

# 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
4	122/239	52/136	571	Nina Kessler	13	F	Mendota Heights	MN	00:08:31.26	00:30:58.54	00:25:50.42		01:10:15.76
5	128/239	54/136	283	Olivia Honsey	15	F	Annandale	MN	00:09:42.03	00:31:41.71	00:25:52.83		01:11:09.24
6	136/239	59/136	521	Sophie Hwang	14	F	Saint Cloud	MN	00:06:48.52	00:34:41.28	00:25:49.54		01:11:39.56
7	139/239	62/136	555	Abby Reiner	19	F	Hutchinson	MN	00:06:24.01	00:35:55.24	00:26:02.51		01:12:04.56
8	150/239	71/136	391	Sarah Isdahl	19	F	Plymouth	MN	00:08:17.02	00:31:49.51	00:28:20.17		01:13:59.53

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### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
9	189/239	100/136	443	Grace Bischoff	13	F	Minneapolis	MN	00:08:45.76	00:35:22.65	00:31:46.88		01:20:55.56
10	200/239	109/136	280	Priya Moran	15	F	Asheville	NC	00:09:08.28	00:34:45.92	00:32:03.40		01:22:22.56
11	213/239	118/136	497	Olivia Kretschmer	16	F	Hudson	WI	00:06:48.83	00:42:22.44	00:32:56.32		01:27:10.55
12	221/239	122/136	419	Carly Hendrickson	17	F	Annandale	MN	00:13:52.98	00:41:32.83	00:28:16.06		01:31:58.95
13	224/239	125/136	502	Gabriella Hess	14	F	Minneapolis	MN	00:10:23.39	00:40:06.88	00:37:03.78		01:33:02.46

### 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
4	42/239	26/103	538	Samuel Ringham	18	M	Wanamingo	MN	00:07:54.40	00:32:59.58	00:16:06.95		01:01:12.27
5	48/239	30/103	549	Peter Larson	18	M	Edina	MN	00:09:04.26	00:30:14.79	00:18:35.37		01:02:02.79
6	60/239	39/103	550	Parker Zak	18	M	Edina	MN	00:10:24.02	00:32:20.43	00:17:23.29		01:03:24.30
7	72/239	47/103	423	Noah Jurek	17	M	Kimball	MN	00:10:52.16	00:30:53.22	00:19:14.08		01:04:28.74
8	82/239	53/103	459	Colton Warner	13	M	Eden Prairie	MN	00:07:50.52	00:29:24.87	00:23:34.65		01:05:25.31
9	88/239	57/103	516	Ben Arends	19	M	South Haven	MN	00:10:36.01	00:33:32.67	00:19:14.72		01:06:53.51
10	95/239	60/103	287	Jonah Overby	14	M	Big Lake	MN	00:06:07.70	00:34:47.00	00:21:24.03		01:07:29.41
11	110/239	68/103	356	Noah Johnson	19	M	Big Lake	MN	00:13:11.77	00:28:55.78	00:22:45.08		01:08:52.79
12	142/239	78/103	296	Grant Waslaski	13	M	Inver Grove Heights	MN	00:08:49.68	00:30:02.68	00:28:31.50		01:12:26.96
13	193/239	90/103	523	Robert Marshall	12	M	Plymouth	MN	00:11:20.76	00:36:14.96	00:28:44.10		01:21:28.65
14	209/239	95/103	417	Brandon Guggisberg	15	M	Kimball	MN	00:13:50.95	00:41:36.62	00:26:03.56		01:26:53.74

### 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
4	52/239	20/136	532	Kelly Wiens	24	F	Edina	MN	00:10:17.24	00:28:36.41	00:20:31.61		01:02:38.21
5	59/239	21/136	354	Ruth Lindberg	21	F	South Haven	MN	00:11:46.99	00:30:56.27	00:17:24.60		01:03:17.47
6	85/239	30/136	505	Katie Bell	22	F	South Haven	MN	00:10:36.71	00:30:43.32	00:21:12.47		01:06:03.62
7	100/239	39/136	387	Korinne Wrobbel	23	F	Montrose	MN	00:09:13.99	00:30:05.49	00:22:40.37		01:07:49.79

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## Short Individual

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
8	117/239	48/136	566	Katie Stover	20	F	Plymouth	MN	00:06:07.27	00:30:45.48	00:27:53.77		01:09:36.40
9	158/239	76/136	373	Courtney Martin	24	F	St. Michael	MN	00:10:01.22	00:34:53.49	00:26:15.90		01:15:43.06
10	174/239	88/136	513	Abigail Saddler	22	F	Wayzata	MN	00:06:28.85	00:39:18.97	00:28:08.40		01:18:22.55
11	195/239	105/136	526	Tiffany Kramer	21	F	Buffalo	MN	00:10:31.20	00:33:25.87	00:31:48.05		01:21:49.25
12	197/239	106/136	350	Rachel Werdin	20	F	Eden Prairie	MN	00:08:29.18	00:40:53.44	00:27:03.42		01:21:55.49
13	198/239	107/136	359	Carly Molenaar	20	F	Eden Prairie	MN	00:10:03.68	00:36:13.74	00:30:06.03		01:21:55.90
14	207/239	113/136	536	Kayla Siebold	21	F	Burnsville	MN	00:07:58.92	00:33:16.89	00:35:41.88		01:25:25.29
15	222/239	123/136	407	Kayla Kipf	22	F	Watkins	MN	00:13:49.92	00:41:32.19	00:28:26.66		01:32:09.55

### 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
4	90/239	32/136	501	Meaghan Gerhart	26	F	Minneapolis	MN	00:09:58.01	00:31:45.82	00:21:03.12		01:07:01.03
5	98/239	37/136	434	Evann Dufort	25	F	Minneapolis	MN	00:09:25.75	00:30:39.81	00:23:20.38		01:07:38.29
6	125/239	53/136	346	Lindsay Turner	29	F	Mankato	MN	00:08:34.02	00:29:41.28	00:27:37.43		01:10:50.32
7	138/239	61/136	475	Krista Stippelmans	26	F	St Louis Park	MN	00:09:14.02	00:34:05.89	00:20:48.66		01:11:58.08
8	146/239	67/136	565	Jo Novacek	29	F	Richmond	MN	00:12:12.45	00:30:54.46	00:25:17.39		01:13:15.56
9	160/239	78/136	476	Christina Orłowsky	26	F	St. Paul	MN	00:10:18.13	00:34:23.01	00:25:25.64		01:16:36.29
10	164/239	81/136	295	Kelsey Shopp	29	F	Dayton	MN	00:08:48.78	00:33:06.00	00:30:20.74		01:16:55.65
11	165/239	82/136	518	Katie Ergen	28	F	St. Augusta	MN	00:09:15.21	00:31:34.53	00:30:56.21		01:16:58.06
12	168/239	83/136	485	Kacie Ziola	29	F	Edina	MN	00:09:51.62	00:32:58.73	00:29:37.34		01:17:08.37
13	186/239	97/136	293	Samantha Hebzynski	27	F	Maple Grove	MN	00:07:19.97	00:34:31.26	00:32:22.54		01:19:55.95
14	201/239	110/136	342	Danielle Lundquist	26	F	Monticello	MN	00:11:46.36	00:37:22.53	00:28:26.18		01:22:58.94
15	219/239	121/136	339	Tashina Schumacher	29	F	Dayton	MN	00:11:10.48	00:37:52.56	00:34:16.66		01:29:17.05

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## Overall Division Results

## Short Individual

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
16	235/239	134/136	294	Emma Nelson	28	F	Maple Grove	MN	00:07:46.21	00:47:47.94	00:39:35.40		01:41:18.55
17	238/239	136/136	404	Kayla Sammons	26	F	Anoka	MN	00:12:19.01	00:51:05.13	00:41:18.62		01:51:56.54

### 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
4	62/239	41/103	268	Matthew Wuollet	29	M	Annandale	MN	00:09:09.78	00:28:35.66	00:22:15.59		01:03:31.07
5	133/239	76/103	379	Lucas Martin	25	M	Albertville	MN	00:10:47.73	00:33:46.60	00:22:05.66		01:11:23.57
6	135/239	77/103	374	Joseph Shaffer	26	M	Elk River	MN	00:11:04.94	00:28:53.49	00:25:13.63		01:11:36.17
7	226/239	100/103	472	David Slye	28	M	Minnetonka	MN	00:09:33.59	00:45:00.87	00:35:55.24		01:37:43.30

### 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
4	81/239	29/136	491	Amy Sommers	33	F	Saint Louis Park	MN	00:07:58.02	00:29:07.88	00:22:36.28		01:05:20.70
5	99/239	38/136	493	Lydia Hadash	33	F	Rockford	MN	00:09:53.29	00:29:42.70	00:23:48.02		01:07:39.05
6	120/239	50/136	556	Sarah Mertens	32	F	Gypsum	CO	00:08:57.75	00:32:55.73	00:23:08.41		01:10:06.79
7	132/239	57/136	506	Lindsey Fitting	30	F	Buffalo	MN	00:09:50.83	00:31:25.60	00:24:39.95		01:11:20.06
8	147/239	68/136	464	Megan Champlin	31	F	Annandale	MN	00:10:50.12	00:33:09.54	00:25:41.90		01:13:15.56
9	151/239	72/136	421	Kristin Van Nurden	34	F	Kimball	MN	00:10:51.95	00:33:26.78	00:24:58.33		01:14:02.60
10	175/239	89/136	473	Amy Ohland	31	F	Blaine	MN	00:07:37.77	00:35:28.26	00:29:08.38		01:18:30.06
11	179/239	91/136	500	Katie Gasser	32	F	Sartell	MN	00:07:43.97	00:33:25.00	00:32:20.99		01:18:54.17
12	192/239	103/136	471	Kathryn Ohland	34	F	Saint Paul	MN	00:07:59.52	00:35:27.23	00:32:02.39		01:21:24.55
13	210/239	115/136	403	Mandyce Oelschlager	34	F	Oakdale	MN	00:10:35.77	00:36:46.33	00:31:36.46		01:26:58.00
14	211/239	116/136	406	Lindsey Hulit Harrigan	34	F	Woodbury	MN	00:08:06.40	00:37:44.73	00:31:36.29		01:26:58.21

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## Short Individual

### 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
4	86/239	56/103	537	Scott Kissner	30	M	St. Augusta	MN	00:08:23.01	00:27:25.83	00:25:39.52		01:06:36.02
5	101/239	62/103	528	Alex Herzog	31	M	New Ulm	MN	00:11:42.08	00:31:17.67	00:20:15.86		01:07:53.22
6	103/239	63/103	540	Kyle Stark	31	M	Minneapolis	MN	00:12:41.76	00:29:11.44	00:21:50.57		01:07:59.95
7	106/239	65/103	559	Cody Satterlee	32	M	Coon Rapids	MN	00:08:32.51	00:31:26.70	00:22:43.61		01:08:28.77
8	107/239	66/103	361	Steve Peery	31	M	Madison	WI	00:09:37.17	00:33:20.44	00:20:51.97		01:08:34.22
9	144/239	79/103	499	Brian Gasser	34	M	Sartell	MN	00:08:53.23	00:30:23.48	00:26:06.36		01:12:39.75
10	169/239	86/103	515	Spencer Hagen	31	M	St. Louis Park	MN	00:10:52.94	00:28:58.35	00:30:32.39		01:17:30.05
11	178/239	88/103	275	David Latour	31	M	Monticello	MN	00:10:49.53	00:31:11.90	00:32:07.06		01:18:48.57

### 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
4	29/239	10/136	433	Betsy Mccann	37	F	Minnetonka	MN	00:08:55.27	00:26:28.49	00:20:02.40		00:58:41.56
5	32/239	12/136	393	Adrea Mauseth	38	F	St Louis Park	MN	00:07:31.77	00:27:34.66	00:20:51.25		00:59:15.56
6	102/239	40/136	378	Randi Milner	35	F	Deerfield Beach	FL	00:09:03.92	00:28:36.70	00:26:26.12		01:07:57.58
7	108/239	42/136	422	Megan Koski	38	F	Dassel	MN	00:09:52.32	00:31:44.00	00:22:39.22		01:08:43.34
8	111/239	43/136	466	Nicole Witowski	35	F	Plymouth	MN	00:08:12.10	00:30:16.62	00:25:40.81		01:08:57.94
9	115/239	46/136	539	Danielle Coffield	39	F	Hopkins	MN	00:10:26.25	00:27:23.23	00:26:22.13		01:09:17.79
10	129/239	55/136	440	Jennifer Loeschen	38	F	Silver Lake	MN	00:09:41.86	00:30:02.01	00:26:38.08		01:11:11.25
11	134/239	58/136	568	Jenny Lanin-Dale	38	F	Sartell	MN	00:12:47.75	00:33:07.09	00:21:59.14		01:11:35.06
12	137/239	60/136	531	Maureen Berendes	38	F	Blaine	MN	00:10:57.83	00:34:40.49	00:22:06.89		01:11:57.56
13	140/239	63/136	426	Anna Grand	39	F	Bemidji	MN	00:09:19.52	00:31:55.94	00:26:42.95		01:12:12.36
14	156/239	75/136	289	Kelly Kallok	38	F	Fridley	MN	00:10:39.27	00:29:32.07	00:29:20.70		01:15:15.31
15	180/239	92/136	418	Gina Guggisberg	37	F	Kimball	MN	00:13:23.47	00:33:01.98	00:27:17.68		01:19:02.24
16	181/239	93/136	358	Betsey Nelson	36	F	Plymouth	MN	00:12:16.52	00:32:48.25	00:27:27.15		01:19:04.57
17	185/239	96/136	542	Kristi Walter	39	F	Shoreview	MN	00:09:43.02	00:31:12.89	00:32:59.13		01:19:55.05
18	204/239	111/136	511	Dawn Pierson	35	F	Eden Prairie	MN	00:13:32.33	00:32:58.22	00:29:26.88		01:23:13.80
19	206/239	112/136	366	Rhonda Wynegar	37	F	Big Lake	MN	00:14:21.27	00:35:03.39	00:30:15.43		01:25:19.72

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

## Short Individual

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
20	212/239	117/136	402	Jolene Metcalf	35	F	Roseville	MN	00:07:59.02	00:36:52.73	00:31:37.00		01:26:58.56
21	218/239	120/136	370	Stacy Winter	35	F	Minnetrissa	MN	00:14:06.97	00:35:26.93	00:33:25.18		01:28:52.06

### 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
4	46/239	28/103	498	Jeremy Jackson	37	M	Clearwater	MN	00:09:52.26	00:24:55.15	00:21:27.74		01:01:41.56
5	50/239	31/103	439	Jason Loeschen	39	M	Silver Lake	MN	00:08:38.23	00:28:13.93	00:21:03.02		01:02:10.31
6	56/239	36/103	396	Brad Vrchota	35	M	Shakopee	MN	00:09:37.33	00:27:03.35	00:21:40.64		01:03:04.56
7	70/239	45/103	507	Tommy Stone	38	M	Minneapolis	MN	00:08:58.51	00:28:01.94	00:22:56.01		01:04:19.43
8	89/239	58/103	488	Tavis Chellin	37	M	Hutchinson	MN	00:11:17.40	00:28:40.91	00:21:52.95		01:06:56.31
9	109/239	67/103	482	Seth Myhre	35	M	Minneota	MN	00:11:11.76	00:29:33.79	00:23:37.61		01:08:51.03
10	154/239	81/103	530	Dan Berendes	39	M	Blaine	MN	00:08:45.62	00:32:51.23	00:28:54.02		01:14:54.19
11	157/239	82/103	494	Ryan Holten	37	M	Minneapolis	MN	00:09:53.46	00:32:41.23	00:27:50.14		01:15:29.68
12	161/239	83/103	492	Ryan Sommers	38	M	Saint Louis Park	MN	00:09:19.62	00:30:29.94	00:29:36.21		01:16:38.81
13	203/239	93/103	510	Carlos Bastidas	35	M	Eden Prairie	MN	00:13:32.51	00:33:00.21	00:29:26.30		01:23:13.22

### 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
4	130/239	56/136	397	Amanda Duerr	43	F	Clearwater	MN	00:09:45.28	00:30:21.72	00:26:58.12		01:11:16.96
5	141/239	64/136	427	Erin Brooks	43	F	Bemidji	MN	00:08:45.74	00:32:29.11	00:26:32.43		01:12:17.26
6	159/239	77/136	355	Melissa Johnson	43	F	Big Lake	MN	00:12:25.54	00:31:18.85	00:27:44.17		01:16:13.09
7	163/239	80/136	365	Leanne Goerz	43	F	Monticello	MN	00:10:11.28	00:32:59.25	00:29:31.40		01:16:52.31
8	171/239	85/136	384	Ingrid Anderson	42	F	Clearwater	MN	00:11:48.21	00:30:36.69	00:27:19.32		01:17:47.50
9	176/239	90/136	299	Molly Rogers	43	F	Minneapolis	MN	00:11:37.25	00:36:42.22	00:24:54.68		01:18:30.81
10	199/239	108/136	429	Natalie Dieterle	43	F	Stillwater	MN	00:11:55.77	00:36:49.48	00:28:44.91		01:22:01.97
11	227/239	127/136	420	Sarah Jurek	43	F	Kimball	MN	00:14:27.23	00:40:27.45	00:36:16.20		01:38:01.30

# Heart of the Lakes Triathlon

July 15, 2018

## 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
4	77/239	28/136	395	Laura Lilja	45	F	Prior Lake	MN	00:09:54.52	00:27:12.92	00:24:05.12		01:05:02.24
5	92/239	33/136	385	Candace Millerbernd	49	F	Chaska	MN	00:11:34.52	00:27:57.03	00:22:37.28		01:07:05.91
6	97/239	36/136	442	Heather Hooper	46	F	Annandale	MN	00:09:42.88	00:30:53.49	00:22:43.26		01:07:38.09
7	113/239	44/136	343	Jaleh Nahv	48	F	Inver Grove Heights	MN	00:08:53.25	00:30:32.49	00:25:17.42		01:09:02.97
8	143/239	65/136	399	Gina Dumas	48	F	Loretto	MN	00:10:45.00	00:33:11.38	00:23:50.88		01:12:32.55
9	145/239	66/136	282	Cathy Ruschmeier	45	F	New Germany	MN	00:13:36.02	00:31:43.49	00:22:45.65		01:12:47.31
10	148/239	69/136	431	Jennifer Forliti	48	F	Saint Paul	MN	00:11:04.04	00:30:46.98	00:25:39.32		01:13:25.81
11	162/239	79/136	362	Eileen Lafontaine	45	F	Minneapolis	MN	00:11:02.89	00:29:21.82	00:30:27.64		01:16:52.00
12	190/239	101/136	547	Sheila Konz	46	F	Forest Lake	MN	00:10:44.11	00:33:43.42	00:29:50.46		01:21:17.24
13	191/239	102/136	352	Jennifer Lindquist	47	F	Annandale	MN	00:09:53.27	00:36:47.45	00:30:19.98		01:21:22.31

### 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
4	26/239	18/103	259	Doobie Kurus	45	M	Minnetonka	MN	00:06:31.24	00:26:19.32	00:21:44.07		00:58:00.92
5	28/239	19/103	363	Jeff Stites	48	M	Minneapolis	MN	00:08:53.46	00:25:11.70	00:20:30.29		00:58:36.30
6	61/239	40/103	400	Joe Dumas	49	M	Loretto	MN	00:06:59.14	00:28:34.63	00:23:10.81		01:03:30.81
7	64/239	43/103	479	Paul Hanek	47	M	Woodbury	MN	00:09:40.26	00:26:56.92	00:23:11.89		01:03:53.30
8	73/239	48/103	455	Ryan Lund	46	M	Edina	MN	00:09:38.26	00:26:56.46	00:21:05.30		01:04:29.13
9	83/239	54/103	522	Christopher Marshall	47	M	Plymouth	MN	00:09:22.01	00:26:50.70	00:24:04.25		01:05:27.76
10	91/239	59/103	424	Jeremy Krehbiel	45	M	Lakeville	MN	00:08:46.55	00:26:09.80	00:27:32.54		01:07:03.30
11	166/239	84/103	438	Paul Hughes	48	M	Eden Prairie	MN	00:11:08.61	00:30:47.81	00:31:28.79		01:17:06.31
12	196/239	91/103	441	Jeremy Dobson	45	M	St. Paul	MN	00:12:26.52	00:32:01.32	00:30:24.66		01:21:54.58

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

## Short Individual

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
13	205/239	94/103	503	Michael Hess	48	M	Minneapolis	MN	00:17:23.01	00:34:26.83	00:25:58.24		01:23:42.34
14	231/239	101/103	483	Becky Botzet	48	M	Long Lake	MN	00:14:28.30	00:42:47.10	00:31:10.42		01:40:25.54

### 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
4	183/239	94/136	382	Denucci Mary	54	F	Minneapolis	MN	00:11:02.03	00:32:25.00	00:31:16.38		01:19:38.79
5	188/239	99/136	388	Teresa Wrobbel	52	F	Montrose	MN	00:09:51.34	00:31:23.36	00:32:55.78		01:20:52.46
6	228/239	128/136	562	Renee Kirk	51	F	Centerville	MN	00:11:46.51	00:36:32.42	00:41:32.87		01:38:51.04
7	230/239	130/136	489	Jeanne Ritari	53	F	Big Lake	MN	00:13:34.47	00:40:43.28	00:37:18.34		01:39:44.01
8	232/239	131/136	484	Jackie Kittock	52	F	Delano	MN	00:15:07.76	00:42:49.09	00:31:10.72		01:40:26.05
9	233/239	132/136	487	Donna Gabrelcik	53	F	Maple Plain	MN	00:15:07.33	00:42:52.48	00:31:12.18		01:40:26.68

### 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
4	96/239	61/103	368	Tim Tanner	54	M	Plymouth	MN	00:09:02.33	00:29:25.74	00:24:22.17		01:07:35.26
5	123/239	71/103	386	Tom Millerbernd	51	M	Chaska	MN	00:08:58.46	00:28:39.82	00:27:25.44		01:10:20.77
6	216/239	97/103	525	Dave Hoffman	52	M	Marshfield	WI	00:08:50.35	00:33:00.13	00:36:53.58		01:27:44.00

### 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
4	93/239	34/136	364	Carolyn Barriball	57	F	Big Lake	MN	00:08:38.66	00:27:30.31	00:25:50.35		01:07:21.01



# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

## 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
5	149/239	70/136	481	Daphne Immele	56	F	Bloomington	MN	00:12:02.01	00:30:23.10	00:25:57.14		01:13:52.31
6	155/239	74/136	451	Karen Slakey	55	F	Lake Elmo	MN	00:07:47.27	00:30:23.72	00:29:39.12		01:15:11.31
7	172/239	86/136	543	Linda Cieslak	55	F	St. Michael	MN	00:10:14.77	00:32:06.60	00:29:48.87		01:17:50.54
8	184/239	95/136	569	La Vonne Cornell-Swanson	59	F	South Haven	MN	00:09:08.21	00:32:37.03	00:31:02.15		01:19:49.80
9	194/239	104/136	454	Kathy Kapustka	55	F	Burnsville	MN	00:13:17.02	00:36:07.98	00:26:18.91		01:21:48.45
10	234/239	133/136	410	Mona Volden	59	F	Annandale	MN	00:13:28.01	00:42:06.50	00:37:09.46		01:40:42.13

### 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
4	40/239	25/103	265	Scott Crow	56	M	Vadnais Heights	MN	00:06:58.29	00:26:02.75	00:24:02.09		01:00:40.72
5	53/239	33/103	272	Dale Nelson	58	M	Osseo	MN	00:07:53.19	00:27:38.00	00:21:52.73		01:02:48.74
6	54/239	34/103	534	David Swift	55	M	Glencoe	MN	00:08:04.45	00:26:19.52	00:23:45.88		01:02:57.99
7	71/239	46/103	564	Alvin Molitor	57	M	Rochester	MN	00:08:59.51	00:26:51.08	00:22:46.64		01:04:23.76
8	76/239	49/103	463	David Eastlund	56	M	Buffalo	MN	00:09:45.50	00:29:26.09	00:20:37.77		01:04:40.93
9	79/239	51/103	270	Ben Zhao	55	M	Edina	MN	00:10:26.00	00:28:38.72	00:21:22.22		01:05:07.53
10	84/239	55/103	300	Todd Rogers	59	M	Minneapolis	MN	00:07:22.45	00:27:39.75	00:25:31.65		01:05:58.81
11	127/239	74/103	409	Mardon Quandt	58	M	Annandale	MN	00:09:31.72	00:26:53.95	00:28:05.68		01:11:01.81
12	131/239	75/103	430	David Dorow	55	M	Maple Lake	MN	00:11:52.70	00:31:55.97	00:20:42.30		01:11:17.97
13	167/239	85/103	458	Mark Myhra	57	M	Plymouth	MN	00:10:42.33	00:29:26.69	00:30:24.54		01:17:08.05
14	220/239	99/103	452	Scott Crawford	58	M	Buffalo	MN	00:12:00.40	00:35:29.68	00:35:28.21		01:30:54.30
15	237/239	102/103	371	Stephen Edmonson	58	M	Buffalo	MN	00:20:19.25	00:37:46.62	00:43:57.73		01:51:16.79
16	239/239	103/103	553	Kenneth Freed	57	M	Minnesota	MN	00:12:29.01	00:48:34.75	00:43:49.50		01:55:21.67

### 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
4	214/239	119/136	465	Kathy Gruys	63	F	Maple Lake	MN	00:12:14.81	00:33:46.02	00:34:27.69		01:27:29.05

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

## Short Individual

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
5	223/239	124/136	480	Pam Fitting	64	F	Buffalo	MN	00:11:34.76	00:37:55.24	00:36:23.15		01:32:41.23
6	229/239	129/136	468	Mary Jenatscheck	62	F	Waseca	MN	00:13:02.89	00:39:55.15	00:38:45.34		01:38:56.51

### 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
4	126/239	73/103	436	Stephen Snyder	61	M	Chaska	MN	00:11:28.52	00:28:26.39	00:24:18.71		01:10:59.81
5	182/239	89/103	415	James Vlcek	62	M	Woodbury	MN	00:10:29.77	00:33:40.22	00:26:59.39		01:19:22.81

### 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

### 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
4	152/239	80/103	456	Bob Spooner	66	M	Ramsey	MN	00:10:56.28	00:31:36.68	00:28:30.91		01:14:29.31
5	202/239	92/103	467	Walter Hagen	66	M	Wayzata	MN	00:11:57.26	00:30:38.39	00:32:40.93		01:23:03.36

### 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

# Heart of the Lakes Triathlon

July 15, 2018

## Overall Division Results

Short Individual

### 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