

DUBUQUE DUATHLON & 5K
 Saturday, July 13, 2013
 Dubuque, Iowa

1.2 Mile Run, 15 Mile Bike, 3 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	1/9	Scott Schemmel	Dubuque	IA	26	M	4	6:38	5:31	0:37	2	40:52	22.0	0:25	3	18:15	6:05	1:06:44
2	1/5	Derek Hager	Minneapolis	MN	52	M	12	7:16	6:03	0:18	1	39:48	22.6	0:15	9	19:54	6:38	1:07:29
3	2/9	Jason Limmex	Hazel Green	WI	27	M	2	6:25	5:21	0:24	7	45:09	19.9	0:17	1	16:57	5:39	1:09:11
4	1/9	Ryan Scheckel	Palo	IA	34	M	5	6:41	5:34	0:46	4	42:28	21.2	0:37	7	19:10	6:24	1:09:41
5	1/10	Jennifer Scudiero	Eagan	MN	31	F	15	7:29	6:14	0:25	3	42:23	21.2	0:24	10	20:03	6:41	1:10:42
6	2/9	Tim Orris	North Liberty	IA	33	M	3	6:25	5:21	0:34	12	46:13	19.5	0:23	2	17:11	5:44	1:10:44
7	3/9	Ramon Montes	Dubuque	IA	33	M	9	7:12	6:00	0:30	5	44:34	20.2	0:25	6	19:07	6:23	1:11:46
8	4/9	Andrew Kahler	Dubuque	IA	31	M	6	6:42	5:35	0:31	9	45:42	19.7	0:44	4	18:53	6:18	1:12:30
9	3/9	Kody Fitzjerrells	Dubuque	IA	20	M	1	6:22	5:18	0:22	19	48:04	18.7	0:18	5	18:54	6:18	1:13:58
10	5/9	Rick Loeffelholz	Dubuque	IA	37	M	10	7:13	6:01	0:34	10	45:45	19.7	0:31	13	20:22	6:48	1:14:23
11	1/13	Chad Chandlee	Dubuque	IA	40	M	13	7:20	6:07	0:38	11	46:05	19.5	0:34	14	20:33	6:51	1:15:09
12	2/13	Jeremy Oepping	Muscataine	IA	42	M	20	7:48	6:30	0:36	8	45:38	19.7	0:28	20	21:13	7:05	1:15:40
13	2/5	Jude Rolsch	Bettendorf	IA	54	M	36	8:56	7:27	1:12	6	44:57	20.0	1:24	12	20:08	6:43	1:16:35
14	3/13	Andrew Benko	Dubuque	IA	46	M	16	7:31	6:16	0:35	17	47:18	19.0	0:27	18	20:55	6:59	1:16:45
15	6/9	Jason Charley	Dubuque	IA	39	M	17	7:35	6:19	0:27	18	47:50	18.8	0:36	16	20:46	6:56	1:17:13
16	1/3	Pam Connolly	Dubuque	IA	43	F	18	7:40	6:23	0:35	20	48:31	18.6	0:29	11	20:03	6:41	1:17:16
17	4/9	Tyler Knopp	Dubuque	IA	29	M	7	7:02	5:52	0:30	22	49:18	18.3	0:29	17	20:52	6:58	1:18:09
18	2/10	Bridget Witt	Oakfield	WI	37	F	27	8:29	7:04	0:29	15	46:58	19.2	0:24	23	22:01	7:21	1:18:18
19	1/2	Marvin Stern	Sterling	IL	62	M	32	8:42	7:15	0:29	14	46:46	19.2	0:15	25	22:31	7:31	1:18:41
20	3/10	Andrea Wood	Bettendorf	IA	37	F	30	8:39	7:13	0:38	16	47:03	19.1	0:34	24	22:19	7:27	1:19:11
21	4/13	Ehlinger Curt	Dubuque	IA	43	M	19	7:40	6:24	0:48	21	48:57	18.4	0:42	19	21:10	7:04	1:19:15
22	5/13	Tony Huegel	Bettendorf	IA	47	M	34	8:52	7:24	0:40	13	46:24	19.4	0:49	27	22:46	7:36	1:19:30
23	5/9	Derek Griesinger	Dubuque	IA	24	M	8	7:12	6:00	0:33	26	51:07	17.6	0:31	21	21:28	7:10	1:20:48
24	6/13	Matt Tompkins	Dubuque	IA	48	M	14	7:22	6:09	0:50	31	51:57	17.3	0:55	15	20:33	6:51	1:21:36
25	7/13	Richard Folks	Galena	IL	49	M	23	8:22	6:59	0:26	24	49:48	18.1	0:20	35	23:40	7:54	1:22:34
26	8/13	George Sehl	Iowa City	IA	49	M	26	8:26	7:02	0:24	28	51:18	17.5	0:27	26	22:43	7:35	1:23:16
27	6/9	Matt Tedman	Dubuque	IA	25	M	22	8:10	6:48	0:37	29	51:18	17.5	0:22	30	23:12	7:44	1:23:37
28	7/9	Ben Hanson	Dubuque	IA	21	M	11	7:14	6:02	0:21	44	57:38	15.6	0:20	8	19:44	6:35	1:25:15
29	1/5	Aimee Gissel	Pleasant Hill	IA	26	F	41	9:15	7:43	0:38	30	51:54	17.3	0:39	34	23:40	7:53	1:26:04
30	9/13	Dale Rader	Dubuque	IA	40	M	25	8:25	7:01	0:48	34	53:29	16.8	1:03	28	22:51	7:37	1:26:34
31	7/9	Adam Ferew	Dubuque	IA	36	M	21	7:52	6:33	0:27	39	56:16	16.0	0:20	22	21:58	7:20	1:26:51
32	10/13	Brian Markus	Dubuque	IA	40	M	43	9:26	7:52	1:16	25	50:58	17.7	0:51	41	24:33	8:11	1:27:02
33	3/5	Tony Knopp	Dubuque	IA	55	M	29	8:31	7:06	1:03	35	53:47	16.7	1:00	29	23:06	7:42	1:27:26
34	8/9	Jeremy Riniker	Dubuque	IA	34	M	28	8:29	7:04	1:17	32	52:43	17.1	1:33	37	23:54	7:58	1:27:54
35	4/5	Joe Vize	Peosta	IA	55	M	39	9:05	7:34	1:19	27	51:09	17.6	1:13	44	25:33	8:31	1:28:16
36	9/9	Dean Skinner	Galena	IL	39	M	45	9:30	7:55	1:00	33	52:54	17.0	1:02	38	24:11	8:04	1:28:35
37	1/3	Annie Potter	Dubuque	IA	58	F	53	10:25	8:41	0:52	23	49:37	18.1	1:11	49	27:27	9:09	1:29:30
38	4/10	Jill Powers	Dubuque	IA	34	F	37	8:57	7:28	0:46	43	57:35	15.6	0:24	36	23:49	7:57	1:31:29
39	2/3	Sue Rolsch	Bettendorf	IA	50	F	40	9:09	7:38	1:00	38	56:14	16.0	1:25	39	24:13	8:05	1:31:59
40	5/10	Lisa Lueken	Dubuque	IA	38	F	44	9:29	7:54	1:25	40	56:38	15.9	1:12	32	23:35	7:52	1:32:17
41	6/10	Andrea Rochford	New Hampton	IA	35	F	35	8:56	7:27	0:26	45	59:17	15.2	0:26	33	23:35	7:52	1:32:38
42	11/13	Brad Van Otterloo	Dubuque	IA	42	M	49	10:01	8:21	0:21	36	54:10	16.6	0:20	52	28:20	9:27	1:33:10
43	2/2	Bries John	Dubuque	IA	64	M	50	10:10	8:28	0:45	42	56:54	15.8	0:45	42	25:11	8:24	1:33:43
44	2/5	Leah Knopp	Dubuque	IA	26	F	42	9:22	7:49	0:42	41	56:40	15.9	0:47	48	27:14	9:05	1:34:43
45	5/5	Thomas Griep	Dubuque	IA	58	M	47	9:47	8:10	1:11	46	59:22	15.2	0:34	40	24:26	8:09	1:35:17
46	12/13	Ted Stieber	Dubuque	IA	47	M	24	8:23	6:59	1:15	50	1:01:14	14.7	1:01	31	23:34	7:52	1:35:24
47	7/10	Wendy Austin Gavin	Oregon	WI	34	F	48	9:58	8:18	0:46	49	1:01:10	14.7	0:59	45	25:56	8:39	1:38:47
48	3/5	Amy Scales	Davenport	IA	25	F	46	9:44	8:07	1:26	51	1:02:24	14.4	1:10	43	25:17	8:26	1:39:59
49	4/5	Alicia Huegel	Bettendorf	IA	22	F	54	10:29	8:44	0:59	47	1:00:06	15.0	1:00	50	27:57	9:19	1:40:28
50	5/5	Ashlyn Huegel	Bettendorf	IA	20	F	55	10:30	8:45	0:51	48	1:00:12	15.0	1:00	51	27:57	9:19	1:40:28
51	8/9	Carl Thalacker	Maquoketa	IA	29	M	38	9:01	7:31	0:48	54	1:03:58	14.1	1:11	46	26:04	8:42	1:41:00
52	8/10	Lara McCombie	Bellevue	IA	36	F	51	10:22	8:39	0:44	52	1:02:42	14.4	0:28	53	28:25	9:29	1:42:39
53	3/3	Deborah Vize	Peosta	IA	54	F	59	13:53	11:34	1:16	37	55:50	16.1	1:20	57	31:10	10:24	1:43:27
54	2/3	Michelle Clark	Iowa City	IA	41	F	56	10:33	8:48	0:36	53	1:02:51	14.3	0:24	55	29:37	9:53	1:43:59
55	13/13	Gj Clothier	Epworth	IA	43	M	31	8:39	7:13	0:41	58	1:10:35	12.8	0:42	47	26:08	8:43	1:46:42
56	9/9	Matthew Sullivan	Dubuque	IA	20	M	33	8:52	7:24	1:43	57	1:07:37	13.3	0:56	54	28:55	9:39	1:48:02
57	9/10	Kristi Gempler	Galena	IL	36	F	52	10:25	8:41	1:28	56	1:06:17	13.6	1:09	56	30:35	10:12	1:49:51
58	3/3	Kristen Rickey	Robins	IA	49	F	58	11:01	9:11	0:41	55	1:05:12	13.8	0:43	59	34:39	11:33	1:52:14
59	10/10	Anna McLellan	Altoona	IA	31	F	57	10:47	8:59	1:56	59	1:19:46	11.3	0:30	58	34:00	11:20	2:06:57

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	1/9	Moser/willenberg = Terry Willenberg , Greg Moser	3	7:36	6:20	0:19	1	45:37	19.7	0:11	4	20:25	6:49	1:14:06
2	2/9	Krispy Kreme = Austin Gross , Kramer Knutson	2	7:12	6:00	0:09	6	54:18	16.6	0:10	1	19:37	6:33	1:21:25
3	3/9	No Doubt = Mark Einsweller , Haley Einsweller	5	7:54	6:35	0:16	4	53:01	17.0	0:20	2	20:13	6:45	1:21:43
4	4/9	Crossfit Restoration = Brad Theis , Cory Folk	1	7:11	6:00	0:18	7	57:43	15.6	0:15	3	20:16	6:46	1:25:42
5	5/9	Stayin Alive = Kristen Cockcroft , Brian Cockcroft	8	10:51	9:03	0:17	2	47:00	19.1	0:16	8	28:51	9:37	1:27:14
6	6/9	Fury = Mary Fury , Theresa Fury	9	12:11	10:09	0:22	5	53:59	16.7	0:11	7	25:02	8:21	1:31:43
7	7/9	McNamara/partner = Peter McNamara , Emily Verberg	7	10:07	8:26	0:20	3	52:01	17.3	0:15	9	29:07	9:43	1:31:47
8	8/9	Ball Frows = Adam Thavenet , Wes Larson	4	7:44	6:27	0:18	8	1:04:04	14.0	0:12	5	21:28	7:10	1:33:45
9	9/9	Team Amanda = Ben Lundell , Mark Brunsvold	6	8:01	6:41	0:30	9	1:16:13	11.8	0:09	6	22:05	7:22	1:46:57

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	46	Scott Schemmel	Dubuque	IA	26	M	4	6:38	5:31	0:37	2	40:52	22.0	0:25	3	18:15	6:05	1:06:44
2	33	Derek Hager	Minneapolis	MN	52	M	12	7:16	6:03	0:18	1	39:48	22.6	0:15	9	19:54	6:38	1:07:29
3	38	Jason Limmex	Hazel Green	WI	27	M	2	6:25	5:21	0:24	6	45:09	19.9	0:17	1	16:57	5:39	1:09:11

4	45 Ryan Scheckel	Palo	IA	34	M	5	6:41	5:34	0:46	3	42:28	21.2	0:37	7	19:10	6:24	1:09:41
5	43 Tim Orris	North Liberty	IA	33	M	3	6:25	5:21	0:34	11	46:13	19.5	0:23	2	17:11	5:44	1:10:44
6	41 Ramon Montes	Dubuque	IA	33	M	9	7:12	6:00	0:30	4	44:34	20.2	0:25	6	19:07	6:23	1:11:46
7	58 Andrew Kahler	Dubuque	IA	31	M	6	6:42	5:35	0:31	8	45:42	19.7	0:44	4	18:53	6:18	1:12:30
8	29 Kody Fitzjerrells	Dubuque	IA	20	M	1	6:22	5:18	0:22	16	48:04	18.7	0:18	5	18:54	6:18	1:13:58
9	39 Rick Loeffelholz	Dubuque	IA	37	M	10	7:13	6:01	0:34	9	45:45	19.7	0:31	11	20:22	6:48	1:14:23
10	26 Chad Chandlee	Dubuque	IA	40	M	13	7:20	6:07	0:38	10	46:05	19.5	0:34	12	20:33	6:51	1:15:09
11	42 Jeremy Oepping	Muscatine	IA	42	M	18	7:48	6:30	0:36	7	45:38	19.7	0:28	18	21:13	7:05	1:15:40
12	44 Jude Rolsch	Bettendorf	IA	54	M	31	8:56	7:27	1:12	5	44:57	20.0	1:24	10	20:08	6:43	1:16:35
13	25 Andrew Benko	Dubuque	IA	46	M	15	7:31	6:16	0:35	14	47:18	19.0	0:27	16	20:55	6:59	1:16:45
14	27 Jason Charley	Dubuque	IA	39	M	16	7:35	6:19	0:27	15	47:50	18.8	0:36	14	20:46	6:56	1:17:13
15	37 Tyler Knopp	Dubuque	IA	29	M	7	7:02	5:52	0:30	18	49:18	18.3	0:29	15	20:52	6:58	1:18:09
16	49 Marvin Stern	Sterling	IL	62	M	28	8:42	7:15	0:29	13	46:46	19.2	0:15	21	22:31	7:31	1:18:41
17	28 Ehlinger Curt	Dubuque	IA	43	M	17	7:40	6:24	0:48	17	48:57	18.4	0:42	17	21:10	7:04	1:19:15
18	34 Tony Huegel	Bettendorf	IA	47	M	30	8:52	7:24	0:40	12	46:24	19.4	0:49	23	22:46	7:36	1:19:30
19	32 Derek Griesinger	Dubuque	IA	24	M	8	7:12	6:00	0:33	21	51:07	17.6	0:31	19	21:28	7:10	1:20:48
20	60 Matt Tompkins	Dubuque	IA	48	M	14	7:22	6:09	0:50	25	51:57	17.3	0:55	13	20:33	6:51	1:21:36
21	30 Richard Folks	Galena	IL	49	M	21	8:22	6:59	0:26	19	49:48	18.1	0:20	28	23:40	7:54	1:22:34
22	47 George Sehl	Iowa City	IA	49	M	24	8:26	7:02	0:24	23	51:18	17.5	0:27	22	22:43	7:35	1:23:16
23	57 Matt Tedman	Dubuque	IA	25	M	20	8:10	6:48	0:37	24	51:18	17.5	0:22	26	23:12	7:44	1:23:37
24	64 Ben Hanson	Dubuque	IA	21	M	11	7:14	6:02	0:21	33	57:38	15.6	0:20	8	19:44	6:35	1:25:15
25	53 Dale Rader	Dubuque	IA	40	M	23	8:25	7:01	0:48	28	53:29	16.8	1:03	24	22:51	7:37	1:26:34
26	62 Adam Ferew	Dubuque	IA	36	M	19	7:52	6:33	0:27	31	56:16	16.0	0:20	20	21:58	7:20	1:26:51
27	40 Brian Markus	Dubuque	IA	40	M	34	9:26	7:52	1:16	20	50:58	17.7	0:51	32	24:33	8:11	1:27:02
28	36 Tony Knopp	Dubuque	IA	55	M	26	8:31	7:06	1:03	29	53:47	16.7	1:00	25	23:06	7:42	1:27:26
29	63 Jeremy Riniker	Dubuque	IA	34	M	25	8:29	7:04	1:17	26	52:43	17.1	1:33	29	23:54	7:58	1:27:54
30	55 Joe Vize	Peosta	IA	55	M	33	9:05	7:34	1:19	22	51:09	17.6	1:13	34	25:33	8:31	1:28:16
31	48 Dean Skinner	Galena	IL	39	M	35	9:30	7:55	1:00	27	52:54	17.0	1:02	30	24:11	8:04	1:28:35
32	54 Brad Van Otterloo	Dubuque	IA	42	M	37	10:01	8:21	0:21	30	54:10	16.6	0:20	37	28:20	9:27	1:33:10
33	35 Bries John	Dubuque	IA	64	M	38	10:10	8:28	0:45	32	56:54	15.8	0:45	33	25:11	8:24	1:33:43
34	31 Thomas Griep	Dubuque	IA	58	M	36	9:47	8:10	1:11	34	59:22	15.2	0:34	31	24:26	8:09	1:35:17
35	50 Ted Stieber	Dubuque	IA	47	M	22	8:23	6:59	1:15	35	1:01:14	14.7	1:01	27	23:34	7:52	1:35:24
36	52 Carl Thalacker	Maquoketa	IA	29	M	32	9:01	7:31	0:48	36	1:03:58	14.1	1:11	35	26:04	8:42	1:41:00
37	61 GJ Clothier	Epworth	IA	43	M	27	8:39	7:13	0:41	38	1:10:35	12.8	0:42	36	26:08	8:43	1:46:42
38	51 Matthew Sullivan	Dubuque	IA	20	M	29	8:52	7:24	1:43	37	1:07:37	13.3	0:56	38	28:55	9:39	1:48:02

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	RUN	tran	BIKE	TRAN	TOTAL
								time	time	time	time	TIME
								pace	plc	mph	plc	pace
1	20	Jennifer Scudiero	Eagan	MN	31	F	1	7:29	4	42:23	21.2	6:41
2	4	Pam Connolly	Dubuque	IA	43	F	2	7:40	4	48:31	18.6	6:41
3	22	Bridget Witt	Oakfield	WI	37	F	3	8:29	2	46:58	19.2	6:41
4	59	Andrea Wood	Bettendorf	IA	37	F	4	8:39	3	47:03	19.1	7:21
5	6	Aimee Gissel	Pleasant Hill	IA	26	F	8	9:15	6	51:54	17.3	7:21
6	13	Annie Potter	Dubuque	IA	58	F	15	10:25	5	49:37	18.1	7:53
7	14	Jill Powers	Dubuque	IA	34	F	6	8:57	11	57:35	15.6	7:53
8	17	Sue Rolsch	Bettendorf	IA	50	F	7	9:09	8	56:14	16.0	7:57
9	10	Lisa Lueken	Dubuque	IA	38	F	10	9:29	9	56:38	15.9	7:52
10	16	Andrea Rochford	New Hampton	IA	35	F	5	8:56	12	59:17	15.2	7:52
11	9	Leah Knopp	Dubuque	IA	26	F	9	9:22	10	56:40	15.9	8:05
12	1	Wendy Austin Gavin	Oregon	WI	34	F	12	9:58	15	1:01:10	14.7	8:39
13	18	Amy Scales	Davenport	IA	25	F	11	9:44	16	1:02:24	14.4	8:26
14	7	Alicia Huegel	Bettendorf	IA	22	F	16	10:29	13	1:00:06	15.0	9:19
15	8	Ashlyn Huegel	Bettendorf	IA	20	F	17	10:30	14	1:00:12	15.0	9:19
16	11	Lara McCombie	Bellevue	IA	36	F	13	10:22	17	1:02:42	14.4	9:29
17	56	Deborah Vize	Peosta	IA	54	F	21	13:53	7	55:50	16.1	10:24
18	3	Michelle Clark	Iowa City	IA	41	F	18	10:33	18	1:02:51	14.3	9:53
19	5	Kristi Gempler	Galena	IL	36	F	14	10:25	20	1:06:17	13.6	10:12
20	15	Kristen Rickey	Robins	IA	49	F	20	11:01	19	1:05:12	13.8	11:33
21	12	Anna McLellan	Altoona	IA	31	F	19	10:47	21	1:19:46	11.3	11:20

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	yds
1	Kody Fitzjerrells	Dubuque	IA	20	M	6:22 5:18
2	Jason Limmex	Hazel Green	WI	27	M	6:25 5:21
3	Tim Orris	North Liberty	IA	33	M	6:25 5:21
4	Scott Schemmel	Dubuque	IA	26	M	6:38 5:31
5	Ryan Scheckel	Palo	IA	34	M	6:41 5:34
6	Andrew Kahler	Dubuque	IA	31	M	6:42 5:35
7	Tyler Knopp	Dubuque	IA	29	M	7:02 5:52
8	Brad Theis	Dubuque	IA			7:11 6:00
9	Derek Griesinger	Dubuque	IA	24	M	7:12 6:00
10	Austin Gross	Eldridge	IA			7:12 6:00

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Derek Hager	Minneapolis	MN	52	M	0:18
2	Ben Hanson	Dubuque	IA	21	M	0:21
3	Brad Van Otterloo	Dubuque	IA	42	M	0:21
4	Kody Fitzjerrells	Dubuque	IA	20	M	0:22
5	George Sehl	Iowa City	IA	49	M	0:24
6	Jason Limmex	Hazel Green	WI	27	M	0:24
7	Jennifer Scudiero	Eagan	MN	31	F	0:25
8	Richard Folks	Galena	IL	49	M	0:26
9	Andrea Rochford	New Hampton	IA	35	F	0:26
10	Jason Charley	Dubuque	IA	39	M	0:27

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	Derek Hager	Minneapolis	MN	52	M	39:48 22.6
2	Scott Schemmel	Dubuque	IA	26	M	40:52 22.0
3	Jennifer Scudiero	Eagan	MN	31	F	42:23 21.2
4	Ryan Scheckel	Palo	IA	34	M	42:28 21.2

5	Ramon Montes	Dubuque	IA	33	M	44:34	20.2
6	Jude Rolsch	Bettendorf	IA	54	M	44:57	20.0
7	Jason Limmex	Hazel Green	WI	27	M	45:09	19.9
8	Terry Willenborg	Dubuque	IA			45:37	19.7
9	Jeremy Oepping	Muscatine	IA	42	M	45:38	19.7
10	Andrew Kahler	Dubuque	IA	31	M	45:42	19.7

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Marvin Stern	Sterling	IL	62	M	0:15
2	Derek Hager	Minneapolis	MN	52	M	0:15
3	Jason Limmex	Hazel Green	WI	27	M	0:17
4	Kody Fitzjerrells	Dubuque	IA	20	M	0:18
5	Adam Ferew	Dubuque	IA	36	M	0:20
6	Ben Hanson	Dubuque	IA	21	M	0:20
7	Brad Van Otterloo	Dubuque	IA	42	M	0:20
8	Richard Folks	Galena	IL	49	M	0:20
9	Matt Tedman	Dubuque	IA	25	M	0:22
10	Tim Orris	North Liberty	IA	33	M	0:23

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1	Jason Limmex	Hazel Green	WI	27	M	16:57 5:39
2	Tim Orris	North Liberty	IA	33	M	17:11 5:44
3	Scott Schemmel	Dubuque	IA	26	M	18:15 6:05
4	Andrew Kahler	Dubuque	IA	31	M	18:53 6:18
5	Kody Fitzjerrells	Dubuque	IA	20	M	18:54 6:18
6	Ramon Montes	Dubuque	IA	33	M	19:07 6:23
7	Ryan Scheckel	Palo	IA	34	M	19:10 6:24
8	Austin Gross	Eldridge	IA			19:37 6:33
9	Ben Hanson	Dubuque	IA	21	M	19:44 6:35
10	Derek Hager	Minneapolis	MN	52	M	19:54 6:38

FEMALE AGE GROUP RESULTS 20 - 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	Aimee Gissel	Pleasant Hill	IA	26	F	1	9:15	7:43	0:38	1	51:54	17.3	0:39	1	23:40	7:53	1:26:04
2	Leah Knopp	Dubuque	IA	26	F	2	9:22	7:49	0:42	2	56:40	15.9	0:47	3	27:14	9:05	1:34:43
3	Amy Scales	Davenport	IA	25	F	3	9:44	8:07	1:26	5	1:02:24	14.4	1:10	2	25:17	8:26	1:39:59
4	Alicia Huegel	Bettendorf	IA	22	F	4	10:29	8:44	0:59	3	1:00:06	15.0	1:00	4	27:57	9:19	1:40:28
5	Ashlyn Huegel	Bettendorf	IA	20	F	5	10:30	8:45	0:51	4	1:00:12	15.0	1:00	5	27:57	9:19	1:40:28

MALE AGE GROUP RESULTS 20 - 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	Scott Schemmel	Dubuque	IA	26	M	3	6:38	5:31	0:37	1	40:52	22.0	0:25	2	18:15	6:05	1:06:44
2	Jason Limmex	Hazel Green	WI	27	M	2	6:25	5:21	0:24	2	45:09	19.9	0:17	1	16:57	5:39	1:09:11
3	Kody Fitzjerrells	Dubuque	IA	20	M	1	6:22	5:18	0:22	3	48:04	18.7	0:18	3	18:54	6:18	1:13:58
4	Tyler Knopp	Dubuque	IA	29	M	4	7:02	5:52	0:30	4	49:18	18.3	0:29	5	20:52	6:58	1:18:09
5	Derek Griesinger	Dubuque	IA	24	M	5	7:12	6:00	0:33	5	51:07	17.6	0:31	6	21:28	7:10	1:20:48
6	Matt Tedman	Dubuque	IA	25	M	7	8:10	6:48	0:37	6	51:18	17.5	0:22	7	23:12	7:44	1:23:37
7	Ben Hanson	Dubuque	IA	21	M	6	7:14	6:02	0:21	7	57:38	15.6	0:20	4	19:44	6:35	1:25:15
8	Carl Thalacker	Maquoketa	IA	29	M	9	9:01	7:31	0:48	8	1:03:58	14.1	1:11	8	26:04	8:42	1:41:00
9	Matthew Sullivan	Dubuque	IA	20	M	8	8:52	7:24	1:43	9	1:07:37	13.3	0:56	9	28:55	9:39	1:48:02

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	Jennifer Scudiero	Eagan	MN	31	F	1	7:29	6:14	0:25	1	42:23	21.2	0:24	1	20:03	6:41	1:10:42
2	Bridget Witt	Oakfield	WI	37	F	2	8:29	7:04	0:29	2	46:58	19.2	0:24	2	22:01	7:21	1:18:18
3	Andrea Wood	Bettendorf	IA	37	F	3	8:39	7:13	0:38	3	47:03	19.1	0:34	3	22:19	7:27	1:19:11
4	Jill Powers	Dubuque	IA	34	F	5	8:57	7:28	0:46	5	57:35	15.6	0:24	6	23:49	7:57	1:31:29
5	Lisa Lueken	Dubuque	IA	38	F	6	9:29	7:54	1:25	4	56:38	15.9	1:12	4	23:35	7:52	1:32:17
6	Andrea Rochford	New Hampton	IA	35	F	4	8:56	7:27	0:26	6	59:17	15.2	0:26	5	23:35	7:52	1:32:38
7	Wendy Austin Gavin	Oregon	WI	34	F	7	9:58	8:18	0:46	7	1:01:10	14.7	0:59	7	25:56	8:39	1:38:47
8	Lara McCombie	Bellevue	IA	36	F	8	10:22	8:39	0:44	8	1:02:42	14.4	0:28	8	28:25	9:29	1:42:39
9	Kristi Gempler	Galena	IL	36	F	9	10:25	8:41	1:28	9	1:06:17	13.6	1:09	9	30:35	10:12	1:49:51
10	Anna McLellan	Altoona	IA	31	F	10	10:47	8:59	1:56	10	1:19:46	11.3	0:30	10	34:00	11:20	2:06:57

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	Ryan Scheckel	Palo	IA	34	M	2	6:41	5:34	0:46	1	42:28	21.2	0:37	4	19:10	6:24	1:09:41
2	Tim Orris	North Liberty	IA	33	M	1	6:25	5:21	0:34	5	46:13	19.5	0:23	1	17:11	5:44	1:10:44
3	Ramon Montes	Dubuque	IA	33	M	4	7:12	6:00	0:30	2	44:34	20.2	0:25	3	19:07	6:23	1:11:46
4	Andrew Kahler	Dubuque	IA	31	M	3	6:42	5:35	0:31	3	45:42	19.7	0:44	2	18:53	6:18	1:12:30
5	Rick Loeffelholz	Dubuque	IA	37	M	5	7:13	6:01	0:34	4	45:45	19.7	0:31	5	20:22	6:48	1:14:23
6	Jason Charley	Dubuque	IA	39	M	6	7:35	6:19	0:27	6	47:50	18.8	0:36	6	20:46	6:56	1:17:13
7	Adam Ferew	Dubuque	IA	36	M	7	7:52	6:33	0:27	9	56:16	16.0	0:20	7	21:58	7:20	1:26:51
8	Jeremy Riniker	Dubuque	IA	34	M	8	8:29	7:04	1:17	7	52:43	17.1	1:33	8	23:54	7:58	1:27:54
9	Dean Skinner	Galena	IL	39	M	9	9:30	7:55	1:00	8	52:54	17.0	1:02	9	24:11	8:04	1:28:35

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 Pam Connolly	Dubuque	IA	43	F	1	7:40	6:23	0:35	1	48:31	18.6	0:29	1	20:03	6:41	1:17:16
2 Michelle Clark	Iowa City	IA	41	F	2	10:33	8:48	0:36	2	1:02:51	14.3	0:24	2	29:37	9:53	1:43:59
3 Kristen Rickey	Robins	IA	49	F	3	11:01	9:11	0:41	3	1:05:12	13.8	0:43	3	34:39	11:33	1:52:14

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 Chad Chandlee	Dubuque	IA	40	M	1	7:20	6:07	0:38	2	46:05	19.5	0:34	1	20:33	6:51	1:15:09
2 Jeremy Oepping	Muscatine	IA	42	M	5	7:48	6:30	0:36	1	45:38	19.7	0:28	5	21:13	7:05	1:15:40
3 Andrew Benko	Dubuque	IA	46	M	3	7:31	6:16	0:35	4	47:18	19.0	0:27	3	20:55	6:59	1:16:45
4 Ehlinger Curt	Dubuque	IA	43	M	4	7:40	6:24	0:48	5	48:57	18.4	0:42	4	21:10	7:04	1:19:15
5 Tony Huegel	Bettendorf	IA	47	M	11	8:52	7:24	0:40	3	46:24	19.4	0:49	7	22:46	7:36	1:19:30
6 Matt Tompkins	Dubuque	IA	48	M	2	7:22	6:09	0:50	9	51:57	17.3	0:55	2	20:33	6:51	1:21:36
7 Richard Folks	Galena	IL	49	M	6	8:22	6:59	0:26	6	49:48	18.1	0:20	10	23:40	7:54	1:22:34
8 George Sehl	Iowa City	IA	49	M	9	8:26	7:02	0:24	8	51:18	17.5	0:27	6	22:43	7:35	1:23:16
9 Dale Rader	Dubuque	IA	40	M	8	8:25	7:01	0:48	10	53:29	16.8	1:03	8	22:51	7:37	1:26:34
10 Brian Markus	Dubuque	IA	40	M	12	9:26	7:52	1:16	7	50:58	17.7	0:51	11	24:33	8:11	1:27:02
11 Brad Van Otterloo	Dubuque	IA	42	M	13	10:01	8:21	0:21	11	54:10	16.6	0:20	13	28:20	9:27	1:33:10
12 Ted Stieber	Dubuque	IA	47	M	7	8:23	6:59	1:15	12	1:01:14	14.7	1:01	9	23:34	7:52	1:35:24
13 GJ Clothier	Epworth	IA	43	M	10	8:39	7:13	0:41	13	1:10:35	12.8	0:42	12	26:08	8:43	1:46:42

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 Annie Potter	Dubuque	IA	58	F	2	10:25	8:41	0:52	1	49:37	18.1	1:11	2	27:27	9:09	1:29:30
2 Sue Rolsch	Bettendorf	IA	50	F	1	9:09	7:38	1:00	3	56:14	16.0	1:25	1	24:13	8:05	1:31:59
3 Deborah Vize	Peosta	IA	54	F	3	13:53	11:34	1:16	2	55:50	16.1	1:20	3	31:10	10:24	1:43:27

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 Derek Hager	Minneapolis	MN	52	M	1	7:16	6:03	0:18	1	39:48	22.6	0:15	1	19:54	6:38	1:07:29
2 Jude Rolsch	Bettendorf	IA	54	M	3	8:56	7:27	1:12	2	44:57	20.0	1:24	2	20:08	6:43	1:16:35
3 Tony Knopp	Dubuque	IA	55	M	2	8:31	7:06	1:03	4	53:47	16.7	1:00	3	23:06	7:42	1:27:26
4 Joe Vize	Peosta	IA	55	M	4	9:05	7:34	1:19	3	51:09	17.6	1:13	5	25:33	8:31	1:28:16
5 Thomas Griep	Dubuque	IA	58	M	5	9:47	8:10	1:11	5	59:22	15.2	0:34	4	24:26	8:09	1:35:17

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	8:42	7:15	0:29	1	46:46	19.2	0:15	1	22:31	7:31	1:18:41
2 Bries John	Dubuque	IA	64	M	2	10:10	8:28	0:45	2	56:54	15.8	0:45	2	25:11	8:24	1:33:43