

Heart of the Lakes Triathlon

July 17, 2016

Overall Results

Note: Penalty list at end of 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
1	1	Matthew Payne	M	39	Golden Valley	MN	00:12:20	11	1:23	00:01:36	00:46:18	2	27.2	00:00:26	00:29:38	4	5:35	01:30:16.19
2	23	Sean Cooley	M	31	St Paul	MN	00:12:11	7	1:22	00:01:25	00:45:50	1	27.5	00:00:31	00:31:10	7	5:52	01:31:05.43
3	24	Nathan Ansbaugh	M	29	Minneapolis	MN	00:12:10	5	1:22	00:01:33	00:47:33	3	26.5	00:00:25	00:31:13	8	5:53	01:32:51.14
4	4	Josh Blankenheim	M	35	Duluth	MN	00:13:54	34	1:34	00:01:32	00:48:48	4	25.8	00:00:24	00:29:18	3	5:31	01:33:53.70
5	15	Kevin Oconnor	M	45	Medina	MN	00:12:13	8	1:22	00:01:28	00:49:16	7	25.6	00:00:20	00:31:01	6	5:51	01:34:16.28
6	6	Nathan Hoffman	M	33	South Haven	MN	00:14:57	57	1:41	00:01:40	00:49:42	9	25.4	00:00:22	00:28:41	1	5:24	01:35:20.12
7	13	Corey Towle	M	29	St. Louis Park	MN	00:12:11	6	1:22	00:01:32	00:51:09	17	24.6	00:00:28	00:30:15	5	5:42	01:35:33.54
8	19	Matthew Liebsch	M	33	Orono	MN	00:13:32	28	1:31	00:01:39	00:50:51	16	24.8	00:00:34	00:29:10	2	5:30	01:35:42.91
9	5	Brian Bich	M	50	Duluth	MN	00:13:01	15	1:28	00:01:36	00:49:33	8	25.4	00:00:27	00:32:34	11	6:08	01:37:08.45
10	12	Scott Myers	M	41	Plymouth	MN	00:12:30	12	1:24	00:01:48	00:50:35	14	24.9	00:00:30	00:32:37	13	6:09	01:37:57.59
11	30	Tony Schiller	M	59	Long Lake	MN	00:13:00	14	1:28	00:01:44	00:48:52	5	25.8	00:00:27	00:34:20	20	6:28	01:38:19.82
12	17	Steve Sander	M	37	Eden Prairie	MN	00:14:09	37	1:36	00:01:45	00:49:03	6	25.7	00:00:37	00:32:55	15	6:12	01:38:26.70
13	16	Brett Lovaas	M	41	Mnnetonka	MN	00:12:09	4	1:22	00:01:40	00:50:47	15	24.8	00:00:20	00:33:34	16	6:19	01:38:26.93
14	21	Josh Mork	M	33	Lino Lakes	MN	00:13:13	24	1:29	00:01:36	00:50:28	13	25.0	00:00:41	00:34:18	19	6:28	01:40:13.41
15	7	Travis Miller	M	36	Nisswa	MN	00:14:59	58	1:41	00:01:35	00:51:58	18	24.3	00:00:29	00:32:12	9	6:04	01:41:10.14
16	227	Moshe Peri	M	39	Mnnetonka	MN	00:13:11	23	1:29	00:01:48	00:53:40	23	23.5	00:00:54	00:32:19	10	6:05	01:41:50.17
17	22	Hanna Grinaker	F	28	St Paul	MN	00:14:16	42	1:36	00:02:06	00:52:23	19	24.1	00:00:43	00:32:48	14	6:11	01:42:14.82
18	155	Tim Bode	M	48	Buffalol	MN	00:11:42	2	1:19	00:02:04	00:50:07	11	25.1	00:01:18	00:37:34	39	7:05	01:42:40.94
19	2	Christina Roberts	F	30	St. Louis Park	MN	00:12:16	10	1:23	00:01:42	00:54:42	31	23.0	00:00:28	00:33:50	17	6:22	01:42:54.84
20	278	Joe Adriaens	M	28	Elk River	MN	00:12:36	13	1:25	00:02:21	00:52:42	21	23.9	00:01:16	00:34:20	21	6:28	01:43:12.73
21	164	Phillip Falkner	M	46	Minneapolis	MN	00:13:23	26	1:30	00:02:31	00:52:39	20	23.9	00:01:12	00:34:01	18	6:24	01:43:43.31
22	296	John Heinlein	M	27	Wayzata	MN	00:14:03	36	1:35	00:01:53	00:49:50	10	25.3	00:01:17	00:36:54	34	6:57	01:43:55.21
23	256	David Phillips	M	30	Mapl Grove	MN	00:14:36	48	1:39	00:02:01	00:50:24	12	25.0	00:01:27	00:35:42	26	6:43	01:44:07.71
24	225	Matthew Trok	M	39	Maple Grove	MN	00:14:11	39	1:36	00:02:38	00:54:25	30	23.2	00:01:36	00:32:34	12	6:08	01:45:20.68
25	136	Randy Peterson	M	50	Northfield	MN	00:13:10	21	1:29	00:02:13	00:53:43	24	23.5	00:01:06	00:35:48	27	6:45	01:45:56.61
26	223	Michael Hankee	M	39	Lino Lakes	MN	00:13:03	16	1:28	00:01:53	00:54:13	29	23.2	00:01:03	00:37:05	36	6:59	01:47:15.48
27	250	Nathan Budde	M	39	South Haven	MN	00:15:46	78	1:47	00:02:08	00:53:55	27	23.4	00:01:03	00:34:31	22	6:30	01:47:20.73
28	272	Maggie Weiss	F	21	Excelsior	MN	00:13:46	31	1:33	00:02:32	00:53:54	25	23.4	00:01:48	00:36:19	30	6:51	01:48:16.66
29	134	Ryan Wenning	M	50	Excelsior	MN	00:15:13	64	1:43	00:02:11	00:53:54	26	23.4	00:00:46	00:36:20	31	6:51	01:48:21.90
30	289	Will Gallagher	M	18	Saint Michael	MN	00:11:16	1	1:16	00:01:45	00:57:13	45	22.0	00:01:44	00:36:32	33	6:53	01:48:27.45
31	166	Don Steenson	M	45	Plymouth	MN	00:11:56	3	1:21	00:02:32	00:57:16	46	22.0	00:01:27	00:36:23	32	6:51	01:49:31.32
32	119	Brian Lavelle	M	54	Chaska	MN	00:13:39	30	1:32	00:02:07	00:53:18	22	23.6	00:00:51	00:39:50	61	7:30	01:49:42.62
33	11	Andrea Myers	F	40	Plymouth	MN	00:13:08	20	1:29	00:02:00	00:56:44	39	22.2	00:00:30	00:37:29	38	7:04	01:49:48.13
34	132	Dan Silvernail	M	50	West Linn	OR	00:14:54	56	1:41	00:02:44	00:54:03	28	23.3	00:01:15	00:37:14	37	7:01	01:50:06.81
35	14	Lindsey Marshall	F	27	St Paul	MN	00:12:15	9	1:23	00:01:54	00:56:21	35	22.4	00:00:41	00:39:32	58	7:27	01:50:40.48
36	98	Dale Forde	M	58	Golden Valley	MN	00:14:26	45	1:38	00:02:19	00:57:30	48	21.9	00:00:58	00:35:55	28	6:46	01:51:06.73

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
37	214	Sheena Dauer	F	34	Montevideo	MN	00:14:49	53	1:40	00:02:50	00:57:03	42	22.1	00:01:45	00:34:53	24	6:34	01:51:17.68
38	160	Keith Thompson	M	47	Annandale	MN	00:16:31	96	1:52	00:02:55	00:55:39	34	22.6	00:01:16	00:35:40	25	6:43	01:51:59.19
39	186	Kirk Vesterstin	M	54	Wayzata	MN	00:16:24	93	1:51	00:03:01	00:54:47	32	23.0	00:01:11	00:36:57	35	6:58	01:52:18.11
40	25	Ann Snuggerud	F	48	Chaska	MN	00:14:13	40	1:36	00:02:03	00:57:29	47	21.9	00:00:42	00:38:15	44	7:12	01:52:39.97
41	107	Kevin Grafft	M	55	Chanhassen	MN	00:15:35	68	1:45	00:02:27	00:57:01	41	22.1	00:01:07	00:38:17	46	7:13	01:54:24.21
42	258	Jason Neumann	M	34	St Cloud	MN	00:15:34	67	1:45	00:02:06	00:56:57	40	22.1	00:01:45	00:38:24	47	7:14	01:54:43.45
43	87	Leonard Klun	M	62	Maple Plain	MN	00:14:48	52	1:40	00:02:59	00:57:48	50	21.8	00:01:12	00:38:09	42	7:11	01:54:53.48
44	175	Graham Wright	M	42	Saint Paul	MN	00:15:19	65	1:44	00:02:32	00:57:08	43	22.1	00:00:49	00:39:58	63	7:32	01:55:43.67
45	252	Kristin Weinzierl	F	34	Waconia	MN	00:15:40	70	1:46	00:02:41	01:01:41	78	20.4	00:01:00	00:34:45	23	6:33	01:55:44.49
46	205	Sara Rondorf	F	39	Andover	MN	00:16:21	90	1:51	00:02:15	00:56:23	38	22.3	00:01:25	00:40:18	66	7:36	01:56:39.55
47	219	Mandy Stoesz	F	31	Buffalo	MN	00:14:35	47	1:39	00:02:30	00:58:50	54	21.4	00:01:51	00:39:36	59	7:28	01:57:18.94
48	110	Jim Nack	M	56	Madison Lake	MN	00:14:32	46	1:38	00:02:31	00:56:22	37	22.4	00:00:53	00:43:18	93	8:10	01:57:34.36
49	251	Mariane Walin	F	31	Brooklyn Park	MN	00:14:52	55	1:41	00:02:27	00:57:58	52	21.7	00:01:37	00:41:12	80	7:46	01:58:05.24
50	111	Steve Peterson	M	58	Eagan	MN	00:17:03	106	1:55	00:02:04	00:57:43	49	21.8	00:01:06	00:40:58	76	7:43	01:58:51.39
51	263	Brigid Varley	F	27	St.Paul	MN	00:13:32	29	1:32	00:02:20	01:02:15	83	20.2	00:01:32	00:39:23	57	7:25	01:58:59.20
52	100	Kevin Olsen	M	57	Orono	MN	00:14:03	35	1:35	00:02:08	00:56:21	36	22.4	00:00:28	00:46:10	115	8:42	01:59:06.85
53	200	Christine Agazzi	F	40	Eden Prairie	MN	00:15:03	60	1:42	00:02:46	01:00:41	70	20.8	00:01:29	00:39:11	54	7:23	01:59:07.75
54	151	Dan Hauck	M	49	Cedar	MN	00:13:48	32	1:33	00:02:50	01:04:46	114	19.5	00:01:39	00:36:08	29	6:49	01:59:08.30
55	257	Veronica Bond	F	44	Rochester	MN	00:14:19	43	1:37	00:02:26	00:59:26	58	21.2	00:01:46	00:41:48	82	7:53	01:59:41.99
56	165	Reese Lang	M	46	Loretto	MN	00:17:45	119	2:00	00:02:01	01:00:43	71	20.8	00:00:52	00:38:27	49	7:15	01:59:45.64
57	224	Kathy Dixon	F	37	Arden Hills	MN	00:13:16	25	1:30	00:02:22	01:02:12	82	20.3	00:01:41	00:40:22	68	7:36	01:59:49.99
58	182	William Lorenz	M	44	Benson	MN	00:17:09	109	1:56	00:02:21	01:00:36	68	20.8	00:00:45	00:39:22	56	7:25	02:00:10.74
59	181	David Berntson	M	40	Annandale	MN	00:18:35	132	2:06	00:02:47	00:59:59	60	21.0	00:01:42	00:37:54	40	7:09	02:00:53.81
60	275	Ben Ferin	M	29	White Bear Lake	MN	00:16:21	91	1:51	00:02:25	01:00:11	63	20.9	00:01:23	00:41:04	77	7:44	02:01:21.84
61	212	Molly Larew	F	37	Plymouth	MN	00:16:26	94	1:51	00:02:24	00:58:33	53	21.5	00:01:28	00:43:04	91	8:07	02:01:53.72
62	135	Dustin Warner	M	50	Eden Prairie	MN	00:15:32	66	1:45	00:02:37	01:00:36	67	20.8	00:01:33	00:41:42	81	7:51	02:01:57.81
63	268	Lucy Ramquist	F	23	River Falls	WI	00:15:02	59	1:42	00:03:24	01:03:20	101	19.9	00:02:06	00:38:15	45	7:12	02:02:04.50
64	95	Peter Tabor	M	59	Minneapolis	MN	00:15:35	69	1:45	00:04:06	01:00:01	62	21.0	00:01:41	00:41:12	79	7:46	02:02:33.66
65	286	Mitchell Ergen	M	23	Sartell	MN	00:16:48	100	1:54	00:02:19	01:03:42	106	19.8	00:01:21	00:38:40	51	7:17	02:02:46.34
66	271	Jenna Muntiferung	F	21	Buffalo	MN	00:13:10	22	1:29	00:02:53	01:06:42	135	18.9	00:01:07	00:39:01	53	7:21	02:02:51.50
67	127	Mark Augdahl	M	51	Chaska	MN	00:15:11	61	1:43	00:02:34	01:02:57	93	20.0	00:01:47	00:40:28	69	7:38	02:02:54.48
68	291	Douglas Shield	M	17	Vadnais Heights	MN	00:16:04	87	1:49	00:03:33	01:03:44	108	19.8	00:01:45	00:38:00	41	7:10	02:03:03.49
69	156	Steven Meletiou	M	48	Stillwater	MN	00:17:20	112	1:57	00:03:31	01:00:47	72	20.7	00:01:45	00:40:12	65	7:34	02:03:33.24
70	267	Katie Oden	F	23	Buffalo	MN	00:15:57	82	1:48	00:02:27	01:02:57	92	20.0	00:01:29	00:40:52	74	7:42	02:03:37.94
71	173	Daniel Hackenberg	M	43	Eden Prairie	MN	00:15:44	75	1:46	00:03:18	01:02:06	80	20.3	00:01:35	00:41:07	78	7:45	02:03:48.90
72	86	Mike Flynn	M	64	Elk River	MN	00:19:22	151	2:11	00:03:25	01:00:15	65	20.9	00:01:05	00:39:51	62	7:31	02:03:54.71

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	139	Jane Peterson	F	48	Saint Cloud	MN	00:13:24	27	1:31	00:03:07	01:02:59	94	20.0	00:01:59	00:42:45	87	8:03	02:04:11.87
74	130	Mark Elli	M	50	Edina	MN	00:15:44	74	1:46	00:04:48	00:57:09	44	22.1	00:02:01	00:44:44	106	8:26	02:04:22.49
75	245	Derek Desens	M	33	Cokato	MN	00:14:52	54	1:40	00:03:04	01:05:14	118	19.3	00:01:36	00:39:45	60	7:29	02:04:27.93
76	276	Blake Steinbring	M	29	Alexandria	MN	00:16:30	95	1:52	00:03:37	01:01:29	74	20.5	00:02:30	00:40:51	73	7:42	02:04:54.50
77	158	David Barnes	M	48	Lakeville	MN	00:15:54	80	1:48	00:03:45	01:05:44	125	19.2	00:01:33	00:38:14	43	7:12	02:05:08.18
78	90	Peter Lancaster	M	61	Minneapolis	MN	00:15:11	62	1:43	00:03:06	01:01:05	73	20.6	00:01:22	00:44:52	107	8:27	02:05:34.15
79	141	Kitty Earl-Torniainen	F	48	Saint Paul	MN	00:20:35	173	2:19	00:02:56	01:02:22	87	20.2	00:01:49	00:38:32	50	7:16	02:06:11.75
80	236	Jason Odonnell	M	36	Minneapolis	MN	00:14:10	38	1:36	00:03:05	01:03:18	100	19.9	00:01:38	00:44:03	102	8:18	02:06:11.95
81	120	Mark Roth	M	54	Burnsville	MN	00:16:55	102	1:54	00:04:15	01:02:15	84	20.2	00:02:18	00:40:32	70	7:38	02:06:12.40
82	290	Charles Couvreur	M	18	Saint Paul	MN	00:22:20	188	2:31	00:03:32	00:54:50	33	23.0	00:02:05	00:43:48	98	8:15	02:06:32.45
83	185	Gregory Bond	M	45	Rochester	MN	00:18:56	140	2:08	00:02:29	01:00:11	64	20.9	00:01:19	00:43:50	99	8:16	02:06:42.99
84	102	Don Weirens	M	57	Minneapolis	MN	00:18:48	136	2:07	00:02:45	00:59:16	56	21.3	00:01:21	00:44:40	105	8:25	02:06:47.68
85	61	Helen Gunther	F	59	Excelsior	MN	00:17:02	104	1:55	00:02:31	01:02:30	88	20.2	00:01:01	00:43:51	100	8:16	02:06:52.16
86	264	Emma Adriaens	F	26	Elk River	MN	00:18:51	139	2:08	00:02:46	01:01:36	76	20.5	00:02:02	00:41:54	83	7:54	02:07:06.98
87	213	Julie Feldman	F	34	Inver Grove Heights	MN	00:17:07	107	1:56	00:02:25	01:00:01	61	21.0	00:01:23	00:46:16	116	8:43	02:07:08.24
88	209	Lindsay Schwab	F	37	Saint Paul	MN	00:16:20	89	1:51	00:02:39	01:05:41	123	19.2	00:02:16	00:40:49	72	7:41	02:07:42.53
89	167	Greg Taft	M	45	Cold Spring	MN	00:16:45	99	1:53	00:02:53	01:01:37	77	20.5	00:01:15	00:45:22	109	8:33	02:07:49.67
90	106	David Thoma	M	55	Annandale	MN	00:14:46	50	1:40	00:02:16	01:03:08	96	20.0	00:01:10	00:46:36	119	8:47	02:07:53.94
91	279	Andrew Jacot	M	28	St Paul	MN	00:17:51	123	2:01	00:03:00	01:01:31	75	20.5	00:02:10	00:43:42	97	8:14	02:08:11.75
92	297	Caroline Gagne	F	24	Wayzata	MN	00:17:36	116	1:59	00:03:15	01:05:06	117	19.4	00:02:02	00:40:18	67	7:36	02:08:14.39
93	226	Matthew Ides	M	39	Minneapolis	MN	00:21:33	182	2:26	00:02:55	00:59:26	57	21.2	00:01:32	00:42:54	90	8:05	02:08:18.25
94	59	Pam Stevens	F	63	Sartell	MN	00:16:00	83	1:48	00:02:47	01:00:41	69	20.8	00:00:50	00:48:09	131	9:04	02:08:24.40
95	99	Steve Gunther	M	58	Excelsior	MN	00:14:25	44	1:37	00:02:09	01:03:15	99	19.9	00:00:57	00:48:22	132	9:07	02:09:05.67
96	221	Cortney Engen	F	40	St. Louis Park	MN	00:15:42	73	1:46	00:02:57	00:59:34	59	21.2	00:02:26	00:48:36	135	9:10	02:09:12.50
97	157	Tim Jette	M	48	Maple Grove	MN	00:17:26	113	1:58	00:03:22	01:06:36	133	18.9	00:01:43	00:40:09	64	7:34	02:09:13.50
98	231	Rebecca Karnes	F	39	Mound	MN	00:20:40	175	2:20	00:02:45	01:06:08	129	19.1	00:01:15	00:38:54	52	7:20	02:09:38.93
99	265	Candace Corso	F	25	Saint Paul	MN	00:13:06	18	1:28	00:02:55	01:07:40	142	18.6	00:01:41	00:44:20	104	8:21	02:09:39.30
100	266	Elizabeth Mcnamara	F	24	Buffalo	MN	00:16:02	85	1:48	00:02:21	01:02:57	91	20.0	00:02:15	00:46:09	113	8:42	02:09:40.25
101	216	Jessica Reisner	F	33	Minnetonka	MN	00:17:09	108	1:56	00:02:44	01:04:21	112	19.6	00:02:17	00:43:25	96	8:11	02:09:51.94
102	243	Brian Boehmer	M	34	Sauk Rapids	MN	00:19:41	157	2:13	00:02:15	00:57:49	51	21.8	00:01:43	00:48:31	133	9:09	02:09:56.40
103	184	Laura Hjort	F	49	Elk River	MN	00:17:39	118	1:59	00:02:43	01:03:10	97	20.0	00:01:13	00:45:42	110	8:37	02:10:24.25
104	262	Stephanie Simenstad	F	27	Richfield	MN	00:15:46	76	1:47	00:02:33	01:02:39	89	20.1	00:01:59	00:47:50	126	9:01	02:10:44.43
105	242	Jon Fox	M	34	Webster	MN	00:16:17	88	1:50	00:04:01	01:06:59	137	18.8	00:01:33	00:42:22	84	7:59	02:11:09.72
106	73	Linda Langkos	F	52	Minnetonka	MN	00:16:40	98	1:53	00:02:49	01:02:20	85	20.2	00:02:03	00:47:21	124	8:55	02:11:10.17
107	64	Judith Peters	F	56	St. Cloud	MN	00:19:13	148	2:10	00:03:06	01:04:02	111	19.7	00:01:11	00:43:58	101	8:17	02:11:27.84
108	179	David Smith	M	41	Sartell	MN	00:16:55	103	1:54	00:03:10	01:00:31	66	20.8	00:01:32	00:49:35	148	9:21	02:11:39.50

Heart of the Lakes Triathlon

July 17, 2016

Overall Results

Note: Penalty list at end of 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
109	148	Carole Weiland	F	45	Champlin	MN	00:13:49	33	1:33	00:03:09	01:03:50	110	19.7	00:02:46	00:48:59	138	9:14	02:12:30.42
110	150	Scott Tollefson	M	49	Minneapolis	MN	00:25:27	207	2:53	00:02:54	01:03:33	102	19.8	00:01:32	00:39:19	55	7:24	02:12:42.25
111	222	Aaron Lindeman	M	39	Sioux Falls	SD	00:23:11	196	2:37	00:02:57	01:01:45	79	20.4	00:02:23	00:42:33	85	8:01	02:12:47.50
112	192	Rebecca Kelly	F	44	Shullsburg	WI	00:21:57	186	2:29	00:03:14	01:03:45	109	19.8	00:01:44	00:42:35	86	8:02	02:13:13.50
113	63	Carolyn Milbrath	F	58	Hudson	WI	00:15:53	79	1:47	00:02:45	01:05:26	120	19.3	00:01:08	00:48:06	130	9:04	02:13:14.99
114	211	Kyleen Harstedt	F	37	Hugo	MN	00:16:02	84	1:48	00:03:10	01:05:34	122	19.2	00:02:20	00:47:03	122	8:52	02:14:07.20
115	176	Jason Stover	M	41	Brooklyn Park	MN	00:19:01	143	2:09	00:04:29	01:10:02	160	18.0	00:02:20	00:38:27	48	7:15	02:14:16.20
116	288	Sean Devine	M	23	Eden Prairie	MN	00:19:49	158	2:14	00:02:33	01:05:31	121	19.2	00:01:37	00:44:52	108	8:27	02:14:20.33
117	112	Robert Daniels	M	63	Savage	MN	00:17:38	117	1:59	00:06:07	01:06:44	136	18.9	00:01:35	00:43:20	94	8:10	02:15:21.86
118	71	Karen Eklin	F	52	Plymouth	MN	00:16:04	86	1:49	00:03:16	01:08:17	148	18.5	00:01:15	00:46:40	120	8:48	02:15:29.50
119	109	Carol Markham-Cousins	F	61	Minneapolis	MN	00:15:57	81	1:48	00:03:13	01:06:11	130	19.0	00:01:03	00:49:14	142	9:17	02:15:34.90
120	294	Kyle Scheeler	M	27	St Cloud	MN	00:17:49	122	2:01	00:03:41	01:10:13	162	17.9	00:03:05	00:40:53	75	7:42	02:15:38.75
121	125	Ted Peterson	M	51	Saint Cloud	MN	00:17:35	115	1:59	00:04:06	01:09:36	155	18.1	00:01:56	00:42:48	89	8:04	02:15:57.75
122	91	Brad Erickson	M	61	Plymouth	MN	00:18:04	126	2:02	00:03:41	01:02:07	81	20.3	00:02:43	00:49:27	147	9:19	02:15:59.24
123	89	Mike Borneke	M	62	Eagle Lake	MN	00:19:39	156	2:13	00:03:47	01:02:21	86	20.2	00:01:22	00:49:12	141	9:16	02:16:19.50
124	284	Hunter Kaestner	M	25	Minneapolis	MN	00:19:17	149	2:11	00:03:47	01:07:39	140	18.6	00:01:39	00:44:07	103	8:19	02:16:26.76
125	239	Nick Milton	M	34	Minneapolis	MN	00:17:33	114	1:59	00:04:31	00:59:08	55	21.3	00:03:52	00:51:27	163	9:42	02:16:29.34
126	201	Susan Hilal	F	40	Plymouth	MN	00:14:44	49	1:40	00:03:04	01:08:14	147	18.5	00:02:07	00:48:42	136	9:11	02:16:48.75
127	152	Paul Gaskin	M	49	Victoria	MN	00:14:15	41	1:36	00:03:17	01:05:41	124	19.2	00:01:44	00:52:22	175	9:52	02:17:16.74
128	171	David Clemens	M	44	Woodbury	MN	00:19:00	142	2:09	00:03:55	01:03:34	103	19.8	00:02:26	00:48:50	137	9:12	02:17:43.26
129	177	Glen Varns	M	41	Minneapolis	MN	00:16:34	97	1:52	00:02:42	01:05:23	119	19.3	00:01:41	00:51:26	162	9:42	02:17:43.99
130	197	Carolyn Tuohy	F	42	Minneapolis	MN	00:19:50	159	2:14	00:02:38	01:09:38	156	18.1	00:02:18	00:43:22	95	8:10	02:17:44.50
131	170	Mark Hartley	M	44	Inver Grove Heights	MN	00:21:21	180	2:25	00:03:46	01:03:38	104	19.8	00:01:44	00:47:31	125	8:57	02:17:57.19
132	121	Bryan Wray	M	54	Eagan	MN	00:17:11	110	1:56	00:04:31	01:03:43	107	19.8	00:02:04	00:50:43	156	9:34	02:18:10.22
133	104	Carl Hoang	M	56	Maple Grove	MN	00:19:01	144	2:09	00:03:22	01:03:02	95	20.0	00:01:35	00:51:21	161	9:41	02:18:18.95
134	68	Pam Reimer	F	54	Eden Prairie	MN	00:19:36	154	2:13	00:03:04	01:11:49	170	17.5	00:01:07	00:42:48	88	8:04	02:18:21.40
135	247	Anthony Roman	M	32	Minneapolis	MN	00:14:47	51	1:40	00:03:00	01:07:52	145	18.6	00:01:55	00:50:58	158	9:36	02:18:29.25
136	105	Steve Gaffer	M	56	New Richmond	WI	00:15:41	71	1:46	00:02:55	01:02:41	90	20.1	00:01:10	00:56:08	190	10:35	02:18:32.25
137	168	Matt Honsey	M	44	Annandale	MN	00:23:37	199	2:40	00:02:39	01:08:19	149	18.4	00:00:45	00:43:17	92	8:09	02:18:35.18
138	295	Abby Solom	F	26	Bloomington	MN	00:18:12	127	2:03	00:04:00	01:08:51	153	18.3	00:01:51	00:45:50	112	8:38	02:18:41.74
139	81	John Zumhofe	M	66	Sioux Falls	SD	00:18:38	133	2:06	00:03:48	01:03:42	105	19.8	00:01:56	00:51:04	159	9:38	02:19:06.25
140	229	Christopher Smith	M	38	Plymouth	MN	00:23:00	195	2:36	00:02:26	01:05:00	115	19.4	00:02:26	00:46:31	117	8:46	02:19:21.37
141	203	Betsy Grams	F	40	Chanhassen	MN	00:20:23	168	2:18	00:02:59	01:05:49	126	19.1	00:02:25	00:47:52	127	9:01	02:19:25.23
142	72	Bethann Barankovich	F	52	Minneapolis	MN	00:17:49	121	2:01	00:03:22	01:11:08	166	17.7	00:01:51	00:45:44	111	8:37	02:19:52.50
143	126	Steven Gallagher	M	51	Minneapolis	MN	00:17:49	120	2:01	00:03:35	01:07:34	139	18.6	00:01:47	00:49:21	144	9:18	02:20:03.80
144	74	Beth Wengler	F	50	Saint Cloud	MN	00:18:12	128	2:03	00:03:22	01:06:42	134	18.9	00:01:46	00:50:14	153	9:28	02:20:13.40

Heart of the Lakes Triathlon

July 17, 2016

Overall Results

Note: Penalty list at end of 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	180	Seth Hagerty	M	40	Eagan	MN	00:19:39	155	2:13	00:03:21	01:05:06	116	19.4	00:02:35	00:50:39	154	9:33		02:21:17.38
146	145	Cheryl Oconnell	F	46	Eden Prairie	MN	00:18:27	131	2:05	00:02:57	01:07:46	143	18.6	00:02:26	00:49:52	151	9:24		02:21:25.50
147	287	Ryan Money	M	23	Becker	MN	00:20:30	171	2:19	00:03:14	01:09:07	154	18.2	00:01:56	00:47:18	123	8:55		02:22:02.48
148	195	Margaret Kelly	F	43	Minneapolis	MN	00:20:03	162	2:16	00:04:23	01:06:01	128	19.1	00:03:33	00:48:05	129	9:04		02:22:02.60
149	162	Anthony Karels	M	46	Minnetonka	MN	00:19:55	160	2:15	00:03:08	01:07:39	141	18.6	00:02:46	00:49:18	143	9:18		02:22:43.93
150	174	Brian Hegrenes	M	42	Albertville	MN	00:20:09	164	2:16	00:04:09	01:06:13	131	19.0	00:03:18	00:49:00	140	9:14		02:22:47.25
151	163	Christopher Hedberg	M	46	Maple Plain	MN	00:18:14	129	2:03	00:03:51	01:07:48	144	18.6	00:01:33	00:51:56	170	9:47		02:23:18.70
152	281	Tyler Westphal	M	26	Minneapolis	MN	00:20:11	165	2:17	00:05:55	01:14:01	177	17.0	00:02:29	00:40:45	71	7:41		02:23:18.83
153	292	Brett Honsey	M	15	Annandale	MN	00:16:22	92	1:51	00:02:40	01:14:58	182	16.8	00:00:55	00:48:35	134	9:09		02:23:26.76
154	198	Suzie O'gorman	F	41	Eden Prairie	MN	00:13:07	19	1:29	00:03:22	01:07:58	146	18.5	00:02:15	00:56:48	193	10:42		02:23:27.56
155	101	William Markwardt	M	57	La Crosse	WI	00:24:33	202	2:46	00:04:42	01:05:54	127	19.1	00:01:52	00:46:33	118	8:46		02:23:32.29
156	244	Eric Fiedler	M	33	Blaine	MN	00:20:19	166	2:18	00:03:11	01:07:21	138	18.7	00:01:46	00:51:07	160	9:38		02:23:40.77
157	269	Sophia Iaquina	F	23	Minnetonka	MN	00:15:11	63	1:43	00:03:29	01:11:16	167	17.7	00:01:34	00:52:38	177	9:55		02:24:06.18
158	255	John Daly	M	33	Excelsior	MN	00:20:52	177	2:21	00:03:30	01:09:44	157	18.1	00:03:16	00:47:00	121	8:52		02:24:19.78
159	193	Amy Moran	F	43	Hastings	MN	00:24:04	201	2:43	00:04:00	01:04:41	113	19.5	00:02:41	00:48:59	139	9:14		02:24:23.47
160	128	Greg Allen	M	51	Bloomington	MN	00:22:20	187	2:31	00:04:24	01:06:20	132	19.0	00:02:14	00:49:37	149	9:21		02:24:52.94
161	82	Rick E. Wheeler	M	65	Bloomington	MN	00:19:02	145	2:09	00:04:05	01:08:44	152	18.3	00:01:31	00:51:49	167	9:46		02:25:08.51
162	273	Katelyn Strauss	F	19	Plymouth	MN	00:13:05	17	1:28	00:05:20	01:15:55	192	16.6	00:02:02	00:49:21	145	9:18		02:25:41.59
163	56	Lisa Wheeler	F	65	Bloomington	MN	00:20:39	174	2:20	00:03:30	01:11:35	169	17.6	00:01:11	00:49:42	150	9:22		02:26:33.90
164	220	Rebecca Peterson	F	31	Minneapolis	MN	00:21:35	183	2:26	00:03:03	01:10:35	164	17.9	00:02:32	00:49:25	146	9:19		02:27:07.78
165	108	Jonathan Stinson	M	55	Plymouth	MN	00:23:39	200	2:40	00:03:40	01:10:03	161	18.0	00:03:57	00:46:09	114	8:42		02:27:25.68
166	79	Daryl Stevens	M	73	Sartell	MN	00:21:28	181	2:25	00:03:55	01:03:13	98	19.9	00:01:01	00:58:03	196	10:57		02:27:37.48
167	199	Kimberly Jaeger	F	41	Woodbury	MN	00:20:05	163	2:16	00:02:26	01:13:32	173	17.1	00:01:49	00:49:52	152	9:24		02:27:42.49
168	161	Brett Mayfield	M	47	Cokato	MN	00:16:52	101	1:54	00:05:38	01:11:20	168	17.7	00:02:43	00:51:38	165	9:44		02:28:09.18
169	274	Erica Norgren	F	20	South Haven	MN	00:19:27	152	2:12	00:03:45	01:15:02	184	16.8	00:02:01	00:48:00	128	9:03		02:28:12.44
170	261	Michelle Gowans	F	29	Bloomington	MN	00:18:22	130	2:04	00:03:14	01:10:22	163	17.9	00:02:27	00:54:01	184	10:11		02:28:23.76
171	75	Cathleen Mcginnity	F	50	Luck	WI	00:19:33	153	2:12	00:03:10	01:09:50	158	18.0	00:02:05	00:54:28	187	10:16		02:29:03.58
172	233	Mark Tennessen	M	36	Lakeville	MN	00:17:13	111	1:57	00:02:35	01:15:37	190	16.7	00:01:58	00:52:13	174	9:50		02:29:33.26
173	60	Theresa Klamann	F	60	Lino Lakes	MN	00:20:31	172	2:19	00:03:16	01:14:07	178	17.0	00:02:04	00:50:41	155	9:33		02:30:36.28
174	270	Mikayla Sycks	F	22	Becker	MN	00:18:50	138	2:08	00:03:01	01:13:06	172	17.2	00:01:25	00:54:27	186	10:16		02:30:46.51
175	80	Joe Gryskiewicz	M	67	Edina	MN	00:18:49	137	2:07	00:06:00	01:11:06	165	17.7	00:01:16	00:53:54	182	10:10		02:31:03.69
176	253	Sommer Mueller	F	37	Oak Grove	MN	00:20:28	169	2:19	00:03:04	01:13:57	176	17.0	00:01:51	00:52:05	172	9:49		02:31:23.26
177	96	Steve Donen	M	59	Chanhassen	MN	00:18:01	124	2:02	00:03:24	01:08:25	150	18.4	00:01:47	01:00:17	199	11:22		02:31:51.51
178	70	Joan Ramquist	F	52	River Falls	WI	00:15:46	77	1:47	00:03:27	01:17:27	197	16.3	00:02:57	00:52:32	176	9:54		02:32:05.42
179	228	Dan Beckmann	M	38	St. Louis Park	MN	00:17:03	105	1:55	00:07:10	01:14:22	180	16.9	00:02:07	00:51:54	169	9:47		02:32:33.87
180	149	Sally Covert	F	45	White Bear Lake	MN	00:22:21	189	2:31	00:04:01	01:09:53	159	18.0	00:02:26	00:54:14	185	10:13		02:32:53.24

Heart of the Lakes Triathlon

July 17, 2016

Overall Results

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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
181	66	Michaelle Meland	F	54	Golden Valley	MN	00:18:57	141	2:08	00:03:53	01:15:32	189	16.7	00:01:50	00:53:13	178	10:02	02:33:22.20
182	93	Tom Barringer	M	60	St.francis	MN	00:21:54	185	2:28	00:04:29	01:12:49	171	17.3	00:01:27	00:53:36	180	10:06	02:34:11.74
183	57	Connie Foster	F	65	River Falls	WI	00:18:44	135	2:07	00:03:39	01:16:21	196	16.5	00:02:03	00:53:41	181	10:07	02:34:25.35
184	123	Craig Olsen	M	53	Inver Grove Heights	MN	00:19:13	147	2:10	00:03:52	01:17:30	198	16.3	00:03:17	00:50:49	157	9:35	02:34:38.81
185	143	Carol Osterhus	F	47	Minnetonka	MN	00:19:06	146	2:09	00:03:27	01:19:26	202	15.9	00:01:27	00:51:32	164	9:43	02:34:56.26
186	62	Gale Tinglov	F	59	St. Cloud	MN	00:15:42	72	1:46	00:03:20	01:17:53	199	16.2	00:01:42	00:57:06	194	10:46	02:35:39.76
187	280	Travis Hein	M	28	Lester Prairie	MN	00:25:26	206	2:52	00:02:47	01:14:43	181	16.9	00:01:20	00:51:50	168	9:46	02:36:04.26
188	76	Stacey Mackay	F	50	Eden Prairie	MN	00:19:19	150	2:11	00:03:49	01:15:25	187	16.7	00:03:52	00:55:23	189	10:26	02:37:45.55
189	202	Jolene Carlson	F	40	Belle Plaine	MN	00:21:02	179	2:23	00:03:58	01:16:06	194	16.6	00:03:22	00:53:25	179	10:04	02:37:52.26
190	285	Andy Barringer	M	25	Saint Francis	MN	00:20:29	170	2:19	00:03:44	01:19:25	201	15.9	00:03:45	00:51:44	166	9:45	02:39:05.24
191	88	Gery Haag	M	62	Plymouth	MN	00:23:00	194	2:36	00:04:22	01:13:43	175	17.1	00:01:35	00:56:46	192	10:42	02:39:23.81
192	191	Kate Varns	F	44	Minneapolis	MN	00:20:58	178	2:22	00:04:22	01:15:03	185	16.8	00:04:59	00:55:07	188	10:23	02:40:26.96
193	154	Allen Weis	M	48	Delano	MN	00:22:56	192	2:35	00:03:42	01:08:39	151	18.4	00:01:45	01:04:59	207	12:15	02:41:58.14
194	207	Christy Feist	F	38	Waconia	MN	00:23:18	197	2:38	00:05:16	01:19:07	200	15.9	00:02:46	00:52:06	173	9:49	02:42:30.17
195	85	Erling Anderson	M	65	Minneapolis	MN	00:18:02	125	2:02	00:05:49	01:13:41	174	17.1	00:01:50	01:03:20	204	11:56	02:42:39.24
196	283	Derek Wolhowe	M	25	Waconia	MN	00:22:22	190	2:32	00:03:58	01:14:09	179	17.0	00:01:24	01:01:00	202	11:30	02:42:50.26
197	240	Ben O'donnell	M	34	Eagan	MN	00:18:41	134	2:06	00:03:59	01:14:58	183	16.8	00:02:12	01:03:49	205	12:02	02:43:37.23
198	210	Angela Jens	F	37	Minnetrista	MN	00:19:56	161	2:15	00:03:28	01:22:09	204	15.3	00:02:59	00:58:17	197	10:59	02:46:45.59
199	78	Stephen Paladie	M	73	Plymouth	MN	00:25:08	205	2:50	00:03:47	01:15:51	191	16.6	00:01:51	01:01:42	203	11:38	02:48:16.24
200	217	Cassandra Peltier	F	33	Woodbury	MN	00:21:37	184	2:26	00:04:18	01:27:45	209	14.4	00:02:44	00:52:00	171	9:48	02:48:20.51
201	67	Debra Grandgenett	F	54	Alexandria	MN	00:25:44	208	2:54	00:04:40	01:16:05	193	16.6	00:02:12	01:00:05	198	11:20	02:48:43.76
202	113	Gary Tintes	M	61	Litchfield	MN	00:26:30	209	3:00	00:04:45	01:16:15	195	16.5	00:01:45	01:00:48	200	11:28	02:50:00.30
203	77	Fred Roethlisberger	M	73	River Falls	WI	00:23:37	198	2:40	00:04:29	01:22:50	206	15.2	00:03:29	00:57:13	195	10:47	02:51:34.72
204	248	Andrew Ortquist	M	32	Lakeville	MN	00:22:32	191	2:33	00:03:56	01:27:00	208	14.5	00:01:55	00:56:36	191	10:40	02:51:56.77
205	103	Chuck Wagner	M	56	Minnetonka	MN	00:24:39	203	2:47	00:05:10	01:15:04	186	16.8	00:03:53	01:04:40	206	12:12	02:53:25.13
206	172	Christopher Sather	M	43	Minnetonka	MN	00:20:20	167	2:18	00:04:07	01:15:31	188	16.7	00:02:36	01:14:36	210	14:04	02:57:08.36
207	84	Richard Weil	M	65	St. Paul	MN	00:33:11	211	3:45	00:06:50	01:22:43	205	15.2	00:03:32	00:53:54	183	10:10	03:00:08.52
208	69	Jill Waters	F	52	Minneapolis	MN	00:20:41	176	2:20	00:04:43	01:25:03	207	14.8	00:01:29	01:13:22	208	13:50	03:05:15.41
209	94	John Jasinski	M	59	Minneapolis	MN	00:22:56	193	2:35	00:13:53	01:20:15	203	15.7	00:07:39	01:00:57	201	11:29	03:05:38.27
210	282	Rick Akaishi	M	26	Minneapolis	MN	00:29:14	210	3:18	00:04:42	01:29:43	210	14.0	00:02:53	01:14:35	209	14:04	03:21:05.48
211	206	Shannon Reagan	F	39	Monticello	MN	00:24:43	204	2:47	00:04:05	01:38:31	211	12.8	00:02:13	01:16:21	211	14:24	03:25:50.53

Heart of the Lakes Triathlon

July 17, 2016

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			Plc
DNF	9	Casey Miller	M	37	Baxter	MN	00:15:05		1:42	00:01:38								
DQ	10	Albert Abara	M	17	Plymouth	MN	00:33:21		3:46									01:25:16
DNF	58	Lindsay Nauen	F	65	St Paul	MN	00:46:28		5:15	00:09:37								
DNF	65	Kathy Sanville	F	55	White Bear Lake	MN	00:18:21		2:04	00:02:54	01:04:12	19.6	00:01:09					
DQ	137	Jack Tiegs	M	50	Hugo	MN	00:25:33		2:53	00:04:27	00:32:11	39.2						01:49:15
DNF	230	Matt Thell	M	37	Plymouth	MN	00:16:23		1:51	00:03:23	01:05:42	19.2	00:08:14					
DNF	183	Gillian Ouslander	F	45	Minneapolis	MN	00:14:07		1:35	00:03:14	00:58:55	21.4	00:01:13					