

## OAKDALE DUATHLON

Lake Elmo, Oakdale, May 11th, 2013  
3 Mile Run - 14 Mile Bike - 2.5 Mile Run

Plc	Div/plc	Name	Age	City	St	Run1	min/mi	T1	Bike	mi/hr	T2	Run2	min/mi	Finish
8	8/14	Jim Felling	34	River Falls	WI	17:02	5:41	0:26	35:34	23.6	0:28	15:27	6:11	1:08:53
47	1/7	Jim McDonell	60	Woodbury	MN	19:52	6:38	0:47	41:52	20.1	0:57	17:45	7:06	1:21:12
69	3/26	Nicole Finstad	38	Birchwood	WI	21:44	7:15	1:00	43:07	19.5	0:45	18:17	7:19	1:24:50
75	2/7	Michael Colaizy	62	Osceola	WI	21:04	7:02	1:19	43:36	19.3	0:55	18:24	7:22	1:25:16
82	4/26	Megan Westhoff	36	Hudson	WI	21:03	7:01	1:13	45:36	18.4	0:56	17:30	7:00	1:26:17
219	10/16	Cathleen McGinnity	47	Luck	WI	27:22	9:08	1:29	54:58	15.3	2:00	24:43	9:54	1:50:30