

APPLE DUATHLON
Saturday, May 25, 2013
Sartell, Minnesota

5K Run, 33K Bike, 5K Run

FEMALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Paige Danielson	St. Cloud	MN	17	F	1	19:46	6:22	0:50	1	1:05:19	18.8	0:42	1	20:28	6:36	1:47:03

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Ian Richardson	The Woodlands	TX	19	M	1	17:52	5:45	0:30	1	59:04	20.8	0:32	1	18:55	6:06	1:36:51
2 Morcelli Kombo	St. Cloud	MN	19	M	2	17:57	5:47	2:04	3	1:32:19	13.3	0:47	2	21:31	6:56	2:14:36
3 Hunter Warner	Eden Prairie	MN	13	M	3	25:49	8:19	1:41	2	1:22:21	14.9	1:06	3	28:40	9:14	2:19:35

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Greta Danielson	Saint Cloud	MN	20	F	1	20:54	6:44	0:40	1	1:01:29	20.0	0:35	1	22:41	7:18	1:46:15
2 Sara Dalton	Saint Cloud	MN	24	F	3	23:07	7:27	0:54	2	1:13:35	16.7	1:03	3	26:11	8:26	2:04:48
3 Alexandra Alcorn	Minneapolis	MN	24	F	2	21:54	7:03	1:34	4	1:18:15	15.7	1:02	2	23:30	7:34	2:06:13
4 Ashley Heinlein	Stillwater	MN	22	F	4	25:15	8:08	0:59	3	1:13:53	16.7	0:59	4	28:36	9:13	2:09:40

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Ivan Almekinders	Chapel Hill	NC	24	M	1	19:28	6:16	0:48	2	1:11:52	17.1	0:57	1	21:44	7:00	1:54:47
2 Ross Nygren	Apple Valley	MN	21	M	2	20:35	6:38	0:59	1	1:11:05	17.3	0:52	2	24:32	7:54	1:58:02

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Aimee Gissel	Pleasant Hill	IA	26	F	1	24:48	7:59	1:09	1	1:08:29	18.0	1:02	1	25:41	8:16	2:01:06
2 Jackie Lafleur	Woodbury	MN	26	F	2	25:33	8:14	1:12	2	1:18:21	15.7	0:53	2	27:38	8:54	2:13:35

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Brian Sames	Shakopee	MN	27	M	1	15:53	5:07	0:55	2	53:14	23.1	0:44	1	17:29	5:38	1:28:13
2 David Phillips	Maple Grove	MN	28	M	4	18:25	5:56	0:33	1	50:59	24.1	0:48	4	19:57	6:26	1:30:40
3 Justin Graves	Lexington	KY	29	M	5	18:48	6:04	0:39	4	54:34	22.5	0:34	3	19:52	6:24	1:34:25
4 Cody Stadler	Minneapolis	MN	27	M	6	19:23	6:15	0:37	3	54:16	22.7	0:42	6	20:50	6:43	1:35:46
5 Jonathan Neumann	Madison	WI	29	M	3	17:58	5:47	0:33	6	57:08	21.5	0:36	2	19:43	6:21	1:35:56
6 David Buchs	Wheaton	IL	26	M	2	17:53	5:46	0:54	7	59:10	20.8	0:46	5	20:19	6:33	1:38:59
7 Matthew Radniecki	Brainerd	MN	27	M	7	19:49	6:23	0:54	5	56:48	21.7	0:48	9	22:53	7:22	1:41:10
8 Jeffrey Huber	Clearwater	MN	26	M	9	20:34	6:38	1:06	8	1:01:50	19.9	0:54	8	22:37	7:17	1:46:59
9 Jacob Orvis	Westmont	IL	25	M	8	20:14	6:31	1:36	9	1:03:34	19.4	1:41	10	23:37	7:36	1:50:40
10 Brian Glaeser	Somerset	WI	28	M	10	20:56	6:45	1:34	12	1:05:44	18.7	1:52	7	20:58	6:45	1:51:01
11 Chris Strand	Fargo	ND	26	M	11	21:15	6:51	0:47	11	1:05:08	18.9	0:57	11	23:56	7:43	1:52:01
12 Francois Darmon	Minneapolis	MN	29	M	12	22:54	7:23	0:50	10	1:04:01	19.2	0:57	13	32:17	10:24	2:00:56
13 Lance Liljenquist	Thief River Fa	MN	26	M	14	25:56	8:21	1:26	13	1:07:13	18.3	1:46	14	32:58	10:37	2:09:17
14 Caleb Ward	Woodbury	MN	26	M	13	24:47	7:59	1:18	14	1:29:25	13.8	1:58	12	26:24	8:30	2:23:50

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Rachel Elvester	Minnetonka	MN	31	F	2	22:11	7:09	0:59	2	1:02:30	19.7	0:48	1	22:34	7:16	1:49:00
2 Lisa Bollinger	Sartell	MN	32	F	1	22:10	7:09	0:58	3	1:02:31	19.7	1:07	2	23:54	7:42	1:50:39
3 Desta Meyer	Eden Prairie	MN	34	F	4	24:54	8:01	1:17	1	59:21	20.7	1:03	4	28:15	9:06	1:56:48
4 Susie Galata	Omaha	NE	30	F	3	23:22	7:31	1:00	4	1:14:46	16.5	0:42	3	25:37	8:15	2:05:24
5 Rachel Moran	St. Louis Park	MN	33	F	5	26:17	8:28	2:15	5	1:17:05	16.0	3:10	5	30:53	9:57	2:19:39

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Scott Schultes	Northbrook	IL	34	M	2	17:53	5:46	0:38	2	52:49	23.3	0:37	1	18:45	6:02	1:30:39
2 Jason Atkinson	Alamogordo	NM	32	M	1	17:01	5:29	0:47	4	54:51	22.4	0:31	3	19:11	6:11	1:32:19
3 Adam Konczewski	Sartell	MN	31	M	8	19:21	6:14	0:39	1	52:23	23.5	0:40	7	20:47	6:42	1:33:49
4 Andrew Zabel	Saint Joseph	MN	34	M	4	18:28	5:57	0:49	3	54:21	22.6	0:29	5	19:53	6:24	1:33:58
5 Travis Miller	Nisswa	MN	34	M	6	18:53	6:05	0:40	5	55:04	22.3	0:35	2	19:05	6:09	1:34:15
6 Dave Thomes	Brainerd	MN	33	M	3	18:26	5:56	0:32	6	55:27	22.2	0:38	4	19:16	6:12	1:34:17
7 Ryan Steil	Saint Augusta	MN	33	M	7	19:03	6:08	0:40	10	1:01:26	20.0	0:37	6	20:24	6:34	1:42:08
8 Jason Neumann	St. Cloud	MN	31	M	13	20:41	6:40	0:40	7	57:35	21.4	0:42	11	22:37	7:17	1:42:13
9 Rob Williams	Eden Prairie	MN	33	M	9	19:23	6:15	1:10	8	58:46	20.9	1:06	13	22:46	7:20	1:43:08
10 Michael Svensk	Blaine	MN	33	M	10	19:25	6:15	0:53	11	1:01:43	19.9	0:52	10	21:12	6:50	1:44:04
11 Hunter Rackley	Indianapolis	IN	31	M	12	20:06	6:28	0:57	13	1:04:29	19.1	0:39	9	21:02	6:47	1:47:10
12 Jason Migala	Sauk Rapids	MN	34	M	11	20:02	6:27	0:56	12	1:03:04	19.5	0:43	12	22:41	7:18	1:47:24

2	Benjamin Ewers	Scottsdale	AZ	67	M	2	21:24	6:54	0:56	2	54:27	22.6	1:05	2	22:56	7:23	1:40:46
3	Mike McDowell	Swartz Creek	MI	65	M	3	22:50	7:21	0:39	1	53:47	22.9	0:38	3	25:15	8:08	1:43:06
4	Ken Mogren	Winona	MN	65	M	4	24:11	7:47	1:22	4	57:57	21.2	1:11	6	26:12	8:26	1:50:51
5	Phillip Davis	Martin	TN	67	M	6	24:20	7:50	1:34	5	58:43	21.0	1:15	4	25:18	8:09	1:51:09
6	Mike McCarty	New Bedford	MA	68	M	8	25:36	8:15	0:57	6	59:05	20.8	0:50	7	26:56	8:41	1:53:24
7	Robert Dahl	Plymouth	MN	67	M	7	25:12	8:07	1:08	7	1:01:48	19.9	1:07	5	25:55	8:21	1:55:08
8	David Babbitt	Wyoming	MI	65	M	5	24:12	7:48	1:16	8	1:10:05	17.6	1:33	8	28:42	9:15	2:05:46
9	Roman Scibora	Bloomington	MN	68	M	9	25:39	8:16	1:18	9	1:16:41	16.0	1:31	9	28:57	9:19	2:14:04
10	Charles Rhea	Plymouth	MN	66	M	10	29:44	9:35	1:44	10	1:19:05	15.6	2:56	10	35:37	11:28	2:29:04
11	Edwin Widseth	Edina	MN	69	M	11	34:37	11:09	1:51	11	1:21:02	15.2	1:50	11	40:11	12:56	2:39:28

FEMALE AGE GROUP RESULTS 70 - 74

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Mary Zack	Little Falls	MN	70	F	1	39:34	12:44	1:27	1	1:38:30	12.5	1:12	1	44:27	14:19	3:05:08

MALE AGE GROUP RESULTS 70 - 74

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	William Logan	Perryville	MO	71	M	1	23:59	7:43	1:07	2	59:38	20.6	1:01	1	25:13	8:07	1:50:56
2	Joe Carr	Blowing Rock	NC	70	M	4	25:52	8:20	1:12	1	57:27	21.4	1:18	5	29:46	9:35	1:55:34
3	Hank Larsen	Glencoe	MN	73	M	2	24:12	7:48	1:07	7	1:12:01	17.1	0:54	2	26:37	8:34	2:04:50
4	Jim Hix	Claremore	OK	71	M	5	27:24	8:50	1:05	4	1:07:29	18.2	0:57	4	27:59	9:01	2:04:53
5	Sylvan Addink	Iowa City	IA	72	M	3	25:36	8:15	1:45	6	1:09:34	17.7	1:32	3	27:02	8:42	2:05:27
6	Ronald Pemberton	Milwaukee	WI	70	M	7	29:06	9:22	1:26	3	1:02:17	19.8	0:56	7	32:22	10:25	2:06:04
7	Daryl Stevens	Sartell	MN	71	M	6	28:56	9:19	1:26	5	1:08:43	17.9	1:06	6	32:19	10:25	2:12:28

MALE AGE GROUP RESULTS 75 - 79

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Augusto Diamantini	Brookfield	CT	79	M	1	34:40	11:10	2:14	1	1:34:06	13.1	2:46	1	46:15	14:54	3:00:01

MALE AGE GROUP RESULTS 85 - 99

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Robert Powers	White Bear Lak	MN	89	M	1	50:09	16:09	2:11	1	1:55:19	10.7	2:10	1	55:01	17:43	3:44:47