

Cinco Du Mayo Duathlon
5k run, 20 mile bike, 5k run
Stillwater, MN May 3, 2014

Place	Name	Age	City	St.	----- RUN 1 -----			----- BIKE -----			----- RUN 2-----			Tot Time		
					Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time		Plc	Pace
8	(3) Brian Glaeser	29	Somerset	WI	20:43	10	6:41	1:06	56:06	14	21.4	1:01	21:01	5	6:46	1:39:55

OAKDALE DUATHLON
Lake Elmo, Oakdale, May 10th, 2014
3 Mile Run - 14 Mile Bike - 2.5 Mile Run

Place	Name	Age	City	St.	----- RUN 1 -----			----- BIKE -----			----- RUN 2-----			Tot Time		
					Plc	Time	Pace	T1	Plc	Time	Mph	T2	Plc		Time	Pace
41	11/22 Lori Jarchow	38	N Rchmnd	WI	48	25:37	8:33	1:03	37	45:55	18.3	1:07	68	22:36	9:03	1:36:16
13	13/22 Jill Fox	36	N Rchmnd	WI	14	26:24	8:48	0:59	13	47:23	17.7	1:11	16	24:08	9:39	1:40:03
65	11/17 Cath McGinnity	48	Luck	WI	69	26:21	8:47	1:06	49	47:23	17.7	1:11	91	24:41	9:53	1:40:40

Apple Duathlon
Sartell, MN May 24, 2014

Place	Name	Age	City	St.	----- RUN 1 -----			----- BIKE -----			----- RUN 2-----			Tot Time		
					Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time		Plc	Pace
31	Brian Glaeser	29	Somerset	WI	0:19:48	37	6:22	01:02	0:54:31	32	22.6	0:48	20:23	25	6:33	01:36:29
47	Trent Johnson	43	Hudson	WI	0:21:58	86	7:03	00:58	0:53:50	29	22.9	0:45	23:32	71	7:34	01:41:01
59	Doug Wynveen	58	Osceola	WI	0:20:46	65	6:40	01:07	0:58:34	58	21.0	0:50	23:18	67	7:29	01:44:33
195	Cath McGinnity	49	Luck	WI	0:28:04	181	9:01	01:26	1:43:25	199	11.9	01:43	36:15	187	11:39	02:50:51