





PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
PLACE									plc	time	yds	time	plc	time	pace	TIME				
1	1/1			Beth Dessner	Wilton	IA	50	F	2	11:15	2:15	1:42	1	53:28	17.4	0:22	1	25:45	8:18	1:32:30
2	1/1			Sara Hefflefinger	Pella	IA	25	F	4	24:30	4:54						2	31:12	10:03	1:39:49
3	1/1			Ellen Black	Iowa City	IA	24	F	1	7:26	1:30	2:35	2	59:15	15.7	1:09	3	33:07	10:40	1:43:29
4	1/1			Dennis Baier	Cedar Rapids	IA	68	M	3	11:42	2:21	1:02	3	1:01:25	15.1					

TEAM RESULTS

TOTAL	DIV	PLC	PLC	TEAM	MEMBERS:	SWIMMER,	BIKER,	RUNNER	plc	time	yds	TRAN	BIKE	TRAN	RUN	TOTAL	
PLACE									time	plc	time	mph	time	plc	time	pace	TIME
1	1/4			Bannink-Bannink-Bannink	=	Zane Bannink	,	Jeff Bannink	,	Johan Bannink							
						5	10:31	2:07	0:24	1	37:28	24.8	0:18	6	25:42	8:17	1:14:21
2	2/4			Dalecky-Johnson-Steinberg	=	Todd Dalecky	,	Eric Johnson	,	Chris Steinberg							
						1	7:41	1:33	0:20	3	45:37	20.4	0:17	4	24:59	8:03	1:18:53
3	1/9			Miskimen-Miskimen-Miskimen	=	Kent Miskimen	,	Shelley Miskimen	,	Maggie Miskimen							
						7	10:37	2:08	0:29	2	42:01	22.1	0:23	9	27:43	8:56	1:21:11
4	2/9			Pizinger-Pizinger-Brown	=	Terri Pizinger	,	Terry Pizinger	,	Ben Brown							
						13	13:15	2:39	0:20	5	48:41	19.1	0:13	1	18:47	6:03	1:21:15
5	3/4			Gearhart-Williams-Turner	=	Nick Gearhart	,	John Williams	,	Mason Turner							
						4	10:09	2:02	0:24	6	50:32	18.4	0:17	7	25:48	8:19	1:27:09
6	3/9			Hinrichs-Mcdonald-Mcdonald	=	Bonnie Hinrichs	,	Lance McDonald	,	Amy McDonald							
						10	11:23	2:17	0:20	4	46:59	19.8	0:13	11	31:36	10:11	1:30:30
7	4/9			Manternach-Harris-Manternach	=	Darby Manternach	,	Sydney Harris	,	Reese Manternach							
						2	7:53	1:35	0:19	9	59:03	15.7	0:17	5	25:09	8:06	1:32:38
8	4/4			Zwack-Craigmile-Dutcher	=	Daniel Zwack	,	Mitchell Craigmile	,	Jon Dutcher							
						12	12:12	2:27	0:27	8	55:49	16.7	0:20	10	30:36	9:51	1:39:21
9	5/9			Handley-Matthews-Handley	=	Robert Handley	,	Karen Matthews	,	Dale Handley							
						9	11:18	2:16	0:20	12	1:05:36	14.2	0:17	2	23:08	7:27	1:40:37
10	6/9			Hammond-Buzalsky-Buzalsky	=	Emily Hammond	,	Amy Buzalsky	,	Leo Buzalsky							
						3	9:52	1:59	0:27	14	1:07:53	13.7	0:18	3	23:27	7:33	1:41:56
11	1/4			Vorhies-Erickson-Harris	=	Christine Vorhies	,	Kelly Erickson	,	Ally Harris							
						6	10:37	2:08	0:23	11	1:04:27	14.4	0:16	8	27:08	8:44	1:42:48
12	7/9			Jones-Roca-Roca	=	Scott Jones	,	Robert Roca	,	Betsy Roca							
						15	17:48	3:34	0:33	7	54:14	17.1	0:25	13	35:18	11:22	1:48:17
13	8/9			Miller-Koester-Schmitt	=	Jeff Miller	,	Erin Koester	,	Randy Schmitt							
						11	11:48	2:22	0:28	15	1:09:30	13.4	0:14	12	32:11	10:22	1:54:09
14	2/4			Sparrow-Kaspari-Dufoe	=	Lisa Sparrow	,	Jessica Kaspari	,	Melinda Dufoe							
						8	10:57	2:12	0:24	10	1:02:17	14.9	0:16	16	43:50	14:07	1:57:42
15	3/4			Greiner-Etten	=	Melissa Greiner	,	Jean Etten									
						14	15:24	3:05	0:28	13	1:05:36	14.2	1:48	15	43:39	14:03	2:06:53
16	4/4			Jones-Roca-Jones	=	Ryan Jones	,	Kate Roca	,	Susie Jones							
						16	17:52	3:35	0:42	16	1:15:44	12.3	0:25	14	37:52	12:12	2:12:32
17	9/9			Marner-Wilbur-Kaufman	=	Christopher Marner	,	Josiah Wilbur	,	Abbe Kaufman							
						17	37:13	7:27	0:22	17	1:20:36	11.5	0:14	17	46:24	14:57	2:44:47

TOP 10 SWIM

	NAME	CITY	ST	AGE	S	time	yds
1	Justin Arebaugh	Marion	IA	18	M	7:08	1:26
2	Eamonn McCullough	Waverly	IA	15	M	7:11	1:27
3	John Roggendorf	Marion	IA	19	M	7:23	1:29
4	Barry Breffle	Cedar Rapids	IA	44	M	7:27	1:30
5	Ryan Hanrahan	Cedar Rapids	IA	31	M	7:36	1:32
6	Todd Dalecky	Cedar Rapids	IA			7:41	1:33
7	Darby Manternach	Cedar Rapids	IA			7:53	1:35
8	Emily Wallace	Walford	IA	18	F	7:58	1:36
9	Craig Goldsmith	Marion	IA	32	M	7:59	1:36
10	Jill Powers	Dubuque	IA	35	F	8:01	1:37

TOP 10 FIRST TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Barry Breffle	Cedar Rapids	IA	44	M	0:16
2	Weston Turner	Cedar Rapids	IA	12	M	0:30
3	Dallas Clasen	Peosta	IA	20	M	0:30
4	Craig Goldsmith	Marion	IA	32	M	0:34
5	Duane Staskal	Iowa City	IA	46	M	0:34
6	Roger Cassill	Fairfax	IA	49	M	0:35
7	Kim Sprenger	Iowa City	IA	52	F	0:36
8	Chad Goldsmith	Coralville	IA	37	M	0:36
9	Jonathan Lam	Cedar Rapids	IA	27	M	0:40
10	Adam Kassem	Cedar Rapids	IA	25	M	0:40

TOP 10 BIKE

	NAME	CITY	ST	AGE	S	time	mph
1	Zane Bannink	Shorewood	WI			37:28	24.8
2	Barry Breffle	Cedar Rapids	IA	44	M	37:33	24.8
3	Adam Kassem	Cedar Rapids	IA	25	M	40:05	23.2
4	Scott Schemmel	Dubuque	IA	27	M	40:46	22.8
5	Guy Olson	Cedar Rapids	IA	57	M	40:53	22.7
6	Duane Staskal	Iowa City	IA	46	M	41:36	22.4
7	Travis Hilsabeck	Prairie City	IA	33	M	41:49	22.2
8	Dallas Clasen	Peosta	IA	20	M	42:01	22.1
9	Kent Miskimen	Fairfax	IA			42:01	22.1
10	Randy Laing	Solon	IA	35	M	42:20	22.0

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Joel Ahrendsen	Ames	IA	27	M	0:13
2 John Roggendorf	Marion	IA	19	M	0:16
3 Jeffrey Sabin	Cedar Rapids	IA	29	M	0:20
4 Ken Budke	Waterloo	IA	67	M	0:20
5 Craig Goldsmith	Marion	IA	32	M	0:20
6 Justin Arebaugh	Marion	IA	18	M	0:21
7 Chloe Norpel	Dubuque	IA	32	F	0:22
8 Barry Breffle	Cedar Rapids	IA	44	M	0:23
9 Emily Wallace	Walford	IA	18	F	0:23
10 Adam Kassem	Cedar Rapids	IA	25	M	0:23

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1 Chad Goldsmith	Coralville	IA	37	M	18:20	5:54
2 Terri Pizinger	Cedar Rapids	IA			18:47	6:03
3 Adam Kassem	Cedar Rapids	IA	25	M	19:29	6:17
4 Roger Cassill	Fairfax	IA	49	M	19:55	6:25
5 Scott Schemmel	Dubuque	IA	27	M	20:03	6:28
6 Cory Hall	Dubuque	IA	32	M	20:07	6:29
7 Barry Breffle	Cedar Rapids	IA	44	M	20:08	6:29
8 Mark Johnson	Hiawatha	IA	41	M	20:23	6:34
9 Dallas Clasen	Peosta	IA	20	M	20:38	6:39
10 Robert Orna	Grimes	IA	33	M	20:55	6:44