

Gear West Duathlon

May 18, 2014

Overall Results - Female

Individual

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	155	Ruth Brennan-Morrey	F	38	Rochester	MN	00:17:43	8	6:19	00:00:33	00:42:05	11	23.7	00:00:30	00:18:01	7	6:25		01:18:50.35
2	122	Elaine Nelson	F	35	Duluth	MN	00:19:39	33	7:01	00:00:49	00:45:28	36	21.9	00:00:40	00:18:52	18	6:43		01:25:25.82
3	156	Bridget Mccoy	F	30	St. Paul	MN	00:20:17	42	7:14	00:00:32	00:45:45	40	21.8	00:00:36	00:20:33	38	7:20		01:27:40.37
4	159	Jennifer Scudiero	F	31	Eagan	MN	00:20:59	51	7:29	00:00:26	00:44:27	25	22.4	00:00:31	00:21:26	51	7:39		01:27:46.21
5	24	Erin Hyndman-Farrens	F	33	Maple Grove	MN	00:20:25	44	7:17	00:00:41	00:45:55	43	21.7	00:00:33	00:20:24	37	7:16		01:27:55.05
6	104	Kortney Haag	F	35	Maple Grove	MN	00:21:04	52	7:31	00:00:42	00:44:44	28	22.3	00:00:32	00:21:03	47	7:30		01:28:02.57
7	193	Nicole Heiningner	F	25	White Bear Lake	MN	00:22:00	71	7:51	00:00:30	00:43:34	21	22.9	00:00:29	00:22:11	65	7:55		01:28:41.98
8	23	Julie Hull	F	41	Farmington	MN	00:22:01	72	7:51	00:00:23	00:45:03	30	22.1	00:00:23	00:21:33	53	7:41		01:29:20.25
9	37	Jasmine Carlson	F	28	Becida	MN	00:20:35	45	7:20	00:00:34	00:46:19	46	21.5	00:00:29	00:22:08	63	7:54		01:30:02.43
10	49	Julia Weisbecker	F	48	Mendota Heights	MN	00:21:06	56	7:32	00:00:32	00:47:26	54	21.0	00:00:38	00:20:37	40	7:21		01:30:16.52
11	99	Tracie Kent	F	40	St Paul	MN	00:21:23	62	7:38	00:00:45	00:45:45	41	21.8	00:00:36	00:21:51	58	7:48		01:30:17.58
12	9	Andrea Myers	F	38	Plymouth	MN	00:21:08	57	7:32	00:00:28	00:46:10	44	21.6	00:00:34	00:22:03	61	7:52		01:30:19.54
13	13	Claire Bootsma	F	27	Saint Paul	MN	00:20:17	41	7:14	00:00:28	00:48:31	65	20.5	00:00:30	00:21:16	50	7:35		01:30:59.43
14	84	Sara Sampsel-Jones	F	39	Minneapolis	MN	00:21:22	61	7:37	00:00:43	00:46:46	47	21.3	00:00:55	00:21:37	55	7:43		01:31:19.97
15	60	Kayla Kjellman	F	21	Thunder Bay Ont	ON	00:21:06	54	7:31	00:00:45	00:48:16	63	20.6	00:00:43	00:21:38	56	7:43		01:32:24.59
16	137	Jan Guenther	F	54	Long Lake	MN	00:21:40	64	7:44	00:00:48	00:50:07	81	19.9	00:00:38	00:22:09	64	7:54		01:35:20.17
17	34	Jenny Thacker	F	39	Stillwater	MN	00:22:32	82	8:02	00:00:53	00:49:02	69	20.3	00:00:50	00:22:17	69	7:57		01:35:30.48
18	25	Mandy Stoesz	F	29	Buffalo	MN	00:21:40	63	7:44	00:00:52	00:50:16	82	19.8	00:00:59	00:22:24	70	7:59		01:36:09.31
19	64	Molly Uecker	F	30	Buffalo	MN	00:22:08	77	7:54	00:00:46	00:49:44	78	20.0	00:00:45	00:23:10	80	8:16		01:36:29.58
20	106	Veronica Bond	F	42	Rochester	MN	00:23:25	97	8:21	00:01:00	00:48:25	64	20.6	00:00:45	00:23:31	86	8:23		01:37:04.39
21	101	Laurie Stanek	F	50	Prior Lake	MN	00:23:45	103	8:28	00:00:57	00:51:09	88	19.5	00:00:33	00:23:31	87	8:23		01:39:53.39
22	102	Teresa Morgan	F	44	Minnetonka	MN	00:25:53	132	9:14	00:00:44	00:49:09	71	20.3	00:00:36	00:25:47	113	9:12		01:42:07.75
23	183	Naomi Hamer	F	39	Orono	MN	00:24:38	114	8:47	00:00:59	00:53:08	105	18.7	00:00:53	00:24:19	97	8:40		01:43:55.00
24	68	Heather Norton-Bower	F	41	St. Paul	MN	00:22:31	81	8:02	00:01:05	00:55:19	119	18.0	00:01:28	00:24:15	95	8:39		01:44:36.64
25	139	Ellen Mcnamara	F	31	Minneapolis	MN	00:22:06	75	7:53	00:00:49	00:59:39	146	16.7	00:00:49	00:22:30	72	8:02		01:45:51.65
26	190	Sheri Schrock	F	59	Cohasset	MN	00:26:23	142	9:25	00:00:55	00:51:39	93	19.3	00:00:40	00:26:44	123	9:32		01:46:18.28
27	138	Jean Nitchals	F	41	Minneapolis	MN	00:24:55	116	8:53	00:01:01	00:52:44	103	18.9	00:01:29	00:27:42	137	9:53		01:47:48.54
28	56	Erin Ladendorf	F	29	Minneapolis	MN	00:22:39	83	8:05	00:00:57	01:04:44	163	15.4	00:00:53	00:24:56	104	8:54		01:54:06.67
29	169	Deborah Thell	F	43	St. Cloud	MN	00:26:32	144	9:28	00:01:26	00:56:59	130	17.5	00:01:12	00:28:15	143	10:05		01:54:21.51
30	65	Sandra Steffen	F	39	Excelsior	MN	00:25:42	126	9:10	00:05:01	00:56:55	129	17.5	00:00:54	00:26:12	117	9:21		01:54:41.62
31	214	Melissa Gregory	F	40	Forest Lake	MN	00:25:22	121	9:03	00:01:00	01:01:32	153	16.2	00:00:53	00:27:17	133	9:44		01:56:01.10
32	132	Kristen Dyer	F	27	Edina	MN	00:29:19	164	10:27	00:00:46	00:58:03	138	17.2	00:00:41	00:27:17	134	9:44		01:56:03.32
33	109	Tracey Kubitz	F	48	Wayzata	MN	00:27:24	148	9:47	00:01:01	00:58:42	140	17.0	00:01:34	00:28:15	142	10:05		01:56:53.35
34	208	Jennifer Roesner	F	40	Minnetonka	MN	00:26:16	140	9:22	00:00:51	01:03:41	157	15.6	00:00:36	00:26:30	120	9:27		01:57:51.80
35	119	Sonja Daniels	F	40	Duluth	MN	00:27:50	150	9:56	00:01:03	00:58:46	141	17.0	00:00:52	00:29:52	152	10:39		01:58:21.69
36	12	Angie Hop	F	43	Rosemount	MN	00:28:04	154	10:01	00:01:17	00:57:01	132	17.5	00:01:37	00:30:55	162	11:02		01:58:50.69

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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
37	114	Lila Tully	F	63	St. Louis Park	MN	00:26:28	143	9:27	00:01:14	00:58:57	142	16.9	00:01:25	00:32:35	166	11:38	02:00:36.21
38	54	Julia Berg	F	31	Minneapolis	MN	00:25:50	130	9:13	00:01:44	01:05:05	164	15.3	00:01:41	00:28:40	146	10:13	02:02:56.61
39	127	Kaity Minnihan	F	28	St. Louis Park	MN	00:32:55	173	11:45	00:01:54	01:00:09	148	16.6	00:01:21	00:26:48	126	9:33	02:03:04.54
40	51	Shanna Boltz	F	29	Delano	MN	00:26:23	141	9:25	00:01:48	01:07:38	171	14.7	00:00:55	00:27:18	135	9:44	02:03:59.77
41	117	Carol Erickson	F	55	Chanhassen	MN	00:28:11	155	10:03	00:01:16	01:01:39	154	16.2	00:01:18	00:31:53	164	11:22	02:04:15.24
42	16	Suzanne Rudi	F	44	Edina	MN	00:26:14	139	9:21	00:04:20	01:00:09	149	16.6	00:03:20	00:30:17	157	10:48	02:04:17.34
43	48	Jill Terry	F	56	Shoreview	MN	00:29:38	168	10:34	00:01:04	01:03:53	159	15.6	00:01:11	00:30:08	156	10:45	02:05:52.56
44	92	Margaret Moss	F	34	Minneapolis	MN	00:27:28	149	9:48	00:01:26	01:04:23	161	15.5	00:01:42	00:32:13	165	11:30	02:07:09.06
45	82	Courtney Frakes	F	20	St. Louis Park	MN	00:28:38	160	10:13	00:01:07	01:05:54	166	15.1	00:01:26	00:30:55	161	11:02	02:07:58.04
46	168	Wanda Gierman	F	35	Rogers	MN	00:27:55	152	9:58	00:01:55	01:03:53	158	15.6	00:01:07	00:33:45	169	12:03	02:08:32.60
47	79	Beckie Perkins	F	48	Apple Valley	MN	00:32:05	172	11:27	00:01:18	01:00:38	151	16.4	00:01:52	00:33:32	168	11:58	02:09:22.29
48	29	Lynne Fredrickson	F	42	Waconia	MN	00:28:17	156	10:06	00:01:22	01:18:04	175	12.8	00:02:10	00:27:10	131	9:41	02:17:01.16
49	31	Heather Tillman	F	37	Bloomington	MN	00:28:18	157	10:06	00:01:13	01:18:21	176	12.7	00:02:03	00:27:09	130	9:41	02:17:01.21
50	149	Jen Sinsitalli	F	40	Mound	MN	00:33:14	175	11:51	00:03:41	01:07:30	169	14.8	00:01:41	00:38:18	178	13:40	02:24:21.16
51	83	Christine Fjalstad	F	53	Prior Lake	MN	00:37:25	179	13:21	00:01:31	01:05:40	165	15.2	00:01:28	00:41:37	180	14:51	02:27:39.06
52	105	Andrea Brandt	F	46	Edina	MN	00:31:04	171	11:05	00:01:00	01:18:33	177	12.7	00:01:14	00:36:31	175	13:02	02:28:20.02
53	73	Tina Ingalls	F	53	Center City	MN	00:33:05	174	11:48	00:01:16	01:22:16	179	12.1	00:00:55	00:33:30	167	11:57	02:30:58.90
54	74	Dawn Ash	F	49	Center City	MN	00:33:30	176	11:57	00:00:52	01:22:09	178	12.1	00:00:57	00:36:39	176	13:05	02:34:05.64
55	20	Jean Wood	F	64	Excelsior	MN	00:39:21	180	14:02	00:01:35	01:08:41	172	14.5	00:01:14	00:46:07	181	16:27	02:36:54.78
56	178	Karen Anderson	F	49	Hopkins	MN	00:40:19	181	14:23	00:02:40	01:50:49	181	9.0	00:01:59	00:08:50	1	3:09	02:44:33.63

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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
1	76	Dan Hedgecock	M	27	St. Paul	MN	00:15:53	1	5:40	00:00:25	00:38:30	2	25.9	00:00:27	00:17:02	3	6:04		01:12:14.59
2	112	Matthew Payne	M	37	Columbia Heights	MN	00:16:52	4	6:01	00:00:29	00:38:02	1	26.2	00:00:28	00:17:08	4	6:07		01:12:57.21
3	22	Brooks Grossinger	M	37	Mayer	MN	00:16:47	3	5:59	00:00:24	00:40:20	7	24.7	00:00:33	00:17:30	6	6:14		01:15:31.44
4	163	Brian Sames	M	27	Shakopee	MN	00:15:55	2	5:40	00:00:35	00:42:22	14	23.5	00:00:28	00:16:48	2	5:59		01:16:05.29
5	125	John Heinlein Iii	M	25	Stillwater	MN	00:17:55	10	6:23	00:00:20	00:39:33	6	25.2	00:00:26	00:18:16	10	6:31		01:16:27.69
6	19	Devon Palmer	M	27	Minneapolis	MN	00:18:05	15	6:27	00:00:24	00:39:13	4	25.4	00:00:26	00:18:46	17	6:42		01:16:51.21
7	129	John Shelp	M	42	Maple Plain	MN	00:18:01	14	6:25	00:00:25	00:39:29	5	25.2	00:00:27	00:19:01	21	6:47		01:17:20.78
8	161	Joe Johnson	M	33	Eagan	MN	00:17:57	12	6:24	00:00:34	00:39:08	3	25.5	00:00:32	00:19:29	27	6:57		01:17:36.82
9	110	Kyle Serreyn	M	23	Lakeville	MN	00:17:38	5	6:17	00:00:24	00:42:15	12	23.6	00:00:22	00:18:15	9	6:30		01:18:51.51
10	10	Scott Myers	M	38	Plymouth	MN	00:18:20	18	6:32	00:00:31	00:41:16	8	24.1	00:00:36	00:18:18	11	6:32		01:18:58.27
11	123	Chad Millner	M	37	Eden Prairie	MN	00:17:45	9	6:20	00:00:22	00:42:29	15	23.4	00:00:24	00:18:23	12	6:33		01:19:21.07
12	45	Mike Ladendorf	M	32	Farmington	MN	00:17:40	7	6:18	00:00:31	00:43:26	20	22.9	00:00:25	00:17:29	5	6:14		01:19:28.05
13	195	Patrick Griffith	M	20	Maple Grove	MN	00:17:56	11	6:24	00:00:31	00:42:21	13	23.5	00:00:23	00:18:45	16	6:41		01:19:53.95
14	153	Tony Schiller	M	56	Eden Prairie	MN	00:18:10	16	6:29	00:00:51	00:42:02	10	23.7	00:00:25	00:18:53	19	6:44		01:20:18.50
15	179	Andrew Zabel	M	34	Saint Joseph	MN	00:18:21	19	6:33	00:00:34	00:43:25	19	22.9	00:00:29	00:19:05	22	6:48		01:21:51.49
16	215	Michael Mittelsteadt	M	23	Apple Valley	MN	00:17:39	6	6:18	00:00:40	00:44:21	24	22.5	00:00:29	00:18:59	20	6:46		01:22:06.19
17	187	Seth Downs	M	38	Eden Prairie	MN	00:20:04	39	7:09	00:00:30	00:42:00	9	23.7	00:00:41	00:19:25	24	6:55		01:22:37.11
18	53	Greg Dummer	M	43	Minneapolis	MN	00:18:53	27	6:44	00:00:46	00:43:00	16	23.2	00:00:37	00:19:33	29	6:58		01:22:46.14
19	162	Ben Trnka	M	25	Roseville	MN	00:18:25	21	6:34	00:00:31	00:43:53	22	22.7	00:00:28	00:19:35	30	6:59		01:22:49.29
20	80	Matthew Trok	M	36	Maple Grove	MN	00:18:16	17	6:31	00:00:38	00:45:11	31	22.0	00:00:48	00:18:28	13	6:35		01:23:19.18
21	170	Matt Orzechowski	M	25	Richfield	MN	00:19:09	29	6:50	00:00:46	00:43:02	17	23.1	00:00:36	00:20:59	43	7:29		01:24:28.87
22	36	Shawn Kittridge	M	43	St. Cloud	MN	00:18:47	23	6:42	00:00:43	00:45:20	33	22.0	00:00:43	00:19:27	26	6:56		01:24:58.76
23	26	Tim Bode	M	46	Buffalo	MN	00:19:59	38	7:07	00:00:32	00:44:10	23	22.6	00:00:29	00:19:56	32	7:06		01:25:02.97
24	148	Leon Ball	M	48	Minneapolis	MN	00:18:50	26	6:43	00:00:48	00:45:49	42	21.7	00:00:36	00:19:11	23	6:51		01:25:12.00
25	58	Grant Nelson	M	39	Duluth	MN	00:19:16	31	6:52	00:00:49	00:45:14	32	22.0	00:00:41	00:19:27	25	6:56		01:25:25.81
26	158	Andrew Jones	M	29	Minneapolis	MN	00:18:49	24	6:42	00:01:03	00:45:31	37	21.9	00:00:40	00:19:44	31	7:02		01:25:44.06
27	210	Lucas Pedersen	M	26	Richfield	MN	00:18:23	20	6:33	00:00:34	00:47:45	58	20.9	00:00:35	00:19:30	28	6:57		01:26:44.81
28	27	Andrew Fabbrini	M	45	Somerset	WI	00:19:58	37	7:07	00:00:47	00:45:21	34	22.0	00:00:44	00:19:57	33	7:07		01:26:45.21
29	217	Chris Frykman	M	37	Minneapolis	MN	00:20:15	40	7:13	00:00:39	00:43:13	18	23.1	00:00:35	00:22:16	68	7:57		01:26:55.59
30	197	Thad Ingersoll	M	44	St. Paul	MN	00:18:54	28	6:44	00:00:28	00:47:14	50	21.1	00:00:31	00:20:03	34	7:09		01:27:06.47
31	160	Colin Smith	M	44	Minneapolis	MN	00:20:20	43	7:15	00:00:50	00:44:51	29	22.2	00:00:34	00:20:39	41	7:22		01:27:11.63
32	140	John Stangl	M	51	Buffalo	MN	00:20:44	48	7:24	00:00:50	00:44:38	27	22.3	00:00:43	00:20:35	39	7:21		01:27:28.32
33	171	Jason Migala	M	35	Sauk Rapids	MN	00:19:45	35	7:03	00:00:43	00:45:35	39	21.9	00:00:29	00:21:02	46	7:30		01:27:31.55
34	32	Michael Mack	M	34	Saint Paul	MN	00:18:00	13	6:25	00:01:27	00:49:29	73	20.1	00:01:02	00:18:37	14	6:38		01:28:31.68
35	167	Lance Elliott	M	43	Edina	MN	00:18:49	25	6:43	00:00:55	00:49:41	76	20.1	00:01:15	00:18:02	8	6:26		01:28:38.89
36	157	Paul Giannobile	M	54	Minnnetonka	MN	00:19:18	32	6:53	00:01:05	00:49:43	77	20.0	00:00:39	00:18:43	15	6:40		01:29:26.65

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	184	Rich Graske	M	54	Maple Grove	MN	00:21:15	60	7:35	00:00:44	00:46:53	48	21.2	00:00:43	00:21:35	54	7:42		01:31:07.31
38	120	Dave Schuneman	M	36	Duluth	MN	00:18:27	22	6:35	00:01:10	00:50:17	83	19.8	00:01:09	00:20:08	35	7:11		01:31:07.68
39	128	Dan Ellingsen	M	41	Maple Grove	MN	00:20:43	47	7:23	00:00:40	00:47:20	53	21.0	00:00:36	00:21:52	59	7:48		01:31:09.00
40	200	David Kerber	M	37	Maple Grove	MN	00:20:36	46	7:21	00:01:03	00:47:50	59	20.8	00:00:49	00:20:59	44	7:29		01:31:15.02
41	91	John Nolan	M	36	Minneapolis	MN	00:21:06	53	7:31	00:00:47	00:47:18	52	21.1	00:01:11	00:21:08	48	7:32		01:31:27.02
42	52	Brian Cruikshank	M	46	Eden Prairie	MN	00:19:13	30	6:51	00:00:53	00:50:03	79	19.9	00:00:35	00:21:58	60	7:50		01:32:40.01
43	207	Eric Roesner	M	39	Minnetonka	MN	00:21:58	70	7:50	00:00:51	00:47:00	49	21.2	00:00:46	00:22:14	66	7:56		01:32:45.91
44	62	Steve Storer	M	47	Rosemount	MN	00:21:13	59	7:34	00:01:05	00:47:52	60	20.8	00:01:11	00:21:40	57	7:44		01:32:59.18
45	172	Kerry Yndestad	M	54	Rosemount	MN	00:21:12	58	7:34	00:00:35	00:48:46	68	20.4	00:00:33	00:22:38	74	8:04		01:33:42.06
46	146	Jon Ruiz	M	43	Inver Grove Heights	MN	00:22:12	79	7:55	00:01:20	00:47:16	51	21.1	00:00:53	00:22:07	62	7:53		01:33:45.10
47	81	Ryan Saline	M	39	Cloquet	MN	00:23:10	88	8:16	00:00:56	00:47:35	56	20.9	00:00:37	00:22:15	67	7:56		01:34:31.11
48	131	Daniel Dederichs	M	47	Waverly	MN	00:23:16	93	8:18	00:01:00	00:45:26	35	21.9	00:00:49	00:24:43	102	8:49		01:35:11.92
49	21	Brad Kuen	M	24	Saint Louis Park	MN	00:22:09	78	7:54	00:00:53	00:48:14	62	20.7	00:00:55	00:23:12	81	8:16		01:35:20.37
50	192	Tim J Walker	M	47	Minnetonka	MN	00:23:44	102	8:28	00:00:49	00:46:10	45	21.6	00:00:42	00:24:29	99	8:44		01:35:50.70
51	130	Jonathan Radloff	M	29	Minneapolis	MN	00:20:52	50	7:26	00:01:04	00:52:47	104	18.9	00:01:08	00:20:22	36	7:16		01:36:10.64
52	196	Robbie Halvorson	M	49	Plymouth	MN	00:25:12	119	8:59	00:00:43	00:44:33	26	22.4	00:00:39	00:25:22	112	9:03		01:36:27.10
53	2	Christopher Hawes	M	40	Minneapolis	MN	00:23:20	95	8:19	00:00:57	00:47:43	57	20.9	00:00:41	00:24:03	94	8:35		01:36:42.13
54	15	David Leard	M	50	Rosemount	MN	00:23:14	91	8:17	00:00:34	00:49:12	72	20.2	00:00:33	00:23:21	83	8:20		01:36:50.06
55	100	Martin Wera	M	36	Minneapolis	MN	00:21:06	55	7:32	00:01:04	00:51:11	89	19.5	00:01:03	00:22:37	73	8:04		01:36:58.25
56	173	Nick Manzoni	M	20	Orono	MN	00:20:46	49	7:24	00:01:34	00:52:13	97	19.1	00:01:38	00:21:00	45	7:29		01:37:08.41
57	133	Brian Burkhartzmeyer	M	57	Lakeville	MN	00:21:53	69	7:48	00:01:08	00:50:18	84	19.8	00:01:07	00:22:45	77	8:07		01:37:08.94
58	216	Jeremy Reichenberger	M	23	Minneapolis	MN	00:19:41	34	7:01	00:00:56	00:54:56	114	18.1	00:00:51	00:20:48	42	7:25		01:37:09.71
59	28	John Will	M	48	Edina	MN	00:21:46	68	7:46	00:01:19	00:50:46	85	19.6	00:01:10	00:23:12	82	8:16		01:38:08.95
60	69	Matt Bower	M	40	St. Paul	MN	00:19:46	36	7:03	00:00:55	00:55:53	121	17.8	00:00:25	00:21:14	49	7:34		01:38:10.56
61	85	Matthew Becker	M	43	St Louis Park	MN	00:21:41	65	7:44	00:00:47	00:51:31	92	19.3	00:00:43	00:23:33	88	8:24		01:38:13.35
62	144	Brian Mitchell	M	51	Plymouth	MN	00:24:13	106	8:38	00:00:53	00:47:54	61	20.8	00:00:42	00:24:57	106	8:54		01:38:36.30
63	47	David Gorman	M	58	Minneapolis	MN	00:24:22	108	8:41	00:01:01	00:47:35	55	20.9	00:00:59	00:24:56	103	8:54		01:38:50.45
64	182	Jason Wedel	M	42	Savage	MN	00:22:04	74	7:52	00:00:51	00:53:41	107	18.6	00:00:41	00:22:51	78	8:09		01:40:05.99
65	181	Gregg Steiger	M	48	Minnetonka	MN	00:29:30	166	10:31	00:00:52	00:45:31	38	21.9	00:00:57	00:23:23	84	8:20		01:40:09.63
66	77	Bryce Rasmussen	M	25	Fort Dodge	IA	00:22:53	85	8:10	00:01:22	00:52:32	100	19.0	00:01:06	00:22:41	75	8:05		01:40:30.79
67	6	Erik Fagerstrom	M	24	Crystal	MN	00:24:25	110	8:43	00:00:55	00:50:56	86	19.6	00:00:56	00:23:27	85	8:22		01:40:36.08
68	8	Aaron Snyder	M	23	Maple Grove	MN	00:23:37	99	8:25	00:01:23	00:51:19	90	19.4	00:01:03	00:23:34	89	8:24		01:40:54.42
69	59	Rick Abrahamson	M	51	Andover	MN	00:23:11	89	8:16	00:01:18	00:48:45	67	20.4	00:01:13	00:26:40	121	9:31		01:41:05.62
70	75	Nick Johnson	M	32	Plymouth	MN	00:23:19	94	8:19	00:00:50	00:52:42	102	18.9	00:00:49	00:23:46	91	8:29		01:41:24.43
71	70	Robert Delaune	M	49	Shoreview	MN	00:21:45	67	7:45	00:01:09	00:55:30	120	17.9	00:01:01	00:22:25	71	8:00		01:41:48.45
72	93	Andrew Hed	M	18	North Oaks	MN	00:22:28	80	8:01	00:00:52	00:50:57	87	19.6	00:00:50	00:26:46	124	9:33		01:41:49.81

Gear West Duathlon

May 18, 2014

Overall Results - Male

Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	78	Matthias Pemberton	M	25	Becida	MN	00:23:15	92	8:18	00:00:55	00:49:35	74	20.1	00:00:41	00:28:14	141	10:04		01:42:36.90
74	143	Scott Hammel	M	39	Minneapolis	MN	00:24:14	107	8:39	00:01:32	00:52:01	96	19.1	00:00:54	00:24:01	93	8:34		01:42:40.70
75	142	Kyle Lehenbauer	M	39	New Brighton	MN	00:25:40	125	9:09	00:00:43	00:49:40	75	20.1	00:00:49	00:26:20	119	9:24		01:43:09.76
76	86	Jeff Hunsaker	M	36	Minneapolis	MN	00:24:47	115	8:50	00:00:52	00:51:22	91	19.4	00:00:57	00:25:16	111	9:01		01:43:11.18
77	41	Eric Bergstrom	M	37	Eden Prairie	MN	00:26:11	138	9:21	00:01:07	00:50:04	80	19.9	00:00:55	00:25:09	108	8:58		01:43:23.79
78	95	Josh Stahl	M	45	Mnnetonka	MN	00:25:29	123	9:06	00:01:03	00:49:07	70	20.3	00:01:30	00:26:42	122	9:32		01:43:49.00
79	89	Alec Kretschman	M	19	Columbus	WI	00:21:45	66	7:45	00:01:07	00:58:19	139	17.1	00:01:12	00:21:33	52	7:41		01:43:52.37
80	72	Michael Iwan	M	43	Golden Valley	MN	00:24:26	111	8:43	00:00:58	00:53:38	106	18.6	00:01:19	00:23:59	92	8:33		01:44:18.63
81	186	Curt Lockman	M	33	Lakeville	MN	00:25:12	118	8:59	00:00:40	00:53:54	108	18.5	00:00:35	00:24:37	100	8:47		01:44:55.09
82	141	Jeff Spanier	M	40	Minneapolis	MN	00:23:12	90	8:17	00:01:15	00:54:59	115	18.1	00:01:05	00:24:40	101	8:48		01:45:08.30
83	14	Greg Kurowski	M	51	Victoria	MN	00:28:37	159	10:12	00:01:09	00:48:43	66	20.4	00:00:53	00:25:55	114	9:15		01:45:14.30
84	165	Jason Berg	M	31	Columbia Heights	MN	00:23:38	101	8:26	00:01:13	00:55:04	117	18.1	00:01:11	00:24:17	96	8:40		01:45:21.22
85	212	Gregg Garretson	M	56	Red Wing	MN	00:26:00	135	9:16	00:00:57	00:51:48	94	19.2	00:00:48	00:25:59	115	9:16		01:45:28.38
86	67	Chris Guertin	M	42	Minneapolis	MN	00:24:29	112	8:44	00:01:17	00:52:31	99	19.0	00:00:42	00:26:52	127	9:35		01:45:46.86
87	96	Paul Morrissey	M	34	Blaine	MN	00:25:44	128	9:11	00:01:26	00:51:57	95	19.2	00:01:40	00:25:10	109	8:59		01:45:53.82
88	219	Jay Lyons	M	50	Minneapolis	MN	00:25:01	117	8:55	00:01:11	00:54:34	112	18.3	00:00:53	00:25:14	110	9:00		01:46:50.51
89	164	Kurt Rahkola	M	56	Maple Plain	MN	00:23:20	96	8:19	00:01:33	00:57:01	131	17.5	00:01:36	00:23:38	90	8:26		01:47:05.47
90	135	John Hughes	M	45	Long Lake	MN	00:23:37	100	8:25	00:01:19	00:57:34	135	17.3	00:00:59	00:24:20	98	8:41		01:47:46.21
91	221	Doug Moore	M	51	Minneapolis	MN	00:24:11	105	8:37	00:01:44	00:55:16	118	18.0	00:01:46	00:25:00	107	8:55		01:47:54.26
92	176	Chris Prew	M	47	Minneapolis	MN	00:25:18	120	9:01	00:01:35	00:54:20	110	18.3	00:01:04	00:26:16	118	9:22		01:48:31.12
93	30	Bruce Jenkinson	M	56	Minneapolis	MN	00:22:59	87	8:12	00:01:08	00:56:05	124	17.8	00:01:42	00:26:57	128	9:37		01:48:48.47
94	177	Matt Ostrowski	M	45	Chaska	MN	00:25:58	134	9:16	00:01:06	00:52:35	101	18.9	00:01:01	00:28:28	144	10:09		01:49:05.80
95	194	Hunter Wheeler	M	16	Edina	MN	00:22:51	84	8:09	00:00:52	00:54:31	111	18.3	00:00:52	00:30:08	155	10:45		01:49:11.63
96	66	Brad Osterbauer	M	55	Apple Valley	MN	00:25:58	133	9:16	00:01:13	00:54:20	109	18.3	00:01:28	00:27:00	129	9:38		01:49:56.14
97	98	Louis Ahlstrand	M	60	Shafer	MN	00:25:51	131	9:13	00:01:03	00:55:58	122	17.8	00:00:50	00:26:46	125	9:33		01:50:26.27
98	154	Samuel Challgren	M	18	Independence	MN	00:22:54	86	8:10	00:00:58	00:59:37	145	16.7	00:00:55	00:26:08	116	9:19		01:50:28.92
99	50	Paul Gaskin	M	46	Victoria	MN	00:24:24	109	8:42	00:01:06	00:56:14	125	17.7	00:00:56	00:28:03	139	10:00		01:50:39.85
100	213	Lance Hauge	M	42	Minneapolis	MN	00:22:08	76	7:54	00:00:58	01:03:55	160	15.6	00:01:06	00:22:42	76	8:06		01:50:46.50
101	90	Michael Feldbaum	M	33	Minneapolis	MN	00:26:10	137	9:20	00:00:57	00:52:28	98	19.0	00:00:50	00:30:26	158	10:51		01:50:48.65
102	71	Zach Pettus	M	32	Minneapolis	MN	00:23:36	98	8:25	00:01:03	00:55:00	116	18.1	00:01:26	00:29:46	151	10:37		01:50:48.74
103	94	Hank Larsen	M	73	Glencoe	MN	00:25:29	124	9:06	00:00:53	00:57:15	133	17.4	00:00:51	00:27:14	132	9:43		01:51:40.07
104	44	Michael Mccue	M	38	Saint Paul	MN	00:25:43	127	9:10	00:00:51	00:54:49	113	18.2	00:00:49	00:29:57	153	10:41		01:52:06.09
105	218	Tim Owen	M	47	Richfield	MN	00:24:09	104	8:37	00:01:52	00:59:30	144	16.7	00:02:24	00:24:57	105	8:54		01:52:48.86
106	174	Charles Manzoni	M	67	Orono	MN	00:25:46	129	9:12	00:01:50	00:56:26	126	17.7	00:01:52	00:27:19	136	9:45		01:53:10.54
107	211	Paul Bruzek	M	48	Minneapolis	MN	00:26:09	136	9:20	00:01:11	00:57:45	136	17.3	00:01:07	00:28:13	140	10:04		01:54:22.00
108	55	Andy Berg	M	42	Minneapolis	MN	00:26:32	145	9:28	00:01:21	00:58:01	137	17.2	00:01:12	00:27:54	138	9:57		01:54:57.59

Gear West Duathlon

May 18, 2014

Overall Results - Male

Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
109	87	David Crosser	M	47	Eden Prairie	MN	00:22:04	73	7:52	00:00:52	01:10:28	173	14.1	00:01:06	00:23:04	79	8:14	01:57:32.41
110	17	John Zumhofe	M	63	Sioux Falls	SD	00:28:31	158	10:10	00:01:17	00:57:20	134	17.4	00:01:10	00:29:32	149	10:32	01:57:46.77
111	185	Robert Bros	M	45	Savage	MN	00:27:56	153	9:58	00:02:02	00:56:48	128	17.5	00:03:06	00:28:37	145	10:13	01:58:27.21
112	42	Christopher Hedberg	M	44	Maple Plain	MN	00:27:51	151	9:56	00:01:32	00:59:06	143	16.9	00:01:28	00:29:37	150	10:34	01:59:31.76
113	63	Gery Haag	M	60	Johnston	IA	00:28:54	161	10:18	00:01:11	00:59:43	147	16.7	00:01:06	00:29:58	154	10:42	02:00:49.47
114	43	Craig Laing	M	44	Excelsior	MN	00:26:41	146	9:31	00:01:44	01:00:18	150	16.5	00:01:51	00:30:31	160	10:53	02:01:03.81
115	18	Tony Brown	M	52	Lakeville	MN	00:29:50	169	10:39	00:01:55	00:56:48	127	17.5	00:01:33	00:31:04	163	11:05	02:01:07.45
116	61	Kevin Kolle	M	45	Chaska	MN	00:26:43	147	9:32	00:01:43	01:02:07	156	16.0	00:01:59	00:30:30	159	10:53	02:03:00.32
117	136	Anders Knutson	M	18	Mound	MN	00:24:37	113	8:47	00:01:02	01:07:37	170	14.7	00:01:05	00:29:19	147	10:27	02:03:38.78
118	33	Mark Johnson	M	45	Stillwater	MN	00:29:37	167	10:34	00:01:21	00:56:02	123	17.8	00:01:14	00:37:47	177	13:29	02:05:58.56
119	198	John Reuter	M	52	Minnnetonka	MN	00:29:26	165	10:30	00:01:45	01:02:03	155	16.1	00:01:41	00:34:27	170	12:18	02:09:19.81
120	118	Steve Paladie	M	71	Plymouth	MN	00:30:37	170	10:56	00:01:24	01:01:09	152	16.3	00:01:17	00:35:29	174	12:40	02:09:54.52
121	88	Colin Scheibe	M	44	Columbus	WI	00:34:03	177	12:09	00:01:04	01:04:41	162	15.4	00:00:55	00:34:37	172	12:21	02:15:17.47
122	1	Sebastian Villanueva	M	9	Minneapolis	MN	00:29:16	163	10:27	00:02:39	01:06:59	167	14.9	00:02:13	00:34:35	171	12:20	02:15:38.89
123	97	Ramon Villanueva	M	34	Minneapolis	MN	00:29:16	162	10:26	00:02:37	01:07:00	168	14.9	00:02:13	00:34:37	173	12:21	02:15:40.06
124	115	Omar Palacios	M	31	Burnsville	MN	00:25:25	122	9:04	00:00:59	01:25:35	180	11.6	00:01:11	00:29:21	148	10:28	02:22:28.89
125	189	Arthur Ostrowski	M	13	Chaska	MN	00:34:03	178	12:09	00:01:50	01:14:32	174	13.4	00:01:28	00:40:34	179	14:29	02:32:24.59