

SUMMER DAZE TRIATHLON  
May 11, 2013  
Newton, Iowa

300 Meter Swim - 18 Mile Bike - 5K Mile Run

FEMALE AGE GROUP RESULTS 1 - 18

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 Maggie Laird	Clive	IA	13	F	1	5:28	1:40	4:08	1	1:32:28	11.7	1:34	1	25:21	8:10	2:08:57

MALE AGE GROUP RESULTS 1 - 18

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 Christian Laube	Newton	IA	16	M	1	4:57	1:31	1:37	1	1:08:00	15.9	0:17	1	21:52	7:03	1:36:41

FEMALE AGE GROUP RESULTS 19 - 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 Ashley Miller	Storm Lake	IA	25	F	3	7:25	2:16	1:24	1	1:06:35	16.2	1:08	2	30:22	9:47	1:46:52
2 Kathrin Depue	Indianola	IA	22	F	1	6:12	1:54	1:58	2	1:17:55	13.9	0:28	1	28:12	9:05	1:54:43
3 Kelsey Morfitt	North Liberty	IA	29	F	2	7:01	2:09	2:33	3	1:25:25	12.6	0:30	3	31:31	10:09	2:06:58

MALE AGE GROUP RESULTS 19 - 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 Erik Bandy	Iowa City	IA	24	M	2	5:43	1:45	1:03	2	56:48	19.0	0:42	1	17:33	5:39	1:21:48
2 Scott Carkhuff	Newton	IA	28	M	3	5:59	1:50	2:18	1	55:06	19.6	1:22	2	23:10	7:28	1:27:54
3 Jason Buseman	Johnson	IA	28	M	4	6:06	1:52	0:56	3	1:02:11	17.4	1:00	3	25:01	8:03	1:35:12
4 Daniel Cibula	Kellogg	IA	29	M	5	6:12	1:54	1:28	4	1:04:33	16.7	0:31	5	25:25	8:11	1:38:08
5 Jordan Stokka	Des Moines	IA	29	M	1	5:19	1:38	1:53	5	1:04:56	16.6	0:43	4	25:22	8:10	1:38:12

FEMALE AGE GROUP RESULTS 30 - 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 Melanie Sharp	Newton	IA	34	F	1	6:31	2:00	1:59	1	1:18:07	13.8	0:36	2	34:20	11:03	2:01:31
2 Erin Crawford	Rhodes	IA	35	F	2	9:09	2:48	2:20	2	1:31:21	11.8	0:43	1	32:29	10:28	2:15:59

MALE AGE GROUP RESULTS 30 - 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 Jonathan Estabrook	Ankeny	IA	39	M	3	5:24	1:39	0:17	1	49:16	21.9	0:25	1	18:02	5:49	1:13:21
2 Peder Skoog	Waukee	IA	33	M	2	3:43	1:08	0:54	4	57:20	18.8	0:23	2	18:53	6:05	1:21:11
3 Luke Anderson	Newton	IA	30	M	1	3:36	1:06	0:33	3	54:47	19.7	0:30	6	22:02	7:06	1:21:26
4 Mathew Wilson	Clive	IA	38	M	6	6:38	2:02	1:16	2	53:15	20.3	0:56	4	19:46	6:22	1:21:49
5 Josh Wermager	Newton	IA	38	M	7	6:45	2:04	1:06	5	59:34	18.1	1:20	3	19:10	6:10	1:27:54
6 Colin Witt	Des Moines	IA	38	M	5	6:12	1:54	1:03	6	1:02:18	17.3	0:50	5	21:27	6:55	1:31:48
7 Courtney Potthoff	Ankeny	IA	30	M	4	5:46	1:46	2:32	8	1:08:50	15.7	0:59	7	22:06	7:07	1:40:11
8 Jason Hemmer	Waukee	IA	35	M	8	7:03	2:09	2:07	7	1:03:37	17.0	0:54	8	28:16	9:06	1:41:56

FEMALE AGE GROUP RESULTS 40 - 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 Kristin Rinderknecht	Clive	IA	42	F	1	5:31	1:41	0:29	1	1:00:37	17.8	0:42	1	23:13	7:29	1:30:31
2 Shelly Hanson	Webster City	IA	40	F	2	7:16	2:13	2:24	2	1:11:36	15.1	1:17	2	28:40	9:14	1:51:12

MALE AGE GROUP RESULTS 40 - 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 Reed Rinderknecht	Clive	IA	43	M	1	4:31	1:23	0:25	1	47:27	22.8	0:20	1	20:47	6:42	1:13:27
2 Wade Shriver	Iowa City	IA	48	M	3	6:06	1:52	1:39	2	1:02:32	17.3	1:16	5	29:12	9:24	1:40:43
3 Keith Laube	Newton	IA	46	M	5	7:14	2:13	2:15	4	1:07:52	15.9	0:23	2	23:53	7:42	1:41:35
4 Tim Dykstra	Pella	IA	43	M	4	6:26	1:58	2:00	3	1:06:00	16.4	1:14	4	28:05	9:03	1:43:42
5 Dan Laird	Clive	IA	45	M	2	5:37	1:43	3:52	5	1:32:25	11.7	1:34	3	25:21	8:10	2:08:47

MALE AGE GROUP RESULTS 50 - 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 Bill Henninger	Newton	IA	50	M	1	6:43	2:03	1:32	1	1:05:40	16.4	0:54	1	26:05	8:24	1:40:52