

IOWA CITY DUATHLON
 Sunday, June 15, 2013
 Iowa City, Iowa

3.18 Mile Run, 20 Mile Bike, 3.18 Mile Run

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOTAL	TIME
1		1/11		Jeff Paul	Le Claire	IA	33	M	1	16:35	5:13	0:28	1	47:55	25.0	0:25	2	17:43	5:35	1:23:04					
2		2/11		Jonathan Estabrook	Ankeny	IA	39	M	3	17:03	5:22	0:20	2	50:16	23.9	0:27	3	18:18	5:46	1:26:21					
3		3/11		Timothy Doyle	North Liberty	IA	36	M	2	16:52	5:19	0:34	4	51:37	23.2	0:27	1	17:29	5:30	1:26:57					
4		4/11		Steven Davis	North Liberty	IA	33	M	6	18:10	5:43	0:34	3	51:28	23.3	0:22	7	19:51	6:15	1:30:23					
5		5/11		Lucas Llado	Iowa City	IA	37	M	5	17:38	5:33	0:40	5	51:58	23.1	0:29	5	19:43	6:12	1:30:26					
6		6/11		Adam Hedberg-Buenz	North Liberty	IA	30	M	11	19:09	6:02	0:52	6	53:22	22.5	0:30	12	21:03	6:37	1:34:55					
7		1/7		Kyle Polich	North Liberty	IA	25	M	4	17:34	5:32	0:32	9	56:30	21.2	0:28	8	19:59	6:17	1:35:01					
8		1/1		Ian Hoover-Grinde	Cedar Rapids	IA	15	M	8	18:16	5:45	0:36	11	57:59	20.7	0:38	6	19:48	6:14	1:37:16					
9		2/7		William O'Connell	Iowa City	IA	21	M	7	18:12	5:44	0:52	10	57:14	21.0	0:29	11	20:49	6:33	1:37:35					
10		1/6		John Martinek	Coralville	IA	45	M	19	20:45	6:32	0:26	7	54:24	22.1	0:27	14	21:48	6:52	1:37:49					
11		3/7		Matthew Coffey	Marion	IA	24	M	9	18:23	5:47	0:50	14	58:46	20.4	0:40	4	19:30	6:08	1:38:06					
12		1/3		Daniela Williams	North Liberty	IA	37	F	23	21:33	6:47	0:34	8	54:47	21.9	0:36	17	22:05	6:57	1:39:33					
13		7/11		Derek Timperley	North Liberty	IA	30	M	13	19:11	6:02	0:46	15	58:46	20.4	0:35	9	20:22	6:25	1:39:38					
14		1/1		Andrew Benko	Dubuque	IA	46	M	14	20:04	6:19	0:57	13	58:27	20.5	0:30	15	21:53	6:53	1:41:48					
15		4/7		Eric Monahan	Iowa City	IA	28	M	10	19:01	5:59	0:44	19	1:00:53	19.7	0:56	13	21:12	6:40	1:42:44					
16		8/11		Shawn Morgan	Iowa City	IA	31	M	17	20:17	6:23	1:01	16	58:47	20.4	0:42	18	22:13	7:00	1:42:58					
17		5/7		Ben Reinhart	Cedar Rapids	IA	23	M	12	19:10	6:02	0:25	25	1:02:35	19.2	0:34	10	20:31	6:27	1:43:13					
18		2/6		Jeremy Oepping	Muscatine	IA	42	M	20	21:02	6:37	0:40	12	58:17	20.6	0:33	21	23:14	7:19	1:43:45					
19		6/7		Jacob Beltz	Coralville	IA	28	M	22	21:30	6:46	0:53	18	59:56	20.0	0:43	23	23:29	7:23	1:46:30					
20		1/6		Heidi Sutter	Dubuque	IA	40	F	15	20:13	6:22	0:40	26	1:03:44	18.8	0:38	16	21:56	6:54	1:47:09					
21		9/11		Cory Tweden	Iowa City	IA	36	M	21	21:07	6:39	0:56	17	58:57	20.4	0:41	31	26:43	8:24	1:48:22					
22		3/6		Vladimir Badovinac	Iowa City	IA	45	M	26	22:26	7:04	0:52	20	1:00:54	19.7	0:42	28	24:26	7:41	1:49:18					
23		4/6		Jason Hahn	Des Moines	IA	43	M	16	20:15	6:22	1:21	27	1:03:48	18.8	1:20	22	23:20	7:21	1:50:00					
24		10/11		Boulos Nassar	Iowa City	IA	35	M	28	22:38	7:07	1:17	23	1:02:08	19.3	0:54	24	23:37	7:26	1:50:32					
25		1/3		Marcus Nashelsky	Iowa City	IA	51	M	27	22:26	7:04	0:48	21	1:01:50	19.4	1:02	29	24:58	7:51	1:51:03					
26		1/2		Sarah Lucas-Carr	Iowa City	IA	28	F	25	22:16	7:00	0:39	30	1:06:58	17.9	0:29	19	22:37	7:07	1:52:58					
27		5/6		Brent Nichols	North Liberty	IA	43	M	30	23:14	7:19	1:43	22	1:01:53	19.4	1:45	30	25:41	8:05	1:54:15					
28		7/7		John Richter	Marshalltown	IA	25	M	24	21:46	6:51	1:14	29	1:06:26	18.1	1:14	25	23:42	7:28	1:54:20					
29		2/6		Lynette Brown	North Liberty	IA	41	F	29	23:06	7:16	0:45	28	1:05:44	18.3	0:45	27	24:12	7:37	1:54:29					
30		2/2		Sarah Richmond	Iowa City	IA	26	F	33	23:40	7:27	0:37	24	1:02:31	19.2	0:39	32	27:11	8:33	1:54:36					
31		2/3		Angela Bengtson	Clinton	IA	34	F	18	20:40	6:30	0:41	38	1:13:38	16.3	0:27	20	23:14	7:19	1:58:38					
32		11/11		Brent Meyer	Sugarland	TX	36	M	31	23:15	7:19	2:15	31	1:07:09	17.9	2:53	26	23:52	7:31	1:59:22					
33		2/3		Brian Link	Coralville	IA	53	M	32	23:22	7:21	1:03	32	1:07:13	17.9	1:01	34	28:32	8:59	2:01:10					
34		3/6		Sara Swanson	Riverside	IA	43	F	35	25:21	7:58	0:58	34	1:08:39	17.5	0:59	36	28:39	9:01	2:04:33					
35		1/1		Greta Songe	Coralville	IA	36	F	37	25:40	8:05	0:52	35	1:09:37	17.2	0:37	35	28:37	9:00	2:05:20					
36		6/6		Ron Neems	Iowa City	IA	47	M	34	25:08	7:55	1:26	37	1:11:17	16.8	1:46	33	29:47	8:42	2:07:14					
37		4/6		Laura Scharosch	Center Point	IA	47	F	36	25:39	8:04	1:02	36	1:10:38	17.0	0:52	38	29:47	9:22	2:07:56					
38		5/6		Rebecca Truszkowsk	Coralville	IA	47	F	38	27:29	8:39	1:15	33	1:08:33	17.5	1:25	39	30:13	9:31	2:08:54					
39		1/1		Laurie Craig	Cedar Rapids	IA	52	F	39	27:36	8:41	1:18	41	1:22:05	14.6	1:26	37	28:51	9:05	2:21:15					
40		6/6		Andrea Martin	Iowa City	IA	44	F	41	32:00	10:04	0:56	39	1:18:11	15.3	0:38	41	36:03	11:20	2:27:46					
41		3/3		Bryce Kanago	Cedar Falls	IA	56	M	40	30:54	9:43	1:53	40	1:19:01	15.2	1:01	40	35:01	11:01	2:27:48					
42		3/3		Brenda Krueger	Iowa City	IA	36	F	42	34:19	10:48	1:26	42	1:30:15	13.3	1:02	42	48:26	15:14	2:55:26					

PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	time	pace	TRAN	time	plc	BIKE	time	mph	TRAN	time	plc	RUN	time	pace	TOTAL	TIME	
1		1/1		Nathan Hamm	West Des Moines	IA	28	M	1	20:40	6:30	1:07	1	59:42	20.1	0:54										
2		1/1		Allison Krivachek	North Liberty	IA	25	F	3	27:50	8:46	1:19	2	1:12:00	16.7											
3		1/1		Sundar Krishnan	Iowa City	IA	36	M	2	24:20	7:39	1:07														
4		1/1		Jeff Morris	Coralville	IA	42	M	4	30:37	9:38	1:23														
5		1/1		Heidi Schmitt	Coralville	IA	41	F	5	30:37	9:38	1:26														

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1	Jeff Paul	Le Claire	IA	33	M	16:35 5:13
2	Timothy Doyle	North Liberty	IA	36	M	16:52 5:19
3	Jonathan Estabrook	Ankeny	IA	39	M	17:03 5:22
4	Kyle Polich	North Liberty	IA	25	M	17:34 5:32
5	Lucas Llado	Iowa City	IA	37	M	17:38 5:33
6	Steven Davis	North Liberty	IA	33	M	18:10 5:43
7	William O'Connell	Iowa City	IA	21	M	18:12 5:44
8	Ian Hoover-Grinde	Cedar Rapids	IA	15	M	18:16 5:45
9	Matthew Coffey	Marion	IA	24	M	18:23 5:47
10	Eric Monahan	Iowa City	IA	28	M	19:01 5:59

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Jonathan Estabrook	Ankeny	IA	39	M	0:20
2	Ben Reinhart	Cedar Rapids	IA	23	M	0:25
3	John Martinek	Coralville	IA	45	M	0:26
4	Jeff Paul	Le Claire	IA	33	M	0:28
5	Kyle Polich	North Liberty	IA	25	M	0:32
6	Steven Davis	North Liberty	IA	33	M	0:34
7	Timothy Doyle	North Liberty	IA	36	M	0:34
8	Daniela Williams	North Liberty	IA	37	F	0:34
9	Ian Hoover-Grinde	Cedar Rapids	IA	15	M	0:36
10	Sarah Richmond	Iowa City	IA	26	F	0:37

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	pace
1 Jeff Paul	Le Claire	IA	33	M	47:55	25.0
2 Jonathan Estabrook	Ankeny	IA	39	M	50:16	23.9
3 Steven Davis	North Liberty	IA	33	M	51:28	23.3
4 Timothy Doyle	North Liberty	IA	36	M	51:37	23.2
5 Lucas Llado	Iowa City	IA	37	M	51:58	23.1
6 Adam Hedberg-Buenz	North Liberty	IA	30	M	53:22	22.5
7 John Martinek	Coralville	IA	45	M	54:24	22.1
8 Daniela Williams	North Liberty	IA	37	F	54:47	21.9
9 Kyle Polich	North Liberty	IA	25	M	56:30	21.2
10 William O'Connell	Iowa City	IA	21	M	57:14	21.0

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Steven Davis	North Liberty	IA	33	M	0:22
2 Jeff Paul	Le Claire	IA	33	M	0:25
3 Timothy Doyle	North Liberty	IA	36	M	0:27
4 Jonathan Estabrook	Ankeny	IA	39	M	0:27
5 Angela Bengtson	Clinton	IA	34	F	0:27
6 John Martinek	Coralville	IA	45	M	0:27
7 Kyle Polich	North Liberty	IA	25	M	0:28
8 Lucas Llado	Iowa City	IA	37	M	0:29
9 William O'Connell	Iowa City	IA	21	M	0:29
10 Sarah Lucas-Carr	Iowa City	IA	28	F	0:29

TOP 10 SECOND RUN

NAME	CITY	ST	AGE	S	time	pace
1 Timothy Doyle	North Liberty	IA	36	M	17:29	5:30
2 Jeff Paul	Le Claire	IA	33	M	17:43	5:35
3 Jonathan Estabrook	Ankeny	IA	39	M	18:18	5:46
4 Matthew Coffey	Marion	IA	24	M	19:30	6:08
5 Lucas Llado	Iowa City	IA	37	M	19:43	6:12
6 Ian Hoover-Grinde	Cedar Rapids	IA	15	M	19:48	6:14
7 Steven Davis	North Liberty	IA	33	M	19:51	6:15
8 Kyle Polich	North Liberty	IA	25	M	19:59	6:17
9 Derek Timperley	North Liberty	IA	30	M	20:22	6:25
10 Ben Reinhart	Cedar Rapids	IA	23	M	20:31	6:27