

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 Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/157	4/64	21	Nicole Heiningner	29	F	Hudson	WI	00:12:42.79	00:51:41.94	00:39:36.47		01:46:19.07
2	33/157	8/64	12	Katherine Johnson	30	F	Ramsey	MN	00:15:47.00	00:56:36.08	00:38:45.00		01:53:25.68
3	38/157	9/64	8	Emma Adriaens	28	F	Elk River	MN	00:17:39.02	00:53:07.52	00:41:02.26		01:55:39.81

Male Elite

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

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1	4/157	4/93	3	Joe Adriaens	30	M	Elk River	MN	00:12:37.67	00:48:38.21	00:31:35.18		01:34:58.31
2	5/157	5/93	11	Samuel Hauck	34	M	Rochester	MN	00:12:35.78	00:48:17.26	00:34:03.32		01:36:52.96
3	7/157	6/93	20	Andy Wiberg	39	M	Lakeville	MN	00:15:33.21	00:49:49.63	00:31:56.36		01:39:50.00
4	9/157	8/93	15	Spencer Syvertson	22	M	Paynesville	MN	00:12:10.26	00:53:05.94	00:33:48.38		01:41:06.31
5	10/157	9/93	17	Brett Lovaas	43	M	Minnnetonka	MN	00:12:05.51	00:50:21.85	00:36:58.80		01:41:20.55
6	13/157	11/93	5	Mike Buenting	44	M	Chanhassen	MN	00:14:18.19	00:53:03.26	00:34:32.72		01:44:01.97
7	25/157	19/93	18	Stephen Dennison	23	M	Maple Grove	MN	00:12:46.92	00:57:06.52	00:38:10.58		01:50:58.81

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
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
4	128/157	50/64	179	Madalyn Winger	21	F	Alexandria	MN	00:14:06.04	01:12:38.11	00:55:52.57		02:28:07.02
5	142/157	54/64	180	Claire Sebald	20	F	Excelsior	MN	00:13:53.04	01:11:05.20	01:04:13.50		02:34:43.54
6	151/157	61/64	177	Sophia Freese	21	F	Minnnetonka	MN	00:13:49.04	01:17:29.49	01:12:22.16		02:48:17.23

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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	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
4	94/157	30/64	174	Kalyna Apkarian	25	F	Minneapolis	MN	00:15:32.93	01:03:54.33	00:51:05.51		02:14:48.72
5	148/157	58/64	173	Sydney Chandler	28	F	Medicine Lake	MN	00:15:28.45	01:22:20.98	00:56:58.75		02:41:21.19
6	157/157	64/64	209	Karen Janssen	28	F	Belgrade	MN	00:22:11.49	01:22:30.49	01:17:56.24		03:08:28.93

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
4	87/157	62/93	196	Drew Olmen	28	M	Annandale	MN	00:15:44.53	01:01:25.48	00:51:58.65		02:13:04.11
5	95/157	65/93	204	Sean Devine	25	M	St. Louis Park	MN	00:17:03.28	01:01:53.85	00:50:28.65		02:15:08.79
6	101/157	67/93	195	Cory Markwardt	29	M	Milwaukee	WI	00:14:23.09	01:04:36.64	00:52:43.59		02:17:24.94

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
4	114/157	43/64	150	Khristy Arvidson	31	F	Andover	MN	00:19:07.69	01:10:22.68	00:49:35.36		02:23:32.47

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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
4	76/157	52/93	193	Jake Keepers	30	M	Milwaukee	WI	00:17:17.32	01:07:13.92	00:40:07.16		02:10:01.98
5	109/157	69/93	194	Matthew Waggenpack	30	M	Minneapolis	MN	00:20:20.29	01:09:01.44	00:45:15.91		02:20:34.10

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
4	54/157	40/93	205	Brandon Kanz	39	M	Edina	MN	00:17:05.28	00:59:43.06	00:40:42.30		02:01:45.77
5	61/157	44/93	188	Bill Shields	37	M	Plymouth	MN	00:16:02.34	01:02:46.40	00:41:21.70		02:05:31.45
6	79/157	55/93	184	Mark Alberts	39	M	Hutchinson	MN	00:16:44.70	01:04:26.32	00:44:45.83		02:10:50.29
7	111/157	70/93	189	Terry Werk	37	M	Eden Prairie	MN	00:17:57.97	01:07:48.06	00:50:30.74		02:20:47.16
8	123/157	76/93	187	Ryan Moore	37	M	Maple Grove	MN	00:18:23.78	01:08:16.68	00:53:28.55		02:26:17.75

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
4	104/157	37/64	123	Carolyn Tuohy	44	F	Minneapolis	MN	00:18:18.20	01:08:28.22	00:47:52.08		02:18:58.04
5	120/157	46/64	125	Susan Hilal	42	F	Plymouth	MN	00:15:33.28	01:08:19.25	00:58:03.52		02:25:42.44

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Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
6	143/157	55/64	124	Jennifer Ho	43	F	St. Paul	MN	00:18:02.29	01:11:02.41	00:59:27.20		02:34:51.42

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
4	34/157	26/93	165	Nathan Budde	41	M	South Haven	MN	00:15:44.43	00:55:52.15	00:38:25.58		01:53:47.88
5	48/157	35/93	161	Jeremy Thompson	44	M	Maple Grove	MN	00:15:08.13	00:56:29.64	00:43:28.05		01:59:36.50
6	81/157	56/93	160	Steve Rothmeier	44	M	Albert Lea	MN	00:17:00.52	00:58:22.75	00:50:31.06		02:11:15.78
7	82/157	57/93	162	Glen Varns	43	M	Minneapolis	MN	00:19:08.40	01:00:53.21	00:46:50.08		02:11:20.67
8	90/157	63/93	159	Ryan Kessler	44	M	Mendota Heights	MN	00:19:02.03	01:02:46.66	00:47:56.83		02:13:50.29
9	106/157	68/93	168	Kelly Ness	40	M	Hopkins	MN	00:19:30.40	01:00:30.50	00:53:34.92		02:19:18.28
10	116/157	72/93	163	Lance Westerlund	43	M	St. Stephen	MN	00:15:49.99	01:01:37.52	01:01:59.02		02:23:55.48
11	132/157	82/93	169	Jason Vinar	40	M	Plymouth	MN	00:21:44.53	01:03:25.01	00:58:36.63		02:29:37.61
12	134/157	83/93	164	Michael Kallok	42	M	Fridley	MN	00:20:01.02	01:10:55.61	00:50:47.74		02:30:55.68

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
4	100/157	34/64	121	Lynn Rothmeier	46	F	Albert Lea	MN	00:17:41.46	01:03:51.62	00:49:34.07		02:17:02.63
5	110/157	41/64	120	Angela Jordahl	46	F	Big Lake	MN	00:17:09.16	01:07:09.52	00:52:45.07		02:20:38.01
6	136/157	52/64	117	Sally Covert	47	F	White Bear Lake	MN	00:20:31.84	01:07:36.79	00:58:32.45		02:31:34.40
7	145/157	56/64	116	Joleen Gutting	48	F	River Falls	WI	00:20:05.00	01:10:10.45	00:58:38.21		02:36:14.52
8	146/157	57/64	154	Kate Varns	46	F	Minneapolis	MN	00:19:50.79	01:13:32.64	00:55:05.29		02:36:22.49
9	149/157	59/64	119	Amy Blixt	46	F	Colorado Springs	CO	00:19:35.66	01:15:30.22	01:00:09.63		02:41:23.51

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Male Ages 45 - 49

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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
4	28/157	22/93	148	Scott Brown	45	M	Minneapolis	MN	00:14:11.29	00:54:49.36	00:39:48.90		01:52:13.94
5	39/157	30/93	139	Timothy Huntley	48	M	Hudson	WI	00:12:52.29	00:59:14.53	00:39:53.96		01:55:40.55
6	53/157	39/93	146	William Lorenz	46	M	Benson	MN	00:16:51.29	00:59:06.05	00:41:48.84		02:00:59.06
7	59/157	43/93	140	Thomas Laberge	48	M	Blaine	MN	00:15:13.10	00:59:40.81	00:44:03.88		02:04:20.10
8	74/157	50/93	147	Matthew Swenke	46	M	Farmington	MN	00:14:35.28	01:02:38.87	00:48:03.40		02:09:45.03
9	99/157	66/93	143	Jeffrey Blixt	46	M	Colorado Spgs	CO	00:17:51.53	01:00:15.57	00:52:02.21		02:16:33.54
10	118/157	74/93	144	Gregory Happ	46	M	Chaska	MN	00:19:37.51	01:05:42.54	00:53:17.26		02:24:30.46
11	121/157	75/93	137	Brett Mayfield	49	M	Cokato	MN	00:18:40.03	01:02:39.29	00:59:01.57		02:25:47.53
12	139/157	87/93	145	Matt Honsey	46	M	Annandale	MN	00:23:50.29	01:13:59.78	00:50:35.72		02:32:00.77

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
4	97/157	32/64	59	Dawn Labiosa	53	F	Apple Valley	MN	00:13:42.11	01:04:05.68	00:53:55.85		02:15:49.05
5	102/157	35/64	56	Karen Eklin	54	F	Plymouth	MN	00:15:44.48	01:06:44.08	00:49:53.08		02:17:40.04
6	107/157	39/64	95	Janelle Waslaski	51	F	Inver Grove Heights	MN	00:18:36.51	01:13:10.28	00:42:57.33		02:19:55.04
7	108/157	40/64	61	Beth Wengler	52	F	Saint Cloud	MN	00:17:25.94	01:04:04.33	00:53:25.31		02:20:19.54
8	125/157	49/64	58	Joan Casey	53	F	St Louis Park	MN	00:13:52.64	01:09:55.09	00:58:51.83		02:27:07.54
9	150/157	60/64	62	Mary Ellen Anderson	51	F	Eagan	MN	00:20:53.72	01:13:22.44	01:02:17.09		02:42:19.43
10	156/157	63/64	57	Jill Waters	54	F	Minneapolis	MN	00:20:16.52	01:21:04.40	01:13:38.55		03:00:12.74

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
4	57/157	42/93	109	Charles Huntley	50	M	Woodbury	MN	00:14:57.28	01:01:12.32	00:43:17.74		02:03:24.46

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Overall Division Results

Long Individual

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
5	73/157	49/93	107	Dustin Warner	52	M	Eden Prairie	MN	00:16:45.53	01:03:54.29	00:44:55.81		02:09:30.53
6	77/157	53/93	110	Tim Jette	50	M	Maple Grove	MN	00:18:05.03	01:03:54.98	00:43:28.76		02:10:24.54
7	83/157	58/93	152	James Carlen	50	M	Saint Paul	MN	00:20:39.89	01:00:26.71	00:45:11.34		02:11:22.80
8	126/157	77/93	105	Steven Gallagher	53	M	Minneapolis	MN	00:17:55.35	01:08:04.31	00:56:09.31		02:27:42.48
9	153/157	92/93	111	Brent Reiner	50	M	Hutchinson	MN	00:26:04.78	01:14:36.93	01:02:29.65		02:49:52.08

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
4	98/157	33/64	54	Mary Januschka	57	F	Cambridge	MN	00:20:01.54	01:03:42.68	00:46:11.75		02:16:30.72
5	122/157	47/64	52	Brenda Conzet	58	F	Buffalo	MN	00:17:07.26	01:06:21.76	00:55:20.76		02:26:08.39

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
4	51/157	37/93	94	Thorn Turner	55	M	Shorewood	MN	00:13:10.97	00:59:35.51	00:44:24.23		02:00:49.80
5	68/157	48/93	92	David Knack	55	M	Prior Lake	MN	00:13:57.64	00:56:42.47	00:52:57.23		02:07:07.46
6	75/157	51/93	90	Mark Getty	56	M	Plymouth	MN	00:18:23.53	01:03:06.76	00:43:55.73		02:09:53.15
7	127/157	78/93	85	Carl Hoang	58	M	Maple Grove	MN	00:19:35.53	01:04:12.82	00:58:37.06		02:28:01.03
8	135/157	84/93	89	Jonathan Stinson	57	M	Plymouth	MN	00:23:14.72	01:10:09.26	00:49:33.85		02:31:16.76
9	154/157	93/93	86	Chuck Wagner	58	M	Minnetonka	MN	00:23:10.53	01:13:40.06	01:08:16.34		02:51:40.50

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

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Overall Division Results

Long Individual

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
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
4	141/157	53/64	48	Judy Rangel	60	F	White Bear Lake	MN	00:20:06.79	01:08:19.83	00:59:50.13		02:33:48.80

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
4	85/157	60/93	81	Steve Gunther	60	M	Excelsior	MN	00:14:25.99	01:03:00.51	00:52:14.38		02:12:53.55
5	92/157	64/93	71	Greg Fletcher	63	M	Chanhassen	MN	00:15:55.53	00:58:27.26	00:53:52.89		02:14:01.79
6	117/157	73/93	69	Mike Borneke	64	M	Eagle Lake	MN	00:22:21.08	01:04:36.76	00:52:01.68		02:24:07.14
7	129/157	79/93	72	Scott Aksamit	61	M	Minneapolis	MN	00:14:12.98	01:03:53.35	01:06:01.01		02:28:19.98
8	130/157	80/93	78	Steven Donen	60	M	Chanhassen	MN	00:17:24.70	01:04:47.68	01:00:02.45		02:28:43.67
9	131/157	81/93	80	Dwight Geisler	60	M	Bloomington	MN	00:21:53.97	01:04:33.85	00:56:39.68		02:28:48.14
10	138/157	86/93	76	Cary Radisewitz	61	M	Luverne	MN	00:20:10.56	01:06:37.09	00:56:11.13		02:31:45.28
11	144/157	89/93	74	Rick Larson	61	M	Bloomington	MN	00:29:14.51	01:08:10.01	00:51:34.19		02:35:27.82
12	152/157	91/93	73	John Jasinski	61	M	Minneapolis	MN	00:23:19.98	01:18:14.90	00:57:36.82		02:49:28.15

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

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

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Overall Division Results

Long 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	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