

## 2013 HEART OF AMERICA TRIATHLON SERIES CHAMPIONSHIP RESULTS

We used age grading to equalize competitors in each gender for the series championship race.

Age-graded tables are a series of "age factors" and "age standards" which can be used to compare performances at different ages in road races. Age-graded tables show how much a typical person's athletic performance improves during youth and declines during aging. The performances vary by event. The tables were researched by the World Association of Veteran Athletes (WAVA), the world governing body for masters (veterans) long distance running. Results are determined by the adjusted time.

### FEMALE OVERALL

Place	Name	Age	City	St Time	Ad-Time
1	Kim Sprenger	51	Ames	IA 1:16:35	1:06:46
2	Kallie Harris	50	Cedar Rapids	IA 1:19:35	1:10:15
3	Belinda Gee	55	Cedar Rapids	IA 1:25:26	1:10:46
4	Patricia Kenel	53	Cedar Rapids	IA 1:27:13	1:14:09
5	Aryn Flood	34	Grimes	IA 1:14:47	1:14:18
6	Trina Dunham	48	Hiawatha	IA 1:23:19	1:15:19
7	Jill Snitko	35	Marion	IA 1:23:39	1:22:50
8	Julie Evans	55	Muscatine	IA 1:47:06	1:28:43

### MALE OVERALL

Place	Name	Age	City	St Time	Ad-Time
1	Guy Olson	56	Cedar Rapids	IA 1:09:09	58:00
2	Duane Staskal	45	Iowa City	IA 1:10:14	1:04:42
3	Dan Tucker	62	Cedar Rapids	IA 1:22:23	1:05:22
4	Joe McGrath	57	Cedar Rapids	IA 1:21:14	1:07:31
5	Craig Goldsmith	31	Marion	IA 1:09:59	1:09:59
6	Chad Goldsmith	36	Coralville	IA 1:10:57	1:10:00
7	Lane McMullen	35	North Liberty	IA 1:16:04	1:15:25
8	Brent Frein	26	Ames	IA 1:19:21	1:19:21