

FEMALE OVERALL

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Danielle Berndt	23	Bettendorf	IA	16:09	47:26	17:51	1:22:37

MALE OVERALL

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Mario Czarnonmski	30	Cedar Rapids	IA	14:40	34:53	15:12	1:05:37

FEMALE INDIVIDUAL AGE GROUP: 16 - 29

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Michelle Moeller	29	Ankeny	IA	17:09	48:53	18:30	1:25:26

MALE INDIVIDUAL AGE GROUP: 16 - 29

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Erik Bandy	24	Iowa City	IA	14:00	43:27	16:11	1:14:41

FEMALE INDIVIDUAL AGE GROUP: 30 - 39

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Donna Weeda	34	Bettendorf	IA	16:29	48:19	18:15	1:24:48

MALE INDIVIDUAL AGE GROUP: 30 - 39

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Jonathan Estabrook	39	Ankeny	IA	13:59	36:19	15:12	1:06:09

FEMALE INDIVIDUAL AGE GROUP: 40 - 49

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Beth Morton	49	West Des Moines	IA	19:13	46:20	22:36	1:29:15

MALE INDIVIDUAL AGE GROUP: 40 - 49

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	John Martinek	45	Coralville	IA	16:03	39:37	17:46	1:14:07

FEMALE INDIVIDUAL AGE GROUP: 50 - 59

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Vicki Kijewski	52	Iowa City	IA	26:26	56:13	29:04	1:54:24

MALE INDIVIDUAL AGE GROUP: 50 - 59

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Steve Winkel	55	Des Moines	IA	16:23	40:37	18:59	1:16:58

MALE INDIVIDUAL AGE GROUP: 60 - 99

Place	Name	Age	City	St	Run1	Bike	Run2	Time
1	Marvin Stern	62	Sterling	IL	18:11	41:18	20:06	1:20:15

TEAM RESULTS

1	Team Lee				13:35	42:14	14:22	1:10:46
	Andy Sabin		Doug Lee					