

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

3.18 Mile Run, 20 Mile Bike, 3.18 Mile Run

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	136 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	113 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	111 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	110 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	165 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	162 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	137 Kyle Polich	North Liberty	IA	25	M	4	17:34	5:32	0:32	8	56:30	21.2	0:28	8	19:59	6:17	1:35:01
8	116 Ian Hoover-Grinde	Cedar Rapids	IA	15	M	8	18:16	5:45	0:36	10	57:59	20.7	0:38	6	19:48	6:14	1:37:16
9	133 William O'Connell	Iowa City	IA	21	M	7	18:12	5:44	0:52	9	57:14	21.0	0:29	11	20:49	6:33	1:37:35
10	124 John Martinek	Coralville	IA	45	M	17	20:45	6:32	0:26	7	54:24	22.1	0:27	14	21:48	6:52	1:37:49
11	108 Matthew Coffey	Marion	IA	24	M	9	18:23	5:47	0:50	13	58:46	20.4	0:40	4	19:30	6:08	1:38:06
12	146 Derek Timperley	North Liberty	IA	30	M	13	19:11	6:02	0:46	14	58:46	20.4	0:35	9	20:22	6:25	1:39:38
13	105 Andrew Benko	Dubuque	IA	46	M	14	20:04	6:19	0:57	12	58:27	20.5	0:30	15	21:53	6:53	1:41:48
14	127 Eric Monahan	Iowa City	IA	28	M	10	19:01	5:59	0:44	18	1:00:53	19.7	0:56	13	21:12	6:40	1:42:44
15	128 Shawn Morgan	Iowa City	IA	31	M	16	20:17	6:23	1:01	15	58:47	20.4	0:42	16	22:13	7:00	1:42:58
16	138 Ben Reinhart	Cedar Rapids	IA	23	M	12	19:10	6:02	0:25	23	1:02:35	19.2	0:34	10	20:31	6:27	1:43:13
17	135 Jeremy Oepping	Muscatine	IA	42	M	18	21:02	6:37	0:40	11	58:17	20.6	0:33	17	23:14	7:19	1:43:45
18	103 Jacob Beltz	Coralville	IA	28	M	20	21:30	6:46	0:53	17	59:56	20.0	0:43	19	23:29	7:23	1:46:30
19	148 Cory Tweden	Iowa City	IA	36	M	19	21:07	6:39	0:56	16	58:57	20.4	0:41	26	26:43	8:24	1:48:22
20	102 Vladimir Badovinac	Iowa City	IA	45	M	22	22:26	7:04	0:52	19	1:00:54	19.7	0:42	23	24:26	7:41	1:49:18
21	114 Jason Hahn	Des Moines	IA	43	M	15	20:15	6:22	1:21	24	1:03:48	18.8	1:20	18	23:20	7:21	1:50:00
22	164 Boulos Nassar	Iowa City	IA	35	M	24	22:38	7:07	1:17	22	1:02:08	19.3	0:54	20	23:37	7:26	1:50:32
23	130 Marcus Nashelsky	Iowa City	IA	51	M	23	22:26	7:04	0:48	20	1:01:50	19.4	1:02	24	24:58	7:51	1:51:03
24	132 Brent Nichols	North Liberty	IA	43	M	25	23:14	7:19	1:43	21	1:01:53	19.4	1:45	25	25:41	8:05	1:54:15
25	140 John Richter	Marshalltown	IA	25	M	21	21:46	6:51	1:14	25	1:06:26	18.1	1:14	21	23:42	7:28	1:54:20
26	126 Brent Meyer	Sugarland	TX	36	M	26	23:15	7:19	2:15	26	1:07:09	17.9	2:53	22	23:52	7:31	1:59:22
27	166 Brian Link	Coralville	IA	53	M	27	23:22	7:21	1:03	27	1:07:13	17.9	1:01	28	28:32	8:59	2:01:10
28	131 Ron Neems	Iowa City	IA	47	M	28	25:08	7:55	1:26	28	1:11:17	16.8	1:46	27	27:38	8:42	2:07:14
29	118 Bryce Kanago	Cedar Falls	IA	56	M	29	30:54	9:43	1:53	29	1:19:01	15.2	1:01	29	35:01	11:01	2:27:48

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	167 Daniela Williams	North Liberty	IA	37	F	3	21:33	6:47	0:34	1	54:47	21.9	0:36	2	22:05	6:57	1:39:33
2	144 Heidi Sutter	Dubuque	IA	40	F	1	20:13	6:22	0:40	3	1:03:44	18.8	0:38	1	21:56	6:54	1:47:09
3	122 Sarah Lucas-Carr	Iowa City	IA	28	F	4	22:16	7:00	0:39	5	1:06:58	17.9	0:29	3	22:37	7:07	1:52:58
4	106 Lynette Brown	North Liberty	IA	41	F	5	23:06	7:16	0:45	4	1:05:44	18.3	0:45	5	24:12	7:37	1:54:29
5	139 Sarah Richmond	Iowa City	IA	26	F	6	23:40	7:27	0:37	2	1:02:31	19.2	0:39	6	27:11	8:33	1:54:36
6	104 Angela Bengtson	Clinton	IA	34	F	2	20:40	6:30	0:41	10	1:13:38	16.3	0:27	4	23:14	7:19	1:58:38
7	145 Sara Swanson	Riverside	IA	43	F	7	25:21	7:58	0:58	7	1:08:39	17.5	0:59	8	28:39	9:01	2:04:33
8	143 Greta Songe	Coralville	IA	36	F	9	25:40	8:05	0:52	8	1:09:37	17.2	0:37	7	28:37	9:00	2:05:20
9	141 Laura Scharosch	Center Point	IA	47	F	8	25:39	8:04	1:02	9	1:10:38	17.0	0:52	10	29:47	9:22	2:07:56
10	147 Rebecca Truszkowski	Coralville	IA	47	F	10	27:29	8:39	1:15	6	1:08:33	17.5	1:25	11	30:13	9:31	2:08:54
11	61 Laurie Craig	Cedar Rapids	IA	52	F	11	27:36	8:41	1:18	12	1:22:05	14.6	1:26	9	28:51	9:05	2:21:15
12	123 Andrea Martin	Iowa City	IA	44	F	12	32:00	10:04	0:56	11	1:18:11	15.3	0:38	12	36:03	11:20	2:27:46
13	121 Brenda Krueger	Iowa City	IA	36	F	13	34:19	10:48	1:26	13	1:30:15	13.3	1:02	13	48:26	15:14	2:55:26