

SUMMER DAZE TRIATHLON
May 11, 2013
Newton, Iowa

300 Meter Swim - 18 Mile Bike - 5K Mile Run

MALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	31	Jonathan Estabrook	Ankeny	IA	39	M	6	5:24	1:39	0:17	2	49:16	21.9	0:25	2	18:02	5:49	1:13:21
2	17	Reed Rinderknecht	Clive	IA	43	M	3	4:31	1:23	0:25	1	47:27	22.8	0:20	6	20:47	6:42	1:13:27
3	30	Peder Skoog	Waukee	IA	33	M	2	3:43	1:08	0:54	7	57:20	18.8	0:23	3	18:53	6:05	1:21:11
4	11	Luke Anderson	Newton	IA	30	M	1	3:36	1:06	0:33	4	54:47	19.7	0:30	9	22:02	7:06	1:21:26
5	28	Erik Bandy	Iowa City	IA	24	M	8	5:43	1:45	1:03	6	56:48	19.0	0:42	1	17:33	5:39	1:21:48
6	25	Mathew Wilson	Clive	IA	38	M	16	6:38	2:02	1:16	3	53:15	20.3	0:56	5	19:46	6:22	1:21:49
7	1	Josh Wermager	Newton	IA	38	M	18	6:45	2:04	1:06	8	59:34	18.1	1:20	4	19:10	6:10	1:27:54
8	22	Scott Carkhuff	Newton	IA	28	M	10	5:59	1:50	2:18	5	55:06	19.6	1:22	11	23:10	7:28	1:27:54
9	19	Colin Witt	Des Moines	IA	38	M	14	6:12	1:54	1:03	10	1:02:18	17.3	0:50	7	21:27	6:55	1:31:48
10	23	Jason Buseman	Johnson	IA	28	M	11	6:06	1:52	0:56	9	1:02:11	17.4	1:00	13	25:01	8:03	1:35:12
11	13	Christian Laube	Newton	IA	16	M	4	4:57	1:31	1:37	18	1:08:00	15.9	0:17	8	21:52	7:03	1:36:41
12	12	Daniel Cibula	Kellogg	IA	29	M	13	6:12	1:54	1:28	13	1:04:33	16.7	0:31	16	25:25	8:11	1:38:08
13	15	Jordan Stokka	Des Moines	IA	29	M	5	5:19	1:38	1:53	14	1:04:56	16.6	0:43	15	25:22	8:10	1:38:12
14	10	Courtney Potthoff	Ankeny	IA	30	M	9	5:46	1:46	2:32	19	1:08:50	15.7	0:59	10	22:06	7:07	1:40:11
15	7	Wade Shriver	Iowa City	IA	48	M	12	6:06	1:52	1:39	11	1:02:32	17.3	1:16	20	29:12	9:24	1:40:43
16	2	Bill Henninger	Newton	IA	50	M	17	6:43	2:03	1:32	15	1:05:40	16.4	0:54	17	26:05	8:24	1:40:52
17	14	Keith Laube	Newton	IA	46	M	20	7:14	2:13	2:15	17	1:07:52	15.9	0:23	12	23:53	7:42	1:41:35
18	27	Jason Hemmer	Waukee	IA	35	M	19	7:03	2:09	2:07	12	1:03:37	17.0	0:54	19	28:16	9:06	1:41:56
19	8	Tim Dykstra	Pella	IA	43	M	15	6:26	1:58	2:00	16	1:06:00	16.4	1:14	18	28:05	9:03	1:43:42
20	21	Dan Laird	Clive	IA	45	M	7	5:37	1:43	3:52	20	1:32:25	11.7	1:34	14	25:21	8:10	2:08:47

FEMALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	29	Kristin Rinderknecht	Clive	IA	42	F	2	5:31	1:41	0:29	1	1:00:37	17.8	0:42	1	23:13	7:29	1:30:31
2	9	Ashley Miller	Storm Lake	IA	25	F	7	7:25	2:16	1:24	2	1:06:35	16.2	1:08	5	30:22	9:47	1:46:52
3	26	Shelly Hanson	Webster City	IA	40	F	6	7:16	2:13	2:24	3	1:11:36	15.1	1:17	4	28:40	9:14	1:51:12
4	18	Kathrin Depue	Indianola	IA	22	F	3	6:12	1:54	1:58	4	1:17:55	13.9	0:28	3	28:12	9:05	1:54:43
5	16	Melanie Sharp	Newton	IA	34	F	4	6:31	2:00	1:59	5	1:18:07	13.8	0:36	8	34:20	11:03	2:01:31
6	6	Kelsey Morfitt	North Liberty	IA	29	F	5	7:01	2:09	2:33	6	1:25:25	12.6	0:30	6	31:31	10:09	2:06:58
7	20	Maggie Laird	Clive	IA	13	F	1	5:28	1:40	4:08	8	1:32:28	11.7	1:34	2	25:21	8:10	2:08:57
8	24	Erin Crawford	Rhodes	IA	35	F	8	9:09	2:48	2:20	7	1:31:21	11.8	0:43	7	32:29	10:28	2:15:59