

Apple Duathlon

May 24, 2014

Overall Division Results

Individual

Female Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	8/202	1/70	21	Ruth Morrey	39	F	Rochester	MN	00:17:09.19	00:50:24.02	00:17:53.31		01:26:28.37
2	20/202	2/70	14	Dani Fischer	26	F	Wausau	WI	00:17:32.74	00:54:44.79	00:18:44.94		01:32:25.58
3	27/202	3/70	6	Diane Hankee	37	F	Lino Lakes	MN	00:18:42.23	00:55:10.61	00:20:02.77		01:35:07.87

Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	1/202	1/132	12	David Thompson	36	M	Long Lake	MN	00:15:37.37	00:47:22.73	00:17:42.58		01:21:33.25
2	2/202	2/132	3	Patrick Parish	29	M	Bloomington	MN	00:15:57.06	00:48:47.88	00:17:06.12		01:22:42.74
3	3/202	3/132	7	Dan Hedgecock	27	M	Saint Paul	MN	00:15:42.86	00:49:24.22	00:17:56.22		01:24:09.70

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	101/202	80/132	57	Andrew Hed	19	M	North Oaks	MN	00:22:23.80	01:01:54.94	00:26:32.00		01:52:25.39
2	107/202	85/132	115	Hunter Warner	14	M	Eden Prairie	MN	00:22:15.92	01:05:06.91	00:24:05.93		01:53:28.64
3	167/202	116/132	98	Garrett Roelofs	16	M	Sartell	MN	00:21:57.03	01:15:57.68	00:35:10.67		02:17:14.29

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	122/202	30/70	93	Josie Petersson	22	F	Brookfield	WI	00:21:34.10	01:11:58.83	00:22:56.48		01:58:32.28
2	129/202	34/70	128	Megan Bailey	21	F	Wayzata	MN	00:20:23.71	01:15:30.22	00:21:52.55		01:59:43.44
3	144/202	39/70	209	Dayna Schleppenbach	23	F	Duluth	MN	00:23:22.91	01:13:28.47	00:27:01.46		02:05:58.79

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	57/202	48/132	207	Ivan Schleppenbach	20	M	Saint Joseph	MN	00:20:22.02	01:02:03.54	00:19:51.54		01:44:15.69
2	72/202	58/132	72	Matt Long	23	M	Viroqua	WI	00:20:26.68	01:00:16.62	00:24:35.57		01:47:02.22
3	78/202	62/132	191	Corey Muellenbach	24	M	Sartell	MN	00:19:46.81	01:04:29.36	00:21:41.20		01:48:07.62

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Overall Division Results

Individual

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	69/202	13/70	91	Lindsey Palmer	29	F	Vadnais Heights	MN	00:21:32.56	00:59:23.79	00:23:44.43		01:46:02.85
2	90/202	19/70	214	Emily Stenzel	25	F	Sartell	MN	00:21:33.94	01:04:24.46	00:23:07.20		01:51:08.78
3	127/202	33/70	33	Sara Dalton	25	F	St. Cloud	MN	00:24:04.54	01:07:02.93	00:26:29.60		01:59:22.19

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	31/202	27/132	48	Brian Glaeser	29	M	Somerset	WI	00:19:47.80	00:54:30.21	00:20:22.46		01:36:29.63
2	39/202	33/132	89	Jacob Orvis	26	M	Westmont	IL	00:19:19.11	00:56:31.05	00:20:56.63		01:38:17.64
3	62/202	51/132	110	Jared Tee	28	M	Ankeny	IA	00:20:36.22	01:00:12.36	00:22:42.82		01:45:08.51

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	103/202	22/70	281	Ellen Mcnamara	32	F	Minneapolis	MN	00:21:06.73	01:07:45.35	00:22:04.54		01:52:43.82
2	116/202	26/70	56	Erin Haugen	34	F	Grand Forks	ND	00:24:10.10	01:01:56.33	00:26:51.17		01:56:51.85
3	148/202	41/70	300	Amy Hedtke	31	F	Sartell	MN	00:24:30.97	01:12:26.07	00:27:59.07		02:07:24.48

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	28/202	25/132	111	Dave Thomes	34	M	Brainerd	MN	00:19:25.24	00:54:11.79	00:20:35.89		01:35:09.57
2	55/202	46/132	120	Rob Williams	34	M	Eden Prairie	MN	00:20:07.09	00:57:50.61	00:24:14.58		01:43:39.55
3	58/202	49/132	88	Jason Neumann	32	M	St. Cloud	MN	00:22:02.99	00:56:47.71	00:24:11.47		01:44:27.26

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	46/202	8/70	24	Kirsten Beltz	36	F	Plymouth	MN	00:20:11.05	00:57:27.77	00:21:28.91		01:40:46.02
2	48/202	9/70	138	Sara Carlson	36	F	Brainerd	MN	00:21:24.71	00:56:18.42	00:22:15.95		01:41:08.78
3	61/202	11/70	97	Erin Rock	36	F	Lexington	KY	00:21:24.25	00:58:50.04	00:23:18.01		01:45:04.73

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Overall Division Results

Individual

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	11/202	10/132	282	Casey Miller	36	M	Baxter	MN	00:16:52.87	00:52:27.80	00:17:56.82		01:28:39.00
2	12/202	11/132	59	Larry Hosch	37	M	St. Joseph	MN	00:17:14.89	00:52:19.37	00:18:11.83		01:28:50.14
3	17/202	16/132	126	Andrew Zabel	35	M	Saint Joseph	MN	00:17:43.31	00:51:50.83	00:19:41.21		01:30:15.11

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	71/202	14/70	66	Manuela Knispel	43	F	Shorewood	MN	00:20:08.04	01:01:50.90	00:22:28.45		01:46:20.67
2	77/202	16/70	36	Amy Dettmer	43	F	Grand Rapids	MN	00:22:07.46	01:00:45.58	00:23:29.73		01:47:44.44
3	109/202	23/70	320	Julie Gay	44	F	Saint Cloud	MN	00:23:32.79	01:03:13.16	00:25:01.11		01:53:44.48

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	9/202	8/132	124	Thomas Woods	43	M	Lincoln	NE	00:16:37.98	00:50:36.70	00:18:18.15		01:26:40.58
2	15/202	14/132	26	Mike Buenting	40	M	Chanhassen	MN	00:17:37.15	00:51:54.71	00:19:17.83		01:29:54.27
3	21/202	19/132	11	Jesse Westrup	40	M	Sartell	MN	00:17:11.59	00:56:38.67	00:18:20.08		01:33:05.71

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	85/202	18/70	125	Amy Woolsey	49	F	Sauk Rapids	MN	00:22:44.63	01:01:36.36	00:24:33.62		01:50:19.32
2	100/202	21/70	28	Renee Burton	48	F	Bloominton	MN	00:21:49.32	01:04:15.43	00:24:33.57		01:52:11.91
3	110/202	24/70	121	Lynne Wodrich	45	F	Rochester	MN	00:23:57.56	01:01:48.50	00:26:11.90		01:53:52.40

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	25/202	23/132	104	Steve Sievert	46	M	Houston	TX	00:18:15.41	00:53:18.75	00:20:56.06		01:34:00.41
2	26/202	24/132	95	Pete Rainey	47	M	Minneapolis	MN	00:19:25.33	00:52:40.07	00:20:36.71		01:34:04.48
3	32/202	28/132	293	W. Scott Lindell	47	M	Sartell	MN	00:16:48.47	01:00:36.92	00:18:27.57		01:37:21.04

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Overall Division Results

Individual

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	66/202	12/70	102	Tracy Serreyn	50	F	Lakeville	MN	00:21:09.83	00:59:21.38	00:23:50.11		01:45:55.98
2	123/202	31/70	92	Judith Peters	54	F	St. Cloud	MN	00:24:14.50	01:05:15.89	00:26:47.84		01:58:40.40
3	165/202	50/70	316	Melissa Elder	51	F	Chanhassen	MN	00:26:26.42	01:09:29.31	00:35:47.11		02:15:24.21

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	24/202	22/132	50	Derek Hager	53	M	Minneapolis	MN	00:19:21.40	00:50:44.79	00:22:40.70		01:33:56.66
2	44/202	37/132	103	Paul Serreyn	51	M	Lakeville	MN	00:19:59.03	00:56:11.47	00:22:51.93		01:40:13.66
3	86/202	68/132	284	Rick Gothier	50	M	South Haven	MN	00:22:45.40	00:59:31.76	00:26:06.47		01:50:30.34

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	120/202	29/70	192	Judy Murray	55	F	Sartell	MN	00:25:03.23	01:04:05.64	00:27:03.13		01:58:21.43
2	135/202	36/70	43	Carolyn Franzone	55	F	Rochester	MN	00:26:25.01	01:02:33.04	00:29:04.75		02:00:40.62
3	146/202	40/70	107	Diane Stoller	55	F	Maple Grove	MN	00:25:09.28	01:11:29.20	00:27:29.74		02:06:51.47

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	18/202	17/132	52	James Hannon	56	M	Rochester	MN	00:18:07.23	00:53:14.42	00:18:49.49		01:31:23.58
2	45/202	38/132	39	Mike Ewen	57	M	Rochester	MN	00:20:45.74	00:56:41.95	00:21:27.09		01:40:18.73
3	53/202	44/132	108	Larry Stracke	58	M	Sauk Rapids	MN	00:20:03.53	00:56:38.00	00:24:00.54		01:42:13.20

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	118/202	27/70	105	Pam Stevens	61	F	Sartell	MN	00:24:55.83	01:01:32.82	00:28:26.71		01:56:56.08
2	126/202	32/70	100	Sheri Schrock	60	F	Cohasset	MN	00:26:25.68	01:02:32.25	00:28:43.90		01:59:20.51
3	201/202	70/70	86	Lindsay Nauen	64	F	St Paul	MN	00:45:31.40	01:45:12.82	00:55:47.95		03:32:36.26

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Overall Division Results

Individual

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	70/202	57/132	41	Mike Flynn	62	M	Elk River	MN	00:21:51.12	00:59:37.59	00:23:05.27		01:46:18.26
2	83/202	66/132	80	Duane Millslagle	64	M	Duluth	MN	00:22:48.37	00:59:25.65	00:24:55.46		01:49:38.38
3	87/202	69/132	53	Luke Harned	62	M	Mahtomedi	MN	00:21:57.86	01:01:05.29	00:25:31.99		01:50:31.44

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	197/202	67/70	123	Jean Wood	65	F	Excelsior	MN	00:38:37.28	01:23:46.51	00:48:49.32		02:54:38.99

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	98/202	78/132	69	Jerry Lawson	67	M	Winona	MN	00:22:23.97	01:00:35.43	00:25:46.63		01:52:03.97
2	136/202	100/132	32	Robert Dahl	68	M	Plymouth	MN	00:27:18.57	01:02:48.68	00:28:26.68		02:01:22.96

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	152/202	110/132	68	Hank Larsen	74	M	Glencoe	MN	00:25:41.31	01:11:20.20	00:29:00.94		02:08:54.81
2	173/202	117/132	106	Daryl Stevens	72	M	Sartell	MN	00:31:45.15	01:08:02.36	00:38:02.46		02:20:12.68
3	184/202	121/132	90	Stephen Paladie	72	M	Plymouth	MN	00:31:48.77	01:17:01.10	00:36:04.25		02:27:45.91

Male Ages 85+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	202/202	132/132	94	Robert Powers	90	M	White Bear Lake	MN	00:51:33.28	01:43:46.92	01:01:21.19		03:41:50.02