

2024 Iowa Senior Games  
Cycling | Time Trial Results

Sport	Age Group	Event	Last Name	First Name	City	State	Gender	Age	Result	Place	Medal	NSGA
Cycling   Time Trial	50-54 Female	5K	Phelps	Julie	Depere	WI	F	51	8.14	1	G	x
Cycling   Time Trial	50-54 Female	5K	Llewellyn	Jessie	Neenah	WI	F	53	8.25	2	S	x
Cycling   Time Trial	50-54 Female	5K	Bierling	Jess	West Des Moines	IA	F	49	8.56	3	G	x
Cycling   Time Trial	50-54 Male	5K	Moran	Derek	Eden	WI	M	49	7.01	1	G	x
Cycling   Time Trial	50-54 Male	5K	Phelps	Nathan	De Pere	WI	M	51	7.35	2	S	x
Cycling   Time Trial	55-59 Female	5K	Smith	Christine	Rochester	MN	F	58	9.24	1	G	x
Cycling   Time Trial	55-59 Male	5K	Green	David	Des Moines	IA	M	57	7.56	1	G	x
Cycling   Time Trial	55-59 Male	5K	Mahoney	Craig	West des Moines	IA	M	56	8.01	2	S	x
Cycling   Time Trial	55-59 Male	5K	Sadilek	Frank	Johnson Creek	WI	M	57	8.46	3	B	x
Cycling   Time Trial	60-64 Female	5K	Gillum	Gail	Overland Park	KS	F	60	8.53	1	G	x
Cycling   Time Trial	60-64 Male	5K	Wall	Scott	Ames	IA	M	61	7.3	1	G	x
Cycling   Time Trial	60-64 Male	5K	Francken	Gregory	Elm Grove	WI	M	62	7.5	2	S	x
Cycling   Time Trial	60-64 Male	5K	Lones	Brad	Urbandale	IA	M	63	7.53	2	S	x
Cycling   Time Trial	60-64 Male	5K	Hoffman	William	Peoria	IL	M	60	8.01	4		x
Cycling   Time Trial	60-64 Male	5K	Tesch	Curtis	Waseca	MN	M	62	8.23	5		
Cycling   Time Trial	60-64 Male	5K	Hall	Matthew	Weston	WI	M	64	8.32	6		
Cycling   Time Trial	65-69 Female	5K	Paulson	Susan	Alexandria	MN	F	68	9.2	1	G	x
Cycling   Time Trial	65-69 Female	5K	Stone	Pam	DeKalb	IL	F	66	10.01	2	S	x
Cycling   Time Trial	65-69 Female	5K	Boyer	Rozalyn	Adel	IA	F	66	10.46	3	G	x
Cycling   Time Trial	65-69 Male	5K	Rose	Kevin	BETTENDORF	IA	M	66	6.45	1	G	x
Cycling   Time Trial	65-69 Male	5K	Shaffer	Dan	Ely	IA	M	69	7.39	2	S	x
Cycling   Time Trial	65-69 Male	5K	Gladson	Rick	Des Moines	IA	M	65	7.51	3	B	x
Cycling   Time Trial	65-69 Male	5K	Anderson	Bob	Neenah	WI	M	65	8.06	4		x
Cycling   Time Trial	65-69 Male	5K	OBrien	Tim	Waverly	IA	M	68	8.51	5		x
Cycling   Time Trial	70-74 Male	5K	Beachy	Landon	Kalona	IA	M	71	6.58	1	G	x
Cycling   Time Trial	70-74 Male	5K	Gillum	Charles	Overland Park	KS	M	70	7.11	2	S	x
Cycling   Time Trial	70-74 Male	5K	Bergman	Mike	West Des Moines	IA	M	71	8.11	2	S	x
Cycling   Time Trial	70-74 Male	5K	Fortney	Harry	Kelley	IA	M	73	8.21	3	B	x
Cycling   Time Trial	70-74 Male	5K	Cruise	Al	Rolla	MO	M	72	8.27	5		
Cycling   Time Trial	70-74 Male	5K	Knoedel	Bill	Urbandale	IA	M	70	8.28	6		x
Cycling   Time Trial	70-74 Male	5K	Hanna	David	Fargo	ND	M	71	8.39	7		
Cycling   Time Trial	70-74 Male	5K	Maurer	Dennis	Hudson	IA	M	72	9.18	8		
Cycling   Time Trial	75-79 Male	5K	Hill	Earl	Britt	IA	M	78	11.18	1	G	x
Cycling   Time Trial	75-79 Male	5K	Hardin	William	Clive, IA	IA	M	79	11.56	2	S	x
Cycling   Time Trial	50-54 Female	10K	Phelps	Julie	Depere	WI	F	51	16.28	1	G	x
Cycling   Time Trial	50-54 Female	10K	Llewellyn	Jessie	Neenah	WI	F	53	16.47	2	S	x
Cycling   Time Trial	50-54 Female	10K	Bierling	Jess	West Des Moines	IA	F	49	18.17	3	G	x
Cycling   Time Trial	50-54 Male	10K	Moran	Derek	Eden	WI	M	49	14.16	1	G	x
Cycling   Time Trial	50-54 Male	10K	Phelps	Nathan	De Pere	WI	M	51	15.16	2	S	x
Cycling   Time Trial	55-59 Female	10K	Smith	Christine	Rochester	MN	F	58	18.53	1	G	x
Cycling   Time Trial	55-59 Male	10K	Green	David	Des Moines	IA	M	57	16.08	1	G	x
Cycling   Time Trial	55-59 Male	10K	Mahoney	Craig	West des Moines	IA	M	56	16.11	2	S	x
Cycling   Time Trial	55-59 Male	10K	Sadilek	Frank	Johnson Creek	WI	M	57	17.34	3	B	x
Cycling   Time Trial	60-64 Female	10K	Gillum	Gail	Overland Park	KS	F	60	17.56	1	G	x
Cycling   Time Trial	60-64 Male	10K	Wall	Scott	Ames	IA	M	61	14.11	1	G	x
Cycling   Time Trial	60-64 Male	10K	Hall	Matthew	Weston	WI	M	64	15.09	2	S	x
Cycling   Time Trial	60-64 Male	10K	Francken	Gregory	Elm Grove	WI	M	62	15.36	3	B	x
Cycling   Time Trial	60-64 Male	10K	Lones	Brad	Urbandale	IA	M	63	15.59	4	S	x
Cycling   Time Trial	60-64 Male	10K	Hoffman	William	Peoria	IL	M	60	16.47	5		

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Cycling   Time Trial	60-64 Male	10K	Tesch	Curtis	Waseca	MN	M	62	17.04	6		
Cycling   Time Trial	65-69 Female	10K	Paulson	Susan	Alexandria	MN	F	68	18.4	1	G	x
Cycling   Time Trial	65-69 Female	10K	Stone	Pam	DeKalb	IL	F	66	20.11	2	S	x
Cycling   Time Trial	65-69 Female	10K	Boyer	Rozalyn	Adel	IA	F	66	21.38	3	G	x
Cycling   Time Trial	65-69 Male	10K	Rose	Kevin	BETTENDORF	IA	M	66	14.33	1	G	x
Cycling   Time Trial	65-69 Male	10K	Shaffer	Dan	Ely	IA	M	69	15.04	2	S	x
Cycling   Time Trial	65-69 Male	10K	Anderson	Bob	Neenah	WI	M	65	16.23	3	B	x
Cycling   Time Trial	65-69 Male	10K	Gladson	Rick	Des Moines	IA	M	65	16.35	3	B	x
Cycling   Time Trial	65-69 Male	10K	O'Brien	Tim	Waverly	IA	M	68	17.46	5		x
Cycling   Time Trial	70-74 Male	10K	Gillum	Charles	Overland Park	KS	M	70	15.32	1	G	x
Cycling   Time Trial	70-74 Male	10K	Bergman	Mike	West Des Moines	IA	M	71	16.24	1	G	x
Cycling   Time Trial	70-74 Male	10K	Hanna	David	Fargo	ND	M	71	16.58	3	B	x
Cycling   Time Trial	70-74 Male	10K	Cruise	Al	Rolla	MO	M	72	17.09	4		x
Cycling   Time Trial	70-74 Male	10K	Knoedel	Bill	Urbandale	IA	M	70	17.11	2	S	x
Cycling   Time Trial	70-74 Male	10K	Beachy	Landon	Kalona	IA	M	71	18.15	3	B	x
Cycling   Time Trial	70-74 Male	10K	Maurer	Dennis	Hudson	IA	M	72	19.09	7		x
Cycling   Time Trial	70-74 Male	10K	Fortney	Harry	Kelley	IA	M	73	21.26	8		
Cycling   Time Trial	75-79 Male	10K	Hill	Earl	Britt	IA	M	78	23.38	1	G	x
Cycling   Time Trial	75-79 Male	10K	Hardin	William	Clive, IA	IA	M	79	38	2	S	x