

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

2.4 Mile Run, 18 Mile Bike, 3.1 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	64 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	18 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	14 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	99 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	69 Kyle Polich	North Liberty	IA	25	M	3	15:06	6:18	0:45	7	51:40	20.9	0:33	3	20:10	6:31	1:28:13
6	95 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	62 Guy Olson	Cedar Rapids	IA	56	M	22	18:44	7:48	0:37	6	49:06	22.0	0:39	15	23:31	7:35	1:32:35
8	92 Derek Timperley	North Liberty	IA	30	M	10	16:58	7:05	0:47	10	52:55	20.4	0:46	9	22:12	7:10	1:33:35
9	89 Clayton Stephens	Cedar Rapids	IA	36	M	8	16:47	7:00	0:47	13	54:43	19.7	0:33	7	21:43	7:01	1:34:31
10	88 Dave Steines	Mount Vernon	IA	46	M	21	18:37	7:46	0:28	8	52:27	20.6	0:37	17	23:58	7:44	1:36:05
11	59 Shawn Morgan	Iowa City	IA	31	M	15	17:37	7:21	0:51	14	54:47	19.7	0:38	13	22:52	7:23	1:36:43
12	57 Eric Monahan	Iowa City	IA	28	M	7	16:20	6:49	0:43	21	56:42	19.0	0:53	12	22:44	7:20	1:37:20
13	101 Ian Hoover-Grinde	Cedar Rapids	IA	15	M	11	17:01	7:06	0:38	18	56:04	19.3	0:33	16	23:51	7:42	1:38:05
14	44 Steve Lentz	Iowa City	IA	56	M	29	19:22	8:04	0:47	9	52:37	20.5	0:34	27	25:23	8:12	1:38:41
15	74 Benjamin Reinhart	Cedar Rapids	IA	23	M	12	17:03	7:06	0:50	32	59:54	18.0	0:50	6	21:24	6:55	1:39:58
16	31 Josh Hildebrand	North Liberty	IA	34	M	19	18:28	7:42	1:02	26	58:10	18.6	1:00	8	22:03	7:07	1:40:39
17	7 Andrew Benko	Dubuque	IA	46	M	13	17:08	7:09	0:56	27	59:02	18.3	0:38	14	23:02	7:26	1:40:44
18	53 Isaac McFee	Grinnell	IA	17	M	5	15:46	6:34	0:48	38	1:01:30	17.6	0:33	11	22:30	7:16	1:41:05
19	94 Cory Tweden	Iowa City	IA	36	M	24	18:46	7:49	0:50	12	54:01	20.0	0:43	34	26:55	8:41	1:41:12
20	40 Bob Klein	Dewitt	IA	52	M	20	18:33	7:44	0:49	17	55:43	19.4	1:03	26	25:14	8:09	1:41:20
21	4 Jacob Beltz	Coralville	IA	28	M	16	17:59	7:30	0:54	23	57:33	18.8	0:39	22	24:27	7:53	1:41:29
22	21 Brent Frein	Cedar Falls	IA	26	M	31	19:25	8:06	0:58	19	56:18	19.2	0:59	20	24:11	7:48	1:41:50
23	60 Marcus Nashelsky	Iowa City	IA	51	M	30	19:24	8:05	1:16	15	55:04	19.6	1:19	23	24:58	8:04	1:41:58
24	79 Curtis Rosing	Davenport	IA	35	M	14	17:24	7:15	1:03	28	59:08	18.3	0:42	19	24:09	7:48	1:42:24
25	1 Vladimir Badovinac	Iowa City	IA	45	M	25	18:48	7:50	1:06	16	55:33	19.4	1:25	30	26:08	8:26	1:42:58
26	12 Leo Buzalsky	Cedar Rapids	IA	29	M	17	18:01	7:31	0:46	33	1:00:17	17.9	0:30	25	24:59	8:04	1:44:29
27	49 Andy Lollback	Iowa City	IA	28	M	32	19:33	8:09	1:09	25	58:03	18.6	1:03	24	24:58	8:04	1:44:45
28	38 Eric Johnson	Cedar Rapids	IA	54	M	33	19:49	8:16	0:51	20	56:30	19.1	0:44	35	28:14	9:07	1:46:06
29	17 Matthew Edeker	Iowa City	IA	21	M	23	18:45	7:49	2:18	31	59:40	18.1	1:56	18	24:07	7:47	1:46:44
30	47 Brian Link	Coralville	IA	53	M	40	20:33	8:34	1:09	24	57:41	18.7	1:17	33	26:43	8:37	1:47:22
31	83 Joe Schreder	Mt Vernon	IA	52	M	28	19:17	8:02	0:21	39	1:01:56	17.4	0:27	29	25:36	8:16	1:47:36
32	25 Pedro Gonzalez-Ale	Iowa City	IA	41	M	27	18:51	7:51	1:25	35	1:00:53	17.7	0:50	32	26:23	8:31	1:48:20
33	93 Dan Tucker	Cedar Rapids	IA	62	M	50	24:02	10:01	0:46	11	53:40	20.1	0:40	40	29:38	9:34	1:48:44
34	45 Jason Liedtke	Urbana	IA	42	M	42	20:53	8:42	1:21	22	57:32	18.8	1:36	39	29:17	9:27	1:50:38
35	77 Derek Roberts	Hiawatha	IA	26	M	18	18:01	7:31	0:39	44	1:08:11	15.8	0:32	21	24:24	7:53	1:51:46
36	96 Andrew White	Johnston	IA	23	M	36	20:03	8:21	1:48	40	1:03:20	17.1	1:21	28	25:26	8:13	1:51:56
37	84 Dave Schrock	Ely	IA	46	M	41	20:40	8:37	1:26	36	1:01:14	17.6	1:17	38	28:42	9:16	1:53:17
38	33 Eric Hodgson	North Liberty	IA	41	M	35	20:00	8:20	2:00	37	1:01:14	17.6	1:49	36	28:22	9:10	1:53:23
39	19 Grady Finchum	Iowa City	IA	21	M	26	18:51	7:51	2:11	29	59:27	18.2	2:11	42	31:20	10:07	1:53:57
40	27 Kevin Hansen	Delmar	IA	34	M	44	21:57	9:09	1:10	43	1:07:29	16.0	0:48	31	26:13	8:28	1:57:34
41	46 Todd Lewison	Cedar Rapids	IA	53	M	49	23:51	9:57	0:48	34	1:00:21	17.9	1:07	43	31:53	10:17	1:57:58
42	72 Andy Redlinger	Solon	IA	45	M	34	19:58	8:19	0:58	45	1:09:00	15.7	0:52	37	28:32	9:13	1:59:18
43	73 Wayne Reichter	Omaha	NE	48	M	43	21:11	8:50	1:07	42	1:05:09	16.6	0:42	44	32:08	10:22	2:00:16
44	28 Jay Hatch	Coralville	IA	28	M	48	23:26	9:46	0:56	30	59:40	18.1	0:49	48	36:23	11:44	2:01:12
45	80 Rob Schneider	Ely	IA	38	M	46	22:30	9:23	0:42	41	1:05:02	16.6	0:36	46	33:30	10:49	2:02:17
46	2 Darrell Baetsle	Walford	IA	48	M	45	22:05	9:12	0:45	46	1:09:32	15.5	0:38	45	32:28	10:29	2:05:26
47	71 Bailey Redlinger	Solon	IA	17	M	38	20:14	8:26	0:54	47	1:09:55	15.4	0:40	47	35:20	11:24	2:07:01

48	24	Steve Gloeckner	Cedar Rapids	IA	39	M	37	20:03	8:22	2:07	50	1:17:13	14.0	2:06	41	29:44	9:36	2:11:11
49	8	Jordan Bergland	Omaha	NE	27	M	47	22:55	9:33	1:21	48	1:12:42	14.9	0:36	49	36:53	11:54	2:14:25
50	5	Jim Bengtson	Clinton	IA	40	M	39	20:15	8:27	0:38	49	1:15:02	14.4	0:32	50	46:06	14:53	2:22:32

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	97	Daniela Williams	North Liberty	IA	37	F	3	17:54	7:28		0:36	1	50:24	21.4		0:33	1	22:27	7:15	1:31:51				
2	26	Joanna Hall	Coralville	IA	32	F	2	17:53	7:27		0:31	2	50:50	21.2		0:23	5	24:15	7:50	1:33:50				
3	87	Kim Sprenger	Iowa City	IA	51	F	5	18:45	7:49		0:36	3	55:49	19.3		0:41	4	23:42	7:39	1:39:32				
4	90	Heidi Sutter	Dubuque	IA	40	F	1	17:46	7:25		0:34	7	1:00:38	17.8		0:33	3	23:01	7:26	1:42:31				
5	51	Sarah Lucas-Carr	Iowa City	IA	28	F	8	19:35	8:10		0:33	6	59:38	18.1		0:27	2	22:53	7:23	1:43:05				
6	48	Jamie Lollback	Iowa City	IA	28	F	7	19:34	8:10		0:46	8	1:00:52	17.7		0:28	7	25:50	8:20	1:47:28				
7	55	Kennon Meyer	Cedar Rapids	IA	22	F	9	20:14	8:26		0:38	5	59:19	18.2		0:32	10	28:02	9:03	1:48:42				
8	67	Amy Piercy	North Liberty	IA	39	F	6	19:17	8:02		1:03	9	1:01:28	17.6		1:04	8	26:19	8:30	1:49:09				
9	54	Kallie Meyer	Cedar Rapid	IA	50	F	10	20:24	8:30		1:01	10	1:02:11	17.4		1:11	9	26:27	8:32	1:51:12				
10	10	Ash Bruxvoort	Des Moines	IA	23	F	15	21:59	9:10		1:16	4	58:29	18.5		1:15	12	29:11	9:25	1:52:08				
11	6	Angela Bengtson	Clinton	IA	34	F	4	18:08	7:34		0:53	18	1:07:34	16.0		0:43	6	25:11	8:08	1:52:26				
12	75	Sarah Richmond	Iowa City	IA	26	F	14	21:53	9:08		1:01	11	1:02:48	17.2		1:00	13	29:44	9:36	1:56:25				
13	76	Sarah Riesberg	Des Moines	IA	24	F	13	21:45	9:04		1:53	12	1:03:09	17.1		1:14	14	30:00	9:41	1:58:00				
14	20	Benita Flores	Davenport	IA	46	F	11	21:19	8:53		1:08	16	1:05:15	16.6		1:08	15	30:13	9:45	1:59:02				
15	39	Amy Johnson	Davenport	IA	46	F	22	22:37	9:26		0:59	13	1:04:15	16.8		1:00	16	30:16	9:46	1:59:05				
16	70	Jill Powers	Dubuque	IA	34	F	12	21:27	8:57		0:51	19	1:07:39	16.0		0:37	11	28:33	9:13	1:59:05				
17	91	Sara Swanson	Riverside	IA	43	F	17	22:20	9:19		1:17	17	1:06:00	16.4		1:03	18	30:45	9:56	2:01:24				
18	98	Michelle Genida	Solon	IA	46	F	23	23:02	9:36		0:55	15	1:04:39	16.7		0:57	22	32:05	10:21	2:01:36				
19	52	Cathryn Lucas-Carr	Iowa City	IA	28	F	26	25:20	10:34		1:15	14	1:04:32	16.7		0:52	17	30:35	9:52	2:02:32				
20	36	Karmen Hopkins	Davenport	IA	33	F	24	24:22	10:09		1:34	20	1:09:08	15.6		1:38	23	32:46	10:35	2:09:25				
21	37	Shishonee Hughes	North Liberty	IA	38	F	18	22:26	9:21		1:46	22	1:10:44	15.3		1:23	25	33:11	10:43	2:09:28				
22	30	Lisa Hildebrand	North Liberty	IA	34	F	19	22:26	9:21		1:39	23	1:10:51	15.2		1:24	24	33:11	10:43	2:09:28				
23	58	Jennifer Mooney	Middle Amana	IA	38	F	21	22:36	9:25		1:40	25	1:14:08	14.6		0:53	19	30:48	9:56	2:10:04				
24	85	Jamie Sexton	Amana	IA	37	F	20	22:31	9:23		1:46	26	1:14:10	14.6		0:51	20	30:48	9:57	2:10:04				
25	78	Soungyoung Rosing	Davenport	IA	40	F	27	26:31	11:03		0:56	21	1:09:33	15.5		0:51	27	36:11	11:41	2:14:01				
26	13	Jennifer Cutkomp	Eldridge	IA	39	F	28	26:50	11:11		0:53	24	1:10:54	15.2		1:15	26	35:05	11:19	2:14:55				
27	9	Laura Bonner	Iowa City	IA	30	F	25	24:57	10:24		1:48	27	1:16:26	14.1		1:32	21	31:47	10:15	2:16:28				
28	81	Riley Schreder	Mount Vernon	IA	20	F	16	22:07	9:13		0:31	30	1:26:23	12.5		0:37	29	39:24	12:43	2:29:00				
29	43	Abby Lasecki	Cedar Rapids	IA	54	F	30	29:20	12:14		0:46	28	1:17:01	14.0		0:53	30	42:12	13:37	2:30:11				
30	29	Kelli Head	Waterloo	IA	39	F	29	27:33	11:29		2:00	29	1:23:04	13.0		1:02	28	37:54	12:14	2:31:30				