

Heart of the Lakes Triathlon

July 17, 2016

Overall Division Results

Short Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	14/297	1/150	373	Kristina Swenson	19	F	Rogers	MN	00:05:58.86	00:23:41.94	00:18:20.66		00:50:42.26
2	19/297	2/150	359	Juli Currie	44	F	Chanhassen	MN	00:07:20.43	00:24:26.46	00:17:27.66		00:52:33.51
3	27/297	3/150	710	Isabella Buenting	13	F	Chanhassen	MN	00:06:21.12	00:27:06.67	00:17:23.91		00:53:56.40

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/297	1/147	360	David Thompson	38	M	St Paul	MN	00:05:10.19	00:19:15.25	00:13:25.82		00:40:00.82
2	2/297	2/147	720	Michael Weissenborn	31	M	Minneapolis	MN	00:05:44.89	00:21:07.18	00:15:14.48		00:45:03.64
3	3/297	3/147	732	Lee Brown	24	M	Maple	WI	00:06:37.94	00:21:46.39	00:15:27.24		00:46:15.68

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/297	4/150	351	Marta Lewinski	43	F	Edina	MN	00:07:30.49	00:24:40.13	00:18:52.89		00:54:10.67

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/297	4/147	738	Colin Smith	46	M	Minneapolis	MN	00:07:05.25	00:22:06.97	00:16:07.73		00:48:18.86

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	36/297	7/150	411	Allison Crum	18	F	Deerwod	MN	00:06:12.48	00:26:22.19	00:19:31.05		00:56:15.68
2	100/297	29/150	405	Emily Quandt	18	F	Annandale	MN	00:10:37.65	00:30:04.13	00:19:28.40		01:04:04.15
3	105/297	32/150	651	Taylor Susa	19	F	Buffalo	MN	00:05:47.98	00:33:24.57	00:21:45.20		01:04:27.46

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Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/297	7/147	355	Nathan Bich	17	M	Duluth	MN	00:06:06.39	00:22:35.81	00:16:51.47		00:48:34.16
2	21/297	19/147	371	Kyle Swenson	14	M	Rogers	MN	00:06:07.98	00:26:03.72	00:17:33.06		00:53:03.59
3	37/297	30/147	637	Zach Wenning	16	M	Excelsior	MN	00:07:45.30	00:27:45.15	00:17:43.38		00:56:28.12

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	73/297	15/150	690	Abby Saddler	20	F	Wayzata	MN	00:06:01.89	00:30:06.36	00:21:47.49		01:01:56.31
2	101/297	30/150	400	Megan Mclain	24	F	Eagan	MN	00:08:36.74	00:29:17.83	00:22:02.00		01:04:11.87
3	113/297	34/150	407	Britta Oden	20	F	Buffalo	MN	00:07:32.65	00:30:30.37	00:23:39.74		01:05:48.19

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/297	15/147	708	Stephen Dennison	21	M	Maple Grove	MN	00:05:43.67	00:23:54.05	00:18:32.66		00:51:27.42
2	24/297	22/147	723	Nicholas Teetzal	24	M	Corcoran	MN	00:10:03.93	00:25:54.76	00:14:09.89		00:53:45.85
3	50/297	39/147	383	David Hoiem	21	M	Annandale	MN	00:08:41.28	00:26:57.95	00:17:35.45		00:58:03.66

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/297	5/150	418	Kelly Russ	28	F	Plymouth	MN	00:08:05.24	00:25:54.90	00:17:15.47		00:54:36.21
2	34/297	6/150	523	Andrea Tremaine	28	F	Minneapolis	MN	00:08:52.24	00:25:16.24	00:18:34.22		00:55:42.94
3	78/297	17/150	678	Diana Soran	28	F	Wayzata	MN	00:09:32.21	00:29:41.83	00:19:20.05		01:02:18.39

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/297	9/147	740	Josh Doebbert	27	M	Minneapolis	MN	00:06:59.18		00:17:10.96		00:49:59.44
2	10/297	10/147	714	Christopher Dirkes	27	M	Richfield	MN	00:06:42.75	00:22:43.12	00:17:27.85		00:50:04.33
3	35/297	29/147	685	Taylor Gombos	27	M	St. Cloud	MN	00:07:28.10	00:26:39.93	00:16:58.50		00:56:07.62

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Overall Division Results

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Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	134/297	44/150	596	Sarah Sixta	34	F	Otsego	MN	00:11:16.51	00:28:53.94	00:21:44.88		01:07:29.70
2	159/297	60/150	556	Amber Duske	31	F	Waverly	MN	00:13:33.72	00:31:32.46	00:20:47.51		01:10:23.70
3	194/297	77/150	528	Lynn Taunton	33	F	Belgrade	MN	00:08:51.42	00:33:53.79	00:26:04.63		01:14:33.21

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/297	5/147	630	Pablo Sanchez	31	M	Saint Louis Park	MN	00:07:06.50	00:23:06.88	00:14:58.64		00:48:19.89
2	12/297	12/147	362	Ryant Northway	34	M	Lake Shore	MN	00:07:12.50	00:22:24.90	00:17:26.22		00:50:13.64
3	32/297	27/147	715	Jason Larson	33	M	Golden Valley	MN	00:10:13.70	00:24:41.61	00:16:47.23		00:55:02.70

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/297	8/150	496	Sheri Budde	38	F	South Haven	MN	00:07:30.74	00:25:15.64	00:20:25.57		00:56:50.36
2	43/297	9/150	493	Krisie Melsen	35	F	Saint Louis Park	MN	00:06:35.25	00:27:27.55	00:20:06.90		00:57:40.38
3	48/297	11/150	716	Laura Bergman	39	F	Edina	MN	00:07:14.12	00:28:09.91	00:17:58.07		00:57:54.95

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/297	6/147	384	Ross Golla	37	M	Minnetonka	MN	00:07:13.49	00:23:02.05	00:15:26.83		00:48:22.79
2	13/297	13/147	711	Jason Migala	37	M	Sauk Rapids	MN	00:08:03.93	00:22:30.91	00:17:05.11		00:50:33.94
3	22/297	20/147	361	Aron Stumvoll	35	M	Lima		00:07:33.48	00:24:42.77	00:17:40.95		00:53:10.48

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	72/297	14/150	652	Peg Wright	44	F	Saint Paul	MN	00:09:37.93	00:25:40.58	00:21:18.36		01:01:44.67
2	83/297	22/150	527	Sara Dewitt	40	F	Rogers	MN	00:09:22.82	00:28:54.91	00:20:31.86		01:02:57.66
3	84/297	23/150	406	Karri Kearin	44	F	Maple Grove	MN	00:09:01.40	00:28:29.18	00:21:09.02		01:02:59.30

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Overall Division Results

Short Individual

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/297	16/147	742	Bill Corcoran	43	M	Sartell	MN	00:06:43.24	00:22:29.09	00:19:02.92		00:51:38.19
2	18/297	17/147	694	Joshua Flynn	41	M	Medina	MN	00:05:46.50	00:24:32.32	00:17:57.17		00:51:55.47
3	20/297	18/147	366	Chad Nelson	40	M	Willmar	MN	00:07:51.49	00:23:55.12	00:17:45.58		00:52:40.28

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	45/297	10/150	688	Lori Gengler	45	F	Plymouth	MN	00:08:33.49	00:25:30.81	00:19:57.79		00:57:48.70
2	61/297	13/150	514	Julie Gay	45	F	St. Cloud	MN	00:08:44.88	00:26:11.95	00:20:43.74		01:00:08.44
3	85/297	24/150	387	Debbie Christian	45	F	Buffalo	MN	00:08:45.45	00:26:05.00	00:23:38.91		01:03:01.36

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	15/297	14/147	358	Todd White	49	M	Roseville	MN	00:05:48.69	00:23:52.20	00:18:03.14		00:50:45.92
2	26/297	24/147	741	Marty Moran	49	M	Saint Cloud	MN	00:05:05.76	00:26:40.83	00:18:37.05		00:53:51.76
3	28/297	25/147	547	Sean Mulheron	47	M	Vadnais Heights	MN	00:08:22.75	00:25:21.93	00:17:07.51		00:54:08.97

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	76/297	16/150	471	Julie Grafft	53	F	Chanhassen	MN	00:07:13.52	00:28:32.32	00:21:57.45		01:02:01.95
2	124/297	40/150	679	Jenna Fletcher	54	F	Stillwater	MN	00:10:55.25	00:29:33.17	00:23:03.09		01:07:03.41
3	148/297	52/150	583	Lauretta Hassan	50	F	Lino Lakes	MN	00:10:16.28	00:31:47.41	00:21:26.47		01:08:58.10

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/297	8/147	739	Andy Clark	53	M	Northfield	MN	00:05:44.53	00:22:58.55	00:17:14.60		00:49:26.94
2	11/297	11/147	357	John Stangl	53	M	Buffalo	MN	00:07:39.18	00:22:18.24	00:16:48.28		00:50:08.56
3	23/297	21/147	367	Tom Brooks	52	M	Minneapolis	MN	00:08:45.99	00:23:06.40	00:17:45.28		00:53:40.55

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Overall Division Results

Short Individual

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	58/297	12/150	410	Eileen Kurpiers	55	F	Deerwood	MN	00:09:43.99	00:25:58.21	00:19:38.96		00:59:17.43
2	79/297	18/150	538	Denise Casey	56	F	Buffalo	MN	00:09:32.49	00:29:29.46	00:19:32.95		01:02:34.45
3	81/297	20/150	726	Janell Pepper	56	F	Woodbury	MN	00:07:24.13	00:28:46.87	00:22:16.57		01:02:42.38

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/297	23/147	368	Kris Kolstad	58	M	Willmar	MN	00:07:52.24	00:24:34.94	00:18:10.15		00:53:46.42
2	47/297	37/147	488	Craig Helmer	55	M	Minneapolis	MN	00:08:41.30	00:27:55.51	00:17:18.13		00:57:53.94
3	52/297	41/147	388	Duane Pullins	58	M	Maple Lake	MN	00:08:38.29	00:24:20.16	00:20:59.15		00:58:29.43

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	189/297	75/150	485	Brook Lemm-Tabor	64	F	Minneapolis	MN	00:12:12.90	00:29:12.20	00:27:28.90		01:14:16.35
2	237/297	108/150	526	Ann Anderson	60	F	Mcperson	KS	00:11:12.47	00:33:24.72	00:30:02.90		01:19:46.12
3	285/297	139/150	469	Katherine Maiers	63	F	Minneapolis	MN	00:12:02.95	00:36:45.47	00:35:38.26		01:31:03.48

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/297	26/147	695	Kent Schwitzer	63	M	Minnetonka	MN	00:06:59.50	00:22:50.27	00:21:11.04		00:54:53.53
2	55/297	44/147	611	Michael Bono	63	M	Minneapolis	MN	00:09:20.48	00:24:51.95	00:20:49.77		00:58:49.74
3	90/297	64/147	505	Al Boehne	60	M	Stillwater	MN	00:07:56.99	00:27:34.27	00:23:27.48		01:03:32.59

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	248/297	114/150	586	Leanne Hansen	65	F	Bloomington	MN	00:15:36.43	00:32:24.73	00:27:21.80		01:22:05.56

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Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	66/297	53/147	663	Thomas Rohman	69	M	South Haven	MN	00:08:14.91	00:27:15.22	00:21:08.15		01:00:36.71
2	71/297	58/147	590	Mark Walford	66	M	Glencoe	MN	00:10:16.98	00:25:53.20	00:21:04.90		01:01:43.45
3	120/297	82/147	608	John Finger	65	M	Beresford	SD	00:10:31.78	00:28:14.06	00:22:02.06		01:06:39.70

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	139/297	94/147	673	Bob Koshnick	73	M	Detroit Lakes	MN	00:09:24.47	00:27:58.27	00:25:28.21		01:08:18.97

Female Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	291/297	145/150	393	Judy Rykken	77	F	Bloomington	MN	00:13:21.85	00:40:56.60	00:34:33.64		01:37:12.44

Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	141/297	95/147	701	Hank Larsen	75	M	Glencoe	MN	00:09:16.67	00:29:13.16	00:24:46.66		01:08:21.83
2	209/297	122/147	585	Howard Bich	76	M	Sioux Falls	SD	00:13:04.88	00:29:19.43	00:28:59.19		01:17:14.99