

Heart of the Lakes Triathlon

Annandale, MN- July 21, 2013

Long Course Individual

Plc	Div	Name	Age	City	St.	Swim	100yd	T1	Bike	mph	T2	Run	min/mi	Total
10/170	4/4	Jim Felling	34	River Falls	WI	13:43	1:33	1:24	52:41	23.9	1:37	0:32:18	6:05	1:41:45
11/170	1/32	Tom Krenz	52	Chisago	MN	13:12	1:29	2:12	52:41	23.9	1:22	0:33:02	6:14	1:42:31
33/170	7/31	Tim Huntley	43	Hudson	WI	13:39	1:32	2:28	57:55	21.9	0:59	0:37:07	7:00	1:52:11
49/170	10/31	Mike Reinhart	44	St Paul	MN	16:18	1:50	2:25	59:04	21.3	1:10	0:36:18	6:51	1:55:17
53/170	3/10	Brian Glaeser	28	Somerset	WI	16:10	1:49	2:38	59:44	21.1	1:57	0:36:12	6:49	1:56:43
17/90	4/19	Meg Westhoff	36	Hudson	WI	15:25	1:44	1:55	1:00:29	20.8	1:52	0:37:32	7:05	1:57:14
64/170	2/6	Ricky Hoffman	24	St Paul	MN	20:131	2:19	2:40	1:02:37	20.1	1:27	0:31:01	5:51	1:58:18
66/170	2/5	Mike Colaizy	62	Osceola	WI	19:01	2:09	2:24	55:32	22.7	0:40	0:41:07	7:45	1:58:47
41/90	1/2	Carolyn Milbrath	55	Hudson	WI	15:32	1:45	2:26	1:02:39	20.1	0:55	0:46:53	8:50	2:08:28
110/170	3/5	Rick Wheeler	62	Bloomgtn	MN	17:45	2:00	2:59	1:01:35	20.5	0:36	0:46:39	8:48	2:09:35
41/301	1/7	Lisa Wheeler	62	Bloomgtn	MN	19:05	2:09	2:51	1:05:43	19.2	1:13	0:45:27	8:34	2:14:21
72/90	4/4	Connie Foster	62	River Falls	WI	19:15	2:10	3:21	1:13:57	17.0	1:21	0:48:00	9:07	2:25:55
152/170	3/3	Fred Roethsberg	70	River Falls	WI	21:31	2:26	3:33	1:09:23	18.2	2:14	0:52:03	9:49	2:28:45
156/170	28/31	Doran O'Brien	42	Scandia	MN	18:13	2:03	3:36	1:04:18	19.6	2:46	1:03:16	11:56	2:32:10

Sprint distance Individual

Plc	Div	Name	Age	City	St.	Swim	100yd	T1	Bike	mph	T2	Run	min/mi	Total
142/231	10/18	Lisa DuCharme	48	River Falls	WI	15:58	3:37	2:43	30:45	17.6	1:35	0:22:11	8:52	1:13:15
155/231	22/34	Joleen Gutting	43	River Falls,	WI	12:08	2:45	3:28	31:17	17.3	1:43	0:25:56	10:22	1:14:43

<http://jms.racetecresults.com/results.aspx?CId=16370&RId=41>

