

# Lake Macbride Duathlon

May 11, 2014

## Overall Results - Female

### Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
1	77	Jen Paul	F	32	Le Claire	IA	00:15:34	12	6:28	00:00:35	00:50:53	17	21.2	00:00:28	00:22:26	5	7:14	01:29:53.76
2	101	Daniela Williams	F	38	North Liberty	IA	00:17:14	17	7:10	00:00:28	00:49:27	11	21.8	00:00:28	00:24:54	13	8:01	01:32:29.70
3	37	Joanna Hall	F	33	Coralville	IA	00:17:16	19	7:11	00:00:31	00:51:03	18	21.2	00:00:33	00:24:54	12	8:01	01:34:14.62
4	102	Chanda Willse	F	39	West Des Moines	IA	00:17:17	20	7:12	00:00:54	00:54:18	26	19.9	00:00:38	00:25:51	16	8:20	01:38:56.21
5	67	Aryn McLaren	F	35	Grimes	IA	00:18:48	34	7:49	00:00:41	00:51:36	20	20.9	00:00:36	00:27:44	26	8:56	01:39:22.06
6	93	Kim Sprenger	F	52	Iowa City	IA	00:18:35	29	7:44	00:00:39	00:56:02	33	19.3	00:00:34	00:27:45	27	8:56	01:43:32.40
7	95	Heidi Sutter	F	41	Dubuque	IA	00:17:25	21	7:15	00:00:35	01:00:16	47	17.9	00:00:30	00:26:44	20	8:37	01:45:26.63
8	63	L A Lowe	F	53	Coralville	IA	00:21:08	63	8:48	00:00:52	00:53:52	24	20.0	00:00:41	00:30:33	44	9:51	01:47:03.12
9	60	Jamie Lollback	F	29	Iowa City	IA	00:19:04	40	7:56	00:00:48	00:57:54	40	18.7	00:00:43	00:28:48	33	9:17	01:47:14.51
10	115	Jill Snitko	F	36	Marion	IA	00:18:20	26	7:38	00:01:00	01:03:01	56	17.1	00:00:31	00:27:31	24	8:52	01:50:19.77
11	32	Aimee Gissel	F	27	Pleasant Hill	IA	00:20:35	56	8:34	00:00:44	01:00:30	48	17.9	00:00:31	00:31:55	53	10:17	01:54:12.48
12	11	Lynette Brown	F	42	Swisher	IA	00:20:37	58	8:35	00:00:43	01:02:40	55	17.2	00:00:38	00:29:46	37	9:35	01:54:21.91
13	66	Tonya Mcdonough	F	42	Solon	IA	00:19:23	47	8:04	00:01:11	01:01:19	51	17.6	00:01:06	00:31:51	51	10:16	01:54:46.89
14	41	Karmen Hopkins	F	34	Davenport	IA	00:20:33	55	8:33	00:01:27	01:01:22	52	17.6	00:01:23	00:31:59	54	10:18	01:56:42.47
15	83	Sarah Richmond	F	27	Cedar Rapids	IA	00:21:38	71	9:00	00:00:56	00:58:24	41	18.5	00:00:29	00:35:49	70	11:32	01:57:13.38
16	82	Jill Powers	F	35	Dubuque	IA	00:19:56	51	8:18	00:00:54	01:01:17	50	17.6	00:00:36	00:36:47	72	11:51	01:59:27.09
17	30	Benita Flores	F	47	Davenport	IA	00:20:39	60	8:35	00:01:40	01:02:16	54	17.3	00:01:14	00:34:58	63	11:16	02:00:42.96
18	26	Kelly Erickson	F	47	Toddville	IA	00:21:12	66	8:49	00:00:57	01:05:06	60	16.6	00:01:03	00:32:52	57	10:36	02:01:08.21
19	79	Amy Piercy	F	40	North Liberty	IA	00:20:12	53	8:24	00:01:21	01:06:55	70	16.1	00:01:07	00:32:45	56	10:33	02:02:17.54
20	91	Jessica Skeie	F	33	Coralville	IA	00:21:15	67	8:50	00:01:01	01:06:26	68	16.3	00:00:50	00:33:57	61	10:56	02:03:26.65
21	4	Sarah Bell	F	28	Olds	IA	00:23:53	79	9:56	00:00:49	01:04:37	59	16.7	00:00:57	00:35:26	65	11:25	02:05:39.10
22	44	Amy Johnson	F	47	Davenport	IA	00:22:24	72	9:19	00:01:16	01:05:25	62	16.5	00:01:03	00:35:47	68	11:32	02:05:52.85
23	105	Laura Wirth	F	43	Robins	IA	00:21:10	65	8:48	00:00:42	01:11:44	80	15.1	00:00:42	00:31:54	52	10:17	02:06:09.78
24	54	Stephanie Klein	F	28	Cedar Rapids	IA	00:22:37	73	9:25	00:01:14	01:09:29	75	15.5	00:01:07	00:33:25	60	10:46	02:07:49.06
25	96	Sara Swanson	F	44	Riverside	IA	00:24:02	80	10:00	00:01:05	01:05:30	63	16.5	00:01:19	00:37:36	75	12:07	02:09:29.78
26	113	Felisha Junge	F	33	Swisher	IA	00:20:27	54	8:31	00:00:57	01:14:17	82	14.5	00:01:19	00:33:03	58	10:39	02:10:00.86
27	49	Patricia Kenel	F	54	Cedar Rapids	IA	00:22:50	74	9:30	00:01:03	01:11:12	79	15.2	00:01:03	00:35:20	64	11:23	02:11:25.41
28	97	Ann Vestle	F	60	Cedar Rapids	IA	00:27:13	87	11:20	00:01:07	01:05:41	64	16.4	00:00:54	00:38:19	78	12:21	02:13:12.79
29	106	Leah Youngblut	F	27	Independence	IA	00:21:18	69	8:52	00:01:06	01:14:40	86	14.5	00:00:40	00:35:47	67	11:32	02:13:28.48
30	31	Hannah Gerk	F	26	St.ansgar	IA	00:21:19	70	8:52	00:01:05	01:14:39	85	14.5	00:00:41	00:35:48	69	11:32	02:13:29.01
31	1	Michelle Arduser	F	44	Solon	IA	00:24:58	84	10:24	00:01:13	01:09:00	74	15.7	00:00:54	00:39:57	82	12:53	02:15:59.32
32	55	Karla Koenig	F	46	Iowa City	IA	00:24:59	85	10:24	00:01:16	01:07:45	72	15.9	00:02:05	00:40:14	83	12:58	02:16:16.34
33	16	Marinan Coons	F	35	Iowa City	IA	00:24:23	82	10:09	00:01:56	01:10:37	78	15.3	00:01:36	00:38:53	80	12:32	02:17:21.67
34	117	Courtney Mckibbin	F	38	Tiffin	IA	00:23:19	78	9:42	00:02:40	01:15:31	87	14.3	00:01:52	00:35:40	66	11:30	02:18:59.79
35	21	Heather Desotel	F	28	Marion	IA	00:25:32	86	10:38	00:00:34	01:09:41	76	15.5	00:00:42	00:45:30	87	14:40	02:21:55.88
36	19	Jennifer Cutkomp	F	40	Eldridge	IA	00:27:37	88	11:30	00:00:54	01:13:31	81	14.7	00:00:50	00:43:01	85	13:52	02:25:50.53

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May 11, 2014

## Overall Results - Female

### Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
37	57	Abby Lasecki	F	55	Cedar Rapids	IA	00:27:51	89	11:36	00:00:35	01:16:04	88	14.2	00:00:36	00:44:52	86	14:28	02:29:57.01
38	22	Tina Devery	F	45	Iowa City	IA	00:27:55	90	11:37	00:00:28	01:14:18	83	14.5	00:00:46	00:48:07	90	15:31	02:31:31.13
39	45	Debra Johnson	F	48	Coralville	IA	00:24:14	81	10:05	00:00:49	01:17:06	90	14.0	00:00:56	00:48:28	91	15:37	02:31:31.14
40	28	Jean Etten	F	57	Palo	IA	00:33:34	91	13:58	00:01:20	01:20:52	92	13.4	00:01:57	00:48:06	89	15:30	02:45:45.69

# Lake Macbride Duathlon

May 11, 2014

## Overall Results - Male

### Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
1	10	Daniel Bretscher	M	31	Mount Vernon	IA	00:14:28	4	6:01	00:00:27	00:42:36	1	25.4	00:00:29	00:20:32	1	6:37	01:18:29.93
2	78	Jeff Paul	M	34	Le Claire	IA	00:14:08	1	5:53	00:00:19	00:43:52	2	24.6	00:00:21	00:21:18	3	6:52	01:19:55.92
3	24	Timothy Doyle	M	37	North Liberty	IA	00:14:09	2	5:53	00:00:26	00:45:01	4	24.0	00:00:22	00:21:01	2	6:46	01:20:56.08
4	27	Jonathan Estabrook	M	40	Ankeny	IA	00:14:47	5	6:09	00:00:21	00:44:46	3	24.1	00:00:28	00:23:15	7	7:29	01:23:35.02
5	114	Timothy Orris	M	34	North Liberty	IA	00:14:18	3	5:57	00:00:39	00:50:06	13	21.6	00:00:29	00:21:22	4	6:53	01:26:51.22
6	5	Christopher Bell	M	27	Olds	IA	00:15:33	11	6:28	00:00:37	00:47:57	8	22.5	00:00:25	00:23:11	6	7:28	01:27:39.53
7	80	Kyle Polich	M	26	North Liberty	IA	00:14:59	7	6:14	00:00:33	00:48:55	10	22.1	00:00:29	00:23:19	8	7:31	01:28:12.50
8	116	Lucas Llado	M	38	Iowa City	IA	00:15:15	9	6:21	00:00:40	00:48:11	9	22.4	00:00:29	00:24:07	9	7:46	01:28:40.26
9	20	Steven Davis	M	34	North Liberty	IA	00:16:16	13	6:46	00:00:33	00:47:17	6	22.8	00:00:21	00:26:05	19	8:24	01:30:29.91
10	18	Drew Croegaert	M	25	Bettendorf	IA	00:15:14	8	6:20	00:00:45	00:50:23	15	21.4	00:00:39	00:24:08	10	7:47	01:31:07.20
11	73	William O'connell	M	22	Naperville	IL	00:15:21	10	6:23	00:00:46	00:51:19	19	21.1	00:00:37	00:25:11	14	8:07	01:33:10.61
12	112	Daniel Shaffer	M	59	Ely	IA	00:18:49	35	7:50	00:00:49	00:45:18	5	23.8	00:00:37	00:28:05	28	9:03	01:33:35.75
13	65	John Martinek	M	46	Coralville	IA	00:17:53	22	7:26	00:00:22	00:47:49	7	22.6	00:00:30	00:27:24	23	8:50	01:33:55.43
14	70	Eric Monahan	M	29	Iowa City	IA	00:14:55	6	6:12	00:00:42	00:54:09	25	19.9	00:00:31	00:24:25	11	7:52	01:34:38.97
15	88	George Sehl	M	50	Iowa City	IA	00:17:16	18	7:11	00:00:21	00:50:49	16	21.3	00:00:27	00:25:57	17	8:22	01:34:47.43
16	8	Andrew Benko	M	47	Dubuque	IA	00:16:56	16	7:03	00:00:38	00:52:33	22	20.6	00:00:24	00:25:59	18	8:22	01:36:28.28
17	104	Scott Winkel	M	55	Des Moines	IA	00:16:25	14	6:50	00:00:28	00:54:52	29	19.7	00:00:23	00:25:12	15	8:07	01:37:17.44
18	74	Guy Olson	M	57	Cedar Rapids	IA	00:18:35	28	7:44	00:00:37	00:49:32	12	21.8	00:00:41	00:28:28	29	9:10	01:37:49.36
19	103	Steve Winkel	M	56	Des Moines	IA	00:18:05	23	7:31	00:00:28	00:50:08	14	21.5	00:00:34	00:30:04	41	9:41	01:39:16.69
20	14	Roger Cassill	M	49	Fairfax	IA	00:16:55	15	7:02	00:00:30	00:56:17	34	19.2	00:00:31	00:26:51	21	8:39	01:41:02.53
21	61	Andrew Lollback	M	29	Iowa City	IA	00:18:14	25	7:35	00:00:42	00:54:50	28	19.7	00:00:38	00:27:02	22	8:42	01:41:22.90
22	58	Steve Lentz	M	57	Iowa City	IA	00:19:07	42	7:57	00:00:48	00:52:07	21	20.7	00:00:44	00:31:09	48	10:02	01:43:52.44
23	46	Eric Johnson	M	55	Cedar Rapids	IA	00:18:50	36	7:50	00:00:56	00:55:21	31	19.5	00:00:50	00:29:31	36	9:31	01:45:24.85
24	9	Gary Boesenberg	M	54	Solon	IA	00:19:05	41	7:57	00:00:40	00:54:50	27	19.7	00:00:30	00:30:48	45	9:55	01:45:50.57
25	51	Cole Kent	M	29	Cedar Falls	IA	00:18:41	31	7:46	00:00:52	00:56:30	35	19.1	00:01:36	00:28:45	31	9:16	01:46:22.25
26	33	Pedro Gonzalez-Alegre	M	42	Iowa City	IA	00:18:13	24	7:35	00:00:59	00:59:13	43	18.2	00:00:31	00:27:42	25	8:55	01:46:34.76
27	72	Marcus Nashelsky	M	52	Iowa City	IA	00:19:03	39	7:55	00:00:51	00:56:01	32	19.3	00:01:02	00:30:16	42	9:45	01:47:09.90
28	53	Bob Klein	M	53	Dewitt	IA	00:19:20	45	8:03	00:00:40	00:56:58	37	19.0	00:00:45	00:29:49	39	9:36	01:47:29.86
29	6	Jake Beltz	M	29	Coralville	IA	00:19:32	48	8:07	00:00:54	00:57:32	39	18.8	00:00:50	00:29:21	35	9:27	01:48:06.09
30	50	Cory Kent	M	33	Cedar Falls	IA	00:18:32	27	7:43	00:00:55	00:58:24	42	18.5	00:01:10	00:29:51	40	9:37	01:48:50.03
31	62	Bob Lotz	M	51	North Liberty	IA	00:18:53	38	7:51	00:00:56	00:59:40	46	18.1	00:00:42	00:28:48	32	9:17	01:48:56.29
32	99	Matthew White	M	36	Cedar Rapids	IA	00:20:38	59	8:35	00:01:05	00:55:19	30	19.5	00:01:10	00:31:05	46	10:01	01:49:14.09
33	48	Keith Kenel	M	53	Cedar Rapids	IA	00:21:09	64	8:48	00:00:31	00:56:58	38	19.0	00:00:27	00:31:09	47	10:02	01:50:10.97
34	87	David Schrock	M	47	Ely	IA	00:19:43	49	8:12	00:01:00	00:56:53	36	19.0	00:01:15	00:31:40	50	10:12	01:50:28.54
35	89	Mike Shotwell	M	45	Bennett	IA	00:19:17	44	8:02	00:00:50	01:00:36	49	17.8	00:00:41	00:29:47	38	9:36	01:51:08.64
36	94	Chris Steinberg	M	50	Cedar Rapids	IA	00:19:16	43	8:01	00:01:15	00:59:26	45	18.2	00:01:17	00:30:30	43	9:50	01:51:41.64

# Lake Macbride Duathlon

May 11, 2014

## Overall Results - Male

### Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	92	Dan Smith	M	25	North Liberty	IA	00:18:47	33	7:49	00:01:07	01:05:06	61	16.6	00:00:23	00:28:31	30	9:11		01:53:52.01
38	86	Payton Schirm	M	27	Vinton	IA	00:18:53	37	7:51	00:01:03	00:59:15	44	18.2	00:01:00	00:34:01	62	10:58		01:54:09.76
39	34	William Goodale	M	25	Cedar Rapids	IA	00:18:35	30	7:44	00:00:41	01:05:42	65	16.4	00:00:23	00:31:22	49	10:06		01:56:39.71
40	47	Sean Kenel	M	21	Cedar Rapids	IA	00:19:22	46	8:03	00:00:35	01:06:12	67	16.3	00:00:25	00:32:35	55	10:30		01:59:07.12
41	84	John Richter	M	26	Conrad	IA	00:19:51	50	8:15	00:01:07	01:01:35	53	17.5	00:01:29	00:36:50	73	11:52		02:00:48.32
42	71	Dick Morrison	M	66	Cedar Rapids	IA	00:23:02	77	9:35	00:01:49	00:53:19	23	20.3	00:03:10	00:39:35	81	12:46		02:00:52.10
43	81	Mark Powers	M	60	Cedar Rapids	IA	00:20:43	61	8:37	00:01:01	01:05:43	66	16.4	00:01:06	00:33:11	59	10:42		02:01:40.76
44	68	Jake Meyers	M	28	Center Point	IA	00:20:54	62	8:42	00:00:42	01:03:53	57	16.9	00:00:39	00:37:44	76	12:10		02:03:49.69
45	76	Nick Pacha	M	24	North Liberty	IA	00:18:45	32	7:48	00:01:02	01:16:05	89	14.2	00:01:00	00:28:52	34	9:18		02:05:41.91
46	90	Keevan Simmonds	M	37	Marion	IA	00:20:37	57	8:35	00:02:00	01:07:48	73	15.9	00:02:15	00:36:01	71	11:36		02:08:37.39
47	59	Luke Lobb	M	29	North Liberty	IA	00:20:00	52	8:19	00:01:54	01:09:49	77	15.5	00:01:55	00:37:04	74	11:57		02:10:38.54
48	17	Nicholas Cooper	M	36	Iowa City	IA	00:22:53	75	9:31	00:01:50	01:06:41	69	16.2	00:01:58	00:38:48	79	12:30		02:12:08.47
49	39	Joel Hanson	M	28	Cedar Rapids	IA	00:23:00	76	9:34	00:01:16	01:07:00	71	16.1	00:01:28	00:40:20	84	13:00		02:12:59.69
50	42	Ara Ispentchian	M	41	Cedar Rapids	IA	00:24:28	83	10:11	00:01:22	01:18:32	91	13.8	00:01:14	00:38:15	77	12:20		02:23:47.93
51	15	Brad Cook	M	30	North Liberty	IA	00:21:16	68	8:51	00:00:45	01:14:37	84	14.5	00:01:18	00:46:13	88	14:54		02:24:05.92
52	29	Steven Etten	M	58	Palo	IA	00:34:46	92	14:29	00:02:46	01:04:27	58	16.8	00:03:00	01:00:50	92	19:37		02:45:46.72