Iowa's Pigman Triathlon

June 7, 1998

Pleasant Creek State Park, Palo, IA

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/24	Jared Berg	Minnetonka	MN	23	M	16	7:01	1:17	1:39	2	36:53	25.3	1:19	8	17:29	5:38	1:04:21
2	1/49	Doug Davis	Burnsville	MN	31	M	5	6:28	1:11	1:46	4	37:27	24.9	1:12	12	17:46	5:43	1:04:39
3	2/49	Rich Heilman	Lakeville	MN	32	M	21	7:12	1:19	1:50	1	36:38	25.4	1:23	16	18:02	5:48	1:05:05
4	1/28	Peter Saurugger	Des Moines	IA	40	M	11	6:51	1:15	1:51	3	37:15	25.0	1:16	17	18:03	5:49	1:05:16
5	3/49	Jeff Castro	Bettendorf	IA	33	M	29	7:17	1:20	1:57	8	38:24	24.3	1:07	4	17:02	5:29	1:05:47
6	1/50	Matt Berg	Red Wing	MN	25	M	2	6:17	1:09	2:08	6	38:18	24.3	1:38	9	17:37	5:40	1:05:58
7	4/49	Kevin Drake	Cedar Rapids	IA	31	M	68	8:12	1:30	2:20	7	38:19	24.3	1:28	5	17:02	5:29	1:07:21
8	1/4	David Scott	Cedar Rapids	IA	16	M	6	6:31	1:12	1:32	18	39:41	23.5	1:21	28	18:39	6:00	1:07:44
9	2/50	Cameron Loos	Madison	WI	26	M	4	6:25	1:10	2:05	32	40:56	22.8	1:14	7	17:08	5:31	1:07:48
10	1/49	Dan Seymour	Madison	WI	37	M	1	6:11	1:08	1:58	13	38:49	24.0	1:21	49	19:30	6:17	1:07:49
11	1/16	Jim Bruskewitz	Madison	WI	46	M	17	7:03	1:17	1:51	21	39:53	23.4	1:21	14	17:51	5:45	1:07:59
12	2/49	Stu Huntley	West Des Moine	IA	38	M	55	7:51	1:26	2:25	5	37:58	24.5	1:20	38	19:08	6:10	1:08:42
13	2/24	Jeff Mortensen	Rochester	MN	24	M	14	6:59	1:17	1:59	12	38:40	24.1	1:28	52	19:38	6:19	1:08:44
14	3/49	Tim Huffman	Des Moines	IA	37	M	94	8:35	1:34	1:52	16	39:27	23.6	1:15	10	17:41	5:41	1:08:50
15	3/50	Andrew O'Brien	Mason City	IA	29	M	26	7:14	1:19	1:51	15	39:21	23.7	1:11	53	19:42	6:20	1:09:19
16	4/50	Eric Jensen	Lakeview	MN	26	M	27	7:15	1:20	1:45	23	40:00	23.3	1:24	46	19:26	6:15	1:09:50
17	3/24	Matt Thomas	Ames	IA	24	M	87	8:29	1:33	3:20	26	40:30	23.0	1:37	3	16:41	5:22	1:10:37
18	5/50	Todd King	Coon Rapids	MN	28	M	8	6:46	1:14	1:59	45	41:49	22.3	1:18	33	18:57	6:06	1:10:49
19	4/24	Joe Berg	Minneapolis	MN	20	M	23	7:13	1:19	2:06	27	40:31	23.0	1:20	54	19:42	6:20	1:10:52
20	6/50	Brad Addink	Iowa City	IA	27	M	89	8:31	1:33	2:34	29	40:44	22.9	1:14	15	17:55	5:46	1:10:58
21	7/50	Barry Breffel	Marion	IA	27	M	19	7:10	1:19	2:04	39	41:19	22.6	1:25	36	19:04	6:08	1:11:02
22	2/16	Nick Scott	Cedar Rapids	IA	46	M	66	8:09	1:29	1:47	43	41:43	22.3	1:15	23	18:24	5:55	1:11:18
23	5/24	Ben Post	Harlan	IA	22	M	56	7:51	1:26	2:11	44	41:43	22.3	1:27	20	18:17	5:53	1:11:29
24	4/49	Kevin Grafft	Chanhassen	MN	37	M	57	7:51	1:26	2:08	31	40:55	22.8	1:31	37	19:04	6:08	1:11:29
25	5/49	John Franklin	Minnetonka	MN	35	M	103	8:44	1:36	2:03	37	41:17	22.6	1:35	18	18:09	5:51	1:11:48
26	2/28	Kent Schwitzer	Minnetonka	MN	44	M	49	7:40	1:24	2:13	25	40:27	23.0	1:29	73	20:15	6:31	1:12:04
27	6/49	Robert Lasich	West Des Moine	IA	38	M	31	7:18	1:20	2:53	28	40:39	22.9	1:33	64	19:55	6:25	1:12:18
28	5/49	Jeff Hovinga	Mason City	IA	33	M	107	8:47	1:36	2:04	33	40:56	22.8	1:26	44	19:20	6:13	1:12:33
29	6/49	Paul Miller	Des Moines	IA	33	M	203	10:31	1:55	2:43	17	39:31	23.6	1:32	22	18:23	5:55	1:12:40
30	7/49	Ty Buss	Waterloo	NE	35	M	104	8:45	1:36	2:27	34	41:04	22.7	2:14	25	18:33	5:58	1:13:03
31	8/50	Patrick Guerrero	Cathedral City	CA	28	M	63	7:58	1:27	2:07	59	42:47	21.8	1:30	31	18:50	6:04	1:13:12
32	3/16	Patrick McCreary	Hutchinson	KS	47	M	82	8:24	1:32	2:15	42	41:37	22.4	1:14	60	19:47	6:22	1:13:17
33	8/49	David Bruning	Elk Grove Vill	IL	35	M	167	9:51	1:48	2:16	40	41:31	22.5	1:54	13	17:46	5:43	1:13:18
34	6/24	Justin Gottschalk	Burlington	IA	24	M	32	7:18	1:20	2:54	53	42:35	21.9	1:58	26	18:33	5:58	1:13:18
35	9/49	Mark Corley	Waterloo	IA	36	M	7	6:41	1:13	2:40	52	42:29	21.9	1:31	69	20:07	6:28	1:13:28
36	10/49	Dave Lyon	Mankato	MN	36	M	85	8:28	1:33	2:31	38	41:18	22.6	1:54	45	19:22	6:14	1:13:33
37	3/28	Scott Squires	Cedar Rapids	IA	41	M	37	7:24	1:21	2:14	56	42:45	21.8	1:26	58	19:45	6:21	1:13:34
38	1/6	Ezra Hallam	Ames	IA	19	M	48	7:39	1:24	2:51	36	41:15	22.6	1:53	68	20:04	6:28	1:13:42
39	1/12	Richard Barry	Middleton	WI	52	M	120	9:03	1:39	1:42	30	40:45	22.9	1:39	88	20:43	6:40	1:13:52
40	9/50	Troy Rickertsen	Cedar Rapids	IA	26	M	134	9:18	1:42	2:54	62	42:57	21.7	1:38	6	17:06	5:30	1:13:53
41	4/28	Mark Harris	Maplewood	MN	44	M	182	10:10	1:52	2:38	20	39:47	23.4	1:29	65	20:00	6:26	1:14:04
42	5/28	Tom Heuer	Des Moines	IA	40	M	76	8:18	1:31	3:02	49	42:21	22.0	1:38	30	18:47	6:03	1:14:06
43	11/49	Bob Brooker	Cedar Rapids	IA	35	M	53	7:46	1:25	2:57	64	43:00	21.7	1:37	56	19:43	6:21	1:15:03
44	1/20	Sara Rosenkranz	Manhattan	KS	28	F	41	7:29	1:22	2:28	73	43:33	21.4	1:28	70	20:08	6:29	1:15:06
45	6/28	Chris Schubert	Little Falls	MN	44	M	34	7:19	1:20	2:13	54	42:36	21.9	1:34	106	21:24	6:53	1:15:06
46	10/50	Mark Barrett	Eden Prarie	MN	29	M	74	8:16	1:31	2:26	35	41:11	22.6	1:31	115	21:42	6:59	1:15:06
47	11/50	Dave Ladehoff	Iowa City	IA	28	M	70	8:13	1:30	4:03	124	45:33	20.5	1:07	1	16:19	5:15	1:15:15
48	7/49	Gary Love	West Des Moine	IA	34	M	224	10:45	1:58	2:21	41	41:35	22.4	1:38	39	19:08	6:10	1:15:27
49	12/49	John Trible	Menomonee Fall	WI	35	M	67	8:10	1:30	3:20	69	43:12	21.6	2:14	29	18:39	6:00	1:15:35
50	13/49	Tim Ilten	Cedar Rapids	IA	36	M	51	7:44	1:25	2:34	46	42:10	22.1	1:52	102	21:16	6:51	1:15:36
51	8/49	Loran Storts	Des Moines	IA	33	M	77	8:18	1:31	2:47	74	43:35	21.4	1:46	48	19:28	6:16	1:15:54
52	1/10	Rachel Windsor	Des Moines	IA	35	F	3	6:19	1:09	2:33	87	44:16	21.1	1:51	95	20:56	6:44	1:15:55
53	14/49	Dean Bellville	Des Moines	IA	36	M	90	8:32	1:34	2:18	79	43:51	21.3	1:22	72	20:13	6:30	1:16:16
54	9/49	Greg Schenck	Stanton	IA	32	M	129	9:13	1:41	2:32	57	42:45	21.8	1:48	75	20:20	6:33	1:16:38
55	7/28	Mark Movic	Des Moines	IA	41	M	40	7:27	1:22	2:36	84	44:10	21.1	1:51	83	20:36	6:38	1:16:40
56	8/28	Bob Ensminger	Burlington	IA	44	M	204	10:32	1:56	3:04	71	43:20	21.5	1:10	27	18:35	5:59	1:16:41
57	9/28	Tom Henson	Marion	IA	41	M	86	8:28	1:33	2:21	68	43:10	21.6	2:08	85	20:38	6:38	1:16:45
58	15/49	Mark Ackermann	Ankeny	IA	37	M	96	8:37	1:35	2:47	92	44:24	21.0	2:39	21	18:20	5:54	1:16:47
59	16/49	Alan Beaulieu	Kenosha	WI	39	M	132	9:16	1:42	2:44	76	43:37	21.4	1:31	57	19:44	6:21	1:16:52
60	17/49	Don Davis	Keokuk	IA	38	M	163	9:46	1:47	2:56	66	43:09	21.6	1:15	62	19:48	6:22	1:16:54
61	2/12	Bill Oertel	Des Moines	IA	52	M	155	9:38	1:46	2:43	50	42:24	22.0	1:29	87	20:42	6:40	1:16:56
62	3/12	Porter Reed	Elgin	IL	51	M	142	9:26	1:44	3:29	85	44:15	21.1	1:27	35	19:00	6:07	1:17:37
63	4/16	Glenn Johnson	Hopkins	MN	49	M	130	9:14	1:41	2:36	19	39:46	23.4	1:49	204	24:26	7:52	1:17:51
64	12/50	Brook Peterson	Swisher	IA	28	M	125	9:09	1:40	2:47	72	43:29	21.4	1:55	86	20:41	6:39	1:18:01
65	18/49	Brad Nielsen	Des Moines	IA	39	M	95	8:36	1:34	3:11	98	44:38	20.9	2:23	41	19:14	6:11	1:18:02
66	2/6	Darren Bates	Cedar Falls	IA	19	M	116	9:01	1:39	2:43	138	46:07	20.2	1:54	24	18:28	5:57	1:18:13
67	5/16	Lynn Vogt	Ankeny	IA	49	M	88	8:29	1:33	2:27	55	42:40	21.8	1:42	159	22:58	7:24	1:18:16
68	7/24	David Plaut	Minneapolis	MN	24	M	217	10:41	1:57	2:54	77	43:38	21.4	1:46	42	19:19	6:13	1:18:18
69	3/6	Eric Lambi	Ames	IA	18	M	240	11:11	2:03	2:30	24	40:02	23.3	1:35	165	23:07	7:26	1:18:25
70	1/19	Kimberly Clavin	Rochester	MN	23	F	97	8:38	1:35	2:24	67	43:09	21.6	1:45	146	22:34	7:16	1:18:30
71	10/49	James LaBonne	Zion	IL	32	M	115	9:00	1:39	2:36	120	45:24	20.5	1:15	76	20:20	6:33	1:18:35
72	10/28	Vern Johnson	Keokuk	IA	41	M	183	10:10	1:52	3:35	60	42:47	21.8	2:18	61	19:47	6:22	1:18:37
73	13/50	Alan Schmidt	Marion	IA	25	M	235	11:05	2:02	4:03	48	42:17	22.0	1:51	51	19:36	6:19	1:18:52
74	2/20	Shawn Magnall	Des Moines	IA	28	F	59	7:53	1:27	3:38	114	45:09	20.6	1:58	74	20:16	6:31	1:18:54
75	14/50	Shannon Deboer	Davenport	IA	25	M	64	8:03	1:28	3:18	88	44:17	21.0	1:31	118	21:46	7:00	1:18:55
76	2/19	Robin Quist	Bloomington	MN	24	F	112	8:55	1:38	2:47	115	45:09	20.6	2:12	66	20:00	6:26	1:19:03
77	11/28	Steve Cline	Burlington	IA	43	M	83	8:27	1:33	3:23	148	46:53	19.9	2:09	19	18:14	5:52	1:19:06
78	11/49	John Birbe	Iowa City	IA	31	M	249	11:23	2:05	3:02	70	43:12	21.6	2:05	47	19:27	6:16	1:19:09
79	2/10	Anne Lee	Wayzata	MN	38	F	91	8:32	1:34	2:54	94	44:30	20.9	1:51	111	21:27	6:54	1:19:14
80	19/49	Peter Ylvisaker	Marion	IA	36	M	78	8:19	1:31	2:30	146	46:48	19.9	1:38	67	20:03	6:27	1:19:18
81	12/49	Tom Fergin	Mason City	IA	33	M	98	8:39	1:35	2:37	105	44:56	20.7	1:15	125	21:56	7:04	1:19:23
82	20/49	Greg Reynolds	Cedar Rapids	IA	37	M	75	8:17	1:31	2:36	103	44:54	20.8	2:01	114	21:38	6:58	1:19:26
83	21/49	John Taylor III	Des Moines	IA	39	M	109	8:51	1:37	3:50	116	45:11	20.6	1:48	71	20:12	6:30	1:19:52
84	12/28	Jim Gerk	Cedar Rapids	IA	42	M	187	10:20	1:53	2:19	101	44:45	20.8	1:42	92	20:52	6:43	1:19:58
85	3/10	Gayle Devries	Orono	MN	38	F	160	9:44	1:47	2:59	95	44:35	20.9	1:36	100	21:06	6:47	1:20:00
86	22/49	John Rutherford	Iowa City	IA	35	M	145	9:31	1:44	2:58	63	42:58	21.7	2:22	133	22:12	7:09	1:20:01
87	13/49	Eric Moschella	Toddville	IA	31	M	153	9:37	1:46	3:24	80	43:54	21.2	2:04	99	21:04	6:47	1:20:03
88	14/49	Todd Williams	Iowa City	IA	31	M	189	10:24	1:54	2:56	81	43:59	21.2	2:04	90	20:44	6:40	1:20:07
89	6/16	Ernie Parr	Princeton	IL	45	M	102	8:43	1:36	2:18	127	45:36	20.4	1:40	123	21:53	7:03	1:20:10
90	15/49	Mike Dry	Iowa City	IA	33	M	73	8:15	1:31	3:37	93	44:25	21.0	2:12	116	21:42	6:59	1:20:11
91	1/12	Kristine Toler	Offutt AFB	NE	30	F	33	7:18	1:20	2:33	104	44:54	20.8	1:47	184	23:44	7:38	1:20:16
92	1/4	Mark Malone	Golden	CO	59	M	128	9:12	1:41	3:10	51	42:24	22.0	1:53	182	23:38	7:36	1:20:17
93	15/50	David Martindale	Burlington	IA	27	M	254	11:40	2:08	3:31	47	42:12	22.1	2:00	97	21:00	6:46	1:20:23
94	23/49	Thomas Hooyer	Ames	IA	35	M	190	10:24	1:54	2:59	100	44:42	20.9	1:37	91	20:46	6:41	1:20:28
95	3/19	Melissa Bannister	Boone	IA	23	F	123	9:07	1:40	2:25	140	46:14	20.2	1:47	96	20:58	6:45	1:20:31

96	13/28	Tim Klatt	Cedar Falls	IA	40	M	147	9:33	1:45	2:44	123	45:32	20.5	1:52	93	20:53	6:43	1:20:34
97	16/50	Paul Watson	Iowa City	IA	28	M	13	6:55	1:16	2:35	171	48:10	19.4	1:23	113	21:34	6:56	1:20:37
98	17/50	Dale Ratliff	Omaha	NE	25	M	84	8:27	1:33	2:56	90	44:21	21.0	1:33	172	23:20	7:31	1:20:37
99	2/12	Julie Deardorff	Chicago	IL	31	F	124	9:08	1:40	2:51	128	45:37	20.4	2:21	89	20:43	6:40	1:20:40
100	1/2	Eric Travagiakis	Cedar Rapids	IA	15	M	148	9:33	1:45	2:12	162	47:37	19.6	1:35	59	19:45	6:21	1:20:42
101	24/49	CJ Ong, Jr	Cedar Rapids	IA	39	M	229	10:52	1:59	3:37	58	42:45	21.8	2:33	101	21:07	6:48	1:20:54
102	3/20	Jennifer Burton	Minnetonka	MN	28	F	99	8:40	1:35	3:11	107	45:00	20.7	1:37	139	22:27	7:14	1:20:55
103	18/50	Michael Malik	Davenport	IA	26	M	164	9:50	1:48	3:12	134	45:50	20.3	1:32	81	20:32	6:37	1:20:56
104	7/16	Al Behrens	Council Bluffs	IA	48	M	242	11:13	2:03	3:11	130	45:40	20.4	1:38	43	19:19	6:13	1:21:01
105	1/6	Laurie Walsworth	Muskegon	MI	41	F	79	8:19	1:31	2:50	61	42:52	21.7	1:31	230	25:33	8:13	1:21:05
106	25/49	Paul Kulas	Cedar Rapids	IA	36	M	111	8:53	1:37	2:45	102	44:49	20.8	1:59	150	22:42	7:18	1:21:08
107	19/50	Steve Herbst	Coralville	IA	28	M	169	9:52	1:48	2:45	141	46:18	20.1	1:55	78	20:22	6:33	1:21:12
108	16/49	Tim Leist	Iowa City	IA	30	M	198	10:29	1:55	3:00	106	44:58	20.7	0:59	120	21:49	7:01	1:21:15
109	20/50	Chris O'Hara	Cedar Rapids	IA	28	M	72	8:14	1:30	2:17	125	45:34	20.5	1:50	173	23:21	7:31	1:21:16
110	21/50	Robert Huffman	Iowa City	IA	28	M	101	8:42	1:35	3:42	113	45:06	20.7	1:41	130	22:07	7:07	1:21:18
111	8/16	Howard Gillespie	Des Moines	IA	49	M	152	9:36	1:45	2:48	126	45:34	20.5	1:41	121	21:50	7:02	1:21:29
112	4/12	Doug Zickuhr	Bettendorf	IA	52	M	143	9:28	1:44	2:26	75	43:36	21.4	2:07	192	24:02	7:44	1:21:39
113	17/49	Chris Thomas	Rock Valley	IA	32	M	81	8:21	1:32	2:49	131	45:44	20.4	1:47	162	22:59	7:24	1:21:40
114	26/49	Jeff Heineman	Omaha	NE	39	M	265	12:14	2:14	3:53	86	44:15	21.1	1:51	50	19:30	6:17	1:21:43
115	18/49	Mark Lohnes	Lincoln	NE	32	M	39	7:26	1:22	3:04	110	45:03	20.7	2:13	190	23:59	7:43	1:21:45
116	4/20	Tosha Sween	Excelsior	MN	28	F	135	9:18	1:42	2:54	96	44:36	20.9	1:51	170	23:13	7:28	1:21:52
117	27/49	Griff Freeman	Kirksville	MO	39	M	110	8:52	1:37	2:53	132	45:45	20.4	2:07	135	22:19	7:11	1:21:56
118	19/49	Bill Vipond	Ankeny	IA	34	M	105	8:45	1:36	2:59	150	47:03	19.8	1:51	105	21:23	6:53	1:22:01
119	28/49	Russell Barker	Lincoln	NE	37	M	193	10:25	1:54	3:23	83	44:04	21.2	1:22	166	23:07	7:26	1:22:21
120	4/19	Becky Loberg	Brookings	SD	23	F	122	9:06	1:40	3:05	176	48:24	19.3	1:27	79	20:22	6:33	1:22:24
121	20/49	Jeff Kaczinski	Davenport	IA	33	M	157	9:40	1:46	4:09	108	45:02	20.7	1:10	138	22:23	7:12	1:22:24
122	21/49	Todd Eipperle	Gladbrook	IA	33	M	268	12:16	2:15	3:54	99	44:38	20.9	2:32	40	19:13	6:11	1:22:33
123	3/12	Helen Redmond	Grinnell	IA	34	F	255	11:41	2:08	3:12	89	44:17	21.0	1:53	112	21:32	6:56	1:22:35
124	29/49	Mike Ament	Cedar Rapids	IA	37	M	156	9:39	1:46	3:28	180	48:35	19.2	1:05	63	19:49	6:23	1:22:36
125	2/4	Richard Nehring	Alden	IA	58	M	159	9:43	1:47	2:43	91	44:22	21.0	2:23	176	23:26	7:33	1:22:37
126	30/49	David Diebold	Marion	IA	36	M	218	10:41	1:57	3:27	154	47:10	19.8	1:50	55	19:42	6:20	1:22:50
127	22/49	Todd Juhlin	Iowa City	IA	30	M	52	7:45	1:25	2:55	163	47:41	19.5	2:13	140	22:28	7:14	1:23:02
128	31/49	Scott Finger	Coralville	IA	38	M	93	8:34	1:34	3:34	151	47:03	19.8	1:31	137	22:22	7:12	1:23:04
129	4/6	Ralph Grimse	Hoffman Estate	IL	19	M	38	7:24	1:21	3:04	117	45:16	20.6	2:18	222	25:10	8:06	1:23:12
130	23/49	Darren Kraft	North Lake	IL	30	M	58	7:52	1:26	3:39	82	44:03	21.2	2:07	233	25:47	8:18	1:23:28
131	5/20	Katharine Rucker	Idledale	CO	25	F	54	7:50	1:26	3:13	147	46:52	19.9	1:46	187	23:49	7:40	1:23:30
132	14/28	Jeffrey Ryan	Ankeny	IA	43	M	71	8:13	1:30	4:02	179	48:33	19.2	1:32	104	21:18	6:51	1:23:38
133	4/12	JP (Julie) Palmer	Lincoln	NE	33	F	225	10:46	1:58	2:35	137	45:57	20.3	1:16	167	23:09	7:27	1:23:43
134	8/24	John Redmond	Marion	IA	22	M	310	14:40	2:41	2:54	158	47:21	19.7	2:32	2	16:35	5:20	1:24:02
135	22/50	Joel Conrad	Cedar Rapids	IA	29	M	202	10:30	1:55	2:56	203	49:31	18.8	1:06	77	20:21	6:33	1:24:24
136	6/20	Jill Ladehoff	Iowa City	IA	26	F	141	9:25	1:43	3:02	197	49:18	18.9	1:22	108	21:25	6:54	1:24:32
137	5/19	Saslxia Dittel	Lincoln	NE	23	F	165	9:50	1:48	3:09	133	45:49	20.3	1:25	199	24:20	7:50	1:24:33
138	15/28	David Hart	Cedar Rapids	IA	41	M	176	10:01	1:50	3:48	149	47:02	19.8	1:47	128	21:59	7:05	1:24:37
139	9/24	Jon Cook	Iowa City	IA	24	M	207	10:33	1:56	4:33	122	45:31	20.5	2:12	126	21:57	7:04	1:24:46
140	1/2	Kimberly Rathmann	Barrington Lak	IL	15	F	22	7:12	1:19	2:32	159	47:31	19.6	1:45	236	25:53	8:20	1:24:53
141	24/49	Michael Sullivan	Bett	IA	30	M	184	10:13	1:52	4:05	152	47:05	19.8	1:12	136	22:20	7:11	1:24:55
142	2/6	Cindi Scott	Cedar Rapids	IA	44	F	177	10:01	1:50	3:07	166	47:44	19.5	1:35	153	22:46	7:20	1:25:13
143	16/28	Doug Burks	Decorah	IA	43	M	205	10:32	1:56	3:41	136	45:52	20.3	1:42	178	23:27	7:33	1:25:14
144	23/50	Jason Lewis	Cedar Rapids	IA	27	M	199	10:29	1:55	3:24	119	45:20	20.6	1:55	194	24:10	7:47	1:25:18
145	24/50	Matthew Lorson	Iowa City	IA	25	M	36	7:23	1:21	2:40	184	48:46	19.1	2:23	195	24:10	7:47	1:25:22
146	25/50	David Allmacher	Iowa City	IA	29	M	274	12:48	2:20	3:29	118	45:16	20.6	2:47	103	21:17	6:51	1:25:37
147	25/49	Thomas Long	Arlington Heig	IL	30	M	46	7:37	1:24	2:33	199	49:23	18.9	1:43	207	24:31	7:53	1:25:47
148	4/10	Kathy Duethman	Iowa City	IA	38	F	246	11:19	2:04	3:23	144	46:38	20.0	2:27	131	22:07	7:07	1:25:54
149	26/50	Todd Brandt	Iowa City	IA	25	M	43	7:34	1:23	2:30	161	47:35	19.6	2:11	244	26:05	8:24	1:25:55
150	1/3	Deborah Hankens	Cherokee	IA	47	F	170	9:52	1:48	4:05	97	44:37	20.9	1:48	231	25:37	8:15	1:25:59
151	32/49	Michael Hook	Hiawatha	IA	39	M	247	11:22	2:05	4:20	142	46:24	20.1	1:53	129	22:04	7:06	1:26:03
152	10/24	Joe Froelich	Cedar Rapids	IA	24	M	226	10:46	1:58	3:34	194	49:13	18.9	1:15	109	21:25	6:54	1:26:13
153	27/50	Rhett Schildroth	Muscatine	IA	26	M	140	9:24	1:43	4:06	216	50:23	18.5	1:21	98	21:03	6:47	1:26:17
154	11/24	Jeremy Redenius	Minneapolis	MN	23	M	214	10:38	1:57	2:53	135	45:50	20.3	1:50	220	25:06	8:05	1:26:17
155	12/24	Scott Haupert	Dubuque	IA	22	M	166	9:50	1:48	3:20	190	49:07	19.0	2:41	107	21:24	6:53	1:26:22
156	26/49	Jeff Dennis	W. Des Moines	IA	32	M	288	13:22	2:27	3:37	109	45:02	20.7	1:53	144	22:31	7:15	1:26:25
157	7/20	Tami O'Connor	Corcoran	MN	26	F	245	11:18	2:04	3:04	111	45:03	20.7	1:48	226	25:19	8:09	1:26:32
158	27/49	Paul Dykes	Oakdale	MN	31	M	108	8:49	1:37	3:15	192	49:09	19.0	2:36	152	22:45	7:19	1:26:34
159	33/49	Eric Fischer	St Louis	MO	36	M	117	9:02	1:39	3:28	183	48:43	19.1	2:12	171	23:16	7:29	1:26:41
160	28/49	Don Romig	Johnston	IA	33	M	238	11:09	2:02	3:50	178	48:28	19.2	2:42	84	20:36	6:38	1:26:45
161	28/50	Rich Mitualsey	Cedar Rapids	IA	27	M	24	7:13	1:19	4:08	193	49:09	19.0	1:35	212	24:42	7:57	1:26:47
162	29/49	Michael Porter	Ankeny	IA	30	M	272	12:42	2:19	3:35	139	46:09	20.2	1:25	160	22:58	7:24	1:26:49
163	17/28	Ted Chapler	Des Moines	IA	42	M	50	7:40	1:24	3:04	155	47:10	19.8	2:19	253	26:37	8:34	1:26:50
164	18/28	Marcus Rhatigan	Cedar Rapids	IA	43	M	209	10:34	1:56	3:10	121	45:27	20.5	2:43	218	25:02	8:03	1:26:56
165	30/49	Greg Bodeker	Cedar Rapids	IA	32	M	65	8:08	1:29	3:31	156	47:14	19.7	2:10	239	25:55	8:20	1:26:58
166	1/2	Richard Buhman	Yutan	NE	60	M	158	9:41	1:46	3:04	168	47:51	19.5	2:05	201	24:21	7:50	1:27:02
167	19/28	David Gamez	Hastings	MN	43	M	232	11:01	2:01	3:03	153	47:09	19.8	2:26	177	23:26	7:33	1:27:05
168	34/49	James Koenigs	McIntire	IA	39	M	188	10:20	1:53	4:02	204	49:36	18.8	2:37	82	20:32	6:37	1:27:07
169	20/28	John Rosecrance	Coralville	IA	40	M	161	9:45	1:47	3:29	173	48:18	19.3	1:15	208	24:32	7:54	1:27:19
170	31/49	Brett Brende	Lincoln	NE	32	M	228	10:50	1:59	3:17	181	48:38	19.2	1:19	174	23:21	7:31	1:27:25
171	29/50	TJ Snyman	Ames	IA	27	M	137	9:23	1:43	3:20	175	48:23	19.3	1:29	216	24:50	8:00	1:27:25
172	32/49	James Arthur	Lincoln	NE	34	M	149	9:33	1:45	3:46	112	45:05	20.7	2:56	245	26:06	8:24	1:27:26
173	30/50	David Law	Coon Rapids	MN	28	M	80	8:20	1:31	2:58	223	50:49	18.3	1:57	175	23:24	7:32	1:27:28
174	9/16	Jeffrey Ginn	Cedar Rapids	IA	46	M	171	9:52	1:48	2:57	165	47:43	19.5	1:52	221	25:07	8:05	1:27:31
175	31/50	Jason Hugi	Mason City	IA	25	M	18	7:04	1:18	2:56	185	48:50	19.1	1:17	274	27:27	8:50	1:27:34
176	10/16	Max Davidson	Britton	SD	47	M	258	11:52	2:10	2:47	169	47:54	19.5	2:17	157	22:53	7:22	1:27:43
177	13/24	Chad Meyerhoff	Cedar Falls	IA	24	M	162	9:45	1:47	3:15	186	48:50	19.1	1:46	211	24:40	7:56	1:28:16
178	35/49	Warren Tunwall	Iowa City	IA	37	M	44	7:34	1:23	3:24	263	53:36	17.4	1:17	156	22:49	7:21	1:28:40
179	14/24	Austin McNall	Cedar Rapids	IA	20	M	320	17:30	3:12	2:47	164	47:42	19.5	1:52	32	18:51	6:04	1:28:42
180	33/49	Karsten Schmidt	Plymouth	MN	31	M	181	10:09	1:51	3:42	157	47:16	19.7	2:26	223	25:10	8:06	1:28:43
181	8/20	Sheila Morehouse	Eagan	MN	29	F	47	7:37	1:24	2:25	224	50:49	18.3	2:28	228	25:28	8:12	1:28:47
182	34/49	John Huebner	Altoona	IA	34	M	230	10:53	1:59	3:49	210	50:03	18.6	1:31	145	22:32	7:15	1:28:48
183	21/28	Tom Frantz	Marion	IA	40	M	248	11:22	2:05	4:02	205	49:43	18.7	1:36	132	22:07	7:07	1:28:50
184	35/49	Evan Belfer	Iowa City	IA	31	M	251	11:31	2:06	4:07	177	48:25	19.3	2:37	141	22:28	7:14	1:29:08
185	36/49	Brad Gilchrist	Iowa City	IA	35	M	92	8:33	1:34	4:54	249	52:26	17.8	1:28	122	21:52	7:02	1:29:13
186	37/49	Craig Kossen	Eden Prairie	MN	37	M	138	9:23	1:43	4:40	167	47:48	19.5	2:51	217	24:54	8:01	1:29:36
187	9/20	Loretta Lopez	Coralville	IA	29	F	234	11:04	2:01	3:32	221	50:38	18.4	1:33	163	22:59	7:24	1:29:46
188	6/19	Jennifer Dray	Cedar Rapids	IA	24	F	114	8:58	1:38	2:55	211	50:05	18.6	1:52	246	26:08	8:25	1:29:58
189	5/12	Edwin Shafer	Apison	TN	52	M	121	9:04	1:39	4:14	200	49:27	18.8	1:23	238	25:54	8:20	1:30:02
190	7/19	Jean Jordan	Bloomington	MN	24	F	144	9:28	1:44	2:45	145	46:46	19.9	2:06	294	29:04	9:21	1:30:09
191	15/24	Michael Schneiter	Cedar Falls	IA	22	M	323	19:45	3:37	4:57	129	45:38	20.4	2:11	11	17:42	5:42	1:30:13
192	1/2	Rachel Conybeare	Iowa City	IA	19	F	179	10:04	1:50	3:01	232	51:15	18.2	1:31	206	24:27	7:52	1:30:18
193	16/24	Chris Buresh	Iowa City	IA	22	M	154	9:37	1:46	3:50	239	51:52	18.0	1:30	181	23:30	7:34	1:30:19
194	8/19	Eve Zidel	Minnetonka	MN	23	F	220	10:42	1:57	2:49	230	51:06	18.2	1:40	193	24:03	7:44	1:30:20
195	6/12	Barry Trump	Mason City	IA	50	M	178	10:02	1:50	3:00	182	48:40	19.2	2:16	249	26:22	8:29	1:30:20
196	3/6	Carolyn Hill	W. Des Moines	IA	40	F	186	10:16	1:53	3:13	201	49:27	18.8	2:16	229	25:32	8:13	1:30:44
197	5/10	Jolene Rosebeck	Urbandale	IA	35	F	139	9:23	1:43	2:32	217	50:24	18.5	2:01	251	26:28	8:31	1:30:48
198	36/49	Michael Dankert	Cedar Rapids	IA	31	M	151	9:35	1:45	3:13	174	48:21	19.3	2:39	264	27:01	8:42	1:30:49
199	10/20	Karen Janovy	Cedar Rapids	IA	25	F	213	10:37	1:56	3:57	219	50:26	18.5	1:54	188	23:56	7:42	1:30:50

200	37/49	Jeff Mullen	Cedar Rapids	IA	33	M	271	12:39	2:19	3:22	225	50:49	18.3	2:17	117	21:44	7:00	1:30:51
201	11/20	Ellen Joensen	Iowa City	IA	28	F	285	13:20	2:26	2:35	214	50:21	18.5	1:53	155	22:47	7:20	1:30:56
202	9/19	Michelle Flenniken	Nevada	IA	22	F	221	10:42	1:57	3:43	250	52:26	17.8	2:26	119	21:47	7:01	1:31:04
203	5/12	Janelle Nitchals	Omaha	NE	31	F	206	10:32	1:56	4:32	188	48:53	19.1	1:57	225	25:17	8:08	1:31:11
204	38/49	Andrew Lenze	Marion	IA	35	M	215	10:38	1:57	5:03	170	47:55	19.5	1:43	240	25:56	8:21	1:31:15
205	6/12	Michele Dennis	W. Des Moines	IA	32	F	208	10:33	1:56	3:44	208	49:57	18.7	2:36	210	24:37	7:55	1:31:27
206	7/12	Barry Bannister	Boone	IA	50	M	264	11:58	2:11	3:44	172	48:16	19.3	2:01	237	25:53	8:20	1:31:52
207	7/12	Diane Palmquist	Plymouth	MN	32	F	69	8:12	1:30	3:38	220	50:27	18.5	1:56	276	27:42	8:55	1:31:55
208	6/10	Kristin Selsor	Winterset	IA	35	F	231	10:57	2:00	3:14	255	52:45	17.7	2:13	158	22:54	7:22	1:32:03
209	39/49	Chris Cordinale	Cedar Rapids	IA	36	M	222	10:43	1:58	2:56	257	52:47	17.7	2:11	179	23:28	7:33	1:32:05
210	22/28	Jeff Milks	Oelwein	IA	43	M	191	10:24	1:54	3:17	238	51:40	18.0	2:18	205	24:26	7:52	1:32:05
211	32/50	Jason Niegsch	Iowa City	IA	25	M	211	10:36	1:56	5:37	229	51:00	18.3	1:58	161	22:58	7:24	1:32:09
212	23/28	Robert Follis	Gladbrook	IA	40	M	260	11:53	2:10	3:35	243	52:12	17.9	1:52	151	22:43	7:19	1:32:15
213	40/49	Kevin Hinrichs	Davenport	IA	38	M	9	6:48	1:15	6:05	213	50:15	18.5	2:34	257	26:40	8:35	1:32:22
214	33/50	Matt Whitaker	Minneapolis	MN	28	M	293	13:35	2:29	2:52	160	47:33	19.6	1:49	254	26:37	8:34	1:32:26
215	41/49	Mike Travagiakis	Cedar Rapids	IA	39	M	267	12:15	2:14	3:06	251	52:30	17.8	2:13	142	22:28	7:14	1:32:32
216	34/50	Mark Mathison	Ames	IA	28	M	309	14:30	2:39	5:08	206	49:43	18.7	1:25	127	21:57	7:04	1:32:43
217	1/1	Oakland Demoss	Fort Smith	AR	69	M	262	11:57	2:11	4:30	198	49:19	18.9	2:17	213	24:43	7:57	1:32:46
218	11/16	Dennis Cohen	Iowa City	IA	47	M	236	11:05	2:02	3:56	266	53:54	17.3	1:50	134	22:16	7:10	1:33:01
219	17/24	Karl Hassrick	Madison	WI	23	M	133	9:17	1:42	2:47	253	52:36	17.7	2:17	248	26:17	8:28	1:33:14
220	8/12	Jim McMahon	Garner	IA	50	M	200	10:29	1:55	3:59	207	49:50	18.7	1:49	265	27:09	8:44	1:33:16
221	10/19	Cara Braun	Minneapolis	MN	22	F	136	9:18	1:42	4:02	276	55:06	16.9	2:13	149	22:41	7:18	1:33:20
222	1/3	Ellen Stimmel	Iowa City	IA	17	F	42	7:33	1:23	3:24	279	55:37	16.8	1:41	224	25:12	8:07	1:33:27
223	38/49	Greg Harman	Iowa City	IA	32	M	227	10:47	1:58	4:09	262	53:14	17.5	2:14	164	23:05	7:26	1:33:29
224	7/10	Christina Colman	Thornton	IA	36	F	241	11:11	2:03	3:52	242	52:10	17.9	2:10	196	24:10	7:47	1:33:33
225	35/50	Keith Abkes	Cedar Rapids	IA	26	M	280	13:09	2:24	5:35	195	49:13	18.9	1:37	191	24:00	7:43	1:33:34
226	18/24	Scott Hourigah	Marion	IA	22	M	300	14:03	2:34	4:19	247	52:18	17.8	1:30	110	21:26	6:54	1:33:36
227	42/49	Rick Spear	Iowa City	IA	38	M	244	11:16	2:04	3:17	218	50:24	18.5	1:17	272	27:22	8:49	1:33:36
228	8/10	Diane Dodds	Cedar Rapids	IA	37	F	100	8:40	1:35	5:01	237	51:39	18.0	2:28	234	25:50	8:19	1:33:38
229	12/20	Jill Rosenberg	Ames	IA	28	F	194	10:25	1:54	5:09	234	51:26	18.1	2:54	189	23:56	7:42	1:33:50
230	39/49	Douglas Romig	Des Moines	IA	31	M	210	10:34	1:56	5:05	267	53:55	17.3	1:52	148	22:35	7:16	1:34:01
231	43/49	Mark Hendrickson	Waterloo	IA	37	M	294	13:39	2:30	3:16	228	50:58	18.3	2:24	186	23:48	7:40	1:34:05
232	36/50	Coby Shank	Rock Rapids	IA	29	M	283	13:15	2:25	4:39	196	49:16	18.9	1:21	232	25:37	8:15	1:34:08
233	2/4	Brock Detoye	Davenport	IA	16	M	150	9:34	1:45	5:27	295	58:37	15.9	2:06	34	18:58	6:06	1:34:42
234	3/4	Adam Yack	Iowa City	IA	16	M	15	7:00	1:17	3:32	248	52:24	17.8	1:59	298	30:04	9:41	1:34:59
235	37/50	Christopher Hall	Ames	IA	25	M	118	9:02	1:39	7:09	231	51:09	18.2	5:08	147	22:34	7:16	1:35:02
236	40/49	Matt Allison	Gurnee	IL	33	M	273	12:43	2:20	5:06	235	51:26	18.1	1:29	202	24:22	7:51	1:35:06
237	12/16	Randy King	Marion	IA	45	M	233	11:02	2:01	4:41	271	54:03	17.2	1:37	185	23:44	7:38	1:35:07
238	19/24	Jay MacGregor	Iowa City	IA	20	M	315	15:17	2:48	3:33	265	53:53	17.3	1:35	94	20:55	6:44	1:35:13
239	38/50	Jeff Almquist	Cedar Rapids	IA	28	M	253	11:38	2:08	5:03	256	52:46	17.7	1:50	197	24:10	7:47	1:35:27
240	13/16	Dwight Dobberstein	Iowa City	IA	45	M	316	15:40	2:52	3:56	189	48:55	19.1	2:12	214	24:44	7:58	1:35:27
241	20/24	Brain Terry	Ames	IA	22	M	45	7:35	1:23	6:19	233	51:24	18.1	2:04	286	28:15	9:06	1:35:37
242	41/49	Mike Lockert	Des Moines	IA	32	M	279	13:08	2:24	2:52	227	50:57	18.3	2:04	256	26:38	8:34	1:35:39
243	2/3	Amber Travagiakis	Cedar Rapids	IA	17	F	180	10:08	1:51	3:25	241	52:02	17.9	2:45	271	27:21	8:48	1:35:41
244	44/49	Keith Gudenkauf	Cedar Rapids	IA	39	M	295	13:40	2:30	3:54	202	49:30	18.8	1:28	273	27:23	8:49	1:35:55
245	9/10	Terri Vosmek	Cedar Rapids	IA	36	F	196	10:27	1:55	3:05	209	50:00	18.6	1:56	301	30:28	9:48	1:35:56
246	24/28	Paul Riggs	Oskaloosa	IA	44	M	223	10:43	1:58	5:53	252	52:32	17.7	2:29	200	24:20	7:50	1:35:57
247	45/49	Russ Rabik	Center Point	IA	37	M	297	13:55	2:33	3:38	273	54:12	17.2	1:46	143	22:30	7:15	1:36:01
248	9/12	John Spence	Iowa City	IA	52	M	308	14:27	2:39	4:34	240	51:55	18.0	1:37	180	23:28	7:33	1:36:01
249	5/6	Bryan Holland	Cedar Rapids	IA	18	M	325	27:51	5:06	2:03	78	43:48	21.3	1:55	80	20:25	6:34	1:36:02
250	4/6	Elizabeth Fangman	Cedar Rapids	IA	40	F	197	10:27	1:55	3:01	246	52:16	17.8	1:48	290	28:41	9:14	1:36:13
251	10/12	David Ostlund	Columbia	MO	50	M	119	9:02	1:39	4:48	236	51:26	18.1	2:35	289	28:36	9:12	1:36:27
252	14/16	Joe Kandiko	Chaska	MN	48	M	127	9:11	1:41	3:43	259	52:58	17.6	2:27	287	28:21	9:07	1:36:40
253	11/19	Karri Buresh	Ames	IA	21	F	219	10:41	1:57	4:54	268	53:57	17.3	2:08	219	25:04	8:04	1:36:44
254	39/50	Mark Titus	West Des Moine	IA	27	M	314	14:59	2:44	4:52	254	52:38	17.7	1:39	154	22:46	7:20	1:36:54
255	2/2	Rosalyn Wilson	Papillion	NE	15	F	126	9:09	1:40	2:47	294	58:17	16.0	2:30	198	24:14	7:48	1:36:57
256	3/4	Donald Venzke	Cedar Rapids	IA	59	M	313	14:45	2:42	4:57	143	46:35	20.0	4:15	255	26:37	8:34	1:37:09
257	40/50	Steven Anderson	Winthrop Harbo	IL	25	M	312	14:44	2:42	4:10	187	48:51	19.1	2:56	262	26:52	8:39	1:37:33
258	42/49	Jeffrey Roush	Cedar Rapids	IA	31	M	286	13:21	2:26	4:37	222	50:45	18.4	2:32	250	26:26	8:30	1:37:41
259	41/50	Travis Acheson	West Des Moine	IA	29	M	303	14:16	2:37	4:31	226	50:54	18.3	1:42	258	26:43	8:36	1:38:06
260	42/50	Josh Reel	West Des Moine	IA	29	M	284	13:17	2:26	5:29	215	50:22	18.5	2:15	261	26:50	8:38	1:38:13
261	13/20	Marna Andrle	Des Moines	IA	27	F	257	11:46	2:09	4:20	269	54:01	17.3	2:08	247	26:08	8:25	1:38:23
262	43/49	Terry Stockert	Cedar Rapids	IA	30	M	306	14:23	2:38	4:13	278	55:27	16.8	1:22	169	23:11	7:28	1:38:36
263	46/49	Larry Stout	Ankeny	IA	37	M	275	12:48	2:20	3:38	245	52:13	17.8	2:47	267	27:12	8:45	1:38:38
264	5/6	Melody Wallace	Ankeny	IA	43	F	311	14:42	2:41	5:07	212	50:08	18.6	2:51	242	26:00	8:22	1:38:48
265	43/50	David Vawter	Ames	IA	29	M	173	9:57	1:49	6:20	261	53:05	17.6	1:32	284	28:14	9:05	1:39:08
266	8/12	Debbie Lenth	Marion	IA	30	F	278	13:06	2:24	4:12	285	56:32	16.5	1:22	209	24:33	7:54	1:39:45
267	3/3	Evonne Butikofer	Cedar Rapids	IA	16	F	113	8:55	1:38	4:15	291	57:51	16.1	2:14	268	27:15	8:46	1:40:30
268	11/12	Rick Koepp	Cedar Rapids	IA	52	M	259	11:52	2:10	4:34	284	56:28	16.5	1:42	241	25:59	8:22	1:40:35
269	21/24	Chad Brandt	Iowa City	IA	23	M	195	10:25	1:54	6:01	260	53:00	17.6	4:03	278	27:46	8:56	1:41:15
270	14/20	Margaret Harty	Mason City	IA	26	F	174	10:00	1:50	5:54	274	54:39	17.1	1:44	295	29:04	9:21	1:41:21
271	25/28	Jon Storvick	Woodbury	MN	42	M	146	9:32	1:45	4:31	297	58:50	15.8	2:04	260	26:49	8:38	1:41:46
272	9/12	Colleen Hovinga	Mason City	IA	30	F	172	9:56	1:49	5:06	286	56:36	16.5	3:20	263	26:53	8:39	1:41:51
273	47/49	Gregory Koenigs	Cedar Rapids	IA	36	M	201	10:29	1:55	4:40	302	59:55	15.6	2:26	203	24:22	7:51	1:41:52
274	15/20	Cindy Moschella	Toddville	IA	26	F	291	13:31	2:28	4:31	264	53:44	17.3	3:00	266	27:10	8:45	1:41:56
275	12/12	Patrick Durow	Omaha	NE	52	M	298	14:00	2:34	7:57	281	55:48	16.7	2:33	124	21:54	7:03	1:42:12
276	12/19	Sara Boudburis	Des Moines	IA	23	F	256	11:44	2:09	3:34	301	59:48	15.6	1:18	235	25:51	8:19	1:42:15
277	44/50	Steve Skerlos	Urbana	IA	25	M	168	9:51	1:48	5:20	288	57:06	16.3	1:23	292	29:02	9:21	1:42:42
278	13/19	Andrea Bruggemann	Iowa City	IA	20	F	282	13:12	2:25	3:55	298	59:13	15.7	1:41	215	24:45	7:58	1:42:46
279	16/20	Lydia Frazier	Iowa City	IA	25	F	250	11:28	2:06	4:34	293	58:00	16.1	3:41	227	25:19	8:09	1:43:02
280	26/28	David Lemieux	Muskegon	MI	41	M	307	14:24	2:38	8:08	191	49:07	19.0	3:26	281	28:02	9:01	1:43:07
281	45/50	Bob Dueker	Cedar Rapids	IA	28	M	304	14:17	2:37	5:52	270	54:02	17.2	1:47	275	27:27	8:50	1:43:25
282	6/6	Peggy Davidson	Britton	SD	40	F	299	14:02	2:34	4:27	277	55:16	16.9	1:52	279	27:50	8:58	1:43:27
283	15/16	Roger Browning	Iowa City	IA	47	M	281	13:09	2:24	4:12	244	52:12	17.9	2:28	304	31:33	10:09	1:43:34
284	46/50	Derick Cranston	Iowa City	IA	28	M	302	14:13	2:36	6:12	275	54:56	17.0	2:16	243	26:04	8:23	1:43:41
285	44/49	Brian Bradley	Iowa City	IA	32	M	321	17:54	3:16	3:42	289	57:30	16.2	1:28	168	23:09	7:27	1:43:43
286	16/16	Roger Norfolk	Cedar Rapids	IA	45	M	277	13:05	2:24	3:30	290	57:46	16.1	1:53	277	27:45	8:56	1:43:59
287	2/2	Grant Lewis	Ankeny	IA	62	M	252	11:34	2:07	4:38	258	52:54	17.6	2:45	307	32:15	10:23	1:44:06
288	17/20	Melissa Hendrickso	Stanton	IA	29	F	270	12:24	2:16	5:04	282	56:11	16.6	2:25	282	28:08	9:03	1:44:12
289	14/19	Laura Mace	Des Moines	IA	23	F	175	10:00	1:50	4:05	305	1:00:53	15.3	1:27	280	27:54	8:59	1:44:19
290	2/3	Linda Schwitzer	Minnetonka	MN	46	F	292	13:32	2:29	4:08	280	55:42	16.7	2:35	288	28:28	9:10	1:44:25
291	18/20	Jennifer Mills	Des Moines	IA	25	F	296	13:52	2:32	5:00	307	1:01:43	15.1	1:55	183	23:41	7:37	1:46:11
292	19/20	Valerie Paidar	Hiawatha	IA	27	F	261	11:53	2:10	4:58	292	57:54	16.1	2:08	299	30:08	9:42	1:47:01
293	48/49	Russell Kaegbein	Cedar Rapids	IA	36	M	289	13:27	2:28	5:41	299	59:39	15.6	1:29	269	27:20	8:48	1:47:36
294	15/19	Kerstin Buettner	St. Paul	MN	23	F	239	11:09	2:02	5:41	303	1:00:37	15.4	2:38	285	28:14	9:05	1:48:19
295	16/19	Kristin Beeghly	Cedar Falls	IA	21	F	287	13:21	2:26	5:26	296	58:37	15.9	2:31	296	29:13	9:24	1:49:08
296	22/24	Dave Dueker	Cedar Rapids	IA	24	M	305	14:21	2:37	5:03	306	1:01:11	15.2	2:00	270	27:20	8:48	1:49:55
297	45/49	Randy Ferry	Cedar Rapids	IA	30	M	317	15:47	2:53	5:10	304	1:00:41	15.4	2:16	252	26:29	8:31	1:50:23
298	2/2	Ian Smith	Cedar Rapids	IA	15	M	131	9:14	1:41	4:43	313	1:05:21	14.3	2:05	297	29:40	9:33	1:51:03
299	10/12	Sue McCormick	Cedar Falls	IA	30	F	237	11:06	2:02	5:43	312	1:05:19	14.3	2:28	259	26:43	8:36	1:51:19
300	4/4	Charlton Sturm	Mascoutah	IL	58	M	301	14:07	2:35	4:58	300	59:40	15.6	1:59	302	30:43	9:53	1:51:27
301	46/49	Darrel Oltrogge	Clermont	IA	30	M	322	18:48	3:26	5:33	283	56:24	16.5	2:56	283	28:13	9:05	1:51:54
302	20/20	Kelly Dean Brende	Lincoln	NE	29	F	269	12:22	2:16	5:59	310	1:03:30	14.7	1:58	291	28:51	9:17	1:52:40
303	10/10	Sandi Koenigs	McIntire	IA	38	F	290	13:28	2:28	4:31	308	1:02:52	14.8	1:56	306	32:11	10:22	1:54:58

304	47/49	Curt Bistrfeldt	Cedar Rapids	IA	33	M	319	17:24	3:11	3:51	309	1:03:02	14.8	0:32	300	30:12	9:43	1:55:01
305	3/3	Mary Carbonneau	Golden Valley	MN	49	F	243	11:14	2:03	5:10	311	1:04:10	14.5	3:04	303	31:26	10:07	1:55:04
306	17/19	Juanita Cooper	Cedar Rapids	IA	20	F	212	10:36	1:56	5:06	314	1:05:22	14.3	2:55	305	31:45	10:13	1:55:44
307	18/19	Allison Carruth	Chicago	IL	22	F	266	12:14	2:14	4:02	319	1:10:00	13.3	1:52	293	29:02	9:21	1:57:10
308	19/19	Erin Benda	Cedar Rapids	IA	20	F	192	10:24	1:54	5:19	316	1:05:58	14.1	2:19	310	34:30	11:06	1:58:30
309	2/2	Lauran Milks	Oelwein	IA	19	F	216	10:38	1:57	3:50	318	1:08:14	13.7	2:00	311	35:46	11:31	2:00:28
310	1/1	Carol Peluso	St. Louis	MO	56	F	318	16:30	3:01	5:13	315	1:05:54	14.1	1:14	309	33:11	10:41	2:02:02
311	11/12	Robin Sueppel	Iowa City	IA	33	F	185	10:15	1:52	5:38	320	1:13:09	12.7	2:16	308	32:54	10:35	2:04:12
312	27/28	Greg Haburn	Estherville	IA	43	M	324	19:45	3:37	5:18	317	1:06:02	14.1	3:03	312	41:55	13:29	2:16:03

DID NOT FINISH OR DISQUALIFIED

313	47/50	Darin Wipf	Leawood	KS	26	M	30	7:17	1:20	1:59	9	38:28	24.2	1:17
314	23/24	Joel Hennings	Omaha	NE	24	M	35	7:20	1:20	1:48	10	38:29	24.2	1:17
315	4/4	Tom Meersman	Arlington Heig	IL	16	M	20	7:11	1:19	1:56	11	38:33	24.2	1:15
316	24/24	Mike Morrison	Dallas	TX	24	M	25	7:13	1:19	1:30	14	38:49	24.0	1:22
317	49/49	Jeff Tuohino	Cedar Rapids	IA	37	M	28	7:16	1:20	2:22	22	39:53	23.4	1:20
318	6/6	Bryan McGeeney	Ames	IA	19	M	60	7:55	1:27	4:08	65	43:07	21.6	
319	48/50	Ryan Kelly	Coralville	IA	26	M	61	7:55	1:27	4:07	272	54:09	17.2	1:30
320	12/12	Lisa Birkenberger	Cedar Rapids	IA	32	F	106	8:45	1:36	3:48	287	56:48	16.4	1:41
321	49/50	Joe Fogarty	Minneapolis	MN	27	M	10	6:49	1:15	1:54				
322	50/50	Jeff Frydenlund	Idledale	CO	26	M	12	6:54	1:16	1:33				
323	48/49	Rob Wieland	Coralville	IA	30	M	62	7:57	1:27	1:39				
324	49/49	Chris Cotsipoulos	Des Plaines	IL	31	M	263	11:57	2:11	6:37				
325	28/28	Jerry Scheel	Cedar Rapids	IA	44	M	276	12:54	2:22	3:54				

FEMALE OVERALL RESULTS

TOT PLC	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Sara Rosenkranz	Manhattan	KS	28	F	4	7:29	1:22	2:28	3	43:33	21.4	1:28	2	20:08	6:29	1:15:06
2	Rachel Windsor	Des Moines	IA	35	F	1	6:19	1:09	2:33	4	44:16	21.1	1:51	6	20:56	6:44	1:15:55
3	Kimberly Clavin	Rochester	MN	23	F	12	8:38	1:35	2:24	2	43:09	21.6	1:45	15	22:34	7:16	1:18:30
4	Shawn Magnall	Des Moines	IA	28	F	8	7:53	1:27	3:38	13	45:09	20.6	1:58	3	20:16	6:31	1:18:54
5	Robin Quist	Bloomington	MN	24	F	16	8:55	1:38	2:47	14	45:09	20.6	2:12	1	20:00	6:26	1:19:03
6	Anne Lee	Wayzata	MN	38	F	11	8:32	1:34	2:54	6	44:30	20.9	1:51	10	21:27	6:54	1:19:14
7	Gayle Devries	Orono	MN	38	F	28	9:44	1:47	2:59	7	44:35	20.9	1:36	8	21:06	6:47	1:20:00
8	Kristine Toler	Offutt AFB	NE	30	F	3	7:18	1:20	2:33	10	44:54	20.8	1:47	24	23:44	7:38	1:20:16
9	Melissa Bannister	Boone	IA	23	F	20	9:07	1:40	2:25	18	46:14	20.2	1:47	7	20:58	6:45	1:20:31
10	Julie Deardorff	Chicago	IL	31	F	21	9:08	1:40	2:51	15	45:37	20.4	2:21	5	20:43	6:40	1:20:40
11	Jennifer Burton	Minnetonka	MN	28	F	13	8:40	1:35	3:11	11	45:00	20.7	1:37	14	22:27	7:14	1:20:55
12	Laurie Walsworth	Muskegon	MI	41	F	10	8:19	1:31	2:50	1	42:52	21.7	1:31	43	25:33	8:13	1:21:05
13	Tosha Sween	Excelsior	MN	28	F	23	9:18	1:42	2:54	8	44:36	20.9	1:51	22	23:13	7:28	1:21:52
14	Becky Loberg	Brookings	SD	23	F	19	9:06	1:40	3:05	24	48:24	19.3	1:27	4	20:22	6:33	1:22:24
15	Helen Redmond	Grinnell	IA	34	F	61	11:41	2:08	3:12	5	44:17	21.0	1:53	11	21:32	6:56	1:22:35
16	Katharine Rucker	Idledale	CO	25	F	7	7:50	1:26	3:13	21	46:52	19.9	1:46	25	23:49	7:40	1:23:30
17	JP (Julie) Palmer	Lincoln	NE	33	F	51	10:46	1:58	2:35	17	45:57	20.3	1:16	21	23:09	7:27	1:23:43
18	Jill Ladehoff	Iowa City	IA	26	F	26	9:25	1:43	3:02	26	49:18	18.9	1:22	9	21:25	6:54	1:24:32
19	Saslxia Dittel	Lincoln	NE	23	F	29	9:50	1:48	3:09	16	45:49	20.3	1:25	31	24:20	7:50	1:24:33
20	Kimberly Rathmann	Barrington Lak	IL	15	F	2	7:12	1:19	2:32	22	47:31	19.6	1:45	47	25:53	8:20	1:24:53
21	Cindi Scott	Cedar Rapids	IA	44	F	34	10:01	1:50	3:07	23	47:44	19.5	1:35	17	22:46	7:20	1:25:13
22	Kathy Duethman	Iowa City	IA	38	F	59	11:19	2:04	3:23	19	46:38	20.0	2:27	13	22:07	7:07	1:25:54
23	Deborah Hankens	Cherokee	IA	47	F	30	9:52	1:48	4:05	9	44:37	20.9	1:48	44	25:37	8:15	1:25:59
24	Tami O'Connor	Corcoran	MN	26	F	58	11:18	2:04	3:04	12	45:03	20.7	1:48	39	25:19	8:09	1:26:32
25	Sheila Morehouse	Eagan	MN	29	F	6	7:37	1:24	2:25	37	50:49	18.3	2:28	41	25:28	8:12	1:28:47
26	Loretta Lopez	Coralville	IA	29	F	53	11:04	2:01	3:32	36	50:38	18.4	1:33	20	22:59	7:24	1:29:46
27	Jennifer Dray	Cedar Rapids	IA	24	F	18	8:58	1:38	2:55	30	50:05	18.6	1:52	49	26:08	8:25	1:29:58
28	Jean Jordan	Bloomington	MN	24	F	27	9:28	1:44	2:45	20	46:46	19.9	2:06	66	29:04	9:21	1:30:09
29	Rachel Conybeare	Iowa City	IA	19	F	35	10:04	1:50	3:01	39	51:15	18.2	1:31	32	24:27	7:52	1:30:18
30	Eve Zidel	Minnetonka	MN	23	F	49	10:42	1:57	2:49	38	51:06	18.2	1:40	28	24:03	7:44	1:30:20
31	Carolyn Hill	W. Des Moines	IA	40	F	38	10:16	1:53	3:13	27	49:27	18.8	2:16	42	25:32	8:13	1:30:44
32	Jolene Rosebeck	Urbandale	IA	35	F	25	9:23	1:43	2:32	33	50:24	18.5	2:01	51	26:28	8:31	1:30:48
33	Karen Janovy	Cedar Rapids	IA	25	F	46	10:37	1:56	3:57	34	50:26	18.5	1:54	26	23:56	7:42	1:30:50
34	Ellen Joensen	Iowa City	IA	28	F	70	13:20	2:26	2:35	32	50:21	18.5	1:53	18	22:47	7:20	1:30:56
35	Michelle Flenniken	Nevada	IA	22	F	50	10:42	1:57	3:43	45	52:26	17.8	2:26	12	21:47	7:01	1:31:04
36	Janelle Nitchals	Omaha	NE	31	F	43	10:32	1:56	4:32	25	48:53	19.1	1:57	38	25:17	8:08	1:31:11
37	Michele Dennis	W. Des Moines	IA	32	F	44	10:33	1:56	3:44	28	49:57	18.7	2:36	34	24:37	7:55	1:31:27
38	Diane Palmquist	Plymouth	MN	32	F	9	8:12	1:30	3:38	35	50:27	18.5	1:56	57	27:42	8:55	1:31:55
39	Kristin Selsor	Winterset	IA	35	F	52	10:57	2:00	3:14	46	52:45	17.7	2:13	19	22:54	7:22	1:32:03
40	Cara Braun	Minneapolis	MN	22	F	24	9:18	1:42	4:02	51	55:06	16.9	2:13	16	22:41	7:18	1:33:20
41	Ellen Stimmel	Iowa City	IA	17	F	5	7:33	1:23	3:24	53	55:37	16.8	1:41	37	25:12	8:07	1:33:27
42	Christina Colman	Thornton	IA	36	F	56	11:11	2:03	3:52	43	52:10	17.9	2:10	29	24:10	7:47	1:33:33
43	Diane Dodds	Cedar Rapids	IA	37	F	14	8:40	1:35	5:01	41	51:39	18.0	2:28	45	25:50	8:19	1:33:38
44	Jill Rosenberg	Ames	IA	28	F	40	10:25	1:54	5:09	40	51:26	18.1	2:54	27	23:56	7:42	1:33:50
45	Amber Travagiakis	Cedar Rapids	IA	17	F	36	10:08	1:51	3:25	42	52:02	17.9	2:45	56	27:21	8:48	1:35:41
46	Terri Vosmek	Cedar Rapids	IA	36	F	41	10:27	1:55	3:05	29	50:00	18.6	1:56	70	30:28	9:48	1:35:56
47	Elizabeth Fangman	Cedar Rapids	IA	40	F	42	10:27	1:55	3:01	44	52:16	17.8	1:48	63	28:41	9:14	1:36:13
48	Karri Buresh	Ames	IA	21	F	48	10:41	1:57	4:54	48	53:57	17.3	2:08	36	25:04	8:04	1:36:44
49	Rosalyn Wilson	Papillion	NE	15	F	22	9:09	1:40	2:47	62	58:17	16.0	2:30	30	24:14	7:48	1:36:57
50	Marna Andrle	Des Moines	IA	27	F	63	11:46	2:09	4:20	49	54:01	17.3	2:08	50	26:08	8:25	1:38:23
51	Melody Wallace	Ankeny	IA	43	F	77	14:42	2:41	5:07	31	50:08	18.6	2:51	48	26:00	8:22	1:38:48
52	Debbie Lenth	Marion	IA	30	F	68	13:06	2:24	4:12	56	56:32	16.5	1:22	33	24:33	7:54	1:39:45
53	Evonne Butikofer	Cedar Rapids	IA	16	F	17	8:55	1:38	4:15	59	57:51	16.1	2:14	55	27:15	8:46	1:40:30
54	Margaret Harty	Mason City	IA	26	F	32	10:00	1:50	5:54	50	54:39	17.1	1:44	67	29:04	9:21	1:41:21
55	Colleen Hovinga	Mason City	IA	30	F	31	9:56	1:49	5:06	57	56:36	16.5	3:20	53	26:53	8:39	1:41:51
56	Cindy Moschella	Toddville	IA	26	F	73	13:31	2:28	4:31	47	53:44	17.3	3:00	54	27:10	8:45	1:41:56
57	Sara Boudburis	Des Moines	IA	23	F	62	11:44	2:09	3:34	65	59:48	15.6	1:18	46	25:51	8:19	1:42:15
58	Andrea Bruggemann	Iowa City	IA	20	F	69	13:12	2:25	3:55	64	59:13	15.7	1:41	35	24:45	7:58	1:42:46
59	Lydia Frazier	Iowa City	IA	25	F	60	11:28	2:06	4:34	61	58:00	16.1	3:41	40	25:19	8:09	1:43:02
60	Peggy Davidson	Britton	SD	40	F	76	14:02	2:34	4:27	52	55:16	16.9	1:52	58	27:50	8:58	1:43:27
61	Melissa Hendrickso	Stanton	IA	29	F	67	12:24	2:16	5:04	55	56:11	16.6	2:25	60	28:08	9:03	1:44:12
62	Laura Mace	Des Moines	IA	23	F	33	10:00	1:50	4:05	67	1:00:53	15.3	1:27	59	27:54	8:59	1:44:19
63	Linda Schwitzer	Minnetonka	MN	46	F	74	13:32	2:29	4:08	54	55:42	16.7	2:35	62	28:28	9:10	1:44:25
64	Jennifer Mills	Des Moines	IA	25	F	75	13:52	2:32	5:00	68	1:01:43	15.1	1:55	23	23:41	7:37	1:46:11
65	Valerie Paidar	Hiawatha	IA	27	F	64	11:53	2:10	4:58	60	57:54	16.1	2:08	69	30:08	9:42	1:47:01
66	Kerstin Buettner	St. Paul	MN	23	F	55	11:09	2:02	5:41	66	1:00:37	15.4	2:38	61	28:14	9:05	1:48:19
67	Kristin Beeghly	Cedar Falls	IA	21	F	71	13:21	2:26	5:26	63	58:37	15.9	2:31	68	29:13	9:24	1:49:08
68	Sue McCormick	Cedar Falls	IA	30	F	54	11:06	2:02	5:43	72	1:05:19	14.3	2:28	52	26:43	8:36	1:51:19
69	Kelly Dean Brende	Lincoln	NE	29	F	66	12:22	2:16	5:59	70	1:03:30	14.7	1:58	64	28:51	9:17	1:52:40
70	Sandi Koenigs	McIntire	IA	38	F	72	13:28	2:28	4:31	69	1:02:52	14.8	1:56	73	32:11	10:22	1:54:58
71	Mary Carbonneau	Golden Valley	MN	49	F	57	11:14	2:03	5:10	71	1:04:10	14.5	3:04	71	31:26	10:07	1:55:04

72	Juanita Cooper	Cedar Rapids	IA	20	F	45	10:36	1:56	5:06	73	1:05:22	14.3	2:55	72	31:45	10:13	1:55:44
73	Allison Carruth	Chicago	IL	22	F	65	12:14	2:14	4:02	77	1:10:00	13.3	1:52	65	29:02	9:21	1:57:10
74	Erin Benda	Cedar Rapids	IA	20	F	39	10:24	1:54	5:19	75	1:05:58	14.1	2:19	76	34:30	11:06	1:58:30
75	Lauran Milks	Oelwein	IA	19	F	47	10:38	1:57	3:50	76	1:08:14	13.7	2:00	77	35:46	11:31	2:00:28
76	Carol Peluso	St. Louis	MO	56	F	78	16:30	3:01	5:13	74	1:05:54	14.1	1:14	75	33:11	10:41	2:02:02
77	Robin Sueppel	Iowa City	IA	33	F	37	10:15	1:52	5:38	78	1:13:09	12.7	2:16	74	32:54	10:35	2:04:12

MALE OVERALL RESULTS

TOT PLC	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Jared Berg	Minnetonka	MN	23	M	15	7:01	1:17	1:39	2	36:53	25.3	1:19	8	17:29	5:38	1:04:21
2	Doug Davis	Burnsville	MN	31	M	4	6:28	1:11	1:46	4	37:27	24.9	1:12	12	17:46	5:43	1:04:39
3	Rich Heilman	Lakeville	MN	32	M	20	7:12	1:19	1:50	1	36:38	25.4	1:23	16	18:02	5:48	1:05:05
4	Peter Saurugger	Des Moines	IA	40	M	10	6:51	1:15	1:51	3	37:15	25.0	1:16	17	18:03	5:49	1:05:16
5	Jeff Castro	Bettendorf	IA	33	M	27	7:17	1:20	1:57	8	38:24	24.3	1:07	4	17:02	5:29	1:05:47
6	Matt Berg	Red Wing	MN	25	M	2	6:17	1:09	2:08	6	38:18	24.3	1:38	9	17:37	5:40	1:05:58
7	Kevin Drake	Cedar Rapids	IA	31	M	60	8:12	1:30	2:20	7	38:19	24.3	1:28	5	17:02	5:29	1:07:21
8	David Scott	Cedar Rapids	IA	16	M	5	6:31	1:12	1:32	18	39:41	23.5	1:21	28	18:39	6:00	1:07:44
9	Cameron Loos	Madison	WI	26	M	3	6:25	1:10	2:05	32	40:56	22.8	1:14	7	17:08	5:31	1:07:48
10	Dan Seymour	Madison	WI	37	M	1	6:11	1:08	1:58	13	38:49	24.0	1:21	49	19:30	6:17	1:07:49
11	Jim Bruskewitz	Madison	WI	46	M	16	7:03	1:17	1:51	21	39:53	23.4	1:21	14	17:51	5:45	1:07:59
12	Stu Huntley	West Des Moine	IA	38	M	48	7:51	1:26	2:25	5	37:58	24.5	1:20	38	19:08	6:10	1:08:42
13	Jeff Mortensen	Rochester	MN	24	M	13	6:59	1:17	1:59	12	38:40	24.1	1:28	52	19:38	6:19	1:08:44
14	Tim Huffman	Des Moines	IA	37	M	83	8:35	1:34	1:52	16	39:27	23.6	1:15	10	17:41	5:41	1:08:50
15	Andrew O'Brien	Mason City	IA	29	M	24	7:14	1:19	1:51	15	39:21	23.7	1:11	53	19:42	6:20	1:09:19
16	Eric Jensen	Lakeview	MN	26	M	25	7:15	1:20	1:45	23	40:00	23.3	1:24	46	19:26	6:15	1:09:50
17	Matt Thomas	Ames	IA	24	M	77	8:29	1:33	3:20	26	40:30	23.0	1:37	3	16:41	5:22	1:10:37
18	Todd King	Coon Rapids	MN	28	M	7	6:46	1:14	1:59	45	41:49	22.3	1:18	33	18:57	6:06	1:10:49
19	Joe Berg	Minneapolis	MN	20	M	21	7:13	1:19	2:06	27	40:31	23.0	1:20	54	19:42	6:20	1:10:52
20	Brad Addink	Iowa City	IA	27	M	79	8:31	1:33	2:34	29	40:44	22.9	1:14	15	17:55	5:46	1:10:58
21	Barry Breffel	Marion	IA	27	M	18	7:10	1:19	2:04	39	41:19	22.6	1:25	36	19:04	6:08	1:11:02
22	Nick Scott	Cedar Rapids	IA	46	M	58	8:09	1:29	1:47	43	41:43	22.3	1:15	23	18:24	5:55	1:11:18
23	Ben Post	Harlan	IA	22	M	49	7:51	1:26	2:11	44	41:43	22.3	1:27	20	18:17	5:53	1:11:29
24	Kevin Grafft	Chanhassen	MN	37	M	50	7:51	1:26	2:08	31	40:55	22.8	1:31	37	19:04	6:08	1:11:29
25	John Franklin	Minnetonka	MN	35	M	89	8:44	1:36	2:03	37	41:17	22.6	1:35	18	18:09	5:51	1:11:48
26	Kent Schwitzer	Minnetonka	MN	44	M	43	7:40	1:24	2:13	25	40:27	23.0	1:29	71	20:15	6:31	1:12:04
27	Robert Lasich	West Des Moine	IA	38	M	29	7:18	1:20	2:53	28	40:39	22.9	1:33	64	19:55	6:25	1:12:18
28	Jeff Hovinga	Mason City	IA	33	M	92	8:47	1:36	2:04	33	40:56	22.8	1:26	44	19:20	6:13	1:12:33
29	Paul Miller	Des Moines	IA	33	M	161	10:31	1:55	2:43	17	39:31	23.6	1:32	22	18:23	5:55	1:12:40
30	Ty Buss	Waterloo	NE	35	M	90	8:45	1:36	2:27	34	41:04	22.7	2:14	25	18:33	5:58	1:13:03
31	Patrick Guerrero	Cathedral City	CA	28	M	55	7:58	1:27	2:07	59	42:47	21.8	1:30	31	18:50	6:04	1:13:12
32	Patrick McCreary	Hutchinson	KS	47	M	72	8:24	1:32	2:15	42	41:37	22.4	1:14	60	19:47	6:22	1:13:17
33	David Bruning	Elk Grove Vill	IL	35	M	138	9:51	1:48	2:16	40	41:31	22.5	1:54	13	17:46	5:43	1:13:18
34	Justin Gottschalk	Burlington	IA	24	M	30	7:18	1:20	2:54	53	42:35	21.9	1:58	26	18:33	5:58	1:13:18
35	Mark Corley	Waterloo	IA	36	M	6	6:41	1:13	2:40	52	42:29	21.9	1:31	68	20:07	6:28	1:13:28
36	Dave Lyon	Mankato	MN	36	M	75	8:28	1:33	2:31	38	41:18	22.6	1:54	45	19:22	6:14	1:13:33
37	Scott Squires	Cedar Rapids	IA	41	M	34	7:24	1:21	2:14	56	42:45	21.8	1:26	58	19:45	6:21	1:13:34
38	Ezra Hallam	Ames	IA	19	M	42	7:39	1:24	2:51	36	41:15	22.6	1:53	67	20:04	6:28	1:13:42
39	Richard Barry	Middleton	WI	52	M	102	9:03	1:39	1:42	30	40:45	22.9	1:39	84	20:43	6:40	1:13:52
40	Troy Rickertsen	Cedar Rapids	IA	26	M	112	9:18	1:42	2:54	61	42:57	21.7	1:38	6	17:06	5:30	1:13:53
41	Mark Harris	Maplewood	MN	44	M	146	10:10	1:52	2:38	20	39:47	23.4	1:29	65	20:00	6:26	1:14:04
42	Tom Heuer	Des Moines	IA	40	M	67	8:18	1:31	3:02	49	42:21	22.0	1:38	30	18:47	6:03	1:14:06
43	Bob Brooker	Cedar Rapids	IA	35	M	47	7:46	1:25	2:57	63	43:00	21.7	1:37	56	19:43	6:21	1:15:03
44	Chris Schubert	Little Falls	MN	44	M	31	7:19	1:20	2:13	54	42:36	21.9	1:34	98	21:24	6:53	1:15:06
45	Mark Barrett	Eden Prarie	MN	29	M	65	8:16	1:31	2:26	35	41:11	22.6	1:31	104	21:42	6:59	1:15:06
46	Dave Ladehoff	Iowa City	IA	28	M	61	8:13	1:30	4:03	110	45:33	20.5	1:07	1	16:19	5:15	1:15:15
47	Gary Love	West Des Moine	IA	34	M	174	10:45	1:58	2:21	41	41:35	22.4	1:38	39	19:08	6:10	1:15:27
48	John Trible	Menomonee Fall	WI	35	M	59	8:10	1:30	3:20	67	43:12	21.6	2:14	29	18:39	6:00	1:15:35
49	Tim Ilten	Cedar Rapids	IA	36	M	45	7:44	1:25	2:34	46	42:10	22.1	1:52	94	21:16	6:51	1:15:36
50	Loran Storts	Des Moines	IA	33	M	68	8:18	1:31	2:47	71	43:35	21.4	1:46	48	19:28	6:16	1:15:54
51	Dean Bellville	Des Moines	IA	36	M	80	8:32	1:34	2:18	76	43:51	21.3	1:22	70	20:13	6:30	1:16:16
52	Greg Schenck	Stanton	IA	32	M	107	9:13	1:41	2:32	57	42:45	21.8	1:48	72	20:20	6:33	1:16:38
53	Mark Movic	Des Moines	IA	41	M	37	7:27	1:22	2:36	81	44:10	21.1	1:51	79	20:36	6:38	1:16:40
54	Bob Ensminger	Burlington	IA	44	M	162	10:32	1:56	3:04	69	43:20	21.5	1:10	27	18:35	5:59	1:16:41
55	Tom Henson	Marion	IA	41	M	76	8:28	1:33	2:21	66	43:10	21.6	2:08	81	20:38	6:38	1:16:45
56	Mark Ackermann	Ankeny	IA	37	M	85	8:37	1:35	2:47	87	44:24	21.0	2:39	21	18:20	5:54	1:16:47
57	Alan Beaulieu	Kenosha	WI	39	M	110	9:16	1:42	2:44	73	43:37	21.4	1:31	57	19:44	6:21	1:16:52
58	Don Davis	Keokuk	IA	38	M	135	9:46	1:47	2:56	65	43:09	21.6	1:15	62	19:48	6:22	1:16:54
59	Bill Oertel	Des Moines	IA	52	M	128	9:38	1:46	2:43	50	42:24	22.0	1:29	83	20:42	6:40	1:16:56
60	Porter Reed	Elgin	IL	51	M	116	9:26	1:44	3:29	82	44:15	21.1	1:27	35	19:00	6:07	1:17:37
61	Glenn Johnson	Hopkins	MN	49	M	108	9:14	1:41	2:36	19	39:46	23.4	1:49	173	24:26	7:52	1:17:51
62	Brook Peterson	Swisher	IA	28	M	104	9:09	1:40	2:47	70	43:29	21.4	1:55	82	20:41	6:39	1:18:01
63	Brad Nielsen	Des Moines	IA	39	M	84	8:36	1:34	3:11	89	44:38	20.9	2:23	41	19:14	6:11	1:18:02
64	Darren Bates	Cedar Falls	IA	19	M	98	9:01	1:39	2:43	121	46:07	20.2	1:54	24	18:28	5:57	1:18:13
65	Lynn Vogt	Ankeny	IA	49	M	78	8:29	1:33	2:27	55	42:40	21.8	1:42	140	22:58	7:24	1:18:16
66	David Plaut	Minneapolis	MN	24	M	170	10:41	1:57	2:54	74	43:38	21.4	1:46	42	19:19	6:13	1:18:18
67	Eric Lambi	Ames	IA	18	M	185	11:11	2:03	2:30	24	40:02	23.3	1:35	145	23:07	7:26	1:18:25
68	James LaBonne	Zion	IL	32	M	97	9:00	1:39	2:36	106	45:24	20.5	1:15	73	20:20	6:33	1:18:35
69	Vern Johnson	Keokuk	IA	41	M	147	10:10	1:52	3:35	60	42:47	21.8	2:18	61	19:47	6:22	1:18:37
70	Alan Schmidt	Marion	IA	25	M	182	11:05	2:02	4:03	48	42:17	22.0	1:51	51	19:36	6:19	1:18:52
71	Shannon Deboer	Davenport	IA	25	M	56	8:03	1:28	3:18	84	44:17	21.0	1:31	107	21:46	7:00	1:18:55
72	Steve Cline	Burlington	IA	43	M	73	8:27	1:33	3:23	127	46:53	19.9	2:09	19	18:14	5:52	1:19:06
73	John Birbe	Iowa City	IA	31	M	190	11:23	2:05	3:02	68	43:12	21.6	2:05	47	19:27	6:16	1:19:09
74	Peter Ylvisaker	Marion	IA	36	M	69	8:19	1:31	2:30	126	46:48	19.9	1:38	66	20:03	6:27	1:19:18
75	Tom Fergin	Mason City	IA	33	M	86	8:39	1:35	2:37	95	44:56	20.7	1:15	113	21:56	7:04	1:19:23
76	Greg Reynolds	Cedar Rapids	IA	37	M	66	8:17	1:31	2:36	94	44:54	20.8	2:01	103	21:38	6:58	1:19:26
77	John Taylor III	Des Moines	IA	39	M	94	8:51	1:37	3:50	102	45:11	20.6	1:48	69	20:12	6:30	1:19:52
78	Jim Gerk	Cedar Rapids	IA	42	M	149	10:20	1:53	2:19	92	44:45	20.8	1:42	87	20:52	6:43	1:19:58
79	John Rutherford	Iowa City	IA	35	M	118	9:31	1:44	2:58	62	42:58	21.7	2:22	120	22:12	7:09	1:20:01
80	Eric Moschella	Toddville	IA	31	M	126	9:37	1:46	3:24	77	43:54	21.2	2:04	92	21:04	6:47	1:20:03
81	Todd Williams	Iowa City	IA	31	M	151	10:24	1:54	2:56	78	43:59	21.2	2:04	85	20:44	6:40	1:20:07
82	Ernie Parr	Princeton	IL	45	M	88	8:43	1:36	2:18	113	45:36	20.4	1:40	111	21:53	7:03	1:20:10
83	Mike Dry	Iowa City	IA	33	M	64	8:15	1:31	3:37	88	44:25	21.0	2:12	105	21:42	6:59	1:20:11
84	Mark Malone	Golden	CO	59	M	106	9:12	1:41	3:10	51	42:24	22.0	1:53	160	23:38	7:36	1:20:17
85	David Martindale	Burlington	IA	27	M	194	11:40	2:08	3:31	47	42:12	22.1	2:00	90	21:00	6:46	1:20:23
86	Thomas Hooyer	Ames	IA	35	M	152	10:24	1:54	2:59	91	44:42	20.9	1:37	86	20:46	6:41	1:20:28
87	Tim Klatt	Cedar Falls	IA	40	M	120	9:33	1:45	2:44	109	45:32	20.5	1:52	88	20:53	6:43	1:20:34
88	Paul Watson	Iowa City	IA	28	M	12	6:55	1:16	2:35	148	48:10	19.4	1:23	102	21:34	6:56	1:20:37
89	Dale Ratliff	Omaha	NE	25	M	74	8:27	1:33	2:56	85	44:21	21.0	1:33	150	23:20	7:31	1:20:37
90	Eric Travagiakis	Cedar Rapids	IA	15	M	121	9:33	1:45	2:12	140	47:37	19.6	1:35	59	19:45	6:21	1:20:42
91	CJ Ong, Jr	Cedar Rapids	IA	39	M	178	10:52	1:59	3:37	58	42:45	21.8	2:33	93	21:07	6:48	1:20:54

92	Michael Malik	Davenport	IA	26	M	136	9:50	1:48	3:12	118	45:50	20.3	1:32	77	20:32	6:37	1:20:56
93	Al Behrens	Council Bluffs	IA	48	M	186	11:13	2:03	3:11	115	45:40	20.4	1:38	43	19:19	6:13	1:21:01
94	Paul Kulas	Cedar Rapids	IA	36	M	96	8:53	1:37	2:45	93	44:49	20.8	1:59	134	22:42	7:18	1:21:08
95	Steve Herbst	Coralville	IA	28	M	140	9:52	1:48	2:45	123	46:18	20.1	1:55	75	20:22	6:33	1:21:12
96	Tim Leist	Iowa City	IA	30	M	156	10:29	1:55	3:00	96	44:58	20.7	0:59	108	21:49	7:01	1:21:15
97	Chris O'Hara	Cedar Rapids	IA	28	M	63	8:14	1:30	2:17	111	45:34	20.5	1:50	151	23:21	7:31	1:21:16
98	Robert Huffman	Iowa City	IA	28	M	87	8:42	1:35	3:42	101	45:06	20.7	1:41	118	22:07	7:07	1:21:18
99	Howard Gillespie	Des Moines	IA	49	M	125	9:36	1:45	2:48	112	45:34	20.5	1:41	109	21:50	7:02	1:21:29
100	Doug Zickuhr	Bettendorf	IA	52	M	117	9:28	1:44	2:26	72	43:36	21.4	2:07	165	24:02	7:44	1:21:39
101	Chris Thomas	Rock Valley	IA	32	M	71	8:21	1:32	2:49	116	45:44	20.4	1:47	143	22:59	7:24	1:21:40
102	Jeff Heineman	Omaha	NE	39	M	201	12:14	2:14	3:53	83	44:15	21.1	1:51	50	19:30	6:17	1:21:43
103	Mark Lohnes	Lincoln	NE	32	M	36	7:26	1:22	3:04	99	45:03	20.7	2:13	163	23:59	7:43	1:21:45
104	Griff Freeman	Kirksville	MO	39	M	95	8:52	1:37	2:53	117	45:45	20.4	2:07	122	22:19	7:11	1:21:56
105	Bill Vipond	Ankeny	IA	34	M	91	8:45	1:36	2:59	129	47:03	19.8	1:51	97	21:23	6:53	1:22:01
106	Russell Barker	Lincoln	NE	37	M	154	10:25	1:54	3:23	80	44:04	21.2	1:22	146	23:07	7:26	1:22:21
107	Jeff Kaczinski	Davenport	IA	33	M	130	9:40	1:46	4:09	97	45:02	20.7	1:10	125	22:23	7:12	1:22:24
108	Todd Eipperle	Gladbrook	IA	33	M	203	12:16	2:15	3:54	90	44:38	20.9	2:32	40	19:13	6:11	1:22:33
109	Mike Ament	Cedar Rapids	IA	37	M	129	9:39	1:46	3:28	156	48:35	19.2	1:05	63	19:49	6:23	1:22:36
110	Richard Nehring	Alden	IA	58	M	132	9:43	1:47	2:43	86	44:22	21.0	2:23	154	23:26	7:33	1:22:37
111	David Diebold	Marion	IA	36	M	171	10:41	1:57	3:27	133	47:10	19.8	1:50	55	19:42	6:20	1:22:50
112	Todd Juhlin	Iowa City	IA	30	M	46	7:45	1:25	2:55	141	47:41	19.5	2:13	126	22:28	7:14	1:23:02
113	Scott Finger	Coralville	IA	38	M	82	8:34	1:34	3:34	130	47:03	19.8	1:31	124	22:22	7:12	1:23:04
114	Ralph Grimse	Hoffman Estate	IL	19	M	35	7:24	1:21	3:04	103	45:16	20.6	2:18	186	25:10	8:06	1:23:12
115	Darren Kraft	North Lake	IL	30	M	51	7:52	1:26	3:39	79	44:03	21.2	2:07	189	25:47	8:18	1:23:28
116	Jeffrey Ryan	Ankeny	IA	43	M	62	8:13	1:30	4:02	155	48:33	19.2	1:32	96	21:18	6:51	1:23:38
117	John Redmond	Marion	IA	22	M	234	14:40	2:41	2:54	137	47:21	19.7	2:32	2	16:35	5:20	1:24:02
118	Joel Conrad	Cedar Rapids	IA	29	M	160	10:30	1:55	2:56	176	49:31	18.8	1:06	74	20:21	6:33	1:24:24
119	David Hart	Cedar Rapids	IA	41	M	143	10:01	1:50	3:48	128	47:02	19.8	1:47	116	21:59	7:05	1:24:37
120	Jon Cook	Iowa City	IA	24	M	164	10:33	1:56	4:33	108	45:31	20.5	2:12	114	21:57	7:04	1:24:46
121	Michael Sullivan	Bett	IA	30	M	148	10:13	1:52	4:05	131	47:05	19.8	1:12	123	22:20	7:11	1:24:55
122	Doug Burks	Decorah	IA	43	M	163	10:32	1:56	3:41	120	45:52	20.3	1:42	156	23:27	7:33	1:25:14
123	Jason Lewis	Cedar Rapids	IA	27	M	157	10:29	1:55	3:24	105	45:20	20.6	1:55	166	24:10	7:47	1:25:18
124	Matthew Lorson	Iowa City	IA	25	M	33	7:23	1:21	2:40	160	48:46	19.1	2:23	167	24:10	7:47	1:25:22
125	David Allmacher	Iowa City	IA	29	M	207	12:48	2:20	3:29	104	45:16	20.6	2:47	95	21:17	6:51	1:25:37
126	Thomas Long	Arlington Heig	IL	30	M	41	7:37	1:24	2:33	173	49:23	18.9	1:43	175	24:31	7:53	1:25:47
127	Todd Brandt	Iowa City	IA	25	M	38	7:34	1:23	2:30	139	47:35	19.6	2:11	196	26:05	8:24	1:25:55
128	Michael Hook	Hiawatha	IA	39	M	188	11:22	2:05	4:20	124	46:24	20.1	1:53	117	22:04	7:06	1:26:03
129	Joe Froelich	Cedar Rapids	IA	24	M	175	10:46	1:58	3:34	169	49:13	18.9	1:15	100	21:25	6:54	1:26:13
130	Rhett Schildroth	Muscatine	IA	26	M	115	9:24	1:43	4:06	184	50:23	18.5	1:21	91	21:03	6:47	1:26:17
131	Jeremy Redenius	Minneapolis	MN	23	M	168	10:38	1:57	2:53	119	45:50	20.3	1:50	184	25:06	8:05	1:26:17
132	Scott Haupert	Dubuque	IA	22	M	137	9:50	1:48	3:20	165	49:07	19.0	2:41	99	21:24	6:53	1:26:22
133	Jeff Dennis	W. Des Moines	IA	32	M	217	13:22	2:27	3:37	98	45:02	20.7	1:53	130	22:31	7:15	1:26:25
134	Paul Dykes	Oakdale	MN	31	M	93	8:49	1:37	3:15	167	49:09	19.0	2:36	136	22:45	7:19	1:26:34
135	Eric Fischer	St Louis	MO	36	M	99	9:02	1:39	3:28	159	48:43	19.1	2:12	149	23:16	7:29	1:26:41
136	Don Romig	Johnston	IA	33	M	184	11:09	2:02	3:50	154	48:28	19.2	2:42	80	20:36	6:38	1:26:45
137	Rich Mitualsey	Cedar Rapids	IA	27	M	22	7:13	1:19	4:08	168	49:09	19.0	1:35	178	24:42	7:57	1:26:47
138	Michael Porter	Ankeny	IA	30	M	205	12:42	2:19	3:35	122	46:09	20.2	1:25	141	22:58	7:24	1:26:49
139	Ted Chapler	Des Moines	IA	42	M	44	7:40	1:24	3:04	134	47:10	19.8	2:19	202	26:37	8:34	1:26:50
140	Marcus Rhatigan	Cedar Rapids	IA	43	M	165	10:34	1:56	3:10	107	45:27	20.5	2:43	183	25:02	8:03	1:26:56
141	Greg Bodeker	Cedar Rapids	IA	32	M	57	8:08	1:29	3:31	135	47:14	19.7	2:10	192	25:55	8:20	1:26:58
142	Richard Buhman	Yutan	NE	60	M	131	9:41	1:46	3:04	145	47:51	19.5	2:05	170	24:21	7:50	1:27:02
143	David Gamez	Hastings	MN	43	M	180	11:01	2:01	3:03	132	47:09	19.8	2:26	155	23:26	7:33	1:27:05
144	James Koenigs	McIntire	IA	39	M	150	10:20	1:53	4:02	177	49:36	18.8	2:37	78	20:32	6:37	1:27:07
145	John Rosecrance	Coralville	IA	40	M	133	9:45	1:47	3:29	150	48:18	19.3	1:15	176	24:32	7:54	1:27:19
146	Brett Brende	Lincoln	NE	32	M	177	10:50	1:59	3:17	157	48:38	19.2	1:19	152	23:21	7:31	1:27:25
147	TJ Snyman	Ames	IA	27	M	113	9:23	1:43	3:20	152	48:23	19.3	1:29	181	24:50	8:00	1:27:25
148	James Arthur	Lincoln	NE	34	M	122	9:33	1:45	3:46	100	45:05	20.7	2:56	197	26:06	8:24	1:27:26
149	David Law	Coon Rapids	MN	28	M	70	8:20	1:31	2:58	187	50:49	18.3	1:57	153	23:24	7:32	1:27:28
150	Jeffrey Ginn	Cedar Rapids	IA	46	M	141	9:52	1:48	2:57	143	47:43	19.5	1:52	185	25:07	8:05	1:27:31
151	Jason Hugi	Mason City	IA	25	M	17	7:04	1:18	2:56	161	48:50	19.1	1:17	218	27:27	8:50	1:27:34
152	Max Davidson	Britton	SD	47	M	195	11:52	2:10	2:47	146	47:54	19.5	2:17	139	22:53	7:22	1:27:43
153	Chad Meyerhoff	Cedar Falls	IA	24	M	134	9:45	1:47	3:15	162	48:50	19.1	1:46	177	24:40	7:56	1:28:16
154	Warren Tunwall	Iowa City	IA	37	M	39	7:34	1:23	3:24	217	53:36	17.4	1:17	138	22:49	7:21	1:28:40
155	Austin McNall	Cedar Rapids	IA	20	M	242	17:30	3:12	2:47	142	47:42	19.5	1:52	32	18:51	6:04	1:28:42
156	Karsten Schmidt	Plymouth	MN	31	M	145	10:09	1:51	3:42	136	47:16	19.7	2:26	187	25:10	8:06	1:28:43
157	John Huebner	Altoona	IA	34	M	179	10:53	1:59	3:49	181	50:03	18.6	1:31	131	22:32	7:15	1:28:48
158	Tom Frantz	Marion	IA	40	M	189	11:22	2:05	4:02	178	49:43	18.7	1:36	119	22:07	7:07	1:28:50
159	Evan Belfer	Iowa City	IA	31	M	191	11:31	2:06	4:07	153	48:25	19.3	2:37	127	22:28	7:14	1:29:08
160	Brad Gilchrist	Iowa City	IA	35	M	81	8:33	1:34	4:54	205	52:26	17.8	1:28	110	21:52	7:02	1:29:13
161	Craig Kossen	Eden Prairie	MN	37	M	114	9:23	1:43	4:40	144	47:48	19.5	2:51	182	24:54	8:01	1:29:36
162	Edwin Shafer	Apison	TN	52	M	103	9:04	1:39	4:14	174	49:27	18.8	1:23	191	25:54	8:20	1:30:02
163	Michael Schneiter	Cedar Falls	IA	22	M	245	19:45	3:37	4:57	114	45:38	20.4	2:11	11	17:42	5:42	1:30:13
164	Chris Buresh	Iowa City	IA	22	M	127	9:37	1:46	3:50	198	51:52	18.0	1:30	159	23:30	7:34	1:30:19
165	Barry Trump	Mason City	IA	50	M	144	10:02	1:50	3:00	158	48:40	19.2	2:16	199	26:22	8:29	1:30:20
166	Michael Dankert	Cedar Rapids	IA	31	M	124	9:35	1:45	3:13	151	48:21	19.3	2:39	211	27:01	8:42	1:30:49
167	Jeff Mullen	Cedar Rapids	IA	33	M	204	12:39	2:19	3:22	188	50:49	18.3	2:17	106	21:44	7:00	1:30:51
168	Andrew Lenze	Marion	IA	35	M	169	10:38	1:57	5:03	147	47:55	19.5	1:43	193	25:56	8:21	1:31:15
169	Barry Bannister	Boone	IA	50	M	200	11:58	2:11	3:44	149	48:16	19.3	2:01	190	25:53	8:20	1:31:52
170	Chris Cordinale	Cedar Rapids	IA	36	M	172	10:43	1:58	2:56	211	52:47	17.7	2:11	157	23:28	7:33	1:32:05
171	Jeff Milks	Oelwein	IA	43	M	153	10:24	1:54	3:17	197	51:40	18.0	2:18	174	24:26	7:52	1:32:05
172	Jason Niegsch	Iowa City	IA	25	M	167	10:36	1:56	5:37	192	51:00	18.3	1:58	142	22:58	7:24	1:32:09
173	Robert Follis	Gladbrook	IA	40	M	197	11:53	2:10	3:35	200	52:12	17.9	1:52	135	22:43	7:19	1:32:15
174	Kevin Hinrichs	Davenport	IA	38	M	8	6:48	1:15	6:05	182	50:15	18.5	2:34	206	26:40	8:35	1:32:22
175	Matt Whitaker	Minneapolis	MN	28	M	219	13:35	2:29	2:52	138	47:33	19.6	1:49	203	26:37	8:34	1:32:26
176	Mike Travagiakis	Cedar Rapids	IA	39	M	202	12:15	2:14	3:06	206	52:30	17.8	2:13	128	22:28	7:14	1:32:32
177	Mark Mathison	Ames	IA	28	M	233	14:30	2:39	5:08	179	49:43	18.7	1:25	115	21:57	7:04	1:32:43
178	Oakland Demoss	Fort Smith	AR	69	M	198	11:57	2:11	4:30	172	49:19	18.9	2:17	179	24:43	7:57	1:32:46
179	Dennis Cohen	Iowa City	IA	47	M	183	11:05	2:02	3:56	219	53:54	17.3	1:50	121	22:16	7:10	1:33:01
180	Karl Hassrick	Madison	WI	23	M	111	9:17	1:42	2:47	208	52:36	17.7	2:17	198	26:17	8:28	1:33:14
181	Jim McMahon	Garner	IA	50	M	158	10:29	1:55	3:59	180	49:50	18.7	1:49	212	27:09	8:44	1:33:16
182	Greg Harman	Iowa City	IA	32	M	176	10:47	1:58	4:09	216	53:14	17.5	2:14	144	23:05	7:26	1:33:29
183	Keith Abkes	Cedar Rapids	IA	26	M	212	13:09	2:24	5:35	170	49:13	18.9	1:37	164	24:00	7:43	1:33:34
184	Scott Hourigah	Marion	IA	22	M	224	14:03	2:34	4:19	203	52:18	17.8	1:30	101	21:26	6:54	1:33:36
185	Rick Spear	Iowa City	IA	38	M	187	11:16	2:04	3:17	185	50:24	18.5	1:17	216	27:22	8:49	1:33:36
186	Douglas Romig	Des Moines	IA	31	M	166	10:34	1:56	5:05	220	53:55	17.3	1:52	133	22:35	7:16	1:34:01
187	Mark Hendrickson	Waterloo	IA	37	M	220	13:39	2:30	3:16	191	50:58	18.3	2:24	162	23:48	7:40	1:34:05
188	Coby Shank	Rock Rapids	IA	29	M	214	13:15	2:25	4:39	171	49:16	18.9	1:21	188	25:37	8:15	1:34:08
189	Brock Detoye	Davenport	IA	16	M	123	9:34	1:45	5:27	233	58:37	15.9	2:06	34	18:58	6:06	1:34:42
190	Adam Yack	Iowa City	IA	16	M	14	7:00	1:17	3:32	204	52:24	17.8	1:59	230	30:04	9:41	1:34:59
191	Christopher Hall	Ames	IA	25	M	100	9:02	1:39	7:09	193	51:09	18.2	5:08	132	22:34	7:16	1:35:02
192	Matt Allison	Gurnee	IL	33	M	206	12:43	2:20	5:06	195	51:26	18.1	1:29	171	24:22	7:51	1:35:06
193	Randy King	Marion	IA	45	M	181	11:02	2:01	4:41	222	54:03	17.2	1:37	161	23:44	7:38	1:35:07
194	Jay MacGregor	Iowa City	IA	20	M	238	15:17	2:48	3:33	218	53:53	17.3	1:35	89	20:55	6:44	1:35:13
195	Jeff Almquist	Cedar Rapids	IA	28	M	193	11:38	2:08	5:03	210	52:46	17.7	1:50	168	24:10	7:47	1:35:27

196	Dwight Dobberstein	Iowa City	IA	45	M	239	15:40	2:52	3:56	164	48:55	19.1	2:12	180	24:44	7:58	1:35:27
197	Brain Terry	Ames	IA	22	M	40	7:35	1:23	6:19	194	51:24	18.1	2:04	225	28:15	9:06	1:35:37
198	Mike Lockert	Des Moines	IA	32	M	211	13:08	2:24	2:52	190	50:57	18.3	2:04	205	26:38	8:34	1:35:39
199	Keith Gudenkauf	Cedar Rapids	IA	39	M	221	13:40	2:30	3:54	175	49:30	18.8	1:28	217	27:23	8:49	1:35:55
200	Paul Riggs	Oskaloosa	IA	44	M	173	10:43	1:58	5:53	207	52:32	17.7	2:29	169	24:20	7:50	1:35:57
201	Russ Rabik	Center Point	IA	37	M	222	13:55	2:33	3:38	224	54:12	17.2	1:46	129	22:30	7:15	1:36:01
202	John Spence	Iowa City	IA	52	M	232	14:27	2:39	4:34	199	51:55	18.0	1:37	158	23:28	7:33	1:36:01
203	Bryan Holland	Cedar Rapids	IA	18	M	247	27:51	5:06	2:03	75	43:48	21.3	1:55	76	20:25	6:34	1:36:02
204	David Ostlund	Columbia	MO	50	M	101	9:02	1:39	4:48	196	51:26	18.1	2:35	227	28:36	9:12	1:36:27
205	Joe Kandiko	Chaska	MN	48	M	105	9:11	1:41	3:43	213	52:58	17.6	2:27	226	28:21	9:07	1:36:40
206	Mark Titus	West Des Moine	IA	27	M	237	14:59	2:44	4:52	209	52:38	17.7	1:39	137	22:46	7:20	1:36:54
207	Donald Venzke	Cedar Rapids	IA	59	M	236	14:45	2:42	4:57	125	46:35	20.0	4:15	204	26:37	8:34	1:37:09
208	Steven Anderson	Winthrop Harbo	IL	25	M	235	14:44	2:42	4:10	163	48:51	19.1	2:56	210	26:52	8:39	1:37:33
209	Jeffrey Roush	Cedar Rapids	IA	31	M	216	13:21	2:26	4:37	186	50:45	18.4	2:32	200	26:26	8:30	1:37:41
210	Travis Acheson	West Des Moine	IA	29	M	227	14:16	2:37	4:31	189	50:54	18.3	1:42	207	26:43	8:36	1:38:06
211	Josh Reel	West Des Moine	IA	29	M	215	13:17	2:26	5:29	183	50:22	18.5	2:15	209	26:50	8:38	1:38:13
212	Terry Stockert	Cedar Rapids	IA	30	M	230	14:23	2:38	4:13	226	55:27	16.8	1:22	148	23:11	7:28	1:38:36
213	Larry Stout	Ankeny	IA	37	M	208	12:48	2:20	3:38	202	52:13	17.8	2:47	213	27:12	8:45	1:38:38
214	David Vawter	Ames	IA	29	M	142	9:57	1:49	6:20	215	53:05	17.6	1:32	224	28:14	9:05	1:39:08
215	Rick Koepp	Cedar Rapids	IA	52	M	196	11:52	2:10	4:34	229	56:28	16.5	1:42	194	25:59	8:22	1:40:35
216	Chad Brandt	Iowa City	IA	23	M	155	10:25	1:54	6:01	214	53:00	17.6	4:03	221	27:46	8:56	1:41:15
217	Jon Storvick	Woodbury	MN	42	M	119	9:32	1:45	4:31	234	58:50	15.8	2:04	208	26:49	8:38	1:41:46
218	Gregory Koenigs	Cedar Rapids	IA	36	M	159	10:29	1:55	4:40	237	59:55	15.6	2:26	172	24:22	7:51	1:41:52
219	Patrick Durow	Omaha	NE	52	M	223	14:00	2:34	7:57	227	55:48	16.7	2:33	112	21:54	7:03	1:42:12
220	Steve Skerlos	Urbana	IA	25	M	139	9:51	1:48	5:20	230	57:06	16.3	1:23	228	29:02	9:21	1:42:42
221	David Lemieux	Muskegon	MI	41	M	231	14:24	2:38	8:08	166	49:07	19.0	3:26	222	28:02	9:01	1:43:07
222	Bob Dueker	Cedar Rapids	IA	28	M	228	14:17	2:37	5:52	221	54:02	17.2	1:47	219	27:27	8:50	1:43:25
223	Roger Browning	Iowa City	IA	47	M	213	13:09	2:24	4:12	201	52:12	17.9	2:28	233	31:33	10:09	1:43:34
224	Derick Cranston	Iowa City	IA	28	M	226	14:13	2:36	6:12	225	54:56	17.0	2:16	195	26:04	8:23	1:43:41
225	Brian Bradley	Iowa City	IA	32	M	243	17:54	3:16	3:42	231	57:30	16.2	1:28	147	23:09	7:27	1:43:43
226	Roger Norfolk	Cedar Rapids	IA	45	M	210	13:05	2:24	3:30	232	57:46	16.1	1:53	220	27:45	8:56	1:43:59
227	Grant Lewis	Ankeny	IA	62	M	192	11:34	2:07	4:38	212	52:54	17.6	2:45	234	32:15	10:23	1:44:06
228	Russell Kaegbein	Cedar Rapids	IA	36	M	218	13:27	2:28	5:41	235	59:39	15.6	1:29	214	27:20	8:48	1:47:36
229	Dave Dueker	Cedar Rapids	IA	24	M	229	14:21	2:37	5:03	239	1:01:11	15.2	2:00	215	27:20	8:48	1:49:55
230	Randy Ferry	Cedar Rapids	IA	30	M	240	15:47	2:53	5:10	238	1:00:41	15.4	2:16	201	26:29	8:31	1:50:23
231	Ian Smith	Cedar Rapids	IA	15	M	109	9:14	1:41	4:43	241	1:05:21	14.3	2:05	229	29:40	9:33	1:51:03
232	Charlton Sturm	Mascoutah	IL	58	M	225	14:07	2:35	4:58	236	59:40	15.6	1:59	232	30:43	9:53	1:51:27
233	Darrel Oltrogge	Clermont	IA	30	M	244	18:48	3:26	5:33	228	56:24	16.5	2:56	223	28:13	9:05	1:51:54
234	Curt Bistrfeldt	Cedar Rapids	IA	33	M	241	17:24	3:11	3:51	240	1:03:02	14.8	0:32	231	30:12	9:43	1:55:01
235	Greg Haburn	Estherville	IA	43	M	246	19:45	3:37	5:18	242	1:06:02	14.1	3:03	235	41:55	13:29	2:16:03

TEAM EVENT

TOTAL PLACE	DIV PLC	TEAM MEMBERS: SWIMMER, BIKER, RUNNER	SWIM plc	SWIM time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	RUN pace	TOTAL TIME
1	1/2	Beefcake	Jeremy Freeman , Jason Hunemuller , John Bartak							-				
			1	7:20	1:20	1:20	1	45:05	20.7	0:51	1	18:20	5:54	1:12:56
2	2/2	Peppy-Snappy	Don Dhooge , Neil Brewster , Jake Stigers											
			2	8:57	1:38	1:27	2	46:41	20.0	0:53	4	25:08	8:05	1:23:06
3	1/1	Wilson, Whitson, Wieditz	Penny Wilson , John Whitson , Dean Wieditz											
			4	11:28	2:06	1:51	4	51:39	18.0	0:58	2	22:25	7:13	1:28:21
4	1/2	June Pork Bellies	Lori Davis , Deb Duff , Paige Butterfield											
			5	12:51	2:21	2:15	3	50:05	18.6	0:55	5	25:29	8:12	1:31:35
5	2/2	Team Steve	Suzanne Roverud , Dana Williams , Sarah England											
			3	10:47	1:58	1:46	5	1:00:18	15.5	0:04	3	24:48	7:59	1:37:43

THE LITTLE PIG DUATHLON

TOT PLC	NAME	CITY	ST	AGE	S	TOTAL TIME
1	Scott Stimmel	Iowa City	IA	13	M	24:05
2	Jeff Gudenkauf	Cedar Rapids	IA	13	M	25:38
3	Luke Henson	Marion	IA	9	M	25:43
4	Jack Ogden	Cedar Rapids	IA	12	M	26:11
5	Garett Buss	Waterloo	NE	13	M	26:42
6	Lauren Henson	Marion	IA	12	F	26:58
7	John Hart	Cedar Rapids	IA	11	M	27:29
8	Patrick Rhatigan	Cedar Rapids	IA	10	M	27:30
9	Tom Kandiko	Chaska	MN	14	M	28:48
10	Jeff Gudenkauf	Cedar Rapids	IA	12	M	28:57
11	Jacob Wilson	Papillion	NE	9	M	29:16
12	Amy Travagiakis	Cedar Rapids	IA	11	F	29:33
13	Terence Travagiaki	Cedar Rapids	IA	9	M	30:35
14	Michael Dhooge	Marion	IA	8	M	31:07
15	Brandon Slotness	Mason City	IA	8	M	31:31
16	Charlie Devries	Orono	MN	7	M	31:54
17	Ben Ogden	Cedar Rapids	IA	8	M	37:24
18	Aubrey Sadler	Cedar Rapids	IA	14	F	39:02
19	Kyle Selsor	Winterset	IA	9	M	41:03
20	Nick Frantz	Marion	IA	8	M	42:16

TOP 10 SWIM

TOT PLC	NAME	CITY	ST	AGE	S	SWIM time	100 yds
1	Dan Seymour	Madison	WI	37	M	6:11	1:08
2	Matt Berg	Red Wing	MN	25	M	6:17	1:09
3	Rachel Windsor	Des Moines	IA	35	F	6:19	1:09
4	Cameron Loos	Madison	WI	26	M	6:25	1:10
5	Doug Davis	Burnsville	MN	31	M	6:28	1:11
6	David Scott	Cedar Rapids	IA	16	M	6:31	1:12
7	Mark Corley	Waterloo	IA	36	M	6:41	1:13
8	Todd King	Coon Rapids	MN	28	M	6:46	1:14
9	Kevin Hinrichs	Davenport	IA	38	M	6:48	1:15
10	Joe Fogarty	Minneapolis	MN	27	M	6:49	1:15

TOP 10 FIRST TRANSITION

TOT PLC	NAME	CITY	ST	AGE	S	TRAN time
1	Mike Morrison	Dallas	TX	24	M	1:30
2	David Scott	Cedar Rapids	IA	16	M	1:32
3	Jeff Frydenlund	Idledale	CO	26	M	1:33
4	Jared Berg	Minnetonka	MN	23	M	1:39
5	Rob Wieland	Coralville	IA	30	M	1:39
6	Richard Barry	Middleton	WI	52	M	1:42
7	Eric Jensen	Lakeview	MN	26	M	1:45
8	Doug Davis	Burnsville	MN	31	M	1:46
9	Nick Scott	Cedar Rapids	IA	46	M	1:47
10	Joel Hennings	Omaha	NE	24	M	1:48

TOP 10 BIKE

TOT PLC	NAME	CITY	ST	AGE	S	BIKE time	mph
1	Rich Heilman	Lakeville	MN	32	M	36:38	25.4
2	Jared Berg	Minnetonka	MN	23	M	36:53	25.3
3	Peter Saurugger	Des Moines	IA	40	M	37:15	25.0
4	Doug Davis	Burnsville	MN	31	M	37:27	24.9
5	Stu Huntley	West Des Moine	IA	38	M	37:58	24.5
6	Matt Berg	Red Wing	MN	25	M	38:18	24.3
7	Kevin Drake	Cedar Rapids	IA	31	M	38:19	24.3
8	Jeff Castro	Bettendorf	IA	33	M	38:24	24.3
9	Darin Wipf	Leawood	KS	26	M	38:28	24.2
10	Joel Hennings	Omaha	NE	24	M	38:29	24.2

TOP 10 SECOND TRANSITION

TOT PLC	NAME	CITY	ST	AGE	S	TRAN time
1	Curt Bistrfeldt	Cedar Rapids	IA	33	M	0:32
2	Tim Leist	Iowa City	IA	30	M	0:59
3	Mike Ament	Cedar Rapids	IA	37	M	1:05
4	Joel Conrad	Cedar Rapids	IA	29	M	1:06
5	Jeff Castro	Bettendorf	IA	33	M	1:07
6	Dave Ladehoff	Iowa City	IA	28	M	1:07
7	Jeff Kaczinski	Davenport	IA	33	M	1:10
8	Bob Ensminger	Burlington	IA	44	M	1:10
9	Andrew O'Brien	Mason City	IA	29	M	1:11
10	Doug Davis	Burnsville	MN	31	M	1:12

TOP 10 RUN

TOT PLC	NAME	CITY	ST	AGE	S	RUN time	pace
1	Dave Ladehoff	Iowa City	IA	28	M	16:19	5:15
2	John Redmond	Marion	IA	22	M	16:35	5:20
3	Matt Thomas	Ames	IA	24	M	16:41	5:22
4	Jeff Castro	Bettendorf	IA	33	M	17:02	5:29
5	Kevin Drake	Cedar Rapids	IA	31	M	17:02	5:29
6	Troy Rickertsen	Cedar Rapids	IA	26	M	17:06	5:30
7	Cameron Loos	Madison	WI	26	M	17:08	5:31
8	Jared Berg	Minnetonka	MN	23	M	17:29	5:38
9	Matt Berg	Red Wing	MN	25	M	17:37	5:40
10	Tim Huffman	Des Moines	IA	37	M	17:41	5:41

FEMALE AGE GROUP RESULTS 13 - 15

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 Kimberly Rathmann	Barrington Lak	IL	15	F	1	7:12	1:19	2:32	1	47:31	19.6	1:45	2	25:53	8:20	1:24:53
2 Rosalyn Wilson	Papillion	NE	15	F	2	9:09	1:40	2:47	2	58:17	16.0	2:30	1	24:14	7:48	1:36:57

MALE AGE GROUP RESULTS 13 - 15

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 Eric Travagiakis	Cedar Rapids	IA	15	M	2	9:33	1:45	2:12	1	47:37	19.6	1:35	1	19:45	6:21	1:20:42
2 Ian Smith	Cedar Rapids	IA	15	M	1	9:14	1:41	4:43	2	1:05:21	14.3	2:05	2	29:40	9:33	1:51:03

FEMALE AGE GROUP RESULTS 16 - 17

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 Ellen Stimmel	Iowa City	IA	17	F	1	7:33	1:23	3:24	2	55:37	16.8	1:41	1	25:12	8:07	1:33:27
2 Amber Travagiakis	Cedar Rapids	IA	17	F	3	10:08	1:51	3:25	1	52:02	17.9	2:45	3	27:21	8:48	1:35:41
3 Evonne Butikofer	Cedar Rapids	IA	16	F	2	8:55	1:38	4:15	3	57:51	16.1	2:14	2	27:15	8:46	1:40:30

MALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 David Scott	Cedar Rapids	IA	16	M	1	6:31	1:12	1:32	2	39:41	23.5	1:21	1	18:39	6:00	1:07:44
2 Brock Detoye	Davenport	IA	16	M	4	9:34	1:45	5:27	4	58:37	15.9	2:06	2	18:58	6:06	1:34:42
3 Adam Yack	Iowa City	IA	16	M	2	7:00	1:17	3:32	3	52:24	17.8	1:59	3	30:04	9:41	1:34:59

FEMALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Rachel Conybeare	Iowa City	IA	19	F	1	10:04	1:50	3:01	1	51:15	18.2	1:31	1	24:27	7:52	1:30:18
2 Lauran Milks	Oelwein	IA	19	F	2	10:38	1:57	3:50	2	1:08:14	13.7	2:00	2	35:46	11:31	2:00:28

MALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Ezra Hallam	Ames	IA	19	M	2	7:39	1:24	2:51	2	41:15	22.6	1:53	2	20:04	6:28	1:13:42
2 Darren Bates	Cedar Falls	IA	19	M	4	9:01	1:39	2:43	6	46:07	20.2	1:54	1	18:28	5:57	1:18:13
3 Eric Lambi	Ames	IA	18	M	5	11:11	2:03	2:30	1	40:02	23.3	1:35	4	23:07	7:26	1:18:25

4	Ralph Grimse	Hoffman Estate	IL	19	M	1	7:24	1:21	3:04	5	45:16	20.6	2:18	5	25:10	8:06	1:23:12
5	Bryan Holland	Cedar Rapids	IA	18	M	6	27:51	5:06	2:03	4	43:48	21.3	1:55	3	20:25	6:34	1:36:02

FEMALE AGE GROUP RESULTS 20 - 24

	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Kimberly Clavin	Rochester	MN	23	F	1	8:38	1:35	2:24	1	43:09	21.6	1:45	5	22:34	7:16	1:18:30
2	Robin Quist	Bloomington	MN	24	F	2	8:55	1:38	2:47	2	45:09	20.6	2:12	1	20:00	6:26	1:19:03
3	Melissa Bannister	Boone	IA	23	F	5	9:07	1:40	2:25	4	46:14	20.2	1:47	3	20:58	6:45	1:20:31
4	Becky Loberg	Brookings	SD	23	F	4	9:06	1:40	3:05	6	48:24	19.3	1:27	2	20:22	6:33	1:22:24
5	Saslxia Dittel	Lincoln	NE	23	F	8	9:50	1:48	3:09	3	45:49	20.3	1:25	8	24:20	7:50	1:24:33
6	Jennifer Dray	Cedar Rapids	IA	24	F	3	8:58	1:38	2:55	7	50:05	18.6	1:52	12	26:08	8:25	1:29:58
7	Jean Jordan	Bloomington	MN	24	F	7	9:28	1:44	2:45	5	46:46	19.9	2:06	16	29:04	9:21	1:30:09
8	Eve Zidel	Minnetonka	MN	23	F	13	10:42	1:57	2:49	8	51:06	18.2	1:40	7	24:03	7:44	1:30:20
9	Michelle Flenniken	Nevada	IA	22	F	14	10:42	1:57	3:43	9	52:26	17.8	2:26	4	21:47	7:01	1:31:04
10	Cara Braun	Minneapolis	MN	22	F	6	9:18	1:42	4:02	11	55:06	16.9	2:13	6	22:41	7:18	1:33:20
11	Karri Buresh	Ames	IA	21	F	12	10:41	1:57	4:54	10	53:57	17.3	2:08	10	25:04	8:04	1:36:44
12	Sara Boudburis	Des Moines	IA	23	F	16	11:44	2:09	3:34	14	59:48	15.6	1:18	11	25:51	8:19	1:42:15
13	Andrea Bruggemann	Iowa City	IA	20	F	18	13:12	2:25	3:55	13	59:13	15.7	1:41	9	24:45	7:58	1:42:46
14	Laura Mace	Des Moines	IA	23	F	9	10:00	1:50	4:05	16	1:00:53	15.3	1:27	13	27:54	8:59	1:44:19
15	Kerstin Buettner	St. Paul	MN	23	F	15	11:09	2:02	5:41	15	1:00:37	15.4	2:38	14	28:14	9:05	1:48:19
16	Kristin Beeghly	Cedar Falls	IA	21	F	19	13:21	2:26	5:26	12	58:37	15.9	2:31	17	29:13	9:24	1:49:08
17	Juanita Cooper	Cedar Rapids	IA	20	F	11	10:36	1:56	5:06	17	1:05:22	14.3	2:55	18	31:45	10:13	1:55:44
18	Allison Carruth	Chicago	IL	22	F	17	12:14	2:14	4:02	19	1:10:00	13.3	1:52	15	29:02	9:21	1:57:10
19	Erin Benda	Cedar Rapids	IA	20	F	10	10:24	1:54	5:19	18	1:05:58	14.1	2:19	19	34:30	11:06	1:58:30

MALE AGE GROUP RESULTS 20 - 24

	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Jared Berg	Minnetonka	MN	23	M	2	7:01	1:17	1:39	1	36:53	25.3	1:19	3	17:29	5:38	1:04:21
2	Jeff Mortensen	Rochester	MN	24	M	1	6:59	1:17	1:59	3	38:40	24.1	1:28	9	19:38	6:19	1:08:44
3	Matt Thomas	Ames	IA	24	M	9	8:29	1:33	3:20	5	40:30	23.0	1:37	2	16:41	5:22	1:10:37
4	Joe Berg	Minneapolis	MN	20	M	3	7:13	1:19	2:06	6	40:31	23.0	1:20	10	19:42	6:20	1:10:52
5	Ben Post	Harlan	IA	22	M	8	7:51	1:26	2:11	7	41:43	22.3	1:27	5	18:17	5:53	1:11:29
6	Justin Gottschalk	Burlington	IA	24	M	5	7:18	1:20	2:54	8	42:35	21.9	1:58	6	18:33	5:58	1:13:18
7	David Plaut	Minneapolis	MN	24	M	17	10:41	1:57	2:54	9	43:38	21.4	1:46	8	19:19	6:13	1:18:18
8	John Redmond	Marion	IA	22	M	21	14:40	2:41	2:54	13	47:21	19.7	2:32	1	16:35	5:20	1:24:02
9	Jon Cook	Iowa City	IA	24	M	15	10:33	1:56	4:33	10	45:31	20.5	2:12	15	21:57	7:04	1:24:46
10	Joe Froelich	Cedar Rapids	IA	24	M	18	10:46	1:58	3:34	17	49:13	18.9	1:15	13	21:25	6:54	1:26:13
11	Jeremy Redenius	Minneapolis	MN	23	M	16	10:38	1:57	2:53	12	45:50	20.3	1:50	18	25:06	8:05	1:26:17
12	Scott Haupert	Dubuque	IA	22	M	13	9:50	1:48	3:20	16	49:07	19.0	2:41	12	21:24	6:53	1:26:22
13	Chad Meyerhoff	Cedar Falls	IA	24	M	12	9:45	1:47	3:15	15	48:50	19.1	1:46	17	24:40	7:56	1:28:16
14	Austin McNall	Cedar Rapids	IA	20	M	23	17:30	3:12	2:47	14	47:42	19.5	1:52	7	18:51	6:04	1:28:42
15	Michael Schneiter	Cedar Falls	IA	22	M	24	19:45	3:37	4:57	11	45:38	20.4	2:11	4	17:42	5:42	1:30:13
16	Chris Buresh	Iowa City	IA	22	M	11	9:37	1:46	3:50	19	51:52	18.0	1:30	16	23:30	7:34	1:30:19
17	Karl Hassrick	Madison	WI	23	M	10	9:17	1:42	2:47	21	52:36	17.7	2:17	19	26:17	8:28	1:33:14
18	Scott Hourigah	Marion	IA	22	M	19	14:03	2:34	4:19	20	52:18	17.8	1:30	14	21:26	6:54	1:33:36
19	Jay MacGregor	Iowa City	IA	20	M	22	15:17	2:48	3:33	23	53:53	17.3	1:35	11	20:55	6:44	1:35:13
20	Brain Terry	Ames	IA	22	M	7	7:35	1:23	6:19	18	51:24	18.1	2:04	22	28:15	9:06	1:35:37
21	Chad Brandt	Iowa City	IA	23	M	14	10:25	1:54	6:01	22	53:00	17.6	4:03	21	27:46	8:56	1:41:15
22	Dave Dueker	Cedar Rapids	IA	24	M	20	14:21	2:37	5:03	24	1:01:11	15.2	2:00	20	27:20	8:48	1:49:55

FEMALE AGE GROUP RESULTS 25 - 29

	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Sara Rosenkranz	Manhattan	KS	28	F	1	7:29	1:22	2:28	1	43:33	21.4	1:28	1	20:08	6:29	1:15:06
2	Shawn Magnall	Des Moines	IA	28	F	4	7:53	1:27	3:38	5	45:09	20.6	1:58	2	20:16	6:31	1:18:54
3	Jennifer Burton	Minnetonka	MN	28	F	5	8:40	1:35	3:11	3	45:00	20.7	1:37	4	22:27	7:14	1:20:55
4	Tosha Sween	Excelsior	MN	28	F	6	9:18	1:42	2:54	2	44:36	20.9	1:51	7	23:13	7:28	1:21:52
5	Katharine Rucker	Idledale	CO	25	F	3	7:50	1:26	3:13	6	46:52	19.9	1:46	9	23:49	7:40	1:23:30
6	Jill Ladehoff	Iowa City	IA	26	F	7	9:25	1:43	3:02	7	49:18	18.9	1:22	3	21:25	6:54	1:24:32
7	Tami O'Connor	Corcoran	MN	26	F	12	11:18	2:04	3:04	4	45:03	20.7	1:48	12	25:19	8:09	1:26:32
8	Sheila Morehouse	Eagan	MN	29	F	2	7:37	1:24	2:25	11	50:49	18.3	2:28	14	25:28	8:12	1:28:47
9	Loretta Lopez	Coralville	IA	29	F	11	11:04	2:01	3:32	10	50:38	18.4	1:33	6	22:59	7:24	1:29:46
10	Karen Janovy	Cedar Rapids	IA	25	F	10	10:37	1:56	3:57	9	50:26	18.5	1:54	10	23:56	7:42	1:30:50
11	Ellen Joensen	Iowa City	IA	28	F	18	13:20	2:26	2:35	8	50:21	18.5	1:53	5	22:47	7:20	1:30:56
12	Jill Rosenberg	Ames	IA	28	F	9	10:25	1:54	5:09	12	51:26	18.1	2:54	11	23:56	7:42	1:33:50
13	Marna Andrle	Des Moines	IA	27	F	14	11:46	2:09	4:20	14	54:01	17.3	2:08	15	26:08	8:25	1:38:23
14	Margaret Harty	Mason City	IA	26	F	8	10:00	1:50	5:54	15	54:39	17.1	1:44	19	29:04	9:21	1:41:21
15	Cindy Moschella	Toddville	IA	26	F	19	13:31	2:28	4:31	13	53:44	17.3	3:00	16	27:10	8:45	1:41:56
16	Lydia Frazier	Iowa City	IA	25	F	13	11:28	2:06	4:34	18	58:00	16.1	3:41	13	25:19	8:09	1:43:02
17	Melissa Hendrickso	Stanton	IA	29	F	17	12:24	2:16	5:04	16	56:11	16.6	2:25	17	28:08	9:03	1:44:12
18	Jennifer Mills	Des Moines	IA	25	F	20	13:52	2:32	5:00	19	1:01:43	15.1	1:55	8	23:41	7:37	1:46:11
19	Valerie Paidar	Hiawatha	IA	27	F	15	11:53	2:10	4:58	17	57:54	16.1	2:08	20	30:08	9:42	1:47:01
20	Kelly Dean Brende	Lincoln	NE	29	F	16	12:22	2:16	5:59	20	1:03:30	14.7	1:58	18	28:51	9:17	1:52:40

MALE AGE GROUP RESULTS 25 - 29

	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Matt Berg	Red Wing	MN	25	M	1	6:17	1:09	2:08	1	38:18	24.3	1:38	4	17:37	5:40	1:05:58
2	Cameron Loos	Madison	WI	26	M	2	6:25	1:10	2:05	6	40:56	22.8	1:14	3	17:08	5:31	1:07:48
3	Andrew O'Brien	Mason City	IA	29	M	10	7:14	1:19	1:51	3	39:21	23.7	1:11	11	19:42	6:20	1:09:19
4	Eric Jensen	Lakeview	MN	26	M	11	7:15	1:20	1:45	4	40:00	23.3	1:24	9	19:26	6:15	1:09:50
5	Todd King	Coon Rapids	MN	28	M	3	6:46	1:14	1:59	9	41:49	22.3	1:18	7	18:57	6:06	1:10:49
6	Brad Addink	Iowa City	IA	27	M	23	8:31	1:33	2:34	5	40:44	22.9	1:14	5	17:55	5:46	1:10:58
7	Barry Breffel	Marion	IA	27	M	8	7:10	1:19	2:04	8	41:19	22.6	1:25	8	19:04	6:08	1:11:02
8	Patrick Guerrero	Cathedral City	CA	28	M	16	7:58	1:27	2:07	12	42:47	21.8	1:30	6	18:50	6:04	1:13:12
9	Troy Rickertsen	Cedar Rapids	IA	26	M	27	9:18	1:42	2:54	13	42:57	21.7	1:38	2	17:06	5:30	1:13:53
10	Mark Barrett	Eden Prarie	MN	29	M	20	8:16	1:31	2:26	7	41:11	22.6	1:31	20	21:42	6:59	1:15:06
11	Dave Ladehoff	Iowa City	IA	28	M	18	8:13	1:30	4:03	20	45:33	20.5	1:07	1	16:19	5:15	1:15:15
12	Brook Peterson	Swisher	IA	28	M	26	9:09	1:40	2:47	14	43:29	21.4	1:55	15	20:41	6:39	1:18:01
13	Alan Schmidt	Marion	IA	25	M	37	11:05	2:02	4:03	11	42:17	22.0	1:51	10	19:36	6:19	1:18:52
14	Shannon Deboer	Davenport	IA	25	M	17	8:03	1:28	3:18	15	44:17	21.0	1:31	21	21:46	7:00	1:18:55
15	David Martindale	Burlington	IA	27	M	39	11:40	2:08	3:31	10	42:12	22.1	2:00	16	21:00	6:46	1:20:23
16	Paul Watson	Iowa City	IA	28	M	6	6:55	1:16	2:35	26	48:10	19.4	1:23	19	21:34	6:56	1:20:37
17	Dale Ratliff	Omaha	NE	25	M	22	8:27	1:33	2:56	16	44:21	21.0	1:33	27	23:20	7:31	1:20:37

18	Michael Malik	Davenport	IA	26	M	30	9:50	1:48	3:12	22	45:50	20.3	1:32	14	20:32	6:37	1:20:56
19	Steve Herbst	Coralville	IA	28	M	32	9:52	1:48	2:45	23	46:18	20.1	1:55	13	20:22	6:33	1:21:12
20	Chris O'Hara	Cedar Rapids	IA	28	M	19	8:14	1:30	2:17	21	45:34	20.5	1:50	28	23:21	7:31	1:21:16
21	Robert Huffman	Iowa City	IA	28	M	24	8:42	1:35	3:42	17	45:06	20.7	1:41	23	22:07	7:07	1:21:18
22	Joel Conrad	Cedar Rapids	IA	29	M	35	10:30	1:55	2:56	34	49:31	18.8	1:06	12	20:21	6:33	1:24:24
23	Jason Lewis	Cedar Rapids	IA	27	M	34	10:29	1:55	3:24	19	45:20	20.6	1:55	31	24:10	7:47	1:25:18
24	Matthew Lorson	Iowa City	IA	25	M	13	7:23	1:21	2:40	28	48:46	19.1	2:23	32	24:10	7:47	1:25:22
25	David Allmacher	Iowa City	IA	29	M	40	12:48	2:20	3:29	18	45:16	20.6	2:47	18	21:17	6:51	1:25:37
26	Todd Brandt	Iowa City	IA	25	M	14	7:34	1:23	2:30	25	47:35	19.6	2:11	38	26:05	8:24	1:25:55
27	Rhett Schildroth	Muscatine	IA	26	M	29	9:24	1:43	4:06	37	50:23	18.5	1:21	17	21:03	6:47	1:26:17
28	Rich Mitualsey	Cedar Rapids	IA	27	M	9	7:13	1:19	4:08	31	49:09	19.0	1:35	34	24:42	7:57	1:26:47
29	TJ Snyman	Ames	IA	27	M	28	9:23	1:43	3:20	27	48:23	19.3	1:29	35	24:50	8:00	1:27:25
30	David Law	Coon Rapids	MN	28	M	21	8:20	1:31	2:58	38	50:49	18.3	1:57	29	23:24	7:32	1:27:28
31	Jason Hugi	Mason City	IA	25	M	7	7:04	1:18	2:56	29	48:50	19.1	1:17	43	27:27	8:50	1:27:34
32	Jason Niegsch	Iowa City	IA	25	M	36	10:36	1:56	5:37	40	51:00	18.3	1:58	26	22:58	7:24	1:32:09
33	Matt Whitaker	Minneapolis	MN	28	M	44	13:35	2:29	2:52	24	47:33	19.6	1:49	39	26:37	8:34	1:32:26
34	Mark Mathison	Ames	IA	28	M	48	14:30	2:39	5:08	35	49:43	18.7	1:25	22	21:57	7:04	1:32:43
35	Keith Abkes	Cedar Rapids	IA	26	M	41	13:09	2:24	5:35	32	49:13	18.9	1:37	30	24:00	7:43	1:33:34
36	Coby Shank	Rock Rapids	IA	29	M	42	13:15	2:25	4:39	33	49:16	18.9	1:21	36	25:37	8:15	1:34:08
37	Christopher Hall	Ames	IA	25	M	25	9:02	1:39	7:09	41	51:09	18.2	5:08	24	22:34	7:16	1:35:02
38	Jeff Almquist	Cedar Rapids	IA	28	M	38	11:38	2:08	5:03	43	52:46	17.7	1:50	33	24:10	7:47	1:35:27
39	Mark Titus	West Des Moine	IA	27	M	50	14:59	2:44	4:52	42	52:38	17.7	1:39	25	22:46	7:20	1:36:54
40	Steven Anderson	Winthrop Harbo	IL	25	M	49	14:44	2:42	4:10	30	48:51	19.1	2:56	42	26:52	8:39	1:37:33
41	Travis Acheson	West Des Moine	IA	29	M	46	14:16	2:37	4:31	39	50:54	18.3	1:42	40	26:43	8:36	1:38:06
42	Josh Reel	West Des Moine	IA	29	M	43	13:17	2:26	5:29	36	50:22	18.5	2:15	41	26:50	8:38	1:38:13
43	David Vawter	Ames	IA	29	M	33	9:57	1:49	6:20	44	53:05	17.6	1:32	45	28:14	9:05	1:39:08
44	Steve Skerlos	Urbana	IA	25	M	31	9:51	1:48	5:20	48	57:06	16.3	1:23	46	29:02	9:21	1:42:42
45	Bob Dueker	Cedar Rapids	IA	28	M	47	14:17	2:37	5:52	45	54:02	17.2	1:47	44	27:27	8:50	1:43:25
46	Derick Cranston	Iowa City	IA	28	M	45	14:13	2:36	6:12	47	54:56	17.0	2:16	37	26:04	8:23	1:43:41

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	Offutt AFB	NE	30	F	1	7:18	1:20	2:33	2	44:54	20.8	1:47	4	23:44	7:38	1:20:16
2	Julie Deardorff	Chicago	IL	31	F	4	9:08	1:40	2:51	3	45:37	20.4	2:21	1	20:43	6:40	1:20:40
3	Helen Redmond	Grinnell	IA	34	F	11	11:41	2:08	3:12	1	44:17	21.0	1:53	2	21:32	6:56	1:22:35
4	JP (Julie) Palmer	Lincoln	NE	33	F	9	10:46	1:58	2:35	4	45:57	20.3	1:16	3	23:09	7:27	1:23:43
5	Janelle Nitchals	Omaha	NE	31	F	7	10:32	1:56	4:32	5	48:53	19.1	1:57	7	25:17	8:08	1:31:11
6	Michele Dennis	W. Des Moines	IA	32	F	8	10:33	1:56	3:44	6	49:57	18.7	2:36	6	24:37	7:55	1:31:27
7	Diane Palmquist	Plymouth	MN	32	F	2	8:12	1:30	3:38	7	50:27	18.5	1:56	10	27:42	8:55	1:31:55
8	Debbie Lenth	Marion	IA	30	F	12	13:06	2:24	4:12	8	56:32	16.5	1:22	5	24:33	7:54	1:39:45
9	Colleen Hovinga	Mason City	IA	30	F	5	9:56	1:49	5:06	9	56:36	16.5	3:20	9	26:53	8:39	1:41:51
10	Sue McCormick	Cedar Falls	IA	30	F	10	11:06	2:02	5:43	11	1:05:19	14.3	2:28	8	26:43	8:36	1:51:19
11	Robin Sueppel	Iowa City	IA	33	F	6	10:15	1:52	5:38	12	1:13:09	12.7	2:16	11	32:54	10:35	2:04:12

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	Doug Davis	Burnsville	MN	31	M	1	6:28	1:11	1:46	2	37:27	24.9	1:12	3	17:46	5:43	1:04:39
2	Rich Heilman	Lakeville	MN	32	M	2	7:12	1:19	1:50	1	36:38	25.4	1:23	4	18:02	5:48	1:05:05
3	Jeff Castro	Bettendorf	IA	33	M	3	7:17	1:20	1:57	4	38:24	24.3	1:07	1	17:02	5:29	1:05:47
4	Kevin Drake	Cedar Rapids	IA	31	M	10	8:12	1:30	2:20	3	38:19	24.3	1:28	2	17:02	5:29	1:07:21
5	Jeff Hovinga	Mason City	IA	33	M	16	8:47	1:36	2:04	6	40:56	22.8	1:26	8	19:20	6:13	1:12:33
6	Paul Miller	Des Moines	IA	33	M	28	10:31	1:55	2:43	5	39:31	23.6	1:32	5	18:23	5:55	1:12:40
7	Gary Love	West Des Moine	IA	34	M	30	10:45	1:58	2:21	7	41:35	22.4	1:38	6	19:08	6:10	1:15:27
8	Loran Storts	Des Moines	IA	33	M	12	8:18	1:31	2:47	10	43:35	21.4	1:46	10	19:28	6:16	1:15:54
9	Greg Schenck	Stanton	IA	32	M	19	9:13	1:41	2:32	8	42:45	21.8	1:48	11	20:20	6:33	1:16:38
10	James LaBonne	Zion	IL	32	M	18	9:00	1:39	2:36	22	45:24	20.5	1:15	12	20:20	6:33	1:18:35
11	John Birbe	Iowa City	IA	31	M	35	11:23	2:05	3:02	9	43:12	21.6	2:05	9	19:27	6:16	1:19:09
12	Tom Fergin	Mason City	IA	33	M	14	8:39	1:35	2:37	16	44:56	20.7	1:15	20	21:56	7:04	1:19:23
13	Eric Moschella	Toddville	IA	31	M	22	9:37	1:46	3:24	11	43:54	21.2	2:04	15	21:04	6:47	1:20:03
14	Todd Williams	Iowa City	IA	31	M	26	10:24	1:54	2:56	12	43:59	21.2	2:04	14	20:44	6:40	1:20:07
15	Mike Dry	Iowa City	IA	33	M	11	8:15	1:31	3:37	14	44:25	21.0	2:12	17	21:42	6:59	1:20:11
16	Tim Leist	Iowa City	IA	30	M	27	10:29	1:55	3:00	17	44:58	20.7	0:59	19	21:49	7:01	1:21:15
17	Chris Thomas	Rock Valley	IA	32	M	13	8:21	1:32	2:49	23	45:44	20.4	1:47	30	22:59	7:24	1:21:40
18	Mark Lohnes	Lincoln	NE	32	M	4	7:26	1:22	3:04	20	45:03	20.7	2:13	35	23:59	7:43	1:21:45
19	Bill Vipond	Ankeny	IA	34	M	15	8:45	1:36	2:59	25	47:03	19.8	1:51	16	21:23	6:53	1:22:01
20	Jeff Kaczinski	Davenport	IA	33	M	23	9:40	1:46	4:09	18	45:02	20.7	1:10	22	22:23	7:12	1:22:24
21	Todd Eipperle	Gladbrook	IA	33	M	38	12:16	2:15	3:54	15	44:38	20.9	2:32	7	19:13	6:11	1:22:33
22	Todd Juhlin	Iowa City	IA	30	M	6	7:45	1:25	2:55	29	47:41	19.5	2:13	23	22:28	7:14	1:23:02
23	Darren Kraft	North Lake	IL	30	M	7	7:52	1:26	3:39	13	44:03	21.2	2:07	39	25:47	8:18	1:23:28
24	Michael Sullivan	Bett	IA	30	M	25	10:13	1:52	4:05	26	47:05	19.8	1:12	21	22:20	7:11	1:24:55
25	Thomas Long	Arlington Heig	IL	30	M	5	7:37	1:24	2:33	35	49:23	18.9	1:43	37	24:31	7:53	1:25:47
26	Jeff Dennis	W. Des Moines	IA	32	M	44	13:22	2:27	3:37	19	45:02	20.7	1:53	25	22:31	7:15	1:26:25
27	Paul Dykes	Oakdale	MN	31	M	17	8:49	1:37	3:15	34	49:09	19.0	2:36	28	22:45	7:19	1:26:34
28	Don Romig	Johnston	IA	33	M	34	11:09	2:02	3:50	32	48:28	19.2	2:42	13	20:36	6:38	1:26:45
29	Michael Porter	Ankeny	IA	30	M	40	12:42	2:19	3:35	24	46:09	20.2	1:25	29	22:58	7:24	1:26:49
30	Greg Bodeker	Cedar Rapids	IA	32	M	9	8:08	1:29	3:31	27	47:14	19.7	2:10	40	25:55	8:20	1:26:58
31	Brett Brende	Lincoln	NE	32	M	32	10:50	1:59	3:17	33	48:38	19.2	1:19	34	23:21	7:31	1:27:25
32	James Arthur	Lincoln	NE	34	M	20	9:33	1:45	3:46	21	45:05	20.7	2:56	41	26:06	8:24	1:27:26
33	Karsten Schmidt	Plymouth	MN	31	M	24	10:09	1:51	3:42	28	47:16	19.7	2:26	38	25:10	8:06	1:28:43
34	John Huebner	Altoona	IA	34	M	33	10:53	1:59	3:49	36	50:03	18.6	1:31	26	22:32	7:15	1:28:48
35	Evan Belfer	Iowa City	IA	31	M	36	11:31	2:06	4:07	31	48:25	19.3	2:37	24	22:28	7:14	1:29:08
36	Michael Dankert	Cedar Rapids	IA	31	M	21	9:35	1:45	3:13	30	48:21	19.3	2:39	45	27:01	8:42	1:30:49
37	Jeff Mullen	Cedar Rapids	IA	33	M	39	12:39	2:19	3:22	38	50:49	18.3	2:17	18	21:44	7:00	1:30:51
38	Greg Harman	Iowa City	IA	32	M	31	10:47	1:58	4:09	41	53:14	17.5	2:14	31	23:05	7:26	1:33:29
39	Douglas Romig	Des Moines	IA	31	M	29	10:34	1:56	5:05	42	53:55	17.3	1:52	27	22:35	7:16	1:34:01
40	Matt Allison	Gurnee	IL	33	M	41	12:43	2:20	5:06	40	51:26	18.1	1:29	36	24:22	7:51	1:35:06
41	Mike Lockert	Des Moines	IA	32	M	42	13:08	2:24	2:52	39	50:57	18.3	2:04	44	26:38	8:34	1:35:39
42	Jeffrey Roush	Cedar Rapids	IA	31	M	43	13:21	2:26	4:37	37	50:45	18.4	2:32	42	26:26	8:30	1:37:41
43	Terry Stockert	Cedar Rapids	IA	30	M	45	14:23	2:38	4:13	43	55:27	16.8	1:22	33	23:11	7:28	1:38:36
44	Brian Bradley	Iowa City	IA	32	M	48	17:54	3:16	3:42	45	57:30	16.2	1:28	32	23:09	7:27	1:43:43
45	Randy Ferry	Cedar Rapids	IA	30	M	46	15:47	2:53	5:10	46	1:00:41	15.4	2:16	43	26:29	8:31	1:50:23
46	Darrel Oltrogge	Clermont	IA	30	M	49	18:48	3:26	5:33	44	56:24	16.5	2:56	46	28:13	9:05	1:51:54
47	Curt Bistrfeldt	Cedar Rapids	IA	33	M	47	17:24	3:11	3:51	47	1:03:02	14.8	0:32	47	30:12	9:43	1:55:01

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	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	Rachel Windsor	Des Moines	IA	35	F	1	6:19	1:09	2:33	1	44:16	21.1	1:51	1	20:56	6:44	1:15:55
2	Anne Lee	Wayzata	MN	38	F	2	8:32	1:34	2:54	2	44:30	20.9	1:51	3	21:27	6:54	1:19:14
3	Gayle Devries	Orono	MN	38	F	5	9:44	1:47	2:59	3	44:35	20.9	1:36	2	21:06	6:47	1:20:00
4	Kathy Duethman	Iowa City	IA	38	F	9	11:19	2:04	3:23	4	46:38	20.0	2:27	4	22:07	7:07	1:25:54
5	Jolene Rosebeck	Urbandale	IA	35	F	4	9:23	1:43	2:32	6	50:24	18.5	2:01	8	26:28	8:31	1:30:48
6	Kristin Selsor	Winterset	IA	35	F	7	10:57	2:00	3:14	9	52:45	17.7	2:13	5	22:54	7:22	1:32:03
7	Christina Colman	Thornton	IA	36	F	8	11:11	2:03	3:52	8	52:10	17.9	2:10	6	24:10	7:47	1:33:33
8	Diane Dodds	Cedar Rapids	IA	37	F	3	8:40	1:35	5:01	7	51:39	18.0	2:28	7	25:50	8:19	1:33:38
9	Terri Vosmek	Cedar Rapids	IA	36	F	6	10:27	1:55	3:05	5	50:00	18.6	1:56	9	30:28	9:48	1:35:56
10	Sandi Koenigs	McIntire	IA	38	F	10	13:28	2:28	4:31	10	1:02:52	14.8	1:56	10	32:11	10:22	1:54:58

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	Dan Seymour	Madison	WI	37	M	1	6:11	1:08	1:58	2	38:49	24.0	1:21	11	19:30	6:17	1:07:49
2	Stu Huntley	West Des Moine	IA	38	M	9	7:51	1:26	2:25	1	37:58	24.5	1:20	8	19:08	6:10	1:08:42
3	Tim Huffman	Des Moines	IA	37	M	18	8:35	1:34	1:52	3	39:27	23.6	1:15	1	17:41	5:41	1:08:50
4	Kevin Grafft	Chanhassen	MN	37	M	10	7:51	1:26	2:08	6	40:55	22.8	1:31	7	19:04	6:08	1:11:29
5	John Franklin	Minnetonka	MN	35	M	21	8:44	1:36	2:03	8	41:17	22.6	1:35	3	18:09	5:51	1:11:48
6	Robert Lasich	West Des Moine	IA	38	M	5	7:18	1:20	2:53	5	40:39	22.9	1:33	18	19:55	6:25	1:12:18
7	Ty Buss	Waterloo	NE	35	M	22	8:45	1:36	2:27	7	41:04	22.7	2:14	5	18:33	5:58	1:13:03
8	David Bruning	Elk Grove Vill	IL	35	M	32	9:51	1:48	2:16	10	41:31	22.5	1:54	2	17:46	5:43	1:13:18
9	Mark Corley	Waterloo	IA	36	M	2	6:41	1:13	2:40	12	42:29	21.9	1:31	20	20:07	6:28	1:13:28
10	Dave Lyon	Mankato	MN	36	M	14	8:28	1:33	2:31	9	41:18	22.6	1:54	10	19:22	6:14	1:13:33
11	Bob Brooker	Cedar Rapids	IA	35	M	8	7:46	1:25	2:57	15	43:00	21.7	1:37	14	19:43	6:21	1:15:03
12	John Trible	Menomonee Fall	WI	35	M	11	8:10	1:30	3:20	17	43:12	21.6	2:14	6	18:39	6:00	1:15:35
13	Tim Ilten	Cedar Rapids	IA	36	M	7	7:44	1:25	2:34	11	42:10	22.1	1:52	26	21:16	6:51	1:15:36
14	Dean Bellville	Des Moines	IA	36	M	15	8:32	1:34	2:18	19	43:51	21.3	1:22	22	20:13	6:30	1:16:16
15	Mark Ackermann	Ankeny	IA	37	M	20	8:37	1:35	2:47	22	44:24	21.0	2:39	4	18:20	5:54	1:16:47
16	Alan Beaulieu	Kenosha	WI	39	M	27	9:16	1:42	2:44	18	43:37	21.4	1:31	15	19:44	6:21	1:16:52
17	Don Davis	Keokuk	IA	38	M	31	9:46	1:47	2:56	16	43:09	21.6	1:15	16	19:48	6:22	1:16:54
18	Brad Nielsen	Des Moines	IA	39	M	19	8:36	1:34	3:11	23	44:38	20.9	2:23	9	19:14	6:11	1:18:02
19	Peter Ylvisaker	Marion	IA	36	M	13	8:19	1:31	2:30	30	46:48	19.9	1:38	19	20:03	6:27	1:19:18
20	Greg Reynolds	Cedar Rapids	IA	37	M	12	8:17	1:31	2:36	26	44:54	20.8	2:01	27	21:38	6:58	1:19:26
21	John Taylor III	Des Moines	IA	39	M	23	8:51	1:37	3:50	27	45:11	20.6	1:48	21	20:12	6:30	1:19:52
22	John Rutherford	Iowa City	IA	35	M	29	9:31	1:44	2:58	14	42:58	21.7	2:22	30	22:12	7:09	1:20:01
23	Thomas Hooyer	Ames	IA	35	M	34	10:24	1:54	2:59	24	44:42	20.9	1:37	24	20:46	6:41	1:20:28
24	CJ Ong, Jr	Cedar Rapids	IA	39	M	40	10:52	1:59	3:37	13	42:45	21.8	2:33	25	21:07	6:48	1:20:54
25	Paul Kulas	Cedar Rapids	IA	36	M	25	8:53	1:37	2:45	25	44:49	20.8	1:59	35	22:42	7:18	1:21:08
26	Jeff Heineman	Omaha	NE	39	M	43	12:14	2:14	3:53	21	44:15	21.1	1:51	12	19:30	6:17	1:21:43
27	Griff Freeman	Kirksville	MO	39	M	24	8:52	1:37	2:53	28	45:45	20.4	2:07	31	22:19	7:11	1:21:56
28	Russell Barker	Lincoln	NE	37	M	35	10:25	1:54	3:23	20	44:04	21.2	1:22	37	23:07	7:26	1:22:21
29	Mike Ament	Cedar Rapids	IA	37	M	30	9:39	1:46	3:28	35	48:35	19.2	1:05	17	19:49	6:23	1:22:36
30	David Diebold	Marion	IA	36	M	38	10:41	1:57	3:27	32	47:10	19.8	1:50	13	19:42	6:20	1:22:50
31	Scott Finger	Coralville	IA	38	M	17	8:34	1:34	3:34	31	47:03	19.8	1:31	32	22:22	7:12	1:23:04
32	Michael Hook	Hiawatha	IA	39	M	42	11:22	2:05	4:20	29	46:24	20.1	1:53	29	22:04	7:06	1:26:03
33	Eric Fischer	St Louis	MO	36	M	26	9:02	1:39	3:28	36	48:43	19.1	2:12	38	23:16	7:29	1:26:41
34	James Koenigs	McIntire	IA	39	M	33	10:20	1:53	4:02	38	49:36	18.8	2:37	23	20:32	6:37	1:27:07
35	Warren Tunwall	Iowa City	IA	37	M	6	7:34	1:23	3:24	46	53:36	17.4	1:17	36	22:49	7:21	1:28:40
36	Brad Gilchrist	Iowa City	IA	35	M	16	8:33	1:34	4:54	43	52:26	17.8	1:28	28	21:52	7:02	1:29:13
37	Craig Kossen	Eden Prairie	MN	37	M	28	9:23	1:43	4:40	33	47:48	19.5	2:51	42	24:54	8:01	1:29:36
38	Andrew Lenze	Marion	IA	35	M	37	10:38	1:57	5:03	34	47:55	19.5	1:43	43	25:56	8:21	1:31:15
39	Chris Cordinale	Cedar Rapids	IA	36	M	39	10:43	1:58	2:56	45	52:47	17.7	2:11	39	23:28	7:33	1:32:05
40	Kevin Hinrichs	Davenport	IA	38	M	3	6:48	1:15	6:05	39	50:15	18.5	2:34	44	26:40	8:35	1:32:22
41	Mike Travagiakis	Cedar Rapids	IA	39	M	44	12:15	2:14	3:06	44	52:30	17.8	2:13	33	22:28	7:14	1:32:32
42	Rick Spear	Iowa City	IA	38	M	41	11:16	2:04	3:17	40	50:24	18.5	1:17	47	27:22	8:49	1:33:36
43	Mark Hendrickson	Waterloo	IA	37	M	47	13:39	2:30	3:16	41	50:58	18.3	2:24	40	23:48	7:40	1:34:05
44	Keith Gudenkauf	Cedar Rapids	IA	39	M	48	13:40	2:30	3:54	37	49:30	18.8	1:28	48	27:23	8:49	1:35:55
45	Russ Rabik	Center Point	IA	37	M	49	13:55	2:33	3:38	47	54:12	17.2	1:46	34	22:30	7:15	1:36:01
46	Larry Stout	Ankeny	IA	37	M	45	12:48	2:20	3:38	42	52:13	17.8	2:47	45	27:12	8:45	1:38:38
47	Gregory Koenigs	Cedar Rapids	IA	36	M	36	10:29	1:55	4:40	49	59:55	15.6	2:26	41	24:22	7:51	1:41:52
48	Russell Kaegbein	Cedar Rapids	IA	36	M	46	13:27	2:28	5:41	48	59:39	15.6	1:29	46	27:20	8:48	1:47:36

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	Laurie Walsworth	Muskegon	MI	41	F	1	8:19	1:31	2:50	1	42:52	21.7	1:31	3	25:33	8:13	1:21:05
2	Cindi Scott	Cedar Rapids	IA	44	F	2	10:01	1:50	3:07	2	47:44	19.5	1:35	1	22:46	7:20	1:25:13
3	Carolyn Hill	W. Des Moines	IA	40	F	3	10:16	1:53	3:13	3	49:27	18.8	2:16	2	25:32	8:13	1:30:44
4	Elizabeth Fangman	Cedar Rapids	IA	40	F	4	10:27	1:55	3:01	5	52:16	17.8	1:48	6	28:41	9:14	1:36:13
5	Melody Wallace	Ankeny	IA	43	F	6	14:42	2:41	5:07	4	50:08	18.6	2:51	4	26:00	8:22	1:38:48
6	Peggy Davidson	Britton	SD	40	F	5	14:02	2:34	4:27	6	55:16	16.9	1:52	5	27:50	8:58	1:43:27

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	Peter Saurugger	Des Moines	IA	40	M	1	6:51	1:15	1:51	1	37:15	25.0	1:16	1	18:03	5:49	1:05:16
2	Kent Schwitzer	Minnetonka	MN	44	M	5	7:40	1:24	2:13	3	40:27	23.0	1:29	8	20:15	6:31	1:12:04
3	Scott Squires	Cedar Rapids	IA	41	M	3	7:24	1:21	2:14	6	42:45	21.8	1:26	5	19:45	6:21	1:13:34
4	Mark Harris	Maplewood	MN	44	M	15	10:10	1:52	2:38	2	39:47	23.4	1:29	7	20:00	6:26	1:14:04
5	Tom Heuer	Des Moines	IA	40	M	8	8:18	1:31	3:02	4	42:21	22.0	1:38	4	18:47	6:03	1:14:06
6	Chris Schubert	Little Falls	MN	44	M	2	7:19	1:20	2:13	5	42:36	21.9	1:34	14	21:24	6:53	1:15:06
7	Mark Movic	Des Moines	IA	41	M	4	7:27	1:22	2:36	10	44:10	21.1	1:51	9	20:36	6:38	1:16:40
8	Bob Ensminger	Burlington	IA	44	M	19	10:32	1:56	3:04	9	43:20	21.5	1:10	3	18:35	5:59	1:16:41
9	Tom Henson	Marion	IA	41	M	10	8:28	1:33	2:21	8	43:10	21.6	2:08	10	20:38	6:38	1:16:45
10	Vern Johnson	Keokuk	IA	41	M	16	10:10	1:52	3:35	7	42:47	21.8	2:18	6	19:47	6:22	1:18:37
11	Steve Cline	Burlington	IA	43	M	9	8:27	1:33	3:23	15	46:53	19.9	2:09	2	18:14	5:52	1:19:06
12	Jim Gerk	Cedar Rapids	IA	42	M	17	10:20	1:53	2:19	11	44:45	20.8	1:42	11	20:52	6:43	1:19:58
13	Tim Klatt	Cedar Falls	IA	40	M	12	9:33	1:45	2:44	13	45:32	20.5	1:52	12	20:53	6:43	1:20:34
14	Jeffrey Ryan	Ankeny	IA	43	M	7	8:13	1:30	4:02	20	48:33	19.2	1:32	13	21:18	6:51	1:23:38
15	David Hart	Cedar Rapids	IA	41	M	14	10:01	1:50	3:48	16	47:02	19.8	1:47	15	21:59	7:05	1:24:37
16	Doug Burks	Decorah	IA	43	M	20	10:32	1:56	3:41	14	45:52	20.3	1:42	19	23:27	7:33	1:25:14
17	Ted Chapler	Des Moines	IA	42	M	6	7:40	1:24	3:04	18	47:10	19.8	2:19	24	26:37	8:34	1:26:50

18	Marcus Rhatigan	Cedar Rapids	IA	43	M	21	10:34	1:56	3:10	12	45:27	20.5	2:43	23	25:02	8:03	1:26:56
19	David Gamez	Hastings	MN	43	M	23	11:01	2:01	3:03	17	47:09	19.8	2:26	18	23:26	7:33	1:27:05
20	John Rosecrance	Coralville	IA	40	M	13	9:45	1:47	3:29	19	48:18	19.3	1:15	22	24:32	7:54	1:27:19
21	Tom Frantz	Marion	IA	40	M	24	11:22	2:05	4:02	22	49:43	18.7	1:36	16	22:07	7:07	1:28:50
22	Jeff Milks	Oelwein	IA	43	M	18	10:24	1:54	3:17	23	51:40	18.0	2:18	21	24:26	7:52	1:32:05
23	Robert Follis	Gladbrook	IA	40	M	25	11:53	2:10	3:35	24	52:12	17.9	1:52	17	22:43	7:19	1:32:15
24	Paul Riggs	Oskaloosa	IA	44	M	22	10:43	1:58	5:53	25	52:32	17.7	2:29	20	24:20	7:50	1:35:57
25	Jon Storvick	Woodbury	MN	42	M	11	9:32	1:45	4:31	26	58:50	15.8	2:04	25	26:49	8:38	1:41:46
26	David Lemieux	Muskegon	MI	41	M	27	14:24	2:38	8:08	21	49:07	19.0	3:26	26	28:02	9:01	1:43:07
27	Greg Haburn	Estherville	IA	43	M	28	19:45	3:37	5:18	27	1:06:02	14.1	3:03	27	41:55	13:29	2:16:03

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	47	F	1	9:52	1:48	4:05	1	44:37	20.9	1:48	1	25:37	8:15	1:25:59
2	Linda Schwitzer	Minnetonka	MN	46	F	3	13:32	2:29	4:08	2	55:42	16.7	2:35	2	28:28	9:10	1:44:25
3	Mary Carbonneau	Golden Valley	MN	49	F	2	11:14	2:03	5:10	3	1:04:10	14.5	3:04	3	31:26	10:07	1:55:04

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	Jim Bruskewitz	Madison	WI	46	M	1	7:03	1:17	1:51	2	39:53	23.4	1:21	1	17:51	5:45	1:07:59
2	Nick Scott	Cedar Rapids	IA	46	M	2	8:09	1:29	1:47	4	41:43	22.3	1:15	2	18:24	5:55	1:11:18
3	Patrick McCreary	Hutchinson	KS	47	M	3	8:24	1:32	2:15	3	41:37	22.4	1:14	4	19:47	6:22	1:13:17
4	Glenn Johnson	Hopkins	MN	49	M	7	9:14	1:41	2:36	1	39:46	23.4	1:49	11	24:26	7:52	1:17:51
5	Lynn Vogt	Ankeny	IA	49	M	4	8:29	1:33	2:27	5	42:40	21.8	1:42	9	22:58	7:24	1:18:16
6	Ernie Parr	Princeton	IL	45	M	5	8:43	1:36	2:18	7	45:36	20.4	1:40	6	21:53	7:03	1:20:10
7	Al Behrens	Council Bluffs	IA	48	M	12	11:13	2:03	3:11	8	45:40	20.4	1:38	3	19:19	6:13	1:21:01
8	Howard Gillespie	Des Moines	IA	49	M	8	9:36	1:45	2:48	6	45:34	20.5	1:41	5	21:50	7:02	1:21:29
9	Jeffrey Ginn	Cedar Rapids	IA	46	M	9	9:52	1:48	2:57	9	47:43	19.5	1:52	13	25:07	8:05	1:27:31
10	Max Davidson	Britton	SD	47	M	13	11:52	2:10	2:47	10	47:54	19.5	2:17	8	22:53	7:22	1:27:43
11	Dennis Cohen	Iowa City	IA	47	M	11	11:05	2:02	3:56	14	53:54	17.3	1:50	7	22:16	7:10	1:33:01
12	Randy King	Marion	IA	45	M	10	11:02	2:01	4:41	15	54:03	17.2	1:37	10	23:44	7:38	1:35:07
13	Dwight Dobberstein	Iowa City	IA	45	M	16	15:40	2:52	3:56	11	48:55	19.1	2:12	12	24:44	7:58	1:35:27
14	Joe Kandiko	Chaska	MN	48	M	6	9:11	1:41	3:43	13	52:58	17.6	2:27	15	28:21	9:07	1:36:40
15	Roger Browning	Iowa City	IA	47	M	15	13:09	2:24	4:12	12	52:12	17.9	2:28	16	31:33	10:09	1:43:34
16	Roger Norfolk	Cedar Rapids	IA	45	M	14	13:05	2:24	3:30	16	57:46	16.1	1:53	14	27:45	8:56	1:43:59

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	52	M	2	9:03	1:39	1:42	1	40:45	22.9	1:39	3	20:43	6:40	1:13:52
2	Bill Oertel	Des Moines	IA	52	M	6	9:38	1:46	2:43	2	42:24	22.0	1:29	2	20:42	6:40	1:16:56
3	Porter Reed	Elgin	IL	51	M	4	9:26	1:44	3:29	4	44:15	21.1	1:27	1	19:00	6:07	1:17:37
4	Doug Zickuhr	Bettendorf	IA	52	M	5	9:28	1:44	2:26	3	43:36	21.4	2:07	6	24:02	7:44	1:21:39
5	Edwin Shafer	Apison	TN	52	M	3	9:04	1:39	4:14	7	49:27	18.8	1:23	8	25:54	8:20	1:30:02
6	Barry Trump	Mason City	IA	50	M	7	10:02	1:50	3:00	6	48:40	19.2	2:16	10	26:22	8:29	1:30:20
7	Barry Bannister	Boone	IA	50	M	10	11:58	2:11	3:44	5	48:16	19.3	2:01	7	25:53	8:20	1:31:52
8	Jim McMahon	Garner	IA	50	M	8	10:29	1:55	3:59	8	49:50	18.7	1:49	11	27:09	8:44	1:33:16
9	John Spence	Iowa City	IA	52	M	12	14:27	2:39	4:34	10	51:55	18.0	1:37	5	23:28	7:33	1:36:01
10	David Ostlund	Columbia	MO	50	M	1	9:02	1:39	4:48	9	51:26	18.1	2:35	12	28:36	9:12	1:36:27
11	Rick Koepp	Cedar Rapids	IA	52	M	9	11:52	2:10	4:34	12	56:28	16.5	1:42	9	25:59	8:22	1:40:35
12	Patrick Durow	Omaha	NE	52	M	11	14:00	2:34	7:57	11	55:48	16.7	2:33	4	21:54	7:03	1:42:12

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 Peluso	St. Louis	MO	56	F	1	16:30	3:01	5:13	1	1:05:54	14.1	1:14	1	33:11	10:41	2:02:02

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	Mark Malone	Golden	CO	59	M	1	9:12	1:41	3:10	1	42:24	22.0	1:53	2	23:38	7:36	1:20:17
2	Richard Nehring	Alden	IA	58	M	2	9:43	1:47	2:43	2	44:22	21.0	2:23	1	23:26	7:33	1:22:37
3	Donald Venzke	Cedar Rapids	IA	59	M	4	14:45	2:42	4:57	3	46:35	20.0	4:15	3	26:37	8:34	1:37:09
4	Charlton Sturm	Mascoutah	IL	58	M	3	14:07	2:35	4:58	4	59:40	15.6	1:59	4	30:43	9:53	1:51:27

MALE AGE GROUP RESULTS 60 - 64

	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Richard Buhman	Yutan	NE	60	M	1	9:41	1:46	3:04	1	47:51	19.5	2:05	1	24:21	7:50	1:27:02
2	Grant Lewis	Ankeny	IA	62	M	2	11:34	2:07	4:38	2	52:54	17.6	2:45	2	32:15	10:23	1:44:06

MALE AGE GROUP RESULTS 65 - 69

	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	Oakland Demoss	Fort Smith	AR	69	M	1	11:57	2:11	4:30	1	49:19	18.9	2:17	1	24:43	7:57	1:32:46