

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
4	30/202	4/70	10	Suzie Fox	31	F	Chaska	MN	00:19:01.62	00:54:37.79	00:21:28.61		01:36:21.91
5	35/202	5/70	5	Jennifer Scudiero	32	F	Eagan	MN	00:20:22.18	00:54:49.80	00:21:43.07		01:37:59.47
6	38/202	6/70	13	Kortney Haag	35	F	Maple Grove	MN	00:20:21.54	00:54:56.21	00:21:36.84		01:38:14.89
7	41/202	7/70	2	Jasmine Carlson	29	F	Becida	MN	00:20:03.20	00:56:00.93	00:22:13.32		01:39:25.14
8	60/202	10/70	9	Claire Bootsma	27	F	Saint Paul	MN	00:20:16.88	01:00:46.64	00:22:10.94		01:44:33.37

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
4	4/202	4/132	1	Brooks Grossinger	37	M	Mayer	MN	00:16:14.23	00:49:30.64	00:18:35.85		01:25:22.75
5	5/202	5/132	16	Brian Sames	28	M	Excelsior	MN	00:15:37.67	00:52:04.13	00:17:01.57		01:25:58.31
6	6/202	6/132	20	Jared Smith	31	M	Minnetonka	MN	00:16:30.94	00:50:57.82	00:17:44.54		01:26:11.65
7	7/202	7/132	15	Kevin O'connor	43	M	Medina	MN	00:17:05.77	00:50:04.51	00:18:23.59		01:26:25.15
8	10/202	9/132	18	Bennett Isabella	32	M	Burnsville	MN	00:16:13.75	00:51:14.97	00:18:27.87		01:27:01.36
9	13/202	12/132	277	Joseph Johnson	34	M	Eagan	MN	00:17:10.29	00:50:41.00	00:19:56.26		01:29:13.66
10	14/202	13/132	8	Mike Ladendorf	33	M	Farmington	MN	00:16:48.35	00:53:54.57	00:17:58.47		01:29:43.74
11	16/202	15/132	19	Brandon Ordway	32	M	Maplewood	MN	00:17:08.86	00:53:13.78	00:18:20.16		01:29:58.45
12	19/202	18/132	4	Chad Millner	38	M	Eden Prairie	MN	00:16:56.11	00:53:02.45	00:20:40.84		01:31:34.19
13	49/202	40/132	17	David Phillips	29	M	Maple Grove	MN	00:19:09.27	00:53:44.11	00:26:37.92		01:41:22.70

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

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Overall Division Results

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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

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
4	166/202	51/70	130	Stacie Aamlid	27	F	Brookings	SD	00:26:56.04	01:19:02.67	00:26:28.98		02:16:00.54
5	172/202	56/70	296	Melissa Kobs	28	F	Eden Prairie	MN	00:28:05.36	01:15:15.22	00:33:29.31		02:19:55.67
6	180/202	61/70	101	Katie Sczublewski	25	F	St. Joseph	MN	00:28:37.07	01:18:39.59	00:37:00.28		02:25:51.06

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Overall Division Results

Individual

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
4	68/202	56/132	208	Eric Schleppenbach	27	M	St. Louis Park	MN	00:20:28.25	00:59:51.33	00:23:35.67		01:46:00.65
5	82/202	65/132	200	Matthias Pemberton	25	M	Becida	MN	00:22:40.22	00:59:43.90	00:25:51.44		01:49:33.15
6	92/202	73/132	283	Jeffrey Huber	27	M	Roanoke	VA	00:20:52.13	01:04:57.35	00:24:38.89		01:51:15.03
7	97/202	77/132	315	Erik Fagerstrom	25	M	Eagan	MN	00:21:53.75	01:02:53.86	00:24:47.99		01:51:52.70
8	132/202	97/132	203	Adam Plante	29	M	Sauk Rapids	MN	00:22:09.86	01:09:23.75	00:26:34.58		02:00:30.80

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
4	160/202	48/70	219	Heidi Vitense	30	F	St. Louis Park	MN	00:26:05.82	01:16:36.27	00:29:28.97		02:14:01.38
5	170/202	54/70	194	Kathryn Nelson	30	F	Crystal	MN	00:25:31.58	01:19:25.41	00:30:43.03		02:18:28.84
6	181/202	62/70	292	Jessica Ellingson	33	F	Duluth	MN	00:26:32.45	01:23:36.20	00:34:09.39		02:25:53.87
7	185/202	64/70	312	Amy Foss	33	F	Sauk Rapids	MN	00:28:16.68	01:22:18.88	00:35:22.12		02:28:32.76
8	198/202	68/70	298	Mary Hart	31	F	St.cloud	MN	00:31:48.03	01:38:11.40	00:42:16.40		02:54:56.15

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Overall Division Results

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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
4	76/202	61/132	289	Jason Kobs	30	M	Eden Prairie	MN	00:21:33.80	01:02:53.08	00:21:11.55		01:47:35.02
5	88/202	70/132	202	Ryan Picken	33	M	Monticello	MN	00:20:11.39	01:04:20.48	00:24:59.65		01:50:50.39
6	94/202	74/132	34	Douglas Davis	31	M	Cottage Grove	MN	00:23:03.43	00:59:45.18	00:26:31.37		01:51:19.85
7	124/202	93/132	84	Paul Morrissey	34	M	Blaine	MN	00:24:59.67	01:03:53.39	00:26:41.84		01:58:46.72
8	183/202	120/132	290	Chris Super	34	M	Sauk Centre	MN	00:23:43.64	01:32:44.07	00:28:04.57		02:26:43.40
9	190/202	126/132	195	Bryan Nelson	33	M	Saint Cloud	MN	00:26:18.74	01:32:37.05	00:34:55.96		02:35:12.02

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
4	74/202	15/70	288	Krisana Hoff	37	F	Excelsior	MN	00:20:08.29	01:02:35.25	00:22:09.55		01:47:12.13
5	79/202	17/70	49	Nicole Haas	37	F	Sartell	MN	00:21:12.97	01:01:56.31	00:23:42.81		01:48:15.63
6	93/202	20/70	301	Krista Johnson	37	F	Eagan	MN	00:21:36.81	01:03:05.58	00:24:58.91		01:51:15.65
7	115/202	25/70	199	Jennifer Olson	38	F	Rice	MN	00:24:18.03	01:02:35.89	00:27:27.84		01:56:10.19
8	119/202	28/70	99	Andrea Sailer	38	F	Sartell	MN	00:22:54.39	01:04:29.25	00:28:20.94		01:57:24.19
9	159/202	47/70	67	Julia Krengel	37	F	Sauk Rapids	MN	00:28:04.72	01:11:41.04	00:31:07.49		02:13:27.60
10	171/202	55/70	308	Beth Harrison	35	F	Foley	MN	00:27:20.99	01:21:00.72	00:28:57.86		02:19:06.49
11	177/202	59/70	47	Wanda Gierman	35	F	Rogers	MN	00:26:49.10	01:16:29.28	00:34:40.21		02:20:52.11
12	192/202	65/70	133	Jessica Anhorn	36	F	St Cloud	MN	00:27:27.28	01:32:39.59	00:34:06.31		02:36:22.61

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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
4	22/202	20/132	38	Seth Downs	38	M	Eden Prairie	MN	00:19:47.16	00:51:31.29	00:20:46.99		01:33:37.96
5	34/202	30/132	77	Jason Migala	35	M	Sauk Rapids	MN	00:19:31.15	00:55:36.41	00:21:18.14		01:37:52.09
6	50/202	41/132	299	Ben Hanson	36	M	Prior Lake	MN	00:20:28.31	00:56:13.78	00:23:41.46		01:41:46.47
7	52/202	43/132	314	Keith Kowalsky	38	M	Minneapolis	MN	00:19:49.66	00:58:55.40	00:21:53.38		01:42:06.16
8	56/202	47/132	210	David Schutz	38	M	Saint Louis Park	MN	00:20:32.57	00:57:35.96	00:23:52.33		01:44:06.95
9	64/202	53/132	23	James Beltz	39	M	Plymouth	MN	00:20:33.18	00:58:44.29	00:24:17.71		01:45:22.15
10	80/202	63/132	42	Samuel Francois	38	M	Sartell	MN	00:22:23.03	00:59:27.45	00:24:52.96		01:48:26.55
11	81/202	64/132	109	Stuart Swenson	39	M	Sartell	MN	00:22:32.41	00:59:15.77	00:23:38.79		01:48:35.47
12	96/202	76/132	278	Brian Morris	37	M	Saint Cloud	MN	00:19:56.70	01:05:50.81	00:22:48.53		01:51:32.17
13	99/202	79/132	304	Shawn Mcgee	39	M	Sartell	MN	00:21:29.72	01:04:28.25	00:23:37.60		01:52:10.34
14	105/202	83/132	134	Ryan Barrett	36	M	Saint Cloud	MN	00:22:05.96	01:03:49.22	00:25:10.42		01:52:57.94
15	111/202	87/132	61	Jeff Hunsaker	36	M	Minneapolis	MN	00:23:36.16	01:02:24.16	00:26:43.35		01:54:21.90
16	142/202	104/132	307	Brian Heinen	38	M	Spicer	MN	00:23:39.73	01:09:50.26	00:29:50.98		02:05:01.16
17	162/202	114/132	190	Jonathan Mott	37	M	St. Cloud	MN	00:26:04.76	01:08:48.13	00:35:48.31		02:14:22.20
18	186/202	122/132	310	Andrew Heinen	36	M	Paynesville	MN	00:26:52.02	01:19:21.64	00:41:34.32		02:29:14.25

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
4	131/202	35/70	62	Angela Jordahl	43	F	Big Lake	MN	00:23:21.90	01:07:45.77	00:27:16.73		02:00:20.75
5	138/202	37/70	127	Jena Klein	44	F	Cold Spring	MN	00:26:07.96	01:04:17.49	00:29:40.23		02:02:27.84
6	150/202	42/70	217	Deborah Thell	44	F	St. Cloud	MN	00:25:22.59	01:09:24.71	00:30:09.03		02:08:03.66
7	153/202	43/70	317	Sara Jorgenson	41	F	St Joseph	MN	00:27:13.36	01:07:53.85	00:32:01.33		02:09:33.46
8	154/202	44/70	311	Ann Lendino	43	F	Chaska	MN	00:24:43.50	01:16:37.30	00:26:03.93		02:09:54.67

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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
4	23/202	21/132	78	Bob Miller	40	M	Saginaw	MI	00:17:08.92	00:53:45.50	00:21:11.41		01:33:42.98
5	29/202	26/132	65	Shawn Kittridge	43	M	St. Cloud	MN	00:18:13.45	00:56:27.50	00:20:01.48		01:36:03.07
6	33/202	29/132	25	Michael Bruce	40	M	Edina	MN	00:20:38.55	00:53:41.71	00:22:15.74		01:37:45.08
7	36/202	31/132	291	Bill Corcoran	42	M	Sartell	MN	00:20:05.86	00:53:49.92	00:22:40.16		01:38:00.47
8	40/202	34/132	82	Brad Mitchell	41	M	Rochester	MN	00:19:48.38	00:56:22.94	00:21:02.59		01:38:58.35
9	42/202	35/132	35	Alan Dettmer	42	M	Grand Rapids	MN	00:22:06.47	00:53:03.82	00:23:11.18		01:39:33.71
10	43/202	36/132	27	David Buhl	41	M	Sartell	MN	00:22:00.74	00:53:46.50	00:22:10.37		01:39:52.67
11	47/202	39/132	280	Trent Johnson	43	M	Hudson	WI	00:21:57.20	00:53:49.98	00:23:31.92		01:41:01.02
12	73/202	59/132	319	Chad Holien	43	M	Sartell	MN	00:19:57.13	01:03:37.16	00:21:01.46		01:47:05.06
13	75/202	60/132	122	John Wolfe	43	M	Sartell	MN	00:22:12.37	00:57:29.48	00:25:15.78		01:47:22.12
14	89/202	71/132	325	Greg Koutoupas	41	M	Saint Joseph	MN	00:22:13.61	01:01:17.17	00:25:26.80		01:50:56.59
15	102/202	81/132	305	Jeff Lendino	44	M	Chaska	MN	00:22:19.59	01:05:20.04	00:22:57.09		01:52:42.93
16	104/202	82/132	216	Shane Swanson	40	M	Forest Lake	MN	00:23:51.34	00:59:57.98	00:27:36.77		01:52:49.62
17	108/202	86/132	225	Timothy Vedder	40	M	Sartell	MN	00:22:07.40	01:06:43.79	00:22:10.11		01:53:28.81
18	117/202	91/132	193	Jason Neal	41	M	St Cloud	MN	00:21:43.63	01:07:03.21	00:25:32.56		01:56:55.41
19	121/202	92/132	118	Lance Westerlund	40	M	Saint Stephen	MN	00:24:30.27	01:03:26.22	00:28:34.43		01:58:25.57
20	125/202	94/132	201	Matt Perry	42	M	Sartell	MN	00:24:00.60	01:07:35.15	00:26:03.02		01:59:16.07
21	128/202	95/132	321	David Janaszak	42	M	Sauk Rapids	MN	00:23:43.07	01:07:31.33	00:26:24.48		01:59:37.06
22	139/202	102/132	189	Kyle Morgan	42	M	Minnetonka	MN	00:28:25.81	01:00:21.36	00:31:38.93		02:02:37.36
23	156/202	111/132	198	Ladd Ojala	44	M	Minneapolis	MN	00:25:32.00	01:07:33.00	00:35:41.00		02:10:48.00
24	187/202	123/132	204	Rob Rasmussen	43	M	St Cloud	MN	00:27:09.92	01:26:41.54	00:35:49.68		02:32:03.61

Apple Duathlon

May 24, 2014

Overall Division Results

Individual

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
4	141/202	38/70	70	Leah Leger	46	F	Mound	MN	00:23:56.10	01:12:08.31	00:26:00.35		02:04:35.51
5	155/202	45/70	285	Joan Karpel	47	F	Sartell	MN	00:27:01.52	01:06:59.38	00:33:24.77		02:10:05.43
6	157/202	46/70	286	Tracey Kubitz	49	F	Hamel	MN	00:26:51.26	01:12:38.09	00:29:18.09		02:11:55.33
7	163/202	49/70	117	Beth Wengler	49	F	Saint Cloud	MN	00:27:55.81	01:08:32.57	00:35:13.07		02:14:34.01
8	169/202	53/70	206	Teresina Schellinger	48	F	St. Cloud	MN	00:28:04.47	01:15:11.59	00:29:19.92		02:18:00.37
9	176/202	58/70	113	Shannon Waggoner	45	F	Chanhassen	MN	00:25:11.28	01:16:02.22	00:36:31.49		02:20:39.03
10	195/202	66/70	76	Cathleen Mcginnity	49	F	Luck	WI	00:28:03.71	01:43:24.88	00:36:14.86		02:50:51.80

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
4	37/202	32/132	313	Andrew Fabbrini	46	M	Somerset	WI	00:19:42.56	00:56:20.46	00:20:30.69		01:38:01.90
5	51/202	42/132	73	Rob Madgwick	49	M	Sauk Rapids	MN	00:21:20.91	00:55:19.45	00:24:04.66		01:41:50.21
6	63/202	52/132	60	Douglas Houser	47	M	Victoria	MN	00:20:41.95	01:00:04.38	00:23:02.97		01:45:21.57
7	67/202	55/132	29	David Burton	49	M	Bloomington	MN	00:21:01.29	00:59:41.88	00:23:20.88		01:45:59.75
8	84/202	67/132	114	Dustin Warner	48	M	Eden Prairie	MN	00:22:43.28	01:00:22.40	00:25:29.14		01:49:47.17
9	91/202	72/132	131	Mike Abel	46	M	Sartell	MN	00:23:57.69	00:59:58.59	00:25:23.08		01:51:10.58
10	134/202	99/132	31	Kevin Christenson	46	M	Minnetonka	MN	00:25:20.27	01:03:57.85	00:29:54.36		02:00:37.70
11	147/202	107/132	139	Nicholas Colatrella	45	M	Sartell	MN	00:25:57.87	01:06:32.99	00:32:50.78		02:07:20.31
12	175/202	118/132	136	Mike Bijold	46	M	Cold Spring	MN	00:24:36.69	01:21:16.82	00:31:16.93		02:20:29.65
13	178/202	119/132	322	John Licht	49	M	St. Cloud	MN	00:27:11.14	01:09:26.05	00:37:44.22		02:21:39.63

Apple Duathlon

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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
4	168/202	52/70	212	Beverly Soukup	53	F	Sartell	MN	00:25:36.39	01:18:38.47	00:30:52.95		02:17:46.09
5	200/202	69/70	54	Dawn Michele Hart	50	F	St. Paul	MN	00:38:55.04	01:33:24.05	00:47:56.01		03:05:23.79

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
4	95/202	75/132	83	Brian Mitchell	51	M	Plymouth	MN	00:24:24.67	00:58:52.71	00:26:07.91		01:51:28.26
5	106/202	84/132	324	Greg Mcnamara	52	M	Little Falls	MN	00:23:50.93	00:58:45.19	00:27:56.89		01:53:14.61
6	114/202	90/132	303	Bill McGill	52	M	Minneapolis	MN	00:23:06.27	01:01:52.68	00:26:59.12		01:55:43.84
7	130/202	96/132	58	Carl Hoang	54	M	Maple Grove	MN	00:24:47.52	01:03:42.84	00:29:05.82		02:00:00.04
8	137/202	101/132	218	Mark Urdahl	53	M	Shorewood	MN	00:24:39.39	01:02:52.06	00:32:27.33		02:02:23.48
9	143/202	105/132	302	Bob Harmon	53	M	New Brighton	MN	00:24:11.94	01:05:43.13	00:31:57.57		02:05:11.17
10	145/202	106/132	211	John Seiler	50	M	Sartell	MN	00:26:03.94	01:09:21.82	00:28:51.51		02:06:04.77
11	149/202	108/132	205	Brian Roelofs	53	M	Sartell	MN	00:23:45.96	01:04:35.59	00:35:14.38		02:07:34.24
12	158/202	112/132	222	Tom Zemke	54	M	Plymouth	MN	00:29:39.99	01:02:52.09	00:37:35.43		02:12:33.76
13	189/202	125/132	279	Thomas Mills	51	M	Saint Louis Park	MN	00:53:26.78	01:09:45.66	00:26:37.21		02:33:59.49
14	191/202	127/132	196	Tim O'driscoll	50	M	Sartell	MN	00:27:02.95	01:28:06.74	00:37:14.25		02:35:33.93
15	194/202	129/132	137	Ed Bramlage	51	M	St. Cloud	MN	00:27:46.67	01:35:42.89	00:33:59.34		02:40:02.44
16	196/202	130/132	294	Todd Malcolm	52	M	St Cloud	MN	00:37:04.89	01:28:52.35	00:43:06.71		02:52:29.19

Apple Duathlon

May 24, 2014

Overall Division Results

Individual

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
4	174/202	57/70	135	Nancy Bauer	55	F	Hastings	MN	00:25:19.99	01:13:49.23	00:38:45.85		02:20:19.00
5	179/202	60/70	197	Lorrie Oistad	56	F	Sartell	MN	00:26:57.03	01:19:37.09	00:32:17.86		02:21:54.06
6	182/202	63/70	87	Shannon Nelson	57	F	St. Paul	MN	00:28:47.08	01:18:28.33	00:35:18.27		02:26:29.32

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
4	54/202	45/132	213	Monty Steffens	56	M	Sartell	MN	00:20:31.78	00:58:55.74	00:22:13.31		01:43:33.02
5	59/202	50/132	221	Doug Wynveen	58	M	Osceola	WI	00:20:45.29	00:58:33.70	00:23:17.93		01:44:33.21
6	65/202	54/132	85	Michael Murray	55	M	Sartell	MN	00:22:03.89	00:57:45.06	00:24:23.33		01:45:49.51
7	113/202	89/132	44	Gregg Garretson	57	M	Lakeville	MN	00:25:18.82	01:02:24.24	00:25:55.97		01:55:27.29
8	151/202	109/132	79	Peter Miller	57	M	Zimmerman	MN	00:27:35.72	01:08:27.08	00:30:04.32		02:08:38.31
9	164/202	115/132	22	Bruce Bailey	58	M	Wayzata	MN	00:28:14.66	01:10:45.48	00:33:24.58		02:14:58.79
10	188/202	124/132	309	Donald Kreis	57	M	Fargo	ND	00:28:57.08	01:28:48.40	00:32:08.77		02:33:22.72

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

Apple Duathlon

May 24, 2014

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
4	112/202	88/132	318	Leon Essler	62	M	Bismarck	ND	00:25:11.06	00:58:07.08	00:28:55.51		01:55:03.21
5	133/202	98/132	132	Louis Ahlstrand	60	M	Shafer	MN	00:24:49.60	01:07:03.54	00:26:29.74		02:00:30.97
6	140/202	103/132	63	Mark Kapsner	61	M	St. Cloud	MN	00:27:50.49	01:00:59.92	00:31:42.45		02:03:14.31
7	161/202	113/132	297	David Heffernan	64	M	Minneapolis	MN	00:26:41.46	01:12:15.52	00:32:51.66		02:14:10.80
8	199/202	131/132	116	Richard Weil	64	M	St. Paul	MN	00:30:55.10	01:50:46.48	00:31:47.21		03:00:20.61

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
4	193/202	128/132	220	Richard Wicklund	74	M	Lakeville	MN	00:32:42.92	01:17:56.22	00:40:56.02		02:37:01.03

Apple Duathlon

May 24, 2014

Overall Division Results

Individual

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