

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

CLYDESDALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	34 Wesley Hepker	North Liberty	IA	33	M	1	7:07	1:18	0:55	1	45:25	20.5	0:42	1	27:20	8:48	1:21:27
2	54 Jason Mutchler	Earlham	IA	31	M	3	8:00	1:28	1:36	2	50:53	18.3	1:26	3	31:13	10:03	1:33:06
3	25 Adam Fett	North Liberty	IA	30	M	2	7:51	1:27	2:29	6	54:41	17.0	1:19	4	32:23	10:26	1:38:41
4	32 Jay Hatch	Coralville	IA	28	M	7	9:32	1:45	3:30	5	54:24	17.1	1:09	2	30:11	9:43	1:38:45
5	35 Derek Lagrange	Cedar Rapids	IA	41	M	4	8:27	1:33	2:20	4	53:09	17.5	2:05	5	34:08	10:59	1:40:06
6	24 Steven Etten	Palo	IA	57	M	6	9:14	1:42	3:15	3	51:03	18.3	4:40	8	44:36	14:22	1:52:46
7	45 Jeff Logan	Ottumwa	IA	44	M	5	8:44	1:36	2:43	8	1:04:00	14.6	2:32	6	40:00	12:53	1:57:57
8	18 Steven Davies	Nodaway	IA	44	M	9	12:52	2:22	2:31	7	56:59	16.4	1:12	9	45:10	14:32	1:58:42
9	47 Rodney Kaufmann	Muscatine	IA	43	M	8	11:33	2:07	3:45	9	1:06:15	14.1	1:04	7	43:07	13:53	2:05:42

ATHENA RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	29 Melissa Greiner	North Liberty	IA	31	F	1	11:39	2:08	3:06	1	1:09:47	13.4	1:53	1	44:08	14:12	2:10:30

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Evan Culbert	IA	19	M	1	4:39	0:51	0:51	1	40:06	23.2	0:36	1	18:31	5:58	1:04:41
2	Tyson Wieland	IA	19	M	3	5:10	0:57	0:39	2	43:13	21.6	0:40	2	18:50	6:04	1:08:30
3	Sam Lundry	IA	14	M	2	5:05	0:56	1:30	3	46:16	20.1	0:53	3	21:46	7:01	1:15:28

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Brad Johnson	IA	21	M	1	5:11	0:57	0:40	1	39:52	23.4	0:35	1	19:44	6:21	1:05:59
2	Brice Antons	IA	23	M	2	8:53	1:38	1:15	2	51:13	18.2	0:52	2	28:19	9:07	1:30:30
3	Scott Isabella	IA	24	M	3	9:36	1:46	3:22	3	1:00:08	15.5	2:28	3	34:18	11:03	1:49:51
4	Jake Blake	IA	20	M	4	14:44	2:42	3:21	4	1:03:20	14.7	1:16	4	36:21	11:42	1:59:01

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Elaina Mertens	IA	27	F	4	6:54	1:16	1:12	1	45:01	20.7	1:03	1	21:59	7:05	1:16:07
2	Jennifer Parker	IA	27	F	1	5:44	1:03	1:19	2	48:25	19.3	1:10	3	26:11	8:26	1:22:47
3	Ashten Degeoey	IA	26	F	3	6:46	1:15	1:10	3	48:49	19.1	1:16	5	27:52	8:59	1:25:52
4	Natalie Largesse	IA	29	F	2	6:30	1:12	1:43	4	53:14	17.5	1:43	2	23:08	7:27	1:26:17
5	Lisa Nelson	IL	28	F	5	7:15	1:20	2:23	6	1:01:11	15.2	0:52	4	26:24	8:30	1:38:03
6	Lila Anderson	IA	29	F	6	8:18	1:31	2:51	5	58:30	15.9	1:50	6	30:44	9:54	1:42:11

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Tona Mendoza	IA	28	M	2	6:40	1:14	1:44	1	45:14	20.6	1:06	1	22:28	7:14	1:17:10
2	Brent Frein	IA	26	M	3	7:13	1:20	1:37	3	49:34	18.8	0:58	4	25:53	8:20	1:25:13
3	Tyson Brown	IA	28	M	5	8:42	1:36	2:20	5	50:28	18.5	1:04	2	24:39	7:56	1:27:12
4	Jacob Ehrmann	IA	25	M	4	8:18	1:31	1:33	6	52:07	17.9	1:30	3	25:09	8:06	1:28:35
5	Charles Harned	IA	28	M	6	9:19	1:43	1:25	4	50:14	18.6	1:00	5	30:19	9:46	1:32:15
6	Sam Stark	IA	28	M	1	6:21	1:10	1:56	2	49:13	18.9	1:33	6	33:31	10:48	1:32:33
7	Mike Malloy	IA	25	M	7	11:05	2:02	1:38	7	1:03:43	14.6	1:31	7	34:40	11:10	1:52:34

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Erin Jansen	IA	33	F	1	8:04	1:29	1:46	1	52:00	17.9	0:58	2	24:16	7:49	1:27:02
2	Carrie Desotel	IA	32	F	2	8:24	1:33	2:15	2	52:25	17.8	1:15	1	24:14	7:48	1:28:31
3	Caitlin Slessor	IA	32	F	3	9:04	1:40	2:50	3	59:06	15.8	1:15	3	28:50	9:17	1:41:03

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	Jeff Paul	IA	33	M	2	5:28	1:00	0:41	1	37:35	24.8	0:42	1	18:46	6:03	1:03:11
2	Peder Skoog	IA	34	M	1	4:42	0:52	0:50	2	38:37	24.1	0:43	2	20:02	6:27	1:04:51
3	Steven Davis	IA	33	M	4	6:21	1:10	1:15	3	40:37	22.9	0:39	3	21:37	6:58	1:10:27
4	Nic Shaffer	IA	33	M	8	6:39	1:13	1:16	4	40:46	22.9	0:40	7	23:21	7:31	1:12:40
5	John Neer	IA	34	M	5	6:23	1:10	1:05	6	43:19	21.5	0:34	4	21:40	6:59	1:12:59
6	Corey Jansen	IA	32	M	7	6:38	1:13	1:47	5	42:15	22.1	0:48	5	22:16	7:10	1:13:42
7	Jordan Witmer	IA	30	M	9	6:47	1:15	1:23	7	46:27	20.1	1:31	6	22:31	7:15	1:18:38
8	Bryan Bacehowski	IA	34	M	11	6:54	1:16	2:44	9	48:45	19.1	1:02	8	23:23	7:32	1:22:46
9	Beau Brink	IA	31	M	13	7:37	1:24	1:25	8	47:42	19.5	1:10	10	25:38	8:15	1:23:29
10	Jason Rangel	IL	33	M	3	6:12	1:08	2:24	10	48:48	19.1	1:10	12	25:58	8:22	1:24:30

11	Jeff Miller	Cedar Rapids	IA	32	M	6	6:37	1:13	1:20	12	49:42	18.8	1:29	11	25:53	8:20	1:24:59
12	Bryan Goldsmith	Ottumwa	IA	33	M	14	8:12	1:30	1:31	11	49:42	18.8	1:00	13	27:52	8:58	1:28:15
13	Brian Fitzpatrick	Solon	IA	31	M	16	9:04	1:40	1:29	13	52:21	17.8	1:55	9	23:47	7:40	1:28:34
14	John Woodward	Ankeny	IA	31	M	10	6:51	1:16	1:33	14	54:00	17.3	1:13	14	28:41	9:14	1:32:16
15	Ted Semelroth	Marion	IA	34	M	15	8:36	1:35	1:39	15	55:15	16.9	1:21	15	33:12	10:42	1:40:01
16	Ryan Cherry	Geneseo	IL	31	M	12	7:26	1:22	2:45	16	1:04:06	14.5	2:19	16	40:24	13:01	1:56:58

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	Daniela Williams	North Liberty	IA	37	F	1	5:52	1:05	0:56	1	42:49	21.8	0:47	1	23:01	7:25	1:13:23
2	Angie Heim	Norwalk	IA	38	F	3	7:08	1:19	1:23	2	44:46	20.8	1:21	2	23:05	7:26	1:17:41
3	Jennifer Downe	Norwalk	IA	37	F	2	6:25	1:11	1:17	3	48:38	19.2	1:25	3	24:35	7:55	1:22:18
4	Summer Rehkemper	Urbandale	IA	37	F	4	8:01	1:28	1:46	4	50:42	18.4	1:41	4	26:50	8:38	1:28:57
5	Jill Snitko	Marion	IA	35	F	5	8:48	1:37	1:57	5	58:32	15.9	0:54	5	26:57	8:41	1:37:06
6	Diane Bradford	Iowa City	IA	37	F	6	11:31	2:07	2:16	6	1:12:55	12.8	1:14	6	37:09	11:58	2:05:03

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	Ebe Boettcher	Cedar Rapids	IA	38	M	2	6:33	1:12	1:02	1	40:25	23.1	0:49	1	22:23	7:13	1:11:10
2	Bret Petersen	Ankeny	IA	37	M	1	5:53	1:05	1:04	3	47:15	19.7	0:44	3	25:27	8:12	1:20:20
3	Blaine Stott	Marion	IA	35	M	4	7:06	1:18	1:21	2	46:13	20.2	1:02	4	26:09	8:25	1:21:49
4	Bill Chase	Norwalk	IA	39	M	3	6:54	1:16	2:01	5	50:57	18.3	1:36	5	26:14	8:27	1:27:40
5	Michael Howland	Des Moines	IA	38	M	6	7:42	1:25	1:58	7	55:45	16.7	1:19	2	23:47	7:40	1:30:29
6	Boulos Nassar	Iowa City	IA	35	M	8	9:05	1:40	3:11	4	50:16	18.5	1:24	7	26:36	8:34	1:30:30
7	Gerald Wickham	West Liberty	IA	39	M	5	7:16	1:20	1:53	6	55:12	16.9	0:55	6	26:20	8:29	1:31:34
8	Nathan Reints	Evansdale	IA	36	M	7	8:25	1:33	2:27	8	55:45	16.7	0:55	8	26:47	8:38	1:34:17

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	Leigh Walker Cook	Robins	IA	44	F	1	6:13	1:09	1:21	1	46:34	20.0	0:51	2	25:55	8:21	1:20:52
2	Sara Hanley	Ankeny	IA	43	F	2	7:58	1:28	2:59	2	53:10	17.5	2:08	1	24:22	7:51	1:30:35
3	Carrie Spencer	Bedford	IA	43	F	3	9:36	1:46	2:48	3	55:49	16.7	2:21	3	30:33	9:50	1:41:05
4	Julie Horton	Ankeny	IA	43	F	4	11:32	2:07	3:17	4	1:04:56	14.4	2:35	4	35:00	11:16	1:57:18

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	Barry Breffle	Cedar Rapids	IA	43	M	1	5:06	0:56	0:42	1	39:45	23.4	0:33	1	21:28	6:55	1:07:33
2	Brian Bock	Solon	IA	44	M	4	6:17	1:09	1:26	3	45:25	20.5	0:55	2	23:51	7:41	1:17:52
3	Jonathan Meyer	Altoona	IA	41	M	3	5:55	1:05	1:10	2	44:53	20.8	0:54	4	25:51	8:20	1:18:41
4	Keith Adams	West Des Moines	IA	42	M	2	5:38	1:02	0:53	4	45:53	20.3	1:02	3	25:28	8:12	1:18:52
5	John Gomez	Cedar Rapids	IA	40	M	5	6:22	1:10	1:33	5	48:31	19.2	0:55	5	26:20	8:29	1:23:38
6	Bradley Sindelar	Corydon	IA	42	M	6	7:39	1:24	2:17	6	49:09	19.0	1:26	6	27:40	8:55	1:28:09
7	Todd Duncan	Cedar Rapids	IA	42	M	7	10:01	1:50	4:00	7	56:39	16.5	1:24	7	29:52	9:37	1:41:55
8	Rob Hemmer	Lincoln	NE	40	M	8	10:14	1:53	2:58	8	1:00:19	15.5	2:13	8	34:41	11:10	1:50:22

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	Jenn Sommermann	Freeport	NY	49	F	1	7:33	1:23	1:39	1	52:12	17.9	0:57	1	27:19	8:48	1:29:39
2	Coreen Sweeney	Clive	IA	48	F	2	10:29	1:56	2:04	2	53:38	17.4	1:13	2	32:29	10:28	1:39:53

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	Mike Martens	West Des Moines	IA	45	M	1	6:49	1:15	1:27	2	47:52	19.5	0:52	1	27:47	8:57	1:24:45
2	David Green	Des Moines	IA	47	M	2	8:11	1:30	2:15	1	44:31	20.9	1:05	3	30:17	9:45	1:26:16
3	Rick Schmidt	Des Moines	IA	45	M	4	9:28	1:44	3:37	3	48:59	19.0	1:37	4	30:57	9:58	1:34:36
4	Kyle Schminke	Shellsburg	IA	46	M	3	8:56	1:39	2:07	4	54:55	17.0	0:48	2	28:31	9:11	1:35:15
5	Christian Sabotta	Washington	IL	45	M	5	9:40	1:47	4:11	5	1:03:37	14.7	2:20	5	35:06	11:18	1:54:53

FEMALE 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	Carla Coleman	Iowa City	IA	50	F	1	10:31	1:56	3:34	1	1:02:04	15.0	0:46	1	31:17	10:04	1:48:09

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	Steve Iverson	Altoona	IA	53	M	1	6:01	1:06	2:24	1	47:26	19.6	1:12	1	26:10	8:26	1:23:12
2	Steve Cox	Cambridge	IA	54	M	2	8:53	1:38	2:01	2	51:19	18.2	1:25	2	34:46	11:12	1:38:21
3	Timothy Ryken	Iowa City	IA	52	M	3	10:00	1:50	5:13	3	1:06:56	13.9	2:16	3	41:20	13:19	2:05:42

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 Jamey Cox	Cambridge	IA	56	F	1	7:45	1:25	1:55	1	53:45	17.3	1:19	1	32:29	10:28	1:37:11

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 Guy Olson	Cedar Rapids	IA	56	M	1	6:20	1:10	1:06	1	40:40	22.9	0:51	1	23:45	7:39	1:12:40
2 Dan Shaffer	Ely	IA	58	M	3	8:09	1:30	2:07	2	43:16	21.5	1:05	2	25:14	8:07	1:19:49
3 Joe McGrath	Cedar Rapids	IA	57	M	2	6:45	1:14	1:30	3	48:57	19.0	1:05	3	28:40	9:14	1:26:55

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 Martin Lange	New Providence	IA	62	M	1	10:28	1:55	2:06	1	50:43	18.4	1:49	1	32:12	10:22	1:37:15