

Apple Duathlon

May 28, 2016

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	20/159	1/58	8	Diane Hankee	39	F	Lino Lakes	MN	00:18:37.93	00:55:19.57	00:19:51.01		01:34:53.72
2	21/159	2/58	29	Danielle Vsetecka	32	F	Rochester	MN	00:18:06.76	00:56:34.45	00:19:10.61		01:35:15.43
3	26/159	3/58	5	Suzie Fox	33	F	Chaska	MN	00:19:06.36	00:56:33.58	00:20:09.38		01:36:56.22

Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	1/159	1/101	21	Matthew Payne	39	M	Golden Valley	MN	00:16:42.94	00:47:06.21	00:17:44.16		01:22:28.96
2	2/159	2/101	20	Patrick Parish	31	M	Minneapolis	MN	00:16:18.81	00:48:36.90	00:17:08.20		01:22:56.50
3	3/159	3/101	4	Wade Crusier	29	M	Sauk Rapids	MN	00:15:48.51	00:49:05.68	00:17:47.60		01:23:40.96

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	113/159	33/58	45	Ingrid Buiceag-Arama	13	F	Sartell	MN	00:22:14.74	01:20:19.47	00:26:09.64		02:10:06.16
2	127/159	41/58	138	Emily Quandt	19	F	Annandale	MN	00:24:37.54	01:22:55.33	00:27:14.05		02:16:28.52
3	145/159	49/58	175	Raeley Walz	18	F	Sauk Rapids	MN	00:26:58.29	01:23:38.68	00:28:56.28		02:22:02.28

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	30/159	25/101	53	Caleb Cobbs	16	M	Zearing	IA	00:18:18.13	00:59:09.58	00:19:37.22		01:38:24.49
2	57/159	42/101	124	Zach Nemeth	14	M	Sartell	MN	00:18:33.37	01:07:58.00	00:20:43.74		01:48:28.36
3	63/159	46/101	176	Hunter Warner	16	M	Eden Prairie	MN	00:19:54.41	01:06:56.45	00:22:05.85		01:50:29.25

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	141/159	47/58	70	Emily Erickson	21	F	Sauk Rapids	MN	00:28:47.59	01:15:19.16	00:33:51.26		02:21:04.52

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Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	31/159	26/101	152	Ivan Schleppenbach	22	M	Saint Joseph	MN	00:19:36.17	00:58:39.79	00:19:24.55		01:39:14.24
2	46/159	34/101	69	Mitchell Ergen	23	M	Sartell	MN	00:18:53.16	01:03:36.36	00:20:48.48		01:44:54.25

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	89/159	24/58	154	Dayna Schleppenbach	25	F	Duluth	MN	00:23:08.54	01:10:40.05	00:24:58.93		02:00:27.62
2	120/159	36/58	136	Melissa Plante	29	F	Cloquet	MN	00:23:07.61	01:23:42.21	00:24:31.78		02:13:42.99

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	13/159	13/101	42	Mitch Brekke	28	M	Hartland	MN	00:18:30.52	00:51:45.76	00:19:55.74		01:31:29.48
2	47/159	35/101	153	Eric Schleppenbach	29	M	Saint Louis Park	MN	00:20:40.52	01:00:48.25	00:22:28.13		01:45:42.75
3	51/159	39/101	91	Jeff Huber	29	M	Clearwater	MN	00:19:49.53	01:02:12.70	00:22:20.66		01:46:20.32

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	33/159	6/58	58	Sheena Dauer	34	F	Montevideo	MN	00:19:04.20	00:58:49.93	00:19:27.26		01:39:39.71
2	85/159	22/58	61	Allie Delong	32	F	St. Joseph	MN	00:22:05.19	01:10:44.35	00:23:14.86		01:58:42.51
3	98/159	29/58	95	Stephanie Janson	34	F	Sartell	MN	00:22:44.64	01:12:03.76	00:27:02.00		02:03:12.71

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	19/159	19/101	77	Brian Glaeser	31	M	Somerset	WI	00:19:59.81	00:53:59.65	00:19:07.34		01:34:35.48
2	23/159	21/101	118	Josh Mork	33	M	Lino Lakes	MN	00:20:00.21	00:54:00.06	00:20:46.19		01:35:59.13
3	50/159	38/101	126	Jason Neumann	34	M	Saint Cloud	MN	00:21:47.68	01:00:17.56	00:22:31.48		01:46:02.90

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Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	39/159	10/58	89	Krisana Hoff	39	F	Excelsior	MN	00:19:04.54	01:00:14.47	00:20:21.81		01:41:43.47
2	72/159	18/58	40	Nicole Bergh	39	F	Sauk Rapids	MN	00:22:25.72	01:06:14.12	00:24:17.31		01:54:40.26
3	88/159	23/58	100	Amanda Jorgenson	35	F	Minneapolis	MN	00:26:16.87	01:04:17.81	00:26:57.92		01:59:59.62

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	41/159	30/101	183	Rob Williams	36	M	Eden Prairie	MN	00:20:20.11	00:58:38.01	00:21:34.30		01:42:06.99
2	44/159	32/101	48	Jeff Bushendorf	35	M	St Cloud	MN	00:20:57.66	00:57:44.59	00:22:49.51		01:43:43.37
3	45/159	33/101	116	Jason Migala	37	M	Sauk Rapids	MN	00:20:22.52	01:00:26.96	00:22:12.36		01:44:09.74

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	74/159	19/58	92	Julie Hurley	43	F	Excelsior	MN	00:20:57.28	01:08:45.00	00:22:52.30		01:54:53.51
2	75/159	20/58	149	Andrea Sailer	40	F	Sartell	MN	00:23:24.71	01:04:59.48	00:25:14.58		01:55:14.22
3	100/159	30/58	55	Rachael Cummins	41	F	Duluth	MN	00:25:31.61	01:08:23.80	00:27:08.44		02:03:36.22

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	9/159	9/101	44	Mike Buenting	42	M	Chanhassen	MN	00:17:23.23	00:52:17.89	00:18:43.04		01:29:35.98
2	17/159	17/101	122	Ben Nemeth	43	M	Sartell	MN	00:17:35.45	00:56:03.86	00:19:05.84		01:34:16.99
3	24/159	22/101	56	Justin Cummins	41	M	Duluth	MN	00:18:18.12	00:56:53.42	00:19:28.04		01:36:19.99

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	38/159	9/58	106	Manuela Knispel	45	F	Shorewood	MN	00:19:18.43	00:59:09.11	00:20:59.99		01:41:09.39
2	58/159	16/58	139	Jody Quesnell	49	F	Arden Hills	MN	00:22:18.40	01:00:56.64	00:23:52.70		01:48:38.19
3	94/159	27/58	109	Erin Lemke	47	F	Sartell	MN	00:23:25.37	01:10:40.65	00:25:10.25		02:00:57.84

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Individual

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	15/159	15/101	140	Peter Rainey	49	M	Minneapolis	MN	00:18:37.54	00:53:16.74	00:19:46.19		01:33:08.63
2	32/159	27/101	110	W. Scott Lindell	49	M	Sartell	MN	00:16:50.34	01:02:08.30	00:19:00.26		01:39:34.96
3	43/159	31/101	98	Trent Johnson	45	M	Hudson	WI	00:22:33.54	00:54:29.85	00:23:22.73		01:42:35.66

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	40/159	11/58	190	Cheryl Zitur	52	F	Rogers	MN	00:20:48.53	00:58:19.89	00:21:12.02		01:41:49.97
2	54/159	14/58	72	Jeanne Fleck	51	F	Proctor	MN	00:21:46.29	01:00:32.72	00:22:58.87		01:46:52.60
3	56/159	15/58	157	Tracy Serreyn	52	F	Lakeville	MN	00:21:28.40	01:01:55.15	00:23:04.30		01:47:43.75

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	22/159	20/101	112	Rob Madgwick	51	M	Sauk Rapids	MN	00:19:37.37	00:54:12.75	00:20:40.62		01:35:45.47
2	109/159	78/101	67	Michael Eichler	53	M	Avon	MN	00:24:31.83	01:10:23.58	00:29:53.60		02:09:02.27
3	142/159	95/101	128	Tim O'driscoll	52	M	Sartell	MN	00:28:18.18	01:18:44.44	00:30:39.66		02:21:09.32

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	84/159	21/58	96	Judy Januschka Murray	57	F	Sartell	MN	00:24:40.18	01:04:04.00	00:27:12.81		01:58:14.51
2	91/159	25/58	135	Judith Peters	56	F	St. Cloud	MN	00:23:59.93	01:07:02.96	00:27:14.93		02:00:38.38
3	122/159	38/58	159	Bev Soukup	55	F	Sartell	MN	00:25:07.41	01:19:49.20	00:27:38.13		02:15:02.50

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	25/159	23/101	80	Derek Hager	55	M	Minneapolis	MN	00:20:00.87	00:52:53.99	00:22:30.99		01:36:29.49
2	48/159	36/101	63	Kurt Devine	55	M	Little Falls	MN	00:20:24.93	01:01:48.45	00:20:40.26		01:45:46.59
3	59/159	43/101	160	Monty Steffens	58	M	St. Cloud	MN	00:21:18.83	01:03:29.70	00:22:06.98		01:49:06.40

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Overall Division Results

Individual

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	93/159	26/58	164	Pam Stevens	63	F	Sartell	MN	00:26:21.19	01:04:44.94	00:27:48.72		02:00:45.91
2	95/159	28/58	155	Sheri Schrock	62	F	Cohasset	MN	00:26:49.78	01:05:14.73	00:27:59.31		02:01:30.50
3	134/159	44/58	150	Michel Sanders	63	F	Saint Paul	MN	00:29:05.75	01:15:46.07	00:30:39.90		02:18:57.32

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	64/159	47/101	73	Mike Flynn	64	M	Elk River	MN	00:22:49.77	01:02:42.43	00:23:32.25		01:50:48.50
2	68/159	51/101	83	Luke Harned	64	M	Mahtomedi	MN	00:23:16.46	01:02:33.99	00:25:40.93		01:53:33.12
3	96/159	68/101	111	Mark Lovelace	61	M	Savage	MN	00:23:24.58	01:06:54.35	00:28:45.82		02:02:11.52

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	156/159	57/58	143	Ann Rhea	69	F	Plymouth	MN	00:38:24.17	01:26:28.07	00:39:48.64		02:48:06.36

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	79/159	59/101	108	Gerald Lawson	69	M	Winona	MN	00:22:46.97	01:07:22.65	00:25:08.35		01:56:44.25
2	106/159	76/101	54	Tom Couillard	67	M	White Bear Lake	MN	00:26:21.27	01:10:34.03	00:28:04.55		02:08:27.91
3	155/159	99/101	144	Charles Rhea	69	M	Plymouth	MN	00:38:23.97	01:26:29.92	00:38:43.57		02:48:06.29

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	102/159	72/101	57	Robert Dahl	70	M	Plymouth	MN	00:24:28.91	01:10:12.58	00:27:55.35		02:04:57.70
2	136/159	91/101	165	Daryl Stevens	74	M	Sartell	MN	00:32:58.37	01:07:51.06	00:36:32.82		02:20:04.77
3	146/159	97/101	131	Steve Paladie	74	M	Plymouth	MN	00:31:27.33	01:13:58.31	00:35:48.39		02:24:18.20