

# Heart of the Lakes Triathlon

July 16, 2017

## 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	13/288	1/143	479	Jennifer Neuman	47	F	Ramsey	MN	00:07:36.48	00:18:24.12	00:18:25.68		00:47:56.09
2	15/288	2/143	361	Isabella Buenting	14	F	Chanhassen	MN	00:06:20.29	00:20:14.98	00:18:28.86		00:48:10.77
3	18/288	3/143	589	Taylor Lundquist	17	F	Maple Grove	MN	00:07:31.74	00:20:22.25	00:18:05.82		00:48:57.27

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/288	1/145	356	Kyle Swenson	15	M	Rogers	MN	00:05:49.39	00:18:28.70	00:15:30.34		00:42:38.75
2	2/288	2/145	352	Nathan Bich	18	M	Duluth	MN	00:06:11.54	00:16:56.22	00:16:22.56		00:42:41.81
3	3/288	3/145	732	Ross Golla	38	M	Minnetonka	MN	00:07:43.28	00:17:18.48	00:15:36.42		00:43:14.25

### Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	22/288	5/143	627	Cara Pavek	43	F	Rosemount	MN	00:07:05.03	00:19:22.23	00:20:13.81		00:49:42.74

### Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/288	4/145	496	Andy Clark	54	M	Northfield	MN	00:06:17.78	00:17:57.93	00:16:43.10		00:43:34.20

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	46/288	11/143	588	Simone Lundquist	14	F	Maple Grove	MN	00:07:16.32	00:22:49.81	00:19:43.18		00:53:11.10
2	98/288	30/143	387	Emily Quandt	19	F	Annandale	MN	00:10:52.28	00:22:29.54	00:19:38.71		00:56:48.56
3	150/288	54/143	575	Kristyn Haar	19	F	Lakeville	MN	00:10:23.78	00:26:49.32	00:21:00.45		01:02:27.62

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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	14/288	13/145	672	Isaiah Bischoff	14	M	Minneapolis	MN	00:07:20.45	00:19:39.50	00:17:40.75		00:47:58.17
2	16/288	14/145	731	Carson Deichman	14	M	Mankato	MN	00:06:35.66	00:20:29.18	00:18:37.41		00:48:11.36
3	34/288	24/145	565	Ryan Parker	14	M	Buffalo	MN	00:09:24.43	00:21:39.45	00:17:55.14		00:52:03.84

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	54/288	14/143	512	Sarah Ruschmeier	22	F	New Germany	MN	00:10:18.74	00:20:46.49	00:18:57.97		00:53:44.09
2	102/288	33/143	643	Austin Yantes	24	F	St. Michael	MN	00:09:14.15	00:22:53.62	00:21:52.41		00:57:09.09
3	129/288	42/143	566	Korinne Wrobbel	22	F	Montrose	MN	00:09:57.53	00:22:35.85	00:21:49.79		00:59:50.59

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/288	22/145	491	Nick Engfer	22	M	Buffalo	MN	00:06:51.73	00:20:18.81	00:21:10.27		00:51:45.60
2	43/288	33/145	690	Dillon Norgren	23	M	Watkins	MN	00:10:14.26	00:21:04.04	00:18:44.53		00:53:05.73
3	69/288	51/145	560	Jeffrey Nelson	23	M	Maple Grove	MN	00:06:31.79	00:22:25.16	00:20:50.00		00:55:01.35

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/288	7/143	362	Kelly Russ	28	F	Plymouth	MN	00:08:34.03	00:20:18.88	00:18:18.81		00:50:38.99
2	47/288	12/143	390	Katie Vandorp	27	F	Annandale	MN	00:11:05.51	00:21:03.48	00:18:01.89		00:53:18.57
3	65/288	16/143	498	Andrea O'Brien	29	F	Chanhausen	MN	00:06:30.36	00:22:17.79	00:22:40.40		00:54:53.83

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/288	8/145	358	Nick Teetzel	25	M	Corcoran	MN	00:09:34.85	00:17:16.23	00:14:56.85		00:45:04.56
2	9/288	9/145	683	Tyson Molitor	28	M	Belgrade	MN	00:07:07.65	00:19:14.92	00:16:57.05		00:46:23.11
3	49/288	37/145	365	Erik Fagerstrom	28	M	Bloomington	MN	00:07:54.88	00:19:54.75	00:20:49.78		00:53:26.65

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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	50/288	13/143	555	Lindsay Buchholz	34	F	Sartell	MN	00:09:08.03	00:22:06.73	00:18:11.05		00:53:36.22
2	101/288	32/143	642	Amber Rattray	34	F	Hutchinson	MN	00:09:42.78	00:20:27.74	00:22:59.19		00:57:07.87
3	140/288	48/143	699	Justine Grover	30	F	Buffalo	MN	00:10:35.21	00:26:32.67	00:19:35.96		01:01:12.38

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/288	12/145	363	Jason Larson	34	M	Golden Valley	MN	00:09:21.27	00:18:35.93	00:16:22.24		00:47:47.82
2	40/288	30/145	697	Mike Jackson	34	M	Eden Prairie	MN	00:08:51.28	00:19:55.51	00:20:00.83		00:52:33.36
3	60/288	45/145	741	Darin Fischer	34	M	Atwater	MN	00:08:56.70	00:21:03.24	00:19:31.75		00:54:40.43

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/288	4/143	712	Roxanne Lorenz	37	F	Benson	MN	00:09:19.28	00:20:05.76	00:16:41.55		00:49:15.61
2	24/288	6/143	459	Kym Zest	35	F	Minneapolis	MN	00:07:38.73	00:20:43.20	00:18:08.60		00:50:15.25
3	33/288	10/143	478	Krisie Melsen	36	F	Saint Louis Park	MN	00:06:52.54	00:20:57.66	00:20:23.60		00:52:00.02

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	23/288	18/145	728	Jonathan Kell	37	M	Blaine	MN	00:08:48.59	00:18:06.49	00:19:41.57		00:50:04.86
2	56/288	42/145	378	Joseph Furuseth	35	M	Bemidji	MN	00:09:34.65	00:21:24.48	00:18:39.75		00:53:57.58
3	64/288	49/145	654	Jason Loeschen	38	M	Silver Lake	MN	00:08:44.61	00:21:29.09	00:19:46.17		00:54:46.10

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	26/288	8/143	517	Jill Hughes	43	F	Orono	MN	00:09:16.77	00:19:17.50	00:18:38.72		00:50:47.59
2	28/288	9/143	634	Jill Ellenbecker	44	F	Coon Rapids	MN	00:07:36.03	00:20:17.71	00:19:50.19		00:51:03.61
3	68/288	18/143	539	Tara Toolan	41	F	Medina	MN	00:07:33.77	00:21:33.96	00:21:07.65		00:54:58.77

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### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	20/288	16/145	355	Chad Nelson	41	M	Willmar	MN	00:08:53.53	00:18:42.97	00:18:25.36		00:49:28.46
2	27/288	19/145	511	Doobie Kurus	44	M	Minnetonka	MN	00:07:01.41	00:20:04.73	00:19:48.55		00:50:55.94
3	39/288	29/145	460	Glen Varns	42	M	Minneapolis	MN	00:09:02.28	00:19:30.11	00:19:04.24		00:52:31.84

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	59/288	15/143	382	Debbie Christian	46	F	Buffalo	MN	00:08:48.04	00:20:08.07	00:20:57.39		00:54:19.33
2	66/288	17/143	700	Dina Khaled	47	F	Minneapolis	MN	00:10:22.53	00:20:01.09	00:20:51.56		00:54:54.22
3	83/288	24/143	485	Julie Gay	46	F	Saint Cloud	MN	00:08:46.02	00:20:30.82	00:20:40.54		00:56:08.72

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/288	5/145	351	Colin Smith	47	M	Minneapolis	MN	00:07:31.50	00:17:17.91	00:16:24.31		00:44:39.22
2	11/288	11/145	736	Keith Thompson	48	M	Annandale	MN	00:07:53.71	00:17:56.72	00:17:49.25		00:47:23.61
3	21/288	17/145	669	Scott Dezurik	49	M	Avon	MN	00:08:25.46	00:19:03.98	00:18:30.53		00:49:32.44

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	84/288	25/143	597	Lisa Spethmann	54	F	St. Cloud	MN	00:07:57.52	00:22:03.98	00:20:58.79		00:56:09.80
2	87/288	26/143	727	Janelle Waslaski	50	F	Inver Grove Heights	MN	00:11:39.24	00:22:17.45	00:18:17.17		00:56:21.99
3	122/288	39/143	380	Julie Grafft	54	F	Chanhausen	MN	00:07:53.44	00:21:45.30	00:24:59.00		00:58:46.09

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/288	6/145	354	Todd White	50	M	Roseville	MN	00:06:02.12	00:18:05.03	00:17:41.59		00:44:41.26
2	7/288	7/145	360	Marty Moran	50	M	St Cloud	MN	00:05:11.54	00:17:24.81	00:18:59.75		00:44:45.52
3	17/288	15/145	357	Tom Brooks	53	M	Minneapolis	MN	00:08:39.17	00:18:17.18	00:18:38.01		00:48:51.59

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### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	130/288	43/143	464	Laurie Payton	58	F	Mendota Heights	MN	00:10:36.20	00:20:37.78	00:24:20.03		00:59:52.09
2	137/288	46/143	724	Julie Wiens	55	F	Wayzata	MN	00:10:57.75	00:22:34.74	00:22:35.97		01:01:03.33
3	156/288	57/143	735	Tammy Miller	57	F	Boulder	CO	00:08:26.53	00:23:02.37	00:25:44.60		01:02:50.13

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/288	10/145	748	Jim Mack	57	M	Madison Lake	MN	00:06:51.12	00:16:57.07	00:19:14.99		00:46:46.61
2	29/288	20/145	682	Tom Goudreault	57	M	Minneapolis	MN	00:09:20.53	00:18:16.28	00:19:12.14		00:51:24.94
3	35/288	25/145	372	Duane Pullins	59	M	Maple Lake	MN	00:08:58.68	00:18:10.41	00:20:26.91		00:52:05.08

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	133/288	44/143	645	Joanne Sunquist	63	F	Plymouth	MN	00:09:56.00	00:23:04.96	00:22:13.86		01:00:14.44
2	142/288	49/143	692	Peg Sorensen	60	F	Chaska	MN	00:08:31.13	00:21:26.28	00:27:07.03		01:01:31.88
3	229/288	102/143	537	Ann Anderson	61	F	Mcperson	KS	00:10:27.69	00:25:22.46	00:30:24.76		01:11:18.88

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	32/288	23/145	375	Michael Bono	64	M	Minneapolis	MN	00:08:50.74	00:18:49.06	00:20:22.56		00:51:54.83
2	57/288	43/145	698	Thomas Pritzker	60	M	Plymouth	MN	00:07:41.98	00:20:03.69	00:21:13.60		00:54:02.36
3	119/288	82/145	744	David Kell	64	M	Hudson	WI	00:09:57.75	00:19:47.48	00:23:40.78		00:58:32.09

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	162/288	60/143	400	Brook Lemm-Tabor	65	F	Minneapolis	MN	00:13:11.27	00:21:24.35	00:24:32.41		01:03:30.85
2	257/288	121/143	534	Leanne Hansen	66	F	Bloomington	MN	00:17:26.03	00:25:22.74	00:28:15.08		01:17:37.89
3	277/288	135/143	474	Gretchen Zunkel	68	F	Saint Paul	MN	00:15:20.35	00:29:09.31	00:35:24.72		01:25:56.86

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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	44/288	34/145	398	Duane Millslagle	66	M	Savage	MN	00:07:44.48	00:19:01.32	00:21:18.07		00:53:07.99
2	107/288	73/145	379	Mark Walford	67	M	Glencoe	MN	00:10:13.78	00:20:45.16	00:21:54.24		00:57:26.71
3	111/288	77/145	668	Forrest Peterson	68	M	Willmar	MN	00:10:35.78	00:19:53.75	00:21:56.19		00:57:38.82

### Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	45/288	35/145	689	Thomas Rohman	70	M	South Haven	MN	00:08:24.43	00:19:50.36	00:20:39.87		00:53:08.73
2	82/288	59/145	750	Bob Sturm	70	M	Plymouth	MN	00:09:42.52	00:19:57.30	00:20:41.69		00:55:51.87
3	189/288	114/145	684	Rick Golla	70	M	Rohester	MN	00:13:35.53	00:22:55.31	00:23:41.41		01:05:43.09

### Female Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	280/288	138/143	393	Judy Rykken	78	F	Bloomington	MN	00:14:57.78	00:30:57.73	00:34:00.65		01:27:28.57

### Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	261/288	137/145	370	Howard Bich	77	M	Siouxfalls	SD	00:15:57.03	00:23:22.39	00:31:53.80		01:18:04.73
2	283/288	144/145	647	James Luadtke	77	M	Woodbury	MN	00:22:46.77	00:27:07.73	00:31:26.24		01:29:43.16