

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

5K RUN RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/5	Tony Dalsing	Dubuque	IA	27	M	20:04	6:28
2	2/5	Aaron Vandermillen	Dubuque	IA	29	M	20:34	6:38
3	1/1	Phil Schuler	Galena	IL	45	M	20:40	6:39
4	3/5	Lee Manson	Dubuque	IA	20	M	21:00	6:46
5	1/4	McIntosh Adriel	Dubuque	IA	31	M	21:13	6:50
6	2/4	Brian Laufenberg	Platteville	WI	38	M	22:04	7:06
7	1/2	Tyger Johnson	Dakota	IL	73	M	22:13	7:10
8	1/3	Lindsay Benko	Dubuque	IA	15	F	22:26	7:14
9	2/3	Sydney Schuler	Galena	IL	13	F	23:19	7:31
10	1/2	Mike Harris	Galena	IL	51	M	23:21	7:31
11	1/5	Natalie Hedley	Peosta	IA	20	F	23:34	7:36
12	4/5	Damian Waid	Dubuque	IA	28	M	23:56	7:43
13	3/4	Soup Campbell	Dubuque	IA	39	M	23:58	7:43
14	2/5	Ashley Thalacker	Maquoketa	IA	26	F	24:11	7:47
15	1/1	Julie Theil	Geneseo	IL	46	F	24:14	7:48
16	4/4	Brandon Hedley	Dubuque	IA	30	M	24:16	7:49
17	3/3	Jessica Folks	Galena	IL	19	F	24:16	7:49
18	1/2	Stacy Their	Dubuque	IA	38	F	24:20	7:50
19	3/5	Jaclynb Trannel	East Dubuque	IL	20	F	24:20	7:50
20	2/2	Lee Smith	Shullsburg	WI	66	M	24:27	7:53
21	4/5	Jessica Sherman	East Dubuque	IL	20	F	27:10	8:45
22	1/2	Michael Finch	Dubuque	IA	16	M	28:00	9:01
23	2/2	Lori Laufenberg	Platteville	WI	38	F	29:04	9:22
24	5/5	Amanda Steffen	Dubuque	IA	25	M	30:14	9:44
25	2/2	Trent Highley	Dubuque	IA	14	M	30:56	9:58
26	5/5	Laura Case	Berwick	IL	24	F	31:56	10:17
27	2/2	Case Craig	Dubuque	IA	55	M	31:56	10:17

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	216	Tony Dalsing	Dubuque	IA	27	M	20:04	6:28
2	224	Aaron Vandermillen	Dubuque	IA	29	M	20:34	6:38
3	226	Phil Schuler	Galena	IL	45	M	20:40	6:39
4	220	Lee Manson	Dubuque	IA	20	M	21:00	6:46
5	230	McIntosh Adriel	Dubuque	IA	31	M	21:13	6:50
6	219	Brian Laufenberg	Platteville	WI	38	M	22:04	7:06
7	218	Tyger Johnson	Dakota	IL	73	M	22:13	7:10
8	227	Mike Harris	Galena	IL	51	M	23:21	7:31
9	225	Damian Waid	Dubuque	IA	28	M	23:56	7:43
10	214	Soup Campbell	Dubuque	IA	39	M	23:58	7:43
11	217	Brandon Hedley	Dubuque	IA	30	M	24:16	7:49
12	222	Lee Smith	Shullsburg	WI	66	M	24:27	7:53
13	232	Michael Finch	Dubuque	IA	16	M	28:00	9:01
14	223	Amanda Steffen	Dubuque	IA	25	M	30:14	9:44
15	231	Trent Highley	Dubuque	IA	14	M	30:56	9:58
16	215	Case Craig	Dubuque	IA	55	M	31:56	10:17

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	233	Lindsay Benko	Dubuque	IA	15	F	22:26	7:14
2	228	Sydney Schuler	Galena	IL	13	F	23:19	7:31
3	203	Natalie Hedley	Peosta	IA	20	F	23:34	7:36
4	210	Ashley Thalacker	Maquoketa	IA	26	F	24:11	7:47
5	211	Julie Theil	Geneseo	IL	46	F	24:14	7:48
6	202	Jessica Folks	Galena	IL	19	F	24:16	7:49
7	229	Stacy Their	Dubuque	IA	38	F	24:20	7:50
8	212	Jaclynb Trannel	East Dubuque	IL	20	F	24:20	7:50
9	209	Jessica Sherman	East Dubuque	IL	20	F	27:10	8:45
10	207	Lori Laufenberg	Platteville	WI	38	F	29:04	9:22
11	201	Laura Case	Berwick	IL	24	F	31:56	10:17

FEMALE AGE GROUP RESULTS 13 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	233	Lindsay Benko	Dubuque	IA	15	F	22:26	7:14
2	228	Sydney Schuler	Galena	IL	13	F	23:19	7:31
3	202	Jessica Folks	Galena	IL	19	F	24:16	7:49

MALE AGE GROUP RESULTS 13 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	232	Michael Finch	Dubuque	IA	16	M	28:00	9:01
2	231	Trent Highley	Dubuque	IA	14	M	30:56	9:58

FEMALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	203	Natalie Hedley	Peosta	IA	20	F	23:34	7:36
2	210	Ashley Thalacker	Maquoketa	IA	26	F	24:11	7:47
3	212	Jaclynb Trannel	East Dubuque	IL	20	F	24:20	7:50
4	209	Jessica Sherman	East Dubuque	IL	20	F	27:10	8:45
5	201	Laura Case	Berwick	IL	24	F	31:56	10:17

MALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	216	Tony Dalsing	Dubuque	IA	27	M	20:04	6:28
2	224	Aaron Vandermillen	Dubuque	IA	29	M	20:34	6:38
3	220	Lee Manson	Dubuque	IA	20	M	21:00	6:46
4	225	Damian Waid	Dubuque	IA	28	M	23:56	7:43
5	223	Amanda Steffen	Dubuque	IA	25	M	30:14	9:44

FEMALE AGE GROUP RESULTS 30 - 39

Place No.	Name	City	St	Age	S	Time	Pace
1	229 Stacy Their	Dubuque	IA	38	F	24:20	7:50
2	207 Lori Laufenberg	Platteville	WI	38	F	29:04	9:22

MALE AGE GROUP RESULTS 30 - 39

Place No.	Name	City	St	Age	S	Time	Pace
1	230 McIntosh Adriel	Dubuque	IA	31	M	21:13	6:50
2	219 Brian Laufenberg	Platteville	WI	38	M	22:04	7:06
3	214 Soup Campbell	Dubuque	IA	39	M	23:58	7:43
4	217 Brandon Hedley	Dubuque	IA	30	M	24:16	7:49

FEMALE AGE GROUP RESULTS 40 - 49

Place No.	Name	City	St	Age	S	Time	Pace
1	211 Julie Theil	Geneseo	IL	46	F	24:14	7:48

MALE AGE GROUP RESULTS 40 - 49

Place No.	Name	City	St	Age	S	Time	Pace
1	226 Phil Schuler	Galena	IL	45	M	20:40	6:39

MALE AGE GROUP RESULTS 50 - 59

Place No.	Name	City	St	Age	S	Time	Pace
1	227 Mike Harris	Galena	IL	51	M	23:21	7:31
2	215 Case Craig	Dubuque	IA	55	M	31:56	10:17

MALE AGE GROUP RESULTS 60 - 99

Place No.	Name	City	St	Age	S	Time	Pace
1	218 Tyger Johnson	Dakota	IL	73	M	22:13	7:10
2	222 Lee Smith	Shullsburg	WI	66	M	24:27	7:53