

IOWA CITY DUATHLON
 Sunday, June 8, 2014
 Iowa City, Iowa

2.07 Mile Run, 20 Mile Bike, 2.07 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	1/8			Jeff Paul	Le Claire	IA	34	M	2	11:00	5:19	0:21	1	46:00	26.1	0:26	1	11:38	5:37	1:09:23					
2	2/8			Timothy Doyle	North Liberty	IA	37	M	1	10:59	5:19	0:24	3	48:10	24.9	0:27	2	11:39	5:38	1:11:38					
3	1/4			Jonathan Estabrook	Ankeny	IA	40	M	3	11:16	5:27	0:25	4	49:10	24.4	0:26	4	12:07	5:51	1:13:22					
4	1/7			Derek Hager	Minneapolis	MN	53	M	7	12:41	6:08	0:26	2	46:53	25.6	0:23	11	13:57	6:45	1:14:19					
5	1/6			Christopher Bell	Olds	IA	27	M	4	11:36	5:37	0:43	5	50:23	23.8	0:29	5	12:34	6:04	1:15:42					
6	3/8			Mederic Hall	Coralville	IA	34	M	8	12:45	6:10	0:33	7	50:54	23.6	0:38	6	12:49	6:12	1:17:36					
7	1/12			Daniela Williams	North Liberty	IA	38	F	12	13:08	6:21	0:34	6	50:38	23.7	0:28	8	13:18	6:26	1:18:03					
8	2/12			Joanna Hall	Coralville	IA	33	F	10	12:50	6:12	0:34	8	51:17	23.4	0:25	9	13:24	6:29	1:18:29					
9	3/12			Jen Paul	Le Claire	IA	32	F	5	11:41	5:39	0:32	13	53:42	22.3	0:37	3	12:02	5:49	1:18:32					
10	2/4			John Burkle	Iowa City	IA	40	M	9	12:49	6:12	1:04	9	51:37	23.2	0:38	12	14:13	6:52	1:20:19					
11	4/8			Derek Timperley	North Liberty	IA	31	M	6	12:20	5:58	0:43	14	54:11	22.1	0:35	7	12:55	6:15	1:20:41					
12	2/7			George Sehl	Iowa City	IA	50	M	13	13:17	6:25	0:30	11	52:30	22.9	0:25	15	14:47	7:09	1:21:27					
13	3/7			Steve Winkel	Des Moines	IA	56	M	16	13:55	6:44	0:30	10	51:57	23.1	0:52	20	15:08	7:19	1:22:20					
14	4/12			Aryn McLaren	Grimes	IA	35	F	18	13:59	6:46	0:34	12	53:32	22.4	0:39	16	14:52	7:11	1:23:34					
15	2/6			Eric Monahan	Iowa City	IA	29	M	15	13:46	6:39	0:39	15	55:16	21.7	0:36	10	13:36	6:35	1:23:51					
16	4/7			Scott Winkel	Des Moines	IA	55	M	11	12:52	6:13	0:28	18	57:38	20.8	0:34	13	14:27	6:59	1:25:57					
17	5/7			Gary Boesenberg	Solon	IA	54	M	21	14:40	7:05	0:37	16	56:13	21.3	0:31	36	17:03	8:15	1:29:03					
18	1/3			Kim Sprenger	Iowa City	IA	52	F	17	13:59	6:45	0:39	19	59:13	20.3	0:31	19	15:04	7:17	1:29:23					
19	5/8			Boulos Nassar	Iowa City	IA	36	M	22	14:41	7:06	0:52	21	59:53	20.0	0:42	22	15:20	7:25	1:31:26					
20	1/6			Heidi Sutter	Dubuque	IA	41	F	14	13:18	6:26	0:30	27	1:02:50	19.1	0:39	14	14:28	7:00	1:31:44					
21	6/8			Jason Fisher	Hiawatha	IA	34	M	19	14:06	6:49	1:19	23	1:00:36	19.8	0:58	17	14:59	7:14	1:31:56					
22	7/8			Leo Buzalsky	Cedar Rapids	IA	30	M	23	14:52	7:11	0:48	24	1:00:48	19.7	0:38	29	15:56	7:42	1:32:59					
23	3/4			Anthony Arnone	Iowa City	IA	49	M	26	15:02	7:16	1:46	22	1:00:34	19.8	1:36	18	15:01	7:16	1:33:56					
24	3/6			Jake Beltz	Coralville	IA	29	M	30	15:33	7:31	0:50	26	1:01:12	19.6	0:48	25	15:50	7:39	1:34:11					
25	2/3			La Lowe	Coralville	IA	53	F	40	16:58	8:12	0:48	17	56:53	21.1	0:53	46	18:54	9:08	1:34:23					
26	6/7			Bob Lotz	North Liberty	IA	51	M	24	14:58	7:14	0:52	29	1:03:38	18.9	0:54	21	15:20	7:25	1:35:39					
27	1/4			Sarah Richmond	Cedar Rapids	IA	27	F	35	16:23	7:55	0:54	20	59:32	20.2	0:42	47	18:56	9:09	1:36:25					
28	4/6			Nick Pacha	North Liberty	IA	24	M	20	14:13	6:52	1:07	30	1:04:39	18.6	0:54	26	15:54	7:41	1:36:45					
29	2/4			Aimee Gissel	Pleasant Hill	IA	27	F	31	15:48	7:38	0:47	28	1:03:04	19.0	0:37	34	16:41	8:04	1:36:55					
30	5/6			John Richter	Conrad	IA	26	M	27	15:07	7:18	1:04	32	1:05:29	18.3	0:50	23	15:23	7:26	1:37:51					
31	6/6			Jacob Buffo	Cedar Rapids	IA	23	M	53	19:22	9:22	1:06	25	1:01:06	19.6	0:53	27	15:54	7:41	1:38:20					
32	5/12			Jess Harris	Coralville	IA	37	F	29	15:30	7:29	1:08	34	1:05:52	18.2	0:59	24	15:32	7:31	1:38:59					
33	1/2			Robert Mabrey	Omaha	NE	61	M	42	17:15	8:20	1:21	33	1:05:34	18.3	1:45	30	16:19	7:53	1:42:12					
34	2/6			Laura Wirth	Robins	IA	43	F	28	15:28	7:29	0:44	37	1:08:33	17.5	0:42	35	16:51	8:09	1:42:16					
35	7/7			Phil Pancrazio	Silvis	IL	58	M	39	16:48	8:07	1:43	31	1:05:26	18.3	1:21	40	17:48	8:36	1:43:05					
36	3/6			Kelly Erickson	Toddville	IA	47	F	34	16:23	7:55	1:00	36	1:07:40	17.7	1:11	43	18:46	9:04	1:44:58					
37	3/4			Sarah Bell	Olds	IA	28	F	48	18:28	8:56	0:55	35	1:06:21	18.1	1:01	45	18:52	9:07	1:45:36					
38	6/12			Cristi Trow Dykstr	Riverside	IA	35	F	25	14:59	7:15	1:02	43	1:11:59	16.7	1:03	33	16:41	8:04	1:45:43					
39	7/12			Lori Kasperek	Iowa City	IA	35	F	36	16:29	7:58	0:57	40	1:09:57	17.2	1:10	38	17:18	8:22	1:45:50					
40	3/3			Barb Mueller	Iowa City	IA	57	F	37	16:30	7:58	1:09	38	1:09:09	17.4	1:46	39	17:19	8:22	1:45:51					
41	4/6			Sara Swanson	Riverside	IA	44	F	46	17:33	8:29	1:05	39	1:09:25	17.3	1:03	48	19:15	9:18	1:48:19					
42	1/3			Brock Noel	North Liberty	IA	38	M	32	15:51	7:39	1:11	46	1:14:00	16.2	1:06	31	16:27	7:57	1:48:32					
43	8/12			Sara Nichols	North Liberty	IA	38	F	33	15:51	7:40	1:11	47	1:14:02	16.2	1:04	32	16:27	7:57	1:48:32					
44	9/12			Nora Epping	Coralville	IA	30	F	38	16:41	8:04	1:20	48	1:14:23	16.1	1:02	28	15:55	7:42	1:49:19					
45	5/6			Kara Sehl	Iowa City	IA	48	F	51	19:02	9:12	0:47	44	1:12:13	16.6	0:37	44	18:51	9:07	1:51:28					
46	10/12			Megan Noe	Iowa City	IA	32	F	41	17:14	8:20	1:04	49	1:15:00	16.0	1:10	37	17:12	8:19	1:51:39					
47	2/3			Ara Ispentchian	Cedar Rapids	IA	41	M	50	19:00	9:11	1:09	42	1:11:24	16.8	1:35	49	20:03	9:41	1:53:10					
48	11/12			Billie Jo Olsen	Quasqueton	IA	32	F	52	19:06	9:14	2:15	41	1:10:27	17.0	2:25	51	20:13	9:46	1:54:24					
49	6/6			Tracy Murphy	Tiffin	IA	49	F	45	17:28	8:27	1:35	45	1:13:32	16.3	1:44	53	20:34	9:56	1:54:51					
50	4/4			Steve Gloeckner	Cedar Rapids	IA	40	M	44	17:20	8:23	1:41	50	1:16:20	15.7	1:33	42	18:34	8:59	1:55:26					

51	4/4	Jill Noel	North Liberty	IA	27	F	47	18:24	8:53	0:41	52	1:19:52	15.0	0:16	41	18:28	8:55	1:57:38
52	8/8	Richard Aden	North Liberty	IA	30	M	49	18:58	9:10	1:27	51	1:18:11	15.3	1:20	50	20:13	9:46	2:00:07
53	2/2	Richard Weil	St Paul	MN	64	M	43	17:20	8:23	3:21	55	1:28:43	13.5	2:28	52	20:20	9:49	2:12:09
54	12/12	Ashley Buol	Cedar Rapids	IA	30	F	54	19:29	9:25	1:43	56	1:30:49	13.2	0:43	54	21:42	10:29	2:14:23
55	3/3	Jeremy Horning	Tiffin	IA	44	M	55	25:06	12:08	2:54	53	1:24:29	14.2	1:55	55	28:13	13:38	2:22:34
56	1/1	Lindsay Nauen	St Paul	MN	64	F	56	30:35	14:47	3:01	54	1:26:48	13.8	2:51	56	34:17	16:34	2:37:30

PROBLEM RESULTS

TOT DIV	PLC PLC	NAME	CITY	ST	AGE	S	plc	RUN time	pace	TRAN time	BIKE plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/1	Rachael Arnone	Iowa City	IA	37	F	1	21:09	10:13	2:42								

TOP 10 FIRST RUN

NAME	CITY	ST	AGE	S	time	pace
1 Timothy Doyle	North Liberty	IA	37	M	10:59	3:28
2 Jeff Paul	Le Claire	IA	34	M	11:00	3:28
3 Jonathan Estabrook	Ankeny	IA	40	M	11:16	3:33
4 Christopher Bell	Olds	IA	27	M	11:36	3:39
5 Jen Paul	Le Claire	IA	32	F	11:41	3:41
6 Derek Timperley	North Liberty	IA	31	M	12:20	3:53
7 Derek Hager	Minneapolis	MN	53	M	12:41	4:00
8 Mederic Hall	Coralville	IA	34	M	12:45	4:01
9 John Burkle	Iowa City	IA	40	M	12:49	4:02
10 Joanna Hall	Coralville	IA	33	F	12:50	4:03

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1 Jeff Paul	Le Claire	IA	34	M	0:21
2 Timothy Doyle	North Liberty	IA	37	M	0:24
3 Jonathan Estabrook	Ankeny	IA	40	M	0:25
4 Derek Hager	Minneapolis	MN	53	M	0:26
5 Scott Winkel	Des Moines	IA	55	M	0:28
6 Steve Winkel	Des Moines	IA	56	M	0:30
7 Heidi Sutter	Dubuque	IA	41	F	0:30
8 George Sehl	Iowa City	IA	50	M	0:30
9 Jen Paul	Le Claire	IA	32	F	0:32
10 Mederic Hall	Coralville	IA	34	M	0:33

TOP 10 BIKE

	NAME	CITY	ST	AGE	S	time	mph
1	Jeff Paul	Le Claire	IA	34	M	46:00	26.1
2	Derek Hager	Minneapolis	MN	53	M	46:53	25.6
3	Timothy Doyle	North Liberty	IA	37	M	48:10	24.9
4	Jonathan Estabrook	Ankeny	IA	40	M	49:10	24.4
5	Christopher Bell	Olds	IA	27	M	50:23	23.8
6	Daniela Williams	North Liberty	IA	38	F	50:38	23.7
7	Mederic Hall	Coralville	IA	34	M	50:54	23.6
8	Joanna Hall	Coralville	IA	33	F	51:17	23.4
9	John Burkle	Iowa City	IA	40	M	51:37	23.2
10	Steve Winkel	Des Moines	IA	56	M	51:57	23.1

TOP 10 SECOND TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Jill Noel	North Liberty	IA	27	F	0:16
2	Derek Hager	Minneapolis	MN	53	M	0:23
3	George Sehl	Iowa City	IA	50	M	0:25
4	Joanna Hall	Coralville	IA	33	F	0:25
5	Jeff Paul	Le Claire	IA	34	M	0:26
6	Jonathan Estabrook	Ankeny	IA	40	M	0:26
7	Timothy Doyle	North Liberty	IA	37	M	0:27
8	Daniela Williams	North Liberty	IA	38	F	0:28
9	Christopher Bell	Olds	IA	27	M	0:29
10	Gary Boesenberg	Solon	IA	54	M	0:31

TOP 10 SECOND RUN

	NAME	CITY	ST	AGE	S	time	pace
1	Jeff Paul	Le Claire	IA	34	M	11:38	3:40
2	Timothy Doyle	North Liberty	IA	37	M	11:39	3:40
3	Jen Paul	Le Claire	IA	32	F	12:02	3:47
4	Jonathan Estabrook	Ankeny	IA	40	M	12:07	3:49
5	Christopher Bell	Olds	IA	27	M	12:34	3:57
6	Mederic Hall	Coralville	IA	34	M	12:49	4:02
7	Derek Timperley	North Liberty	IA	31	M	12:55	4:04
8	Daniela Williams	North Liberty	IA	38	F	13:18	4:11
9	Joanna Hall	Coralville	IA	33	F	13:24	4:13
10	Eric Monahan	Iowa City	IA	29	M	13:36	4:17