

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 Buenting	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
4	153/264	73/152	513	Paige Budde	11	F	Annandale	MN	00:09:36.62	00:31:00.27	00:26:19.55	01:11:40.67
5	220/264	116/152	289	Carly Hendrickson	18	F	Annandale	MN	00:14:41.11	00:36:05.34	00:23:58.92	01:21:22.63
6	239/264	131/152	356	Elise Dieterle	12	F	Stillwater	MN	00:12:02.62	00:37:42.02	00:30:15.94	01:25:53.65

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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
4	45/264	30/112	516	Corbin Deichman	11	M	Mankato	MN	00:10:20.22	00:27:51.75	00:19:05.76	00:59:57.22
5	48/264	31/112	440	Colton Warner	14	M	Eden Prairie	MN	00:07:20.99	00:28:33.77	00:19:47.21	01:00:23.37
6	67/264	43/112	367	Andrew Gohman	18	M	Annandale	MN	00:08:56.86	00:29:19.86	00:20:37.98	01:02:20.92
7	81/264	50/112	538	Nathan Runk	18	M	Hudson	WI	00:12:11.13	00:28:42.22	00:18:54.62	01:03:46.09
8	91/264	55/112	565	Breckyn Lovaas	15	M	Minnetonka	MN	00:08:11.29	00:27:36.75	00:25:24.14	01:04:25.61
9	142/264	77/112	383	Robert Marshall	13	M	Plymouth	MN	00:10:29.11	00:32:26.99	00:22:55.00	01:10:23.68
10	152/264	80/112	451	Danny Aubitz	12	M	Edina	MN	00:10:54.12	00:34:54.27	00:21:37.50	01:11:23.68
11	175/264	84/112	359	John Dieterle	13	M	Stillwater	MN	00:11:05.06	00:31:59.23	00:25:46.42	01:14:08.54
12	209/264	101/112	559	Brett Hughes	15	M	Eden Prairie	MN	00:12:41.96	00:30:23.30	00:31:09.70	01:19:38.83
13	227/264	106/112	370	Gavin Dobson	15	M	Saint Paul	MN	00:13:18.35	00:35:55.84	00:27:45.74	01:22:59.70
14	231/264	107/112	527	Carter Lund	13	M	Edina	MN	00:11:55.71	00:36:05.51	00:30:33.09	01:23:11.89

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
4	85/264	33/152	399	Faith Prange	23	F	Elk River	MN	00:12:18.60	00:29:59.15	00:18:26.43	01:03:59.81
5	95/264	37/152	446	Kesley Bell	23	F	South Haven	MN	00:09:34.02	00:30:03.40	00:21:42.87	01:04:45.95
6	103/264	41/152	355	Abby Saddler	23	F	Wayzata	MN	00:06:43.78	00:30:20.86	00:24:33.28	01:05:50.18
7	124/264	55/152	338	Molly Hebzynski	22	F	Maple Grove	MN	00:06:33.61	00:30:33.72	00:25:23.97	01:07:53.15
8	164/264	83/152	441	Rachel Werdin	21	F	Eden Prairie	MN	00:09:01.27	00:32:01.06	00:24:43.12	01:12:22.22
9	208/264	108/152	442	Carly Molenaar	21	F	Eden Prairie	MN	00:10:07.60	00:34:09.90	00:28:12.12	01:19:32.89
10	236/264	128/152	539	Tiffany Kramer	22	F	Buffalo	MN	00:11:18.52	00:33:24.09	00:33:21.27	01:24:14.14
11	248/264	138/152	551	Kayla Kipf	23	F	Eden Valley	MN	00:12:25.86	00:42:11.15	00:30:04.91	01:29:13.96
12	254/264	144/152	445	Katie Bell	23	F	South Haven	MN	00:08:49.38	00:56:48.52	00:23:08.33	01:32:43.21
13	260/264	149/152	562	Kayla Siebold	22	F	Burnsville	MN	00:09:39.30	00:36:47.31	00:43:59.75	01:38:14.21

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Short Individual

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
4	100/264	61/112	264	Nick Engfer	24	M	Buffalo	MN	00:07:24.64	00:28:24.16	00:25:16.99	01:05:17.95

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
4	41/264	14/152	391	Sara Krogh	28	F	Albertville	MN	00:09:55.77	00:27:09.00	00:18:23.10	00:59:30.11
5	60/264	22/152	517	Kelly Swenson	28	F	Alexandria	MN	00:09:41.56	00:29:36.43	00:18:21.76	01:01:45.72
6	65/264	24/152	553	Meaghan Gerhart	27	F	Minneapolis	MN	00:09:56.37	00:28:02.30	00:20:37.39	01:02:01.97
7	71/264	28/152	411	Amanda Broin	26	F	St. Augusta	MN	00:09:22.20	00:27:45.94	00:21:39.71	01:02:50.18
8	89/264	36/152	594	Jaclyn Thorston	29	F	Annandale	MN	00:10:48.59	00:27:07.76	00:23:07.05	01:04:20.52
9	99/264	39/152	463	Kelli Garbers	27	F	Minneapolis	MN	00:08:32.61	00:29:06.33	00:23:36.88	01:05:08.09
10	120/264	52/152	596	Larinda Norgren	26	F	Blaine	MN	00:07:55.56	00:32:09.63	00:22:38.58	01:07:14.22
11	121/264	53/152	512	Julie Thurmes	27	F	Plymouth	MN	00:08:19.88	00:32:05.21	00:22:45.33	01:07:17.90
12	133/264	59/152	582	Grace Bymark	26	F	Hopkins	MN	00:07:36.27	00:30:00.74	00:24:12.73	01:08:25.60
13	166/264	85/152	334	Samantha Just	25	F	Annandale	MN	00:12:24.36	00:33:28.22	00:23:03.01	01:13:03.72
14	168/264	87/152	423	Christina Orlowsky	27	F	Saint Paul	MN	00:10:02.61	00:32:46.29	00:25:14.04	01:13:09.22
15	171/264	89/152	555	Jennifer Mcdermed	27	F	Minneapolis	MN	00:08:47.37	00:30:03.88	00:27:29.48	01:13:38.13
16	182/264	93/152	361	Samantha Stanke	25	F	Minneapolis	MN	00:12:49.83	00:32:25.03	00:23:25.82	01:14:44.62
17	189/264	96/152	381	Sarah Barnett	25	F	Minneapolis	MN	00:11:14.37	00:31:43.82	00:26:42.27	01:15:29.98
18	229/264	123/152	339	Samantha Hebzynski	28	F	Maple Grove	MN	00:07:32.59	00:34:59.28	00:34:30.25	01:23:00.97
19	240/264	132/152	546	Brittany Strohschein	29	F	Golden Valley	MN	00:12:27.88	00:39:03.15	00:26:04.06	01:26:07.17
20	244/264	135/152	340	Emma Nelson	29	F	Maple Grove	MN	00:07:40.70	00:39:18.53	00:33:37.83	01:26:55.22
21	259/264	148/152	348	Briana Schultz	27	F	Waconia	MN	00:13:32.83	00:40:44.05	00:36:19.10	01:37:57.97

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Short Individual

Male Ages 25 - 29

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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
4	77/264	47/112	464	Aaron Lueders	27	M	Minneapolis	MN	00:12:40.62	00:28:24.95	00:18:10.47	01:03:19.84
5	80/264	49/112	552	Ian Mchale	29	M	Mound	MN	00:11:11.17	00:29:36.07	00:19:07.98	01:03:44.44
6	83/264	51/112	576	Kaine Dummer	28	M	Minneapolis	MN	00:09:58.85	00:29:22.03	00:20:06.26	01:03:48.73
7	109/264	64/112	427	Andrew Hagmann	28	M	Hopkins	MN	00:08:32.61	00:30:33.87	00:22:29.87	01:06:12.22
8	113/264	66/112	424	Nick Orlowsky	27	M	Saint Paul	MN	00:11:26.95	00:29:06.93	00:20:20.01	01:06:38.97
9	176/264	85/112	468	Phil Gudim	27	M	New Brighton	MN	00:10:51.06	00:33:42.28	00:23:51.71	01:14:12.38
10	177/264	86/112	469	Andrew Larson	28	M	St. Louis Park	MN	00:09:03.87	00:31:41.71	00:25:32.87	01:14:12.58
11	179/264	88/112	471	Brady Stromme	27	M	Shoreview	MN	00:11:17.87	00:33:40.01	00:23:52.30	01:14:12.98
12	200/264	97/112	431	Brian Haukos	28	M	Brooklyn Park	MN	00:09:33.87	00:35:02.67	00:27:02.31	01:17:43.47
13	205/264	99/112	547	Adam Strohschein	28	M	Golden Valley	MN	00:12:12.01	00:35:00.55	00:25:46.69	01:19:03.07

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
4	158/264	78/152	462	Emily Fitzgerald	34	F	Wayzata	MN	00:10:53.11	00:30:32.15	00:25:12.63	01:12:01.97
5	159/264	79/152	482	Megan Pickard	34	F	Crystal	MN	00:11:09.04		00:28:44.15	01:12:04.49
6	210/264	109/152	456	Amy Ohland	32	F	Blaine	MN	00:07:25.25	00:37:42.03	00:26:39.44	01:19:39.15
7	212/264	110/152	483	Kacie Ziola	30	F	Minneapolis	MN	00:10:39.34	00:32:59.05	00:29:05.45	01:19:40.44
8	215/264	112/152	280	Anna Holl	30	F	Eden Prairie	MN	00:11:03.62	00:34:47.24	00:27:59.76	01:19:54.47
9	218/264	115/152	432	Kelsey Shopp	30	F	Dayton	MN	00:10:00.23	00:32:46.78	00:31:44.00	01:20:28.96
10	230/264	124/152	522	Rachael Desens	33	F	Cokato	MN	00:16:23.25	00:30:18.38	00:29:37.38	01:23:02.47
11	252/264	142/152	493	Amanda Grundy	34	F	Annandale	MN	00:13:22.51	00:40:42.42	00:31:44.08	01:30:34.04

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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	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
4	30/264	21/112	419	Bryan Szmergalski	31	M	Eden Prairie	MN	00:08:33.52	00:26:23.90	00:19:05.65	00:58:11.06
5	52/264	33/112	581	Alex Herzog	32	M	New Ulm	MN	00:10:53.63	00:26:42.76	00:19:38.69	01:01:11.88
6	66/264	42/112	545	Karl Mertens	31	M	Gypsum	CO	00:13:15.32	00:24:57.21	00:19:34.71	01:02:12.00
7	76/264	46/112	598	Robert Peters	30	M	Lakeville	MN	00:11:15.45	00:28:32.28	00:17:17.71	01:03:12.92
8	79/264	48/112	543	Eric Andersen	32	M	Plymouth	MN	00:08:37.62	00:26:04.67	00:24:15.64	01:03:33.22
9	87/264	53/112	350	Scott Kissner	31	M	Saint Cloud	MN	00:08:28.29	00:25:56.85	00:24:50.24	01:04:08.62
10	125/264	70/112	599	Jacob Annis	31	M	Buffalo	MN	00:10:08.63	00:27:09.48	00:24:20.56	01:07:54.45
11	140/264	75/112	572	Spencer Hagen	32	M	Eden Prairie	MN	00:10:52.25	00:28:02.52	00:26:04.15	01:10:05.12
12	178/264	87/112	470	Chase Ryan	32	M	Maple Grove	MN	00:11:27.29	00:32:01.84	00:25:31.62	01:14:12.59
13	184/264	91/112	536	Lee Desmarais	30	M	Bloomington	MN	00:07:57.13	00:33:16.27	00:27:39.26	01:14:51.38

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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
4	98/264	38/152	262	Betsy Mccan	38	F	Hopkins	MN	00:10:23.38	00:28:11.47	00:22:24.34	01:05:02.69
5	110/264	46/152	534	Emily Schiffler	36	F	Freeport	MN	00:10:13.74	00:26:51.51	00:24:56.26	01:06:17.22
6	134/264	60/152	580	Kaia Ringwald	39	F	Rice	MN	00:10:53.88	00:27:19.10	00:25:37.83	01:08:27.04
7	138/264	64/152	583	Jenny Lanin-Dale	39	F	Sartell	MN	00:12:52.88	00:32:01.89	00:21:11.77	01:09:45.97
8	143/264	66/152	457	Alison Young	37	F	Chicago	IL	00:12:19.78	00:31:37.42	00:19:48.55	01:10:40.22
9	161/264	81/152	421	Kelly Kallok	39	F	Fridley	MN	00:11:55.54	00:28:12.37	00:26:19.27	01:12:12.48
10	169/264	88/152	465	Jennifer Loeschen	39	F	Silver Lake	MN	00:09:35.37	00:30:23.92	00:28:08.60	01:13:28.81
11	180/264	92/152	385	Kelly Johnson	36	F	Hutchinson	MN	00:11:12.11	00:32:02.86	00:26:48.50	01:14:31.20
12	185/264	94/152	508	Julie Kaczmarczyk	39	F	Minnetonka	MN	00:12:59.67	00:33:49.72	00:23:34.44	01:14:52.65
13	188/264	95/152	521	Irene Wilcox	37	F	Clearwater	MN	00:14:49.60	00:29:55.23	00:25:04.87	01:15:26.22
14	201/264	104/152	473	Melissa McClure	38	F	Sartell	MN	00:14:36.74	00:31:11.36	00:25:28.63	01:17:58.35
15	214/264	111/152	408	Jolene Singh	39	F	Sartell	MN	00:12:45.62	00:32:03.25	00:28:17.78	01:19:49.15
16	222/264	117/152	375	Betsey Nelson	37	F	Plymouth	MN	00:13:07.79	00:32:55.44	00:30:18.96	01:21:33.42
17	228/264	122/152	505	Angie Paschke	38	F	Sartell	MN	00:14:42.11	00:34:15.95	00:28:18.23	01:23:00.44
18	257/264	146/152	455	Katie Ohland	35	F	St. Paul	MN	00:08:20.04	00:45:33.27	00:36:05.64	01:36:13.35
19	258/264	147/152	349	Stacy Winter	36	F	Chaska	MN	00:15:08.80	00:40:46.82	00:36:18.86	01:37:57.82

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
4	57/264	36/112	333	Bill Shields	38	M	Plymouth	MN	00:09:41.58	00:27:01.60	00:20:26.64	01:01:34.72
5	58/264	37/112	372	Bradley Vrchota	36	M	Shakopee	MN	00:09:58.61	00:26:25.28	00:20:13.82	01:01:40.72
6	62/264	40/112	461	Brian Gasser	36	M	Sartell	MN	00:08:58.61	00:27:15.76	00:22:04.26	01:01:52.35
7	64/264	41/112	591	Brady Behrens	37	M	Plymouth	MN	00:09:04.05	00:28:23.31	00:20:49.51	01:02:01.72
8	132/264	74/112	285	Matt Zuehls	35	M	Plymouth	MN	00:11:43.35	00:26:55.49	00:24:33.67	01:08:24.39
9	221/264	105/112	360	Carlos Bastidas	36	M	Eden Prairie	MN	00:13:56.86	00:33:10.26	00:27:01.68	01:21:26.68

Heart of the Lakes Triathlon

July 21, 2019

Overall Division Results

Short Individual

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
4	119/264	51/152	506	Dani Coffield	40	F	Hopkins	MN	00:10:49.62	00:26:18.99	00:24:37.43	01:07:05.87
5	147/264	69/152	452	Stacie Mariette	41	F	Crystal	MN	00:12:33.63	00:28:26.63	00:24:57.26	01:11:16.72
6	154/264	74/152	514	Sheri Budde	41	F	Annandale	MN	00:09:36.68	00:31:00.51	00:26:19.75	01:11:40.67
7	165/264	84/152	271	Erin Sylvester	44	F	Buffalo	MN	00:12:41.76	00:29:08.04	00:25:31.30	01:13:00.45
8	167/264	86/152	488	Jennifer Ho	44	F	St Paul	MN	00:09:30.12	00:29:35.00	00:28:42.40	01:13:05.95
9	174/264	91/152	400	Amanda Duerr	44	F	Clearwater	MN	00:10:16.36	00:32:25.99	00:27:06.87	01:13:56.58
10	197/264	101/152	486	Sarah Koenig	44	F	Edina	MN	00:12:04.12	00:33:41.83	00:25:34.27	01:16:47.22
11	199/264	103/152	341	Molly Rogers	44	F	Minneapolis	MN	00:11:13.00	00:34:38.98	00:26:24.42	01:17:35.22
12	202/264	105/152	428	Leanne Goerz	44	F	Monticello	MN	00:11:28.37	00:30:12.49	00:32:32.46	01:18:48.45
13	207/264	107/152	357	Natalie Dieterle	44	F	Stillwater	MN	00:11:39.61	00:33:59.02	00:29:02.57	01:19:22.92
14	223/264	118/152	548	Kristi Walter	40	F	Shoreview	MN	00:10:15.87	00:31:57.65	00:32:45.82	01:21:41.72
15	225/264	120/152	417	Moriah Brierley	41	F	Minneapolis	MN	00:11:56.97	00:32:39.90	00:31:36.21	01:22:16.56
16	233/264	125/152	526	Shannon Reagan	42	F	Monticello	MN	00:11:07.33	00:32:59.17	00:34:31.74	01:23:47.90
17	234/264	126/152	369	Jeanne Dobson	42	F	Saint Paul	MN	00:13:51.59	00:34:22.37	00:30:41.77	01:23:55.89
18	250/264	140/152	362	Melissa Coddington	40	F	Carver	MN	00:14:03.20	00:34:27.47	00:33:38.76	01:30:16.23
19	251/264	141/152	352	Dawn Paulson	43	F	Carver	MN	00:14:34.93	00:34:26.37	00:33:39.23	01:30:16.70
20	261/264	150/152	378	Patricia Walker	41	F	Saint Louis Park	MN	00:17:38.30	00:38:56.24	00:34:09.25	01:39:04.16

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
4	94/264	58/112	542	Steven Brouwer	40	M	Waverly	MN	00:09:01.87	00:26:19.56	00:25:45.01	01:04:43.47
5	101/264	62/112	566	Jason Vinar	41	M	Plymouth	MN	00:10:28.22	00:25:28.75	00:24:09.52	01:05:28.96
6	130/264	73/112	282	Jameson Shiek	44	M	Plymouth	MN	00:09:46.59	00:24:47.33	00:26:41.62	01:08:10.27
7	170/264	82/112	494	Jason Lang	43	M	Bloomington	MN	00:12:45.44	00:32:09.26	00:23:07.30	01:13:33.97
8	193/264	95/112	437	Justin Arfsten	41	M	Rogers	MN	00:13:08.62	00:31:18.60	00:26:24.25	01:16:13.93

Heart of the Lakes Triathlon

July 21, 2019

Overall Division Results

Short Individual

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
4	56/264	21/152	354	Paula Just	45	F	Spooner	WI	00:08:16.29	00:28:46.48	00:20:56.04	01:01:34.22
5	70/264	27/152	584	Ann Freund	47	F	Minneapolis	MN	00:09:30.57	00:28:24.20	00:20:51.10	01:02:46.46
6	72/264	29/152	386	Sarah Johnson	48	F	Minneapolis	MN	00:10:37.92	00:25:42.85	00:22:16.36	01:02:51.81
7	102/264	40/152	489	Jaleh Nahvi	49	F	Inver Grove Heights	MN	00:08:24.81	00:28:41.14	00:24:12.25	01:05:35.44
8	123/264	54/152	459	Heather Hooper	47	F	Annandale	MN	00:09:54.76	00:29:53.15	00:22:31.03	01:07:41.83
9	127/264	57/152	484	Laura Zumhofe	48	F	Sioux Falls	SD	00:11:21.05	00:25:48.02	00:23:35.88	01:08:03.92
10	135/264	61/152	593	Amy Bacigalupo	49	F	Montevideo	MN	00:08:03.37	00:29:25.31	00:26:15.46	01:09:30.36
11	136/264	62/152	351	Cathy Ruschmeier	46	F	New Germany	MN	00:12:44.86	00:31:17.18	00:21:45.73	01:09:35.09
12	172/264	90/152	528	Leslie Iyer	47	F	Edina	MN	00:13:04.55	00:26:50.57	00:27:59.76	01:13:41.98
13	191/264	98/152	434	Melissa Johnson	45	F	Big Lake	MN	00:12:26.87	00:30:49.25	00:27:24.17	01:15:59.63
14	196/264	100/152	487	Justina Miller	48	F	Minnetonka	MN	00:12:08.64	00:32:44.62	00:24:40.01	01:16:46.97
15	216/264	113/152	574	Sheila Konz	47	F	Forest Lake	MN	00:10:59.13	00:33:16.30	00:28:20.32	01:19:57.78
16	237/264	129/152	337	Theresa Heimkes	49	F	Annandale	MN	00:13:01.61	00:31:45.53	00:32:49.33	01:24:44.43
17	245/264	136/152	433	Jennifer Braun	47	F	South Haven	MN	00:15:25.08	00:33:19.18	00:31:36.08	01:27:39.69
18	249/264	139/152	530	Rachel Bly	46	F	Grinnell	IA	00:14:09.85	00:36:26.76	00:33:38.99	01:30:13.35
19	253/264	143/152	490	Amy McGarress	49	F	Prior Lake	MN	00:13:31.89	00:34:05.26	00:36:09.54	01:30:56.25
20	255/264	145/152	288	Jennifer Niedzielski	47	F	Annandale	MN	00:14:11.01	00:32:42.08	00:37:16.36	01:34:44.32
21	264/264	152/152	478	Cherie Anderson	48	F	Minneapolis	MN	00:19:15.73	00:36:33.78	00:50:17.56	01:52:57.45

Heart of the Lakes Triathlon

July 21, 2019

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	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 Kuras	46	M	Minnetonka	MN	00:06:55.96	00:27:29.16	00:21:06.14	00:59:51.60
4	51/264	32/112	476	Christopher Hedberg	49	M	Maple Plain	MN	00:08:23.11	00:27:06.83	00:21:05.25	01:00:51.22
5	90/264	54/112	382	Chris Marshall	48	M	Plymouth	MN	00:09:41.47	00:26:55.17	00:23:02.88	01:04:24.85
6	92/264	56/112	592	Paul Hanek	48	M	Woodbury	MN	00:10:21.24	00:26:36.41	00:22:58.17	01:04:29.88
7	96/264	59/112	364	Jeremy Krehbiel	46	M	Lakeville	MN	00:07:49.49	00:26:18.78	00:24:32.34	01:04:47.97
8	128/264	71/112	438	Brian Johnson	46	M	Big Lake	MN	00:11:26.03	00:30:07.76	00:22:44.51	01:08:05.22
9	192/264	94/112	371	Jeremy Dobson	46	M	Saint Paul	MN	00:11:57.75	00:30:33.06	00:27:04.87	01:16:03.42
10	204/264	98/112	358	Jason Dieterle	45	M	Stillwater	MN	00:12:18.86	00:30:12.88	00:29:41.16	01:18:52.42
11	213/264	103/112	560	Paul Hughes	49	M	Eden Prairie	MN	00:12:46.86	00:30:20.25	00:31:13.43	01:19:43.14
12	241/264	109/112	571	Mike Hess	49	M	Minneapolis	MN	00:18:12.84	00:34:02.12	00:27:40.28	01:26:10.64

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
4	115/264	49/152	500	Tammy Diepenbrock	54	F	Mound	MN	00:09:25.03	00:27:57.95	00:24:07.37	01:06:48.73
5	139/264	65/152	563	Shelly Mikel	52	F	South Haven	MN	00:15:02.02	00:30:35.08	00:18:33.64	01:09:57.60
6	145/264	68/152	384	Brenda Richman	50	F	Moorhead	MN	00:11:57.12	00:28:17.02	00:24:46.66	01:11:02.64
7	160/264	80/152	585	Mary Kraus	53	F	Anoka	MN	00:07:59.84	00:28:38.01	00:29:44.78	01:12:07.95
8	195/264	99/152	573	Joanna Hall	51	F	Silver Lake	MN	00:11:37.63	00:32:53.26	00:26:52.42	01:16:28.22
9	203/264	106/152	511	Theresa Sweeney	54	F	Buffalo	MN	00:12:19.56	00:27:47.34	00:31:20.94	01:18:49.15
10	224/264	119/152	454	Teresa Wrobbel	53	F	Montrose	MN	00:10:16.74	00:30:18.61	00:34:41.80	01:22:16.41
11	238/264	130/152	422	Melinda Ewing	52	F	Wayzata	MN	00:10:14.09	00:35:28.01	00:33:35.60	01:24:50.78

Heart of the Lakes Triathlon

July 21, 2019

Overall Division Results

Short Individual

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
4	129/264	72/112	388	Tom Millerbernd	52	M	Chaska	MN	00:09:20.13	00:28:25.49	00:24:48.99	01:08:05.46
5	173/264	83/112	429	Mark Otero	51	M	Plymouth	MN	00:08:42.68	00:31:13.86	00:26:15.67	01:13:46.00
6	183/264	90/112	286	Ben Zhao	50	M	Minneapolis	MN	00:11:45.49	00:30:10.18	00:26:10.22	01:14:45.68
7	187/264	93/112	554	Bill Syverson	54	M	St. Cloud	MN	00:12:42.78	00:27:26.61	00:30:02.29	01:15:09.97
8	246/264	110/112	600	Kevin Greger	50	M	Buffao	MN	00:12:24.00	00:39:03.26	00:28:10.74	01:27:58.89
9	262/264	112/112	570	Tim Goodyear	53	M	Minnetonka	MN	00:07:53.32	00:28:07.78	00:56:18.61	01:45:51.61

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
4	106/264	43/152	496	Julie Wiens	57	F	Wayzata	MN	00:10:45.02	00:27:31.11	00:22:32.84	01:05:57.84
5	107/264	44/152	443	Julie Grafft	56	F	Chanhassen	MN	00:07:23.22	00:27:09.52	00:26:41.76	01:06:00.97
6	116/264	50/152	519	Katherine Walz	56	F	Plymouth	MN	00:10:17.54	00:28:37.77	00:23:29.01	01:06:52.40
7	137/264	63/152	415	Suzy Bohn	55	F	Chanhassen	MN	00:09:56.11	00:31:56.01	00:24:01.37	01:09:43.97
8	144/264	67/152	564	Laura Kohler	57	F	Redwood Falls	MN	00:10:16.14	00:29:26.41	00:26:22.58	01:10:55.97
9	156/264	76/152	540	Karen Slakey	56	F	Lakeelmo	MN	00:07:24.37	00:28:34.39	00:29:35.76	01:11:56.97
10	157/264	77/152	586	Patti Develbiss	56	F	South St Paul	MN	00:09:02.63	00:26:46.98	00:29:03.18	01:11:59.35
11	163/264	82/152	418	Daphne Immele	57	F	Bloomington	MN	00:12:28.74	00:29:11.08	00:25:12.17	01:12:18.36
12	190/264	97/152	531	Cat Campbell Currier	59	F	Toledo	IA	00:12:43.60	00:28:20.96	00:29:03.61	01:15:56.67
13	198/264	102/152	587	Debra Grandgenett	57	F	Alexandria	MN	00:12:40.88	00:26:48.42	00:30:43.26	01:16:59.48
14	217/264	114/152	410	Mary Denucci	55	F	Minneapolis	MN	00:11:44.55	00:31:55.45	00:30:54.35	01:20:16.72
15	235/264	127/152	448	Beth Orlowsky	55	F	Minnetonka	MN	00:11:28.31	00:32:51.12	00:33:33.96	01:24:05.89
16	242/264	133/152	479	Becky Anton	56	F	Inver Grove Heights	MN	00:12:26.50	00:37:14.12	00:29:30.33	01:26:19.22

Heart of the Lakes Triathlon

July 21, 2019

Overall Division Results

Short Individual

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
4	111/264	65/112	273	Mardon Quandt	59	M	Annandale	MN	00:09:25.60	00:26:01.52	00:25:47.35	01:06:20.72
5	118/264	68/112	477	Tim Tanner	55	M	Plymouth	MN	00:09:06.34	00:28:34.19	00:24:04.76	01:07:01.47
6	141/264	76/112	504	Andrew Rzepka	58	M	Minneapolis	MN	00:07:20.41	00:28:18.02	00:29:06.78	01:10:14.18
7	162/264	81/112	550	Jeff Windschitl	57	M	Sartell	MN	00:11:21.98	00:26:54.45	00:27:44.65	01:12:14.86
8	186/264	92/112	480	Don Grooms	59	M	Inver Grove Heights	MN	00:09:23.37	00:32:44.27	00:27:28.33	01:15:09.79
9	256/264	111/112	345	Steve Edmonson	59	M	Buffalo	MN	00:13:47.62	00:31:18.82	00:40:27.25	01:36:06.21

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
4	243/264	134/152	498	Mary Ellen Gutknecht	61	F	Buffalo	MN	00:11:16.87	00:29:50.44	00:38:03.93	01:26:32.25

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
4	74/264	44/112	275	Todd Russ	60	M	Plymouth	MN	00:10:08.35	00:27:16.69	00:21:18.26	01:03:00.22
5	75/264	45/112	376	Steve Gunther	61	M	Excelsior	MN	00:07:09.00	00:25:24.29	00:26:18.92	01:03:11.97
6	93/264	57/112	507	Kenneth Paulus	60	M	Minneapolis	MN	00:10:26.34	00:25:39.03	00:23:38.51	01:04:32.97
7	117/264	67/112	342	Todd Rogers	60	M	Minneapolis	MN	00:08:26.87	00:27:19.91	00:26:06.29	01:06:53.48
8	122/264	69/112	447	Jim Bell	61	M	South Haven	MN	00:08:48.62	00:27:13.02	00:26:58.45	01:07:34.22
9	150/264	79/112	533	Rick Larson	62	M	Bloomington	MN	00:13:30.83	00:27:46.44	00:24:26.59	01:11:21.67
10	181/264	89/112	269	Doug Jost	64	M	Centerville	MN	00:12:50.85	00:29:17.18	00:27:38.05	01:14:41.43
11	211/264	102/112	365	James Wright	64	M	Delano	MN	00:10:28.86	00:34:48.03	00:29:36.80	01:19:39.47
12	232/264	108/112	499	James Vlcek	63	M	Woodbury	MN	00:12:11.60	00:34:17.07	00:27:10.76	01:23:30.39

Heart of the Lakes Triathlon

July 21, 2019

Overall Division Results

Short Individual

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
4	226/264	121/152	449	Mary Brandenburg	65	F	Minnetonka	MI	00:13:07.34	00:36:41.40	00:27:18.91	01:22:53.62

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