00:05:10	00:42:44	391	12.6	00:03:28	00:39:42	391	15:52		01:39:05.33
387	663	Angela Cordell	F	28	Fairmount	ND	00:16:05	380	3:38	00:05:56	00:39:44	384	13.6	00:02:09	00:35:17	383	14:06		01:39:09.79
388	687	Angel Wagner	F	44	Buffalo	MN	00:19:37	391	4:26	00:05:53	00:39:57	386	13.5	00:02:16	00:33:02	373	13:12		01:40:42.33
389	623	Jenny Seaton	F	57	Foley	MN	00:14:36	362	3:18	00:05:48	00:43:32	392	12.4	00:02:36	00:35:25	384	14:09		01:41:54.80
390	876	Natalie Potrament	F	50	Spirit Lake	IA	00:16:02	379	3:37	00:06:57	00:38:59	378	13.9	00:04:17	00:37:22	389	14:56		01:43:33.54
391	670	Shannon Richardson	F	45	Monticello	MN	00:19:37	390	4:26	00:05:48	00:38:01	374	14.2	00:02:11	00:39:34	390	15:49		01:45:08.53
392	844	Lisa Kruse	F	44	Inver Grove Heights	MN	00:21:38	392	4:54	00:05:25	00:39:55	385	13.5	00:02:02	00:37:13	388	14:52		01:46:10.47
393	518	Frank Farrar	M	85	Britton	SD	00:13:52	350	3:08	00:08:03	00:36:55	366	14.6	00:05:08	00:49:37	393	19:50		01:53:32.89

Heart of the Lakes Triathlon

July 20, 2014

Did Not Finish or Disqualified

Short Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
DNF	453	Thomas Bazan	M	15	Buffalo	MN	00:09:05		2:03								
DNF	760	Rebecca Moy	F	18	Cokato	MN	00:08:30		1:55	00:03:25	00:34:24	15.7					

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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	503	Team Team	David Hoiem	Adam Peters	Chris Yanta	00:06:55	1	1:33	00:01:08	00:24:54	1	21.7	00:00:39	00:15:52	2	6:20	00:49:25.41
2	505	The Pink Boys	Eric Gilbertson	Matt Fliegel	Shane Zabinski	00:08:14	7	1:51	00:01:06	00:26:28	4	20.4	00:00:36	00:16:37	4	6:38	00:52:57.84
3	487	Give It A Tri	Laura Lundeen	Paul Lundeen	Anna Lundeen	00:07:43	4	1:44	00:01:24	00:26:47	5	20.2	00:00:48	00:19:04	7	7:37	00:55:44.00
4	478	Dipper Dawgs	Chris Haukos	Mary Shrode	Justin Wirth	00:07:50	6	1:46	00:01:28	00:31:47	15	17.0	00:00:59	00:15:15	1	6:05	00:57:15.49
5	482	Captain Crunch & The Cereal Killers	Laura Isdahl	Tim Isdahl	Ellen Rethwisch	00:08:21	9	1:53	00:01:37	00:28:55	11	18.7	00:00:54	00:18:36	5	7:26	00:58:20.61
6	489	Team Boom!	Teresa Wrobbel	Jacob Wrobbel	Korinne Wrobbel	00:10:52	16	2:27	00:01:37	00:24:59	2	21.6	00:02:17	00:19:46	9	7:54	00:59:27.89
7	498	D A C K	Katlyn Ringquist	Dave Ringquist	Connor Ringquist	00:09:06	11	2:03	00:01:47	00:29:02	12	18.6	00:00:57	00:19:06	8	7:38	00:59:56.23
8	483	T K M	Tessa Hilson	Kara Brend	Michael Hilson	00:12:47	22	2:53	00:01:47	00:31:48	17	17.0	00:00:47	00:15:55	3	6:21	01:03:01.28
9	490	Lady Bison	Melissa Miller	Pamela Brophy	Rachel Busch	00:08:22	10	1:53	00:01:53	00:30:11	14	17.9	00:01:06	00:21:34	14	8:37	01:03:03.93
10	502	Team Vernon	Laura Berskow	Ron Anderson	Ryan Holton	00:10:53	17	2:27	00:01:45	00:28:41	10	18.8	00:01:24	00:20:46	13	8:18	01:03:25.88
11	496	Ladies Of Lake	Deb Hoab	Sharon Stoick	Anna Bell-Pfeifer	00:12:30	21	2:49	00:01:57	00:27:26	7	19.7	00:01:02	00:20:41	12	8:16	01:03:32.43
12	480	Run Like The Winded	Eric Timmerman	Darwin Isdahl	Lisa Timmerman	00:10:19	14	2:20	00:01:44	00:28:18	9	19.1	00:01:08	00:22:18	19	8:55	01:03:45.19
13	497	Team A B C	Carson van Sytzama	Allie Spaulding	Bailey Loch	00:07:46	5	1:45	00:01:32	00:35:59	23	15.0	00:00:48	00:18:53	6	7:33	01:04:57.17
14	493	Chipotle Lover's	Shelby Nolan	Megan Otto	Lyssa Provo	00:08:20	8	1:53	00:01:23	00:35:56	22	15.0	00:00:46	00:20:35	11	8:13	01:06:57.03
15	500	First Try	Dave Krause	Jamie Swenson	Cindy Resman	00:09:43	12	2:11	00:01:50	00:32:21	18	16.7	00:01:06	00:22:17	18	8:54	01:07:13.93
16	477	J L R	Judy Bowdin	Renee Wyffels	Laurie Doherty	00:12:11	19	2:45	00:01:57	00:27:41	8	19.5	00:00:59	00:25:05	24	10:01	01:07:50.74
17	504	Team G S S	Bob Garnaas	Margaret Soran	Phil Soran	00:07:11	2	1:37	00:01:47	00:34:26	21	15.7	00:01:07	00:24:24	22	9:45	01:08:51.82

Heart of the Lakes Triathlon

July 20, 2014

Overall Results

Short 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
18	491	Speed Turtles	Patrick Wotrang	Andy Rask	Terry Balder	00:10:35	15	2:23	00:01:37	00:30:10	13	17.9	00:00:48	00:26:10	26	10:27	01:09:18.33
19	486	Team Otis	Lucas Johnson	Collin Johnson	Katie Johnson	00:15:53	27	3:35	00:01:55	00:25:25	3	21.3	00:00:40	00:25:30	25	10:11	01:09:20.04
20	492	T E K	Tess Voller	Emily Dockendorf	Kenzie Cruzen	00:07:39	3	1:43	00:01:19	00:39:46	26	13.6	00:00:42	00:20:01	10	8:00	01:09:24.97
21	501	3 Fools A Foot	Erin Batchelder	Justin Lenser	Rebecca Travis	00:14:30	26	3:17	00:01:44	00:31:47	16	17.0	00:01:02	00:21:35	15	8:37	01:10:35.74
22	495	S O S	Shana Bregenzer-Brenny	Sarah Sirna	Michelle Wang	00:12:47	23	2:53	00:01:47	00:27:24	6	19.7	00:00:58	00:28:47	28	11:30	01:11:41.03
23	485	Hornets	Charlie Aubitz	Jack Hennessy	Connor Lund	00:11:49	18	2:40	00:01:29	00:37:27	24	14.4	00:00:52	00:21:42	16	8:40	01:13:16.32
24	499	Rugnaak	Janice Ruggles	Shelly Naaktgeboren	Shelly Naaktgeboren	00:12:49	24	2:54	00:01:57	00:33:40	20	16.0	00:01:25	00:24:30	23	9:47	01:14:18.11
25	488	Scotty & The Hottie	Mary Berendes	Scott Swensen	Scott Swensen	00:12:30	20	2:49	00:01:51	00:37:56	25	14.2	00:01:01	00:22:27	21	8:58	01:15:41.79
26	481	Lampert By Nature	Cathy Lampert	Kim Martenson	Melinda Lampert	00:10:16	13	2:19	00:01:56	00:40:57	28	13.2	00:01:02	00:22:21	20	8:56	01:16:29.40
27	476	Hagebock - Slane	Joni Hagebock	Chuck Slane	Chuck Slane	00:13:39	25	3:05	00:02:38	00:32:27	19	16.6	00:01:46	00:26:12	27	10:28	01:16:39.68
28	494	Strootman Strutters	Gary Strootman	Pamela Nelson	Tricia Schmitz	00:16:32	28	3:44	00:02:14	00:40:41	27	13.3	00:01:28	00:21:48	17	8:43	01:22:40.46