

**Heart o Lakes- Annandale, MN**

July 17, 2016

**Long Course**

<b>Div</b>	<b>Gndr</b>	<b>Name</b>	<b>Age</b>	<b>City</b>	<b>St.</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>
2/9	17/79	Lucy Ramquist	23	River Falls, WI		0:15:01.72	1:03:19.22	0:38:14.72	2:02:04.50
3/4	39/79	Carolyn Milbrath	58	Hudson, WI		0:15:52.52	1:05:25.45	0:48:05.16	2:13:14.99
11/16	91/132	Steve Gaffer	56	Nw Richmnd, WI		0:15:40.04	1:02:40.8	0:56:07.4	2:18:32
2/5	107/132	Rick Wheeler	65	Blmington, MN		0:19:01.94	1:08:43.28	0:51:48.59	2:25:08.51
1/2	56/79	Lisa Wheeler	65	Blmington, MN		0:20:38.13	1:11:34.76	0:49:41.11	2:26:33.90
6/11	61/79	Cathln Mcginnity	50	Luck, WI		0:19:32.12	1:09:49.86	0:54:27.35	2:29:03.58
7/11	65/79	Joan Ramquist	52	River Falls, WI		0:15:45.73	1:17:26.31	0:52:31.07	2:32:05.42
2/2	68/79	Connie Foster	65	River Falls, WI		0:18:43.16	1:16:20.44	0:53:40.80	2:34:25.35
3/3	126/132	F. Roethlisbrgr	73	River Falls, WI		0:23:36.23	1:22:49.35	0:57:12.84	2:51:34.72

**Sprint Course**

<b>Div</b>	<b>Gndr</b>	<b>Name</b>	<b>Age</b>	<b>City</b>	<b>St.</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>
7/15	114/147	Wally Milbrath	61	Hudson, WI		0:09:02.22	0:31:41.85	0:27:59.40	1:14:00.96

<http://www.pigmantri.com/jmsracing/results16/hot16.html>