

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
4	27/159	4/58	7	Kortney Haag	37	F	Maple Grove	MN	00:20:08.49	00:54:59.98	00:21:19.36		01:37:37.79
5	28/159	5/58	23	Christina Roberts	30	F	St. Louis Park	MN	00:19:30.76	00:57:26.93	00:19:40.73		01:37:56.67
6	35/159	7/58	26	Jennifer Scudiero	34	F	Eagan	MN	00:20:28.78	00:56:17.69	00:21:35.52		01:39:43.17
7	37/159	8/58	2	Sara Carlson	38	F	Brainerd	MN	00:20:32.45	00:57:56.52	00:21:10.25		01:41:07.48
8	42/159	12/58	12	Lisa Lendway	35	F	St. Paul	MN	00:20:01.14	00:59:41.16	00:21:53.92		01:42:35.60
9	53/159	13/58	16	Andrea Myers	40	F	Plymouth	MN	00:20:33.88	01:01:58.69	00:22:57.40		01:46:42.15

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
4	4/159	4/101	3	Sean Cooley	31	M	St. Paul	MN	00:17:00.90	00:47:46.87	00:18:41.89		01:24:32.21
5	5/159	5/101	18	Kevin O'connor	45	M	Medina	MN	00:17:05.69	00:51:34.52	00:18:05.16		01:27:37.59
6	6/159	6/101	28	Corey Towle	29	M	St. Louis Park	MN	00:16:00.23	00:53:44.10	00:17:12.98		01:28:10.66
7	7/159	7/101	19	Brandon Ordway	34	M	Maplewood	MN	00:17:45.30	00:52:08.93	00:18:01.92		01:29:04.60
8	8/159	8/101	24	Jordan Roby	26	M	Wayzata	MN	00:17:36.52	00:52:20.08	00:18:05.55		01:29:10.98
9	10/159	10/101	189	Andrew Zabel	37	M	Sartell	MN	00:18:05.27	00:51:34.82	00:19:57.75		01:30:48.68
10	11/159	11/101	22	David Phillips	31	M	Maple Grove	MN	00:18:07.67	00:51:42.20	00:19:53.02		01:30:53.94
11	12/159	12/101	14	Travis Miller	37	M	Nisswa	MN	00:18:06.25	00:53:04.46	00:18:57.67		01:31:16.22
12	14/159	14/101	17	Scott Myers	41	M	Plymouth	MN	00:18:01.11	00:53:55.62	00:19:37.18		01:32:48.47
13	16/159	16/101	25	Steve Sander	38	M	Eden Prairie	MN	00:18:59.23	00:53:20.39	00:19:47.79		01:33:26.90
14	18/159	18/101	192	Andy Hardt	25	M	Sartell	MN	00:18:01.54	00:56:37.40	00:18:32.55		01:34:29.48
15	29/159	24/101	142	Jeremy Reichenberger	25	M	Minneapolis	MN	00:16:37.27	01:02:49.66	00:17:31.02		01:38:24.45
16	36/159	29/101	15	Dennis Mohagen	43	M	St Anthony Village	MN	00:20:31.84	00:56:07.79	00:21:27.00		01:39:45.40

Apple Duathlon

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Overall Division Results

Individual

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
4	69/159	52/101	123	Will Nemeth	14	M	Sartell	MN	00:18:34.60	01:11:44.35	00:22:38.98		01:54:10.17
5	119/159	84/101	97	A J Jennissen	17	M	Mantorville	MN	00:22:42.63	01:19:50.48	00:29:20.15		02:13:37.86

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

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

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Overall Division Results

Individual

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 Schleppebach	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
4	112/159	80/101	151	Adam Scepaniak	29	M	Avon	MN	00:22:36.78	01:18:36.56	00:24:42.86		02:10:05.45
5	137/159	92/101	84	Zach Harper	27	M	St Cloud	MN	00:22:53.42	01:26:02.21	00:29:49.71		02:20:28.11

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
4	67/159	50/101	62	Ben Delong	33	M	St. Joseph	MN	00:22:33.78	01:05:26.45	00:22:23.78		01:52:40.75
5	82/159	62/101	59	Douglas Davis	33	M	Cottage Grove	MN	00:26:06.53	01:01:47.52	00:27:51.45		01:57:41.65
6	90/159	66/101	161	Blake Steinbring	30	M	Alexandria	MN	00:26:19.23	01:04:22.11	00:26:02.34		02:00:28.24
7	104/159	74/101	191	Adam Plante	31	M	Sauk Rapids	MN	00:24:24.45	01:15:47.50	00:24:05.06		02:06:21.44
8	105/159	75/101	127	Grady Nouis	33	M	Westminster	CO	00:26:23.48	01:10:29.43	00:28:21.78		02:07:33.22
9	143/159	96/101	137	Nicholas Plante	34	M	Cloquet	MN	00:27:33.72	01:19:50.16	00:32:01.78		02:21:31.18

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Overall Division Results

Individual

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
4	117/159	35/58	107	Julia Krengel	39	F	Sauk Rapids	MN	00:27:24.54	01:13:08.96	00:29:01.83		02:12:03.52
5	123/159	39/58	147	Erin Ross	38	F	St. Joseph	MN	00:30:25.58	01:12:14.41	00:30:35.33		02:15:16.29
6	140/159	46/58	76	Michelle Gebhardt	39	F	Rice	MN	00:28:02.89	01:19:15.97	00:31:33.94		02:21:01.28
7	148/159	50/58	145	Carrie Roering	38	F	Freeport	MN	00:29:05.67	01:29:57.16	00:30:37.39		02:31:06.78
8	150/159	52/58	51	Karen Chalich	36	F	St. Joseph	MN	00:34:33.45	01:18:04.05	00:37:35.02		02:33:51.44

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
4	76/159	56/101	162	Eric Stenzel	35	M	North Mankato	MN	00:22:37.38	01:06:58.13	00:24:08.62		01:55:17.80
5	86/159	64/101	30	Mark Janson	35	M	Sartell	MN	00:21:07.20	01:12:23.68	00:23:27.49		01:59:21.30
6	87/159	65/101	134	John Pepin	35	M	Crosby	MN	00:23:43.53	01:06:24.77	00:27:06.46		01:59:34.69
7	99/159	70/101	47	Bryan Burns	39	M	Sartell	MN	00:24:27.91	01:10:08.68	00:26:24.81		02:03:28.26
8	115/159	82/101	39	Shane Berg	38	M	Sauk Rapids	MN	00:27:21.68	01:08:16.31	00:33:01.80		02:10:51.97
9	118/159	83/101	184	Lucas Winkler	35	M	Grand Rapids	MN	00:24:53.53	01:19:24.23	00:27:14.70		02:13:03.62
10	126/159	86/101	132	Patrick Parker	35	M	Minneapolis	MN	00:27:20.78	01:17:33.72	00:29:39.75		02:16:11.28
11	131/159	88/101	133	Phillip Paul	39	M	Sauk Rapids	MN	00:27:59.93	01:16:39.88	00:30:12.67		02:17:46.88
12	147/159	98/101	75	Jeremy Gallagher	38	M	Sartell	MN	00:24:14.87	01:34:15.66	00:30:12.90		02:30:57.33
13	157/159	100/101	43	Michael Bueckers	35	M	Saint Cloud	MN	00:46:14.47	01:38:01.03	00:46:00.37		03:13:44.74

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Overall Division Results

Individual

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
4	128/159	42/58	181	Krisie Widvey	42	F	Sartell	MN	00:26:34.54	01:15:32.45	00:31:00.07		02:16:31.53
5	152/159	54/58	130	Amy Oehrlein	44	F	Albany	MN	00:27:13.68	01:33:29.00	00:31:28.84		02:34:44.35
6	153/159	55/58	99	Tami Johnson	43	F	Sartell	MN	00:26:26.79	01:37:13.38	00:28:25.38		02:35:00.85

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
4	34/159	28/101	182	Darin Wieneke	42	M	St. Paul	MN	00:18:38.29	00:58:50.57	00:19:45.45		01:39:41.40
5	49/159	37/101	114	Shawn Mcgee	41	M	Sartell	MN	00:20:50.17	01:00:28.40	00:22:01.18		01:46:02.75
6	52/159	40/101	174	Timothy Vedder	42	M	Sartell	MN	00:21:24.72	01:01:49.54	00:21:37.33		01:46:36.75
7	60/159	44/101	121	Jason Neal	43	M	Andover	MN	00:21:35.78	01:03:12.48	00:22:03.86		01:49:38.31
8	65/159	48/101	169	Stuart Swenson	41	M	Sartell	MN	00:22:48.78	01:00:51.21	00:23:49.53		01:50:59.70
9	70/159	53/101	94	Perry Jansen	42	M	Sauk Rapids	MN	00:22:42.28	01:04:00.10	00:24:39.51		01:54:13.43
10	97/159	69/101	93	David Janaszak	44	M	Sauk Rapids	MN	00:25:20.65	01:05:32.72	00:29:21.37		02:02:30.78

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
4	108/159	31/58	170	Deborah Thell	46	F	St. Cloud	MN	00:25:24.50	01:12:42.43	00:27:35.86		02:08:47.27
5	125/159	40/58	168	Kathy Swanson	46	F	Richmond	MN	00:27:20.29	01:16:55.18	00:28:07.44		02:16:07.60
6	149/159	51/58	158	Kari Sholing	46	F	St. Cloud	MN	00:27:13.47	01:32:43.34	00:29:58.19		02:31:50.42

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Overall Division Results

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
4	55/159	41/101	31	Mike Abel	48	M	Sartell	MN	00:22:20.67	00:58:12.41	00:24:30.89		01:47:14.50
5	66/159	49/101	64	Scott Dezurik	48	M	Avon	MN	00:22:27.79	01:03:35.88	00:24:16.15		01:51:54.85
6	73/159	55/101	148	Scott Rutten	47	M	Sauk Centre	MN	00:24:32.79	01:02:05.63	00:26:26.52		01:54:45.72
7	78/159	58/101	38	Rick Bauerly	48	M	Sauk Rapids	MN	00:24:18.24	01:03:02.79	00:26:31.75		01:55:56.71
8	81/159	61/101	90	Douglas Houser	49	M	Minnetrista	MN	00:23:13.24	01:05:26.11	00:25:40.61		01:57:26.51
9	103/159	73/101	146	Bryan Rolph	47	M	Saint Cloud	MN	00:25:34.48	01:08:46.45	00:27:59.28		02:05:41.86
10	107/159	77/101	52	Pat Chen	47	M	Brooklyn Park	MN	00:24:01.29	01:07:54.98	00:31:47.64		02:08:39.21
11	133/159	90/101	141	Rob Rasmussen	45	M	St Joseph	MN	00:24:53.78	01:15:13.49	00:35:50.21		02:18:34.53
12	138/159	93/101	119	Mike Mundis	46	M	Richmond	MN	00:29:48.84	01:16:10.96	00:31:52.61		02:20:51.24
13	139/159	94/101	66	Mike Doman	46	M	Sauk Rapids	MN	00:28:43.42	01:16:45.06	00:32:13.16		02:21:00.98

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
4	62/159	17/58	186	Amy Woolsey	51	F	Sauk Rapids	MN	00:22:36.92	01:01:50.95	00:24:15.81		01:50:12.95
5	111/159	32/58	179	Beth Wengler	51	F	Saint Cloud	MN	00:26:53.91	01:10:31.96	00:29:32.44		02:09:46.89
6	116/159	34/58	163	Kathy Stephens	50	F	Avon	MN	00:26:24.00	01:12:02.20	00:30:01.58		02:11:30.52
7	121/159	37/58	115	Cathleen Mcginnity	51	F	Luck	WI	00:28:00.24	01:12:09.09	00:31:34.76		02:14:48.72
8	154/159	56/58	34	Jacqueline Bach	52	F	Saint Cloud	MN	00:28:05.74	01:37:41.48	00:36:07.95		02:44:28.54

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

Apple Duathlon

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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	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
4	130/159	43/58	88	Sharon Hobbs	57	F	Sartell	MN	00:30:25.80	01:11:14.08	00:33:00.01		02:17:35.63
5	135/159	45/58	104	Theresa Klaman	59	F	Lino Lakes	MN	00:28:56.70	01:17:41.43	00:29:11.40		02:19:02.32
6	144/159	48/58	86	Jo Henning	59	F	Sartell	MN	00:27:17.13	01:19:02.80	00:31:16.63		02:21:48.95
7	151/159	53/58	113	Joann Marshall	57	F	Sauk Rapids	MN	00:33:30.52	01:22:20.84	00:37:24.54		02:34:38.76
8	158/159	58/58	71	Christine Fjalstad	56	F	Prior Lake	MN	00:45:00.48	01:33:31.81	00:54:10.53		03:17:48.00

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
4	61/159	45/101	120	Mike Murray	57	M	Sartell	MN	00:22:25.95	00:59:51.99	00:25:21.75		01:49:38.92
5	71/159	54/101	167	Kurt Stunek	59	M	St. Cloud	MN	00:24:30.17	01:03:24.44	00:23:51.03		01:54:15.48
6	77/159	57/101	172	Keith Tufte	57	M	Eden Prairie	MN	00:22:49.62	01:07:08.21	00:22:58.49		01:55:41.70
7	80/159	60/101	79	Jeffrey Groffsky	58	M	Edina	MN	00:23:13.44	01:06:05.19	00:25:43.88		01:57:26.15
8	83/159	63/101	82	Bob Harmon	55	M	New Brighton	MN	00:24:34.74	01:03:30.29	00:26:33.47		01:57:56.17
9	92/159	67/101	173	Mark Urdahl	55	M	Excelsior	MN	00:26:06.61	01:03:36.51	00:29:03.29		02:00:45.14
10	101/159	71/101	87	Carl Hoang	56	M	Maple Grove	MN	00:25:41.17	01:05:02.39	00:30:53.16		02:04:42.86
11	110/159	79/101	50	Glenn Carnahan	56	M	St. Cloud	MN	00:26:45.40	01:10:34.64	00:29:33.30		02:09:41.26
12	124/159	85/101	178	Jerry Washatka	56	M	St. Michael	MN	00:24:52.18	01:14:59.83	00:31:34.23		02:16:03.78

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

Apple Duathlon

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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	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
4	114/159	81/101	32	Louis Ahlstrand	62	M	Shafer	MN	00:25:36.53	01:15:55.47	00:26:26.09		02:10:07.26
5	129/159	87/101	36	Bruce Bailey	60	M	Wayzata	MN	00:29:47.52	01:10:22.16	00:33:10.10		02:16:33.22
6	132/159	89/101	101	Mark Kapsner	63	M	St. Cloud	MN	00:32:09.95	01:07:08.95	00:36:00.60		02:18:28.87

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
4	159/159	101/101	193	Phillip Davis	70	M	Sartell	MN	00:57:40.25	01:24:28.29	00:52:47.18		03:22:26.31