

Pigman Triathlon (Half Ironman)

August 22, 1999

Pleasant Creek Recreation Area, Palo, Iowa

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
										time	yds	time	time	time	time	TIME	
													plc	time	pace		
1	1/55			Mark Carey	Mission	KS	28	M	5	25:31	1:13	1:19	3 2:23:30	23.4	1:27	2 1:20:48	6:11 4:12:33
2	2/55			Peter Ohotnicky	Jacksonville	AR	29	M	4	25:11	1:12	2:06	2 2:22:54	23.5	1:35	3 1:21:39	6:14 4:13:23
3	1/25			Jeffrey Zematis	Libertyville	IL	24	M	3	25:09	1:12	1:40	7 2:25:57	23.0	1:17	1 1:19:41	6:05 4:13:41
4	1/64			Rich Heilman	Lakeville	MN	33	M	21	28:17	1:21	1:30	1 2:18:58	24.2	1:25	5 1:24:28	6:27 4:14:36
5	3/55			Darren Wipf	Leawood	KS	28	M	8	26:35	1:16	1:41	4 2:24:28	23.3	1:41	7 1:25:06	6:30 4:19:29
6	2/64			Kevin Drake	Cedar Rapids	IA	32	M	33	29:33	1:24	1:56	5 2:25:04	23.2	1:24	16 1:28:14	6:45 4:26:09
7	3/64			John Baker	Puducuh	KY	31	M	7	26:30	1:16	1:49	12 2:28:13	22.7	1:34	18 1:28:44	6:47 4:26:47
8	2/25			Scott Myers	Crystal	MN	24	M	28	28:54	1:23	1:36	25 2:32:40	22.0	1:46	9 1:25:56	6:34 4:30:50
9	1/61			David Lyon	Mankato	MN	37	M	30	29:13	1:23	2:54	14 2:28:31	22.6	2:29	17 1:28:20	6:45 4:31:25
10	4/64			Loran Storts	Urbandale	IA	34	M	88	32:30	1:33	2:14	11 2:28:09	22.7	1:54	21 1:29:35	6:51 4:34:20
11	4/55			John Shelp	Glencoe	MN	27	M	13	27:19	1:18	2:33	16 2:29:16	22.5	1:56	35 1:33:54	7:11 4:34:56
12	3/25			Paul Fitzpatrick	Carbondale	IL	22	M	115	33:59	1:37	2:16	20 2:30:19	22.4	1:56	10 1:26:50	6:38 4:35:17
13	5/55			Jerome Harrison	Streamwood	IL	25	M	42	30:09	1:26	2:27	6 2:25:39	23.1	1:13	50 1:37:05	7:25 4:36:31
14	6/55			Barry Breffle	Marion	IA	28	M	27	28:52	1:22	1:47	18 2:29:54	22.4	1:22	38 1:34:44	7:14 4:36:37
15	5/64			Brad Kampschroeder	Naperville	IL	32	M	18	28:10	1:20	2:17	13 2:28:29	22.6	2:07	43 1:35:54	7:20 4:36:54
16	6/64			Jeff Hovinga	Mason City	IA	34	M	142	34:42	1:39	2:03	10 2:27:44	22.7	2:03	23 1:30:40	6:56 4:37:10
17	7/55			Matthew Zinno	Des Moines	IA	27	M	38	30:01	1:26	2:16	40 2:35:58	21.5	1:36	14 1:27:54	6:43 4:37:43
18	2/61			Jeff Pazen	Chicago	IL	35	M	9	26:39	1:16	2:04	23 2:31:28	22.2	2:03	46 1:36:08	7:21 4:38:21
19	8/55			Brian Woodard	Chicago	IL	28	M	152	35:02	1:40	2:47	9 2:26:41	22.9	2:35	30 1:32:47	7:05 4:39:50
20	3/61			Jeffrey Tuohino	Cedar Rapids	IA	39	M	16	27:53	1:20	2:27	22 2:30:37	22.3	1:27	35 1:37:46	7:28 4:40:07
21	4/25			Andrew Hutchison	Runnells	IA	20	M	57	30:51	1:28	2:58	15 2:29:03	22.5	2:15	40 1:35:42	7:19 4:40:47
22	7/64			Sean Londergan	St Paul	MN	33	M	22	28:32	1:22	2:54	42 2:36:44	21.4	2:12	24 1:31:16	6:58 4:41:36
23	8/64			Jim Bey	Plainfield	IL	33	M	6	25:35	1:13	1:48	32 2:34:28	21.8	1:37	61 1:38:23	7:31 4:41:48
24	1/7			Jan Guenther	Orono	MN	40	F	55	30:33	1:27	2:27	27 2:33:27	21.9	1:15	37 1:34:27	7:13 4:42:06
25	9/64			Kenn Seibel	Sioux Falls	SD	34	M	135	34:35	1:39	2:59	19 2:30:17	22.4	2:00	32 1:33:02	7:07 4:42:52
26	10/64			Kevin Miller	Wayland	MI	33	M	145	34:44	1:39	2:04	69 2:40:01	21.0	2:05	8 1:25:11	6:31 4:44:04
27	5/25			Brian Howard	Minneapolis	MN	21	M	1	21:34	1:02	1:34	37 2:35:44	21.6	1:48	113 1:44:46	8:00 4:45:25
28	1/35			John Lapehn	Granger	IN	42	M	110	33:36	1:36	2:30	64 2:39:38	21.1	2:07	12 1:27:49	6:43 4:45:38
29	11/64			Jeff Ralston	Loves Park	IL	31	M	97	32:52	1:34	2:27	44 2:36:51	21.4	1:42	27 1:31:50	7:01 4:45:39
30	12/64			Jose Robles	Glenview	IL	32	M	195	37:32	1:47	2:50	57 2:39:14	21.1	2:23	4 1:23:43	6:24 4:45:40
31	6/25			Adam Zucco	Barrington	IL	24	M	10	26:44	1:16	1:44	29 2:33:53	21.8	1:35	87 1:42:08	7:48 4:46:02
32	7/25			Jason Kurian	Shrewood	WI	24	M	104	33:09	1:35	2:21	41 2:36:00	21.5	1:56	29 1:32:40	7:05 4:46:04
33	13/64			Brian Schubring	Minneapolis	MN	32	M	29	29:03	1:23	2:17	49 2:37:26	21.3	3:30	36 1:34:13	7:12 4:46:27
34	8/25			Matthew Geary	Kansas City	MO	23	M	61	31:01	1:29	2:12	79 2:41:15	20.8	2:08	22 1:30:17	6:54 4:46:51
35	2/35			James Kueffner	Omaha	NE	40	M	20	28:15	1:21	3:42	33 2:35:24	21.6	2:28	54 1:37:36	7:27 4:47:22
36	4/61			Tracy Anderson	Manhattan	KS	35	M	12	26:59	1:17	2:12	65 2:39:38	21.1	1:34	51 1:37:18	7:26 4:47:39
37	9/55			Jim Bartholomew	South Bend	IN	29	M	11	26:51	1:17	1:46	60 2:39:19	21.1	1:34	60 1:38:14	7:30 4:47:41
38	14/64			James Kearns	Crystal Lake	IL	32	M	30	33:58	1:28	1:53	41 2:33:58	21.8	1:53	41 1:35:49	7:19 4:48:38
39	1/31			Nick Scott	Cedar Rapids	IA	47	M	68	31:14	1:29	2:02	77 2:41:07	20.9	1:33	34 1:33:30	7:09 4:49:24
40	5/61			Dean Sprague	Chicago	IL	36	M	83	32:21	1:32	4:55	87 2:42:59	20.6	1:42	11 1:27:39	6:42 4:49:34
41	6/61			Ty Buss	Waterloo	NE	36	M	76	31:37	1:30	2:27	38 2:35:51	21.6	2:05	59 1:38:09	7:30 4:50:07
42	15/64			Scott Stopak	Omaha	NE	32	M	122	34:10	1:38	2:02	21 2:30:33	22.3	2:47	78 1:41:22	7:45 4:50:52
43	7/61			John Maynard	Kansas City	MO	36	M	24	28:37	1:22	3:13	98 2:43:53	20.5	1:54	33 1:33:19	7:08 4:50:53
44	16/64			Alejandro Munoz	Madison	WI	34	M	201	37:51	1:48	3:03	76 2:40:54	20.9	1:45	13 1:27:52	6:43 4:51:23
45	10/55			Eric Lanners	St. Paul	MN	26	M	138	34:36	1:39	3:14	91 2:43:10	20.6	2:06	19 1:29:02	6:48 4:52:06
46	2/31			Daniel Madsen	Woodstock	IL	47	M	82	32:18	1:32	2:37	8 2:26:29	22.9	1:49	148 1:49:01	8:20 4:52:12
47	9/25			Gerald Kubiak	Omaha	IA	24	M	37	29:55	1:25	2:19	146 2:50:25	19.7	1:53	15 1:28:04	6:44 4:52:34
48	8/61			Bob Brooker	Cedar Rapids	IA	36	M	36	29:44	1:25	2:24	34 2:35:30	21.6	2:01	122 1:45:40	8:04 4:55:17
49	11/55			Shawn Kneevers	West Bend	WI	27	M	100	33:00	1:34	1:50	35 2:35:37	21.6	1:31	101 1:43:24	7:54 4:55:21
50	3/35			James Ross	Burnsville	MN	41	M	71	31:19	1:29	4:10	36 2:35:40	21.6	2:46	82 1:41:43	7:46 4:55:36
51	9/61			Ron Gillen	Decatur	IL	39	M	166	35:59	1:43	2:34	68 2:39:50	21.0	2:07	39 1:35:15	7:17 4:55:43
52	10/61			Steve Stover	West Point	IA	37	M	15	27:51	1:20	3:03	52 2:38:03	21.3	2:18	115 1:45:02	8:02 4:56:15
53	12/55			David Plaut	Minneapolis	MN	26	M	255	39:45	1:53	2:26	26 2:32:57	22.0	1:55	63 1:39:15	7:35 4:56:17
54	17/64			Michael Stec	Oakpark	IL	33	M	102	33:07	1:35	2:03	54 2:38:36	21.2	1:51	75 1:40:56	7:43 4:56:32
55	3/31			Jim Rice	Wheaton	IL	46	M	98	32:52	1:34	3:39	31 2:34:20	21.8	2:59	94 1:42:57	7:52 4:56:44
56	11/61			Mark Ackermann	Ankeny	IA	38	M	107	33:18	1:35	2:21	50 2:37:31	21.3	1:55	85 1:41:59	7:48 4:57:03
57	10/25			Aaron Christiansen	St. Louis	MO	22	M	236	39:05	1:52	2:57	97 2:43:50	20.5	1:51	20 1:29:24	6:50 4:57:06
58	18/64			Mark Livesay	Columbia	MO	33	M	105	33:10	1:35	3:33	17 2:29:54	22.4	1:38	147 1:48:56	8:19 4:57:09
59	13/55			Donald Locke	Milwaukee	WI	27	M	77	31:42	1:31	4:09	75 2:40:49	20.9	3:10	52 1:37:21	7:26 4:57:09
60	4/31			Gary Geiger	Loves Park	IL	48	M	49	30:25	1:27	2:34	83 2:42:12	20.7	2:10	69 1:39:51	7:38 4:57:09
61	1/18			Rae Hartung	Altoona	IA	31	F	25	28:41	1:22	2:13	118 2:46:54	20.1	1:33	56 1:37:52	7:29 4:57:10
62	14/55			Alan Schmidt	Marion	IA	26	M	108	33:19	1:35	2:27	59 2:39:17	21.1	2:23	70 1:39:54	7:38 4:57:18
63	11/25			Thomas Bick II	Valley Park	MO	24	M	14	27:32	1:19	3:35	63 2:39:33	21.1	1:46	116 1:45:06	8:02 4:57:30
64	2/18			Julie Deardorff	Chicago	IL	32	F	56	30:43	1:28	2:44	58 2:39:16	21.1	2:01	93 1:42:53	7:52 4:57:36
65	19/64			Christopher Farnum	Chicago	IL	32	M	23	28:37	1:22	2:21	168 2:53:16	19.4	2:08	25 1:31:20	6:59 4:57:40
66	15/55			Erik Kaitala	Minneapolis	MN	27	M	79	31:52	1:31	3:18	93 2:43:15	20.6	2:35	48 1:36:47	7:24 4:57:46
67	12/61			Stephen Walker	Sherwood	MI	39	M	95	32:49	1:34	2:49	90 2:43:07	20.6	3:43	44 1:35:58	7:20 4:58:23
68	4/35			Robert Smrekar	Joliet	IL	41	M	53	30:31	1:27	2:29	89 2:43:03	20.6	1:34	86 1:42:02	7:48 4:59:36
69	1/17			Allie Lawler	Omaha	NE	29	F	96	32:50	1:34	2:41	74 2:40:47	20.9	1:38	84 1:41:48	7:47 4:59:41
70	16/55			Shadd Smith	Prairie Villag	KS	27	M	118	34:05	1:37	2:28	55 2:38:51	21.2	2:47	83 1:41:44	7:46 4:59:53
71	5/35			Dave Thorn	O'Fallon	MO	40	M	103	33:08	1:35	2:59	39 2:35:55	21.6	2:02	125 1:45:59	8:06 5:00:01
72	12/25			Bryan Holland	Cedar Rapids	IA	20	M	32	29:27	1:24	2:44	88 2:43:02	20.6	2:11	96 1:43:03	7:52 5:00:25
73	13/61			Hubie Krawczyk	Cudahy	WI	37	M	193	37:21	1:47	3:11	28 2:33:33	21.9	2:20	10	

85	16/61	Thomas Faulkner	Plano	TX	38 M	167	36:05	1:43	3:07	111	2:46:02	20.2	2:26	53	1:37:27	7:27	5:05:04
86	20/64	William Tankovich	Columbus	OH	32 M	89	32:32	1:33	2:49	106	2:44:56	20.4	1:41	100	1:43:23	7:54	5:05:19
87	17/61	Steve Katz	Morton Grove	IL	35 M	161	35:44	1:42	2:46	122	2:47:16	20.1	1:57	57	1:38:00	7:29	5:05:42
88	18/61	Tim Ilten	Cedar Rapids	IA	37 M	60	30:59	1:29	3:32	100	2:43:57	20.5	2:26	117	1:45:06	8:02	5:05:58
89	9/35	John Irving	Loves Park	IL	40 M	184	37:07	1:46	3:31	145	2:50:05	19.8	2:45	31	1:32:53	7:06	5:06:19
90	14/25	Nick White	Des Moines	IA	20 M	120	34:07	1:37	2:40	156	2:51:39	19.6	2:05	47	1:36:10	7:21	5:06:40
91	21/55	Chris Godat	Columbia	MO	27 M	78	31:48	1:31					2:49	98	1:43:08	7:53	5:07:29
92	15/25	John Burkle	Iowa City	IA	24 M	52	30:28	1:27	3:13	116	2:46:29	20.2	2:32	119	1:45:10	8:02	5:07:50
93	22/55	David Martindale	Burlington	IA	28 M	242	39:21	1:52	2:47	125	2:47:52	20.0	1:51	45	1:36:05	7:21	5:07:54
94	10/35	C.J. Ong, Jr.	Kailua-Kona	HI	41 M	220	38:33	1:50	5:10	62	2:39:31	21.1	3:56	80	1:41:28	7:45	5:08:36
95	2/17	Jennifer Harrison	Streamwood	IL	28 F	58	30:53	1:28	2:22	130	2:48:29	19.9	2:15	114	1:44:58	8:01	5:08:54
96	5/31	Mark Harris	Maplewood	MN	45 M	235	39:05	1:51	3:10	66	2:39:38	21.1	2:22	112	1:44:43	8:00	5:08:55
97	11/35	Ben Merriman	Minneapolis	MN	43 M	86	32:26	1:33	2:26	53	2:38:05	21.3	2:38	181	1:53:45	8:41	5:09:17
98	16/25	David Jones	West Lafayette	IN	22 M	254	39:43	1:53	4:54	85	2:42:32	20.7	2:12	71	1:40:13	7:39	5:09:32
99	21/64	Joseph Albert	Plainfield	IL	33 M	134	34:33	1:39	2:45	113	2:46:12	20.2					5:09:33
100	12/35	Eric Shanks	Lincoln	NE	41 M	50	30:25	1:27	2:28	104	2:44:44	20.4	4:03	143	1:48:05	8:15	5:09:42
101	19/61	Tim Waters	Park Forest	IL	38 M	197	37:35	1:47	5:36	92	2:43:14	20.6	4:08	66	1:39:26	7:36	5:09:55
102	6/31	Dru Dixon	West Plains	MO	46 M	65	31:10	1:29	2:50	73	2:40:32	20.9	2:55	179	1:53:05	8:38	5:10:31
103	20/61	James Lebuhn	Arlington Hts.	IL	39 M	278	41:31	1:58	2:53	70	2:40:07	21.0	4:38	79	1:41:26	7:45	5:10:32
104	4/18	Tracy Peck	Columbus	OH	32 F	39	30:04	1:26	2:29	171	2:53:36	19.4	1:57	89	1:42:32	7:50	5:10:36
105	22/64	Steve Younker	Mason City	IA	34 M	129	34:22	1:38	4:27	153	2:51:29	19.6	3:02	58	1:38:01	7:29	5:11:17
106	1/2	Ron Ottaway	Cedar Rapids	IA	61 M	211	38:07	1:49	2:38	80	2:41:20	20.8	1:53	132	1:47:25	8:12	5:11:21
107	23/55	Tim Hieber	Huntley	IL	27 M	34	29:37	1:25	2:14	103	2:44:34	20.4	2:20	174	1:52:43	8:37	5:11:25
108	21/61	Keith Owens	St. Louis	MO	37 M	209	38:04	1:49	2:50	136	2:49:17	19.9	2:02	65	1:39:21	7:36	5:11:32
109	22/61	Dave Erickson	Burnsville	MN	38 M	283	41:55	2:00	5:37	134	2:49:06	19.9	3:44	26	1:31:37	7:00	5:11:56
110	1/11	Laura Lowe	Iowa City	IA	38 F	127	34:20	1:38	2:55	123	2:47:18	20.1	2:07	123	1:45:40	8:04	5:12:19
111	5/18	Mellanie Pusateri	Minneapolis	MN	31 F	143	34:44	1:39	2:53	112	2:46:06	20.2	2:28	127	1:46:20	8:08	5:12:30
112	23/61	Jeff Haidu	Chicago	IL	36 M	219	38:28	1:50	2:38	47	2:37:15	21.4	2:19	168	1:52:01	8:33	5:12:40
113	24/55	Gordon Geerdes	Richton Park	IL	29 M	45	30:19	1:27	4:30	193	2:55:42	19.1	2:26	72	1:40:24	7:40	5:13:18
114	1/1	Adam Lane	Ames	IA	19 M	59	30:55	1:28	3:08	165	2:52:49	19.4	3:01	103	1:43:35	7:55	5:13:27
115	1/2	Jeff Stone	Boone	IA	16 M	41	30:06	1:26	2:19	45	2:37:03	21.4	3:12	229	2:01:11	9:16	5:13:49
116	2/7	Lauren Fithian	Minneapolis	MN	41 F	146	34:45	1:39	3:40	147	2:50:40	19.7	3:46	81	1:41:30	7:45	5:14:19
117	25/55	Shane Bortscheller	Memphis	TN	29 M	247	39:32	1:53	2:34	117	2:46:45	20.2	2:22	111	1:44:41	8:00	5:15:52
118	1/4	Richard Nehring	Alden	IA	59 M	175	36:41	1:45	3:09	120	2:47:10	20.1	2:51	126	1:46:09	8:07	5:15:57
119	13/35	Curt Rohig	Austin	MN	44 M	346	51:31	2:27	1:52	78	2:41:12	20.8	2:08	64	1:39:19	7:35	5:16:00
120	24/61	Bob Olszewski	Chicago	IL	36 M	93	32:43	1:33	4:14	162	2:52:37	19.5	2:06	109	1:44:31	7:59	5:16:10
121	26/55	Rick Flayter	Milwaukee	WI	28 M	148	34:57	1:40	3:36	82	2:42:05	20.7	3:11	173	1:52:26	8:35	5:16:14
122	7/31	Stephen Smith	Leawood	KS	48 M	153	35:03	1:40	2:52	137	2:49:17	19.9	2:28	134	1:47:35	8:13	5:17:12
123	25/61	Tod Holdorf	Columbia	MO	36 M	226	38:54	1:51	4:10	135	2:49:10	19.9	2:29	92	1:42:46	7:51	5:17:26
124	23/64	John Terpinas	Chicago	IL	33 M	225	38:52	1:51	3:53	67	2:39:41	21.0	5:00	150	1:50:04	8:25	5:17:27
125	17/25	Kell Schoff	Madison	WI	23 M	170	36:11	1:43	3:33	216	2:58:39	18.8	2:38	49	1:37:01	7:25	5:18:00
126	14/35	Steve Skora	Lake Zurich	IL	40 M	192	37:20	1:47	4:01	94	2:43:19	20.6	3:04	156	1:50:44	8:28	5:18:26
127	2/11	Kathleen Kent	Naperville	IL	36 F	31	29:15	1:24	2:34	140	2:49:43	19.8	3:33	180	1:53:33	8:41	5:18:35
128	26/61	Larry Grenvik	Peoria	IL	37 M	87	32:28	1:33	4:00	155	2:51:36	19.6	2:06	146	1:48:32	8:18	5:18:41
129	27/61	William Jermann	St. Louis	MO	35 M	17	27:59	1:20	3:41	213	2:58:30	18.8	5:51	97	1:43:04	7:53	5:19:03
130	18/25	Jason Tischer	St. Paul	MN	24 M	196	37:33	1:47	2:42	133	2:48:56	19.9	2:14	139	1:47:52	8:15	5:19:15
131	27/55	Daniel Barker	Ames	IA	27 M	227	38:55	1:51	2:37	167	2:53:06	19.4	2:24	88	1:42:18	7:49	5:19:18
132	1/14	Rich Giebelhausen	Morton	IL	50 M	114	33:57	1:37	3:26	152	2:51:26	19.6	3:19	140	1:47:54	8:15	5:20:00
133	24/64	Bryan Tatum	Chicago	IL	31 M	64	31:08	1:29	3:13	151	2:51:17	19.6	2:29	169	1:52:02	8:34	5:20:08
134	15/35	Stephen Smith	Peoria	IL	40 M	191	37:19	1:46	3:49	142	2:49:48	19.8	2:23	131	1:47:18	8:12	5:20:35
135	16/35	David Shanle	Sherman	IL	40 M	172	36:16	1:43	3:28	199	2:56:23	19.1	3:47	74	1:40:51	7:42	5:20:42
136	28/61	Dwayne Miller	Columbia	MO	38 M	69	31:16	1:29	3:55	158	2:51:41	19.6	3:38	158	1:50:53	8:28	5:21:20
137	28/55	Brad Addink	Madison	WI	28 M	174	36:24	1:44	2:05	61	2:39:24	21.1	1:47	236	2:01:54	9:19	5:21:32
138	17/35	James Grace	St. Anne	IL	42 M	307	43:59	2:05	3:38	121	2:47:10	20.1	2:17	110	1:44:41	8:00	5:21:44
139	29/61	Don Romig	Clive	IA	35 M	266	40:30	1:56	2:58	175	2:53:48	19.3	2:18	91	1:42:37	7:50	5:22:09
140	1/6	Andrea Lauterbach	Crystal	MN	23 F	179	36:53	1:45	1:48	203	2:57:17	19.0	1:48	118	1:45:08	8:02	5:22:53
141	18/35	Doug Kennedy	Portage	IN	41 M	81	32:13	1:32	3:10	182	2:54:44	19.2	2:41	157	1:50:46	8:28	5:23:33
142	3/17	Amy Baumber	Forest Lake	MN	28 F	126	34:20	1:38	2:37	221	2:59:22	18.7	1:48	121	1:45:33	8:04	5:23:39
143	29/55	Kelly Sather	Chicago	IL	28 M	218	38:27	1:50	6:07	181	2:54:31	19.3	5:01	68	1:39:46	7:37	5:23:50
144	25/64	Chris O'Hara	Cedar Rapids	IA	30 M	47	30:20	1:27	3:05	86	2:42:57	20.6	3:39	246	2:04:33	9:31	5:24:32
145	26/64	Robert Brasko	Bettendorf	IA	31 M	150	34:59	1:40	3:51	101	2:44:05	20.5	2:57	219	1:58:43	9:04	5:24:34
146	30/61	Daniel DeBehnke	Menomonee Fall	WI	39 M	117	34:01	1:37	2:43	163	2:52:39	19.5	2:18	178	1:53:02	8:38	5:24:41
147	6/18	Lynette Bacon	N. Mankato	MN	31 F	63	31:04	1:29	2:50	212	2:58:24	18.8	1:32	165	1:51:31	8:31	5:25:19
148	31/61	Doug Bintzler	Cincinnati	OH	36 M	194	37:26	1:47	3:28	131	2:48:50	19.9					5:25:33
149	3/11	Helen Redmond	Grinnell	IA	35 F	217	38:26	1:50	4:38	160	2:51:53	19.6	3:10	135	1:47:35	8:13	5:25:39
150	19/35	Kevin O'Neil	Barrington	IL	40 M	336	47:23	2:15	4:31	110	2:46:00	20.2	3:34	105	1:44:15	7:58	5:25:41
151	27/64	Scott Smith	Minnetonka	MN	33 M	112	33:41	1:36	2:22	114	2:46:15	20.2	2:18	233	2:01:37	9:17	5:26:10
152	8/31	Chris Becker	Cedar Falls	IA	46 M	125	34:17	1:38	3:34	236	3:01:48	18.5	3:24	99	1:43:10	7:53	5:26:11
153	30/55	Troy Van Dyke	Westmont	IL	28 M	176	36:43	1:45	7:43	200	2:56:36	19.0	5:18	73	1:40:40	7:42	5:26:58
154	28/64	Steve Granberg	St. Louis	MO	33 M	139	34:38	1:39	4:08	178	2:54:04	19.3	3:22	160	1:50:59	8:29	5:27:09
155	31/55	Robert Huffman	Iowa City	IA	29 M	208	38:03	1:49	2:38	56	2:39:12	21.1	1:19	261	2:06:06	9:38	5:27:16
156	20/35	Alberto Delgado	Bloomington	IL	43 M	40	30:06	1:26	3:46	209	2:57:58	18.9	4:05	166	1:51:35	8:32	5:27:28
157	4/17	Trina Novak	Minnetonka	MN	29 F	73	31:26	1:30	3:16	226	2:59:49	18.7	4:43	144	1:48:16	8:16	5:27:29
158	5/17	Angelina Salerno	Chicago	IL	25 F	305	43:37	2:04	2:33	242	3:02:40	18.4	2:50	42	1:35:52	7:20	5:27:29
159	4/11	Stacy Abernathy	Columbus	OH	35 F	294	42:41	2:02	3:26	105	2:44:48	20.4	2:27	186	1:54:23	8:	

179	23/35	Jeffrey Mazer	Riverwoods	IL	40	M	248	39:33	1:53	3:40	159	2:51:52	19.6	3:10	197	1:56:17	8:53	5:34:30
180	9/31	Steve Morgan	Faribault	MN	46	M	158	35:30	1:41	4:58	204	2:57:31	18.9	3:45	176	1:52:58	8:38	5:34:40
181	32/64	Alex Weston	Lawrence	KS	34	M	288	42:16	2:01	2:49	183	2:54:54	19.2	2:09	177	1:52:59	8:38	5:35:05
182	24/35	Gary Saettele	Chesterfield	MO	44	M	233	39:03	1:51	4:08	246	3:03:30	18.3	2:32	124	1:45:58	8:06	5:35:09
183	37/61	Kevin McCluskey	Fairway	KS	38	M	80	31:57	1:31	4:56	206	2:57:52	18.9	4:44	193	1:56:04	8:52	5:35:31
184	3/7	Elizabeth Rogers	Lake Forest	IL	41	F	228	38:57	1:51	3:56	218	2:59:01	18.8	3:31	153	1:50:22	8:26	5:35:45
185	33/64	John Hoffman	Crystal Lake	IL	34	M	263	40:08	1:54	3:00	174	2:53:40	19.3	2:47	196	1:56:14	8:53	5:35:47
186	38/61	Kyle Harfst	Carbondale	IL	37	M	109	33:28	1:36	3:11	150	2:50:57	19.7	2:52	159	2:05:26	9:35	5:35:52
187	10/31	Terry Simmering	St Peters	MO	49	M	302	43:13	2:03	3:21	194	2:55:48	19.1	2:43	255	1:50:58	8:29	5:36:01
188	5/11	Pat Ruff	Chicago	IL	38	F	72	31:20	1:29	3:01	169	2:53:32	19.4	2:35	256	2:05:39	9:36	5:36:05
189	25/35	Steve Cline	Burlington	IA	44	M	221	38:34	1:50	2:27	260	3:05:28	18.1	3:18	128	1:46:42	8:09	5:36:27
190	35/55	Joseph Froehlich	Cedar Rapids	IA	25	M	245	39:26	1:53	4:00	161	2:51:59	19.5	2:55	213	1:58:10	9:02	5:36:29
191	39/61	Russell Barker	Lincoln	NE	38	M	224	38:45	1:51	3:35	126	2:47:55	20.0	2:09	244	2:04:13	9:29	5:36:36
192	26/35	Tony Schmidt	Valparaiso	IN	42	M	123	34:13	1:38	2:23	127	2:48:07	20.0	3:10	274	2:08:53	9:51	5:36:45
193	4/7	K.D. Rex	Iowa City	IA	41	F	99	33:00	1:34	3:10	205	2:57:48	18.9	5:53	204	1:56:59	8:56	5:36:48
194	8/17	Laurie Ott	St. Louis	MO	26	F	137	34:35	1:39	3:15	173	2:53:40	19.3	2:05	242	2:03:23	9:26	5:36:55
195	6/11	Michelle Stout	Ankeny	IA	39	F	54	30:31	1:27	3:00	223	2:59:32	18.7	2:32	234	2:01:43	9:18	5:37:11
196	34/64	John Beintum	Chicago	IL	30	M	111	33:38	1:36	5:28	154	2:51:33	19.6	3:13	243	2:03:31	9:26	5:37:21
197	35/64	David Bax	Prairie Villag	KS	34	M	133	34:30	1:38	4:54	241	3:02:27	18.4	4:11	164	1:51:25	8:31	5:37:24
198	9/17	Melissa Reese	New Holstein	WI	26	F	157	35:21	1:41	2:45	294	3:12:55	17.4	2:20	106	1:44:17	7:58	5:37:35
199	8/18	Tracey Williams	Chicago	IL	30	F	168	36:05	1:43	4:22	259	3:05:24	18.1	3:15	149	1:49:05	8:20	5:38:09
200	36/64	James Quist	Chicago	IL	31	M	214	38:11	1:49	3:56	215	2:58:36	18.8	5:39	171	1:52:23	8:35	5:38:44
201	37/64	Tyler Dunker	West Des Moines	IA	34	M	182	37:05	1:46	4:36	180	2:54:20	19.3	6:03	201	1:56:51	8:56	5:38:53
202	40/61	Rick Schroeder	Manhattan	KS	35	M	210	38:06	1:49	3:11	172	2:53:40	19.3	1:55	237	2:02:17	9:21	5:39:07
203	38/64	Allen Roscoe	Buffalo Grove	IL	32	M	277	41:25	1:58	4:53	166	2:52:51	19.4	4:22	190	1:55:55	8:51	5:39:24
204	41/61	M Chris Decker	Wauwatosa	WI	35	M	147	34:45	1:39	3:57	227	2:59:59	18.7	4:01	202	1:56:52	8:56	5:39:32
205	11/31	Pat Peppler	Barrington	IL	48	M	251	39:42	1:53	3:21	192	2:55:40	19.1	3:41	210	1:57:55	9:01	5:40:17
206	7/11	Sue Cook	West Lafayette	IN	36	F	173	36:19	1:44	2:53	224	2:59:32	18.7	3:05	218	1:58:39	9:04	5:40:26
207	8/11	Susan Hoffman	Highland Park	IL	37	F	268	40:36	1:56	3:36	237	3:01:48	18.5	2:16	170	1:52:19	8:35	5:40:33
208	42/61	Chuck Niels	Minneapolis	MN	38	M	204	37:54	1:48	3:26	201	2:56:47	19.0	1:51	226	2:00:53	9:14	5:40:50
209	39/64	John Gilmore	St. Louis	MO	33	M	252	39:43	1:53	6:07	229	3:00:13	18.6	3:18	167	1:51:59	8:33	5:41:17
210	36/55	Todd Ehlert	Omaha	NE	28	M	249	39:41	1:53	5:47	210	2:58:01	18.9	4:10	182	1:53:49	8:42	5:41:25
211	4/14	Thomas Bulger	Long Beach	IN	51	M	304	43:33	2:04	2:30	195	2:56:11	19.1	2:28	205	1:57:01	8:56	5:41:41
212	12/31	Joseph Pettorini	Sterling	IL	49	M	284	42:02	2:00	3:56	244	3:03:03	18.4	2:31	155	1:50:39	8:27	5:42:09
213	37/55	Keith Jenieski	Mt. Prospect	IL	28	M	180	36:57	1:45	1:44	265	3:06:09	18.1	3:23	188	1:54:50	8:46	5:42:00
214	19/25	David Milia	Madison	WI	21	M	183	37:06	1:46	3:07	179	2:54:13	19.3	2:46	265	2:06:34	9:40	5:43:45
215	43/61	Michael Shumway	West Des Moines	IA	38	M	265	40:30	1:56	5:45	256	3:04:51	18.2	4:54	142	1:47:55	8:15	5:43:53
216	13/31	David Doughty	Annandale	MN	46	M	200	37:48	1:48	3:48	207	2:57:54	18.9	2:09	241	2:03:00	9:24	5:44:37
217	2/6	Kerry Dwinell	Madison	WI	23	F	213	38:11	1:49	2:51	249	3:03:49	18.3	1:49	212	1:58:05	9:01	5:44:43
218	1/4	Deborah Hankens	Cherokee	IA	48	F	162	35:46	1:42	3:06	128	2:48:10	20.0	2:29	292	2:15:15	10:20	5:44:44
219	27/35	Mark Mannebach	Sycamore	IL	43	M	164	35:50	1:42	3:33	132	2:48:54	19.9	3:59	284	2:12:31	10:07	5:44:45
220	44/61	Joseph Graber	Marion	SD	36	M	128	34:21	1:38	4:00	228	3:00:11	18.6	5:38	230	2:01:14	9:16	5:45:23
221	9/18	Thais Bulger	Long Beach	IN	30	F	267	40:33	1:56	1:41	253	3:04:31	18.2	2:07	200	1:56:40	8:55	5:45:32
222	38/55	Darren Pearson	St. Louis Park	MN	28	M	91	32:41	1:33	5:47	268	3:07:05	18.0	4:24	192	1:55:59	8:52	5:45:55
223	39/55	Robert Gould	Lenexa	KS	25	M	327	46:33	2:13	4:06	264	3:06:00	18.1	4:01	120	1:45:23	8:03	5:46:01
224	20/25	Bill Anders	Dearborn Hgts	MI	24	M	238	39:17	1:52	2:20	177	2:54:03	19.3	5:13	253	2:05:19	9:34	5:46:09
225	40/64	Todd Bergman	Ames	IA	34	M	275	41:12	1:58	5:14	148	2:50:47	19.7	3:18	262	2:06:10	9:38	5:46:39
226	45/61	Eric Knudson	St. Louis Park	MN	35	M	290	42:27	2:01	5:29	239	3:02:05	18.5	2:56	183	1:53:51	8:42	5:46:46
227	5/14	Thomas Bachmann	Grinnell	IA	53	M	62	31:01	1:29	3:27	287	3:10:46	17.6	2:58	220	1:58:45	9:04	5:46:55
228	40/55	Kevin Hill	Minneapolis	MN	29	M	141	34:40	1:39	4:17	255	3:04:49	18.2	5:29	221	1:58:58	9:05	5:48:12
229	6/14	David Hansen	Peoria	IL	52	M	333	47:15	2:15	4:42	208	2:57:54	18.9	2:26	195	1:56:12	8:53	5:48:27
230	46/61	Brad Henderson	Wexford	PA	35	M	306	43:54	2:05	5:02	202	2:57:15	19.0	5:37	206	1:57:16	8:58	5:49:02
231	28/35	Mike McClellan	Belleville	IL	40	M	169	36:06	1:43	4:17	217	2:58:41	18.8	4:40	259	2:05:52	9:37	5:49:34
232	41/55	Chris Miller	Edwardsville	KS	26	M	188	37:14	1:46	4:46	262	3:05:35	18.1	3:42	214	1:58:19	9:02	5:49:35
233	41/64	Dan Murphy	Lees Summit	MO	33	M	181	37:04	1:46	4:53	157	2:51:40	19.6	2:59	286	2:13:10	10:10	5:49:44
234	10/18	Barbie Anderson	Manhattan	KS	32	F	171	36:12	1:43	3:04	277	3:08:35	17.8	4:30	207	1:57:33	8:59	5:49:51
235	10/17	Blanca Robles	Glenview	IL	27	F	90	32:35	1:33	3:38	278	3:08:39	17.8	3:00	238	2:02:18	9:21	5:50:07
236	47/61	Larry Stout	Ankeny	IA	39	M	293	42:39	2:02	3:27	149	2:50:49	19.7	2:55	283	2:11:45	10:04	5:51:34
237	48/61	Gerry Funk	Solon	IA	39	M	317	44:33	2:07	4:16	271	3:07:23	17.9	3:15	172	1:52:25	8:35	5:51:50
238	21/25	Niall MacMenamin	Minneapolis	MN	24	M	216	38:16	1:49	5:17	283	3:09:32	17.7	6:50	175	1:52:43	8:37	5:52:36
239	42/64	Todd Erickson	Moorhead	MN	33	M	311	44:06	2:06	4:23	188	2:55:23	19.2	2:16	264	2:06:31	9:40	5:52:37
240	11/17	Sarah Johnson	Chicago	IL	28	F	222	38:34	1:50	3:34	250	3:04:05	18.3	4:36	235	2:01:51	9:19	5:52:38
241	2/4	Karen Judge	Wheaton	IL	47	F	206	38:00	1:48	3:27	282	3:09:23	17.7	3:21	222	1:59:01	9:06	5:53:10
242	49/61	David Diebold	Marion	IA	37	M	328	46:46	2:13	4:27	288	3:11:00	17.6	3:21	141	1:47:55	8:15	5:53:27
243	11/18	Tina Naaktgeboren	Cedar Rapids	IA	30	F	243	39:22	1:52	3:43	266	3:06:19	18.0	2:35	232	2:01:36	9:17	5:53:33
244	42/55	Ched Leeder	Homewood	IL	27	M	296	42:48	2:02	4:58	139	2:49:37	19.8	3:18	289	2:14:21	10:16	5:54:59
245	9/11	Teri Takehiro	Northfield	MN	37	F	260	40:00	1:54	3:24	284	3:09:34	17.7	2:38	224	1:59:30	9:08	5:55:05
246	5/7	Rosanne Hopson	Iowa City	IA	40	F	316	44:26	2:07	3:51	316	3:20:32	16.8	2:31	108	1:44:27	7:59	5:55:46
247	50/61	Paul Mueller	St Paul	MN	37	M	185	37:11	1:46	8:19	220	2:59:19	18.7	5:10	258	2:05:51	9:37	5:55:47
248	3/4	Ken Kirschenmann	Lincoln	NE	57	M	329	46:48	2:13	5:07	295	3:13:39	17.4	3:17	130	1:46:59	8:10	5:55:48
249	43/64	Jeffrey Tupper	Maplewood	MN	33	M	297	42:51	2:02	5:48	308	3:17:07	17.0	2:38	133	1:47:31	8:13	5:55:53
250	14/31	Val Landwehr	Minneapolis	MN	49	M	344	48:50	2:19	5:53	279	3:08:40	17.8					5:56:00
251	15/31	Marty Carroll	Kirkwood	MO	48	M												

273	50/64	Allen Overturf	Minnetonka	MN	31 M	239	39:17	1:52	3:31	291	3:11:40	17.5	4:32	251	2:05:12	9:34	6:04:10
274	14/18	Lynn Bebeau	Minneapolis	MN	32 F	178	36:53	1:45	2:29	317	3:21:01	16.7	2:33	239	2:02:26	9:21	6:05:21
275	2/2	Mike Shifman	Lenexa	KS	61 M	337	47:32	2:16	4:03	263	3:05:40	18.1	3:15	252	2:05:15	9:34	6:05:43
276	8/14	George Rux	Vadnais	MN	50 M	203	37:54	1:48	6:21	272	3:07:29	17.9	9:11	248	2:04:50	9:32	6:05:44
277	6/7	Polly Welp	Des Moines	IA	42 F	212	38:08	1:49	3:56	292	3:11:43	17.5	1:58	278	2:10:10	9:57	6:05:53
278	10/11	Sharon Conlee	Dunlap	IL	37 F	276	41:12	1:58	5:43	290	3:11:37	17.5	3:31	245	2:04:31	9:31	6:06:31
279	9/14	John Giordano	Cedar Rapids	IA	50 M	300	43:11	2:03	5:58	302	3:15:26	17.2	3:43	217	1:58:31	9:03	6:06:46
280	31/35	Michael Hook	Hiawatha	IA	41 M	215	38:14	1:49	4:46	312	3:19:12	16.9	3:41	227	2:01:07	9:15	6:06:58
281	32/35	Carl Tubbs	Stillwater	MN	41 M	314	44:25	2:07	5:14	276	3:07:57	17.9	4:38	254	2:05:19	9:34	6:07:31
282	18/31	Peter Ross-Gotta	Topeka	KS	46 M	318	44:40	2:07	5:52	219	2:59:13	18.8	2:52	293	2:15:26	10:21	6:08:01
283	10/14	Patrick Durov	Omaha	NE	53 M	334	47:17	2:15	6:17	322	3:25:32	16.3	2:31	129	1:46:44	8:09	6:08:20
284	51/64	Ladd Doane	Kentwood	MI	30 M	313	44:22	2:07	4:56	222	2:59:32	18.7	7:49	285	2:12:44	10:08	6:09:22
285	15/18	Janelle Nitchals	Waterloo	NE	32 F	308	44:00	2:05	4:36	296	3:13:43	17.3	2:57	247	2:04:44	9:32	6:09:58
286	19/31	Rob Stetson	Johnston	IA	45 M	349	52:57	2:31	3:41	293	3:12:42	17.4	2:48	215	1:58:28	9:03	6:10:33
287	44/55	Travis McCready	St. Louis Park	MN	29 M	229	38:57	1:51	5:27	307	3:16:57	17.1	4:25	249	2:05:08	9:34	6:10:53
288	11/14	Gary Maier	St. Louis	MO	52 M	186	37:12	1:46	5:53	286	3:10:23	17.7	4:06	288	2:14:20	10:16	6:11:52
289	45/55	Matthew Brown	Iowa City	IA	29 M	343	48:46	2:19	3:41	300	3:15:05	17.2					6:11:53
290	20/31	Jeff Sikkink	Lake Elmo	MN	45 M	258	39:51	1:54	4:29	251	3:04:14	18.2	3:54	302	2:20:33	10:44	6:13:00
291	16/18	Lisa Zang	Chicago	IL	34 F	285	42:11	2:00	2:32	321	3:25:04	16.4	5:39	211	1:57:59	9:01	6:13:23
292	3/6	Kelly Unger	Annandale	MN	20 F	202	37:53	1:48	3:54	333	3:30:05	16.0	4:10	216	1:58:28	9:03	6:14:29
293	52/64	Richard King	Cleveland Hts	OH	31 M	250	39:42	1:53	5:05	274	3:07:54	17.9	5:19	297	2:17:30	10:30	6:15:28
294	23/25	William Soderquist	St. Ann	MO	24 M	325	46:30	2:13	3:45	191	2:55:39	19.1	4:02	313	2:26:48	11:13	6:16:41
295	21/31	Mark Velasquez	Fox River Grov	IL	45 M	124	34:17	1:38	4:14	301	3:15:15	17.2	5:45	296	2:17:21	10:30	6:16:49
296	13/17	Cindy Moschella	Toddville	IA	27 F	271	40:41	1:56	4:17	311	3:19:12	16.9	4:53	272	2:08:24	9:49	6:17:25
297	53/64	Edward Benford	Chicago	IL	31 M	274	41:07	1:57	7:05	299	3:14:32	17.3	4:54	277	2:09:57	9:56	6:17:33
298	54/61	John Mora	Plainfield	IL	35 M	323	46:05	2:11	6:26	297	3:13:43	17.3	3:44	270	2:07:49	9:46	6:17:46
299	24/25	Charles Peterson	St. Paul	MN	24 M	279	41:37	1:59	4:22	313	3:20:20	16.8	5:28	263	2:06:24	9:39	6:18:10
300	54/64	Mark Hallberg	St. Paul	MN	31 M	190	37:18	1:46	6:42	257	3:05:08	18.2	3:47	310	2:25:34	11:07	6:18:26
301	22/31	Gregory Valent	Chicago	IL	49 M	282	41:50	1:59	3:33	238	3:02:03	18.5	3:31	314	2:28:03	11:19	6:18:56
302	55/64	Kevin Brangan	Chicago	IL	30 M	246	39:28	1:53	6:26	196	2:56:11	19.1	5:32	320	2:32:34	11:39	6:20:09
303	46/55	Paul Wolf	Moline	IL	25 M	338	47:35	2:16	4:07	275	3:07:55	17.9	2:53	299	2:18:35	10:35	6:21:02
304	17/18	Mary Witzel	LaGrange	IL	33 F	320	45:17	2:09	2:48	334	3:30:45	15.9	2:29	231	2:01:25	9:17	6:22:42
305	18/18	Leesa Weichert	Chicago	IL	32 F	310	44:03	2:06	6:38	329	3:28:05	16.1	4:45	223	1:59:14	9:07	6:22:44
306	14/17	Dana Rothschild	Chicago	IL	27 F	291	42:32	2:01	5:52	326	3:26:54	16.2	4:57	240	2:02:45	9:23	6:22:58
307	15/17	Rochelle Mulqueen	Milwaukee	WI	28 F	244	39:25	1:52	4:19	325	3:26:27	16.3	3:02	279	2:10:19	9:57	6:23:30
308	12/14	Ed Sell	W. Chicago	IL	50 M	151	35:01	1:40	5:31	323	3:25:50	16.3	5:57	281	2:11:29	10:03	6:23:45
309	56/64	Doug White	Elizabethtown	KY	34 M	262	40:06	1:54	7:12	306	3:15:54	17.2	4:44	294	2:16:56	10:28	6:24:50
310	23/31	Robert Guttman	Chicago	IL	47 M	106	33:17	1:35	5:20	273	3:07:54	17.9	4:24	321	2:33:59	11:46	6:24:51
311	47/55	Howard Bruss	Worthington	OH	28 M	273	41:05	1:57	5:33	254	3:04:39	18.2	3:08	322	2:34:11	11:47	6:28:34
312	55/61	Stephen Joyce	Buffalo Grove	IL	39 M	234	39:04	1:51	6:47	261	3:05:32	18.1	6:48	319	2:31:32	11:34	6:29:40
313	57/64	Scott Dekok	Sheldon	IA	32 M	351	54:04	2:34					3:48	303	2:20:47	10:45	6:32:07
314	1/1	Park Paige	Peoria	IL	19 M	189	37:16	1:46	4:54	320	3:22:11	16.6	2:38	315	2:28:24	11:20	6:35:21
315	4/4	Cherri Croghan	St. Louis	MO	46 F	324	46:17	2:12	3:49	270	3:07:18	17.9	3:07	323	2:35:16	11:52	6:35:44
316	25/25	Brad Isom	Jonesboro	IL	20 M	116	34:00	1:37	4:39	315	3:20:24	16.8	3:46	324	2:35:24	11:52	6:38:11
317	7/7	Chinda David	Lincoln	NE	43 F	347	52:28	2:30	5:21	305	3:15:41	17.2	3:36	307	2:22:07	10:51	6:39:10
318	13/14	Rick Bender	Chesterfield	MO	50 M	253	39:43	1:53	4:17	327	3:27:12	16.2	3:40	311	2:25:42	11:08	6:40:33
319	24/31	Mike Gaffney	Knoxville	IA	49 M	322	45:54	2:11	4:31	330	3:28:42	16.1	2:42	301	2:20:22	10:43	6:42:09
320	25/31	Gregg Hoffman	Omaha	NE	47 M	121	34:08	1:37	7:11	319	3:21:25	16.7	2:53	326	2:38:27	12:06	6:44:03
321	26/31	Jim Jenkins	Newton	IA	49 M	335	47:19	2:15	3:46	285	3:09:39	17.7	2:41	329	2:41:41	12:21	6:45:05
322	56/61	Kent Jackson	Shawnee	KS	36 M	261	40:01	1:54	6:13	328	3:27:50	16.2	5:30	312	2:26:21	11:11	6:45:53
323	57/61	Roy Alisoglu	Saginaw	MI	39 M	230	38:58	1:51	4:09	344	3:45:46	14.9	3:43	291	2:15:06	10:19	6:47:41
324	4/6	Kimberly Cullen	Green Bay	WI	24 F	231	39:00	1:51	4:43	332	3:29:05	16.1	6:46	316	2:29:42	11:26	6:49:14
325	48/55	Michael Palm	Aurora	IL	29 M	345	48:59	2:20	4:47	280	3:08:56	17.8	4:27	330	2:43:13	12:28	6:49:19
326	33/35	Steven Koch	Runnells	IA	44 M	342	48:22	2:18	5:36	314	3:20:22	16.8	4:57	325	2:35:26	11:52	6:54:41
327	49/55	Michael Kambesis	Schaumburg	IL	27 M	354	61:23	2:55	6:37	318	3:21:08	16.7	6:34	304	2:20:55	10:46	6:56:35
328	27/31	Ron Nelson	Cedar Rapids	IA	49 M	353	54:59	2:37	7:53	339	3:34:56	15.6	8:03	280	2:10:57	10:00	6:56:47
329	34/35	Rick Carlson	Eden Prarie	MN	43 M	287	42:12	2:00	8:35	324	3:25:59	16.3	3:43	327	2:38:40	12:07	6:59:08
330	58/64	Dennis Collins	Olathe	KS	34 M	348	52:34	2:30	5:06	337	3:34:03	15.7	5:00	309	2:23:52	10:59	7:00:32
331	28/31	Bill Blumenthal	Buffalo Grove	IL	48 M	154	35:07	1:40	5:40	336	3:33:47	15.7	6:42	331	2:49:29	12:57	7:10:43
332	16/17	Maria Jaquint	Naperville	IL	29 F	319	45:00	2:08	3:56	341	3:35:38	15.6	6:15	328	2:41:07	12:18	7:11:53
333	29/31	Ron Redden	Omaha	NE	49 M	340	48:00	2:17	8:05	289	3:11:30	17.5	9:10	336	2:55:53	13:26	7:12:36
334	50/55	Jeffrey Swanson	Lino Lakes	MN	27 M	341	48:05	2:17	4:19	346	3:49:14	14.7	3:24	318	2:30:53	11:32	7:15:54
335	35/35	Dave Roberts	Shoreview	MN	41 M	332	47:05	2:14	3:46	351	3:53:53	14.4	5:48	317	2:29:46	11:26	7:20:15
336	59/64	Kelly Kerns	Lees Summit	MO	30 M	326	46:32	2:13	7:14	309	3:18:30	16.9	8:16	337	3:02:15	13:55	7:22:45
337	58/61	Kent Harfst	Webster City	IA	37 M	257	39:51	1:54	7:11	338	3:34:50	15.6	7:21	334	2:55:29	13:24	7:24:40
338	51/55	Phillip Martin	Kirksville	MO	27 M	339	47:56	2:17	7:11	347	3:49:43	14.6	6:49	333	2:54:05	13:18	7:45:42
339	59/61	Barry McGee	Indianola	IA	39 M	350	53:56	2:34	3:54	348	3:50:37	14.6	7:17	332	2:50:39	13:02	7:46:22
340	14/14	Leo Collison	Oak Park	IL	52 M	292	42:37	2:02	5:58	345	3:45:49	14.9	6:13	338	3:08:07	14:22	7:48:43
341	4/4	Don Lenhart	Sandusky	OH	55 M	355	73:44	3:30	14:46	342	3:37:42	15.4	8:55	335	2:55:37	13:25	8:10:42

DID NOT FINISH OR DISQUALIFIED

342	60/64	Lawrence Cho	Glenview	IL	30 M	303	43:28	2:04	5:26	352	5:35:05	10.0	3:36	290	2:14:44	10:18	8:42:17
343	60/61	John Riley IV	Leawood	KS	38 M	2	24:59	1:11	1:55	43	2:36:47	21.4	1:43				
344	61/61	Scott Schinto	Lake Zurich	IL	37 M	156	35:20	1:41	5:10	84	2:42:16	20.7	5:18				
345	52/55	Jesse Gonzales	Zieeland	MI	29 M	19	28:12	1:21	2:32	99	2:43:56	20.5	2:08				
346	61/64	Darrell Haas	Middleton	WI	30 M	70	31:17	1:29	1:54	102	2:44:08	20.5	1:				

OVERALL FEMALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	30	Jan Guenther	Orono	MN	40	F	5	30:33	1:27	2:27	1	2:33:27	21.9	1:15	1	1:34:27	7:13	4:42:06
2	100	Rae Hartung	Altoona	IA	31	F	1	28:41	1:22	2:13	7	2:46:54	20.1	1:33	3	1:37:52	7:29	4:57:10
3	89	Julie Deardorff	Chicago	IL	32	F	6	30:43	1:28	2:44	3	2:39:16	21.1	2:01	7	1:42:53	7:52	4:57:36
4	11	Allie Lawler	Omaha	NE	29	F	14	32:50	1:34	2:41	4	2:40:47	20.9	1:38	5	1:41:48	7:47	4:59:41
5	32	Tasha Sween	Minneapolis	MN	30	F	12	32:21	1:32	2:04	2	2:37:10	21.4	1:37	19	1:50:32	8:27	5:03:43
6	347	Jennifer Harrison	Streamwood	IL	28	F	7	30:53	1:28	2:22	12	2:48:29	19.9	2:15	10	1:44:58	8:01	5:08:54
7	288	Tracy Peck	Columbus	OH	32	F	3	30:04	1:26	2:29	17	2:53:36	19.4	1:57	6	1:42:32	7:50	5:10:36
8	93	Laura Lowe	Iowa City	IA	38	F	17	34:20	1:38	2:55	8	2:47:18	20.1	2:07	13	1:45:40	8:04	5:12:19
9	168	Mellanie Pusateri	Minneapolis	MN	31	F	19	34:44	1:39	2:53	6	2:46:06	20.2	2:28	14	1:46:20	8:08	5:12:30
10	12	Lauren Fithian	Minneapolis	MN	41	F	20	34:45	1:39	3:40	14	2:50:40	19.7	3:46	4	1:41:30	7:45	5:14:19
11	268	Kathleen Kent	Naperville	IL	36	F	2	29:15	1:24	2:34	13	2:49:43	19.8	3:33	23	1:53:33	8:41	5:18:35
12	8	Andrea Lauterbach	Crystal	MN	23	F	28	36:53	1:45	1:48	19	2:57:17	19.0	1:48	11	1:45:08	8:02	5:22:53
13	10	Amy Baumler	Forest Lake	MN	28	F	16	34:20	1:38	2:37	23	2:59:22	18.7	1:48	12	1:45:33	8:04	5:23:39
14	389	Lynette Bacon	N. Mankato	MN	31	F	8	31:04	1:29	2:50	21	2:58:24	18.8	1:32	21	1:51:31	8:31	5:25:19
15	21	Helen Redmond	Grinnell	IA	35	F	33	38:26	1:50	4:38	15	2:51:53	19.6	3:10	15	1:47:35	8:13	5:25:39
16	246	Trina Novak	Minnnetonka	MN	29	F	10	31:26	1:30	3:16	27	2:59:49	18.7	4:43	16	1:48:16	8:16	5:27:29
17	372	Angelina Salerno	Chicago	IL	25	F	51	43:37	2:04	2:33	31	3:02:40	18.4	2:50	2	1:35:52	7:20	5:27:29
18	303	Stacy Abernathy	Columbus	OH	35	F	50	42:41	2:02	3:26	5	2:44:48	20.4	2:27	25	1:54:23	8:44	5:27:43
19	312	Roxy Kazemzadeh	Chicago	IL	26	F	11	31:28	1:30	2:36	26	2:59:38	18.7	3:23	20	1:51:21	8:30	5:28:23
20	130	Susanne McCannon	Chicago	IL	27	F	38	39:01	1:51	4:13	11	2:48:22	20.0	2:26	26	1:54:39	8:46	5:28:38
21	22	JP Palmer	Columbia	MO	34	F	48	42:11	2:00	2:39	9	2:47:48	20.0	1:54	27	1:56:09	8:52	5:30:40
22	270	Elizabeth Rogers	Lake Forest	IL	41	F	36	38:57	1:51	3:56	22	2:59:01	18.8	3:31	18	1:50:22	8:26	5:35:45
23	122	Pat Ruff	Chicago	IL	38	F	9	31:20	1:29	3:01	16	2:53:32	19.4	2:35	49	2:05:39	9:36	5:36:05
24	47	K.D. Rex	Iowa City	IA	41	F	15	33:00	1:34	3:10	20	2:57:48	18.9	5:53	29	1:56:59	8:56	5:36:48
25	126	Laurie Ott	St. Louis	MO	26	F	18	34:35	1:39	3:15	18	2:59:40	19.3	2:05	45	2:03:23	9:26	5:36:55
26	88	Michelle Stout	Ankeny	IA	39	F	4	30:31	1:27	3:00	24	2:59:32	18.7	2:32	40	2:01:43	9:18	5:37:16
27	80	Melissa Reese	New Holstein	WI	26	F	21	35:21	1:41	2:45	44	3:12:55	17.4	2:20	8	1:44:17	7:58	5:37:35
28	161	Tracey Williams	Chicago	IL	30	F	24	36:05	1:43	4:22	35	3:05:24	18.1	3:15	17	1:49:05	8:20	5:38:09
29	129	Sue Cook	West Lafayette	IN	36	F	26	36:19	1:44	2:53	25	2:59:32	18.7	3:05	34	1:58:39	9:04	5:40:26
30	331	Susan Hoffman	Highland Park	IL	37	F	43	40:36	1:56	3:36	30	3:01:48	18.5	2:16	22	1:52:19	8:35	5:40:33
31	378	Kerry Dwinell	Madison	WI	23	F	32	38:11	1:49	2:51	32	3:03:49	18.3	1:49	32	1:58:05	9:01	5:44:43
32	45	Deborah Hankens	Cherokee	IA	48	F	23	35:46	1:42	3:06	10	2:48:10	20.0	2:29	53	2:15:15	10:20	5:44:44
33	103	Thais Bulger	Long Beach	IN	30	F	42	40:33	1:56	1:41	34	3:04:31	18.2	2:07	28	1:56:40	8:55	5:45:32
34	120	Barbie Anderson	Manhattan	KS	32	F	25	36:12	1:43	3:04	38	3:08:35	17.8	4:30	30	1:57:33	8:59	5:49:51
35	165	Blanca Robles	Glenview	IL	27	F	13	32:35	1:33	3:38	39	3:08:39	17.8	3:00	42	2:02:18	9:21	5:50:07
36	251	Sarah Johnson	Chicago	IL	28	F	34	38:34	1:50	3:34	33	3:04:05	18.3	4:36	41	2:01:51	9:19	5:52:38
37	343	Karen Judge	Wheaton	IL	47	F	30	38:00	1:48	3:27	40	3:09:23	17.7	3:21	35	1:59:01	9:06	5:53:10
38	62	Tina Naaktgeboren	Cedar Rapids	IA	30	F	39	39:22	1:52	3:43	36	3:06:19	18.0	2:35	39	2:01:36	9:17	5:53:33
39	197	Teri Takehiro	Northfield	MN	37	F	41	40:00	1:54	3:24	41	3:09:34	17.7	2:38	37	1:59:30	9:08	5:55:05
40	382	Rosanne Hopson	Iowa City	IA	40	F	55	44:26	2:07	3:51	49	3:20:32	16.8	2:31	9	1:44:27	7:59	5:55:46
41	356	Katrina Grabowski	Chicago	IL	33	F	54	44:17	2:06	3:31	28	3:00:20	18.6	3:46	48	2:05:11	9:34	5:57:03
42	395	Deborah Battaglia	Ann Arbor	MI	31	F	46	41:45	1:59	4:44	46	3:15:31	17.2	4:46	24	1:54:09	8:43	6:00:53
43	258	Karen Standley-Kor	Grand Rapids	MI	46	F	22	35:39	1:42	3:23	29	3:01:40	18.5	2:37	54	2:18:34	10:35	6:01:51
44	18	Lynn Bebeau	Minneapolis	MN	32	F	27	36:53	1:45	2:29	50	3:21:01	16.7	2:33	43	2:02:26	9:21	6:05:21
45	23	Polly Welp	Des Moines	IA	42	F	31	38:08	1:49	3:56	43	3:11:43	17.5	1:58	51	2:10:10	9:57	6:05:53
46	373	Sharon Conlee	Dunlap	IL	37	F	45	41:12	1:58	5:43	42	3:11:37	17.5	3:31	46	2:04:31	9:31	6:06:31
47	64	Janelle Nitchals	Waterloo	NE	32	F	52	44:00	2:05	4:36	45	3:13:43	17.3	2:57	47	2:04:44	9:32	6:09:58
48	102	Lisa Zang	Chicago	IL	34	F	47	42:11	2:00	2:32	51	3:25:04	16.4	5:39	31	1:57:59	9:01	6:13:23
49	127	Kelly Unger	Annandale	MN	20	F	29	37:53	1:48	3:54	57	3:30:05	16.0	4:10	33	1:58:28	9:03	6:14:29
50	99	Cindy Moschella	Toddville	IA	27	F	44	40:41	1:56	4:17	48	3:19:12	16.9	4:53	50	2:08:24	9:49	6:17:25
51	159	Mary Witzel	LaGrange	IL	33	F	57	45:17	2:09	2:48	58	3:30:45	15.9	2:29	38	2:01:25	9:17	6:22:42
52	383	Leesa Weichert	Chicago	IL	32	F	53	44:03	2:06	6:38	54	3:28:05	16.1	4:45	36	1:59:14	9:07	6:22:44
53	193	Dana Rothschild	Chicago	IL	27	F	49	42:32	2:01	5:52	53	3:26:54	16.2	4:57	44	2:02:45	9:23	6:22:58
54	234	Rochelle Mulqueen	Milwaukee	WI	28	F	40	39:25	1:52	4:19	52	3:26:27	16.3	3:02	52	2:10:19	9:57	6:23:30
55	322	Cherri Croghan	St. Louis	MO	46	F	59	46:17	2:12	3:49	37	3:07:18	17.9	3:07	57	2:35:16	11:52	6:35:44
56	279	Chinda David	Lincoln	NE	43	F	60	52:28	2:30	5:21	47	3:15:41	17.2	3:36	55	2:22:07	10:51	6:39:10
57	362	Kimberly Cullen	Green Bay	WI	24	F	37	39:00	1:51	4:43	56	3:29:05	16.1	6:46	56	2:29:42	11:26	6:49:14
58	215	Maria Jaquint	Naperville	IL	29	F	56	45:00	2:08	3:56	59	3:35:38	15.6	6:15	58	2:41:07	12:18	7:11:53

OVERALL MALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	157	Mark Carey	Mission	KS	28	M	5	25:31	1:13	1:19	3	2:23:30	23.4	1:27	2	1:20:48	6:11	4:12:33
2	336	Peter Ohotnicky	Jacksonville	AR	29	M	4	25:11	1:12	2:06	2	2:22:54	23.5	1:35	3	1:21:39	6:14	4:13:23
3	172	Jeffrey Zematis	Libertyville	IL	24	M	3	25:09	1:12	1:40	7	2:25:57	23.0	1:17	1	1:19:41	6:05	4:13:41
4	1	Rich Heilman	Lakeville	MN	33	M	21	28:17	1:21	1:30	1	2:18:58	24.2	1:25	5	1:24:28	6:27	4:14:36
5	134	Darren Wipf	Leawood	KS	28	M	8	26:35	1:16	1:41	4	2:24:28	23.3	1:41	7	1:25:06	6:30	4:19:29
6	55	Kevin Drake	Cedar Rapids	IA	32	M	30	29:33	1:24	1:56	5	2:25:04	23.2	1:24	16	1:28:14	6:45	4:26:09
7	309	John Baker	Puducuh	KY	31	M	7	26:30	1:16	1:49	12	2:28:13	22.7	1:34	18	1:28:44	6:47	4:26:47
8	5	Scott Myers	Crystal	MN	24	M	26	28:54	1:23	1:36	24	2:32:40	22.0	1:46	9	1:25:56	6:34	4:30:50
9	403	David Lyon	Mankato	MN	37	M	28	29:13	1:23	2:54	14	2:28:31	22.6	2:29	17	1:28:20	6:45	4:31:25
10	72	Loran Storts	Urbandale	IA	34	M	74	32:30	1:33	2:14	11	2:28:09	22.7	1:54	21	1:29:35	6:51	4:34:20
11	283	John Shelp	Glencoe	MN	27	M	13	27:19	1:18	2:33	16	2:29:16	22.5	1:56	35	1:33:54	7:11	4:34:56
12	200	Paul Fitzpatrick	Carbondale	IL	22	M	96	33:59	1:37	2:16	19	2:30:19	22.4	1:56	10	1:26:50	6:38	4:35:17
13	348	Jerome Harrison	Streamwood	IL	25	M	38	30:09	1:26	2:27	6	2:25:39	23.1	1:13	48	1:37:05	7:25	4:36:31
14	67	Barry Breffle	Marion	IA	28	M	25	28:52	1:22	1:47	17	2:29:54	22.4	1:22	37	1:34:44	7:14	4:36:37
15	267	Brad Kampschroeder	Naperville															

24	338	Kenn Seibel	Sioux Falls	SD	34	M	113	34:35	1:39	2:59	18	2:30:17	22.4	2:00	32	1:33:02	7:07	4:42:52
25	342	Kevin Miller	Wayland	MI	33	M	121	34:44	1:39	2:04	64	2:40:01	21.0	2:05	8	1:25:11	6:31	4:44:04
26	330	Brian Howard	Minneapolis	MN	21	M	1	21:34	1:02	1:34	35	2:35:44	21.6	1:48	102	1:44:46	8:00	4:45:25
27	201	John Lapehn	Granger	IN	42	M	91	33:36	1:36	2:30	59	2:39:38	21.1	2:07	12	1:27:49	6:43	4:45:38
28	260	Jeff Ralston	Loves Park	IL	31	M	81	32:52	1:34	2:27	42	2:36:51	21.4	1:42	27	1:31:50	7:01	4:45:39
29	164	Jose Robles	Glenview	IL	32	M	160	37:32	1:47	2:50	54	2:39:14	21.1	2:23	4	1:23:43	6:24	4:45:40
30	155	Adam Zucco	Barrington	IL	24	M	10	26:44	1:16	1:44	27	2:33:53	21.8	1:35	80	1:42:08	7:48	4:46:02
31	319	Jason Kurian	Shorewood	WI	24	M	87	33:09	1:35	2:21	39	2:36:00	21.5	1:56	29	1:32:40	7:05	4:46:04
32	390	Brian Schubring	Minneapolis	MN	32	M	27	29:03	1:23	2:17	46	2:37:26	21.3	3:30	36	1:34:13	7:12	4:46:27
33	108	Matthew Geary	Kansas City	MO	23	M	52	31:01	1:29	2:12	73	2:41:15	20.8	2:08	22	1:30:17	6:54	4:46:51
34	65	James Kueffner	Omaha	NE	40	M	20	28:15	1:21	3:42	31	2:35:24	21.6	2:28	52	1:37:36	7:27	4:47:22
35	119	Tracy Anderson	Manhattan	KS	35	M	12	26:59	1:17	2:12	60	2:39:38	21.1	1:34	49	1:37:18	7:26	4:47:39
36	203	Jim Bartholomew	South Bend	IN	29	M	11	26:51	1:17	1:46	55	2:39:19	21.1	1:34	57	1:38:14	7:30	4:47:41
37	237	James Kearns	Crystal Lake	IL	32	M					28	2:33:58	21.8	1:53	40	1:35:49	7:19	4:48:38
38	57	Nick Scott	Cedar Rapids	IA	47	M	58	31:14	1:29	2:02	71	2:41:07	20.9	1:33	34	1:33:30	7:09	4:49:24
39	117	Dean Sprague	Chicago	IL	36	M	70	32:21	1:32	4:55	81	2:42:59	20.6	1:42	11	1:27:39	6:42	4:49:34
40	51	Ty Buss	Waterloo	NE	36	M	63	31:37	1:30	2:27	36	2:35:51	21.6	2:05	56	1:38:09	7:30	4:50:07
41	19	Scott Stopak	Omaha	NE	32	M	103	34:10	1:38	2:02	20	2:30:33	22.3	2:47	73	1:41:22	7:45	4:50:52
42	265	John Maynard	Kansas City	MO	36	M	24	28:37	1:22	3:13	92	2:43:53	20.5	1:54	33	1:33:19	7:08	4:50:53
43	320	Alejandro Munoz	Madison	WI	34	M	165	37:51	1:48	3:03	70	2:40:54	20.9	1:45	13	1:27:52	6:43	4:51:23
44	394	Eric Lanners	St. Paul	MN	26	M	115	34:36	1:39	3:14	85	2:43:10	20.6	2:06	19	1:29:02	6:48	4:52:06
45	308	Daniel Madsen	Woodstock	IL	47	M	69	32:18	1:32	2:37	8	2:26:29	22.9	1:49	129	1:49:01	8:20	4:52:12
46	365	Gerald Kubiak	Omaha	IA	24	M	34	29:55	1:25	2:19	129	2:50:25	19.7	1:53	15	1:28:04	6:44	4:52:34
47	63	Bob Brooker	Cedar Rapids	IA	36	M	33	29:44	1:25	2:24	32	2:35:30	21.6	2:01	108	1:45:40	8:04	4:55:17
48	244	Shawn Kneever	West Bend	WI	27	M	83	33:00	1:34	1:50	33	2:35:37	21.6	1:31	92	1:43:24	7:54	4:55:21
49	386	James Ross	Burnsville	MN	41	M	61	31:19	1:29	4:10	34	2:35:40	21.6	2:46	76	1:41:43	7:46	4:55:36
50	291	Ron Gillen	Decatur	IL	39	M	136	35:59	1:43	2:34	63	2:39:50	21.0	2:07	38	1:35:15	7:17	4:55:43
51	290	Steve Stover	West Point	IA	37	M	15	27:51	1:20	3:03	49	2:38:03	21.3	2:18	103	1:45:02	8:02	4:56:15
52	24	David Plaut	Minneapolis	MN	26	M	203	39:45	1:53	2:26	25	2:32:57	22.0	1:55	60	1:39:15	7:35	4:56:17
53	149	Michael Stec	Oakpark	IL	33	M	85	33:07	1:35	2:03	51	2:38:36	21.2	1:51	70	1:40:56	7:43	4:56:32
54	376	Jim Rice	Wheaton	IL	46	M	82	32:52	1:34	3:39	29	2:34:20	21.8	2:59	85	1:42:57	7:52	4:56:44
55	40	Mark Ackermann	Ankeny	IA	38	M	89	33:18	1:35	2:21	47	2:37:31	21.3	1:55	78	1:41:59	7:48	4:57:03
56	327	Aaron Christiansen	St. Louis	MO	22	M	188	39:05	1:52	2:57	91	2:43:50	20.5	1:51	20	1:29:24	6:50	4:57:06
57	282	Donald Locke	Milwaukee	WI	27	M	64	31:42	1:31	4:09	69	2:40:49	20.9	3:10	50	1:37:21	7:26	4:57:09
58	273	Gary Geiger	Loves Park	IL	48	M	44	30:25	1:27	2:34	77	2:42:12	20.7	2:10	66	1:39:51	7:38	4:57:09
59	225	Thomas Bick II	Valley Park	MO	24	M	14	27:32	1:19	3:35	58	2:39:33	21.1	1:46	104	1:45:06	8:02	4:57:30
60	393	Christopher Farnum	Chicago	IL	32	M	23	28:37	1:22	2:21	148	2:53:16	19.4	2:08	25	1:31:20	6:59	4:57:40
61	4	Erik Kaitala	Minneapolis	MN	27	M	66	31:52	1:31	3:18	87	2:43:15	20.6	2:35	46	1:36:47	7:24	4:57:46
62	266	Stephen Walker	Sherwood	MI	39	M	80	32:49	1:34	2:49	84	2:43:07	20.6	3:43	42	1:35:58	7:20	4:58:23
63	317	Robert Smrekar	Joliet	IL	41	M	48	30:31	1:27	2:29	83	2:43:03	20.6	1:34	79	1:42:02	7:48	4:59:36
64	297	Shadd Smith	Prairie Villag	KS	27	M	99	34:05	1:37	2:28	52	2:38:51	21.2	2:47	77	1:41:44	7:46	4:59:53
65	231	Dave Thorn	O'Fallon	MO	40	M	86	33:08	1:35	2:59	37	2:35:55	21.6	2:02	110	1:45:59	8:06	5:00:01
66	78	Bryan Holland	Cedar Rapids	IA	20	M	29	29:27	1:24	2:44	82	2:43:02	20.6	2:11	87	1:43:03	7:52	5:00:25
67	304	Hubie Krawczyk	Cudahy	WI	37	M	158	37:21	1:47	3:11	26	2:33:33	21.9	2:20	97	1:44:18	7:58	5:00:41
68	43	Brook Peterson	Swisher	IA	29	M	79	32:45	1:33	2:08	66	2:40:12	21.0	1:56	95	1:43:49	7:56	5:00:48
69	118	Adam King	Madison	WI	20	M	40	30:17	1:26	1:58	67	2:40:25	20.9	1:26	120	1:47:36	8:13	5:01:38
70	153	Rick Edinger	Mendota Hgts	MN	43	M	57	31:12	1:29	2:31	100	2:45:00	20.4	2:03	71	1:41:06	7:43	5:01:50
71	13	Kevin Grafft	Chanhassen	MN	38	M	71	32:23	1:32	2:30	75	2:42:04	20.7	2:32	82	1:42:36	7:50	5:02:02
72	154	Casey Kindig	Manhattan	KS	28	M	131	35:41	1:42	2:24	90	2:43:47	20.5	1:55	59	1:38:48	7:33	5:02:32
73	112	Joseph-Jamie Monde	Columbia	MO	44	M	163	37:40	1:47	3:45	106	2:46:25	20.2	2:48	28	1:32:09	7:02	5:02:45
74	28	Vern Johnson	Keokuk	IA	42	M	128	35:17	1:41	2:33	89	2:43:37	20.5	1:54	64	1:39:44	7:37	5:03:03
75	97	Dave Dixon	Sioux City	IA	29	M	56	31:11	1:29	3:10	197	3:01:02	18.6	3:04	6	1:24:53	6:29	5:03:18
76	17	Pete Moran	Minneapolis	MN	29	M	94	33:46	1:36	2:18	45	2:37:18	21.4	1:47	127	1:48:23	8:17	5:03:30
77	353	Paul Riehemann	Middleton	WI	36	M	32	29:39	1:25	5:55	23	2:32:14	22.1	2:11	157	1:54:08	8:43	5:04:05
78	162	Thomas Faulkner	Plano	TX	38	M	137	36:05	1:43	3:07	103	2:46:02	20.2	2:26	51	1:37:27	7:27	5:05:04
79	163	William Tankovich	Columbus	OH	32	M	75	32:32	1:33	2:49	98	2:44:56	20.4	1:41	91	1:43:23	7:54	5:05:19
80	110	Steve Katz	Morton Grove	IL	35	M	132	35:44	1:42	2:46	111	2:47:16	20.1	1:57	54	1:38:00	7:29	5:05:42
81	73	Tim Ilten	Cedar Rapids	IA	37	M	51	30:59	1:29	3:32	94	2:43:57	20.5	2:26	105	1:45:06	8:29	5:05:58
82	177	John Irving	Loves Park	IL	40	M	149	37:07	1:46	3:31	128	2:50:05	19.8	2:45	31	1:32:53	7:06	5:06:19
83	42	Nick White	Des Moines	IA	20	M	101	34:07	1:37	2:40	137	2:51:39	19.6	2:05	45	1:36:10	7:21	5:06:40
84	299	Chris Godat	Columbia	MO	27	M	65	31:48	1:31					2:49	89	1:43:08	7:53	5:07:29
85	74	John Burkle	Iowa City	IA	24	M	47	30:28	1:27	3:13	107	2:46:29	20.2	2:32	106	1:45:10	8:02	5:07:50
86	83	David Martindale	Burlington	IA	28	M	193	39:21	1:52	2:47	112	2:47:52	20.0	1:51	43	1:36:05	7:21	5:07:54
87	289	C.J. Ong, Jr.	Kailua-Kona	HI	41	M	179	38:33	1:50	5:10	57	2:39:31	21.1	3:56	75	1:41:28	7:45	5:08:36
88	48	Mark Harris	Maplewood	MN	45	M	187	39:05	1:51	3:10	61	2:39:38	21.1	2:22	101	1:44:43	8:00	5:08:55
89	242	Ben Merriman	Minneapolis	MN	43	M	72	32:26	1:33	2:26	50	2:38:05	21.3	2:38	154	1:53:45	8:41	5:09:17
90	235	David Jones	West Lafayette	IN	22	M	202	39:43	1:53	4:54	79	2:42:32	20.7	2:12	67	1:40:13	7:39	5:09:32
91	158	Joseph Albert	Plainfield	IL	33	M	112	34:33	1:39	2:45	104	2:46:12	20.2					5:09:33
92	345	Eric Shanks	Lincoln	NE	41	M	45	30:25	1:27	2:28	97	2:44:44	20.4	4:03	126	1:48:05	8:15	5:09:42
93	397	Tim Waters	Park Forest	IL	38	M	162	37:35	1:47	5:36	86	2:43:14	20.6	4:05	63	1:39:26	7:36	5:09:57
94	145	Dru Dixon	West Plains	MO	46	M	55	31:10	1:29	2:50	68	2:40:32	20.9	2:58	153	1:53:05	8:38	5:10:30
95	145	James Lebuhn	Arlington Hts.	IL	39	M	220	41:31	1:58	2:53	65	2:40:07	21.0	4:38	74	1:41:26	7:45	5:10:32
96	59	Steve Younker	Mason City	IA	34	M	108	34:22	1:38	4:27	134	2:51:29	19.6	3:02	55	1:38:01	7:29	5:11:17
97	77	Ron Ottaway	Cedar Rapids	IA	61	M	173	38:07	1:49	2:38	74	2:41:20	20.8	1:53	116	1:47:25	8:12	5:11:21
98	194	Tim Hieber	Huntley	IL	27	M	31	29:37	1:25	2:14	96	2:44:34	20.4	2:20	148	1:52:43	8	

118	306	Rich Giebelhausen	Morton	IL	50	M	95	33:57	1:37	3:26	133	2:51:26	19.6	3:19	123	1:47:54	8:15	5:20:00
119	205	Bryan Tatum	Chicago	IL	31	M	54	31:08	1:29	3:13	132	2:51:17	19.6	2:29	144	1:52:02	8:34	5:20:08
120	380	Stephen Smith	Peoria	IL	40	M	156	37:19	1:46	3:49	125	2:49:48	19.8	2:23	115	1:47:18	8:12	5:20:35
121	370	David Shanle	Sherman	IL	40	M	140	36:16	1:43	3:28	174	2:56:23	19.1	3:47	69	1:40:51	7:42	5:20:42
122	346	Dwayne Miller	Columbia	MO	38	M	59	31:16	1:29	3:55	139	2:51:41	19.6	3:38	136	1:50:53	8:28	5:21:20
123	349	Brad Addink	Madison	WI	28	M	141	36:24	1:44	2:05	56	2:39:24	21.1	1:47	189	2:01:54	9:19	5:21:32
124	315	James Grace	St. Anne	IL	42	M	241	43:59	2:05	3:38	110	2:47:10	20.1	2:17	99	1:44:41	8:00	5:21:44
125	70	Don Romig	Clive	IA	35	M	212	40:30	1:56	2:58	152	2:53:48	19.3	2:18	83	1:42:37	7:50	5:22:09
126	280	Doug Kennedy	Portage	IN	41	M	68	32:13	1:32	3:10	159	2:54:44	19.2	2:41	135	1:50:46	8:28	5:23:33
127	226	Kelly Sather	Chicago	IL	28	M	177	38:27	1:50	6:07	158	2:54:31	19.3	5:01	65	1:39:46	7:37	5:23:50
128	76	Chris O'Hara	Cedar Rapids	IA	30	M	42	30:20	1:27	3:05	80	2:42:57	20.6	3:39	194	2:04:33	9:31	5:24:32
129	269	Daniel DeBehnke	Menomonee Fall	WI	39	M	98	34:01	1:37	2:43	143	2:52:39	19.5	2:18	152	1:53:02	8:38	5:24:41
130	278	Doug Bintzler	Cincinnati	OH	36	M	159	37:26	1:47	3:28	115	2:48:50	19.9					5:25:33
131	400	Kevin O'Neil	Barrington	IL	40	M	261	47:23	2:15	4:31	102	2:46:00	20.2	3:34	96	1:44:15	7:58	5:25:41
132	209	Scott Smith	Minnetonka	MN	33	M	93	33:41	1:36	2:22	105	2:46:15	20.2	2:18	188	2:01:37	9:17	5:26:10
133	401	Chris Becker	Cedar Falls	IA	46	M	106	34:17	1:38	3:34	199	3:01:48	18.5	3:24	90	1:43:10	7:53	5:26:11
134	375	Troy Van Dyke	Westmont	IL	28	M	143	36:43	1:45	7:43	175	2:53:36	19.0	5:18	68	1:40:40	7:42	5:26:58
135	140	Steve Granberg	St. Louis	MO	33	M	116	34:38	1:39	4:08	155	2:54:04	19.3	3:22	138	1:50:59	8:29	5:27:09
136	90	Robert Huffman	Iowa City	IA	29	M	170	38:03	1:49	2:38	53	2:39:12	21.1	1:19	205	2:06:06	9:38	5:27:16
137	272	Alberto Delgado	Bloomington	IL	43	M	36	30:06	1:26	3:46	182	2:57:58	18.9	4:05	141	1:51:35	8:32	5:27:28
138	182	Kyle Graham	Chicago	IL	30	M	84	33:01	1:34	2:17	186	2:58:30	18.8	2:39	139	1:51:24	8:31	5:27:49
139	254	Dave Free	Chicago	IL	30	M	77	32:42	1:33	5:34	126	2:49:53	19.8	3:40	168	1:56:37	8:55	5:28:23
140	284	Mark Landes	Warsaw	IN	35	M	255	47:00	2:14	3:23	153	2:53:57	19.3	3:02	72	1:41:22	7:45	5:28:42
141	9	Steve Kagol	Deephaven	MN	53	M	169	38:03	1:49	2:48	48	2:38:00	21.3	2:46	212	2:07:24	9:44	5:29:00
142	249	John Simpson	Glencoe	IL	25	M	39	30:11	1:26	3:22	202	3:02:42	18.4	3:30	132	1:50:19	8:26	5:30:03
143	82	Gary Love	West Des Moines	IA	35	M	236	43:11	2:03	3:08	124	2:49:45	19.8	2:37	140	1:51:25	8:31	5:30:04
144	334	Dennis Noel	Rolla	MO	44	M	256	47:01	2:14	3:53	99	2:44:59	20.4	4:25	131	1:50:05	8:25	5:30:21
145	29	Brad Brunia	Huxley	IA	43	M	100	34:07	1:37	5:54	122	2:49:36	19.8	3:51	174	1:57:46	9:00	5:31:13
146	293	Bob Sauer	Hendersonville	TN	35	M	120	34:44	1:39	2:24	167	2:55:31	19.1	1:46	171	1:56:55	8:56	5:31:18
147	27	Mark Wall	Waterloo	IA	25	M	213	40:36	1:56	2:55	204	3:03:14	18.3	1:50	86	1:42:59	7:52	5:31:34
148	171	Richard Pina	Springfield	MO	50	M	234	43:09	2:03	3:21	161	2:55:00	19.2	2:43	119	1:47:36	8:13	5:31:47
149	212	Darren Hartman	Peoria	IL	26	M	46	30:27	1:27	3:25	166	2:55:26	19.2	2:12	182	2:00:35	9:13	5:32:04
150	328	Craig Clark	Mason City	IA	55	M	246	44:25	2:07	2:40	162	2:55:05	19.2	2:40	121	1:47:48	8:14	5:32:35
151	69	Bob Watson	Ames	IA	39	M	135	35:51	1:42	5:05	144	2:52:41	19.5	3:51	161	1:55:57	8:52	5:33:23
152	92	Brian Lavelle	Wildwood	MO	37	M	206	39:52	1:54	3:21	101	2:45:52	20.3	3:48	185	2:01:09	9:15	5:33:59
153	295	Jeffrey Mazer	Riverwoods	IL	40	M	196	39:33	1:53	3:40	140	2:51:52	19.6	3:10	166	1:56:17	8:53	5:34:30
154	252	Steve Morgan	Faribault	MN	46	M	130	35:30	1:41	4:58	178	2:57:31	18.9	3:45	150	1:52:58	8:38	5:34:40
155	213	Alex Weston	Lawrence	KS	34	M	227	42:16	2:01	2:49	160	2:54:54	19.2	2:09	151	1:52:59	8:38	5:35:05
156	125	Gary Saettele	Chesterfield	MO	44	M	185	39:03	1:51	4:08	205	3:03:30	18.3	2:32	109	1:45:58	8:06	5:35:09
157	176	Kevin McCluskey	Freeway	KS	38	M	67	31:57	1:31	4:56	179	2:57:52	18.9	4:44	163	1:56:04	8:52	5:35:31
158	286	John Hoffman	Crystal Lake	IL	34	M	209	40:08	1:54	3:00	151	2:53:40	19.3	2:47	165	1:56:14	8:53	5:35:47
159	227	Kyle Harfst	Carbondale	IL	37	M	90	33:28	1:36	3:11	131	2:50:57	19.7	2:52	200	2:05:26	9:35	5:35:52
160	116	Terry Simmering	St Peters	MO	49	M	237	43:13	2:03	3:21	170	2:55:48	19.1	2:43	137	1:50:58	8:29	5:36:01
161	300	Steve Cline	Burlington	IA	44	M	180	38:34	1:50	2:27	215	3:05:28	18.1	3:18	112	1:46:42	8:09	5:36:27
162	44	Joseph Froehlich	Cedar Rapids	IA	25	M	194	39:26	1:53	4:00	141	2:51:59	19.5	2:55	176	1:58:10	9:02	5:36:29
163	298	Russell Barker	Lincoln	NE	38	M	181	38:45	1:51	3:35	113	2:47:55	20.0	2:09	193	2:04:13	9:29	5:36:36
164	366	Tony Schmidt	Valparaiso	IN	42	M	104	34:13	1:38	2:23	114	2:48:07	20.0	3:10	216	2:08:53	9:51	5:36:45
165	107	John Beintum	Chicago	IL	30	M	92	33:38	1:36	5:28	135	2:51:33	19.6	3:13	192	2:03:31	9:26	5:37:21
166	198	James Quist	Chicago	IL	31	M	174	38:11	1:49	3:56	187	2:58:36	18.8	5:39	145	1:52:23	8:35	5:38:44
167	189	Tyler Dunker	West Des Moines	IA	34	M	147	37:05	1:46	4:36	157	2:54:20	19.3	6:03	169	1:56:51	8:56	5:38:53
168	281	Rick Schroeder	Manhattan	KS	35	M	172	38:06	1:49	3:11	150	2:53:40	19.3	1:55	190	2:02:17	9:21	5:39:07
169	206	Allen Roscoe	Buffalo Grove	IL	32	M	219	41:25	1:58	4:53	146	2:52:51	19.4	4:22	160	1:55:55	8:51	5:39:24
170	305	M Chris Decker	Wauwatosa	WI	35	M	122	34:45	1:39	3:57	192	2:59:59	18.7	4:01	170	1:56:52	8:56	5:39:32
171	325	Pat Pepler	Barrington	IL	48	M	199	39:42	1:53	3:21	169	2:55:40	19.1	3:41	175	1:57:55	9:01	5:40:17
172	247	Chuck Nields	Minneapolis	MN	38	M	167	37:54	1:48	3:26	176	2:56:47	19.0	1:51	183	2:00:53	9:14	5:40:50
173	151	John Gilmore	St. Louis	MO	33	M	200	39:43	1:53	6:07	194	3:00:13	18.6	3:18	142	1:51:59	8:33	5:41:17
174	392	Todd Ehler	Omaha	NE	28	M	197	39:41	1:53	5:47	183	2:58:01	18.9	4:10	155	1:53:49	8:42	5:41:25
175	104	Thomas Bulger	Long Beach	IN	51	M	239	43:33	2:04	2:30	171	2:56:11	19.1	2:28	172	1:57:01	8:56	5:41:41
176	3	Joseph Pettorini	Sterling	IL	49	M	225	42:02	2:00	3:56	203	3:03:03	18.4	2:31	133	1:50:39	8:27	5:42:09
177	326	Keith Jeneski	Mt. Prospect	IL	28	M	145	36:57	1:45	1:44	220	3:06:09	18.1	3:23	158	1:54:50	8:46	5:43:00
178	259	David Milia	Madison	WI	21	M	148	37:06	1:46	3:07	156	2:54:13	19.3	2:46	209	2:06:34	9:40	5:43:45
179	311	Michael Shumway	West Des Moines	IA	38	M	211	40:30	1:56	5:45	212	3:04:51	18.2	4:54	125	1:47:55	8:15	5:43:53
180	121	David Doughty	Annandale	MN	46	M	164	37:48	1:48	3:48	180	2:57:54	18.9	2:09	191	2:03:00	9:24	5:44:37
181	262	Mark Mannebach	Sycamore	IL	43	M	134	35:50	1:42	3:33	116	2:48:54	19.9	3:59	223	2:12:31	10:07	5:44:45
182	250	Joseph Graber	Marion	SD	36	M	107	34:21	1:38	4:00	193	3:00:11	18.6	5:38	187	2:01:14	9:16	5:45:05
183	7	Darren Pearson	St. Louis Park	MN	28	M	76	32:41	1:33	5:47	222	3:07:05	18.0	4:24	162	1:55:59	8:52	5:45:05
184	324	Robert Gould	Lenexa	KS	25	M	252	46:33	2:13	4:06	219	3:06:00	18.1	4:01	107	1:45:23	8:03	5:46:00
185	221	Bill Anders	Dearborn Hgts	MI	24	M	190	39:17	1:52	2:20	154	2:54:03	19.3	5:13	198	2:05:19	9:34	5:46:00
186	84	Todd Bergman	Ames	IA	34	M	218	41:12	1:58	5:14	130	2:50:47	19.7	3:18	206	2:06:10	9:38	5:46:00
187	253	Eric Knudson	St. Louis Park	MN	35	M	229	42:27	2:01	5:29	201	3:02:05	18.5	2:56	156	1:53:51	8:42	5:46:00
188	91	Thomas Bachmann	Grinnell	IA	53	M	53	31:01	1:29	3:27	234	3:10:46	17.6	2:58	180	1:58:45	9:04	5:46:00
189	34	Kevin Hill	Minneapolis	MN	29	M	118	34:40	1:39	4:17	211	3:04:49	18.2	5:29	181	1:58:58	9:05	5:46:00
190	340	David Hansen	Peoria	IL	52	M	258	47:15	2:15	4:42	181	2:57:54	18.9	2:26	164	1:56:12	8:53	5:46:00
191	274	Brad Henderson	Wexford	PA	35	M	240											

212	98	Tom Moretti	Ankeny	IA	35	M	231	42:43	2:02	4:13	196	3:00:56	18.6	4:43	211	2:07:12	9:43	5:59:45
213	292	Robert Vilorina	Lawrence	KS	30	M	41	30:19	1:27	2:37	241	3:14:25	17.3	3:13	218	2:09:38	9:54	6:00:10
214	38	Jeffrey Ginn	Cedar Rapids	IA	47	M	189	39:07	1:52	3:39	163	2:55:06	19.2	3:27	234	2:18:57	10:37	6:00:13
215	131	Russ Hendricksen	Chicago	IL	29	M	204	39:50	1:54	3:46	207	3:03:45	18.3	3:59	217	2:09:18	9:53	6:00:35
216	257	Rob Hansen	Omaha	NE	39	M	168	37:59	1:48	11:18	184	2:58:19	18.8	8:03	204	2:05:57	9:37	6:01:33
217	175	Rich Balsley	Ames	IA	32	M	222	41:46	1:59	3:36	223	3:07:06	18.0	1:35	215	2:08:40	9:50	6:02:42
218	354	Gary Paul	Stanlly	KS	50	M	109	34:23	1:38	2:17	266	3:40:37	15.2	2:00	93	1:43:33	7:55	6:02:49
219	381	Ruan Lash	Leonard Town	MD	21	M	242	44:02	2:06	3:15	127	2:49:54	19.8	3:55	240	2:21:59	10:51	6:03:03
220	187	Phillip McGee	Rochester Hill	MI	37	M	152	37:14	1:46	7:03	246	3:15:33	17.2	7:32	167	1:56:35	8:54	6:03:56
221	196	Michael Reyes	Glenview	IL	41	M	144	36:49	1:45	4:09	172	2:56:14	19.1	3:32	241	2:23:26	10:57	6:04:08
222	2	Allen Overturf	Minnetonka	MN	31	M	191	39:17	1:52	3:31	237	3:11:40	17.5	4:32	196	2:05:12	9:34	6:04:10
223	139	Mike Shifman	Lenexa	KS	61	M	262	47:32	2:16	4:03	218	3:05:40	18.1	3:15	197	2:05:15	9:34	6:05:43
224	358	George Rux	Vadnuis	MN	50	M	166	37:54	1:48	6:21	225	3:07:29	17.9	9:11	195	2:04:50	9:32	6:05:44
225	368	John Giordano	Cedar Rapids	IA	50	M	235	43:11	2:03	5:58	245	3:15:26	17.2	3:43	179	1:58:31	9:03	6:05:46
226	79	Michael Hook	Hiawatha	IA	41	M	175	38:14	1:49	4:46	251	3:19:12	16.9	3:41	184	2:01:07	9:15	6:06:58
227	214	Carl Tubbs	Stillwater	MN	41	M	245	44:25	2:07	5:14	229	3:07:57	17.9	4:38	199	2:05:19	9:34	6:07:31
228	94	Patrick Durow	Omaha	NE	53	M	259	47:17	2:15	6:17	257	3:25:32	16.3	2:31	113	1:46:44	8:09	6:08:20
229	341	Ladd Doane	Kentwood	MI	30	M	244	44:22	2:07	4:56	191	2:59:32	18.7	7:49	224	2:12:44	10:08	6:09:22
230	329	Rob Stetson	Johnston	IA	45	M	270	52:57	2:31	3:41	238	3:12:42	17.4	2:48	178	1:58:28	9:03	6:10:33
231	332	Gary Maier	St. Louis	MO	52	M	151	37:12	1:46	5:53	233	3:10:23	17.7	4:06	227	2:14:20	10:16	6:11:52
232	374	Matthew Brown	Iowa City	IA	29	M	267	48:46	2:19	3:41	243	3:15:05	17.2					6:11:53
233	223	Jeff Sikkink	Lake Elmo	MN	45	M	205	39:51	1:54	4:29	208	3:04:14	18.2	3:54	236	2:20:33	10:44	6:13:00
234	183	Richard King	Cleveland Hts	OH	31	M	198	39:42	1:53	5:05	227	3:07:54	17.9	5:19	232	2:17:30	10:30	6:15:28
235	256	William Soderquist	St. Ann	MO	24	M	250	46:30	2:13	3:45	168	2:55:39	19.1	4:02	245	2:26:48	11:13	6:16:41
236	138	Mark Velasquez	Fox River Grov	IL	45	M	105	34:17	1:38	4:14	244	3:15:15	17.2	5:45	231	2:17:21	10:30	6:16:49
237	111	Edward Benford	Chicago	IL	31	M	217	41:07	1:57	7:05	242	3:14:32	17.3	4:54	219	2:09:57	9:56	6:17:33
238	219	John Mora	Plainfield	IL	35	M	249	46:05	2:11	6:26	240	3:13:43	17.3	3:44	213	2:07:49	9:46	6:17:46
239	20	Charles Peterson	St. Paul	MN	24	M	221	41:37	1:59	4:22	252	3:20:20	16.8	5:28	207	2:06:24	9:39	6:18:10
240	216	Mark Hallberg	St. Paul	MN	31	M	155	37:18	1:46	6:42	213	3:05:08	18.2	3:47	242	2:25:34	11:07	6:18:26
241	210	Gregory Valent	Chicago	IL	49	M	223	41:50	1:59	3:33	200	3:02:03	18.5	3:31	246	2:28:03	11:19	6:18:56
242	96	Paul Wolf	Moline	IL	25	M	263	47:35	2:16	4:07	228	3:07:55	17.9	2:53	233	2:18:35	10:35	6:21:02
243	230	Ed Sell	W. Chicago	IL	50	M	124	35:01	1:40	5:31	258	3:25:50	16.3	5:57	221	2:11:29	10:03	6:23:45
244	224	Doug White	Elizabethtown	KY	34	M	208	40:06	1:54	7:12	247	3:15:54	17.2	4:44	229	2:16:56	10:28	6:24:50
245	106	Robert Guttman	Chicago	IL	47	M	88	33:17	1:35	5:20	226	3:07:54	17.9	4:24	251	2:33:59	11:46	6:24:51
246	335	Howard Bruss	Worthington	OH	28	M	216	41:05	1:57	5:33	210	3:04:39	18.2	3:08	252	2:34:11	11:47	6:28:34
247	243	Stephen Joyce	Buffalo Grove	IL	39	M	186	39:04	1:51	6:47	216	3:05:32	18.1	6:48	250	2:31:32	11:34	6:29:40
248	363	Scott Dekok	Sheldon	IA	32	M	272	54:04	2:34					3:48	237	2:20:47	10:45	6:32:07
249	388	Park Paige	Peoria	IL	19	M	154	37:16	1:46	4:54	256	3:22:11	16.6	2:38	247	2:28:24	11:20	6:35:21
250	379	Brad Isom	Jonesboro	IL	20	M	97	34:00	1:37	4:39	253	3:20:24	16.8	3:46	253	2:35:24	11:52	6:38:11
251	124	Rick Bender	Chesterfield	MO	50	M	201	39:43	1:53	4:17	260	3:27:12	16.2	3:40	243	2:25:42	11:08	6:40:33
252	169	Mike Gaffney	Knoxville	IA	49	M	248	45:54	2:11	4:31	262	3:28:42	16.1	2:42	235	2:20:22	10:43	6:42:09
253	360	Gregg Hoffman	Omaha	NE	47	M	102	34:08	1:37	7:11	255	3:21:25	16.7	2:53	254	2:38:27	12:06	6:44:03
254	101	Jim Jenkins	Newton	IA	49	M	260	47:19	2:15	3:46	232	3:09:39	17.7	2:41	256	2:41:41	12:21	6:45:05
255	351	Kent Jackson	Shawnee	KS	36	M	207	40:01	1:54	6:13	261	3:27:50	16.2	5:30	244	2:26:21	11:11	6:45:53
256	232	Michael Kambesis	Schaumburg	IL	27	M	274	61:23	2:55	6:37	254	3:21:08	16.7	6:34	238	2:20:55	10:46	6:56:35
257	396	Ron Nelson	Cedar Rapids	IA	49	M	273	54:59	2:37	7:53	264	3:34:56	15.6	8:03	220	2:10:57	10:00	6:56:47
258	233	Rick Carlson	Eden Prarie	MN	43	M	226	42:12	2:00	8:35	259	3:25:59	16.3	3:43	255	2:38:40	12:07	6:59:08
259	238	Bill Blumenthal	Buffalo Grove	IL	48	M	127	35:07	1:40	5:40	263	3:33:47	15.7	6:42	257	2:49:29	12:57	7:10:43
260	199	Ron Redden	Omaha	NE	49	M	265	48:00	2:17	8:05	236	3:11:30	17.5	9:10	261	2:55:53	13:26	7:12:36
261	186	Jeffrey Swanson	Lino Lakes	MN	27	M	266	48:05	2:17	4:19	268	3:49:14	14.7	3:24	249	2:30:53	11:32	7:15:54
262	263	Dave Roberts	Shoreview	MN	41	M	257	47:05	2:14	3:46	271	3:53:53	14.4	5:48	248	2:29:46	11:26	7:20:15
263	314	Kelly Kerns	Lees Summit	MO	30	M	251	46:32	2:13	7:14	249	3:18:30	16.9	8:16	262	3:02:15	13:55	7:22:45
264	113	Phillip Martin	Kirkville	MO	27	M	264	47:56	2:17	7:11	269	3:49:43	14.6	6:49	259	2:54:05	13:18	7:45:42
265	185	Barry McGee	Indianola	IA	39	M	271	53:56	2:34	3:54	270	3:50:37	14.6	7:17	258	2:50:39	13:02	7:46:22
266	87	Leo Collison	Oak Park	IL	52	M	230	42:37	2:02	5:58	267	3:45:49	14.9	6:13	263	3:08:07	14:22	7:48:43
267	160	Don Lenhart	Sandusky	OH	55	M	275	73:44	3:30	14:46	265	3:37:42	15.4	8:55	260	2:55:37	13:25	8:10:42

OVERALL CLYDESDALE/ATHENA RESULTS

TOT	DIV	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
PLC	PLC						plc	time	time	plc	time	plc	TIME					
1	1/8	Mark Livesay	Columbia	MO	33	M	3	33:10	1:35	3:33	1	2:29:54	22.4	1:38	3	1:48:56	8:19	4:57:09
2	1/5	Alan Schmidt	Marion	IA	26	M	4	33:19	1:35	2:27	2	2:39:17	21.1	2:23	1	1:39:54	7:38	4:57:18
3	2/5	Gordon Geerdes	Richton Park	IL	29	M	2	30:19	1:27	4:30	6	2:55:42	19.1	2:26	2	1:40:24	7:40	5:13:18
4	2/8	Robert Brasko	Bettendorf	IA	31	M	7	34:59	1:40	3:51	3	2:44:05	20.5	2:57	6	1:58:43	9:04	5:24:34
5	3/8	John Burns	Savage	MN	32	M	11	39:20	1:52	2:56	4	2:47:03	20.1	2:06	5	1:57:37	8:59	5:29:00
6	4/8	David Bax	Prairie Villag	KS	34	M	5	34:30	1:38	4:54	10	3:02:27	18.4	4:11	4	1:51:25	8:31	5:37:24
7	1/3	Larry Stout	Ankeny	IA	39	M	14	42:39	2:02	3:27	5	2:50:49	19.7	2:55	9	2:11:45	10:04	5:51:34
8	1/1	Marita Leusink	Middleton	WI	27	F	6	34:58	1:40	4:44	12	3:08:56	17.8	3:08	8	2:07:04	9:42	5:58:48
9	1/2	Peter Ross-Gotta	Topeka	KS	46	M	16	44:40	2:07	5:52	8	2:59:13	18.8	2:52	11	2:15:26	10:21	6:08:01
10	3/5	Travis McCready	St. Louis Park	MN	29	M	9	38:57	1:51	5:27	13	3:16:57	17.1	4:25	7	2:05:08	9:34	6:10:53
11	5/8	Kevin Brangan	Chicago	IL	30	M	12	39:28	1:53	6:26	7	2:56:11	19.1	5:32	13	2:32:34	11:39	6:20:09
12	2/3	Roy Alisoglu	Saginaw	MI	39	M	10	38:58	1:51	4:09	19	3:45:46	14.9	3:43	10	2:15:06	10:19	6:47:41
13	4/5	Michael Palm	Aurora	IL	29	M	18	48:59	2:20	4:47	11	3:08:56	17.8	4:27	15	2:43:13	12:28	6:50:19
14	1/1	Steven Koch	Runnells	IA	44	M	17	48:22	2:18	5:36	14	3:20:22	16.8	4:57	14	2:35:26	11:52	6:54:41
15	6/8	Dennis Collins	Olathe	KS	34	M	19	52:34	2:30	5:06	16	3:34:03	15.7	5:00	12	2:23:52	10:59	7:00:32
16	3/3	Kent Harfst	Webster City	IA	37	M	13	39:51	1:54	7:11	17	3:34:50	15.6	7:21	16	2:55:29		

4	2/11	(Wee)3 All the Way Home!!	Ann Girrin , Todd Eagar , Graig Suvannavejh	2 27:24 1:18 1:16	5 2:45:00 20.4	0:44	3	1:28:19	6:45	4:42:41
5	3/11	Gordon, Gordon, Thompson	Angela Gordon , Paul Gordon , Robert Thompson	6 29:24 1:24 1:11	4 2:43:10 20.6	0:51	11	1:44:28	7:59	4:59:01
6	1/3	Mercy's Women At Work	Janeane Timm , Becky Briese , Deb Nowak	4 28:25 1:21 1:11	6 2:47:03 20.1	0:53	10	1:43:46	7:56	5:01:16
7	3/4	Big Daddies	Kirk Gibson , Britt Marcussen , Patrick Middleton	3 28:08 1:20 1:32	10 3:04:20 18.2	1:15	1	1:27:21	6:41	5:02:34
8	4/11	Team STATLM	Dennis Green , Christine Miller , Joshua Ginn	10 35:10 1:40 1:39	8 2:55:31 19.1	0:55	5	1:32:11	7:03	5:05:23
9	4/4	Team Zoom	Tim Saylor , Dick Morrison , Bill Ingels	15 46:48 2:13 1:12	9 2:59:18 18.7	0:48	7	1:39:20	7:35	5:27:25
10	5/11	"Is That All You Got!"	Buffi Ernst , Brad Mihm , Chris Cardinale	13 41:19 1:58 1:13			15	1:56:30	8:54	5:31:26
11	6/11	Peoria Pod #1	Joy Hartman , Kanitha Burns , Micheal Williams	9 33:58 1:37 1:23	15 3:27:51 16.2	1:07	4	1:29:41	6:51	5:33:58
12	7/11	Mercy Aviating Athletes	Karen Janovy , Ron Neyens , Norm Arons	11 37:23 1:47 1:15	12 3:10:02 17.7	0:50	13	1:50:08	8:25	5:39:36
13	8/11	Wee Three Pigs	Rick Koepp , Russ Rabik , Brenda Ann Cloud	14 41:59 2:00 1:31	11 3:08:41 17.8	0:58	14	1:53:28	8:40	5:46:35
14	9/11	Peoria Pod #2	Eric Mortensen , Chris Barton , Kristen Barton	12 39:11 1:52 1:05	7 2:52:49 19.4	1:11	17	2:16:34	10:26	5:50:49
15	10/11	Rockwell Rec Center Backers	Elisabeth Marks , Richard Lenth , Matthew Carrico	7 32:49 1:34 1:43	16 3:37:12 15.5	0:56	8	1:40:05	7:39	5:52:43
16	11/11	2 (Two) Jerks and a Squirt	Mark Swore , Debbie Lenth , Traci Yamane	17 63:03 3:00 1:31	14 3:20:38 16.7	0:53	12	1:50:05	8:25	6:16:07
17	2/3	K.L.T.	Katrina Horak , Lara Kneppe , Tara Huovinen	16 51:02 2:25 1:51	13 3:16:40 17.1	1:08	16	2:12:27	10:07	6:23:05

TOP 10 SWIM

TOT	DIV	PLC NAME	CITY	ST	AGE	S	SWIM	time	yds
1		Brian Howard	Minneapolis	MN	21	M	21:34	1:02	
2		Paul Brownn	Cedar Rapids	IA			24:11	1:09	
3		John Riley IV	Leawood	KS	38	M	24:59	1:11	
4		Jeffrey Zematis	Libertyville	IL	24	M	25:09	1:12	
5		Peter Ohotnicky	Jacksonville	AR	29	M	25:11	1:12	
6		Mark Carey	Mission	KS	28	M	25:31	1:13	
7		Jim Bey	Plainfield	IL	33	M	25:35	1:13	
8		John Baker	Puducah	KY	31	M	26:30	1:16	
9		Darren Wipf	Leawood	KS	28	M	26:35	1:16	
10		Jeff Pazen	Chicago	IL	35	M	26:39	1:16	

TOP 10 FIRST TRANSITION

TOT	PLC NAME	CITY	ST	AGE	S	TRAN	time
1	Mark Carey	Mission	KS	28	M	1:19	
2	Rich Heilman	Lakeville	MN	33	M	1:30	
3	Brian Howard	Minneapolis	MN	21	M	1:34	
4	Scott Myers	Crystal	MN	24	M	1:36	
5	Jeffrey Zematis	Libertyville	IL	24	M	1:40	
6	Darren Wipf	Leawood	KS	28	M	1:41	
7	Thais Bulger	Long Beach	IN	30	F	1:41	
8	Adam Zucco	Barrington	IL	24	M	1:44	
9	Keith Jeneski	Mt. Prospect	IL	28	M	1:44	
10	Jim Bartholomew	South Bend	IN	29	M	1:46	

TOP 10 BIKE

TOT	PLC NAME	CITY	ST	AGE	S	BIKE	time	mph
1	Rich Heilman	Lakeville	MN	33	M	2:18:58	24.2	
2	Peter Ohotnicky	Jacksonville	AR	29	M	2:22:54	23.5	
3	Mark Carey	Mission	KS	28	M	2:23:30	23.4	
4	Darren Wipf	Leawood	KS	28	M	2:24:28	23.3	
5	Kevin Drake	Cedar Rapids	IA	32	M	2:25:04	23.2	
6	Jerome Harrison	Streamwood	IL	25	M	2:25:39	23.1	
7	Jeffrey Zematis	Libertyville	IL	24	M	2:25:57	23.0	
8	Daniel Madsen	Woodstock	IL	47	M	2:26:29	22.9	
9	Brian Woodard	Chicago	IL	28	M	2:26:41	22.9	
10	Jeff Hovinga	Mason City	IA	34	M	2:27:44	22.7	

TOP 10 SECOND TRANSITION

TOT	DIV	PLC NAME	CITY	ST	AGE	S	TRAN	time
1		Jerome Harrison	Streamwood	IL	25	M	1:13	
2		Jan Guenther	Orono	MN	40	F	1:15	
3		Jeffrey Zematis	Libertyville	IL	24	M	1:17	
4		Robert Huffman	Iowa City	IA	29	M	1:19	
5		Barry Breffle	Marion	IA	28	M	1:22	
6		Kevin Drake	Cedar Rapids	IA	32	M	1:24	
7		Rich Heilman	Lakeville	MN	33	M	1:25	
8		Adam King	Madison	WI	20	M	1:26	
9		Jeffrey Tuohino	Cedar Rapids	IA	39	M	1:27	
10		Mark Carey	Mission	KS	28	M	1:27	

TOP 10 RUN

TOT	PLC NAME	CITY	ST	AGE	S	RUN	time	pace
1	Jeffrey Zematis	Libertyville	IL	24	M	1:19:41	6:05	
2	Mark Carey	Mission	KS	28	M	1:20:48	6:11	
3	Peter Ohotnicky	Jacksonville	AR	29	M	1:21:39	6:14	
4	Jose Robles	Glenview	IL	32	M	1:23:43	6:24	
5	Rich Heilman	Lakeville	MN	33	M	1:24:28	6:27	
6	Dave Dixon	Sioux City	IA	29	M	1:24:53	6:29	
7	Darren Wipf	Leawood	KS	28	M	1:25:06	6:30	
8	Kevin Miller	Wayland	MI	33	M	1:25:11	6:31	
9	Scott Myers	Crystal	MN	24	M	1:25:56	6:34	
10	Paul Fitzpatrick	Carbondale	IL	22	M	1:26:50	6:38	

MALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		time	plc	time		mph	time		plc	pace
1 Jeff Stone	Boone	IA	16	M	1	30:06	1:26	2:19	1	2:37:03	21.4	3:12	1	2:01:11	9:16	5:13:49
2 Eric Travagiakis	Cedar Rapids	IA	17	M	2	34:35	1:39	3:48	2	3:01:17	18.5	2:18	2	2:16:58	10:28	5:58:55

MALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		time	plc	time		mph	time		plc	pace
1 Adam Lane	Ames	IA	19	M	1	30:55	1:28	3:08	1	2:52:49	19.4	3:01	1	1:43:35	7:55	5:13:27
2 Park Paige	Peoria	IL	19	M	2	37:16	1:46	4:54	2	3:22:11	16.6	2:38	2	2:28:24	11:20	6:35:21

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		time	plc	time		mph	time		plc	pace
1 Andrea Lauterbach	Crystal	MN	23	F	1	36:53	1:45	1:48	1	2:57:17	19.0	1:48	1	1:45:08	8:02	5:22:53
2 Kerry Dwinell	Madison	WI	23	F	3	38:11	1:49	2:51	2	3:03:49	18.3	1:49	2	1:58:05	9:01	5:44:43
3 Kelly Unger	Annandale	MN	20	F	2	37:53	1:48	3:54	5	3:30:05	16.0	4:10	3	1:58:28	9:03	6:14:29
4 Kimberly Cullen	Green Bay	WI	24	F	5	39:00	1:51	4:43	4	3:29:05	16.1	6:46	4	2:29:42	11:26	6:49:14

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		time	plc	time		mph	time		plc	pace
1 Scott Myers	Crystal	MN	24	M	2	28:54	1:23	1:36	2	2:32:40	22.0	1:46	1	1:25:56	6:34	4:30:50
2 Andrew Hutchison	Runnells	IA	20	M	7	30:51	1:28	2:58	1	2:29:03	22.5	2:15	6	1:35:42	7:19	4:40:47
3 Jason Kurian	Shorewood	WI	24	M	9	33:09	1:35	2:21	3	2:36:00	21.5	1:56	5	1:32:40	7:05	4:46:04
4 Matthew Geary	Kansas City	MO	23	M	8	31:01	1:29	2:12	6	2:41:15	20.8	2:08	4	1:30:17	6:54	4:46:51
5 Gerald Kubiak	Omaha	IA	24	M	4	29:55	1:25	2:19	13	2:50:25	19.7	1:53	2	1:28:04	6:44	4:52:34
6 Aaron Christiansen	St. Louis	MO	22	M	16	39:05	1:52	2:57	9	2:43:50	20.5	1:51	3	1:29:24	6:50	4:57:06
7 Thomas Bick II	Valley Park	MO	24	M	1	27:32	1:19	3:35	4	2:39:33	21.1	1:46	11	1:45:06	8:02	4:57:30
8 Bryan Holland	Cedar Rapids	IA	20	M	3	29:27	1:24	2:44	8	2:43:02	20.6	2:11	10	1:43:03	7:52	5:00:25
9 Adam King	Madison	WI	20	M	5	30:17	1:26	1:58	5	2:40:25	20.9	1:26	13	1:47:36	8:13	5:01:38
10 Nick White	Des Moines	IA	20	M	11	34:07	1:37	2:40	14	2:51:39	19.6	2:05	7	1:36:10	7:21	5:06:40
11 John Burkle	Iowa City	IA	24	M	6	30:28	1:27	3:13	10	2:46:29	20.2	2:32	12	1:45:10	8:02	5:07:50
12 David Jones	West Lafayette	IN	22	M	18	39:43	1:53	4:54	7	2:42:32	20.7	2:12	9	1:40:13	7:39	5:09:32
13 Kell Schoff	Madison	WI	23	M	12	36:11	1:43	3:33	18	2:58:39	18.8	2:38	8	1:37:01	7:25	5:18:00
14 Jason Tischer	St. Paul	MN	24	M	14	37:33	1:47	2:42	11	2:48:56	19.9	2:14	14	1:47:52	8:15	5:19:15
15 David Milia	Madison	WI	21	M	13	37:06	1:46	3:07	16	2:54:13	19.3	2:46	18	2:06:34	9:40	5:43:45
16 Bill Anders	Dearborn Hgts	MI	24	M	17	39:17	1:52	2:20	15	2:54:03	19.3	5:13	16	2:05:19	9:34	5:46:09
17 Niall MacMenamin	Minneapolis	MN	24	M	15	38:16	1:49	5:17	19	3:09:32	17.7	6:50	15	1:52:43	8:37	5:52:36
18 Ruan Lash	Leonard Town	MD	21	M	20	44:02	2:06	3:15	12	2:49:54	19.8	3:55	19	2:21:59	10:51	6:03:03
19 William Soderquist	St. Ann	MO	24	M	21	46:30	2:13	3:45	17	2:55:39	19.1	4:02	20	2:26:48	11:13	6:16:41
20 Charles Peterson	St. Paul	MN	24	M	19	41:37	1:59	4:22	20	3:20:20	16.8	5:28	17	2:06:24	9:39	6:18:10
21 Brad Isom	Jonesboro	IL	20	M	10	34:00	1:37	4:39	21	3:20:24	16.8	3:46	21	2:35:24	11:52	6:38:11

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		time	plc	time		mph	time		plc	pace
1 Allie Lawler	Omaha	NE	29	F	5	32:50	1:34	2:41	1	2:40:47	20.9	1:38	2	1:41:48	7:47	4:59:41
2 Jennifer Harrison	Streamwood	IL	28	F	1	30:53	1:28	2:22	3	2:48:29	19.9	2:15	4	1:44:58	8:01	5:08:54
3 Amy Baumler	Forest Lake	MN	28	F	6	34:20	1:38	2:37	5	2:59:22	18.7	1:48	5	1:45:33	8:04	5:23:39
4 Trina Novak	Minnetonka	MN	29	F	2	31:26	1:30	3:16	7	2:59:49	18.7	4:43	6	1:48:16	8:16	5:27:29
5 Angelina Salerno	Chicago	IL	25	F	14	43:37	2:04	2:33	8	3:02:40	18.4	2:50	1	1:35:52	7:20	5:27:29
6 Roxy Kazemzadeh	Chicago	IL	26	F	3	31:28	1:30	2:36	6	2:59:38	18.7	3:23	7	1:51:21	8:30	5:28:23
7 Susanne McCannon	Chicago	IL	27	F	10	39:01	1:51	4:13	2	2:48:22	20.0	2:26	8	1:54:39	8:46	5:28:38
8 Laurie Ott	St. Louis	MO	26	F	7	34:35	1:39	3:15	4	2:53:40	19.3	2:05	12	2:03:23	9:26	5:36:55
9 Melissa Reese	New Holstein	WI	26	F	8	35:21	1:41	2:45	11	3:12:55	17.4	2:20	3	1:44:17	7:58	5:37:35
10 Blanca Robles	Glenview	IL	27	F	4	32:35	1:33	3:38	10	3:08:39	17.8	3:00	10	2:02:18	9:21	5:50:07
11 Sarah Johnson	Chicago	IL	28	F	9	38:34	1:50	3:34	9	3:04:05	18.3	4:36	9	2:01:51	9:19	5:52:38
12 Cindy Moschella	Toddville	IA	27	F	12	40:41	1:56	4:17	12	3:19:12	16.9	4:53	13	2:08:24	9:49	6:17:25
13 Dana Rothschild	Chicago	IL	27	F	13	42:32	2:01	5:52	14	3:26:54	16.2	4:57	11	2:02:45	9:23	6:22:58
14 Rochelle Mulqueen	Milwaukee	WI	28	F	11	39:25	1:52	4:19	13	3:26:27	16.3	3:02	14	2:10:19	9:57	6:23:30
15 Maria Jaquint	Naperville	IL	29	F	15	45:00	2:08	3:56	15	3:35:38	15.6	6:15	15	2:41:07	12:18	7:11:53

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		time	plc	time		mph	time		plc	pace
1 Jerome Harrison	Streamwood	IL	25	M	6	30:09	1:26	2:27	1	2:25:39	23.1	1:13	8	1:37:05	7:25	4:36:31
2 Barry Breffle	Marion	IA	28	M	3	28:52	1:22	1:47	3	2:29:54	22.4	1:22	5	1:34:44	7:14	4:36:37
3 Matthew Zinno	Des Moines	IA	27	M	5	30:01	1:26	2:16	6	2:35:58	21.5	1:36	2	1:27:54	6:43	4:37:43
4 Brian Woodard	Chicago	IL	28	M	22	35:02	1:40	2:47	2	2:26:41	22.9	2:35	4	1:32:47	7:05	4:39:50
5 Jim Bartholomew	South Bend	IN	29	M	1	26:51	1:17	1:46	10	2:39:19	21.1	1:34	10	1:38:14	7:30	4:47:41
6 Eric Lanners	St. Paul	MN	26	M	19	34:36	1:39	3:14	15	2:43:10	20.6	2:06	3	1:29:02	6:48	4:52:06
7 Shawn Kneevers	West Bend	WI	27	M	15	33:00	1:34	1:50	5	2:35:37	21.6	1:31	19	1:43:24	7:54	4:55:21
8 David Plaut	Minneapolis	MN	26	M	36	39:45	1:53	2:26	4	2:32:57	22.0	1:55	12	1:39:15	7:35	4:56:17
9 Donald Locke	Milwaukee	WI	27	M	10	31:42	1:31	4:09	13	2:40:49	20.9	3:10	9	1:37:21	7:26	4:57:09

10 Erik Kaitala	Minneapolis	MN	27	M	12	31:52	1:31	3:18	16	2:43:15	20.6	2:35	7	1:36:47	7:24	4:57:46
11 Shadd Smith	Prairie Villag	KS	27	M	17	34:05	1:37	2:28	8	2:38:51	21.2	2:47	15	1:41:44	7:46	4:59:53
12 Brook Peterson	Swisher	IA	29	M	14	32:45	1:33	2:08	12	2:40:12	21.0	1:56	20	1:43:49	7:56	5:00:48
13 Casey Kindig	Manhattan	KS	28	M	23	35:41	1:42	2:24	17	2:43:47	20.5	1:55	11	1:38:48	7:33	5:02:32
14 Dave Dixon	Sioux City	IA	29	M	9	31:11	1:29	3:10	29	3:01:02	18.6	3:04	1	1:24:53	6:29	5:03:18
15 Pete Moran	Minneapolis	MN	29	M	16	33:46	1:36	2:18	7	2:37:18	21.4	1:47	23	1:48:23	8:17	5:03:30
16 Chris Godat	Columbia	MO	27	M	11	31:48	1:31					2:49	18	1:43:08	7:53	5:07:29
17 David Martindale	Burlington	IA	28	M	32	39:21	1:52	2:47	21	2:47:52	20.0	1:51	6	1:36:05	7:21	5:07:54
18 Tim Hieber	Huntley	IL	27	M	4	29:37	1:25	2:14	19	2:44:34	20.4	2:20	26	1:52:43	8:37	5:11:25
19 Shane Bortscheller	Memphis	TN	29	M	34	39:32	1:53	2:34	20	2:46:45	20.2	2:22	21	1:44:41	8:00	5:15:52
20 Rick Flayter	Milwaukee	WI	28	M	21	34:57	1:40	3:36	14	2:42:05	20.7	3:11	25	1:52:26	8:35	5:16:14
21 Daniel Barker	Ames	IA	27	M	31	38:55	1:51	2:37	24	2:53:06	19.4	2:24	16	1:42:18	7:49	5:19:18
22 Brad Addink	Madison	WI	28	M	25	36:24	1:44	2:05	11	2:39:24	21.1	1:47	34	2:01:54	9:19	5:21:32
23 Kelly Sather	Chicago	IL	28	M	30	38:27	1:50	6:07	25	2:54:31	19.3	5:01	13	1:39:46	7:37	5:23:50
24 Troy Van Dyke	Westmont	IL	28	M	26	36:43	1:45	7:43	27	2:56:36	19.0	5:18	14	1:40:40	7:42	5:26:58
25 Robert Huffman	Iowa City	IA	29	M	29	38:03	1:49	2:38	9	2:39:12	21.1	1:19	35	2:06:06	9:38	5:27:16
26 John Simpson	Glencoe	IL	25	M	7	30:11	1:26	3:22	30	3:02:42	18.4	3:30	24	1:50:19	8:26	5:30:03
27 Mark Wall	Waterloo	IA	25	M	38	40:36	1:56	2:55	31	3:03:14	18.3	1:50	17	1:42:59	7:52	5:31:34
28 Darren Hartman	Peoria	IL	26	M	8	30:27	1:27	3:25	26	2:55:26	19.2	2:12	33	2:00:35	9:13	5:32:04
29 Joseph Froehlich	Cedar Rapids	IA	25	M	33	39:26	1:53	4:00	23	2:51:59	19.5	2:55	30	1:58:10	9:02	5:36:29
30 Todd Ehler	Omaha	NE	28	M	35	39:41	1:53	5:47	28	2:58:01	18.9	4:10	27	1:53:49	8:42	5:41:25
31 Keith Jeneski	Mt. Prospect	IL	28	M	27	36:57	1:45	1:44	37	3:06:09	18.1	3:23	28	1:54:50	8:46	5:43:00
32 Darren Pearson	St. Louis Park	MN	28	M	13	32:41	1:33	5:47	38	3:07:05	18.0	4:24	29	1:55:59	8:52	5:45:55
33 Robert Gould	Lenexa	KS	25	M	41	46:33	2:13	4:06	36	3:06:00	18.1	4:01	22	1:45:23	8:03	5:46:01
34 Kevin Hill	Minneapolis	MN	29	M	20	34:40	1:39	4:17	34	3:04:49	18.2	5:29	32	1:58:58	9:05	5:48:12
35 Chris Miller	Edwardsville	KS	26	M	28	37:14	1:46	4:46	35	3:05:35	18.1	3:42	31	1:58:19	9:02	5:49:35
36 Ched Leeder	Homewood	IL	27	M	40	42:48	2:02	4:58	22	2:49:37	19.8	3:18	37	2:14:21	10:16	5:54:59
37 Russ Hendricksen	Chicago	IL	29	M	37	39:50	1:54	3:46	32	3:03:45	18.3	3:59	36	2:09:18	9:53	6:00:35
38 Matthew Brown	Iowa City	IA	29	M	45	48:46	2:19	3:41	40	3:15:05	17.2					6:11:53
39 Paul Wolf	Moline	IL	25	M	42	47:35	2:16	4:07	39	3:07:55	17.9	2:53	38	2:18:35	10:35	6:21:02
40 Howard Bruss	Worthington	OH	28	M	39	41:05	1:57	5:33	33	3:04:39	18.2	3:08	41	2:34:11	11:47	6:28:34
41 Michael Kambesis	Schaumburg	IL	27	M	46	61:23	2:55	6:37	41	3:21:08	16.7	6:34	39	2:20:55	10:46	6:56:35
42 Jeffrey Swanson	Lino Lakes	MN	27	M	44	48:05	2:17	4:19	42	3:49:14	14.7	3:24	40	2:30:53	11:32	7:15:54
43 Phillip Martin	Kirksville	MO	27	M	43	47:56	2:17	7:11	43	3:49:43	14.6	6:49	42	2:54:05	13:18	7:45:42

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Rae Hartung	Altoona	IA	31	F	1	28:41	1:22	2:13	4	2:46:54	20.1	1:33	1	1:37:52	7:29	4:57:10
2 Julie Deardorff	Chicago	IL	32	F	3	30:43	1:28	2:44	2	2:39:16	21.1	2:01	3	1:42:53	7:52	4:57:36
3 Tasha Sween	Minneapolis	MN	30	F	5	32:21	1:32	2:04	1	2:37:10	21.4	1:37	6	1:50:32	8:27	5:03:43
4 Tracy Peck	Columbus	OH	32	F	2	30:04	1:26	2:29	6	2:53:36	19.4	1:57	2	1:42:32	7:50	5:10:36
5 Mellanie Pusateri	Minneapolis	MN	31	F	6	34:44	1:39	2:53	3	2:46:06	20.2	2:28	4	1:46:20	8:08	5:12:30
6 Lynette Bacon	N. Mankato	MN	31	F	4	31:04	1:29	2:50	7	2:58:24	18.8	1:32	7	1:51:31	8:31	5:25:19
7 JP Palmer	Columbia	MO	34	F	14	42:11	2:00	2:39	5	2:47:48	20.0	1:54	9	1:56:09	8:52	5:30:40
8 Tracey Williams	Chicago	IL	30	F	7	36:05	1:43	4:22	10	3:05:24	18.1	3:15	5	1:49:05	8:20	5:38:09
9 Thais Bulger	Long Beach	IN	30	F	11	40:33	1:56	1:41	9	3:04:31	18.2	2:07	10	1:56:40	8:55	5:45:32
10 Barbie Anderson	Manhattan	KS	32	F	8	36:12	1:43	3:04	12	3:08:35	17.8	4:30	11	1:57:33	8:59	5:49:51
11 Tina Naaktgeboren	Cedar Rapids	IA	30	F	10	39:22	1:52	3:43	11	3:06:19	18.0	2:35	15	2:01:36	9:17	5:53:33
12 Katrina Grabowski	Chicago	IL	33	F	17	44:17	2:06	3:31	8	3:00:20	18.6	3:46	18	2:05:11	9:34	5:57:03
13 Deborah Battaglia	Ann Arbor	MI	31	F	12	41:45	1:59	4:44	14	3:15:31	17.2	4:46	8	1:54:09	8:43	6:00:53
14 Lynn Bebeau	Minneapolis	MN	32	F	9	36:53	1:45	2:29	15	3:21:01	16.7	2:33	16	2:02:26	9:21	6:05:21
15 Janelle Nitchals	Waterloo	NE	32	F	15	44:00	2:05	4:36	13	3:13:43	17.3	2:57	17	2:04:44	9:32	6:09:58
16 Lisa Zang	Chicago	IL	34	F	13	42:11	2:00	2:32	16	3:25:04	16.4	5:39	12	1:57:59	9:01	6:13:23
17 Mary Witzel	LaGrange	IL	33	F	18	45:17	2:09	2:48	18	3:30:45	15.9	2:29	14	2:01:25	9:17	6:22:42
18 Leesa Weichert	Chicago	IL	32	F	16	44:03	2:06	6:38	17	3:28:05	16.1	4:45	13	1:59:14	9:07	6:22:44

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Lorán Storts	Urbandale	IA	34	M	10	32:30	1:33	2:14	2	2:28:09	22.7	1:54	4	1:29:35	6:51	4:34:20
2 Brad Kampschroeder	Naperville	IL	32	M	2	28:10	1:20	2:17	3	2:28:29	22.6	2:07	12	1:35:54	7:20	4:36:54
3 Jeff Hovinga	Mason City	IA	34	M	24	34:42	1:39	2:03	1	2:27:44	22.7	2:03	5	1:30:40	6:56	4:37:10
4 Sean Londergan	St Paul	MN	33	M	3	28:32	1:22	2:54	7	2:36:44	21.4	2:12	6	1:31:16	6:58	4:41:36
5 Jim Bey	Plainfield	IL	33	M	1	25:35	1:13	1:48	6	2:34:28	21.8	1:37	14	1:38:23	7:31	4:41:48
6 Kenn Seibel	Sioux Falls	SD	34	M	21	34:35	1:39	2:59	4	2:30:17	22.4	2:00	9	1:33:02	7:07	4:42:52
7 Kevin Miller	Wayland	MI	33	M	25	34:44	1:39	2:04	13	2:40:01	21.0	2:05	2	1:25:11	6:31	4:44:04
8 Jeff Ralston	Loves Park	IL	31	M	13	32:52	1:34	2:27	8	2:36:51	21.4	1:42	8	1:31:50	7:01	4:45:39
9 Jose Robles	Glenview	IL	32	M	29	37:32	1:47	2:50	11	2:39:14	21.1	2:23	1	1:23:43	6:24	4:45:40
10 Brian Schubring	Minneapolis	MN	32	M	5	29:03	1:23	2:17	9	2:37:26	21.3	3:30	10	1:34:13	7:12	4:46:27
11 James Kearns	Crystal Lake	IL	32	M					5	2:33:58	21.8	1:53	11	1:35:49	7:19	4:48:38
12 Alejandro Munoz	Madison	WI	34	M	30	37:51	1:48	3:03	14	2:40:54	20.9	1:45	3	1:27:52	6:43	4:51:23
13 Michael Stec	Oakpark	IL	33	M	15	33:07	1:35	2:03	10	2:38:36	21.2	1:51	15	1:40:56	7:43	4:56:32
14 Christopher Farnum	Chicago	IL	32	M	4	28:37	1:22	2:21	26	2:53:16	19.4	2:08	7	1:31:20	6:59	4:57:40
15 William Tankovich	Columbus	OH	32	M	11	32:32	1:33	2:49	16	2:44:56	20.4	1:41	16	1:43:23	7:54	5:05:19
16 Joseph Albert	Plainfield	IL	33	M	20	34:33	1:39	2:45	17	2:46:12	20.2					5:09:33
17 Steve Younker	Mason City	IA	34	M	18	34:22	1:38	4:27	22	2:51:29	19.6	3:02	13	1:38:01	7:29	5:11:17
18 John Terpinas	Chicago	IL	33	M	32	38:52	1:51	3:53	12	2:39:41	21.0	5:00	18	1:50:04	8:25	5:17:27
19 Bryan Tatum	Chicago	IL	31	M	8	31:08	1:29	3:13	21	2:51:17	19.6	2:29	22	1:52:02	8:34	5:20:08
20 Chris O'Hara	Cedar Rapids	IA	30	M	7	30:20	1:27	3:05	15	2:42:57	20.6	3:39	31	2:04:33	9:31	5:24:32
21 Scott Smith	Minnnetonka	MN	33	M	17	33:41	1:36	2:22	18	2:46:15	20.2	2:18	29	2:01:37	9:17	5:26:10
22 Steve Granberg	St. Louis	MO	33	M	22	34:38	1:39	4:08	28	2:54:04	19.3	3:22	19	1:50:59	8:29	5:27:09
23 Kyle Graham	Chicago	IL	30	M	14	33:01	1:34	2:17	33	2:58:30	18.8	2:39	20	1:51:24	8:31	5:27:49
24 Dave Free	Chicago	IL	30	M	12	32:42	1:33	5:34	19	2:49:53	19.8	3:40	27	1:56:37	8:55	5:28:23
25 Alex Weston	Lawrence	KS	34	M	44	42:16	2:01	2:49	30	2:54:54	19.2	2:09	24	1:52:59	8:38	5:35:05
26 John Hoffman	Crystal Lake	IL	34	M	37	40:08	1:54	3:00	27	2:53:40	19.3	2:47	26	1:56:14	8:53	5:35:47
27 John Beintum	Chicago	IL	30	M	16	33:38	1:36	5:28								

29	Tyler Dunker	West Des Moines	IA	34	M	27	37:05	1:46	4:36	29	2:54:20	19.3	6:03	28	1:56:51	8:56	5:38:53
30	Allen Roscoe	Buffalo Grove	IL	32	M	42	41:25	1:58	4:53	25	2:52:51	19.4	4:22	25	1:55:55	8:51	5:39:24
31	John Gilmore	St. Louis	MO	33	M	35	39:43	1:53	6:07	36	3:00:13	18.6	3:18	21	1:51:59	8:33	5:41:17
32	Todd Bergman	Ames	IA	34	M	41	41:12	1:58	5:14	20	2:50:47	19.7	3:18	34	2:06:10	9:38	5:46:39
33	Dan Murphy	Lees Summit	MO	33	M	26	37:04	1:46	4:53	24	2:51:40	19.6	2:59	42	2:13:10	10:10	5:49:44
34	Todd Erickson	Moorhead	MN	33	M	47	44:06	2:06	4:23	32	2:55:23	19.2	2:16	35	2:06:31	9:40	5:52:37
35	Jeffrey Tupper	Maplewood	MN	33	M	45	42:51	2:02	5:48	48	3:17:07	17.0	2:38	17	1:47:31	8:13	5:55:53
36	Lance Jergensen	Fort Collins	CO	31	M	23	34:40	1:39	7:19	39	3:04:22	18.2	4:34	33	2:05:50	9:37	5:56:42
37	Patrick Wook	Lisle	IL	30	M	19	34:26	1:38	3:13	31	2:55:22	19.2	2:55	46	2:20:57	10:46	5:56:50
38	Eric Moschella	Toddville	IA	32	M	38	40:21	1:55	3:15	37	3:00:54	18.6	4:31	37	2:07:53	9:46	5:56:52
39	Timothy Urquhart	Chicago	IL	33	M	39	40:53	1:57	3:49	38	3:03:39	18.3	3:17	36	2:06:50	9:41	5:58:26
40	Robert Vilorita	Lawrence	KS	30	M	6	30:19	1:27	2:37	45	3:14:25	17.3	3:13	39	2:09:38	9:54	6:00:10
41	Rich Balsley	Ames	IA	32	M	43	41:46	1:59	3:36	42	3:07:06	18.0	1:35	38	2:08:40	9:50	6:02:42
42	Allen Overturf	Minnetonka	MN	31	M	33	39:17	1:52	3:31	44	3:11:40	17.5	4:32	32	2:05:12	9:34	6:04:10
43	Ladd Doane	Kentwood	MI	30	M	48	44:22	2:07	4:56	35	2:59:32	18.7	7:49	41	2:12:44	10:08	6:09:22
44	Richard King	Cleveland Hts	OH	31	M	34	39:42	1:53	5:05	43	3:07:54	17.9	5:19	44	2:17:30	10:30	6:15:28
45	Edward Benford	Chicago	IL	31	M	40	41:07	1:57	7:05	46	3:14:32	17.3	4:54	40	2:09:57	9:56	6:17:33
46	Mark Hallberg	St. Paul	MN	31	M	28	37:18	1:46	6:42	40	3:05:08	18.2	3:47	47	2:25:34	11:07	6:18:26
47	Doug White	Elizabethtown	KY	34	M	36	40:06	1:54	7:12	47	3:15:54	17.2	4:44	43	2:16:56	10:28	6:24:50
48	Scott Dekok	Sheldon	IA	32	M	50	54:04	2:34					3:48	45	2:20:47	10:45	6:32:07
49	Kelly Kerns	Lees Summit	MO	30	M	49	46:32	2:13	7:14	49	3:18:30	16.9	8:16	48	3:02:15	13:55	7:22:45

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Laura Lowe	Iowa City	IA	38	F	4	34:20	1:38	2:55	2	2:47:18	20.1	2:07	1	1:45:40	8:04	5:12:19
2	Kathleen Kent	Naperville	IL	36	F	1	29:15	1:24	2:34	3	2:49:43	19.8	3:33	4	1:53:33	8:41	5:18:35
3	Helen Redmond	Grinnell	IA	35	F	6	38:26	1:50	4:38	4	2:51:53	19.6	3:10	2	1:47:35	8:13	5:25:39
4	Stacy Abernathy	Columbus	OH	35	F	10	42:41	2:02	3:26	1	2:44:48	20.4	2:27	5	1:54:23	8:44	5:27:43
5	Pat Ruff	Chicago	IL	38	F	3	31:20	1:29	3:01	5	2:53:32	19.4	2:35	10	2:05:39	9:36	5:36:05
6	Michelle Stout	Ankeny	IA	39	F	2	30:31	1:27	3:00	6	2:59:32	18.7	2:32	8	2:01:43	9:18	5:37:16
7	Sue Cook	West Lafayette	IN	36	F	5	36:19	1:44	2:53	7	2:59:32	18.7	3:05	6	1:58:39	9:04	5:40:26
8	Susan Hoffman	Highland Park	IL	37	F	8	40:36	1:56	3:36	8	3:01:48	18.5	2:16	3	1:52:19	8:35	5:40:33
9	Teri Takehiro	Northfield	MN	37	F	7	40:00	1:54	3:24	9	3:09:34	17.7	2:38	7	1:59:30	9:08	5:55:05
10	Sharon Conlee	Dunlap	IL	37	F	9	41:12	1:58	5:43	10	3:11:37	17.5	3:31	9	2:04:31	9:31	6:06:31

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	David Lyon	Mankato	MN	37	M	8	29:13	1:23	2:54	1	2:28:31	22.6	2:29	2	1:28:20	6:45	4:31:25
2	Jeff Pazen	Chicago	IL	35	M	2	26:39	1:16	2:04	3	2:31:28	22.2	2:03	7	1:36:08	7:21	4:38:21
3	Jeffrey Tuohino	Cedar Rapids	IA	39	M	5	27:53	1:20	2:27	2	2:30:37	22.3	1:27	10	1:37:46	7:28	4:40:07
4	Tracy Anderson	Manhattan	KS	35	M	3	26:59	1:17	2:12	12	2:39:38	21.1	1:34	8	1:37:18	7:26	4:47:39
5	Dean Sprague	Chicago	IL	36	M	15	32:21	1:32	4:55	17	2:42:59	20.6	1:42	1	1:27:39	6:42	4:49:34
6	Ty Buss	Waterloo	NE	36	M	13	31:37	1:30	2:27	7	2:35:51	21.6	2:05	12	1:38:09	7:30	4:50:07
7	John Maynard	Kansas City	MO	36	M	7	28:37	1:22	3:13	20	2:43:53	20.5	1:54	4	1:33:19	7:08	4:50:53
8	Bob Brooker	Cedar Rapids	IA	36	M	10	29:44	1:25	2:24	6	2:35:30	21.6	2:01	26	1:45:40	8:04	4:55:17
9	Ron Gillen	Decatur	IL	39	M	29	35:59	1:43	2:34	13	2:39:50	21.0	2:07	5	1:35:15	7:17	4:55:43
10	Steve Stover	West Point	IA	37	M	4	27:51	1:20	3:03	11	2:38:03	21.3	2:18	24	1:45:02	8:02	4:56:15
11	Mark Ackermann	Ankeny	IA	38	M	20	33:18	1:35	2:21	10	2:37:31	21.3	1:55	17	1:41:59	7:48	4:57:03
12	Stephen Walker	Sherwood	MI	39	M	19	32:49	1:34	2:49	18	2:43:07	20.6	3:43	6	1:35:58	7:20	4:58:23
13	Hubie Krawczyk	Cudahy	WI	37	M	33	37:21	1:47	3:11	5	2:33:33	21.9	2:20	22	1:44:18	7:58	5:00:41
14	Kevin Grafft	Chanhassen	MN	38	M	16	32:23	1:32	2:30	15	2:42:04	20.7	2:32	18	1:42:36	7:50	5:02:02
15	Paul Riehemann	Middleton	WI	36	M	9	29:39	1:25	5:55	4	2:32:14	22.1	2:11	36	1:54:08	8:43	5:04:05
16	Thomas Faulkner	Plano	TX	38	M	30	36:05	1:43	3:07	23	2:46:02	20.2	2:26	9	1:37:27	7:27	5:05:04
17	Steve Katz	Morton Grove	IL	35	M	27	35:44	1:42	2:46	24	2:47:16	20.1	1:57	11	1:38:00	7:29	5:05:42
18	Tim Ilten	Cedar Rapids	IA	37	M	11	30:59	1:29	3:32	21	2:43:57	20.5	2:26	25	1:45:06	8:02	5:05:58
19	Tim Waters	Park Forest	IL	38	M	35	37:35	1:47	5:36	19	2:43:14	20.6	4:08	14	1:39:26	7:36	5:09:57
20	James Lebuhn	Arlington Hts.	IL	39	M	48	41:31	1:58	2:53	14	2:40:07	21.0	4:38	16	1:41:26	7:45	5:10:32
21	Keith Owens	St. Louis	MO	37	M	38	38:04	1:49	2:50	29	2:49:17	19.9	2:02	13	1:39:21	7:36	5:11:32
22	Dave Erickson	Burnsville	MN	38	M	49	41:55	2:00	5:37	27	2:49:06	19.9	3:44	3	1:31:37	7:00	5:11:56
23	Jeff Haidu	Chicago	IL	36	M	40	38:28	1:50	2:38	9	2:37:15	21.4	2:19	32	1:52:01	8:33	5:12:40
24	Bob Olszewski	Chicago	IL	36	M	18	32:43	1:33	4:14	34	2:52:37	19.5	2:06	23	1:44:31	7:59	5:16:10
25	Tod Holdorf	Columbia	MO	36	M	42	38:54	1:51	4:10	28	2:49:10	19.9	2:29	20	1:42:46	7:51	5:17:26
26	Larry Grenvik	Peoria	IL	37	M	17	32:28	1:33	4:00	32	2:51:36	19.6	2:06	29	1:48:32	8:18	5:18:41
27	William Jermann	St. Louis	MO	35	M	6	27:59	1:20	3:41	45	2:58:30	18.8	5:51	21	1:43:04	7:53	5:19:03
28	Dwayne Miller	Columbia	MO	38	M	12	31:16	1:29	3:55	33	2:51:41	19.6	3:38	30	1:50:53	8:28	5:21:20
29	Don Romig	Clive	IA	35	M	47	40:30	1:56	2:58	38	2:53:48	19.3	2:18	19	1:42:37	7:50	5:22:09
30	Daniel DeBehnke	Menomonee Fall	WI	39	M	22	34:01	1:37	2:43	35	2:52:39	19.5	2:18	34	1:53:02	8:38	5:24:41
31	Doug Bintzler	Cincinnati	OH	36	M	34	37:26	1:47	3:28	26	2:48:50	19.9					5:25:33
32	Mark Landes	Warsaw	IN	35	M	57	47:00	2:14	3:23	39	2:53:57	19.3	3:02	15	1:41:22	7:45	5:28:42
33	Gary Love	West Des Moines	IA	35	M	52	43:11	2:03	3:08	30	2:49:45	19.8	1:46	31	1:51:25	8:31	5:30:04
34	Bob Sauer	Hendersonville	TN	35	M	24	34:44	1:39	2:24	40	2:55:31	19.1	3:51	41	1:56:55	8:56	5:31:18
35	Bob Watson	Ames	IA	39	M	28	35:51	1:42	5:05	36	2:52:41	19.5	3:48	37	1:55:57	8:52	5:33:23
36	Brian Lavelle	Wildwood	MO	37	M	44	39:52	1:54	3:21	22	2:45:52	20.3	3:48	44	2:01:09	9:15	5:33:59
37	Kevin McCluskey	Fairway	KS	38	M	14	31:57	1:31	4:56	43	2:57:52	18.9	4:44	38	1:56:04	8:52	5:35:31
38	Kyle Harfst	Carbondale	IL	37	M	21	33:28	1:36	3:11	31	2:50:57	19.7	2:52	48	2:05:26	9:35	5:35:52
39	Russell Barker	Lincoln	NE	38	M	41	38:45	1:51	3:35	25	2:47:55	20.0	2:09	47	2:04:13	9:29	5:36:36
40	Rick Schroeder	Manhattan	KS	35	M	39	38:06	1:49	3:11	37	2:53:40	19.3	1:55	46	2:02:17	9:21	5:39:07
41	M Chris Decker	Wauwatosa	WI	35	M	25	34:45	1:39	3:57	47	2:59:59	18.7	4:01	40	1:56:52	8:56	5:39:32
42	Chuck Niels	Minneapolis	MN	38	M	36	37:54	1:48	3:26	41	2:56:47	19.0	1:51	43	2:00:53	9:14	5:40:50
43	Michael Shumway	West Des Moines	IA	38	M	46	40:30	1:56	5:45	51	3:04:51	18.2	4:54	28	1:47:55	8:15	5:43:53
44	Joseph Graber	Marion	SD	36	M	23	34:21	1:38	4:00	48	3:00:11	18.6	5:38	45	2:01:14	9:16	5:45:23
45	Eric Knudson	St. Louis Park	MN	35	M	50	42:27	2:01	5:29								

49 Paul Mueller	St Paul	MN	37 M	31 37:11	1:46	8:19	46 2:59:19	18.7	5:10	49 2:05:51	9:37	5:55:47
50 Tom Moretti	Ankeny	IA	35 M	51 42:43	2:02	4:13	49 3:00:56	18.6	4:43	51 2:07:12	9:43	5:59:45
51 Rob Hansen	Omaha	NE	39 M	37 37:59	1:48	11:18	44 2:58:19	18.8	8:03	50 2:05:57	9:37	6:01:33
52 Philip McGee	Rochester Hill	MI	37 M	32 37:14	1:46	7:03	56 3:15:33	17.2	7:32	39 1:56:35	8:54	6:03:56
53 John Mora	Plainfield	IL	35 M	55 46:05	2:11	6:26	55 3:13:43	17.3	3:44	52 2:07:49	9:46	6:17:46
54 Stephen Joyce	Buffalo Grove	IL	39 M	43 39:04	1:51	6:47	52 3:05:32	18.1	6:48	54 2:31:32	11:34	6:29:40
55 Kent Jackson	Shawnee	KS	36 M	45 40:01	1:54	6:13	57 3:27:50	16.2	5:30	53 2:26:21	11:11	6:45:53
56 Barry McGee	Indianola	IA	39 M	58 53:56	2:34	3:54	58 3:50:37	14.6	7:17	55 2:50:39	13:02	7:46:22

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		yds	time	plc		time	mph		time	plc
1 Jan Guenther	Orono	MN	40 F		1	30:33	1:27	2:27	1	2:33:27	21.9	1:15	1	1:34:27	7:13	4:42:06
2 Lauren Fithian	Minneapolis	MN	41 F		3	34:45	1:39	3:40	2	2:50:40	19.7	3:46	2	1:41:30	7:45	5:14:19
3 Elizabeth Rogers	Lake Forest	IL	41 F		5	38:57	1:51	3:56	4	2:59:01	18.8	3:31	4	1:50:22	8:26	5:35:45
4 K.D. Rex	Iowa City	IA	41 F		2	33:00	1:34	3:10	3	2:57:48	18.9	5:53	5	1:56:59	8:56	5:36:48
5 Rosanne Hopson	Iowa City	IA	40 F		6	44:26	2:07	3:51	7	3:20:32	16.8	2:31	3	1:44:27	7:59	5:55:46
6 Polly Welp	Des Moines	IA	42 F		4	38:08	1:49	3:56	5	3:11:43	17.5	1:58	6	2:10:10	9:57	6:05:53
7 Chinda David	Lincoln	NE	43 F		7	52:28	2:30	5:21	6	3:15:41	17.2	3:36	7	2:22:07	10:51	6:39:10

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		yds	time	plc		time	mph		time	plc
1 John Lapehn	Granger	IN	42 M		10	33:36	1:36	2:30	6	2:39:38	21.1	2:07	1	1:27:49	6:43	4:45:38
2 James Kueffner	Omaha	NE	40 M		1	28:15	1:21	3:42	1	2:35:24	21.6	2:28	4	1:37:36	7:27	4:47:22
3 James Ross	Burnsville	MN	41 M		6	31:19	1:29	4:10	2	2:35:40	21.6	2:46	10	1:41:43	7:46	4:55:36
4 Robert Smrekar	Joliet	IL	41 M		4	30:31	1:27	2:29	8	2:43:03	20.6	1:34	11	1:42:02	7:48	4:59:36
5 Dave Thorn	O'Fallon	MO	40 M		9	33:08	1:35	2:59	3	2:35:55	21.6	2:02	15	1:45:59	8:06	5:00:01
6 Rick Edinger	Mendota Hgts	MN	43 M		5	31:12	1:29	2:31	13	2:45:00	20.4	2:03	8	1:41:06	7:43	5:01:50
7 Joseph-Jamie Monde	Columbia	MO	44 M		21	37:40	1:47	3:45	15	2:46:25	20.2	2:48	2	1:32:09	7:02	5:02:45
8 Vern Johnson	Keokuk	IA	42 M		13	35:17	1:41	2:33	10	2:43:37	20.5	1:54	6	1:39:44	7:37	5:03:03
9 John Irving	Loves Park	IL	40 M		18	37:07	1:46	3:31	21	2:50:05	19.8	2:45	3	1:32:53	7:06	5:06:19
10 C.J. Ong, Jr.	Kailua-Kona	HI	41 M		23	38:33	1:50	5:10	5	2:39:31	21.1	3:56	9	1:41:28	7:45	5:08:36
11 Ben Merriman	Minneapolis	MN	43 M		8	32:26	1:33	2:26	4	2:38:05	21.3	2:38	23	1:53:45	8:41	5:09:17
12 Eric Shanks	Lincoln	NE	41 M		3	30:25	1:27	2:28	11	2:44:44	20.4	4:03	18	1:48:05	8:15	5:09:42
13 Curt Rohig	Austin	MN	44 M		34	51:31	2:27	1:52	7	2:41:12	20.8	2:08	5	1:39:19	7:35	5:16:00
14 Steve Skora	Lake Zurich	IL	40 M		20	37:20	1:47	4:01	9	2:43:19	20.6	3:04	20	1:50:44	8:28	5:18:26
15 Stephen Smith	Peoria	IL	40 M		19	37:19	1:46	3:49	20	2:49:48	19.8	2:23	17	1:47:18	8:12	5:20:35
16 David Shanle	Sherman	IL	40 M		16	36:16	1:43	3:28	25	2:56:23	19.1	3:47	7	1:40:51	7:42	5:20:42
17 James Grace	St. Anne	IL	42 M		29	43:59	2:05	3:38	16	2:47:10	20.1	2:17	13	1:44:41	8:00	5:21:44
18 Doug Kennedy	Portage	IN	41 M		7	32:13	1:32	3:10	23	2:54:44	19.2	2:41	21	1:50:46	8:28	5:23:33
19 Kevin O'Neil	Barrington	IL	40 M		33	47:23	2:15	4:31	14	2:46:00	20.2	3:34	12	1:44:15	7:58	5:25:41
20 Alberto Delgado	Bloomington	IL	43 M		2	30:06	1:26	3:46	26	2:57:58	18.9	4:05	22	1:51:35	8:32	5:27:28
21 Dennis Noel	Rolla	MO	44 M		31	47:01	2:14	3:53	12	2:44:59	20.4	4:25	19	1:50:05	8:25	5:30:21
22 Brad Brunia	Huxley	IA	43 M		11	34:07	1:37	5:54	19	2:49:36	19.8	3:51	26	1:57:46	9:00	5:31:13
23 Jeffrey Mazer	Riverwoods	IL	40 M		27	39:33	1:53	3:40	22	2:51:52	19.6	3:10	25	1:56:17	8:53	5:34:30
24 Gary Saettele	Chesterfield	MO	44 M		25	39:03	1:51	4:08	28	3:03:30	18.3	2:32	14	1:45:58	8:06	5:35:09
25 Steve Cline	Burlington	IA	44 M		24	38:34	1:50	2:27	30	3:05:28	18.1	3:18	16	1:46:42	8:09	5:36:27
26 Tony Schmidt	Valparaiso	IN	42 M		12	34:13	1:38	2:23	17	2:48:07	20.0	3:10	30	2:08:53	9:51	5:36:45
27 Mark Mannebach	Sycamore	IL	43 M		14	35:50	1:42	3:33	18	2:48:54	19.9	3:59	31	2:12:31	10:07	5:44:45
28 Mike McClellan	Belleville	IL	40 M		15	36:06	1:43	4:17	27	2:58:41	18.8	4:40	29	2:05:52	9:37	5:49:34
29 Francois LaSalle	Chicago	IL	42 M		26	39:18	1:52	9:12	29	3:05:19	18.1	7:49	24	1:55:23	10:49	5:56:59
30 Michael Reyes	Glenview	IL	41 M		17	36:49	1:45	4:09	24	2:56:14	19.1	3:32	32	2:23:26	10:57	6:04:08
31 Michael Hook	Hiawatha	IA	41 M		22	38:14	1:49	4:46	32	3:19:12	16.9	3:41	27	2:01:07	9:15	6:06:58
32 Carl Tubbs	Stillwater	MN	41 M		30	44:25	2:07	5:14	31	3:07:57	17.9	4:38	28	2:05:19	9:34	6:07:31
33 Rick Carlson	Eden Prairie	MN	43 M		28	42:12	2:00	8:35	33	3:25:59	16.3	3:43	34	2:38:40	12:07	6:59:08
34 Dave Roberts	Shoreview	MN	41 M		32	47:05	2:14	3:46	34	3:53:53	14.4	5:48	33	2:29:46	11:26	7:20:15

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		yds	time	plc		time	mph		time	plc
1 Deborah Hankens	Cherokee	IA	48 F		2	35:46	1:42	3:06	1	2:48:10	20.0	2:29	2	2:15:15	10:20	5:44:44
2 Karen Judge	Wheaton	IL	47 F		3	38:00	1:48	3:27	4	3:09:23	17.7	3:21	1	1:59:01	9:06	5:53:10
3 Karen Standley-Kor	Grand Rapids	MI	46 F		1	35:39	1:42	3:23	2	3:01:40	18.5	2:37	3	2:18:34	10:35	6:01:51
4 Cherri Croghan	St. Louis	MO	46 F		4	46:17	2:12	3:49	3	3:07:18	17.9	3:07	4	2:35:16	11:52	6:35:44

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE			TRAN	RUN		TOTAL		
					plc	time		yds	time	plc		time	mph		time	plc
1 Nick Scott	Cedar Rapids	IA	47 M		4	31:14	1:29	2:02	5	2:41:07	20.9	1:33	1	1:33:30	7:09	4:49:24
2 Daniel Madsen	Woodstock	IL	47 M		5	32:18	1:32	2:37	1	2:26:29	22.9	1:49	7	1:49:01	8:20	4:52:12
3 Jim Rice	Wheaton	IL	46 M		6	32:52	1:34	3:39	2	2:34:20	21.8	2:59	3	1:42:57	7:52	4:56:44
4 Gary Geiger	Loves Park	IL	48 M		2	30:25	1:27	2:34	6	2:42:12	20.7	2:10	2	1:39:51	7:38	4:57:09
5 Mark Harris	Maplewood	MN	45 M		15	39:05	1:51	3:10	3	2:39:38	21.1	2:22	5	1:44:43	8:00	5:08:55
6 Dru Dixon	West Plains	MO	46 M		3	31:10	1:29	2:50	4	2:40:32	20.9	2:55	11	1:53:05	8:38	5:10:30
7 Stephen Smith	Leawood	KS	48 M		11	35:03	1:40	2:52	7	2:49:17	19.9	2:28	6	1:47:35	8:13	5:17:12
8 Chris Becker	Cedar Falls	IA	46 M		10	34:17	1:38	3:34	15	3:01:48	18.5	3:24	4	1:43:10	7:53	5:26:11
9 Steve Morgan	Faribault	MN	46 M		13	35:30	1:41	4:58	13	2:57:31	18.9	3:45	10	1:52:58	8:38	5:34:40
10 Terry Simmering	St Peters	MO	49 M		23	43:13	2:03	3:21	11	2:55:48	19.1	2:43	9	1:50:58	8:29	5:36:01
11 Pat Pepller	Barrington	IL	48 M		17	39:42	1:53	3:21	10	2:55:40	19.1	3:41	12	1:57:55	9:01	5:40:17
12 Joseph Pettorini	Sterling	IL	49 M		21	42:02	2:00	3:56	17	3:03:03	18.4	2:31	8	1:50:39	8:27	5:42:09
13 David Doughty	Annandale	MN	46 M		14	37:48	1:48	3:48	14	2:57:54	18.9	2:09	14	2:03:00	9:24	5:44:37

14	Val Landwehr	Minneapolis	MN	49	M	27	48:50	2:19	5:53	20	3:08:40	17.8							5:56:00
15	Marty Carroll	Kirkwood	MO	48	M	19	40:38	1:56	3:13	8	2:53:34	19.4	4:54	17	2:14:14	10:15			5:56:31
16	Kent McMullen	Des Moines	IA	49	M	22	42:21	2:01	4:04	12	2:56:16	19.1	2:43	16	2:11:44	10:04			5:57:05
17	Jeffrey Ginn	Cedar Rapids	IA	47	M	16	39:07	1:52	3:39	9	2:55:06	19.2	3:27	19	2:18:57	10:37			6:00:13
18	Rob Stetson	Johnston	IA	45	M	28	52:57	2:31	3:41	23	3:12:42	17.4	2:48	13	1:58:28	9:03			6:10:33
19	Jeff Sikkink	Lake Elmo	MN	45	M	18	39:51	1:54	4:29	18	3:04:14	18.2	3:54	21	2:20:33	10:44			6:13:00
20	Mark Velasquez	Fox River Grov	IL	45	M	9	34:17	1:38	4:14	24	3:15:15	17.2	5:45	18	2:17:21	10:30			6:16:49
21	Gregory Valent	Chicago	IL	49	M	20	41:50	1:59	3:33	16	3:02:03	18.5	3:31	22	2:28:03	11:19			6:18:56
22	Robert Guttman	Chicago	IL	47	M	7	33:17	1:35	5:20	19	3:07:54	17.9	4:24	23	2:33:59	11:46			6:24:51
23	Mike Gaffney	Knoxville	IA	49	M	24	45:54	2:11	4:31	27	3:28:42	16.1	2:42	20	2:20:22	10:43			6:42:09
24	Gregg Hoffman	Omaha	NE	47	M	8	34:08	1:37	7:11	26	3:21:25	16.7	2:53	24	2:38:27	12:06			6:44:03
25	Jim Jenkins	Newton	IA	49	M	25	47:19	2:15	3:46	21	3:09:39	17.7	2:41	25	2:41:41	12:21			6:45:05
26	Ron Nelson	Cedar Rapids	IA	49	M	29	54:59	2:37	7:53	29	3:34:56	15.6	8:03	15	2:10:57	10:00			6:56:47
27	Bill Blumenthal	Buffalo Grove	IL	48	M	12	35:07	1:40	5:40	28	3:33:47	15.7	6:42	26	2:49:29	12:57			7:10:43
28	Ron Redden	Omaha	NE	49	M	26	48:00	2:17	8:05	22	3:11:30	17.5	9:10	27	2:55:53	13:26			7:12:36

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	Rich Giebelhausen	Morton	IL	50	M	2	33:57	1:37	3:26	2	2:51:26	19.6	3:19	4	1:47:54	8:15	5:20:00
2	Steve Kagol	Deephaven	MN	53	M	7	38:03	1:49	2:48	1	2:38:00	21.3	2:46	10	2:07:24	9:44	5:29:00
3	Richard Pina	Springfield	MO	50	M	10	43:09	2:03	3:21	3	2:55:00	19.2	2:43	3	1:47:36	8:13	5:31:47
4	Thomas Bulger	Long Beach	IN	51	M	12	43:33	2:04	2:30	4	2:56:11	19.1	2:28	6	1:57:01	8:56	5:41:41
5	Thomas Bachmann	Grinnell	IA	53	M	1	31:01	1:29	3:27	8	3:10:46	17.6	2:58	8	1:58:45	9:04	5:46:55
6	David Hansen	Peoria	IL	52	M	13	47:15	2:15	4:42	5	2:57:54	18.9	2:26	5	1:56:12	8:53	5:48:27
7	Gary Paul	Stanlly	KS	50	M	3	34:23	1:38	2:17	13	3:40:37	15.2	2:00	1	1:43:33	7:55	6:02:49
8	George Rux	Vadnuis	MN	50	M	6	37:54	1:48	6:21	6	3:07:29	17.9	9:11	9	2:04:50	9:32	6:05:44
9	John Giordano	Cedar Rapids	IA	50	M	11	43:11	2:03	5:58	9	3:15:26	17.2	3:43	7	1:58:31	9:03	6:06:46
10	Patrick Durow	Omaha	NE	53	M	14	47:17	2:15	6:17	10	3:25:32	16.3	2:31	2	1:46:44	8:09	6:08:20
11	Gary Maier	St. Louis	MO	52	M	5	37:12	1:46	5:53	7	3:10:23	17.7	4:06	12	2:14:20	10:16	6:11:52
12	Ed Sell	W. Chicago	IL	50	M	4	35:01	1:40	5:31	11	3:25:50	16.3	5:57	11	2:11:29	10:03	6:23:45
13	Rick Bender	Chesterfield	MO	50	M	8	39:43	1:53	4:17	12	3:27:12	16.2	3:40	13	2:25:42	11:08	6:40:33
14	Leo Collison	Oak Park	IL	52	M	9	42:37	2:02	5:58	14	3:45:49	14.9	6:13	14	3:08:07	14:22	7:48:43

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Richard Nehring	Alden	IA	59	M	1	36:41	1:45	3:09	1	2:47:10	20.1	2:51	1	1:46:09	8:07	5:15:57
2	Craig Clark	Mason City	IA	55	M	2	44:25	2:07	2:40	2	2:55:05	19.2	2:40	3	1:47:48	8:14	5:32:35
3	Ken Kirschenmann	Lincoln	NE	57	M	3	46:48	2:13	5:07	3	3:13:39	17.4	3:17	2	1:46:59	8:10	5:55:48
4	Don Lenhart	Sandusky	OH	55	M	4	73:44	3:30	14:46	4	3:37:42	15.4	8:55	4	2:55:37	13:25	8:10:42

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	Ron Ottaway	Cedar Rapids	IA	61	M	1	38:07	1:49	2:38	1	2:41:20	20.8	1:53	1	1:47:25	8:12	5:11:21
2	Mike Shifman	Lenexa	KS	61	M	2	47:32	2:16	4:03	2	3:05:40	18.1	3:15	2	2:05:15	9:34	6:05:43