

AMANA COLONIES RUNDTOUR DUATHLON
 Saturday, August 25, 2013
 Middle Amana, Iowa

2.6 Mile Run, 14.8 Mile Bike, 2.6 Mile Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/12	Mario Czarnomski	Cedar Rapids	IA	30	M	3	14:40	5:39	0:39	1	34:53	25.5	0:15	1	15:12	5:51	1:05:37
2	2/12	Jonathan Estabrook	Ankeny	IA	39	M	1	13:59	5:23	0:21	2	36:19	24.5	0:21	2	15:12	5:51	1:06:09
3	1/7	John Martinek	Coralville	IA	45	M	6	16:03	6:11	0:19	4	39:37	22.4	0:23	5	17:46	6:50	1:14:07
4	1/4	Erik Bandy	Iowa City	IA	24	M	2	14:00	5:23	0:33	10	43:27	20.4	0:32	3	16:11	6:14	1:14:41
5	3/12	Jason Rabe	Fairfax	IA	32	M	7	16:09	6:13	0:25	3	39:23	22.5	0:27	11	18:57	7:18	1:15:19
6	1/3	Steve Winkel	Des Moines	IA	55	M	9	16:23	6:18	0:28	5	40:37	21.9	0:32	13	18:59	7:18	1:16:58
7	2/4	Eric Monahan	Iowa City	IA	28	M	4	15:09	5:50	0:45	11	43:49	20.3	0:40	4	17:37	6:47	1:17:58
8	4/12	Michael Williams	Ankeny	IA	39	M	10	16:25	6:19	0:51	8	42:19	21.0	0:49	9	18:18	7:03	1:18:41
9	1/1	Marvin Stern	Sterling	IL	62	M	17	18:11	7:00	0:23	6	41:18	21.5	0:19	16	20:06	7:44	1:20:15
10	2/7	Garth Carlson	Davenport	IA	44	M	5	15:36	6:00	1:00	19	46:58	18.9	0:35	7	17:52	6:53	1:21:59
11	5/12	Micheal Kilburg	Cedar Rapids	IA	31	M	13	17:07	6:35	0:37	13	45:04	19.7	0:31	14	18:59	7:18	1:22:16
12	1/6	Danielle Berndt	Bettendorf	IA	23	F	8	16:09	6:13	0:43	20	47:26	18.7	0:30	6	17:51	6:52	1:22:37
13	3/7	Brent Nichols	North Liberty	IA	43	M	15	17:47	6:51	1:19	7	42:17	21.0	0:58	20	20:53	8:02	1:23:12
14	3/4	Jacob Buffo	Cedar Rapids	IA	21	M	19	18:12	7:00	1:14	12	44:54	19.8	0:43	12	18:59	7:18	1:24:00
15	1/17	Donna Weeda	Bettendorf	IA	34	F	11	16:29	6:21	1:00	21	48:19	18.4	0:48	8	18:15	7:02	1:24:48
16	2/6	Michelle Moeller	Ankeny	IA	29	F	14	17:09	6:36	0:29	24	48:53	18.2	0:26	10	18:30	7:07	1:25:26
17	3/6	Sarah Richmond	Cedar Rapids	IA	25	F	28	19:26	7:29	0:53	9	43:01	20.6	0:28	31	22:34	8:41	1:26:21
18	4/7	Randy Crawford	Cedar Rapids	IA	48	M	30	19:53	7:39	0:37	14	45:29	19.5	0:23	18	20:36	7:56	1:26:56
19	6/12	Ken Daullary	Cedar Rapids	IA	35	M	22	18:29	7:07	0:45	18	46:44	19.0	0:31	24	21:08	8:08	1:27:36
20	1/5	Beth Morton	West Des Moines	IA	49	F	26	19:13	7:24	0:38	16	46:20	19.2	0:30	32	22:36	8:42	1:29:15
21	2/17	Regena Hale	Cedar Rapids	IA	37	F	29	19:34	7:32	1:22	15	46:12	19.2	1:13	29	21:54	8:26	1:30:13
22	3/17	Amy Pierce	North Liberty	IA	38	F	16	17:56	6:54	1:03	26	49:24	18.0	0:52	27	21:30	8:17	1:30:44
23	2/5	Paula Sears	Solon	IA	41	F	33	19:56	7:40	1:37	17	46:33	19.1	1:14	25	21:27	8:15	1:30:44
24	4/17	Mindy Capron	Monticello	IA	37	F	20	18:22	7:04	0:38	31	51:50	17.1	0:25	15	19:36	7:33	1:30:49
25	5/17	Jennifer Childress	Des Moines	IA	33	F	12	16:59	6:32	0:46	35	53:21	16.6	0:21	17	20:09	7:45	1:31:34
26	6/17	Amber Sheeley	Solon	IA	33	F	18	18:11	7:00	0:30	33	53:08	16.7	0:31	21	20:54	8:03	1:33:12
27	4/6	Anneka Levra	Iowa City	IA	23	F	40	20:11	7:46	0:31	27	50:40	17.5	0:25	28	21:36	8:19	1:33:20
28	2/3	Christian Buffard	Amana	IA	51	M	27	19:23	7:27	1:08	23	48:40	18.2	0:44	37	23:47	9:09	1:33:40
29	7/12	Adam Jacobs	Fairfax	IA	31	M	23	18:41	7:11	0:30	40	54:22	16.3	0:32	19	20:47	8:00	1:34:49
30	7/17	Emily Lampe	Algona	IA	36	F	37	20:06	7:44	1:15	29	51:31	17.2	1:09	22	20:55	8:03	1:34:54
31	8/12	Tim Lamb	Marion	IA	39	M	35	20:04	7:43	1:25	22	48:23	18.4	1:56	39	24:14	9:20	1:36:00
32	9/12	Jason Burgoon	Cedar Rapids	IA	39	M	39	20:10	7:46	0:53	30	51:38	17.2	0:39	33	22:57	8:50	1:36:15
33	8/17	Lori Winborn	Swisher	IA	39	F	34	20:03	7:43	0:55	34	53:17	16.7	0:46	26	21:27	8:15	1:36:26
34	9/17	Andrea Rochford	New Hampton	IA	34	F	24	18:49	7:14	0:39	37	54:04	16.4	0:49	30	22:17	8:34	1:36:36
35	10/12	Kevin Hansen	Delmar	IA	34	M	31	19:54	7:40	1:00	36	54:01	16.4	1:06	23	21:08	8:08	1:37:07
36	10/17	Emily Recker	Hopkington	IA	36	F	21	18:23	7:04	0:52	43	54:51	16.2	0:39	36	23:41	9:07	1:38:25
37	5/6	Jacqueline Bytnar	Bettendorf	IA	25	F	25	19:05	7:21	1:13	41	54:35	16.3	0:57	38	24:14	9:20	1:40:02
38	11/17	Kimberly Meller-An	North Liberty	IA	30	F	38	20:09	7:45	1:02	42	54:40	16.2	0:52	40	24:20	9:22	1:41:02
39	11/12	Doug Deimler	Cedar Rapids	IA	34	M	48	22:16	8:34	0:50	28	50:43	17.5	0:52	49	27:21	10:31	1:42:00
40	12/17	Jennifer Mooney	Middle Amana	IA	38	F	42	20:40	7:57	1:09	38	54:10	16.4	0:35	42	25:46	9:55	1:42:17
41	13/17	Jamie Sexton	Amana	IA	37	F	43	20:52	8:02	0:57	39	54:10	16.4	0:35	41	25:45	9:55	1:42:17
42	14/17	Angie Lawrence	Monticello	IA	39	F	51	22:58	8:50	0:53	32	52:51	16.8	0:57	44	25:53	9:57	1:43:29
43	3/5	Maureen Navarra	Tiffin	IA	47	F	50	22:21	8:36	0:56	45	55:13	16.1	0:42	48	26:49	10:19	1:45:58
44	5/7	Mark Pattison	Solon	IA	40	M	52	23:14	8:56	1:40	25	48:56	18.1	1:20	55	32:06	12:21	1:47:15
45	6/7	Mathew Preston	Cedar Rapids	IA	41	M	44	21:29	8:16	1:21	46	55:50	15.9	0:53	51	27:56	10:45	1:47:27
46	3/3	Doug Lord	Lisbon	IA	58	M	32	19:55	7:40	0:44	52	1:03:23	14.0	0:31	35	23:38	9:06	1:48:08
47	4/4	Lukas Schroder	Shellsburg	IA	21	M	36	20:05	7:44	0:58	51	59:16	15.0	0:27	50	27:29	10:35	1:48:14
48	15/17	Molly Dvork	North Liberty	IA	30	F	45	21:41	8:21	1:36	48	57:14	15.5	1:10	47	26:39	10:15	1:48:18
49	12/12	Dustin Huinker	Cedar Rapids	IA	31	M	46	21:41	8:21	1:38	49	57:16	15.5	1:09	46	26:36	10:14	1:48:18
50	16/17	Jennifer Deimler	Cedar Rapids	IA	34	F	49	22:19	8:35	1:02	50	58:14	15.2	1:01	45	26:08	10:04	1:48:42
51	6/6	Alona Scroggins	Cedar Rapids	IA	24	F	41	20:37	7:56	0:46	56	1:07:17	13.2	0:29	34	23:19	8:58	1:52:25
52	7/7	David Steen	Iowa City	IA	42	M	53	25:35	9:51	2:54	44	55:03	16.1	1:23	53	29:09	11:13	1:54:02
53	1/1	Vicki Kijewski	Iowa City	IA	52	F	54	26:26	10:10	1:16	47	56:13	15.8	1:28	52	29:04	11:11	1:54:24
54	4/5	Arlin Wurth	Tiffin	IA	47	F	47	21:58	8:27	1:47	53	1:03:53	13.9	1:08	43	25:47	9:55	1:54:31
55	5/5	Cari Martin	Norway	IA	43	F	55	26:50	10:19	1:16	55	1:05:44	13.5	0:53	54	31:41	12:11	2:06:21
56	17/17	Renee Reedich	Cedar Rapids	IA	36	F	56	31:33	12:08	0:57	54	1:05:16	13.6	0:41	56	37:03	14:15	2:15:28

PROBLEM RESULTS

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/1	Alex Nealsen	Monticello	IA			1	18:29	7:07									
2	1/1	Eric Hale	Cedar Rapids	IA	40	M	2	22:31	8:40	1:00								

TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM NAME = MEMBERS (RUNNER, BIKER)	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/7	Team Lee = Andy Sabin , Doug Lee	1	13:35	5:14	0:23	1	42:14	21.0	0:13	1	14:22	5:32	1:10:46
2	2/7	Team Sandersfeld = Ann Wiskerson Riererson , Dan Sandersfeld	3	17:10	6:37	0:24	4	50:19	17.6	0:12	3	18:23	7:05	1:26:27
3	3/7	Team Nealsen = Alex Nealsen , T J Nealsen	5	18:29	7:07	0:22	3	48:44	18.2	0:05	5	21:51	8:25	1:29:30
4	4/7	Team Ramneek = Zach Digney , Bhogal Ramneek	4	17:28	6:43	0:27	5	52:21	17.0	0:17	4	19:06	7:21	1:29:35
5	5/7	Team Rangel = Ann Rangel , Gau Rodriguez	7	21:15	8:11	0:21	2	48:10	18.4	0:14	7	23:06	8:53	1:33:04
6	6/7	Team Hahn = Jason Hahn , Laura Hahn	2	16:27	6:20	0:22	7	59:16	15.0	0:15	2	18:04	6:57	1:34:21
7	7/7	Team Chadima = Dan Chadima , Brian Mooney	6	20:00	7:42	0:21	6	58:47	15.1	0:17	6	22:23	8:37	1:41:45

MALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	30 Mario Czarnomski	Cedar Rapids	IA	30	M	3	14:40	5:39	0:39	1	34:53	25.5	0:15	1	15:12	5:51	1:05:37
2	53 Jonathan Estabrook	Ankeny	IA	39	M	1	13:59	5:23	0:21	2	36:19	24.5	0:21	2	15:12	5:51	1:06:09
3	32 John Martinek	Coralville	IA	45	M	6	16:03	6:11	0:19	4	39:37	22.4	0:23	5	17:46	6:50	1:14:07
4	38 Erik Bandy	Iowa City	IA	24	M	2	14:00	5:23	0:33	9	43:27	20.4	0:32	3	16:11	6:14	1:14:41
5	61 Jason Rabe	Fairfax	IA	32	M	7	16:09	6:13	0:25	3	39:23	22.5	0:27	8	18:57	7:18	1:15:19
6	48 Steve Winkel	Des Moines	IA	55	M	8	16:23	6:18	0:28	5	40:37	21.9	0:32	10	18:59	7:18	1:16:58
7	20 Eric Monahan	Iowa City	IA	28	M	4	15:09	5:50	0:45	10	43:49	20.3	0:40	4	17:37	6:47	1:17:58
8	68 Michael Williams	Ankeny	IA	39	M	9	16:25	6:19	0:51	8	42:19	21.0	0:49	7	18:18	7:03	1:18:41
9	19 Marvin Stern	Sterling	IL	62	M	12	18:11	7:00	0:23	6	41:18	21.5	0:19	12	20:06	7:44	1:20:15
10	42 Garth Carlson	Davenport	IA	44	M	5	15:36	6:00	1:00	15	46:58	18.9	0:35	6	17:52	6:53	1:21:59
11	43 Micheal Kilburg	Cedar Rapids	IA	31	M	10	17:07	6:35	0:37	12	45:04	19.7	0:31	11	18:59	7:18	1:22:16
12	11 Brent Nichols	North Liberty	IA	43	M	11	17:47	6:51	1:19	7	42:17	21.0	0:58	15	20:53	8:02	1:23:12
13	49 Jacob Buffo	Cedar Rapids	IA	21	M	13	18:12	7:00	1:14	11	44:54	19.8	0:43	9	18:59	7:18	1:24:00
14	18 Randy Crawford	Cedar Rapids	IA	48	M	17	19:53	7:39	0:37	13	45:29	19.5	0:23	13	20:36	7:56	1:26:56
15	26 Ken Daullary	Cedar Rapids	IA	35	M	14	18:29	7:07	0:45	14	46:44	19.0	0:31	17	21:08	8:08	1:27:36
16	1 Christian Buffard	Amana	IA	51	M	16	19:23	7:27	1:08	17	48:40	18.2	0:44	20	23:47	9:09	1:33:40
17	31 Adam Jacobs	Fairfax	IA	31	M	15	18:41	7:11	0:30	22	54:22	16.3	0:32	14	20:47	8:00	1:34:49
18	39 Tim Lamb	Marion	IA	39	M	20	20:04	7:43	1:25	16	48:23	18.4	1:56	21	24:14	9:20	1:36:00
19	36 Jason Burgoon	Cedar Rapids	IA	39	M	22	20:10	7:46	0:53	20	51:38	17.2	0:39	18	22:57	8:50	1:36:15
20	6 Kevin Hansen	Delmar	IA	34	M	18	19:54	7:40	1:00	21	54:01	16.4	1:06	16	21:08	8:08	1:37:07
21	56 Doug Deimler	Cedar Rapids	IA	34	M	25	22:16	8:34	0:50	19	50:43	17.5	0:52	23	27:21	10:31	1:42:00
22	51 Mark Pattison	Solon	IA	40	M	26	23:14	8:56	1:40	18	48:56	18.1	1:20	27	32:06	12:21	1:47:15
23	27 Mathew Preston	Cedar Rapids	IA	41	M	23	21:29	8:16	1:21	24	55:50	15.9	0:53	25	27:56	10:45	1:47:27
24	3 Doug Lord	Lisbon	IA	58	M	19	19:55	7:40	0:44	27	1:03:23	14.0	0:31	19	23:38	9:06	1:48:08
25	7 Lukas Schroder	Shellsburg	IA	21	M	21	20:05	7:44	0:58	26	59:16	15.0	0:27	24	27:29	10:35	1:48:14
26	63 Dustin Huinker	Cedar Rapids	IA	31	M	24	21:41	8:21	1:38	25	57:16	15.5	1:09	22	26:36	10:14	1:48:18
27	33 David Steen	Iowa City	IA	42	M	27	25:35	9:51	2:54	23	55:03	16.1	1:23	26	29:09	11:13	1:54:02

FEMALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	16 Danielle Berndt	Bettendorf	IA	23	F	1	16:09	6:13	0:43	5	47:26	18.7	0:30	1	17:51	6:52	1:22:37
2	44 Donna Weeda	Bettendorf	IA	34	F	2	16:29	6:21	1:00	6	48:19	18.4	0:48	2	18:15	7:02	1:24:48
3	37 Michelle Moeller	Ankeny	IA	29	F	4	17:09	6:36	0:29	7	48:53	18.2	0:26	3	18:30	7:07	1:25:26
4	12 Sarah Richmond	Cedar Rapids	IA	25	F	12	19:26	7:29	0:53	1	43:01	20.6	0:28	14	22:34	8:41	1:26:21
5	67 Beth Morton	West Des Moines	IA	49	F	11	19:13	7:24	0:38	3	46:20	19.2	0:30	15	22:36	8:42	1:29:15
6	54 Regena Hale	Cedar Rapids	IA	37	F	13	19:34	7:32	1:22	2	46:12	19.2	1:13	12	21:54	8:26	1:30:13
7	40 Amy Pierce	North Liberty	IA	38	F	5	17:56	6:54	1:03	8	49:24	18.0	0:52	10	21:30	8:17	1:30:44
8	34 Paula Sears	Solon	IA	41	F	14	19:56	7:40	1:37	4	46:33	19.1	1:14	8	21:27	8:15	1:30:44
9	23 Mindy Capron	Monticello	IA	37	F	7	18:22	7:04	0:38	11	51:50	17.1	0:25	4	19:36	7:33	1:30:49
10	9 Jennifer Childress	Des Moines	IA	33	F	3	16:59	6:32	0:46	15	53:21	16.6	0:21	5	20:09	7:45	1:31:34
11	41 Amber Sheeley	Solon	IA	33	F	6	18:11	7:00	0:30	13	53:08	16.7	0:31	6	20:54	8:03	1:33:12
12	60 Aneka Levra	Iowa City	IA	23	F	18	20:11	7:46	0:31	9	50:40	17.5	0:25	11	21:36	8:19	1:33:20
13	47 Emily Lampe	Algona	IA	36	F	16	20:06	7:44	1:15	10	51:31	17.2	1:09	7	20:55	8:03	1:34:54
14	45 Lori Winborn	Swisher	IA	39	F	15	20:03	7:43	0:55	14	53:17	16.7	0:46	9	21:27	8:15	1:36:26
15	28 Andrea Rochford	New Hampton	IA	34	F	9	18:49	7:14	0:39	16	54:04	16.4	0:49	13	22:17	8:34	1:36:36
16	24 Emily Recker	Hopkington	IA	36	F	8	18:23	7:04	0:52	21	54:51	16.2	0:39	17	23:41	9:07	1:38:25
17	46 Jacqueline Bytnar	Bettendorf	IA	25	F	10	19:05	7:21	1:13	19	54:35	16.3	0:57	18	24:14	9:20	1:40:02
18	58 Kimberly Meller-An	North Liberty	IA	30	F	17	20:09	7:45	1:02	20	54:40	16.2	0:52	19	24:20	9:22	1:41:02
19	5 Jennifer Mooney	Middle Amana	IA	38	F	20	20:40	7:57	1:09	17	54:10	16.4	0:35	21	25:46	9:55	1:42:17
20	52 Jamie Sexton	Amana	IA	37	F	21	20:52	8:02	0:57	18	54:10	16.4	0:35	20	25:45	9:55	1:42:17
21	15 Angie Lawrence	Monticello	IA	39	F	26	22:58	8:50	0:53	12	52:51	16.8	0:57	23	25:53	9:57	1:43:29
22	50 Maureen Navarra	Tiffin	IA	47	F	25	22:21	8:36	0:56	22	55:13	16.1	0:42	26	26:49	10:19	1:45:58
23	62 Molly Dvorek	North Liberty	IA	30	F	22	21:41	8:21	1:36	24	57:14	15.5	1:10	25	26:39	10:15	1:48:18
24	57 Jennifer Deimler	Cedar Rapids	IA	34	F	24	22:19	8:35	1:02	25	58:14	15.2	1:01	24	26:08	10:04	1:48:42
25	64 Alona Scroggins	Cedar Rapids	IA	24	F	19	20:37	7:56	0:46	29	1:07:17	13.2	0:29	16	23:19	8:58	1:52:25
26	17 Vicki Kijewski	Iowa City	IA	52	F	27	26:26	10:10	1:16	23	56:13	15.8	1:28	27	29:04	11:11	1:54:24
27	35 Arlin Wurth	Tiffin	IA	47	F	23	21:58	8:27	1:47	26	1:03:53	13.9	1:08	22	25:47	9:55	1:54:31
28	29 Cari Martin	Norway	IA	43	F	28	26:50	10:19	1:16	28	1:05:44	13.5	0:53	28	31:41	12:11	2:06:21
29	25 Renee Reedich	Cedar Rapids	IA	36	F	29	31:33	12:08	0:57	27	1:05:16	13.6	0:41	29	37:03	14:15	2:15:28

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1	Andy Sabin	Fairfax	IA		13:35	5:14
2	Jonathan Estabrook	Ankeny	IA	39 M	13:59	5:23
3	Erik Bandy	Iowa City	IA	24 M	14:00	5:23
4	Mario Czarnomski	Cedar Rapids	IA	30 M	14:40	5:39
5	Eric Monahan	Iowa City	IA	28 M	15:09	5:50
6	Garth Carlson	Davenport	IA	44 M	15:36	6:00
7	John Martinek	Coralville	IA	45 M	16:03	6:11
8	Jason Rabe	Fairfax	IA	32 M	16:09	6:13
9	Danielle Berndt	Bettendorf	IA	23 F	16:09	6:13
10	Steve Winkel	Des Moines	IA	55 M	16:23	6:18

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1	John Martinek	Coralville	IA	45 M	0:19
2	Jonathan Estabrook	Ankeny	IA	39 M	0:21
3	Marvin Stern	Sterling	IL	62 M	0:23
4	Jason Rabe	Fairfax	IA	32 M	0:25
5	Steve Winkel	Des Moines	IA	55 M	0:28
6	Michelle Moeller	Ankeny	IA	29 F	0:29
7	Amber Sheeley	Solon	IA	33 F	0:30
8	Adam Jacobs	Fairfax	IA	31 M	0:30
9	Aneka Levra	Iowa City	IA	23 F	0:31
10	Erik Bandy	Iowa City	IA	24 M	0:33

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1 Mario Czarnonmski	Cedar Rapids	IA	30	M	34:53	25.5
2 Jonathan Estabrook	Ankeny	IA	39	M	36:19	24.5
3 Jason Rabe	Fairfax	IA	32	M	39:23	22.5
4 John Martinek	Coralville	IA	45	M	39:37	22.4
5 Steve Winkel	Des Moines	IA	55	M	40:37	21.9
6 Marvin Stern	Sterling	IL	62	M	41:18	21.5
7 Doug Lee	Fairfax	IA			42:14	21.0
8 Brent Nichols	North Liberty	IA	43	M	42:17	21.0
9 Michael Williams	Ankeny	IA	39	M	42:19	21.0
10 Sarah Richmond	Cedar Rapids	IA	25	F	43:01	20.6

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Mario Czarnonmski	Cedar Rapids	IA	30	M	0:15
2 Marvin Stern	Sterling	IL	62	M	0:19
3 Jennifer Childress	Des Moines	IA	33	F	0:21
4 Jonathan Estabrook	Ankeny	IA	39	M	0:21
5 Randy Crawford	Cedar Rapids	IA	48	M	0:23
6 John Martinek	Coralville	IA	45	M	0:23
7 Anneka Levra	Iowa City	IA	23	F	0:25
8 Mindy Capron	Monticello	IA	37	F	0:25
9 Michelle Moeller	Ankeny	IA	29	F	0:26
10 Jason Rabe	Fairfax	IA	32	M	0:27

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1 Andy Sabin	Fairfax	IA			14:22	5:32
2 Mario Czarnonmski	Cedar Rapids	IA	30	M	15:12	5:51
3 Jonathan Estabrook	Ankeny	IA	39	M	15:12	5:51
4 Erik Bandy	Iowa City	IA	24	M	16:11	6:14
5 Eric Monahan	Iowa City	IA	28	M	17:37	6:47
6 John Martinek	Coralville	IA	45	M	17:46	6:50
7 Danielle Berndt	Bettendorf	IA	23	F	17:51	6:52
8 Garth Carlson	Davenport	IA	44	M	17:52	6:53
9 Jason Hahn	Des Moines	IA			18:04	6:57
10 Donna Weeda	Bettendorf	IA	34	F	18:15	7:02

FEMALE AGE GROUP RESULTS 16 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Danielle Berndt	Bettendorf	IA	23	F	1	16:09	6:13	0:43	2	47:26	18.7	0:30	1	17:51	6:52	1:22:37
2 Michelle Moeller	Ankeny	IA	29	F	2	17:09	6:36	0:29	3	48:53	18.2	0:26	2	18:30	7:07	1:25:26
3 Sarah Richmond	Cedar Rapids	IA	25	F	4	19:26	7:29	0:53	1	43:01	20.6	0:28	4	22:34	8:41	1:26:21
4 Anneka Levra	Iowa City	IA	23	F	5	20:11	7:46	0:31	4	50:40	17.5	0:25	3	21:36	8:19	1:33:20
5 Jacqueline Bytnar	Bettendorf	IA	25	F	3	19:05	7:21	1:13	5	54:35	16.3	0:57	6	24:14	9:20	1:40:02
6 Alona Scroggins	Cedar Rapids	IA	24	F	6	20:37	7:56	0:46	6	1:07:17	13.2	0:29	5	23:19	8:58	1:52:25

MALE AGE GROUP RESULTS 16 - 29

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Erik Bandy	Iowa City	IA	24	M	1	14:00	5:23	0:33	1	43:27	20.4	0:32	1	16:11	6:14	1:14:41
2 Eric Monahan	Iowa City	IA	28	M	2	15:09	5:50	0:45	2	43:49	20.3	0:40	2	17:37	6:47	1:17:58
3 Jacob Buffo	Cedar Rapids	IA	21	M	3	18:12	7:00	1:14	3	44:54	19.8	0:43	3	18:59	7:18	1:24:00
4 Lukas Schroder	Shellsburg	IA	21	M	4	20:05	7:44	0:58	4	59:16	15.0	0:27	4	27:29	10:35	1:48:14

FEMALE AGE GROUP RESULTS 30 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Donna Weeda	Bettendorf	IA	34	F	1	16:29	6:21	1:00	2	48:19	18.4	0:48	1	18:15	7:02	1:24:48
2 Regena Hale	Cedar Rapids	IA	37	F	8	19:34	7:32	1:22	1	46:12	19.2	1:13	8	21:54	8:26	1:30:13
3 Amy Pierce	North Liberty	IA	38	F	3	17:56	6:54	1:03	3	49:24	18.0	0:52	7	21:30	8:17	1:30:44
4 Mindy Capron	Monticello	IA	37	F	5	18:22	7:04	0:38	5	51:50	17.1	0:25	2	19:36	7:33	1:30:49
5 Jennifer Childress	Des Moines	IA	33	F	2	16:59	6:32	0:46	9	53:21	16.6	0:21	3	20:09	7:45	1:31:34
6 Amber Sheeley	Solon	IA	33	F	4	18:11	7:00	0:30	7	53:08	16.7	0:31	4	20:54	8:03	1:33:12
7 Emily Lampe	Algona	IA	36	F	10	20:06	7:44	1:15	4	51:31	17.2	1:09	5	20:55	8:03	1:34:54
8 Lori Winborn	Swisher	IA	39	F	9	20:03	7:43	0:55	8	53:17	16.7	0:46	6	21:27	8:15	1:36:26
9 Andrea Rochford	New Hampton	IA	34	F	7	18:49	7:14	0:39	10	54:04	16.4	0:49	9	22:17	8:34	1:36:36
10 Emily Recker	Hopkington	IA	36	F	6	18:23	7:04	0:52	14	54:51	16.2	0:39	10	23:41	9:07	1:38:25
11 Kimberly Meller-An	North Liberty	IA	30	F	11	20:09	7:45	1:02	13	54:40	16.2	0:52	11	24:20	9:22	1:41:02
12 Jennifer Mooney	Middle Amana	IA	38	F	12	20:40	7:57	1:09	11	54:10	16.4	0:35	13	25:46	9:55	1:42:17
13 Jamie Sexton	Amana	IA	37	F	13	20:52	8:02	0:57	12	54:10	16.4	0:35	12	25:45	9:55	1:42:17
14 Angie Lawrence	Monticello	IA	39	F	16	22:58	8:50	0:53	6	52:51	16.8	0:57	14	25:53	9:57	1:43:29
15 Molly Dvorsk	North Liberty	IA	30	F	14	21:41	8:21	1:36	15	57:14	15.5	1:10	16	26:39	10:15	1:48:18
16 Jennifer Deimler	Cedar Rapids	IA	34	F	15	22:19	8:35	1:02	16	58:14	15.2	1:01	15	26:08	10:04	1:48:42
17 Renee Reedich	Cedar Rapids	IA	36	F	17	31:33	12:08	0:57	17	1:05:16	13.6	0:41	17	37:03	14:15	2:15:28

MALE AGE GROUP RESULTS 30 - 39

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Mario Czarnonmski	Cedar Rapids	IA	30	M	2	14:40	5:39	0:39	1	34:53	25.5	0:15	1	15:12	5:51	1:05:37
2 Jonathan Estabrook	Ankeny	IA	39	M	1	13:59	5:23	0:21	2	36:19	24.5	0:21	2	15:12	5:51	1:06:09
3 Jason Rabe	Fairfax	IA	32	M	3	16:09	6:13	0:25	3	39:23	22.5	0:27	4	18:57	7:18	1:15:19

4	Michael Williams	Ankeny	IA	39	M	4	16:25	6:19	0:51	4	42:19	21.0	0:49	3	18:18	7:03	1:18:41
5	Micheal Kilburg	Cedar Rapids	IA	31	M	5	17:07	6:35	0:37	5	45:04	19.7	0:31	5	18:59	7:18	1:22:16
6	Ken Daullary	Cedar Rapids	IA	35	M	6	18:29	7:07	0:45	6	46:44	19.0	0:31	8	21:08	8:08	1:27:36
7	Adam Jacobs	Fairfax	IA	31	M	7	18:41	7:11	0:30	11	54:22	16.3	0:32	6	20:47	8:00	1:34:49
8	Tim Lamb	Marion	IA	39	M	9	20:04	7:43	1:25	7	48:23	18.4	1:56	10	24:14	9:20	1:36:00
9	Jason Burgoon	Cedar Rapids	IA	39	M	10	20:10	7:46	0:53	9	51:38	17.2	0:39	9	22:57	8:50	1:36:15
10	Kevin Hansen	Delmar	IA	34	M	8	19:54	7:40	1:00	10	54:01	16.4	1:06	7	21:08	8:08	1:37:07
11	Doug Deimler	Cedar Rapids	IA	34	M	12	22:16	8:34	0:50	8	50:43	17.5	0:52	12	27:21	10:31	1:42:00
12	Dustin Huinker	Cedar Rapids	IA	31	M	11	21:41	8:21	1:38	12	57:16	15.5	1:09	11	26:36	10:14	1:48:18

FEMALE AGE GROUP RESULTS 40 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Beth Morton	West Des Moines	IA	49	F	1	19:13	7:24	0:38	1	46:20	19.2	0:30	2	22:36	8:42	1:29:15
2	Paula Sears	Solon	IA	41	F	2	19:56	7:40	1:37	2	46:33	19.1	1:14	1	21:27	8:15	1:30:44
3	Maureen Navarra	Tiffin	IA	47	F	4	22:21	8:36	0:56	3	55:13	16.1	0:42	4	26:49	10:19	1:45:58
4	Arlin Wurth	Tiffin	IA	47	F	3	21:58	8:27	1:47	4	1:03:53	13.9	1:08	3	25:47	9:55	1:54:31
5	Cari Martin	Norway	IA	43	F	5	26:50	10:19	1:16	5	1:05:44	13.5	0:53	5	31:41	12:11	2:06:21

MALE AGE GROUP RESULTS 40 - 49

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	John Martinek	Coralville	IA	45	M	2	16:03	6:11	0:19	1	39:37	22.4	0:23	1	17:46	6:50	1:14:07
2	Garth Carlson	Davenport	IA	44	M	1	15:36	6:00	1:00	4	46:58	18.9	0:35	2	17:52	6:53	1:21:59
3	Brent Nichols	North Liberty	IA	43	M	3	17:47	6:51	1:19	2	42:17	21.0	0:58	4	20:53	8:02	1:23:12
4	Randy Crawford	Cedar Rapids	IA	48	M	4	19:53	7:39	0:37	3	45:29	19.5	0:23	3	20:36	7:56	1:26:56
5	Mark Pattison	Solon	IA	40	M	6	23:14	8:56	1:40	5	48:56	18.1	1:20	7	32:06	12:21	1:47:15
6	Mathew Preston	Cedar Rapids	IA	41	M	5	21:29	8:16	1:21	7	55:50	15.9	0:53	5	27:56	10:45	1:47:27
7	David Steen	Iowa City	IA	42	M	7	25:35	9:51	2:54	6	55:03	16.1	1:23	6	29:09	11:13	1:54:02

FEMALE AGE GROUP RESULTS 50 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Vicki Kijewski	Iowa City	IA	52	F	1	26:26	10:10	1:16	1	56:13	15.8	1:28	1	29:04	11:11	1:54:24

MALE AGE GROUP RESULTS 50 - 59

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Steve Winkel	Des Moines	IA	55	M	1	16:23	6:18	0:28	1	40:37	21.9	0:32	1	18:59	7:18	1:16:58
2	Christian Buffard	Amana	IA	51	M	2	19:23	7:27	1:08	2	48:40	18.2	0:44	3	23:47	9:09	1:33:40
3	Doug Lord	Lisbon	IA	58	M	3	19:55	7:40	0:44	3	1:03:23	14.0	0:31	2	23:38	9:06	1:48:08

MALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Marvin Stern	Sterling	IL	62	M	1	18:11	7:00	0:23	1	41:18	21.5	0:19	1	20:06	7:44	1:20:15