

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

500 Yard Swim, 20 K Bike, 3.1 Mile Run

CLYDESDALE RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	188 Justin Schmidt	Cedar Rapids	IA	32	M	1	9:06	1:50	1:53	1	41:43	17.9	1:25	1	25:50	8:20	1:19:55
2	350 Keith Abkes	Cedar Rapids	IA	42	M	6	10:15	2:03	3:30	2	41:45	17.9	1:42	2	27:32	8:53	1:24:43
3	74 Doug Deimler	Cedar Rapids	IA	34	M	4	9:47	1:58	1:47	4	43:47	17.0	1:57	6	30:10	9:44	1:27:26
4	67 Drew Fayram	North Liberty	IA	26	M	3	9:42	1:57	3:24	3	43:30	17.1	1:34	3	29:46	9:36	1:27:54
5	332 Charles Kramer	Iowa City	IA	26	M	2	9:31	1:55	2:30	6	46:23	16.1	1:54	8	31:02	10:01	1:31:18
6	71 Leif Erickson	Sioux City	IA	52	M	7	10:19	2:04	2:21	9	47:47	15.6	1:31	5	30:07	9:43	1:32:04
7	75 Chris Conrad	Iowa City	IA	50	M	9	10:23	2:05	3:58	7	46:35	16.0	2:27	4	30:03	9:42	1:33:24
8	72 Christopher Hoins	Lakeville	MN	43	M	12	11:54	2:23	1:39	5	43:48	17.0	1:48	11	34:59	11:17	1:34:05
9	64 Austin Tierney	Iowa City	IA	37	M	5	9:56	2:00	3:14	11	51:08	14.6	1:05	7	30:21	9:48	1:35:42
10	70 Ben Bohlender	Norwalk	IA	25	M	8	10:20	2:04	2:40	10	48:33	15.4	1:00	10	34:20	11:05	1:36:50
11	73 Paul Knott	Council Bluffs	IA	57	M	11	11:41	2:21	6:27	8	47:03	15.8	3:24	9	31:25	10:09	1:40:00
12	66 Bruce Dalton	Cedar Rapids	IA	44	M	10	10:46	2:10	2:54	13	1:14:21	10.0	1:50	12	35:18	11:24	2:05:07
13	62 Kevin Kirkbride	Rock Island	IL	45	M	13	31:34	6:19	5:30	12	58:14	12.8	4:15	13	44:36	14:23	2:24:07

ATHENA RESULTS

TOT PLC #	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME
1	322 Janae Gross	Cedar Falls	IA	35	F	2	10:25	2:05	1:03	1	40:54	18.2	1:27	1	27:26	8:51	1:21:13
2	58 Lori Meyer	West Burlington	IO	28	F	1	9:33	1:55	3:25	2	46:45	15.9	1:25	2	29:17	9:27	1:30:23
3	56 Kathy Crawford	Savannah	MO	51	F	3	16:36	3:20	2:29	3	1:02:30	11.9	2:19	3	37:50	12:13	2:01:43

FEMALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME	
1	Eveline Dowling	Iowa City	IA	16	F	1	7:07	1:26	2:17	2	46:26	16.1	1:05	2	24:32	7:55	1:21:26
2	Jacqueline Dowling	Iowa City	IA	18	F	2	7:21	1:29	2:58	1	45:33	16.4	1:57	1	23:40	7:39	1:21:27

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME	
1	Bailey Redlinger	Solon	IA	17	M	1	13:29	2:42	1:34	1	44:08	16.9	0:59	1	25:45	8:19	1:25:53

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME	
1	Samantha Moller	Silvis	IL	24	F	5	10:39	2:08	1:14	1	41:00	18.2	1:43	2	22:43	7:20	1:17:17
2	Alyssa Bohlender	Indianola	IA	20	F	2	8:54	1:47	2:23	3	47:39	15.6	0:49	4	26:15	8:28	1:25:58
3	Megan Lopez	Johnsburg	IL	22	F	8	11:04	2:13	3:07	6	48:53	15.3	1:02	1	21:59	7:06	1:26:03
4	Nicci Sorensen	Cedar Rapids	IA	20	F	6	10:45	2:09	2:07	2	45:19	16.5	0:54	7	28:21	9:09	1:27:25
5	Ellen Mariano	North Liberty	IA	24	F	7	10:54	2:11	2:18	7	50:02	14.9	0:58	3	25:50	8:20	1:30:01
6	Betsy Hood	Iowa City	IA	24	F	3	9:17	1:52	3:56	8	51:23	14.5	0:49	6	28:16	9:08	1:33:41
7	Mallory Miranda	Minneapolis	MN	20	F	4	10:37	2:08	3:20	5	48:41	15.3	3:05	9	30:22	9:48	1:36:03
8	Kelsey Carder	North Liberty	IA	22	F	10	16:13	3:15	3:01	4	47:56	15.6	1:36	5	27:32	8:53	1:36:16
9	Alana Scroggins	Davenport	IA	24	F	1	8:39	1:44	3:42	9	1:01:11	12.2	1:11	8	28:28	9:11	1:43:10
10	Taylor Feltes	Cedar Rapids	IA	24	F	9	12:24	2:29	4:22	10	1:01:24	12.1	2:22	10	38:49	12:32	1:59:20

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME	
1	Adam Kassem	Winston Salem	NC	24	M	4	9:55	1:59	1:28	1	36:36	20.4	1:05	1	20:16	6:33	1:09:17
2	Carsen Anderson	Storm Lake	IA	21	M				2	37:50	19.7	0:53	4	23:49	7:41	1:12:32	
3	Brandon Bohlender	Iowa City	IA	22	M	1	8:52	1:47	1:38	4	40:09	18.6	1:36	3	22:33	7:17	1:14:46
4	Daniel Waller	Naperville	IL	20	M	2	9:00	1:48	1:36	6	42:23	17.6	0:47	2	21:44	7:01	1:15:29
5	Jake Camalick	Lansing	IL	21	M	3	9:53	1:59	1:24	5	40:40	18.3	0:42	5	23:57	7:44	1:16:34
6	Colby Easterday	Cedar Falls	IO	23	M	5	10:01	2:01	1:20	3	38:32	19.4	1:36	6	27:18	8:49	1:18:45
7	Nicholas Lyon	Iowa City	IA	23	M	8	12:11	2:27	3:19	8	46:50	15.9	1:03	7	27:49	8:59	1:31:09
8	Ben Cooper	West Des Moines	IA	24	M	6	10:37	2:08	1:25	7	46:01	16.2	1:43	9	33:10	10:42	1:32:54
9	David Koser	Franklin	WI	22	M	7	11:51	2:23	3:46	9	55:35	13.4	1:29	8	30:38	9:53	1:43:17

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	RUN plc	RUN time	pace	TOTAL TIME	
1	Leah Feazel	Iowa City	IA	29	F	4	9:10	1:50	1:32	2	39:25	18.9	1:20	3	23:42	7:39	1:15:07
2	Bri Flynn	Bettendorf	IA	26	F	16	11:11	2:15	2:06	3	41:42	17.9	1:31	1	21:23	6:54	1:17:52
3	Sarah Richmond	Iowa City	IA	26	F	12	10:32	2:07	1:41	1	39:16	19.0	1:09	10	27:48	8:58	1:20:23
4	Katie Huether	Cedar Rapids	IA	28	F	8	9:59	2:00	1:43	5	42:45	17.4	1:51	4	24:23	7:52	1:20:40
5	Chelsie Sievers	Madison	WI	25	F	9	10:04	2:01	1:11	7	44:04	16.9	1:14	5	24:36	7:56	1:21:07
6	Jamie Lollback	Iowa City	IA	28	F	13	10:48	2:10	2:02	6	43:45	17.0	1:03	7	25:05	8:06	1:22:41
7	Abigail Mancuso	Coralville	IA	26	F	7	9:57	2:00	2:22	15	50:03	14.9	1:02	2	21:26	6:55	1:24:48
8	Kathryn Shaffer	Cedar Rapids	IA	29	F	6	9:28	1:54	2:47	11	46:36	16.0	1:07	6	24:56	8:03	1:24:51
9	Kyla Van Gorp	Cedar Falls	IA	26	F	3	8:52	1:47	1:59	10	46:33	16.0	0:49	11	28:06	9:04	1:26:17
10	Rebecca Autenried	Iowa City	IA	25	F	10	10:10	2:02	2:18	9	45:50	16.3	1:59	9	26:34	8:34	1:26:49
11	Stacy Lolkus	Davenport	IA	28	F	2	7:56	1:36	1:28	8	44:56	16.6	1:06	16	32:18	10:26	1:27:41
12	Heather Neudigate	Cedar Rapids	IA	29	F	11	10:24	2:05	1:44	4	42:05	17.7	2:01	14	31:41	10:14	1:27:53

13	Ann Janowski	Iowa City	IA	27	F	1	7:46	1:34	2:22	12	48:01	15.5	1:48	13	30:28	9:50	1:30:23
14	Brie Hilkin	North Liberty	IA	27	F	5	9:14	1:51	2:12	13	48:45	15.3	1:12	15	31:55	10:18	1:33:16
15	Lillian Lai	Iowa City	IA	29	F	15	11:09	2:14	3:00	14	49:53	14.9	3:34	8	26:18	8:30	1:33:52
16	Danna Wulf	Chicago	IL	26	F	18	12:54	2:35	5:40	16	51:11	14.6	1:25	12	30:14	9:45	1:41:23
17	Jennifer Fisher	Cedar Rapids	IA	28	F	14	11:06	2:14	2:11	17	54:09	13.8	2:19	18	39:46	12:50	1:49:30
18	Halley Woodward	Iowa City	IA	28	F	17	11:21	2:17	2:54	18	59:00	12.6	1:32	19	42:55	13:51	1:57:40
19	Gaby Hamerlinck	Iowa City	IA	25	F	19	13:24	2:41	3:27	19	1:06:52	11.2	1:53	17	36:23	11:45	2:01:57

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	Eric Monahan	Iowa City	IA	28	M	4	9:52	1:59	1:27	1	36:47	20.3	1:09	2	20:56	6:45	1:10:10
2	Kyle Polich	North Liberty	IA	25	M	11	12:56	2:36	1:00	2	36:48	20.3	1:08	1	20:08	6:30	1:11:58
3	Scott McNaughton	Iowa City	IA	28	M	1	8:08	1:38	1:45	4	39:40	18.8	1:24	4	23:25	7:34	1:14:20
4	Andrew Lollback	Iowa City	IA	28	M	3	9:52	1:59	2:04	7	41:55	17.8	0:47	5	25:05	8:06	1:19:41
5	Jonathan Lam	Cedar Rapids	IA	26	M	6	9:56	2:00	1:07	3	38:57	19.1	0:58	8	29:58	9:40	1:20:53
6	Tyler Coblentz	Kalona	IA	27	M	10	12:21	2:29	1:50	5	39:58	18.7	1:36	6	25:33	8:15	1:21:16
7	Daniel Kinker	Coralville	IA	25	M	9	11:23	2:17	2:26	8	42:26	17.6	2:02	3	23:12	7:29	1:21:27
8	Dave Baron	North Liberty	IA	28	M	8	10:22	2:05	2:50	6	41:39	17.9	1:42	9	30:21	9:48	1:26:52
9	Aaron Roelfs	West Burlingto	IO	26	M	5	9:55	1:59	2:50	10	45:54	16.2	2:24	7	29:17	9:27	1:30:20
10	Thomas Bart	Cedar Rapids	IA	26	M	2	9:51	1:59	3:26	9	44:48	16.6	1:06	10	31:15	10:05	1:30:24
11	Aaron Riggs	Oskaloosa	IA	26	M	7	10:13	2:03	3:04	11	49:20	15.1	3:50	11	33:29	10:48	1:39:55

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	Annette Wittrock	Ottumwa	IA	34	F	3	8:27	1:42	1:12	1	40:56	18.2	0:56	3	27:29	8:52	1:18:58
2	Lindsey Greco	North Liberty	IA	31	F	4	9:23	1:53	1:36	3	43:25	17.2	1:28	7	29:16	9:27	1:25:06
3	Michelle Richardso	Cedar Rapids	IA	33	F	5	10:07	2:02	2:31	2	42:43	17.5	2:07	8	29:21	9:28	1:26:48
4	Erika Damschen	Coralville	IA	33	F	1	8:11	1:39	2:06	5	48:37	15.3	1:03	6	28:44	9:16	1:28:37
5	Bridget Baumhover	Iowa City	IA	30	F	7	10:23	2:05	1:54	6	49:46	15.0	0:52	1	27:02	8:43	1:29:55
6	Emmarie Poolman	Iowa City	IA	34	F	2	8:24	1:41	1:47	7	49:47	15.0	1:07	9	32:33	10:30	1:33:36
7	Lindsey Litton	Iowa City	IA	31	F	8	10:49	2:10	1:23	10	53:39	13.9	1:24	2	27:21	8:50	1:34:34
8	Samantha Myers	North Liberty	IA	33	F	11	15:10	3:02	3:06	4	48:17	15.4	1:51	4	27:54	9:00	1:36:16
9	Sarah Hill	Walcott	IA	32	F	10	11:49	2:22	3:55	8	51:03	14.6	1:24	5	28:35	9:14	1:36:43
10	Sarah Hulgan	Perry	IA	33	F	6	10:14	2:03	3:25	9	52:38	14.2	1:52	10	32:54	10:37	1:41:01
11	Ryly Farr	North Liberty	IA	34	F	9	11:19	2:16	2:36	11	1:04:05	11.6	1:37	11	37:25	12:04	1:57:00

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	Craig Goldsmith	Marion	IA	31	M	2	8:02	1:37	0:48	3	36:41	20.3	0:37	1	19:45	6:23	1:05:51
2	Jason Rabe	Fairfax	IA	33	M	1	7:38	1:32	1:03	2	35:54	20.8	1:11	3	20:44	6:42	1:06:27
3	Jason Migala	Sauk Rapids	MN	34	M	7	9:40	1:56	1:12	1	34:07	21.9	0:53	2	20:37	6:39	1:06:28
4	Jamie Thrans	Iowa City	IA	32	M	6	9:32	1:55	1:38	5	38:53	19.2	1:16	5	22:06	7:08	1:13:23
5	Ben Mueller	Sycamore	IL	31	M	9	9:59	2:00	1:51	6	40:44	18.3	1:06	4	21:25	6:55	1:15:03
6	Shawn Love	Marion	IA	32	M	10	10:10	2:02	1:18	4	37:36	19.8	0:49	10	25:42	8:18	1:15:33
7	Timothy Hatcher	Davenport	IA	32	M	8	9:52	1:59	1:37	7	41:42	17.9	0:51	7	23:41	7:39	1:17:41
8	Jeff Miller	Cedar Rapids	IA	32	M	4	8:51	1:47	1:22	8	41:50	17.8	1:30	9	25:32	8:15	1:19:03
9	Scott Kollasch	North Liberty	IA	30	M	5	9:29	1:54	3:54	11	44:19	16.8	1:54	8	24:41	7:58	1:24:15
10	Jp Hulgan	Perry	IA	32	M	14	12:13	2:27	2:37	12	44:35	16.7	1:24	6	23:40	7:38	1:24:27
11	Jayme Wilhelm	Iowa City	IA	33	M	13	10:57	2:12	1:37	10	43:02	17.3	1:17	13	29:19	9:28	1:26:10
12	Adam Hill	Walcott	IA	34	M	11	10:16	2:04	2:21	13	46:49	15.9	1:24	11	26:06	8:25	1:26:54
13	Trevor Templeman	Iowa City	IA	30	M	15	13:06	2:38	2:11	9	42:58	17.4	1:04	15	31:04	10:02	1:30:21
14	Adam Walsh	Marion	IA	33	M	12	10:30	2:06	4:25	16	52:45	14.1	2:31	12	26:58	8:42	1:37:07
15	Kevin Harness	Rock Island	IL	30	M	3	8:32	1:43	4:10	15	51:08	14.6	3:04	16	32:24	10:27	1:39:16
16	Vijay Pottathil	Iowa City	IA	32	M	16	14:04	2:49	3:15	14	50:54	14.6	2:13	14	30:17	9:46	1:40:41

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	Anne Hilleman	Huxley	IA	38	F	1	8:39	1:44	1:35	2	39:24	18.9	0:53	1	23:03	7:27	1:13:33
2	Angie Kersten	Davenport	IA	38	F	4	12:09	2:26	1:29	1	38:56	19.2	1:30	4	25:04	8:05	1:19:06
3	Jill Snitko	Marion	IA	35	F	3	11:46	2:22	1:29	3	46:15	16.1	1:00	2	23:15	7:30	1:23:44
4	Andrea Joyner	Marion	IA	39	F	5	12:51	2:35	1:53	5	49:06	15.2	1:26	3	24:06	7:47	1:29:19
5	Julie Hoffmann	Hiawatha	IA	37	F	2	9:46	1:58	2:41	4	48:48	15.3	2:22	5	31:30	10:10	1:35:04
6	Mary Fratianni	West Des Moine	IA	39	F	6	13:11	2:38	4:04	6	55:55	13.3	1:43	6	36:41	11:50	1:51:31

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	Joshua Madsen	North Liberty	IA	37	M	1	6:34	1:19	0:51	1	31:35	23.6	0:53	1	19:49	6:24	59:40
2	Chad Goldsmith	Coralville	IA	36	M	9	10:52	2:11	0:51	3	39:34	18.8	0:52	2	20:45	6:42	1:12:52
3	Neal Caughron	Waterloo	IA	35	M	4	9:13	1:51	1:11	5	41:32	18.0	1:20	3	21:57	7:05	1:15:11
4	Jared Althoff	Peosta	IA	35	M	6	9:58	2:00	1:28	2	39:01	19.1	1:08	7	25:24	8:12	1:16:58
5	James Van Howe	Davenport	IA	35	M	7	10:25	2:05	2:04	4	40:25	18.4	1:02	4	22:37	7:18	1:17:31
6	Kent Wood	Johnston	IA	36	M	3	9:03	1:49	2:47	6	42:20	17.6	2:30	6	23:36	7:37	1:19:14
7	Dan Vondra	Iowa City	IO	35	M	5	9:36	1:56	3:07	8	43:45	17.0	1:07	5	23:02	7:26	1:20:36
8	Frank Kelly	Mason City	IA	35	M	8	10:42	2:09	1:59	7	43:38	17.1	1:27	8	28:23	9:10	1:26:07
9	Derek Roberts	Marion	IA	38	M	2	8:59	1:48	2:27	9	47:43	15.6	2:29	10	29:39	9:34	1:31:15
10	Max Knepper	Peosta	IA	35	M	11	12:26	2:30	2:25	10	48:46	15.3	2:22	9	29:22	9:29	1:35:20
11	Samer Elguindy	Elgin	IL	36	M	10	10:58	2:12	5:05	11	57:08	13.1	2:15	11	39:31	12:45	1:54:55

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 Kathryn Cater	Cedar Rapids	IA	43	F	4	9:37	1:56	1:28	1	39:11	19.0	1:15	2	26:43	8:37	1:18:12
2 Jane Simonsen	Davenport	IA	42	F	3	8:59	1:48	2:06	2	43:56	17.0	0:57	3	27:11	8:46	1:23:07
3 Monica Dalton	Iowa City	IA	42	F	8	10:51	2:11	2:12	3	43:57	17.0	0:57	5	29:36	9:33	1:27:31
4 Sarah Leinart	Bettendorf	IA	42	F	1	8:06	1:38	2:43	4	46:56	15.9	1:32	6	30:05	9:43	1:29:19
5 Laura Stahler	Davenport	IA	44	F	2	8:17	1:40	2:32	5	46:57	15.9	1:56	8	33:50	10:55	1:33:30
6 Christina Donelson	Iowa City	IA	40	F	9	11:03	2:13	1:52	7	48:38	15.3	1:23	7	31:31	10:10	1:34:26
7 Beth Chapman	West Des Moines	IA	40	F	7	10:36	2:08	2:42	8	51:59	14.3	1:51	4	29:06	9:24	1:36:12
8 Jill Scharpman	Lynn Center	IL	40	F	10	23:11	4:39	2:33	6	47:45	15.6	2:26	1	26:36	8:35	1:42:28
9 Sarah Averill	Iowa City	IA	43	F	5	10:19	2:04	3:15	9	53:31	13.9	2:43	9	35:07	11:20	1:44:53
10 Kimber Weckel	Moline	IL	41	F	6	10:26	2:06	4:00	10	55:40	13.4	1:58	10	41:47	13:29	1:53:48

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 Eric Goers	Iowa City	IA	42	M	1	7:54	1:35	1:06	2	35:32	21.0	0:49	1	19:25	6:16	1:04:43
2 Kelly Kersten	Davenport	IA	43	M	3	8:31	1:43	1:17	1	34:34	21.6	1:03	2	20:10	6:31	1:05:33
3 Michael Hawtrey	New York	NY	44	M	2	7:56	1:36	2:34	3	39:05	19.1	0:52	3	20:10	6:31	1:10:35
4 Pedro Gonzalez-Ale	Iowa City	IA	41	M	7	10:05	2:01	1:15	5	42:03	17.7	0:56	4	23:41	7:39	1:17:59
5 Adam Pollack	Iowa City	IA	41	M	6	10:04	2:01	2:14	4	40:35	18.4	0:49	6	24:38	7:57	1:18:18
6 Patrick Johnston	North Liberty	IA	40	M	8	11:20	2:16	2:36	6	42:11	17.7	1:55	5	23:49	7:41	1:21:49
7 Steve Morey	Fort Madison	IA	44	M	4	9:07	1:50	3:47	8	52:18	14.3	1:35	7	28:25	9:10	1:35:10
8 Scott Oakley	Davenport	IA	41	M	5	9:26	1:54	2:41	7	46:37	16.0	1:56	8	34:33	11:09	1:35:11

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 Trina Dunham	Hiawatha	IO	48	F	1	9:38	1:56	1:03	1	38:42	19.3	1:16	2	28:55	9:20	1:19:31
2 Tara Coady	Iowa City	IA	48	F	7	12:42	2:33	1:55	2	39:53	18.7	1:05	1	28:38	9:14	1:26:12
3 Becky Gambish	Marion	IA	45	F	5	11:17	2:16	2:03	5	48:47	15.3	1:51	4	30:15	9:46	1:34:10
4 Elizabeth Albaugh	North Liberty	IA	48	F	4	11:16	2:16	3:55	3	47:39	15.6	1:29	6	31:41	10:14	1:35:57
5 Susan Kaliszewski	Iowa City	IA	49	F	6	12:24	2:29	1:24	4	47:45	15.6	1:30	7	32:59	10:39	1:36:01
6 Ann Jurgensen	Tipton	IA	49	F	8	13:05	2:37	2:42	7	50:32	14.8	1:32	5	31:38	10:13	1:39:27
7 Becky Halsch	Coralville	IA	48	F	9	18:27	3:42	2:39	6	49:45	15.0	1:26	3	29:16	9:27	1:41:32
8 Lori Shockley	Cedar Falls	IA	46	F	3	10:42	2:09	2:32	8	51:39	14.4	2:37	8	34:42	11:12	1:42:09
9 Rhonda Danner	Ankeny	IA	46	F	2	10:33	2:07	2:47	9	55:50	13.4	1:41	9	36:19	11:43	1:47:09

MALE 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 John Stonebarger	Iowa City	IA	49	M	6	9:07	1:50	1:55	1	32:48	22.7	0:57	3	22:23	7:13	1:07:08
2 Duane Staskal	Iowa City	IA	45	M	2	8:42	1:45	1:37	2	34:21	21.7	0:45	2	22:14	7:11	1:07:36
3 John Martinek	Coralville	IA	45	M	4	8:46	1:46	0:45	3	36:57	20.2	0:41	1	22:11	7:10	1:09:18
4 George Sehl	Iowa City	IA	49	M	7	9:14	1:51	1:54	4	37:54	19.7	0:56	4	22:33	7:17	1:12:29
5 Jim Trepka	Iowa City	IA	46	M	3	8:44	1:45	1:09	6	40:56	18.2	1:18	5	23:53	7:43	1:15:59
6 Mark Theuerkauf	Bettendorf	IA	47	M	1	8:02	1:37	1:46	7	42:39	17.5	1:28	6	24:43	7:59	1:18:36
7 Russ Rauscher	Cedar Rapids	IA	46	M	8	13:30	2:42	1:40	5	39:05	19.1	1:20	7	28:26	9:11	1:23:58
8 Paul Murphy	North Liberty	IA	49	M	5	8:54	1:47	2:52	8	46:13	16.1	2:09	8	35:58	11:37	1:36:05

FEMALE AGE GROUP RESULTS 50 - 54

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 Kim Sprenger	Iowa City	IA	51	F	1	8:38	1:44	1:02	1	38:54	19.2	0:46	1	23:04	7:27	1:12:22
2 Kallie Harris	Cedar Rapids	IA	50	F	7	10:55	2:11	1:22	2	40:18	18.5	1:09	2	24:31	7:55	1:18:14
3 Patricia Kenel	Cedar Rapids	IA	53	F	6	10:54	2:11	1:37	4	43:38	17.1	1:18	3	26:08	8:26	1:23:34
4 Vicki Kijewski	Iowa City	IA	52	F	3	10:05	2:01	2:20	5	47:09	15.8	1:45	4	31:02	10:01	1:32:20
5 Margaret Miller	Moline	IL	54	F	2	9:35	1:55	1:55	3	43:07	17.3	2:16	5	35:42	11:31	1:32:34
6 Debbie Threlkeld	Mandeville	LA	53	F	4	10:18	2:04	2:44	6	55:22	13.5	1:43	6	39:51	12:51	1:49:54
7 Anne Carter	Columbus	OH	50	F	5	10:53	2:11	3:07	7	1:08:31	10.9	1:39	7	40:10	12:58	2:04:18

MALE AGE GROUP RESULTS 50 - 54

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 John Grice	Kewanee	IL	54	M	1	8:58	1:48	1:06	1	34:15	21.8	1:04	1	19:25	6:16	1:04:46
2 John Lemos	Cedar Rapids	IA	50	M	2	9:11	1:51	1:26	2	38:45	19.2	1:18	4	25:30	8:14	1:16:09
3 Keith Kenel	Cedar Rapids	IA	52	M	7	13:07	2:38	1:07	3	40:54	18.2	1:18	2	24:47	8:00	1:21:12
4 Ted Olson	Hiawatha	IA	53	M	4	11:14	2:15	1:21	5	42:47	17.4	1:12	3	25:14	8:09	1:21:46
5 Graham Waller	Naperville	IL	51	M	3	9:47	1:58	2:33	4	42:16	17.6	2:05	6	30:31	9:51	1:27:09
6 Rob Cooksey	Blue Grass	IA	51	M	8	14:13	2:51	2:53	6	45:27	16.4	2:39	5	29:52	9:39	1:35:02
7 Kelly Crawford	Savannah	MO	53	M	5	11:58	2:24	2:17	7	53:03	14.1	4:44	8	38:59	12:35	1:50:59
8 Rob Kinney	Coralville	IA	53	M	6	12:58	2:36	5:02	8	57:27	13.0	2:08	7	37:21	12:03	1:54:55

FEMALE AGE GROUP RESULTS 55 - 59

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 Belinda Gee	Cedar Rapids	IA	55	F	1	9:39	1:56	1:00	1	42:09	17.7	0:58	1	27:15	8:48	1:21:00

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN		RUN		TOTAL	
					plc	time		yds	time	plc	time	mph	time	plc		time
1 Guy Olson	Cedar Rapids	IA	56	M	3	8:00	1:36	1:08	1	35:17	21.1	1:02	1	22:30	7:16	1:07:56
2 Mark Mannebach	Dekalb	IL	57	M	2	7:53	1:35	1:07	2	36:37	20.4	1:04	2	24:13	7:49	1:10:51
3 Richard Wyss	Iowa City	IA	56	M	4	10:14	2:03	1:10	3	39:18	19.0	1:19	4	27:22	8:50	1:19:22
4 Paul Riggs	Oskaloosa	IA	59	M	5	10:19	2:04	3:23	4	43:31	17.1	2:07	3	26:51	8:40	1:26:08
5 Jon Mixdorf	Center Point	IA	59	M	1	7:39	1:32	2:36	5	49:40	15.0	1:20	5	34:04	11:00	1:35:16

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN		RUN		TOTAL	
					plc	time		yds	time	plc	time	mph	time	plc		time
1 Julie Kinker	Ames	IA	61	F	1	11:42	2:21	5:17	1	1:03:14	11.8	3:49	1	44:51	14:28	2:08:51

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE			TRAN		RUN		TOTAL	
					plc	time		yds	time	plc	time	mph	time	plc		time
1 Dan Tucker	Cedar Rapids	IA	62	M	1	14:18	2:52	1:25	1	38:08	19.6	1:02	1	28:57	9:21	1:23:47

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 Leonard Winkle	Coralville	IA	65	M	1	10:48	2:10	2:36	1	45:22	16.4	2:50	1	26:59	8:43	1:28:34
2 Ron Stoops	Ft. Collins	CO	71	M	2	15:59	3:12	6:02	2	58:54	12.7	3:22	2	39:46	12:50	2:04:00