

# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Female

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	479	Jennifer Neuman	F	47	Ramsey	MN	00:07:37	16	1:43	00:02:02	00:18:25	1	20.9	00:01:29	00:18:26	9	7:22		00:47:56.09
2	361	Isabella Buenting	F	14	Chanhassen	MN	00:06:21	1	1:26	00:02:01	00:20:15	7	19.0	00:01:07	00:18:29	10	7:23		00:48:10.77
3	589	Taylor Lundquist	F	17	Maple Grove	MN	00:07:32	13	1:42	00:01:56	00:20:23	10	18.9	00:01:02	00:18:06	3	7:14		00:48:57.27
4	712	Roxanne Lorenz	F	37	Benson	MN	00:09:20	46	2:06	00:02:12	00:20:06	5	19.1	00:00:58	00:16:42	1	6:40		00:49:15.61
5	627	Cara Pavek	F	43	Rosemount	MN	00:07:06	5	1:36	00:02:11	00:19:23	3	19.8	00:00:52	00:20:14	20	8:05		00:49:42.74
6	459	Kym Zest	F	35	Minneapolis	MN	00:07:39	17	1:43	00:02:23	00:20:44	15	18.5	00:01:22	00:18:09	4	7:15		00:50:15.25
7	362	Kelly Russ	F	28	Plymouth	MN	00:08:35	32	1:56	00:02:11	00:20:19	9	18.9	00:01:17	00:18:19	8	7:19		00:50:38.99
8	517	Jill Hughes	F	43	Orono	MN	00:09:17	44	2:06	00:02:13	00:19:18	2	19.9	00:01:22	00:18:39	11	7:27		00:50:47.59
9	634	Jill Ellenbecker	F	44	Coon Rapids	MN	00:07:37	15	1:43	00:02:09	00:20:18	8	18.9	00:01:12	00:19:51	18	7:56		00:51:03.61
10	478	Krisie Melsen	F	36	Saint Louis Park	MN	00:06:53	3	1:33	00:02:50	00:20:58	19	18.3	00:00:57	00:20:24	21	8:09		00:52:00.02
11	588	Simone Lundquist	F	14	Maple Grove	MN	00:07:17	8	1:38	00:02:20	00:22:50	57	16.8	00:01:02	00:19:44	17	7:53		00:53:11.10
12	390	Katie Vandorp	F	27	Annandale	MN	00:11:06	89	2:30	00:02:20	00:21:04	21	18.2	00:00:48	00:18:02	2	7:12		00:53:18.57
13	555	Lindsay Buchholz	F	34	Sartell	MN	00:09:09	42	2:04	00:03:11	00:22:07	34	17.4	00:01:00	00:18:12	6	7:16		00:53:36.22
14	512	Sarah Ruschmeier	F	22	New Germany	MN	00:10:19	70	2:20	00:02:29	00:20:47	16	18.5	00:01:13	00:18:58	13	7:35		00:53:44.09
15	382	Debbie Christian	F	46	Buffalo	MN	00:08:49	36	1:59	00:02:40	00:20:09	6	19.1	00:01:47	00:20:58	25	8:22		00:54:19.33
16	498	Andrea O'Brien	F	29	Chanhassen	MN	00:06:31	2	1:28	00:02:21	00:22:18	39	17.2	00:01:05	00:22:41	47	9:04		00:54:53.83
17	700	Dina Khaled	F	47	Minneapolis	MN	00:10:23	72	2:21	00:02:22	00:20:02	4	19.2	00:01:18	00:20:52	24	8:20		00:54:54.22
18	539	Tara Toolan	F	41	Medina	MN	00:07:34	14	1:42	00:03:14	00:21:34	24	17.8	00:01:30	00:21:08	28	8:27		00:54:58.77
19	506	Ariel Lindahl	F	26	Chaska	MN	00:07:21	9	1:39	00:02:55	00:22:18	38	17.2	00:00:57	00:21:42	34	8:40		00:55:10.56
20	520	Michelle Molitor	F	27	Belgrade	MN	00:08:49	37	1:59	00:02:49	00:22:25	43	17.1	00:01:08	00:20:02	19	8:00		00:55:11.10
21	451	Adrea Mauseth	F	37	St. Louis Park	MN	00:08:12	24	1:51	00:02:10	00:21:52	28	17.6	00:01:13	00:21:47	36	8:42		00:55:11.48
22	623	Karmin Mcdonald	F	43	Minneapolis	MN	00:11:41	100	2:38	00:02:47	00:20:42	14	18.6	00:01:42	00:18:51	12	7:32		00:55:40.69
23	616	Melissa Funke	F	26	Minneapolis	MN	00:07:29	11	1:41	00:03:35	00:23:43	72	16.2	00:01:55	00:19:12	14	7:40		00:55:51.23
24	485	Julie Gay	F	46	Saint Cloud	MN	00:08:47	35	1:59	00:04:35	00:20:31	12	18.7	00:01:37	00:20:41	22	8:16		00:56:08.72
25	597	Lisa Spethmann	F	54	St. Cloud	MN	00:07:58	22	1:48	00:03:34	00:22:04	32	17.4	00:01:36	00:20:59	26	8:23		00:56:09.80
26	727	Janelle Waslaski	F	50	Inver Grove Heights	MN	00:11:40	98	2:38	00:02:47	00:22:18	37	17.2	00:01:22	00:18:18	7	7:18		00:56:21.99
27	673	Jennifer Larson	F	49	Minneapolis	MN	00:08:32	31	1:55	00:02:35	00:21:56	30	17.5	00:01:27	00:22:03	42	8:48		00:56:29.53
28	740	Kelli Garbers	F	25	Minneapolis	MN	00:08:40	33	1:57	00:02:57	00:22:13	35	17.3	00:00:57	00:21:47	35	8:42		00:56:30.62
29	661	Anne Hoeschen	F	43	Freeport	MN	00:10:17	66	2:19	00:02:14	00:20:59	20	18.3	00:01:14	00:21:57	41	8:46		00:56:38.88
30	387	Emily Quandt	F	19	Annandale	MN	00:10:53	84	2:27	00:02:59	00:22:30	44	17.1	00:00:51	00:19:39	16	7:51		00:56:48.56
31	528	Megan Mclain	F	25	Bloomington	MN	00:09:08	41	2:03	00:02:52	00:22:37	50	17.0	00:00:57	00:21:28	30	8:35		00:56:59.35
32	642	Amber Rattray	F	34	Hutchinson	MN	00:09:43	52	2:12	00:02:40	00:20:28	11	18.8	00:01:19	00:23:00	50	9:11		00:57:07.87
33	643	Austin Yantes	F	24	St. Michael	MN	00:09:15	43	2:05	00:02:10	00:22:54	58	16.8	00:01:00	00:21:53	39	8:44		00:57:09.09
34	463	Sarah Johnson	F	46	Minneapolis	MN	00:10:24	74	2:21	00:02:58	00:20:53	17	18.4	00:01:51	00:21:21	29	8:32		00:57:23.88
35	383	Jaleh Nahvi	F	47	Inver Grove Heights	MN	00:08:17	26	1:52	00:02:46	00:23:04	61	16.7	00:01:27	00:22:30	44	8:59		00:58:00.83

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	510	Laura Lilja	F	44	Prior Lake	MN	00:10:17	67	2:19	00:02:31	00:20:56	18	18.4	00:01:21	00:23:05	51	9:13		00:58:07.45
37	612	Claire Henderson	F	28	Evanston	IL	00:07:13	6	1:38	00:02:57	00:22:45	55	16.9	00:01:23	00:24:09	62	9:39		00:58:25.12
38	717	Catherine Vaughn	F	41	Saint Paul	MN	00:11:42	103	2:39	00:02:07	00:21:50	27	17.6	00:01:26	00:21:36	32	8:38		00:58:38.59
39	380	Julie Grafft	F	54	Chanhassen	MN	00:07:54	19	1:47	00:02:15	00:21:46	26	17.7	00:01:54	00:25:00	74	9:59		00:58:46.09
40	571	Megan Koski	F	37	Dassel	MN	00:09:57	59	2:15	00:03:25	00:24:09	75	15.9	00:00:59	00:20:49	23	8:19		00:59:15.82
41	499	Beth Wengler	F	51	Saint Cloud	MN	00:09:19	45	2:06	00:03:04	00:21:40	25	17.7	00:01:43	00:23:34	57	9:25		00:59:17.73
42	566	Korinne Wrobbel	F	22	Montrose	MN	00:09:58	60	2:15	00:04:23	00:22:36	48	17.0	00:01:05	00:21:50	37	8:43		00:59:50.59
43	464	Laurie Payton	F	58	Mendota Heights	MN	00:10:37	80	2:24	00:02:53	00:20:38	13	18.6	00:01:26	00:24:21	65	9:44		00:59:52.09
44	645	Joanne Sunquist	F	63	Plymouth	MN	00:09:57	57	2:15	00:03:17	00:23:05	63	16.6	00:01:44	00:22:14	43	8:53		01:00:14.44
45	574	Becki Haar	F	48	Lakeville	MN	00:10:28	76	2:22	00:03:29	00:23:19	66	16.5	00:02:06	00:21:28	31	8:35		01:00:48.12
46	724	Julie Wiens	F	55	Wayzata	MN	00:10:58	88	2:29	00:03:14	00:22:35	47	17.0	00:01:42	00:22:36	46	9:02		01:01:03.33
47	385	Kaytlin Kuefler	F	22	Annandale	MN	00:10:06	64	2:17	00:02:58	00:22:59	59	16.7	00:00:58	00:24:13	63	9:40		01:01:11.84
48	699	Justine Grover	F	30	Buffalo	MN	00:10:36	79	2:23	00:03:14	00:26:33	103	14.5	00:01:16	00:19:36	15	7:50		01:01:12.38
49	692	Peg Sorensen	F	60	Chaska	MN	00:08:32	29	1:55	00:02:55	00:21:27	23	17.9	00:01:34	00:27:08	99	10:50		01:01:31.88
50	685	Jaclyn Thorston	F	27	South Haven	MN	00:10:57	86	2:28	00:03:26	00:22:41	53	16.9	00:01:20	00:23:15	55	9:17		01:01:36.57
51	546	Molly Krehbiel	F	41	Lakeville	MN	00:09:26	49	2:08	00:03:10	00:22:15	36	17.3	00:01:27	00:26:05	84	10:25		01:02:20.50
52	660	Katie Gasser	F	31	Sartell	MN	00:07:57	21	1:47	00:04:34	00:25:08	89	15.3	00:01:16	00:23:33	56	9:25		01:02:25.60
53	494	Molly Hebzynski	F	20	Maple Grove	MN	00:06:56	4	1:34	00:04:02	00:26:17	100	14.6	00:01:10	00:24:04	60	9:37		01:02:26.36
54	575	Kristyn Haar	F	19	Lakeville	MN	00:10:24	75	2:21	00:03:17	00:26:50	105	14.3	00:00:58	00:21:01	27	8:24		01:02:27.62
55	516	Tina Honsey	F	42	Annandale	MN	00:12:47	117	2:53	00:03:17	00:23:39	70	16.2	00:00:57	00:21:56	40	8:46		01:02:33.50
56	678	Sarah Krizmanic	F	48	New Hope	MN	00:08:14	25	1:51	00:03:21	00:22:40	52	17.0	00:01:57	00:26:28	91	10:35		01:02:37.78
57	735	Tammy Miller	F	57	Boulder	CO	00:08:27	28	1:54	00:03:14	00:23:03	60	16.7	00:02:23	00:25:45	81	10:17		01:02:50.13
58	714	Sarah Isdahl	F	18	Plymouth	MN	00:08:06	23	1:50	00:03:24	00:26:06	99	14.7	00:01:25	00:24:05	61	9:37		01:03:03.60
59	745	Zyvonne Langan	F	47	Hutchinson	MN	00:12:16	110	2:46	00:03:18	00:22:50	56	16.8	00:02:23	00:22:33	45	9:00		01:03:16.43
60	400	Brook Lemm-Tabor	F	65	Minneapolis	MN	00:13:12	120	2:59	00:02:40	00:21:25	22	17.9	00:01:44	00:24:33	69	9:48		01:03:30.85
61	563	Britta Oden	F	21	Buffalo	MN	00:07:54	20	1:47	00:02:47	00:25:39	95	15.0	00:01:49	00:25:28	78	10:11		01:03:35.77
62	720	Sally Covert	F	46	White Bear Lake	MN	00:12:09	109	2:45	00:02:37	00:21:57	31	17.5	00:01:44	00:25:15	75	10:05		01:03:38.35
63	492	Cathy Ruschmeier	F	44	New Germany	MN	00:12:35	115	2:51	00:03:51	00:24:41	82	15.6	00:01:03	00:21:37	33	8:38		01:03:43.43
64	526	Makenzie Pillsbury	F	26	Minneapolis	MN	00:07:28	10	1:41	00:04:04	00:25:12	90	15.2	00:01:41	00:25:22	76	10:08		01:03:44.36
65	542	Christa Close	F	42	Medina	MN	00:10:20	71	2:20	00:03:49	00:23:08	64	16.6	00:02:19	00:24:25	66	9:45		01:03:59.32
66	547	Patti Anderson	F	49	Mendota Heights	MN	00:10:58	87	2:28	00:03:53	00:22:25	42	17.1	00:03:09	00:23:46	58	9:30		01:04:07.63
67	718	Liv Auderson	F	29	Minneapolis	MN	00:09:06	40	2:03	00:02:30	00:28:38	122	13.4	00:01:07	00:22:52	49	9:08		01:04:10.38
68	579	Allison Coalwell	F	39	Maple Lake	MN	00:09:37	51	2:10	00:03:17	00:27:25	110	14.0	00:02:23	00:21:52	38	8:44		01:04:31.13
69	707	Sherilyn Young	F	49	Saint Paul	MN	00:08:44	34	1:58	00:03:08	00:25:38	94	15.0	00:01:22	00:25:46	82	10:18		01:04:35.64
70	737	Colleen Avila	F	49	Big Lake	MN	00:10:55	85	2:28	00:03:55	00:22:37	49	17.0	00:01:40	00:25:49	83	10:19		01:04:54.14

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							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	599	Carrie Agre	F	55	Corcoran	MN	00:10:32	78	2:23	00:02:55	00:23:04	62	16.6	00:01:40	00:26:56	97	10:46		01:05:04.62
72	607	Elizabeth Hilberg	F	41	Medina	MN	00:09:59	61	2:15	00:02:55	00:23:40	71	16.2	00:01:51	00:26:56	96	10:46		01:05:18.38
73	531	Paula Desanto	F	57	Champlin	MN	00:11:10	90	2:31	00:04:21	00:22:34	45	17.0	00:01:41	00:25:36	80	10:14		01:05:19.98
74	529	Lindsay Turner	F	29	Mankato	MN	00:10:09	65	2:17	00:04:32	00:23:57	73	16.0	00:02:02	00:24:46	71	9:54		01:05:22.01
75	722	Shelly Mikel	F	50	South Haven	MN	00:16:40	136	3:46	00:04:17	00:25:19	91	15.2	00:01:08	00:18:10	5	7:15		01:05:31.64
76	581	Rachel Werdin	F	19	Eden Prairie	MN	00:08:50	38	1:59	00:04:22	00:28:26	118	13.5	00:01:10	00:23:08	52	9:15		01:05:52.87
77	509	Molly Anderson	F	41	Eden Prairie	MN	00:11:59	106	2:42	00:02:49	00:24:20	78	15.8	00:01:17	00:25:33	79	10:12		01:05:53.54
78	551	Heidi Meulners	F	33	Crystal	MN	00:09:20	47	2:06	00:03:59	00:22:20	40	17.2	00:02:30	00:28:00	103	11:11		01:06:06.76
79	515	Olivia Honsey	F	14	Annandale	MN	00:11:11	91	2:31	00:03:04	00:26:02	98	14.8	00:01:08	00:24:57	72	9:58		01:06:19.29
80	504	Adele Reichel	F	35	St Anthony	MN	00:14:13	126	3:13	00:03:05	00:24:58	87	15.4	00:01:07	00:23:12	53	9:16		01:06:33.62
81	468	Candace Millerbernd	F	48	Chaska	MN	00:15:24	133	3:29	00:03:08	00:22:06	33	17.4	00:02:07	00:23:53	59	9:32		01:06:34.47
82	456	Eileen Lafontaine	F	44	Minneapolis	MN	00:10:42	81	2:25	00:03:27	00:22:39	51	17.0	00:01:55	00:27:55	102	11:09		01:06:35.36
83	521	Ingrid Anderson	F	41	Clearwater	MN	00:11:31	94	2:36	00:03:57	00:24:46	84	15.5	00:02:17	00:24:19	64	9:43		01:06:46.33
84	545	Andrea Wildman-Hilal	F	39	Maple Grove	MN	00:09:30	50	2:09	00:03:34	00:23:21	67	16.5	00:02:31	00:28:02	104	11:12		01:06:55.48
85	664	Amy Sommers	F	32	Saint Louis Park	MN	00:09:01	39	2:02	00:03:58	00:24:30	81	15.7	00:03:12	00:26:21	90	10:32		01:06:58.68
86	640	Michelle Furuseth	F	49	Northome	MN	00:10:00	62	2:15	00:03:27	00:24:21	79	15.8	00:01:33	00:27:44	101	11:05		01:07:02.51
87	569	Courtney Rotenberger	F	23	Albertville	MN	00:10:44	82	2:25	00:03:17	00:27:55	112	13.8	00:01:11	00:24:45	70	9:53		01:07:50.19
88	552	Kristin Hanson	F	32	Sartell	MN	00:09:45	53	2:12	00:03:42	00:26:35	104	14.4	00:01:19	00:26:34	94	10:37		01:07:52.45
89	723	Linda Cieslak	F	54	Saint Michael	MN	00:10:51	83	2:27	00:04:27	00:24:58	86	15.4	00:01:30	00:26:32	92	10:36		01:08:15.80
90	519	Natalie Dieterle	F	42	Stillwater	MN	00:11:34	95	2:37	00:03:09	00:27:01	106	14.2	00:01:13	00:25:26	77	10:10		01:08:20.12
91	659	Linda Dorow	F	50	Minneapolis	MN	00:12:00	107	2:43	00:02:45	00:23:27	68	16.4	00:02:00	00:28:55	109	11:33		01:09:03.77
92	532	Julie Jandrich	F	50	St. Paul	MN	00:10:19	69	2:20	00:03:54	00:23:18	65	16.5	00:02:53	00:29:03	111	11:37		01:09:23.85
93	533	Kim Wier	F	51	St. Paul	MN	00:12:04	108	2:44	00:03:37	00:21:55	29	17.5	00:02:48	00:29:03	110	11:36		01:09:23.85
94	622	Amy Ohland	F	30	Blaine	MN	00:07:30	12	1:41	00:04:01	00:28:25	117	13.5	00:01:30	00:28:06	105	11:14		01:09:29.38
95	703	Michelle Martin	F	37	Albertville	MN	00:12:26	112	2:48	00:03:21	00:28:03	114	13.7	00:01:30	00:24:30	68	9:47		01:09:47.59
96	676	Mallory Jarvi	F	19	Virginia	MN	00:08:32	30	1:55	00:04:42	00:28:46	124	13.4	00:01:34	00:26:20	88	10:31		01:09:51.49
97	653	Maureen Berendes	F	37	Blaine	MN	00:13:26	121	3:02	00:02:55	00:29:26	134	13.1	00:01:11	00:23:13	54	9:16		01:10:07.55
98	524	Kelsey Shopp	F	28	Dayton	MN	00:11:24	93	2:34	00:03:18	00:24:42	83	15.5	00:01:16	00:29:51	116	11:56		01:10:28.83
99	567	Teresa Wrobbel	F	51	Montrose	MN	00:10:23	73	2:21	00:04:41	00:23:35	69	16.3	00:01:41	00:30:14	120	12:05		01:10:31.55
100	601	Jacqueline Bach	F	53	Saint Cloud	MN	00:15:12	130	3:26	00:04:50	00:22:35	46	17.0	00:01:40	00:26:32	93	10:36		01:10:46.62
101	503	Cindy Lamp	F	55	Saint Cloud	MN	00:09:53	54	2:14	00:04:08	00:22:23	41	17.2	00:02:12	00:32:18	127	12:55		01:10:51.63
102	537	Ann Anderson	F	61	Mcperson	KS	00:10:28	77	2:22	00:02:53	00:25:23	92	15.1	00:02:12	00:30:25	122	12:09		01:11:18.88
103	508	Heidi Halley	F	49	Scandia	MN	00:12:58	119	2:56	00:04:03	00:24:16	77	15.8	00:01:35	00:28:33	108	11:25		01:11:22.54
104	475	Denucci Mary	F	53	Minneapolis	MN	00:11:45	104	2:39	00:03:28	00:24:59	88	15.4	00:01:48	00:29:42	115	11:52		01:11:39.62
105	675	Brianna Lovato	F	20	St. Augusta	MN	00:09:56	56	2:14	00:03:27	00:34:21	140	11.2	00:01:15	00:22:44	48	9:05		01:11:40.14

# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
106	481	Heidi Lang	F	40	Bloomington	MN	00:11:37	97	2:37	00:03:38	00:28:46	125	13.4	00:01:25	00:26:21	89	10:32		01:11:44.81
107	482	Jennifer Gentry	F	40	Edina	MN	00:11:46	105	2:39	00:03:12	00:29:06	128	13.2	00:01:10	00:26:34	95	10:37		01:11:45.37
108	604	Sara Peterson	F	42	Minneapolis	MN	00:11:18	92	2:33	00:03:28	00:26:31	102	14.5	00:02:20	00:28:11	106	11:16		01:11:45.64
109	694	Nicole Walerius	F	36	Albertville	MN	00:12:25	111	2:48	00:05:52	00:27:12	107	14.1	00:01:55	00:24:29	67	9:47		01:11:50.13
110	749	Courtney Andresen	F	24	Minneapolis	MN	00:12:31	113	2:50	00:03:24	00:27:57	113	13.7	00:01:52	00:26:09	85	10:27		01:11:50.48
111	651	Anna Holl	F	28	Victoria	MN	00:11:34	96	2:37	00:03:40	00:29:16	131	13.1	00:01:02	00:26:57	98	10:46		01:12:27.09
112	600	Kathryn Ohland	F	33	St. Paul	MN	00:08:22	27	1:53	00:04:10	00:28:41	123	13.4	00:01:14	00:30:05	117	12:01		01:12:29.42
113	691	Lisa Nygaard	F	22	Monticello	MN	00:09:21	48	2:06	00:03:45	00:29:04	127	13.2	00:01:44	00:29:12	112	11:40		01:13:03.25
114	483	Kaitlin Korbitz	F	31	St. Paul	MN	00:10:02	63	2:16	00:03:23	00:24:14	76	15.9	00:01:57	00:33:50	133	13:31		01:13:22.87
115	507	Angela Starr	F	38	Sauk Rapids	MN	00:13:40	123	3:05	00:03:16	00:28:19	116	13.6	00:01:41	00:27:14	100	10:53		01:14:06.30
116	501	Emma Nelon	F	27	Maple Grove	MN	00:07:16	7	1:38	00:04:31	00:29:01	126	13.2	00:01:02	00:32:25	128	12:57		01:14:10.63
117	650	Kristi Walter	F	38	Shoreview	MN	00:10:17	68	2:19	00:03:46	00:25:47	96	14.9	00:02:26	00:32:01	126	12:48		01:14:14.97
118	671	Jenelle Brekken	F	43	St. Cloud	MN	00:11:40	99	2:38	00:05:46	00:26:02	97	14.8	00:01:22	00:29:34	114	11:49		01:14:21.64
119	495	Samantha Hebzynski	F	26	Maple Grove	MN	00:07:43	18	1:44	00:03:57	00:28:11	115	13.6	00:01:12	00:34:01	134	13:36		01:15:01.31
120	593	Mary Ellen Gutknechtq	F	59	Buffalo	MN	00:12:56	118	2:55	00:04:40	00:22:42	54	16.9	00:02:02	00:34:13	136	13:40		01:16:29.65
121	534	Leanne Hansen	F	66	Bloomington	MN	00:17:27	139	3:57	00:04:18	00:25:23	93	15.1	00:02:17	00:28:16	107	11:18		01:17:37.89
122	584	Rebecca Rose	F	38	Mounds View	MN	00:11:41	101	2:38	00:04:12	00:28:27	120	13.5	00:03:05	00:30:22	121	12:08		01:17:44.43
123	619	Vickie O'hara	F	58	Clearwater	MN	00:12:34	114	2:50	00:03:53	00:27:24	109	14.0	00:03:11	00:30:45	123	12:17		01:17:45.40
124	487	Caroline Mccard	F	38	Minneapolis	MN	00:09:53	55	2:14	00:02:58	00:24:09	74	15.9	00:01:50	00:39:14	142	15:41		01:18:01.13
125	719	Teresa Savage	F	48	Maple Grove	MN	00:17:14	137	3:54	00:04:20	00:24:57	85	15.4	00:02:37	00:29:28	113	11:47		01:18:33.40
126	679	Melanie Mobley	F	32	Buffalo	MN	00:17:37	140	3:59	00:05:01	00:29:14	130	13.1	00:01:55	00:24:58	73	9:58		01:18:42.59
127	572	Betsey Nelson	F	35	Plymouth	MN	00:13:32	122	3:03	00:05:32	00:28:28	121	13.5	00:01:29	00:30:07	119	12:02		01:19:05.40
128	573	Katie Schoenberger	F	36	Bloomington	MN	00:14:11	125	3:12	00:04:51	00:28:27	119	13.5	00:01:32	00:30:07	118	12:02		01:19:05.64
129	633	Lisa Hagen	F	49	St. Cloud	MN	00:15:34	134	3:31	00:04:35	00:27:19	108	14.1	00:01:49	00:30:52	124	12:20		01:20:07.32
130	488	Bonnie Aretz	F	53	Buffalo Lake	MN	00:13:41	124	3:05	00:05:25	00:24:26	80	15.7	00:02:29	00:35:24	138	14:09		01:21:22.25
131	462	Katie Maiers	F	64	Minneapolis	MN	00:11:41	102	2:38	00:04:43	00:27:49	111	13.8	00:01:57	00:36:37	141	14:38		01:22:44.46
132	493	Stacy Winter	F	34	Minnetrissa	MN	00:14:56	127	3:22	00:04:30	00:30:33	135	12.6	00:01:47	00:31:54	125	12:45		01:23:36.65
133	609	Kasey Heider	F	27	Minnetonka	MN	00:09:57	58	2:15	00:06:04	00:29:17	132	13.1	00:03:11	00:35:38	140	14:14		01:24:04.44
134	702	Lauren Morris	F	23	River Falls	WI	00:17:23	138	3:56	00:04:12	00:34:30	141	11.1	00:02:15	00:26:12	86	10:28		01:24:30.91
135	474	Gretchen Zunkel	F	68	Saint Paul	MN	00:15:21	132	3:28	00:04:14	00:29:10	129	13.2	00:01:49	00:35:25	139	14:09		01:25:56.86
136	637	Susan Schlagel	F	38	Howard Lake	MN	00:25:17	142	5:43	00:04:43	00:29:19	133	13.1	00:01:30	00:26:15	87	10:29		01:27:01.80
137	458	Nancy Mccourt	F	58	Buffalo	MN	00:12:44	116	2:53	00:05:22	00:26:21	101	14.6	00:02:56	00:39:43	143	15:52		01:27:03.27
138	393	Judy Rykken	F	78	Bloomington	MN	00:14:58	128	3:23	00:05:36	00:30:58	136	12.4	00:01:58	00:34:01	135	13:36		01:27:28.57
139	646	Lori Heidelberger	F	44	Farmington	MN	00:15:03	129	3:24	00:05:35	00:31:19	137	12.3	00:01:38	00:35:16	137	14:06		01:28:48.36
140	598	Stephanie Smith	F	41	St Cloud	MN	00:18:33	141	4:12	00:05:58	00:31:34	138	12.2	00:02:11	00:33:26	132	13:22		01:31:39.62

# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
141	677	Jennifer Graham	F	44	Dassel	MN	00:16:37	135	3:45	00:07:28	00:37:11	143	10.3	00:04:23	00:33:05	131	13:13		01:38:41.56
142	680	Joy Bonk	F	44	Buffalo	MN	00:15:15	131	3:27	00:08:47	00:37:10	142	10.3	00:04:41	00:32:50	130	13:07		01:38:41.77
143	391	Kelly Williams	F	45	Annandale	MN	00:33:12	143	7:31	00:05:38	00:33:18	139	11.5	00:03:49	00:32:31	129	13:00		01:48:25.32

# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Male

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	356	Kyle Swenson	M	15	Rogers	MN	00:05:50	2	1:19	00:01:54	00:18:29	15	20.8	00:00:58	00:15:31	2	6:12		00:42:38.75
2	352	Nathan Bich	M	18	Duluth	MN	00:06:12	5	1:24	00:01:59	00:16:57	1	22.7	00:01:14	00:16:23	5	6:33		00:42:41.81
3	732	Ross Golla	M	38	Minnetonka	MN	00:07:44	24	1:45	00:01:38	00:17:19	5	22.2	00:00:59	00:15:37	3	6:14		00:43:14.25
4	496	Andy Clark	M	54	Northfield	MN	00:06:18	6	1:25	00:01:31	00:17:58	9	21.4	00:01:05	00:16:44	7	6:41		00:43:34.20
5	351	Colin Smith	M	47	Minneapolis	MN	00:07:32	21	1:42	00:02:10	00:17:18	4	22.2	00:01:17	00:16:25	6	6:33		00:44:39.22
6	354	Todd White	M	50	Roseville	MN	00:06:03	4	1:22	00:01:49	00:18:06	10	21.2	00:01:05	00:17:42	12	7:04		00:44:41.26
7	360	Marty Moran	M	50	St Cloud	MN	00:05:12	1	1:10	00:02:06	00:17:25	6	22.1	00:01:04	00:19:00	29	7:35		00:44:45.52
8	358	Nick Teetzel	M	25	Corcoran	MN	00:09:35	77	2:10	00:02:10	00:17:17	3	22.2	00:01:07	00:14:57	1	5:58		00:45:04.56
9	683	Tyson Molitor	M	28	Belgrade	MN	00:07:08	15	1:36	00:02:01	00:19:15	22	19.9	00:01:03	00:16:58	9	6:46		00:46:23.11
10	748	Jim Mack	M	57	Madison Lake	MN	00:06:52	9	1:33	00:02:34	00:16:58	2	22.7	00:01:10	00:19:15	33	7:41		00:46:46.61
11	736	Keith Thompson	M	48	Annandale	MN	00:07:54	32	1:47	00:02:30	00:17:57	8	21.4	00:01:15	00:17:50	13	7:07		00:47:23.61
12	363	Jason Larson	M	34	Golden Valley	MN	00:09:22	71	2:07	00:02:16	00:18:36	16	20.6	00:01:13	00:16:23	4	6:32		00:47:47.82
13	672	Isaiah Bischoff	M	14	Minneapolis	MN	00:07:21	18	1:39	00:02:27	00:19:40	27	19.5	00:00:51	00:17:41	11	7:04		00:47:58.17
14	731	Carson Deichman	M	14	Mankato	MN	00:06:36	8	1:29	00:01:35	00:20:30	49	18.7	00:00:55	00:18:38	22	7:26		00:48:11.36
15	357	Tom Brooks	M	53	Minneapolis	MN	00:08:40	49	1:57	00:02:14	00:18:18	14	21.0	00:01:04	00:18:39	23	7:27		00:48:51.59
16	355	Chad Nelson	M	41	Willmar	MN	00:08:54	55	2:00	00:02:08	00:18:43	17	20.5	00:01:20	00:18:26	20	7:22		00:49:28.46
17	669	Scott Dezurik	M	49	Avon	MN	00:08:26	39	1:54	00:02:16	00:19:04	20	20.1	00:01:18	00:18:31	21	7:24		00:49:32.44
18	728	Jonathan Kell	M	37	Blaine	MN	00:08:49	51	1:59	00:02:04	00:18:07	11	21.2	00:01:25	00:19:42	41	7:52		00:50:04.86
19	511	Doobie Kurus	M	44	Minnetonka	MN	00:07:02	14	1:35	00:02:18	00:20:05	39	19.1	00:01:44	00:19:49	44	7:55		00:50:55.94
20	682	Tom Goudreault	M	57	Minneapolis	MN	00:09:21	70	2:07	00:03:00	00:18:17	13	21.0	00:01:37	00:19:13	32	7:40		00:51:24.94
21	377	Dwight Larsen	M	54	Plymouth	MN	00:08:31	42	1:55	00:02:36	00:19:05	21	20.1	00:01:18	00:20:06	47	8:02		00:51:33.57
22	491	Nick Engfer	M	22	Buffalo	MN	00:06:52	10	1:33	00:02:34	00:20:19	42	18.9	00:00:52	00:21:11	67	8:28		00:51:45.60
23	375	Michael Bono	M	64	Minneapolis	MN	00:08:51	53	2:00	00:02:33	00:18:50	18	20.4	00:01:20	00:20:23	51	8:09		00:51:54.83
24	565	Ryan Parker	M	14	Buffalo	MN	00:09:25	73	2:07	00:02:20	00:21:40	71	17.7	00:00:46	00:17:56	15	7:10		00:52:03.84
25	372	Duane Pullins	M	59	Maple Lake	MN	00:08:59	59	2:02	00:02:52	00:18:11	12	21.1	00:01:38	00:20:27	52	8:10		00:52:05.08
26	615	Michael Heaney	M	49	Maple Grove	MN	00:09:05	62	2:03	00:02:54	00:20:25	45	18.8	00:01:53	00:18:01	16	7:12		00:52:15.11
27	368	Greg Swenson	M	48	Rogers	MN	00:06:54	11	1:33	00:02:38	00:19:19	23	19.9	00:01:15	00:22:18	84	8:54		00:52:20.12
28	611	Scott Crow	M	55	Vadnais Heights	MN	00:06:59	13	1:34	00:02:23	00:19:36	26	19.6	00:01:22	00:22:05	82	8:49		00:52:21.68
29	460	Glen Varns	M	42	Minneapolis	MN	00:09:03	61	2:02	00:03:22	00:19:31	24	19.7	00:01:35	00:19:05	31	7:37		00:52:31.84
30	697	Mike Jackson	M	34	Eden Prairie	MN	00:08:52	54	2:00	00:02:31	00:19:56	36	19.3	00:01:16	00:20:01	46	8:00		00:52:33.36
31	514	Brett Honsey	M	16	Annandale	MN	00:07:50	29	1:46	00:02:33	00:21:59	77	17.5	00:00:48	00:19:39	40	7:51		00:52:46.38
32	559	Dale Nelson	M	57	Maple Grove	MN	00:08:17	36	1:52	00:03:25	00:19:48	28	19.4	00:01:46	00:19:38	38	7:51		00:52:51.60
33	690	Dillon Norgren	M	23	Watkins	MN	00:10:15	101	2:19	00:02:18	00:21:05	59	18.2	00:00:45	00:18:45	25	7:29		00:53:05.73
34	398	Duane Millislagle	M	66	Savage	MN	00:07:45	25	1:45	00:03:31	00:19:02	19	20.2	00:01:34	00:21:19	70	8:31		00:53:07.99
35	689	Thomas Rohman	M	70	South Haven	MN	00:08:25	38	1:54	00:02:51	00:19:51	31	19.4	00:01:24	00:20:40	57	8:15		00:53:08.73

# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	706	Todd Sullwold	M	49	Minnetrissa	MN	00:07:48	27	1:45	00:02:57	00:20:27	47	18.8	00:01:37	00:20:37	56	8:14		00:53:23.43
37	365	Erik Fagerstrom	M	28	Bloomington	MN	00:07:55	33	1:47	00:02:43	00:19:55	35	19.3	00:02:05	00:20:50	62	8:19		00:53:26.65
38	392	Matthew Wuollet	M	28	Annandale	MN	00:09:11	64	2:04	00:02:05	00:21:36	70	17.8	00:01:10	00:19:38	37	7:50		00:53:37.29
39	729	Marc Vezies	M	45	Minneapolis	MN	00:09:42	83	2:11	00:02:11	00:21:09	62	18.2	00:01:36	00:19:03	30	7:36		00:53:37.87
40	738	Keno Avila	M	56	Big Lake	MN	00:08:35	45	1:56	00:02:49	00:20:19	41	18.9	00:01:31	00:20:31	54	8:12		00:53:42.76
41	747	Darren Amundsen	M	44	Saint Michael	MN	00:07:09	16	1:37	00:03:34	00:21:11	63	18.1	00:01:57	00:19:58	45	7:59		00:53:46.62
42	378	Joseph Furusest	M	35	Bemidji	MN	00:09:35	76	2:10	00:03:18	00:21:25	65	17.9	00:01:01	00:18:40	24	7:27		00:53:57.58
43	698	Thomas Pritzker	M	60	Plymouth	MN	00:07:42	23	1:44	00:03:08	00:20:04	38	19.1	00:01:56	00:21:14	68	8:29		00:54:02.36
44	364	Hunter Norgren	M	19	Annandale	MN	00:08:38	48	1:57	00:03:58	00:22:35	86	17.0	00:00:49	00:18:09	17	7:15		00:54:06.09
45	741	Darin Fischer	M	34	Atwater	MN	00:08:57	58	2:01	00:03:39	00:21:04	58	18.2	00:01:31	00:19:32	35	7:48		00:54:40.43
46	688	Bill Edmonson	M	40	Big Lake	MN	00:07:49	28	1:46	00:03:58	00:19:50	30	19.4	00:02:26	00:20:44	59	8:17		00:54:44.05
47	395	Jeff Stites	M	47	Minneapolis	MN	00:09:17	67	2:06	00:02:42	00:20:28	48	18.8	00:01:23	00:20:57	65	8:22		00:54:44.30
48	681	Sam Ringham	M	17	Wanamingo	MN	00:08:36	46	1:56	00:03:56	00:24:34	116	15.6	00:00:47	00:16:55	8	6:45		00:54:45.27
49	654	Jason Loeschen	M	38	Silver Lake	MN	00:08:45	50	1:58	00:03:50	00:21:30	68	17.9	00:00:57	00:19:47	42	7:54		00:54:46.10
50	624	Tom Mcdonald	M	48	Minneapolis	MN	00:07:42	22	1:44	00:02:45	00:17:54	7	21.5	00:02:38	00:24:00	104	9:35		00:54:56.21
51	560	Jeffrey Nelson	M	23	Maple Grove	MN	00:06:32	7	1:28	00:03:40	00:22:26	84	17.1	00:01:35	00:20:51	63	8:20		00:55:01.35
52	381	Todd Russ	M	58	Plymouth	MN	00:09:55	92	2:14	00:02:19	00:21:07	61	18.2	00:01:47	00:20:10	48	8:03		00:55:15.79
53	704	Lance Nemecek	M	13	Minnetrissa	MN	00:10:04	96	2:16	00:03:10	00:20:58	55	18.3	00:01:41	00:19:35	36	7:49		00:55:26.13
54	535	Paul Lundeen	M	54	Buffalo	MN	00:09:17	68	2:06	00:03:15	00:20:16	40	19.0	00:01:50	00:20:53	64	8:20		00:55:28.85
55	476	Michael Guyse	M	20	Madison	WI	00:08:11	35	1:51	00:02:44	00:20:24	44	18.8	00:01:53	00:22:23	86	8:56		00:55:31.84
56	561	David Swift	M	54	Glencoe	MN	00:08:19	37	1:52	00:02:39	00:20:58	54	18.3	00:01:06	00:22:36	90	9:02		00:55:34.85
57	636	Ian O'neill	M	25	Richfield	MN	00:09:16	66	2:05	00:03:34	00:23:07	97	16.6	00:00:58	00:18:46	26	7:30		00:55:38.06
58	617	Murphy Hebbard	M	25	Minneapolis	MN	00:06:01	3	1:21	00:03:53	00:22:35	87	17.0	00:00:54	00:22:30	88	8:59		00:55:50.83
59	750	Bob Sturm	M	70	Plymouth	MN	00:09:43	85	2:12	00:03:32	00:19:58	37	19.2	00:01:59	00:20:42	58	8:16		00:55:51.87
60	580	Karl Mertens	M	29	Gypsum	CO	00:12:53	135	2:55	00:03:27	00:19:53	33	19.3	00:01:09	00:18:54	27	7:33		00:56:13.85
61	613	Joe Dumas	M	48	Loretto	MN	00:07:30	20	1:41	00:02:33	00:22:45	92	16.9	00:01:24	00:22:04	81	8:49		00:56:13.99
62	743	Peter Larson	M	17	Edina	MN	00:09:48	88	2:13	00:02:42	00:24:37	117	15.6	00:00:58	00:18:21	19	7:20		00:56:23.01
63	628	Paul Hanek	M	46	Woodbury	MN	00:09:30	74	2:09	00:02:48	00:21:16	64	18.1	00:01:10	00:21:42	72	8:40		00:56:24.11
64	625	Matt Ides	M	40	Minneapolis	MN	00:11:06	110	2:30	00:02:51	00:19:51	32	19.3	00:01:24	00:21:18	69	8:30		00:56:27.40
65	626	Matthew Hwang	M	49	St. Cloud	MN	00:07:48	26	1:45	00:03:32	00:19:33	25	19.7	00:01:25	00:24:15	105	9:41		00:56:30.36
66	713	Chuck Weymann	M	40	Columbus Township	MN	00:11:01	109	2:29	00:03:14	00:22:19	82	17.2	00:02:14	00:17:54	14	7:09		00:56:38.62
67	658	Nathaniel Bodem	M	17	Gilbert	AZ	00:07:51	31	1:46	00:04:49	00:23:56	107	16.1	00:01:11	00:18:54	28	7:33		00:56:39.11
68	556	Ben Awes	M	53	Minneapolis	MN	00:08:32	43	1:55	00:04:08	00:21:49	73	17.6	00:01:10	00:21:09	66	8:27		00:56:44.36
69	618	Kenneth Paulus	M	58	Saint Louis Park	MN	00:10:10	98	2:18	00:02:45	00:20:26	46	18.8	00:01:45	00:21:50	76	8:43		00:56:53.84
70	374	Jeremy Baker	M	43	St. Bonifacius	MN	00:10:42	105	2:25	00:03:06	00:21:26	66	17.9	00:01:24	00:20:45	60	8:17		00:57:20.23

# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	472	Steven Gallagher	M	52	Minneapolis	MN	00:08:55	56	2:01	00:03:06	00:20:41	51	18.6	00:01:39	00:23:04	96	9:13		00:57:22.10
72	590	Nathan Evans	M	37	London	IL	00:09:44	86	2:12	00:02:58	00:20:23	43	18.8	00:01:24	00:22:58	95	9:10		00:57:24.35
73	379	Mark Walford	M	67	Glencoe	MN	00:10:14	100	2:19	00:03:02	00:20:46	52	18.5	00:01:32	00:21:55	78	8:45		00:57:26.71
74	644	David Yantes	M	58	St. Michael	MN	00:09:14	65	2:05	00:02:52	00:21:06	60	18.2	00:01:48	00:22:31	89	9:00		00:57:27.86
75	541	David Eastlund	M	55	Buffalo	MN	00:09:43	84	2:11	00:03:27	00:22:53	93	16.8	00:01:16	00:20:18	50	8:06		00:57:33.55
76	708	Joe Derock	M	50	Minneapolis	MN	00:08:05	34	1:49	00:03:42	00:21:57	76	17.5	00:01:39	00:22:18	85	8:55		00:57:38.33
77	668	Forrest Peterson	M	68	Willmar	MN	00:10:36	103	2:24	00:03:25	00:19:54	34	19.3	00:01:49	00:21:57	79	8:46		00:57:38.82
78	525	Michael Larch	M	26	Minneapolis	MN	00:07:10	17	1:37	00:03:22	00:22:39	90	17.0	00:01:53	00:22:44	93	9:05		00:57:45.60
79	486	Ben Zhao	M	53	Minneapolis	MN	00:11:33	116	2:36	00:03:12	00:21:56	75	17.5	00:02:11	00:19:20	34	7:43		00:58:09.10
80	746	Colton Warner	M	12	Eden Prairie	MN	00:07:50	30	1:46	00:03:33	00:24:13	110	15.9	00:01:24	00:21:28	71	8:35		00:58:24.98
81	665	Christopher Marshall	M	46	Plymouth	MN	00:10:12	99	2:18	00:02:48	00:21:02	57	18.3	00:02:28	00:22:00	80	8:47		00:58:27.12
82	744	David Kell	M	64	Hudson	WI	00:09:58	94	2:15	00:03:15	00:19:48	29	19.4	00:01:52	00:23:41	100	9:28		00:58:32.09
83	497	Will Clark	M	19	Northfield	MN	00:06:57	12	1:34	00:03:39	00:22:00	79	17.5	00:02:50	00:23:16	98	9:18		00:58:40.86
84	388	Mardon Quandt	M	57	Annandale	MN	00:08:57	57	2:01	00:03:09	00:20:57	53	18.3	00:02:10	00:23:46	102	9:30		00:58:56.33
85	554	Adam Downing	M	37	Buffalo	MN	00:11:54	123	2:41	00:04:18	00:20:39	50	18.6	00:02:33	00:19:39	39	7:51		00:59:00.97
86	587	Phil Davis	M	63	Bloomington	MN	00:11:31	115	2:36	00:02:36	00:21:34	69	17.8	00:01:48	00:21:45	73	8:41		00:59:12.58
87	527	Todd Rogers	M	58	Minneapolis	MN	00:07:29	19	1:41	00:03:39	00:21:53	74	17.6	00:01:14	00:25:28	116	10:11		00:59:40.61
88	369	Andrew Eastlund	M	17	Buffalo	MN	00:08:37	47	1:57	00:04:08	00:25:14	128	15.2	00:01:30	00:20:29	53	8:11		00:59:56.15
89	367	Jonathan Eastlund	M	20	Buffalo	MN					00:21:01	56	18.3	00:00:50	00:17:19	10	6:55		00:59:59.00
90	576	Scott Myren	M	51	Maple Grove	MN	00:10:28	102	2:22	00:03:10	00:23:07	98	16.6	00:02:15	00:21:50	77	8:43		01:00:47.92
91	730	Jeff Kletti	M	51	Prior Lake	MN	00:08:27	41	1:54	00:03:21	00:21:27	67	17.9	00:01:53	00:25:46	117	10:18		01:00:52.88
92	489	Paul Fallon	M	50	Monticello	MN	00:08:35	44	1:56	00:03:08	00:24:48	121	15.5	00:02:48	00:21:49	75	8:43		01:01:05.61
93	466	Steve Peery	M	30	Madison	WI	00:09:25	72	2:07	00:04:08	00:26:05	134	14.7	00:00:54	00:20:46	61	8:18		01:01:14.75
94	389	Heath Sneller	M	41	Annandale	MN	00:11:31	114	2:36	00:03:00	00:23:54	106	16.1	00:00:54	00:22:42	92	9:04		01:01:59.60
95	568	Lucas Martin	M	24	Albertville	MN	00:10:37	104	2:24	00:03:32	00:26:13	136	14.7	00:01:09	00:20:36	55	8:14		01:02:04.87
96	605	Brody Sunsten	M	18	St. Michael	MN	00:09:05	63	2:03	00:03:16	00:24:48	122	15.5	00:01:22	00:23:57	103	9:34		01:02:24.62
97	686	Dave Redick	M	37	Rogers	MN	00:09:40	80	2:11	00:03:18	00:22:21	83	17.2	00:01:13	00:26:03	118	10:25		01:02:33.10
98	649	Timothy Zavadil	M	45	Edina	MN	00:10:01	95	2:16	00:05:05	00:23:39	104	16.2	00:01:42	00:22:17	83	8:54		01:02:40.72
99	469	Tom Millerbernd	M	50	Chaska	MN	00:09:19	69	2:06	00:03:39	00:23:03	96	16.7	00:02:16	00:24:30	108	9:47		01:02:45.93
100	621	T J Haugan	M	23	Oak Grove	MN	00:11:27	113	2:35	00:04:42	00:24:43	120	15.5	00:01:46	00:20:15	49	8:05		01:02:51.31
101	557	Gregg Bell	M	47	Minneapolis	MN	00:09:42	82	2:11	00:04:13	00:21:41	72	17.7	00:02:17	00:25:13	114	10:04		01:03:03.09
102	477	Gregg Hulbert	M	54	Maple Lake	MN	00:12:00	126	2:43	00:02:47	00:24:21	114	15.8	00:01:06	00:23:11	97	9:16		01:03:22.51
103	543	Michael Close	M	47	Medina	MN	00:08:59	60	2:02	00:05:12	00:23:09	99	16.6	00:02:18	00:24:25	106	9:45		01:03:59.32
104	386	Austin Mehr	M	18	Annandale	MN	00:12:31	131	2:49	00:03:19	00:25:40	131	15.0	00:01:02	00:21:46	74	8:42		01:04:14.24
105	544	John O'Neill	M	65	Bird Island	MN	00:11:20	111	2:33	00:02:28	00:24:13	109	15.9	00:01:13	00:25:07	113	10:02		01:04:18.03



# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
106	455	Garrett Monson	M	29	Maple Grove	MN	00:10:46	107	2:26	00:05:21	00:24:16	111	15.8	00:01:54	00:22:23	87	8:57		01:04:37.04
107	620	Thomas Haugan	M	54	Oak Grove	MN	00:10:04	97	2:16	00:02:52	00:22:34	85	17.0	00:01:23	00:27:47	125	11:06		01:04:38.87
108	384	Mike Combs	M	30	Annandale	MN	00:10:45	106	2:25	00:05:16	00:25:45	132	14.9	00:03:16	00:19:48	43	7:54		01:04:47.79
109	538	Henry Toolan	M	43	Medina	MN	00:11:35	117	2:37	00:03:23	00:22:02	81	17.4	00:02:32	00:25:22	115	10:08		01:04:52.35
110	721	Luke Mikel	M	16	South Haven	MN	00:17:35	142	3:58	00:03:31	00:25:06	127	15.3	00:00:49	00:18:14	18	7:17		01:05:12.13
111	614	Mark Myhra	M	56	Plymouth	MN	00:11:38	119	2:38	00:03:35	00:23:17	100	16.5	00:01:56	00:24:51	112	9:56		01:05:13.80
112	578	Scott Swensen	M	39	Rogers	MN	00:12:10	129	2:45	00:04:05	00:25:26	129	15.1	00:00:59	00:22:45	94	9:05		01:05:22.40
113	739	Brad Johnson	M	64	Champlin	MN	00:11:36	118	2:37	00:04:35	00:22:37	89	17.0	00:02:17	00:24:27	107	9:46		01:05:29.86
114	684	Rick Golla	M	70	Rohester	MN	00:13:36	137	3:04	00:03:48	00:22:56	95	16.8	00:01:43	00:23:42	101	9:28		01:05:43.09
115	725	Robert Kranz	M	70	Kapaa	HI	00:12:45	133	2:53	00:03:33	00:22:44	91	16.9	00:02:04	00:24:48	110	9:54		01:05:51.38
116	726	Grant Waslaski	M	12	Inver Grove Heights	MN	00:09:36	78	2:10	00:03:17	00:24:42	119	15.6	00:01:23	00:27:03	122	10:48		01:05:57.07
117	373	Peter Norgren	M	44	Annandale	MN	00:15:38	139	3:32	00:03:24	00:22:01	80	17.4	00:02:03	00:23:38	99	9:27		01:06:40.63
118	396	Doug Jost	M	62	Centerville	MN	00:11:20	112	2:34	00:03:30	00:22:55	94	16.8	00:02:33	00:26:29	121	10:35		01:06:44.90
119	663	Ryan Sommers	M	47	Saint Louis Park	MN	00:09:32	75	2:09	00:04:27	00:24:48	123	15.5	00:01:53	00:26:22	120	10:32		01:06:59.70
120	652	Dan Berendes	M	38	Blaine	MN	00:09:48	89	2:13	00:03:25	00:25:58	133	14.8	00:01:09	00:27:26	123	10:58		01:07:43.99
121	558	Paul Hughes	M	47	Eden Prairie	MN	00:11:53	122	2:41	00:02:19	00:23:24	103	16.4	00:01:20	00:29:07	129	11:38		01:08:00.80
122	371	Bob Spooner	M	65	Ramsey	MN	00:13:17	136	3:00	00:02:23	00:25:36	130	15.0	00:01:12	00:26:17	119	10:30		01:08:41.61
123	564	Kevin Eastlund	M	52	Brooklyn Park	MN	00:11:54	124	2:41	00:04:00	00:21:59	78	17.5	00:02:08	00:29:11	130	11:40		01:09:09.38
124	454	David Bucher	M	59	Minneapolis	MN	00:09:42	81	2:11	00:04:47	00:24:18	112	15.8	00:02:21	00:28:26	126	11:22		01:09:31.11
125	631	Thomas Miller	M	70	Youngsville	LA	00:11:57	125	2:42	00:03:50	00:23:19	101	16.5	00:01:35	00:29:02	128	11:36		01:09:40.60
126	592	Curt Benson	M	45	Cokato	MN	00:12:05	127	2:44	00:03:32	00:22:37	88	17.0	00:01:52	00:29:51	131	11:56		01:09:54.79
127	399	David Latour	M	30	Monticello	MN	00:11:44	121	2:39	00:03:35	00:24:39	118	15.6	00:01:24	00:29:57	132	11:58		01:11:16.11
128	693	Dave Sibley	M	65	Plymouth	MN	00:12:26	130	2:49	00:05:48	00:27:07	138	14.2	00:02:01	00:24:31	109	9:48		01:11:51.97
129	484	David Graff	M	44	Champlin	MN	00:12:36	132	2:51	00:04:53	00:24:59	125	15.4	00:02:04	00:27:29	124	10:59		01:11:58.21
130	657	Paul Bodem	M	42	Gilbert	AZ	00:09:54	91	2:14	00:05:40	00:29:17	143	13.1	00:02:38	00:24:51	111	9:56		01:12:16.89
131	480	Wally Milbrath	M	62	Hudson	WI	00:10:48	108	2:26	00:03:09	00:24:19	113	15.8	00:01:54	00:32:25	139	12:57		01:12:32.84
132	709	Samuel Sellner	M	19	Monticello	MN	00:09:45	87	2:12	00:05:02	00:34:13	144	11.2	00:01:16	00:22:41	91	9:04		01:12:55.06
133	715	Michael Petersen	M	59	Ramsey	MN	00:09:58	93	2:15	00:05:09	00:24:08	108	15.9	00:04:19	00:30:26	134	12:10		01:13:57.15
134	397	Joe Kandiko	M	67	Excelsior	MN	00:09:51	90	2:13	00:04:33	00:24:30	115	15.7	00:04:06	00:31:28	136	12:34		01:14:24.87
135	716	Steve Paladie	M	74	Plymouth	MN	00:14:02	138	3:10	00:03:34	00:24:58	124	15.4	00:02:57	00:30:02	133	12:00		01:15:30.15
136	586	James Vlcek	M	61	Woodbury	MN	00:12:09	128	2:45	00:05:50	00:26:05	135	14.7	00:02:48	00:28:52	127	11:32		01:15:41.89
137	370	Howard Bich	M	77	Siouxfalls	SD	00:15:58	140	3:36	00:04:49	00:23:23	102	16.4	00:02:03	00:31:54	138	12:45		01:18:04.73
138	562	Brett Oden	M	57	Buffalo	MN	00:08:51	52	2:00	00:04:49	00:23:54	105	16.1	00:05:13	00:36:59	144	14:47		01:19:43.65
139	641	Michael Latterell	M	43	New Hope	MN	00:11:41	120	2:38	00:04:14	00:28:12	141	13.6	00:02:04	00:34:01	141	13:36		01:20:10.38
140	655	Jourdan Bennett	M	42	Brooklyn Park	MN	00:08:27	40	1:54	00:07:05	00:28:08	140	13.7	00:02:47	00:34:03	142	13:36		01:20:26.50

# Heart of the Lakes Triathlon

July 16, 2017

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
141	639	David Furuseth	M	63	Northome	MN	00:16:40	141	3:46	00:03:12	00:26:33	137	14.5	00:03:04	00:33:27	140	13:22		01:22:54.40
142	656	Dean Bodem	M	68	Buffalo	MN	00:09:36	79	2:10	00:06:00	00:29:16	142	13.1	00:02:51	00:36:51	143	14:44		01:24:31.01
143	523	Brandon Putzke	M	36	Cambridge	MN	00:23:16	144	5:16	00:04:45	00:25:00	126	15.4	00:04:29	00:31:28	137	12:34		01:28:55.41
144	647	James Luadtke	M	77	Woodbury	MN	00:22:47	143	5:09	00:05:00	00:27:08	139	14.2	00:03:23	00:31:27	135	12:34		01:29:43.16
145	701	Kenneth Freed	M	56	Minneapolis	MN	00:12:47	134	2:53	00:07:39	00:38:36	145	9.9	00:02:23	00:39:55	145	15:57		01:41:17.17