

Heart of the Lakes Triathlons**Longish**

Annandale, MN - July 20, 2015

.5 mi Swim – 20 mi Bike – 5 mi Run

Plc	plc/div	Name	Age	City	St	Swim	min/100	T1	Bike	mph	T2	Run	min/mi	Finish
20/141	1/13	Brian Glaeser	30	Somerset	WI	0:14:24	1:37	2:22	0:52:36	24.0	1:35	0:34:57	6:35	1:45:50
37/141	4/20	Mark Bittner	49	Bruce	WI	0:15:40	1:46	3:14	0:54:37	23.1	1:16	0:37:55	7:09	1:52:39
33/103	3/9	Carolyn Milbrath	57	Hudson	WI	0:15:23	1:44	2:18	1:02:55	20.0	0:56	0:46:56	8:51	2:08:26
102/141	5/7	Rick Wheeler	64	Blmington	MN	0:17:59	2:02	3:24	1:05:38	19.2	1:17	0:49:59	9:25	2:18:14
60/103	3/8	Lisa Wheeler	64	Blmington	MN	0:19:34	2:12	3:16	1:07:32	18.7	1:32	0:47:51	9:01	2:19:43
62/103	5/9	Teresa Werth	33	Woodbury	MN	0:23:15	2:38	3:25	1:05:00	19.4	2:04	0:46:52	8:50	2:20:33
69/103	6/9	Cathln Mcginnity	49	Luck	WI	0:19:01	2:09	3:10	1:05:44	19.2	2:15	0:54:25	10:15	2:24:32
76/103	5/8	Connie Foster	64	River Falls	WI	0:18:33	2:06	3:05	1:13:21	17.2	1:24	0:51:49	9:46	2:28:08
123/141	3/4	Fred Roethlisbrgr	72	River Falls	WI	0:22:12	2:30	3:30	1:11:30	17.6	4:05	0:51:02	9:37	2:32:16
125/141	6/7	Wally Milbrath	60	Hudson	WI	0:19:18	2:11	3:20	1:10:19	17.9	1:27	0:59:38	11:15	2:34:00
88/103	8/9	Joleen Gutting	45	River Falls	WI	0:21:03	2:23	4:54	1:15:19	16.7	1:51	0:54:58	10:22	2:38:02

Sprint

Annandale, MN - July 20, 2015

.25 mi Swim – 10 mi Bike – 2.5 mi Run

Plc	plc/div	Name	Age	City	St	Swim	min/100	T1	Bike	mph	T2	Run	min/mi	Finish
46/181	5/14	Tina Ducharme	50	River Falls	WI	0:10:40	2:25	2:53	0:27:00	20.0	1:37	0:21:31	8:36	1:03:38

<http://www.pigmantri.com/jmsracing/results15/hot115.html>