

Heart of the Lakes Triathlon

July 15, 2018

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	3/239	1/136	377	Gaby Bunter	26	F	North Oaks	MN	00:05:33.95	00:21:55.81	00:15:54.15		00:45:41.16
2	11/239	2/136	541	Caroline Peterson	15	F	Northfield	MN	00:05:53.52	00:24:11.18	00:19:00.28		00:52:26.95
3	14/239	3/136	512	Anne Grabowski	50	F	Bloomington	MN	00:07:11.95	00:23:56.26	00:20:43.63		00:55:08.68

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/239	1/103	413	Kris Spoth	31	M	St Paul	MN	00:06:12.29	00:20:41.54	00:13:38.70		00:42:31.56
2	2/239	2/103	544	Andrew Zabel	38	M	Sartell	MN	00:06:31.94	00:20:11.17	00:14:28.66		00:44:03.31
3	4/239	3/103	251	Kyle Swenson	16	M	Rogers	MN	00:05:32.78	00:22:18.79	00:15:29.30		00:45:52.53

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/239	5/136	260	Jill Ellenbecker	45	F	Coon Rapids	MN	00:07:17.40	00:25:50.74	00:19:11.48		00:55:20.00

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/239	8/103	561	Bill Corcoran	45	M	Sauk Rapids	MN	00:06:57.17	00:22:11.20	00:18:52.55		00:51:08.54

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	15/239	4/136	255	Isabella Buenting	15	F	Chanhassen	MN	00:06:05.75	00:26:15.89	00:20:27.60		00:55:18.77
2	94/239	35/136	554	Kazimiera Hankee	13	F	Lake Elmo	MN	00:07:54.00	00:30:12.70	00:25:19.39		01:07:25.56
3	114/239	45/136	495	Eva Hester	16	F	Hudson	WI	00:07:23.66	00:33:28.37	00:24:23.84		01:09:04.22

Male Ages 01 - 19

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

Short 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	6/239	5/103	252	Nathan Bich	19	M	Duluth	MN	00:05:40.26	00:22:02.19	00:16:55.67		00:47:53.31
2	7/239	6/103	557	Jack Hennen	18	M	Cambridge	MI	00:06:13.26	00:23:04.98	00:18:06.28		00:49:39.06
3	39/239	24/103	462	Benjiman Eastlund	15	M	Buffalo	MN	00:08:59.86	00:28:53.48	00:19:40.00		01:00:39.56

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/239	11/136	435	Mikaela Algren	23	F	Prior Lake	MN	00:07:18.02	00:28:43.10	00:18:56.12		00:58:53.29
2	37/239	14/136	269	Sarah Ruschmeier	23	F	New Germany	MN	00:09:53.52	00:27:43.23	00:19:43.88		01:00:26.04
3	38/239	15/136	408	Emily Quandt	20	F	Annandale	MN	00:10:00.13	00:26:50.88	00:20:18.28		01:00:29.70

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/239	22/103	261	Nick Engfer	23	M	Buffalo	MN	00:06:52.44	00:27:08.62	00:22:48.43		01:00:10.06
2	58/239	38/103	273	Jeffrey Nelson	24	M	Osseo	MN	00:06:20.72	00:29:07.28	00:22:00.90		01:03:12.52
3	118/239	70/103	389	Erich Rotenberger	20	M	St. Michael	MN	00:12:12.61	00:31:43.50	00:21:44.78		01:09:39.45

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	44/239	18/136	266	Katie Vandorp	28	F	Annandale	MN	00:09:41.78	00:27:57.36	00:20:46.41		01:01:34.81
2	75/239	27/136	460	Jaclyn Thorston	28	F	Annandale	MN	00:10:19.35	00:27:00.06	00:23:26.58		01:04:39.11
3	87/239	31/136	469	Amanda Broin	25	F	Freeport	MN	00:09:18.60	00:28:45.56	00:23:29.65		01:06:40.05

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/239	7/103	271	Nick Teetzel	26	M	Rogers	MN	00:09:04.03	00:23:09.80	00:14:55.30		00:50:17.71
2	45/239	27/103	375	Michael Barton	26	M	Eagan	MN	00:12:53.16	00:25:18.34	00:18:52.59		01:01:37.99
3	57/239	37/103	267	Erik Fagerstrom	29	M	Bloomington	MN	00:07:57.03	00:27:48.97	00:23:23.85		01:03:10.45

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Overall Division Results

Short 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	21/239	7/136	258	Kelly Russ	30	F	Plymouth	MN	00:08:02.42	00:26:59.41	00:18:38.28		00:57:06.69
2	34/239	13/136	519	Anna Sawatzke	31	F	Arden Hills	MN	00:08:07.52	00:28:36.00	00:20:17.28		01:00:09.87
3	41/239	16/136	344	Devin Thorson	33	F	Brooklyn Center	MN	00:08:34.13	00:25:33.55	00:22:55.89		01:00:55.80

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	47/239	29/103	477	Bryan Szmergalski	30	M	Eden Prairie	MN	00:08:52.91	00:29:49.73	00:19:47.06		01:02:00.60
2	63/239	42/103	558	Karl Mertens	30	M	Gypsum	CO	00:12:04.68	00:27:02.73	00:19:15.89		01:03:44.06
3	69/239	44/103	514	Craig Myhre	34	M	St Louis Park	MN	00:08:50.26	00:28:03.96	00:22:41.30		01:04:17.60

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	20/239	6/136	257	Kym Zest	36	F	Minneapolis	MN	00:07:13.22	00:26:56.00	00:19:11.65		00:56:46.81
2	25/239	8/136	546	Julie Feldman	36	F	Lake Elmo	MN	00:08:20.26	00:24:27.12	00:22:02.13		00:58:00.00
3	27/239	9/136	262	Krisie Melsen	37	F	Saint Louis Park	MN	00:06:44.28	00:25:44.82	00:21:50.30		00:58:16.45

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/239	4/103	274	Nate Hoffman	35	M	South Haven	MN	00:07:49.69	00:21:47.26	00:14:07.37		00:46:11.48
2	13/239	11/103	448	Jacob Rattray	35	M	Hutchinson	MN	00:08:14.95	00:24:48.28	00:16:30.04		00:53:22.45
3	18/239	13/103	560	Jonathan Kell	38	M	Blaine	MN	00:09:20.97	00:23:22.29	00:19:58.93		00:55:56.39

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	66/239	23/136	376	Catherine Vaughn	42	F	Saint Paul	MN	00:10:01.22	00:28:34.63	00:21:42.49		01:04:02.52
2	104/239	41/136	284	Tina Honsey	43	F	Annandale	MN	00:11:46.07	00:30:34.53	00:21:54.26		01:08:01.06
3	116/239	47/136	425	Molly Krehbiel	42	F	Lakeville	MN	00:08:45.02	00:27:37.00	00:28:32.02		01:09:19.62

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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	51/239	32/103	432	Charles Weymann	41	M	Columbus Township	MN	00:10:07.72	00:28:07.24	00:19:14.64		01:02:33.75

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	43/239	17/136	383	Sarah Johnson	47	F	Minneapolis	MN	00:09:33.29	00:25:28.92	00:21:38.80		01:01:12.31
2	49/239	19/136	401	Debbie Christian	47	F	Buffalo	MN	00:08:45.95	00:25:45.24	00:23:21.96		01:02:04.56
3	68/239	25/136	535	Bev Swanson	49	F	Buffalo	MN	00:12:20.85	00:26:49.25	00:21:10.79		01:04:10.41

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/239	14/103	264	Greg Swenson	49	M	Rogers	MN	00:06:35.28	00:24:54.09	00:21:34.20		00:56:41.57
2	22/239	15/103	496	Mark Kretschmer	46	M	Hudson	WI	00:07:37.52	00:25:57.47	00:19:04.90		00:57:11.06
3	24/239	17/103	545	Rick Olson	45	M	Blaine	MN	00:07:36.82	00:25:54.04	00:19:55.34		00:57:49.59

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	121/239	51/136	548	Michelle Abellera	50	F	Minneapolis	MN	00:10:23.20	00:29:28.78	00:24:50.11		01:10:12.29
2	170/239	84/136	533	Celine Swift	53	F	Glencoe	MN	00:12:31.94	00:36:34.59	00:23:25.58		01:17:39.31
3	173/239	87/136	444	Jennifer Larson	50	F	Minneapolis	MN	00:08:05.33	00:33:59.27	00:31:46.91		01:17:55.84

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/239	9/103	254	Marty Moran	51	M	Asheville	NC	00:05:08.28	00:23:24.26	00:20:35.76		00:52:22.98
2	17/239	12/103	253	Todd White	51	M	Roseville	MN	00:06:10.23	00:24:50.31	00:21:03.57		00:55:20.81
3	55/239	35/103	520	Matthew Hwang	50	M	Saint Cloud	MN	00:07:12.35	00:25:41.79	00:25:32.61		01:03:03.64

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Short 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	65/239	22/136	360	Pam Reimer	56	F	Eden Prairie	MN	00:09:07.22	00:30:39.11	00:21:17.00	-00:02:09.00	01:04:02.23
2	67/239	24/136	529	Julie Wiens	56	F	Wayzata	MN	00:09:34.77	00:28:08.54	00:22:03.19		01:04:07.76
3	74/239	26/136	288	Denise Casey	58	F	Buffalo	MN	00:10:19.23	00:29:35.98	00:21:05.90		01:04:33.81

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	31/239	20/103	570	Dwight Larsen	55	M	Plymouth	MN	00:08:04.05	00:25:34.57	00:21:28.47		00:59:09.31
2	33/239	21/103	446	David Thoma	58	M	Annandale	MN	00:07:04.01	00:25:33.79	00:22:27.17		00:59:29.84
3	36/239	23/103	281	Todd Russ	59	M	Plymouth	MN	00:09:23.53	00:26:43.20	00:20:27.87		01:00:18.52

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	153/239	73/136	278	Vicki Hoiem	60	F	South Haven	MN	00:09:19.28	00:33:18.41	00:28:07.09		01:14:47.50
2	187/239	98/136	449	Mary Ellen Gutknecht	60	F	Buffalo	MN	00:10:16.69	00:28:58.72	00:35:36.40		01:20:47.06
3	208/239	114/136	470	Mary Myhre	61	F	Minneota	MN	00:12:31.45	00:37:18.73	00:30:03.28		01:26:30.31

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	12/239	10/103	394	Leonard Klun	64	M	Maple Plain	MN	00:06:53.40	00:23:32.80	00:18:09.05		00:52:28.56
2	23/239	16/103	263	Duane Pullins	60	M	Maple Lake	MN	00:08:21.34	00:23:55.18	00:21:49.67		00:57:47.82
3	105/239	64/103	504	Jim Bell	60	M	South Haven	MN	00:08:42.34	00:26:52.07	00:28:10.34		01:08:27.06

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	119/239	49/136	398	Brook Lemm-Tabor	66	F	Minneapolis	MN	00:10:56.98	00:27:31.63	00:26:12.08		01:10:04.70
2	225/239	126/136	390	Katie Maiers	65	F	Minneapolis	MN	00:11:40.77	00:35:36.04	00:39:47.48		01:33:58.89

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Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	78/239	50/103	517	Mark Walford	68	M	Glencoe	MN	00:10:13.51	00:26:58.65	00:23:32.45		01:05:06.32
2	80/239	52/103	563	Dave Kell	65	M	Richfield	MN	00:10:23.19	00:24:59.57	00:25:55.05		01:05:09.20
3	112/239	69/103	524	Bradley Johnson	65	M	Champlin	MN	00:10:46.99	00:28:02.48	00:24:27.91		01:09:01.78

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	124/239	72/103	527	Rick Golla	71	M	Rochester	MN	00:12:25.98	00:28:58.05	00:24:16.61		01:10:24.76
2	177/239	87/103	412	Thomas Fulton	71	M	Saint Louis Park	MN	00:09:59.23	00:29:35.01	00:29:02.57		01:18:47.49

Female Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	236/239	135/136	291	Judy Rykken	79	F	Bloomington	MN	00:13:42.37	00:40:23.96	00:38:17.15		01:41:34.52

Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	215/239	96/103	457	Don Meck	78	M	Siren	WI	00:12:39.70	00:28:37.28	00:32:45.52		01:27:37.11
2	217/239	98/103	279	Howard Bich	78	M	Sioux Falls	SD	00:14:16.67	00:31:27.48	00:36:01.16		01:28:35.28