

# Heart of the Lakes Triathlon

July 15, 2018

## 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	6/157	1/64	10	Hanna Grinaker	30	F	St. Paul	MN	00:13:12.62	00:50:06.80	00:33:45.90		01:39:42.45
2	11/157	2/64	14	Becky Youngberg	43	F	Eden Prairie	MN	00:12:48.03	00:52:20.75	00:34:57.77		01:42:33.77
3	14/157	3/64	9	Suzie Fox	35	F	Chaska	MN	00:13:55.42	00:52:38.18	00:35:25.09		01:44:06.04

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/157	1/93	19	Patrick Parish	33	M	Minneapolis	MN	00:12:39.28	00:47:00.52	00:29:44.95		01:31:07.95
2	2/157	2/93	1	Sean Cooley	33	M	St. Paul	MN	00:12:37.87	00:45:09.76	00:32:24.77		01:32:08.76
3	3/157	3/93	2	Josh Blankenheim	37	M	Duluth	MN	00:13:21.84	00:48:51.64	00:30:23.70		01:34:38.56

### Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	21/157	5/64	6	Diane Hankee	41	F	Lake Elmo	MN	00:15:04.92	00:56:19.32	00:36:06.92		01:49:47.10

### Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/157	7/93	4	Tony Schiller	60	M	Eden Prairie	MN	00:13:01.04	00:50:29.69	00:34:40.88		01:40:23.81

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	58/157	16/64	182	Kate Ludwig	18	F	Moorhead	MN	00:16:27.02	01:02:46.00	00:40:40.89		02:04:14.60
2	69/157	21/64	183	Sofie Overturf	18	F	Moorhead	MN	00:15:49.78	01:03:19.95	00:43:41.23		02:07:16.75
3	155/157	62/64	181	Hana Pokornowski	19	F	Cokato	MN	00:15:53.53	01:27:22.89	01:10:29.32		02:58:50.22

### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
-----------	-------------------	------------------	-----	------	-----	---	------	-----	------	------	-----	---------	------

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

## Long Individual

### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	52/157	38/93	203	Isaiah Bischoff	15	M	Minneapolis	MN	00:14:54.78	01:02:43.28	00:39:14.04		02:00:53.30
2	78/157	54/93	202	Brett Honsey	17	M	Annandale	MN	00:15:37.58	01:05:31.48	00:45:13.61		02:10:43.78
3	140/157	88/93	201	Hunter Lund	18	M	South Haven	MN	00:23:34.25	01:15:35.72	00:47:56.10		02:32:44.73

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/157	10/64	206	Jenna Horner	20	F	Eden Prairie	MN	00:17:13.53	00:55:50.97	00:39:39.06		01:55:41.79
2	55/157	15/64	175	Peggy Renier	24	F	Plymouth	MN	00:15:06.03	01:03:05.74	00:40:12.95		02:02:33.76
3	115/157	44/64	176	Ericka O'brien	22	F	South Haven	MN	00:16:59.70	01:12:29.53	00:48:01.90		02:23:34.03

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	36/157	28/93	200	Breck Erickson	20	M	Willmar	MN	00:14:14.78	00:58:43.13	00:39:35.16		01:55:32.83
2	50/157	36/93	210	Matthew Fliegel	23	M	Annandale	MN	00:16:35.86	01:03:03.28	00:36:37.19		02:00:21.19

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	44/157	12/64	170	Sharon Heyer	29	F	Circle Pines	MN	00:15:03.20	01:00:57.25	00:37:46.38		01:57:33.79
2	70/157	22/64	172	Emily Rothstein	29	F	Saint Cloud	MN	00:15:52.03	01:04:27.56	00:42:41.58		02:07:35.29
3	72/157	24/64	171	Stephani Johnson	29	F	St. Louis Park	MN	00:16:18.28	01:04:13.63	00:44:43.85		02:09:16.26

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	18/157	14/93	197	Anthony Howe	26	M	Moorhead	MN	00:15:41.03	00:54:59.46	00:32:58.08		01:46:55.56
2	56/157	41/93	198	Mitchell Ergen	25	M	Saint Cloud	MN	00:15:53.53	01:02:25.50	00:40:35.31		02:03:13.74
3	84/157	59/93	211	Michael Fliegel	27	M	Annandale	MN	00:17:00.93	01:07:09.97	00:42:01.94		02:11:49.04

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

Long Individual

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	47/157	13/64	132	Mandy Stoesz	33	F	Buffalo	MN	00:14:31.01	00:59:26.35	00:41:23.76		01:59:19.98
2	96/157	31/64	133	Rachael Weiker	33	F	Minneapolis	MN	00:20:53.53	01:03:03.73	00:47:04.15		02:15:20.33
3	112/157	42/64	135	Teresa Fox	31	F	Minneapolis	MN	00:18:29.53	01:08:33.41	00:50:59.33		02:22:34.74

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/157	29/93	207	Nathan Arvidson	34	M	Andover	MN	00:15:33.96	00:54:58.57	00:41:00.79		01:55:39.34
2	66/157	46/93	191	Peter Elsham	30	M	Plymouth	MN	00:16:15.28	00:59:39.44	00:45:50.56		02:06:33.78
3	67/157	47/93	192	Andrew Jacot	30	M	St Paul	MN	00:15:46.03	00:59:13.81	00:47:34.08		02:07:03.04

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	93/157	29/64	129	Kyleen Harstedt	39	F	Hugo	MN	00:17:19.56	01:00:53.04	00:51:07.35		02:14:20.06
2	105/157	38/64	131	Amber Rattray	35	F	Hutchinson	MN	00:18:13.03	01:02:29.30	00:54:06.00		02:19:17.47
3	133/157	51/64	149	Emily Nelson	37	F	Harrisburg	SD	00:17:04.81	01:10:11.02	00:56:05.11		02:29:48.57

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/157	13/93	185	Ross Golla	39	M	Minnetonka	MN	00:15:38.18	00:53:15.26	00:34:19.86		01:45:54.10
2	31/157	25/93	190	David Brosnahan	36	M	Roseville	MN	00:14:43.03	00:53:23.40	00:41:01.19		01:53:11.81
3	42/157	31/93	208	Josh Van Kirk	36	M	Maple Grove	MN	00:15:49.38	00:59:00.02	00:37:15.99		01:56:15.71

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	88/157	26/64	126	Leanne Johansen	42	F	Wayzata	MN	00:15:20.78	01:04:43.73	00:49:04.59		02:13:13.54
2	89/157	27/64	153	Sheri Budde	40	F	South Haven	MN	00:15:52.03	01:05:15.35	00:47:36.98		02:13:21.13
3	103/157	36/64	127	Marissa Mahowald	41	F	Sartell	MN	00:17:33.20	01:05:48.25	00:50:18.69		02:18:13.65

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

Long 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	15/157	12/93	167	Moshe Peri	41	M	Minnetonka	MN	00:13:23.78	00:53:18.17	00:35:34.50		01:45:01.73
2	27/157	21/93	212	Mick Quinn	44	M	Willmar	MN	00:16:26.01	00:52:34.08	00:39:20.59		01:51:58.26
3	30/157	24/93	166	Michael Hankee	41	M	Lake Elmo	MN	00:14:46.98	00:56:30.59	00:38:54.14		01:53:08.74

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	41/157	11/64	115	Michelle Brost	48	F	Eleva	WI	00:14:20.79	00:57:05.40	00:40:43.18		01:55:44.26
2	60/157	17/64	114	Chris Nehring	49	F	Kimball	MN	00:16:33.48	00:58:37.90	00:46:09.58		02:05:30.05
3	91/157	28/64	122	Margaret Kelly	45	F	Minneapolis	MN	00:18:47.94	01:03:13.06	00:45:45.52		02:13:57.41

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/157	10/93	151	Phillip Falkner	48	M	Minneapolis	MN	00:13:56.28	00:51:22.14	00:34:48.75		01:43:39.40
2	20/157	16/93	138	Keith Thompson	49	M	Annandale	MN	00:16:17.19	00:53:29.51	00:35:17.23		01:48:51.73
3	22/157	17/93	142	Don Steenson	47	M	Plymouth	MN	00:11:47.76	00:55:43.38	00:38:52.83		01:49:56.88

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	32/157	7/64	60	Cheryl Zitur	53	F	Corcoran	MN	00:13:51.79	00:55:47.27	00:42:50.00	-00:02:00.00	01:53:18.19
2	49/157	14/64	63	Jane Peterson	50	F	Saint Cloud	MN	00:13:04.20	00:59:42.95	00:42:54.75		01:59:58.73
3	64/157	19/64	96	Patty Carlen	50	F	Saint Paul	MN	00:14:00.53	00:57:55.80	00:49:06.54		02:05:56.08

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/157	15/93	108	Tim Bode	51	M	Buffalo	MN	00:11:52.79	00:53:17.47	00:40:24.05		01:48:51.55
2	23/157	18/93	106	Randy Peterson	52	M	Northfield	MN	00:13:52.91	00:53:43.28	00:39:00.35		01:49:57.70
3	46/157	34/93	112	Jeff Winter	50	M	Edina	MN	00:14:53.53	00:57:36.10	00:42:53.32		01:59:13.47

# Heart of the Lakes Triathlon

July 15, 2018

## 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	24/157	6/64	51	Jan Guenther	59	F	Long Lake	MN	00:14:00.95	00:55:48.40	00:37:41.60		01:50:37.21
2	65/157	20/64	55	Lisa Hines	55	F	Waite Park	MN	00:15:19.05	01:02:10.51	00:44:54.64		02:06:07.80
3	80/157	25/64	53	Judy Murray	58	F	Sartell	MN	00:17:34.48	01:01:47.43	00:47:05.33		02:11:12.79

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/157	23/93	87	David Goldberg	57	M	Minnetrissa	MN	00:12:56.98	00:55:19.77	00:41:35.44		01:52:45.08
2	35/157	27/93	91	Rob Kaufman	55	M	Chanhassen	MN	00:13:23.60	00:55:03.26	00:43:26.71		01:54:45.05
3	43/157	32/93	88	Kevin Grafft	57	M	Chanhassen	MN	00:15:25.00	00:57:18.21	00:39:39.31		01:56:30.30

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/157	18/64	46	Helen Gunther	61	F	Excelsior	MN	00:15:58.25	01:01:30.06	00:44:58.98		02:05:49.55
2	71/157	23/64	47	Rhiannon Oconnor	61	F	Dellwood	MN	00:16:08.52	00:59:29.70	00:49:07.40		02:09:04.29
3	119/157	45/64	49	Cynthia Revak	60	F	River Falls	WI	00:24:04.54	01:03:51.29	00:51:48.33		02:24:53.53

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	26/157	20/93	79	Dale Forde	60	M	Golden Valley	MN	00:14:19.02	00:55:45.25	00:37:21.05		01:51:01.53
2	45/157	33/93	70	Skip Fitting	63	M	Buffalo	MN	00:15:06.08	00:56:48.20	00:42:43.83		01:58:46.06
3	62/157	45/93	75	Bob Leone	61	M	Plymouth	MN	00:17:08.67	00:56:40.79	00:46:20.44		02:05:48.94

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	124/157	48/64	45	Lisa Wheeler	67	F	Bloomington	MN	00:20:01.14	01:07:45.11	00:54:46.13		02:27:05.69

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

Long Individual

### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	113/157	71/93	66	Rick E. Wheeler	67	M	Bloomington	MN	00:17:51.60	01:06:21.73	00:53:43.33		02:23:01.04
2	137/157	85/93	65	John Zumhofe	68	M	Sioux Falls	SD	00:20:05.64	01:02:58.23	01:03:06.01		02:31:39.71
3	147/157	90/93	68	Marty Asleson	65	M	Lino Lakes	MN	00:20:51.69	01:10:02.45	00:59:15.48		02:37:24.43

### Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/157	61/93	64	Thomas Rohman	71	M	South Haven	MN	00:17:29.03	01:03:06.42	00:47:41.51		02:12:59.16