

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/393	1/216	787	Nicole Cueno	34	F	Minneapolis	MN	00:07:29.55	00:23:27.02	00:15:56.84		00:49:46.80
2	14/393	2/216	412	Marta Lewinski	41	F	Edina	MN	00:07:40.15	00:23:18.63	00:17:38.75		00:51:58.40
3	16/393	3/216	886	Lauren Steinke	14	F	St Cloud	MN	00:07:00.06	00:26:24.12	00:16:22.01		00:52:11.45

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/393	1/177	475	David Thompson	36	M	Long Lake	MN	00:05:22.26	00:18:51.32	00:00:17.56		00:40:04.37
2	2/393	2/177	849	Greg Dummer	43	M	Minneapolis	MN	00:06:35.41	00:20:59.48	00:15:22.82		00:45:43.94
3	3/393	3/177	401	Andrew Zabel	34	M	Saint Joseph	MN	00:07:45.93	00:21:18.46	00:14:47.25		00:46:33.18

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/393	4/216	410	Karen Bebchuk	47	F	Plymouth	MN	00:07:51.82	00:25:10.71	00:17:47.96		00:53:37.84

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/393	5/177	403	David Goldberg	53	M	Minnetrista	MN	00:06:08.51	00:22:25.93	00:17:27.90		00:49:00.63

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Overall Division Results

Short Individual

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/393	8/216	416	Jane Koch	17	F	Burnsville	MN	00:07:39.48	00:26:07.22	00:19:32.36		00:56:19.34
2	53/393	14/216	858	Brianna Lavelle	16	F	Chaska	MN	00:06:41.52	00:27:33.50	00:21:53.74		00:59:18.63
3	57/393	15/216	540	Allison Crum	16	F	Deerwood	MN	00:06:41.32	00:28:37.83	00:20:41.49		01:00:02.64
4	83/393	25/216	727	Jenna Muntifering	19	F	Buffalo	MN	00:06:54.27	00:31:24.76	00:19:49.61		01:01:42.99
5	88/393	28/216	878	Madison Sachs	18	F	Duluth	MN	00:09:44.45	00:31:09.80	00:18:06.87		01:02:05.22
6	90/393	29/216	801	Elizabeth Johnson	14	F	Rosemount	MN	00:07:57.66	00:31:30.68	00:19:49.19		01:02:19.79
7	94/393	31/216	657	Britta Oden	19	F	Buffalo	MN	00:07:52.59	00:29:30.74	00:21:36.37		01:02:52.60
8	115/393	38/216	457	Madeline Peters	18	F	Woodbury	MN	00:07:18.97	00:31:59.69	00:21:33.36		01:04:20.06
9	136/393	43/216	887	Anna Wise	15	F	Rosemount	MN	00:09:12.68	00:30:10.09	00:22:06.32		01:06:17.50
10	145/393	49/216	466	Emily Quandt	16	F	Annandale	MN	00:11:42.79	00:30:06.49	00:20:25.60		01:06:29.11
11	167/393	64/216	690	Claire Conner	18	F	Edina	MN	00:10:48.54	00:29:01.34	00:23:50.64		01:08:03.82
12	196/393	85/216	819	Krista Bain	18	F	Savage	MN	00:09:32.83	00:30:47.47	00:24:06.60		01:09:38.81
13	215/393	94/216	815	Alyssa Englund	15	F	Buffalo	MN	00:09:44.31	00:30:41.90	00:25:33.78		01:10:25.52
14	265/393	126/216	782	Maya Cochrane	13	F	Woodbury	MN	00:08:11.38	00:30:27.47	00:29:27.14		01:13:29.90
15	288/393	141/216	574	Allicia Okeefe	15	F	New Brighton	MN	00:11:06.91	00:35:34.79	00:24:39.48		01:16:29.51
16	298/393	148/216	840	Kayla Siebold	17	F	Lakeville	MN	00:08:13.43	00:31:54.16	00:30:31.22		01:16:49.89
17	324/393	163/216	675	Bailey Sullivan	19	F	Waconia	MN	00:15:39.93	00:34:35.40	00:24:25.20		01:20:11.98
18	366/393	194/216	816	Annika Englund	10	F	Buffalo	MN	00:11:36.45	00:40:19.45	00:29:56.14		01:26:53.33
19	370/393	198/216	649	Vanessa Livermore	17	F	Minnetrissa	MN	00:14:28.05	00:35:11.58	00:26:38.64		01:27:18.56
20	386/393	210/216	761	Melissa Moy	15	F	Cokato	MN	00:08:03.21	00:42:43.13	00:39:41.87		01:39:05.33

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Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/393	6/177	843	Mitchell Clayton	17	M	Forest Lake	MN	00:06:31.13	00:22:41.17	00:17:16.25		00:49:13.91
2	13/393	12/177	415	Nathan Bich	15	M	Duluth	MN	00:06:51.11	00:23:55.97	00:17:49.42		00:51:57.32
3	44/393	34/177	425	Hunter Warner	14	M	Eden Prairie	MN	00:08:00.60	00:26:48.70	00:18:55.80		00:57:56.35
4	52/393	39/177	719	Ryan Heaney	15	M	Maple Grove	MN	00:09:45.90	00:25:32.19	00:19:18.19		00:59:16.99
5	54/393	40/177	736	Jonathan Bell-Clement	19	M	Fargo	ND	00:08:12.10	00:27:45.20	00:18:40.47		00:59:22.40
6	66/393	47/177	902	Tanner Wenzel	14	M	Rosemount	MN	00:07:07.10	00:31:43.23	00:17:26.13		01:00:35.21
7	102/393	69/177	832	Lawrence Krause	19	M	Monticello	MN	00:06:40.72	00:31:50.63	00:19:54.97		01:03:39.98
8	104/393	71/177	835	Jacob Batchelor	17	M	Victoria	MN	00:10:11.75	00:27:15.60	00:18:29.61		01:03:52.43
9	119/393	81/177	897	Matthew Strauss	18	M	Plymouth	MN	00:07:06.36	00:29:11.80	00:23:35.53		01:04:29.14
10	134/393	92/177	449	Brett Honsey	13	M	Annandale	MN	00:09:37.89	00:32:13.78	00:20:37.19		01:06:11.25
11	168/393	104/177	696	Matt Steenerson	18	M	Dayton	MN	00:11:45.04	00:31:25.61	00:19:34.65		01:08:05.59
12	173/393	106/177	833	Nelson Krause	15	M	Monticello	MN	00:06:58.48	00:32:40.10	00:23:41.04		01:08:21.16
13	188/393	108/177	446	Tommy Slane	14	M	Apple Valley	MN	00:09:35.04	00:29:23.06	00:26:15.51		01:09:08.89
14	207/393	117/177	702	William Hedberg	14	M	Maple Plain	MN	00:09:15.15	00:31:23.80	00:23:43.72		01:10:06.84
15	241/393	133/177	802	Charlie Johnson	13	M	Rosemount	MN	00:08:18.58	00:33:33.08	00:25:34.51		01:12:18.89
16	247/393	134/177	877	Jesse Womack	19	M	Duluth	MN	00:14:37.15	00:34:56.65	00:17:47.82		01:12:34.21
17	273/393	142/177	871	Dylan Folger	14	M	Apple Valley	MN	00:09:31.01	00:29:20.18	00:30:21.65		01:14:26.69
18	304/393	154/177	847	Spencer Hagebock	14	M	Apple Valley	MN	00:15:45.07	00:27:41.17	00:30:24.91		01:17:29.97
19	337/393	165/177	666	Max Misner	18	M	Woodbury	MN	00:12:17.79	00:39:31.46	00:23:05.69		01:22:08.93
20	345/393	167/177	762	Tanner Iverson	18	M	Dassel	MN	00:08:19.64	00:37:05.37	00:31:29.67		01:22:51.46

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	197/393	86/216	793	Jenna Schmitz	20	F	St. Cloud	MN	00:12:22.38	00:29:53.31	00:21:38.41		01:09:39.12
2	201/393	88/216	810	Randa Glazier	22	F	Annandale	MN	00:12:22.46	00:31:23.26	00:22:00.31		01:09:44.76
3	362/393	191/216	615	Allison Harland	24	F	Wheaton	IL	00:11:25.24	00:35:19.66	00:32:46.92		01:26:26.62
4	377/393	201/216	707	Elizabeth Becker	23	F	Mahtomedi	MN	00:08:53.02	00:41:08.14	00:34:52.10		01:31:25.74

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Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	55/393	41/177	873	Tyler Velin	20	M	Apple Valley	MN	00:11:01.38	00:27:06.11	00:17:46.28		00:59:41.60
2	59/393	43/177	674	Jackson Sullivan	22	M	Waconia	MN	00:08:50.35	00:25:47.95	00:21:06.62		01:00:20.12
3	153/393	99/177	874	Troy Beckman	21	M	Minneapolis	MN	00:09:54.14	00:32:06.86	00:20:41.39		01:07:14.34
4	218/393	123/177	898	Sam Ross	21	M	Apple Valley	MN	00:09:48.48	00:32:01.99	00:24:18.01		01:10:27.68
5	257/393	137/177	721	Greg Kufahl	23	M	Golden Valley	MN	00:16:23.05	00:30:15.59	00:21:00.12		01:13:05.72
6	300/393	152/177	678	Austin Sullivan	24	M	Waconia	MN	00:11:16.59	00:33:10.14	00:27:56.97		01:17:10.18
7	302/393	153/177	851	Drew Olmen	24	M	Annandale	MN	00:08:02.12	00:39:18.11	00:23:56.96		01:17:27.88

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	42/393	10/216	759	Laura Edlund	28	F	Minnesota City	MN	00:09:36.77	00:27:00.91	00:17:29.39		00:57:51.80
2	80/393	22/216	730	Marissa Larson	26	F	Eau Claire	WI	00:08:27.68	00:27:47.65	00:21:08.61		01:01:27.23
3	81/393	23/216	667	Jennifer Nagorski	28	F	Minneapolis	MN	00:09:23.79	00:30:06.80	00:18:32.51		01:01:34.38
4	131/393	42/216	552	Diana Soran	26	F	Atlanta	GA	00:10:02.80	00:29:28.47	00:22:06.37		01:05:51.74
5	148/393	52/216	706	Lydia Hadash	29	F	St. Michael	MN	00:11:37.62	00:29:31.17	00:21:13.71		01:06:43.13
6	169/393	65/216	594	Erika Sawinski	26	F	Saint Louis Park	MN	00:10:44.87	00:29:52.96	00:22:53.01		01:08:07.54
7	174/393	68/216	709	Erika Kufahl	29	F	Minnetonka	MN	00:11:17.43	00:32:53.95	00:20:13.95		01:08:23.87
8	180/393	74/216	870	Jesse Dunn	27	F	Fargo	ND	00:11:02.67	00:30:20.55	00:22:02.03		01:08:40.85
9	233/393	103/216	813	Erika Wood	29	F	Maple Grove	MN	00:07:49.63	00:32:45.75	00:26:46.67		01:12:00.90
10	263/393	125/216	720	Crystal Johnson	27	F	Eden Prairie	MN	00:08:25.26	00:32:09.38	00:28:16.68		01:13:25.12
11	286/393	139/216	774	Anne Pribyl	28	F	Maple Lake	MN	00:12:52.18	00:32:11.69	00:24:55.00		01:16:05.22
12	308/393	153/216	772	Kristin Hanson	29	F	Princeton	MN	00:10:27.18	00:33:25.35	00:28:17.80		01:17:46.17
13	309/393	154/216	570	Sara Greenhoe	27	F	Elk River	MN	00:12:29.44	00:35:56.01	00:25:12.85		01:17:46.42
14	310/393	155/216	747	Lisa Bauman	29	F	New Hope	MN	00:12:13.22	00:33:13.30	00:26:23.61		01:17:57.45
15	344/393	178/216	888	Kacie Ziola	25	F	Edina	MN	00:10:51.92	00:36:47.14	00:29:28.69		01:22:43.93
16	357/393	186/216	473	Megan Pickard	29	F	Minneapolis	MN	00:11:53.06	00:36:54.62	00:29:24.94		01:25:02.30
17	381/393	205/216	616	Kathrine Harland	27	F	Wheaton	IL	00:11:37.59	00:40:41.94	00:34:56.08		01:34:14.38
18	385/393	209/216	664	Kristen Warren	25	F	Fairmount	ND	00:16:04.82	00:39:40.41	00:35:12.25		01:39:05.22
19	387/393	211/216	663	Angela Cordell	28	F	Fairmount	ND	00:16:04.65	00:39:43.95	00:35:16.73		01:39:09.79

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Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	18/393	15/177	814	Zach Wood	29	M	Maple Grove	MN	00:06:16.14	00:25:27.26	00:18:01.14		00:53:16.68
2	37/393	29/177	899	Christopher Dirkes	25	M	Minneapolis	MN	00:08:29.75	00:25:14.30	00:19:45.90		00:57:13.65
3	38/393	30/177	534	Erik Fagerstrom	25	M	Eagan	MN	00:08:39.67	00:24:40.02	00:20:15.23		00:57:21.07
4	78/393	58/177	561	Matthew Wuollet	25	M	Annandale	MN	00:09:49.50	00:27:59.43	00:19:26.27		01:01:18.09
5	112/393	75/177	731	Luke Larson	26	M	Eau Claire	WI	00:09:59.66	00:29:11.46	00:20:13.96		01:04:09.36
6	114/393	77/177	691	Luke Sullivan	26	M	Minnetonka	MN	00:09:53.90	00:27:30.53	00:22:04.42		01:04:12.99
7	231/393	129/177	514	Ben Ferin	27	M	Edina	MN	00:08:19.10	00:33:08.83	00:22:16.61		01:11:57.02
8	232/393	130/177	510	Garrett Monson	26	M	Maple Grove	MN	00:10:21.98	00:33:10.67	00:22:16.65		01:11:57.06
9	255/393	136/177	459	Christopher Larson	28	M	Maple Grove	MN	00:09:48.05	00:30:37.29	00:27:40.79		01:12:56.13
10	280/393	144/177	609	David Latour	27	M	Monticello	MN	00:11:18.54	00:31:53.04	00:27:14.20		01:15:21.08
11	316/393	158/177	572	Aaron David	27	M	Saint Paul	MN	00:14:55.85	00:34:14.43	00:23:02.39		01:18:33.22
12	335/393	163/177	581	Daniel Dodge	26	M	St. Paul	MN	00:11:26.38	00:34:10.91	00:30:46.34		01:22:03.83

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July 20, 2014

Overall Division Results

Short Individual

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	27/393	6/216	889	Nancy Buselmeier	30	F	Buffalo	MN	00:08:44.76	00:26:19.75	00:15:56.17		00:54:37.91
2	39/393	9/216	733	Jennifer Johansen	32	F	Saint Paul	MN	00:08:16.40	00:26:44.77	00:18:59.00		00:57:23.17
3	49/393	12/216	541	Kym Zest	32	F	Minneapolis	MN	00:07:34.95	00:27:46.00	00:19:32.64		00:58:38.55
4	100/393	33/216	740	Julie Feldman	32	F	Inver Grove Heights	MN	00:10:00.45	00:26:15.37	00:23:28.91		01:03:29.16
5	143/393	47/216	848	Kari Osmondson	33	F	Saint Cloud	MN	00:10:13.96	00:28:04.17	00:23:45.87		01:06:27.34
6	154/393	55/216	437	Adrea Jeske Mausest	34	F	St. Louis Park	MN	00:09:11.78	00:29:51.38	00:24:04.34		01:07:17.04
7	155/393	56/216	458	Megan Koski	34	F	Dassel	MN	00:11:08.43	00:31:38.24	00:20:39.48		01:07:17.38
8	159/393	58/216	705	Amber Rattray	31	F	Hutchinson	MN	00:11:06.80	00:28:03.64	00:24:18.79		01:07:40.87
9	184/393	78/216	890	Rondi Scoular	33	F	Milbank	SD	00:11:20.44	00:30:51.50	00:22:20.85		01:08:53.29
10	185/393	79/216	808	Nikki Witowski	31	F	Plymouth	MN	00:09:02.89	00:31:30.65	00:23:39.04		01:09:00.93
11	202/393	89/216	785	Natalie Roeser	33	F	Buffalo	MN	00:10:55.80	00:30:33.73	00:22:12.88		01:09:49.47
12	224/393	98/216	795	Amy Mattson	32	F	Buffalo	MN	00:11:34.22	00:29:19.77	00:24:29.24		01:11:09.16
13	226/393	99/216	573	Teresa Fenske-Fanucci	31	F	Andover	MN	00:09:22.10	00:31:42.05	00:25:19.75		01:11:23.02
14	235/393	105/216	796	Lindsay Wurm	31	F	Buffalo	MN	00:09:00.82	00:33:00.78	00:24:24.28		01:12:08.22
15	242/393	109/216	724	Anne Schwalbe	30	F	West St. Paul	MN	00:08:02.63	00:32:54.33	00:26:13.30		01:12:19.71
16	243/393	110/216	725	Lindsay Jansen	31	F	Arden Hills	MN	00:11:13.04	00:29:34.93	00:26:13.58		01:12:19.84
17	250/393	115/216	839	Kimberly Beyer	34	F	Greenfield	MN	00:12:24.32	00:30:36.10	00:23:16.06		01:12:43.56
18	254/393	119/216	825	Emily Krob	32	F	Monticello	MN	00:11:34.77	00:32:11.86	00:22:36.57		01:12:56.05
19	269/393	129/216	461	Cassandra Davison	30	F	Plymouth	MN	00:11:08.64	00:34:59.79	00:23:06.63		01:13:49.57
20	275/393	132/216	638	Colleen Vossen	34	F	Woodbury	MN	00:12:13.60	00:33:15.07	00:23:33.16		01:14:40.28
21	278/393	135/216	776	Hannah Fischer	32	F	Annandale	MN	00:10:52.88	00:32:53.11	00:26:11.73		01:15:04.46
22	297/393	147/216	804	Tracy Jacobs	34	F	Clearwater	MN	00:10:36.15	00:34:15.29	00:26:27.13		01:16:49.82
23	303/393	150/216	464	Wendy Sylvester	33	F	South Haven	MN	00:12:39.34	00:31:56.39	00:26:30.71		01:17:28.59
24	329/393	167/216	637	Nicole Lucas	31	F	Albertville	MN	00:12:26.40	00:35:51.02	00:28:01.57		01:21:09.22
25	338/393	173/216	791	Kimberly Trinh-Sy	34	F	Minneapolis	MN	00:12:44.02	00:33:44.83	00:30:39.00		01:22:09.28
26	343/393	177/216	456	Steph Friesen	32	F	Sauk Rapids	MN	00:14:48.83	00:34:47.79	00:27:02.99		01:22:43.75
27	354/393	184/216	597	Kathryn Ohland	30	F	Blaine	MN	00:09:20.85	00:36:26.77	00:33:11.37		01:24:24.36
28	359/393	188/216	624	Erin Kiel	33	F	Foley	MN	00:11:57.97	00:38:18.35	00:28:08.78		01:25:15.52
29	365/393	193/216	891	Alicia Johnson	34	F	Mounds View	MN	00:09:40.08	00:35:08.39	00:34:47.16		01:26:50.09
30	367/393	195/216	826	Manda Olson	33	F	St Louis Park	MN	00:14:07.70	00:39:18.97	00:28:27.83		01:26:56.30

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Male Ages 30 - 34

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1	4/393	4/177	909	Regis Dupont	30	M	Minneapolis	MN	00:07:45.73	00:22:25.31	00:15:55.61		00:48:53.70
2	15/393	13/177	406	Timothy Harmon	34	M	Shakopee	MN	00:09:04.75	00:23:05.51	00:16:53.46		00:52:05.47
3	48/393	37/177	426	Ryan Friesen	31	M	Sauk Rapids	MN	00:08:14.47	00:27:05.56	00:19:42.59		00:58:29.59
4	69/393	49/177	872	Christopher Romanoski	32	M	Cold Spring	MN	00:11:21.97	00:27:25.18	00:16:47.92		01:00:41.69
5	111/393	74/177	879	Nick Fitzgerald	34	M	Maple Grove	MN	00:08:45.05	00:28:04.00	00:21:18.23		01:04:08.25
6	125/393	86/177	602	Joe Furuseth	32	M	Northome	MN	00:11:58.12	00:27:37.82	00:20:51.68		01:05:04.60
7	158/393	101/177	828	Joseph Larue	34	M	Elbow Lake	MN	00:13:02.87	00:28:48.58	00:20:40.11		01:07:39.69
8	162/393	103/177	910	Adam Downing	34	M	Buffalo	MN	00:12:26.86	00:28:18.64	00:21:13.15		01:07:51.38
9	186/393	107/177	900	Deron Johnson	33	M	Monticello	MN	00:09:15.42	00:31:39.10	00:22:00.09		01:09:03.20
10	290/393	148/177	884	Benjamin Sweet	34	M	Moline	IL	00:11:40.35	00:28:22.92	00:27:35.25		01:16:30.72
11	291/393	149/177	883	Ryan Scott	33	M	Minneapolis	MN	00:10:53.12	00:30:17.93	00:27:35.39		01:16:30.85
12	351/393	170/177	462	Kyle Bair	30	M	Minneapolis	MN	00:14:45.84	00:35:08.11	00:27:03.24		01:24:06.48

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	34/393	7/216	850	Brenda Trok	35	F	Maple Grove	MN	00:07:44.34	00:25:18.46	00:19:49.58		00:56:08.36
2	58/393	16/216	562	Sheri Budde	36	F	Annandale	MN	00:07:48.74	00:27:10.98	00:21:25.84		01:00:11.48
3	64/393	19/216	713	Kelly Anderson	36	F	Farwell	MN	00:07:31.87	00:29:19.61	00:19:01.79		01:00:29.48
4	82/393	24/216	577	Sara Dewitt	38	F	Rogers	MN	00:08:58.43	00:27:55.92	00:20:44.57		01:01:40.27
5	85/393	26/216	661	Alison Triebenbach	35	F	Osakis	MN	00:09:16.00	00:26:00.44	00:22:37.77		01:01:49.78
6	95/393	32/216	527	Jennifer Olson	37	F	Rice	MN	00:10:43.42	00:26:21.39	00:22:08.19		01:02:54.68
7	108/393	36/216	712	Megan Ramola	39	F	Becker	MN	00:10:36.96	00:27:25.45	00:21:57.28		01:04:01.63
8	139/393	44/216	745	Laurie Dubois	37	F	Hong Kong		00:10:59.34	00:29:45.19	00:20:40.75		01:06:20.80
9	140/393	45/216	756	Kasey Morlock	39	F	Stewartville	MN	00:10:48.99	00:29:51.46	00:20:40.86		01:06:20.88
10	144/393	48/216	668	Amy Whaley	36	F	Apple Valley	MN	00:08:47.99	00:29:03.03	00:24:07.48		01:06:27.76
11	147/393	51/216	792	Ann Gale	38	F	Hugo	MN	00:09:10.35	00:28:48.47	00:23:19.67		01:06:40.55
12	156/393	57/216	454	Kristen Baker	36	F	St. Bonifacius	MN	00:08:08.84	00:27:58.24	00:25:59.71		01:07:24.81
13	175/393	69/216	794	Danielle Coffield	35	F	Eden Prairie	MN	00:11:16.66	00:26:46.00	00:25:19.64		01:08:25.87
14	178/393	72/216	778	Jody Zylstra	35	F	Annandale	MN	00:12:40.70	00:29:37.29	00:18:55.25		01:08:32.78
15	179/393	73/216	640	Suzie O'gorman	39	F	Eden Prairie	MN	00:06:55.89	00:28:51.25	00:27:31.16		01:08:34.81
16	183/393	77/216	608	Molly Murphy	39	F	Minneapolis	MN	00:11:05.67	00:32:12.41	00:21:31.24		01:08:52.35
17	190/393	82/216	606	Heather Guyan	39	F	Ltichfield	MN	00:08:48.40	00:31:03.92	00:24:05.82		01:09:11.16
18	210/393	91/216	852	Kimberly Troske	38	F	Eden Prairie	MN	00:09:54.60	00:30:06.41	00:25:31.02		01:10:11.70
19	211/393	92/216	567	Kim Uecker	38	F	Annandale	MN	00:11:06.73	00:30:06.56	00:24:02.13		01:10:14.32
20	221/393	96/216	846	Dina Hemminger	37	F	Minneapolis	MN	00:09:46.66	00:30:16.03	00:25:01.99		01:10:42.54
21	229/393	101/216	447	Pamela Vandersluis	36	F	Buffalo	MN	00:12:34.93	00:30:37.65	00:24:25.09		01:11:44.47
22	234/393	104/216	448	Tina Honsey	39	F	Annandale	MN	00:13:05.66	00:31:48.59	00:23:05.10		01:12:07.84
23	237/393	107/216	866	Carmen Olsen	37	F	Mahtomedi	MN	00:09:27.32	00:29:18.89	00:27:58.31		01:12:10.89
24	238/393	108/216	748	Heidi Frederickson	35	F	Blaine	MN	00:11:43.29	00:32:01.49	00:22:29.12		01:12:15.58
25	246/393	113/216	621	Kimberly Fier	39	F	St Paul	MN	00:08:53.66	00:31:21.90	00:24:59.38		01:12:29.30
26	253/393	118/216	673	Erin Agosto	35	F	Elk River	MN	00:11:30.91	00:33:23.67	00:23:11.94		01:12:55.84
27	261/393	123/216	685	Tamara Wikan	35	F	Minneapolis	MN	00:12:24.01	00:31:05.17	00:24:32.28		01:13:22.42
28	262/393	124/216	692	Julie Ellis	39	F	Buffalo	MN	00:12:23.52	00:31:03.36	00:24:32.37		01:13:22.59
29	271/393	130/216	575	Shannon Okeefe	39	F	New Brighton	MN	00:11:31.43	00:35:40.00	00:22:24.96		01:14:16.11
30	272/393	131/216	755	Kellie Stowell	35	F	New Brighton	MN	00:12:37.02	00:35:07.95	00:22:16.46		01:14:26.69
31	285/393	138/216	837	Amy Skeate-Carlson	37	F	Saint Cloud	MN	00:14:38.94	00:28:42.88	00:25:17.35		01:15:45.59
32	289/393	142/216	737	Valerie Sims	39	F	St. Louis Park	MN	00:10:40.60	00:33:19.51	00:27:30.51		01:16:30.34
33	292/393	143/216	693	Ginnie Pollen	37	F	Minnetonka	MN	00:11:05.67	00:34:14.63	00:26:07.43		01:16:31.40
34	293/393	144/216	533	Kristi Walter	35	F	Shoreview	MN	00:09:38.39	00:33:43.26	00:28:17.15		01:16:34.43

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
35	295/393	146/216	593	Christa Close	39	F	Plymouth	MN	00:11:45.66	00:31:47.06	00:26:28.35		01:16:43.95
36	312/393	157/216	836	Christina Lindquist	38	F	Wendell	MN	00:11:14.26	00:33:27.39	00:26:42.98		01:18:03.43
37	315/393	158/216	758	Sarah Sneller	38	F	Kimball	MN	00:11:27.27	00:34:56.82	00:26:44.00		01:18:30.17
38	332/393	170/216	715	Laura Berntson	37	F	Annandale	MN	00:14:11.03	00:35:17.86	00:26:49.20		01:21:25.26
39	340/393	175/216	703	Kari Schulzetenberg	36	F	Maple Grove	MN	00:13:28.10	00:29:34.49	00:33:28.09		01:22:13.00
40	346/393	179/216	629	Natalie Dieterle	39	F	Stillwater	MN	00:13:04.10	00:34:46.65	00:29:50.68		01:23:14.00
41	347/393	180/216	789	Jeanne Dobson	37	F	St. Paul	MN	00:13:21.36	00:33:50.54	00:30:44.35		01:23:19.67
42	352/393	182/216	827	Laura Larue	35	F	Elbow Lake	MN	00:14:35.71	00:33:26.89	00:28:21.98		01:24:14.88
43	369/393	197/216	809	Shannon Reagan	37	F	Monticello	MN	00:11:56.01	00:38:19.49	00:32:31.65		01:27:05.09

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/393	9/177	404	Nathan Budde	37	M	Annandale	MN	00:07:42.93	00:23:33.49	00:16:54.73		00:50:56.00
2	12/393	11/177	405	Jason Migala	35	M	Sauk Rapids	MN	00:08:42.66	00:23:23.19	00:16:41.95		00:51:46.43
3	22/393	18/177	538	David Kerber	37	M	Maple Grove	MN	00:09:44.72	00:23:45.62	00:16:50.04		00:54:08.75
4	26/393	21/177	864	Nathan Ilse	36	M	St. Paul	MN	00:07:40.58	00:25:16.15	00:17:26.96		00:54:36.09
5	33/393	27/177	831	Ryan Gale	38	M	Hugo	MN	00:08:15.41	00:26:33.27	00:17:05.65		00:55:55.06
6	36/393	28/177	433	Chad Nelson	38	M	Willmar	MN	00:07:54.41	00:26:52.24	00:18:49.67		00:57:00.84
7	47/393	36/177	423	Damien Aguilar	38	M	Minnetonka	MN	00:08:32.34	00:26:57.02	00:18:52.91		00:58:17.34
8	56/393	42/177	817	Warren Zook	37	M	Buffalo	MN	00:08:14.25	00:27:23.33	00:20:19.94		00:59:42.05
9	63/393	45/177	865	Ben Reiners	37	M	Otsego	MN	00:08:25.10	00:27:46.69	00:19:31.95		01:00:28.75
10	73/393	53/177	662	Stan Triebenbach	35	M	Osakis	MN	00:13:34.64	00:24:37.46	00:18:42.12		01:00:55.82
11	74/393	54/177	868	Jamie Allman	38	M	Elk River	MN	00:09:27.20	00:25:04.58	00:22:45.04		01:01:03.48
12	128/393	88/177	536	Matthew Taylor	39	M	Roseville	MN	00:08:48.85	00:29:59.30	00:22:46.59		01:05:32.93
13	132/393	90/177	699	Eric Fischer	35	M	St. Louis Park	MN	00:11:11.11	00:29:36.62	00:21:07.42		01:05:54.84
14	133/393	91/177	704	Ryan Schulzetenberg	37	M	Maple Grove	MN	00:11:55.61	00:27:50.95	00:21:16.55		01:06:00.15
15	135/393	93/177	754	Frank Pace	36	M	St Paul	MN	00:12:41.60	00:28:00.33	00:21:13.79		01:06:11.97
16	195/393	111/177	613	Nick Johnson	36	M	Plymouth	MN	00:10:24.68	00:28:38.55	00:23:27.05		01:09:25.53
17	206/393	116/177	563	Dave Hartley	35	M	Annandale	MN	00:11:38.01	00:30:43.94	00:22:15.22		01:10:02.46
18	214/393	121/177	881	Jeff Knaus	36	M	Plymouth	MN	00:10:38.30	00:30:21.80	00:24:09.69		01:10:22.37
19	266/393	140/177	639	Matthew Weide	39	M	Minneapolis	MN	00:10:57.93	00:31:36.52	00:26:46.90		01:13:30.55
20	284/393	147/177	838	Mike Carlson	37	M	Saint Cloud	MN	00:14:44.97	00:28:04.29	00:25:17.35		01:15:45.51
21	314/393	157/177	739	John Bartels	38	M	Shoreview	MN	00:13:58.40	00:29:56.54	00:25:30.36		01:18:25.38
22	318/393	159/177	650	Dan Berendes	35	M	Coon Rapids	MN	00:10:50.89	00:34:01.08	00:28:53.14		01:19:00.55
23	341/393	166/177	578	Jesse Bunker	38	M	Cokato	MN	00:16:32.64	00:32:14.63	00:26:44.60		01:22:21.71
24	348/393	168/177	777	Randy Gibbs	35	M	West Fargo	ND	00:12:37.74	00:35:36.16	00:28:16.25		01:23:41.51
25	371/393	173/177	859	Jason Gates	37	M	Inver Grove Heights	MN	00:10:14.17	00:33:37.75	00:36:21.28		01:27:29.09

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/393	5/216	420	Cara Pavcek	40	F	Rosemount	MN	00:06:59.83	00:24:32.23	00:19:26.60		00:54:16.54
2	50/393	13/216	680	Gretchen Randall	43	F	Maple Grove	MN	00:09:05.45	00:26:25.23	00:19:50.25		00:58:53.78
3	62/393	18/216	894	Sara Ahlquist	44	F	Minnetonka	MN	00:07:39.99	00:28:21.13	00:20:34.27		01:00:27.30
4	105/393	34/216	723	Paula Just	40	F	Spooner	WI	00:08:49.65	00:30:51.67	00:20:50.14		01:03:52.55
5	106/393	35/216	741	Jaleh Nahvi	44	F	Inver Grove Heights	MN	00:08:02.88	00:30:04.16	00:21:51.78		01:03:58.25
6	110/393	37/216	442	Sonja Daniels	40	F	Duluth	MN	00:10:00.14	00:27:28.05	00:22:53.41		01:04:05.84
7	122/393	39/216	885	Julie Pettit	42	F	Maple Grove	MN	00:09:16.71	00:29:02.91	00:21:25.68		01:04:51.27
8	126/393	40/216	636	Dawn Holtz	44	F	Hutchinson	MN	00:09:44.75	00:29:14.59	00:21:50.92		01:05:17.71
9	141/393	46/216	863	Karri Kearin	42	F	Maple Grove	MN	00:10:08.83	00:29:34.53	00:21:53.31		01:06:25.77
10	146/393	50/216	432	Laura Lilja	41	F	Prior Lake	MN	00:10:34.16	00:27:55.29	00:23:40.44		01:06:34.68
11	151/393	53/216	842	Barbara Berdahl	44	F	Saint Paul	MN	00:10:09.43	00:29:07.47	00:23:16.44		01:07:08.85
12	172/393	67/216	467	Jenifer Munson	41	F	Annandale	MN	00:11:17.97	00:31:08.30	00:21:40.04		01:08:15.83
13	193/393	84/216	854	Rebecca McCleery	42	F	New London	MN	00:09:51.09	00:30:18.78	00:22:49.15		01:09:24.67
14	205/393	90/216	697	Sally Covert	43	F	White Bear Lake	MN	00:11:24.90	00:29:40.01	00:24:41.16		01:09:54.45
15	213/393	93/216	770	Kristine Enos	43	F	St. Michael	MN	00:12:40.10	00:29:54.25	00:22:32.86		01:10:20.27
16	227/393	100/216	435	Amy Moran	41	F	Hastings	MN	00:12:07.05	00:29:58.60	00:24:15.60		01:11:30.96
17	236/393	106/216	522	Terri Fawkes	41	F	Stillwater	MN	00:09:46.63	00:29:31.33	00:25:59.88		01:12:09.22
18	256/393	120/216	598	Angie Voll	44	F	Monticello	MN	00:12:12.30	00:32:45.44	00:23:13.79		01:13:04.91
19	268/393	128/216	517	Eileen Lafontaine	41	F	Minneapolis	MN	00:11:22.59	00:31:38.95	00:26:04.45		01:13:49.05
20	276/393	133/216	583	Julie Mcalsiter	40	F	New Hope	MN	00:08:51.42	00:36:27.12	00:24:56.46		01:14:49.09
21	279/393	136/216	769	Janel Anderson	42	F	Crystal	MN	00:16:45.28	00:30:28.03	00:22:56.54		01:15:05.09
22	294/393	145/216	811	Jennifer Draheim	44	F	Edina	MN	00:09:58.41	00:31:47.16	00:28:03.20		01:16:35.16
23	311/393	156/216	893	Diana Osberg	43	F	Maple Grove	MN	00:16:14.15	00:32:56.06	00:23:14.33		01:18:02.32
24	317/393	159/216	470	Jill James	40	F	Minneapolis	MN	00:11:59.14	00:35:21.37	00:24:09.47		01:18:51.23
25	319/393	160/216	626	Joan Maday	41	F	Burnsville	MN	00:10:43.43	00:34:42.32	00:29:16.35		01:19:30.31
26	326/393	164/216	803	Denise Kuhlman	41	F	Buffalo	MN	00:09:05.86	00:32:12.21	00:32:03.32		01:20:36.40
27	331/393	169/216	768	Tracy Hansen	43	F	Apple Valley	MN	00:18:43.08	00:31:49.80	00:25:00.32		01:21:20.98
28	333/393	171/216	471	Becca Rausenberger	44	F	Cologne	MN	00:12:34.75	00:33:23.10	00:30:27.90		01:21:39.35
29	339/393	174/216	436	Alyssa Rosenberger	43	F	Melrose	MN	00:10:44.39	00:33:54.85	00:31:20.91		01:22:11.77
30	342/393	176/216	468	Carla Berger	40	F	Becker	MN	00:12:27.61	00:36:04.37	00:27:52.71		01:22:34.37
31	368/393	196/216	834	Brenda Mills	44	F	Victoria	MN	00:14:38.37	00:36:53.44	00:28:11.52		01:26:56.30
32	384/393	208/216	783	Candi Ruppert	43	F	Charlotte	NC	00:11:29.69	00:47:27.59	00:31:32.95		01:37:21.70
33	388/393	212/216	687	Angel Wagner	44	F	Buffalo	MN	00:19:36.72	00:39:56.94	00:33:01.32		01:40:42.33
34	392/393	216/216	844	Lisa Kruse	44	F	Inver Grove Heights	MN	00:21:37.64	00:39:54.22	00:37:12.49		01:46:10.47

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/393	20/177	901	William Lorenz	42	M	Benson	MN	00:07:41.97	00:24:24.06	00:18:11.48		00:54:30.35
2	28/393	22/177	421	Kris Lilja	42	M	Prior Lake	MN	00:07:04.30	00:26:16.98	00:17:42.72		00:54:39.33
3	32/393	26/177	407	Scott Backman	42	M	Brooklyn Park	MN	00:07:44.55	00:25:09.18	00:18:18.75		00:55:10.21
4	51/393	38/177	530	Jody Cullen	40	M	Andover	MN	00:08:36.94	00:27:32.94	00:19:54.22		00:59:04.06
5	61/393	44/177	773	Richard Olson	41	M	Blaine	MN	00:10:02.46	00:27:04.70	00:18:37.47		01:00:26.77
6	67/393	48/177	515	Jeffrey Stites	44	M	Minneapolis	MN	00:09:59.87	00:26:15.12	00:20:10.65		01:00:39.63
7	76/393	56/177	617	Mike Smith	42	M	Brooklyn Park	MN	00:08:49.06	00:27:47.40	00:19:55.53		01:01:05.71
8	93/393	63/177	566	Kirk Langbehn	41	M	South Haven	MN	00:08:59.26	00:26:24.86	00:22:41.15		01:02:42.52
9	97/393	65/177	867	Christopher Marshall	43	M	Plymouth	MN	00:10:30.81	00:26:48.02	00:20:55.57		01:02:59.53
10	98/393	66/177	845	Dan Ronken	41	M	Minneapolis	MN	00:09:28.74	00:27:34.98	00:21:42.15		01:03:10.38
11	99/393	67/177	669	Ryan Lund	42	M	Edina	MN	00:10:47.22	00:26:36.13	00:20:12.34		01:03:11.91
12	109/393	73/177	860	Michael Swanson	44	M	Minneapolis	MN	00:09:56.71	00:27:53.02	00:21:30.82		01:04:01.75
13	118/393	80/177	632	Stephen Whitlow	44	M	St. Louis Park	MN	00:08:20.05	00:26:24.03	00:23:58.80		01:04:24.60
14	138/393	95/177	455	Jeremy Baker	40	M	St. Bonifacius	MN	00:09:32.55	00:27:27.72	00:24:37.76		01:06:20.58
15	149/393	97/177	903	Chad Wynia	40	M	Chisago City	MN	00:10:50.64	00:28:57.82	00:21:56.49		01:06:49.81
16	157/393	100/177	431	Frank Westpfahl	43	M	Minneapolis	MN	00:12:51.30	00:29:12.42	00:19:42.20		01:07:26.01
17	160/393	102/177	781	France Roberts	44	M	St. Louis Park	MN	00:10:46.77	00:31:06.15	00:20:21.98		01:07:45.20
18	204/393	115/177	746	Bryan Logue	43	M	St. Paul	MN	00:10:44.90	00:27:55.97	00:25:42.59		01:09:53.56
19	208/393	118/177	701	Christopher Hedberg	44	M	Maple Plain	MN	00:09:05.46	00:31:17.12	00:23:40.14		01:10:06.86
20	216/393	122/177	686	Paul Hughes	44	M	Eden Prairie	MN	00:12:07.61	00:28:59.05	00:25:13.45		01:10:27.19
21	220/393	125/177	628	Jason Dieterle	40	M	Stillwater	MN	00:11:43.85	00:27:11.12	00:25:30.50		01:10:39.55
22	239/393	131/177	767	David Bailey	43	M	Horace	ND	00:12:37.33	00:29:53.44	00:23:05.22		01:12:16.28
23	260/393	138/177	788	Jeremy Dobson	41	M	St. Paul	MN	00:11:06.64	00:30:34.75	00:25:35.47		01:13:17.76
24	270/393	141/177	869	Tony Lesch	42	M	Buffalo	MN	00:10:08.12	00:28:15.02	00:29:28.88		01:14:03.24
25	296/393	150/177	729	Paul Hanek	43	M	Woodbury	MN	00:11:07.65	00:32:30.57	00:27:07.46		01:16:47.95
26	322/393	161/177	591	Gregory Cutshall	44	M	Eagan	MN	00:12:57.22	00:35:06.39	00:26:42.41		01:19:57.80
27	373/393	174/177	604	Mike Latterell	40	M	New Hope	MN	00:15:12.15	00:35:39.18	00:31:21.75		01:28:18.72

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	46/393	11/216	422	Beth Trautman	47	F	Medina	MN	00:08:57.13	00:24:37.86	00:21:10.29		00:58:16.19
2	129/393	41/216	553	Kathleen Roller	45	F	Orono	MN	00:10:37.74	00:27:51.18	00:23:05.13		01:05:44.37
3	152/393	54/216	734	Susan Wandersee	45	F	Waconia	MN	00:08:19.65	00:31:30.63	00:23:01.62		01:07:13.00
4	166/393	63/216	542	Meryl Mcgauvran	45	F	Minneapolis	MN	00:11:16.23	00:29:01.58	00:22:34.07		01:08:03.72
5	176/393	70/216	855	Jill Mckenzie	45	F	St. Cloud	MN	00:12:09.22	00:28:11.28	00:23:03.63		01:08:25.95
6	177/393	71/216	765	Jayne Gassen	49	F	Mayer	MN	00:10:50.65	00:31:45.04	00:20:02.13		01:08:27.03
7	181/393	75/216	806	Lauretta Hassan	48	F	Lino Lakes	MN	00:12:02.38	00:30:29.92	00:21:42.90		01:08:48.50
8	217/393	95/216	603	Michelle Latterell	46	F	Northome	MN	00:10:42.88	00:30:46.57	00:24:53.81		01:10:27.62
9	222/393	97/216	907	Emily Chrysler	49	F	Richfield	MN	00:09:34.90	00:30:39.29	00:23:49.90		01:10:53.95
10	230/393	102/216	524	Candy Millerbernd	45	F	Chaska	MN	00:13:40.12	00:28:33.68	00:24:49.79		01:11:45.56
11	327/393	165/216	732	Jeanette Schmidt	49	F	Chaska	MN	00:11:32.44	00:34:51.63	00:26:47.82		01:20:46.79
12	353/393	183/216	445	Traci Slane	45	F	Apple Valley	MN	00:13:00.89	00:40:19.49	00:25:45.16		01:24:22.13
13	355/393	185/216	784	Teresa Savage	45	F	Maple Grove	MN	00:16:29.57	00:32:09.87	00:29:46.15		01:24:33.84
14	361/393	190/216	547	Phyllis Mahan	45	F	Golden Valley	MN	00:14:21.70	00:37:27.45	00:26:25.56		01:25:40.70
15	383/393	207/216	862	Marisue Muellner	47	F	Lino Lakes	MN	00:14:07.99	00:37:10.04	00:36:45.59		01:37:06.54
16	391/393	215/216	670	Shannon Richardson	45	F	Monticello	MN	00:19:36.47	00:38:00.84	00:39:33.21		01:45:08.53

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/393	8/177	402	Todd White	47	M	Roseville	MN	00:05:57.20	00:23:42.33	00:17:53.24		00:50:37.49
2	17/393	14/177	419	Mark Nieters	46	M	Sartell	MN	00:06:00.40	00:24:14.86	00:19:11.37		00:53:14.59
3	20/393	16/177	408	Marty Moran	47	M	St Cloud	MI	00:05:21.20	00:24:01.64	00:20:42.97		00:53:50.67
4	30/393	24/177	753	Daniel Dederichs	47	M	Waverly	MN	00:08:42.47	00:21:39.60	00:20:32.68		00:54:55.53
5	43/393	33/177	681	Joseph Randall	45	M	Maple Grove	MN	00:09:37.18	00:26:08.02	00:18:49.92		00:57:53.90
6	45/393	35/177	820	Greg Swenson	45	M	Rogers	MN	00:07:03.91	00:24:58.87	00:21:58.68		00:58:01.81
7	72/393	52/177	717	Michael Heaney	46	M	Maple Grove	MN	00:09:49.91	00:26:49.05	00:19:03.96		01:00:54.11
8	92/393	62/177	875	Steven Meleton	46	M	Stillwater	MN	00:09:26.32	00:26:49.98	00:19:08.66		01:02:26.73
9	96/393	64/177	548	Tom Mahan	49	M	Golden Valley	MN	00:08:52.36	00:26:33.26	00:23:16.87		01:02:57.68
10	103/393	70/177	905	Nick Morales	47	M	Golden Valley	MN	00:07:50.13	00:26:17.16	00:25:30.13		01:03:50.87
11	127/393	87/177	764	Brett Mayfield	45	M	Cokato	MN	00:08:47.55	00:27:19.21	00:23:08.64		01:05:19.83
12	170/393	105/177	689	Nick Whitney	46	M	Dellwood	MN	00:11:22.84	00:28:44.21	00:22:23.50		01:08:11.97
13	194/393	110/177	853	Marcus McCleery	49	M	New London	MN	00:10:14.14	00:30:26.33	00:22:48.89		01:09:24.73
14	199/393	112/177	525	Tom Millerbernd	47	M	Chaska	MN	00:09:40.89	00:29:56.93	00:24:18.82		01:09:41.65
15	223/393	126/177	822	Steve Becker	48	M	Buffalo	MN	00:09:16.84	00:29:48.40	00:26:58.83		01:10:58.39
16	299/393	151/177	738	John Arrell	47	M	St. Louis Park	MN	00:16:38.42	00:32:36.67	00:21:39.76		01:16:58.81

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	60/393	17/216	698	Lisa Spethmann	51	F	St. Cloud	MN	00:07:46.75	00:27:59.69	00:20:02.41		01:00:26.01
2	68/393	20/216	539	Eileen Kurpiers	53	F	Deerwood	MN	00:09:47.55	00:26:54.90	00:20:02.22		01:00:40.24
3	79/393	21/216	779	Mary Edelman	53	F	Maple Grove	MN	00:08:50.45	00:26:14.43	00:21:39.16		01:01:22.45
4	86/393	27/216	551	Julie Grafft	51	F	Chanhassen	MN	00:07:33.21	00:27:12.09	00:23:12.91		01:01:52.61
5	91/393	30/216	896	Janell Pepper	54	F	Woodbury	MN	00:07:55.39	00:27:14.09	00:23:00.83		01:02:20.28
6	161/393	59/216	625	Brenda Conzet	54	F	Buffalo	MN	00:08:41.17	00:31:04.60	00:22:36.44		01:07:49.53
7	171/393	66/216	576	Jenna Fletcher	52	F	Stillwater	MN	00:11:39.04	00:29:09.94	00:23:53.80		01:08:13.74
8	182/393	76/216	880	Tammy Miller	54	F	Boulder	CO	00:09:08.30	00:29:50.30	00:24:29.16		01:08:50.25
9	187/393	80/216	742	Sue Haller	53	F	Clearwater	MN	00:10:35.07	00:30:41.75	00:22:42.81		01:09:03.98
10	189/393	81/216	908	Missy Schmidt	50	F	Eagan	MN	00:08:48.79	00:32:42.64	00:23:12.53		01:09:10.35
11	191/393	83/216	710	Michelle Kennedy	52	F	North Oaks	MN	00:09:55.11	00:29:40.46	00:24:38.68		01:09:13.36
12	248/393	114/216	751	Paula Desanto Desanto	53	F	St. Paul	MN	00:11:23.99	00:32:30.76	00:23:01.90		01:12:36.61
13	251/393	116/216	622	Gretchen Lieb	52	F	Buffalo	MN	00:09:04.57	00:33:04.86	00:25:51.67		01:12:45.91
14	258/393	121/216	556	Lisa Vague	50	F	Albertville	MN	00:09:08.12	00:35:12.08	00:23:01.58		01:13:06.55
15	259/393	122/216	743	Kris Peterson	54	F	Clearwater	MN	00:13:58.56	00:31:31.44	00:22:39.83		01:13:07.82
16	267/393	127/216	671	Catherine Ziola	51	F	Edina	MN	00:10:26.23	00:32:49.60	00:25:42.86		01:13:47.25
17	277/393	134/216	528	Mary Denucci	50	F	Minneapolis	MN	00:11:37.79	00:31:18.05	00:27:31.66		01:14:56.12
18	282/393	137/216	857	Lori Paakh	51	F	Detroit Lakes	MN	00:12:10.35	00:29:02.54	00:27:47.68		01:15:43.11
19	287/393	140/216	805	Julie Hertzog	51	F	Watertown	MN	00:11:25.38	00:29:21.26	00:29:34.15		01:16:26.16
20	301/393	149/216	676	Kristina Sullivan	52	F	Waconia	MN	00:12:40.32	00:33:52.72	00:24:09.98		01:17:22.88
21	321/393	161/216	882	Jill Waters	50	F	Minneapolis	MN	00:10:42.51	00:33:42.08	00:30:21.38		01:19:55.42
22	323/393	162/216	708	Joan Gindele	52	F	St. Michael	MN	00:11:17.95	00:35:09.85	00:28:18.87		01:19:59.69
23	330/393	168/216	654	Carolyn Barriball	53	F	Monticello	MN	00:14:12.20	00:34:21.07	00:27:14.12		01:21:19.61
24	334/393	172/216	812	Debra Grandgenett	52	F	Alexandria	MN	00:15:27.35	00:30:43.90	00:29:48.07		01:21:41.02
25	360/393	189/216	775	Bonnie Aretz	50	F	Buffalo Lake	MN	00:13:57.82	00:32:18.96	00:30:37.89		01:25:30.59
26	363/393	192/216	895	Suzanne Strauss	53	F	Plymouth	MN	00:15:06.88	00:35:48.41	00:25:48.26		01:26:41.08
27	372/393	199/216	682	Corinne Mitchell	51	F	Monticello	MN	00:11:59.66	00:37:25.71	00:31:57.41		01:28:02.41
28	382/393	206/216	653	Jana Hargreaves	50	F	Plymouth	MN	00:15:42.25	00:35:57.22	00:27:16.15		01:35:48.14
29	390/393	214/216	876	Natalie Potrament	50	F	Spirit Lake	IA	00:16:01.05	00:38:58.44	00:37:21.39		01:43:33.54

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/393	7/177	411	John Stangl	51	M	Buffalo	MN	00:07:44.01	00:22:12.89	00:16:20.19		00:49:41.00
2	11/393	10/177	763	Jim Green	51	M	San Diego	CA	00:08:18.08	00:21:45.89	00:17:37.13		00:51:14.79
3	21/393	17/177	418	Mark Rosen	50	M	Otsego	MN	00:09:13.51	00:23:01.68	00:18:42.87		00:54:05.29
4	29/393	23/177	413	Ken Janda	53	M	Big Lake	MN	00:08:50.24	00:25:03.53	00:17:36.37		00:54:48.36
5	31/393	25/177	409	Greg Kurowski	52	M	Victoria	MN	00:09:22.71	00:22:52.24	00:19:00.36		00:54:58.83
6	65/393	46/177	749	Mike Dezellar	51	M	Eden Prairie	MN	00:08:50.33	00:24:28.50	00:22:15.01		01:00:31.92
7	71/393	51/177	543	Dwight Larsen	51	M	Minnetonka	MN	00:08:55.67	00:27:20.74	00:20:20.08		01:00:51.10
8	75/393	55/177	677	Robert Sullivan	53	M	Waconia	MN	00:11:41.27	00:25:21.94	00:18:59.53		01:01:04.34
9	77/393	57/177	688	Thomas Becker	52	M	Saint Paul	MN	00:07:04.66	00:28:16.91	00:21:20.47		01:01:06.38
10	87/393	60/177	856	Steve Gaffer	54	M	New Richmond	WI	00:08:10.09	00:25:36.52	00:23:57.40		01:01:59.27
11	89/393	61/177	469	Ben Awes	50	M	Saint Paul	MN	00:08:18.00	00:27:56.12	00:21:44.22		01:02:09.75
12	107/393	72/177	830	Eugenio Avila	53	M	Monticello	MN	00:10:40.99	00:27:58.27	00:21:13.73		01:03:59.78
13	116/393	78/177	441	Dan Dean	54	M	Cokato	MN	00:06:52.10	00:27:06.19	00:26:05.79		01:04:23.28
14	120/393	82/177	557	Kurt Schultz	51	M	Lakeville	MN	00:10:05.77	00:26:45.62	00:23:02.89		01:04:36.28
15	124/393	85/177	645	Tim Tanner	50	M	Plymouth	MN	00:10:43.13	00:28:22.70	00:20:53.57		01:04:58.71
16	142/393	96/177	726	Chris Muntifering	52	M	Buffalo	MN	00:11:09.30	00:28:26.62	00:22:31.06		01:06:26.15
17	150/393	98/177	465	Mardon Quandt	54	M	Annandale	MN	00:10:17.22	00:28:17.30	00:23:29.89		01:07:06.90
18	209/393	119/177	780	Paul Peppin	54	M	Buffalo	MN	00:10:53.55	00:29:17.69	00:23:34.00		01:10:11.24
19	228/393	128/177	648	Steve Livermore	53	M	Minnetrista	MN	00:11:24.75	00:28:45.52	00:25:45.66		01:11:43.24
20	249/393	135/177	716	Mark Myhra	53	M	Plymouth	MN	00:11:51.88	00:29:05.54	00:24:57.03		01:12:38.41
21	356/393	171/177	711	Shaun Kennedy	50	M	North Oaks	MN	00:18:06.85	00:30:12.93	00:30:30.68		01:24:51.52
22	376/393	176/177	582	Bill Dodge	54	M	Finlayson	MN	00:12:36.14	00:36:52.90	00:32:25.35		01:31:03.93

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	164/393	61/216	904	Mary English	55	F	Minnetonka	MN	00:09:41.11	00:29:21.63	00:23:54.86		01:07:55.48
2	165/393	62/216	655	Karen Swenson	55	F	Plymouth Mn	MN	00:09:28.69	00:29:11.75	00:24:50.53		01:08:03.70
3	198/393	87/216	560	Laurie Payton	55	F	Mendota Heights	MN	00:12:01.75	00:27:10.15	00:25:39.20		01:09:41.44
4	244/393	111/216	463	Vicki Fladland/hoien	56	F	South Haven	MN	00:10:00.82	00:31:50.49	00:26:00.10		01:12:21.81
5	252/393	117/216	451	Kathleen Smith	56	F	Otsego	MN	00:10:37.83	00:29:34.18	00:26:24.80		01:12:48.41
6	389/393	213/216	623	Jenny Seaton	57	F	Foley	MN	00:14:35.66	00:43:31.77	00:35:24.53		01:41:54.80

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	24/393	19/177	417	Kris Kolstad	56	M	Willmar	MN	00:07:56.84	00:24:55.34	00:18:31.71		00:54:29.67
2	40/393	31/177	559	Stephen Bullard	56	M	Minneapolis	MN	00:07:45.37	00:25:06.28	00:21:08.37		00:57:33.36
3	70/393	50/177	520	Todd Russ	55	M	Plymouth	MN	00:09:54.02	00:27:00.39	00:19:35.45		01:00:47.34
4	101/393	68/177	829	Ken Kufahl	56	M	Hanover	MN	00:14:21.92	00:26:22.85	00:18:39.03		01:03:38.31
5	117/393	79/177	656	Mark Swenson	55	M	Plymouth	MN	00:10:03.09	00:27:51.15	00:21:12.49		01:04:23.52
6	123/393	84/177	589	Bob Leone	57	M	Plymouth	MN	00:09:45.69	00:25:59.98	00:22:18.04		01:04:54.93
7	137/393	94/177	659	Jim Bell	56	M	Victoria	MN	00:08:42.33	00:27:18.69	00:24:59.21		01:06:17.77
8	192/393	109/177	658	Bobby Dearth	56	M	Kansas City	MO	00:10:19.63	00:27:17.98	00:24:59.38		01:09:17.84
9	200/393	113/177	607	Todd Rogers	55	M	Minneapolis	MN	00:09:50.57	00:29:00.27	00:26:05.75		01:09:44.47
10	212/393	120/177	558	Jim Fladland	59	M	Colorado Springs	CO	00:11:09.77	00:28:01.87	00:24:47.53		01:10:16.06
11	219/393	124/177	824	Rick Larson	57	M	Bloomington	MN	00:13:30.59	00:28:15.31	00:22:52.67		01:10:31.95
12	274/393	143/177	614	Harland Michael	57	M	Wheaton	IL	00:10:14.83	00:33:08.37	00:24:48.95		01:14:32.00
13	281/393	145/177	823	Dwight Geisler	56	M	Bloomington	MN	00:12:37.25	00:29:53.20	00:25:12.84		01:15:35.05
14	325/393	162/177	861	Michael Petersen	56	M	Ramsey	MN	00:09:45.05	00:31:23.02	00:30:43.89		01:20:28.05
15	336/393	164/177	472	James Vlcek	58	M	Woodbury	MN	00:11:08.56	00:35:25.60	00:26:15.77		01:22:08.80
16	349/393	169/177	550	James Wright	59	M	Delano	MN	00:10:52.38	00:39:04.91	00:28:10.93		01:23:43.87

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	163/393	60/216	800	Joanne Sunquist	60	F	Plymouth	MN		00:29:56.00	00:21:45.00		01:07:52.00
2	245/393	112/216	443	Brook Lemm-Tabor	62	F	Minneapolis	MN	00:11:54.52	00:28:37.32	00:27:19.00		01:12:24.76
3	305/393	151/216	906	Linda Kelley	61	F	Minneapolis	MN	00:10:20.86	00:33:31.58	00:26:53.39		01:17:32.10
4	306/393	152/216	744	Diane Deters	60	F	Sartell	MN	00:09:48.88	00:32:49.83	00:28:13.99		01:17:40.76
5	328/393	166/216	580	Anne Florenzano	60	F	Eden Prairie	MN	00:10:39.54	00:33:28.36	00:30:09.88		01:21:06.60
6	350/393	181/216	652	Joan Carples	60	F	Minnetonka	MN	00:13:59.84	00:36:16.15	00:27:18.26		01:23:59.80
7	358/393	187/216	735	Mari Bell	60	F	Fargo	ND	00:13:02.63	00:33:06.99	00:30:42.73		01:25:12.91
8	375/393	200/216	766	Pam Fitting	60	F	Buffalo	MN	00:11:50.55	00:38:46.92	00:34:44.44		01:31:02.23
9	378/393	202/216	807	Kate Casserly	62	F	Maple Grove	MN	00:11:47.41	00:37:51.14	00:35:32.00		01:32:02.30
10	379/393	203/216	523	Katherine Maiers	61	F	Minneapolis	MN	00:13:10.61	00:37:05.27	00:35:03.55		01:32:07.23
11	380/393	204/216	440	Jean Wood	64	F	Excelsior	MN	00:12:38.74	00:33:05.34	00:41:18.86		01:33:50.35

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Individual

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	41/393	32/177	797	Michael Bono	61	M	Minneapolis	MN	00:09:04.53	00:24:06.22	00:20:27.50		00:57:39.20
2	84/393	59/177	450	Ben Zhao	60	M	Edina	MN	00:10:35.08	00:28:27.21	00:18:00.27		01:01:48.45
3	113/393	76/177	694	Mark Walford	64	M	Glencoe	MN	00:11:05.12	00:27:14.76	00:21:00.81		01:04:09.83
4	225/393	127/177	511	Bob Spooner	62	M	Ramsey	MN	00:13:06.86	00:31:06.43	00:23:40.09		01:11:11.18
5	283/393	146/177	439	Joe Kandiko	64	M	Excelsior	MN	00:09:27.48	00:31:17.89	00:28:31.08		01:15:45.22
6	313/393	156/177	612	Terry Hill	62	M	Maple Grove	MN	00:11:01.05	00:31:20.22	00:29:12.65		01:18:21.32
7	364/393	172/177	752	Gregory Pierson	61	M	Monticello	MN	00:14:41.73	00:31:57.20	00:33:02.98		01:26:44.01
8	374/393	175/177	587	Stephen Halsey	62	M	Monticello	MN	00:15:35.07	00:33:48.28	00:30:43.67		01:29:04.01

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	121/393	83/177	565	Thomas Rohman	67	M	South Haven	MN	00:10:16.56	00:27:08.02	00:20:57.01		01:04:41.78
2	130/393	89/177	799	Joe Gryskiewicz	65	M	Edina	MN	00:08:40.51	00:27:47.55	00:23:28.51		01:05:45.21
3	264/393	139/177	544	Tom Fulton	67	M	St. Louis Park	MN	00:09:42.86	00:27:53.36	00:29:04.76		01:13:27.72

Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	203/393	114/177	714	Bob Koshnick	71	M	Detroit Lakes	MN	00:09:44.18	00:29:36.06	00:25:30.09		01:09:50.65
2	240/393	132/177	679	Howard Bich	74	M	Sioux Falls	SD	00:13:36.78	00:27:41.69	00:26:09.83		01:12:16.78
3	307/393	155/177	537	Roger Carlson	70	M	Stillwater	MN	00:13:49.59	00:32:52.22	00:24:21.29		01:17:45.62
4	320/393	160/177	460	James Burger	70	M	Manitowish Waters	WI	00:13:46.05	00:28:27.28	00:30:16.05		01:19:43.17
5	393/393	177/177	518	Frank Farrar	85	M	Britton	SD	00:13:51.70	00:36:54.28	00:49:36.28		01:53:32.89

Heart of the Lakes Triathlon

July 20, 2014

Overall Division Results

Short Team

Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	1/28	503	Team Team	South Haven	MN	00:06:54.44	00:24:53.68	00:15:51.39		00:49:25.41
2	2/28	505	The Pink Boys	Annandale	MN	00:08:13.25	00:26:27.18	00:16:36.15		00:52:57.84
3	3/28	487	Give It A Tri	Buffalo	MN	00:07:42.69	00:26:46.22	00:19:04.00		00:55:44.00
4	4/28	478	Dipper Dawgs	Annandale	MN	00:07:49.56	00:31:46.28	00:15:14.15		00:57:15.49
5	5/28	482	Captain Crunch & The Cereal Killers	Plymouth	MN	00:08:20.82	00:28:54.44	00:18:35.65		00:58:20.61
6	6/28	489	Team Boom!	Montrose	MN	00:10:51.16	00:24:58.88	00:19:45.08		00:59:27.89
7	7/28	498	D A C K	Plymouth	MN	00:09:05.91	00:29:01.43	00:19:05.45		00:59:56.23
8	8/28	483	T K M	Crystal	MN	00:12:46.13	00:31:47.17	00:15:54.72		01:03:01.28
9	9/28	490	Lady Bison	Buffalo	MN	00:08:21.16	00:30:10.76	00:21:33.59		01:03:03.93
10	10/28	502	Team Vernon	Edina	MN	00:10:52.55	00:28:40.42	00:20:45.14		01:03:25.88
11	11/28	496	Ladies Of Lake	Maple Lake	MN	00:12:29.30	00:27:25.63	00:20:40.33		01:03:32.43
12	12/28	480	Run Like The Winded	Plymouth	MN	00:10:18.62	00:28:17.44	00:22:17.72		01:03:45.19
13	13/28	497	Team A B C	South Haven	MN	00:07:45.95	00:35:58.99	00:18:52.83		01:04:57.17
14	14/28	493	Chipotle Lover's	Annandale	MN	00:08:19.08	00:35:55.16	00:20:34.14		01:06:57.03
15	15/28	500	First Try	Rogers	MN	00:09:42.34	00:32:20.74	00:22:16.67		01:07:13.93
16	16/28	477	J L R	South Haven	MN	00:12:10.17	00:27:40.97	00:25:04.33		01:07:50.74
17	17/28	504	Team G S S	Edina	MN	00:07:10.06	00:34:25.66	00:24:23.32		01:08:51.82
18	18/28	491	Speed Turtles	Monticello	MN	00:10:34.77	00:30:09.72	00:26:09.71		01:09:18.33
19	19/28	486	Team Otis	Roseville	MN	00:15:52.84	00:25:24.20	00:25:29.41		01:09:20.04
20	20/28	492	T E K	Monticello	MN	00:07:38.38	00:39:45.80	00:20:00.44		01:09:24.97
21	21/28	501	3 Fools A Foot	Minneapolis	MN	00:14:29.32	00:31:46.64	00:21:34.71		01:10:35.74
22	22/28	495	S O S	Minneapolis	MN	00:12:46.82	00:27:23.30	00:28:46.32		01:11:41.03
23	23/28	485	Hornets	Edina	MN	00:11:48.05	00:37:26.62	00:21:41.52		01:13:16.32
24	24/28	499	Rugnaak	Maple Lake	MN	00:12:48.03	00:33:39.40	00:24:29.99		01:14:18.11
25	25/28	488	Scotty & The Hottie	Rogers	MN	00:12:29.12	00:37:55.44	00:22:26.70		01:15:41.79
26	26/28	481	Lampert By Nature	Sauk Rapids	MN	00:10:15.80	00:40:56.73	00:22:20.30		01:16:29.40
27	27/28	476	Hagebock - Slane	Apple Valley	MN	00:13:38.28	00:32:26.35	00:26:11.98		01:16:39.68
28	28/28	494	Strootman Strutters	Edina	MN	00:16:31.49	00:40:40.24	00:21:47.57		01:22:40.46