

APPLE DUATHLON
Saturday, May 25, 2013
Sartell, Minnesota

5K Run, 33K Bike, 5K Run

ELITE MALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Dan Hedgecock	Minneapolis	MN	26	M	1	15:41	5:03	0:31	2	49:13	25.0	0:31	2	17:33	5:39	1:23:27
2	Patrick Parish	Bloomington	MN	28	M	2	16:14	5:14	0:29	5	50:04	24.6	0:29	1	16:52	5:26	1:24:07
3	Alex Arman	Naperville	IL	25	M	3	16:15	5:14	0:36	4	50:01	24.6	0:33	3	17:45	5:43	1:25:08
4	Sean Cooley	Grand Forks	ND	28	M	4	17:05	5:30	0:31	3	49:46	24.7	0:31	5	18:45	6:02	1:26:36
5	Brandon Ordway	Maplewood	MN	31	M	5	17:37	5:40	0:34	6	54:02	22.8	0:39	4	18:04	5:49	1:30:54
6	Drew Christopher	Wheat Ridge	CO	29	M	6	18:53	6:05	0:45	1	48:17	25.5	0:43	8	28:13	9:05	1:36:48
7	Jared Tee	Ankeny	IA	27	M	7	19:42	6:21	0:57	7	1:01:34	20.0	1:07	6	23:01	7:25	1:46:19
8	Stuart Swenson	Sartell	MN	38	M	8	21:52	7:03	1:30	8	1:07:16	18.3	1:57	7	24:00	7:44	1:56:33
9	Jesse Belschner	Sartell	MN	30	M	9	23:21	7:31	1:34	9	1:23:52	14.7	1:45	9	30:39	9:52	2:21:09

ELITE FEMALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Suzie Fox	Chaska	MN	30	F	1	19:27	6:16	0:47	3	56:37	21.7	0:37	1	20:47	6:42	1:38:13
2	Jennifer Scudiero	Eagan	MN	31	F	6	20:51	6:43	0:37	1	56:10	21.9	0:37	3	21:48	7:01	1:40:01
3	Julie Hull	Farmington	MN	41	F	4	20:47	6:42	0:43	2	56:15	21.9	0:31	4	22:22	7:12	1:40:36
4	Tracie Kent	Saint Paul	MN	39	F	5	20:50	6:43	0:42	4	57:09	21.5	0:32	2	21:32	6:56	1:40:43
5	Lydia Novotny	Hopkins	MN	30	F	2	20:26	6:35	0:51	5	58:52	20.9	0:46	6	23:27	7:33	1:44:20
6	Jasmine Carlson	Becida	MN	28	F	3	20:42	6:40	0:41	6	1:00:17	20.4	0:36	5	23:01	7:25	1:45:15

MALE RESULTS

TOT PLC #	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	13	53:14	23.1	0:44	1	17:29	5:38	1:28:13
2	Andy Ames	Boulder	CO	50	M	3	16:58	5:28	0:30	9	53:05	23.2	0:34	5	18:19	5:54	1:29:24
3	Chad Millner	Eden Prairie	MN	37	M	2	16:54	5:27	0:30	11	53:10	23.1	0:29	10	18:51	6:04	1:29:52
4	Shane Thread	Evansville	IN	50	M	14	17:52	5:45	0:51	4	51:46	23.8	0:55	15	19:07	6:10	1:30:30
5	Jesse Felling	River Falls	WI	35	M	12	17:34	5:40	0:31	12	53:11	23.1	0:29	9	18:51	6:04	1:30:35
6	Scott Schultes	Northbrook	IL	34	M	16	17:53	5:46	0:38	7	52:49	23.3	0:37	7	18:45	6:02	1:30:39
7	David Phillips	Maple Grove	MN	28	M	23	18:25	5:56	0:33	2	50:59	24.1	0:48	28	19:57	6:26	1:30:40
8	Mike Buenting	Chanhasen	MN	39	M	6	17:04	5:30	0:50	22	54:06	22.7	0:38	3	18:15	5:53	1:30:51
9	Todd Firebaugh	Woodbury	MN	51	M	22	18:23	5:55	0:51	3	51:13	24.0	0:41	39	20:25	6:35	1:31:30
10	Luke Nelson	Ramsey	MN	39	M	21	18:08	5:50	0:42	10	53:08	23.2	0:38	19	19:19	6:14	1:31:53
11	Jesse Westrup	Sartell	MN	39	M	4	16:58	5:28	0:32	48	55:48	22.0	0:37	2	18:07	5:50	1:32:00
12	Joseph Schneiderha	Alexandria	MN	48	M	9	17:18	5:34	0:51	20	53:55	22.8	0:36	21	19:23	6:15	1:32:02
13	Jason Atkinson	Alamogordo	MN	32	M	5	17:01	5:29	0:47	32	54:51	22.4	0:31	16	19:11	6:11	1:32:19
14	Kevin Sampson	Overland Park	KS	42	M	8	17:18	5:34	0:46	51	56:00	22.0	0:44	4	18:17	5:53	1:33:04
15	David Lewis	Nevis	MN	39	M	13	17:50	5:45	0:43	30	54:47	22.5	0:41	20	19:20	6:14	1:33:19
16	Chris Iatkovich	Willoughby	OH	41	M	28	18:37	6:00	1:02	19	53:47	22.9	0:39	23	19:40	6:20	1:33:43
17	Adam Konczewski	Sartell	MN	31	M	45	19:21	6:14	0:39	6	52:23	23.5	0:40	45	20:47	6:42	1:33:49
18	Derek Hager	Minneapolis	MN	52	M	51	19:30	6:17	0:35	5	51:47	23.8	0:31	63	21:35	6:57	1:33:57
19	Andrew Zabel	Saint Joseph	MN	34	M	25	18:28	5:57	0:49	25	54:21	22.6	0:29	26	19:53	6:24	1:33:58
20	Brian Geary	Rockville	MD	45	M	26	18:34	5:59	0:44	23	54:15	22.7	0:36	29	19:57	6:26	1:34:04
21	Will Sauer	Wernersville	PA	50	M	31	18:42	6:01	0:47	21	53:57	22.8	0:41	32	20:10	6:30	1:34:14
22	Travis Miller	Nisswa	MN	34	M	41	18:53	6:05	0:40	38	55:04	22.3	0:35	14	19:05	6:09	1:34:15
23	Dave Thomes	Brainerd	MN	33	M	24	18:26	5:56	0:32	44	55:27	22.2	0:38	17	19:16	6:12	1:34:17
24	Tim Nicholls	Pembroke Pines	FL	54	M	35	18:43	6:02	0:36	37	55:04	22.3	0:40	18	19:19	6:13	1:34:20
25	Justin Graves	Lexington	KY	29	M	38	18:48	6:04	0:39	27	54:34	22.5	0:34	25	19:52	6:24	1:34:25
26	James Hannon	Rochester	MN	55	M	36	18:46	6:03	0:40	40	55:16	22.3	0:44	13	19:03	6:08	1:34:27
27	Paul Davis	Boise	ID	40	M	7	17:16	5:34	1:14	55	56:27	21.8	0:57	12	18:55	6:06	1:34:47
28	David Dixon	Wilmington	DE	47	M	27	18:36	6:00	0:36	33	54:58	22.4	0:34	34	20:16	6:32	1:34:58
29	Rick McDowell	Flint	MI	39	M	10	17:31	5:39	0:30	72	58:05	21.2	0:26	6	18:30	5:58	1:34:59
30	Shawn Kittridge	St Cloud	MN	42	M	32	18:42	6:01	0:38	31	54:51	22.4	0:51	31	20:07	6:29	1:35:07
31	Allan Richardson	The Woodlands	TX	55	M	37	18:46	6:03	0:28	39	55:06	22.3	0:36	36	20:20	6:33	1:35:14
32	Larry Hosch	Saint Joseph	MN	36	M	20	18:02	5:48	0:42	57	57:00	21.6	0:43	8	18:49	6:04	1:35:15
33	Cody Stadler	Minneapolis	MN	27	M	46	19:23	6:15	0:37	24	54:16	22.7	0:42	47	20:50	6:43	1:35:46
34	Jonathan Neumann	Madison	WI	29	M	19	17:58	5:47	0:33	59	57:08	21.5	0:36	24	19:43	6:21	1:35:56
35	Darin Anderson	Newport Beach	CA	46	M	30	18:39	6:01	0:56	47	55:37	22.1	0:55	27	19:56	6:25	1:36:01
36	Trey Cassidy	Grosse Pointe	MI	45	M	29	18:38	6:00	1:00	34	55:00	22.4	0:42	46	20:49	6:42	1:36:07
37	Keith Woodward	Stowe	VT	62	M	42	18:54	6:05	0:53	35	55:01	22.4	0:40	43	20:42	6:40	1:36:09
38	Ian Richardson	The Woodlands	TX	19	M	15	17:52	5:45	0:30	77	59:04	20.8	0:32	11	18:55	6:06	1:36:51
39	Jared McLaren	Grimes	IA	35	M	48	19:24	6:15	0:34	29	54:43	22.5	0:38	62	21:34	6:57	1:36:51
40	Carl Matson	Watertown	WI	44	M	65	20:02	6:27	0:40	17	53:47	22.9	0:43	69	21:47	7:01	1:36:56
41	Clifford Owen	Orono	MN	41	M	34	18:43	6:02	0:33	66	57:40	21.3	0:32	22	19:32	6:18	1:36:58
42	Chad Lemke	Sartell	MN	41	M	63	20:01	6:27	0:55	14	53:17	23.1	0:46	73	22:04	7:07	1:37:02
43	Andy Clark	Northfield	MN	50	M	33	18:43	6:02	0:49	54	56:24	21.8	0:43	41	20:34	6:38	1:37:11
44	Alan Dettmer	Grand Rapids	MN	41	M	91	21:07	6:48	0:35	8	52:51	23.3	0:38	79	22:13	7:09	1:37:21
45	Kurt Searvogel	Sheridan	AR	50	M	120	22:30	7:15	0:46	1	50:03	24.6	0:53	98	23:15	7:29	1:37:24
46	Jey Carlson	North Oaks	MN	47	M	70	20:21	6:33	0:44	16	53:44	22.9	0:50	76	22:09	7:08	1:37:47
47	Paul Serreyne	Lakeville	MN	50	M	39	18:51	6:04	0:37	61	57:18	21.5	0:39	40	20:28	6:36	1:37:51
48	Larry Stracke	Sauk Rapids	MN	57	M	58	19:48	6:23	0:46	45	55:28	22.2	0:40	56	21:15	6:51	1:37:55
49	Johnny King-Marino	Doylestown	PA	52	M	52	19:34	6:18	1:18	49	55:59	22.0	0:59	33	20:15	6:31	1:38:03
50	Derick Podratz	Lino Lakes	MN	39	M	11	17:34	5:40	0:38	62	57:20	21.5	0:48	30	20:04	6:28	1:38:22
51	Randy Peterson	Northfield	MN	48	M	43	19:02	6:08	0:51	64	57:32	21.4	0:40	42	20:41	6:40	1:38:44
52	Kerry Mayer	Brookfield	WI	67	M	72	20:25	6:35	1:03	42	55:18	22.2	0:45	57	21:22	6:53	1:38:51
53	David Buchs	Wheaton	IL	26	M	17	17:53	5:46	0:54	79	59:10	20.8	0:46	35	20:19	6:33	1:38:59
54	David Ratzman	Carmel	IN	47	M	98	21:25	6:54	0:56	28	54:40	22.5	0:43	59	21:25	6:54	1:39:06
55	Mike Ewen	Rochester	MN	56	M	89	20:57	6:45	0:51	46	55:32	22.2	0:48	52	21:04	6:47	1:39:10
56	David Dow	Stillwater	MN	58	M	57	19:48	6:23	0:57	52	56:01	22.0	1:01	71	21:58	7:04	1:39:42
57	Bob Brown	St Petersburg	FL	55	M	77	20:36	6:38	1:11	36	55:01	22.4	0:56	83	22:32	7:15	1:40:13
58	Alfredo Martel	St. Louis Park	MN	48	M	81	20:47	6:42	0:44	53	56:06	21.9	0:46	72	22:04	7:07	1:40:25
59	Ed Logan	O'Fallon	MO	46	M	83	20:49	6:42	0:42	50	56:00	22.0	0:36	84	22:36	7:17	1:40:41
60	Benjamin Ewers	Scottsdale	AZ	67	M	97	21:24	6:54	0:56	26	54:27	22.6	1:05	95	22:56	7:23	1:40:46
61	Trent Johnson	Hudson	WI	42	M	101	21:35	6:57	1:06	41	55:17						

64	322	Dick Young	Chaska	MN	43	M	61	19:57	6:25	0:57	71	57:59	21.2	0:46	68	21:46	7:01	1:41:23
65	60	Matt Conrad	Phoenix	AZ	49	M	82	20:47	6:42	0:52	60	57:12	21.5	0:55	66	21:44	7:00	1:41:29
66	118	Ben Hanson	Prior Lake	MN	35	M	74	20:33	6:37	0:34	69	57:56	21.2	0:43	77	22:10	7:08	1:41:54
67	104	Fred Galata	Omaha	NE	62	M	93	21:11	6:50	1:22	43	55:19	22.2	0:54	97	23:10	7:28	1:41:54
68	282	Ryan Steil	Saint Augusta	MN	33	M	44	19:03	6:08	0:40	94	1:01:26	20.0	0:37	38	20:24	6:34	1:42:08
69	214	Jason Neumann	St. Cloud	MN	31	M	79	20:41	6:40	0:40	65	57:35	21.4	0:42	86	22:37	7:17	1:42:13
70	280	Joe Stamboulie	New York	NY	55	M	94	21:14	6:50	0:43	58	57:02	21.6	0:51	96	22:56	7:23	1:42:44
71	189	Mike McDowell	Swartz Creek	MI	65	M	125	22:50	7:21	0:39	18	53:47	22.9	0:38	128	25:15	8:08	1:43:06
72	313	Rob Williams	Eden Prairie	MN	33	M	47	19:23	6:15	1:10	75	58:46	20.9	1:06	92	22:46	7:20	1:43:08
73	30	Timothy Armstrong	Muscatine	IA	57	M	60	19:50	6:23	0:50	80	59:13	20.8	1:04	82	22:30	7:15	1:43:25
74	58	Michael Colaizy	Osceola	WI	63	M	84	20:52	6:43	0:53	68	57:55	21.2	0:50	99	23:23	7:32	1:43:51
75	290	Michael Svensk	Blaine	MN	33	M	49	19:25	6:15	0:53	100	1:01:43	19.9	0:52	54	21:12	6:50	1:44:04
76	236	Steve Pieper	Rochester	MN	40	M	67	20:05	6:28	1:02	86	1:00:21	20.4	0:43	74	22:05	7:07	1:44:15
77	102	Sam Francois	Sartell	MN	37	M	95	21:15	6:51	0:49	73	58:37	21.0	0:39	108	23:53	7:42	1:45:11
78	129	Rick Hlebain	Sartell	MN	63	M	55	19:47	6:22	1:12	101	1:01:46	19.9	1:23	53	21:05	6:48	1:45:11
79	273	Aaron Senne	North Branch	MN	17	M	56	19:47	6:22	0:52	124	1:03:48	19.3	0:33	44	20:47	6:42	1:45:46
80	244	Peter Ranalli	Downingtown	PA	59	M	80	20:42	6:40	0:52	104	1:01:54	19.9	0:47	64	21:40	6:59	1:45:54
81	25	Robert Alwin	Brooklyn Park	MN	52	M	64	20:01	6:27	1:01	110	1:02:33	19.7	0:49	67	21:46	7:01	1:46:09
82	101	Mike Flynn	Elk River	MN	61	M	107	21:52	7:02	0:55	87	1:00:27	20.4	0:51	78	22:12	7:09	1:46:13
83	97	Paul Finger	Aspen	CO	56	M	118	22:18	7:11	0:52	67	57:45	21.3	0:50	121	24:50	8:00	1:46:32
84	201	Duane Millslagle	Duluth	MN	63	M	102	21:37	6:58	1:06	83	1:00:06	20.5	1:01	93	22:53	7:22	1:46:40
85	187	Jim McDonnell	Woodbury	MN	60	M	71	20:24	6:34	0:53	88	1:00:53	20.2	0:59	103	23:39	7:37	1:46:47
86	151	Chad Kelly	Edina	MN	43	M	62	20:01	6:27	1:21	115	1:03:10	19.5	1:08	55	21:14	6:50	1:46:52
87	136	Jeffrey Huber	Clearwater	MN	26	M	75	20:34	6:38	1:06	103	1:01:50	19.9	0:54	85	22:37	7:17	1:46:59
88	337	Hunter Rackley	Indianapolis	IN	31	M	68	20:06	6:28	0:57	130	1:04:29	19.1	0:39	51	21:02	6:47	1:47:10
89	323	Mark Yungbauer	Motley	MN	46	M	73	20:31	6:36	0:46	95	1:01:27	20.0	0:59	100	23:33	7:35	1:47:12
90	196	Jason Migala	Sauk Rapids	MN	34	M	66	20:02	6:27	0:56	114	1:03:04	19.5	0:43	88	22:41	7:18	1:47:24
91	135	Douglas Houser	Chanhausen	MN	46	M	53	19:43	6:21	2:05	111	1:02:43	19.6	1:34	58	21:25	6:54	1:47:28
92	80	Matthew Dickinson	Brainerd	MN	30	M	105	21:46	7:01	1:05	82	59:55	20.5	0:45	113	24:10	7:47	1:47:38
93	37	James Beltz	Plymouth	MN	38	M	90	20:58	6:45	0:55	109	1:02:18	19.7	0:50	90	22:43	7:19	1:47:41
94	156	Matt Kingsbury	Lewiston	MN	57	M	86	20:55	6:44	1:11	125	1:03:49	19.3	1:26	37	20:23	6:34	1:47:42
95	96	Stephen Fines	Saint Cloud	MN	46	M	78	20:37	6:39	1:37	116	1:03:23	19.4	1:30	50	21:01	6:46	1:48:07
96	17	Mike Abel	St. Cloud	MN	45	M	133	23:12	7:28	0:59	76	59:01	20.8	1:04	112	24:03	7:45	1:48:17
97	277	Wayne Siegel	St. Louis Park	MN	51	M	104	21:46	7:01	1:11	106	1:01:57	19.9	1:10	87	22:38	7:18	1:48:39
98	278	Brian Skinner	Minneapolis	MN	30	M	40	18:52	6:05	0:34	155	1:07:50	18.1	0:29	49	21:01	6:46	1:48:45
99	133	Steven Hoover	St. Cloud	MN	59	M	122	22:42	7:19	1:00	84	1:00:12	20.4	1:14	110	23:58	7:43	1:49:04
100	121	Luke Harned	Mahtomedi	MN	61	M	112	21:56	7:04	0:59	98	1:01:40	20.0	1:03	106	23:52	7:41	1:49:28
101	172	Michael Lesage	Chanhausen	MN	43	M	106	21:50	7:02	1:05	105	1:01:54	19.9	0:55	107	23:53	7:41	1:49:34
102	110	Richard Gauthier	South Haven	MN	49	M	110	21:55	7:04	0:58	92	1:01:20	20.1	1:07	116	24:30	7:53	1:49:47
103	289	Neil Sullivan	Lyons	CO	47	M	92	21:11	6:49	1:18	123	1:03:41	19.3	1:10	91	22:45	7:20	1:50:02
104	63	Don Correll	Muskegon	MI	64	M	113	21:57	7:04	1:26	91	1:01:16	20.1	0:57	118	24:33	7:55	1:50:07
105	206	Mike Morris	Terre Haute	IN	62	M	85	20:54	6:44	1:09	140	1:06:00	18.6	0:56	60	21:26	6:54	1:50:23
106	336	Jacob Orvis	Westmont	IL	25	M	69	20:14	6:31	1:36	120	1:03:34	19.4	1:41	102	23:37	7:36	1:50:40
107	165	David Lasorsa	Port Angeles	WA	56	M	132	23:11	7:28	0:46	97	1:01:28	20.0	0:45	120	24:42	7:57	1:50:50
108	202	Ken Mogren	Winona	MN	65	M	145	24:11	7:47	1:22	70	57:57	21.2	1:11	142	26:12	8:26	1:50:51
109	176	William Logan	Perryville	MO	71	M	142	23:59	7:43	1:07	81	59:38	20.6	1:01	127	25:13	8:07	1:50:56
110	333	Brian Glaesser	Somerset	WI	28	M	87	20:56	6:45	1:34	136	1:05:44	18.7	1:52	48	20:58	6:45	1:51:01
111	73	Phillip Davis	Martin	TN	67	M	150	24:20	7:50	1:34	74	58:43	21.0	1:15	131	25:18	8:09	1:51:09
112	301	Jason Vela	Lorena	TX	36	M	126	22:52	7:22	0:56	107	1:02:08	19.8	0:50	125	25:04	8:04	1:51:48
113	226	Paul Peltier	Stacy	MN	44	M	115	22:00	7:05	1:19	85	1:00:19	20.4	1:34	149	26:46	8:37	1:51:56
114	287	Chris Strand	Fargo	ND	26	M	96	21:15	6:51	0:47	132	1:05:08	18.9	0:57	109	23:56	7:43	1:52:01
115	326	Courtney Zack	St Joseph	MN	36	M	109	21:52	7:03	0:55	143	1:06:34	18.5	0:33	80	22:22	7:12	1:52:15
116	132	Chad Hollien	Sartell	MN	42	M	99	21:28	6:55	1:42	137	1:05:47	18.7	1:31	70	21:56	7:04	1:52:22
117	256	David Rylee	Chaska	MN	39	M	139	23:46	7:39	2:06	117	1:03:25	19.4	1:06	89	22:42	7:19	1:53:02
118	55	Steven Chell	Alexandria	MN	44	M	100	21:34	6:57	0:44	144	1:06:35	18.5	0:40	104	23:50	7:41	1:53:20
119	186	Mike McCarty	New Bedford	MA	68	M	170	25:36	8:15	0:57	78	59:05	20.8	0:50	153	26:56	8:41	1:53:24
120	119	Brad Hardy	Westport	CT	49	M	103	21:43	7:00	0:56	133	1:05:23	18.8	0:43	122	24:51	8:00	1:53:34
121	310	Lance Westerlund	Saint Stephen	MN	39	M	129	22:56	7:23	0:52	127	1:04:15	19.1	0:36	129	25:15	8:08	1:53:52
122	171	Daniel Leriche	Hainesport	NJ	64	M	149	24:19	7:50	0:48	90	1:00:59	20.2	0:58	156	27:23	8:49	1:54:24
123	299	Mitch Uecker	Annandale	MN	39	M	144	24:08	7:46	1:48	99	1:01:42	19.9	1:08	139	25:57	8:21	1:54:40
124	24	Ivan Almekinders	Chapel Hill	NC	24	M	50	19:28	6:16	0:48	172	1:11:52	17.1	0:57	65	21:44	7:00	1:54:47
125	158	Steven Koleno	Aurora	IL	43	M	88	20:57	6:45	1:19	148	1:07:01	18.4	0:57	119	24:41	7:57	1:54:54
126	64	Robert Dahl	Plymouth	MN	67	M	163	25:12	8:07	1:08	102	1:01:48	19.9	1:07	137	25:55	8:21	1:55:08
127	306	Dustin Warner	Eden Prairie	MN	47	M	143	24:06	7:46	1:20	119	1:03:32	19.4	1:00	130	25:15	8:08	1:55:11
128	52	Joe Carr	Blowing Rock	NC	70	M	175	25:52	8:20	1:12	63	57:27	21.4	1:18	173	29:46	9:35	1:55:34
129	130	Carl Hoang	Maple Grove	MN	53	M	137	23:43	7:38	1:30	113	1:03:02	19.5	1:22	140	26:05	8:24	1:55:39
130	106	Gregg Garretson	Lakeville	MN	56	M	165	25:22	8:10	1:01	118	1:03:26	19.4	0:57	123	25:00	8:03	1:55:44
131	89	Leon Essler	Bismarck	ND	61	M	151	24:21	7:51	1:25	89	1:00:58	20.2	1:20	158	27:50	8:58	1:55:52
132	146	Timothy Jung	Minneapolis	MN	51	M	141	23:55	7:42	1:07	131	1:04:35	19.0	0:58	133	25:23	8:10	1:55:56
133	292	Shane Swanson	Forest Lake	MN	39	M	135	23:28	7:34	1:24	121	1:03:35	19.3	1:02	150	26:47	8:38	1:56:15
134	142	Jason Johnson	Saint Paul	MN	41	M	131	23:02	7:25	1:09	139	1:05:50	18.7	1:20	138	25:55	8:21	1:57:15
135	195	John Meyerhofer	Sartell	MN	39	M	140	23:46	7:39	1:14	141	1:06:13	18.6	1:21	124	25:02	8:04	1:57:34
136	59	Nicholas Colatrell	Sartell	MN	44	M	161	25:00	8:03	0:52	112	1:02:46	19.6	0:57	163	28:03	9:02	1:57:36
137	330	Jeff Hunsaker	Minneapolis	MN	35	M	166	25:25	8:11	1:19	122	1:03:40	19.3	1:01	144	26:16	8:28	1:57:40
138	328	Greg Koutoupas	Saint Joseph	MN	40	M	121	22:36	7:17	1:15	146	1:06:48	18.4	1:07	141	26:05	8:24	1:57:4

169	227	Ronald Pemberton	Milwaukee	WI	70	M	187	29:06	9:22	1:26	108	1:02:17	19.8	0:56	183	32:22	10:25	2:06:04
170	232	Matt Perry	Sartell	MN	41	M	155	24:26	7:52	1:05	179	1:13:30	16.7	0:53	143	26:16	8:28	2:06:07
171	238	Nicholas Plante	Duluth	MN	31	M	167	25:28	8:12	1:06	170	1:11:12	17.3	0:47	166	28:32	9:11	2:07:01
172	207	Jonathan Mott	St. Cloud	MN	36	M	162	25:00	8:03	1:32	158	1:08:04	18.1	2:05	174	30:26	9:48	2:07:05
173	271	John Seiler	Sartell	MN	49	M	168	25:33	8:14	1:16	171	1:11:35	17.2	0:57	160	27:53	8:59	2:07:13
174	174	Lance Liljenquist	Thief River Fa	MN	26	M	177	25:56	8:21	1:26	149	1:07:13	18.3	1:46	186	32:58	10:37	2:09:17
175	204	Keith Moran	St Louis Park	MN	40	M	184	27:26	8:50	1:54	142	1:06:28	18.5	2:26	184	32:34	10:29	2:10:46
176	199	Peter Miller	Zimmerman	MN	56	M	182	27:20	8:48	1:57	173	1:11:54	17.1	1:31	172	29:43	9:34	2:12:24
177	285	Daryl Stevens	Sartell	MN	71	M	186	28:56	9:19	1:26	160	1:08:43	17.9	1:06	182	32:19	10:25	2:12:28
178	82	Ron Dockery	Mahtomedi	MN	64	M	158	24:43	7:58	1:10	182	1:16:43	16.0	1:53	171	29:01	9:21	2:13:29
179	268	Roman Scibora	Bloomington	MN	68	M	171	25:39	8:16	1:18	181	1:16:41	16.0	1:31	170	28:57	9:19	2:14:04
180	159	Morcelli Kombo	St. Cloud	MN	19	M	18	17:57	5:47	2:04	193	1:32:19	13.3	0:47	61	21:31	6:56	2:14:36
181	28	Dane Anderson	St Paul	MN	34	M	111	21:55	7:04	2:22	189	1:23:23	14.8	2:00	135	25:27	8:12	2:15:05
182	317	Steve Woods	Shoreview	MN	50	M	181	26:51	8:39	2:01	177	1:13:07	16.8	2:04	185	32:42	10:32	2:16:44
183	257	Greg Sachs	Rogers	MN	44	M	172	25:42	8:17	1:26	184	1:19:37	15.5	1:59	175	30:40	9:53	2:19:22
184	307	Hunter Warner	Eden Prairie	MN	13	M	174	25:49	8:19	1:41	188	1:22:21	14.9	1:06	168	28:40	9:14	2:19:35
185	218	Tim O'Driscoll	Sartell	MN	49	M	179	26:09	8:25	2:20	187	1:22:13	15.0	1:48	167	28:40	9:14	2:21:07
186	111	James Graves	Grosse Pointe	MI	63	M	190	31:15	10:04	1:35	178	1:13:23	16.8	1:51	188	33:45	10:52	2:21:47
187	254	Karl Ronnkvist	Sartell	MN	50	M	176	25:54	8:21	2:13	185	1:20:15	15.3	2:02	179	31:57	10:17	2:22:20
188	141	Mark Johnson	Lakeville	MN	45	M	188	29:24	9:28	2:03	165	1:09:45	17.6	1:35	192	40:32	13:03	2:23:16
189	305	Caleb Ward	Woodbury	MN	26	M	159	24:47	7:59	1:18	192	1:29:25	13.8	1:58	146	26:24	8:30	2:23:50
190	249	Charles Rhea	Plymouth	MN	66	M	189	29:44	9:35	1:44	183	1:19:05	15.6	2:56	189	35:37	11:28	2:29:04
191	312	Edwin Wiseth	Edina	MN	69	M	193	34:37	11:09	1:51	186	1:21:02	15.2	1:50	191	40:11	12:56	2:39:28
192	181	Todd Malcolm	St. Cloud	MN	51	M	191	34:30	11:07	1:52	190	1:25:03	14.5	1:14	193	42:09	13:34	2:44:45
193	45	Troy Bramlage	Sauk Rapids	MN	50	M	192	34:30	11:07	1:38	191	1:28:28	13.9	1:14	190	38:57	12:32	2:46:45
194	78	Augusto Diamantini	Brookfield	CT	79	M	194	34:40	11:10	2:14	194	1:34:06	13.1	2:46	194	46:15	14:54	3:00:01
195	240	Robert Powers	White Bear Lak	MN	89	M	195	50:09	16:09	2:11	195	1:55:19	10.7	2:10	195	55:01	17:43	3:44:47

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOTAL	TIME
1	19	Glenda Adams	Austin	TX	46	F	3	20:20	6:33	0:42	1	57:20	21.5	0:50	1	20:17	6:32	1:39:27					
2	252	Kerri Robbins	Davidsonville	MD	43	F	7	21:15	6:51	1:10	4	59:27	20.7	0:55	10	22:49	7:21	1:45:33					
3	38	Kirsten Beltz	Plymouth	MN	35	F	5	20:55	6:44	0:48	15	1:02:15	19.8	0:56	3	21:01	6:46	1:45:53					
4	67	Greta Danielson	Saint Cloud	MN	20	F	4	20:54	6:44	0:40	10	1:01:29	20.0	0:35	8	22:41	7:18	1:46:15					
5	274	Tracy Serreyn	Lakeville	MN	49	F	8	21:17	6:51	0:50	6	1:00:42	20.3	0:57	11	22:58	7:24	1:46:42					
6	68	Paige Danielson	St. Cloud	MN	17	F	1	19:46	6:22	0:50	27	1:05:19	18.8	0:42	2	20:28	6:36	1:47:03					
7	293	Jenny Thacker	Lakeville	MN	39	F	9	21:18	6:52	1:09	8	1:01:11	20.1	0:55	7	22:39	7:18	1:47:10					
8	77	Amy Dettmer	Grand Rapids	MN	42	F	19	22:41	7:18	0:52	5	1:00:33	20.3	0:40	9	22:46	7:20	1:47:30					
9	294	Julie Thebeau	Breckenridge	CO	42	F	2	20:20	6:33	1:05	22	1:03:56	19.2	0:55	4	21:37	6:58	1:47:50					
10	88	Rachel Elvester	Minnetonka	MN	31	F	14	22:11	7:09	0:59	16	1:02:30	19.7	0:48	5	22:34	7:16	1:49:00					
11	137	Jill Hughes	Orono	MN	40	F	17	22:34	7:16	0:37	18	1:03:06	19.5	0:41	6	22:38	7:17	1:49:34					
12	288	Connie Sullivan	Lyons	CO	44	F	10	21:39	6:58	0:55	12	1:01:43	19.9	0:49	26	25:12	8:07	1:50:17					
13	42	Lisa Bollinger	Sartell	MN	32	F	13	22:10	7:09	0:58	17	1:02:31	19.7	1:07	17	23:54	7:42	1:50:39					
14	87	Patricia Driscoll	Stowe	VT	58	F	32	23:35	7:36	1:01	9	1:01:18	20.1	0:46	24	24:59	8:03	1:51:37					
15	314	Lynne Wodrich	Rochester	MN	44	F	23	22:59	7:24	1:15	11	1:01:36	20.0	1:16	21	24:39	7:56	1:51:44					
16	319	Amy Woolsey	Sauk Rapids	MN	48	F	27	23:17	7:30	0:50	14	1:02:13	19.8	0:45	25	25:12	8:07	1:52:16					
17	35	Christina Barcus	Lake Villa	IL	44	F	37	24:06	7:46	1:02	7	1:00:45	20.3	0:54	38	26:16	8:28	1:53:01					
18	175	Sue Lloyd	Wheat Ridge	CO	57	F	53	25:42	8:17	1:05	2	57:24	21.4	1:06	51	28:22	9:08	1:53:36					
19	148	Annette Kaptur	Willow Springs	IL	51	F	6	21:09	6:49	1:35	31	1:06:14	18.6	1:25	13	23:17	7:30	1:53:39					
20	260	Andrea Sailer	Sartell	MN	37	F	28	23:18	7:30	0:44	26	1:04:54	19.0	0:40	19	24:12	7:48	1:53:46					
21	123	Candy Hawks	Leawood	KS	42	F	25	23:15	7:29	0:46	19	1:03:26	19.4	0:50	35	26:04	8:24	1:54:19					
22	41	Tammy Bohan	Bismarck	ND	52	F	21	22:47	7:20	1:23	23	1:04:51	19.0	1:39	16	23:49	7:40	1:54:27					
23	296	Marybeth Thorsgaard	Eagan	MN	52	F	16	22:34	7:16	1:27	28	1:05:49	18.7	1:19	14	23:22	7:32	1:54:28					
24	170	Erin Lemke	Sartell	MN	44	F	26	23:16	7:30	0:52	24	1:04:53	19.0	1:04	23	24:58	8:02	1:55:01					
25	126	Lisa Hines	Waite Park	MN	51	F	11	21:47	7:01	0:54	41	1:08:38	17.9	0:49	12	23:04	7:26	1:55:11					
26	43	Sue Boschee	Sartell	MN	43	F	29	23:19	7:31	1:18	25	1:04:53	19.0	1:03	22	24:58	8:02	1:55:29					
27	231	Tracy Perry	Clifton Park	NY	49	F	39	24:30	7:53	1:19	13	1:01:57	19.9	1:16	41	26:59	8:41	1:55:58					
28	144	Angela Jordahl	Big Lake	MN	42	F	15	22:15	7:10	0:51	35	1:06:57	18.4	1:08	29	25:28	8:12	1:56:36					
29	194	Desta Meyer	Eden Prairie	MN	34	F	44	24:54	8:01	1:17	3	59:21	20.7	1:03	49	28:15	9:06	1:56:48					
30	284	Pam Stevers	Sartell	MN	60	F	41	24:40	7:57	0:52	21	1:03:32	19.4	0:55	45	27:40	8:54	1:57:38					
31	29	Tonya Armstrong	Muscatine	IA	52	F	46	25:09	8:06	1:12	20	1:03:26	19.4	0:53	42	27:12	8:46	1:57:51					
32	103	Carolyn Franzone	Rochester	MN	54	F	35	23:50	7:41	1:23	33	1:06:35	18.5	1:16	28	25:22	8:10	1:58:24					
33	220	Jennifer Olson	Rice	MN	37	F	33	23:48	7:40	1:07	36	1:06:57	18.4	0:55	33	25:44	8:17	1:58:30					
34	113	Beth Guck	Andover	MN	57	F	18	22:36	7:17	1:15	43	1:09:59	17.6	0:53	18	23:59	7:43	1:58:40					
35	233	Judith Peters	St. Cloud	MN	53	F	36	23:56	7:43	1:22	37	1:07:20	18.3	1:03	39	26:28	8:31	2:00:07					
36	321	Phyllis Yester	Downingtown	PA	60	F	40	24:37	7:56	1:15	30	1:05:52	18.7	1:05	34	26:00	8:22	2:00:47					
37	246	Colleen Rebant	Ovilla	TX	58	F	31	23:22	7:31	1:07	40	1:08:36	17.9	1:11	40	26:47	8:38	2:01:01					
38	109	Aimee Gissel	Pleasant Hill	IA	26	F	43	24:48	7:59	1:09	39	1:08:29	18.0	1:02	32	25:41	8:16	2:01:06					
39	155	Cheryl King-Marino	Doylestown	PA	53	F	55	25:56	8:21	1:07	29	1:05:51	18.7	0:54	43	27:29	8:51	2:01:16					
40	178	Karen Loomis	Chanhausen	MN	47	F	47	25:11	8:07	1:59	34	1:06:44	18.4	2:13	36	26:09	8:25	2:02:14					
41	316	Susan Woods	Shoreview	MN	52	F	54	25:44	8:17	1:15	32	1:06:27	18.5	0:51	46	28:05	9:03	2:02:20					
42	168	Leah Leger	Mound	MN	45	F	20	22:44	7:19	1:57	51	1:12:53	16.9	1:28	20	24:31	7:54	2:03:31					
43	66	Sara Dalton	Saint Cloud	MN	24	F	24	23:07	7:27	0:54	52	1:13:35	16.7	1:03	37	26:11	8:26	2:04:48					
44	105	Susie Galata	Omaha	NE	30	F	30	23:22	7:31	1:00	59	1:14:46	16.5	0:42	31	25:37	8:15	2:05:24					
45	183	Ellen Martin	Hainesport	NJ	53	F	45	24:59	8:03	1:07	44	1:10:02	17.6	1:20	50	28:15	9:06	2:05:41					
46	298	Carolyn Tuohy	Minneapolis	MN	40	F	22	22:58	7:24	1:54	53	1:13:39	16.7	1:58	30	25:29	8:12	2:05:55					
47	22	Alexandra Alcorn	Minneapolis	MN	24	F	12																

72	242 Virginia Poyner	Sarasota	FL	69	F	84	36:00	11:35	1:00	57	1:14:10	16.6	1:13	81	38:27	12:23	2:30:46
73	40 Deb Blair	St Paul	MN	55	F	79	33:21	10:44	1:29	64	1:17:16	15.9	1:38	77	37:43	12:09	2:31:25
74	208 Elaine Munn	Alexandria	MN	61	F	69	28:32	9:11	1:41	78	1:30:35	13.6	2:03	66	31:24	10:07	2:34:14
75	255 Tanya Rylee	Chaska	MN	40	F	75	30:52	9:57	3:05	73	1:24:41	14.5	0:49	73	35:11	11:20	2:34:36
76	258 Trina Sachs	Rogers	MN	44	F	73	30:11	9:43	2:09	74	1:26:14	14.3	2:12	78	38:08	12:17	2:38:52
77	117 Phyllis Hanson	Minnetonka	MN	64	F	80	33:33	10:48	2:45	66	1:17:45	15.8	2:42	83	42:30	13:41	2:39:13
78	93 Denise Fenwick	St. Cloud	MN	54	F	74	30:47	9:55	1:45	79	1:30:43	13.6	1:30	75	35:26	11:25	2:40:10
79	71 Sandra Davis	Martin	TN	67	F	82	35:28	11:25	2:36	69	1:20:01	15.4	2:40	82	41:02	13:13	2:41:45
80	327 Christine Zapzalka	Little Falls	MN	36	F	71	29:27	9:29	1:04	83	1:36:58	12.7	1:14	71	33:51	10:54	2:42:32
81	248 Ann Rhea	Plymouth	MN	66	F	81	35:12	11:20	2:11	76	1:27:11	14.1	1:51	80	38:23	12:22	2:44:46
82	150 Jane Kedrowski	St Cloud	MN	36	F	70	29:09	9:23	1:07	86	1:41:38	12.1	1:21	70	33:29	10:47	2:46:42
83	127 Char Hirsch	Eden Prairie	MN	50	F	77	30:56	9:58	3:04	84	1:37:13	12.7	2:40	79	38:11	12:18	2:52:01
84	315 Jean Wood	Excelsior	MN	64	F	85	37:53	12:12	1:57	77	1:28:06	14.0	1:46	86	50:12	16:10	2:59:53
85	122 Dawn Hart	St Paul	MN	49	F	83	35:52	11:33	3:14	82	1:35:04	12.9	4:00	85	44:53	14:27	3:03:01
86	325 Mary Zack	Little Falls	MN	70	F	86	39:34	12:44	1:27	85	1:38:30	12.5	1:12	84	44:27	14:19	3:05:08