

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
4	159/288	58/143	714	Sarah Isdahl	18	F	Plymouth	MN	00:08:05.53	00:26:05.76	00:24:04.67		01:03:03.60
5	191/288	76/143	581	Rachel Werdin	19	F	Eden Prairie	MN	00:08:49.18	00:28:25.15	00:23:07.68		01:05:52.87
6	195/288	79/143	515	Olivia Honsey	14	F	Annandale	MN	00:11:10.52	00:26:01.49	00:24:56.11		01:06:19.29
7	221/288	96/143	676	Mallory Jarvi	19	F	Virginia	MN	00:08:31.37	00:28:45.27	00:26:19.56		01:09:51.49

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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
4	41/288	31/145	514	Brett Honsey	16	M	Annandale	MN	00:07:49.21	00:21:58.20	00:19:38.54		00:52:46.38
5	58/288	44/145	364	Hunter Norgren	19	M	Annandale	MN	00:08:37.52	00:22:34.32	00:18:08.08		00:54:06.09
6	63/288	48/145	681	Sam Ringham	17	M	Wanamingo	MN	00:08:35.41	00:24:33.86	00:16:54.37		00:54:45.27
7	74/288	53/145	704	Lance Nemecek	13	M	Minnetrissa	MN	00:10:03.78	00:20:57.67	00:19:34.95		00:55:26.13
8	88/288	62/145	743	Peter Larson	17	M	Edina	MN	00:09:47.20	00:24:36.53	00:18:20.43		00:56:23.01
9	96/288	67/145	658	Nathaniel Bodem	17	M	Gilbert	AZ	00:07:50.91	00:23:55.39	00:18:53.70		00:56:39.11
10	116/288	80/145	746	Colton Warner	12	M	Eden Prairie	MN	00:07:49.22	00:24:12.74	00:21:27.56		00:58:24.98
11	121/288	83/145	497	Will Clark	19	M	Northfield	MN	00:06:56.79	00:21:59.92	00:23:15.72		00:58:40.86
12	131/288	88/145	369	Andrew Eastlund	17	M	Buffalo	MN	00:08:36.68	00:25:13.56	00:20:28.75		00:59:56.15
13	147/288	96/145	605	Brody Sunsten	18	M	St. Michael	MN	00:09:04.18	00:24:47.45	00:23:56.04		01:02:24.62
14	171/288	104/145	386	Austin Mehr	18	M	Annandale	MN	00:12:30.03	00:25:39.05	00:21:45.70		01:04:14.24
15	181/288	110/145	721	Luke Mikel	16	M	South Haven	MN	00:17:34.02	00:25:05.36	00:18:13.20		01:05:12.13
16	193/288	116/145	726	Grant Waslaski	12	M	Inver Grove Heights	MN	00:09:35.00	00:24:41.02	00:27:02.14		01:05:57.07
17	244/288	132/145	709	Samuel Sellner	19	M	Monticello	MN	00:09:44.97	00:34:12.48	00:22:40.23		01:12:55.06

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
4	139/288	47/143	385	Kaytlin Kuefler	22	F	Annandale	MN	00:10:05.75	00:22:58.77	00:24:12.35		01:01:11.84
5	149/288	53/143	494	Molly Hebzynski	20	F	Maple Grove	MN	00:06:55.56	00:26:16.04	00:24:03.27		01:02:26.36
6	163/288	61/143	563	Britta Oden	21	F	Buffalo	MN	00:07:53.53	00:25:38.90	00:25:27.67		01:03:35.77
7	207/288	87/143	569	Courtney Rotenberger	23	F	Albertville	MN	00:10:43.53	00:27:54.72	00:24:44.54		01:07:50.19
8	232/288	105/143	675	Brianna Lovato	20	F	St. Augusta	MN	00:09:55.53	00:34:20.49	00:22:43.25		01:11:40.14
9	237/288	110/143	749	Courtney Andresen	24	F	Minneapolis	MN	00:12:30.45	00:27:56.25	00:26:08.06		01:11:50.48
10	245/288	113/143	691	Lisa Nygaard	22	F	Monticello	MN	00:09:20.18	00:29:03.74	00:29:11.84		01:13:03.25
11	275/288	134/143	702	Lauren Morris	23	F	River Falls	WI	00:17:22.71	00:34:29.98	00:26:11.41		01:24:30.91

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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	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
4	76/288	55/145	476	Michael Guyse	20	M	Madison	WI	00:08:10.22	00:20:23.13	00:22:22.17		00:55:31.84
5	132/288	89/145	367	Jonathan Eastlund	20	M	Buffalo	MN		00:21:00.94	00:17:18.79		00:59:59.00
6	145/288	95/145	568	Lucas Martin	24	M	Albertville	MN	00:10:36.24	00:26:12.56	00:20:35.87		01:02:04.87
7	157/288	100/145	621	T J Haugan	23	M	Oak Grove	MN	00:11:26.27	00:24:42.80	00:20:14.88		01:02:51.31

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
4	70/288	19/143	506	Ariel Lindahl	26	F	Chaska	MN	00:07:20.95	00:22:17.63	00:21:41.62		00:55:10.56
5	71/288	20/143	520	Michelle Molitor	27	F	Belgrade	MN	00:08:48.28	00:22:24.76	00:20:01.78		00:55:11.10
6	81/288	23/143	616	Melissa Funke	26	F	Minneapolis	MN	00:07:28.67	00:23:42.37	00:19:11.11		00:55:51.23
7	93/288	28/143	740	Kelli Garbers	25	F	Minneapolis	MN	00:08:39.45	00:22:12.07	00:21:46.22		00:56:30.62
8	100/288	31/143	528	Megan Mclain	25	F	Bloomington	MN	00:09:07.01	00:22:36.86	00:21:27.53		00:56:59.35
9	117/288	37/143	612	Claire Henderson	28	F	Evanston	IL	00:07:12.53	00:22:44.78	00:24:08.81		00:58:25.12
10	143/288	50/143	685	Jaclyn Thorston	27	F	South Haven	MN	00:10:56.76	00:22:40.01	00:23:14.74		01:01:36.57
11	166/288	64/143	526	Makenzie Pillsbury	26	F	Minneapolis	MN	00:07:27.67	00:25:11.31	00:25:21.97		01:03:44.36
12	170/288	67/143	718	Liv Auderson	29	F	Minneapolis	MN	00:09:05.42	00:28:37.37	00:22:51.36		01:04:10.38
13	185/288	74/143	529	Lindsay Turner	29	F	Mankato	MN	00:10:08.17	00:23:56.21	00:24:45.35		01:05:22.01
14	224/288	98/143	524	Kelsey Shopp	28	F	Dayton	MN	00:11:23.13	00:24:41.80	00:29:50.90		01:10:28.83
15	241/288	111/143	651	Anna Holl	28	F	Victoria	MN	00:11:33.74	00:29:15.79	00:26:56.79		01:12:27.09
16	249/288	116/143	501	Emma Nelon	27	F	Maple Grove	MN	00:07:15.03	00:29:00.17	00:32:24.29		01:14:10.63
17	253/288	119/143	495	Samantha Hebzynski	26	F	Maple Grove	MN	00:07:42.19	00:28:10.75	00:34:00.46		01:15:01.31
18	274/288	133/143	609	Kasey Heider	27	F	Minnnetonka	MN	00:09:56.62	00:29:16.52	00:35:37.21		01:24:04.44

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Overall Division Results

Short Individual

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
4	51/288	38/145	392	Matthew Wuollet	28	M	Annandale	MN	00:09:10.68	00:21:35.62	00:19:37.20		00:53:37.29
5	78/288	57/145	636	Ian O'neill	25	M	Richfield	MN	00:09:15.20	00:23:06.24	00:18:45.13		00:55:38.06
6	80/288	58/145	617	Murphy Hebbard	25	M	Minneapolis	MN	00:06:01.00	00:22:34.53	00:22:29.15		00:55:50.83
7	85/288	60/145	580	Karl Mertens	29	M	Gypsum	CO	00:12:52.53	00:19:52.59	00:18:53.42		00:56:13.85
8	112/288	78/145	525	Michael Larch	26	M	Minneapolis	MN	00:07:09.53	00:22:38.87	00:22:43.44		00:57:45.60
9	175/288	106/145	455	Garrett Monson	29	M	Maple Grove	MN	00:10:45.29	00:24:15.47	00:22:22.86		01:04:37.04

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
4	148/288	52/143	660	Katie Gasser	31	F	Sartell	MN	00:07:56.20	00:25:07.29	00:23:32.96		01:02:25.60
5	194/288	78/143	551	Heidi Meulners	33	F	Crystal	MN	00:09:19.74	00:22:19.70	00:27:59.47		01:06:06.76
6	203/288	85/143	664	Amy Sommers	32	F	Saint Louis Park	MN	00:09:00.03	00:24:29.59	00:26:20.45		01:06:58.68
7	208/288	88/143	552	Kristin Hanson	32	F	Sartell	MN	00:09:44.76	00:26:34.74	00:26:33.02		01:07:52.45
8	217/288	94/143	622	Amy Ohland	30	F	Blaine	MN	00:07:29.90	00:28:24.05	00:28:05.20		01:09:29.38
9	242/288	112/143	600	Kathryn Ohland	33	F	St. Paul	MN	00:08:21.51	00:28:40.45	00:30:04.15		01:12:29.42
10	246/288	114/143	483	Kaitlin Korbitz	31	F	St. Paul	MN	00:10:01.20	00:24:13.00	00:33:49.95		01:13:22.87
11	263/288	126/143	679	Melanie Mobley	32	F	Buffalo	MN	00:17:36.49	00:29:13.76	00:24:57.17		01:18:42.59
12	273/288	132/143	493	Stacy Winter	34	F	Minnetrissa	MN	00:14:55.03	00:30:32.21	00:31:53.72		01:23:36.65

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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
4	141/288	93/145	466	Steve Peery	30	M	Madison	WI	00:09:24.21	00:26:04.38	00:20:45.33		01:01:14.75
5	177/288	108/145	384	Mike Combs	30	M	Annandale	MN	00:10:44.03	00:25:44.92	00:19:47.36		01:04:47.79
6	228/288	127/145	399	David Latour	30	M	Monticello	MN	00:11:43.54	00:24:38.77	00:29:56.08		01:11:16.11

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
4	72/288	21/143	451	Adrea Mauseth	37	F	St. Louis Park	MN	00:08:11.86	00:21:51.04	00:21:46.56		00:55:11.48
5	126/288	40/143	571	Megan Koski	37	F	Dassel	MN	00:09:56.75	00:24:08.44	00:20:48.16		00:59:15.82
6	173/288	68/143	579	Allison Coalwell	39	F	Maple Lake	MN	00:09:36.28	00:27:24.64	00:21:51.25		01:04:31.13
7	196/288	80/143	504	Adele Reichel	35	F	St Anthony	MN	00:14:12.99	00:24:57.80	00:23:11.73		01:06:33.62
8	202/288	84/143	545	Andrea Wildman-Hilal	39	F	Maple Grove	MN	00:09:29.57	00:23:20.60	00:28:01.05		01:06:55.48
9	220/288	95/143	703	Michelle Martin	37	F	Albertville	MN	00:12:25.16	00:28:02.73	00:24:29.67		01:09:47.59
10	223/288	97/143	653	Maureen Berendes	37	F	Blaine	MN	00:13:25.53	00:29:25.07	00:23:12.19		01:10:07.55
11	236/288	109/143	694	Nicole Walerius	36	F	Albertville	MN	00:12:24.74	00:27:11.08	00:24:28.45		01:11:50.13
12	248/288	115/143	507	Angela Starr	38	F	Sauk Rapids	MN	00:13:39.03	00:28:18.74	00:27:13.13		01:14:06.30
13	250/288	117/143	650	Kristi Walter	38	F	Shoreview	MN	00:10:16.99	00:25:46.65	00:32:00.43		01:14:14.97
14	258/288	122/143	584	Rebecca Rose	38	F	Mounds View	MN	00:11:40.38	00:28:26.99	00:30:21.75		01:17:44.43
15	260/288	124/143	487	Caroline Mccard	38	F	Minneapolis	MN	00:09:52.48	00:24:08.34	00:39:13.25		01:18:01.13
16	264/288	127/143	572	Betsey Nelson	35	F	Plymouth	MN	00:13:31.01	00:28:27.98	00:30:06.28		01:19:05.40
17	265/288	128/143	573	Katie Schoenberger	36	F	Bloomington	MN	00:14:10.79	00:28:26.35	00:30:06.22		01:19:05.64
18	278/288	136/143	637	Susan Schlagel	38	F	Howard Lake	MN	00:25:16.91	00:29:18.15	00:26:14.22		01:27:01.80

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Male Ages 35 - 39

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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 Furuseh	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
4	106/288	72/145	590	Nathan Evans	37	M	London	IL	00:09:43.53	00:20:22.65	00:22:57.17		00:57:24.35
5	124/288	85/145	554	Adam Downing	37	M	Buffalo	MN	00:11:53.53	00:20:38.84	00:19:38.30		00:59:00.97
6	151/288	97/145	686	Dave Redick	37	M	Rogers	MN	00:09:39.28	00:22:20.88	00:26:02.95		01:02:33.10
7	186/288	112/145	578	Scott Swensen	39	M	Rogers	MN	00:12:09.68	00:25:25.27	00:22:44.35		01:05:22.40
8	206/288	120/145	652	Dan Berendes	38	M	Blaine	MN	00:09:47.26	00:25:57.84	00:27:25.81		01:07:43.99
9	282/288	143/145	523	Brandon Putzke	36	M	Cambridge	MN	00:23:15.79	00:24:59.27	00:31:27.49		01:28:55.41

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short 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	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
4	79/288	22/143	623	Karmin Mcdonald	43	F	Minneapolis	MN	00:11:40.32	00:20:41.68	00:18:50.63		00:55:40.69
5	95/288	29/143	661	Anne Hoeschen	43	F	Freeport	MN	00:10:16.28	00:20:59.00	00:21:56.77		00:56:38.88
6	114/288	36/143	510	Laura Lilja	44	F	Prior Lake	MN	00:10:16.78	00:20:55.25	00:23:04.78		00:58:07.45
7	120/288	38/143	717	Catherine Vaughn	41	F	Saint Paul	MN	00:11:41.52	00:21:49.37	00:21:35.28		00:58:38.59
8	146/288	51/143	546	Molly Krehbiel	41	F	Lakeville	MN	00:09:25.70	00:22:14.22	00:26:04.43		01:02:20.50
9	152/288	55/143	516	Tina Honsey	42	F	Annandale	MN	00:12:46.78	00:23:38.04	00:21:55.84		01:02:33.50
10	165/288	63/143	492	Cathy Ruschmeier	44	F	New Germany	MN	00:12:34.53	00:24:40.01	00:21:36.41		01:03:43.43
11	167/288	65/143	542	Christa Close	42	F	Medina	MN	00:10:19.96	00:23:07.98	00:24:24.23		01:03:59.32
12	183/288	72/143	607	Elizabeth Hilberg	41	F	Medina	MN	00:09:58.24	00:23:39.43	00:26:55.70		01:05:18.38
13	192/288	77/143	509	Molly Anderson	41	F	Eden Prairie	MN	00:11:58.11	00:24:19.10	00:25:32.11		01:05:53.54
14	198/288	82/143	456	Eileen Lafontaine	44	F	Minneapolis	MN	00:10:41.26	00:22:38.02	00:27:54.69		01:06:35.36
15	201/288	83/143	521	Ingrid Anderson	41	F	Clearwater	MN	00:11:30.03	00:24:45.33	00:24:18.40		01:06:46.33
16	211/288	90/143	519	Natalie Dieterle	42	F	Stillwater	MN	00:11:33.28	00:27:00.82	00:25:25.19		01:08:20.12
17	233/288	106/143	481	Heidi Lang	40	F	Bloomington	MN	00:11:36.52	00:28:45.73	00:26:20.13		01:11:44.81
18	234/288	107/143	482	Jennifer Gentry	40	F	Edina	MN	00:11:45.53	00:29:05.76	00:26:33.69		01:11:45.37
19	235/288	108/143	604	Sara Peterson	42	F	Minneapolis	MN	00:11:17.52	00:26:30.24	00:28:10.83		01:11:45.64
20	251/288	118/143	671	Jenelle Brekken	43	F	St. Cloud	MN	00:11:39.64	00:26:01.24	00:29:33.77		01:14:21.64
21	281/288	139/143	646	Lori Heidelberger	44	F	Farmington	MN	00:15:02.40	00:31:18.58	00:35:15.90		01:28:48.36
22	284/288	140/143	598	Stephanie Smith	41	F	St Cloud	MN	00:18:32.51	00:31:33.86	00:33:25.48		01:31:39.62
23	285/288	141/143	677	Jennifer Graham	44	F	Dassel	MN	00:16:36.27	00:37:10.76	00:33:04.53		01:38:41.56
24	286/288	142/143	680	Joy Bonk	44	F	Buffalo	MN	00:15:14.97	00:37:09.49	00:32:49.93		01:38:41.77

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short Individual

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
4	55/288	41/145	747	Darren Amundsen	44	M	Saint Michael	MN	00:07:08.53	00:21:10.73	00:19:57.81		00:53:46.62
5	61/288	46/145	688	Bill Edmonson	40	M	Big Lake	MN	00:07:48.48	00:19:49.52	00:20:43.02		00:54:44.05
6	90/288	64/145	625	Matt Ides	40	M	Minneapolis	MN	00:11:05.75	00:19:50.75	00:21:17.47		00:56:27.40
7	94/288	66/145	713	Chuck Weymann	40	M	Columbus Township	MN	00:11:00.00	00:22:18.05	00:17:53.19		00:56:38.62
8	103/288	70/145	374	Jeremy Baker	43	M	St. Bonifacius	MN	00:10:41.91	00:21:25.01	00:20:44.31		00:57:20.23
9	144/288	94/145	389	Heath Sneller	41	M	Annandale	MN	00:11:30.79	00:23:53.85	00:22:41.70		01:01:59.60
10	178/288	109/145	538	Henry Toolan	43	M	Medina	MN	00:11:34.56	00:22:01.99	00:25:21.55		01:04:52.35
11	199/288	117/145	373	Peter Norgren	44	M	Annandale	MN	00:15:37.03	00:22:00.42	00:23:37.68		01:06:40.63
12	239/288	129/145	484	David Graff	44	M	Champlin	MN	00:12:35.47	00:24:58.05	00:27:28.52		01:11:58.21
13	240/288	130/145	657	Paul Bodem	42	M	Gilbert	AZ	00:09:53.53	00:29:16.66	00:24:50.26		01:12:16.89
14	268/288	139/145	641	Michael Latterell	43	M	New Hope	MN	00:11:40.78	00:28:11.93	00:34:00.57		01:20:10.38
15	269/288	140/145	655	Jourdan Bennett	42	M	Brooklyn Park	MN	00:08:26.47	00:28:07.12	00:34:02.41		01:20:26.50

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short 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	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
4	91/288	27/143	673	Jennifer Larson	49	F	Minneapolis	MN	00:08:31.53	00:21:55.74	00:22:02.11		00:56:29.53
5	105/288	34/143	463	Sarah Johnson	46	F	Minneapolis	MN	00:10:23.60	00:20:52.26	00:21:20.20		00:57:23.88
6	113/288	35/143	383	Jaleh Nahvi	47	F	Inver Grove Heights	MN	00:08:16.99	00:23:03.01	00:22:29.42		00:58:00.83
7	135/288	45/143	574	Becki Haar	48	F	Lakeville	MN	00:10:27.44	00:23:18.20	00:21:27.95		01:00:48.12
8	153/288	56/143	678	Sarah Krizmanic	48	F	New Hope	MN	00:08:13.43	00:22:39.25	00:26:27.75		01:02:37.78
9	160/288	59/143	745	Zyvonne Langan	47	F	Hutchinson	MN	00:12:15.40	00:22:49.67	00:22:32.09		01:03:16.43
10	164/288	62/143	720	Sally Covert	46	F	White Bear Lake	MN	00:12:08.03	00:21:56.59	00:25:14.17		01:03:38.35
11	169/288	66/143	547	Patti Anderson	49	F	Mendota Heights	MN	00:10:57.28	00:22:24.34	00:23:45.46		01:04:07.63
12	174/288	69/143	707	Sherilyn Young	49	F	Saint Paul	MN	00:08:43.50	00:25:37.72	00:25:45.76		01:04:35.64
13	179/288	70/143	737	Colleen Avila	49	F	Big Lake	MN	00:10:54.50	00:22:36.55	00:25:48.80		01:04:54.14
14	197/288	81/143	468	Candace Millerbernd	48	F	Chaska	MN	00:15:23.79	00:22:05.04	00:23:52.29		01:06:34.47
15	205/288	86/143	640	Michelle Furuseth	49	F	Northome	MN	00:09:59.53	00:24:20.25	00:27:43.83		01:07:02.51
16	230/288	103/143	508	Heidi Halley	49	F	Scandia	MN	00:12:57.04	00:24:15.86	00:28:32.88		01:11:22.54
17	262/288	125/143	719	Teresa Savage	48	F	Maple Grove	MN	00:17:13.77	00:24:56.69	00:29:27.57		01:18:33.40
18	267/288	129/143	633	Lisa Hagen	49	F	St. Cloud	MN	00:15:33.54	00:27:18.37	00:30:52.00		01:20:07.32
19	288/288	143/143	391	Kelly Williams	45	F	Annandale	MN	00:33:11.12	00:33:17.96	00:32:30.22		01:48:25.32

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short Individual

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
4	36/288	26/145	615	Michael Heaney	49	M	Maple Grove	MN	00:09:04.17	00:20:24.47	00:18:00.62		00:52:15.11
5	37/288	27/145	368	Greg Swenson	48	M	Rogers	MN	00:06:53.29	00:19:18.31	00:22:17.30		00:52:20.12
6	48/288	36/145	706	Todd Sullwold	49	M	Minnetrista	MN	00:07:47.53	00:20:26.49	00:20:36.73		00:53:23.43
7	52/288	39/145	729	Marc Vezies	45	M	Minneapolis	MN	00:09:41.51	00:21:08.29	00:19:02.20		00:53:37.87
8	62/288	47/145	395	Jeff Stites	47	M	Minneapolis	MN	00:09:16.29	00:20:27.23	00:20:56.62		00:54:44.30
9	67/288	50/145	624	Tom Mcdonald	48	M	Minneapolis	MN	00:07:41.71	00:17:53.59	00:23:59.10		00:54:56.21
10	86/288	61/145	613	Joe Dumas	48	M	Loretto	MN	00:07:29.49	00:22:44.94	00:22:03.38		00:56:13.99
11	89/288	63/145	628	Paul Hanek	46	M	Woodbury	MN	00:09:29.82	00:21:15.74	00:21:41.18		00:56:24.11
12	92/288	65/145	626	Matthew Hwang	49	M	St. Cloud	MN	00:07:47.28	00:19:32.10	00:24:14.94		00:56:30.36
13	118/288	81/145	665	Christopher Marshall	46	M	Plymouth	MN	00:10:11.26	00:21:01.27	00:21:59.60		00:58:27.12
14	154/288	98/145	649	Timothy Zavadil	45	M	Edina	MN	00:10:00.03	00:23:38.76	00:22:16.19		01:02:40.72
15	158/288	101/145	557	Gregg Bell	47	M	Minneapolis	MN	00:09:41.50	00:21:40.88	00:25:12.22		01:03:03.09
16	168/288	103/145	543	Michael Close	47	M	Medina	MN	00:08:58.70	00:23:08.01	00:24:24.22		01:03:59.32
17	204/288	119/145	663	Ryan Sommers	47	M	Saint Louis Park	MN	00:09:31.28	00:24:47.72	00:26:21.06		01:06:59.70
18	209/288	121/145	558	Paul Hughes	47	M	Eden Prairie	MN	00:11:52.78	00:23:23.17	00:29:06.97		01:08:00.80
19	222/288	126/145	592	Curt Benson	45	M	Cokato	MN	00:12:04.78	00:22:36.73	00:29:50.61		01:09:54.79

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short 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	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	Chanhassen	MN	00:07:53.44	00:21:45.30	00:24:59.00		00:58:46.09
4	127/288	41/143	499	Beth Wengler	51	F	Saint Cloud	MN	00:09:18.70	00:21:39.83	00:23:33.56		00:59:17.73
5	188/288	75/143	722	Shelly Mikel	50	F	South Haven	MN	00:16:39.78	00:25:18.48	00:18:09.51		01:05:31.64
6	210/288	89/143	723	Linda Cieslak	54	F	Saint Michael	MN	00:10:50.83	00:24:57.31	00:26:31.19		01:08:15.80
7	213/288	91/143	659	Linda Dorow	50	F	Minneapolis	MN	00:11:59.53	00:23:26.39	00:28:54.08		01:09:03.77
8	215/288	92/143	532	Julie Jandrich	50	F	St. Paul	MN	00:10:18.03	00:23:17.92	00:29:02.67		01:09:23.85
9	216/288	93/143	533	Kim Wier	51	F	St. Paul	MN	00:12:03.78	00:21:54.01	00:29:02.18		01:09:23.85
10	225/288	99/143	567	Teresa Wrobbel	51	F	Montrose	MN	00:10:22.98	00:23:34.55	00:30:13.20		01:10:31.55
11	226/288	100/143	601	Jacqueline Bach	53	F	Saint Cloud	MN	00:15:11.34	00:22:34.42	00:26:31.69		01:10:46.62
12	231/288	104/143	475	Denucci Mary	53	F	Minneapolis	MN	00:11:44.63	00:24:58.69	00:29:41.73		01:11:39.62
13	270/288	130/143	488	Bonnie Aretz	53	F	Buffalo Lake	MN	00:13:40.03	00:24:25.76	00:35:23.06		01:21:22.25

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short Individual

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
4	30/288	21/145	377	Dwight Larsen	54	M	Plymouth	MN	00:08:30.20	00:19:04.28	00:20:05.57		00:51:33.57
5	75/288	54/145	535	Paul Lundeen	54	M	Buffalo	MN	00:09:16.98	00:20:15.73	00:20:52.23		00:55:28.85
6	77/288	56/145	561	David Swift	54	M	Glencoe	MN	00:08:18.24	00:20:57.65	00:22:35.43		00:55:34.85
7	97/288	68/145	556	Ben Awes	53	M	Minneapolis	MN	00:08:31.03	00:21:48.23	00:21:08.18		00:56:44.36
8	104/288	71/145	472	Steven Gallagher	52	M	Minneapolis	MN	00:08:54.72	00:20:40.05	00:23:03.50		00:57:22.10
9	110/288	76/145	708	Joe Derock	50	M	Minneapolis	MN	00:08:04.47	00:21:56.79	00:22:17.54		00:57:38.33
10	115/288	79/145	486	Ben Zhao	53	M	Minneapolis	MN	00:11:32.25	00:21:55.10	00:19:19.67		00:58:09.10
11	134/288	90/145	576	Scott Myren	51	M	Maple Grove	MN	00:10:27.64	00:23:06.39	00:21:49.81		01:00:47.92
12	136/288	91/145	730	Jeff Kletti	51	M	Prior Lake	MN	00:08:26.88	00:21:26.88	00:25:45.88		01:00:52.88
13	138/288	92/145	489	Paul Fallon	50	M	Monticello	MN	00:08:34.53	00:24:47.27	00:21:48.52		01:01:05.61
14	155/288	99/145	469	Tom Millerbernd	50	M	Chaska	MN	00:09:19.00	00:23:02.99	00:24:29.75		01:02:45.93
15	161/288	102/145	477	Gregg Hulbert	54	M	Maple Lake	MN	00:11:59.73	00:24:20.44	00:23:10.15		01:03:22.51
16	176/288	107/145	620	Thomas Haugan	54	M	Oak Grove	MN	00:10:03.96	00:22:33.53	00:27:46.56		01:04:38.87
17	214/288	123/145	564	Kevin Eastlund	52	M	Brooklyn Park	MN	00:11:53.80	00:21:58.38	00:29:10.35		01:09:09.38

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
4	180/288	71/143	599	Carrie Agre	55	F	Corcoran	MN	00:10:31.28	00:23:03.99	00:26:55.90		01:05:04.62
5	184/288	73/143	531	Paula Desanto	57	F	Champlin	MN	00:11:09.78	00:22:33.89	00:25:35.34		01:05:19.98
6	227/288	101/143	503	Cindy Lamp	55	F	Saint Cloud	MN	00:09:52.14	00:22:22.53	00:32:17.95		01:10:51.63
7	256/288	120/143	593	Mary Ellen Gutknechtq	59	F	Buffalo	MN	00:12:55.38	00:22:41.04	00:34:12.32		01:16:29.65
8	259/288	123/143	619	Vickie O'hara	58	F	Clearwater	MN	00:12:33.60	00:27:23.38	00:30:44.61		01:17:45.40
9	279/288	137/143	458	Nancy Mccourt	58	F	Buffalo	MN	00:12:43.60	00:26:20.66	00:39:42.38		01:27:03.27

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short Individual

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
4	38/288	28/145	611	Scott Crow	55	M	Vadnais Heights	MN	00:06:58.03	00:19:35.73	00:22:04.00		00:52:21.68
5	42/288	32/145	559	Dale Nelson	57	M	Maple Grove	MN	00:08:16.21	00:19:47.20	00:19:37.98		00:52:51.60
6	53/288	40/145	738	Keno Avila	56	M	Big Lake	MN	00:08:34.96	00:20:18.34	00:20:30.90		00:53:42.76
7	73/288	52/145	381	Todd Russ	58	M	Plymouth	MN	00:09:54.38	00:21:06.84	00:20:09.54		00:55:15.79
8	99/288	69/145	618	Kenneth Paulus	58	M	Saint Louis Park	MN	00:10:09.48	00:20:25.69	00:21:49.67		00:56:53.84
9	108/288	74/145	644	David Yantes	58	M	St. Michael	MN	00:09:13.54	00:21:05.09	00:22:30.81		00:57:27.86
10	109/288	75/145	541	David Eastlund	55	M	Buffalo	MN	00:09:42.37	00:22:52.45	00:20:17.12		00:57:33.55
11	123/288	84/145	388	Mardon Quandt	57	M	Annandale	MN	00:08:56.03	00:20:56.59	00:23:45.21		00:58:56.33
12	128/288	87/145	527	Todd Rogers	58	M	Minneapolis	MN	00:07:28.70	00:21:52.29	00:25:27.96		00:59:40.61
13	182/288	111/145	614	Mark Myhra	56	M	Plymouth	MN	00:11:37.27	00:23:16.31	00:24:50.38		01:05:13.80
14	218/288	124/145	454	David Bucher	59	M	Minneapolis	MN	00:09:41.27	00:24:17.16	00:28:25.77		01:09:31.11
15	247/288	133/145	715	Michael Petersen	59	M	Ramsey	MN	00:09:57.53	00:24:07.22	00:30:25.22		01:13:57.15
16	266/288	138/145	562	Brett Oden	57	M	Buffalo	MN	00:08:50.53	00:23:53.24	00:36:58.88		01:19:43.65
17	287/288	145/145	701	Kenneth Freed	56	M	Minneapolis	MN	00:12:46.32	00:38:35.94	00:39:54.25		01:41:17.17

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
4	271/288	131/143	462	Katie Maiers	64	F	Minneapolis	MN	00:11:40.97	00:27:48.67	00:36:36.10		01:22:44.46

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short Individual

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
4	125/288	86/145	587	Phil Davis	63	M	Bloomington	MN	00:11:30.87	00:21:33.76	00:21:44.47		00:59:12.58
5	187/288	113/145	739	Brad Johnson	64	M	Champlin	MN	00:11:35.59	00:22:36.74	00:24:26.68		01:05:29.86
6	200/288	118/145	396	Doug Jost	62	M	Centerville	MN	00:11:19.72	00:22:54.85	00:26:28.17		01:06:44.90
7	243/288	131/145	480	Wally Milbrath	62	M	Hudson	WI	00:10:47.28	00:24:18.42	00:32:24.67		01:12:32.84
8	255/288	136/145	586	James Vlcek	61	M	Woodbury	MN	00:12:08.87	00:26:04.40	00:28:51.25		01:15:41.89
9	272/288	141/145	639	David Furuseth	63	M	Northome	MN	00:16:39.78	00:26:32.97	00:33:26.85		01:22:54.40

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

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
4	172/288	105/145	544	John O'Neill	65	M	Bird Island	MN	00:11:19.28	00:24:12.15	00:25:06.92		01:04:18.03
5	212/288	122/145	371	Bob Spooner	65	M	Ramsey	MN	00:13:16.29	00:25:35.05	00:26:16.71		01:08:41.61
6	238/288	128/145	693	Dave Sibley	65	M	Plymouth	MN	00:12:25.98	00:27:06.79	00:24:30.62		01:11:51.97
7	252/288	134/145	397	Joe Kandiko	67	M	Excelsior	MN	00:09:50.29	00:24:29.62	00:31:27.07		01:14:24.87
8	276/288	142/145	656	Dean Bodem	68	M	Buffalo	MN	00:09:35.04	00:29:15.74	00:36:50.40		01:24:31.01

Heart of the Lakes Triathlon

July 16, 2017

Overall Division Results

Short 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	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
4	190/288	115/145	725	Robert Kranz	70	M	Kapaa	HI	00:12:44.52	00:22:43.82	00:24:47.21		01:05:51.38
5	219/288	125/145	631	Thomas Miller	70	M	Youngsville	LA	00:11:56.00	00:23:18.87	00:29:01.67		01:09:40.60
6	254/288	135/145	716	Steve Paladie	74	M	Plymouth	MN	00:14:01.52	00:24:57.07	00:30:01.27		01:15:30.15

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