

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
1	29	Matthew Payne	M	38	Columbia Heights	MN	00:12:36	8	1:25	00:01:31	00:45:59	1	27.4	00:00:23	00:29:54	3	5:38		01:30:22.14
2	2	Josh Blankenheim	M	34	Duluth	MN	00:13:39	24	1:32	00:01:26	00:48:27	4	26.0	00:00:29	00:29:05	2	5:29		01:33:04.79
3	3	Kevin O'Connor	M	44	Medina	MN	00:12:08	6	1:22	00:01:32	00:49:16	7	25.6	00:00:15	00:30:16	5	5:42		01:33:24.80
4	19	Larry Hosch	M	37	St. Joseph	MN	00:14:35	45	1:39	00:01:26	00:47:31	3	26.5	00:00:25	00:30:15	4	5:42		01:34:09.76
5	4	Bennett Isabella	M	32	Burnsville	MN	00:14:34	44	1:38	00:01:26	00:47:30	2	26.5	00:00:30	00:30:25	6	5:44		01:34:23.19
6	8	Tony Schiller	M	58	Long Lake	MN	00:13:09	14	1:29	00:01:41	00:48:36	5	25.9	00:00:33	00:32:12	13	6:04		01:36:08.53
7	6	Nate Hoffman	M	32	South Haven	MN	00:16:29	100	1:51	00:01:31	00:49:49	8	25.3	00:00:23	00:28:30	1	5:22		01:36:39.79
8	28	Thaddeus Ingersoll	M	45	St Paul	MN	00:11:10	2	1:15	00:01:34	00:52:21	19	24.1	00:00:25	00:31:26	9	5:55		01:36:53.15
9	26	Scott Myers	M	40	Plymouth	MN	00:13:19	20	1:30	00:01:37	00:50:08	10	25.1	00:00:43	00:32:35	14	6:08		01:38:18.68
10	5	Philip English	M	23	Minnetonka	MN	00:11:08	1	1:15	00:01:33	00:52:44	21	23.9	00:00:34	00:32:47	15	6:10		01:38:42.08
11	7	Steve Sander	M	36	Eden Prairie	MN	00:14:01	28	1:35	00:01:43	00:49:13	6	25.6	00:00:38	00:33:16	19	6:16		01:38:49.43
12	262	David Lewis	M	41	Nevis	MN	00:14:12	33	1:36	00:01:56	00:50:20	12	25.0	00:01:23	00:31:12	8	5:53		01:39:02.49
13	15	Travis Miller	M	35	Nisswa	MN	00:14:40	50	1:39	00:01:32	00:50:13	11	25.1	00:00:30	00:32:11	12	6:04		01:39:04.16
14	261	Mike Buenting	M	41	Chanhassen	MN	00:14:21	38	1:37	00:01:54	00:50:04	9	25.2	00:01:03	00:32:05	11	6:03		01:39:24.95
15	10	Christina Roberts	F	29	St. Louis Park	MN	00:12:25	7	1:24	00:01:45	00:54:08	35	23.3	00:00:24	00:32:58	16	6:13		01:41:37.47
16	9	Suzie Fox	F	32	Chaska	MN	00:14:37	48	1:39	00:01:52	00:51:47	14	24.3	00:00:24	00:33:48	21	6:22		01:42:25.90
17	24	Ben Trnka	M	26	Robbinsdale	MN	00:13:02	12	1:28	00:01:27	00:52:54	23	23.8	00:00:17	00:34:57	28	6:35		01:42:35.53
18	16	Michael Williams	M	26	Minnetonka	MN	00:11:45	4	1:19	00:01:30	00:54:05	32	23.3	00:00:18	00:36:03	36	6:48		01:43:38.30
19	27	Nicole Cueno	F	35	Minneapolis	MN	00:15:22	68	1:44	00:01:37	00:54:32	42	23.1	00:00:24	00:31:46	10	5:59		01:43:39.30
20	18	Mike Ladendorf	M	33	Farmington	MN	00:15:51	86	1:47	00:01:39	00:53:42	28	23.5	00:00:26	00:33:13	18	6:15		01:44:49.47
21	11	Kortney Haag	F	36	Maple Grove	MN	00:14:42	52	1:39	00:01:44	00:52:11	16	24.2	00:00:26	00:36:02	34	6:47		01:45:02.18
22	305	David Thomes	M	35	Brainerd	MN	00:16:57	107	1:55	00:01:57	00:51:13	13	24.6	00:01:14	00:34:20	23	6:28		01:45:37.14
23	188	Randy Peterson	M	49	Northfield	MN	00:14:03	31	1:35	00:02:23	00:53:00	25	23.8	00:01:09	00:35:17	30	6:39		01:45:49.04
24	292	Brian Glaeser	M	30	Somerset	WI	00:14:24	43	1:37	00:02:22	00:52:36	20	24.0	00:01:35	00:34:57	27	6:35		01:45:50.25
25	12	Diane Hankee	F	38	Lino Lakes	MN	00:15:24	72	1:44	00:01:37	00:54:12	36	23.3	00:00:15	00:34:46	25	6:33		01:46:11.88
26	268	Derek Haag	M	37	Maple Grove	MN	00:12:43	10	1:26	00:01:55	00:52:03	15	24.2	00:00:28	00:39:31	60	7:27		01:46:37.45
27	13	Lisa Lendway	F	34	St. Paul	MN	00:13:03	13	1:28	00:01:31	00:53:45	29	23.4	00:00:24	00:38:01	49	7:10		01:46:42.46
28	21	Bridget Mccoy	F	31	St Paul	MN	00:12:04	5	1:21	00:01:44	00:56:24	54	22.3	00:00:27	00:36:17	37	6:50		01:46:53.06
29	245	Sheena Dauer	F	33	Montevideo	MN	00:14:24	42	1:37	00:02:19	00:55:29	50	22.7	00:01:37	00:33:27	20	6:18		01:47:13.68
30	109	Dale Forde	M	57	Golden Valley	MN	00:14:03	30	1:35	00:02:11	00:55:12	48	22.8	00:01:00	00:34:55	26	6:35		01:47:17.79
31	207	Greg Roach	M	50	Sauk Rapids	MN					00:52:56	24	23.8	00:01:18	00:32:58	17	6:13		01:47:25.00
32	280	Ryan Welle	M	34	Bemidji	MN	00:13:19	19	1:30	00:02:07	00:53:51	30	23.4	00:01:19	00:37:09	44	7:00		01:47:41.84
33	123	Scott Ransom	M	55	Golden Valley	MN	00:12:42	9	1:26	00:02:04	00:53:38	26	23.5	00:00:30	00:39:07	55	7:22		01:47:58.74
34	200	Keith Thompson	M	46	Annandale	MN	00:15:52	89	1:47	00:02:47	00:53:42	27	23.5	00:01:18	00:34:32	24	6:30		01:48:09.25
35	324	Joe Adriaens	M	27	Maple Grove	MN	00:13:13	15	1:29	00:02:34	00:53:55	31	23.4	00:02:09	00:36:43	41	6:55		01:48:31.46
36	115	Jeffrey Gilmer	M	56	Delano	MN	00:14:03	32	1:35	00:02:15	00:52:13	18	24.1	00:00:40	00:39:58	66	7:32		01:49:06.80

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
37	125	David Dow	M	60	West Lakeland	MN	00:14:16	35	1:36	00:02:07	00:52:50	22	23.9	00:00:55	00:39:25	59	7:26		01:49:30.06
38	267	Michael Hankee	M	38	Lino Lakes	MN	00:12:44	11	1:26	00:01:57	00:56:24	55	22.3	00:01:30	00:37:30	45	7:04		01:50:02.49
39	20	Ann Snuggerud	F	47	Chaska	MN	00:13:21	21	1:30	00:01:55	00:56:47	59	22.2	00:00:42	00:37:57	48	7:09		01:50:39.59
40	224	Andrea Myers	F	39	Plymouth	MN	00:13:22	22	1:30	00:02:11	00:56:28	56	22.3	00:01:19	00:37:46	46	7:07		01:51:03.30
41	174	Brian Lavelle	M	53	Chaska	MN	00:14:21	39	1:37	00:01:54	00:54:07	34	23.3	00:01:18	00:40:24	70	7:37		01:52:01.66
42	322	David Koppel	M	28	Plymouth	MN	00:14:23	41	1:37	00:03:09	00:55:14	49	22.8	00:02:38	00:36:48	43	6:56		01:52:10.13
43	211	Ryan Wenning	M	49	Excelsior	MN	00:15:21	65	1:44	00:02:12	00:54:55	46	23.0	00:01:05	00:38:44	52	7:18		01:52:14.39
44	117	Kevin Olsen	M	56	Minneapolis	MN	00:13:43	25	1:33	00:02:02	00:54:18	39	23.2	00:00:33	00:41:57	85	7:54		01:52:30.61
45	323	Lucas Pedersen	M	28	Minneapolis	MN	00:15:47	83	1:47	00:02:29	00:57:34	62	21.9	00:01:45	00:35:00	29	6:36		01:52:33.32
46	216	J P Fahey	M	53	Nya	MN	00:15:53	91	1:47	00:02:26	00:54:12	37	23.2	00:01:12	00:38:53	53	7:20		01:52:34.54
47	215	Mark Bittner	M	49	Bruce	WI	00:15:40	78	1:46	00:03:14	00:54:37	43	23.1	00:01:16	00:37:55	47	7:09		01:52:39.78
48	266	Brian Frank	M	39	Little Falls	MN	00:15:21	66	1:44	00:03:14	00:54:55	47	22.9	00:01:16	00:38:38	51	7:17		01:53:21.45
49	230	Krisana Hoff	F	38	Excelsior	MN	00:17:31	120	1:58	00:02:39	00:56:39	58	22.2	00:01:36	00:35:47	32	6:44		01:54:08.37
50	330	Jaret Carpenter	M	17	Maple Grove	MN	00:14:38	49	1:39	00:02:57	01:04:10	132	19.6	00:01:32	00:31:09	7	5:52		01:54:24.83
51	246	Kimberly Ault	F	33	Plymouth	MN	00:15:50	85	1:47	00:01:59	00:55:57	52	22.5	00:01:18	00:39:40	65	7:28		01:54:41.54
52	192	Andy Leier	M	49	Shakopee	MN	00:17:52	130	2:01	00:03:09	00:54:30	41	23.1	00:01:35	00:38:05	50	7:10		01:55:07.51
53	103	Leonard Klun	M	61	Maple Plain	MN	00:14:19	37	1:37	00:02:46	00:57:58	66	21.7	00:01:13	00:39:11	56	7:23		01:55:23.68
54	122	Steve Kangas	M	55	Woodbury	MN	00:15:52	88	1:47	00:03:11	00:54:38	44	23.1	00:01:23	00:40:26	71	7:37		01:55:27.79
55	328	Will Gallagher	M	17	St. Michael	MN	00:11:12	3	1:16	00:02:37	00:59:30	77	21.2	00:03:01	00:39:23	58	7:25		01:55:40.00
56	315	Katie Oden	F	22	Buffalo	MN	00:14:37	47	1:39	00:02:06	01:02:01	108	20.3	00:00:59	00:35:59	33	6:47		01:55:40.54
57	106	Peter Tabor	M	58	Minneapolis	MN	00:16:54	106	1:54	00:03:11	00:54:05	33	23.3	00:02:03	00:39:33	61	7:27		01:55:43.81
58	102	Kent Schwitzer	M	62	Minnetonka	MN	00:14:15	34	1:36	00:02:37	00:54:13	38	23.2	00:01:00	00:43:48	108	8:15		01:55:51.10
59	248	Margaret Nigg	F	32	Minneapolis	MN	00:15:57	93	1:48	00:02:20	01:00:20	86	20.9	00:01:27	00:36:02	35	6:47		01:56:03.40
60	303	Corby Serk	M	41	Eden Prairie	MN	00:15:52	87	1:47	00:02:18	00:54:18	40	23.2	00:01:45	00:41:59	86	7:55		01:56:09.92
61	278	Eben Spencer	M	35	Apple Valley	MN	00:17:20	115	1:57	00:01:54	00:52:13	17	24.1	00:01:26	00:44:31	119	8:23		01:57:21.01
62	265	David Berntson	M	39	Duluth	MN	00:17:54	132	2:01	00:02:31	00:59:56	84	21.0	00:01:27	00:36:29	38	6:52		01:58:12.49
63	175	Drew Frakes	M	53	St Louis Park	MN	00:17:40	126	2:00	00:02:57	00:55:42	51	22.6	00:01:07	00:41:10	76	7:45		01:58:33.28
64	22	Anne Grabowski	F	47	Minneapolis	MN	00:18:27	147	2:05	00:02:02	00:54:51	45	23.0	00:01:01	00:42:17	91	7:58		01:58:35.12
65	17	Peter Hagen	M	47	Apple Valley	MN	00:14:48	54	1:40	00:02:05	00:58:52	71	21.4	00:00:52	00:42:26	93	8:00		01:59:00.62
66	210	David Barnes	M	47	Lakeville	MN	00:15:26	74	1:44	00:03:23	01:02:30	117	20.2	00:01:23	00:36:44	42	6:55		01:59:24.05
67	195	Scott Tollefson	M	48	Minneapolis	MN	00:19:20	169	2:11	00:02:23	00:59:35	79	21.2	00:01:32	00:36:41	40	6:55		01:59:28.41
68	196	Dan Hauck	M	48	Cedar	MN	00:13:39	23	1:32	00:02:39	01:05:12	146	19.3	00:01:51	00:36:32	39	6:53		01:59:49.96
69	264	Brian Ross	M	39	Shorewood	MN	00:15:19	64	1:44	00:02:31	00:57:07	60	22.1	00:01:22	00:43:46	107	8:15		02:00:03.97
70	182	Mark Moland	M	52	Lakeville	MN	00:14:56	56	1:41	00:02:43	00:56:33	57	22.3	00:02:38	00:43:19	101	8:10		02:00:06.79
71	190	Dustin Warner	M	49	Eden Prairie	MN	00:15:30	76	1:45	00:02:20	00:59:18	75	21.2	00:01:13	00:41:55	83	7:54		02:00:13.65
72	306	Christian Twigg	M	42	Minneapolis	MN	00:14:21	40	1:37	00:02:17	00:57:59	67	21.7	00:01:29	00:44:18	114	8:21		02:00:22.12

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	202	Reese Lang	M	45	Loretto	MN	00:18:15	140	2:04	00:02:08	00:59:22	76	21.2	00:01:03	00:39:37	63	7:28		02:00:23.13
74	257	Dan Hackenberg	M	42	Eden Prairie	MN	00:15:42	80	1:46	00:02:57	00:59:32	78	21.2	00:01:54	00:40:23	68	7:37		02:00:24.73
75	163	Jill Hughes	F	41	Orono	MN	00:17:30	119	1:58	00:02:25	00:58:52	70	21.4	00:01:28	00:40:24	69	7:37		02:00:36.48
76	225	Susan Hilal	F	39	Plymouth	MN	00:13:51	26	1:34	00:02:27	01:01:39	105	20.4	00:01:29	00:41:14	77	7:46		02:00:37.18
77	317	Kaelyn Williams	F	21	Golden Valley	MN	00:17:56	134	2:01	00:02:39	01:03:39	130	19.8	00:01:22	00:35:25	31	6:40		02:00:57.70
78	234	Kelli Moretter-Bue	F	37	Eden Prairie	MN	00:16:12	95	1:50	00:02:58	00:57:49	64	21.8	00:02:08	00:41:56	84	7:54		02:01:01.13
79	308	Lindsey Palmer	F	29	Vadnais Heights	MN	00:16:38	101	1:53	00:02:17	00:59:52	83	21.1	00:01:51	00:40:35	73	7:39		02:01:10.87
80	223	Christine Agazzi	F	39	Eden Prairie	MN	00:15:14	62	1:43	00:02:44	01:01:15	101	20.6	00:01:43	00:40:45	75	7:41		02:01:38.06
81	152	Lori Gengler	F	44	Plymouth	MN	00:17:37	124	1:59	00:02:27	00:57:52	65	21.8	00:01:20	00:43:16	100	8:09		02:02:29.65
82	290	Alan Cornett	M	41	Blaine	MN	00:17:36	123	1:59	00:02:27	00:57:10	61	22.0	00:02:07	00:43:25	102	8:11		02:02:41.80
83	277	Benjamin Menk	M	35	Minneapolis	MN	00:20:35	198	2:19	00:04:27	00:56:13	53	22.4	00:02:10	00:39:21	57	7:25		02:02:43.44
84	110	Arth Gorr	M	57	Buffalo	MN	00:18:15	139	2:04	00:03:09	00:57:40	63	21.8	00:01:42	00:42:06	87	7:56		02:02:50.87
85	301	Nicholas Lodien	M	33	Minneapolis	MN	00:15:17	63	1:43	00:04:20	00:59:45	82	21.1	00:03:34	00:40:03	67	7:33		02:02:56.63
86	205	Kitty Earl-Torniainen	F	47	St. Paul	MN	00:18:47	156	2:07	00:02:10	01:01:14	100	20.6	00:01:29	00:39:39	64	7:28		02:03:15.52
87	191	Rick Trueman	M	49	Plymouth	MN	00:21:30	204	2:26	00:04:52	01:00:35	90	20.8	00:02:16	00:34:20	22	6:28		02:03:31.09
88	168	Becca Joseph	F	40	Minnetonka	MN	00:14:53	55	1:41	00:03:03	01:05:08	145	19.3	00:01:46	00:38:57	54	7:20		02:03:44.04
89	294	Kathy Dixon	F	36	Arden Hills	MN	00:14:18	36	1:37	00:02:22	01:01:18	102	20.6	00:01:32	00:44:18	115	8:21		02:03:45.22
90	116	Don Weirens	M	56	Minneapolis	MN	00:17:34	121	1:59	00:02:41	00:58:17	68	21.6	00:00:59	00:44:42	122	8:25		02:04:10.65
91	186	Mark Augdahl	M	50	Chaska	MN	00:15:06	59	1:42	00:02:41	01:02:36	120	20.1	00:01:40	00:42:24	92	7:59		02:04:24.50
92	69	Helen Gunther	F	58	Excelsior	MN	00:17:16	113	1:57	00:02:40	01:01:34	104	20.5	00:00:44	00:43:00	96	8:06		02:05:11.41
93	275	Chris Swee	M	36	West Fargo	ND	00:13:16	17	1:30	00:02:25	01:02:23	115	20.2	00:02:06	00:45:05	126	8:30		02:05:12.02
94	276	Ejay Jack	M	35	Minneapolis	MN	00:15:24	70	1:44	00:02:00	01:02:04	110	20.3	00:01:37	00:44:18	116	8:21		02:05:20.39
95	302	Tim Vedder	M	36	Minneapolis	MN	00:18:09	138	2:03	00:03:29	00:59:40	80	21.1	00:02:11	00:42:07	88	7:56		02:05:33.63
96	113	Steve Gunther	M	57	Excelsior	MN	00:13:53	27	1:34	00:02:30	01:02:10	112	20.3	00:00:56	00:46:13	136	8:43		02:05:38.91
97	327	David Ritz	M	18	Maple Grove	MN	00:17:01	109	1:55	00:02:30	01:01:06	96	20.6	00:01:47	00:43:31	103	8:12		02:05:51.85
98	213	Brian Ohana	M	46	Minneapolis	MN	00:16:52	102	1:54	00:02:19	01:01:11	99	20.6	00:01:54	00:43:40	105	8:14		02:05:53.42
99	65	Pam Stevens	F	62	Sartell	MN	00:15:54	92	1:48	00:02:37	00:58:57	72	21.4	00:00:48	00:47:51	155	9:01		02:06:03.61
100	291	David Williams	M	30	Stewartville	MN	00:14:36	46	1:39	00:02:03	01:03:37	129	19.8	00:02:12	00:44:07	110	8:19		02:06:32.55
101	160	Julie Hurley	F	42	Minneapolis	MN	00:17:20	114	1:57	00:02:21	01:04:25	136	19.6	00:01:59	00:40:33	72	7:38		02:06:34.97
102	171	Mark Getty	M	53	Plymouth	MN	00:19:37	179	2:13	00:03:05	01:02:32	119	20.1	00:01:14	00:40:38	74	7:39		02:07:04.83
103	310	Stephanie Simenstad	F	26	Richfield	MN	00:15:50	84	1:47	00:02:28	01:00:42	91	20.8	00:02:04	00:46:21	140	8:44		02:07:23.05
104	180	Mike Dezellar	M	52	Eden Prairie	MN	00:17:25	116	1:58	00:02:32	00:59:03	74	21.3	00:02:11	00:46:16	138	8:43		02:07:24.79
105	71	Diane Stoller	F	56	Maple Grove	MN	00:19:40	181	2:13	00:03:06	00:58:41	69	21.5	00:01:08	00:45:03	124	8:29		02:07:34.36
106	331	Blake Steinbring	M	28	Alexandria	MN	00:18:46	154	2:07	00:03:05	01:02:11	113	20.3	00:04:08	00:39:36	62	7:28		02:07:43.42
107	178	Tim Woodfield	M	52	Victoria	MN	00:15:00	57	1:41	00:02:45	01:00:47	92	20.7	00:01:25	00:47:50	154	9:01		02:07:43.94
108	235	Kelly Unger	F	36	Madison	WI	00:16:59	108	1:55	00:02:39	01:00:48	93	20.7	00:01:45	00:46:06	134	8:41		02:08:13.77

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	239	Kyleen Harstedt	F	36	North Branch	MN	00:15:25	73	1:44	00:02:49	01:02:49	122	20.1	00:02:29	00:44:52	123	8:27		02:08:22.32
110	70	Carolyn Milbrath	F	57	Hudson	WI	00:15:23	69	1:44	00:02:18	01:02:55	124	20.0	00:00:56	00:46:56	144	8:51		02:08:26.24
111	325	Drew Olmen	M	25	Annandale	MN	00:16:26	99	1:51	00:02:41	01:04:51	140	19.4	00:01:32	00:43:00	97	8:06		02:08:28.46
112	220	David Thoma	M	54	Annandale	MN	00:14:48	53	1:40	00:02:22	01:02:05	111	20.3	00:01:53	00:47:31	152	8:57		02:08:35.75
113	72	Judy Murray	F	55	Sartell	MN	00:17:52	131	2:01	00:02:58	01:01:44	106	20.4	00:01:03	00:45:31	130	8:35		02:09:05.62
114	312	Emma Adriaens	F	25	Maple Grove	MN	00:19:45	185	2:14	00:04:00	01:02:02	109	20.3	00:02:06	00:41:46	79	7:52		02:09:36.98
115	77	Kathy Sanville	F	54	White Bear Lake	MN	00:19:49	187	2:14	00:02:34	00:58:58	73	21.4	00:01:34	00:47:20	149	8:55		02:10:12.55
116	193	Dave Link	M	48	Eden Prairie	MN	00:14:41	51	1:39	00:02:47	01:02:29	116	20.2	00:01:35	00:48:48	165	9:12		02:10:16.24
117	282	Kevin Jaunich	M	34	Delano	MN	00:22:08	214	2:30	00:02:58	01:00:33	89	20.8	00:02:33	00:42:17	90	7:58		02:10:25.27
118	167	Stephanie Kvasnicka	F	40	Medina	MN	00:15:24	71	1:44	00:02:42	01:06:48	168	18.9	00:01:12	00:44:34	120	8:24		02:10:37.60
119	75	Judith Peters	F	55	St. Cloud	MN	00:19:24	172	2:11	00:02:45	01:02:37	121	20.1	00:00:54	00:45:18	129	8:32		02:10:55.65
120	158	Angela Jordahl	F	43	Big Lake	MN	00:18:26	146	2:05	00:02:04	01:02:53	123	20.0	00:01:42	00:46:21	139	8:44		02:11:22.65
121	329	Nick Hendrickson	M	17	Maple Grove	MN	00:13:18	18	1:30	00:03:08	01:10:20	194	17.9	00:01:53	00:42:51	95	8:05		02:11:28.77
122	311	Jaci Lang	F	26	Saint Cloud	MN	00:19:35	177	2:13	00:02:15	01:05:37	154	19.2	00:01:40	00:42:35	94	8:01		02:11:39.97
123	204	Thomas Laberge	M	45	Blaine	MN	00:15:10	60	1:43	00:02:23	01:03:01	127	20.0	00:02:40	00:48:49	167	9:12		02:12:00.07
124	259	Brian Hegrenes	M	41	Albertville	MN	00:19:40	180	2:13	00:03:29	01:00:57	95	20.7	00:03:28	00:44:30	117	8:23		02:12:00.84
125	184	Cara Mulder	F	40	Wayzata	MN	00:19:00	159	2:09	00:04:21	01:05:38	155	19.2	00:01:56	00:41:25	78	7:48		02:12:17.05
126	149	Carole Weiland	F	44	Champlin	MN	00:13:14	16	1:29	00:02:29	01:01:22	103	20.5	00:02:09	00:53:35	203	10:06		02:12:46.47
127	255	Mark Hartley	M	43	Inver Grove Heights	MN	00:18:24	144	2:04	00:03:58	01:01:07	97	20.6	00:03:10	00:46:14	137	8:43		02:12:51.49
128	124	Karen Eklin	F	51	Plymouth	MN	00:16:00	94	1:48	00:03:06	01:05:22	149	19.3	00:01:47	00:47:11	145	8:53		02:13:22.91
129	326	William Traxler	M	21	Victoria	MN	00:19:47	186	2:14	00:02:24	01:05:00	143	19.4	00:02:30	00:43:46	106	8:15		02:13:24.10
130	183	Tim Tanner	M	51	Plymouth	MN	00:17:36	122	1:59	00:03:04	01:06:40	165	18.9	00:01:48	00:44:30	118	8:23		02:13:35.76
131	94	Thomas Rohman	M	68	South Haven	MN	00:18:19	143	2:04	00:02:47	01:02:17	114	20.2	00:02:14	00:48:26	162	9:08		02:14:00.22
132	296	Trevor Windel	M	43	St. Michael	MN	00:20:48	199	2:21	00:04:11	01:04:51	139	19.4	00:02:39	00:41:48	81	7:53		02:14:14.24
133	127	Mike Borneke	M	61	Eagle Lake	MN	00:19:28	174	2:12	00:04:11	01:00:55	94	20.7	00:01:26	00:48:19	161	9:06		02:14:17.15
134	112	Robert Lawton	M	57	Willmar	MN	00:17:13	112	1:57	00:05:24	01:07:56	175	18.5	00:02:15	00:41:48	80	7:53		02:14:33.73
135	162	Carolyn Tuohy	F	41	Minneapolis	MN	00:19:01	160	2:09	00:02:23	01:05:52	159	19.1	00:02:01	00:45:41	132	8:37		02:14:54.70
136	76	Mary Januschka	F	54	Cambridge	MN	00:19:42	182	2:13	00:04:23	01:04:20	135	19.6	00:02:25	00:44:12	112	8:20		02:15:00.04
137	164	Joy Orvis	F	41	Andover	MN	00:18:56	157	2:08	00:03:16	01:03:00	126	20.0	00:01:35	00:48:34	163	9:09		02:15:18.85
138	214	Robert Younger	M	46	Brooklyn Park	MN	00:15:42	81	1:46	00:07:18	01:06:29	163	19.0	00:03:46	00:42:10	89	7:57		02:15:21.78
139	243	Kaitlyn Julius	F	34	Minneapolis	MN	00:15:41	79	1:46	00:02:46	01:04:10	133	19.6	00:02:12	00:50:43	180	9:33		02:15:28.92
140	90	Hank Larsen	M	75	Glencoe	MN	00:19:05	162	2:09	00:02:55	01:05:28	150	19.2	00:00:45	00:47:29	151	8:57		02:15:40.05
141	120	Carl Hoang	M	55	Maple Grove	MN	00:18:42	153	2:07	00:03:03	01:00:20	87	20.9	00:01:13	00:52:26	196	9:53		02:15:41.62
142	107	Cary Radisewitz	M	58	Luverne	MN	00:18:24	145	2:05	00:04:29	01:02:56	125	20.0	00:02:25	00:47:32	153	8:57		02:15:43.35
143	299	Anna Duray	F	38	Edina	MN	00:15:32	77	1:45	00:02:48	01:06:47	167	18.9	00:01:52	00:48:52	168	9:13		02:15:49.37
144	232	Amanda Heinritz	F	37	Northfield	MN	00:15:22	67	1:44	00:02:33	01:07:27	171	18.7	00:01:58	00:48:36	164	9:10		02:15:53.01

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
145	126	Rob Sitek	M	58	Hastings	MN	00:17:42	128	2:00	00:03:11	01:00:33	88	20.8	00:01:41	00:52:49	199	9:57		02:15:53.02
146	314	Kelsey Sorensen	F	24	St Paul	MN	00:18:35	150	2:06	00:02:47	01:10:02	190	18.0	00:02:48	00:41:49	82	7:53		02:15:57.13
147	231	Gretchen Langbehn	F	37	South Haven	MN					01:05:16	147	19.3	00:02:18	00:47:23	150	8:56		02:16:01.83
148	334	Sean Devine	M	22	Eden Prairie	MN	00:19:22	170	2:11	00:03:41	01:05:20	148	19.3	00:02:26	00:45:35	131	8:36		02:16:22.53
149	256	Paul Portenlanger	M	42	Minneapolis	MN	00:19:25	173	2:11	00:04:21	01:07:21	170	18.7	00:02:16	00:43:03	99	8:07		02:16:23.15
150	85	Bethann Barankovich	F	51	Minneapolis	MN	00:15:52	90	1:47	00:03:35	01:10:01	188	18.0	00:01:50	00:45:08	127	8:30		02:16:24.44
151	209	Jill Wine	F	48	Plymouth	MN	00:15:45	82	1:47	00:03:31	01:05:58	160	19.1	00:03:03	00:48:15	159	9:06		02:16:30.25
152	197	Darrick Zarlign	M	47	Vadnais Heights	MN	00:18:18	142	2:04	00:03:22	01:02:31	118	20.2	00:01:43	00:50:43	181	9:34		02:16:34.86
153	151	Megan Maury	F	44	St Paul	MN	00:15:10	61	1:43	00:03:19	01:07:43	173	18.6	00:01:41	00:48:48	166	9:12		02:16:38.58
154	172	Mark Falzone	M	53	Chanhassen	MN	00:16:26	98	1:51	00:03:41	01:08:18	176	18.4	00:04:41	00:44:01	109	8:18		02:17:04.70
155	219	Laura Hjort	F	48	Elk River	MN	00:18:05	137	2:02	00:03:24	01:05:34	153	19.2	00:01:51	00:48:14	158	9:05		02:17:06.09
156	74	Denise Casey	F	55	Buffalo	MN	00:19:56	189	2:15	00:03:05	01:08:23	177	18.4	00:00:59	00:45:04	125	8:30		02:17:25.03
157	298	Betsy Grams	F	39	Chanhassen	MN	00:20:11	192	2:17	00:03:12	01:04:46	138	19.5	00:02:33	00:47:13	147	8:54		02:17:52.39
158	295	Andy Kock	M	37	Golden Valley	MN	00:19:16	167	2:10	00:04:18	01:08:42	180	18.3	00:01:51	00:44:09	111	8:19		02:18:13.57
159	99	Rick E. Wheeler	M	64	Bloomington	MN	00:17:59	135	2:02	00:03:24	01:05:38	156	19.2	00:01:17	00:49:59	177	9:25		02:18:14.21
160	185	Steven Gallagher	M	50	Minneapolis	MN	00:18:05	136	2:02	00:03:28	01:05:33	152	19.2	00:01:54	00:49:24	174	9:19		02:18:21.02
161	60	Deborah Roberts	F	64	Nisswa	MN	00:17:44	129	2:00	00:02:32	01:07:49	174	18.6	00:00:47	00:49:37	176	9:21		02:18:26.41
162	287	Eric Fiedler	M	32	Ramsey	MN	00:19:32	175	2:12	00:02:29	01:03:18	128	19.9	00:02:01	00:51:24	187	9:41		02:18:42.39
163	67	Susan Holt	F	59	Plymouth	MN	00:15:30	75	1:45	00:03:05	01:06:44	166	18.9	00:01:36	00:52:21	195	9:52		02:19:13.10
164	64	Lisa Wheeler	F	64	Bloomington	MN	00:19:34	176	2:12	00:03:16	01:07:32	172	18.7	00:01:32	00:47:51	156	9:01		02:19:43.00
165	283	Nicholas Milton	M	33	Minneapolis	MN	00:17:13	111	1:56	00:04:06	01:01:48	107	20.4	00:04:25	00:52:29	197	9:53		02:19:57.00
166	332	Krista Moorman	F	23	Freeport	MN	00:20:27	195	2:19	00:03:30	01:10:16	192	17.9	00:01:50	00:44:16	113	8:21		02:20:17.35
167	199	Brett Mayfield	M	46	Cokato	MN	00:16:53	103	1:54	00:04:15	01:06:31	164	18.9	00:03:31	00:49:11	172	9:16		02:20:19.40
168	244	Teresa Werth	F	33	Woodbury	MN	00:23:15	225	2:38	00:03:25	01:05:00	142	19.4	00:02:04	00:46:52	143	8:50		02:20:33.81
169	217	Allen Donais	M	52	Eveleth	MN	00:23:29	226	2:39	00:04:27	01:01:09	98	20.6	00:02:29	00:49:20	173	9:18		02:20:52.81
170	279	Nathan Evans	M	34	Chicago	IL	00:19:16	166	2:10	00:02:42	01:05:02	144	19.4	00:03:00	00:51:01	183	9:37		02:20:58.38
171	98	Tom Couillard	M	66	White Bear Lake	MN	00:18:36	151	2:06	00:04:10	01:05:45	158	19.2	00:02:28	00:50:07	178	9:27		02:21:03.28
172	208	Susan Peterson	F	47	St Louis Park	MN	00:23:53	231	2:42	00:04:01	01:05:30	151	19.2	00:03:17	00:44:41	121	8:25		02:21:19.50
173	87	Kathy Nelson	F	51	Brooklyn Park	MN	00:17:25	117	1:58	00:03:05	01:07:13	169	18.7	00:01:35	00:52:41	198	9:56		02:21:57.83
174	153	Linda Mckee	F	43	Shoreview	MN	00:15:02	58	1:42	00:02:40	01:10:48	197	17.8	00:02:12	00:51:21	186	9:41		02:21:59.31
175	157	Julie Pettit	F	43	Maple Grove	MN	00:18:16	141	2:04	00:04:13	01:11:00	198	17.7	00:01:58	00:46:51	142	8:50		02:22:16.19
176	93	Daryl Stevens	M	72	Sartell	MN	00:19:11	164	2:10	00:03:37	01:00:00	85	21.0	00:00:51	00:58:59	223	11:07		02:22:36.64
177	141	Leanne Ritz	F	46	Maple Grove	MN	00:16:53	105	1:54	00:03:19	01:04:13	134	19.6	00:02:29	00:55:55	214	10:33		02:22:48.26
178	181	William Traxler	M	52	Victoria	MN	00:22:40	222	2:34	00:03:15	01:03:59	131	19.7	00:01:38	00:52:12	194	9:50		02:23:41.62
179	249	Chelsie Binsfeld	F	31	Saint Cloud	MN	00:16:20	96	1:50	00:03:29	01:06:16	162	19.0	00:02:48	00:55:30	211	10:28		02:24:20.13
180	333	Andrew Barringer	M	24	Saint Francis	MN	00:20:13	193	2:17	00:03:56	00:59:41	81	21.1	00:04:51	00:55:52	213	10:32		02:24:28.96

Heart of the Lakes Triathlon

July 19, 2015

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Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
181	137	Cathleen McGinnity	F	49	Luck	WI	00:19:01	161	2:09	00:03:10	01:05:44	157	19.2	00:02:15	00:54:25	205	10:15		02:24:32.27
182	318	Ericka Norgren	F	19	South Haven	MN	00:19:08	163	2:09	00:03:14	01:12:41	210	17.3	00:02:29	00:47:12	146	8:54		02:24:40.91
183	309	Madilyn Vaith	F	27	St. Paul	MN	00:23:37	228	2:40	00:04:05	01:10:32	196	17.9	00:03:53	00:43:34	104	8:13		02:25:38.32
184	187	Paul Pasko	M	50	Minnetonka	MN	00:21:30	205	2:26	00:03:57	01:04:57	141	19.4	00:03:34	00:51:44	189	9:45		02:25:40.48
185	179	Craig Olsen	M	52	Inver Grove Heights	MN	00:19:13	165	2:10	00:05:04	01:12:24	207	17.4	00:01:58	00:47:15	148	8:54		02:25:51.39
186	194	Michael Kovic	M	48	Chanhassen	MN	00:14:02	29	1:35	00:03:54	01:14:00	218	17.0	00:02:08	00:52:03	192	9:49		02:26:03.63
187	131	Leslie Stanaway	F	61	Minneapolis	MN	00:21:50	209	2:28	00:03:42	01:14:03	219	17.0	00:00:30	00:46:09	135	8:42		02:26:10.54
188	159	Amy Moran	F	42	Hastings	MN	00:25:14	239	2:51	00:04:13	01:06:14	161	19.0	00:02:38	00:48:09	157	9:05		02:26:25.64
189	155	Carla Nordenstrom	F	43	Blaine	MN	00:16:53	104	1:54	00:02:59	01:11:57	204	17.5	00:01:55	00:53:31	202	10:05		02:27:10.95
190	218	Andrea Brockberg	F	41	Saint Paul	MN	00:21:12	202	2:24	00:04:48	01:10:12	191	17.9	00:02:25	00:49:06	170	9:15		02:27:41.04
191	170	Jonathan Stinson	M	54	Plymouth	MN	00:24:55	238	2:49	00:03:21	01:08:42	179	18.3	00:04:21	00:46:31	141	8:46		02:27:47.34
192	119	Brett Oden	M	55	Buffalo	MN	00:18:58	158	2:08	00:04:17	01:12:51	211	17.3	00:03:31	00:48:18	160	9:06		02:27:53.68
193	61	Connie Foster	F	64	River Falls	WI	00:18:33	149	2:06	00:03:05	01:13:21	213	17.2	00:01:24	00:51:49	190	9:46		02:28:08.84
194	121	Ken Katz	M	55	Plymouth	MN	00:22:36	221	2:33	00:04:33	01:08:25	178	18.4	00:02:28	00:50:44	182	9:34		02:28:43.44
195	206	Mike Swanson	M	45	Minneapolis	MN	00:21:22	203	2:25	00:04:02	01:11:12	200	17.7	00:03:13	00:48:58	169	9:14		02:28:44.18
196	254	Matt Honsey	M	43	Annandale	MN	00:24:46	236	2:48	00:02:40	01:16:52	230	16.4	00:01:55	00:43:01	98	8:06		02:29:11.56
197	165	Julie Longstreet	F	40	Delano	MN	00:21:36	208	2:26	00:03:53	01:09:29	184	18.1	00:02:00	00:52:50	200	9:58		02:29:45.59
198	73	Brenda Conzert	F	55	Buffalo	MN	00:18:46	155	2:07	00:04:14	01:12:21	206	17.4	00:03:41	00:51:25	188	9:41		02:30:25.38
199	154	Amy Blixt	F	43	Colorado Springs	CO	00:19:35	178	2:13	00:03:41	01:13:33	215	17.1	00:01:51	00:52:00	191	9:48		02:30:38.04
200	286	Oliver Ross	M	33	Saint Paul	MN	00:20:30	196	2:19	00:05:13	01:11:28	202	17.6	00:02:35	00:51:07	185	9:38		02:30:50.84
201	176	Mark McArthur	M	53	Excelsior	MN	00:19:22	171	2:11	00:03:37	01:09:23	183	18.2	00:02:19	00:57:30	219	10:50		02:32:07.91
202	92	Fred Roethlisberger	M	72	River Falls	WI	00:22:12	215	2:30	00:03:30	01:11:30	203	17.6	00:04:05	00:51:02	184	9:37		02:32:16.88
203	300	Sarah Klemmensen	F	37	Saint Paul	MN	00:22:26	216	2:32	00:03:28	01:09:30	185	18.1	00:03:10	00:53:52	204	10:09		02:32:23.75
204	293	Carmen Olsen	F	38	Mahtomedi	MN	00:20:31	197	2:19	00:03:30	01:11:03	199	17.7	00:02:48	00:55:03	208	10:23		02:32:51.93
205	80	Diane Lang	F	53	Burnsville	MN	00:22:32	220	2:33	00:04:31	01:17:36	234	16.2	00:02:19	00:46:01	133	8:40		02:32:56.22
206	66	Michel Sanders	F	61	Saint Paul	MN	00:19:43	183	2:13	00:04:01	01:10:26	195	17.9	00:01:50	00:57:04	218	10:45		02:33:01.40
207	272	Mark Tennessen	M	36	Lakeville	MN	00:17:11	110	1:56	00:02:40	01:16:28	228	16.5	00:02:04	00:54:48	206	10:20		02:33:07.63
208	68	Gale Tinglov	F	58	St. Cloud	MN	00:16:22	97	1:51	00:03:38	01:13:00	212	17.3	00:01:30	00:58:42	222	11:04		02:33:09.35
209	104	Walter Milbrath	M	60	Hudson	WI	00:19:18	168	2:11	00:03:20	01:10:19	193	17.9	00:01:27	00:59:38	225	11:15		02:34:00.14
210	138	Michele Pasko	F	49	Minnetonka	MN	00:21:31	206	2:26	00:04:53	01:09:01	181	18.3	00:03:00	00:56:34	217	10:40		02:34:55.88
211	281	Jeff Trinh-Sy	M	34	Minneapolis	MN	00:25:57	240	2:56	00:04:02	01:09:43	187	18.1	00:01:57	00:53:28	201	10:05		02:35:03.98
212	203	David John Carlson	M	45	Minneapolis	MN	00:23:02	223	2:36	00:05:01	01:14:38	223	16.9	00:04:13	00:49:26	175	9:19		02:36:17.75
213	228	Laurie Dubois	F	38	Kimball	MN	00:22:01	212	2:29	00:02:54	01:13:27	214	17.2	00:01:56	00:56:06	215	10:35		02:36:21.22
214	62	Peggy Hunter	F	64	Hugo	MN	00:23:30	227	2:39	00:04:13	01:10:02	189	18.0	00:01:36	00:57:38	220	10:52		02:36:56.69
215	285	Ben O'Donnell	M	33	Eagan	MN	00:18:41	152	2:06	00:03:16	01:09:06	182	18.2	00:02:28	01:03:49	231	12:02		02:37:17.12
216	288	Andrew Ortquist	M	31	Lakeville	MN	00:21:51	210	2:28	00:04:49	01:18:52	237	16.0	00:01:56	00:50:29	179	9:31		02:37:54.26

Heart of the Lakes Triathlon

July 19, 2015

Overall Results

Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
217	144	Joleen Gutting	F	45	River Falls	WI	00:21:03	201	2:23	00:04:54	01:15:19	225	16.7	00:01:51	00:54:58	207	10:22		02:38:02.45
218	258	Mark Wagner	M	42	New Hope	MN	00:17:41	127	2:00	00:04:13	01:04:31	137	19.5	00:04:34	01:08:19	237	12:53		02:39:14.92
219	139	Kristin Nelson	F	49	Delano	MN	00:20:54	200	2:22	00:03:55	01:16:39	229	16.4	00:02:31	00:55:22	209	10:26		02:39:18.94
220	166	Kasey Morlock	F	40	Stewartville	MN	00:19:57	190	2:15	00:07:55	01:13:41	216	17.1	00:01:45	00:56:07	216	10:35		02:39:21.47
221	148	Diana Oberg	F	44	Maple Grove	MN	00:26:34	241	3:00	00:04:29	01:14:06	220	17.0	00:02:12	00:52:06	193	9:49		02:39:24.67
222	247	Dawn Pierson	F	32	Eden Prairie	MN	00:17:26	118	1:58	00:04:45	01:12:05	205	17.5	00:03:39	01:02:11	228	11:43		02:40:03.10
223	270	Kyle Bauman	M	37	Delano	MN	00:24:31	233	2:46	00:04:20	01:12:36	209	17.4	00:02:14	00:58:05	221	10:57		02:41:43.72
224	289	Bryan Baxter	M	31	Lakeville	MN	00:28:26	242	3:13	00:04:26	01:17:20	233	16.3	00:02:32	00:49:08	171	9:16		02:41:48.54
225	130	Tom Barringer	M	59	St. Francis	MN	00:23:06	224	2:37	00:04:17	01:12:31	208	17.4	00:02:30	01:01:06	227	11:31		02:43:28.07
226	118	Chuck Wagner	M	55	Minnetonka	MN	00:22:27	217	2:32	00:04:37	01:14:35	222	16.9	00:02:40	01:00:25	226	11:23		02:44:40.95
227	238	Heidi Frederickson	F	36	Blaine	MN	00:23:52	230	2:42	00:04:14	01:18:22	236	16.1	00:03:10	00:55:40	212	10:30		02:45:16.32
228	319	Eric Andersen	M	28	Champlin	MN	00:19:45	184	2:14	00:03:09	01:13:59	217	17.0	00:02:10	01:06:45	234	12:35		02:45:44.72
229	91	Steve Paladie	M	72	Plymouth	MI	00:23:38	229	2:40	00:03:22	01:15:05	224	16.8	00:01:43	01:02:19	229	11:45		02:46:03.23
230	250	Jessica Fernandez	F	31	Chicago	IL	00:24:13	232	2:44	00:03:28	01:17:42	235	16.2	00:02:17	00:59:17	224	11:10		02:46:53.35
231	78	Nancy Konkel	F	54	Eden Prairie	MN	00:17:55	133	2:01	00:04:12	01:17:03	232	16.4	00:02:06	01:05:59	233	12:26		02:47:11.90
232	242	Lindsay Mcfarlane	F	34	Maple Grove	MN	00:21:59	211	2:29	00:03:23	01:09:35	186	18.1	00:02:06	01:11:11	240	13:25		02:48:11.48
233	128	Barbara Logan	F	61	Seattle	WA	00:18:29	148	2:05	00:04:20	01:14:23	221	16.9	00:01:53	01:09:29	238	13:06		02:48:31.22
234	320	Spencer Hagen	M	28	St. Louis Park	MN	00:24:51	237	2:48	00:05:18	01:15:49	226	16.6	00:04:22	01:03:26	230	11:57		02:53:42.31
235	86	Jill Waters	F	51	Minneapolis	MN	00:20:19	194	2:18	00:03:56	01:20:53	240	15.6	00:01:58	01:08:07	236	12:51		02:55:10.82
236	212	Robert Bode	M	52	Minneapolis	MN	00:17:38	125	1:59	00:03:54	01:11:13	201	17.7	00:03:27	01:20:32	244	15:11		02:56:40.31
237	105	John Jasinski	M	58	Minneapolis	MN	00:21:31	207	2:26	00:14:13	01:19:02	238	15.9	00:07:00	00:55:26	210	10:27		02:57:09.40
238	82	Tina Krause	F	52	Delano	MN	00:24:42	235	2:47	00:04:12	01:16:15	227	16.5	00:03:02	01:09:53	239	13:11		02:58:02.04
239	83	Paquita Ray	F	52	Delano	MN	00:22:02	213	2:29	00:03:12	01:16:57	231	16.4	00:03:34	01:12:20	242	13:38		02:58:02.07
240	229	Shannon Reagan	F	38	Monticello	MN	00:22:29	219	2:32	00:03:21	01:28:04	242	14.3	00:01:51	01:07:01	235	12:38		03:02:43.80
241	156	Susan Kilbane	F	43	Deephaven	MN	00:20:08	191	2:16	00:04:12	01:19:07	239	15.9	00:03:57	01:17:18	243	14:34		03:04:39.54
242	150	Aimee Kueppers	F	44	Vadnais Heights	MN	00:19:51	188	2:14	00:04:30	01:56:37	244	10.8	00:02:45	00:45:08	128	8:30		03:08:48.33
243	101	Terry Hill	M	63	Maple Grove	MN	00:24:33	234	2:46	00:05:03	01:24:06	241	15.0	00:03:56	01:11:19	241	13:27		03:08:55.45
244	96	James Barthel	M	68	Dellwood	MN	00:22:28	218	2:32	00:07:34	01:29:52	243	14.0	00:03:55	01:05:27	232	12:20		03:09:13.71

Heart of the Lakes Triathlon

July 19, 2015

Did Not Finish or Disqualified

Long Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
DNF	89	Jackie Dezellar	F	51	Eden Prairie	MN	00:17:37		1:59	00:02:54	00:56:05	22.5					
DNF	129	Mike Quinlivan	M	57	Minneapolis	MN											
DQ	189	Tim Goodyear	M	49	Minnetonka	MN	00:14:54		1:41								01:34:46

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long Team

Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Swim	Bike	Run	Penalty	Time
1	1/15	45	Team Periscope	Minneapolis	MN	00:12:13.46	00:53:17.20	00:28:44.81		01:37:11.81
2	2/15	39	Nads	Champlin	MN	00:17:15.20	00:51:58.67	00:35:13.31		01:47:18.83
3	3/15	54	Peters/Yanta/Hoien	Montivideo	MN	00:13:39.50	00:59:02.98	00:35:38.13		01:50:26.16
4	4/15	46	Tomcats	Arden Hills	MN	00:13:54.04	00:57:07.78	00:36:45.70		01:50:33.82
5	5/15	43	Round Won	Annandale	MN	00:15:46.43	00:59:58.52	00:35:01.05		01:53:00.62
6	6/15	55	University Of Northwestern	Spring Lake Park	MN	00:17:01.37	00:53:06.88	00:40:44.32		01:53:46.90
7	7/15	35	Badgers	Cottage Grove	MN	00:13:22.19	01:04:19.97	00:43:13.72		02:03:37.44
8	8/15	47	Splash - Flash & Dash	Saint Michael	MN	00:15:31.12	01:05:30.72	00:41:17.28		02:06:32.97
9	9/15	42	Snap Fitness	Annandale	MN	00:16:54.66	01:04:06.98	00:42:56.43		02:07:50.14
10	10/15	44	Johnsons	Minneapolis	MN	00:15:51.59	01:06:10.13	00:43:49.71		02:08:43.20
11	11/15	37	Eagan Wildcats	Eagan	MN	00:20:54.40	01:06:38.27	00:45:15.53		02:15:52.10
12	12/15	40	Drinkers With A Triathlon Problem	Saint Cloud	MN	00:21:17.81	01:03:10.04	00:51:30.63		02:20:17.31
13	13/15	36	T C 2	Blaine	MN	00:12:47.67	01:12:56.49	00:55:32.97		02:24:34.87
14	14/15	41	Do Or Do Not - There Is No Tri	Annandale	MN	00:15:19.69	01:19:38.74	00:47:13.50		02:25:36.92
15	15/15	48	Team Goulet	Annandale	MN	00:23:33.69	01:11:00.60	00:50:08.12		02:28:40.64