





|     |       |                  |                |    |    |   |     |       |      |      |     |         |      |      |     |         |       |         |
|-----|-------|------------------|----------------|----|----|---|-----|-------|------|------|-----|---------|------|------|-----|---------|-------|---------|
| 202 | 9/12  | Nanette Boyer    | Cedar Rapids   | IA | 38 | F | 204 | 15:15 | 3:03 | 3:17 | 192 | 1:08:15 | 13.6 | 2:06 | 201 | 49:24   | 15:54 | 2:18:16 |
| 203 | 7/7   | Robin Kopelman   | Iowa City      | IA | 40 | F | 181 | 13:06 | 2:38 | 2:41 | 200 | 1:14:08 | 12.5 | 2:11 | 199 | 48:02   | 15:28 | 2:20:05 |
| 204 | 13/14 | Quinn Kopelman   | Iowa City      | IA | 12 | M | 37  | 8:13  | 1:39 | 3:59 | 203 | 1:17:48 | 12.0 | 2:03 | 200 | 48:09   | 15:30 | 2:20:09 |
| 205 | 14/14 | Brian Lysne      | Clarendon Hill | IL | 18 | M | 92  | 9:45  | 1:57 | 2:54 | 207 | 1:24:23 | 11.0 | 1:49 | 196 | 44:18   | 14:16 | 2:23:07 |
| 206 | 10/12 | Christine Jarmon | Marion         | IA | 44 | F | 198 | 14:34 | 2:55 | 5:54 | 204 | 1:17:58 | 11.9 | 1:15 | 197 | 44:24   | 14:18 | 2:24:03 |
| 207 | 11/12 | Julie Cain       | Cedar Rapids   | IA | 41 | F | 56  | 8:47  | 1:46 | 3:23 | 202 | 1:15:26 | 12.3 | 1:25 | 209 | 1:01:34 | 19:49 | 2:30:32 |
| 208 | 4/4   | Ken Budke        | Waterloo       | IA | 66 | M | 209 | 16:43 | 3:21 | 4:11 | 206 | 1:22:31 | 11.3 | 1:44 | 205 | 52:18   | 16:50 | 2:37:25 |
| 209 | 12/12 | Carol Melton     | Monticello     | IA | 36 | F | 194 | 14:00 | 2:48 | 3:53 | 208 | 1:24:43 | 11.0 | 2:05 | 207 | 53:59   | 17:23 | 2:38:38 |

TEAM RESULTS

| TOTAL PLACE | DIV | TEAM                       | MEMBERS: | SWIMMER            | BIKER             | RUNNER             | plc | time  | TRAN | BIKE | TRAN | plc     | time | plc  | time | pace  | TOTAL TIME |         |
|-------------|-----|----------------------------|----------|--------------------|-------------------|--------------------|-----|-------|------|------|------|---------|------|------|------|-------|------------|---------|
| 1           | 1/8 | Shea-Shea-Edwards          | =        | Jamie Shea         | , Chantelle Shea  | , Ryan Edwards     | 2   | 8:52  | 1:47 | 0:34 | 1    | 45:01   | 20.7 | 0:19 | 2    | 25:10 | 8:06       | 1:19:55 |
| 2           | 2/8 | Gearhart-Fassler-Anderson  | =        | Nick Gearhart      | , Karen Fassler   | , Adam Anderson    | 1   | 5:47  | 1:10 | 0:26 | 8    | 53:12   | 17.5 | 0:16 | 1    | 21:22 | 6:53       | 1:21:00 |
| 3           | 3/8 | Miskimen-Miskimen-Miskimen | =        | Kent Miskimen      | , Maggie Miskimen | , Shelley Miskimen | 9   | 10:24 | 2:05 | 0:25 | 2    | 45:10   | 20.6 | 0:19 | 3    | 25:18 | 8:09       | 1:21:32 |
| 4           | 1/4 | Vorhies-Hartwig-Knight     | =        | Chris Vorhies      | , Linnae Hartwig  | , Karen Knight     | 4   | 9:17  | 1:52 | 0:25 | 5    | 48:57   | 19.0 | 0:17 | 5    | 26:51 | 8:39       | 1:25:44 |
| 5           | 1/1 | Hartwig-Hartwig-Hartwig    | =        | Brody Hartwig      | , Jeff Hartwig    | , Brody Hartwig    | 5   | 9:41  | 1:57 | 0:27 | 7    | 51:53   | 17.9 | 1:11 | 4    | 26:14 | 8:27       | 1:29:25 |
| 6           | 4/8 | Jones-Jones-Bronsteader    | =        | Susie Jones        | , Scott Jones     | , Paul Bronsteader | 3   | 8:59  | 1:48 | 0:25 | 6    | 51:32   | 18.0 | 0:31 | 9    | 30:55 | 9:58       | 1:32:20 |
| 7           | 5/8 | Pizinger-Pizinger          | =        | T J. Pizinger      | , Terry Pizinger  | , T J. Pizinger    | 11  | 12:56 | 2:36 | 0:41 | 4    | 48:13   | 19.3 | 2:10 | 6    | 28:36 | 9:13       | 1:32:35 |
| 8           | 6/8 | Vestle-Loynachan-Ottaway   | =        | Ann Vestle         | , Brita Loynachan | , Ron Ottaway      | 7   | 10:03 | 2:01 | 0:25 | 3    | 45:25   | 20.5 | 0:24 | 12   | 42:30 | 13:41      | 1:38:45 |
| 9           | 2/4 | Slay-Lloyd                 | =        | Shelley Slay       | , Michelle Lloyd  | , Shelley Slay     | 10  | 11:05 | 2:13 | 0:28 | 10   | 1:00:45 | 15.3 | 0:21 | 7    | 30:19 | 9:46       | 1:42:56 |
| 10          | 7/8 | Meade-Matthews-Handley     | =        | Carol Meade        | , Karen Matthews  | , Robert Handley   | 6   | 9:56  | 2:00 | 0:36 | 12   | 1:08:02 | 13.7 | 0:28 | 8    | 30:44 | 9:54       | 1:49:43 |
| 11          | 3/4 | Jacobs-Jacobs-Jacobs       | =        | Paige Jacobs       | , Kaitlyn Jacobs  | , Makenzie Jacobs  | 8   | 10:22 | 2:05 | 0:25 | 11   | 1:03:57 | 14.5 | 0:24 | 10   | 34:55 | 11:15      | 1:50:00 |
| 12          | 4/4 | Etten-Greiner              | =        | Jean Etten         | , Melissa Greiner | , Jean Etten       | 12  | 13:53 | 2:47 | 0:31 | 9    | 1:00:40 | 15.3 | 1:53 | 11   | 39:46 | 12:48      | 1:56:42 |
| 13          | 8/8 | Marner-Ecklor-Kaufman      | =        | Christopher Marner | , Kimberly Ecklor | , Abbe Kaufman     | 13  | 27:19 | 5:28 | 0:26 | 13   | 1:17:41 | 12.0 | 0:17 | 13   | 42:39 | 13:44      | 2:28:21 |

TOP 10 SWIM

| NAME | CITY              | ST           | AGE | S    | time | yds  |
|------|-------------------|--------------|-----|------|------|------|
| 1    | Nick Gearhart     | Cedar Rapids | IA  |      | 5:47 | 1:10 |
| 2    | Barry Breffle     | Cedar Rapids | IA  | 43 M | 6:10 | 1:14 |
| 3    | Brad Johnson      | Cedar Rapids | IA  | 21 M | 6:39 | 1:20 |
| 4    | Jonah Heiser      | Hinsdale     | IL  | 19 M | 6:46 | 1:22 |
| 5    | Eamonn McCullough | Waverly      | IA  | 14 M | 6:47 | 1:22 |
| 6    | Walter Meanwell   | Madison      | WI  | 52 M | 6:47 | 1:22 |
| 7    | Nathaniel Degen   | Coralville   | IA  | 14 M | 6:59 | 1:24 |
| 8    | Isaac Slagel      | Dubuque      | IA  | 16 M | 6:59 | 1:24 |
| 9    | Steven Oaks       | Waterloo     | IA  | 42 M | 7:00 | 1:24 |
| 10   | Michael Altemeier | Cedar Rapids | IA  | 38 M | 7:05 | 1:25 |

TOP 10 FIRST TRANSITION

| NAME | CITY            | ST            | AGE | S    | time |
|------|-----------------|---------------|-----|------|------|
| 1    | Brad Johnson    | Cedar Rapids  | IA  | 21 M | 0:19 |
| 2    | Aryn Flood      | Grimes        | IA  | 34 F | 0:25 |
| 3    | Jen Gilmore     | Milwaukee     | WI  | 23 F | 0:25 |
| 4    | Barry Breffle   | Cedar Rapids  | IA  | 43 M | 0:26 |
| 5    | Dallas Clasen   | Peosta        | IA  | 19 M | 0:33 |
| 6    | Craig Goldsmith | Marion        | IA  | 31 M | 0:34 |
| 7    | Blake Jones     | Cedar Rapids  | IA  | 45 M | 0:34 |
| 8    | Randall Keys    | Polk City     | IA  | 31 M | 0:36 |
| 9    | Lane McMullen   | North Liberty | IA  | 35 M | 0:36 |
| 10   | Belinda Gee     | Cedar Rapids  | IA  | 55 F | 0:39 |

TOP 10 BIKE

| NAME | CITY             | ST            | AGE | S    | time  | mph  |
|------|------------------|---------------|-----|------|-------|------|
| 1    | Barry Breffle    | Cedar Rapids  | IA  | 43 M | 38:57 | 23.9 |
| 2    | Brad Johnson     | Cedar Rapids  | IA  | 21 M | 39:50 | 23.3 |
| 3    | Guy Olson        | Cedar Rapids  | IA  | 56 M | 40:43 | 22.8 |
| 4    | Walter Meanwell  | Madison       | WI  | 52 M | 41:22 | 22.5 |
| 5    | John Grice       | Kiwanee       | IL  | 54 M | 41:32 | 22.4 |
| 6    | Travis Hilsabeck | Prairie City  | IA  | 32 M | 41:43 | 22.3 |
| 7    | Dallas Clasen    | Peosta        | IA  | 19 M | 42:18 | 22.0 |
| 8    | Dan Tucker       | Cedar Rapids  | IA  | 62 M | 43:48 | 21.2 |
| 9    | Jenny Lorenz     | Marion        | IA  | 52 F | 43:52 | 21.2 |
| 10   | Lane McMullen    | North Liberty | IA  | 35 M | 43:58 | 21.2 |

TOP 10 SECOND TRANSITION

| NAME | CITY            | ST             | AGE | S    | time |
|------|-----------------|----------------|-----|------|------|
| 1    | Katie Morin     | Cedar Rapids   | IA  | 26 F | 0:18 |
| 2    | Craig Goldsmith | Marion         | IA  | 31 M | 0:22 |
| 3    | Brad Johnson    | Cedar Rapids   | IA  | 21 M | 0:23 |
| 4    | Jeremy Sabin    | Mount Vernon   | IA  | 21 M | 0:25 |
| 5    | Jody Rausch     | Robins         | IA  | 44 F | 0:25 |
| 6    | Boo Roca        | Clarendon Hill | IL  | 13 M | 0:25 |
| 7    | David Thatcher  | Cedar Rapids   | IA  | 39 M | 0:26 |

|    |                |              |    |      |      |
|----|----------------|--------------|----|------|------|
| 8  | Michael Kuhn   | Cascade      | IA | 55 M | 0:26 |
| 9  | Tyler Lorenzen | Vinton       | IA | 28 M | 0:26 |
| 10 | Barry Breffle  | Cedar Rapids | IA | 43 M | 0:26 |

TOP 10 RUN

|    | NAME            | CITY         | ST | AGE | S | time  | pace  |
|----|-----------------|--------------|----|-----|---|-------|-------|
| =  | =====           | =====        | == | === | = | ===== | ===== |
| 1  | Chad Goldsmith  | Coralville   | IA | 36  | M | 19:14 | 6:12  |
| 2  | Tesfay Russell  | Cedar Falls  | IA | 26  | M | 19:56 | 6:25  |
| 3  | Dallas Clasen   | Peosta       | IA | 19  | M | 19:58 | 6:26  |
| 4  | Barry Breffle   | Cedar Rapids | IA | 43  | M | 19:59 | 6:26  |
| 5  | Brad Johnson    | Cedar Rapids | IA | 21  | M | 20:15 | 6:31  |
| 6  | Craig Goldsmith | Marion       | IA | 31  | M | 20:37 | 6:39  |
| 7  | John Grice      | Kiwanee      | IL | 54  | M | 20:42 | 6:40  |
| 8  | Adam Kassem     | Cedar Rapids | IA | 24  | M | 20:59 | 6:46  |
| 9  | Isaac Slagel    | Dubuque      | IA | 16  | M | 21:07 | 6:48  |
| 10 | Adam Anderson   | Cedar Rapids | IA |     |   | 21:22 | 6:53  |