

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

500 Yard Swim, 20 K Bike, 3.1 Mile Run

MALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	204	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	212	Eric Goers	Iowa City	IA	42	M	5	7:54	1:35	1:06	8	35:32	21.0	0:49	1	19:25	6:16	1:04:43
3	358	John Grice	Kewanee	IL	54	M	19	8:58	1:48	1:06	4	34:15	21.8	1:04	2	19:25	6:16	1:04:36
4	213	Kelly Kersten	Davenport	IA	43	M	11	8:31	1:43	1:17	6	34:34	21.6	1:03	6	20:10	6:31	1:05:33
5	184	Craig Goldsmith	Marion	IA	31	M	9	8:02	1:37	0:48	12	36:41	20.3	0:37	3	19:45	6:23	1:05:51
6	192	Jason Rabe	Fairfax	IA	33	M	2	7:38	1:32	1:03	9	35:54	20.8	1:11	10	20:44	6:42	1:06:27
7	197	Jason Migala	Sauk Rapids	MN	34	M	34	9:40	1:56	1:12	3	34:07	21.9	0:53	9	20:37	6:39	1:06:28
8	223	John Stonebarger	Iowa City	IA	49	M	25	9:07	1:50	1:55	2	32:48	22.7	0:57	19	22:23	7:13	1:07:08
9	216	Duane Staskal	Iowa City	IA	45	M	13	8:42	1:45	1:37	5	34:21	21.7	0:45	18	22:14	7:11	1:07:36
10	236	Guy Olson	Cedar Rapids	IA	56	M	7	8:00	1:36	1:08	7	35:17	21.1	1:02	20	22:30	7:16	1:07:56
11	163	Adam Kassem	Winston Salem	NC	24	M	43	9:55	1:59	1:28	10	36:36	20.4	1:05	8	20:16	6:33	1:09:17
12	220	John Martinek	Coralville	IA	45	M	15	8:46	1:46	0:45	15	36:57	20.2	0:41	17	22:11	7:10	1:09:18
13	178	Eric Monahan	Iowa City	IA	28	M	41	9:52	1:59	1:27	13	36:47	20.3	1:09	12	20:56	6:45	1:10:10
14	215	Michael Hawtrey	New York	NY	44	M	6	7:56	1:36	2:34	25	39:05	19.1	0:52	7	20:10	6:31	1:10:35
15	348	Mark Mannebach	Dekalb	IL	57	M	4	7:53	1:35	1:07	11	36:37	20.4	1:04	35	24:13	7:49	1:10:51
16	169	Kyle Polich	North Liberty	IA	25	M	82	12:56	2:36	1:00	14	36:48	20.3	1:08	5	20:08	6:30	1:11:58
17	222	George Sehl	Iowa City	IA	49	M	28	9:14	1:51	1:54	18	37:54	19.7	0:56	22	22:33	7:17	1:12:29
18	500	Carsen Anderson	Storm Lake	IA	21	M				17	37:50	19.7	0:53	31	23:49	7:41	1:12:32	
19	198	Chad Goldsmith	Coralville	IA	36	M	68	10:52	2:11	0:51	28	39:34	18.8	0:52	11	20:45	6:42	1:12:52
20	190	Jamie Thrans	Iowa City	IA	32	M	32	9:32	1:55	1:38	22	38:53	19.2	1:16	16	22:06	7:08	1:13:23
21	179	Scott McNaughton	Iowa City	IA	28	M	10	8:08	1:38	1:45	29	39:40	18.8	1:24	26	23:25	7:34	1:14:20
22	161	Brandon Bohlender	Iowa City	IA	22	M	17	8:52	1:47	1:38	31	40:09	18.6	1:36	21	22:33	7:17	1:14:46
23	185	Ben Mueller	Sycamore	IL	31	M	48	9:59	2:00	1:51	35	40:44	18.3	1:06	13	21:25	6:55	1:15:03
24	343	Neal Caughron	Waterloo	IA	35	M	27	9:13	1:51	1:11	38	41:32	18.0	1:20	15	21:57	7:05	1:15:11
25	334	Daniel Waller	Naperville	IL	20	M	21	9:00	1:48	1:36	49	42:23	17.6	0:47	14	21:44	7:01	1:15:29
26	326	Shawn Love	Marion	IA	32	M	52	10:10	2:02	1:18	16	37:36	19.8	0:49	46	25:42	8:18	1:15:33
27	333	Jim Trepka	Iowa City	IA	46	M	14	8:44	1:45	1:09	37	40:56	18.2	1:18	33	23:53	7:43	1:15:59
28	224	John Lemos	Cedar Rapids	IA	50	M	26	9:11	1:51	1:26	21	38:45	19.2	1:18	43	25:30	8:14	1:16:09
29	159	Jake Camalick	Lansing	IL	21	M	42	9:53	1:59	1:24	34	40:40	18.3	0:42	34	23:57	7:44	1:16:34
30	200	Jared Althoff	Peosta	IA	35	M	47	9:58	2:00	1:28	24	39:01	19.1	1:08	42	25:24	8:12	1:16:58
31	195	James Van Howe	Davenport	IA	35	M	62	10:25	2:05	2:04	32	40:25	18.4	2:02	23	22:37	7:18	1:17:31
32	189	Timothy Hatcher	Davenport	IA	32	M	40	9:52	1:59	1:37	40	41:42	17.9	0:51	30	23:41	7:39	1:17:41
33	210	Pedro Gonzalez-Ale	Iowa City	IA	41	M	51	10:05	2:01	1:15	45	42:03	17.7	0:56	29	23:41	7:39	1:17:59
34	211	Adam Pollack	Iowa City	IA	41	M	50	10:04	2:01	2:14	33	40:35	18.4	0:49	36	24:38	7:57	1:18:18
35	221	Mark Theuerkauf	Bettendorf	IA	47	M	8	8:02	1:37	1:46	51	42:39	17.5	1:28	38	24:43	7:59	1:18:36
36	335	Colby Easterday	Cedar Falls	IO	23	M	49	10:01	2:01	1:20	20	38:32	19.4	1:36	53	27:18	8:49	1:18:45
37	191	Jeff Miller	Cedar Rapids	IA	32	M	16	8:51	1:47	1:22	43	41:50	17.8	1:30	44	25:32	8:15	1:19:03
38	202	Kent Wood	Johnston	IA	36	M	22	9:03	1:49	2:47	48	42:20	17.6	1:30	27	23:36	7:37	1:19:14
39	235	Richard Wyss	Iowa City	IA	56	M	54	10:14	2:03	1:10	27	39:18	19.0	1:19	54	27:22	8:50	1:19:22
40	177	Andrew Lollback	Iowa City	IA	28	M	39	9:52	1:59	2:04	44	41:55	17.8	0:47	40	25:05	8:06	1:19:41
41	188	Justin Schmidt	Cedar Rapids	IA	32	M	23	9:06	1:50	1:53	41	41:43	17.9	1:25	48	25:50	8:20	1:19:55
42	340	Dan Vondra	Iowa City	IO	35	M	33	9:36	1:56	3:07	58	43:45	17.0	1:07	24	23:02	7:26	1:20:36
43	170	Jonathan Lam	Cedar Rapids	IA	26	M	45	9:56	2:00	1:07	23	38:57	19.1	0:58	67	29:58	9:40	1:20:53
44	231	Keith Kenel	Cedar Rapids	IA	52	M	85	13:07	2:38	1:07	36	40:54	18.2	1:18	39	24:47	8:00	1:21:12
45	175	Tyler Coblentz	Kalona	IA	27	M	80	12:21	2:29	1:50	30	39:58	18.7	1:36	45	25:33	8:15	1:21:16
46	168	Daniel Kinker	Coralville	IA	25	M	73	11:23	2:17	2:26	50	42:26	17.6	2:02	25	23:12	7:29	1:21:27
47	234	Ted Olson	Hiawatha	IA	53	M	71	11:14	2:15	1:21	52	42:47	17.4	1:12	41	25:14	8:09	1:21:46
48	208	Patrick Johnston	North Liberty	IA	40	M	72	11:20	2:16	2:36	46	42:11	17.7	1:55	32	23:49	7:41	1:21:49
49	239	Dan Tucker	Cedar Rapids	IA	62	M	90	14:18	2:52	1:25	19	38:08	19.6	1:02	60	28:57	9:21	1:23:47
50	219	Russ Rauscher	Cedar Rapids	IA	46	M	87	13:30	2:42	1:40	26	39:05	19.1	1:20	59	28:26	9:11	1:23:58
51	182	Scott Kollasch	North Liberty	IA	30	M	30	9:29	1:54	3:54	62	44:19	16.8	1:54	37	24:41	7:58	1:24:15
52	346	Jp Hulgán	Perry	IA	32	M	79	12:13	2:27	2:37	63	44:35	16.7	1:24	28	23:40	7:38	1:24:27
53	350	Keith Abkes	Cedar Rapids	IA	42	M	55	10:15	2:03	3:30	42	41:45	17.9	1:42	55	27:32	8:53	1:24:43
54	157	Bailey Redlinger	Solon	IA	17	M	86	13:29	2:42	1:34	61	44:08	16.9	0:59	47	25:45	8:19	1:25:53
55	201	Frank Kelly	Mason City	IA	35	M	65	10:42	2:09	1:59	57	43:38	17.1	1:27	57	28:23	9:10	1:26:07
56	238	Paul Riggs	Oskaloosa	IA	59	M	57	10:19	2:04	3:23	56	43:31	17.1	2:07	50	26:51	8:40	1:26:08
57	186	Jayme Wilhelm	Iowa City	IA	33	M	69	10:57	2:12	1:37	54	43:02	17.3	1:17	62	29:19	9:28	1:26:10
58	180	Dave Baron	North Liberty	IA	28	M	60	10:22	2:05	2:50	39	41:39	17.9	1:42	72	30:21	9:48	1:26:52
59	196	Adam Hill	Walcott	IA	34	M	56	10:16	2:04	2:21	73	46:49	15.9	1:24	49	26:06	8:25	1:26:54
60	228	Graham Waller	Naperville	IL	51	M	36	9:47	1:58	2:33	47	42:16	17.6	2:05	74	30:31	9:51	1:27:09
61	74	Doug Deimler	Cedar Rapids	IA	34	M	37	9:47	1:58	1:47	59	43:47	17.0	1:57	70	30:10	9:44	1:27:26
62	67	Drew Fayram	North Liberty	IA	26	M	35	9:42	1:57	3:24	55	43:30	17.1	1:34	65	29:46	9:36	1:27:54
63	240	Leonard Winkle	Coralville	IA	65	M	67	10:48	2:10	2:36	65	45:22	16.4	2:50	52	26:59	8:43	1:28:34
64	174	Aaron Roelfs	West Burlingto	IO	26	M	44	9:55	1:59	2:50	67	45:54	16.2	2:24	61	29:17	9:27	1:30:20
65	183	Trevor Templeman	Iowa City	IA	30	M	84	13:06	2:38	2:11	53	42:58	17.4	1:04	77	31:04	10:02	1:30:21
66	172	Thomas Bart	Cedar Rapids	IA	26	M	38	9:51	1:59	3:26	64	44:48	16.6	1:06	78	31:15	10:05	1:30:24
67	162	Nicholas Lyon	Iowa City	IA	23	M	78	12:11	2:27	3:19	74	46:50	15.9	1:03	56	27:49	8:59	1:31:09
68	206	Derek Roberts	Marion	IA	38	M	20	8:59	1:48	2:27	76	47:43	15.6	2:29	64	29:39	9:34	1:31:15
69	332	Charles Kramer	Iowa City	IA	26	M	31	9:31	1:55	2:30	70	46:23	16.1	1:54	76	31:02	10:01	1:31:18
70	71	Leif Erickson	Sioux City	IA	52	M	58	10:19	2:04	2:21	77	47:47	15.6	1:31	69	30:07	9:43	1:32:04
71	165	Ben Cooper	West Des Moines	IA	24	M	64	10:37	2:08	1:25	68	46:01	16.2	1:43	81	33:10	10:42	1:32:54
72	75	Chris Conrad	Iowa City	IA	50	M	61	10:23	2:05	3:58	71	46:35	16.0	2:27	68	30:03	9:42	1:33:24
73	72	Christopher Hoins	Lakeville	MN	43	M	76	11:54	2:23	1:39	60	43:48	17.0	1:48	86	34:59	11:17	1:34:05
74	227	Rob Cooksey	Blue Grass	IA	51	M	89	14:13	2:51	2:53	66	45:27	16.4	2:39	66	29:52	9:39	1:35:02
75	214	Steve Morey	Fort Madison	IA	44	M	24	9:07	1:50	3:47	85	52:18	14.3	1:35	58	28:25	9:10	1:35:10

92	66	Bruce Dalton	Cedar Rapids	IA	44	M	66	10:46	2:10	2:54	93	1:14:21	10.0	1:50	87	35:18	11:24	2:05:07
93	62	Kevin Kirkbride	Rock Island	IL	45	M	92	31:34	6:19	5:30	91	58:14	12.8	4:15	93	44:36	14:23	2:24:07

FEMALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	pace	TOTAL
									time	yds	time		time	time		time		TIME
1	148	Kim Sprenger	Iowa City	IA	51	F	10	8:38	1:44	1:02	2	38:54	19.2	0:46	6	23:04	7:27	1:12:22
2	124	Anne Hilleman	Huxley	IA	38	F	12	8:39	1:44	1:35	6	39:24	18.9	0:53	5	23:03	7:27	1:13:33
3	109	Leah Feazel	Iowa City	IA	29	F	16	9:10	1:50	1:32	7	39:25	18.9	1:20	9	23:42	7:39	1:15:07
4	91	Samantha Moller	Silvis	IL	24	F	44	10:39	2:08	1:14	12	41:00	18.2	1:43	4	22:43	7:20	1:17:17
5	92	Bri Flynn	Bettendorf	IA	26	F	58	11:11	2:15	2:06	13	41:42	17.9	1:31	1	21:23	6:54	1:17:52
6	137	Kathryn Cater	Cedar Rapids	IA	43	F	23	9:37	1:56	1:28	4	39:11	19.0	1:15	24	26:43	8:37	1:18:12
7	147	Kallie Harris	Cedar Rapids	IA	50	F	53	10:55	2:11	1:22	9	40:18	18.5	1:09	12	24:31	7:55	1:18:14
8	120	Annette Wittrock	Ottumwa	IA	34	F	9	8:27	1:42	1:12	11	40:56	18.2	0:56	30	27:29	8:52	1:18:58
9	121	Angie Kersten	Davenport	IA	38	F	66	12:09	2:26	1:29	3	38:56	19.2	1:30	16	25:04	8:05	1:19:06
10	352	Trina Dunham	Hiawatha	IO	48	F	24	9:38	1:56	1:03	1	38:42	19.3	1:16	41	28:55	9:20	1:19:31
11	98	Sarah Richmond	Iowa City	IA	26	F	40	10:32	2:07	1:41	5	39:16	19.0	1:09	32	27:48	8:58	1:20:23
12	104	Katie Huether	Cedar Rapids	IA	28	F	28	9:59	2:00	1:43	17	42:45	17.4	1:51	11	24:23	7:52	1:20:40
13	154	Belinda Gee	Cedar Rapids	IA	55	F	25	9:39	1:56	1:00	15	42:09	17.7	0:58	27	27:15	8:48	1:21:00
14	88	Chelsie Sievers	Madison	WI	25	F	29	10:04	2:01	1:11	24	44:04	16.9	1:14	14	24:36	7:56	1:21:07
15	322	Janae Gross	Cedar Falls	IA	35	F	38	10:25	2:05	1:03	10	40:54	18.2	1:27	29	27:26	8:51	1:21:13
16	76	Eveline Dowling	Iowa City	IA	16	F	1	7:07	1:26	2:17	30	46:26	16.1	1:05	13	24:32	7:55	1:21:26
17	77	Jacqueline Dowling	Iowa City	IA	18	F	2	7:21	1:29	2:58	27	45:33	16.4	1:57	8	23:40	7:39	1:21:27
18	101	Jamie Lollback	Iowa City	IA	28	F	47	10:48	2:10	2:02	21	43:45	17.0	1:03	17	25:05	8:06	1:22:41
19	135	Jane Simonsen	Davenport	IA	42	F	15	8:59	1:48	2:06	22	43:56	17.0	0:57	26	27:11	8:46	1:23:07
20	150	Patricia Kenel	Cedar Rapids	IA	53	F	51	10:54	2:11	1:37	20	43:38	17.1	1:18	19	26:08	8:26	1:23:34
21	117	Jill Snitko	Marion	IA	35	F	64	11:46	2:22	1:29	29	46:15	16.1	1:00	7	23:15	7:30	1:23:44
22	97	Abigail Mancuso	Coralville	IA	26	F	27	9:57	2:00	2:22	57	50:03	14.9	1:02	2	21:26	6:55	1:24:48
23	107	Kathryn Shaffer	Cedar Rapids	IA	29	F	20	9:28	1:54	2:47	32	46:36	16.0	1:07	15	24:56	8:03	1:24:51
24	111	Lindsey Greco	North Liberty	IA	31	F	19	9:23	1:53	1:36	19	43:25	17.2	1:28	43	29:16	9:27	1:25:06
25	78	Alyssa Bohlender	Indianola	IA	20	F	14	8:54	1:47	2:23	38	47:39	15.6	0:49	20	26:15	8:28	1:25:58
26	81	Megan Lopez	Johnsburg	IL	22	F	55	11:04	2:13	3:07	50	48:53	15.3	1:02	3	21:59	7:06	1:26:03
27	144	Tara Coady	Iowa City	IA	48	F	69	12:42	2:33	1:55	8	39:53	18.7	1:05	39	28:38	9:14	1:26:12
28	95	Kyla Van Gorp	Cedar Falls	IA	26	F	13	8:52	1:47	1:59	31	46:33	16.0	0:49	34	28:06	9:04	1:26:17
29	115	Michelle Richardso	Cedar Rapids	IA	33	F	31	10:07	2:02	2:31	16	42:43	17.5	2:07	46	29:21	9:28	1:26:48
30	90	Rebecca Autenried	Iowa City	IA	25	F	32	10:10	2:02	2:18	28	45:50	16.3	1:59	22	26:34	8:34	1:26:49
31	80	Nicci Sorensen	Cedar Rapids	IA	20	F	46	10:45	2:09	2:07	26	45:19	16.5	0:54	36	28:21	9:09	1:27:25
32	134	Monica Dalton	Iowa City	IA	42	F	49	10:51	2:11	2:12	23	43:57	17.0	0:57	47	29:36	9:33	1:27:31
33	102	Stacy Lolkus	Davenport	IA	28	F	4	7:56	1:36	1:28	25	44:56	16.6	1:06	60	32:18	10:26	1:27:41
34	108	Heather Neudigate	Cedar Rapids	IA	29	F	37	10:24	2:05	1:44	14	42:05	17.7	2:01	57	31:41	10:14	1:27:53
35	114	Erika Damschen	Coralville	IA	33	F	6	8:11	1:39	2:06	44	48:37	15.3	1:03	40	28:44	9:16	1:28:37
36	126	Andrea Joyner	Marion	IA	39	F	70	12:51	2:35	1:53	51	49:06	15.2	1:26	10	24:06	7:47	1:29:19
37	251	Sarah Leinart	Bettendorf	IA	42	F	5	8:06	1:38	2:43	34	46:56	15.9	1:32	48	30:05	9:43	1:29:19
38	106	Bridget Baumhover	Iowa City	IA	30	F	36	10:23	2:05	1:54	53	49:46	15.0	0:52	25	27:02	8:43	1:29:55
39	86	Ellen Mariano	North Liberty	IA	24	F	52	10:54	2:11	2:18	56	50:02	14.9	0:58	18	25:50	8:20	1:30:01
40	331	Ann Janowski	Iowa City	IA	27	F	3	7:46	1:34	2:22	42	48:01	15.5	1:48	52	30:28	9:50	1:30:23
41	58	Lori Meyer	West Burlington	IO	28	F	21	9:33	1:55	3:25	33	46:45	15.9	1:25	45	29:17	9:27	1:30:23
42	338	Vicki Kijewski	Iowa City	IA	52	F	30	10:05	2:01	2:20	36	47:09	15.8	1:45	53	31:02	10:01	1:32:20
43	357	Margaret Miller	Moline	IL	54	F	22	9:35	1:55	1:55	18	43:07	17.3	2:16	67	35:42	11:31	1:32:34
44	99	Brie Hilkin	North Liberty	IA	27	F	17	9:14	1:51	2:12	47	48:45	15.3	1:12	59	31:55	10:18	1:32:16
45	138	Laura Stahler	Davenport	IA	44	F	7	8:17	1:40	2:32	35	46:57	15.9	1:56	64	33:50	10:55	1:33:30
46	119	Emmarie Poolman	Iowa City	IA	34	F	8	8:24	1:41	1:47	54	49:47	15.0	1:07	61	32:33	10:30	1:33:36
47	87	Betsy Hood	Iowa City	IA	24	F	18	9:17	1:52	3:56	61	51:23	14.5	0:49	35	28:16	9:08	1:33:41
48	105	Lillian Lai	Iowa City	IA	29	F	57	11:09	2:14	3:00	55	49:53	14.9	3:34	21	26:18	8:30	1:33:52
49	139	Becky Gambish	Marion	IA	45	F	60	11:17	2:16	2:03	48	48:47	15.3	1:51	50	30:15	9:46	1:34:10
50	128	Christina Donelson	Iowa City	IA	40	F	54	11:03	2:13	1:52	45	48:38	15.3	1:23	55	31:31	10:10	1:34:26
51	110	Lindsey Litton	Iowa City	IA	31	F	48	10:49	2:10	1:23	66	53:39	13.9	1:24	28	27:21	8:50	1:34:34
52	122	Julie Hoffmann	Hiawatha	IA	37	F	26	9:46	1:58	2:41	49	48:48	15.3	2:22	54	31:30	10:10	1:35:04
53	142	Elizabeth Albaugh	North Liberty	IA	48	F	59	11:16	2:16	3:55	37	47:39	15.6	1:29	58	31:41	10:14	1:35:57
54	145	Susan Kaliszewski	Iowa City	IA	49	F	68	12:24	2:29	1:24	40	47:45	15.6	1:30	63	32:59	10:39	1:36:01
55	79	Mallory Miranda	Minneapolis	MN	20	F	43	10:37	2:08	3:20	46	48:41	15.3	3:05	51	30:22	9:48	1:36:03
56	344	Beth Chapman	West Des Moines	IA	40	F	42	10:36	2:08	2:42	63	51:59	14.3	1:51	42	29:06	9:24	1:36:12
57	116	Samantha Myers	North Liberty	IA	33	F	75	15:10	3:02	3:06	43	48:17	15.4	1:51	33	27:54	9:00	1:36:16
58	84	Kelsey Carder	North Liberty	IA	22	F	76	16:13	3:15	3:01	41	47:56	15.6	1:36	31	27:32	8:53	1:36:16
59	113	Sarah Hill	Walcott	IA	32	F	65	11:49	2:22	3:55	59	51:03	14.6	1:24	38	28:35	9:14	1:36:43
60	146	Ann Jurgensen	Tipton	IA	49	F	72	13:05	2:37	2:42	58	50:32	14.8	1:32	56	31:38	10:13	1:39:27
61	347	Sarah Hulgan	Perry	IA	33	F	33	10:14	2:03	3:25	64	52:38	14.2	1:52	62	32:54	10:37	1:41:01
62	96	Danna Wulf	Chicago	IL	26	F	71	12:54	2:35	5:40	60	51:11	14.6	1:25	49	30:14	9:45	1:41:23
63	143	Becky Halsch	Coralville	IA	48	F	78	18:27	3:42	2:39	52	49:45	15.0	1:26	44	29:16	9:27	1:41:32
64	140	Lori Shockley	Cedar Falls	IA	46	F	45	10:42	2:09	2:32	62	51:39	14.4	2:37	65	34:42	11:12	1:42:09
65	132	Jill Scharpman	Lynn Center	IL	40	F	79	23:11	4:39	2:33	39	47:45	15.6	2:26	23	26:36	8:35	1:42:28
66	89	Alana Scroggins	Davenport	IA	24	F	11	8:39	1:44	3:42	73	1:01:11	12.2	1:11	37	28:28	9:11	1:43:10
67	136	Sarah Averill	Iowa City	IA	43	F	35	10:19	2:04	3:15	65	53:31	13.9	2:43	66	35:07	11:20	1:44:53
68	141	Rhonda Danner	Ankeny	IA	46	F	41	10:33	2:07	2:47	70	55:50	13.4	1:41	68	36:19	11:43	1:47:30
69	103	Jennifer Fisher	Cedar Rapids	IA	28	F	56	11:06	2:14	2:11	67	54:09	13.8	2:19	74	39:46	12:50	1:49:09
70	152	Debbie Threlkeld	Mandeville	LA	53	F	34	10:18	2:04	2:44	68	55:22	13.5	1:43	75	39:51	12:51	1:49:54
71	127	Mary Fratianni	West Des Moines	IA	39	F	73	13:11	2:38	4:04	71	55:55	13.3	1:43	70	36:41	11:50	1:51:31
72	133	Kimber Weckel	Moline	IL	41	F	39	10:26	2:06	4:00	69	55:40	13.4	1:58	77	41:47	13:29	1:53:48
73	118	Ryly Farr	North Liberty	IA	34	F	61</											