

Lake Macbride Duathlon

May 11, 2014

Overall Division Results

Individual

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	9/92	1/40	77	Jen Paul	32	F	Le Claire	IA	00:15:33.15	00:50:52.07	00:22:25.86		01:29:53.76
2	12/92	2/40	101	Daniela Williams	38	F	North Liberty	IA	00:17:13.66	00:49:26.74	00:24:53.79		01:32:29.70
3	16/92	3/40	37	Joanna Hall	33	F	Coralville	IA	00:17:15.58	00:51:02.97	00:24:53.35		01:34:14.62

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	1/92	1/52	10	Daniel Bretscher	31	M	Mount Vernon	IA	00:14:27.84	00:42:35.84	00:20:31.60		01:18:29.93
2	2/92	2/52	78	Jeff Paul	34	M	Le Claire	IA	00:14:07.95	00:43:51.61	00:21:17.58		01:19:55.92
3	3/92	3/52	24	Timothy Doyle	37	M	North Liberty	IA	00:14:08.63	00:45:00.12	00:21:00.33		01:20:56.08

Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	88/92	37/40	57	Abby Lasecki	55	F	Cedar Rapids	IA	00:27:50.92	01:16:03.85	00:44:51.85		02:29:57.01
2	89/92	38/40	22	Tina Devery	45	F	Iowa City	IA	00:27:54.44	01:14:17.24	00:48:06.51		02:31:31.13

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	19/92	16/52	8	Andrew Benko	47	M	Dubuque	IA	00:16:55.38	00:52:32.15	00:25:58.95		01:36:28.28
2	76/92	49/52	39	Joel Hanson	28	M	Cedar Rapids	IA	00:22:59.18	01:06:59.20	00:40:19.04		02:12:59.69
3	85/92	50/52	42	Ara Ispentchian	41	M	Cedar Rapids	IA	00:24:27.62	01:18:31.54	00:38:14.18		02:23:47.93

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	36/92	9/40	60	Jamie Lollback	29	F	Iowa City	IA	00:19:03.95	00:57:53.39	00:28:47.99		01:47:14.51
2	49/92	11/40	32	Aimee Gissel	27	F	Pleasant Hill	IA	00:20:34.63	01:00:29.46	00:31:54.45		01:54:12.48
3	54/92	15/40	83	Sarah Richmond	27	F	Cedar Rapids	IA	00:21:37.50	00:58:23.19	00:35:48.13		01:57:13.38

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Overall Division Results

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Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	6/92	6/52	5	Christopher Bell	27	M	Olds	IA	00:15:32.07	00:47:56.28	00:23:10.31		01:27:39.53
2	7/92	7/52	80	Kyle Polich	26	M	North Liberty	IA	00:14:58.89	00:48:54.42	00:23:18.26		01:28:12.50
3	11/92	10/52	18	Drew Croegaert	25	M	Bettendorf	IA	00:15:13.27	00:50:22.19	00:24:07.88		01:31:07.20

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	22/92	4/40	102	Chanda Willse	39	F	West Des Moines	IA	00:17:16.84	00:54:17.99	00:25:50.87		01:38:56.21
2	24/92	5/40	67	Aryn McLaren	35	F	Grimes	IA	00:18:47.33	00:51:35.50	00:27:43.25		01:39:22.06
3	43/92	10/40	115	Jill Snitko	36	F	Marion	IA	00:18:19.34	01:03:00.49	00:27:30.10		01:50:19.77

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	5/92	5/52	114	Timothy Orris	34	M	North Liberty	IA	00:14:17.48	00:50:05.19	00:21:21.74		01:26:51.22
2	8/92	8/52	116	Lucas Llado	38	M	Iowa City	IA	00:15:14.80	00:48:10.77	00:24:06.34		01:28:40.26
3	10/92	9/52	20	Steven Davis	34	M	North Liberty	IA	00:16:15.98	00:47:16.19	00:26:04.56		01:30:29.91

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	30/92	7/40	95	Heidi Sutter	41	F	Dubuque	IA	00:17:24.94	01:00:15.33	00:26:43.18		01:45:26.63
2	50/92	12/40	11	Lynette Brown	42	F	Swisher	IA	00:20:36.57	01:02:39.78	00:29:45.58		01:54:21.91
3	51/92	13/40	66	Tonya McDonough	42	F	Solon	IA	00:19:22.74	01:01:18.10	00:31:50.54		01:54:46.89

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	4/92	4/52	27	Jonathan Estabrook	40	M	Ankeny	IA	00:14:46.88	00:44:45.48	00:23:14.39		01:23:35.02
2	15/92	13/52	65	John Martinek	46	M	Coralville	IA	00:17:52.29	00:47:48.68	00:27:23.62		01:33:55.43
3	25/92	20/52	14	Roger Cassill	49	M	Fairfax	IA	00:16:54.46	00:56:16.28	00:26:50.99		01:41:02.53

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Overall Division Results

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Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	27/92	6/40	93	Kim Sprenger	52	F	Iowa City	IA	00:18:34.19	00:56:01.62	00:27:44.57		01:43:32.40
2	34/92	8/40	63	L A Lowe	53	F	Coralville	IA	00:21:07.65	00:53:51.95	00:30:32.37		01:47:03.12
3	74/92	27/40	49	Patricia Kenel	54	F	Cedar Rapids	IA	00:22:49.60	01:11:11.78	00:35:19.82		02:11:25.41

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	14/92	12/52	112	Daniel Shaffer	59	M	Ely	IA	00:18:48.02	00:45:17.42	00:28:04.54		01:33:35.75
2	18/92	15/52	88	George Sehl	50	M	Iowa City	IA	00:17:15.19	00:50:48.93	00:25:56.45		01:34:47.43
3	20/92	17/52	104	Scott Winkel	55	M	Des Moines	IA	00:16:24.90	00:54:51.12	00:25:11.89		01:37:17.44

Female Ages 60 +

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	77/92	28/40	97	Ann Vestle	60	F	Cedar Rapids	IA	00:27:13.00	01:05:40.99	00:38:18.89		02:13:12.79

Male Ages 60 +

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	59/92	42/52	71	Dick Morrison	66	M	Cedar Rapids	IA	00:23:01.04	00:53:18.70	00:39:34.73		02:00:52.10
2	61/92	43/52	81	Mark Powers	60	M	Cedar Rapids	IA	00:20:42.17	01:05:42.15	00:33:10.59		02:01:40.76