

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Aryn Flood	34	Grimes	IA	7:28	44:01	24:36	1:17:00
2	Jenny Lorenz	52	Marion	IA	7:38	43:52	25:12	1:18:22
3	Kelly Sampson	37	Waverly	IA	8:27	48:50	22:43	1:21:32

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Barry Breffle	43	Cedar Rapids	IA	6:10	38:57	19:59	1:05:56
2	Brad Johnson	21	Cedar Rapids	IA	6:39	39:50	20:15	1:07:23
3	John Grice	54	Kiwanee	IL	7:05	41:32	20:42	1:10:31

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jody Rausch	44	Robins	IA	8:08	50:29	30:16	1:30:20
2	Beth McCormick	27	Shellsburg	IA	14:22	54:22	29:38	1:40:44
3	Tina Devery	44	North Liberty	IA	10:01	54:40	34:43	1:41:29

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Daniel Ankrum	31	Waterloo	IA	9:06	47:01	23:28	1:21:34
2	Andrew Huntsman	37	Cedar Rapids	IA	9:17	51:13	29:19	1:32:55
3	Nick Rossin	31	Cedar Rapids	IA	10:51	54:46	28:03	1:35:42

FEMALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Amanda Weyer	18	Swisher	IA	8:21	51:25	26:49	1:28:02
2	Holly Wisnousky	18	Fairfax	IA	13:08	57:12	24:53	1:39:29
3	Chloe Heiser	13	Hinsdale	IL	8:52	1:04:18	29:02	1:44:39

MALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Dallas Clasen	19	Peosta	IA	8:22	42:18	19:58	1:11:43
2	Isaac Slagel	16	Dubuque	IA	6:59	46:14	21:07	1:15:42
3	Garrett Herring	13	Lisbon	IA	8:43	52:48	24:56	1:28:23

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Emily Sullivan	24	Clive	IA	7:47	49:44	26:44	1:26:24
2	Jen Gilmore	23	Milwaukee	WI	10:29	47:56	29:30	1:29:03
3	Kennon Meyer	22	Cedar Rapids	IA	9:20	50:50	33:04	1:34:36

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Adam Kassem	24	Cedar Rapids	IA	8:09	47:56	20:59	1:19:07
2	William Sindelar	21	Sherrard	IL	10:14	46:38	22:56	1:21:57
3	Derek Griesinger	24	Dubuque	IA	9:41		25:27	1:26:23

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jamie Isherwood	29	Iowa City	IA	10:15	45:48	25:31	1:24:02
2	Alyssa Neiers	25	Arlington Heights	IL	8:23	51:30	27:28	1:29:07
3	Katie Morin	26	Cedar Rapids	IA	8:22	52:26	26:56	1:29:55

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Troy Bockenstedt	26	Dyersville	IA	8:58	47:19	23:16	1:21:18
2	Tesfay Russell	26	Cedar Falls	IA	9:53	49:30	19:56	1:21:20
3	Jacob Bawek	27	Cedar Rapids	IA	9:20	49:26	21:52	1:22:50

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Carrie Desotel	32	Cedar Rapids	IA	9:21	50:32	22:20	1:24:50
2	Lindsey Keller	30	Janesville	IA	9:40	52:09	28:02	1:32:07
3	Jennet Volden	32	Cedar Rapids	IA	9:33	50:38	32:53	1:35:14

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Craig Goldsmith	31	Marion	IA	7:18	44:10	20:37	1:12:58
2	Jason Rabe	33	Fairfax	IA	7:20	44:06	22:13	1:15:01
3	Travis Hilsabeck	32	Prairie City	IA	8:44	41:43	23:18	1:15:03

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Stephanie Hoepfer	39	North Liberty	IA	11:43	49:38	23:22	1:27:21
2	Ellery Smith	36	Cedar Rapids	IA	9:10	51:26	26:35	1:29:05
3	Jill Snitko	35	Marion	IA	10:09	54:26	24:31	1:31:20

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Chad Goldsmith	36	Coralville	IA	8:08	45:04	19:14	1:13:36
2	Michael Altemeier	38	Cedar Rapids	IA	7:05	44:09	25:13	1:17:46
3	Tom Rutkowski	38	Iowa City	IA	7:59	46:09	22:35	1:18:39

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kristi Storey	40	Vinton	IA	11:12	56:56	29:50	1:40:12
2	Joanna Weyer	43	Swisher	IA	9:44	54:27	32:59	1:40:22
3	Kim Chandler	40	Cedar Rapids	IA	11:23	56:56	32:01	1:44:55

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mark Johnson	40	Hiawatha	IA	9:11	46:34	22:02	1:19:46
2	Jaye Heater	40	Marion	IA	7:30	48:02	24:31	1:22:27
3	Bradley Sindelar	42	Corydon	IA	8:49	47:26	26:13	1:24:58

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Trina Dunham	48	Hiawatha	IA	8:26	45:20	30:01	1:25:34
2	Tami Fiala	49	Fairfax	IA	8:19	49:39	31:24	1:32:12
3	Rosie Jones	48	Cedar Rapids	IA	10:13	49:24	31:03	1:32:32

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Blake Jones	45	Cedar Rapids	IA	8:33	44:48	26:20	1:20:40
2	Randy Crawford	48	Cedar Rapids	IA	9:14	46:27	27:46	1:26:36
3	Russ Rauscher	46	Cedar Rapids	IA	10:51	46:38	27:48	1:27:48

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kim Sprenger	51	Iowa City	IA	7:21	52:15	24:44	1:25:39
2	Kallie Harris	50	Cedar Rapids	IA	10:46	49:19	26:49	1:28:46
3	Patricia Kenel	53	Cedar Rapids	IA	8:46	51:10	28:54	1:31:30

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Walter Meanwell	52	Madison	WI	6:47	41:22	23:42	1:13:14
2	David McCullough	54	Waverly	IA	8:11	47:21	22:49	1:20:09
3	Darl Van Rheenen	52	Amana	IO	9:13	47:52	22:26	1:20:55

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Belinda Gee	55	Cedar Rapids	IA	9:47	49:45	29:40	1:30:25
2	Sandy Pint	57	Mount Vernon	IA	11:27	54:40	34:22	1:43:18
3	Rebecca Swinton	59	Cedar Falls	IA	12:53	1:02:53	32:25	1:53:34

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Guy Olson	56	Cedar Rapids	IA	7:15	40:43	23:25	1:12:33
2	Mark Petersen	55	Cedar Rapids	IA	7:52	49:05	22:13	1:21:55
3	Richard Wyss	56	Iowa City	IA	8:36	47:30	27:18	1:25:33

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Dan Tucker	62	Cedar Rapids	IA	10:24	43:48	30:05	1:26:34
2	Daniel Zwack	63	Peosta	IA	11:27	58:37	32:45	1:45:52

MALE INDIVIDUAL AGE GROUP: 65 - 69

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Dick Morrison	65	Cedar Rapids	IA	8:53	45:04	30:33	1:27:18
2	James Daubenmier	69	Cedar Rapids	IA	11:35	46:56	27:26	1:28:21
3	Dennis Baier	67	Cedar Rapids	IA	9:50	50:49	32:47	1:35:24

FEMALE INDIVIDUAL AGE GROUP: 70 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Sandi Campbell	70	Palatine	IL	10:01	55:49	37:29	1:46:33

TEAM CATEGORY: Male

1	Hartwig-Hartwig-Hartwig	9:41	51:53	26:14	1:29:25
	Brody Hartwig Jeff Hartwig Brody Hartwig				

TEAM CATEGORY: Female

1	Vorhies-Hartwig-Knight	9:17	48:57	26:51	1:25:44
	Chris Vorhies Linnae Hartwig Karen Knight				
2	Slay-Lloyd	11:05	1:00:45	30:19	1:42:56
	Shelley Slay Michelle Lloyd Shelley Slay				
3	Jacobs-Jacobs-Jacobs	10:22	1:03:57	34:55	1:50:00
	Paige Jacobs Kaitlyn Jacobs Makenzie Jacobs				

TEAM CATEGORY: Coed

1	Shea-Shea-Edwards	8:52	45:01	25:10	1:19:55
	Jamie Shea Chantelle Shea Ryan Edwards				
2	Gearhart-Fassler-Anderson	5:47	53:12	21:22	1:21:00
	Nick Gearhart Karen Fassler Adam Anderson				
3	Miskimen-Miskimen-Miskimen	10:24	45:10	25:18	1:21:32
	Kent Miskimen Maggie Miskimen Shelley Miskimen				