

# Heart of the Lakes Triathlon

July 15, 2018

## Short Individual

### Overall Results - Female

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	377	Gaby Bunter	F	26	North Oaks	MN	00:05:34	1	1:15	00:01:25	00:21:56	1	24.6	00:00:54	00:15:55	1	6:21		00:45:41.16
2	541	Caroline Peterson	F	15	Northfield	MN	00:05:54	2	1:20	00:01:57	00:24:12	3	22.3	00:01:26	00:19:01	5	7:36		00:52:26.95
3	512	Anne Grabowski	F	50	Bloomington	MN	00:07:12	10	1:37	00:02:10	00:23:57	2	22.6	00:01:08	00:20:44	14	8:17		00:55:08.68
4	255	Isabella Buenting	F	15	Chanhassen	MN	00:06:06	3	1:22	00:01:38	00:26:16	10	20.6	00:00:53	00:20:28	12	8:11		00:55:18.77
5	260	Jill Ellenbecker	F	45	Coon Rapids	MN	00:07:18	12	1:39	00:01:58	00:25:51	9	20.9	00:01:04	00:19:12	6	7:40		00:55:20.00
6	257	Kym Zest	F	36	Minneapolis	MN	00:07:14	11	1:38	00:02:10	00:26:57	14	20.0	00:01:17	00:19:12	7	7:40		00:56:46.81
7	258	Kelly Russ	F	30	Plymouth	MN	00:08:03	26	1:49	00:02:14	00:27:00	15	20.0	00:01:13	00:18:39	3	7:27		00:57:06.69
8	546	Julie Feldman	F	36	Lake Elmo	MN	00:08:21	32	1:53	00:02:02	00:24:28	4	22.1	00:01:09	00:22:03	28	8:48		00:58:00.00
9	262	Krisie Melsen	F	37	Saint Louis Park	MN	00:06:45	7	1:31	00:02:41	00:25:45	7	21.0	00:01:17	00:21:51	25	8:44		00:58:16.45
10	433	Betsy Mccann	F	37	Minnetonka	MN	00:08:56	44	2:01	00:02:06	00:26:29	11	20.4	00:01:10	00:20:03	9	8:00		00:58:41.56
11	435	Mikaela Algren	F	23	Prior Lake	MN	00:07:19	13	1:39	00:02:49	00:28:44	31	18.8	00:01:08	00:18:57	4	7:34		00:58:53.29
12	393	Adrea Mauseth	F	38	St Louis Park	MN	00:07:32	16	1:42	00:02:08	00:27:35	21	19.6	00:01:11	00:20:52	17	8:20		00:59:15.56
13	519	Anna Sawatzke	F	31	Arden Hills	MN	00:08:08	29	1:50	00:02:04	00:28:37	28	18.9	00:01:06	00:20:18	10	8:06		01:00:09.87
14	269	Sarah Ruschmeier	F	23	New Germany	MN	00:09:54	71	2:14	00:02:03	00:27:44	23	19.5	00:01:03	00:19:44	8	7:53		01:00:26.04
15	408	Emily Quandt	F	20	Annandale	MN	00:10:01	74	2:16	00:02:35	00:26:51	13	20.1	00:00:46	00:20:19	11	8:07		01:00:29.70
16	344	Devin Thorson	F	33	Brooklyn Center	MN	00:08:35	36	1:56	00:02:21	00:25:34	6	21.1	00:01:33	00:22:56	37	9:10		01:00:55.80
17	383	Sarah Johnson	F	47	Minneapolis	MN	00:09:34	57	2:09	00:02:36	00:25:29	5	21.2	00:01:56	00:21:39	23	8:39		01:01:12.31
18	266	Katie Vandorp	F	28	Annandale	MN	00:09:42	59	2:11	00:02:21	00:27:58	25	19.3	00:00:50	00:20:47	15	8:18		01:01:34.81
19	401	Debbie Christian	F	47	Buffalo	MN	00:08:46	41	1:59	00:02:31	00:25:46	8	21.0	00:01:41	00:23:22	40	9:20		01:02:04.56
20	532	Kelly Wiens	F	24	Edina	MN	00:10:18	81	2:19	00:01:57	00:28:37	29	18.9	00:01:17	00:20:32	13	8:12		01:02:38.21
21	354	Ruth Lindberg	F	21	South Haven	MN	00:11:47	109	2:40	00:02:24	00:30:57	58	17.5	00:00:47	00:17:25	2	6:57		01:03:17.47
22	360	Pam Reimer	F	56	Eden Prairie	MN	00:09:08	47	2:04	00:03:18	00:30:40	51	17.6	00:01:51	00:21:18	22	8:30	-00:02:09	01:04:02.23
23	376	Catherine Vaughn	F	42	Saint Paul	MN	00:10:02	76	2:16	00:02:39	00:28:35	27	18.9	00:01:06	00:21:43	24	8:40		01:04:02.52
24	529	Julie Wiens	F	56	Wayzata	MN	00:09:35	58	2:10	00:02:42	00:28:09	26	19.2	00:01:41	00:22:04	29	8:49		01:04:07.76
25	535	Bev Swanson	F	49	Buffalo	MN	00:12:21	117	2:47	00:02:55	00:26:50	12	20.1	00:00:55	00:21:11	20	8:28		01:04:10.41
26	288	Denise Casey	F	58	Buffalo	MN	00:10:20	83	2:20	00:02:26	00:29:36	38	18.2	00:01:08	00:21:06	19	8:26		01:04:33.81
27	460	Jaclyn Thorston	F	28	Annandale	MN	00:10:20	84	2:20	00:02:26	00:27:01	16	20.0	00:01:28	00:23:27	42	9:22		01:04:39.11
28	395	Laura Lilja	F	45	Prior Lake	MN	00:09:55	72	2:14	00:02:24	00:27:13	17	19.8	00:01:27	00:24:06	46	9:38		01:05:02.24
29	491	Amy Sommers	F	33	Saint Louis Park	MN	00:07:59	22	1:48	00:04:02	00:29:08	34	18.5	00:01:37	00:22:37	31	9:02		01:05:20.70
30	505	Katie Bell	F	22	South Haven	MN	00:10:37	90	2:24	00:02:08	00:30:44	53	17.6	00:01:24	00:21:13	21	8:28		01:06:03.62
31	469	Amanda Broin	F	25	Freeport	MN	00:09:19	53	2:06	00:03:22	00:28:46	32	18.8	00:01:45	00:23:30	43	9:23		01:06:40.05
32	501	Meaghan Gerhart	F	26	Minneapolis	MN	00:09:59	73	2:15	00:02:52	00:31:46	68	17.0	00:01:23	00:21:04	18	8:25		01:07:01.03
33	385	Candace Millerbernd	F	49	Chaska	MN	00:11:35	102	2:37	00:02:58	00:27:58	24	19.3	00:02:00	00:22:38	32	9:02		01:07:05.91
34	364	Carolyn Barriball	F	57	Big Lake	MN	00:08:39	37	1:57	00:03:14	00:27:31	19	19.6	00:02:09	00:25:51	60	10:20		01:07:21.01
35	554	Kazimiera Hankee	F	13	Lake Elmo	MN	00:07:55	21	1:47	00:03:05	00:30:13	43	17.9	00:00:55	00:25:20	54	10:07		01:07:25.56

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	442	Heather Hooper	F	46	Annandale	MN	00:09:43	62	2:12	00:03:14	00:30:54	56	17.5	00:01:06	00:22:44	35	9:05		01:07:38.09
37	434	Evann Dufort	F	25	Minneapolis	MN	00:09:26	56	2:08	00:02:51	00:30:40	52	17.6	00:01:22	00:23:21	39	9:20		01:07:38.29
38	493	Lydia Hadash	F	33	Rockford	MN	00:09:54	70	2:14	00:02:42	00:29:43	40	18.2	00:01:35	00:23:49	44	9:31		01:07:39.05
39	387	Korinne Wrobbel	F	23	Montrose	MN	00:09:14	50	2:05	00:04:41	00:30:06	42	17.9	00:01:10	00:22:41	34	9:04		01:07:49.79
40	378	Randi Milner	F	35	Deerfield Beach	FL	00:09:04	46	2:03	00:02:04	00:28:37	30	18.9	00:01:48	00:26:27	69	10:34		01:07:57.58
41	284	Tina Honsey	F	43	Annandale	MN	00:11:47	106	2:40	00:02:59	00:30:35	49	17.7	00:00:49	00:21:55	26	8:45		01:08:01.06
42	422	Megan Koski	F	38	Dassel	MN	00:09:53	68	2:14	00:03:29	00:31:45	67	17.0	00:01:00	00:22:40	33	9:03		01:08:43.34
43	466	Nicole Witowski	F	35	Plymouth	MN	00:08:13	30	1:51	00:02:56	00:30:17	44	17.8	00:01:54	00:25:41	57	10:16		01:08:57.94
44	343	Jaleh Nahv	F	48	Inver Grove Heights	MN	00:08:54	43	2:00	00:02:46	00:30:33	48	17.7	00:01:35	00:25:18	53	10:06		01:09:02.97
45	495	Eva Hester	F	16	Hudson	WI	00:07:24	15	1:40	00:02:46	00:33:29	90	16.1	00:01:04	00:24:24	47	9:45		01:09:04.22
46	539	Danielle Coffield	F	39	Hopkins	MN	00:10:27	87	2:21	00:02:59	00:27:24	18	19.7	00:02:08	00:26:23	68	10:32		01:09:17.79
47	425	Molly Krehbiel	F	42	Lakeville	MN	00:08:46	38	1:58	00:02:53	00:27:38	22	19.6	00:01:33	00:28:33	87	11:24		01:09:19.62
48	566	Katie Stover	F	20	Plymouth	MN	00:06:08	4	1:23	00:03:30	00:30:46	54	17.6	00:01:20	00:27:54	80	11:09		01:09:36.40
49	398	Brook Lemm-Tabor	F	66	Minneapolis	MN	00:10:57	96	2:28	00:03:24	00:27:32	20	19.6	00:02:01	00:26:13	65	10:28		01:10:04.70
50	556	Sarah Mertens	F	32	Gypsum	CO	00:08:58	45	2:01	00:04:07	00:32:56	76	16.4	00:00:59	00:23:09	38	9:15		01:10:06.79
51	548	Michelle Abellera	F	50	Minneapolis	MN	00:10:24	85	2:21	00:03:50	00:29:29	36	18.3	00:01:41	00:24:51	49	9:56		01:10:12.29
52	571	Nina Kessler	F	13	Mendota Heights	MN	00:08:32	34	1:55	00:02:56	00:30:59	59	17.4	00:02:01	00:25:51	61	10:20		01:10:15.76
53	346	Lindsay Turner	F	29	Mankato	MN	00:08:35	35	1:56	00:03:13	00:29:42	39	18.2	00:01:46	00:27:38	78	11:02		01:10:50.32
54	283	Olivia Honsey	F	15	Annandale	MN	00:09:43	61	2:11	00:02:47	00:31:42	65	17.0	00:01:06	00:25:53	62	10:21		01:11:09.24
55	440	Jennifer Loeschen	F	38	Silver Lake	MN	00:09:42	60	2:11	00:03:36	00:30:03	41	18.0	00:01:15	00:26:39	71	10:39		01:11:11.25
56	397	Amanda Duerr	F	43	Clearwater	MN	00:09:46	64	2:12	00:02:59	00:30:22	45	17.8	00:01:14	00:26:59	73	10:47		01:11:16.96
57	506	Lindsey Fitting	F	30	Buffalo	MN	00:09:51	65	2:13	00:03:04	00:31:26	63	17.2	00:02:21	00:24:40	48	9:51		01:11:20.06
58	568	Jenny Lanin-Dale	F	38	Sartell	MN	00:12:48	121	2:54	00:02:26	00:33:08	82	16.3	00:01:16	00:22:00	27	8:47		01:11:35.06
59	521	Sophie Hwang	F	14	Saint Cloud	MN	00:06:49	8	1:32	00:03:04	00:34:42	98	15.6	00:01:17	00:25:50	59	10:19		01:11:39.56
60	531	Maureen Berendes	F	38	Blaine	MN	00:10:58	97	2:29	00:02:56	00:34:41	97	15.6	00:01:17	00:22:07	30	8:50		01:11:57.56
61	475	Krista Stippelmans	F	26	St Louis Park	MN	00:09:15	51	2:05	00:06:20	00:34:06	94	15.8	00:01:31	00:20:49	16	8:19		01:11:58.08
62	555	Abby Reiner	F	19	Hutchinson	MN	00:06:25	5	1:27	00:02:42	00:35:56	107	15.0	00:01:02	00:26:03	64	10:25		01:12:04.56
63	426	Anna Grand	F	39	Bemidji	MN	00:09:20	55	2:06	00:03:08	00:31:56	70	16.9	00:01:07	00:26:43	72	10:41		01:12:12.36
64	427	Erin Brooks	F	43	Bemidji	MN	00:08:46	39	1:59	00:03:35	00:32:30	73	16.6	00:00:56	00:26:33	70	10:36		01:12:17.26
65	399	Gina Dumas	F	48	Loretto	MN	00:10:46	93	2:26	00:02:59	00:33:12	84	16.3	00:01:48	00:23:51	45	9:32		01:12:32.55
66	282	Cathy Ruschmeier	F	45	New Germany	MN	00:13:37	128	3:04	00:03:41	00:31:44	66	17.0	00:01:03	00:22:46	36	9:06		01:12:47.31
67	565	Jo Novacek	F	29	Richmond	MN	00:12:13	113	2:46	00:03:00	00:30:55	57	17.5	00:01:52	00:25:18	52	10:06		01:13:15.56
68	464	Megan Champlin	F	31	Annandale	MN	00:10:51	94	2:27	00:02:34	00:33:10	83	16.3	00:01:01	00:25:42	58	10:16		01:13:15.56
69	431	Jennifer Forliti	F	48	Saint Paul	MN	00:11:05	100	2:30	00:03:30	00:30:47	55	17.5	00:02:26	00:25:40	56	10:15		01:13:25.81
70	481	Daphne Immele	F	56	Bloomington	MN	00:12:03	112	2:43	00:03:45	00:30:24	46	17.8	00:01:46	00:25:58	63	10:22		01:13:52.31

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
71	391	Sarah Isdahl	F	19	Plymouth	MN	00:08:18	31	1:52	00:03:27	00:31:50	69	17.0	00:02:07	00:28:21	84	11:20	01:13:59.53
72	421	Kristin Van Nurden	F	34	Kimball	MN	00:10:52	95	2:27	00:03:56	00:33:27	89	16.1	00:00:50	00:24:59	51	9:59	01:14:02.60
73	278	Vicki Hoiem	F	60	South Haven	MN	00:09:20	54	2:06	00:03:02	00:33:19	86	16.2	00:01:02	00:28:08	81	11:14	01:14:47.50
74	451	Karen Slakey	F	55	Lake Elmo	MN	00:07:48	20	1:45	00:04:52	00:30:24	47	17.8	00:02:30	00:29:40	94	11:51	01:15:11.31
75	289	Kelly Kallok	F	38	Fridley	MN	00:10:40	91	2:24	00:03:26	00:29:33	37	18.3	00:02:18	00:29:21	90	11:44	01:15:15.31
76	373	Courtney Martin	F	24	St. Michael	MN	00:10:02	75	2:16	00:03:07	00:34:54	100	15.5	00:01:27	00:26:16	66	10:30	01:15:43.06
77	355	Melissa Johnson	F	43	Big Lake	MN	00:12:26	118	2:48	00:03:26	00:31:19	61	17.2	00:01:19	00:27:45	79	11:05	01:16:13.09
78	476	Christina Orlowsky	F	26	St. Paul	MN	00:10:19	82	2:20	00:05:17	00:34:24	95	15.7	00:01:14	00:25:26	55	10:10	01:16:36.29
79	362	Eileen Lafontaine	F	45	Minneapolis	MN	00:11:03	99	2:30	00:03:25	00:29:22	35	18.4	00:02:36	00:30:28	102	12:11	01:16:52.00
80	365	Leanne Goerz	F	43	Monticello	MN	00:10:12	78	2:18	00:02:56	00:33:00	79	16.4	00:01:16	00:29:32	92	11:48	01:16:52.31
81	295	Kelsey Shopp	F	29	Dayton	MN	00:08:49	42	1:59	00:03:18	00:33:06	81	16.3	00:01:23	00:30:21	101	12:08	01:16:55.65
82	518	Katie Ergen	F	28	St. Augusta	MN	00:09:16	52	2:05	00:03:15	00:31:35	64	17.1	00:01:59	00:30:57	103	12:22	01:16:58.06
83	485	Kacie Ziola	F	29	Edina	MN	00:09:52	67	2:14	00:03:34	00:32:59	78	16.4	00:01:07	00:29:38	93	11:50	01:17:08.37
84	533	Celine Swift	F	53	Glencoe	MN	00:12:32	120	2:50	00:03:38	00:36:35	111	14.8	00:01:30	00:23:26	41	9:22	01:17:39.31
85	384	Ingrid Anderson	F	42	Clearwater	MN	00:11:49	110	2:40	00:05:14	00:30:37	50	17.6	00:02:51	00:27:20	76	10:55	01:17:47.50
86	543	Linda Cieslak	F	55	St. Michael	MN	00:10:15	79	2:19	00:04:15	00:32:07	71	16.8	00:01:26	00:29:49	95	11:55	01:17:50.54
87	444	Jennifer Larson	F	50	Minneapolis	MN	00:08:06	27	1:50	00:02:36	00:34:00	93	15.9	00:01:29	00:31:47	112	12:42	01:17:55.84
88	513	Abigail Saddler	F	22	Wayzata	MN	00:06:29	6	1:28	00:02:55	00:39:19	122	13.7	00:01:32	00:28:09	82	11:15	01:18:22.55
89	473	Amy Ohland	F	31	Blaine	MN	00:07:38	17	1:43	00:04:42	00:35:29	105	15.2	00:01:34	00:29:09	89	11:39	01:18:30.06
90	299	Molly Rogers	F	43	Minneapolis	MN	00:11:38	104	2:38	00:03:40	00:36:43	112	14.7	00:01:37	00:24:55	50	9:57	01:18:30.81
91	500	Katie Gasser	F	32	Sartell	MN	00:07:44	18	1:45	00:04:22	00:33:26	87	16.2	00:01:03	00:32:21	116	12:56	01:18:54.17
92	418	Gina Guggisberg	F	37	Kimball	MN	00:13:24	124	3:02	00:04:21	00:33:02	80	16.3	00:01:00	00:27:18	75	10:55	01:19:02.24
93	358	Betsey Nelson	F	36	Plymouth	MN	00:12:17	115	2:46	00:04:46	00:32:49	75	16.5	00:01:48	00:27:28	77	10:58	01:19:04.57
94	382	Denucci Mary	F	54	Minneapolis	MN	00:11:03	98	2:30	00:02:57	00:32:26	72	16.7	00:02:00	00:31:17	107	12:30	01:19:38.79
95	569	La Vonne Cornell-Swanson	F	59	South Haven	MN	00:09:09	48	2:04	00:04:13	00:32:38	74	16.6	00:02:50	00:31:03	104	12:24	01:19:49.80
96	542	Kristi Walter	F	39	Shoreview	MN	00:09:44	63	2:12	00:03:54	00:31:13	60	17.3	00:02:07	00:33:00	120	13:11	01:19:55.05
97	293	Samantha Hebzynski	F	27	Maple Grove	MN	00:07:20	14	1:39	00:04:12	00:34:32	96	15.6	00:01:32	00:32:23	117	12:57	01:19:55.95
98	449	Mary Ellen Gutknecht	F	60	Buffalo	MN	00:10:17	80	2:19	00:04:17	00:28:59	33	18.6	00:01:39	00:35:37	124	14:14	01:20:47.06
99	388	Teresa Wrobbel	F	52	Montrose	MN	00:09:52	66	2:14	00:04:41	00:31:24	62	17.2	00:02:02	00:32:56	118	13:10	01:20:52.46
100	443	Grace Bischoff	F	13	Minneapolis	MN	00:08:46	40	1:59	00:03:34	00:35:23	102	15.3	00:01:27	00:31:47	111	12:42	01:20:55.56
101	547	Sheila Konz	F	46	Forest Lake	MN	00:10:45	92	2:25	00:04:39	00:33:44	91	16.0	00:02:21	00:29:51	96	11:56	01:21:17.24
102	352	Jennifer Lindquist	F	47	Annandale	MN	00:09:54	69	2:14	00:03:12	00:36:48	114	14.7	00:01:11	00:30:20	100	12:07	01:21:22.31
103	471	Kathryn Ohland	F	34	Saint Paul	MN	00:08:00	25	1:48	00:04:20	00:35:28	104	15.2	00:01:36	00:32:03	114	12:48	01:21:24.55
104	454	Kathy Kapustka	F	55	Burnsville	MN	00:13:18	123	3:00	00:03:55	00:36:08	108	14.9	00:02:10	00:26:19	67	10:31	01:21:48.45
105	526	Tiffany Kramer	F	21	Buffalo	MN	00:10:32	88	2:23	00:04:20	00:33:26	88	16.2	00:01:45	00:31:49	113	12:43	01:21:49.25

# Heart of the Lakes Triathlon

July 15, 2018

## Short Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
106	350	Rachel Werdin	F	20	Eden Prairie	MN	00:08:30	33	1:55	00:04:05	00:40:54	128	13.2	00:01:25	00:27:04	74	10:49		01:21:55.49
107	359	Carly Molenaar	F	20	Eden Prairie	MN	00:10:04	77	2:16	00:03:56	00:36:14	109	14.9	00:01:37	00:30:07	98	12:02		01:21:55.90
108	429	Natalie Dieterle	F	43	Stillwater	MN	00:11:56	111	2:42	00:03:20	00:36:50	115	14.7	00:01:13	00:28:45	88	11:29		01:22:01.97
109	280	Priya Moran	F	15	Asheville	NC	00:09:09	49	2:04	00:04:07	00:34:46	99	15.5	00:02:19	00:32:04	115	12:49		01:22:22.56
110	342	Danielle Lundquist	F	26	Monticello	MN	00:11:47	107	2:40	00:03:44	00:37:23	118	14.4	00:01:41	00:28:27	85	11:22		01:22:58.94
111	511	Dawn Pierson	F	35	Eden Prairie	MN	00:13:33	126	3:04	00:04:18	00:32:59	77	16.4	00:02:59	00:29:27	91	11:46		01:23:13.80
112	366	Rhonda Wynegar	F	37	Big Lake	MN	00:14:22	133	3:15	00:04:05	00:35:04	101	15.4	00:01:35	00:30:16	99	12:06		01:25:19.72
113	536	Kayla Siebold	F	21	Burnsville	MN	00:07:59	23	1:48	00:06:24	00:33:17	85	16.2	00:02:04	00:35:42	125	14:16		01:25:25.29
114	470	Mary Myhre	F	61	Minneota	MN	00:12:32	119	2:50	00:05:01	00:37:19	117	14.5	00:01:37	00:30:04	97	12:01		01:26:30.31
115	403	Mandyce Oelschlager	F	34	Oakdale	MN	00:10:36	89	2:24	00:05:30	00:36:47	113	14.7	00:02:31	00:31:37	109	12:38		01:26:58.00
116	406	Lindsey Hult Harrigan	F	34	Woodbury	MN	00:08:07	28	1:50	00:07:59	00:37:45	119	14.3	00:01:33	00:31:37	108	12:38		01:26:58.21
117	402	Jolene Metcalf	F	35	Roseville	MN	00:08:00	24	1:48	00:08:04	00:36:53	116	14.6	00:02:27	00:31:38	110	12:38		01:26:58.56
118	497	Olivia Kretschmer	F	16	Hudson	WI	00:06:49	9	1:32	00:03:25	00:42:23	132	12.7	00:01:39	00:32:57	119	13:10		01:27:10.55
119	465	Kathy Gruys	F	63	Maple Lake	MN	00:12:15	114	2:46	00:05:11	00:33:47	92	16.0	00:01:51	00:34:28	123	13:47		01:27:29.05
120	370	Stacy Winter	F	35	Minnetrissa	MN	00:14:07	132	3:11	00:04:22	00:35:27	103	15.2	00:01:32	00:33:26	121	13:22		01:28:52.06
121	339	Tashina Schumacher	F	29	Dayton	MN	00:11:11	101	2:31	00:03:36	00:37:53	120	14.3	00:02:23	00:34:17	122	13:42		01:29:17.05
122	419	Carly Hendrickson	F	17	Annandale	MN	00:13:53	131	3:08	00:06:25	00:41:33	130	13.0	00:01:53	00:28:17	83	11:18		01:31:58.95
123	407	Kayla Kipf	F	22	Watkins	MN	00:13:50	130	3:08	00:06:29	00:41:33	129	13.0	00:01:52	00:28:27	86	11:22		01:32:09.55
124	480	Pam Fitting	F	64	Buffalo	MN	00:11:35	103	2:37	00:04:38	00:37:56	121	14.2	00:02:12	00:36:24	127	14:33		01:32:41.23
125	502	Gabriella Hess	F	14	Minneapolis	MN	00:10:24	86	2:21	00:03:50	00:40:07	124	13.5	00:01:39	00:37:04	128	14:49		01:33:02.46
126	390	Katie Maiers	F	65	Minneapolis	MN	00:11:41	105	2:38	00:04:27	00:35:37	106	15.2	00:02:29	00:39:48	134	15:54		01:33:58.89
127	420	Sarah Jurek	F	43	Kimball	MN	00:14:28	134	3:16	00:05:24	00:40:28	126	13.3	00:01:27	00:36:17	126	14:30		01:38:01.30
128	562	Renee Kirk	F	51	Centerville	MN	00:11:47	108	2:40	00:05:12	00:36:33	110	14.8	00:03:48	00:41:33	136	16:37		01:38:51.04
129	468	Mary Jenatscheck	F	62	Waseca	MN	00:13:03	122	2:57	00:05:04	00:39:56	123	13.5	00:02:10	00:38:46	132	15:30		01:38:56.51
130	489	Jeanne Ritari	F	53	Big Lake	MN	00:13:35	127	3:04	00:06:02	00:40:44	127	13.3	00:02:07	00:37:19	130	14:55		01:39:44.01
131	484	Jackie Kittock	F	52	Delano	MN	00:15:08	136	3:25	00:08:02	00:42:50	133	12.6	00:03:18	00:31:11	105	12:28		01:40:26.05
132	487	Donna Gabrelcik	F	53	Maple Plain	MN	00:15:08	135	3:25	00:08:00	00:42:53	134	12.6	00:03:16	00:31:13	106	12:28		01:40:26.68
133	410	Mona Volden	F	59	Annandale	MN	00:13:29	125	3:03	00:05:49	00:42:07	131	12.8	00:02:10	00:37:10	129	14:51		01:40:42.13
134	294	Emma Nelson	F	28	Maple Grove	MN	00:07:47	19	1:45	00:04:40	00:47:48	135	11.3	00:01:30	00:39:36	133	15:50		01:41:18.55
135	291	Judy Rykken	F	79	Bloomington	MN	00:13:43	129	3:06	00:06:22	00:40:24	125	13.4	00:02:50	00:38:18	131	15:18		01:41:34.52
136	404	Kayla Sammons	F	26	Anoka	MN	00:12:20	116	2:47	00:04:32	00:51:06	136	10.6	00:02:43	00:41:19	135	16:31		01:51:56.54

# Heart of the Lakes Triathlon

July 15, 2018

## Short Individual

### Overall Results - Male

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	6	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	10	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	251	Kyle Swenson	M	16	Rogers	MN	00:05:33	2	1:15	00:01:39	00:22:19	7	24.2	00:00:54	00:15:30	5	6:11		00:45:52.53
4	274	Nate Hoffman	M	35	South Haven	MN	00:07:50	23	1:46	00:01:42	00:21:48	4	24.8	00:00:46	00:14:08	2	5:38		00:46:11.48
5	252	Nathan Bich	M	19	Duluth	MN	00:05:41	3	1:17	00:02:02	00:22:03	5	24.5	00:01:14	00:16:56	8	6:46		00:47:53.31
6	557	Jack Hennen	M	18	Cambridge	MI	00:06:14	7	1:24	00:01:25	00:23:05	8	23.4	00:00:50	00:18:07	10	7:14		00:49:39.06
7	271	Nick Teetzel	M	26	Rogers	MN	00:09:05	49	2:03	00:01:58	00:23:10	9	23.3	00:01:11	00:14:56	4	5:58		00:50:17.71
8	561	Bill Corcoran	M	45	Sauk Rapids	MN	00:06:58	15	1:34	00:01:44	00:22:12	6	24.3	00:01:25	00:18:53	13	7:33		00:51:08.54
9	254	Marty Moran	M	51	Asheville	NC	00:05:09	1	1:09	00:02:02	00:23:25	11	23.1	00:01:14	00:20:36	27	8:14		00:52:22.98
10	394	Leonard Klun	M	64	Maple Plain	MN	00:06:54	14	1:33	00:02:20	00:23:33	12	22.9	00:01:34	00:18:10	11	7:15		00:52:28.56
11	448	Jacob Rattray	M	35	Hutchinson	MN	00:08:15	30	1:52	00:02:23	00:24:49	14	21.8	00:01:27	00:16:31	7	6:36		00:53:22.45
12	253	Todd White	M	51	Roseville	MN	00:06:11	5	1:23	00:02:03	00:24:51	15	21.7	00:01:14	00:21:04	32	8:25		00:55:20.81
13	560	Jonathan Kell	M	38	Blaine	MN	00:09:21	53	2:07	00:02:07	00:23:23	10	23.1	00:01:08	00:19:59	23	7:59		00:55:56.39
14	264	Greg Swenson	M	49	Rogers	MN	00:06:36	11	1:29	00:02:29	00:24:55	16	21.7	00:01:10	00:21:35	38	8:37		00:56:41.57
15	496	Mark Kretschmer	M	46	Hudson	WI	00:07:38	22	1:43	00:03:00	00:25:58	25	20.8	00:01:32	00:19:05	15	7:37		00:57:11.06
16	263	Duane Pullins	M	60	Maple Lake	MN	00:08:22	31	1:53	00:02:22	00:23:56	13	22.6	00:01:21	00:21:50	42	8:43		00:57:47.82
17	545	Rick Olson	M	45	Blaine	MN	00:07:37	21	1:43	00:02:50	00:25:55	24	20.8	00:01:34	00:19:56	22	7:58		00:57:49.59
18	259	Doobie Kurus	M	45	Minnetonka	MN	00:06:32	9	1:28	00:02:14	00:26:20	28	20.5	00:01:14	00:21:45	40	8:41		00:58:00.92
19	363	Jeff Stites	M	48	Minneapolis	MN	00:08:54	43	2:00	00:02:48	00:25:12	19	21.4	00:01:14	00:20:31	26	8:12		00:58:36.30
20	570	Dwight Larsen	M	55	Plymouth	MN	00:08:05	28	1:49	00:02:50	00:25:35	22	21.1	00:01:14	00:21:29	37	8:35		00:59:09.31
21	446	David Thoma	M	58	Annandale	MN	00:07:05	18	1:36	00:03:00	00:25:34	21	21.1	00:01:26	00:22:28	49	8:58		00:59:29.84
22	261	Nick Engfer	M	23	Buffalo	MN	00:06:53	13	1:33	00:02:32	00:27:09	40	19.9	00:00:49	00:22:49	54	9:07		01:00:10.06
23	281	Todd Russ	M	59	Plymouth	MN	00:09:24	55	2:07	00:02:09	00:26:44	30	20.2	00:01:36	00:20:28	25	8:11		01:00:18.52
24	462	Benjiman Eastlund	M	15	Buffalo	MN	00:09:00	47	2:02	00:02:14	00:28:54	57	18.7	00:00:53	00:19:41	20	7:52		01:00:39.56
25	265	Scott Crow	M	56	Vadnais Heights	MN	00:06:59	16	1:34	00:02:21	00:26:03	26	20.7	00:01:17	00:24:03	63	9:36		01:00:40.72
26	538	Samuel Ringham	M	18	Wanamingo	MN	00:07:55	26	1:47	00:03:27	00:33:00	89	16.4	00:00:45	00:16:07	6	6:26		01:01:12.27
27	375	Michael Barton	M	26	Eagan	MN	00:12:54	97	2:55	00:02:41	00:25:19	20	21.3	00:01:54	00:18:53	14	7:33		01:01:37.99
28	498	Jeremy Jackson	M	37	Clearwater	MN	00:09:53	63	2:14	00:03:27	00:24:56	17	21.7	00:02:01	00:21:28	36	8:35		01:01:41.56
29	477	Bryan Szmergalski	M	30	Eden Prairie	MN	00:08:53	41	2:00	00:02:45	00:29:50	70	18.1	00:00:47	00:19:48	21	7:54		01:02:00.60
30	549	Peter Larson	M	18	Edina	MN	00:09:05	50	2:03	00:02:47	00:30:15	72	17.9	00:01:22	00:18:36	12	7:26		01:02:02.79
31	439	Jason Loeschen	M	39	Silver Lake	MN	00:08:39	34	1:57	00:03:19	00:28:14	49	19.1	00:00:57	00:21:04	31	8:25		01:02:10.31
32	432	Charles Weymann	M	41	Columbus Township	MN	00:10:08	66	2:17	00:03:40	00:28:08	48	19.2	00:01:25	00:19:15	17	7:41		01:02:33.75
33	272	Dale Nelson	M	58	Osseo	MN	00:07:54	25	1:47	00:03:32	00:27:39	42	19.5	00:01:54	00:21:53	44	8:45		01:02:48.74
34	534	David Swift	M	55	Glencoe	MN	00:08:05	29	1:49	00:03:27	00:26:20	29	20.5	00:01:22	00:23:46	62	9:30		01:02:57.99
35	520	Matthew Hwang	M	50	Saint Cloud	MN	00:07:13	19	1:37	00:03:08	00:25:42	23	21.0	00:01:29	00:25:33	71	10:13		01:03:03.64

# Heart of the Lakes Triathlon

July 15, 2018

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	396	Brad Vrchota	M	35	Shakopee	MN	00:09:38	59	2:10	00:03:14	00:27:04	39	20.0	00:01:30	00:21:41	39	8:40		01:03:04.56
37	267	Erik Fagerstrom	M	29	Bloomington	MN	00:07:58	27	1:48	00:02:22	00:27:49	44	19.4	00:01:40	00:23:24	58	9:21		01:03:10.45
38	273	Jeffrey Nelson	M	24	Osseo	MN	00:06:21	8	1:26	00:03:54	00:29:08	62	18.5	00:01:51	00:22:01	46	8:48		01:03:12.52
39	550	Parker Zak	M	18	Edina	MN	00:10:25	69	2:21	00:02:14	00:32:21	86	16.7	00:01:04	00:17:24	9	6:57		01:03:24.30
40	400	Joe Dumas	M	49	Loretto	MN	00:07:00	17	1:35	00:02:49	00:28:35	51	18.9	00:01:58	00:23:11	56	9:16		01:03:30.81
41	268	Matthew Wuollet	M	29	Annandale	MN	00:09:10	51	2:04	00:02:16	00:28:36	52	18.9	00:01:15	00:22:16	48	8:54		01:03:31.07
42	558	Karl Mertens	M	30	Gypsum	CO	00:12:05	90	2:44	00:04:09	00:27:03	38	20.0	00:01:12	00:19:16	19	7:42		01:03:44.06
43	479	Paul Hanek	M	47	Woodbury	MN	00:09:41	61	2:11	00:03:02	00:26:57	36	20.0	00:01:03	00:23:12	57	9:16		01:03:53.30
44	514	Craig Myhre	M	34	St Louis Park	MN	00:08:51	39	2:00	00:03:06	00:28:04	47	19.2	00:01:38	00:22:42	50	9:04		01:04:17.60
45	507	Tommy Stone	M	38	Minneapolis	MN	00:08:59	45	2:02	00:03:03	00:28:02	45	19.3	00:01:21	00:22:57	55	9:10		01:04:19.43
46	564	Alvin Molitor	M	57	Rochester	MN	00:09:00	46	2:02	00:03:24	00:26:52	32	20.1	00:02:24	00:22:47	53	9:06		01:04:23.76
47	423	Noah Jurek	M	17	Kimball	MN	00:10:53	77	2:27	00:02:53	00:30:54	77	17.5	00:00:38	00:19:15	16	7:41		01:04:28.74
48	455	Ryan Lund	M	46	Edina	MN	00:09:39	60	2:11	00:04:49	00:26:57	35	20.0	00:02:01	00:21:06	33	8:26		01:04:29.13
49	463	David Eastlund	M	56	Buffalo	MN	00:09:46	62	2:12	00:03:44	00:29:27	66	18.3	00:01:09	00:20:38	28	8:15		01:04:40.93
50	517	Mark Walford	M	68	Glencoe	MN	00:10:14	67	2:19	00:02:47	00:26:59	37	20.0	00:01:36	00:23:33	59	9:24		01:05:06.32
51	270	Ben Zhao	M	55	Edina	MN	00:10:27	70	2:21	00:03:12	00:28:39	54	18.9	00:01:29	00:21:23	34	8:32		01:05:07.53
52	563	Dave Kell	M	65	Richfield	MN	00:10:24	68	2:21	00:02:24	00:25:00	18	21.6	00:01:28	00:25:56	73	10:22		01:05:09.20
53	459	Colton Warner	M	13	Eden Prairie	MN	00:07:51	24	1:46	00:02:49	00:29:25	64	18.4	00:01:47	00:23:35	60	9:25		01:05:25.31
54	522	Christopher Marshall	M	47	Plymouth	MN	00:09:23	54	2:07	00:02:54	00:26:51	31	20.1	00:02:18	00:24:05	64	9:37		01:05:27.76
55	300	Todd Rogers	M	59	Minneapolis	MN	00:07:23	20	1:40	00:03:34	00:27:40	43	19.5	00:01:52	00:25:32	70	10:12		01:05:58.81
56	537	Scott Kissner	M	30	St. Augusta	MN	00:08:24	32	1:54	00:03:30	00:27:26	41	19.7	00:01:39	00:25:40	72	10:15		01:06:36.02
57	516	Ben Arends	M	19	South Haven	MN	00:10:37	72	2:24	00:02:48	00:33:33	93	16.1	00:00:44	00:19:15	18	7:41		01:06:53.51
58	488	Tavis Chellin	M	37	Hutchinson	MN	00:11:18	83	2:33	00:03:42	00:28:41	56	18.8	00:01:24	00:21:53	45	8:45		01:06:56.31
59	424	Jeremy Krehbiel	M	45	Lakeville	MN	00:08:47	37	1:59	00:03:04	00:26:10	27	20.6	00:01:32	00:27:33	79	11:01		01:07:03.30
60	287	Jonah Overby	M	14	Big Lake	MN	00:06:08	4	1:23	00:04:00	00:34:48	97	15.5	00:01:12	00:21:25	35	8:33		01:07:29.41
61	368	Tim Tanner	M	54	Plymouth	MN	00:09:03	48	2:02	00:02:43	00:29:26	65	18.3	00:02:03	00:24:23	67	9:44		01:07:35.26
62	528	Alex Herzog	M	31	New Ulm	MN	00:11:43	86	2:39	00:03:14	00:31:18	79	17.3	00:01:25	00:20:16	24	8:06		01:07:53.22
63	540	Kyle Stark	M	31	Minneapolis	MN	00:12:42	96	2:52	00:03:16	00:29:12	63	18.5	00:01:01	00:21:51	43	8:44		01:07:59.95
64	504	Jim Bell	M	60	South Haven	MN	00:08:43	35	1:58	00:02:48	00:26:53	33	20.1	00:01:55	00:28:11	82	11:16		01:08:27.06
65	559	Cody Satterlee	M	32	Coon Rapids	MN	00:08:33	33	1:56	00:03:32	00:31:27	80	17.2	00:02:15	00:22:44	51	9:05		01:08:28.77
66	361	Steve Peery	M	31	Madison	WI	00:09:38	58	2:10	00:03:59	00:33:21	92	16.2	00:00:46	00:20:52	30	8:20		01:08:34.22
67	482	Seth Myhre	M	35	Minneota	MN	00:11:12	82	2:32	00:03:14	00:29:34	68	18.3	00:01:15	00:23:38	61	9:27		01:08:51.03
68	356	Noah Johnson	M	19	Big Lake	MN	00:13:12	98	2:59	00:03:19	00:28:56	59	18.7	00:00:42	00:22:46	52	9:06		01:08:52.79
69	524	Bradley Johnson	M	65	Champlin	MN	00:10:47	74	2:26	00:03:40	00:28:03	46	19.3	00:02:06	00:24:28	68	9:47		01:09:01.78
70	389	Erich Rotenberger	M	20	St. Michael	MN	00:12:13	91	2:46	00:03:01	00:31:44	83	17.0	00:00:59	00:21:45	41	8:41		01:09:39.45

# Heart of the Lakes Triathlon

July 15, 2018

## Short Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	386	Tom Millerbernd	M	51	Chaska	MN	00:08:59	44	2:02	00:03:25	00:28:40	55	18.8	00:01:53	00:27:26	78	10:58		01:10:20.77
72	527	Rick Golla	M	71	Rochester	MN	00:12:26	92	2:49	00:03:01	00:28:59	60	18.6	00:01:44	00:24:17	65	9:42		01:10:24.76
73	436	Stephen Snyder	M	61	Chaska	MN	00:11:29	85	2:36	00:04:23	00:28:27	50	19.0	00:02:24	00:24:19	66	9:43		01:10:59.81
74	409	Mardon Quandt	M	58	Annandale	MN	00:09:32	56	2:09	00:03:55	00:26:54	34	20.1	00:02:37	00:28:06	81	11:14		01:11:01.81
75	430	David Dorow	M	55	Maple Lake	MN	00:11:53	87	2:41	00:05:19	00:31:56	84	16.9	00:01:29	00:20:43	29	8:16		01:11:17.97
76	379	Lucas Martin	M	25	Albertville	MN	00:10:48	75	2:26	00:03:28	00:33:47	95	16.0	00:01:16	00:22:06	47	8:50		01:11:23.57
77	374	Joseph Shaffer	M	26	Elk River	MN	00:11:05	80	2:30	00:04:23	00:28:54	58	18.7	00:02:02	00:25:14	69	10:05		01:11:36.17
78	296	Grant Waslaski	M	13	Inver Grove Heights	MN	00:08:50	38	2:00	00:03:57	00:30:03	71	18.0	00:01:07	00:28:32	84	11:24		01:12:26.96
79	499	Brian Gasser	M	34	Sartell	MN	00:08:54	42	2:00	00:03:14	00:30:24	73	17.8	00:04:04	00:26:07	76	10:26		01:12:39.75
80	456	Bob Spooner	M	66	Ramsey	MN	00:10:57	79	2:28	00:02:10	00:31:37	82	17.1	00:01:16	00:28:31	83	11:24		01:14:29.31
81	530	Dan Berendes	M	39	Blaine	MN	00:08:46	36	1:59	00:03:04	00:32:52	88	16.4	00:01:20	00:28:55	86	11:33		01:14:54.19
82	494	Ryan Holten	M	37	Minneapolis	MN	00:09:54	64	2:14	00:03:51	00:32:42	87	16.5	00:01:14	00:27:51	80	11:08		01:15:29.68
83	492	Ryan Sommers	M	38	Saint Louis Park	MN	00:09:20	52	2:06	00:04:33	00:30:30	74	17.7	00:02:41	00:29:37	89	11:50		01:16:38.81
84	438	Paul Hughes	M	48	Eden Prairie	MN	00:11:09	81	2:31	00:02:29	00:30:48	76	17.5	00:01:13	00:31:29	94	12:35		01:17:06.31
85	458	Mark Myhra	M	57	Plymouth	MN	00:10:43	73	2:25	00:03:54	00:29:27	67	18.3	00:02:41	00:30:25	90	12:09		01:17:08.05
86	515	Spencer Hagen	M	31	St. Louis Park	MN	00:10:53	78	2:27	00:04:38	00:28:59	61	18.6	00:02:30	00:30:33	92	12:12		01:17:30.05
87	412	Thomas Fulton	M	71	Saint Louis Park	MN	00:10:00	65	2:15	00:05:34	00:29:36	69	18.3	00:04:38	00:29:03	87	11:37		01:18:47.49
88	275	David Latour	M	31	Monticello	MN	00:10:50	76	2:27	00:03:22	00:31:12	78	17.3	00:01:19	00:32:08	95	12:50		01:18:48.57
89	415	James Vlcek	M	62	Woodbury	MN	00:10:30	71	2:22	00:05:18	00:33:41	94	16.0	00:02:56	00:27:00	77	10:47		01:19:22.81
90	523	Robert Marshall	M	12	Plymouth	MN	00:11:21	84	2:34	00:03:33	00:36:15	99	14.9	00:01:37	00:28:45	85	11:29		01:21:28.65
91	441	Jeremy Dobson	M	45	St. Paul	MN	00:12:27	93	2:49	00:04:31	00:32:02	85	16.9	00:02:32	00:30:25	91	12:09		01:21:54.58
92	467	Walter Hagen	M	66	Wayzata	MN	00:11:58	88	2:42	00:04:10	00:30:39	75	17.6	00:03:38	00:32:41	96	13:04		01:23:03.36
93	510	Carlos Bastidas	M	35	Eden Prairie	MN	00:13:33	99	3:04	00:04:18	00:33:01	91	16.4	00:02:57	00:29:27	88	11:46		01:23:13.22
94	503	Michael Hess	M	48	Minneapolis	MN	00:17:24	103	3:56	00:04:51	00:34:27	96	15.7	00:01:05	00:25:59	74	10:23		01:23:42.34
95	417	Brandon Guggisberg	M	15	Kimball	MN	00:13:51	100	3:08	00:04:28	00:41:37	101	13.0	00:00:56	00:26:04	75	10:25		01:26:53.74
96	457	Don Meck	M	78	Siren	WI	00:12:40	95	2:52	00:06:06	00:28:38	53	18.9	00:07:30	00:32:46	97	13:06		01:27:37.11
97	525	Dave Hoffman	M	52	Marshfield	WI	00:08:51	40	2:00	00:06:50	00:33:01	90	16.4	00:02:11	00:36:54	101	14:45		01:27:44.00
98	279	Howard Bich	M	78	Sioux Falls	SD	00:14:17	101	3:14	00:04:28	00:31:28	81	17.2	00:02:23	00:36:02	100	14:24		01:28:35.28
99	452	Scott Crawford	M	58	Buffalo	MN	00:12:01	89	2:43	00:05:48	00:35:30	98	15.2	00:02:09	00:35:29	98	14:11		01:30:54.30
100	472	David Slye	M	28	Mnnetonka	MN	00:09:34	57	2:10	00:05:15	00:45:01	103	12.0	00:01:59	00:35:56	99	14:22		01:37:43.30
101	483	Becky Botzet	M	48	Long Lake	MN	00:14:29	102	3:16	00:08:43	00:42:48	102	12.6	00:03:18	00:31:11	93	12:28		01:40:25.54
102	371	Stephen Edmonson	M	58	Buffalo	MN	00:20:20	104	4:36	00:05:06	00:37:47	100	14.3	00:04:08	00:43:58	103	17:35		01:51:16.79
103	553	Kenneth Freed	M	57	Minnesota	MN	00:12:30	94	2:49	00:06:52	00:48:35	104	11.1	00:03:37	00:43:50	102	17:31		01:55:21.67