

HEART OF THE LAKES TRIATHLON July 19, 2009
Pleasant Lake City Park, Annandale, Minnesota

(Long Course)
.5 Mile Swim, 21 Mile Bike, 5.3 Mile Run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>pace</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
Michael Colaizy/59/Osceola WI	38/256	2/19	16:39	1:54	2:11	51:39	24.4	0:42	36:18	6:51	1:47:27
Tim Huntley/39/Hudson WI	62/256	13/42	12:52	1:28	2:39	57:08	22.1	1:51	37:58	7:10	1:52:26
Steve Gaffer /49/New Richmond WI	87/256	13/38	13:34	1:33	3:20	56:19	22.4	1:17	42:22	8:00	1:56:49
Doug Wynveen/52/Osceola WI	109/256	19/37	19:52	2:15	2:53	56:04	22.5	1:45	38:34	7:17	1:59:06
Rick Wheeler58/ River Falls WI	149/256	11/19	17:47	2:01	2:50	58:36	21.5	0:48	43:27	8:12	2:03:27
Carolyn Milbrath/51/Hudson WI	37/162	1/8	14:49	1:41	2:19	1:01:28	20.5	0:59	44:15	8:21	2:03:49
Walter Milbrath/54/ Hudson WI	189/256	32/37	17:10	1:57	2:50	1:02:32	20.1	1:47	47:10	8:54	2:11:27
David Runk/40/Hudson WI	195/256	38/45	19:28	2:13	3:42	1:01:37	20.4	1:54	45:17	8:33	2:11:56
Fred Roethlisberge/66/River Fls WI	216/256	2/5	19:16	2:11	3:43	1:03:03	20.0	2:24	48:19	9:07	2:16:44
Connie Foster/58/River Falls WI	106/162	3/6	18:48	2:08	4:38	1:07:31	18.7	1:46	48:33	9:10	2:21:15
Jill McCarthy/47/ Hudson WI	149/162	25/26	33:04	3:45	3:37	1:12:05	17.5	1:37	53:28	10:06	2:43:49

(Short Course)

.25 Mile Swim, 9 Mile Bike, 2.5 Mile Run

<u>Name/age/ home</u>	<u>overall</u>	<u>age</u>	<u>swim</u>	<u>pace</u>	<u>T1</u>	<u>bike</u>	<u>mph</u>	<u>T2</u>	<u>run</u>	<u>min/mi</u>	<u>total time</u>
Kelly McCann/22/ Hudson WI	2/207	1/8	6:40	1:31	1:49	22:59	23.5	1:12	17:58	7:12	50:37
Daniel Kirkpatrick/47/ Hudson WI	25/176	3/17	6:15	1:25	2:21	24:27	22.1	1:25	19:01	7:37	53:27
Lucy Pirner/41/ River Falls WI	48/207	11/29	8:28	1:56	3:42	27:49	19.4	1:29	22:40	9:04	1:04:07

<http://www.pigmantri.com/jmsracing/results09/hotl09.html>