

Heart of the Lakes Triathlon

July 17, 2016

Long Individual

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	22	Hanna Grinaker	F	28	St Paul	MN	00:14:16	14	1:36	00:02:06	00:52:23	1	24.1	00:00:43	00:32:48	1	6:11		01:42:14.82
2	2	Christina Roberts	F	30	St. Louis Park	MN	00:12:16	2	1:23	00:01:42	00:54:42	3	23.0	00:00:28	00:33:50	2	6:22		01:42:54.84
3	272	Maggie Weiss	F	21	Excelsior	MN	00:13:46	11	1:33	00:02:32	00:53:54	2	23.4	00:01:48	00:36:19	5	6:51		01:48:16.66
4	11	Andrea Myers	F	40	Plymouth	MN	00:13:08	6	1:29	00:02:00	00:56:44	6	22.2	00:00:30	00:37:29	6	7:04		01:49:48.13
5	14	Lindsey Marshall	F	27	St Paul	MN	00:12:15	1	1:23	00:01:54	00:56:21	4	22.4	00:00:41	00:39:32	14	7:27		01:50:40.48
6	214	Sheena Dauer	F	34	Montevideo	MN	00:14:49	18	1:40	00:02:50	00:57:03	7	22.1	00:01:45	00:34:53	4	6:34		01:51:17.68
7	25	Ann Snuggerud	F	48	Chaska	MN	00:14:13	13	1:36	00:02:03	00:57:29	8	21.9	00:00:42	00:38:15	7	7:12		01:52:39.97
8	252	Kristin Weinzierl	F	34	Waconia	MN	00:15:40	23	1:46	00:02:41	01:01:41	18	20.4	00:01:00	00:34:45	3	6:33		01:55:44.49
9	205	Sara Rondorf	F	39	Andover	MN	00:16:21	36	1:51	00:02:15	00:56:23	5	22.3	00:01:25	00:40:18	16	7:36		01:56:39.55
10	219	Mandy Stoesz	F	31	Buffalo	MN	00:14:35	16	1:39	00:02:30	00:58:50	11	21.4	00:01:51	00:39:36	15	7:28		01:57:18.94
11	251	Mariane Walin	F	31	Brooklyn Park	MN	00:14:52	19	1:41	00:02:27	00:57:58	9	21.7	00:01:37	00:41:12	21	7:46		01:58:05.24
12	263	Brigid Varley	F	27	St.Paul	MN	00:13:32	10	1:32	00:02:20	01:02:15	20	20.2	00:01:32	00:39:23	13	7:25		01:58:59.20
13	200	Christine Agazzi	F	40	Eden Prairie	MN	00:15:03	21	1:42	00:02:46	01:00:41	16	20.8	00:01:29	00:39:11	12	7:23		01:59:07.75
14	257	Veronica Bond	F	44	Rochester	MN	00:14:19	15	1:37	00:02:26	00:59:26	12	21.2	00:01:46	00:41:48	22	7:53		01:59:41.99
15	224	Kathy Dixon	F	37	Arden Hills	MN	00:13:16	8	1:30	00:02:22	01:02:12	19	20.3	00:01:41	00:40:22	18	7:36		01:59:49.99
16	212	Molly Larew	F	37	Plymouth	MN	00:16:26	37	1:51	00:02:24	00:58:33	10	21.5	00:01:28	00:43:04	27	8:07		02:01:53.72
17	268	Lucy Ramquist	F	23	River Falls	WI	00:15:02	20	1:42	00:03:24	01:03:20	29	19.9	00:02:06	00:38:15	8	7:12		02:02:04.50
18	271	Jenna Muntiferung	F	21	Buffalo	MN	00:13:10	7	1:29	00:02:53	01:06:42	44	18.9	00:01:07	00:39:01	11	7:21		02:02:51.50
19	267	Katie Oden	F	23	Buffalo	MN	00:15:57	30	1:48	00:02:27	01:02:57	26	20.0	00:01:29	00:40:52	20	7:42		02:03:37.94
20	139	Jane Peterson	F	48	Saint Cloud	MN	00:13:24	9	1:31	00:03:07	01:02:59	27	20.0	00:01:59	00:42:45	25	8:03		02:04:11.87
21	141	Kitty Earl-Torniainen	F	48	Saint Paul	MN	00:20:35	66	2:19	00:02:56	01:02:22	22	20.2	00:01:49	00:38:32	9	7:16		02:06:11.75
22	61	Helen Gunther	F	59	Excelsior	MN	00:17:02	39	1:55	00:02:31	01:02:30	23	20.2	00:01:01	00:43:51	30	8:16		02:06:52.16
23	264	Emma Adriaens	F	26	Elk River	MN	00:18:51	51	2:08	00:02:46	01:01:36	17	20.5	00:02:02	00:41:54	23	7:54		02:07:06.98
24	213	Julie Feldman	F	34	Inver Grove Heights	MN	00:17:07	40	1:56	00:02:25	01:00:01	14	21.0	00:01:23	00:46:16	37	8:43		02:07:08.24
25	209	Lindsay Schwab	F	37	Saint Paul	MN	00:16:20	35	1:51	00:02:39	01:05:41	38	19.2	00:02:16	00:40:49	19	7:41		02:07:42.53
26	297	Caroline Gagne	F	24	Wayzata	MN	00:17:36	42	1:59	00:03:15	01:05:06	35	19.4	00:02:02	00:40:18	17	7:36		02:08:14.39
27	59	Pam Stevens	F	63	Sartell	MN	00:16:00	31	1:48	00:02:47	01:00:41	15	20.8	00:00:50	00:48:09	46	9:04		02:08:24.40
28	221	Cortney Engen	F	40	St. Louis Park	MN	00:15:42	25	1:46	00:02:57	00:59:34	13	21.2	00:02:26	00:48:36	47	9:10		02:09:12.50
29	231	Rebecca Karnes	F	39	Mound	MN	00:20:40	68	2:20	00:02:45	01:06:08	41	19.1	00:01:15	00:38:54	10	7:20		02:09:38.93
30	265	Candace Corso	F	25	Saint Paul	MN	00:13:06	4	1:28	00:02:55	01:07:40	45	18.6	00:01:41	00:44:20	32	8:21		02:09:39.30
31	266	Elizabeth Mcnamara	F	24	Buffalo	MN	00:16:02	33	1:48	00:02:21	01:02:57	25	20.0	00:02:15	00:46:09	36	8:42		02:09:40.25
32	216	Jessica Reisner	F	33	Minnetonka	MN	00:17:09	41	1:56	00:02:44	01:04:21	33	19.6	00:02:17	00:43:25	29	8:11		02:09:51.94
33	184	Laura Hjort	F	49	Elk River	MN	00:17:39	43	1:59	00:02:43	01:03:10	28	20.0	00:01:13	00:45:42	33	8:37		02:10:24.25
34	262	Stephanie Simenstad	F	27	Richfield	MN	00:15:46	26	1:47	00:02:33	01:02:39	24	20.1	00:01:59	00:47:50	41	9:01		02:10:44.43
35	73	Linda Langkos	F	52	Minnetonka	MN	00:16:40	38	1:53	00:02:49	01:02:20	21	20.2	00:02:03	00:47:21	40	8:55		02:11:10.17

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	64	Judith Peters	F	56	St. Cloud	MN	00:19:13	54	2:10	00:03:06	01:04:02	32	19.7	00:01:11	00:43:58	31	8:17		02:11:27.84
37	148	Carole Weiland	F	45	Champlin	MN	00:13:49	12	1:33	00:03:09	01:03:50	31	19.7	00:02:46	00:48:59	49	9:14		02:12:30.42
38	192	Rebecca Kelly	F	44	Shullsburg	WI	00:21:57	74	2:29	00:03:14	01:03:45	30	19.8	00:01:44	00:42:35	24	8:02		02:13:13.50
39	63	Carolyn Milbrath	F	58	Hudson	WI	00:15:53	28	1:47	00:02:45	01:05:26	36	19.3	00:01:08	00:48:06	45	9:04		02:13:14.99
40	211	Kyleen Harstedt	F	37	Hugo	MN	00:16:02	32	1:48	00:03:10	01:05:34	37	19.2	00:02:20	00:47:03	39	8:52		02:14:07.20
41	71	Karen Eklin	F	52	Plymouth	MN	00:16:04	34	1:49	00:03:16	01:08:17	49	18.5	00:01:15	00:46:40	38	8:48		02:15:29.50
42	109	Carol Markham-Cousins	F	61	Minneapolis	MN	00:15:57	29	1:48	00:03:13	01:06:11	42	19.0	00:01:03	00:49:14	51	9:17		02:15:34.90
43	201	Susan Hilal	F	40	Plymouth	MN	00:14:44	17	1:40	00:03:04	01:08:14	48	18.5	00:02:07	00:48:42	48	9:11		02:16:48.75
44	197	Carolyn Tuohy	F	42	Minneapolis	MN	00:19:50	59	2:14	00:02:38	01:09:38	51	18.1	00:02:18	00:43:22	28	8:10		02:17:44.50
45	68	Pam Reimer	F	54	Eden Prairie	MN	00:19:36	58	2:13	00:03:04	01:11:49	59	17.5	00:01:07	00:42:48	26	8:04		02:18:21.40
46	295	Abby Solom	F	26	Bloomington	MN	00:18:12	45	2:03	00:04:00	01:08:51	50	18.3	00:01:51	00:45:50	35	8:38		02:18:41.74
47	203	Betsy Grams	F	40	Chanhasen	MN	00:20:23	63	2:18	00:02:59	01:05:49	39	19.1	00:02:25	00:47:52	42	9:01		02:19:25.23
48	72	Bethann Barankovich	F	52	Minneapolis	MN	00:17:49	44	2:01	00:03:22	01:11:08	56	17.7	00:01:51	00:45:44	34	8:37		02:19:52.50
49	74	Beth Wengler	F	50	Saint Cloud	MN	00:18:12	46	2:03	00:03:22	01:06:42	43	18.9	00:01:46	00:50:14	57	9:28		02:20:13.40
50	145	Cheryl Oconnell	F	46	Eden Prairie	MN	00:18:27	48	2:05	00:02:57	01:07:46	46	18.6	00:02:26	00:49:52	55	9:24		02:21:25.50
51	195	Margaret Kelly	F	43	Minneapolis	MN	00:20:03	61	2:16	00:04:23	01:06:01	40	19.1	00:03:33	00:48:05	44	9:04		02:22:02.60
52	198	Suzie O'gorman	F	41	Eden Prairie	MN	00:13:07	5	1:29	00:03:22	01:07:58	47	18.5	00:02:15	00:56:48	74	10:42		02:23:27.56
53	269	Sophia Iaquina	F	23	Mnnetonka	MN	00:15:11	22	1:43	00:03:29	01:11:16	57	17.7	00:01:34	00:52:38	64	9:55		02:24:06.18
54	193	Amy Moran	F	43	Hastings	MN	00:24:04	77	2:43	00:04:00	01:04:41	34	19.5	00:02:41	00:48:59	50	9:14		02:24:23.47
55	273	Katelyn Strauss	F	19	Plymouth	MN	00:13:05	3	1:28	00:05:20	01:15:55	68	16.6	00:02:02	00:49:21	52	9:18		02:25:41.59
56	56	Lisa Wheeler	F	65	Bloomington	MN	00:20:39	67	2:20	00:03:30	01:11:35	58	17.6	00:01:11	00:49:42	54	9:22		02:26:33.90
57	220	Rebecca Peterson	F	31	Minneapolis	MN	00:21:35	72	2:26	00:03:03	01:10:35	55	17.9	00:02:32	00:49:25	53	9:19		02:27:07.78
58	199	Kimberly Jaeger	F	41	Woodbury	MN	00:20:05	62	2:16	00:02:26	01:13:32	61	17.1	00:01:49	00:49:52	56	9:24		02:27:42.49
59	274	Ericka Norgren	F	20	South Haven	MN	00:19:27	56	2:12	00:03:45	01:15:02	64	16.8	00:02:01	00:48:00	43	9:03		02:28:12.44
60	261	Michelle Gowans	F	29	Bloomington	MN	00:18:22	47	2:04	00:03:14	01:10:22	54	17.9	00:02:27	00:54:01	68	10:11		02:28:23.76
61	75	Cathleen Mccinnity	F	50	Luck	WI	00:19:33	57	2:12	00:03:10	01:09:50	52	18.0	00:02:05	00:54:28	71	10:16		02:29:03.58
62	60	Theresa Klamann	F	60	Lino Lakes	MN	00:20:31	65	2:19	00:03:16	01:14:07	63	17.0	00:02:04	00:50:41	58	9:33		02:30:36.28
63	270	Mikayla Sycks	F	22	Becker	MN	00:18:50	50	2:08	00:03:01	01:13:06	60	17.2	00:01:25	00:54:27	70	10:16		02:30:46.51
64	253	Sommer Mueller	F	37	Oak Grove	MN	00:20:28	64	2:19	00:03:04	01:13:57	62	17.0	00:01:51	00:52:05	61	9:49		02:31:23.26
65	70	Joan Ramquist	F	52	River Falls	WI	00:15:46	27	1:47	00:03:27	01:17:27	72	16.3	00:02:57	00:52:32	63	9:54		02:32:05.42
66	149	Sally Covert	F	45	White Bear Lake	MN	00:22:21	75	2:31	00:04:01	01:09:53	53	18.0	00:02:26	00:54:14	69	10:13		02:32:53.24
67	66	Michaelle Meland	F	54	Golden Valley	MN	00:18:57	52	2:08	00:03:53	01:15:32	67	16.7	00:01:50	00:53:13	65	10:02		02:33:22.20
68	57	Connie Foster	F	65	River Falls	WI	00:18:44	49	2:07	00:03:39	01:16:21	71	16.5	00:02:03	00:53:41	67	10:07		02:34:25.35
69	143	Carol Osterhus	F	47	Mnnetonka	MN	00:19:06	53	2:09	00:03:27	01:19:26	75	15.9	00:01:27	00:51:32	59	9:43		02:34:56.26
70	62	Gale Tinglov	F	59	St. Cloud	MN	00:15:42	24	1:46	00:03:20	01:17:53	73	16.2	00:01:42	00:57:06	75	10:46		02:35:39.76

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							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
71	76	Stacey Mackay	F	50	Eden Prairie	MN	00:19:19	55	2:11	00:03:49	01:15:25	66	16.7	00:03:52	00:55:23	73	10:26		02:37:45.55
72	202	Jolene Carlson	F	40	Belle Plaine	MN	00:21:02	71	2:23	00:03:58	01:16:06	70	16.6	00:03:22	00:53:25	66	10:04		02:37:52.26
73	191	Kate Varns	F	44	Minneapolis	MN	00:20:58	70	2:22	00:04:22	01:15:03	65	16.8	00:04:59	00:55:07	72	10:23		02:40:26.96
74	207	Christy Feist	F	38	Waconia	MN	00:23:18	76	2:38	00:05:16	01:19:07	74	15.9	00:02:46	00:52:06	62	9:49		02:42:30.17
75	210	Angela Jens	F	37	Minnetrissa	MN	00:19:56	60	2:15	00:03:28	01:22:09	76	15.3	00:02:59	00:58:17	76	10:59		02:46:45.59
76	217	Cassandra Peltier	F	33	Woodbury	MN	00:21:37	73	2:26	00:04:18	01:27:45	78	14.4	00:02:44	00:52:00	60	9:48		02:48:20.51
77	67	Debra Grandgenett	F	54	Alexandria	MN	00:25:44	79	2:54	00:04:40	01:16:05	69	16.6	00:02:12	01:00:05	77	11:20		02:48:43.76
78	69	Jill Waters	F	52	Minneapolis	MN	00:20:41	69	2:20	00:04:43	01:25:03	77	14.8	00:01:29	01:13:22	78	13:50		03:05:15.41
79	206	Shannon Reagan	F	39	Monticello	MN	00:24:43	78	2:47	00:04:05	01:38:31	79	12.8	00:02:13	01:16:21	79	14:24		03:25:50.53

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Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc		
1	1	Matthew Payne	M	39	Golden Valley	MN	00:12:20	9	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	22	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	38	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	19	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	13	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	10	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	12	1:28	00:01:44	00:48:52	5	25.8	00:00:27	00:34:20	18	6:28	01:38:19.82
12	17	Steve Sander	M	37	Eden Prairie	MN	00:14:09	25	1:36	00:01:45	00:49:03	6	25.7	00:00:37	00:32:55	14	6:12	01:38:26.70
13	16	Brett Lovaas	M	41	Mnetonka	MN	00:12:09	4	1:22	00:01:40	00:50:47	15	24.8	00:00:20	00:33:34	15	6:19	01:38:26.93
14	21	Josh Mork	M	33	Lino Lakes	MN	00:13:13	17	1:29	00:01:36	00:50:28	13	25.0	00:00:41	00:34:18	17	6:28	01:40:13.41
15	7	Travis Miller	M	36	Niswaa	MN	00:14:59	39	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	Mnetonka	MN	00:13:11	16	1:29	00:01:48	00:53:40	22	23.5	00:00:54	00:32:19	10	6:05	01:41:50.17
17	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	33	7:05	01:42:40.94
18	278	Joe Adriaens	M	28	Elk River	MN	00:12:36	11	1:25	00:02:21	00:52:42	20	23.9	00:01:16	00:34:20	19	6:28	01:43:12.73
19	164	Phillip Falkner	M	46	Minneapolis	MN	00:13:23	18	1:30	00:02:31	00:52:39	19	23.9	00:01:12	00:34:01	16	6:24	01:43:43.31
20	296	John Heinlein	M	27	Wayzata	MN	00:14:03	24	1:35	00:01:53	00:49:50	10	25.3	00:01:17	00:36:54	29	6:57	01:43:55.21
21	256	David Phillips	M	30	Mapl Grove	MN	00:14:36	32	1:39	00:02:01	00:50:24	12	25.0	00:01:27	00:35:42	22	6:43	01:44:07.71
22	225	Matthew Trok	M	39	Maple Grove	MN	00:14:11	27	1:36	00:02:38	00:54:25	28	23.2	00:01:36	00:32:34	12	6:08	01:45:20.68
23	136	Randy Peterson	M	50	Northfield	MN	00:13:10	15	1:29	00:02:13	00:53:43	23	23.5	00:01:06	00:35:48	23	6:45	01:45:56.61
24	223	Michael Hankee	M	39	Lino Lakes	MN	00:13:03	14	1:28	00:01:53	00:54:13	27	23.2	00:01:03	00:37:05	31	6:59	01:47:15.48
25	250	Nathan Budde	M	39	South Haven	MN	00:15:46	51	1:47	00:02:08	00:53:55	25	23.4	00:01:03	00:34:31	20	6:30	01:47:20.73
26	134	Ryan Wenning	M	50	Excelsior	MN	00:15:13	42	1:43	00:02:11	00:53:54	24	23.4	00:00:46	00:36:20	26	6:51	01:48:21.90
27	289	Will Gallagher	M	18	Saint Michael	MN	00:11:16	1	1:16	00:01:45	00:57:13	38	22.0	00:01:44	00:36:32	28	6:53	01:48:27.45
28	166	Don Steenson	M	45	Plymouth	MN	00:11:56	3	1:21	00:02:32	00:57:16	39	22.0	00:01:27	00:36:23	27	6:51	01:49:31.32
29	119	Brian Lavelle	M	54	Chaska	MN	00:13:39	20	1:32	00:02:07	00:53:18	21	23.6	00:00:51	00:39:50	46	7:30	01:49:42.62
30	132	Dan Silvernail	M	50	West Linn	OR	00:14:54	37	1:41	00:02:44	00:54:03	26	23.3	00:01:15	00:37:14	32	7:01	01:50:06.81
31	98	Dale Forde	M	58	Golden Valley	MN	00:14:26	30	1:38	00:02:19	00:57:30	40	21.9	00:00:58	00:35:55	24	6:46	01:51:06.73
32	160	Keith Thompson	M	47	Annandale	MN	00:16:31	59	1:52	00:02:55	00:55:39	31	22.6	00:01:16	00:35:40	21	6:43	01:51:59.19
33	186	Kirk Vesterstin	M	54	Wayzata	MN	00:16:24	57	1:51	00:03:01	00:54:47	29	23.0	00:01:11	00:36:57	30	6:58	01:52:18.11
34	107	Kevin Grafft	M	55	Chanhassen	MN	00:15:35	46	1:45	00:02:27	00:57:01	35	22.1	00:01:07	00:38:17	38	7:13	01:54:24.21
35	258	Jason Neumann	M	34	St Cloud	MN	00:15:34	45	1:45	00:02:06	00:56:57	34	22.1	00:01:45	00:38:24	39	7:14	01:54:43.45

Heart of the Lakes Triathlon

July 17, 2016

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	87	Leonard Klun	M	62	Maple Plain	MN	00:14:48	35	1:40	00:02:59	00:57:48	42	21.8	00:01:12	00:38:09	36	7:11		01:54:53.48
37	175	Graham Wright	M	42	Saint Paul	MN	00:15:19	43	1:44	00:02:32	00:57:08	36	22.1	00:00:49	00:39:58	48	7:32		01:55:43.67
38	110	Jim Nack	M	56	Madison Lake	MN	00:14:32	31	1:38	00:02:31	00:56:22	33	22.4	00:00:53	00:43:18	66	8:10		01:57:34.36
39	111	Steve Peterson	M	58	Eagan	MN	00:17:03	67	1:55	00:02:04	00:57:43	41	21.8	00:01:06	00:40:58	56	7:43		01:58:51.39
40	100	Kevin Olsen	M	57	Orono	MN	00:14:03	23	1:35	00:02:08	00:56:21	32	22.4	00:00:28	00:46:10	79	8:42		01:59:06.85
41	151	Dan Hauck	M	49	Cedar	MN	00:13:48	21	1:33	00:02:50	01:04:46	80	19.5	00:01:39	00:36:08	25	6:49		01:59:08.30
42	165	Reese Lang	M	46	Loretto	MN	00:17:45	76	2:00	00:02:01	01:00:43	55	20.8	00:00:52	00:38:27	41	7:15		01:59:45.64
43	182	William Lorenz	M	44	Benson	MN	00:17:09	68	1:56	00:02:21	01:00:36	54	20.8	00:00:45	00:39:22	44	7:25		02:00:10.74
44	181	David Berntson	M	40	Annandale	MN	00:18:35	84	2:06	00:02:47	00:59:59	47	21.0	00:01:42	00:37:54	34	7:09		02:00:53.81
45	275	Ben Ferin	M	29	White Bear Lake	MN	00:16:21	55	1:51	00:02:25	01:00:11	49	20.9	00:01:23	00:41:04	57	7:44		02:01:21.84
46	135	Dustin Warner	M	50	Eden Prairie	MN	00:15:32	44	1:45	00:02:37	01:00:36	53	20.8	00:01:33	00:41:42	60	7:51		02:01:57.81
47	95	Peter Tabor	M	59	Minneapolis	MN	00:15:35	47	1:45	00:04:06	01:00:01	48	21.0	00:01:41	00:41:12	59	7:46		02:02:33.66
48	286	Mitchell Ergen	M	23	Sartell	MN	00:16:48	62	1:54	00:02:19	01:03:42	77	19.8	00:01:21	00:38:40	42	7:17		02:02:46.34
49	127	Mark Augdahl	M	51	Chaska	MN	00:15:11	40	1:43	00:02:34	01:02:57	67	20.0	00:01:47	00:40:28	51	7:38		02:02:54.48
50	291	Douglas Shield	M	17	Vadnais Heights	MN	00:16:04	53	1:49	00:03:33	01:03:44	79	19.8	00:01:45	00:38:00	35	7:10		02:03:03.49
51	156	Steven Meletiou	M	48	Stillwater	MN	00:17:20	71	1:57	00:03:31	01:00:47	56	20.7	00:01:45	00:40:12	50	7:34		02:03:33.24
52	173	Daniel Hackenberg	M	43	Eden Prairie	MN	00:15:44	50	1:46	00:03:18	01:02:06	62	20.3	00:01:35	00:41:07	58	7:45		02:03:48.90
53	86	Mike Flynn	M	64	Elk River	MN	00:19:22	96	2:11	00:03:25	01:00:15	51	20.9	00:01:05	00:39:51	47	7:31		02:03:54.71
54	130	Mark Elli	M	50	Edina	MN	00:15:44	49	1:46	00:04:48	00:57:09	37	22.1	00:02:01	00:44:44	74	8:26		02:04:22.49
55	245	Derek Desens	M	33	Cokato	MN	00:14:52	36	1:40	00:03:04	01:05:14	83	19.3	00:01:36	00:39:45	45	7:29		02:04:27.93
56	276	Blake Steinbring	M	29	Alexandria	MN	00:16:30	58	1:52	00:03:37	01:01:29	58	20.5	00:02:30	00:40:51	54	7:42		02:04:54.50
57	158	David Barnes	M	48	Lakeville	MN	00:15:54	52	1:48	00:03:45	01:05:44	87	19.2	00:01:33	00:38:14	37	7:12		02:05:08.18
58	90	Peter Lancaster	M	61	Minneapolis	MN	00:15:11	41	1:43	00:03:06	01:01:05	57	20.6	00:01:22	00:44:52	75	8:27		02:05:34.15
59	236	Jason Odonnell	M	36	Minneapolis	MN	00:14:10	26	1:36	00:03:05	01:03:18	72	19.9	00:01:38	00:44:03	71	8:18		02:06:11.95
60	120	Mark Roth	M	54	Burnsville	MN	00:16:55	64	1:54	00:04:15	01:02:15	64	20.2	00:02:18	00:40:32	52	7:38		02:06:12.40
61	290	Charles Couvreur	M	18	Saint Paul	MN	00:22:20	114	2:31	00:03:32	00:54:50	30	23.0	00:02:05	00:43:48	69	8:15		02:06:32.45
62	185	Gregory Bond	M	45	Rochester	MN	00:18:56	89	2:08	00:02:29	01:00:11	50	20.9	00:01:19	00:43:50	70	8:16		02:06:42.99
63	102	Don Weirens	M	57	Minneapolis	MN	00:18:48	87	2:07	00:02:45	00:59:16	45	21.3	00:01:21	00:44:40	73	8:25		02:06:47.68
64	167	Greg Taft	M	45	Cold Spring	MN	00:16:45	61	1:53	00:02:53	01:01:37	60	20.5	00:01:15	00:45:22	77	8:33		02:07:49.67
65	106	David Thoma	M	55	Annandale	MN	00:14:46	33	1:40	00:02:16	01:03:08	69	20.0	00:01:10	00:46:36	82	8:47		02:07:53.94
66	279	Andrew Jacot	M	28	St Paul	MN	00:17:51	79	2:01	00:03:00	01:01:31	59	20.5	00:02:10	00:43:42	68	8:14		02:08:11.75
67	226	Matthew Ides	M	39	Minneapolis	MN	00:21:33	111	2:26	00:02:55	00:59:26	46	21.2	00:01:32	00:42:54	64	8:05		02:08:18.25
68	99	Steve Gunther	M	58	Excelsior	MN	00:14:25	29	1:37	00:02:09	01:03:15	71	19.9	00:00:57	00:48:22	86	9:07		02:09:05.67
69	157	Tim Jette	M	48	Maple Grove	MN	00:17:26	72	1:58	00:03:22	01:06:36	91	18.9	00:01:43	00:40:09	49	7:34		02:09:13.50
70	243	Brian Boehmer	M	34	Sauk Rapids	MN	00:19:41	99	2:13	00:02:15	00:57:49	43	21.8	00:01:43	00:48:31	87	9:09		02:09:56.40

Heart of the Lakes Triathlon

July 17, 2016

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	242	Jon Fox	M	34	Webster	MN	00:16:17	54	1:50	00:04:01	01:06:59	93	18.8	00:01:33	00:42:22	61	7:59		02:11:09.72
72	179	David Smith	M	41	Sartell	MN	00:16:55	65	1:54	00:03:10	01:00:31	52	20.8	00:01:32	00:49:35	95	9:21		02:11:39.50
73	150	Scott Tollefson	M	49	Minneapolis	MN	00:25:27	129	2:53	00:02:54	01:03:33	73	19.8	00:01:32	00:39:19	43	7:24		02:12:42.25
74	222	Aaron Lindeman	M	39	Sioux Falls	SD	00:23:11	121	2:37	00:02:57	01:01:45	61	20.4	00:02:23	00:42:33	62	8:01		02:12:47.50
75	176	Jason Stover	M	41	Brooklyn Park	MN	00:19:01	91	2:09	00:04:29	01:10:02	107	18.0	00:02:20	00:38:27	40	7:15		02:14:16.20
76	288	Sean Devine	M	23	Eden Prairie	MN	00:19:49	100	2:14	00:02:33	01:05:31	85	19.2	00:01:37	00:44:52	76	8:27		02:14:20.33
77	112	Robert Daniels	M	63	Savage	MN	00:17:38	75	1:59	00:06:07	01:06:44	92	18.9	00:01:35	00:43:20	67	8:10		02:15:21.86
78	294	Kyle Scheeler	M	27	St Cloud	MN	00:17:49	78	2:01	00:03:41	01:10:13	109	17.9	00:03:05	00:40:53	55	7:42		02:15:38.75
79	125	Ted Peterson	M	51	Saint Cloud	MN	00:17:35	74	1:59	00:04:06	01:09:36	105	18.1	00:01:56	00:42:48	63	8:04		02:15:57.75
80	91	Brad Erickson	M	61	Plymouth	MN	00:18:04	82	2:02	00:03:41	01:02:07	63	20.3	00:02:43	00:49:27	94	9:19		02:15:59.24
81	89	Mike Borneke	M	62	Eagle Lake	MN	00:19:39	98	2:13	00:03:47	01:02:21	65	20.2	00:01:22	00:49:12	91	9:16		02:16:19.50
82	284	Hunter Kaestner	M	25	Minneapolis	MN	00:19:17	95	2:11	00:03:47	01:07:39	96	18.6	00:01:39	00:44:07	72	8:19		02:16:26.76
83	239	Nick Milton	M	34	Minneapolis	MN	00:17:33	73	1:59	00:04:31	00:59:08	44	21.3	00:03:52	00:51:27	105	9:42		02:16:29.34
84	152	Paul Gaskin	M	49	Victoria	MN	00:14:15	28	1:36	00:03:17	01:05:41	86	19.2	00:01:44	00:52:22	113	9:52		02:17:16.74
85	171	David Clemens	M	44	Woodbury	MN	00:19:00	90	2:09	00:03:55	01:03:34	74	19.8	00:02:26	00:48:50	89	9:12		02:17:43.26
86	177	Glen Varns	M	41	Minneapolis	MN	00:16:34	60	1:52	00:02:42	01:05:23	84	19.3	00:01:41	00:51:26	104	9:42		02:17:43.99
87	170	Mark Hartley	M	44	Inver Grove Heights	MN	00:21:21	109	2:25	00:03:46	01:03:38	75	19.8	00:01:44	00:47:31	85	8:57		02:17:57.19
88	121	Bryan Wray	M	54	Eagan	MN	00:17:11	69	1:56	00:04:31	01:03:43	78	19.8	00:02:04	00:50:43	98	9:34		02:18:10.22
89	104	Carl Hoang	M	56	Maple Grove	MN	00:19:01	92	2:09	00:03:22	01:03:02	68	20.0	00:01:35	00:51:21	103	9:41		02:18:18.95
90	247	Anthony Roman	M	32	Minneapolis	MN	00:14:47	34	1:40	00:03:00	01:07:52	99	18.6	00:01:55	00:50:58	100	9:36		02:18:29.25
91	105	Steve Gaffer	M	56	New Richmond	WI	00:15:41	48	1:46	00:02:55	01:02:41	66	20.1	00:01:10	00:56:08	117	10:35		02:18:32.25
92	168	Matt Honsey	M	44	Annandale	MN	00:23:37	123	2:40	00:02:39	01:08:19	100	18.4	00:00:45	00:43:17	65	8:09		02:18:35.18
93	81	John Zumhofe	M	66	Sioux Falls	SD	00:18:38	85	2:06	00:03:48	01:03:42	76	19.8	00:01:56	00:51:04	101	9:38		02:19:06.25
94	229	Christopher Smith	M	38	Plymouth	MN	00:23:00	120	2:36	00:02:26	01:05:00	81	19.4	00:02:26	00:46:31	80	8:46		02:19:21.37
95	126	Steven Gallagher	M	51	Minneapolis	MN	00:17:49	77	2:01	00:03:35	01:07:34	95	18.6	00:01:47	00:49:21	93	9:18		02:20:03.80
96	180	Seth Hagerty	M	40	Eagan	MN	00:19:39	97	2:13	00:03:21	01:05:06	82	19.4	00:02:35	00:50:39	97	9:33		02:21:17.38
97	287	Ryan Money	M	23	Becker	MN	00:20:30	107	2:19	00:03:14	01:09:07	104	18.2	00:01:56	00:47:18	84	8:55		02:22:02.48
98	162	Anthony Karels	M	46	Mnnetonka	MN	00:19:55	101	2:15	00:03:08	01:07:39	97	18.6	00:02:46	00:49:18	92	9:18		02:22:43.93
99	174	Brian Hegrenes	M	42	Albertville	MN	00:20:09	102	2:16	00:04:09	01:06:13	89	19.0	00:03:18	00:49:00	90	9:14		02:22:47.25
100	163	Christopher Hedberg	M	46	Maple Plain	MN	00:18:14	83	2:03	00:03:51	01:07:48	98	18.6	00:01:33	00:51:56	111	9:47		02:23:18.70
101	281	Tyler Westphal	M	26	Minneapolis	MN	00:20:11	103	2:17	00:05:55	01:14:01	115	17.0	00:02:29	00:40:45	53	7:41		02:23:18.83
102	292	Brett Honsey	M	15	Annandale	MN	00:16:22	56	1:51	00:02:40	01:14:58	119	16.8	00:00:55	00:48:35	88	9:09		02:23:26.76
103	101	William Markwardt	M	57	La Crosse	WI	00:24:33	125	2:46	00:04:42	01:05:54	88	19.1	00:01:52	00:46:33	81	8:46		02:23:32.29
104	244	Eric Fiedler	M	33	Blaine	MN	00:20:19	104	2:18	00:03:11	01:07:21	94	18.7	00:01:46	00:51:07	102	9:38		02:23:40.77
105	255	John Daly	M	33	Excelsior	MN	00:20:52	108	2:21	00:03:30	01:09:44	106	18.1	00:03:16	00:47:00	83	8:52		02:24:19.78

Heart of the Lakes Triathlon

July 17, 2016

Long Individual

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
106	128	Greg Allen	M	51	Bloomington	MN	00:22:20	113	2:31	00:04:24	01:06:20	90	19.0	00:02:14	00:49:37	96	9:21		02:24:52.94
107	82	Rick E. Wheeler	M	65	Bloomington	MN	00:19:02	93	2:09	00:04:05	01:08:44	103	18.3	00:01:31	00:51:49	108	9:46		02:25:08.51
108	108	Jonathan Stinson	M	55	Plymouth	MN	00:23:39	124	2:40	00:03:40	01:10:03	108	18.0	00:03:57	00:46:09	78	8:42		02:27:25.68
109	79	Daryl Stevens	M	73	Sartell	MN	00:21:28	110	2:25	00:03:55	01:03:13	70	19.9	00:01:01	00:58:03	121	10:57		02:27:37.48
110	161	Brett Mayfield	M	47	Cokato	MN	00:16:52	63	1:54	00:05:38	01:11:20	111	17.7	00:02:43	00:51:38	106	9:44		02:28:09.18
111	233	Mark Tennessen	M	36	Lakeville	MN	00:17:13	70	1:57	00:02:35	01:15:37	123	16.7	00:01:58	00:52:13	112	9:50		02:29:33.26
112	80	Joe Gryskiewicz	M	67	Edina	MN	00:18:49	88	2:07	00:06:00	01:11:06	110	17.7	00:01:16	00:53:54	115	10:10		02:31:03.69
113	96	Steve Donen	M	59	Chanhassen	MN	00:18:01	80	2:02	00:03:24	01:08:25	101	18.4	00:01:47	01:00:17	122	11:22		02:31:51.51
114	228	Dan Beckmann	M	38	St. Louis Park	MN	00:17:03	66	1:55	00:07:10	01:14:22	117	16.9	00:02:07	00:51:54	110	9:47		02:32:33.87
115	93	Tom Barringer	M	60	St. francis	MN	00:21:54	112	2:28	00:04:29	01:12:49	112	17.3	00:01:27	00:53:36	114	10:06		02:34:11.74
116	123	Craig Olsen	M	53	Inver Grove Heights	MN	00:19:13	94	2:10	00:03:52	01:17:30	126	16.3	00:03:17	00:50:49	99	9:35		02:34:38.81
117	280	Travis Hein	M	28	Lester Prairie	MN	00:25:26	128	2:52	00:02:47	01:14:43	118	16.9	00:01:20	00:51:50	109	9:46		02:36:04.26
118	285	Andy Barringer	M	25	Saint Francis	MN	00:20:29	106	2:19	00:03:44	01:19:25	127	15.9	00:03:45	00:51:44	107	9:45		02:39:05.24
119	88	Gery Haag	M	62	Plymouth	MN	00:23:00	119	2:36	00:04:22	01:13:43	114	17.1	00:01:35	00:56:46	119	10:42		02:39:23.81
120	154	Allen Weis	M	48	Delano	MN	00:22:56	117	2:35	00:03:42	01:08:39	102	18.4	00:01:45	01:04:59	130	12:15		02:41:58.14
121	85	Erling Anderson	M	65	Minneapolis	MN	00:18:02	81	2:02	00:05:49	01:13:41	113	17.1	00:01:50	01:03:20	127	11:56		02:42:39.24
122	283	Derek Wolhowe	M	25	Waconia	MN	00:22:22	115	2:32	00:03:58	01:14:09	116	17.0	00:01:24	01:01:00	125	11:30		02:42:50.26
123	240	Ben O'donnell	M	34	Eagan	MN	00:18:41	86	2:06	00:03:59	01:14:58	120	16.8	00:02:12	01:03:49	128	12:02		02:43:37.23
124	78	Stephen Paladie	M	73	Plymouth	MN	00:25:08	127	2:50	00:03:47	01:15:51	124	16.6	00:01:51	01:01:42	126	11:38		02:48:16.24
125	113	Gary Tintes	M	61	Litchfield	MN	00:26:30	130	3:00	00:04:45	01:16:15	125	16.5	00:01:45	01:00:48	123	11:28		02:50:00.30
126	77	Fred Roethlisberger	M	73	River Falls	WI	00:23:37	122	2:40	00:04:29	01:22:50	130	15.2	00:03:29	00:57:13	120	10:47		02:51:34.72
127	248	Andrew Ortquist	M	32	Lakeville	MN	00:22:32	116	2:33	00:03:56	01:27:00	131	14.5	00:01:55	00:56:36	118	10:40		02:51:56.77
128	103	Chuck Wagner	M	56	Minnetonka	MN	00:24:39	126	2:47	00:05:10	01:15:04	121	16.8	00:03:53	01:04:40	129	12:12		02:53:25.13
129	172	Christopher Sather	M	43	Minnetonka	MN	00:20:20	105	2:18	00:04:07	01:15:31	122	16.7	00:02:36	01:14:36	132	14:04		02:57:08.36
130	84	Richard Weil	M	65	St. Paul	MN	00:33:11	132	3:45	00:06:50	01:22:43	129	15.2	00:03:32	00:53:54	116	10:10		03:00:08.52
131	94	John Jasinski	M	59	Minneapolis	MN	00:22:56	118	2:35	00:13:53	01:20:15	128	15.7	00:07:39	01:00:57	124	11:29		03:05:38.27
132	282	Rick Akaishi	M	26	Minneapolis	MN	00:29:14	131	3:18	00:04:42	01:29:43	132	14.0	00:02:53	01:14:35	131	14:04		03:21:05.48