

LAKE MACBRIDE DUATHLON
 Sunday, May 19, 2013
 Solon, Iowa

2.4 Mile Run, 18 Mile Bike, 3.1 Mile Run

TOT	DIV	PLC	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	1/13			Jeff Paul	Le Claire	IA	33	M	1	14:34	6:04		0:19		1	44:44	24.1		0:19		1	18:32	5:59	1:18:26		
2	2/13			Jonathan Estabrook	Ankeny	IA	39	M	2	14:53	6:12		0:19		3	46:36	23.2		0:24		2	18:51	6:05	1:21:02		
3	3/13			Steven Davis	North Liberty	IA	33	M	6	16:13	6:46		0:35		2	46:28	23.2		0:20		5	21:09	6:50	1:24:44		
4	4/13			Lucas Llado	Iowa City	IA	37	M	4	15:42	6:33		0:47		5	48:31	22.3		0:33		4	20:50	6:43	1:26:21		
5	1/12			Kyle Polich	North Liberty	IA	25	M	3	15:06	6:18		0:45		9	51:40	20.9		0:33		3	20:10	6:31	1:28:13		
6	1/11			Brad Weyer	Swisher	IA	44	M	9	16:56	7:04		0:21		4	48:22	22.3		0:23		10	22:19	7:12	1:28:19		
7	1/13			Daniela Williams	North Liberty	IA	37	F	19	17:54	7:28		0:36		7	50:24	21.4		0:33		11	22:27	7:15	1:31:51		
8	1/7			Guy Olson	Cedar Rapids	IA	56	M	27	18:44	7:48		0:37		6	49:06	22.0		0:39		18	23:31	7:35	1:32:35		
9	5/13			Derek Timperley	North Liberty	IA	30	M	10	16:58	7:05		0:47		12	52:55	20.4		0:46		9	22:12	7:10	1:33:35		
10	2/13			Joanna Hall	Coralville	IA	32	F	18	17:53	7:27		0:31		8	50:50	21.2		0:23		25	24:15	7:50	1:33:50		
11	6/13			Clayton Stephens	Cedar Rapids	IA	36	M	8	16:47	7:00		0:47		15	54:43	19.7		0:33		7	21:43	7:01	1:34:31		
12	2/11			Dave Steines	Mount Vernon	IA	46	M	26	18:37	7:46		0:28		10	52:27	20.6		0:37		21	23:58	7:44	1:36:05		
13	7/13			Shawn Morgan	Iowa City	IA	31	M	16	17:37	7:21		0:51		16	54:47	19.7		0:38		14	22:52	7:23	1:36:43		
14	2/12			Eric Monahan	Iowa City	IA	28	M	7	16:20	6:49		0:43		24	56:42	19.0		0:53		13	22:44	7:20	1:37:20		
15	1/3			Ian Hoover-Grinde	Cedar Rapids	IA	15	M	12	17:01	7:06		0:38		21	50:24	19.3		0:33		20	23:51	7:42	1:38:05		
16	2/7			Steve Lentz	Iowa City	IA	56	M	36	19:22	8:04		0:47		11	52:37	20.5		0:34		33	25:23	8:12	1:38:41		
17	1/2			Kim Sprenger	Iowa City	IA	51	F	29	18:45	7:49		0:36		20	55:49	19.3		0:41		19	23:42	7:39	1:39:32		
18	3/12			Benjamin Reinhart	Cedar Rapids	IA	23	M	13	17:03	7:06		0:50		38	59:54	18.0		0:50		6	21:24	6:55	1:39:58		
19	8/13			Josh Hildebrand	North Liberty	IA	34	M	24	18:28	7:42		1:02		29	58:10	18.6		1:00		8	22:03	7:07	1:40:39		
20	1/4			Andrew Benko	Dubuque	IA	46	M	14	17:08	7:09		0:56		31	59:02	18.3		0:38		17	23:02	7:26	1:40:44		
21	2/3			Isaac McFee	Grinnell	IA	17	M	5	15:46	6:34		0:48		47	1:01:30	17.6		0:33		12	22:30	7:16	1:41:05		
22	9/13			Cory Tweden	Iowa City	IA	36	M	30	18:46	7:49		0:50		14	54:01	20.0		0:43		43	26:55	8:41	1:41:12		
23	3/7			Bob Klein	Dewitt	IA	52	M	25	18:33	7:44		0:49		19	55:43	19.4		1:03		32	25:14	8:09	1:41:20		
24	4/12			Jacob Beltz	Coralville	IA	28	M	20	17:59	7:30		0:54		26	57:33	18.8		0:39		27	24:27	7:53	1:41:29		
25	5/12			Brent Frein	Cedar Falls	IA	26	M	38	19:25	8:06		0:58		22	56:18	19.2		0:59		24	24:11	7:48	1:41:50		
26	4/7			Marcus Nashelsky	Iowa City	IA	51	M	37	19:24	8:05		1:16		17	55:04	19.6		1:19		28	24:58	8:04	1:41:58		
27	10/13			Curtis Rosing	Davenport	IA	35	M	15	17:24	7:15		1:03		32	59:08	18.3		0:42		23	24:09	7:48	1:42:24		
28	1/6			Heidi Sutter	Dubuque	IA	40	F	17	17:46	7:25		0:34		41	1:00:38	17.8		0:33		16	23:01	7:26	1:42:31		
29	3/11			Vladimir Badovinac	Iowa City	IA	45	M	31	18:48	7:50		1:06		18	55:33	19.4		1:25		37	26:08	8:26	1:42:58		
30	1/10			Sarah Lucas-Carr	Iowa City	IA	28	F	41	19:35	8:10		0:33		35	59:38	18.1		0:27		15	22:53	7:23	1:43:05		
31	6/12			Leo Buzalsky	Cedar Rapids	IA	29	M	21	18:01	7:31		0:46		39	1:00:17	17.9		0:30		30	24:59	8:04	1:44:29		
32	7/12			Andy Lollback	Iowa City	IA	28	M	39	19:33	8:09		1:09		28	58:03	18.6		1:03		29	24:58	8:04	1:44:45		
33	5/7			Eric Johnson	Cedar Rapids	IA	54	M	42	19:49	8:16		0:51		23	56:30	19.1		0:44		45	28:14	9:07	1:46:06		
34	8/12			Matthew Edeker	Iowa City	IA	21	M	28	18:45	7:49		2:18		37	59:40	18.1		1:56		22	24:07	7:47	1:46:44		
35	6/7			Brian Link	Coralville	IA	53	M	51	20:33	8:34		1:09		27	57:41	18.7		1:17		42	26:43	8:37	1:47:22		
36	2/10			Jamie Lollback	Iowa City	IA	28	F	40	19:34	8:10		0:46		42	1:00:52	17.7		0:28		36	25:50	8:20	1:47:28		
37	7/7			Joe Schreder	Mt Vernon	IA	52	M	35	19:17	8:02		0:21		48	1:01:56	17.4		0:27		35	25:36	8:16	1:47:36		
38	4/11			Pedro Gonzalez-Ale	Iowa City	IA	41	M	33	18:51	7:51		1:25		43	1:00:53	17.7		0:50		40	26:23	8:31	1:48:20		
39	3/10			Kennon Meyer	Cedar Rapids	IA	22	F	47	20:14	8:26		0:38		33	59:19	18.2		0:32		44	28:02	9:03	1:48:42		
40	1/1			Dan Tucker	Cedar Rapids	IA	62	M	75	24:02	10:01		0:46		13	53:40	20.1		0:40		52	29:38	9:34	1:48:44		
41	3/13			Amy Piercy	North Liberty	IA	39	F	34	19:17	8:02		1:03		46	1:01:28	17.6		1:04		39	26:19	8:30	1:49:09		
42	5/11			Jason Liedtke	Urbana	IA	42	M	53	20:53	8:42		1:21		25	57:32	18.8		1:36		51	29:17	9:27	1:50:38		
43	2/2			Kallie Meyer	Cedar Rapid	IA	50	F	50	20:24	8:30		1:01		49	1:02:11	17.4		1:11		41	26:27	8:32	1:51:12		
44	9/12			Derek Roberts	Hiawatha	IA	26	M	22	18:01	7:31		0:39		63	1:08:11	15.8		0:32		26	24:24	7:53	1:51:46		
45	10/12			Andrew White	Johnston	IA	23	M	45	20:03	8:21		1:48		52	1:03:20	17.1		1:21		34	25:26	8:13	1:51:56		
46	4/10			Ash Bruxvoort	Des Moines	IA	23	F	61	21:59	9:10		1:16		30	58:29	18.5		1:15		50	29:11	9:25	1:52:08		
47	4/13			Angela Bengtson	Clinton	IA	34	F	23	18:08	7:34		0:53		61	1:07:34	16.0		0:43		31	25:11	8:08	1:52:26		
48	6/11			Dave Schrock	Ely	IA	46	M	52	20:40	8:37		1:26		44	1:01:14	17.6		1:17		49	28:42	9:16	1:53:17		
49	7/11			Eric Hodgson	North Liberty	IA	41	M	44	20:00	8:20		2:00		45	1:01:14	17.6		1:49		46	28:22	9:10	1:53:23		
50	11/12			Grady Finchum	Iowa City	IA	21	M	32	18:51	7:51		2:11		34	59:27	18.2		2:11		62	31:20	10:07	1:53:57		

51	5/10	Sarah Richmond	Iowa City	IA	26	F	59	21:53	9:08	1:01	50	1:02:48	17.2	1:00	54	29:44	9:36	1:56:25
52	11/13	Kevin Hansen	Delmar	IA	34	M	60	21:57	9:09	1:10	60	1:07:29	16.0	0:48	38	26:13	8:28	1:57:34
53	2/4	Todd Lewison	Cedar Rapids	IA	53	M	74	23:51	9:57	0:48	40	1:00:21	17.9	1:07	64	31:53	10:17	1:57:58
54	6/10	Sarah Riesberg	Des Moines	IA	24	F	58	21:45	9:04	1:53	51	1:03:09	17.1	1:14	55	30:00	9:41	1:58:00
55	2/6	Benita Flores	Davenport	IA	46	F	56	21:19	8:53	1:08	58	1:05:15	16.6	1:08	56	30:13	9:45	1:59:02
56	3/6	Amy Johnson	Davenport	IA	46	F	70	22:37	9:26	0:59	53	1:04:15	16.8	1:00	57	30:16	9:46	1:59:05
57	5/13	Jill Powers	Dubuque	IA	34	F	57	21:27	8:57	0:51	62	1:07:39	16.0	0:37	48	28:33	9:13	1:59:05
58	8/11	Andy Redlinger	Solon	IA	45	M	43	19:58	8:19	0:58	64	1:09:00	15.7	0:52	47	28:32	9:13	1:59:18
59	3/4	Wayne Reichter	Omaha	NE	48	M	55	21:11	8:50	1:07	57	1:05:09	16.6	0:42	66	32:08	10:22	2:00:16
60	4/4	Jay Hatch	Coralville	IA	28	M	73	23:26	9:46	0:56	36	59:40	18.1	0:49	75	36:23	11:44	2:01:12
61	4/6	Sara Swanson	Riverside	IA	43	F	64	22:20	9:19	1:17	59	1:06:00	16.4	1:03	59	30:45	9:56	2:01:24
62	5/6	Michelle Genida	Solon	IA	46	F	72	23:02	9:36	0:55	55	1:04:39	16.7	0:57	65	32:05	10:21	2:01:36
63	12/13	Rob Schneider	Ely	IA	38	M	67	22:30	9:23	0:42	56	1:05:02	16.6	0:36	71	33:30	10:49	2:02:17
64	7/10	Cathryn Lucas-Carr	Iowa City	IA	28	F	78	25:20	10:34	1:15	54	1:04:32	16.7	0:52	58	30:35	9:52	2:02:32
65	9/11	Darrell Baetsle	Walford	IA	48	M	62	22:05	9:12	0:45	66	1:09:32	15.5	0:38	67	32:28	10:29	2:05:26
66	3/3	Bailey Redlinger	Solon	IA	17	M	48	20:14	8:26	0:54	68	1:09:55	15.4	0:40	73	35:20	11:24	2:07:01
67	6/13	Karmen Hopkins	Davenport	IA	33	F	76	24:22	10:09	1:34	65	1:09:08	15.6	1:38	68	32:46	10:35	2:09:25
68	7/13	Shishonee Hughes	North Liberty	IA	38	F	65	22:26	9:21	1:46	69	1:10:44	15.3	1:23	70	33:11	10:43	2:09:28
69	8/13	Lisa Hildebrand	North Liberty	IA	34	F	66	22:26	9:21	1:39	70	1:10:51	15.2	1:24	69	33:11	10:43	2:09:28
70	9/13	Jennifer Mooney	Middle Amana	IA	38	F	69	22:36	9:25	1:40	73	1:14:08	14.6	0:53	60	30:48	9:56	2:10:04
71	10/13	Jamie Sexton	Amana	IA	37	F	68	22:31	9:23	1:46	74	1:14:10	14.6	0:51	61	30:48	9:57	2:10:04
72	13/13	Steve Gloeckner	Cedar Rapids	IA	39	M	46	20:03	8:22	2:07	78	1:17:13	14.0	2:06	53	29:44	9:36	2:11:11
73	6/6	Soungyoung Rosing	Davenport	IA	40	F	79	26:31	11:03	0:56	67	1:09:33	15.5	0:51	74	36:11	11:41	2:14:01
74	12/12	Jordan Bergland	Omaha	NE	27	M	71	22:55	9:33	1:21	72	1:12:42	14.9	0:36	76	36:53	11:54	2:14:25
75	11/13	Jennifer Cutkomp	Eldridge	IA	39	F	80	26:50	11:11	0:53	71	1:10:54	15.2	1:15	72	35:05	11:19	2:14:55
76	12/13	Laura Bonner	Iowa City	IA	30	F	77	24:57	10:24	1:48	76	1:16:26	14.1	1:32	63	31:47	10:15	2:16:28
77	10/11	Jim Bengtson	Clinton	IA	40	M	49	20:15	8:27	0:38	75	1:15:02	14.4	0:32	80	46:06	14:53	2:22:32
78	8/10	Riley Schreder	Mount Vernon	IA	20	F	63	22:07	9:13	0:31	80	1:26:23	12.5	0:37	78	39:24	12:43	2:29:00
79	1/1	Abby Lasecki	Cedar Rapids	IA	54	F	83	29:20	12:14	0:46	77	1:17:01	14.0	0:53	79	42:12	13:37	2:30:11
80	13/13	Kelli Head	Waterloo	IA	39	F	81	27:33	11:29	2:00	79	1:23:04	13.0	1:02	77	37:54	12:14	2:31:30
81	11/11	Chad Furlong	Coralville	IA	43	M	11	17:00	7:05	1:13								
82	9/10	Aimee Gissel	Pleasant Hill	IA	26	F	54	21:02	8:46	0:47								
83	10/10	Whitney Schreder	Mount Vernon	IA	27	F	82	27:52	11:37	0:38								

PROBLEM RESULTS

TOT	DIV	NAME	CITY	ST	AGE	S	plc	RUN	TRAN	BIKE	TRAN	RUN	TOTAL
PLC	PLC							time	time	time	time	time	TIME
====	====	=====	=====	==	==	=	=====	=====	=====	=====	=====	=====	=====
1	1/1	Timothy Doyle	North Liberty	IA	36	M	1	14:47 6:10	0:23	1 46:41 23.1	0:21	1 18:37 6:01	1:20:47

TEAM RESULTS

TOTAL	DIV	TEAM NAME = MEMBERS (RUNNER, BIKER)	plc	RUN	TRAN	BIKE	TRAN	RUN	TOTAL
PLACE	PLC			time	time	time	time	time	TIME
=====	====	=====	=====	=====	=====	=====	=====	=====	=====
1	1/1	Team = Jill Noel , ,	1	26:32 11:04	1:28	1 1:19:07 13.7	0:11	1 25:40 8:17	2:12:56

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1 Jeff Paul	Le Claire	IA	33	M	14:34	6:04
2 Jonathan Estabrook	Ankeny	IA	39	M	14:53	6:12
3 Kyle Polich	North Liberty	IA	25	M	15:06	6:18
4 Lucas Llado	Iowa City	IA	37	M	15:42	6:33
5 Isaac McFee	Grinnell	IA	17	M	15:46	6:34
6 Steven Davis	North Liberty	IA	33	M	16:13	6:46
7 Eric Monahan	Iowa City	IA	28	M	16:20	6:49
8 Clayton Stephens	Cedar Rapids	IA	36	M	16:47	7:00
9 Brad Weyer	Swisher	IA	44	M	16:56	7:04
10 Derek Timperley	North Liberty	IA	30	M	16:58	7:05

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1 Jeff Paul	Le Claire	IA	33	M	0:19
2 Jonathan Estabrook	Ankeny	IA	39	M	0:19
3 Joe Schreder	Mt Vernon	IA	52	M	0:21
4 Brad Weyer	Swisher	IA	44	M	0:21
5 Dave Steines	Mount Vernon	IA	46	M	0:28
6 Riley Schreder	Mount Vernon	IA	20	F	0:31
7 Joanna Hall	Coralville	IA	32	F	0:31
8 Sarah Lucas-Carr	Iowa City	IA	28	F	0:33
9 Heidi Sutter	Dubuque	IA	40	F	0:34
10 Steven Davis	North Liberty	IA	33	M	0:35

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	pace
1 Jeff Paul	Le Claire	IA	33	M	44:44	24.1
2 Steven Davis	North Liberty	IA	33	M	46:28	23.2
3 Jonathan Estabrook	Ankeny	IA	39	M	46:36	23.2
4 Brad Weyer	Swisher	IA	44	M	48:22	22.3
5 Lucas Llado	Iowa City	IA	37	M	48:31	22.3
6 Guy Olson	Cedar Rapids	IA	56	M	49:06	22.0
7 Daniela Williams	North Liberty	IA	37	F	50:24	21.4
8 Joanna Hall	Coralville	IA	32	F	50:50	21.2
9 Kyle Polich	North Liberty	IA	25	M	51:40	20.9
10 Dave Steines	Mount Vernon	IA	46	M	52:27	20.6

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Jeff Paul	Le Claire	IA	33	M	0:19
2 Steven Davis	North Liberty	IA	33	M	0:20
3 Brad Weyer	Swisher	IA	44	M	0:23
4 Joanna Hall	Coralville	IA	32	F	0:23
5 Jonathan Estabrook	Ankeny	IA	39	M	0:24
6 Joe Schreder	Mt Vernon	IA	52	M	0:27
7 Sarah Lucas-Carr	Iowa City	IA	28	F	0:27

8	Jamie Lollback	Iowa City	IA	28 F	0:28
9	Leo Buzalsky	Cedar Rapids	IA	29 M	0:30
10	Kennon Meyer	Cedar Rapids	IA	22 F	0:32

TOP 10 SECOND RUN

	NAME	CITY	ST	AGE	S	time	pace
=	=====	=====	==	===	=	=====	=====
1	Jeff Paul	Le Claire	IA	33	M	18:32	5:59
2	Jonathan Estabrook	Ankeny	IA	39	M	18:51	6:05
3	Kyle Polich	North Liberty	IA	25	M	20:10	6:31
4	Lucas Llado	Iowa City	IA	37	M	20:50	6:43
5	Steven Davis	North Liberty	IA	33	M	21:09	6:50
6	Benjamin Reinhart	Cedar Rapids	IA	23	M	21:24	6:55
7	Clayton Stephens	Cedar Rapids	IA	36	M	21:43	7:01
8	Josh Hildebrand	North Liberty	IA	34	M	22:03	7:07
9	Derek Timperley	North Liberty	IA	30	M	22:12	7:10
10	Brad Weyer	Swisher	IA	44	M	22:19	7:12