

CAMP COURAGEOUS SPRINT TRIATHLON
August 5, 2012
Camp Courageous, Monticello, Iowa

300 Meter Swim, 15.5 Mile Bike, 4 K Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time mph	TRAN time	RUN time	TOTAL TIME
1	1/16	Steven Davis	North Liberty	IA	32	M	28	5:39	1:44	2:01	2	40:40 22.9	0:26 9 18:36 7:29 1:07:20
2	1/11	Brad Johnson	Cedar Rapids	IA	20	M	6	4:29	1:22	1:56	4	42:18 22.0	0:35 8 18:30 7:27 1:07:47
3	1/9	Guy Olson	Cedar Rapids	IA	55	M	15	5:07	1:34	2:34	3	41:59 22.2	0:35 21 20:21 8:12 1:10:34
4	2/16	Travis Hilsabeck	Prairie City	IA	31	M	45	6:08	1:53	2:15	5	42:53 21.7	0:30 12 19:02 7:40 1:10:47
5	1/17	Chad Goldsmith	Coralville	IA	35	M	58	6:26	1:58	1:42	17	45:41 20.4	0:33 3 16:33 6:40 1:10:54
6	1/15	John Grice	Kiwanwe	IL	53	M	20	5:12	1:36	2:38	7	43:57 21.2	1:08 7 18:10 7:19 1:11:02
7	3/16	Craig Goldsmith	Marion	IA	30	M	14	5:01	1:32	1:37	21	46:18 20.1	0:23 4 17:50 7:11 1:11:07
8	2/11	Tommy Castle	Cedar Rapids	IA	23	M	4	4:22	1:20	2:24	12	44:47 20.8	0:30 14 19:28 7:50 1:11:29
9	2/15	Tom Scholz	Iowa City	IA	53	M	64	6:31	1:59	3:56	1	40:10 23.2	0:45 23 20:27 8:14 1:11:48
10	3/11	Erik Bandy	Iowa City	IA	24	M	44	6:08	1:52	2:19	25	46:42 19.9	0:50 2 16:27 6:37 1:12:23
11	1/9	Dave Steines	Mt Vernon	IA	45	M	23	5:28	1:40	2:12	9	44:13 21.0	0:37 20 20:18 8:10 1:12:46
12	2/17	Dale Merrill	Mt Vernon	IA	39	M	24	5:33	1:42	2:36	13	45:06 20.6	0:31 15 19:44 7:57 1:13:28
13	1/8	Blaine McLaughlin	Robins	IA	42	M	17	5:08	1:34	3:07	8	44:03 21.1	0:35 40 21:30 8:39 1:14:21
14	2/8	Blake Jones	Cedar Rapids	IA	44	M	37	5:56	1:49	2:30	10	44:18 21.0	0:38 31 21:01 8:28 1:14:21
15	1/13	Adam Anderson	Marion	IA	29	M	25	5:35	1:42	2:41	29	47:14 19.7	1:00 5 17:54 7:12 1:14:22
16	3/15	David McCullough	Waverly	IA	53	M	65	6:31	1:59	2:18	24	46:33 20.0	0:43 10 18:37 7:30 1:14:40
17	4/11	William Sindelar	Sherrard	IL	20	M	75	6:45	2:04	2:40	16	45:30 20.4	0:58 13 19:02 7:40 1:14:53
18	3/17	Mark Johnson	Hiawatha	IA	39	M	48	6:14	1:54	2:27	30	47:49 19.4	0:41 6 18:05 7:17 1:15:14
19	2/9	Robert Roca	Clarendon Hill	IL	45	M	7	4:32	1:23	2:51	20	46:03 20.2	1:05 54 22:28 9:03 1:16:57
20	2/13	Mark Vande Haar	North Liberty	IA	26	M	127	7:39	2:20	3:00	11	44:20 21.0	1:51 24 20:29 8:15 1:17:17
21	1/12	Kim Sprenger	Iowa City	IA	50	F	27	5:37	1:43	2:17	32	47:54 19.4	0:43 28 20:55 8:25 1:17:24
22	4/15	Keith Kenel	Cedar Rapids	IA	51	M	140	7:46	2:22	2:32	22	46:25 20.0	0:55 19 20:17 8:10 1:17:53
23	4/16	Jeff Miller	Cedar Rapids	IA	31	M	21	5:14	1:36	2:24	33	48:09 19.3	0:57 35 21:16 8:34 1:17:59
24	4/17	Lee Heying	Cedar Rapids	IA	36	M	29	5:41	1:44	2:39	44	50:02 18.6	1:03 11 18:57 7:38 1:18:20
25	2/9	Gary Watts	Iowa City	IA	57	M	87	6:59	2:08	2:39	23	46:31 20.0	1:01 39 21:23 8:36 1:18:31
26	5/16	Lane McMullen	North Liberty	IA	34	M	46	6:11	1:53	3:31	15	45:28 20.5	1:06 53 22:28 9:03 1:18:42
27	1/16	Trina Dunham	Hiawatha	IA	47	F	47	6:11	1:53	2:38	14	45:22 20.5	0:45 99 24:37 9:54 1:19:30
28	2/16	Deb Gaddis	Solon	IA	46	F	121	7:31	2:18	2:30	34	48:13 19.3	0:42 27 20:47 8:22 1:19:41
29	1/3	Dan Tucker	Cedar Rapids	IA	61	M	119	7:30	2:17	3:03	6	43:52 21.2	0:44 108 25:06 10:06 1:20:13
30	3/16	Connie Mann	Muscatine	IA	48	F	41	6:02	1:51	2:29	18	45:46 20.3	0:51 112 25:26 10:14 1:20:32
31	4/16	Rosie Jones	Cedar Rapids	IA	47	F	124	7:34	2:19	2:38	27	46:53 19.8	0:51 58 22:42 9:08 1:20:36
32	3/9	Joe McGrath	Cedar Rapids	IA	56	M	43	6:06	1:52	3:25	26	46:52 19.8	0:58 73 23:28 9:27 1:20:47
33	1/6	Amanda Weyer	Swisher	IA	17	F	32	5:47	1:46	2:22	56	51:43 18.0	0:40 26 20:42 8:20 1:21:11
34	3/13	Tom Rauhen	Dubuque	IA	29	M	89	7:00	2:08	3:13	46	50:35 18.4	0:22 18 20:16 8:09 1:21:24
35	1/9	Zach Slusher	Solon	IA	17	M	34	5:51	1:47	2:56	64	52:29 17.7	0:31 16 19:48 7:58 1:21:32
36	1/9	Sara Fahey	Cedar Rapids	IA	23	F	9	4:33	1:24	2:40	57	51:54 17.9	0:53 45 21:54 8:49 1:21:52
37	5/17	Austin Allen	Cedar Rapids	IA	38	M	114	7:25	2:16	3:03	52	51:04 18.2	0:38 17 20:06 8:06 1:22:14
38	3/8	Marty Davison	Maquoketa	IA	43	M	83	6:57	2:08	3:19	28	47:13 19.7	1:08 79 23:46 9:34 1:22:20
39	4/13	Matt Dahlke	Apple Valley	MI	26	M	3	4:19	1:19	2:16	63	52:25 17.7	0:55 56 22:35 9:06 1:22:28
40	6/17	Doug Schminke	Marion	IA	39	M	108	7:21	2:15	3:03	36	48:28 19.2	0:57 60 22:56 9:14 1:22:44
41	7/17	Aaron Loan	Cedar Rapids	IA	35	M	139	7:45	2:22	3:19	41	49:35 18.8	1:14 30 20:59 8:27 1:22:50
42	8/17	Ben Reinking	Iowa City	IA	39	M	2	4:11	1:17	3:07	83	54:00 17.2	0:53 33 21:04 8:29 1:23:13
43	1/10	Jennet Volden	Cedar Rapids	IA	31	F	57	6:22	1:57	2:59	42	49:37 18.7	1:32 72 23:20 9:24 1:23:49
44	6/16	Chip Thurston	Cedar Rapids	IA	31	M	13	4:58	1:31	3:33	45	50:24 18.5	1:07 80 23:52 9:36 1:23:52
45	4/9	Dan Gee	Cedar Rapids	IA	55	M	79	6:51	2:06	2:17	54	51:38 18.0	0:35 64 23:05 9:17 1:24:24
46	3/9	Dean Beitzel	Cedar Rapids	IA	45	M	54	6:20	1:56	4:06	35	48:16 19.3	1:40 87 24:07 9:43 1:24:27
47	5/13	Leo Buzalsky	Cedar Rapids	IA	28	M	142	7:48	2:23	3:12	55	51:40 18.0	0:56 29 20:57 8:26 1:24:29
48	5/9	Dana Reihman	Richmond	IN	59	M	146	7:49	2:23	3:28	37	48:46 19.1	1:15 74 23:29 9:27 1:24:45
49	1/19	Cory Tweden	Iowa City	IA	35	M	145	7:49	2:23	3:58	50	50:57 18.3	0:47 38 21:20 8:35 1:24:48
50	1/4	Eileen Cravens	Richmond	IN	56	F	56	6:21	1:56	3:32	48	50:52 18.3	0:49 70 23:18 9:23 1:24:50
51	2/12	Margaret Millar	Moline	IL	53	F	55	6:21	1:56	3:47	40	49:31 18.8	1:15 85 24:06 9:42 1:24:58
52	5/15	Ted Olson	Hiawatha	IA	52	M	105	7:18	2:14	2:28	65	52:35 17.7	1:00 42 21:41 8:44 1:25:01
53	4/8	Brian Bartz	Marion	IA	43	M	95	7:06	2:10	4:13	19	45:56 20.2	1:40 127 26:13 10:33 1:25:07
54	2/3	Roy Gaddis	Solon	IA	63	M	39	5:59	1:50	2:46	47	50:51 18.3	0:49 104 24:56 10:02 1:25:19
55	9/17	Jeff Hartwig	Marion	IA	38	M	110	7:23	2:15	3:03	53	51:31 18.1	1:27 46 21:57 8:50 1:25:19
56	3/12	Belinda Gee	Cedar Rapids	IA	54	F	53	6:20	1:56	2:18	70	52:50 17.6	0:49 65 23:05 9:17 1:25:21
57	2/10	Jill Powers	Dubuque	IA	33	F	33	5:47	1:46	3:20	77	53:33 17.4	0:49 49 22:05 8:54 1:25:32
58	2/9	Alyssa Neiers	Arlington Heig	IL	24	F	26	5:37	1:43	3:15	61	52:13 17.8	0:48 82 24:02 9:41 1:25:53
59	1/11	Kathryn Cater	Cedar Rapids	IA	42	F	69	6:37	2:01	3:03	43	49:53 18.6	0:56 115 25:34 10:18 1:26:02
60	10/17	Ryan Colerick	Marion	IA	36	M	73	6:40	2:02	3:50	79	53:49 17.3	0:44 37 21:18 8:34 1:26:18
61	7/16	Nathan Hein	Marion	IA	34	M	94	7:04	2:10	3:11	49	50:55 18.3	0:47 100 24:43 9:57 1:26:37
62	8/16	Jason Rabe	Fairfax	IA	32	M	22	5:16	1:37	3:30	72	53:06 17.5	0:40 88 24:07 9:43 1:26:38
63	2/19	Todd Lewison	Cedar Rapids	IA	52	M	134	7:41	2:21	3:34	51	50:57 18.3	1:01 75 23:29 9:27 1:26:40
64	9/16	Mike Harris	Iowa City	IA	32	M	62	6:30	1:59	3:18	86	54:09 17.2	0:59 44 21:49 8:47 1:26:43
65	6/13	Jeff Sabin	Cedar Rapids	IA	27	M	81	6:56	2:07	4:09	87	54:13 17.2	0:23 36 21:18 8:34 1:26:56
66	6/15	James Langhurst	Swisher	IA	54	M	201	9:55	3:02	2:59	38	49:02 19.0	0:49 92 24:15 9:46 1:26:58
67	7/15	Jerry Ask	Cedar Rapids	IA	54	M	112	7:24	2:16	3:17	39	49:06 18.9	1:33 116 25:39 10:19 1:26:58
68	8/15	Michael Kuhn	Cascade	IA	54	M	115	7:27	2:17	3:57	73	53:18 17.4	0:36 48 22:04 8:53 1:27:20
69	3/10	Katie Meyer	East Dubuque	IL	32	F	60	6:29	1:59	4:00	78	53:45 17.3	1:06 57 22:40 9:07 1:27:57
70	3/9	Annie Reihman	Chicago	IL	23	F	30	5:41	1:44	3:21	110	56:57 16.3	0:37 41 21:37 8:42 1:28:12
71	3/19	Eric Welter	Iowa City	IA	31	M	82	6:57	2:07	4:11	81	53:59 17.2	0:54 50 22:24 9:01 1:28:23
72	4/9	Chelsee Shortt	Mt Vernon	IA	24	F	136	7:44	2:22	3:00	60	52:05 17.9	1:35 84 24:06 9:42 1:28:27
73	5/11	Brice Antons	Anamosa	IA	22	M	152	7:58	2:26	2:34	71	52:59 17.6	0:45 94 24:24 9:49 1:28:38
74	4/12	Patricia Kenel	Cedar Rapids	IA	52	F	104	7:14	2:13	2:56	91	54:29 17.1	0:59 69 23:13 9:21 1:28:48
75	11/17	Jered Peterson	Cedar Rapids	IA	38	M	141	7:47	2:23	3:04	75	53:29 17.4	0:34 98 24:36 9:54 1:29:29
76	1/11	Jessica Powers	Cedar Rapids	IA	23	F	11	4:52	1:29	3:49	100	56:00 16.6	1:53 62 23:00 9:15 1:29:31
77	7/13	Brooks McLaren	North Liberty	IA	28	M	135	7:42	2:21	3:19	162	1:02:02 15.0	0:37 1 16:06 6:29 1:29:44
78	2/11	Lara Marsh	Iowa City	IA	41	F	67	6:36	2:01	3:24	84	54:01 17.2	1:37 89 24:10 9:43 1:29:45
79	6/11	Michael Ward	Geneseo	IL	22	M	71	6:38	2:02	5:07	59	52:02 17.9	1:54 86 24:07 9:42 1:29:46
80	1/11	Suzi Wilkes	Iowa City	IA	38	F	51	6:18	1:56	3:26	89	54:23 17.1	1:19 96 24:27 9:50 1:29:51
81	3/11	Denise Stapley	Cedar Rapids	IA	41	F	31	5:46	1:46	3:46	85	54:05 17.2	1:35 101 24:49 9:59 1:29:58
82	2/6	Holly Wisnowsky	Fairfax	IA	17	F	154	8:03	2:28	2:58	124	58:14 16.0	0:32 22 20:24 8:13 1:30:10
83	1/1	Fred Hemsath	St Joseph	MI	69	M	50	6:17	1:55	3:20	69	52:49 17.6	1:26 132 26:21 10:36 1:30:12
84	2/9	Jonah Heiser	Hinsdale	IL	18	M	1	4:06	1:15	3:13	129	58:24 15.9	0:47 81 23:55 9:38 1:30:22
85	4/19	Andrew Huntsman	Cedar Rapids	IA	36	M	38	5:58	1:49	5:02	67	52:43 17.6	1:24 111 25:21 10:12 1:30:25
86	4/9	Mark Lewis	Cedar Rapids	IA	48	M	10	4:36	1:25	4:0			

97	2/11	Lisa Person	Cedar Rapids	IA	36	F	19	5:12	1:35	3:13	104	56:23	16.5	0:38	145	27:05	10:54	1:32:29
98	6/9	Kyle Schminke	Shellsburg	IA	45	M	148	7:54	2:25	3:46	101	56:14	16.5	1:16	76	23:32	9:28	1:32:40
99	7/11	Matt Kurt	Cascade	IA	24	M	128	7:39	2:20	3:34	88	54:23	17.1	0:40	136	26:32	10:41	1:32:46
100	9/13	Brent Frein	Cedar Falls	IA	25	M	168	8:22	2:33	4:22	102	56:16	16.5	1:23	52	22:26	9:02	1:32:47
101	10/15	Lance Greco	Cedar Rapids	IA	51	M	147	7:53	2:25	3:01	68	52:49	17.6	0:59	164	28:21	11:25	1:33:02
102	12/17	Doug Klostermann	Cedar Rapids	IA	36	M	206	10:08	3:06	3:27	95	55:14	16.8	1:06	71	23:20	9:23	1:33:12
103	11/15	Jim Kindig	Cedar Rapids	IA	50	M	72	6:38	2:02	3:35	94	54:54	16.9	0:47	153	27:33	11:05	1:33:25
104	7/9	Jim Christner	Cedar Rapids	IA	47	M	42	6:03	1:51	5:02	107	56:29	16.5	1:10	106	25:00	10:04	1:33:42
105	5/10	Amy Marshall	Lisbon	IA	30	F	129	7:39	2:20	3:25	159	1:01:38	15.1	0:31	25	20:32	8:16	1:33:43
106	3/9	Dillon Shephard	Iowa City	IA	13	M	113	7:25	2:16	2:21	114	57:16	16.2	0:36	131	26:20	10:36	1:33:56
107	1/6	Sara Fort	North Liberty	IA	27	F	5	4:28	1:22	3:36	155	1:01:09	15.2	0:33	97	24:27	9:51	1:34:11
108	5/11	Cathy Steines	Mt Vernon	IA	43	F	76	6:46	2:04	4:13	137	59:23	15.7	0:55	63	23:02	9:16	1:34:17
109	2/11	Maryann Heying	Cedar Rapids	IA	35	F	202	9:59	3:03	3:44	80	53:53	17.3	1:35	118	25:44	10:21	1:34:52
110	13/16	Jim Blaine	Dubuque	IA	33	M	63	6:30	1:59	5:36	119	57:45	16.1	1:52	78	23:42	9:32	1:35:23
111	6/9	John Helms	Clarendon Hill	IL	55	M	177	8:42	2:39	4:35	111	57:02	16.3	1:02	83	24:05	9:42	1:35:25
112	7/16	Brenda Dodge	Iowa City	IA	48	F	178	8:42	2:39	3:27	105	56:24	16.5	1:06	124	26:08	10:31	1:35:45
113	8/16	Charisse Lawrence	Cedar Rapids	IA	49	F	192	9:22	2:52	3:47	108	56:40	16.4	0:47	113	25:26	10:14	1:35:58
114	9/16	Joan Brammeier	Wilton	IA	48	F	208	10:09	3:06	4:18	93	54:44	17.0	0:51	130	26:18	10:35	1:36:18
115	5/8	Travis Kasner	Cedar Rapids	IA	43	M	84	6:57	2:08	6:20	123	58:11	16.0	2:04	61	22:56	9:14	1:36:26
116	5/12	Julie Evans	Muscatine	IA	54	F	184	8:49	2:42	3:21	74	53:29	17.4	2:06	169	28:46	11:35	1:36:29
117	5/19	Heath Holub	Tipton	IA	40	M	61	6:30	1:59	4:57	122	58:08	16.0	0:53	125	26:11	10:32	1:36:37
118	13/17	Keith Knight	Cedar Rapids	IA	35	M	90	7:01	2:09	4:40	128	58:24	15.9	0:41	123	26:06	10:30	1:36:50
119	6/19	Jason Darnell	Palo	IA	35	M	164	8:16	2:32	5:52	103	56:19	16.5	0:43	117	25:43	10:21	1:36:52
120	6/8	Tom Trent	Coralville	IA	41	M	144	7:48	2:23	4:16	62	52:20	17.8	1:46	191	31:01	12:29	1:37:09
121	7/8	Bradley Sindelar	Corydon	IA	41	M	85	6:59	2:08	4:37	132	58:27	15.9	1:19	122	26:05	10:30	1:37:26
122	3/6	Samantha Brown	Cedar Rapids	IA	19	F	78	6:49	2:05	3:06	120	58:00	16.0	1:35	160	28:02	11:17	1:37:29
123	2/4	Ann Vestle	Cedar Rapids	IA	58	F	179	8:43	2:40	3:17	98	55:53	16.6	1:12	168	28:44	11:34	1:37:46
124	8/11	Jordan Mescher	Cascade	IA	22	M	109	7:22	2:15	6:12	151	1:00:36	15.3	0:46	59	22:56	9:14	1:37:49
125	10/13	Nathan Nissen	Iowa City	IA	27	M	159	8:10	2:30	3:47	134	58:31	15.9	0:41	144	27:00	10:52	1:38:08
126	3/11	Heather Schmitt	Iowa City	IA	37	F	123	7:34	2:19	3:11	148	1:00:16	15.4	0:34	139	26:45	10:46	1:38:17
127	14/17	David Link	North Liberty	IA	37	M	96	7:07	2:11	4:39	118	57:39	16.1	1:14	156	27:49	11:12	1:38:26
128	2/6	Katelyn Bries	Dubuque	IA	25	F	62	6:19	1:56	4:22	113	57:12	16.3	0:38	179	29:59	12:04	1:38:28
129	11/13	Jack Hardy	Iowa City	IA	28	M	180	8:43	2:40	4:47	144	1:00:06	15.5	0:44	90	24:11	9:44	1:38:29
130	3/4	Becky Watts	Iowa City	IA	57	F	175	8:38	2:38	4:04	92	54:32	17.1	1:15	183	30:34	12:18	1:39:01
131	4/9	John Wen	Iowa City	IA	18	M	111	7:24	2:16	5:19	169	1:02:23	14.9	2:07	47	21:58	8:50	1:39:08
132	15/17	Michael Horning	Cedar Rapids	IA	36	M	106	7:21	2:15	3:57	138	59:25	15.7	1:06	154	27:36	11:07	1:39:23
133	6/12	Cristy Hamblin	Cedar Rapids	IA	50	F	199	9:42	2:58	4:22	127	58:20	15.9	2:06	107	25:06	10:06	1:39:34
134	6/11	Joanna Weyer	Swisher	IA	42	F	88	7:00	2:08	4:00	126	58:19	15.9	2:34	155	27:46	11:11	1:39:37
135	5/9	Kale Merrill	Mt Vernon	IA	11	M	77	6:47	2:05	3:13	182	1:04:17	14.5	0:34	102	24:52	10:01	1:39:42
136	4/11	Noreen Thurston	Cedar Rapids	IA	35	F	185	8:50	2:42	4:42	149	1:00:18	15.4	0:58	103	24:56	10:02	1:39:42
137	8/9	Eric Mueller	Cedar Rapids	IA	48	M	125	7:36	2:19	4:33	181	1:04:09	14.5	1:10	51	22:25	9:01	1:39:51
138	7/11	Kimberly Huegerich	Jewell	IA	42	F	161	8:13	2:31	4:27	140	59:34	15.6	1:13	138	26:42	10:45	1:40:08
139	10/16	Elizabeth Albaugh	North Liberty	IA	47	F	149	7:55	2:25	4:24	131	58:25	15.9	1:34	159	28:01	11:16	1:40:17
140	8/11	Jennifer Riemer	Darien	IL	42	F	100	7:12	2:12	3:51	170	1:02:32	14.9	0:59	120	25:48	10:23	1:40:19
141	5/11	Becky Aman	Iowa City	IA	35	F	155	8:05	2:28	4:51	115	57:37	16.1	1:01	170	28:47	11:35	1:40:19
142	6/11	Abby Frazee	Cedar Rapids	IA	39	F	150	7:57	2:26	4:59	139	59:25	15.7	1:56	128	26:14	10:33	1:40:29
143	7/19	Patt McDowell	Cedar Rapids	IA	49	M	92	7:02	2:09	4:48	99	55:58	16.6	2:57	178	29:58	12:04	1:40:41
144	4/6	Claire Andreesen	Vinton	IA	17	F	101	7:13	2:12	4:23	165	1:02:04	15.0	0:40	141	26:46	10:46	1:41:05
145	8/19	Jason Putz	Epworth	IA	39	M	194	9:30	2:54	4:43	147	1:00:14	15.4	0:49	121	25:58	10:27	1:41:13
146	9/11	Jeremy Sabin	Mt Vernon	IA	20	M	191	9:16	2:50	3:54	185	1:04:39	14.4	0:30	66	23:05	9:18	1:41:22
147	9/19	Steve Etten	Palo	IA	56	M	176	8:38	2:38	4:43	31	47:49	19.4	3:41	216	36:58	14:53	1:41:47
148	6/10	Lindsey Topping	Maple Grove	MI	33	F	166	8:20	2:33	4:48	142	59:53	15.5	1:38	147	27:12	10:57	1:41:48
149	14/16	Jeff Hefel	Dubuque	IA	34	M	172	8:33	2:37	5:25	152	1:00:59	15.3	0:52	129	26:15	10:34	1:42:02
150	11/16	Katy Eiesland	North Liberty	IA	47	F	80	6:55	2:07	4:35	136	59:10	15.7	0:59	185	30:38	12:20	1:42:16
151	10/19	Stephen Fasnacht	Monticello	IA	40	M	107	7:21	2:15	4:23	174	1:03:15	14.7	0:38	137	26:40	10:44	1:42:16
152	6/9	Drake Allen	Fairfax	IA	18	M	97	7:11	2:12	5:22	157	1:01:14	15.2	1:25	148	27:15	10:58	1:42:25
153	7/12	Lori Sindelar	Sherrard	IL	52	F	189	8:58	2:44	3:49	135	58:37	15.9	1:33	176	29:41	11:57	1:42:36
154	12/16	Ann Jurgensen	Tipton	IA	48	F	198	9:38	2:56	4:40	156	1:01:10	15.2	0:55	133	26:22	10:37	1:42:44
155	7/10	Laura Rowe	Minburn	IA	34	F	49	6:16	1:55	3:58	154	1:01:05	15.2	0:52	186	30:46	12:23	1:42:54
156	7/11	Kristi Storey	Vinton	IA	39	F	151	7:57	2:26	3:35	168	1:02:18	14.9	0:56	162	28:13	11:21	1:42:56
157	11/19	Aaron Thompson	Marion	IA	37	M	195	9:32	2:55	4:41	141	59:47	15.6	0:58	161	28:06	11:19	1:43:01
158	7/9	Robert Handley	Toddville	IA	57	M	66	6:33	2:00	4:59	173	1:03:09	14.7	0:51	152	27:32	11:05	1:43:02
159	12/19	Matthew Cook	Cedar Rapids	IA	45	M	117	7:27	2:17	5:32	167	1:02:15	14.9	1:30	134	26:29	10:40	1:43:12
160	8/9	Dale Mescher	Cascade	IA	59	M	170	8:27	2:35	4:59	150	1:00:30	15.4	1:37	158	27:58	11:16	1:43:29
161	12/15	Michael Gannon	Delmar	IA	54	M	171	8:31	2:36	5:00	121	58:07	16.0	1:56	184	30:36	12:19	1:44:07
162	3/11	Trisha Schiltz	Iowa City	IA	28	F	153	8:01	2:27	4:05	130	58:25	15.9	1:16	200	32:59	13:16	1:44:43
163	15/16	Matthew Watkins	North Liberty	IA	30	M	219	11:25	3:29	5:58	153	1:01:00	15.2	2:25	95	24:24	9:49	1:45:11
164	13/16	Cindy Parker	Bellevue	IA	45	F	181	8:45	2:40	4:18	146	1:00:14	15.4	1:14	188	30:46	12:23	1:45:15
165	8/12	Regina Milroy	Brandon	IA	52	F	133	7:41	2:21	4:30	160	1:01:52	15.0	1:11	181	30:08	12:08	1:45:20
166	14/16	Teresa Anton	Cedar Rapids	IA	49	F	173	8:34	2:37	5:40	161	1:01:58	15.0	2:02	149	27:17	10:59	1:45:28
167	4/11	Kaitlyn McKinney	Tipton	IA	18	F	8	4:33	1:23	3:34	184	1:04:34	14.4	0:48	195	32:03	12:54	1:45:31
168	15/16	Meg Corbin	Iowa City	IA	47	F	221	11:38	3:33	3:49	171	1:02:36	14.9	1:08	142	26:48	10:47	1:45:56
169	1/2	Karen Fassler	Hiawatha	IA	61	F	193	9:27	2:53	5:07	96	55:18	16.8	1:36	204	34:37	13:56	1:46:02
170	4/4	Jean Etten	Palo	IA	55	F	197	9:34	2:55	3:34	145	1:00:11	15.5	1:57	189	30:53	12:26	1:46:07
171	13/19	Riley Roca	Clarendon Hill	IL	16	M												

202	7/9	Alex Roca	Clarendon Hill	IL	12	M	143	7:48	2:23	4:05	217	1:17:21	12.0	0:36	146	27:05	10:54	1:56:54
203	8/11	Marcia Boeckensted	Manchester	IA	38	F	120	7:31	2:18	4:43	193	1:06:46	13.9	1:42	215	36:58	14:53	1:57:38
204	15/19	Brock Harding	Manhattan	KS	29	M	212	10:34	3:14	4:22	213	1:14:03	12.6	0:57	175	29:35	11:55	1:59:29
205	11/11	Jennifer Klein	Bellevue	IA	40	F	68	6:37	2:01	4:34	205	1:09:56	13.3	0:58	220	37:50	15:14	1:59:53
206	8/9	Kimberly Nissen	Iowa City	IA	24	F	165	8:18	2:32	5:04	212	1:13:04	12.7	0:46	201	33:01	13:17	2:00:12
207	8/9	Devin Acord	Lone Tree	IA	18	M	187	8:54	2:43	4:19	223	1:21:29	11.4	0:35	119	25:47	10:23	2:01:02
208	9/11	Jill Hutchinson	Marion	IA	52	F	156	8:06	2:28	4:43	204	1:09:39	13.4	1:14	221	37:51	15:14	2:01:31
209	11/12	Connie Ternus	Vinton	IA	51	F	211	10:31	3:13	5:01	199	1:08:23	13.6	1:44	209	36:24	14:39	2:02:01
210	9/9	Brian Lysne	Clarendon Hill	IL	17	M	35	5:51	1:47	5:02	218	1:18:24	11.9	1:11	196	32:15	12:59	2:02:41
211	9/10	Amy Buzalsky	Cedar Rapids	IA	34	F	220	11:35	3:32	6:10	195	1:07:02	13.9	1:40	210	36:29	14:41	2:02:55
212	13/13	Brandon Paulsen	Des Moines	IA	27	M	190	9:02	2:46	4:28	216	1:16:50	12.1	0:58	202	33:37	13:32	2:04:54
213	16/19	William Durchenwal	Anamosa	IA	43	M	226	15:08	4:37	8:48	192	1:06:41	13.9	2:19	198	32:38	13:08	2:05:32
214	6/6	Kate Roca	Clarendon Hill	IL	14	F	163	8:14	2:31	5:18	220	1:19:01	11.8	0:36	203	34:07	13:44	2:07:14
215	12/12	Lori Wiles	Swisher	IA	50	F	223	12:31	3:49	5:18	194	1:06:57	13.9	1:36	225	41:21	16:39	2:07:41
216	17/19	David Basquin	Marion	IA	45	M	174	8:36	2:38	7:41	206	1:10:44	13.1	4:56	208	35:57	14:28	2:07:52
217	17/17	Tim Wesselink	Cedar Rapids	IA	38	M	130	7:39	2:20	28:28	201	1:08:37	13.6	0:51	68	23:08	9:19	2:08:41
218	9/9	Dave Klostermann	Lisbon	IA	48	M	228	22:46	6:57	3:55	215	1:16:21	12.2	0:55	110	25:13	10:09	2:09:08
219	8/8	Matt Devery	North Liberty	IA	40	M	210	10:27	3:11	7:01	208	1:11:01	13.1	3:08	224	39:37	15:57	2:11:12
220	10/11	Brittany Welsh	Marion	IA	25	F	162	8:14	2:31	6:08	226	1:24:54	11.0	1:08	192	31:14	12:34	2:11:34
221	18/19	John Simmons	Marion	IA	44	M	222	12:29	3:49	9:29	209	1:11:07	13.1	1:46	214	36:52	14:50	2:11:40
222	9/9	Megan Klostermann	Iowa City	IA	20	F	196	9:32	2:55	4:32	222	1:21:14	11.4	0:57	217	36:59	14:53	2:13:12
223	10/10	Amanda Gamgee	Iowa City	IA	31	F	217	11:15	3:26	5:22	219	1:18:50	11.8	1:13	212	36:42	14:46	2:13:21
224	19/19	Aaron Kjar	Cedar Rapids	IA	37	M	86	6:59	2:08	4:27	221	1:19:37	11.7	1:21	226	42:05	16:56	2:14:27
225	11/11	Karen Brunscheen	Ely	IA	40	F	218	11:20	3:28	4:21	224	1:22:12	11.3	1:01	222	38:49	15:38	2:17:41
226	11/11	Corinne Ramler	Cedar Rapids	IA	37	F	209	10:10	3:06	7:10	225	1:23:16	11.2	1:19	227	44:22	17:51	2:26:15
227	6/6	Tara Thompson	Marion	IA	29	F	227	17:14	5:16	4:31	228	1:33:36	9.9	0:49	218	37:15	15:00	2:33:23
228	2/2	Cindy Seely	Anamosa	IA	61	F	224	14:03	4:17	15:26	227	1:30:43	10.3	4:45	228	46:26	18:41	2:51:20

PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
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1	1/1	1	1/1	Callie Mescher	Maple Grove	MI	27	F	2	6:15	1:55	3:38	1	49:13	18.9	0:48	1	21:51	8:48	1:21:43
2	1/1	2	1/1	Kelsey Palmros	Hinsdale	IL	16	F	1	2:42	0:50	10:42	2	1:09:30	13.4	1:17	2	27:52	11:13	1:52:01

TEAM RESULTS

TOTAL	DIV	PLACE	PLC	TEAM	MEMBERS:	SWIMMER,	BIKER,	RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL		
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1	1/7	1	1/7	Lemon-Hopkins-Hopkins	= Terry Lemon , Ken Hopkins , Betty Hopkins	2	5:44	1:45	2:56	1	43:20	21.5	0:29	8	23:10	9:20	1:15:38
2	1/3	2	1/3	Etten-Foht-Salehoglu	= Nathan Etten , Kevin Foht , Hayder Salehoglu	10	7:23	2:15	2:18	2	46:46	19.9	0:21	2	19:45	7:57	1:16:30
3	1/6	3	1/6	Vorhies-Clark-Knight	= Christine Vorhies , Linda Clark , Karen Knight	5	6:20	1:56	2:59	6	52:43	17.6	0:26	5	22:13	8:57	1:24:39
4	2/6	4	2/6	Urban-Bailey-Crossett-Powell	= Patty Urban , Megan Bailey , Cynthia Crossett-Powell	7	7:03	2:09	2:51	7	53:37	17.3	0:25	6	22:18	8:59	1:26:12
5	2/7	5	2/7	Hartwig-Hartwig-Brown	= Linnae Hartwig , Brody Hartwig , Jeff Brown	1	5:24	1:39	3:08	5	52:29	17.7	0:41	11	24:35	9:54	1:26:14
6	3/7	6	3/7	Miskimen-Miskimen-Miskimen	= Kent Miskimen , Shelley Miskimen , Maggie Miskimen	12	7:26	2:16	2:46	3	50:45	18.3	0:37	12	24:46	9:58	1:26:19
7	4/7	7	4/7	Hamidi-Durian-Fleming	= Salem Hamidi , Tom Durian , Heather Fleming	13	7:40	2:20	2:43	8	54:44	17.0	0:26	3	21:21	8:36	1:26:52
8	5/7	8	5/7	Klutts-Blackburn-Blackburn	= Becky Klutts , Robin Blackburn , Blaine Blackburn	4	6:20	1:56	2:17	4	51:11	18.2	0:22	15	28:17	11:23	1:28:25
9	3/6	9	3/6	Slay-Lloyd-Mcniel	= Shelley Slay , Michelle Lloyd , Linda McNiel	9	7:12	2:12	3:04	11	58:02	16.0	0:27	4	22:09	8:55	1:30:52
10	6/7	10	6/7	Kolbe-Miller-Miller	= Scott Kolbe , Jeff Miller , Olivia Miller	16	9:04	2:46	2:54	12	1:00:15	15.4	0:24	1	19:40	7:55	1:32:16
11	2/3	11	2/3	Boyer-Schlueter-Heins	= Jim Boyer , David Schlueter , Jacob Heins	14	7:41	2:21	1:51	9	56:45	16.4	0:20	13	27:18	10:59	1:33:52
12	7/7	12	7/7	Taylor-Keating-Keating	= Jon Taylor , Tom Keating , Erin Taylor	15	8:06	2:28	2:48	10	57:14	16.2	0:27	16	28:31	11:29	1:37:04
13	3/3	13	3/3	Altman-Powers-Oberfoell	= Lucas Altman , Matt Powers , Cody Oberfoell	6	6:47	2:05	3:01	15	1:09:15	13.4	0:19	7	22:23	9:01	1:41:44
14	4/6	14	4/6	Schmidt-Barnes-Coleman	= Tracy Schmidt , Rhoni Jo Barnes , Stephany Coleman	11	7:23	2:15	3:27	14	1:07:19	13.8	0:22	9	23:38	9:31	1:42:07
15	5/6	15	5/6	Thomsen-Anderson	= Katy Thomsen , Marie Anderson , Katy Thomsen	3	6:18	1:56	5:44	13	1:03:15	14.7	0:29	14	27:55	11:14	1:43:39
16	6/6	16	6/6	Taylor-Thies-Pasker	= Anna Taylor , Stacy Thies , Melody Pasker	8	7:07	2:11	3:39	16	1:10:21	13.2	0:22	10	23:51	9:36	1:45:18

MALE RESULTS

TOT	DIV	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
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1		1	365	Steven Davis	North Liberty	IA	32	M	19	5:39	1:44	2:01	2	40:40	22.9	0:26	9	18:36	7:29	1:07:20
2		2	336	Brad Johnson	Cedar Rapids	IA	20	M	5	4:29	1:22	1:56	4	42:18	22.0	0:35	8	18:30	7:27	1:07:47
3		3	419	Guy Olson	Cedar Rapids	IA	55	M	10	5:07	1:34	2:34	3	41:59	22.2	0:35	21	20:21	8:12	1:10:34
4		4	355	Travis Hillsabeck	Prairie City	IA	31	M	30	6:08	1:53	2:15	5	42:53	21.7	0:30	12	19:02	7:40	1:10:47
5		5	373	Chad Goldsmith	Coralville	IA	35	M	35	6:26	1:58	1:42	16	45:41	20.4	0:33	3	16:33	6:40	1:10:54
6		6	483	John Grice	Kiwanee	IL	53	M	13	5:12	1:36	2:38	7	43:57	21.2	1:08	7	18:10	7:19	1:11:02
7		7	358	Craig Goldsmith	Marion	IA	30	M	9	5:01	1:32	1:37	19	46:18	20.1	0:23	4	17:50	7:11	1:11:07
8		8	341	Tommy Castle	Cedar Rapids	IA	23	M	4	4:22	1:20	2:24	12	44:47	20.8	0:30	14	19:28	7:50	1:11:29
9		9	414	Tom Scholz	Iowa City	IA	53	M	40	6:31	1:59	3:56	1	40:10	23.2	0:45	22	20:27	8:14	1:11:48
10		10	342	Erik Bandy	Iowa City	IA	24	M	29	6:08	1:52	2:19	23	46:42	19.9	0:50	2	16:27	6:37	1:12:23
11		11	401	Dave Steines	Mt Vernon	IA	45	M	16	5:28	1:40	2:12	9	44:13	21.0	0:37	20	20:18	8:10	1:12:46
12		12	374	Dale Merrill	Mt Vernon	IA	39	M	17	5:33	1:42	2:36	13	45:06	20.6	0:31	15	19:44	7:57	1:13:28
13		13	389	Blaine McLaughlin	Robins	IA	42	M	11	5:08	1:34	3:07	8	44:03	21.1	0:35	34	21:30	8:39	1:14:21
14		14	396	Blake Jones	Cedar Rapids	IA	44	M	23	5:56	1:49	2:30	10	44:18	21.0	0:38	26	21:01	8:28	1:14:21
15		15	347	Adam Anderson	Marion	IA	29	M	18	5:35	1:42	2:41	26	47:14	19.7	1:00	5	17:54	7:12	1:14:22
16		16	413	David McCullough	Waverly	IA	53	M	41	6:31	1:59	2:18	22	46:33	20.0	0:43	10	18:37	7:30	1:14:40
17		17	468	William Sindelar	Sherrard	IL	20	M	46	6:45	2:04	2:40	15	45:30	20.4	0:58	13	19:02	7:40	1:14:53
18		18	382	Mark Johnson	Hiawatha	IA	39	M	32	6:14	1:54	2:27	27	47:49	19.4	0:41	6	18:05	7:17	1:15:14
19		19	405	Robert Roca	Clarendon Hill	IL	45	M	6	4:32	1:23	2:51	18	46:03	20.2	1:05	45	22:28	9:03	1:16:57
20		20	463	Mark Vande Haar	North Liberty	IA	26	M	84	7:39	2:20	3:00	11	44:20	21.0	1:51	23	20:29	8:15	1:17:17
21		21	415	Keith Kenel	Cedar Rapids	IA	51	M	91	7:46	2:22	2:32	20	46:25	20.0	0:55	19	20:17	8:10	1:17:53
22		22	361	Jeff Miller	Cedar Rapids	IA	31	M	14	5:14	1:36	2:24	29	48:09	19.3	0:57	29	21:16	8:34	1:17:59
23		23	369	Lee Heying	Cedar Rapids	IA	36	M	20	5:41	1:44									

24	420 Gary Watts	Iowa City	IA	57	M	55	6:59	2:08	2:39	21	46:31	20.0	1:01	33	21:23	8:36	1:18:31
25	360 Lane McMullen	North Liberty	IA	34	M	31	6:11	1:53	3:31	14	45:28	20.5	1:06	44	22:28	9:03	1:18:42
26	425 Dan Tucker	Cedar Rapids	IA	61	M	80	7:30	2:17	3:03	6	43:52	21.2	0:44	78	25:06	10:06	1:20:13
27	417 Joe McGrath	Cedar Rapids	IA	56	M	28	6:06	1:52	3:25	24	46:52	19.8	0:58	56	23:28	9:27	1:20:47
28	326 Tom Rauen	Dubuque	IA	29	M	56	7:00	2:08	3:13	38	50:35	18.4	0:22	18	20:16	8:09	1:21:24
29	327 Zach Slusher	Solon	IA	17	M	21	5:51	1:47	2:56	51	52:29	17.7	0:31	16	19:48	7:58	1:21:32
30	376 Austin Allen	Cedar Rapids	IA	38	M	77	7:25	2:16	3:03	43	51:04	18.2	0:38	17	20:06	8:06	1:22:14
31	392 Marty Davison	Maquoketa	IA	43	M	51	6:57	2:08	3:19	25	47:13	19.7	1:08	62	23:46	9:34	1:22:20
32	345 Matt Dahlke	Apple Valley	MI	26	M	3	4:19	1:19	2:16	50	52:25	17.7	0:55	47	22:35	9:06	1:22:28
33	381 Doug Schminke	Marion	IA	39	M	71	7:21	2:15	3:03	31	48:28	19.2	0:57	49	22:56	9:14	1:22:44
34	377 Aaron Loan	Cedar Rapids	IA	35	M	90	7:45	2:22	3:19	35	49:35	18.8	1:14	25	20:59	8:27	1:22:50
35	368 Ben Reinking	Iowa City	IA	39	M	2	4:11	1:17	3:07	63	54:00	17.2	0:53	28	21:04	8:29	1:23:13
36	362 Chip Thurston	Cedar Rapids	IA	31	M	8	4:58	1:31	3:33	37	50:24	18.5	1:07	63	23:52	9:36	1:23:52
37	422 Dan Gee	Cedar Rapids	IA	55	M	48	6:51	2:06	2:17	45	51:38	18.0	0:35	51	23:05	9:17	1:24:24
38	400 Dean Beitzel	Cedar Rapids	IA	45	M	34	6:20	1:56	4:06	30	48:16	19.3	1:40	67	24:07	9:43	1:24:27
39	349 Leo Buzalsky	Cedar Rapids	IA	28	M	93	7:48	2:23	3:12	46	51:40	18.0	0:56	24	20:57	8:26	1:24:29
40	421 Dana Reihman	Richmond	IN	59	M	97	7:49	2:23	3:28	32	48:46	19.1	1:15	57	23:29	9:27	1:24:45
41	464 Cory Tweden	Iowa City	IA	35	M	96	7:49	2:23	3:58	41	50:57	18.3	0:47	32	21:20	8:35	1:24:48
42	408 Ted Olson	Hiawatha	IA	52	M	68	7:18	2:14	2:28	52	52:35	17.7	1:00	35	21:41	8:44	1:25:01
43	391 Brian Bartz	Marion	IA	43	M	62	7:06	2:10	4:13	17	45:56	20.2	1:40	89	26:13	10:33	1:25:07
44	426 Roy Gaddis	Solon	IA	63	M	25	5:59	1:50	2:46	39	50:51	18.3	0:49	76	24:56	10:02	1:25:19
45	380 Jeff Hartwig	Marion	IA	38	M	73	7:23	2:15	3:03	44	51:31	18.1	1:27	38	21:57	8:50	1:25:19
46	372 Ryan Colerick	Marion	IA	36	M	45	6:40	2:02	3:50	61	53:49	17.3	0:44	31	21:18	8:34	1:26:18
47	366 Nathan Hein	Marion	IA	34	M	61	7:04	2:10	3:11	40	50:55	18.3	0:47	74	24:43	9:57	1:26:37
48	363 Jason Rabe	Fairfax	IA	32	M	15	5:16	1:37	3:30	58	53:06	17.5	0:40	68	24:07	9:43	1:26:38
49	438 Todd Lewison	Cedar Rapids	IA	52	M	87	7:41	2:21	3:34	42	50:57	18.3	1:01	58	23:29	9:27	1:26:40
50	354 Mike Harris	Iowa City	IA	32	M	38	6:30	1:59	3:18	64	54:09	17.2	0:59	37	21:49	8:47	1:26:43
51	346 Jeff Sabin	Cedar Rapids	IA	27	M	49	6:56	2:07	4:09	65	54:13	17.2	0:23	30	21:18	8:34	1:26:56
52	407 James Langhurst	Swisher	IA	54	M	119	9:55	3:02	2:59	33	49:02	19.0	0:49	70	24:15	9:46	1:26:58
53	406 Jerry Ask	Cedar Rapids	IA	54	M	75	7:24	2:16	3:17	34	49:06	18.9	1:33	82	25:39	10:19	1:26:58
54	474 Michael Kuhn	Cascade	IA	54	M	78	7:27	2:17	3:57	59	53:18	17.4	0:36	40	22:04	8:53	1:27:20
55	442 Eric Welter	Iowa City	IA	31	M	50	6:57	2:07	4:11	62	53:59	17.2	0:54	41	22:24	9:01	1:28:23
56	337 Brice Antons	Anamosa	IA	22	M	100	7:58	2:26	2:34	57	52:59	17.6	0:45	71	24:24	9:49	1:28:38
57	383 Jered Peterson	Cedar Rapids	IA	38	M	92	7:47	2:23	3:04	60	53:29	17.4	0:34	73	24:36	9:54	1:29:29
58	390 Brooks McLaren	North Liberty	IA	28	M	88	7:42	2:21	3:19	102	1:02:02	15.0	0:37	1	16:06	6:29	1:29:44
59	472 Michael Ward	Geneseo	IL	22	M	43	6:38	2:02	5:07	48	52:02	17.9	1:54	66	24:07	9:42	1:29:46
60	427 Fred Hemsath	St Joseph	MI	69	M	33	6:17	1:55	3:20	56	52:49	17.6	1:26	92	26:21	10:36	1:30:12
61	328 Jonah Heiser	Hindsdale	IL	18	M	1	4:06	1:15	3:13	88	58:24	15.9	0:47	64	23:55	9:38	1:30:22
62	480 Andrew Huntsman	Cedar Rapids	IA	36	M	24	5:58	1:49	5:02	54	52:43	17.6	1:24	80	25:21	10:12	1:30:25
63	470 Mark Lewis	Cedar Rapids	IA	48	M	7	4:36	1:25	4:08	76	56:50	16.4	1:31	60	23:35	9:29	1:30:37
64	409 James Foster	Chicago	IL	52	M	12	5:10	1:35	3:49	53	52:38	17.7	1:02	107	28:18	11:24	1:30:56
65	397 Timothy Naylon	Omaha	NE	46	M	26	5:59	1:50	4:02	67	54:26	17.1	1:28	81	25:29	10:15	1:31:22
66	364 Benjamin Eilers	Marion	IA	31	M	65	7:12	2:12	3:46	78	57:06	16.3	1:01	46	22:31	9:04	1:31:33
67	353 Luke Mescher	Fort Collins	CO	30	M	36	6:28	1:58	4:32	74	56:28	16.5	1:08	53	23:06	9:18	1:31:38
68	350 Andy Meek	Cedar Rapids	IA	25	M	81	7:31	2:18	3:57	80	57:37	16.1	1:09	36	21:43	8:45	1:31:55
69	460 Randall Keys	Marion	IA	30	M	128	15:00	4:35	2:54	47	52:00	17.9	1:08	27	21:04	8:29	1:32:04
70	398 Kyle Schminke	Shellsburg	IA	45	M	89	7:54	2:25	3:46	71	56:14	16.5	1:16	59	23:32	9:28	1:32:40
71	339 Matt Kurt	Cascade	IA	24	M	85	7:39	2:20	3:34	66	54:23	17.1	0:40	94	26:32	10:41	1:32:46
72	351 Brent Frein	Cedar Falls	IA	25	M	104	8:22	2:33	4:22	72	56:16	16.5	1:23	43	22:26	9:02	1:32:47
73	433 Lance Greco	Cedar Rapids	IA	51	M	98	7:53	2:25	3:01	55	52:49	17.6	0:59	108	28:21	11:25	1:33:02
74	378 Doug Klostermann	Cedar Rapids	IA	36	M	122	10:08	3:06	3:27	69	55:14	16.8	1:06	55	23:20	9:23	1:33:12
75	476 Jim Kindig	Cedar Rapids	IA	50	M	44	6:38	2:02	3:35	68	54:54	16.9	0:47	102	27:33	11:05	1:33:25
76	399 Jim Christner	Cedar Rapids	IA	47	M	27	6:03	1:51	5:02	75	56:29	16.5	1:10	77	25:00	10:04	1:33:42
77	330 Dillon Shephard	Iowa City	IA	33	M	76	7:25	2:16	2:21	79	57:16	16.2	0:36	91	26:20	10:36	1:33:56
78	357 Jim Blaine	Dubuque	IA	13	M	39	6:30	1:59	5:36	83	57:45	16.1	1:52	61	23:42	9:32	1:35:23
79	418 John Helms	Clarendon Hill	IL	55	M	110	8:42	2:39	4:35	77	57:02	16.3	1:02	65	24:05	9:42	1:35:25
80	388 Travis Kasner	Cedar Rapids	IA	43	M	52	6:57	2:08	6:20	86	58:11	16.0	2:04	50	22:56	9:14	1:36:26
81	440 Heath Holub	Tipton	IA	40	M	37	6:30	1:59	4:57	85	58:08	16.0	0:53	88	26:11	10:32	1:36:37
82	371 Keith Knight	Cedar Rapids	IA	35	M	57	7:01	2:09	4:40	87	58:24	15.9	0:41	87	26:06	10:30	1:36:50
83	436 Jason Darnell	Palo	IA	35	M	103	8:16	2:32	5:52	73	56:19	16.5	0:43	83	25:43	10:21	1:36:52
84	394 Tom Trent	Coralville	IA	41	M	95	7:48	2:23	4:16	49	52:20	17.8	1:46	118	31:01	12:29	1:37:09
85	393 Bradley Sindelar	Corydon	IA	41	M	53	6:59	2:08	4:37	89	58:27	15.9	1:19	86	26:05	10:30	1:37:26
86	335 Jordan Mescher	Cascade	IA	22	M	72	7:22	2:15	6:12	98	1:00:36	15.3	0:46	48	22:56	9:14	1:37:49
87	343 Nathan Nissen	Iowa City	IA	27	M	101	8:10	2:30	3:47	91	58:31	15.9	0:41	96	27:00	10:52	1:38:08
88	375 David Link	North Liberty	IA	37	M	63	7:07	2:11	4:39	82	57:39	16.1	1:14	104	27:49	11:12	1:38:26
89	479 Jack Hardy	Iowa City	IA	28	M	111	8:43	2:40	4:47	95	1:00:06	15.5	0:44	69	24:11	9:44	1:38:29
90	334 John Wen	Iowa City	IA	18	M	74	7:24	2:16	5:19	105	1:02:23	14.9	2:07	39	21:58	8:50	1:39:08
91	370 Michael Horning	Cedar Rapids	IA	36	M	69	7:21	2:15	3:57	92	59:25	15.7	1:06	103	27:36	11:07	1:39:23
92	329 Kale Merrill	Mt Vernon	IA	11	M	47	6:47	2:05	3:13	111	1:04:17	14.5	0:34	75	24:52	10:01	1:39:42
93	403 Eric Mueller	Cedar Rapids	IA	48	M	82	7:36	2:19	4:33	110	1:04:09	14.5	1:10	42	22:25	9:01	1:39:51
94	445 Patt McDowell	Cedar Rapids	IA	49	M	59	7:02	2:09	4:48	70	55:58	16.6	2:57	114	29:58	12:04	1:40:41
95	441 Jason Putz	Epworth	IA	39	M	117	9:30	2:54	4:43	96	1:00:14	15.4	0:49	85	25:58	10:27	1:41:13
96	478 Jeremy Sabin	Mt Vernon	IA	20	M	116	9:16	2:50	3:54	113	1:04:39	14.4	0:30	52	23:05	9:18	1:41:22
97	435 Steve Etten	Palo	IA	56	M	109	8:38	2:38	4:43	28	47:49	19.4	3:41	128	36:58	14:53	1:41:47
98	356 Jeff Hefel	Dubuque	IA	34	M	107	8:33	2:37	5:25	99	1:00:59	15.3	0:52	90	26:15	10:34	1:42:02
99	444 Stephen Fasnacht	Monticello	IA	40	M	70	7:21	2:15	4:23	108	1:03:15	14.7	0:38	95	26:40	10:44	1:42:16
100	459 Drake Allen	Fairfax	IA	18	M	64	7:11	2:12	5:22	101	1:01:14	15.2	1:25	98	27:15	10:58	1:42:25
101	434 Aaron Thompson	Marion	IA	37	M	118	9:32	2:55	4:41	93	59:47	15.6	0:58	106	28:06	11:19	1:43:01
102	424 Robert Handley	Toddville	IA	57	M	42	6:33	2:00	4:59	107	1:03:09	14.7	0:51	101	27:32	11:05	1:43:02
103	446 Matthew Cook	Cedar Rapids															

129	447	John Simmons	Marion	IA	44	M	127	12:29	3:49	9:29	123	1:11:07	13.1	1:46	127	36:52	14:50	2:11:40
130	310	Aaron Kjar	Cedar Rapids	IA	37	M	54	6:59	2:08	4:27	129	1:19:37	11.7	1:21	130	42:05	16:56	2:14:27

FEMALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL
									time	yds	time		time	time		time		TIME
1	295	Kim Sprenger	Iowa City	IA	50	F	9	5:37	1:43	2:17	4	47:54	19.4	0:43	5	20:55	8:25	1:17:24
2	462	Trina Dunham	Hiawatha	IA	47	F	16	6:11	1:53	2:38	1	45:22	20.5	0:45	26	24:37	9:54	1:19:30
3	286	Deb Gaddis	Solon	IA	46	F	41	7:31	2:18	2:30	5	48:13	19.3	0:42	4	20:47	8:22	1:19:41
4	279	Connie Mann	Muscatine	IA	48	F	15	6:02	1:51	2:29	2	45:46	20.3	0:51	32	25:26	10:14	1:20:32
5	288	Rosie Jones	Cedar Rapids	IA	47	F	43	7:34	2:19	2:38	3	46:53	19.8	0:51	11	22:42	9:08	1:20:36
6	224	Amanda Weyer	Swisher	IA	17	F	12	5:47	1:46	2:22	10	51:43	18.0	0:40	3	20:42	8:20	1:21:11
7	230	Sara Fahey	Cedar Rapids	IA	23	F	3	4:33	1:24	2:40	11	51:54	17.9	0:53	8	21:54	8:49	1:21:52
8	247	Jennet Volden	Cedar Rapids	IA	31	F	23	6:22	1:57	2:59	7	49:37	18.7	1:32	17	23:20	9:24	1:23:49
9	306	Eileen Cravens	Richmond	IN	56	F	22	6:21	1:56	3:32	9	50:52	18.3	0:49	16	23:18	9:23	1:24:50
10	299	Margaret Millar	Moline	IL	53	F	21	6:21	1:56	3:47	6	49:31	18.8	1:15	20	24:06	9:42	1:24:58
11	298	Belinda Gee	Cedar Rapids	IA	54	F	20	6:20	1:56	2:18	14	52:50	17.6	0:49	14	23:05	9:17	1:25:21
12	253	Jill Powers	Dubuque	IA	33	F	13	5:47	1:46	3:20	17	53:33	17.4	0:49	9	22:05	8:54	1:25:32
13	229	Alyssa Neiers	Arlington Heig	IL	24	F	8	5:37	1:43	3:15	13	52:13	17.8	0:48	18	24:02	9:41	1:25:53
14	268	Kathryn Cater	Cedar Rapids	IA	42	F	27	6:37	2:01	3:03	8	49:53	18.6	0:56	34	25:34	10:18	1:26:02
15	246	Katie Meyer	East Dubuque	IL	32	F	24	6:29	1:59	4:00	18	53:45	17.3	1:06	10	22:40	9:07	1:27:57
16	234	Annie Reihman	Chicago	IL	23	F	10	5:41	1:44	3:21	34	56:57	16.3	0:37	7	21:37	8:42	1:28:12
17	232	Chelsee Shortt	Mt Vernon	IA	24	F	48	7:44	2:22	3:00	12	52:05	17.9	1:35	19	24:06	9:42	1:28:27
18	301	Patricia Kennel	Cedar Rapids	IA	52	F	37	7:14	2:13	2:56	24	54:29	17.1	0:59	15	23:13	9:21	1:28:48
19	319	Jessica Powers	Cedar Rapids	IA	23	F	4	4:52	1:29	3:49	30	56:00	16.6	1:53	12	23:00	9:15	1:29:31
20	276	Lara Marsh	Iowa City	IA	41	F	25	6:36	2:01	3:24	21	54:01	17.2	1:37	21	24:10	9:43	1:29:45
21	262	Suzi Wilkes	Iowa City	IA	38	F	18	6:18	1:56	3:26	23	54:23	17.1	1:19	24	24:27	9:50	1:29:51
22	266	Denise Stapley	Cedar Rapids	IA	41	F	11	5:46	1:46	3:46	22	54:05	17.2	1:35	27	24:49	9:59	1:29:58
23	221	Holly Wisnousky	Fairfax	IA	17	F	54	8:03	2:28	2:58	38	58:14	16.0	0:32	1	20:24	8:13	1:30:10
24	254	Jill Snitko	Marion	IA	34	F	46	7:41	2:21	2:55	39	58:18	16.0	0:43	6	21:07	8:30	1:30:42
25	271	Betsy Roca	Clarendon Hill	IL	44	F	6	5:08	1:34	4:13	28	55:26	16.8	1:17	29	25:00	10:04	1:31:00
26	285	Audrey Rasmussen	Taylor Ridge	IL	47	F	71	8:48	2:41	3:32	20	53:59	17.2	0:47	22	24:12	9:45	1:31:16
27	284	Traci Beitzel	Cedar Rapids	IA	46	F	64	8:22	2:33	4:22	16	53:32	17.4	1:24	23	24:22	9:48	1:31:59
28	313	Lisa Person	Cedar Rapids	IA	36	F	7	5:12	1:35	3:13	31	56:23	16.5	0:38	49	27:05	10:54	1:32:29
29	252	Amy Marshall	Lisbon	IA	30	F	44	7:39	2:20	3:25	58	1:01:38	15.1	0:31	2	20:32	8:16	1:33:43
30	241	Sara Fort	North Liberty	IA	27	F	1	4:28	1:22	3:36	55	1:01:09	15.2	0:33	25	24:27	9:51	1:34:11
31	274	Cathy Steines	Mt Vernon	IA	43	F	30	6:46	2:04	4:13	46	59:23	15.7	0:55	13	23:02	9:16	1:34:17
32	263	Maryann Heying	Cedar Rapids	IA	35	F	83	9:59	3:03	3:44	19	53:53	17.3	1:35	35	25:44	10:21	1:34:52
33	289	Brenda Dodge	Iowa City	IA	48	F	68	8:42	2:39	3:27	32	56:24	16.5	1:06	37	26:08	10:31	1:35:45
34	283	Charisse Lawrence	Cedar Rapids	IA	49	F	76	9:22	2:52	3:47	33	56:40	16.4	0:47	33	25:26	10:14	1:35:58
35	477	Joan Brammeier	Wilton	IA	48	F	86	10:09	3:06	4:18	26	54:44	17.0	0:51	40	26:18	10:35	1:36:18
36	292	Julie Evans	Muscatine	IA	54	F	72	8:49	2:42	3:21	15	53:29	17.4	2:06	60	28:46	11:35	1:36:29
37	481	Samantha Brown	Cedar Rapids	IA	19	F	31	6:49	2:05	3:06	37	58:00	16.0	1:35	55	28:02	11:17	1:37:29
38	304	Ann Vestle	Cedar Rapids	IA	58	F	69	8:43	2:40	3:17	29	55:53	16.6	1:12	59	28:44	11:34	1:37:46
39	461	Heather Schmitt	Iowa City	IA	37	F	42	7:34	2:19	3:11	52	1:00:16	15.4	0:34	44	26:45	10:46	1:38:17
40	243	Katelyn Bries	Dubuque	IA	25	F	19	6:19	1:56	4:22	35	57:12	16.3	0:38	65	29:59	12:04	1:38:28
41	305	Becky Watts	Iowa City	IA	57	F	67	8:38	2:38	4:04	25	54:32	17.1	1:15	68	30:34	12:18	1:39:01
42	293	Cristy Hamblin	Cedar Rapids	IA	50	F	81	9:42	2:58	4:22	41	58:20	15.9	2:06	30	25:06	10:06	1:39:34
43	275	Joanna Weyer	Swisher	IA	42	F	33	7:00	2:08	4:00	40	58:19	15.9	2:34	52	27:46	11:11	1:39:37
44	261	Noreen Thurston	Cedar Rapids	IA	35	F	73	8:50	2:42	4:42	53	1:00:18	15.4	0:58	28	24:56	10:02	1:39:42
45	277	Kimberly Huegerich	Jewell	IA	42	F	59	8:13	2:31	4:27	48	59:34	15.6	1:13	43	26:42	10:45	1:40:08
46	281	Elizabeth Albaugh	North Liberty	IA	47	F	50	7:55	2:25	4:24	43	58:25	15.9	1:34	54	28:01	11:16	1:40:17
47	267	Jennifer Riemer	Darien	IL	42	F	35	7:12	2:12	3:51	65	1:02:32	14.9	0:59	36	25:48	10:23	1:40:19
48	258	Becky Aman	Iowa City	IA	35	F	55	8:05	2:28	4:51	36	57:37	16.1	1:01	61	28:47	11:35	1:40:19
49	260	Abby Frazee	Cedar Rapids	IA	39	F	51	7:57	2:26	4:59	47	59:25	15.7	1:56	39	26:14	10:33	1:40:29
50	220	Claire Andreesen	Vinton	IA	17	F	36	7:13	2:12	4:23	62	1:02:04	15.0	0:40	46	26:46	10:46	1:41:05
51	244	Lindsey Topping	Maple Grove	MI	33	F	63	8:20	2:33	4:48	49	59:53	15.5	1:38	50	27:12	10:57	1:41:48
52	282	Katy Eiesland	North Liberty	IA	47	F	32	6:55	2:07	4:35	45	59:10	15.7	0:59	69	30:38	12:20	1:42:16
53	300	Lori Sindelar	Sherrard	IL	52	F	75	8:58	2:44	3:49	44	58:37	15.9	1:33	63	29:41	11:57	1:42:36
54	278	Ann Jurgensen	Tipton	IA	48	F	80	9:38	2:56	4:40	56	1:01:10	15.2	0:55	41	26:22	10:37	1:42:44
55	250	Laura Rowe	Minburn	IA	34	F	17	6:16	1:55	3:58	54	1:01:05	15.2	0:52	70	30:46	12:23	1:42:54
56	259	Kristi Storey	Vinton	IA	39	F	52	7:57	2:26	3:35	64	1:02:18	14.9	0:56	56	28:13	11:21	1:42:56
57	317	Trisha Schiltz	Iowa City	IA	28	F	53	8:01	2:27	4:05	42	58:25	15.9	1:16	79	32:59	13:16	1:44:43
58	475	Cindy Parker	Bellevue	IA	45	F	70	8:45	2:40	4:18	51	1:00:14	15.4	1:14	72	30:46	12:23	1:45:15
59	296	Regina Milroy	Brandon	IA	52	F	47	7:41	2:21	4:30	59	1:01:52	15.0	1:11	66	30:08	12:08	1:45:20
60	469	Teresa Anton	Cedar Rapids	IA	49	F	66	8:34	2:37	5:40	60	1:01:58	15.0	2:02	51	27:17	10:59	1:45:28
61	320	Kaitlyn McKinney	Tipton	IA	18	F	2	4:33	1:23	3:34	72	1:04:34	14.4	0:48	77	32:03	12:54	1:45:31
62	287	Meg Corbin	Iowa City	IA	47	F	95	11:38	3:33	3:49	66	1:02:36	14.9	1:08	47	26:48	10:47	1:45:56
63	307	Karen Fassler	Hiawatha	IA	61	F	77	9:27	2:53	5:07	27	55:18	16.8	1:36	82	34:37	13:56	1:46:02
64	303	Jean Etten	Palo	IA	55	F	79	9:34	2:55	3:34	50	1:00:11	15.5	1:57	73	30:53	12:26	1:46:07
65	291	Lynda Barrow	Cedar Rapids	IA	51	F	58	8:09	2:29	4:17	70	1:03:48	14.6	1:58	58	28:41	11:33	1:46:51
66	242	Allison Maahs	Cedar Rapids	IA	26	F	49	7:45	2:22	4:14	71	1:04:04	14.5	0:45	67	30:31	12:17	1:47:17
67	272	Barb Gay	Cedar Rapids	IA	42	F	14	5:54	1:48	4:10	57	1:01:38	15.1	0:47	83	35:27	14:16	1:47:54
68	280	Karen Schaar	Davenport	IA	48	F	85	10:09	3:06	5:21	67	1:03:27	14.7	0:54	57	28:28	11:27	1:48:17
69	297	Amy Keating	Marion	IA	53	F	74	8:57	2:44	3:47	74	1:05:17	14.2	0:31	64	29:51	12:01	1:48:20
70	264	Kelly Ohara	Fairfax	IA	37	F	57	8:06	2:29	4:42	61	1:02:04	15.0	0:58	78	32:45	13:11	1:48:33
71	265	Tina Devery	North Liberty	IA	43	F	39	7:29	2:17	4:42	73	1:05:15	14.3	0:33	71	30:46	12:23	1:48:41
72	257	Trisha Holt	Sidney	IA	39	F	45	7:40	2:21	4:49	80	1:07:56	13.7	1:37	45	26:45	10:46	1:48:46
7																		

97	240	Tara Thompson	Marion	IA	29	F	98	17:14	5:16	4:31	98	1:33:36	9.9	0:49	90	37:15	15:00	2:33:23
98	484	Cindy Seely	Anamosa	IA	61	F	97	14:03	4:17	15:26	97	1:30:43	10.3	4:45	98	46:26	18:41	2:51:20

TOP 10 SWIM

	NAME	CITY	ST	AGE	S	time	yds
1	Jonah Heiser	Hinsdale	IL	18	M	4:06	1:15
2	Ben Reinking	Iowa City	IA	39	M	4:11	1:17
3	Matt Dahlke	Apple Valley	MI	26	M	4:19	1:19
4	Tommy Castle	Cedar Rapids	IA	23	M	4:22	1:20
5	Sara Fort	North Liberty	IA	27	F	4:28	1:22
6	Brad Johnson	Cedar Rapids	IA	20	M	4:29	1:22
7	Robert Roca	Clarendon Hill	IL	45	M	4:32	1:23
8	Kaitlyn McKinney	Tipton	IA	18	F	4:33	1:23
9	Sara Fahey	Cedar Rapids	IA	23	F	4:33	1:24
10	Mark Lewis	Cedar Rapids	IA	48	M	4:36	1:25

TOP 10 FIRST TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Craig Goldsmith	Marion	IA	30	M	1:37
2	Chad Goldsmith	Coralville	IA	35	M	1:42
3	Brad Johnson	Cedar Rapids	IA	20	M	1:56
4	Steven Davis	North Liberty	IA	32	M	2:01
5	Dave Steines	Mt Vernon	IA	45	M	2:12
6	Travis Hilsabeck	Prairie City	IA	31	M	2:15
7	Matt Dahlke	Apple Valley	MI	26	M	2:16
8	Kim Sprenger	Iowa City	IA	50	F	2:17
9	Dan Gee	Cedar Rapids	IA	55	M	2:17
10	Belinda Gee	Cedar Rapids	IA	54	F	2:18

TOP 10 BIKE

	NAME	CITY	ST	AGE	S	time	mph
1	Tom Scholz	Iowa City	IA	53	M	40:10	23.2
2	Steven Davis	North Liberty	IA	32	M	40:40	22.9
3	Guy Olson	Cedar Rapids	IA	55	M	41:59	22.2
4	Brad Johnson	Cedar Rapids	IA	20	M	42:18	22.0
5	Travis Hilsabeck	Prairie City	IA	31	M	42:53	21.7
6	Ken Hopkins	Cedar Rapids	IA			43:20	21.5
7	Dan Tucker	Cedar Rapids	IA	61	M	43:52	21.2
8	John Grice	Kiwanwe	IL	53	M	43:57	21.2
9	Blaine McLaughlin	Robins	IA	42	M	44:03	21.1
10	Dave Steines	Mt Vernon	IA	45	M	44:13	21.0

TOP 10 SECOND TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Tom Rauen	Dubuque	IA	29	M	0:22
2	Craig Goldsmith	Marion	IA	30	M	0:23
3	Jeff Sabin	Cedar Rapids	IA	27	M	0:23
4	Steven Davis	North Liberty	IA	32	M	0:26
5	Jeremy Sabin	Mt Vernon	IA	20	M	0:30
6	Tommy Castle	Cedar Rapids	IA	23	M	0:30
7	Travis Hilsabeck	Prairie City	IA	31	M	0:30
8	Dale Merrill	Mt Vernon	IA	39	M	0:31
9	Zach Slusher	Solon	IA	17	M	0:31
10	Amy Keating	Marion	IA	53	F	0:31

TOP 10 RUN

	NAME	CITY	ST	AGE	S	time	pace
1	Brooks McLaren	North Liberty	IA	28	M	16:06	6:29
2	Erik Bandy	Iowa City	IA	24	M	16:27	6:37
3	Chad Goldsmith	Coralville	IA	35	M	16:33	6:40
4	Craig Goldsmith	Marion	IA	30	M	17:50	7:11
5	Adam Anderson	Marion	IA	29	M	17:54	7:12
6	Mark Johnson	Hiawatha	IA	39	M	18:05	7:17
7	John Grice	Kiwanwe	IL	53	M	18:10	7:19
8	Brad Johnson	Cedar Rapids	IA	20	M	18:30	7:27
9	Steven Davis	North Liberty	IA	32	M	18:36	7:29
10	David McCullough	Waverly	IA	53	M	18:37	7:30

CLYDESDALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
									time	yds	time	time	time	time	TIME			
1	464	Cory Tweden	Iowa City	IA	35	M	10	7:49	2:23	3:58	2	50:57	18.3	0:47	1	21:20	8:35	1:24:48
2	438	Todd Lewison	Cedar Rapids	IA	52	M	9	7:41	2:21	3:34	3	50:57	18.3	1:01	3	23:29	9:27	1:26:40
3	442	Eric Welter	Iowa City	IA	31	M	3	6:57	2:07	4:11	5	53:59	17.2	0:54	2	22:24	9:01	1:28:23
4	480	Andrew Huntsman	Cedar Rapids	IA	36	M	1	5:58	1:49	5:02	4	52:43	17.6	1:24	4	25:21	10:12	1:30:25
5	440	Heath Holub	Tipton	IA	40	M	2	6:30	1:59	4:57	8	58:08	16.0	0:53	7	26:11	10:32	1:36:37
6	436	Jason Darnell	Palo	IA	35	M	12	8:16	2:32	5:52	7	56:19	16.5	0:43	5	25:43	10:21	1:36:52
7	445	Patt McDowell	Cedar Rapids	IA	49	M	6	7:02	2:09	4:48	6	55:58	16.6	2:57	13	29:58	12:04	1:40:41
8	441	Jason Putz	Epworth	IA	39	M	15	9:30	2:54	4:43	10	1:00:14	15.4	0:49	6	25:58	10:27	1:41:13
9	435	Steve Ethen	Palo	IA	56	M	14	8:38	2:38	4:43	1	47:49	19.4	3:41	18	36:58	14:53	1:41:47
10	444	Stephen Fasnacht	Monticello	IA	40	M	7	7:21	2:15	4:23	13	1:03:15	14.7	0:38	9	26:40	10:44	1:42:16
11	434	Aaron Thompson	Marion	IA	37	M	16	9:32	2:55	4:41	9	59:47	15.6	0:58	10	28:06	11:19	1:43:01
12	446	Matthew Cook	Cedar Rapids	IA	45	M	8	7:27	2:17	5:32	11	1:02:15	14.9	1:30	8	26:29	10:40	1:43:12
13	443	Riley Roca	Clarendon Hill	IL	16	M	5	7:01	2:09	6:23	12	1:02:45	14.8	1:18	11	28:59	11:40	1:46:24
14	437	Jeremy Horning	Tiffin	IA	42	M	11	8:12	2:30	5:54	14	1:04:03	14.5	1:06	16	36:37	14:44	1:59:49
15	439	Brock Harding	Manhattan	KS	29	M	17	10:34	3:14	4:22	18	1:14:03	12.6	0:57	12	29:35	11:55	1:59:29
16	467	William Durchenwal	Anamosa	IA	43	M	19	15:08	4:37	8:48	15	1:06:41	13.9	2:19	14	32:38	13:08	2:05:32

17	431 David Basquin	Marion	IA	45 M	13	8:36	2:38	7:41	16	1:10:44	13.1	4:56	15	35:57	14:28	2:07:52
18	447 John Simmons	Marion	IA	44 M	18	12:29	3:49	9:29	17	1:11:07	13.1	1:46	17	36:52	14:50	2:11:40
19	310 Aaron Kjar	Cedar Rapids	IA	37 M	4	6:59	2:08	4:27	19	1:19:37	11.7	1:21	19	42:05	16:56	2:14:27

ATHENA RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
							plc	time	time	plc	time	time	TIME				
1	319	Jessica Powers	Cedar Rapids	IA	23 F	2	4:52	1:29	3:49	1	56:00	16.6	1:53	1	23:00	9:15	1:29:31
2	313	Lisa Person	Cedar Rapids	IA	36 F	3	5:12	1:35	3:13	2	56:23	16.5	0:38	3	27:05	10:54	1:32:29
3	317	Trisha Schiltz	Iowa City	IA	28 F	6	8:01	2:27	4:05	3	58:25	15.9	1:16	6	32:59	13:16	1:44:43
4	320	Kaitlyn McKinney	Tipton	IA	18 F	1	4:33	1:23	3:34	6	1:04:34	14.4	0:48	5	32:03	12:54	1:45:31
5	312	Melissa Stepanek	Cedar Rapids	IA	30 F	9	8:24	2:34	4:07	4	1:02:12	15.0	1:51	7	35:53	14:27	1:52:24
6	318	Heather Scott	Monticello	IA	24 F	10	11:03	3:22	5:16	8	1:09:08	13.5	0:40	2	27:00	10:52	1:53:05
7	315	Pam Schulz	Marion	IA	38 F	4	6:38	2:02	5:21	5	1:03:31	14.6	1:59	11	38:55	15:40	1:56:22
8	309	Marcia Boeckensted	Manchester	IA	38 F	5	7:31	2:18	4:43	7	1:06:46	13.9	1:42	8	36:58	14:53	1:57:38
9	316	Jill Hutchinson	Marion	IA	52 F	7	8:06	2:28	4:43	9	1:09:39	13.4	1:14	9	37:51	15:14	2:01:31
10	308	Brittany Welsh	Marion	IA	25 F	8	8:14	2:31	6:08	11	1:24:54	11.0	1:08	4	31:14	12:34	2:11:34
11	311	Karen Brunscheen	Ely	IA	40 F	11	11:20	3:28	4:21	10	1:22:12	11.3	1:01	10	38:49	15:38	2:17:41

FEMALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
					plc	time	time	plc	time	time	TIME				
1	Amanda Weyer	IA	17 F	1	5:47	1:46	2:22	1	51:43	18.0	0:40	2	20:42	8:20	1:21:11
2	Holly Wisnously	IA	17 F	5	8:03	2:28	2:58	3	58:14	16.0	0:32	1	20:24	8:13	1:30:10
3	Samantha Brown	IA	19 F	2	6:49	2:05	3:06	2	58:00	16.0	1:35	5	28:02	11:17	1:37:29
4	Claire Andreesen	IA	17 F	4	7:13	2:12	4:23	4	1:02:04	15.0	0:40	4	26:46	10:46	1:41:05
5	Lindsay Mueller	IA	18 F	3	7:11	2:12	4:54	5	1:11:40	13.0	1:13	3	26:13	10:33	1:51:10
6	Kate Roca	IL	14 F	6	8:14	2:31	5:18	6	1:19:01	11.8	0:36	6	34:07	13:44	2:07:14

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
					plc	time	time	plc	time	time	TIME				
1	Zach Slusher	IA	17 M	2	5:51	1:47	2:56	1	52:29	17.7	0:31	1	19:48	7:58	1:21:32
2	Jonah Heiser	IL	18 M	1	4:06	1:15	3:13	3	58:24	15.9	0:47	3	23:55	9:38	1:30:22
3	Dillon Shephard	IA	13 M	7	7:25	2:16	2:21	2	57:16	16.2	0:36	6	26:20	10:36	1:33:56
4	John Wen	IA	18 M	6	7:24	2:16	5:19	5	1:02:23	14.9	2:07	2	21:58	8:50	1:39:08
5	Kale Merrill	IA	11 M	4	6:27	2:05	3:13	6	1:04:17	14.5	0:34	4	24:52	10:01	1:39:42
6	Drake Allen	IA	18 M	5	7:11	2:12	5:22	4	1:01:14	15.2	1:25	8	27:15	10:58	1:42:25
7	Alex Roca	IL	12 M	8	7:48	2:23	4:05	7	1:17:21	12.0	0:36	7	27:05	10:54	1:56:54
8	Devin Acord	IA	18 M	9	8:54	2:43	4:19	9	1:21:29	11.4	0:35	5	25:47	10:23	2:01:02
9	Brian Lysne	IL	17 M	3	5:51	1:47	5:02	8	1:18:24	11.9	1:11	9	32:15	12:59	2:02:41

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
					plc	time	time	plc	time	time	TIME				
1	Sara Fahey	IA	23 F	1	4:33	1:24	2:40	1	51:54	17.9	0:53	2	21:54	8:49	1:21:52
2	Alyssa Neiers	IL	24 F	3	5:37	1:43	3:15	3	52:13	17.8	0:48	3	24:02	9:41	1:25:53
3	Annie Reihman	IL	23 F	4	5:41	1:44	3:21	4	56:57	16.3	0:37	1	21:37	8:42	1:28:12
4	Chelsee Shortt	IA	24 F	6	7:44	2:22	3:00	2	52:05	17.9	1:35	4	24:06	9:42	1:28:27
5	Kati Heng	IA	21 F	5	6:40	2:02	4:34	8	1:14:50	12.4	0:41	5	25:08	10:07	1:51:51
6	Hannah Anderson	IA	23 F	9	10:35	3:14	7:25	5	1:05:54	14.1	2:39	6	26:30	10:40	1:53:01
7	Jody Petersen	IA	21 F	2	4:53	1:30	3:23	6	1:08:19	13.6	1:02	9	37:50	15:13	1:55:24
8	Kimberly Nissen	IA	24 F	7	8:18	2:32	5:04	7	1:13:04	12.7	0:46	7	33:01	13:17	2:00:12
9	Megan Klostermann	IA	20 F	8	9:32	2:55	4:32	9	1:21:14	11.4	0:57	8	36:59	14:53	2:13:12

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
					plc	time	time	plc	time	time	TIME				
1	Brad Johnson	IA	20 M	2	4:29	1:22	1:56	1	42:18	22.0	0:35	2	18:30	7:27	1:07:47
2	Tommy Castle	IA	23 M	1	4:22	1:20	2:24	2	44:47	20.8	0:30	4	19:28	7:50	1:11:29
3	Erik Bandy	IA	24 M	3	6:08	1:52	2:19	4	46:42	19.9	0:50	1	16:27	6:37	1:12:23
4	William Sindelar	IL	20 M	5	6:45	2:04	2:40	3	45:30	20.4	0:58	3	19:02	7:40	1:14:53
5	Brice Antons	IA	22 M	9	7:58	2:26	2:34	6	52:59	17.6	0:45	8	24:24	9:49	1:28:38
6	Michael Ward	IL	22 M	4	6:38	2:02	5:07	5	52:02	17.9	1:54	7	24:07	9:42	1:29:46
7	Matt Kurt	IA	24 M	8	7:39	2:20	3:34	7	54:23	17.1	0:40	9	26:32	10:41	1:32:46
8	Jordan Mescher	IA	22 M	7	7:22	2:15	6:12	8	1:00:36	15.3	0:46	5	22:56	9:14	1:37:49
9	Jeremy Sabin	IA	20 M	10	9:16	2:50	3:54	9	1:04:39	14.4	0:30	6	23:05	9:18	1:41:22
10	Alonso Lopez	IA	23 M	11	10:01	3:03	3:11	10	1:05:23	14.2	0:42	10	27:31	11:05	1:46:45
11	Jared Neiers	IA	22 M	6	7:13	2:12	6:36	11	1:10:44	13.1	0:46	11	30:04	12:06	1:55:22

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
					plc	time	time	plc	time	time	TIME				
1	Sara Fort	IA	27 F	1	4:28	1:22	3:36	2	1:01:09	15.2	0:33	1	24:27	9:51	1:34:11
2	Katelyn Bries	IA	25 F	2	6:19	1:56	4:22	1	57:12	16.3	0:38	2	29:59	12:04	1:38:28
3	Allison Maahs	IA	26 F	4	7:45	2:22	4:14	3	1:04:04	14.5	0:45	3	30:31	12:17	1:47:17
4	Jenna Sabin	IA	27 F	5	10:02	3:04	4:38	4	1:05:36	14.2	0:40	4	31:18	12:36	1:52:11
5	Paige Jacobs	IA	29 F	3	7:27	2:17	4:48	5	1:08:24	13.6	0:48	5	31:38	12:44	1:53:04
6	Tara Thompson	IA	29 F	6	17:14	5:16	4:31	6	1:33:36	9.9	0:49	6	37:15	15:00	2:33:23

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
					plc	time	time	plc	time	time	TIME				
1	Adam Anderson	IA	29 M	2	5:35	1:42	2:41	2	47:14	19.7	1:00	2	17:54	7:12	1:14:22

2	Mark Vande Haar	North Liberty	IA	26	M	7	7:39	2:20	3:00	1	44:20	21.0	1:51	4	20:29	8:15	1:17:17
3	Tom Rauen	Dubuque	IA	29	M	4	7:00	2:08	3:13	3	50:35	18.4	0:22	3	20:16	8:09	1:21:24
4	Matt Dahlke	Apple Valley	MI	26	M	1	4:19	1:19	2:16	5	52:25	17.7	0:55	9	22:35	9:06	1:22:28
5	Leo Buzalsky	Cedar Rapids	IA	28	M	9	7:48	2:23	3:12	4	51:40	18.0	0:56	5	20:57	8:26	1:24:29
6	Jeff Sabin	Cedar Rapids	IA	27	M	3	6:56	2:07	4:09	6	54:13	17.2	0:23	6	21:18	8:34	1:26:56
7	Brooks McLaren	North Liberty	IA	28	M	8	7:42	2:21	3:19	11	1:02:02	15.0	0:37	1	16:06	6:29	1:29:44
8	Andy Meek	Cedar Rapids	IA	25	M	5	7:31	2:18	3:57	8	57:37	16.1	1:09	7	21:43	8:45	1:31:55
9	Brent Frein	Cedar Falls	IA	25	M	11	8:22	2:33	4:22	7	56:16	16.5	1:23	8	22:26	9:02	1:32:47
10	Nathan Nissen	Iowa City	IA	27	M	10	8:10	2:30	3:47	9	58:31	15.9	0:41	11	27:00	10:52	1:38:08
11	Jack Hardy	Iowa City	IA	28	M	12	8:43	2:40	4:47	10	1:00:06	15.5	0:44	10	24:11	9:44	1:38:29
12	Joshua Belden	North Liberty	IA	28	M	6	7:38	2:20	4:50	12	1:05:58	14.1	0:59	12	28:59	11:40	1:48:22
13	Brandon Paulsen	Des Moines	IA	27	M	13	9:02	2:46	4:28	13	1:16:50	12.1	0:58	13	33:37	13:32	2:04:54

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Jennet Volden	Cedar Rapids	IA	31	F	3	6:22	1:57	2:59	1	49:37	18.7	1:32	5	23:20	9:24	1:23:49
2	Jill Powers	Dubuque	IA	33	F	1	5:47	1:46	3:20	2	53:33	17.4	0:49	3	22:05	8:54	1:25:32
3	Katie Meyer	East Dubuque	IL	32	F	4	6:29	1:59	4:00	3	53:45	17.3	1:06	4	22:40	9:07	1:27:57
4	Jill Snitko	Marion	IA	34	F	6	7:41	2:21	2:55	4	58:18	16.0	0:43	2	21:07	8:30	1:30:42
5	Amy Marshall	Lisbon	IA	30	F	5	7:39	2:20	3:25	7	1:01:38	15.1	0:31	1	20:32	8:16	1:33:43
6	Lindsey Topping	Maple Grove	MI	33	F	7	8:20	2:33	4:48	5	59:53	15.5	1:38	6	27:12	10:57	1:41:48
7	Laura Rowe	Minburn	IA	34	F	2	6:16	1:55	3:58	6	1:01:05	15.2	0:52	8	30:46	12:23	1:42:54
8	Heather McDonald	Monticello	IA	33	F	8	9:43	2:58	5:01	9	1:11:45	13.0	0:49	7	27:49	11:12	1:55:04
9	Amy Buzalsky	Cedar Rapids	IA	34	F	10	11:35	3:32	6:10	8	1:07:02	13.9	1:40	9	36:29	14:41	2:02:55
10	Amanda Gamgee	Iowa City	IA	31	F	9	11:15	3:26	5:22	10	1:18:50	11.8	1:13	10	36:42	14:46	2:13:21

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Steven Davis	North Liberty	IA	32	M	5	5:39	1:44	2:01	1	40:40	22.9	0:26	2	18:36	7:29	1:07:20
2	Travis Hilsabeck	Prairie City	IA	31	M	6	6:08	1:53	2:15	2	42:53	21.7	0:30	3	19:02	7:40	1:10:47
3	Craig Goldsmith	Marion	IA	30	M	2	5:01	1:32	1:37	4	46:18	20.1	0:23	1	17:50	7:11	1:11:07
4	Jeff Miller	Cedar Rapids	IA	31	M	3	5:14	1:36	2:24	5	48:09	19.3	0:57	5	21:16	8:34	1:17:59
5	Lane McMullen	North Liberty	IA	34	M	7	6:11	1:53	3:31	3	45:28	20.5	1:06	7	22:28	9:03	1:18:42
6	Chip Thurston	Cedar Rapids	IA	31	M	1	4:58	1:31	3:33	6	50:24	18.5	1:07	11	23:52	9:36	1:23:52
7	Nathan Hein	Marion	IA	34	M	11	7:04	2:10	3:11	7	50:55	18.3	0:47	14	24:43	9:57	1:26:37
8	Jason Rabe	Fairfax	IA	32	M	4	5:16	1:37	3:30	9	53:06	17.5	0:40	12	24:07	9:43	1:26:38
9	Mike Harris	Iowa City	IA	32	M	9	6:30	1:59	3:18	10	54:09	17.2	0:59	6	21:49	8:47	1:26:43
10	Benjamin Eilers	Marion	IA	31	M	12	7:12	2:12	3:46	12	57:06	16.3	1:01	8	22:31	9:04	1:31:33
11	Luke Mescher	Fort Collins	CO	30	M	8	6:28	1:58	4:32	11	56:28	16.5	1:08	9	23:06	9:18	1:31:38
12	Randall Keys	Marion	IA	30	M	16	15:00	4:35	2:54	8	52:00	17.9	1:08	4	21:04	8:29	1:32:04
13	Jim Blaine	Dubuque	IA	33	M	10	6:30	1:59	5:36	13	57:45	16.1	1:52	10	23:42	9:32	1:35:23
14	Jeff Hefel	Dubuque	IA	34	M	13	8:33	2:37	5:25	14	1:00:59	15.3	0:52	15	26:15	10:34	1:42:02
15	Matthew Watkins	North Liberty	IA	30	M	15	11:25	3:29	5:58	15	1:01:00	15.2	2:25	13	24:24	9:49	1:45:11
16	Luke McDonald	Monticello	IA	30	M	14	10:02	3:04	4:57	16	1:08:45	13.5	0:59	16	27:28	11:03	1:52:10

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Suzi Wilkes	Iowa City	IA	38	F	1	6:18	1:56	3:26	2	54:23	17.1	1:19	1	24:27	9:50	1:29:51
2	Maryann Heying	Cedar Rapids	IA	35	F	9	9:59	3:03	3:44	1	53:53	17.3	1:35	3	25:44	10:21	1:34:52
3	Heather Schmitt	Iowa City	IA	37	F	2	7:34	2:19	3:11	5	1:00:16	15.4	0:34	5	26:45	10:46	1:38:17
4	Noreen Thurston	Cedar Rapids	IA	35	F	8	8:50	2:42	4:42	6	1:00:18	15.4	0:58	2	24:56	10:02	1:39:42
5	Becky Aman	Iowa City	IA	35	F	6	8:05	2:28	4:51	3	57:37	16.1	1:01	8	28:47	11:35	1:40:19
6	Abby Frazee	Cedar Rapids	IA	39	F	4	7:57	2:26	4:59	4	59:25	15.7	1:56	4	26:14	10:33	1:40:29
7	Kristi Storey	Vinton	IA	39	F	5	7:57	2:26	3:35	8	1:02:18	14.9	0:56	7	28:13	11:21	1:42:56
8	Kelly Ohara	Fairfax	IA	37	F	7	8:06	2:29	4:42	7	1:02:04	15.0	0:58	10	32:45	13:11	1:48:33
9	Trisha Holt	Sidney	IA	39	F	3	7:40	2:21	4:49	10	1:07:56	13.7	1:37	6	26:45	10:46	1:48:46
10	Rebecca Newcomer	Sussex	WI	38	F	11	11:00	3:22	4:03	9	1:03:36	14.6	1:48	9	28:52	11:37	1:49:17
11	Corinne Ramler	Cedar Rapids	IA	37	F	10	10:10	3:06	7:10	11	1:23:16	11.2	1:19	11	44:22	17:51	2:26:15

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Chad Goldsmith	Coralville	IA	35	M	5	6:26	1:58	1:42	2	45:41	20.4	0:33	1	16:33	6:40	1:10:54
2	Dale Merrill	Mt Vernon	IA	39	M	2	5:33	1:42	2:36	1	45:06	20.6	0:31	4	19:44	7:57	1:13:28
3	Mark Johnson	Hiawatha	IA	39	M	4	6:14	1:54	2:27	3	47:49	19.4	0:41	2	18:05	7:17	1:15:14
4	Lee Heying	Cedar Rapids	IA	36	M	3	5:41	1:44	2:39	6	50:02	18.6	1:03	3	18:57	7:38	1:18:20
5	Austin Allen	Cedar Rapids	IA	38	M	12	7:25	2:16	3:03	7	51:04	18.2	0:38	5	20:06	8:06	1:22:14
6	Doug Schminke	Marion	IA	39	M	10	7:21	2:15	3:03	4	48:28	19.2	0:57	10	22:56	9:14	1:22:44
7	Aaron Loan	Cedar Rapids	IA	35	M	14	7:45	2:22	3:19	5	49:35	18.8	1:14	6	20:59	8:27	1:22:50
8	Ben Reinking	Iowa City	IA	39	M	1	4:11	1:17	3:07	11	54:00	17.2	0:53	7	21:04	8:29	1:23:13
9	Jeff Hartwig	Marion	IA	38	M	11	7:23	2:15	3:03	8	51:31	18.1	1:27	9	21:57	8:50	1:25:19
10	Ryan Colerick	Marion	IA	36	M	6	6:40	2:02	3:50	10	53:49	17.3	0:44	8	21:18	8:34	1:26:18
11	Jerred Peterson	Cedar Rapids	IA	38	M	15	7:47	2:23	3:04	9	53:29	17.4	0:34	13	24:36	9:54	1:29:29
12	Doug Klostermann	Cedar Rapids	IA	36	M	17	10:08	3:06	3:27	12	55:14	16.8	1:06	12	23:20	9:23	1:33:12
13	Keith Knight	Cedar Rapids	IA	35	M	7	7:01	2:09	4:40	14	58:24	15.9	0:41	14	26:06	10:30	1:36:50
14	David Link	North Liberty	IA	37	M	8	7:07	2:11	4:39	13	57:39	16.1	1:14	16	27:49	11:12	1:38:26
15	Michael Horning	Cedar Rapids	IA	36	M	9	7:21	2:15	3:57	15	59:25	15.7	1:06	15	27:36	11:07	1:39:23
16	Brad Duggan	Marion	IA	39	M	16	8:46	2:41	7:59	16	1:07:46	13.7	1:19	17	28:27	11:27	1:54:14
17	Tim Wesselink	Cedar Rapids	IA	38	M	13	7:39	2:20	28:28	17	1:08:37	13.6	0:51	11	23:08	9:19	2:08:41

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Kathryn Cater	Cedar Rapids	IA	42	F	6	6:37	2:01	3:03	1	49:53	18.6	0:56	5	25:34	10:18	1:26:02
2	Lara Marsh	Iowa City	IA	41	F	4	6:36	2:01	3:24	2	54:01	17.2	1:37	2	24:10	9:43	1:29:45
3	Denise Stapley	Cedar Rapids	IA	41	F	2	5:46	1:46	3:46	3	54:05	17.2	1:35	3	24:49	9:59	1:29:58
4	Betsy Roca	Clarendon Hill	IL	44	F	1	5:08	1:34	4:13	4	55:26	16.8	1:17	4	25:00	10:04	1:31:00

5	Cathy Steines	Mt Vernon	IA	43	F	7	6:46	2:04	4:13	6	59:23	15.7	0:55	1	23:02	9:16	1:34:17
6	Joanna Weyer	Swisher	IA	42	F	8	7:00	2:08	4:00	5	58:19	15.9	2:34	8	27:46	11:11	1:39:37
7	Kimberly Huegerich	Jewell	IA	42	F	11	8:13	2:31	4:27	7	59:34	15.6	1:13	7	26:42	10:45	1:40:08
8	Jennifer Riemer	Darien	IL	42	F	9	7:12	2:12	3:51	9	1:02:32	14.9	0:59	6	25:48	10:23	1:40:19
9	Barb Gay	Cedar Rapids	IA	42	F	3	5:54	1:48	4:10	8	1:01:38	15.1	0:47	10	35:27	14:16	1:47:54
10	Tina Devery	North Liberty	IA	43	F	10	7:29	2:17	4:42	10	1:05:15	14.3	0:33	9	30:46	12:23	1:48:41
11	Jennifer Klein	Bellevue	IA	40	F	5	6:37	2:01	4:34	11	1:09:56	13.3	0:58	11	37:50	15:14	1:59:53

MALE AGE GROUP RESULTS 40 - 44

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	Blaine McLaughlin	Robins	IA	42	M	1	5:08	1:34	3:07	1	44:03	21.1	0:35	2	21:30	8:39	1:14:21
2	Blake Jones	Cedar Rapids	IA	44	M	2	5:56	1:49	2:30	2	44:18	21.0	0:38	1	21:01	8:28	1:14:21
3	Marty Davison	Maquoketa	IA	43	M	3	6:57	2:08	3:19	4	47:13	19.7	1:08	4	23:46	9:34	1:22:20
4	Brian Bartz	Marion	IA	43	M	6	7:06	2:10	4:13	3	45:56	20.2	1:40	6	26:13	10:33	1:25:07
5	Travis Kasner	Cedar Rapids	IA	43	M	4	6:57	2:08	6:20	6	58:11	16.0	2:04	3	22:56	9:14	1:36:26
6	Tom Trent	Coralville	IA	41	M	7	7:48	2:23	4:16	5	52:20	17.8	1:46	7	31:01	12:29	1:37:09
7	Bradley Sindelar	Corydon	IA	41	M	5	6:59	2:08	4:37	7	58:27	15.9	1:19	5	26:05	10:30	1:37:26
8	Matt Devery	North Liberty	IA	40	M	8	10:27	3:11	7:01	8	1:11:01	13.1	3:08	8	39:37	15:57	2:11:12

FEMALE AGE GROUP RESULTS 45 - 49

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	Trina Dunham	Hiawatha	IA	47	F	2	6:11	1:53	2:38	1	45:22	20.5	0:45	5	24:37	9:54	1:19:30
2	Deb Gaddis	Solon	IA	46	F	4	7:31	2:18	2:30	4	48:13	19.3	0:42	1	20:47	8:22	1:19:41
3	Connie Mann	Muscatine	IA	48	F	1	6:02	1:51	2:29	2	45:46	20.3	0:51	6	25:26	10:14	1:20:32
4	Rosie Jones	Cedar Rapids	IA	47	F	5	7:34	2:19	2:38	3	46:53	19.8	0:51	2	22:42	9:08	1:20:36
5	Audrey Rasmussen	Taylor Ridge	IL	47	F	11	8:48	2:41	3:32	6	53:59	17.2	0:47	3	24:12	9:45	1:31:16
6	Traci Beitzel	Cedar Rapids	IA	46	F	7	8:22	2:33	4:22	5	53:32	17.4	1:24	4	24:22	9:48	1:31:59
7	Brenda Dodge	Iowa City	IA	48	F	9	8:42	2:39	3:27	8	56:24	16.5	1:06	8	26:08	10:31	1:35:45
8	Charisse Lawrence	Cedar Rapids	IA	49	F	12	9:22	2:52	3:47	9	56:40	16.4	0:47	7	25:26	10:14	1:35:58
9	Joan Brammeier	Wilton	IA	48	F	15	10:09	3:06	4:18	7	54:44	17.0	0:51	9	26:18	10:35	1:36:18
10	Elizabeth Albaugh	North Liberty	IA	47	F	6	7:55	2:25	4:24	10	58:25	15.9	1:34	13	28:01	11:16	1:40:17
11	Katy Eiesland	North Liberty	IA	47	F	3	6:55	2:07	4:35	11	59:10	15.7	0:59	15	30:38	12:20	1:42:16
12	Ann Jurgensen	Tipton	IA	48	F	13	9:38	2:56	4:40	13	1:01:10	15.2	0:55	10	26:22	10:37	1:42:44
13	Cindy Parker	Bellevue	IA	45	F	10	8:45	2:40	4:18	12	1:00:14	15.4	1:14	16	30:46	12:23	1:45:15
14	Teresa Anton	Cedar Rapids	IA	49	F	8	8:34	2:37	5:40	14	1:01:58	15.0	2:02	12	27:17	10:59	1:45:28
15	Meg Corbin	Iowa City	IA	47	F	16	11:38	3:33	3:49	15	1:02:36	14.9	1:08	11	26:48	10:47	1:45:56
16	Karen Schaar	Davenport	IA	48	F	14	10:09	3:06	5:21	16	1:03:27	14.7	0:54	14	28:28	11:27	1:48:17

MALE AGE GROUP RESULTS 45 - 49

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	Dave Steines	Mt Vernon	IA	45	M	3	5:28	1:40	2:12	1	44:13	21.0	0:37	1	20:18	8:10	1:12:46
2	Robert Roca	Clarendon Hill	IL	45	M	1	4:32	1:23	2:51	2	46:03	20.2	1:05	3	22:28	9:03	1:16:57
3	Dean Beitzel	Cedar Rapids	IA	45	M	6	6:20	1:56	4:06	3	48:16	19.3	1:40	6	24:07	9:43	1:24:27
4	Mark Lewis	Cedar Rapids	IA	48	M	2	4:36	1:25	4:08	7	56:50	16.4	1:31	5	23:35	9:29	1:30:37
5	Timothy Naylon	Omaha	NE	46	M	4	5:59	1:50	4:02	4	54:26	17.1	1:28	9	25:29	10:15	1:31:22
6	Kyle Schminke	Shellsburg	IA	45	M	8	7:54	2:25	3:46	5	56:14	16.5	1:16	4	23:32	9:28	1:32:40
7	Jim Christner	Cedar Rapids	IA	47	M	5	6:03	1:51	5:02	6	56:29	16.5	1:10	7	25:00	10:04	1:33:42
8	Eric Mueller	Cedar Rapids	IA	48	M	7	7:36	2:19	4:33	8	1:04:09	14.5	1:10	2	22:25	9:01	1:39:51
9	Dave Klostermann	Lisbon	IA	48	M	9	22:46	6:57	3:55	9	1:16:21	12.2	0:55	8	25:13	10:09	2:09:08

FEMALE AGE GROUP RESULTS 50 - 54

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	Kim Sprenger	Iowa City	IA	50	F	1	5:37	1:43	2:17	1	47:54	19.4	0:43	1	20:55	8:25	1:17:24
2	Margaret Millar	Moline	IL	53	F	3	6:21	1:56	3:47	2	49:31	18.8	1:15	4	24:06	9:42	1:24:58
3	Belinda Gee	Cedar Rapids	IA	54	F	2	6:20	1:56	2:18	3	52:50	17.6	0:49	2	23:05	9:17	1:25:21
4	Patricia Kenel	Cedar Rapids	IA	52	F	4	7:14	2:13	2:56	5	54:29	17.1	0:59	3	23:13	9:21	1:28:48
5	Julie Evans	Muscatine	IA	54	F	7	8:49	2:42	3:21	4	53:29	17.4	2:06	7	28:46	11:35	1:36:29
6	Cristy Hamblin	Cedar Rapids	IA	50	F	10	9:42	2:58	4:22	6	58:20	15.9	2:06	5	25:06	10:06	1:39:34
7	Lori Sindelar	Sherrard	IL	52	F	9	8:58	2:44	3:49	7	58:37	15.9	1:33	8	29:41	11:57	1:42:36
8	Regina Milroy	Brandon	IA	52	F	5	7:41	2:21	4:30	8	1:01:52	15.0	1:11	10	30:08	12:08	1:45:20
9	Lynda Barrow	Cedar Rapids	IA	51	F	6	8:09	2:29	4:17	9	1:03:48	14.6	1:58	6	28:41	11:33	1:46:51
10	Amy Keating	Marion	IA	53	F	8	8:57	2:44	3:47	10	1:05:17	14.2	0:31	9	29:51	12:01	1:48:20
11	Connie Ternus	Vinton	IA	51	F	11	10:31	3:13	5:01	12	1:08:23	13.6	1:44	11	36:24	14:39	2:02:01
12	Lori Wiles	Swisher	IA	50	F	12	12:31	3:49	5:18	11	1:06:57	13.9	1:36	12	41:21	16:39	2:07:41

MALE AGE GROUP RESULTS 50 - 54

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	John Grice	Kiwanwe	IL	53	M	2	5:12	1:36	2:38	2	43:57	21.2	1:08	1	18:10	7:19	1:11:02
2	Tom Scholz	Iowa City	IA	53	M	3	6:31	1:59	3:56	1	40:10	23.2	0:45	4	20:27	8:14	1:11:48
3	David McCullough	Waverly	IA	53	M	4	6:31	1:59	2:18	4	46:33	20.0	0:43	2	18:37	7:30	1:14:40
4	Keith Kenel	Cedar Rapids	IA	51	M	11	7:46	2:22	2:32	3	46:25	20.0	0:55	3	20:17	8:10	1:17:53
5	Ted Olson	Hiawatha	IA	52	M	8	7:18	2:14	2:28	7	52:35	17.7	1:00	5	21:41	8:44	1:25:01
6	James Langhurst	Swisher	IA	54	M	15	9:55	3:02	2:59	5	49:02	19.0	0:49	7	24:15	9:46	1:26:58
7	Jerry Ask	Cedar Rapids	IA	54	M	9	7:24	2:16	3:17	6	49:06	18.9	1:33	8	25:39	10:19	1:26:58
8	Michael Kuhn	Cascade	IA	54	M	10	7:27	2:17	3:57	10	53:18	17.4	0:36	6	22:04	8:53	1:27:20
9	James Foster	Chicago	IL	52	M	1	5:10	1:35	3:49	8	52:38	17.7	1:02	10	28:18	11:24	1:30:56
10	Lance Greco	Cedar Rapids	IA	51	M	12	7:53	2:25	3:01	9	52:49	17.6	0:59	11	28:21	11:25	1:33:02
11	Jim Kindig	Cedar Rapids	IA	50	M	5	6:38	2:02	3:35	11	54:54	16.9	0:47	9	27:33	11:05	1:33:25
12	Michael Gannon	Delmar	IA	54	M	13	8:31	2:36	5:00	13	58:07	16.0	1:56	12	30:36	12:19	1:44:07
13	Gregory Miller	Iowa City	IA	54	M	6	7:04	2:10	6:00	14	1:00:03	15.5	2:16	14	32:28	13:04	1:47:50
14	Kevin Glenn	Iowa City	IA	54	M	7	7:14	2:13	5:17	15	1:02:03	15.0	2:28	13	30:57	12:27	1:47:56
15	Timothy Hutchinson	Marion	IA	53	M	14	8:51	2:42	5:03	12	57:37	16.1	1:28	15	36:45	14:47	1:49:42

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN	RUN			TOTAL	
					plc	time		yds	time	plc		time	mph	time		plc
1 Eileen Cravens	Richmond	IN	56	F	1	6:21	1:56	3:32	1	50:52	18.3	0:49	1	23:18	9:23	1:24:50
2 Ann Vestle	Cedar Rapids	IA	58	F	3	8:43	2:40	3:17	3	55:53	16.6	1:12	2	28:44	11:34	1:37:46
3 Becky Watts	Iowa City	IA	57	F	2	8:38	2:38	4:04	2	54:32	17.1	1:15	3	30:34	12:18	1:39:01
4 Jean Etten	Palo	IA	55	F	4	9:34	2:55	3:34	4	1:00:11	15.5	1:57	4	30:53	12:26	1:46:07

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN	RUN			TOTAL	
					plc	time		yds	time	plc		time	mph	time		plc
1 Guy Olson	Cedar Rapids	IA	55	M	1	5:07	1:34	2:34	1	41:59	22.2	0:35	1	20:21	8:12	1:10:34
2 Gary Watts	Iowa City	IA	57	M	5	6:59	2:08	2:39	2	46:31	20.0	1:01	2	21:23	8:36	1:18:31
3 Joe McGrath	Cedar Rapids	IA	56	M	2	6:06	1:52	3:25	3	46:52	19.8	0:58	4	23:28	9:27	1:20:47
4 Dan Gee	Cedar Rapids	IA	55	M	4	6:51	2:06	2:17	5	51:38	18.0	0:35	3	23:05	9:17	1:24:24
5 Dana Reihman	Richmond	IN	59	M	6	7:49	2:23	3:28	4	48:46	19.1	1:15	5	23:29	9:27	1:24:45
6 John Helms	Clarendon Hill	IL	55	M	8	8:42	2:39	4:35	6	57:02	16.3	1:02	6	24:05	9:42	1:35:25
7 Robert Handley	Toddville	IA	57	M	3	6:33	2:00	4:59	8	1:03:09	14.7	0:51	7	27:32	11:05	1:43:02
8 Dale Mescher	Cascade	IA	59	M	7	8:27	2:35	4:59	7	1:00:30	15.4	1:37	8	27:58	11:16	1:43:29
9 James Sabin	Mt Vernon	IA	56	M	9	10:49	3:18	4:45	9	1:04:23	14.4	0:44	9	29:24	11:50	1:50:02

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN	RUN			TOTAL	
					plc	time		yds	time	plc		time	mph	time		plc
1 Karen Fassler	Hiawatha	IA	61	F	1	9:27	2:53	5:07	1	55:18	16.8	1:36	1	34:37	13:56	1:46:02
2 Cindy Seely	Anamosa	IA	61	F	2	14:03	4:17	15:26	2	1:30:43	10.3	4:45	2	46:26	18:41	2:51:20

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN	RUN			TOTAL	
					plc	time		yds	time	plc		time	mph	time		plc
1 Dan Tucker	Cedar Rapids	IA	61	M	2	7:30	2:17	3:03	1	43:52	21.2	0:44	2	25:06	10:06	1:20:13
2 Roy Gaddis	Solon	IA	63	M	1	5:59	1:50	2:46	2	50:51	18.3	0:49	1	24:56	10:02	1:25:19
3 Brian Fleck	Iowa City	IA	60	M	3	7:45	2:22	5:44	3	58:31	15.9	1:05	3	35:05	14:07	1:48:08

MALE AGE GROUP RESULTS 65 - 69

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN	RUN			TOTAL	
					plc	time		yds	time	plc		time	mph	time		plc
1 Fred Hemsath	St Joseph	MI	69	M	1	6:17	1:55	3:20	1	52:49	17.6	1:26	1	26:21	10:36	1:30:12