

Heart of the Lakes Triathlon

July 16, 2017

Overall 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
1	27	Sean Cooley	M	32	Saint Paul	MN	00:12:28	8	1:24	00:01:29	00:46:34	1	27.1	00:00:34	00:31:06	7	5:52		01:32:10.00
2	1	Josh Blankenheim	M	36	Duluth	MN	00:13:29	28	1:31	00:01:34	00:48:49	4	25.8	00:00:28	00:29:30	2	5:33		01:33:46.86
3	26	Nathan Ansbaugh	M	30	Minneapolis	MN	00:12:19	4	1:23	00:01:38	00:48:56	5	25.8	00:00:28	00:31:01	6	5:51		01:34:19.60
4	28	Andy Wiberg	M	38	Lakeville	MN	00:14:44	47	1:40	00:01:35	00:47:24	2	26.6	00:00:40	00:30:24	5	5:43		01:34:44.81
5	23	Jordan Roby	M	27	St. Louis Park	MN	00:14:22	42	1:37	00:01:22	00:49:35	6	25.4	00:00:22	00:29:44	4	5:36		01:35:22.86
6	22	David Holden	M	48	Hudson	WI	00:11:41	1	1:19	00:01:37	00:50:32	9	24.9	00:00:27	00:32:01	10	6:02		01:36:16.36
7	8	Joe Adriaens	M	29	Elk River	MN	00:12:21	6	1:23	00:01:43	00:51:58	14	24.2	00:00:43	00:31:14	8	5:53		01:37:56.86
8	5	Scott Myers	M	42	Plymouth	MN	00:12:29	9	1:24	00:01:51	00:50:48	11	24.8	00:00:33	00:33:27	14	6:18		01:39:05.62
9	165	Greg Dummer	M	46	Minneapolis	MN	00:12:36	10	1:25	00:02:12	00:50:16	8	25.1	00:00:46	00:33:29	15	6:19		01:39:16.78
10	7	Tony Schiller	M	59	Eden Prairie	MN	00:13:03	16	1:28	00:01:45	00:50:12	7	25.1	00:00:27	00:34:13	19	6:27		01:39:36.71
11	9	Mitch Brekke	M	28	Hartland	MN	00:14:21	41	1:37	00:01:37	00:48:45	3	25.9	00:00:33	00:35:02	24	6:36		01:40:16.00
12	174	Mike Buenting	M	43	Chanhausen	MN	00:16:35	89	1:52	00:01:51	00:50:33	10	24.9	00:01:17	00:31:26	9	5:55		01:41:39.83
13	179	Moshe Peri	M	40	Minnetonka	MN	00:13:05	17	1:28	00:01:40	00:53:29	19	23.6	00:00:46	00:33:03	11	6:14		01:42:00.95
14	159	Phillip Falkner	M	47	Minneapolis	MN	00:13:12	21	1:29	00:02:32	00:52:52	15	23.8	00:01:06	00:33:17	13	6:16		01:42:56.85
15	18	Brian Porter	M	37	Northfield	MN	00:12:23	7	1:24	00:02:00	00:53:09	16	23.7	00:01:00	00:34:29	21	6:30		01:42:58.53
16	29	Nathan Hoffman	M	23	South Haven	MN	00:17:51	115	2:01	00:01:30	00:53:41	20	23.5	00:00:25	00:29:37	3	5:35		01:43:01.80
17	12	Christina Roberts	F	31	St. Louis Park	MN	00:12:20	5	1:23	00:01:33	00:54:53	30	23.0	00:00:27	00:33:58	16	6:24		01:43:08.12
18	224	Gary Metcalf	M	38	Austin	TX	00:14:07	36	1:35	00:01:44	00:50:58	13	24.7	00:01:25	00:35:23	26	6:40		01:43:34.32
19	126	Randy Peterson	M	51	Northfield	MN	00:13:15	23	1:30	00:02:12	00:53:25	18	23.6	00:00:55	00:34:51	23	6:34		01:44:36.97
20	16	Diane Hankee	F	40	Lino Lakes	MN	00:14:37	46	1:39	00:01:41	00:54:41	28	23.0	00:00:19	00:34:14	20	6:27		01:45:29.57
21	151	Tim Bode	M	49	Buffalo	MN	00:12:09	2	1:22	00:02:13	00:50:58	12	24.7	00:01:19	00:39:17	55	7:24		01:45:52.30
22	171	Scott Brown	M	44	Minneapolis	MN	00:14:14	39	1:36	00:02:28	00:53:11	17	23.7	00:00:45	00:35:28	27	6:41		01:46:03.89
23	20	Margaret Weiss	F	22	Excelsior	MN	00:12:57	13	1:28	00:02:00	00:54:54	31	23.0	00:00:46	00:36:14	31	6:50		01:46:48.56
24	25	Kelly Trom	F	30	Minneapolis	MN	00:14:47	49	1:40	00:01:52	00:54:41	27	23.0	00:00:40	00:35:13	25	6:38		01:47:09.32
25	177	Michael Hankee	M	40	Lino Lakes	MN	00:13:14	22	1:29	00:01:59	00:54:50	29	23.0	00:01:07	00:36:27	34	6:52		01:47:34.47
26	114	Ian Nemerov	M	51	Edina	MN	00:13:33	29	1:32	00:02:52	00:54:34	25	23.1	00:00:53	00:37:23	38	7:03		01:49:11.82
27	228	Jon Reifschneider	M	34	Minneapolis	MN	00:15:26	63	1:44	00:02:07	00:56:34	42	22.3	00:01:40	00:34:00	17	6:24		01:49:45.03
28	183	Mick Quinn	M	43	Willmar	MN	00:15:38	69	1:46	00:02:34	00:56:14	40	22.4	00:01:17	00:34:04	18	6:25		01:49:45.89
29	14	Andrea Myers	F	41	Plymouth	MN	00:12:59	14	1:28	00:01:41	00:57:02	43	22.1	00:00:28	00:37:43	43	7:06		01:49:50.63
30	242	Carter Deichman	M	16	Mankato	MN	00:13:24	25	1:31	00:01:34	01:00:47	74	20.7	00:00:54	00:33:16	12	6:16		01:49:52.66
31	122	David Goldberg	M	56	Minnetrissa	MN	00:12:54	12	1:27	00:02:19	00:54:26	22	23.2	00:01:02	00:39:36	58	7:28		01:50:14.39
32	223	Greg Alexander	M	39	Plymouth	MN	00:13:25	27	1:31	00:02:08	00:55:49	37	22.6	00:01:23	00:37:34	39	7:05		01:50:16.89
33	17	Erin Farrens	F	36	Maple Grove	MN	00:15:23	60	1:44	00:01:47	00:55:36	34	22.7	00:00:57	00:36:43	36	6:55		01:50:23.57
34	101	Keith Tufte	M	57	Eden Prairie	MN	00:13:37	31	1:32	00:02:44	00:55:33	33	22.7	00:00:53	00:38:23	45	7:14		01:51:07.15
35	162	Timothy Huntley	M	47	Hudson	WI	00:13:00	15	1:28	00:02:56	00:58:36	57	21.5	00:01:11	00:36:25	33	6:52		01:52:04.65
36	172	Bill Corcoran	M	44	Sauk Rapids	MN	00:14:11	38	1:36	00:01:54	00:54:14	21	23.2	00:01:25	00:40:40	71	7:40		01:52:22.15

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
37	181	Krisana Hoff	F	40	Excelsior	MN	00:16:34	88	1:52	00:02:38	00:55:56	38	22.5	00:01:31	00:35:47	28	6:45	01:52:25.40
38	66	Jan Guenther	F	58	Long Lake	MN	00:14:24	43	1:37	00:02:37	00:57:17	45	22.0	00:00:37	00:37:39	41	7:06	01:52:30.64
39	234	Stephen Dennison	M	22	Maple Grove	MN	00:12:40	11	1:26	00:02:03	00:57:28	47	21.9	00:01:52	00:38:41	49	7:17	01:52:40.39
40	24	Lisa Lendway	F	36	St. Paul	MN	00:13:24	26	1:31	00:01:40	00:57:27	46	21.9	00:00:31	00:40:01	67	7:32	01:53:01.05
41	86	Skip Fitting	M	62	Buffalo	MN	00:15:24	61	1:44	00:02:53	00:57:48	51	21.8	00:00:44	00:36:20	32	6:51	01:53:06.80
42	108	David Knack	M	54	Prior Lake	MN	00:13:53	34	1:34	00:02:36	00:57:11	44	22.0	00:00:59	00:38:33	48	7:16	01:53:09.26
43	100	Kevin Olsen	M	57	Orono	MN	00:13:46	32	1:33	00:02:16	00:54:35	26	23.1	00:00:42	00:42:00	82	7:55	01:53:16.37
44	19	Kristina Swenson	F	20	Rogers	MN	00:13:10	19	1:29	00:01:36	00:58:08	54	21.7	00:00:38	00:40:01	68	7:32	01:53:30.07
45	97	Jeff Gilmer	M	58	Delano	MN	00:15:30	65	1:45	00:02:34	00:54:29	23	23.1	00:00:34	00:40:36	70	7:39	01:53:39.10
46	133	Gillian Auslander	F	47	Minneapolis	MN	00:13:34	30	1:32	00:02:57	00:57:36	48	21.9	00:01:12	00:38:31	47	7:15	01:53:47.12
47	94	Dale Forde	M	59	Golden Valley	MN	00:15:07	52	1:42	00:02:47	00:57:59	53	21.7	00:01:17	00:37:04	37	6:59	01:54:11.81
48	167	Brett Bruininks	M	45	Edina	MN	00:14:52	50	1:40	00:03:32	00:54:33	24	23.1	00:01:57	00:39:35	57	7:28	01:54:25.29
49	213	Katherine Johnson	F	29	Ramsey	MN	00:16:54	96	1:54	00:02:10	00:56:23	41	22.3	00:01:22	00:37:41	42	7:06	01:54:27.78
50	185	Joshua Flynn	M	42	Medina	MN	00:12:13	3	1:22	00:02:29	00:59:03	60	21.3	00:01:10	00:39:36	59	7:28	01:54:28.53
51	117	Robert Gamboa	M	50	Plymouth	MN	00:13:10	20	1:29	00:02:15	00:58:33	55	21.5	00:00:52	00:40:01	69	7:32	01:54:48.97
52	15	Kelli Moretter-Bue	F	39	Eden Prairie	MN	00:16:07	79	1:49	00:02:23	00:57:48	52	21.8	00:00:57	00:38:55	51	7:20	01:56:07.39
53	99	Steve Kangas	M	57	Woodbury	MN	00:15:41	70	1:46	00:03:26	00:55:59	39	22.5	00:01:19	00:39:58	66	7:32	01:56:19.66
54	178	Doug Larsen	M	40	Cold Spring	MN	00:14:08	37	1:36	00:02:35	00:58:33	56	21.5	00:01:13	00:41:05	75	7:45	01:57:32.04
55	123	Rich Graske	M	57	Maple Grove	MN	00:15:25	62	1:44	00:02:36	00:59:08	61	21.3	00:00:58	00:39:31	56	7:27	01:57:34.40
56	107	Brian Lavelle	M	55	Chaska	MN	00:13:49	33	1:33	00:02:31	00:55:48	36	22.6	00:00:54	00:45:00	109	8:29	01:57:59.24
57	164	Reese Lang	M	47	Lotetto	MN	00:16:59	98	1:55	00:02:01	00:59:49	64	21.1	00:01:01	00:38:28	46	7:15	01:58:13.91
58	233	Mitchell Ergen	M	24	Sartell	MN	00:15:51	74	1:47	00:02:38	01:02:34	93	20.1	00:01:37	00:36:10	30	6:49	01:58:47.55
59	163	Joe Kelzer	M	47	New Richmond	WI					00:57:43	49	21.8	00:01:30	00:38:46	50	7:18	01:59:08.91
60	182	Alan Leusink	M	48	Minneapolis	MN	00:16:45	92	1:53	00:02:27	00:55:41	35	22.6	00:01:32	00:42:54	91	8:05	01:59:15.90
61	140	Veronica Bond	F	45	Rochester	MN	00:14:20	40	1:37	00:02:18	00:58:58	59	21.4	00:01:30	00:42:33	87	8:01	01:59:36.66
62	226	Mike Younes	M	37	St Louis Park	MN	00:16:09	80	1:49	00:02:59	01:00:59	76	20.7	00:01:06	00:39:01	53	7:21	02:00:11.33
63	206	Sarah Getty	F	34	Maple Grove	MN	00:19:14	140	2:10	00:02:44	01:02:07	90	20.3	00:01:24	00:34:46	22	6:33	02:00:11.63
64	129	Jane Peterson	F	49	Saint Cloud	MN	00:13:20	24	1:30	00:02:57	01:00:51	75	20.7	00:01:43	00:41:58	81	7:54	02:00:45.91
65	238	Mariane Walin	F	32	Brooklyn Park	MN	00:15:36	68	1:45	00:02:20	01:00:18	71	20.9	00:01:35	00:41:17	77	7:47	02:01:02.59
66	148	Stephanie Peterson	F	41	Apple Valley	MN	00:16:26	85	1:51	00:02:08	01:05:03	111	19.4	00:01:09	00:36:35	35	6:54	02:01:18.31
67	215	Emma Adriaens	F	27	Elk River	MN	00:19:01	136	2:09	00:03:18	00:57:43	50	21.8	00:01:40	00:39:47	62	7:30	02:01:26.16
68	220	Katie Oden	F	24	Buffalo	MN	00:15:16	55	1:43	00:02:24	01:03:09	97	20.0	00:01:23	00:39:46	61	7:30	02:01:54.56
69	211	Mandy Stoesz	F	32	Buffalo	MN	00:15:56	77	1:48	00:02:28	01:02:00	89	20.3	00:01:52	00:39:52	65	7:31	02:02:05.55
70	168	Bruce Foyt	M	45	Rosemount	MN	00:13:06	18	1:28	00:03:32	01:03:54	100	19.7	00:01:24	00:40:57	72	7:43	02:02:49.66
71	105	Drew Frakes	M	55	St Louis Park	MN	00:17:21	109	1:57	00:03:40	00:58:53	58	21.4	00:01:04	00:42:12	84	7:57	02:03:08.46
72	154	Charles Huntley	M	49	Woodbury	MN	00:14:46	48	1:40	00:03:03	01:01:43	85	20.4	00:01:35	00:42:08	83	7:56	02:03:12.91

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	241	Mark Brice	M	34	Minneapolis	MN	00:15:12	53	1:43	00:02:44	01:01:42	84	20.4	00:01:38	00:42:32	85	8:01		02:03:45.57
74	88	Peter Lancaster	M	62	Minneapolis	MN	00:15:33	66	1:45	00:04:17	01:00:00	66	21.0	00:01:18	00:42:59	92	8:06		02:04:04.41
75	237	Nicole Feist	F	36	Bloomington	MN	00:17:24	111	1:58	00:02:57	00:59:58	65	21.0	00:02:01	00:41:49	80	7:53		02:04:06.89
76	110	Mark Augdahl	M	52	Chaska	MN	00:14:57	51	1:41	00:03:09	01:03:29	98	19.9	00:01:43	00:41:11	76	7:46		02:04:25.63
77	240	Steven Brouwer	M	38	Waverly	MN	00:18:35	128	2:06	00:02:14	01:00:08	68	21.0	00:01:15	00:42:41	88	8:03		02:04:49.93
78	246	Andrew Jacot	M	29	St Paul	MN	00:15:47	72	1:47	00:02:31	01:01:58	87	20.3	00:01:43	00:43:22	94	8:10		02:05:18.17
79	200	Lindsay Schwab	F	38	St. Paul	MN	00:16:29	87	1:52	00:02:26	01:04:47	106	19.5	00:01:53	00:39:48	63	7:30		02:05:20.43
80	62	Helen Gunther	F	60	Excelsior	MN	00:16:39	90	1:53	00:02:49	01:01:46	86	20.4	00:01:05	00:43:27	95	8:11		02:05:43.16
81	207	Molly Uecker	F	34	Buffalo	MN	00:17:15	108	1:57	00:02:40	01:03:01	96	20.0	00:01:47	00:41:04	74	7:44		02:05:45.23
82	214	Andrea Tremaine	F	29	Minneapolis	MN	00:20:16	151	2:17	00:02:05	01:01:20	80	20.5	00:01:19	00:41:00	73	7:44		02:05:57.18
83	71	Mary Deeg	F	55	Delano	MN	00:15:52	76	1:47	00:02:57	01:00:09	69	21.0	00:01:03	00:46:06	117	8:41		02:06:04.67
84	196	Janelle Ehlers	F	38	Eden Prairie	MN	00:15:20	58	1:44	00:03:05	01:04:22	102	19.6	00:01:52	00:41:34	79	7:50		02:06:11.10
85	204	Michelle Eversman	F	35	Eden Prairie	MN	00:21:49	160	2:28	00:02:44	01:04:29	104	19.5	00:01:52	00:35:48	29	6:45		02:06:39.92
86	83	Mike Flynn	M	65	Elk River	MN	00:19:57	146	2:15	00:03:52	01:00:14	70	20.9	00:01:16	00:41:27	78	7:49		02:06:45.34
87	221	Allison Crum	F	19	Deerwood	MN	00:13:54	35	1:34	00:03:05	01:04:54	109	19.4	00:01:41	00:43:22	93	8:10		02:06:53.17
88	217	Kaylea Brase	F	26	Lino Lakes	MN	00:17:58	118	2:02	00:03:25	01:06:09	117	19.0	00:01:57	00:37:37	40	7:05		02:07:04.28
89	132	Chris Nehring	F	48	Kimball	MN	00:18:10	120	2:03	00:02:56	01:00:03	67	21.0	00:01:21	00:45:08	111	8:30		02:07:35.36
90	115	Dustin Warner	M	51	Eden Prairie	MN	00:15:27	64	1:45	00:02:54	01:04:48	108	19.4	00:00:50	00:43:53	99	8:16		02:07:49.07
91	212	Tracy Marko	F	30	Eagan	MN	00:21:51	161	2:28	00:02:57	01:02:29	92	20.2	00:01:38	00:38:59	52	7:21		02:07:50.67
92	98	Don Weirens	M	58	St. Louis Park	MN	00:17:49	114	2:01	00:02:47	01:01:28	81	20.5	00:01:51	00:44:27	107	8:23		02:08:19.54
93	146	Susan Hilal	F	41	Plymouth	MN	00:15:18	56	1:43	00:02:20	01:07:05	124	18.8	00:01:16	00:42:33	86	8:01		02:08:29.44
94	201	Heather Grazzini-Sims	F	37	Wayzata	MN	00:16:49	94	1:54	00:02:57	01:07:49	132	18.6	00:01:55	00:39:03	54	7:21		02:08:30.76
95	127	Sarah Parks	F	52	Minneapolis	MN	00:19:24	143	2:11	00:03:59	01:02:44	95	20.1	00:02:51	00:39:51	64	7:31		02:08:46.12
96	87	Greg Fletcher	M	62	Chanhassen	MN	00:14:28	45	1:38	00:03:52	00:59:23	63	21.2	00:02:04	00:49:03	140	9:15		02:08:46.92
97	149	Amy Becker	F	40	Holmen	WI	00:18:09	119	2:03	00:03:43	01:05:41	114	19.2	00:01:45	00:39:39	60	7:28		02:08:54.18
98	91	Peter Tabor	M	60	Minneapolis	MN	00:15:21	59	1:44	00:03:42	00:55:22	32	22.8	00:02:00	00:52:42	156	9:56		02:09:05.39
99	205	Julie Feldman	F	35	Inver Grove Heights	MN					01:01:34	82	20.5	00:01:29	00:46:36	120	8:47		02:09:16.83
100	92	Bob Leone	M	60	Plymouth	MN	00:16:55	97	1:54	00:04:52	01:00:24	72	20.9	00:02:45	00:44:54	108	8:28		02:09:47.42
101	112	Jeff Engel	M	52	Chaska	MN	00:15:59	78	1:48	00:03:15	01:06:15	118	19.0	00:01:40	00:42:51	90	8:05		02:09:57.59
102	236	Kyleen Harstedt	F	38	Hugo	MN	00:15:45	71	1:46	00:02:57	01:02:12	91	20.3	00:02:25	00:47:06	124	8:53		02:10:21.35
103	158	Nate Thompson	M	48	Eden Prairie	MN	00:18:34	127	2:06	00:02:40	01:00:27	73	20.8	00:01:47	00:47:07	125	8:53		02:10:31.89
104	125	Jeff Dahle	M	54	Morristown	MN	00:18:11	121	2:03	00:03:24	01:01:19	79	20.6	00:02:05	00:46:46	123	8:49		02:11:42.59
105	111	Ted Peterson	M	52	Saint Cloud	MN	00:16:24	83	1:51	00:03:56	01:06:31	121	18.9	00:01:24	00:43:48	98	8:15		02:12:00.32
106	89	John Jeffries	M	61	Eden Prairie	MN	00:17:01	101	1:55	00:04:15	01:01:08	78	20.6	00:02:05	00:47:42	129	8:59		02:12:08.17
107	96	Steve Gunther	M	59	Excelsior	MN	00:14:24	44	1:37	00:02:16	01:04:33	105	19.5	00:00:51	00:50:29	151	9:31		02:12:31.00
108	59	Pam Stevens	F	64	Sartell	MN	00:15:51	75	1:47	00:02:40	01:07:45	130	18.6	00:01:11	00:46:21	119	8:44		02:13:46.67

Heart of the Lakes Triathlon

July 16, 2017

Overall 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
109	109	Lane Gans	M	53	Mendota Heights	MN	00:16:26	86	1:51	00:03:08	01:10:03	147	18.0	00:00:58	00:43:35	97	8:13		02:14:07.43
110	139	Jessica Kessler	F	46	Mendota Heights	MN	00:20:05	148	2:16	00:03:23	01:04:57	110	19.4	00:01:24	00:44:22	106	8:22		02:14:08.71
111	175	Ryan Kessler	M	43	Mendota Heights	MN	00:17:57	117	2:01	00:02:54	01:06:45	123	18.9	00:01:09	00:45:27	113	8:34		02:14:08.88
112	227	Bill Shields	M	36	Plymouth	MN	00:17:51	116	2:01	00:03:39	01:07:56	135	18.5	00:02:11	00:42:49	89	8:04		02:14:23.75
113	63	Carolyn Milbrath	F	59	Hudson	WI	00:15:49	73	1:47	00:02:40	01:06:32	122	18.9	00:01:02	00:48:26	135	9:08		02:14:26.71
114	222	Jenna Horner	F	19	Eden Prairie	MN	00:19:19	141	2:11	00:02:15	01:05:58	116	19.1	00:01:23	00:45:55	116	8:39		02:14:46.33
115	119	Judith Peters	F	57	St. Cloud	MN	00:18:43	130	2:07	00:03:02	01:07:51	133	18.6	00:01:18	00:44:01	102	8:18		02:14:51.84
116	70	Mary Januschka	F	56	Cambridge	MN	00:20:20	152	2:18	00:04:16	01:04:09	101	19.6	00:02:04	00:44:12	105	8:20		02:14:58.57
117	166	Scott Schalk	M	46	Berrien Springs	MI	00:20:51	153	2:21	00:03:01	01:06:20	119	19.0	00:01:22	00:44:06	103	8:19		02:15:38.18
118	73	Bethann Barankovich	F	53	Minneapolis	MN	00:17:00	100	1:55	00:03:07	01:08:52	140	18.3	00:01:26	00:45:36	114	8:36		02:15:59.64
119	199	Amy Pals	F	38	Hudson	WI	00:21:13	157	2:24	00:03:28	01:20:36	173	15.6	00:02:20	00:28:53	1	5:26		02:16:27.97
120	147	Kate Kelly	F	41	Minneapolis	MN	00:18:29	125	2:05	00:03:25	01:09:22	145	18.2	00:01:59	00:43:30	96	8:12		02:16:42.18
121	113	Jon Frank	M	51	Prior Lake	MN	00:16:25	84	1:51	00:04:04	01:07:18	128	18.7	00:01:41	00:48:11	132	9:05		02:17:35.28
122	118	Lawrence Nemecek	M	50	Minnetrissa	MN	00:16:51	95	1:54	00:03:28	00:59:14	62	21.3	00:02:40	00:55:28	168	10:27		02:17:37.43
123	138	Brenda Schalk	F	47	Berrien Springs	MI	00:18:36	129	2:06	00:03:09	01:10:49	149	17.8	00:01:34	00:43:55	101	8:17		02:18:00.34
124	58	Lisa Wheeler	F	66	Bloomington	MN	00:19:02	137	2:09	00:02:59	01:07:14	125	18.7	00:01:37	00:47:20	126	8:55		02:18:08.14
125	74	Karen Eklin	F	53	Plymouth	MN	00:16:15	82	1:50	00:03:41	01:09:07	144	18.2	00:01:45	00:47:33	128	8:58		02:18:18.15
126	124	Steve Gaffer	M	57	New Richmond	WI	00:15:20	57	1:44	00:03:23	01:01:35	83	20.5	00:01:30	00:56:59	173	10:44		02:18:45.30
127	160	Luis Garcia	M	47	Fargo	ND	00:17:26	112	1:58	00:03:47	01:10:55	150	17.8	00:02:48	00:43:55	100	8:17		02:18:47.18
128	93	Richard Dolski	M	59	Chaska	MN	00:18:51	134	2:08	00:04:10	01:05:12	112	19.3	00:01:29	00:49:09	142	9:16		02:18:48.17
129	68	Brenda Conzetz	F	56	Buffalo	MN	00:17:07	103	1:56	00:04:46	01:07:14	126	18.7	00:02:12	00:47:50	131	9:01		02:19:06.18
130	84	Mike Borneke	M	63	Eagle Lake	MN	00:21:53	162	2:28	00:04:12	01:02:00	88	20.3	00:01:34	00:49:31	145	9:20		02:19:07.68
131	81	Rick E Wheeler	M	66	Bloomington	MN	00:19:02	138	2:09	00:03:17	01:06:29	120	19.0	00:01:17	00:49:17	143	9:17		02:19:20.87
132	184	Seth Hagerty	M	41	Eagan	MN	00:20:07	149	2:16	00:04:02	01:05:41	115	19.2	00:02:52	00:47:21	127	8:56		02:20:01.08
133	190	Andrea Potyondy-Smith	F	41	Brooklyn Park	MN	00:16:59	99	1:55	00:03:42	01:01:02	77	20.6	00:01:57	00:56:46	171	10:42		02:20:23.08
134	161	Christopher Hedberg	M	47	Maple Plain	MN	00:18:14	122	2:03	00:03:36	01:07:26	129	18.7	00:01:35	00:49:44	147	9:22		02:20:32.98
135	60	Susan Holt	F	61	Plymouth	MN	00:15:33	67	1:45	00:03:07	01:08:59	142	18.3	00:01:49	00:51:21	152	9:41		02:20:46.32
136	69	Carla Hausladen	F	56	Corcoran	MN	00:18:26	123	2:05	00:03:26	01:07:17	127	18.7	00:02:38	00:49:04	141	9:15		02:20:47.68
137	198	Christina Lysen	F	38	Sartell	MN	00:18:51	133	2:08	00:03:52	01:11:42	156	17.6	00:01:30	00:45:08	112	8:30		02:20:59.69
138	187	Lance Mueffelmann	M	44	Cold Spring	MN	00:19:11	139	2:10	00:04:30	01:04:48	107	19.4	00:02:24	00:50:19	149	9:29		02:21:10.94
139	176	Bill Copenhagen	M	41	Minnetonka	MN	00:16:10	81	1:49	00:03:07	01:03:38	99	19.8	00:01:27	00:56:54	172	10:44		02:21:12.81
140	244	Sarah Lipinski	F	24	Minneapolis	MN	00:17:14	106	1:57	00:03:04	01:21:16	175	15.5	00:01:27	00:38:21	44	7:14		02:21:19.94
141	173	Paul Portenl+ñinger	M	44	Minneapolis	MN	00:19:27	144	2:12	00:04:20	01:12:04	157	17.5	00:01:30	00:44:08	104	8:19		02:21:26.19
142	141	Amy Moran	F	44	Hastings	MN	00:23:16	167	2:38	00:03:52	01:04:27	103	19.6	00:01:58	00:48:29	136	9:08		02:21:59.06
143	57	Deborah Roberts	F	66	Northfield	MN	00:17:14	105	1:57	00:02:46	01:08:07	138	18.5	00:01:01	00:53:12	158	10:02		02:22:17.66
144	170	Matt Honsey	M	45	Annandale	MN	00:20:53	154	2:21	00:02:40	01:11:33	154	17.6	00:00:59	00:46:16	118	8:43		02:22:18.35

Heart of the Lakes Triathlon

July 16, 2017

Overall 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	Carolyn Tuohy	F	43	Minneapolis	MN	00:18:45	131	2:07	00:02:59	01:10:14	148	17.9	00:02:18	00:48:25	134	9:08		02:22:38.20
146	235	Tyler Shelby	M	22	Buffalo	MN	00:17:45	113	2:00	00:04:48	01:08:54	141	18.3	00:02:30	00:48:54	138	9:13		02:22:48.44
147	64	Lisa Polachek	F	59	Saint Paul	MN	00:15:14	54	1:43	00:03:43	01:11:07	152	17.7	00:01:31	00:52:25	154	9:53		02:23:55.93
148	145	Ann Davenport	F	41	Minneapolis	MN	00:16:48	93	1:54	00:03:26	01:05:21	113	19.3	00:02:32	00:56:16	170	10:36		02:24:20.19
149	153	Paul Burleigh	M	49	Woodbury	MN	00:16:43	91	1:53	00:03:26	01:11:04	151	17.7	00:02:05	00:51:27	153	9:42		02:24:42.60
150	103	Jonathan Stinson	M	56	Plymouth	MN	00:23:24	168	2:39	00:03:47	01:08:03	137	18.5	00:03:52	00:46:46	122	8:49		02:25:49.19
151	77	Cathleen Mcginnity	F	51	Luck	WI	00:17:23	110	1:58	00:03:46	01:08:49	139	18.3	00:01:29	00:54:41	161	10:19		02:26:06.44
152	120	Randall Kntson	M	54	Mankato	MN	00:17:03	102	1:55	00:03:46	01:02:38	94	20.1	00:04:07	00:59:08	177	11:09		02:26:39.34
153	209	Michelle Loerzel	F	33	Savage	MN	00:19:00	135	2:09	00:03:10	01:15:30	167	16.7	00:02:21	00:46:43	121	8:48		02:26:40.12
154	82	George Fantauzza	M	65	Buffalo	MN	00:21:37	159	2:26	00:05:26	01:07:57	136	18.5	00:03:36	00:48:16	133	9:06		02:26:49.69
155	144	Jennifer Ho	F	42	Inver Grove Heights	MN	00:21:03	156	2:23	00:03:54	01:07:49	131	18.6	00:04:21	00:50:28	150	9:31		02:27:32.69
156	239	Kelli Millsagle	F	32	Minneapolis	MN	00:22:43	164	2:34	00:03:42	01:09:40	146	18.1	00:02:01	00:49:42	146	9:22		02:27:46.20
157	104	Tony Brown	M	55	Lakeville	MN	00:17:15	107	1:57	00:04:33	01:07:51	134	18.6	00:02:23	00:55:56	169	10:33		02:27:55.61
158	219	Rachael Howard	F	24	Saint Michael	MN	00:19:22	142	2:11	00:02:50	01:15:56	168	16.6	00:01:51	00:48:49	137	9:12		02:28:46.61
159	106	Mark Getty	M	55	Plymouth	MN	00:29:58	177	3:23	00:03:35	01:09:03	143	18.3	00:01:14	00:45:03	110	8:29		02:28:49.69
160	61	Susan Summitt	F	61	Minneapolis	MN	00:18:26	124	2:05	00:03:50	01:15:23	166	16.7	00:02:41	00:50:07	148	9:27		02:30:24.35
161	72	Michaelle Meland	F	55	Golden Valley	MN	00:18:30	126	2:05	00:04:23	01:13:00	160	17.3	00:02:19	00:52:55	157	9:58		02:31:04.58
162	186	Saul Lockerby	M	43	Faribault	MN	00:24:34	173	2:46	00:04:24	01:12:39	158	17.3	00:02:52	00:49:02	139	9:15		02:33:27.89
163	102	Chuck Wagner	M	57	Mnnetonka	MN	00:20:07	150	2:16	00:04:46	01:11:21	153	17.7	00:02:51	00:54:36	160	10:18		02:33:38.79
164	56	Connie Foster	F	66	River Falls	WI	00:19:30	145	2:12	00:04:08	01:14:10	161	17.0	00:02:19	00:54:42	162	10:19		02:34:46.82
165	131	Kathleen Carlson	F	48	Edina	MN	00:19:58	147	2:15	00:03:52	01:14:26	163	16.9	00:02:08	00:55:09	165	10:24		02:35:31.68
166	203	Jenny Drew	F	35	Hong Kong		00:22:17	163	2:31	00:03:11	01:24:02	177	15.0	00:01:16	00:45:38	115	8:36		02:36:20.96
167	75	Ann Sheehan	F	53	Big Lake	MN	00:27:27	176	3:06	00:03:51	01:14:11	162	17.0	00:02:11	00:49:30	144	9:20		02:37:07.87
168	134	Joleen Gutting	F	47	River Falls	WI	00:21:01	155	2:22	00:04:28	01:15:08	165	16.8	00:02:04	00:55:08	164	10:24		02:37:45.41
169	188	Carol Osterhus	F	48	Mnnetonka	MN	00:18:49	132	2:07	00:03:45	01:19:58	172	15.8	00:02:48	00:54:05	159	10:12		02:39:22.21
170	156	Bill Lyons	M	48	Golden Valley	MN	00:31:10	178	3:31	00:06:04	01:11:35	155	17.6	00:02:58	00:47:49	130	9:01		02:39:32.18
171	137	Cheryl Rubenis	F	47	Brooklyn Park	MN	00:17:12	104	1:56	00:04:14	01:14:28	164	16.9	00:02:18	01:02:09	178	11:43		02:40:18.90
172	80	Jerry House	M	69	Woodbury	MN	00:23:14	166	2:37	00:06:56	01:16:56	169	16.4	00:02:07	00:52:38	155	9:55		02:41:47.99
173	210	Katie Pierson	F	33	Mnnetonka	MN	00:21:18	158	2:24	00:03:46	01:21:03	174	15.5	00:02:33	00:54:59	163	10:22		02:43:36.72
174	197	Melissa Kelly	F	38	Saint Paul	MN	00:24:45	174	2:48	00:03:19	01:17:12	170	16.3	00:02:26	00:58:17	174	10:59		02:45:57.19
175	155	Allen Weis	M	49	Delano	MN	00:22:49	165	2:35	00:04:00	01:12:55	159	17.3	00:02:12	01:06:55	179	12:37		02:48:48.66
176	90	John Jasinski	M	60	Minneapolis	MN	00:23:31	169	2:39	00:09:42	01:19:14	171	15.9	00:04:53	00:55:11	166	10:24		02:52:28.97
177	195	Christy Feist	F	39	Waconia	MN	00:24:27	172	2:46	00:05:42	01:25:17	178	14.8	00:03:35	00:55:26	167	10:27		02:54:25.23
178	78	Fred Roethlisberger	M	74	River Falls	WI	00:24:52	175	2:49	00:05:22	01:23:06	176	15.2	00:04:44	00:58:17	175	10:59		02:56:18.95
179	229	Andrew Ortquist	M	33	Lakeville	MN	00:24:18	171	2:45	00:04:06	01:29:15	179	14.1	00:01:53	00:58:35	176	11:03		02:58:05.48

Heart of the Lakes Triathlon

July 16, 2017

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		
DNF	10	Mitchell Clayton	M	20	Forest Lake	MN	00:13:20		1:30	00:01:29	00:53:44	23.5	00:00:32				
DNF	21	Matthew Payne	M	40	Golden Valley	MN	00:12:51		1:27	00:01:36							
DNF	85	Leonard Klun	M	63	Maple Plain	MN	00:15:03		1:42	00:02:59	00:59:08	21.3	00:01:19				
STD	150	Shannon Reagan	F	40	Monticello	MN	00:23:33	169	2:40	00:04:07	01:33:49	179	13.4				
DNF	230	Ben Ferin	M	30	White Bear Lake	MN	00:15:56		1:48	00:02:24	00:59:04	21.3					