

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

2.4 Mile Run, 18 Mile Bike, 3.1 Mile Run

CLYDESDALE 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	7 Andrew Benko	Dubuque	IA	46	M	1	17:08	7:09	0:56	1	59:02	18.3	0:38	1	23:02	7:26	1:40:44
2	46 Todd Lewison	Cedar Rapids	IA	53	M	4	23:51	9:57	0:48	3	1:00:21	17.9	1:07	2	31:53	10:17	1:57:58
3	73 Wayne Reichter	Omaha	NE	48	M	2	21:11	8:50	1:07	4	1:05:09	16.6	0:42	3	32:08	10:22	2:00:16
4	28 Jay Hatch	Coralville	IA	28	M	3	23:26	9:46	0:56	2	59:40	18.1	0:49	4	36:23	11:44	2:01:12

ATHENA 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	43 Abby Lasecki	Cedar Rapids	IA	54	F	1	29:20	12:14	0:46	1	1:17:01	14.0	0:53	1	42:12	13:37	2:30:11

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Ian Hoover-Grinde	Cedar Rapids	IA	15	M	2	17:01	7:06	0:38	1	56:04	19.3	0:33	2	23:51	7:42	1:38:05
2 Isaac McFee	Grinnell	IA	17	M	1	15:46	6:34	0:48	2	1:01:30	17.6	0:33	1	22:30	7:16	1:41:05
3 Bailey Redlinger	Solon	IA	17	M	3	20:14	8:26	0:54	3	1:09:55	15.4	0:40	3	35:20	11:24	2:07:01

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 Sarah Lucas-Carr	Iowa City	IA	28	F	2	19:35	8:10	0:33	3	59:38	18.1	0:27	1	22:53	7:23	1:43:05
2 Jamie Lollback	Iowa City	IA	28	F	1	19:34	8:10	0:46	4	1:00:52	17.7	0:28	2	25:50	8:20	1:47:28
3 Kennon Meyer	Cedar Rapids	IA	22	F	3	20:14	8:26	0:38	2	59:19	18.2	0:32	3	28:02	9:03	1:48:42
4 Ash Bruxvoort	Des Moines	IA	23	F	6	21:59	9:10	1:16	1	58:29	18.5	1:15	4	29:11	9:25	1:52:08
5 Sarah Richmond	Iowa City	IA	26	F	5	21:53	9:08	1:01	5	1:02:48	17.2	1:00	5	29:44	9:36	1:56:25
6 Sarah Riesberg	Des Moines	IA	24	F	4	21:45	9:04	1:53	6	1:03:09	17.1	1:14	6	30:00	9:41	1:58:00
7 Cathryn Lucas-Carr	Iowa City	IA	28	F	8	25:20	10:34	1:15	7	1:04:32	16.7	0:52	7	30:35	9:52	2:02:32
8 Riley Schreder	Mount Vernon	IA	20	F	7	22:07	9:13	0:31	8	1:26:23	12.5	0:37	8	39:24	12:43	2:29:00

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 Kyle Polich	North Liberty	IA	25	M	1	15:06	6:18	0:45	1	51:40	20.9	0:33	1	20:10	6:31	1:28:13
2 Eric Monahan	Iowa City	IA	28	M	2	16:20	6:49	0:43	3	56:42	19.0	0:53	3	22:44	7:20	1:37:20

3	Benjamin Reinhart	Cedar Rapids	IA	23	M	3	17:03	7:06	0:50	8	59:54	18.0	0:50	2	21:24	6:55	1:39:58
4	Jacob Beltz	Coralville	IA	28	M	4	17:59	7:30	0:54	4	57:33	18.8	0:39	7	24:27	7:53	1:41:29
5	Brent Frein	Cedar Falls	IA	26	M	9	19:25	8:06	0:58	2	56:18	19.2	0:59	5	24:11	7:48	1:41:50
6	Leo Buzalsky	Cedar Rapids	IA	29	M	5	18:01	7:31	0:46	9	1:00:17	17.9	0:30	9	24:59	8:04	1:44:29
7	Andy Lollback	Iowa City	IA	28	M	10	19:33	8:09	1:09	5	58:03	18.6	1:03	8	24:58	8:04	1:44:45
8	Matthew Edeker	Iowa City	IA	21	M	7	18:45	7:49	2:18	7	59:40	18.1	1:56	4	24:07	7:47	1:46:44
9	Derek Roberts	Hiawatha	IA	26	M	6	18:01	7:31	0:39	11	1:08:11	15.8	0:32	6	24:24	7:53	1:51:46
10	Andrew White	Johnston	IA	23	M	11	20:03	8:21	1:48	10	1:03:20	17.1	1:21	10	25:26	8:13	1:51:56
11	Grady Finchum	Iowa City	IA	21	M	8	18:51	7:51	2:11	6	59:27	18.2	2:11	11	31:20	10:07	1:53:57
12	Jordan Bergland	Omaha	NE	27	M	12	22:55	9:33	1:21	12	1:12:42	14.9	0:36	12	36:53	11:54	2:14:25

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	Daniela Williams	North Liberty	IA	37	F	2	17:54	7:28	0:36	1	50:24	21.4	0:33	1	22:27	7:15	1:31:51
2	Joanna Hall	Coralville	IA	32	F	1	17:53	7:27	0:31	2	50:50	21.2	0:23	2	24:15	7:50	1:33:50
3	Amy Piercy	North Liberty	IA	39	F	4	19:17	8:02	1:03	3	1:01:28	17.6	1:04	4	26:19	8:30	1:49:09
4	Angela Bengtson	Clinton	IA	34	F	3	18:08	7:34	0:53	4	1:07:34	16.0	0:43	3	25:11	8:08	1:52:26
5	Jill Powers	Dubuque	IA	34	F	5	21:27	8:57	0:51	5	1:07:39	16.0	0:37	5	28:33	9:13	1:59:05
6	Karmen Hopkins	Davenport	IA	33	F	10	24:22	10:09	1:34	6	1:09:08	15.6	1:38	9	32:46	10:35	2:09:25
7	Shishonee Hughes	North Liberty	IA	38	F	6	22:26	9:21	1:46	7	1:10:44	15.3	1:23	11	33:11	10:43	2:09:28
8	Lisa Hildebrand	North Liberty	IA	34	F	7	22:26	9:21	1:39	8	1:10:51	15.2	1:24	10	33:11	10:43	2:09:28
9	Jennifer Mooney	Middle Amana	IA	38	F	9	22:36	9:25	1:40	10	1:14:08	14.6	0:53	6	30:48	9:56	2:10:04
10	Jamie Sexton	Amana	IA	37	F	8	22:31	9:23	1:46	11	1:14:10	14.6	0:51	7	30:48	9:57	2:10:04
11	Jennifer Cutkomp	Eldridge	IA	39	F	12	26:50	11:11	0:53	9	1:10:54	15.2	1:15	12	35:05	11:19	2:14:55
12	Laura Bonner	Iowa City	IA	30	F	11	24:57	10:24	1:48	12	1:16:26	14.1	1:32	8	31:47	10:15	2:16:28
13	Kelli Head	Waterloo	IA	39	F	13	27:33	11:29	2:00	13	1:23:04	13.0	1:02	13	37:54	12:14	2:31:30

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	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	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	Steven Davis	North Liberty	IA	33	M	4	16:13	6:46	0:35	2	46:28	23.2	0:20	4	21:09	6:50	1:24:44
4	Lucas Llado	Iowa City	IA	37	M	3	15:42	6:33	0:47	4	48:31	22.3	0:33	3	20:50	6:43	1:26:21
5	Derek Timperley	North Liberty	IA	30	M	6	16:58	7:05	0:47	5	52:55	20.4	0:46	7	22:12	7:10	1:33:35
6	Clayton Stephens	Cedar Rapids	IA	36	M	5	16:47	7:00	0:47	7	54:43	19.7	0:33	5	21:43	7:01	1:34:31
7	Shawn Morgan	Iowa City	IA	31	M	8	17:37	7:21	0:51	8	54:47	19.7	0:38	8	22:52	7:23	1:36:43
8	Josh Hildebrand	North Liberty	IA	34	M	9	18:28	7:42	1:02	9	58:10	18.6	1:00	6	22:03	7:07	1:40:39
9	Cory Tweden	Iowa City	IA	36	M	10	18:46	7:49	0:50	6	54:01	20.0	0:43	11	26:55	8:41	1:41:12
10	Curtis Rosing	Davenport	IA	35	M	7	17:24	7:15	1:03	10	59:08	18.3	0:42	9	24:09	7:48	1:42:24
11	Kevin Hansen	Delmar	IA	34	M	12	21:57	9:09	1:10	12	1:07:29	16.0	0:48	10	26:13	8:28	1:57:34
12	Rob Schneider	Ely	IA	38	M	13	22:30	9:23	0:42	11	1:05:02	16.6	0:36	13	33:30	10:49	2:02:17
13	Steve Gloeckner	Cedar Rapids	IA	39	M	11	20:03	8:22	2:07	13	1:17:13	14.0	2:06	12	29:44	9:36	2:11:11

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	Heidi Sutter	Dubuque	IA	40	F	1	17:46	7:25	0:34	1	1:00:38	17.8	0:33	1	23:01	7:26	1:42:31
2	Benita Flores	Davenport	IA	46	F	2	21:19	8:53	1:08	4	1:05:15	16.6	1:08	2	30:13	9:45	1:59:02

3 Amy Johnson	Davenport	IA	46	F	4	22:37	9:26	0:59	2	1:04:15	16.8	1:00	3	30:16	9:46	1:59:05
4 Sara Swanson	Riverside	IA	43	F	3	22:20	9:19	1:17	5	1:06:00	16.4	1:03	4	30:45	9:56	2:01:24
5 Michelle Genida	Solon	IA	46	F	5	23:02	9:36	0:55	3	1:04:39	16.7	0:57	5	32:05	10:21	2:01:36
6 Soungyoung Rosing	Davenport	IA	40	F	6	26:31	11:03	0:56	6	1:09:33	15.5	0:51	6	36:11	11:41	2:14:01

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 Brad Weyer	Swisher	IA	44	M	1	16:56	7:04	0:21	1	48:22	22.3	0:23	1	22:19	7:12	1:28:19
2 Dave Steines	Mount Vernon	IA	46	M	2	18:37	7:46	0:28	2	52:27	20.6	0:37	2	23:58	7:44	1:36:05
3 Vladimir Badovinac	Iowa City	IA	45	M	3	18:48	7:50	1:06	3	55:33	19.4	1:25	3	26:08	8:26	1:42:58
4 Pedro Gonzalez-Ale	Iowa City	IA	41	M	4	18:51	7:51	1:25	5	1:00:53	17.7	0:50	4	26:23	8:31	1:48:20
5 Jason Liedtke	Urbana	IA	42	M	9	20:53	8:42	1:21	4	57:32	18.8	1:36	8	29:17	9:27	1:50:38
6 Dave Schrock	Ely	IA	46	M	8	20:40	8:37	1:26	6	1:01:14	17.6	1:17	7	28:42	9:16	1:53:17
7 Eric Hodgson	North Liberty	IA	41	M	6	20:00	8:20	2:00	7	1:01:14	17.6	1:49	5	28:22	9:10	1:53:23
8 Andy Redlinger	Solon	IA	45	M	5	19:58	8:19	0:58	8	1:09:00	15.7	0:52	6	28:32	9:13	1:59:18
9 Darrell Baetsle	Walford	IA	48	M	10	22:05	9:12	0:45	9	1:09:32	15.5	0:38	9	32:28	10:29	2:05:26
10 Jim Bengtson	Clinton	IA	40	M	7	20:15	8:27	0:38	10	1:15:02	14.4	0:32	10	46:06	14:53	2:22:32

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 Kim Sprenger	Iowa City	IA	51	F	1	18:45	7:49	0:36	1	55:49	19.3	0:41	1	23:42	7:39	1:39:32
2 Kallie Meyer	Cedar Rapid	IA	50	F	2	20:24	8:30	1:01	2	1:02:11	17.4	1:11	2	26:27	8:32	1:51:12

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 Guy Olson	Cedar Rapids	IA	56	M	2	18:44	7:48	0:37	1	49:06	22.0	0:39	1	23:31	7:35	1:32:35
2 Steve Lentz	Iowa City	IA	56	M	4	19:22	8:04	0:47	2	52:37	20.5	0:34	4	25:23	8:12	1:38:41
3 Bob Klein	Dewitt	IA	52	M	1	18:33	7:44	0:49	4	55:43	19.4	1:03	3	25:14	8:09	1:41:20
4 Marcus Nashelsky	Iowa City	IA	51	M	5	19:24	8:05	1:16	3	55:04	19.6	1:19	2	24:58	8:04	1:41:58
5 Eric Johnson	Cedar Rapids	IA	54	M	6	19:49	8:16	0:51	5	56:30	19.1	0:44	7	28:14	9:07	1:46:06
6 Brian Link	Coralville	IA	53	M	7	20:33	8:34	1:09	6	57:41	18.7	1:17	6	26:43	8:37	1:47:22
7 Joe Schreder	Mt Vernon	IA	52	M	3	19:17	8:02	0:21	7	1:01:56	17.4	0:27	5	25:36	8:16	1:47:36

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 Dan Tucker	Cedar Rapids	IA	62	M	1	24:02	10:01	0:46	1	53:40	20.1	0:40	1	29:38	9:34	1:48:44