

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

1.5 K Swim, 38 K Bike, 10 K Run

CLYDESDALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	RUN plc	time	pace	TOTAL TIME
1	269 Chris Martin	Bettendorf	IA	34	M	1	31:55	1:49	3:56	1	1:35:43	14.8	1:47	1	1:01:15	9:52	3:14:34

ATHENA RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	RUN plc	time	pace	TOTAL TIME
1	248 Jennifer Wells	Moline	IL	36	F	1	32:52	1:53	1:53	1	1:16:24	18.5	1:54	1	1:06:36	10:44	2:59:38

FEMALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	RUN plc	time	pace	TOTAL TIME	
1	Melanie Rabino	Woodbury	MN	19	F	1	20:50	1:11	1:14	1	1:18:38	18.0	1:03	1	47:46	7:42	2:29:29
2	Jaelyn Noshay	Minneapolis	MN	19	F	3	38:04	2:10	1:25	2	1:27:22	16.2	1:03	2	59:39	9:36	3:07:31
3	Andrea Schaefer	La Crosse	WI	19	F	2	32:57	1:53	2:08	3	1:29:34	15.8	1:11	3	1:03:47	10:16	3:09:35

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	RUN plc	time	pace	TOTAL TIME	
1	Zach Woodcock	Minneapolis	MN	19	M	3	23:13	1:20	1:10	1	1:10:04	20.2	1:08	2	45:35	7:21	2:21:07
2	Thomas Meeker	Mattawan	MI	19	M	8	31:21	1:47	2:19	2	1:13:18	19.3	0:55	1	41:10	6:38	2:29:01
3	Rj Petrella	Fairview	PA	19	M	1	19:13	1:06	1:30	4	1:17:48	18.2	0:39	4	48:11	7:46	2:29:19
4	Benjamin Aiken	Basking Ridge	NJ	19	M	2	22:37	1:18	1:49	6	1:20:42	17.6	0:58	3	48:01	7:44	2:34:04
5	Jared Varner	Deforest	WI	19	M	6	26:19	1:30	1:35	3	1:16:39	18.5	1:37	5	49:59	8:03	2:36:07
6	Justin Jones	Ames	IA	19	M	4	23:54	1:22	2:04	5	1:19:14	17.9	1:12	6	55:55	9:00	2:42:16
7	Daniel Liberman	Iowa City	IA	19	M	7	27:26	1:34	2:24	7	1:51:01	12.8	0:47	7	1:18:22	12:37	3:39:57
8	Brian Chin	Hershey	PA	19	M	5	25:04	1:26	4:30	8	1:57:39	12.0	1:08	8	1:52:40	18:08	4:20:58

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	RUN plc	time	pace	TOTAL TIME	
1	Allison Kindig	Iowa City	IA	21	F	5	25:42	1:28	0:55	1	1:14:26	19.0	0:50	1	46:50	7:33	2:28:41
2	Anna Moynihan	Minneapolis	MN	20	F	2	23:19	1:20	1:20	4	1:18:01	18.2	0:54	2	48:13	7:46	2:31:46
3	Rachel Stollenwerk	Milwaukee	WI	24	F	4	24:06	1:23	1:42	3	1:17:24	18.3	1:14	3	55:43	8:58	2:44:06
4	Judah Sencenbaugh	Ames	IA	21	F	6	26:29	1:31	1:07	2	1:15:53	18.7	1:25	6	1:00:00	9:40	2:40:53
5	Hannah Walsh	Litchfield	MN	22	F	3	23:35	1:21	1:15	5	1:25:29	16.6	1:20	5	57:31	9:16	2:49:08
6	Monica Palese	Minneapolis	MN	23	F	8	32:02	1:50	2:02	6	1:25:48	16.5	1:50	4	55:56	9:01	2:57:37
7	Rebecca Barry	Deerfield	IL	21	F	1	22:54	1:19	1:56	7	1:28:07	16.1	2:02	7	1:03:25	10:13	2:58:22
8	Sophia Parr	Chicago	IL	24	F	7	26:36	1:31	2:47	8	1:29:18	15.9	2:00	8	1:03:59	10:18	3:04:38

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	RUN plc	time	pace	TOTAL TIME	
1	Justin Metzler	Glenview	IL	20	M	6	20:58	1:12	0:43	1	59:43	23.7	0:40	1	37:14	6:00	1:59:16
2	Simon Frederiksen	Madison	WI	22	M	8	21:43	1:14	0:43	2	1:01:13	23.1	0:47	9	41:25	6:40	2:05:50
3	Jeffrey Condit	Pewaukee	WI	22	M	12	23:03	1:19	0:59	4	1:04:21	22.0	0:41	5	39:59	6:27	2:09:01
4	Tyler Grinstead	Deforest	WI	22	M	13	23:28	1:20	1:24	5	1:04:47	21.9	1:04	2	38:29	6:12	2:09:10
5	David Mott	Middleton	WI	20	M	10	22:19	1:17	1:08	8	1:07:20	21.0	0:48	4	39:28	6:21	2:11:01
6	Zach Shaver	Glen Ellyn	IL	20	M	7	21:14	1:13	0:48	10	1:07:31	21.0	1:03	8	41:00	6:36	2:11:36
7	Patrick Griffith	La Crosse	WI	20	M	20	26:54	1:32	0:55	3	1:03:37	22.3	0:50	11	41:37	6:42	2:13:52
8	Robbie Greco	Brookfield	WI	21	M	4	20:49	1:11	1:00	6	1:06:21	21.4	0:43	22	47:25	7:38	2:16:16
9	Riley Dougherty	Richfield	MN	23	M	1	19:05	1:05	0:47	15	1:09:54	20.3	0:58	17	45:49	7:23	2:16:30
10	Alex Rosenbaum	Minneapolis	MN	21	M	15	24:03	1:22	1:06	9	1:07:28	21.0	0:55	14	44:35	7:11	2:18:04
11	Mark Caballero	Milwaukee	WI	21	M	21	27:03	1:33	1:10	11	1:09:08	20.5	0:54	7	40:35	6:32	2:18:48
12	Spencer Davis	Chaska	MN	21	M	23	27:41	1:35	0:59	17	1:10:33	20.1	0:58	3	38:40	6:14	2:18:49
13	Kyle Bergemann	Austin	TX	22	M	22	27:20	1:34	1:08	16	1:09:55	20.3	0:50	6	40:05	6:27	2:19:16
14	John Collier	Iowa City	IA	24	M	17	25:09	1:26	1:45	13	1:09:39	20.3	1:15	10	41:36	6:42	2:19:22
15	Patrick Killian	Wisconsin Rapi	WI	20	M	5	20:55	1:12	1:43	20	1:13:14	19.3	0:55	21	47:17	7:37	2:24:02
16	John Beck	Ames	IA	20	M	3	20:06	1:09	1:31	26	1:14:56	18.9	0:48	20	47:09	7:36	2:24:27
17	Byron Smith	Ames	IA	21	M	9	22:10	1:16	0:41	23	1:14:12	19.1	1:03	19	47:01	7:34	2:25:05
18	Zachary Eskrich	Verona	WI	22	M	24	28:36	1:38	1:07	7	1:06:42	21.2	0:45	25	50:10	8:05	2:27:17
19	Ted Treise	River Falls	WI	20	M	28	31:15	1:47	1:10	14	1:09:49	20.3	0:48	16	44:47	7:13	2:27:46
20	Brian Kraus	Ames	IA	24	M	27	31:02	1:46	0:53	21	1:13:40	19.2	0:53	12	41:43	6:43	2:28:09
21	Brady Mahoney	Woodbury	MN	21	M	11	22:58	1:19	1:53	29	1:18:10	18.1	1:41	15	44:47	7:13	2:29:27
22	Jacob Hale	Collierville	TN	20	M	2	19:23	1:07	1:08	25	1:14:42	19.0	0:49	28	53:52	8:41	2:29:52
23	Tanner Westmorelan	Eagle Lake	MN	21	M	16	24:09	1:23	0:58	19	1:12:22	19.6	1:04	31	55:36	8:57	2:34:08
24	Sam Nilsson	Ames	IA	21	M	14	23:44	1:21	1:01	27	1:15:20	18.8	1:02	29	54:00	8:42	2:35:05
25	Cody Hut	Highlands Ranc	CO	20	M	19	26:32	1:31	1:01	12	1:09:38	20.3	1:25	36	57:56	9:20	2:36:30
26	Mitchel Jankowski	Brownsburg	IN	24	M	34	35:07	2:00	1:17	18	1:11:57	19.7	1:30	18	46:46	7:32	2:36:34
27	Derek Griesinger	Dubuque	IA	24	M	29	31:39	1:48	1:33	24	1:14:38	19.0	1:19	27	53:04	8:33	2:42:12
28	Joseph Barnard	Saint Paul	MN	23	M	36	37:32	2:08	1:07	22	1:14:10	19.1	1:21	23	48:53	7:52	2:43:01
29	Kyle Carey	Milwaukee	WI	22	M	18	26:26	1:31	2:00	33	1:21:36	17.4	2:37	26	51:44	8:20	2:44:21
30	Ryan Dincher	Ames	IA	20	M	25	29:08	1:40	1:14	31	1:19:13	17.9	1:24	30	55:05	8:52	2:46:02
31	Joseph McDonald	St. Louis	MO	22	M	33	34:31	1:58	1:24	32	1:21:08	17.5	1:21	24	50:09	8:05	2:48:32
32	Charle Hohnbaum	Ames	IA	23	M	30	31:48	1:49	2:24	30	1:18:30	18.0	0:48	35	57:37	9:17	2:51:06
33	Kevin Isely	Cottage Grove	MN	21	M	26	30:59	1:46	1:28	34	1:21:47	17.3	1:13	34	56:32	9:06	2:51:57
34	Jordan Imoehl	Iowa City	IA	23	M	32	33:25	1:54	3:26	28	1:18:00	18.2	1:30	32	55:59	9:01	2:52:18
35	McKinley Murphey	Milwaukee	WI	22	M	35	35:35	2:02	3:00	36	1:29:52	15.8	1:13	13	44:28	7:10	2:54:06
36	Shane Forker	Iowa City	IA	21	M	31	32:35	1:52	2:24	35	1:25:03	16.7	1:16	33	56:20	9:04	2:57:37

FEMALE AGE GROUP RESULTS 25 - 29

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 Summer Ohlendorf	Madison	WI	27	F	1	22:26	1:17	0:47	2	1:08:18	20.7	0:46	1	46:26	7:29	2:18:42
2 Jessica Finlay	Minneapolis	MN	25	F	2	23:36	1:21	1:00	3	1:09:24	20.4	0:54	2	46:34	7:30	2:21:27
3 Jessica Yurchich	Madison	WI	25	F	5	25:33	1:28	1:17	1	1:07:47	20.9	0:57	4	48:12	7:46	2:23:44
4 Joy Carroll	Iowa City	IA	26	F	4	24:13	1:23	1:09	4	1:11:36	19.8	1:01	3	47:57	7:43	2:25:53
5 Amanda Harris	Earlville	IA	26	F	6	28:36	1:38	1:23	5	1:20:07	17.7	1:35	5	52:55	8:31	2:44:34
6 Diane Threlkeld	Mandeville	LA	25	F	3	23:39	1:21	2:00	6	1:38:12	14.4	2:17	6	1:27:10	14:02	3:33:16

MALE AGE GROUP RESULTS 25 - 29

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 Kris Spoth	Ames	IA	26	M	2	21:47	1:15	0:49	1	58:47	24.1	0:41	2	38:56	6:16	2:00:58
2 Matt Ampleman	Iowa City	IA	26	M	1	20:05	1:09	0:44	3	1:02:38	22.6	0:42	1	37:31	6:03	2:01:39
3 Sean Austin	Ames	IA	25	M	3	22:56	1:19	0:51	2	1:02:22	22.7	0:54	3	41:15	6:39	2:08:16
4 Jim Mott	Middleton	WI	25	M	4	23:19	1:20	0:59	6	1:05:08	21.8	0:57	4	42:10	6:48	2:12:30
5 Andrew Nelson	Iowa City	IA	26	M	6	24:01	1:22	1:02	7	1:08:00	20.8	0:44	5	42:41	6:53	2:16:26
6 Kyle Weis	Ames	IA	28	M	9	26:19	1:30	0:50	4	1:04:20	22.0	1:04	7	48:49	7:52	2:21:20
7 Nick Olberding	Dyersville	IA	27	M	8	26:07	1:30	1:11	10	1:10:36	20.1	1:03	6	43:17	6:58	2:22:12
8 Carlos Gorina	Eau Claire	WI	27	M	7	25:38	1:28	0:57	5	1:05:03	21.8	1:10	9	52:50	8:31	2:25:35
9 Chas Threlkeld	Chicago	IL	27	M	5	23:36	1:21	1:41	8	1:09:13	20.5	1:31	11	56:35	9:07	2:32:33
10 Robert Koch	Lansing	IL	25	M	11	34:07	1:57	3:20	9	1:09:40	20.3	1:11	8	49:18	7:57	2:37:34
11 Lucas Dove	Cedar Rapids	IO	27	M	10	29:56	1:43	1:01	11	1:15:29	18.8	1:44	10	55:47	8:59	2:43:56

FEMALE AGE GROUP RESULTS 30 - 34

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 Tami Abkes	Cedar Rapids	IA	32	F	1	27:36	1:35	2:27	1	1:24:00	16.9	2:16	1	47:47	7:42	2:44:03
2 Michelle Murray	Davenport	IA	31	F	2	29:22	1:41	1:51	2	1:38:27	14.4	1:04	2	1:04:45	10:26	3:15:27

MALE AGE GROUP RESULTS 30 - 34

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 Steven Davis	North Liberty	IA	33	M	1	26:36	1:31	0:46	2	1:07:39	20.9	0:41	2	45:52	7:23	2:21:32
2 Eric Snyder	Cedar Falls	IA	32	M	3	29:59	1:43	1:21	1	1:05:12	21.7	0:52	1	45:16	7:17	2:22:38
3 Bryan Bacehowski	Iowa City	IA	34	M	4	31:57	1:49	1:57	3	1:12:08	19.6	1:10	3	49:09	7:55	2:36:19
4 Jeremy Ziemer	North Liberty	IA	32	M	2	29:08	1:40	2:10	4	1:17:26	18.3	1:24	4	1:04:48	10:26	2:54:54
5 Nathan Murray	Davenport	IA	33	M	5	42:22	2:25	1:50	5	1:34:55	14.9	1:52	5	1:32:26	14:53	3:53:23

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 Jamie Johnson	Naperville	IL	36	F	1	30:19	1:44	3:14	1	1:29:50	15.8	2:13	1	1:05:12	10:30	3:10:45

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 Lucas Llado	Iowa City	IA	37	M	1	20:37	1:11	1:01	1	1:03:00	22.5	0:59	1	40:54	6:35	2:06:29
2 Michael Ritter	North Liberty	IA	38	M	2	26:40	1:31	1:44	3	1:09:43	20.3	1:04	3	46:27	7:29	2:25:36
3 Brent Fiegel	Buffalo	IA	35	M	5	31:18	1:47	1:42	4	1:10:03	20.2	1:39	2	41:41	6:43	2:26:20
4 Jeremy Richardson	Cedar Rapids	IA	36	M	3	27:07	1:33	2:08	2	1:07:57	20.8	1:26	5	59:28	9:35	2:38:04
5 Lane McMullen	North Liberty	IA	35	M	4	28:46	1:39	1:15	5	1:16:38	18.5	1:36	4	55:06	8:52	2:43:19
6 Manuel Rivera	Hampton	IL	38	M	6	32:15	1:50	1:39	6	1:22:37	17.1	1:33	6	1:03:01	10:09	3:01:03

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 Angie Smith	Iowa City	IA	40	F	1	28:11	1:37	1:52	1	1:25:19	16.6	1:29	1	1:01:42	9:56	2:58:32

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 Jeff Scharpman	Lynn Center	IL	40	M	1	28:01	1:36	1:32	1	1:03:49	22.2	1:17	1	46:24	7:29	2:21:01
2 Mark Johnson	Hiawatha	IA	40	M	4	31:13	1:47	1:36	3	1:15:17	18.8	2:02	2	47:55	7:43	2:38:01
3 Mathieu Cagnard	Cedar Rapids	IA	42	M	6	38:21	2:11	1:26	2	1:12:20	19.6	1:05	3	51:16	8:15	2:44:27
4 Bradley Sindelar	Corydon	IA	42	M	3	30:55	1:46	2:09	4	1:16:42	18.5	1:43	5	1:00:19	9:43	2:51:46
5 Keith Neubauer	Swisher	IA	42	M	5	35:42	2:02	4:21	5	1:33:42	15.1	4:21	4	58:25	9:25	3:16:29
6 Jeffrey Durdin	Dubuque	IA	43	M	2	29:33	1:41	4:37	6	1:35:11	14.9	2:25	6	1:23:08	13:23	3:34:52
7 Stephen Fasnacht	Monticello	IA	41	M	7	41:15	2:21	3:13	7	1:58:58	11.9	1:29	7	1:34:47	15:16	4:19:40

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 Heidi Townsend	Dubuque	IA	46	F	1	38:23	2:11	2:51	1	1:46:27	13.3	1:32	1	1:08:07	10:58	3:37:18

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN		RUN		TOTAL	
					plc	time		yds	time	plc	time	mph	time	plc		time
1 Brian Kennedy	Bettendorf	IA	49	M	1	25:59	1:29	1:58	3	1:16:05	18.6	2:03	3	53:55	8:41	2:39:58
2 Dave Thoma	Jesup	IA	46	M	4	44:15	2:31	2:11	1	1:15:04	18.9	0:51	1	49:08	7:55	2:51:27
3 Doug Kuntz	Pleasant Hill	IA	49	M	3	36:17	2:04	2:58	2	1:15:27	18.8	1:46	4	55:16	8:54	2:51:41
4 David Burbidge	Iowa City	IA	45	M	2	34:47	1:59	1:36	4	1:23:22	17.0	1:22	2	53:36	8:38	2:54:41

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN		RUN		TOTAL	
					plc	time		yds	time	plc	time	mph	time	plc		time
1 Jeffrey Witters	Leclaire	IA	50	M	2	27:33	1:34	1:24	3	1:15:30	18.8	1:05	4	55:41	8:58	2:41:11
2 Dave Harms	Independence	IA	53	M	3	35:02	2:00	2:30	1	1:14:24	19.0	1:46	1	51:11	8:15	2:44:51
3 William Mott	Middleton	WI	52	M	1	27:23	1:34	2:15	4	1:19:21	17.9	3:00	3	54:35	8:47	2:46:32
4 Bob Klein	De Witt	IA	52	M	4	37:43	2:09	1:09	2	1:15:06	18.9	1:39	2	54:31	8:47	2:50:05

MALE AGE GROUP RESULTS 65 - 99

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN		RUN		TOTAL	
					plc	time		yds	time	plc	time	mph	time	plc		time
1 Volker Thomas	Iowa City	IA	65	M	1	26:52	1:32	2:08	1	1:18:47	18.0	1:56	1	1:02:57	10:08	2:52:38