

Iowa's Pigman Triathlon
 June 2, 1996
 Pleasant Creek State Park, Palo, IA

TOT	DIV	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
PLC	PLC							time	yds	time	plc	time	plc	TIME				
										time	mph	time	pace					
1	1/43	Jeff Bird	Schaumburg	IL	32	M					2	37:31	24.8	1:21	2	17:01	5:29	1:05:07
2	1/44	Nicholas Ranson	Columbia	MO	25	M				1:45	1	37:13	25.0	1:15	17	18:32	5:58	1:05:35
3	1/33	Daniel Seymour	Madison	WI	35	M	2	6:20	1:09	1:38	3	37:50	24.6	1:13	21	18:40	6:00	1:05:41
4	2/44	Scott Witthoff	Lincoln	NE	29	M	4	6:49	1:15	1:41	4	38:22	24.3	1:26	23	18:48	6:03	1:07:06
5	3/44	Doug Agne	Fort Collins	CO	26	M	12	7:04	1:18	1:51	10	39:33	23.6	1:16	7	17:58	5:47	1:07:42
6	2/33	Peter Saurugger	Des Moines	IA	38	M	31	7:44	1:25	1:56	5	38:23	24.3	1:31	13	18:23	5:55	1:07:57
7	2/43	Keith Dunn	Chicago	IL	34	M	48	7:59	1:28	1:59	7	38:47	24.0	1:33	9	18:06	5:50	1:08:24
8	3/33	Stephen Gang	Rock Island	IL	39	M	18	7:10	1:19	1:49	22	40:50	22.8	1:19	4	17:31	5:38	1:08:39
9	4/44	Todd White	Maplewood	MN	28	M	8	6:59	1:17	1:38	13	40:00	23.3	1:45	16	18:30	5:57	1:08:52
10	1/17	Joel Hennings	Omaha	NE	22	M	25	7:24	1:21	1:51	6	38:46	24.0	1:22	70	20:27	6:35	1:09:50
11	2/17	Jeff Mortensen	Ames	IA	21	M	32	7:46	1:25	1:46	12	39:44	23.5	1:14	37	19:21	6:14	1:09:51
12	5/44	Mark Carey	Blue Springs	MO	25	M	6	6:53	1:16	1:44	26	41:22	22.5	1:26	25	18:50	6:04	1:10:15
13	4/33	Scott Green	Davenport	IA	35	M	19	7:11	1:19	1:57	18	40:32	23.0	2:24	11	18:12	5:51	1:10:16
14	1/12	John Punkiewicz	Rock Island	IL	45	M	40	7:53	1:27	2:28	9	39:26	23.6	1:07	46	19:34	6:18	1:10:28
15	5/33	Gary Bredehoff	Lincoln	NE	39	M	60	8:09	1:29	2:49	15	40:04	23.3	1:44	6	17:51	5:45	1:10:37
16	1/13	Andrea Fischer	Columbia	MO	32	F	52	8:03	1:28	1:56	19	40:36	23.0	1:32	26	18:50	6:04	1:10:57
17	3/17	Brian Flora	Des Moines	IA	22	M	62	8:11	1:30	1:51	14	40:03	23.3	1:29	55	19:47	6:22	1:11:21
18	6/44	Anthony Browne	Eagan	MN	26	M	17	7:09	1:18	2:22	21	40:49	22.8	1:36	45	19:31	6:17	1:11:27
19	3/43	Jack Needy	Columbia	MO	32	M	23	7:21	1:21	1:54	11	39:38	23.5	1:30	93	21:13	6:50	1:11:36
20	7/44	Sean McGowen	Chicago	IL	28	M	9	7:00	1:17	2:29	20	40:36	23.0	1:31	63	20:05	6:28	1:11:41
21	8/44	Toby Evans	Cedar Falls	IA	26	M	125	9:59	1:50	1:54	16	40:13	23.2	1:14	28	18:53	6:05	1:12:13
22	1/3	David Scott	Cedar Rapids	IA	14	M	11	7:03	1:17	1:34	52	43:29	21.4	1:29	20	18:39	6:00	1:12:14
23	6/33	Gary McKibben	Altoona	IA	36	M	55	8:04	1:29	2:27	44	43:01	21.7	1:31	5	17:31	5:38	1:12:34
24	1/29	Kent Schwitzer	Minnetonka	MN	42	M	63	8:14	1:30	2:08	25	41:01	22.7	1:28	56	19:52	6:24	1:12:43
25	4/43	Dave MacDougal	Shoreview	MN	32	M	49	8:00	1:28	2:21	27	41:26	22.5	1:22	48	19:37	6:19	1:12:46
26	9/44	Tim Bencke	Iowa City	IA	25	M	50	8:01	1:28	3:17	57	43:43	21.3	1:31	1	16:35	5:20	1:13:07
27	2/3	Tom Meersman	Arlington Heig	IL	14	M	85	8:32	1:34	2:11	30	41:48	22.3	1:19	44	19:30	6:17	1:13:20
28	4/17	Clay Bertram	Shell Rock	IA	24	M	75	8:26	1:33	1:55	34	42:11	22.1	1:26	40	19:25	6:15	1:13:23
29	2/29	Hartmut Andres	Rock Island	IL	42	M	105	9:15	1:41	1:46	28	41:28	22.5	1:30	41	19:26	6:15	1:13:25
30	1/9	Becky Gibbs	Minnetonka	MN	21	F	1	6:08	1:07	1:56	58	43:43	21.3	1:17	66	20:22	6:33	1:13:26
31	10/44	Kenneth Collins	Omaha	NE	26	M	47	7:57	1:27	2:04	24	40:57	22.8	1:30	84	21:04	6:47	1:13:32
32	11/44	Kevin Drake	Cedar Rapids	IA	29	M	134	10:10	1:52	3:31	8	38:55	24.0	1:32	43	19:28	6:16	1:13:36
33	5/17	Jason Markuardt	Yankton	SD	22	M	79	8:28	1:33	1:37	68	44:16	21.1	1:14	18	18:33	5:58	1:14:08
34	2/13	Amy Doyle	Bettendorf	IA	32	F	86	8:34	1:34	2:05	41	42:46	21.8	1:31	33	19:14	6:11	1:14:10
35	12/44	Kevin Bowden	Cedar Rapids	IA	27	M	45	7:55	1:27	2:16	59	43:49	21.3	1:22	27	18:51	6:04	1:14:13
36	13/44	Dave Ladehoff	Coralville	IA	26	M	43	7:54	1:27	3:52	63	43:56	21.2	1:19	3	17:14	5:33	1:14:15
37	14/44	Bill Manhart	Omaha	NE	29	M	7	6:56	1:16	2:26	36	42:14	22.1	1:40	82	21:02	6:46	1:14:18
38	1/7	Richard Barry	Middleton	WI	50	M	74	8:25	1:32	1:58	31	41:54	22.2	1:14	81	21:00	6:46	1:14:31
39	3/29	Nick Scott	Cedar Rapids	IA	44	M	101	9:05	1:40	1:53	45	43:09	21.6	1:14	34	19:14	6:11	1:14:35
40	2/12	Barry Gerst	Edina	MN	48	M	41	7:53	1:27	2:35	42	42:48	21.8	1:31	58	19:55	6:25	1:14:42
41	1/11	Lisa Marshall	Des Moines	IA	28	F	111	9:39	1:46	2:12	39	42:39	21.9	1:32	22	18:42	6:01	1:14:44
42	7/33	Rick Seals	Burlington	IA	36	M	30	7:41	1:24	2:11	55	43:38	21.4	1:35	52	19:44	6:21	1:14:49
43	6/17	Jeff Runyan	Columbia	MO	21	M	3	6:38	1:13	2:05	64	43:58	21.2	1:16	80	20:58	6:45	1:14:55
44	5/43	Mark Corley	Waterloo	IA	33	M	36	7:50	1:26	2:41	46	43:12	21.6	1:28	61	20:00	6:26	1:15:11
45	6/43	Mark Bradley	Minneapolis	MN	32	M	65	8:15	1:31	2:18	32	42:03	22.2	1:28	87	21:08	6:48	1:15:12
46	3/12	Porter Reed	Elgin	IL	49	M	66	8:15	1:31	2:28	60	43:50	21.3	1:20	36	19:20	6:13	1:15:13
47	15/44	Todd King	Coon Rapids	MN	26	M	16	7:07	1:18	2:34	53	43:35	21.4	1:35	74	20:50	6:42	1:15:41
48	1/8	Kyle Tingle	Lincoln	NE	16	M	13	7:04	1:18	2:20	77	45:12	20.6	1:39	42	19:27	6:16	1:15:42
49	4/29	Ernie Parr	Princeton	IL	43	M	106	9:20	1:42					104	21:44	7:00	1:15:47	
50	7/17	Brad Dameron	Burlington	IA	20	M	35	7:49	1:26	2:41	65	44:08	21.1	1:31	57	19:54	6:24	1:16:03
51	16/44	John Pappas	Omaha	NE	26	M	39	7:52	1:26	2:18	47	43:12	21.6	1:34	88	21:09	6:48	1:16:05
52	8/17	Leonard Demers	St Paul	MN	24	M	20	7:11	1:19	2:19	62	43:52	21.2	1:51	77	20:56	6:44	1:16:09
53	7/43	Henry Imberti	Boone	IA	32	M	37	7:51	1:26	2:38	33	42:04	22.2	1:23	112	22:13	7:09	1:16:09
54	5/29	Jim Rice	Wheaton	IL	43	M	91	8:42	1:35	2:35	37	42:21	22.0	1:59	72	20:33	6:37	1:16:10
55	1/8	Carol Smolsky	Des Moines	IA	36	F	57	8:06	1:29	2:25	67	44:13	21.1	1:35	62	20:01	6:27	1:16:20
56	17/44	Patrick Malone	Little Canada	MN	28	M	92	8:43	1:36	2:28	35	42:13	22.1	1:36	98	21:27	6:54	1:16:27
57	18/44	Bruce Grell	Davenport	IA	27	M	58	8:07	1:29	2:52	43	42:48	21.8	1:52	78	20:56	6:44	1:16:35
58	6/29	Bob Ensminger	Burlington	IA	42	M	120	9:52	1:48	2:57	49	43:20	21.5	1:16	32	19:11	6:10	1:16:36
59	3/13	Trish Heisdorffer	Glen Allen	VA	32	F	24	7:21	1:21	2:08	54	43:36	21.4	1:33	113	22:14	7:09	1:16:52
60	8/33	David Dorff	Des Moines	IA	38	M	42	7:53	1:27	2:28	78	45:16	20.6	1:19	59	19:58	6:26	1:16:54
61	7/29	Jim Gerk	Cedar Rapids	IA	40	M	102	9:07	1:40	1:58	61	43:50	21.3	1:39	91	21:11	6:49	1:17:45
62	1/5	Kurt Truax	Little Rock	AR	55	M	118	9:50	1:48	2:53	51	43:24	21.5	1:29	71	20:29	6:36	1:18:05
63	9/17	Mike Morrison	Cedar Rapids	IA	22	M	82	8:30	1:33	3:18	48	43:17	21.5	1:44	100	21:29	6:55	1:18:18
64	8/43	John Rutherford	Iowa City	IA	33	M	94	8:46	1:36	2:42	29	41:45	22.3	2:43	122	22:32	7:15	1:18:28
65	19/44	Tim Pukys	Dubuque	IA	26	M	14	7:05	1:18	2:15	70	44:21	21.0	1:53	134	23:02	7:25	1:18:36
66	9/43	Peter Ylvisaker	Marion	IA	33	M	103	9:12	1:41	1:46	93	46:04	20.2	1:30	64	20:11	6:30	1:18:43
67	4/12	Al Behrens	Council Bluffs	IA	46	M	152	10:52	1:59	2:39	69	44:20	21.0	1:33	38	19:22	6:14	1:18:46
68	20/44	Judd Lunsford	Omaha	NE	28	M	107	9:28	1:44	2:50	23	40:55	22.8	1:53	149	23:40	7:37	1:18:46
69	10/43	Tim Ilten	Cedar rapids	IA	34	M	53	8:03	1:28	2:47	71	44:37	20.9	1:43	106	21:50	7:02	1:19:00
70	11/43	Mike Kimbel	Iowa City	IA	30	M	15	7:05	1:18	3:07	75	44:58	20.7	1:29	116	22:23	7:12	1:19:02
71	9/33	Daniel Deetz	Iowa City	IA	36	M	164	11:14	2:03	3:00	40	42:43	21.8	2:29	53	19:44	6:21	1:19:10
72	21/44	Roger Broz	Minneapolis	MN	27	M	135	10:10	1:52	2:53	50	43:21	21.5	1:14	105	21:44	7:00	1:19:22
73	2/8	Darren Bates	Cedar Falls	IA	17	M	61	8:10	1:30	2:54	118	48:13	19.3	1:56	10	18:11	5:51	1:19:24
74	12/43	Craig Olson	Marion	IA	30	M	128	10:01	1:50	2:42	83	45:40	20.4	1:26	51	19:42	6:20	1:19:31
75	10/33	Tom Henson																

83	23/44	Joel Conrad	Cedar Rapids	IA	27 M	114	9:47	1:47	3:02	107	47:29	19.6	1:10	35	19:16	6:12	1:20:44
84	1/3	Melinda Silbernack	Maple Grove	MN	41 F	90	8:40	1:35	3:26	74	44:51	20.8	2:06	102	21:41	6:59	1:20:44
85	11/33	Mark Ackerman	Ankeny	IA	35 M	145	10:30	1:55	2:53	111	47:51	19.5	1:22	14	18:26	5:56	1:21:02
86	1/1	Tim Ams	Dubuque	IA	19 M	10	7:01	1:17	3:07	116	48:01	19.4	1:51	83	21:02	6:46	1:21:02
87	3/8	Todd Schweikert	Ames	IA	16 M	54	8:03	1:28	2:28	94	46:10	20.2	1:36	129	22:53	7:22	1:21:10
88	10/29	Jeff Clark	Cedar Rapids	IA	41 M	44	7:54	1:27	2:29	82	45:29	20.5	1:33	153	23:49	7:40	1:21:14
89	24/44	Robert Murphy	Bloomington	MN	28 M	126	9:59	1:50	2:30	109	47:45	19.5	2:08	30	19:03	6:08	1:21:25
90	11/29	Mark Wittmann	Lincoln	NE	41 M	71	8:22	1:32	2:09	81	45:20	20.6	2:01	150	23:40	7:37	1:21:32
91	10/17	Justin Gottschalk	Ames	IA	22 M	34	7:48	1:26	3:07	140	49:33	18.8	2:45	15	18:27	5:56	1:21:40
92	4/13	Marjorie Goodyear	Wellman	IA	33 F	147	10:37	1:56	2:52	85	45:44	20.4	2:08	65	20:19	6:32	1:21:40
93	2/5	Richard Nehring	Alden	IA	56 M	154	10:58	2:00	2:29	90	45:57	20.3	1:41	75	20:51	6:43	1:21:56
94	11/17	Nate Hahn	Burlington	IA	20 M	88	8:35	1:34	2:22	112	47:52	19.5	1:58	94	21:13	6:50	1:22:00
95	2/7	Doug Zickuhr	Bettendorf	IA	50 M	113	9:45	1:47	2:15	38	42:31	21.9	1:50	192	25:46	8:18	1:22:07
96	12/29	Doug Jepsen	Urbandale	IA	42 M	51	8:01	1:28	3:11	96	46:15	20.2	2:25	120	22:31	7:15	1:22:23
97	13/29	Martin Lange	Portland	OR	44 M	190	12:27	2:17	3:19	56	43:39	21.4	1:55	89	21:09	6:48	1:22:29
98	3/5	Ken Deman	Omaha	NE	57 M	110	9:35	1:45	4:11	84	45:42	20.4	1:25	101	21:40	6:58	1:22:33
99	14/29	Stanton Shirk	Omaha	NE	42 M	194	12:35	2:18	3:25	92	46:01	20.3	1:11	50	19:40	6:20	1:22:52
100	25/44	David Lawson	Davenport	IA	25 M	123	9:54	1:49	2:43	113	47:53	19.5	1:31	76	20:54	6:44	1:22:55
101	1/2	Leonard Fluxa	Omaha	NE	62 M	109	9:31	1:44	2:57	95	46:13	20.2	2:01	121	22:31	7:15	1:23:13
102	26/44	Eric Moschella	Iowa City	IA	29 M	121	9:52	1:48	3:25	101	47:00	19.8	1:52	86	21:05	6:47	1:23:14
103	12/33	Greg Reynolds	Cedar Rapids	IA	35 M	104	9:14	1:41	2:53	100	46:56	19.9	1:58	114	22:15	7:10	1:23:16
104	16/43	Matthew Miller	Sioux Falls	SD	30 M	129	10:02	1:50	2:34	142	49:44	18.7	1:46	39	19:23	6:14	1:23:29
105	3/7	Craig Clark	Mason City	IA	52 M	180	12:01	2:12	2:14	97	46:15	20.2	1:54	90	21:09	6:48	1:23:33
106	27/44	Kurt Weakland	W. Des Moines	IA	26 M	97	8:53	1:37	2:24	91	45:57	20.3	1:46	181	24:59	8:02	1:23:59
107	17/43	Greg Collins	Des Moines	IA	33 M	108	9:30	1:44	3:33	102	47:05	19.8	1:30	118	22:25	7:13	1:24:03
108	28/44	Ben Ellingson	Iowa City	IA	25 M	201	12:53	2:21	2:25	108	47:37	19.6	1:55	47	19:34	6:18	1:24:24
109	2/9	Elizabeth Grischko	St Paul	MN	23 F	83	8:30	1:33	2:24	103	47:14	19.7	2:03	161	24:13	7:48	1:24:24
110	13/33	Allen Ludeking	Decorah	IA	39 M	212	13:19	2:26	2:53	105	47:23	19.7	1:52	31	19:06	6:09	1:24:33
111	15/29	Brad Scott	Marion	IA	43 M	203	12:59	2:22	4:19	106	47:25	19.7	1:20	24	18:49	6:03	1:24:52
112	29/44	Barry Breffel	Marion	IA	25 M	87	8:34	1:34	2:25	156	50:46	18.4	1:43	96	21:26	6:54	1:24:54
113	2/11	Marnie Collins	Omaha	NE	25 F	115	9:47	1:47	2:06	126	48:35	19.2	1:16	140	23:18	7:30	1:25:02
114	18/43	Ty Buss	Waterloo	NE	33 M	176	11:43	2:09	4:12	98	46:25	20.1	2:26	67	20:23	6:34	1:25:09
115	19/43	John Jensen	Cedar Rapids	IA	31 M	81	8:28	1:33	3:36	120	48:19	19.3	1:31	143	23:27	7:33	1:25:21
116	20/43	Alexander Taylor	Cedar Rapids	IA	34 M	174	11:36	2:07	2:27	145	50:01	18.6	1:45	49	19:38	6:19	1:25:27
117	14/33	Greg Steiner	Cedar Rapids	IA	39 M	138	10:14	1:52	3:27	117	48:02	19.4	1:17	123	22:40	7:18	1:25:40
118	15/33	CJ Ong	Cedar Rapids	IA	38 M	141	10:19	1:53	3:50	88	45:56	20.3	3:01	124	22:42	7:18	1:25:48
119	3/11	Christy Tharenos	Columbia	MO	25 F	27	7:35	1:23	2:00	144	49:57	18.7	1:45	167	24:31	7:53	1:25:48
120	1/2	Jana Peterson	Webster City	IA	18 F	167	11:20	2:04	3:11	171	51:29	18.1	1:23	19	18:36	5:59	1:25:59
121	16/33	David Hart	Cedar Rapids	IA	39 M	161	11:11	2:03	2:40	122	48:26	19.2	1:40	131	22:56	7:23	1:26:53
122	2/2	Dave Dutton	Waterloo	IA	60 M	148	10:38	1:57	3:10	127	48:52	19.1	2:02	126	22:46	7:20	1:27:28
123	5/12	Roger Jorgensen	West Des Moines	IA	48 M					130	48:58	19.0	2:20	173	24:46	7:58	1:27:36
124	5/13	Kristin Selsor	Winterset	IA	33 F	162	11:12	2:03	2:25	169	51:16	18.2	2:01	73	20:44	6:40	1:27:38
125	1/1	Robert McKeague	Villa Park	IL	71 M	151	10:49	1:59	2:20	151	50:24	18.5	1:53	117	22:23	7:12	1:27:49
126	3/9	Sophie Brodeur	Davenport	IA	23 F	68	8:18	1:31	2:23	154	50:33	18.4	1:45	180	24:58	8:02	1:27:57
127	21/43	Greg Bodeker	Cedar Rapids	IA	30 M	73	8:23	1:32	3:25	131	48:58	19.0	1:42	187	25:29	8:12	1:27:57
128	30/44	Dan Glod	Chicago	IL	28 M	56	8:04	1:29	3:49	136	49:25	18.9	2:22	164	24:20	7:50	1:28:00
129	31/44	Chris Kulish	Cedar Rapids	IA	29 M	99	9:01	1:39	2:40	163	50:59	18.3	2:03	145	23:28	7:33	1:28:11
130	12/17	John Redmond	Cedar Rapids	IA	20 M	233	15:09	2:46	2:52	149	50:17	18.5	1:53	8	18:01	5:48	1:28:12
131	13/17	Eric Hougen	Iowa City	IA	24 M	238	16:10	2:57	3:07	132	49:05	19.0	1:35	12	18:19	5:54	1:28:16
132	4/5	Dick Buhman	Yutan	NE	58 M	149	10:44	1:58	3:29	119	48:15	19.3	2:13	148	23:37	7:36	1:28:18
133	4/9	Terri Mucha	Iowa City	IA	24 F	29	7:40	1:24	3:15	179	52:21	17.8	1:48	139	23:16	7:29	1:28:20
134	22/43	Chris Cardinale	Cedar Rapids	IA	34 M	156	11:05	2:02	2:40	158	50:48	18.3	1:48	109	22:01	7:05	1:28:22
135	17/33	Trent Busch	Muscatine	IA	39 M	95	8:47	1:36	2:48	153	50:31	18.5	1:55	165	24:23	7:51	1:28:24
136	18/33	Mike Ament	Cedar Rapids	IA	35 M	132	10:08	1:51	3:52	182	52:35	17.7	1:26	69	20:25	6:34	1:28:26
137	32/44	Tim Leist	Iowa City	IA	28 M	184	12:11	2:14	3:29	110	47:45	19.5	1:35	142	23:26	7:33	1:28:26
138	23/43	Eric Fischer	St Louis	MO	34 M	72	8:22	1:32	4:03	133	49:12	18.9	2:24	171	24:40	7:56	1:28:41
139	19/33	John Hamill	Chicago	IL	37 M	170	11:26	2:05	2:58	143	49:54	18.7	1:56	132	22:56	7:23	1:29:10
140	5/9	Natasha Griswold	Foristell	MO	22 F	116	9:47	1:47	3:26	159	50:51	18.3	1:10	156	24:02	7:44	1:29:16
141	4/8	Bryan Holland	Cedar Rapids	IA	17 M	155	11:01	2:01	3:20	128	48:55	19.1	2:31	147	23:35	7:35	1:29:22
142	16/29	Jeff Evans	Marion	IA	41 M	33	7:47	1:25	2:47	193	53:44	17.3	1:19	155	23:52	7:41	1:29:29
143	17/29	Andy Wignall	Ankeny	IA	43 M	146	10:34	1:56	3:08	135	49:19	18.9					1:30:00
144	24/43	Bill Harms	Omaha	NE	30 M	187	12:17	2:15	3:21	134	49:13	18.9	2:01	137	23:10	7:27	1:30:02
145	25/43	Terry Flander	West Des Moines	IA	33 M	185	12:11	2:14	4:15	129	48:56	19.0	1:53	133	23:00	7:24	1:30:15
146	14/17	James Swisher	Burlington	IA	20 M	78	8:27	1:33	3:13	146	50:06	18.6	1:47	202	26:50	8:38	1:30:23
147	3/8	Amy Groskopf	Davenport	IA	38 F	89	8:35	1:34	2:49	148	50:16	18.5	1:53	203	26:55	8:40	1:30:28
148	26/43	Brian Ware	Junction City	KS	31 M	216	13:36	2:29	3:01	152	50:27	18.5	2:42	99	21:27	6:54	1:31:13
149	18/29	Kevin Johnson	Lincoln	NE	40 M	137	10:13	1:52	10:55	114	47:59	19.4	2:09	60	19:58	6:26	1:31:14
150	19/29	Marcus Rhatigan	Cedar Rapids	IA	41 M	208	13:09	2:24	2:49	121	48:24	19.3	1:59	182	25:11	8:06	1:31:32
151	5/8	Mark Keller	Cedar Rapids	IA	17 M	227	14:28	2:39	4:04	123	48:27	19.2	1:13	144	23:27	7:33	1:31:39
152	27/43	David Diebold	Marion	IA	34 M	222	13:57	2:33	5:26	168	51:15	18.2	1:31	54	19:44	6:21	1:31:53
153	20/29	Bob Holst	Urbandale	IA	41 M	213	13:20	2:26	3:14	141	49:40	18.8	1:54	158	24:09	7:46	1:32:17
154	6/8	Darin (Ears) Kueke	Shell Rock	IA	17 M	158	11:07	2:02	3:38	73	44:41	20.9	2:10	228	30:44	9:54	1:32:20
155	5/5	Jim Flynn	Cedar Rapids	IA	57 M	163	11:12	2:03	3:19	147	50:06	18.6	2:14	191	25:38	8:15	1:32:29
156	20/33	Scott Schoneberg	Des Moines	IA	39 M	173	11:34	2:07	4:50					157	24:04	7:45	1:32:36
157	1/1	Carol Daman	Omaha	NE	55 F	142	10:21	1:54	3:43	150	50:20	18.5	1:49	198	26:23	8:30	1:32:36
158	28/43	Barry Satterfield	Marion	IA	32 M	197	12:38	2:19	4:12	178	52:18	17.8	1:47	103	21:42	6:59	1:32:37
159	6/12	Jim McMahon	Garner	IA	48 M	136	10:10	1:52	4:09	139	49:30	18.8	2:07	201	26:43	8:36	1:32:39

177	7/8	Nick Martin	Des Moines	IA	16	M	76	8:26	1:33	3:38	216	56:45	16.4	2:03	166	24:23	7:51	1:35:15
178	33/43	Clay Netusil	Carroll	IA	32	M	59	8:08	1:29	3:27	180	52:24	17.8	1:41	219	29:36	9:32	1:35:16
179	22/29	Paul Riggs	Oskaloosa	IA	42	M	157	11:06	2:02	4:39	190	53:37	17.4	1:19	172	24:44	7:58	1:35:25
180	36/44	Chris Peterson	Waterloo	IA	26	M	171	11:30	2:06	5:21	194	53:53	17.3	1:59	128	22:52	7:22	1:35:35
181	4/11	Kara Drefs	Viborg	SD	26	F	179	11:55	2:11	4:19	185	53:01	17.6	1:31	176	24:51	8:00	1:35:37
182	5/7	Patrick Durov	Omaha	NE	50	M	215	13:35	2:29	4:22	197	54:50	17.0	1:37	97	21:26	6:54	1:35:50
183	37/44	John Piotrowski	Des Moines	IA	29	M	234	15:48	2:53	3:41	167	51:07	18.2	2:27	136	23:05	7:26	1:36:08
184	26/33	Scott Squires	Cedar Rapids	IA	39	M	67	8:15	1:31	3:27	162	50:58	18.3	2:16	231	31:16	10:04	1:36:12
185	5/11	Ellen Joensen	Iowa City	IA	26	F	232	15:05	2:46	3:23	214	52:59	17.6	1:59	130	22:55	7:23	1:36:21
186	27/33	Dave Sharpe	Omaha	NE	38	M	64	8:14	1:30	5:07	215	56:21	16.5	2:13	169	24:37	7:55	1:36:32
187	23/29	Jim Humpal	Cedar Rapids	IA	41	M	100	9:03	1:39	2:58	173	51:37	18.1	1:56	230	31:04	10:00	1:36:38
188	28/33	Tim Hanna	Cedar Rapids	IA	35	M	202	12:54	2:22	3:20	202	55:23	16.8	1:28	152	23:42	7:38	1:36:47
189	6/13	Brenda Ann Cloud	Cedar Rapids	IA	31	F	133	10:08	1:51	3:54	210	55:56	16.7	1:27	188	25:29	8:12	1:36:54
190	38/44	Chris Aiken	Cedar Rapids	IA	27	M	172	11:30	2:06	3:51	207	55:47	16.7	1:14	168	24:36	7:55	1:36:58
191	39/44	Chris Tyler	Iowa City	IA	26	M	112	9:40	1:46	2:41	189	53:33	17.4	2:49	213	28:21	9:07	1:37:00
192	4/8	Elizabeth Fangman	Cedar Rapids	IA	38	F					183	52:35	17.7	2:12	214	28:33	9:11	1:37:20
193	24/29	John Herring	Cedar Rapids	IA	40	M	183	12:09	2:13	6:16	164	51:00	18.3	2:44	183	25:12	8:07	1:37:21
194	15/17	Doug Bottorff	Iowa City	IA	22	M	214	13:21	2:26	2:49	205	55:35	16.8	0:54	178	24:56	8:02	1:37:35
195	7/13	Christina Colman	Thornton	IA	34	F	165	11:14	2:03	3:57	204	55:34	16.8	2:07	174	24:49	7:59	1:37:41
196	6/7	Sylvan Addink	Iowa City	IA	54	M	247	19:29	3:34	3:52	161	50:55	18.3	1:18	119	22:30	7:15	1:38:04
197	29/33	Jack Bandy	Cedar Rapids	IA	36	M	144	10:29	1:55	3:23	218	57:23	16.2	1:35	184	25:20	8:09	1:38:10
198	30/33	Rick Spear	Iowa City	IA	36	M	221	13:56	2:33	2:54	176	52:16	17.8	1:35	207	27:31	8:51	1:38:12
199	34/43	Peter Levenian	Onalaska	WI	32	M	181	12:02	2:12	5:55	188	53:24	17.5	3:32	151	23:40	7:37	1:38:33
200	35/43	Kevin Horner	Sioux Falls	SD	32	M	231	15:04	2:45	2:53	186	53:18	17.5					1:38:36
201	5/8	Tracy O'Dell	Cedar Rapids	IA	37	F	219	13:48	2:31	3:12	196	54:31	17.1	1:39	190	25:37	8:15	1:38:47
202	8/13	Nikki Robinson	Chicago	IL	34	F	166	11:15	2:03	3:26	281	52:32	17.7	2:53	216	28:55	9:18	1:39:01
203	6/9	Wendy Kinney	Ames	IA	22	F	192	12:32	2:18	3:15	221	57:57	16.1	1:29	154	23:50	7:40	1:39:03
204	8/12	Lou Rausch	Traer	IA	48	M	225	14:05	2:35	3:56	124	48:31	19.2	1:34	233	31:23	10:06	1:39:29
205	7/9	Cindy Brown	Iowa City	IA	24	F	209	13:11	2:25	3:16	209	55:55	16.7	2:19	179	24:56	8:02	1:39:37
206	40/44	Michael Dankert	Cedar Rapids	IA	29	M	127	9:59	1:50	3:36	187	53:19	17.5	2:31	226	30:27	9:48	1:39:52
207	9/12	Kent McMullen	Clive	IA	46	M	193	12:33	2:18	3:28	165	51:01	18.3	1:44	232	31:19	10:05	1:40:05
208	41/44	Doug Moore	Iowa City	IA	27	M	175	11:42	2:08	3:20	234	1:00:23	15.4	1:37	135	23:04	7:25	1:40:06
209	8/9	Diane Bertling	Cedar Rapids	IA	24	F	200	12:49	2:21	3:50	211	56:07	16.6	1:37	193	25:52	8:20	1:40:15
210	25/29	Tim Millea	Davenport	IA	40	M	143	10:28	1:55	3:38	200	55:04	16.9	1:34	223	29:53	9:37	1:40:37
211	36/43	Rob Kirkpatrick	Cedar Rapids	IA	31	M	239	16:25	3:00	3:08	172	51:34	18.1	2:02	210	27:54	8:59	1:41:03
212	9/13	Anne McCormick	Omaha	NE	32	F	177	11:47	2:09	2:49	233	1:00:16	15.5	2:24	159	24:09	7:46	1:41:25
213	31/33	Tom Frantz	Cedar Rapids	IA	38	M	242	17:06	3:08	4:30	213	56:19	16.6	1:32	125	22:45	7:19	1:42:12
214	1/1	Aryn Flood	Cumming	IA	16	F	249	23:58	4:23	2:48	115	47:59	19.4	1:31	194	26:00	8:22	1:42:16
215	6/11	Laura Saylor	Iowa City	IA	27	F	198	12:43	2:20	6:48	201	55:11	16.9	2:20	186	25:27	8:11	1:42:29
216	10/13	Vera Rigolin	Chicago	IL	33	F	139	10:16	1:53	3:41	198	54:54	17.0	2:26	235	31:50	10:15	1:43:07
217	8/8	Eric Adelman	Des Moines	IA	16	M	98	8:59	1:39	4:39	203	55:33	16.8	1:31	237	32:46	10:33	1:43:28
218	26/29	Jon Storvick	Woodbury	MN	40	M	140	10:16	1:53	4:32	225	58:50	15.8	1:44	215	28:33	9:11	1:43:55
219	9/9	Christine Costanza	Iowa City	IA	24	F	196	12:37	2:18	4:30	199	54:55	17.0	2:27	224	29:55	9:38	1:44:24
220	7/11	Janelle Nitchals	Omaha	NE	29	F	204	12:59	2:22	6:28	206	55:38	16.8	2:13	208	27:32	8:52	1:44:50
221	8/11	Sacha Schroeder	Cedar Rapids	IA	26	F	189	12:18	2:15	4:24	226	58:51	15.8	1:41	211	28:11	9:04	1:45:25
222	10/12	Ron Nelson	Cedar Rapids	IA	46	M	217	13:37	2:29	4:22	177	52:16	17.8	13:50	108	21:52	7:02	1:45:57
223	37/43	Jeff Steimel	Cedar Rapids	IA	34	M	235	15:52	2:54	4:19	232	59:52	15.6	1:29	175	24:49	7:59	1:46:21
224	11/13	Laura Taylor	Cedar Rapids	IA	30	F	168	11:21	2:05	3:33	235	1:02:19	15.0	1:40	212	28:20	9:07	1:47:13
225	42/44	Jeff Rausch	Hudson	IA	25	M	223	13:58	2:33	6:19	219	57:23	16.2	3:19	196	26:15	8:27	1:47:14
226	7/7	Rick Koepp	Cedar Rapids	IA	50	M	182	12:05	2:13	6:04	229	58:55	15.8	2:52	206	27:23	8:49	1:47:19
227	6/8	Susan Jiruska	Cedar Rapids	IA	39	F	218	13:41	2:30	5:53	230	59:08	15.8	2:29	197	26:18	8:28	1:47:29
228	32/33	Mike Travagiakis	Cedar Rapids	IA	37	M	210	13:11	2:25	4:35	208	55:54	16.7	3:05	229	30:52	9:56	1:47:37
229	27/29	John Mayer	Chicago	IL	44	M	211	13:14	2:25	7:29	227	58:53	15.8	2:01	205	27:01	8:42	1:48:38
230	38/43	John Dankert	Cedar Rapids	IA	30	M	93	8:45	1:36	4:56					240	35:36	11:28	1:48:40
231	39/43	Ron Harriman	Solon	IA	34	M	248	22:13	4:04	5:21	222	58:17	16.0	2:16	92	21:12	6:49	1:49:19
232	40/43	Greg Fief	Coralville	IA	31	M	228	14:33	2:40	4:13	231	59:29	15.7	1:31	222	29:44	9:34	1:49:30
233	11/12	Carl Thurman	Waterloo	IA	49	M	237	15:56	2:55	4:50	212	56:17	16.6	3:17	218	29:26	9:28	1:49:46
234	12/12	Stephen Hall	Bennet	NE	46	M	245	18:48	3:26	5:26	220	57:54	16.1	1:54	217	29:22	9:27	1:53:24
235	41/43	Will Swain	Iowa City	IA	31	M	244	17:54	3:16	8:10	195	54:10	17.2	3:58	220	29:39	9:33	1:53:51
236	7/8	Lisa Rhatigan	Cedar Rapids	IA	35	F	178	11:48	2:09	4:33	228	58:53	15.8	2:47	241	36:05	11:37	1:54:06
237	43/44	Matt Fischer	Chicago	IL	28	M	240	17:04	3:07	6:06	239	1:03:58	14.6	1:39	195	26:00	8:22	1:54:47
238	3/3	Justin Mayer	Chicago	IL	13	M	150	10:48	1:59	5:57	243	1:07:33	13.8	2:18	225	30:18	9:45	1:56:54
239	12/13	Diane Happel	Iowa City	IA	31	F	186	12:15	2:14	5:39	238	1:03:07	14.8	1:56	242	36:20	11:42	1:59:17
240	28/29	Ben Gaumer	Indianola	IA	42	M	229	14:35	2:40	3:50	224	58:32	15.9	2:30	245	40:02	12:53	1:59:29
241	3/3	Diana Dawson	Lincoln	NE	42	F	243	17:46	3:15	5:55	236	1:02:25	14.9	2:36	234	31:49	10:14	2:00:31
242	9/11	Karen Angelli	Cedar Rapids	IA	27	F	241	17:05	3:07	5:02	241	1:04:23	14.5	2:34	238	33:03	10:38	2:02:07
243	8/8	Diane Dodds	Cedar Rapids	IA	35	F	206	13:01	2:23	4:05	245	1:13:43	12.6	2:04	227	30:27	9:48	2:03:20
244	10/11	Laura Hudson	Iowa City	IA	27	F	236	15:54	2:54	7:34	240	1:04:16	14.5	5:07	236	32:33	10:29	2:05:24
245	29/29	Greg Haburn	Estherville	IA	41	M	246	19:15	3:31	5:38	242	1:05:12	14.3	2:51	243	37:36	12:06	2:10:32
246	1/1	Amber Travagiakis	Cedar Rapids	IA	15	F	251	28:21	5:11	4:29	237	1:02:41	14.9	2:28	239	33:08	10:40	2:11:07
247	42/43	Don Dhooge	Marion	IA	31	M	124	9:55	1:49	5:57	244	1:12:10	12.9	2:26	246	45:14	14:34	2:15:42
248	11/11	Teri Dhooge	Marion	IA	28	F	230	14:44	2:42	6:44	246	1:15:44	12.3	2:39	244	39:50	12:49	2:19:41
249	2/2	Michelle Williams	Massena	IA	19	F	252	31:17	5:43	4:03					221	29:43	9:34	2:27:32

DID NOT FINISH

250	33/33	Jeff Tuohino	Cedar Rapids	IA	35	M	28	7:39	1:24	3:40	17	40:31	23.0					
251	43/43																	

6	Trish Heisdorffer	Glen Allen	VA	32	F	2	7:21	1:21	2:08	4	43:36	21.4	1:33	11	22:14	7:09	1:16:52
7	K.D. Rex	Wellman	IA	38	F	9	8:31	1:33	2:25	8	45:08	20.7	1:37	10	21:52	7:02	1:19:33
8	Melinda Silbernack	Maple Grove	MN	41	F	12	8:40	1:35	3:26	7	44:51	20.8	2:06	9	21:41	6:59	1:20:44
9	Marjorie Goodyear	Wellman	IA	33	F	19	10:37	1:56	2:52	9	45:44	20.4	2:08	6	20:19	6:32	1:21:40
10	Elizabeth Grischnko	St Paul	MN	23	F	8	8:30	1:33	2:24	10	47:14	19.7	2:03	18	24:13	7:48	1:24:24
11	Marnie Collins	Omaha	NE	25	F	14	9:47	1:47	2:06	13	48:35	19.2	1:16	14	23:18	7:30	1:25:02
12	Christy Tharenos	Columbia	MO	25	F	3	7:35	1:23	2:00	15	49:57	18.7	1:45	19	24:31	7:53	1:25:48
13	Jana Peterson	Webster City	IA	18	F	24	11:20	2:04	3:11	21	51:29	18.1	1:23	1	18:36	5:59	1:25:59
14	Kristin Selsor	Winterset	IA	33	F	21	11:12	2:03	2:25	20	51:16	18.2	2:01	8	20:44	6:40	1:27:38
15	Sophie Brodeur	Davenport	IA	23	F	7	8:18	1:31	2:23	18	50:33	18.4	1:45	23	24:58	8:02	1:27:57
16	Terri Mucha	Iowa City	IA	24	F	4	7:40	1:24	3:15	22	52:21	17.8	1:48	13	23:16	7:29	1:28:20
17	Natasha Griswold	Foristell	MO	22	F	15	9:47	1:47	3:26	19	50:51	18.3	1:10	16	24:02	7:44	1:29:16
18	Amy Groskopf	Davenport	IA	38	F	11	8:35	1:34	2:49	16	50:16	18.5	1:53	31	26:55	8:40	1:30:28
19	Carol Deman	Omaha	NE	55	F	18	10:21	1:54	3:43	17	50:20	18.5	1:49	30	26:23	8:30	1:32:36
20	Deborah Hankens	Cherokee	IA	45	F	30	12:17	2:15	3:39	11	47:22	19.7	1:52	34	27:43	8:55	1:32:53
21	Tami O'Dell	Milwaukee	WI	41	F	33	12:36	2:18	2:23	14	49:26	18.9	2:06	32	26:59	8:41	1:33:30
22	Kara Drefs	Viborg	SD	26	F	28	11:55	2:11	4:19	26	53:01	17.6	1:31	21	24:51	8:00	1:35:37
23	Ellen Joensen	Iowa City	IA	26	F	43	15:05	2:46	3:23	25	52:59	17.6	1:59	12	22:55	7:23	1:36:21
24	Brenda Ann Cloud	Cedar Rapids	IA	31	F	16	10:08	1:51	3:54	34	55:56	16.7	1:27	25	25:29	8:12	1:36:54
25	Elizabeth Fangman	Cedar Rapids	IA	38	F					24	52:35	17.7	2:12	37	28:33	9:11	1:37:20
26	Christina Colman	Thornton	IA	34	F	22	11:14	2:03	3:57	31	55:34	16.8	2:07	20	24:49	7:59	1:37:41
27	Tracy O'Dell	Cedar Rapids	IA	37	F	41	13:48	2:31	3:12	27	54:31	17.1	1:39	26	25:37	8:15	1:38:47
28	Nikki Robinson	Chicago	IL	34	F	23	11:15	2:03	3:26	23	52:32	17.7	2:53	38	28:55	9:18	1:39:01
29	Wendy Kinney	Ames	IA	22	F	32	12:32	2:18	3:15	36	57:57	16.1	1:29	15	23:50	7:40	1:39:03
30	Cindy Brown	Iowa City	IA	24	F	39	13:11	2:25	3:16	33	55:55	16.7	2:19	22	24:56	8:02	1:39:37
31	Diane Bertling	Cedar Rapids	IA	24	F	36	12:49	2:21	3:50	35	56:07	16.6	1:37	27	25:52	8:20	1:40:15
32	Anne McCormick	Omaha	NE	32	F	26	11:47	2:09	2:49	40	1:00:16	15.5	2:24	17	24:09	7:46	1:41:25
33	Aryn Flood	Cumming	IA	16	F	47	23:58	4:23	2:48	12	47:59	19.4	1:31	28	26:00	8:22	1:42:16
34	Laura Saylor	Iowa City	IA	27	F	35	12:43	2:20	6:48	30	55:11	16.9	2:20	24	25:27	8:11	1:42:29
35	Vera Rigolin	Chicago	IL	33	F	17	10:16	1:53	3:41	28	54:54	17.0	2:26	43	31:50	10:15	1:43:07
36	Christine Costanza	Iowa City	IA	24	F	34	12:37	2:18	4:30	29	54:55	17.0	2:27	40	29:55	9:38	1:44:24
37	Janelle Nitchals	Omaha	NE	29	F	37	12:59	2:22	6:28	32	55:38	16.8	2:13	33	27:32	8:52	1:44:50
38	Sacha Schroeder	Cedar Rapids	IA	26	F	31	12:18	2:15	4:24	37	58:51	15.8	1:41	35	28:11	9:04	1:45:25
39	Laura Taylor	Cedar Rapids	IA	30	F	25	11:21	2:05	3:33	41	1:02:19	15.0	1:40	36	28:20	9:07	1:47:13
40	Susan Jiruska	Cedar Rapids	IA	39	F	40	13:41	2:30	5:53	39	59:08	15.8	2:29	29	26:18	8:28	1:47:29
41	Lisa Rhatigan	Cedar Rapids	IA	35	F	27	11:48	2:09	4:33	38	58:53	15.8	2:47	47	36:05	11:37	1:54:06
42	Diane Happel	Iowa City	IA	31	F	29	12:15	2:14	5:39	44	1:03:07	14.8	1:56	48	36:20	11:42	1:59:17
43	Diana Dawson	Lincoln	NE	42	F	46	17:46	3:15	5:55	42	1:02:25	14.9	2:36	42	31:49	10:14	2:00:31
44	Karen Angelli	Cedar Rapids	IA	27	F	45	17:05	3:07	5:02	46	1:04:23	14.5	2:34	45	33:03	10:38	2:02:07
45	Diane Dodds	Cedar Rapids	IA	35	F	38	13:01	2:23	4:05	47	1:13:43	12.6	2:04	41	30:27	9:48	2:03:20
46	Laura Hudson	Iowa City	IA	27	F	44	15:54	2:54	7:34	45	1:04:16	14.5	5:07	44	32:33	10:29	2:05:24
47	Amber Travagiakis	Cedar Rapids	IA	15	F	48	28:21	5:11	4:29	43	1:02:41	14.9	2:28	46	33:08	10:40	2:11:07
48	Teri Dhooge	Marion	IA	28	F	42	14:44	2:42	6:44	48	1:15:44	12.3	2:39	49	39:50	12:49	2:19:41
49	Michelle Williams	Massena	IA	19	F	49	31:17	5:43	4:03					39	29:43	9:34	2:27:32

MALE OVERALL RESULTS

TOT PLC	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	plc	TOTAL pace	TOTAL TIME
1	Jeff Bird	Schaumburg	IL	32	M					2	37:31	24.8	1:21	2	17:01	5:29	1:05:07	
2	Nicholas Ranson	Columbia	MO	25	M	4	6:50	1:15	1:45	1	37:13	25.0	1:15	17	18:32	5:56	1:05:35	
3	Daniel Seymour	Madison	WI	35	M	1	6:20	1:09	1:38	3	37:50	24.6	1:13	20	18:40	6:00	1:05:41	
4	Scott Witthoff	Lincoln	NE	29	M	3	6:49	1:15	1:41	4	38:22	24.3	1:26	21	18:48	6:03	1:07:06	
5	Doug Agne	Fort Collins	CO	26	M	11	7:04	1:18	1:51	10	39:33	23.6	1:16	7	17:58	5:47	1:07:42	
6	Peter Saurugger	Des Moines	IA	38	M	27	7:44	1:25	1:56	5	38:23	24.3	1:31	13	18:23	5:55	1:07:57	
7	Keith Dunn	Chicago	IL	34	M	44	7:59	1:28	1:59	7	38:47	24.0	1:33	9	18:06	5:50	1:08:24	
8	Stephen Gang	Rock Island	IL	39	M	17	7:10	1:19	1:49	21	40:50	22.8	1:19	4	17:31	5:38	1:08:39	
9	Todd White	Maplewood	MN	28	M	7	6:59	1:17	1:38	13	40:00	23.3	1:45	16	18:30	5:57	1:08:52	
10	Joel Hennings	Omaha	NE	22	M	23	7:24	1:21	1:51	6	38:46	24.0	1:22	63	20:27	6:35	1:09:50	
11	Jeff Mortensen	Ames	IA	21	M	28	7:46	1:25	1:46	12	39:44	23.5	1:14	33	19:21	6:14	1:09:51	
12	Mark Carey	Blue Springs	MO	25	M	5	6:53	1:16	1:44	25	41:22	22.5	1:26	23	18:50	6:04	1:10:15	
13	Scott Green	Davenport	IA	35	M	18	7:11	1:19	1:57	18	40:32	23.0	2:24	11	18:12	5:51	1:10:16	
14	John Punkiewicz	Rock Island	IL	45	M	36	7:53	1:27	2:28	9	39:26	23.6	1:07	42	19:34	6:18	1:10:28	
15	Gary Bredehoff	Lincoln	NE	39	M	54	8:09	1:29	2:49	15	40:04	23.3	1:44	6	17:51	5:45	1:10:37	
16	Brian Flora	Des Moines	IA	22	M	56	8:11	1:30	1:51	14	40:03	23.3	1:29	51	19:47	6:22	1:11:21	
17	Anthony Browne	Eagan	MN	26	M	16	7:09	1:18	2:22	20	40:49	22.8	1:36	41	19:31	6:17	1:11:27	
18	Jack Needy	Columbia	MO	32	M	22	7:21	1:21	1:54	11	39:38	23.5	1:30	85	21:13	6:50	1:11:36	
19	Sean McGowen	Chicago	IL	28	M	8	7:00	1:17	2:29	19	40:36	23.0	1:31	58	20:05	6:28	1:11:41	
20	Toby Evans	Cedar Falls	IA	26	M	110	9:59	1:50	1:54	16	40:13	23.2	1:14	25	18:53	6:05	1:12:13	
21	David Scott	Cedar Rapids	IA	14	M	10	7:03	1:17	1:34	49	43:29	21.4	1:29	19	18:39	6:00	1:12:14	
22	Gary McKibben	Altoona	IA	36	M	50	8:04	1:29	2:27	41	43:01	21.7	1:31	5	17:31	5:38	1:12:34	
23	Kent Schwitzer	Minnetonka	MN	42	M	57	8:14	1:30	2:08	24	41:01	22.7	1:28	52	19:52	6:24	1:12:43	
24	Dave MacDougal	Shoreview	MN	32	M	45	8:00	1:28	2:21	26	41:26	22.5	1:22	44	19:37	6:19	1:12:46	
25	Tim Bencke	Iowa City	IA	25	M	46	8:01	1:28	3:17	53	43:43	21.3	1:31	1	16:35	5:20	1:13:07	
26	Tom Meersman	Arlington Heig	IL	14	M	76	8:32	1:34	2:11	29	41:48	22.3	1:19	40	19:30	6:17	1:13:20	
27	Clay Bertram	Shell Rock	IA	24	M	68	8:26	1:33	1:55	33	42:11	22.1	1:26	36	19:25	6:15	1:13:23	
28	Hartmut Andres	Rock Island	IL	42	M	93	9:15	1:41	1:46	27	41:28	22.5	1:30	37	19:26	6:15	1:13:25	
29	Kenneth Collins	Omaha	NE	26	M	43	7:57	1:27	2:04	23	40:57	22.8	1:30	76	21:04	6:47	1:13:32	
30	Kevin Drake	Cedar Rapids	IA	29	M	118	10:10	1:52	3:31	8	38:55	24.0	1:32	39	19:28	6:16	1:13:36	
31	Jason Markuardt	Yankton	SD	22	M	72	8:28	1:33	1:37	62	44:16	21.1	1:14	18	18:33	5:58	1:14:08	
32	Kevin Bowden	Cedar Rapids	IA	27	M	41	7:55	1:27	2:16	54	43:49	21.3	1:22	24	18:51	6:04	1:14:13	
33	Dave Ladehoff	Coralville	IA	26	M	39	7:54	1:27	3:52	58	43:56	21.2	1:19	3	17:14	5:33	1:14:15	
34	Bill Manhart	Omaha	NE	29	M	6	6:56	1:16	2:26	35	42:14	22.1	1:40	74	21:02	6:46	1:14:18	
35	Richard Barry	Middleton	WI	50	M	67	8:25	1:32	1:58	30	41:54	22.2	1:14	73	21:00	6:46	1:14:31	
36	Nick Scott	Cedar Rapids	IA	44	M	89	9:05	1:4										

139	Barry Satterfield	Marion	IA	32	M	163	12:38	2:19	4:12	157	52:18	17.8	1:47	94	21:42	6:59	1:32:37
140	Jim McMahon	Garner	IA	48	M	120	10:10	1:52	4:09	125	49:30	18.8	2:07	171	26:43	8:36	1:32:39
141	Paul Nuechtertien	Bettendorf	IA	37	M	160	12:30	2:17	3:43	139	50:47	18.4	2:20	132	23:28	7:33	1:32:48
142	Nick Gearhart	Cedar Rapids	IA	45	M	42	7:56	1:27	3:26	166	53:41	17.4					1:32:57
143	Mike Shive	Solon	IA	35	M	63	8:21	1:32	3:55	165	53:38	17.4	2:11	156	24:55	8:01	1:33:00
144	Mark Bath	Ankeny	IA	39	M	185	14:25	2:38	2:30	153	51:46	18.0	1:30	126	23:10	7:27	1:33:21
145	Gordon Fimreite	Davenport	IA	32	M	169	13:07	2:24	3:14	150	51:26	18.1	1:32	143	24:11	7:47	1:33:30
146	Rich Drost	Waterloo	IA	51	M	140	11:07	2:02	4:25	147	51:02	18.3	1:23	164	25:36	8:14	1:33:33
147	Peter Reitan	Cedar Rapids	IA	34	M	115	10:03	1:50	5:01	137	50:41	18.4	2:26	162	25:23	8:10	1:33:34
148	Jeffrey Ginn	Cedar Rapids	IA	44	M	144	11:24	2:05	3:58	141	50:51	18.3	3:13	151	24:38	7:56	1:34:04
149	Andrew Elliot	Iowa City	IA	27	M	164	12:49	2:21	4:05	113	48:33	19.2	2:29	170	26:41	8:35	1:34:37
150	David Blickenstaff	Chicago	IL	27	M	24	7:25	1:21	4:18	182	57:17	16.3	1:27	145	24:16	7:49	1:34:43
151	Kurtis McInroy	Urbana	IA	32	M	104	9:51	1:48	3:34	187	58:18	16.0	1:09	100	22:06	7:07	1:34:58
152	David Rooney	Urbana	IA	29	M	179	13:49	2:32	4:24	154	51:48	18.0	1:37	127	23:25	7:32	1:35:03
153	Gregg Machetta	Coralville	IA	30	M	183	14:00	2:34	3:00					104	22:17	7:10	1:35:12
154	Chris Carr	Marion	IA	36	M	21	7:12	1:19	3:37	179	56:20	16.5	1:39	169	26:25	8:30	1:35:13
155	Tom Wheelan	Ottumwa	IA	38	M	168	13:01	2:23	5:08	124	49:26	18.9	3:25	144	24:15	7:48	1:35:15
156	Nick Martin	Des Moines	IA	16	M	69	8:26	1:33	3:38	181	56:45	16.4	2:03	148	24:23	7:51	1:35:15
157	Clay Netusil	Carroll	IA	32	M	53	8:08	1:29	3:27	158	52:24	17.8	1:41	181	29:36	9:32	1:35:16
158	Paul Riggs	Oskaloosa	IA	42	M	138	11:06	2:02	4:39	164	53:37	17.4	1:19	153	24:44	7:58	1:35:25
159	Chris Peterson	Waterloo	IA	26	M	146	11:30	2:06	5:21	168	53:53	17.3	1:59	117	22:52	7:22	1:35:35
160	Patrick Durow	Omaha	NE	50	M	176	13:35	2:29	4:22	170	54:50	17.0	1:37	89	21:26	6:54	1:35:50
161	John Piotrowski	Des Moines	IA	29	M	191	15:48	2:53	3:41	148	51:07	18.2	2:27	124	23:05	7:26	1:36:08
162	Scott Squires	Cedar Rapids	IA	39	M	61	8:15	1:31	3:27	143	50:58	18.3	2:16	190	31:16	10:04	1:36:12
163	Dave Sharpe	Omaha	NE	38	M	58	8:14	1:30	5:07	180	56:21	16.5	2:13	150	24:37	7:55	1:36:32
164	Jim Humpal	Cedar Rapids	IA	41	M	88	9:03	1:39	2:58	152	51:37	18.1	1:56	189	31:04	10:00	1:36:38
165	Tim Hanna	Cedar Rapids	IA	35	M	166	12:54	2:22	3:20	172	55:23	16.8	1:28	138	23:42	7:38	1:36:47
166	Chris Aiken	Cedar Rapids	IA	27	M	147	11:30	2:06	3:51	175	55:47	16.7	1:14	149	24:36	7:55	1:36:58
167	Chris Tyler	Iowa City	IA	26	M	99	9:40	1:46	2:41	163	53:33	17.4	2:49	177	28:21	9:07	1:37:04
168	John Herring	Cedar Rapids	IA	40	M	155	12:09	2:13	6:16	145	51:00	18.3	2:44	160	25:12	8:07	1:37:21
169	Doug Bottorff	Iowa City	IA	22	M	175	13:21	2:26	2:49	174	55:35	16.8	0:54	157	24:56	8:02	1:37:35
170	Sylvan Addink	Iowa City	IA	54	M	201	19:29	3:34	3:52	142	50:55	18.3	1:18	108	22:30	7:15	1:38:04
171	Jack Bandy	Cedar Rapids	IA	36	M	126	10:29	1:55	3:23	183	57:23	16.2	1:35	161	25:20	8:09	1:38:10
172	Rick Spear	Iowa City	IA	36	M	180	13:56	2:33	2:54	155	52:16	17.8	1:35	175	27:31	8:51	1:38:12
173	Peter Levenian	Onalaska	WI	32	M	153	12:02	2:12	5:55	162	53:24	17.5	3:32	137	23:40	7:37	1:38:33
174	Kevin Horner	Sioux Falls	SD	32	M	189	15:04	2:45	2:53	160	53:18	17.5					1:38:36
175	Lou Rausch	Traer	IA	48	M	184	14:05	2:35	3:56	112	48:31	19.2	1:34	192	31:23	10:06	1:39:29
176	Michael Dankert	Cedar Rapids	IA	29	M	112	9:59	1:50	3:36	161	53:19	17.5	2:31	186	30:27	9:48	1:39:52
177	Kent McMullen	Clive	IA	46	M	161	12:33	2:18	3:28	146	51:01	18.3	1:44	191	31:19	10:05	1:40:05
178	Doug Moore	Iowa City	IA	27	M	150	11:42	2:08	3:20	194	1:00:23	15.4	1:37	123	23:04	7:25	1:40:06
179	Tim Millea	Davenport	IA	40	M	125	10:28	1:55	3:38	171	55:04	16.9	1:34	184	29:53	9:37	1:40:37
180	Rob Kirkpatrick	Cedar Rapids	IA	31	M	195	16:25	3:00	3:08	151	51:34	18.1	2:02	176	27:54	8:59	1:41:03
181	Tom Frantz	Cedar Rapids	IA	38	M	197	17:06	3:08	4:30	178	56:19	16.6	1:32	114	22:45	7:19	1:42:12
182	Eric Adelman	Des Moines	IA	16	M	86	8:59	1:39	4:39	173	55:33	16.8	1:31	193	32:46	10:33	1:43:28
183	Jon Storvick	Woodbury	MN	40	M	123	10:16	1:53	4:32	189	58:50	15.8	1:44	178	28:33	9:11	1:43:55
184	Ron Nelson	Cedar Rapids	IA	46	M	178	13:37	2:29	4:22	156	52:16	17.8	13:50	98	21:52	7:02	1:45:57
185	Jeff Steimel	Cedar Rapids	IA	34	M	192	15:52	2:54	4:19	193	59:52	15.6	1:29	155	24:49	7:59	1:46:21
186	Jeff Rausch	Hudson	IA	25	M	182	13:58	2:33	6:19	184	57:23	16.2	3:19	168	26:15	8:27	1:47:14
187	Rick Koepp	Cedar Rapids	IA	50	M	154	12:05	2:13	6:04	191	58:55	15.8	2:52	174	27:23	8:49	1:47:19
188	Mike Travagiakis	Cedar Rapids	IA	37	M	171	13:11	2:25	4:35	176	55:54	16.7	3:05	188	30:52	9:56	1:47:37
189	John Mayer	Chicago	IL	44	M	172	13:14	2:25	7:29	190	58:53	15.8	2:01	173	27:01	8:42	1:48:38
190	John Dankert	Cedar Rapids	IA	30	M	81	8:45	1:36	4:56					194	35:36	11:28	1:48:40
191	Ron Harriman	Solon	IA	34	M	202	22:13	4:04	5:21	186	58:17	16.0	2:16	84	21:12	6:49	1:49:19
192	Greg Fief	Coralville	IA	31	M	187	14:33	2:40	4:13	192	59:29	15.7	1:31	183	29:44	9:34	1:49:30
193	Carl Thurman	Waterloo	IA	49	M	193	15:56	2:55	4:50	177	56:17	16.6	3:17	180	29:26	9:28	1:49:46
194	Stephen Hall	Bennet	NE	46	M	199	18:48	3:26	5:26	185	57:54	16.1	1:54	179	29:22	9:27	1:53:24
195	Will Swain	Iowa City	IA	31	M	198	17:54	3:16	8:10	169	54:10	17.2	3:58	182	29:39	9:33	1:53:51
196	Matt Fischer	Chicago	IL	28	M	196	17:04	3:07	6:06	195	1:03:58	14.6	1:39	167	26:00	8:22	1:54:47
197	Justin Mayer	Chicago	IL	13	M	131	10:48	1:59	5:57	197	1:07:33	13.8	2:18	185	30:18	9:45	1:56:54
198	Ben Gaumer	Indianola	IA	42	M	188	14:35	2:40	3:50	188	58:32	15.9	2:30	196	40:02	12:53	1:59:29
199	Greg Haburn	Estherville	IA	41	M	200	19:15	3:31	5:38	196	1:05:12	14.3	2:51	195	37:36	12:06	2:10:32
200	Don Dhooge	Marion	IA	31	M	109	9:55	1:49	5:57	198	1:12:10	12.9	2:26	197	45:14	14:34	2:15:42

TEAM EVENT

TOTAL PLACE	DIV PLC	TEAM	MEMBERS:	SWIMMER	BIKER	RUNNER	SWIM 100	TRAN	BIKE	TRAN	RUN	TOTAL TIME			
				plc	time	yds	plc	time	plc	time	plc	plc			
1	1/3	The Chuckless Wonders	Phil Luebke, Cameron Chamberlin, Kristy Mildeinstein	1	7:57	1:27	0:54	1	44:42	20.9	0:52	1	22:32	7:15	1:16:57
2	2/3	Joey Ramone	Matthew Lorson, Charles Winston, Shelly Winston	2	8:02	1:28	1:11	2	46:54	19.9	1:02	3	28:22	9:08	1:25:31
3	1/1	Cargill	Mike Oberlander, Randy Rude, Ted Ebertsch	3	9:12	1:41	1:21	3	49:58	18.7	1:07	2	26:32	8:32	1:28:10
4	3/3	Footos	Wendy Bower, Eric Travagiakis, Catie Squires	4	10:39	1:57	1:49	4	51:47	18.0	1:06	4	34:15	11:01	1:39:36

TOP 10 SWIM

TOT PLC	NAME	CITY	ST	AGE	S	SWIM 100	TRAN
						time	yds
1	Becky Gibbs	Minnetonka	MN	21	F	6:08	1:07
2	Daniel Seymour	Madison	WI	35	M	6:20	1:09
3	Jeff Runyan	Columbia	MO	21	M	6:38	1:13
4	Scott Witthoff	Lincoln	NE	29	M	6:49	1:15
5	Nicholas Ranson	Columbia	MO	25	M	6:50	1:15
6	Mark Carey	Blue Springs	MO	25	M	6:53	1:16
7	Bill Manhart	Omaha	NE	29	M	6:56	1:16
8	Todd White	Maplewood	MN	28	M	6:59	1:17
9	Sean McGowen	Chicago	IL	28	M	7:00	1:17
10	Tim Ams	Dubuque	IA	19	M	7:01	1:17

TOP 10 FIRST TRANSITION

TOT PLC	NAME	CITY	ST	AGE	S	TRAN
						time
1	David Scott	Cedar Rapids	IA	14	M	1:34
2	Jason Markwardt	Yankton	SD	22	M	1:37
3	Todd White	Maplewood	MN	28	M	1:38
4	Daniel Seymour	Madison	WI	35	M	1:38
5	Scott Witthoff	Lincoln	NE	29	M	1:41
6	Mark Carey	Blue Springs	MO	25	M	1:44
7	Nicholas Ranson	Columbia	MO	25	M	1:45
8	Jeff Mortensen	Ames	IA	21	M	1:46
9	Peter Ylvisaker	Marion	IA	33	M	1:46
10	Hartmut Andres	Rock Island	IL	42	M	1:46

TOP 10 BIKE

TOP 10 SECOND TRANSITION

TOT PLC	NAME	CITY	ST	AGE	S	BIKE time	mph
1	Nicholas Ranson	Columbia	MO	25	M	37:13	25.0
2	Jeff Bird	Schaumburg	IL	32	M	37:31	24.8
3	Daniel Seymour	Madison	WI	35	M	37:50	24.6
4	Scott Witthoff	Lincoln	NE	29	M	38:22	24.3
5	Peter Saurugger	Des Moines	IA	38	M	38:23	24.3
6	Joel Hennings	Omaha	NE	22	M	38:46	24.0
7	Keith Dunn	Chicago	IL	34	M	38:47	24.0
8	Kevin Drake	Cedar Rapids	IA	29	M	38:55	24.0
9	John Punkiewicz	Rock Island	IL	45	M	39:26	23.6
10	Doug Agne	Fort Collins	CO	26	M	39:33	23.6

TOT PLC	NAME	CITY	ST	AGE	S	TRAN time	BIKE time	TRAN time
1	Doug Borttorff	Iowa City	IA	22	M	0:54		
2	John Punkiewicz	Rock Island	IL	45	M	1:07		
3	Kurtis McInroy	Urbana	IA	32	M	1:09		
4	Joel Conrad	Cedar Rapids	IA	27	M	1:10		
5	Natasha Griswold	Foristell	MO	22	F	1:10		
6	Stanton Shirk	Omaha	NE	42	M	1:11		
7	Daniel Seymour	Madison	WI	35	M	1:13		
8	Mark Keller	Cedar Rapids	IA	17	M	1:13		
9	Jeff Mortensen	Ames	IA	21	M	1:14		
10	Toby Evans	Cedar Falls	IA	26	M	1:14		

TOP 10 RUN

TOT PLC	NAME	CITY	ST	AGE	S	RUN time	pace
1	Tim Bencke	Iowa City	IA	25	M	16:35	5:20
2	Jeff Bird	Schaumburg	IL	32	M	17:01	5:29
3	Dave Ladehoff	Coralville	IA	26	M	17:14	5:33
4	Stephen Gang	Rock Island	IL	39	M	17:31	5:38
5	Gary McKibben	Altoona	IA	36	M	17:31	5:38
6	Gary Bredehoff	Lincoln	NE	39	M	17:51	5:45
7	Doug Agne	Fort Collins	CO	26	M	17:58	5:47
8	John Redmond	Cedar Rapids	IA	20	M	18:01	5:48
9	Keith Dunn	Chicago	IL	34	M	18:06	5:50
10	Darren Bates	Cedar Falls	IA	17	M	18:11	5:51

FEMALE AGE GROUP RESULTS 13 - 15

NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time	TRAN time	RUN time	TOTAL TIME		
1 Amber Travagiakis	Cedar Rapids	IA	15	F	1:28:21	5:11	4:29	1:02:41	14.9	2:28	33:08	10:40	2:11:07

MALE AGE GROUP RESULTS 13 - 15

NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time	TRAN time	RUN time	TOTAL TIME		
1 David Scott	Cedar Rapids	IA	14	M	1:07:03	1:17	1:34	43:29	21.4	1:29	18:39	6:00	1:12:14
2 Tom Meersman	Arlington Heig	IL	14	M	2:08:32	1:34	2:11	41:48	22.3	1:19	19:30	6:17	1:13:20
3 Justin Mayer	Chicago	IL	13	M	3:10:48	1:59	5:57	1:07:33	13.8	2:18	30:18	9:45	1:56:54

FEMALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time	TRAN time	RUN time	TOTAL TIME		
1 Aryn Flood	Cumming	IA	16	F	1:23:58	4:23	2:48	47:59	19.4	1:31	26:00	8:22	1:42:16

MALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time	TRAN time	RUN time	TOTAL TIME		
1 Kyle Tingle	Lincoln	NE	16	M	1:07:04	1:18	2:20	45:12	20.6	1:39	19:27	6:16	1:15:42
2 Darren Bates	Cedar Falls	IA	17	M	3:08:10	1:30	2:54	48:13	19.3	1:56	18:11	5:51	1:19:24
3 Todd Schweikert	Ames	IA	16	M	2:08:03	1:28	2:28	46:10	20.2	1:36	22:53	7:22	1:21:10
4 Bryan Holland	Cedar Rapids	IA	17	M	6:11:01	2:01	3:20	48:55	19.1	2:31	23:35	7:35	1:29:22
5 Mark Keller	Cedar Rapids	IA	17	M	8:14:28	2:39	4:04	48:27	19.2	1:13	23:27	7:33	1:31:39
6 Darin (Ears) Kueke	Shell Rock	IA	17	M	7:11:07	2:02	3:38	44:41	20.9	2:10	30:44	9:54	1:32:20
7 Nick Martin	Des Moines	IA	16	M	4:08:26	1:33	3:38	56:45	16.4	2:03	24:23	7:51	1:35:15
8 Eric Adelman	Des Moines	IA	16	M	5:08:59	1:39	4:39	55:33	16.8	1:31	32:46	10:33	1:43:28

FEMALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time	TRAN time	RUN time	TOTAL TIME		
1 Jana Peterson	Webster City	IA	18	F	1:11:20	2:04	3:11	51:29	18.1	1:23	18:36	5:59	1:25:59
2 Michelle Williams	Massena	IA	19	F	2:31:17	5:43	4:03			2	29:43	9:34	2:27:32

MALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	SWIM time	100 yds	TRAN time	BIKE time	TRAN time	RUN time	TOTAL TIME		
1 Tim Ams	Dubuque	IA	19	M	1:07:01	1:17	3:07	48:01	19.4	1:51	21:02	6:46	1:21:02

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		plc	time	
1 Becky Gibbs	Minnetonka	MN	21	F	1	6:08	1:07	1:56	1	43:43	21.3	1:17	1	20:22	6:33	1:13:26
2 Elizabeth Grischko	St Paul	MN	23	F	4	8:30	1:33	2:24	2	47:14	19.7	2:03	5	24:13	7:48	1:24:24
3 Sophie Brodeur	Davenport	IA	23	F	3	8:18	1:31	2:23	3	50:33	18.4	1:45	7	24:58	8:02	1:27:57
4 Terri Mucha	Iowa City	IA	24	F	2	7:40	1:24	3:15	5	52:21	17.8	1:48	2	23:16	7:29	1:28:20
5 Natasha Griswold	Foristell	MO	22	F	5	9:47	1:47	3:26	4	50:51	18.3	1:10	4	24:02	7:44	1:29:16
6 Wendy Kinney	Ames	IA	22	F	6	12:32	2:18	3:15	9	57:57	16.1	1:29	3	23:50	7:40	1:39:03
7 Cindy Brown	Iowa City	IA	24	F	9	13:11	2:25	3:16	7	55:55	16.7	2:19	6	24:56	8:02	1:39:37
8 Diane Bertling	Cedar Rapids	IA	24	F	8	12:49	2:21	3:50	8	56:07	16.6	1:37	8	25:52	8:20	1:40:15
9 Christine Costanza	Iowa City	IA	24	F	7	12:37	2:18	4:30	6	54:55	17.0	2:27	9	29:55	9:38	1:44:24

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		plc	time	
1 Joel Hennings	Omaha	NE	22	M	3	7:24	1:21	1:51	1	38:46	24.0	1:22	9	20:27	6:35	1:09:50
2 Jeff Mortensen	Ames	IA	21	M	4	7:46	1:25	1:46	2	39:44	23.5	1:14	5	19:21	6:14	1:09:51
3 Brian Flora	Des Moines	IA	22	M	8	8:11	1:30	1:51	3	40:03	23.3	1:29	7	19:47	6:22	1:11:21
4 Clay Bertram	Shell Rock	IA	24	M	9	8:26	1:33	1:55	4	42:11	22.1	1:26	6	19:25	6:15	1:13:23
5 Jason Markwardt	Yankton	SD	22	M	11	8:28	1:33	1:37	9	44:16	21.1	1:14	4	18:33	5:58	1:14:08
6 Jeff Runyan	Columbia	MO	21	M	1	6:38	1:13	2:05	7	43:58	21.2	1:16	11	20:58	6:45	1:14:55
7 Brad Dameron	Burlington	IA	20	M	6	7:49	1:26	2:41	8	44:08	21.1	1:31	8	19:54	6:24	1:16:03
8 Leonard Demers	St Paul	MN	24	M	2	7:11	1:19	2:19	6	43:52	21.2	1:51	10	20:56	6:44	1:16:09
9 Mike Morrison	Cedar Rapids	IA	22	M	12	8:30	1:33	3:18	5	43:17	21.5	1:44	13	21:29	6:55	1:18:18
10 Justin Gottschalk	Ames	IA	22	M	5	7:48	1:26	3:07	12	49:33	18.8	2:45	3	18:27	5:56	1:21:40
11 Nate Hahn	Burlington	IA	20	M	13	8:35	1:34	2:22	10	47:52	19.5	1:58	12	21:13	6:50	1:22:00
12 John Redmond	Cedar Rapids	IA	20	M	16	15:09	2:46	2:52	14	50:17	18.5	1:53	1	18:01	5:48	1:28:12
13 Eric Hougen	Iowa City	IA	24	M	17	16:10	2:57	3:07	11	49:05	19.0	1:35	2	18:19	5:54	1:28:16
14 James Swisher	Burlington	IA	20	M	10	8:27	1:33	3:13	13	50:06	18.6	1:47	15	26:50	8:38	1:30:23
15 Doug Bottorff	Iowa City	IA	22	M	15	13:21	2:26	2:49	15	55:35	16.8	0:54	14	24:56	8:02	1:37:35

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		plc	time	
1 Lisa Marshall	Des Moines	IA	28	F	2	9:39	1:46	2:12	1	42:39	21.9	1:32	1	18:42	6:01	1:14:44
2 Marnie Collins	Omaha	NE	25	F	3	9:47	1:47	2:06	2	48:35	19.2	1:16	3	23:18	7:30	1:25:02
3 Christy Tharenos	Columbia	MO	25	F	1	7:35	1:23	2:00	3	49:57	18.7	1:45	4	24:31	7:53	1:25:48
4 Kara Drefs	Viborg	SD	26	F	4	11:55	2:11	4:19	5	53:01	17.6	1:31	5	24:51	8:00	1:35:37
5 Ellen Joensen	Iowa City	IA	26	F	9	15:05	2:46	3:23	4	52:59	17.6	1:59	2	22:55	7:23	1:36:21
6 Laura Saylor	Iowa City	IA	27	F	6	12:43	2:20	6:48	6	55:11	16.9	2:20	6	25:27	8:11	1:42:29
7 Janelle Nitchals	Omaha	NE	29	F	7	12:59	2:22	6:28	7	55:38	16.8	2:13	7	27:32	8:52	1:44:50
8 Sacha Schroeder	Cedar Rapids	IA	26	F	5	12:18	2:15	4:24	8	58:51	15.8	1:41	8	28:11	9:04	1:45:25
9 Karen Angelli	Cedar Rapids	IA	27	F	11	17:05	3:07	5:02	10	1:04:23	14.5	2:34	10	33:03	10:38	2:02:07
10 Laura Hudson	Iowa City	IA	27	F	10	15:54	2:54	7:34	9	1:04:16	14.5	5:07	9	32:33	10:29	2:05:24
11 Teri Dhooge	Marion	IA	28	F	8	14:44	2:42	6:44	11	1:15:44	12.3	2:39	11	39:50	12:49	2:19:41

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		plc	time	
1 Nicholas Ranson	Columbia	MO	25	M	2	6:50	1:15	1:45	1	37:13	25.0	1:15	5	18:32	5:58	1:05:35
2 Scott Witthoff	Lincoln	NE	29	M	1	6:49	1:15	1:41	2	38:22	24.3	1:26	6	18:48	6:03	1:07:06
3 Doug Agne	Fort Collins	CO	26	M	7	7:04	1:18	1:51	4	39:33	23.6	1:16	3	17:58	5:47	1:07:42
4 Todd White	Maplewood	MN	28	M	5	6:59	1:17	1:38	5	40:00	23.3	1:45	4	18:30	5:57	1:08:52
5 Mark Carey	Blue Springs	MO	25	M	3	6:53	1:16	1:44	11	41:22	22.5	1:26	7	18:50	6:04	1:10:15
6 Anthony Browne	Eagan	MN	26	M	10	7:09	1:18	2:22	8	40:49	22.8	1:36	13	19:31	6:17	1:11:27
7 Sean McGowen	Chicago	IL	28	M	6	7:00	1:17	2:29	7	40:36	23.0	1:31	15	20:05	6:28	1:11:41
8 Toby Evans	Cedar Falls	IA	26	M	29	9:59	1:50	1:54	6	40:13	23.2	1:14	9	18:53	6:05	1:12:13
9 Tim Bencke	Iowa City	IA	25	M	16	8:01	1:28	3:17	18	43:43	21.3	1:31	1	16:35	5:20	1:13:07
10 Kenneth Collins	Omaha	NE	26	M	15	7:57	1:27	2:04	10	40:57	22.8	1:30	21	21:04	6:47	1:13:32
11 Kevin Drake	Cedar Rapids	IA	29	M	32	10:10	1:52	3:31	3	38:55	24.0	1:32	12	19:28	6:16	1:13:36
12 Kevin Bowden	Cedar Rapids	IA	27	M	14	7:55	1:27	2:16	19	43:49	21.3	1:22	8	18:51	6:04	1:14:13
13 Dave Ladehoff	Coralville	IA	26	M	13	7:54	1:27	3:52	20	43:56	21.2	1:19	2	17:14	5:33	1:14:15
14 Bill Manhart	Omaha	NE	29	M	4	6:56	1:16	2:26	13	42:14	22.1	1:40	20	21:02	6:46	1:14:18
15 Todd King	Coon Rapids	MN	26	M	9	7:07	1:18	2:34	17	43:35	21.4	1:35	16	20:50	6:42	1:15:41
16 John Pappas	Omaha	NE	26	M	12	7:52	1:26	2:18	15	43:12	21.6	1:34	23	21:09	6:48	1:16:05
17 Patrick Malone	Little Canada	MN	28	M	20	8:43	1:36	2:28	12	42:13	22.1	1:36	25	21:27	6:54	1:16:27
18 Bruce Grell	Davenport	IA	27	M	18	8:07	1:29	2:52	14	42:48	21.8	1:52	18	20:56	6:44	1:16:35
19 Tim Pukys	Dubuque	IA	26	M	8	7:05	1:18	2:15	21	44:21	21.0	1:53	28	23:02	7:25	1:18:36
20 Judd Lunsford	Omaha	NE	28	M	24	9:28	1:44	2:50	9	40:55	22.8	1:53	34	23:40	7:37	1:18:46
21 Roger Broz	Minneapolis	MN	27	M	33	10:10	1:52	2:53	16	43:21	21.5	1:14	26	21:44	7:00	1:19:22
22 Mark Brown	Iowa City	IA	25	M	21	8:53	1:37	3:27	22	45:16	20.6	1:29	19	20:57	6:45	1:20:02
23 Joel Conrad	Cedar Rapids	IA	27	M	26	9:47	1:47	3:02	25	47:29	19.6	1:10	11	19:16	6:12	1:20:44
24 Robert Murphy	Bloomington	MN	28	M	30	9:59	1:50	2:30	27	47:45	19.5	2:08	10	19:03	6:08	1:21:25
25 David Lawson	Davenport	IA	25	M	28	9:54	1:49	2:43	29	47:53	19.5	1:31	17	20:54	6:44	1:22:55
26 Eric Moschella	Iowa City	IA	29	M	27	9:52	1:48	3:25	24	47:00	19.8	1:52	22	21:05	6:47	1:23:14
27 Kurt Weakland	W. Des Moines	IA	26	M	22	8:53	1:37	2:24	23	45:57	20.3	1:46	38	24:59	8:02	1:23:59
28 Ben Ellingson	Iowa City	IA	25	M	39	12:53	2:21	2:25	26	47:37	19.6	1:55	14	19:34	6:18	1:24:24
29 Barry Breffel	Marion	IA	25	M	19	8:34	1:34	2:25	32	50:46	18.4	1:43	24	21:26	6:54	1:24:54
30 Dan Glod	Chicago	IL	28	M	17	8:04	1:29	3:49	31	49:25	18.9	2:22	36	24:20	7:50	1:28:00
31 Chris Kulish	Cedar Rapids	IA	29	M	23	9:01	1:39	2:40	33	50:59	18.3	2:03	33	23:28	7:33	1:28:11
32 Tim Leist	Iowa City	IA	28	M	37	12:11	2:14	3:29	28	47:45	19.5	1:35	32	23:26	7:33	1:28:26
33 Andrew Elliot	Iowa City	IA	27	M	38	12:49	2:21	4:05	30	48:33	19.2	2:29	41	26:41	8:35	1:34:37
34 David Blickenstaff	Chicago	IL	27	M	11	7:25	1:21	4:18	40	57:17	16.3	1:27	35	24:16	7:49	1:34:43
35 David Rooney	Urbana	IA	29	M	40	13:49	2:32	4:24	35	51:48	18.0	1:37	31	23:25	7:32	1:35:03
36 Chris Peterson	Waterloo	IA	26	M	34	11:30	2:06	5:21	38	53:53	17.3	1:59	27	22:52	7:22	1:35:35

37	John Piotrowski	Des Moines	IA	29	M	42	15:48	2:53	3:41	34	51:07	18.2	2:27	30	23:05	7:26	1:36:08
38	Chris Aiken	Cedar Rapids	IA	27	M	35	11:30	2:06	3:51	39	55:47	16.7	1:14	37	24:36	7:55	1:36:58
39	Chris Tyler	Iowa City	IA	26	M	25	9:40	1:46	2:41	37	53:33	17.4	2:49	42	28:21	9:07	1:37:04
40	Michael Dankert	Cedar Rapids	IA	29	M	31	9:59	1:50	3:36	36	53:19	17.5	2:31	43	30:27	9:48	1:39:52
41	Doug Moore	Iowa City	IA	27	M	36	11:42	2:08	3:20	42	1:00:23	15.4	1:37	29	23:04	7:25	1:40:06
42	Jeff Rausch	Hudson	IA	25	M	41	13:58	2:33	6:19	41	57:23	16.2	3:19	40	26:15	8:27	1:47:14
43	Matt Fischer	Chicago	IL	28	M	43	17:04	3:07	6:06	43	1:03:58	14.6	1:39	39	26:00	8:22	1:54:47

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Andrea Fischer	Columbia	MO	32	F	2	8:03	1:28	1:56	1	40:36	23.0	1:32	1	18:50	6:04	1:10:57
2	Amy Doyle	Bettendorf	IA	32	F	3	8:34	1:34	2:05	2	42:46	21.8	1:31	2	19:14	6:11	1:14:10
3	Trish Heisdorffer	Glen Allen	VA	32	F	1	7:21	1:21	2:08	3	43:36	21.4	1:33	5	22:14	7:09	1:16:52
4	Marjorie Goodyear	Wellman	IA	33	F	6	10:37	1:56	2:52	4	45:44	20.4	2:08	3	20:19	6:32	1:21:40
5	Kristin Selsor	Winterset	IA	33	F	8	11:12	2:03	2:25	5	51:16	18.2	2:01	4	20:44	6:40	1:27:38
6	Brenda Ann Cloud	Cedar Rapids	IA	31	F	4	10:08	1:51	3:54	9	55:56	16.7	1:27	8	25:29	8:12	1:36:54
7	Christina Colman	Thornton	IA	34	F	9	11:14	2:03	3:57	8	55:34	16.8	2:07	7	24:49	7:59	1:37:41
8	Nikki Robinson	Chicago	IL	34	F	10	11:15	2:03	3:26	6	52:32	17.7	2:53	10	28:55	9:18	1:39:01
9	Anne McCormick	Omaha	NE	32	F	12	11:47	2:09	2:49	10	1:00:16	15.5	2:24	6	24:09	7:46	1:41:25
10	Vera Rigolin	Chicago	IL	33	F	5	10:16	1:53	3:41	7	54:54	17.0	2:26	11	31:50	10:15	1:43:07
11	Laura Taylor	Cedar Rapids	IA	30	F	11	11:21	2:05	3:33	11	1:02:19	15.0	1:40	9	28:20	9:07	1:47:13
12	Diane Happel	Iowa City	IA	31	F	13	12:15	2:14	5:39	12	1:03:07	14.8	1:56	12	36:20	11:42	1:59:17

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Jeff Bird	Schaumburg	IL	32	M				1	37:31	24.8	1:21	1	17:01	5:29	1:05:07	
2	Keith Dunn	Chicago	IL	34	M	5	7:59	1:28	1:59	2	38:47	24.0	1:33	2	18:06	5:50	1:08:24
3	Jack Needy	Columbia	MO	32	M	2	7:21	1:21	1:54	3	39:38	23.5	1:30	14	21:13	6:50	1:11:36
4	Dave MacDougal	Shoreview	MN	32	M	6	8:00	1:28	2:21	4	41:26	22.5	1:22	4	19:37	6:19	1:12:46
5	Mark Corley	Waterloo	IA	33	M	3	7:50	1:26	2:41	8	43:12	21.6	1:28	8	20:00	6:26	1:15:11
6	Mark Bradle	Minneapolis	MN	32	M	9	8:15	1:31	2:18	6	42:03	22.2	1:28	12	21:08	6:48	1:15:12
7	Henry Imberti	Boone	IA	32	M	4	7:51	1:26	2:38	7	42:04	22.2	1:23	21	22:13	7:09	1:16:09
8	John Rutherford	Iowa City	IA	33	M	17	8:46	1:36	2:42	5	41:45	22.3	2:43	25	22:32	7:15	1:18:28
9	Peter Ylvisaker	Marion	IA	33	M	18	9:12	1:41	1:46	16	46:04	20.2	1:30	9	20:11	6:30	1:18:43
10	Tim Ilten	Cedar Rapids	IA	34	M	7	8:03	1:28	2:47	10	44:37	20.9	1:43	18	21:50	7:02	1:19:00
11	Mike Kimbel	Iowa City	IA	30	M	1	7:05	1:18	3:07	11	44:58	20.7	1:29	23	22:23	7:12	1:19:02
12	Craig Olson	Marion	IA	30	M	23	10:01	1:50	2:42	13	45:40	20.4	1:26	6	19:42	6:20	1:19:31
13	Dale Weber	Ames	IA	32	M	14	8:28	1:33	2:08	9	44:12	21.1	1:59	26	22:49	7:21	1:19:36
14	Thomas Barrett	Omaha	NE	31	M	13	8:27	1:33	4:07	12	45:19	20.6	1:46	11	20:24	6:34	1:20:03
15	Chris Thomas	Yankton	SD	30	M	10	8:20	1:31	3:05	15	45:57	20.3	1:28	15	21:21	6:52	1:20:11
16	Matthew Miller	Sioux Falls	SD	30	M	24	10:02	1:50	2:34	24	49:44	18.7	1:46	3	19:23	6:14	1:23:29
17	Greg Collins	Des Moines	IA	33	M	19	9:30	1:44	3:33	18	47:05	19.8	1:30	24	22:25	7:13	1:24:03
18	Ty Buss	Waterloo	NE	33	M	28	11:43	2:09	4:12	17	46:25	20.1	2:26	10	20:23	6:34	1:25:09
19	John Jensen	Cedar Rapids	IA	31	M	15	8:28	1:33	3:36	19	48:19	19.3	1:31	29	23:27	7:33	1:25:21
20	Alexander Taylor	Cedar Rapids	IA	34	M	27	11:36	2:07	2:27	25	50:01	18.6	1:45	5	19:38	6:19	1:25:27
21	Greg Bodeker	Cedar Rapids	IA	30	M	12	8:23	1:32	3:25	21	48:58	19.0	1:42	35	25:29	8:12	1:27:57
22	Chris Cardinale	Cedar Rapids	IA	34	M	26	11:05	2:02	2:40	28	50:48	18.3	1:48	19	22:01	7:05	1:28:22
23	Eric Fischer	St Louis	MO	34	M	11	8:22	1:32	4:03	22	49:12	18.9	2:24	32	24:40	7:56	1:28:41
24	Bill Harms	Omaha	NE	30	M	31	12:17	2:15	3:21	23	49:13	18.9	2:01	28	23:10	7:27	1:30:02
25	Terry Flander	West Des Moines	IA	33	M	30	12:11	2:14	4:15	20	48:56	19.0	1:53	27	23:00	7:24	1:30:15
26	Brian Ware	Junction City	KS	31	M	34	13:36	2:29	3:01	26	50:27	18.5	2:42	16	21:27	6:54	1:31:13
27	David Diebold	Marion	IA	34	M	35	13:57	2:33	5:26	29	51:15	18.2	1:31	7	19:44	6:21	1:31:53
28	Barry Satterfield	Marion	IA	32	M	32	12:38	2:19	4:12	32	52:18	17.8	1:47	17	21:42	6:59	1:32:37
29	Gordon Fimreite	Davenport	IA	32	M	33	13:07	2:24	3:14	30	51:26	18.1	1:32	31	24:11	7:47	1:33:30
30	Peter Reitan	Cedar Rapids	IA	34	M	25	10:03	1:50	5:01	27	50:41	18.4	2:26	34	25:23	8:10	1:33:34
31	Kurtis McInroy	Urbana	IA	32	M	21	9:51	1:48	3:34	38	58:18	16.0	1:09	20	22:06	7:07	1:34:58
32	Gregg Machetta	Coralville	IA	30	M	36	14:00	2:34	3:00				22	22:17	7:10	1:35:12	
33	Clay Netusil	Carroll	IA	32	M	8	8:08	1:29	3:27	33	52:24	17.8	1:41	37	29:36	9:32	1:35:16
34	Peter Levenian	Onalaska	WI	32	M	29	12:02	2:12	5:55	35	53:24	17.5	3:32	30	23:40	7:37	1:38:33
35	Kevin Horner	Sioux Falls	SD	32	M	38	15:04	2:45	2:53	34	53:18	17.5					1:38:36
36	Rob Kirkpatrick	Cedar Rapids	IA	31	M	40	16:25	3:00	3:08	31	51:34	18.1	2:02	36	27:54	8:59	1:41:03
37	Jeff Steimel	Cedar Rapids	IA	34	M	39	15:52	2:54	4:19	40	59:52	15.6	1:29	33	24:49	7:59	1:46:21
38	John Dankert	Cedar Rapids	IA	30	M	16	8:45	1:36	4:56				40	35:36	11:28	1:48:40	
39	Ron Harriman	Solon	IA	34	M	42	22:13	4:04	5:21	37	58:17	16.0	2:16	13	21:12	6:49	1:49:19
40	Greg Fief	Coralville	IA	31	M	37	14:33	2:40	4:13	39	59:29	15.7	1:31	39	29:44	9:34	1:49:30
41	Will Swain	Iowa City	IA	31	M	41	17:54	3:16	8:10	36	54:10	17.2	3:58	38	29:39	9:33	1:53:51
42	Don Dhooge	Marion	IA	31	M	22	9:55	1:49	5:57	41	1:12:10	12.9	2:26	41	45:14	14:34	2:15:42

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	time	time	TIME					
1	Carol Smolsky	Des Moines	IA	36	F	1	8:06	1:29	2:25	1	44:13	21.1	1:35	1	20:01	6:27	1:16:20
2	K.D. Rex	Wellman	IA	38	F	2	8:31	1:33	2:25	2	45:08	20.7	1:37	2	21:52	7:02	1:19:33
3	Amy Groskopf	Davenport	IA	38	F	3	8:35	1:34	2:49	3	50:16	18.5	1:53	5	26:55	8:40	1:30:28
4	Elizabeth Fangman	Cedar Rapids	IA	38	F					4	52:35	17.7	2:12	6	28:33	9:11	1:37:20
5	Tracy O'Dell	Cedar Rapids	IA	37	F	7	13:48	2:31	3:12	5	54:31	17.1	1:39	3	25:37	8:15	1:38:47
6	Susan Jiruska	Cedar Rapids	IA	39	F	6	13:41	2:30	5:53	7	59:08	15.8	2:29	4	26:18	8:28	1:47:29
7	Lisa Rhatigan	Cedar Rapids	IA	35	F	4	11:48	2:09	4:33	6	58:53	15.8	2:47	8	36:05	11:37	1:54:06
8	Diane Dodds	Cedar Rapids	IA	35	F	5	13:01	2:23	4:05	8	1:13:43	12.6	2:04	7	30:27	9:48	2:03:20

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 Daniel Seymour	Madison	WI	35	M	1	6:20	1:09	1:38	1	37:50 24.6	1:13	7	18:40	6:00	1:05:41
2 Peter Saurugger	Des Moines	IA	38	M	7	7:44	1:25	1:56	2	38:23 24.3	1:31	5	18:23	5:55	1:07:57
3 Stephen Gang	Rock Island	IL	39	M	2	7:10	1:19	1:49	6	40:50 22.8	1:19	1	17:31	5:38	1:08:39
4 Scott Green	Davenport	IA	35	M	3	7:11	1:19	1:57	5	40:32 23.0	2:24	4	18:12	5:51	1:10:16
5 Gary Bredehoff	Lincoln	NE	39	M	10	8:09	1:29	2:49	3	40:04 23.3	1:44	3	17:51	5:45	1:10:37
6 Gary McKibben	Altoona	IA	36	M	9	8:04	1:29	2:27	8	43:01 21.7	1:31	2	17:31	5:38	1:12:34
7 Rick Seals	Burlington	IA	36	M	6	7:41	1:24	2:11	9	43:38 21.4	1:35	9	19:44	6:21	1:14:49
8 David Dorff	Des Moines	IA	38	M	8	7:53	1:27	2:28	11	45:16 20.6	1:19	11	19:58	6:26	1:16:54
9 Daniel Deetz	Iowa City	IA	36	M	23	11:14	2:03	3:00	7	42:43 21.8	2:29	10	19:44	6:21	1:19:10
10 Tom Henson	Marion	IA	39	M	16	10:08	1:51	2:08	10	44:38 20.9	1:35	13	21:04	6:47	1:19:33
11 Mark Ackerman	Ankeny	IA	35	M	21	10:30	1:55	2:53	15	47:51 19.5	1:22	6	18:26	5:56	1:21:02
12 Greg Reynolds	Cedar Rapids	IA	35	M	15	9:14	1:41	2:53	13	46:56 19.9	1:58	14	22:15	7:10	1:23:16
13 Allen Ludeking	Decorah	IA	39	M	30	13:19	2:26	2:53	14	47:23 19.7	1:52	8	19:06	6:09	1:24:33
14 Greg Steiner	Cedar Rapids	IA	39	M	18	10:14	1:52	3:27	16	48:02 19.4	1:17	15	22:40	7:18	1:25:40
15 CJ Ong	Cedar Rapids	IA	38	M	19	10:19	1:53	3:50	12	45:56 20.3	3:01	16	22:42	7:18	1:25:48
16 David Hart	Cedar Rapids	IA	39	M	22	11:11	2:03	2:40	17	48:26 19.2	1:40	18	22:56	7:23	1:26:53
17 Trent Busch	Muscataine	IA	39	M	14	8:47	1:36	2:48	20	50:31 18.5	1:55	25	24:23	7:51	1:28:24
18 Mike Ament	Cedar Rapids	IA	35	M	17	10:08	1:51	3:52	25	52:35 17.7	1:26	12	20:25	6:34	1:28:26
19 John Hamill	Chicago	IL	37	M	24	11:26	2:05	2:58	19	49:54 18.7	1:56	19	22:56	7:23	1:29:10
20 Scott Schoneberg	Des Moines	IA	39	M	25	11:34	2:07	4:50				23	24:04	7:45	1:32:36
21 Paul Nuechtertien	Bettendorf	IA	37	M	26	12:30	2:17	3:43	21	50:47 18.4	2:20	21	23:28	7:33	1:32:48
22 Mike Shive	Solon	IA	35	M	13	8:21	1:32	3:55	26	53:38 17.4	2:11	27	24:55	8:01	1:33:00
23 Mark Bath	Ankeny	IA	39	M	32	14:25	2:38	2:30	23	51:46 18.0	1:30	20	23:10	7:27	1:33:21
24 Chris Carr	Marion	IA	36	M	4	7:12	1:19	3:37	30	56:20 16.5	1:39	29	26:25	8:30	1:35:13
25 Tom Wheelan	Ottumwa	IA	38	M	28	13:01	2:23	5:08	18	49:26 18.9	3:25	24	24:15	7:48	1:35:15
26 Scott Squires	Cedar Rapids	IA	39	M	12	8:15	1:31	3:27	22	50:58 18.3	2:16	32	31:16	10:04	1:36:12
27 Dave Sharpe	Omaha	NE	38	M	11	8:14	1:30	5:07	31	56:21 16.5	2:13	26	24:37	7:55	1:36:32
28 Tim Hanna	Cedar Rapids	IA	35	M	27	12:54	2:22	3:20	27	55:23 16.8	1:28	22	23:42	7:38	1:36:47
29 Jack Bandy	Cedar Rapids	IA	36	M	20	10:29	1:55	3:23	32	57:23 16.2	1:35	28	25:20	8:09	1:38:10
30 Rick Spear	Iowa City	IA	36	M	31	13:56	2:33	2:54	24	52:16 17.8	1:35	30	27:31	8:51	1:38:12
31 Tom Frantz	Cedar Rapids	IA	38	M	33	17:06	3:08	4:30	29	56:19 16.6	1:32	17	22:45	7:19	1:42:12
32 Mike Travagiakis	Cedar Rapids	IA	37	M	29	13:11	2:25	4:35	28	55:54 16.7	3:05	31	30:52	9:56	1:47:37

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 Melinda Silbernack	Maple Grove	MN	41	F	1	8:40	1:35	3:26	1	44:51 20.8	2:06	1	21:41	6:59	1:20:44
2 Tami O'Dell	Milwaukee	WI	41	F	2	12:36	2:18	2:23	2	49:26 18.9	2:06	2	26:59	8:41	1:33:30
3 Diana Dawson	Lincoln	NE	42	F	3	17:46	3:15	5:55	3	1:02:25 14.9	2:36	3	31:49	10:14	2:00:31

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 Kent Schwitzer	Minnetonka	MN	42	M	5	8:14	1:30	2:08	1	41:01 22.7	1:28	7	19:52	6:24	1:12:43
2 Hartmut Andres	Rock Island	IL	42	M	11	9:15	1:41	1:46	2	41:28 22.5	1:30	5	19:26	6:15	1:13:25
3 Nick Scott	Cedar Rapids	IA	44	M	9	9:05	1:40	1:53	4	43:09 21.6	1:14	4	19:14	6:11	1:14:35
4 Ernie Parr	Princeton	IL	43	M	12	9:20	1:42					12	21:44	7:00	1:15:47
5 Jim Rice	Wheaton	IL	43	M	7	8:42	1:35	2:35	3	42:21 22.0	1:59	9	20:33	6:37	1:16:10
6 Bob Ensminger	Burlington	IA	42	M	13	9:52	1:48	2:57	5	43:20 21.5	1:16	3	19:11	6:10	1:16:36
7 Jim Gerk	Cedar Rapids	IA	40	M	10	9:07	1:40	1:58	7	43:50 21.3	1:39	11	21:11	6:49	1:17:45
8 Jay McKee	Muscataine	IA	42	M	1	7:12	1:19	3:05	10	45:49 20.3	1:51	13	22:09	7:08	1:20:06
9 Brad Noble	Rock Island	IL	41	M	14	9:54	1:49	2:58	13	46:31 20.0	2:05	2	18:57	6:06	1:20:25
10 Jeff Clark	Cedar Rapids	IA	41	M	3	7:54	1:27	2:29	9	45:29 20.5	1:33	16	23:49	7:40	1:21:14
11 Mark Wittmann	Lincoln	NE	41	M	6	8:22	1:32	2:09	8	45:20 20.6	2:01	15	23:40	7:37	1:21:32
12 Doug Jepsen	Urbandale	IA	42	M	4	8:01	1:28	3:11	12	46:15 20.2	2:25	14	22:31	7:15	1:22:23
13 Martin Lange	Portland	OR	44	M	22	12:27	2:17	3:19	6	43:39 21.4	1:55	10	21:09	6:48	1:22:29
14 Stanton Shirk	Omaha	NE	42	M	23	12:35	2:18	3:25	11	46:01 20.3	1:11	6	19:40	6:20	1:22:52
15 Brad Scott	Marion	IA	43	M	24	12:59	2:22	4:19	14	47:25 19.7	1:20	1	18:49	6:03	1:24:52
16 Jeff Evans	Marion	IA	41	M	2	7:47	1:25	2:47	23	53:44 17.3	1:19	17	23:52	7:41	1:29:29
17 Andy Wignall	Ankeny	IA	43	M	18	10:34	1:56	3:08	17	49:19 18.9					1:30:00
18 Kevin Johnson	Lincoln	NE	40	M	15	10:13	1:52	10:55	15	47:59 19.4	2:09	8	19:58	6:26	1:31:14
19 Marcus Rhatigan	Cedar Rapids	IA	41	M	25	13:09	2:24	2:49	16	48:24 19.3	1:59	21	25:11	8:06	1:31:32
20 Bob Holst	Urbandale	IA	41	M	27	13:20	2:26	3:14	18	49:40 18.8	1:54	18	24:09	7:46	1:32:17
21 Jeffrey Ginn	Cedar Rapids	IA	44	M	20	11:24	2:05	3:58	19	50:51 18.3	3:13	19	24:38	7:56	1:34:04
22 Paul Riggs	Oskaloosa	IA	42	M	19	11:06	2:02	4:39	22	53:37 17.4	1:19	20	24:44	7:58	1:35:25
23 Jim Humpal	Cedar Rapids	IA	41	M	8	9:03	1:39	2:58	21	51:37 18.1	1:56	26	31:04	10:00	1:36:38
24 John Herring	Cedar Rapids	IA	40	M	21	12:09	2:13	6:16	20	51:00 18.3	2:44	22	25:12	8:07	1:37:21
25 Tim Millea	Davenport	IA	40	M	17	10:28	1:55	3:38	24	55:04 16.9	1:34	25	29:53	9:37	1:40:37
26 Jon Stovick	Woodbury	MN	40	M	16	10:16	1:53	4:32	26	58:50 15.8	1:44	24	28:33	9:11	1:43:55
27 John Mayer	Chicago	IL	44	M	26	13:14	2:25	7:29	27	58:53 15.8	2:01	23	27:01	8:42	1:48:38
28 Ben Gaumer	Indianola	IA	42	M	28	14:35	2:40	3:50	25	58:32 15.9	2:30	28	40:02	12:53	1:59:29
29 Greg Haburn	Estherville	IA	41	M	29	19:15	3:31	5:38	28	1:05:12 14.3	2:51	27	37:36	12:06	2:10:32

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 Deborah Hankens	Cherokee	IA	45	F	1	12:17	2:15	3:39	1	47:22 19.7	1:52	1	27:43	8:55	1:32:53

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 John Punkiewicz	Rock Island	IL	45	M	1	7:53	1:27	2:28	1	39:26	23.6	1:07	3	19:34	6:18	1:10:28
2 Barry Gerst	Edina	MN	48	M	2	7:53	1:27	2:35	2	42:48	21.8	1:31	4	19:55	6:25	1:14:42
3 Porter Reed	Elgin	IL	49	M	4	8:15	1:31	2:28	3	43:50	21.3	1:20	1	19:20	6:13	1:15:13
4 Al Behrens	Council Bluffs	IA	46	M	6	10:52	1:59	2:39	4	44:20	21.0	1:33	2	19:22	6:14	1:18:46
5 Roger Jorgensen	West Des Moines	IA	48	M					6	48:58	19.0	2:20	6	24:46	7:58	1:27:36
6 Jim McMahon	Garner	IA	48	M	5	10:10	1:52	4:09	7	49:30	18.8	2:07	7	26:43	8:36	1:32:39
7 Nick Gearhart	Cedar Rapids	IA	45	M	3	7:56	1:27	3:26	10	53:41	17.4					1:32:57
8 Lou Rausch	Traer	IA	48	M	9	14:05	2:35	3:56	5	48:31	19.2	1:34	11	31:23	10:06	1:39:29
9 Kent McMullen	Clive	IA	46	M	7	12:33	2:18	3:28	8	51:01	18.3	1:44	10	31:19	10:05	1:40:05
10 Ron Nelson	Cedar Rapids	IA	46	M	8	13:37	2:29	4:22	9	52:16	17.8	13:50	5	21:52	7:02	1:45:57
11 Carl Thurman	Waterloo	IA	49	M	10	15:56	2:55	4:50	11	56:17	16.6	3:17	9	29:26	9:28	1:49:46
12 Stephen Hall	Bennet	NE	46	M	11	18:48	3:26	5:26	12	57:54	16.1	1:54	8	29:22	9:27	1:53:24

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 Richard Barry	Middleton	WI	50	M	1	8:25	1:32	1:58	1	41:54	22.2	1:14	1	21:00	6:46	1:14:31
2 Doug Zickuhr	Bettendorf	IA	50	M	2	9:45	1:47	2:15	2	42:31	21.9	1:50	6	25:46	8:18	1:22:07
3 Craig Clark	Mason City	IA	52	M	4	12:01	2:12	2:14	3	46:15	20.2	1:54	2	21:09	6:48	1:23:33
4 Rich Droste	Waterloo	IA	51	M	3	11:07	2:02	4:25	5	51:02	18.3	1:23	5	25:36	8:14	1:33:33
5 Patrick Durow	Omaha	NE	50	M	6	13:35	2:29	4:22	6	54:50	17.0	1:37	3	21:26	6:54	1:35:50
6 Sylvan Addink	Iowa City	IA	54	M	7	19:29	3:34	3:52	4	50:55	18.3	1:18	4	22:30	7:15	1:38:04
7 Rick Koepp	Cedar Rapids	IA	50	M	5	12:05	2:13	6:04	7	58:55	15.8	2:52	7	27:23	8:49	1:47:19

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Carol Deman	Omaha	NE	55	F	1	10:21	1:54	3:43	1	50:20	18.5	1:49	1	26:23	8:30	1:32:36

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 Kurt Truax	Little Rock	AR	55	M	2	9:50	1:48	2:53	1	43:24	21.5	1:29	1	20:29	6:36	1:18:05
2 Richard Nehring	Alden	IA	56	M	4	10:58	2:00	2:29	3	45:57	20.3	1:41	2	20:51	6:43	1:21:56
3 Ken Deman	Omaha	NE	57	M	1	9:35	1:45	4:11	2	45:42	20.4	1:25	3	21:40	6:58	1:22:33
4 Dick Buhman	Yutan	NE	58	M	3	10:44	1:58	3:29	4	48:15	19.3	2:13	4	23:37	7:36	1:28:18
5 Jim Flynn	Cedar Rapids	IA	57	M	5	11:12	2:03	3:19	5	50:06	18.6	2:14	5	25:38	8:15	1:32:29

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 Leonard Fuxa	Omaha	NE	62	M	1	9:31	1:44	2:57	1	46:13	20.2	2:01	1	22:31	7:15	1:23:13
2 Dave Dutton	Waterloo	IA	60	M	2	10:38	1:57	3:10	2	48:52	19.1	2:02	2	22:46	7:20	1:27:28

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	71	M	1	10:49	1:59	2:20	1	50:24	18.5	1:53	1	22:23	7:12	1:27:49

The Little Pig Triathlon

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	TOTAL TIME
1	1/9	Eric Travagiakis	Cedar Rapids	IA	13	M	22:34
2	2/9	Mike Bredehoft	Lincoln	NE	14	M	23:48
3	1/7	Stefanie Munson	Cedar Rapids	IA	11	F	24:27
4	2/7	Darby Hollinrake	Cedar Rapids	IA	12	F	25:58
5	3/9	Les Schweikert	Ames	IA	12	M	26:28
6	4/9	Ryan Benz	Cedar Rapids	IA	14	M	26:42
7	5/9	Robert Fox	Cedar Rapids	IA	11	M	27:07
8	3/7	Laura Tingle	Lincoln	NE	12	F	28:25
9	6/9	Jim Rice	Wheaton	IL	13	M	28:49
10	7/9	Joshua Dodds	Cedar Rapids	IA	10	M	28:49
11	4/7	Lauren Henson	Marion	IA	10	F	29:49
12	5/7	Amy Fox	Cedar Rapids	IA	8	F	30:44
13	8/9	Mike Johnson	Lincoln	NE	13	M	30:54
14	9/9	Jacobs Dodds	Cedar Rapids	IA	9	M	33:41
15	6/7	Liz Lopotto	Wellman	IA	12	F	35:14
16	7/7	Michelle Johnson	Lincoln	NE	10	F	36:50