

Apple Duathlon

May 26, 2018

Individual Sprint

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	4	Jennifer Olson	F	41	Rice	MN	00:24:53	4	8:00	00:00:52	00:28:47	3	20.1	00:00:34	00:00:20	3	4:36	00:55:22.31
2	36	Chris Nehring	F	49	Kimball	MN	00:25:59	8	8:21	00:01:02	00:28:57	4	20.0	00:00:45	00:00:25	14	5:51	00:57:05.22
3	34	Jacki Devine	F	56	Little Falls	MN	00:23:03	3	7:24	00:01:36	00:31:48	7	18.2	00:00:53	00:00:31	25	7:07	00:57:48.31
4	23	Marissa Mahowald	F	41	Sartell	MN	00:25:16	5	8:07	00:01:03	00:31:37	6	18.3	00:00:40	00:00:25	13	5:50	00:58:59.26
5	17	Laurel Quinn	F	41	Winona	MN	00:25:26	6	8:10	00:01:10	00:35:17	15	16.4	00:00:33	00:00:24	9	5:36	01:02:47.06
6	13	Tessa Schwinn	F	17	Sartell	MN	00:26:14	9	8:26	00:01:15	00:34:36	12	16.7	00:00:24	00:00:25	10	5:39	01:02:51.21
7	11	Josie Boelter	F	16	Sartell	MN	00:26:20	10	8:28	00:02:08	00:34:44	13	16.6	00:00:32	00:00:23	6	5:19	01:04:04.56
8	20	Tammy Moore	F	47	Royalton	MN	00:28:46	13	9:15	00:01:23	00:33:35	10	17.2	00:00:42	00:00:28	19	6:22	01:04:51.56
9	6	Jenny Lanin-Dale	F	38	Sartell	MN	00:25:57	7	8:20	00:00:51	00:38:03	24	15.2	00:00:42	00:00:25	12	5:47	01:05:55.10
10	41	Amy Wollenburg	F	33	Austin	MN	00:29:27	14	9:28	00:02:16	00:33:23	9	17.3	00:00:51	00:00:26	18	6:04	01:06:21.51
11	30	Kim Andres	F	36	Rice	MN	00:27:04	12	8:42	00:01:04	00:38:59	25	14.8	00:00:37	00:00:26	15	5:57	01:08:08.06
12	7	Jodi Hanson	F	50	Elk River	MN	00:31:48	21	10:13	00:01:08	00:36:43	20	15.7	00:00:47	00:00:28	20	6:30	01:10:51.81
13	37	Erin Bloch	F	45	Saint Joseph	MN	00:32:56	24	10:35	00:01:51	00:34:51	14	16.6	00:01:11	00:00:32	27	7:19	01:11:18.08
14	8	Hollie Hennagir	F	19	Saint Joseph	MN	00:30:39	18	9:51	00:01:18	00:39:01	26	14.8	00:01:07	00:00:21	4	4:47	01:12:23.56
15	3	Nicole Vos	F	39	Sartell	MN	00:30:25	17	9:47	00:01:00	00:40:46	29	14.2	00:00:40	00:00:32	29	7:30	01:13:21.06
16	22	Nancy Simon	F	62	Saint Paul	MN	00:32:38	22	10:29	00:01:44	00:37:56	23	15.2	00:00:53	00:00:40	34	9:12	01:13:48.45
17	27	Jessica Morris	F	33	Minneapolis	MN	00:29:36	15	9:31	00:01:55	00:42:06	34	13.7	00:01:01	00:00:24	8	5:34	01:15:00.30
18	15	Janel Hemmesch	F	36	Circle Pines	MN	00:32:59	25	10:36	00:01:44	00:40:58	31	14.1	00:00:36	00:00:30	24	7:01	01:16:45.56
19	18	Karene Anderson	F	52	Holdingsford	MN	00:36:48	32	11:50	00:01:42	00:37:29	22	15.4	00:01:27	00:00:30	23	7:01	01:17:54.80
20	12	Carrie Morris	F	36	Sartell	MN	00:36:15	31	11:39	00:00:55	00:40:09	28	14.4	00:00:39	00:00:33	30	7:31	01:18:26.88
21	28	Carrie Roering	F	39	Freeport	MN	00:35:30	28	11:25	00:01:35	00:41:10	32	14.0	00:00:48	00:00:32	28	7:24	01:19:33.44
22	29	Stephanie Serocki	F	32	Paynesville	MN	00:35:31	29	11:25	00:01:34	00:41:14	33	14.0	00:00:48	00:00:30	22	6:57	01:19:34.06
23	26	Maryjude Hoeffel	F	66	Sartell	MN	00:35:33	30	11:26	00:01:45	00:40:48	30	14.2	00:01:29	00:00:26	17	6:01	01:19:58.02
24	32	Sandy Davis	F	72	Martin	TN	00:42:14	35	13:35	00:02:11	00:36:22	18	15.9	00:01:39	00:00:42	35	9:43	01:23:05.51
25	21	Kim Stewart	F	47	Cold Spring	MN	00:37:48	33	12:09	00:01:01	00:44:56	36	12.9	00:00:53	00:00:33	31	7:43	01:25:09.06
26	10	Brenda Ritter	F	35	Rice	MN	00:41:30	34	13:21	00:00:45	00:43:46	35	13.2	00:00:45	00:00:23	5	5:13	01:27:06.05
27	25	Mary Zack	F	74	Little Falls	MN	00:50:00	36	16:05	00:01:28	00:47:37	37	12.1	00:01:11	00:01:00	36	13:59	01:41:13.54

Apple Duathlon

May 26, 2018

Individual Sprint

Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- RUN -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace		Time	Plc	Mph	T2	Time	Plc			Pace
1	39	Kurt Devine	M	56	Little Falls	MN	00:19:33	1	6:17	00:01:04	00:26:59	1	21.4	00:01:00	00:00:25	11	5:40		00:48:58.31
2	2	Paul Theisen	M	43	Rosemount	MN	00:21:03	2	6:46	00:00:56	00:27:35	2	21.0	00:00:29	00:00:20	1	4:33		00:50:20.10
3	9	Daryl Stevens	M	75	Sartell	MN	00:32:51	23	10:34	00:01:35	00:29:48	5	19.4	00:00:46	00:00:31	26	7:13		01:05:27.91
4	19	Tim O'driscoll	M	54	Sartell	MN	00:26:37	11	8:33	00:01:19	00:37:04	21	15.6	00:01:22	00:00:20	2	4:36		01:06:39.77
5	38	Mardon Quandt	M	58	Annandale	MN	00:30:56	20	9:57	00:02:08	00:32:42	8	17.7	00:01:01	00:00:26	16	6:01		01:07:10.80
6	33	Ron Dockery	M	68	Saint Paul	MN	00:30:52	19	9:55	00:01:40	00:36:00	17	16.1	00:01:13	00:00:39	33	8:57		01:10:21.49
7	14	David Hemmesch	M	38	Circle Pines	MN	00:33:00	26	10:36	00:01:58	00:34:28	11	16.8	00:01:26	00:00:35	32	8:07		01:11:24.78
8	1	Clinton Maxson	M	41	Big Lake	MN	00:33:14	27	10:41	00:02:11	00:35:27	16	16.3	00:01:08	00:00:23	7	5:21		01:12:21.19
9	35	Greg Benson	M	58	Cokatocokato	MN	00:29:36	16	9:31	00:03:08	00:39:31	27	14.6	00:00:59	00:00:29	21	6:34		01:13:40.54
10	40	Phillip Davis	M	72	Martin	TN	00:59:02	37	18:59	00:03:37	00:36:31	19	15.8	00:01:40	00:01:18	37	18:12		01:42:05.54