

Apple Duathlon

May 23, 2015

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
1	30	Elaine Nelson	F	36	Duluth	MN	00:18:27	23	5:56	00:00:54	00:54:55	32	22.4	00:00:50	00:19:02	19	6:07	01:34:06.32
2	3	Suzie Fox	F	32	Chaska	MN	00:18:55	31	6:05	00:00:43	00:53:58	23	22.8	00:00:31	00:20:34	36	6:37	01:34:39.68
3	54	Sheena Dauer	F	33	Montevideo	MN	00:18:42	29	6:00	00:00:54	00:56:42	44	21.7	00:01:04	00:19:00	18	6:06	01:36:18.91
4	5	Kortney Haag	F	36	Maple Grove	MN	00:20:18	53	6:31	00:00:43	00:54:21	27	22.6	00:00:34	00:21:14	51	6:49	01:37:07.06
5	22	Lisa Lendway	F	34	St. Paul	MN	00:19:10	39	6:09	00:00:32	00:56:32	43	21.8	00:00:27	00:20:52	42	6:42	01:37:29.73
6	300	Christina Roberts	F	29	St. Louis Park	MN	00:19:55	47	6:24	00:00:43	00:56:53	49	21.6	00:00:39	00:20:06	32	6:28	01:38:12.56
7	19	Jennifer Scudiero	F	33	Eagan	MN	00:20:40	63	6:38	00:00:34	00:54:58	33	22.4	00:00:35	00:21:45	58	6:59	01:38:29.01
8	7	Nicole Heininger	F	27	White Bear Lake	MN	00:21:01	72	6:45	00:00:37	00:54:32	28	22.6	00:00:40	00:22:31	72	7:14	01:39:18.03
9	116	Manuela Knispel	F	44	Shorewood	MN	00:19:18	42	6:12	00:00:51	00:57:26	52	21.4	00:00:57	00:20:57	44	6:44	01:39:26.93
10	2	Jasmine Carlson	F	30	Becida	MN	00:20:28	57	6:34	00:00:44	00:56:05	41	21.9	00:00:33	00:22:31	71	7:14	01:40:18.02
11	39	Sara Carlson	F	37	Brainerd	MN	00:20:46	64	6:41	00:00:38	00:57:13	51	21.5	00:00:40	00:21:33	54	6:55	01:40:47.66
12	146	Andrea Myers	F	39	Plymouth	MN	00:21:10	75	6:48	00:00:37	00:57:30	55	21.4	00:00:44	00:22:26	68	7:13	01:42:25.70
13	6	Diane Hankee	F	38	Lino Lakes	MN	00:19:09	38	6:09	00:00:38	00:55:48	39	22.1	00:00:37	00:27:18	134	8:46	01:43:27.53
14	100	Krisana Hoff	F	38	Excelsior	MN	00:19:06	36	6:08	00:01:00	01:02:18	97	19.8	00:00:50	00:20:22	33	6:33	01:43:32.65
15	21	Megan Erlandson	F	25	Minneapolis	MN	00:19:06	37	6:08	00:00:54	01:01:51	95	19.9	00:01:08	00:20:48	40	6:41	01:43:45.02
16	142	Ann Moyer	F	36	Rochester	MN	00:21:22	83	6:52	00:00:54	00:58:35	65	21.0	00:00:49	00:22:36	74	7:16	01:44:13.17
17	166	Shelley Ostrander	F	30	Shoreview	MN	00:21:20	82	6:51	00:00:34	00:57:29	54	21.4	00:00:37	00:25:44	114	8:16	01:45:41.94
18	204	Tracy Serreyn	F	51	Lakeville	MN	00:21:24	84	6:53	00:00:42	01:00:52	86	20.2	00:00:48	00:23:31	87	7:34	01:47:14.57
19	45	Sara Conrad	F	36	Minneapolis	MN	00:20:35	62	6:37	00:00:52	01:03:53	104	19.3	00:00:44	00:21:48	60	7:00	01:47:48.85
20	52	Greta Danielson	F	22	St. Cloud	MN	00:21:43	91	6:59	00:00:39	01:02:19	98	19.7	00:00:33	00:23:11	83	7:27	01:48:22.20
21	69	Michelle Eversman	F	34	Eden Prairie	MN	00:18:57	34	6:05	00:00:55	01:07:21	128	18.3	00:01:23	00:19:53	29	6:23	01:48:26.36
22	113	Tracie Kent	F	41	St Paul	MN	00:23:23	114	7:31	00:00:55	00:58:46	67	20.9	00:00:47	00:24:49	106	7:59	01:48:39.04
23	121	Cindy Lewandowski	F	53	Sartell	MN	00:21:37	90	6:57	00:01:00	01:04:35	113	19.1	00:00:53	00:22:38	75	7:16	01:50:40.62
24	97	Lisa Hines	F	53	Waite Park	MN	00:22:03	97	7:05	00:00:55	01:05:27	120	18.8	00:00:40	00:24:03	97	7:44	01:53:05.63
25	209	Emily Stenzel	F	26	Sartell	MN	00:21:51	94	7:01	00:01:01	01:08:36	134	17.9	00:00:53	00:22:43	76	7:18	01:55:01.89
26	92	Erin Haugen	F	35	Grand Forks	ND	00:23:32	117	7:34	00:01:31	01:03:22	101	19.4	00:01:41	00:25:10	109	8:05	01:55:14.26
27	60	Kim Diskerud	F	33	St. Cloud	MN	00:21:31	88	6:55	00:00:53	01:09:33	143	17.7	00:01:05	00:23:40	91	7:36	01:56:38.66
28	51	Sara Dalton	F	26	St. Cloud	MN	00:24:39	139	7:55	00:00:48	01:05:37	121	18.8	00:00:48	00:25:13	110	8:06	01:57:02.53
29	200	Sheri Schrock	F	61	Cohasset	MN	00:26:16	159	8:27	00:00:44	01:01:55	96	19.9	00:00:55	00:27:20	135	8:47	01:57:06.58
30	99	Anne Hoeschen	F	42	Freeport	MN	00:24:35	138	7:54	00:00:54	01:05:02	116	18.9	00:00:52	00:26:09	119	8:24	01:57:29.73
31	105	Judy Januschka Murray	F	56	Sartell	MN	00:25:15	150	8:07	00:01:06	01:04:31	110	19.1	00:00:55	00:26:49	129	8:37	01:58:34.12
32	196	Dayna Schleppenbach	F	24	Duluth	MN	00:22:52	106	7:21	00:00:57	01:10:23	148	17.5	00:00:44	00:24:02	96	7:44	01:58:55.65
33	213	Diane Stoller	F	56	Maple Grove	MN	00:24:52	144	8:00	00:01:24	01:04:17	106	19.1	00:01:21	00:27:27	141	8:50	01:59:18.25
34	212	Pam Stevens	F	62	Sartell	MN	00:25:26	152	8:10	00:00:56	01:04:18	107	19.1	00:00:59	00:28:18	150	9:06	01:59:55.25
35	172	Judith Peters	F	55	St. Cloud	MN	00:24:06	125	7:45	00:01:27	01:06:35	123	18.5	00:01:13	00:27:10	132	8:44	02:00:27.20

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	167	Billie Pace-Graczyk	F	29	Crystal	MN	00:23:19	111	7:29	00:01:46	01:11:53	155	17.1	00:01:53	00:24:42	103	7:56		02:03:30.16
37	194	Amy Schaefer	F	38	Freeport	MN	00:23:38	120	7:36	00:00:57	01:14:01	164	16.6	00:00:52	00:25:49	116	8:18		02:05:15.36
38	206	Bev Soukup	F	54	Sartell Mn	MN	00:25:00	146	8:02	00:00:55	01:11:30	152	17.2	00:00:55	00:27:21	136	8:47		02:05:37.56
39	101	Rebekah Holmes	F	28	Saint Cloud	MN	00:22:47	103	7:19	00:00:45	01:16:36	177	16.1	00:00:47	00:24:45	105	7:57		02:05:38.25
40	218	Deborah Thell	F	45	St. Cloud	MN	00:25:40	153	8:15	00:01:43	01:09:44	146	17.6	00:01:22	00:27:25	139	8:49		02:05:51.90
41	58	Allie Delong	F	31	St. Joseph	MN	00:23:45	121	7:38	00:01:55	01:15:41	171	16.3	00:02:05	00:24:12	101	7:47		02:07:35.53
42	117	Audra Kulick	F	46	Sartell	MN	00:26:15	158	8:26	00:01:14	01:12:18	158	17.0	00:01:13	00:29:24	157	9:27		02:10:22.30
43	94	Amy Hedtke	F	32	Sartell	MN	00:25:22	151	8:09	00:01:08	01:14:41	167	16.5	00:01:19	00:28:30	152	9:10		02:10:58.27
44	247	Amy Lee	F	41	Champlin	MN	00:26:41	162	8:35	00:01:20	01:15:29	170	16.3	00:01:16	00:27:30	142	8:50		02:12:14.14
45	130	Cathleen Mcginnity	F	50	Luck	WI	00:28:23	178	9:08	00:01:10	01:10:34	149	17.4	00:01:11	00:31:37	170	10:10		02:12:53.34
46	77	Amy Foss	F	34	Sauk Rapids	MN	00:27:27	169	8:49	00:01:00	01:11:47	154	17.1	00:01:04	00:31:38	171	10:10		02:12:53.47
47	228	Beth Wengler	F	50	Saint Cloud	MN	00:28:32	180	9:10	00:01:12	01:09:49	147	17.6	00:01:43	00:32:03	174	10:18		02:13:16.18
48	181	Emily Quandt	F	18	Annandale	MN	00:25:08	148	8:05	00:00:58	01:19:18	189	15.5	00:00:50	00:28:23	151	9:08		02:14:35.13
49	148	Tammy Myhrwold	F	57	Sartell	MN	00:25:59	155	8:21	00:01:43	01:17:31	184	15.9	00:01:34	00:29:18	155	9:25		02:16:02.85
50	110	Joan Karpel	F	48	Sartell	MN	00:28:15	176	9:05	00:01:30	01:12:13	157	17.0	00:01:36	00:33:29	187	10:46		02:17:00.70
51	235	Michelle Williams	F	27	Minneapolis	MN	00:26:03	156	8:23	00:01:15	01:19:12	188	15.5	00:01:15	00:29:32	159	9:30		02:17:15.39
52	64	Julia Dowden	F	26	St Cloud	MN	00:27:23	167	8:48	00:01:19	01:14:53	169	16.4	00:01:27	00:32:17	177	10:23		02:17:15.90
53	188	Shelley Wessel	F	56	Delano	MN	00:28:25	179	9:08	00:01:17	01:14:03	165	16.6	00:01:29	00:32:30	180	10:27		02:17:39.82
54	137	Kelli Millslagle	F	30	Minneapolis	MN	00:26:25	161	8:29	00:01:37	01:16:03	173	16.2	00:01:11	00:32:45	182	10:32		02:17:58.25
55	233	Krisie Widvey	F	41	Sartell	MN	00:27:24	168	8:48	00:01:01	01:16:23	175	16.1	00:01:02	00:33:10	184	10:40		02:18:58.23
56	68	Amy Edelstein	F	50	North Mankato	MN	00:29:05	187	9:21	00:01:25	01:16:25	176	16.1	00:01:35	00:31:52	173	10:15		02:20:20.07
57	193	Michel Sanders	F	62	Saint Paul	MN	00:28:53	186	9:17	00:01:50	01:16:16	174	16.1	00:01:54	00:32:26	179	10:26		02:21:15.86
58	153	Lana Nelson	F	42	Sartell	MN	00:28:12	175	9:04	00:02:13	01:17:23	182	15.9	00:01:30	00:32:47	183	10:33		02:22:03.04
59	203	Theresa Klamann	F	58	Lino Lakes	MN	00:29:08	188	9:22	00:01:33	01:18:18	186	15.7	00:01:49	00:32:20	178	10:24		02:23:05.08
60	225	Karen Wear	F	43	Apple Valley	MN	00:27:59	174	9:00	00:01:07	01:24:22	197	14.6	00:00:48	00:29:01	153	9:20		02:23:14.89
61	87	Jodi Hanson	F	47	Elk River	MN	00:29:16	189	9:24	00:01:29	01:15:58	172	16.2	00:01:28	00:36:06	192	11:36		02:24:14.17
62	111	Kimberly Kasper	F	43	St. Cloud	MN	00:26:16	160	8:27	00:01:24	01:29:18	202	13.8	00:01:07	00:29:51	160	9:36		02:27:53.74
63	201	Melissa Schyma	F	32	Foley	MN	00:28:41	183	9:13	00:01:31	01:31:54	204	13.4	00:01:00	00:31:07	165	10:00		02:34:10.47
64	217	Michelle Templin	F	52	Foley	MN	00:30:28	194	9:48	00:01:13	01:30:22	203	13.6	00:00:55	00:37:42	196	12:07		02:40:36.25
65	125	Fran Marquart	F	73	Roy	WA	00:36:01	203	11:35	00:01:50	01:22:34	196	14.9	00:01:53	00:42:34	202	13:41		02:44:48.92
66	178	Tammy Praught	F	42	Brainerd	MN	00:34:18	201	11:02	00:02:26	01:21:34	193	15.1	00:02:49	00:45:31	204	14:38		02:46:35.52
67	179	Tasha Praught	F	46	Champlin	MN	00:34:18	202	11:02	00:02:19	01:21:42	194	15.1	00:02:47	00:45:32	205	14:39		02:46:35.76
68	42	Stacy Chmielewski	F	43	Foley	MN	00:29:40	191	9:32	00:03:13	01:32:24	206	13.3	00:01:59	00:40:04	197	12:53		02:47:17.09
69	78	Kayla Foss	F	26	Milaca	MN	00:28:41	182	9:13	00:01:26	01:35:09	208	12.9	00:01:55	00:40:09	198	12:55		02:47:17.11
70	207	Jennifer Starry	F	39	Foley	MN	00:31:54	199	10:15	00:01:01	01:34:48	207	13.0	00:01:09	00:41:22	201	13:18		02:50:12.26

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
71	185	Ann Rhea	F	68	Plymouth	MN	00:38:30	207	12:23	00:02:07	01:27:37	198	14.0	00:02:29	00:41:10	200	13:14		02:51:51.01
72	299	Christine Fjalstad	F	55	Prior Lake	MN	00:41:14	209	13:16	00:01:58	01:22:32	195	14.9	00:01:53	00:49:58	208	16:04		02:57:33.38
73	180	Sybil Priebe	F	38	Wahpeton	ND	00:38:08	205	12:16	00:00:52	01:31:55	205	13.4	00:01:03	00:46:10	206	14:51		02:58:06.40
74	237	Jean Wood	F	66	Excelsior	MN	00:40:40	208	13:05	00:01:55	01:28:40	201	13.9	00:01:54	00:48:11	207	15:30		03:01:18.18

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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	17	Matthew Payne	M	38	Columbia Heights	MN	00:16:18	6	5:14	00:00:33	00:46:08	1	26.7	00:00:29	00:17:20	5	5:34		01:20:45.34
2	16	Patrick Parish	M	30	Minneapolis	MN	00:15:43	3	5:03	00:00:27	00:48:35	2	25.3	00:00:25	00:17:12	2	5:31		01:22:18.50
3	4	Brooks Grossinger	M	38	Mayer	MN	00:15:49	5	5:05	00:00:29	00:49:21	3	24.9	00:00:29	00:17:25	6	5:36		01:23:29.69
4	8	Nate Hoffman	M	32	South Haven	MN	00:15:26	1	4:58	00:00:37	00:51:03	8	24.1	00:00:26	00:16:51	1	5:25		01:24:21.59
5	18	Brian Sames	M	29	Shakopee	MN	00:15:37	2	5:01	00:00:36	00:50:58	7	24.1	00:00:31	00:17:15	3	5:32		01:24:54.18
6	9	Bennett Isabella	M	33	Burnsville	MN	00:15:48	4	5:05	00:00:38	00:50:42	6	24.3	00:00:30	00:17:55	9	5:45		01:25:29.84
7	102	Larry Hosch	M	38	St Joseph	MN	00:17:16	14	5:33	00:00:35	00:50:41	5	24.3	00:00:25	00:17:51	8	5:44		01:26:45.10
8	36	Mike Buenting	M	41	Chanhassen	MN	00:17:09	12	5:31	00:00:34	00:51:20	10	24.0	00:00:30	00:18:33	13	5:58		01:28:04.10
9	20	Kevin O'connor	M	44	Medina	MN	00:16:29	7	5:18	00:00:29	00:51:06	9	24.1	00:00:29	00:19:37	24	6:18		01:28:06.68
10	23	Brandon Ordway	M	33	Maplewood	MN	00:17:30	17	5:37	00:00:50	00:52:03	15	23.6	00:00:35	00:17:35	7	5:39		01:28:29.92
11	13	Chad Millner	M	39	Eden Prairie	MN	00:16:43	9	5:22	00:00:27	00:52:38	19	23.4	00:00:27	00:18:38	14	5:59		01:28:50.48
12	86	James Hannon	M	57	Rochester	MN	00:17:43	19	5:42	00:00:38	00:51:51	14	23.7	00:00:37	00:18:41	15	6:00		01:29:26.38
13	14	Scott Myers	M	40	Plymouth	MN	00:17:48	21	5:43	00:00:34	00:51:38	12	23.8	00:00:40	00:18:50	16	6:03		01:29:27.33
14	155	Ben Nemeth	M	42	Sartell	MN	00:17:25	16	5:36	00:00:49	00:52:27	17	23.5	00:00:39	00:18:53	17	6:04		01:30:10.81
15	12	Travis Miller	M	36	Nisswa	MN	00:17:46	20	5:42	00:00:42	00:51:37	11	23.8	00:00:36	00:19:54	30	6:24		01:30:31.89
16	114	Nicholas Klonne	M	19	Rockford	MN	00:17:40	18	5:40	00:00:44	00:53:10	21	23.1	00:00:50	00:18:30	12	5:57		01:30:51.85
17	248	David Carney	M	42	Coon Rapids	MN	00:17:11	13	5:31	00:00:43	00:53:13	22	23.1	00:00:27	00:19:39	26	6:19		01:31:09.42
18	84	Derek Hager	M	54	Minneapolis	MN	00:19:18	43	6:12	00:00:30	00:50:11	4	24.5	00:00:28	00:21:08	48	6:47		01:31:31.82
19	26	Thomas Anderson Iii	M	39	Minneapolis	MN	00:18:39	27	5:59	00:00:49	00:52:50	20	23.3	00:00:37	00:19:32	23	6:17		01:32:25.59
20	244	Andrew Zabel	M	36	Saint Joseph	MN	00:18:37	25	5:59	00:00:40	00:52:35	18	23.4	00:00:31	00:20:31	34	6:36		01:32:50.88
21	230	Jesse Westrup	M	41	Sartell	MN	00:16:57	11	5:27	00:00:32	00:56:42	45	21.7	00:00:32	00:18:26	11	5:55		01:33:07.08
22	56	Paul Davis	M	42	Boise	ID	00:17:22	15	5:35	00:00:55	00:54:40	30	22.5	00:00:52	00:19:29	22	6:16		01:33:17.21
23	182	Peter Rainey	M	48	Minneapolis	MN	00:19:11	41	6:10	00:00:49	00:52:03	16	23.6	00:00:43	00:21:15	52	6:50		01:33:59.59
24	35	Nathan Budde	M	39	South Haven	MN	00:18:38	26	5:59	00:00:44	00:54:32	29	22.6	00:00:35	00:19:47	28	6:21		01:34:13.77
25	138	Brad Mitchell	M	42	Rochester	MN	00:19:10	40	6:10	00:00:44	00:54:53	31	22.4	00:00:43	00:19:25	21	6:14		01:34:51.75
26	123	W. Scott Lindell	M	48	Sartell	MN	00:16:31	8	5:18	00:00:52	00:58:46	66	20.9	00:00:43	00:18:04	10	5:48		01:34:53.38
27	143	Joe Moyer	M	37	Rochester	MN	00:20:21	55	6:32	00:00:59	00:51:39	13	23.8	00:00:51	00:21:10	49	6:48		01:34:58.14
28	354	Jeremy Reichenberger	M	24	Minneapolis	MN	00:16:47	10	5:23	00:00:48	00:59:55	78	20.5	00:00:51	00:17:19	4	5:34		01:35:36.92
29	164	Jacob Orvis	M	27	Westmont	IL	00:18:30	24	5:57	00:00:50	00:55:57	40	22.0	00:00:34	00:19:58	31	6:25		01:35:46.33
30	357	Brian Glaeser	M	30	Somerset	WI	00:18:39	28	5:59	00:00:51	00:54:06	25	22.7	00:00:48	00:19:44	27	6:20	+00:02:00	01:36:05.39
31	174	Josh Mork	M	32	Arden Hills	MN	00:20:19	54	6:32	00:00:39	00:54:13	26	22.7	00:00:38	00:20:53	43	6:42		01:36:39.23
32	124	Rob Madgwick	M	50	Sauk Rapids	MN	00:20:54	69	6:43	00:00:33	00:55:27	36	22.2	00:00:34	00:21:48	61	7:00		01:39:13.18
33	175	Steve Pieper	M	42	Rochester	MN	00:20:04	51	6:27	00:00:53	00:57:02	50	21.6	00:00:51	00:21:07	47	6:47		01:39:54.99
34	298	David Buhl	M	42	Sartell	MN	00:20:59	70	6:44	00:01:04	00:55:32	37	22.2	00:01:10	00:21:31	53	6:55		01:40:12.80
35	140	Brian Morris	M	38	Saint Cloud	MN	00:19:46	45	6:21	00:01:10	00:56:43	46	21.7	00:00:59	00:21:47	59	7:00		01:40:22.15

Apple Duathlon

May 23, 2015

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	158	Jason Neumann	M	33	St. Cloud	MN	00:21:00	71	6:45	00:00:39	00:56:44	47	21.7	00:00:41	00:21:40	56	6:58		01:40:41.68
37	355	Sean Finn	M	49	Savage	MN	00:20:14	52	6:30	00:00:50	00:58:26	62	21.1	00:00:41	00:20:41	38	6:39		01:40:50.90
38	139	Shawn Day	M	42	St Cloud	MN	00:21:02	73	6:45	00:00:42	00:57:40	56	21.3	00:00:50	00:20:49	41	6:41		01:41:00.59
39	170	Matthias Pemberton	M	26	Bemidji	MN	00:20:52	66	6:42	00:00:43	00:55:17	35	22.3	00:00:38	00:23:38	90	7:36		01:41:05.44
40	165	Joe Ostrander	M	40	Shoreview	MN	00:21:15	79	6:50	00:00:35	00:54:04	24	22.8	00:00:44	00:25:10	108	8:05		01:41:44.50
41	227	Mitchell Wellman	M	35	Fergus Falls	MN	00:20:49	65	6:41	00:00:41	00:56:28	42	21.8	00:00:43	00:21:12	50	6:49	+00:02:00	01:41:50.60
42	198	Ivan Schleppenbach	M	21	Saint Joseph	MN	00:19:56	49	6:24	00:00:54	01:00:44	82	20.3	00:00:43	00:19:37	25	6:18		01:41:51.47
43	66	Milan Dubravka	M	38	Fridley	MN	00:19:52	46	6:23	00:01:03	00:59:37	77	20.6	00:00:45	00:20:46	39	6:40		01:42:00.66
44	239	Corcoran Bill	M	43	Sartell	MN	00:21:30	87	6:55	00:00:41	00:55:35	38	22.1	00:00:49	00:23:32	88	7:34		01:42:04.59
45	173	Ryan Peterson	M	45	Cary	NC	00:19:58	50	6:25	00:00:53	00:59:14	71	20.8	00:01:05	00:21:03	45	6:46		01:42:11.29
46	132	Taj Melson	M	41	Crystal	MN	00:20:30	60	6:35	00:00:48	00:57:48	57	21.3	00:00:52	00:22:28	69	7:13		01:42:23.76
47	107	Trent Johnson	M	44	Hudson	WI	00:22:17	99	7:10	00:00:55	00:55:02	34	22.4	00:00:44	00:23:37	89	7:35		01:42:32.53
48	53	Michael Danielson	M	52	Tonka Bay	MN	00:18:57	33	6:05	00:01:11	01:00:34	81	20.3	00:01:08	00:21:03	46	6:46		01:42:51.24
49	70	Mike Ewen	M	58	Rochester	MN	00:21:46	93	7:00	00:00:53	00:57:49	58	21.3	00:00:44	00:21:58	64	7:03		01:43:06.29
50	63	David Dow	M	60	Stillwater	MN	00:21:13	76	6:49	00:00:49	00:56:49	48	21.7	00:01:06	00:23:31	86	7:33		01:43:26.11
51	223	Hunter Warner	M	15	Eden Prairie	MN	00:20:29	59	6:35	00:00:55	01:01:02	88	20.2	00:00:47	00:20:39	37	6:38		01:43:51.19
52	208	Monty Steffens	M	57	Sartell	MN	00:21:14	78	6:49	00:01:04	00:58:48	68	20.9	00:00:53	00:21:57	63	7:03		01:43:54.40
53	32	Michael Bowman	M	37	Eagan	MN	00:21:19	80	6:51	00:00:45	00:59:00	69	20.9	00:00:44	00:22:29	70	7:14		01:44:15.40
54	103	Douglas Houser	M	48	Victoria	MN	00:19:55	48	6:24	00:00:45	01:01:10	90	20.1	00:00:45	00:22:07	66	7:06		01:44:39.39
55	129	Shawn Mcgee	M	40	Sartell	MN	00:20:52	67	6:42	00:01:30	00:59:06	70	20.8	00:01:16	00:22:04	65	7:05		01:44:44.99
56	128	Jim Mcdonell	M	62	Woodbury	MN	00:21:06	74	6:47	00:00:44	00:59:26	74	20.7	00:00:44	00:22:49	79	7:20		01:44:46.33
57	29	Ryan Barrett	M	37	Saint Cloud	MN	00:21:30	86	6:55	00:00:43	00:59:15	72	20.8	00:00:56	00:22:32	73	7:14		01:44:54.25
58	205	Brent Skaw	M	28	Bloomington	MN	00:18:22	22	5:54	00:01:01	01:05:15	119	18.9	00:00:59	00:19:24	20	6:14		01:44:57.11
59	197	Eric Schleppenbach	M	28	Saint Louis Park	MN	00:20:35	61	6:37	00:01:05	00:59:36	76	20.6	00:00:54	00:22:52	80	7:21		01:44:58.33
60	216	Stuart Swenson	M	40	Sartell	MN	00:22:45	102	7:19	00:01:20	00:57:28	53	21.4	00:01:00	00:23:05	82	7:25		01:45:34.42
61	145	Mike Murray	M	56	Sartell	MN	00:22:02	96	7:05	00:00:48	00:58:23	61	21.1	00:00:54	00:24:01	94	7:43		01:46:05.55
62	210	Adam Stevens	M	32	Sartell	MN	00:19:42	44	6:20	00:01:17	01:04:32	111	19.1	00:00:40	00:20:32	35	6:36		01:46:41.55
63	243	Mark Yungbauer	M	48	Motley	MN	00:20:53	68	6:43	00:01:06	01:01:15	91	20.1	00:01:01	00:22:47	77	7:19		01:46:59.47
64	136	Duane Millslagle	M	65	Duluth	MN	00:22:52	105	7:21	00:01:09	00:58:06	59	21.2	00:01:03	00:24:07	100	7:45		01:47:14.92
65	134	Jason Migala	M	36	Sauk Rapids	MN	00:20:24	56	6:33	00:00:44	00:59:19	73	20.7	00:00:37	00:26:16	120	8:27		01:47:17.42
66	75	Mike Flynn	M	63	Elk River	MN	00:22:33	101	7:15	00:00:57	01:00:06	79	20.5	00:00:57	00:22:48	78	7:20		01:47:18.40
67	131	Greg Mcnamara	M	53	Little Falls	MN	00:22:14	98	7:09	00:01:25	00:58:11	60	21.2	00:01:13	00:25:50	117	8:18		01:48:50.22
68	55	Douglas Davis	M	32	Cottage Grove	MN	00:22:27	100	7:13	00:01:01	00:58:34	64	21.0	00:00:58	00:26:26	122	8:30		01:49:23.03
69	192	Marc Young	M	44	St. Cloud	MN	00:21:45	92	6:59	00:01:31	01:00:44	83	20.3	00:01:31	00:23:56	93	7:41		01:49:23.96
70	240	Douglas Wynveen	M	59	Osceola	WI	00:21:35	89	6:56	00:01:14	01:00:11	80	20.4	00:01:21	00:25:27	111	8:11		01:49:45.37

Apple Duathlon

May 23, 2015

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
71	215	Shane Swanson	M	41	Forest Lake	MN	00:23:37	119	7:35	00:00:45	01:01:05	89	20.1	00:00:39	00:23:49	92	7:39		01:49:51.52
72	162	Jason Odonnell	M	35	Minneapolis	MN	00:21:53	95	7:02	00:00:56	01:03:26	102	19.4	00:01:09	00:22:58	81	7:23		01:50:20.35
73	80	Samuel Francois	M	39	Sartell	MN	00:23:32	116	7:34	00:01:00	00:58:33	63	21.0	00:00:46	00:26:48	128	8:37		01:50:37.27
74	37	Nicholas Buiceag-Arama	M	15	Sartell	MN	00:18:57	32	6:05	00:01:03	01:08:04	132	18.1	00:00:31	00:22:23	67	7:11		01:50:55.60
75	157	Zach Nemeth	M	13	Sartell	MN	00:18:49	30	6:03	00:01:08	01:09:30	141	17.7	00:00:40	00:21:42	57	6:58		01:51:47.10
76	249	Brian Watkins	M	49	Charles City	IA	00:21:26	85	6:53	00:01:02	01:04:22	109	19.1	00:01:16	00:24:06	99	7:45		01:52:09.93
77	229	Lance Westerlund	M	41	Saint Stephen	MN	00:23:19	113	7:30	00:01:00	01:01:33	93	20.0	00:00:42	00:25:51	118	8:19		01:52:23.74
78	48	Robert Dahl	M	69	Plymouth	MN	00:25:09	149	8:05	00:01:05	00:59:29	75	20.7	00:01:01	00:25:41	113	8:15		01:52:23.86
79	150	Jason Neal	M	42	Saint Cloud	MN	00:21:14	77	6:49	00:01:23	01:04:50	114	19.0	00:01:30	00:24:02	95	7:43		01:52:56.79
80	220	Timm Vedder	M	41	Sartell	MN	00:21:20	81	6:51	00:01:24	01:08:45	136	17.9	00:01:05	00:21:34	55	6:56		01:54:04.99
81	50	Steven Dahlke	M	25	Minneapolis	MN	00:20:29	58	6:35	00:01:05	01:09:32	142	17.7	00:01:16	00:21:54	62	7:02		01:54:13.19
82	47	Mark Crowson	M	45	St. Paul	MN	00:23:12	109	7:27	00:01:29	01:00:58	87	20.2	00:01:36	00:27:04	130	8:42		01:54:15.03
83	49	Jeff Dahle	M	53	Morristown	MN	00:24:10	129	7:46	00:00:57	01:00:51	85	20.2	00:01:10	00:27:23	137	8:48		01:54:28.87
84	156	Will Nemeth	M	13	Sartell	MN	00:19:04	35	6:08	00:00:55	01:10:38	151	17.4	00:00:46	00:23:22	84	7:31		01:54:43.36
85	89	Luke Harned	M	63	Mahtomedi	MN	00:23:31	115	7:34	00:01:09	01:01:34	94	20.0	00:01:22	00:27:26	140	8:49		01:54:59.59
86	236	John Wolfe	M	44	Sartell	MN	00:24:08	127	7:45	00:01:01	01:06:37	124	18.5	00:01:00	00:23:28	85	7:32		01:56:11.20
87	127	Gunther Maurus	M	54	Chanhassen	MN	00:24:25	136	7:51	00:01:38	01:01:17	92	20.1	00:02:29	00:26:29	123	8:31		01:56:15.82
88	98	Carl Hoang	M	55	Maple Grove	MN	00:24:09	128	7:46	00:01:28	01:02:28	99	19.7	00:01:08	00:27:25	138	8:49		01:56:34.96
89	43	Kevin Christenson	M	47	Minnetonka	MN	00:24:22	134	7:50	00:00:49	01:03:21	100	19.4	00:00:37	00:27:39	143	8:53		01:56:44.86
90	221	David Vee	M	31	Sauk Rapids	MN	00:24:19	132	7:49	00:00:34	01:04:51	115	19.0	00:00:32	00:27:09	131	8:44		01:57:22.22
91	190	Jesse Rothfork	M	38	Saint Cloud	MN	00:24:25	135	7:51	00:00:34	01:05:06	117	18.9	00:00:36	00:26:46	126	8:36		01:57:23.51
92	71	Erik Fagerstrom	M	26	Crystal	MN	00:22:50	104	7:20	00:00:56	01:07:10	127	18.3	00:00:55	00:25:44	115	8:16		01:57:33.69
93	356	Eric Stenzel	M	34	N. Mankato	MN	00:23:33	118	7:34	00:00:53	01:07:22	129	18.3	00:01:11	00:24:45	104	7:57		01:57:42.02
94	67	Aaron Durant	M	34	St. Cloud	MN	00:24:06	126	7:45	00:01:41	01:06:45	126	18.4	00:01:35	00:24:05	98	7:44		01:58:09.98
95	83	John Gilmour	M	52	New Providence	IA	00:22:57	108	7:22	00:01:26	01:09:43	145	17.6	00:00:55	00:24:25	102	7:51		01:59:22.71
96	133	John Meyerhofer	M	41	Sartell	MN	00:24:00	123	7:43	00:01:02	01:06:37	125	18.5	00:01:04	00:28:15	149	9:05		02:00:55.13
97	202	John Seiler	M	51	Sartell	MN	00:24:41	141	7:56	00:01:01	01:07:45	131	18.2	00:01:11	00:26:31	125	8:31		02:01:07.16
98	224	Richard Warzecha	M	51	Saint Paul	MN	00:24:40	140	7:56	00:01:41	01:08:40	135	17.9	00:01:38	00:25:02	107	8:03		02:01:37.76
99	219	Mark Urdahl	M	54	Excelsior	MN	00:26:04	157	8:23	00:01:08	01:04:20	108	19.1	00:00:52	00:30:00	162	9:39		02:02:21.92
100	46	Tom Couillard	M	66	White Bear Lake	MN	00:24:18	131	7:48	00:01:34	01:07:28	130	18.2	00:01:42	00:27:46	144	8:55		02:02:44.57
101	245	Tom Zemke	M	54	Plymouth	MN	00:27:27	170	8:49	00:01:03	01:00:51	84	20.2	00:00:59	00:32:41	181	10:30		02:02:57.26
102	176	Adam Plante	M	30	Sauk Rapids	MN	00:23:19	112	7:29	00:01:04	01:11:46	153	17.1	00:01:24	00:25:33	112	8:13		02:03:02.80
103	24	Louis Ahlstrand	M	61	Shafer	MN	00:24:45	143	7:57	00:01:04	01:09:09	138	17.8	00:01:05	00:27:13	133	8:45		02:03:13.35
104	41	Pat Chen	M	46	Brooklyn Park	MN	00:24:27	137	7:52	00:01:39	01:06:05	122	18.6	00:01:51	00:29:21	156	9:26		02:03:20.18
105	38	Bryan Burns	M	38	Sartell	MN	00:24:22	133	7:50	00:01:40	01:09:23	140	17.7	00:01:31	00:26:30	124	8:31		02:03:23.25

Apple Duathlon

May 23, 2015

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
106	120	Aaron Leroux	M	26	St. Cloud	MN	00:23:13	110	7:28	00:00:58	01:12:33	161	17.0	00:00:34	00:26:19	121	8:28		02:03:34.89
107	241	Paul Wynveen	M	33	Eden Prairie	MN	00:24:05	124	7:44	00:01:36	01:08:52	137	17.9	00:01:32	00:28:06	147	9:02		02:04:09.36
108	160	Doug Nordling	M	30	Kimball	MN	00:24:17	130	7:48	00:01:42	01:09:15	139	17.8	00:01:44	00:28:04	146	9:01		02:04:58.70
109	147	Kaleb Myhrwold	M	17	Sartell	MN	00:22:55	107	7:22	00:00:54	01:12:40	163	16.9	00:00:38	00:28:08	148	9:03		02:05:12.42
110	242	Henry Yang	M	50	Sartell	MN	00:24:57	145	8:01	00:01:44	01:10:35	150	17.4	00:01:45	00:26:47	127	8:37		02:05:46.12
111	187	Kelly Rieder	M	41	Sartell	MN	00:23:59	122	7:43	00:00:57	01:12:32	160	17.0	00:01:07	00:27:55	145	8:59		02:06:28.52
112	62	Steve Donen	M	58	Chanhassen	MN	00:28:17	177	9:06	00:01:28	01:05:06	118	18.9	00:01:24	00:32:08	176	10:20		02:08:20.76
113	74	Greg Fletcher	M	60	Chanhassen	MN	00:29:26	190	9:28	00:02:22	01:03:57	105	19.2	00:02:48	00:31:28	169	10:07		02:09:59.07
114	171	Matt Perry	M	43	Sartell	MN	00:27:34	171	8:52	00:01:03	01:09:34	144	17.7	00:01:06	00:31:20	168	10:04		02:10:35.02
115	109	Mark Kapsner	M	62	Saint Cloud	MN	00:29:53	192	9:36	00:01:30	01:03:31	103	19.4	00:01:25	00:35:08	191	11:18		02:11:23.49
116	118	Hank Larsen	M	75	Glencoe	MN	00:27:42	172	8:54	00:01:11	01:12:07	156	17.1	00:01:10	00:29:30	158	9:29		02:11:37.76
117	226	Richard Wear	M	46	Apple Valley	MN	00:26:52	165	8:38	00:01:14	01:12:39	162	16.9	00:01:18	00:29:57	161	9:38		02:11:56.95
118	211	Daryl Stevens	M	73	Sartell	MN	00:30:50	195	9:55	00:01:11	01:04:33	112	19.1	00:01:03	00:34:40	189	11:09		02:12:14.16
119	28	Bruce Bailey	M	59	Wayzata	MN	00:27:46	173	8:56	00:01:46	01:12:23	159	17.0	00:02:03	00:30:12	163	9:43		02:14:08.44
120	177	Nicholas Plante	M	33	Duluth	MN	00:25:57	154	8:20	00:01:13	01:17:50	185	15.8	00:00:47	00:29:17	154	9:25		02:15:01.20
121	141	Jon Mott	M	38	Champlin	MN	00:26:48	164	8:37	00:01:38	01:08:31	133	18.0	00:02:06	00:36:32	194	11:45		02:15:31.68
122	195	Craig Schaefer	M	37	Freeport	MN	00:24:44	142	7:57	00:01:05	01:17:11	179	15.9	00:01:03	00:31:41	172	10:11		02:15:41.14
123	152	Bryan Nelson	M	34	Saint Cloud	MN	00:25:02	147	8:03	00:00:57	01:18:36	187	15.7	00:00:38	00:31:13	167	10:02		02:16:24.63
124	297	Peter Miller	M	58	Zimmerman	MN	00:28:34	181	9:11	00:01:45	01:14:50	168	16.4	00:01:33	00:32:03	175	10:18		02:18:42.74
125	163	Kelly Ohara	M	58	Rochester	MN	00:28:45	184	9:15	00:01:49	01:17:13	180	15.9	00:01:52	00:31:13	166	10:02		02:20:48.67
126	183	Rick Rangel	M	62	Waite Park	MN	00:27:16	166	8:46	00:01:28	01:19:43	190	15.4	00:01:13	00:33:11	186	10:40		02:22:47.48
127	168	Steve Paladie	M	73	Plymouth	MN	00:30:51	196	9:55	00:01:25	01:14:36	166	16.5	00:01:31	00:36:30	193	11:44		02:24:49.08
128	169	Patrick Parker	M	34	St Anthony	MN	00:30:10	193	9:42	00:01:17	01:20:57	191	15.2	00:00:49	00:33:10	185	10:40		02:26:20.59
129	189	Matthew Rohr	M	40	Pequot Lakes	MN	00:30:58	197	9:57	00:01:40	01:17:18	181	15.9	00:01:47	00:34:46	190	11:11		02:26:26.88
130	115	Kevin Kluesner	M	58	Saint Joseph	MN	00:32:16	200	10:23	00:02:06	01:17:31	183	15.9	00:02:08	00:33:46	188	10:51		02:27:45.27
131	96	David Hemmesch	M	36	Coon Rapids	MN	00:28:49	185	9:16	00:02:58	01:21:28	192	15.1	00:02:10	00:37:29	195	12:03		02:32:51.36
132	144	Nicole Mumm	M	46	Foley	MN	00:31:40	198	10:11	00:01:32	01:28:09	200	14.0	00:01:22	00:30:58	164	9:57		02:33:38.25
133	246	George Widseth	M	71	Edina	MN	00:37:10	204	11:57	00:01:58	01:16:43	178	16.0	00:02:02	00:44:46	203	14:24		02:42:36.58
134	186	Charles Rhea	M	68	Plymouth	MN	00:38:29	206	12:22	00:02:10	01:27:38	199	14.0	00:02:32	00:41:05	199	13:13		02:51:51.02