

IOWA'S BEST DAM TRIATHLON
(Olympic Distance Course)
September 8, 2013
Coralville, Iowa

1.5 K Swim, 38 K Bike, 10 K Run

TOP FEMALE COLLEGIATE INDIVIDUAL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Summer Ohlendorf	27	Madison	WI	22:26	1:08:18	46:26	2:18:42
2	Jessica Finlay	25	Minneapolis	MN	23:36	1:09:24	46:34	2:21:27
3	Jessica Yurchich	25	Madison	WI	25:33	1:07:47	48:12	2:23:44

TOP MALE COLLEGIATE INDIVIDUAL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Justin Metzler	20	Glenview	IL	20:58	59:43	37:14	1:59:16
2	Kris Spoth	26	Ames	IA	21:47	58:47	38:56	2:00:58
3	Matt Ampleman	26	Iowa City	IA	20:05	1:02:38	37:31	2:01:39

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Summer Ohlendorf	27	Madison	WI	22:26	1:08:18	46:26	2:18:42
2	Jessica Finlay	25	Minneapolis	MN	23:36	1:09:24	46:34	2:21:27
3	Jessica Yurchich	25	Madison	WI	25:33	1:07:47	48:12	2:23:44

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Justin Metzler	20	Glenview	IL	20:58	59:43	37:14	1:59:16
2	Kris Spoth	26	Ames	IA	21:47	58:47	38:56	2:00:58
3	Matt Ampleman	26	Iowa City	IA	20:05	1:02:38	37:31	2:01:39

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jennifer Wells	36	Moline	IL	32:52	1:16:24	1:06:36	2:59:38

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Chris Martin	34	Bettendorf	IA	31:55	1:35:43	1:01:15	3:14:34

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Rachel Stollenwerk	24	Milwaukee	WI	24:06	1:17:24	55:43	2:40:06
2	Sophia Parr	24	Chicago	IL	26:36	1:29:18	1:03:59	3:04:38

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	John Collier	24	Iowa City	IA	25:09	1:09:39	41:36	2:19:22
2	Patrick Killian	20	Wisconsin Rapids	WI	20:55	1:13:14	47:17	2:24:02
3	Mitchel Jankowski	24	Brownsburg	IN	35:07	1:11:57	46:46	2:36:34

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Amanda Harris	26	Earlville	IA	28:36	1:20:07	52:55	2:44:34
2	Diane Threlkeld	25	Mandeville	LA	23:39	1:38:12	1:27:10	3:33:16

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Nick Olberding	27	Dyersville	IA	26:07	1:10:36	43:17	2:22:12
2	Chas Threlkeld	27	Chicago	IL	23:36	1:09:13	56:35	2:32:33
3	Robert Koch	25	Lansing	IL	34:07	1:09:40	49:18	2:37:34

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tami Abkes	32	Cedar Rapids	IA	27:36	1:24:00	47:47	2:44:03
2	Michelle Murray	31	Davenport	IA	29:22	1:38:27	1:04:45	3:15:27

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Steven Davis	33	North Liberty	IA	26:36	1:07:39	45:52	2:21:32
2	Eric Snyder	32	Cedar Falls	IA	29:59	1:05:12	45:16	2:22:38
3	Bryan Bacehowski	34	Iowa City	IA	31:57	1:12:08	49:09	2:36:19

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jamie Johnson	36	Naperville	IL	30:19	1:29:50	1:05:12	3:10:45

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Lucas Llado	37	Iowa City	IA	20:37	1:03:00	40:54	2:06:29
2	Michael Ritter	38	North Liberty	IA	26:40	1:09:43	46:27	2:25:36
3	Brent Fiegel	35	Buffalo	IA	31:18	1:10:03	41:41	2:26:20

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Angie Smith	40	Iowa City	IA	28:11	1:25:19	1:01:42	2:58:32

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jeff Scharpman	40	Lynn Center	IL	28:01	1:03:49	46:24	2:21:01
2	Mark Johnson	40	Hiawatha	IA	31:13	1:15:17	47:55	2:38:01
3	Mathieu Cagnard	42	Cedar Rapids	IA	38:21	1:12:20	51:16	2:44:27

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Heidi Townsend	46	Dubuque	IA	38:23	1:46:27	1:08:07	3:37:18

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Brian Kennedy	49	Bettendorf	IA	25:59	1:16:05	53:55	2:39:58
2	Dave Thoma	46	Jesup	IA	44:15	1:15:04	49:08	2:51:27
3	Doug Kuntz	49	Pleasant Hill	IA	36:17	1:15:27	55:16	2:51:41

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jeffrey Witters	50	LeClaire	IA	27:33	1:15:30	55:41	2:41:11
2	Dave Harms	53	Independence	IA	35:02	1:14:24	51:11	2:44:51
3	William Mott	52	Middleton	WI	27:23	1:19:21	54:35	2:46:32

MALE INDIVIDUAL AGE GROUP: 65 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Volker Thomas	65	Iowa City	IA	26:52	1:18:47	1:02:57	2:52:38

TEAM CATEGORY: OVERALL

1	Shipped My Pants	34:12	1:11:11	44:47	2:31:15
	James Fleming	Aaron Robertson	William Crile		