

## 2011 Lakes to Pines Adult Overall Results

	Report Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
1	David Lewis	36	Nevis	MN	08:38	0:01:44	00:57	0:42:40	20.67	00:56	19:51	06:24	1:13:02
2	Dan Bjorkstrand	47	Guthrie	MN	08:36	0:01:43	01:12	0:44:21	19.89	00:49	19:32	06:18	1:14:30
3	Backmann & Johnson		Park Rapids	MN	06:38	0:01:20	00:23	0:43:07	20.46	01:46	23:03	07:26	1:14:57
4	Neil King	61	Nevis	MN	08:30	0:01:42	00:46	0:42:32	20.74	00:59	22:14	07:10	1:15:01
5	Tony Schwan	27	Aberdeen	SD	08:24	0:01:41	01:05	0:44:25	19.86	00:43	22:54	07:23	1:17:31
6	Lyle Goebel	49	Minnetonka	MN	09:10	0:01:50	02:21	0:42:07	20.94	01:39	22:41	07:19	1:17:58
7	Ryan Rogers	31	Bemidji	MN	08:45	0:01:45	01:12	0:46:06	19.13	00:55	22:35	07:17	1:19:33
8	WaHeHe		Park Rapids	MN	07:31	0:01:30	00:28	0:48:30	18.19	00:31	22:35	07:17	1:19:35
9	Wile E. Coyote & the Road Runner		Plymouth	MN	08:32	0:01:42	02:16	0:42:00	21.00	00:26	27:13	08:47	1:20:27
10	David Pace	46	East Grand Forks	MN	08:52	0:01:46	01:38	0:44:52	19.66	00:56	24:44	07:59	1:21:02
11	Noelle Andrychowicz	35	Blaine	MN	08:37	0:01:43	01:13	0:45:35	19.35	01:26	24:22	07:52	1:21:13
12	Robert Treuer	45	Grand Forks	ND	08:45	0:01:45	01:08	0:46:03	19.15	01:15	25:36	08:15	1:22:47
13	Steve (Big Red) Redman	36	Dayton	MN	10:31	0:02:06	02:09	0:45:08	19.54	01:13	24:04	07:46	1:23:05
14	Thomas Halonen	37	Sebeka	MN	10:46	0:02:09	03:21	0:44:52	19.66	01:21	23:17	07:31	1:23:37
15	Glen Goebel	50	Park Rapids	MN	09:44	0:01:57	02:45	0:47:19	18.64	01:26	23:10	07:28	1:24:24
16	Matthew Dickinson	28	Brainerd	MN	09:18	0:01:52	01:50	0:48:00	18.38	01:26	25:15	08:09	1:25:49
17	Jeremiah Gardner	37	Bloomington	MN	11:29	0:02:18	02:07	0:45:51	19.24	01:14	25:14	08:08	1:25:55
18	Pauline Parker	43	Hopkins	MN	09:01	0:01:48	01:21	0:48:39	18.13	01:15	25:39	08:16	1:25:55
19	Michael Svir	31	Baxter	MN	13:29	0:02:42	00:50	0:47:54	18.41	01:07	23:17	07:31	1:26:37
20	Mitchel Schwindt	39	Bemidji	MN	09:09	0:01:50	02:10	0:49:57	17.66	00:54	24:36	07:56	1:26:46
21	Joel Halonen	40	Glenwood Springs	CO	11:47	0:02:21	01:59	0:46:37	18.92	01:42	25:13	08:08	1:27:18
22	Josh Duda	34	Pillager	MN	10:23	0:02:05	00:46	0:49:01	17.99	01:02	26:18	08:29	1:27:30
23	Jeremy Girard	23	Park Rapids	MN	10:05	0:02:01	00:26	0:49:56	17.66	00:30	26:54	08:41	1:27:51

	Report Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
24	Tom Stoneburner	23	Fargo	ND	10:57	0:02:11	03:32	0:46:36	18.93	02:17	25:20	08:10	1:28:42
25	Sam Goebel	17	Park Rapids	MN	06:55	0:01:23	01:46	0:53:21	16.53	02:28	24:45	07:59	1:29:15
26	Eric Opheim	40	Walker	MN	10:00	0:02:00	02:03	0:54:46	16.10	00:44	22:00	07:06	1:29:33
27	Lisa Knudson	51	Portland	ND	11:51	0:02:22	00:51	0:49:59	17.65	02:01	27:48	08:58	1:32:30
28	Kuehn, Kuehn, & Kuehn		Park Rapids	MN	07:53	0:01:35	00:29	1:01:30	14.34	00:28	23:08	07:28	1:33:28
29	Teresa Lund	36	Brainerd	MN	10:13	0:02:03	00:32	0:54:37	16.15	00:54	27:21	08:49	1:33:37
30	Troy Craven	42	Grand Forks	ND	10:15	0:02:03	01:33	0:50:06	17.60	00:47	31:01	10:00	1:33:42
31	Schroeder Nettebag & Nyland		Nevis	MN	07:25	0:01:29	00:22	1:01:39	14.31	00:20	25:33	08:15	1:35:19
32	Linda Belanger	43	International Falls	MN	13:02	0:02:36	01:11	0:56:38	15.57	01:16	24:54	08:02	1:37:01
33	Sophie Shogren	18	Park Rapids	MN	12:47	0:02:33	00:55	0:57:04	15.46	01:22	24:56	08:03	1:37:04
34	Elisa Schultzz	36	Hermantown	MN	11:27	0:02:17	00:18	0:54:23	16.22	00:43	30:39	09:53	1:37:30
35	Frode Tilden	34	Fargo	ND	10:27	0:02:05	02:29	0:47:27	18.59	10:09	27:41	08:56	1:38:13
36	Luke Helm	35	Fargo	ND	08:29	0:01:42	03:11	0:55:51	15.79	03:13	30:22	09:48	1:41:06
37	John P. Smith	60	Nevis	MN	11:58	0:02:24	02:39	0:56:51	15.51	02:58	28:24	09:10	1:42:50
38	John Pokorney	65	Bertha	MN	22:56	0:04:35	04:32	0:50:44	17.39	00:44	31:44	10:14	1:50:40
39	Sandra Ondracek	39	Savage	MN	17:18	0:03:28	00:53	1:01:03	14.45	01:06	38:52	12:32	1:59:12

## 2011 Lakes To Pines Adult Age Group Overall Results

Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
<b>Male19&amp;Under</b>												
1 Sam Goebel	17	Park Rapids	MN	06:55	01:23	01:46	0:53:21	16.53	02:28	0:24:45	07:59	1:29:15
<b>Male2024</b>												
1 Jeramy Girard	23	Park Rapids	MN	10:05	02:01	00:26	0:49:56	17.66	00:30	0:26:54	08:41	1:27:51
2 Tom Stoneburner	23	Fargo	ND	10:57	02:11	03:32	0:46:36	18.93	02:17	0:25:20	08:10	1:28:42
<b>Male2529</b>												
1 Tony Schwan	27	Aberdeen	SD	08:24	01:41	01:05	0:44:25	19.86	00:43	0:22:54	07:23	1:17:31
2 Matthew Dickinson	28	Brainerd	MN	09:18	01:52	01:50	0:48:00	18.38	01:26	0:25:15	08:09	1:25:49
<b>Male3034</b>												
1 Ryan Rogers	31	Bemidji	MN	08:45	01:45	01:12	0:46:06	19.13	00:55	0:22:35	07:17	1:19:33
2 Michael Svir	31	Baxter	MN	13:29	02:42	00:50	0:47:54	18.41	01:07	0:23:17	07:31	1:26:37
3 Josh Duda	34	Pillager	MN	10:23	02:05	00:46	0:49:01	17.99	01:02	0:26:18	08:29	1:27:30
4 Frode Tilden	34	Fargo	ND	10:27	02:05	02:29	0:47:27	18.59	10:09	0:27:41	08:56	1:38:13
<b>Male3539</b>												
1 David Lewis	36	Nevis	MN	08:38	01:44	00:57	0:42:40	20.67	00:56	0:19:51	06:24	1:13:02
2 Steve (Big Red) Redman	36	Dayton	MN	10:31	02:06	02:09	0:45:08	19.54	01:13	0:24:04	07:46	1:23:05
3 Thomas Halonen	37	Sebeka	MN	10:46	02:09	03:21	0:44:52	19.66	01:21	0:23:17	07:31	1:23:37
4 Jeremiah Gardner	37	Bloomington	MN	11:29	02:18	02:07	0:45:51	19.24	01:14	0:25:14	08:08	1:25:55
5 Mitchel Schwindt	39	Bemidji	MN	09:09	01:50	02:10	0:49:57	17.66	00:54	0:24:36	07:56	1:26:46
6 Luke Helm	35	Fargo	ND	08:29	01:42	03:11	0:55:51	15.79	03:13	0:30:22	09:48	1:41:06
<b>Male4044</b>												
1 Joel Halonen	40	Ilwaco Springs	CO	11:47	02:21	01:59	0:46:37	18.92	01:42	0:25:13	08:08	1:27:18
2 Eric Opheim	40	Walker	MN	10:00	02:00	02:03	0:54:46	16.10	00:44	0:22:00	07:06	1:29:33
3 Troy Craven	42	Grand Forks	ND	10:15	02:03	01:33	0:50:06	17.60	00:47	0:31:01	10:00	1:33:42

Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
<b>Male4549</b>												
1 Dan Bjorkstrand	47	Guthrie	MN	08:36	01:43	01:12	0:44:21	19.89	00:49	0:19:32	06:18	1:14:30
2 Lyle Goebel	49	Minnetonka	MN	09:10	01:50	02:21	0:42:07	20.94	01:39	0:22:41	07:19	1:17:58
3 David Pace	46	East Grand Fork	MN	08:52	01:46	01:38	0:44:52	19.66	00:56	0:24:44	07:59	1:21:02
4 Robert Treuer	45	Grand Forks	ND	08:45	01:45	01:08	0:46:03	19.15	01:15	0:25:36	08:15	1:22:47
<b>Male5054</b>												
1 Glen Goebel	50	Park Rapids	MN	09:44	01:57	02:45	0:47:19	18.64	01:26	0:23:10	07:28	1:24:24
<b>Male6064</b>												
1 Neil King	61	Nevis	MN	08:30	01:42	00:46	0:42:32	20.74	00:59	0:22:14	07:10	1:15:01
2 John P. Smith	60	Nevis	MN	11:58	02:24	02:39	0:56:51	15.51	02:58	0:28:24	09:10	1:42:50
<b>Male6569</b>												
1 John Pokorney	65	Bertha	MN	22:56	04:35	04:32	0:50:44	17.39	00:44	0:31:44	10:14	1:50:40
<b>Female19&amp;Under</b>												
1 Sophie Shogren	18	Park Rapids	MN	12:47	02:33	00:55	0:57:04	15.46	01:22	0:24:56	08:03	1:37:04
<b>Female3539</b>												
1 Noelle Andrychowicz	35	Blaine	MN	08:37	01:43	01:13	0:45:35	19.35	01:26	0:24:22	07:52	1:21:13
2 Teresa Lund	36	Brainerd	MN	10:13	02:03	00:32	0:54:37	16.15	00:54	0:27:21	08:49	1:33:37
3 Elisa Schultzz	36	Hermantown	MN	11:27	02:17	00:18	0:54:23	16.22	00:43	0:30:39	09:53	1:37:30
4 Sandra Ondracek	39	Savage	MN	17:18	03:28	00:53	1:01:03	14.45	01:06	0:38:52	12:32	1:59:12
<b>Female4044</b>												
1 Pauline Parker	43	Hopkins	MN	09:01	01:48	01:21	0:48:39	18.13	01:15	0:25:39	08:16	1:25:55
2 Linda Belanger	43	International Fall	MN	13:02	02:36	01:11	0:56:38	15.57	01:16	0:24:54	08:02	1:37:01
<b>Female5054</b>												
1 Lisa Knudson	51	Portland	ND	11:51	02:22	00:51	0:49:59	17.65	02:01	0:27:48	08:58	1:32:30
<b>MaleRelay</b>												
1 Backmann & Johnson		Park Rapids	MN	06:38	01:20	00:23	0:43:07	20.46	01:46	0:23:03	07:26	1:14:57
2 Wile E. Coyote & the Road Ru		Plymouth	MN	08:32	01:42	02:16	0:42:00	21.00	00:26	0:27:13	08:47	1:20:27

Name	Age	City	State	Swim	Swim Pace	Transition 1	Bike	Bike Pace	Transition 2	Run	Run Pace	Total
<b>CoEdRelay</b>												
1 WaHeHe		Park Rapids	MN	07:31	01:30	00:28	0:48:30	18.19	00:31	0:22:35	07:17	1:19:35
2 Kuehn, Kuehn, & Kuehn		Park Rapids	MN	07:53	01:35	00:29	1:01:30	14.34	00:28	0:23:08	07:28	1:33:28
3 Schroeder Nettebag & Nyland		Nevis	MN	07:25	01:29	00:22	1:01:39	14.31	00:20	0:25:33	08:15	1:35:19

# Top Ten Adult Bike 2011 Lakes to Pines Triathlon

	Team or Individual	Biker	City	State	14.7 Mile Bike	Bike Pace
1	Wile E. Coyote & the Road Runner	Brian Maas	Plymouth	MN	0:42:00	21.00
2	Lyle Goebel		Minnetonka	MN	0:42:07	20.94
3	Neil King		Nevis	MN	0:42:32	20.74
4	David Lewis		Nevis	MN	0:42:40	20.67
5	Backmann & Johnson	Matthew Backmann	Park Rapids	MN	0:43:07	20.46
6	Dan Bjorkstrand		Guthrie	MN	0:44:21	19.89
7	Tony Schwan		Aberdeen	SD	0:44:25	19.86
8	David Pace		East Grand Forks	MN	0:44:52	19.66
9	Thomas Halonen		Sebeka	MN	0:44:52	19.66
10	Steve (Big Red) Redman		Dayton	MN	0:45:08	19.54

# Top Ten Adult Run 2011 Lakes to Pines Triathlon

	Team or Individual	Runner	City	State	5K Run	Run Pace
1	Dan Bjorkstrand		Guthrie	MN	0:19:32	06:18
2	David Lewis		Nevis	MN	0:19:51	06:24
3	Eric Opheim		Walker	MN	0:22:00	07:06
4	Neil King		Nevis	MN	0:22:14	07:10
5	Ryan Rogers		Bemidji	MN	0:22:35	07:17
6	WaHeHe	Louise Helm	Park Rapids	MN	0:22:35	07:17
7	Lyle Goebel		Minnetonka	MN	0:22:41	07:19
8	Tony Schwan		Aberdeen	SD	0:22:54	07:23
9	Backmann & Johnson	Matthew Backmann	Park Rapids	MN	0:23:03	07:26
10	Kuehn, Kuehn, & Kuehn	Brian Kuehn	Park Rapids	MN	0:23:08	07:28

# Top Ten Adult Swim 2011 Lakes to Pines Triathlon

	Team or Individual	Swimmer	City	State	500 Yard Swim	Swim Pace
1	Backmann & Johnson	Josh Johnson	Park Rapids	MN	06:38	01:20
2	Sam Goebel		Park Rapids	MN	06:55	01:23
3	Schroeder Nettebag & Nyland	Dillon Schroeder	Nevis	MN	07:25	01:29
4	WaHeHe	Rachel Wallace	Park Rapids	MN	07:31	01:30
5	Kuehn, Kuehn, & Kuehn	Brian Kuehn	Park Rapids	MN	07:53	01:35
6	Tony Schwan		Aberdeen	SD	08:24	01:41
7	Luke Helm		Fargo	ND	08:29	01:42
8	Neil King		Nevis	MN	08:30	01:42
9	Wile E. Coyote & the Road Runner	Brian Maas	Plymouth	MN	08:32	01:42
10	Eric Mills		Saint Paul	MN	08:35	01:43



# 2011 Lakes To Pines Kids Age Group Overall Results

Report Name	Age	City	State	Total Time
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## FemaleKids9&Under

1	Julia Ondracek	9	Savage	MN	0:08:24
2	Elly Schmitz	8	Hermantown	MN	0:09:46
3	Isabel Ondracek	6	Savage	MN	0:11:25
4	Ella Schwindt	6	Bemidji	MN	0:11:47

## FemaleKids10-12

1	Lizzie Bannerman	12	Park Rapids	MN	0:11:20
2	Myah Schultz	12	Park Rapids	MN	0:11:49
3	Rachel Konshok	11	Park Rapids	MN	0:13:35
4	Helena Skadberg	10	Park Rapids	MN	0:17:13

## MaleKids9&Under

1	Marcus Benson	9	Park Rapids	MN	0:06:49
2	Dan Walsh	8	Park Rapids	MN	0:08:01
3	Garret Schwindt	8	Bemidji	MN	0:08:18
4	Jake Poehler	9	Park Rapids	MN	0:08:23
5	Kaelan Emerson	9	Park Rapids	MN	0:08:36
6	Dominik Backmann	7	Park Rapids	MN	0:08:37
7	Evan Edevold	8	Park Rapids	MN	0:08:47
8	Jaxson Lund	8	Park Rapids	MN	0:10:33
9	Theo Lund	8	Brainerd	MN	0:10:37
10	Ty Aukes	8	Park Rapids	MN	0:11:45

## MaleKids10-12

1	Matthew Benson	11	Park Rapids	MN	0:09:46
2	Graham Maas	11	Plymouth	MN	0:10:41
3	Zach Fritze	10	Park Rapids	MN	0:12:21
4	Will Schwindt	10	Bemidji	MN	0:12:44

	Report Name	Age	City	State	Total Time
5	Spencer Fritze	10	Park Rapids	MN	0:13:22