

Heart of the Lakes Triathlon

July 21, 2019

Overall Division Results

Long Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	11/142	1/55	13	Christina Roberts	33	F	St. Louis Park	MN	00:12:05.30	00:54:04.36	00:33:40.54	01:42:00.97
2	24/142	2/55	4	Diane Hankee	42	F	Lake Elmo	MN	00:14:51.60	00:56:56.95	00:35:39.68	01:50:00.66
3	29/142	4/55	10	Kristina Swenson	22	F	Rogers	MN	00:12:35.54	00:58:29.29	00:38:52.48	01:52:01.72

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	1/142	1/87	1	Patrick Parish	34	M	Minneapolis	MN	00:12:20.30	00:47:24.33	00:31:30.12	01:33:05.72
2	2/142	2/87	11	Josh Blankenheim	38	M	Duluth	MN	00:13:41.51	00:48:18.92	00:29:27.06	01:33:34.43
3	3/142	3/87	18	Josh Mork	36	M	Duluth	MN	00:11:47.15	00:46:49.21	00:32:39.43	01:34:14.92

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	32/142	5/55	20	Sara Rondorf	42	F	Andover	MN	00:16:06.31	00:55:44.80	00:38:39.33	01:52:52.81

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	4/142	4/87	7	Kevin O'Connor	48	M	Medina	MN	00:12:12.96	00:49:18.90	00:31:08.40	01:34:36.88

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	22/142	21/87	208	Carson Deichman	16	M	Mankato	MN	00:12:56.61	00:58:49.59	00:34:27.97	01:49:03.61
2	52/142	44/87	178	Jonathan Lesage	19	M	Tonka Bay	MN	00:13:04.08	01:03:33.17	00:42:01.67	02:02:34.08
3	67/142	55/87	175	Isaiah Bischoof	17	M	Minneapolis	MN	00:15:31.61	01:05:47.63	00:42:00.81	02:07:35.69

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Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	96/142	30/55	170	Ericka O'brien	23	F	South Haven	MN	00:17:46.70	01:11:26.18	00:43:08.44	02:17:35.46

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	69/142	57/87	179	Hunter Carey	20	M	New Hampton	IA	00:20:18.24	01:01:50.34	00:41:32.97	02:08:23.46
2	78/142	60/87	181	Parker Erdall	24	M	Minneapolis	MN	00:20:16.83	01:03:11.67	00:39:56.61	02:11:10.84
3	131/142	80/87	180	Bjorn Solberg	23	M	Jordan	MN	00:23:15.33	01:05:41.67	01:02:10.37	02:39:37.61

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	26/142	3/55	174	Caryn Herrick	29	F	St Louis Park	MN	00:12:31.56	00:58:11.74	00:35:42.54	01:50:52.48
2	88/142	25/55	203	Kaylynn Annis	29	F	Minnetonka	MN	00:15:29.80	01:08:57.53	00:45:11.72	02:13:55.20
3	100/142	32/55	171	Britta Sicora	25	F	Independence	MN	00:16:37.02	01:10:30.41	00:45:17.45	02:19:28.43

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	15/142	14/87	183	Peter Wikman	25	M	St. Louis Park	MN	00:12:47.28	00:54:51.98	00:33:12.95	01:44:16.20
2	16/142	15/87	199	Chris Chang	29	M	Minneapolis	MN	00:13:12.82	00:55:41.11	00:34:10.67	01:45:38.88
3	35/142	30/87	204	Steven Wert	28	M	Waconia	MN	00:18:00.33	00:57:41.71	00:33:51.22	01:54:07.72

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	39/142	7/55	106	Sharon Heyer	30	F	Circle Pines	MN	00:13:45.39	01:01:26.13	00:35:55.53	01:55:20.15
2	89/142	26/55	161	Michelle Deedrick	30	F	Minneapolis	MN	00:17:44.65	01:06:37.61	00:45:47.05	02:14:16.94
3	114/142	42/55	107	Laura Lee	33	F	St Louis Park	MN	00:18:24.10	01:14:44.15	00:45:37.72	02:23:57.45

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Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	12/142	11/87	200	Jason Liebsch	34	M	Dayton	MN	00:14:29.76	00:52:07.84	00:34:05.60	01:43:04.44
2	21/142	20/87	205	Brian Glaeser	34	M	Somerset	WI	00:14:00.07	00:52:50.72	00:36:43.79	01:48:40.79
3	25/142	23/87	193	Philip Litfin	34	M	Waconia	MN	00:14:47.29	00:55:53.39	00:35:21.63	01:50:15.26

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	64/142	12/55	114	Becky Leis	38	F	Cold Spring	MN	00:15:24.83	01:02:14.27	00:44:06.72	02:06:06.45
2	71/142	14/55	155	Catherine Mcveigh	39	F	White Bear Township	MN	00:18:04.98	01:04:08.96	00:41:08.49	02:08:52.38
3	77/142	18/55	110	Heather Bell	36	F	Little Falls	MN	00:17:06.83	01:05:11.48	00:44:37.93	02:11:07.43

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	51/142	43/87	206	Joseph Houghton	39	M	Wayzata	MN	00:16:57.33	00:59:15.10	00:41:19.00	02:02:03.57
2	53/142	45/87	197	Nathaniel Leis	39	M	Cold Spring	MN	00:13:45.33	01:01:54.67	00:42:44.49	02:03:05.65
3	81/142	61/87	194	Ryan Moore	38	M	Maple Grove	MN	00:16:41.73	01:03:19.24	00:46:12.48	02:11:41.34

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	72/142	15/55	116	Cristin Tandberg	40	F	Blaine	MN	00:18:52.08	01:03:14.58	00:42:22.14	02:09:03.61
2	75/142	16/55	121	Amy Becker	42	F	Holmen	WI	00:16:44.17	01:06:34.12	00:40:39.50	02:10:43.43
3	79/142	19/55	166	Rebecca Karnes	42	F	Mound	MN	00:23:32.72	01:03:15.29	00:40:18.50	02:11:33.88

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	19/142	18/87	134	Nathan Budde	42	M	South Haven	MN	00:15:44.01	00:54:00.77	00:34:51.77	01:47:32.46
2	33/142	28/87	131	Josh Sell	40	M	Waconia	MN	00:14:15.52	00:56:13.40	00:37:59.34	01:52:56.08
3	43/142	36/87	135	Jacob Leeling	42	M	Saint Paul	MN	00:14:26.10	00:57:20.59	00:40:15.10	01:57:10.22

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Long Individual

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	61/142	11/55	158	Sara Ahlquist	49	F	Minnetonka	MN	00:14:50.08	01:02:59.86	00:43:46.24	02:05:52.74
2	76/142	17/55	126	Bonnie Fines	46	F	Saint Cloud	MN	00:19:10.04	01:03:53.90	00:40:12.16	02:10:51.14
3	84/142	21/55	129	Leah Holt	49	F	Minneapolis	MN	00:20:15.53	01:07:17.57	00:39:24.22	02:12:41.96

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	10/142	10/87	138	David Lewis	45	M	Nevis	MN	00:14:08.33	00:50:44.93	00:32:15.68	01:40:22.17
2	17/142	16/87	164	Mick Quinn	45	M	Willmar	MN	00:15:26.07	00:52:32.24	00:34:06.10	01:45:53.51
3	28/142	25/87	143	Timothy Huntley	49	M	Hudson	WI	00:13:29.74	00:57:21.27	00:36:45.22	01:51:41.41

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	70/142	13/55	56	Sarah Parks	54	F	Minneapolis	MN	00:18:06.13	01:03:07.91	00:40:46.65	02:08:29.38
2	86/142	23/55	53	Jill Barbour	53	F	Independence	MN	00:18:28.58	01:05:39.02	00:43:59.87	02:12:55.46
3	93/142	28/55	55	Lorinda Donaldson	54	F	Eden Prairie	MN	00:18:59.58	01:05:19.09	00:46:42.72	02:16:33.46

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	14/142	13/87	150	Randy Peterson	53	M	Northfield	MN	00:13:21.83	00:53:00.55	00:34:02.19	01:43:50.18
2	20/142	19/87	159	Keith Thompson	50	M	Annandale	MN	00:16:53.83	00:53:11.09	00:34:14.74	01:48:07.49
3	47/142	39/87	163	Greg Swenson	50	M	Rogers	MN	00:13:36.07	00:57:34.64	00:44:28.32	01:59:21.22

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	87/142	24/55	61	Judith Peters	59	F	St. Cloud	MN	00:18:27.69	01:05:49.78	00:44:54.69	02:13:46.68
2	101/142	33/55	58	Karen Eklin	55	F	Plymouth	MN	00:15:40.12	01:08:35.83	00:50:23.97	02:19:36.96
3	102/142	34/55	60	Brenda Conzet	59	F	Buffalo	MN	00:16:57.19	01:05:55.46	00:50:20.37	02:19:44.36

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Overall Division Results

Long Individual

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	18/142	17/87	91	Jeff Warshaw	58	M	Minneapolis	MN	00:15:31.57	00:52:06.22	00:35:22.65	01:46:50.18
2	27/142	24/87	94	David Goldberg	59	M	Mound	MN	00:13:04.51	00:54:51.83	00:40:30.95	01:51:32.19
3	40/142	33/87	72	Kevin Grafft	58	M	Chanhassen	MN	00:16:03.71	00:58:08.84	00:37:25.98	01:55:20.22

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	55/142	9/55	63	Helen Gunther	62	F	Excelsior	MN	00:16:31.37	01:01:10.89	00:42:44.41	02:03:59.30
2	110/142	39/55	64	Susan Holt	63	F	Plymouth	MN	00:16:00.83	01:07:44.72	00:54:58.14	02:23:09.88
3	111/142	40/55	65	Mary Ryan	63	F	Minnetrista	MN	00:19:33.08	01:12:05.34	00:46:07.84	02:23:12.70

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	23/142	22/87	74	Jeff Gilmer	60	M	Delano	MN	00:14:36.07	00:53:15.04	00:38:40.23	01:49:11.22
2	30/142	26/87	76	Dale Forde	61	M	Golden Valley	MN	00:14:35.48	00:57:46.82	00:36:13.28	01:52:06.20
3	46/142	38/87	93	Thomas Bergren	62	M	Minneapolis	MN	00:14:26.52	00:58:54.74	00:41:57.59	01:59:06.58

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	57/142	10/55	67	Pam Stevens	66	F	Sartell	MN	00:15:26.57	00:59:54.75	00:45:48.75	02:04:56.59
2	116/142	43/55	66	Mary Nichol	65	F	Stillwater	MN	00:22:28.50	01:05:03.48	00:52:28.43	02:26:46.11

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	41/142	34/87	83	Leonard Klun	65	M	Maple Plain	MN	00:14:22.07	00:58:10.28	00:39:20.67	01:55:27.62
2	103/142	69/87	84	Mike Borneke	65	M	Eagle Lake	MN	00:22:38.84	01:02:39.84	00:49:49.12	02:19:56.53
3	127/142	78/87	86	John Zumhofe	68	M	Sioux Falls	SD	00:21:19.81	01:06:54.39	00:59:16.84	02:33:53.94

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Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	63/142	52/87	88	Thomas Rohman	71	M	South Haven	MN	00:17:36.25	01:00:31.07	00:44:30.45	02:06:05.38

Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	124/142	77/87	90	Daryl Stevens	76	M	Sartell	MN	00:22:41.84	01:04:16.25	00:59:25.57	02:31:55.41