

Apple Duathlon

May 23, 2015

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	24/208	1/74	30	Elaine Nelson	36	F	Duluth	MN	00:18:26.78	00:54:54.82	00:19:01.25		01:34:06.32
2	26/208	2/74	3	Suzie Fox	32	F	Chaska	MN	00:18:54.13	00:53:57.92	00:20:33.87		01:34:39.68
3	35/208	4/74	5	Kortney Haag	36	F	Maple Grove	MN	00:20:17.35	00:54:20.28	00:21:13.18		01:37:07.06

Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	1/208	1/134	17	Matthew Payne	38	M	Columbia Heights	MN	00:16:17.30	00:46:07.68	00:17:19.56		01:20:45.34
2	2/208	2/134	16	Patrick Parish	30	M	Minneapolis	MN	00:15:42.17	00:48:34.23	00:17:11.45		01:22:18.50
3	3/208	3/134	4	Brooks Grossinger	38	M	Mayer	MN	00:15:48.04	00:49:20.10	00:17:24.69		01:23:29.69

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	167/208	48/74	181	Emily Quandt	18	F	Annandale	MN	00:25:07.56	01:19:17.59	00:28:22.88		02:14:35.13

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	16/208	16/134	114	Nicholas Klonne	19	M	Rockford	MN	00:17:39.21	00:53:09.83	00:18:29.75		01:30:51.85
2	66/208	51/134	223	Hunter Warner	15	M	Eden Prairie	MN	00:20:28.92	01:01:01.61	00:20:38.99		01:43:51.19
3	97/208	74/134	37	Nicholas Buiceag-Arama	15	M	Sartell	MN	00:18:56.60	01:08:03.38	00:22:22.14		01:50:55.60

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	86/208	20/74	52	Greta Danielson	22	F	St. Cloud	MN	00:21:42.10	01:02:18.67	00:23:10.45		01:48:22.20
2	126/208	32/74	196	Dayna Schleppenbach	24	F	Duluth	MN	00:22:51.80	01:10:22.34	00:24:01.73		01:58:55.65

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Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	30/208	28/134	354	Jeremy Reichenberger	24	M	Minneapolis	MN	00:16:46.11	00:59:54.11	00:17:18.61		01:35:36.92
2	53/208	42/134	198	Ivan Schleppenbach	21	M	Saint Joseph	MN	00:19:55.58	01:00:43.04	00:19:36.61		01:41:51.47

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	110/208	25/74	209	Emily Stenzel	26	F	Sartell	MN	00:21:50.74	01:08:35.73	00:22:42.90		01:55:01.89
2	117/208	28/74	51	Sara Dalton	26	F	St. Cloud	MN	00:24:38.82	01:05:36.02	00:25:12.89		01:57:02.53
3	141/208	36/74	167	Billie Pace-Graczyk	29	F	Crystal	MN	00:23:18.02	01:11:52.93	00:24:41.08		02:03:30.16

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	31/208	29/134	164	Jacob Orvis	27	M	Westmont	IL	00:18:29.75	00:55:56.58	00:19:57.86		01:35:46.33
2	50/208	39/134	170	Matthias Pemberton	26	M	Bemidji	MN	00:20:51.30	00:55:16.52	00:23:37.42		01:41:05.44
3	74/208	58/134	205	Brent Skaw	28	M	Bloomington	MN	00:18:21.14	01:05:14.10	00:19:23.08		01:44:57.11

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	33/208	3/74	54	Sheena Dauer	33	F	Montevideo	MN	00:18:41.28	00:56:41.63	00:18:59.79		01:36:18.91
2	77/208	17/74	166	Shelley Ostrander	30	F	Shoreview	MN	00:21:19.52	00:57:28.55	00:25:43.54		01:45:41.94
3	87/208	21/74	69	Michelle Eversman	34	F	Eden Prairie	MN	00:18:56.69	01:07:20.18	00:19:52.19		01:48:26.36

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	32/208	30/134	357	Brian Glaeser	30	M	Somerset	WI	00:18:38.41	00:54:05.52	00:19:43.08	+00:02:00	01:36:05.39
2	34/208	31/134	174	Josh Mork	32	M	Arden Hills	MN	00:20:18.38	00:54:12.91	00:20:52.07		01:36:39.23
3	46/208	36/134	158	Jason Neumann	33	M	St. Cloud	MN	00:20:59.43	00:56:43.46	00:21:39.83		01:40:41.68

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Overall Division Results

Individual

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	47/208	11/74	39	Sara Carlson	37	F	Brainerd	MN	00:20:45.99	00:57:12.54	00:21:32.09		01:40:47.66
2	58/208	12/74	146	Andrea Myers	39	F	Plymouth	MN	00:21:09.96	00:57:29.56	00:22:25.85		01:42:25.70
3	64/208	14/74	100	Krisana Hoff	38	F	Excelsior	MN	00:19:05.08	01:02:17.34	00:20:21.09		01:43:32.65

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	7/208	7/134	102	Larry Hosch	38	M	St Joseph	MN	00:17:15.17	00:50:40.82	00:17:50.16		01:26:45.10
2	19/208	19/134	26	Thomas Anderson Iii	39	M	Minneapolis	MN	00:18:38.33	00:52:49.97	00:19:31.80		01:32:25.59
3	20/208	20/134	244	Andrew Zabel	36	M	Saint Joseph	MN	00:18:36.08	00:52:34.58	00:20:30.39		01:32:50.88

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	41/208	9/74	116	Manuela Knispel	44	F	Shorewood	MN	00:19:17.01	00:57:25.68	00:20:56.99		01:39:26.93
2	88/208	22/74	113	Tracie Kent	41	F	St Paul	MN	00:23:22.68	00:58:45.79	00:24:48.95		01:48:39.04
3	121/208	30/74	99	Anne Hoeschen	42	F	Freeport	MN	00:24:34.39	01:05:01.86	00:26:08.39		01:57:29.73

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	8/208	8/134	36	Mike Buenting	41	M	Chanhassen	MN	00:17:08.60	00:51:19.98	00:18:32.50		01:28:04.10
2	14/208	14/134	155	Ben Nemeth	42	M	Sartell	MN	00:17:24.17	00:52:26.71	00:18:52.64		01:30:10.81
3	17/208	17/134	248	David Carney	42	M	Coon Rapids	MN	00:17:10.41	00:53:12.41	00:19:38.08		01:31:09.42

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	150/208	40/74	218	Deborah Thell	45	F	St. Cloud	MN	00:25:39.78	01:09:43.91	00:27:24.31		02:05:51.90
2	155/208	42/74	117	Audra Kulick	46	F	Sartell	MN	00:26:14.13	01:12:17.74	00:29:23.64		02:10:22.30
3	173/208	50/74	110	Joan Karpel	48	F	Sartell	MN	00:28:14.34	01:12:12.44	00:33:28.15		02:17:00.70

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Overall Division Results

Individual

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	23/208	23/134	182	Peter Rainey	48	M	Minneapolis	MN	00:19:10.68	00:52:02.96	00:21:14.92		01:33:59.59
2	28/208	26/134	123	W. Scott Lindell	48	M	Sartell	MN	00:16:30.63	00:58:45.48	00:18:03.42		01:34:53.38
3	48/208	37/134	355	Sean Finn	49	M	Savage	MN	00:20:13.49	00:58:25.96	00:20:40.96		01:40:50.90

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	81/208	18/74	204	Tracy Serreyn	51	F	Lakeville	MN	00:21:23.56	01:00:51.54	00:23:30.74		01:47:14.57
2	96/208	23/74	121	Cindy Lewandowski	53	F	Sartell	MN	00:21:36.45	01:04:34.78	00:22:37.21		01:50:40.62
3	103/208	24/74	97	Lisa Hines	53	F	Waite Park	MN	00:22:02.41	01:05:26.27	00:24:02.63		01:53:05.63

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	18/208	18/134	84	Derek Hager	54	M	Minneapolis	MN	00:19:17.28	00:50:10.14	00:21:07.45		01:31:31.82
2	39/208	32/134	124	Rob Madgwick	50	M	Sauk Rapids	MN	00:20:53.58	00:55:26.59	00:21:47.50		01:39:13.18
3	60/208	48/134	53	Michael Danielson	52	M	Tonka Bay	MN	00:18:56.69	01:00:33.51	00:21:02.83		01:42:51.24

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	125/208	31/74	105	Judy Januschka Murray	56	F	Sartell	MN	00:25:14.82	01:04:30.65	00:26:48.42		01:58:34.12
2	127/208	33/74	213	Diane Stoller	56	F	Maple Grove	MN	00:24:51.88	01:04:16.22	00:27:26.80		01:59:18.25
3	130/208	35/74	172	Judith Peters	55	F	St. Cloud	MN	00:24:05.31	01:06:34.03	00:27:09.17		02:00:27.20

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	12/208	12/134	86	James Hannon	57	M	Rochester	MN	00:17:42.81	00:51:50.02	00:18:40.19		01:29:26.38
2	61/208	49/134	70	Mike Ewen	58	M	Rochester	MN	00:21:45.16	00:57:48.77	00:21:57.01		01:43:06.29
3	67/208	52/134	208	Monty Steffens	57	M	Sartell	MN	00:21:13.59	00:58:47.49	00:21:56.84		01:43:54.40

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Individual

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	118/208	29/74	200	Sheri Schrock	61	F	Cohasset	MN	00:26:15.58	01:01:54.71	00:27:19.15		01:57:06.58
2	129/208	34/74	212	Pam Stevens	62	F	Sartell	MN	00:25:25.27	01:04:17.84	00:28:17.76		01:59:55.25
3	182/208	57/74	193	Michel Sanders	62	F	Saint Paul	MN	00:28:52.29	01:16:15.47	00:32:25.12		02:21:15.86

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	62/208	50/134	63	David Dow	60	M	Stillwater	MN	00:21:12.65	00:56:48.92	00:23:30.05		01:43:26.11
2	72/208	56/134	128	Jim Mcdonell	62	M	Woodbury	MN	00:21:05.44	00:59:25.17	00:22:48.12		01:44:46.33
3	84/208	66/134	75	Mike Flynn	63	M	Elk River	MN	00:22:32.53	01:00:05.68	00:22:47.59		01:47:18.40

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	204/208	71/74	185	Ann Rhea	68	F	Plymouth	MN	00:38:29.59	01:27:36.66	00:41:09.65		02:51:51.01
2	208/208	74/74	237	Jean Wood	66	F	Excelsior	MN	00:40:39.74	01:28:39.39	00:48:10.56		03:01:18.18

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	82/208	64/134	136	Duane Millslagle	65	M	Duluth	MN	00:22:51.65	00:58:05.24	00:24:06.05		01:47:14.92
2	101/208	78/134	48	Robert Dahl	69	M	Plymouth	MN	00:25:08.89	00:59:28.98	00:25:40.22		01:52:23.86
3	135/208	100/134	46	Tom Couillard	66	M	White Bear Lake	MN	00:24:17.08	01:07:27.13	00:27:45.29		02:02:44.57

Female Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	198/208	65/74	125	Fran Marquart	73	F	Roy	WA	00:36:00.70	01:22:33.17	00:42:33.05		02:44:48.92

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Overall Division Results

Individual

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	162/208	118/134	211	Daryl Stevens	73	M	Sartell	MN	00:30:49.08	01:04:32.30	00:34:39.39		02:12:14.16
2	188/208	127/134	168	Steve Paladie	73	M	Plymouth	MN	00:30:50.06	01:14:35.47	00:36:29.46		02:24:49.08
3	197/208	133/134	246	George Widseth	71	M	Edina	MN	00:37:09.24	01:16:42.99	00:44:45.87		02:42:36.58

Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	159/208	116/134	118	Hank Larsen	75	M	Glencoe	MN	00:27:41.35	01:12:06.77	00:29:29.97		02:11:37.76