

# Heart of the Lakes Triathlon

July 21, 2019

## Overall Division Results

## Short Individual

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	4/264	1/152	253	Isabella Buening	16	F	Chanhassen	MN	00:05:53.34	00:23:56.22	00:16:29.31	00:48:44.02
2	7/264	2/152	407	Macy Iyer	15	F	Edina	MN	00:07:07.97	00:25:53.01	00:16:37.60	00:51:58.72
3	13/264	3/152	263	Mikaela Algren	24	F	Golden	CO	00:07:01.34	00:25:07.69	00:18:14.25	00:53:50.42

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	1/264	1/112	332	Andrew Zabel	39	M	Sartell	MN	00:06:52.34	00:19:43.09	00:14:36.75	00:44:16.96
2	2/264	2/112	257	Kyle Swenson	17	M	Rogers	MN	00:05:31.84	00:21:54.71	00:14:55.75	00:44:51.20
3	3/264	3/112	568	Steve Stenzel	38	M	St. Paul	MN	00:07:08.62	00:22:27.25	00:14:51.85	00:47:27.90

### Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	20/264	5/152	254	Jill Ellenbecker	46	F	Coon Rapids	MN	00:07:17.60	00:24:48.31	00:19:30.48	00:54:47.37

### Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	8/264	6/112	255	Todd White	52	M	Roseville	MN	00:06:14.17	00:24:05.21	00:18:55.50	00:52:25.21

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	34/264	11/152	416	Olivia Ellenbecker	18	F	Coon Rapids	MN	00:08:48.59	00:26:13.21	00:20:35.76	00:58:42.97
2	82/264	32/152	537	Eva Hester	17	F	Hudson	WI	00:07:30.12	00:31:55.59	00:20:39.54	01:03:46.22
3	151/264	72/152	413	Olivia Honsey	16	F	Annandale	MN	00:10:02.36	00:31:45.08	00:25:18.76	01:11:23.22

# Heart of the Lakes Triathlon

July 21, 2019

## Overall Division Results

## Short Individual

### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	6/264	5/112	549	Caden Nordberg	15	M	St. Michael	MN	00:06:49.10	00:25:46.23	00:16:01.17	00:51:48.89
2	12/264	10/112	589	Parker Ryan	16	M	Buffalo	MN	00:08:40.45	00:25:50.76	00:15:29.39	00:53:21.06
3	35/264	24/112	268	Jonah Overby	15	M	Big Lake	MN	00:06:23.28	00:27:42.41	00:19:21.70	00:58:43.24

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	31/264	10/152	435	Kara Lindberg	20	F	Pine Island	MN	00:09:55.12	00:29:12.00	00:16:27.66	00:58:13.88
2	73/264	30/152	436	Ruth Lindberg	22	F	Pine Island	MN	00:10:04.87	00:32:09.97	00:17:18.57	01:02:53.98
3	78/264	31/152	272	Emily Quandt	21	F	Annandale	MN	00:10:44.30	00:27:15.03	00:21:45.64	01:03:30.47

### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	22/264	17/112	294	David Hoiem	24	M	South Haven	MN	00:08:11.07	00:25:12.02	00:18:05.74	00:55:10.17
2	55/264	35/112	597	Mitchell Annis	23	M	Rogers	MN	00:08:26.79	00:26:18.77	00:21:21.63	01:01:32.72
3	97/264	60/112	368	Sam Gohman	21	M	Annandale	MN	00:08:31.78	00:31:11.78	00:20:55.94	01:05:01.32

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	23/264	6/152	578	Katie Vandorp	29	F	Annandale	MN	00:09:09.58	00:25:58.01	00:17:58.37	00:56:06.98
2	29/264	9/152	524	Michelle Molitor	29	F	Belgrade	MN	00:08:20.85	00:25:09.72	00:20:44.22	00:57:59.94
3	38/264	13/152	390	Kim Churness	28	F	Minneapolis	MN	00:09:48.36	00:27:18.52	00:18:01.63	00:59:12.12

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	9/264	7/112	590	Nicholas Teetzel	27	M	Rogers	MN	00:09:32.13	00:22:38.60	00:16:09.01	00:52:28.73
2	11/264	9/112	439	Ben Lindberg	25	M	Minneapolis	MN	00:08:25.36	00:23:59.83	00:17:26.99	00:53:20.39
3	42/264	28/112	344	Jeffrey Nelson	25	M	Maple Grove	MN	00:06:35.04	00:27:23.10	00:21:12.51	00:59:43.97

# Heart of the Lakes Triathlon

July 21, 2019

## Overall Division Results

## Short Individual

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	25/264	7/152	474	Brigid Mchale	30	F	St. Paul	MN	00:06:54.11	00:26:12.79	00:20:16.18	00:56:51.89
2	63/264	23/152	460	Katie Gasser	33	F	Sartell	MN	00:07:27.51	00:28:04.54	00:22:10.77	01:01:54.16
3	68/264	25/152	544	Sarah Mertens	34	F	Gypsum	CO	00:09:02.12	00:28:04.18	00:21:11.94	01:02:29.96

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	14/264	11/112	518	Tom Emmerich	31	M	Alexandria	MN	00:07:39.63	00:25:01.45	00:17:47.73	00:53:55.97
2	26/264	19/112	525	Derek Dockendorf	33	M	Maple Grove	MN	00:08:34.51	00:24:54.12	00:19:16.84	00:56:57.44
3	28/264	20/112	409	Dane Nelsen	32	M	Saint Cloud	MN	00:07:33.86	00:23:56.58	00:22:13.57	00:57:54.35

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	17/264	4/152	258	Kym Zest	37	F	Minneapolis	MN	00:06:49.68	00:25:55.95	00:18:22.26	00:54:21.97
2	36/264	12/152	260	Krisie Melsen	38	F	Saint Louis Park	MN	00:07:04.48	00:26:28.90	00:21:51.25	00:58:50.46
3	46/264	16/152	395	Amy Chellin	38	F	Hutchinson	MN	00:09:02.42	00:26:45.26	00:20:22.01	01:00:05.72

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	5/264	4/112	401	Jeremy Jackson	38	M	Clearwater	MN	00:08:01.11	00:22:43.54	00:17:31.16	00:51:32.22
2	16/264	13/112	252	Jacob Rattray	36	M	Hutchinson	MN	00:08:33.83	00:25:29.89	00:16:34.75	00:54:21.78
3	32/264	22/112	458	Nathan Young	35	M	Chicago	IL	00:08:49.62	00:25:31.95	00:19:44.76	00:58:35.23

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	50/264	19/152	331	Kelly Unger	40	F	Madison	WI	00:08:24.23	00:24:54.53	00:23:30.03	01:00:49.69
2	108/264	45/152	363	Molly M Krehbiel	43	F	Lakeville	MN	00:08:55.41	00:26:34.95	00:25:26.04	01:06:06.45
3	114/264	48/152	414	Tina Honsey	44	F	Annandale	MN	00:12:10.42	00:29:15.95	00:21:55.33	01:06:42.23

# Heart of the Lakes Triathlon

July 21, 2019

## 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	Time
1	19/264	15/112	541	Jason Migala	40	M	Sauk Rapids	MN	00:08:39.20	00:22:48.33	00:19:40.41	00:54:39.87
2	59/264	38/112	466	Jason Loeschen	40	M	Silver Lake	MN	00:08:22.28	00:28:32.03	00:21:08.11	01:01:44.82
3	84/264	52/112	472	Mark Gentry	42	M	Edina	MN	00:09:07.99	00:29:22.17	00:20:42.91	01:03:51.63

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	27/264	8/152	379	Stacy Terebayza	46	F	Coon Rapids	MN	00:06:38.47	00:24:52.81	00:22:08.43	00:57:24.64
2	43/264	15/152	558	Angela Jordahl	47	F	Big Lake	MN	00:09:33.62	00:25:52.80	00:21:04.52	00:59:46.19
3	49/264	18/152	495	Julie Gay	48	F	St Cloud	MN	00:09:05.75	00:25:47.52	00:20:23.75	01:00:35.71

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	24/264	18/112	577	Jason Alders	47	M	Nowthen	MN	00:06:29.53	00:25:31.51	00:19:36.06	00:56:14.96
2	40/264	27/112	261	Jeff Stites	49	M	Minneapolis	MN	00:08:52.97	00:25:35.50	00:20:39.51	00:59:22.70
3	44/264	29/112	259	Doobie Kurus	46	M	Minnetonka	MN	00:06:55.96	00:27:29.16	00:21:06.14	00:59:51.60

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	47/264	17/152	567	Patricia Chang	51	F	Eden Prairie	MN	00:08:14.34	00:27:10.76	00:20:45.04	01:00:12.47
2	88/264	35/152	277	Lynn Brown	54	F	Medina	MN	00:10:40.06	00:26:42.76	00:22:21.46	01:04:15.11
3	112/264	47/152	387	Candy Millerbernd	50	F	Chaska	MN	00:11:33.86	00:27:26.00	00:22:45.78	01:06:36.32

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	15/264	12/112	251	Marty Moran	52	M	Asheville	NC	00:05:17.34	00:23:51.06	00:21:02.28	00:54:17.09
2	18/264	14/112	377	George Morris	52	M	Saint Cloud	MN	00:08:49.72	00:24:13.76	00:18:19.10	00:54:23.22
3	21/264	16/112	575	Scott Dezurik	51	M	Avon	MN	00:08:19.37	00:23:48.51	00:18:57.57	00:54:49.41

# Heart of the Lakes Triathlon

July 21, 2019

## 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	Time
1	54/264	20/152	485	Bethann Barankovich	55	F	Mpls	MN	00:08:01.43	00:27:24.77	00:20:57.38	01:01:17.24
2	86/264	34/152	347	Denise Casey	59	F	Buffalo	MN	00:11:14.82	00:29:14.64	00:20:00.41	01:04:05.16
3	104/264	42/152	588	Karen Morris	58	F	Burnsville	MN	00:10:43.88	00:28:49.37	00:20:31.51	01:05:50.98

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	10/264	8/112	515	David Peterson	59	M	Bloomington	MN	00:08:22.12	00:23:52.67	00:18:08.42	00:53:15.39
2	33/264	23/112	380	Dwight Larsen	56	M	Saint Louis Park	MN	00:08:20.15	00:25:13.52	00:20:54.00	00:58:41.47
3	39/264	26/112	270	Scott Crow	57	M	Vadnais Heights	MN	00:06:52.73	00:25:13.78	00:23:39.61	00:59:20.07

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	69/264	26/152	295	Maureen Emmerich	61	F	South Haven	MN	00:09:45.57	00:28:28.32	00:20:24.85	01:02:43.47
2	126/264	56/152	595	Mary English	60	F	St. Louis Park	MN	00:10:18.38	00:29:50.23	00:23:30.26	01:07:56.22
3	149/264	71/152	393	Mary Sue Ingman	60	F	Eden Prairie	MN	00:10:38.32	00:30:07.89	00:25:35.51	01:11:18.94

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	37/264	25/112	556	Bret Schmidt	60	M	Fredericksburg	VA	00:08:30.85	00:24:47.76	00:20:53.31	00:59:01.72
2	53/264	34/112	569	Charles Schmidt	63	M	Oxford	IA	00:08:30.37	00:27:38.61	00:20:36.61	01:01:16.97
3	61/264	39/112	287	Douglas Collison	63	M	Eden Prairie	MN	00:09:05.10	00:24:33.50	00:23:20.35	01:01:51.22

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	131/264	58/152	503	Joanne Sunquist	65	F	Plymouth	MN	00:10:17.12	00:28:50.27	00:24:06.67	01:08:22.22
2	148/264	70/152	491	Lisa Wheeler	68	F	Bloomington	MN	00:12:55.18	00:28:00.30	00:25:25.01	01:11:18.47
3	155/264	75/152	293	Brook Lemm-Tabor	67	F	Minneapolis	MN	00:11:48.60	00:27:37.25	00:26:58.95	01:11:56.91

# Heart of the Lakes Triathlon

July 21, 2019

## Overall Division Results

## Short Individual

### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	105/264	63/112	492	Rick E. Wheeler	68	M	Bloomington	MN	00:09:25.44	00:26:51.77	00:23:52.84	01:05:55.19
2	206/264	100/112	430	Walter Hagen	66	M	Wayzata	MN	00:12:33.64	00:28:02.76	00:30:27.86	01:19:12.92

### Female Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	247/264	137/152	291	Judy Bowdin	74	F	Annandale	MN	00:11:55.35	00:42:10.62	00:28:43.79	01:28:38.14

### Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	146/264	78/112	520	Rick Golla	72	M	Rochester	MI	00:13:11.32	00:28:02.92	00:24:11.90	01:11:10.22
2	194/264	96/112	481	Gordy Olson	70	M	Fort Myers	FL	00:12:57.23	00:28:12.76	00:29:33.02	01:16:18.59
3	219/264	104/112	265	Tom Fulton	72	M	Saint Louis Park	MN	00:10:57.85	00:29:36.58	00:30:12.51	01:20:42.72

### Female Ages 80 - 84

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Time
1	263/264	151/152	267	Judy Rykken	80	F	Bloomington	MN	00:14:46.86	00:41:39.93	00:38:46.93	01:46:21.89