

Apple Duathlon

May 26, 2018

Individual

Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- RUN -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	Pace		Time	Plc	Mph		Time	Plc	Pace		
1	236	Suzie Fox	F	34	Chaska	MN	00:20:31	33	6:36	00:00:51	00:56:10	23	21.9	00:00:37	00:21:41	25	6:58		01:39:48.01
2	205	Andrea Myers	F	42	Plymouth	MN	00:21:41	41	6:58	00:00:32	01:00:51	45	20.2	00:00:39	00:24:15	37	7:48		01:47:55.99
3	179	Amy Woolsey	F	52	Sauk Rapids	MN	00:23:05	63	7:25	00:01:04	01:00:06	40	20.5	00:00:54	00:25:23	51	8:09		01:50:29.30

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- RUN -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	Pace		Time	Plc	Mph		Time	Plc	Pace		
1	243	Jesson Baumgartner	M	36	Rochester	MN	00:15:34	1	5:00	00:00:33	00:47:24	1	26.0	00:00:32	00:17:16	2	5:33		01:21:16.61
2	241	Todd Buckingham	M	29	Big Rapids	MI	00:15:42	2	5:03	00:00:30	00:48:46	3	25.2	00:00:25	00:16:53	1	5:25		01:22:13.40
3	248	Wade Cruser	M	31	Sauk Rapids	MN	00:15:52	4	5:06	00:00:31	00:47:27	2	25.9	00:00:27	00:18:43	7	6:01		01:22:57.25

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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	24/126	1/43	236	Suzie Fox	34	F	Chaska	MN	00:20:30.74	00:56:09.05	00:21:40.88		01:39:48.01
2	46/126	6/43	251	Cheri Bates	46	F	Sauk Rapids	MN	00:25:15.71	00:58:18.41	00:26:11.91		01:51:31.19

Male Elite

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	1/126	1/83	243	Jesson Baumgartner	36	M	Rochester	MN	00:15:33.63	00:47:23.34	00:17:15.11		01:21:16.61
2	2/126	2/83	241	Todd Buckingham	29	M	Big Rapids	MI	00:15:41.63	00:48:45.58	00:16:52.42		01:22:13.40
3	3/126	3/83	248	Wade Crusier	31	M	Sauk Rapids	MN	00:15:51.37	00:47:26.53	00:18:42.06		01:22:57.25

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	105/126	27/43	158	Jocelyn Thorson	19	F	Sauk Rapids	MN	00:25:20.36	01:24:43.10	00:33:27.94		02:25:26.50

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	23/126	23/83	117	Andrew Novak	16	M	Oronoco	MN	00:19:14.28	00:55:00.79	00:22:46.13		01:38:35.56
2	74/126	62/83	175	Eric Howd	17	M	Hastings	MN	00:19:34.24	01:13:02.45	00:28:16.69		02:02:53.03

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	119/126	38/43	203	Emily Quandt	20	F	Annandale	MN	00:24:51.54	01:40:57.50	00:35:11.36		02:42:30.73

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Overall Division Results

Individual

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	20/126	20/83	127	Thomas Hannon	24	M	Minneapolis	MN	00:18:44.97	00:56:32.63	00:20:19.18		01:36:48.81
2	28/126	27/83	155	Ivan Schleppenbach	24	M	Saint Joseph	MN	00:20:52.13	00:59:20.04	00:21:00.51		01:42:36.23
3	68/126	59/83	118	Samuel Gerlach	23	M	Elk River	MN	00:23:43.59	01:05:21.43	00:29:53.43		02:00:57.45

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	54/126	8/43	190	Jenna Christensen	27	F	Janesville	MN	00:23:52.14	01:00:39.38	00:28:19.78		01:54:29.45
2	72/126	11/43	105	Emily Rothstein	28	F	Saint Cloud	MN	00:24:20.87	01:09:24.09	00:26:31.29		02:02:23.28
3	79/126	15/43	143	Dayna Schleppenbach	26	F	Saint Paul	MN	00:23:32.14	01:11:30.41	00:27:03.14		02:03:58.44

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	18/126	18/83	156	Kyle Krause	27	M	North Mankato	MN	00:19:25.09	00:53:46.95	00:20:53.61		01:35:55.04
2	29/126	28/83	112	Tyson Molitor	29	M	Belgrade	MN	00:19:34.85	01:00:22.03	00:22:05.24		01:43:38.30
3	52/126	45/83	198	Kyle Kraemer	25	M	Saint Cloud	MN	00:22:00.13	01:00:30.88	00:29:21.79		01:53:48.54

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	88/126	19/43	140	Rachael Weiker	33	F	Minneapolis	MN	00:26:12.54	01:09:06.48	00:32:00.48		02:09:25.77
2	113/126	33/43	142	Angela Nelson	32	F	Saint Cloud	MN	00:29:27.26	01:19:16.23	00:43:27.36		02:35:31.32
3	121/126	39/43	151	Alyssa Knese	31	F	Sauk Rapids	MN	00:31:57.40	01:31:48.06	00:36:54.01		02:44:30.12

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	15/126	15/83	148	Brandon Knettel	34	M	Raleigh	NC	00:18:56.20	00:51:46.10	00:20:53.02		01:33:07.59
2	34/126	33/83	187	Tyler Abfalter	31	M	Saint Cloud	MN	00:21:07.98	01:02:42.45	00:22:01.80		01:47:01.81
3	35/126	34/83	153	Eric Schleppenbach	31	M	Minneapolis	MN	00:22:05.54	00:59:18.96	00:24:14.79		01:47:29.94

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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	81/126	17/43	109	Stepanie Janson	35	F	Sartell	MN	00:22:34.69	01:10:37.64	00:29:29.14		02:04:25.42
2	84/126	18/43	162	Liz Johnson	35	F	Mankato	MN	00:26:45.64	01:04:20.40	00:33:44.38		02:08:03.19
3	102/126	26/43	168	Erin Ross	39	F	Saint Joseph	MN	00:30:09.28	01:13:52.05	00:34:43.94		02:21:12.43

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	10/126	10/83	214	Andrew Zabel	38	M	Sartell	MN	00:18:08.63	00:49:42.70	00:20:08.14		01:29:21.06
2	25/126	24/83	138	Matt Wiitala	36	M	Osseo	MN	00:18:51.88	00:58:08.67	00:21:44.06		01:40:18.51
3	31/126	30/83	232	Riant Northway	36	M	Lake Shore	MN	00:21:52.29	00:56:59.01	00:24:55.22		01:45:10.26

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	37/126	2/43	205	Andrea Myers	42	F	Plymouth	MN	00:21:40.64	01:00:50.86	00:24:14.63		01:47:55.99
2	45/126	5/43	159	Becca Joseph	43	F	Minnetonka	MN	00:22:23.30	01:02:48.18	00:24:18.45		01:51:04.04
3	56/126	9/43	184	Tracie Kent	44	F	Saint Paul	MN	00:24:28.39	01:04:03.36	00:24:43.41		01:55:02.14

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	8/126	8/83	207	Brooks Grossinger	41	M	Mayer	MN	00:17:06.54	00:50:51.42	00:19:47.24		01:28:51.91
2	14/126	14/83	213	Mike Buenting	43	M	Chanhassen	MN	00:17:54.42	00:51:55.15	00:20:36.00		01:31:31.43
3	16/126	16/83	147	Moshe Peri	41	M	Minnetonka	MN	00:17:43.66	00:54:32.25	00:20:10.64		01:33:28.77

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	44/126	4/43	102	Gillian Auslander	48	F	Minneapolis	MN	00:22:17.14	01:01:11.34	00:25:14.94		01:50:44.29
2	47/126	7/43	197	Julie Hurley	45	F	Excelsior	MN	00:21:50.84	01:03:13.14	00:24:44.65		01:51:36.74
3	80/126	16/43	125	Bev Swanson	48	F	Buffalo	MN	00:24:30.24	01:07:31.82	00:30:25.71		02:04:12.52

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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	9/126	9/83	108	Kevin Oconnor	46	M	Medina	MN	00:17:51.58	00:51:05.91	00:19:10.60		01:29:08.79
2	17/126	17/83	103	Phillip Falkner	48	M	Minneapolis	MN	00:18:45.80	00:53:00.74	00:20:11.73		01:33:31.31
3	26/126	25/83	250	Chris Lyle	46	M	Woodbury	MN	00:20:09.52	00:55:30.88	00:22:21.66		01:40:42.00

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	42/126	3/43	179	Amy Woolsey	52	F	Sauk Rapids	MN	00:23:04.94	01:00:05.33	00:25:22.21		01:50:29.30
2	90/126	20/43	221	Beth Wengler	52	F	Saint Cloud	MN	00:27:50.40	01:07:50.05	00:32:57.73		02:11:53.27
3	93/126	22/43	160	Cindy Rother	53	F	Hastings	MN	00:25:33.39	01:15:25.56	00:32:03.43		02:16:07.68

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	19/126	19/83	212	Rob Madgwick	53	M	Sauk Rapids	MN	00:19:24.39	00:52:53.43	00:22:26.88		01:36:00.80
2	49/126	42/83	172	Scott Dezurik	50	M	Avon	MN	00:22:51.12	01:02:29.46	00:25:37.49		01:52:32.95
3	59/126	50/83	135	Mike Abel	50	M	Sartell	MN	00:25:36.53	00:59:45.93	00:27:28.18		01:55:42.00

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	69/126	10/43	220	Judy Murray	58	F	Sartell	MN	00:25:26.39	01:04:57.05	00:28:32.00		02:01:17.28
2	109/126	31/43	217	Joann Marshall	59	F	Sauk Rapids	MN	00:32:49.80	01:18:06.04	00:37:27.47		02:30:05.18
3	114/126	34/43	209	Nancy Bauer	58	F	Hastings	MN	00:27:05.34	01:20:56.64	00:46:07.68		02:36:27.15

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	32/126	31/83	186	Andy Clark	55	M	Northfield	MN	00:20:47.47	00:59:03.55	00:24:41.22		01:46:29.30

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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	112/126	32/43	230	Michel Sanders	64	F	Saint Paul	MN	00:32:55.64	01:18:22.27	00:40:17.57		02:35:10.50
2	124/126	42/43	181	Jo Henning	60	F	Sartell	MN	00:31:53.58	01:29:28.10	00:49:13.24		02:55:26.30

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	43/126	40/83	132	Steve Peterson	60	M	Saint Paul	MN	00:23:14.17	00:58:59.77	00:26:42.33		01:50:39.66
2	58/126	49/83	110	Tim Obrien	62	M	Minneapolis	MN	00:26:18.92	00:59:11.04	00:27:03.11		01:55:36.89
3	103/126	77/83	183	Louis Ahlstrand	64	M	Saint Paul	MN	00:27:15.38	01:17:11.68	00:34:48.05		02:21:20.52

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	75/126	13/43	224	Pam Stevens	65	F	Sartell	MN	00:26:48.88	01:03:47.12	00:30:15.53		02:02:53.29

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	38/126	36/83	182	Luke Harned	65	M	Saint Paul	MN	00:22:00.50	00:59:47.05	00:25:06.69		01:48:51.86
2	53/126	46/83	228	Mike Flynn	66	M	Elk River	MN	00:24:35.38	01:02:21.37	00:25:05.16		01:54:17.05
3	95/126	73/83	234	Tom Couillard	68	M	White Bear Lake	MN	00:29:08.49	01:11:10.57	00:33:52.53		02:17:46.77

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	115/126	81/83	137	Robert Kranz	71	M	Saint Paul	MN	00:31:13.54	01:22:25.02	00:39:43.51		02:36:57.75