

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

500 Yard Swim, 20 K Bike, 3.1 Mile Run

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kim Sprenger	51	Iowa City	IA	8:38	38:54	23:04	1:12:22
2	Anne Hilleman	38	Huxley	IA	8:39	39:24	23:03	1:13:33
3	Leah Feazel	29	Iowa City	IA	9:10	39:25	23:42	1:15:07

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Joshua Madsen	37	North Liberty	IA	6:34	31:35	19:49	59:40
2	Eric Goers	42	Iowa City	IA	7:54	35:32	19:25	1:04:43
3	John Grice	54	Kewanee	IL	8:58	34:15	19:25	1:04:46

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Janae Gross	35	Cedar Falls	IA	10:25	40:54	27:26	1:21:13
2	Lori Meyer	28	West Burlington	IO	9:33	46:45	29:17	1:30:23
3	Kathy Crawford	51	Savannah	MO	16:36	1:02:30	37:50	2:01:43

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Justin Schmidt	32	Cedar Rapids	IA	9:06	41:43	25:50	1:19:55
2	Keith Abkes	42	Cedar Rapids	IA	10:15	41:45	27:32	1:24:43
3	Doug Deimler	34	Cedar Rapids	IA	9:47	43:47	30:10	1:27:26

FEMALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Eveline Dowling	16	Iowa City	IA	7:07	46:26	24:32	1:21:26
2	Jacqueline Dowling	18	Iowa City	IA	7:21	45:33	23:40	1:21:27

MALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Bailey Redlinger	17	Solon	IA	13:29	44:08	25:45	1:25:53

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Samantha Moller	24	Silvis	IL	10:39	41:00	22:43	1:17:17
2	Alyssa Bohlender	20	Indianola	IA	8:54	47:39	26:15	1:25:58
3	Megan Lopez	22	Johnsburg	IL	11:04	48:53	21:59	1:26:03

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Adam Kassem	24	Winston Salem	NC	9:55	36:36	20:16	1:09:17
2	Carsen Anderson	21	Storm Lake	IA		37:50	23:49	1:12:32
3	Brandon Bohlender	22	Iowa City	IA	8:52	40:09	22:33	1:14:46

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Bri Flynn	26	Bettendorf	IA	11:11	41:42	21:23	1:17:52
2	Sarah Richmond	26	Iowa City	IA	10:32	39:16	27:48	1:20:23
3	Katie Huether	28	Cedar Rapids	IA	9:59	42:45	24:23	1:20:40

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Eric Monahan	28	Iowa City	IA	9:52	36:47	20:56	1:10:10
2	Kyle Polich	25	North Liberty	IA	12:56	36:48	20:08	1:11:58
3	Scott McNaughton	28	Iowa City	IA	8:08	39:40	23:25	1:14:20

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Annette Wittrock	34	Ottumwa	IA	8:27	40:56	27:29	1:18:58
2	Lindsey Greco	31	North Liberty	IA	9:23	43:25	29:16	1:25:06
3	Michelle Richardso	33	Cedar Rapids	IA	10:07	42:43	29:21	1:26:48

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Craig Goldsmith	31	Marion	IA	8:02	36:41	19:45	1:05:51
2	Jason Rabe	33	Fairfax	IA	7:38	35:54	20:44	1:06:27
3	Jason Migala	34	Sauk Rapids	MN	9:40	34:07	20:37	1:06:28

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Angie Kersten	38	Davenport	IA	12:09	38:56	25:04	1:19:06
2	Jill Snitko	35	Marion	IA	11:46	46:15	23:15	1:23:44
3	Andrea Joyner	39	Marion	IA	12:51	49:06	24:06	1:29:19

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Chad Goldsmith	36	Coralville	IA	10:52	39:34	20:45	1:12:52
2	Neal Caughron	35	Waterloo	IA	9:13	41:32	21:57	1:15:11
3	Jared Althoff	35	Peosta	IA	9:58	39:01	25:24	1:16:58

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kathryn Cater	43	Cedar Rapids	IA	9:37	39:11	26:43	1:18:12
2	Jane Simonsen	42	Davenport	IA	8:59	43:56	27:11	1:23:07
3	Monica Dalton	42	Iowa City	IA	10:51	43:57	29:36	1:27:31

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kelly Kersten	43	Davenport	IA	8:31	34:34	20:10	1:05:33
2	Michael Hawtrey	44	New York	NY	7:56	39:05	20:10	1:10:35
3	Pedro Gonzalez-Ale	41	Iowa City	IA	10:05	42:03	23:41	1:17:59

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Trina Dunham	48	Hiawatha	IO	9:38	38:42	28:55	1:19:31
2	Tara Coady	48	Iowa City	IA	12:42	39:53	28:38	1:26:12
3	Becky Gambish	45	Marion	IA	11:17	48:47	30:15	1:34:10

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	John Stonebarger	49	Iowa City	IA	9:07	32:48	22:23	1:07:08
2	Duane Staskal	45	Iowa City	IA	8:42	34:21	22:14	1:07:36
3	John Martinek	45	Coralville	IA	8:46	36:57	22:11	1:09:18

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kallie Harris	50	Cedar Rapids	IA	10:55	40:18	24:31	1:18:14
2	Patricia Kenel	53	Cedar Rapids	IA	10:54	43:38	26:08	1:23:34
3	Vicki Kijewski	52	Iowa City	IA	10:05	47:09	31:02	1:32:20

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	John Lemos	50	Cedar Rapids	IA	9:11	38:45	25:30	1:16:09
2	Keith Kenel	52	Cedar Rapids	IA	13:07	40:54	24:47	1:21:12
3	Ted Olson	53	Hiawatha	IA	11:14	42:47	25:14	1:21:46

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Belinda Gee	55	Cedar Rapids	IA	9:39	42:09	27:15	1:21:00

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Guy Olson	56	Cedar Rapids	IA	8:00	35:17	22:30	1:07:56
2	Mark Mannebach	57	Dekalb	IL	7:53	36:37	24:13	1:10:51
3	Richard Wyss	56	Iowa City	IA	10:14	39:18	27:22	1:19:22

FEMALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Julie Kinker	61	Ames	IA	11:42	1:03:14	44:51	2:08:51

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Dan Tucker	62	Cedar Rapids	IA	14:18	38:08	28:57	1:23:47

MALE INDIVIDUAL AGE GROUP: 65 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Leonard Winkle	65	Coralville	IA	10:48	45:22	26:59	1:28:34
2	Ron Stoops	71	Ft. Collins	CO	15:59	58:54	39:46	2:04:00

TEAM CATEGORY: OVERALL

1	Our Triathlon Team	7:27	32:01	23:08	1:04:10
	Kelly Knutson	Amanda Ickes	Ben Buckhahn		