

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

500 Yard Swim, 20 K Bike, 3.1 Mile Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM plc time	100 yds	TRAN time	BIKE plc time mph	TRAN time	plc	RUN time	pace	TOTAL TIME			
1	1/11	Joshua Madsen	North Liberty	IA	37	M	1	6:34	1:19	0:51	1	31:35	23.6	0:53	4	19:49	6:24	59:40
2	1/8	Eric Goers	Iowa City	IA	42	M	8	7:54	1:35	1:06	8	35:32	21.0	0:49	1	19:25	6:16	1:04:43
3	1/8	John Grice	Kewanee	IL	54	M	33	8:58	1:48	1:06	4	34:15	21.8	1:04	2	19:25	6:16	1:04:46
4	2/8	Kelly Kersten	Davenport	IA	43	M	20	8:31	1:43	1:17	6	34:34	21.6	1:03	6	20:10	6:31	1:05:33
5	1/16	Craig Goldsmith	Marion	IA	31	M	13	8:02	1:37	0:48	12	36:41	20.3	0:37	3	19:45	6:23	1:05:51
6	2/16	Jason Rabe	Fairfax	IA	33	M	4	7:38	1:32	1:03	9	35:54	20.8	1:11	10	20:44	6:42	1:06:27
7	3/16	Jason Migala	Sauk Rapids	MN	34	M	59	9:40	1:56	1:12	3	34:07	21.9	0:53	9	20:37	6:39	1:06:28
8	1/8	John Stonebarger	Iowa City	IA	49	M	40	9:07	1:50	1:55	2	32:48	22.7	0:57	22	22:23	7:13	1:07:08
9	2/8	Duane Staskal	Iowa City	IA	45	M	25	8:42	1:45	1:37	5	34:21	21.7	0:45	21	22:14	7:11	1:07:36
10	1/5	Guy Olson	Cedar Rapids	IA	56	M	11	8:00	1:36	1:08	7	35:17	21.1	1:02	23	22:30	7:16	1:07:56
11	1/9	Adam Kassem	Winston Salem	NC	24	M	69	9:55	1:59	1:28	10	36:36	20.4	1:05	8	20:16	6:33	1:09:17
12	3/8	John Martinek	Coralville	IA	45	M	27	8:46	1:46	0:45	15	36:57	20.2	0:41	20	22:11	7:10	1:09:18
13	1/11	Eric Monahan	Iowa City	IA	28	M	67	9:52	1:59	1:27	13	36:47	20.3	1:09	12	20:56	6:45	1:10:10
14	3/8	Michael Hawtrey	New York	NY	44	M	9	7:56	1:36	2:34	28	39:05	19.1	0:52	7	20:10	6:31	1:10:35
15	2/5	Mark Mannebach	Dekalb	IL	57	M	7	7:53	1:35	1:07	11	36:37	20.4	1:04	45	24:13	7:49	1:10:51
16	2/11	Kyle Polich	North Liberty	IA	25	M	153	12:56	2:36	1:00	14	36:48	20.3	1:08	5	20:08	6:30	1:11:58
17	1/7	Kim Sprenger	Iowa City	IA	51	F	22	8:38	1:44	1:02	24	38:54	19.2	0:46	30	23:04	7:27	1:12:22
18	4/8	George Sehl	Iowa City	IA	49	M	44	9:14	1:51	1:54	18	37:54	19.7	0:56	25	22:33	7:17	1:12:29
19	2/9	Carsen Anderson	Storm Lake	IA	21	M					17	37:50	19.7	0:53	40	23:49	7:41	1:12:32
20	2/11	Chad Goldsmith	Coralville	IA	36	M	117	10:52	2:11	0:51	35	39:34	18.8	0:52	11	20:45	6:42	1:12:52
21	4/16	Jamie Thrams	Iowa City	IA	32	M	52	9:32	1:55	1:38	23	38:53	19.2	1:16	19	22:06	7:08	1:13:23
22	1/6	Anne Hilleman	Huxley	IA	38	F	24	8:39	1:44	1:35	33	39:24	18.9	0:53	29	23:03	7:27	1:13:33
23	3/11	Scott McNaughton	Iowa City	IA	28	M	15	8:08	1:38	1:45	36	39:40	18.8	1:24	33	23:25	7:34	1:14:20
24	3/9	Brandon Bohlender	Iowa City	IA	22	M	30	8:52	1:47	1:38	39	40:09	18.6	1:36	24	22:33	7:17	1:14:46
25	5/16	Ben Mueller	Sycamore	IL	31	M	76	9:59	2:00	1:51	44	40:44	18.3	1:06	14	21:25	6:55	1:15:03
26	1/19	Leah Feazel	Iowa City	IA	29	F	41	9:10	1:50	1:32	34	39:25	18.9	1:20	39	23:42	7:39	1:15:07
27	3/11	Neal Caughran	Waterloo	IA	35	M	43	9:13	1:51	1:11	50	41:32	18.0	1:20	17	21:57	7:05	1:15:11
28	4/9	Daniel Waller	Naperville	IL	20	M	36	9:00	1:48	1:36	64	42:23	17.6	0:47	16	21:44	7:01	1:15:29
29	6/16	Shawn Love	Marion	IA	32	M	83	10:10	2:02	1:18	16	37:36	19.8	0:49	63	25:42	8:18	1:15:33
30	5/8	Jim Trepka	Iowa City	IA	46	M	26	8:44	1:45	1:09	47	40:56	18.2	1:18	42	23:53	7:43	1:15:59
31	2/8	John Lemos	Cedar Rapids	IA	50	M	42	9:11	1:51	1:26	22	38:45	19.2	1:18	60	25:30	8:14	1:16:09
32	5/9	Jake Camalick	Lansing	IL	21	M	68	9:53	1:59	1:24	43	40:40	18.3	0:42	43	23:57	7:44	1:16:34
33	4/11	Jared Althoff	Peosta	IA	35	M	74	9:58	2:00	1:28	27	39:01	19.1	1:08	59	25:24	8:12	1:16:58
34	1/10	Samantha Moller	Silvis	IL	24	F	108	10:39	2:08	1:14	49	41:00	18.2	1:43	27	22:43	7:20	1:17:17
35	5/11	James Van Howe	Davenport	IA	35	M	100	10:25	2:05	2:04	41	40:25	18.4	2:02	26	22:37	7:18	1:17:31
36	7/16	Timothy Hatcher	Davenport	IA	32	M	66	9:52	1:59	1:37	53	41:42	17.9	0:51	38	23:41	7:39	1:17:41
37	2/19	Bri Flynn	Bettendorf	IA	26	F	128	11:11	2:15	2:06	52	41:42	17.9	1:31	13	21:23	6:54	1:17:52
38	4/8	Pedro Gonzalez-Ale	Iowa City	IA	41	M	81	10:05	2:01	1:15	58	42:03	17.7	0:56	37	23:41	7:39	1:17:59
39	1/10	Kathryn Cater	Cedar Rapids	IA	43	F	56	9:37	1:56	1:28	30	39:11	19.0	1:15	73	26:43	8:37	1:18:12
40	2/7	Kallie Harris	Cedar Rapids	IA	50	F	121	10:55	2:11	1:22	40	40:18	18.5	1:09	47	24:31	7:55	1:18:14
41	5/8	Adam Pollack	Iowa City	IA	41	M	78	10:04	2:01	2:14	42	40:35	18.4	0:49	50	24:38	7:57	1:18:18
42	6/8	Mark Theuerkauf	Bettendorf	IA	47	M	12	8:02	1:37	1:46	66	42:39	17.5	1:28	52	24:43	7:59	1:18:36
43	6/9	Colby Easterday	Cedar Falls	IO	23	M	77	10:01	2:01	1:20	20	38:32	19.4	1:36	80	27:18	8:49	1:18:45
44	1/11	Annette Wittrock	Ottumwa	IA	34	F	19	8:27	1:42	1:12	48	40:56	18.2	0:56	84	27:29	8:52	1:18:58
45	8/16	Jeff Miller	Cedar Rapids	IA	32	M	28	8:51	1:47	1:22	56	41:50	17.8	1:30	61	25:32	8:15	1:19:03
46	2/6	Angie Kersten	Davenport	IA	38	F	143	12:09	2:26	1:29	25	38:56	19.2	1:30	55	25:04	8:05	1:19:06
47	6/11	Kent Wood	Johnston	IA	36	M	37	9:03	1:49	2:47	63	42:20	17.6	1:30	34	23:36	7:37	1:19:14
48	3/5	Richard Wyss	Iowa City	IA	56	M	87	10:14	2:03	1:10	32	39:18	19.0	1:19	82	27:22	8:50	1:19:22
49	1/9	Trina Dunham	Hiawatha	IO	48	F	57	9:38	1:56	1:03	21	38:42	19.3	1:16	100	28:55	9:20	1:19:31
50	4/11	Andrew Lollback	Iowa City	IA	28	M	65	9:52	1:59	2:04	57	41:55	17.8	0:47	56	25:05	8:06	1:19:41
51	1/13	Justin Schmidt	Cedar Rapids	IA	32	M	38	9:06	1:50	1:53	54	41:43	17.9	1:25	65	25:50	8:20	1:19:55
52	3/19	Sarah Richmond	Iowa City	IA	26	F	103	10:32	2:07	1:41	31	39:16	19.0	1:09	87	27:48	8:58	1:20:23
53	7/11	Dan Vondra	Iowa City	IO	35	M	55	9:36	1:56	3:07	79	43:45	17.0	1:07	28	23:02	7:26	1:20:36
54	4/19	Katie Huether	Cedar Rapids	IA	28	F	75	9:59	2:00	1:43	68	42:45	17.4	1:51	46	24:23	7:52	1:20:40
55	5/11	Jonathan Lam	Cedar Rapids	IA	26	M	71	9:56	2:00	1:07	26	38:57	19.1	0:58	114	29:58	9:40	1:20:53
56	1/1	Belinda Gee	Cedar Rapids	IA	55	F	58	9:39	1:56	1:00	60	42:09	17.7	0:58	79	27:15	8:48	1:21:00
57	5/19	Chelsie Sievers	Madison	WI	25	F	79	10:04	2:01	1:11	84	44:04	16.9	1:14	49	24:36	7:56	1:21:07
58	3/8	Keith Kenel	Cedar Rapids	IA	52	M	157	13:07	2:38	1:07	46	40:54	18.2	1:18	53	24:47	8:00	1:21:12
59	1/3	Janae Gross	Cedar Falls	IA	35	F	99	10:25	2:05	1:03	45	40:54	18.2	1:27	83	27:26	8:51	1:21:13
60	6/11	Tyler Coblentz	Kalona	IA	27	M	146	12:21	2:29	1:50	38	39:58	18.7	1:36	62	25:33	8:15	1:21:16
61	1/2	Eveline Dowling	Iowa City	IA	16	F	2	7:07	1:26	2:17	100	46:26	16.1	1:05	48	24:32	7:55	1:21:26
62	7/11	Daniel Kinker	Coralville	IA	25	M	135	11:23	2:17	2:26	65	42:26	17.6	2:02	31	23:12	7:29	1:21:27
63	2/2	Jacqueline Dowling	Iowa City	IA	53	F	3	7:21	1:29	2:58	93	45:33	16.4	1:57	36	23:40	7:39	1:21:27
64	4/8	Ted Olson	Hiawatha	IA	18	M	129	11:14	2:15	1:21	69	42:47	17.4	1:12	58	25:14	8:09	1:21:46
65	6/8	Patrick Johnston	North Liberty	IA	40	M	133	11:20	2:16	2:36	61	42:11	17.7	1:55	41	23:49	7:41	1:21:49
66	6/19	Jamie Lollback	Iowa City	IA	28	F	113	10:48	2:10	2:02	78	43:45	17.0	1:03	57	25:05	8:06	1:22:41
67	2/10	Jane Simonsen	Davenport	IA	42	F	35	8:59	1:48	2:06	82	43:56	17.0	0:57	78	27:11	8:46	1:23:07
68	3/7	Patricia Kenel	Cedar Rapids	IA	53	F	119	10:54	2:11	1:37	77	43:38	17.1	1:18	68	26:08	8:26	1:23:34
69	3/6	Jill Snitko	Marion	IA	35	F	138	11:46	2:22	1:29	98	46:15	16.1	1:00	32	23:15	7:30	1:23:44
70	1/1	Dan Tucker	Cedar Rapids	IA	62	M	164	14:18	2:52	1:25	19	38:08	19.6	1:02	101	28:57	9:21	1:23:47
71	7/8	Russ Rauscher	Cedar Rapids	IA	46	M	161	13:30	2:42	1:40	29	39:05	19.1	1:20	95	28:26	9:11	1:23:58
72	9/16	Scott Kollasch	North Liberty	IA	30	M	50	9:29	1:54	3:54	86	44:19	16.8	1:54	51	24:41	7:58	1:24:15
73	10/16	Jp Hulgan	Perry	IA	32	M	145	12:13	2:27	2:37	87	44:35	16.7	1:24	35	23:40	7:38	1:24:27
74	2/13	Keith Abkes	Cedar Rapids	IA	42	M	88	10:15	2:03	3:30	55	41:45	17.9	1:42	85	27:32	8:53	1:24:43
75	7/19	Abigail Mancuso	Coralville	IA	26	F	73	9:57	2:00	2:22	138	50:03	14.9	1:02	15	21:26	6:55	

96	4/13	Drew Fayram	North Liberty	IA	26	M	60	9:42	1:57	3:24	74	43:30	17.1	1:34	112	29:46	9:36	1:27:54
97	1/2	Leonard Winkle	Coralville	IA	65	M	114	10:48	2:10	2:36	91	45:22	16.4	2:50	76	26:59	8:43	1:28:34
98	4/11	Erika Damschen	Coralville	IA	33	F	16	8:11	1:39	2:06	122	48:37	15.3	1:03	99	28:44	9:16	1:28:37
99	4/6	Andrea Joyner	Marion	IA	39	F	151	12:51	2:35	1:53	130	49:06	15.2	1:26	44	24:06	7:47	1:29:19
100	4/10	Sarah Leinart	Bettendorf	IA	42	F	14	8:06	1:38	2:43	108	46:56	15.9	1:32	116	30:05	9:43	1:29:19
101	5/11	Bridget Baumhover	Iowa City	IA	30	F	97	10:23	2:05	1:54	134	49:46	15.0	0:52	77	27:02	8:43	1:29:55
102	5/10	Ellen Mariano	North Liberty	IA	24	F	120	10:54	2:11	2:18	137	50:02	14.9	0:58	66	25:50	8:20	1:30:01
103	9/11	Aaron Roelfs	West Burlington	IO	26	M	70	9:55	1:59	2:50	95	45:54	16.2	2:24	105	29:17	9:27	1:30:20
104	13/16	Trevor Templeman	Iowa City	IA	30	M	156	13:06	2:38	2:11	70	42:58	17.4	1:04	130	31:04	10:02	1:30:21
105	13/19	Ann Janowski	Iowa City	IA	27	F	6	7:46	1:34	2:22	119	48:01	15.5	1:48	125	30:28	9:50	1:30:23
106	2/3	Lori Meyer	West Burlington	IO	28	F	53	9:33	1:55	3:25	105	46:45	15.9	1:25	106	29:17	9:27	1:30:23
107	10/11	Thomas Bart	Cedar Rapids	IA	26	M	64	9:51	1:59	3:26	88	44:48	16.6	1:06	131	31:15	10:05	1:30:24
108	7/9	Nicholas Lyon	Iowa City	IA	23	M	144	12:11	2:27	3:19	107	46:50	15.9	1:03	88	27:49	8:59	1:31:09
109	9/11	Derek Roberts	Marion	IA	38	M	34	8:59	1:48	2:27	114	47:43	15.6	2:29	111	29:39	9:34	1:31:15
110	5/13	Charles Kramer	Iowa City	IA	26	M	51	9:31	1:55	2:30	99	46:23	16.1	1:54	128	31:02	10:01	1:31:18
111	6/13	Leif Erickson	Sioux City	IA	52	M	93	10:19	2:04	2:21	117	47:47	15.6	1:31	117	30:07	9:43	1:32:04
112	4/7	Vicki Kijewski	Iowa City	IA	52	F	80	10:05	2:01	2:20	111	47:09	15.8	1:45	129	31:02	10:01	1:32:20
113	5/7	Margaret Miller	Moline	IL	54	F	54	9:35	1:55	1:55	72	43:07	17.3	2:16	154	35:42	11:31	1:32:34
114	8/9	Ben Cooper	West Des Moines	IA	24	M	107	10:37	2:08	1:25	96	46:01	16.2	1:43	144	33:10	10:42	1:32:54
115	14/19	Brie Hilkin	North Liberty	IA	27	F	45	9:14	1:51	2:12	125	48:45	15.3	1:12	138	31:55	10:18	1:33:16
116	7/13	Chris Conrad	Iowa City	IA	50	M	96	10:23	2:05	3:58	102	46:35	16.0	2:27	115	30:03	9:42	1:33:24
117	5/10	Laura Stahler	Davenport	IA	44	F	17	8:17	1:40	2:32	109	46:57	15.9	1:56	146	33:50	10:55	1:33:30
118	6/11	Emmarie Poolman	Iowa City	IA	34	F	18	8:24	1:41	1:47	135	49:47	15.0	1:07	141	32:33	10:30	1:33:36
119	6/10	Betsy Hood	Iowa City	IA	24	F	46	9:17	1:52	3:56	145	51:23	14.5	0:49	91	28:16	9:08	1:33:41
120	15/19	Lillian Lai	Iowa City	IA	29	F	127	11:09	2:14	3:00	136	49:53	14.9	0:34	70	26:18	8:30	1:33:52
121	8/13	Christopher Hoins	Lakeville	MN	43	M	141	11:54	2:23	1:39	81	43:48	17.0	1:48	151	34:59	11:17	1:34:05
122	3/9	Becky Gambish	Marion	IA	45	F	131	11:17	2:16	2:03	127	48:47	15.3	1:51	120	30:15	9:46	1:34:10
123	6/10	Christina Donelson	Iowa City	IA	40	F	124	11:03	2:13	1:52	123	48:38	15.3	1:23	134	31:11	10:10	1:34:26
124	7/11	Lindsey Litton	Iowa City	IA	31	F	115	10:49	2:10	1:23	153	53:39	13.9	1:24	81	27:21	8:50	1:34:34
125	6/8	Rob Cooksey	Blue Grass	IA	51	M	163	14:13	2:51	2:53	92	45:27	16.4	2:39	113	29:52	9:39	1:35:02
126	5/6	Julie Hoffmann	Hiawatha	IA	37	F	61	9:46	1:58	2:41	128	48:48	15.3	2:22	133	31:30	10:10	1:35:04
127	7/8	Steve Morey	Fort Madison	IA	44	M	39	9:07	1:50	3:47	148	52:18	14.3	1:35	94	28:25	9:10	1:35:10
128	8/8	Scott Oakley	Davenport	IA	41	M	48	9:26	1:54	2:41	104	46:37	16.0	1:56	149	34:33	11:09	1:35:11
129	5/5	Jon Mixdorf	Center Point	IA	59	M	5	7:39	1:32	2:36	132	49:40	15.0	1:20	147	34:04	11:00	1:35:16
130	10/11	Max Knepper	Peosta	IA	35	M	149	12:26	2:30	2:25	126	48:46	15.3	2:22	109	29:22	9:29	1:35:20
131	9/13	Austin Tierney	Iowa City	IA	37	M	72	9:56	2:00	3:14	143	51:08	14.6	1:05	123	30:21	9:48	1:35:42
132	4/9	Elizabeth Albaugh	North Liberty	IA	48	F	130	11:16	2:16	3:55	112	47:39	15.6	1:29	137	31:41	10:14	1:35:57
133	5/9	Susan Kaliszewski	Iowa City	IA	49	F	148	12:24	2:29	1:24	116	47:45	15.6	1:30	143	32:59	10:39	1:36:01
134	7/10	Mallory Miranda	Minneapolis	MN	20	F	106	10:37	2:08	3:20	124	48:41	15.3	3:05	124	30:22	9:48	1:36:03
135	8/8	Paul Murphy	North Liberty	IA	49	M	31	8:54	1:47	2:52	97	46:13	16.1	2:09	155	35:58	11:37	1:36:05
136	7/10	Beth Chapman	West Des Moines	IA	40	F	105	10:36	2:08	2:42	147	51:59	14.3	1:51	102	29:06	9:24	1:36:12
137	8/11	Samantha Myers	North Liberty	IA	33	F	165	15:10	3:02	3:06	120	48:17	15.4	1:51	89	27:54	9:00	1:36:16
138	8/10	Kelsey Carder	North Liberty	IA	22	F	167	16:13	3:15	3:01	118	47:56	15.6	1:36	86	27:32	8:53	1:36:16
139	9/11	Sarah Hill	Walcott	IA	32	F	139	11:49	2:22	3:55	141	51:03	14.6	1:24	97	28:35	9:14	1:36:43
140	10/13	Ben Bohlender	Norwalk	IA	25	M	94	10:20	2:04	2:40	121	48:33	15.4	1:00	148	34:20	11:05	1:36:50
141	14/16	Adam Walsh	Marion	IA	33	M	102	10:30	2:06	4:25	150	52:45	14.1	2:31	75	26:58	8:42	1:37:07
142	15/16	Kevin Harness	Rock Island	IL	30	M	21	8:32	1:43	4:10	142	51:08	14.6	3:04	140	32:24	10:27	1:39:16
143	6/9	Ann Jurgensen	Tipton	IA	49	F	155	13:05	2:37	2:42	139	50:32	14.8	1:32	135	31:38	10:13	1:39:27
144	11/11	Aaron Riggs	Oskaloosa	IA	26	M	85	10:13	2:03	3:04	131	49:20	15.1	3:50	145	33:29	10:48	1:39:55
145	11/13	Paul Knott	Council Bluffs	IA	57	M	136	11:41	2:21	6:27	110	47:03	15.8	3:24	132	31:25	10:09	1:40:00
146	16/16	Vijay Pottathil	Iowa City	IA	32	M	162	14:04	2:49	3:15	140	50:54	14.6	2:13	121	30:17	9:46	1:40:41
147	10/11	Sarah Hulgán	Perry	IA	33	F	86	10:14	2:03	3:25	149	52:38	14.2	1:52	142	32:54	10:37	1:41:01
148	16/19	Danna Wulf	Chicago	IL	26	F	152	12:54	2:35	5:40	144	51:11	14.6	1:25	119	30:14	9:45	1:41:23
149	7/9	Becky Halsch	Coralville	IA	48	F	169	18:27	3:42	2:39	133	49:45	15.0	1:26	104	29:16	9:27	1:41:32
150	8/9	Lori Shockley	Cedar Falls	IA	46	F	109	10:42	2:09	2:32	146	51:39	14.4	2:37	150	34:42	11:12	1:42:09
151	8/10	Jill Scharpman	Lynn Center	IL	40	F	170	23:11	4:39	2:33	115	47:45	15.6	2:26	72	26:36	8:35	1:42:28
152	9/10	Alana Scroggins	Davenport	IA	24	F	23	8:39	1:44	3:42	165	1:01:11	12.2	1:11	96	28:28	9:11	1:43:10
153	9/9	David Koser	Franklin	WI	22	M	140	11:51	2:23	3:46	156	55:35	13.4	1:29	127	30:38	9:53	1:43:17
154	9/10	Sarah Averill	Iowa City	IA	43	F	92	10:19	2:04	3:15	152	53:31	13.9	2:43	152	35:07	11:20	1:44:53
155	9/9	Rhonda Danner	Ankeny	IA	46	F	104	10:33	2:07	2:47	158	55:50	13.4	1:41	156	36:19	11:43	1:47:09
156	17/19	Jennifer Fisher	Cedar Rapids	IA	28	F	126	11:06	2:14	2:11	154	54:09	13.8	2:19	166	39:46	12:50	1:49:30
157	6/7	Debbie Threlkeld	Mandeville	LA	53	F	90	10:18	2:04	2:44	155	55:22	13.5	1:43	167	39:51	12:51	1:49:54
158	7/8	Kelly Crawford	Savannah	MO	53	M	142	11:58	2:24	2:17	151	53:03	14.1	4:44	163	38:59	12:35	1:50:59
159	6/6	Mary Fratianni	West Des Moines	IA	39	F	158	13:11	2:38	4:04	159	55:55	13.3	1:43	158	36:41	11:50	1:51:31
160	10/10	Kimber Weckel	Moline	IL	41	F	101	10:26	2:06	4:00	157	55:40	13.4	1:58	169	41:47	13:29	1:53:48
161	8/8	Rob Kinney	Coralville	IA	53	M	154	12:58	2:36	5:02	161	57:27	13.0	2:08	159	37:21	12:03	1:54:55
162	11/11	Samer Elguindy	Elgin	IL	36	M	123	10:58	2:12	5:05	160	57:08	13.1	2:15	164	39:31	12:45	1:54:55
163	11/11	Ryly Farr	North Liberty	IA	34	F	132	11:19	2:16	2:36	169	1:04:05	11.6	1:37	160	37:25	12:04	1:57:00
164	18/19	Halley Woodward	Iowa City	IA	28	F	134	11:21	2:17	2:54	164	59:00	12.6	1:32	170	42:55	15:51	1:57:40
165	10/10	Taylor Feltes	Cedar Rapids	IA	24	F	147	12:24	2:29	4:22	166	1:01:24	12.1	2:22	162	38:49	12:32	1:59:20
166	3/3	Kathy Crawford	Savannah	MO	51	F	168	16:36	3:20	2:29	167	1:02:30	11.9	2:19	161	37:50	12:13	2:01:43
167	19/19	Gaby Hamerlinck	Iowa City	IA	25	F	159	13:24	2:41	3:27	170	1:06:52	11.2	1:53	157	36:23	11:45	2:01:57
168	2/2	Ron Stoops	Ft. Collins	CO	71	M	166	15:59	3:12	6:02	163	58:54	12.7	3:22	165	39:46	12:50	2:04:00
169	7/7	Anne Carter	Columbus	OH	50	F	118	10:53	2:11	3:07	171	1:08:31	10.9	1:39	168	40:10	12:58	2:04:18
170	12/13	Bruce Dalton	Cedar Rapids	IA	44	M	112	10:46	2:									

PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
									plc	time	time	time	plc	time	pace	TIME				
1	1/1			Team Jim	Cedar Rapids	IA			2	25:17	5:04	2:33	2	1:02:31	11.9	0:26	1	0:30	0:10	1:31:15
2	1/1			Matthew Devery	North Liberty	IA	41	M	1	13:53	2:47	4:38	1	25:05	29.7					

RECEIVED A PENALTY

No.	Name	City	St	Age	S	Penalty
144	Tara Coady	Iowa City	IA	48	F	2:00

TEAM RESULTS

TOTAL	DIV	PLACE	PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						plc	time	time	time	plc	time	pace	TIME				
1	1/17			Our Triathlon Team = Kelly Knutson , Amanda Ickes , Ben Buckhahn		2	7:27	1:30	0:51	1	32:01	23.3	0:44	4	23:08	7:28	1:04:10
2	2/17			Team Young And Old = Jamie Shea , Ryan Edwards , Chantelle Shea		5	8:16	1:40	1:04	3	36:56	20.2					1:11:06
3	3/17			Late Night = Terry Lemon , Tyler Lemon , Ken Hopkins		9	8:50	1:46	0:55	2	36:38	20.4	0:41	6	24:28	7:54	1:11:30
4	4/17			Great Bails Of Fire = Andy Redlinger , Amber Bails , Andy Redlinger		11	9:11	1:51	0:48	4	36:59	20.2	0:40	5	24:20	7:51	1:11:55
5	5/17			Not Quite There Yet = Angela McCaffery , Bill McCaffery , Megan Miller		7	8:28	1:42	0:56	7	44:29	16.8	0:34	2	21:30	6:56	1:15:55
6	6/17			Pajunen's Best = Circe Stumbo , Taylor Pajunen , Circe Stumbo		1	6:43	1:21	0:40	12	50:22	14.8	0:40	3	21:34	6:58	1:19:58
7	7/17			Sicu = Courtney Hitchon , Tacia Edeker , David Spicknall		4	8:05	1:37	1:17	6	40:10	18.6	0:45	11	30:59	10:00	1:21:14
8	8/17			Running From Our Kids = Ashley Hesson , Malea Lee , Ashley Hesson		6	8:19	1:40	1:00	8	45:14	16.5	0:45	10	27:47	8:58	1:23:03
9	9/17			Team Tea Bag = Kara Sehl , Kristen Randall , Gary Alberhasky		10	9:04	1:49	0:56	9	45:57	16.2	0:52	8	26:47	8:39	1:23:33
10	10/17			Charger Joes = Dawn Hoins , Allison Hoins , Cole Hoins		13	11:12	2:15	0:57	5	40:06	18.6	0:44	12	31:02	10:01	1:23:59
11	11/17			The Muffettes = Dani Kopecky , Jessica Voelker , Julie Cunningham		12	11:11	2:14	0:58	10	48:24	15.4	0:50	9	27:38	8:55	1:28:58
12	12/17			Speedy & Classy = Melodyanna Sons , Sarah Finley , Melodyanna Sons		14	11:52	2:23	1:10	13	52:47	14.1	1:07	7	26:08	8:26	1:33:02
13	13/17			Team Witmer = Jordan Witmer , Larry Witmer		8	8:32	1:43	1:09	14	1:07:26	11.1	1:10	1	19:33	6:19	1:37:48
14	14/17			The Three Amigos = Jenny Molyneaux , Katie Selden , Barb Sexon		3	7:54	1:35	0:51					14	31:50	10:16	1:40:22
15	15/17			Rasmussen = Audrey Rasmussen , Rasmussen , Rasmussen		17	17:47	3:34	2:39	11	48:35	15.3	2:37	13	31:46	10:15	1:43:23
16	16/17			The Butterfly Chasers = Hannah Van Ryn , Samuel Lee , Hannah Van Ryn		16	14:01	2:49	1:18	15	1:08:40	10.9	2:03	16	36:24	11:45	2:02:24
17	17/17			Poe-Melton = Carol Melton , Shannon Poe , Carol Melton		15	13:59	2:48	4:06	16	1:14:24	10.0	0:57	15	33:14	10:43	2:06:38

TOP 10 SWIM

	NAME	CITY	ST	AGE	S	time	yds
1	Joshua Madsen	North Liberty	IA	37	M	6:34	1:19
2	Circe Stumbo	Iowa City	IA			6:43	1:21
3	Eveline Dowling	Iowa City	IA	16	F	7:07	1:26
4	Jacqueline Dowling	Iowa City	IA	18	F	7:21	1:29
5	Kelly Knutson	Urbandale	IA			7:27	1:30
6	Jason Rabe	Fairfax	IA	33	M	7:38	1:32
7	Jon Mixdorf	Center Point	IA	59	M	7:39	1:32
8	Ann Janowski	Iowa City	IA	27	F	7:46	1:34
9	Mark Mannebach	Dekalb	IL	57	M	7:53	1:35
10	Jenny Molyneaux	Bettendorf	IA			7:54	1:35

TOP 10 FIRST TRANSITION

	NAME	CITY	ST	AGE	S	time
1	John Martinek	Coralville	IA	45	M	0:45
2	Craig Goldsmith	Marion	IA	31	M	0:48
3	Chad Goldsmith	Coralville	IA	36	M	0:51
4	Joshua Madsen	North Liberty	IA	37	M	0:51
5	Kyle Polich	North Liberty	IA	25	M	1:00
6	Belinda Gee	Cedar Rapids	IA	55	F	1:00
7	Kim Sprenger	Iowa City	IA	51	F	1:02
8	Trina Dunham	Hiawatha	IO	48	F	1:03
9	Jason Rabe	Fairfax	IA	33	M	1:03
10	Janae Gross	Cedar Falls	IA	35	F	1:03

TOP 10 BIKE

	NAME	CITY	ST	AGE	S	time	mph
1	Joshua Madsen	North Liberty	IA	37	M	31:35	23.6
2	Kelly Knutson	Urbandale	IA			32:01	23.3
3	John Stonebarger	Iowa City	IA	49	M	32:48	22.7
4	Jason Migala	Sauk Rapids	MN	34	M	34:07	21.9
5	John Grice	Kewanee	IL	54	M	34:15	21.8
6	Duane Staskal	Iowa City	IA	45	M	34:21	21.7
7	Kelly Kersten	Davenport	IA	43	M	34:34	21.6
8	Guy Olson	Cedar Rapids	IA	56	M	35:17	21.1
9	Eric Goers	Iowa City	IA	42	M	35:32	21.0
10	Jason Rabe	Fairfax	IA	33	M	35:54	20.8

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Craig Goldsmith	Marion	IA	31	M	0:37
2 John Martinek	Coralville	IA	45	M	0:41
3 Jake Camalick	Lansing	IL	21	M	0:42
4 Duane Staskal	Iowa City	IA	45	M	0:45
5 Kim Sprenger	Iowa City	IA	51	F	0:46
6 Daniel Waller	Naperville	IL	20	M	0:47
7 Andrew Lollback	Iowa City	IA	28	M	0:47
8 Eric Goers	Iowa City	IA	42	M	0:49
9 Alyssa Bohlender	Indianola	IA	20	F	0:49
10 Adam Pollack	Iowa City	IA	41	M	0:49

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1 Eric Goers	Iowa City	IA	42	M	19:25	6:16
2 John Grice	Kewanee	IL	54	M	19:25	6:16
3 Jordan Witmer	Cedar Rapids	IA			19:33	6:19
4 Craig Goldsmith	Marion	IA	31	M	19:45	6:23
5 Joshua Madsen	North Liberty	IA	37	M	19:49	6:24
6 Kyle Polich	North Liberty	IA	25	M	20:08	6:30
7 Kelly Kersten	Davenport	IA	43	M	20:10	6:31
8 Michael Hawtrey	New York	NY	44	M	20:10	6:31
9 Adam Kassem	Winston Salem	NC	24	M	20:16	6:33
10 Jason Migala	Sauk Rapids	MN	34	M	20:37	6:39