

RESULTS BY THE FINISH LINE COMPANY (319)366-6259

Iowa's Pigman Triathlon  
 June 5, 1994  
 Cedar Rapids, Iowa

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
									plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1	1/46			Tony Deboom	Cedar Rapids	IA	25	M	2	5:29	1:00	1:31	2	36:54	25.3	1:18	1	15:56	5:08	1:01:08
2	1/27			Kevin O'Connor	Ames	IA	22	M	9	6:02	1:06	1:45	1	35:06	26.6	1:23	5	17:08	5:31	1:01:24
3	2/46			Jeff Castro	Bettendorf	IA	29	M	8	5:58	1:05	1:41	5	37:30	24.9	1:17	6	17:12	5:32	1:03:38
4	3/46			Timothy Valley	Middleton	WI	25	M	29	6:43	1:14	2:11	3	37:11	25.1	1:26	8	17:21	5:35	1:04:52
5	4/46			Scott Witthoff	Minneapolis	MN	27	M	7	5:57	1:05	1:52	4	37:16	25.0	1:27	43	19:56	6:25	1:06:28
6	5/46			Paul Eure	Des Moines	IA	28	M	5	5:47	1:03	1:28	13	39:19	23.7	1:18	22	18:45	6:02	1:06:37
7	6/46			Brian Bich	Yankton	SD	27	M	25	6:37	1:13	2:18	7	38:13	24.4	1:23	18	18:23	5:55	1:06:54
8	2/27			Matt Christiansen	Glenwood	IA	23	M	12	6:07	1:07	2:11	18	40:01	23.3	1:31	7	17:13	5:32	1:07:03
9	1/33			Peter Saurugger	Des Moines	IA	36	M	39	6:54	1:16	1:56	10	38:48	24.0	1:37	13	17:59	5:47	1:07:14
10	1/19			John Punkiewicz	Rock Island	IL	43	M	58	7:17	1:20	2:03	6	37:59	24.5	1:04	25	18:57	6:06	1:07:20
11	1/33			Stu Huntley	West Des Moines	IA	34	M	17	6:23	1:10	1:45	9	38:21	24.3	1:34	29	19:23	6:14	1:07:26
12	2/33			Rick Seals	Burlington	IA	34	M	19	6:25	1:10	1:43	26	40:31	23.0	1:19	10	17:32	5:39	1:07:30
13	2/33			Stephen Gang	Rock Island	IL	37	M	13	6:12	1:08	1:56	35	41:15	22.6	1:21	4	17:01	5:29	1:07:45
14	3/33			Don Berry	Mason City	IA	39	M	31	6:46	1:14	2:14	12	39:12	23.8	1:45	16	18:04	5:49	1:07:45
15	1/10			Liz Downing	Vancouver	WA	35	F	54	7:13	1:19	1:42	8	38:20	24.3	1:17	39	19:44	6:21	1:08:16
16	4/33			Gary Bredehoft	Lincoln	NE	37	M	34	6:47	1:14	2:13	16	39:53	23.4	1:47	11	17:41	5:41	1:08:21
17	7/46			Tec Chapman	Lees Summit	MO	28	M	27	6:40	1:13	1:57	14	39:38	23.5	1:25	28	19:17	6:12	1:08:57
18	3/33			Thomas Roemer	Davenport	IA	33	M	4	5:40	1:02	1:39	21	40:08	23.2	1:29	51	20:01	6:27	1:08:57
19	3/27			Doug Agne	Lincoln	NE	24	M	23	6:35	1:12	1:51	29	40:47	22.9	1:30	20	18:28	5:57	1:09:11
20	4/33			Lee Sorensen	Lincoln	NE	30	M	45	6:59	1:17	1:58	33	41:07	22.7	1:16	14	17:59	5:47	1:09:19
21	4/27			Dan Querciagrossa	Overland Park	KS	22	M	1	5:04	0:56	1:42	37	41:26	22.5	1:40	30	19:28	6:16	1:09:20
22	5/33			Arne Michalson	Iowa City	IA	30	M	71	7:36	1:23	1:57	30	40:53	22.8	1:21	12	17:47	5:43	1:09:34
23	5/27			Eric Patterson	Lawrence	KS	24	M	38	6:53	1:16	2:16	48	42:21	22.0	1:29	2	16:43	5:23	1:09:42
24	6/33			Bob Brooker	Cedar Rapids	IA	31	M	47	7:01	1:17	2:29	22	40:08	23.2	1:26	24	18:49	6:03	1:09:53
25	7/33			Dave Lyon	North Mankato	MN	32	M	55	7:15	1:20	2:17	19	40:04	23.3	1:33	26	19:05	6:09	1:10:14
26	8/46			Earl Huffman	Dallas City	IL	28	M	23	6:42	1:14	2:06	40	41:43	22.3	1:59	17	18:16	5:53	1:10:46
27	2/19			Nick Scott	Cedar Rapids	IA	42	M	109	8:15	1:31	1:38	32	41:03	22.7	1:21	21	18:30	5:57	1:10:47
28	6/27			Jeff Mortensen	Algona	IA	20	M	61	7:22	1:21	2:21	17	39:57	23.3	1:51	35	19:38	6:19	1:11:09
29	9/46			Kevin Drake	Cedar Rapids	IA	27	M	106	8:09	1:29	2:49	23	40:14	23.2	1:43	19	18:23	5:55	1:11:18
30	8/33			David Stevens	Blue Springs	MO	31	M	26	6:37	1:13	1:42	38	41:33	22.4	2:20	27	19:07	6:09	1:11:19
31	7/27			Jeff Schmitt	Tpoeka	KS	21	M	41	6:56	1:16	1:57	36	41:21	22.5	1:28	38	19:43	6:21	1:11:25
32	10/46			Jeff Hovinga	Mason City	IA	29	M	88	7:53	1:27	2:06	25	40:23	23.1	1:43	40	19:46	6:22	1:11:51
33	11/46			Kingdon Hawes	Omaha	NE	26	M	65	7:26	1:22	2:21	27	40:34	23.0	1:58	33	19:37	6:19	1:11:56
34	12/46			Bill Ragatz	Altoona	IA	25	M	3	5:31	1:01	1:57	42	41:53	22.3	1:31	73	21:11	6:49	1:12:03
35	9/33			Jack Needy	Columbia	MO	30	M	15	6:15	1:09	2:02	20	40:06	23.2	1:38	98	22:03	7:06	1:12:04
36	1/8			Mary Hemmingson	Des Moines	IA	28	F	63	7:24	1:21	2:40	28	40:46	22.9	1:30	48	19:59	6:26	1:12:19
37	1/12			Andrea Fischer	Davenport	IA	30	F	36	6:51	1:15	2:03	65	44:05	21.1	1:40	15	18:02	5:48	1:12:41
38	5/33			Greg Madison	Ankeny	IA	39	M	153	9:37	1:46	2:28	24	40:21	23.1	1:36	23	18:46	6:02	1:12:48
39	8/27			Yhann Cadoret Auge	Davenport	IA	23	M	37	6:51	1:15	1:38	15	39:44	23.5	2:23	106	22:19	7:11	1:12:55
40	10/33			Jeff Tuohino	Cedar Rapids	IA	33	M	35	6:47	1:14	2:32	46	42:16	22.1	1:52	47	19:57	6:25	1:13:24
41	11/33			Bret Robinson	east Moline	IL	31	M	70	7:32	1:23	1:42	52	42:41	21.8	1:26	56	20:13	6:30	1:13:34
42	9/27			Brad Addink	Iowa City	IA	23	M	119	8:29	1:33	2:48	67	44:20	21.0	1:14	3	16:56	5:27	1:13:47
43	1/10			Amy Hollingsworth	Duluth	MN	22	F	10	6:03	1:06	1:52	55	42:56	21.7	1:31	83	21:33	6:56	1:13:55
44	1/13			Bill Oertel	W. Des Moines	IA	47	M	98	8:03	1:28	2:02	39	41:35	22.4	1:17	76	21:17	6:51	1:14:14
45	2/13			Tony Kramer	Lees Summit	MO	47	M	101	8:05	1:29	1:58	57	43:19	21.5	1:30	31	19:30	6:17	1:14:22
46	10/27			Chris O'Hara	Coggon	IA	24	M	40	6:55	1:16	1:54	53	42:45	21.8	1:31	78	21:19	6:52	1:14:24
47	1/1			Nick Hoskovec	Omaha	NE	17	M	6	5:49	1:04	2:08	63	43:52	21.2	2:01	69	20:51	6:43	1:14:41
48	11/27			Matt Thomas	Ames	IA	20	M	138	9:10	1:41	3:00	62	43:49	21.3	1:26	9	17:28	5:37	1:14:53
49	13/46			Jim Balstrode, Jr.	New Lenox	IL	27	M	69	7:31	1:22	2:32	50	42:35	21.9	1:30	68	20:46	6:41	1:14:54
50	14/46			Leon Taylor	Rock Island	IL	27	M	73	7:37	1:24	1:51	60	43:41	21.3	1:50	50	20:00	6:26	1:14:59
51	12/33			Jeff Anker	Polk City	IA	30	M	75	7:40	1:24	2:22	61	43:42	21.3	1:37	36	19:39	6:19	1:15:00
52	3/13			Lynn Vogt	Ankeny	IA	45	M	51	7:03	1:17	2:11	47	42:18	22.0	1:29	99	22:04	7:06	1:15:05
53	2/10			Alicia Robb	Middleton	WI	24	F	32	6:46	1:14	1:59	41	41:51	22.3	1:34	125	22:59	7:24	1:15:09
54	6/33			Tim Klatt	Cedar Falls	IA	36	M	90	7:56	1:27	2:25	58	43:35	21.4	1:13	53	20:04	6:28	1:15:13
55	15/46			Ever Gonzalez	Omaha	NE	28	M	59	7:18	1:20	2:28	59	43:40	21.3	1:51	52	20:03	6:27	1:15:20
56	16/46			John Bannantine	Ames	IA	28	M	79	7:42	1:24	2:09	66	44:09	21.1	1:36	44	19:56	6:25	1:15:32
57	3/19			Hartmut Andres	Moline	IL	40	M	85	7:52	1:26	2:59	51	42:36	21.9	1:47	59	20:20	6:33	1:15:34
58	1/2			David Scott	Cedar Rapids	IA	13	M	43	6:57	1:16	1:48	71	44:59	20.7	1:48	57	20:13	6:30	1:15:45
59	4/13			Barry Clark	LaCrosse	WI	46	M	123	8:35	1:34	2:20	44	42:06	22.1	1:32	77	21:17	6:51	1:15:50
60	7/33			Marc Robichaud	Davenport	IA	36	M	111	8:16	1:31	2:43	43	41:56	22.2	2:20	64	20:38	6:38	1:15:53
61	2/12			Amy Doyle	Bettendorf	IA	30	F	81	7:46	1:25	2:21	64	43:57	21.2	1:35	58	20:16	6:31	1:15:55
62	12/27			Clay Bertram	Shell Rock	IA	22	M	94	7:58	1:27	2:26	54	42:52	21.7	1:33	72	21:07	6:48	1:15:56

63	1/6	David Fosbinder	Freemont	NE	50	M	99	8:03	1:28	2:46	56	43:10	21.6	1:23	71	20:55	6:44	1:16:17
64	13/27	Brian Flora	Clive	IA	20	M	82	7:46	1:25	2:32	68	44:30	20.9	1:55	45	19:56	6:25	1:16:39
65	2/2	Kyle Tingle	Lincoln	NE	14	M	33	6:46	1:14	2:35	102	46:49	19.9	1:19	46	19:56	6:25	1:17:25
66	2/6	Del Burger	Des Moines	IA	51	M	107	8:12	1:30	2:36	49	42:32	21.9	1:46	119	22:47	7:20	1:17:53
67	8/33	Jim Gerk	Cedar Rapids	IA	38	M	113	8:17	1:31	2:09	84	45:43	20.4	1:26	61	20:23	6:34	1:17:58
68	14/27	Richard Holt	Mankato	MN	23	M	103	8:07	1:29	2:36	31	40:58	22.8	1:44	163	24:50	8:00	1:18:15
69	13/33	Jim Keller	Solon	IA	31	M	126	8:38	1:35	2:15	97	46:26	20.1	0:54	55	20:11	6:30	1:18:24
70	4/19	Tim McAllister	St. Louis	MO	40	M	76	7:40	1:24	2:45	74	45:13	20.6	1:46	74	21:13	6:50	1:18:37
71	2/8	Amy Babcock	Ankeny	IA	27	F	83	7:51	1:26	2:01	77	45:19	20.6	1:48	88	21:45	7:00	1:18:44
72	3/10	Nathalie Laurendeau	Davenport	IA	24	F	48	7:01	1:17	2:17	70	44:51	20.8	1:56	117	22:43	7:19	1:18:48
73	2/10	Cynthia Visser	Cedar Rapids	IA	36	F	93	7:57	1:27	2:36	73	45:09	20.6	1:20	89	21:48	7:01	1:18:50
74	1/1	Sara Brinkley	Winfield	KS	14	F	102	8:05	1:29	1:46	91	46:07	20.2	1:32	79	21:27	6:54	1:18:57
75	3/12	Kim Sprenger	Iowa City	IA	31	F	78	7:41	1:24	1:57	86	45:49	20.3	1:36	92	21:56	7:04	1:18:59
76	14/33	Tad Dunsworth	Cedar Rapids	IA	31	M	53	7:10	1:19	2:21	96	46:21	20.1	1:31	84	21:40	6:58	1:19:03
77	5/13	Wink Hastings	Milwaukee	WI	48	M	115	8:20	1:31	2:43	80	45:27	20.5	1:02	91	21:53	7:03	1:19:25
78	4/12	Karen Clark	Ames	IA	34	F	91	7:56	1:27	2:57	106	46:58	19.8	1:36	49	19:59	6:26	1:19:26
79	5/19	Al Behrens	Council Bluffs	IA	44	M	202	11:40	2:08	2:58	=====	----->			37	19:39	6:19	1:19:35
80	17/46	Jon Sulzberger	Muscatine	IA	27	M	72	7:36	1:23	2:18	69	44:46	20.8	1:34	134	23:24	7:32	1:19:38
81	15/33	Doug Hamel	Dubuque	IA	30	M	108	8:13	1:30	2:24	76	45:18	20.6	1:30	105	22:16	7:10	1:19:41
82	18/46	Mark Sorenson	Minnetonka	MN	26	M	86	7:52	1:26	2:30	87	45:49	20.3	1:39	93	21:56	7:04	1:19:46
83	9/33	John Taylor III	Des Moines	IA	35	M	176	10:16	1:53	2:59	88	45:58	20.3	1:03	42	19:47	6:22	1:20:03
84	10/33	Jeff Clark	Cedar Rapids	IA	39	M	30	6:44	1:14	2:44	89	46:02	20.2	1:15	130	23:21	7:31	1:20:06
85	19/46	James LaBonne	Kenosha	WI	28	M	74	7:39	1:24	2:08	101	46:45	19.9	1:55	85	21:40	6:58	1:20:07
86	6/19	Jay McKee	Muscatine	IA	40	M	21	6:29	1:11	2:29	114	47:50	19.5	1:34	97	22:02	7:06	1:20:24
87	3/6	Craig Clark	Mason City	IA	50	M	188	10:45	1:58	2:18	75	45:14	20.6	2:18	66	20:39	6:39	1:21:14
88	20/46	Tim Leist	Iowa City	IA	26	M	135	9:04	1:39	3:04	92	46:09	20.2	1:54	90	21:49	7:01	1:22:00
89	1/7	Dick Buhman	Yutan	NE	56	M	96	8:02	1:28	2:43	104	46:57	19.9	1:43	114	22:38	7:17	1:22:03
90	4/10	Amy Thomas	Duluth	MN	20	F	67	7:28	1:22	1:45	108	47:06	19.8	2:11	139	23:43	7:38	1:22:13
91	7/19	Bob Ensminger	Burlington	IA	40	M	179	10:22	1:54	3:52	103	46:52	19.9	1:36	41	19:46	6:22	1:22:28
92	21/46	Bradley Gunnink	Freeport	IL	28	M	120	8:31	1:33	2:43	81	45:27	20.5	1:52	143	23:56	7:42	1:22:29
93	2/7	Craig Barber	Minneapolis	MN	55	M	128	8:40	1:35	3:26	72	45:05	20.7	2:17	129	23:16	7:29	1:22:44
94	8/19	Tom Bowie	Oskaloosa	IA	41	M	84	7:51	1:26	2:38	111	47:21	19.7	2:06	122	22:55	7:23	1:22:51
95	22/46	Robert Murphy	Cedar Rapids	IA	26	M	186	10:44	1:58	2:48	109	47:16	19.7	2:31	34	19:37	6:19	1:22:56
96	11/33	Allen Sykora	Hudson	IA	36	M	148	9:34	1:45	2:57	95	46:17	20.1	1:42	109	22:30	7:15	1:23:00
97	5/12	Kathy Duethman	Iowa City	IA	34	F	161	9:52	1:48	2:33	119	48:16	19.3	1:49	67	20:40	6:39	1:23:10
98	3/10	Laura Jackson	Madrid	IA	37	F	147	9:30	1:44	2:46	94	46:14	20.2	1:25	127	23:15	7:29	1:23:10
99	12/33	Michael Berry	Solon	IA	37	M	97	8:02	1:28	3:08	85	45:45	20.4	2:09	146	24:08	7:46	1:23:12
100	13/33	Greg Bailey	Oskaloosa	IA	39	M	141	9:20	1:42	2:05	121	48:22	19.3	1:10	107	22:23	7:12	1:23:20
101	9/19	Alan Kittelson	Mason City	IA	43	M	104	8:08	1:29	2:53	123	48:47	19.1	2:09	80	21:27	6:54	1:23:24
102	15/27	Eric Fredrickson	Coralville	IA	23	M	22	6:30	1:11	2:00	122	48:37	19.2	1:44	156	24:33	7:54	1:23:24
103	16/33	Ray Waters	Iowa City	IA	32	M	42	6:56	1:16	4:03	126	48:55	19.1	1:04	118	22:43	7:19	1:23:41
104	3/7	Dave Dutton	Waterloo	IA	58	M	124	8:36	1:34	3:02	118	48:07	19.4	2:02	95	21:58	7:04	1:23:45
105	6/12	Linda Michalson	Iowa City	IA	31	F	142	9:22	1:43	3:28	99	46:39	20.0	0:50	138	23:40	7:37	1:23:59
106	4/6	Claus Gruner	Gurnee	IL	53	M	166	10:00	1:50	3:57	83	45:42	20.4	1:41	123	22:56	7:23	1:24:16
107	23/46	Eric Moschella	Iowa City	IA	27	M	121	8:31	1:33	2:20	132	49:05	19.0	2:22	100	22:05	7:06	1:24:23
108	4/10	K.D. Rex	Wellman	IA	35	F	92	7:56	1:27	2:39	115	47:50	19.5	1:46	149	24:17	7:49	1:24:28
109	16/27	Eric Nelson	Rockford	IL	24	M	64	7:24	1:21	2:57	142	50:19	18.5	1:55	103	22:13	7:09	1:24:48
110	10/19	Craig Thompson	Vermillion	SD	40	M	143	9:26	1:44	3:05	79	45:22	20.5	1:48	174	25:22	8:10	1:25:03
111	17/27	Chris Vogelsang	St Paul	MN	24	M	200	11:22	2:05	2:34	82	45:30	20.5	1:43	142	23:55	7:42	1:25:04
112	6/13	Tom Tingle	Lincoln	NE	45	M	172	10:08	1:51	4:05	130	49:00	19.0	2:01	62	20:23	6:34	1:25:37
113	5/10	Nancy Flanagan	Pella	IA	37	F	129	8:41	1:35	2:56	93	46:13	20.2	3:36	147	24:12	7:47	1:25:38
114	5/10	Staci Sparks	Iowa City	IA	20	F	197	11:08	2:02	2:28	157	51:23	18.1	1:22	32	19:35	6:18	1:25:56
115	14/33	Jeff Evans	Marion	IA	39	M	14	6:14	1:08	3:58	170	52:16	17.8	1:20	111	22:31	7:15	1:26:19
116	15/33	Trent Busch	Muscatine	IA	37	M	87	7:52	1:26	3:13	137	50:04	18.6	2:24	120	22:51	7:21	1:26:24
117	16/33	Richard Anton	Nashville	TN	36	M	110	8:15	1:31	4:12	141	50:13	18.6	2:06	87	21:42	6:59	1:26:28
118	17/33	Peter Ylvisaker	Marion	IA	31	M	149	9:34	1:45	2:26	138	50:04	18.6	2:11	104	22:13	7:09	1:26:28
119	18/27	Joseph Viel	Winnebago	IL	23	M	169	10:03	1:50	4:57	110	47:16	19.7	1:44	110	22:30	7:15	1:26:30
120	17/33	Scott Squires	Cedar Rapids	IA	37	M	56	7:16	1:20	4:10	98	46:28	20.1	2:45	187	25:55	8:20	1:26:34
121	11/19	Mark Armstrong	Oskaloosa	IA	42	M	118	8:26	1:33	3:23	120	48:21	19.3	1:49	166	24:56	8:02	1:26:55
122	3/8	Cathy Enzler	Cedar Rapids	IA	29	F	150	9:35	1:45	2:51	145	50:36	18.4	1:18	113	22:37	7:17	1:26:57
123	24/46	Matt Smith	Cedar Rapids	IA	29	M	18	6:24	1:10	3:56	184	53:12	17.5	1:52	86	21:40	6:58	1:27:04
124	1/1	Rae Burger	Des Moines	IA	49	F	154	9:37	1:46	2:54	124	48:48	19.1	2:17	137	23:38	7:36	1:27:14
125	25/46	David Crewe	Oak Park	IL	28	M	11	6:04	1:07	3:37	131	49:00	19.0	2:14	190	26:22	8:29	1:27:17
126	18/33	Mark Bath	Ankeny	IA	37	M	196	11:07	2:02	2:17	144	50:28	18.5	1:36	94	21:57	7:04	1:27:25
127	12/19	Nick Gearhart	Cedar Rapids	IA	43	M	20	6:27	1:11	2:43	146	50:38	18.4	2:42	168	24:58	8:02	1:27:28
128	18/33	Bill Dawes	Des Moines	IA	31	M	130	8:43	1:36	3:24	128	48:58	19.0	1:43	160	24:41	7:57	1:27:29
129	26/46	Jacques Boisvert	Davenport	IA	26	M	52	7:05	1:18	3:02	182	53:06	17.6	2:13	101	22:06	7:07	1:27:32
130	1/1	Sarah Hughes	Liberty	MO	17	F	95	8:00	1:28	2:20	152	50:55	18.3	2:09	148	24:15	7:48	1:27:39
131	19/33	David Hart	Cedar Rapids	IA	37	M	151	9:36	1:45	3:49	143	50:27	18.5	1:14	124	22:56	7:23	1:28:02
132	20/33	Gene Kehoe	Iowa City	IA	38	M	159	9:50	1:48	3:30	90	46:06	20.2	3:08	177	25:29	8:12	1:28:03
133	6/10	Holly Perry	Lawrence	KS	21	F	57	7:16	1:20	2:55	171	52:18	17.8	1:57	140	23:44	7:38	1:28:10
134	1/1	Lyle Roberts	Burlington	IA	62	M	170	10:04	1:50	3:01	117	48:04	19.4	2:12	164	24:54	8:01	1:28:15

135	19/27	Jason Whitson	Vinton	IA	23	M	66	7:27	1:22	4:13	162	51:54	18.0	1:22	132	23:22	7:31	1:28:18
136	21/33	Robby Baker	Denver	CO	39	M	182	10:36	1:56	3:39	100	46:43	20.0	2:08	173	25:16	8:08	1:28:22
137	19/33	Gerald Lowry	Cedar Rapids	IA	31	M	171	10:05	1:51	3:19	116	47:57	19.4	1:25	188	25:55	8:20	1:28:41
138	22/33	Chris Veit	Cedar Rapids	IA	37	M	125	8:36	1:34	4:20	129	48:59	19.0	1:00	185	25:47	8:18	1:28:42
139	23/33	Mark Rasmussen	Jefferson	IA	38	M	145	9:29	1:44	3:47	127	48:57	19.0	1:44	167	24:56	8:02	1:28:53
140	20/27	Mark Wolken	Iowa City	IA	24	M	122	8:32	1:34	3:18	181	52:58	17.6	1:00	131	23:21	7:31	1:29:09
141	24/33	CJ Ong	Cedar Rapids	IA	36	M	165	9:59	1:50	4:01	105	46:57	19.9	2:50	175	25:24	8:11	1:29:11
142	27/46	Brian Long	Cedar Rapids	IA	25	M	219	13:16	2:26	2:31	135	50:00	18.6	1:12	112	22:36	7:16	1:29:35
143	20/33	David Brucher	Coralville	IA	33	M	175	10:12	1:52	3:56	151	50:53	18.3	1:58	116	22:40	7:18	1:29:39
144	6/10	Tami O'Dell	Milwaukee	WI	39	F	187	10:44	1:58	2:39	125	48:54	19.1	1:48	186	25:49	8:19	1:29:54
145	4/8	Sheila Chapman	Lee Summit	MO	25	F	77	7:40	1:24	2:24	150	50:48	18.3	2:10	197	26:54	8:39	1:29:56
146	28/46	Blake Wilkinson	Ankeny	IA	26	M	137	9:08	1:40	3:41	147	50:42	18.4	2:15	158	24:35	7:55	1:30:21
147	13/19	Pete Ross-Gotta	Holton	KS	41	M	173	10:09	1:51	4:12	107	47:02	19.8	2:34	191	26:25	8:30	1:30:22
148	7/10	Marie Abarca	Topeka	KS	24	F	117	8:25	1:32	2:14	159	51:31	18.1	1:55	193	26:29	8:31	1:30:34
149	29/46	Stephen Slechta	Freeport	IL	27	M	195	10:54	2:00	3:25	148	50:45	18.4	1:28	145	24:06	7:45	1:30:38
150	30/46	Todd Williams	Coralville	IA	26	M	152	9:36	1:45	2:59	205	55:59	16.6	1:13	70	20:52	6:43	1:30:39
151	5/8	Brenda Ann Cloud	Cedar Rapids	IA	29	F	155	9:37	1:46	3:30	165	52:03	17.9	1:28	144	24:01	7:44	1:30:39
152	7/13	George Ho, Jr.	Cedar Rapids	IA	48	M	167	10:01	1:50	3:11	149	50:56	18.4	1:57	161	24:44	7:58	1:30:39
153	31/46	Jason Edge	Omaha	NE	27	M	127	8:38	1:35	4:01	153	51:05	18.2	1:19	181	25:39	8:15	1:30:42
154	21/27	Eric Osterbergs	Davenport	IA	22	M	100	8:04	1:29	3:26	139	50:06	18.6	2:21	198	26:57	8:40	1:30:54
155	32/46	Steve Argersinger	Des Moines	IA	26	M	191	10:48	1:59	2:38	191	54:33	17.1	1:41	81	21:27	6:54	1:31:07
156	33/46	Chris Kulish	Cedar Rapids	IA	27	M	114	8:19	1:31	3:24	163	51:54	18.0	1:51	184	25:46	8:18	1:31:14
157	14/19	Kent Mattison	Cedar Rapids	IA	42	M	205	11:51	2:10	4:17	160	51:47	18.0	1:30	96	21:58	7:04	1:31:23
158	34/46	James Martin	Iowa City	IA	28	M	174	10:11	1:52	3:03	211	56:46	16.4	1:17	54	20:09	6:29	1:31:26
159	21/33	Kirk Abernathy	Fayette	IA	31	M	183	10:36	1:56	4:49	140	50:06	18.6	0:51	169	25:04	8:04	1:31:26
160	5/6	Richard Nehring	Alden	IA	54	M	203	11:45	2:09	3:49	180	52:53	17.6	1:44	75	21:16	6:51	1:31:27
161	22/33	Keith Qudenkauf	Cedar Rapids	IA	34	M	189	10:45	1:58	3:23	134	49:20	18.9	0:59	200	27:00	8:41	1:31:27
162	23/33	Warren Tunwall	Iowa City	IA	33	M	24	6:35	1:12	3:02	214	57:17	16.3	1:14	133	23:23	7:32	1:31:31
163	7/10	Tracy O'Dell	Cedar Rapids	IA	35	F	184	10:36	1:56	3:01	178	52:40	17.7	0:51	157	24:34	7:54	1:31:42
164	4/7	Jim Flynn	Cedar Rapids	IA	55	M	156	9:37	1:46	3:40	161	51:50	18.0	2:13	152	24:23	7:51	1:31:43
165	35/46	Mark Travis	Iowa City	IA	25	M	144	9:27	1:44	2:37	158	51:27	18.1	1:58	192	26:25	8:30	1:31:54
166	25/33	Mike Travagiakis	Cedar Rapids	IA	35	M	190	10:46	1:58	3:52	172	52:18	17.8	2:35	115	22:38	7:17	1:32:09
167	36/46	Michael Dankert	Cedar Rapids	IA	27	M	80	7:43	1:25	4:10	133	49:12	18.9	2:26	215	28:50	9:17	1:32:21
168	6/6	Steve Radakovich	Earlham	IA	50	M	212	12:19	2:15	3:10	164	51:58	17.9	2:12	121	22:52	7:22	1:32:31
169	15/19	Kurt McMullen	Clive	IA	44	M	163	9:55	1:49	3:16	136	50:03	18.6	2:28	203	27:12	8:45	1:32:54
170	37/46	Chris Sotsipoulos	Des Plaines	IL	27	M	164	9:56	1:49	3:32	173	52:20	17.8	2:53	159	24:36	7:55	1:33:17
171	24/33	Reggie Hastings	Fairfax	IA	33	M	204	11:46	2:09	2:57	198	54:59	17.0	1:22	108	22:29	7:14	1:33:33
172	38/46	Raul Abarca	Topeka	KS	27	M	210	12:15	2:14	2:32	179	52:40	17.7	0:55	171	25:12	8:07	1:33:34
173	8/10	Sophie Brodeur	Davenport	IA	21	F	46	6:59	1:17	2:47	201	55:42	16.7	1:24	204	27:18	8:47	1:34:10
174	7/12	Martha Bissinger	Tucson	AL	30	F	136	9:07	1:40	2:56	156	51:16	18.2	2:41	210	28:15	9:06	1:34:15
175	8/13	Larry Himmel	Ontario	CA	46	M	227	14:34	2:40	4:00	113	47:48	19.5	2:45	170	25:10	8:06	1:34:17
176	16/19	Randy King	Marion	IA	41	M	185	10:38	1:57	4:15	194	54:43	17.0	1:43	126	23:00	7:24	1:34:19
177	22/27	Daniel Vinsand	Ames	IA	23	M	178	10:21	1:54	3:54	185	53:29	17.4	1:31	172	25:14	8:07	1:34:29
178	9/13	Jim McMahan	Gurnee	IA	46	M	181	10:34	1:56	3:52	174	52:21	17.8	2:16	178	25:29	8:12	1:34:32
179	25/33	Alexander Taylor	Cedar Rapids	IA	32	M	220	13:28	2:28	3:38	192	54:36	17.1	1:24	82	21:28	6:55	1:34:34
180	23/27	Chris Tyler	Iowa City	IA	24	M	89	7:54	1:27	2:32	195	54:46	17.0	2:29	201	27:00	8:41	1:34:41
181	26/33	Kevin Collins	Cedar Rapids	IA	39	M	139	9:15	1:41	3:15	154	51:05	18.2	2:13	216	29:04	9:21	1:34:52
182	26/33	Rick Spear	Iowa City	IA	34	M	211	12:15	2:14	2:33	190	54:27	17.1	1:34	153	24:24	7:51	1:35:13
183	39/46	Tim Salasek	Gilbert	IA	25	M	213	12:26	2:16	2:07	168	52:10	17.9	1:11	207	27:26	8:50	1:35:20
184	6/8	Lori Moore	Iowa City	IA	25	F	223	14:17	2:37	2:48	166	52:07	17.9	1:50	154	24:26	7:52	1:35:28
185	27/33	Bob Holst	Des Moines	IA	39	M	198	11:14	2:03	4:47	167	52:09	17.9	3:27	141	23:53	7:41	1:35:30
186	27/33	James Steffen	Iowa City	IA	34	M	193	10:51	1:59	4:16	203	55:58	16.7	1:24	128	23:15	7:29	1:35:44
187	28/33	Jeff Duce	No. Kansas Cit	MO	39	M	132	8:50	1:37	3:44	176	52:33	17.7	2:34	209	28:06	9:03	1:35:47
188	1/1	Jaqueline Norman	East Moline	IL	15	F	112	8:16	1:31	2:33	222	59:10	15.8	1:39	155	24:28	7:52	1:36:06
189	29/33	Kelley Perry	Fremont	NE	35	M	68	7:30	1:22	2:01	228	1:04:07	14.5	2:09	60	20:21	6:33	1:36:08
190	8/10	Beth Koch	Cedar Falls	IA	35	F	162	9:53	1:48	3:56	177	52:39	17.7	2:46	199	26:57	8:40	1:36:11
191	5/7	Grant Lewis	Ankeny	IA	58	M	160	9:50	1:48	3:37	155	51:14	18.2	2:35	218	29:16	9:25	1:36:32
192	10/13	John Whitson	Vinton	IA	46	M	209	12:13	2:14	5:01	188	54:01	17.3	1:46	136	23:34	7:35	1:36:35
193	28/33	Rick Neahrng	Coralville	IA	31	M	207	11:53	2:10	3:02	193	54:42	17.0	1:44	176	25:25	8:11	1:36:46
194	40/46	Curtis DeBeste	Cedar Rapids	IA	25	M	146	9:29	1:44	2:45	218	58:33	15.9	1:05	179	25:29	8:12	1:37:21
195	9/10	Cindy Brown	Toddville	IA	22	F	140	9:18	1:42	3:14	213	57:06	16.3	2:25	182	25:40	8:16	1:37:43
196	6/7	John Rice	Dysart	IA	58	M	214	12:35	2:18	5:09	175	52:27	17.8	2:05	180	25:31	8:13	1:37:47
197	29/33	John Williams	Marion	IA	31	M	199	11:21	2:05	3:30	223	59:19	15.7	1:42	102	22:09	7:08	1:37:48
198	8/12	Anne Meyer-MoCrigh	Dubuque	IA	33	F	206	11:52	2:10	3:10	187	53:56	17.3	1:45	205	27:18	8:47	1:38:01
199	17/19	Dan Norris	Ames	IA	42	M	222	14:10	2:35	3:22	189	54:20	17.2	1:52	150	24:20	7:50	1:38:04
200	9/12	Christina Colman	Thornton	IA	32	F	157	9:38	1:46	4:14	207	56:10	16.6	1:49	195	26:45	8:37	1:38:36
201	10/12	Peggy Chestnut-Via	Omaha	NE	31	F	194	10:52	1:59	3:42	209	56:40	16.4	1:40	189	26:08	8:25	1:39:02
202	41/46	Mike Giglio	Cedar Rapids	IA	26	M	60	7:20	1:20	3:40	183	53:09	17.5	1:47	221	33:08	10:40	1:39:04
203	11/13	Randy Hill	Iowa City	IA	45	M	217	12:55	2:22	4:58	200	55:39	16.7	2:01	151	24:20	7:50	1:39:53
204	30/33	Scott Walker	State Center	IA	30	M	215	12:36	2:18	4:14	206	56:04	16.6	2:09	165	24:54	8:01	1:39:57
205	7/8	Kari Hamel	Dubuque	IA	26	F	233	19:22	3:33	2:50	212	56:47	16.4	1:24	65	20:38	6:38	1:41:01
206	1/1	Sarah Butler	Kansas City	MO	42	F	192	10:49	1:59	3:28	208	56:37	16.5	1:53	212	28:31	9:11	1:41:18

207	18/19	Jason Rohder	Reasnor	IL	44	M	226	14:27	2:39	4:09	169	52:11	17.9	=====	1:41:55
208	24/27	Chad Wiltsey	Cedar Rapids	IA	23	M	228	14:34	2:40	3:41	199	55:11	16.9	1:45	202 27:04 8:43 1:42:15
209	9/10	Beth Bath	Ankeny	IA	36	F	158	9:40	1:46	3:18	219	58:44	15.9	1:21	217 29:12 9:24 1:42:15
210	25/27	Jeff Nall	Cedar Rapids	IA	22	M	168	10:02	1:50	3:57	225	1:00:12	15.5	1:40	196 26:45 8:37 1:42:36
211	12/13	Carl Thurman	Waterloo	IA	47	M	229	14:39	2:41	3:47	186	53:44	17.3	3:01	213 28:31 9:11 1:43:42
212	31/33	Ron Harriman	Solon	IA	32	M	235	21:32	3:56	5:36	196	54:47	17.0	1:31	63 20:35 6:38 1:44:01
213	30/33	Steven Thiltgen	DeWitt	IA	36	M	232	16:35	3:02	5:58	202	55:49	16.7	2:16	135 23:26 7:33 1:44:04
214	42/46	Greg Fief	Coralville	IA	29	M	221	13:39	2:30	3:28	215	57:24	16.2	1:24	211 28:30 9:10 1:44:25
215	10/10	Sonya Kay Roshek	Woodland Park	CO	21	F	208	12:02	2:12	2:59	224	59:52	15.6	1:31	214 28:40 9:14 1:45:04
216	1/1	Carol Peluso	St. Louis	MO	52	F	218	12:59	2:22	4:28	221	59:05	15.8	3:09	183 25:41 8:16 1:45:22
217	11/12	Liz Carroll	Iowa City	IA	32	F	134	8:56	1:38	6:25	226	1:01:47	15.1	1:57	194 26:44 8:36 1:45:49
218	12/12	Debbie Duff	Marion	IA	34	F	225	14:23	2:38	6:35	204	55:58	16.7	1:47	206 27:23 8:49 1:46:06
219	10/10	Rhonda Salasek	Ankeny	IA	35	F	177	10:19	1:53	3:47	220	58:49	15.8	3:03	220 32:15 10:23 1:48:13
220	31/33	Karl Kreder	Iowa City	IA	38	M	234	21:00	3:50	5:31	197	54:55	17.0	2:09	162 24:46 7:58 1:48:21
221	7/7	Charlton Sturm	Mascootah	IL	55	M	224	14:22	2:38	6:03	217	58:09	16.0	2:03	208 27:50 8:58 1:48:27
222	8/8	Diane Happel	Iowa City	IA	29	F	131	8:43	1:36	4:41	216	57:48	16.1	1:56	224 37:51 12:11 1:50:59
223	19/19	Chuck Mulkey	Milan	IL	44	M	180	10:30	1:55	4:17	227	1:03:07	14.8	2:05	219 31:29 10:08 1:51:28
224	13/13	Warren Wiwat	Hoffman Estate	IL	49	M	230	14:52	2:43	5:23	210	56:45	16.4	2:14	225 40:56 13:10 2:00:10
225	32/33	Matt Johnson	Iowa City	IA	38	M	216	12:41	2:19	5:17	229	1:05:39	14.2	2:06	222 35:28 11:25 2:01:11
226	26/27	John Bunting	Marion	IA	23	M	231	16:05	2:56	3:19	231	1:09:42	13.4	2:13	223 36:27 11:44 2:07:46
227	1/1	Joshua St. John	Council Bluffs	IA	15	M	201	11:30	2:06	4:27	230	1:06:20	14.1	2:28	226 46:00 14:48 2:10:45

#### DID NOT FINISH & DISQUALIFICATIONS

RACE #	NAME	CITY	ST	AGE	S	plc	SWIM time	yds	TRAN time	plc	BIKE time	mph	TRAN time
85	Stephen Witkus	Coralville	IA	29	M	41	6:58	1:16	1:59	10	39:00	23.9	1:32
125	Mark Carey	Blue Springs	MO	23	M	15	6:21	1:10	1:45	32	41:12	22.6	1:35
124	Delbert Marriott	Blue Springs	MO	25	M	55	7:23	1:21	1:51	42	42:13	22.1	1:26
176	Gary McKibben	Altoona	IA	34	M	44	7:01	1:17	3:47	69	45:21	20.6	1:15
137	Brian Giachino	Waterloo	IA	27	M	97	8:22	1:32	2:09	96	47:27	19.6	1:50
128	Kyle Jensen	Iowa City	IA	26	M	45	7:02	1:17	2:05				
202	Jim Aamodt	Rockford	IL	36	M	87	8:08	1:29	2:35				
178	Jim Lorenz	Chicago	IL	30	M	111	8:54	1:38	3:34				

#### WOMEN'S OVERALL RESULTS

TOT RACE PLC #	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	2	Liz Downing	WA	35	F	6	7:13	1:19	1:42	1	38:20	24.3	1:17	3	19:44	6:21	1:08:16
2	1	Mary Hemmingson	IA	28	F	8	7:24	1:21	2:40	2	40:46	22.9	1:30	4	19:59	6:26	1:12:19
3	11	Andrea Fischer	IA	30	F	3	6:51	1:15	2:03	6	44:05	21.1	1:40	1	18:02	5:48	1:12:41
4	42	Amy Hollingsworth	MN	22	F	1	6:03	1:06	1:52	4	42:56	21.7	1:31	10	21:33	6:56	1:13:55
5	39	Alicia Robb	WI	24	F	2	6:46	1:14	1:59	3	41:51	22.3	1:34	16	22:59	7:24	1:15:09
6	25	Amy Doyle	IA	30	F	12	7:46	1:25	2:21	5	43:57	21.2	1:35	6	20:16	6:31	1:15:55
7	13	Amy Babcock	IA	27	F	13	7:51	1:26	2:01	9	45:19	20.6	1:48	11	21:45	7:00	1:18:44
8	36	Nathalie Laurendeau	IA	24	F	5	7:01	1:17	2:17	7	44:51	20.8	1:56	15	22:43	7:19	1:18:48
9	16	Cynthia Visser	IA	36	F	16	7:57	1:27	2:36	8	45:09	20.6	1:20	12	21:48	7:01	1:18:50
10	312	Sara Brinkley	KS	14	F	18	8:05	1:29	1:46	11	46:07	20.2	1:32	9	21:27	6:54	1:18:57
11	40	Kim Sprenger	IA	31	F	11	7:41	1:24	1:57	10	45:49	20.3	1:36	13	21:56	7:04	1:18:59
12	23	Karen Clark	IA	34	F	14	7:56	1:27	2:57	15	46:58	19.8	1:36	5	19:59	6:26	1:19:26
13	43	Amy Thomas	MN	20	F	9	7:28	1:22	1:45	16	47:06	19.8	2:11	20	23:43	7:38	1:22:13
14	21	Kathy Duethman	IA	34	F	33	9:52	1:48	2:33	18	48:16	19.3	1:49	8	20:40	6:39	1:23:10
15	24	Laura Jackson	IA	37	F	27	9:30	1:44	2:46	13	46:14	20.2	1:25	17	23:15	7:29	1:23:10
16	28	Linda Michalson	IA	31	F	26	9:22	1:43	3:28	14	46:39	20.0	0:50	19	23:40	7:37	1:23:59
17	30	K.D. Rex	IA	35	F	15	7:56	1:27	2:39	17	47:50	19.5	1:46	25	24:17	7:49	1:24:28
18	9	Nancy Flanagan	IA	37	F	21	8:41	1:35	2:56	12	46:13	20.2	3:36	23	24:12	7:47	1:25:38
19	33	Staci Sparks	IA	20	F	40	11:08	2:02	2:28	25	51:23	18.1	1:22	2	19:35	6:18	1:25:56
20	12	Cathy Enzler	IA	29	F	28	9:35	1:45	2:51	21	50:36	18.4	1:18	14	22:37	7:17	1:26:57
21	7	Rae Burger	IA	49	F	29	9:37	1:46	2:54	19	48:48	19.1	2:17	18	23:38	7:36	1:27:14
22	313	Sarah Hughes	MO	17	F	17	8:00	1:28	2:20	23	50:55	18.3	2:09	24	24:15	7:48	1:27:39
23	45	Holly Perry	KS	21	F	7	7:16	1:20	2:55	29	52:18	17.8	1:57	21	23:44	7:38	1:28:10
24	6	Tami O'Dell	WI	39	F	37	10:44	1:58	2:39	20	48:54	19.1	1:48	31	25:49	8:19	1:29:54
25	19	Sheila Chapman	MO	25	F	10	7:40	1:24	2:24	22	50:48	18.3	2:10	36	26:54	8:39	1:29:56
26	26	Marie Abarca	KS	24	F	20	8:25	1:32	2:14	26	51:31	18.1	1:55	33	26:29	8:31	1:30:34
27	27	Brenda Ann Cloud	IA	29	F	30	9:37	1:46	3:30	27	52:03	17.9	1:28	22	24:01	7:44	1:30:39
28	29	Tracy O'Dell	IA	35	F	36	10:36	1:56	3:01	31	52:40	17.7	0:51	28	24:34	7:54	1:31:42
29	37	Sophie Brodeur	IA	21	F	4	6:59	1:17	2:47	33	55:42	16.7	1:24	38	27:18	8:47	1:34:10

30	44	Martha Bissinger	Tuson	AL	30	F	24	9:07	1:40	2:56	24	51:16	18.2	2:41	41	28:15	9:06	1:34:15
31	34	Lori Moore	Iowa City	IA	25	F	44	14:17	2:37	2:48	28	52:07	17.9	1:50	26	24:26	7:52	1:35:28
32	311	Jaqueline Norman	East Mloine	IL	15	F	19	8:16	1:31	2:33	44	59:10	15.8	1:39	27	24:28	7:52	1:36:06
33	10	Beth Koch	Cedar Falls	IA	35	F	34	9:53	1:48	3:56	30	52:39	17.7	2:46	37	26:57	8:40	1:36:11
34	14	Cindy Brown	Toddville	IA	22	F	25	9:18	1:42	3:14	39	57:06	16.3	2:25	29	25:40	8:16	1:37:43
35	3	Anne Meyer-MoCrigh	Dubuque	IA	33	F	41	11:52	2:10	3:10	32	53:56	17.3	1:45	39	27:18	8:47	1:38:01
36	38	Christina Colman	Thornton	IA	32	F	31	9:38	1:46	4:14	35	56:10	16.6	1:49	35	26:45	8:37	1:38:36
37	8	Peggy Chestnut-Via	Omaha	NE	31	F	39	10:52	1:59	3:42	37	56:40	16.4	1:40	32	26:08	8:25	1:39:02
38	15	Kari Hamel	Dubuque	IA	26	F	46	19:22	3:33	2:50	38	56:47	16.4	1:24	7	20:38	6:38	1:41:01
39	22	Sarah Butler	Kansas City	MO	42	F	38	10:49	1:59	3:28	36	56:37	16.5	1:53	42	28:31	9:11	1:41:18
40	31	Beth Bath	Ankeny	IA	36	F	32	9:40	1:46	3:18	41	58:44	15.9	1:21	44	29:12	9:24	1:42:15
41	18	Sonya Kay Roshek	Woodland Park	CO	21	F	42	12:02	2:12	2:59	45	59:52	15.6	1:31	43	28:40	9:14	1:45:04
42	32	Carol Peluso	St. Louis	MO	52	F	43	12:59	2:22	4:28	43	59:05	15.8	3:09	30	25:41	8:16	1:45:22
43	41	Liz Carroll	Iowa City	IA	32	F	23	8:56	1:38	6:25	46	1:01:47	15.1	1:57	34	26:44	8:36	1:45:49
44	17	Debbie Duff	Marion	IA	34	F	45	14:23	2:38	6:35	34	55:58	16.7	1:47	40	27:23	8:49	1:46:06
45	35	Rhonda Salasek	Ankeny	IA	35	F	35	10:19	1:53	3:47	42	58:49	15.8	3:03	45	32:15	10:23	1:48:13
46	5	Diane Happel	Iowa City	IA	29	F	22	8:43	1:36	4:41	40	57:48	16.1	1:56	46	37:51	12:11	1:50:59

MEN's OVERALL RESULTS

TOT RACE	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								plc	time	plc	time	plc	time	pace	TIME			
								yds			mph							
1	131	Tony Deboom	Cedar Rapids	IA	25	M	2	5:29	1:00	1:31	2	36:54	25.3	1:18	1	15:56	5:08	1:01:08
2	86	Kevin O'Connor	Ames	IA	22	M	9	6:02	1:06	1:45	1	35:06	26.6	1:23	5	17:08	5:31	1:01:24
3	107	Jeff Castro	Bettendorf	IA	29	M	8	5:58	1:05	1:41	5	37:30	24.9	1:17	6	17:12	5:32	1:03:38
4	75	Timothy Valley	Middleton	WI	25	M	28	6:43	1:14	2:11	3	37:11	25.1	1:26	8	17:21	5:35	1:04:52
5	100	Scott Witthoff	Minneapolis	MN	27	M	7	5:57	1:05	1:52	4	37:16	25.0	1:27	40	19:56	6:25	1:06:28
6	119	Paul Eure	Des Moines	IA	28	M	5	5:47	1:03	1:28	12	39:19	23.7	1:18	21	18:45	6:02	1:06:37
7	84	Brian Bich	Yankton	SD	27	M	24	6:37	1:13	2:18	7	38:13	24.4	1:23	17	18:23	5:55	1:06:54
8	93	Matt Christiansen	Glenwood	IA	23	M	11	6:07	1:07	2:11	17	40:01	23.3	1:31	7	17:13	5:32	1:07:03
9	226	Peter Sauruger	Des Moines	IA	36	M	36	6:54	1:16	1:56	9	38:48	24.0	1:37	13	17:59	5:47	1:07:10
10	291	John Punkiewicz	Rock Island	IL	43	M	51	7:17	1:20	2:03	6	37:59	24.5	1:04	24	18:57	6:06	1:07:20
11	182	Stu Huntley	West Des Moines	IA	34	M	16	6:23	1:10	1:45	8	38:21	24.3	1:34	28	19:23	6:14	1:07:26
12	161	Rick Seals	Burlington	IA	34	M	18	6:25	1:10	1:43	25	40:31	23.0	1:19	10	17:32	5:39	1:07:30
13	206	Stephen Gang	Rock Island	IL	37	M	12	6:12	1:08	1:56	33	41:15	22.6	1:21	4	17:01	5:29	1:07:45
14	230	Don Berry	Mason City	IA	39	M	30	6:46	1:14	2:14	11	39:12	23.8	1:45	15	18:04	5:49	1:08:01
15	216	Gary Bredehoff	Lincoln	NE	37	M	32	6:47	1:14	2:13	15	39:53	23.4	1:47	11	17:41	5:41	1:08:21
16	101	Tec Chapman	Lees Summit	MO	28	M	26	6:40	1:13	1:57	13	39:38	23.5	1:25	27	19:17	6:12	1:08:57
17	155	Thomas Roemer	Davenport	IA	33	M	4	5:40	1:02	1:39	20	40:08	23.2	1:29	46	20:01	6:27	1:08:57
18	71	Doug Agne	Lincoln	NE	24	M	22	6:35	1:12	1:51	27	40:47	22.9	1:30	19	18:28	5:57	1:09:11
19	156	Lee Sorensen	Lincoln	NE	30	M	42	6:59	1:17	1:58	31	41:07	22.7	1:16	14	17:59	5:47	1:09:19
20	127	Dan Querciagrossa	Overland Park	KS	22	M	1	5:04	0:56	1:42	35	41:26	22.5	1:40	29	19:28	6:16	1:09:20
21	172	Arne Michalson	Iowa City	IA	30	M	62	7:36	1:23	1:57	28	40:53	22.8	1:21	12	17:47	5:43	1:09:34
22	126	Eric Patterson	Lawrence	KS	24	M	35	6:53	1:16	2:16	45	42:21	22.0	1:29	2	16:43	5:23	1:09:42
23	167	Bob Brooker	Cedar Rapids	IA	31	M	43	7:01	1:17	2:29	21	40:08	23.2	1:26	23	18:49	6:03	1:09:53
24	168	Dave Lyon	North Mankato	MN	32	M	49	7:15	1:20	2:17	18	40:04	23.3	1:33	25	19:05	6:09	1:10:14
25	98	Earl Huffman	Dallas City	IL	28	M	27	6:42	1:14	2:06	38	41:43	22.3	1:59	16	18:16	5:53	1:10:46
26	263	Nick Scott	Cedar Rapids	IA	42	M	91	8:15	1:31	1:38	30	41:03	22.7	1:21	20	18:30	5:57	1:10:47
27	99	Jeff Mortensen	Algona	IA	20	M	54	7:22	1:21	2:21	16	39:57	23.3	1:51	33	19:38	6:19	1:11:09
28	78	Kevin Drake	Cedar Rapids	IA	27	M	88	8:09	1:29	2:49	22	40:14	23.2	1:43	18	18:23	5:55	1:11:18
29	164	David Stevens	Blue Springs	MO	31	M	25	6:37	1:13	1:42	36	41:33	22.4	2:20	26	19:07	6:09	1:11:19
30	88	Jeff Schmitt	Topeka	KS	21	M	38	6:56	1:16	1:57	34	41:21	22.5	1:28	36	19:43	6:21	1:11:25
31	120	Jeff Hovinga	Mason City	IA	29	M	75	7:53	1:27	2:06	24	40:23	23.1	1:43	37	19:46	6:22	1:11:51
32	87	Kingdon Hawes	Omaha	NE	26	M	57	7:26	1:22	2:21	26	40:34	23.0	1:58	31	19:37	6:19	1:11:56
33	79	Bill Ragatz	Altoona	IA	25	M	3	5:31	1:01	1:57	39	41:53	22.3	1:31	65	21:11	6:49	1:12:03
34	181	Jack Needy	Columbia	MO	30	M	14	6:15	1:09	2:02	19	40:06	23.2	1:38	85	22:03	7:06	1:12:04
35	234	Greg Madison	Ankeny	IA	39	M	125	9:37	1:46	2:28	23	40:21	23.1	1:36	22	18:46	6:02	1:12:48
36	115	Yhann Cadoret Auge	Davenport	IA	23	M	34	6:51	1:15	1:38	14	39:44	23.5	2:23	93	22:19	7:11	1:12:55
37	179	Jeff Tuohino	Cedar Rapids	IA	33	M	33	6:47	1:14	2:32	43	42:16	22.1	1:52	44	19:57	6:25	1:13:24
38	180	Brett Robinson	East Moline	IL	31	M	61	7:32	1:23	1:42	49	42:41	21.8	1:26	51	20:13	6:30	1:13:34
39	112	Brad Addink	Iowa City	IA	23	M	99	8:29	1:33	2:48	61	44:20	21.0	1:14	3	16:56	5:27	1:13:47
40	282	Bill Oertel	W. Des Moines	IA	47	M	81	8:03	1:28	2:02	37	41:35	22.4	1:17	68	21:17	6:51	1:14:14
41	250	Tony Kramer	Lees Summit	MO	47	M	84	8:05	1:29	1:58	53	43:19	21.5	1:30	30	19:30	6:17	1:14:22
42	76	Chris O'Hara	Coggon	IA	24	M	37	6:55	1:16	1:54	50	42:45	21.8	1:31	70	21:19	6:52	1:14:24
43	317	Nick Hoskovec	Omaha	NE	17	M	6	5:49	1:04	2:08	59	43:52	21.2	2:01	61	20:51	6:43	1:14:41
44	103	Matt Thomas	Ames	IA	20	M	114	9:10	1:41	3:00	58	43:49	21.3	1:26	9	17:28	5:37	1:14:53
45	70	Jim Balstrode, Jr.	New Lenox	IL	27	M	60	7:31	1:22	2:32	47	42:35	21.9	1:30	60	20:46	6:41	1:14:54
46	140	Leon Taylor	Rock Island	IL	27	M	64	7:37	1:24	1:51	56	43:41	21.3	1:50	45	20:00	6:26	1:14:59
47	169	Jeff Anker	Polk City	IA	30	M	66	7:40	1:24	2:22	57	43:42	21.3	1:37	34	19:39	6:19	1:15:00

48	280	Lynn Vogt	Ankeny	IA	45	M	46	7:03	1:17	2:11	44	42:18	22.0	1:29	86	22:04	7:06	1:15:05
49	218	Tim Klatt	Cedar Falls	IA	36	M	77	7:56	1:27	2:25	54	43:35	21.4	1:13	48	20:04	6:28	1:15:13
50	68	Ever Gonzalez	Omaha	NE	28	M	52	7:18	1:20	2:28	55	43:40	21.3	1:51	47	20:03	6:27	1:15:20
51	66	John Bannantine	Ames	IA	28	M	68	7:42	1:24	2:09	60	44:09	21.1	1:36	41	19:56	6:25	1:15:32
52	252	Hartmut Andres	Moline	IL	40	M	72	7:52	1:26	2:59	48	42:36	21.9	1:47	53	20:20	6:33	1:15:34
53	310	David Scott	Cedar Rapids	IA	13	M	40	6:57	1:16	1:48	64	44:59	20.7	1:48	52	20:13	6:30	1:15:45
54	287	Barry Clark	LaCrosse	WI	46	M	103	8:35	1:34	2:20	41	42:06	22.1	1:32	69	21:17	6:51	1:15:50
55	231	Marc Robichaud	Davenport	IA	36	M	93	8:16	1:31	2:43	40	41:56	22.2	2:20	58	20:38	6:38	1:15:53
56	110	Clay Bertram	Shell Rock	IA	22	M	78	7:58	1:27	2:26	51	42:52	21.7	1:33	64	21:07	6:48	1:15:56
57	294	David Fosbinder	Freemont	NE	50	M	82	8:03	1:28	2:46	52	43:10	21.6	1:23	63	20:55	6:44	1:16:17
58	132	Brian Flora	Clive	IA	20	M	70	7:46	1:25	2:32	62	44:30	20.9	1:55	42	19:56	6:25	1:16:39
59	319	Kyle Tingle	Lincoln	NE	14	M	31	6:46	1:14	2:35	88	46:49	19.9	1:19	43	19:56	6:25	1:17:25
60	261	Del Burger	Des Moines	IA	51	M	89	8:12	1:30	2:36	46	42:32	21.9	1:46	104	22:47	7:20	1:17:53
61	217	Jim Gerk	Cedar Rapids	IA	38	M	94	8:17	1:31	2:09	75	45:43	20.4	1:26	55	20:23	6:34	1:17:58
62	97	Richard Holt	Mankato	MN	23	M	85	8:07	1:29	2:36	29	40:58	22.8	1:44	135	24:50	8:00	1:18:15
63	163	Jim Keller	Solon	IA	31	M	106	8:38	1:35	2:15	84	46:26	20.1	0:54	50	20:11	6:30	1:18:24
64	284	Tim McAllister	St. Louis	MO	40	M	67	7:40	1:24	2:45	66	45:13	20.6	1:46	66	21:13	6:50	1:18:37
65	153	Tad Dunsworth	Cedar Rapids	IA	31	M	48	7:10	1:19	2:21	83	46:21	20.1	1:31	74	21:40	6:58	1:19:03
66	281	Wink Hastings	Milwaukee	WI	48	M	96	8:20	1:31	2:43	71	45:27	20.5	1:02	79	21:53	7:03	1:19:25
67	279	Al Behrens	Council Bluffs	IA	44	M	162	11:40	2:08	2:58					35	19:39	6:19	1:19:35
68	138	Jon Sulzberger	Muscatine	IA	27	M	63	7:36	1:23	2:18	63	44:46	20.8	1:34	117	23:24	7:32	1:19:38
69	154	Doug Hamel	Dubuque	IA	30	M	90	8:13	1:30	2:24	68	45:18	20.6	1:30	92	22:16	7:10	1:19:41
70	67	Mark Sorenson	Minnetonka	MN	26	M	73	7:52	1:26	2:30	77	45:49	20.3	1:39	80	21:56	7:04	1:19:46
71	214	John Taylor III	Des Moines	IA	35	M	142	10:16	1:53	2:59	78	45:58	20.3	1:03	39	19:47	6:22	1:20:03
72	219	Jeff Clark	Cedar Rapids	IA	39	M	29	6:44	1:14	2:44	79	46:02	20.2	1:15	113	23:21	7:31	1:20:06
73	135	James LaBonne	Kenosha	WI	28	M	65	7:39	1:24	2:08	87	46:45	19.9	1:55	75	21:40	6:58	1:20:07
74	264	Jay McKee	Muscatine	IA	40	M	20	6:29	1:11	2:29	98	47:50	19.5	1:34	84	22:02	7:06	1:20:24
75	271	Craig Clark	Mason City	IA	50	M	151	10:45	1:58	2:18	67	45:14	20.6	2:18	59	20:39	6:39	1:21:14
76	95	Tim Leist	Iowa City	IA	26	M	112	9:04	1:39	3:04	81	46:09	20.2	1:54	78	21:49	7:01	1:22:00
77	266	Dick Buhman	Yutan	NE	56	M	79	8:02	1:28	2:43	90	46:57	19.9	1:43	100	22:38	7:17	1:22:03
78	270	Bob Enslinger	Burlington	IA	40	M	144	10:22	1:54	3:52	89	46:52	19.9	1:36	38	19:46	6:22	1:22:28
79	136	Bradley Gunnink	Freeport	IL	28	M	100	8:31	1:33	2:43	72	45:27	20.5	1:52	122	23:56	7:42	1:22:29
80	262	Craig Barber	Minneapolis	MN	55	M	108	8:40	1:35	3:26	65	45:05	20.7	2:17	112	23:16	7:29	1:22:44
81	260	Tom Bowie	Oskaloosa	IA	41	M	71	7:51	1:26	2:38	95	47:21	19.7	2:06	107	22:55	7:23	1:22:51
82	89	Robert Murphy	Cedar Rapids	IA	26	M	150	10:44	1:58	2:48	93	47:16	19.7	2:31	32	19:37	6:19	1:22:56
83	222	Allen Sykora	Hudson	IA	36	M	121	9:34	1:45	2:57	82	46:17	20.1	1:42	86	22:30	7:15	1:23:00
84	205	Michael Berry	Solon	IA	37	M	80	8:02	1:28	3:08	76	45:45	20.4	2:09	124	24:08	7:46	1:23:12
85	210	Greg Bailey	Oskaloosa	IA	39	M	116	9:20	1:42	2:05	103	48:22	19.3	1:10	94	22:23	7:12	1:23:20
86	292	Alan Kittelson	Mason City	IA	43	M	86	8:08	1:29	2:53	105	48:47	19.1	2:09	71	21:27	6:54	1:23:24
87	123	Eric Fredrickson	Coralville	IA	23	M	21	6:30	1:11	2:00	104	48:37	19.2	1:44	129	24:33	7:54	1:23:24
88	162	Ray Waters	Iowa City	IA	32	M	39	6:56	1:16	4:03	106	48:55	19.1	1:04	103	22:43	7:19	1:23:41
89	273	Dave Dutton	Waterloo	IA	58	M	104	8:36	1:34	3:02	101	48:07	19.4	2:02	82	21:58	7:04	1:23:45
90	251	Claus Gruner	Gurnee	IL	53	M	132	10:00	1:50	3:57	74	45:42	20.4	1:41	108	22:56	7:23	1:24:16
91	90	Eric Moschella	Iowa City	IA	27	M	101	8:31	1:33	2:20	112	49:05	19.0	2:22	87	22:05	7:06	1:24:23
92	134	Eric Nelson	Rockford	IL	24	M	56	7:24	1:21	2:57	122	50:19	18.5	1:55	90	22:13	7:09	1:24:48
93	276	Craig Thompson	Vermillion	SD	40	M	117	9:26	1:44	3:05	70	45:22	20.5	1:48	146	25:22	8:10	1:25:03
94	130	Chris Vogelsang	St Paul	MN	24	M	160	11:22	2:05	2:34	73	45:30	20.5	1:43	121	23:55	7:42	1:25:04
95	289	Tom Tingle	Lincoln	NE	45	M	138	10:08	1:51	4:05	110	49:00	19.0	2:01	56	20:23	6:34	1:25:37
96	204	Jeff Evans	Marion	IA	39	M	13	6:14	1:08	3:58	142	52:16	17.8	1:20	98	22:31	7:15	1:26:19
97	207	Trent Busch	Muscatine	IA	37	M	74	7:52	1:26	3:13	117	50:04	18.6	2:24	105	22:51	7:21	1:26:24
98	233	Richard Anton	Nashville	TN	36	M	92	8:15	1:31	4:12	121	50:13	18.6	2:06	77	21:42	6:59	1:26:28
99	165	Peter Ylvisaker	Marion	IA	31	M	122	9:34	1:45	2:26	118	50:04	18.6	2:11	91	22:13	7:09	1:26:28
100	96	Joseph Viel	Winnebago	IL	23	M	135	10:03	1:50	4:57	94	47:16	19.7	1:44	97	22:30	7:15	1:26:30
101	223	Scott Squires	Cedar Rapids	IA	37	M	50	7:16	1:20	4:10	85	46:28	20.1	2:45	156	25:55	8:20	1:26:34
102	259	Mark Armstrong	Oskaloosa	IA	42	M	98	8:26	1:33	3:23	102	48:21	19.3	1:49	138	24:56	8:02	1:26:55
103	129	Matt Smith	Cedar Rapids	IA	29	M	17	6:24	1:10	3:56	153	53:12	17.5	1:52	76	21:40	6:58	1:27:04
104	102	David Crewe	Oak Park	IL	28	M	10	6:04	1:07	3:37	111	49:00	19.0	2:14	158	26:22	8:29	1:27:17
105	224	Mark Bath	Ankeny	IA	37	M	157	11:07	2:02	2:17	124	50:28	18.5	1:36	81	21:57	7:04	1:27:25
106	293	Nick Gearhart	Cedar Rapids	IA	43	M	19	6:27	1:11	2:43	125	50:38	18.4	2:42	140	24:58	8:02	1:27:28
107	170	Bill Dawes	Des Moines	IA	31	M	109	8:43	1:36	3:24	108	48:58	19.0	1:43	132	24:41	7:57	1:27:29
108	114	Jacques Boisvert	Davenport	IA	26	M	47	7:05	1:18	3:02	151	53:06	17.6	2:13	88	22:06	7:07	1:27:32
109	201	David Hart	Cedar Rapids	IA	37	M	123	9:36	1:45	3:49	123	50:27	18.5	1:14	109	22:56	7:23	1:28:02
110	229	Gene Kehoe	Iowa City	IA	38	M	127	9:50	1:48	3:30	80	46:06	20.2	3:08	149	25:29	8:12	1:28:03
111	283	Lyle Roberts	Burlington	IA	62	M	136	10:04	1:50	3:01	100	48:04	19.4	2:12	136	24:54	8:01	1:28:15
112	80	Jason Whitson	Vinton	IA	23	M	58	7:27	1:22	4:13	136	51:54	18.0	1:22	115	23:22	7:31	1:28:18
113	213	Robby Baker	Denver	CO	39	M	147	10:36	1:56	3:39	86	46:43	20.0	2:08	145	25:16	8:08	1:28:22
114	158	Gerald Lowry	Cedar Rapids	IA	31	M	137	10:05	1:51	3:19	99	47:57	19.4	1:25	157	25:55	8:20	1:28:41
115	228	Chris Veit	Cedar Rapids	IA	37	M	105	8:36	1:34	4:20	109	48:59	19.0	1:00	155	25:47	8:18	1:28:42
116	215	Mark Rasmussen	Jefferson	IA	38	M	119	9:29	1:44	3:47	107	48:57	19.0	1:44	139	24:56	8:02	1:28:53
117	65	Mark Wolken	Iowa City	IA	24	M	102	8:32	1:34	3:18	150	52:58	17.6	1:00	114	23:21	7:31	1:29:09
118	232	CJ Ong	Cedar Rapids	IA	36	M	131	9:59	1:50	4:01	91	46:57	19.9	2:50	147	25:24	8:11	1:29:11
119	106	Brian Long	Cedar Rapids	IA	25	M	176	13:16	2:26	2:31	115	50:00	18.6	1:12	99	22:36	7:16	1:29:35

120	174	David Brucher	Coralville	IA	33	M	141	10:12	1:52	3:56	129	50:53	18.3	1:58	102	22:40	7:18	1:29:39
121	109	Blake Wilkinson	Ankeny	IA	26	M	113	9:08	1:40	3:41	126	50:42	18.4	2:15	130	24:35	7:55	1:30:21
122	296	Pete Ross-Gotta	Holton	KS	41	M	139	10:09	1:51	4:12	92	47:02	19.8	2:34	159	26:25	8:30	1:30:22
123	77	Stephen Slechta	Freeport	IL	27	M	156	10:54	2:00	3:25	127	50:45	18.4	1:28	123	24:06	7:45	1:30:38
124	104	Todd Williams	Coralville	IA	26	M	124	9:36	1:45	2:59	171	55:59	16.6	1:13	62	20:52	6:43	1:30:39
125	253	George Ho, Jr.	Cedar Rapids	IA	48	M	133	10:01	1:50	3:11	128	50:46	18.4	1:57	133	24:44	7:58	1:30:39
126	118	Jason Edge	Omaha	NE	27	M	107	8:38	1:35	4:01	130	51:05	18.2	1:19	153	25:39	8:15	1:30:42
127	116	Eric Osterbergs	Davenport	IA	22	M	83	8:04	1:29	3:26	119	50:06	18.6	2:21	162	26:57	8:40	1:30:54
128	94	Steve Argersinger	Des Moines	IA	26	M	154	10:48	1:59	2:38	159	54:33	17.1	1:41	72	21:27	6:54	1:31:07
129	111	Chris Kulish	Cedar Rapids	IA	27	M	95	8:19	1:31	3:24	137	51:54	18.0	1:51	154	25:46	8:18	1:31:14
130	286	Kent Mattison	Cedar Rapids	IA	42	M	165	11:51	2:10	4:17	134	51:47	18.0	1:30	83	21:58	7:04	1:31:23
131	91	James Martin	Iowa City	IA	28	M	140	10:11	1:52	3:03	174	56:46	16.4	1:17	49	20:09	6:29	1:31:26
132	166	Kirk Abernathy	Fayette	IA	31	M	148	10:36	1:56	4:49	120	50:06	18.6	0:51	141	25:04	8:04	1:31:26
133	265	Richard Nehring	Alden	IA	54	M	163	11:45	2:09	3:49	149	52:53	17.6	1:44	67	21:16	6:51	1:31:27
134	183	Keith Qudenkauf	Cedar Rapids	IA	34	M	152	10:45	1:58	3:23	114	49:20	18.9	0:59	163	27:00	8:41	1:31:27
135	160	Warren Tunwall	Iowa City	IA	33	M	23	6:35	1:12	3:02	175	57:17	16.3	1:14	116	23:23	7:32	1:31:31
136	256	Jim Flynn	Cedar Rapids	IA	55	M	126	9:37	1:46	3:40	135	51:50	18.0	2:13	127	24:23	7:51	1:31:43
137	83	Mark Travis	Iowa City	IA	25	M	118	9:27	1:44	2:37	133	51:27	18.1	1:58	160	26:25	8:30	1:31:54
138	227	Mike Travagiakis	Cedar Rapids	IA	35	M	153	10:46	1:58	3:52	143	52:18	17.8	2:35	101	22:38	7:17	1:32:09
139	81	Michael Dankert	Cedar Rapids	IA	27	M	69	7:43	1:25	4:10	113	49:12	18.9	2:26	172	28:50	9:17	1:32:21
140	255	Steve Radakovich	Earlham	IA	50	M	170	12:19	2:15	3:10	138	51:58	17.9	2:12	106	22:52	7:22	1:32:31
141	269	Kurt McMullen	Clive	IA	44	M	129	9:55	1:49	3:16	116	50:03	18.6	2:28	166	27:12	8:45	1:32:54
142	92	Chris Cotsipoulos	Des Plaines	IL	27	M	130	9:56	1:49	3:32	144	52:20	17.8	2:53	131	24:36	7:55	1:33:17
143	184	Reggie Hastings	Fairfax	IA	33	M	164	11:46	2:09	2:57	166	54:59	17.0	1:22	95	22:29	7:14	1:33:33
144	108	Raul Abarca	Topeka	KS	27	M	168	12:15	2:14	2:32	148	52:40	17.7	0:55	143	25:12	8:07	1:33:34
145	272	Larry Himmel	Ontario	CA	46	M	182	14:34	2:40	4:00	97	47:48	19.5	2:45	142	25:10	8:06	1:34:17
146	290	Randy King	Marion	IA	41	M	149	10:38	1:57	4:15	162	54:43	17.0	1:43	110	23:00	7:24	1:34:19
147	133	Daniel Vinsand	Ames	IA	23	M	143	10:21	1:54	3:54	154	53:29	17.4	1:31	144	25:14	8:07	1:34:29
148	295	Jim McMahan	Gurnee	IA	46	M	146	10:34	1:56	3:52	145	52:21	17.8	2:16	150	25:29	8:12	1:34:32
149	159	Alexander Taylor	Cedar Rapids	IA	32	M	177	13:28	2:28	3:38	160	54:36	17.1	1:24	73	21:28	6:55	1:34:34
150	122	Chris Tyler	Iowa City	IA	24	M	76	7:54	1:27	2:32	163	54:46	17.0	2:29	164	27:00	8:41	1:34:41
151	211	Kevin Collins	Cedar Rapids	IA	39	M	115	9:15	1:41	3:15	131	51:05	18.2	2:13	173	29:04	9:21	1:34:52
152	175	Rick Spear	Iowa City	IA	34	M	169	12:15	2:14	2:33	158	54:27	17.1	1:34	128	24:24	7:51	1:35:13
153	139	Tim Salasek	Gilbert	IA	25	M	171	12:26	2:16	2:07	140	52:10	17.9	1:11	167	27:26	8:50	1:35:20
154	208	Bob Holst	Des Moines	IA	39	M	158	11:14	2:03	4:47	139	52:09	17.9	3:27	120	23:53	7:41	1:35:30
155	152	James Steffen	Iowa City	IA	34	M	155	10:51	1:59	4:16	170	55:58	16.7	1:24	111	23:15	7:29	1:35:44
156	221	Jeff Duce	No. Kansas Cit	MO	39	M	110	8:50	1:37	3:44	147	52:33	17.7	2:34	169	28:06	9:03	1:35:47
157	212	Kelley Perry	Fremont	NE	35	M	59	7:30	1:22	2:01	182	1:04:07	14.5	2:09	54	20:21	6:33	1:36:08
158	257	Grant Lewis	Ankeny	IA	58	M	128	9:50	1:48	3:37	132	51:14	18.2	2:35	174	29:16	9:25	1:36:32
159	267	John Whitson	Vinton	IA	46	M	167	12:13	2:14	5:01	156	54:01	17.3	1:46	119	23:34	7:35	1:36:35
160	173	Rick Neahrng	Coralville	IA	31	M	166	11:53	2:10	3:02	161	54:42	17.0	1:44	148	25:25	8:11	1:36:46
161	117	Curtis DeBeste	Cedar Rapids	IA	25	M	120	9:29	1:44	2:45	178	58:33	15.9	1:05	151	25:29	8:12	1:37:21
162	285	John Rice	Dysart	IA	58	M	172	12:35	2:18	5:09	146	52:27	17.8	2:05	152	25:31	8:13	1:37:47
163	171	John Williams	Marion	IA	31	M	159	11:21	2:05	3:30	179	59:19	15.7	1:42	89	22:09	7:08	1:38:01
164	274	Dan Norris	Ames	IA	42	M	179	14:10	2:35	3:22	157	54:20	17.2	1:52	125	24:20	7:50	1:38:04
165	74	Mike Giglio	Cedar Rapids	IA	26	M	53	7:20	1:20	3:40	152	53:09	17.5	1:47	176	33:08	10:40	1:39:04
166	275	Randy Hill	Iowa City	IA	45	M	175	12:55	2:22	4:58	168	55:39	16.7	2:01	126	24:20	7:50	1:39:53
167	157	Scott Walker	State Center	IA	30	M	173	12:36	2:18	4:14	172	56:04	16.6	2:09	137	24:54	8:01	1:39:57
168	258	Jason Rohder	Reasnor	IL	44	M	181	14:27	2:39	4:09	141	52:11	17.9	=====>				1:41:55
169	82	Chad Wiltsey	Cedar Rapids	IA	23	M	183	14:34	2:40	3:41	167	55:11	16.9	1:45	165	27:04	8:43	1:42:15
170	113	Jeff Nall	Cedar Rapids	IA	22	M	134	10:02	1:50	3:57	180	1:00:12	15.5	1:40	161	26:45	8:37	1:42:36
171	288	Carl Thurman	Waterloo	IA	47	M	184	14:39	2:41	3:47	155	53:44	17.3	3:01	171	28:31	9:11	1:43:42
172	177	Ron Harriman	Solon	IA	32	M	189	21:32	3:56	5:36	164	54:47	17.0	1:31	57	20:35	6:38	1:44:01
173	200	Steven Thiltgen	DeWitt	IA	36	M	187	16:35	3:02	5:58	169	55:49	16.7	2:16	118	23:26	7:33	1:44:04
174	105	Greg Fief	Coralville	IA	29	M	178	13:39	2:30	3:28	176	57:24	16.2	1:24	170	28:30	9:10	1:44:25
175	225	Karl Kreder	Iowa City	IA	38	M	188	21:00	3:50	5:31	165	54:55	17.0	2:09	134	24:46	7:58	1:48:21
176	278	Charlton Sturm	Mascootah	IL	55	M	180	14:22	2:38	6:03	177	58:09	16.0	2:03	168	27:50	8:58	1:48:27
177	268	Chuck Mulkey	Milan	IL	44	M	145	10:30	1:55	4:17	181	1:03:07	14.8	2:05	175	31:29	10:08	1:51:28
178	277	Warren Wiwat	Hoffman Estate	IL	49	M	185	14:52	2:43	5:23	173	56:45	16.4	2:14	179	40:56	13:10	2:00:10
179	203	Matt Johnson	Iowa City	IA	38	M	174	12:41	2:19	5:17	183	1:05:39	14.2	2:06	177	35:28	11:25	2:01:11
180	121	John Bunting	Marion	IA	23	M	186	16:05	2:56	3:19	185	1:09:42	13.4	2:13	178	36:27	11:44	2:07:46
181	314	Joshua St. John	Council Bluffs	IA	15	M	161	11:30	2:06	4:27	184	1:06:20	14.1	2:28	180	46:00	14:48	2:10:45

TEAM COMPETITION

TOTAL PLACE	DIV PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM 100 plc time yds	TRAN time	BIKE plc time mph	TRAN time	RUN plc time	TOTAL pace	TOTAL TIME
1	1/4	Last Minute Pigs	Margaret Carol, Stephen Goff, Paul Beatty	2 7:07 1:18	1:43	1 41:17 22.6	0:55	1 18:57	6:06	1:09:59
2	2/4	Tri-N-Fam	Cheryl Miller, Jay Miller, Benjamin Miller	3 7:24 1:21	1:35	2 46:14 20.2	1:07	3 22:00	7:05	1:18:20
3	1/1	Lenzen and Friend	Philip Lenzen, Jim Feuerbach, James Feuerbach	1 6:44 1:14	2:05	4 50:44 18.4	1:26	2 21:55	7:03	1:22:54
4	3/4	The 3 Generations	Pat Williams, Linda Kensler, Tom Erdmann	4 9:14 1:41	1:37	3 49:18 18.9	1:07	4 24:38	7:56	1:25:54
5	1/1	Fearless Females	Kim Brunner, Cheryl Kulish, Carla Lloyd	6 12:00 2:12	2:00	5 53:12 17.5	1:07	6 27:21	8:48	1:35:40
6	4/4	Cargill, Inc.	Melissa Kumlein, Laura Ebertsch, Ted Ebertsch	5 9:33 1:45	2:00	6 58:14 16.0	1:11	5 24:48	7:59	1:35:46

TOP TEN SWIMS

TOP TEN SECOND TRANSITIONS

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM 100 time yds	TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	TRAN time
1	1/27	Dan Querciagrossa	Overland Park	KS	22	M	5:04 0:56	1	1/12	Linda Michalson	Iowa City	IA	31	F	0:50
2	1/46	Tony Deboom	Cedar Rapids	IA	25	M	5:29 1:00	2	1/10	Tracy O'Dell	Cedar Rapids	IA	35	F	0:51
3	2/46	Bill Ragatz	Altoona	IA	25	M	5:31 1:01	3	1/32	Kirk Abernathy	Fayette	IA	31	M	0:51
4	1/33	Thomas Roemer	Davenport	IA	33	M	5:40 1:02	4	2/32	Jim Keller	Solon	IA	31	M	0:54
5	3/46	Paul Eure	Des Moines	IA	28	M	5:47 1:03	5	1/45	Raul Abarca	Topeka	KS	27	M	0:55
6	1/1	Nick Hoskovec	Omaha	NE	17	M	5:49 1:04	6	3/32	Keith Qudenkauf	Cedar Rapids	IA	34	M	0:59
7	4/46	Scott Witthoff	Minneapolis	MN	27	M	5:57 1:05	7	1/27	Mark Wolken	Iowa City	IA	24	M	1:00
8	5/46	Jeff Castro	Bettendorf	IA	29	M	5:58 1:05	8	1/32	Chris Veit	Cedar Rapids	IA	37	M	1:00
9	2/27	Kevin O'Connor	Ames	IA	22	M	6:02 1:06	9	1/13	Wink Hastings	Milwaukee	WI	48	M	1:02
10	1/10	Amy Hollingsworth	Duluth	MN	22	F	6:03 1:06	10	2/32	John Taylor III	Des Moines	IA	35	M	1:03

TOP TEN FIRST TRANSITIONS

TOP TEN RUNS

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	TRAN time	TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	RUN time
1	1/46	Paul Eure	Des Moines	IA	28	M	1:28	1	1/42	Tony Deboom	Cedar Rapids	IA	25	M	15:56 5:
2	2/46	Tony Deboom	Cedar Rapids	IA	25	M	1:31	2	1/26	Eric Patterson	Lawrence	KS	24	M	16:43 5:
3	1/27	Yhann Cadoret Auge	Davenport	IA	23	M	1:38	3	2/26	Brad Addink	Iowa City	IA	23	M	16:56 5:
4	1/19	Nick Scott	Cedar Rapids	IA	42	M	1:38	4	1/32	Stephen Gang	Rock Island	IL	37	M	17:01 5:
5	1/33	Thomas Roemer	Davenport	IA	33	M	1:39	5	3/26	Kevin O'Connor	Ames	IA	22	M	17:08 5:
6	3/46	Jeff Castro	Bettendorf	IA	29	M	1:41	6	2/42	Jeff Castro	Bettendorf	IA	29	M	17:12 5:
7	2/27	Dan Querciagrossa	Overland Park	KS	22	M	1:42	7	4/26	Matt Christiansen	Glenwood	IA	23	M	17:13 5:
8	1/10	Liz Downing	Vancouver	WA	35	F	1:42	8	3/42	Timothy Valley	Middleton	WI	25	M	17:21 5:
9	2/33	David Stevens	Blue Springs	MO	31	M	1:42	9	5/26	Matt Thomas	Ames	IA	20	M	17:28 5:
10	3/33	Bret Robinson	east Moline	IL	31	M	1:42	10	1/31	Rick Seals	Burlington	IA	34	M	17:32 5:

TOP TEN BIKES

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	BIKE time mph
1	1/27	Kevin O'Connor	Ames	IA	22	M	35:06 26.6
2	1/45	Tony Deboom	Cedar Rapids	IA	25	M	36:54 25.3
3	2/45	Timothy Valley	Middleton	WI	25	M	37:11 25.1
4	3/45	Scott Witthoff	Minneapolis	MN	27	M	37:16 25.0
5	4/45	Jeff Castro	Bettendorf	IA	29	M	37:30 24.9
6	1/18	John Punkiewicz	Rock Island	IL	43	M	37:59 24.5
7	5/45	Brian Bich	Yankton	SD	27	M	38:13 24.4
8	1/10	Liz Downing	Vancouver	WA	35	F	38:20 24.3
9	1/32	Stu Huntley	West Des Moine	IA	34	M	38:21 24.3
10	1/32	Peter Saurugger	Des Moines	IA	36	M	38:48 24.0



FEMALE AGE GROUP RESULTS 01 - 14

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 Sara Brinkley	Winfield	KS	14	F	1	8:05	1:29	1:46	1	46:07	20.2	1:32	1	21:27	6:54	1:18:57

MALE AGE GROUP RESULTS 01 - 14

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 David Scott	Cedar Rapids	IA	13	M	2	6:57	1:16	1:48	1	44:59	20.7	1:48	2	20:13	6:30	1:15:45
2 Kyle Tingle	Lincoln	NE	14	M	1	6:46	1:14	2:35	2	46:49	19.9	1:19	1	19:56	6:25	1:17:25

FEMALE AGE GROUP RESULTS 15 - 16

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 Jaqueline Norman	East Moline	IL	15	F	1	8:16	1:31	2:33	1	59:10	15.8	1:39	1	24:28	7:52	1:36:06

MALE AGE GROUP RESULTS 15 - 16

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 Joshua St. John	Council Bluffs	IA	15	M	1	11:30	2:06	4:27	1	1:06:20	14.1	2:28	1	46:00	14:48	2:10:45

FEMALE AGE GROUP RESULTS 17 - 19

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 Sarah Hughes	Liberty	MO	17	F	1	8:00	1:28	2:20	1	50:55	18.3	2:09	1	24:15	7:48	1:27:39

MALE AGE GROUP RESULTS 17 - 19

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 Nick Hoskovec	Omaha	NE	17	M	1	5:49	1:04	2:08	1	43:52	21.2	2:01	1	20:51	6:43	1:14:41

FEMALE AGE GROUP RESULTS 20 - 24

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 Amy Hollingsworth	Duluth	MN	22	F	1	6:03	1:06	1:52	2	42:56	21.7	1:31	2	21:33	6:56	1:13:55
2 Alicia Robb	Middleton	WI	24	F	2	6:46	1:14	1:59	1	41:51	22.3	1:34	4	22:59	7:24	1:15:09
3 Nathalie Laurendeau	Davenport	IA	24	F	4	7:01	1:17	2:17	3	44:51	20.8	1:56	3	22:43	7:19	1:18:48
4 Amy Thomas	Duluth	MN	20	F	6	7:28	1:22	1:45	4	47:06	19.8	2:11	5	23:43	7:38	1:22:13
5 Staci Sparks	Iowa City	IA	20	F	9	11:08	2:02	2:28	5	51:23	18.1	1:22	1	19:35	6:18	1:25:56
6 Holly Perry	Lawrence	KS	21	F	5	7:16	1:20	2:55	7	52:18	17.8	1:57	6	23:44	7:38	1:28:10
7 Marie Abarca	Topeka	KS	24	F	7	8:25	1:32	2:14	6	51:31	18.1	1:55	8	26:29	8:31	1:30:34
8 Sophie Brodeur	Davenport	IA	21	F	3	6:59	1:17	2:47	8	55:42	16.7	1:24	9	27:18	8:47	1:34:10
9 Cindy Brown	Toddville	IA	22	F	8	9:18	1:42	3:14	9	57:06	16.3	2:25	7	25:40	8:16	1:37:43
10 Sonya Kay Roshek	Woodland Park	CO	21	F	10	12:02	2:12	2:59	10	59:52	15.6	1:31	10	28:40	9:14	1:45:04

MALE AGE GROUP RESULTS 20 - 24

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 Kevin O'Connor	Ames	IA	22	M	2	6:02	1:06	1:45	1	35:06	26.6	1:23	3	17:08	5:31 1:01:24
2 Matt Christiansen	Glenwood	IA	23	M	3	6:07	1:07	2:11	4	40:01	23.3	1:31	4	17:13	5:32 1:07:03
3 Doug Agne	Lincoln	NE	24	M	6	6:35	1:12	1:51	5	40:47	22.9	1:30	6	18:28	5:57 1:09:11
4 Dan Querciagrossa	Overland Park	KS	22	M	1	5:04	0:56	1:42	9	41:26	22.5	1:40	7	19:28	6:16 1:09:20
5 Eric Patterson	Lawrence	KS	24	M	8	6:53	1:16	2:16	10	42:21	22.0	1:29	1	16:43	5:23 1:09:42
6 Jeff Mortensen	Algona	IA	20	M	11	7:22	1:21	2:21	3	39:57	23.3	1:51	8	19:38	6:19 1:11:09
7 Jeff Schmitt	Tpoeka	KS	21	M	10	6:56	1:16	1:57	8	41:21	22.5	1:28	9	19:43	6:21 1:11:25
8 Yhann Cadoret Auge	Davenport	IA	23	M	7	6:51	1:15	1:38	2	39:44	23.5	2:23	14	22:19	7:11 1:12:55
9 Brad Addink	Iowa City	IA	23	M	19	8:29	1:33	2:48	14	44:20	21.0	1:14	2	16:56	5:27 1:13:47
10 Chris O'Hara	Coggon	IA	24	M	9	6:55	1:16	1:54	11	42:45	21.8	1:31	12	21:19	6:52 1:14:24
11 Matt Thomas	Ames	IA	20	M	21	9:10	1:41	3:00	13	43:49	21.3	1:26	5	17:28	5:37 1:14:53
12 Clay Bertram	Shell Rock	IA	22	M	16	7:58	1:27	2:26	12	42:52	21.7	1:33	11	21:07	6:48 1:15:56
13 Brian Flora	Clive	IA	20	M	14	7:46	1:25	2:32	15	44:30	20.9	1:55	10	19:56	6:25 1:16:39
14 Richard Holt	Mankato	MN	23	M	18	8:07	1:29	2:36	6	40:58	22.8	1:44	20	24:50	8:00 1:18:15
15 Eric Fredrickson	Coralville	IA	23	M	5	6:30	1:11	2:00	18	48:37	19.2	1:44	19	24:33	7:54 1:23:24
16 Eric Nelson	Rockford	IL	24	M	12	7:24	1:21	2:57	20	50:19	18.5	1:55	13	22:13	7:09 1:25:48
17 Chris Vogelsang	St Paul	MN	24	M	25	11:22	2:05	2:34	16	45:30	20.5	1:43	18	23:55	7:42 1:24:04
18 Joseph Viel	Winnebago	IL	23	M	23	10:03	1:50	4:57	17	47:16	19.7	1:44	15	22:30	7:15 1:26:30
19 Jason Whitson	Vinton	IA	23	M	13	7:27	1:22	4:13	21	51:54	18.0	1:22	17	23:22	7:31 1:28:18
20 Mark Wolken	Iowa City	IA	24	M	20	8:32	1:34	3:18	22	52:58	17.6	1:00	16	23:21	7:31 1:29:09
21 Eric Osterbergs	Davenport	IA	22	M	17	8:04	1:29	3:26	19	50:06	18.6	2:21	23	26:57	8:40 1:30:54
22 Daniel Vinsand	Ames	IA	23	M	24	10:21	1:54	3:54	23	53:29	17.4	1:31	21	25:14	8:07 1:34:29
23 Chris Tyler	Iowa City	IA	24	M	15	7:54	1:27	2:32	24	54:46	17.0	2:29	24	27:00	8:41 1:34:41
24 Chad Wiltsey	Cedar Rapids	IA	23	M	26	14:34	2:40	3:41	25	55:11	16.9	1:45	25	27:04	8:43 1:42:15
25 Jeff Nall	Cedar Rapids	IA	22	M	22	10:02	1:50	3:57	26	1:00:12	15.5	1:40	22	26:45	8:37 1:42:36
26 John Bunting	Marion	IA	23	M	27	16:05	2:56	3:19	27	1:09:42	13.4	2:13	26	36:27	11:44 2:07:46
27 Mark Carey	Blue Springs	MO	23	M	4	6:21	1:10	1:45	7	41:12	22.6	1:35			

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 Mary Hemmingson	Des Moines	IA	28	F	1	7:24	1:21	2:40	1	40:46	22.9	1:30	1	19:59	6:26 1:12:19
2 Amy Babcock	Ankeny	IA	27	F	3	7:51	1:26	2:01	2	45:19	20.6	1:48	3	21:45	7:00 1:18:44
3 Cathy Enzler	Cedar Rapids	IA	29	F	5	9:35	1:45	2:51	3	50:36	18.4	1:18	4	22:37	7:17 1:26:57
4 Sheila Chapman	Lee Summit	MO	25	F	2	7:40	1:24	2:24	4	50:48	18.3	2:10	7	26:54	8:39 1:29:56
5 Brenda Ann Cloud	Cedar Rapids	IA	29	F	6	9:37	1:46	3:30	5	52:03	17.9	1:28	5	24:01	7:44 1:30:39
6 Lori Moore	Iowa City	IA	25	F	7	14:17	2:37	2:48	6	52:07	17.9	1:50	6	24:26	7:52 1:35:28
7 Kari Hamel	Dubuque	IA	26	F	8	19:22	3:33	2:50	7	56:47	16.4	1:24	2	20:38	6:38 1:41:01
8 Diane Happel	Iowa City	IA	29	F	4	8:43	1:36	4:41	8	57:48	16.1	1:56	8	37:51	12:11 1:50:59

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 Tony Deboom	Cedar Rapids	IA	25	M	1	5:29	1:00	1:31	1	36:54	25.3	1:18	1	15:56	5:08 1:01:08
2 Jeff Castro	Bettendorf	IA	29	M	5	5:58	1:05	1:41	4	37:30	24.9	1:17	2	17:12	5:32 1:03:38
3 Timothy Valley	Middleton	WI	25	M	11	6:43	1:14	2:11	2	37:11	25.1	1:26	3	17:21	5:35 1:04:52
4 Scott Witthoff	Minneapolis	MN	27	M	4	5:57	1:05	1:52	3	37:16	25.0	1:27	12	19:56	6:25 1:06:28
5 Paul Eure	Des Moines	IA	28	M	3	5:47	1:03	1:28	7	39:19	23.7	1:18	7	18:45	6:02 1:06:37
6 Brian Bich	Yankton	SD	27	M	8	6:37	1:13	2:18	5	38:13	24.4	1:23	5	18:23	5:55 1:06:54
7 Tec Chapman	Lees Summit	MO	28	M	9	6:40	1:13	1:57	8	39:38	23.5	1:25	8	19:17	6:12 1:08:57
8 Earl Huffman	Dallas City	IL	28	M	10	6:42	1:14	2:06	12	41:43	22.3	1:59	4	18:16	5:53 1:10:46
9 Kevin Drake	Cedar Rapids	IA	27	M	27	8:09	1:29	2:49	9	40:14	23.2	1:43	6	18:23	5:55 1:11:18
10 Jeff Hovinga	Mason City	IA	29	M	26	7:53	1:27	2:06	10	40:23	23.1	1:43	11	19:46	6:22 1:11:51
11 Kingdon Hawes	Omaha	NE	26	M	18	7:26	1:22	2:21	11	40:34	23.0	1:58	9	19:37	6:19 1:11:56
12 Bill Ragatz	Altoona	IA	25	M	2	5:31	1:01	1:57	13	41:53	22.3	1:31	19	21:11	6:49 1:12:03
13 Jim Balstrode, Jr.	New Lenox	IL	27	M	19	7:31	1:22	2:32	15	42:35	21.9	1:30	17	20:46	6:41 1:14:54
14 Leon Taylor	Rock Island	IL	27	M	21	7:37	1:24	1:51	17	43:41	21.3	1:50	14	20:00	6:26 1:14:59
15 Ever Gonzalez	Omaha	NE	28	M	15	7:18	1:20	2:28	16	43:40	21.3	1:51	15	20:03	6:27 1:15:20
16 John Bannantine	Ames	IA	28	M	23	7:42	1:24	2:09	18	44:09	21.1	1:36	13	19:56	6:25 1:15:32
17 Jon Sulzberger	Muscatine	IA	27	M	20	7:36	1:23	2:18	19	44:46	20.8	1:34	28	23:24	7:32 1:19:38
18 Mark Sorenson	Minnetonka	MN	26	M	25	7:52	1:26	2:30	21	45:49	20.3	1:39	24	21:56	7:04 1:19:46

19 James LaBonne	Kenosha	WI	28 M	22	7:39	1:24	2:08	23	46:45	19.9	1:55	21	21:40	6:58	1:20:07
20 Tim Leist	Iowa City	IA	26 M	33	9:04	1:39	3:04	22	46:09	20.2	1:54	23	21:49	7:01	1:22:00
21 Bradley Gunnink	Freeport	IL	28 M	30	8:31	1:33	2:43	20	45:27	20.5	1:52	29	23:56	7:42	1:22:29
22 Robert Murphy	Cedar Rapids	IA	26 M	40	10:44	1:58	2:48	24	47:16	19.7	2:31	10	19:37	6:19	1:22:56
23 Eric Moschella	Iowa City	IA	27 M	31	8:31	1:33	2:20	27	49:05	19.0	2:22	25	22:05	7:06	1:24:23
24 Matt Smith	Cedar Rapids	IA	29 M	7	6:24	1:10	3:56	40	53:12	17.5	1:52	22	21:40	6:58	1:27:04
25 David Crewe	Oak Park	IL	28 M	6	6:04	1:07	3:37	26	49:00	19.0	2:14	37	26:22	8:29	1:27:17
26 Jacques Boisvert	Davenport	IA	26 M	14	7:05	1:18	3:02	38	53:06	17.6	2:13	26	22:06	7:07	1:27:32
27 Brian Long	Cedar Rapids	IA	25 M	45	13:16	2:26	2:31	29	50:00	18.6	1:12	27	22:36	7:16	1:29:35
28 Blake Wilkinson	Ankeny	IA	26 M	34	9:08	1:40	3:41	30	50:42	18.4	2:15	31	24:35	7:55	1:30:21
29 Stephen Slechta	Freeport	IL	27 M	42	10:54	2:00	3:25	31	50:45	18.4	1:28	30	24:06	7:45	1:30:38
30 Todd Williams	Coralville	IA	26 M	37	9:36	1:45	2:59	42	55:59	16.6	1:13	18	20:52	6:43	1:30:59
31 Jason Edge	Omaha	NE	27 M	32	8:38	1:35	4:01	32	51:05	18.2	1:19	35	25:39	8:15	1:30:42
32 Steve Argersinger	Des Moines	IA	26 M	41	10:48	1:59	2:38	41	54:33	17.1	1:41	20	21:27	6:54	1:31:07
33 Chris Kulish	Cedar Rapids	IA	27 M	28	8:19	1:31	3:24	34	51:54	18.0	1:51	36	25:46	8:18	1:31:14
34 James Martin	Iowa City	IA	28 M	39	10:11	1:52	3:03	43	56:46	16.4	1:17	16	20:09	6:29	1:31:26
35 Mark Travis	Iowa City	IA	25 M	35	9:27	1:44	2:37	33	51:27	18.1	1:58	38	26:25	8:30	1:31:54
36 Michael Dankert	Cedar Rapids	IA	27 M	24	7:43	1:25	4:10	28	49:12	18.9	2:26	41	28:50	9:17	1:32:21
37 Chris Cotsipoulos	Des Plaines	IL	27 M	38	9:56	1:49	3:32	36	52:20	17.8	2:53	32	24:36	7:55	1:33:17
38 Raul Abarca	Topeka	KS	27 M	43	12:15	2:14	2:32	37	52:40	17.7	0:55	33	25:12	8:07	1:33:34
39 Tim Salasek	Gilbert	IA	25 M	44	12:26	2:16	2:07	35	52:10	17.9	1:11	39	27:26	8:50	1:35:20
40 Curtis DeBeste	Cedar rapids	IA	25 M	36	9:29	1:44	2:45	45	58:33	15.9	1:05	34	25:29	8:12	1:37:21
41 Mike Giglio	Cedar Rapids	IA	26 M	16	7:20	1:20	3:40	39	53:09	17.5	1:47	42	33:08	10:40	1:39:04
42 Greg Fief	Coralville	IA	29 M	46	13:39	2:30	3:28	44	57:24	16.2	1:24	40	28:30	9:10	1:44:25
43 Stephen Witkus	Coralville	IA	29 M	42	6:58	1:16	1:59	6	39:00	23.9	1:32				
44 Delbert Marriott	Blue Springs	MO	25 M	17	7:23	1:21	1:51	14	42:13	22.1	1:26				
45 Brian Giachino	Waterloo	IA	27 M	29	8:22	1:32	2:09	25	47:27	19.6	1:50				
46 Kyle Jensen	Iowa City	IA	26 M	13	7:02	1:17	2:05								

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
						time	yds	time	time	plc	time	pace	TIME		
1 Andrea Fischer	Davenport	IA	30 F	1	6:51	1:15	2:05	2	44:05	21.1	1:40	1	18:02	5:48	1:12:41
2 Amy Doyle	Bettendorf	IA	30 F	3	7:46	1:25	2:21	1	43:57	21.2	1:35	3	20:16	6:31	1:15:55
3 Kim Sprenger	Iowa City	IA	31 F	2	7:41	1:24	1:57	3	45:49	20.3	1:36	5	21:56	7:04	1:18:59
4 Karen Clark	Ames	IA	34 F	4	7:56	1:27	2:57	5	46:58	19.8	1:36	2	19:59	6:26	1:19:26
5 Kathy Duethman	Iowa City	IA	34 F	9	9:52	1:48	2:33	6	48:16	19.3	1:49	4	20:40	6:39	1:23:10
6 Linda Michalson	Iowa City	IA	31 F	7	9:22	1:43	3:28	4	46:39	20.0	0:50	6	23:40	7:37	1:23:59
7 Martha Bissinger	Tuson	AL	30 F	6	9:07	1:40	2:56	7	51:16	18.2	2:41	12	28:15	9:06	1:34:15
8 Anne Meyer-MoCrigh	Dubuque	IA	33 F	11	11:52	2:10	3:10	8	53:56	17.3	1:45	10	27:18	8:47	1:38:01
9 Chistina Colman	Thornton	IA	32 F	8	9:38	1:46	4:14	10	56:10	16.6	1:49	9	26:45	8:37	1:38:36
10 Peggy Chestnut-Via	Omaha	NE	31 F	10	10:52	1:59	3:42	11	56:40	16.4	1:40	7	26:08	8:25	1:39:02
11 Liz Carroll	Iowa City	IA	32 F	5	8:56	1:38	6:25	12	1:01:47	15.1	1:57	8	26:44	8:36	1:45:49
12 Debbie Duff	Marion	IA	34 F	12	14:23	2:38	6:35	9	55:58	16.7	1:47	11	27:23	8:49	1:46:06

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
						time	yds	time	time	plc	time	pace	TIME		
1 Stu Huntley	West Des Moine	IA	34 M	3	6:23	1:10	1:45	1	38:21	24.3	1:34	7	19:23	6:14	1:07:26
2 Rick Seals	Burlington	IA	34 M	4	6:25	1:10	1:43	6	40:31	23.0	1:19	1	17:32	5:39	1:07:30
3 Thomas Roemer	Davenport	IA	33 M	1	5:40	1:02	1:39	4	40:08	23.2	1:29	10	20:01	6:27	1:08:57
4 Lee Sorensen	Lincoln	NE	30 M	9	6:59	1:17	1:58	8	41:07	22.7	1:16	3	17:59	5:47	1:09:19
5 Arne Michalson	Iowa City	IA	30 M	15	7:36	1:23	1:57	7	40:53	22.8	1:21	2	17:47	5:43	1:09:34
6 Bob Brooker	Cedar Rapids	IA	31 M	10	7:01	1:17	2:29	5	40:08	23.2	1:26	4	18:49	6:03	1:09:53
7 Dave Lyon	North Mankato	MN	32 M	13	7:15	1:20	2:17	2	40:04	23.3	1:33	5	19:05	6:09	1:10:14
8 David Stevens	Blue Springs	MO	31 M	6	6:37	1:13	1:42	9	41:33	22.4	2:20	6	19:07	6:09	1:11:19
9 Jack Needy	Columbia	MO	30 M	2	6:15	1:09	2:02	3	40:06	23.2	1:38	16	22:03	7:06	1:12:04
10 Jeff Tuohino	Cedar Rapids	IA	33 M	7	6:47	1:14	2:32	10	42:16	22.1	1:52	9	19:57	6:25	1:13:24
11 Bret Robinson	east Moline	IL	31 M	14	7:32	1:23	1:42	11	42:41	21.8	1:26	12	20:13	6:30	1:13:34
12 Jeff Anker	Polk City	IA	30 M	16	7:40	1:24	2:22	12	43:42	21.3	1:37	8	19:39	6:19	1:15:00
13 Jim Keller	Solon	IA	31 M	18	8:38	1:35	2:15	16	46:26	20.1	0:54	11	20:11	6:30	1:18:24
14 Tad Dunsworth	Cedar Rapids	IA	31 M	12	7:10	1:19	2:21	15	46:21	20.1	1:31	15	21:40	6:58	1:19:03
15 Doug Hamel	Dubuque	IA	30 M	17	8:13	1:30	2:24	13	45:18	20.6	1:30	19	22:16	7:10	1:19:41
16 Ray Waters	Iowa City	IA	32 M	8	6:56	1:16	4:03	18	48:55	19.1	1:04	22	22:43	7:19	1:23:41
17 Peter Ylvisaker	Marion	IA	31 M	21	9:34	1:45	2:26	21	50:04	18.6	2:11	18	22:13	7:09	1:26:28
18 Bill Dawes	Des Moines	IA	31 M	19	8:43	1:36	3:24	19	48:58	19.0	1:43	26	24:41	7:57	1:27:29



FEMALE 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 Sarah Butler	Kansas City	MO	42	F	1	10:49	1:59	3:28	1	56:37	16.5	1:53	1	28:31	9:11	1:41:18

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 John Punkiewicz	Rock Island	IL	43	M	3	7:17	1:20	2:03	1	37:59	24.5	1:04	2	18:57	6:06	1:07:20
2 Nick Scott	Cedar Rapids	IA	42	M	8	8:15	1:31	1:38	2	41:03	22.7	1:21	1	18:30	5:57	1:10:47
3 Hartmut Andres	Moline	IL	40	M	6	7:52	1:26	2:59	3	42:36	21.9	1:47	5	20:20	6:33	1:15:34
4 Tim McAllister	St. Louis	MO	40	M	4	7:40	1:24	2:45	4	45:13	20.6	1:46	6	21:13	6:50	1:18:37
5 Al Behrens	Council Bluffs	IA	44	M	16	11:40	2:08	2:58					3	19:39	6:19	1:19:35
6 Jay McKee	Muscatine	IA	40	M	2	6:29	1:11	2:29	9	47:50	19.5	1:34	9	22:02	7:06	1:20:24
7 Bob Ensminger	Burlington	IA	40	M	13	10:22	1:54	3:52	6	46:52	19.9	1:36	4	19:46	6:22	1:22:28
8 Tom Bowie	Oskaloosa	IA	41	M	5	7:51	1:26	2:38	8	47:21	19.7	2:06	10	22:55	7:23	1:22:51
9 Alan Kittelson	Mason City	IA	43	M	7	8:08	1:29	2:53	11	48:47	19.1	2:09	7	21:27	6:54	1:23:24
10 Craig Thompson	Vermillion	SD	40	M	10	9:26	1:44	3:05	5	45:22	20.5	1:48	15	25:22	8:10	1:25:03
11 Mark Armstrong	Oskaloosa	IA	42	M	9	8:26	1:33	3:23	10	48:21	19.3	1:49	13	24:56	8:02	1:26:55
12 Nick Gearhart	Cedar Rapids	IA	43	M	1	6:27	1:11	2:43	13	50:38	18.4	2:42	14	24:58	8:02	1:27:28
13 Pete Ross-Gotta	Holton	KS	41	M	12	10:09	1:51	4:12	7	47:02	19.8	2:34	16	26:25	8:30	1:30:22
14 Kent Mattison	Cedar Rapids	IA	42	M	17	11:51	2:10	4:17	14	51:47	18.0	1:30	8	21:58	7:04	1:31:23
15 Kurt McMullen	Clive	IA	44	M	11	9:55	1:49	3:16	12	50:03	18.6	2:28	17	27:12	8:45	1:32:54
16 Randy King	Marion	IA	41	M	15	10:38	1:57	4:15	17	54:43	17.0	1:43	11	23:00	7:24	1:34:19
17 Dan Norris	Ames	IA	42	M	18	14:10	2:35	3:22	16	54:20	17.2	1:52	12	24:20	7:50	1:38:04
18 Jason Rohder	Reasnor	IL	44	M	19	14:27	2:39	4:09	15	52:11	17.9					1:41:55
19 Chuck Mulkey	Milan	IL	44	M	14	10:30	1:55	4:17	18	1:03:07	14.8	2:05	18	31:29	10:08	1:51:28

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 Rae Burger	Des Moines	IA	49	F	1	9:37	1:46	2:54	1	48:48	19.1	2:17	1	23:38	7:36	1:27:14

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 Bill Oertel	W. Des Moines	IA	47	M	2	8:03	1:28	2:02	1	41:35	22.4	1:17	3	21:17	6:51	1:14:14
2 Tony Kramer	Lees Summit	MO	47	M	3	8:05	1:29	1:58	4	43:19	21.5	1:30	1	19:30	6:17	1:14:22
3 Lynn Vogt	Ankeny	IA	45	M	1	7:03	1:17	2:11	3	42:18	22.0	1:29	6	22:04	7:06	1:15:05
4 Barry Clark	LaCrosse	WI	46	M	5	8:35	1:34	2:20	2	42:06	22.1	1:32	4	21:17	6:51	1:15:50
5 Wink Hastings	Milwaukee	WI	48	M	4	8:20	1:31	2:43	5	45:27	20.5	1:02	5	21:53	7:03	1:19:25
6 Tom Tingle	Lincoln	NE	45	M	7	10:08	1:51	4:05	7	49:00	19.0	2:01	2	20:23	6:34	1:25:37
7 George Ho, Jr.	Cedar Rapids	IA	48	M	6	10:01	1:50	3:11	8	50:46	18.4	1:57	9	24:44	7:58	1:30:39
8 Larry Himmel	Ontario	CA	46	M	11	14:34	2:40	4:00	6	47:48	19.5	2:45	10	25:10	8:06	1:34:17
9 Jim McMahan	Gurnee	IA	46	M	8	10:34	1:56	3:52	9	52:21	17.8	2:16	11	25:29	8:12	1:34:32
10 John Whitson	Vinton	IA	46	M	9	12:13	2:14	5:01	11	54:01	17.3	1:46	7	23:34	7:35	1:36:35
11 Randy Hill	Iowa City	IA	45	M	10	12:55	2:22	4:58	12	55:39	16.7	2:01	8	24:20	7:50	1:39:53
12 Carl Thurman	Waterloo	IA	47	M	12	14:39	2:41	3:47	10	53:44	17.3	3:01	12	28:31	9:11	1:43:42
13 Warren Wiwat	Hoffman Estate	IL	49	M	13	14:52	2:43	5:23	13	56:45	16.4	2:14	13	40:56	13:10	2:00:10

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 Carol Peluso	St. Louis	MO	52	F	1	12:59	2:22	4:28	1	59:05	15.8	3:09	1	25:41	8:16	1:45:22

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 David Fosbinder	Freemont	NE	50	M	1	8:03	1:28	2:46	2	43:10 21.6	1:23	2	20:55	6:44	1:16:17
2 Del Burger	Des Moines	IA	51	M	2	8:12	1:30	2:36	1	42:32 21.9	1:46	4	22:47	7:20	1:17:53
3 Craig Clark	Mason City	IA	50	M	4	10:45	1:58	2:18	3	45:14 20.6	2:18	1	20:39	6:39	1:21:14
4 Claus Gruner	Gurnee	IL	53	M	3	10:00	1:50	3:57	4	45:42 20.4	1:41	6	22:56	7:23	1:24:16
5 Richard Nehring	Alden	IA	54	M	5	11:45	2:09	3:49	6	52:53 17.6	1:44	3	21:16	6:51	1:31:27
6 Steve Radakovich	Earlham	IA	50	M	6	12:19	2:15	3:10	5	51:58 17.9	2:12	5	22:52	7:22	1:32:31

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 Dick Buhman	Yutan	NE	56	M	1	8:02	1:28	2:43	2	46:57 19.9	1:43	2	22:38	7:17	1:22:03
2 Craig Barber	Minneapolis	MN	55	M	3	8:40	1:35	3:26	1	45:05 20.7	2:17	3	23:16	7:29	1:22:44
3 Dave Dutton	Waterloo	IA	58	M	2	8:36	1:34	3:02	3	48:07 19.4	2:02	1	21:58	7:04	1:23:45
4 Jim Flynn	Cedar Rapids	IA	55	M	4	9:37	1:46	3:40	5	51:50 18.0	2:13	4	24:23	7:51	1:31:43
5 Grant Lewis	Ankeny	IA	58	M	5	9:50	1:48	3:37	4	51:14 18.2	2:35	7	29:16	9:25	1:36:32
6 John Rice	Dysart	IA	58	M	6	12:35	2:18	5:09	6	52:27 17.8	2:05	5	25:31	8:13	1:37:47
7 Charlton Sturm	Mascootah	IL	55	M	7	14:22	2:38	6:03	7	58:09 16.0	2:03	6	27:50	8:58	1:48:27

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 Lyle Roberts	Burlington	IA	62	M	1	10:04	1:50	3:01	1	48:04 19.4	2:12	1	24:54	8:01	1:28:15

