

# Apple Duathlon

May 23, 2015

## Overall Division Results

Individual

### Female Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	24/208	1/74	30	Elaine Nelson	36	F	Duluth	MN	00:18:26.78	00:54:54.82	00:19:01.25		01:34:06.32
2	26/208	2/74	3	Suzie Fox	32	F	Chaska	MN	00:18:54.13	00:53:57.92	00:20:33.87		01:34:39.68
3	35/208	4/74	5	Kortney Haag	36	F	Maple Grove	MN	00:20:17.35	00:54:20.28	00:21:13.18		01:37:07.06
4	36/208	5/74	22	Lisa Lendway	34	F	St. Paul	MN	00:19:09.29	00:56:31.18	00:20:51.13		01:37:29.73
5	37/208	6/74	300	Christina Roberts	29	F	St. Louis Park	MN	00:19:54.37	00:56:52.08	00:20:05.62		01:38:12.56
6	38/208	7/74	19	Jennifer Scudiero	33	F	Eagan	MN	00:20:39.46	00:54:57.51	00:21:44.39		01:38:29.01
7	40/208	8/74	7	Nicole Heiningner	27	F	White Bear Lake	MN	00:21:00.67	00:54:31.06	00:22:30.57		01:39:18.03
8	44/208	10/74	2	Jasmine Carlson	30	F	Becida	MN	00:20:27.25	00:56:04.43	00:22:30.35		01:40:18.02
9	63/208	13/74	6	Diane Hankee	38	F	Lino Lakes	MN	00:19:08.72	00:55:47.64	00:27:17.23		01:43:27.53
10	65/208	15/74	21	Megan Erlandson	25	F	Minneapolis	MN	00:19:05.14	01:01:50.74	00:20:47.43		01:43:45.02

### Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	1/208	1/134	17	Matthew Payne	38	M	Columbia Heights	MN	00:16:17.30	00:46:07.68	00:17:19.56		01:20:45.34
2	2/208	2/134	16	Patrick Parish	30	M	Minneapolis	MN	00:15:42.17	00:48:34.23	00:17:11.45		01:22:18.50
3	3/208	3/134	4	Brooks Grossinger	38	M	Mayer	MN	00:15:48.04	00:49:20.10	00:17:24.69		01:23:29.69
4	4/208	4/134	8	Nate Hoffman	32	M	South Haven	MN	00:15:25.97	00:51:02.95	00:16:50.89		01:24:21.59
5	5/208	5/134	18	Brian Sames	29	M	Shakopee	MN	00:15:36.54	00:50:57.43	00:17:14.26		01:24:54.18
6	6/208	6/134	9	Bennett Isabella	33	M	Burnsville	MN	00:15:47.70	00:50:41.39	00:17:54.15		01:25:29.84
7	9/208	9/134	20	Kevin O'connor	44	M	Medina	MN	00:16:28.56	00:51:05.65	00:19:36.27		01:28:06.68
8	10/208	10/134	23	Brandon Ordway	33	M	Maplewood	MN	00:17:29.47	00:52:02.08	00:17:34.58		01:28:29.92
9	11/208	11/134	13	Chad Millner	39	M	Eden Prairie	MN	00:16:42.26	00:52:37.30	00:18:37.17		01:28:50.48
10	13/208	13/134	14	Scott Myers	40	M	Plymouth	MN	00:17:47.42	00:51:37.55	00:18:49.27		01:29:27.33
11	15/208	15/134	12	Travis Miller	36	M	Nisswa	MN	00:17:45.68	00:51:36.27	00:19:53.40		01:30:31.89

### Female Ages 01 - 19

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

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## Overall Division Results

Individual

### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	16/208	16/134	114	Nicholas Klonne	19	M	Rockford	MN	00:17:39.21	00:53:09.83	00:18:29.75		01:30:51.85
2	66/208	51/134	223	Hunter Warner	15	M	Eden Prairie	MN	00:20:28.92	01:01:01.61	00:20:38.99		01:43:51.19
3	97/208	74/134	37	Nicholas Buiceag-Arama	15	M	Sartell	MN	00:18:56.60	01:08:03.38	00:22:22.14		01:50:55.60
4	98/208	75/134	157	Zach Nemeth	13	M	Sartell	MN	00:18:48.42	01:09:29.83	00:21:41.82		01:51:47.10
5	108/208	84/134	156	Will Nemeth	13	M	Sartell	MN	00:19:03.85	01:10:37.98	00:23:21.30		01:54:43.36
6	145/208	109/134	147	Kaleb Myhrwold	17	M	Sartell	MN	00:22:54.46	01:12:39.88	00:28:07.43		02:05:12.42

### Female Ages 20 - 24

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

### Male Ages 20 - 24

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

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	110/208	25/74	209	Emily Stenzel	26	F	Sartell	MN	00:21:50.74	01:08:35.73	00:22:42.90		01:55:01.89
2	117/208	28/74	51	Sara Dalton	26	F	St. Cloud	MN	00:24:38.82	01:05:36.02	00:25:12.89		01:57:02.53
3	141/208	36/74	167	Billie Pace-Graczyk	29	F	Crystal	MN	00:23:18.02	01:11:52.93	00:24:41.08		02:03:30.16
4	148/208	39/74	101	Rebekah Holmes	28	F	Saint Cloud	MN	00:22:46.51	01:16:35.54	00:24:44.97		02:05:38.25
5	174/208	51/74	235	Michelle Williams	27	F	Minneapolis	MN	00:26:02.95	01:19:11.71	00:29:31.78		02:17:15.39
6	175/208	52/74	64	Julia Dowden	26	F	St Cloud	MN	00:27:22.31	01:14:52.23	00:32:16.84		02:17:15.90
7	202/208	69/74	78	Kayla Foss	26	F	Milaca	MN	00:28:40.08	01:35:08.13	00:40:08.26		02:47:17.11

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## Overall Division Results

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### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	31/208	29/134	164	Jacob Orvis	27	M	Westmont	IL	00:18:29.75	00:55:56.58	00:19:57.86		01:35:46.33
2	50/208	39/134	170	Matthias Pemberton	26	M	Bemidji	MN	00:20:51.30	00:55:16.52	00:23:37.42		01:41:05.44
3	74/208	58/134	205	Brent Skaw	28	M	Bloomington	MN	00:18:21.14	01:05:14.10	00:19:23.08		01:44:57.11
4	75/208	59/134	197	Eric Schleppenbach	28	M	Saint Louis Park	MN	00:20:34.03	00:59:35.27	00:22:51.62		01:44:58.33
5	105/208	81/134	50	Steven Dahlke	25	M	Minneapolis	MN	00:20:28.10	01:09:31.78	00:21:53.52		01:54:13.19
6	122/208	92/134	71	Erik Fagerstrom	26	M	Crystal	MN	00:22:49.58	01:07:09.83	00:25:43.91		01:57:33.69
7	142/208	106/134	120	Aaron Leroux	26	M	St. Cloud	MN	00:23:12.83	01:12:32.50	00:26:18.57		02:03:34.89

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	33/208	3/74	54	Sheena Dauer	33	F	Montevideo	MN	00:18:41.28	00:56:41.63	00:18:59.79		01:36:18.91
2	77/208	17/74	166	Shelley Ostrander	30	F	Shoreview	MN	00:21:19.52	00:57:28.55	00:25:43.54		01:45:41.94
3	87/208	21/74	69	Michelle Eversman	34	F	Eden Prairie	MN	00:18:56.69	01:07:20.18	00:19:52.19		01:48:26.36
4	115/208	27/74	60	Kim Diskerud	33	F	St. Cloud	MN	00:21:30.10	01:09:32.89	00:23:39.35		01:56:38.66
5	152/208	41/74	58	Allie Delong	31	F	St. Joseph	MN	00:23:44.73	01:15:40.76	00:24:11.22		02:07:35.53
6	157/208	43/74	94	Amy Hedtke	32	F	Sartell	MN	00:25:21.85	01:14:40.90	00:28:29.59		02:10:58.27
7	164/208	46/74	77	Amy Foss	34	F	Sauk Rapids	MN	00:27:26.01	01:11:46.85	00:31:37.66		02:12:53.47
8	177/208	54/74	137	Kelli Millsagle	30	F	Minneapolis	MN	00:26:24.36	01:16:02.90	00:32:44.00		02:17:58.25
9	195/208	63/74	201	Melissa Schyma	32	F	Foley	MN	00:28:40.77	01:31:53.31	00:31:06.68		02:34:10.47

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## Overall Division Results

Individual

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	32/208	30/134	357	Brian Glaeser	30	M	Somerset	WI	00:18:38.41	00:54:05.52	00:19:43.08	+00:02:00	01:36:05.39
2	34/208	31/134	174	Josh Mork	32	M	Arden Hills	MN	00:20:18.38	00:54:12.91	00:20:52.07		01:36:39.23
3	46/208	36/134	158	Jason Neumann	33	M	St. Cloud	MN	00:20:59.43	00:56:43.46	00:21:39.83		01:40:41.68
4	79/208	62/134	210	Adam Stevens	32	M	Sartell	MN	00:19:41.44	01:04:31.91	00:20:31.59		01:46:41.55
5	90/208	68/134	55	Douglas Davis	32	M	Cottage Grove	MN	00:22:26.92	00:58:33.05	00:26:25.14		01:49:23.03
6	119/208	90/134	221	David Vee	31	M	Sauk Rapids	MN	00:24:18.54	01:04:50.55	00:27:08.13		01:57:22.22
7	123/208	93/134	356	Eric Stenzel	34	M	N. Mankato	MN	00:23:32.56	01:07:21.81	00:24:44.56		01:57:42.02
8	124/208	94/134	67	Aaron Durant	34	M	St. Cloud	MN	00:24:05.55	01:06:44.41	00:24:04.59		01:58:09.98
9	137/208	102/134	176	Adam Plante	30	M	Sauk Rapids	MN	00:23:18.12	01:11:45.42	00:25:32.54		02:03:02.80
10	143/208	107/134	241	Paul Wynveen	33	M	Eden Prairie	MN	00:24:04.61	01:08:51.77	00:28:05.75		02:04:09.36
11	144/208	108/134	160	Doug Nordling	30	M	Kimball	MN	00:24:16.38	01:09:14.04	00:28:03.68		02:04:58.70
12	168/208	120/134	177	Nicholas Plante	33	M	Duluth	MN	00:25:56.13	01:17:49.55	00:29:16.37		02:15:01.20
13	172/208	123/134	152	Bryan Nelson	34	M	Saint Cloud	MN	00:25:02.00	01:18:35.74	00:31:12.72		02:16:24.63
14	189/208	128/134	169	Patrick Parker	34	M	St Anthony	MN	00:30:09.06	01:20:56.95	00:33:09.69		02:26:20.59

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	47/208	11/74	39	Sara Carlson	37	F	Brainerd	MN	00:20:45.99	00:57:12.54	00:21:32.09		01:40:47.66
2	58/208	12/74	146	Andrea Myers	39	F	Plymouth	MN	00:21:09.96	00:57:29.56	00:22:25.85		01:42:25.70
3	64/208	14/74	100	Krisana Hoff	38	F	Excelsior	MN	00:19:05.08	01:02:17.34	00:20:21.09		01:43:32.65
4	68/208	16/74	142	Ann Moyer	36	F	Rochester	MN	00:21:21.84	00:58:34.24	00:22:35.83		01:44:13.17
5	85/208	19/74	45	Sara Conrad	36	F	Minneapolis	MN	00:20:34.91	01:03:52.09	00:21:47.01		01:47:48.85
6	111/208	26/74	92	Erin Haugen	35	F	Grand Forks	ND	00:23:31.90	01:03:21.54	00:25:09.91		01:55:14.26
7	146/208	37/74	194	Amy Schaefer	38	F	Freeport	MN	00:23:37.51	01:14:00.27	00:25:48.98		02:05:15.36
8	203/208	70/74	207	Jennifer Starry	39	F	Foley	MN	00:31:53.88	01:34:47.97	00:41:21.38		02:50:12.26
9	207/208	73/74	180	Sybil Priebe	38	F	Wahpeton	ND	00:38:07.52	01:31:54.79	00:46:09.84		02:58:06.40

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Individual

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	7/208	7/134	102	Larry Hosch	38	M	St Joseph	MN	00:17:15.17	00:50:40.82	00:17:50.16		01:26:45.10
2	19/208	19/134	26	Thomas Anderson Iii	39	M	Minneapolis	MN	00:18:38.33	00:52:49.97	00:19:31.80		01:32:25.59
3	20/208	20/134	244	Andrew Zabel	36	M	Saint Joseph	MN	00:18:36.08	00:52:34.58	00:20:30.39		01:32:50.88
4	25/208	24/134	35	Nathan Budde	39	M	South Haven	MN	00:18:37.23	00:54:31.43	00:19:46.66		01:34:13.77
5	29/208	27/134	143	Joe Moyer	37	M	Rochester	MN	00:20:20.75	00:51:38.57	00:21:09.36		01:34:58.14
6	45/208	35/134	140	Brian Morris	38	M	Saint Cloud	MN	00:19:45.41	00:56:42.03	00:21:46.22		01:40:22.15
7	52/208	41/134	227	Mitchell Wellman	35	M	Fergus Falls	MN	00:20:48.34	00:56:27.75	00:21:11.42	+00:02:00	01:41:50.60
8	54/208	43/134	66	Milan Dubravka	38	M	Fridley	MN	00:19:51.22	00:59:36.53	00:20:45.42		01:42:00.66
9	69/208	53/134	32	Michael Bowman	37	M	Eagan	MN	00:21:18.69	00:58:59.61	00:22:28.67		01:44:15.40
10	73/208	57/134	29	Ryan Barrett	37	M	Saint Cloud	MN	00:21:29.42	00:59:14.64	00:22:31.50		01:44:54.25
11	83/208	65/134	134	Jason Migala	36	M	Sauk Rapids	MN	00:20:23.69	00:59:18.69	00:26:15.47		01:47:17.42
12	94/208	72/134	162	Jason Odonnell	35	M	Minneapolis	MN	00:21:52.97	01:03:25.91	00:22:57.36		01:50:20.35
13	95/208	73/134	80	Samuel Francois	39	M	Sartell	MN	00:23:31.66	00:58:32.87	00:26:47.91		01:50:37.27
14	120/208	91/134	190	Jesse Rothfork	38	M	Saint Cloud	MN	00:24:24.40	01:05:05.27	00:26:45.34		01:57:23.51
15	140/208	105/134	38	Bryan Burns	38	M	Sartell	MN	00:24:21.14	01:09:22.24	00:26:29.82		02:03:23.25
16	169/208	121/134	141	Jon Mott	38	M	Champlin	MN	00:26:47.55	01:08:30.11	00:36:31.67		02:15:31.68
17	170/208	122/134	195	Craig Schaefer	37	M	Freeport	MN	00:24:43.92	01:17:10.51	00:31:40.58		02:15:41.14
18	193/208	131/134	96	David Hemmesch	36	M	Coon Rapids	MN	00:28:48.96	01:21:27.08	00:37:28.65		02:32:51.36

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	41/208	9/74	116	Manuela Knispel	44	F	Shorewood	MN	00:19:17.01	00:57:25.68	00:20:56.99		01:39:26.93
2	88/208	22/74	113	Tracie Kent	41	F	St Paul	MN	00:23:22.68	00:58:45.79	00:24:48.95		01:48:39.04
3	121/208	30/74	99	Anne Hoeschen	42	F	Freeport	MN	00:24:34.39	01:05:01.86	00:26:08.39		01:57:29.73
4	161/208	44/74	247	Amy Lee	41	F	Champlin	MN	00:26:40.43	01:15:28.61	00:27:29.79		02:12:14.14
5	179/208	55/74	233	Krisie Widvey	41	F	Sartell	MN	00:27:23.09	01:16:22.98	00:33:09.49		02:18:58.23
6	183/208	58/74	153	Lana Nelson	42	F	Sartell	MN	00:28:11.76	01:17:22.98	00:32:46.85		02:22:03.04
7	186/208	60/74	225	Karen Wear	43	F	Apple Valley	MN	00:27:58.94	01:24:21.46	00:29:00.28		02:23:14.89
8	192/208	62/74	111	Kimberly Kasper	43	F	St. Cloud	MN	00:26:15.70	01:29:17.80	00:29:50.35		02:27:53.74
9	199/208	66/74	178	Tammy Praught	42	F	Brainerd	MN	00:34:17.12	01:21:33.49	00:45:30.61		02:46:35.52
10	201/208	68/74	42	Stacy Chmielewski	43	F	Foley	MN	00:29:39.86	01:32:23.29	00:40:03.61		02:47:17.09

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### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	8/208	8/134	36	Mike Buenting	41	M	Chanhassen	MN	00:17:08.60	00:51:19.98	00:18:32.50		01:28:04.10
2	14/208	14/134	155	Ben Nemeth	42	M	Sartell	MN	00:17:24.17	00:52:26.71	00:18:52.64		01:30:10.81
3	17/208	17/134	248	David Carney	42	M	Coon Rapids	MN	00:17:10.41	00:53:12.41	00:19:38.08		01:31:09.42
4	21/208	21/134	230	Jesse Westrup	41	M	Sartell	MN	00:16:56.66	00:56:41.70	00:18:25.78		01:33:07.08
5	22/208	22/134	56	Paul Davis	42	M	Boise	ID	00:17:21.57	00:54:39.76	00:19:28.97		01:33:17.21
6	27/208	25/134	138	Brad Mitchell	42	M	Rochester	MN	00:19:09.67	00:54:52.28	00:19:24.61		01:34:51.75
7	42/208	33/134	175	Steve Pieper	42	M	Rochester	MN	00:20:03.77	00:57:01.99	00:21:06.04		01:39:54.99
8	43/208	34/134	298	David Buhl	42	M	Sartell	MN	00:20:58.33	00:55:31.05	00:21:30.48		01:40:12.80
9	49/208	38/134	139	Shawn Day	42	M	St Cloud	MN	00:21:01.24	00:57:39.34	00:20:48.82		01:41:00.59
10	51/208	40/134	165	Joe Ostrander	40	M	Shoreview	MN	00:21:14.06	00:54:03.27	00:25:09.49		01:41:44.50
11	55/208	44/134	239	Corcoran Bill	43	M	Sartell	MN	00:21:29.66	00:55:34.65	00:23:31.45		01:42:04.59
12	57/208	46/134	132	Taj Melson	41	M	Crystal	MN	00:20:29.53	00:57:47.60	00:22:27.61		01:42:23.76
13	59/208	47/134	107	Trent Johnson	44	M	Hudson	WI	00:22:16.49	00:55:01.82	00:23:36.01		01:42:32.53
14	71/208	55/134	129	Shawn Mcgee	40	M	Sartell	MN	00:20:51.56	00:59:05.40	00:22:03.10		01:44:44.99
15	76/208	60/134	216	Stuart Swenson	40	M	Sartell	MN	00:22:44.16	00:57:27.10	00:23:04.33		01:45:34.42
16	91/208	69/134	192	Marc Young	44	M	St. Cloud	MN	00:21:44.33	01:00:43.09	00:23:55.38		01:49:23.96
17	93/208	71/134	215	Shane Swanson	41	M	Forest Lake	MN	00:23:36.16	01:01:04.49	00:23:48.19		01:49:51.52
18	100/208	77/134	229	Lance Westerlund	41	M	Saint Stephen	MN	00:23:18.45	01:01:32.90	00:25:50.81		01:52:23.74
19	102/208	79/134	150	Jason Neal	42	M	Saint Cloud	MN	00:21:13.27	01:04:49.31	00:24:01.56		01:52:56.79
20	104/208	80/134	220	Timm Vedder	41	M	Sartell	MN	00:21:19.47	01:08:44.35	00:21:33.37		01:54:04.99
21	112/208	86/134	236	John Wolfe	44	M	Sartell	MN	00:24:07.82	01:06:36.19	00:23:27.31		01:56:11.20
22	131/208	96/134	133	John Meyerhofer	41	M	Sartell	MN	00:23:59.70	01:06:36.60	00:28:14.04		02:00:55.13
23	151/208	111/134	187	Kelly Rieder	41	M	Sartell	MN	00:23:58.91	01:12:31.88	00:27:54.82		02:06:28.52
24	156/208	114/134	171	Matt Perry	43	M	Sartell	MN	00:27:33.94	01:09:33.27	00:31:19.30		02:10:35.02
25	190/208	129/134	189	Matthew Rohr	40	M	Pequot Lakes	MN	00:30:57.62	01:17:17.89	00:34:45.54		02:26:26.88

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## Overall Division Results

Individual

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	150/208	40/74	218	Deborah Thell	45	F	St. Cloud	MN	00:25:39.78	01:09:43.91	00:27:24.31		02:05:51.90
2	155/208	42/74	117	Audra Kulick	46	F	Sartell	MN	00:26:14.13	01:12:17.74	00:29:23.64		02:10:22.30
3	173/208	50/74	110	Joan Karpel	48	F	Sartell	MN	00:28:14.34	01:12:12.44	00:33:28.15		02:17:00.70
4	187/208	61/74	87	Jodi Hanson	47	F	Elk River	MN	00:29:15.09	01:15:57.07	00:36:05.52		02:24:14.17
5	200/208	67/74	179	Tasha Praught	46	F	Champlin	MN	00:34:17.34	01:21:41.94	00:45:31.45		02:46:35.76

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	23/208	23/134	182	Peter Rainey	48	M	Minneapolis	MN	00:19:10.68	00:52:02.96	00:21:14.92		01:33:59.59
2	28/208	26/134	123	W. Scott Lindell	48	M	Sartell	MN	00:16:30.63	00:58:45.48	00:18:03.42		01:34:53.38
3	48/208	37/134	355	Sean Finn	49	M	Savage	MN	00:20:13.49	00:58:25.96	00:20:40.96		01:40:50.90
4	56/208	45/134	173	Ryan Peterson	45	M	Cary	NC	00:19:57.94	00:59:13.83	00:21:02.68		01:42:11.29
5	70/208	54/134	103	Douglas Houser	48	M	Victoria	MN	00:19:54.64	01:01:09.11	00:22:06.25		01:44:39.39
6	80/208	63/134	243	Mark Yungbauer	48	M	Motley	MN	00:20:52.86	01:01:14.24	00:22:46.51		01:46:59.47
7	99/208	76/134	249	Brian Watkins	49	M	Charles City	IA	00:21:25.76	01:04:21.79	00:24:05.48		01:52:09.93
8	106/208	82/134	47	Mark Crowson	45	M	St. Paul	MN	00:23:11.05	01:00:57.15	00:27:03.49		01:54:15.03
9	116/208	89/134	43	Kevin Christenson	47	M	Minnetonka	MN	00:24:21.18	01:03:20.14	00:27:38.40		01:56:44.86
10	139/208	104/134	41	Pat Chen	46	M	Brooklyn Park	MN	00:24:26.74	01:06:04.34	00:29:20.44		02:03:20.18
11	160/208	117/134	226	Richard Wear	46	M	Apple Valley	MN	00:26:51.59	01:12:38.34	00:29:56.19		02:11:56.95
12	194/208	132/134	144	Nicole Mumm	46	M	Foley	MN	00:31:39.81	01:28:08.81	00:30:57.18		02:33:38.25

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## Overall Division Results

Individual

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	81/208	18/74	204	Tracy Serreyn	51	F	Lakeville	MN	00:21:23.56	01:00:51.54	00:23:30.74		01:47:14.57
2	96/208	23/74	121	Cindy Lewandowski	53	F	Sartell	MN	00:21:36.45	01:04:34.78	00:22:37.21		01:50:40.62
3	103/208	24/74	97	Lisa Hines	53	F	Waite Park	MN	00:22:02.41	01:05:26.27	00:24:02.63		01:53:05.63
4	147/208	38/74	206	Bev Soukup	54	F	Sartell Mn	MN	00:24:59.97	01:11:29.19	00:27:20.05		02:05:37.56
5	163/208	45/74	130	Cathleen Mcginnity	50	F	Luck	WI	00:28:22.82	01:10:33.20	00:31:36.89		02:12:53.34
6	165/208	47/74	228	Beth Wengler	50	F	Saint Cloud	MN	00:28:31.56	01:09:48.64	00:32:02.00		02:13:16.18
7	180/208	56/74	68	Amy Edelstein	50	F	North Mankato	MN	00:29:04.10	01:16:24.58	00:31:51.93		02:20:20.07
8	196/208	64/74	217	Michelle Templin	52	F	Foley	MN	00:30:27.43	01:30:21.19	00:37:41.23		02:40:36.25

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	18/208	18/134	84	Derek Hager	54	M	Minneapolis	MN	00:19:17.28	00:50:10.14	00:21:07.45		01:31:31.82
2	39/208	32/134	124	Rob Madgwick	50	M	Sauk Rapids	MN	00:20:53.58	00:55:26.59	00:21:47.50		01:39:13.18
3	60/208	48/134	53	Michael Danielson	52	M	Tonka Bay	MN	00:18:56.69	01:00:33.51	00:21:02.83		01:42:51.24
4	89/208	67/134	131	Greg Mcnamara	53	M	Little Falls	MN	00:22:13.85	00:58:10.06	00:25:49.12		01:48:50.22
5	107/208	83/134	49	Jeff Dahle	53	M	Morristown	MN	00:24:09.61	01:00:50.14	00:27:22.83		01:54:28.87
6	113/208	87/134	127	Gunther Maurus	54	M	Chanhassen	MN	00:24:24.92	01:01:16.14	00:26:28.82		01:56:15.82
7	128/208	95/134	83	John Gilmour	52	M	New Providence	IA	00:22:56.28	01:09:42.62	00:24:24.22		01:59:22.71
8	132/208	97/134	202	John Seiler	51	M	Sartell	MN	00:24:40.86	01:07:44.84	00:26:30.42		02:01:07.16
9	133/208	98/134	224	Richard Warzecha	51	M	Saint Paul	MN	00:24:39.76	01:08:39.34	00:25:01.13		02:01:37.76
10	134/208	99/134	219	Mark Urdahl	54	M	Excelsior	MN	00:26:03.49	01:04:19.99	00:29:59.35		02:02:21.92
11	136/208	101/134	245	Tom Zemke	54	M	Plymouth	MN	00:27:26.48	01:00:50.01	00:32:40.31		02:02:57.26
12	149/208	110/134	242	Henry Yang	50	M	Sartell	MN	00:24:56.88	01:10:34.33	00:26:46.95		02:05:46.12



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## Overall Division Results

Individual

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	125/208	31/74	105	Judy Januschka Murray	56	F	Sartell	MN	00:25:14.82	01:04:30.65	00:26:48.42		01:58:34.12
2	127/208	33/74	213	Diane Stoller	56	F	Maple Grove	MN	00:24:51.88	01:04:16.22	00:27:26.80		01:59:18.25
3	130/208	35/74	172	Judith Peters	55	F	St. Cloud	MN	00:24:05.31	01:06:34.03	00:27:09.17		02:00:27.20
4	171/208	49/74	148	Tammy Myhrwold	57	F	Sartell	MN	00:25:58.52	01:17:30.91	00:29:17.40		02:16:02.85
5	176/208	53/74	188	Shelley Wessel	56	F	Delano	MN	00:28:24.11	01:14:02.01	00:32:29.39		02:17:39.82
6	185/208	59/74	203	Theresa Klaman	58	F	Lino Lakes	MN	00:29:07.35	01:18:17.54	00:32:19.68		02:23:05.08
7	206/208	72/74	299	Christine Fjalstad	55	F	Prior Lake	MN	00:41:13.85	01:22:31.50	00:49:57.65		02:57:33.38

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	12/208	12/134	86	James Hannon	57	M	Rochester	MN	00:17:42.81	00:51:50.02	00:18:40.19		01:29:26.38
2	61/208	49/134	70	Mike Ewen	58	M	Rochester	MN	00:21:45.16	00:57:48.77	00:21:57.01		01:43:06.29
3	67/208	52/134	208	Monty Steffens	57	M	Sartell	MN	00:21:13.59	00:58:47.49	00:21:56.84		01:43:54.40
4	78/208	61/134	145	Mike Murray	56	M	Sartell	MN	00:22:01.69	00:58:22.20	00:24:00.41		01:46:05.55
5	92/208	70/134	240	Douglas Wynveen	59	M	Osceola	WI	00:21:34.79	01:00:10.17	00:25:26.56		01:49:45.37
6	114/208	88/134	98	Carl Hoang	55	M	Maple Grove	MN	00:24:08.20	01:02:27.48	00:27:24.31		01:56:34.96
7	153/208	112/134	62	Steve Donen	58	M	Chanhassen	MN	00:28:16.73	01:05:05.76	00:32:07.20		02:08:20.76
8	166/208	119/134	28	Bruce Bailey	59	M	Wayzata	MN	00:27:45.77	01:12:22.64	00:30:11.89		02:14:08.44
9	178/208	124/134	297	Peter Miller	58	M	Zimmerman	MN	00:28:33.81	01:14:49.98	00:32:02.14		02:18:42.74
10	181/208	125/134	163	Kelly Ohara	58	M	Rochester	MN	00:28:44.80	01:17:12.11	00:31:12.11		02:20:48.67
11	191/208	130/134	115	Kevin Kluesner	58	M	Saint Joseph	MN	00:32:15.83	01:17:30.34	00:33:45.59		02:27:45.27

### Female Ages 60 - 64

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

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## Overall Division Results

Individual

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	62/208	50/134	63	David Dow	60	M	Stillwater	MN	00:21:12.65	00:56:48.92	00:23:30.05		01:43:26.11
2	72/208	56/134	128	Jim Mcdonell	62	M	Woodbury	MN	00:21:05.44	00:59:25.17	00:22:48.12		01:44:46.33
3	84/208	66/134	75	Mike Flynn	63	M	Elk River	MN	00:22:32.53	01:00:05.68	00:22:47.59		01:47:18.40
4	109/208	85/134	89	Luke Harned	63	M	Mahtomedi	MN	00:23:30.92	01:01:33.38	00:27:25.47		01:54:59.59
5	138/208	103/134	24	Louis Ahlstrand	61	M	Shafer	MN	00:24:44.00	01:09:08.42	00:27:12.89		02:03:13.35
6	154/208	113/134	74	Greg Fletcher	60	M	Chanhassen	MN	00:29:25.71	01:03:56.50	00:31:27.64		02:09:59.07
7	158/208	115/134	109	Mark Kapsner	62	M	Saint Cloud	MN	00:29:52.35	01:03:30.17	00:35:07.44		02:11:23.49
8	184/208	126/134	183	Rick Rangel	62	M	Waite Park	MN	00:27:15.06	01:19:42.05	00:33:10.49		02:22:47.48

### Female Ages 65 - 69

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

### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	82/208	64/134	136	Duane Millslage	65	M	Duluth	MN	00:22:51.65	00:58:05.24	00:24:06.05		01:47:14.92
2	101/208	78/134	48	Robert Dahl	69	M	Plymouth	MN	00:25:08.89	00:59:28.98	00:25:40.22		01:52:23.86
3	135/208	100/134	46	Tom Couillard	66	M	White Bear Lake	MN	00:24:17.08	01:07:27.13	00:27:45.29		02:02:44.57
4	205/208	134/134	186	Charles Rhea	68	M	Plymouth	MN	00:38:28.22	01:27:37.23	00:41:04.80		02:51:51.02

### Female Ages 70 - 74

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

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## Overall Division Results

Individual

### Male Ages 70 - 74

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

### Male Ages 75 - 79

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