

# Apple Duathlon

May 24, 2014

## Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	21	Ruth Morrey	F	39	Rochester	MN	00:17:10	16	5:31	00:00:31	00:50:25	6	24.4	00:00:32	00:17:54	5	5:45		01:26:28.37
2	14	Dani Fischer	F	26	Wausau	WI	00:17:33	20	5:38	00:00:47	00:54:45	34	22.5	00:00:37	00:18:45	17	6:02		01:32:25.58
3	6	Diane Hankee	F	37	Lino Lakes	MN	00:18:43	26	6:01	00:00:38	00:55:11	37	22.3	00:00:35	00:20:03	24	6:27		01:35:07.87
4	10	Suzie Fox	F	31	Chaska	MN	00:19:02	27	6:07	00:00:41	00:54:38	33	22.5	00:00:34	00:21:29	39	6:54		01:36:21.91
5	5	Jennifer Scudiero	F	32	Eagan	MN	00:20:23	54	6:33	00:00:32	00:54:50	35	22.4	00:00:34	00:21:44	43	6:59		01:37:59.47
6	13	Kortney Haag	F	35	Maple Grove	MN	00:20:22	52	6:33	00:00:48	00:54:57	36	22.4	00:00:34	00:21:37	41	6:57		01:38:14.89
7	2	Jasmine Carlson	F	29	Becida	MN	00:20:04	43	6:27	00:00:36	00:56:01	40	22.0	00:00:33	00:22:14	52	7:09		01:39:25.14
8	24	Kirsten Beltz	F	36	Plymouth	MN	00:20:12	49	6:29	00:00:55	00:57:28	52	21.4	00:00:44	00:21:29	40	6:54		01:40:46.02
9	138	Sara Carlson	F	36	Brainerd	MN	00:21:25	74	6:53	00:00:36	00:56:19	43	21.8	00:00:35	00:22:16	54	7:09		01:41:08.78
10	9	Claire Bootsma	F	27	Saint Paul	MN	00:20:17	51	6:31	00:00:39	01:00:47	86	20.2	00:00:41	00:22:11	50	7:08		01:44:33.37
11	97	Erin Rock	F	36	Lexington	KY	00:21:25	73	6:53	00:00:42	00:58:51	61	20.9	00:00:52	00:23:19	68	7:29		01:45:04.73
12	102	Tracy Serreyn	F	50	Lakeville	MN	00:21:10	70	6:48	00:00:46	00:59:22	66	20.7	00:00:50	00:23:51	78	7:40		01:45:55.98
13	91	Lindsey Palmer	F	29	Vadnais Heights	MN	00:21:33	76	6:56	00:00:45	00:59:24	67	20.7	00:00:38	00:23:45	77	7:38		01:46:02.85
14	66	Manuela Knispel	F	43	Shorewood	MN	00:20:09	47	6:28	00:00:51	01:01:51	93	19.9	00:01:04	00:22:29	55	7:14		01:46:20.67
15	288	Krisana Hoff	F	37	Excelsior	MN	00:20:09	48	6:28	00:01:07	01:02:36	103	19.7	00:01:13	00:22:10	47	7:07		01:47:12.13
16	36	Amy Dettmer	F	43	Grand Rapids	MN	00:22:08	94	7:07	00:00:45	01:00:46	85	20.2	00:00:38	00:23:30	70	7:33		01:47:44.44
17	49	Nicole Haas	F	37	Sartell	MN	00:21:13	71	6:49	00:00:46	01:01:57	96	19.9	00:00:38	00:23:43	76	7:37		01:48:15.63
18	125	Amy Woolsey	F	49	Sauk Rapids	MN	00:22:45	106	7:19	00:00:44	01:01:37	91	20.0	00:00:42	00:24:34	88	7:54		01:50:19.32
19	214	Emily Stenzel	F	25	Sartell	MN	00:21:34	78	6:56	00:00:59	01:04:25	122	19.1	00:01:05	00:23:08	65	7:26		01:51:08.78
20	301	Krista Johnson	F	37	Eagan	MN	00:21:37	80	6:57	00:00:46	01:03:06	110	19.5	00:00:49	00:24:59	94	8:02		01:51:15.65
21	28	Renee Burton	F	48	Bloominton	MN	00:21:50	82	7:01	00:00:47	01:04:16	119	19.1	00:00:47	00:24:34	87	7:54		01:52:11.91
22	281	Ellen Mcnamara	F	32	Minneapolis	MN	00:21:07	69	6:47	00:00:56	01:07:46	142	18.2	00:00:52	00:22:05	46	7:06		01:52:43.82
23	320	Julie Gay	F	44	Saint Cloud	MN	00:23:33	114	7:34	00:01:05	01:03:14	111	19.5	00:00:53	00:25:02	96	8:03		01:53:44.48
24	121	Lynne Wodrich	F	45	Rochester	MN	00:23:58	123	7:42	00:01:01	01:01:49	92	19.9	00:00:54	00:26:12	112	8:25		01:53:52.40
25	199	Jennifer Olson	F	38	Rice	MN	00:24:19	130	7:49	00:01:00	01:02:36	104	19.7	00:00:49	00:27:28	130	8:50		01:56:10.19
26	56	Erin Haugen	F	34	Grand Forks	ND	00:24:11	127	7:46	00:01:42	01:01:57	97	19.9	00:02:14	00:26:52	125	8:38		01:56:51.85
27	105	Pam Stevens	F	61	Sartell	MN	00:24:56	139	8:01	00:00:54	01:01:33	90	20.0	00:01:08	00:28:27	138	9:09		01:56:56.08
28	99	Andrea Sailer	F	38	Sartell	MN	00:22:55	109	7:22	00:00:51	01:04:30	124	19.1	00:00:49	00:28:21	136	9:07		01:57:24.19
29	192	Judy Murray	F	55	Sartell	MN	00:25:04	141	8:03	00:01:06	01:04:06	118	19.2	00:01:05	00:27:04	128	8:42		01:58:21.43
30	93	Josie Petersson	F	22	Brookfield	WI	00:21:35	79	6:56	00:01:01	01:11:59	160	17.1	00:01:03	00:22:57	61	7:23		01:58:32.28
31	92	Judith Peters	F	54	St. Cloud	MN	00:24:15	129	7:48	00:01:20	01:05:16	129	18.9	00:01:03	00:26:48	124	8:37		01:58:40.40
32	100	Sheri Schrock	F	60	Cohasset	MN	00:26:26	160	8:30	00:00:53	01:02:33	101	19.7	00:00:46	00:28:44	140	9:14		01:59:20.51
33	33	Sara Dalton	F	25	St. Cloud	MN	00:24:05	126	7:44	00:00:51	01:07:03	136	18.3	00:00:55	00:26:30	115	8:31		01:59:22.19
34	128	Megan Bailey	F	21	Wayzata	MN	00:20:24	55	6:33	00:01:13	01:15:31	169	16.3	00:00:45	00:21:53	44	7:02		01:59:43.44
35	62	Angela Jordahl	F	43	Big Lake	MN	00:23:22	112	7:31	00:01:00	01:07:46	143	18.2	00:00:57	00:27:17	129	8:46		02:00:20.75

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Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	43	Carolyn Franzone	F	55	Rochester	MN	00:26:26	159	8:30	00:01:25	01:02:34	102	19.7	00:01:14	00:29:05	145	9:21		02:00:40.62
37	127	Jena Klein	F	44	Cold Spring	MN	00:26:08	157	8:24	00:00:58	01:04:18	120	19.1	00:01:25	00:29:41	150	9:32		02:02:27.84
38	70	Leah Leger	F	46	Mound	MN	00:23:57	122	7:42	00:01:19	01:12:09	161	17.1	00:01:13	00:26:01	107	8:22		02:04:35.51
39	209	Dayna Schleppebach	F	23	Duluth	MN	00:23:23	113	7:31	00:01:11	01:13:29	165	16.7	00:00:56	00:27:02	127	8:41		02:05:58.79
40	107	Diane Stoller	F	55	Maple Grove	MN	00:25:10	142	8:05	00:01:25	01:11:30	158	17.2	00:01:19	00:27:30	131	8:50		02:06:51.47
41	300	Amy Hedtke	F	31	Sartell	MN	00:24:31	133	7:53	00:01:15	01:12:27	163	17.0	00:01:14	00:28:00	134	9:00		02:07:24.48
42	217	Deborah Thell	F	44	St. Cloud	MN	00:25:23	148	8:10	00:01:45	01:09:25	151	17.7	00:01:23	00:30:10	154	9:42		02:08:03.66
43	317	Sara Jorgenson	F	41	St Joseph	MN	00:27:14	173	8:45	00:01:17	01:07:54	144	18.1	00:01:09	00:32:02	163	10:18		02:09:33.46
44	311	Ann Lendino	F	43	Chaska	MN	00:24:44	136	7:57	00:01:18	01:16:38	174	16.1	00:01:13	00:26:04	109	8:23		02:09:54.67
45	285	Joan Karpel	F	47	Sartell	MN	00:27:02	169	8:41	00:01:19	01:07:00	135	18.4	00:01:22	00:33:25	170	10:45		02:10:05.43
46	286	Tracey Kubitz	F	49	Hamel	MN	00:26:52	165	8:38	00:01:24	01:12:39	164	16.9	00:01:45	00:29:19	147	9:25		02:11:55.33
47	67	Julia Krengel	F	37	Sauk Rapids	MN	00:28:05	183	9:02	00:01:22	01:11:42	159	17.2	00:01:13	00:31:08	157	10:01		02:13:27.60
48	219	Heidi Vitense	F	30	St. Louis Park	MN	00:26:06	156	8:23	00:00:57	01:16:37	173	16.1	00:00:54	00:29:29	149	9:29		02:14:01.38
49	117	Beth Wengler	F	49	Saint Cloud	MN	00:27:56	180	8:59	00:01:29	01:08:33	147	17.9	00:01:25	00:35:14	178	11:20		02:14:34.01
50	316	Melissa Elder	F	51	Chanhassen	MN	00:26:27	161	8:30	00:02:08	01:09:30	153	17.7	00:01:35	00:35:48	183	11:31		02:15:24.21
51	130	Stacie Aamlid	F	27	Brookings	SD	00:26:57	167	8:40	00:01:26	01:19:03	180	15.6	00:02:08	00:26:29	114	8:31		02:16:00.54
52	212	Beverly Soukup	F	53	Sartell	MN	00:25:37	151	8:14	00:01:27	01:18:39	178	15.6	00:01:12	00:30:53	156	9:56		02:17:46.09
53	206	Teresina Schellinger	F	48	St. Cloud	MN	00:28:05	182	9:02	00:03:02	01:15:12	167	16.4	00:02:23	00:29:20	148	9:26		02:18:00.37
54	194	Kathryn Nelson	F	30	Crystal	MN	00:25:32	149	8:12	00:00:59	01:19:26	182	15.5	00:01:51	00:30:44	155	9:53		02:18:28.84
55	308	Beth Harrison	F	35	Foley	MN	00:27:21	175	8:48	00:00:55	01:21:01	184	15.2	00:00:53	00:28:58	143	9:19		02:19:06.49
56	296	Melissa Kobs	F	28	Eden Prairie	MN	00:28:06	184	9:02	00:01:48	01:15:16	168	16.3	00:01:19	00:33:30	171	10:46		02:19:55.67
57	135	Nancy Bauer	F	55	Hastings	MN	00:25:20	146	8:09	00:01:23	01:13:50	166	16.7	00:01:02	00:38:46	194	12:28		02:20:19.00
58	113	Shannon Waggoner	F	45	Chanhassen	MN	00:25:12	144	8:06	00:01:37	01:16:03	171	16.2	00:01:18	00:36:32	188	11:45		02:20:39.03
59	47	Wanda Gierman	F	35	Rogers	MN	00:26:50	164	8:37	00:01:51	01:16:30	172	16.1	00:01:04	00:34:41	175	11:09		02:20:52.11
60	197	Lorrie Oistad	F	56	Sartell	MN	00:26:58	168	8:40	00:01:30	01:19:38	183	15.5	00:01:33	00:32:18	165	10:23		02:21:54.06
61	101	Katie Sczublewski	F	25	St. Joseph	MN	00:28:38	188	9:12	00:00:45	01:18:40	179	15.6	00:00:50	00:37:01	189	11:54		02:25:51.06
62	292	Jessica Ellingson	F	33	Duluth	MN	00:26:33	162	8:32	00:00:51	01:23:37	187	14.7	00:00:46	00:34:10	174	10:59		02:25:53.87
63	87	Shannon Nelson	F	57	St. Paul	MN	00:28:48	189	9:15	00:01:45	01:18:29	177	15.7	00:02:12	00:35:19	180	11:21		02:26:29.32
64	312	Amy Foss	F	33	Sauk Rapids	MN	00:28:17	186	9:06	00:01:09	01:22:19	186	14.9	00:01:27	00:35:23	181	11:23		02:28:32.76
65	133	Jessica Anhorn	F	36	St Cloud	MN	00:27:28	176	8:50	00:01:06	01:32:40	194	13.3	00:01:04	00:34:07	173	10:58		02:36:22.61
66	76	Cathleen Mcginnity	F	49	Luck	WI	00:28:04	181	9:01	00:01:26	01:43:25	199	11.9	00:01:43	00:36:15	187	11:39		02:50:51.80
67	123	Jean Wood	F	65	Excelsior	MN	00:38:38	198	12:25	00:01:37	01:23:47	188	14.7	00:01:50	00:48:50	200	15:42		02:54:38.99
68	298	Mary Hart	F	31	St.cloud	MN	00:31:49	194	10:14	00:01:21	01:38:12	198	12.5	00:01:20	00:42:17	197	13:36		02:54:56.15
69	54	Dawn Michele Hart	F	50	St. Paul	MN	00:38:56	199	12:31	00:02:46	01:33:25	196	13.2	00:02:24	00:47:57	199	15:25		03:05:23.79
70	86	Lindsay Nauen	F	64	St Paul	MN	00:45:32	200	14:39	00:02:58	01:45:13	201	11.7	00:03:07	00:55:48	201	17:57		03:32:36.26

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### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
1	12	David Thompson	M	36	Long Lake	MN	00:15:38	1	5:01	00:00:25	00:47:23	1	26.0	00:00:27	00:17:43	3	5:41		01:21:33.25
2	3	Patrick Parish	M	29	Bloomington	MN	00:15:58	4	5:08	00:00:27	00:48:48	2	25.2	00:00:26	00:17:07	2	5:30		01:22:42.74
3	7	Dan Hedgecock	M	27	Saint Paul	MN	00:15:43	3	5:03	00:00:33	00:49:25	3	24.9	00:00:34	00:17:57	6	5:46		01:24:09.70
4	1	Brooks Grossinger	M	37	Mayer	MN	00:16:15	6	5:13	00:00:29	00:49:31	4	24.8	00:00:34	00:18:36	16	5:59		01:25:22.75
5	16	Brian Sames	M	28	Excelsior	MN	00:15:38	2	5:01	00:00:43	00:52:05	15	23.6	00:00:33	00:17:02	1	5:28		01:25:58.31
6	20	Jared Smith	M	31	Minnetonka	MN	00:16:31	7	5:18	00:00:30	00:50:58	10	24.1	00:00:30	00:17:45	4	5:42		01:26:11.65
7	15	Kevin O'connor	M	43	Medina	MN	00:17:06	13	5:30	00:00:25	00:50:05	5	24.6	00:00:27	00:18:24	13	5:55		01:26:25.15
8	124	Thomas Woods	M	43	Lincoln	NE	00:16:38	8	5:21	00:00:33	00:50:37	7	24.3	00:00:35	00:18:19	10	5:53		01:26:40.58
9	18	Bennett Isabella	M	32	Burnsville	MN	00:16:14	5	5:13	00:00:36	00:51:15	11	24.0	00:00:30	00:18:28	15	5:56		01:27:01.36
10	282	Casey Miller	M	36	Baxter	MN	00:16:53	11	5:25	00:00:45	00:52:28	17	23.5	00:00:37	00:17:57	7	5:46		01:28:39.00
11	59	Larry Hosch	M	37	St. Joseph	MN	00:17:15	19	5:33	00:00:37	00:52:20	16	23.5	00:00:28	00:18:12	9	5:51		01:28:50.14
12	277	Joseph Johnson	M	34	Eagan	MN	00:17:11	17	5:31	00:00:41	00:50:42	8	24.3	00:00:46	00:19:57	22	6:25		01:29:13.66
13	8	Mike Ladendorf	M	33	Farmington	MN	00:16:49	9	5:24	00:00:31	00:53:55	30	22.8	00:00:32	00:17:59	8	5:47		01:29:43.74
14	26	Mike Buenting	M	40	Chanhassen	MN	00:17:38	21	5:40	00:00:36	00:51:55	14	23.7	00:00:30	00:19:18	19	6:12		01:29:54.27
15	19	Brandon Ordway	M	32	Maplewood	MN	00:17:09	14	5:31	00:00:37	00:53:14	21	23.1	00:00:40	00:18:21	12	5:54		01:29:58.45
16	126	Andrew Zabel	M	35	Saint Joseph	MN	00:17:44	22	5:42	00:00:33	00:51:51	13	23.7	00:00:28	00:19:42	20	6:20		01:30:15.11
17	52	James Hannon	M	56	Rochester	MN	00:18:08	23	5:49	00:00:33	00:53:15	22	23.1	00:00:40	00:18:50	18	6:03		01:31:23.58
18	4	Chad Millner	M	38	Eden Prairie	MN	00:16:57	12	5:27	00:00:27	00:53:03	19	23.2	00:00:29	00:20:41	29	6:39		01:31:34.19
19	11	Jesse Westrup	M	40	Sartell	MN	00:17:12	18	5:32	00:00:29	00:56:39	49	21.7	00:00:28	00:18:21	11	5:54		01:33:05.71
20	38	Seth Downs	M	38	Eden Prairie	MN	00:19:48	36	6:22	00:00:46	00:51:32	12	23.9	00:00:48	00:20:47	30	6:41		01:33:37.96
21	78	Bob Miller	M	40	Saginaw	MI	00:17:09	15	5:31	00:00:49	00:53:46	26	22.9	00:00:49	00:21:12	35	6:49		01:33:42.98
22	50	Derek Hager	M	53	Minneapolis	MN	00:19:22	30	6:13	00:00:34	00:50:45	9	24.2	00:00:36	00:22:41	57	7:17		01:33:56.66
23	104	Steve Sievert	M	46	Houston	TX	00:18:16	25	5:52	00:00:44	00:53:19	23	23.1	00:00:47	00:20:57	31	6:44		01:34:00.41
24	95	Pete Rainey	M	47	Minneapolis	MN	00:19:26	32	6:15	00:00:43	00:52:41	18	23.4	00:00:41	00:20:37	28	6:38		01:34:04.48
25	111	Dave Thomes	M	34	Brainerd	MN	00:19:26	31	6:15	00:00:31	00:54:12	31	22.7	00:00:26	00:20:36	27	6:37		01:35:09.57
26	65	Shawn Kittridge	M	43	St. Cloud	MN	00:18:14	24	5:51	00:00:40	00:56:28	46	21.8	00:00:42	00:20:02	23	6:26		01:36:03.07
27	48	Brian Glaeser	M	29	Somerset	WI	00:19:48	37	6:22	00:01:02	00:54:31	32	22.6	00:00:48	00:20:23	25	6:33		01:36:29.63
28	293	W. Scott Lindell	M	47	Sartell	MN	00:16:49	10	5:24	00:00:48	01:00:37	84	20.3	00:00:41	00:18:28	14	5:56		01:37:21.04
29	25	Michael Bruce	M	40	Edina	MN	00:20:39	63	6:38	00:00:32	00:53:42	24	22.9	00:00:38	00:22:16	53	7:09		01:37:45.08
30	77	Jason Migala	M	35	Sauk Rapids	MN	00:19:32	33	6:16	00:00:42	00:55:37	39	22.1	00:00:45	00:21:19	37	6:51		01:37:52.09
31	291	Bill Corcoran	M	42	Sartell	MN	00:20:06	45	6:28	00:00:43	00:53:50	28	22.9	00:00:42	00:22:41	56	7:17		01:38:00.47
32	313	Andrew Fabbrini	M	46	Somerset	WI	00:19:43	34	6:20	00:00:44	00:56:21	44	21.8	00:00:45	00:20:31	26	6:36		01:38:01.90
33	89	Jacob Orvis	M	26	Westmont	IL	00:19:20	29	6:13	00:00:50	00:56:32	47	21.8	00:00:42	00:20:57	32	6:44		01:38:17.64
34	82	Brad Mitchell	M	41	Rochester	MN	00:19:49	38	6:22	00:00:56	00:56:23	45	21.8	00:00:49	00:21:03	34	6:46		01:38:58.35
35	35	Alan Dettmer	M	42	Grand Rapids	MN	00:22:07	92	7:06	00:00:36	00:53:04	20	23.2	00:00:38	00:23:12	66	7:27		01:39:33.71

# Apple Duathlon

May 24, 2014

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	27	David Buhl	M	41	Sartell	MN	00:22:01	88	7:05	00:00:56	00:53:47	27	22.9	00:01:00	00:22:11	49	7:08		01:39:52.67
37	103	Paul Serreyn	M	51	Lakeville	MN	00:20:00	42	6:25	00:00:36	00:56:12	41	21.9	00:00:36	00:22:52	60	7:21		01:40:13.66
38	39	Mike Ewen	M	57	Rochester	MN	00:20:46	66	6:40	00:00:45	00:56:42	50	21.7	00:00:40	00:21:28	38	6:54		01:40:18.73
39	280	Trent Johnson	M	43	Hudson	WI	00:21:58	86	7:03	00:00:58	00:53:50	29	22.9	00:00:45	00:23:32	71	7:34		01:41:01.02
40	17	David Phillips	M	29	Maple Grove	MN	00:19:10	28	6:09	00:00:48	00:53:45	25	22.9	00:01:04	00:26:38	121	8:34		01:41:22.70
41	299	Ben Hanson	M	36	Prior Lake	MN	00:20:29	58	6:35	00:00:41	00:56:14	42	21.9	00:00:43	00:23:42	75	7:37		01:41:46.47
42	73	Rob Madgwick	M	49	Sauk Rapids	MN	00:21:21	72	6:52	00:00:33	00:55:20	38	22.2	00:00:33	00:24:05	81	7:44		01:41:50.21
43	314	Keith Kowalsky	M	38	Minneapolis	MN	00:19:50	39	6:22	00:00:45	00:58:56	63	20.9	00:00:44	00:21:54	45	7:02		01:42:06.16
44	108	Larry Stracke	M	58	Sauk Rapids	MN	00:20:04	44	6:27	00:00:57	00:56:39	48	21.7	00:00:35	00:24:01	80	7:43		01:42:13.20
45	213	Monty Steffens	M	56	Sartell	MN	00:20:32	59	6:36	00:00:58	00:58:56	64	20.9	00:00:55	00:22:14	51	7:09		01:43:33.02
46	120	Rob Williams	M	34	Eden Prairie	MN	00:20:08	46	6:28	00:00:53	00:57:51	56	21.3	00:00:35	00:24:15	84	7:48		01:43:39.55
47	210	David Schutz	M	38	Saint Louis Park	MN	00:20:33	60	6:36	00:01:06	00:57:36	54	21.4	00:01:01	00:23:53	79	7:41		01:44:06.95
48	207	Ivan Schleppenbach	M	20	Saint Joseph	MN	00:20:23	53	6:33	00:01:08	01:02:04	98	19.8	00:00:52	00:19:52	21	6:23		01:44:15.69
49	88	Jason Neumann	M	32	St. Cloud	MN	00:22:03	89	7:05	00:00:45	00:56:48	51	21.7	00:00:41	00:24:12	83	7:47		01:44:27.26
50	221	Doug Wynveen	M	58	Osceola	WI	00:20:46	65	6:40	00:01:07	00:58:34	58	21.0	00:00:50	00:23:18	67	7:29		01:44:33.21
51	110	Jared Tee	M	28	Ankeny	IA	00:20:37	62	6:37	00:00:44	01:00:13	79	20.4	00:00:54	00:22:43	58	7:18		01:45:08.51
52	60	Douglas Houser	M	47	Victoria	MN	00:20:42	64	6:39	00:00:49	01:00:05	78	20.5	00:00:45	00:23:03	63	7:25		01:45:21.57
53	23	James Beltz	M	39	Plymouth	MN	00:20:34	61	6:36	00:00:58	00:58:45	59	20.9	00:00:50	00:24:18	85	7:49		01:45:22.15
54	85	Michael Murray	M	55	Sartell	MN	00:22:04	90	7:06	00:00:46	00:57:46	55	21.3	00:00:52	00:24:24	86	7:50		01:45:49.51
55	29	David Burton	M	49	Bloomington	MN	00:21:02	68	6:45	00:00:58	00:59:42	72	20.6	00:00:58	00:23:21	69	7:30		01:45:59.75
56	208	Eric Schleppenbach	M	27	St. Louis Park	MN	00:20:29	57	6:35	00:01:04	00:59:52	75	20.6	00:01:03	00:23:36	72	7:35		01:46:00.65
57	41	Mike Flynn	M	62	Elk River	MN	00:21:52	83	7:01	00:00:50	00:59:38	71	20.6	00:00:55	00:23:06	64	7:25		01:46:18.26
58	72	Matt Long	M	23	Viroqua	WI	00:20:27	56	6:34	00:00:54	01:00:17	80	20.4	00:00:50	00:24:36	89	7:54		01:47:02.22
59	319	Chad Holien	M	43	Sartell	MN	00:19:58	41	6:25	00:01:21	01:03:38	113	19.3	00:01:09	00:21:02	33	6:46		01:47:05.06
60	122	John Wolfe	M	43	Sartell	MN	00:22:13	96	7:08	00:01:03	00:57:30	53	21.4	00:01:23	00:25:16	98	8:07		01:47:22.12
61	289	Jason Kobs	M	30	Eden Prairie	MN	00:21:34	77	6:56	00:00:59	01:02:54	108	19.6	00:00:59	00:21:12	36	6:49		01:47:35.02
62	191	Corey Muellenbach	M	24	Sartell	MN	00:19:47	35	6:21	00:01:11	01:04:30	125	19.1	00:01:01	00:21:42	42	6:58		01:48:07.62
63	42	Samuel Francois	M	38	Sartell	MN	00:22:24	100	7:12	00:00:56	00:59:28	69	20.7	00:00:48	00:24:53	92	8:00		01:48:26.55
64	109	Stuart Swenson	M	39	Sartell	MN	00:22:33	103	7:15	00:01:26	00:59:16	65	20.8	00:01:43	00:23:39	74	7:36		01:48:35.47
65	200	Matthias Pemberton	M	25	Becida	MN	00:22:41	104	7:17	00:00:44	00:59:44	73	20.6	00:00:34	00:25:52	105	8:19		01:49:33.15
66	80	Duane Millslagle	M	64	Duluth	MN	00:22:49	108	7:20	00:01:14	00:59:26	68	20.7	00:01:16	00:24:56	93	8:01		01:49:38.38
67	114	Dustin Warner	M	48	Eden Prairie	MN	00:22:44	105	7:18	00:00:37	01:00:23	82	20.4	00:00:36	00:25:30	101	8:12		01:49:47.17
68	284	Rick Gothier	M	50	South Haven	MN	00:22:46	107	7:19	00:01:02	00:59:32	70	20.7	00:01:05	00:26:07	110	8:24		01:50:30.34
69	53	Luke Harned	M	62	Mahtomedi	MN	00:21:58	87	7:04	00:01:02	01:01:06	88	20.1	00:00:55	00:25:32	102	8:13		01:50:31.44
70	202	Ryan Picken	M	33	Monticello	MN	00:20:12	50	6:29	00:00:43	01:04:21	121	19.1	00:00:37	00:25:00	95	8:02		01:50:50.39

# Apple Duathlon

May 24, 2014

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
71	325	Greg Koutoupas	M	41	Saint Joseph	MN	00:22:14	97	7:09	00:01:20	01:01:18	89	20.1	00:00:40	00:25:27	100	8:11	01:50:56.59
72	131	Mike Abel	M	46	Sartell	MN	00:23:58	124	7:42	00:00:53	00:59:59	77	20.5	00:00:59	00:25:24	99	8:10	01:51:10.58
73	283	Jeffrey Huber	M	27	Roanoke	VA	00:20:53	67	6:43	00:00:24	01:04:58	127	18.9	00:00:24	00:24:39	90	7:55	01:51:15.03
74	34	Douglas Davis	M	31	Cottage Grove	MN	00:23:04	110	7:25	00:01:04	00:59:46	74	20.6	00:00:56	00:26:32	117	8:32	01:51:19.85
75	83	Brian Mitchell	M	51	Plymouth	MN	00:24:25	131	7:51	00:01:12	00:58:53	62	20.9	00:00:52	00:26:08	111	8:24	01:51:28.26
76	278	Brian Morris	M	37	Saint Cloud	MN	00:19:57	40	6:25	00:01:31	01:05:51	132	18.7	00:01:26	00:22:49	59	7:20	01:51:32.17
77	315	Erik Fagerstrom	M	25	Eagan	MN	00:21:54	84	7:02	00:01:12	01:02:54	109	19.6	00:01:06	00:24:48	91	7:58	01:51:52.70
78	69	Jerry Lawson	M	67	Winona	MN	00:22:24	102	7:12	00:02:00	01:00:36	83	20.3	00:01:19	00:25:47	104	8:17	01:52:03.97
79	304	Shawn Mcgee	M	39	Sartell	MN	00:21:30	75	6:55	00:01:10	01:04:29	123	19.1	00:01:26	00:23:38	73	7:36	01:52:10.34
80	57	Andrew Hed	M	19	North Oaks	MN	00:22:24	101	7:12	00:00:50	01:01:55	95	19.9	00:00:45	00:26:33	118	8:32	01:52:25.39
81	305	Jeff Lendino	M	44	Chaska	MN	00:22:20	99	7:11	00:01:05	01:05:21	130	18.8	00:01:02	00:22:58	62	7:23	01:52:42.93
82	216	Shane Swanson	M	40	Forest Lake	MN	00:23:52	121	7:40	00:00:42	00:59:58	76	20.5	00:00:42	00:27:37	132	8:53	01:52:49.62
83	134	Ryan Barrett	M	36	Saint Cloud	MN	00:22:06	91	7:06	00:00:47	01:03:50	115	19.3	00:01:07	00:25:11	97	8:06	01:52:57.94
84	324	Greg Mcnamara	M	52	Little Falls	MN	00:23:51	120	7:40	00:01:19	00:58:46	60	20.9	00:01:24	00:27:57	133	8:59	01:53:14.61
85	115	Hunter Warner	M	14	Eden Prairie	MN	00:22:16	98	7:09	00:01:05	01:05:07	128	18.9	00:00:56	00:24:06	82	7:45	01:53:28.64
86	225	Timothy Vedder	M	40	Sartell	MN	00:22:08	93	7:07	00:01:28	01:06:44	134	18.4	00:01:00	00:22:11	48	7:08	01:53:28.81
87	61	Jeff Hunsaker	M	36	Minneapolis	MN	00:23:37	115	7:35	00:00:53	01:02:25	99	19.7	00:00:47	00:26:44	123	8:36	01:54:21.90
88	318	Leon Essler	M	62	Bismarck	ND	00:25:12	143	8:06	00:01:27	00:58:08	57	21.2	00:01:24	00:28:56	142	9:18	01:55:03.21
89	44	Gregg Garretson	M	57	Lakeville	MN	00:25:19	145	8:08	00:00:55	01:02:25	100	19.7	00:00:54	00:25:56	106	8:20	01:55:27.29
90	303	Bill Mcgill	M	52	Minneapolis	MN	00:23:07	111	7:26	00:02:08	01:01:53	94	19.9	00:01:39	00:27:00	126	8:41	01:55:43.84
91	193	Jason Neal	M	41	St Cloud	MN	00:21:44	81	6:59	00:01:11	01:07:04	137	18.3	00:01:26	00:25:33	103	8:13	01:56:55.41
92	118	Lance Westerlund	M	40	Saint Stephen	MN	00:24:31	132	7:53	00:01:15	01:03:27	112	19.4	00:00:41	00:28:35	139	9:11	01:58:25.57
93	84	Paul Morrissey	M	34	Blaine	MN	00:25:00	140	8:02	00:01:41	01:03:54	116	19.3	00:01:32	00:26:42	122	8:35	01:58:46.72
94	201	Matt Perry	M	42	Sartell	MN	00:24:01	125	7:43	00:00:49	01:07:36	141	18.2	00:00:50	00:26:04	108	8:23	01:59:16.07
95	321	David Janaszak	M	42	Sauk Rapids	MN	00:23:44	117	7:38	00:00:52	01:07:32	139	18.2	00:01:07	00:26:25	113	8:29	01:59:37.06
96	58	Carl Hoang	M	54	Maple Grove	MN	00:24:48	137	7:58	00:01:18	01:03:43	114	19.3	00:01:07	00:29:06	146	9:21	02:00:00.04
97	203	Adam Plante	M	29	Sauk Rapids	MN	00:22:10	95	7:08	00:01:18	01:09:24	150	17.7	00:01:06	00:26:35	119	8:33	02:00:30.80
98	132	Louis Ahlstrand	M	60	Shafer	MN	00:24:50	138	7:59	00:01:06	01:07:04	138	18.3	00:01:03	00:26:30	116	8:31	02:00:30.97
99	31	Kevin Christenson	M	46	Minnetonka	MN	00:25:21	147	8:09	00:00:48	01:03:58	117	19.2	00:00:38	00:29:55	152	9:37	02:00:37.70
100	32	Robert Dahl	M	68	Plymouth	MN	00:27:19	174	8:47	00:01:14	01:02:49	105	19.6	00:01:36	00:28:27	137	9:09	02:01:22.96
101	218	Mark Urdahl	M	53	Shorewood	MN	00:24:40	135	7:56	00:01:14	01:02:53	106	19.6	00:01:12	00:32:28	166	10:26	02:02:23.48
102	189	Kyle Morgan	M	42	Minnetonka	MN	00:28:26	187	9:09	00:01:02	01:00:22	81	20.4	00:01:10	00:31:39	159	10:11	02:02:37.36
103	63	Mark Kapsner	M	61	St. Cloud	MN	00:27:51	179	8:57	00:01:19	01:01:00	87	20.2	00:01:23	00:31:43	160	10:12	02:03:14.31
104	307	Brian Heinen	M	38	Spicer	MN	00:23:40	116	7:36	00:00:54	01:09:51	155	17.6	00:00:47	00:29:51	151	9:36	02:05:01.16
105	302	Bob Harmon	M	53	New Brighton	MN	00:24:12	128	7:47	00:01:29	01:05:44	131	18.7	00:01:51	00:31:58	162	10:17	02:05:11.17

# Apple Duathlon

May 24, 2014

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- RUN -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace		Time	Plc	Mph	T2	Time	Plc			Pace
106	211	John Seiler	M	50	Sartell	MN	00:26:04	154	8:23	00:00:56	01:09:22	149	17.7	00:00:52	00:28:52	141	9:17		02:06:04.77
107	139	Nicholas Colatrella	M	45	Sartell	MN	00:25:58	153	8:21	00:01:07	01:06:33	133	18.5	00:00:52	00:32:51	167	10:34		02:07:20.31
108	205	Brian Roelofs	M	53	Sartell	MN	00:23:46	119	7:38	00:01:39	01:04:36	126	19.0	00:02:20	00:35:15	179	11:20		02:07:34.24
109	79	Peter Miller	M	57	Zimmerman	MN	00:27:36	177	8:52	00:01:16	01:08:28	146	18.0	00:01:16	00:30:05	153	9:40		02:08:38.31
110	68	Hank Larsen	M	74	Glencoe	MN	00:25:42	152	8:16	00:01:12	01:11:21	157	17.2	00:01:41	00:29:01	144	9:20		02:08:54.81
111	198	Ladd Ojala	M	44	Minneapolis	MN	00:25:32	150	8:13	00:00:49	01:07:33	140	18.2	00:01:13	00:35:41	182	11:29		02:10:48.00
112	222	Tom Zemke	M	54	Plymouth	MN	00:29:40	191	9:32	00:01:15	01:02:53	107	19.6	00:01:12	00:37:36	191	12:05		02:12:33.76
113	297	David Heffernan	M	64	Minneapolis	MN	00:26:42	163	8:35	00:01:08	01:12:16	162	17.0	00:01:16	00:32:52	168	10:34		02:14:10.80
114	190	Jonathan Mott	M	37	St. Cloud	MN	00:26:05	155	8:23	00:01:47	01:08:49	148	17.9	00:01:55	00:35:49	184	11:31		02:14:22.20
115	22	Bruce Bailey	M	58	Wayzata	MN	00:28:15	185	9:05	00:01:09	01:10:46	156	17.4	00:01:26	00:33:25	169	10:45		02:14:58.79
116	98	Garrett Roelofs	M	16	Sartell	MN	00:21:58	85	7:03	00:01:59	01:15:58	170	16.2	00:02:11	00:35:11	177	11:19		02:17:14.29
117	106	Daryl Stevens	M	72	Sartell	MN	00:31:46	193	10:13	00:01:27	01:08:03	145	18.1	00:00:57	00:38:03	193	12:14		02:20:12.68
118	136	Mike Bijold	M	46	Cold Spring	MN	00:24:37	134	7:55	00:01:49	01:21:17	185	15.1	00:01:32	00:31:17	158	10:04		02:20:29.65
119	322	John Licht	M	49	St. Cloud	MN	00:27:12	172	8:44	00:03:53	01:09:27	152	17.7	00:03:27	00:37:45	192	12:08		02:21:39.63
120	290	Chris Super	M	34	Sauk Centre	MN	00:23:44	118	7:38	00:00:55	01:32:45	195	13.3	00:01:17	00:28:05	135	9:02		02:26:43.40
121	90	Stephen Paladie	M	72	Plymouth	MN	00:31:49	195	10:14	00:01:26	01:17:02	175	16.0	00:01:27	00:36:05	186	11:36		02:27:45.91
122	310	Andrew Heinen	M	36	Paynesville	MN	00:26:53	166	8:38	00:00:42	01:19:22	181	15.5	00:00:45	00:41:35	196	13:22		02:29:14.25
123	204	Rob Rasmussen	M	43	St. Cloud	MN	00:27:10	171	8:44	00:01:18	01:26:42	189	14.2	00:01:05	00:35:50	185	11:31		02:32:03.61
124	309	Donald Kreis	M	57	Fargo	ND	00:28:58	190	9:19	00:01:54	01:28:49	191	13.9	00:01:36	00:32:09	164	10:20		02:33:22.72
125	279	Thomas Mills	M	51	Saint Louis Park	MN	00:53:27	202	17:12	00:02:07	01:09:46	154	17.6	00:02:04	00:26:38	120	8:34		02:33:59.49
126	195	Bryan Nelson	M	33	Saint Cloud	MN	00:26:19	158	8:28	00:00:42	01:32:38	193	13.3	00:00:39	00:34:56	176	11:14		02:35:12.02
127	196	Tim O'driscoll	M	50	Sartell	MN	00:27:03	170	8:42	00:01:18	01:28:07	190	14.0	00:01:53	00:37:15	190	11:59		02:35:33.93
128	220	Richard Wicklund	M	74	Lakeville	MN	00:32:43	196	10:31	00:02:53	01:17:57	176	15.8	00:02:34	00:40:57	195	13:10		02:37:01.03
129	137	Ed Bramlage	M	51	St. Cloud	MN	00:27:47	178	8:56	00:01:05	01:35:43	197	12.9	00:01:30	00:34:00	172	10:56		02:40:02.44
130	294	Todd Malcolm	M	52	St. Cloud	MN	00:37:05	197	11:56	00:01:59	01:28:53	192	13.8	00:01:27	00:43:07	198	13:52		02:52:29.19
131	116	Richard Weil	M	64	St. Paul	MN	00:30:56	192	9:57	00:03:32	01:50:47	202	11.1	00:03:21	00:31:48	161	10:13		03:00:20.61
132	94	Robert Powers	M	90	White Bear Lake	MN	00:51:34	201	16:35	00:02:27	01:43:47	200	11.9	00:02:43	01:01:22	202	19:44		03:41:50.02