

IOWA CITY DUATHLON
 Sunday, June 15, 2013
 Iowa City, Iowa

3.18 Mile Run, 20 Mile Bike, 3.18 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	105 Andrew Benko	Dubuque	IA	46	M	1	20:04	6:19	0:57	1	58:27	20.5	0:30	1	21:53	6:53	1:41:48

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	143 Greta Songe	Coralville	IA	36	F	1	25:40	8:05	0:52	1	1:09:37	17.2	0:37	1	28:37	9:00	2:05:20

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	1	18:16	5:45	0:36	1	57:59	20.7	0:38	1	19:48	6:14	1:37:16

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	1	22:16	7:00	0:39	2	1:06:58	17.9	0:29	1	22:37	7:07	1:52:58
2 Sarah Richmond	Iowa City	IA	26	F	2	23:40	7:27	0:37	1	1:02:31	19.2	0:39	2	27:11	8:33	1:54:36

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	17:34	5:32	0:32	1	56:30	21.2	0:28	2	19:59	6:17	1:35:01
2 William O'Connell	Iowa City	IA	21	M	2	18:12	5:44	0:52	2	57:14	21.0	0:29	4	20:49	6:33	1:37:35
3 Matthew Coffey	Marion	IA	24	M	3	18:23	5:47	0:50	3	58:46	20.4	0:40	1	19:30	6:08	1:38:06
4 Eric Monahan	Iowa City	IA	28	M	4	19:01	5:59	0:44	5	1:00:53	19.7	0:56	5	21:12	6:40	1:42:44
5 Ben Reinhart	Cedar Rapids	IA	23	M	5	19:10	6:02	0:25	6	1:02:35	19.2	0:34	3	20:31	6:27	1:43:13
6 Jacob Beltz	Coralville	IA	28	M	6	21:30	6:46	0:53	4	59:56	20.0	0:43	6	23:29	7:23	1:46:30
7 John Richter	Marshalltown	IA	25	M	7	21:46	6:51	1:14	7	1:06:26	18.1	1:14	7	23:42	7:28	1:54:20

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	21:33	6:47	0:34	1	54:47	21.9	0:36	1	22:05	6:57	1:39:33
2 Angela Bengtson	Clinton	IA	34	F	1	20:40	6:30	0:41	2	1:13:38	16.3	0:27	2	23:14	7:19	1:58:38
3 Brenda Krueger	Iowa City	IA	36	F	3	34:19	10:48	1:26	3	1:30:15	13.3	1:02	3	48:26	15:14	2:55:26

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	16:35	5:13	0:28	1	47:55	25.0	0:25	2	17:43	5:35	1:23:04
2 Jonathan Estabrook	Ankeny	IA	39	M	3	17:03	5:22	0:20	2	50:16	23.9	0:27	3	18:18	5:46	1:26:21
3 Timothy Doyle	North Liberty	IA	36	M	2	16:52	5:19	0:34	4	51:37	23.2	0:27	1	17:29	5:30	1:26:57
4 Steven Davis	North Liberty	IA	33	M	5	18:10	5:43	0:34	3	51:28	23.3	0:22	5	19:51	6:15	1:30:23
5 Lucas Llado	Iowa City	IA	37	M	4	17:38	5:33	0:40	5	51:58	23.1	0:29	4	19:43	6:12	1:30:26
6 Adam Hedberg-Buenz	North Liberty	IA	30	M	6	19:09	6:02	0:52	6	53:22	22.5	0:30	7	21:03	6:37	1:34:55
7 Derek Timperley	North Liberty	IA	30	M	7	19:11	6:02	0:46	7	58:46	20.4	0:35	6	20:22	6:25	1:39:38
8 Shawn Morgan	Iowa City	IA	31	M	8	20:17	6:23	1:01	8	58:47	20.4	0:42	8	22:13	7:00	1:42:58
9 Cory Tweden	Iowa City	IA	36	M	9	21:07	6:39	0:56	9	58:57	20.4	0:41	11	26:43	8:24	1:48:22
10 Boulos Nassar	Iowa City	IA	35	M	10	22:38	7:07	1:17	10	1:02:08	19.3	0:54	9	23:37	7:26	1:50:32
11 Brent Meyer	Sugarland	TX	36	M	11	23:15	7:19	2:15	11	1:07:09	17.9	2:53	10	23:52	7:31	1:59:22

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	20:13	6:22	0:40	1	1:03:44	18.8	0:38	1	21:56	6:54	1:47:09
2 Lynette Brown	North Liberty	IA	41	F	2	23:06	7:16	0:45	2	1:05:44	18.3	0:45	2	24:12	7:37	1:54:29
3 Sara Swanson	Riverside	IA	43	F	3	25:21	7:58	0:58	4	1:08:39	17.5	0:59	3	28:39	9:01	2:04:33
4 Laura Scharosch	Center Point	IA	47	F	4	25:39	8:04	1:02	5	1:10:38	17.0	0:52	4	29:47	9:22	2:07:56
5 Rebecca Truskowski	Coralville	IA	47	F	5	27:29	8:39	1:15	3	1:08:33	17.5	1:25	5	30:13	9:31	2:08:54
6 Andrea Martin	Iowa City	IA	44	F	6	32:00	10:04	0:56	6	1:18:11	15.3	0:38	6	36:03	11:20	2:27:46

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 John Martinek	Coralville	IA	45	M	2	20:45	6:32	0:26	1	54:24	22.1	0:27	1	21:48	6:52	1:37:49
2 Jeremy Oepping	Muscataine	IA	42	M	3	21:02	6:37	0:40	2	58:17	20.6	0:33	2	23:14	7:19	1:43:45
3 Vladimir Badovinac	Iowa City	IA	45	M	4	22:26	7:04	0:52	3	1:00:54	19.7	0:42	4	24:26	7:41	1:49:18
4 Jason Hahn	Des Moines	IA	43	M	1	20:15	6:22	1:21	5	1:03:48	18.8	1:20	3	23:20	7:21	1:50:00

5	Brent Nichols	North Liberty	IA	43	M	5	23:14	7:19	1:43	4	1:01:53	19.4	1:45	5	25:41	8:05	1:54:15
6	Ron Neems	Iowa City	IA	47	M	6	25:08	7:55	1:26	6	1:11:17	16.8	1:46	6	27:38	8:42	2:07:14

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	Laurie Craig	Cedar Rapids	IA	52	F	1	27:36	8:41	1:18	1	1:22:05	14.6	1:26	1	28:51	9:05	2:21:15

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	Marcus Nashelsky	Iowa City	IA	51	M	1	22:26	7:04	0:48	1	1:01:50	19.4	1:02	1	24:58	7:51	1:51:03
2	Brian Link	Coralville	IA	53	M	2	23:22	7:21	1:03	2	1:07:13	17.9	1:01	2	28:32	8:59	2:01:10
3	Bryce Kanago	Cedar Falls	IA	56	M	3	30:54	9:43	1:53	3	1:19:01	15.2	1:01	3	35:01	11:01	2:27:48