

OAKDALE DUATHLON

Lake Elmo, Oakdale, May 12th, 2012

3 Mile Run - 14 Mile Bike - 3 Mile Run

Pl	Div/Tot	Name	Age	City	St	Rank	Run1	Pace	T1	Rank	Bike	Rate	T2	Rank	Run	Pace	Finish
7	3/4	Jim Felling	33	River Falls	WI		17:29			4	33:56	24.8	0:27	14	15:42	6:17	1:08:08
43	2/11	Doug Wynveen	55	Osceola	WI	32	20:04	6:42	1:03	37	37:27	22.4	0:49	59	17:54	7:10	1:17:14
56	1/5	Michael Colaizy	61	Osceola	WI	49	20:49	6:57	0:44	51	38:23	21.9	0:39	60	17:55	7:10	1:18:28
83	4/19	Nicole Finstad	37	Birchwood	WI					99	40:49	20.6					1:21:51
182	14/18	Cathleen McGinnity	46	Luck	WI	166	25:47	8:36	0:57	185	48:27	17.3	1:10	183	22:55	9:10	1:39:13

APPLE DUATHLON

Sartell, Minnesota Saturday, May 26, 2012

5K Run, 33K Bike, 5K Run

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	plc	RUN	plc	time	pace	TRAN	plc	time	BIKE	mph	TRAN	plc	time	plc	RUN	plc	time	pace	TOTAL	TIME
11	1/12	James Felling	River Falls	WI	34	15	18:17	5:53	0:33	10	52:53	23.3	0:34	10	18:41	6:01	1:30:55										
45	9/20	Trent Johnson	Hudson	WI	41	86	22:29	7:14	1:08	26	56:49	21.7	1:19	69	24:06	7:46	1:45:48										
47	1/7	Doug Wynveen	Osceola	WI	56	36	19:43	6:21	1:13	52	1:00:40	20.3	1:33	50	23:12	7:28	1:46:19										
103	8/13	Megan Westhoff	Hudson	WI	35	75	21:58	7:05	1:31	120	1:10:41	17.4	2:13	71	24:34	7:55	2:00:55										

GEAR WEST DUATHLON

Orono, Minnesota, Sunday, May 20, 2012

2.83 Mile Run, 28K Bike, 2.51 Mile Run

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	plc	RUN	plc	time	pace	TRAN	plc	time	BIKE	mph	TRAN	plc	time	plc	RUN	plc	time	pace	TOTAL	TIME
75	2/8	Doug Wynveen	Osceola	WI	55	64	19:43	6:58	1:27	68	49:34	20.6	1:16	85	18:38	7:26	1:30:36										