

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	62 Daniela Williams	North Liberty	IA	38	F	3	13:08	6:21	0:34	1	50:38	23.7	0:28	2	13:18	6:26	1:18:03
2	21 Joanna Hall	Coralville	IA	33	F	2	12:50	6:12	0:34	2	51:17	23.4	0:25	3	13:24	6:29	1:18:29
3	48 Jen Paul	Le Claire	IA	32	F	1	11:41	5:39	0:32	4	53:42	22.3	0:37	1	12:02	5:49	1:18:32
4	34 Aryn McLaren	Grimes	IA	35	F	6	13:59	6:46	0:34	3	53:32	22.4	0:39	5	14:52	7:11	1:23:34
5	55 Kim Sprenger	Iowa City	IA	52	F	5	13:59	6:45	0:39	6	59:13	20.3	0:31	6	15:04	7:17	1:29:23
6	56 Heidi Sutter	Dubuque	IA	41	F	4	13:18	6:26	0:30	8	1:02:50	19.1	0:39	4	14:28	7:00	1:31:44
7	71 La Lowe	Coralville	IA	53	F	17	16:58	8:12	0:48	5	56:53	21.1	0:53	20	18:54	9:08	1:34:23
8	51 Sarah Richmond	Cedar Rapids	IA	27	F	13	16:23	7:55	0:54	7	59:32	20.2	0:42	21	18:56	9:09	1:36:25
9	18 Aimee Gissel	Pleasant Hill	IA	27	F	10	15:48	7:38	0:47	9	1:03:04	19.0	0:37	11	16:41	8:04	1:36:55
10	22 Jess Harris	Coralville	IA	37	F	9	15:30	7:29	1:08	10	1:05:52	18.2	0:59	7	15:32	7:31	1:38:59
11	65 Laura Wirth	Robins	IA	43	F	8	15:28	7:29	0:44	13	1:08:33	17.5	0:42	12	16:51	8:09	1:42:16
12	15 Kelly Erickson	Toddville	IA	47	F	12	16:23	7:55	1:00	12	1:07:40	17.7	1:11	17	18:46	9:04	1:44:58
13	6 Sarah Bell	Olds	IA	28	F	22	18:28	8:56	0:55	11	1:06:21	18.1	1:01	19	18:52	9:07	1:45:36
14	59 Cristi Trow Dykstr	Riverside	IA	35	F	7	14:59	7:15	1:02	18	1:11:59	16.7	1:03	10	16:41	8:04	1:45:43
15	27 Lori Kasperek	Iowa City	IA	35	F	14	16:29	7:58	0:57	16	1:09:57	17.2	1:10	14	17:18	8:22	1:45:50
16	36 Barb Mueller	Iowa City	IA	57	F	15	16:30	7:58	1:09	14	1:09:09	17.4	1:46	15	17:19	8:22	1:45:51
17	57 Sara Swanson	Riverside	IA	44	F	20	17:33	8:29	1:05	15	1:09:25	17.3	1:03	22	19:15	9:18	1:48:19
18	41 Sara Nichols	North Liberty	IA	38	F	11	15:51	7:40	1:11	21	1:14:02	16.2	1:04	9	16:27	7:57	1:48:32
19	14 Nora Epping	Coralville	IA	30	F	16	16:41	8:04	1:20	22	1:14:23	16.1	1:02	8	15:55	7:42	1:49:19
20	53 Kara Sehl	Iowa City	IA	48	F	23	19:02	9:12	0:47	19	1:12:13	16.6	0:37	18	18:51	9:07	1:51:28
21	42 Megan Noe	Iowa City	IA	32	F	18	17:14	8:20	1:04	23	1:15:00	16.0	1:10	13	17:12	8:19	1:51:39
22	44 Billie Jo Olsen	Quasqueton	IA	32	F	24	19:06	9:14	2:15	17	1:10:27	17.0	2:25	23	20:13	9:46	1:54:24
23	37 Tracy Murphy	Tiffin	IA	49	F	19	17:28	8:27	1:35	20	1:13:32	16.3	1:44	24	20:34	9:56	1:54:51
24	73 Jill Noel	North Liberty	IA	27	F	21	18:24	8:53	0:41	24	1:19:52	15.0	0:16	16	18:28	8:55	1:57:38
25	66 Ashley Buol	Cedar Rapids	IA	30	F	25	19:29	9:25	1:43	26	1:30:49	13.2	0:43	25	21:42	10:29	2:14:23
26	40 Lindsay Nauen	St Paul	MN	64	F	26	30:35	14:47	3:01	25	1:26:48	13.8	2:51	26	34:17	16:34	2:37:30

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	49 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	13 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	16 Jonathan Estabrook	Ankeny	IA	40	M	3	11:16	5:27	0:25	4	49:10	24.4	0:26	3	12:07	5:51	1:13:22
4	75 Derek Hager	Minneapolis	IA	53	M	6	12:41	6:08	0:26	2	46:53	25.6	0:23	8	13:57	6:45	1:14:19
5	5 Christopher Bell	Olds	IA	27	M	4	11:36	5:37	0:43	5	50:23	23.8	0:29	4	12:34	6:04	1:15:42
6	20 Mederic Hall	Coralville	IA	34	M	7	12:45	6:10	0:33	6	50:54	23.6	0:38	5	12:49	6:12	1:17:36
7	11 John Burkle	Iowa City	IA	40	M	8	12:49	6:12	1:04	7	51:37	23.2	0:38	9	14:13	6:52	1:20:19
8	58 Derek Timperley	North Liberty	IA	31	M	5	12:20	5:58	0:43	10	54:11	22.1	0:35	6	12:55	6:15	1:20:41
9	54 George Sehl	Iowa City	IA	50	M	10	13:17	6:25	0:30	9	52:30	22.9	0:25	11	14:47	7:09	1:21:27
10	63 Steve Winkel	Des Moines	IA	56	M	12	13:55	6:44	0:30	8	51:57	23.1	0:52	14	15:08	7:19	1:22:20
11	35 Eric Monahan	Iowa City	IA	29	M	11	13:46	6:39	0:39	11	55:16	21.7	0:36	7	13:36	6:35	1:23:51
12	64 Scott Winkel	Des Moines	IA	55	M	9	12:52	6:13	0:28	13	57:38	20.8	0:34	10	14:27	6:59	1:25:57
13	10 Gary Boesenberg	Solon	IA	54	M	15	14:40	7:05	0:37	12	56:13	21.3	0:31	24	17:03	8:15	1:29:03
14	39 Boulos Nassar	Iowa City	IA	36	M	16	14:41	7:06	0:52	14	59:53	20.0	0:42	16	15:20	7:25	1:31:26
15	17 Jason Fisher	Hiawatha	IA	34	M	13	14:06	6:49	1:19	16	1:00:36	19.8	0:58	12	14:59	7:14	1:31:56
16	12 Leo Buzalsky	Cedar Rapids	IA	30	M	17	14:52	7:11	0:48	17	1:00:48	19.7	0:38	21	15:56	7:42	1:32:59
17	3 Anthony Arnone	Iowa City	IA	49	M	19	15:02	7:16	1:46	15	1:00:34	19.8	1:36	13	15:01	7:16	1:33:56
18	7 Jake Beltz	Coralville	IA	29	M	21	15:33	7:31	0:50	19	1:01:12	19.6	0:48	18	15:50	7:39	1:34:11
19	29 Bob Lotz	North Liberty	IA	51	M	18	14:58	7:14	0:52	20	1:03:38	18.9	0:54	15	15:20	7:25	1:35:39

20	46 Nick Pacha	North Liberty	IA	24	M	14	14:13	6:52	1:07	21	1:04:39	18.6	0:54	19	15:54	7:41	1:36:45
21	52 John Richter	Conrad	IA	26	M	20	15:07	7:18	1:04	23	1:05:29	18.3	0:50	17	15:23	7:26	1:37:51
22	72 Jacob Buffo	Cedar Rapids	IA	23	M	29	19:22	9:22	1:06	18	1:01:06	19.6	0:53	20	15:54	7:41	1:38:20
23	31 Robert Mabrey	Omaha	NE	61	M	24	17:15	8:20	1:21	24	1:05:34	18.3	1:45	22	16:19	7:53	1:42:12
24	47 Phil Pancrazio	Silvis	IL	58	M	23	16:48	8:07	1:43	22	1:05:26	18.3	1:21	25	17:48	8:36	1:43:05
25	43 Brock Noel	North Liberty	IA	38	M	22	15:51	7:39	1:11	26	1:14:00	16.2	1:06	23	16:27	7:57	1:48:32
26	25 Ara Ispentchian	Cedar Rapids	IA	41	M	28	19:00	9:11	1:09	25	1:11:24	16.8	1:35	27	20:03	9:41	1:53:10
27	19 Steve Gloeckner	Cedar Rapids	IA	40	M	26	17:20	8:23	1:41	27	1:16:20	15.7	1:33	26	18:34	8:59	1:55:26
28	1 Richard Aden	North Liberty	IA	30	M	27	18:58	9:10	1:27	28	1:18:11	15.3	1:20	28	20:13	9:46	2:00:07
29	60 Richard Weil	St Paul	MN	64	M	25	17:20	8:23	3:21	30	1:28:43	13.5	2:28	29	20:20	9:49	2:12:09
30	24 Jeremy Horning	Tiffin	IA	44	M	30	25:06	12:08	2:54	29	1:24:29	14.2	1:55	30	28:13	13:38	2:22:34