

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

1.5 K Swim, 38 K Bike, 10 K Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM plc	BIKE time	100 yds	TRAN time	BIKE plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/36	Justin Metzler	Glenview	IL	20	M	10	20:58	1:12	0:43	2	59:43	23.7	0:40	1	37:14	6:00	1:59:16
2	1/11	Kris Spoth	Ames	IA	26	M	13	21:47	1:15	0:49	1	58:47	24.1	0:41	5	38:56	6:16	2:00:58
3	2/11	Matt Ampleman	Iowa City	IA	26	M	4	20:05	1:09	0:44	5	1:02:38	22.6	0:42	2	37:31	6:03	2:01:39
4	2/36	Simon Frederiksen	Madison	WI	22	M	12	21:43	1:14	0:43	3	1:01:13	23.1	0:47	14	41:25	6:40	2:05:50
5	1/6	Lucas Llado	Iowa City	IA	37	M	6	20:37	1:11	1:01	6	1:03:00	22.5	0:59	10	40:54	6:35	2:06:29
6	3/11	Sean Austin	Ames	IA	25	M	19	22:56	1:19	0:51	4	1:02:22	22.7	0:54	13	41:15	6:39	2:08:16
7	3/36	Jeffrey Condit	Pewaukee	WI	22	M	21	23:03	1:19	0:59	10	1:04:21	22.0	0:41	7	39:59	6:27	2:09:10
8	4/36	Tyler Grinstead	Deforest	WI	22	M	25	23:28	1:20	1:24	11	1:04:47	21.9	1:04	3	38:29	6:12	2:09:10
9	5/36	David Mott	Middleton	WI	20	M	15	22:19	1:17	1:08	17	1:07:20	21.0	0:48	6	39:28	6:21	2:11:01
10	6/36	Zach Shaver	Glen Ellyn	IL	20	M	11	21:14	1:13	0:48	19	1:07:31	21.0	1:03	11	41:00	6:36	2:11:36
11	4/11	Jim Mott	Middleton	WI	25	M	23	23:19	1:20	0:59	13	1:05:08	21.8	0:57	19	42:10	6:48	2:12:30
12	7/36	Patrick Griffith	La Crosse	WI	20	M	53	26:54	1:32	0:55	7	1:03:37	22.3	0:50	16	41:37	6:42	2:13:52
13	8/36	Robbie Greco	Brookfield	WI	21	M	7	20:49	1:11	1:00	15	1:06:21	21.4	0:43	39	47:25	7:38	2:16:16
14	5/11	Andrew Nelson	Iowa City	IA	26	M	32	24:01	1:22	1:02	23	1:08:00	20.8	0:44	20	42:41	6:53	2:16:26
15	9/36	Riley Dougherty	Richfield	MN	23	M	1	19:05	1:05	0:47	33	1:09:54	20.3	0:58	28	45:49	7:23	2:16:30
16	10/36	Alex Rosenbaum	Minneapolis	MN	21	M	33	24:03	1:22	1:06	18	1:07:28	21.0	0:55	23	44:35	7:11	2:18:04
17	1/6	Summer Ohlendorf	Madison	WI	27	F	16	22:26	1:17	0:47	24	1:08:18	20.7	0:46	31	46:26	7:29	2:18:42
18	11/36	Mark Caballero	Milwaukee	WI	21	M	54	27:03	1:33	1:10	25	1:09:08	20.5	0:54	9	40:35	6:32	2:18:48
19	12/36	Spencer Davis	Chaska	MN	21	M	61	27:41	1:35	0:59	37	1:10:33	20.1	0:58	4	38:40	6:14	2:18:49
20	13/36	Kyle Bergemann	Austin	TX	22	M	56	27:20	1:34	1:08	34	1:09:55	20.3	0:50	8	40:05	6:27	2:19:16
21	14/36	John Collier	Iowa City	IA	24	M	38	25:09	1:26	1:45	29	1:09:39	20.3	1:15	15	41:36	6:42	2:19:22
22	1/7	Jeff Scharpman	Lynn Center	IL	40	M	62	28:01	1:36	1:32	8	1:03:49	22.2	1:17	30	46:24	7:29	2:21:01
23	1/8	Zach Woodcock	Minneapolis	MN	19	M	22	23:13	1:20	1:10	36	1:10:04	20.2	1:08	27	45:35	7:21	2:21:07
24	6/11	Kyle Weis	Ames	IA	28	M	45	26:19	1:30	0:50	9	1:04:20	22.0	1:04	48	48:49	7:52	2:21:20
25	2/6	Jessica Finlay	Minneapolis	MN	25	F	27	23:36	1:21	1:00	27	1:09:24	20.4	0:54	33	46:34	7:30	2:21:27
26	1/5	Steven Davis	North Liberty	IA	33	M	50	26:36	1:31	0:46	20	1:07:39	20.9	0:41	29	45:52	7:23	2:21:32
27	7/11	Nick Olberding	Dyersville	IA	27	M	43	26:07	1:30	1:11	38	1:10:36	20.1	1:03	21	43:17	6:58	2:22:12
28	2/5	Eric Snyder	Cedar Falls	IA	32	M	72	29:59	1:43	1:21	14	1:05:12	21.7	0:52	26	45:16	7:17	2:22:38
29	3/6	Jessica Yurchich	Madison	WI	25	F	39	25:33	1:28	1:17	21	1:07:47	20.9	0:57	46	48:12	7:46	2:23:44
30	15/36	Patrick Killian	Wisconsin Rapi	WI	20	M	9	20:55	1:12	1:43	44	1:13:14	19.3	0:55	38	47:17	7:37	2:24:02
31	16/36	John Beck	Ames	IA	20	M	5	20:06	1:09	1:31	53	1:14:56	18.9	0:48	37	47:09	7:36	2:24:27
32	17/36	Byron Smith	Ames	IA	21	M	14	22:10	1:16	0:41	48	1:14:12	19.1	1:03	36	47:01	7:34	2:25:05
33	8/11	Carlos Gorina	Eau Claire	WI	27	M	40	25:38	1:28	0:57	12	1:05:03	21.8	1:10	59	52:50	8:31	2:25:35
34	2/6	Michael Ritter	North Liberty	IA	38	M	51	26:40	1:31	1:44	31	1:09:43	20.3	1:04	32	46:27	7:29	2:25:36
35	4/6	Joy Carroll	Iowa City	IA	26	F	36	24:13	1:23	1:09	39	1:11:36	19.8	1:01	43	47:57	7:43	2:25:53
36	3/6	Brent Fiegel	Buffalo	IA	35	M	79	31:18	1:47	1:42	35	1:10:03	20.2	1:39	17	41:41	6:43	2:26:20
37	18/36	Zachary Eskrich	Verona	WI	22	M	64	28:36	1:38	1:07	16	1:06:42	21.2	0:45	55	50:10	8:05	2:27:17
38	19/36	Ted Treise	River Falls	WI	20	M	78	31:15	1:47	1:10	32	1:09:49	20.3	0:48	25	44:47	7:13	2:27:46
39	20/36	Brian Kraus	Ames	IA	24	M	76	31:02	1:46	0:53	46	1:13:40	19.2	0:53	18	41:43	6:43	2:28:09
40	1/8	Allison Kindig	Iowa City	IA	21	F	41	25:42	1:28	0:55	50	1:14:26	19.0	0:50	35	46:50	7:33	2:28:41
41	2/8	Thomas Meeker	Mattawan	MI	19	M	80	31:21	1:47	2:19	45	1:13:18	19.3	0:55	12	41:10	6:38	2:29:01
42	3/8	Rj Petrella	Fairview	PA	19	M	2	19:13	1:06	1:30	69	1:17:48	18.2	0:39	45	48:11	7:46	2:29:19
43	21/36	Brady Mahoney	Woodbury	MN	21	M	20	22:58	1:19	1:53	72	1:18:10	18.1	1:41	24	44:47	7:13	2:29:27
44	1/3	Melanie Rabino	Woodbury	MN	19	F	8	20:50	1:11	1:14	74	1:18:38	18.0	1:03	40	47:46	7:42	2:29:29
45	22/36	Jacob Hale	Collierville	TN	20	M	3	19:23	1:07	1:08	52	1:14:42	19.0	0:49	63	53:52	8:41	2:29:52
46	2/8	Anna Moynihan	Minneapolis	MN	20	F	24	23:19	1:20	1:20	71	1:18:01	18.2	0:54	47	48:13	7:46	2:31:46
47	9/11	Chas Threlkeld	Chicago	IL	27	M	28	23:36	1:21	1:41	26	1:09:13	20.5	1:31	80	56:35	9:07	2:32:33
48	4/8	Benjamin Aiken	Basking Ridge	NJ	19	M	17	22:37	1:18	1:49	80	1:20:42	17.6	0:58	44	48:01	7:44	2:34:04
49	23/36	Tanner Westmorelan	Eagle Lake	MN	21	M	35	24:09	1:23	0:58	43	1:12:22	19.6	1:04	71	55:36	8:57	2:34:08
50	24/36	Sam Nilsson	Ames	IA	21	M	30	23:44	1:21	1:01	57	1:15:20	18.8	1:02	65	54:00	8:42	2:35:05
51	5/8	Jared Varner	Deforest	WI	19	M	44	26:19	1:30	1:35	65	1:16:39	18.5	1:37	53	49:59	8:03	2:36:07
52	3/5	Bryan Bacehowski	Iowa City	IA	34	M	84	31:57	1:49	1:57	41	1:12:08	19.6	1:10	51	49:09	7:55	2:36:19
53	25/36	Cody Hut	Highlands Ranc	CO	20	M	48	26:32	1:31	1:01	28	1:09:38	20.3	1:25	83	57:56	9:20	2:36:30
54	26/36	Mitchel Jankowski	Brownburg	IN	24	M	95	35:07	2:00	1:17	40	1:11:57	19.7	1:30	34	46:46	7:32	2:36:34
55	10/11	Robert Koch	Lansing	IL	25	M	91	34:07	1:57	3:20	30	1:09:40	20.3	1:11	52	49:18	7:57	2:37:34
56	2/7	Mark Johnson	Hiawatha	IA	40	M	77	31:13	1:47	1:36	56	1:15:17	18.8	2:02	42	47:55	7:43	2:38:01
57	4/6	Jeremy Richardson	Cedar Rapids	IA	36	M	55	27:07	1:33	2:08	22	1:07:57	20.8	1:26	85	59:28	9:35	2:38:04
58	1/4	Brian Kennedy	Bettendorf	IA	49	M	42	25:59	1:29	1:58	62	1:16:05	18.6	2:03	64	53:55	8:41	2:39:58
59	3/8	Rachel Stollenwerk	Milwaukee	WI	24	F	34	24:06	1:23	1:42	67	1:17:24	18.3	1:14	73	55:43	8:58	2:40:06
60	1/4	Jeffrey Witters	Leclaire	IA	50	M	59	27:33	1:34	1:24	60	1:15:30	18.8	1:05	72	55:41	8:58	2:41:11
61	27/36	Derek Griesinger	Dubuque	IA	24	M	81	31:39	1:48	1:33	51	1:14:38	19.0	1:19	61	53:04	8:33	2:42:12
62	6/8	Justin Jones	Ames	IA	19	M	31	23:54	1:22	2:04	77	1:19:14	17.9	1:12	75	55:55	9:00	2:42:16
63	28/36	Joseph Barnard	Saint Paul	MN	23	M	99	37:32	2:08	1:07	47	1:14:10	19.1	1:21	49	48:53	7:52	2:43:01
64	5/6	Lane McMullen	North Liberty	IA	35	M	66	28:46	1:39	1:15	64	1:16:38	18.5	1:36	69	55:06	8:52	2:43:19
65	11/11	Lucas Dove	Cedar Rapids	IO	27	M	71	29:56	1:43	1:01	59	1:15:29	18.8	1:44	74	55:47	8:59	2:43:56
66	1/2	Tami Abkes	Cedar Rapids	IA	32	F	60	27:36	1:35	2:27	86	1:24:00	16.9	2:16	41	47:47	7:42	2:44:03
67	29/36	Kyle Carey	Milwaukee	WI	22	M	46	26:26	1:31	2:00	82	1:21:36	17.4	2:37	58	51:44	8:20	2:44:21
68	3/7	Mathieu Cagnard	Cedar Rapids	IA	42	M	102	38:21	2:11	1:26	42	1:12:20	19.6	1:05	57	51:16	8:15	2:44:27
69	5/6	Amanda Harris	Earlville	IA	26	F	65	28:36	1:38	1:23	79	1:20:07	17.7	1:35	60	52:55	8:31	2:44:34
70	2/4	Dave Harms	Independence	IA	53	M	94	35:02	2:00	2:30	49	1:14:24	19.0	1:46	56	51:11	8:15	2:44:51
71	4/8	Judah Sencenbaugh	Ames	IA	21	F	47	26:29	1:31	1:07	61	1:15:53	18.7	1:25	87	1:00:00	9:40	2:44:53
72	30/36	Ryan Dincer	Ames	IA	20	M	68	29:08	1:40	1:14	76	1:19:13	17.9	1:24	68	55:05	8:52	2:46:02
73	3/4	William Mott	Middleton	WI	52	M	57	27:23	1:34	2:15	78	1:19:21	17.9	3:00	67	54:35	8:47	2:46:32
74	31/36	Joseph McDonald	St. Louis	MO	22	M	92	34:31	1:58									

96	1/1	Jamie Johnson	Naperville	IL	36	F	73	30:19	1:44	3:14	95	1:29:50	15.8	2:13	98	1:05:12	10:30	3:10:45
97	1/1	Chris Martin	Bettendorf	IA	34	M	83	31:55	1:49	3:56	100	1:35:43	14.8	1:47	89	1:01:15	9:52	3:14:34
98	2/2	Michelle Murray	Davenport	IA	31	F	69	29:22	1:41	1:51	102	1:38:27	14.4	1:04	96	1:04:45	10:26	3:15:27
99	5/7	Keith Neubauer	Swisher	IA	42	M	97	35:42	2:02	4:21	97	1:33:42	15.1	4:21	84	58:25	9:25	3:16:29
100	6/6	Diane Threlkeld	Mandeville	LA	25	F	29	23:39	1:21	2:00	101	1:38:12	14.4	2:17	103	1:27:10	14:02	3:33:16
101	6/7	Jeffrey Durdin	Dubuque	IA	43	M	70	29:33	1:41	4:37	99	1:35:11	14.9	2:25	102	1:23:08	13:23	3:34:52
102	1/1	Heidi Townsend	Dubuque	IA	46	F	103	38:23	2:11	2:51	103	1:46:27	13.3	1:32	100	1:08:07	10:58	3:37:18
103	7/8	Daniel Liberman	Iowa City	IA	19	M	58	27:26	1:34	2:24	104	1:51:01	12.8	0:47	101	1:18:22	12:37	3:39:57
104	5/5	Nathan Murray	Davenport	IA	33	M	105	42:22	2:25	1:50	98	1:34:55	14.9	1:52	104	1:32:26	14:53	3:53:23
105	7/7	Stephen Fasnacht	Monticello	IA	41	M	104	41:15	2:21	3:13	106	1:58:58	11.9	1:29	105	1:34:47	15:16	4:19:40
106	8/8	Brian Chin	Hershey	PA	19	M	37	25:04	1:26	4:30	105	1:57:39	12.0	1:08	106	1:52:40	18:08	4:20:58

RESULTS FOR ATHLETES THAT WORE A WETSUIT

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
									plc	time	yds	time	plc	time	pace	TIME		
1	1/1	Mike Cherry	Waverly	IA	46	M	1	28:46	1:39	1:14	1	1:13:04	19.4	0:55	3	48:21	7:47	2:32:17
2	1/1	Paul Loete	Orion	IL	41	M	4	33:21	1:54	1:42	2	1:13:20	19.3	1:17	4	49:41	8:00	2:39:19
3	1/1	Rick Spear	Iowa City	IA			2	31:25	1:48	3:04	4	1:26:02	16.5	0:44	2	48:02	7:44	2:49:15
4	1/1	Ian Waters	Madison	WI	25	M	6	41:31	2:22	1:54	3	1:23:35	16.9	2:07	1	45:05	7:16	2:54:12
5	1/1	Rick Fountain	Bettendorf	IA	44	M	3	32:48	1:52	2:49	6	1:36:28	14.7	1:56	5	56:05	9:02	3:10:03
6	1/1	Traci Beitzel	Cedar Rapids	IA	47	F	5	38:38	2:12	2:14	5	1:28:16	16.1	2:55	6	1:03:13	10:11	3:15:14

PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
									plc	time	yds	time	plc	time	pace	TIME		
1	1/1	Daniel Traverzo	La Crosse	WI	19	M	1	26:25	1:31	1:19	1	1:21:48	17.3	1:45				
2	1/1	Mark Schiess	La Crosse	WI	25	M												

RECEIVED A PENALTY

No.	Name	City	St	Age	S	Penalty
324	R J Petrella	Fairview	PA	19	M	2:00

TEAM RESULTS

TOTAL	DIV	PLACE	PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						plc	time	yds	time	plc	time	pace	TIME				
1	1/7	Shipped My Pants = James Fleming , Aaron Robertson , William Crile				5	34:12	1:57	0:43	2	1:11:11	19.9	0:24	1	44:47	7:13	2:31:15
2	2/7	The Goonies = David Von Holten , Steve Bird , Tara Duesker				1	22:47	1:18	0:48	1	1:09:13	20.5	0:43	6	1:02:15	10:01	2:35:44
3	3/7	Splash, Flash & Dash = Shane Starke , Cassi Forbes , Angela Bryant				6	36:01	2:03	0:59	3	1:17:40	18.2	0:39	3	54:19	8:45	2:49:37
4	4/7	Trepp-Jordan-Michelson = Jennifer Jordan , Jeni Michelson , Phoebe Trepp				3	30:33	1:45	0:54	4	1:21:29	17.4	0:42	5	1:00:55	9:49	2:54:30
5	5/7	85 And Stayin' Alive = Jordan Metzger , Caliope Albers , Suzi Anderson				4	30:44	1:45	1:01	5	1:32:04	15.4	0:41	2	52:41	8:29	2:57:09
6	6/7	The J's = Jennifer Von Bergen , Julie Truman , Jennifer Von Bergen				2	29:56	1:43	2:06	7	1:43:39	13.7	0:47	4	55:48	8:59	3:12:13
7	7/7	Not Too Old To Tri = Lynda Barrow , Lisa Stroschine , Elaine Rydze				7	36:39	2:05	0:51	6	1:37:54	14.5	0:50	7	1:09:32	11:12	3:25:43

COLLEGIATE RESULTS

TOT	DIV	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
									plc	time	yds	time	plc	time	pace	TIME			
1		53	Justin Metzler	Glenview	IL	20	M	8	20:58	1:12	0:43	2	59:43	23.7	0:40	1	37:14	6:00	1:59:16
2		38	Kris Spoth	Ames	IA	26	M	11	21:47	1:15	0:49	1	58:47	24.1	0:41	5	38:56	6:16	2:00:58
3		6	Matt Ampleman	Iowa City	IA	26	M	4	20:05	1:09	0:44	5	1:02:38	22.6	0:42	2	37:31	6:03	2:01:39
4		25	Simon Frederiksen	Madison	WI	22	M	10	21:43	1:14	0:43	3	1:01:13	23.1	0:47	13	41:25	6:40	2:05:50
5		337	Sean Austin	Ames	IA	25	M	17	22:56	1:19	0:51	4	1:02:22	22.7	0:54	12	41:15	6:39	2:08:16
6		354	Jeffrey Condit	Pewaukee	WI	22	M	19	23:03	1:19	0:59	8	1:04:21	22.0	0:41	7	39:59	6:27	2:09:01
7		9	Tyler Grinstead	DeForest	WI	22	M	23	23:28	1:20	1:24	9	1:04:47	21.9	1:04	3	38:29	6:12	2:09:10
8		11	David Mott	Middleton	WI	20	M	13	22:19	1:17	1:08	14	1:07:20	21.0	0:48	6	39:28	6:21	2:11:01
9		32	Zach Shaver	Glen Ellyn	IL	20	M	9	21:14	1:13	0:48	16	1:07:31	21.0	1:03	10	41:00	6:36	2:11:36
10		23	Jim Mott	Middleton	WI	25	M	21	23:19	1:20	0:59	11	1:05:08	21.8	0:57	16	42:10	6:48	2:12:30
11		20	Patrick Griffith	La Crosse	WI	20	M	41	26:54	1:32	0:55	6	1:03:37	22.3	0:50	14	41:37	6:42	2:13:52
12		13	Robbie Greco	Brookfield	WI	21	M	6	20:49	1:11	1:00	12	1:06:21	21.4	0:43	29	47:25	7:38	2:16:16
13		19	Andrew Nelson	Iowa City	IA	26	M	28	24:01	1:22	1:02	18	1:08:00	20.8	0:44	17	42:41	6:53	2:16:26
14		359	Riley Dougherty	Richfield	MN	23	M	1	19:05	1:05	0:47	24	1:09:54	20.3	0:58	23	45:49	7:23	2:16:30
15		10	Alex Rosenbaum	Minneapolis	MN	21	M	29	24:03	1:22	1:06	15	1:07:28	21.0	0:55	19	44:35	7:11	2:18:04
16		5	Summer Ohlendorf	Madison	WI	27	F	14	22:26	1:17	0:47	19	1:08:18	20.7	0:46	24	46:26	7:29	2:18:42
17		349	Mark Caballero	Milwaukee	WI	21	M	42	27:03	1:33	1:10	20	1:09:08	20.5	0:54	9	40:35	6:32	2:18:48
18		55	Spencer Davis	Chaska	MN	21	M	45	27:41	1:35	0:59	27	1:10:33	20.1	0:58	4	38:40	6:14	2:18:49
19		4	Kyle Bergemann	Austin	TX	22	M	43	27:20	1:34	1:08	25	1:09:55	20.3	0:50	8	40:05	6:27	2:19:16
20		27	Zach Woodcock	Minneapolis	MN	19	M	20	23:13	1:20	1:10	26	1:10:04	20.2	1:08	22	45:35	7:21	2:21:07
21		37	Kyle Weis	Ames	IA	28	M	37	26:19	1:30	0:50	7	1:04:20	22.0	1:04	36	48:49	7:52	2:21:20
22		3	Jessica Finlay	Minneapolis	MN	25	F	25	23:36	1:21	1:00	21	1:09:24	20.4	0:54	25	46:34	7:30	2:21:27
23		21	Jessica Yurchich	Madison	WI	25	F	33	25:33	1:28	1:17	17	1:07:47	20.9	0:57	34	48:12	7:46	2:23:44
24		43	John Beck	Ames	IA	20	M	5	20:06	1:09	1:31	36	1:14:56	18.9	0:48	28	47:09	7:36	2:24:27
25		31	Byron Smith	Ames	IA	21	M	12	22:10	1:16	0:41	33	1:14:12	19.1	1:03	27	47:01	7:34	2:25:05
26		16	Carlos Gorina	Eau Claire	WI	27	M	34	25:38	1:28	0:57	10	1:05:03	21.8	1:10	42	52:50	8:31	2:25:35
27		2	Joy Carroll	Iowa City	IA	26	F	31	24:13	1:23	1:09	28	1:11:36	19.8	1:01	31	47:57	7:43	2:25:53
28		46	Zachary Eskrich	Verona	WI	22	M	46	28:36	1:38	1:07	13	1:06:42	21.2	0:45	40	50:10	8:05	2:27:17
29		29	Ted Treise	River Falls	WI	20	M	50	31:15	1:47	1:10	23	1:09:49	20.3	0:48	21	44:47	7:13	2:27:46
30		33	Brian Kraus	Ames	IA	24	F	49	31:02	1:46	0:53	31	1:13:40	19.2	0:53	15	41:43	6:43	2:28:09
31		356	Allison Kindig	Iowa City	IA	21	F	35	25:42	1:28	0:55	34	1:14:26	19.0	0:50	26	46:50	7:33	2:28:41
32		12	Thomas Meeker	Mattawan	MI	19	M	51	31:21	1:47	2:19	30	1:13:18	19.3	0:55	11	41:10	6:38	2:29:01
33		324	Rj Petrella	Fairview	PA	19	M	2	19:13	1:06	1:30	40	1:17:48	18.2	0:39	33	48:11	7:46	2:29:19
34		54	Brady Mahoney	Woodbury	MN	21	M	18	22:58	1:19	1:53	42	1:18:10	18.1	1:41	20	44:47	7:13	2:29:27
35		7	Melanie Rabino	Woodbury	MN	19	F	7	20:50	1:11	1:14	44	1:18:38	18.0	1:03	30	47:46	7:42	2:29:29
36		328	Jacob Hale	Collierville	TN	20	M	3	19:23	1:07	1:08	35	1:14:42	19.0	0:49	43	53:52	8:41	2:29:52
37		42	Anna Moynihan	Minneapolis	MN	20	F	22	23:19	1:20	1:20	41	1:18:01	18.2	0:54	35	48:13	7:46	2:31:46

38	325 Benjamin Aiken	Basking Ridge	NJ	19	M	15	22:37	1:18	1:49	47	1:20:42	17.6	0:58	32	48:01	7:44	2:34:04
39	28 Tanner Westmorelan	Eagle Lake	MN	21	M	30	24:09	1:23	0:58	29	1:12:22	19.6	1:04	46	55:36	8:57	2:34:08
40	30 Sam Nilsson	Ames	IA	21	M	26	23:44	1:21	1:01	37	1:15:20	18.8	1:02	44	54:00	8:42	2:35:05
41	18 Jared Varner	Deforest	WI	19	M	36	26:19	1:30	1:35	39	1:16:39	18.5	1:37	38	49:59	8:03	2:36:07
42	36 Cody Hut	Highlands Ranc	CO	20	M	40	26:32	1:31	1:01	22	1:09:38	20.3	1:25	53	57:56	9:20	2:36:30
43	48 Justin Jones	Ames	IA	19	M	27	23:54	1:22	2:04	46	1:19:14	17.9	1:12	47	55:55	9:00	2:42:16
44	8 Joseph Barnard	Saint Paul	MN	23	M	58	37:32	2:08	1:07	32	1:14:10	19.1	1:21	37	48:53	7:52	2:43:01
45	22 Kyle Carey	Milwaukee	WI	22	M	38	26:26	1:31	2:00	49	1:21:36	17.4	2:37	41	51:44	8:20	2:44:21
46	35 Judah Sencenbaugh	Ames	IA	21	F	39	26:29	1:31	1:07	38	1:15:53	18.7	1:25	55	1:00:00	9:40	2:44:53
47	44 Ryan Dincher	Ames	IA	20	M	47	29:08	1:40	1:14	45	1:19:13	17.9	1:24	45	55:05	8:52	2:46:02
48	50 Joseph McDonald	St. Louis	MO	22	M	56	34:31	1:58	1:24	48	1:21:08	17.5	1:21	39	50:09	8:05	2:48:32
49	14 Hannah Walsh	Litchfield	MN	22	F	24	23:35	1:21	1:15	52	1:25:29	16.6	1:20	51	57:31	9:16	2:49:08
50	45 Charlie Hohnbaum	Ames	IA	23	M	52	31:48	1:49	2:24	43	1:18:30	18.0	0:48	52	57:37	9:17	2:51:06
51	34 Kevin Isely	Cottage Grove	MN	21	M	48	30:59	1:46	1:28	50	1:21:47	17.3	1:13	50	56:32	9:06	2:51:57
52	355 McKinley Murphey	Milwaukee	WI	22	M	57	35:35	2:02	3:00	57	1:29:52	15.8	1:13	18	44:28	7:10	2:54:06
53	1 Monica Palese	Minneapolis	MN	23	F	53	32:02	1:50	2:02	53	1:25:48	16.5	1:50	48	55:56	9:01	2:57:37
54	52 Shane Forker	Iowa City	IA	21	M	54	32:35	1:52	2:24	51	1:25:03	16.7	1:16	49	56:20	9:04	2:57:37
55	24 Rebecca Barry	Deerfield	IL	21	F	16	22:54	1:19	1:56	55	1:28:07	16.1	2:02	56	1:03:25	10:13	2:58:22
56	41 Jaclyn Noshay	Minneapolis	MN	19	F	59	38:04	2:10	1:25	54	1:27:22	16.2	1:03	54	59:39	9:36	3:07:31
57	26 Andrea Schaefer	La Crosse	WI	19	F	55	32:57	1:53	2:08	56	1:29:34	15.8	1:11	57	1:03:47	10:16	3:09:35
58	253 Daniel Liberman	Iowa City	IA	19	M	44	27:26	1:34	2:24	58	1:51:01	12.8	0:47	58	1:18:22	12:37	3:39:57
59	51 Brian Chin	Hershey	PA	19	M	32	25:04	1:26	4:30	59	1:57:39	12.0	1:08	59	1:52:40	18:08	4:20:58

#### TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds	
1	Riley Dougherty	Richfield	MN	23	M	19:05	1:05
2	Rj Petrella	Fairview	PA	19	M	19:13	1:06
3	Jacob Hale	Collierville	TN	20	M	19:23	1:07
4	Matt Ampleman	Iowa City	IA	26	M	20:05	1:09
5	John Beck	Ames	IA	20	M	20:06	1:09
6	Lucas Llado	Iowa City	IA	37	M	20:37	1:11
7	Robbie Greco	Brookfield	WI	21	M	20:49	1:11
8	Melanie Rabino	Woodbury	MN	19	F	20:50	1:11
9	Patrick Killian	Wisconsin Rapi	WI	20	M	20:55	1:12
10	Justin Metzler	Glenview	IL	20	M	20:58	1:12

#### TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time	
1	Byron Smith	Ames	IA	21	M	0:41
2	Simon Frederiksen	Madison	WI	22	M	0:43
3	Justin Metzler	Glenview	IL	20	M	0:43
4	Matt Ampleman	Iowa City	IA	26	M	0:44
5	Steven Davis	North Librety	IA	33	M	0:46
6	Riley Dougherty	Richfield	MN	23	M	0:47
7	Summer Ohlendorf	Madison	WI	27	F	0:47
8	Zach Shaver	Glen Ellyn	IL	20	M	0:48
9	Kris Spoth	Ames	IA	26	M	0:49
10	Kyle Weis	Ames	IA	28	M	0:50

#### TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph	
1	Kris Spoth	Ames	IA	26	M	58:47	24.1
2	Justin Metzler	Glenview	IL	20	M	59:43	23.7
3	Simon Frederiksen	Madison	WI	22	M	1:01:13	23.1
4	Sean Austin	Ames	IA	25	M	1:02:22	22.7
5	Matt Ampleman	Iowa City	IA	26	M	1:02:38	22.6
6	Lucas Llado	Iowa City	IA	37	M	1:03:00	22.5
7	Patrick Griffith	La Crosse	WI	20	M	1:03:37	22.3
8	Jeff Scharpman	Lynn Center	IL	40	M	1:03:49	22.2
9	Kyle Weis	Ames	IA	28	M	1:04:20	22.0
10	Jeffrey Condit	Pewaukee	WI	22	M	1:04:21	22.0

#### TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time	
1	R J Petrella	Fairview	PA	19	M	0:39
2	Justin Metzler	Glenview	IL	20	M	0:40
3	Steven Davis	North Librety	IA	33	M	0:41
4	Jeffrey Condit	Pewaukee	WI	22	M	0:41
5	Kris Spoth	Ames	IA	26	M	0:41
6	Matt Ampleman	Iowa City	IA	26	M	0:42
7	Robbie Greco	Brookfield	WI	21	M	0:43
8	Andrew Nelson	Iowa City	IA	26	M	0:44
9	Zachary Eskrich	Verona	WI	22	M	0:45
10	Summer Ohlendorf	Madison	WI	27	F	0:46

#### TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace	
1	Justin Metzler	Glenview	IL	20	M	37:14	6:00
2	Matt Ampleman	Iowa City	IA	26	M	37:31	6:03
3	Tyler Grinstead	Deforest	WI	22	M	38:29	6:12
4	Spencer Davis	Chaska	MN	21	M	38:40	6:14
5	Kris Spoth	Ames	IA	26	M	38:56	6:16
6	David Mott	Middleton	WI	20	M	39:28	6:21
7	Jeffrey Condit	Pewaukee	WI	22	M	39:59	6:27
8	Kyle Bergemann	Austin	TX	22	M	40:05	6:27
9	Mark Caballero	Milwaukee	WI	21	M	40:35	6:32
10	Lucas Llado	Iowa City	IA	37	M	40:54	6:35