

# 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
4	92/92	52/52	29	Steven Etten	58	M	Palo	IA	00:34:45.97	01:04:26.39	01:00:49.53		02:45:46.72

# Lake Macbride Duathlon

May 11, 2014

## Overall Division Results

Individual

### 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
4	65/92	21/40	4	Sarah Bell	28	F	Olds	IA	00:23:52.11	01:04:36.79	00:35:25.42		02:05:39.10
5	69/92	24/40	54	Stephanie Klein	28	F	Cedar Rapids	IA	00:22:36.33	01:09:28.53	00:33:24.19		02:07:49.06
6	78/92	29/40	106	Leah Youngblut	27	F	Independence	IA	00:21:17.38	01:14:39.29	00:35:46.31		02:13:28.48
7	79/92	30/40	31	Hannah Gerk	26	F	St.ansgar	IA	00:21:18.22	01:14:38.29	00:35:47.15		02:13:29.01
8	84/92	35/40	21	Heather Desotel	28	F	Marion	IA	00:25:31.88	01:09:40.13	00:45:29.23		02:21:55.88

### 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
4	13/92	11/52	73	William O'connell	22	M	Naperville	IL	00:15:20.52	00:51:18.05	00:25:10.86		01:33:10.61
5	17/92	14/52	70	Eric Monahan	29	M	Iowa City	IA	00:14:54.94	00:54:08.36	00:24:24.35		01:34:38.97
6	26/92	21/52	61	Andrew Lollback	29	M	Iowa City	IA	00:18:13.07	00:54:49.55	00:27:01.11		01:41:22.90
7	32/92	25/52	51	Cole Kent	29	M	Cedar Falls	IA	00:18:40.33	00:56:29.97	00:28:44.58		01:46:22.25
8	38/92	29/52	6	Jake Beltz	29	M	Coralville	IA	00:19:31.10	00:57:31.13	00:29:20.78		01:48:06.09
9	47/92	37/52	92	Dan Smith	25	M	North Liberty	IA	00:18:46.65	01:05:05.81	00:28:30.70		01:53:52.01
10	48/92	38/52	86	Payton Schirm	27	M	Vinton	IA	00:18:52.33	00:59:14.59	00:34:00.76		01:54:09.76
11	52/92	39/52	34	William Goodale	25	M	Cedar Rapids	IA	00:18:34.22	01:05:41.60	00:31:21.60		01:56:39.71
12	55/92	40/52	47	Sean Kenel	21	M	Cedar Rapids	IA	00:19:21.50	01:06:11.39	00:32:34.63		01:59:07.12
13	58/92	41/52	84	John Richter	26	M	Conrad	IA	00:19:50.06	01:01:34.10	00:36:49.10		02:00:48.32
14	64/92	44/52	68	Jake Meyers	28	M	Center Point	IA	00:20:53.38	01:03:52.82	00:37:43.97		02:03:49.69
15	66/92	45/52	76	Nick Pacha	24	M	North Liberty	IA	00:18:44.26	01:16:04.74	00:28:51.92		02:05:41.91
16	73/92	47/52	59	Luke Lobb	29	M	North Liberty	IA	00:19:59.96	01:09:48.05	00:37:03.15		02:10:38.54

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May 11, 2014

## Overall Division Results

Individual

### 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
4	53/92	14/40	41	Karmen Hopkins	34	F	Davenport	IA	00:20:32.75	01:01:21.46	00:31:58.88		01:56:42.47
5	56/92	16/40	82	Jill Powers	35	F	Dubuque	IA	00:19:55.28	01:01:16.70	00:36:46.65		01:59:27.09
6	63/92	20/40	91	Jessica Skeie	33	F	Coralville	IA	00:21:14.03	01:06:25.86	00:33:56.25		02:03:26.65
7	72/92	26/40	113	Felisha Junge	33	F	Swisher	IA	00:20:26.47	01:14:16.44	00:33:02.61		02:10:00.86
8	82/92	33/40	16	Marinan Coons	35	F	Iowa City	IA	00:24:22.86	01:10:36.26	00:38:52.17		02:17:21.67
9	83/92	34/40	117	Courtney Mckibbin	38	F	Tiffin	IA	00:23:18.91	01:15:30.23	00:35:39.88		02:18:59.79

### 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
4	39/92	30/52	50	Cory Kent	33	M	Cedar Falls	IA	00:18:31.59	00:58:23.93	00:29:50.70		01:48:50.03
5	41/92	32/52	99	Matthew White	36	M	Cedar Rapids	IA	00:20:37.31	00:55:18.20	00:31:04.56		01:49:14.09
6	70/92	46/52	90	Keevan Simmonds	37	M	Marion	IA	00:20:36.08	01:07:47.70	00:36:00.33		02:08:37.39
7	75/92	48/52	17	Nicholas Cooper	36	M	Iowa City	IA	00:22:52.64	01:06:40.66	00:38:47.55		02:12:08.47
8	86/92	51/52	15	Brad Cook	30	M	North Liberty	IA	00:21:15.66	01:14:36.54	00:46:12.46		02:24:05.92

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## Overall Division Results

Individual

### 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
4	57/92	17/40	30	Benita Flores	47	F	Davenport	IA	00:20:38.13	01:02:15.14	00:34:57.16		02:00:42.96
5	60/92	18/40	26	Kelly Erickson	47	F	Toddville	IA	00:21:11.88	01:05:05.24	00:32:51.64		02:01:08.21
6	62/92	19/40	79	Amy Piercy	40	F	North Liberty	IA	00:20:11.43	01:06:54.93	00:32:44.43		02:02:17.54
7	67/92	22/40	44	Amy Johnson	47	F	Davenport	IA	00:22:23.58	01:05:24.55	00:35:46.53		02:05:52.85
8	68/92	23/40	105	Laura Wirth	43	F	Robins	IA	00:21:09.35	01:11:43.52	00:31:53.91		02:06:09.78
9	71/92	25/40	96	Sara Swanson	44	F	Riverside	IA	00:24:01.11	01:05:29.72	00:37:35.23		02:09:29.78
10	80/92	31/40	1	Michelle Arduser	44	F	Solon	IA	00:24:57.64	01:08:59.04	00:39:56.48		02:15:59.32
11	81/92	32/40	55	Karla Koenig	46	F	Iowa City	IA	00:24:58.56	01:07:44.40	00:40:13.47		02:16:16.34
12	87/92	36/40	19	Jennifer Cutkomp	40	F	Eldridge	IA	00:27:36.68	01:13:30.12	00:43:00.65		02:25:50.53
13	90/92	39/40	45	Debra Johnson	48	F	Coralville	IA	00:24:13.93	01:17:05.73	00:48:27.10		02:31:31.14

### 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
4	33/92	26/52	33	Pedro Gonzalez-Alegre	42	M	Iowa City	IA	00:18:12.59	00:59:12.03	00:27:41.14		01:46:34.76
5	44/92	34/52	87	David Schrock	47	M	Ely	IA	00:19:42.47	00:56:52.01	00:31:39.93		01:50:28.54
6	45/92	35/52	89	Mike Shotwell	45	M	Bennett	IA	00:19:16.88	01:00:35.17	00:29:46.21		01:51:08.64

### 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
4	91/92	40/40	28	Jean Etten	57	F	Palo	IA	00:33:33.14	01:20:51.60	00:48:05.32		02:45:45.69

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## Overall Division Results

Individual

### 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
4	21/92	18/52	74	Guy Olson	57	M	Cedar Rapids	IA	00:18:34.03	00:49:31.44	00:28:27.17		01:37:49.36
5	23/92	19/52	103	Steve Winkel	56	M	Des Moines	IA	00:18:04.78	00:50:07.33	00:30:03.11		01:39:16.69
6	28/92	22/52	58	Steve Lentz	57	M	Iowa City	IA	00:19:06.21	00:52:06.30	00:31:08.80		01:43:52.44
7	29/92	23/52	46	Eric Johnson	55	M	Cedar Rapids	IA	00:18:49.16	00:55:20.06	00:29:30.84		01:45:24.85
8	31/92	24/52	9	Gary Boesenberg	54	M	Solon	IA	00:19:04.98	00:54:49.28	00:30:47.32		01:45:50.57
9	35/92	27/52	72	Marcus Nashelsky	52	M	Iowa City	IA	00:19:02.15	00:56:00.36	00:30:15.37		01:47:09.90
10	37/92	28/52	53	Bob Klein	53	M	Dewitt	IA	00:19:19.95	00:56:57.28	00:29:48.32		01:47:29.86
11	40/92	31/52	62	Bob Lotz	51	M	North Liberty	IA	00:18:52.79	00:59:39.81	00:28:47.30		01:48:56.29
12	42/92	33/52	48	Keith Kenel	53	M	Cedar Rapids	IA	00:21:08.43	00:56:57.38	00:31:08.18		01:50:10.97
13	46/92	36/52	94	Chris Steinberg	50	M	Cedar Rapids	IA	00:19:15.70	00:59:25.97	00:30:29.20		01:51:41.64

### 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