

IOWA'S PIGMAN TRIATHLON

June 6, 1999

Pleasant Creek Recreation Area, Palo, IA

TOT PLC	DIV 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	1/48	Kevin O'Connor	Corcoran	MN	27	M	7	6:45	1:14	1:51	1	37:31	24.9	1:06	2	17:54	5:46	1:05:05
2	1/46	Doug Davis	Burnsville	MN	31	M	2	6:30	1:12	1:43	2	37:34	24.8	1:12	24	19:54	6:25	1:06:51
3	1/17	Jared Berg	Deephaven	MN	24	M	8	6:47	1:15	1:34	7	39:10	23.8	1:19	6	18:36	6:00	1:07:24
4	2/46	Kevin Drake	Cedar Rapids	IA	32	M	38	7:42	1:25	1:41	8	39:13	23.8	1:22	12	18:58	6:07	1:08:53
5	2/48	Matt Thomas	Ames	IA	25	M	69	8:31	1:34	2:16	10	39:44	23.5	1:32	1	16:55	5:27	1:08:56
6	3/48	Barry Breffle	Marion	IA	28	M	18	7:15	1:20	3:27	4	38:29	24.2	1:13	9	18:44	6:02	1:09:06
7	4/48	Mike Morrison	Dallas	TX	25	M	14	7:05	1:18	3:06	5	38:50	24.0	1:25	8	18:42	6:02	1:09:09
8	1/31	Stu Huntly	West Des Moines	IA	39	M	13	7:05	1:18	2:29	3	38:16	24.4	1:17	39	20:44	6:41	1:09:49
9	2/31	David Lyon	Mankato	MN	37	M	44	7:48	1:26	2:53	6	38:53	24.0	1:53	10	18:49	6:04	1:10:14
10	1/10	Tom Meersman	Arlington Hts.	IL	17	M	17	7:14	1:20	1:45	25	41:35	22.4	1:21	4	18:33	5:59	1:10:26
11	5/48	Todd King	Coon Rapids	MN	29	M	6	6:41	1:14	1:59	22	41:10	22.7	1:15	21	19:39	6:20	1:10:41
12	2/17	Ty Stevens	Minneapolis	MN	23	M	71	8:34	1:34	2:17	15	40:26	23.1	1:33	3	18:07	5:50	1:10:55
13	6/48	Eric Jensen	Lakeville	MN	27	M	1	5:18	0:59	3:37	21	40:53	22.8	1:14	31	20:18	6:32	1:11:18
14	1/24	Dan Blekeberg	St. Paul	MN	42	M	55	8:10	1:30	2:16	9	39:27	23.6	1:34	27	20:03	6:27	1:11:28
15	7/48	Joel Hennings	Omaha	NE	25	M	45	7:49	1:26	2:01	20	40:52	22.8	1:07	22	19:53	6:24	1:11:40
16	1/19	Nick Scott	Cedar Rapids	IA	47	M	49	8:00	1:28	1:45	24	41:22	22.5	1:22	16	19:24	6:15	1:11:52
17	3/46	Loran Storts	Urbandale	IA	34	M	37	7:40	1:25	2:03	31	42:00	22.2	1:39	5	18:34	5:59	1:11:55
18	4/46	Jeff Hovinga	Mason City	IA	34	M	72	8:34	1:34	1:52	12	39:59	23.3	1:34	28	20:03	6:28	1:12:01
19	5/46	Graig Olson	Marion	IA	33	M	83	8:47	1:37	2:05	11	39:50	23.4	1:35	26	20:01	6:27	1:12:16
20	8/48	Stephen Taylor	Iowa City	IA	25	M	16	7:09	1:19	2:08	38	42:37	21.9	1:30	14	19:00	6:07	1:12:21
21	9/48	Travis Nordrum	Minneapolis	MN	25	M	106	9:07	1:40	2:29	18	40:47	22.9	1:18	15	19:11	6:11	1:12:50
22	10/48	Brook Peterson	Swisher	IA	29	M	50	8:04	1:29	2:17	29	41:57	22.2	1:24	23	19:54	6:25	1:13:33
23	2/19	John Punkiewicz	Rock Island	IL	48	M	61	8:20	1:32	2:33	14	40:22	23.1	1:26	43	20:58	6:45	1:13:35
24	3/31	Jeffrey Tuohino	Cedar Rapids	IA	38	M	15	7:07	1:19	2:42	19	40:51	22.8	1:11	82	22:11	7:09	1:14:01
25	1/18	Sara Rosenkranz	Manhattan	KS	29	F	24	7:24	1:22	2:05	41	42:39	21.9	1:26	32	20:29	6:36	1:14:01
26	3/17	AJ Johnson	Iowa City	IA	22	M	56	8:10	1:30	1:53	42	42:43	21.8	1:46	20	19:32	6:18	1:14:03
27	4/31	Ty Buss	Waterloo	NE	36	M	75	8:39	1:35	2:19	33	42:09	22.1	1:49	17	19:25	6:15	1:14:18
28	3/19	Mark Harris	Maplewood	MN	45	M	123	9:24	1:44	2:30	13	40:12	23.2	1:47	44	20:58	6:45	1:14:49
29	5/31	Kevin Grafft	Chanhassen	MN	38	M	63	8:26	1:33	2:06	32	42:00	22.2	1:58	37	20:40	6:39	1:15:09
30	4/17	Joe Berg	Minneapolis	MN	21	M	3	6:34	1:12	1:53	48	43:04	21.7	1:23	88	22:20	7:11	1:15:12
31	1/7	Rachel Windsor	Des Moines	IA	36	F	5	6:39	1:13	1:41	63	43:55	21.2	1:28	64	21:50	7:02	1:15:31
32	6/31	Joe Bunn	Muscatine	IA	36	M	170	10:14	1:53	3:09	16	40:38	22.9	1:41	25	19:59	6:26	1:15:39
33	6/46	Brad Lutchka	Moline	IL	34	M	25	7:25	1:22	2:33	65	44:01	21.2	1:42	29	20:04	6:28	1:15:43
34	5/17	Brian Holland	Cedar Rapids	IA	20	M	23	7:23	1:21	2:02	49	43:07	21.6	1:35	65	21:50	7:02	1:15:55
35	7/46	Daniel Vandellune	Pella	IA	34	M	66	8:30	1:34	2:33	27	41:47	22.3	1:30	61	21:40	6:59	1:15:58
36	2/24	Scott Squires	Cedar Rapids	IA	42	M	34	7:36	1:24	2:05	43	42:54	21.7	1:39	70	21:56	7:04	1:16:08
37	8/46	Robert Gamboa	Minneapolis	MN	32	M	46	7:53	1:27	3:08	39	42:37	21.9	1:42	50	21:11	6:49	1:16:30
38	7/31	Mark Ackermann	Ankeny	IA	38	M	90	8:50	1:37	3:02	59	43:45	21.3	1:26	19	19:30	6:17	1:16:31
39	11/48	David Martindale	Burlington	IA	28	M	156	10:03	1:51	2:27	28	41:47	22.3	1:49	38	20:43	6:40	1:16:47
40	6/17	Jason Tischer	St. Paul	MN	24	M	68	8:30	1:34	2:12	57	43:42	21.3	1:30	47	21:08	6:49	1:17:01
41	12/48	Daniel Barker	Ames	IA	27	M	79	8:42	1:36	1:58	72	44:06	21.1	1:31	40	20:48	6:42	1:17:04
42	8/31	James Kueffner	Omaha	NE	39	M	20	7:18	1:20	3:12	40	42:39	21.9	2:10	71	21:56	7:04	1:17:14
43	7/17	Nick White	Des Moines	IA	20	M	58	8:10	1:30	3:35	84	45:16	20.6	1:20	11	18:54	6:05	1:17:14
44	9/31	Bob Brooker	Cedar Rapids	IA	36	M	33	7:35	1:24	2:54	56	43:42	21.3	2:04	49	21:10	6:49	1:17:22
45	1/13	Howard Gillespie	Grimes	IA	50	M	105	9:06	1:40	2:35	23	41:15	22.6	1:45	105	22:43	7:19	1:17:23
46	3/24	Vern Johnson	Keokuk	IA	42	M	129	9:34	1:45	2:37	44	43:01	21.7	2:05	30	20:11	6:30	1:17:26
47	2/13	Barry Clark	LaCrosse	WI	51	M	131	9:35	1:46	2:26	17	40:44	22.9	2:00	109	22:50	7:21	1:17:33
48	4/24	Thomas Heuer	Des Moines	IA	41	M	118	9:20	1:43	3:07	69	44:03	21.2	1:46	18	19:25	6:15	1:17:40
49	9/46	Steve Younker	Mason City	IA	33	M	157	10:04	1:51	3:01	51	43:25	21.5	2:33	7	18:41	6:01	1:17:42
50	13/48	Chris O'Hara	Cedar Rapids	IA	29	M	29	7:31	1:23	2:09	36	42:33	21.9	1:48	137	23:51	7:41	1:17:49
51	5/24	Tom Henson	Marion	IA	42	M	98	8:59	1:39	2:07	55	43:35	21.4	1:57	53	21:17	6:51	1:17:54
52	4/19	Patrick McCreary	Hutchinson	KS	48	M	126	9:28	1:44	2:25	37	42:34	21.9	1:41	76	22:04	7:06	1:18:10
53	10/31	Henry Imberti	Boone	IA	35	M	48	7:56	1:27	2:39	52	43:26	21.5	2:03	83	22:11	7:09	1:18:13
54	3/13	Richard Barry	Middleton	WI	53	M	104	9:06	1:40	2:13	34	42:10	22.1	1:45	119	23:06	7:26	1:18:18
55	1/4	Todd Schweikert	Ames	IA	19	M	19	7:16	1:20	2:00	71	44:05	21.2	1:29	134	23:36	7:36	1:18:23
56	11/31	Gary Love	West Des Moines	IA	35	M	192	10:46	1:59	2:28	45	43:02	21.7	1:38	35	20:31	6:36	1:18:23
57	1/5	Ron Ottaway	Cedar Rapids	IA	61	M	127	9:30	1:45	2:42	53	43:29	21.4	1:39	54	21:19	6:52	1:18:37
58	2/18	Tasha Sween	Deephaven	MN	29	F	82	8:43	1:36	1:51	46	43:03	21.7	1:33	132	23:31	7:34	1:18:39
59	12/31	Tim Ilten	Cedar Rapids	IA	37	M	92	8:51	1:37	2:10	50	43:23	21.5	1:51	94	22:29	7:15	1:18:43
60	4/13	Steve Kagol	Deephaven	MN	52	M	147	9:47	1:48	2:58	30	41:58	22.2	2:10	72	21:57	7:04	1:18:49
61	8/17	Andrew Hutchison	Runnells	IA	20	M	62	8:23	1:32	3:35	68	44:03	21.2	2:22	34	20:29	6:36	1:18:53
62	14/48	Justin Gottschalk	Iowa City	IA	25	M	54	8:10	1:30	2:25	103	46:15	20.2	1:56	36	20:31	6:37	1:19:15
63	13/31	Peter Ylvisaker	Marion	IA	36	M	85	8:47	1:37	2:23	82	45:03	20.7	1:35	56	21:31	6:56	1:19:18
64	15/48	Paul Watson	Iowa City	IA	29	M	11	6:59	1:17	2:16	93	45:32	20.5	1:36	112	22:59	7:24	1:19:19
65	9/17	Giancarlo Canessa	Eagan	MN	21	M	9	6:47	1:15	1:46	113	46:55	19.9	2:19	63	21:48	7:01	1:19:33
66	10/46	Steve Riddle	Winthrop	IA	30	M	64	8:27	1:33	2:51	47	43:04	21.7	2:09	116	23:04	7:26	1:19:33
67	16/48	Joseph Froehlich	Cedar Rapids	IA	25	M	115	9:18	1:42	2:16	74	44:13	21.1	1:43	157	24:27	7:52	1:19:40
68	5/13	Lynn Vogt	Ankeny	IA	50	M	94	8:52	1:38	2:37	35	42:11	22.1	1:55	68	21:52	7:02	1:19:53
69	6/24	Tim Armstrong	Muscatine	IA	42	M	155	10:03	1:51	2:26	58	43:43	21.3	1:53	135	23:47	7:40	1:20:03
70	1/13	Kristine Toler	Offutt AFB	NE	31	F	27	7:25	1:22	2:07	81	44:51	20.8	1:48	62	21:43	7:00	1:20:10
71	11/46	Todd Juhlin	Iowa City	IA	31	M	41	7:45	1:26	2:55	102	46:07	20.2	1:55	60	21:39	6:59	1:20:11
72	14/31	Scott Finger	Coralville	IA	39	M	43	7:48	1:26	2:37	105	46:20	20.1	1:19	77	22:04	7:06	1:20:20
73	15/31	Don Davis	Keokuk	IA	39	M	167	10:13	1:52	2:44	66	44:02	21.2	2:33	89	22:20	7:12	1:20:22
74	17/48	Tom Price	Bloomington	IL	29	M	36	7:37	1:24	2:36	86	45:18	20.6	2:33	89	22:20	7:12	1:20:22
75	12/46	Tom Long	Arlington Heig	IL	31	M	22</											

85	3/10	Matt Swenson	Owatonna	MN	17	M	152	9:58	1:50	2:12	80	44:49	20.8	1:34	113	23:00	7:25	1:21:33
86	5/19	Ernie Parr	Princeton	IL	46	M	84	8:47	1:37	2:24	116	46:57	19.9	1:37	74	22:02	7:06	1:21:46
87	4/10	Jeff Stone	Boone	IA	16	M	39	7:43	1:25	3:14	114	46:55	19.9	2:25	59	21:39	6:58	1:21:54
88	5/10	Ted Carlson	Mt. Vernon	IA	16	M	101	9:02	1:40	2:49	146	49:01	19.0	2:10	13	18:58	6:07	1:21:58
89	20/48	Shannon DeBoer	Davenport	IA	26	M	47	7:55	1:27	2:41	61	43:54	21.2	1:47	180	25:49	8:19	1:22:04
90	1/3	Fred Hemsath	St. Joseph	MI	55	M	134	9:38	1:46					2:20	51	21:11	6:49	1:22:13
91	6/19	Al Behrens	Council Bluffs	IA	49	M	175	10:23	1:54	3:07	107	46:28	20.1	1:35	41	20:48	6:42	1:22:19
92	14/46	Paul Sueppel	Iowa City	IA	32	M	179	10:26	1:55	2:47	70	44:03	21.2	2:24	106	22:47	7:20	1:22:25
93	9/24	James Gerk	Cedar Rapids	IA	43	M	133	9:36	1:46	2:04	91	45:27	20.5	2:06	124	23:20	7:31	1:22:31
94	1/14	Lauren Fithian	Minneapolis	MN	41	F	177	10:24	1:55	3:11	88	45:20	20.6	2:18	58	21:37	6:58	1:22:48
95	15/46	Tony Zink	Iowa City	IA	34	M	89	8:49	1:37	3:07	104	46:17	20.1	2:39	75	22:03	7:06	1:22:53
96	17/31	John Franklin	Minnetonka	MN	36	M	88	8:48	1:37	2:38	108	46:37	20.0	1:57	111	22:55	7:23	1:22:54
97	10/17	Rob Thompson	Britt	IA	22	M	137	9:41	1:47	2:39	115	46:56	19.9	1:44	79	22:06	7:07	1:23:03
98	21/48	Jack Youngberg	Brookings	SD	28	M	145	9:47	1:48	4:23	76	44:18	21.0	2:46	87	22:20	7:11	1:23:32
99	11/17	Jay Grave	Owatonna	MN	24	M	110	9:15	1:42	2:31	54	43:30	21.4	1:49	195	26:39	8:35	1:23:42
100	22/48	Craig Murphy	Burlington	IA	27	M	91	8:51	1:37	3:06	129	47:35	19.6	1:57	85	22:16	7:10	1:23:43
101	2/7	Tonya Armstrong	Muscataine	IA	37	F	95	8:56	1:38	2:37	106	46:20	20.1	1:47	155	24:17	7:49	1:23:55
102	2/3	Richard Nehring	Alden	IA	59	M	128	9:33	1:45	2:40	90	45:24	20.5	2:04	154	24:16	7:49	1:23:55
103	7/19	Paul Gordon	Mason City	IA	49	M	154	10:01	1:50	2:58	79	44:43	20.9	2:07	151	24:14	7:48	1:24:12
104	2/14	Cynthia Visser	Cedar Rapids	IA	41	F	113	9:17	1:42	2:53	97	45:49	20.4	2:00	152	24:15	7:49	1:24:13
105	23/48	Steven Abarr	Cedar Rapids	IA	29	M	182	10:31	1:56	3:34	77	44:19	21.0	4:29	55	21:21	6:53	1:24:13
106	3/14	K.D. Rex	Wellman	IA	40	F	119	9:20	1:43	2:36	119	47:05	19.8	2:26	107	22:48	7:21	1:24:14
107	2/9	Natasha Vasey	Dubuque	IA	23	F	42	7:46	1:26	2:50	134	48:13	19.3	2:29	115	23:02	7:25	1:24:18
108	16/46	Jim Mueller	Oswego	IL	30	M	112	9:17	1:42	3:47	112	46:52	19.9	2:00	95	22:30	7:15	1:24:23
109	24/48	Brandon Lee	W. Des Moines	IA	26	M	73	8:35	1:35	3:09	98	45:50	20.3	1:47	174	25:27	8:12	1:24:45
110	17/46	Joel Conrad	Cedar Rapids	IA	30	M	187	10:42	1:58	2:38	135	48:16	19.3	1:15	80	22:10	7:08	1:24:59
111	3/7	Helen Redmond	Grinnell	IA	35	F	198	10:51	1:59	3:45	83	45:15	20.6	2:03	120	23:08	7:27	1:25:00
112	18/46	Don Romig	Des Moines	IA	34	M	185	10:40	1:57	3:20	133	48:08	19.4	2:04	42	20:52	6:43	1:25:02
113	2/13	JP Palmer	Columbia	MO	34	F	244	12:35	2:19	2:18	85	45:17	20.6	1:38	129	23:28	7:34	1:25:14
114	19/46	Evan Belfer	Iowa City	IA	32	M	136	9:39	1:46	3:31	125	47:19	19.7	2:28	93	22:26	7:14	1:25:22
115	20/46	Karl Rosenberg	Cedar Rapids	IA	34	M	222	11:39	2:08	4:05	26	41:35	22.4	2:29	176	25:40	8:16	1:25:26
116	18/31	Thomas Hooyer	Ames	IA	36	M	211	11:09	2:03	2:28	122	47:08	19.8	1:35	123	23:15	7:29	1:25:32
117	19/31	Bob Watson	Ames	IA	39	M	67	8:30	1:34	3:45	127	47:30	19.6	2:50	114	23:01	7:25	1:25:34
118	25/48	Tobie Escher	Edinburg	TX	26	M	216	11:19	2:04	3:02	95	45:41	20.4	2:10	127	23:26	7:33	1:25:36
119	21/46	Robert Skidmore	Des Moines	IA	33	M	96	8:57	1:39	3:20	100	45:58	20.3	2:31	169	25:01	8:03	1:25:44
120	22/46	Eric Moschella	Toddsville	IA	32	M	166	10:12	1:52	3:28	130	47:45	19.5	2:19	84	22:12	7:09	1:25:54
121	23/46	Bob Levinstein	Des Moines	IA	33	M	74	8:37	1:35	3:37	128	47:34	19.6	2:09	150	24:12	7:48	1:26:07
122	24/46	David Allmacher	Iowa City	IA	30	M	227	11:58	2:12	3:55	101	46:03	20.2	2:24	67	21:50	7:02	1:26:07
123	26/48	Todd Brandt	Iowa City	IA	26	M	59	8:15	1:31	2:40	120	47:06	19.8	2:17	181	25:51	8:20	1:26:08
124	4/18	Amy Baumler	Forest Lake	MN	28	F	138	9:41	1:47	2:31	147	49:03	19.0	1:34	130	23:29	7:34	1:26:16
125	10/24	Brad Brunia	Huxley	IA	43	M	86	8:48	1:37	4:48	94	45:39	20.4	2:53	161	24:41	7:57	1:26:47
126	3/9	Samantha Khoo	Woodridge	IL	20	F	10	6:58	1:17	2:26	137	48:25	19.3	1:39	212	27:32	9:52	1:26:59
127	8/19	Chris Becker	Cedar Falls	IA	46	M	148	9:48	1:48	3:04	171	50:52	18.3	2:12	48	21:09	6:49	1:27:04
128	25/46	Craig Rowley	Edina	MN	34	M	40	7:44	1:25	3:52	158	49:50	18.7	2:17	126	23:25	7:32	1:27:06
129	27/48	Mike Haberman	Mason City	IA	29	M	97	8:59	1:39	3:09	155	49:41	18.8	1:54	133	23:36	7:36	1:27:15
130	11/24	John Rosecrance	Coralville	IA	41	M	117	9:19	1:43	2:44	124	47:16	19.7	2:13	183	25:53	8:20	1:27:23
131	20/31	Dean Bellville	Des Moines	IA	37	M	143	9:45	1:47	2:51	138	48:31	19.2	2:10	149	24:10	7:47	1:27:25
132	28/48	Joshua Kerr	Ames	IA	27	M	169	10:14	1:53	2:46	118	47:00	19.8	2:55	159	24:36	7:55	1:27:29
133	26/46	Jeff Kaczinski	Davenport	IA	34	M	130	9:35	1:46	3:08	121	47:07	19.8	2:00	177	25:41	8:16	1:27:29
134	12/24	Michael Schudes	Colton	SD	43	M	53	8:08	1:30	2:36	144	48:56	19.1	1:55	186	26:03	8:23	1:27:36
135	6/10	Adam Yack	Iowa City	IA	17	M	4	6:35	1:13	2:32	123	47:09	19.8	1:46	235	29:39	9:33	1:27:38
136	3/13	Sheila Nelson	Egan	MN	30	F	12	7:02	1:18	1:20	164	50:02	18.6	2:09	204	27:09	8:45	1:27:39
137	29/48	Mark Wall	Waterloo	IA	25	M	212	11:09	2:03	2:39	167	50:36	18.4	1:36	69	21:53	7:03	1:27:51
138	7/10	Eric Travagiakis	Cedar Rapids	IA	16	M	111	9:15	1:42	2:31	148	49:14	18.9	1:44	171	25:10	8:06	1:27:52
139	30/48	Nick Wagner	Marion	IA	25	M	217	11:28	2:06	3:54	110	46:49	19.9	1:39	144	24:07	7:46	1:27:55
140	1/3	Kimberly Rathmann	Barrington	IL	16	F	28	7:27	1:22	2:09	149	49:29	18.8	1:49	207	27:16	8:47	1:28:07
141	5/18	Jean Jordon	Minneapolis	MN	25	F					96	45:47	20.4	1:58	228	28:51	9:17	1:28:19
142	4/9	Angela Gordon	Mason City	IA	23	F	60	8:20	1:32	2:17	195	53:09	17.5	2:20	101	22:39	7:18	1:28:43
143	27/46	Shawn Noble	Iowa City	IA	34	M	171	10:15	1:53	2:57	174	50:59	18.3	2:16	91	22:24	7:13	1:28:47
144	28/46	Charlie Boyd	Lincoln	NE	33	M	229	12:02	2:13	3:35	143	48:54	19.1	1:44	98	22:34	7:16	1:28:48
145	13/24	Greg Neary	Minneapolis	MN	43	M	87	8:48	1:37	3:03	165	50:06	18.6	2:46	146	24:09	7:47	1:28:50
146	31/48	Alan Hulleman	Indianola	IA	25	M	100	9:02	1:39	2:53	192	52:52	17.6	1:42	100	22:39	7:18	1:29:05
147	29/46	Jim Hagelie	Marshalltown	IA	31	M	228	11:58	2:12	3:07	136	48:18	19.3	1:57	140	23:53	7:42	1:29:10
148	21/31	Milan Fillmore	Maple Plains	MN	37	M	267	15:03	2:46	2:58	78	44:37	20.9	1:58	164	24:48	7:59	1:29:22
149	32/48	Cory Hall	Lanesboro	MN	25	M	264	14:36	2:41	3:11	141	48:50	19.1	1:19	57	21:34	6:57	1:29:28
150	6/13	Mike Herrin	Tremont	IL	50	M	205	10:58	2:01	3:43	159	49:51	18.7	2:28	97	22:32	7:15	1:29:30
151	9/19	Joseph Pottorini	Sterling	IL	49	M	240	12:21	2:16	2:58	153	49:36	18.8	2:06	99	22:35	7:17	1:29:34
152	4/13	Tina Naaktgeboren	Cedar Rapids	IA	30	F	215	11:17	2:04	4:05	156	49:42	18.8	2:08	92	22:24	7:13	1:29:35
153	12/17	Kerry Romack	Iowa City	IA	22	M	246	12:41	2:20	3:50	131	47:57	19.4	2:25	122	23:11	7:28	1:30:01
154	33/48	Paul Wolf	Davenport	IA	25	M	190	10:44	1:58	3:18	109	46:48	19.9					1:30:18
155	30/46	Chris Kulish	Marion	IA	32	M	173	10:16	1:53	3:14	157	49:47	18.7	2:17	166	24:52	8:01	1:30:24
156	31/46	Eric Haugen	Rochester	MN	33	M	122	9:22	1:43	4:21	162	49:58	18.7	2:51	145	24:07	7:46	1:30:33
157	2/4	Matt Gauthier	St. Paul	MN	19	M	206	11:00	2:01	2:23	142	48:52	19.1	2:04	191	26:21	8:29	1:30:39
158	1/6	Christian Wenger	Louisville	KY	13	M	31	7:32	1:23	2:30	189	52:47	17.7	1:39	188	26:16	8:27	1:30:42
159	6/18	Janis Benwell	Lincoln	NE	27	F	132	9:36	1:46	2:55	151	49:29	18.8	1:48	202	26:59	8:41	1:30:45
160	14/24	Michael Hook	Hiawatha	IA														

179	11/19	Paul Riggs	Oskaloosa	IA	45 M	178	10:25	1:55	4:28	184	52:02	17.9	2:13	170	25:05	8:05	1:34:11
180	1/1	Robert McKeague	Villa Park	IL	74 M	194	10:49	1:59	3:41	194	53:08	17.5	2:47	138	23:52	7:41	1:34:15
181	18/24	Jeffrey Milks	Oelwein	IA	44 M	188	10:43	1:58	4:06	175	51:05	18.3	3:11	173	25:13	8:07	1:34:16
182	7/13	John Spence	Iowa City	IA	53 M	249	13:16	2:26	3:16	169	50:42	18.4	1:30	175	25:38	8:15	1:34:21
183	3/6	Scott Stimmel	Iowa City	IA	14 M					225	56:17	16.6	1:39	182	25:52	8:20	1:34:23
184	25/31	Michael Westerheim	Minneapolis	MN	39 M	181	10:30	1:56	3:23	139	48:44	19.1	3:23	221	28:27	9:10	1:34:25
185	35/46	Michael Shepordson	Des Moines	IA	33 M	225	11:43	2:09	4:43	193	52:00	17.9	2:19	143	23:56	7:43	1:34:40
186	34/48	Jeff Almquist	Cedar Rapids	IA	29 M	162	10:07	1:51	4:42	210	54:05	17.2	1:47	156	24:23	7:51	1:35:01
187	6/13	Janelle Nitchals	Omaha	NE	32 F	186	10:42	1:58	3:45	185	52:04	17.9	2:05	194	26:36	8:34	1:35:10
188	36/46	John Piotrowski	Des Moines	IA	32 M	103	9:05	1:40	4:06	201	53:32	17.4	2:37	184	25:56	8:21	1:35:14
189	35/48	Kenny Loder	Ankeny	IA	26 M	272	15:41	2:52	2:57	111	46:52	19.9	2:11	113	27:41	8:55	1:35:19
190	37/46	David Peterson	Boone	IA	30 M	251	13:18	2:26	4:07	170	50:49	18.3	2:20	167	24:52	8:01	1:35:25
191	4/7	Christina Colman	Thornton	IA	37 F	221	11:38	2:08	4:00	190	52:48	17.7	2:29	160	24:39	7:56	1:35:31
192	7/13	Brenda Ann Cloud	Cedar Rapids	IA	34 F	201	10:54	2:00	3:07	218	55:21	16.8	2:10	148	24:10	7:47	1:35:40
193	38/46	Douglas Romig	Des Moines	IA	32 M	191	10:45	1:58	4:45	209	54:05	17.2	2:14	141	23:55	7:42	1:35:42
194	36/48	Dylan Hamilton	W. Des Moines	IA	25 M	114	9:17	1:42	5:04	177	51:13	18.2	2:44	214	27:42	8:55	1:35:57
195	39/46	Terry Stockert	Cedar Rapids	IA	31 M	256	13:59	2:34	2:47	212	54:09	17.2	1:09	142	23:56	7:43	1:35:58
196	12/19	Dwight Dobberstein	Iowa City	IA	46 M	262	14:33	2:40	2:43	161	49:54	18.7	2:11	199	26:53	8:39	1:36:12
197	8/13	Deb Eastman	Lincoln	NE	31 F	224	11:40	2:08	1:58	214	54:34	17.1	1:48	192	26:24	8:30	1:36:22
198	4/14	Ann Vestle	Cedar Rapids	IA	44 F	210	11:08	2:03	3:08	204	53:42	17.4	1:44	197	26:47	8:38	1:36:27
199	5/14	Lois Kabela-Coates	Cedar Rapids	IA	42 F	223	11:40	2:08	3:35	203	53:42	17.4	1:54	178	25:44	8:17	1:36:33
200	5/9	Rachel Conybeare	Iowa City	IA	20 F	165	10:11	1:52	2:54	216	54:39	17.1	1:33	209	27:19	8:48	1:36:35
201	26/31	Mark Hoffman	Marshalltown	IA	39 M	202	10:55	2:00	6:56	215	54:35	17.1	2:32	73	22:00	7:05	1:36:56
202	19/24	Drew Miller	Papillion	NE	40 M	214	11:15	2:04	3:56	186	52:19	17.8	1:39	217	28:00	9:01	1:37:07
203	9/18	Jill Rosenberg	Ames	IA	29 F	233	12:09	2:14	4:06	179	51:38	18.1	2:39	196	26:43	8:36	1:37:13
204	6/14	Coleen Rawley	Apple Valley	MN	44 F	234	12:09	2:14	3:44	232	57:11	16.3	2:15	104	22:42	7:19	1:37:59
205	2/5	Richard Buhman	Yutan	NE	61 M	142	9:44	1:47	3:10	182	52:00	17.9	2:32	242	30:35	9:51	1:37:59
206	13/19	Kent Maitison	Cedar Rapids	IA	47 M	237	12:13	2:14	4:16	222	55:40	16.7	1:51	147	24:09	7:47	1:38:07
207	9/13	Laura Snyder	Ankeny	IA	31 F	93	8:51	1:38	3:18	208	53:56	17.3	2:15	241	30:09	9:42	1:38:27
208	10/18	Kristan Conrad	Cedar Rapids	IA	28 F	219	11:31	2:07						168	24:54	8:01	1:39:05
209	27/31	Eddie Mauro	Des Moines	IA	36 M	193	10:47	1:59	5:08	239	57:51	16.1	3:04	103	22:41	7:19	1:39:29
210	37/48	Nathan Silberhorn	Ames	IA	25 M	263	14:33	2:40	3:47	145	48:56	19.1	3:06	234	29:31	9:31	1:39:51
211	40/46	Brendan Meyer	White Bear Lak	MN	30 M	120	9:21	1:43	3:20	229	56:52	16.4	2:18	220	28:08	9:04	1:39:58
212	11/18	Angela Kolker	Stratford	IA	25 F	172	10:16	1:53	4:15	237	57:44	16.1	1:46	185	25:58	8:22	1:39:58
213	20/24	Robert Follis	Gladbrook	IA	41 M	242	12:34	2:18	3:56	199	53:28	17.4	3:11	203	27:03	8:43	1:40:09
214	14/19	Randy King	Marion	IA	46 M	195	10:50	1:59	3:55	226	56:35	16.5	1:56	201	26:58	8:41	1:40:12
215	38/48	Don Mueller	Aurora	IL	29 M	135	9:39	1:46	4:15	163	49:58	18.7	2:39	269	33:56	10:56	1:40:24
216	7/14	Polly Welp	Des Moines	IA	41 F	174	10:21	1:54	12:05					200	26:57	8:41	1:41:05
217	15/19	Dennis Coe	Edina	MN	48 M	226	11:45	2:09	4:12	188	52:37	17.7	2:49	236	29:45	9:35	1:41:06
218	8/14	Beth Koch	Cedar Falls	IA	40 F					181	51:56	18.0					1:41:11
219	39/48	Dan Banasik	Cedar Rapids	IA	29 M	260	14:17	2:37	3:39	176	51:06	18.2	1:40	244	30:37	9:52	1:41:17
220	9/14	Elizabeth Fangman	Cedar Rapids	IA	41 F	207	11:00	2:01	2:13	211	54:07	17.2	2:10	252	31:54	10:16	1:41:23
221	9/10	Brian Brookshire	Des Moines	IA	16 M	81	8:43	1:36	5:21	221	55:35	16.8	2:12	237	29:48	9:36	1:41:38
222	16/19	George Hafkey	Grinnell	IA	49 M	248	13:12	2:25	3:11	223	55:50	16.7	2:00	211	27:26	8:50	1:41:38
223	1/1	Bette Rawley	Apple Valley	MN	14 F	99	9:01	1:39	2:18	262	1:02:11	15.0	1:46	193	26:31	8:32	1:41:44
224	8/13	John Whitson	Vinton	IA	51 M	218	11:30	2:07	5:13	219	55:22	16.8	2:39	208	27:17	8:47	1:41:59
225	10/13	Debbie Lenth	Marion	IA	31 F	261	14:21	2:38	3:47	233	57:12	16.3					1:42:01
226	15/17	Gordon Lightfoot	Iowa City	IA	24 M	168	10:14	1:53	5:46	258	1:00:54	15.3	1:47	128	23:28	7:33	1:42:06
227	28/31	Dave Fabel	Cologne	MN	39 M	176	10:24	1:55	2:43	253	1:00:20	15.5	2:11	198	26:47	8:38	1:42:24
228	4/6	Kevin Holz	Cedar Falls	IA	15 M	30	7:31	1:23	2:57	275	1:07:39	13.8	1:49	108	22:48	7:21	1:42:43
229	5/6	Jason Jones	Cedar Falls	IA	15 M	21	7:20	1:21	3:13	236	57:39	16.2	1:52	258	32:42	10:32	1:42:44
230	40/48	Bob Dueker	Cedar Rapids	IA	29 M	277	16:16	2:59	4:44	197	53:20	17.5	1:29	215	27:48	8:57	1:43:36
231	2/3	Evonne Butikofer	Cedar Rapids	IA	17 F	107	9:09	1:41	3:35	251	1:00:05	15.5	1:43	231	29:17	9:26	1:43:48
232	9/13	Craig Carr	W. Branch	IA	50 M	243	12:34	2:18	5:06	198	53:22	17.5	3:45	230	29:04	9:22	1:43:49
233	12/18	Dawn Keller	Shell Rock	IA	26 F	252	13:27	2:28	4:14	217	54:49	17.0	2:46	226	28:45	9:16	1:44:00
234	11/13	Melissa Schenck	Stanton	IA	30 F	203	10:56	2:00	4:40	240	57:59	16.1	3:11	210	27:22	8:49	1:44:06
235	41/46	Daniel Pichler	Fridley	MN	34 M	278	16:26	3:01	6:48	231	57:02	16.3	2:06	81	22:10	7:08	1:44:29
236	21/24	Stephen Elliff	Minneapolis	MN	44 M	255	13:35	2:29	3:59	180	51:46	18.0	2:24	260	33:13	10:42	1:44:55
237	6/9	Brynn Kriegermeie	Ames	IA	20 F	270	15:17	2:48	3:15	213	54:28	17.1	2:51	239	29:57	9:39	1:45:46
238	17/19	Bruce Fuerbringer	Eau Claire	WI	45 M	180	10:26	1:55	5:39	230	56:54	16.4	3:05	238	29:50	9:37	1:45:52
239	41/48	Isra Harahap	Ames	IA	27 M					238	57:50	16.1	2:39	223	28:34	9:12	1:45:57
240	42/46	Mike Finlayson	Iowa City	IA	34 M	159	10:05	1:51	3:53	254	1:00:28	15.4	2:58	232	29:18	9:26	1:46:40
241	5/7	Veronica Lyon	Mankato	MN	37 F	253	13:30	2:28	3:13	224	56:02	16.6	1:54	254	32:10	10:22	1:46:46
242	29/31	Robert Michael	Iowa City	IA	36 M	281	18:52	3:27	3:27	227	56:37	16.5	3:12	163	24:48	7:59	1:46:53
243	6/7	Diane Dodds	Cedar Rapids	IA	38 F	108	9:11	1:41	5:32	245	59:20	15.7	3:06	240	30:08	9:42	1:47:15
244	7/7	Cathy Campbell	Toledo	IA	39 F	279	16:44	3:04	4:29	193	52:56	17.6	3:29	248	30:49	9:55	1:48:25
245	1/2	Deborah Hankens	Cherokee	IA	48 F	161	10:06	1:51	3:51	99	45:52	20.3	2:42	280	45:59	14:48	1:48:29
246	13/18	Christina Killian	Johnston	IA	29 F	57	8:10	1:30	3:25	168	50:40	18.4	3:29	279	42:48	13:47	1:48:29
247	10/13	Rick Koepf	Cedar Rapids	IA	53 M	204	10:56	2:00	3:26	247	59:44	15.6	2:00	256	32:25	10:26	1:48:29
248	3/3	Jordan Wenger	Louisville	KY	17 F	140	9:43	1:47	2:38	249	1:00:01	15.5	2:42	266	33:43	10:51	1:48:45
249	10/14	Shari Mehlhoff	Cedar Rapids	IA	41 F	209	11:04	2:02	3:53	272	1:05:03	14.3	3:07	179	25:46	8:18	1:48:51
250	14/18	Margi Harty	Mason City	IA	27 F	199	10:52	2:00	4:30	234	57:27	16.2	2:58	263	33:27	10:46	1:49:10
251	15/18	Jennifer Mills	Des Moines	IA	26 F	238	12:16	2:15	4:28	269	1:04:32	14.4	2:19	189	26:19	8:29	1:49:51
252	30/31	Michael Marks	Cedar Rapids	IA	38 M	183	10:36	1:57	6:33					250	31:26	10:07	1:50:10
253	11/14	Yvonne Aldershof	Marion	IA	41 F	266	14:41	2:42	5:52	243	58:43	15.9	2:21	225	28:42	9:15	1:50:18
254	43/46	David Kolker	Stratford	IA	33 M	250	13:17	2:26	4:35	228	56:45	16.4	2:36	268	33:51	10:54	1:51:03
255	16/18	Valerie Paidar	Hiawatha	IA	28 F	254	13:34	2:29	4:42	248	59:50	15.6	2:24	243	30:37	9:51	1:51:05
256	22/24	Guy Olson	Van Horne	IA	4												

273	2/2	Cathy Meersman	Arlington Hts.	IL	47	F	239	12:18	2:15	6:15	261	1:01:40	15.1	3:08	265	33:39	10:50	1:56:59
274	13/13	Norm Arons	Cedar Rapids	IA	52	M	283	19:07	3:30	5:53	263	1:02:15	15.0	1:42	219	28:07	9:03	1:57:02
275	19/19	Roger Johanson	Mt. Vernon	IA	49	M	236	12:12	2:14	5:02	280	1:12:51	12.8	3:14	136	23:47	7:40	1:57:04
276	24/24	David Patterson	Minneapolis	MN	40	M	282	19:05	3:30	3:38	266	1:02:46	14.9	1:52	249	30:49	9:55	1:58:08
277	3/5	Charlton Sturm	Mascoutah	IL	60	M	271	15:20	2:49	6:00	260	1:01:30	15.2	3:14	257	32:30	10:28	1:58:32
278	12/14	Cynthia Chatfield	Edgewood	IA	42	F	280	18:01	3:18	5:49	256	1:00:36	15.4	2:40	270	33:59	10:57	2:01:03
279	8/9	Jillian Henss	Coralville	IA	22	F	196	10:50	1:59	4:16	279	1:10:33	13.2	2:09	261	33:18	10:44	2:01:04
280	9/9	Joscelyn Sutton	Iowa City	IA	22	F	197	10:51	1:59	4:12	276	1:09:12	13.5	3:28	262	33:23	10:45	2:01:04
281	13/13	Sandi Perrin	Mt. Vernon	IA	34	F	269	15:15	2:48	5:08	271	1:04:53	14.4	2:34	275	36:00	11:36	2:03:48
282	13/14	Anne Kent	Solon	IA	40	F	258	14:08	2:35	6:30	273	1:05:22	14.3	3:01	273	34:54	11:14	2:03:53
283	45/48	David LaGrange	Williamsburg	IA	29	M	230	12:03	2:13	4:34	283	1:16:09	12.2	2:23	227	28:49	9:17	2:03:55
284	10/10	Matt Warner	Mt. Vernon	IA	17	M	275	15:57	2:55	4:33	282	1:13:02	12.8	2:15	246	30:43	9:53	2:06:27
285	4/4	Evan Peterson	Mt. Vernon	IA	18	M	276	15:58	2:56	4:36	281	1:12:58	12.8	2:15	245	30:42	9:53	2:06:27
286	4/5	Jerry Donaldson	Mt. Vernon	IA	61	M	257	14:01	2:34	5:55	278	1:10:10	13.3	3:33	281	47:01	15:08	2:20:38
287	6/6	Garrett Buss	Waterloo	NE	14	M												2:28:43
288	46/46	Bill Anderson	Cedar Rapids	IA	30	M	286	24:35	4:30	7:09	284	1:21:49	11.4	4:38	271	34:17	11:03	2:32:27

DID NOT FINISH

289	5/5	Dean Schulstrom	Coon Rapids	MN	60	M	287	31:50	5:50	8:15	73	44:10	21.1	1:50				
290	46/48	Ryan Mann	W. Des Moines	IA	29	M	116	9:18	1:43	3:22	152	49:32	18.8	2:36				
291	47/48	Mark Henrich	Cedar Rapids	IA	26	M					264	1:02:40	14.9					
292	17/17	John Burkle	West Liberty	IA	24	M	26	7:25	1:22	3:13								
293	14/14	Kathryn Mandsager	Johnston	IA	41	F	146	9:47	1:48	3:05								
294	31/31	Kirk Morrow	Lincoln	NE	38	M	153	9:59	1:50	2:49								
295	48/48	Paul Kulas	Cedar Rapids	IA	27	M	247	12:59	2:23									

OVERALL FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	125	Sara Rosenkranz	Manhattan	KS	29	F	4	7:24	1:22	2:05	1	42:39	21.9	1:26	1	20:29	6:36	1:14:01
2	257	Rachel Windsor	Des Moines	IA	36	F	1	6:39	1:13	1:41	3	43:55	21.2	1:28	4	21:50	7:02	1:15:31
3	44	Tasha Sween	Deephaven	MN	29	F	17	8:43	1:36	1:51	2	43:03	21.7	1:33	14	23:31	7:34	1:18:39
4	258	Kristine Toler	Offutt AFB	NE	31	F	5	7:25	1:22	2:07	4	44:51	20.8	1:53	15	23:47	7:40	1:20:01
5	135	Becky Loberg	Brookings	SD	24	F	15	8:42	1:36	2:27	14	47:24	19.7	1:25	2	21:03	6:47	1:20:59
6	13	Allie Courant	St Paul	MN	29	F	14	8:41	1:36	2:29	7	45:18	20.6	1:28	13	23:29	7:34	1:21:22
7	14	Lauren Fithian	Minneapolis	MN	41	F	33	10:24	1:55	3:11	8	45:20	20.6	2:18	3	21:37	6:58	1:22:48
8	112	Tonya Armstrong	Muscatine	IA	37	F	19	8:56	1:38	2:37	12	46:20	20.1	1:47	18	24:17	7:49	1:23:55
9	328	Cynthia Visser	Cedar Rapids	IA	41	F	23	9:17	1:42	2:53	10	45:49	20.4	2:00	17	24:15	7:49	1:24:13
10	59	K.D. Rex	Wellman	IA	40	F	24	9:20	1:43	2:36	13	47:05	19.8	2:26	8	22:48	7:21	1:24:14
11	264	Natasha Vasey	Dubuque	IA	23	F	8	7:46	1:26	2:50	15	48:13	19.3	2:29	9	23:02	7:25	1:24:18
12	33	Helen Redmond	Grinnell	IA	35	F	38	10:51	1:59	3:45	5	45:15	20.6	2:03	10	23:08	7:27	1:25:00
13	34	JP Palmer	Columbia	MO	34	F	57	12:35	2:19	2:18	6	45:17	20.6	1:38	11	23:28	7:34	1:25:14
14	12	Amy Baumler	Forest Lake	MN	28	F	26	9:41	1:47	2:31	17	49:03	19.0	1:34	12	23:29	7:34	1:26:16
15	152	Samantha Khoo	Woodridge	IL	20	F	2	6:58	1:17	2:26	16	48:25	19.3	1:39	39	27:32	8:52	1:26:59
16	154	Sheila Nelson	Eagan	MN	30	F	3	7:02	1:18	1:20	22	50:02	18.6	2:09	35	27:09	8:45	1:27:39
17	380	Kimberly Rathmann	Barrington	IL	16	F	6	7:27	1:22	2:09	18	49:29	18.8	1:49	36	27:16	8:47	1:28:07
18	394	Jean Jordon	Minneapolis	MN	25	F					9	45:47	20.4	1:58	44	28:51	9:17	1:28:19
19	133	Angela Gordon	Mason City	IA	23	F	12	8:20	1:32	2:17	30	53:09	17.5	2:20	6	22:39	7:18	1:28:43
20	116	Tina Naaktgeboren	Cedar Rapids	IA	30	F	47	11:17	2:04	4:05	21	49:42	18.8	2:08	5	22:24	7:13	1:29:35
21	148	Janis Benwell	Lincoln	NE	27	F	25	9:36	1:46	2:55	20	49:29	18.8	1:48	34	26:59	8:41	1:30:45
22	150	Monika Chiappetta	Algonquin	IL	27	F	10	8:08	1:30	4:35	27	52:25	17.8	2:23	21	24:44	7:58	1:32:12
23	153	Teresa Antigua	Elk River	MN	30	F	16	8:43	1:36	3:52	19	49:29	18.8	2:14	40	28:30	9:11	1:32:46
24	129	Jana Voracek	Omaha	NE	28	F	13	8:31	1:34	2:31	33	53:51	17.3	1:44	27	26:19	8:29	1:32:54
25	103	Ellen Stimmel	Iowa City	IA	18	F	7	7:37	1:24	2:49	41	55:30	16.8	2:35	19	24:27	7:53	1:32:56
26	128	Janelle Nitchals	Omaha	NE	32	F	34	10:42	1:58	3:45	26	52:04	17.9	2:05	30	26:36	8:34	1:35:10
27	147	Christina Colman	Thornton	IA	37	F	49	11:38	2:08	4:00	28	52:48	17.7	2:29	20	24:39	7:56	1:35:31
28	145	Brenda Ann Cloud	Cedar Rapids	IA	34	F	40	10:54	2:00	3:07	40	55:21	16.8	2:10	16	24:10	7:47	1:35:40
29	130	Deb Eastman	Lincoln	NE	31	F	51	11:40	2:08	1:58	37	54:34	17.1	1:48	28	26:24	8:30	1:36:22
30	324	Ann Vestle	Cedar Rapids	IA	44	F	45	11:08	2:03	3:08	32	53:42	17.4	1:44	32	26:47	8:38	1:36:27
31	330	Lois Kabela-Coates	Cedar Rapids	IA	42	F	50	11:40	2:08	3:35	31	53:42	17.4	1:54	23	25:44	8:17	1:36:33
32	283	Rachel Conybeare	Iowa City	IA	20	F	30	10:11	1:52	2:54	38	54:39	17.1	1:33	37	27:19	8:48	1:36:35
33	300	Jill Rosenberg	Ames	IA	29	F	53	12:09	2:14	4:06	24	51:38	18.1	2:39	31	26:43	8:36	1:37:13
34	108	Coleen Rawley	Apple Valley	MN	44	F	54	12:09	2:14	3:44	43	57:11	16.3	2:15	7	22:42	7:19	1:37:59
35	132	Laura Snyder	Ankeny	IA	31	F	18	8:51	1:38	3:18	34	53:56	17.3	2:15	48	30:09	9:42	1:38:27
36	335	Kristan Conrad	Cedar Rapids	IA	28	F	48	11:31	2:07					22	24:54	8:01	1:39:05	
37	115	Angela Kolker	Stratford	IA	25	F	31	10:16	1:53	4:15	46	57:44	16.1	1:46	25	25:58	8:22	1:39:58
38	35	Polly Welp	Des Moines	IA	41	F	32	10:21	1:54	12:05				33	26:57	8:41	1:41:05	
39	375	Beth Koch	Cedar Falls	IA	40	F					25	51:56	18.0					1:41:11
40	105	Elizabeth Fangman	Cedar Rapids	IA	41	F	42	11:00	2:01	2:13	35	54:07	17.2	2:10	52	31:54	10:16	1:41:23
41	107	Bette Rawley	Apple Valley	MN	14	F	20	9:01	1:39	2:18	56	1:02:11	15.0	1:46	29	26:31	8:32	1:41:44
42	266	Debbie Lenth	Marion	IA	31	F	62	14:21	2:38	3:47	44	57:12	16.3					1:42:01
43	134	Evonne Butikofer	Cedar Rapids	IA	17	F	21	9:09	1:41	3:35	52	1:00:05	15.5	1:43	45	29:17	9:26	1:43:48
44	141	Dawn Keller	Shell Rock	IA	26	F	58	13:27	2:28	4:14	39	54:49	17.0	2:46	43	28:45	9:16	1:44:00
45	345	Melissa Schenck	Stanton	IA	30	F	41	10:56	2:00	4:40	47	57:59	16.1	3:11	38	27:22	8:49	1:44:06
46	38	Brynne Kriegermeie	Ames	IA	20	F	65	15:17	2:48	3:15	36	54:28	17.1	2:51	46	29:57	9:39	1:45:46
47	18	Veronica Lyon	Mankato	MN	37	F	59	13:30	2:28	3:13	42	56:02	16.6	1:54	53	32:10	10:22	1:46:46
48	155	Diane Dodds	Cedar Rapids	IA	38	F	22	9:11	1:41	5:32	49	59:20	15.7	3:06	47	30:08	9:42	1:47:15
49	337	Cathy Campbell	Toledo	IA	39	F	66	16:44	3:04	4:29	29	52:56	17.6	3:29	51	30:49	9:55	1:48:25
50	57	Deborah Hankens	Cherokee	IA	48	F	29	10:06	1:51	3:51	11	45:52	20.3	2:42	66	45:59	14:48	1:48:29
51	343	Christina Killian	Johnston	IA	29	F	11	8:10	1:30	3:25	23	50:40	18.4	3:29	65	42:48	13:47	1:48:29
52	119	Jordan Wenger	Louisville	KY	17	F	27	9:43	1:47	2:38	51	1:00:01	15.5	2:42	59	33:43	10:51	1:48:45
53	149	Shari Mehlhoff	Cedar Rapids	IA	41	F	44	11:04	2:02	3:53	62	1:05:03	14.3	3:07	24	25:46	8:18	1:48:51
54	122	Margi Harty	Mason City	IA	27	F	39	10:52	2:00	4:30								

63	111	Cathy Meersman	Arlington Hts.	IL	47	F	56	12:18	2:15	6:15	55	1:01:40	15.1	3:08	58	33:39	10:50	1:56:59
64	137	Cynthia Chatfield	Edgewood	IA	42	F	67	18:01	3:18	5:49	53	1:00:36	15.4	2:40	61	33:59	10:57	2:01:03
65	282	Jillian Henss	Coralville	IA	22	F	36	10:50	1:59	4:16	66	1:10:33	13.2	2:09	54	33:18	10:44	2:01:04
66	267	Joscelyn Sutton	Iowa City	IA	22	F	37	10:51	1:59	4:12	65	1:09:12	13.5	3:28	55	33:23	10:45	2:01:04
67	265	Sandi Perrin	Mt. Vernon	IA	34	F	64	15:15	2:48	5:08	61	1:04:53	14.4	2:34	64	36:00	11:36	2:03:48
68	146	Anne Kent	Solon	IA	40	F	61	14:08	2:35	6:30	63	1:05:22	14.3	3:01	62	34:54	11:14	2:03:53

OVERALL MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								time	yds	time	time	time	time	TIME				
										plc	mph	plc	pace					
1	1	Kevin O'Connor	Corcoran	MN	27	M	6	6:45	1:14	1:51	1	37:31	24.9	1:06	2	17:54	5:46	1:05:05
2	5	Doug Davis	Burnsville	MN	31	M	2	6:30	1:12	1:43	2	37:34	24.8	1:12	24	19:54	6:25	1:06:51
3	45	Jared Berg	Deephaven	MN	24	M	7	6:47	1:15	1:34	7	39:10	23.8	1:19	6	18:36	6:00	1:07:24
4	67	Kevin Drake	Cedar Rapids	IA	32	M	31	7:42	1:25	1:41	8	39:13	23.8	1:22	12	18:58	6:07	1:08:53
5	352	Matt Thomas	Ames	IA	25	M	57	8:31	1:34	2:16	10	39:44	23.5	1:32	1	16:55	5:27	1:08:56
6	174	Barry Breffle	Marion	IA	28	M	15	7:15	1:20	3:27	4	38:29	24.2	1:13	9	18:44	6:02	1:09:06
7	231	Mike Morrison	Dallas	TX	25	M	11	7:05	1:18	3:06	5	38:50	24.0	1:25	8	18:42	6:02	1:09:07
8	371	Stu Huntly	West Des Moines	IA	39	M	10	7:05	1:18	2:29	3	38:16	24.4	1:17	38	20:44	6:41	1:09:49
9	19	David Lyon	Mankato	MN	37	M	36	7:48	1:26	2:53	6	38:53	24.0	1:53	10	18:49	6:04	1:10:14
10	110	Tom Meersman	Arlington Hts.	IL	17	M	14	7:14	1:20	1:45	25	41:35	22.4	1:21	4	18:33	5:59	1:10:26
11	248	Todd King	Coon Rapids	MN	29	M	5	6:41	1:14	1:59	22	41:10	22.7	1:15	21	19:39	6:20	1:10:41
12	71	Ty Stevens	Minneapolis	MN	23	M	58	8:34	1:34	2:17	15	40:26	23.1	1:33	3	18:07	5:50	1:10:55
13	354	Eric Jensen	Lakeville	MN	27	M	1	5:18	0:59	3:37	21	40:53	22.8	1:14	31	20:18	6:32	1:11:18
14	6	Dan Blekeberg	St. Paul	MN	42	M	45	8:10	1:30	2:16	9	39:27	23.6	1:34	27	20:03	6:27	1:11:28
15	73	Joel Hennings	Omaha	NE	25	M	37	7:49	1:26	2:01	20	40:52	22.8	1:07	22	19:53	6:24	1:11:40
16	69	Nick Scott	Cedar Rapids	IA	47	M	41	8:00	1:28	1:45	24	41:22	22.5	1:22	16	19:24	6:15	1:11:52
17	205	Loran Storts	Urbandale	IA	34	M	30	7:40	1:25	2:03	31	42:00	22.2	1:39	5	18:34	5:59	1:11:55
18	204	Jeff Hovinga	Mason City	IA	34	M	59	8:34	1:34	1:52	12	39:59	23.3	1:34	28	20:03	6:28	1:12:01
19	218	Graig Olson	Marion	IA	33	M	66	8:47	1:37	2:05	11	39:50	23.4	1:35	26	20:01	6:27	1:12:16
20	178	Stephen Taylor	Iowa City	IA	25	M	13	7:09	1:19	2:08	38	42:37	21.9	1:30	14	19:00	6:07	1:12:21
21	37	Travis Nordrum	Minneapolis	MN	25	M	86	9:07	1:40	2:29	18	40:47	22.9	1:18	15	19:11	6:11	1:12:50
22	55	Brook Peterson	Swisher	IA	29	M	42	8:04	1:29	2:17	29	41:57	22.2	1:24	23	19:54	6:25	1:13:33
23	297	John Punkiewicz	Rock Island	IL	48	M	49	8:20	1:32	2:33	14	40:22	23.1	1:26	42	20:58	6:45	1:13:35
24	322	Jeffrey Tuohino	Cedar Rapids	IA	38	M	12	7:07	1:19	2:42	19	40:51	22.8	1:11	78	22:11	7:09	1:14:01
25	304	AJ Johnson	Iowa City	IA	22	M	46	8:10	1:30	1:53	41	42:43	21.8	1:46	20	19:32	6:18	1:14:03
26	63	Ty Buss	Waterloo	NE	36	M	62	8:39	1:35	2:19	33	42:09	22.1	1:49	17	19:25	6:15	1:14:18
27	60	Mark Harris	Maplewood	MN	45	M	99	9:24	1:44	2:30	13	40:12	23.2	1:47	43	20:58	6:45	1:14:49
28	17	Kevin Grafft	Chanhassen	MN	38	M	51	8:26	1:33	2:06	32	42:00	22.2	1:58	36	20:40	6:39	1:15:09
29	301	Joe Berg	Minneapolis	MN	21	M	3	6:34	1:12	1:53	46	43:04	21.7	1:23	84	22:20	7:11	1:15:12
30	271	Joe Bunn	Muscatine	IA	36	M	140	10:14	1:53	3:09	16	40:38	22.9	1:41	25	19:59	6:26	1:15:39
31	241	Brad Lutchka	Moline	IL	34	M	21	7:25	1:22	2:33	62	44:01	21.2	1:42	29	20:04	6:28	1:15:43
32	281	Brian Holland	Cedar Rapids	IA	20	M	20	7:23	1:21	2:02	47	43:07	21.6	1:35	61	21:50	7:02	1:15:55
33	175	Daniel Vandelune	Pella	IA	34	M	54	8:30	1:34	2:33	27	41:47	22.3	1:30	58	21:40	6:59	1:15:58
34	274	Scott Squires	Cedar Rapids	IA	42	M	28	7:36	1:24	2:05	42	42:54	21.7	1:39	66	21:56	7:04	1:16:08
35	237	Robert Gamboa	Minneapolis	MN	32	M	38	7:53	1:27	3:08	39	42:37	21.9	1:42	48	21:11	6:49	1:16:30
36	52	Mark Ackermann	Ankeny	IA	38	M	73	8:50	1:37	3:02	57	43:45	21.3	1:26	19	19:30	6:17	1:16:31
37	372	David Martindale	Burlington	IA	28	M	128	10:03	1:51	2:27	28	41:47	22.3	1:49	37	20:43	6:40	1:16:47
38	46	Jason Tischer	St. Paul	MN	24	M	56	8:30	1:34	2:12	55	43:42	21.3	1:30	45	21:08	6:49	1:17:01
39	36	Daniel Barker	Ames	IA	27	M	64	8:42	1:36	1:58	69	44:06	21.1	1:31	39	20:48	6:42	1:17:04
40	156	James Kueffner	Omaha	NE	39	M	17	7:18	1:20	3:12	40	42:39	21.9	2:10	67	21:56	7:04	1:17:14
41	54	Nick White	Des Moines	IA	20	M	47	8:10	1:30	3:35	79	45:16	20.6	1:20	11	18:54	6:05	1:17:14
42	117	Bob Brooker	Cedar Rapids	IA	36	M	27	7:35	1:24	2:54	54	43:42	21.3	2:04	47	21:10	6:49	1:17:22
43	342	Howard Gillespie	Grimes	IA	50	M	85	9:06	1:40	2:35	23	41:15	22.6	1:45	98	22:43	7:19	1:17:23
44	41	Vern Johnson	Keokuk	IA	42	M	105	9:34	1:45	2:37	43	43:01	21.7	2:05	30	20:11	6:30	1:17:26
45	361	Barry Clark	LaCrosse	WI	51	M	107	9:35	1:46	2:26	17	40:44	22.9	2:00	101	22:50	7:21	1:17:33
46	217	Thomas Heuer	Des Moines	IA	41	M	95	9:20	1:43	3:07	66	44:03	21.2	1:46	18	19:25	6:15	1:17:40
47	72	Steve Younker	Mason City	IA	33	M	129	10:04	1:51	3:01	49	43:25	21.5	2:33	7	18:41	6:01	1:17:42
48	261	Chris O'Hara	Cedar Rapids	IA	29	M	23	7:31	1:23	2:09	36	42:33	21.9	1:48	122	23:51	7:41	1:17:49
49	185	Tom Henson	Marion	IA	42	M	79	8:59	1:39	2:07	53	43:35	21.4	1:57	51	21:17	6:51	1:17:54
50	168	Patrick McCreary	Hutchinson	KS	48	M	102	9:28	1:44	2:25	37	42:34	21.9	1:41	72	22:04	7:06	1:18:10
51	308	Henry Imberti	Boone	IA	35	M	40	7:56	1:27	2:39	50	43:26	21.5	2:03	79	22:11	7:09	1:18:13
52	226	Richard Barry	Middleton	WI	53	M	84	9:06	1:40	2:13	34	42:10	22.1	1:45	110	23:06	7:26	1:18:18
53	351	Todd Schweikert	Ames	IA	19	M	16	7:16	1:20	2:00	68	44:05	21.2	1:29	120	23:36	7:36	1:18:23
54	356	Gary Love	West Des Moines	IA	35	M	157	10:46	1:59	2:28	44	43:02	21.7	1:38	34	20:31	6:36	1:18:23
55	276	Ron Ottaway	Cedar Rapids	IA	61	M	103	9:30	1:45	2:42	51	43:29	21.4	1:39	52	21:19	6:52	1:18:37
56	213	Tim Ilten	Cedar Rapids	IA	37	M	75	8:51	1:37	2:10	48	43:23	21.5	1:51	89	22:29	7:15	1:18:43
57	11	Steve Kagol	Deephaven	MN	52	M	119	9:47	1:48	2:58	30	41:58	22.2	2:10	68	21:57	7:04	1:18:49
58	58	Andrew Hutchison	Runnells	IA	20	M	50	8:23	1:32	3:35	65	44:03	21.2	2:22	33	20:29	6:36	1:18:51
59	349	Justin Gottschalk	Iowa City	IA	25	M	44	8:10	1:30	2:25	92	46:15	20.2	1:56	35	20:31	6:37	1:19:15
60	197	Peter Ylvisaker	Marion	IA	36	M	68	8:47	1:37	2:23	78	45:03	20.7	1:35	54	21:31	6:56	1:19:18
61	357	Paul Watson	Iowa City	IA	29	M	9	6:59	1:17	2:16	85	45:32	20.5	1:36	104	22:59	7:24	1:19:19
62	51	Giancarlo Canessa	Eagan	MN	21	M	8	6:47	1:15	1:46	101	46:55	19.9	2:19	60	21:48	7:01	1:19:33
63	225	Steve Riddle	Winthrop	IA	30	M	52	8:27	1:33	2:51	45	43:04	21.7	2:09	107	23:04	7:26	1:19:33
64	56	Joseph Froehlich	Cedar Rapids	IA	25	M	92	9:18	1:42	2:16	71	44:13	21.1					1:19:37
65	167	Lynn Vogt	Ankeny	IA	50	M	76	8:52	1:38	2:37	35	42:11	22.1	1:43	139	24:27	7:52	1:19:48
66	113	Tim Armstrong	Muscatine	IA	42	M	127	10:03	1:51	2:26	56	43:43	21.3	1:55	64	21:52	7:02	1:19:55
67	338	Todd Juhlin	Iowa City	IA	31	M	34	7:45	1:26	2:55	91	46:07	20.2	1:48	59	21:43	7:00	1:20:16
68	179	Scott Finger	Coralville	IA	39	M	35	7:48	1:26	2:37	94	46:20	20.1	1:55	57	21:39	6:59	1:20:16
69	166	Don Davis	Keokuk	IA	39	M	137	10:13	1:52	2:44	63	44:02	21.2	1:19</				

82	327	Ted Carlson	Mt. Vernon	IA	16	M	81	9:02	1:40	2:49	130	49:01	19.0	2:10	13	18:58	6:07	1:21:58
83	228	Shannon DeBoer	Davenport	IA	26	M	39	7:55	1:27	2:41	59	43:54	21.2	1:47	156	25:49	8:19	1:22:04
84	325	Fred Hemsath	St. Joseph	MI	55	M	109	9:38	1:46					2:20	49	21:11	6:49	1:22:13
85	214	Al Behrens	Council Bluffs	IA	49	M	143	10:23	1:54	3:07	95	46:28	20.1	1:35	40	20:48	6:42	1:22:19
86	395	Paul Sueppel	Iowa City	IA	32	M	146	10:26	1:55	2:47	67	44:03	21.2	2:24	99	22:47	7:20	1:22:25
87	240	James Gerk	Cedar Rapids	IA	43	M	108	9:36	1:46	2:04	83	45:27	20.5	2:06	114	23:20	7:31	1:22:31
88	247	Tony Zink	Iowa City	IA	34	M	72	8:49	1:37	3:07	93	46:17	20.1	2:39	71	22:03	7:06	1:22:53
89	220	John Franklin	Minnetonka	MN	36	M	71	8:48	1:37	2:38	96	46:37	20.0	1:57	103	22:55	7:23	1:22:54
90	177	Rob Thompson	Britt	IA	22	M	112	9:41	1:47	2:39	103	46:56	19.9	1:44	75	22:06	7:07	1:23:03
91	184	Jack Youngberg	Brookings	SD	28	M	118	9:47	1:48	4:23	73	44:18	21.0	2:46	83	22:20	7:11	1:23:32
92	245	Jay Grave	Owatonna	MN	24	M	88	9:15	1:42	2:31	52	43:30	21.4	1:49	165	26:39	8:35	1:23:42
93	315	Craig Murphy	Burlington	IA	27	M	74	8:51	1:37	3:06	115	47:35	19.6	1:57	81	22:16	7:10	1:23:43
94	170	Richard Nehring	Alden	IA	59	M	104	9:33	1:45	2:40	82	45:24	20.5	2:04	137	24:16	7:49	1:23:55
95	203	Paul Gordon	Mason City	IA	49	M	126	10:01	1:50	2:58	76	44:43	20.9	2:07	135	24:14	7:48	1:24:02
96	339	Steven Abarr	Cedar Rapids	IA	29	M	149	10:31	1:56	3:34	74	44:19	21.0	4:29	53	21:21	6:53	1:24:13
97	238	Jim Mueller	Oswego	IL	30	M	90	9:17	1:42	3:47	100	46:52	19.9	2:00	90	22:30	7:15	1:24:23
98	163	Brandon Lee	W. Des Moines	IA	26	M	60	8:35	1:35	3:09	88	45:50	20.3	1:47	152	25:27	8:12	1:24:45
99	180	Joel Conrad	Cedar Rapids	IA	30	M	153	10:42	1:58	2:38	120	48:16	19.3	1:15	76	22:10	7:08	1:24:59
100	201	Don Romig	Des Moines	IA	34	M	152	10:40	1:57	3:20	119	48:08	19.4	2:04	41	20:52	6:43	1:25:02
101	212	Evan Belfer	Iowa City	IA	32	M	111	9:39	1:46	3:31	112	47:19	19.7	2:28	88	22:26	7:14	1:25:22
102	188	Karl Rosenberg	Cedar Rapids	IA	34	M	173	11:39	2:08	4:05	26	41:35	22.4	2:29	154	25:40	8:16	1:25:26
103	310	Thomas Hooyer	Ames	IA	36	M	166	11:09	2:03	2:28	109	47:08	19.8	1:35	113	23:15	7:29	1:25:32
104	194	Bob Watson	Ames	IA	39	M	55	8:30	1:34	3:45	113	47:30	19.6	2:50	106	23:01	7:25	1:25:34
105	211	Tobie Escher	Edinburg	TX	26	M	169	11:19	2:04	3:02	87	45:41	20.4	2:10	117	23:26	7:33	1:25:36
106	251	Robert Skidmore	Des Moines	IA	33	M	77	8:57	1:39	3:20	89	45:58	20.3	2:31	147	25:01	8:03	1:25:44
107	347	Eric Moschella	Toddville	IA	32	M	136	10:12	1:52	3:28	116	47:45	19.5	2:19	80	22:12	7:09	1:25:54
108	244	Bob Levinstein	Des Moines	IA	33	M	61	8:37	1:35	3:37	114	47:34	19.6	2:09	134	24:12	7:48	1:26:07
109	358	David Allmacher	Iowa City	IA	30	M	176	11:58	2:12	3:55	90	46:03	20.2	2:24	63	21:50	7:02	1:26:07
110	209	Todd Brandt	Iowa City	IA	26	M	48	8:15	1:31	2:40	107	47:06	19.8	2:17	157	25:51	8:20	1:26:08
111	42	Brad Brunia	Huxley	IA	43	M	69	8:48	1:37	4:48	86	45:39	20.4	2:53	141	24:41	7:57	1:26:47
112	255	Chris Becker	Cedar Falls	IA	46	M	120	9:48	1:48	3:04	148	50:52	18.3	2:12	46	21:09	6:49	1:27:04
113	16	Craig Rowley	Edina	MN	34	M	33	7:44	1:25	3:52	137	49:50	18.7	2:17	116	23:25	7:32	1:27:06
114	176	Mike Haberman	Mason City	IA	29	M	78	8:59	1:39	3:09	135	49:41	18.8	1:54	119	23:36	7:36	1:27:15
115	164	John Rosecrance	Coralville	IA	41	M	94	9:19	1:43	2:44	111	47:16	19.7	2:13	159	25:53	8:20	1:27:23
116	32	Dean Bellville	Des Moines	IA	37	M	116	9:45	1:47	2:51	122	48:31	19.2	2:10	133	24:10	7:47	1:27:25
117	249	Joshua Kerr	Ames	IA	27	M	139	10:14	1:53	2:46	106	47:00	19.8	2:55	140	24:36	7:55	1:27:29
118	270	Jeff Kaczinski	Davenport	IA	34	M	106	9:35	1:46	3:08	108	47:07	19.8	2:00	155	25:41	8:16	1:27:29
119	252	Michael Schudes	Colton	SD	43	M	43	8:08	1:30	2:36	128	48:56	19.1	1:55	161	26:03	8:23	1:27:36
120	172	Adam Yack	Iowa City	IA	17	M	4	6:35	1:13	2:32	110	47:09	19.8	1:46	190	29:39	9:33	1:27:38
121	40	Mark Wall	Waterloo	IA	25	M	167	11:09	2:03	2:39	145	50:36	18.4	1:36	65	21:53	7:03	1:27:51
122	381	Eric Travagiakis	Cedar Rapids	IA	16	M	89	9:15	1:42	2:31	131	49:14	18.9	1:44	149	25:10	8:06	1:27:52
123	196	Nick Wagner	Marion	IA	25	M	170	11:28	2:06	3:54	98	46:49	19.9	1:39	129	24:07	7:46	1:27:55
124	387	Shawn Noble	Iowa City	IA	34	M	141	10:15	1:53	2:57	151	50:59	18.3	2:16	87	22:24	7:13	1:28:47
125	306	Charlie Boyd	Lincoln	NE	33	M	178	12:02	2:13	3:35	127	48:54	19.1	1:44	93	22:34	7:16	1:28:48
126	230	Greg Neary	Minneapolis	MN	43	M	70	8:48	1:37	3:03	143	50:06	18.6	2:46	131	24:09	7:47	1:28:50
127	250	Alan Hulleman	Indianola	IA	25	M	80	9:02	1:39	2:53	164	52:52	17.6	1:42	95	22:39	7:18	1:29:05
128	190	Jim Hagelie	Marshalltown	IA	31	M	177	11:58	2:12	3:07	121	48:18	19.3	1:57	125	23:53	7:42	1:29:10
129	70	Milan Fillmore	Maple Plains	MN	37	M	204	15:03	2:46	2:58	75	44:37	20.9	1:58	143	24:48	7:59	1:29:22
130	210	Cory Hall	Lanesboro	MN	25	M	202	14:36	2:41	3:11	125	48:50	19.1	1:19	55	21:34	6:57	1:29:28
131	290	Mike Herrin	Tremont	IL	50	M	164	10:58	2:01	3:43	138	49:51	18.7	2:28	92	22:32	7:15	1:29:30
132	321	Joseph Pottorini	Sterling	IL	49	M	184	12:21	2:16	2:58	133	49:36	18.8	2:06	94	22:35	7:17	1:29:34
133	182	Kerry Romack	Iowa City	IA	22	M	189	12:41	2:20	3:50	117	47:57	19.4	2:25	112	23:11	7:28	1:30:01
134	229	Paul Wolf	Davenport	IA	25	M	155	10:44	1:58	3:18	97	46:48	19.9					1:30:18
135	273	Chris Kulish	Marion	IA	32	M	142	10:16	1:53	3:14	136	49:47	18.7	2:17	145	24:52	8:01	1:30:24
136	61	Eric Haugen	Rochester	MN	33	M	98	9:22	1:43	4:21	141	49:58	18.7	2:51	130	24:07	7:46	1:30:37
137	305	Matt Gauthier	St. Paul	MN	19	M	165	11:00	2:01	2:23	126	48:52	19.1	2:04	164	26:21	8:29	1:30:39
138	118	Christian Wenger	Louisville	KY	13	M	25	7:32	1:23	2:30	162	52:47	17.7	1:39	163	26:16	8:27	1:30:42
139	304	Michael Hook	Hiawatha	IA	41	M	172	11:37	2:08	2:37	155	51:31	18.1	1:58	108	23:04	7:26	1:30:46
140	235	Michael Emery	Cedar Rapids	IA	41	M	114	9:43	1:47	3:13	163	52:50	17.6	1:53	111	23:10	7:28	1:30:46
141	386	Todd Bergman	Ames	IA	34	M	100	9:25	1:44	3:33	118	47:58	19.4	2:40	171	27:12	8:46	1:30:47
142	392	Todd Boyar	Platte City	MO	32	M	135	10:10	1:52	4:04	173	53:49	17.3	1:26	62	21:50	7:02	1:31:17
143	109	Ross Rawley	Apple Valley	MN	44	M	113	9:42	1:47	3:05	170	53:31	17.4	1:41	115	23:24	7:32	1:31:21
144	292	Ben Post	Ames	IA	23	M												1:32:09
145	31	Brett Brende	Lincoln	NE	33	M	151	10:38	1:57	3:17	124	48:44	19.1	1:37	179	28:02	9:02	1:32:16
146	260	Gerry Funk	Solon	IA	39	M	161	10:52	2:00	3:55	139	49:53	18.7	3:00	144	24:48	7:59	1:32:28
147	234	Britt Marcussen	Coralville	IA	35	M	134	10:08	1:52	3:39	144	50:35	18.4	3:07	150	25:12	8:07	1:32:39
148	50	Jeffrey Ginn	Cedar Rapids	IA	47	M	117	9:46	1:48	2:52	134	49:39	18.8	2:38	177	27:55	9:00	1:32:48
149	313	Tim McCormick	Shellsburg	IA	22	M	180	12:04	2:13	2:56	174	53:56	17.3	1:40	86	22:21	7:12	1:32:54
150	279	Brian Johns	Williamsburg	IA	14	M	26	7:33	1:23	2:35	199	1:00:05	15.5					1:33:02
151	171	Adam Feltz	Downers Grove	IL	17	M	209	15:53	2:55	3:41	84	45:30	20.5	2:23	162	26:11	8:26	1:33:36
152	160	Russ Rabik	Cedar Rapids	IA	38	M	198	14:15	2:37	3:07	149	50:53	18.3	1:38	124	23:52	7:41	1:33:42
153	186	Mark Moeller	Marion	IA	42	M	132	10:06	1:51	4:06	166	53:17	17.5	2:00	136	24:16	7:49	1:33:43
154	192	Paul Riggs	Oskaloosa	IA	45	M	145	10:25	1:55	4:28	159	52:02	17.9	2:13	148	25:05	8:05	1:34:11
155	219	Robert McKeague	Villa Park	IL	74	M	159	10:49	1:59	3:41	165	53:08	17.5	2:47	123	23:52	7:41	1:34:15
156	183	Jeffrey Milks	Oelwein	IA	44	M	154	10:43	1:58	4:06	152	51:05	18.3	3:11	151	25:13	8:07	1:34:16
157	331	John Spence	Iowa City	IA	53	M	192	13:16	2:26	3:16	146	50:42	18.4	1:30	153	25:38	8:15	1:34:21
158	104	Scott Stimmel	Iowa City	IA														

176	221	Robert Follis	Gladbrook	IA	41	M	186	12:34	2:18	3:56	169	53:28	17.4	3:11	169	27:03	8:43	1:40:09
177	272	Randy King	Marion	IA	46	M	160	10:50	1:59	3:55	184	56:35	16.5	1:56	169	26:58	8:41	1:40:12
178	239	Don Mueller	Aurora	IL	29	M	110	9:39	1:46	4:15	142	49:58	18.7	2:39	209	33:56	10:56	1:40:24
179	224	Dennis Coe	Edina	MN	48	M	175	11:45	2:09	4:12	161	52:37	17.7	2:49	191	29:45	9:35	1:41:06
180	173	Dan Banasik	Cedar Rapids	IA	29	M	199	14:17	2:37	3:39	153	51:06	18.2	1:40	195	30:37	9:52	1:41:17
181	253	Brian Brookshire	Des Moines	IA	16	M	65	8:43	1:36	5:21	180	55:35	16.8	2:12	192	29:48	9:36	1:41:38
182	373	George Hafkey	Grinnell	IA	49	M	191	13:12	2:25	3:11	182	55:50	16.7	2:00	173	27:26	8:50	1:41:38
183	64	John Whitson	Vinton	IA	51	M	171	11:30	2:07	5:13	179	55:22	16.8	2:39	172	27:17	8:47	1:41:59
184	378	Gordon Lightfoot	Iowa City	IA	24	M	138	10:14	1:53	5:46	205	1:00:54	15.3	1:47	118	23:28	7:33	1:42:06
185	162	Dave Fabel	Cologne	MN	39	M	144	10:24	1:55	2:43	201	1:00:20	15.5	2:11	166	26:47	8:38	1:42:24
186	384	Kevin Holz	Cedar Falls	IA	15	M	24	7:31	1:23	2:57	211	1:07:39	13.8	1:49	100	22:48	7:21	1:42:43
187	236	Jason Jones	Cedar Falls	IA	15	M	18	7:20	1:21	3:13	191	57:39	16.2	1:52	205	32:42	10:32	1:42:44
188	396	Bob Dueker	Cedar Rapids	IA	29	M	212	16:16	2:59	4:44	167	53:20	17.5	1:29	176	27:48	8:57	1:43:36
189	222	Craig Carr	W. Branch	IA	50	M	187	12:34	2:18	5:06	168	53:22	17.5	3:45	186	29:04	9:22	1:43:49
190	256	Daniel Pichler	Fridley	MN	34	M	213	16:26	3:01	6:48	189	57:02	16.3	2:06	77	22:10	7:08	1:44:29
191	9	Stephen Elliff	Minneapolis	MN	44	M	195	13:35	2:29	3:59	156	51:46	18.0	2:24	207	33:13	10:42	1:44:55
192	389	Bruce Fuerbringer	Eau Claire	WI	45	M	147	10:26	1:55	5:39	188	56:54	16.4	3:05	193	29:50	9:37	1:45:52
193	215	Isra Harahap	Ames	IA	27	M					192	57:50	16.1	2:39	183	28:34	9:12	1:45:57
194	360	Mike Finlayson	Iowa City	IA	34	M	131	10:05	1:51	3:53	202	1:00:28	15.4	2:58	187	29:18	9:26	1:46:40
195	254	Robert Michael	Iowa City	IA	36	M	214	18:52	3:27	3:27	185	56:37	16.5	3:12	142	24:48	7:59	1:46:53
196	242	Rick Koepf	Cedar Rapids	IA	53	M	163	10:56	2:00	3:26	198	59:44	15.6	2:00	203	32:25	10:26	1:48:29
197	296	Michael Marks	Cedar Rapids	IA	38	M	150	10:36	1:57	6:33				199	31:26	10:07	1:50:10	
198	114	David Kolker	Stratford	IA	33	M	193	13:17	2:26	4:35	186	56:45	16.4	2:36	208	33:51	10:54	1:51:03
199	334	Guy Olson	Van Horne	IA	42	M	63	8:40	1:35	5:30	212	1:10:04	13.3	4:39	82	22:17	7:11	1:51:08
200	333	Daniel Mount	Milan	IL	42	M	203	14:39	2:41	3:55	195	58:35	15.9	2:32	201	31:57	10:17	1:51:37
201	223	Erin Carr	W. Branch	IA	19	M	208	15:49	2:54	9:52	172	53:32	17.4	3:42	185	28:55	9:19	1:51:49
202	207	David Dueker	Fort Dodge	IA	25	M					194	58:14	16.0	2:02	202	32:16	10:23	1:52:08
203	369	Loren Torres	Sherrard	IL	47	M	188	12:37	2:19	3:37	197	59:27	15.7	5:16	200	31:45	10:14	1:52:41
204	299	Ronald Paar	Cedar Falls	IA	50	M	122	9:52	1:49	4:16	190	57:31	16.2	4:19	213	37:06	11:57	1:53:02
205	227	Erick Zawojewski	Coralville	IA	29	M	97	9:22	1:43	5:57	196	59:15	15.7	2:07	212	36:45	11:50	1:53:25
206	243	John Chihak	Hiawatha	IA	51	M	82	9:02	1:40	5:00	209	1:02:45	14.9	2:30	211	34:40	11:10	1:53:55
207	348	David Bark	Cedar Rapids	IA	28	M	185	12:24	2:16	4:26	204	1:00:43	15.4	4:12	206	32:43	10:32	1:54:26
208	359	Mark Schroeder	Owatonna	MN	23	M	205	15:11	2:47	5:44	150	50:56	18.3	3:45	214	39:07	12:36	1:54:41
209	199	Anthony Neuyen	Iowa City	IA	34	M	217	19:12	3:31	3:53	200	1:00:16	15.5	2:50	188	29:20	9:27	1:55:28
210	189	Jim Baldwin	Cedar Rapids	IA	34	M	218	21:36	3:57	4:01	203	1:00:33	15.4	3:26	170	27:09	8:45	1:56:43
211	294	Norm Arons	Cedar Rapids	IA	52	M	216	19:07	3:30	5:53	207	1:02:15	15.0	1:42	180	28:07	9:03	1:57:02
212	295	Roger Johanson	Mt. Vernon	IA	49	M	182	12:12	2:14	5:02	214	1:12:51	12.8	3:14	121	23:47	7:40	1:57:04
213	8	David Patterson	Minneapolis	MN	40	M	215	19:05	3:30	3:38	210	1:02:46	14.9	1:52	198	30:49	9:55	1:58:08
214	291	Charlton Sturm	Mascoutah	IL	60	M	206	15:20	2:49	6:00	206	1:01:30	15.2	3:14	204	32:30	10:28	1:58:32
215	319	David LaGrange	Williamsburg	IA	29	M	179	12:03	2:13	4:34	217	1:16:09	12.2	2:23	184	28:49	9:17	2:03:55
216	312	Matt Warne	Mt. Vernon	IA	17	M	210	15:57	2:55	4:33	216	1:13:02	12.8	2:15	197	30:43	9:53	2:06:27
217	303	Evann Peterson	Mt. Vernon	IA	18	M	211	15:58	2:56	4:36	215	1:12:58	12.8	2:15	196	30:42	9:53	2:06:27
218	311	Jerry Donaldson	Mt. Vernon	IA	61	M	197	14:01	2:34	5:55	213	1:10:10	13.3	3:33	215	47:01	15:08	2:20:38
219	368	Garrett Buss	Waterloo	NE	14	M												2:28:43
220	336	Bill Anderson	Cedar Rapids	IA	30	M	219	24:35	4:30	7:09	218	1:21:49	11.4	4:38	210	34:17	11:03	2:32:27

OVERALL CYLDESDALE & ATHENA RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
										time	yds	time	plc	time	plc	time
1	1/12			Alan Schmidt	Marion	IA	26	M	4	8:23	1:32	2:49	1	43:06	21.6	1:51
2	2/12			Jason Lewis	Cedar Rapids	IA	28	M	11	9:43	1:47	3:07	2	44:22	21.0	1:57
3	3/12			Jason Hugi	Mason City	IA	26	M	1	7:08	1:19	2:58	4	47:07	19.8	1:54
4	1/6			David Zangerle	Boone	IA	30	M	5	8:37	1:35	3:07	6	47:45	19.5	1:32
5	2/6			Coby Shank	West Des Moines	IA	30	M	17	10:26	1:55	4:22	3	46:52	19.9	1:24
6	1/3			Cara Jarnberg	Apple Valley	MN	25	F	2	7:16	1:20	3:01	7	48:35	19.2	1:56
7	1/9			Bill Vipond	Ankeny	IA	35	M	8	9:11	1:41	3:01	9	49:41	18.8	2:27
8	1/4			Dave Gomez	Hastings	MN	44	M	24	11:33	2:07	2:30	5	47:37	19.6	2:30
9	4/12			Rhett Schildroth	Muscatine	IA	27	M	14	10:17	1:53	3:10	14	51:55	18.0	1:26
10	1/1			Barry Trumph	Mason City	IA	51	M	15	10:18	1:53	3:20	8	49:03	19.0	2:29
11	2/9			John Huebner	Altoona	IA	35	M	16	10:23	1:54	3:37	13	51:13	18.2	2:17
12	5/12			Ross Mills	Des Moines	IA	27	M	3	8:09	1:30	4:16	19	52:39	17.7	3:17
13	6/12			TJ Snyman	Ames	IA	28	M	12	9:56	1:49	3:18	15	51:58	17.9	2:17
14	2/4			Bob Holst	Urbandale	IA	44	M	25	11:37	2:08	3:15	16	52:02	17.9	3:12
15	3/6			Greg Bodeker	Cedar Rapids	IA	33	M	7	8:59	1:39	3:20	10	50:51	18.3	2:20
16	4/6			Lorin Hatch	St. Anthony	MN	32	M	27	12:22	2:16	4:25	20	52:42	17.7	1:42
17	7/12			Keith Abkes	Cedar Rapids	IA	27	M	28	12:43	2:20	4:45	18	52:10	17.9	2:05
18	3/9			Larry Stout	Ankeny	IA	38	M	21	11:19	2:05	3:27	11	51:01	18.3	2:38
19	4/9			Chris Cardinale	Cedar Rapids	IA	37	M	19	10:57	2:01	3:01	25	54:58	17.0	3:19
20	1/1			Aaron Hartman	Burnsville	MN	24	M	29	13:48	2:32	4:48	12	51:12	18.2	3:00
21	5/9			Dave Beastrom	Cedar Rapids	IA	39	M	33	14:28	2:39	3:28	24	54:54	17.0	2:33
22	2/3			Ellen Joensen	Ames	IA	29	F	39	17:20	3:11	2:25	23	54:04	17.2	2:31
23	8/12			Jason Henricks	Wayzata	MN	26	M	30	13:58	2:34	3:38	21	52:45	17.7	3:04
24	9/12			Hennie Snyman	Ames	IA	26	M	18	10:53	2:00	3:57	28	57:27	16.2	2:21
25	10/12			Layne Wardenburg	Urbandale	IA	29	M				2:40	38	1:09:52	13.3	3:37
26	11/12			Matthew Ellerbrock	Davenport	IA	25	M	36	16:17	2:59	3:57	17	52:08	17.9	3:48
27	5/6			Mike Sills	Cedar Rapids	IA	34	M	23	11:31	2:07	5:10	29	57:37	16.2	
28	6/6			Mike Dankert	Cedar Rapids	IA	32	M	9	9:27	1:44	2:54	22	53:45	17.3	4:00
29	3/3			Kelly Else	Des Moines	IA	29	F	13	10:02	1:50	4:26	31	1:01:12	15.2	3:28
30	6/9			Mike Pulkrab	Cedar Rapids	IA	35	M	34	14:49	2:43	4:15	27	57:20	16.3	3:13
31	1/2			Christine Schuldes	Colton	SD	33	F	22	11:28	2:06	4:15	26	56:22	16.5	3:23
32	7/9			Tim Broghammer	Solon	IA	35	M	6	8:46	1:37	4:52	32	1:01:28	15.2	2:51
33	3/4			Terry Speth	Atkins	IA	41	M	38	16:55	3:06	4:07	33	1:02:20	15.0	2:02
34	1/1			Marcy Marow	Eau Claire	WI	43	F	35	15:24	2:49	4:24	30	1:00:14	15.5	3:10
35	1/1			Kerstin Buettner	St. Paul	MN	24	F	20	11:05	2:02	5:44	35	1:05:31	14.2	2:37
36	1/1			Michele Rhoades	Cedar Rapids	IA	35	F	26	12:14	2:15	4:04	37	1:09:37	13.4	

OVERALL TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	1/5	Saylor, Morrison, Ingels	Tim Saylor, Dick Morrison, Bill Ingels	7	10:35	1:57	1:33	1	48:43	19.1	1:16	2	21:21	6:53	1:23:26
2	1/6	Buff Babes	Heidi Landherr, Masumi Fottral, Brooke Ralston	1	6:15	1:09	1:16	5	55:58	16.7	1:11	1	21:07	6:48	1:25:45
3	2/6	June Pork Bellies	Lisa Kris, Deb Duff, Paige Butterfield	3	8:13	1:31	1:41	2	51:13	18.2	1:04	10	27:34	8:53	1:29:43
4	3/6	Buff Chicks	Natalie Ross, Naomi Fottral, Darby Hollinrake	2	6:59	1:17	1:35	7	57:16	16.3	1:12	4	23:35	7:36	1:30:36
5	2/5	Team Budwieser	Doug Elderts, Darrel, Darrel	5	8:54	1:38	1:49	3	52:29	17.8	1:59	11	28:16	9:06	1:33:25
6	1/2	Champs Trio	Teresa Finger, John Tryon, Kate Huedepohl	6	9:51	1:48	1:33	8	57:21	16.3	1:30	9	25:55	8:21	1:36:08
7	3/5	Two Dave's & A Fred	David Rooney, Dave Feldmann, Fred Schutle	10	12:20	2:16	1:23	6	56:42	16.4	3:10	6	24:12	7:48	1:37:45
8	4/6	The Three Apigos	Mary Keane, Betsy Kilgore, Elisabeth Marks	8	10:41	1:58	1:14	9	1:03:56	14.6	1:18	7	25:04	8:04	1:42:11
9	5/6	Team DNR	Mary Kay Rogge, Julie Sparks, Terri Carlson	11	16:20	3:00	1:33	4	52:47	17.7	1:41	13	32:03	10:19	1:44:22
10	4/5	Propellern Heads	Paul Barth, Robert Wallraff, Sean Timp	12	16:45	3:04	1:17	11	1:08:43	13.6	1:12	3	22:33	7:16	1:50:29
11	2/2	SYRUPERS	Craig Folkert, Ted Ebertsch, Jamie Folkins	4	8:43	1:36	1:54	10	1:07:42	13.8	2:56	12	29:18	9:26	1:50:31
12	6/6	Champs Bad Girls	Melissa Rodemeyer, Mary Steele, Stephanie Rosenfeld	9	12:02	2:12	2:02	12	1:12:46	12.8	1:23	8	25:16	8:08	1:53:28
13	5/5	Jim Smith	Jim Smith												
								13	1:14:41	12.5	1:16	5	24:07	7:46	1:53:47

OVERALL LITTLE PIG DUATHLON RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	TOTAL TIME
1	366	Jeff Gudenkauf	Cedar Rapids	IA	13 M	22:18
2	23	Luke Henson	Marion	IA	10 M	22:21
3	367	Dan Gudenkauf	Cedar Rapids	IA	13 M	22:45
4	385	Raymond Holz	Cedar Falls	IA	12 M	24:32
5	326	Eric Munson	Solon	IA	13 M	24:43
6	278	Patrick Rhatigan	Cedar Rapids	IA	11 M	28:07
7	22	Lauren Henson	Marion	IA	13 F	28:17
8	24	Brandon Slotness	Mason City	IA	10 M	29:23
9	383	Amy Travagiakis	Cedar Rapids	IA	12 F	33:48
10	329	Alexa Vandelune	Pella	IA	9 F	41:20
11	15	Nick Frantz	Marion	IA	9 M	42:21

TOP 10 SWIM

TOT PLC	NAME	CITY	ST	AGE	S	SWIM time	100 yds
1	Eric Jensen	Lakeville	MN	27	M	5:18	0:59
2	Heidi Landherr	Marion	IA			6:15	1:09
3	Doug Davis	Burnsville	MN	31	M	6:30	1:12
4	Joe Berg	Minneapolis	MN	21	M	6:34	1:12
5	Adam Yack	Iowa City	IA	17	M	6:35	1:13
6	Rachel Windsor	Des Moines	IA	36	F	6:39	1:13
7	Todd King	Coon Rapids	MN	29	M	6:41	1:14
8	Kevin O'Connor	Corcoran	MN	27	M	6:45	1:14
9	Jared Berg	Deephaven	MN	24	M	6:47	1:15
10	Giancarlo Canessa	Eagan	MN	21	M	6:47	1:15

TOP 10 FIRST TRANSITION

TOT PLC	NAME	CITY	ST	AGE	S	TRAN time
1	Sheila Nelson	Eagan	MN	30	F	1:20
2	Jared Berg	Deephaven	MN	24	M	1:34
3	Kevin Drake	Cedar Rapids	IA	32	M	1:41
4	Rachel Windsor	Des Moines	IA	36	F	1:41
5	Doug Davis	Burnsville	MN	31	M	1:43
6	Tom Meersman	Arlington Hts.	IL	17	M	1:45
7	Nick Scott	Cedar Rapids	IA	47	M	1:45
8	Giancarlo Canessa	Eagan	MN	21	M	1:46
9	Tasha Sween	Deephaven	MN	29	F	1:51
10	Kevin O'Connor	Corcoran	MN	27	M	1:51

TOP 10 BIKE

TOT PLC	NAME	CITY	ST	AGE	S	BIKE time	mph
1	Kevin O'Connor	Corcoran	MN	27	M	37:31	24.9
2	Doug Davis	Burnsville	MN	31	M	37:34	24.8
3	Stu Huntly	West Des Moines	IA	39	M	38:16	24.4
4	Barry Breffle	Marion	IA	28	M	38:29	24.2
5	Mike Morrison	Dallas	TX	25	M	38:50	24.0
6	David Lyon	Mankato	MN	37	M	38:53	24.0
7	Jared Berg	Deephaven	MN	24	M	39:10	23.8
8	Kevin Drake	Cedar Rapids	IA	32	M	39:13	23.8
9	Dan Blekeberg	St. Paul	MN	42	M	39:27	23.6
10	Matt Thomas	Ames	IA	25	M	39:44	23.5

TOP 10 SECOND TRANSITION

TOT PLC	NAME	CITY	ST	AGE	S	TRAN time
1	Kevin O'Connor	Corcoran	MN	27	M	1:06
2	Joel Hennings	Omaha	NE	25	M	1:07
3	Terry Stockert	Cedar Rapids	IA	31	M	1:09
4	Jeffrey Tuohino	Cedar Rapids	IA	38	M	1:11
5	Doug Davis	Burnsville	MN	31	M	1:12
6	Barry Breffle	Marion	IA	28	M	1:13
7	Eric Jensen	Lakeville	MN	27	M	1:14
8	Todd King	Coon Rapids	MN	29	M	1:15
9	Joel Conrad	Cedar Rapids	IA	30	M	1:15
10	Stu Huntly	West Des Moines	IA	39	M	1:17

TOP 10 RUN

TOT	PLC	NAME	CITY	ST	AGE	S	RUN	time	pace
1		Matt Thomas	Ames	IA	25	M	16:55	5:27	
2		Kevin O'Connor	Corcoran	MN	27	M	17:54	5:46	
3		Ty Stevens	Minneapolis	MN	23	M	18:07	5:50	
4		Tom Meersman	Arlington Hts.	IL	17	M	18:33	5:59	
5		Loran Storts	Urbandale	IA	34	M	18:34	5:59	
6		Jared Berg	Deephaven	MN	24	M	18:36	6:00	
7		Steve Younker	Mason City	IA	33	M	18:41	6:01	
8		Mike Morrison	Dallas	TX	25	M	18:42	6:02	
9		Barry Breffle	Marion	IA	28	M	18:44	6:02	
10		David Lyon	Mankato	MN	37	M	18:49	6:04	

FEMALE AGE GROUP RESULTS 13 - 15

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
						time	yds	time	time	time	time	TIME
1 Bette Rawley	Apple Valley	MN	14	F	1	9:01	1:39	2:18	1 1:02:11	15.0	1:46	1 26:31 8:32 1:41:44

MALE AGE GROUP RESULTS 13 - 15

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
						time	yds	time	time	time	time	TIME
1 Christian Wenger	Louisville	KY	13	M	3	7:32	1:23	2:30	1 52:47	17.7	1:39	3 26:16 8:27 1:30:42
2 Brian Johns	Williamsburg	IA	14	M	4	7:33	1:23	2:35	4 1:00:05	15.5		1:33:02
3 Scott Stimmel	Iowa City	IA	14	M					2 56:17	16.6	1:39	2 25:52 8:20 1:34:23
4 Kevin Holz	Cedar Falls	IA	15	M	2	7:31	1:23	2:57	5 1:07:39	13.8	1:49	1 22:48 7:21 1:42:43
5 Jason Jones	Cedar Falls	IA	15	M	1	7:20	1:21	3:13	3 57:39	16.2	1:52	4 32:42 10:32 1:42:44
6 Garrett Buss	Waterloo	NE	14	M								2:28:43

FEMALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
						time	yds	time	time	time	time	TIME
1 Kimberly Rathmann	Barrington	IL	16	F	1	7:27	1:22	2:09	1 49:29	18.8	1:49	1 27:16 8:47 1:28:07
2 Evonne Butikofer	Cedar Rapids	IA	17	F	2	9:09	1:41	3:35	3 1:00:05	15.5	1:43	2 29:17 9:26 1:43:48
3 Jordan Wenger	Louisville	KY	17	F	3	9:43	1:47	2:38	2 1:00:01	15.5	2:42	3 33:43 10:51 1:48:45

MALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
						time	yds	time	time	time	time	TIME
1 Tom Meersman	Arlington Hts.	IL	17	M	2	7:14	1:20	1:45	1 41:35	22.4	1:21	1 18:33 5:59 1:10:26
2 Kristofer Johnson	Plymouth	MN	16	M	8	10:04	1:51	3:07	2 44:03	21.2	2:11	3 21:16 6:51 1:20:38
3 Matt Swenson	Owatonna	MN	17	M	7	9:58	1:50	2:12	3 44:49	20.8	1:34	5 23:00 7:25 1:21:33
4 Jeff Stone	Boone	IA	16	M	3	7:43	1:25	3:14	5 46:55	19.9	2:25	4 21:39 6:58 1:21:54
5 Ted Carlson	Mt. Vernon	IA	16	M	5	9:02	1:40	2:49	7 49:01	19.0	2:10	2 18:58 6:07 1:21:58
6 Adam Yack	Iowa City	IA	17	M	1	6:35	1:13	2:32	6 47:09	19.8	1:46	8 29:39 9:33 1:27:38
7 Eric Travagiakis	Cedar Rapids	IA	16	M	6	9:15	1:42	2:31	8 49:14	18.9	1:44	6 25:10 8:06 1:27:52
8 Adam Feltz	Downers Grove	IL	17	M	9	15:53	2:55	3:41	4 45:30	20.5	2:23	7 26:11 8:26 1:33:36
9 Brian Brookshire	Des Moines	IA	16	M	4	8:43	1:36	5:21	9 55:35	16.8	2:12	9 29:48 9:36 1:41:38
10 Matt Warne	Mt. Vernon	IA	17	M	10	15:57	2:55	4:33	10 1:13:02	12.8	2:15	10 30:43 9:53 2:06:27

FEMALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
						time	yds	time	time	time	time	TIME
1 Ellen Stimmel	Iowa City	IA	18	F	1	7:37	1:24	2:49	1 55:30	16.8	2:35	1 24:27 7:53 1:32:56
2 Nina Lohman	Iowa City	IA	18	F	2	8:04	1:29	3:48	2 1:07:03	13.9	1:47	2 30:47 9:55 1:51:28

MALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
						time	yds	time	time	time	time	TIME
1 Todd Schweikert	Ames	IA	19	M	1	7:16	1:20	2:00	1 44:05	21.2	1:29	1 23:36 7:36 1:18:23
2 Matt Gauthier	St. Paul	MN	19	M	2	11:00	2:01	2:23	2 48:52	19.1	2:04	2 26:21 8:29 1:30:39
3 Erin Carr	W. Branch	IA	19	M	3	15:49	2:54	9:52	3 53:32	17.4	3:42	3 28:55 9:19 1:51:49
4 Evan Peterson	Mt. Vernon	IA	18	M	4	15:58	2:56	4:36	4 1:12:58	12.8	2:15	4 30:42 9:53 2:06:27

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
						time	yds	time	time	time	time	TIME
1 Becky Loberg	Brookings	SD	24	F	4	8:42	1:36	2:27	1 47:24	19.7	1:25	1 21:03 6:47 1:20:59
2 Natasha Vasey	Dubuque	IA	23	F	2	7:46	1:26	2:50	2 48:13	19.3	2:29	3 23:02 7:25 1:24:18
3 Samantha Khoo	Woodridge	IL	20	F	1	6:58	1:17	2:26	3 48:25	19.3	1:39	5 27:32 8:52 1:26:59

4	Angela Gordon	Mason City	IA	23	F	3	8:20	1:32	2:17	4	53:09	17.5	2:20	2	22:39	7:18	1:28:43
5	Rachel Conybear	Iowa City	IA	20	F	5	10:11	1:52	2:54	6	54:39	17.1	1:33	4	27:19	8:48	1:36:35
6	Brynn Kriegermeier	Ames	IA	20	F	9	15:17	2:48	3:15	5	54:28	17.1	2:51	6	29:57	9:39	1:45:46
7	Juanita Cooper	Cedar Rapids	IA	21	F	6	10:43	1:58	4:02	7	1:04:49	14.4	2:21	9	34:56	11:25	1:56:48
8	Jillian Henss	Coralville	IA	22	F	7	10:50	1:59	4:16	9	1:10:33	13.2	2:09	7	33:18	10:44	2:01:04
9	Joscelyn Sutton	Iowa City	IA	22	F	8	10:51	1:59	4:12	8	1:09:12	13.5	3:28	8	33:23	10:45	2:01:04

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Ty Stevens	Minneapolis	MN	23	M	8	8:34	1:34	2:17	1	40:26	23.1	1:33	1	18:07	5:50	1:10:55
2	AJ Johnson	Iowa City	IA	22	M	4	8:10	1:30	1:53	2	42:43	21.8	1:46	3	19:32	6:18	1:14:03
3	Brian Holland	Cedar Rapids	IA	20	M	2	7:23	1:21	2:02	3	43:07	21.6	1:35	7	21:50	7:02	1:15:55
4	Jason Tischer	St. Paul	MN	24	M	7	8:30	1:34	2:12	5	43:42	21.3	1:30	5	21:08	6:49	1:17:01
5	Nick White	Des Moines	IA	20	M	5	8:10	1:30	3:35	7	45:16	20.6	1:20	2	18:54	6:05	1:17:14
6	Andrew Hutchison	Runnells	IA	20	M	6	8:23	1:32	3:35	6	44:03	21.2	2:22	4	20:29	6:36	1:18:51
7	Giancarlo Canessa	Eagan	MN	21	M	1	6:47	1:15	1:46	8	46:55	19.9	2:19	6	21:48	7:01	1:19:33
8	Rob Thompson	Britt	IA	22	M	10	9:41	1:47	2:39	9	46:56	19.9	1:44	8	22:06	7:07	1:23:03
9	Jay Grave	Owatonna	MN	24	M	9	9:15	1:42	2:31	4	43:30	21.4	1:49	12	26:39	8:35	1:23:42
10	Kerry Romack	Iowa City	IA	22	M	13	12:41	2:20	3:50	10	47:57	19.4	2:25	10	23:11	7:28	1:30:01
11	Ben Post	Ames	IA	23	M												1:32:09
12	Tim McCormick	Shellsburg	IA	22	M	12	12:04	2:13	2:56	12	53:56	17.3	1:40	9	22:21	7:12	1:32:54
13	Gordon Lightfoot	Iowa City	IA	24	M	11	10:14	1:53	5:46	13	1:00:54	15.3	1:47	11	23:28	7:33	1:42:06
14	Mark Schroeder	Owatonna	MN	23	M	14	15:11	2:47	5:44	11	50:56	18.3	3:45	13	39:07	12:36	1:54:41

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Sara Rosenkranz	Manhattan	KS	29	F	1	7:24	1:22	2:05	1	42:39	21.9	1:26	1	20:29	6:36	1:14:01
2	Tasha Sween	Deephaven	MN	29	F	6	8:43	1:36	1:51	2	43:03	21.7	1:33	4	23:31	7:34	1:18:39
3	Allie Courant	St Paul	MN	29	F	5	8:41	1:36	2:29	3	45:18	20.6	1:28	3	23:29	7:34	1:21:22
4	Amy Baumler	Forest Lake	MN	28	F	8	9:41	1:47	2:31	5	49:03	19.0	1:34	2	23:29	7:34	1:26:16
5	Jean Jordon	Minneapolis	MN	25	F												1:28:19
6	Janis Benwell	Lincoln	NE	27	F	7	9:36	1:46	2:55	6	49:29	18.8	1:48	11	26:59	8:41	1:30:45
7	Monika Chiappetta	Algonquin	IL	27	F	2	8:08	1:30	4:35	9	52:25	17.8	2:23	5	24:44	7:58	1:32:12
8	Jana Voracek	Omaha	NE	28	F	4	8:31	1:34	2:31	10	53:51	17.3	1:44	9	26:19	8:29	1:32:54
9	Jill Rosenberg	Ames	IA	29	F	14	12:09	2:14	4:06	8	51:38	18.1	2:39	10	26:43	8:36	1:37:13
10	Kristan Conrad	Cedar Rapids	IA	28	F	13	11:31	2:07						6	24:54	8:01	1:39:05
11	Angela Kolker	Stratford	IA	25	F	9	10:16	1:53	4:15	13	57:44	16.1	1:46	7	25:58	8:22	1:39:58
12	Dawn Keller	Shell Rock	IA	26	F	16	13:27	2:28	4:14	11	54:49	17.0	2:46	13	28:45	9:16	1:44:00
13	Christina Killian	Johnston	IA	29	F	3	8:10	1:30	3:25	7	50:40	18.4	3:29	18	42:48	13:47	1:48:29
14	Margi Harty	Mason City	IA	27	F	10	10:52	2:00	4:30	12	57:27	16.2	2:58	16	33:27	10:46	1:49:10
15	Jennifer Mills	Des Moines	IA	26	F	15	12:16	2:15	4:28	17	1:04:32	14.4	2:19	8	26:19	8:29	1:49:51
16	Valerie Paidar	Hiawatha	IA	28	F	17	13:34	2:29	4:42	14	59:50	15.6	2:24	15	30:37	9:51	1:51:05
17	Lydia Frazier	Iowa City	IA	26	F	11	11:03	2:02	5:07	16	1:04:09	14.5	2:34	12	28:42	9:15	1:51:33
18	LaRae Engelhardt	Elkader	IA	28	F	12	11:10	2:03	6:09	15	1:04:06	14.5	2:00	17	33:32	10:48	1:56:54

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Matt Thomas	Ames	IA	25	M	13	8:31	1:34	2:16	3	39:44	23.5	1:32	1	16:55	5:27	1:08:56
2	Barry Breffle	Marion	IA	28	M	6	7:15	1:20	3:27	1	38:29	24.2	1:13	3	18:44	6:02	1:09:06
3	Mike Morrison	Dallas	TX	25	M	4	7:05	1:18	3:06	2	38:50	24.0	1:25	2	18:42	6:02	1:09:07
4	Todd King	Coon Rapids	MN	29	M	2	6:41	1:14	1:59	6	41:10	22.7	1:15	6	19:39	6:20	1:10:41
5	Eric Jensen	Lakeville	MN	27	M	1	5:18	0:59	3:37	5	40:53	22.8	1:14	8	20:18	6:32	1:11:18
6	Stephen Taylor	Iowa City	IA	25	M	5	7:09	1:19	2:08	10	42:37	21.9	1:30	4	19:00	6:07	1:12:21
7	Travis Nordrum	Minneapolis	MN	25	M	19	9:07	1:40	2:29	4	40:47	22.9	1:18	5	19:11	6:11	1:12:50
8	Brook Peterson	Swisher	IA	29	M	10	8:04	1:29	2:17	8	41:57	22.2	1:24	7	19:54	6:25	1:13:33
9	David Martindale	Burlington	IA	28	M	27	10:03	1:51	2:27	7	41:47	22.3	1:49	11	20:43	6:40	1:16:47
10	Daniel Barker	Ames	IA	27	M	15	8:42	1:36	1:58	14	44:06	21.1	1:31	12	20:48	6:42	1:17:04
11	Chris O'Hara	Cedar Rapids	IA	29	M	7	7:31	1:23	2:09	9	42:33	21.9	1:48	24	23:51	7:41	1:17:49
12	Justin Gottschalk	Iowa City	IA	25	M	11	8:10	1:30	2:25	22	46:15	20.2	1:56	10	20:31	6:37	1:19:15
13	Paul Watson	Iowa City	IA	29	M	3	6:59	1:17	2:16	19	45:32	20.5	1:36	20	22:59	7:24	1:19:19
14	Joseph Froehlich	Cedar Rapids	IA	25	M	22	9:18	1:42	2:16	15	44:13	21.1					1:19:37
15	Tom Price	Bloomington	IL	29	M	8	7:37	1:24	2:36	18	45:18	20.6	2:33	18	22:20	7:12	1:20:23
16	Clay Bertram	Shell Rock	IA	27	M	20	9:13	1:42	2:35	13	43:54	21.2	1:50	21	23:05	7:26	1:20:35
17	Ryan Sundermann	Cedar Rapids	IA	27	M	36	12:11	2:14	2:57	11	43:54	21.2	1:47	9	20:29	6:36	1:21:16
18	Shannon DeBoer	Davenport	IA	26	M	9	7:55	1:27	2:41	12	43:54	21.2	1:47	29	25:49	8:19	1:22:04
19	Jack Youngberg	Brookings	SD	28	M	26	9:47	1:48	4:23	16	44:18	21.0	2:46	17	22:20	7:11	1:23:32
20	Craig Murphy	Burlington	IA	27	M	16	8:51	1:37	3:06	28	47:35	19.6	1:57	16	22:16	7:10	1:23:43
21	Steven Abarr	Cedar Rapids	IA	29	M	30	10:31	1:56	3:34	17	44:19	21.0	4:29	13	21:21	6:53	1:24:13
22	Brandon Lee	W. Des Moines	IA	26	M	14	8:35	1:35	3:09	21	45:50	20.3	1:47	28	25:27	8:12	1:24:45
23	Tobie Escher	Edinburg	TX	26	M	33	11:19	2:04	3:02	20	45:41	20.4	2:10	22	23:26	7:33	1:25:36
24	Todd Brandt	Iowa City	IA	26	M	12	8:15	1:31	2:40	27	47:06	19.8	2:17	30	25:51	8:20	1:26:08
25	Mike Haberman	Mason City	IA	29	M	17	8:59	1:39	3:09	32	49:41	18.8	1:54	23	23:36	7:36	1:27:15
26	Joshua Kerr	Ames	IA	27	M	29	10:14	1:53	2:46	26	47:00	19.8	2:55	27	24:36	7:55	1:27:29
27	Mark Wall	Waterloo	IA	25	M	32	11:09	2:03	2:39	34	50:36	18.4	1:36	15	21:53	7:03	1:27:51
28	Nick Wagner	Marion	IA	25	M	34	11:28	2:06	3:54	24	46:49	19.9	1:39	25	24:07	7:46	1:27:55
29	Alan Hulleman	Indianola	IA	25	M	18	9:02	1:39	2:53	37	52:52	17.6	1:42	19	22:39	7:18	1:29:05
30	Cory Hall	Lanesboro	MN	25	M	41	14:36	2:41	3:11	29	48:50	19.1	1:19	14	21:34	6:57	1:29:28
31	Paul Wolf	Davenport	IA	25	M	31	10:44	1:58	3:18	23	46:48	19.9					1:30:18
32	Jeff Almquist	Cedar Rapids	IA	29	M	28	10:07	1:51	4:42	39	54:05	17.2	1:47	26	24:23	7:51	1:35:01
33	Kenny Loder	Ankeny	IA	26	M	42	15:41	2:52	2:57	25	46:52	19.9	2:11	31	27:41	8:55	1:35:19
34	Dylan Hamilton	W. Des Moines	IA	25	M	21	9:17	1:42	5:04	36	51:13	18.2	2:44	32	27:42	8:55	1:35:57
35	Nathan Silberhorn	Ames	IA	25	M	40	14:33	2:40	3:47	30	48:56	19.1	3:06	36	29:31	9:31	1:39:51

36	Don Mueller	Aurora	IL	29	M	25	9:39	1:46	4:15	33	49:58	18.7	2:39	40	33:56	10:56	1:40:24
37	Dan Banasik	Cedar Rapids	IA	29	M	39	14:17	2:37	3:39	35	51:06	18.2	1:40	37	30:37	9:52	1:41:17
38	Bob Dueker	Cedar Rapids	IA	29	M	43	16:16	2:59	4:44	38	53:20	17.5	1:29	33	27:48	8:57	1:43:36
39	Isra Harahap	Ames	IA	27	M					40	57:50	16.1	2:39	34	28:34	9:12	1:45:57
40	David Dueker	Fort Dodge	IA	25	M					41	58:14	16.0	2:02	38	32:16	10:23	1:52:08
41	Erick Zawojewski	Coralville	IA	29	M	24	9:22	1:43	5:57	42	59:15	15.7	2:07	41	36:45	11:50	1:53:25
42	David Bark	Cedar Rapids	IA	28	M	37	12:24	2:16	4:26	43	1:00:43	15.4	4:12	39	32:43	10:32	1:54:26
43	David LaGrange	Williamsburg	IA	29	M	35	12:03	2:13	4:34	45	1:16:09	12.2	2:23	35	28:49	9:17	2:03:55

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Kristine Toler	Offutt AFB	NE	31	F	2	7:25	1:22	2:07	1	44:51	20.8	1:53	3	23:47	7:40	1:20:01
2	JP Palmer	Columbia	MO	34	F	11	12:35	2:19	2:18	2	45:17	20.6	1:38	2	23:28	7:34	1:25:14
3	Sheila Nelson	Eagan	MN	30	F	1	7:02	1:18	1:20	5	50:02	18.6	2:09	7	27:09	8:45	1:27:39
4	Tina Naaktgeboren	Cedar Rapids	IA	30	F	8	11:17	2:04	4:05	4	49:42	18.8	2:08	1	22:24	7:13	1:29:35
5	Teresa Antigua	Elk River	MN	30	F	3	8:43	1:36	3:52	3	49:29	18.8	2:14	9	28:30	9:11	1:32:46
6	Janelle Nitchals	Omaha	NE	32	F	5	10:42	1:58	3:45	6	52:04	17.9	2:05	6	26:36	8:34	1:35:10
7	Brenda Ann Cloud	Cedar Rapids	IA	34	F	6	10:54	2:00	3:07	9	55:21	16.8	2:10	4	24:10	7:47	1:35:40
8	Deb Eastman	Lincoln	NE	31	F	9	11:40	2:08	1:58	8	54:34	17.1	1:48	5	26:24	8:30	1:36:22
9	Laura Snyder	Ankeny	IA	31	F	4	8:51	1:38	3:18	7	53:56	17.3	2:15	10	30:09	9:42	1:38:27
10	Debbie Lenth	Marion	IA	31	F	12	14:21	2:38	3:47	10	57:12	16.3					1:42:01
11	Melissa Schenck	Stanton	IA	30	F	7	10:56	2:00	4:40	11	57:59	16.1	3:11	8	27:22	8:49	1:44:06
12	Kelly Brende	Lincoln	NE	30	F	10	12:03	2:13	4:55	12	1:01:24	15.2	2:07	11	33:49	10:54	1:54:17
13	Sandi Perrin	Mt. Vernon	IA	34	F	13	15:15	2:48	5:08	13	1:04:53	14.4	2:34	12	36:00	11:36	2:03:48

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Loran Storts	Urbandale	IA	34	M	3	7:40	1:25	2:03	5	42:00	22.2	1:39	1	18:34	5:59	1:11:55
2	Jeff Hovinga	Mason City	IA	34	M	10	8:34	1:34	1:52	2	39:59	23.3	1:34	4	20:03	6:28	1:12:01
3	Graig Olson	Marion	IA	33	M	12	8:47	1:37	2:05	1	39:50	23.4	1:35	3	20:01	6:27	1:12:16
4	Brad Lutchka	Moline	IL	34	M	2	7:25	1:22	2:33	9	44:01	21.2	1:42	5	20:04	6:28	1:15:43
5	Daniel Vandelune	Pella	IA	34	M	9	8:30	1:34	2:33	4	41:47	22.3	1:30	8	21:40	6:59	1:15:58
6	Robert Gamboa	Minneapolis	MN	32	M	6	7:53	1:27	3:08	6	42:37	21.9	1:42	7	21:11	6:49	1:16:30
7	Steve Younker	Mason City	IA	33	M	22	10:04	1:51	3:01	8	43:25	21.5	2:33	2	18:41	6:01	1:17:42
8	Steve Riddle	Winthrop	IA	30	M	7	8:27	1:33	2:51	7	43:04	21.7	2:09	23	23:04	7:26	1:19:33
9	Todd Juhlin	Iowa City	IA	31	M	5	7:45	1:26	2:55	13	46:07	20.2	1:48	9	21:43	7:00	1:20:16
10	Tom Long	Arlington Heig	IL	31	M	1	7:22	1:21	2:16	16	46:57	19.9	1:50	13	22:04	7:07	1:20:28
11	Greg Schenck	Stanton	IA	33	M	8	8:29	1:33	2:30				21	22:40	7:18	1:20:55	
12	Paul Sueppel	Iowa City	IA	32	M	28	10:26	1:55	2:47	10	44:03	21.2	2:24	22	22:47	7:20	1:22:25
13	Tony Zink	Iowa City	IA	34	M	13	8:49	1:37	3:07	14	46:17	20.1	2:39	12	22:03	7:06	1:22:53
14	Jim Mueller	Oswego	IL	30	M	16	9:17	1:42	3:47	15	46:52	19.9	2:00	19	22:30	7:15	1:24:23
15	Joel Conrad	Cedar Rapids	IA	30	M	31	10:42	1:58	2:38	23	48:16	19.3	1:15	14	22:10	7:08	1:24:59
16	Don Romig	Des Moines	IA	34	M	30	10:40	1:57	3:20	22	48:08	19.4	2:04	6	20:52	6:43	1:25:02
17	Evan Belfer	Iowa City	IA	32	M	21	9:39	1:46	3:31	18	47:19	19.7	2:28	18	22:26	7:14	1:25:22
18	Karl Rosenberg	Cedar Rapids	IA	34	M	33	11:39	2:08	4:05	3	41:35	22.4	2:29	34	25:40	8:16	1:25:26
19	Robert Skidmore	Des Moines	IA	33	M	14	8:57	1:39	3:20	11	45:58	20.3	2:31	33	25:01	8:03	1:25:44
20	Eric Moschella	Toddsville	IA	32	M	25	10:12	1:52	3:28	20	47:45	19.5	2:19	16	22:12	7:09	1:25:54
21	Bob Levinstein	Des Moines	IA	33	M	11	8:37	1:35	3:37	19	47:34	19.6	2:09	30	24:12	7:48	1:26:07
22	David Allmacher	Iowa City	IA	30	M	35	11:58	2:12	3:55	12	46:03	20.2	2:24	11	21:50	7:02	1:26:07
23	Craig Rowley	Edina	MN	34	M	4	7:44	1:25	3:52	28	49:50	18.7	2:17	24	23:25	7:32	1:27:06
24	Jeff Kaczinski	Davenport	IA	34	M	20	9:35	1:46	3:08	17	47:07	19.8	2:00	35	25:41	8:16	1:27:29
25	Shawn Noble	Iowa City	IA	34	M	26	10:15	1:53	2:57	31	50:59	18.3	2:16	17	22:24	7:13	1:28:47
26	Charlie Boyd	Lincoln	NE	33	M	37	12:02	2:13	3:35	26	48:54	19.1	1:44	20	22:34	7:16	1:28:48
27	Jim Hagelie	Marshalltown	IA	31	M	36	11:58	2:12	3:07	24	48:18	19.3	1:57	25	23:53	7:42	1:29:10
28	Chris Kulish	Marion	IA	32	M	27	10:16	1:53	3:14	27	49:47	18.7	2:17	31	24:52	8:01	1:30:24
29	Eric Haugen	Rochester	MN	33	M	18	9:22	1:43	4:21	29	49:58	18.7	2:51	29	24:07	7:46	1:30:37
30	Todd Bergman	Ames	IA	34	M	19	9:25	1:44	3:33	21	47:58	19.4	2:40	38	27:12	8:46	1:30:47
31	Todd Boyar	Platte City	MO	32	M	24	10:10	1:52	4:04	34	53:49	17.3	1:26	10	21:50	7:02	1:31:17
32	Brett Brende	Lincoln	NE	33	M	29	10:38	1:57	3:17	25	48:44	19.1	1:37	39	28:02	9:02	1:32:16
33	Michael Shepordson	Des Moines	IA	33	M	34	11:43	2:09	4:43	32	52:00	17.9	2:19	28	23:56	7:43	1:34:40
34	John Piotrowski	Des Moines	IA	32	M	15	9:05	1:40	4:06	33	53:32	17.4	2:37	36	25:56	8:21	1:35:14
35	David Peterson	Boone	IA	30	M	39	13:18	2:26	4:07	30	50:49	18.3	2:20	32	24:52	8:01	1:35:25
36	Douglas Romig	Des Moines	IA	32	M	32	10:45	1:58	4:45	35	54:05	17.2	2:14	26	23:55	7:42	1:35:42
37	Terry Stockert	Cedar Rapids	IA	31	M	40	13:59	2:34	2:47	36	54:09	17.2	1:09	27	23:56	7:43	1:35:58
38	Brendan Meyer	White Bear Lak	MN	30	M	17	9:21	1:43	3:20	38	56:52	16.4	2:18	40	28:08	9:04	1:39:58
39	Daniel Pichler	Fridley	MN	34	M	41	16:26	3:01	6:48	39	57:02	16.3	2:06	15	22:10	7:08	1:44:29
40	Mike Finlayson	Iowa City	IA	34	M	23	10:05	1:51	3:53	41	1:00:28	15.4	2:58	41	29:18	9:26	1:46:40
41	David Kolker	Stratford	IA	33	M	38	13:17	2:26	4:35	37	56:45	16.4	2:36	43	33:51	10:54	1:51:03
42	Anthony Neuyen	Iowa City	IA	34	M	42	19:12	3:31	3:53	40	1:00:16	15.5	2:50	42	29:20	9:27	1:55:28
43	Jim Baldwin	Cedar Rapids	IA	34	M	43	21:36	3:57	4:01	42	1:00:33	15.4	3:26	37	27:09	8:45	1:56:43
44	Bill Anderson	Cedar Rapids	IA	30	M	44	24:35	4:30	7:09	43	1:21:49	11.4	4:38	44	34:17	11:03	2:32:27

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Rachel Windsor	Des Moines	IA	36	F	1	6:39	1:13	1:41	1	43:55	21.2	1:28	1	21:50	7:02	1:15:31
2	Tonya Armstrong	Muscatine	IA	37	F	2	8:56	1:38	2:37	3	46:20	20.1	1:47	3	24:17	7:49	1:23:55
3	Helen Redmond	Grinnell	IA	35	F	4	10:51	1:59	3:45	2	45:15	20.6	2:03	2	23:08	7:27	1:25:00
4	Christina Colman	Thornton	IA	37	F	5	11:38	2:08	4:00	4	52:48	17.7	2:29	4	24:39	7:56	1:35:31
5	Veronica Lyon	Mankato	MN	37	F	6	13:30	2:28	3:13	6	56:02	16.6	1:54	7	32:10	10:22	1:46:46
6	Diane Dodds	Cedar Rapids	IA	38	F	3	9:11	1:41	5:32	7	59:20	15.7	3:06	5	30:08	9:42	1:47:15
7	Cathy Campbell	Toledo	IA	39	F	7	16:44	3:04	4:29	5	52:56	17.6	3:29	6	30:49	9:55	1:48:25

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Stu Huntly	West Des Moines	IA	39	M	1	7:05	1:18	2:29	1	38:16 24.4	1:17	7	20:44	6:41	1:09:49
2 David Lyon	Mankato	MN	37	M	6	7:48	1:26	2:53	2	38:53 24.0	1:53	1	18:49	6:04	1:10:14
3 Jeffrey Tuohino	Cedar Rapids	IA	38	M	2	7:07	1:19	2:42	4	40:51 22.8	1:11	14	22:11	7:09	1:14:01
4 Ty Buss	Waterloo	NE	36	M	10	8:39	1:35	2:19	6	42:09 22.1	1:49	2	19:25	6:15	1:14:18
5 Kevin Grafft	Chanhassen	MN	38	M	8	8:26	1:33	2:06	5	42:00 22.2	1:58	6	20:40	6:39	1:15:09
6 Joe Bunn	Muscatine	IA	36	M	20	10:14	1:53	3:09	3	40:38 22.9	1:41	4	19:59	6:26	1:15:39
7 Mark Ackermann	Ankeny	IA	38	M	13	8:50	1:37	3:02	12	43:45 21.3	1:26	3	19:30	6:17	1:16:31
8 James Kueffner	Omaha	NE	39	M	3	7:18	1:20	3:12	7	42:39 21.9	2:10	11	21:56	7:04	1:17:14
9 Bob Brooker	Cedar Rapids	IA	36	M	4	7:35	1:24	2:54	11	43:42 21.3	2:04	8	21:10	6:49	1:17:22
10 Henry Imberti	Boone	IA	35	M	7	7:56	1:27	2:39	10	43:26 21.5	2:03	15	22:11	7:09	1:18:13
11 Gary Love	West Des Moines	IA	35	M	24	10:46	1:59	2:28	8	43:02 21.7	1:38	5	20:31	6:36	1:18:23
12 Tim Ilten	Cedar Rapids	IA	37	M	14	8:51	1:37	2:10	9	43:23 21.5	1:51	16	22:29	7:15	1:18:43
13 Peter Ylvisaker	Marion	IA	36	M	11	8:47	1:37	2:23	16	45:03 20.7	1:35	9	21:31	6:56	1:19:18
14 Scott Finger	Coralville	IA	39	M	5	7:48	1:26	2:37	17	46:20 20.1	1:55	10	21:39	6:59	1:20:16
15 Don Davis	Keokuk	IA	39	M	19	10:13	1:52	2:44	14	44:02 21.2	1:19	13	22:04	7:06	1:20:20
16 Brian LeVelle	Baldwin	MO	37	M	16	9:57	1:50	2:21	13	44:00 21.2	1:51	17	22:30	7:15	1:20:37
17 John Franklin	Minnetonka	MN	36	M	12	8:48	1:37	2:38	18	46:37 20.0	1:57	19	22:55	7:23	1:22:54
18 Thomas Hooyer	Ames	IA	36	M	28	11:09	2:03	2:28	19	47:08 19.8	1:35	21	23:15	7:29	1:25:32
19 Bob Watson	Ames	IA	39	M	9	8:30	1:34	3:45	20	47:30 19.6	2:50	20	23:01	7:25	1:25:34
20 Dean Bellville	Des Moines	IA	37	M	15	9:45	1:47	2:51	21	48:31 19.2	2:10	23	24:10	7:47	1:27:25
21 Milan Fillmore	Maple Plains	MN	37	M	30	15:03	2:46	2:58	15	44:37 20.9	1:58	25	24:48	7:59	1:29:22
22 Gerry Funk	Solon	IA	39	M	26	10:52	2:00	3:55	23	49:53 18.7	3:00	26	24:48	7:59	1:32:28
23 Britt Marcussen	Coralville	IA	35	M	18	10:08	1:52	3:39	24	50:35 18.4	3:07	27	25:12	8:07	1:32:39
24 Russ Rabik	Cedar Rapids	IA	38	M	29	14:15	2:37	3:07	25	50:53 18.3	1:38	22	23:52	7:41	1:33:42
25 Michael Westerheim	Minneapolis	MN	39	M	22	10:30	1:56	3:23	22	48:44 19.1	3:23	29	28:27	9:10	1:34:25
26 Mark Hoffman	Marshalltown	IA	39	M	27	10:55	2:00	6:56	26	54:35 17.1	2:32	12	22:00	7:05	1:36:56
27 Eddie Mauro	Des Moines	IA	36	M	25	10:47	1:59	5:08	28	57:51 16.1	3:04	18	22:41	7:19	1:39:29
28 Dave Fabel	Cologne	MN	39	M	21	10:24	1:55	2:43	29	1:00:20 15.5	2:11	28	26:47	8:38	1:42:24
29 Robert Michael	Iowa City	IA	36	M	31	18:52	3:27	3:27	27	56:37 16.5	3:12	24	24:48	7:59	1:46:53
30 Michael Marks	Cedar Rapids	IA	38	M	23	10:36	1:57	6:33				30	31:26	10:07	1:50:10

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Lauren Fithian	Minneapolis	MN	41	F	5	10:24	1:55	3:11	1	45:20 20.6	2:18	1	21:37	6:58	1:22:48
2 Cynthia Visser	Cedar Rapids	IA	41	F	1	9:17	1:42	2:53	2	45:49 20.4	2:00	4	24:15	7:49	1:24:13
3 K.D. Rex	Wellman	IA	40	F	2	9:20	1:43	2:36	3	47:05 19.8	2:26	3	22:48	7:21	1:24:14
4 Ann Vestle	Cedar Rapids	IA	44	F	8	11:08	2:03	3:08	6	53:42 17.4	1:44	7	26:47	8:38	1:36:27
5 Lois Kabela-Coates	Cedar Rapids	IA	42	F	9	11:40	2:08	3:35	5	53:42 17.4	1:54	5	25:44	8:17	1:36:33
6 Coleen Rawley	Apple Valley	MN	44	F	10	12:09	2:14	3:44	8	57:11 16.3	2:15	2	22:42	7:19	1:37:59
7 Polly Welp	Des Moines	IA	41	F	4	10:21	1:54	12:05				8	26:57	8:41	1:41:05
8 Beth Koch	Cedar Falls	IA	40	F					4	51:56 18.0					1:41:11
9 Elizabeth Fangman	Cedar Rapids	IA	41	F	6	11:00	2:01	2:13	7	54:07 17.2	2:10	10	31:54	10:16	1:41:23
10 Shari Mehlhoff	Cedar Rapids	IA	41	F	7	11:04	2:02	3:53	11	1:05:03 14.3	3:07	6	25:46	8:18	1:48:51
11 Yvonne Aldershof	Marion	IA	41	F	12	14:41	2:42	5:52	9	58:43 15.9	2:21	9	28:42	9:15	1:50:18
12 Cynthia Chatfield	Edgewood	IA	42	F	13	18:01	3:18	5:49	10	1:00:36 15.4	2:40	11	33:59	10:57	2:01:03
13 Anne Kent	Solon	IA	40	F	11	14:08	2:35	6:30	12	1:05:22 14.3	3:01	12	34:54	11:14	2:03:53

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Dan Blekeberg	St. Paul	MN	42	M	3	8:10	1:30	2:16	1	39:27 23.6	1:34	2	20:03	6:27	1:11:28
2 Scott Squires	Cedar Rapids	IA	42	M	1	7:36	1:24	2:05	2	42:54 21.7	1:39	7	21:56	7:04	1:16:08
3 Vern Johnson	Keokuk	IA	42	M	11	9:34	1:45	2:37	3	43:01 21.7	2:05	3	20:11	6:30	1:17:26
4 Thomas Heuer	Des Moines	IA	41	M	9	9:20	1:43	3:07	6	44:03 21.2	1:46	1	19:25	6:15	1:17:40
5 Tom Henson	Marion	IA	42	M	7	8:59	1:39	2:07	4	43:35 21.4	1:57	5	21:17	6:51	1:17:54
6 Tim Armstrong	Muscatine	IA	42	M	16	10:03	1:51	2:26	5	43:43 21.3	1:55	6	21:52	7:02	1:19:55
7 Noel Gulla	Mankato	MN	42	M	15	9:52	1:49	1:51	7	44:13 21.1	1:45	9	22:55	7:23	1:20:34
8 John Taylor III	Des Moines	IA	40	M	10	9:28	1:44	3:23	8	45:22 20.6	2:00	4	21:04	6:47	1:21:15
9 James Gerk	Cedar Rapids	IA	43	M	12	9:36	1:46	2:04	9	45:27 20.5	2:06	12	23:20	7:31	1:22:31
10 Brad Brunia	Huxley	IA	43	M	5	8:48	1:37	4:48	10	45:39 20.4	2:53	16	24:41	7:57	1:26:47
11 John Rosecrance	Coralville	IA	41	M	8	9:19	1:43	2:44	11	47:16 19.7	2:13	18	25:53	8:20	1:27:23
12 Michael Schudes	Colton	SD	43	M	2	8:08	1:30	2:36	12	48:56 19.1	1:55	19	26:03	8:23	1:27:36
13 Greg Neary	Minneapolis	MN	43	M	6	8:48	1:37	3:03	13	50:06 18.6	2:46	14	24:09	7:47	1:28:50
14 Michael Hook	Hiawatha	IA	41	M	20	11:37	2:08	2:37	15	51:31 18.1	1:58	10	23:04	7:26	1:30:46
15 Michael Emery	Cedar Rapids	IA	41	M	14	9:43	1:47	3:13	18	52:50 17.6	1:53	11	23:10	7:28	1:30:46
16 Ross Rawley	Apple Valley	MN	44	M	13	9:42	1:47	3:05	21	53:31 17.4	1:41	13	23:24	7:32	1:31:21
17 Mark Moeller	Marion	IA	42	M	17	10:06	1:51	4:06	19	53:17 17.5	2:00	15	24:16	7:49	1:33:43
18 Jeffrey Milks	Oelwein	IA	44	M	18	10:43	1:58	4:06	14	51:05 18.3	3:11	17	25:13	8:07	1:34:16
19 Drew Miller	Papillion	NE	40	M	19	11:15	2:04	3:56	17	52:19 17.8	1:39	21	28:00	9:01	1:37:07
20 Robert Follis	Gladbrook	IA	41	M	21	12:34	2:18	3:56	20	53:28 17.4	3:11	20	27:03	8:43	1:40:09
21 Stephen Elliff	Minneapolis	MN	44	M	22	13:35	2:29	3:59	16	51:46 18.0	2:24	24	33:13	10:42	1:44:55
22 Guy Olson	Van Horne	IA	42	M	4	8:40	1:35	5:30	24	1:10:04 13.3	4:39	8	22:17	7:11	1:51:08
23 Daniel Mount	Milan	IL	42	M	23	14:39	2:41	3:55	22	58:35 15.9	2:32	23	31:57	10:17	1:51:37
24 David Patterson	Minneapolis	MN	40	M	24	19:05	3:30	3:38	23	1:02:46 14.9	1:52	22	30:49	9:55	1:58:08

FEMALE AGE GROUP RESULTS 45 - 49

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 Deborah Hankens	Cherokee	IA	48	F	1	10:06	1:51	3:51	1	45:52	20.3	2:42	2	45:59	14:48	1:48:29
2 Cathy Meersman	Arlington Hts.	IL	47	F	2	12:18	2:15	6:15	2	1:01:40	15.1	3:08	1	33:39	10:50	1:56:59

MALE AGE GROUP RESULTS 45 - 49

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 Nick Scott	Cedar Rapids	IA	47	M	1	8:00	1:28	1:45	3	41:22	22.5	1:22	1	19:24	6:15	1:11:52
2 John Punkiewicz	Rock Island	IL	48	M	2	8:20	1:32	2:33	2	40:22	23.1	1:26	3	20:58	6:45	1:13:35
3 Mark Harris	Maplewood	MN	45	M	4	9:24	1:44	2:30	1	40:12	23.2	1:47	4	20:58	6:45	1:14:49
4 Patrick McCreary	Hutchinson	KS	48	M	5	9:28	1:44	2:25	4	42:34	21.9	1:41	7	22:04	7:06	1:18:10
5 Ernie Parr	Princeton	IL	46	M	3	8:47	1:37	2:24	7	46:57	19.9	1:37	6	22:02	7:06	1:21:46
6 Al Behrens	Council Bluffs	IA	49	M	9	10:23	1:54	3:07	6	46:28	20.1	1:35	2	20:48	6:42	1:22:19
7 Paul Gordon	Mason City	IA	49	M	8	10:01	1:50	2:58	5	44:43	20.9	2:07	11	24:14	7:48	1:24:02
8 Chris Becker	Cedar Falls	IA	46	M	7	9:48	1:48	3:04	11	50:52	18.3	2:12	5	21:09	6:49	1:27:04
9 Joseph Pottorini	Sterling	IL	49	M	16	12:21	2:16	2:58	8	49:36	18.8	2:06	8	22:35	7:17	1:29:34
10 Jeffrey Ginn	Cedar Rapids	IA	47	M	6	9:46	1:48	2:52	9	49:39	18.8	2:38	16	27:55	9:00	1:32:48
11 Paul Riggs	Oskaloosa	IA	45	M	10	10:25	1:55	4:28	12	52:02	17.9	2:13	12	25:05	8:05	1:34:11
12 Dwight Dobberstein	Iowa City	IA	46	M	19	14:33	2:40	2:43	10	49:54	18.7	2:11	13	26:53	8:39	1:36:12
13 Kent Maitison	Cedar Rapids	IA	47	M	15	12:13	2:14	4:16	14	55:40	16.7	1:51	10	24:09	7:47	1:38:07
14 Randy King	Marion	IA	46	M	12	10:50	1:59	3:55	16	56:35	16.5	1:56	14	26:58	8:41	1:40:12
15 Dennis Coe	Edina	MN	48	M	13	11:45	2:09	4:12	13	52:37	17.7	2:49	17	29:45	9:35	1:41:06
16 George Hafkey	Grinnell	IA	49	M	18	13:12	2:25	3:11	15	55:50	16.7	2:00	15	27:26	8:50	1:41:38
17 Bruce Fuerbringer	Eau Claire	WI	45	M	11	10:26	1:55	5:39	17	56:54	16.4	3:05	18	29:50	9:37	1:45:52
18 Loren Torres	Sherrard	IL	47	M	17	12:37	2:19	3:37	18	59:27	15.7	5:16	19	31:45	10:14	1:52:41
19 Roger Johanson	Mt. Vernon	IA	49	M	14	12:12	2:14	5:02	19	1:12:51	12.8	3:14	9	23:47	7:40	1:57:04

MALE AGE GROUP RESULTS 50 - 54

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 Howard Gillespie	Grimes	IA	50	M	4	9:06	1:40	2:35	2	41:15	22.6	1:45	3	22:43	7:19	1:17:23
2 Barry Clark	LaCrosse	WI	51	M	5	9:35	1:46	2:26	1	40:44	22.9	2:00	4	22:50	7:21	1:17:33
3 Richard Barry	Middleton	WI	53	M	3	9:06	1:40	2:13	4	42:10	22.1	1:45	5	23:06	7:26	1:18:18
4 Steve Kagol	Deephaven	MN	52	M	6	9:47	1:48	2:58	3	41:58	22.2	2:10	1	21:57	7:04	1:18:49
5 Lynn Vogt	Ankeny	IA	50	M	1	8:52	1:38	2:37	5	42:11	22.1	1:43	6	24:27	7:52	1:19:48
6 Mike Herrin	Tremont	IL	50	M	9	10:58	2:01	3:43	6	49:51	18.7	2:28	2	22:32	7:15	1:29:30
7 John Spence	Iowa City	IA	53	M	12	13:16	2:26	3:16	7	50:42	18.4	1:30	7	25:38	8:15	1:34:21
8 John Whitson	Vinton	IA	51	M	10	11:30	2:07	5:13	9	55:22	16.8	2:39	8	27:17	8:47	1:41:59
9 Craig Carr	W. Branch	IA	50	M	11	12:34	2:18	5:06	8	53:22	17.5	3:45	10	29:04	9:22	1:43:49
10 Rick Koepp	Cedar Rapids	IA	53	M	8	10:56	2:00	3:26	11	59:44	15.6	2:00	11	32:25	10:26	1:48:29
11 Ronald Paar	Cedar Falls	IA	50	M	7	9:52	1:49	4:16	10	57:31	16.2	4:19	13	37:06	11:57	1:53:02
12 John Chihak	Hiawatha	IA	51	M	2	9:02	1:40	5:00	13	1:02:45	14.9	2:30	12	34:40	11:10	1:53:55
13 Norm Arons	Cedar Rapids	IA	52	M	13	19:07	3:30	5:53	12	1:02:15	15.0	1:42	9	28:07	9:03	1:57:02

MALE AGE GROUP RESULTS 55 - 59

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 Fred Hemsath	St. Joseph	MI	55	M	2	9:38	1:46	2:20	1	45:24	20.5	2:20	1	21:11	6:49	1:22:13
2 Richard Nehring	Alden	IA	59	M	1	9:33	1:45	2:40	1	45:24	20.5	2:04	2	24:16	7:49	1:23:55

MALE AGE GROUP RESULTS 60 - 64

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 Ron Ottaway	Cedar Rapids	IA	61	M	1	9:30	1:45	2:42	1	43:29	21.4	1:39	1	21:19	6:52	1:18:37
2 Richard Buhman	Yutan	NE	61	M	2	9:44	1:47	3:10	3	52:00	17.9	2:32	2	30:35	9:51	1:37:59
3 Charlton Sturm	Mascoutah	IL	60	M	4	15:20	2:49	6:00	4	1:01:30	15.2	3:14	3	32:30	10:28	1:58:32
4 Jerry Donaldson	Mt. Vernon	IA	61	M	3	14:01	2:34	5:55	5	1:10:10	13.3	3:33	4	47:01	15:08	2:20:38

MALE AGE GROUP RESULTS 70 - 74

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 Robert McKeague	Villa Park	IL	74	M	1	10:49	1:59	3:41	1	53:08	17.5	2:47	1	23:52	7:41	1:34:15