

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Results

Note: Penalty list at end of results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	19	Patrick Parish	M	33	Minneapolis	MN	00:12:40	8	1:26	00:01:20	00:47:01	2	28.1	00:00:24	00:29:45	1	5:36	01:31:07.95
2	1	Sean Cooley	M	33	St. Paul	MN	00:12:38	7	1:25	00:01:25	00:45:10	1	29.2	00:00:33	00:32:25	5	6:06	01:32:08.76
3	2	Josh Blankenheim	M	37	Duluth	MN	00:13:22	18	1:30	00:01:36	00:48:52	5	27.0	00:00:26	00:30:24	2	5:44	01:34:38.56
4	3	Joe Adriaens	M	30	Elk River	MN	00:12:38	6	1:25	00:01:42	00:48:39	4	27.1	00:00:26	00:31:36	3	5:57	01:34:58.31
5	11	Samuel Hauck	M	34	Rochester	MN	00:12:36	5	1:25	00:01:33	00:48:18	3	27.3	00:00:25	00:34:04	9	6:25	01:36:52.96
6	10	Hanna Grinaker	F	30	St. Paul	MN	00:13:13	17	1:29	00:01:59	00:50:07	7	26.3	00:00:39	00:33:46	7	6:22	01:39:42.45
7	20	Andy Wiberg	M	39	Lakeville	MN	00:15:34	59	1:45	00:01:46	00:49:50	6	26.5	00:00:46	00:31:57	4	6:01	01:39:50.00
8	4	Tony Schiller	M	60	Eden Prairie	MN	00:13:02	14	1:28	00:01:38	00:50:30	9	26.1	00:00:35	00:34:41	12	6:32	01:40:23.81
9	15	Spencer Syvertson	M	22	Paynesville	MN	00:12:11	4	1:22	00:01:32	00:53:06	16	24.9	00:00:31	00:33:49	8	6:22	01:41:06.31
10	17	Brett Lovaas	M	43	Minnetonka	MN	00:12:06	3	1:22	00:01:35	00:50:22	8	26.2	00:00:21	00:36:59	20	6:58	01:41:20.55
11	14	Becky Youngberg	F	43	Eden Prairie	MN	00:12:49	11	1:27	00:01:54	00:52:21	12	25.2	00:00:34	00:34:58	14	6:35	01:42:33.77
12	151	Phillip Falkner	M	48	Minneapolis	MN	00:13:57	28	1:34	00:02:24	00:51:23	10	25.7	00:01:09	00:34:49	13	6:34	01:43:39.40
13	5	Mike Buenting	M	44	Chanhassen	MN	00:14:19	36	1:37	00:01:38	00:53:04	15	24.9	00:00:30	00:34:33	11	6:31	01:44:01.97
14	9	Suzie Fox	F	35	Chaska	MN	00:13:56	27	1:34	00:01:41	00:52:39	14	25.1	00:00:27	00:35:26	16	6:40	01:44:06.04
15	167	Moshe Peri	M	41	Minnetonka	MN	00:13:24	20	1:31	00:01:47	00:53:19	20	24.8	00:00:59	00:35:35	17	6:42	01:45:01.73
16	185	Ross Golla	M	39	Minnetonka	MN	00:15:39	63	1:46	00:01:42	00:53:16	18	24.8	00:01:00	00:34:20	10	6:28	01:45:54.10
17	21	Nicole Heininger	F	29	Hudson	WI	00:12:43	9	1:26	00:01:53	00:51:42	11	25.5	00:00:26	00:39:37	34	7:28	01:46:19.07
18	197	Anthony Howe	M	26	Moorhead	MN	00:15:42	64	1:46	00:02:13	00:55:00	26	24.0	00:01:05	00:32:59	6	6:13	01:46:55.56
19	108	Tim Bode	M	51	Buffalo	MN	00:11:53	2	1:20	00:02:09	00:53:18	19	24.8	00:01:10	00:40:25	41	7:37	01:48:51.55
20	138	Keith Thompson	M	49	Annandale	MN	00:16:18	83	1:50	00:02:40	00:53:30	22	24.7	00:01:08	00:35:18	15	6:39	01:48:51.73
21	6	Diane Hankee	F	41	Lake Elmo	MN	00:15:05	49	1:42	00:01:55	00:56:20	35	23.4	00:00:22	00:36:07	18	6:48	01:49:47.10
22	142	Don Steenson	M	47	Plymouth	MN	00:11:48	1	1:20	00:02:23	00:55:44	29	23.7	00:01:11	00:38:53	28	7:20	01:49:56.88
23	106	Randy Peterson	M	52	Northfield	MN	00:13:53	25	1:34	00:02:24	00:53:44	23	24.6	00:00:59	00:39:01	30	7:21	01:49:57.70
24	51	Jan Guenther	F	59	Long Lake	MN	00:14:01	31	1:35	00:02:29	00:55:49	32	23.7	00:00:38	00:37:42	23	7:06	01:50:37.21
25	18	Stephen Dennison	M	23	Maple Grove	MN	00:12:47	10	1:26	00:01:53	00:57:07	43	23.1	00:01:03	00:38:11	25	7:12	01:50:58.81
26	79	Dale Forde	M	60	Golden Valley	MN	00:14:20	37	1:37	00:02:26	00:55:46	30	23.7	00:01:11	00:37:22	22	7:02	01:51:01.53
27	212	Mick Quinn	M	44	Willmar	MN	00:16:27	85	1:51	00:02:04	00:52:35	13	25.1	00:01:35	00:39:21	32	7:25	01:51:58.26
28	148	Scott Brown	M	45	Minneapolis	MN	00:14:12	33	1:36	00:02:40	00:54:50	24	24.1	00:00:46	00:39:49	37	7:30	01:52:13.94
29	87	David Goldberg	M	57	Minnetrissa	MN	00:12:57	13	1:28	00:02:10	00:55:20	28	23.9	00:00:44	00:41:36	51	7:50	01:52:45.08
30	166	Michael Hankee	M	41	Lake Elmo	MN	00:14:47	44	1:40	00:01:45	00:56:31	37	23.4	00:01:13	00:38:55	29	7:20	01:53:08.74
31	190	David Brosnahan	M	36	Roseville	MN	00:14:44	43	1:40	00:02:40	00:53:24	21	24.7	00:01:25	00:41:02	47	7:44	01:53:11.81
32	60	Cheryl Zitur	F	53	Corcoran	MN	00:13:52	23	1:34	00:01:53	00:55:48	31	23.7	00:00:57	00:42:51	56	8:04	-00:02:00 01:53:18.19
33	12	Katherine Johnson	F	30	Ramsey	MN	00:15:47	69	1:47	00:01:46	00:56:37	38	23.3	00:00:32	00:38:45	27	7:18	01:53:25.68
34	165	Nathan Budde	M	41	South Haven	MN	00:15:45	65	1:47	00:02:21	00:55:53	34	23.6	00:01:26	00:38:26	26	7:15	01:53:47.88
35	91	Rob Kaufman	M	55	Chanhassen	MN	00:13:24	19	1:31	00:02:00	00:55:04	27	24.0	00:00:53	00:43:27	61	8:11	01:54:45.05
36	200	Breck Erickson	M	20	Willmar	MN	00:14:15	35	1:36	00:02:07	00:58:44	51	22.5	00:00:54	00:39:36	33	7:28	01:55:32.83

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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
37	207	Nathan Arvidson	M	34	Andover	MN	00:15:34	61	1:45	00:02:22	00:54:59	25	24.0	00:01:45	00:41:01	46	7:44		01:55:39.34
38	8	Emma Adriaens	F	28	Elk River	MN	00:17:40	109	2:00	00:02:34	00:53:08	17	24.8	00:01:18	00:41:03	48	7:44		01:55:39.81
39	139	Timothy Huntley	M	48	Hudson	WI	00:12:53	12	1:27	00:02:37	00:59:15	55	22.3	00:01:03	00:39:54	38	7:31		01:55:40.55
40	206	Jenna Horner	F	20	Eden Prairie	MN	00:17:14	101	1:57	00:01:57	00:55:51	33	23.6	00:01:02	00:39:40	35	7:28		01:55:41.79
41	115	Michelle Brost	F	48	Eleva	WI	00:14:21	38	1:37	00:02:22	00:57:06	42	23.1	00:01:14	00:40:44	45	7:40		01:55:44.26
42	208	Josh Van Kirk	M	36	Maple Grove	MN	00:15:50	70	1:47	00:02:27	00:59:01	52	22.4	00:01:45	00:37:16	21	7:01		01:56:15.71
43	88	Kevin Grafft	M	57	Chanhassen	MN	00:15:26	56	1:44	00:02:55	00:57:19	44	23.0	00:01:14	00:39:40	36	7:28		01:56:30.30
44	170	Sharon Heyer	F	29	Circle Pines	MN	00:15:04	48	1:42	00:02:18	01:00:58	68	21.7	00:01:30	00:37:47	24	7:07		01:57:33.79
45	70	Skip Fitting	M	63	Buffalo	MN	00:15:07	51	1:42	00:03:04	00:56:49	41	23.2	00:01:05	00:42:44	55	8:03		01:58:46.06
46	112	Jeff Winter	M	50	Edina	MN	00:14:54	45	1:41	00:02:34	00:57:37	45	22.9	00:01:18	00:42:54	57	8:05		01:59:13.47
47	132	Mandy Stoesz	F	33	Buffalo	MN	00:14:32	41	1:38	00:02:41	00:59:27	56	22.2	00:01:19	00:41:24	50	7:48		01:59:19.98
48	161	Jeremy Thompson	M	44	Maple Grove	MN	00:15:09	52	1:42	00:02:51	00:56:30	36	23.4	00:01:41	00:43:29	62	8:12		01:59:36.50
49	63	Jane Peterson	F	50	Saint Cloud	MN	00:13:05	15	1:28	00:02:56	00:59:43	61	22.1	00:01:22	00:42:55	58	8:05		01:59:58.73
50	210	Matthew Fliegel	M	23	Annandale	MN	00:16:36	88	1:52	00:02:59	01:03:04	86	20.9	00:01:07	00:36:38	19	6:54		02:00:21.19
51	94	Thorn Turner	M	55	Shorewood	MN	00:13:11	16	1:29	00:03:00	00:59:36	58	22.2	00:00:40	00:44:25	67	8:22		02:00:49.80
52	203	Isaiah Bischoff	M	15	Minneapolis	MN	00:14:55	46	1:41	00:02:44	01:02:44	80	21.0	00:01:18	00:39:15	31	7:24		02:00:53.30
53	146	William Lorenz	M	46	Benson	MN	00:16:52	91	1:54	00:02:25	00:59:07	53	22.3	00:00:49	00:41:49	52	7:53		02:00:59.06
54	205	Brandon Kanz	M	39	Edina	MN	00:17:06	97	1:56	00:02:38	00:59:44	62	22.1	00:01:38	00:40:43	44	7:40		02:01:45.77
55	175	Peggy Renier	F	24	Plymouth	MN	00:15:07	50	1:42	00:02:24	01:03:06	88	20.9	00:01:46	00:40:13	40	7:35		02:02:33.76
56	198	Mitchell Ergen	M	25	Saint Cloud	MN	00:15:54	76	1:48	00:02:50	01:02:26	76	21.1	00:01:30	00:40:36	42	7:39		02:03:13.74
57	109	Charles Huntley	M	50	Woodbury	MN	00:14:58	47	1:41	00:02:51	01:01:13	69	21.6	00:01:07	00:43:18	60	8:10		02:03:24.46
58	182	Kate Ludwig	F	18	Moorhead	MN	00:16:28	86	1:51	00:02:56	01:02:46	81	21.0	00:01:26	00:40:41	43	7:40		02:04:14.60
59	140	Thomas Laberge	M	48	Blaine	MN	00:15:14	53	1:43	00:03:15	00:59:41	60	22.1	00:02:08	00:44:04	66	8:18		02:04:20.10
60	114	Chris Nehring	F	49	Kimball	MN	00:16:34	87	1:52	00:03:02	00:58:38	50	22.5	00:01:08	00:46:10	78	8:42		02:05:30.05
61	188	Bill Shields	M	37	Plymouth	MN	00:16:03	79	1:49	00:03:22	01:02:47	82	21.0	00:02:00	00:41:22	49	7:48		02:05:31.45
62	75	Bob Leone	M	61	Plymouth	MN	00:17:09	99	1:56	00:04:20	00:56:41	39	23.3	00:01:20	00:46:21	80	8:44		02:05:48.94
63	46	Helen Gunther	F	61	Excelsior	MN	00:15:59	78	1:48	00:02:33	01:01:31	71	21.5	00:00:50	00:44:59	72	8:29		02:05:49.55
64	96	Patty Carlen	F	50	Saint Paul	MN	00:14:01	30	1:35	00:03:27	00:57:56	47	22.8	00:01:28	00:49:07	93	9:15		02:05:56.08
65	55	Lisa Hines	F	55	Waite Park	MN	00:15:20	54	1:44	00:02:39	01:02:11	75	21.2	00:01:06	00:44:55	70	8:28		02:06:07.80
66	191	Peter Elsham	M	30	Plymouth	MN	00:16:16	82	1:50	00:03:00	00:59:40	59	22.1	00:01:49	00:45:51	77	8:38		02:06:33.78
67	192	Andrew Jacot	M	30	St Paul	MN	00:15:47	68	1:47	00:02:41	00:59:14	54	22.3	00:01:49	00:47:35	84	8:58		02:07:03.04
68	92	David Knack	M	55	Prior Lake	MN	00:13:58	29	1:34	00:02:28	00:56:43	40	23.3	00:01:03	00:52:58	116	9:59		02:07:07.46
69	183	Sofie Overturf	F	18	Moorhead	MN	00:15:50	71	1:47	00:03:01	01:03:20	92	20.8	00:01:26	00:43:42	64	8:14		02:07:16.75
70	172	Emily Rothstein	F	29	Saint Cloud	MN	00:15:53	74	1:47	00:02:54	01:04:28	106	20.5	00:01:41	00:42:42	54	8:03		02:07:35.29
71	47	Rhiannon Oconnor	F	61	Dellwood	MN	00:16:09	80	1:49	00:03:07	00:59:30	57	22.2	00:01:13	00:49:08	94	9:16		02:09:04.29
72	171	Stephani Johnson	F	29	St. Louis Park	MN	00:16:19	84	1:50	00:02:26	01:04:14	104	20.6	00:01:35	00:44:44	68	8:26		02:09:16.26

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	107	Dustin Warner	M	52	Eden Prairie	MN	00:16:46	90	1:53	00:02:53	01:03:55	98	20.7	00:01:03	00:44:56	71	8:28	02:09:30.53
74	147	Matthew Swenke	M	46	Farmington	MN	00:14:36	42	1:39	00:02:51	01:02:39	78	21.1	00:01:38	00:48:04	91	9:04	02:09:45.03
75	90	Mark Getty	M	56	Plymouth	MN	00:18:24	119	2:05	00:03:31	01:03:07	90	20.9	00:00:57	00:43:56	65	8:17	02:09:53.15
76	193	Jake Keepers	M	30	Milwaukee	WI	00:17:18	102	1:57	00:03:33	01:07:14	123	19.6	00:01:52	00:40:08	39	7:34	02:10:01.98
77	110	Tim Jette	M	50	Maple Grove	MN	00:18:06	116	2:02	00:02:59	01:03:55	100	20.7	00:01:58	00:43:29	63	8:12	02:10:24.54
78	202	Brett Honsey	M	17	Annandale	MN	00:15:38	62	1:46	00:03:02	01:05:32	114	20.1	00:01:20	00:45:14	74	8:32	02:10:43.78
79	184	Mark Alberts	M	39	Hutchinson	MN	00:16:45	89	1:53	00:03:05	01:04:27	105	20.5	00:01:50	00:44:46	69	8:26	02:10:50.29
80	53	Judy Murray	F	58	Sartell	MN	00:17:35	108	1:59	00:03:18	01:01:48	73	21.4	00:01:28	00:47:06	83	8:53	02:11:12.79
81	160	Steve Rothmeier	M	44	Albert Lea	MN	00:17:01	93	1:55	00:03:05	00:58:23	48	22.6	00:02:18	00:50:32	102	9:31	02:11:15.78
82	162	Glen Varns	M	43	Minneapolis	MN	00:19:09	127	2:10	00:02:24	01:00:54	67	21.7	00:02:06	00:46:51	81	8:50	02:11:20.67
83	152	James Carlen	M	50	Saint Paul	MN	00:20:40	143	2:20	00:02:42	01:00:27	64	21.8	00:02:24	00:45:12	73	8:31	02:11:22.80
84	211	Michael Fliegel	M	27	Annandale	MN	00:17:01	94	1:55	00:03:51	01:07:10	122	19.7	00:01:47	00:42:02	53	7:55	02:11:49.04
85	81	Steve Gunther	M	60	Excelsior	MN	00:14:26	40	1:38	00:02:33	01:03:01	85	20.9	00:00:41	00:52:15	113	9:51	02:12:53.55
86	64	Thomas Rohman	M	71	South Haven	MN	00:17:30	106	1:58	00:03:08	01:03:07	89	20.9	00:01:35	00:47:42	86	8:59	02:12:59.16
87	196	Drew Olmen	M	28	Annandale	MN	00:15:45	67	1:47	00:02:08	01:01:26	70	21.5	00:01:48	00:51:59	110	9:48	02:13:04.11
88	126	Leanne Johansen	F	42	Wayzata	MN	00:15:21	55	1:44	00:02:45	01:04:44	111	20.4	00:01:20	00:49:05	92	9:15	02:13:13.54
89	153	Sheri Budde	F	40	South Haven	MN	00:15:53	73	1:47	00:03:03	01:05:16	113	20.2	00:01:34	00:47:37	85	8:59	02:13:21.13
90	159	Ryan Kessler	M	44	Mendota Heights	MN	00:19:03	125	2:09	00:02:28	01:02:47	83	21.0	00:01:38	00:47:57	89	9:02	02:13:50.29
91	122	Margaret Kelly	F	45	Minneapolis	MN	00:18:48	124	2:07	00:04:25	01:03:14	91	20.9	00:01:47	00:45:46	76	8:38	02:13:57.41
92	71	Greg Fletcher	M	63	Chanhassen	MN	00:15:56	77	1:48	00:04:00	00:58:28	49	22.6	00:01:47	00:53:53	122	10:09	02:14:01.79
93	129	Kyleen Harstedt	F	39	Hugo	MN	00:17:20	103	1:57	00:02:52	01:00:54	66	21.7	00:02:09	00:51:08	107	9:38	02:14:20.06
94	174	Kalyna Apkarian	F	25	Minneapolis	MN	00:15:33	58	1:45	00:02:47	01:03:55	99	20.7	00:01:30	00:51:06	106	9:38	02:14:48.72
95	204	Sean Devine	M	25	St. Louis Park	MN	00:17:04	95	1:55	00:03:39	01:01:54	74	21.3	00:02:05	00:50:29	100	9:31	02:15:08.79
96	133	Rachael Weiker	F	33	Minneapolis	MN	00:20:54	145	2:22	00:02:23	01:03:04	87	20.9	00:01:56	00:47:05	82	8:52	02:15:20.33
97	59	Dawn Labiosa	F	53	Apple Valley	MN	00:13:43	21	1:33	00:03:13	01:04:06	102	20.6	00:00:53	00:53:56	123	10:10	02:15:49.05
98	54	Mary Januschka	F	57	Cambridge	MN	00:20:02	135	2:16	00:04:09	01:03:43	94	20.7	00:02:27	00:46:12	79	8:42	02:16:30.72
99	143	Jeffrey Blixt	M	46	Colorado Spgs	CO	00:17:52	111	2:01	00:03:27	01:00:16	63	21.9	00:02:58	00:52:03	112	9:49	02:16:33.54
100	121	Lynn Rothmeier	F	46	Albert Lea	MN	00:17:42	110	2:00	00:03:16	01:03:52	96	20.7	00:02:41	00:49:35	96	9:21	02:17:02.63
101	195	Cory Markwardt	M	29	Milwaukee	WI	00:14:24	39	1:37	00:03:10	01:04:37	108	20.4	00:02:33	00:52:44	114	9:56	02:17:24.94
102	56	Karen Eklin	F	54	Plymouth	MN	00:15:45	66	1:47	00:03:44	01:06:45	120	19.8	00:01:35	00:49:54	98	9:24	02:17:40.04
103	127	Marissa Mahowald	F	41	Sartell	MN	00:17:34	107	1:59	00:03:07	01:05:49	116	20.1	00:01:28	00:50:19	99	9:29	02:18:13.65
104	123	Carolyn Tuohy	F	44	Minneapolis	MN	00:18:19	118	2:04	00:02:28	01:08:29	132	19.3	00:01:52	00:47:53	87	9:01	02:18:58.04
105	131	Amber Rattray	F	35	Hutchinson	MN	00:18:14	117	2:03	00:02:53	01:02:30	77	21.1	00:01:37	00:54:07	124	10:12	02:19:17.47
106	168	Kelly Ness	M	40	Hopkins	MN	00:19:31	128	2:12	00:03:22	01:00:31	65	21.8	00:02:22	00:53:35	120	10:06	02:19:18.28
107	95	Janelle Waslaski	F	51	Inver Grove Heights	MN	00:18:37	122	2:06	00:02:53	01:13:11	146	18.0	00:02:19	00:42:58	59	8:06	02:19:55.04
108	61	Beth Wengler	F	52	Saint Cloud	MN	00:17:26	105	1:58	00:03:36	01:04:05	101	20.6	00:01:49	00:53:26	118	10:04	02:20:19.54

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Results

Note: Penalty list at end of results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
109	194	Matthew Waggenspack	M	30	Minneapolis	MN	00:20:21	141	2:18	00:03:45	01:09:02	134	19.1	00:02:12	00:45:16	75	8:32	02:20:34.10
110	120	Angela Jordahl	F	46	Big Lake	MN	00:17:10	100	1:56	00:02:11	01:07:10	121	19.7	00:01:25	00:52:46	115	9:57	02:20:38.01
111	189	Terry Werk	M	37	Eden Prairie	MN	00:17:58	114	2:02	00:03:21	01:07:49	126	19.5	00:01:10	00:50:31	101	9:31	02:20:47.16
112	135	Teresa Fox	F	31	Minneapolis	MN	00:18:30	121	2:05	00:03:10	01:08:34	133	19.3	00:01:23	00:51:00	105	9:37	02:22:34.74
113	66	Rick E. Wheeler	M	67	Bloomington	MN	00:17:52	112	2:01	00:03:32	01:06:22	117	19.9	00:01:33	00:53:44	121	10:08	02:23:01.04
114	150	Khristy Arvidson	F	31	Andover	MN	00:19:08	126	2:10	00:02:42	01:10:23	140	18.8	00:01:46	00:49:36	97	9:21	02:23:32.47
115	176	Erica O'brien	F	22	South Haven	MN	00:17:00	92	1:55	00:03:10	01:12:30	144	18.2	00:02:54	00:48:02	90	9:03	02:23:34.03
116	163	Lance Westerlund	M	43	St. Stephen	MN	00:15:50	72	1:47	00:02:25	01:01:38	72	21.4	00:02:05	01:02:00	147	11:41	02:23:55.48
117	69	Mike Borneke	M	64	Eagle Lake	MN	00:22:22	151	2:31	00:03:55	01:04:37	109	20.4	00:01:13	00:52:02	111	9:48	02:24:07.14
118	144	Gregory Happ	M	46	Chaska	MN	00:19:38	131	2:13	00:03:53	01:05:43	115	20.1	00:02:02	00:53:18	117	10:03	02:24:30.46
119	49	Cynthia Revak	F	60	River Falls	WI	00:24:05	158	2:43	00:03:17	01:03:52	95	20.7	00:01:54	00:51:49	109	9:46	02:24:53.53
120	125	Susan Hilal	F	42	Plymouth	MN	00:15:34	60	1:45	00:02:31	01:08:20	130	19.3	00:01:16	00:58:04	135	10:57	02:25:42.44
121	137	Brett Mayfield	M	49	Cokato	MN	00:18:41	123	2:06	00:02:40	01:02:40	79	21.1	00:02:48	00:59:02	141	11:08	02:25:47.53
122	52	Brenda Conzet	F	58	Buffalo	MN	00:17:08	98	1:56	00:04:53	01:06:22	118	19.9	00:02:26	00:55:21	127	10:26	02:26:08.39
123	187	Ryan Moore	M	37	Maple Grove	MN	00:18:24	120	2:05	00:03:53	01:08:17	129	19.3	00:02:17	00:53:29	119	10:05	02:26:17.75
124	45	Lisa Wheeler	F	67	Bloomington	MN	00:20:02	134	2:16	00:02:59	01:07:46	125	19.5	00:01:36	00:54:47	125	10:20	02:27:05.69
125	58	Joan Casey	F	53	St Louis Park	MN	00:13:53	24	1:34	00:02:35	01:09:56	135	18.9	00:01:54	00:58:52	140	11:06	02:27:07.54
126	105	Steven Gallagher	M	53	Minneapolis	MN	00:17:56	113	2:01	00:03:49	01:08:05	127	19.4	00:01:46	00:56:10	130	10:35	02:27:42.48
127	85	Carl Hoang	M	58	Maple Grove	MN	00:19:36	129	2:13	00:03:29	01:04:13	103	20.6	00:02:07	00:58:38	138	11:03	02:28:01.03
128	179	Madalyn Winger	F	21	Alexandria	MN	00:14:07	32	1:35	00:03:26	01:12:39	145	18.2	00:02:06	00:55:53	128	10:32	02:28:07.02
129	72	Scott Aksamit	M	61	Minneapolis	MN	00:14:13	34	1:36	00:02:56	01:03:54	97	20.7	00:01:17	01:06:02	152	12:27	02:28:19.98
130	78	Steven Donen	M	60	Chanhassen	MN	00:17:25	104	1:58	00:03:32	01:04:48	112	20.4	00:02:58	01:00:03	145	11:19	02:28:43.67
131	80	Dwight Geisler	M	60	Bloomington	MN	00:21:54	149	2:28	00:04:36	01:04:34	107	20.4	00:01:06	00:56:40	132	10:41	02:28:48.14
132	169	Jason Vinar	M	40	Plymouth	MN	00:21:45	147	2:27	00:02:50	01:03:26	93	20.8	00:03:03	00:58:37	137	11:03	02:29:37.61
133	149	Emily Nelson	F	37	Harrisburg	SD	00:17:05	96	1:56	00:03:44	01:10:12	139	18.8	00:02:44	00:56:06	129	10:34	02:29:48.57
134	164	Michael Kallok	M	42	Fridley	MN	00:20:02	133	2:16	00:04:28	01:10:56	141	18.6	00:04:44	00:50:48	104	9:35	02:30:55.68
135	89	Jonathan Stinson	M	57	Plymouth	MN	00:23:15	154	2:38	00:05:26	01:10:10	137	18.8	00:02:54	00:49:34	95	9:21	02:31:16.76
136	117	Sally Covert	F	47	White Bear Lake	MN	00:20:32	142	2:19	00:03:05	01:07:37	124	19.5	00:01:49	00:58:33	136	11:02	02:31:34.40
137	65	John Zumhofe	M	68	Sioux Falls	SD	00:20:06	137	2:16	00:03:46	01:02:59	84	21.0	00:01:45	01:03:07	150	11:54	02:31:39.71
138	76	Cary Radisewitz	M	61	Luverne	MN	00:20:11	139	2:17	00:05:33	01:06:38	119	19.8	00:03:14	00:56:12	131	10:36	02:31:45.28
139	145	Matt Honsey	M	46	Annandale	MN	00:23:51	157	2:42	00:02:40	01:14:00	150	17.8	00:00:56	00:50:36	103	9:32	02:32:00.77
140	201	Hunter Lund	M	18	South Haven	MN	00:23:35	156	2:40	00:03:56	01:15:36	153	17.5	00:01:43	00:47:57	88	9:02	02:32:44.73
141	48	Judy Rangel	F	60	White Bear Lake	MN	00:20:07	138	2:16	00:03:22	01:08:20	131	19.3	00:02:11	00:59:51	144	11:17	02:33:48.80
142	180	Claire Sebald	F	20	Excelsior	MN	00:13:54	26	1:34	00:03:04	01:11:06	143	18.6	00:02:28	01:04:14	151	12:07	02:34:43.54
143	124	Jennifer Ho	F	43	St. Paul	MN	00:18:03	115	2:02	00:03:50	01:11:03	142	18.6	00:02:30	00:59:28	143	11:13	02:34:51.42
144	74	Rick Larson	M	61	Bloomington	MN	00:29:15	160	3:18	00:04:28	01:08:11	128	19.4	00:02:03	00:51:35	108	9:43	02:35:27.82

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Results

Note: Penalty list at end of results

### Long Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
145	116	Joleen Gutting	F	48	River Falls	WI	00:20:06	136	2:16	00:04:51	01:10:11	138	18.8	00:02:30	00:58:39	139	11:03	02:36:14.52
146	154	Kate Varns	F	46	Minneapolis	MN	00:19:51	132	2:14	00:03:14	01:13:33	148	17.9	00:04:41	00:55:06	126	10:23	02:36:22.49
147	68	Marty Asleson	M	65	Lino Lakes	MN	00:20:52	144	2:21	00:05:05	01:10:03	136	18.8	00:02:11	00:59:16	142	11:10	02:37:24.43
148	173	Sydney Chandler	F	28	Medicine Lake	MN	00:15:29	57	1:45	00:03:51	01:22:21	157	16.0	00:02:43	00:56:59	133	10:45	02:41:21.19
149	119	Amy Blixt	F	46	Colorado Springs	CO	00:19:36	130	2:13	00:04:02	01:15:31	152	17.5	00:02:07	01:00:10	146	11:21	02:41:23.51
150	62	Mary Ellen Anderson	F	51	Eagan	MN	00:20:54	146	2:22	00:03:41	01:13:23	147	18.0	00:02:06	01:02:18	148	11:45	02:42:19.43
151	177	Sophia Freese	F	21	Minnnetonka	MN	00:13:50	22	1:33	00:02:50	01:17:30	154	17.0	00:01:47	01:12:23	155	13:39	02:48:17.23
152	73	John Jasinski	M	61	Minneapolis	MN	00:23:20	155	2:38	00:07:04	01:18:15	155	16.9	00:03:13	00:57:37	134	10:52	02:49:28.15
153	111	Brent Reiner	M	50	Hutchinson	MN	00:26:05	159	2:57	00:04:46	01:14:37	151	17.7	00:01:55	01:02:30	149	11:47	02:49:52.08
154	86	Chuck Wagner	M	58	Minnnetonka	MN	00:23:11	153	2:37	00:03:55	01:13:41	149	17.9	00:02:40	01:08:17	153	12:52	02:51:40.50
155	181	Hana Pokornowski	F	19	Cokato	MN	00:15:54	75	1:48	00:03:36	01:27:23	159	15.1	00:01:29	01:10:30	154	13:17	02:58:50.22
156	57	Jill Waters	F	54	Minneapolis	MN	00:20:17	140	2:17	00:03:22	01:21:05	156	16.3	00:01:52	01:13:39	156	13:53	03:00:12.74
157	209	Karen Janssen	F	28	Belgrade	MN	00:22:12	150	2:30	00:03:25	01:22:31	158	16.0	00:02:27	01:17:57	157	14:42	03:08:28.93

# Heart of the Lakes Triathlon

July 15, 2018

## Did Not Finish or Disqualified

### Long Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
STD	77	Peter Tabor	M	61	Minneapolis	MN	00:16:13	81	1:50	00:03:56	00:57:38	46	22.9				
STD	82	William Markwardt	M	59	La Crosse	WI	00:21:53	148	2:28	00:03:49	01:04:42	110	20.4	00:02:04			
STD	118	Jessica Kessler	F	47	Mendota Heights	MN											
STD	128	Shannon Reagan	F	41	Monticello	MN	00:22:53	152	2:35	00:03:24							
DNF	136	Andrea Tremaine	F	30	Minneapolis	MN	00:18:36		2:06	00:02:04	01:00:53		21.7	00:01:20			