

Pigman Triathlon (Sprint)

June 4, 2000

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				
													mph		pace					
1	1/57			Brian Bich	Duluth	MN	33	M	12	6:41	1:14	1:43	4	38:56	24.0	1:16	2	16:55	5:27	1:05:29
2	2/57			Doug Davis	Rosemont	MN	33	M	7	6:28	1:11	1:33	6	39:06	23.8	1:12	10	18:07	5:50	1:06:23
3	3/57			Kevin Drake	Wilton	IA	33	M	3	4:36	0:51	4:46	2	38:52	24.0	1:31	5	17:38	5:41	1:07:20
4	1/48			Barry Breffle	Marion	IA	29	M					13	40:39	22.9	1:06	8	17:56	5:47	1:08:13
5	2/48			Stephen Taylor	Iowa City	IA	26	M	47	7:45	1:25	1:57	16	40:58	22.8	1:32	1	16:45	5:24	1:08:55
6	3/48			James Randall	Grinnell	IA	28	M	11	6:39	1:13	2:01	11	40:28	23.0	1:35	19	18:42	6:02	1:09:24
7	4/48			Shawn Callahan	Champlin	MN	28	M	60	8:01	1:28	2:12	8	39:45	23.5	1:30	12	18:12	5:52	1:09:39
8	1/19			Ty Stevens	Minneapolis	MN	24	M	37	7:33	1:23	2:33	10	40:24	23.1	1:31	7	17:50	5:45	1:09:48
9	5/48			Mike Morrison	Coppell	TX	26	M	42	7:38	1:24					1:27	17	18:25	5:56	1:10:09
10	1/40			David Lyon	Mankato	MN	38	M	46	7:45	1:25	2:46	7	39:37	23.5	1:46	15	18:22	5:55	1:10:13
11	4/57			Todd King	Coon Rapids	MN	30	M	22	7:01	1:17	1:52	21	41:32	22.5	1:08	27	19:03	6:08	1:10:33
12	2/40			Joe Bunn	Muscatine	IA	37	M	128	9:25	1:44	2:45	3	38:54	24.0	1:35	9	18:00	5:48	1:10:38
13	1/21			Craig Liming	Janesville	IA	49	M	35	7:25	1:22	1:47	15	40:49	22.8	1:19	34	19:28	6:16	1:10:46
14	5/57			Craig Olson	Marion	IA	34	M	58	8:00	1:28	2:56	5	39:00	23.9	1:40	35	19:29	6:17	1:11:03
15	2/19			Joe Berg	St. Louis Park	MN	22	M	14	6:45	1:14	1:47	19	41:11	22.6	1:13	73	20:44	6:41	1:11:39
16	2/21			Nick Scott	Cedar Rapids	IA	48	M	64	8:06	1:29	1:53	22	41:42	22.4	1:17	25	18:58	6:07	1:11:54
17	6/48			Brian Lynch	Iowa City	IA	25	M	52	7:51	1:27	2:57	26	42:09	22.1	1:38	6	17:43	5:42	1:12:16
18	6/57			Robert Gamboa	Minneapolis	MN	33	M	40	7:37	1:24	2:10	23	41:48	22.3	1:27	32	19:23	6:15	1:12:23
19	3/40			Jeff Hovinga	Mason City	IA	35	M	111	9:08	1:41	2:11	18	41:04	22.7	1:52	21	18:44	6:02	1:12:57
20	7/57			Andrew O'Brien	Mason City	IA	31	M	24	7:03	1:18	1:58	44	43:16	21.6	1:31	29	19:10	6:11	1:12:57
21	3/19			J. Kentner Cotting	Iowa City	IA	24	M	98	8:51	1:38	1:50	30	42:24	22.0	1:28	18	18:39	6:00	1:13:10
22	4/40			Mark Ackermann	Ankeny	IA	39	M	89	8:42	1:36		82	46:05	20.2	1:38	14	18:19	5:54	1:13:12
23	7/48			John Burkle	Iowa City	IA	25	M	23	7:03	1:18	3:22	32	42:30	21.9	1:53	20	18:42	6:02	1:13:27
24	5/40			Bob Brooker	Cedar Rapids	IA	37	M	54	7:54	1:27	2:30	25	42:03	22.2	2:10	23	18:54	6:05	1:13:29
25	6/40			Ty Buss	Waterloo	NE	37	M	81	8:32	1:34	2:44	24	42:00	22.2	2:09	11	18:08	5:50	1:13:30
26	3/21			Gary Bork	Eden Prairie	MN	47	M	56	7:56	1:28	2:30	20	41:22	22.5	1:28	78	20:55	6:44	1:14:09
27	8/48			Todd Ehlert	Omaha	NE	28	M	33	7:24	1:22	3:16	46	43:22	21.5	1:42	22	18:53	6:05	1:14:34
28	1/5			Jeff Stone	Boone	IA	17	M	45	7:43	1:25	2:20	47	43:28	21.5	1:32	39	19:44	6:21	1:14:46
29	2/5			Kristofer Johnson	Plymouth	MN	17	M	100	8:56	1:38					1:43	40	19:45	6:22	1:14:46
30	8/57			Daniel Austin	Boone	IA	31	M	85	8:39	1:35	3:07	50	43:31	21.4	1:17	16	18:25	5:56	1:14:57
31	9/48			Alan Schmidt	Marion	IA	27	M	13	6:41	1:14	3:56	37	42:58	21.7	1:39	41	19:46	6:22	1:14:58
32	4/19			Bryan McGeeney	Ames	IA	21	M	30	7:18	1:20	2:55	27	42:12	22.1	1:45	87	21:11	6:49	1:15:18
33	1/23			Allie Lawler	Omaha	NE	30	F	90	8:42	1:36	2:10	35	42:44	21.8	1:18	61	20:26	6:35	1:15:19
34	9/57			Todd Juhlin	Mason City	IA	32	M	15	6:46	1:15	2:41	49	43:30	21.4	1:48	69	20:38	6:39	1:15:21
35	5/19			Rob Thompson	Ames	IA	23	M	59	8:01	1:28	3:05	39	43:00	21.7	1:31	47	20:00	6:27	1:15:35
36	7/40			Brad Lutchka	Moline	IL	35	M	39	7:35	1:24	2:35	65	44:27	21.0	1:45	30	19:21	6:14	1:15:42
37	1/22			Lynn Vogt	Ankeny	IA	51	M	86	8:40	1:35	2:25	17	40:59	22.8					1:15:43
38	10/57			Kevin Bowden	Cedar Rapids	IA	32	M	75	8:24	1:33	3:42	41	43:07	21.6	1:31	51	20:04	6:28	1:15:46
39	1/7			Todd Lessley	Omaha	NE	18	M	74	8:21	1:32	3:48	43	43:14	21.6	1:35	26	19:02	6:08	1:15:58
40	10/48			Justin Diestler	Kearney	NE	25	M	38	7:34	1:23	2:38	31	42:27	22.0	1:35	107	21:53	7:03	1:16:05
41	11/57			Steve Younker	Mason City	IA	34	M	132	9:29	1:44	2:58	64	44:25	21.0	2:03	3	17:16	5:34	1:16:10
42	8/40			Richard McMullen	Richmond	VA	35	M					42	43:12	21.6	1:53	66	20:33	6:37	1:16:29
43	12/57			Robert Huffman	Iowa City	IA	30	M	70	8:16	1:31	3:26	12	40:37	23.0	1:18	148	22:59	7:24	1:16:35
44	9/40			Peter Ylvisaker	Marion	IA	37	M	322	14:43	2:42		63	44:22	21.0	1:36	33	19:27	6:16	1:16:45
45	13/57			Jay LaBonne	Zion	IL	34	M	68	8:10	1:30	3:20	53	43:50	21.3	1:11	60	20:23	6:34	1:16:52
46	1/27			Tim Armstrong	Muscatine	IA	43	M	193	10:40	1:58	2:05	48	43:29	21.4	1:38	28	19:08	6:10	1:16:59
47	14/57			Steven Abarr	Cedar Rapids	IA	30	M	63	8:04	1:29	3:09	33	42:31	21.9	1:43	99	21:42	6:59	1:17:06
48	10/40			Tim Ilten	Cedar Rapids	IA	38	M	34	7:24	1:22	3:18	38	42:58	21.7	1:34	114	22:06	7:07	1:17:18
49	11/48			Chad Kinsley	Brookings	SD	28	M	73	8:20	1:32	3:24	29	42:20	22.0	2:17	80	21:00	6:46	1:17:20
50	15/57			Chris O'Hara	Cedar Rapids	IA	30	M	44	7:42	1:25	2:04	52	43:50	21.3	1:38	116	22:08	7:08	1:17:20
51	12/48			John Erdelyi	St Paul	MN	28	M								2:59	76	20:52	6:43	1:17:28
52	13/48			Kevin Dusek	Schiller Park	IL	26	M	5	6:10	1:08	2:57	95	46:44	20.0	1:34	56	20:12	6:30	1:17:35
53	6/19			Giancarlo Canessa	Eagan	MN	22	M	25	7:04	1:18					1:47	79	20:58	6:45	1:17:41
54	2/27			Don Davis	Keokuk	IA	40	M	130	9:27	1:44	2:46	62	44:21	21.0	1:15	50	20:01	6:27	1:17:49
55	14/48			Nick Wagner	Marion	IA	26	M	48	7:46	1:26	2:47	71	45:01	20.7	1:51	63	20:29	6:36	1:17:53
56	15/48			Douglas Meacham	Lincoln	NE	28	M	83	8:34	1:34	4:31	28	42:14	22.1	2:08	62	20:29	6:36	1:17:54
57	16/57			Tom Price	Bloomington	IL	30	M	41	7:38	1:24	2:00	77	45:46	20.4	2:05	65	20:33	6:37	1:18:00
58	3/27			Vern Johnson	Spring Valley	IL	43	M	146	9:41	1:47	2:46	55	43:54	21.2	1:57	42	19:48	6:23	1:18:05
59	2/7			Alex White	Ames	IA	19	M	94	8:47	1:37	3:29	79	45:54	20.3	1:45	13	18:18	5:54	1:18:10
60	2/22			Howard Gillespie	Grimes	IA	51	M	119	9:14	1:42	2:43	34	42:42	21.8	1:44	105	21:50	7:02	1:18:11
61	1/3			Kent Dobbins	Lawrence	KS	55	M								1:35	64	20:30	6:36	1:18:13
62	16/48			Jason Tischer	Minnetonka	MN	25	M	69	8:15	1:31	2:13	76	45:40	20.4	1:33	67	20:34	6:37	1:18:13
63	17/48			Joseph Froehlich	Cedar Rapids	IA	26	M	116	9:12	1:41	2:43	66	44:32	20.9	1:29	72	20:42	6:40	1:18:36
64	11/40			Brian LaVelle	Wildwood	MO	38	M	123	9:19	1:43	2:33	60	44:20	21.0	1:38	85	21:07	6:48	1:18:54
65	7/19			Brett Shank	St. Paul	MN	23	M	8	6:30	1:12	2:18	78	45:46	20.4	1:46	135	22:38	7:17	1:18:56
66	18/48			Jack Youngberg	Brookings	SD	29	M	77	8:27	1:33	3:19	72	45:17	20.6	2:11	44	19:53	6:24	1:19:06
67	12/40			Paul Kulas	Cedar Rapids	IA	38	M	105	9:02	1:39	2:42	51	43:46	21.3	1:35	43	19:51	6:24	1:19:13
68	17/57			Barton DeGraaf	Ankeny	IA	31	M	88	8:41	1:36	2:26	59	44:14	21.1	2:10	108	21:55	7:04	1:19:24
69	13/40			Michael Dry	Highlands Ranc	CO	35	M	87	8:40	1:36	2:42	58	44:09	21.1	1:55	124	22:21	7:12	1:19:46
70	18/57			Scott Johnson	Des Moines	IA	33	M	92	8:44	1:36	3:38	92	46:36	20.0	1:57	24	18:57	6:06	1:19:50
71	4/27			Perry Barrette	Lodi	WI	42	M	182	10:25	1:55	2:48	56	43:55	21.2	1:47	81	21:00	6:46	1:19:53
72	5/27																			

96	1/8	Brian Johns	Williamsburg	IA	15 M	20	6:58	1:17	3:27	167	50:20	18.5	2:08	58	20:18	6:32	1:23:08
97	20/48	Brandon Lee	Des Moines	IA	27 M	109	9:07	1:40	5:01	40	43:04	21.7	2:25	171	23:37	7:36	1:23:11
98	1/10	Tonya Armstrong	Muscatine	IA	38 F	114	9:10	1:41	2:51	85	46:21	20.1	2:10	150	22:59	7:24	1:23:30
99	21/48	Reth Schildroth	Muscatine	IA	28 M	197	10:44	1:58	3:08	105	47:10	19.8					1:23:34
100	3/22	Jon Wheaton	Roseville	MN	53 M	207	10:53	2:00	3:39	86	46:24	20.1	3:05	37	19:39	6:20	1:23:37
101	2/3	Fred Hemsath	St. Joseph	MI	56 M	124	9:19	1:43	2:40	97	46:50	19.9	1:46	153	23:05	7:26	1:23:37
102	9/27	Bob Watson	Ames	IA	40 M	106	9:04	1:40	3:48	124	48:28	19.2	2:58	38	19:41	6:20	1:23:58
103	4/22	Paul Gordon	Mason City	IA	50 M	184	10:27	1:55	2:47	74	45:34	20.5	2:12	157	23:09	7:27	1:24:07
104	1/3	Masumi Fottrall	Swisher	IA	17 F	29	7:14	1:20	2:52	128	48:37	19.2	1:27	193	24:01	7:44	1:24:09
105	22/48	Ross Mills	Des Moines	IA	28 M	49	7:49	1:26	3:11	134	48:52	19.1	2:04	120	22:16	7:10	1:24:10
106	23/57	Darin Miller	Cedar Rapids	IA	31 M	288	12:50	2:21	4:31	36	42:57	21.7	2:01	113	22:01	7:05	1:24:18
107	10/27	Jeff Heineman	Omaha	NE	41 M	103	9:00	1:39	3:02	96	46:48	19.9	2:05	170	23:32	7:35	1:24:25
108	23/48	Jeffrey Swanson	Lino Lakes	MN	28 M	191	10:33	1:56	2:42	90	46:33	20.0	1:33	161	23:15	7:29	1:24:34
109	5/21	Scott DeVore	Cedar Rapids	IA	45 M	153	9:51	1:48	4:11	110	47:51	19.5	1:53	77	20:53	6:44	1:24:37
110	18/40	Don Romig	Clive	IA	35 M	214	11:01	2:01	3:30	109	47:41	19.6	2:19	59	20:19	6:33	1:24:48
111	24/57	Tim Leist	Rochester	MN	32 M	192	10:40	1:57	3:21	89	46:32	20.0	1:18	147	22:59	7:24	1:24:48
112	2/32	Hilliary Krug	Freeport	IL	25 F	16	6:46	1:15	3:00	193	51:42	18.0	1:46	109	21:58	7:04	1:25:11
113	24/48	Christopher Hall	Marlvern	IA	27 M	62	8:02	1:28	3:05	148	49:32	18.8	2:06	127	22:30	7:15	1:25:12
114	25/57	Jim Hagelie	Marshalltown	IA	32 M	236	11:24	2:05	2:46	75	45:35	20.5	2:26	156	23:07	7:27	1:25:15
115	3/32	Megan Horton	Omaha	NE	26 F	160	9:59	1:50	2:38	168	50:22	18.5	1:32	74	20:51	6:43	1:25:19
116	5/22	Mike Huggenberger	Fort Calhoun	NE	50 M	138	9:35	1:46	3:06	153	49:43	18.8	1:41	90	21:18	6:52	1:25:20
117	3/14	K.D. Rex	Iowa City	IA	41 F	122	9:18	1:43	3:24	113	47:58	19.4	2:44	111	22:00	7:05	1:25:23
118	11/27	Greg Neary	Minneapolis	MN	44 M	107	9:05	1:40	3:02	137	48:58	19.0	1:41	143	22:45	7:20	1:25:29
119	25/48	Justin Gottschalk	Iowa City	IA	26 M	96	8:48	1:37	3:27	166	50:12	18.6	2:02	91	21:18	6:52	1:25:45
120	19/40	Jeff Kaczinski	Davenport	IA	35 M	134	9:30	1:45	3:41	120	48:22	19.3	1:40	131	22:34	7:16	1:25:45
121	2/23	Christina Maravela	Johnston	IA	30 F	55	7:56	1:27	2:49	131	48:44	19.1	2:33	187	23:55	7:42	1:25:56
122	2/4	Ken Deman	Omaha	NE	61 M	113	9:10	1:41	4:03	100	46:53	19.9	2:27	169	23:29	7:34	1:26:00
123	26/57	Matthew Brown	Iowa City	IA	30 M	97	8:48	1:37	3:45	185	51:17	18.2					1:26:01
124	26/48	Paul Wolf	Moline	IL	26 M	233	11:19	2:05	3:19	88	46:29	20.1	1:50	155	23:07	7:27	1:26:02
125	4/32	Cara Jarnberg	Apple Valley	MN	26 F	18	6:54	1:16	2:34	133	48:51	19.1	1:42	254	26:23	8:30	1:26:23
126	6/21	Ross Rowley	Apple Valley	MN	45 M	133	9:29	1:44	3:29	164	50:08	18.6	1:39	98	21:40	6:59	1:26:23
127	27/57	Wade Steward	LeGrand	IA	34 M	220	11:04	2:02	2:45	136	48:55	19.1	1:51	118	22:12	7:09	1:26:44
128	27/48	Rich Mitvalsky	Cedar Rapids	IA	29 M	21	6:59	1:17	3:00	189	51:38	18.1	1:23	180	23:50	7:41	1:26:48
129	4/5	Bo Rydze	Iowa City	IA	17 M	129	9:25	1:44	3:27	178	50:49	18.3	3:14	48	20:00	6:27	1:26:55
130	2/10	Colleen Jacobs	Wildwood	MO	36 F	168	10:08	1:52	3:18	154	49:43	18.8	1:17	128	22:31	7:15	1:26:55
131	3/15	Stephanie Randall	Omaha	NE	22 F	250	11:34	2:07	4:09	169	50:24	18.5					1:27:10
132	5/7	Jeff Spence	Iowa City	IA	18 M	212	10:58	2:01	3:28	191	51:42	18.0	1:30	36	19:36	6:19	1:27:12
133	5/32	Julie Hull	Burnsville	MN	27 F	156	9:54	1:49	2:40	142	49:15	18.9	2:11	162	23:16	7:30	1:27:14
134	6/32	Colleen McKinney	La Vista	NE	26 F	167	10:08	1:52	2:55	180	50:58	18.3					1:27:27
135	7/32	Heidi DeGraaf	Ankeny	IA	29 F	205	10:52	2:00	3:32	99	46:52	19.9	2:47	172	23:39	7:37	1:27:40
136	9/19	Brett Hill	Omaha	NE	23 M	176	10:14	1:53					2:09	154	23:06	7:26	1:27:46
137	12/27	Robert Ihry	Iowa City	IA	42 M	140	9:36	1:46	4:09	135	48:53	19.1	1:25	181	23:50	7:41	1:27:51
138	28/57	David Zangerle	Boone	IA	31 M					175	50:40	18.4	1:34	201	24:10	7:47	1:27:56
139	29/57	Pete Brownell	Montezuma	IA	31 M	115	9:11	1:41	4:16	149	49:32	18.8	2:18	139	22:40	7:18	1:27:56
140	30/57	Mark Moody	Iowa City	IA	33 M	235	11:22	2:05	4:06	151	49:35	18.8	2:56	49	20:01	6:27	1:27:58
141	31/57	David Safris	Des Moines	IA	32 M	93	8:46	1:37	3:37	121	48:23	19.3	2:23	221	24:55	8:01	1:28:02
142	28/48	Dylan Hamilton	Des Moines	IA	26 M	145	9:41	1:47	3:52	108	47:41	19.6	1:40	228	25:10	8:06	1:28:02
143	13/27	Ted Blume	Bellevue	NE	42 M	203	10:52	2:00	3:53	125	48:31	19.2	2:18	134	22:37	7:17	1:28:09
144	20/40	Michael Cimino	Fort Calhoun	NE	38 M	186	10:28	1:55	3:43	165	50:10	18.6	2:27	95	21:27	6:55	1:28:13
145	21/40	Bill Vipond	Ankeny	IA	36 M	99	8:53	1:38	3:53	159	50:01	18.6	2:25	152	23:04	7:26	1:28:14
146	32/57	Paul Thorne	Des Moines	IA	32 M	302	13:31	2:29	2:33	101	46:55	19.9	1:56	166	23:24	7:32	1:28:17
147	5/5	David Ellingson	Perry	IA	16 M	102	8:58	1:39	4:28	219	53:17	17.5	0:40	88	21:13	6:50	1:28:34
148	8/32	Christine Miller	Cedar Rapids	IA	28 F	91	8:44	1:36	3:43	116	48:07	19.4	2:28	240	25:38	8:15	1:28:38
149	14/27	Tom Frantz	Marion	IA	42 M				15:18	158	50:00	18.6	1:37	136	22:38	7:17	1:28:49
150	33/57	Andrew McCullough	Lincoln	NE	30 M	195	10:42	1:58	3:09	145	49:27	18.9	2:22	158	23:13	7:29	1:28:51
151	29/48	Jay Grave	Owatonna	MN	25 M	161	10:00	1:50	2:47	102	46:58	19.9	1:53	283	27:23	8:49	1:29:00
152	6/22	Barry Trump	Mason City	IA	52 M	139	9:35	1:46	3:31	141	49:06	19.0	2:23	207	24:28	7:53	1:29:02
153	10/19	David Krohse	Cedar Rapids	IA	20 M	32	7:22	1:21	3:10	233	54:21	17.2	2:02	119	22:16	7:10	1:29:09
154	11/19	Joe Schroeder	St Paul	MN	21 M	229	11:11	2:03	3:19	143	49:18	18.9	1:46	173	23:42	7:38	1:29:14
155	3/23	Keelyn Friesen	Minneapolis	MN	31 F	180	10:23	1:54	2:45	115	48:00	19.4	1:36	264	26:36	8:34	1:29:18
156	1/5	Coleen Rowley	Apple Valley	MN	45 F	269	12:13	2:14	2:55	174	50:39	18.4	1:55	101	21:44	7:00	1:29:24
157	30/48	Craig Aamodt	St. Louis Park	MN	29 M	148	9:42	1:47	2:39	181	51:02	18.3	2:14	186	23:54	7:42	1:29:29
158	22/40	Tip Tipton	Brooklyn Park	MN	36 M	178	10:20	1:54	4:23	129	48:41	19.2	2:07	200	24:10	7:47	1:29:39
159	34/57	Brady Erickson	Blaine	MN	30 M	286	12:44	2:20	2:51	146	49:28	18.8	2:20	126	22:26	7:14	1:29:47
160	15/27	David Hart	Cedar Rapids	IA	43 M	222	11:04	2:02	4:16	150	49:33	18.8	2:26	129	22:33	7:16	1:29:51
161	7/22	Al Behrens	Council Bluffs	IA	50 M	333	15:58	2:56	3:46	93	46:43	20.0	2:58	68	20:34	6:37	1:29:57
162	8/22	John Spence	Iowa City	IA	54 M				127		48:34	19.2	1:20	165	23:20	7:31	1:30:08
163	16/27	Brad Brunia	Huxley	IA	44 M	112	9:09	1:41	4:56	139	49:02	19.0	3:26	175	23:43	7:38	1:30:14
164	9/22	Phillip McCullough	Minnetonka	MN	52 M	281	12:36	2:19	4:44	104	47:07	19.8	2:07	176	23:43	7:38	1:30:16
165	9/32	Susanne McMullen	Lincoln	NE	29 F	234	11:20	2:05	3:19	172	50:36	18.4	2:15	145	22:49	7:21	1:30:16
166	23/40	Timothy Hanna	Swisher	IA	39 M	253	11:40	2:08	3:21	138	49:02	19.0	2:12	197	24:06	7:46	1:30:18
167	7/21	Jeffrey Ginn	Cedar Rapids	IA	48 M	169	10:10	1:52	3:14	122	48:27	19.2	2:53	243	25:48	8:19	1:30:29
168	31/48	Chris Paar	Dubuque	IA	29 M	135	9:32	1:45	4:00	152	49:37	18.8	2:15	226	25:08	8:06	1:30:31
169	35/57	Jon Manley	Mt. Pleasant	IA	31 M	216	11:02	2:01	3:31	117	48:07	19.4	2:22	237	25:35	8:14	1:30:35
170	32/48	Allen Pofahl	Maple Grove	MN	28 M	274	12:22	2:16	3:16	155	49:56	18.7	1:42	168	23:29	7:34	1:30:43
171	12/19	Matt Gauthier	St. Paul	MN	20 M	175	10:14	1:53	2:28	132	48:48	19.1	2:09	280	27:13	8:46	1:30:50
172	4/23	Marie Mittmann-Gue	Des Moines	IA	30 F	57	7:59	1:28	2:49	157	49:58	18.7	2:06	295	28:01	9:01	1:30:52
173	24/40	Jim Petersen	Marion	IA	39 M												

201	5/23	Loretta Mitvalsky	Cedar Rapids	IA	31 F	181	10:23	1:54	3:19	245	55:08	16.9	1:33	133	22:36	7:17	1:32:58
202	11/22	Leonard Winkle	Coralville	IA	51 M	238	11:26	2:06	4:41	195	51:57	17.9	2:48	117	22:09	7:08	1:32:59
203	39/57	Steve Dunham	Walcott	IA	32 M	198	10:31	1:56	3:27	218	53:11	17.5	2:05	183	23:52	7:41	1:33:04
204	10/21	Stephen Elliff	Minneapolis	MN	45 M	240	11:30	2:07	3:17	171	50:34	18.4	2:13	239	25:38	8:15	1:33:10
205	30/40	Brad Gilchrist	Iowa City	IA	37 M	187	10:30	1:56	3:36	220	53:21	17.5	3:17	142	22:45	7:20	1:33:27
206	3/10	Lisa Peterson	West Union	IA	38 F	277	12:27	2:17	3:47	231	54:09	17.2	1:58	93	21:18	6:52	1:33:37
207	40/57	David Peterson	Boone	IA	31 M	299	13:24	2:27	3:13	207	52:39	17.7	1:38	149	22:59	7:24	1:33:51
208	41/57	David Kolker	Stratford	IA	34 M	263	12:04	2:13	3:37	203	52:21	17.8	1:38	203	24:17	7:49	1:33:55
209	12/32	Denise Seabold	Coralville	IA	26 F	265	12:05	2:13	4:16	156	49:57	18.7	1:54	246	25:52	8:20	1:34:01
210	5/15	Beth Wadsworth	Cedar Rapids	IA	21 F	261	11:59	2:12	3:04	211	52:44	17.7	1:54	208	24:30	7:54	1:34:09
211	12/22	Roy Gaddis	Solon	IA	50 M	149	9:43	1:47	3:54	222	53:25	17.5	2:17	233	25:15	8:08	1:34:32
212	31/40	Tim Tanner	Plymouth	MN	35 M	173	10:13	1:52	4:27	236	54:28	17.1	1:39	185	23:54	7:42	1:34:38
213	35/48	Ian Klemm	Hiawatha	IA	26 M	319	14:32	2:40	3:09	186	51:22	18.2					1:34:45
214	13/32	Ann Peterson	Madison	WI	28 F	108	9:06	1:40	2:50	251	55:59	16.7	2:17	214	24:39	7:56	1:34:50
215	14/32	Angela Kolker	Stratford	IA	26 F	199	10:47	1:59	4:10	242	54:49	17.0	1:33	182	23:50	7:41	1:35:08
216	32/40	Mike Sills	Cedar Rapids	IA	35 M	226	11:07	2:02	3:39	199	52:08	17.9	2:01	250	26:14	8:27	1:35:08
217	15/32	Jana Voracek	Omaha	NE	29 F	127	9:20	1:43	2:35	232	54:15	17.2	2:00	277	27:07	8:44	1:35:16
218	6/23	Janelle Buss	Waterloo	NE	33 F	198	10:45	1:58	5:08	184	51:11	18.2	2:21	248	26:05	8:24	1:35:29
219	16/19	Jesse Jordan	Urbandale	IA	24 M	314	14:07	2:35	3:29	179	50:54	18.3	2:20	218	24:45	7:58	1:35:32
220	33/40	Daniel Reasoner	Iowa City	IA	38 M	303	13:32	2:29	2:46	234	54:23	17.1	2:20	138	22:39	7:18	1:35:38
221	4/10	Elisabeth Marks	Cedar Rapids	IA	38 F	67	8:09	1:30	4:21	273	57:35	16.2	1:20	205	24:25	7:52	1:35:47
222	36/48	Eric Forquer	Cedar Rapids	IA	28 M	154	9:52	1:49	5:14	213	52:50	17.6	2:25	236	25:29	8:13	1:35:48
223	37/48	Sims Hullings	Chicago	IL	29 M	301	13:29	2:28	1:41	267	57:03	16.3	2:07	100	21:43	7:00	1:36:02
224	1/3	Ellen Stimmel	Iowa City	IA	19 F	51	7:50	1:26	3:59	282	58:43	15.9	2:22	159	23:14	7:29	1:36:06
225	6/15	Robyn Berning	Ames	IA	22 F	61	8:01	1:28	6:17	235	54:25	17.1	2:17	227	25:10	8:06	1:36:08
226	5/14	Polly Welp	Des Moines	IA	42 F	208	10:54	2:00	4:21	204	52:26	17.8	1:51	265	26:42	8:36	1:36:11
227	13/22	George Hafkey	Grinnell	IA	50 M	294	13:17	2:26	3:03	228	53:53	17.3	1:31	212	24:35	7:55	1:36:16
228	11/21	Bruce Fuerbringer	Eau Claire	WI	46 M	183	10:26	1:55	4:14	214	52:54	17.6	2:51	247	25:58	8:22	1:36:21
229	42/57	Ryan Mann	W. Des Moines	IA	30 M	152	9:51	1:48	4:02	198	52:02	17.9	2:47	293	28:01	9:01	1:36:39
230	3/8	Mike Zimmerman	Cedar Rapids	IA	15 M	304	13:36	2:30	5:16	240	54:43	17.0	1:23	103	21:48	7:01	1:36:44
231	16/32	Dawn Keller	Shell Rock	IA	27 F	259	11:46	2:10	4:53	194	51:51	18.0	2:10	251	26:18	8:28	1:36:57
232	6/7	Matt Smith	Omaha	NE	19 M	151	9:48	1:48	4:32	293	59:46	15.6	1:53	84	21:03	6:47	1:37:00
233	5/10	Christina Colman	Thornton	IA	38 F	268	12:12	2:14	3:50	226	53:37	17.4	2:30	223	24:59	8:03	1:37:06
234	2/3	Brooke Ralston	Cedar Rapids	IA	17 F	26	7:06	1:18	2:40	319	1:05:02	14.3	1:21	82	21:02	6:47	1:37:09
235	6/14	Mary Wincapaw	Milwaukee	WI	42 F	209	10:55	2:00	3:29	224	53:35	17.4	2:13	275	27:06	8:44	1:37:14
236	7/15	Emily Ann Pedersen	Hudson	IA	21 F	231	11:18	2:04	3:20	281	58:21	16.0	1:40	144	22:47	7:20	1:37:24
237	19/27	Chuck Hodgson	W. St. Paul	MN	42 M	4	5:20	0:59	9:14	208	52:43	17.7	3:09	278	27:08	8:44	1:37:32
238	43/57	Chuck Johnson	North Liberty	IA	30 M	338	16:44	3:04	1:48	201	52:16	17.8	3:49	146	22:58	7:24	1:37:34
239	38/48	Matt Shera	Coralville	IA	28 M	287	12:49	2:21	3:45	238	54:40	17.1	1:42	215	24:39	7:57	1:37:34
240	44/57	Dan Banasik	Cedar Rapids	IA	30 M	247	11:33	2:07	3:41	230	54:03	17.2	2:29	245	25:51	8:20	1:37:35
241	45/57	David Rooney	Urbana	IA	33 M	298	13:23	2:27	5:36	212	52:47	17.7	2:09	174	23:43	7:18	1:37:36
242	6/10	Brenda Ann Cloud	Cedar Rapids	IA	35 F	245	11:31	2:07					2:57	123	22:20	7:32	1:37:38
243	7/7	Ames Molsberry	Grinnell	IA	18 M	194	10:42	1:58	6:22	221	53:24	17.5	2:43	209	24:32	7:54	1:37:41
244	39/48	Isra Harahap	Ames	IA	28 M	244	11:31	2:07	4:55	209	52:43	17.7					1:37:45
245	14/22	Ronald Paar	Cedar Falls	IA	51 M	163	10:02	1:50	3:34	202	52:18	17.8	2:54	304	29:01	9:21	1:37:46
246	15/22	Kent McMullen	Clive	IA	50 M	251	11:36	2:08	3:30	163	50:08	18.6	1:56	320	30:54	9:57	1:38:03
247	20/27	Mark Moeller	Marion	IA	43 M	237	11:25	2:06	4:45	239	54:41	17.0	2:32	219	24:48	7:59	1:38:08
248	12/21	Randy King	Marion	IA	47 M	225	11:07	2:02	3:59	271	57:27	16.2	1:38	192	24:01	7:44	1:38:09
249	17/32	Jennifer Way	Swisher	IA	25 F	125	9:20	1:43	3:45	283	58:57	15.8	1:40	213	24:37	7:56	1:38:16
250	21/27	Gerry Funk	Solon	IA	40 M	228	11:08	2:03	4:13	248	55:56	16.7	2:59	199	24:08	7:46	1:38:23
251	16/22	Patrick Durov	Omaha	NE	54 M	284	12:40	2:19	5:32	259	56:33	16.5	1:49	112	22:00	7:05	1:38:33
252	13/21	Paul Riggs	Oskaloosa	IA	46 M	190	10:33	1:56		336	1:10:26	13.2	2:40	194	24:03	7:45	1:38:33
253	7/14	Elizabeth Fangman	Cedar Rapids	IA	42 F	196	10:43	1:58	2:48	227	53:45	17.3	2:02	305	29:17	9:26	1:38:34
254	4/8	Scott Blume	Bellevue	NE	14 M	285	12:43	2:20	3:16	225	53:35	17.4	2:43	263	26:34	8:33	1:38:48
255	1/1	Edwin Alexander	Overland Park	KS	65 M	162	10:01	1:50	3:39	247	55:28	16.8	2:29	281	27:15	8:47	1:38:50
256	34/40	James Meyer	Fairfield	IA	38 M	308	13:49	2:32	3:26	196	51:59	17.9	2:46	267	26:52	8:39	1:38:51
257	7/23	Debbie Lenth	Marion	IA	32 F	280	12:34	2:18	4:08	269	57:21	16.3	1:55	151	23:03	7:25	1:38:58
258	35/40	Tim Broghammer	Solon	IA	36 M	76	8:25	1:33	4:41	250	55:58	16.7	1:56	297	28:04	9:02	1:39:03
259	3/3	Natalie Ross	Cedar Rapids	IA	17 F	27	7:13	1:20	4:18	288	59:26	15.7	1:48	256	26:25	8:30	1:39:07
260	36/40	Jon Studer	Ankeny	IA	35 M	264	12:04	2:13	3:44	229	53:58	17.3	2:22	288	27:41	8:55	1:39:48
261	46/57	Thomas Brasier	Johnston	IA	34 M	291	13:04	2:14	8:25	206	52:35	17.7	1:49	189	23:57	7:43	1:39:48
262	3/3	Joseph Hulings III	Burke	VA	59 M	172	10:12	1:52	5:50	257	56:26	16.5	1:56	242	25:42	8:17	1:40:04
263	14/21	Jon Woltz	Waverly	IA	45 M	289	12:51	2:21	4:23	237	54:32	17.1	1:33	270	26:57	8:41	1:40:13
264	2/3	Chrissy Roark	Iowa City	IA	18 F				252	56:00	16.6	2:22	286	27:27	8:51	1:40:19	
265	40/48	Nathan Silberhorn	Ames	IA	26 M	296	13:22	2:27	5:19	183	51:08	18.2	3:49	274	27:03	8:43	1:40:39
266	5/8	John Hart	Cedar Rapids	IA	13 M	157	9:56	1:49	3:47	280	58:18	16.0	1:43	272	26:59	8:42	1:40:40
267	8/23	Ellen Joensen	Ames	IA	30 F	43	7:41	1:25	16:45	161	50:06	18.6	2:23	184	23:52	7:41	1:40:45
268	18/32	Kim Shera	Coralville	IA	26 F	143	9:37	1:46	3:33	278	58:17	16.0	1:58	285	27:27	8:50	1:40:50
269	19/32	Sarah Holstrom	Cedar Rapids	IA	28 F	282	12:36	2:19	2:36	274	57:36	16.2	1:45	258	26:28	8:32	1:41:01
270	41/48	Bill Powers	Westmont	IL	29 M	159	9:59	1:50	4:13	285	59:13	15.7	2:06	238	25:37	8:15	1:41:07
271	47/57	Travis Acheson	W. Des Moines	IA	31 M	329	15:33	2:51	4:53	200	52:08	17.9	2:16	260	26:30	8:32	1:41:18
272	15/21	Kent Mattison	Cedar Rapids	IA	48 M					298	1:00:20	15.5	1:20	132	22:35	7:16	1:41:22
273	8/15	Megan Gordon	Iowa City	IA	20 F	248	11:33	2:07	3:31	262	56:49	16.4	1:48	291	27:50	8:58	1:41:28
274	9/23	Ida Slayhill	Minneapolis	MN	31 F	242	11:30	2:07	3:56	294	59:53	15.6	1:49	210	24:33	7:54	1:41:39
275	10/23	Kelly Welsh-Wingat	Ames	IA	31 F	221	11:04	2:02	3:40	187	51:35	18.1	2:31	335	22:57	10:37	1:41:45
276	22/27	Dave Beastrom	Cedar Rapids	IA	40 M	293	13:09	2:25	4:07	268	57:13	16.3	2:18	225	25:07	8:05	1:41:52
277	11/23	Shannon Walenta	Omaha	NE	33 F	171	10:12	1:52	2:48	300	1:00:44						

306	23/27	Mark Heininger	Springfield	MA	43 M	305	13:39	2:30	7:31	275	57:52	16.1	3:01	253	26:19	8:29	1:48:21
307	14/23	Beth Chacey	Cedar Rapids	IA	32 F	246	11:32	2:07	5:00	316	1:04:10	14.5	2:03	257	26:27	8:31	1:49:10
308	24/27	Peter Hammond	Riverside	IA	43 M	232	11:19	2:05	4:45	292	59:38	15.6	1:56	328	31:41	10:12	1:49:17
309	8/10	Lisa Hanigan	Cedar Rapids	IA	39 F	334	16:06	2:57	4:14	291	59:38	15.6	2:51	269	26:56	8:40	1:49:43
310	9/14	Wendy Ford	Coralville	IA	41 F	136	9:32	1:45	3:57	305	1:02:16	15.0	1:47	331	32:23	10:26	1:49:51
311	18/19	Jared Severson	Minneapolis	MN	22 M	210	10:57	2:01	4:18	321	1:06:18	14.1	1:40	271	26:59	8:41	1:50:10
312	51/57	Brent Thompson	Urbandale	IA	31 M	220	15:29	2:50	6:47	296	1:00:12	15.5	2:24	255	26:24	8:30	1:51:15
313	2/2	Kate Molsberry	Grinnell	IA	14 F	275	12:23	2:16	3:37	317	1:04:17	14.5	1:26	308	29:43	9:34	1:51:23
314	10/14	Nancy Patrick	Cedar Rapids	IA	40 F	278	12:28	2:17	5:10	323	1:06:46	14.0	1:56	234	25:17	8:08	1:51:34
315	12/15	Stephanie Brennan	Ames	IA	22 F	312	13:59	2:34	5:58	304	1:02:15	15.0	2:36	268	26:56	8:40	1:51:41
316	11/14	Cindy Chatfield	Edgewood	IA	43 F	345	17:30	3:13	7:14	297	1:00:13	15.5	2:14	220	24:53	8:01	1:52:04
317	19/22	Steven Schurtz	Mason City	IA	50 M	218	11:03	2:02	5:01	270	57:21	16.3	4:23	340	34:30	11:07	1:52:16
318	43/48	Jeff Taylor	Coralville	IA	27 M	272	12:17	2:15	6:11	309	1:02:34	14.9	2:20	307	29:34	9:31	1:52:53
319	52/57	Brian Harris	Cedar Rapids	IA	34 M	348	18:27	3:23	5:19	266	56:57	16.4	2:15	316	30:23	9:47	1:53:18
320	13/15	Kiyar Arons	Cedar Rapids	IA	23 F	316	14:18	2:37	3:48	303	1:01:53	15.1	2:06	324	31:25	10:07	1:53:29
321	15/23	Jennifer Singleton	Cedar Rapids	IA	31 F	313	14:01	2:34	4:18	310	1:03:05	14.8	2:57	306	29:28	9:29	1:53:46
322	3/4	Howard Bich	Wagner	SD	60 M	350	18:36	3:24	4:46	264	56:53	16.4					1:53:48
323	9/10	Diane Dodds	Cedar Rapids	IA	39 F	144	9:40	1:46	6:36	290	59:37	15.6	4:21	338	34:09	11:00	1:54:21
324	12/14	Deb Duff	Cedar Rapids	IA	40 F	343	17:07	3:08	8:02	215	52:56	17.6	3:40	333	32:41	10:32	1:54:24
325	44/48	Ari Goldberg	Madison	WI	26 M	267	12:11	2:14									1:54:35
326	45/48	Eric Boester	Cedar Rapids	IA	26 M	331	15:51	2:54					2:27	317	30:27	9:48	1:54:35
327	25/32	Carole Weiland	Champlin	MN	29 F	147	9:41	1:47	3:57	320	1:05:32	14.2	2:42	336	33:01	10:38	1:54:51
328	18/21	Craig Lekin	Cedar Rapids	IA	46 M	297	13:22	2:27	4:43	306	1:02:18	15.0	1:41	334	32:49	10:34	1:54:52
329	14/15	Jeanne McCullough	St. Paul	MN	24 F	283	12:38	2:19	4:57	343	1:12:40	12.8	2:03	140	22:41	7:18	1:54:58
330	26/32	Mary Tubb	Waterloo	IA	25 F	341	17:04	3:08	4:16	332	1:08:55	13.5	2:03	141	22:44	7:19	1:55:00
331	16/23	Katie Duax	Marion	IA	32 F	311	13:58	2:34	6:04	330	1:08:00	13.7	2:09	224	25:02	8:04	1:55:12
332	53/57	Paul Karno	Saint Paul	MN	30 M	347	17:57	3:17	9:12	279	58:17	16.0	2:12	287	27:36	8:53	1:55:13
333	46/48	Bryan Maki	Minneapolis	MN	29 M	290	13:01	2:13	9:02	311	1:03:37	14.7	2:58	289	27:41	8:55	1:56:17
334	54/57	David LaGrange	Williamsburg	IA	30 M	258	11:42	2:09	4:39	327	1:07:24	13.8	1:53	319	30:40	9:53	1:56:17
335	55/57	Thomas Illg	Richfield	MN	33 M	185	10:27	1:55	5:44	334	1:09:53	13.3	2:16	296	28:03	9:02	1:56:21
336	27/32	Amy Schwake	Cedar Rapids	IA	26 F	330	15:34	2:51	3:43	277	58:07	16.0	3:40	344	36:00	11:35	1:57:02
337	15/15	Constance Sederqui	Bloomington	IL	20 F	219	11:03	2:02	3:26	342	1:12:34	12.8	2:06	298	28:05	9:03	1:57:11
338	13/14	Jennifer Seydel	Springfield	MA	43 F	155	9:54	1:49	6:14	324	1:06:47	14.0	2:59	325	31:35	10:10	1:57:28
339	20/22	Darrel Pedersen	Hudson	IA	51 M	352	20:45	3:48	6:14	302	1:01:40	15.1	3:49	231	25:12	8:07	1:57:38
340	19/21	Courtney Harris	Iowa City	IA	47 M	80	8:31	1:34	7:16	299	1:00:29	15.4	4:48	345	37:04	11:56	1:58:05
341	4/4	Charlton Sturm	Mascoutah	IL	60 M	326	15:27	2:50	6:38	315	1:04:07	14.5	2:12	314	30:07	9:42	1:58:28
342	25/27	Brian Mumm	Cedar Rapids	IA	41 M	292	13:08	2:24	5:09	328	1:07:31	13.8	1:51	329	31:41	10:12	1:59:17
343	28/32	Angela Phipps	Cedar Rapids	IA	29 F	249	11:33	2:07	5:46	333	1:09:09	13.5	3:22	310	29:55	9:38	1:59:43
344	29/32	Rachel Adleman	Minneapolis	MN	25 F	328	15:32	2:51	6:29	314	1:04:05	14.5	2:25	322	31:19	10:05	1:59:48
345	17/23	Lorri Cullen	Minneapolis	MN	33 F	346	17:48	3:16	4:16	313	1:04:05	14.5	2:20	323	31:22	10:06	1:59:48
346	20/21	Doug Burks	Decorah	IA	45 M	206	10:52	2:00	3:50	344	1:15:23	12.4	1:48	294	28:01	9:01	1:59:52
347	18/23	Amy Gilliland Faet	Sioux Falls	SD	32 F	309	13:51	2:32	5:40	326	1:07:21	13.8	3:48	318	30:29	9:49	2:01:08
348	19/23	Pam Reel	Clive	IA	32 F	340	17:03	3:07	3:45	322	1:06:38	14.0	2:44	330	31:42	10:12	2:01:50
349	19/19	Ryan Bimson	Cedar Rapids	IA	22 M	223	11:05	2:02	5:44	341	1:12:26	12.9	1:49	332	32:28	10:27	2:03:30
350	30/32	Maritess Gonzales	New York	NY	29 F	315	14:18	2:37	5:50	337	1:11:12	13.1	2:44	327	31:39	10:12	2:05:40
351	47/48	Steve Isvik	Minneapolis	MN	25 M	351	20:27	3:45	1:55	338	1:12:06	12.9	2:32	303	28:47	9:16	2:05:44
352	26/27	Audie Tarpley	Minneapolis	MN	42 M	335	16:22	3:00	5:08	329	1:07:37	13.8	3:11	339	34:30	11:07	2:06:46
353	10/10	Beth Pudro	Blaine	MN	38 F	336	16:27	3:01	5:38	301	1:01:24	15.2	3:56	348	43:51	14:07	2:11:15
354	1/1	Bob Powers	Hugo	MN	75 M	323	15:00	2:45	6:45	325	1:06:51	13.9	4:05	347	38:48	12:30	2:11:27
355	20/23	Carmen Ahern	Chicago	IL	32 F	337	16:33	3:02	7:07	340	1:12:15	12.9	3:13	341	34:41	11:10	2:13:48
356	21/23	Sylvia Angel	Omaha	NE	30 F	349	18:34	3:24	5:07	339	1:12:06	12.9	3:21	342	34:42	11:10	2:13:48
357	27/27	Craig Cram	Dubuque	IA	43 M	158	9:58	1:50	5:42	345	1:15:41	12.3	2:24	349	45:14	14:34	2:18:57
358	14/14	Madonna Mikelson	Iowa City	IA	44 F					346	1:22:05	11.4	4:40	346	38:23	12:21	2:36:00

DID NOT FINISH

359	21/22	John Whitson	Vinton	IA	52 M	201	10:48	1:59	2:54	1	37:48	24.7	1:54
360	56/57	Anthony Browne	St. Paul	MN	30 M	17	6:52	1:16	2:03	9	40:00	23.3	1:41
361	57/57	Mike Kucera	Blairstown	IA	33 M	2	4:19	0:48	3:12				
362	40/40	Jeffrey Tuohino	Cedar Rapids	IA	39 M	31	7:20	1:21	2:21				
363	8/8	Zachary Furst	Dubuque	IA	15 M	66	8:09	1:30	3:40				
364	31/32	Liska Johnson	Edina	MN	28 F	165	10:06	1:51	3:28				
365	5/5	Kathleen Cavanaugh	Fort Calhoun	NE	46 F	324	15:10	2:47	3:07				
366	22/23	Jane Saboe Moll	Ames	IA	34 F	353	28:52	5:17					
367	32/32	Joni Saboe	Cedar Rapids	IA	25 F	354	28:53	5:17					

ELITE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
									time	yds	time	plc	time	plc	TIME
1	269	Brian Bich	Duluth	MN	33 M	3	6:41	1:14	1:43	1	38:56	24.0	1:16	2	16:55 5:27 1:05:29
2	1	Doug Davis	Rosemont	MN	33 M	1	6:28	1:11	1:33	2	39:06	23.8	1:12	3	18:07 5:50 1:06:23
3	91	Stephen Taylor	Iowa City	IA	26 M	6	7:45	1:25	1:57	4	40:58	22.8	1:32	1	16:45 5:24 1:08:55
4	26	Shawn Callahan	Champlin	MN	28 M	7	8:01	1:28	2:12	3	39:45	23.5	1:30	4	18:12 5:52 1:09:39
5	130	Joe Berg	St. Louis Park	MN	22 M	4	6:45	1:14	1:47	5	41:11	22.6	1:13	7	20:44 6:41 1:11:39
6	338	Andrew O'Brien	Mason City	IA	31 M	5	7:03	1:18	1:58	6	43:16	21.6	1:31	5	19:10 6:11 1:12:57
7	25	Jason Tischer	Minnetonka	MN	25 M	8	8:15	1:31	2:13	7	45:40	20.4	1:33	6	20:34 6:37 1:18:13
8	232	Brett Shank	St. Paul	MN	23 M	2	6:30	1:12	2:18	8	45:46	20.4	1:46	8	22:38 7:17 1:18:56

OVERALL MALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
									time	yds	time	plc	time	plc	time
1	37	Kevin Drake	Wilton	IA	33 M	3	4:36	0:51	4:46	2	38:52	24.0	1:31	2	17:38 5:41 1:07:20
2	89	Barry Breffle	Marion	IA	29 M						10	40:39	22.9	1:06	5 17:56 5:47 1:08:13
3	307	James Randall	Grinnell	IA	28 M	9	6:39	1:13	2:01	8	40:28	23.0	1:35	14	18:42 6:02 1:09:24
4	41	Ty Stevens	Minneapolis	MN	24 M	25	7:33	1:23	2:33	7	40:24	23.1	1:31	4	17:50 5:45 1:09:48
5	110	Mike Morrison	Coppell	TX	26 M	30	7:38	1:24					1:27	12	18:25 5:56 1:10:09
6	11	David Lyon	Mankato	MN	38 M	33	7:45	1:25	2:46	5	39:37	23.5	1:46	10	18:22 5:55 1:10:13
7	116	Todd King	Coon Rapids	MN	30 M	15	7:01	1:17	1:52	16	41:32	22.5	1:08	22	19:03 6:08 1:10:33
8	120	Joe Bunn	Muscatine	IA	37 M	92	9:25	1:44	2:45	3	38:54	24.0	1:35	6	18:00 5:48 1:10:38
9	376	Craig Liming	Janesville	IA	49 M	24	7:25	1:22	1:47	12	40:49	22.8	1:19	27	19:28 6:16 1:10:46
10	104	Craig Olson	Marion	IA	34 M	39	8:00	1:28	2:56	4	39:00	23.9	1:40	28	19:29 6:17 1:11:03
11	39	Nick Scott	Cedar Rapids	IA	48 M	43	8:06	1:29	1:53	17	41:42	22.4	1:17	20	18:58 6:07 1:11:54
12	348	Brian Lynch	Iowa City	IA	25 M	35	7:51	1:27	2:57	21	42:09	22.1	1:38	3	17:43 5:42 1:12:16
13	112	Robert Gamboa	Minneapolis	MN	33 M	28	7:37	1:24	2:10	18	41:48	22.3	1:27	25	19:23 6:15 1:12:23
14	100	Jeff Hovinga	Mason City	IA	35 M	79	9:08	1:41	2:11	14	41:04	22.7	1:52	16	18:44 6:02 1:12:57
15	165	J. Kentner Cotting	Iowa City	IA	24 M	70	8:51	1:38	1:50	25	42:24	22.0	1:28	13	18:39 6:00 1:13:10
16	29	Mark Ackermann	Ankeny	IA	39 M	63	8:42	1:36		71	46:05	20.2	1:38	9	18:19 5:54 1:13:12
17	111	John Buckle	Iowa City	IA	25 M	16	7:03	1:18	3:22	27	42:30	21.9	1:53	15	18:42 6:02 1:13:27

201	5/23	Loretta Mitvalsky	Cedar Rapids	IA	31 F	181	10:23	1:54	3:19	245	55:08	16.9	1:33	133	22:36	7:17	1:32:58
202	11/22	Leonard Winkle	Coralville	IA	51 M	238	11:26	2:06	4:41	195	51:57	17.9	2:48	117	22:09	7:08	1:32:59
203	39/57	Steve Dunham	Walcott	IA	32 M	188	10:31	1:56	3:27	218	53:11	17.5	2:05	183	23:52	7:41	1:33:04
204	10/21	Stephen Elliff	Minneapolis	MN	45 M	240	11:30	2:07	3:17	171	50:34	18.4	2:13	239	25:38	8:15	1:33:10
205	30/40	Brad Gilchrist	Iowa City	IA	37 M	187	10:30	1:56	3:36	220	53:21	17.5	3:17	142	22:45	7:20	1:33:27
206	3/10	Lisa Peterson	West Union	IA	38 F	277	12:27	2:17	3:47	231	54:09	17.2	1:58	93	21:18	6:52	1:33:37
207	40/57	David Peterson	Boone	IA	31 M	299	13:24	2:27	3:13	207	52:39	17.7	1:38	149	22:59	7:24	1:33:51
208	41/57	David Kolker	Stratford	IA	34 M	263	12:04	2:13	3:37	203	52:21	17.8	1:38	203	24:17	7:49	1:33:55
209	12/32	Denise Seabold	Coralville	IA	26 F	265	12:05	2:13	4:16	156	49:57	18.7	1:54	246	25:52	8:20	1:34:01
210	5/15	Beth Wadsworth	Cedar Rapids	IA	21 F	261	11:59	2:12	3:04	211	52:44	17.7	1:54	208	24:30	7:54	1:34:09
211	12/22	Roy Gaddis	Solon	IA	50 M	149	9:43	1:47	3:54	222	53:25	17.5	2:17	233	25:15	8:08	1:34:32
212	31/40	Tim Tanner	Plymouth	MN	35 M	173	10:13	1:52	4:27	236	54:28	17.1	1:39	185	23:54	7:42	1:34:38
213	35/48	Ian Kleman	Hiawatha	IA	26 M	319	14:32	2:40	3:09	186	51:22	18.2					1:34:45
214	13/32	Ann Peterson	Madison	WI	28 F	108	9:06	1:40	2:50	251	55:59	16.7	2:17	214	24:39	7:56	1:34:50
215	14/32	Angela Kolker	Stratford	IA	26 F	199	10:47	1:59	4:10	242	54:49	17.0	1:33	182	23:50	7:41	1:35:08
216	32/40	Mike Sills	Cedar Rapids	IA	35 M	226	11:07	2:02	3:39	199	52:08	17.9	2:01	250	26:14	8:27	1:35:08
217	15/32	Jana Voracek	Omaha	NE	29 F	127	9:20	1:43	2:35	232	54:15	17.2	2:00	277	27:07	8:44	1:35:16
218	6/23	Janelle Buss	Waterloo	NE	33 F	198	10:45	1:58	5:08	184	51:11	18.2	2:21	248	26:05	8:24	1:35:29
219	16/19	Jesse Jordan	Urbandale	IA	24 M	314	14:07	2:35	3:29	179	50:54	18.3	2:20	218	24:45	7:58	1:35:32
220	33/40	Daniel Reasoner	Iowa City	IA	38 M	303	13:32	2:29	2:46	234	54:23	17.1	2:20	138	22:39	7:18	1:35:38
221	4/10	Elisabeth Marks	Cedar Rapids	IA	38 F	67	8:09	1:30	4:21	273	57:35	16.2	1:20	205	24:25	7:52	1:35:47
222	36/48	Eric Forquer	Cedar Rapids	IA	28 M	154	9:52	1:49	5:14	213	52:50	17.6	2:25	236	25:29	8:13	1:35:48
223	37/48	Sims Hulings	Chicago	IL	29 M	301	13:29	2:28	1:41	267	57:03	16.3	2:07	100	21:43	7:00	1:36:02
224	1/3	Ellen Stimmel	Iowa City	IA	19 F	51	7:50	1:26	3:59	282	58:43	15.9	2:22	159	23:14	7:29	1:36:06
225	6/15	Robyn Berning	Ames	IA	22 F	61	8:01	1:28	6:17	235	54:25	17.1	2:17	227	25:10	8:06	1:36:08
226	5/14	Polly Welp	Des Moines	IA	42 F	208	10:54	2:00	4:21	204	52:26	17.8	1:51	265	26:42	8:36	1:36:11
227	13/22	George Hafkey	Grinnell	IA	50 M	294	13:17	2:26	3:03	228	53:53	17.3	1:31	212	24:35	7:55	1:36:16
228	11/21	Bruce Fuerbringer	Eau Claire	WI	46 M	183	10:26	1:55	4:14	214	52:54	17.6	2:51	247	25:58	8:22	1:36:21
229	42/57	Ryan Mann	W. Des Moines	IA	30 M	152	9:51	1:48	4:02	198	52:02	17.9	2:47	293	28:01	9:01	1:36:39
230	3/8	Mike Zimmerman	Cedar Rapids	IA	15 M	304	13:36	2:30	5:16	240	54:43	17.0	1:23	103	21:48	7:01	1:36:44
231	16/32	Dawn Keller	Shell Rock	IA	27 F	259	11:46	2:10	4:53	194	51:51	18.0	2:10	251	26:18	8:28	1:36:57
232	6/7	Matt Smith	Omaha	NE	19 M	151	9:48	1:48	4:32	293	59:46	15.6	1:53	84	21:03	6:47	1:37:00
233	5/10	Christina Colman	Thornton	IA	38 F	268	12:12	2:14	3:50	226	53:37	17.4	2:30	223	24:59	8:03	1:37:06
234	2/3	Brooke Ralston	Cedar Rapids	IA	17 F	26	7:06	1:18	2:40	319	1:05:02	14.3	1:21	82	21:02	6:47	1:37:09
235	6/14	Mary Wincapaw	Milwaukee	WI	42 F	209	10:55	2:00	3:29	224	53:35	17.4	2:13	275	27:06	8:44	1:37:14
236	7/15	Emily Ann Pedersen	Hudson	IA	21 F	231	11:18	2:04	3:20	281	58:21	16.0	1:40	144	22:47	7:20	1:37:24
237	19/27	Chuck Hodgson	W. St. Paul	MN	42 M	4	5:20	0:59	9:14	208	52:43	17.7	3:09	278	27:08	8:44	1:37:32
238	43/57	Chuck Johnson	North Liberty	IA	30 M	338	16:44	3:04	1:48	201	52:16	17.8	3:49	146	22:58	7:24	1:37:34
239	38/48	Matt Shera	Coralville	IA	28 M	287	12:49	2:21	3:45	238	54:40	17.1	1:42	215	24:39	7:57	1:37:34
240	44/57	Dan Banasik	Cedar Rapids	IA	30 M	247	11:33	2:07	3:41	230	54:03	17.2	2:29	245	25:51	8:20	1:37:35
241	45/57	David Rooney	Urbana	IA	33 M	298	13:23	2:27	5:36	212	52:47	17.7	2:09	174	23:43	7:18	1:37:36
242	6/10	Brenda Ann Cloud	Cedar Rapids	IA	35 F	245	11:31	2:07					2:57	123	22:20	7:12	1:37:38
243	7/7	Ames Molsberry	Grinnell	IA	18 M	194	10:42	1:58	6:22	221	53:24	17.5	2:43	209	24:32	7:54	1:37:41
244	39/48	Isra Harahap	Ames	IA	28 M	244	11:31	2:07	4:55	209	52:43	17.7					1:37:45
245	14/22	Ronald Paar	Cedar Falls	IA	51 M	163	10:02	1:50	3:34	202	52:18	17.8	2:54	304	29:01	9:21	1:37:46
246	15/22	Kent McMullen	Clive	IA	50 M	251	11:36	2:08	3:30	163	50:08	18.6	1:56	320	30:54	9:57	1:38:03
247	20/27	Mark Moeller	Marion	IA	43 M	237	11:25	2:06	4:45	239	54:41	17.0	2:32	219	24:48	7:59	1:38:08
248	12/21	Randy King	Marion	IA	47 M	225	11:07	2:02	3:59	271	57:27	16.2	1:38	192	24:01	7:44	1:38:09
249	17/32	Jennifer Way	Swisher	IA	25 F	125	9:20	1:43	3:45	283	58:57	15.8	1:40	213	24:37	7:56	1:38:16
250	21/27	Gerry Funk	Solon	IA	40 M	228	11:08	2:03	4:13	248	55:56	16.7	2:59	199	24:08	7:46	1:38:23
251	16/22	Patrick Durov	Omaha	NE	54 M	284	12:40	2:19	5:32	259	56:33	16.5	1:49	112	22:00	7:05	1:38:33
252	13/21	Paul Riggs	Oskaloosa	IA	46 M	190	10:33	1:56		336	1:10:26	13.2	2:40	194	24:03	7:45	1:38:33
253	7/14	Elizabeth Fangman	Cedar Rapids	IA	42 F	196	10:43	1:58	2:48	227	53:45	17.3	2:02	305	29:17	9:26	1:38:34
254	4/8	Scott Blume	Bellevue	NE	14 M	285	12:43	2:20	3:16	225	53:35	17.4	2:43	263	26:34	8:33	1:38:48
255	1/1	Edwin Alexander	Overland Park	KS	65 M	162	10:01	1:50	3:39	247	55:28	16.8	2:29	281	27:15	8:47	1:38:50
256	34/40	James Meyer	Fairfield	IA	38 M	308	13:49	2:32	3:26	196	51:59	17.9	2:46	267	26:52	8:29	1:38:51
257	7/23	Debbie Lenth	Marion	IA	32 F	288	12:34	2:18	4:08	269	57:21	16.3	1:55	151	23:03	7:25	1:38:58
258	35/40	Tim Broghammer	Solon	IA	36 M	76	8:25	1:33	4:41	250	55:58	16.7	1:56	297	28:04	9:02	1:39:03
259	3/3	Natalie Ross	Cedar Rapids	IA	17 F	27	7:13	1:20	4:18	288	59:26	15.7	1:48	256	26:25	8:30	1:39:07
260	36/40	Jon Studer	Ankeny	IA	35 M	264	12:04	2:13	3:44	229	53:58	17.3	2:22	288	27:41	8:55	1:39:48
261	46/57	Thomas Brasier	Johnston	IA	34 M	291	13:04	2:24	8:25	206	52:35	17.7	1:49	189	23:57	7:43	1:39:48
262	3/3	Joseph Hulings III	Burke	VA	59 M	172	10:12	1:52	5:50	257	56:26	16.5	1:56	242	25:42	8:17	1:40:04
263	14/21	Jon Woltz	Waverly	IA	45 M	289	12:51	2:21	4:23	237	54:32	17.1	1:33	270	26:57	8:41	1:40:13
264	2/3	Chrissy Roark	Iowa City	IA	18 F				252	56:00	16.6	2:22	286	27:27	8:51	1:40:19	
265	40/48	Nathan Silberhorn	Ames	IA	26 M	296	13:22	2:27	5:19	183	51:08	18.2	3:49	274	27:03	8:43	1:40:39
266	5/8	John Hart	Cedar Rapids	IA	13 M	157	9:56	1:49	3:47	280	58:18	16.0	1:43	272	26:59	8:42	1:40:40
267	8/23	Ellen Joensen	Ames	IA	30 F	43	7:41	1:25	16:45	161	50:06	18.6	2:23	184	23:52	7:41	1:40:45
268	18/32	Kim Shera	Coralville	IA	26 F	143	9:37	1:46	3:33	278	58:17	16.0	1:58	285	27:27	8:50	1:40:50
269	19/32	Sarah Holstrom	Cedar Rapids	IA	28 F	282	12:36	2:19	2:36	274	57:36	16.2	1:45	258	26:28	8:32	1:41:01
270	41/48	Bill Powers	Westmont	IL	29 M	159	9:59	1:50	4:13	285	59:13	15.7	2:06	238	25:37	8:15	1:41:07
271	47/57	Travis Acheson	W. Des Moines	IA	31 M	329	15:33	2:51	4:53	200	52:08	17.9	2:16	260	26:30	8:32	1:41:18
272	15/21	Kent Mattison	Cedar Rapids	IA	48 M					298	1:00:20	15.5	1:20	132	22:35	7:16	1:41:22
273	8/15	Megan Gordon	Iowa City	IA	20 F	248	11:33	2:07	3:31	262	56:49	16.4	1:48	291	27:50	8:58	1:41:28
274	9/23	Ida Slayhi	Minneapolis	MN	31 F	242	11:30	2:07	3:56	294	59:53	15.6	1:49	210	24:33	7:54	1:41:39
275	10/23	Kelly Welsh-Wingat	Ames	IA	31 F	221	11:04	2:02	3:40	187	51:35	18.1	2:31	335	32:57	10:37	1:41:45
276	22/27	Dave Beastron	Cedar Rapids	IA	40 M	293	13:09	2:25	4:07	268	57:13	16.3	2:18	225	25:07	8:05	1:41:52
277	11/23	Shannon Walenta	Omaha	NE	33 F	171	10:12	1:52	2:48	300	1:00:44						

306	23/27	Mark Heininger	Springfield	MA	43	M	305	13:39	2:30	7:31	275	57:52	16.1	3:01	253	26:19	8:29	1:48:21
307	14/23	Beth Chacey	Cedar Rapids	IA	32	F	246	11:32	2:07	5:00	316	1:04:10	14.5	2:03	257	26:27	8:31	1:49:10
308	24/27	Peter Hammond	Riverside	IA	43	M	232	11:19	2:05	4:45	292	59:38	15.6	1:56	328	31:41	10:12	1:49:17
309	8/10	Lisa Hanigan	Cedar Rapids	IA	39	F	332	16:06	2:57	4:14	291	59:38	15.6	2:51	269	26:56	8:40	1:49:43
310	9/14	Wendy Ford	Coralville	IA	41	F	136	9:32	1:45	3:57	305	1:02:16	15.0	1:47	331	32:23	10:26	1:49:51
311	18/19	Jared Severson	Minneapolis	MN	22	M	210	10:57	2:01	4:18	321	1:06:18	14.1	1:40	271	26:59	8:41	1:50:10
312	51/57	Brent Thompson	Urbandale	IA	31	M	327	15:29	2:50	6:47	296	1:00:12	15.5	2:24	255	26:24	8:30	1:51:15
313	2/2	Kate Molesberry	Grinnell	IA	14	F	275	12:23	2:16	3:37	317	1:04:17	14.5	1:26	308	29:43	9:34	1:51:23
314	10/14	Nancy Patrick	Cedar Rapids	IA	40	F	278	12:28	2:17	5:10	323	1:06:46	14.0	1:56	234	25:17	8:08	1:51:34
315	12/15	Stephanie Brennan	Ames	IA	22	F	312	13:59	2:34	5:58	304	1:02:15	15.0	2:36	268	26:56	8:40	1:51:41
316	11/14	Cindy Chatfield	Edgewood	IA	43	F	345	17:30	3:13	7:14	297	1:00:13	15.5	2:14	220	24:53	8:01	1:52:04
317	19/22	Steven Schurtz	Mason City	IA	50	M	218	11:03	2:02	5:01	270	57:21	16.3	4:23	340	34:30	11:07	1:52:16
318	43/48	Jeff Taylor	Coralville	IA	27	M	272	12:17	2:15	6:11	309	1:02:34	14.9	2:20	307	29:34	9:31	1:52:53
319	52/57	Brian Harris	Cedar Rapids	IA	34	M	348	18:27	3:23	5:19	266	56:57	16.4	2:15	316	30:23	9:47	1:53:18
320	13/15	Kiyar Arons	Cedar Rapids	IA	23	F	316	14:18	2:37	3:48	303	1:01:53	15.1	2:06	324	31:25	10:07	1:53:29
321	15/23	Jennifer Singleton	Cedar Rapids	IA	31	F	313	14:01	2:34	4:18	310	1:03:05	14.8	2:57	306	29:28	9:29	1:53:46
322	3/4	Howard Bich	Wagner	SD	60	M	350	18:36	3:24	4:46	264	56:53	16.4					1:53:48
323	9/10	Diane Dodds	Cedar Rapids	IA	39	F	144	9:40	1:46	6:36	290	59:37	15.6	4:21	338	34:09	11:00	1:54:21
324	12/14	Deb Duff	Cedar Rapids	IA	40	F	343	17:07	3:08	8:02	215	52:56	17.6	3:40	333	32:41	10:32	1:54:24
325	44/48	Ari Goldberg	Madison	WI	26	M	267	12:11	2:14									1:54:35
326	45/48	Eric Boester	Cedar Rapids	IA	26	M	331	15:51	2:54					2:27	317	30:27	9:48	1:54:35
327	25/32	Carole Weiland	Champlin	MN	29	F	147	9:41	1:47	3:57	320	1:05:32	14.2	2:42	336	33:01	10:38	1:54:51
328	18/21	Craig Lekin	Cedar Rapids	IA	46	M	297	13:22	2:27	4:43	306	1:02:18	15.0	1:41	334	32:49	10:34	1:54:52
329	14/15	Jeanne McCullough	St Paul	MN	24	F	283	12:38	2:19	4:57	343	1:12:40	12.8	2:03	140	22:41	7:18	1:54:58
330	26/32	Mary Tubb	Waterloo	IA	25	F	341	17:04	3:08	4:16	332	1:08:55	13.5	2:03	141	22:44	7:19	1:55:00
331	16/23	Katie Duax	Marion	IA	32	F	311	13:58	2:34	6:04	330	1:08:00	13.7	2:09	224	25:02	8:04	1:55:12
332	53/57	Paul Karno	Saint Paul	MN	30	M	347	17:57	3:17	9:12	279	58:17	16.0	2:12	287	27:36	8:53	1:55:13
333	46/48	Bryan Maki	Minneapolis	MN	29	M	290	13:01	2:23	9:02	311	1:03:37	14.7	2:58	289	27:41	8:55	1:55:17
334	54/57	David LaGrange	Williamsburg	IA	30	M	258	11:42	2:09	4:39	327	1:07:24	13.8	1:53	319	30:40	9:53	1:56:17
335	55/57	Thomas Illg	Richfield	MN	33	M	185	10:27	1:55	5:44	334	1:09:53	13.3	2:16	296	28:03	9:02	1:56:21
336	27/32	Amy Schwake	Cedar Rapids	IA	26	F	330	15:34	2:51	3:43	277	58:07	16.0	3:40	344	36:00	11:35	1:57:02
337	15/15	Constance Sederqui	Bloomington	IL	20	F	219	11:03	2:02	3:26	342	1:12:34	12.8	2:06	298	28:05	9:03	1:57:11
338	13/14	Jennifer Seydel	Springfield	MA	43	F	155	9:54	1:49	6:14	324	1:06:47	14.0	2:59	325	31:35	10:10	1:57:28
339	20/22	Darrel Pedersen	Hudson	IA	51	M	352	20:45	3:48	6:14	302	1:01:40	15.1	3:49	231	25:12	8:07	1:57:38
340	19/21	Courtney Harris	Iowa City	IA	47	M	80	8:31	1:34	7:16	299	1:00:29	15.4	4:48	345	37:04	11:56	1:58:05
341	4/4	Charlton Sturm	Mascoutah	IL	60	M	326	15:27	2:50	6:38	315	1:04:07	14.5	2:12	314	30:07	9:42	1:58:28
342	25/27	Brian Mumm	Cedar Rapids	IA	41	M	292	13:08	2:24	5:09	328	1:07:31	13.8	1:51	329	31:41	10:12	1:59:17
343	28/32	Angela Phipps	Cedar Rapids	IA	29	F	249	11:33	2:07	5:46	333	1:09:09	13.5	3:22	310	29:55	9:38	1:59:43
344	29/32	Rachel Adleman	Minneapolis	MN	25	F	328	15:32	2:51	6:29	314	1:04:05	14.5	2:25	322	31:19	10:05	1:59:48
345	17/23	Lorri Cullen	Minneapolis	MN	33	F	346	17:48	3:16	4:16	313	1:04:05	14.5	2:20	323	31:22	10:06	1:59:48
346	20/21	Doug Burks	Decorah	IA	45	M	206	10:52	2:00	3:50	344	1:15:23	12.4	1:48	294	28:01	9:01	1:59:52
347	18/23	Amy Gilliland Faet	Sioux Falls	SD	32	F	309	13:51	2:32	5:40	326	1:07:21	13.8	3:48	318	30:29	9:49	2:01:08
348	19/23	Pam Reel	Clive	IA	32	F	340	17:03	3:07	3:45	322	1:06:38	14.0	2:44	330	31:42	10:12	2:01:50
349	19/19	Ryan Bimson	Cedar Rapids	IA	22	M	223	11:05	2:02	5:44	341	1:12:26	12.9	1:49	332	32:28	10:27	2:03:30
350	30/32	Maritess Gonzales	New York	NY	29	F	315	14:18	2:37	5:50	337	1:11:12	13.1	2:44	327	31:39	10:12	2:05:40
351	47/48	Steve Isvik	Minneapolis	MN	25	M	351	20:27	3:45	1:55	338	1:12:06	12.9	2:32	303	28:47	9:16	2:05:44
352	26/27	Audie Tarpley	Minneapolis	MN	42	M	335	16:22	3:00	5:08	329	1:07:37	13.8	3:11	339	34:30	11:07	2:06:46
353	10/10	Beth Pudro	Blaine	MN	38	F	336	16:27	3:01	5:38	301	1:01:24	15.2	3:56	348	43:51	14:07	2:11:15
354	1/1	Bob Powers	Hugo	MN	75	M	323	15:00	2:45	6:45	325	1:06:51	13.9	4:05	347	38:48	12:30	2:11:27
355	20/23	Carmen Ahern	Chicago	IL	32	F	337	16:33	3:02	7:07	340	1:12:15	12.9	3:13	341	34:41	11:10	2:13:48
356	21/23	Sylvia Angel	Omaha	NE	30	F	349	18:34	3:24	5:07	339	1:12:06	12.9	3:21	342	34:42	11:10	2:13:48
357	27/27	Craig Cram	Dubuque	IA	43	M	158	9:58	1:50	5:42	345	1:15:41	12.3	2:24	349	45:14	14:34	2:18:57
358	14/14	Madonna Mikelson	Iowa City	IA	44	F					346	1:22:05	11.4	4:40	346	38:23	12:21	2:36:00

DID NOT FINISH

359	21/22	John Whitson	Vinton	IA	52	M	201	10:48	1:59	2:54	1	37:48	24.7	1:54				
360	56/57	Anthony Browne	St Paul	MN	30	M	17	6:52	1:16	2:03	9	40:00	23.3	1:41				
361	57/57	Mike Kucera	Blairstown	IA	33	M	2	4:19	0:48	3:12								
362	40/40	Jeffrey Tuohino	Cedar Rapids	IA	39	M	31	7:20	1:21	2:21								
363	8/8	Zachary Furst	Dubuque	IA	15	M	66	8:09	1:30	3:40								
364	31/32	Liska Johnson	Edina	MN	28	F	165	10:06	1:51	3:28								
365	5/5	Kathleen Cavanaugh	Fort Calhoun	NE	46	F	324	15:10	2:47	3:07								
366	22/23	Jane Saboe Moll	Ames	IA	34	F	353	28:52	5:17									
367	32/32	Joni Saboe	Cedar Rapids	IA	25	F	354	28:53	5:17									

ELITE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
								time	yds	time	plc	time	plc	TIME
1	269	Brian Bich	Duluth	MN	33	M	3	6:41	1:14	1:43	1	38:56	24.0	1:05:29
2	1	Doug Davis	Rosemont	MN	33	M	1	6:28	1:11	1:33	2	39:06	23.8	1:06:23
3	91	Stephen Taylor	Iowa City	IA	26	M	6	7:45	1:25	1:57	4	40:58	22.8	1:08:55
4	26	Shawn Callahan	Champlin	MN	28	M	7	8:01	1:28	2:12	3	39:45	23.5	1:09:39
5	130	Joe Berg	St. Louis Park	MN	22	M	4	6:45	1:14	1:47	5	41:11	22.6	1:11:39
6	338	Andrew O'Brien	Mason City	IA	31	M	5	7:03	1:18	1:58	6	43:16	21.6	1:12:57
7	25	Jason Tischer	Minnetonka	MN	25	M	8	8:15	1:31	2:13	7	45:40	20.4	1:18:13
8	232	Brett Shank	St. Paul	MN	23	M	2	6:30	1:12	2:18	8	45:46	20.4	1:18:56

OVERALL MALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								time	yds	time	plc	time	plc	TIME				
1	37	Kevin Drake	Wilton	IA	33	M	3	4:36	0:51	4:46	2	38:52	24.0	1:31	2	17:38	5:41	1:07:20
2	89	Barry Breffle	Marion	IA	29	M					10	40:39	22.9	1:06	5	17:56	5:47	1:08:13
3	307	James Randall	Grinnell	IA	28	M	9	6:39	1:13	2:01	8	40:28	23.0	1:35	14	18:42	6:02	1:09:24
4	41	Ty Stevens	Minneapolis	MN	24	M	25	7:33	1:23	2:33	7	40:24	23.1	1:31	4	17:50	5:45	1:09:48
5	110	Mike Morrison	Coppell	TX	26	M	30	7:38	1:24					1:27	12	18:25	5:56	1:10:09
6	11	David Lyon	Mankato	MN	38	M	33	7:45	1:25	2:46	5	39:37	23.5	1:46	10	18:22	5:55	1:10:13
7	116	Todd King	Coon Rapids	MN	30	M	15	7:01	1:17	1:52	16	41:32	22.5	1:08	22	19:03	6:08	1:10:33
8	120	Joe Bunn	Muscatine	IA	37	M	92	9:25	1:44	2:45	3	38:54	24.0	1:35	6	18:00	5:48	1:10:38
9	376	Craig Liming	Janesville	IA	49	M	24	7:25	1:22	1:47	12	40:49	22.8	1:19	27	19:28	6:16	1:10:46
10	104	Craig Olson	Marion	IA	34	M	39	8:00	1:28	2:56	4	39:00	23.9	1:40	28	19:29	6:17	1:11:03
11	39	Nick Scott	Cedar Rapids	IA	48	M	43	8:06	1:29	1:53	17	41:42	22.4	1:17	20	18:58	6:07	1:11:54
12	348	Brian Lynch	Iowa City	IA	25	M	35	7:51	1:27	2:57	21	42:09	22.1	1:38	3	17:43	5:42	1:12:16
13	112	Robert Gamboa	Minneapolis	MN	33	M	28	7:37	1:24	2:10	18	41:48	22.3	1:27	25	19:23	6:15	1:12:23
14	100	Jeff Hovinga	Mason City	IA	35	M	79	9:08	1:41	2:11	14	41:04	22.7	1:52	16	18:44	6:02	1:12:57
15	165	J. Kentner Cotting	Iowa City	IA	24	M	70	8:51	1:38	1:50	25	42:24	22.0	1:28	13	18:39	6:00	1:13:10
16	29	Mark Ackermann	Ankeny	IA	39	M	63	8:42	1:36		71	46:05	20.2	1:38	9	18:19	5:54	1:13:12
17	111	John Buckle	Iowa City	IA	25	M	16	7:03	1:18	3:22	27	42:30	21.9	1:53	15	18:42	6:02	1:13:27

18	64	Bob Brooker	Cedar Rapids	IA	37	M	37	7:54	1:27	2:30	20	42:03	22.2	2:10	18	18:54	6:05	1:13:29
19	34	Ty Buss	Waterloo	NE	37	M	56	8:32	1:34	2:44	19	42:00	22.2	2:09	7	18:08	5:50	1:13:30
20	390	Gary Bork	Eden Prarie	MN	47	M	38	7:56	1:28	2:30	15	41:22	22.5	1:28	64	20:55	6:44	1:14:09
21	159	Todd Ehlerst	Omaha	NE	28	M	22	7:24	1:22	3:16	38	43:22	21.5	1:42	17	18:53	6:05	1:14:34
22	30	Jeff Stone	Boone	IA	17	M	32	7:43	1:25	2:20	39	43:28	21.5	1:32	32	19:44	6:21	1:14:46
23	24	Kristofer Johnson	Plymouth	MN	17	M	72	8:56	1:38					1:43	33	19:45	6:22	1:14:46
24	420	Daniel Austin	Boone	IA	31	M	59	8:39	1:35	3:07	42	43:31	21.4	1:17	11	18:25	5:56	1:14:57
25	180	Bryan McGeeney	Ames	IA	21	M	19	7:18	1:20	2:55	22	42:12	22.1	1:45	72	21:11	6:49	1:15:18
26	139	Todd Juhlin	Mason City	IA	32	M	10	6:46	1:15	2:41	41	43:30	21.4	1:48	59	20:38	6:39	1:15:21
27	90	Rob Thompson	Ames	IA	23	M	40	8:01	1:28	3:05	32	43:00	21.7	1:31	39	20:00	6:27	1:15:35
28	114	Brad Lutchka	Moline	IL	35	M	27	7:35	1:24	2:35	56	44:27	21.0	1:45	24	19:21	6:14	1:15:42
29	85	Lynn Vogt	Ankeny	IA	51	M	60	8:40	1:35	2:25	13	40:59	22.8					1:15:43
30	278	Kevin Bowden	Cedar Rapids	IA	32	M	50	8:24	1:33	2:42	34	43:07	21.6	1:31	43	20:04	6:28	1:15:46
31	433	Todd Lessley	Omaha	NE	18	M	49	8:21	1:32	3:48	36	43:14	21.6	1:35	21	19:02	6:08	1:15:58
32	199	Justin Diestler	Kearney	NE	25	M	26	7:34	1:23	2:38	26	42:27	22.0	1:35	87	21:53	7:03	1:16:05
33	42	Steve Younker	Mason City	IA	34	M	95	9:29	1:44	2:58	55	44:25	21.0	2:03	1	17:16	5:34	1:16:10
34	184	Richard McMullen	Richmond	VA	35	M					35	43:12	21.6	1:53	57	20:33	6:37	1:16:29
35	155	Robert Huffman	Iowa City	IA	30	M	46	8:16	1:31	3:26	9	40:37	23.0	1:18	116	22:59	7:24	1:16:35
36	97	Peter Ylvisaker	Marion	IA	37	M	202	14:43	2:42		54	44:22	21.0	1:36	26	19:27	6:16	1:16:45
37	367	Jay LaBonne	Zion	IL	34	M	45	8:10	1:30	3:20	45	43:50	21.3	1:11	52	20:23	6:34	1:16:52
38	61	Tim Armstrong	Muscatine	IA	43	M	130	10:40	1:58	2:05	40	43:29	21.4	1:38	23	19:08	6:10	1:16:59
39	140	Steven Abarr	Cedar Rapids	IA	30	M	42	8:04	1:29	3:09	28	42:31	21.9	1:43	80	21:42	6:59	1:17:06
40	101	Tim Ilten	Cedar Rapids	IA	38	M	23	7:24	1:22	3:18	31	42:58	21.7	1:34	92	22:06	7:07	1:17:18
41	162	Chad Kinsley	Brookings	SD	28	M	48	8:20	1:32	3:24	24	42:20	22.0	2:17	66	21:00	6:46	1:17:20
42	117	Chris O'Hara	Cedar Rapids	IA	30	M	31	7:42	1:25	2:04	44	43:50	21.3	1:38	94	22:08	7:08	1:17:20
43	243	John Erdelyi	St Paul	MN	28	M								2:59	62	20:52	6:43	1:17:28
44	189	Kevin Dusek	Schiller Park	IL	26	M	5	6:10	1:08	2:57	80	46:44	20.0	1:34	48	20:12	6:30	1:17:35
45	447	Giancarlo Canessa	Eagan	MN	22	M	17	7:04	1:18					1:47	65	20:58	6:45	1:17:41
46	84	Don Davis	Keokuk	IA	40	M	94	9:27	1:44	2:46	53	44:21	21.0	1:15	42	20:01	6:27	1:17:49
47	96	Nick Wagner	Marion	IA	26	M	34	7:46	1:26	2:47	62	45:01	20.7	1:51	54	20:29	6:36	1:17:53
48	362	Douglas Meacham	Lincoln	NE	28	M	58	8:34	1:34	4:31	23	42:14	22.1	2:08	53	20:29	6:36	1:17:54
49	125	Tom Price	Bloomington	IL	30	M	29	7:38	1:24	2:00	67	45:46	20.4	2:05	56	20:33	6:37	1:18:00
50	23	Vern Johnson	Spring Valley	IL	43	M	102	9:41	1:47	2:46	47	43:54	21.2	1:57	34	19:48	6:23	1:18:05
51	176	Alex White	Ames	IA	19	M	66	8:47	1:37	3:29	68	45:54	20.3	1:45	8	18:18	5:54	1:18:10
52	469	Howard Gillespie	Grimes	IA	51	M	86	9:14	1:42	2:43	29	42:42	21.8	1:44	85	21:50	7:02	1:18:11
53	478	Kent Dobbins	Lawrence	KS	55	M								1:35	55	20:30	6:36	1:18:13
54	31	Joseph Froehlich	Cedar Rapids	IA	26	M	83	9:12	1:41	2:43	57	44:32	20.9	1:29	61	20:42	6:40	1:18:36
55	157	Brian LaVelle	Wildwood	MO	38	M	89	9:19	1:43	2:33	51	44:20	21.0	1:38	70	21:07	6:48	1:18:54
56	92	Jack Youngberg	Brookings	SD	29	M	52	8:27	1:33	3:19	63	45:17	20.6	2:11	36	19:53	6:24	1:19:06
57	449	Paul Kulas	Cedar Rapids	IA	38	M	75	9:02	1:39	2:42	43	43:46	21.3	3:55	35	19:51	6:24	1:19:13
58	197	Barton DeGraaf	Ankeny	IA	31	M	62	8:41	1:36	2:26	50	44:14	21.1	2:10	88	21:55	7:04	1:19:24
59	246	Michael Dry	Highlands Ranc	CO	35	M	61	8:40	1:36	2:42	49	44:09	21.1	1:55	100	22:21	7:12	1:19:46
60	178	Scott Johnson	Des Moines	IA	33	M	64	8:44	1:36	3:38	78	46:36	20.0	1:57	19	18:57	6:06	1:19:50
61	313	Perry Barrette	Lodi	WI	42	M	121	10:25	1:55	2:48	48	43:55	21.2	1:47	67	21:00	6:46	1:19:53
62	113	James Gerk	Cedar Rapids	IA	44	M	105	9:44	1:47	1:59	61	44:52	20.8	1:47	78	21:36	6:58	1:19:57
63	317	Dan Hatch	Hudson	WI	31	M	47	8:19	1:32	3:27	60	44:51	20.8	1:40	86	21:51	7:02	1:20:06
64	124	Matt Swenson	Owatonna	MN	18	M	88	9:17	1:42	2:29	52	44:20	21.0	2:02	93	22:06	7:07	1:20:14
65	80	Mark Hoffman	Marshalltown	IA	40	M	164	11:39	2:08	2:22	58	44:32	20.9	2:12	38	20:00	6:26	1:20:43
66	94	Karl Rosenberg	Cedar Rapids	IA	35	M	160	11:30	2:07	3:22	11	40:44	22.9	2:33	110	22:39	7:18	1:20:45
67	188	David Diebold	Marion	IA	38	M					74	46:24	20.1	2:07	45	20:05	6:28	1:21:03
68	86	Richard Nehring	Alden	IA	60	M	91	9:20	1:43	2:55	59	44:33	20.9	2:13	98	22:17	7:11	1:21:16
69	211	Fred Massoomi	Omaha	NE	33	M	67	8:47	1:37	3:44	64	45:17	20.6	1:44	84	21:49	7:02	1:21:19
70	268	Andy Hollingsworth	Ames	IA	23	M	134	10:50	1:59	4:44					44	20:04	6:28	1:21:53
71	365	Chris Martin	Ames	IA	33	M	57	8:34	1:34	3:30	77	46:36	20.0	2:39	60	20:41	6:40	1:21:58
72	409	Mark Corley	W. Des Moines	IA	38	M	36	7:52	1:27	3:43	69	45:57	20.3	1:56	105	22:33	7:16	1:21:59
73	256	David Bogner	Keokuk	IA	31	M	101	9:36	1:46	4:08	70	46:03	20.2	2:02	49	20:16	6:32	1:22:03
74	52	Jason Hugi	Mason City	IA	27	M	6	6:13	1:09	3:37	87	47:23	19.7	2:03	124	23:15	7:29	1:22:29
75	158	Evan Shanley	Cedar Falls	IA	16	M	7	6:33	1:12	2:55	130	51:05	18.3	0:59	68	21:02	6:47	1:22:33
76	187	C.J. Ong, Jr.	Cedar Rapids	IA	42	M	147	11:07	2:02	3:27	37	43:19	21.5	3:04	82	21:47	7:01	1:22:43
77	87	Adam Yack	Iowa City	IA	18	M	8	6:35	1:13	3:36	46	43:53	21.2	2:20	179	26:29	8:32	1:22:51
78	306	Greg Reynolds	Cedar Rapids	IA	39	M	54	8:30	1:34	2:50	86	47:13	19.7	2:09	101	22:23	7:13	1:23:04
79	482	Chris Becker	Cedar Rapids	IA	47	M	84	9:13	1:41	3:51	97	48:28	19.2	2:31	46	20:06	6:28	1:23:07
80	122	Brian Johns	Williamsburg	IA	15	M	13	6:58	1:17	3:27	124	50:20	18.5	2:08	50	20:18	6:32	1:23:08
81	83	Brandon Lee	Des Moines	IA	27	M	78	9:07	1:40	5:01	33	43:04	21.7	2:25	132	23:37	7:36	1:23:11
82	244	Jon Wheaton	Roseville	MN	53	M	137	10:53	2:00	3:39	73	46:24	20.1	3:05	30	19:39	6:20	1:23:37
83	138	Fred Hemsath	St. Joseph	MI	56	M	90	9:19	1:43	2:40	82	46:50	19.9	1:46	119	23:05	7:26	1:23:37
84	421	Bob Watson	Ames	IA	40	M	76	9:04	1:40	3:48	98	48:28	19.2	2:58	31	19:41	6:20	1:23:58
85	99	Paul Gordon	Mason City	IA	50	M	123	10:27	1:55	2:47	65	45:34	20.5	2:12	122	23:09	7:27	1:24:07
86	340	Darin Miller	Cedar Rapids	IA	31	M	178	12:50	2:21	4:31	30	42:57	21.7	2:01	91	22:01	7:05	1:24:18
87	194	Jeff Heineman	Omaha	NE	41	M	74	9:00	1:39	3:02	81	46:48	19.9	2:05	131	23:32	7:35	1:24:25
88	183	Jeffrey Swanson	Lino Lakes	MN	28	M	129	10:33	1:56	2:42	76	46:33	20.0	1:33	125	23:15	7:29	1:24:34
89	271	Scott DeVore	Cedar Rapids	IA	45	M	108	9:51	1:48	4:11	89	47:51	19.5	1:53	63	20:53	6:44	1:24:37
90	98	Don Romig	Clive	IA	35	M	142	11:01	2:01	3:30	88	47:41	19.6	2:19	51	20:19	6:33	1:24:48
91	476	Christopher Hall	Malvern	IA	27	M	41	8:02	1:28	3:05	111	49:32	18.8	2:06	103	22:30	7:15	1:25:12
92	95	Jim Hagelie	Marshalltown	IA	32	M	155	11:24	2:05	2:46	66	45:35	20.5	2:26	121	23:07	7:27	1:25:15
93	218	Mike Huggenberger	Fort Calhoun	NE	50	M	99	9:35	1:46	3:06	115	49:43	18.8	1:41	75	21:18	6:52	1:25:20
94	109	Greg Neary	Minneapolis	MN	44	M	77	9:05	1:40	3:02	105	48:58	19.0	1:41	114	22:45	7:20	1:25:29
95	143	Justin Gottschalk	Iowa City	IA	26	M	68	8:48	1:37	3:27	123	50:12	18.6	2:02	76	21:18	6:52	1:25:45
96	119																	

123	400	John Spence	Iowa City	IA	54	M					100	48:34	19.2	1:20	127	23:20	7:31	1:30:08	
124	398	Brad Brunia	Huxley	IA	44	M	80	9:09	1:41	4:56	106	49:02	19.0	3:26	135	23:43	7:38	1:30:14	
125	238	Phillip McCullough	Minnetonka	MN	52	M	173	12:36	2:19	4:44	85	47:07	19.8	2:07	136	23:43	7:38	1:30:16	
126	28	Jeffrey Ginn	Cedar Rapids	IA	48	M	115	10:10	1:52	3:14	96	48:27	19.2	2:53	172	25:48	8:19	1:30:29	
127	219	Allen Pofahl	Maple Grove	MN	28	M	171	12:22	2:16	3:16	116	49:56	18.7	1:42	129	23:29	7:34	1:30:43	
128	132	Matt Gauthier	St. Paul	MN	20	M	119	10:14	1:53	2:28	102	48:48	19.1	2:09	188	27:13	8:46	1:30:50	
129	363	Jim Petersen	Marion	IA	39	M	158	11:29	2:06	3:45	108	49:18	18.9	2:43	138	23:46	7:39	1:31:00	
130	281	Philip Behrends	Des Moines	IA	27	M	198	14:32	2:40	4:40	93	48:20	19.3	2:17	74	21:15	6:51	1:31:01	
131	150	Mike Ament	Cedar Rapids	IA	39	M	114	10:04	1:51	3:46	170	54:49	17.0	2:13	47	20:11	6:50	1:31:01	
132	55	Scott Stimmel	Iowa City	IA	15	M	12	6:56	1:17					1:30	152	24:18	7:50	1:31:04	
133	200	Kevin Emge	W. Des Moines	IA	41	M	139	10:57	2:01	4:43	91	47:57	19.4	2:54	157	24:40	7:57	1:31:10	
134	3	Joseph Pettorini	Sterling	IL	50	M	1	0:37	0:07	14:29	134	51:37	18.1	2:32	89	21:59	7:05	1:31:13	
135	133	Michael Hook	Hiawatha	IA	41	M	118	10:13	1:53	5:01	153	53:05	17.6	2:00	71	21:10	6:49	1:31:28	
136	328	Jonathan Holstrom	W. Des Moines	IA	23	M	172	12:32	2:18	3:57	90	47:54	19.5	1:58	165	25:13	8:07	1:31:33	
137	202	Josh Reel	Clive	IA	32	M	141	11:01	2:01	4:42	119	50:05	18.6	2:30	137	23:43	7:38	1:31:58	
138	412	Dwight Dobberstein	Iowa City	IA	47	M	195	13:55	2:33	3:36	92	48:00	19.4	1:51	158	24:41	7:57	1:32:01	
139	308	Ronald Cox	Pella	IA	30	M	165	11:42	2:09	3:21	176	56:04	16.6	1:23	37	19:55	6:25	1:32:24	
140	327	Collin Anderson	Denver	IA	23	M	201	14:42	2:42	4:23	72	46:13	20.2	3:52	126	23:20	7:31	1:32:29	
141	217	Todd Akers	Princeton	IA	30	M	85	9:14	1:42	4:18	137	51:42	18.0	2:01	167	25:28	8:12	1:32:41	
142	151	Leonard Winkle	Coralville	IA	51	M	157	11:26	2:06	4:41	138	51:57	17.9	2:48	95	22:09	7:08	1:32:59	
143	204	Steve Dunham	Walcott	IA	32	M	127	10:31	1:56	3:27	154	53:11	17.5	2:05	141	23:52	7:41	1:33:04	
144	5	Stephen Elliff	Minneapolis	MN	45	M	159	11:30	2:07	3:17	125	50:34	18.4	2:13	170	25:38	8:15	1:33:10	
145	388	Brad Gilchrist	Iowa City	IA	37	M	126	10:30	1:56	3:36	156	53:21	17.5	3:17	113	22:45	7:20	1:33:27	
146	81	David Peterson	Boone	IA	31	M	185	13:24	2:27	3:13	147	52:39	17.7	1:38	117	22:59	7:24	1:33:51	
147	62	David Kolker	Stratford	IA	34	M	167	12:04	2:13	3:37	145	52:21	17.8	1:38	151	24:17	7:49	1:33:55	
148	227	Roy Gaddis	Solon	IA	50	M	104	9:43	1:47	3:54	158	53:25	17.5	2:17	166	25:15	8:08	1:34:32	
149	239	Tim Tanner	Plymouth	MN	35	M	117	10:13	1:52	4:27	165	54:28	17.1	1:39	142	23:54	7:42	1:34:38	
150	334	Ian Kleman	Hiawatha	IA	26	M	199	14:32	2:40	3:09	133	51:22	18.2					1:34:45	
151	118	Mike Sills	Cedar Rapids	IA	35	M	149	11:07	2:02	3:39	141	52:08	17.9	2:01	176	26:14	8:27	1:35:08	
152	372	Jesse Jordan	Urbandale	IA	24	M	196	14:07	2:35	3:29	128	50:54	18.3	2:20	159	24:45	7:58	1:35:32	
153	377	Daniel Reasoner	Iowa City	IA	38	M	189	13:32	2:29	2:46	164	54:23	17.1	2:20	111	22:39	7:18	1:35:38	
154	182	Eric Forquer	Cedar Rapids	IA	28	M	109	9:52	1:49	5:14	151	52:50	17.6	2:25	168	25:29	8:13	1:35:48	
155	222	Sims Hulings	Chicago	IL	29	M	187	13:29	2:28	1:41	182	57:03	16.3	2:07	81	21:43	7:00	1:36:02	
156	486	George Hafkey	Grinnell	IA	50	M	182	13:17	2:26	3:03	161	53:53	17.3	1:31	155	24:35	7:55	1:36:16	
157	148	Bruce Fuerbringer	Eau Claire	WI	46	M	122	10:26	1:55	4:14	152	52:54	17.6	2:51	174	25:58	8:22	1:36:21	
158	128	Ryan Mann	W. Des Moines	IA	30	M	107	9:51	1:48	4:02	140	52:02	17.9	2:47	192	28:01	9:01	1:36:39	
159	314	Mike Zimmerman	Cedar Rapids	IA	15	M	190	13:36	2:30	5:16	169	54:43	17.0	1:23	83	21:48	7:01	1:36:44	
160	434	Matt Smith	Omaha	NE	19	M	106	9:48	1:48	4:32	191	59:46	15.6	1:53	69	21:03	6:47	1:37:00	
161	14	Chuck Hodgson	W. St. Paul	MN	42	M	4	5:20	0:59	9:14	148	52:43	17.7	3:09	187	27:08	8:44	1:37:32	
162	144	Chuck Johnson	North Liberty	IA	30	M	210	16:44	3:04	1:48	143	52:16	17.8	3:49	115	22:58	7:24	1:37:34	
163	263	Matt Shera	Coralville	IA	28	M	177	12:49	2:21	3:45	167	54:40	17.1	1:42	156	24:39	7:57	1:37:34	
164	88	Dan Banasik	Cedar Rapids	IA	30	M	162	11:33	2:07	3:41	162	54:03	17.2	2:29	173	25:51	8:20	1:37:35	
165	16	David Rooney	Urbana	IA	33	M	184	13:23	2:27	5:36	150	52:47	17.7	2:09	134	23:43	7:38	1:37:36	
166	152	Ames Molsberry	Grinnell	IA	18	M	131	10:42	1:58	6:22	157	53:24	17.5	2:43	153	24:32	7:54	1:37:41	
167	103	Isra Harahap	Ames	IA	28	M	161	11:31	2:07	4:55	149	52:43	17.7					1:37:45	
168	129	Ronald Paar	Cedar Falls	IA	51	M	113	10:02	1:50	3:34	144	52:18	17.8	2:54	199	29:01	9:21	1:37:46	
169	186	Kent McMullen	Clive	IA	50	M	163	11:36	2:08	3:30	120	50:08	18.6	1:56	204	30:54	9:57	1:38:03	
170	93	Mark Moeller	Marion	IA	43	M	156	11:25	2:06	4:45	168	54:41	17.0	2:32	160	24:48	7:59	1:38:08	
171	121	Randy King	Marion	IA	47	M	148	11:07	2:02	3:59	184	57:27	16.2	1:38	145	24:01	7:44	1:38:09	
172	416	Gerry Funk	Solon	IA	40	M	150	11:08	2:03	4:13	174	55:56	16.7	2:59	149	24:08	7:46	1:38:23	
173	164	Patrick Durow	Omaha	NE	54	M	174	12:40	2:19	5:32	180	56:33	16.5	1:49	90	22:00	7:05	1:38:33	
174	410	Paul Riggs	Oskaloosa	IA	46	M	128	10:33	1:56			207	1:10:26	13.2	2:40	146	24:03	7:45	1:38:33
175	224	Scott Blume	Bellevue	NE	14	M	175	12:43	2:20	3:16	160	53:35	17.4	2:43	181	26:34	8:33	1:38:48	
176	274	Edwin Alexander	Overland Park	KS	65	M	112	10:01	1:50	3:39	173	55:28	16.8	2:29	189	27:15	8:47	1:38:50	
177	82	James Meyer	Fairfield	IA	38	M	194	13:49	2:32	3:26	139	51:59	17.9	2:46	182	26:52	8:39	1:38:51	
178	141	Tim Broghammer	Solon	IA	36	M	51	8:25	1:33	4:41	175	55:58	16.7	1:56	195	28:04	9:02	1:39:03	
179	351	Thomas Brasier	Johnston	IA	34	M	181	13:04	2:24	8:25	146	52:35	17.7	1:49	144	23:57	7:43	1:39:48	
180	166	Joseph Hulings III	Burke	VA	59	M	116	10:12	1:52	5:50	178	56:26	16.5	1:56	171	25:42	8:17	1:40:04	
181	440	Jon Woltz	Waverly	IA	45	M	179	12:51	2:21	4:23	166	54:32	17.1	1:33	183	26:57	8:41	1:40:13	
182	424	Nathan Silberhorn	Ames	IA	26	M	183	13:22	2:27	5:19	131	51:08	18.2	3:49	186	27:03	8:43	1:40:39	
183	383	John Hart	Cedar Rapids	IA	13	M	110	9:56	1:49	3:47	187	58:18	16.0	1:43	185	26:59	8:42	1:40:40	
184	220	Bill Powers	Westmont	IL	29	M	111	9:59	1:50	4:13	188	59:13	15.7	2:06	169	25:37	8:15	1:41:07	
185	312	Travis Acheson	W. Des Moines	IA	31	M	207	15:33	2:51	4:53	142	52:08	17.9	2:16	180	26:30	8:32	1:41:18	
186	406	Kent Mattison	Cedar Rapids	IA	48	M				194	1:00:20	15.5	1:20	107	22:35	7:16	1:41:22		
187	153	Dorsey Small	Port Byron	IL	36	M	193	13:48	2:32	3:25	186	57:56	16.1	3:18	147	24:03	7:45	1:42:27	
188	106	Dennis Coe	Edina	MN	49	M	170	12:21	2:16	4:14	171	54:53	17.0	2:51	197	28:45	9:15	1:43:01	
189	123	Mike Pulkraab	Cedar Rapids	IA	36	M	192	13:40	2:30	3:51	177	56:17	16.6	1:52	191	27:44	8:56	1:43:23	
190	38	Mike Dankert	Cedar Rapids	IA	33	M	87	9:15	1:42	4:09	159	53:29	17.4	3:25	208	33:24	10:45	1:43:41	
191	230	Jon Nania	Iowa City	IA	25	M	197	14:19	2:37	3:04	189	59:35	15.6	2:44	148	24:08	7:46	1:43:47	
192	468	Darrel Oltrogge	Clermont	IA	32	M	211	17:09	3:09	3:21	172	55:14	16.9	2:05	175	26:08	8:25	1:43:55	
193	72	Dale Lillevold	Maple Grove	MN	37	M	204	15:18	2:48	4:37	179	56:26	16.5	3:05	154	24:35	7:55	1:44:00	
194	146	Mark Schroeder	Northfield	MN	24	M	186	13:25	2:28	5:47	126	50:39	18.4	3:09	205	31:15	10:04	1:44:13	
195	438	John Chihak	Hiawatha	IA	52	M	98	9:32	1:45	4:11	197	1:02:21	15.0	1:49	196	28:34	9:12	1:46:25	
196	258	Brett Dietrich	Williamsburg	IA	14	M	53	8:28	1:33	3:46	206	1:10:16	13.3	1:43	99	22:18	7:11	1:46:28	
197	253	Grayson Jones	Williamsburg	IA	14	M	18	7:13	1:20	4:46	204	1:08:01	13.7	1:46	163	25:11	8:07	1:46:55	
198	127	Norm Arons	Cedar Rapids	IA	53	M	200	14:34	2:40	6:19	192	1:0							

4	411 Kathy Duethman	Iowa City	IA	40 F	45	11:02	2:01	2:59	2	44:02	21.2	2:25	9	21:26	6:54	1:21:52
5	195 Jana Peterson	Iowa City	IA	22 F	30	10:07	1:51	2:26	12	48:16	19.3	2:07	1	19:23	6:15	1:22:16
6	8 Lauren Fithian	Minneapolis	MN	42 F	22	9:28	1:44	3:08	8	47:07	19.8	2:19	3	20:40	6:39	1:22:40
7	60 Tonya Armstrong	Muscatine	IA	38 F	18	9:10	1:41	2:51	4	46:21	20.1	2:10	21	22:59	7:24	1:23:30
8	446 Masumi Fottrall	Swisher	IA	17 F	4	7:14	1:20	2:52	13	48:37	19.2	1:27	30	24:01	7:44	1:24:09
9	323 Hilliary Krug	Freeport	IL	25 F	1	6:46	1:15	3:00	31	51:42	18.0	1:46	12	21:58	7:04	1:25:11
10	425 Megan Horton	Omaha	NE	26 F	28	9:59	1:50	2:38	21	50:22	18.5	1:32	4	20:51	6:43	1:25:19
11	33 K.D. Rex	Iowa City	IA	41 F	19	9:18	1:43	3:24	9	47:58	19.4	2:44	13	22:00	7:05	1:25:23
12	206 Christina Maravela	Johnston	IA	30 F	6	7:56	1:27	2:49	14	48:44	19.1	2:33	28	23:55	7:42	1:25:56
13	347 Colleen Jacobs	Wildwood	MO	36 F	32	10:08	1:52	3:18	17	49:43	18.8	1:17	15	22:31	7:15	1:26:55
14	163 Stephanie Randall	Omaha	NE	22 F	57	11:34	2:07	4:09	22	50:24	18.5					1:27:10
15	325 Julie Hull	Burnsville	MN	27 F	27	9:54	1:49	2:40	16	49:15	18.9	2:11	24	23:16	7:30	1:27:14
16	357 Colleen McKinney	La Vista	NE	26 F	31	10:08	1:52	2:55	27	50:58	18.3					1:27:27
17	198 Heidi DeGraaf	Ankeny	IA	29 F	42	10:52	2:00	3:32	7	46:52	19.9	2:47	25	23:39	7:37	1:27:40
18	339 Christine Miller	Cedar Rapids	IA	28 F	14	8:44	1:36	3:43	11	48:07	19.4	2:28	43	25:38	8:15	1:28:38
19	10 Keelyn Friesen	Minneapolis	MN	31 F	36	10:23	1:54	2:45	10	48:00	19.4	1:36	55	26:36	8:34	1:29:18
20	58 Coleen Rowley	Apple Valley	MN	45 F	67	12:13	2:14	2:55	25	50:39	18.4	1:55	11	21:44	7:00	1:29:24
21	215 Susanne McMullen	Lincoln	NE	29 F	51	11:20	2:05	3:19	24	50:36	18.4	2:15	20	22:49	7:21	1:30:16
22	265 Marie Mittmann-Gue	Des Moines	IA	30 F	7	7:59	1:28	2:49	19	49:58	18.7	2:06	69	28:01	9:01	1:30:52
23	361 Irene Brunner	Fairfield	IA	25 F	46	11:02	2:02	3:05	20	50:08	18.6	1:09	49	26:18	8:28	1:31:40
24	315 Tracy O'Dell	Cedar Rapids	IA	41 F	68	12:14	2:15	3:16	23	50:30	18.5	1:54	31	24:03	7:45	1:31:57
25	32 Deborah Hankens	Cherokee	IA	49 F	62	11:58	2:12	2:54	3	46:17	20.1	2:31	71	28:22	9:08	1:32:00
26	137 Ann Vestle	Cedar Rapids	IA	45 F	91	16:50	3:05	3:05	30	51:40	18.0	1:51	29	23:56	7:43	1:32:02
27	77 Janis McCullough	Lincoln	NE	28 F	33	10:11	1:52	2:35	26	50:44	18.4	2:10	53	26:33	8:33	1:32:11
28	57 Bette Rowley	Apple Valley	MN	15 F	17	9:07	1:40	2:37	43	54:54	17.0	1:21	33	24:26	7:52	1:32:23
29	196 Carol Deman	Omaha	NE	59 F	35	10:21	1:54	3:07	15	49:02	19.0	2:37	64	27:24	8:50	1:32:30
30	423 Lindsey Horner	W. Des Moines	IA	20 F	11	8:20	1:32	3:16	55	57:34	16.2	1:48	10	21:38	6:58	1:32:34
31	386 Loretta Mitvalsky	Cedar Rapids	IA	31 F	37	10:23	1:54	3:19	44	55:08	16.9	1:33	16	22:36	7:17	1:32:58
32	448 Lisa Peterson	West Union	IA	38 F	72	12:27	2:17	3:47	39	54:09	17.2	1:58	8	21:18	6:52	1:33:37
33	282 Denise Seabold	Coralville	IA	26 F	64	12:05	2:13	4:16	18	49:57	18.7	1:54	46	25:52	8:20	1:34:01
34	237 Beth Wadsworth	Cedar Rapids	IA	21 F	63	11:59	2:12	3:04	35	52:44	17.7	1:54	34	24:30	7:54	1:34:09
35	303 Ann Peterson	Madison	WI	28 F	16	9:06	1:40	2:50	45	55:59	16.7	2:17	37	24:39	7:56	1:34:50
36	63 Angela Kolker	Stratford	IA	26 F	40	10:47	1:59	4:10	42	54:49	17.0	1:33	27	23:50	7:41	1:35:08
37	66 Jana Voracek	Omaha	NE	29 F	21	9:20	1:43	2:35	40	54:15	17.2	2:00	63	27:07	8:44	1:35:16
38	65 Janelle Buss	Waterloo	NE	33 F	39	10:45	1:58	5:08	28	51:11	18.2	2:21	47	26:05	8:24	1:35:29
39	209 Elisabeth Marks	Cedar Rapids	IA	38 F	10	8:09	1:30	4:21	56	57:35	16.2	1:20	32	24:25	7:52	1:35:47
40	54 Ellen Stimmel	Iowa City	IA	19 F	5	7:50	1:26	3:59	61	58:43	15.9	2:22	23	23:14	7:29	1:36:06
41	441 Robyn Berning	Ames	IA	22 F	8	8:01	1:28	6:17	41	54:25	17.1	2:17	41	25:10	8:06	1:36:08
42	18 Polly Welp	Des Moines	IA	42 F	43	10:54	2:00	4:21	33	52:26	17.8	1:51	56	26:42	8:36	1:36:11
43	73 Dawn Keller	Shell Rock	IA	27 F	61	11:46	2:10	4:53	32	51:51	18.0	2:10	48	26:18	8:28	1:36:57
44	76 Christina Colman	Thornton	IA	38 F	66	12:12	2:14	3:50	37	53:37	17.4	2:30	39	24:59	8:03	1:37:06
45	213 Brooke Ralston	Cedar Rapids	IA	17 F	2	7:06	1:18	2:40	82	1:05:02	14.3	1:21	6	21:02	6:47	1:37:09
46	318 Mary Wincapaw	Milwaukee	WI	42 F	44	10:55	2:00	3:29	36	53:35	17.4	2:13	61	27:06	8:44	1:37:14
47	366 Emily Ann Pedersen	Hudson	IA	21 F	50	11:18	2:04	3:20	60	58:21	16.0	1:40	19	22:47	7:20	1:37:24
48	74 Brenda Ann Cloud	Cedar Rapids	IA	35 F	53	11:31	2:07					2:57	14	22:20	7:12	1:37:38
49	358 Jennifer Way	Swisher	IA	25 F	20	9:20	1:43	3:45	62	58:57	15.8	1:40	36	24:37	7:56	1:38:16
50	56 Elizabeth Fangman	Cedar Rapids	IA	42 F	38	10:43	1:58	2:48	38	53:45	17.3	2:02	73	29:17	9:26	1:38:34
51	413 Debbie Lenth	Marion	IA	32 F	74	12:34	2:18	4:08	54	57:21	16.3	1:55	22	23:03	7:25	1:38:58
52	445 Natalie Ross	Cedar Rapids	IA	17 F	3	7:13	1:20	4:18	65	59:26	15.7	1:48	50	26:25	8:30	1:39:07
53	280 Chrissy Roark	Iowa City	IA	18 F				46	56:00	16.6		2:22	66	27:27	8:51	1:40:19
54	168 Kim Shera	Coralville	IA	26 F	24	9:37	1:46	3:33	59	58:17	16.0	1:58	65	27:27	8:50	1:40:50
55	286 Sarah Holstrom	Cedar Rapids	IA	28 F	75	12:36	2:19	2:36	57	57:36	16.2	1:45	52	26:28	8:32	1:41:01
56	289 Megan Gordon	Iowa City	IA	20 F	55	11:33	2:07	3:31	51	56:49	16.4	1:48	67	27:50	8:58	1:41:28
57	27 Ida Slayhi	Minneapolis	MN	31 F	52	11:30	2:07	3:56	68	59:53	15.6	1:49	35	24:33	7:54	1:41:39
58	371 Kelly Welsh-Wingat	Ames	IA	31 F	48	11:04	2:02	3:40	29	51:35	18.1	2:31	88	32:57	10:37	1:41:45
59	173 Shannon Walenta	Omaha	NE	33 F	34	10:12	1:52	2:48	70	1:00:44	15.4	2:21	45	25:49	8:19	1:41:53
60	67 Deb Eastman	Lincoln	NE	32 F	65	12:07	2:13	2:42	47	56:04	16.6	2:34	76	29:47	9:35	1:43:12
61	171 Cindy Moschella	Toddville	IA	28 F	49	11:08	2:03	4:26	49	56:34	16.5	3:31	68	27:59	9:01	1:43:35
62	231 Sharon Nollan	Cottage Grove	MN	35 F	59	11:40	2:09	7:24	52	56:51	16.4	2:18	44	25:41	8:16	1:43:54
63	384 Angie Ryan	Iowa City	IA	23 F	94	17:06	3:08	4:14	50	56:38	16.5	2:21	26	23:47	7:40	1:44:04
64	179 Darcy Hovinga	Clear Lake	IA	27 F	60	11:41	2:09	6:28	48	56:12	16.6	3:15	54	26:33	8:33	1:44:08
65	175 Melody Wallace	Ankeny	IA	45 F	87	15:58	2:56	5:41	34	52:31	17.8	3:02	62	27:06	8:44	1:44:16
66	331 Teri Ann Lawyer	W. Des Moines	IA	33 F	41	10:52	2:00	4:27	53	56:54	16.4	3:31	72	28:38	9:13	1:44:21
67	273 Amber Travagialis	Cedar Rapids	IA	19 F	58	11:40	2:08	4:06	64	59:22	15.7		78	30:00	9:40	1:44:26
68	235 Suzy Stenehjem	Minnetonka	MN	26 F	71	12:24	2:16	3:39	75	1:02:21	15.0	1:49	60	27:03	8:43	1:47:14
69	275 Leah Fuller	Cedar Falls	IA	24 F	69	12:16	2:15					2:13	79	30:00	9:40	1:47:37
70	283 Sara Bradley	Coon Rapids	MN	29 F	15	8:58	1:39	3:34	63	59:10	15.8	1:38	93	34:47	11:12	1:48:04
71	75 Anne Kent	Solon	IA	41 F	77	13:18	2:26	5:42					80	30:12	9:44	1:48:10
72	292 Carrie Nissen	Chicago	IL	23 F					77	1:03:59	14.6	1:44	57	26:50	8:39	1:48:19
73	333 Beth Chacey	Cedar Rapids	IA	32 F	54	11:32	2:07	5:00	80	1:04:10	14.5	2:03	51	26:27	8:31	1:49:10
74	364 Lisa Hanigan	Cedar Rapids	IA	39 F	88	16:06	2:57	4:14	67	59:38	15.6	2:51	59	26:56	8:40	1:49:43
75	262 Wendy Ford	Coralville	IA	41 F	23	9:32	1:45	3:57	74	1:02:16	15.0	1:47	87	32:23	10:26	1:49:51
76	485 Kate Molsberry	Grinnell	IA	14 F	70	12:23	2:16	3:37	81	1:04:17	14.5	1:26	75	29:43	9:34	1:51:23
77	259 Nancy Patrick	Cedar Rapids	IA	40 F	73	12:28	2:17	5:10	85	1:06:46	14.0	1:56	42	25:17	8:08	1:51:34
78	359 Stephanie Brennan	Ames	IA	22 F	80	13:59	2:34	5:58	73	1:02:15	15.0	2:36	58	26:56	8:40	1:51:41
79	70 Cindy Chatfield	Edgewood	IA	43 F	95	17:30	3:13	7:14	69	1:00:13	15.5	2:14	38	24:53	8:01	1:52:04
80	285 Kiyar Arons	Cedar Rapids	IA	23 F	83	14:18	2:37	3:48	72	1:01:53	15.1	2:06	84	31:25	10:07	1:53:29
81	260 Jennifer Singleton	Cedar Rapids	IA	31 F	81	14:01	2:34	4:18	76	1:03:05	14.8	2:57	74	29:28	9:29	1:53:46
82	79 Diane Dodds	Cedar Rapids	IA	39 F	25	9:40	1:46	6:36	66	59:37	15.6	4:21	90	34:09	11:00	1:54:21
83	284 Carole Weiland	Champlin	MN	29 F	26	9:41	1:47	3:57	83	1:05:32	14.2	2:42	89	33:01	10:38	1:54:51
84	394 Jeanne McCullough	St Paul	MN	24 F	76	12:38	2:19	4:57	94	1:12:40	12.8	2:03	17	22:41	7:18	1:54:58
85	415 Mary Tubb	Waterloo	IA	25 F	93	17:04	3:08	4:16	88	1:08:55	13.5	2:03	18	22:44	7:19	1:55:00
86	387 Katie Duax	Marion														

4	48 Ross Mills	Des Moines	IA	28 M	3	7:49	1:26	3:11	9	48:52	19.1	2:04	2	22:16	7:10	1:24:10
5	154 Tim Leist	Rochester	MN	32 M	13	10:40	1:57	3:21	2	46:32	20.0	1:18	3	22:59	7:24	1:24:48
6	167 Brett Hill	Omaha	NE	23 M	12	10:14	1:53					2:09	4	23:06	7:26	1:27:46
7	134 David Zangerle	Boone	IA	31 M					14	50:40	18.4	1:34	10	24:10	7:47	1:27:56
8	430 Dylan Hamilton	Des Moines	IA	26 M	9	9:41	1:47	3:52	5	47:41	19.6	1:40	15	25:10	8:06	1:28:02
9	115 Jay Grave	Owatonna	MN	25 M	11	10:00	1:50	2:47	3	46:58	19.9	1:53	20	27:23	8:49	1:29:00
10	131 Barry Trump	Mason City	IA	52 M	7	9:35	1:46	3:31	11	49:06	19.0	2:23	12	24:28	7:53	1:29:02
11	484 Timothy Hanna	Swisher	IA	39 M	19	11:40	2:08	3:21	10	49:02	19.0	2:12	9	24:06	7:46	1:30:18
12	149 Chris Paar	Dubuque	IA	29 M	6	9:32	1:45	4:00	13	49:37	18.8	2:15	14	25:08	8:06	1:30:31
13	346 Jon Manley	Mt. Pleasant	IA	31 M	16	11:02	2:01	3:31	6	48:07	19.4	2:22	17	25:35	8:14	1:30:35
14	418 Andrew Lenze	Marion	IA	37 M	20	12:00	2:12	4:05	12	49:29	18.8	1:40	7	23:59	7:44	1:31:11
15	234 Joshua Willett	Marion	IA	24 M	4	7:50	1:26	3:23	18	53:01	17.6	1:58	16	25:11	8:07	1:31:20
16	205 Austin Jones	Grinnell	IA	36 M	5	9:00	1:39	3:43	8	48:44	19.1	2:51	19	27:21	8:49	1:31:38
17	45 Larry Stout	Ankeny	IA	39 M	15	10:48	1:59	3:15	7	48:32	19.2	2:20	18	27:12	8:46	1:32:05
18	310 Carlos Falcon	Keokuk	IA	36 M	8	9:37	1:46	3:57	17	52:44	17.7	1:56	11	24:12	7:48	1:32:24
19	49 Bob Holst	Urbandale	IA	45 M	18	11:31	2:07	3:15	15	50:48	18.4	3:05	8	23:59	7:44	1:32:36
20	343 Joe Ryan	Rochester	MN	28 M	17	11:18	2:04	4:07	16	52:00	17.9	2:02	6	23:26	7:33	1:32:51
21	267 Jon Studer	Ankeny	IA	35 M	21	12:04	2:13	3:44	19	53:58	17.3	2:22	22	27:41	8:55	1:39:48
22	169 Dave Beastron	Cedar Rapids	IA	40 M	23	13:09	2:25	4:07	22	57:13	16.3	2:18	13	25:07	8:05	1:41:52
23	297 Kelvin Thurman	Omaha	NE	33 M				19:01	20	55:57	16.7	2:33	24	31:37	10:11	1:43:30
24	304 Brian Harris	Cedar Rapids	IA	34 M	27	18:27	3:23	5:19	21	56:57	16.4	2:15	23	30:23	9:47	1:53:18
25	477 Craig Lekin	Cedar Rapids	IA	46 M	24	13:22	2:27	4:43	24	1:02:18	15.0	1:41	26	32:49	10:34	1:54:52
26	368 Paul Karno	Saint Paul	MN	30 M	26	17:57	3:17	9:12	23	58:17	16.0	2:12	21	27:36	8:53	1:55:13
27	443 Brian Mumm	Cedar Rapids	IA	41 M	22	13:08	2:24	5:09	25	1:07:31	13.8	1:51	25	31:41	10:12	1:59:17
28	229 Audie Tarpley	Minneapolis	MN	42 M	25	16:22	3:00	5:08	26	1:07:37	13.8	3:11	27	34:30	11:07	2:06:46
29	203 Craig Cram	Dubuque	IA	43 M	10	9:58	1:50	5:42	27	1:15:41	12.3	2:24	28	45:14	14:34	2:18:57

ATHENA RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	time	plc	BIKE	time	TRAN	time	plc	RUN	time	pace	TOTAL	TIME
									yds					mph								
1	6	Cara Jarnberg	Apple Valley	MN	26	F	1	6:54	1:16	2:34		1	48:51	19.1	1:42	2	26:23	8:30	1:26:23			
2	43	Ellen Joensen	Ames	IA	30	F	2	7:41	1:25	16:45		2	50:06	18.6	2:23	1	23:52	7:41	1:40:45			
3	46	Karen Janovy	Marion	IA	27	F	4	10:16	1:53	4:09		4	59:23	15.7	3:02	3	30:05	9:41	1:46:53			
4	212	Deb Duff	Cedar Rapids	IA	40	F	5	17:07	3:08	8:02		3	52:56	17.6	3:40	5	32:41	10:32	1:54:24			
5	373	Jennifer Seydel	Springfield	MA	43	F	3	9:54	1:49	6:14		5	1:06:47	14.0	2:59	4	31:35	10:10	1:57:28			

TEAM RESULTS

TOTAL	DIV				SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
PLACE	PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER		plc	time	yds	time	plc	time	pace	TIME				
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====				
1	1/3	Livengood, Taylor & Harrison	Matt Livengood, John Taylor, Art Harrison		5	9:35	1:45	1:50	2	43:41	21.3	0:55	4	21:19	6:52	1:17:17
2	1/7	Stormin Professors	Josh Meggitt, Joel Salow, Michelle Reitinger		2	8:22	1:32	1:32	5	47:36	19.6	1:00	2	20:15	6:31	1:18:42
3	2/3	Team Whiner	Tim Saylor, Dick Morrison, Brian Long		7	10:56	2:00	1:20	4	47:16	19.7	0:57	1	18:35	5:59	1:19:03
4	2/7	Rients Steele Dutler	Lee Rients, Dave Steele, Shelly Dutler		6	10:52	2:00	1:28	1	42:51	21.8	0:55	6	23:25	7:33	1:19:30
5	3/7	Craig Cruisers	Alex Craig, Nancy Craig, Matthew Craig		1	3:52	0:43	4:16	8	52:41	17.7					1:20:44
6	4/7	2 Babes and a Dude	Jenny Dray, Ron Neyers, Donna Bagge		3	9:12	1:41	1:26	3	46:54	19.9	0:55	12	27:05	8:43	1:25:29
7	3/3	Last Minute	Rob Olney, Jim Koester, D.J. Doyle		9	11:49	2:10	1:38	7	52:40	17.7	1:08	7	24:05	7:45	1:31:19
8	1/4	In Motion II	Diana Hertel, Emily Forquer, Stacey Frotscher		8	11:37	2:08	1:16	6	52:25	17.8	0:58	10	26:33	8:33	1:32:47
9	5/7	The Three Stoges	Karl Swanson, Chris Goodman, Dawn Cartellone		11	12:45	2:20		10	1:07:07	13.9	1:05	9	26:13	8:27	1:33:11
10	6/7	Bull Sharks	Anne Paisley, Russ Brown, Dan Wall		12	13:05	2:24	2:06	9	57:33	16.2	1:11	11	26:50	8:38	1:40:42
11	7/7	Hakes/Glew & Jackson	Brandon Hakes, Robert Glew, Jenny Jackson		4	9:13	1:41	1:38	13	1:12:06	12.9	1:18	3	21:01	6:46	1:45:14
12	2/4	Civitan Challengers	Michele Rhoades, Dawn Larson, Sue Stannard		10	11:53	2:11	1:37	12	1:09:59	13.3	1:44	8	24:58	8:02	1:50:09
13	3/4	Mercy Fitness Center	DeAnna Schluns, Casey Scott, Dacey Waldron		13	14:08	2:35	1:55	11	1:09:57	13.3	1:49	5	23:07	7:27	1:50:54
14	4/4	Terminators	Nancy Tomkovicz, Janet Harris, Lori Fuller		14	16:37	3:03	3:18	14	1:20:00	11.7	2:20	13	28:41	9:14	2:10:54

LITTLE PIG DUATHLON RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	TOTAL
							TIME
1	324	Luke Henson	Marion	IA	11	M	24:30
2	392	Jenny Moeller	Marion	IA	10	F	25:03
3	349	Elliott Hodgson	W. St. Paul	MN	8	M	25:05
4	473	Austin Brogan	Boone	IA	8	M	25:05
5	480	Matt Tarpley	Plymouth	MN	10	M	25:06
6	257	Zach Ilten	Cedar Rapids	IA	8	M	25:08
7	475	Amy Travagiakis	Cedar Rapids	IA	13	F	25:09
8	471	Corbin Beastron	Cedar Rapids	IA	8	M	25:11
9	341	Tony Meis	Cedar Rapids	IA	11	M	25:13
10	15	Brandon Slotness	Mason City	IA	10	M	25:15
11	437	Sklar Donaldson	Mt. Vernon	IA	8	M	25:25
12	479	Kasey Bacso	Plymouth	MN	10	M	25:26
13	344	Bradley Ellingson	Perry	IA	14	M	26:12

TOP 10 SWIM

TOT PLC NAME	CITY	ST AGE S	SWIM time yds
1 Joseph Pettorini	Sterling	IL 50 M	0:37 0:07
2 Alex Craig	Cedar Rapids	IA	3:52 0:43
3 Mike Kucera	Blairstown	IA 33 M	4:19 0:48
4 Kevin Drake	Wilton	IA 33 M	4:36 0:51
5 Chuck Hodgson	W. St. Paul	MN 42 M	5:20 0:59
6 Kevin Dusek	Schiller Park	IL 26 M	6:10 1:08
7 Jason Hugi	Mason City	IA 27 M	6:13 1:09
8 Doug Davis	Rosemont	MN 33 M	6:28 1:11
9 Brett Shank	St. Paul	MN 23 M	6:30 1:12
10 Evan Shanley	Cedar Falls	IA 16 M	6:33 1:12

TOP 10 FIRST TRANSITION

TOT PLC NAME	CITY	ST AGE S	TRAN time
1 Doug Davis	Rosemont	MN 33 M	1:33
2 Sims Hulings	Chicago	IL 29 M	1:41
3 Brian Bich	Duluth	MN 33 M	1:43
4 Craig Liming	Janesville	IA 49 M	1:47
5 Joe Berg	St. Louis Park	MN 22 M	1:47
6 Chuck Johnson	North Liberty	IA 30 M	1:48
7 J. Kentner Coting	Iowa City	IA 24 M	1:50
8 Todd King	Coon Rapids	MN 30 M	1:52
9 Nick Scott	Cedar Rapids	IA 48 M	1:53
10 Steve Isvik	Minneapolis	MN 25 M	1:55

TOP 10 BIKE

TOT PLC NAME	CITY	ST AGE S	BIKE time mph
1 John Whitson	Vinton	IA 52 M	37:48 24.7
2 Kevin Drake	Wilton	IA 33 M	38:52 24.0
3 Joe Bunn	Muscataine	IA 37 M	38:54 24.0
4 Brian Bich	Duluth	MN 33 M	38:56 24.0
5 Craig Olson	Marion	IA 34 M	39:00 23.9
6 Doug Davis	Rosemont	MN 33 M	39:06 23.8
7 David Lyon	Mankato	MN 38 M	39:37 23.5
8 Shawn Callahan	Champlin	MN 28 M	39:45 23.5
9 Anthony Browne	St Paul	MN 30 M	40:00 23.3
10 Ty Stevens	Minneapolis	MN 24 M	40:24 23.1

TOP 10 SECOND TRANSITION

TOT PLC NAME	CITY	ST AGE S	TRAN time
1 David Ellingson	Perry	IA 16 M	0:40
2 Evan Shanley	Cedar Falls	IA 16 M	0:59
3 Barry Breffle	Marion	IA 29 M	1:06
4 Todd King	Coon Rapids	MN 30 M	1:08
5 Irene Brunner	Fairfield	IA 25 F	1:09
6 Jay LaBonne	Zion	IL 34 M	1:11
7 Doug Davis	Rosemont	MN 33 M	1:12
8 Joe Berg	St. Louis Park	MN 22 M	1:13
9 Don Davis	Keokuk	IA 40 M	1:15
10 Brian Bich	Duluth	MN 33 M	1:16

TOP 10 RUN

TOT PLC NAME	CITY	ST AGE S	RUN time pace
1 Stephen Taylor	Iowa City	IA 26 M	16:45 5:24
2 Brian Bich	Duluth	MN 33 M	16:55 5:27
3 Steve Younker	Mason City	IA 34 M	17:16 5:34
4 Kevin Drake	Wilton	IA 33 M	17:38 5:41
5 Brian Lynch	Iowa City	IA 25 M	17:43 5:42
6 Ty Stevens	Minneapolis	MN 24 M	17:50 5:45
7 Barry Breffle	Marion	IA 29 M	17:56 5:47
8 Joe Bunn	Muscataine	IA 37 M	18:00 5:48
9 Doug Davis	Rosemont	MN 33 M	18:07 5:50
10 Ty Buss	Waterloo	NE 37 M	18:08 5:50

FEMALE AGE GROUP RESULTS 01 - 15

NAME	CITY	ST AGE S	SWIM time yds	TRAN time	BIKE time mph	TRAN time	RUN time pace	TOTAL TIME
1 Bette Rowley	Apple Valley	MN 15 F	1 9:07 1:40	2:37	1 54:54 17.0	1:21	1 24:26 7:52	1:32:23
2 Kate Molsberry	Grinnell	IA 14 F	2 12:23 2:16	3:37	2 1:04:17 14.5	1:26	2 29:43 9:34	1:51:23

MALE AGE GROUP RESULTS 01 - 15

NAME	CITY	ST AGE S	SWIM time yds	TRAN time	BIKE time mph	TRAN time	RUN time pace	TOTAL TIME
1 Brian Johns	Williamsburg	IA 15 M	2 6:58 1:17	3:27	1 50:20 18.5	2:08	1 20:18 6:32	1:23:08
2 Scott Stimmel	Iowa City	IA 15 M	1 6:56 1:17			1:30	4 24:18 7:50	1:31:04
3 Mike Zimmerman	Cedar Rapids	IA 15 M	8 13:36 2:30	5:16	3 54:43 17.0	1:23	2 21:48 7:01	1:36:44
4 Scott Blume	Bellevue	NE 14 M	7 12:43 2:20	3:16	2 53:35 17.4	2:43	6 26:34 8:33	1:38:48
5 John Hart	Cedar Rapids	IA 13 M	6 9:56 1:49	3:47	4 58:18 16.0	1:43	7 26:59 8:42	1:40:40
6 Brett Dietrich	Williamsburg	IA 14 M	5 8:28 1:33	3:46	6 1:10:16 13.3	1:43	3 22:18 7:11	1:46:28
7 Grayson Jones	Williamsburg	IA 14 M	3 7:13 1:20	4:46	5 1:08:01 13.7	1:46	5 25:11 8:07	1:46:55

FEMALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST AGE S	SWIM time yds	TRAN time	BIKE time mph	TRAN time	RUN time pace	TOTAL TIME
1 Masumi Fottrai	Swisher	IA 17 F	3 7:14 1:20	2:52	1 48:37 19.2	1:27	2 24:01 7:44	1:24:09
2 Brooke Ralston	Cedar Rapids	IA 17 F	1 7:06 1:18	2:40	3 1:05:02 14.3	1:21	1 21:02 6:47	1:37:09
3 Natalie Ross	Cedar Rapids	IA 17 F	2 7:13 1:20	4:18	2 59:26 15.7	1:48	3 26:25 8:30	1:39:07

MALE AGE GROUP RESULTS 16 - 17

NAME	CITY	ST AGE S	SWIM time yds	TRAN time	BIKE time mph	TRAN time	RUN time pace	TOTAL TIME
1 Jeff Stone	Boone	IA 17 M	2 7:43 1:25	2:20	1 43:28 21.5	1:32	1 19:44 6:21	1:14:46
2 Kristofer Johnson	Plymouth	MN 17 M	3 8:56 1:38			1:43	2 19:45 6:22	1:14:46
3 Evan Shanley	Cedar Falls	IA 16 M	1 6:33 1:12	2:55	3 51:05 18.3	0:59	4 21:02 6:47	1:22:33
4 Bo Rydze	Iowa City	IA 17 M	5 9:25 1:44	3:27	2 50:49 18.3	3:14	3 20:00 6:27	1:26:55
5 David Ellingson	Perry	IA 16 M	4 8:58 1:39	4:28	4 53:17 17.5	0:40	5 21:13 6:50	1:28:34

FEMALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST AGE S	SWIM time yds	TRAN time	BIKE time mph	TRAN time	RUN time pace	TOTAL TIME
1 Ellen Stimmel	Iowa City	IA 19 F	1 7:50 1:26	3:59	2 58:43 15.9	2:22	1 23:14 7:29	1:36:06
2 Chrissy Roark	Iowa City	IA 18 F			1 56:00 16.6	2:22	2 27:27 8:51	1:40:19
3 Amber Travagiakis	Cedar Rapids	IA 19 F	2 11:40 2:08	4:06	3 59:22 15.7		3 30:00 9:40	1:44:26

MALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Todd Lessley	Omaha	NE	18	M	2	8:21	1:32	3:48	1	43:14	21.6	1:35	2	19:02	6:08	1:15:58
2 Alex White	Ames	IA	19	M	3	8:47	1:37	3:29	4	45:54	20.3	1:45	1	18:18	5:54	1:18:10
3 Matt Swenson	Owatonna	MN	18	M	4	9:17	1:42	2:29	3	44:20	21.0	2:02	5	22:06	7:07	1:20:14
4 Adam Yack	Iowa City	IA	18	M	1	6:35	1:13	3:36	2	43:53	21.2	2:20	7	26:29	8:32	1:22:51
5 Jeff Spence	Iowa City	IA	18	M	7	10:58	2:01	3:28	5	51:42	18.0	1:30	3	19:36	6:19	1:27:12
6 Matt Smith	Omaha	NE	19	M	5	9:48	1:48	4:32	7	59:46	15.6	1:53	4	21:03	6:47	1:37:00
7 Ames Molsberry	Grinnell	IA	18	M	6	10:42	1:58	6:22	6	53:24	17.5	2:43	6	24:32	7:54	1:37:41

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Angela Gordon	Iowa City	IA	24	F	2	8:06	1:29	2:30	1	46:43	20.0	1:56	2	21:18	6:52	1:20:31
2 Jana Peterson	Iowa City	IA	22	F	4	10:07	1:51	2:26	2	48:16	19.3	2:07	1	19:23	6:15	1:22:16
3 Stephanie Randall	Omaha	NE	22	F	8	11:34	2:07	4:09	3	50:24	18.5					1:27:10
4 Lindsey Horner	W. Des Moines	IA	20	F	3	8:20	1:32	3:16	8	57:34	16.2	1:48	3	21:38	6:58	1:32:34
5 Beth Wadsworth	Cedar Rapids	IA	21	F	9	11:59	2:12	3:04	4	52:44	17.7	1:54	7	24:30	7:54	1:34:09
6 Robyn Berning	Ames	IA	22	F	1	8:01	1:28	6:17	5	54:25	17.1	2:17	8	25:10	8:06	1:36:08
7 Emily Ann Pedersen	Hudson	IA	21	F	6	11:18	2:04	3:20	9	58:21	16.0	1:40	5	22:47	7:20	1:37:24
8 Megan Gordon	Iowa City	IA	20	F	7	11:33	2:07	3:31	7	56:49	16.4	1:48	11	27:50	8:58	1:41:28
9 Angie Ryan	Iowa City	IA	23	F	14	17:06	3:08	4:14	6	56:38	16.5	2:21	6	23:47	7:40	1:44:04
10 Leah Fuller	Cedar Falls	IA	24	F	10	12:16	2:15					2:13	13	30:00	9:40	1:47:37
11 Carrie Nissen	Chicago	IL	23	F						12 1:03:59	14.6	1:44	9	26:50	8:39	1:48:19
12 Stephanie Brennan	Ames	IA	22	F	12	13:59	2:34	5:58	11	1:02:15	15.0	2:36	10	26:56	8:40	1:51:41
13 Kiyar Arons	Cedar Rapids	IA	23	F	13	14:18	2:37	3:48	10	1:01:53	15.1	2:06	14	31:25	10:07	1:53:29
14 Jeanne McCullough	St Paul	MN	24	F	11	12:38	2:19	4:57	14	1:12:40	12.8	2:03	4	22:41	7:18	1:54:58
15 Constance Sederqui	Bloomington	IL	20	F	5	11:03	2:02	3:26	13	1:12:34	12.8	2:06	12	28:05	9:03	1:57:11

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	24	M	4	7:33	1:23	2:33	1	40:24	23.1	1:31	1	17:50	5:45	1:09:48
2 J. Kentner Cotting	Iowa City	IA	24	M	6	8:51	1:38	1:50	3	42:24	22.0	1:28	2	18:39	6:00	1:13:10
3 Bryan McGeeney	Ames	IA	21	M	2	7:18	1:20	2:55	2	42:12	22.1	1:45	6	21:11	6:49	1:15:18
4 Rob Thompson	Ames	IA	23	M	5	8:01	1:28	3:05	4	43:00	21.7	1:31	3	20:00	6:27	1:15:35
5 Giancarlo Canessa	Eagan	MN	22	M	1	7:04	1:18					1:47	5	20:58	6:45	1:17:41
6 Andy Hollingsworth	Ames	IA	23	M	8	10:50	1:59	4:44				4	20:04	6:28	1:21:53	
7 David Krohse	Cedar Rapids	IA	20	M	3	7:22	1:21	3:10	11	54:21	17.2	2:02	7	22:16	7:10	1:29:09
8 Joe Schroeder	St Paul	MN	21	M	11	11:11	2:03	3:19	8	49:18	18.9	1:46	9	23:42	7:38	1:29:14
9 Matt Gauthier	St. Paul	MN	20	M	7	10:14	1:53	2:28	7	48:48	19.1	2:09	13	27:13	8:46	1:30:50
10 Jonathan Holstrom	W. Des Moines	IA	23	M	12	12:32	2:18	3:57	6	47:54	19.5	1:58	11	25:13	8:07	1:31:33
11 Collin Anderson	Denver	IA	23	M	15	14:42	2:42	4:23	5	46:13	20.2	3:52	8	23:20	7:31	1:32:29
12 Jesse Jordan	Urbandale	IA	24	M	14	14:07	2:35	3:29	10	50:54	18.3	2:20	10	24:45	7:58	1:35:32
13 Mark Schroeder	Northfield	MN	24	M	13	13:25	2:28	5:47	9	50:39	18.4	3:09	14	31:15	10:04	1:44:13
14 Jared Severson	Minneapolis	MN	22	M	9	10:57	2:01	4:18	12	1:06:18	14.1	1:40	12	26:59	8:41	1:50:10
15 Ryan Bimson	Cedar Rapids	IA	22	M	10	11:05	2:02	5:44	13	1:12:26	12.9	1:49	15	32:28	10:27	2:03:30

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 Robin Quist	Bloomington	MN	26	F	2	8:34	1:34	2:22	1	46:51	19.9	1:41	2	20:52	6:43	1:20:17
2 Hilliary Krug	Freeport	IL	25	F	1	6:46	1:15	3:00	11	51:42	18.0	1:46	3	21:58	7:04	1:25:11
3 Megan Horton	Omaha	NE	26	F	11	9:59	1:50	2:38	7	50:22	18.5	1:32	1	20:51	6:43	1:25:19
4 Julie Hull	Burnsville	MN	27	F	10	9:54	1:49	2:40	4	49:15	18.9	2:11	6	23:16	7:30	1:27:14
5 Colleen McKinney	La Vista	NE	26	F	13	10:08	1:52	2:55	10	50:58	18.3					1:27:27
6 Heidi DeGraaf	Ankeny	IA	29	F	16	10:52	2:00	3:32	2	46:52	19.9	2:47	7	23:39	7:37	1:27:40
7 Christine Miller	Cedar Rapids	IA	28	F	3	8:44	1:36	3:43	3	48:07	19.4	2:28	11	25:38	8:15	1:28:38
8 Susanne McMullen	Lincoln	NE	29	F	19	11:20	2:05	3:19	8	50:36	18.4	2:15	5	22:49	7:21	1:30:16
9 Irene Brunner	Fairfield	IA	25	F	17	11:02	2:02	3:05	6	50:08	18.6	1:09	14	26:18	8:28	1:31:40
10 Janis McCullough	Lincoln	NE	28	F	14	10:11	1:52	2:35	9	50:44	18.4	2:10	16	26:33	8:33	1:32:11
11 Denise Seabold	Coralville	IA	26	F	23	12:05	2:13	4:16	5	49:57	18.7	1:54	12	25:52	8:20	1:34:01
12 Ann Peterson	Madison	WI	28	F	5	9:06	1:40	2:50	15	55:59	16.7	2:17	10	24:39	7:56	1:34:50
13 Angela Kolker	Stratford	IA	26	F	15	10:47	1:59	4:10	14	54:49	17.0	1:33	8	23:50	7:41	1:35:08
14 Jana Voracek	Omaha	NE	29	F	7	9:20	1:43	2:35	13	54:15	17.2	2:00	19	27:07	8:44	1:35:16
15 Dawn Keller	Shell Rock	IA	27	F	22	11:46	2:10	4:53	12	51:51	18.0	2:10	13	26:18	8:28	1:36:57
16 Jennifer Way	Swisher	IA	25	F	6	9:20	1:43	3:45	21	58:57	15.8	1:40	9	24:37	7:56	1:38:16
17 Kim Shera	Coralville	IA	26	F	8	9:37	1:46	3:33	20	58:17	16.0	1:58	20	27:27	8:50	1:40:50
18 Sarah Holstrom	Cedar Rapids	IA	28	F	25	12:36	2:19	2:36	18	57:36	16.2	1:45	15	26:28	8:32	1:41:01
19 Cindy Moschella	Toddsville	IA	28	F	18	11:08	2:03	4:26	17	56:34	16.5	3:31	21	27:59	9:01	1:43:35
20 Darcy Hovinga	Clear Lake	IA	27	F	21	11:41	2:09	6:28	16	56:12	16.6	3:15	17	26:33	8:33	1:44:08
21 Suzy Stenehjem	Minnetonka	MN	26	F	24	12:24	2:16	3:39	23	1:02:21	15.0	1:49	18	27:03	8:43	1:47:14
22 Sara Bradley	Coon Rapids	MN	29	F	4	8:58	1:39	3:34	22	59:10	15.8	1:38	26	34:47	11:12	1:48:04
23 Carole Weiland	Champlin	MN	29	F	9	9:41	1:47	3:57	25	1:05:32	14.2	2:42	25	33:01	10:38	1:54:51
24 Mary Tubb	Waterloo	IA	25	F	29	17:04	3:08	4:16	26	1:08:55	13.5	2:03	4	22:44	7:19	1:55:00
25 Amy Schwake	Cedar Rapids	IA	26	F	28	15:34	2:51	3:43	19	58:07	16.0	3:40	27	36:00	11:35	1:57:02
26 Angela Phipps	Cedar Rapids	IA	29	F	20	11:33	2:07	5:46	27	1:09:09	13.5	3:22	22	29:55	9:38	1:59:43
27 Rachel Adleman	Minneapolis	MN	25	F	27	15:32	2:51	6:29	24	1:04:05	14.5	2:25	23	31:19	10:05	1:59:48
28 Maritess Gonzales	New York	NY	29	F	26	14:18	2:37	5:50	28	1:11:12	13.1	2:44	24	31:39	10:12	2:05:40

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Barry Breffle	Marion	IA	29	M					2	40:39	22.9	1:06	2	17:56	5:47	1:08:13
2 James Randall	Grinnell	IA	28	M	3	6:39	1:13	2:01	1	40:28	23.0	1:35	4	18:42	6:02	1:09:24
3 Mike Morrison	Coppell	TX	26	M	8	7:38	1:24					1:27	3	18:25	5:56	1:10:09
4 Brian Lynch	Iowa City	IA	25	M	10	7:51	1:27	2:57	3	42:09	22.1	1:38	1	17:43	5:42	1:12:16
5 John Burkle	Iowa City	IA	25	M	5	7:03	1:18	3:22	7	42:30	21.9	1:53	5	18:42	6:02	1:13:27
6 Todd Ehlert	Omaha	NE	28	M	6	7:24	1:22	3:16	9	43:22	21.5	1:42	6	18:53	6:05	1:14:34
7 Justin Diestler	Kearney	NE	25	M	7	7:34	1:23	2:38	6	42:27	22.0	1:35	17	21:53	7:03	1:16:05
8 Chad Kinsley	Brookings	SD	28	M	12	8:20	1:32	3:24	5	42:20	22.0	2:17	13	21:00	6:46	1:17:20
9 John Erdelyi	St Paul	MN	28	M								2:59	12	20:52	6:43	1:17:28
10 Kevin Dusek	Schiller Park	IL	26	M	1	6:10	1:08	2:57	15	46:44	20.0	1:34	8	20:12	6:30	1:17:35
11 Nick Wagner	Marion	IA	26	M	9	7:46	1:26	2:47	11	45:01	20.7	1:51	10	20:29	6:36	1:17:53

12	Douglas Meacham	Lincoln	NE	28	M	14	8:34	1:34	4:31	4	42:14	22.1	2:08	9	20:29	6:36	1:17:54
13	Joseph Froehlich	Cedar Rapids	IA	26	M	17	9:12	1:41	2:43	10	44:32	20.9	1:29	11	20:42	6:40	1:18:36
14	Jack Youngberg	Brookings	SD	29	M	13	8:27	1:33	3:19	12	45:17	20.6	2:11	7	19:53	6:24	1:19:06
15	Jason Hugi	Mason City	IA	27	M	2	6:13	1:09	3:37	16	47:23	19.7	2:03	20	23:15	7:29	1:22:29
16	Brandon Lee	Des Moines	IA	27	M	16	9:07	1:40	5:01	8	43:04	21.7	2:25	23	23:37	7:36	1:23:11
17	Jeffrey Swanson	Lino Lakes	MN	28	M	21	10:33	1:56	2:42	14	46:33	20.0	1:33	21	23:15	7:29	1:24:34
18	Christopher Hall	Malvern	IA	27	M	11	8:02	1:28	3:05	18	49:32	18.8	2:06	18	22:30	7:15	1:25:12
19	Justin Gottschalk	Iowa City	IA	26	M	15	8:48	1:37	3:27	20	50:12	18.6	2:02	15	21:18	6:52	1:25:45
20	Paul Wolf	Moline	IL	26	M	22	11:19	2:05	3:19	13	46:29	20.1	1:50	19	23:07	7:27	1:26:02
21	Rich Mitvalsky	Cedar Rapids	IA	29	M	4	6:59	1:17	3:00	24	51:38	18.1	1:23	24	23:50	7:41	1:26:48
22	Craig Aamodt	St. Louis Park	MN	29	M	18	9:42	1:47	2:39	21	51:02	18.3	2:14	25	23:54	7:42	1:29:29
23	Allen Pofahl	Maple Grove	MN	28	M	26	12:22	2:16	3:16	19	49:56	18.7	1:42	22	23:29	7:34	1:30:43
24	Philip Behrends	Des Moines	IA	27	M	32	14:32	2:40	4:40	17	48:20	19.3	2:17	14	21:15	6:51	1:31:01
25	Ian Kleman	Hiawatha	IA	26	M	33	14:32	2:40	3:09	23	51:22	18.2					1:34:45
26	Eric Forquer	Cedar Rapids	IA	28	M	19	9:52	1:49	5:14	26	52:50	17.6	2:25	28	25:29	8:13	1:35:48
27	Sims Hulings	Chicago	IL	29	M	30	13:29	2:28	1:41	28	57:03	16.3	2:07	16	21:43	7:00	1:36:02
28	Matt Shera	Coralville	IA	28	M	27	12:49	2:21	3:45	27	54:40	17.1	1:42	27	24:39	7:57	1:37:34
29	Isra Harahap	Ames	IA	28	M	23	11:31	2:07	4:55	25	52:43	17.7					1:37:45
30	Nathan Silberhorn	Ames	IA	26	M	29	13:22	2:27	5:19	22	51:08	18.2	3:49	30	27:03	8:43	1:40:39
31	Bill Powers	Westmont	IL	29	M	20	9:59	1:50	4:13	29	59:13	15.7	2:06	29	25:37	8:15	1:41:07
32	Jon Nania	Iowa City	IA	25	M	31	14:19	2:37	3:04	30	59:35	15.6	2:44	26	24:08	7:46	1:43:47
33	Jeff Taylor	Coralville	IA	27	M	25	12:17	2:15	6:11	31	1:02:34	14.9	2:20	33	29:34	9:31	1:52:53
34	Ari Goldberg	Madison	WI	26	M	24	12:11	2:14									1:54:35
35	Eric Boester	Cedar Rapids	IA	26	M	34	15:51	2:54					2:27	34	30:27	9:48	1:54:35
36	Bryan Maki	Minneapolis	MN	29	M	28	13:01	2:23	9:02	32	1:03:37	14.7	2:58	31	27:41	8:55	1:56:17
37	Steve Isvik	Minneapolis	MN	25	M	35	20:27	3:45	1:55	33	1:12:06	12.9	2:32	32	28:47	9:16	2:05:44

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 Allie Lawler	Omaha	NE	30	F	3	8:42	1:36	2:10	1	42:44	21.8	1:18	1	20:26	6:35	1:15:19
2 Christina Maravela	Johnston	IA	30	F	1	7:56	1:27	2:49	3	48:44	19.1	2:33	4	23:55	7:42	1:25:56
3 Keelyn Friesen	Minneapolis	MN	31	F	5	10:23	1:54	2:45	2	48:00	19.4	1:36	10	26:36	8:34	1:29:18
4 Marie Mittmann-Gue	Des Moines	IA	30	F	2	7:59	1:28	2:49	4	49:58	18.7	2:06	11	28:01	9:01	1:30:52
5 Loretta Mitvalsky	Cedar Rapids	IA	31	F	6	10:23	1:54	3:19	7	55:08	16.9	1:33	2	22:36	7:17	1:32:58
6 Janelle Buss	Waterloo	NE	33	F	7	10:45	1:58	5:08	5	51:11	18.2	2:21	8	26:05	8:24	1:35:29
7 Debbie Lenth	Marion	IA	32	F	13	12:34	2:18	4:08	10	57:21	16.3	1:55	3	23:03	7:25	1:38:58
8 Ida Slayhi	Minneapolis	MN	31	F	10	11:30	2:07	3:56	11	59:53	15.6	1:49	5	24:33	7:54	1:41:39
9 Kelly Welsh-Wingat	Ames	IA	31	F	9	11:04	2:02	3:40	6	51:35	18.1	2:31	18	32:57	10:37	1:41:45
10 Shannon Walenta	Omaha	NE	33	F	4	10:12	1:52	2:48	12	1:00:44	15.4	2:21	7	25:49	8:19	1:41:53
11 Deb Eastman	Lincoln	NE	32	F	12	12:07	2:13	2:42	8	56:04	16.6	2:34	14	29:47	9:35	1:43:12
12 Teri Ann Lawyer	W. Des Moines	IA	33	F	8	10:52	2:00	4:27	9	56:54	16.4	3:31	12	28:38	9:13	1:44:21
13 Beth Chacey	Cedar Rapids	IA	32	F	11	11:32	2:07	5:00	15	1:04:10	14.5	2:03	9	26:27	8:31	1:49:10
14 Jennifer Singleton	Cedar Rapids	IA	31	F	16	14:01	2:34	4:18	13	1:03:05	14.8	2:57	13	29:28	9:29	1:53:46
15 Katie Duax	Marion	IA	32	F	15	13:58	2:34	6:04	18	1:08:00	13.7	2:09	6	25:02	8:04	1:55:12
16 Lorri Cullen	Minneapolis	MN	33	F	19	17:48	3:16	4:16	14	1:04:05	14.5	2:20	16	31:22	10:06	1:59:48
17 Amy Gilliland Faet	Sioux Falls	SD	32	F	14	13:51	2:32	5:40	17	1:07:21	13.8	3:48	15	30:29	9:49	2:01:08
18 Pam Reel	Clive	IA	32	F	18	17:03	3:07	3:45	16	1:06:38	14.0	2:44	17	31:42	10:12	2:01:50
19 Carmen Ahern	Chicago	IL	32	F	17	16:33	3:02	7:07	20	1:12:15	12.9	3:13	19	34:41	11:10	2:13:48
20 Sylvia Angel	Omaha	NE	30	F	20	18:34	3:24	5:07	19	1:12:06	12.9	3:21	20	34:42	11:10	2:13:48

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 Kevin Drake	Wilton	IA	33	M	2	4:36	0:51	4:46	1	38:52	24.0	1:31	2	17:38	5:41	1:07:20
2 Todd King	Coon Rapids	MN	30	M	5	7:01	1:17	1:52	5	41:32	22.5	1:08	5	19:03	6:08	1:10:33
3 Craig Olson	Marion	IA	34	M	9	8:00	1:28	2:56	2	39:00	23.9	1:40	7	19:29	6:17	1:11:03
4 Robert Gamboa	Minneapolis	MN	33	M	6	7:37	1:24	2:10	6	41:48	22.3	1:27	6	19:23	6:15	1:12:23
5 Daniel Austin	Boone	IA	31	M	16	8:39	1:35	3:07	11	43:31	21.4	1:17	3	18:25	5:56	1:14:57
6 Todd Juhlin	Mason City	IA	32	M	3	6:46	1:15	2:41	10	43:30	21.4	1:48	14	20:38	6:39	1:15:21
7 Kevin Bowden	Cedar Rapids	IA	32	M	14	8:24	1:33	2:42	9	43:07	21.6	1:31	10	20:04	6:28	1:15:46
8 Steve Younker	Mason City	IA	34	M	25	9:29	1:44	2:58	15	44:25	21.0	2:03	1	17:16	5:34	1:16:10
9 Robert Huffman	Iowa City	IA	30	M	12	8:16	1:31	3:26	4	40:37	23.0	1:18	26	22:59	7:24	1:16:35
10 Jay LaBonne	Zion	IL	34	M	11	8:10	1:30	3:20	13	43:50	21.3	1:11	12	20:23	6:34	1:16:52
11 Steven Abarr	Cedar Rapids	IA	30	M	10	8:04	1:29	3:09	7	42:31	21.9	1:43	16	21:42	6:59	1:17:06
12 Chris O'Hara	Cedar Rapids	IA	30	M	8	7:42	1:25	2:04	12	43:50	21.3	1:38	21	22:08	7:08	1:17:20
13 Tom Price	Bloomington	IL	30	M	7	7:38	1:24	2:00	19	45:46	20.4	2:05	13	20:33	6:37	1:18:00
14 Barton DeGraaf	Ankeny	IA	31	M	17	8:41	1:36	2:26	14	44:14	21.1	2:10	19	21:55	7:04	1:19:24
15 Scott Johnson	Des Moines	IA	33	M	18	8:44	1:36	3:38	22	46:36	20.0	1:57	4	18:57	6:06	1:19:50
16 Dan Hatch	Hudson	WI	31	M	13	8:19	1:32	3:27	16	44:51	20.8	1:40	18	21:51	7:02	1:20:06
17 Fred Massoomi	Omaha	NE	33	M	20	8:47	1:37	3:44	17	45:17	20.6	1:44	17	21:49	7:02	1:21:19
18 Chris Martin	Ames	IA	33	M	15	8:34	1:34	3:30	21	46:36	20.0	2:39	15	20:41	6:40	1:21:58
19 David Bogner	Keokuk	IA	31	M	26	9:36	1:46	4:08	20	46:03	20.2	2:02	11	20:16	6:32	1:22:03
20 Darin Miller	Cedar Rapids	IA	31	M	40	12:50	2:21	4:31	8	42:57	21.7	2:01	20	22:01	7:05	1:24:18
21 Jim Hagelie	Marshalltown	IA	32	M	34	11:24	2:05	2:46	18	45:35	20.5	2:26	28	23:07	7:27	1:25:15
22 Matthew Brown	Iowa City	IA	30	M	21	8:48	1:37	3:45	31	51:17	18.2					1:26:01
23 Wade Steward	LeGrand	IA	34	M	32	11:04	2:02	2:45	25	48:55	19.1	1:51	22	22:12	7:09	1:26:44
24 Pete Brownell	Montezuma	IA	31	M	22	9:11	1:41	4:16	28	49:32	18.8	2:18	24	22:40	7:18	1:27:56
25 Mark Moody	Iowa City	IA	33	M	33	11:22	2:05	4:06	29	49:35	18.8	2:56	9	20:01	6:27	1:27:58
26 David Saffris	Des Moines	IA	32	M	19	8:46	1:37	3:37	24	48:23	19.3	2:23	36	24:55	8:01	1:28:02
27 Paul Thorne	Des Moines	IA	32	M	44	13:31	2:29	2:33	23	46:55	19.9	1:56	30	23:24	7:32	1:28:17
28 Andrew McCullough	Lincoln	NE	30	M	30	10:42	1:58	3:09	26	49:27	18.9	2:22	29	23:13	7:29	1:28:51
29 Brady Erickson	Blaine	MN	30	M	39	12:44	2:20	2:51	27	49:28	18.8	2:20	23	22:26	7:14	1:29:47
30 Josh Reel	Clive	IA	32	M	31	11:01	2:01	4:42	30	50:05	18.6	2:30	32	23:43	7:38	1:31:58
31 Ronald Cox	Pella	IA	30	M	36	11:42	2:09	3:21	44	56:04	16.6	1:23	8	19:55	6:25	1:32:24
32 Todd Akers	Princeton	IA	30	M	23	9:14	1:42	4:18	32	51:42	18.0	2:01	37	25:28	8:12	1:32:41
33 Steve Dunham	Walcott	IA	32	M	29	10:31	1:56	3:27	40	53:11	17.5	2:05	33	23:52	7:41	1:33:04
34 David Peterson	Boone	IA	31	M	43	13:24	2:27	3:13	38	52:39	17.7	1:38	27	22:59	7:24	1:33:51
35 David Kolker	Stratford	IA	34	M	38	12:04	2:13	3:37	36	52:21	17.8	1:38	35	24:17	7:49	1:33:55
36 Ryan Mann	W. Des Moines	IA	30	M	27	9:51	1:48	4:02	33	52:02	17.9	2:47	42	28:01	9:01	1:36:39
37 Chuck Johnson	North Liberty	IA	30	M	47	16:44	3:04	1:48	35	52:16	17.8	3:49	25	22:58	7:24	1:37:34
38 Dan Banasik	Cedar Rapids	IA	30	M	35	11:33	2:07	3:41	42	54:03	17.2	2:29	38	25:51	8:20	1:37:35
39 David Rooney	Urbana	IA	33	M	42	13:23	2:27	5:36	39	52:47	17.7	2:09	31	23:43	7:38	1:37:36
40 Thomas Brasier	Johnston	IA	34	M	41	13:04	2:24	8:25	37	52:35	17.7	1:49	34	23:57	7:43	1:39:48
41 Travis Acheson	W. Des Moines	IA	31	M	46	15:33	2:51	4:53	34	52:08	17.9	2:16	41	26:30	8:32	1:41:18
42 Mike Dankert	Cedar Rapids	IA	33	M	24	9:15	1:42	4:09	41	53:29	17.4	3:25	45	33:24	10:45	1:43:41
43 Darrel Oltrogge	Clermont	IA	32	M	48	17:09	3:09	3:21	43	55:14	16.9	2:05	39	26:08	8:25	1:43:55
44 Brent Thompson	Urbandale	IA	31	M	45	15:29	2:50	6:47	45	1:00:12	15.5	2:24	40	26:24	8:30	1:51:15
45 David LaGrange	Williamsburg	IA	30	M	37	11:42	2:09	4:39	46	1:07:24	13.8	1:53	44	30:40	9:53	1:56:17
46 Thomas Illg	Richfield	MN	33	M	28	10:27	1:55	5:44	47	1:09:53	13.3	2:16	43	28:03	9:02	1:56:22

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 Tonya Armstrong	Muscatine	IA	38	F	2	9:10	1:41	2:51	1	46:21	20.1	2:10	4	22:59	7:24	1:23:30
2 Colleen Jacobs	Wildwood	MO	36	F	4	10:08	1:52	3:18	2	49:43	18.8	1:17	3	22:31	7:15	1:26:55
3 Lisa Peterson	West Union	IA	38	F	8	12:27	2:17	3:47	4	54:09	17.2	1:58	1	21:18	6:52	1:33:37
4 Elisabeth Marks	Cedar Rapids	IA	38	F	1	8:09	1:30	4:21	6	57:35	16.2	1:20	5	24:25	7:52	1:35:47
5 Christina Colman	Thornton	IA	38	F	7	12:12	2:14	3:50	3	53:37	17.4	2:30	6	24:59	8:03	1:37:06
6 Brenda Ann Cloud	Cedar Rapids	IA	35	F	5	11:31	2:07					2:57	2	22:20	7:12	1:37:38
7 Sharon Nollan	Cottage Grove	MN	35	F	6	11:40	2:09	7:24	5	56:51	16.4	2:18	7	25:41	8:16	1:43:54
8 Lisa Hanigan	Cedar Rapids	IA	39	F	9	16:06	2:57	4:14	8	59:38	15.6	2:51	8	26:56	8:40	1:49:43
9 Diane Dodds	Cedar Rapids	IA	39	F	3	9:40	1:46	6:36	7	59:37	15.6	4:21	9	34:09	11:00	1:54:21
10 Beth Fudro	Blaine	MN	38	F	10	16:27	3:01	5:38	9	1:01:24	15.2	3:56	10	43:51	14:07	2:11:15

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 David Lyon	Mankato	MN	38	M	4	7:45	1:25	2:46	2	39:37	23.5	1:46	4	18:22	5:55	1:10:13
2 Joe Bunn	Muscatine	IA	37	M	16	9:25	1:44	2:45	1	38:54	24.0	1:35	1	18:00	5:48	1:10:38
3 Jeff Hovinga	Mason City	IA	35	M	14	9:08	1:41	2:11	4	41:04	22.7	1:52	5	18:44	6:02	1:12:57
4 Mark Ackermann	Ankeny	IA	39	M	11	8:42	1:36		15	46:05	20.2	1:38	3	18:19	5:54	1:13:12
5 Bob Brooker	Cedar Rapids	IA	37	M	6	7:54	1:27	2:30	6	42:03	22.2	2:10	6	18:54	6:05	1:13:29
6 Ty Buss	Waterloo	NE	37	M	9	8:32	1:34	2:44	5	42:00	22.2	2:09	2	18:08	5:50	1:13:30
7 Brad Lutchka	Moline	IL	35	M	3	7:35	1:24	2:35	13	44:27	21.0	1:45	7	19:21	6:14	1:15:42
8 Richard McMullen	Richmond	VA	35	M					8	43:12	21.6	1:53	13	20:33	6:37	1:16:29
9 Peter Ylvisaker	Marion	IA	37	M	31	14:43	2:42		12	44:22	21.0	1:36	8	19:27	6:16	1:16:45
10 Tim Ilten	Cedar Rapids	IA	38	M	2	7:24	1:22	3:18	7	42:58	21.7	1:34	16	22:06	7:07	1:17:18
11 Brian LaVelle	Wildwood	MO	38	M	15	9:19	1:43	2:33	11	44:20	21.0	1:38	14	21:07	6:48	1:18:54
12 Paul Kulas	Cedar Rapids	IA	38	M	13	9:02	1:39	2:42	9	43:46	21.3	3:55	9	19:51	6:24	1:19:13
13 Michael Dry	Highlands Ranc	CO	35	M	10	8:40	1:36	2:42	10	44:09	21.1	1:55	17	22:21	7:12	1:19:46
14 Karl Rosenberg	Cedar Rapids	IA	35	M	26	11:30	2:07	3:22	3	40:44	22.9	2:33	21	22:39	7:18	1:20:45
15 David Diebold	Marion	IA	38	M					16	46:24	20.1	2:07	10	20:05	6:28	1:21:03
16 Mark Corley	W. Des Moines	IA	38	M	5	7:52	1:27	3:43	14	45:57	20.3	1:56	19	22:33	7:16	1:21:59
17 Greg Reynolds	Cedar Rapids	IA	39	M	8	8:30	1:34	2:50	17	47:13	19.7	2:09	18	22:23	7:13	1:23:04
18 Don Romig	Clive	IA	35	M	23	11:01	2:01	3:30	18	47:41	19.6	2:19	12	20:19	6:33	1:24:48
19 Jeff Kaczinski	Davenport	IA	35	M	17	9:30	1:45	3:41	19	48:22	19.3	1:40	20	22:34	7:16	1:25:45
20 Michael Cimino	Fort Calhoun	NE	38	M	21	10:28	1:55	3:43	23	50:10	18.6	2:27	15	21:27	6:55	1:28:13
21 Bill Vipond	Ankeny	IA	36	M	12	8:53	1:38	3:53	22	50:01	18.6	2:25	24	23:04	7:26	1:28:14
22 Tip Tipton	Brooklin Park	MN	36	M	20	10:20	1:54	4:23	20	48:41	19.2	2:07	28	24:10	7:47	1:29:39
23 Jim Petersen	Marion	IA	39	M	25	11:29	2:06	3:45	21	49:18	18.9	2:43	25	23:46	7:39	1:31:00
24 Mike Ament	Cedar Rapids	IA	39	M	18	10:04	1:51	3:46	29	54:49	17.0	2:13	11	20:11	6:30	1:31:01
25 Brad Gilchrist	Iowa City	IA	37	M	22	10:30	1:56	3:36	26	53:21	17.5	3:17	23	22:45	7:20	1:33:27
26 Tim Tanner	Plymouth	MN	35	M	19	10:13	1:52	4:27	28	54:28	17.1	1:39	26	23:54	7:42	1:34:38
27 Mike Sills	Cedar Rapids	IA	35	M	24	11:07	2:02	3:39	25	52:08	17.9	2:01	30	26:14	8:27	1:35:08
28 Daniel Reasoner	Iowa City	IA	38	M	27	13:32	2:29	2:46	27	54:23	17.1	2:20	22	22:39	7:18	1:35:38
29 James Meyer	Fairfield	IA	38	M	30	13:49	2:32	3:26	24	51:59	17.9	2:46	31	26:52	8:39	1:38:51
30 Tim Broghammer	Solon	IA	36	M	7	8:25	1:33	4:41	30	55:58	16.7	1:56	33	28:04	9:02	1:39:03
31 Dorsey Small	Port Byron	IL	36	M	29	13:48	2:32	3:25	33	57:56	16.1	3:18	27	24:03	7:45	1:42:27
32 Mike Fulkraab	Cedar Rapids	IA	36	M	28	13:40	2:30	3:51	31	56:17	16.6	1:52	32	27:44	8:56	1:43:23
33 Dale Lillevold	Maple Grove	MN	37	M	32	15:18	2:48	4:37	32	56:26	16.5	3:05	29	24:35	7:55	1:44:00

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 Kathy Duethman	Iowa City	IA	40	F	7	11:02	2:01	2:59	1	44:02	21.2	2:25	2	21:26	6:54	1:21:52
2 Lauren Fithian	Minneapolis	MN	42	F	2	9:28	1:44	3:08	2	47:07	19.8	2:19	1	20:40	6:39	1:22:40
3 K.D. Rex	Iowa City	IA	41	F	1	9:18	1:43	3:24	3	47:58	19.4	2:44	3	22:00	7:05	1:25:23
4 Tracy O'Dell	Cedar Rapids	IA	41	F	8	12:14	2:15	3:16	4	50:30	18.5	1:54	4	24:03	7:45	1:31:57
5 Polly Welp	Des Moines	IA	42	F	5	10:54	2:00	4:21	5	52:26	17.8	1:51	7	26:42	8:36	1:36:11
6 Mary Wincapaw	Milwaukee	WI	42	F	6	10:55	2:00	3:29	6	53:35	17.4	2:13	8	27:06	8:44	1:37:14
7 Elizabeth Fangman	Cedar Rapids	IA	42	F	4	10:43	1:58	2:48	7	53:45	17.3	2:02	9	29:17	9:26	1:38:34
8 Anne Kent	Solon	IA	41	F	10	13:18	2:26	5:42					10	30:12	9:44	1:48:10
9 Wendy Ford	Coralville	IA	41	F	3	9:32	1:45	3:57	9	1:02:16	15.0	1:47	11	32:23	10:26	1:49:51
10 Nancy Patrick	Cedar Rapids	IA	40	F	9	12:28	2:17	5:10	10	1:06:46	14.0	1:56	6	25:17	8:08	1:51:34
11 Cindy Chatfield	Edgewood	IA	43	F	11	17:30	3:13	7:14	8	1:00:13	15.5	2:14	5	24:53	8:01	1:52:04
12 Madonna Mikelson	Iowa City	IA	44	F					11	1:22:05	11.4	4:40	12	38:23	12:21	2:36:00

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Tim Armstrong	Muscatine	IA	43	M	12	10:40	1:58	2:05	2	43:29	21.4	1:38	1	19:08	6:10	1:16:59
2 Don Davis	Keokuk	IA	40	M	6	9:27	1:44	2:46	5	44:21	21.0	1:15	5	20:01	6:27	1:17:49
3 Vern Johnson	Spring Valley	IL	43	M	8	9:41	1:47	2:46	3	43:54	21.2	1:57	3	19:48	6:23	1:18:05
4 Perry Barrette	Lodi	WI	42	M	11	10:25	1:55	2:48	4	43:55	21.2	1:47	6	21:00	6:46	1:19:53
5 James Gerk	Cedar Rapids	IA	44	M	9	9:44	1:47	1:59	7	44:52	20.8	1:47	8	21:36	6:58	1:19:57
6 Mark Hoffman	Marshalltown	IA	40	M	20	11:39	2:08	2:22	6	44:32	20.9	2:12	4	20:00	6:26	1:20:43
7 C.J. Ong, Jr.	Cedar Rapids	IA	42	M	16	11:07	2:02	3:27	1	43:19	21.5	3:04	9	21:47	7:01	1:22:43
8 Bob Watson	Ames	IA	40	M	3	9:04	1:40	3:48	10	48:28	19.2	2:58	2	19:41	6:20	1:23:58
9 Jeff Heineman	Omaha	NE	41	M	2	9:00	1:39	3:02	8	46:48	19.9	2:05	14	23:32	7:35	1:24:25
10 Greg Neary	Minneapolis	MN	44	M	4	9:05	1:40	3:02	13	48:58	19.0	1:41	13	22:45	7:20	1:25:29
11 Robert Ihry	Iowa City	IA	42	M	7	9:36	1:46	4:09	12	48:53	19.1	1:25	16	23:50	7:41	1:27:51
12 Ted Blume	Bellevue	NE	42	M	13	10:52	2:00	3:53	11	48:31	19.2	2:18	11	22:37	7:17	1:28:09
13 Tom Frantz	Marion	IA	42	M				15:18	16	50:00	18.6	1:37	12	22:38	7:17	1:28:49
14 David Hart	Cedar Rapids	IA	43	M	15	11:04	2:02	4:16	15	49:33	18.8	2:26	10	22:33	7:16	1:29:51
15 Brad Brunia	Huxley	IA	44	M	5	9:09	1:41	4:56	14	49:02	19.0	3:26	15	23:43	7:38	1:30:14
16 Kevin Emge	W. Des Moines	IA	41	M	14	10:57	2:01	4:43	9	47:57	19.4	2:54	18	24:40	7:57	1:31:10
17 Michael Hook	Hiawatha	IA	41	M	10	10:13	1:53	5:01	18	53:05	17.6	2:00	7	21:10	6:49	1:31:28
18 Chuck Hodgson	W. St. Paul	MN	42	M	1	5:20	0:59	9:14	17	52:43	17.7	3:09	21	27:08	8:44	1:37:32
19 Mark Moeller	Marion	IA	43	M	19	11:25	2:06	4:45	19	54:41	17.0	2:32	19	24:48	7:59	1:38:08
20 Gerry Funk	Solon	IA	40	M	17	11:08	2:03	4:13	20	55:56	16.7	2:59	17	24:08	7:46	1:38:23
21 Mark Heininger	Springfield	MA	43	M	21	13:39	2:30	7:31	21	57:52	16.1	3:01	20	26:19	8:29	1:48:21
22 Peter Hammond	Riverside	IA	43	M	18	11:19	2:05	4:45	22	59:38	15.6	1:56	22	31:41	10:12	1:49:17

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1 Coleen Rowley	Apple Valley	MN	45	F	2	12:13	2:14	2:55	2	50:39	18.4	1:55	1	21:44	7:00	1:29:24
2 Deborah Hankens	Cherokee	IA	49	F	1	11:58	2:12	2:54	1	46:17	20.1	2:31	4	28:22	9:08	1:32:00
3 Ann Vestle	Cedar Rapids	IA	45	F	5	16:50	3:05		3	51:40	18.0	1:51	2	23:56	7:43	1:32:02
4 Melody Wallace	Ankeny	IA	45	F	4	15:58	2:56	5:41	4	52:31	17.8	3:02	3	27:06	8:44	1:44:16

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1 Craig Liming	Janesville	IA	49	M	1	7:25	1:22	1:47	1	40:49	22.8	1:19	2	19:28	6:16	1:10:46
2 Nick Scott	Cedar Rapids	IA	48	M	3	8:06	1:29	1:53	3	41:42	22.4	1:17	1	18:58	6:07	1:11:54
3 Gary Bork	Eden Prairie	MN	47	M	2	7:56	1:28	2:30	2	41:22	22.5	1:28	5	20:55	6:44	1:14:09
4 Chris Becker	Cedar Rapids	IA	47	M	5	9:13	1:41	2:51	7	48:28	19.2	2:31	3	20:06	6:28	1:23:07
5 Scott DeVore	Cedar Rapids	IA	45	M	7	9:51	1:48	4:11	4	47:51	19.5	1:53	4	20:53	6:44	1:24:37
6 Ross Rowley	Apple Valley	MN	45	M	6	9:29	1:44	3:29	8	50:08	18.6	1:39	6	21:40	6:59	1:26:23
7 Jeffrey Ginn	Cedar Rapids	IA	48	M	8	10:10	1:52	3:14	6	48:27	19.2	2:53	12	25:48	8:19	1:30:29
8 Dwight Dobberstein	Iowa City	IA	47	M	16	13:55	2:33	3:36	5	48:00	19.4	1:51	10	24:41	7:57	1:32:01
9 Stephen Elliff	Minneapolis	MN	45	M	13	11:30	2:07	3:17	9	50:34	18.4	2:13	11	25:38	8:15	1:33:10
10 Bruce Fuerbringer	Eau Claire	WI	46	M	9	10:26	1:55	4:14	10	52:54	17.6	2:51	13	25:58	8:22	1:36:21
11 Randy King	Marion	IA	47	M	12	11:07	2:02	3:59	13	57:27	16.2	1:38	8	24:01	7:44	1:38:09
12 Paul Riggs	Oskaloosa	IA	46	M	10	10:33	1:56		16	1:10:26	13.2	2:40	9	24:03	7:45	1:38:33
13 Jon Woltz	Waverly	IA	45	M	15	12:51	2:21	4:23	11	54:32	17.1	1:33	14	26:57	8:41	1:40:13
14 Kent Mattison	Cedar Rapids	IA	48	M					14	1:00:20	15.5	1:20	7	22:35	7:16	1:41:22
15 Dennis Coe	Edina	MN	49	M	14	12:21	2:16	4:14	12	54:53	17.0	2:51	16	28:45	9:15	1:43:01
16 Courtney Harris	Iowa City	IA	47	M	4	8:31	1:34	7:16	15	1:00:29	15.4	4:48	17	37:04	11:56	1:58:05
17 Doug Burks	Decorah	IA	45	M	11	10:52	2:00	3:50	17	1:15:23	12.4	1:48	15	28:01	9:01	1:59:52

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1 Lynn Vogt	Ankeny	IA	51	M	2	8:40	1:35	2:25	2	40:59	22.8					1:15:43
2 Howard Gillespie	Grimes	IA	51	M	3	9:14	1:42	2:43	3	42:42	21.8	1:44	4	21:50	7:02	1:18:11
3 Jon Wheaton	Roseville	MN	53	M	10	10:53	2:00	3:39	5	46:24	20.1	3:05	1	19:39	6:20	1:23:37
4 Paul Gordon	Mason City	IA	50	M	8	10:27	1:55	2:47	4	45:34	20.5	2:12	8	23:09	7:27	1:24:07
5 Mike Huggenberger	Fort Calhoun	NE	50	M	5	9:35	1:46	3:06	9	49:43	18.8	1:41	3	21:18	6:52	1:25:20
6 Al Behrens	Council Bluffs	IA	50	M	18	15:58	2:56	3:46	6	46:43	20.0	2:58	2	20:34	6:37	1:29:57
7 John Spence	Iowa City	IA	54	M					8	48:34	19.2	1:20	9	23:20	7:31	1:30:08
8 Phillip McCullough	Minnetonka	MN	52	M	14	12:36	2:19	4:44	7	47:07	19.8	2:07	10	23:43	7:38	1:30:16
9 Joseph Pettorini	Sterling	IL	50	M	1	0:37	0:07	14:29	11	51:37	18.1	2:32	5	21:59	7:05	1:31:13
10 Leonard Winkle	Coralville	IA	51	M	12	11:26	2:06	4:41	12	51:57	17.9	2:48	7	22:09	7:08	1:32:59
11 Roy Gaddis	Solon	IA	50	M	6	9:43	1:47	3:54	14	53:25	17.5	2:17	14	25:15	8:08	1:34:32
12 George Hafkey	Grinnell	IA	50	M	16	13:17	2:26	3:03	15	53:53	17.3	1:31	11	24:35	7:55	1:36:16
13 Ronald Paar	Cedar Falls	IA	51	M	7	10:02	1:50	3:34	13	52:18	17.8	2:54	16	29:01	9:21	1:37:46
14 Kent McMullen	Clive	IA	50	M	13	11:36	2:08	3:30	10	50:08	18.6	1:56	17	30:54	9:57	1:38:03
15 Patrick Durow	Omaha	NE	54	M	15	12:40	2:19	5:32	16	56:33	16.5	1:49	6	22:00	7:05	1:38:33
16 John Chihak	Hiawatha	IA	52	M	4	9:32	1:45	4:11	20	1:02:21	15.0	1:49	15	28:34	9:12	1:46:25
17 Norm Arons	Cedar Rapids	IA	53	M	17	14:34	2:40	6:19	18	1:00:11	15.5	1:38	12	24:59	8:03	1:47:40
18 Steven Schurtz	Mason City	IA	50	M	11	11:03	2:02	5:01	17	57:21	16.3	4:23	18	34:30	11:07	1:52:16
19 Darrel Pedersen	Hudson	IA	51	M	19	20:45	3:48	6:14	19	1:01:40	15.1	3:49	13	25:12	8:07	1:57:38

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1 Carol Deman	Omaha	NE	59	F	1	10:21	1:54	3:07	1	49:02	19.0	2:37	1	27:24	8:50	1:32:30

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 Kent Dobbins	Lawrence	KS	55	M								1:35	1	20:30	6:36	1:18:13
2 Fred Hemsath	St. Joseph	MI	56	M	1	9:19	1:43	2:40	1	46:50	19.9	1:46	2	23:05	7:26	1:23:37
3 Joseph Hulings III	Burke	VA	59	M	2	10:12	1:52	5:50	2	56:26	16.5	1:56	3	25:42	8:17	1:40:04

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1 Richard Nehring	Alden	IA	60	M	2	9:20	1:43	2:55	1	44:33	20.9	2:13	1	22:17	7:11	1:21:16
2 Ken Deman	Omaha	NE	61	M	1	9:10	1:41	4:03	2	46:53	19.9	2:27	2	23:29	7:34	1:26:00
3 Howard Bich	Wagner	SD	60	M	4	18:36	3:24	4:46	3	56:53	16.4					1:53:48
4 Charlton Sturm	Mascoutah	IL	60	M	3	15:27	2:50	6:38	4	1:04:07	14.5	2:12	3	30:07	9:42	1:58:28

MALE AGE GROUP RESULTS 65 - 69

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1 Edwin Alexander	Overland Park	KS	65	M	1	10:01	1:50	3:39	1	55:28	16.8	2:29	1	27:15	8:47	1:38:50

MALE AGE GROUP RESULTS 75 - 79

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 Bob Powers	Hugo	MN	75	M	1	15:00	2:45	6:45	1	1:06:51	13.9	4:05	1	38:48	12:30	2:11:27