

Indian Summer DC

10 Mile Run Lake Macbride

Saturday, September 28, 2013

Timing/Scoring by: Jeff Mullen

10 Mile results

4 Mile results

Male: Overall 11/19 20/29 30/39 40/49 50/59 60/69 70+

Female: Overall 20/29 30/39 40/49 50/59 60/69

10 Mile Run													<u>Top</u>
Bib	POS	M/F	Div	Cat	Name	Age	City	St	Gun Time	Pace mpm	Chip Time	Pace mpm	
122	1	1	1	OVM	Mike Nordberg	32	Cedar Rapids	IA	57:40	5:46	57:40	5:46	
44	2	2	2	OVM	Mario Czarnomski	30	Cedar Rapods	IA	59:03	5:54	59:03	5:54	
2	3	3	3	OVM	Michael Alexander	26	Kansas City	MO	1:00:11	6:01	1:00:10	6:01	
218	4	4	1	M20	Austin Tegels	26	Cedar Falls	IA	1:00:26	6:02	1:00:25	6:02	
192	5	5	1	M40	Brett Stephenson	42	Cedar Rapids	IA	1:01:07	6:06	1:01:07	6:06	
116	6	6	2	M20	Alex Murphy	23	Iowa City	IA	1:02:03	6:12	1:02:03	6:12	
95	7	7	1	M30	Joe Lahart	35	Cedar Rapids	IA	1:02:24	6:14	1:02:22	6:14	
190	8	8	2	M30	Cary Richey	35	Cedar Rapids	IA	1:04:42	6:28	1:04:41	6:28	
186	9	9	3	M20	Andy Marshall	21	Iowa City	IA	1:05:28	6:32	1:05:25	6:32	
189	10	10	2	M40	Troy Riley	46	Morrison	IL	1:07:44	6:46	1:07:42	6:46	

119	11	11	1	M50	Jeff Niertert	52	Cedar Rapids	IA	1:07:47	6:46	1:07:46	6:46
51	12	12	4	M20	Chase Dudak	26	Cedar Rapids	IA	1:08:25	6:50	1:08:24	6:50
48	13	13	3	M40	Steve Dodge	46	Iowa City	IA	1:10:03	7:00	1:10:00	7:00
38	14	14	5	M20	Matthew Coffey	24	Marion	IA	1:10:51	7:05	1:10:49	7:04
206	15	15	4	M40	Ken Wright	45	Cedar Rapids	IA	1:10:58	7:05	1:10:53	7:05
117	16	16	3	M30	Tony Mutsune	39	Mt. Pleasant	IA	1:11:05	7:06	1:11:02	7:06
113	17	17	5	M40	Josh Meggitt	43	Iowa City	IA	1:11:08	7:06	1:11:04	7:06
125	18	18	6	M20	Nick Parilo	24	Marion	IA	1:11:26	7:08	1:11:22	7:08
134	19	19	4	M30	Josh Reaktenwalt	33	Cedar Rapids	IA	1:12:32	7:15	1:12:29	7:14
154	20	20	1	M60	Jim Shimek	66	Fairfax	IA	1:12:57	7:17	1:12:56	7:17
207	21	1	1	OVF	Roxanne Johnston	38	Toddville	IA	1:13:22	7:20	1:13:19	7:19
63	22	21	7	M20	Barry Francois	27	Manchester	IA	1:14:06	7:24	1:14:04	7:24

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