

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long Individual

Female Overall

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|-------------------|-----|---|----------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 15/244 | 1/103 | 10 | Christina Roberts | 29 | F | St. Louis Park | MN | 00:12:24.54 | 00:54:07.26 | 00:32:57.43 | | 01:41:37.47 |
| 2 | 16/244 | 2/103 | 9 | Suzie Fox | 32 | F | Chaska | MN | 00:14:36.34 | 00:51:46.87 | 00:33:47.55 | | 01:42:25.90 |
| 3 | 19/244 | 3/103 | 27 | Nicole Cueno | 35 | F | Minneapolis | MN | 00:15:21.71 | 00:54:31.65 | 00:31:45.67 | | 01:43:39.30 |

Male Overall

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|------------------|-----|---|------------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 1/244 | 1/141 | 29 | Matthew Payne | 38 | M | Columbia Heights | MN | 00:12:35.98 | 00:45:58.77 | 00:29:53.66 | | 01:30:22.14 |
| 2 | 2/244 | 2/141 | 2 | Josh Blankenheim | 34 | M | Duluth | MN | 00:13:38.94 | 00:48:26.84 | 00:29:04.81 | | 01:33:04.79 |
| 3 | 3/244 | 3/141 | 3 | Kevin O'Connor | 44 | M | Medina | MN | 00:12:07.46 | 00:49:15.82 | 00:30:15.39 | | 01:33:24.80 |

Female Masters

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|---------------|-----|---|--------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 39/244 | 9/103 | 20 | Ann Snuggerud | 47 | F | Chaska | MN | 00:13:20.07 | 00:56:46.17 | 00:37:56.83 | | 01:50:39.59 |

Male Masters

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|---------------|-----|---|-----------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 6/244 | 6/141 | 8 | Tony Schiller | 58 | M | Long Lake | MN | 00:13:08.82 | 00:48:35.51 | 00:32:11.77 | | 01:36:08.53 |

Female Elite

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|----------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 21/244 | 4/103 | 11 | Kortney Haag | 36 | F | Maple Grove | MN | 00:14:41.83 | 00:52:10.21 | 00:36:01.66 | | 01:45:02.18 |
| 2 | 25/244 | 5/103 | 12 | Diane Hankee | 38 | F | Lino Lakes | MN | 00:15:23.54 | 00:54:11.54 | 00:34:45.96 | | 01:46:11.88 |
| 3 | 27/244 | 6/103 | 13 | Lisa Lendway | 34 | F | St. Paul | MN | 00:13:02.06 | 00:53:44.80 | 00:38:00.94 | | 01:46:42.46 |
| 4 | 28/244 | 7/103 | 21 | Bridget Mccoy | 31 | F | St Paul | MN | 00:12:03.02 | 00:56:23.62 | 00:36:16.30 | | 01:46:53.06 |
| 5 | 64/244 | 15/103 | 22 | Anne Grabowski | 47 | F | Minneapolis | MN | 00:18:26.03 | 00:54:50.66 | 00:42:17.00 | | 01:58:35.12 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long Individual

Male Elite

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|--------------------|-----|---|--------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 4/244 | 4/141 | 19 | Larry Hosch | 37 | M | St. Joseph | MN | 00:14:34.40 | 00:47:30.90 | 00:30:14.26 | | 01:34:09.76 |
| 2 | 5/244 | 5/141 | 4 | Bennett Isabella | 32 | M | Burnsville | MN | 00:14:33.31 | 00:47:29.99 | 00:30:24.73 | | 01:34:23.19 |
| 3 | 7/244 | 7/141 | 6 | Nate Hoffman | 32 | M | South Haven | MN | 00:16:28.21 | 00:49:48.06 | 00:28:29.83 | | 01:36:39.79 |
| 4 | 8/244 | 8/141 | 28 | Thaddeus Ingersoll | 45 | M | St Paul | MN | 00:11:09.11 | 00:52:20.11 | 00:31:25.61 | | 01:36:53.15 |
| 5 | 9/244 | 9/141 | 26 | Scott Myers | 40 | M | Plymouth | MN | 00:13:18.79 | 00:50:07.07 | 00:32:34.05 | | 01:38:18.68 |
| 6 | 10/244 | 10/141 | 5 | Philip English | 23 | M | Minnetonka | MN | 00:11:07.26 | 00:52:43.08 | 00:32:46.07 | | 01:38:42.08 |
| 7 | 11/244 | 11/141 | 7 | Steve Sander | 36 | M | Eden Prairie | MN | 00:14:00.71 | 00:49:12.97 | 00:33:15.29 | | 01:38:49.43 |
| 8 | 13/244 | 13/141 | 15 | Travis Miller | 35 | M | Nisswa | MN | 00:14:39.52 | 00:50:12.98 | 00:32:10.53 | | 01:39:04.16 |
| 9 | 17/244 | 15/141 | 24 | Ben Trnka | 26 | M | Robbinsdale | MN | 00:13:01.58 | 00:52:53.42 | 00:34:56.84 | | 01:42:35.53 |
| 10 | 18/244 | 16/141 | 16 | Michael Williams | 26 | M | Minnetonka | MN | 00:11:44.47 | 00:54:04.38 | 00:36:02.75 | | 01:43:38.30 |
| 11 | 20/244 | 17/141 | 18 | Mike Ladendorf | 33 | M | Farmington | MN | 00:15:50.84 | 00:53:41.80 | 00:33:12.01 | | 01:44:49.47 |
| 12 | 65/244 | 50/141 | 17 | Peter Hagen | 47 | M | Apple Valley | MN | 00:14:47.43 | 00:58:51.60 | 00:42:25.81 | | 01:59:00.62 |

Female Ages 01 - 19

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|----------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 182/244 | 70/103 | 318 | Ericka Norgren | 19 | F | South Haven | MN | 00:19:07.24 | 01:12:40.53 | 00:47:11.51 | | 02:24:40.91 |

Male Ages 01 - 19

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 50/244 | 39/141 | 330 | Jaret Carpenter | 17 | M | Maple Grove | MN | 00:14:37.93 | 01:04:09.90 | 00:31:08.52 | | 01:54:24.83 |
| 2 | 55/244 | 43/141 | 328 | Will Gallagher | 17 | M | St. Michael | MN | 00:11:11.71 | 00:59:29.52 | 00:39:22.02 | | 01:55:40.00 |
| 3 | 97/244 | 71/141 | 327 | David Ritz | 18 | M | Maple Grove | MN | 00:17:00.58 | 01:01:05.05 | 00:43:30.83 | | 02:05:51.85 |
| 4 | 121/244 | 82/141 | 329 | Nick Hendrickson | 17 | M | Maple Grove | MN | 00:13:17.88 | 01:10:19.98 | 00:42:50.65 | | 02:11:28.77 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long Individual

Female Ages 20 - 24

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|-----------------|-----|---|---------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 56/244 | 13/103 | 315 | Katie Oden | 22 | F | Buffalo | MN | 00:14:36.25 | 01:02:00.98 | 00:35:58.84 | | 01:55:40.54 |
| 2 | 77/244 | 18/103 | 317 | Kaelyn Williams | 21 | F | Golden Valley | MN | 00:17:55.14 | 01:03:38.19 | 00:35:24.17 | | 02:00:57.70 |
| 3 | 146/244 | 50/103 | 314 | Kelsey Sorensen | 24 | F | St Paul | MN | 00:18:34.08 | 01:10:01.27 | 00:41:48.10 | | 02:15:57.13 |
| 4 | 166/244 | 61/103 | 332 | Krista Moorman | 23 | F | Freeport | MN | 00:20:26.70 | 01:10:15.84 | 00:44:15.88 | | 02:20:17.35 |

Male Ages 20 - 24

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|------------------|-----|---|---------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 129/244 | 86/141 | 326 | William Traxler | 21 | M | Victoria | MN | 00:19:46.85 | 01:04:59.73 | 00:43:45.14 | | 02:13:24.10 |
| 2 | 148/244 | 97/141 | 334 | Sean Devine | 22 | M | Eden Prairie | MN | 00:19:21.82 | 01:05:19.93 | 00:45:34.92 | | 02:16:22.53 |
| 3 | 180/244 | 112/141 | 333 | Andrew Barringer | 24 | M | Saint Francis | MN | 00:20:12.00 | 00:59:40.23 | 00:55:51.53 | | 02:24:28.96 |

Female Ages 25 - 29

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|---------------------|-----|---|-----------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 79/244 | 20/103 | 308 | Lindsey Palmer | 29 | F | Vadnais Heights | MN | 00:16:37.53 | 00:59:51.26 | 00:40:34.99 | | 02:01:10.87 |
| 2 | 103/244 | 29/103 | 310 | Stephanie Simenstad | 26 | F | Richfield | MN | 00:15:49.82 | 01:00:41.34 | 00:46:20.80 | | 02:07:23.05 |
| 3 | 114/244 | 35/103 | 312 | Emma Adriaens | 25 | F | Maple Grove | MN | 00:19:44.91 | 01:02:01.42 | 00:41:45.56 | | 02:09:36.98 |
| 4 | 122/244 | 40/103 | 311 | Jaci Lang | 26 | F | Saint Cloud | MN | 00:19:34.76 | 01:05:36.02 | 00:42:34.54 | | 02:11:39.97 |
| 5 | 183/244 | 71/103 | 309 | Madilyn Vaith | 27 | F | St. Paul | MN | 00:23:36.31 | 01:10:31.82 | 00:43:33.56 | | 02:25:38.32 |

Male Ages 25 - 29

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|------------------|-----|---|----------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 35/244 | 27/141 | 324 | Joe Adriaens | 27 | M | Maple Grove | MN | 00:13:12.33 | 00:53:54.86 | 00:36:42.33 | | 01:48:31.46 |
| 2 | 42/244 | 32/141 | 322 | David Koppel | 28 | M | Plymouth | MN | 00:14:22.45 | 00:55:13.83 | 00:36:47.03 | | 01:52:10.13 |
| 3 | 45/244 | 35/141 | 323 | Lucas Pedersen | 28 | M | Minneapolis | MN | 00:15:46.78 | 00:57:33.78 | 00:34:59.13 | | 01:52:33.32 |
| 4 | 106/244 | 76/141 | 331 | Blake Steinbring | 28 | M | Alexandria | MN | 00:18:45.00 | 01:02:10.55 | 00:39:35.78 | | 02:07:43.42 |
| 5 | 111/244 | 78/141 | 325 | Drew Olmen | 25 | M | Annandale | MN | 00:16:25.67 | 01:04:50.91 | 00:42:59.83 | | 02:08:28.46 |
| 6 | 228/244 | 135/141 | 319 | Eric Andersen | 28 | M | Champlin | MN | 00:19:44.13 | 01:13:58.15 | 01:06:44.25 | | 02:45:44.72 |
| 7 | 234/244 | 137/141 | 320 | Spencer Hagen | 28 | M | St. Louis Park | MN | 00:24:50.35 | 01:15:48.10 | 01:03:25.38 | | 02:53:42.31 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 29/244 | 8/103 | 245 | Sheena Dauer | 33 | F | Montevideo | MN | 00:14:23.49 | 00:55:28.50 | 00:33:26.42 | | 01:47:13.68 |
| 2 | 51/244 | 12/103 | 246 | Kimberly Ault | 33 | F | Plymouth | MN | 00:15:49.90 | 00:55:56.18 | 00:39:39.41 | | 01:54:41.54 |
| 3 | 59/244 | 14/103 | 248 | Margaret Nigg | 32 | F | Minneapolis | MN | 00:15:56.10 | 01:00:19.16 | 00:36:01.93 | | 01:56:03.40 |
| 4 | 139/244 | 47/103 | 243 | Kaitlyn Julius | 34 | F | Minneapolis | MN | 00:15:40.50 | 01:04:09.94 | 00:50:42.02 | | 02:15:28.92 |
| 5 | 168/244 | 62/103 | 244 | Teresa Werth | 33 | F | Woodbury | MN | 00:23:14.86 | 01:04:59.59 | 00:46:51.64 | | 02:20:33.81 |
| 6 | 179/244 | 68/103 | 249 | Chelsie Binsfeld | 31 | F | Saint Cloud | MN | 00:16:19.23 | 01:06:15.76 | 00:55:29.86 | | 02:24:20.13 |
| 7 | 222/244 | 92/103 | 247 | Dawn Pierson | 32 | F | Eden Prairie | MN | 00:17:25.80 | 01:12:04.68 | 01:02:10.30 | | 02:40:03.10 |
| 8 | 230/244 | 94/103 | 250 | Jessica Fernandez | 31 | F | Chicago | IL | 00:24:12.01 | 01:17:41.62 | 00:59:16.11 | | 02:46:53.35 |
| 9 | 232/244 | 96/103 | 242 | Lindsay Mcfarlane | 34 | F | Maple Grove | MN | 00:21:58.87 | 01:09:34.05 | 01:11:10.31 | | 02:48:11.48 |

Male Ages 30 - 34

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|-----------------|-----|---|--------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 24/244 | 20/141 | 292 | Brian Glaeser | 30 | M | Somerset | WI | 00:14:23.71 | 00:52:35.00 | 00:34:56.21 | | 01:45:50.25 |
| 2 | 32/244 | 24/141 | 280 | Ryan Welle | 34 | M | Bemidji | MN | 00:13:18.04 | 00:53:50.64 | 00:37:08.58 | | 01:47:41.84 |
| 3 | 85/244 | 63/141 | 301 | Nicholas Lodien | 33 | M | Minneapolis | MN | 00:15:16.55 | 00:59:44.89 | 00:40:02.49 | | 02:02:56.63 |
| 4 | 100/244 | 73/141 | 291 | David Williams | 30 | M | Stewartville | MN | 00:14:35.38 | 01:03:36.75 | 00:44:06.82 | | 02:06:32.55 |
| 5 | 117/244 | 81/141 | 282 | Kevin Jaunich | 34 | M | Delano | MN | 00:22:07.01 | 01:00:32.28 | 00:42:16.56 | | 02:10:25.27 |
| 6 | 162/244 | 104/141 | 287 | Eric Fiedler | 32 | M | Ramsey | MN | 00:19:31.47 | 01:03:17.86 | 00:51:23.19 | | 02:18:42.39 |
| 7 | 165/244 | 105/141 | 283 | Nicholas Milton | 33 | M | Minneapolis | MN | 00:17:12.27 | 01:01:47.33 | 00:52:28.12 | | 02:19:57.00 |
| 8 | 170/244 | 108/141 | 279 | Nathan Evans | 34 | M | Chicago | IL | 00:19:15.85 | 01:05:01.96 | 00:51:00.05 | | 02:20:58.38 |
| 9 | 200/244 | 121/141 | 286 | Oliver Ross | 33 | M | Saint Paul | MN | 00:20:29.39 | 01:11:27.87 | 00:51:06.58 | | 02:30:50.84 |
| 10 | 211/244 | 126/141 | 281 | Jeff Trinh-Sy | 34 | M | Minneapolis | MN | 00:25:56.48 | 01:09:42.04 | 00:53:27.57 | | 02:35:03.98 |
| 11 | 215/244 | 128/141 | 285 | Ben O'Donnell | 33 | M | Eagan | MN | 00:18:40.11 | 01:09:05.55 | 01:03:48.41 | | 02:37:17.12 |
| 12 | 216/244 | 129/141 | 288 | Andrew Ortquist | 31 | M | Lakeville | MN | 00:21:50.70 | 01:18:51.36 | 00:50:28.19 | | 02:37:54.26 |
| 13 | 224/244 | 132/141 | 289 | Bryan Baxter | 31 | M | Lakeville | MN | 00:28:25.89 | 01:17:19.33 | 00:49:07.17 | | 02:41:48.54 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 40/244 | 10/103 | 224 | Andrea Myers | 39 | F | Plymouth | MN | 00:13:21.66 | 00:56:27.94 | 00:37:45.05 | | 01:51:03.30 |
| 2 | 49/244 | 11/103 | 230 | Krisana Hoff | 38 | F | Excelsior | MN | 00:17:30.06 | 00:56:38.03 | 00:35:46.36 | | 01:54:08.37 |
| 3 | 76/244 | 17/103 | 225 | Susan Hilal | 39 | F | Plymouth | MN | 00:13:50.42 | 01:01:38.68 | 00:41:13.03 | | 02:00:37.18 |
| 4 | 78/244 | 19/103 | 234 | Kelli Moretter-Bue | 37 | F | Eden Prairie | MN | 00:16:11.30 | 00:57:48.92 | 00:41:55.81 | | 02:01:01.13 |
| 5 | 80/244 | 21/103 | 223 | Christine Agazzi | 39 | F | Eden Prairie | MN | 00:15:13.38 | 01:01:14.53 | 00:40:44.01 | | 02:01:38.06 |
| 6 | 89/244 | 25/103 | 294 | Kathy Dixon | 36 | F | Arden Hills | MN | 00:14:17.74 | 01:01:17.15 | 00:44:17.20 | | 02:03:45.22 |
| 7 | 108/244 | 31/103 | 235 | Kelly Unger | 36 | F | Madison | WI | 00:16:58.94 | 01:00:47.10 | 00:46:05.06 | | 02:08:13.77 |
| 8 | 109/244 | 32/103 | 239 | Kyleen Harstedt | 36 | F | North Branch | MN | 00:15:24.45 | 01:02:48.82 | 00:44:51.95 | | 02:08:22.32 |
| 9 | 143/244 | 48/103 | 299 | Anna Duray | 38 | F | Edina | MN | 00:15:31.91 | 01:06:46.26 | 00:48:51.53 | | 02:15:49.37 |
| 10 | 144/244 | 49/103 | 232 | Amanda Heinritz | 37 | F | Northfield | MN | 00:15:21.27 | 01:07:26.72 | 00:48:35.22 | | 02:15:53.01 |
| 11 | 147/244 | 51/103 | 231 | Gretchen Langbehn | 37 | F | South Haven | MN | | 01:05:15.57 | 00:47:22.06 | | 02:16:01.83 |
| 12 | 157/244 | 57/103 | 298 | Betsy Grams | 39 | F | Chanhassen | MN | 00:20:10.09 | 01:04:45.60 | 00:47:12.54 | | 02:17:52.39 |
| 13 | 203/244 | 80/103 | 300 | Sarah Klemmensen | 37 | F | Saint Paul | MN | 00:22:25.70 | 01:09:29.43 | 00:53:51.30 | | 02:32:23.75 |
| 14 | 204/244 | 81/103 | 293 | Carmen Olsen | 38 | F | Mahtomedi | MN | 00:20:30.64 | 01:11:02.20 | 00:55:02.09 | | 02:32:51.93 |
| 15 | 213/244 | 86/103 | 228 | Laurie Dubois | 38 | F | Kimball | MN | 00:22:00.06 | 01:13:26.79 | 00:56:05.87 | | 02:36:21.22 |
| 16 | 227/244 | 93/103 | 238 | Heidi Frederickson | 36 | F | Blaine | MN | 00:23:51.29 | 01:18:21.73 | 00:55:39.73 | | 02:45:16.32 |
| 17 | 240/244 | 101/103 | 229 | Shannon Reagan | 38 | F | Monticello | MN | 00:22:28.30 | 01:28:03.01 | 01:07:00.84 | | 03:02:43.80 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 22/244 | 18/141 | 305 | David Thomes | 35 | M | Brainerd | MN | 00:16:56.14 | 00:51:12.30 | 00:34:19.34 | | 01:45:37.14 |
| 2 | 26/244 | 21/141 | 268 | Derek Haag | 37 | M | Maple Grove | MN | 00:12:42.68 | 00:52:02.55 | 00:39:30.17 | | 01:46:37.45 |
| 3 | 38/244 | 30/141 | 267 | Michael Hankee | 38 | M | Lino Lakes | MN | 00:12:43.47 | 00:56:23.75 | 00:37:29.97 | | 01:50:02.49 |
| 4 | 48/244 | 38/141 | 266 | Brian Frank | 39 | M | Little Falls | MN | 00:15:20.99 | 00:54:54.44 | 00:38:37.16 | | 01:53:21.45 |
| 5 | 61/244 | 47/141 | 278 | Eben Spencer | 35 | M | Apple Valley | MN | 00:17:19.39 | 00:52:12.10 | 00:44:30.07 | | 01:57:21.01 |
| 6 | 62/244 | 48/141 | 265 | David Berntson | 39 | M | Duluth | MN | 00:17:53.02 | 00:59:55.16 | 00:36:28.13 | | 01:58:12.49 |
| 7 | 69/244 | 54/141 | 264 | Brian Ross | 39 | M | Shorewood | MN | 00:15:18.79 | 00:57:06.93 | 00:43:45.93 | | 02:00:03.97 |
| 8 | 83/244 | 61/141 | 277 | Benjamin Menk | 35 | M | Minneapolis | MN | 00:20:34.61 | 00:56:12.38 | 00:39:20.37 | | 02:02:43.44 |
| 9 | 93/244 | 67/141 | 275 | Chris Swee | 36 | M | West Fargo | ND | 00:13:15.19 | 01:02:22.25 | 00:45:04.43 | | 02:05:12.02 |
| 10 | 94/244 | 68/141 | 276 | Ejay Jack | 35 | M | Minneapolis | MN | 00:15:23.14 | 01:02:03.32 | 00:44:17.53 | | 02:05:20.39 |
| 11 | 95/244 | 69/141 | 302 | Tim Vedder | 36 | M | Minneapolis | MN | 00:18:08.36 | 00:59:39.86 | 00:42:06.75 | | 02:05:33.63 |
| 12 | 158/244 | 101/141 | 295 | Andy Kock | 37 | M | Golden Valley | MN | 00:19:15.96 | 01:08:41.71 | 00:44:08.21 | | 02:18:13.57 |
| 13 | 207/244 | 124/141 | 272 | Mark Tennessen | 36 | M | Lakeville | MN | 00:17:10.57 | 01:16:27.40 | 00:54:47.37 | | 02:33:07.63 |
| 14 | 223/244 | 131/141 | 270 | Kyle Bauman | 37 | M | Delano | MN | 00:24:30.11 | 01:12:35.91 | 00:58:04.14 | | 02:41:43.72 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 75/244 | 16/103 | 163 | Jill Hughes | 41 | F | Orono | MN | 00:17:29.82 | 00:58:51.01 | 00:40:23.54 | | 02:00:36.48 |
| 2 | 81/244 | 22/103 | 152 | Lori Gengler | 44 | F | Plymouth | MN | 00:17:36.69 | 00:57:51.08 | 00:43:15.42 | | 02:02:29.65 |
| 3 | 88/244 | 24/103 | 168 | Becca Joseph | 40 | F | Minnetonka | MN | 00:14:52.76 | 01:05:07.29 | 00:38:56.07 | | 02:03:44.04 |
| 4 | 101/244 | 28/103 | 160 | Julie Hurley | 42 | F | Minneapolis | MN | 00:17:19.35 | 01:04:24.78 | 00:40:32.14 | | 02:06:34.97 |
| 5 | 118/244 | 37/103 | 167 | Stephanie Kvasnicka | 40 | F | Medina | MN | 00:15:23.45 | 01:06:47.74 | 00:44:33.40 | | 02:10:37.60 |
| 6 | 120/244 | 39/103 | 158 | Angela Jordahl | 43 | F | Big Lake | MN | 00:18:25.17 | 01:02:52.17 | 00:46:20.30 | | 02:11:22.65 |
| 7 | 125/244 | 41/103 | 184 | Cara Mulder | 40 | F | Wayzata | MN | 00:18:59.42 | 01:05:37.66 | 00:41:24.01 | | 02:12:17.05 |
| 8 | 126/244 | 42/103 | 149 | Carole Weiland | 44 | F | Champlin | MN | 00:13:13.87 | 01:01:21.52 | 00:53:34.47 | | 02:12:46.47 |
| 9 | 135/244 | 44/103 | 162 | Carolyn Tuohy | 41 | F | Minneapolis | MN | 00:19:00.12 | 01:05:51.31 | 00:45:40.43 | | 02:14:54.70 |
| 10 | 137/244 | 46/103 | 164 | Joy Orvis | 41 | F | Andover | MN | 00:18:55.55 | 01:02:59.08 | 00:48:33.58 | | 02:15:18.85 |
| 11 | 153/244 | 54/103 | 151 | Megan Maury | 44 | F | St Paul | MN | 00:15:09.68 | 01:07:42.98 | 00:48:47.34 | | 02:16:38.58 |
| 12 | 174/244 | 65/103 | 153 | Linda Mckee | 43 | F | Shoreview | MN | 00:15:01.11 | 01:10:47.50 | 00:51:20.07 | | 02:21:59.31 |
| 13 | 175/244 | 66/103 | 157 | Julie Pettit | 43 | F | Maple Grove | MN | 00:18:15.87 | 01:10:59.64 | 00:46:50.91 | | 02:22:16.19 |
| 14 | 188/244 | 73/103 | 159 | Amy Moran | 42 | F | Hastings | MN | 00:25:13.81 | 01:06:13.28 | 00:48:08.75 | | 02:26:25.64 |
| 15 | 189/244 | 74/103 | 155 | Carla Nordenstrom | 43 | F | Blaine | MN | 00:16:52.70 | 01:11:56.04 | 00:53:30.00 | | 02:27:10.95 |
| 16 | 190/244 | 75/103 | 218 | Andrea Brockberg | 41 | F | Saint Paul | MN | 00:21:11.03 | 01:10:11.92 | 00:49:05.84 | | 02:27:41.04 |
| 17 | 197/244 | 77/103 | 165 | Julie Longstreet | 40 | F | Delano | MN | 00:21:35.97 | 01:09:28.13 | 00:52:49.44 | | 02:29:45.59 |
| 18 | 199/244 | 79/103 | 154 | Amy Blixt | 43 | F | Colorado Springs | CO | 00:19:34.99 | 01:13:32.50 | 00:51:59.06 | | 02:30:38.04 |
| 19 | 220/244 | 90/103 | 166 | Kasey Morlock | 40 | F | Stewartville | MN | 00:19:56.27 | 01:13:40.22 | 00:56:06.17 | | 02:39:21.47 |
| 20 | 221/244 | 91/103 | 148 | Diana Oberg | 44 | F | Maple Grove | MN | 00:26:33.43 | 01:14:05.92 | 00:52:05.67 | | 02:39:24.67 |
| 21 | 241/244 | 102/103 | 156 | Susan Kilbane | 43 | F | Deephaven | MN | 00:20:07.76 | 01:19:06.02 | 01:17:17.08 | | 03:04:39.54 |
| 22 | 242/244 | 103/103 | 150 | Aimee Kueppers | 44 | F | Vadnais Heights | MN | 00:19:50.04 | 01:56:36.41 | 00:45:07.34 | | 03:08:48.33 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 12/244 | 12/141 | 262 | David Lewis | 41 | M | Nevis | MN | 00:14:11.94 | 00:50:19.96 | 00:31:11.97 | | 01:39:02.49 |
| 2 | 14/244 | 14/141 | 261 | Mike Buenting | 41 | M | Chanhassen | MN | 00:14:20.30 | 00:50:03.92 | 00:32:04.35 | | 01:39:24.95 |
| 3 | 60/244 | 46/141 | 303 | Corby Serk | 41 | M | Eden Prairie | MN | 00:15:51.16 | 00:54:17.88 | 00:41:58.65 | | 01:56:09.92 |
| 4 | 72/244 | 57/141 | 306 | Christian Twigg | 42 | M | Minneapolis | MN | 00:14:20.96 | 00:57:58.77 | 00:44:17.02 | | 02:00:22.12 |
| 5 | 74/244 | 59/141 | 257 | Dan Hackenberg | 42 | M | Eden Prairie | MN | 00:15:41.22 | 00:59:31.90 | 00:40:22.32 | | 02:00:24.73 |
| 6 | 82/244 | 60/141 | 290 | Alan Cornett | 41 | M | Blaine | MN | 00:17:35.68 | 00:57:09.59 | 00:43:24.13 | | 02:02:41.80 |
| 7 | 124/244 | 84/141 | 259 | Brian Hegrenes | 41 | M | Albertville | MN | 00:19:39.12 | 01:00:56.26 | 00:44:29.17 | | 02:12:00.84 |
| 8 | 127/244 | 85/141 | 255 | Mark Hartley | 43 | M | Inver Grove Heights | MN | 00:18:23.00 | 01:01:06.93 | 00:46:13.78 | | 02:12:51.49 |
| 9 | 132/244 | 89/141 | 296 | Trevor Windel | 43 | M | St. Michael | MN | 00:20:47.15 | 01:04:50.13 | 00:41:47.62 | | 02:14:14.24 |
| 10 | 149/244 | 98/141 | 256 | Paul Portenlanger | 42 | M | Minneapolis | MN | 00:19:24.10 | 01:07:20.34 | 00:43:02.95 | | 02:16:23.15 |
| 11 | 196/244 | 120/141 | 254 | Matt Honsey | 43 | M | Annandale | MN | 00:24:45.84 | 01:16:51.89 | 00:43:00.13 | | 02:29:11.56 |
| 12 | 218/244 | 130/141 | 258 | Mark Wagner | 42 | M | New Hope | MN | 00:17:40.25 | 01:04:30.16 | 01:08:18.95 | | 02:39:14.92 |

Female Ages 45 - 49

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|-----------------------|-----|---|---------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 86/244 | 23/103 | 205 | Kitty Earl-Torniainen | 47 | F | St. Paul | MN | 00:18:46.44 | 01:01:13.05 | 00:39:38.31 | | 02:03:15.52 |
| 2 | 151/244 | 53/103 | 209 | Jill Wine | 48 | F | Plymouth | MN | 00:15:44.60 | 01:05:57.78 | 00:48:14.90 | | 02:16:30.25 |
| 3 | 155/244 | 55/103 | 219 | Laura Hjort | 48 | F | Elk River | MN | 00:18:04.77 | 01:05:33.56 | 00:48:13.39 | | 02:17:06.09 |
| 4 | 172/244 | 63/103 | 208 | Susan Peterson | 47 | F | St Louis Park | MN | 00:23:52.76 | 01:05:29.05 | 00:44:40.68 | | 02:21:19.50 |
| 5 | 177/244 | 67/103 | 141 | Leanne Ritz | 46 | F | Maple Grove | MN | 00:16:52.96 | 01:04:12.68 | 00:55:54.94 | | 02:22:48.26 |
| 6 | 181/244 | 69/103 | 137 | Cathleen Mcginnity | 49 | F | Luck | WI | 00:19:00.97 | 01:05:43.49 | 00:54:24.26 | | 02:24:32.27 |
| 7 | 210/244 | 85/103 | 138 | Michele Pasko | 49 | F | Minnnetonka | MN | 00:21:30.34 | 01:09:00.30 | 00:56:33.38 | | 02:34:55.88 |
| 8 | 217/244 | 88/103 | 144 | Joleen Gutting | 45 | F | River Falls | WI | 00:21:02.68 | 01:15:18.17 | 00:54:57.75 | | 02:38:02.45 |
| 9 | 219/244 | 89/103 | 139 | Kristin Nelson | 49 | F | Delano | MN | 00:20:53.31 | 01:16:38.61 | 00:55:21.76 | | 02:39:18.94 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 23/244 | 19/141 | 188 | Randy Peterson | 49 | M | Northfield | MN | 00:14:02.23 | 00:52:59.33 | 00:35:16.01 | | 01:45:49.04 |
| 2 | 34/244 | 26/141 | 200 | Keith Thompson | 46 | M | Annandale | MN | 00:15:51.68 | 00:53:41.53 | 00:34:31.59 | | 01:48:09.25 |
| 3 | 43/244 | 33/141 | 211 | Ryan Wenning | 49 | M | Excelsior | MN | 00:15:20.82 | 00:54:54.09 | 00:38:43.72 | | 01:52:14.39 |
| 4 | 47/244 | 37/141 | 215 | Mark Bittner | 49 | M | Bruce | WI | 00:15:39.29 | 00:54:36.85 | 00:37:54.07 | | 01:52:39.78 |
| 5 | 52/244 | 40/141 | 192 | Andy Leier | 49 | M | Shakopee | MN | 00:17:51.23 | 00:54:29.20 | 00:38:04.08 | | 01:55:07.51 |
| 6 | 66/244 | 51/141 | 210 | David Barnes | 47 | M | Lakeville | MN | 00:15:25.42 | 01:02:29.58 | 00:36:43.44 | | 01:59:24.05 |
| 7 | 67/244 | 52/141 | 195 | Scott Tollefson | 48 | M | Minneapolis | MN | 00:19:19.72 | 00:59:34.22 | 00:36:40.38 | | 01:59:28.41 |
| 8 | 68/244 | 53/141 | 196 | Dan Hauck | 48 | M | Cedar | MN | 00:13:38.77 | 01:05:11.21 | 00:36:31.23 | | 01:59:49.96 |
| 9 | 71/244 | 56/141 | 190 | Dustin Warner | 49 | M | Eden Prairie | MN | 00:15:29.22 | 00:59:17.68 | 00:41:54.85 | | 02:00:13.65 |
| 10 | 73/244 | 58/141 | 202 | Reese Lang | 45 | M | Loretto | MN | 00:18:14.95 | 00:59:21.55 | 00:39:36.40 | | 02:00:23.13 |
| 11 | 87/244 | 64/141 | 191 | Rick Trueman | 49 | M | Plymouth | MN | 00:21:29.73 | 01:00:34.67 | 00:34:19.30 | | 02:03:31.09 |
| 12 | 98/244 | 72/141 | 213 | Brian Ohana | 46 | M | Minneapolis | MN | 00:16:51.53 | 01:01:10.26 | 00:43:39.69 | | 02:05:53.42 |
| 13 | 116/244 | 80/141 | 193 | Dave Link | 48 | M | Eden Prairie | MN | 00:14:40.00 | 01:02:28.63 | 00:48:47.22 | | 02:10:16.24 |
| 14 | 123/244 | 83/141 | 204 | Thomas Laberge | 45 | M | Blaine | MN | 00:15:09.11 | 01:03:00.45 | 00:48:48.88 | | 02:12:00.07 |
| 15 | 138/244 | 92/141 | 214 | Robert Younger | 46 | M | Brooklyn Park | MN | 00:15:41.23 | 01:06:28.38 | 00:42:09.38 | | 02:15:21.78 |
| 16 | 152/244 | 99/141 | 197 | Darrick Zarling | 47 | M | Vadnais Heights | MN | 00:18:17.18 | 01:02:30.63 | 00:50:42.90 | | 02:16:34.86 |
| 17 | 167/244 | 106/141 | 199 | Brett Mayfield | 46 | M | Cokato | MN | 00:16:52.19 | 01:06:30.77 | 00:49:10.47 | | 02:20:19.40 |
| 18 | 186/244 | 115/141 | 194 | Michael Kovic | 48 | M | Chanhassen | MN | 00:14:01.42 | 01:13:59.31 | 00:52:02.00 | | 02:26:03.63 |
| 19 | 195/244 | 119/141 | 206 | Mike Swanson | 45 | M | Minneapolis | MN | 00:21:21.11 | 01:11:11.48 | 00:48:57.66 | | 02:28:44.18 |
| 20 | 212/244 | 127/141 | 203 | David John Carlson | 45 | M | Minneapolis | MN | 00:23:01.54 | 01:14:37.61 | 00:49:25.33 | | 02:36:17.75 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 115/244 | 36/103 | 77 | Kathy Sanville | 54 | F | White Bear Lake | MN | 00:19:48.24 | 00:58:57.40 | 00:47:19.59 | | 02:10:12.55 |
| 2 | 128/244 | 43/103 | 124 | Karen Eklin | 51 | F | Plymouth | MN | 00:15:59.36 | 01:05:21.69 | 00:47:10.18 | | 02:13:22.91 |
| 3 | 136/244 | 45/103 | 76 | Mary Januschka | 54 | F | Cambridge | MN | 00:19:41.82 | 01:04:19.15 | 00:44:11.74 | | 02:15:00.04 |
| 4 | 150/244 | 52/103 | 85 | Bethann Barankovich | 51 | F | Minneapolis | MN | 00:15:51.96 | 01:10:00.25 | 00:45:07.32 | | 02:16:24.44 |
| 5 | 173/244 | 64/103 | 87 | Kathy Nelson | 51 | F | Brooklyn Park | MN | 00:17:24.78 | 01:07:12.56 | 00:52:40.95 | | 02:21:57.83 |
| 6 | 205/244 | 82/103 | 80 | Diane Lang | 53 | F | Burnsville | MN | 00:22:31.95 | 01:17:35.62 | 00:46:00.04 | | 02:32:56.22 |
| 7 | 231/244 | 95/103 | 78 | Nancy Konkel | 54 | F | Eden Prairie | MN | 00:17:54.47 | 01:17:02.29 | 01:05:58.02 | | 02:47:11.90 |
| 8 | 235/244 | 98/103 | 86 | Jill Waters | 51 | F | Minneapolis | MN | 00:20:18.90 | 01:20:52.87 | 01:08:06.39 | | 02:55:10.82 |
| 9 | 238/244 | 99/103 | 82 | Tina Krause | 52 | F | Delano | MN | 00:24:41.79 | 01:16:14.64 | 01:09:52.94 | | 02:58:02.04 |
| 10 | 239/244 | 100/103 | 83 | Paquita Ray | 52 | F | Delano | MN | 00:22:01.34 | 01:16:56.28 | 01:12:19.23 | | 02:58:02.07 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 31/244 | 23/141 | 207 | Greg Roach | 50 | M | Sauk Rapids | MN | | 00:52:56.00 | 00:32:58.00 | | 01:47:25.00 |
| 2 | 41/244 | 31/141 | 174 | Brian Lavelle | 53 | M | Chaska | MN | 00:14:20.67 | 00:54:06.45 | 00:40:23.88 | | 01:52:01.66 |
| 3 | 46/244 | 36/141 | 216 | J P Fahey | 53 | M | Nya | MN | 00:15:52.39 | 00:54:11.90 | 00:38:52.81 | | 01:52:34.54 |
| 4 | 63/244 | 49/141 | 175 | Drew Frakes | 53 | M | St Louis Park | MN | 00:17:39.58 | 00:55:41.31 | 00:41:09.50 | | 01:58:33.28 |
| 5 | 70/244 | 55/141 | 182 | Mark Moland | 52 | M | Lakeville | MN | 00:14:55.61 | 00:56:32.11 | 00:43:18.29 | | 02:00:06.79 |
| 6 | 91/244 | 66/141 | 186 | Mark Augdahl | 50 | M | Chaska | MN | 00:15:05.65 | 01:02:35.16 | 00:42:23.95 | | 02:04:24.50 |
| 7 | 102/244 | 74/141 | 171 | Mark Getty | 53 | M | Plymouthy | MN | 00:19:36.96 | 01:02:31.87 | 00:40:37.85 | | 02:07:04.83 |
| 8 | 104/244 | 75/141 | 180 | Mike Dezellar | 52 | M | Eden Prairie | MN | 00:17:24.68 | 00:59:02.94 | 00:46:15.14 | | 02:07:24.79 |
| 9 | 107/244 | 77/141 | 178 | Tim Woodfield | 52 | M | Victoria | MN | 00:14:59.32 | 01:00:46.38 | 00:47:49.51 | | 02:07:43.94 |
| 10 | 112/244 | 79/141 | 220 | David Thoma | 54 | M | Annandale | MN | 00:14:47.32 | 01:02:04.25 | 00:47:30.96 | | 02:08:35.75 |
| 11 | 130/244 | 87/141 | 183 | Tim Tanner | 51 | M | Plymouth | MN | 00:17:35.17 | 01:06:39.98 | 00:44:29.25 | | 02:13:35.76 |
| 12 | 154/244 | 100/141 | 172 | Mark Falzone | 53 | M | Chanhassen | MN | 00:16:25.33 | 01:08:17.82 | 00:44:00.83 | | 02:17:04.70 |
| 13 | 160/244 | 103/141 | 185 | Steven Gallagher | 50 | M | Minneapolis | MN | 00:18:04.21 | 01:05:32.70 | 00:49:23.28 | | 02:18:21.02 |
| 14 | 169/244 | 107/141 | 217 | Allen Donais | 52 | M | Eveleth | MN | 00:23:28.99 | 01:01:08.90 | 00:49:19.37 | | 02:20:52.81 |
| 15 | 178/244 | 111/141 | 181 | William Traxler | 52 | M | Victoria | MN | 00:22:39.21 | 01:03:58.73 | 00:52:11.56 | | 02:23:41.62 |
| 16 | 184/244 | 113/141 | 187 | Paul Pasko | 50 | M | Minnetonka | MN | 00:21:29.86 | 01:04:56.78 | 00:51:43.27 | | 02:25:40.48 |
| 17 | 185/244 | 114/141 | 179 | Craig Olsen | 52 | M | Inver Grove Heights | MN | 00:19:12.63 | 01:12:23.59 | 00:47:14.38 | | 02:25:51.39 |
| 18 | 191/244 | 116/141 | 170 | Jonathan Stinson | 54 | M | Plymouth | MN | 00:24:54.58 | 01:08:41.67 | 00:46:30.92 | | 02:27:47.34 |
| 19 | 201/244 | 122/141 | 176 | Mark Mcarthur | 53 | M | Excelsior | MN | 00:19:21.87 | 01:09:22.04 | 00:57:29.30 | | 02:32:07.91 |
| 20 | 236/244 | 138/141 | 212 | Robert Bode | 52 | M | Minneapolis | MN | 00:17:37.36 | 01:11:12.66 | 01:20:31.01 | | 02:56:40.31 |

Female Ages 55 - 59

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 92/244 | 26/103 | 69 | Helen Gunther | 58 | F | Excelsior | MN | 00:17:15.40 | 01:01:33.36 | 00:42:59.66 | | 02:05:11.41 |
| 2 | 105/244 | 30/103 | 71 | Diane Stoller | 56 | F | Maple Grove | MN | 00:19:39.13 | 00:58:40.31 | 00:45:02.16 | | 02:07:34.36 |
| 3 | 110/244 | 33/103 | 70 | Carolyn Milbrath | 57 | F | Hudson | WI | 00:15:22.39 | 01:02:54.83 | 00:46:55.88 | | 02:08:26.24 |
| 4 | 113/244 | 34/103 | 72 | Judy Murray | 55 | F | Sartell | MN | 00:17:51.72 | 01:01:43.48 | 00:45:30.90 | | 02:09:05.62 |
| 5 | 119/244 | 38/103 | 75 | Judith Peters | 55 | F | St. Cloud | MN | 00:19:23.06 | 01:02:36.47 | 00:45:17.34 | | 02:10:55.65 |
| 6 | 156/244 | 56/103 | 74 | Denise Casey | 55 | F | Buffalo | MN | 00:19:56.00 | 01:08:22.14 | 00:45:03.38 | | 02:17:25.03 |
| 7 | 163/244 | 59/103 | 67 | Susan Holt | 59 | F | Plymouth | MN | 00:15:29.10 | 01:06:43.68 | 00:52:20.38 | | 02:19:13.10 |
| 8 | 198/244 | 78/103 | 73 | Brenda Conzet | 55 | F | Buffalo | MN | 00:18:45.34 | 01:12:20.86 | 00:51:24.48 | | 02:30:25.38 |
| 9 | 208/244 | 84/103 | 68 | Gale Tinglov | 58 | F | St. Cloud | MN | 00:16:21.67 | 01:12:59.83 | 00:58:41.52 | | 02:33:09.35 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 30/244 | 22/141 | 109 | Dale Forde | 57 | M | Golden Valley | MN | 00:14:02.00 | 00:55:11.07 | 00:34:54.93 | | 01:47:17.79 |
| 2 | 33/244 | 25/141 | 123 | Scott Ransom | 55 | M | Golden Valley | MN | 00:12:41.44 | 00:53:37.68 | 00:39:06.99 | | 01:47:58.74 |
| 3 | 36/244 | 28/141 | 115 | Jeffrey Gilmer | 56 | M | Delano | MN | 00:14:02.89 | 00:52:12.82 | 00:39:57.38 | | 01:49:06.80 |
| 4 | 44/244 | 34/141 | 117 | Kevin Olsen | 56 | M | Minneapolis | MN | 00:13:42.80 | 00:54:17.03 | 00:41:56.22 | | 01:52:30.61 |
| 5 | 54/244 | 42/141 | 122 | Steve Kangas | 55 | M | Woodbury | MN | 00:15:51.51 | 00:54:37.95 | 00:40:25.42 | | 01:55:27.79 |
| 6 | 57/244 | 44/141 | 106 | Peter Tabor | 58 | M | Minneapolis | MN | 00:16:53.54 | 00:54:04.38 | 00:39:32.53 | | 01:55:43.81 |
| 7 | 84/244 | 62/141 | 110 | Arth Gorr | 57 | M | Buffalo | MN | 00:18:14.82 | 00:57:39.95 | 00:42:05.47 | | 02:02:50.87 |
| 8 | 90/244 | 65/141 | 116 | Don Weirens | 56 | M | Minneapolis | MN | 00:17:33.57 | 00:58:16.13 | 00:44:41.77 | | 02:04:10.65 |
| 9 | 96/244 | 70/141 | 113 | Steve Gunther | 57 | M | Excelsior | MN | 00:13:52.11 | 01:02:09.10 | 00:46:12.76 | | 02:05:38.91 |
| 10 | 134/244 | 91/141 | 112 | Robert Lawton | 57 | M | Willmar | MN | 00:17:12.57 | 01:07:55.63 | 00:41:47.52 | | 02:14:33.73 |
| 11 | 141/244 | 94/141 | 120 | Carl Hoang | 55 | M | Maple Grove | MN | 00:18:41.82 | 01:00:19.45 | 00:52:25.67 | | 02:15:41.62 |
| 12 | 142/244 | 95/141 | 107 | Cary Radisewitz | 58 | M | Luverne | MN | 00:18:23.63 | 01:02:55.47 | 00:47:31.26 | | 02:15:43.35 |
| 13 | 145/244 | 96/141 | 126 | Rob Sitek | 58 | M | Hastings | MN | 00:17:41.41 | 01:00:32.14 | 00:52:48.39 | | 02:15:53.02 |
| 14 | 192/244 | 117/141 | 119 | Brett Oden | 55 | M | Buffalo | MN | 00:18:57.89 | 01:12:50.24 | 00:48:18.00 | | 02:27:53.68 |
| 15 | 194/244 | 118/141 | 121 | Ken Katz | 55 | M | Plymouth | MN | 00:22:35.55 | 01:08:24.24 | 00:50:43.77 | | 02:28:43.44 |
| 16 | 225/244 | 133/141 | 130 | Tom Barringer | 59 | M | St.Francis | MN | 00:23:05.90 | 01:12:30.99 | 01:01:05.60 | | 02:43:28.07 |
| 17 | 226/244 | 134/141 | 118 | Chuck Wagner | 55 | M | Minnetonka | MN | 00:22:26.06 | 01:14:34.26 | 01:00:24.15 | | 02:44:40.95 |
| 18 | 237/244 | 139/141 | 105 | John Jasinski | 58 | M | Minneapolis | MN | 00:21:30.80 | 01:19:01.71 | 00:55:25.02 | | 02:57:09.40 |

Female Ages 60 - 64

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|-----------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 99/244 | 27/103 | 65 | Pam Stevens | 62 | F | Sartell | MN | 00:15:53.24 | 00:58:56.25 | 00:47:50.47 | | 02:06:03.61 |
| 2 | 161/244 | 58/103 | 60 | Deborah Roberts | 64 | F | Nisswa | MN | 00:17:43.73 | 01:07:48.46 | 00:49:36.03 | | 02:18:26.41 |
| 3 | 164/244 | 60/103 | 64 | Lisa Wheeler | 64 | F | Bloomington | MN | 00:19:33.33 | 01:07:31.89 | 00:47:50.62 | | 02:19:43.00 |
| 4 | 187/244 | 72/103 | 131 | Leslie Stanaway | 61 | F | Minneapolis | MN | 00:21:49.27 | 01:14:02.30 | 00:46:08.55 | | 02:26:10.54 |
| 5 | 193/244 | 76/103 | 61 | Connie Foster | 64 | F | River Falls | WI | 00:18:32.56 | 01:13:20.08 | 00:51:48.23 | | 02:28:08.84 |
| 6 | 206/244 | 83/103 | 66 | Michel Sanders | 61 | F | Saint Paul | MN | 00:19:42.26 | 01:10:25.01 | 00:57:03.75 | | 02:33:01.40 |
| 7 | 214/244 | 87/103 | 62 | Peggy Hunter | 64 | F | Hugo | MN | 00:23:29.95 | 01:10:01.01 | 00:57:37.70 | | 02:36:56.69 |
| 8 | 233/244 | 97/103 | 128 | Barbara Logan | 61 | F | Seattle | WA | 00:18:28.63 | 01:14:22.87 | 01:09:28.12 | | 02:48:31.22 |

Heart of the Lakes Triathlon

July 19, 2015

Overall Division Results

Long 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 | 37/244 | 29/141 | 125 | David Dow | 60 | M | West Lakeland | MN | 00:14:15.42 | 00:52:49.49 | 00:39:24.11 | | 01:49:30.06 |
| 2 | 53/244 | 41/141 | 103 | Leonard Klun | 61 | M | Maple Plain | MN | 00:14:18.35 | 00:57:57.93 | 00:39:10.14 | | 01:55:23.68 |
| 3 | 58/244 | 45/141 | 102 | Kent Schwitzer | 62 | M | Minnetonka | MN | 00:14:14.55 | 00:54:12.23 | 00:43:47.68 | | 01:55:51.10 |
| 4 | 133/244 | 90/141 | 127 | Mike Borneke | 61 | M | Eagle Lake | MN | 00:19:27.35 | 01:00:54.96 | 00:48:18.95 | | 02:14:17.15 |
| 5 | 159/244 | 102/141 | 99 | Rick E. Wheeler | 64 | M | Bloomington | MN | 00:17:58.96 | 01:05:37.88 | 00:49:58.05 | | 02:18:14.21 |
| 6 | 209/244 | 125/141 | 104 | Walter Milbrath | 60 | M | Hudson | WI | 00:19:17.59 | 01:10:18.62 | 00:59:37.56 | | 02:34:00.14 |
| 7 | 243/244 | 140/141 | 101 | Terry Hill | 63 | M | Maple Grove | MN | 00:24:32.95 | 01:24:05.36 | 01:11:18.48 | | 03:08:55.45 |

Male Ages 65 - 69

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|---------------|-----|---|-----------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 131/244 | 88/141 | 94 | Thomas Rohman | 68 | M | South Haven | MN | 00:18:18.10 | 01:02:16.29 | 00:48:25.45 | | 02:14:00.22 |
| 2 | 171/244 | 109/141 | 98 | Tom Couillard | 66 | M | White Bear Lake | MN | 00:18:35.45 | 01:05:44.14 | 00:50:06.58 | | 02:21:03.28 |
| 3 | 244/244 | 141/141 | 96 | James Barthel | 68 | M | Dellwood | MN | 00:22:27.68 | 01:29:51.86 | 01:05:26.62 | | 03:09:13.71 |

Male Ages 70+

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Swim | Bike | Run | Penalty | Time |
|-----------|-------------------|------------------|-----|---------------------|-----|---|-------------|-----|-------------|-------------|-------------|---------|-------------|
| 1 | 140/244 | 93/141 | 90 | Hank Larsen | 75 | M | Glencoe | MN | 00:19:04.06 | 01:05:27.44 | 00:47:28.90 | | 02:15:40.05 |
| 2 | 176/244 | 110/141 | 93 | Daryl Stevens | 72 | M | Sartell | MN | 00:19:10.52 | 00:59:59.98 | 00:58:58.83 | | 02:22:36.64 |
| 3 | 202/244 | 123/141 | 92 | Fred Roethlisberger | 72 | M | River Falls | WI | 00:22:11.48 | 01:11:29.96 | 00:51:01.05 | | 02:32:16.88 |
| 4 | 229/244 | 136/141 | 91 | Steve Paladie | 72 | M | Plymouth | MI | 00:23:37.08 | 01:15:04.68 | 01:02:18.33 | | 02:46:03.23 |