

Apple Duathlon

May 28, 2016

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	8	Diane Hankee	F	39	Lino Lakes	MN	00:18:38	25	5:59	00:00:38	00:55:20	23	22.2	00:00:28	00:19:52	26	6:23		01:34:53.72
2	29	Danielle Vsetecka	F	32	Rochester	MN	00:18:07	17	5:49	00:00:51	00:56:35	28	21.7	00:00:34	00:19:11	16	6:10		01:35:15.43
3	5	Suzie Fox	F	33	Chaska	MN	00:19:07	31	6:08	00:00:36	00:56:34	27	21.8	00:00:32	00:20:10	30	6:29		01:36:56.22
4	7	Kortney Haag	F	37	Maple Grove	MN	00:20:09	42	6:28	00:00:40	00:55:00	22	22.4	00:00:31	00:21:20	40	6:51		01:37:37.79
5	23	Christina Roberts	F	30	St. Louis Park	MN	00:19:31	33	6:16	00:00:46	00:57:27	31	21.4	00:00:34	00:19:41	22	6:20		01:37:56.67
6	58	Sheena Dauer	F	34	Montevideo	MN	00:19:05	29	6:08	00:01:10	00:58:50	38	20.9	00:01:09	00:19:28	18	6:15		01:39:39.71
7	26	Jennifer Scudiero	F	34	Eagan	MN	00:20:29	46	6:35	00:00:44	00:56:18	26	21.9	00:00:38	00:21:36	43	6:56		01:39:43.17
8	2	Sara Carlson	F	38	Brainerd	MN	00:20:33	48	6:36	00:00:42	00:57:57	33	21.2	00:00:47	00:21:11	38	6:48		01:41:07.48
9	106	Manuela Knispel	F	45	Shorewood	MN	00:19:19	32	6:12	00:00:44	00:59:10	40	20.8	00:00:58	00:21:00	37	6:45		01:41:09.39
10	89	Krisana Hoff	F	39	Excelsior	MN	00:19:05	30	6:08	00:01:14	01:00:15	44	20.4	00:00:50	00:20:22	31	6:33		01:41:43.47
11	190	Cheryl Zitur	F	52	Rogers	MN	00:20:49	51	6:41	00:00:51	00:58:20	35	21.1	00:00:40	00:21:13	39	6:49		01:41:49.97
12	12	Lisa Lendway	F	35	St. Paul	MN	00:20:02	41	6:26	00:00:29	00:59:42	42	20.6	00:00:31	00:21:54	45	7:02		01:42:35.60
13	16	Andrea Myers	F	40	Plymouth	MN	00:20:34	49	6:37	00:00:37	01:01:59	57	19.9	00:00:36	00:22:58	59	7:23		01:46:42.15
14	72	Jeanne Fleck	F	51	Proctor	MN	00:21:47	60	7:00	00:00:48	01:00:33	48	20.3	00:00:48	00:22:59	61	7:23		01:46:52.60
15	157	Tracy Serreyn	F	52	Lakeville	MN	00:21:29	58	6:54	00:00:38	01:01:56	56	19.9	00:00:39	00:23:05	62	7:25		01:47:43.75
16	139	Jody Quesnell	F	49	Arden Hills	MN	00:22:19	64	7:10	00:00:49	01:00:57	51	20.2	00:00:42	00:23:53	69	7:41		01:48:38.19
17	186	Amy Woolsey	F	51	Sauk Rapids	MN	00:22:37	72	7:16	00:00:50	01:01:51	55	19.9	00:00:40	00:24:16	72	7:48		01:50:12.95
18	40	Nicole Bergh	F	39	Sauk Rapids	MN	00:22:26	66	7:13	00:00:48	01:06:15	84	18.6	00:00:56	00:24:18	74	7:49		01:54:40.26
19	92	Julie Hurley	F	43	Excelsior	MN	00:20:58	53	6:44	00:01:23	01:08:46	98	17.9	00:00:57	00:22:53	58	7:21		01:54:53.51
20	149	Andrea Sailer	F	40	Sartell	MN	00:23:25	88	7:32	00:00:50	01:05:00	77	18.9	00:00:46	00:25:15	82	8:07		01:55:14.22
21	96	Judy Januschka Murray	F	57	Sartell	MN	00:24:41	103	7:56	00:01:09	01:04:05	73	19.2	00:01:09	00:27:13	98	8:45		01:58:14.51
22	61	Allie Delong	F	32	St. Joseph	MN	00:22:06	62	7:06	00:01:15	01:10:45	110	17.4	00:01:24	00:23:15	63	7:28		01:58:42.51
23	100	Amanda Jorgenson	F	35	Minneapolis	MN	00:26:17	116	8:27	00:01:04	01:04:18	74	19.1	00:01:24	00:26:58	94	8:40		01:59:59.62
24	154	Dayna Schleppebach	F	25	Duluth	MN	00:23:09	83	7:26	00:00:54	01:10:41	108	17.4	00:00:48	00:24:59	79	8:02		02:00:27.62
25	135	Judith Peters	F	56	St. Cloud	MN	00:24:00	91	7:43	00:01:05	01:07:03	89	18.3	00:01:16	00:27:15	101	8:46		02:00:38.38
26	164	Pam Stevens	F	63	Sartell	MN	00:26:22	118	8:28	00:00:51	01:04:45	76	19.0	00:01:01	00:27:49	104	8:57		02:00:45.91
27	109	Erin Lemke	F	47	Sartell	MN	00:23:26	89	7:32	00:00:51	01:10:41	109	17.4	00:00:51	00:25:11	81	8:06		02:00:57.84
28	155	Sheri Schrock	F	62	Cohasset	MN	00:26:50	125	8:38	00:00:41	01:05:15	79	18.9	00:00:47	00:28:00	108	9:00		02:01:30.50
29	95	Stephanie Janson	F	34	Sartell	MN	00:22:45	76	7:19	00:00:46	01:12:04	114	17.1	00:00:37	00:27:03	95	8:42		02:03:12.71
30	55	Rachael Cummins	F	41	Duluth	MN	00:25:32	110	8:12	00:01:14	01:08:24	97	18.0	00:01:20	00:27:09	97	8:44		02:03:36.22
31	170	Deborah Thell	F	46	St. Cloud	MN	00:25:25	109	8:10	00:01:32	01:12:43	118	16.9	00:01:33	00:27:36	102	8:52		02:08:47.27
32	179	Beth Wengler	F	51	Saint Cloud	MN	00:26:54	126	8:39	00:01:28	01:10:32	105	17.4	00:01:21	00:29:33	120	9:30		02:09:46.89
33	45	Ingrid Buiceag-Arama	F	13	Sartell	MN	00:22:15	63	7:09	00:00:54	01:20:20	143	15.3	00:00:29	00:26:10	88	8:25		02:10:06.16
34	163	Kathy Stephens	F	50	Avon	MN	00:26:24	121	8:29	00:01:31	01:12:03	113	17.1	00:01:32	00:30:02	126	9:39		02:11:30.52
35	107	Julia Krengel	F	39	Sauk Rapids	MN	00:27:25	134	8:49	00:01:22	01:13:09	119	16.8	00:01:08	00:29:02	115	9:20		02:12:03.52

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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	136	Melissa Plante	F	29	Cloquet	MN	00:23:08	82	7:26	00:01:01	01:23:43	147	14.7	00:01:22	00:24:32	76	7:53		02:13:42.99
37	115	Cathleen Mcginnity	F	51	Luck	WI	00:28:01	137	9:00	00:01:37	01:12:10	115	17.1	00:01:29	00:31:35	139	10:09		02:14:48.72
38	159	Bev Soukup	F	55	Sartell	MN	00:25:08	107	8:05	00:01:30	01:19:50	140	15.4	00:00:59	00:27:39	103	8:53		02:15:02.50
39	147	Erin Ross	F	38	St. Joseph	MN	00:30:26	148	9:47	00:01:11	01:12:15	116	17.0	00:00:51	00:30:36	129	9:50		02:15:16.29
40	168	Kathy Swanson	F	46	Richmond	MN	00:27:21	131	8:47	00:01:59	01:16:56	131	16.0	00:01:47	00:28:08	110	9:03		02:16:07.60
41	138	Emily Quandt	F	19	Annandale	MN	00:24:38	102	7:55	00:00:56	01:22:56	145	14.8	00:00:46	00:27:15	99	8:45		02:16:28.52
42	181	Krisie Widvey	F	42	Sartell	MN	00:26:35	123	8:33	00:01:50	01:15:33	124	16.3	00:01:36	00:31:01	134	9:58		02:16:31.53
43	88	Sharon Hobbs	F	57	Sartell	MN	00:30:26	149	9:47	00:01:14	01:11:15	111	17.3	00:01:42	00:33:01	144	10:37		02:17:35.63
44	150	Michel Sanders	F	63	Saint Paul	MN	00:29:06	145	9:21	00:01:50	01:15:47	125	16.2	00:01:36	00:30:40	132	9:52		02:18:57.32
45	104	Theresa Klamann	F	59	Lino Lakes	MN	00:28:57	143	9:18	00:01:15	01:17:42	133	15.8	00:01:59	00:29:12	117	9:23		02:19:02.32
46	76	Michelle Gebhardt	F	39	Rice	MN	00:28:03	138	9:01	00:01:06	01:19:16	138	15.5	00:01:03	00:31:34	137	10:09		02:21:01.28
47	70	Emily Erickson	F	21	Sauk Rapids	MN	00:28:48	142	9:16	00:01:52	01:15:20	123	16.3	00:01:15	00:33:52	147	10:53		02:21:04.52
48	86	Jo Henning	F	59	Sartell	MN	00:27:18	130	8:46	00:02:04	01:19:03	137	15.6	00:02:10	00:31:17	135	10:04		02:21:48.95
49	175	Raeley Walz	F	18	Sauk Rapids	MN	00:26:59	127	8:40	00:01:26	01:23:39	146	14.7	00:01:04	00:28:57	114	9:18		02:22:02.28
50	145	Carrie Roering	F	38	Freeport	MN	00:29:06	144	9:21	00:00:48	01:29:58	152	13.7	00:00:40	00:30:38	130	9:51		02:31:06.78
51	158	Kari Sholing	F	46	St. Cloud	MN	00:27:14	128	8:45	00:01:01	01:32:44	153	13.3	00:00:56	00:29:59	125	9:38		02:31:50.42
52	51	Karen Chalich	F	36	St. Joseph	MN	00:34:34	154	11:07	00:02:19	01:18:05	134	15.8	00:01:20	00:37:36	154	12:05		02:33:51.44
53	113	Joann Marshall	F	57	Sauk Rapids	MN	00:33:31	153	10:47	00:00:41	01:22:21	144	14.9	00:00:43	00:37:25	153	12:02		02:34:38.76
54	130	Amy Oehrlein	F	44	Albany	MN	00:27:14	129	8:45	00:01:15	01:33:30	154	13.2	00:01:19	00:31:29	136	10:07		02:34:44.35
55	99	Tami Johnson	F	43	Sartell	MN	00:26:27	122	8:30	00:01:38	01:37:14	157	12.7	00:01:19	00:28:26	112	9:08		02:35:00.85
56	34	Jacqueline Bach	F	52	Saint Cloud	MN	00:28:06	139	9:02	00:01:02	01:37:42	158	12.6	00:01:32	00:36:08	151	11:37		02:44:28.54
57	143	Ann Rhea	F	69	Plymouth	MN	00:38:25	156	12:21	00:01:56	01:26:29	150	14.2	00:01:31	00:39:49	156	12:48		02:48:06.36
58	71	Christine Fjalstad	F	56	Prior Lake	MN	00:45:01	157	14:29	00:02:07	01:33:32	155	13.2	00:02:59	00:54:11	159	17:26		03:17:48.00

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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	21	Matthew Payne	M	39	Golden Valley	MN	00:16:43	5	5:22	00:00:30	00:47:07	1	26.1	00:00:27	00:17:45	4	5:42		01:22:28.96
2	20	Patrick Parish	M	31	Minneapolis	MN	00:16:19	3	5:15	00:00:28	00:48:37	3	25.3	00:00:26	00:17:09	1	5:30		01:22:56.50
3	4	Wade Crusier	M	29	Sauk Rapids	MN	00:15:49	1	5:05	00:00:33	00:49:06	4	25.1	00:00:27	00:17:48	5	5:43		01:23:40.96
4	3	Sean Cooley	M	31	St. Paul	MN	00:17:01	7	5:28	00:00:33	00:47:47	2	25.7	00:00:30	00:18:42	10	6:01		01:24:32.21
5	18	Kevin O'connor	M	45	Medina	MN	00:17:06	8	5:30	00:00:26	00:51:35	5	23.9	00:00:28	00:18:06	7	5:49		01:27:37.59
6	28	Corey Towle	M	29	St. Louis Park	MN	00:16:01	2	5:09	00:00:40	00:53:45	16	22.9	00:00:35	00:17:13	2	5:32		01:28:10.66
7	19	Brandon Ordway	M	34	Maplewood	MN	00:17:46	12	5:42	00:00:34	00:52:09	9	23.6	00:00:36	00:18:02	6	5:48		01:29:04.60
8	24	Jordan Roby	M	26	Wayzata	MN	00:17:37	11	5:40	00:00:39	00:52:21	11	23.5	00:00:30	00:18:06	8	5:49		01:29:10.98
9	44	Mike Buenting	M	42	Chanhassen	MN	00:17:24	9	5:35	00:00:41	00:52:18	10	23.5	00:00:32	00:18:44	11	6:01		01:29:35.98
10	189	Andrew Zabel	M	37	Sartell	MN	00:18:06	15	5:49	00:00:42	00:51:35	6	23.9	00:00:30	00:19:58	29	6:25		01:30:48.68
11	22	David Phillips	M	31	Maple Grove	MN	00:18:08	18	5:50	00:00:39	00:51:43	7	23.8	00:00:33	00:19:54	27	6:23		01:30:53.94
12	14	Travis Miller	M	37	Nisswa	MN	00:18:07	16	5:49	00:00:36	00:53:05	13	23.2	00:00:32	00:18:58	12	6:06		01:31:16.22
13	42	Mitch Brekke	M	28	Hartland	MN	00:18:31	21	5:57	00:00:42	00:51:46	8	23.8	00:00:37	00:19:56	28	6:24		01:31:29.48
14	17	Scott Myers	M	41	Plymouth	MN	00:18:02	13	5:47	00:00:34	00:53:56	17	22.8	00:00:42	00:19:38	20	6:18		01:32:48.47
15	140	Peter Rainey	M	49	Minneapolis	MN	00:18:38	24	5:59	00:00:49	00:53:17	14	23.1	00:00:40	00:19:47	24	6:21		01:33:08.63
16	25	Steve Sander	M	38	Eden Prairie	MN	00:19:00	28	6:06	00:00:39	00:53:21	15	23.1	00:00:42	00:19:48	25	6:22		01:33:26.90
17	122	Ben Nemeth	M	43	Sartell	MN	00:17:36	10	5:39	00:00:50	00:56:04	24	21.9	00:00:42	00:19:06	14	6:08		01:34:16.99
18	192	Andy Hardt	M	25	Sartell	MN	00:18:02	14	5:48	00:00:43	00:56:38	29	21.7	00:00:36	00:18:33	9	5:58		01:34:29.48
19	77	Brian Glaeser	M	31	Somerset	WI	00:20:00	38	6:26	00:00:45	00:54:00	18	22.8	00:00:44	00:19:08	15	6:09		01:34:35.48
20	112	Rob Madgwick	M	51	Sauk Rapids	MN	00:19:38	35	6:18	00:00:39	00:54:13	20	22.7	00:00:37	00:20:41	33	6:39		01:35:45.47
21	118	Josh Mork	M	33	Lino Lakes	MN	00:20:01	39	6:26	00:00:42	00:54:01	19	22.8	00:00:32	00:20:47	35	6:41		01:35:59.13
22	56	Justin Cummins	M	41	Duluth	MN	00:18:19	19	5:53	00:00:50	00:56:54	30	21.6	00:00:51	00:19:29	19	6:15		01:36:19.99
23	80	Derek Hager	M	55	Minneapolis	MN	00:20:01	40	6:26	00:00:35	00:52:54	12	23.3	00:00:30	00:22:31	54	7:14		01:36:29.49
24	142	Jeremy Reichenberger	M	25	Minneapolis	MN	00:16:38	4	5:20	00:00:38	01:02:50	63	19.6	00:00:49	00:17:32	3	5:38		01:38:24.45
25	53	Caleb Cobbs	M	16	Zearing	IA	00:18:19	20	5:53	00:00:37	00:59:10	41	20.8	00:00:43	00:19:38	21	6:18		01:38:24.49
26	152	Ivan Schleppenbach	M	22	Saint Joseph	MN	00:19:37	34	6:18	00:00:56	00:58:40	37	21.0	00:00:39	00:19:25	17	6:14		01:39:14.24
27	110	W. Scott Lindell	M	49	Sartell	MN	00:16:51	6	5:25	00:00:50	01:02:09	59	19.8	00:00:47	00:19:01	13	6:06		01:39:34.96
28	182	Darin Wieneke	M	42	St. Paul	MN	00:18:39	26	5:59	00:01:20	00:58:51	39	20.9	00:01:08	00:19:46	23	6:21		01:39:41.40
29	15	Dennis Mohagen	M	43	St Anthony Village	MN	00:20:32	47	6:36	00:00:55	00:56:08	25	21.9	00:00:45	00:21:27	41	6:54		01:39:45.40
30	183	Rob Williams	M	36	Eden Prairie	MN	00:20:21	43	6:32	00:00:56	00:58:39	36	21.0	00:00:39	00:21:35	42	6:56		01:42:06.99
31	98	Trent Johnson	M	45	Hudson	WI	00:22:34	69	7:15	00:01:10	00:54:30	21	22.6	00:01:01	00:23:23	64	7:31		01:42:35.66
32	48	Jeff Bushendorf	M	35	St Cloud	MN	00:20:58	54	6:44	00:01:02	00:57:45	32	21.3	00:01:10	00:22:50	57	7:20		01:43:43.37
33	116	Jason Migala	M	37	Sauk Rapids	MN	00:20:23	44	6:33	00:00:38	01:00:27	46	20.4	00:00:31	00:22:13	50	7:08		01:44:09.74
34	69	Mitchell Ergen	M	23	Sartell	MN	00:18:54	27	6:04	00:00:49	01:03:37	70	19.3	00:00:48	00:20:49	36	6:41		01:44:54.25
35	153	Eric Schleppenbach	M	29	Saint Louis Park	MN	00:20:41	50	6:39	00:00:56	01:00:49	49	20.2	00:00:51	00:22:29	53	7:13		01:45:42.75

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	63	Kurt Devine	M	55	Little Falls	MN	00:20:25	45	6:34	00:01:54	01:01:49	53	19.9	00:01:00	00:20:41	32	6:39		01:45:46.59
37	114	Shawn Mcgee	M	41	Sartell	MN	00:20:51	52	6:42	00:01:13	01:00:29	47	20.3	00:01:31	00:22:02	46	7:05		01:46:02.75
38	126	Jason Neumann	M	34	Saint Cloud	MN	00:21:48	61	7:00	00:00:47	01:00:18	45	20.4	00:00:41	00:22:32	55	7:14		01:46:02.90
39	91	Jeff Huber	M	29	Clearwater	MN	00:19:50	36	6:22	00:00:54	01:02:13	60	19.8	00:01:05	00:22:21	51	7:11		01:46:20.32
40	174	Timothy Vedder	M	42	Sartell	MN	00:21:25	57	6:53	00:01:06	01:01:50	54	19.9	00:00:40	00:21:38	44	6:57		01:46:36.75
41	31	Mike Abel	M	48	Sartell	MN	00:22:21	65	7:11	00:01:06	00:58:13	34	21.1	00:01:05	00:24:31	75	7:53		01:47:14.50
42	124	Zach Nemeth	M	14	Sartell	MN	00:18:34	22	5:58	00:00:40	01:07:58	95	18.1	00:00:35	00:20:44	34	6:40		01:48:28.36
43	160	Monty Steffens	M	58	St. Cloud	MN	00:21:19	56	6:51	00:01:10	01:03:30	67	19.4	00:01:02	00:22:07	49	7:07		01:49:06.40
44	121	Jason Neal	M	43	Andover	MN	00:21:36	59	6:57	00:01:29	01:03:13	65	19.5	00:01:18	00:22:04	47	7:06		01:49:38.31
45	120	Mike Murray	M	57	Sartell	MN	00:22:26	67	7:13	00:01:05	00:59:52	43	20.6	00:00:55	00:25:22	83	8:09		01:49:38.92
46	176	Hunter Warner	M	16	Eden Prairie	MN	00:19:55	37	6:24	00:00:56	01:06:57	87	18.4	00:00:38	00:22:06	48	7:06		01:50:29.25
47	73	Mike Flynn	M	64	Elk River	MN	00:22:50	80	7:20	00:00:57	01:02:43	62	19.6	00:00:48	00:23:33	66	7:34		01:50:48.50
48	169	Stuart Swenson	M	41	Sartell	MN	00:22:49	78	7:20	00:01:31	01:00:52	50	20.2	00:02:00	00:23:50	67	7:40		01:50:59.70
49	64	Scott Dezurik	M	48	Avon	MN	00:22:28	68	7:13	00:00:42	01:03:36	69	19.3	00:00:54	00:24:17	73	7:48		01:51:54.85
50	62	Ben Delong	M	33	St. Joseph	MN	00:22:34	70	7:15	00:00:55	01:05:27	81	18.8	00:01:23	00:22:24	52	7:12		01:52:40.75
51	83	Luke Harned	M	64	Mahtomedi	MN	00:23:17	86	7:29	00:00:59	01:02:34	61	19.7	00:01:04	00:25:41	85	8:15		01:53:33.12
52	123	Will Nemeth	M	14	Sartell	MN	00:18:35	23	5:58	00:00:46	01:11:45	112	17.1	00:00:28	00:22:39	56	7:17		01:54:10.17
53	94	Perry Jansen	M	42	Sauk Rapids	MN	00:22:43	74	7:18	00:01:20	01:04:01	72	19.2	00:01:32	00:24:40	77	7:56		01:54:13.43
54	167	Kurt Stunek	M	59	St. Cloud	MN	00:24:31	98	7:53	00:01:27	01:03:25	66	19.4	00:01:04	00:23:52	68	7:40		01:54:15.48
55	148	Scott Rutten	M	47	Sauk Centre	MN	00:24:33	100	7:54	00:00:55	01:02:06	58	19.8	00:00:46	00:26:27	91	8:30		01:54:45.72
56	162	Eric Stenzel	M	35	North Mankato	MN	00:22:38	73	7:16	00:00:55	01:06:59	88	18.4	00:00:40	00:24:09	71	7:46		01:55:17.80
57	172	Keith Tufte	M	57	Eden Prairie	MN	00:22:50	79	7:20	00:01:21	01:07:09	90	18.3	00:01:25	00:22:59	60	7:23		01:55:41.70
58	38	Rick Bauerly	M	48	Sauk Rapids	MN	00:24:19	94	7:49	00:00:55	01:03:03	64	19.5	00:01:10	00:26:32	92	8:32		01:55:56.71
59	108	Gerald Lawson	M	69	Winona	MN	00:22:47	77	7:19	00:00:50	01:07:23	92	18.3	00:00:37	00:25:09	80	8:05		01:56:44.25
60	79	Jeffrey Groffsky	M	58	Edina	MN	00:23:14	85	7:28	00:01:18	01:06:06	83	18.6	00:01:06	00:25:44	86	8:16		01:57:26.15
61	90	Douglas Houser	M	49	Minnetrissa	MN	00:23:14	84	7:28	00:01:31	01:05:27	80	18.8	00:01:36	00:25:41	84	8:15		01:57:26.51
62	59	Douglas Davis	M	33	Cottage Grove	MN	00:26:07	114	8:24	00:00:58	01:01:48	52	19.9	00:00:59	00:27:52	105	8:57		01:57:41.65
63	82	Bob Harmon	M	55	New Brighton	MN	00:24:35	101	7:54	00:01:46	01:03:31	68	19.4	00:01:32	00:26:34	93	8:32		01:57:56.17
64	30	Mark Janson	M	35	Sartell	MN	00:21:08	55	6:47	00:01:33	01:12:24	117	17.0	00:00:51	00:23:28	65	7:33		01:59:21.30
65	134	John Pepin	M	35	Crosby	MN	00:23:44	90	7:38	00:01:12	01:06:25	85	18.5	00:01:09	00:27:07	96	8:43		01:59:34.69
66	161	Blake Steinbring	M	30	Alexandria	MN	00:26:20	117	8:28	00:01:51	01:04:23	75	19.1	00:01:54	00:26:03	87	8:22		02:00:28.24
67	173	Mark Urdahl	M	55	Excelsior	MN	00:26:07	115	8:24	00:01:06	01:03:37	71	19.3	00:00:54	00:29:04	116	9:21		02:00:45.14
68	111	Mark Lovelace	M	61	Savage	MN	00:23:25	87	7:32	00:01:21	01:06:55	86	18.4	00:01:46	00:28:46	113	9:15		02:02:11.52
69	93	David Janaszak	M	44	Sauk Rapids	MN	00:25:21	108	8:09	00:01:12	01:05:33	82	18.8	00:01:05	00:29:22	119	9:26		02:02:30.78
70	47	Bryan Burns	M	39	Sartell	MN	00:24:28	96	7:52	00:01:20	01:10:09	100	17.5	00:01:07	00:26:25	89	8:30		02:03:28.26

Apple Duathlon

May 28, 2016

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	87	Carl Hoang	M	56	Maple Grove	MN	00:25:42	113	8:16	00:01:42	01:05:03	78	18.9	00:01:25	00:30:54	133	9:56		02:04:42.86
72	57	Robert Dahl	M	70	Plymouth	MN	00:24:29	97	7:52	00:01:06	01:10:13	101	17.5	00:01:16	00:27:56	106	8:59		02:04:57.70
73	146	Bryan Rolph	M	47	Saint Cloud	MN	00:25:35	111	8:13	00:01:35	01:08:47	99	17.9	00:01:47	00:28:00	107	9:00		02:05:41.86
74	191	Adam Plante	M	31	Sauk Rapids	MN	00:24:25	95	7:51	00:01:15	01:15:48	126	16.2	00:00:51	00:24:06	70	7:45		02:06:21.44
75	127	Grady Nouis	M	33	Westminster	CO	00:26:24	120	8:29	00:01:20	01:10:30	104	17.5	00:00:59	00:28:22	111	9:07		02:07:33.22
76	54	Tom Couillard	M	67	White Bear Lake	MN	00:26:22	119	8:28	00:01:29	01:10:35	106	17.4	00:02:00	00:28:05	109	9:02		02:08:27.91
77	52	Pat Chen	M	47	Brooklyn Park	MN	00:24:02	92	7:43	00:02:34	01:07:55	94	18.1	00:02:22	00:31:48	140	10:13		02:08:39.21
78	67	Michael Eichler	M	53	Avon	MN	00:24:32	99	7:53	00:01:52	01:10:24	103	17.5	00:02:22	00:29:54	124	9:37		02:09:02.27
79	50	Glenn Carnahan	M	56	St. Cloud	MN	00:26:46	124	8:36	00:01:37	01:10:35	107	17.4	00:01:12	00:29:34	121	9:30		02:09:41.26
80	151	Adam Scepaniak	M	29	Avon	MN	00:22:37	71	7:16	00:02:20	01:18:37	135	15.7	00:01:51	00:24:43	78	7:57		02:10:05.45
81	32	Louis Ahlstrand	M	62	Shafer	MN	00:25:37	112	8:14	00:01:03	01:15:56	127	16.2	00:01:07	00:26:27	90	8:30		02:10:07.26
82	39	Shane Berg	M	38	Sauk Rapids	MN	00:27:22	133	8:48	00:01:01	01:08:17	96	18.0	00:01:12	00:33:02	145	10:37		02:10:51.97
83	184	Lucas Winkler	M	35	Grand Rapids	MN	00:24:54	105	8:00	00:00:56	01:19:25	139	15.5	00:00:37	00:27:15	100	8:46		02:13:03.62
84	97	A J Jennissen	M	17	Mantorville	MN	00:22:43	75	7:18	00:00:54	01:19:51	142	15.4	00:00:52	00:29:21	118	9:26		02:13:37.86
85	178	Jerry Washatka	M	56	St. Michael	MN	00:24:53	104	8:00	00:02:08	01:15:00	121	16.4	00:02:30	00:31:35	138	10:09		02:16:03.78
86	132	Patrick Parker	M	35	Minneapolis	MN	00:27:21	132	8:48	00:00:58	01:17:34	132	15.9	00:00:40	00:29:40	122	9:32		02:16:11.28
87	36	Bruce Bailey	M	60	Wayzata	MN	00:29:48	146	9:35	00:01:34	01:10:23	102	17.5	00:01:40	00:33:11	146	10:40		02:16:33.22
88	133	Phillip Paul	M	39	Sauk Rapids	MN	00:28:00	136	9:00	00:01:15	01:16:40	129	16.0	00:01:40	00:30:13	127	9:43		02:17:46.88
89	101	Mark Kapsner	M	63	St. Cloud	MN	00:32:10	151	10:21	00:01:30	01:07:09	91	18.3	00:01:40	00:36:01	150	11:35		02:18:28.87
90	141	Rob Rasmussen	M	45	St Joseph	MN	00:24:54	106	8:00	00:01:09	01:15:14	122	16.4	00:01:29	00:35:51	149	11:32		02:18:34.53
91	165	Daryl Stevens	M	74	Sartell	MN	00:32:59	152	10:36	00:01:38	01:07:52	93	18.1	00:01:05	00:36:33	152	11:45		02:20:04.77
92	84	Zach Harper	M	27	St Cloud	MN	00:22:54	81	7:22	00:00:50	01:26:03	149	14.3	00:00:54	00:29:50	123	9:36		02:20:28.11
93	119	Mike Mundis	M	46	Richmond	MN	00:29:49	147	9:35	00:01:41	01:16:11	128	16.1	00:01:19	00:31:53	141	10:15		02:20:51.24
94	66	Mike Doman	M	46	Sauk Rapids	MN	00:28:44	141	9:14	00:01:31	01:16:46	130	16.0	00:01:49	00:32:14	143	10:22		02:21:00.98
95	128	Tim O'driscoll	M	52	Sartell	MN	00:28:19	140	9:06	00:01:39	01:18:45	136	15.6	00:01:49	00:30:40	131	9:52		02:21:09.32
96	137	Nicholas Plante	M	34	Cloquet	MN	00:27:34	135	8:52	00:01:11	01:19:51	141	15.4	00:00:55	00:32:02	142	10:18		02:21:31.18
97	131	Steve Paladie	M	74	Plymouth	MN	00:31:28	150	10:07	00:01:49	01:13:59	120	16.6	00:01:17	00:35:49	148	11:31		02:24:18.20
98	75	Jeremy Gallagher	M	38	Sartell	MN	00:24:15	93	7:48	00:01:28	01:34:16	156	13.1	00:00:47	00:30:13	128	9:43		02:30:57.33
99	144	Charles Rhea	M	69	Plymouth	MN	00:38:24	155	12:21	00:01:57	01:26:30	151	14.2	00:02:32	00:38:44	155	12:27		02:48:06.29
100	43	Michael Bueckers	M	35	Saint Cloud	MN	00:46:15	158	14:52	00:01:27	01:38:02	159	12.6	00:02:03	00:46:01	157	14:48		03:13:44.74
101	193	Phillip Davis	M	70	Sartell	MN	00:57:41	159	18:33	00:04:32	01:24:29	148	14.6	00:02:59	00:52:48	158	16:59		03:22:26.31