

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Results

Note: Penalty list at end of results

### Short 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	360	David Thompson	M	38	St Paul	MN	00:05:11	2	1:10	00:01:27	00:19:16	1	28.0	00:00:43	00:13:26	1	5:22	00:40:00.82
2	720	Michael Weissenborn	M	31	Minneapolis	MN	00:05:45	5	1:18	00:01:51	00:21:08	2	25.6	00:01:07	00:15:15	4	6:05	00:45:03.64
3	732	Lee Brown	M	24	Maple	WI	00:06:38	18	1:30	00:01:39	00:21:47	3	24.8	00:00:46	00:15:28	6	6:10	00:46:15.68
4	738	Colin Smith	M	46	Minneapolis	MN	00:07:06	27	1:36	00:01:56	00:22:07	4	24.4	00:01:04	00:16:08	9	6:27	00:48:18.86
5	630	Pablo Sanchez	M	31	Saint Louis Park	MN	00:07:07	28	1:36	00:02:07	00:23:07	15	23.4	00:01:02	00:14:59	3	5:59	00:48:19.89
6	384	Ross Golla	M	37	Minnetonka	MN	00:07:14	31	1:38	00:01:45	00:23:03	13	23.4	00:00:57	00:15:27	5	6:10	00:48:22.79
7	355	Nathan Bich	M	17	Duluth	MN	00:06:07	11	1:23	00:01:57	00:22:36	9	23.9	00:01:04	00:16:52	13	6:44	00:48:34.16
8	739	Andy Clark	M	53	Northfield	MN	00:05:45	4	1:18	00:02:28	00:22:59	12	23.5	00:01:02	00:17:15	18	6:53	00:49:26.94
9	740	Josh Doebbert	M	27	Minneapolis	MN	00:07:00	25	1:35	00:01:46				00:17:11	17	6:52	00:49:59.44	
10	714	Christopher Dirkes	M	27	Richfield	MN	00:06:43	19	1:31	00:02:09	00:22:44	10	23.8	00:01:02	00:17:28	24	6:59	00:50:04.33
11	357	John Stangl	M	53	Buffalo	MN	00:07:40	51	1:44	00:02:11	00:22:19	5	24.2	00:01:13	00:16:49	11	6:43	00:50:08.56
12	362	Ryant Northway	M	34	Lake Shore	MN	00:07:13	30	1:38	00:01:56	00:22:25	6	24.1	00:01:15	00:17:27	22	6:58	00:50:13.64
13	711	Jason Migala	M	37	Sauk Rapids	MN	00:08:04	64	1:49	00:01:58	00:22:31	8	24.0	00:00:57	00:17:06	15	6:50	00:50:33.94
14	373	Kristina Swenson	F	19	Rogers	MN	00:05:59	9	1:21	00:01:45	00:23:42	16	22.8	00:00:57	00:18:21	36	7:20	00:50:42.26
15	358	Todd White	M	49	Roseville	MN	00:05:49	8	1:19	00:01:58	00:23:53	17	22.6	00:01:04	00:18:04	33	7:13	00:50:45.92
16	708	Stephen Dennison	M	21	Maple Grove	MN	00:05:44	3	1:17	00:01:53	00:23:55	18	22.6	00:01:25	00:18:33	37	7:25	00:51:27.42
17	742	Bill Corcoran	M	43	Sartell	MN	00:06:44	20	1:31	00:02:08	00:22:30	7	24.0	00:01:15	00:19:03	44	7:37	00:51:38.19
18	694	Joshua Flynn	M	41	Medina	MN	00:05:47	6	1:18	00:02:31	00:24:33	22	22.0	00:01:09	00:17:58	31	7:10	00:51:55.47
19	359	Juli Currie	F	44	Chanhassen	MN	00:07:21	35	1:39	00:02:12	00:24:27	21	22.1	00:01:08	00:17:28	23	6:59	00:52:33.51
20	366	Chad Nelson	M	40	Willmar	MN	00:07:52	57	1:46	00:02:02	00:23:56	19	22.6	00:01:07	00:17:46	30	7:06	00:52:40.28
21	371	Kyle Swenson	M	14	Rogers	MN	00:06:08	12	1:23	00:02:24	00:26:04	47	20.7	00:00:56	00:17:34	25	7:01	00:53:03.59
22	361	Aron Stumvoll	M	35	Lima		00:07:34	48	1:42	00:02:06	00:24:43	29	21.9	00:01:08	00:17:41	27	7:04	00:53:10.48
23	367	Tom Brooks	M	52	Minneapolis	MN	00:08:46	99	1:59	00:02:50	00:23:07	14	23.4	00:01:14	00:17:46	29	7:06	00:53:40.55
24	723	Nicholas Teetzel	M	24	Corcoran	MN	00:10:04	157	2:16	00:02:32	00:25:55	43	20.8	00:01:07	00:14:10	2	5:39	00:53:45.85
25	368	Kris Kolstad	M	58	Willmar	MN	00:07:53	58	1:47	00:02:04	00:24:35	24	22.0	00:01:06	00:18:11	34	7:16	00:53:46.42
26	741	Marty Moran	M	49	Saint Cloud	MN	00:05:06	1	1:09	00:02:07	00:26:41	61	20.2	00:01:22	00:18:38	39	7:26	00:53:51.76
27	710	Isabella Buenting	F	13	Chanhassen	MN	00:06:22	15	1:26	00:02:00	00:27:07	66	19.9	00:01:06	00:17:24	21	6:57	00:53:56.40
28	547	Sean Mulheron	M	47	Vadnais Heights	MN	00:08:23	75	1:53	00:02:05	00:25:22	36	21.3	00:01:13	00:17:08	16	6:51	00:54:08.97
29	351	Marta Lewinski	F	43	Edina	MN	00:07:31	44	1:42	00:02:08	00:24:41	27	21.9	00:01:00	00:18:53	42	7:33	00:54:10.67
30	418	Kelly Russ	F	28	Plymouth	MN	00:08:06	67	1:49	00:02:13	00:25:55	44	20.8	00:01:09	00:17:16	19	6:54	00:54:36.21
31	695	Kent Schwitzer	M	63	Minnetonka	MN	00:07:00	26	1:35	00:02:39	00:22:51	11	23.6	00:01:15	00:21:12	89	8:28	00:54:53.53
32	715	Jason Larson	M	33	Golden Valley	MN	00:10:14	161	2:19	00:02:17	00:24:42	28	21.9	00:01:04	00:16:48	10	6:42	00:55:02.70
33	559	Jesse Rothfork	M	39	Saint Cloud	MN	00:08:46	98	1:59	00:01:43	00:24:33	23	22.0	00:00:55	00:19:20	46	7:43	00:55:15.55
34	523	Andrea Tremaine	F	28	Minneapolis	MN	00:08:53	103	2:00	00:01:58	00:25:17	35	21.4	00:01:03	00:18:35	38	7:25	00:55:42.94
35	685	Taylor Gombos	M	27	St. Cloud	MN	00:07:29	42	1:41	00:03:23	00:26:40	60	20.3	00:01:39	00:16:59	14	6:47	00:56:07.62
36	411	Allison Crum	F	18	Deerwod	MN	00:06:13	13	1:24	00:02:48	00:26:23	55	20.5	00:01:23	00:19:32	51	7:48	00:56:15.68

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
37	637	Zach Wenning	M	16	Excelsior	MN	00:07:46	55	1:45	00:02:01	00:27:46	79	19.5	00:01:14	00:17:44	28	7:05	00:56:28.12
38	662	Hunter Norgren	M	18	Annandale	MN	00:10:11	159	2:18	00:03:05	00:25:40	38	21.0	00:00:48	00:16:49	12	6:43	00:56:32.47
39	525	Erik Fagerstrom	M	27	Bloomington	MN	00:07:43	52	1:44	00:02:16	00:25:12	32	21.4	00:01:22	00:20:16	67	8:06	00:56:46.30
40	496	Sheri Budde	F	38	South Haven	MN	00:07:31	45	1:42	00:02:24	00:25:16	34	21.4	00:01:16	00:20:26	68	8:10	00:56:50.36
41	658	Joshua Feldman	M	39	Inver Grove Heights	MN	00:07:21	36	1:39	00:02:45	00:26:54	63	20.1	00:01:16	00:18:42	41	7:28	00:56:55.43
42	540	John Ledson	M	16	Stillwater	MN	00:06:17	14	1:25	00:03:08	00:26:12	50	20.6	00:01:28	00:20:14	66	8:05	00:57:17.25
43	493	Krisie Melsen	F	35	Saint Louis Park	MN	00:06:36	16	1:29	00:02:40	00:27:28	74	19.7	00:00:52	00:20:07	64	8:02	00:57:40.38
44	479	Ryan Friesen	M	33	Sauk Rapids	MN	00:07:46	54	1:45	00:02:15	00:26:46	62	20.2	00:00:56	00:20:06	63	8:02	00:57:46.68
45	688	Lori Gengler	F	45	Plymouth	MN	00:08:34	84	1:56	00:02:28	00:25:31	37	21.2	00:01:20	00:19:58	62	7:59	00:57:48.70
46	532	Jonathan Eastlund	M	18	Buffalo	MN	00:08:42	94	1:58	00:03:40	00:28:47	108	18.8	00:00:59	00:15:45	7	6:17	00:57:51.38
47	488	Craig Helmer	M	55	Minneapolis	MN	00:08:42	93	1:58	00:03:00	00:27:56	82	19.3	00:01:00	00:17:19	20	6:55	00:57:53.94
48	716	Laura Bergman	F	39	Edina	MN	00:07:15	33	1:38	00:02:59	00:28:10	87	19.2	00:01:35	00:17:59	32	7:11	00:57:54.95
49	370	Greg Swenson	M	47	Rogers	MN	00:06:37	17	1:29	00:02:52	00:24:38	26	21.9	00:01:19	00:22:32	129	9:00	00:57:55.32
50	383	David Hoiem	M	21	Annandale	MN	00:08:42	92	1:58	00:03:08	00:26:58	64	20.0	00:01:42	00:17:36	26	7:02	00:58:03.66
51	560	Damien Aguilar	M	40	Minnetonka	MN	00:08:24	79	1:54	00:02:16	00:27:07	65	19.9	00:01:25	00:19:02	43	7:36	00:58:12.34
52	388	Duane Pullins	M	58	Maple Lake	MN	00:08:39	90	1:57	00:02:56	00:24:21	20	22.2	00:01:36	00:21:00	81	8:23	00:58:29.43
53	473	Jeremy Baker	M	42	St. Bonifacius	MN	00:09:01	108	2:02	00:03:10	00:25:50	40	20.9	00:00:58	00:19:46	59	7:54	00:58:42.36
54	712	Jamie Allman	M	40	Elk River	MN	00:09:11	117	2:04	00:02:42	00:24:59	31	21.6	00:01:08	00:20:51	79	8:20	00:58:48.46
55	611	Michael Bono	M	63	Minneapolis	MN	00:09:21	122	2:07	00:02:32	00:24:52	30	21.7	00:01:17	00:20:50	78	8:19	00:58:49.74
56	686	Scott Crow	M	54	Vadnais Heights	MN	00:06:54	23	1:33	00:02:28	00:25:52	41	20.9	00:01:15	00:22:41	133	9:04	00:59:07.70
57	486	Jeff Stites	M	46	Minneapolis	MN	00:08:36	87	1:56	00:02:48	00:26:28	58	20.4	00:01:25	00:19:57	61	7:58	00:59:11.87
58	410	Eileen Kurpiers	F	55	Deerwood	MN	00:09:44	141	2:12	00:02:48	00:25:59	46	20.8	00:01:09	00:19:39	56	7:51	00:59:17.43
59	665	Michael Guyse	M	19	Maple Lake	MN	00:08:18	71	1:52	00:02:53	00:26:06	49	20.7	00:01:31	00:20:37	73	8:14	00:59:21.71
60	374	Matthew Wuollet	M	27	Annandale	MN	00:09:40	137	2:11	00:02:19	00:27:23	71	19.7	00:01:10	00:19:34	54	7:49	01:00:03.64
61	514	Julie Gay	F	45	St. Cloud	MN	00:08:45	96	1:58	00:03:08	00:26:12	51	20.6	00:01:21	00:20:44	76	8:17	01:00:08.44
62	615	Bob Leone	M	59	Plymouth	MN	00:08:23	76	1:53	00:03:57	00:24:37	25	21.9	00:02:09	00:21:06	84	8:26	01:00:09.20
63	508	Todd Ratcliff	M	49	Saint Paul	MN	00:07:55	59	1:47	00:03:02	00:28:10	86	19.2	00:01:44	00:19:39	55	7:51	01:00:26.60
64	629	Stephen Bullard	M	58	Minneapolis	MN	00:07:08	29	1:36	00:02:45	00:26:16	53	20.6	00:01:11	00:23:10	145	9:15	01:00:28.40
65	691	Ken Saddler	M	51	Wayzata	MN	00:08:51	101	2:00	00:02:18	00:25:57	45	20.8	00:01:38	00:21:51	107	8:44	01:00:32.67
66	663	Thomas Rohman	M	69	South Haven	MN	00:08:15	69	1:52	00:02:35	00:27:16	70	19.8	00:01:24	00:21:09	86	8:27	01:00:36.71
67	364	Albert Abara	M	17	Plymouth	MN	00:09:21	123	2:07	00:02:18	00:33:11	220	16.3	00:00:41	00:15:46	8	6:18	01:01:15.18
68	533	Andrew Eastlund	M	16	Buffalo	MN	00:08:03	62	1:49	00:03:33	00:30:35	161	17.7	00:00:54	00:18:13	35	7:16	01:01:15.41
69	402	Dwight Larsen	M	53	Plymouth	MN					00:27:36	78	19.6	00:01:20	00:20:31	69	8:12	01:01:20.18
70	570	Joseph Furuseth	M	34	Turtle River	MN	00:09:47	146	2:12	00:02:43	00:26:25	57	20.4	00:01:57	00:20:36	72	8:14	01:01:25.65
71	590	Mark Walford	M	66	Glencoe	MN	00:10:17	167	2:19	00:02:48	00:25:54	42	20.9	00:01:41	00:21:05	82	8:25	01:01:43.45
72	652	Peg Wright	F	44	Saint Paul	MN	00:09:38	136	2:10	00:03:28	00:25:41	39	21.0	00:01:41	00:21:19	91	8:31	01:01:44.67

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	690	Abby Saddler	F	20	Wayzata	MN	00:06:02	10	1:22	00:02:33	00:30:07	148	17.9	00:01:28	00:21:48	106	8:42		01:01:56.31
74	705	Randy Back	M	57	Superior	WI	00:12:43	254	2:52	00:02:44	00:25:15	33	21.4	00:01:26	00:19:54	60	7:57		01:01:59.71
75	745	Patrick Becker	M	28	Minneapolis	MN	00:06:47	21	1:32	00:03:39	00:28:39	104	18.8	00:01:34	00:21:23	93	8:33		01:02:00.59
76	471	Julie Grafft	F	53	Chanhassen	MN	00:07:14	32	1:38	00:02:29	00:28:33	99	18.9	00:01:50	00:21:58	114	8:46		01:02:01.95
77	417	Todd Russ	M	57	Plymouth	MN	00:09:47	147	2:12	00:02:44	00:27:28	75	19.7	00:01:47	00:20:32	70	8:12		01:02:15.82
78	678	Diana Soran	F	28	Wayzata	MN	00:09:33	131	2:09	00:02:52	00:29:42	141	18.2	00:00:53	00:19:21	47	7:44		01:02:18.39
79	538	Denise Casey	F	56	Buffalo	MN	00:09:33	132	2:09	00:03:03	00:29:30	133	18.3	00:00:58	00:19:33	53	7:49		01:02:34.45
80	661	Katie Kerker	F	37	Cedar Falls	IA	00:08:24	78	1:54	00:03:37	00:29:20	131	18.4	00:01:10	00:20:10	65	8:03		01:02:39.10
81	726	Janell Pepper	F	56	Woodbury	MN	00:07:25	37	1:40	00:02:54	00:28:47	109	18.8	00:01:22	00:22:17	119	8:54		01:02:42.38
82	522	Maria Leth	F	37	Plymouth	MN	00:07:28	40	1:41	00:03:21	00:28:11	88	19.2	00:01:15	00:22:40	132	9:03		01:02:52.56
83	527	Sara Dewitt	F	40	Rogers	MN	00:09:23	125	2:07	00:02:35	00:28:55	113	18.7	00:01:34	00:20:32	71	8:12		01:02:57.66
84	406	Karri Kearin	F	44	Maple Grove	MN	00:09:02	109	2:02	00:02:49	00:28:30	97	19.0	00:01:31	00:21:10	87	8:27		01:02:59.30
85	387	Debbie Christian	F	45	Buffalo	MN	00:08:46	97	1:59	00:02:43	00:26:06	48	20.7	00:01:50	00:23:39	161	9:27		01:03:01.36
86	392	David Barlow	M	53	Maple Grove	MN	00:08:24	77	1:54	00:02:07	00:28:16	92	19.1	00:01:44	00:22:37	131	9:02		01:03:03.81
87	423	Jaleh Nahvi	F	46	Inver Grove Heights	MN	00:08:07	68	1:50	00:02:57	00:29:36	138	18.2	00:01:11	00:21:16	90	8:30		01:03:05.85
88	699	Jessica Kessler	F	45	Mendota Heights	MN	00:10:44	182	2:25	00:03:43	00:27:23	72	19.7	00:01:48	00:19:43	57	7:53		01:03:18.48
89	510	Adam Downing	M	36	Buffalo	MN	00:10:51	188	2:27	00:03:55	00:27:09	67	19.9	00:02:01	00:19:33	52	7:49		01:03:26.51
90	505	Al Boehne	M	60	Stillwater	MN	00:07:57	60	1:48	00:03:09	00:27:35	77	19.6	00:01:26	00:23:28	151	9:22		01:03:32.59
91	554	Paul Lundeen	M	53	Buffalo	MN	00:09:54	152	2:14	00:03:49	00:26:13	52	20.6	00:02:03	00:21:38	99	8:38		01:03:32.95
92	717	Roger Derham	M	38	St Michael	MN	00:13:06	268	2:58	00:02:25	00:28:38	103	18.9	00:00:48	00:18:40	40	7:27		01:03:34.30
93	644	David Yantes	M	57	St. Michael	MN	00:09:35	134	2:10	00:02:18	00:27:25	73	19.7	00:01:38	00:22:44	134	9:05		01:03:37.95
94	733	Luis Garcia	M	46	Fargo	ND	00:08:05	66	1:49	00:03:13	00:29:52	143	18.1	00:01:54	00:20:37	74	8:14		01:03:38.79
95	700	Joe Guttman	M	57	Eden Prairie	MN	00:06:59	24	1:34	00:03:04	00:27:15	69	19.8	00:02:06	00:24:17	170	9:42		01:03:39.19
96	498	Kirk Langbehn	M	43	South Haven	MN	00:09:48	148	2:13	00:02:35	00:26:24	56	20.5	00:01:53	00:23:11	146	9:16		01:03:48.44
97	557	Sarah Johnson	F	46	Minneapolis	MN	00:09:45	144	2:12	00:03:04	00:26:39	59	20.3	00:03:01	00:21:24	94	8:33		01:03:50.70
98	593	Michael Close	M	46	Medina	MN	00:07:36	49	1:43	00:02:57	00:27:15	68	19.8	00:02:39	00:23:27	150	9:22		01:03:52.19
99	483	Adrea Mauseth	F	36	St. Louis Park	MN	00:09:07	115	2:03	00:02:11	00:29:13	122	18.5	00:01:16	00:22:19	121	8:55		01:04:04.11
100	405	Emily Quandt	F	18	Annandale	MN	00:10:38	179	2:24	00:02:59	00:30:05	146	18.0	00:00:56	00:19:29	48	7:47		01:04:04.15
101	400	Megan Mclain	F	24	Eagan	MN	00:08:37	88	1:57	00:03:16	00:29:18	129	18.4	00:01:00	00:22:03	115	8:48		01:04:11.87
102	727	Lisa Polachek	F	58	Saint Paul	MN	00:07:25	38	1:40	00:03:17	00:28:36	101	18.9	00:01:38	00:23:18	149	9:19		01:04:11.92
103	552	Eric Nelson	M	58	Minneapolis	MN	00:08:17	70	1:52	00:03:23	00:28:13	90	19.1	00:02:30	00:21:52	108	8:44		01:04:13.12
104	576	Brad Vrchota	M	33	Shakopee	MN	00:09:59	154	2:15	00:03:41	00:27:52	81	19.4	00:01:41	00:21:07	85	8:26		01:04:16.95
105	651	Taylor Susa	F	19	Buffalo	MN	00:05:48	7	1:18	00:02:39	00:33:25	224	16.2	00:00:51	00:21:46	103	8:42		01:04:27.46
106	589	Adam Rohne	M	33	St. Paul	MN	00:12:34	249	2:50	00:02:49	00:28:59	117	18.6	00:01:10	00:19:07	45	7:38		01:04:36.90
107	618	Chris Muntifering	M	54	Buffalo	MN	00:09:35	133	2:10	00:03:32	00:27:32	76	19.6	00:01:42	00:22:20	122	8:55		01:04:37.62
108	409	France Roberts	M	46	St. Louis Park	MN	00:08:22	73	1:53	00:03:11	00:31:17	179	17.3	00:01:42	00:20:41	75	8:16		01:05:11.87

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Results

Note: Penalty list at end of results

### Short 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	531	David Eastlund	M	54	Buffalo	MN	00:10:01	156	2:16	00:04:05	00:30:18	155	17.8	00:01:20	00:19:30	50	7:47	01:05:12.45
110	512	Paula Just	F	42	Spooner	WI	00:08:33	82	1:56	00:02:34	00:31:46	186	17.0	00:01:05	00:21:20	92	8:31	01:05:15.21
111	577	Ben Awes	M	52	St. Paul	MN	00:08:57	105	2:01	00:03:52	00:29:08	121	18.5	00:01:11	00:22:21	123	8:56	01:05:25.95
112	640	Colton Warner	M	11	Eden Prairie	MN	00:08:04	63	1:49	00:03:55	00:31:13	176	17.3	00:01:29	00:21:06	83	8:26	01:05:44.96
113	407	Britta Oden	F	20	Buffalo	MN	00:07:33	47	1:42	00:02:30	00:30:31	159	17.7	00:01:36	00:23:40	162	9:27	01:05:48.19
114	672	Jill Mcnamara	F	49	Buffalo	MN	00:08:59	107	2:02	00:02:46	00:29:02	118	18.6	00:01:45	00:23:41	163	9:28	01:06:09.71
115	656	Katie Gruys	F	22	Maple Lake	MN	00:08:55	104	2:01	00:02:37	00:31:08	172	17.4	00:01:11	00:22:23	124	8:56	01:06:09.95
116	500	Nick Engfer	M	21	Buffalo	MN	00:07:43	53	1:44	00:03:04	00:29:31	134	18.3	00:01:01	00:25:03	187	10:01	01:06:20.48
117	588	Phil Davis	M	62	Bloomington	MN	00:11:29	215	2:35	00:03:09	00:28:26	94	19.0	00:01:40	00:21:40	100	8:39	01:06:21.19
118	544	Kasey Morlock	F	41	Stewartville	MN	00:09:32	130	2:09	00:03:24	00:30:29	158	17.7	00:01:36	00:21:27	96	8:34	01:06:24.86
119	638	Pat Mcdonald	F	56	St. Louis Park	MN	00:07:38	50	1:43	00:03:03	00:30:23	156	17.8	00:01:47	00:23:38	159	9:27	01:06:26.71
120	608	John Finger	M	65	Beresford	SD	00:10:32	177	2:23	00:04:15	00:28:15	91	19.1	00:01:38	00:22:03	116	8:48	01:06:39.70
121	641	Jen Munson	F	43	Annandale	MN	00:10:40	181	2:24	00:02:50	00:30:47	166	17.5	00:01:20	00:21:10	88	8:27	01:06:45.69
122	398	Todd Rogers	M	57	Minneapolis	MN	00:08:33	83	1:56	00:02:49	00:28:56	114	18.7	00:01:46	00:24:45	178	9:53	01:06:46.33
123	575	Frank Westpfahl	M	45	Minneapolis	MN	00:12:37	252	2:51	00:04:26	00:28:17	93	19.1	00:02:15	00:19:29	49	7:47	01:07:02.28
124	679	Jenna Fletcher	F	54	Stillwater	MN	00:10:56	192	2:28	00:02:09	00:29:34	136	18.3	00:01:24	00:23:04	142	9:13	01:07:03.41
125	404	Mardon Quandt	M	56	Annandale	MN	00:09:55	153	2:14	00:03:09	00:28:42	105	18.8	00:01:53	00:23:30	154	9:23	01:07:05.70
126	737	Jennifer Daraheim	F	46	Edina	MN	00:09:02	110	2:02	00:03:30	00:29:17	128	18.4	00:01:39	00:23:42	164	9:28	01:07:07.96
127	681	Catherine Vaughn	F	40	Saint Paul	MN	00:11:31	216	2:36	00:02:19	00:29:34	137	18.3	00:01:30	00:22:19	120	8:55	01:07:09.67
128	412	Mitchell Zahler	M	60	Stillwater	MN	00:11:44	219	2:39	00:02:59	00:28:01	84	19.3	00:01:00	00:23:31	156	9:24	01:07:12.35
129	378	Dave Hartley	M	37	Annandale	MN	00:10:30	174	2:22	00:03:39	00:29:05	120	18.6	00:01:38	00:22:23	125	8:56	01:07:12.94
130	595	Brian Wolf	M	56	Waverly	MN	00:08:32	81	1:55	00:03:07	00:28:11	89	19.2	00:01:35	00:25:56	204	10:22	01:07:17.71
131	494	Steve Peery	M	29	Monticello	MN	00:09:09	116	2:04	00:04:25	00:33:10	219	16.3	00:00:53	00:19:44	58	7:53	01:07:18.41
132	734	Brady Peterson	M	19	Platte	SD	00:08:22	74	1:53	00:03:38	00:32:35	207	16.6	00:01:02	00:21:46	104	8:42	01:07:21.11
133	497	Gretchen Langbehn	F	38	South Haven	MN	00:10:31	175	2:22	00:02:55	00:28:49	110	18.7	00:01:46	00:23:28	152	9:23	01:07:25.70
134	596	Sarah Sixta	F	34	Otsego	MN	00:11:17	206	2:33	00:03:58	00:28:54	111	18.7	00:01:38	00:21:45	102	8:41	01:07:29.70
135	492	Spencer Hagebock	M	16	Apple Valley	MN	00:10:25	169	2:21	00:02:24	00:30:11	151	17.9	00:01:03	00:23:39	160	9:27	01:07:38.94
136	408	Brett Oden	M	56	Buffalo	MN	00:09:06	113	2:03	00:04:01	00:30:36	162	17.7	00:02:25	00:21:53	109	8:45	01:07:58.45
137	470	Paul Hanek	M	45	Woodbury	MN	00:09:45	143	2:12	00:03:27	00:29:32	135	18.3	00:01:24	00:24:00	168	9:35	01:08:06.18
138	693	Jane Wenning	F	48	Excelsior	MN	00:12:23	243	2:48	00:03:48	00:26:17	54	20.5	00:02:21	00:23:31	155	9:24	01:08:17.47
139	673	Bob Koshnick	M	73	Detroit Lakes	MN	00:09:25	126	2:07	00:03:14	00:27:59	83	19.3	00:02:15	00:25:29	195	10:11	01:08:18.97
140	675	Debra Clift	F	59	Plymouth	MN	00:08:57	106	2:01	00:03:25	00:28:08	85	19.2	00:02:24	00:25:30	196	10:11	01:08:21.60
141	701	Hank Larsen	M	75	Glencoe	MN	00:09:17	118	2:06	00:03:38	00:29:14	124	18.5	00:01:28	00:24:47	180	9:54	01:08:21.83
142	655	Heather Hooper	F	44	Kimball	MN	00:09:46	145	2:12	00:03:49	00:32:03	197	16.9	00:01:22	00:21:30	98	8:35	01:08:26.66
143	413	Brenda Conzet	F	56	Buffalo	MN	00:08:35	86	1:56	00:04:07	00:30:56	168	17.5	00:02:43	00:22:12	117	8:52	01:08:31.66
144	474	Kristen Baker	F	38	St. Bonifacius	MN	00:07:47	56	1:45	00:03:50	00:29:17	127	18.4	00:02:08	00:25:39	199	10:15	01:08:38.45

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Results

Note: Penalty list at end of results

### Short 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	643	Marceil Skluzacek	F	48	Lakeville	MN	00:11:41	218	2:38	00:03:51	00:31:16	177	17.3	00:01:05	00:20:54	80	8:21		01:08:45.20
146	707	Katie Page	F	20	Plymouth	MN	00:08:31	80	1:55	00:03:00	00:33:31	226	16.1	00:00:54	00:22:55	137	9:09		01:08:47.97
147	660	Heath Sneller	M	40	Annandale	MN	00:11:47	220	2:40	00:03:19	00:30:10	150	17.9	00:01:04	00:22:33	130	9:00		01:08:50.90
148	583	Lauretta Hassan	F	50	Lino Lakes	MN	00:10:17	164	2:19	00:04:03	00:31:48	189	17.0	00:01:26	00:21:27	97	8:34		01:08:58.10
149	592	Christa Close	F	41	Medina	MN	00:09:31	129	2:09	00:03:37	00:30:07	147	17.9	00:02:05	00:23:56	166	9:34		01:09:13.58
150	550	Michael Larch	M	25	Monticello	MN	00:07:20	34	1:39	00:03:36	00:31:48	190	17.0	00:01:41	00:24:51	182	9:56		01:09:13.71
151	543	Paul Hughes	M	46	Eden Prairie	MN	00:09:17	119	2:06	00:03:06	00:28:57	115	18.7	00:01:24	00:26:41	215	10:40		01:09:23.14
152	574	Korinne Wrobbel	F	21	Montrose	MN	00:09:04	112	2:03	00:05:12	00:30:13	152	17.9	00:01:09	00:23:49	165	9:31		01:09:23.96
153	513	Laurie Dubois	F	40	Kimball	MN	00:10:28	170	2:22	00:03:18	00:32:09	199	16.8	00:02:05	00:21:27	95	8:34		01:09:24.45
154	604	Julie Yost-Minnich	F	47	Stewartville	MN	00:12:55	262	2:55	00:05:15	00:28:32	98	18.9	00:01:19	00:21:42	101	8:40		01:09:39.96
155	517	Candace Millerbernd	F	47	Chaska	MN	00:11:53	223	2:41	00:03:04	00:29:27	132	18.3	00:02:14	00:23:05	143	9:13		01:09:40.71
156	731	Tom Becker	M	54	Mahtomedi	MN	00:06:51	22	1:33	00:03:44	00:30:47	165	17.6	00:01:08	00:27:27	226	10:58		01:09:53.97
157	677	Liv Anderson	F	28	Minneapolis	MN	00:09:18	120	2:06	00:02:37	00:33:24	222	16.2	00:01:02	00:23:37	158	9:26		01:09:56.10
158	722	Amy Swaim	F	43	Cottage Grove	MN	00:12:14	237	2:46	00:03:38	00:29:15	125	18.5	00:02:04	00:22:59	138	9:11		01:10:08.11
159	556	Amber Duske	F	31	Waverly	MN	00:13:34	274	3:04	00:03:27	00:31:33	183	17.1	00:01:04	00:20:48	77	8:19		01:10:23.70
160	623	Kenneth Paulus	M	57	Minneapolis	MN	00:12:44	255	2:53	00:03:27	00:28:29	96	19.0	00:02:07	00:23:56	167	9:34		01:10:40.83
161	616	Jody Sherwood	F	46	Maple Lake	MN	00:08:20	72	1:53	00:03:49	00:35:18	244	15.3	00:01:05	00:22:13	118	8:52		01:10:43.22
162	696	Rick Larson	M	59	Bloomington	MN	00:13:19	271	3:01	00:03:36	00:28:37	102	18.9	00:01:45	00:23:32	157	9:24		01:10:46.22
163	516	Tom Millerbernd	M	49	Chaska	MN	00:09:28	128	2:08	00:03:39	00:30:24	157	17.8	00:02:18	00:25:01	186	10:00		01:10:48.61
164	680	Dwight Geisler	M	58	Bloomington	MN	00:10:58	193	2:29	00:04:36	00:28:46	106	18.8	00:01:16	00:25:25	193	10:09		01:10:59.22
165	386	Matthew Hwang	M	48	St. Cloud	MN	00:11:23	210	2:34	00:03:03	00:28:57	116	18.7	00:01:53	00:25:48	201	10:18		01:11:01.60
166	524	Angela Nelson	F	40	St Cloud	MN	00:08:35	85	1:56	00:02:40	00:31:46	187	17.0	00:01:58	00:26:12	210	10:28		01:11:08.88
167	495	Tommy Slane	M	16	Apple Valley	MN	00:10:21	168	2:20	00:02:32	00:32:35	208	16.6	00:01:01	00:24:45	179	9:53		01:11:11.57
168	684	Natalie Roeser	F	35	Buffalo	MN	00:10:48	186	2:26	00:03:41	00:33:07	218	16.3	00:02:03	00:21:56	110	8:46		01:11:32.40
169	566	Rick Golla	M	69	Rochester	MN	00:14:06	278	3:11	00:03:32	00:29:03	119	18.6	00:01:44	00:23:10	144	9:15		01:11:32.59
170	376	Tina Honsey	F	41	Annandale	MN	00:12:44	256	2:53	00:03:09	00:31:54	193	16.9	00:00:58	00:23:02	140	9:12		01:11:44.33
171	698	Kimberly Wier	F	50	St. Paul	MN	00:11:38	217	2:38	00:03:28	00:29:50	142	18.1	00:01:48	00:25:04	189	10:01		01:11:46.23
172	692	Marc Grams	M	46	Chanhassen	MN	00:12:22	242	2:48	00:03:42	00:27:52	80	19.4	00:02:31	00:25:24	192	10:09		01:11:48.47
173	683	Melissa Hagerty	F	38	Eagan	MN	00:12:27	244	2:49	00:04:02	00:31:46	188	17.0	00:02:15	00:21:47	105	8:42		01:12:15.45
174	647	Tim Hausken	M	51	Oakdale	MN	00:11:52	221	2:41	00:04:30	00:31:19	180	17.2	00:01:39	00:22:59	139	9:11		01:12:16.22
175	530	Jennifer Stoa	F	29	Minneapolis	MN	00:11:01	196	2:29	00:04:42	00:28:55	112	18.7	00:02:52	00:24:54	183	9:57		01:12:21.30
176	669	Shelby Fischer	F	38	Mendota Heights	MN	00:11:03	200	2:30	00:03:39	00:32:40	211	16.5	00:01:48	00:23:14	148	9:17		01:12:22.57
177	636	Molly Anderson	F	40	Eden Prairie	MN	00:11:03	199	2:30	00:02:41	00:31:58	195	16.9	00:01:13	00:25:40	200	10:15		01:12:31.73
178	597	Joe Derock	M	49	Minneapolis	MN	00:08:44	95	1:58	00:04:43	00:31:52	192	17.0	00:02:28	00:24:57	184	9:58		01:12:40.21
179	390	Jeremy Dobson	M	43	St. Paul	MN	00:10:38	180	2:24	00:04:27	00:31:17	178	17.3	00:01:26	00:25:03	188	10:01		01:12:50.17
180	607	Katherine Bell	F	20	Victoria	MN	00:11:55	225	2:41	00:02:38	00:33:35	227	16.1	00:02:54	00:21:58	113	8:46		01:12:56.72

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Results

Note: Penalty list at end of results

### Short 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	709	Karen Slakey	F	53	Lake Elmo	MN	00:07:29	43	1:41	00:04:21	00:29:57	144	18.0	00:02:07	00:29:05	247	11:37	01:12:56.94
182	602	Bobby Dearth	M	58	Kansas City	MO	00:09:49	149	2:13	00:04:45	00:33:04	216	16.3	00:03:23	00:21:58	112	8:46	01:12:57.46
183	612	Mark Myhra	M	55	Plymouth	MN	00:12:05	230	2:44	00:04:04	00:29:16	126	18.5	00:02:09	00:25:27	194	10:10	01:12:58.95
184	567	Michelle Furuseth	F	48	Northome	MN	00:10:17	166	2:19	00:04:06	00:31:06	171	17.4	00:01:46	00:25:48	202	10:18	01:12:59.97
185	599	Kaia Ringwald	F	36	Rice	MN	00:10:45	184	2:26	00:03:59	00:30:48	167	17.5	00:01:25	00:26:15	211	10:29	01:13:09.93
186	682	Marty Asleson	M	63	Lino Lakes	MN	00:13:49	276	3:07	00:04:58	00:28:28	95	19.0	00:02:20	00:24:27	175	9:46	01:13:59.90
187	628	Marcia Page	F	55	Edina	MN	00:10:34	178	2:23	00:03:24	00:32:53	212	16.4	00:02:29	00:24:43	177	9:53	01:14:00.93
188	537	Walter Milbrath	M	61	Hudson	WI	00:09:03	111	2:02	00:03:37	00:31:42	185	17.0	00:01:42	00:28:00	231	11:11	01:14:00.96
189	485	Brook Lemm-Tabor	F	64	Minneapolis	MN	00:12:13	235	2:46	00:03:20	00:29:13	123	18.5	00:02:03	00:27:29	227	10:59	01:14:16.35
190	419	Eileen Lafontaine	F	43	Minneapolis	MN	00:10:10	158	2:18	00:02:58	00:31:39	184	17.1	00:01:58	00:27:44	228	11:05	01:14:25.91
191	529	Brian Knox	M	68	South Haven	MN	00:12:31	245	2:50	00:03:50	00:32:39	210	16.5	00:01:09	00:24:21	172	9:44	01:14:27.46
192	546	Jim Fladland	M	61	Colorado Spring	CO	00:10:50	187	2:27	00:04:27	00:29:37	139	18.2	00:01:22	00:28:15	234	11:17	01:14:27.52
193	536	David Latour	M	29	Monticello	MN	00:10:31	176	2:22	00:03:41	00:31:55	194	16.9	00:01:06	00:27:19	224	10:55	01:14:29.12
194	528	Lynn Taunton	F	33	Belgrade	MN	00:08:52	102	2:00	00:04:31	00:33:54	230	15.9	00:01:14	00:26:05	207	10:25	01:14:33.21
195	668	Leanne Goerz	F	41	Monticello	MN	00:11:01	195	2:29	00:03:28	00:30:57	170	17.4	00:01:12	00:28:22	237	11:20	01:14:57.84
196	713	Breckyn Lovaas	M	12	Minnetonka	MN	00:09:40	138	2:11	00:02:41	00:33:24	223	16.2	00:01:12	00:28:07	233	11:14	01:15:01.94
197	635	Laura Huepenbecker	F	19	Edina	MN	00:10:14	162	2:19	00:03:17	00:33:18	221	16.2	00:01:24	00:27:04	218	10:49	01:15:15.22
198	534	Kevin Eastlund	M	51	Brooklyn Park	MN	00:11:55	226	2:41	00:04:27	00:30:39	164	17.6	00:01:36	00:26:55	217	10:45	01:15:29.47
199	580	Nadeen Berzins	F	24	Rochester	MN	00:12:31	246	2:50	00:03:28	00:33:54	229	15.9	00:01:29	00:24:18	171	9:43	01:15:37.22
200	617	Jaime Geyen	F	36	Montrose	MN	00:11:14	205	2:32	00:02:58	00:28:46	107	18.8	00:01:45	00:30:57	265	12:22	01:15:39.23
201	674	Bradley Clift	M	59	Plymouth	MN	00:10:29	172	2:22	00:05:32	00:31:32	182	17.1	00:02:43	00:25:36	197	10:14	01:15:49.97
202	491	Cindy Lamp	F	54	St. Cloud	MN	00:09:18	121	2:06	00:06:07	00:28:33	100	18.9	00:02:00	00:30:06	259	12:02	01:16:01.21
203	610	Maureen Berendes	F	36	Blaine	MN	00:13:06	267	2:58	00:03:10	00:35:55	249	15.0	00:01:10	00:22:51	136	9:08	01:16:09.95
204	503	Natalie Dieterle	F	41	Stillwater	MN	00:11:59	227	2:42	00:03:34	00:34:23	237	15.7	00:01:18	00:25:01	185	10:00	01:16:12.16
205	642	Lisa Bessler	F	45	Apple Valley	MN	00:11:04	201	2:30	00:04:58	00:30:08	149	17.9	00:01:26	00:28:43	241	11:29	01:16:16.23
206	654	Heidi Halley	F	48	Scandia	MN	00:13:50	277	3:08	00:03:28	00:30:31	160	17.7	00:01:45	00:27:05	219	10:49	01:16:37.97
207	609	Dan Berendes	M	37	Blaine	MN	00:09:06	114	2:03	00:03:49	00:34:18	236	15.8	00:01:19	00:28:29	239	11:23	01:16:58.22
208	476	Lori Fiechtner Paakh	F	53	Detroit Lakes	MN	00:12:49	259	2:54	00:04:01	00:29:59	145	18.0	00:01:21	00:28:53	243	11:32	01:17:00.69
209	585	Howard Bich	M	76	Sioux Falls	SD	00:13:05	266	2:57	00:04:12	00:29:20	130	18.4	00:01:41	00:29:00	244	11:35	01:17:14.99
210	730	Crystal Brown	F	51	Maple	WI	00:11:25	213	2:35	00:04:32	00:34:02	233	15.9	00:01:19	00:26:07	208	10:26	01:17:22.55
211	703	John O'neill	M	64	Bird Island	MN	00:10:54	191	2:28	00:04:18	00:31:51	191	17.0	00:01:16	00:29:15	249	11:41	01:17:30.91
212	551	Makenzie Pillsbury	F	25	Fridley	MN	00:07:25	39	1:40	00:04:34	00:35:41	247	15.1	00:01:11	00:28:43	240	11:28	01:17:32.97
213	650	Megan Berendes	F	32	Blaine	MN	00:09:26	127	2:08	00:03:32	00:36:11	252	14.9	00:01:15	00:27:13	222	10:53	01:17:34.72
214	558	Kristine Wolhowe	F	24	Waconia	MN	00:09:45	142	2:12	00:03:46	00:34:28	238	15.7	00:02:44	00:27:09	220	10:51	01:17:49.70
215	501	Kaitin Korbitz	F	30	Minneapolis	MN	00:10:00	155	2:15	00:03:39	00:31:09	173	17.3	00:01:44	00:31:28	271	12:34	01:17:57.58
216	565	Jessica Fernandez	F	32	London		00:14:34	282	3:18	00:03:15	00:35:29	246	15.2	00:01:20	00:23:29	153	9:23	01:18:05.36

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Results

Note: Penalty list at end of results

### Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
217	472	Heidi Lang	F	39	Bloomington	MN	00:11:04	202	2:30	00:05:50	00:34:01	232	15.9	00:02:37	00:24:40	176	9:51		01:18:09.97
218	506	Mary Denucci	F	52	Minneapolis	MN	00:11:18	207	2:33	00:03:08	00:32:18	202	16.7	00:02:04	00:29:26	253	11:46		01:18:10.72
219	632	Jennifer Lindquist	F	45	Annandale	MN	00:11:09	203	2:31	00:03:19	00:35:53	248	15.1	00:01:17	00:26:49	216	10:43		01:18:24.31
220	676	Kate Schmidt	F	25	Eden Prairie	MN	00:11:53	222	2:41	00:04:09	00:39:17	279	13.8	00:01:15	00:21:57	111	8:46		01:18:28.47
221	375	Olivia Honsey	F	13	Annandale	MN	00:10:44	183	2:25	00:03:11	00:37:44	269	14.3	00:00:56	00:25:58	206	10:23		01:18:30.25
222	697	Julie Jandrich	F	49	St. Paul	MN	00:10:47	185	2:26	00:03:35	00:31:59	196	16.9	00:03:21	00:29:03	245	11:37		01:18:42.60
223	719	Libby Waters	F	49	Mendota Heights	MN	00:12:05	231	2:44	00:04:00	00:31:30	181	17.2	00:02:06	00:29:04	246	11:37		01:18:42.98
224	499	James Vlcek	M	60	Woodbury	MN	00:10:30	173	2:22	00:06:44	00:32:59	214	16.4	00:02:39	00:25:53	203	10:20		01:18:43.22
225	519	Scott Swensen	M	38	Rogers	MN	00:12:15	238	2:46	00:03:55	00:38:21	275	14.1	00:01:33	00:22:50	135	9:07		01:18:49.72
226	702	Leah Allman	F	39	Elk River	MN	00:12:46	258	2:53	00:05:02	00:34:45	241	15.5	00:02:03	00:24:22	173	9:44		01:18:55.65
227	706	Janine Brenteson	F	48	Elk River	MN	00:12:55	263	2:55	00:04:51	00:34:05	234	15.8	00:02:45	00:24:22	174	9:44		01:18:55.65
228	631	Rachel Flygare	F	29	Clearwater	MN	00:11:55	224	2:41	00:04:22	00:38:16	273	14.1	00:01:20	00:23:13	147	9:17		01:19:03.34
229	573	Teresa Wrobbel	F	50	Montrose	MN	00:10:16	163	2:19	00:04:49	00:32:26	206	16.7	00:01:47	00:29:56	256	11:58		01:19:10.58
230	561	Lana Lindeman	F	39	Saint Michael	MN	00:11:02	197	2:29	00:05:46	00:37:11	264	14.5	00:02:47	00:22:30	127	8:59		01:19:12.40
231	562	Matthew Lindeman	M	40	St Michael	MN	00:11:18	208	2:33	00:05:33	00:37:10	263	14.5	00:02:45	00:22:29	126	8:59		01:19:12.61
232	542	Christopher C Smith	M	65	Cresskill	NJ	00:12:54	261	2:55	00:04:12	00:30:14	153	17.9	00:01:08	00:30:56	263	12:22		01:19:21.22
233	603	Jim Bell	M	58	Victoria	MN	00:08:38	89	1:57	00:05:58	00:39:00	277	13.8	00:01:41	00:24:08	169	9:38		01:19:23.18
234	621	Kristi Walter	F	37	Shoreview	MN	00:09:52	150	2:14	00:03:45	00:32:25	204	16.7	00:02:02	00:31:23	268	12:32		01:19:23.98
235	579	Katherine Walz	F	53	Plymouth	MN	00:10:53	190	2:27	00:03:25	00:36:35	257	14.8	00:01:21	00:27:16	223	10:54		01:19:26.22
236	480	Joe Kandiko	M	66	Excelsior	MN	00:09:22	124	2:07	00:04:21	00:31:13	175	17.3	00:04:04	00:30:49	262	12:19		01:19:45.99
237	526	Ann Anderson	F	60	Mcperson	KS	00:11:13	204	2:32	00:02:58	00:33:25	225	16.2	00:02:09	00:30:03	258	12:01		01:19:46.12
238	659	Marcus Carpenter	M	39	Albertville	MN	00:10:51	189	2:27	00:04:39	00:30:39	163	17.6	00:02:30	00:31:14	267	12:29		01:19:51.47
239	489	Carolyn Barribal	F	55	Monticello	MN	00:12:57	264	2:56	00:03:38	00:33:43	228	16.0	00:01:17	00:28:19	235	11:19		01:19:51.97
240	600	Amy Albert	F	43	Medina	MN	00:12:08	234	2:44	00:03:46	00:37:42	268	14.3	00:01:35	00:24:49	181	9:55		01:19:57.31
241	606	Kelsey Bell	F	20	Victoria	MN	00:10:29	171	2:22	00:04:04	00:41:32	289	13.0	00:01:06	00:23:03	141	9:12		01:20:11.56
242	671	Greg Pierson	M	63	Monticello	MN	00:12:33	247	2:50	00:04:47	00:30:18	154	17.8	00:01:24	00:32:00	276	12:47		01:20:59.17
243	626	Amber Nelson	F	24	Buffalo	MN	00:09:37	135	2:10	00:03:38	00:34:45	240	15.5	00:01:52	00:31:13	266	12:28		01:21:01.73
244	645	Jordan Lemcke	M	19	Rogers	MN					00:41:24	288	13.0	00:01:24	00:22:31	128	9:00		01:21:35.50
245	381	Jessica Stewart	F	32	South Haven	MN	00:12:34	248	2:50	00:04:26	00:32:07	198	16.8	00:01:54	00:30:57	264	12:22		01:21:55.21
246	724	John Vogt	M	64	Spring Park	MN	00:12:45	257	2:53	00:06:31	00:33:55	231	15.9	00:02:56	00:25:56	205	10:22		01:21:59.73
247	568	Mike Latterell	M	42	New Hope	MN	00:12:16	239	2:46	00:04:04	00:33:04	215	16.3	00:01:52	00:30:47	261	12:18		01:22:00.85
248	586	Leanne Hansen	F	65	Bloomington	MN	00:15:37	284	3:32	00:04:18	00:32:25	205	16.7	00:02:26	00:27:22	225	10:56		01:22:05.56
249	591	Karen Fuecker	F	47	Rice	MN	00:13:15	269	3:00	00:04:26	00:34:46	242	15.5	00:01:52	00:28:49	242	11:31		01:23:05.27
250	735	Michael Peterson	M	58	Ramsey	MN	00:08:39	91	1:57	00:05:38	00:32:13	201	16.8	00:04:34	00:32:20	277	12:55		01:23:22.31
251	743	Lexi Lebahn	F	14	Vadnais Heights	MN	00:12:07	232	2:44	00:04:26	00:36:26	255	14.8	00:01:24	00:29:22	251	11:44		01:23:42.36
252	744	John Lebahn	M	48	Vadnais Heights	MN	00:12:07	233	2:44	00:04:39	00:36:14	253	14.9	00:01:23	00:29:22	252	11:44		01:23:42.73

# Heart of the Lakes Triathlon

July 17, 2016

## Overall Results

Note: Penalty list at end of results

### Short 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
253	563	Kassi Baysinger	F	34	Buffalo Lake	MN	00:12:21	240	2:47	00:03:11	00:34:11	235	15.8	00:01:12	00:32:53	280	13:08		01:23:45.15
254	594	Barbara Hood	F	44	Maple Grove	MN	00:12:36	251	2:51	00:03:51	00:32:10	200	16.8	00:02:16	00:33:07	282	13:14		01:23:58.55
255	379	Andrea Warnert	F	53	Sartell	MN	00:11:25	212	2:35	00:04:32	00:39:23	281	13.7	00:02:21	00:26:24	212	10:33		01:24:01.42
256	377	Tab Ashwill	M	53	Annandale	MN	00:11:24	211	2:34	00:04:34	00:39:20	280	13.7	00:02:23	00:26:24	213	10:33		01:24:01.45
257	424	Jennifer Gentry	F	39	Minneapolis	MN	00:12:02	228	2:43	00:04:01	00:40:12	285	13.4	00:01:20	00:26:38	214	10:38		01:24:09.97
258	541	Mark Ledson	M	53	Stillwater	MN	00:11:22	209	2:34	00:04:43	00:32:36	209	16.6	00:02:34	00:33:04	281	13:13		01:24:16.00
259	718	Skylar Storkamp	F	22	Clearwater	MN	00:11:25	214	2:35	00:06:17	00:36:20	254	14.9	00:02:05	00:28:20	236	11:19		01:24:24.39
260	657	Kristin Riley	F	51	Buffalo	MN	00:12:14	236	2:46	00:04:45	00:34:30	239	15.7	00:01:42	00:31:25	270	12:33		01:24:34.73
261	420	James Wright	M	61	Delano	MN	00:11:03	198	2:30	00:06:28	00:37:33	266	14.4	00:01:48	00:27:51	230	11:08		01:24:39.97
262	372	Jamie Swenson	F	48	Rogers	MN	00:13:16	270	3:00	00:05:05	00:30:57	169	17.4	00:02:17	00:33:28	283	13:22		01:25:00.97
263	649	Tony Berendes	M	32	Blaine	MN	00:12:40	253	2:52	00:04:11	00:38:15	272	14.1	00:01:30	00:28:29	238	11:23		01:25:01.63
264	666	Suzanne Strauss	F	55	Plymouth	MN	00:14:25	279	3:15	00:05:05	00:36:50	261	14.7	00:03:31	00:25:38	198	10:15		01:25:25.98
265	667	Carolyn Weeres	F	46	Becker	MN	00:11:00	194	2:29	00:03:46	00:31:09	174	17.3	00:01:51	00:38:23	296	15:20		01:26:05.64
266	385	Jonah Overby	M	12	Big Lake	MN	00:09:44	140	2:12	00:04:08	00:42:32	291	12.7	00:01:56	00:27:49	229	11:07		01:26:06.22
267	504	Jessica Salo	F	28	Clear Lake	MN	00:08:05	65	1:49	00:04:30	00:36:50	262	14.7	00:02:08	00:34:35	288	13:49		01:26:06.80
268	539	Kara Albrecht	F	53	Monticello	MN	00:12:50	260	2:54	00:06:07	00:37:27	265	14.4	00:01:47	00:28:04	232	11:13		01:26:11.97
269	478	Ingrid Anderson	F	40	Clearwater	MN	00:14:32	281	3:17	00:04:59	00:38:22	276	14.1	00:03:30	00:25:13	190	10:04		01:26:32.93
270	490	Allison Coalwell	F	38	Maple Lake	MN	00:14:31	280	3:17	00:04:59	00:38:19	274	14.1	00:03:33	00:25:14	191	10:05		01:26:33.73
271	571	Colleen Johnson	F	38	Northome	MN	00:17:58	292	4:04	00:05:14	00:35:29	245	15.2	00:01:52	00:26:09	209	10:27		01:26:39.68
272	555	Steve Edmonson	M	56	Buffalo	MN	00:17:18	290	3:55	00:04:11	00:29:37	140	18.2	00:03:45	00:32:40	279	13:03		01:27:28.67
273	394	Samantha Hebzynski	F	25	Maple Grove	MN	00:07:28	41	1:41	00:05:44	00:39:26	282	13.7	00:01:22	00:33:49	285	13:31		01:27:46.19
274	627	Theresa Swansson	F	58	Bloomington	MN	00:13:24	273	3:02	00:03:59	00:36:41	259	14.7	00:02:39	00:31:40	275	12:39		01:28:20.72
275	507	Bonnie Aretz	F	52	Buffalo Lake	MN	00:13:49	275	3:07	00:04:56	00:33:07	217	16.3	00:02:41	00:34:03	286	13:37		01:28:33.86
276	624	Deanne Kassulke	F	38	Maple Grove	MN	00:17:13	289	3:54	00:04:37	00:36:05	250	15.0	00:01:46	00:29:18	250	11:42		01:28:56.23
277	421	Christopher Larson	M	30	Minneapolis	MN	00:13:02	265	2:57	00:02:25	00:32:58	213	16.4	00:03:21	00:37:24	294	14:57		01:29:08.29
278	569	David Furuseth	M	62	Northome	MN	00:15:03	283	3:24	00:05:33	00:32:24	203	16.7	00:01:45	00:34:50	289	13:55		01:29:31.42
279	622	Shelly Stanchfield	F	43	Edina	MN	00:08:49	100	1:59	00:05:36	00:37:41	267	14.3	00:06:25	00:31:32	273	12:36		01:30:00.41
280	664	Marty Davis	M	45	Minneapolis	MN	00:10:17	165	2:19	00:06:03	00:36:34	256	14.8	00:05:36	00:31:33	274	12:37		01:30:00.48
281	482	Alyssa Rosenberger	F	45	Melrose	MN	00:09:41	139	2:11	00:03:33	00:43:09	292	12.5	00:01:52	00:32:30	278	12:59		01:30:41.83
282	535	Kyle Eastlund	M	18	Brooklyn Park	MN	00:17:41	291	4:00	00:04:25	00:39:28	283	13.7	00:02:01	00:27:10	221	10:51		01:30:41.90
283	625	Caitlin Nelson	F	28	Brooklyn Park	MN	00:10:13	160	2:18	00:03:48	00:39:11	278	13.8	00:02:04	00:35:36	291	14:14		01:30:49.52
284	572	Shadow Lievsay	F	18	Northome	MN	00:16:30	287	3:44	00:06:05	00:36:38	258	14.7	00:02:35	00:29:07	248	11:38		01:30:51.98
285	469	Katherine Maiers	F	63	Minneapolis	MN	00:12:03	229	2:43	00:04:40	00:36:46	260	14.7	00:01:57	00:35:39	292	14:15		01:31:03.48
286	395	Emma Nelson	F	26	Maple Grove	MN	00:07:33	46	1:42	00:06:18	00:40:44	286	13.3	00:01:16	00:35:17	290	14:06		01:31:05.22
287	509	April Sutton	F	25	Monticello	MN	00:08:02	61	1:49	00:04:31	00:45:22	294	11.9	00:01:59	00:31:30	272	12:35		01:31:21.97
288	518	Cathy Ruschmeier	F	43	New Germany	MN	00:16:22	286	3:42	00:06:19	00:37:54	270	14.3	00:01:49	00:29:46	254	11:54		01:32:07.48



# Heart of the Lakes Triathlon

July 17, 2016

## Overall Results

Note: Penalty list at end of results

### Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
289	515	Stacy Winter	F	33	Minnetrissa	MN	00:16:55	288	3:49	00:05:51	00:37:59	271	14.2	00:01:39	00:29:58	257	11:58	01:32:18.83
290	721	Paula Andrist	F	41	Saint Cloud	MN	00:12:36	250	2:51	00:03:36	00:36:11	251	14.9	00:03:01	00:37:27	295	14:58	01:32:47.74
291	393	Judy Rykken	F	77	Bloomington	MN	00:13:22	272	3:01	00:06:28	00:40:57	287	13.2	00:01:53	00:34:34	287	13:49	01:37:12.44
292	648	Joleen Slinden	F	55	Maple Grove	MN	00:12:22	241	2:48	00:04:45	00:42:21	290	12.8	00:04:08	00:33:45	284	13:29	01:37:17.54
293	584	Marisue Muellner	F	49	Lino Lakes	MN	00:16:02	285	3:37	00:05:54	00:40:10	284	13.4	00:02:32	00:36:52	293	14:44	01:41:27.45
294	725	Christine Fjalstad	F	55	Prior Lake	MN	00:19:01	293	4:18	00:07:11	00:35:14	243	15.3	00:03:23	00:39:06	297	15:38	01:43:52.85
295	380	Natalie Blake	F	30	Annandale	MN	00:25:11	295	5:42	00:04:22	00:44:05	293	12.3	00:01:29	00:30:39	260	12:15	01:45:43.49
296	598	Sonja Hettinga	F	35	St Louis Park	MN	00:24:55	294	5:38	00:03:36	00:51:16	295	10.5	00:02:16	00:29:56	255	11:58	01:51:56.25
297	403	Ben Zhao	M	62	Edina	MN	00:09:54	151	2:14	00:02:38	01:22:03	296	6.6	00:01:44	00:31:24	269	12:33	02:07:40.26