

FEMALE OVERALL

| Place | Name         | Age | City      | St | Swim | Bike  | Run   | Time    |
|-------|--------------|-----|-----------|----|------|-------|-------|---------|
| 1     | Kim Sprenger | 50  | Iowa City | IA | 5:37 | 47:54 | 20:55 | 1:17:24 |
| 2     | Trina Dunham | 47  | Hiawatha  | IA | 6:11 | 45:22 | 24:37 | 1:19:30 |
| 3     | Deb Gaddis   | 46  | Solon     | IA | 7:31 | 48:13 | 20:47 | 1:19:41 |

MALE OVERALL

| Place | Name         | Age | City          | St | Swim | Bike  | Run   | Time    |
|-------|--------------|-----|---------------|----|------|-------|-------|---------|
| 1     | Steven Davis | 32  | North Liberty | IA | 5:39 | 40:40 | 18:36 | 1:07:20 |
| 2     | Brad Johnson | 20  | Cedar Rapids  | IA | 4:29 | 42:18 | 18:30 | 1:07:47 |
| 3     | Guy Olson    | 55  | Cedar Rapids  | IA | 5:07 | 41:59 | 20:21 | 1:10:34 |

ATHENA OVERALL 1 TO 99

| Place | Name           | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|----------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Jessica Powers | 23  | Cedar Rapids | IA | 4:52 | 56:00 | 23:00 | 1:29:31 |
| 2     | Lisa Person    | 36  | Cedar Rapids | IA | 5:12 | 56:23 | 27:05 | 1:32:29 |
| 3     | Trisha Schiltz | 28  | Iowa City    | IA | 8:01 | 58:25 | 32:59 | 1:44:43 |

CLYDESDALE OVERALL 1 TO 99

| Place | Name         | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|--------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Cory Tweden  | 35  | Iowa City    | IA | 7:49 | 50:57 | 21:20 | 1:24:48 |
| 2     | Todd Lewison | 52  | Cedar Rapids | IA | 7:41 | 50:57 | 23:29 | 1:26:40 |
| 3     | Eric Welter  | 31  | Iowa City    | IA | 6:57 | 53:59 | 22:24 | 1:28:23 |

FEMALE INDIVIDUAL AGE GROUP: 1 - 19

| Place | Name            | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|-----------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Amanda Weyer    | 17  | Swisher      | IA | 5:47 | 51:43 | 20:42 | 1:21:11 |
| 2     | Holly Wisnousky | 17  | Fairfax      | IA | 8:03 | 58:14 | 20:24 | 1:30:10 |
| 3     | Samantha Brown  | 19  | Cedar Rapids | IA | 6:49 | 58:00 | 28:02 | 1:37:29 |

MALE INDIVIDUAL AGE GROUP: 1 - 19

| Place | Name            | Age | City      | St | Swim | Bike  | Run   | Time    |
|-------|-----------------|-----|-----------|----|------|-------|-------|---------|
| 1     | Zach Slusher    | 17  | Solon     | IA | 5:51 | 52:29 | 19:48 | 1:21:32 |
| 2     | Jonah Heiser    | 18  | Hinsdale  | IL | 4:06 | 58:24 | 23:55 | 1:30:22 |
| 3     | Dillon Shephard | 13  | Iowa City | IA | 7:25 | 57:16 | 26:20 | 1:33:56 |

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

| Place | Name          | Age | City              | St | Swim | Bike  | Run   | Time    |
|-------|---------------|-----|-------------------|----|------|-------|-------|---------|
| 1     | Sara Fahey    | 23  | Cedar Rapids      | IA | 4:33 | 51:54 | 21:54 | 1:21:52 |
| 2     | Alyssa Neiers | 24  | Arlington Heights | IL | 5:37 | 52:13 | 24:02 | 1:25:53 |

3 Annie Reihman 23 Chicago IL 5:41 56:57 21:37 1:28:12

MALE INDIVIDUAL AGE GROUP: 20 - 24

| Place | Name             | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|------------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Tommy Castle     | 23  | Cedar Rapids | IA | 4:22 | 44:47 | 19:28 | 1:11:29 |
| 2     | Erik Bandy       | 24  | Iowa City    | IA | 6:08 | 46:42 | 16:27 | 1:12:23 |
| 3     | William Sindelar | 20  | Sherrard     | IL | 6:45 | 45:30 | 19:02 | 1:14:53 |

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

| Place | Name          | Age | City          | St | Swim | Bike    | Run   | Time    |
|-------|---------------|-----|---------------|----|------|---------|-------|---------|
| 1     | Sara Fort     | 27  | North Liberty | IA | 4:28 | 1:01:09 | 24:27 | 1:34:11 |
| 2     | Katelyn Bries | 25  | Dubuque       | IA | 6:19 | 57:12   | 29:59 | 1:38:28 |
| 3     | Allison Maahs | 26  | Cedar Rapids  | IA | 7:45 | 1:04:04 | 30:31 | 1:47:17 |

MALE INDIVIDUAL AGE GROUP: 25 - 29

| Place | Name            | Age | City          | St | Swim | Bike  | Run   | Time    |
|-------|-----------------|-----|---------------|----|------|-------|-------|---------|
| 1     | Adam Anderson   | 29  | Marion        | IA | 5:35 | 47:14 | 17:54 | 1:14:22 |
| 2     | Mark Vande Haar | 26  | North Liberty | IA | 7:39 | 44:20 | 20:29 | 1:17:17 |
| 3     | Tom Rauen       | 29  | Dubuque       | IA | 7:00 | 50:35 | 20:16 | 1:21:24 |

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

| Place | Name          | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|---------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Jennet Volden | 31  | Cedar Rapids | IA | 6:22 | 49:37 | 23:20 | 1:23:49 |
| 2     | Jill Powers   | 33  | Dubuque      | IA | 5:47 | 53:33 | 22:05 | 1:25:32 |
| 3     | Katie Meyer   | 32  | East Dubuque | IL | 6:29 | 53:45 | 22:40 | 1:27:57 |

MALE INDIVIDUAL AGE GROUP: 30 - 34

| Place | Name             | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|------------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Travis Hilsabeck | 31  | Prairie City | IA | 6:08 | 42:53 | 19:02 | 1:10:47 |
| 2     | Craig Goldsmith  | 30  | Marion       | IA | 5:01 | 46:18 | 17:50 | 1:11:07 |
| 3     | Jeff Miller      | 31  | Cedar Rapids | IA | 5:14 | 48:09 | 21:16 | 1:17:59 |

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

| Place | Name            | Age | City         | St | Swim | Bike    | Run   | Time    |
|-------|-----------------|-----|--------------|----|------|---------|-------|---------|
| 1     | Suzi Wilkes     | 38  | Iowa City    | IA | 6:18 | 54:23   | 24:27 | 1:29:51 |
| 2     | Maryann Heying  | 35  | Cedar Rapids | IA | 9:59 | 53:53   | 25:44 | 1:34:52 |
| 3     | Heather Schmitt | 37  | Iowa City    | IA | 7:34 | 1:00:16 | 26:45 | 1:38:17 |

MALE INDIVIDUAL AGE GROUP: 35 - 39

| Place | Name | Age | City | St | Swim | Bike | Run | Time |
|-------|------|-----|------|----|------|------|-----|------|
|-------|------|-----|------|----|------|------|-----|------|

|   |                |    |            |    |      |       |       |         |
|---|----------------|----|------------|----|------|-------|-------|---------|
| 1 | Chad Goldsmith | 35 | Coralville | IA | 6:26 | 45:41 | 16:33 | 1:10:54 |
| 2 | Dale Merrill   | 39 | Mt Vernon  | IA | 5:33 | 45:06 | 19:44 | 1:13:28 |
| 3 | Mark Johnson   | 39 | Hiawatha   | IA | 6:14 | 47:49 | 18:05 | 1:15:14 |

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

| Place | Name           | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|----------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Kathryn Cater  | 42  | Cedar Rapids | IA | 6:37 | 49:53 | 25:34 | 1:26:02 |
| 2     | Lara Marsh     | 41  | Iowa City    | IA | 6:36 | 54:01 | 24:10 | 1:29:45 |
| 3     | Denise Stapley | 41  | Cedar Rapids | IA | 5:46 | 54:05 | 24:49 | 1:29:58 |

MALE INDIVIDUAL AGE GROUP: 40 - 44

| Place | Name              | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|-------------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Blaine McLaughlin | 42  | Robins       | IA | 5:08 | 44:03 | 21:30 | 1:14:21 |
| 2     | Blake Jones       | 44  | Cedar Rapids | IA | 5:56 | 44:18 | 21:01 | 1:14:21 |
| 3     | Marty Davison     | 43  | Maquoketa    | IA | 6:57 | 47:13 | 23:46 | 1:22:20 |

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

| Place | Name             | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|------------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Connie Mann      | 48  | Muscatine    | IA | 6:02 | 45:46 | 25:26 | 1:20:32 |
| 2     | Rosie Jones      | 47  | Cedar Rapids | IA | 7:34 | 46:53 | 22:42 | 1:20:36 |
| 3     | Audrey Rasmussen | 47  | Taylor Ridge | IL | 8:48 | 53:59 | 24:12 | 1:31:16 |

MALE INDIVIDUAL AGE GROUP: 45 - 49

| Place | Name         | Age | City            | St | Swim | Bike  | Run   | Time    |
|-------|--------------|-----|-----------------|----|------|-------|-------|---------|
| 1     | Dave Steines | 45  | Mt Vernon       | IA | 5:28 | 44:13 | 20:18 | 1:12:46 |
| 2     | Robert Roca  | 45  | Clarendon Hills | IL | 4:32 | 46:03 | 22:28 | 1:16:57 |
| 3     | Dean Beitzel | 45  | Cedar Rapids    | IA | 6:20 | 48:16 | 24:07 | 1:24:27 |

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

| Place | Name            | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|-----------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Margaret Millar | 53  | Moline       | IL | 6:21 | 49:31 | 24:06 | 1:24:58 |
| 2     | Belinda Gee     | 54  | Cedar Rapids | IA | 6:20 | 52:50 | 23:05 | 1:25:21 |
| 3     | Patricia Kenel  | 52  | Cedar Rapids | IA | 7:14 | 54:29 | 23:13 | 1:28:48 |

MALE INDIVIDUAL AGE GROUP: 50 - 54

| Place | Name             | Age | City      | St | Swim | Bike  | Run   | Time    |
|-------|------------------|-----|-----------|----|------|-------|-------|---------|
| 1     | John Grice       | 53  | Kiwanwe   | IL | 5:12 | 43:57 | 18:10 | 1:11:02 |
| 2     | Tom Scholz       | 53  | Iowa City | IA | 6:31 | 40:10 | 20:27 | 1:11:48 |
| 3     | David McCullough | 53  | Waverly   | IA | 6:31 | 46:33 | 18:37 | 1:14:40 |

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

| Place | Name           | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|----------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Eileen Cravens | 56  | Richmond     | IN | 6:21 | 50:52 | 23:18 | 1:24:50 |
| 2     | Ann Vestle     | 58  | Cedar Rapids | IA | 8:43 | 55:53 | 28:44 | 1:37:46 |
| 3     | Becky Watts    | 57  | Iowa City    | IA | 8:38 | 54:32 | 30:34 | 1:39:01 |

MALE INDIVIDUAL AGE GROUP: 55 - 59

| Place | Name        | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|-------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Gary Watts  | 57  | Iowa City    | IA | 6:59 | 46:31 | 21:23 | 1:18:31 |
| 2     | Joe McGrath | 56  | Cedar Rapids | IA | 6:06 | 46:52 | 23:28 | 1:20:47 |
| 3     | Dan Gee     | 55  | Cedar Rapids | IA | 6:51 | 51:38 | 23:05 | 1:24:24 |

FEMALE INDIVIDUAL AGE GROUP: 60 - 64

| Place | Name          | Age | City     | St | Swim  | Bike    | Run   | Time    |
|-------|---------------|-----|----------|----|-------|---------|-------|---------|
| 1     | Karen Fassler | 61  | Hiawatha | IA | 9:27  | 55:18   | 34:37 | 1:46:02 |
| 2     | Cindy Seely   | 61  | Anamosa  | IA | 14:03 | 1:30:43 | 46:26 | 2:51:20 |

MALE INDIVIDUAL AGE GROUP: 60 - 64

| Place | Name        | Age | City         | St | Swim | Bike  | Run   | Time    |
|-------|-------------|-----|--------------|----|------|-------|-------|---------|
| 1     | Dan Tucker  | 61  | Cedar Rapids | IA | 7:30 | 43:52 | 25:06 | 1:20:13 |
| 2     | Roy Gaddis  | 63  | Solon        | IA | 5:59 | 50:51 | 24:56 | 1:25:19 |
| 3     | Brian Fleck | 60  | Iowa City    | IA | 7:45 | 58:31 | 35:05 | 1:48:08 |

MALE INDIVIDUAL AGE GROUP: 65 - 69

| Place | Name         | Age | City      | St | Swim | Bike  | Run   | Time    |
|-------|--------------|-----|-----------|----|------|-------|-------|---------|
| 1     | Fred Hemsath | 69  | St Joseph | MI | 6:17 | 52:49 | 26:21 | 1:30:12 |

TEAM CATEGORY: Male

|   |                           |      |         |                  |         |
|---|---------------------------|------|---------|------------------|---------|
| 1 | Etten-Foht-Salehoglu      | 7:23 | 46:46   | 19:45            | 1:16:30 |
|   | Nathan Etten Kevin Foht   |      |         | Hayder Salehoglu |         |
| 2 | Boyer-Schlueter-Heins     | 7:41 | 56:45   | 27:18            | 1:33:52 |
|   | Jim Boyer David Schlueter |      |         | Jacob Heins      |         |
| 3 | Altman-Powers-Oberfoell   | 6:47 | 1:09:15 | 22:23            | 1:41:44 |
|   | Lucas Altman Matt Powers  |      |         | Cody Oberfoell   |         |

TEAM CATEGORY: Female

|   |                               |      |       |                   |         |
|---|-------------------------------|------|-------|-------------------|---------|
| 1 | Vorhies-Clark-Knight          | 6:20 | 52:43 | 22:13             | 1:24:39 |
|   | Christine Vorhies Linda Clark |      |       | Karen Knight      |         |
| 2 | Urban-Bailey-Crossett-Powell  | 7:03 | 53:37 | 22:18             | 1:26:12 |
|   | Patty Urban Megan Bailey      |      |       | Cynthia Crossett- |         |
| 3 | Slay-Lloyd-Mcniel             | 7:12 | 58:02 | 22:09             | 1:30:52 |
|   | Shelley Slay Michelle Lloyd   |      |       | Linda McNiel      |         |

TEAM CATEGORY: Coed

|   |                            |                  |                 |       |         |
|---|----------------------------|------------------|-----------------|-------|---------|
| 1 | Lemon-Hopkins-Hopkins      | 5:44             | 43:20           | 23:10 | 1:15:38 |
|   | Terry Lemon                | Ken Hopkins      | Betty Hopkins   |       |         |
| 2 | Hartwig-Hartwig-Brown      | 5:24             | 52:29           | 24:35 | 1:26:14 |
|   | Linnae Hartwig             | Brody Hartwig    | Jeff Brown      |       |         |
| 3 | Miskimen-Miskimen-Miskimen | 7:26             | 50:45           | 24:46 | 1:26:19 |
|   | Kent Miskimen              | Shelley Miskimen | Maggie Miskimen |       |         |
| 4 | Hamidi-Durian-Fleming      | 7:40             | 54:44           | 21:21 | 1:26:52 |
|   | Salem Hamidi               | Tom Durian       | Heather Fleming |       |         |