

IOWA'S PIGMAN TRIATHLON

June 6, 1993

Pleasant Creek State Park - Palo, Iowa

Water Temperature -- 63 degrees Air temperature -- 63 degrees

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
									plc	time	yds	time	plc	time	pace	TIME		
1	1/33	Tim Deboon	Iowa City	IA	22	M	1	5:24	0:59	2:01	1	35:41	26.1	1:12	1	15:52	5:06	1:00:10
2	2/33	Anthony Deboon	Iowa City	IA	24	M	2	5:27	1:00	1:46	2	35:57	25.9	1:14	2	16:35	5:20	1:00:59
3	3/33	Kevin O'Connor	Ames	IA	21	M	29	6:40	1:13	2:01	3	36:09	25.8	1:49	5	17:31	5:38	1:04:10
4	4/33	Timothy Valley	Widdleton	WI	24	M	26	6:38	1:13	2:00	7	37:47	24.7	1:14		17:26	5:37	1:05:05
5	1/31	Shawn Shaw	Davis	CA	25	M	7	5:51	1:04	1:44	6	37:41	24.7	1:17		18:41	6:01	1:05:14
6	1/35	Tom Wencel	Widdleton	WI	39	M	9	6:06	1:07	1:45	4	37:20	25.0	1:14	29	19:38	6:19	1:06:03
7	1/32	John Schlagenhauf	Waukesha	WI	33	M	37	6:51	1:15	2:11	8	37:49	24.6	1:30	9	18:20	5:54	1:06:41
8	2/31	Brad Hildebrandt	Omaha	NE	28	M	13	6:17	1:09	1:45	14	39:23	23.7	1:16	7	18:11	5:51	1:06:52
9	2/35	Stephen Gang	Rock Island	IL	36	M	11	6:13	1:08	1:53	23	40:32	23.0	1:17	3	17:09	5:31	1:07:04
10	1/21	John Punkiewicz	Rock Island	IL	42	M	60	7:25	1:21	2:19	5	37:31	24.8	1:00	18	19:15	6:12	1:07:30
11	3/31	Scott Withoff	Lincoln	NE	26	M	22	6:28	1:11	1:55	22	38:27	24.2	1:10	33	19:53	6:24	1:07:53
12	5/33	Andrew O'Brien	Mason City	IA	24	M	18	6:22	1:10	2:01	16	39:41	23.5	1:14	15	18:54	6:05	1:08:12
13	3/35	Peter Saurugger	Des Moines	IA	35	M	74	7:49	1:26	1:50	10	38:20	24.3	1:32	13	18:43	6:01	1:08:14
14	2/32	Stu Huntley	West Des Moines	IA	33	M	39	6:52	1:15	2:09	9	37:57	24.6	1:22	37	19:59	6:26	1:08:19
15	4/35	Keith VanDeLaarsch	Pewaukee	WI	35	M	6	5:48	1:04	2:05	13	39:09	23.8	1:20	3	20:13	6:31	1:08:35
16	3/32	Rick Seals	Burlington	IA	33	M	25	6:37	1:13	1:54	24	40:33	23.0	1:16	11	18:24	5:55	1:08:44
17	4/31	Arne Michalson	Iowa City	IA	29	M	43	6:56	1:16	2:42	20	40:18	23.1	1:11	10	18:22	5:55	1:09:29
18	1/11	Mary Hemmingson	West Des Moines	IA	26	F	53	7:17	1:20	2:16	15	39:24	23.7	0:44	40	20:13	6:30	1:09:54
19	2/21	Marshall Schmitt	Topeka	KS	41	M	41	6:55	1:16	2:15	12	38:28	24.2	1:22	61	20:55	6:44	1:09:55
20	3/21	Edward Kichura	Chicago	IL	42	M	50	7:14	1:19	2:12	25	40:33	23.0	1:27	14	18:43	6:01	1:10:09
21	5/31	Lee Sorensen	Lincoln	NE	29	M	55	7:20	1:20	1:57	36	41:40	22.4	1:10	6	18:03	5:49	1:10:10
22	2/11	Trish Heisdorfer	Glen Allen	VA	29	F	14	6:19	1:09	2:23	22	40:27	23.0	1:20	34	19:56	6:25	1:10:25
23	6/31	Brian Bich	Vermillion	SD	26	M	88	8:07	1:29	1:52	17	39:54	23.4	1:24	25	19:25	6:15	1:10:42
24	5/35	Christopher Schube	New Ulm	MN	39	M	8	6:05	1:07	2:20	35	41:37	22.4	1:20	30	19:39	6:19	1:11:01
25	4/32	Eric Murphy	Chicago	IL	32	M	42	6:55	1:16	2:00	19	40:10	23.2	1:25	47	20:31	6:36	1:11:01
26	6/33	Bradley Gantt	East Moline	IL	24	M	27	6:39	1:13	1:58	30	41:17	22.6	1:20	38	20:01	6:27	1:11:15
27	1/2	Chad Dean	Stoughton	WI	16	M	17	6:20	1:09	1:48	28	41:12	22.6	1:17	52	20:09	6:39	1:11:16
28	1/2	Ryan Woodbury	Roseville	MN	17	M	47	7:03	1:17	2:01	51	42:30	21.9	1:32	8	17:16	5:53	1:11:22
29	5/32	Thomas Roemer	Davenport	IA	32	M	3	5:35	1:01	2:12	40	41:56	22.2	1:01	56	20:48	6:42	1:11:32
30	6/32	Eric Shanks	Lincoln	NE	34	M	70	7:41	1:24	2:23	34	41:30	22.5	1:08	27	19:29	6:16	1:12:11
31	7/33	C.J. Sovada	USAF Academy	CO	21	M	51	7:14	1:19	2:30	37	41:45	22.3	1:29	24	19:20	6:13	1:12:18
32	2/2	Fred Tucker	Indianapolis	IN	19	M	15	6:19	1:09	2:03	38	41:47	22.3	1:20	57	20:50	6:42	1:12:19
33	7/32	Tom Barrett	Brooklyn Park	MN	31	M	28	6:39	1:13	2:32	45	42:11	22.1	1:44	19	19:15	6:12	1:12:21
34	7/31	Scott Wallace	Iowa City	IA	28	M	65	7:29	1:22	2:12	42	41:59	22.2	1:27	26	19:28	6:16	1:12:35
35	8/33	Jeff Schmitt	Topeka	KS	20	M	57	7:22	1:21	1:50	27	41:10	22.6	1:14	66	21:11	6:49	1:12:47
36	8/32	Michael Borland	Estes Park	CO	31	M	38	6:51	1:15	2:03	39	41:51	22.3	1:56	42	20:21	6:33	1:13:02
37	9/33	Brian Winter	Rockford	IL	22	M	21	6:27	1:11	1:50	47	42:16	22.1	1:14	83	21:34	6:56	1:13:21
38	8/31	David Bottorf	Eden Prairie	MN	29	M	34	6:48	1:15	2:22	54	42:47	21.8	1:30	35	19:56	6:25	1:13:23
39	6/35	Barry Siff	Omaha	NE	37	M	128	8:58	1:38	2:41	32	41:21	22.5	1:11	17	19:13	6:11	1:13:24
40	1/13	Keith McQuarrie	Carbondale	IL	47	M	106	8:28	1:33	2:00	53	42:43	21.8	1:19	20	19:15	6:12	1:13:45
41	4/21	Nick Scott	Cedar Rapids	IA	41	M	104	8:26	1:33	2:04	56	43:09	21.6	1:12	16	18:57	6:06	1:13:48
42	7/35	Jim Aasbø	Rockford	IL	35	M	93	8:13	1:30	2:27	46	42:12	22.1	1:24	28	19:32	6:17	1:13:48
43	1/9	Katrina Friedrich	Iowa City	IA	21	F	59	7:24	1:21	2:13	18	40:02	23.3	1:43	110	22:51	7:21	1:14:13
44	9/31	Jim Balstrode, Jr.	New Lenox	IL	26	M	69	7:37	1:24	2:56	31	41:17	22.6	1:34	62	20:58	6:45	1:14:22
45	8/35	Jay Miller	Lincoln	NE	35	M	10	6:08	1:07	2:11	43	42:02	22.2	1:39	99	22:24	7:13	1:14:24

TOP DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
								plc	time	time	plc	time	plc	pace	TIME				
								yds			mph								
46	2/13		Barry Clark	La Crosse	WI	45	M	101	8:23	1:32	2:05	33	41:22	22.5	2:02	55	20:43	6:40	1:14:35
47	10/33		Michael Moschella	Iowa City	IA	23	M	30	6:40	1:13	2:33	74	44:19	21.0	1:34	36	19:57	6:25	1:15:03
48	9/32		Denny Peterson	Lakestation	IL	30	M	95	8:17	1:31	2:01	48	42:25	22.0	1:42	58	20:50	6:42	1:15:15
49	11/33		Bill Ragatz	Newton	IA	24	M	5	5:40	1:02	2:48	69	43:58	21.2	1:02	86	21:56	7:04	1:15:24
50	9/35		Brad Noble	Rock Island	IL	38	M	81	7:58	1:27	2:24	75	44:22	21.0	1:26	21	19:18	6:13	1:15:28
51	5/21		Bradford Titus	W. Des Moines	IA	40	M	19	6:22	1:10	2:31	62	43:38	21.4	1:36	78	21:30	6:55	1:15:37
52	3/11		Dianne Schaefer	Blue Springs	MO	28	F	77	7:52	1:26	2:01	58	43:23	21.5	1:13	71	21:18	6:51	1:15:47
53	10/35		Dean Wayne	Davenport	IA	35	M	87	8:04	1:29	2:33	60	43:30	21.4	1:31	43	20:22	6:33	1:16:00
54	11/35		Timothy Klatt	Cedar Falls	IA	35	M	67	7:33	1:23	3:09	72	44:11	21.1	1:26	32	19:43	6:21	1:16:02
55	10/32		Eric Shover	Barry	IL	32	M	66	7:32	1:23	2:38	68	43:57	21.2	1:31	49	20:33	6:37	1:16:11
56	6/21		Lynn Vogt	Ankeny	IA	44	M	48	7:03	1:17	2:48	44	42:04	22.2	1:23	111	22:56	7:23	1:16:14
57	12/35		Bill Sperr	North Chili	NY	36	M	118	8:37	1:35	2:31	55	42:49	21.8	2:07	41	20:19	6:32	1:16:23
58	12/33		Phil Luebke	Cedar Falls	IA	22	M	20	6:25	1:10	1:55	71	44:02	21.2	1:26	103	22:38	7:17	1:16:26
59	10/31		William Brooks	Quincy	IL	28	M	62	7:27	1:22	2:45	70	43:58	21.2	1:37	53	20:40	6:39	1:16:27
60	13/35		Mike Dean	Stoughton	WI	39	M	186	11:12	2:03	2:18	26	40:41	22.9	1:14	75	21:22	6:53	1:16:47
61	7/21		Jack Slater	Moline	IL	43	M	99	8:21	1:32	2:27	63	43:39	21.4	1:10	73	21:19	6:52	1:16:56
62	11/32		Bob Brooker	Cedar Rapids	IA	30	M	105	8:26	1:33	4:18	49	42:25	22.0	2:29	23	19:19	6:13	1:16:57
63	11/31		Kingdon Hawes	Omaha	NE	25	M	147	9:40	1:46	2:56	29	41:16	22.6	1:51	68	21:16	6:51	1:16:59
64	12/32		Ben Wilson	Iowa City	IA	33	M	182	11:06	2:02	2:18	21	40:22	23.1	1:45	84	21:37	6:57	1:17:08
65	3/13		Dave Crouch	Sullivan	IL	45	M	109	8:31	1:33	2:35	41	41:56	22.2	1:50	100	22:25	7:13	1:17:17
66	13/33		Scott Johnson	Des Moines	IA	20	M	146	9:34	1:45	2:03	65	43:46	21.3	1:37	54	20:40	6:39	1:17:40
67	12/31		Jack Adams, Jr.	Cedar Rapids	IA	28	M	174	10:47	1:58	2:56	52	42:39	21.9	2:11	22	19:18	6:13	1:17:51
68	8/21		Bart Hobson	Madison	WI	44	M	61	7:25	1:21	3:32	78	44:40	20.9	1:52	46	20:26	6:35	1:17:55
69	2/9		Kirsten Wagner	Lincoln	NE	23	F	82	7:58	1:27	2:15	61	43:36	21.4	1:13	113	23:03	7:25	1:18:05
70	1/3		Stephen Daeschner	Cedar Rapids	IA	51	M	71	7:42	1:24	2:59	50	42:27	22.0	1:40	121	23:19	7:30	1:18:07
71	13/31		Doug Hamel	Dubuque	IA	29	M	75	7:49	1:26	2:55	82	45:09	20.6	1:08	69	21:17	6:51	1:18:18
72	14/31		Kevin Bowden	Cedar rapids	IA	25	M	68	7:34	1:23	2:37	85	45:18	20.6	1:22	79	21:32	6:56	1:18:23
73	1/5		Leonard Puxa	Omaha	NE	59	M	92	8:12	1:30	3:16	57	43:14	21.6	1:47	87	21:58	7:04	1:18:27
74	15/31		John Bannantine	Ames	IA	27	M	149	9:45	1:47	2:44	80	45:04	20.7	1:54	31	19:41	6:20	1:19:08
75	14/33		Chris O'Hara	Coggon	IA	23	M	52	7:16	1:20	2:24	98	46:05	20.2	1:24	90	22:09	7:08	1:19:18
76	16/31		David Despenas	Mason City	IA	27	M	98	8:20	1:31	3:18	66	43:47	21.3	1:44	93	22:11	7:08	1:19:20
77	3/9		Kelly Krajnik	Rochester	MN	23	F	126	8:51	1:37	2:38	76	44:26	21.0	1:31	97	22:19	7:11	1:19:45
78	1/7		Erin Sullivan	Omaha	NE	35	F	36	6:50	1:15	2:48	102	46:16	20.1	1:20	104	22:38	7:17	1:19:52
79	14/35		Michael Berry	Solon	IA	36	M	122	8:43	1:36	3:14	64	43:39	21.4	2:00	95	22:17	7:10	1:19:53
80	15/35		Jim Gerk	Cedar Rapids	IA	37	M	112	8:34	1:34	2:19	106	46:34	20.0	1:35	70	21:17	6:51	1:20:19
81	16/35		Don Nauss	Leavenworth	KS	36	M	96	8:18	1:31	2:43	92	45:49	20.3	1:42	85	21:50	7:02	1:20:22
82	1/11		Julie Wilson	Iowa City	IA	30	F					90	45:41	20.4	1:51	50	20:36	6:38	1:20:24
83	1/4		Jan Odiaga	Winfield	IL	40	F	94	8:16	1:31	3:11	59	43:26	21.5	1:49	135	23:48	7:40	1:20:30
84	2/11		Cheryl Miller	Lincoln	NE	34	F	40	6:54	1:16	2:47	100	46:12	20.2	1:13	125	23:27	7:33	1:20:33
85	17/35		William Mattingly	Energy	IL	39	M	139	9:18	1:42	3:04	105	46:25	20.1	1:45	45	20:24	6:34	1:20:56
86	18/35		Jeffrey Clark	Cedar Rapids	IA	38	M	44	6:56	1:16	3:11	84	45:16	20.6	1:54	130	23:43	7:38	1:21:00
87	13/32		Glen Schmitz	Cedar Rapids	IA	33	M	162	10:14	1:52	2:29	89	45:37	20.4	1:38	65	21:08	6:48	1:21:06
88	9/21		Thomas LaPave	Milwaukee	WI	42	M	64	7:28	1:22	2:41	110	46:50	19.9	1:19	107	22:49	7:21	1:21:07
89	17/31		Dana Despenas	Mason City	IA	27	M	161	10:12	1:52	2:42	79	44:52	20.8	1:10	94	22:15	7:10	1:21:11
90	3/11		Jena Doolas	Chicago	IL	30	F	56	7:21	1:21	2:34	119	47:22	19.7	1:17	114	23:06	7:26	1:21:40
91	19/35		Scott Devore	Cedar Rapids	IA	38	M	117	8:36	1:34	3:53	108	46:36	20.0	1:20	76	21:22	6:53	1:21:47
92	15/33		Eric Fredrickson	Coralville	IA	22	M	24	6:36	1:12	3:29	73	44:12	21.1	1:54	160	25:39	8:15	1:21:50
93	2/5		Dick Buhman	Yutan	NE	55	M	76	7:50	1:26	3:20	96	46:02	20.2	1:22	122	23:22	7:31	1:21:56
94	4/13		Roger Jorgensen	Des Moines	IA	45	M	23	6:32	1:12	2:53	117	47:11	19.8	1:41	129	23:42	7:38	1:21:59
95	5/13		Craig Clark	Mason City	IA	49	M	181	11:05	2:02	3:17	81	45:05	20.7	1:46	59	20:50	6:42	1:22:03

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL		
										time	yds	time	plc	time	plc	time	pace	TIME
96	6/13	John Wharem	Duncombe	IA	47	M	203	13:06	2:24	3:09	67	43:48	21.3	1:35	51	20:37	6:38	1:22:15
97	16/33	Jason Clapp	Iowa City	IA	20	M	184	11:08	2:02	2:31	104	46:23	20.1	1:10	67	21:14	6:50	1:22:26
98	10/21	Bob Tourek	Omaha	NE	41	M	58	7:22	1:21	3:52	91	45:44	20.4	2:13	123	23:24	7:32	1:22:35
99	4/11	Kim Sprenger	Burlington	IA	30	F	72	7:42	1:24	2:42	111	46:51	19.9	1:36	134	23:47	7:39	1:22:38
100	18/31	Ever Gonzalez	Omaha	NE	27	M	91	8:11	1:30	3:47	112	46:53	19.9	1:48	98	22:23	7:12	1:23:02
101	3/5	Dave Dutton	Waterloo	IA	57	M	136	9:14	1:41	2:44	116	47:10	19.8	1:55	91	22:09	7:08	1:23:12
102	11/21	Alan Kittleson	Mason City	IA	42	M	102	8:24	1:32	3:32	115	47:03	19.8	1:27	115	23:06	7:26	1:23:32
103	20/35	John Coley	West Des Moines	IA	38	M	63	7:27	1:22	3:23	129	48:48	19.1	1:29	101	22:28	7:14	1:23:35
104	19/31	Peter Honsell	Cedar Rapids	IA	25	M	83	7:59	1:28	2:34	83	45:13	20.6	1:28	172	26:29	8:31	1:23:43
105	2/4	Deborah Hankens	Cherokee	IA	42	F	143	9:27	1:44	2:59	77	44:35	20.9	2:02	150	25:03	8:04	1:24:06
106	20/31	Glen Feyereisn	Chaska	MN	27	M	131	9:05	1:40	3:03	124	48:28	19.2	2:02	80	21:32	6:56	1:24:10
107	5/11	K.D. Rex	Iowa City	IA	34	F	119	8:38	1:35	2:53	103	46:22	20.1	2:09	144	24:17	7:49	1:24:19
108	14/32	Kelly Simpson	Jefferson	IA	32	M	86	8:02	1:28	3:09	145	49:58	18.7	2:03	72	21:18	6:51	1:24:30
109	17/33	Eric Sarno	Rock Island	IL	22	M	183	11:07	2:02	4:23	99	46:09	20.2	2:08	60	20:52	6:43	1:24:39
110	18/33	Charles Toler	Papillion	NE	23	M	54	7:17	1:20	3:07	93	45:51	20.3	1:49	175	26:38	8:34	1:24:42
111	19/33	Kevin Kulak	Ames	IA	22	M	135	9:10	1:41	3:33	97	46:04	20.2	2:13	131	23:44	7:38	1:24:44
112	2/7	Cindy Visser	Cedar Rapids	IA	35	F	110	8:32	1:34	3:14	127	48:38	19.2	1:15	116	23:10	7:27	1:24:49
113	20/33	Rob Phillips	Muscatine	IA	20	M	49	7:12	1:19	3:23	113	46:53	19.9	1:43	166	25:53	8:20	1:25:04
114	21/35	Greg Bailey	Oskaloosa	IA	38	M	188	11:15	2:03	2:56	114	46:55	19.9	1:56	89	22:03	7:06	1:25:05
115	1/1	Lyle Roberts	Burlington	IA	61	M	141	9:22	1:43	2:50	109	46:44	19.9	1:35	146	24:35	7:55	1:25:06
116	22/35	Jim Bell	Cedar Rapids	IA	35	M	85	8:01	1:28	2:37	144	49:44	18.7	1:46	120	23:18	7:30	1:25:26
117	4/11	Kristine Toler	Papillion	NE	25	F	33	6:45	1:14	2:47	107	46:34	20.0	1:52	184	27:41	8:55	1:25:39
118	23/35	Daniel Hanson	Moline	IL	39	M	167	10:36	1:56	4:28	95	45:56	20.3	1:56	106	22:48	7:20	1:25:44
119	12/21	Tom Bowie	Oskaloosa	IA	40	M	138	9:16	1:42	4:05	122	47:53	19.5	1:57	105	22:41	7:18	1:25:52
120	21/31	Mark Reinhardt	Cedar Falls	IA	27	M	166	10:25	1:54	3:35	132	48:58	19.0	1:22	82	21:33	6:56	1:25:53
121	15/32	Eric Randall	Papillion	NE	33	M	193	11:41	2:08	3:31	133	49:03	19.0	1:11	48	20:31	6:36	1:25:57
122	21/33	Mike McGinnis	Wheaton	IL	22	M	137	9:15	1:41	4:07	120	47:47	19.5	1:56	112	22:59	7:24	1:26:04
123	13/21	Darrell Lewis	Mason City	IA	40	M	164	10:18	1:53	3:07	87	45:25	20.5	2:05	153	25:13	8:07	1:26:08
124	22/31	Anthony Krueger	Chicago	IL	28	M	142	9:25	1:43	3:53	88	45:30	20.5	2:24	149	25:02	8:03	1:26:14
125	6/11	Lisa Hedrick	Mason City	IA	34	F	84	8:00	1:28	2:57	147	50:11	18.6	1:45	124	23:25	7:32	1:26:18
126	22/33	Andrew Rosenman	Glencoe	IL	24	M	155	9:58	1:49	3:00	125	48:29	19.2	1:57	126	23:32	7:34	1:26:56
127	23/31	Jeffrey Kaczinski	Ames	IA	28	M	176	10:52	1:59	4:35	94	45:51	20.3	2:01	133	23:45	7:39	1:27:04
128	7/13	Ron Harding, Jr	Iowa City	IA	45	M	200	12:47	2:20	3:36	123	48:08	19.4	1:20	81	21:32	6:56	1:27:23
129	4/9	Ranee Daboo	Bloomington	IL	23	F	114	8:35	1:34	2:43	148	50:12	18.6	2:15	128	23:40	7:37	1:27:25
130	24/31	Paul Sueppel	Iowa City	IA	26	M	151	9:50	1:48	3:30	137	49:24	18.9	1:40	118	23:15	7:29	1:27:39
131	16/32	Keith Gudenkauf	Cedar Rapids	IA	33	M	159	10:05	1:51	3:12	118	47:19	19.7	1:12	167	25:58	8:21	1:27:46
132	17/32	Tom Hartman	North Liberty	IA	31	M	120	8:39	1:35	3:32	126	48:33	19.2	1:19	168	26:01	8:22	1:28:04
133	1/2	Robert McKeague	Villa Park	IL	68	M	133	9:06	1:40	2:50	167	52:02	17.9	2:12	92	22:10	7:08	1:28:20
134	24/35	Bradley Brunia	Huxley	IA	37	M	107	8:28	1:33	4:37	141	49:34	18.8	1:49	139	23:53	7:41	1:28:21
135	23/33	Mark Wolken	Iowa City	IA	23	M	123	8:44	1:36	3:43	165	51:46	18.0	1:10	119	23:15	7:29	1:28:38
136	18/32	Rieggie Hastings	Fairfax	IA	32	M	197	12:16	2:15	3:20	142	49:35	18.8	1:30	88	22:00	7:05	1:28:41
137	24/33	Steve Sprague	Iowa City	IA	23	M	150	9:48	1:48	3:35	86	45:20	20.6	2:19	185	27:42	8:55	1:28:44
138	25/35	Bill Stachnik	Carol Stream	IL	35	M					158	51:22	18.1	1:23	77	21:28	6:55	1:29:32
139	2/2	Zack Young	Cedar rapids	IA	16	M	129	9:00	1:39	4:41	121	47:52	19.5	1:31	170	26:28	8:31	1:29:32
140	4/5	Harold Letson	Mesa	AZ	55	M	160	10:08	1:51	3:57	131	48:53	19.1	2:24	145	24:26	7:52	1:29:48
141	3/7	Ann Vestle	Cedar Rapids	IA	38	F	192	11:30	2:06	2:49	149	50:37	18.4	1:09	137	23:50	7:40	1:29:55
142	25/33	Ronald Kaminski	Downers Grove	IL	23	M	35	6:49	1:15	3:32	169	52:11	17.9	2:08	155	25:23	8:10	1:30:03
143	26/35	Kevin Knutson	Iowa Falls	IA	37	M	171	10:41	1:57	4:05	128	48:40	19.2	1:31	151	25:07	8:05	1:30:04
144	19/32	Wayne Huebener	Iowa City	IA	30	M	12	6:15	1:09	3:27	180	53:06	17.6	1:40	162	25:41	8:16	1:30:09
145	14/21	Ron Nelson	Cedar Rapids	IA	43	M	177	10:56	2:00	5:01	161	51:26	18.1	2:27	44	20:23	6:34	1:30:13

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	FRAN	BIKE	TRAN	RUN	TOTAL				
									plc	time	time	plc	time	plc	time	pace	TIME		
										yds		mph							
146	26/33	John	Frigstad	Iowa City	IA	22	M	173	10:44	1:58	3:31	150	50:38	18.4	2:02	127	23:34	7:35	1:30:29
147	25/31	Joel	Hartman	Cedar Rapids	IA	26	M	148	9:44	1:47	3:31	181	53:07	17.5	1:25	108	22:50	7:21	1:30:37
148	15/21	Gene	Brooks	Topeka	KS	40	M	195	11:58	2:11	5:32	155	51:01	18.3	1:11	63	20:59	6:45	1:30:41
149	27/35	Mark	Rasmussen	Jefferson	IA	37	M	153	9:57	1:49	4:02	135	49:17	18.9	1:45	161	25:40	8:16	1:30:41
150	20/32	Rob	Peters	Bettendorf	IA	32	M	100	8:21	1:32	3:05	175	52:40	17.7	1:18	157	25:24	8:11	1:30:48
151	27/33	Tim	Salasek	Marshalltown	IA	24	M	169	10:39	1:57	2:50	140	49:33	18.8	1:21	178	26:46	8:37	1:31:09
152	21/32	Kirk	Abernathy	Ottumwa	IA	30	M	172	10:42	1:57	3:39	159	51:22	18.1	1:18	142	24:10	7:47	1:31:11
153	28/35	Charles	Ong	Cedar Rapids	IA	35	M	152	9:50	1:48	4:39	134	49:13	18.9	3:29	143	24:12	7:47	1:31:23
154	22/32	Mike	Shive	Solon	IA	32	M	46	7:02	1:17	3:22	177	52:54	17.6	1:37	171	26:28	8:31	1:31:23
155	4/7	Ann	Wilson	Oak Park	IL	39	F	78	7:54	1:27	3:27	178	52:55	17.6	1:34	163	25:42	8:16	1:31:32
156	28/33	Chris	Tyler	Cedar Rapids	IA	23	M	89	8:08	1:29	2:51	163	51:40	18.0	2:01	179	27:02	8:42	1:31:42
157	26/31	Steve	Slechta	Freeport	IL	26	M	189	11:18	2:04	4:27	156	51:03	18.3	1:16	132	23:44	7:38	1:31:48
158	29/35	David	Hart	Cedar Rapids	IA	36	M	194	11:54	2:11	5:01	143	49:43	18.7	1:18	140	23:54	7:42	1:31:50
159	1/1	Judie	Gulley	Lynn Center	IL	50	F	163	10:15	1:52	3:45	130	48:50	19.1	1:52	182	27:25	8:49	1:32:07
160	27/31	Patrick	Brennan	Omaha	NE	27	M	158	10:04	1:50	5:11	154	51:00	18.3	2:22	136	23:49	7:40	1:32:26
161	23/32	Peter	Ylvisaker	Marion	IA	30	M	154	9:57	1:49	3:50	171	52:32	17.7	2:30	138	23:52	7:41	1:32:41
162	7/11	Christina	Colman	Clear Lake	IA	31	F	156	10:03	1:50	5:03	146	50:05	18.6	1:53	164	25:51	8:19	1:32:55
163	30/35	Doug	Erickson	Mason City	IA	35	M	45	6:58	1:16	4:23	173	52:35	17.7	2:30	173	26:34	8:33	1:33:00
164	24/32	Warren	Turwall	Iowa City	IA	32	M	31	6:43	1:14	3:08	202	58:10	16.0	1:13	141	23:54	7:42	1:33:08
165	31/35	Jeff	Duce	N. Kansas City	MO	38	M	130	9:00	1:39	4:29	139	49:29	18.8	1:56	189	28:14	9:05	1:33:08
166	8/13	Dick	Woodbury	Shoreview	MN	48	M	113	8:34	1:34	2:44	172	52:32	17.7	2:27	181	27:13	8:46	1:33:30
167	3/4	Jean	Roeder	Clinton	IA	40	F	219	17:34	3:13	3:03	136	49:18	18.9	1:22	102	22:33	7:15	1:33:50
168	16/21	Gary	Whitacre	Muscatine	IA	41	M	97	8:18	1:31	3:18	164	51:40	18.0	3:05	186	27:49	8:57	1:34:10
169	25/32	Bill	Dawes	Des Moines	IA	30	M	115	8:35	1:34	4:01	101	46:14	20.2	1:53	200	33:34	10:48	1:34:17
170	5/9	Nicole	Tegeler	Ames	IA	22	F	144	9:31	1:44	2:57	190	54:50	17.0	2:00	152	25:08	8:05	1:34:26
171	32/35	Richard	Anton	Nashville	TN	35	M	80	7:57	1:27	6:39	182	53:20	17.5	3:26	117	23:13	7:28	1:34:35
172	17/21	Gregory	Valent	Chicago	IL	42	M	180	11:03	2:01	3:34	170	52:13	17.8	3:16	147	24:48	7:59	1:34:54
173	1/1	Staci	Sparks	Iowa City	IA	19	F	207	13:32	2:29	3:01	193	55:43	16.7	1:41	74	21:20	6:52	1:35:17
174	5/11	Sandra	Horton	Omaha	NE	25	F	124	8:48	1:37	5:22	179	52:59	17.6	2:11	169	26:07	8:24	1:35:27
175	9/13	Ronald	Myers	West Des Moines	IA	48	M	121	8:39	1:35	5:44	162	51:29	18.1	1:45	190	28:19	9:07	1:35:56
176	18/21	Dwight	Dobberstein	Iowa City	IA	40	M	205	13:21	2:26	4:11	166	51:52	18.0	1:14	159	25:35	8:14	1:36:13
177	5/7	Laurie	Woodbury	Shoreview	MN	38	F	90	8:08	1:29	2:53	186	54:09	17.2	2:21	193	29:28	9:29	1:36:59
178	8/11	Kristi	Condon	Morris	IL	30	F	116	8:35	1:34	4:00	194	56:01	16.6	2:05	177	26:42	8:36	1:37:23
179	26/32	Michael	Peiffer	Cedar Rapids	IA	34	M	132	9:05	1:40	4:09	198	56:57	16.4	1:27	165	25:52	8:20	1:37:30
180	29/33	Bret	Schultz	Ames	IA	22	M	217	16:11	2:58	4:38	187	54:14	17.2	1:25	64	21:05	6:47	1:37:33
181	33/35	Dennis	French	Oaklawn	IL	38	M	170	10:40	1:57	4:46	160	51:23	18.1	1:28	192	29:21	9:27	1:37:38
182	6/9	Melinda	Pencook	Cedar rapids	IA	20	F	73	7:48	1:26	5:03	176	52:52	17.6	1:23	195	31:03	10:00	1:38:09
183	27/32	Joe	Noble	St. Charles	IL	32	M	178	11:01	2:01	5:28	189	54:34	17.1	1:53	154	25:19	8:09	1:38:15
184	28/31	Greg	Pief	Coralville	IA	28	M	175	10:47	1:58	3:55	200	57:26	16.2	1:28	158	25:29	8:12	1:39:05
185	28/32	Rick	Neahring	Coralville	IA	30	M	201	13:00	2:23	3:32	185	54:06	17.2	2:06	174	26:37	8:34	1:39:21
186	6/7	Mary	McMahon	Oak Park	IL	36	F	140	9:21	1:43	4:35	192	55:12	16.9	2:21	187	27:58	9:00	1:39:27
187	2/3	Jim	Flynn	Cedar Rapids	IA	54	M	204	13:12	2:25	5:15	183	53:20	17.5	2:21	156	25:23	8:10	1:39:31
188	34/35	Ben	Gaumer	Indianola	IA	39	M	191	11:28	2:06	3:40	153	50:55	18.3	1:59	197	31:36	10:10	1:39:38
189	29/31	Steven	Kulow	Iowa Falls	IA	27	M	103	8:25	1:32	5:05	188	54:17	17.2	2:17	194	30:13	9:44	1:40:17
190	29/32	Alexander	Taylor	Cedar Rapids	IA	31	M	211	14:38	2:41	5:26	197	56:42	16.4	1:24	96	22:18	7:11	1:40:28
191	30/33	Tim	Diefiker	Anamosa	IA	24	M	179	11:02	2:01	4:07	157	51:13	18.2	2:01	198	32:34	10:29	1:40:57
192	10/13	Carl	Thurman	Cedar Falls	IA	46	M	202	13:03	2:23	6:09	152	50:50	18.3	3:18	183	27:39	8:54	1:40:59
193	3/3	Richard	Nehring	Alden	IA	53	M	215	15:52	2:54	6:37	195	56:26	16.5	1:46	109	22:50	7:21	1:43:31
194	11/13	Jim	McMahon	Garner	IA	45	M	168	10:36	1:56	4:57	199	57:21	16.3	2:00	191	28:50	9:17	1:43:44
195	6/11	Karen	Bondi	Chicago	IL	26	F	145	9:32	1:45	4:41	204	59:32	15.7	3:37	180	27:06	8:43	1:44:28

TOP TEN INDIVIDUAL SWIM SPLITS

TOT DIV	PLC PLC	NAME	CITY	ST AGE S	SWIM 100	plc	time	yds
1	1/33	Tim Deboon	Iowa City	IA 22 M	1	5:24	0:59	
2	2/33	Anthony Deboon	Iowa City	IA 24 M	2	5:27	1:00	
3	1/32	Thomas Roemer	Davenport	IA 32 M	3	5:35	1:01	
4	1/31	Mark Whiteside	Rochester	MN 27 M	4	5:37	1:02	
5	3/33	Bill Ragatz	Newton	IA 24 M	5	5:40	1:02	
6	1/34	Keith VanDeLaarsch	Pewaukee	WI 35 M	6	5:48	1:04	
7	2/31	Shawn Shaw	Davis	CA 25 M	7	5:51	1:04	
8	2/34	Christopher Schube	New Ulm	MN 39 M	8	6:05	1:07	
9	3/34	Tom Wencel	Middelton	WI 39 M	9	6:06	1:07	
10	4/34	Jay Miller	Lincoln	NE 35 M	10	6:08	1:07	

TOP TEN INDIVIDUAL SECOND TRANSITIONS

TOT DIV	PLC PLC	NAME	CITY	ST AGE S	TRAN	time
1	1/10	Mary Henningson	West Des Moines	IA 26 F	1	0:44
2	1/21	John Punkiewicz	Rock Island	IL 42 M	2	1:00
3	1/30	Thomas Roemer	Davenport	IA 32 M	3	1:01
4	1/32	Bill Ragatz	Newton	IA 24 M	4	1:02
5	1/29	Doug Hamel	Dubuque	IA 29 M	5	1:08
6	2/30	Eric Shanks	Lincoln	NE 34 M	6	1:08
7	1/7	Ann Vestle	Cedar Rapids	IA 38 F	7	1:09
8	2/29	Scott Withoff	Lincoln	NE 26 M	8	1:10
9	3/29	Lee Sorensen	Lincoln	NE 29 M	9	1:10
10	4/29	Dana Despenas	Mason City	IA 27 M	10	1:10

TOP TEN FIRST TRANSITIONS

TOT DIV	PLC PLC	NAME	CITY	ST AGE S	TRAN	time
1	1/31	Shawn Shaw	Davis	CA 25 M	1	1:44
2	2/31	Brad Hildebrandt	Omaha	NE 28 M	2	1:45
3	1/35	Tom Wencel	Middelton	WI 39 M	3	1:45
4	1/33	Anthony Deboon	Iowa City	IA 24 M	4	1:46
5	1/2	Chad Dean	Stoughton	WI 16 M	5	1:48
6	2/33	Brian Winter	Rockford	IL 22 M	6	1:50
7	3/33	Jeff Schmitt	Topeka	KS 20 M	7	1:50
8	2/35	Peter Saurugger	Des Moines	IA 35 M	8	1:50
9	3/31	Brian Bich	Vermillion	SD 26 M	9	1:52
10	3/35	Stephen Gang	Rock Island	IL 36 M	10	1:53

TOP TEN INDIVIDUAL RUN SPLITS

TOT DIV	PLC PLC	NAME	CITY	ST AGE S	RUN	plc	time	pace
1	1/31	Tim Deboon	Iowa City	IA 22 M	1	15:52	5:06	
2	2/31	Anthony Deboon	Iowa City	IA 24 M	2	16:35	5:20	
3	1/35	Stephen Gang	Rock Island	IL 36 M	3	17:09	5:31	
4	3/31	Timothy Valley	Middleton	WI 24 M	4	17:26	5:37	
5	4/31	Kevin O'Connor	Ames	IA 21 M	5	17:31	5:38	
6	1/29	Lee Sorensen	Lincoln	NE 29 M	6	18:03	5:49	
7	2/29	Brad Hildebrandt	Omaha	NE 28 M	7	18:11	5:51	
8	1/2	Ryan Woodbury	Roseville	MN 17 M	8	18:16	5:53	
9	1/32	John Schlagenhauf	Waukesha	WI 33 M	9	18:20	5:54	
10	3/31	Arne Michalson	Iowa City	IA 29 M	10	18:22	5:55	

TOP TEN INDIVIDUAL BIKE SPLITS

TOT DIV	PLC PLC	NAME	CITY	ST AGE S	BIKE	plc	time	nph
1	1/31	Tim Deboon	Iowa City	IA 22 M	1	35:41	26.1	
2	2/31	Anthony Deboon	Iowa City	IA 24 M	2	35:57	25.9	
3	3/31	Kevin O'Connor	Ames	IA 21 M	3	36:09	25.8	
4	1/35	Tom Wencel	Middelton	WI 39 M	4	37:20	25.0	
5	1/21	John Punkiewicz	Rock Island	IL 42 M	5	37:31	24.8	
6	1/29	Shawn Shaw	Davis	CA 25 M	6	37:41	24.7	
7	4/31	Timothy Valley	Middleton	WI 24 M	7	37:47	24.7	
8	1/29	John Schlagenhauf	Waukesha	WI 33 M	8	37:49	24.6	
9	2/29	Stu Huntley	West Des Moines	IA 33 M	9	37:57	24.6	
10	2/35	Peter Saurugger	Des Moines	IA 35 M	10	38:20	24.3	