

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	43 Brock Noel	North Liberty	IA	38	M	1	15:51	7:39	1:11	2	1:14:00	16.2	1:06	1	16:27	7:57	1:48:32
2	25 Ara Ispentchian	Cedar Rapids	IA	41	M	2	19:00	9:11	1:09	1	1:11:24	16.8	1:35	2	20:03	9:41	1:53:10
3	24 Jeremy Horning	Tiffin	IA	44	M	3	25:06	12:08	2:54	3	1:24:29	14.2	1:55	3	28:13	13:38	2:22:34

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 Richmond	Cedar Rapids	IA	27	F	2	16:23	7:55	0:54	1	59:32	20.2	0:42	4	18:56	9:09	1:36:25
2 Aimee Gissel	Pleasant Hill	IA	27	F	1	15:48	7:38	0:47	2	1:03:04	19.0	0:37	1	16:41	8:04	1:36:55
3 Sarah Bell	Olds	IA	28	F	4	18:28	8:56	0:55	3	1:06:21	18.1	1:01	3	18:52	9:07	1:45:36
4 Jill Noel	North Liberty	IA	27	F	3	18:24	8:53	0:41	4	1:19:52	15.0	0:16	2	18:28	8:55	1:57:38

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 Christopher Bell	Olds	IA	27	M	1	11:36	5:37	0:43	1	50:23	23.8	0:29	1	12:34	6:04	1:15:42
2 Eric Monahan	Iowa City	IA	29	M	2	13:46	6:39	0:39	2	55:16	21.7	0:36	2	13:36	6:35	1:23:51
3 Jake Beltz	Coralville	IA	29	M	5	15:33	7:31	0:50	4	1:01:12	19.6	0:48	4	15:50	7:39	1:34:11
4 Nick Pacha	North Liberty	IA	24	M	3	14:13	6:52	1:07	5	1:04:39	18.6	0:54	5	15:54	7:41	1:36:45
5 John Richter	Conrad	IA	26	M	4	15:07	7:18	1:04	6	1:05:29	18.3	0:50	3	15:23	7:26	1:37:51
6 Jacob Buffo	Cedar Rapids	IA	23	M	6	19:22	9:22	1:06	3	1:01:06	19.6	0:53	6	15:54	7:41	1:38:20

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	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 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 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 Aryn McLaren	Grimes	IA	35	F	4	13:59	6:46	0:34	3	53:32	22.4	0:39	4	14:52	7:11	1:23:34
5 Jess Harris	Coralville	IA	37	F	6	15:30	7:29	1:08	5	1:05:52	18.2	0:59	5	15:32	7:31	1:38:59
6 Cristi Trow Dykstr	Riverside	IA	35	F	5	14:59	7:15	1:02	8	1:11:59	16.7	1:03	8	16:41	8:04	1:45:43
7 Lori Kasperek	Iowa City	IA	35	F	8	16:29	7:58	0:57	6	1:09:57	17.2	1:10	10	17:18	8:22	1:45:50
8 Sara Nichols	North Liberty	IA	38	F	7	15:51	7:40	1:11	9	1:14:02	16.2	1:04	7	16:27	7:57	1:48:32
9 Nora Epping	Coralville	IA	30	F	9	16:41	8:04	1:20	10	1:14:23	16.1	1:02	6	15:55	7:42	1:49:19
10 Megan Noe	Iowa City	IA	32	F	10	17:14	8:20	1:04	11	1:15:00	16.0	1:10	9	17:12	8:19	1:51:39
11 Billie Jo Olsen	Quasqueton	IA	32	F	11	19:06	9:14	2:15	7	1:10:27	17.0	2:25	11	20:13	9:46	1:54:24
12 Ashley Buol	Cedar Rapids	IA	30	F	12	19:29	9:25	1:43	12	1:30:49	13.2	0:43	12	21:42	10:29	2:14:23

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	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 Timothy Doyle	North Liberty	IA	37	M	1	10:59	5:19	0:24	2	48:10	24.9	0:27	2	11:39	5:38	1:11:38
3 Mederic Hall	Coralville	IA	34	M	4	12:45	6:10	0:33	3	50:54	23.6	0:38	3	12:49	6:12	1:17:36
4 Derek Timperley	North Liberty	IA	31	M	3	12:20	5:58	0:43	4	54:11	22.1	0:35	4	12:55	6:15	1:20:41
5 Boulos Nassar	Iowa City	IA	36	M	6	14:41	7:06	0:52	5	59:53	20.0	0:42	6	15:20	7:25	1:31:26
6 Jason Fisher	Hiawatha	IA	34	M	5	14:06	6:49	1:19	6	1:00:36	19.8	0:58	5	14:59	7:14	1:31:56
7 Leo Buzalsky	Cedar Rapids	IA	30	M	7	14:52	7:11	0:48	7	1:00:48	19.7	0:38	7	15:56	7:42	1:32:59
8 Richard Aden	North Liberty	IA	30	M	8	18:58	9:10	1:27	8	1:18:11	15.3	1:20	8	20:13	9:46	2:00:07

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	41	F	1	13:18	6:26	0:30	1	1:02:50	19.1	0:39	1	14:28	7:00	1:31:44
2 Laura Wirth	Robins	IA	43	F	2	15:28	7:29	0:44	3	1:08:33	17.5	0:42	2	16:51	8:09	1:42:16
3 Kelly Erickson	Toddville	IA	47	F	3	16:23	7:55	1:00	2	1:07:40	17.7	1:11	3	18:46	9:04	1:44:58
4 Sara Swanson	Riverside	IA	44	F	5	17:33	8:29	1:05	4	1:09:25	17.3	1:03	5	19:15	9:18	1:48:19
5 Kara Sehl	Iowa City	IA	48	F	6	19:02	9:12	0:47	5	1:12:13	16.6	0:37	4	18:51	9:07	1:51:28
6 Tracy Murphy	Tiffin	IA	49	F	4	17:28	8:27	1:35	6	1:13:32	16.3	1:44	6	20:34	9:56	1:54:51

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 Jonathan Estabrook	Ankeny	IA	40	M	1	11:16	5:27	0:25	1	49:10	24.4	0:26	1	12:07	5:51	1:13:22
2 John Burkle	Iowa City	IA	40	M	2	12:49	6:12	1:04	2	51:37	23.2	0:38	2	14:13	6:52	1:20:19
3 Anthony Arnone	Iowa City	IA	49	M	3	15:02	7:16	1:46	3	1:00:34	19.8	1:36	3	15:01	7:16	1:33:56
4 Steve Gloeckner	Cedar Rapids	IA	40	M	4	17:20	8:23	1:41	4	1:16:20	15.7	1:33	4	18:34	8:59	1:55:26

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 Kim Sprenger	Iowa City	IA	52	F	1	13:59	6:45	0:39	2	59:13	20.3	0:31	1	15:04	7:17	1:29:23
2 La Lowe	Coralville	IA	53	F	3	16:58	8:12	0:48	1	56:53	21.1	0:53	3	18:54	9:08	1:34:23
3 Barb Mueller	Iowa City	IA	57	F	2	16:30	7:58	1:09	3	1:09:09	17.4	1:46	2	17:19	8:22	1:45:51

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 Derek Hager	Minneapolis	MN	53	M	1	12:41	6:08	0:26	1	46:53	25.6	0:23	1	13:57	6:45	1:14:19
2 George Sehl	Iowa City	IA	50	M	3	13:17	6:25	0:30	3	52:30	22.9	0:25	3	14:47	7:09	1:21:27
3 Steve Winkel	Des Moines	IA	56	M	4	13:55	6:44	0:30	2	51:57	23.1	0:52	4	15:08	7:19	1:22:20
4 Scott Winkel	Des Moines	IA	55	M	2	12:52	6:13	0:28	5	57:38	20.8	0:34	2	14:27	6:59	1:25:57
5 Gary Boesenberg	Solon	IA	54	M	5	14:40	7:05	0:37	4	56:13	21.3	0:31	6	17:03	8:15	1:29:03
6 Bob Lotz	North Liberty	IA	51	M	6	14:58	7:14	0:52	6	1:03:38	18.9	0:54	5	15:20	7:25	1:35:39
7 Phil Pancrazio	Silvis	IL	58	M	7	16:48	8:07	1:43	7	1:05:26	18.3	1:21	7	17:48	8:36	1:43:05

FEMALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Lindsay Nauen	St Paul	MN	64	F	1	30:35	14:47	3:01	1	1:26:48	13.8	2:51	1	34:17	16:34	2:37:30

MALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	plc	RUN time	PACE	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Robert Mabrey	Omaha	NE	61	M	1	17:15	8:20	1:21	1	1:05:34	18.3	1:45	1	16:19	7:53	1:42:12
2 Richard Weil	St Paul	MN	64	M	2	17:20	8:23	3:21	2	1:28:43	13.5	2:28	2	20:20	9:49	2:12:09