

Heart of the Lakes Triathlon

July 15, 2018

Overall Results

Note: Penalty list at end of results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
1	413	Kris Spoth	M	31	St Paul	MN	00:06:13	10	1:24	00:01:08	00:20:42	2	26.1	00:00:52	00:13:39	1	5:27		00:42:31.56
2	544	Andrew Zabel	M	38	Sartell	MN	00:06:32	16	1:28	00:01:57	00:20:12	1	26.8	00:00:56	00:14:29	3	5:47		00:44:03.31
3	377	Gaby Bunter	F	26	North Oaks	MN	00:05:34	3	1:15	00:01:25	00:21:56	5	24.6	00:00:54	00:15:55	6	6:21		00:45:41.16
4	251	Kyle Swenson	M	16	Rogers	MN	00:05:33	2	1:15	00:01:39	00:22:19	8	24.2	00:00:54	00:15:30	5	6:11		00:45:52.53
5	274	Nate Hoffman	M	35	South Haven	MN	00:07:50	43	1:46	00:01:42	00:21:48	4	24.8	00:00:46	00:14:08	2	5:38		00:46:11.48
6	252	Nathan Bich	M	19	Duluth	MN	00:05:41	4	1:17	00:02:02	00:22:03	6	24.5	00:01:14	00:16:56	9	6:46		00:47:53.31
7	557	Jack Hennen	M	18	Cambridge	MI	00:06:14	11	1:24	00:01:25	00:23:05	9	23.4	00:00:50	00:18:07	12	7:14		00:49:39.06
8	271	Nick Teetzel	M	26	Rogers	MN	00:09:05	95	2:03	00:01:58	00:23:10	10	23.3	00:01:11	00:14:56	4	5:58		00:50:17.71
9	561	Bill Corcoran	M	45	Sauk Rapids	MN	00:06:58	24	1:34	00:01:44	00:22:12	7	24.3	00:01:25	00:18:53	16	7:33		00:51:08.54
10	551	Tanner Westmoreland	M	25	Madson Lake	MN	00:06:38	18	1:30	00:02:07	00:21:12	3	25.5	00:01:34	00:19:47	29	7:54		00:51:14.00
11	254	Marty Moran	M	51	Asheville	NC	00:05:09	1	1:09	00:02:02	00:23:25	12	23.1	00:01:14	00:20:36	41	8:14		00:52:22.98
12	541	Caroline Peterson	F	15	Northfield	MN	00:05:54	5	1:20	00:01:57	00:24:12	16	22.3	00:01:26	00:19:01	19	7:36		00:52:26.95
13	394	Leonard Klun	M	64	Maple Plain	MN	00:06:54	23	1:33	00:02:20	00:23:33	13	22.9	00:01:34	00:18:10	13	7:15		00:52:28.56
14	448	Jacob Rattray	M	35	Hutchinson	MN	00:08:15	60	1:52	00:02:23	00:24:49	18	21.8	00:01:27	00:16:31	8	6:36		00:53:22.45
15	512	Anne Grabowski	F	50	Bloomington	MN	00:07:12	28	1:37	00:02:10	00:23:57	15	22.6	00:01:08	00:20:44	44	8:17		00:55:08.68
16	255	Isabella Buenting	F	15	Chanhassen	MN	00:06:06	6	1:22	00:01:38	00:26:16	37	20.6	00:00:53	00:20:28	37	8:11		00:55:18.77
17	260	Jill Ellenbecker	F	45	Coon Rapids	MN	00:07:18	31	1:39	00:01:58	00:25:51	32	20.9	00:01:04	00:19:12	21	7:40		00:55:20.00
18	253	Todd White	M	51	Roseville	MN	00:06:11	9	1:23	00:02:03	00:24:51	19	21.7	00:01:14	00:21:04	51	8:25		00:55:20.81
19	560	Jonathan Kell	M	38	Blaine	MN	00:09:21	108	2:07	00:02:07	00:23:23	11	23.1	00:01:08	00:19:59	32	7:59		00:55:56.39
20	264	Greg Swenson	M	49	Rogers	MN	00:06:36	17	1:29	00:02:29	00:24:55	20	21.7	00:01:10	00:21:35	61	8:37		00:56:41.57
21	257	Kym Zest	F	36	Minneapolis	MN	00:07:14	30	1:38	00:02:10	00:26:57	48	20.0	00:01:17	00:19:12	22	7:40		00:56:46.81
22	258	Kelly Russ	F	30	Plymouth	MN	00:08:03	53	1:49	00:02:14	00:27:00	52	20.0	00:01:13	00:18:39	15	7:27		00:57:06.69
23	496	Mark Kretschmer	M	46	Hudson	WI	00:07:38	38	1:43	00:03:00	00:25:58	34	20.8	00:01:32	00:19:05	20	7:37		00:57:11.06
24	263	Duane Pullins	M	60	Maple Lake	MN	00:08:22	63	1:53	00:02:22	00:23:56	14	22.6	00:01:21	00:21:50	67	8:43		00:57:47.82
25	545	Rick Olson	M	45	Blaine	MN	00:07:37	37	1:43	00:02:50	00:25:55	33	20.8	00:01:34	00:19:56	31	7:58		00:57:49.59
26	546	Julie Feldman	F	36	Lake Elmo	MN	00:08:21	62	1:53	00:02:02	00:24:28	17	22.1	00:01:09	00:22:03	75	8:48		00:58:00.00
27	259	Doobie Kurus	M	45	Minnetonka	MN	00:06:32	15	1:28	00:02:14	00:26:20	38	20.5	00:01:14	00:21:45	65	8:41		00:58:00.92
28	262	Krisie Melsen	F	37	Saint Louis Park	MN	00:06:45	19	1:31	00:02:41	00:25:45	30	21.0	00:01:17	00:21:51	68	8:44		00:58:16.45
29	363	Jeff Stites	M	48	Minneapolis	MN	00:08:54	86	2:00	00:02:48	00:25:12	23	21.4	00:01:14	00:20:31	39	8:12		00:58:36.30
30	433	Betsy Mccann	F	37	Minnetonka	MN	00:08:56	87	2:01	00:02:06	00:26:29	40	20.4	00:01:10	00:20:03	33	8:00		00:58:41.56
31	435	Mikaela Algren	F	23	Prior Lake	MN	00:07:19	32	1:39	00:02:49	00:28:44	87	18.8	00:01:08	00:18:57	18	7:34		00:58:53.29
32	570	Dwight Larsen	M	55	Plymouth	MN	00:08:05	54	1:49	00:02:50	00:25:35	28	21.1	00:01:14	00:21:29	60	8:35		00:59:09.31
33	393	Adrea Mauseth	F	38	St Louis Park	MN	00:07:32	36	1:42	00:02:08	00:27:35	62	19.6	00:01:11	00:20:52	47	8:20		00:59:15.56
34	446	David Thoma	M	58	Annandale	MN	00:07:05	27	1:36	00:03:00	00:25:34	27	21.1	00:01:26	00:22:28	80	8:58		00:59:29.84
35	519	Anna Sawatzke	F	31	Arden Hills	MN	00:08:08	58	1:50	00:02:04	00:28:37	80	18.9	00:01:06	00:20:18	35	8:06		01:00:09.87
36	261	Nick Engfer	M	23	Buffalo	MN	00:06:53	22	1:33	00:02:32	00:27:09	56	19.9	00:00:49	00:22:49	91	9:07		01:00:10.06

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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	281	Todd Russ	M	59	Plymouth	MN	00:09:24	110	2:07	00:02:09	00:26:44	41	20.2	00:01:36	00:20:28	38	8:11		01:00:18.52
38	269	Sarah Ruschmeier	F	23	New Germany	MN	00:09:54	135	2:14	00:02:03	00:27:44	66	19.5	00:01:03	00:19:44	28	7:53		01:00:26.04
39	408	Emily Quandt	F	20	Annandale	MN	00:10:01	139	2:16	00:02:35	00:26:51	44	20.1	00:00:46	00:20:19	36	8:07		01:00:29.70
40	462	Benjiman Eastlund	M	15	Buffalo	MN	00:09:00	92	2:02	00:02:14	00:28:54	89	18.7	00:00:53	00:19:41	27	7:52		01:00:39.56
41	265	Scott Crow	M	56	Vadnais Heights	MN	00:06:59	25	1:34	00:02:21	00:26:03	35	20.7	00:01:17	00:24:03	109	9:36		01:00:40.72
42	344	Devin Thorson	F	33	Brooklyn Center	MN	00:08:35	69	1:56	00:02:21	00:25:34	26	21.1	00:01:33	00:22:56	92	9:10		01:00:55.80
43	538	Samuel Ringham	M	18	Wanamingo	MN	00:07:55	47	1:47	00:03:27	00:33:00	168	16.4	00:00:45	00:16:07	7	6:26		01:01:12.27
44	383	Sarah Johnson	F	47	Minneapolis	MN	00:09:34	113	2:09	00:02:36	00:25:29	25	21.2	00:01:56	00:21:39	62	8:39		01:01:12.31
45	266	Katie Vandorp	F	28	Annandale	MN	00:09:42	120	2:11	00:02:21	00:27:58	69	19.3	00:00:50	00:20:47	45	8:18		01:01:34.81
46	375	Michael Barton	M	26	Eagan	MN	00:12:54	218	2:55	00:02:41	00:25:19	24	21.3	00:01:54	00:18:53	17	7:33		01:01:37.99
47	498	Jeremy Jackson	M	37	Clearwater	MN	00:09:53	130	2:14	00:03:27	00:24:56	21	21.7	00:02:01	00:21:28	59	8:35		01:01:41.56
48	477	Bryan Szmergalski	M	30	Eden Prairie	MN	00:08:53	83	2:00	00:02:45	00:29:50	110	18.1	00:00:47	00:19:48	30	7:54		01:02:00.60
49	549	Peter Larson	M	18	Edina	MN	00:09:05	96	2:03	00:02:47	00:30:15	115	17.9	00:01:22	00:18:36	14	7:26		01:02:02.79
50	401	Debbie Christian	F	47	Buffalo	MN	00:08:46	77	1:59	00:02:31	00:25:46	31	21.0	00:01:41	00:23:22	98	9:20		01:02:04.56
51	439	Jason Loeschen	M	39	Silver Lake	MN	00:08:39	70	1:57	00:03:19	00:28:14	75	19.1	00:00:57	00:21:04	49	8:25		01:02:10.31
52	432	Charles Weymann	M	41	Columbus Township	MN	00:10:08	143	2:17	00:03:40	00:28:08	73	19.2	00:01:25	00:19:15	24	7:41		01:02:33.75
53	532	Kelly Wiens	F	24	Edina	MN	00:10:18	148	2:19	00:01:57	00:28:37	81	18.9	00:01:17	00:20:32	40	8:12		01:02:38.21
54	272	Dale Nelson	M	58	Osseo	MN	00:07:54	45	1:47	00:03:32	00:27:39	64	19.5	00:01:54	00:21:53	70	8:45		01:02:48.74
55	534	David Swift	M	55	Glencoe	MN	00:08:05	55	1:49	00:03:27	00:26:20	39	20.5	00:01:22	00:23:46	106	9:30		01:02:57.99
56	520	Matthew Hwang	M	50	Saint Cloud	MN	00:07:13	29	1:37	00:03:08	00:25:42	29	21.0	00:01:29	00:25:33	127	10:13		01:03:03.64
57	396	Brad Vrchota	M	35	Shakopee	MN	00:09:38	117	2:10	00:03:14	00:27:04	55	20.0	00:01:30	00:21:41	63	8:40		01:03:04.56
58	267	Erik Fagerstrom	M	29	Bloomington	MN	00:07:58	48	1:48	00:02:22	00:27:49	67	19.4	00:01:40	00:23:24	99	9:21		01:03:10.45
59	273	Jeffrey Nelson	M	24	Osseo	MN	00:06:21	12	1:26	00:03:54	00:29:08	95	18.5	00:01:51	00:22:01	74	8:48		01:03:12.52
60	354	Ruth Lindberg	F	21	South Haven	MN	00:11:47	195	2:40	00:02:24	00:30:57	135	17.5	00:00:47	00:17:25	11	6:57		01:03:17.47
61	550	Parker Zak	M	18	Edina	MN	00:10:25	155	2:21	00:02:14	00:32:21	157	16.7	00:01:04	00:17:24	10	6:57		01:03:24.30
62	400	Joe Dumas	M	49	Loretto	MN	00:07:00	26	1:35	00:02:49	00:28:35	78	18.9	00:01:58	00:23:11	95	9:16		01:03:30.81
63	268	Matthew Wuollet	M	29	Annandale	MN	00:09:10	100	2:04	00:02:16	00:28:36	79	18.9	00:01:15	00:22:16	79	8:54		01:03:31.07
64	558	Karl Mertens	M	30	Gypsum	CO	00:12:05	202	2:44	00:04:09	00:27:03	54	20.0	00:01:12	00:19:16	26	7:42		01:03:44.06
65	479	Paul Hanek	M	47	Woodbury	MN	00:09:41	119	2:11	00:03:02	00:26:57	50	20.0	00:01:03	00:23:12	96	9:16		01:03:53.30
66	360	Pam Reimer	F	56	Eden Prairie	MN	00:09:08	97	2:04	00:03:18	00:30:40	126	17.6	00:01:51	00:21:18	56	8:30	-00:02:09	01:04:02.23
67	376	Catherine Vaughn	F	42	Saint Paul	MN	00:10:02	141	2:16	00:02:39	00:28:35	77	18.9	00:01:06	00:21:43	64	8:40		01:04:02.52
68	529	Julie Wiens	F	56	Wayzata	MN	00:09:35	115	2:10	00:02:42	00:28:09	74	19.2	00:01:41	00:22:04	76	8:49		01:04:07.76
69	535	Bev Swanson	F	49	Buffalo	MN	00:12:21	208	2:47	00:02:55	00:26:50	42	20.1	00:00:55	00:21:11	54	8:28		01:04:10.41
70	514	Craig Myhre	M	34	St Louis Park	MN	00:08:51	81	2:00	00:03:06	00:28:04	72	19.2	00:01:38	00:22:42	85	9:04		01:04:17.60
71	507	Tommy Stone	M	38	Minneapolis	MN	00:08:59	90	2:02	00:03:03	00:28:02	70	19.3	00:01:21	00:22:57	93	9:10		01:04:19.43
72	564	Alvin Molitor	M	57	Rochester	MN	00:09:00	91	2:02	00:03:24	00:26:52	45	20.1	00:02:24	00:22:47	90	9:06		01:04:23.76

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
73	423	Noah Jurek	M	17	Kimball	MN	00:10:53	172	2:27	00:02:53	00:30:54	132	17.5	00:00:38	00:19:15	23	7:41		01:04:28.74
74	455	Ryan Lund	M	46	Edina	MN	00:09:39	118	2:11	00:04:49	00:26:57	49	20.0	00:02:01	00:21:06	52	8:26		01:04:29.13
75	288	Denise Casey	F	58	Buffalo	MN	00:10:20	150	2:20	00:02:26	00:29:36	107	18.2	00:01:08	00:21:06	53	8:26		01:04:33.81
76	460	Jaclyn Thorston	F	28	Annandale	MN	00:10:20	151	2:20	00:02:26	00:27:01	53	20.0	00:01:28	00:23:27	101	9:22		01:04:39.11
77	463	David Eastlund	M	56	Buffalo	MN	00:09:46	126	2:12	00:03:44	00:29:27	101	18.3	00:01:09	00:20:38	42	8:15		01:04:40.93
78	395	Laura Lilja	F	45	Prior Lake	MN	00:09:55	136	2:14	00:02:24	00:27:13	57	19.8	00:01:27	00:24:06	111	9:38		01:05:02.24
79	517	Mark Walford	M	68	Glencoe	MN	00:10:14	145	2:19	00:02:47	00:26:59	51	20.0	00:01:36	00:23:33	103	9:24		01:05:06.32
80	270	Ben Zhao	M	55	Edina	MN	00:10:27	156	2:21	00:03:12	00:28:39	84	18.9	00:01:29	00:21:23	57	8:32		01:05:07.53
81	563	Dave Kell	M	65	Richfield	MN	00:10:24	152	2:21	00:02:24	00:25:00	22	21.6	00:01:28	00:25:56	136	10:22		01:05:09.20
82	491	Amy Sommers	F	33	Saint Louis Park	MN	00:07:59	49	1:48	00:04:02	00:29:08	96	18.5	00:01:37	00:22:37	81	9:02		01:05:20.70
83	459	Colton Warner	M	13	Eden Prairie	MN	00:07:51	44	1:46	00:02:49	00:29:25	99	18.4	00:01:47	00:23:35	104	9:25		01:05:25.31
84	522	Christopher Marshall	M	47	Plymouth	MN	00:09:23	109	2:07	00:02:54	00:26:51	43	20.1	00:02:18	00:24:05	110	9:37		01:05:27.76
85	300	Todd Rogers	M	59	Minneapolis	MN	00:07:23	34	1:40	00:03:34	00:27:40	65	19.5	00:01:52	00:25:32	126	10:12		01:05:58.81
86	505	Katie Bell	F	22	South Haven	MN	00:10:37	162	2:24	00:02:08	00:30:44	128	17.6	00:01:24	00:21:13	55	8:28		01:06:03.62
87	537	Scott Kissner	M	30	St. Augusta	MN	00:08:24	64	1:54	00:03:30	00:27:26	59	19.7	00:01:39	00:25:40	129	10:15		01:06:36.02
88	469	Amanda Broin	F	25	Freeport	MN	00:09:19	104	2:06	00:03:22	00:28:46	88	18.8	00:01:45	00:23:30	102	9:23		01:06:40.05
89	516	Ben Arends	M	19	South Haven	MN	00:10:37	161	2:24	00:02:48	00:33:33	183	16.1	00:00:44	00:19:15	25	7:41		01:06:53.51
90	488	Tavis Chellin	M	37	Hutchinson	MN	00:11:18	184	2:33	00:03:42	00:28:41	86	18.8	00:01:24	00:21:53	71	8:45		01:06:56.31
91	501	Meaghan Gerhart	F	26	Minneapolis	MN	00:09:59	137	2:15	00:02:52	00:31:46	151	17.0	00:01:23	00:21:04	50	8:25		01:07:01.03
92	424	Jeremy Krehbiel	M	45	Lakeville	MN	00:08:47	78	1:59	00:03:04	00:26:10	36	20.6	00:01:32	00:27:33	157	11:01		01:07:03.30
93	385	Candace Millerbernd	F	49	Chaska	MN	00:11:35	187	2:37	00:02:58	00:27:58	68	19.3	00:02:00	00:22:38	82	9:02		01:07:05.91
94	364	Carolyn Barriball	F	57	Big Lake	MN	00:08:39	71	1:57	00:03:14	00:27:31	60	19.6	00:02:09	00:25:51	133	10:20		01:07:21.01
95	554	Kazimiera Hankee	F	13	Lake Elmo	MN	00:07:55	46	1:47	00:03:05	00:30:13	114	17.9	00:00:55	00:25:20	124	10:07		01:07:25.56
96	287	Jonah Overby	M	14	Big Lake	MN	00:06:08	8	1:23	00:04:00	00:34:48	196	15.5	00:01:12	00:21:25	58	8:33		01:07:29.41
97	368	Tim Tanner	M	54	Plymouth	MN	00:09:03	93	2:02	00:02:43	00:29:26	100	18.3	00:02:03	00:24:23	114	9:44		01:07:35.26
98	442	Heather Hooper	F	46	Annandale	MN	00:09:43	123	2:12	00:03:14	00:30:54	133	17.5	00:01:06	00:22:44	86	9:05		01:07:38.09
99	434	Evann Dufort	F	25	Minneapolis	MN	00:09:26	111	2:08	00:02:51	00:30:40	127	17.6	00:01:22	00:23:21	97	9:20		01:07:38.29
100	493	Lydia Hadash	F	33	Rockford	MN	00:09:54	133	2:14	00:02:42	00:29:43	109	18.2	00:01:35	00:23:49	107	9:31		01:07:39.05
101	387	Korinne Wrobbel	F	23	Montrose	MN	00:09:14	101	2:05	00:04:41	00:30:06	113	17.9	00:01:10	00:22:41	84	9:04		01:07:49.79
102	528	Alex Herzog	M	31	New Ulm	MN	00:11:43	191	2:39	00:03:14	00:31:18	139	17.3	00:01:25	00:20:16	34	8:06		01:07:53.22
103	378	Randi Milner	F	35	Deerfield Beach	FL	00:09:04	94	2:03	00:02:04	00:28:37	82	18.9	00:01:48	00:26:27	146	10:34		01:07:57.58
104	540	Kyle Stark	M	31	Minneapolis	MN	00:12:42	216	2:52	00:03:16	00:29:12	97	18.5	00:01:01	00:21:51	69	8:44		01:07:59.95
105	284	Tina Honsey	F	43	Annandale	MN	00:11:47	192	2:40	00:02:59	00:30:35	123	17.7	00:00:49	00:21:55	72	8:45		01:08:01.06
106	504	Jim Bell	M	60	South Haven	MN	00:08:43	72	1:58	00:02:48	00:26:53	46	20.1	00:01:55	00:28:11	165	11:16		01:08:27.06
107	559	Cody Satterlee	M	32	Coon Rapids	MN	00:08:33	67	1:56	00:03:32	00:31:27	143	17.2	00:02:15	00:22:44	87	9:05		01:08:28.77
108	361	Steve Peery	M	31	Madison	WI	00:09:38	116	2:10	00:03:59	00:33:21	178	16.2	00:00:46	00:20:52	48	8:20		01:08:34.22

Heart of the Lakes Triathlon

July 15, 2018

Overall Results

Note: Penalty list at end of results

Short 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	422	Megan Koski	F	38	Dassel	MN	00:09:53	131	2:14	00:03:29	00:31:45	150	17.0	00:01:00	00:22:40	83	9:03	01:08:43.34
110	482	Seth Myhre	M	35	Minneota	MN	00:11:12	183	2:32	00:03:14	00:29:34	105	18.3	00:01:15	00:23:38	105	9:27	01:08:51.03
111	356	Noah Johnson	M	19	Big Lake	MN	00:13:12	220	2:59	00:03:19	00:28:56	91	18.7	00:00:42	00:22:46	88	9:06	01:08:52.79
112	466	Nicole Witowski	F	35	Plymouth	MN	00:08:13	59	1:51	00:02:56	00:30:17	116	17.8	00:01:54	00:25:41	130	10:16	01:08:57.94
113	524	Bradley Johnson	M	65	Champlin	MN	00:10:47	167	2:26	00:03:40	00:28:03	71	19.3	00:02:06	00:24:28	116	9:47	01:09:01.78
114	343	Jaleh Nahv	F	48	Inver Grove Heights	MN	00:08:54	85	2:00	00:02:46	00:30:33	122	17.7	00:01:35	00:25:18	123	10:06	01:09:02.97
115	495	Eva Hester	F	16	Hudson	WI	00:07:24	35	1:40	00:02:46	00:33:29	182	16.1	00:01:04	00:24:24	115	9:45	01:09:04.22
116	539	Danielle Coffield	F	39	Hopkins	MN	00:10:27	157	2:21	00:02:59	00:27:24	58	19.7	00:02:08	00:26:23	145	10:32	01:09:17.79
117	425	Molly Krehbiel	F	42	Lakeville	MN	00:08:46	73	1:58	00:02:53	00:27:38	63	19.6	00:01:33	00:28:33	172	11:24	01:09:19.62
118	566	Katie Stover	F	20	Plymouth	MN	00:06:08	7	1:23	00:03:30	00:30:46	129	17.6	00:01:20	00:27:54	161	11:09	01:09:36.40
119	389	Erich Rotenberger	M	20	St. Michael	MN	00:12:13	204	2:46	00:03:01	00:31:44	149	17.0	00:00:59	00:21:45	66	8:41	01:09:39.45
120	398	Brook Lemm-Tabor	F	66	Minneapolis	MN	00:10:57	175	2:28	00:03:24	00:27:32	61	19.6	00:02:01	00:26:13	142	10:28	01:10:04.70
121	556	Sarah Mertens	F	32	Gypsum	CO	00:08:58	88	2:01	00:04:07	00:32:56	164	16.4	00:00:59	00:23:09	94	9:15	01:10:06.79
122	548	Michelle Abellera	F	50	Minneapolis	MN	00:10:24	153	2:21	00:03:50	00:29:29	103	18.3	00:01:41	00:24:51	118	9:56	01:10:12.29
123	571	Nina Kessler	F	13	Mendota Heights	MN	00:08:32	66	1:55	00:02:56	00:30:59	136	17.4	00:02:01	00:25:51	134	10:20	01:10:15.76
124	386	Tom Millerbernd	M	51	Chaska	MN	00:08:59	89	2:02	00:03:25	00:28:40	85	18.8	00:01:53	00:27:26	155	10:58	01:10:20.77
125	527	Rick Golla	M	71	Rochester	MN	00:12:26	210	2:49	00:03:01	00:28:59	92	18.6	00:01:44	00:24:17	112	9:42	01:10:24.76
126	346	Lindsay Turner	F	29	Mankato	MN	00:08:35	68	1:56	00:03:13	00:29:42	108	18.2	00:01:46	00:27:38	158	11:02	01:10:50.32
127	436	Stephen Snyder	M	61	Chaska	MN	00:11:29	186	2:36	00:04:23	00:28:27	76	19.0	00:02:24	00:24:19	113	9:43	01:10:59.81
128	409	Mardon Quandt	M	58	Annandale	MN	00:09:32	112	2:09	00:03:55	00:26:54	47	20.1	00:02:37	00:28:06	162	11:14	01:11:01.81
129	283	Olivia Honsey	F	15	Annandale	MN	00:09:43	122	2:11	00:02:47	00:31:42	147	17.0	00:01:06	00:25:53	135	10:21	01:11:09.24
130	440	Jennifer Loeschen	F	38	Silver Lake	MN	00:09:42	121	2:11	00:03:36	00:30:03	111	18.0	00:01:15	00:26:39	148	10:39	01:11:11.25
131	397	Amanda Duerr	F	43	Clearwater	MN	00:09:46	125	2:12	00:02:59	00:30:22	117	17.8	00:01:14	00:26:59	150	10:47	01:11:16.96
132	430	David Dorow	M	55	Maple Lake	MN	00:11:53	197	2:41	00:05:19	00:31:56	154	16.9	00:01:29	00:20:43	43	8:16	01:11:17.97
133	506	Lindsey Fitting	F	30	Buffalo	MN	00:09:51	127	2:13	00:03:04	00:31:26	142	17.2	00:02:21	00:24:40	117	9:51	01:11:20.06
134	379	Lucas Martin	M	25	Albertville	MN	00:10:48	168	2:26	00:03:28	00:33:47	187	16.0	00:01:16	00:22:06	77	8:50	01:11:23.57
135	568	Jenny Lanin-Dale	F	38	Sartell	MN	00:12:48	217	2:54	00:02:26	00:33:08	173	16.3	00:01:16	00:22:00	73	8:47	01:11:35.06
136	374	Joseph Shaffer	M	26	Elk River	MN	00:11:05	180	2:30	00:04:23	00:28:54	90	18.7	00:02:02	00:25:14	121	10:05	01:11:36.17
137	521	Sophie Hwang	F	14	Saint Cloud	MN	00:06:49	20	1:32	00:03:04	00:34:42	194	15.6	00:01:17	00:25:50	132	10:19	01:11:39.56
138	531	Maureen Berendes	F	38	Blaine	MN	00:10:58	176	2:29	00:02:56	00:34:41	193	15.6	00:01:17	00:22:07	78	8:50	01:11:57.56
139	475	Krista Stippelmans	F	26	St Louis Park	MN	00:09:15	102	2:05	00:06:20	00:34:06	189	15.8	00:01:31	00:20:49	46	8:19	01:11:58.08
140	555	Abby Reiner	F	19	Hutchinson	MN	00:06:25	13	1:27	00:02:42	00:35:56	205	15.0	00:01:02	00:26:03	139	10:25	01:12:04.56
141	426	Anna Grand	F	39	Bemidji	MN	00:09:20	106	2:06	00:03:08	00:31:56	153	16.9	00:01:07	00:26:43	149	10:41	01:12:12.36
142	427	Erin Brooks	F	43	Bemidji	MN	00:08:46	75	1:59	00:03:35	00:32:30	159	16.6	00:00:56	00:26:33	147	10:36	01:12:17.26
143	296	Grant Waslaski	M	13	Inver Grove Heights	MN	00:08:50	80	2:00	00:03:57	00:30:03	112	18.0	00:01:07	00:28:32	171	11:24	01:12:26.96
144	399	Gina Dumas	F	48	Loretto	MN	00:10:46	166	2:26	00:02:59	00:33:12	175	16.3	00:01:48	00:23:51	108	9:32	01:12:32.55

Heart of the Lakes Triathlon

July 15, 2018

Overall Results

Note: Penalty list at end of results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
145	499	Brian Gasser	M	34	Sartell	MN	00:08:54	84	2:00	00:03:14	00:30:24	119	17.8	00:04:04	00:26:07	141	10:26		01:12:39.75
146	282	Cathy Ruschmeier	F	45	New Germany	MN	00:13:37	227	3:04	00:03:41	00:31:44	148	17.0	00:01:03	00:22:46	89	9:06		01:12:47.31
147	565	Jo Novacek	F	29	Richmond	MN	00:12:13	203	2:46	00:03:00	00:30:55	134	17.5	00:01:52	00:25:18	122	10:06		01:13:15.56
148	464	Megan Champlin	F	31	Annandale	MN	00:10:51	170	2:27	00:02:34	00:33:10	174	16.3	00:01:01	00:25:42	131	10:16		01:13:15.56
149	431	Jennifer Forliti	F	48	Saint Paul	MN	00:11:05	179	2:30	00:03:30	00:30:47	130	17.5	00:02:26	00:25:40	128	10:15		01:13:25.81
150	481	Daphne Immele	F	56	Bloomington	MN	00:12:03	201	2:43	00:03:45	00:30:24	118	17.8	00:01:46	00:25:58	137	10:22		01:13:52.31
151	391	Sarah Isdahl	F	19	Plymouth	MN	00:08:18	61	1:52	00:03:27	00:31:50	152	17.0	00:02:07	00:28:21	167	11:20		01:13:59.53
152	421	Kristin Van Nurden	F	34	Kimball	MN	00:10:52	171	2:27	00:03:56	00:33:27	181	16.1	00:00:50	00:24:59	120	9:59		01:14:02.60
153	456	Bob Spooner	M	66	Ramsey	MN	00:10:57	174	2:28	00:02:10	00:31:37	146	17.1	00:01:16	00:28:31	170	11:24		01:14:29.31
154	278	Vicki Hoiem	F	60	South Haven	MN	00:09:20	105	2:06	00:03:02	00:33:19	177	16.2	00:01:02	00:28:08	163	11:14		01:14:47.50
155	530	Dan Berendes	M	39	Blaine	MN	00:08:46	74	1:59	00:03:04	00:32:52	163	16.4	00:01:20	00:28:55	175	11:33		01:14:54.19
156	451	Karen Slakey	F	55	Lake Elmo	MN	00:07:48	42	1:45	00:04:52	00:30:24	120	17.8	00:02:30	00:29:40	184	11:51		01:15:11.31
157	289	Kelly Kallok	F	38	Fridley	MN	00:10:40	163	2:24	00:03:26	00:29:33	104	18.3	00:02:18	00:29:21	178	11:44		01:15:15.31
158	494	Ryan Holten	M	37	Minneapolis	MN	00:09:54	134	2:14	00:03:51	00:32:42	161	16.5	00:01:14	00:27:51	160	11:08		01:15:29.68
159	373	Courtney Martin	F	24	St. Michael	MN	00:10:02	140	2:16	00:03:07	00:34:54	197	15.5	00:01:27	00:26:16	143	10:30		01:15:43.06
160	355	Melissa Johnson	F	43	Big Lake	MN	00:12:26	209	2:48	00:03:26	00:31:19	140	17.2	00:01:19	00:27:45	159	11:05		01:16:13.09
161	476	Christina Orlovsky	F	26	St. Paul	MN	00:10:19	149	2:20	00:05:17	00:34:24	190	15.7	00:01:14	00:25:26	125	10:10		01:16:36.29
162	492	Ryan Sommers	M	38	Saint Louis Park	MN	00:09:20	107	2:06	00:04:33	00:30:30	121	17.7	00:02:41	00:29:37	182	11:50		01:16:38.81
163	362	Eileen Lafontaine	F	45	Minneapolis	MN	00:11:03	178	2:30	00:03:25	00:29:22	98	18.4	00:02:36	00:30:28	194	12:11		01:16:52.00
164	365	Leanne Goerz	F	43	Monticello	MN	00:10:12	144	2:18	00:02:56	00:33:00	167	16.4	00:01:16	00:29:32	181	11:48		01:16:52.31
165	295	Kelsey Shopp	F	29	Dayton	MN	00:08:49	79	1:59	00:03:18	00:33:06	172	16.3	00:01:23	00:30:21	191	12:08		01:16:55.65
166	518	Katie Ergen	F	28	St. Augusta	MN	00:09:16	103	2:05	00:03:15	00:31:35	145	17.1	00:01:59	00:30:57	196	12:22		01:16:58.06
167	438	Paul Hughes	M	48	Eden Prairie	MN	00:11:09	181	2:31	00:02:29	00:30:48	131	17.5	00:01:13	00:31:29	202	12:35		01:17:06.31
168	458	Mark Myhra	M	57	Plymouth	MN	00:10:43	164	2:25	00:03:54	00:29:27	102	18.3	00:02:41	00:30:25	192	12:09		01:17:08.05
169	485	Kacie Ziola	F	29	Edina	MN	00:09:52	129	2:14	00:03:34	00:32:59	166	16.4	00:01:07	00:29:38	183	11:50		01:17:08.37
170	515	Spencer Hagen	M	31	St. Louis Park	MN	00:10:53	173	2:27	00:04:38	00:28:59	93	18.6	00:02:30	00:30:33	195	12:12		01:17:30.05
171	533	Celine Swift	F	53	Glencoe	MN	00:12:32	214	2:50	00:03:38	00:36:35	210	14.8	00:01:30	00:23:26	100	9:22		01:17:39.31
172	384	Ingrid Anderson	F	42	Clearwater	MN	00:11:49	196	2:40	00:05:14	00:30:37	124	17.6	00:02:51	00:27:20	154	10:55		01:17:47.50
173	543	Linda Cieslak	F	55	St. Michael	MN	00:10:15	146	2:19	00:04:15	00:32:07	156	16.8	00:01:26	00:29:49	185	11:55		01:17:50.54
174	444	Jennifer Larson	F	50	Minneapolis	MN	00:08:06	56	1:50	00:02:36	00:34:00	188	15.9	00:01:29	00:31:47	207	12:42		01:17:55.84
175	513	Abigail Saddler	F	22	Wayzata	MN	00:06:29	14	1:28	00:02:55	00:39:19	222	13.7	00:01:32	00:28:09	164	11:15		01:18:22.55
176	473	Amy Ohland	F	31	Blaine	MN	00:07:38	39	1:43	00:04:42	00:35:29	202	15.2	00:01:34	00:29:09	177	11:39		01:18:30.06
177	299	Molly Rogers	F	43	Minneapolis	MN	00:11:38	189	2:38	00:03:40	00:36:43	211	14.7	00:01:37	00:24:55	119	9:57		01:18:30.81
178	412	Thomas Fulton	M	71	Saint Louis Park	MN	00:10:00	138	2:15	00:05:34	00:29:36	106	18.3	00:04:38	00:29:03	176	11:37		01:18:47.49
179	275	David Latour	M	31	Monticello	MN	00:10:50	169	2:27	00:03:22	00:31:12	137	17.3	00:01:19	00:32:08	211	12:50		01:18:48.57
180	500	Katie Gasser	F	32	Sartell	MN	00:07:44	40	1:45	00:04:22	00:33:26	179	16.2	00:01:03	00:32:21	212	12:56		01:18:54.17

Heart of the Lakes Triathlon

July 15, 2018

Overall Results

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Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
181	418	Gina Guggisberg	F	37	Kimball	MN	00:13:24	222	3:02	00:04:21	00:33:02	171	16.3	00:01:00	00:27:18	153	10:55		01:19:02.24
182	358	Betsey Nelson	F	36	Plymouth	MN	00:12:17	206	2:46	00:04:46	00:32:49	162	16.5	00:01:48	00:27:28	156	10:58		01:19:04.57
183	415	James Vlcek	M	62	Woodbury	MN	00:10:30	158	2:22	00:05:18	00:33:41	184	16.0	00:02:56	00:27:00	151	10:47		01:19:22.81
184	382	Denucci Mary	F	54	Minneapolis	MN	00:11:03	177	2:30	00:02:57	00:32:26	158	16.7	00:02:00	00:31:17	201	12:30		01:19:38.79
185	569	La Vonne Cornell-Swanson	F	59	South Haven	MN	00:09:09	98	2:04	00:04:13	00:32:38	160	16.6	00:02:50	00:31:03	197	12:24		01:19:49.80
186	542	Kristi Walter	F	39	Shoreview	MN	00:09:44	124	2:12	00:03:54	00:31:13	138	17.3	00:02:07	00:33:00	218	13:11		01:19:55.05
187	293	Samantha Hebzynski	F	27	Maple Grove	MN	00:07:20	33	1:39	00:04:12	00:34:32	192	15.6	00:01:32	00:32:23	213	12:57		01:19:55.95
188	449	Mary Ellen Gutknecht	F	60	Buffalo	MN	00:10:17	147	2:19	00:04:17	00:28:59	94	18.6	00:01:39	00:35:37	223	14:14		01:20:47.06
189	388	Teresa Wrobbel	F	52	Montrose	MN	00:09:52	128	2:14	00:04:41	00:31:24	141	17.2	00:02:02	00:32:56	216	13:10		01:20:52.46
190	443	Grace Bischoff	F	13	Minneapolis	MN	00:08:46	76	1:59	00:03:34	00:35:23	199	15.3	00:01:27	00:31:47	206	12:42		01:20:55.56
191	547	Sheila Konz	F	46	Forest Lake	MN	00:10:45	165	2:25	00:04:39	00:33:44	185	16.0	00:02:21	00:29:51	186	11:56		01:21:17.24
192	352	Jennifer Lindquist	F	47	Annandale	MN	00:09:54	132	2:14	00:03:12	00:36:48	213	14.7	00:01:11	00:30:20	190	12:07		01:21:22.31
193	471	Kathryn Ohland	F	34	Saint Paul	MN	00:08:00	52	1:48	00:04:20	00:35:28	201	15.2	00:01:36	00:32:03	209	12:48		01:21:24.55
194	523	Robert Marshall	M	12	Plymouth	MN	00:11:21	185	2:34	00:03:33	00:36:15	208	14.9	00:01:37	00:28:45	173	11:29		01:21:28.65
195	454	Kathy Kapustka	F	55	Burnsville	MN	00:13:18	221	3:00	00:03:55	00:36:08	206	14.9	00:02:10	00:26:19	144	10:31		01:21:48.45
196	526	Tiffany Kramer	F	21	Buffalo	MN	00:10:32	159	2:23	00:04:20	00:33:26	180	16.2	00:01:45	00:31:49	208	12:43		01:21:49.25
197	441	Jeremy Dobson	M	45	St. Paul	MN	00:12:27	211	2:49	00:04:31	00:32:02	155	16.9	00:02:32	00:30:25	193	12:09		01:21:54.58
198	350	Rachel Werdin	F	20	Eden Prairie	MN	00:08:30	65	1:55	00:04:05	00:40:54	228	13.2	00:01:25	00:27:04	152	10:49		01:21:55.49
199	359	Carly Molenaar	F	20	Eden Prairie	MN	00:10:04	142	2:16	00:03:56	00:36:14	207	14.9	00:01:37	00:30:07	188	12:02		01:21:55.90
200	429	Natalie Dieterle	F	43	Stillwater	MN	00:11:56	198	2:42	00:03:20	00:36:50	214	14.7	00:01:13	00:28:45	174	11:29		01:22:01.97
201	280	Priya Moran	F	15	Asheville	NC	00:09:09	99	2:04	00:04:07	00:34:46	195	15.5	00:02:19	00:32:04	210	12:49		01:22:22.56
202	342	Danielle Lundquist	F	26	Monticello	MN	00:11:47	193	2:40	00:03:44	00:37:23	217	14.4	00:01:41	00:28:27	168	11:22		01:22:58.94
203	467	Walter Hagen	M	66	Wayzata	MN	00:11:58	199	2:42	00:04:10	00:30:39	125	17.6	00:03:38	00:32:41	214	13:04		01:23:03.36
204	510	Carlos Bastidas	M	35	Eden Prairie	MN	00:13:33	225	3:04	00:04:18	00:33:01	170	16.4	00:02:57	00:29:27	179	11:46		01:23:13.22
205	511	Dawn Pierson	F	35	Eden Prairie	MN	00:13:33	224	3:04	00:04:18	00:32:59	165	16.4	00:02:59	00:29:27	180	11:46		01:23:13.80
206	503	Michael Hess	M	48	Minneapolis	MN	00:17:24	239	3:56	00:04:51	00:34:27	191	15.7	00:01:05	00:25:59	138	10:23		01:23:42.34
207	366	Rhonda Wynegar	F	37	Big Lake	MN	00:14:22	234	3:15	00:04:05	00:35:04	198	15.4	00:01:35	00:30:16	189	12:06		01:25:19.72
208	536	Kayla Siebold	F	21	Burnsville	MN	00:07:59	50	1:48	00:06:24	00:33:17	176	16.2	00:02:04	00:35:42	224	14:16		01:25:25.29
209	470	Mary Myhre	F	61	Minneota	MN	00:12:32	213	2:50	00:05:01	00:37:19	216	14.5	00:01:37	00:30:04	187	12:01		01:26:30.31
210	417	Brandon Guggisberg	M	15	Kimball	MN	00:13:51	230	3:08	00:04:28	00:41:37	231	13.0	00:00:56	00:26:04	140	10:25		01:26:53.74
211	403	Mandyce Oelschlager	F	34	Oakdale	MN	00:10:36	160	2:24	00:05:30	00:36:47	212	14.7	00:02:31	00:31:37	204	12:38		01:26:58.00
212	406	Lindsey Hult Harrigan	F	34	Woodbury	MN	00:08:07	57	1:50	00:07:59	00:37:45	218	14.3	00:01:33	00:31:37	203	12:38		01:26:58.21
213	402	Jolene Metcalf	F	35	Roseville	MN	00:08:00	51	1:48	00:08:04	00:36:53	215	14.6	00:02:27	00:31:38	205	12:38		01:26:58.56
214	497	Olivia Kretschmer	F	16	Hudson	WI	00:06:49	21	1:32	00:03:25	00:42:23	233	12.7	00:01:39	00:32:57	217	13:10		01:27:10.55
215	465	Kathy Gruys	F	63	Maple Lake	MN	00:12:15	205	2:46	00:05:11	00:33:47	186	16.0	00:01:51	00:34:28	221	13:47		01:27:29.05
216	457	Don Meck	M	78	Siren	WI	00:12:40	215	2:52	00:06:06	00:28:38	83	18.9	00:07:30	00:32:46	215	13:06		01:27:37.11

Heart of the Lakes Triathlon

July 15, 2018

Overall Results

Note: Penalty list at end of results

Short Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
217	525	Dave Hoffman	M	52	Marshfield	WI	00:08:51	82	2:00	00:06:50	00:33:01	169	16.4	00:02:11	00:36:54	229	14:45		01:27:44.00
218	279	Howard Bich	M	78	Sioux Falls	SD	00:14:17	233	3:14	00:04:28	00:31:28	144	17.2	00:02:23	00:36:02	226	14:24		01:28:35.28
219	370	Stacy Winter	F	35	Minnetrista	MN	00:14:07	232	3:11	00:04:22	00:35:27	200	15.2	00:01:32	00:33:26	219	13:22		01:28:52.06
220	339	Tashina Schumacher	F	29	Dayton	MN	00:11:11	182	2:31	00:03:36	00:37:53	220	14.3	00:02:23	00:34:17	220	13:42		01:29:17.05
221	452	Scott Crawford	M	58	Buffalo	MN	00:12:01	200	2:43	00:05:48	00:35:30	203	15.2	00:02:09	00:35:29	222	14:11		01:30:54.30
222	419	Carly Hendrickson	F	17	Annandale	MN	00:13:53	231	3:08	00:06:25	00:41:33	230	13.0	00:01:53	00:28:17	166	11:18		01:31:58.95
223	407	Kayla Kipf	F	22	Watkins	MN	00:13:50	229	3:08	00:06:29	00:41:33	229	13.0	00:01:52	00:28:27	169	11:22		01:32:09.55
224	480	Pam Fitting	F	64	Buffalo	MN	00:11:35	188	2:37	00:04:38	00:37:56	221	14.2	00:02:12	00:36:24	228	14:33		01:32:41.23
225	502	Gabriella Hess	F	14	Minneapolis	MN	00:10:24	154	2:21	00:03:50	00:40:07	224	13.5	00:01:39	00:37:04	230	14:49		01:33:02.46
226	390	Katie Maiers	F	65	Minneapolis	MN	00:11:41	190	2:38	00:04:27	00:35:37	204	15.2	00:02:29	00:39:48	236	15:54		01:33:58.89
227	472	David Slye	M	28	Minnetonka	MN	00:09:34	114	2:10	00:05:15	00:45:01	237	12.0	00:01:59	00:35:56	225	14:22		01:37:43.30
228	420	Sarah Jurek	F	43	Kimball	MN	00:14:28	235	3:16	00:05:24	00:40:28	226	13.3	00:01:27	00:36:17	227	14:30		01:38:01.30
229	562	Renee Kirk	F	51	Centerville	MN	00:11:47	194	2:40	00:05:12	00:36:33	209	14.8	00:03:48	00:41:33	238	16:37		01:38:51.04
230	468	Mary Jenatscheck	F	62	Waseca	MN	00:13:03	219	2:57	00:05:04	00:39:56	223	13.5	00:02:10	00:38:46	234	15:30		01:38:56.51
231	489	Jeanne Ritari	F	53	Big Lake	MN	00:13:35	226	3:04	00:06:02	00:40:44	227	13.3	00:02:07	00:37:19	232	14:55		01:39:44.01
232	483	Becky Botzet	M	48	Long Lake	MN	00:14:29	236	3:16	00:08:43	00:42:48	234	12.6	00:03:18	00:31:11	198	12:28		01:40:25.54
233	484	Jackie Kittock	F	52	Delano	MN	00:15:08	238	3:25	00:08:02	00:42:50	235	12.6	00:03:18	00:31:11	199	12:28		01:40:26.05
234	487	Donna Gabrelcik	F	53	Maple Plain	MN	00:15:08	237	3:25	00:08:00	00:42:53	236	12.6	00:03:16	00:31:13	200	12:28		01:40:26.68
235	410	Mona Volden	F	59	Annandale	MN	00:13:29	223	3:03	00:05:49	00:42:07	232	12.8	00:02:10	00:37:10	231	14:51		01:40:42.13
236	294	Emma Nelson	F	28	Maple Grove	MN	00:07:47	41	1:45	00:04:40	00:47:48	238	11.3	00:01:30	00:39:36	235	15:50		01:41:18.55
237	291	Judy Rykken	F	79	Bloomington	MN	00:13:43	228	3:06	00:06:22	00:40:24	225	13.4	00:02:50	00:38:18	233	15:18		01:41:34.52
238	371	Stephen Edmonson	M	58	Buffalo	MN	00:20:20	240	4:36	00:05:06	00:37:47	219	14.3	00:04:08	00:43:58	240	17:35		01:51:16.79
239	404	Kayla Sammons	F	26	Anoka	MN	00:12:20	207	2:47	00:04:32	00:51:06	240	10.6	00:02:43	00:41:19	237	16:31		01:51:56.54
240	553	Kenneth Freed	M	57	Minnesota	MN	00:12:30	212	2:49	00:06:52	00:48:35	239	11.1	00:03:37	00:43:50	239	17:31		01:55:21.67