

CAMP COURAGEOUS SPRINT TRIATHLON

August 4, 2013

Center Junction, Iowa

500 Yard Swim, 15.5 Mile Bike, 5 K Run

CLYDESDALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	194 Daniel Ankrum	Waterloo	IA	31	M	1	9:06	1:50	1:07	1	47:01	19.8	0:55	1	23:28	7:34	1:21:34
2	201 Andrew Huntsman	Cedar Rapids	IA	37	M	2	9:17	1:52	1:47	2	51:13	18.2	1:20	3	29:19	9:26	1:32:55
3	205 Nick Rossin	Cedar Rapids	IA	31	M	6	10:51	2:11	1:26	7	54:46	17.0	0:37	2	28:03	9:02	1:35:42
4	199 Drew Fayram	North Liberty	IA	26	M	3	9:28	1:54	1:47	3	51:49	17.9	1:15	6	32:29	10:28	1:36:46
5	196 Doug Deimler	Cedar Rapids	IA	34	M	7	11:05	2:13	1:49	4	52:11	17.8	1:08	7	34:30	11:07	1:40:41
6	202 Derek Lagrange	Fairfax	IA	41	M	5	10:33	2:07	1:07	6	53:53	17.3	1:06	8	37:19	12:01	1:43:56
7	224 Chris Conrad	Iowa City	IA	50	M	4	9:36	1:56	3:37	8	58:05	16.0	1:36	5	31:44	10:13	1:44:36
8	207 Dan Webster	Mount Vernon	IA	31	M	13	12:36	2:32	2:45	9	58:37	15.9	0:51	4	31:23	10:06	1:46:10
9	204 Riley Roca	Clarendon Hill	IL	17	M	14	12:59	2:36	4:19	11	1:04:23	14.4	1:12	9	38:47	12:29	2:01:38
10	203 Gregory Miller	Iowa City	IA	55	M	12	12:30	2:30	3:00	10	1:02:40	14.8	2:24	11	43:52	14:07	2:04:24
11	198 Steven Etten	Palo	IA	57	M	10	12:16	2:28	3:34	5	53:16	17.5	3:39	14	54:04	17:24	2:06:47
12	200 Jeremy Horning	Tiffin	IA	43	M	8	11:46	2:22	5:07	13	1:05:29	14.2	2:00	10	43:40	14:03	2:07:59
13	195 Patrick Boyd	Bettendorf	IA	48	M	9	12:05	2:25	4:06	12	1:05:21	14.2	1:38	12	50:20	16:12	2:13:28
14	197 Matt Devery	North Liberty	IA	41	M	11	12:29	2:30	2:54	14	1:05:34	14.2	2:01	13	53:02	17:05	2:15:58

ATHENA RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	6 Jody Rausch	Robins	IA	44	F	1	8:08	1:38	1:03	1	50:29	18.4	0:25	2	30:16	9:45	1:30:20
2	189 Beth McCormick	Shellsburg	IA	27	F	10	14:22	2:53	1:50	2	54:22	17.1	0:35	1	29:38	9:33	1:40:44
3	184 Tina Devery	North Liberty	IA	44	F	3	10:01	2:01	1:27	3	54:40	17.0	0:40	3	34:43	11:11	1:41:29
4	193 Trisha Welter	Iowa City	IA	29	F	8	12:45	2:33	1:22	5	59:11	15.7	0:52	4	37:12	11:59	1:51:19
5	191 Annie Stark	Cedar Rapids	AL	22	F	5	10:20	2:04	2:42	6	1:02:34	14.9	0:51	7	40:57	13:11	1:57:22
6	186 Karen Hahn	Iowa City	IA	33	F	7	11:47	2:22	1:36	7	1:06:04	14.1	0:39	5	39:39	12:46	1:59:43
7	185 Jodi Gilmour	Winnebago	IL	45	F	4	10:03	2:01	1:51	4	57:10	16.3	2:00	10	50:28	16:15	2:01:29
8	192 Andrea Tracey	Alexandria	VA	44	F	6	11:39	2:20	3:05	9	1:13:22	12.7	0:47	6	40:05	12:54	2:08:56
9	182 Nanette Boyer	Cedar Rapids	IA	38	F	12	15:15	3:03	3:17	8	1:08:15	13.6	2:06	9	49:24	15:54	2:18:16
10	188 Christine Jarmon	Marion	IA	44	F	11	14:34	2:55	5:54	11	1:17:58	11.9	1:15	8	44:24	14:18	2:24:03
11	183 Julie Cain	Cedar Rapids	IA	41	F	2	8:47	1:46	3:23	10	1:15:26	12.3	1:25	12	1:01:34	19:49	2:30:32
12	190 Carol Melton	Monticello	IA	36	F	9	14:00	2:48	3:53	12	1:24:43	11.0	2:05	11	53:59	17:23	2:38:38

FEMALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME	
1	Amanda Weyer	IA	18	F	1	8:21	1:41	0:47	1	51:25	18.1	0:41	2	26:49	8:38	1:28:02	
2	Holly Wisnousky	IA	18	F	6	13:08	2:38	2:12	2	57:12	16.3	2:05	1	24:53	8:01	1:39:29	
3	Chloe Heiser	IL	13	F	2	8:52	1:47	1:55	3	1:04:18	14.5	0:34	3	29:02	9:21	1:44:39	
4	Derica Jakoubek	IA	19	F	4	10:18	2:04	4:22	4	1:04:18	14.5	0:42	4	30:23	9:47	1:50:01	
5	Kate Harrison	Clarendon Hill	IL	16	F	5	13:07	2:38	2:16	5	1:14:48	12.4	0:47	5	35:40	11:29	2:06:37
6	Kate Roca	Clarendon Hill	IL	15	F	3	10:11	2:03	2:09	6	1:19:34	11.7	0:52	6	44:05	14:12	2:16:49

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME	
1	Dallas Clasen	IA	19	M	6	8:22	1:41	0:33	1	42:18	22.0	0:34	1	19:58	6:26	1:11:43	
2	Isaac Slagel	IA	16	M	4	6:59	1:24	0:47	2	46:14	20.1	0:38	2	21:07	6:48	1:15:42	
3	Garrett Herring	IA	13	M	7	8:43	1:45	0:49	4	52:48	17.6	1:08	5	24:56	8:02	1:28:23	
4	Eamonn McCullough	IA	14	M	2	6:47	1:22	2:03	6	56:09	16.6	0:51	4	24:52	8:01	1:30:39	
5	Preston Lagrange	IA	15	M	13	11:38	2:20	3:12	3	51:22	18.1	1:44	6	25:09	8:06	1:33:04	
6	Colton Lagrange	IA	12	M	10	10:36	2:08	1:59	5	55:19	16.8	2:00	3	24:44	7:58	1:34:36	
7	Jake Heiser	IL	16	M	8	9:38	1:56	1:34	8	59:38	15.6	0:36	9	28:44	9:15	1:40:09	
8	Zach Slusher	IA	18	M	14	15:37	3:08	2:03	7	58:45	15.8	0:37	7	26:19	8:29	1:43:20	
9	Nathaniel Degen	IA	14	M	3	6:59	1:24	3:09	11	1:10:19	13.2	0:34	8	27:21	8:48	1:48:19	
10	Dillon Shephard	IA	14	M	12	10:59	2:12	2:08	9	1:00:30	15.4	0:30	11	36:20	11:42	1:50:25	
11	Jonah Heiser	IL	19	M	1	6:46	1:22	1:43	10	1:08:54	13.5	0:28	10	36:06	11:38	1:53:56	
12	Boo Roca	Clarendon Hill	IL	13	M	11	10:42	2:09	2:27	12	1:11:45	13.0	0:25	12	41:47	13:27	2:07:04
13	Quinn Kopelman	IA	12	M	5	8:13	1:39	3:59	13	1:17:48	12.0	2:03	14	48:09	15:30	2:20:09	
14	Brian Lysne	Clarendon Hill	IL	18	M	9	9:45	1:57	2:54	14	1:24:23	11.0	1:49	13	44:18	14:16	2:23:07

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	Emily Sullivan	IA	24	F	1	7:47	1:34	1:17	2	49:44	18.7	0:53	1	26:44	8:37	1:26:24
2	Jen Gilmore	WI	23	F	4	10:29	2:06	0:25	1	47:56	19.4	0:44	3	29:30	9:30	1:29:03
3	Kennon Meyer	IA	22	F	2	9:20	1:52	0:43	3	50:50	18.3	0:42	4	33:04	10:39	1:34:36
4	Rosa Owen	WI	20	F	3	9:45	1:57	1:15	4	55:47	16.7	1:40	2	29:02	9:21	1:37:26

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	Brad Johnson	IA	21	M	1	6:39	1:20	0:19	1	39:50	23.3	0:23	1	20:15	6:31	1:07:23
2	Adam Kassem	IA	24	M	2	8:09	1:38	1:18	3	47:56	19.4	0:46	2	20:59	6:46	1:19:07
3	William Sindelar	IL	21	M	5	10:14	2:03	1:29	2	46:38	19.9	0:42	5	22:56	7:23	1:21:57
4	Derek Griesinger	IA	24	M	4	9:41	1:57	0:58	4	49:27	18.8	0:40	8	26:45	8:37	1:29:58
5	Brice Antons	IA	23	M	7	12:10	2:26	2:44	5	53:31	17.4	0:58	3	21:52	7:03	1:32:50
6	Jeremy Burkle	IA	24	M	8	13:48	2:46	2:58	6	57:35	16.2	0:34	4	22:44	7:19	1:33:00
7	Steven Kellogg	IA	22	M	3	9:09	1:50	2:58	6	57:35	16.2	0:34	4	22:44	7:19	1:33:00

8	Jeremy Sabin	Mount Vernon	IA	21	M	9	14:35	2:55	1:53	7	1:01:45	15.1	0:25	7	26:11	8:26	1:44:47
9	Tanner Ellison	Delhi	IA	22	M	6	11:36	2:20	3:00	8	1:01:54	15.0	1:10	9	27:15	8:47	1:44:53

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Jamie Isherwood	Iowa City	IA	29	F	6	10:15	2:03	1:27	1	45:48	20.3	1:02	1	25:31	8:13	1:24:02
2	Alyssa Weiers	Arlington Heig	IL	25	F	4	8:23	1:41	1:07	2	51:30	18.1	0:40	4	27:28	8:51	1:29:07
3	Katie Morin	Cedar Rapids	IA	26	F	3	8:22	1:41	1:54	3	52:26	17.7	0:18	2	26:56	8:41	1:29:55
4	Caliope Price	Fairfax	IA	28	F	2	7:50	1:34	1:22	4	52:42	17.6	1:16	3	27:05	8:43	1:30:13
5	Ann Janowski	Iowa City	IA	27	F	1	7:28	1:30	1:26	5	57:43	16.1	1:12	9	33:48	10:53	1:41:35
6	Suzi Anderson	Cedar Rapids	IA	28	F	8	11:42	2:21	1:23	6	57:57	16.0	1:22	6	31:38	10:11	1:43:59
7	Kellie McGrath	Clive	IA	28	F	5	9:44	1:57	1:59	8	1:05:46	14.1	1:13	7	32:33	10:29	1:51:13
8	Danielle Lawrence	Monticello	IA	29	F	9	11:47	2:22	3:13	9	1:06:28	14.0	1:15	5	30:02	9:40	1:52:42
9	Julia Winkel	Cedar Rapids	IA	28	F	7	11:28	2:18	3:04	10	1:09:18	13.4	1:06	8	33:01	10:38	1:57:55
10	Jennifer Fisher	Cedar Rapids	IA	28	F	10	13:31	2:43	1:27	7	1:03:40	14.6	1:46	10	39:47	12:49	2:00:08

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Troy Bockenstedt	Dyersville	IA	26	M	6	8:58	1:48	1:18	2	47:19	19.7	0:30	3	23:16	7:30	1:21:18
2	Tesfay Russell	Cedar Falls	IA	26	M	10	9:53	1:59	1:19	5	49:30	18.8	0:44	1	19:56	6:25	1:21:20
3	Jacob Bawek	Cedar Rapids	IA	27	M	7	9:20	1:52	1:31	4	49:26	18.8	0:43	2	21:52	7:03	1:22:50
4	Brent Frein	Clive	IA	26	M	4	8:28	1:42	1:18	3	48:10	19.3	0:33	4	24:27	7:53	1:22:54
5	Jonathan Lam	Cedar Rapids	IA	26	M	8	9:49	1:58	0:44	1	46:52	19.8	0:50	7	27:16	8:47	1:25:29
6	Ben Arends	Ackley	IA	27	M	5	8:45	1:45	1:12	9	51:39	18.0	0:58	5	25:12	8:07	1:27:44
7	Tyler Lorenzen	Vinton	IA	28	M	2	7:47	1:34	2:12	10	52:12	17.8	0:26	6	25:52	8:20	1:28:27
8	Sam Stark	Cedar Rapids	IA	28	M	1	7:33	1:31	1:42	6	49:39	18.7	1:07	13	32:21	10:25	1:32:19
9	Aryeh Bolel	Des Moines	IA	26	M	3	8:08	1:38	2:13	8	51:05	18.2	1:12	10	31:52	10:16	1:34:28
10	Dave Baron	North Liberty	IA	28	M	9	9:51	1:59	2:01	7	49:59	18.6	1:22	12	32:18	10:24	1:35:29
11	Joshua Ten Napel	Knoxville	IA	26	M	13	11:34	2:19	2:26	11	55:27	16.8	1:28	8	29:37	9:32	1:40:29
12	Nathan Schulz	Westmont	IL	27	M	11	10:49	2:10	1:51	12	56:15	16.5	0:39	11	32:13	10:22	1:41:44
13	Hayder Salehoglu	Palo	IA	28	M	12	11:07	2:14	2:11	14	1:00:02	15.5	0:29	9	31:49	10:15	1:45:36
14	Adam Bayliss	Cedar Rapids	IA	27	M	14	15:18	3:04	2:01	13	57:45	16.1	0:39	14	32:30	10:28	1:48:11

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Aryn Flood	Grimes	IA	34	F	1	7:28	1:30	0:25	1	44:01	21.1	0:32	2	24:36	7:55	1:17:00
2	Carrie Desotel	Cedar Rapids	IA	32	F	4	9:21	1:53	1:44	2	50:32	18.4	0:56	1	22:20	7:12	1:24:50
3	Lindsey Keller	Janesville	IA	30	F	6	9:40	1:56	1:26	4	52:09	17.8	0:52	5	28:02	9:02	1:32:07
4	Jennet Volden	Cedar Rapids	IA	32	F	5	9:33	1:55	1:20	3	50:38	18.4	0:51	6	32:53	10:35	1:35:14
5	Caitlin Slessor	Ely	IA	32	F	7	10:28	2:06	1:52	8	59:17	15.7	0:36	4	27:35	8:53	1:39:47
6	Miranda Ten Napel	Ham Lake	MN	33	F	3	8:59	1:48	1:41	5	54:31	17.1	0:51	8	34:07	10:59	1:40:07
7	Jenni Wedewer	Cedar Rapids	IA	30	F	10	14:53	2:59	2:29	7	58:37	15.9	0:58	3	27:21	8:48	1:44:15
8	Kathryn Lanius	Cedar Rapids	IA	32	F	2	8:31	1:43	1:25	6	56:36	16.4	1:02	9	36:44	11:50	1:44:16
9	Michelle Keys	North Liberty	IA	32	F	9	11:28	2:18	1:36	10	1:07:43	13.7	1:34	7	33:43	10:51	1:56:03
10	Megan Cain	Des Moines	IA	33	F	8	11:11	2:15	1:46	9	1:05:01	14.3	1:47	10	50:53	16:23	2:10:36

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Craig Goldsmith	Marion	IA	31	M	1	7:18	1:28	0:34	3	44:10	21.1	0:22	1	20:37	6:39	1:12:58
2	Jason Rabe	Fairfax	IA	33	M	2	7:20	1:28	0:40	2	44:06	21.1	0:45	2	22:13	7:09	1:15:01
3	Travis Hilsabeck	Prairie City	IA	32	M	6	8:44	1:45	0:51	1	41:43	22.3	0:28	3	23:18	7:30	1:15:03
4	Randall Keys	Polk City	IA	31	M	10	9:44	1:57	0:36	4	46:21	20.1	0:50	5	25:19	8:09	1:22:49
5	Shawn Love	Marion	IA	32	M	9	9:30	1:54	1:31	5	46:39	19.9	0:43	9	26:52	8:39	1:25:13
6	Hollis Weber	Mount Vernon	IA	30	M	7	9:22	1:53	1:19	7	50:06	18.6	1:10	4	24:55	8:01	1:26:49
7	Justin Schmidt	Cedar Rapids	IA	32	M	5	8:21	1:41	2:38	6	49:05	18.9	1:12	7	26:06	8:24	1:27:20
8	Charles Hill	Des Moines	IA	34	M	4	7:41	1:33	2:00	8	50:11	18.5	1:05	8	26:48	8:38	1:27:43
9	Eric Welter	Iowa City	IA	32	M	11	10:48	2:10	2:28	9	51:47	18.0	0:38	6	26:00	8:22	1:31:40
10	Rob Griffin	Cedar Falls	IA	30	M	8	9:25	1:53	1:12	10	52:20	17.8	0:54	10	28:12	9:05	1:32:01
11	Greg Janes	Cedar Rapids	IO	32	M	3	7:26	1:30	2:04	11	55:31	16.8	0:37	12	30:15	9:44	1:35:51
12	Andrew Greco	Cedar Rapids	IA	33	M	12	13:42	2:45	1:49	12	56:45	16.4	0:53	11	29:53	9:38	1:43:00

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Kelly Sampson	Waverly	IA	37	F	1	8:27	1:42	1:04	1	48:50	19.0	0:31	1	22:43	7:19	1:21:32
2	Stephanie Hoeper	North Liberty	IA	39	F	10	11:43	2:21	1:24	2	49:38	18.7	1:16	2	23:22	7:32	1:27:21
3	Ellery Smith	Cedar Rapids	IA	36	F	2	9:10	1:50	1:03	3	51:26	18.1	0:53	6	26:35	8:34	1:29:05
4	Jill Snitko	Marion	IA	35	F	4	10:09	2:02	1:32	6	54:26	17.1	0:45	3	24:31	7:54	1:31:20
5	Jennifer Gehl	Dubuque	IA	39	F	6	11:00	2:12	1:19	4	53:31	17.4	1:05	4	25:16	8:08	1:32:09
6	Mindy Capron	Monticello	IA	37	F	14	14:05	2:49	2:21	7	55:15	16.8	0:40	5	26:06	8:25	1:38:27
7	Maryann Heying	Cedar Rapids	IA	36	F	12	13:01	2:37	1:32	5	53:56	17.2	1:19	9	29:07	9:23	1:38:52
8	Andrea Joyner	Marion	IA	39	F	8	11:13	2:15	1:20	10	58:51	15.8	1:14	7	26:48	8:38	1:39:24
9	Emily Recker	Hopkinton	IA	37	F	13	14:00	2:48	2:23	9	58:16	16.0	0:34	8	27:10	8:45	1:42:22
10	Julie Hoffmann	Hiawatha	IA	37	F	3	9:28	1:54	1:52	11	58:54	15.8	1:58	10	33:13	10:42	1:45:23
11	April Carlson	Van Horne	IA	38	F	11	11:49	2:22	2:02	8	57:37	16.1	1:28	12	35:01	11:17	1:47:55
12	Charity Rausch	Cascade	IA	39	F	7	11:13	2:15	1:32	14	1:04:26	14.4	0:37	11	33:56	10:56	1:51:43
13	Beth Hoopes	Van Horne	IA	36	F	9	11:29	2:18	2:31	12	1:00:47	15.3	0:47	14	40:49	13:09	1:56:21
14	Alissa Ten Napel	Van Horne	IA	38	F	5	10:23	2:03	4:10	13	1:02:44	14.8	1:31	13	37:54	12:12	1:56:31

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Chad Goldsmith	Coralville	IA	36	M	4	8:08	1:38	0:41	3	45:04	20.6	0:31	1	19:14	6:12	1:13:36

2	Michael Altemeier	Cedar Rapids	IA	38	M	1	7:05	1:25	0:54	2	44:09	21.1	0:27	5	25:13	8:07	1:17:46
3	Tom Rutkowski	Iowa City	IA	38	M	3	7:59	1:36	1:23	5	46:09	20.2	0:36	2	22:35	7:16	1:18:39
4	Lee Heying	Cedar Rapids	IA	37	M	5	8:29	1:42	1:33	6	46:32	20.0	1:02	3	22:41	7:18	1:20:15
5	Lane McMullen	North Liberty	IA	35	M	6	9:03	1:49	0:36	1	43:58	21.2	1:27	9	26:54	8:40	1:21:57
6	David Thatcher	Cedar Rapids	IA	39	M	2	7:31	1:31	1:00	7	47:47	19.5	0:26	8	26:14	8:27	1:22:55
7	Cory Tweden	Iowa City	IA	36	M	9	9:50	1:58	1:20	4	45:30	20.4	1:13	7	25:18	8:09	1:23:08
8	Matthew Ten Napel	Ham Lake	MN	36	M	7	9:04	1:49	1:33	8	49:01	19.0	0:34	4	24:46	7:59	1:24:56
9	Ryan Colerick	Marion	IA	37	M	10	10:06	2:02	1:38	11	52:40	17.7	1:18	6	25:17	8:08	1:30:57
10	Nathan Hein	Marion	IA	35	M	8	9:28	1:54	1:09	9	50:33	18.4	0:34	11	29:26	9:29	1:31:08
11	Matthew White	Cedar Rapids	IA	35	M	13	16:25	3:17	2:51	10	52:00	17.9	1:14	10	28:53	9:18	1:41:21
12	Michael Arnold	Van Horne	IA	36	M	12	14:35	2:55	2:38	12	1:04:25	14.4	0:38	12	32:19	10:24	1:54:34
13	Todd Garrison	Cedar Rapids	IA	39	M	11	13:16	2:40	5:12	13	1:08:24	13.6	3:16	13	37:57	12:13	2:08:04

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Kristi Storey	Vinton	IA	40	F	3	11:12	2:15	1:40	3	56:56	16.3	0:36	1	29:50	9:37	1:40:12
2	Joanna Weyer	Swisher	IA	43	F	2	9:44	1:57	1:32	1	54:27	17.1	1:42	4	32:59	10:37	1:40:22
3	Kim Chandler	Cedar Rapids	IA	40	F	4	11:23	2:17	2:37	2	56:56	16.3	2:01	3	32:01	10:19	1:44:55
4	Jennifer Roberts	Marion	IA	40	F	1	9:06	1:50	1:57	4	58:09	16.0	1:49	5	34:55	11:15	1:45:55
5	Ann Brunson	Marion	IA	42	F	6	12:26	2:30	1:26	5	1:05:16	14.2	0:27	2	32:00	10:18	1:51:32
6	Tammy Roberts Haas	Solon	IA	44	F	5	12:17	2:28	2:31	6	1:05:59	14.1	1:23	6	36:56	11:54	1:59:03
7	Robin Kopelman	Iowa City	IA	40	F	7	13:06	2:38	2:41	7	1:14:08	12.5	2:11	7	48:02	15:28	2:20:05

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Barry Breffle	Cedar Rapids	IA	43	M	1	6:10	1:14	0:26	1	38:57	23.9	0:26	1	19:59	6:26	1:05:56
2	Mark Johnson	Hiawatha	IA	40	M	7	9:11	1:51	1:07	3	46:34	20.0	0:54	2	22:02	7:06	1:19:46
3	Jaye Heater	Marion	IA	40	M	4	7:30	1:30	1:23	5	48:02	19.4	1:03	3	24:31	7:54	1:22:27
4	Bradley Sindelar	Corydon	IA	42	M	5	8:49	1:46	1:34	4	47:26	19.6	0:58	4	26:13	8:27	1:24:58
5	Mike Trachta	Marion	IA	43	M	3	7:21	1:29	2:14	6	49:25	18.8	0:31	5	26:23	8:30	1:25:54
6	Robert O'Dell	Cedar Rapids	IA	42	M	8	10:45	2:09	1:09	2	44:50	20.7	2:22	7	33:45	10:52	1:32:50
7	Melvin Scoville	Cedar Rapids	IA	42	M	6	8:54	1:47	2:13	7	54:00	17.2	1:14	6	30:01	9:40	1:36:20
8	Steven Oaks	Waterloo	IA	42	M	2	7:00	1:24	1:24	9	58:41	15.8	1:36	9	34:00	10:57	1:42:39
9	Aj Rummelhart	Iowa City	IA	41	M	11	14:28	2:54	2:46	8	58:31	15.9	0:34	8	33:54	10:55	1:50:12
10	Brad Duggan	Marion	IA	40	M	10	13:29	2:42	4:09	10	1:04:46	14.4	1:24	10	34:27	11:06	1:58:13
11	Brian Turner	Cedar Rapids	IA	41	M	9	11:12	2:15	3:37	11	1:05:03	14.3	0:58	11	37:59	12:14	1:58:47

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Trina Dunham	Hiawatha	IA	48	F	3	8:26	1:42	1:06	1	45:20	20.5	0:44	1	30:01	9:40	1:25:34
2	Tami Fiala	Fairfax	IA	49	F	2	8:19	1:40	1:39	3	49:39	18.7	1:13	6	31:24	10:07	1:32:12
3	Rosie Jones	Cedar Rapids	IA	48	F	4	10:13	2:03	1:13	2	49:24	18.8	0:40	2	31:03	10:00	1:32:32
4	Betsy Roca	Clarendon Hill	IL	45	F	1	7:37	1:32	1:35	5	54:53	16.9	0:58	5	31:17	10:04	1:36:18
5	Laura Scharosch	Center Point	IA	47	F	5	10:14	2:03	1:09	6	55:32	16.7	0:48	8	32:30	10:28	1:40:11
6	Diane Supinski	Sun Prairie	WI	48	F	6	10:41	2:09	1:20	8	57:08	16.3	1:09	7	31:55	10:17	1:42:11
7	Audrey Rasmussen	Taylor Ridge	IL	48	F	10	13:29	2:42	1:21	7	55:38	16.7	1:36	3	31:11	10:03	1:43:13
8	Kathleen Herber	Dubuque	IA	45	F	9	12:32	2:31	1:23	4	54:23	17.1	1:12	9	35:54	11:34	1:45:22
9	Kathy Geers	Marion	IA	48	F	7	11:13	2:15	2:49	9	1:00:05	15.5	1:31	10	40:59	13:12	1:56:35
10	Lisa Rabik	Center Point	IA	45	F	11	15:49	3:10	2:28	10	1:07:25	13.8	1:07	4	31:12	10:03	1:57:58
11	Bonnie Hinrichs	Cedar Rapids	IA	45	F	8	11:40	2:20	2:56	11	1:10:04	13.3	1:47	11	41:44	13:26	2:08:09

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Blake Jones	Cedar Rapids	IA	45	M	2	8:33	1:43	0:34	1	44:48	20.8	0:28	3	26:20	8:29	1:20:40
2	Randy Crawford	Cedar Rapids	IA	48	M	3	9:14	1:51	1:58	2	46:27	20.0	1:14	4	27:46	8:56	1:26:36
3	Russ Rauscher	Cedar Rapids	IA	46	M	5	10:51	2:11	1:34	3	46:38	19.9	0:59	5	27:48	8:57	1:27:48
4	Robert Roca	Clarendon Hill	IL	46	M	1	7:27	1:30	1:33	4	47:34	19.6	1:00	6	30:44	9:54	1:28:16
5	Kyle Schminke	Shellsburg	IA	46	M	6	11:24	2:17	1:19	5	50:40	18.4	0:51	1	25:26	8:11	1:29:39
6	Andrew Degen	Coralville	IA	45	M	4	9:52	1:59	3:39	6	1:05:48	14.1	0:36	2	25:48	8:18	1:45:41

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Jenny Lorenz	Marion	IA	52	F	2	7:38	1:32	1:04	1	43:52	21.2	0:38	2	25:12	8:07	1:18:22
2	Kim Sprenger	Iowa City	IA	51	F	1	7:21	1:28	0:53	6	52:15	17.8	0:30	1	24:44	7:58	1:25:39
3	Kallie Harris	Cedar Rapids	IA	50	F	9	10:46	2:10	1:07	2	49:19	18.9	0:47	3	26:49	8:38	1:28:46
4	Patricia Kenel	Cedar Rapids	IA	53	F	3	8:46	1:46	1:31	3	51:10	18.2	1:11	5	28:54	9:18	1:31:30
5	Patty Heiser	Hinsdale	IL	52	F	6	10:23	2:05	2:25	7	53:06	17.5	0:41	4	26:57	8:41	1:33:30
6	Lori Sindelar	Sherrard	IL	53	F	7	10:30	2:06	1:35	4	51:28	18.1	1:02	6	29:48	9:36	1:34:21
7	Margaret Millar	Moline	IL	54	F	4	9:09	1:50	1:32	5	51:50	17.9	1:22	10	33:11	10:41	1:37:02
8	Teresa Anton	Cedar Rapids	IO	50	F	11	12:12	2:27	2:22	8	59:42	15.6	1:29	7	31:33	10:10	1:47:15
9	Robin Randall	Clarendon Hill	IL	51	F	8	10:43	2:09	3:07	9	1:00:11	15.5	1:12	8	32:36	10:30	1:47:47
10	Lynda Barrow	Cedar Rapids	IA	52	F	10	11:17	2:16	2:06	10	1:02:15	14.9	1:28	9	32:47	10:33	1:49:51
11	Robin Butler	Iowa City	IA	50	F	5	10:19	2:04	2:11	11	1:03:17	14.7	1:52	11	44:37	14:22	2:02:14

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	John Grice	Kiwanee	IL	54	M	2	7:05	1:25	0:44	2	41:32	22.4	0:31	1	20:42	6:40	1:10:31
2	Walter Meanwell	Madison	WI	52	M	1	6:47	1:22	0:52	1	41:22	22.5	0:32	4	23:42	7:38	1:13:14
3	David McCullough	Waverly	IA	54	M	3	8:11	1:39	0:59	5	47:21	19.6	0:50	3	22:49	7:21	1:20:09
4	Darl Van Rheenen	Amana	IO	52	M	5	9:13	1:51	0:45	6	47:52	19.4	0:41	2	22:26	7:14	1:20:55
5	Jerry Kern	Cedar Rapids	IA	53	M	6	9:13	1:51	1:39	4	46:03	20.2	0:50	6	25:48	8:18	1:23:31

6	Keith Kenel	Cedar Rapids	IA	52	M	9	10:42	2:09	1:01	3	45:40	20.4	0:59	5	25:22	8:10	1:23:43
7	Ted Olson	Hiawatha	IA	53	M	7	10:32	2:07	0:41	8	52:22	17.8	0:58	7	26:32	8:33	1:31:03
8	James Foster	Chicago	IL	53	M	4	8:47	1:46	1:25	7	50:25	18.4	0:53	10	33:14	10:42	1:34:42
9	Jeff Miller	Robins	IA	51	M	8	10:38	2:08	4:14	11	1:01:21	15.2	1:56	8	30:00	9:40	1:48:08
10	Tobin Tracey	Alexandria	VA	50	M	10	12:30	2:30	2:29	12	1:01:24	15.1	0:44	9	32:16	10:23	1:49:22
11	Timothy Hutchinson	Marion	IA	54	M	11	14:43	2:57	2:45	9	54:22	17.1	0:58	12	41:14	13:17	1:53:59
12	Ken Kral	Hayward	WI	53	M	12	15:13	3:03	3:32	10	59:18	15.7	1:00	11	40:26	13:01	1:59:28

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Belinda Gee	Cedar Rapids	IA	55	F	1	9:47	1:58	0:39	1	49:45	18.7	0:36	1	29:40	9:33	1:30:25
2	Sandy Pint	Mount Vernon	IA	57	F	2	11:27	2:18	1:58	2	54:40	17.0	0:53	3	34:22	11:04	1:43:18
3	Rebecca Swinton	Cedar Falls	IA	59	F	3	12:53	2:35	3:59	4	1:02:53	14.8	1:27	2	32:25	10:26	1:53:34
4	Julie Evans	Muscatine	IA	55	F	4	13:50	2:46	2:35	3	59:06	15.7	1:19	4	38:31	12:24	1:55:18

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Guy Olson	Cedar Rapids	IA	56	M	1	7:15	1:27	0:40	1	40:43	22.8	0:31	2	23:25	7:33	1:12:33
2	Mark Petersen	Cedar Rapids	IA	55	M	2	7:52	1:35	1:21	5	49:05	18.9	1:26	1	22:13	7:09	1:21:55
3	Richard Wyss	Iowa City	IA	56	M	4	8:36	1:43	1:19	3	47:30	19.6	0:53	4	27:18	8:48	1:25:33
4	Joe McGrath	Cedar Rapids	IA	57	M	3	8:06	1:38	1:20	2	47:26	19.6	0:52	6	28:44	9:15	1:26:26
5	Michael Kuhn	Cascade	IA	55	M	6	12:25	2:29	1:39	6	51:35	18.0	0:26	3	25:28	8:12	1:31:31
6	Jerry Ask	Cedar Rapids	IA	55	M	5	10:08	2:02	1:49	4	47:47	19.5	1:32	7	30:49	9:56	1:32:04
7	John Helms	Clarendon Hill	IL	56	M	8	13:49	2:46	2:18	7	53:03	17.5	0:45	5	28:42	9:14	1:38:35
8	James Sabin	Mount Vernon	IA	57	M	7	13:10	2:38	3:50	8	56:52	16.4	2:45	8	32:44	10:32	1:49:19

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Dan Tucker	Cedar Rapids	IA	62	M	1	10:24	2:05	1:25	1	43:48	21.2	0:53	1	30:05	9:41	1:26:34
2	Daniel Zwack	Peosta	IA	63	M	2	11:27	2:18	2:28	2	58:37	15.9	0:37	2	32:45	10:33	1:45:52

MALE AGE GROUP RESULTS 65 - 69

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Dick Morrison	Cedar Rapids	IA	65	M	1	8:53	1:47	1:40	1	45:04	20.6	1:09	2	30:33	9:50	1:27:18
2	James Daubenmier	Cedar Rapids	IA	69	M	3	11:35	2:19	1:35	2	46:56	19.8	0:51	1	27:26	8:50	1:28:21
3	Dennis Baier	Cedar Rapids	IA	67	M	2	9:50	1:58	1:10	3	50:49	18.3	0:50	3	32:47	10:34	1:35:24
4	Ken Budke	Waterloo	IA	66	M	4	16:43	3:21	4:11	4	1:22:31	11.3	1:44	4	52:18	16:50	2:37:25

FEMALE AGE GROUP RESULTS 70 - 99

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Sandi Campbell	Palatine	IL	70	F	1	10:01	2:01	1:53	1	55:49	16.7	1:23	1	37:29	12:04	1:46:33