

Iowa's Pigman Triathlon - Half Ironman

August 23, 1998

Pleasant Creek State Park, Palo, IA

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	TOTAL		
										time	yds	time		time	time		time	pace	TIME	
1	1/16			Jared Berg	Minnetonka	MN	23	M	4	28:54	1:22	1:45	1	2:18:40	24.2	1:17	6	1:28:32	6:45	4:19:08
2	1/32			Peter Ohotnickyy	Dyess AFB	TX	28	M	2	28:46	1:22	1:54	4	2:24:10	23.3	1:28	3	1:23:27	6:22	4:19:45
3	1/37			Greg Lutchka	Springfield	IL	34	M	20	31:04	1:28	2:09	3	2:19:34	24.1	1:43	5	1:27:46	6:42	4:22:16
4	2/16			Adam Sparks	Annandale	MN	24	M	15	30:22	1:26	2:25	22	2:35:16	21.6	1:19	4	1:24:53	6:29	4:34:15
5	3/16			Matt Thomas	Ames	IA	24	M	88	38:34	1:50	2:31	23	2:35:16	21.6	1:57	2	1:20:23	6:08	4:38:41
6	1/23			Don Berry	Mason City	IA	43	M	14	30:21	1:26	1:44	7	2:29:30	22.5	2:03	11	1:37:42	7:27	4:41:20
7	1/23			David Scott	Cedar Rapids	IA	17	M	16	30:24	1:26	2:17	12	2:32:57	22.0	1:32	9	1:35:31	7:17	4:42:41
8	2/32			James Randall	Grinnell	IA	26	M	5	29:02	1:22	2:35	9	2:32:42	22.0	2:35	10	1:37:31	7:27	4:44:25
9	2/37			Chris Blair	Shakopee	MN	30	M	30	33:22	1:35	2:00	2	2:19:26	24.1	1:22	34	1:49:34	8:22	4:45:44
10	3/37			Ken Seibel	Sioux Falls	SD	33	M	89	38:37	1:50	3:04	8	2:30:45	22.3	1:50	8	1:32:08	7:02	4:46:24
11	4/16			Giancarlo Canessa	Eagan	MN	21	M	3	28:51	1:22	2:42	24	2:35:43	21.6	1:41	19	1:43:46	7:55	4:52:43
12	5/16			Joel Hennings	Omaha	NE	24	M	52	35:04	1:40	1:50	19	2:34:24	21.8	1:31	14	1:40:53	7:42	4:53:42
13	1/26			Dave Lyon	Mankato	MN	36	M	26	32:55	1:34	3:44	20	2:35:03	21.7	2:31	13	1:40:47	7:42	4:55:00
14	1/8			Christy Orris	Edina	MN	28	F	10	30:06	1:26	2:17	32	2:37:43	21.3	1:51	21	1:44:18	7:58	4:56:15
15	3/32			Andrew O'Brien	Mason City	IA	29	M	11	30:14	1:26	1:42	5	2:26:07	23.0	1:27	53	1:57:48	9:00	4:57:18
16	4/37			Craig Olson	Marion	IA	33	M	64	36:04	1:42	2:27	13	2:33:08	21.9	2:51	20	1:44:09	7:57	4:58:39
17	5/37			Jeff Hovinga	Mason City	IA	33	M	108	40:00	1:54	2:01	6	2:29:26	22.5	2:11	23	1:45:04	8:01	4:58:42
18	2/26			Robert Lasich	West Des Moines	IA	39	M	19	30:38	1:27	2:36	27	2:36:25	21.5	2:25	29	1:48:25	8:17	5:00:29
19	4/32			Darrel Haas	Amhearst Junct	WI	29	M	37	33:59	1:37	2:06	33	2:37:56	21.3	1:44	24	1:45:05	8:01	5:00:50
20	6/16			Gerald Kubiak	Omaha	NE	23	M	51	35:03	1:40	2:11	79	2:50:59	19.7	1:43	7	1:31:38	7:00	5:01:34
21	7/16			Stephen Taylor	Iowa City	IA	24	M	46	34:53	1:39	2:32	39	2:40:19	21.0	1:58	17	1:42:58	7:52	5:02:40
22	8/16			Dan Haske	Omaha	NE	23	M	9	30:00	1:25	2:33	44	2:42:24	20.7	2:13	26	1:45:49	8:05	5:02:59
23	3/26			Dave Dornfeld	Edina	MN	38	M	59	35:34	1:41	2:39	18	2:34:19	21.8	2:13	35	1:49:45	8:23	5:04:30
24	5/32			Brad Addink	Iowa City	IA	27	M	75	37:37	1:47	2:15	16	2:34:00	21.8	1:28	33	1:49:25	8:21	5:04:45
25	1/6			Kevin Mabie	O'Fallon	MO	19	M	17	30:26	1:26	1:33	41	2:40:48	20.9	1:37	38	1:51:04	8:29	5:05:28
26	6/32			Barry Breffle	Marion	IA	27	M	12	30:17	1:26	2:00	15	2:33:48	21.8	1:24	59	1:58:36	9:03	5:06:05
27	9/16			Brian Howard	Minneapolis	MN	20	M	1	25:02	1:11	1:23	68	2:47:54	20.0	1:34	44	1:52:10	8:34	5:08:03
28	6/37			Loran Storts	Urbandale	IA	33	M	54	35:12	1:40	2:30	26	2:36:14	21.5	1:46	46	1:52:48	8:37	5:08:30
29	7/37			Dan VandeLune	Pella	IA	33	M	78	37:43	1:47	3:25	11	2:32:50	22.0	2:16	47	1:53:37	8:40	5:09:51
30	2/6			Andy Hutchison	Runnells	IA	19	M	34	33:39	1:36	3:23	52	2:45:03	20.4	1:48	27	1:46:07	8:06	5:10:00
31	7/32			Alan Schmidt	Marion	IA	26	M	142	43:49	2:04	2:17	37	2:39:14	21.1	2:43	15	1:42:24	7:49	5:10:27
32	10/16			Brian Lynch	Iowa City	IA	24	M	79	37:43	1:47	2:57	67	2:47:47	20.0	2:11	12	1:40:01	7:38	5:10:39
33	2/8			Robin Quist	Bloomington	MN	25	F	45	34:47	1:39	2:22	61	2:46:38	20.2	2:56	22	1:44:58	8:01	5:11:41
34	8/32			Daniel Blaney-Koen	Chicago	IL	29	M	58	35:33	1:41	3:10	25	2:36:11	21.5	1:54	51	1:55:34	8:49	5:12:22
35	11/16			Tom Bushlack	Prior Lake	MN	20	M	70	37:03	1:45	2:14	48	2:43:21	20.6	1:50	31	1:48:37	8:17	5:13:05
36	12/16			Joe Fritsch	Holland	MI	23	M	38	34:04	1:37	2:21	38	2:39:16	21.1	2:43	57	1:58:13	9:01	5:16:37
37	9/32			Thomas Reid	Wauwatosa	WI	26	M	24	32:21	1:32	3:32	28	2:36:58	21.4	2:47	66	2:01:18	9:16	5:16:56
38	3/8			Tosha Sween	Deephaven	MN	29	F	80	37:47	1:47	2:17	55	2:45:07	20.3	2:06	39	1:51:07	8:29	5:18:24
39	4/26			John Marsh	Kearney	NE	39	M	134	43:13	2:03	3:36	65	2:47:16	20.1	2:26	16	1:42:26	7:49	5:18:57
40	5/26			Jim Rogers	Omaha	NE	36	M	18	30:27	1:27	2:58	81	2:51:14	19.6	2:55	41	1:51:42	8:32	5:19:16
41	8/37			Greg Schenck	Stanton	IA	32	M	110	40:10	1:54	2:32	50	2:44:31	20.4	2:41	36	1:49:52	8:23	5:19:46
42	2/23			Stephen Houston	Omaha	NE	41	M	68	36:37	1:44	3:04	90	2:53:08	19.4	2:01	25	1:45:19	8:02	5:20:09
43	9/37			Scott Stopak	Omaha	NE	31	M	56	35:30	1:41	2:26	14	2:33:19	21.9	2:04	84	2:07:33	9:44	5:20:52
44	1/8			Anne Lee	Wayzata	MN	38	F	67	36:30	1:44	2:35	47	2:43:08	20.6	2:14	54	1:57:49	9:00	5:22:16
45	4/8			Jennifer Burton	Minnetonka	MN	28	F	65	36:06	1:43	2:02	49	2:44:19	20.4	1:52	55	1:57:57	9:00	5:22:16
46	3/23			Scott Squires	Cedar Rapids	IA	41	M	21	31:09	1:28	3:04	46	2:42:51	20.6	3:20	69	2:02:12	9:20	5:22:36
47	1/4			Kristine Toler	Offutt AFB	NE	30	F	22	31:09	1:28	3:19	71	2:48:02	20.0	2:43	61	1:58:56	9:05	5:24:09
48	4/23			Rick Edinger	Mendota Hgts	MN	42	M	35	33:44	1:36	3:03	98	2:54:25	19.3	1:37	42	1:51:48	8:32	5:24:37
49	3/6			Ezra Hallam	Ames	IA	19	M	39	34:05	1:37	3:49	29	2:37:13	21.4	2:59	83	2:07:05	9:42	5:25:11
50	6/26			Tim Ilten	Cedar Rapids	IA	36	M	28	33:19	1:35	3:53	51	2:44:44	20.4	3:13	65	2:00:22	9:11	5:25:31
51	10/37			Robert Landrum	Madison	WI	33	M	29	33:20	1:35	2:48	132	3:05:03	18.2	2:36	18	1:43:02	7:52	5:26:49
52	2/8			Gayle Devries	Long Lake	MN	39	F	77	37:40	1:47	2:30	72	2:48:11	20.0	2:04	52	1:56:35	8:54	5:27:00
53	7/26			Bob Brooker	Cedar Rapids	IA	35	M	27	33:12	1:34	2:42	21	2:35:09	21.7	2:52	103	2:14:04	10:14	5:27:59
54	10/32			Clay Bertram	Shell Rock	IA	27	M	57	35:30	1:41	1:47	17	2:34:08	21.8	2:06	107	2:15:24	10:20	5:28:55
55	8/26			Paul Riehemann	Middleton	WI	35	M	82	37:48	1:47	2:19	45	2:42:29	20.7	3:06	71	2:03:28	9:25	5:29:10
56	4/6			Darren Bates	Cedar Falls	IA	19	M	73	37:23	1:46	3:44	106	2:55:21	19.2	3:40	32	1:49:20	8:21	5:29:28
57	5/23			Tom Henson	Marion	IA	42	M	55	35:18	1:40	2:40	34	2:38:06	21.3	4:12	91	2:09:32	9:53	5:29:48
58	11/32			Dave Dixon	Sioux City	IA	28	M	44	34:39	1:38	4:27	120	3:01:42	18.5	3:37	28	1:46:17	8:07	5:30:42
59	6/23			Scott McNeice	Minneapolis	MN	44	M	133	43:01	2:02	3:57	178	3:29:39	16.0	3:44	1	1:10:43	5:24	5:31:04
60	2/2			Eric Travagiakis	Cedar Rapids	IA	16	M	114	40:32	1:55	3:18	89	2:52:43	19.5	3:49	43	1:51:59	8:33	5:32:21
61	7/23			Vern Johnson	Keokuk	IA	41	M	107	39:59	1:54	3:07	35	2:38:56	21.1	2:07	88	2:08:31	9:49	5:32:40
62	1/4			Kimberly Clavin	Rochester	MN	23	F	71	37:20	1:46	2:15	75	2:49:27	19.8	1:50	68	2:01:58	9:19	5:32:50
63	9/26			Jeff Heineman	Omaha	NE	39	M	49	34:59	1:39	3:09	63	2:46:50	20.1	3:41	75	2:05:24	9:34	5:34:03
64	1/3			Richard Nehring	Alden	IA	58	M	100	39:23	1:52	2:52	82	2:51:21	19.6	2:40	56	1:58:04	9:01	5:34:20
65	10/26			David Shanle	Sherman	IL	39	M	83	37:49	1:47	3:04	108	2:56:23	19.0	3:31	48	1:53:58	8:42	5:34:45
66	1/12			Rich Giebelhausen	Morton	IL	49	M	112	40:17	1:54	3:40	96	2:53:42	19.3	4:29	45	1:52:47	8:37	5:34:55
67	8/23			CJ Ong, Jr	Cedar Rapids	IA	40	M	144	43:52	2:05	4:38	59	2:46:22	20.2	6:26	49	1:54:23	8:44	5:35:41
68	5/6			Bryan Holland	Cedar Rapids	IA	19	M	13	30:18	1:26	3:05	69	2:47:55	20.0	3:12	96	2:11:36	10:03	5:36:06
69	11/37			William Manhart	Omaha	NE	31	M	8											

96	15/37	Scott Spevacek	Middleton	WI	34	M	23	31:20	1:29	3:06	58	2:46:06	20.2	2:42	138	2:33:51	11:45	5:57:05
97	3/12	Stephen Smith	Overland Park	KS	47	M	104	39:44	1:53	3:26	87	2:52:35	19.5	2:22	114	2:20:34	10:44	5:58:41
98	16/37	Don Romig	Clive	IA	34	M	135	43:28	2:03	3:49	160	3:16:05	17.1	4:02	40	1:51:41	8:32	5:59:05
99	4/12	Randy Schumacher	Minnetonka	MN	47	M	101	39:29	1:52	3:36	117	2:59:47	18.7	3:15	99	2:12:59	10:09	5:59:06
100	4/8	Nancy Cullen	Minneapolis	MN	44	F	95	38:58	1:51	3:21	134	3:05:54	18.1	2:31	86	2:08:27	9:48	5:59:11
101	17/37	Todd Bergman	Ames	IA	33	M	91	38:37	1:50	3:08	56	2:45:28	20.3	3:06	133	2:29:44	11:26	6:00:03
102	18/37	Rob Oellermann	St. Louis	MO	31	M	62	35:47	1:42	2:49	70	2:48:00	20.0	2:43	136	2:31:06	11:32	6:00:25
103	14/16	Joe Froehlich	Cedar Rapids	IA	24	M	149	44:38	2:07	3:48	118	3:00:22	18.6	2:45	95	2:11:20	10:02	6:02:53
104	4/8	Rosanne Hopson	Iowa City	IA	39	F	67	47:25	2:15	5:01	151	3:12:15	17.5	3:53	50	1:54:26	8:44	6:03:00
105	3/4	Barb Scholz	Des Moines	IA	33	F	66	36:15	1:43	4:20	85	2:52:10	19.5	4:11	125	2:26:46	11:12	6:03:42
106	14/23	Doug Kennedy	Portage	IN	40	M	47	34:55	1:39	3:45	104	2:55:12	19.2	3:25	126	2:26:54	11:13	6:04:11
107	5/8	Joanne Woodard	Homer	IL	28	F	32	33:29	1:35	2:07	139	3:08:41	17.8	3:35	109	2:16:25	10:25	6:04:17
108	17/32	Devin Miller	Iowa City	IA	26	M	145	44:05	2:05	4:27	131	3:04:43	18.2	4:53	81	2:06:33	9:40	6:04:41
109	5/8	Cindi Scott	Cedar Rapids	IA	44	F	102	39:41	1:53	2:50	93	2:53:28	19.4	1:56	131	2:28:20	11:19	6:06:15
110	4/4	Amy House	Sioux City	IA	31	F	97	39:03	1:51	3:17	161	3:16:13	17.1	3:21	76	2:05:29	9:35	6:07:23
111	18/32	Christopher Coughl	Minneapolis	MN	28	M	189	55:02	2:36	4:52	114	2:58:36	18.8	5:51	72	2:03:32	9:26	6:07:53
112	19/37	John Burns	Savage	MN	31	M	118	40:51	1:56	3:22	57	2:45:37	20.3	2:06	141	2:36:00	11:55	6:07:56
113	5/8	Jean Apker	Omaha	NE	38	F	31	33:26	1:35	5:31	76	2:50:05	19.8	3:18	147	2:38:00	12:04	6:10:20
114	6/8	Sue Dornfeld	Edina	MN	41	F	99	39:18	1:52	2:32	102	2:55:01	19.2	2:11	137	2:32:46	11:40	6:11:48
115	1/1	Mariana Phipps	Omaha	NE	54	F	103	39:43	1:53	5:25	146	3:11:00	17.6	4:49	92	2:10:55	10:00	6:11:52
116	6/8	Teri Takehiro	Northfield	MN	36	F	171	47:42	2:16	3:21	142	3:09:47	17.7	2:41	90	2:09:01	9:51	6:12:32
117	15/16	Nick Scott-Craig	Iowa City	IA	24	M	116	40:39	1:55	3:13	162	3:16:51	17.1	5:58	80	2:06:12	9:38	6:12:53
118	20/37	Michael Sullivan	Bett	IA	30	M	140	43:46	2:04	4:10	77	2:50:37	19.7	4:47	135	2:30:01	11:27	6:13:21
119	21/37	Jeff Kaczinski	Davenport	IA	33	M	106	39:53	1:53	6:02	88	2:52:38	19.5	4:49	134	2:30:00	11:27	6:13:22
120	13/26	Craig Kossen	Eden Prairie	MN	37	M	96	39:00	1:51	3:06	124	3:02:24	18.4	4:00	122	2:25:14	11:05	6:13:44
121	3/4	Annette Payne	Iowa City	IA	22	F	169	47:31	2:15	3:12	148	3:11:38	17.5	3:23	89	2:08:57	9:51	6:14:41
122	19/32	Todd Stordahl	Minneapolis	MN	28	M	122	42:05	2:00	4:39	74	2:49:07	19.9	4:39	140	2:35:51	11:54	6:16:21
123	5/12	Howard Gillespie	Des Moines	IA	49	M	111	40:14	1:54	2:37	78	2:50:42	19.7	2:26	151	2:40:37	12:16	6:16:36
124	2/3	Ken Kirschenmann	Lincoln	NE	56	M	177	50:09	2:22	5:21	138	3:08:36	17.8	4:42	85	2:08:20	9:48	6:17:08
125	20/32	Rick Flayter	West Allis	WI	27	M	53	35:10	1:40	2:37	40	2:40:28	20.9	2:27	164	2:56:38	13:29	6:17:20
126	22/37	Tim Leist	Iowa City	IA	31	M	127	42:44	2:01	3:18	121	3:01:46	18.5	2:38	127	2:27:21	11:15	6:17:47
127	21/32	Kevin Bass	Minneapolis	MN	27	M	150	44:55	2:08	3:26	110	2:56:43	19.0	3:14	132	2:29:32	11:25	6:17:50
128	14/26	Russell Barker	Lincoln	NE	37	M	138	43:35	2:04	3:56	42	2:41:21	20.8	2:12	156	2:46:50	12:44	6:17:54
129	15/26	Mike Travagiakis	Cedar Rapids	IA	39	M	158	45:53	2:10	3:00	136	3:06:36	18.0	2:39	112	2:20:07	10:42	6:18:15
130	15/23	Mark Vellasquez	Algonquin	IL	44	M	105	39:50	1:53	2:34	137	3:07:07	18.0	4:06	124	2:26:35	11:11	6:20:12
131	16/23	Neal Keating	Iowa City	IA	42	M	131	42:55	2:02	4:30	149	3:11:43	17.5	3:53	110	2:17:48	10:31	6:20:49
132	23/37	Evan Belfer	Iowa City	IA	31	M	157	45:45	2:10	4:10	126	3:02:46	18.4	4:51	119	2:24:13	11:01	6:21:45
133	17/23	Stephen Bullard	Plymouth	MN	40	M	43	34:29	1:38	1:53	112	2:57:31	18.9	2:06	153	2:45:51	12:40	6:21:50
134	7/8	Kristin Selsor	Winterset	IA	35	F	185	51:49	2:27	3:21	150	3:11:56	17.5	3:28	100	2:13:23	10:11	6:23:57
135	22/32	Chris Godat	Columbia	MO	26	M	74	37:27	1:46	2:48	173	3:24:56	16.4	4:38	104	2:14:19	10:15	6:24:08
136	3/3	Ranny MacArthur	Wolverine Lake	MI	55	M	123	42:09	2:00	4:04	158	3:14:50	17.2	3:37	116	2:22:15	10:52	6:26:55
137	23/32	David Martindale	Burlington	IA	27	M	146	44:06	2:05	2:44	36	2:39:10	21.1	2:25	166	2:58:57	13:40	6:27:22
138	24/32	Russell Wyse	Marion	IA	28	M	81	37:47	1:47	5:18	129	3:04:28	18.2	5:09	143	2:36:49	11:58	6:29:31
139	6/12	Larry Struck	St. Paul	MN	49	M	109	40:07	1:54	6:30	147	3:11:26	17.6	5:33	130	2:28:15	11:19	6:31:51
140	24/37	Eric Moschella	Toddsville	IA	31	M	120	41:09	1:57	3:21	123	3:02:17	18.4	6:17	150	2:39:04	12:09	6:32:08
141	25/37	Peter Levonina	Onalaska	WI	34	M	172	47:42	2:16	5:15	156	3:14:19	17.3	5:30	111	2:19:23	10:38	6:32:09
142	18/23	Michael Hook	Hiawatha	IA	40	M	175	48:17	2:17	5:01	154	3:13:03	17.4	3:18	117	2:22:58	10:55	6:32:37
143	16/26	Chuck Niels	Minneapolis	MN	37	M	119	40:55	1:56	5:45	157	3:14:32	17.3	4:36	129	2:28:07	11:18	6:33:55
144	17/26	James Wakefield	Plano	TX	37	M	153	45:21	2:09	8:44	181	3:30:39	16.0	4:56	78	2:06:02	9:37	6:35:42
145	6/8	Tina Naaktgeboren	Cedar Rapids	IA	29	F	139	43:35	2:04	6:02	164	3:18:19	16.9	5:07	120	2:24:45	11:03	6:37:48
146	18/26	Jeffrey Norris	Papillion	NE	35	M	141	43:48	2:04	6:04	165	3:18:29	16.9	3:35	123	2:26:18	11:10	6:38:14
147	7/12	Peter Ross-Gotta	Holton	KS	45	M	148	44:29	2:06	3:56	115	2:58:53	18.8	2:55	157	2:48:02	12:50	6:38:15
148	19/23	Jeff Sikkink	Stillwater	MN	44	M	129	42:46	2:01	4:43	135	3:06:21	18.0	6:13	149	2:38:46	12:07	6:38:49
149	7/8	Kathleen Spillane	Chelesa	MI	41	F	180	50:17	2:23	3:00	127	3:03:40	18.3	4:16	146	2:37:44	12:02	6:38:57
150	26/37	Jody House	Sioux City	IA	34	M	163	46:44	2:13	3:12	92	2:53:21	19.4	6:05	161	2:53:05	13:13	6:42:27
151	20/23	Jim Micho	Rockford	IL	42	M	183	51:02	2:25	4:12	167	3:19:48	16.8	3:38	121	2:25:05	11:05	6:43:45
152	27/37	Curt Bisterfeldt	Cedar Rapids	IA	33	M	181	50:49	2:24	2:41	169	3:20:36	16.7	5:09	128	2:27:46	11:17	6:47:01
153	28/37	Greg Bodeker	Cedar Rapids	IA	32	M	72	37:21	1:46	5:14	128	3:04:05	18.3	4:56	163	2:55:35	13:24	6:47:11
154	25/32	Louis Ervin	Naperville	IL	26	M	184	51:41	2:27	4:34	170	3:21:53	16.6	7:24	115	2:21:47	10:49	6:47:19
155	26/32	Jamie Van Berkum	Cedar Rapids	IA	26	M	130	42:51	2:02	5:33	166	3:19:32	16.8	3:46	139	2:35:38	11:53	6:47:20
156	29/37	James Arthur	Lincoln	NE	34	M	156	45:44	2:10	4:45	62	2:46:38	20.2	3:37	172	3:07:16	14:18	6:48:00
157	7/8	Cindy Moschella	Toddsville	IA	26	F	147	44:15	2:06	4:17	140	3:09:04	17.8	5:45	152	2:45:29	12:38	6:48:50
158	8/12	Daniel Schnelle	Terril	IA	47	M	137	43:34	2:04	3:01	143	3:09:47	17.7	3:36	159	2:50:13	13:00	6:50:11
159	27/32	Dan Borgmann	Lincoln	NE	29	M	164	47:05	2:14	4:16	144	3:10:05	17.7	5:11	158	2:48:26	12:51	6:55:03
160	21/23	Marcus Rhatigan	Cedar Rapids	IA	43	M	165	47:10	2:14	4:28	125	3:02:39	18.4	4:33	165	2:57:29	13:33	6:56:19
161	30/37	James Cullen	Minneapolis	MN	34	M	126	42:38	2:01	4:59	155	3:13:54	17.3					6:59:04
162	31/37	Christopher Seitze	Omaha	NE	31	M	170	47:36	2:15	3:05	171	3:22:08	16.6	3:26	155	2:46:33	12:43	7:02:48
163	19/26	Glennow Rost	Quincy	IL	39	M	188	53:19	2:31	5:36	168	3:20:25	16.8	5:11	154	2:46:12	12:41	7:10:43
164	32/37	Tzanko Doukov	Lincoln	NE	34	M	154	45:24	2:09	5:48	172	3:24:51	16.4	2:46	160	2:51:55	13:07	7:10:44
165	9/12	Gregory Valent	Chicago	IL	48	M	166	47:13	2:14	3:49	163	3:17:55	17.0	5:32	170	3:00:52	13:48	7:15:21
166	8/8	Diane Dodds	Cedar Rapids	IA	37	F	152	45:09	2:08	5:30	182	3:31:25	15.9	3:57	167	2:59:24	13:42	7:25:25
167	4/4	Kristin Gruning	Plymouth	MN	21	F	161	46:36	2:12	3:46	180	3:30:19	16.0	4:15	171	3:03:12	13:59	7:28:08
168	22/23	Rob Stetson	Johnston	IA	44	M												

FEMALE OVERALL RESULTS

TOT	PLC NAME	CITY	ST AGE S	SWIM 100	TRAN	BIKE	TRAN	RUN	TOTAL
				plc time yds	time	plc time mph	time	plc time pace	TIME
1	Christy Orris	Edina	MN 28 F	1 30:06 1:26	2:17	1 2:37:43 21.3	1:51	1 1:44:18 7:58	4:56:15
2	Robin Quist	Bloomington	MN 25 F	5 34:47 1:39	2:22	5 2:46:38 20.2	2:56	2 1:44:58 8:01	5:11:41
3	Tosha Sween	Deephaven	MN 29 F	12 37:47 1:47	2:17	4 2:45:07 20.3	2:06	4 1:51:07 8:29	5:18:24
4	Anne Lee	Wayzata	MN 38 F	9 36:30 1:44	2:35	2 2:43:08 20.6	2:14	7 1:57:49 9:00	5:22:16
5	Jennifer Burton	Minnetonka	MN 28 F	7 36:06 1:43	2:02	3 2:44:19 20.4	1:52	8 1:57:57 9:00	5:22:16
6	Kristine Toler	Offutt AFB	NE 30 F	2 31:09 1:28	3:19	6 2:48:02 20.0	2:43	9 1:58:56 9:05	5:24:09
7	Gayle Devries	Long Lake	MN 39 F	11 37:40 1:47	2:30	7 2:48:11 20.0	2:04	6 1:56:35 8:54	5:27:00
8	Kimberly Clavin	Rochester	MN 23 F	10 37:20 1:46	2:15	8 2:49:27 19.8	1:50	11 2:01:58 9:19	5:32:50
9	Melissa Bannister	Boone	IA 23 F	13 38:02 1:48	2:50	10 2:51:43 19.6	2:17	14 2:05:47 9:36	5:40:39
10	Helen Redmond	Grinnell	IA 34 F	30 50:10 2:23	3:17	14 2:54:26 19.3	2:35	3 1:50:33 8:26	5:41:03
11	Michelle Stout	Ankeny	IA 38 F	6 34:58 1:39	3:09	15 2:54:36 19.2	2:40	15 2:06:09 9:38	5:41:32
12	Cindy Visser	Cedar Rapids	IA 41 F	14 38:51 1:50	3:50	12 2:53:12 19.4	3:57	12 2:02:12 9:20	5:42:02
13	Trish Morrow	Omaha	NE 40 F	20 41:17 1:57	5:26	18 3:01:48 18.5	5:52	10 1:59:00 9:05	5:53:23
14	Vicki Vandersloot	Minneapolis	MN 40 F	22 43:51 2:05	2:47	16 2:54:57 19.2	3:55	17 2:08:30 9:49	5:54:00
15	Nancy Cullen	Minneapolis	MN 44 F	15 38:58 1:51	3:21	20 3:05:54 18.1	2:31	16 2:08:27 9:48	5:59:11
16	Rosanne Hopson	Iowa City	IA 39 F	26 47:25 2:15	5:01	27 3:12:15 17.5	3:53	5 1:54:26 8:44	6:03:00
17	Barb Scholz	Des Moines	IA 33 F	8 36:15 1:43	4:20	11 2:52:10 19.5	4:11	24 2:26:46 11:12	6:03:42
18	Joanne Woodard	Homer	IL 28 F	4 33:29 1:35	2:07	21 3:08:41 17.8	3:35	22 2:16:25 10:25	6:04:17
19	Cindi Scott	Cedar Rapids	IA 44 F	18 39:41 1:53	2:50	13 2:53:28 19.4	1:56	25 2:28:20 11:19	6:06:15
20	Amy House	Sioux City	IA 31 F	16 39:03 1:51	3:17	28 3:16:13 17.1	3:21	13 2:05:29 9:35	6:07:23
21	Jean Apker	Omaha	NE 38 F	3 33:26 1:35	5:31	9 2:50:05 19.8	3:18	29 2:38:00 12:04	6:10:20
22	Sue Dornfeld	Edina	MN 41 F	17 39:18 1:52	2:32	17 2:55:01 19.2	2:11	26 2:32:46 11:40	6:11:48
23	Mariana Phipps	Omaha	NE 54 F	19 39:43 1:53	5:25	24 3:11:00 17.6	4:49	20 2:10:55 10:00	6:11:52
24	Teri Takehiro	Northfield	MN 36 F	28 47:42 2:16	3:21	23 3:09:47 17.7	2:41	19 2:09:01 9:51	6:12:32
25	Annette Payne	Iowa City	IA 22 F	27 47:31 2:15	3:12	25 3:11:38 17.5	3:23	18 2:08:57 9:51	6:14:41
26	Kristin Selsor	Winterset	IA 35 F	33 51:49 2:27	3:21	26 3:11:56 17.5	3:28	21 2:13:23 10:11	6:23:57
27	Tina Naaktgeboren	Cedar Rapids	IA 29 F	21 43:35 2:04	6:02	29 3:18:19 16.9	5:07	23 2:24:45 11:03	6:37:48
28	Kathleen Spillane	Chelesa	MI 41 F	32 50:17 2:23	3:00	19 3:03:40 18.3	4:16	28 2:37:44 12:02	6:38:57
29	Cindy Moschella	Toddville	IA 26 F	23 44:15 2:06	4:17	22 3:09:04 17.8	5:45	30 2:45:29 12:38	6:48:50
30	Diane Dodds	Cedar Rapids	IA 37 F	24 45:09 2:08	5:30	32 3:31:25 15.9	3:57	31 2:45:24 13:42	7:25:25
31	Kristin Gruning	Plymouth	MN 21 F	25 46:36 2:12	3:46	31 3:30:19 16.0	4:15	33 3:03:12 13:59	7:28:08
32	Desiree Doland	Round Lake	IL 28 F	34 52:39 2:30	6:19	33 3:44:55 14.9	10:06	27 2:36:57 11:59	7:30:56
33	Ann MacArthur	Wolverine Lake	MI 56 F	31 50:13 2:23	5:59	35 4:11:36 13.4	5:29	32 2:59:56 13:44	8:13:13
34	Chinda David	Lincoln	NE 42 F	35 66:49 3:10	5:07	34 3:45:15 14.9	5:39	34 3:13:10 14:45	8:16:00

MALE OVERALL RESULTS

TOT	PLC NAME	CITY	ST AGE S	SWIM 100	TRAN	BIKE	TRAN	RUN	TOTAL
				plc time yds	time	plc time mph	time	plc time pace	TIME
1	Jared Berg	Minnetonka	MN 23 M	4 28:54 1:22	1:45	1 2:18:40 24.2	1:17	6 1:28:32 6:45	4:19:08
2	Peter Ohotnicky	Dyess AFB	TX 28 M	2 28:46 1:22	1:54	4 2:24:10 23.3	1:28	3 1:23:27 6:22	4:19:45
3	Greg Lutchka	Springfield	IL 34 M	19 31:04 1:28	2:09	3 2:19:34 24.1	1:43	5 1:27:46 6:42	4:22:16
4	Adam Sparks	Annandale	MN 24 M	14 30:22 1:26	2:25	22 2:35:16 21.6	1:19	4 1:24:53 6:29	4:34:15
5	Matt Thomas	Ames	IA 24 M	75 38:34 1:50	2:31	23 2:35:16 21.6	1:57	2 1:20:23 6:08	4:38:41
6	Don Berry	Mason City	IA 43 M	13 30:21 1:26	1:44	7 2:29:30 22.5	2:03	11 1:37:42 7:27	4:41:20
7	David Scott	Cedar Rapids	IA 17 M	15 30:24 1:26	2:17	12 2:32:57 22.0	1:32	9 1:35:31 7:17	4:42:41
8	James Randall	Grinnell	IA 26 M	5 29:02 1:22	2:35	9 2:32:42 22.0	2:35	10 1:37:31 7:27	4:44:25
9	Chris Blair	Shakopee	MN 30 M	28 33:22 1:35	2:00	2 2:19:26 24.1	1:22	32 1:49:34 8:22	4:45:44
10	Ken Seibel	Sioux Falls	SD 33 M	76 38:37 1:50	3:04	8 2:30:45 22.3	1:50	8 1:32:08 7:02	4:46:24
11	Giancarlo Canessa	Eagan	MN 21 M	3 28:51 1:22	2:42	24 2:35:43 21.6	1:41	19 1:43:46 7:55	4:52:43
12	Joel Hennings	Omaha	NE 24 M	46 35:04 1:40	1:50	19 2:34:24 21.8	1:31	14 1:40:53 7:42	4:53:42
13	Dave Lyon	Mankato	MN 36 M	24 32:55 1:34	3:44	20 2:35:03 21.7	2:31	13 1:40:47 7:42	4:55:00
14	Andrew O'Brien	Mason City	IA 29 M	10 30:14 1:26	1:42	5 2:26:07 23.0	1:27	47 1:57:48 9:00	4:57:18
15	Craig Olson	Marion	IA 33 M	58 36:04 1:42	2:27	13 2:33:08 21.9	2:51	20 1:44:09 7:57	4:58:39
16	Jeff Hovinga	Mason City	IA 33 M	89 40:00 1:54	2:01	6 2:29:26 22.5	2:11	21 1:45:04 8:01	4:58:42
17	Robert Lasich	West Des Moines	IA 39 M	18 30:38 1:27	2:36	27 2:36:25 21.5	2:25	27 1:48:25 8:17	5:00:29
18	Darrel Haas	Amhearst Junct	WI 29 M	33 33:59 1:37	2:06	32 2:37:56 21.3	1:44	22 1:45:05 8:01	5:00:50
19	Gerald Kubiak	Omaha	NE 23 M	45 35:03 1:40	2:11	70 2:50:59 19.7	1:43	7 1:31:38 7:00	5:01:34
20	Stephen Taylor	Iowa City	IA 24 M	41 34:53 1:39	2:32	38 2:40:19 21.0	1:58	17 1:42:58 7:52	5:02:40
21	Dan Haske	Omaha	NE 23 M	9 30:00 1:25	2:33	43 2:42:24 20.7	2:13	24 1:45:49 8:05	5:02:59
22	Dave Dornfeld	Edina	MN 38 M	53 35:34 1:41	2:39	18 2:34:19 21.8	2:13	33 1:49:45 8:23	5:04:30
23	Brad Addink	Iowa City	IA 27 M	65 37:37 1:47	2:15	16 2:34:00 21.8	1:28	31 1:49:25 8:21	5:04:45
24	Kevin Mabie	O'Fallon	MO 19 M	16 30:26 1:26	1:33	40 2:40:48 20.9	1:37	35 1:51:04 8:29	5:05:28
25	Barry Breffle	Marion	IA 27 M	11 30:17 1:26	2:00	15 2:33:48 21.8	1:24	51 1:58:36 9:03	5:06:05
26	Brian Howard	Minneapolis	MN 20 M	1 25:02 1:11	1:23	63 2:47:54 20.0	1:34	40 1:52:10 8:34	5:08:03
27	Loran Storts	Urbandale	IA 33 M	48 35:12 1:40	2:30	26 2:36:14 21.5	1:46	42 1:52:48 8:37	5:08:30
28	Dan Vandelune	Pella	IA 33 M	67 37:43 1:47	3:25	11 2:32:50 22.0	2:16	43 1:53:37 8:40	5:09:51
29	Andy Hutchison	Runnells	IA 19 M	30 33:39 1:36	3:23	49 2:45:03 20.4	1:48	25 1:46:07 8:06	5:10:00
30	Alan Schmidt	Marion	IA 26 M	121 43:49 2:04	2:17	36 2:39:14 21.1	2:43	15 1:42:24 7:49	5:10:27
31	Brian Lynch	Iowa City	IA 24 M	68 37:43 1:47	2:57	62 2:47:47 20.0	2:11	12 1:40:01 7:38	5:10:39
32	Daniel Blaney-Koen	Chicago	IL 29 M	52 35:33 1:41	3:10	25 2:36:11 21.5	1:54	46 1:55:34 8:49	5:12:22
33	Tom Bushlack	Prior Lake	MN 20 M	61 37:03 1:45	2:14	46 2:43:21 20.6	1:50	29 1:48:37 8:17	5:13:05
34	Joe Fritsch	Holland	MI 23 M	34 34:04 1:37	2:21	37 2:39:16 21.1	2:43	49 1:58:13 9:01	5:16:37
35	Thomas Reid	Wauwatosa	WI 26 M	22 32:21 1:32	3:32	28 2:36:58 21.4	2:47	56 2:01:18 9:16	5:16:56
36	John Marsh	Kearney	NE 39 M	114 43:13 2:03	3:36	60 2:47:16 20.1	2:26	16 1:42:26 7:49	5:18:57
37	Jim Rogers	Omaha	NE 36 M	17 30:27 1:27	2:58	72 2:51:14 19.6	2:55	37 1:51:42 8:32	5:19:16
38	Greg Schenck	Stanton	IA 32 M	91 40:10 1:54	2:32	47 2:44:31 20.4	2:41	34 1:49:52 8:23	5:19:46
39	Stephen Houston	Omaha	NE 41 M	59 36:37 1:44	3:04	79 2:53:08 19.4	2:01	23 1:45:19 8:02	5:20:09
40	Scott Stopak	Omaha	NE 31 M	50 35:30 1:41	2:26	14 2:33:19 21.9	2:04	69 2:07:33 9:44	5:20:52
41	Scott Squires	Cedar Rapids	IA 41 M	20 31:09 1:28	3:04	45 2:42:51 20.6	3:20	58 2:02:12 9:20	5:22:36
42	Rick Edinger	Mendota Hgts	MN 42 M	31 33:44 1:36	3:03	85 2:54:25 19.3	1:37	38 1:51:48 8:32	5:24:37
43	Ezra Hallam	Ames	IA 19 M	35 34:05 1:37	3:49	29 2:37:13 21.4	2:59	68 2:07:05 9:42	5:25:11
44	Tim Ilten	Cedar Rapids	IA 36 M	26 33:19 1:35	3:53	48 2:44:44 20.4	3:13	55 2:00:22 9:11	5:25:31
45	Robert Landrum	Madison	WI 33 M	27 33:20 1:35	2:48	113 3:05:03 18.2	2:36	18 1:43:02 7:52	5:26:49
46	Bob Brooker	Cedar Rapids	IA 35 M	25 33:12 1:34	2:42	21 2:35:09 21.7	2:52	82 2:14:04 10:14	5:27:59
47	Clay Bertram	Shell Rock	IA 27 M	51 35:30 1:41	1:47	17 2:34:08 21.8	2:06	86 2:15:24 10:20	5:28:55
48	Paul Riehemann	Middleton	WI 35 M	70 37:48 1:47	2:19	44 2:42:29 20.7	3:06	59 2:03:28 9:25	5:29:10
49	Darren Bates	Cedar Falls	IA 19 M	63 37:23 1:46	3:44	89 2:55:21 19.2	3:40	30 1:49:20 8:21	5:29:28

50	Tom Henson	Marion	IA	42	M	49	35:18	1:40	2:40	33	2:38:06	21.3	4:12	72	2:09:32	9:53	5:29:48
51	Dave Dixon	Sioux City	IA	28	M	40	34:39	1:38	4:27	103	3:01:42	18.5	3:37	26	1:46:17	8:07	5:30:42
52	Scott McNeice	Minneapolis	MN	44	M	113	43:01	2:02	3:57	148	3:29:39	16.0	3:44	1	1:10:43	5:24	5:31:04
53	Eric Travagiakis	Cedar Rapids	IA	16	M	95	40:32	1:55	3:18	78	2:52:43	19.5	3:49	39	1:51:59	8:33	5:32:21
54	Vern Johnson	Keokuk	IA	41	M	88	39:59	1:54	3:07	34	2:38:56	21.1	2:07	71	2:08:31	9:49	5:32:40
55	Jeff Heineman	Omaha	NE	39	M	43	34:59	1:39	3:09	58	2:46:50	20.1	3:41	63	2:05:24	9:34	5:34:03
56	Richard Nehring	Alden	IA	58	M	83	39:23	1:52	2:52	73	2:51:21	19.6	2:40	48	1:58:04	9:01	5:34:20
57	David Shanle	Sherman	IL	39	M	71	37:49	1:47	3:04	91	2:56:23	19.0	3:31	44	1:53:58	8:42	5:34:45
58	Rich Giebelhausen	Morton	IL	49	M	93	40:17	1:54	3:40	83	2:53:42	19.3	4:29	41	1:52:47	8:37	5:34:55
59	CJ Ong, Jr	Cedar Rapids	IA	40	M	122	43:52	2:05	4:38	55	2:46:22	20.2	6:26	45	1:54:23	8:44	5:35:41
60	Bryan Holland	Cedar Rapids	IA	19	M	12	30:18	1:26	3:05	64	2:47:55	20.0	3:12	76	2:11:36	10:03	5:36:06
61	William Manhart	Omaha	NE	31	M	8	29:55	1:25	2:47	50	2:45:03	20.4	3:07	87	2:15:53	10:22	5:36:45
62	Nick White	Des Moines	IA	19	M	23	32:54	1:33	3:58	102	3:00:23	18.6	1:55	50	1:58:16	9:02	5:37:26
63	Steve Handwerker	Chicago	IL	28	M	44	35:01	1:39	3:18	56	2:46:37	20.2	3:46	73	2:10:57	10:00	5:39:39
64	Bill Brooks	Quincy	IL	33	M	57	35:55	1:42	7:13	82	2:53:37	19.4	5:20	52	1:58:45	9:04	5:40:50
65	Steve Kagol	Deephaven	MN	52	M	105	42:19	2:00	3:24	41	2:37:29	21.3	3:31	85	2:14:39	10:17	5:41:22
66	Robert Huffman	Iowa City	IA	28	M	98	40:50	1:56	2:20	42	2:41:36	20.8	2:36	84	2:14:26	10:16	5:41:48
67	Paul Sueppel	Iowa City	IA	31	M	137	46:43	2:13	4:48	61	2:47:39	20.0	3:20	54	2:00:17	9:11	5:42:47
68	David Sexton	Tulsa	OK	25	M	7	29:49	1:25	3:18	99	2:59:39	18.7	3:05	67	2:06:57	9:11	5:42:48
69	Tim Klatt	Cedar Falls	IA	41	M	79	38:48	1:50	2:59	94	2:57:18	19.0	3:17	61	2:04:08	9:29	5:46:30
70	Craig Clark	Mason City	IA	54	M	136	46:15	2:11	2:43	92	2:56:33	19.0	3:28	53	1:59:18	9:06	5:48:17
71	Ben Merriman	Minneapolis	MN	42	M	32	33:58	1:36	2:38	10	2:32:44	22.0	2:04	118	2:37:19	12:01	5:48:43
72	Hal Yoder	Davenport	IA	27	M	29	33:30	1:35	5:41	111	3:04:35	18.2	4:47	57	2:01:23	9:16	5:49:56
73	Matthew Miller	Sioux Falls	SD	32	M	104	42:12	2:00	4:03	126	3:13:01	17.4	2:59	28	1:48:33	8:17	5:50:48
74	Dean Bellville	Des Moines	IA	36	M	94	40:30	1:55	3:26	74	2:51:48	19.6	2:29	80	2:13:44	10:13	5:51:57
75	Jerry Boran	Forest City	IA	46	M	128	45:08	2:08	4:04	88	2:55:17	19.2	2:26	62	2:05:03	9:33	5:51:58
76	William Winberg	Springfield	IL	43	M	82	39:13	1:51	4:23	81	2:53:34	19.4	3:37	77	2:12:01	10:05	5:52:48
77	Randy Steiner	Mt. Horeb	WI	37	M	54	35:39	1:41	4:28	71	2:51:01	19.6	2:25	91	2:20:24	10:43	5:53:57
78	Jim Gerk	Cedar Rapids	IA	42	M	74	38:32	1:49	3:24	90	2:56:16	19.1	3:04	78	2:12:47	10:08	5:54:03
79	Chris O'Hara	Cedar Rapids	IA	29	M	55	35:47	1:42	3:09	66	2:48:41	19.9	3:32	96	2:23:17	10:56	5:54:26
80	David Donat	Sioux Falls	SD	23	M	77	38:37	1:50	3:43	86	2:55:11	19.2	3:53	81	2:13:53	10:13	5:55:17
81	Tony Schmidt	Valparaiso	IN	41	M	73	38:29	1:49	3:11	96	2:58:10	18.9	5:55	74	2:11:09	10:01	5:56:54
82	Scott Spevacek	Middleton	WI	34	M	21	31:20	1:29	3:06	54	2:46:06	20.2	2:42	112	2:33:51	11:45	5:57:05
83	Stephen Smith	Overland Park	KS	47	M	85	39:44	1:53	3:26	76	2:52:35	19.5	2:22	92	2:20:34	10:44	5:58:41
84	Don Romig	Clive	IA	34	M	115	43:28	2:03	3:49	133	3:16:05	17.1	4:02	36	1:51:41	8:32	5:59:05
85	Randy Schumacher	Minnetonka	MN	47	M	84	39:29	1:52	3:36	100	2:59:47	18.7	3:15	79	2:12:59	10:09	5:59:06
86	Todd Bergman	Ames	IA	33	M	78	38:37	1:50	3:08	52	2:45:28	20.3	3:06	108	2:29:44	11:26	6:00:03
87	Rob Oellermann	St. Louis	MO	31	M	56	35:47	1:42	2:49	65	2:48:00	20.0	2:43	111	2:31:06	11:32	6:00:25
88	Joe Froehlich	Cedar Rapids	IA	24	M	126	44:38	2:07	3:48	101	3:00:22	18.6	2:45	75	2:11:20	10:02	6:02:53
89	Doug Kennedy	Portage	IN	40	M	42	34:55	1:39	3:45	87	2:55:12	19.2	3:25	102	2:26:54	11:13	6:04:11
90	Devin Miller	Iowa City	IA	26	M	123	44:05	2:05	4:27	112	3:04:43	18.2	4:53	66	2:06:33	9:40	6:04:41
91	Christopher Coughl	Minneapolis	MN	28	M	155	55:02	2:36	4:52	97	2:58:36	18.8	5:51	60	2:03:32	9:26	6:07:53
92	John Burns	Savage	MN	31	M	99	40:51	1:56	3:22	53	2:45:37	20.3	2:06	115	2:36:00	11:55	6:07:56
93	Nick Scott-Craig	Iowa City	IA	24	M	97	40:39	1:55	3:13	134	3:16:51	17.1	5:58	65	2:06:12	9:38	6:12:53
94	Michael Sullivan	Bett	IA	30	M	119	43:46	2:04	4:10	68	2:50:37	19.7	4:47	110	2:30:01	11:27	6:13:21
95	Jeff Kaczinski	Davenport	IA	33	M	87	39:53	1:53	6:02	77	2:52:38	19.5	4:49	109	2:30:00	11:27	6:13:22
96	Craig Kossen	Eden Prairie	MN	37	M	81	39:00	1:51	3:06	106	3:02:24	18.4	4:00	99	2:25:14	11:05	6:13:44
97	Todd Stordahl	Minneapolis	MN	28	M	102	42:05	2:00	4:39	67	2:49:07	19.9	4:39	114	2:35:51	11:54	6:16:21
98	Howard Gillespie	Des Moines	IA	49	M	92	40:14	1:54	2:37	69	2:50:42	19.7	2:26	122	2:40:37	12:16	6:16:36
99	Ken Kirschenmann	Lincoln	NE	56	M	148	50:09	2:22	5:21	118	3:08:36	17.8	4:42	70	2:08:20	9:48	6:17:08
100	Rick Flayter	West Allis	WI	27	M	47	35:10	1:40	2:37	39	2:40:28	20.9	2:27	134	2:56:38	13:29	6:17:20
101	Tim Leist	Iowa City	IA	31	M	107	42:44	2:01	3:18	104	3:01:46	18.5	2:38	103	2:27:21	11:15	6:17:47
102	Kevin Bass	Minneapolis	MN	27	M	127	44:55	2:08	3:26	93	2:56:43	19.0	3:14	107	2:29:32	11:25	6:17:50
103	Russell Barker	Lincoln	NE	37	M	118	43:35	2:04	3:56	41	2:41:21	20.8	2:12	126	2:46:50	12:44	6:17:54
104	Mike Travagiakis	Cedar Rapids	IA	39	M	134	45:53	2:10	3:00	116	3:06:36	18.0	2:39	90	2:20:07	10:42	6:18:15
105	Mark Velasquez	Algonquin	IL	44	M	86	39:50	1:53	2:34	117	3:07:07	18.0	4:06	101	2:26:35	11:11	6:20:12
106	Neal Keating	Iowa City	IA	42	M	111	42:55	2:02	4:30	124	3:11:43	17.5	3:53	88	2:17:48	10:31	6:20:49
107	Evan Belfer	Iowa City	IA	31	M	133	45:45	2:10	4:10	108	3:02:46	18.4	4:51	97	2:24:13	11:01	6:21:45
108	Stephen Bullard	Plymouth	MN	40	M	39	34:29	1:38	1:53	95	2:57:31	18.9	2:06	123	2:45:51	12:40	6:21:50
109	Chris Godat	Columbia	MO	26	M	64	37:27	1:46	2:48	144	3:24:56	16.4	4:38	83	2:14:19	10:15	6:24:08
110	Ranny MacArthur	Wolverine Lake	MI	55	M	103	42:09	2:00	4:04	131	3:14:50	17.2	3:37	94	2:22:15	10:52	6:26:55
111	David Martindale	Burlington	IA	27	M	124	44:06	2:05	2:44	35	2:39:10	21.1	2:25	136	2:58:57	13:40	6:27:22
112	Russell Wyse	Marion	IA	28	M	69	37:47	1:47	5:18	110	3:04:28	18.2	5:09	117	2:36:49	11:58	6:29:31
113	Larry Struck	St. Paul	MN	49	M	90	40:07	1:54	6:30	123	3:11:26	17.6	5:33	106	2:28:15	11:19	6:31:51
114	Eric Moschella	Toddville	IA	31	M	101	41:09	1:57	3:21	105	3:02:17	18.4	6:17	121	2:39:04	12:09	6:32:08
115	Peter Levonian	Onalaska	WI	34	M	144	47:42	2:16	5:15	129	3:14:19	17.3	5:30	89	2:19:23	10:38	6:32:09
116	Michael Hook	Hiawatha	IA	40	M	147	48:17	2:17	5:01	127	3:13:03	17.4	3:18	95	2:22:58	10:55	6:32:37
117	Chuck Nields	Minneapolis	MN	37	M	100	40:55	1:56	5:45	130	3:14:32	17.3	4:36	105	2:28:07	11:18	6:33:55
118	James Wakefield	Flano	TX	37	M	129	45:21	2:09	8:44	150	3:30:39	16.0	4:56	64	2:06:02	9:37	6:35:42
119	Jeffrey Norris	Papillion	NE	35	M	120	43:48	2:04	6:04	136	3:18:29	16.9	3:35	100	2:26:18	11:10	6:38:14
120	Peter Ross-Gotta	Holton	KS	45	M	125	44:29	2:06	3:56	98	2:58:53	18.8	2:55	127	2:48:02	12:50	6:38:15
121	Jeff Sikkink	Stillwater	MN	44	M	109	42:46	2:01	4:43	115	3:06:21	18.0	6:13	120	2:38:46	12:07	6:38:49
122	Jody House	Sioux City	IA	34	M	138	46:44	2:13	3:12	80	2:53:21	19.4	6:05	131	2:53:05	13:13	6:42:27
123	Jim Micho	Rockford	IL	42	M	151	51:02	2:25	4:12	138	3:19:48	16.8	3:38	98	2:25:05	11:05	6:43:45
124	Curt Bisterfeldt	Cedar Rapids	IA	33	M	149	50:49	2:24	2:41	140	3:20:36	16.7	5:09	104	2:27:46	11:17	6:47:01
125	Greg Bodeker	Cedar Rapids	IA	32	M	62	37:21	1:46	5:14	109	3:04:05	18.3	4:56	133	2:55:35	13:24	6:47:11
126	Louis Ervin	Naperville	IL	26	M	152	51:41	2:27	4:34	141	3:21:53	16.6	7:24	93	2:21:47	10:49	6:47:19
127	Jamie Van Berkum	Cedar Rapids	IA	26	M	110	42:51										

TEAM EVENT

TOTAL PLACE	DIV PLC	TEAM MEMBERS:	SWIM 100 plc time yds	TRAN time	BIKE plc time mph	TRAN time	RUN plc time	pace	TOTAL TIME
1	1/6	TRI-HARD	Paul Eure , John Punkiewicz , Jim Bartek	2 28:28 1:21 1:14	1 2:26:02 23.0	0:54	2 1:31:55	7:01	4:28:33
2	1/4	Movic's Dream Team	Rachel Windsor , Mary Eure , Shawn Magnall	1 26:51 1:16 1:21	3 2:37:10 21.4	0:51	1 1:30:36	6:55	4:36:49
3	2/6	Wheezers	Eric Syverud , Karl Rosenberg , Bob Picchiotti	5 30:02 1:25 1:19	2 2:31:31 22.2	0:48	6 1:47:17	8:11	4:50:57
4	3/6	Jeffrey, Paul and Joshua	Paul Brown , Jeffrey Ginn , Joshua Ginn	3 28:46 1:22 1:19	5 2:46:28 20.2	0:55	3 1:33:31	7:08	4:50:59
5	2/4	Mercy Women At Work	Janene Bytnar , Lisa Paulos , Deb Nowak	4 29:29 1:24 1:26	6 2:55:54 19.1	1:21	4 1:40:58	7:42	5:09:08
6	1/3	Roskens, Hansen, Mortensen	Lisa Roskens , Rob Hansen , Alicia Mortensen	6 30:29 1:27 1:24	4 2:43:41 20.5	1:00	7 1:53:33	8:40	5:10:07
7	4/6	Ide, Anstedt, Aalberts	Hal Ide , Brian Anstedt , Joel Aalberts	8 38:44 1:50 1:20	9 3:12:52 17.4	0:53	5 1:41:07	7:43	5:34:56
8	2/3	Aviating Athletes	Karen Janovy , Ron Neyens , Norm Arons	10 40:36 1:55 1:17	7 3:03:34 18.3	0:48	10 1:59:49	9:09	5:46:04
9	3/3	One-Two-Wee	Rick Koepp , Russ Rabik , Brenda Cloud	12 46:29 2:12 1:32	8 3:04:15 18.2	0:59	8 1:54:22	8:44	5:47:37
10	3/4	August Pork Bellies	Lori Davis , Deb Duff , Pam Fox	11 44:34 2:07 2:05	10 3:14:57 17.2	0:53	9 1:55:09	8:47	5:57:38
11	5/6	Nick's Team	Nick Gearhart , Bill Willis , Tom Frantz	7 34:16 1:37 1:42	11 3:16:37 17.1	0:46	12 2:07:03	9:42	6:00:24
12	4/4	Lynch, Heimer, Bengtson	Rachel Lynch , Kari Heimer , Heidi Bengtson	13 50:30 2:23 1:24	13 3:26:37 16.3	1:00	11 2:03:38	9:26	6:23:09
13	6/6	Crazy Old Farts of America	John Chihak , John Giordano , Richard Lenth	9 39:34 1:52 1:40	12 3:16:39 17.1	1:08	13 2:46:10	12:41	6:45:11

TOP 10 SWIM

TOT PLC	NAME	CITY	ST AGE S	SWIM 100 plc time yds
1	Brian Howard	Minneapolis	MN 20 M	1 25:02 1:11
2	Rachel Windsor	Des Moines	IA	2 26:51 1:16
3	Paul Eure	Davenport	IA	3 28:28 1:21
4	Peter Ohotnicky	Dyess AFB	TX 28 M	4 28:46 1:22
5	Paul Brown	Marion	IA	5 28:46 1:22
6	Giancarlo Canessa	Eagan	MN 21 M	6 28:51 1:22
7	Jared Berg	Minnetonka	MN 23 M	7 28:54 1:22
8	James Randall	Grinnell	IA 26 M	8 29:02 1:22
9	Jeff Sabbath	Evergreen Park	IL 39 M	9 29:16 1:23
10	Janene Bytnar	Coralville	IA	10 29:29 1:24

TOP 10 FIRST TRANSITION

TOT PLC	NAME	CITY	ST AGE S	TRAN time
1	Brian Howard	Minneapolis	MN 20 M	1:23
2	Kevin Mable	O'Fallon	MO 19 M	1:33
3	Andrew O'Brien	Mason City	IA 29 M	1:42
4	Don Berry	Mason City	IA 43 M	1:44
5	Jared Berg	Minnetonka	MN 23 M	1:45
6	Clay Bertram	Shell Rock	IA 27 M	1:47
7	Joel Hennings	Omaha	NE 24 M	1:50
8	Stephen Bullard	Plymouth	MN 40 M	1:53
9	Peter Ohotnicky	Dyess AFB	TX 28 M	1:54
10	Barry Breffle	Marion	IA 27 M	2:00

TOP 10 BIKE

TOT PLC	NAME	CITY	ST AGE S	BIKE time mph
1	Jared Berg	Minnetonka	MN 23 M	2:18:40 24.2
2	Chris Blair	Shakopee	MN 30 M	2:19:26 24.1
3	Greg Lutchka	Springfield	IL 34 M	2:19:34 24.1
4	Peter Ohotnicky	Dyess AFB	TX 28 M	2:24:10 23.3
5	John Punkiewicz	Rock Island	IL	2:26:02 23.0
6	Andrew O'Brien	Mason City	IA 29 M	2:26:07 23.0
7	Jeff Hovinga	Mason City	IA 33 M	2:29:26 22.5
8	Don Berry	Mason City	IA 43 M	2:29:30 22.5
9	Ken Seibel	Sioux Falls	SD 33 M	2:30:45 22.3
10	Karl Rosenberg	Cedar Rapids	IA	2:31:31 22.2

TOP 10 SECOND TRANSITION

TOT PLC	NAME	CITY	ST AGE S	TRAN time
1	Jared Berg	Minnetonka	MN 23 M	1:17
2	Adam Sparks	Annandale	MN 24 M	1:19
3	Chris Blair	Shakopee	MN 30 M	1:22
4	Barry Breffle	Marion	IA 27 M	1:24
5	Andrew O'Brien	Mason City	IA 29 M	1:27
6	Peter Ohotnicky	Dyess AFB	TX 28 M	1:28
7	Brad Addink	Iowa City	IA 27 M	1:28
8	Joel Hennings	Omaha	NE 24 M	1:31
9	David Scott	Cedar Rapids	IA 17 M	1:32
10	Brian Howard	Minneapolis	MN 20 M	1:34

TOP 10 RUN

TOT PLC	NAME	CITY	ST AGE S	RUN time	pace
1	Scott McNeice	Minneapolis	MN 44 M	1:10:43	5:24
2	Matt Thomas	Ames	IA 24 M	1:20:23	6:08
3	Peter Ohotnicky	Dyess AFB	TX 28 M	1:23:27	6:22
4	Adam Sparks	Annandale	MN 24 M	1:24:53	6:29
5	Greg Lutchka	Springfield	IL 34 M	1:27:46	6:42
6	Jared Berg	Minnetonka	MN 23 M	1:28:32	6:45
7	Shawn Magnall	Des Moines	IA	1:30:36	6:55
8	Gerald Kubiak	Omaha	NE 23 M	1:31:38	7:00
9	Jim Bartek	Bettendorf	IA	1:31:55	7:01
10	Ken Seibel	Sioux Falls	SD 33 M	1:32:08	7:02

FEMALE AGE GROUP RESULTS 15 - 17

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
					plc	time	time	time	time	time	TIME	
1 Amber Travagiakis	Cedar Rapids	IA	17	F	1	49:12	2:20	4:10	1	3:25:41	16.3	83:23

MALE AGE GROUP RESULTS 15 - 17

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
					plc	time	time	time	time	time	TIME	
1 David Scott	Cedar Rapids	IA	17	M	1	30:24	1:26	2:17	1	2:32:57	22.0	4:42:41
2 Eric Travagiakis	Cedar Rapids	IA	16	M	2	40:32	1:55	3:18	2	2:52:43	19.5	5:32:21

MALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
					plc	time	time	time	time	time	TIME	
1 Kevin Mabie	O'Fallon	MO	19	M	2	30:26	1:26	1:33	2	2:40:48	20.9	5:05:28
2 Andy Hutchison	Runnells	IA	19	M	4	33:39	1:36	3:23	3	2:45:03	20.4	5:10:00
3 Ezra Hallam	Ames	IA	19	M	5	34:05	1:37	3:49	1	2:37:13	21.4	5:25:11
4 Darren Bates	Cedar Falls	IA	19	M	6	37:23	1:46	3:44	5	2:55:21	19.2	5:29:28
5 Bryan Holland	Cedar Rapids	IA	19	M	1	30:18	1:26	3:05	4	2:47:55	20.0	5:36:06
6 Nick White	Des Moines	IA	19	M	3	32:54	1:33	3:58	6	3:00:23	18.6	5:37:26

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
					plc	time	time	time	time	time	TIME	
1 Kimberly Clavin	Rochester	MN	23	F	1	37:20	1:46	2:15	1	2:49:27	19.8	5:32:50
2 Melissa Bannister	Boone	IA	23	F	2	38:02	1:48	2:50	2	2:51:43	19.6	5:40:39
3 Annette Payne	Iowa City	IA	22	F	4	47:31	2:15	3:12	3	3:11:38	17.5	6:14:41
4 Kristin Gruning	Plymouth	MN	21	F	3	46:36	2:12	3:46	4	3:30:19	16.0	7:28:08

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
					plc	time	time	time	time	time	TIME	
1 Jared Berg	Minnetonka	MN	23	M	3	28:54	1:22	1:45	1	2:18:40	24.2	4:19:08
2 Adam Sparks	Annandale	MN	24	M	5	30:22	1:26	2:25	3	2:35:16	21.6	4:34:15
3 Matt Thomas	Ames	IA	24	M	13	38:34	1:50	2:31	4	2:35:16	21.6	4:38:41
4 Giancarlo Canessa	Eagan	MN	21	M	2	28:51	1:22	2:42	5	2:35:43	21.6	4:52:43
5 Joel Hennings	Omaha	NE	24	M	9	35:04	1:40	1:50	2	2:34:24	21.8	4:53:42
6 Gerald Kufiak	Omaha	NE	23	M	8	35:03	1:40	2:11	13	2:50:59	19.7	5:01:34
7 Stephen Taylor	Iowa City	IA	24	M	7	34:53	1:39	2:32	7	2:40:19	21.0	5:02:40
8 Dan Haske	Omaha	NE	23	M	4	30:00	1:25	2:33	8	2:42:24	20.7	5:02:59
9 Brian Howard	Minneapolis	MN	20	M	1	25:02	1:11	1:23	12	2:47:54	20.0	5:08:03
10 Brian Lynch	Iowa City	IA	24	M	12	37:43	1:47	2:57	11	2:47:47	20.0	5:10:39
11 Tom Bushlack	Prior Lake	MN	20	M	11	37:03	1:45	2:14	9	2:43:21	20.6	5:13:05
12 Joe Fritsch	Holland	MI	23	M	6	34:04	1:37	2:21	6	2:39:16	21.1	5:16:37
13 David Donat	Sioux Falls	SD	23	M	14	38:37	1:50	3:43	14	2:55:11	19.2	5:55:17
14 Joe Froehlich	Cedar Rapids	IA	24	M	16	44:38	2:07	3:48	15	3:00:22	18.6	6:02:53
15 Nick Scott-Craig	Iowa City	IA	24	M	15	40:39	1:55	3:13	16	3:16:51	17.1	6:12:53

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
					plc	time	time	time	time	time	TIME	
1 Christy Orris	Edina	MN	28	F	1	30:06	1:26	2:17	1	2:37:43	21.3	4:56:15
2 Robin Quist	Bloomington	MN	25	F	3	34:47	1:39	2:22	4	2:46:38	20.2	5:11:41
3 Tasha Sween	Deephaven	MN	29	F	5	37:47	1:47	2:17	3	2:45:07	20.3	5:18:24
4 Jennifer Burton	Minnetonka	MN	28	F	4	36:06	1:43	2:02	2	2:44:19	20.4	5:22:16
5 Joanne Woodard	Homer	IL	28	F	2	33:29	1:35	2:07	5	3:08:41	17.8	5:41:48
6 Tina Naaktgeboren	Cedar Rapids	IA	29	F	6	43:35	2:04	6:02	7	3:18:19	16.9	6:37:48
7 Cindy Moschella	Toddsville	IA	26	F	7	44:15	2:06	4:17	6	3:09:04	17.8	6:48:50
8 Desiree Doland	Round Lake	IL	28	F	8	52:39	2:30	6:19	8	3:44:55	14.9	7:30:56

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
					plc	time	time	time	time	time	TIME	
1 Peter Ohotnickyy	Dyess AFB	TX	28	M	1	28:46	1:22	1:54	1	2:24:10	23.3	4:19:45
2 James Randall	Grinnell	IA	26	M	2	29:02	1:22	2:35	3	2:32:42	22.0	4:44:25
3 Andrew O'Brien	Mason City	IA	29	M	4	30:14	1:26	1:42	2	2:26:07	23.0	4:57:18
4 Darrel Haas	Amhearst Junct	WI	29	M	8	33:59	1:37	2:06	9	2:37:56	21.3	5:00:50
5 Brad Addink	Iowa City	IA	27	M	16	37:37	1:47	2:15	5	2:34:00	21.8	5:04:45
6 Barry Breffle	Marion	IA	27	M	5	30:17	1:26	2:00	4	2:33:48	21.8	5:06:05
7 Alan Schmidt	Marion	IA	26	M	24	43:49	2:04	2:17	11	2:39:14	21.1	5:10:27
8 Daniel Blaney-Koen	Chicago	IL	29	M	13	35:33	1:41	3:10	7	2:36:11	21.5	5:12:22
9 Thomas Reid	Wauwatosa	WI	26	M	6	32:21	1:32	3:32	8	2:36:58	21.4	5:16:56
10 Clay Bertram	Shell Rock	IA	27	M	12	35:30	1:41	1:47	6	2:34:08	21.8	5:28:55
11 Dave Dixon	Sioux City	IA	28	M	9	34:39	1:38	4:27	20	3:01:42	18.5	5:30:42
12 Steve Handwerker	Chicago	IL	28	M	10	35:01	1:39	3:18	14	2:46:37	20.2	5:39:39
13 Robert Huffman	Iowa City	IA	28	M	19	40:50	1:56	2:20	13	2:41:36	20.8	5:41:48
14 David Sexton	Tulsa	OK	25	M	3	29:49	1:25	3:18	19	2:59:39	18.7	5:42:48
15 Hal Yoder	Davenport	IA	27	M	7	33:30	1:35	5:41	22	3:04:35	18.2	5:49:56
16 Chris O'Hara	Cedar Rapids	IA	29	M	14	35:47	1:42	3:09	15	2:48:41	19.9	5:54:26
17 Devin Miller	Iowa City	IA	26	M	25	44:05	2:05	4:27	23	3:04:43	18.2	6:04:41
18 Christopher Coughl	Minneapolis	MN	28	M	31	55:02	2:36	4:52	18	2:58:36	18.8	6:07:53
19 Todd Stordahl	Minneapolis	MN	28	M	20	42:05	2:00	4:39	16	2:49:07	19.9	6:16:21
20 Rick Flayter	West Allis	WI	27	M	11	35:10	1:40	2:37	12	2:40:28	20.9	6:17:20
21 Kevin Bass	Minneapolis	MN	27	M	27	44:55	2:08	3:26	17	2:56:43	19.0	6:17:50

22	Chris Godat	Columbia	MO	26	M	15	37:27	1:46	2:48	29	3:24:56	16.4	4:38	16	2:14:19	10:15	6:24:08
23	David Martindale	Burlington	IA	27	M	26	44:06	2:05	2:44	10	2:39:10	21.1	2:25	28	2:58:57	13:40	6:27:22
24	Russell Wyse	Marion	IA	28	M	17	37:47	1:47	5:18	21	3:04:28	18.2	5:09	24	2:36:49	11:58	6:29:31
25	Louis Ervin	Naperville	IL	26	M	30	51:41	2:27	4:34	28	3:21:53	16.6	7:24	19	2:21:47	10:49	6:47:19
26	Jamie Van Berkum	Cedar Rapids	IA	26	M	22	42:51	2:02	5:33	27	3:19:32	16.8	3:46	22	2:35:38	11:53	6:47:20
27	Dan Borgmann	Lincoln	NE	29	M	29	47:05	2:14	4:16	24	3:10:05	17.7	5:11	25	2:48:26	12:51	6:55:03
28	J Patrick Hosty	Elm Grove	WI	25	M	32	56:21	2:40	6:22	31	3:34:11	15.7	7:44	26	2:54:14	13:18	7:38:52
29	Sean McSweeney	Milwaukee	WI	25	M	23	43:32	2:04	19:11	25	3:10:44	17.6	15:11	29	3:10:15	14:31	7:38:53
30	Eric Woodard	Homer	IL	28	M	28	46:12	2:11	3:27	26	3:12:44	17.4	7:06	31	3:33:44	16:19	7:43:13
31	Matt Ernst	Cedar Rapids	IA	26	M	21	42:45	2:01	5:39	30	3:29:43	16.0	7:25	30	3:26:02	15:44	7:51:34

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	Kristine Toler	NE	30	F	1	31:09	1:28	3:19	1	2:48:02	20.0	2:43	2	1:58:56	9:05	5:24:09
2	Helen Redmond	IA	34	F	4	50:10	2:23	3:17	3	2:54:26	19.3	2:35	1	1:50:35	8:26	5:41:03
3	Barb Scholz	IA	33	F	2	36:15	1:43	4:20	2	2:52:10	19.5	4:11	4	2:26:46	11:12	6:03:42
4	Amy House	IA	31	F	3	39:03	1:51	3:17	4	3:16:13	17.1	3:21	3	2:05:29	9:35	6:07:23

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	Greg Lutchka	IL	34	M	2	31:04	1:28	2:09	2	2:19:34	24.1	1:43	1	1:27:46	6:42	4:22:16
2	Chris Blair	MN	30	M	5	33:22	1:35	2:00	1	2:19:26	24.1	1:22	7	1:49:34	8:22	4:45:44
3	Ken Seibel	SD	33	M	13	38:37	1:50	3:04	4	2:30:45	22.3	1:50	2	1:32:08	7:02	4:46:24
4	Craig Olson	IA	33	M	10	36:04	1:42	2:27	6	2:33:08	21.9	2:51	4	1:44:09	7:57	4:58:39
5	Jeff Hovinga	IA	33	M	17	40:00	1:54	2:01	3	2:29:26	22.5	2:11	5	1:45:04	8:01	4:58:42
6	Loran Storts	IA	33	M	6	35:12	1:40	2:30	8	2:36:14	21.5	1:46	10	1:52:48	8:37	5:08:30
7	Dan Vandellune	IA	33	M	12	37:43	1:47	3:25	5	2:32:50	22.0	2:16	11	1:53:37	8:40	5:09:51
8	Greg Schenck	IA	32	M	18	40:10	1:54	2:32	9	2:44:31	20.4	2:41	8	1:49:52	8:23	5:19:46
9	Scott Stopak	NE	31	M	7	35:30	1:41	2:26	7	2:33:19	21.9	2:04	14	2:07:33	9:44	5:20:52
10	Robert Landrum	WI	33	M	4	33:20	1:35	2:48	25	3:05:03	18.2	2:36	3	1:43:02	7:52	5:26:49
11	William Manhart	NE	31	M	1	29:55	1:25	2:47	10	2:45:03	20.4	3:07	15	2:15:53	10:22	5:36:45
12	Bill Brooks	IL	33	M	9	35:55	1:42	7:13	20	2:53:37	19.4	5:20	12	1:58:45	9:04	5:40:50
13	Paul Sueppel	IA	31	M	31	46:43	2:13	4:48	15	2:47:39	20.0	3:20	13	2:00:17	9:11	5:42:47
14	Matthew Miller	SD	32	M	21	42:12	2:00	4:03	26	3:13:01	17.4	2:59	6	1:48:33	8:17	5:50:48
15	Scott Spevacek	WI	34	M	3	31:20	1:29	3:06	13	2:46:06	20.2	2:42	24	2:33:51	11:45	5:57:05
16	Don Romig	IA	34	M	25	43:28	2:03	3:49	29	3:16:05	17.1	4:02	9	1:51:41	8:32	5:59:05
17	Todd Bergman	IA	33	M	14	38:37	1:50	3:08	11	2:45:28	20.3	3:06	20	2:29:44	11:26	6:00:03
18	Rob Oellermann	MO	31	M	8	35:47	1:42	2:49	16	2:48:00	20.0	2:43	23	2:31:06	11:32	6:00:25
19	John Burns	MN	31	M	19	40:51	1:56	3:22	12	2:45:37	20.3	2:06	25	2:36:00	11:55	6:07:56
20	Michael Sullivan	IA	30	M	26	43:46	2:04	4:10	17	2:50:37	19.7	4:47	22	2:30:01	11:27	6:13:21
21	Jeff Kaczinski	IA	33	M	16	39:53	1:53	6:02	18	2:52:38	19.5	4:49	21	2:30:00	11:27	6:13:22
22	Tim Leist	IA	31	M	23	42:44	2:01	3:18	21	3:01:46	18.5	2:38	18	2:27:21	11:15	6:17:47
23	Evan Belfer	IA	31	M	30	45:45	2:10	4:10	23	3:02:46	18.4	4:51	17	2:24:13	11:01	6:21:45
24	Eric Moschella	IA	31	M	20	41:09	1:57	3:21	22	3:02:17	18.4	6:17	27	2:39:04	12:09	6:32:08
25	Peter Levonian	WI	34	M	30	47:42	2:16	5:15	28	3:14:19	17.3	5:30	16	2:19:23	10:38	6:32:09
26	Jody House	IA	34	M	32	46:44	2:13	3:12	19	2:53:21	19.4	6:05	30	2:53:05	13:13	6:42:27
27	Curt Bisterfeldt	IA	33	M	35	50:49	2:24	2:41	30	3:20:36	16.7	5:09	19	2:27:46	11:17	6:47:01
28	Greg Bodeker	IA	32	M	11	37:21	1:46	5:14	24	3:04:05	18.3	4:56	31	2:55:35	13:24	6:47:11
29	James Arthur	NE	34	M	29	45:44	2:10	4:45	14	2:46:38	20.2	3:37	32	3:07:16	14:18	6:48:00
30	James Cullen	MN	34	M	22	42:38	2:01	4:59	27	3:13:54	17.3					6:59:04
31	Christopher Seitze	NE	31	M	33	47:36	2:15	3:05	31	3:22:08	16.6	3:26	28	2:46:33	12:43	7:02:48
32	Tzanko Doukov	NE	34	M	27	45:24	2:09	5:48	32	3:24:51	16.4	2:46	29	2:51:55	13:07	7:10:44
33	David Clark	IL	32	M	36	55:26	2:37	6:23	33	3:28:31	16.1	7:42	33	3:13:48	14:48	7:51:50
34	Anthony Mattan	IA	32	M	37	72:20	3:25	6:24	35	3:58:39	14.1	6:18	26	2:36:18	11:56	7:59:59

FEMALE 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	Anne Lee	MN	38	F	3	36:30	1:44	2:35	1	2:43:08	20.6	2:14	3	1:57:49	9:00	5:22:16
2	Gayle Devries	MN	39	F	4	37:40	1:47	2:30	2	2:48:11	20.0	2:04	2	1:56:35	8:54	5:27:00
3	Michelle Stout	IA	38	F	2	34:58	1:39	3:09	4	2:54:36	19.2	2:40	4	2:06:09	9:38	5:41:32
4	Rosanne Hopson	IA	39	F	6	47:25	2:15	5:01	7	3:12:15	17.5	3:53	1	1:54:26	8:44	6:03:00
5	Jean Apker	NE	38	F	1	33:26	1:35	5:31	3	2:50:05	19.8	3:18	7	2:38:00	12:04	6:10:20
6	Teri Takehiro	MN	36	F	7	47:42	2:16	3:21	5	3:09:47	17.7	2:41	5	2:09:01	9:51	6:12:32
7	Kristin Selsor	IA	35	F	8	51:49	2:27	3:21	6	3:11:56	17.5	3:28	6	2:13:23	10:11	6:23:57
8	Diane Dodds	IA	37	F	5	45:09	2:08	5:30	8	3:31:25	15.9	3:57	8	2:59:24	13:42	7:25:25

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	Dave Lyon	MN	36	M	4	32:55	1:34	3:44	2	2:35:03	21.7	2:31	1	1:40:47	7:42	4:55:00
2	Robert Lasich	IA	39	M	3	30:38	1:27	2:36	4	2:36:25	21.5	2:25	3	1:48:25	8:17	5:00:29
3	Dave Dornfeld	MN	38	M	11	35:34	1:41	2:39	1	2:34:19	21.8	2:13	4	1:49:45	8:23	5:04:30
4	John Marsh	NE	39	M	18	43:13	2:03	3:36	11	2:47:16	20.1	2:26	2	1:42:26	7:49	5:18:57
5	Jim Rogers	NE	36	M	2	30:27	1:27	2:58	13	2:51:14	19.6	2:55	5	1:51:42	8:32	5:19:16
6	Tim Ilten	IA	36	M	6	33:19	1:35	3:53	8	2:44:44	20.4	3:13	7	2:00:22	9:11	5:25:31
7	Bob Brooker	IA	35	M	5	33:12	1:34	2:42	3	2:35:09	21.7	2:52	12	2:14:04	10:14	5:27:59
8	Paul Rehemann	WI	35	M	13	37:48	1:47	2:19	7	2:42:29	20.7	3:06	8	2:03:28	9:25	5:29:10
9	Jeff Heineman	NE	39	M	10	34:59	1:39	3:09	10	2:46:50	20.1	3:41	9	2:05:24	9:34	5:34:03
10	David Shanle	IL	39	M	14	37:49	1:47	3:04	16	2:56:23	19.0	3:31	6	1:53:58	8:42	5:34:45
11	Dean Bellville	IA	36	M	16	40:30	1:55	3:26	14	2:51:48	19.6	2:29	11	2:13:44	10:13	5:51:57
12	Randy Steiner	WI	37	M	12	35:39	1:41	4:28	12	2:51:01	19.6	2:25	14	2:20:24	10:43	5:53:57
13	Craig Kossen	MN	37	M	15	39:00	1:51	3:06	17	3:02:24	18.4	4:00	15	2:25:14	11:05	6:13:44
14	Russell Barker	NE	37	M	19	43:35	2:04	3:56	6	2:41:21	20.8	2:12	19	2:46:50	12:44	6:17:54
15	Mike Travagiakis	IA	39	M	22	45:53	2:10	3:00	19	3:06:36	18.0	2:39	13	2:20:07	10:42	6:18:15
16	Chuck Nields	MN	37	M	17	40:55	1:56	5:45	21	3:14:32	17.3	4:36	17	2:28:07	11:18	6:33:55
17	James Wakefield	TX	37	M	21	45:21	2:09	8:44	25	3:30:39	16.0	4:56	10	2:06:02	9:37	6:35:42
18	Jeffrey Norris	NE	35	M	20	43:48	2:04	6:04	23	3:18:29	16.9	3:35	16	2:26:18	11:10	6:38:14
19	Glennow Rost	IL	39	M	26	53:19	2:31	5:36	24	3:20:25	16.8	5:11	18	2:46:12	12:41	7:10:43
20	Kent Jackson	KS	35	M	25	50:53	2:25	5:54	22	3:15:40	17.2	6:53	20	3:14:12		

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 Cindy Visser	Cedar Rapids	IA	41	F	1	38:51	1:50	3:50	1	2:53:12	19.4	3:57	2	2:02:12	9:20	5:42:02
2 Trish Morrow	Omaha	NE	40	F	5	41:17	1:57	5:26	5	3:01:48	18.5	5:52	1	1:59:00	9:05	5:53:23
3 Vicki Vandersloot	Minneapolis	MN	40	F	6	43:51	2:05	2:47	3	2:54:57	19.2	3:55	4	2:08:30	9:49	5:54:00
4 Nancy Cullen	Minneapolis	MN	44	F	2	38:58	1:51	3:21	7	3:05:54	18.1	2:31	3	2:08:27	9:48	5:59:11
5 Cindi Scott	Cedar Rapids	IA	44	F	4	39:41	1:53	2:50	2	2:53:28	19.4	1:56	5	2:28:20	11:19	6:06:15
6 Sue Dornfeld	Edina	MN	41	F	3	39:18	1:52	2:32	4	2:55:01	19.2	2:11	6	2:32:46	11:40	6:11:48
7 Kathleen Spillane	Chelesa	MI	41	F	7	50:17	2:23	3:00	6	3:03:40	18.3	4:16	7	2:37:44	12:02	6:38:57
8 Chinda David	Lincoln	NE	42	F	8	66:49	3:10	5:07	8	3:45:15	14.9	5:39	8	3:13:10	14:45	8:16:00

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 Don Berry	Mason City	IA	43	M	1	30:21	1:26	1:44	1	2:29:30	22.5	2:03	2	1:37:42	7:27	4:41:20
2 Stephen Houston	Omaha	NE	41	M	8	36:37	1:44	3:04	8	2:53:08	19.4	2:01	3	1:45:19	8:02	5:20:09
3 Scott Squires	Cedar Rapids	IA	41	M	2	31:09	1:28	3:04	5	2:42:51	20.6	3:20	6	2:02:12	9:20	5:22:36
4 Rick Edinger	Mendota Hgts	MN	42	M	3	33:44	1:36	3:03	10	2:54:25	19.3	1:37	4	1:51:48	8:32	5:24:37
5 Tom Henson	Marion	IA	42	M	7	35:18	1:40	2:40	3	2:38:06	21.3	4:12	9	2:09:32	9:53	5:29:48
6 Scott McNeice	Minneapolis	MN	44	M	18	43:01	2:02	3:57	22	3:29:39	16.0	3:44	1	1:10:43	5:24	5:31:04
7 Vern Johnson	Keokuk	IA	41	M	15	39:59	1:54	3:07	4	2:38:56	21.1	2:07	8	2:08:31	9:49	5:32:40
8 CJ Ong, Jr	Cedar Rapids	IA	40	M	19	43:52	2:05	4:38	6	2:46:22	20.2	6:26	5	1:54:23	8:44	5:35:41
9 Tim Klatt	Cedar Falls	IA	41	M	12	38:48	1:50	2:59	13	2:57:18	19.0	3:17	7	2:04:08	9:29	5:46:30
10 Ben Merriman	Minneapolis	MN	42	M	4	33:58	1:36	2:38	2	2:32:44	22.0	2:04	18	2:37:19	12:01	5:48:43
11 William Winberg	Springfield	IL	43	M	13	39:13	1:51	4:23	9	2:53:34	19.4	3:37	11	2:12:01	10:05	5:52:48
12 Jim Gerk	Cedar Rapids	IA	42	M	11	38:32	1:49	3:24	12	2:56:16	19.1	3:04	12	2:12:47	10:08	5:54:03
13 Tony Schmidt	Valparaiso	IN	41	M	10	38:29	1:49	3:11	15	2:58:10	18.9	5:55	10	2:11:09	10:01	5:56:54
14 Doug Kennedy	Portage	IN	40	M	6	34:55	1:39	3:45	11	2:55:12	19.2	3:25	17	2:26:54	11:13	6:04:11
15 Mark Velasquez	Algonquin	IL	44	M	14	39:50	1:53	2:34	18	3:07:07	18.0	4:06	16	2:26:35	11:11	6:20:12
16 Neal Keating	Iowa City	IA	42	M	17	42:55	2:02	4:30	19	3:11:43	17.5	3:53	13	2:17:48	10:31	6:20:49
17 Stephen Bullard	Plymouth	MN	40	M	5	34:29	1:38	1:53	14	2:57:31	18.9	2:06	21	2:45:51	12:40	6:21:50
18 Michael Hook	Hiawatha	IA	40	M	21	48:17	2:17	5:01	20	3:13:03	17.4	3:18	14	2:22:58	10:55	6:32:37
19 Jeff Sikkink	Stillwater	MN	44	M	16	42:46	2:01	4:43	17	3:06:21	18.0	6:13	20	2:38:46	12:07	6:38:49
20 Jim Micho	Rockford	IL	42	M	22	51:02	2:25	4:12	21	3:19:48	16.8	3:38	15	2:25:05	11:05	6:43:45
21 Marcus Rhatigan	Cedar Rapids	IA	43	M	20	47:10	2:14	4:28	16	3:02:39	18.4	4:33	22	2:57:29	13:33	6:56:19
22 Rob Stetson	Johnston	IA	44	M	23	64:06	3:02	5:35	23	3:33:50	15.7	6:14	19	2:38:39	12:07	7:28:24

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 Rich Giebelhausen	Morton	IL	49	M	5	40:17	1:54	3:40	3	2:53:42	19.3	4:29	1	1:52:47	8:37	5:34:55
2 Jerry Boran	Forest City	IA	46	M	9	45:08	2:08	4:04	4	2:55:17	19.2	2:26	2	2:05:03	9:33	5:51:58
3 Stephen Smith	Overland Park	KS	47	M	2	39:44	1:53	3:26	2	2:52:35	19.5	2:22	4	2:20:34	10:44	5:58:41
4 Randy Schumacher	Minnetonka	MN	47	M	1	39:29	1:52	3:36	6	2:59:47	18.7	3:15	3	2:12:59	10:09	5:59:06
5 Howard Gillespie	Des Moines	IA	49	M	4	40:14	1:54	2:37	1	2:50:42	19.7	2:26	6	2:40:37	12:16	6:16:36
6 Larry Struck	St. Paul	MN	49	M	3	40:07	1:54	6:30	8	3:11:26	17.6	5:33	5	2:28:15	11:19	6:31:51
7 Peter Ross-Gotta	Holton	KS	45	M	8	44:29	2:06	3:56	5	2:58:53	18.8	2:55	7	2:48:02	12:50	6:38:15
8 Daniel Schnelle	Terrill	IA	47	M	7	43:34	2:04	3:01	7	3:09:47	17.7	3:36	8	2:50:13	13:00	6:50:11
9 Gregory Valent	Chicago	IL	48	M	10	47:13	2:14	3:49	9	3:17:55	17.0	5:32	10	3:00:52	13:48	7:15:21
10 Ron Nelson	Cedar Rapids	IA	48	M	12	58:42	2:47	6:34	10	3:28:38	16.1	7:33	9	2:59:51	13:44	7:41:18
11 Ron Redden	Omaha	NE	48	M	11	52:42	2:30	11:04	11	3:55:51	14.2					8:25:18

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 Mariana Phipps	Omaha	NE	54	F	1	39:43	1:53	5:25	1	3:11:00	17.6	4:49	1	2:10:55	10:00	6:11:52

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 Steve Kagol	Deephaven	MN	52	M	1	42:19	2:00	3:24	1	2:37:29	21.3	3:31	2	2:14:39	10:17	5:41:22
2 Craig Clark	Mason City	IA	54	M	2	46:15	2:11	2:43	2	2:56:33	19.0	3:28	1	1:59:18	9:06	5:48:17

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 Ann MacArthur	Wolverine Lake	MI	56	F	1	50:13	2:23	5:59	1	4:11:36	13.4	5:29	1	2:59:56	13:44	8:13:13

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 Nehring	Alden	IA	58	M	1	39:23	1:52	2:52	1	2:51:21	19.6	2:40	1	1:58:04	9:01	5:34:20
2 Ken Kirschenmann	Lincoln	NE	56	M	3	50:09	2:22	5:21	2	3:08:36	17.8	4:42	2	2:08:20	9:48	6:17:08
3 Ranny MacArthur	Wolverine Lake	MI	55	M	2	42:09	2:00	4:04	3	3:14:50	17.2	3:37	3	2:22:15	10:52	6:26:55

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 Grant Lewis	Ankeny	IA	62	M	1	47:48	2:16	3:41	1	3:26:57	16.2	4:07	1	3:11:10	14:36	7:33:43