

Apple Duathlon

May 27, 2017

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	17	Dani Vsetecka	F	33	Rochester	MN	00:18:15	14	5:52	00:00:40	00:54:38	17	22.5	00:00:31	00:19:20	13	6:13	01:33:21.11
2	6	Hanna Grinaker	F	29	St. Paul	MN	00:18:35	19	5:58	00:00:46	00:54:17	14	22.7	00:00:36	00:19:35	18	6:17	01:33:46.89
3	7	Diane Hankee	F	40	Lino Lakes	MN	00:18:38	22	5:59	00:00:39	00:55:57	25	22.0	00:00:33	00:20:37	28	6:37	01:36:21.38
4	47	Sheena Dauer	F	35	Montevideo	MN	00:18:28	18	5:56	00:00:53	00:58:38	39	21.0	00:00:57	00:19:15	11	6:11	01:38:07.79
5	12	Christina Roberts	F	31	St. Louis Park	MN	00:19:10	28	6:10	00:00:44	00:57:36	34	21.4	00:00:38	00:20:04	23	6:27	01:38:10.69
6	14	Jennifer Scudiero	F	35	Eian	MN	00:20:22	39	6:33	00:00:47	00:55:08	20	22.3	00:00:40	00:21:53	39	7:02	01:38:47.62
7	56	Lauryn Falcone	F	27	Morgantown	WV	00:18:24	16	5:55	00:00:45	01:00:00	46	20.5	00:00:43	00:19:30	17	6:16	01:39:19.16
8	105	Andrea Myers	F	41	Plymouth	MN	00:20:35	41	6:37	00:00:32	00:58:30	38	21.0	00:00:36	00:22:21	43	7:11	01:42:31.18
9	55	Justine Falcone	F	27	Morgantown	WV	00:18:46	25	6:02	00:00:46	01:04:10	74	19.2	00:00:52	00:19:46	19	6:21	01:44:17.92
10	46	Elena Danielson	F	22	St. Joseph	MN	00:18:37	21	5:59	00:00:36	01:05:44	82	18.7	00:00:35	00:19:19	12	6:12	01:44:47.92
11	29	Cheri Bates	F	46	Sauk Rapids	MN	00:23:44	76	7:38	00:00:58	00:57:08	31	21.5	00:00:58	00:24:09	59	7:46	01:46:54.18
12	84	Elisha Kekacs	F	40	Maple Grove	MN	00:21:28	45	6:54	00:01:09	01:01:52	66	19.9	00:00:58	00:22:04	42	7:05	01:47:28.91
13	85	Tracie Kent	F	43	St Paul	MN	00:22:52	65	7:21	00:00:57	00:59:24	42	20.7	00:00:42	00:23:59	56	7:43	01:47:51.43
14	75	Sarah Hunter	F	43	Hopkins	MN	00:22:22	59	7:11	00:00:57	00:58:26	37	21.1	00:01:05	00:25:38	69	8:14	01:48:26.68
15	156	Amy Woolsey	F	52	Sauk Rapids	MN	00:22:51	64	7:21	00:00:56	01:01:28	60	20.0	00:00:55	00:24:05	57	7:44	01:50:13.10
16	115	Jennifer Olson	F	41	Rice	MN	00:24:10	81	7:46	00:01:05	01:00:27	52	20.4	00:00:51	00:26:18	76	8:27	01:52:47.94
17	91	Amy Koop	F	44	Millbrae	CA	00:24:13	82	7:47	00:00:55	01:01:51	65	19.9	00:00:51	00:25:09	66	8:05	01:52:56.44
18	128	Andrea Sailer	F	41	Sartell	MN	00:23:22	70	7:31	00:00:48	01:02:01	68	19.8	00:00:44	00:26:14	75	8:26	01:53:07.26
19	158	Julie Feldman	F	36	Inver Grove Height	MN	00:23:36	74	7:35	00:00:41	01:01:58	67	19.9	00:01:02	00:26:38	83	8:34	01:53:52.69
20	38	Jenna Christensen	F	26	Janesville	MN	00:23:12	69	7:27	00:00:48	01:03:25	71	19.4	00:00:47	00:26:02	73	8:22	01:54:12.17
21	126	Emily Rothstein	F	28	Saint Cloud	MN	00:22:29	61	7:14	00:00:58	01:06:54	84	18.4	00:00:58	00:23:00	45	7:23	01:54:16.19
22	87	Nicole Kilgo	F	33	Minneapolis	MN	00:22:07	55	7:06	00:00:39	01:09:46	96	17.6	00:00:39	00:23:22	49	7:31	01:56:30.38
23	77	Judy Januschka Murray	F	58	Sartell	MN	00:23:55	77	7:41	00:01:08	01:04:46	79	19.0	00:01:11	00:27:16	89	8:46	01:58:12.85
24	140	Pam Stevens	F	64	Sartell	MN	00:25:53	98	8:19	00:00:54	01:02:52	69	19.6	00:01:03	00:28:13	96	9:04	01:58:51.93
25	120	Judith Peters	F	57	St. Cloud	MN	00:23:59	78	7:43	00:01:15	01:06:14	83	18.6	00:01:08	00:26:30	81	8:31	01:59:02.95
26	143	Deborah Thell	F	47	St. Cloud	MN	00:24:38	86	7:55	00:01:03	01:05:36	81	18.8	00:00:56	00:27:02	87	8:41	01:59:11.90
27	132	Dayna Schleppenbach	F	26	Shoreview	MN	00:23:29	72	7:33	00:00:57	01:12:41	107	16.9	00:00:43	00:26:43	84	8:35	02:04:30.71
28	86	Dina Khaled	F	47	Minneapolis	MN	00:25:29	95	8:11	00:01:06	01:09:21	93	17.7	00:01:15	00:28:40	99	9:13	02:05:49.16
29	123	Laurel Quinn	F	41	Winona	MN	00:24:38	87	7:55	00:01:34	01:13:19	108	16.8	00:01:11	00:26:57	86	8:40	02:07:36.45
30	71	Anne Hoeschen	F	44	Freeport	MN	00:27:14	108	8:45	00:00:49	01:10:48	103	17.4	00:00:35	00:30:03	104	9:40	02:09:26.90
31	42	Mary Crookston	F	54	Lakeville	MN	00:26:47	105	8:37	00:01:30	01:11:28	106	17.2	00:01:09	00:28:53	100	9:17	02:09:45.28
32	59	Amy Foss	F	36	Sauk Rapids	MN	00:27:15	109	8:46	00:01:19	01:10:43	102	17.4	00:00:56	00:29:43	102	9:33	02:09:53.21
33	36	Tricia Byrne	F	45	Minneapolis	MN	00:27:39	113	8:53	00:01:23	01:07:19	85	18.3	00:01:31	00:32:55	117	10:35	02:10:44.51
34	153	Krisie Widvey	F	43	Sartell	MN	00:27:23	111	8:48	00:01:29	01:09:45	95	17.6	00:01:40	00:31:01	108	9:58	02:11:15.77
35	138	Carole Steenson	F	45	Plymouth	MN	00:27:50	115	8:57	00:01:21	01:08:21	89	18.0	00:01:23	00:32:27	113	10:26	02:11:19.21

Apple Duathlon

May 27, 2017

Individual

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- RUN -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	Pace		Time	Plc	Mph	T2	Time	Plc		
36	122	Emily Quandt	F	20	Annandale	MN	00:24:37	85	7:55	00:00:48	01:16:34	117	16.1	00:00:39	00:29:54	103	9:37	02:12:29.45
37	125	Deborah Roberts	F	66	Northfield	MN	00:29:11	118	9:23	00:01:20	01:09:27	94	17.7	00:01:05	00:32:27	114	10:26	02:13:27.39
38	66	Jo Henning	F	60	Sartell	MN	00:27:33	112	8:51	00:02:08	01:15:33	116	16.3	00:02:23	00:32:15	112	10:22	02:19:49.65
39	43	Amy Cross	F	25	Saint Cloud	MN	00:26:36	101	8:33	00:02:28	01:24:23	123	14.6	00:02:06	00:28:06	95	9:02	02:23:37.24
40	144	Tamara Thingelstad	F	46	Minneapolis	MN	00:31:16	125	10:03	00:01:17	01:15:33	115	16.3	00:02:56	00:33:27	119	10:45	02:24:26.49
41	111	Katherine Novak-Weiss	F	27	St. Cloud	MN	00:31:06	124	10:00	00:01:57	01:14:15	110	16.6	00:01:11	00:37:01	124	11:54	02:25:27.45
42	81	Karen Johnson	F	55	New Ulm	MN	00:28:19	117	9:06	00:01:04	01:21:43	121	15.1	00:01:27	00:34:20	121	11:02	02:26:50.61
43	70	Sharon Hobbs	F	58	Sartell	MN	00:35:15	129	11:20	00:01:42	01:10:10	99	17.5	00:02:06	00:39:01	129	12:33	02:28:11.75
44	67	Emily Herdering	F	18	Freeport	MN	00:26:47	104	8:37	00:01:15	01:26:55	125	14.2	00:00:42	00:32:50	116	10:33	02:28:26.40
45	37	Ambur Chaika	F	36	Saint Cloud	MN	00:29:32	119	9:30	00:01:07	01:29:55	128	13.7	00:00:58	00:34:58	122	11:15	02:36:28.51
46	90	Brianna Koltas	F	29	Saint Cloud	MN	00:29:33	120	9:30	00:01:03	01:29:53	127	13.7	00:01:03	00:34:59	123	11:15	02:36:28.76
47	88	Theresa Klamann	F	60	Lino Lakes	MN	00:34:16	127	11:01	00:01:35	01:23:02	122	14.8	00:01:43	00:37:58	127	12:13	02:38:31.50
48	89	Alyssa Knese	F	31	Sauk Rapids	MN	00:30:55	123	9:56	00:02:00	01:32:15	129	13.3	00:01:27	00:34:19	120	11:02	02:40:52.90
49	74	Heather Hubbard	F	45	New Hope	MN	00:34:43	128	11:10	00:01:35	01:32:42	131	13.3	00:01:22	00:37:29	126	12:03	02:47:48.95
50	100	Frances Marquart	F	75	Lakewood	WA	00:41:07	133	13:13	00:01:52	01:27:15	126	14.1	00:02:27	00:46:21	132	14:55	02:58:59.66
51	51	Natacha Dominguez	F	24	St Cloud	MN	00:36:58	131	11:53	00:01:04	01:43:30	134	11.9	00:00:54	00:47:11	133	15:11	03:09:34.81
52	25	Maria Arribas	F	23	St Cloud	MN	00:35:17	130	11:21	00:00:53	01:43:01	133	11.9	00:00:53	00:49:33	134	15:56	03:09:35.39

Apple Duathlon

May 27, 2017

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
1	4	Wade Cruser	M	30	Sauk Rapids	MN	00:16:03	2	5:09	00:00:34	00:47:25	1	26.0	00:00:25	00:17:23	2	5:35		01:21:48.25
2	10	Patrick Parish	M	32	Minneapolis	MN	00:16:17	3	5:14	00:00:30	00:47:36	2	25.9	00:00:25	00:17:55	7	5:45		01:22:40.59
3	15	Kris Spoth	M	30	St Paul	MN	00:16:18	4	5:14	00:00:31	00:49:52	6	24.7	00:00:34	00:16:43	1	5:22		01:23:55.70
4	2	Daniel Bretscher	M	34	Northfield	MN	00:17:00	10	5:28	00:00:31	00:48:47	4	25.2	00:00:35	00:17:23	3	5:35		01:24:14.34
5	3	Sean Cooley	M	32	Saint Paul	MN	00:16:49	7	5:24	00:00:34	00:48:15	3	25.5	00:00:33	00:18:39	9	5:59		01:24:47.36
6	13	Jordan Roby	M	27	St. Louis Park	MN	00:16:36	6	5:20	00:00:32	00:50:33	8	24.3	00:00:28	00:17:40	5	5:41		01:25:46.25
7	16	Ted Treise	M	24	Rochester	MN	00:16:54	8	5:26	00:00:40	00:50:39	9	24.3	00:00:29	00:18:30	8	5:57		01:27:09.42
8	8	Nicholas Klonne	M	21	Rockford	MN	00:16:59	9	5:27	00:00:31	00:49:46	5	24.7	00:00:35	00:22:02	41	7:05		01:29:49.53
9	32	Mike Buenting	M	43	Chanhausen	MN	00:17:35	11	5:39	00:00:35	00:52:01	11	23.7	00:00:32	00:19:13	10	6:10		01:29:53.72
10	1	Mitch Brekke	M	29	Hartland	MN	00:18:39	23	6:00	00:00:39	00:50:05	7	24.6	00:00:30	00:20:23	27	6:33		01:30:12.67
11	5	Stephen Eles	M	38	Houghton	MI	00:16:34	5	5:19	00:00:47	00:55:04	18	22.3	00:00:36	00:17:27	4	5:36		01:30:24.37
12	72	Larry Hosch	M	40	St Joseph	MN	00:18:10	13	5:50	00:00:46	00:51:56	10	23.7	00:00:32	00:20:11	25	6:29		01:31:33.11
13	9	Scott Myers	M	42	Plymouth	MN	00:18:36	20	5:59	00:00:34	00:53:18	13	23.1	00:00:43	00:20:02	22	6:26		01:33:10.87
14	99	Rob Madgwick	M	52	Sauk Rapids	MN	00:19:17	29	6:12	00:00:36	00:52:16	12	23.5	00:00:42	00:20:46	29	6:40		01:33:33.85
15	69	Christopher Hagen	M	41	Little Falls	MN	00:17:38	12	5:40	00:00:46	00:55:33	23	22.1	00:00:35	00:19:27	16	6:15		01:33:56.79
16	24	Thomas Anderson	M	41	Minneapolis	MN	00:18:46	24	6:02	00:00:40	00:54:23	15	22.6	00:00:35	00:20:17	26	6:31		01:34:38.90
17	11	Jeremy Reichenberger	M	26	Minneapolis	MN	00:16:02	1	5:09	00:00:43	01:00:23	51	20.4	00:00:43	00:17:44	6	5:42		01:35:32.51
18	129	Ryan Saline	M	43	Cloquet	MN	00:19:51	35	6:23	00:00:45	00:54:30	16	22.6	00:00:30	00:21:22	35	6:52		01:36:56.14
19	28	Ben Bassett	M	40	Bloomington	MN	00:19:41	34	6:20	00:00:45	00:57:28	33	21.4	00:00:36	00:19:26	15	6:15		01:37:53.99
20	154	Darin Wieneke	M	43	St. Paul	MN	00:18:47	26	6:02	00:01:07	00:56:52	29	21.6	00:00:46	00:21:06	31	6:47		01:38:35.14
21	30	Andrew Becker	M	47	Rochester	MN	00:19:23	30	6:14	00:01:14	00:56:15	27	21.9	00:00:56	00:21:02	30	6:45		01:38:47.14
22	159	Rob Williams	M	37	Eden Prairie	MN	00:19:38	33	6:19	00:00:50	00:56:02	26	22.0	00:00:37	00:21:45	38	6:59		01:38:49.89
23	121	Randy Peterson	M	52	Northfield	MN	00:19:30	31	6:16	00:01:00	00:56:56	30	21.6	00:00:42	00:21:22	34	6:52		01:39:27.94
24	131	Ivan Schleppenbach	M	23	Saint Joseph	MN	00:20:27	40	6:34	00:00:54	00:58:01	35	21.2	00:00:30	00:19:54	21	6:24		01:39:42.75
25	49	Kurt Devine	M	56	Little Falls	MN	00:18:55	27	6:05	00:00:46	00:59:19	41	20.7	00:00:49	00:20:08	24	6:28		01:39:54.11
26	152	Jesse Westrup	M	43	Sartell	MN	00:18:19	15	5:53	00:00:47	01:00:58	57	20.2	00:00:37	00:19:23	14	6:14		01:40:02.43
27	93	Kyle Krause	M	27	North Mankato	MN	00:20:56	42	6:44	00:01:20	00:55:23	22	22.2	00:01:18	00:21:15	32	6:50		01:40:10.55
28	27	Ryan Barrett	M	39	Sartell	MN	00:20:13	37	6:30	00:00:37	00:57:13	32	21.5	00:00:29	00:21:55	40	7:03		01:40:24.37
29	60	Brian Glaeser	M	32	Somerset	WI	00:21:30	46	6:55	00:00:59	00:55:05	19	22.3	00:00:50	00:23:06	46	7:25		01:41:27.55
30	109	Riant Northway	M	36	Lake Shore	MN	00:21:02	43	6:46	00:00:38	00:55:57	24	22.0	00:00:43	00:23:16	48	7:29		01:41:33.65
31	147	Timothy Vedder	M	43	Sartell	MN	00:21:34	48	6:56	00:01:07	00:58:04	36	21.2	00:00:42	00:21:30	36	6:55		01:42:54.66
32	33	David Buhl	M	44	Sartell	MN	00:21:50	52	7:01	00:01:08	00:55:21	21	22.2	00:01:08	00:23:42	52	7:37		01:43:07.41
33	35	Adam Burrack	M	34	Minneapolis	MN	00:18:27	17	5:56	00:00:57	01:04:18	75	19.1	00:00:55	00:19:46	20	6:21		01:44:19.90
34	40	Andy Clark	M	54	Northfield	MN	00:19:35	32	6:18	00:00:50	00:59:50	45	20.6	00:00:53	00:23:31	50	7:34		01:44:37.20
35	103	Jason Migala	M	38	Sauk Rapids	MN	00:20:11	36	6:29	00:00:45	00:59:16	40	20.8	00:00:48	00:24:08	58	7:45		01:45:06.23

Apple Duathlon

May 27, 2017

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
36	155	John Wolfe	M	46	Sartell	MN	00:22:03	54	7:05	00:01:02	01:00:05	48	20.5	00:00:49	00:21:20	33	6:51	01:45:15.67
37	150	Jason Wedel	M	46	Savie	MN	00:20:17	38	6:31	00:00:52	01:01:49	64	19.9	00:00:52	00:21:39	37	6:58	01:45:27.56
38	23	Brad Anderson	M	41	Duluth	MN	00:23:22	71	7:31	00:00:53	00:56:31	28	21.8	00:01:03	00:25:00	65	8:02	01:46:47.74
39	80	Whitney Johnson	M	53	Cold Spring	MN	00:21:25	44	6:53	00:01:17	01:00:31	53	20.3	00:01:17	00:22:28	44	7:13	01:46:55.37
40	92	Greg Koutoupas	M	44	Saint Joseph	MN	00:21:56	53	7:03	00:00:48	01:00:08	49	20.5	00:00:51	00:23:45	54	7:38	01:47:26.17
41	101	Shawn Mcgee	M	42	Sartell	MN	00:21:40	50	6:58	00:01:20	01:00:21	50	20.4	00:01:08	00:23:08	47	7:26	01:47:33.92
42	50	Scott Dezurik	M	49	Avon	MN	00:21:41	51	6:58	00:00:48	01:00:53	56	20.2	00:00:49	00:23:50	55	7:40	01:47:57.91
43	104	Mike Murray	M	58	Sartell	MN	00:23:00	67	7:23	00:00:43	00:59:37	43	20.6	00:00:52	00:24:42	63	7:56	01:48:50.67
44	64	Luke Harned	M	65	Mahtomedi	MN	00:22:53	66	7:21	00:00:59	01:00:48	55	20.2	00:00:57	00:24:33	62	7:53	01:50:05.91
45	133	Eric Schleppenbach	M	30	Saint Louis Park	MN	00:22:17	57	7:10	00:01:02	01:01:44	62	19.9	00:00:56	00:24:17	60	7:48	01:50:12.91
46	157	Douglas Wynveen	M	61	Osceola	WI	00:22:27	60	7:13	00:01:21	01:00:01	47	20.5	00:01:09	00:25:41	70	8:15	01:50:35.66
47	58	Mike Flynn	M	65	Elk River	MN	00:23:33	73	7:34	00:00:58	01:01:26	59	20.0	00:01:09	00:23:45	53	7:38	01:50:47.53
48	31	Jeff Bent	M	43	Apple Valley	MN	00:23:01	68	7:24	00:00:52	01:04:10	73	19.2	00:00:56	00:24:23	61	7:50	01:53:18.93
49	20	Tyler Abfalter	M	31	Saint Augusta	MN	00:21:37	49	6:57	00:00:41	01:05:35	80	18.8	00:00:36	00:25:13	67	8:06	01:53:38.63
50	142	Kurt Stunek	M	60	St. Cloud	MN	00:25:11	93	8:06	00:01:05	01:01:45	63	19.9	00:01:13	00:24:55	64	8:00	01:54:06.63
51	65	Shawn Heller	M	39	Maple Grove	MN	00:24:32	84	7:53	00:01:48	01:00:37	54	20.3	00:01:30	00:25:43	72	8:16	01:54:06.92
52	107	Ryan Newman	M	41	Sartell	MN	00:22:34	62	7:15	00:00:45	01:04:19	76	19.1	00:01:19	00:25:42	71	8:16	01:54:36.69
53	102	Greg Mcnamara	M	55	Little Falls	MN	00:24:39	88	7:55	00:01:37	00:59:46	44	20.6	00:01:09	00:27:39	92	8:53	01:54:48.00
54	148	Hunter Warner	M	17	Eden Prairie	MN	00:21:34	47	6:56	00:00:56	01:08:11	88	18.0	00:01:04	00:23:40	51	7:36	01:55:21.71
55	57	Erik Fagerstrom	M	28	Bloomington	MN	00:22:38	63	7:16	00:00:51	01:02:58	70	19.5	00:00:55	00:28:03	94	9:01	01:55:22.12
56	135	Greg Skoog	M	50	Sartell	MN	00:24:07	79	7:45	00:01:10	01:03:35	72	19.4	00:01:19	00:26:33	82	8:32	01:56:42.14
57	136	Brandon Smith	M	37	Sauk Rapids	MN	00:24:58	91	8:01	00:00:58	01:04:42	78	19.0	00:00:58	00:26:25	79	8:29	01:57:58.68
58	127	Scott Rutten	M	48	Sauk Centre	MN	00:26:42	103	8:35	00:01:05	01:01:38	61	20.0	00:00:58	00:27:58	93	8:59	01:58:18.44
59	119	Alex Peine	M	29	Rice	MN	00:22:16	56	7:09	00:01:30	01:07:44	86	18.2	00:00:54	00:26:19	77	8:27	01:58:40.62
60	139	Eric Stenzel	M	36	North Mankato	MN	00:22:21	58	7:11	00:00:46	01:08:35	91	17.9	00:00:45	00:26:27	80	8:30	01:58:51.37
61	79	Krister Johnson	M	52	St. Cloud	MN	00:23:37	75	7:35	00:02:13	01:08:32	90	18.0	00:01:46	00:25:26	68	8:11	02:01:30.45
62	63	Bob Harmon	M	56	New Brighton	MN	00:25:24	94	8:10	00:01:29	01:04:22	77	19.1	00:01:44	00:29:01	101	9:20	02:01:57.50
63	146	Mark Urdahl	M	56	Excelsior	MN	00:25:56	99	8:20	00:01:20	01:01:24	58	20.0	00:01:02	00:32:36	115	10:29	02:02:15.95
64	118	Phillip Paul	M	40	Sauk Rapids	MN	00:24:22	83	7:50	00:01:00	01:08:36	92	17.9	00:01:32	00:27:39	91	8:53	02:03:07.10
65	149	Richard Warzecha	M	53	Saint Paul	MN	00:25:03	92	8:03	00:02:03	01:10:09	98	17.5	00:01:52	00:26:13	74	8:26	02:05:16.71
66	52	Mike Dreher	M	41	Saint Cloud	MN	00:25:37	96	8:14	00:01:33	01:10:23	101	17.5	00:00:58	00:27:03	88	8:42	02:05:31.93
67	82	Terry Johnson	M	62	New Ulm	MN	00:24:08	80	7:45	00:01:36	01:10:20	100	17.5	00:02:15	00:28:38	98	9:12	02:06:53.74
68	134	Allen Schramel	M	45	St Cloud	MN	00:26:42	102	8:35	00:01:34	01:07:45	87	18.2	00:00:48	00:30:37	106	9:51	02:07:23.54
69	114	Bryce Olson	M	21	Sartell	MN	00:24:46	89	7:58	00:00:41	01:15:11	114	16.4	00:00:31	00:27:27	90	8:50	02:08:33.95
70	21	Louis Ahlstrand	M	63	Shafer	MN	00:26:04	100	8:23	00:01:01	01:14:53	113	16.4	00:01:02	00:26:22	78	8:29	02:09:20.45

Apple Duathlon

May 27, 2017

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
71	41	Tom Couillard	M	68	White Bear Lake	MN	00:25:49	97	8:18	00:01:42	01:10:08	97	17.5	00:01:52	00:30:18	105	9:44	02:09:46.86
72	110	Grady Nouis	M	34	Westminster	CO	00:27:08	107	8:43	00:01:01	01:14:13	109	16.6	00:01:03	00:28:21	97	9:07	02:11:44.13
73	62	Brandon Hansen	M	37	Royalton	MN	00:26:49	106	8:37	00:01:04	01:14:30	111	16.5	00:00:54	00:31:27	110	10:07	02:14:41.43
74	26	Marty Asleson	M	65	Lino Lakes	MN	00:27:21	110	8:47	00:01:37	01:11:10	104	17.3	00:03:04	00:31:37	111	10:10	02:14:46.71
75	45	Dave Dahl	M	35	Garfield	MN	00:24:57	90	8:01	00:01:30	01:19:54	119	15.4	00:01:43	00:30:44	107	9:53	02:18:46.29
76	39	Josh Christman	M	37	St. Cloud	MN	00:30:09	121	9:42	00:01:56	01:14:49	112	16.4	00:01:39	00:33:10	118	10:40	02:21:40.72
77	94	Donald Kreis	M	60	Fargo	ND	00:28:11	116	9:04	00:02:55	01:19:00	118	15.6	00:02:26	00:31:04	109	9:59	02:23:33.22
78	22	Bijesh Amatya	M	32	St Cloud	MN	00:27:45	114	8:55	00:02:13	01:32:51	132	13.3	00:01:51	00:26:54	85	8:39	02:31:31.77
79	117	Stephen Paladie	M	75	Plymouth	MN	00:32:38	126	10:30	00:01:49	01:20:18	120	15.3	00:01:50	00:38:52	128	12:30	02:35:25.34
80	116	Dominique Osodo	M	45	Andover	MN	00:30:23	122	9:46	00:01:30	01:25:21	124	14.4	00:01:15	00:40:52	130	13:09	02:39:18.88
81	48	Phillip Davis	M	71	Martin	TN	00:45:06	134	14:30	00:02:55	01:11:18	105	17.3	00:03:11	00:45:29	131	14:38	02:47:57.76
82	73	Brian Hubbard	M	45	New Hope	MN	00:37:43	132	12:08	00:01:35	01:32:42	130	13.3	00:01:23	00:37:29	125	12:03	02:50:48.75