

HEART OF THE LAKES TRIATHLON  
 July 15, 2012  
 Pleasant Lake City Park, Annandale, Minnesota

(Short Course)

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

Plc	Div	Name	City	State	Age	Swim	min/100	T1	Bike	mph	T2	Run	Min/mile	Total
154	9/17	Walter Milbrath	Hudson	WI	57	8:53	2:01	2:49	26:19	20.5	1:31	24:42	9:53	1:04:12

(Long Course)

.5 Mile Swim, 21 Mile Bike, 5.3 Mile Run

Plc	Div	Name	City	State	Age	Swim	min/100	T1	Bike	mph	T2	Run	Min/mile	Total
31	4/30	Trent Johnson	Hudson	WI	40	15:09	1:43	2:35	49:51	25.3	1:39	39:55	7:32	1:49:07
47	8/34	James Kelley	Centuria	WI	51	18:08	2:04	2:24	53:38	23.5	1:38	36:52	6:58	1:52:38
79	3/4	Michael Colaizy	Osceola	WI	62	17:56	2:02	2:26	51:24	24.5	0:57	44:53	8:29	1:57:35
121	7/20	Patrick McCann	Birchwood	WI	56	14:10	1:37	2:48	1:06:34	18.9	0:23	39:37	7:29	2:03:30
127	1/12	Kelly McCann	Hudson	WI	25	14:49	1:41	2:31	1:00:47	20.7	2:00	44:16	8:22	2:04:20
141	2/6	Carolyn Milbrath	Hudson	WI	54	15:03	1:43	2:12	1:01:03	20.6	0:50	47:25	8:57	2:06:31
154	4/4	Rick Wheeler	Bloomington	MN	61	17:16	1:58	3:01	57:58	21.7	0:49	49:46	9:24	2:08:47
190	1/3	Lisa Wheeler	Bloomington	MN	61	18:29	2:06	3:00	1:05:00	19.4	1:11	48:39	9:11	2:16:16
230	2/3	Connie Foster	River Falls	WI	61	18:50	2:09	3:16	1:10:20	17.9	1:41	52:00	9:49	2:26:06
237	7/8	Cathleen McGinnity	Luck	WI	46	20:28	2:20	3:04	1:08:39	18.4	2:01	53:47	10:09	2:27:56
251	4/6	Fred Roethlisberg	River Falls	WI	69	20:46	2:22	3:56	1:09:35	18.1	3:50	53:27	10:06	2:31:32
284	30/30	Doran O'Brien	Scandia	MN	41	18:38	2:07	5:11	1:10:03	18.0	4:33	1:18:20	14:47	2:56:43

<http://www.pigmantri.com/jmsracing/results12/hot112d.html>

<http://www.pigmantri.com/jmsracing/results12/hot112b.html>