

HOLIDAY LAKE TRIATHLON
June 8, 2013
Holiday Lake, Brooklyn, Iowa
.5K Swim, 25K Bike, 5K Run

TOT	DIV	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
PLC	PLC							time	yds	time	time	time	time	TIME				
====	====	=====	=====	====	====	====	=====	=====	=====	=====	=====	=====	=====	=====				
1	1/16	Jeff Paul	LeClaire	IA	33	M	7	5:28	1:00	0:41	1	37:35	24.8	0:42	2	18:46	6:03	1:03:11
2	1/3	Evan Culbert	Johnston	IA	19	M	1	4:39	0:51	0:51	5	40:06	23.2	0:36	1	18:31	5:58	1:04:41
3	2/16	Peder Skoog	Waukee	IA	34	M	2	4:42	0:52	0:50	2	38:37	24.1	0:43	5	20:02	6:27	1:04:51
4	1/4	Brad Johnson	Iowa City	IA	21	M	6	5:11	0:57	0:40	4	39:52	23.4	0:35	4	19:44	6:21	1:05:59
5	1/8	Barry Breffle	Cedar Rapids	IA	43	M	4	5:06	0:56	0:42	3	39:45	23.4	0:33	6	21:28	6:55	1:07:33
6	2/3	Tyson Wieland	Johnston	IA	19	M	5	5:10	0:57	0:39	12	43:13	21.6	0:40	3	18:50	6:04	1:08:30
7	3/16	Steven Davis	North Liberty	IA	33	M	18	6:21	1:10	1:15	7	40:37	22.9	0:39	7	21:37	6:58	1:10:27
8	1/8	Ebe Boettcher	Cedar Rapids	IA	38	M	24	6:33	1:12	1:02	6	40:25	23.1	0:49	12	22:23	7:13	1:11:10
9	4/16	Nic Shaffer	Marion	IA	33	M	27	6:39	1:13	1:16	9	40:46	22.9	0:40	18	23:21	7:31	1:12:40
10	1/3	Guy Olsson	Cedar Rapids	IA	56	M	17	6:20	1:10	1:06	8	40:40	22.9	0:51	20	23:45	7:39	1:12:40
11	5/16	John Neer	Des Moines	IA	34	M	21	6:23	1:10	1:05	14	43:19	21.5	0:34	8	21:40	6:59	1:12:59
12	1/6	Daniela Williams	North Liberty	IA	37	F	10	5:52	1:05	0:56	11	42:49	21.8	0:47	15	23:01	7:25	1:13:23
13	6/16	Corey Jansen	Ankeny	IA	32	M	26	6:38	1:13	1:47	10	42:15	22.1	0:48	11	22:16	7:10	1:13:42
14	3/3	Sam Lundry	Bettendorf	IA	14	M	3	5:05	0:56	1:30	24	46:16	20.1	0:53	9	21:46	7:01	1:15:28
15	1/6	Elaina Mertens	Mount Pleasant	IA	27	F	35	6:54	1:16	1:12	18	45:01	20.7	1:03	10	21:59	7:05	1:16:07
16	1/7	Tona Mendoza	Cedar Rapids	IA	28	M	28	6:40	1:14	1:44	19	45:14	20.6	1:06	13	22:28	7:14	1:17:10
17	2/6	Angie Heim	Norwalk	IA	38	F	39	7:08	1:19	1:23	16	44:46	20.8	1:21	16	23:05	7:26	1:17:41
18	2/8	Brian Bock	Solon	IA	44	M	16	6:17	1:09	1:26	21	45:25	20.5	0:55	23	23:51	7:41	1:17:52
19	7/16	Jordan Witmer	Cedar Rapids	IA	30	M	31	6:47	1:15	1:23	25	46:27	20.1	1:31	14	22:31	7:15	1:18:38
20	3/8	Jonathan Meyer	Altoona	IA	41	M	12	5:55	1:05	1:10	17	44:53	20.8	0:54	34	25:51	8:20	1:18:41
21	4/8	Keith Adams	West Des Moines	IA	42	M	8	5:38	1:02	0:53	22	45:53	20.3	1:02	32	25:28	8:12	1:18:52
22	2/3	Dan Shaffer	Ely	IA	58	M	54	8:09	1:30	2:07	13	43:16	21.5	1:05	30	25:14	8:07	1:19:49
23	2/8	Bret Petersen	Ankeny	IA	37	M	11	5:53	1:05	1:04	27	47:15	19.7	0:44	31	25:27	8:12	1:20:20
24	1/4	Leigh Walker Cook	Robins	IA	44	F	15	6:13	1:09	1:21	26	46:34	20.0	0:51	37	25:55	8:21	1:20:52
25	1/9	Wesley Hepker	North Liberty	IA	33	M	38	7:07	1:18	0:55	20	45:25	20.5	0:42	51	27:20	8:48	1:21:27
26	3/8	Blaine Stott	Marion	IA	35	M	37	7:06	1:18	1:21	23	46:13	20.2	1:02	39	26:09	8:25	1:21:49
27	3/6	Jennifer Downe	Norwalk	IA	37	F	22	6:25	1:11	1:17	33	48:38	19.2	1:25	27	24:35	7:55	1:22:18
28	8/16	Bryan Bacehowski	Iowa City	IA	34	M	34	6:54	1:16	2:44	34	48:45	19.1	1:02	19	23:23	7:32	1:22:46
29	2/6	Jennifer Parker	Iowa City	IA	27	F	9	5:44	1:03	1:19	31	48:25	19.3	1:10	41	26:11	8:26	1:22:47
30	1/3	Steve Iverson	Altoona	IA	53	M	13	6:01	1:06	2:24	28	47:26	19.6	1:12	40	26:10	8:26	1:23:12
31	9/16	Beau Brink	Williamsburg	IA	31	M	45	7:37	1:24	1:25	29	47:42	19.5	1:10	33	25:38	8:15	1:23:29
32	5/8	John Gomez	Cedar Rapids	IA	40	M	20	6:22	1:10	1:33	32	48:31	19.2	0:55	44	26:20	8:29	1:23:38
33	10/16	Jason Rangel	Lyndon	IL	33	M	14	6:12	1:08	2:24	35	48:48	19.1	1:10	38	25:58	8:22	1:24:30
34	1/5	Mike Martens	West Des Moines	IA	45	M	32	6:49	1:15	1:27	30	47:52	19.5	0:52	53	27:47	8:57	1:24:45
35	11/16	Jeff Miller	Cedar Rapids	IA	32	M	25	6:37	1:13	1:20	43	49:42	18.8	1:29	35	25:53	8:20	1:24:59
36	2/7	Brent Frein	Cedar Falls	IA	26	M	40	7:13	1:20	1:37	41	49:34	18.8	0:58	36	25:53	8:20	1:25:13
37	3/6	Ashten Degoey	North Liberty	IA	26	F	30	6:46	1:15	1:10	36	48:49	19.1	1:16	55	27:52	8:59	1:25:52
38	2/5	David Green	Des Moines	IA	47	M	55	8:11	1:30	2:15	15	44:31	20.9	1:05	63	30:17	9:45	1:26:16
39	4/6	Natalie Largesse	Ankeny	IA	29	F	23	6:30	1:12	1:43	61	53:14	17.5	1:43	17	23:08	7:27	1:26:17
40	3/3	Joe McGrath	Cedar Rapids	IA	57	M	29	6:45	1:14	1:30	37	48:57	19.0	1:05	58	28:40	9:14	1:26:55
41	1/3	Erin Jansen	Ankeny	IA	33	F	53	8:04	1:29	1:46	54	52:00	17.9	0:58	25	24:16	7:49	1:27:02
42	3/7	Tyson Brown	Dubuque	IA	28	M	63	8:42	1:36	2:20	46	50:28	18.5	1:04	28	24:39	7:56	1:27:12
43	4/8	Bill Chase	Norwalk	IA	39	M	36	6:54	1:16	2:01	50	50:57	18.3	1:36	42	26:14	8:27	1:27:40
44	6/8	Bradley Sindelar	Corydon	IA	42	M	46	7:39	1:24	2:17	39	49:09	19.0	1:26	52	27:40	8:55	1:28:09
45	12/16	Bryan Goldsmith	Ottumwa	IA	33	M	56	8:12	1:30	1:31	42	49:42	18.8	1:00	54	27:52	8:58	1:28:15
46	2/3	Carrie Desotel	Cedar Rapids	IA	32	F	59	8:24	1:33	2:15	58	52:25	17.8	1:15	24	24:14	7:48	1:28:31
47	13/16	Brian Fitzpatrick	Solon	IA	31	M	69	9:04	1:40	1:29	57	52:21	17.8	1:55	22	23:47	7:40	1:28:34
48	4/7	Jacob Ehrmann	Amana	IA	25	M	58	8:18	1:31	1:33	55	52:07	17.9	1:30	29	25:09	8:06	1:28:35
49	4/6	Summer Rehkemper	Urbandale	IA	37	F	52	8:01	1:28	1:46	47	50:42	18.4	1:41	48	26:50	8:38	1:28:57
50	1/2	Jenn Sommermann	Freeport	NY	49	F	44	7:33	1:23	1:39	56	52:12	17.9	0:57	50	27:19	8:48	1:29:39
51	5/8	Michael Howland	Des Moines	IA	38	M	47	7:42	1:25	1:58	70	55:45	16.7	1:19	21	23:47	9:40	1:30:29
52	2/4	Brice Antons	Anamosa	IA	23	M	67	8:53	1:38	1:15	52	51:13	18.2	0:52	56	28:19	9:07	1:30:30
53	6/8	Boulos Nassar	Iowa City	IA	35	M	71	9:05	1:40	3:11	45	50:16	18.5	1:24	46	26:36	8:34	1:30:30
54	2/4	Sara Hanley	Ankeny	IA	43	F	50	7:58	1:28	2:59	60	53:10	17.5	2:08	26	24:22	7:51	1:30:35
55	7/8	Gerald Wickham	West Liberty	IA	39	M	42	7:16	1:20	1:53	68	55:12	16.9	0:55	43	26:20	8:29	1:31:34
56	5/7	Charles Harned	Bondurant	IA	28	M	73	9:19	1:43	1:25	44	50:14	18.6	1:00	64	30:19	9:46	1:32:15
57	14/16	John Woodward	Ankeny	IA	31	M	33	6:51	1:16	1:33	64	54:00	17.3	1:13	59	28:41	9:14	1:32:16
58	6/7	Sam Stark	Cedar Rapids	IA	28	M	19	6:21	1:10	1:56	40	49:13	18.9	1:33	75	33:31	10:48	1:32:33
59	2/9	Jason Mutchler	Earlham	IA	31	M	51	8:00	1:28	1:36	49	50:53	18.3	1:26	68	31:13	10:03	1:33:06
60	8/8	Nathan Reints	Evansdale	IA	36	M	60	8:25	1:33	2:27	71	55:45	16.7	0:55	47	26:47	8:38	1:34:17
61	3/5	Rick Schmidt	Des Moines	IA	45	M	74	9:28	1:44	3:37	38	48:59	19.0	1:37	67	30:57	9:58	1:34:36
62	4/5	Kyle Schminke	Shellsburg	IA	46	M	68	8:56	1:39	2:07	67	54:55	17.0	0:48	57	28:31	9:11	1:35:15
63	5/6	Jill Snitko	Marion	IA	35	F	65	8:48	1:37	1:57	76	58:32	15.9	0:54	49	26:57	8:41	1:37:06
64	1/1	Jamey Cox	Cambridge	IA	56	F	48	7:45	1:25	1:55	63	53:45	17.3	1:19	72	32:29	10:28	1:37:11
65	1/1	Martin Lange	New Providence	IA	62	M	82	10:28	1:55	2:06	48	50:43	18.4	1:49	70	32:12	10:22	1:37:15
66	5/6	Lisa Nelson	Silvis	IL	28	F	41	7:15	1:20	2:23	80	1:01:11	15.2	0:52	45	26:24	8:30	1:38:03
67	2/3	Steve Cox	Cambridge	IA	54	M	66	8:53	1:38	2:01	53	51:19	18.2	1:25	80	34:46	11:12	1:38:21
68	3/9	Adam Fett	North Liberty	IA	30	M	49	7:51	1:27	2:29	66	54:41	17.0	1:19	71	32:23	10:26	1:38:41
69	4/9	Jay Hatch	Coralville	IA	28	M	75	9:32	1:45	3:30	65	54:24	17.1	1:09	62	30:11	9:43	1:38:45
70	2/2	Coreen Sweeney	Clive	IA	48	F	83	10:29	1:56	2:04	62	53:38	17.4	1:13	73	32:29	10:28	1:39:53
71	15/16	Ted Semelroth	Marion	IA	34	M	62	8:36	1:35	1:39	69	55:15	16.9	1:21	74	33:12	10:42	1:40:01
72	5/9	Derek Lagrange	Cedar Rapids	IA	41	M	61	8:27	1:33	2:20	59	53:09	17.5	2:05	76	34:08	10:59	1:40:06
73	3/3	Caitlin Slessor	Ely	IA	32	F	70	9:04	1:40	2:50	77	59:06	15.8	1:15	60	28:50	9:17	1:41:03
74	3/4	Carrie Spencer	Bedford	IA	43	F	77	9:36	1:46	2:48	72	55:49	16.7	2:21	65	30:33	9:50	1:41:05
75	7/8	Todd Duncan	Cedar Rapids	IA	42	M	80	10:01										

PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
PLC	PLC								plc	time	time	plc	time	plc	time	pace	TIME		
1	1/1			Ryan Brown	Cedar Rapids	IA			1	6:10	1:08	2	1:15:31	12.3	0:32	1	27:40	8:55	1:50:45
2	1/1			Laura Lowe	Coralville	IA	52	F	2	7:23	1:21	1	50:25	18.5	1:30				
3	1/1			Hunter Haws	Ankeny	IA	18	M	1	5:59	1:06								

TEAM RESULTS

TOTAL	DIV	PLC	PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
PLACE	PLC					plc	time	time	plc	time	plc	time	pace	TIME		
1	1/6			Stl Hawks	= Eric Greving , Nick Larson , Jessica Greving	1	6:10	1:08	2	47:45	19.5	0:10	1	25:25	8:11	1:20:08
2	2/6			Team Young & Old	= Jamie Shea , Chantelle Shea , Ryan Edwards	2	7:15	1:20	1	46:18	20.1	0:34	2	26:08	8:25	1:21:07
3	3/6			Team Kelli	= Kelli Lewis , James Lewis , Dave Olson	3	8:03	1:29	3	48:22	19.3	0:35	3	29:15	9:25	1:27:01
4	4/6			The 3 Stooges	= Jeanne Giles , Kevin Giles , Rick Brown	5	8:58	1:39	5	1:00:10	15.5	0:56	4	29:38	9:33	1:40:42
5	5/6			Team Sunshine	= Dylan Hayes , Tina Hack , Susan Hayes	6	12:02	2:13	6	1:07:12	13.9	0:42	5	34:01	10:57	1:55:00
6	6/6			Splash Flash And Dash	= Susan Ludwig , Michelle Clarke , Ruth Hurlburt	4	8:19	1:32	4	59:11	15.7	0:42	6	46:49	15:04	1:55:48

TOP 10 SWIM

	NAME	CITY	ST	AGE	S	time	yds
1	Evan Culbert	Johnston	IA	19	M	4:39	0:51
2	Peder Skoog	Waukee	IA	34	M	4:42	0:52
3	Sam Lundry	Bettendorf	IA	14	M	5:05	0:56
4	Barry Breffle	Cedar Rapids	IA	43	M	5:06	0:56
5	Tyson Wieland	Johnston	IA	19	M	5:10	0:57
6	Brad Johnson	Iowa City	IA	21	M	5:11	0:57
7	Jeff Paul	LeClaire	IA	33	M	5:28	1:00
8	Keith Adams	West Des Moines	IA	42	M	5:38	1:02
9	Jennifer Parker	Iowa City	IA	27	F	5:44	1:03
10	Daniela Williams	North Liberty	IA	37	F	5:52	1:05

TOP 10 FIRST TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Tyson Wieland	Johnston	IA	19	M	0:39
2	Brad Johnson	Iowa City	IA	21	M	0:40
3	Jeff Paul	LeClaire	IA	33	M	0:41
4	Barry Breffle	Cedar Rapids	IA	43	M	0:42
5	Peder Skoog	Waukee	IA	34	M	0:50
6	Evan Culbert	Johnston	IA	19	M	0:51
7	Keith Adams	West Des Moines	IA	42	M	0:53
8	Wesley Hepker	North Liberty	IA	33	M	0:55
9	Daniela Williams	North Liberty	IA	37	F	0:56
10	Ebe Boettcher	Cedar Rapids	IA	38	M	1:02

TOP 10 BIKE

	NAME	CITY	ST	AGE	S	time	mph
1	Jeff Paul	LeClaire	IA	33	M	37:35	24.8
2	Peder Skoog	Waukee	IA	34	M	38:37	24.1
3	Barry Breffle	Cedar Rapids	IA	43	M	39:45	23.4
4	Brad Johnson	Iowa City	IA	21	M	39:52	23.4
5	Evan Culbert	Johnston	IA	19	M	40:06	23.2
6	Ebe Boettcher	Cedar Rapids	IA	38	M	40:25	23.1
7	Steven Davis	North Liberty	IA	33	M	40:37	22.9
8	Guy Olson	Cedar Rapids	IA	56	M	40:40	22.9
9	Nic Shaffer	Marion	IA	33	M	40:46	22.9
10	Corey Jansen	Ankeny	IA	32	M	42:15	22.1

TOP 10 SECOND TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Barry Breffle	Cedar Rapids	IA	43	M	0:33
2	John Neer	Des Moines	IA	34	M	0:34
3	Brad Johnson	Iowa City	IA	21	M	0:35
4	Evan Culbert	Johnston	IA	19	M	0:36
5	Steven Davis	North Liberty	IA	33	M	0:39
6	Nic Shaffer	Marion	IA	33	M	0:40
7	Tyson Wieland	Johnston	IA	19	M	0:40
8	Wesley Hepker	North Liberty	IA	33	M	0:42
9	Jeff Paul	LeClaire	IA	33	M	0:42
10	Peder Skoog	Waukee	IA	34	M	0:43

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1 Evan Culbert	Johnston	IA	19	M	18:31	5:58
2 Jeff Paul	Leclaire	IA	33	M	18:46	6:03
3 Tyson Wieland	Johnston	IA	19	M	18:50	6:04
4 Brad Johnson	Iowa City	IA	21	M	19:44	6:21
5 Peder Skoog	Waukee	IA	34	M	20:02	6:27
6 Barry Breffle	Cedar Rapids	IA	43	M	21:28	6:55
7 Steven Davis	North Liberty	IA	33	M	21:37	6:58
8 John Neer	Des Moines	IA	34	M	21:40	6:59
9 Sam Lundry	Bettendorf	IA	14	M	21:46	7:01
10 Elaina Mertens	Mount Pleasant	IA	27	F	21:59	7:05