

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Long Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/179	1/79	12	Christina Roberts	31	F	St. Louis Park	MN	00:12:19.53	00:54:52.30	00:33:57.59		01:43:08.12
2	20/179	2/79	16	Diane Hankee	40	F	Lino Lakes	MN	00:14:36.22	00:54:40.62	00:34:13.00		01:45:29.57
3	23/179	3/79	20	Margaret Weiss	22	F	Excelsior	MN	00:12:56.73	00:54:53.49	00:36:13.41		01:46:48.56

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/179	1/100	27	Sean Cooley	32	M	Saint Paul	MN	00:12:27.88	00:46:33.50	00:31:05.85		01:32:10.00
2	2/179	2/100	1	Josh Blankenheim	36	M	Duluth	MN	00:13:28.25	00:48:48.49	00:29:29.67		01:33:46.86
3	3/179	3/100	26	Nathan Ansbaugh	30	M	Minneapolis	MN	00:12:18.69	00:48:55.26	00:31:00.88		01:34:19.60

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/179	5/79	14	Andrea Myers	41	F	Plymouth	MN	00:12:58.97	00:57:01.06	00:37:42.61		01:49:50.63

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/179	6/100	22	David Holden	48	M	Hudson	WI	00:11:40.28	00:50:31.86	00:32:00.41		01:36:16.36

Female Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	24/179	4/79	25	Kelly Trom	30	F	Minneapolis	MN	00:14:46.19	00:54:40.34	00:35:12.28		01:47:09.32
2	33/179	6/79	17	Erin Farrens	36	F	Maple Grove	MN	00:15:22.10	00:55:35.22	00:36:42.75		01:50:23.57
3	40/179	9/79	24	Lisa Lendway	36	F	St. Paul	MN	00:13:23.96	00:57:26.98	00:40:00.29		01:53:01.05
4	44/179	10/79	19	Kristina Swenson	20	F	Rogers	MN	00:13:09.35	00:58:07.80	00:40:00.50		01:53:30.07
5	52/179	13/79	15	Kelli Moretter-Bue	39	F	Eden Prairie	MN	00:16:06.10	00:57:47.28	00:38:54.82		01:56:07.39

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Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/179	4/100	28	Andy Wiberg	38	M	Lakeville	MN	00:14:43.54	00:47:23.90	00:30:23.01		01:34:44.81
2	5/179	5/100	23	Jordan Roby	27	M	St. Louis Park	MN	00:14:21.79	00:49:34.68	00:29:43.22		01:35:22.86
3	7/179	7/100	8	Joe Adriaens	29	M	Elk River	MN	00:12:20.38	00:51:57.58	00:31:13.53		01:37:56.86
4	8/179	8/100	5	Scott Myers	42	M	Plymouth	MN	00:12:28.78	00:50:47.05	00:33:26.38		01:39:05.62
5	10/179	10/100	7	Tony Schiller	59	M	Eden Prairie	MN	00:13:02.85	00:50:11.15	00:34:12.31		01:39:36.71
6	11/179	11/100	9	Mitch Brekke	28	M	Hartland	MN	00:14:20.78	00:48:44.20	00:35:01.95		01:40:16.00
7	15/179	15/100	18	Brian Porter	37	M	Northfield	MN	00:12:22.53	00:53:08.15	00:34:28.65		01:42:58.53
8	16/179	16/100	29	Nathan Hoffman	23	M	South Haven	MN	00:17:50.20	00:53:40.63	00:29:36.86		01:43:01.80

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	87/179	30/79	221	Allison Crum	19	F	Deerwood	MN	00:13:53.46	01:04:53.36	00:43:21.40		02:06:53.17
2	114/179	43/79	222	Jenna Horner	19	F	Eden Prairie	MN	00:19:18.29	01:05:57.37	00:45:54.07		02:14:46.33

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/179	25/100	242	Carter Deichman	16	M	Mankato	MN	00:13:23.72	01:00:46.79	00:33:15.64		01:49:52.66

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	68/179	20/79	220	Katie Oden	24	F	Buffalo	MN	00:15:15.04	01:03:08.65	00:39:45.21		02:01:54.56
2	140/179	57/79	244	Sarah Lipinski	24	F	Minneapolis	MN	00:17:13.88	01:21:15.12	00:38:20.97		02:21:19.94
3	158/179	67/79	219	Rachael Howard	24	F	Saint Michael	MN	00:19:21.25	01:15:55.79	00:48:48.92		02:28:46.61

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Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	39/179	31/100	234	Stephen Dennison	22	M	Maple Grove	MN	00:12:39.20	00:57:27.72	00:38:40.14		01:52:40.39
2	58/179	45/100	233	Mitchell Ergen	24	M	Sartell	MN	00:15:50.15	01:02:33.07	00:36:09.71		01:58:47.55
3	146/179	86/100	235	Tyler Shelby	22	M	Buffalo	MN	00:17:44.39	01:08:53.55	00:48:53.84		02:22:48.44

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	49/179	12/79	213	Katherine Johnson	29	F	Ramsey	MN	00:16:53.29	00:56:22.69	00:37:40.60		01:54:27.78
2	67/179	19/79	215	Emma Adriaens	27	F	Elk River	MN	00:19:00.95	00:57:42.80	00:39:46.07		02:01:26.16
3	82/179	26/79	214	Andrea Tremaine	29	F	Minneapolis	MN	00:20:15.29	01:01:19.70	00:40:59.33		02:05:57.18
4	88/179	31/79	217	Kaylea Brase	26	F	Lino Lakes	MN	00:17:57.79	01:06:08.87	00:37:36.59		02:07:04.28

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	78/179	56/100	246	Andrew Jacot	29	M	St Paul	MN	00:15:46.69	01:01:57.10	00:43:21.73		02:05:18.17

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/179	15/79	206	Sarah Getty	34	F	Maple Grove	MN	00:19:13.76	01:02:06.03	00:34:45.14		02:00:11.63
2	65/179	17/79	238	Mariane Walin	32	F	Brooklyn Park	MN	00:15:35.06	01:00:17.04	00:41:16.00		02:01:02.59
3	69/179	21/79	211	Mandy Stoesz	32	F	Buffalo	MN	00:15:55.45	01:01:59.79	00:39:51.70		02:02:05.55
4	81/179	25/79	207	Molly Uecker	34	F	Buffalo	MN	00:17:14.79	01:03:00.53	00:41:03.65		02:05:45.23
5	91/179	33/79	212	Tracy Marko	30	F	Eagan	MN	00:21:50.32	01:02:28.82	00:38:58.06		02:07:50.67
6	153/179	64/79	209	Michelle Loerzel	33	F	Savage	MN	00:18:59.11	01:15:29.46	00:46:42.03		02:26:40.12
7	156/179	66/79	239	Kelli Millslagle	32	F	Minneapolis	MN	00:22:42.05	01:09:39.54	00:49:41.83		02:27:46.20
8	173/179	77/79	210	Katie Pierson	33	F	Mnettonka	MN	00:21:17.54	01:21:02.64	00:54:58.95		02:43:36.72

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Overall Division Results

Long Individual

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	27/179	23/100	228	Jon Reifschneider	34	M	Minneapolis	MN	00:15:25.65	00:56:34.00	00:33:59.29		01:49:45.03
2	73/179	52/100	241	Mark Brice	34	M	Minneapolis	MN	00:15:11.04	01:01:41.38	00:42:31.97		02:03:45.57
3	179/179	100/100	229	Andrew Ortquist	33	M	Lakeville	MN	00:24:17.60	01:29:14.72	00:58:34.77		02:58:05.48

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	75/179	22/79	237	Nicole Feist	36	F	Bloomington	MN	00:17:23.04	00:59:57.53	00:41:48.80		02:04:06.89
2	79/179	23/79	200	Lindsay Schwab	38	F	St. Paul	MN	00:16:28.54	01:04:46.43	00:39:47.23		02:05:20.43
3	84/179	28/79	196	Janelle Ehlers	38	F	Eden Prairie	MN	00:15:19.98	01:04:21.71	00:41:33.18		02:06:11.10
4	85/179	29/79	204	Michelle Eversman	35	F	Eden Prairie	MN	00:21:48.78	01:04:28.03	00:35:47.50		02:06:39.92
5	94/179	35/79	201	Heather Grazzini-Sims	37	F	Wayzata	MN	00:16:48.29	01:07:48.90	00:39:02.05		02:08:30.76
6	99/179	38/79	205	Julie Feldman	35	F	Inver Grove Heights	MN		01:01:33.66	00:46:35.25		02:09:16.83
7	102/179	39/79	236	Kyleen Harstedt	38	F	Hugo	MN	00:15:44.02	01:02:11.38	00:47:05.27		02:10:21.35
8	119/179	47/79	199	Amy Pals	38	F	Hudson	WI	00:21:12.70	01:20:35.43	00:28:52.51		02:16:27.97
9	137/179	56/79	198	Christina Lysen	38	F	Sartell	MN	00:18:50.19	01:11:41.31	00:45:07.58		02:20:59.69
10	166/179	72/79	203	Jenny Drew	35	F	Hong Kong		00:22:16.53	01:24:01.80	00:45:37.14		02:36:20.96
11	174/179	78/79	197	Melissa Kelly	38	F	Saint Paul	MN	00:24:44.63	01:17:11.38	00:58:16.85		02:45:57.19
12	177/179	79/79	195	Christy Feist	39	F	Waconia	MN	00:24:26.53	01:25:16.31	00:55:25.57		02:54:25.23

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	18/179	17/100	224	Gary Metcalf	38	M	Austin	TX	00:14:06.04	00:50:57.71	00:35:22.99		01:43:34.32
2	32/179	27/100	223	Greg Alexander	39	M	Plymouth	MN	00:13:24.53	00:55:48.54	00:37:33.45		01:50:16.89
3	62/179	48/100	226	Mike Younes	37	M	St Louis Park	MN	00:16:08.28	01:00:58.84	00:39:00.07		02:00:11.33
4	77/179	55/100	240	Steven Brouwer	38	M	Waverly	MN	00:18:34.03	01:00:07.10	00:42:40.66		02:04:49.93
5	112/179	71/100	227	Bill Shields	36	M	Plymouth	MN	00:17:50.49	01:07:55.58	00:42:48.89		02:14:23.75

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Overall Division Results

Long Individual

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/179	7/79	181	Krisana Hoff	40	F	Excelsior	MN	00:16:33.92	00:55:55.87	00:35:46.70		01:52:25.40
2	66/179	18/79	148	Stephanie Peterson	41	F	Apple Valley	MN	00:16:25.54	01:05:02.05	00:36:34.28		02:01:18.31
3	93/179	34/79	146	Susan Hilal	41	F	Plymouth	MN	00:15:17.79	01:07:04.74	00:42:32.09		02:08:29.44
4	97/179	37/79	149	Amy Becker	40	F	Holmen	WI	00:18:08.54	01:05:40.10	00:39:38.57		02:08:54.18
5	120/179	48/79	147	Kate Kelly	41	F	Minneapolis	MN	00:18:28.04	01:09:21.45	00:43:29.37		02:16:42.18
6	133/179	53/79	190	Andrea Potyondy-Smith	41	F	Brooklyn Park	MN	00:16:58.33	01:01:01.64	00:56:45.55		02:20:23.08
7	142/179	58/79	141	Amy Moran	44	F	Hastings	MN	00:23:15.03	01:04:26.99	00:48:28.34		02:21:59.06
8	145/179	60/79	180	Carolyn Tuohy	43	F	Minneapolis	MN	00:18:44.84	01:10:13.06	00:48:24.63		02:22:38.20
9	148/179	62/79	145	Ann Davenport	41	F	Minneapolis	MN	00:16:47.98	01:05:20.06	00:56:15.24		02:24:20.19
10	155/179	65/79	144	Jennifer Ho	42	F	Inver Grove Heights	MN	00:21:02.78	01:07:48.85	00:50:27.13		02:27:32.69

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/179	12/100	174	Mike Buenting	43	M	Chanhassen	MN	00:16:34.04	00:50:32.97	00:31:25.52		01:41:39.83
2	13/179	13/100	179	Moshe Peri	40	M	Minnetonka	MN	00:13:04.02	00:53:28.49	00:33:02.46		01:42:00.95
3	22/179	20/100	171	Scott Brown	44	M	Minneapolis	MN	00:14:13.65	00:53:10.67	00:35:27.86		01:46:03.89
4	25/179	21/100	177	Michael Hankee	40	M	Lino Lakes	MN	00:13:13.17	00:54:49.19	00:36:26.99		01:47:34.47
5	28/179	24/100	183	Mick Quinn	43	M	Willmar	MN	00:15:37.77	00:56:13.91	00:34:03.56		01:49:45.89
6	36/179	30/100	172	Bill Corcoran	44	M	Sauk Rapids	MN	00:14:10.61	00:54:13.03	00:40:39.82		01:52:22.15
7	50/179	38/100	185	Joshua Flynn	42	M	Medina	MN	00:12:12.28	00:59:02.81	00:39:35.30		01:54:28.53
8	54/179	41/100	178	Doug Larsen	40	M	Cold Spring	MN	00:14:07.93	00:58:32.42	00:41:04.74		01:57:32.04
9	111/179	70/100	175	Ryan Kessler	43	M	Mendota Heights	MN	00:17:56.19	01:06:44.38	00:45:26.10		02:14:08.88
10	132/179	80/100	184	Seth Hagerty	41	M	Eagan	MN	00:20:06.14	01:05:40.32	00:47:20.99		02:20:01.08
11	138/179	82/100	187	Lance Mueffelmann	44	M	Cold Spring	MN	00:19:10.94	01:04:47.77	00:50:18.42		02:21:10.94
12	139/179	83/100	176	Bill Copenhagen	41	M	Minnetonka	MN	00:16:09.70	01:03:37.03	00:56:53.47		02:21:12.81
13	141/179	84/100	173	Paul Portenl+finger	44	M	Minneapolis	MN	00:19:26.54	01:12:03.10	00:44:07.63		02:21:26.19
14	162/179	93/100	186	Saul Lockerby	43	M	Faribault	MN	00:24:33.25	01:12:38.30	00:49:01.52		02:33:27.89

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Overall Division Results

Long Individual

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	46/179	11/79	133	Gillian Auslander	47	F	Minneapolis	MN	00:13:33.34	00:57:35.98	00:38:30.29		01:53:47.12
2	61/179	14/79	140	Veronica Bond	45	F	Rochester	MN	00:14:19.93	00:58:57.79	00:42:32.34		01:59:36.66
3	64/179	16/79	129	Jane Peterson	49	F	Saint Cloud	MN	00:13:19.47	01:00:50.36	00:41:57.10		02:00:45.91
4	89/179	32/79	132	Chris Nehring	48	F	Kimball	MN	00:18:09.43	01:00:02.87	00:45:07.01		02:07:35.36
5	110/179	41/79	139	Jessica Kessler	46	F	Mendota Heights	MN	00:20:04.29	01:04:56.68	00:44:21.86		02:14:08.71
6	123/179	49/79	138	Brenda Schalk	47	F	Berrien Springs	MI	00:18:35.79	01:10:48.30	00:43:54.31		02:18:00.34
7	165/179	71/79	131	Kathleen Carlson	48	F	Edina	MN	00:19:57.82	01:14:25.83	00:55:08.56		02:35:31.68
8	168/179	74/79	134	Joleen Gutting	47	F	River Falls	WI	00:21:00.04	01:15:07.59	00:55:07.60		02:37:45.41
9	169/179	75/79	188	Carol Osterhus	48	F	Minnnetonka	MN	00:18:48.52	01:19:57.69	00:54:04.09		02:39:22.21
10	171/179	76/79	137	Cheryl Rubenis	47	F	Brooklyn Park	MN	00:17:11.78	01:14:27.52	01:02:08.79		02:40:18.90

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/179	9/100	165	Greg Dummer	46	M	Minneapolis	MN	00:12:35.54	00:50:15.20	00:33:28.96		01:39:16.78
2	14/179	14/100	159	Phillip Falkner	47	M	Minneapolis	MN	00:13:11.95	00:52:51.88	00:33:16.09		01:42:56.85
3	21/179	19/100	151	Tim Bode	49	M	Buffalo	MN	00:12:08.02	00:50:57.04	00:39:16.23		01:45:52.30
4	35/179	29/100	162	Timothy Huntley	47	M	Hudson	WI	00:12:59.29	00:58:35.50	00:36:24.43		01:52:04.65
5	48/179	37/100	167	Brett Bruininks	45	M	Edina	MN	00:14:51.03	00:54:32.22	00:39:34.50		01:54:25.29
6	57/179	44/100	164	Reese Lang	47	M	Lotetto	MN	00:16:58.04	00:59:48.10	00:38:27.14		01:58:13.91
7	59/179	46/100	163	Joe Kelzer	47	M	New Richmond	WI		00:57:42.32	00:38:45.91		01:59:08.91
8	60/179	47/100	182	Alan Leusink	48	M	Minneapolis	MN	00:16:44.52	00:55:40.06	00:42:53.06		01:59:15.90
9	70/179	49/100	168	Bruce Foyt	45	M	Rosemount	MN	00:13:05.04	01:03:53.30	00:40:56.65		02:02:49.66
10	72/179	51/100	154	Charles Huntley	49	M	Woodbury	MN	00:14:45.34	01:01:42.08	00:42:07.65		02:03:12.91
11	103/179	64/100	158	Nate Thompson	48	M	Eden Prairie	MN	00:18:33.64	01:00:26.37	00:47:06.18		02:10:31.89
12	117/179	72/100	166	Scott Schalk	46	M	Berrien Springs	MI	00:20:50.04	01:06:19.98	00:44:05.85		02:15:38.18
13	127/179	76/100	160	Luis Garcia	47	M	Fargo	ND	00:17:25.40	01:10:54.00	00:43:54.21		02:18:47.18
14	134/179	81/100	161	Christopher Hedberg	47	M	Maple Plain	MN	00:18:13.49	01:07:25.59	00:49:43.63		02:20:32.98
15	144/179	85/100	170	Matt Honsey	45	M	Annandale	MN	00:20:52.11	01:11:32.35	00:46:15.53		02:22:18.35
16	149/179	87/100	153	Paul Burleigh	49	M	Woodbury	MN	00:16:42.48	01:11:03.31	00:51:26.74		02:24:42.60
17	170/179	95/100	156	Bill Lyons	48	M	Golden Valley	MN	00:31:09.03	01:11:34.18	00:47:48.34		02:39:32.18
18	175/179	97/100	155	Allen Weis	49	M	Delano	MN	00:22:48.54	01:12:54.38	01:06:54.55		02:48:48.66

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Long Individual

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	95/179	36/79	127	Sarah Parks	52	F	Minneapolis	MN	00:19:23.03	01:02:43.68	00:39:50.52		02:08:46.12
2	118/179	46/79	73	Bethann Barankovich	53	F	Minneapolis	MN	00:16:59.53	01:08:51.97	00:45:35.90		02:15:59.64
3	125/179	51/79	74	Karen Eklin	53	F	Plymouth	MN	00:16:14.59	01:09:06.06	00:47:32.55		02:18:18.15
4	151/179	63/79	77	Cathleen Mcginnity	51	F	Luck	WI	00:17:22.78	01:08:48.52	00:54:40.98		02:26:06.44
5	167/179	73/79	75	Ann Sheehan	53	F	Big Lake	MN	00:27:26.71	01:14:10.90	00:49:29.00		02:37:07.87

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/179	18/100	126	Randy Peterson	51	M	Northfield	MN	00:13:14.79	00:53:24.72	00:34:50.69		01:44:36.97
2	26/179	22/100	114	Ian Nemerov	51	M	Edina	MN	00:13:32.71	00:54:33.52	00:37:22.06		01:49:11.82
3	42/179	33/100	108	David Knack	54	M	Prior Lake	MN	00:13:52.48	00:57:10.11	00:38:32.18		01:53:09.26
4	51/179	39/100	117	Robert Gamboa	50	M	Plymouth	MN	00:13:09.96	00:58:32.04	00:40:00.63		01:54:48.97
5	76/179	54/100	110	Mark Augdahl	52	M	Chaska	MN	00:14:56.24	01:03:28.47	00:41:10.55		02:04:25.63
6	90/179	58/100	115	Dustin Warner	51	M	Eden Prairie	MN	00:15:26.73	01:04:47.84	00:43:52.13		02:07:49.07
7	101/179	63/100	112	Jeff Engel	52	M	Chaska	MN	00:15:58.93	01:06:14.09	00:42:50.59		02:09:57.59
8	104/179	65/100	125	Jeff Dahle	54	M	Morristown	MN	00:18:10.97	01:01:18.08	00:46:45.91		02:11:42.59
9	105/179	66/100	111	Ted Peterson	52	M	Saint Cloud	MN	00:16:23.54	01:06:30.56	00:43:47.22		02:12:00.32
10	109/179	69/100	109	Lane Gans	53	M	Mendota Heights	MN	00:16:26.00	01:10:02.06	00:43:34.39		02:14:07.43
11	121/179	73/100	113	Jon Frank	51	M	Prior Lake	MN	00:16:24.17	01:07:17.12	00:48:10.02		02:17:35.28
12	122/179	74/100	118	Lawrence Nemecek	50	M	Minnetrista	MN	00:16:50.83	00:59:13.29	00:55:27.05		02:17:37.43
13	152/179	89/100	120	Randall Kntson	54	M	Mankato	MN	00:17:02.53	01:02:37.59	00:59:07.75		02:26:39.34

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Long 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	38/179	8/79	66	Jan Guenther	58	F	Long Lake	MN	00:14:23.53	00:57:16.65	00:37:38.08		01:52:30.64
2	83/179	27/79	71	Mary Deeg	55	F	Delano	MN	00:15:51.29	01:00:08.45	00:46:05.45		02:06:04.67
3	113/179	42/79	63	Carolyn Milbrath	59	F	Hudson	WI	00:15:48.15	01:06:31.89	00:48:25.63		02:14:26.71
4	115/179	44/79	119	Judith Peters	57	F	St. Cloud	MN	00:18:42.87	01:07:50.09	00:44:00.71		02:14:51.84
5	116/179	45/79	70	Mary Januschka	56	F	Cambridge	MN	00:20:19.70	01:04:08.48	00:44:11.23		02:14:58.57
6	129/179	52/79	68	Brenda Conzetz	56	F	Buffalo	MN	00:17:06.29	01:07:13.71	00:47:49.26		02:19:06.18
7	136/179	55/79	69	Carla Hausladen	56	F	Corcoran	MN	00:18:25.14	01:07:16.04	00:49:03.08		02:20:47.68
8	147/179	61/79	64	Lisa Polachek	59	F	Saint Paul	MN	00:15:13.29	01:11:06.06	00:52:24.36		02:23:55.93
9	161/179	69/79	72	Michaelle Meland	55	F	Golden Valley	MN	00:18:29.45	01:12:59.55	00:52:54.22		02:31:04.58

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/179	26/100	122	David Goldberg	56	M	Minnetrissa	MN	00:12:53.51	00:54:25.64	00:39:35.11		01:50:14.39
2	34/179	28/100	101	Keith Tufte	57	M	Eden Prairie	MN	00:13:36.38	00:55:32.54	00:38:22.10		01:51:07.15
3	43/179	34/100	100	Kevin Olsen	57	M	Orono	MN	00:13:45.94	00:54:34.42	00:41:59.71		01:53:16.37
4	45/179	35/100	97	Jeff Gilmer	58	M	Delano	MN	00:15:29.53	00:54:28.26	00:40:35.02		01:53:39.10
5	47/179	36/100	94	Dale Forde	59	M	Golden Valley	MN	00:15:06.03	00:57:58.81	00:37:03.98		01:54:11.81
6	53/179	40/100	99	Steve Kangas	57	M	Woodbury	MN	00:15:40.42	00:55:58.54	00:39:57.13		01:56:19.66
7	55/179	42/100	123	Rich Graske	57	M	Maple Grove	MN	00:15:24.71	00:59:07.19	00:39:30.07		01:57:34.40
8	56/179	43/100	107	Brian Lavelle	55	M	Chaska	MN	00:13:48.01	00:55:47.05	00:44:59.41		01:57:59.24
9	71/179	50/100	105	Drew Frakes	55	M	St Louis Park	MN	00:17:20.95	00:58:52.82	00:42:11.38		02:03:08.46
10	92/179	59/100	98	Don Weirens	58	M	St. Louis Park	MN	00:17:48.79	01:01:27.99	00:44:26.05		02:08:19.54
11	107/179	68/100	96	Steve Gunther	59	M	Excelsior	MN	00:14:23.67	01:04:32.44	00:50:28.96		02:12:31.00
12	126/179	75/100	124	Steve Gaffer	57	M	New Richmond	WI	00:15:19.45	01:01:34.92	00:56:58.47		02:18:45.30
13	128/179	77/100	93	Richard Dolski	59	M	Chaska	MN	00:18:50.21	01:05:11.02	00:49:08.07		02:18:48.17
14	150/179	88/100	103	Jonathan Stinson	56	M	Plymouth	MN	00:23:23.44	01:08:02.31	00:46:45.15		02:25:49.19
15	157/179	91/100	104	Tony Brown	55	M	Lakeville	MN	00:17:14.45	01:07:50.79	00:55:55.17		02:27:55.61
16	159/179	92/100	106	Mark Getty	55	M	Plymouth	MN	00:29:57.04	01:09:02.23	00:45:02.61		02:28:49.69
17	163/179	94/100	102	Chuck Wagner	57	M	Minnnetonka	MN	00:20:06.47	01:11:20.81	00:54:35.57		02:33:38.79

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Long Individual

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	80/179	24/79	62	Helen Gunther	60	F	Excelsior	MN	00:16:38.62	01:01:45.98	00:43:26.08		02:05:43.16
2	108/179	40/79	59	Pam Stevens	64	F	Sartell	MN	00:15:50.79	01:07:44.31	00:46:20.94		02:13:46.67
3	135/179	54/79	60	Susan Holt	61	F	Plymouth	MN	00:15:32.28	01:08:58.51	00:51:20.24		02:20:46.32
4	160/179	68/79	61	Susan Summitt	61	F	Minneapolis	MN	00:18:25.29	01:15:22.27	00:50:06.82		02:30:24.35

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	41/179	32/100	86	Skip Fitting	62	M	Buffalo	MN	00:15:23.70	00:57:47.04	00:36:19.72		01:53:06.80
2	74/179	53/100	88	Peter Lancaster	62	M	Minneapolis	MN	00:15:32.27	00:59:59.30	00:42:58.93		02:04:04.41
3	96/179	60/100	87	Greg Fletcher	62	M	Chanhausen	MN	00:14:27.42	00:59:22.88	00:49:02.11		02:08:46.92
4	98/179	61/100	91	Peter Tabor	60	M	Minneapolis	MN	00:15:20.47	00:55:21.79	00:52:41.44		02:09:05.39
5	100/179	62/100	92	Bob Leone	60	M	Plymouth	MN	00:16:54.04	01:00:23.78	00:44:53.19		02:09:47.42
6	106/179	67/100	89	John Jeffries	61	M	Eden Prairie	MN	00:17:00.54	01:01:07.53	00:47:41.37		02:12:08.17
7	130/179	78/100	84	Mike Borneke	63	M	Eagle Lake	MN	00:21:52.79	01:01:59.26	00:49:30.40		02:19:07.68
8	176/179	98/100	90	John Jasinski	60	M	Minneapolis	MN	00:23:30.75	01:19:13.78	00:55:10.62		02:52:28.97

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	124/179	50/79	58	Lisa Wheeler	66	F	Bloomington	MN	00:19:01.16	01:07:13.20	00:47:19.65		02:18:08.14
2	143/179	59/79	57	Deborah Roberts	66	F	Northfield	MN	00:17:13.44	01:08:06.88	00:53:11.62		02:22:17.66
3	164/179	70/79	56	Connie Foster	66	F	River Falls	WI	00:19:29.79	01:14:09.29	00:54:41.96		02:34:46.82

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/179	57/100	83	Mike Flynn	65	M	Elk River	MN	00:19:56.78	01:00:13.64	00:41:27.00		02:06:45.34
2	131/179	79/100	81	Rick E Wheeler	66	M	Bloomington	MN	00:19:01.54	01:06:28.77	00:49:16.87		02:19:20.87
3	154/179	90/100	82	George Fantauzza	65	M	Buffalo	MN	00:21:36.89	01:07:56.54	00:48:15.83		02:26:49.69
4	172/179	96/100	80	Jerry House	69	M	Woodbury	MN	00:23:13.62	01:16:55.35	00:52:37.67		02:41:47.99

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Long Individual

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	178/179	99/100	78	Fred Roethlisberger	74	M	River Falls	WI	00:24:51.79	01:23:05.36	00:58:17.00		02:56:18.95