

# Iowa's Pigman Triathlon

June 4, 1995  
Pleasant Creek State Park, Palo, IA

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
										time	yds	time	plc	time	plc	TIME				
										time		time	mph	time	plc	pace				
1		1/27		Kevin O'Connor	Maple Plain	MN	24	M	7	6:37	1:13	1:41	1	35:56	25.9	1:12	3	16:59	5:28	1:02:25
2		1/38		Keith Dunn	Chicago	IL	33	M	50	7:48	1:26	1:45	2	37:13	25.0	1:31	7	17:30	5:38	1:05:47
3		1/42		Mike Sweeney, Jr.	Grand Forks	ND	26	M	5	6:27	1:11	1:55	8	38:32	24.2	1:08	11	17:54	5:46	1:05:56
4		2/42		Timothy Valley	Middleton	WI	26	M	42	7:37	1:24	1:47	5	37:57	24.6	1:25	6	17:14	5:33	1:06:00
5		3/42		Scott Witthoff	Lincoln	NE	28	M	12	6:46	1:14	1:32	4	37:50	24.6	1:17	28	19:03	6:08	1:06:28
6		1/40		Peter Saurugger	Des Moines	IA	37	M	39	7:36	1:23	1:44	3	37:24	24.9	1:25	21	18:40	6:00	1:06:49
7		2/40		Stephen Gang	Rock Island	IL	38	M	13	6:53	1:16	1:39	23	40:07	23.2	1:16	5	17:10	5:32	1:07:05
8		2/38		Stephen Witkus	Coralville	IA	30	M	62	7:55	1:27	1:32	9	38:33	24.2	1:33	12	17:54	5:46	1:07:27
9		4/42		Doug Agne	Lincoln	NE	25	M	16	7:06	1:18	1:52	19	39:42	23.5	1:19	9	17:32	5:39	1:07:31
10		5/42		Timothy Mooney	Minneapolis	MN	29	M	19	7:13	1:19	1:42	10	38:50	24.0	1:05	22	18:41	6:01	1:07:31
11		2/27		Brian Flora	Des Moines	IA	21	M	46	7:46	1:25	1:43	12	39:06	23.8	1:16	16	18:11	5:51	1:08:02
12		6/42		Andrew O'Brien	Mason City	IA	26	M	15	7:03	1:17	1:46	15	39:34	23.6	1:15	19	18:25	5:56	1:08:03
13		7/42		Rich Kendall	Des Moines	IA	27	M	44	7:40	1:24	1:29	7	38:23	24.3	1:27	34	19:19	6:13	1:08:18
14		1/26		John Punkiewicz	Rock Island	IL	44	M	74	8:00	1:28	1:58	6	38:18	24.3	1:12	27	18:57	6:06	1:08:25
15		3/38		Jeff Bird	Schaumburg	IL	31	M	22	7:20	1:20	1:54	14	39:13	23.8	1:16	23	18:47	6:03	1:08:30
16		8/42		Eric Patterson	Lawrence	KS	25	M	8	6:41	1:13	2:01	49	41:56	22.2	1:23	4	17:01	5:29	1:09:02
17		3/27		Eric White	Bloomington	MN	24	M	2	6:17	1:09	1:34	21	39:51	23.4	1:11	63	20:17	6:32	1:09:10
18		3/40		Stu Huntley	West Des Moines	IA	35	M	24	7:21	1:21	1:53	11	39:01	23.9	1:22	52	19:58	6:26	1:09:35
19		4/27		Brad Addink	Iowa City	IA	24	M	92	8:23	1:32	2:14	27	40:27	23.0	1:16	8	17:30	5:38	1:09:50
20		4/38		Scott Green	Davenport	IA	34	M	20	7:13	1:19	2:33	20	39:47	23.4	1:53	20	18:31	5:58	1:09:57
21		5/38		Bob Brooker	Cedar Rapids	IA	32	M	56	7:52	1:26	2:13	16	39:34	23.6	1:17	42	19:29	6:16	1:10:25
22		5/27		Jeff Mortensen	Algona	IA	21	M	31	7:29	1:22	1:47	22	39:54	23.4	1:13	61	20:15	6:31	1:10:38
23		6/27		Jeff Runyan	Columbia	MO	20	M	3	6:24	1:10	2:06	36	40:55	22.8	1:17	55	20:06	6:28	1:10:48
24		9/42		Todd Logan	Minnetonka	MN	25	M	33	7:33	1:23	2:08	30	40:34	23.0	1:26	35	19:20	6:13	1:11:01
25		4/40		Gary McKibben	Altoona	IA	35	M	29	7:26	1:22	2:15	48	41:53	22.3	1:36	15	18:00	5:48	1:11:10
26		2/26		Jim Pollard	Boone	IA	43	M	117	8:54	1:38	2:32	37	40:59	22.7	1:20	10	17:44	5:42	1:11:29
27		1/24		Mary Eure	Davenport	IA	28	F	79	8:03	1:28	1:55	29	40:32	23.0	1:20	50	19:48	6:22	1:11:38
28		6/38		Jack Needy	Columbia	MO	31	M	35	7:34	1:23	1:41	13	39:11	23.8	1:23	112	21:58	7:04	1:11:47
29		1/12		Andrea Fischer	Columbia	MO	31	F	51	7:48	1:26	1:45	66	43:00	21.7	1:22	14	17:59	5:47	1:11:54
30		3/26		Hartmut Andres	Moline	IL	41	M	57	7:53	1:27	1:57	41	41:24	22.5	1:23	38	19:23	6:14	1:12:00
31		10/42		Dave Ladehoff	Coralville	IA	25	M	112	8:44	1:36	3:28	62	42:37	21.9	1:09	1	16:10	5:12	1:12:08
32		7/38		Dale Weber	Ames	IA	31	M	52	7:50	1:26	2:15	26	40:22	23.1	1:28	60	20:14	6:31	1:12:09
33		11/42		Tim Schardein	Bettendorf	IA	26	M	23	7:20	1:20	2:52	31	40:34	23.0	1:48	45	19:36	6:19	1:12:10
34		7/27		Brett Rooks	Des Moines	IA	23	M	10	6:43	1:14	2:00	34	40:50	22.8	1:41	82	21:00	6:46	1:12:14
35		4/26		Greg Madison	Ankeny	IA	40	M	147	9:40	1:46	2:15	28	40:27	23.0	1:41	17	18:13	5:52	1:12:16
36		5/40		Rick Seals	Burlington	IA	35	M	38	7:35	1:23	1:56	54	42:10	22.1	1:13	36	19:22	6:14	1:12:16
37		1/19		Mike Little	Columbia	MO	47	M	71	7:59	1:28	2:19	33	40:40	22.9	1:36	49	19:43	6:21	1:12:17
38		2/19		Richard Barry	Middleton	WI	49	M	70	7:58	1:27	1:57	32	40:36	23.0	1:33	62	20:15	6:31	1:12:19
39		2/24		Marcia Samsel	Coralville	IA	25	F	6	6:34	1:12	1:49	59	42:28	21.9	1:30	64	20:17	6:32	1:12:38
40		8/38		Jeff Anker	Polk City	IA	31	M	96	8:25	1:32	2:00	58	42:27	22.0	1:18	24	18:47	6:03	1:12:57
41		3/24		Lisa Marshall	Des Moines	IA	27	F	134	9:24	1:43	2:22	46	41:37	22.4	1:31	18	18:16	5:53	1:13:10
42		9/38		Jeffrey Tuohino	Cedar Rapids	IA	34	M	61	7:54	1:27	2:19	35	40:52	22.8	1:55	56	20:11	6:30	1:13:11
43		12/42		Kevin Drake	Cedar Rapids	IA	28	M	161	9:55	1:49	1:12	44	41:31	22.5	1:41	26	18:53	6:05	1:13:12
44		10/38		Henry Imberti	Boone	IA	31	M	28	7:25	1:21	2:11	42	41:25	22.5	1:11	88	21:10	6:49	1:13:22
45		5/26		Nick Scott	Cedar Rapids	IA	43	M	115	8:52	1:37	1:42	60	42:33	21.9	1:11	30	19:06	6:09	1:13:24
46		13/42		Corey Hardin	Des Moines	IA	25	M	36	7:34	1:23	2:10	17	39:40	23.5	2:19	106	21:42	6:59	1:13:25
47		14/42		Peter Ensink	Minneapolis	MN	29	M	55	7:51	1:26	2:07	24	40:12	23.2	2:27	80	20:58	6:45	1:13:35
48		15/42		Kenneth Collins	Omaha	NE	25	M	75	8:00	1:28	2:05	47	41:52	22.3	1:24	65	20:20	6:33	1:13:41
49		8/27		Jim Clark	Sioux City	IA	24	M	63	7:55	1:27	1:50	38	41:03	22.7	1:28	98	21:29	6:55	1:13:45
50		6/40		John Miller	Woodbury	MN	37	M	32	7:31	1:22	1:59	61	42:35	21.9	1:16	69	20:37	6:38	1:13:58
51		7/40		James Clark	Ames	IA	35	M	142	9:32	1:45	2:06	18	39:40	23.5	1:37	83	21:06	6:47	1:14:01
52		8/40		Billy Peterman	Iowa City	IA	36	M	88	8:19	1:31	2:03	64	42:45	21.8	1:31	48	19:38	6:19	1:14:16
53		9/27		Joel Hennings	Omaha	NE	21	M	110	8:40	1:35	2:14	25	40:20	23.1	1:28	103	21:39	6:58	1:14:21
54		2/12		Kristin Miller	Woodbury	MN	32	F	98	8:28	1:33	2:35	65	42:59	21.7	1:12	33	19:18	6:13	1:14:32
55		9/40		David Dorff	Des Moines	IA	37	M	40	7:36	1:23	2:45	72	43:25	21.5	1:13	44	19:35	6:18	1:14:34
56		6/26		Jim Rice	Wheaton	IL	42	M	84	8:15	1:31	2:32	53	42:04	22.2	1:54	53	20:02	6:27	1:14:47
57		1/5		Kyle Tingle	Lincoln	NE	15	M	14	7:00	1:17	1:56	84	44:12	21.1	1:26	59	20:13	6:30	1:14:47
58		16/42		Jim Balstrode, Jr.	New Lenox	IL	28	M	47	7:46	1:25	1:56	50	41:57	22.2	1:21	108	21:49	7:01	1:14:49
59		7/26		Tim McAllister	Chesterfield	MO	41	M	43	7:37	1:24	2:19	67	43:05	21.6	1:47	54	20:03	6:27	1:14:51
60		8/26		Bob Ensinger	Burlington	IA	41	M	131	9:20	1:42	2:31	63	42:40	21.8	1:19	29	19:04	6:08	1:14:54
61		1/9		Becky Gibbs	Minnetonka	MN	20	F	1	6:06	1:07	1:57	100	44:56	20.7	1:11	75	20:48	6:42	1:14:58
62		3/19		Porter Reed	Elgin	IL	48	M	80	8:06	1:29	2:19	88	44:17	21.0	1:19	31	19:11	6:10	1:15:12
63		17/42		John Bannantine	Ames	IA	29	M	120	8:59	1:39	2:23	70	43:15	21.6	1:28	37	19:22	6:14	1:15:27
64		4/19		Bill Oertel	W. Des Moines	IA	48	M	140	9:30	1:44	2:26	43	41:27	22.5	1:24	73	20:44	6:40	1:15:31
65		5/19		Lynn Vogt	Ankeny	IA	46	M	77	8:01	1:28	1:55	51	42:00	22.2	1:20	134	22:31	7:15	1:15:47
66		4/24		Nathalie Laurendeau	Davenport	IA	25	F	53	7:50	1:26	2:04	68	43:05	21.6	1:24	96	21:27	6:54	1:15:50
67		11/38		Mark Robinson	Omaha	NE	30	M	67	7:57	1:27	2:19	89	44:20	21.0	1:29	51	19:49	6:23	1:15:54
68		9/26		Steve Cline	Burlington	IA	40	M	105	8:36	1:34	2:15	118	45:58	20.3	1:12	13	17:54	5:46	1:15:55
69		10/27		Lance Elliot	Ames	IA	24	M	227	11:15	2:03	2:13	80	43:59	21.2	1:39	2	16:54	5:26	1:16:00
70		12/38		John Mitchell	Bellevue	NE	33	M	111	8:41	1:35	2:40	40	41:12	22.6	1:31	113	21:58	7:04	1:16:02
71		5/24</																		

91	1/8	Richard Clark	Tiburon	CA	56	M	129	9:18	1:42	3:13	82	44:10	21.1	1:20	70	20:38	6:38	1:18:39
92	2/3	Chad Juel	Shell Rock	IA	17	M	173	10:09	1:51	2:03	119	46:04	20.2	1:05	39	19:23	6:14	1:18:44
93	19/42	Jim Gothers	Oxford	IA	27	M	97	8:26	1:33	3:08	76	43:46	21.3	2:11	89	21:13	6:50	1:18:44
94	18/27	Russell Wyse	Ames	IA	24	M	143	9:34	1:45	2:43	57	42:26	22.0	1:56	119	22:08	7:07	1:18:47
95	14/40	Kevin Johnson	Lincoln	NE	39	M	114	8:48	1:37	3:01	121	46:08	20.2	1:14	46	19:37	6:19	1:18:48
96	6/19	Al Behrens	Council Bluffs	IA	45	M	243	11:50	2:10	3:01	73	43:25	21.5	1:33	32	19:12	6:11	1:19:01
97	15/40	Frank Ward	Omaha	NE	37	M	95	8:24	1:32	3:17	112	45:38	20.4					1:19:42
98	2/5	Ty Thompson	Muscatine	IA	15	M	81	8:06	1:29	2:18	90	44:25	21.0	1:41	160	23:20	7:31	1:19:50
99	19/27	George Ho, Jr.	Cedar Rapids	IA	23	M	59	7:53	1:27	3:05	102	45:07	20.7	1:54	115	21:59	7:05	1:19:58
100	14/38	Bill Brooks	Quincy	IL	30	M	118	8:55	1:38	2:48	101	44:59	20.7	1:46	104	21:39	6:58	1:20:07
101	15/38	Peter Ylvisaker	Marion	IA	32	M	138	9:29	1:44	1:38	133	46:49	19.9	1:42	74	20:47	6:41	1:20:25
102	11/26	Jay McKee	Muscatine	IA	41	M	48	7:46	1:25	2:45	110	45:34	20.5	1:58	135	22:31	7:15	1:20:34
103	7/19	Doug Zickuhr	Bettendorf	IA	49	M	187	10:22	1:54	2:20	39	41:09	22.7	1:58	202	24:53	8:01	1:20:42
104	1/3	Brad Dameron	Burlington	IA	19	M	73	7:59	1:28	2:39	132	46:46	19.9	1:21	116	21:59	7:05	1:20:44
105	3/13	Mary Keane	Cedar Rapids	IA	35	F	180	10:15	1:52	3:11	95	44:43	20.8	1:24	90	21:13	6:50	1:20:46
106	8/24	Paula Jaksich	Omaha	NE	29	F	100	8:30	1:33	2:26	114	45:44	20.4	1:36	136	22:31	7:15	1:20:46
107	16/40	Michael Berry	Solon	IA	38	M	78	8:01	1:28	2:53	85	44:12	21.1	2:09	171	23:39	7:37	1:20:54
108	8/19	Tom Kane	Brookfield	WI	46	M	137	9:28	1:44	1:57	94	44:36	20.9	1:36	164	23:24	7:32	1:21:01
109	9/19	Tom Tingle	Lincoln	NE	46	M	160	9:53	1:48	3:05	144	47:21	19.7	1:12	47	19:37	6:19	1:21:08
110	1/5	Craig Clark	Mason City	IA	51	M	194	10:31	1:55	2:02	108	45:20	20.6	2:10	91	21:14	6:50	1:21:17
111	4/13	Cynthia Visser	Cedar Rapids	IA	37	F	126	9:11	1:41	2:43	98	44:46	20.8	1:49	161	23:21	7:31	1:21:50
112	12/26	Jeff Clark	Cedar Rapids	IA	40	M	54	7:50	1:26	2:14	120	46:05	20.2	1:39	179	24:02	7:44	1:21:50
113	20/42	Robert Murphy	Cedar Rapids	IA	27	M	163	10:00	1:50	2:26	161	48:19	19.3	1:46	41	19:28	6:16	1:21:59
114	2/9	Sophie Brodeen	Davenport	IA	22	F	25	7:23	1:21	2:20	147	47:42	19.5	1:58	140	22:38	7:17	1:22:01
115	2/5	David Fosbinder	Fremont	NE	51	M	155	9:48	1:48	2:35	106	45:17	20.6	1:27	150	22:54	7:22	1:22:01
116	17/40	Tom Henson	Marion	IA	38	M	189	10:26	1:54	2:04	103	45:10	20.6	2:01	132	22:29	7:14	1:22:10
117	1/5	Cindi Scott	Cedar Rapids	IA	41	F	167	10:04	1:50	2:02	123	46:14	20.2	1:24	137	22:32	7:15	1:22:16
118	13/26	Jeffrey Ryan	Ankeny	IA	40	M	94	8:23	1:32	3:37	143	47:19	19.7	1:30	101	21:31	6:56	1:22:20
119	18/40	CJ Ong	Cedar Rapids	IA	37	M	122	9:05	1:40	3:22	91	44:25	21.0	2:46	142	22:44	7:19	1:22:22
120	20/27	Frederic Mazieres	Davenport	IA	24	M	64	7:56	1:27	2:37	128	46:30	20.0	1:46	168	23:37	7:36	1:22:26
121	2/8	Richard Nehring	Alden	IA	55	M	201	10:37	1:56	3:07	111	45:37	20.4	1:34	102	21:37	6:57	1:22:32
122	5/13	Nancy Flanagan	Pella	IA	38	F	154	9:47	1:47	2:20	83	44:11	21.1	1:51	190	24:24	7:51	1:22:33
123	16/38	Bill Vipond	Ankeny	IA	31	M	107	8:38	1:35	3:26	134	46:59	19.8	1:31	117	22:01	7:05	1:22:35
124	3/9	Kris Nelson	Waunakee	WI	24	F	203	10:38	1:57	1:51	107	45:19	20.6	1:39	155	23:10	7:07	1:22:37
125	21/42	Tim Leist	Iowa City	IA	27	M	146	9:39	1:46	3:13	124	46:14	20.2	1:24	124	22:13	7:09	1:22:43
126	19/40	Jay Marshall	Lincoln	NE	36	M	113	8:45	1:36	3:10	146	47:29	19.6	1:58	95	21:23	6:53	1:22:45
127	22/42	Tom Bullers	Iowa City	IA	28	M	119	8:56	1:38	2:20	113	45:42	20.4	1:40	184	24:15	7:48	1:22:53
128	23/42	Charles Toler	Papillion	NE	25	M	116	8:52	1:37	3:26	86	44:12	21.1	1:47	196	24:45	7:58	1:23:02
129	14/26	Max Davidson	Britton	SD	44	M	202	10:37	1:56	2:28	116	45:48	20.4	1:42	138	22:33	7:15	1:23:08
130	4/9	Staci Sparks	Iowa City	IA	21	F	211	10:54	2:00	2:19	165	48:30	19.2	1:34	66	20:23	6:34	1:23:40
131	20/40	Michael Hook	Hiawatha	IA	37	M	195	10:31	1:55	2:48	141	47:16	19.7	1:35	100	21:30	6:55	1:23:40
132	3/8	Dave Dutton	Waterloo	IA	59	M	153	9:46	1:47	2:38	140	47:13	19.7	2:08	114	21:58	7:04	1:23:43
133	5/9	Terri Muchz	Iowa City	IA	23	F	41	7:36	1:23	2:00	156	48:04	19.4	1:59	185	24:17	7:49	1:23:56
134	21/40	Roc Kammerer	Iowa City	IA	36	M	123	9:08	1:40	3:49	184	50:05	18.6	1:35	43	19:33	6:18	1:24:10
135	9/24	Kristine Toler	Papillion	NE	27	F	21	7:18	1:20	2:34	127	46:29	20.1	2:00	222	25:54	8:20	1:24:15
136	24/42	Scott Wiley	Mason City	IA	26	M	197	10:35	1:56	2:14	137	47:04	19.8	1:53	139	22:36	7:16	1:24:22
137	3/5	Travis Lee	Muscatine	IA	15	M	26	7:23	1:21	2:19	109	45:26	20.5	1:41	243	27:48	8:57	1:24:37
138	17/38	John Jensen	Cedar Rapids	IA	30	M	108	8:38	1:35	3:34	151	47:50	19.5	1:35	156	23:10	7:27	1:24:47
139	18/38	Reggie Hastings	Fairfax	IA	34	M	236	11:30	2:06	2:59	130	46:44	19.9	1:13	130	22:22	7:12	1:24:48
140	25/42	Chris O'Hara	Cedar Rapids	IA	25	M	132	9:20	1:42	2:20	136	47:01	19.8	1:46	191	24:26	7:52	1:24:53
141	21/27	Craig Murphy	Burlington	IA	23	M	150	9:42	1:46	2:51	149	47:45	19.5	1:43	154	23:05	7:26	1:25:06
142	26/42	Kurt Weakland	W. Des Moines	IA	25	M	125	9:09	1:40	2:27	145	47:26	19.6	1:59	183	24:09	7:46	1:25:10
143	10/19	Bart Hobson	Madison	WI	46	M	141	9:31	1:44	2:41	164	48:24	19.3	1:48	146	22:52	7:22	1:25:16
144	6/9	Christine Sch-Hein	Kirkville	MO	22	F	244	11:54	2:11	2:36	154	47:55	19.5	1:24	105	21:41	6:59	1:25:30
145	2/5	Ann Vestle	Cedar Rapids	IA	40	F	229	11:18	2:04	2:46	150	47:49	19.5	1:29	126	22:15	7:10	1:25:37
146	19/38	Greg Collins	Des Moines	IA	32	M	171	10:08	1:51	2:21	138	47:10	19.8	1:48	186	24:18	7:49	1:25:45
147	27/42	Joel Conrad	Cedar Rapids	IA	26	M	174	10:09	1:51	2:55	170	49:03	19.0	1:29	129	22:19	7:11	1:25:55
148	20/38	Craig Marrs	Ames	IA	33	M	233	11:29	2:06	2:31	122	46:13	20.2	2:06	172	23:39	7:37	1:25:58
149	21/38	Warren Tunwall	Iowa City	IA	34	M	27	7:23	1:21	2:57	214	52:00	17.9	1:03	141	22:38	7:17	1:26:01
150	3/5	Deborah Hankens	Cherokee	IA	44	F	181	10:17	1:53	3:26	105	45:16	20.6	1:56	209	25:13	8:07	1:26:08
151	4/8	Donald Lewis	Columbia	MO	59	M	252	12:28	2:17	3:41	135	47:00	19.8	1:34	97	21:28	6:55	1:26:11
152	22/40	Dave Beastrom	Cedar Rapids	IA	35	M	207	10:50	1:59	3:14	152	47:50	19.5	1:56	131	22:24	7:13	1:26:14
153	22/38	Michael Murphy	Iowa City	IA	30	M	208	10:50	1:59	2:32	125	46:26	20.1	1:43	195	24:44	7:58	1:26:15
154	23/40	Kevin Moss	Bondurant	IA	38	M	193	10:30	1:55	3:30	158	48:11	19.3	1:53	128	22:17	7:10	1:26:21
155	24/40	Greg Steiner	Cedar Rapids	IA	38	M	182	10:18	1:53	3:02	173	49:15	18.9	1:19	133	22:29	7:14	1:26:23
156	5/8	Lyle Roberts	Burlington	IA	63	M	199	10:36	1:56	2:25	126	46:27	20.1	2:05	200	24:51	8:00	1:26:24
157	10/24	Sarah O'Byrne	Willmar	MN	27	F	222	11:11	2:03	3:14	155	48:01	19.4	2:17	110	21:53	7:03	1:26:36
158	23/38	Wayne Huebner	Iowa City	IA	31	M	17	7:07	1:18	3:08	190	50:30	18.5	1:55	180	24:02	7:44	1:26:42
159	3/12	Ann Parrett	Kansas City	KS	34	F	148	9:41	1:46	2:32	157	48:05	19.4	1:22	207	25:11	8:06	1:26:51
160	15/26	Nick Gearhart	Cedar Rapids	IA	44	M	30	7:26	1:22	2:21	188	50:24	18.5	2:06	194	24:39	7:56	1:26:56
161	28/42	Peter Honsell	Fairfax	IA	27	M	124	9:08	1:40	3:00	129	46:42	20.0	1:53	229	26:30	8:32	1:27:13
162	29/42	Michael Dankert	Cedar Rapids	IA	28	M	101	8:30	1:33	3:01	142	47:16	19.7	1:46	231	26:44	8:36	1:27:17
163	4/12	Jennifer Harman	Iowa City	IA	30	F	135	9:25	1:43	3:03	191	50:36	18.4	1:35	147	22:52	7:22	1:27:31
164	24/38	Anthony Kruegger	Glen Ellyn	IL	30	M	204	10:44	1:58	3:13	117	45:55	20.3	2:23	211	25:23	8:10	1:27:38
165	25/40	David Hart	Cedar Rapids	IA	38	M	176	10:12	1:52	3:23	182	49:58	18.7	1:19	145	22:47	7:20</	

193	28/38	Patrick Williams	Cedar Rapids	IA	30 M	175	10:10	1:52	4:07	206	51:23	18.1	1:24	170	23:38	7:36	1:30:42
194	1/2	Aryn Flood	Cumming	IA	15 F	89	8:19	1:31	2:12	195	50:50	18.3	1:21	248	28:13	9:05	1:30:55
195	13/24	Jes Leburn	Davenport	IA	27 F	184	10:19	1:53	2:32	207	51:24	18.1	2:16	192	24:27	7:52	1:30:58
196	19/26	Bob Holst	Des Moines	IA	40 M	237	11:35	2:07	3:06	197	50:52	18.3	2:05	165	23:31	7:34	1:31:09
197	33/42	David Krempasky	Cedar Rapids	IA	28 M					219	52:16	17.8	1:33	198	24:48	7:59	1:31:11
198	29/40	Richard Wyss	Iowa City	IA	37 M	209	10:52	1:59	4:15	159	48:13	19.3	1:31	226	26:23	8:30	1:31:14
199	24/27	Gray Hencken	Iowa City	IA	23 M	156	9:48	1:48	2:59	230	54:25	17.1	1:12	151	22:59	7:24	1:31:23
200	34/42	Mike Kimbel	Iowa City	IA	29 M	90	8:20	1:31	2:17	201	51:09	18.2	2:01	241	27:43	8:55	1:31:30
201	30/40	Mike Travagiakis	Cedar Rapids	IA	36 M	247	12:05	2:13	2:21	217	52:07	17.9	1:38	163	23:21	7:31	1:31:32
202	35/42	Philip Netolicky	Cedar Rapids	IA	26 M	210	10:52	1:59	4:10	228	53:37	17.4	1:53	85	21:06	6:47	1:31:38
203	14/24	Katy Ketoff	Iowa City	IA	25 F	109	8:39	1:35	2:35	237	55:02	16.9	1:30	174	23:53	7:41	1:31:39
204	20/26	Jeff Duce	N. Kansas City	MO	40 M	151	9:42	1:46	3:56	169	49:01	19.0	2:18	232	26:47	8:37	1:31:44
205	4/5	Matt Gamundoy	Shell Rock	IA	16 M	164	10:00	1:50	2:39	167	48:49	19.1	1:36	250	28:41	9:14	1:31:45
206	31/40	Rick Spear	Iowa City	IA	35 M	256	12:49	2:21	3:09	171	49:04	19.0	1:42	206	25:06	8:05	1:31:50
207	3/5	Mike Burk	Minnetonka	MN	50 M	213	10:56	2:00	6:01	183	50:01	18.6	1:53	152	23:01	7:24	1:31:52
208	29/38	Alexander Taylor	Cedar Rapids	IA	33 M	245	11:55	2:11	3:03	212	51:55	18.0	2:29	144	22:45	7:19	1:32:07
209	30/38	Chris Cardinale	Cedar Rapids	IA	33 M	205	10:45	1:58	3:23	229	53:58	17.3	2:14	107	21:48	7:01	1:32:08
210	6/12	Leila Mankarious	Iowa City	IA	30 F	170	10:07	1:51	3:42	235	54:49	17.0	1:40	125	22:14	7:09	1:32:32
211	31/38	Bill Dawes	Des Moines	IA	32 M	168	10:05	1:51	3:20	193	50:45	18.4	1:59	227	26:28	8:31	1:32:37
212	21/26	Dan Norris	Ames	IA	43 M	262	13:04	2:23	3:31	179	49:40	18.8	1:15	210	25:22	8:10	1:32:52
213	4/5	Richard Woodbury	Shoreview	MN	50 M	128	9:17	1:42	3:31	194	50:49	18.3	2:56	228	26:29	8:31	1:32:52
214	32/38	Clay Netusil	Carroll	IA	31 M	65	7:56	1:27	3:31	216	52:04	17.9	1:23	249	28:16	9:06	1:33:10
215	36/42	Michael Duffy	Cedar Rapids	IA	25 M	265	13:30	2:28	2:32	139	47:12	19.7	2:43	237	27:18	8:47	1:33:15
216	15/24	Lillian Harkness	Cedar Rapids	IA	29 F	169	10:06	1:51	3:48	227	53:35	17.4	1:52	175	23:55	7:42	1:33:16
217	11/19	Jim McMahan	Garner	IA	47 M	158	9:51	1:48	3:51	202	51:11	18.2	2:14	234	26:52	8:39	1:33:59
218	32/40	Richard Anton	Nashville	TN	37 M	86	8:15	1:31	6:05	213	51:59	17.9	2:38	208	25:11	8:06	1:34:08
219	8/13	Beth Koch	Cedar Falls	IA	36 F	217	11:06	2:02	3:40	177	49:39	18.8	2:49	235	27:01	8:42	1:34:15
220	33/40	Boon Yiu Lee	Downers Grove	IL	37 M					168	48:53	19.1	2:10	122	22:11	7:08	1:34:27
221	34/40	Ron Burton	Bousy	MN	37 M	269	14:00	2:34	3:26	220	52:35	17.7	1:31	153	23:02	7:25	1:34:34
222	35/40	Steven Keane	Cedar Rapids	IA	35 M	273	14:23	2:38	3:06	210	51:32	18.1	1:34	182	24:05	7:45	1:34:40
223	33/38	Ron Harriman	Solon	IA	33 M	267	13:41	2:30	4:02	240	55:40	16.7	1:16	58	20:12	6:30	1:34:51
224	16/24	Lisa Taggart	Oxford	IA	25 F	139	9:29	1:44	3:40	218	52:15	17.8	3:21	225	26:20	8:29	1:35:05
225	7/12	Christina Colman	Thornton	IA	33 F	206	10:48	1:59	3:28	225	53:12	17.5	1:55	217	25:43	8:17	1:35:06
226	8/12	Brenda Ann Cloud	Cedar Rapids	IA	30 F	191	10:27	1:55	3:16	249	56:54	16.4	1:35	167	23:32	7:34	1:35:44
227	25/27	Bryan Chehock	Cedar Rapids	IA	24 M	263	13:14	2:25	4:10	221	52:42	17.7	1:38	188	24:22	7:51	1:36:06
228	34/38	Barry Satterfield	Marion	IA	31 M	212	10:55	2:00	5:10	252	57:23	16.2	1:53	78	20:56	6:44	1:36:17
229	22/26	Randy King	Marion	IA	42 M	196	10:34	1:56	3:45	231	54:28	17.1	1:31	223	26:01	8:22	1:36:19
230	17/24	Tricia Hartwig	West Des Moines	IA	27 F	220	11:10	2:03	4:20	232	54:34	17.1	1:25	214	25:30	8:12	1:36:59
231	9/12	Melissa Burich	Iowa City	IA	32 F	226	11:14	2:03	3:53	239	55:13	16.9	2:36	193	24:32	7:54	1:37:28
232	37/42	Steve Slechta	Freepport	IL	28 M	254	12:41	2:19	3:39	226	53:30	17.4	1:13	230	26:35	8:33	1:37:38
233	3/3	James Sands	Marion	IA	19 M	280	16:12	2:58	3:42	204	51:19	18.2	1:46	201	24:52	8:00	1:37:51
234	5/5	Erna Steinmetz	West Des Moines	IA	42 F	238	11:37	2:07	3:52	222	52:42	17.7	2:50	233	26:51	8:39	1:37:52
235	23/26	Marcus Rhatigan	Cedar Rapids	IA	40 M	277	15:11	2:47	4:09	198	50:52	18.3	1:39	224	26:12	8:26	1:38:03
236	2/3	Sean Hughley	Coralville	IA	14 M	246	11:55	2:11	1:58	265	1:00:59	15.3	1:26	120	22:09	7:08	1:38:27
237	12/19	John Whitson	Vinton	IA	47 M	218	11:08	2:02	4:05	250	56:56	16.4	1:48	204	24:59	8:02	1:38:56
238	38/42	Ted Hodina	Cedar Rapids	IA	26 M	188	10:22	1:54	3:28	224	52:53	17.6	1:33	263	31:12	10:03	1:39:28
239	39/42	David Rooney	Marion	IA	28 M	266	13:30	2:28	4:53	209	51:31	18.1	2:11	239	27:35	8:53	1:39:40
240	18/24	Kara Drefs	Viborg	SD	25 F	214	11:02	2:01	3:43	254	57:32	16.2	1:53	220	25:46	8:18	1:39:56
241	36/40	Mark Rasmussen	Jefferson	IA	39 M	185	10:19	1:53	3:22	242	55:46	16.7	1:58	251	28:43	9:15	1:40:08
242	37/40	Jon Storvick	Minneapolis	MN	39 M	178	10:12	1:52	4:18	246	56:06	16.6	1:37	246	28:05	9:02	1:40:18
243	19/24	Amy Luehmann	Lombard	IL	25 F	224	11:12	2:03	4:26	253	57:25	16.2	1:46	215	25:39	8:15	1:40:28
244	13/19	Jason Rohder	Reasnor	IA	45 M	242	11:45	2:09	4:33	189	50:24	18.5	2:33	264	31:42	10:12	1:40:57
245	5/5	Darin Kueker	Shell Rock	IA	16 M	157	9:50	1:48	3:18	211	51:34	18.1	2:07	270	34:46	11:11	1:41:35
246	38/40	Chris Carr	Marion	IA	35 M	34	7:33	1:23	3:05	263	1:00:10	15.5	2:08	252	28:45	9:15	1:41:41
247	8/9	Christine Costanza	Iowa City	IA	23 F	166	10:02	1:50	3:54	241	55:42	16.7	1:50	261	30:29	9:49	1:41:57
248	20/24	Jennifer Harper	Iowa City	IA	26 F	239	11:38	2:08	3:24	248	56:17	16.6	1:36	254	29:03	9:21	1:41:58
249	14/19	Randy Hill	Iowa City	IA	46 M	260	12:59	2:22	4:50	251	57:04	16.3	1:39	213	25:29	8:12	1:42:01
250	15/19	Rick Koepf	Cedar Rapids	IA	49 M	241	11:44	2:09	4:31	247	56:11	16.6	1:53	242	27:43	8:55	1:42:02
251	35/38	Rob Gettemy	Marion	IA	30 M	268	13:42	2:30	3:44	245	55:59	16.6	1:35	245	28:04	9:02	1:43:04
252	9/13	Peggy Davidson	Britton	SD	37 F	272	14:17	2:37	3:36	243	55:49	16.7	2:00	238	27:26	8:50	1:43:08
253	2/2	Christie Sackett	Manchester	IA	19 F	200	10:36	1:56	3:49	269	1:01:56	15.0	1:23	219	25:45	8:17	1:43:29
254	39/40	John Grace	Des Moines	IA	39 M	192	10:27	1:55	3:11	256	58:52	15.8					1:43:46
255	16/19	Carl Thurman	Waterloo	IA	48 M	251	12:25	2:16	3:46	238	55:12	16.9	3:21	255	29:05	9:22	1:43:49
256	24/26	Martin Lange	Portland	OR	43 M	231	11:22	2:05	4:03	272	1:03:15	14.7	2:28	149	22:52	7:22	1:44:00
257	17/19	Bob Niec	Center Point	IA	46 M					260	59:42	15.6	2:48	158	23:16	7:29	1:44:50
258	40/40	Donald Risavi	Norfolk	NE	39 M	144	9:34	1:45	4:21	266	1:00:59	15.3	2:16	240	27:40	8:54	1:44:50
259	9/9	Sophie Jacob	Davenport	IA	23 F	66	7:56	1:27	3:47	268	1:01:35	15.1	1:58	262	30:29	9:49	1:45:45
260	21/24	Paige Butterfield	Cedar Rapids	IA	29 F	248	12:07	2:13	3:56	259	59:38	15.6	1:40	256	29:24	9:28	1:46:45
261	5/5	Larry Erb	Cedar Rapids	IA	50 M	261	13:02	2:23	7:05	236	54:55	17.0	2:01	260	30:28	9:48	1:47:31
262	40/42	Rhett Schildroth	Muscatine	IA	25 M	283	18:30	3:23	3:46	257	58:59	15.8	1:37	199	24:48	7:59	1:47:40
263	41/42	Bion Vance	Kansas City	MO	26 M	271	14:11	2:36	6:24	264	1:00:45	15.3	2:07	218	25:44	8:17	1:47:41
264	8/8	Charlton Sturm	Mascoutah	IL	56 M	278	15:18	2:48	5:27	258	59:07	15.8	1:57	253	28:46	9:16	1:50:35
265	22/24	Kim Brunner	Cedar Rapids	IA	26 F	258	12:51	2:21	3:47	261	1:00:07	15.5	1:59	265	32:29	10:27	1:51:13
266	26/27	John Bunting	Marion	IA	24 M	249	12:13	2:14	2:48	262	1:00:08	15.5	2:22	268	34:04	10:58	1:51:35
267	10/13	Elizabeth Fangman	Cedar Rapids	IA	37 F	216	11:05	2:02	2:54	274	1:03:19	14.7	1:47	266	32:55	10:36	1:52:00
268	23/24	Laura Taylor	Cedar Rapids	IA	29 F	228	11:15	2:03	3:17	277	1:06:29	14.0	1:26	258	29:35	9:31	1:52:02
269	36/38	Peter Reitan	Marion	IA	3												

MEN'S OVERALL RESULTS

TOT 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	Kevin O'Connor	Maple Plain	MN	24	M	4	6:37	1:13	1:41	1	35:56	25.9	1:12	3	16:59	5:28	1:02:25
2	Keith Dunn	Chicago	IL	33	M	42	7:48	1:26	1:45	2	37:13	25.0	1:31	7	17:30	5:38	1:05:47
3	Mike Sweeney, Jr.	Grand Forks	ND	26	M	3	6:27	1:11	1:55	8	38:32	24.2	1:08	11	17:54	5:46	1:05:56
4	Timothy Valley	Middleton	WI	26	M	34	7:37	1:24	1:47	5	37:57	24.6	1:25	6	17:14	5:33	1:06:00
5	Scott Witthoff	Lincoln	NE	28	M	9	6:46	1:14	1:32	4	37:50	24.6	1:17	26	19:03	6:08	1:06:28
6	Peter Saurugger	Des Moines	IA	37	M	32	7:36	1:23	1:44	3	37:24	24.9	1:25	19	18:40	6:00	1:06:49
7	Stephen Gang	Rock Island	IL	38	M	10	6:53	1:16	1:39	23	40:07	23.2	1:16	5	17:10	5:32	1:07:05
8	Stephen Witkus	Coralville	IA	30	M	51	7:55	1:27	1:32	9	38:33	24.2	1:33	12	17:54	5:46	1:07:27
9	Doug Agne	Lincoln	NE	25	M	13	7:06	1:18	1:52	19	39:42	23.5	1:19	9	17:32	5:39	1:07:31
10	Timothy Mooney	Minneapolis	MN	29	M	15	7:13	1:19	1:42	10	38:50	24.0	1:05	20	18:41	6:01	1:07:31
11	Brian Flora	Des Moines	IA	21	M	38	7:46	1:25	1:43	12	39:06	23.8	1:16	15	18:11	5:51	1:08:02
12	Andrew O'Brien	Mason City	IA	26	M	12	7:03	1:17	1:46	15	39:34	23.6	1:15	17	18:25	5:56	1:08:03
13	Rich Kendall	Des Moines	IA	27	M	36	7:40	1:24	1:29	7	38:23	24.3	1:27	31	19:19	6:13	1:08:18
14	John Punkiewicz	Rock Island	IL	44	M	60	8:00	1:28	1:58	6	38:18	24.3	1:12	25	18:57	6:06	1:08:25
15	Jeff Bird	Schaumburg	IL	31	M	17	7:20	1:20	1:54	14	39:13	23.8	1:16	21	18:47	6:03	1:08:30
16	Eric Patterson	Lawrence	KS	25	M	5	6:41	1:13	2:01	47	41:56	22.2	1:23	4	17:01	5:29	1:09:02
17	Eric White	Bloomington	MN	24	M	1	6:17	1:09	1:34	21	39:51	23.4	1:11	59	20:17	6:32	1:09:10
18	Stu Huntley	West Des Moines	IA	35	M	19	7:21	1:21	1:53	11	39:01	23.9	1:22	48	19:58	6:26	1:09:35
19	Brad Addink	Iowa City	IA	24	M	75	8:23	1:32	2:14	27	40:27	23.0	1:16	8	17:30	5:38	1:09:50
20	Scott Green	Davenport	IA	34	M	16	7:13	1:19	2:33	20	39:47	23.4	1:53	18	18:31	5:58	1:09:57
21	Bob Brooker	Cedar Rapids	IA	32	M	46	7:52	1:26	2:13	16	39:34	23.6	1:17	39	19:29	6:16	1:10:25
22	Jeff Mortensen	Algona	IA	21	M	25	7:29	1:22	1:47	22	39:54	23.4	1:13	57	20:15	6:31	1:10:38
23	Jeff Runyan	Columbia	MO	20	M	2	6:24	1:10	2:06	35	40:55	22.8	1:17	51	20:06	6:28	1:10:48
24	Todd Logan	Minnetonka	MN	25	M	27	7:33	1:23	2:08	29	40:34	23.0	1:26	32	19:20	6:13	1:11:01
25	Gary McKibben	Altoona	IA	35	M	23	7:26	1:22	2:15	46	41:53	22.3	1:36	14	18:00	5:48	1:11:10
26	Jim Pollard	Boone	IA	43	M	95	8:54	1:38	2:32	36	40:59	22.7	1:20	10	17:44	5:42	1:11:29
27	Jack Needy	Columbia	MO	31	M	29	7:34	1:23	1:41	13	39:11	23.8	1:23	98	21:58	7:04	1:11:47
28	Hartmut Andres	Moline	IL	41	M	47	7:53	1:27	1:57	40	41:24	22.5	1:23	35	19:23	6:14	1:12:00
29	Dave Ladehoff	Coralville	IA	25	M	90	8:44	1:36	3:28	58	42:37	21.9	1:09	1	16:10	5:12	1:12:08
30	Dale Weber	Ames	IA	31	M	43	7:50	1:26	2:15	26	40:22	23.1	1:28	56	20:14	6:31	1:12:09
31	Tim Schardein	Bettendorf	IA	26	M	18	7:20	1:20	2:52	30	40:34	23.0	1:48	42	19:36	6:19	1:12:10
32	Brett Rooks	Des Moines	IA	23	M	7	6:43	1:14	2:00	33	40:50	22.8	1:41	74	21:00	6:46	1:12:14
33	Greg Madison	Ankeny	IA	40	M	121	9:40	1:46	2:15	28	40:27	23.0	1:41	16	18:13	5:52	1:12:16
34	Rick Seals	Burlington	IA	35	M	31	7:35	1:23	1:56	52	42:10	22.1	1:13	33	19:22	6:14	1:12:16
35	Mike Little	Columbia	MO	47	M	57	7:59	1:28	2:19	32	40:40	22.9	1:36	46	19:43	6:21	1:12:17
36	Richard Barry	Middleton	WI	49	M	56	7:58	1:27	1:57	31	40:36	23.0	1:33	58	20:15	6:31	1:12:19
37	Jeff Anker	Polk City	IA	31	M	78	8:25	1:32	2:00	55	42:27	22.0	1:18	22	18:47	6:03	1:12:57
38	Jeffrey Tuohino	Cedar Rapids	IA	34	M	50	7:54	1:27	2:19	34	40:52	22.8	1:55	52	20:11	6:30	1:13:11
39	Kevin Drake	Cedar Rapids	IA	28	M	133	9:55	1:49	1:12	43	41:31	22.5	1:41	24	18:53	6:05	1:13:12
40	Henry Imberti	Boone	IA	31	M	22	7:25	1:21	2:11	41	41:25	22.5	1:11	80	21:10	6:49	1:13:22
41	Nick Scott	Cedar Rapids	IA	43	M	93	8:52	1:37	1:42	56	42:33	21.9	1:11	28	19:06	6:09	1:13:24
42	Corey Hardin	Des Moines	IA	25	M	30	7:34	1:23	2:10	17	39:40	23.5	2:19	94	21:42	6:59	1:13:25
43	Peter Ensink	Minneapolis	MN	29	M	45	7:51	1:26	2:07	24	40:12	23.2	2:27	72	20:58	6:45	1:13:35
44	Kenneth Collins	Omaha	NE	25	M	61	8:00	1:28	2:05	45	41:52	22.3	1:24	60	20:20	6:33	1:13:41
45	Jim Clark	Sioux City	IA	24	M	52	7:55	1:27	1:50	37	41:03	22.7	1:28	87	21:29	6:55	1:13:45
46	John Miller	Woodbury	MN	37	M	26	7:31	1:22	1:59	57	42:35	21.9	1:16	63	20:37	6:38	1:13:58
47	James Clark	Ames	IA	35	M	116	9:32	1:45	2:06	18	39:40	23.5	1:37	75	21:06	6:47	1:14:01
48	Billy Peterman	Iowa City	IA	36	M	72	8:19	1:31	2:03	60	42:45	21.8	1:31	45	19:38	6:19	1:14:16
49	Joel Hennings	Omaha	NE	21	M	88	8:40	1:35	2:14	25	40:20	23.1	1:28	92	21:39	6:58	1:14:21
50	David Dorff	Des Moines	IA	37	M	33	7:36	1:23	2:45	64	43:25	21.5	1:13	41	19:35	6:18	1:14:34
51	Jim Rice	Wheaton	IL	42	M	68	8:15	1:31	2:32	51	42:04	22.2	1:54	49	20:02	6:27	1:14:47
52	Kyle Tingle	Lincoln	NE	15	M	11	7:00	1:17	1:56	73	44:12	21.1	1:26	55	20:13	6:30	1:14:47
53	Jim Balstrode, Jr.	New Lenox	IL	28	M	39	7:46	1:25	1:56	48	41:57	22.2	1:21	96	21:49	7:01	1:14:49
54	Tim McAllister	Chesterfield	MO	41	M	35	7:37	1:24	2:19	61	43:05	21.6	1:47	50	20:03	6:27	1:14:51
55	Bob Ensminger	Burlington	IA	41	M	108	9:20	1:42	2:31	59	42:40	21.8	1:19	27	19:04	6:08	1:14:54
56	Porter Reed	Elgin	IL	48	M	65	8:06	1:29	2:19	77	44:17	21.0	1:19	29	19:11	6:10	1:15:12
57	John Bannantine	Ames	IA	29	M	98	8:59	1:39	2:23	62	43:15	21.6	1:28	34	19:22	6:14	1:15:27
58	Bill Oertel	W. Des Moines	IA	48	M	114	9:30	1:44	2:26	42	41:27	22.5	1:24	67	20:44	6:40	1:15:31
59	Lynn Vogt	Ankeny	IA	46	M	63	8:01	1:28	1:55	49	42:00	22.2	1:20	117	22:31	7:15	1:15:47
60	Mark Robinson	Omaha	NE	30	M	55	7:57	1:27	2:19	78	44:20	21.0	1:29	47	19:49	6:23	1:15:54
61	Steve Cline	Burlington	IA	40	M	84	8:36	1:34	2:15	100	45:58	20.3	1:12	13	17:54	5:46	1:15:55
62	Lance Elliot	Ames	IA	24	M	176	11:15	2:03	2:13	71	43:59	21.2	1:39	2	16:54	5:26	1:16:00
63	John Mitchell	Bellevue	NE	33	M	89	8:41	1:35	2:40	39	41:12	22.6	1:31	99	21:58	7:04	1:16:02
64	James Randall	Grinnell	IA	23	M	8	6:43	1:14	2:19	70	43:52	21.2	1:52	83	21:20	6:52	1:16:06
65	David Scott	Cedar Rapids	IA	13	M	6	6:41	1:13	1:27	89	45:13	20.6	1:30	88	21:29	6:55	1:16:20
66	Kevin Bowden	Cedar Rapids	IA	27	M	74	8:21	1:32	2:13	76	44:13	21.1	1:29	53	20:11	6:30	1:16:27
67	Curt Rohrig	Fremont	NE	40	M	181	11:30	2:06	1:39	44	41:33	22.4	1:18	62	20:32	6:37	1:16:32
68	Jeff Schmitt	Topoeoka	KS	22	M	71	8:17	1:31	1:52	63	43:19	21.5	1:09	104	22:08	7:07	1:16:45
69	Justin Gottschalk	Ames	IA	21	M	41	7:47	1:25	2:29	97	45:45	20.4	2:07	23	18:50	6:04	1:16:58
70	Jim Gerk	Cedar Rapids	IA	39	M	104	9:16	1:42	1:54	69	43:49	21.3	1:27	66	20:40	6:39	1:17:06
71	John Taylor III	Des Moines	IA	36	M	107	9:19	1:42	2:42	83	44:44	20.8	1:21	37	19:24	6:15	1:17:30
72	Tim Holmstrom	Ames	IA	38	M	122	9:42	1:46	2:36	53	42:16	22.1	1:47	84	21:20	6:52	1:17:41
73	CJ Sovada	Omaha	NE	23	M	58	7:59	1:28	2:18	84	44:44	20.8	1:36	79	21:08	6:48	1:17:45
74	Lance Bramley	Davenport	IA	23	M	69	8:15	1:31	2:15	85	44:53	20.8	1:18	76	21:06	6:47	1:17:47
75	Mark Corley	Cedar Falls	IA	33	M	67	8:08	1:29	2:32	67	43:43	21.3	1:33	107	22:10	7:08	1:18:06
76	Chris Gloe	Cedar Rapids	IA	22	M	136	10:02	1:50	2:08	66	43:39	21.4	1:51	61	20:29	6:36	1:18:09
77	Tim Klatt	Cedar Falls	IA	37	M	99	8:59	1:39	2:10	81	44:30	20.9	1:39	69	20:55	6:44	1:18:13
78	Jeff Oakey	Mankato	MN	22	M	62	8:00	1:28	2:05	50	42:02	22.2	1:33	168	24:58	8:02	1:18:38
79	Richard Clark	Tiburon	CA	56	M	106	9:18	1:42	3:13	72	44:10	21.1	1:20	64	20:38	6:38	1:18:39
80	Chad Juel	Shell Rock	IA	17	M	139	10:09	1:51	2:03	101	46:04	20.2	1:05	36	19:23</		

98	Robert Murphy	Cedar Rapids	IA	27	M	134	10:00	1:50	2:26	133	48:19	19.3	1:46	38	19:28	6:16	1:21:59
99	David Fosbinder	Fremont	NE	51	M	127	9:48	1:48	2:35	90	45:17	20.6	1:27	128	22:54	7:22	1:22:01
100	Tom Henson	Marion	IA	38	M	151	10:26	1:54	2:04	88	45:10	20.6	2:01	115	22:29	7:14	1:22:10
101	Jeffrey Ryan	Ankeny	IA	40	M	76	8:23	1:32	3:37	123	47:19	19.7	1:30	90	21:31	6:56	1:22:20
102	CJ Ong	Cedar Rapids	IA	37	M	100	9:05	1:40	3:22	80	44:25	21.0	2:46	122	22:44	7:19	1:22:22
103	Frederic Mazieres	Davenport	IA	24	M	53	7:56	1:27	2:37	108	46:30	20.0	1:46	142	23:37	7:36	1:22:26
104	Richard Nehring	Alden	IA	55	M	161	10:37	1:56	3:07	94	45:37	20.4	1:34	91	21:37	6:57	1:22:32
105	Bill Vipond	Ankeny	IA	31	M	86	8:38	1:35	3:26	114	46:59	19.8	1:31	103	22:01	7:05	1:22:35
106	Tim Leist	Iowa City	IA	27	M	120	9:39	1:46	3:13	105	46:14	20.2	1:24	109	22:13	7:09	1:22:43
107	Jay Marshall	Lincoln	NE	36	M	91	8:45	1:36	3:10	126	47:29	19.6	1:58	85	21:23	6:53	1:22:45
108	Tom Bullers	Iowa City	IA	28	M	97	8:56	1:38	2:20	96	45:42	20.4	1:40	155	24:15	7:48	1:22:53
109	Charles Toler	Papillion	NE	25	M	94	8:52	1:37	3:26	75	44:12	21.1	1:47	162	24:45	7:58	1:23:02
110	Max Davidson	Britton	SD	44	M	162	10:37	1:56	2:28	98	45:48	20.4	1:42	119	22:33	7:15	1:23:08
111	Michael Hook	Hiawatha	IA	37	M	156	10:31	1:55	2:48	121	47:16	19.7	1:35	89	21:30	6:55	1:23:40
112	Dave Dutton	Waterloo	IA	59	M	126	9:46	1:47	2:38	120	47:13	19.7	2:08	100	21:58	7:04	1:23:43
113	Roc Kammerer	Iowa City	IA	36	M	101	9:08	1:40	3:49	151	50:05	18.6	1:35	40	19:33	6:18	1:24:10
114	Scott Wiley	Mason City	IA	26	M	158	10:35	1:56	2:14	117	47:04	19.8	1:53	120	22:36	7:16	1:24:22
115	Travis Lee	Muscatine	IA	15	M	20	7:23	1:21	2:19	92	45:26	20.5	1:41	193	27:48	8:57	1:24:37
116	John Jensen	Cedar Rapids	IA	30	M	87	8:38	1:35	3:34	128	47:50	19.5	1:35	133	23:10	7:27	1:24:47
117	Reggie Hastings	Fairfax	IA	34	M	182	11:30	2:06	2:59	110	46:44	19.9	1:13	113	22:22	7:12	1:24:48
118	Chris O'Hara	Cedar Rapids	IA	25	M	109	9:20	1:42	2:20	116	47:01	19.8	1:46	159	24:26	7:52	1:24:53
119	Craig Murphy	Burlington	IA	23	M	123	9:42	1:46	2:51	127	47:45	19.5	1:43	132	23:05	7:26	1:25:06
120	Kurt Weakland	W. Des Moines	IA	25	M	103	9:09	1:40	2:27	125	47:26	19.6	1:59	154	24:09	7:46	1:25:10
121	Bart Hobson	Madison	WI	46	M	115	9:31	1:44	2:41	135	48:24	19.3	1:48	126	22:52	7:22	1:25:16
122	Greg Collins	Des Moines	IA	32	M	138	10:08	1:51	2:21	118	47:10	19.8	1:48	156	24:18	7:49	1:25:45
123	Joel Conrad	Cedar Rapids	IA	26	M	140	10:09	1:51	2:55	140	49:03	19.0	1:29	112	22:19	7:11	1:25:55
124	Craig Marrs	Ames	IA	33	M	179	11:29	2:06	2:31	104	46:13	20.2	2:06	146	23:39	7:37	1:25:58
125	Warren Tunwall	Iowa City	IA	34	M	21	7:23	1:21	2:57	175	52:00	17.9	1:03	121	22:38	7:17	1:26:01
126	Donald Lewis	Columbia	MO	59	M	193	12:28	2:17	3:41	115	47:00	19.8	1:34	86	21:28	6:55	1:26:11
127	Dave Beastrom	Cedar Rapids	IA	35	M	165	10:50	1:59	3:14	129	47:50	19.5	1:56	114	22:24	7:13	1:26:14
128	Michael Murphy	Iowa City	IA	30	M	166	10:50	1:59	2:32	106	46:26	20.1	1:43	161	24:44	7:58	1:26:15
129	Kevin Moss	Bondurant	IA	38	M	154	10:30	1:55	3:30	131	48:11	19.3	1:53	111	22:17	7:10	1:26:21
130	Greg Steiner	Cedar Rapids	IA	38	M	145	10:18	1:53	3:02	142	49:15	18.9	1:19	116	22:29	7:14	1:26:23
131	Lyle Roberts	Burlington	IA	63	M	160	10:36	1:56	2:25	107	46:27	20.1	2:05	165	24:51	8:00	1:26:24
132	Wayne Huebner	Iowa City	IA	31	M	14	7:07	1:18	3:08	156	50:30	18.5	1:55	152	24:02	7:44	1:26:42
133	Nick Gearhart	Cedar Rapids	IA	44	M	24	7:26	1:22	2:21	154	50:24	18.5	2:06	160	24:39	7:56	1:26:56
134	Peter Honsell	Fairfax	IA	27	M	102	9:08	1:40	3:00	109	46:42	20.0	1:53	183	26:30	8:32	1:27:13
135	Michael Dankert	Cedar Rapids	IA	28	M	81	8:30	1:33	3:01	122	47:16	19.7	1:46	185	26:44	8:36	1:27:17
136	Anthony Kruegger	Glen Ellyn	IL	30	M	163	10:44	1:58	3:13	99	45:55	20.3	2:23	174	25:23	8:10	1:27:38
137	David Hart	Cedar Rapids	IA	38	M	142	10:12	1:52	3:23	149	49:58	18.7	1:19	125	22:47	7:20	1:27:39
138	Tom Suckow	W. Des Moines	IA	41	M	173	11:09	2:02	2:53	134	48:20	19.3	1:52	147	23:47	7:37	1:27:54
139	Chris Kulish	Cedar Rapids	IA	28	M	144	10:14	1:52	2:34	143	49:39	18.8	1:57	141	23:32	7:34	1:27:56
140	Michael Shepardson	Des Moines	IA	29	M	178	11:27	2:06	3:57	145	49:40	18.8	2:15	70	20:56	6:44	1:28:15
141	Alan Kittleson	Mason City	IA	44	M	111	9:27	1:44	3:18	153	50:13	18.6	2:02	137	23:21	7:31	1:28:21
142	Tim Ilten	Cedar Rapids	IA	33	M	85	8:36	1:34	4:51	144	49:39	18.8	2:03	134	23:14	7:29	1:28:23
143	Brian Long	Cedar Rapids	IA	26	M	180	11:29	2:06	2:10	152	50:06	18.6	1:09	143	23:38	7:36	1:28:32
144	Mike Ament	Cedar Rapids	IA	34	M	146	10:19	1:53	3:29	182	52:52	17.6	1:21	65	20:39	6:39	1:28:40
145	Ed Ricciardelli	Iowa City	IA	36	M	148	10:20	1:53	3:07	163	50:54	18.3	2:03	110	22:16	7:10	1:28:40
146	Robert Harkemeyer	Cedar Rapids	IA	33	M	215	16:27	3:01	2:59	111	46:45	19.9	1:47	73	20:59	6:45	1:28:57
147	Todd Schweikert	Ames	IA	15	M	80	8:28	1:33	3:14	157	50:40	18.4	1:44	170	25:01	8:03	1:29:07
148	Matt Tippie	Cedar Rapids	IA	39	M	209	14:28	2:39	3:17	130	47:50	19.5	2:28	78	21:07	6:48	1:29:10
149	Kent Mattison	Cedar Rapids	IA	43	M	184	11:44	2:09	3:21	168	51:20	18.2	0:59	97	21:55	7:03	1:29:19
150	Chris Tyler	Iowa City	IA	24	M	83	8:35	1:34	2:26	160	50:52	18.3	2:11	175	25:25	8:11	1:29:29
151	Jim Flynn	Cedar Rapids	IA	56	M	159	10:35	1:56	3:42	147	49:50	18.7	1:54	149	23:59	7:43	1:30:00
152	John Norris	Iowa City	IA	36	M	171	11:04	2:01	4:15	136	48:47	19.1	1:33	158	24:23	7:51	1:30:02
153	Robert McKeague	Villa Park	IL	70	M	152	10:26	1:54	2:42	176	52:03	17.9	2:14	123	22:44	7:19	1:30:09
154	Ryan Rothermel	Antioch	IL	13	M	37	7:42	1:24	2:24	189	54:38	17.1	1:51	148	23:57	7:43	1:30:32
155	Jay Strief	Cedar Rapids	IA	20	M	175	11:14	2:03	2:54	164	50:58	18.3	1:29	150	24:00	7:43	1:30:35
156	James Swisher	Burlington	IA	19	M	49	7:53	1:27	2:57	148	49:55	18.7	1:41	196	28:09	9:04	1:30:35
157	Patrick Williams	Cedar Rapids	IA	30	M	141	10:10	1:52	4:07	169	51:23	18.1	1:24	144	23:38	7:36	1:30:42
158	Bob Holst	Des Moines	IA	40	M	183	11:35	2:07	3:06	161	50:52	18.3	2:05	140	23:31	7:34	1:31:09
159	David Krempasky	Cedar Rapids	IA	28	M					179	52:16	17.8	1:33	163	24:48	7:59	1:31:11
160	Richard Wyss	Iowa City	IA	37	M	167	10:52	1:59	4:15	132	48:13	19.3	1:31	180	26:23	8:30	1:31:14
161	Gray Hencken	Iowa City	IA	23	M	128	9:48	1:48	2:59	187	54:25	17.1	1:12	129	22:59	7:24	1:31:23
162	Mike Kimbel	Iowa City	IA	29	M	73	8:20	1:31	2:17	165	51:09	18.2	2:01	191	27:43	8:55	1:31:30
163	Mike Travagiakis	Cedar Rapids	IA	36	M	190	12:05	2:13	2:21	178	52:07	17.9	1:38	138	23:21	7:31	1:31:32
164	Philip Netolicky	Cedar Rapids	IA	26	M	168	10:52	1:59	4:10	185	53:37	17.4	1:53	77	21:06	6:47	1:31:38
165	Jeff Duce	N. Kansas City	MO	40	M	124	9:42	1:46	3:56	139	49:01	19.0	2:18	186	26:47	8:37	1:31:44
166	Matt Gamundoy	Shell Rock	IA	16	M	135	10:00	1:50	2:39	137	48:49	19.1	1:36	198	28:41	9:14	1:31:45
167	Rick Spear	Iowa City	IA	35	M	196	12:49	2:21	3:09	141	49:04	19.0	1:42	171	25:06	8:05	1:31:50
168	Mike Burk	Minnetonka	MN	50	M	170	10:56	2:00	6:01	150	50:01	18.6	1:53	130	23:01	7:24	1:31:52
169	Alexander Taylor	Cedar Rapids	IA	33	M	188	11:55	2:11	3:03	173	51:55	18.0	2:29	124	22:45	7:19	1:32:07
170	Chris Cardinale	Cedar Rapids	IA	33	M	164	10:45	1:58	3:23	186	53:58	17.3	2:14	95	21:48	7:01	1:32:08
171	Bill Dawes	Des Moines	IA	32	M	137	10:05	1:51	3:20	158	50:45	18.4	1:59	181	26:28	8:31	1:32:37
172	Dan Norris	Ames	IA	43	M	200	13:04	2:23	3:31	146	49:40	18.8	1:15	173	25:22	8:10	1:32:52
173	Richard Woodbury	Shoreview	MN	50	M	105	9:17	1:42	3:31	159	50:49	18.3	2:56	182	26:29	8:31	1:33:02
174	Clay Netusil	Carroll	IA	31	M	54	7:56	1:27	3:31	177	52:04	17.9	1:23	197	28:16	9:06	1:33:10
175	Michael Duffy	Cedar Rapids	IA	25	M	202	13:30	2:28	2:32	119	47:12	19.2	2:43	188	27:18	8:47	1:33:15
176	Jim McMahan	Garner	IA	47	M	130	9:51	1:48	3:51	166	51:11	18.2	2:14	187	26:52	8:39	1:33:59
177	Richard Anton	Nashville	TN														



TEAM COMPETITION

TOTAL PLACE	DIV PLC	TEAM MEMBERS:	SWIM 100	TRAN	BIKE	TRAN	RUN	TOTAL
=====	=====	=====	plc time yds	time	plc time mph	time	plc time pace	TIME
1	1/1	Tri-N-Fam	Cheryl Miller , Jay Miller , Benjamin Miller					
2	1/3	Pig-I's	2 7:54 1:27 1:18 1 44:07 21.1	0:51	2	21:05	6:47	1:15:15
3	2/3	2 Chucks & Mike	3 8:01 1:28 1:26 2 44:55 20.8	0:48	4	22:42	7:18	1:17:52
4	3/3	O'Connor-Wiedner-Glantz	1 7:20 1:20 1:12 3 50:57 18.3	0:57	1	20:05	6:28	1:20:31
5	1/2	Frantz-Lensch-Jiruska	4 11:28 2:06 2:00 5 56:27 16.5	1:10	5	23:58	7:43	1:35:03
6	2/2	Tender-loins	Karin Frantz , Stacey Lensch , Sue Jiruska	1:18	6	27:40	8:54	1:36:51
			5 11:45 2:09 2:03 4 54:05 17.2					
			Lindsay Smith , Janet George , Kari Wymore	1:09	3	21:32	6:56	1:42:56
			6 17:21 3:10 1:55 6 1:00:59 15.3					

TOP 10 SWIM

TOT PLC	NAME	CITY	ST	AGE	S	SWIM 100
=====	=====	=====	=====	=====	=====	time yds
1	Becky Gibbs	Minnetonka	MN	20	F	6:06 1:07
2	Eric White	Bloomington	MN	24	M	6:17 1:09
3	Jeff Runyan	Columbia	MO	20	M	6:24 1:10
4	Barb Pranger	Iowa City	KS	25	F	6:26 1:11
5	Mike Sweeney, Jr.	Grand Forks	ND	26	M	6:27 1:11
6	Marcia Samsel	Coralville	IA	25	F	6:34 1:12
7	Kevin O'Connor	Maple Plain	MN	24	M	6:37 1:13
8	Eric Patterson	Lawrence	KS	25	M	6:41 1:13
9	David Scott	Cedar Rapids	IA	13	M	6:41 1:13
10	James Randall	Grinnell	IA	23	M	6:43 1:14

TOP 10 FIRST TRANSITIONS

TOT PLC	NAME	CITY	ST	AGE	S	TRAN
=====	=====	=====	=====	=====	=====	time
1	Kevin Drake	Cedar Rapids	IA	28	M	1:12
2	David Scott	Cedar Rapids	IA	13	M	1:27
3	Rich Kendall	Des Moines	IA	27	M	1:29
4	Scott Witthoff	Lincoln	NE	28	M	1:32
5	Stephen Witkus	Coralville	IA	30	M	1:32
6	Eric White	Bloomington	MN	24	M	1:34
7	Peter Ylvisaker	Marion	IA	32	M	1:38
8	Stephen Gang	Rock Island	IL	38	M	1:39
9	Curt Rohrig	Fremont	NE	40	M	1:39
10	Kevin O'Connor	Maple Plain	MN	24	M	1:41

TOP 10 BIKES

TOT PLC	NAME	CITY	ST	AGE	S	BIKE
=====	=====	=====	=====	=====	=====	time mph
1	Kevin O'Connor	Maple Plain	MN	24	M	35:56 25.9
2	Keith Dunn	Chicago	IL	33	M	37:13 25.0
3	Peter Saurugger	Des Moines	IA	37	M	37:24 24.9
4	Scott Witthoff	Lincoln	NE	28	M	37:50 24.6
5	Timothy Valley	Middleton	WI	26	M	37:57 24.6
6	John Punkiewicz	Rock Island	IL	44	M	38:18 24.3
7	Rich Kendall	Des Moines	IA	27	M	38:23 24.3
8	Mike Sweeney, Jr.	Grand Forks	ND	26	M	38:32 24.2
9	Stephen Witkus	Coralville	IA	30	M	38:33 24.2
10	Timothy Mooney	Minneapolis	MN	29	M	38:50 24.0

TOP 10 SECOND TRANSITIONS

TOT PLC	NAME	CITY	ST	AGE	S	TRAN
=====	=====	=====	=====	=====	=====	time
1	Kent Mattison	Cedar Rapids	IA	43	M	0:59
2	Warren Tunwall	Iowa City	IA	34	M	1:03
3	Timothy Mooney	Minneapolis	MN	29	M	1:05
4	Chad Juel	Shell Rock	IA	17	M	1:05
5	Mike Sweeney, Jr.	Grand Forks	ND	26	M	1:08
6	Jeff Schmitt	Topoeke	KS	22	M	1:09
7	Dave Ladehoff	Coralville	IA	25	M	1:09
8	Brian Long	Cedar Rapids	IA	26	M	1:09
9	Eric White	Bloomington	MN	24	M	1:11
10	Becky Gibbs	Minnetonka	MN	20	F	1:11

TOP 10 RUNS

TOT PLC	NAME	CITY	ST	AGE	S	RUN
=====	=====	=====	=====	=====	=====	time pace
1	Dave Ladehoff	Coralville	IA	25	M	16:10 5:12
2	Lance Elliot	Ames	IA	24	M	16:54 5:26
3	Kevin O'Connor	Maple Plain	MN	24	M	16:59 5:28
4	Eric Patterson	Lawrence	KS	25	M	17:01 5:29
5	Stephen Gang	Rock Island	IL	38	M	17:10 5:32
6	Timothy Valley	Middleton	WI	26	M	17:14 5:33
7	Brad Addink	Iowa City	IA	24	M	17:30 5:38
8	Keith Dunn	Chicago	IL	33	M	17:30 5:38
9	Doug Agne	Lincoln	NE	25	M	17:32 5:39
10	Jim Pollard	Boone	IA	43	M	17:44 5:42

MALE AGE GROUP RESULTS 13 - 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	1	6:41	1:13	1:27	1	45:13	20.6	1:30	1	21:29	6:55	1:16:20
2 Ryan Rothermel	Antioch	IL	13	M	2	7:42	1:24	2:24	2	54:38	17.1	1:51	3	23:57	7:43	1:30:32
3 Sean Hughley	Coralville	IA	14	M	4	11:55	2:11	1:58	3	1:00:59	15.3	1:26	2	22:09	7:08	1:38:27

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 Aryn Flood	Cumming	IA	15	F	1	8:19	1:31	2:12	1	50:50	18.3	1:21	1	28:13	9:05	1:30:55

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 Kyle Tingle	Lincoln	NE	15	M	1	7:00	1:17	1:56	1	44:12	21.1	1:26	1	20:13	6:30	1:14:47
2 Ty Thompson	Muscatine	IA	15	M	3	8:06	1:29	2:18	2	44:25	21.0	1:41	2	23:20	7:31	1:19:50
3 Travis Lee	Muscatine	IA	15	M	2	7:23	1:21	2:19	3	45:26	20.5	1:41	4	27:48	8:57	1:24:37
4 Todd Schweikert	Ames	IA	15	M	4	8:28	1:33	3:14	5	50:40	18.4	1:44	3	25:01	8:03	1:29:07
5 Matt Gamundoy	Shell Rock	IA	16	M	6	10:00	1:50	2:39	4	48:49	19.1	1:36	5	28:41	9:14	1:31:45
6 Darin Kueker	Shell Rock	IA	16	M	5	9:50	1:48	3:18	6	51:34	18.1	2:07	6	34:46	11:11	1:41:35

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 Christie Sackett	Manchester	IA	19	F	1	10:36	1:56	3:49	1	1:01:56	15.0	1:23	1	25:45	8:17	1:43:29

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 Chad Juel	Shell Rock	IA	17	M	3	10:09	1:51	2:03	1	46:04	20.2	1:05	1	19:23	6:14	1:18:44
2 Brad Dameron	Burlington	IA	19	M	2	7:59	1:28	2:39	2	46:46	19.9	1:21	2	21:59	7:05	1:20:44
3 James Swisher	Burlington	IA	19	M	1	7:53	1:27	2:57	3	49:55	18.7	1:41	4	28:09	9:04	1:30:35
4 James Sands	Marion	IA	19	M	4	16:12	2:58	3:42	4	51:19	18.2	1:46	3	24:52	8:00	1:37:51

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 Becky Gibbs	Minnetonka	MN	20	F	1	6:06	1:07	1:57	1	44:56	20.7	1:11	2	20:48	6:42	1:14:58
2 Sophie Brodeen	Davenport	IA	22	F	2	7:23	1:21	2:20	3	47:42	19.5	1:58	4	22:38	7:17	1:22:01
3 Kris Nelson	Wauaukee	WI	24	F	7	10:38	1:57	1:51	2	45:19	20.6	1:39	5	23:10	7:27	1:22:37
4 Staci Sparks	Iowa City	IA	21	F	8	10:54	2:00	2:19	7	48:30	19.2	1:34	1	20:23	6:34	1:23:40
5 Terri Muchz	Iowa City	IA	23	F	3	7:36	1:23	2:00	5	48:04	19.4	1:59	6	24:17	7:49	1:23:56
6 Christine Sch-Hein	Kirkville	MO	22	F	9	11:54	2:11	2:36	4	47:55	19.5	1:24	3	21:41	6:59	1:25:30
7 Marnie Titus	Omaha	NE	24	F	6	10:12	1:52	2:38	6	48:17	19.3	2:17	7	24:46	7:58	1:28:10
8 Christine Costanza	Iowa City	IA	23	F	5	10:02	1:50	3:54	8	55:42	16.7	1:50	8	30:29	9:49	1:41:57
9 Sophie Jacob	Davenport	IA	23	F	4	7:56	1:27	3:47	9	1:01:35	15.1	1:58	9	30:29	9:49	1:45:45

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	Maple Plain	MN	24	M	3	6:37	1:13	1:41	1	35:56	25.9	1:12	2	16:59	5:28	1:02:25
2 Brian Flora	Des Moines	IA	21	M	7	7:46	1:25	1:43	2	39:06	23.8	1:16	4	18:11	5:51	1:08:02
3 Eric White	Bloomington	MN	24	M	1	6:17	1:09	1:34	3	39:51	23.4	1:11	8	20:17	6:32	1:09:10
4 Brad Addink	Iowa City	IA	24	M	16	8:23	1:32	2:14	6	40:27	23.0	1:16	3	17:30	5:38	1:09:50
5 Jeff Mortensen	Algona	IA	21	M	6	7:29	1:22	1:47	4	39:54	23.4	1:13	7	20:15	6:31	1:10:38
6 Jeff Runyan	Columbia	MO	20	M	2	6:24	1:10	2:06	8	40:55	22.8	1:17	6	20:06	6:28	1:10:48
7 Brett Rooks	Des Moines	IA	23	M	4	6:43	1:14	2:00	7	40:50	22.8	1:41	10	21:00	6:46	1:12:14
8 Jim Clark	Sioux City	IA	24	M	10	7:55	1:27	1:50	9	41:03	22.7	1:28	14	21:29	6:55	1:13:45
9 Joel Hennings	Omaha	NE	21	M	18	8:40	1:35	2:14	5	40:20	23.1	1:28	15	21:39	6:58	1:14:21
10 Lance Elliot	Ames	IA	24	M	24	11:15	2:03	2:13	15	43:59	21.2	1:39	1	16:54	5:26	1:16:00
11 James Randall	Grinnell	IA	23	M	5	6:43	1:14	2:19	14	43:52	21.2	1:52	13	21:20	6:52	1:16:06
12 Jeff Schmitt	Topoeaka	KS	22	M	15	8:17	1:31	1:52	12	43:19	21.5	1:09	17	22:08	7:07	1:16:45
13 Justin Gottschalk	Ames	IA	21	M	8	7:47	1:25	2:29	19	45:45	20.4	2:07	5	18:50	6:04	1:16:58
14 CJ Sovada	Omaha	NE	23	M	12	7:59	1:28	2:18	16	44:44	20.8	1:36	12	21:08	6:48	1:17:45
15 Lance Bramley	Davenport	IA	23	M	14	8:15	1:31	2:15	17	44:53	20.8	1:18	11	21:06	6:47	1:17:47
16 Chris Gloe	Cedar Rapids	IA	22	M	22	10:02	1:50	2:08	13	43:39	21.4	1:51	9	20:29	6:36	1:18:09
17 Jeff Oakey	Mankato	MN	22	M	13	8:00	1:28	2:05	10	42:02	22.2	1:33	24	24:58	8:02	1:18:38
18 Russell Wyse	Ames	IA	24	M	19	9:34	1:45	2:43	11	42:26	22.0	1:56	18	22:08	7:07	1:18:47
19 George Ho, Jr.	Cedar Rapids	IA	23	M	9	7:53	1:27	3:05	18	45:07	20.7	1:54	16	21:59	7:05	1:19:58
20 Frederic Mazieres	Davenport	IA	24	M	11	7:56	1:27	2:37	20	46:30	20.0	1:46	21	23:37	7:36	1:22:26
21 Craig Murphy	Burlington	IA	23	M	20	9:42	1:46	2:51	21	47:45	19.5	1:43	20	23:05	7:26	1:25:06
22 Chris Tyler	Iowa City	IA	24	M	17	8:35	1:34	2:26	22	50:52	18.3	2:11	25	25:25	8:11	1:29:29
23 Jay Strief	Cedar Rapids	IA	20	M	23	11:14	2:03	2:54	23	50:58	18.3	1:29	22	24:00	7:43	1:30:35
24 Gray Hencken	Iowa City	IA	23	M	21	9:48	1:48	2:59	25	54:25	17.1	1:12	19	22:59	7:24	1:31:23
25 Bryan Chehock	Cedar Rapids	IA	24	M	26	13:14	2:25	4:10	24	52:42	17.7	1:38	23	24:22	7:51	1:36:06
26 John Bunting	Marion	IA	24	M	25	12:13	2:14	2:48	26	1:00:08	15.5	2:22	26	34:04	10:58	1:51:35
27 Christopher Novak	Cedar Rapids	IA	22	M	27	14:39	2:41	3:23	27	1:02:55	14.8	1:42	27	35:01	11:16	1:57:40

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 Eure	Davenport	IA	28	F	8	8:03	1:28	1:55	1	40:32	23.0	1:20	2	19:48	6:22	1:11:38
2 Marcia Samsel	Coralville	IA	25	F	2	6:34	1:12	1:49	4	42:28	21.9	1:30	3	20:17	6:32	1:12:38
3 Lisa Marshall	Des Moines	IA	27	F	12	9:24	1:43	2:22	2	41:37	22.4	1:31	1	18:16	5:53	1:13:10
4 Nathalie Laurenda	Davenport	IA	25	F	6	7:50	1:26	2:04	5	43:05	21.6	1:24	5	21:27	6:54	1:15:50
5 Amy Babcock	Davenport	IA	28	F	9	8:08	1:29	1:59	6	43:09	21.6	1:31	4	21:16	6:51	1:16:03
6 Barb Pranger	Iowa City	KS	25	F	1	6:26	1:11	1:45	3	42:20	22.0	1:20	12	24:22	7:51	1:16:13
7 Anne Schuster	Minneapolis	MN	28	F	7	7:53	1:27	2:21	7	44:06	21.1	1:54	7	22:12	7:09	1:18:26
8 Paula Jaksich	Omaha	NE	29	F	10	8:30	1:33	2:26	8	45:44	20.4	1:36	8	22:31	7:15	1:20:47
9 Kristine Toler	Papillion	NE	27	F	4	7:18	1:20	2:34	9	46:29	20.1	2:00	17	25:54	8:20	1:24:15
10 Sarah O'Byrne	Willmar	MN	27	F	18	11:11	2:03	3:14	10	48:01	19.4	2:17	6	21:53	7:03	1:26:36
11 Lori Moore	Iowa City	IA	26	F	23	12:25	2:16	2:16	11	49:05	19.0	1:44	9	22:52	8:46	1:29:50
12 Marilyn Hall	Iowa City	IA	25	F	3	7:07	1:18	2:49	12	51:15	18.2	1:25	19	27:14	8:46	1:29:50
13 Jes Leburn	Davenport	IA	27	F	15	10:19	1:53	2:32	13	51:24	18.1	2:				



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 Mike Sweeney, Jr.	Grand Forks	ND	26	M	1	6:27	1:11	1:55	4	38:32 24.2	1:08	5	17:54	5:46	1:05:56
2 Timothy Valley	Middleton	WI	26	M	10	7:37	1:24	1:47	2	37:57 24.6	1:25	3	17:14	5:33	1:06:00
3 Scott Witthoff	Lincoln	NE	28	M	3	6:46	1:14	1:32	1	37:50 24.6	1:17	9	19:03	6:08	1:06:28
4 Doug Agne	Lincoln	NE	25	M	5	7:06	1:18	1:52	8	39:42 23.5	1:19	4	17:32	5:39	1:07:31
5 Timothy Mooney	Minneapolis	MN	29	M	6	7:13	1:19	1:42	5	38:50 24.0	1:05	7	18:41	6:01	1:07:31
6 Andrew O'Brien	Mason City	IA	26	M	4	7:03	1:17	1:46	6	39:34 23.6	1:15	6	18:25	5:56	1:08:03
7 Rich Kendall	Des Moines	IA	27	M	11	7:40	1:24	1:29	3	38:23 24.3	1:27	10	19:19	6:13	1:08:18
8 Eric Patterson	Lawrence	KS	25	M	2	6:41	1:13	2:01	14	41:56 22.2	1:23	2	17:01	5:29	1:09:02
9 Todd Logan	Minnetonka	MN	25	M	8	7:33	1:23	2:08	10	40:34 23.0	1:26	11	19:20	6:13	1:11:01
10 Dave Ladarhoff	Coralville	IA	25	M	19	8:44	1:36	3:28	16	42:37 21.9	1:09	1	16:10	5:12	1:12:08
11 Tim Schardein	Bettendorf	IA	26	M	7	7:20	1:20	2:52	11	40:34 23.0	1:48	14	19:36	6:19	1:12:10
12 Kevin Drake	Cedar Rapids	IA	28	M	27	9:55	1:49	1:12	12	41:31 22.5	1:41	8	18:53	6:05	1:13:12
13 Corey Hardin	Des Moines	IA	25	M	9	7:34	1:23	2:10	7	39:40 23.5	2:19	21	21:42	6:59	1:13:25
14 Corey Ensink	Minneapolis	MN	29	M	13	7:51	1:26	2:07	9	40:12 23.2	2:27	18	20:58	6:45	1:13:35
15 Kenneth Collins	Omaha	NE	25	M	14	8:00	1:28	2:05	13	41:52 22.3	1:24	16	20:20	6:33	1:13:41
16 Jim Balstrode, Jr.	New Lenox	IL	28	M	12	7:46	1:25	1:56	15	41:57 22.2	1:21	22	21:49	7:01	1:14:49
17 John Bannantine	Ames	IA	29	M	22	8:59	1:39	2:23	17	43:15 21.6	1:28	12	19:22	6:14	1:15:27
18 Kevin Bowden	Cedar Rapids	IA	27	M	16	8:21	1:32	2:13	20	44:13 21.1	1:29	15	20:11	6:30	1:16:27
19 Jim Gothers	Oxford	IA	27	M	17	8:26	1:33	3:08	18	43:46 21.3	2:11	20	21:13	6:50	1:18:44
20 Robert Murphy	Cedar Rapids	IA	27	M	28	10:00	1:50	2:26	29	48:19 19.3	1:46	13	19:28	6:16	1:21:59
21 Tim Leist	Iowa City	IA	27	M	26	9:39	1:46	3:13	22	46:14 20.2	1:24	23	22:13	7:09	1:22:43
22 Tom Bullers	Iowa City	IA	28	M	21	8:56	1:38	2:20	21	45:42 20.4	1:40	29	24:15	7:48	1:22:53
23 Charles Toler	Papillion	NE	25	M	20	8:52	1:37	3:26	19	44:12 21.1	1:47	31	24:45	7:58	1:23:02
24 Scott Wiley	Mason City	IA	26	M	32	10:35	1:56	2:14	25	47:04 19.8	1:53	25	22:36	7:16	1:24:22
25 Chris O'Hara	Cedar Rapids	IA	25	M	25	9:20	1:42	2:20	24	47:01 19.8	1:46	30	24:26	7:52	1:24:53
26 Kurt Weakland	W. Des Moines	IA	25	M	24	9:09	1:40	2:27	28	47:26 19.6	1:59	28	24:09	7:46	1:25:10
27 Joel Conrad	Cedar Rapids	IA	26	M	29	10:09	1:51	2:55	30	49:03 19.0	1:29	24	22:19	7:11	1:25:55
28 Peter Honsell	Fairfax	IA	27	M	23	9:08	1:40	3:00	23	46:42 20.0	1:53	35	26:30	8:32	1:27:13
29 Michael Dankert	Cedar Rapids	IA	28	M	18	8:30	1:33	3:01	27	47:16 19.7	1:46	37	26:44	8:36	1:27:17
30 Chris Kulish	Cedar Rapids	IA	28	M	30	10:14	1:52	2:34	31	49:39 18.8	1:57	26	23:32	7:34	1:27:56
31 Michael Shepardson	Des Moines	IA	29	M	34	11:27	2:06	3:57	32	49:40 18.8	2:15	17	20:56	6:44	1:28:15
32 Brian Long	Cedar Rapids	IA	26	M	35	11:29	2:06	2:10	33	50:06 18.6	1:09	27	23:38	7:36	1:28:32
33 David Krempasky	Cedar Rapids	IA	28	M					36	52:16 17.8	1:33	32	24:48	7:59	1:31:11
34 Mike Kimbel	Iowa City	IA	29	M	15	8:20	1:31	2:17	34	51:09 18.2	2:01	40	27:43	8:55	1:31:30
35 Phillip Netolicky	Cedar Rapids	IA	26	M	33	10:52	1:59	4:10	39	53:37 17.4	1:53	19	21:06	6:47	1:31:38
36 Michael Duffy	Cedar Rapids	IA	25	M	38	13:30	2:28	2:32	26	47:12 19.7	2:43	38	27:18	8:47	1:33:15
37 Steve Slechta	Freeport	IL	28	M	37	12:41	2:19	3:39	38	53:30 17.4	1:13	36	26:35	8:33	1:37:38
38 Ted Hodina	Cedar Rapids	IA	26	M	31	10:22	1:54	3:28	37	52:53 17.6	1:33	42	31:12	10:03	1:39:28
39 David Rooney	Marion	IA	28	M	39	13:30	2:28	4:53	35	51:31 18.1	2:11	39	27:35	8:53	1:39:40
40 Rhett Schindroth	Muscatine	IA	25	M	41	18:30	3:23	3:46	40	58:59 15.8	1:37	33	24:48	7:59	1:47:40
41 Bion Vance	Kansas City	MO	26	M	40	14:11	2:36	6:24	41	1:00:45 15.3	2:07	34	25:44	8:17	1:49:11
42 Jake Stigers	Cedar Rapids	IA	27	M	36	12:34	2:18	4:04	42	1:07:56 13.7	1:53	41	29:29	9:29	1:55:56

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Andrea Fischer	Columbia	MO	31	F	1	7:48	1:26	1:45	2	43:00 21.7	1:22	1	17:59	5:47	1:11:54
2 Kristin Miller	Woodbury	MN	32	F	2	8:28	1:33	2:35	1	42:59 21.7	1:12	2	19:18	6:13	1:14:32
3 Ann Parrett	Kansas City	KS	34	F	4	9:41	1:46	2:32	3	48:05 19.4	1:22	8	25:11	8:06	1:26:51
4 Jennifer Harman	Iowa City	IA	30	F	3	9:25	1:43	3:03	5	50:36 18.4	1:35	4	22:52	7:22	1:27:31
5 Marti Anton	Nashville	TN	31	F	5	9:58	1:49	3:46	4	50:23 18.5	1:52	5	23:19	7:30	1:29:18
6 Leila Mankarious	Iowa City	IA	30	F	6	10:07	1:51	3:42	7	54:49 17.0	1:40	3	22:14	7:09	1:32:32
7 Christina Colman	Thornton	IA	33	F	9	10:48	1:59	3:28	6	53:12 17.5	1:55	9	25:43	8:17	1:35:06
8 Brenda Ann Cloud	Cedar Rapids	IA	30	F	8	10:27	1:55	3:16	9	56:54 16.4	1:35	6	23:32	7:34	1:35:44
9 Melissa Burich	Iowa City	IA	32	F	10	11:14	2:03	3:53	8	55:13 16.9	2:36	7	24:32	7:54	1:37:28
10 Diane Happel	Iowa City	IA	30	F	7	10:08	1:51	4:28	10	1:04:30 14.5	2:05	11	38:43	12:28	1:59:54
11 Lisa Rhatigan	Cedar Rapids	IA	34	F	11	13:29	2:28	6:09	11	1:05:08 14.3	2:13	10	38:27	12:23	2:05:26
12 Lisa Whelan	Mount Vernon	IA	30	F	12	14:42	2:41	5:56	12	1:27:53 10.6	3:31	12	49:35	15:58	2:41:37

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Keith Dunn	Chicago	IL	33	M	7	7:48	1:26	1:45	1	37:13 25.0	1:31	1	17:30	5:38	1:05:47
2 Stephen Witkus	Coralville	IA	30	M	11	7:55	1:27	1:32	2	38:33 24.2	1:33	2	17:54	5:46	1:07:27
3 Jeff Bird	Schaumburg	IL	31	M	3	7:20	1:20	1:54	4	39:13 23.8	1:16	4	18:47	6:03	1:08:30
4 Scott Green	Davenport	IA	34	M	2	7:13	1:19	2:33	6	39:47 23.4	1:53	3	18:31	5:58	1:09:57
5 Bob Brookner	Cedar Rapids	IA	32	M	9	7:52	1:26	2:13	5	39:34 23.6	1:17	6	19:29	6:16	1:10:25
6 Jack Needy	Columbia	MO	31	M	6	7:34	1:23	1:41	3	39:11 23.8	1:23	18	21:58	7:04	1:11:47
7 Dale Weber	Ames	IA	31	M	8	7:50	1:26	2:15	7	40:22 23.1	1:28	10	20:14	6:31	1:12:09
8 Jeff Anker	Polk City	IA	31	M	15	8:25	1:32	2:00	11	42:27 22.0	1:18	5	18:47	6:03	1:12:57
9 Jeffrey Tuohino	Cedar Rapids	IA	34	M	10	7:54	1:27	2:19	8	40:52 22.8	1:55	8	20:11	6:30	1:13:11
10 Henry Imberti	Boone	IA	31	M	5	7:25	1:21	2:11	10	41:25 22.5	1:11	15	21:10	6:49	1:13:22
11 Mark Robinson	Omaha	NE	30	M	13	7:57	1:27	2:19	13	44:20 21.0	1:29	7	19:49	6:23	1:15:54
12 John Mitchell	Bellevue	NE	33	M	20	8:41	1:35	2:40	9	41:12 22.6	1:31	19	21:58	7:04	1:16:02
13 Mark Corley	Cedar Falls	IA	33	M	14	8:08	1:29	2:32	12	43:43 21.3	1:33	21	22:10	7:08	1:18:06
14 Bill Brooks	Quincy	IL	30	M	21	8:55	1:38	2:48	14	44:59 20.7	1:46	16	21:39	6:58	1:20:07
15 Peter Ylvisaker	Marion	IA	32	M	22	9:29	1:44	3:38	20	46:49 19.9	1:42	12	20:47	6:41	1:20:25
16 Bill Vipond	Ankeny	IA	31	M	18	8:38	1:35	3:26	21	46:59 19.8	1:31	20	22:01	7:05	1:22:35
17 John Jensen	Cedar Rapids	IA	30	M	19	8:38	1:35	3:34	23	47:50 19.5	1:35	25	23:10	7:27	1:24:47
18 Reggie Hastings	Fairfax	IA	34	M	34	11:30	2:06	2:59	18	46:44 19.9	1:13	22	22:22	7:12	1:24:48
19 Greg Collins	Des Moines	IA	32	M	25	10:08	1:51	2:21	22	47:10 19.8	1:48	30	24:18	7:49	1:25:45
20 Craig Marrs	Ames	IA	33	M	33	11:29	2:06	2:31	16	46:13 20.2	2:06	28	23:39	7:37	1:25:58
21 Warren Tunwall	Iowa City	IA	34	M	4	7:23	1:21	2:57	29	52:00 17.9	1:03	23	22:38	7:17	1:26:01
22 Michael Murphy	Iowa City	IA	30	M	30	10:50	1:59	2:32	17	46:26 20.1	1:43	31	24:44	7:58	1:26:15
23 Wayne Huebner	Iowa City	IA	31	M	1	7:07	1:18	3:08	25	50:30 18.5	1:55	29	24:02	7:44	1:26:42
24 Anthony Kruegger	Glen Ellyn	IL	30	M	28	10:44	1:58	3:13	15	45:55 20.3	2:23	32	25:23	8:10	1:27:38
25 Tim Ilten	Cedar Rapids	IA	33	M	17	8:36	1:34	4:51	24	49:39 18.8	2:03	26	23:14	7:29	1:28:23
26 Mike Ament	Cedar Rapids	IA	34	M	27	10:19	1:53	3:29	31	52:52 17.6	1:21	11	20:39	6:39	1:28:40
27 Robert Harkemeyer	Cedar Rapids	IA	33	M	38	16:27	3:01	2:59	19	46:45 19.9	1:47	14	20:59	6:45	1:28:57
28 Patrick Williams	Cedar Rapids	IA	30	M	26	10:10	1:52	4:07	27	51:23 18.1	1:24	27	23:38	7:36	

11	Debbie Duff	Marion	IA	35	F	13	15:32	2:50	5:07	11	1:03:17	14.7	2:16	10	29:56	9:38	1:56:08
12	Claire DuFault	Davenport	IA	39	F	11	14:04	2:34	5:53	10	1:02:51	14.8	2:31	12	34:09	10:59	1:59:28

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Peter Saurugger	Des Moines	IA	37	M	7	7:36	1:23	1:44	1	37:24	24.9	1:25	3	18:40	6:00	1:06:49
2	Stephen Gang	Rock Island	IL	38	M	1	6:53	1:16	1:39	4	40:07	23.2	1:16	1	17:10	5:32	1:07:05
3	Stu Huntley	West Des Moines	IA	35	M	2	7:21	1:21	1:53	2	39:01	23.9	1:22	10	19:58	6:26	1:09:35
4	Gary McKibben	Altoona	IA	35	M	3	7:26	1:22	2:15	5	41:53	22.3	1:36	2	18:00	5:48	1:11:10
5	Rick Seals	Burlington	IA	35	M	6	7:35	1:23	1:56	6	42:10	22.1	1:13	4	19:22	6:14	1:12:16
6	John Miller	Woodbury	MN	37	M	4	7:31	1:22	1:59	8	42:35	21.9	1:16	11	20:37	6:38	1:13:58
7	James Clark	Ames	IA	35	M	20	9:32	1:45	2:06	3	39:40	23.5	1:37	14	21:06	6:47	1:14:01
8	Billy Peterman	Iowa City	IA	36	M	11	8:19	1:31	2:03	9	42:45	21.8	1:31	9	19:38	6:19	1:14:16
9	David Dorfff	Des Moines	IA	37	M	8	7:36	1:23	2:45	10	43:25	21.5	1:13	7	19:35	6:18	1:14:34
10	Jim Gerk	Cedar Rapids	IA	39	M	18	9:16	1:42	1:54	11	43:49	21.3	1:27	12	20:40	6:39	1:17:06
11	John Taylor III	Des Moines	IA	36	M	19	9:19	1:42	2:42	15	44:44	20.8	1:21	5	19:24	6:15	1:17:30
12	Tim Holmstrom	Ames	IA	38	M	22	9:42	1:46	2:36	7	42:16	22.1	1:47	16	21:20	6:52	1:17:41
13	Tim Klatt	Cedar Falls	IA	37	M	15	8:59	1:39	2:10	14	44:30	20.9	1:39	13	20:55	6:44	1:18:13
14	Kevin Johnson	Lincoln	NE	39	M	14	8:48	1:37	3:01	18	46:08	20.2	1:14	8	19:37	6:19	1:18:48
15	Frank Ward	Omaha	NE	37	M	12	8:24	1:32	3:17	17	45:38	20.4		29	23:39	7:37	1:20:54
16	Michael Berry	Solon	IA	38	M	9	8:01	1:28	2:53	12	44:12	21.1	2:09	23	22:29	7:14	1:22:10
17	Tom Henson	Marion	IA	38	M	28	10:26	1:54	2:04	16	45:10	20.6	2:46	25	22:44	7:19	1:22:22
18	CJ Ong	Cedar Rapids	IA	37	M	16	9:05	1:40	3:22	13	44:25	21.0	1:58	17	21:23	6:53	1:22:45
19	Jay Marshall	Lincoln	NE	36	M	13	8:45	1:36	3:10	20	47:29	19.6	1:35	18	21:30	6:55	1:23:40
20	Michael Hook	Hiawatha	IA	37	M	31	10:31	1:55	2:48	19	47:16	19.7	1:35	6	19:33	6:18	1:24:10
21	Roc Kammerer	Iowa City	IA	36	M	17	9:08	1:40	3:49	30	50:05	18.6	1:56	22	22:24	7:13	1:26:14
22	Dave Beastrom	Cedar Rapids	IA	35	M	32	10:50	1:59	3:14	21	47:50	19.5	1:53	21	22:17	7:10	1:26:21
23	Kevin Moss	Bondurant	IA	38	M	30	10:30	1:55	3:30	23	48:11	19.3	1:19	24	22:29	7:14	1:26:23
24	Greg Steiner	Cedar Rapids	IA	38	M	25	10:18	1:53	3:02	28	49:15	18.9	1:19	26	22:47	7:20	1:27:39
25	David Hart	Cedar Rapids	IA	38	M	23	10:12	1:52	3:23	31	49:58	18.7	1:19	26	22:47	7:20	1:27:39
26	Ed Ricciardelli	Iowa City	IA	36	M	27	10:20	1:53	3:07	31	50:54	18.3	2:03	20	22:16	7:10	1:28:40
27	Matt Tippie	Cedar Rapids	IA	39	M	39	14:28	2:39	3:17	22	47:50	19.5	2:28	15	21:07	6:48	1:29:10
28	John Norris	Iowa City	IA	36	M	34	11:04	2:01	4:15	25	48:47	19.1	1:33	31	24:23	7:51	1:30:02
29	Richard Wygiass	Iowa City	IA	37	M	33	10:52	1:59	4:15	24	48:13	19.3	1:31	34	26:23	8:30	1:31:14
30	Mike Travagakis	Cedar Rapids	IA	36	M	35	12:05	2:13	2:21	34	52:07	17.9	1:38	28	23:21	7:31	1:31:32
31	Rick Spear	Iowa City	IA	35	M	36	12:49	2:21	3:09	27	49:04	19.0	1:42	32	25:06	8:05	1:31:50
32	Richard Anton	Nashville	TN	37	M	10	8:15	1:31	6:05	33	51:59	17.9	2:38	33	25:11	8:06	1:34:08
33	Boon Yiu Lee	Downers Grove	IL	37	M				26	48:53	19.1	2:10	19	22:11	7:08	1:34:27	
34	Ron Burton	Bousy	MN	37	M	37	14:00	2:34	3:26	35	52:35	17.7	1:31	27	23:02	7:25	1:34:34
35	Steven Keane	Cedar Rapids	IA	35	M	38	14:23	2:38	3:06	32	51:32	18.1	1:34	30	24:05	7:45	1:34:40
36	Mark Rasmussen	Jefferson	IA	39	M	26	10:19	1:53	3:22	36	55:46	16.7	1:58	37	28:43	9:15	1:40:08
37	Jon Storvick	Minneapolis	MN	39	M	24	10:12	1:52	4:18	37	56:06	16.6	1:37	36	28:05	9:02	1:40:18
38	Chris Carr	Marion	IA	35	M	5	7:33	1:23	3:05	39	1:00:10	15.5	2:08	38	28:45	9:15	1:41:41
39	John Grace	Des Moines	IA	39	M	29	10:27	1:55	3:11	38	58:52	15.8					1:43:46
40	Donald Risavi	Norfolk	NE	39	M	21	9:34	1:45	4:21	40	1:00:59	15.3	2:16	35	27:40	8:54	1:44:50

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	Cindi Scott	Cedar Rapids	IA	41	F	1	10:04	1:50	2:02	2	46:14	20.2	1:24	2	22:32	7:15	1:22:16
2	Ann Vestle	Cedar Rapids	IA	40	F	3	11:18	2:04	2:46	4	47:49	19.5	1:29	1	22:15	7:10	1:25:37
3	Deborah Hankens	Cherokee	IA	44	F	2	10:17	1:53	3:26	1	45:16	20.6	1:56	3	25:13	8:07	1:26:08
4	Tami O'Dell	Milwaukee	WI	40	F	4	11:22	2:05	3:01	3	47:42	19.5	1:53	4	25:42	8:16	1:29:40
5	Erna Steinmetz	West Des Moines	IA	42	F	5	11:37	2:07	3:52	5	52:42	17.7	2:50	5	26:51	8:39	1:37:52

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	44	M	6	8:00	1:28	1:58	1	38:18	24.3	1:12	4	18:57	6:06	1:08:25
2	Jim Pollard	Boone	IA	43	M	11	8:54	1:38	2:32	3	40:59	22.7	1:20	1	17:44	5:42	1:11:29
3	Hartmut Andres	Moline	IL	41	M	5	7:53	1:27	1:57	4	41:24	22.5	1:23	7	19:23	6:14	1:12:00
4	Greg Madison	Ankeny	IA	40	M	15	9:40	1:46	2:15	2	40:27	23.0	1:41	3	18:13	5:52	1:12:16
5	Nick Scott	Cedar Rapids	IA	43	M	10	8:52	1:37	1:42	7	42:33	21.9	1:11	6	19:06	6:09	1:13:24
6	Jim Rice	Wheaton	IL	42	M	7	8:15	1:31	2:32	6	42:04	22.2	1:54	8	20:02	6:27	1:14:47
7	Tim McAllister	Chesterfield	MO	41	M	2	7:37	1:24	2:19	9	43:05	21.6	1:47	9	20:03	6:27	1:14:51
8	Bob Ensminger	Burlington	IA	41	M	12	9:20	1:42	2:31	8	42:40	21.8	1:19	5	19:04	6:08	1:14:54
9	Steve Cline	Burlington	IA	40	M	9	8:36	1:34	2:15	12	45:58	20.3	1:12	2	17:54	5:46	1:15:55
10	Curt Rohrig	Fremont	NE	40	M	21	11:30	2:06	1:39	5	41:33	22.4	1:18	10	20:32	6:37	1:16:32
11	Jay McKee	Muscataine	IA	41	M	3	7:46	1:25	2:45	10	45:34	20.5	1:58	13	22:31	7:15	1:20:34
12	Jeff Clark	Cedar Rapids	IA	40	M	4	7:50	1:26	2:14	13	46:05	20.2	1:39	19	24:02	7:44	1:21:50
13	Jeffrey Ryan	Ankeny	IA	40	M	8	8:23	1:32	3:37	14	47:19	19.7	1:30	11	21:31	6:56	1:22:20
14	Max Davidson	Britton	SD	44	M	18	10:37	1:56	2:28	11	45:48	20.4	1:42	14	22:33	7:15	1:23:08
15	Nick Gearhart	Cedar Rapids	IA	44	M	1	7:26	1:22	2:21	19	50:24	18.5	2:06	20	24:39	7:56	1:26:56
16	Tom Suckow	W. Des Moines	IA	41	M	19	11:09	2:02	2:53	15	48:20	19.3	1:52	18	23:40	7:37	1:27:54
17	Alan Kittleson	Mason City	IA	44	M	14	9:27	1:44	3:18	18	50:13	18.6	2:02	16	23:21	7:31	1:28:21
18	Kent Mattison	Cedar Rapids	IA	43	M	23	11:44	2:09	3:21	22	51:20	18.2	0:59	12	21:55	7:03	1:29:19
19	Bob Holst	Des Moines	IA	40	M	22	11:35	2:07	3:06	20	50:52	18.3	2:05	17	23:31	7:34	1:31:09
20	Jeff Duce	N. Kansas City	MO	40	M	16	9:42	1:46	3:56	16	49:01	19.0	2:18	24	26:47	8:37	1:31:44
21	Dan Norris	Ames	IA	43	M	25	13:04	2:23	3:31	17	49:40	18.8	1:15	21	25:22	8:10	1:32:52
22	Randy King	Marion	IA	42	M	17	10:34	1:56	3:45	23	54:28	17.1	1:31	22	26:01	8:22	1:36:19
23	Marcus Rhatigan	Cedar Rapids	IA	40	M	26	15:11	2:47	4:09	21	50:52	18.3	1:39	23	26:12	8:26	1:38:03
24	Martin Lange	Portland	OR	43	M	20	11:22	2:05	4:03	25	1:03:15	14.7	2:28	15	22:52	7:22	1:44:00
25	Peter Ross-Gotta	Holton	KS	42	M	24	12:49	2:21	4:23	24	54:45	17.0	3:06	25	37:15	11:59	1:52:18

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	Renee Winn	Altoona	IA	45	F	1	12:46	2:20	6:43	1	1:01:19	15.2	1:50	1	33:25	10:45	1:56:03

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	Mike Little	Columbia	MO	47	M	2	7:59	1:28	2:19	2	4					

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 Rae Burger	Des Moines	IA	50	F	1	11:11	2:03	2:37	1	48:21	19.3	2:09	1	24:05	7:45	1:28:23

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 Craig Clark	Mason City	IA	51	M	3	10:31	1:55	2:02	2	45:20	20.6	2:10	1	21:14	6:50	1:21:17
2 David Fosbinder	Fremont	NE	51	M	2	9:48	1:48	2:35	1	45:17	20.6	1:27	2	22:54	7:22	1:22:01
3 Mike Burk	Minnetonka	MN	50	M	4	10:56	2:00	6:01	3	50:01	18.6	1:53	3	23:01	7:24	1:31:52
4 Richard Woodbury	Shoreview	MN	50	M	1	9:17	1:42	3:31	4	50:49	18.3	2:56	4	26:29	8:31	1:33:02
5 Larry Erb	Cedar Rapids	IA	50	M	5	13:02	2:23	7:05	5	54:55	17.0	2:01	5	30:28	9:48	1:47:31

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 Richard Clark	Tiburon	CA	56	M	1	9:18	1:42	3:13	1	44:10	21.1	1:20	1	20:38	6:38	1:18:39
2 Richard Nehring	Alden	IA	55	M	4	10:37	1:56	3:07	2	45:37	20.4	1:34	3	21:37	6:57	1:22:32
3 Dave Dutton	Waterloo	IA	59	M	2	9:46	1:47	2:38	4	47:13	19.7	2:08	4	21:58	7:04	1:23:43
4 Donald Lewis	Columbia	MO	59	M	5	12:28	2:17	3:41	3	47:00	19.8	1:34	2	21:28	6:55	1:26:11
5 Jim Flynn	Cedar Rapids	IA	56	M	3	10:35	1:56	3:42	5	49:50	18.7	1:54	5	23:59	7:43	1:30:00
6 Charlton Sturm	Mascoutah	IL	56	M	6	15:18	2:48	5:27	6	59:07	15.8	1:57	6	28:46	9:16	1:50:35

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	63	M	1	10:36	1:56	2:25	1	46:27	20.1	2:05	1	24:51	8:00	1:26:24

MALE AGE GROUP RESULTS 70 - 74

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 Robert McKeague	Villa Park	IL	70	M	1	10:26	1:54	2:42	1	52:03	17.9	2:14	1	22:44	7:19	1:30:09

NLIFB

The Cox Cable Little Pig Triathlon  
June 4, 1995  
Pleasant Creek State Park, Palo, IA

TOT PLC	NAME	CITY	ST	AGE	S	TOTAL TIME
1	Benjamin Miller	Lincoln	NE	12	M	33:11
2	Alex Plotz	Cedar Rapids	IA	11	M	35:23
3	Andrew Miller	Lincoln	NE	9	M	35:24
4	Billy Grow	Cedar Rapids	IA	10	M	36:32
5	Stefanie Munson	Cedar Rapids	IA	10	F	36:58
6	Les Schweikert	Ames	IA	11	M	38:08
7	James Walker	Cedar Rapids	IA	11	M	39:22
8	Jim Rice	Wheaton	IL	12	M	40:46
9	Matthew Craig	Cedar Rapids	IA	9	M	42:12
10	Andrew Visser	Cedar Rapids	IA	8	M	42:45
11	April Ogden	Cedar Rapids	IA	13	F	43:03
12	Kelly Friend	Altoona	IA	11	M	44:09
13	Lauren Henson	Marion	IA	9	F	44:16
14	Jack Ogden	Cedar Rapids	IA	9	M	44:52
15	Ashley Snitko	Cedar Rapids	IA	10	F	49:21