

FEMALE RESULTS

TOT PLC	#	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	144	Elaina Mertens	Dubuque	IA	28	F	5	8:43	1:45	0:47	1	44:19 21.0	0:38	1	21:41	6:59	1:16:05
2	200	Kim Sprenger	Iowa City	IA	52	F	9	9:40	1:56	0:36	5	46:56 19.8	0:29	6	24:14	7:48	1:21:53
3	231	Heidi Sutter	Dubuque	IA	41	F	16	10:10	2:02	0:47	7	50:07 18.6	0:39	2	21:46	7:01	1:23:57
4	32	Kathryn Cater	Cedar Rapids	IA	44	F	8	9:25	1:53	1:14	2	45:31 20.4	0:55	13	26:55	8:40	1:23:58
5	129	Brita Loynachan	Marion	IA	50	F	10	9:48	1:58	0:48	3	45:55 20.3	0:43	14	27:29	8:51	1:24:41
6	167	Jill Powers	Dubuque	IA	35	F	2	8:01	1:37	0:57	15	53:10 17.5	0:44	11	25:31	8:13	1:28:21
7	73	Janae Gross	Cedar Falls	IA	36	F	31	11:13	2:15	0:48	4	46:46 19.9	1:05	25	28:53	9:18	1:28:43
8	134	Angie McCormick	Palo	IA	37	F	24	10:56	2:12	1:43	12	52:52 17.6	0:51	3	22:54	7:23	1:29:15
9	173	Jody Rausch	Robins	IA	45	F	7	9:21	1:53	0:57	8	50:23 18.5	0:30	18	28:09	9:04	1:29:18
10	218	Emily Wallace	Walford	IA	18	F	1	7:58	1:36	0:52	34	56:30 16.5	0:23	7	24:24	7:52	1:30:05
11	36	Ashley Chizek	North Liberty	IA	28	F	17	10:11	2:03	1:26	23	54:40 17.0	1:18	4	23:30	7:34	1:31:02
12	199	Jill Snitko	Marion	IA	36	F	25	11:05	2:13	1:28	19	53:48 17.3	0:46	5	24:07	7:46	1:31:12
13	237	Summer Meyer	Cedar Falls	IA	36	F	54	12:33	2:31	1:40	13	52:56 17.6	1:47	8	24:33	7:54	1:33:26
14	27	Jennifer Burke	North Liberty	IA	30	F	15	10:03	2:01	1:12	28	55:04 16.9	1:01	12	26:24	8:30	1:33:43
15	56	Tami Fiala	Fairfax	IA	50	F	6	8:56	1:48	1:34	6	50:06 18.6	0:49	46	33:04	10:39	1:34:28
16	110	Patricia Kenel	Cedar Rapids	IA	54	F	12	9:52	1:59	1:16	20	53:48 17.3	1:09	28	29:25	9:28	1:35:27
17	20	Traci Beitzel	Cedar Rapids	IA	48	F	38	11:43	2:21	1:30	11	52:46 17.6	1:34	19	28:14	9:06	1:35:46
18	153	Abbie Obermiller	Iowa City	IA	25	F	61	13:12	2:39	1:46	22	54:37 17.0	1:07	10	25:26	8:11	1:36:06
19	41	Carla Coleman	Iowa City	IA	51	F	21	10:37	2:08	1:41	26	54:53 16.9	0:49	20	28:18	9:07	1:36:16
20	104	Rosie Jones	West Des Moines	IA	49	F	50	12:20	2:28	0:50	10	52:03 17.9	0:59	33	30:46	9:55	1:36:57
21	30	Andrea Carter	North Liberty	IA	36	F	33	11:20	2:16	1:51	25	54:46 17.0	1:15	17	28:05	9:03	1:37:16
22	214	Jennet Volden	Cedar Rapids	IA	33	F	30	11:12	2:15	1:25	9	51:36 18.0	0:51	42	32:49	10:34	1:37:51
23	40	Melissa Clow	Cedar Rapids	IA	40	F	27	11:07	2:14	0:58	17	53:31 17.4	1:06	39	31:52	10:16	1:38:32
24	39	Allyvia Clasen	Peosta	IA	16	F	18	10:19	2:04	1:02	38	58:23 15.9	0:41	22	28:36	9:13	1:38:59
25	37	Diane Cisewski	Edina	MN	62	F	32	11:20	2:16	0:55	35	56:35 16.4	0:49	29	29:46	9:35	1:39:24
26	24	Sue Bransky	Solon	IA	50	F	57	12:51	2:35	1:43	18	53:33 17.4	1:10	32	30:32	9:50	1:39:46
27	23	Danielle Bonzer	Cedar Falls	IA	33	F	26	11:05	2:13	1:53	31	55:54 16.6	0:42	31	30:23	9:47	1:39:56
28	213	Ann Vestle	Cedar Rapids	IA	60	F	35	11:34	2:19	1:16	16	53:12 17.5	1:08	43	32:52	10:35	1:39:59
29	197	Tami Smith	Marion	IA	46	F	43	11:52	2:23	1:14	33	56:13 16.5	1:38	27	29:11	9:24	1:40:06
30	115	Robin Kopelman	Iowa City	IA	41	F	36	11:42	2:21	1:02	40	58:49 15.8	1:03	15	28:00	9:01	1:40:33
31	88	Maryann Heying	Cedar Rapids	IA	37	F	58	13:00	2:36	1:48	24	54:44 17.0	1:19	35	31:09	10:02	1:41:58
32	58	Brittany Fletcher	Cedar Rapids	IA	23	F	81	17:21	3:29	2:29	37	57:28 16.2	0:30	9	24:49	8:00	1:42:35
33	26	Samantha Brown	Cedar Rapids	IA	21	F	42	11:51	2:23	1:07	29	55:12 16.8	0:44	52	34:20	11:03	1:43:12
34	148	Melissa Mundell	Cedar Rapids	IA	37	F	67	14:21	2:53	1:56	39	58:34 15.9	1:10	21	28:25	9:09	1:44:24
35	221	Jackie White	Anamosa	IA	48	F	51	12:20	2:28	2:00	30	55:13 16.8	1:48	47	33:06	10:39	1:44:25
36	172	Audrey Rasmussen	Taylor Ridge	IL	49	F	76	16:09	3:14	1:13	27	55:00 16.9	1:14	34	31:04	10:00	1:44:39
37	72	Amy Groshong	Marion	IA	26	F	55	12:38	2:32	1:28	42	59:55 15.5	0:57	30	30:11	9:43	1:45:07
38	49	Kate Derby	Dubuque	IA	54	F	78	16:20	3:16	2:23	14	53:06 17.5	2:07	36	31:12	10:03	1:45:07
39	191	Michelle Schwenn	Marion	IA	40	F	65	13:51	2:47	2:04	45	1:00:42 15.3	1:29	16	28:03	9:02	1:46:07
40	162	Sandy Pint	Mount Vernon	IA	58	F	64	13:38	2:44	1:23	21	53:56 17.2	0:47	61	36:39	11:48	1:46:20
41	35	Kim Chandler	Cedar Rapids	IA	41	F	44	11:55	2:23	2:22	32	56:00 16.6	1:47	53	34:49	11:13	1:46:51
42	13	Janneke Bannink	Shorewood	WI	13	F	3	8:18	1:40	1:38	56	1:04:50 14.3	1:00	38	31:33	10:10	1:47:18
43	138	Kellie McGrath	Urbandale	IA	29	F	28	11:09	2:14	1:26	58	1:05:02 14.3	1:41	24	28:45	9:16	1:48:02
44	203	Kelly Stobb	Cedar Rapids	IA	26	F	82	17:38	3:32	1:29	44	1:00:07 15.5	0:41	23	28:44	9:15	1:48:37
45	28	Sandi Campbell	Palatine	IL	71	F	40	11:47	2:22	1:46	36	56:59 16.3	1:08	63	36:58	11:54	1:48:37
46	142	Heidi Meloy	Cedar Rapids	IA	30	F	29	11:10	2:14	2:28	46	1:01:05 15.2	0:48	50	33:40	10:51	1:49:10
47	176	Jennifer Riemer	Darien	IL	44	F	52	12:22	2:29	1:44	50	1:02:01 15.0	0:39	45	33:04	10:39	1:49:48
48	45	Michelle Croft	Iowa City	IA	34	F	45	11:56	2:24	2:29	47	1:01:13 15.2	1:37	41	32:35	10:29	1:49:48
49	6	Teresa Anton	Cedar Rapids	IA	51	F	66	13:56	2:48	1:58	48	1:01:39 15.1	1:16	44	32:59	10:37	1:51:46
50	204	Kristi Storey	Vinton	IA	41	F	62	13:24	2:41	2:13	41	59:04 15.7	1:03	59	36:20	11:42	1:52:02
51	152	Chloe Norpel	Dubuque	IA	32	F	63	13:31	2:43	2:34	43	1:00:00 15.5	0:22	57	35:37	11:28	1:52:03
52	9	Jessica Arebaugh	Marion	IA	20	F	4	8:26	1:42	2:22	63	1:07:36 13.8	0:40	48	33:15	10:42	1:52:16
53	171	Robin Randall	Clarendon Hill	IL	52	F	37	11:42	2:21	3:01	49	1:01:50 15.0	2:06	56	35:22	11:23	1:54:00
54	166	Shannon Poe	Monticello	IA	35	F	48	12:08	2:26	2:12	51	1:02:57 14.8	0:59	60	36:36	11:47	1:54:50
55	97	Derica Jakoubek	Waverly	IA	20	F	56	12:43	2:33	2:49	52	1:03:21 14.7	0:33	58	35:39	11:29	1:55:04
56	180	Sarah Rochleau	Hiawatha	IA	42	F	22	10:37	2:08	2:15	55	1:04:45 14.4	0:39	62	36:52	11:52	1:55:07
57	81	Katie Harms	Waterloo	IA	24	F	23	10:46	2:10	1:46	54	1:03:49 14.6	0:51	66	38:30	12:24	1:55:41
58	101	Meghan Jones	Clarendon Hill	IL	15	F	19	10:29	2:06	3:17	77	1:14:03 12.6	0:55	26	29:00	9:21	1:57:42
59	82	Kate Harrison	Clarendon Hill	IL	17	F	68	14:27	2:54	2:19	67	1:08:23 13.6	0:52	40	32:06	10:20	1:58:05
60	57	Shannan Fleming	Urbana	IA	34	F	49	12:16	2:28	2:06	61	1:06:42 13.9	2:18	55	34:51	11:13	1:58:10
61	4	Jodi Ahrendsen	Ames	IA	26	F	69	14:27	2:54	2:31	53	1:03:30 14.6	0:46	65	38:05	12:16	1:59:16
62	47	Allison Dayton	Marion	IA	24	F	75	15:58	3:12	2:11	62	1:07:08 13.9	0:53	49	33:40	10:50	1:59:47
63	184	Jenna Sabin	Cedar Rapids	IA	29	F	72	15:20	3:04	1:32	65	1:08:16 13.6	0:51	54	34:49	11:13	2:00:46
64	163	Maria Pitz	Dubuque	IA	24	F	46	12:03	2:25	1:25	80	1:15:00 12.4	0:48	37	31:33	10:10	2:00:47
65	187	Elizabeth Schmitz	Bettendorf	IA	26	F	39	11:45	2:21	2:34	57	1:05:01 14.3	1:29	74	42:26	13:40	2:03:13
66	64	Barb Gay	Cedar Rapids	IA	44	F	11	9:49	1:58	1:58	60	1:06:24 14.0	0:45	78	44:53	14:27	2:03:47
67	70	Rachel Greenberg	Iowa City	IA	23	F	47	12:05	2:25	2:19	81	1:15:08 12.4	0:38	51	33:43	10:52	2:03:51
68	196	Brigitte Smith	Scarsdale	NE	21	F	13	9:55	1:59	2:19	78	1:14:07 12.5	1:05	64	37:50	12:11	2:05:13
69	177	Tammy Roberts	Solon	IA	45	F	71	15:19	3:04	2:29	59	1:05:31 14.2	1:53	68	40:30	13:03	2:05:40
70	161	Amy Perry	Cedar Rapids	IA	31	F	34	11:25	2:17	2:28	71	1:09:50 13.3	0:43	72	42:22	13:38	2:06:45
71	227	Lindsey Leo	Marion	IA	29	F	53	12:30	2:30	2:31	68	1:08:40 13.5	1:01	73	42:23	13:39	2:07:03
72	226	Angelia Marie Pera	Coralville	IA	23	F	80	17:20	3:28	2:39	64	1:07:42 13.7	1:21	67	40:03	12:54	2:09:02
73	127	Chelsea Lorenzen	Vinton	IA	26	F	20	10:34	2:07	1:39	72	1:10:16 13.2	0:49	79	46:29	14:58	2:09:45
74	92	Stephanie Hoskins	Baxter	IA	23	F	73	15:50	3:10	1:43	66	1:08:21 13.6	0:52	77	44:24	14:18	2:11:09
75	52	Amanda Ellison	Concord	NC	35	F	59	13:03	2:37	2:55	74	1:12:11 12.9	1:40	70	41:34	13:23	2:11:22
76	140	Heather McMahill	Cedar Rapids	IA	28	F	14	9:59	2:00	4:16	73	1:12:03 12.9	1:11	76	43:58	14:09	2:11:24
77	46	Cynthia Crossett-P	Coralville	IA	36	F	60	13:05	2:37	2:58	75	1:12:15 12.9	1:38	69	41:33	13:23</	

8	31 Roger Cassill	Fairfax	IA	49	M	61	11:05	2:13	0:35	9	42:43	21.8	0:29	3	19:55	6:25	1:14:45
9	202 Duane Staskal	Iowa City	IA	46	M	35	9:41	1:57	0:34	5	41:36	22.4	0:29	19	22:56	7:23	1:15:14
10	100 Mark Johnson	Hiawatha	IA	41	M	15	8:27	1:42	0:56	18	45:22	20.5	0:37	7	20:23	6:34	1:15:43
11	236 Randy Laing	Solon	IA	35	M	40	9:55	1:59	0:42	8	42:20	22.0	0:56	13	21:54	7:03	1:15:45
12	89 Travis Hillsabeck	Prairie City	IA	33	M	38	9:45	1:57	0:48	6	41:49	22.2	0:48	18	22:55	7:23	1:16:03
13	211 Cory Tweden	Iowa City	IA	37	M	26	9:16	1:52	1:07	10	43:10	21.5	0:32	14	22:03	7:06	1:16:06
14	109 Cody Kelley	Solon	IA	33	M	33	9:35	1:55	0:54	11	43:16	21.5	0:41	28	23:49	7:40	1:18:14
15	75 Cory Hall	Dubuque	IA	32	M	19	8:53	1:47	1:04	32	47:39	19.5	0:46	5	20:07	6:29	1:18:26
16	135 David McCullough	Waverly	IA	55	M	32	9:28	1:54	1:01	20	45:38	20.4	0:45	12	21:51	7:02	1:18:41
17	2 Jason Aarhus	Cedar Rapids	IA	47	M	28	9:17	1:52	0:44	14	44:17	21.0	0:46	27	23:48	7:40	1:18:50
18	157 Robert Orna	Grimes	IA	33	M	23	9:07	1:50	1:02	34	48:02	19.4	0:23	9	20:55	6:44	1:19:28
19	141 Lane McMullen	North Liberty	IA	36	M	20	8:54	1:47	0:50	13	43:54	21.2	0:55	35	25:12	8:07	1:19:42
20	43 David Cook	Wilton	IA	53	M	25	9:14	1:51	1:53	31	47:31	19.6	0:56	11	21:50	7:02	1:21:21
21	136 Eamonn McCullough	Waverly	IA	15	M	2	7:11	1:27	1:08	53	50:53	18.3	0:33	16	22:19	7:11	1:22:02
22	87 Lee Heying	Cedar Rapids	IA	38	M	37	9:43	1:57	1:31	30	47:17	19.7	0:53	22	23:20	7:31	1:22:42
23	149 Boulos Nassar	Iowa City	IA	36	M	53	10:35	2:07	2:02	21	45:40	20.4	0:53	25	23:38	7:37	1:22:45
24	220 Matthew White	Cedar Rapids	IA	36	M	30	9:24	1:53	1:10	24	46:01	20.2	0:47	40	25:45	8:18	1:23:04
25	7 Brice Antons	Cedar Rapids	IA	24	M	58	10:59	2:12	1:01	22	45:47	20.3	0:40	33	24:54	8:01	1:23:21
26	186 Kyle Schminke	Shellsburg	IA	47	M	67	11:30	2:18	1:00	29	46:54	19.8	0:43	24	23:36	7:36	1:23:41
27	126 T. Lorenzen	Vinton	IA	29	M	14	8:22	1:41	1:19	39	49:10	18.9	0:26	32	24:26	7:52	1:23:41
28	128 Shawn Love	Marion	IA	33	M	27	9:17	1:52	1:18	23	45:59	20.2	0:32	49	26:42	8:36	1:23:47
29	194 Bradley Sindelar	Corydon	IA	43	M	56	10:50	2:10	1:20	17	45:11	20.6	0:59	36	25:31	8:13	1:23:49
30	223 Richard Wyss	Iowa City	IA	57	M	31	9:27	1:54	1:32	19	45:23	20.5	0:50	50	27:09	8:45	1:24:18
31	113 Jerry Kern	Cedar Rapids	IA	54	M	51	10:32	2:07	1:12	25	46:11	20.1	0:49	38	25:37	8:15	1:24:19
32	21 Jim Berger	Cedar Rapids	IA	44	M	24	9:11	1:50	1:14	35	48:35	19.1	0:42	34	24:55	8:02	1:24:36
33	105 Blake Jones	West Des Moines	IA	46	M	48	10:24	2:05	0:44	28	46:48	19.9	0:47	46	26:23	8:30	1:25:05
34	181 John Roggendorf	Marion	IA	19	M	3	7:23	1:29	1:35	69	53:13	17.5	0:16	17	22:51	7:22	1:25:17
35	3 Joel Ahrendsen	Ames	IA	27	M	36	9:42	1:57	1:49	51	50:39	18.4	0:13	26	23:45	7:39	1:26:07
36	145 Jeremy Meyer	Cedar Falls	IA	24	M	86	13:20	2:40	1:23	37	49:01	19.0	0:44	15	22:11	7:09	1:26:37
37	122 Jonathan Lam	Cedar Rapids	IA	27	M	63	11:13	2:15	0:40	26	46:38	19.9	0:37	53	27:55	8:59	1:27:01
38	210 Weston Turner	Cedar Rapids	IA	12	M	10	8:14	1:39	0:30	56	51:33	18.0	0:27	47	26:31	8:33	1:27:13
39	208 Dan Tucker	Cedar Rapids	IA	63	M	80	12:12	2:27	1:01	12	43:40	21.3	0:43	62	29:41	9:33	1:27:15
40	29 Erik Campbell	Lake Zurich	IL	41	M	9	8:09	1:38	1:44	38	49:09	18.9	1:01	54	27:58	9:00	1:27:59
41	10 Jerry Ask	Cedar Rapids	IA	56	M	57	10:55	2:11	1:02	27	46:40	19.9	1:14	55	28:25	9:09	1:28:14
42	61 Brent Frein	Urbandale	IA	27	M	46	10:16	2:04	1:05	47	50:16	18.5	0:36	41	26:13	8:27	1:28:25
43	78 Ryan Hanrahan	Cedar Rapids	IA	31	M	5	7:36	1:32	1:47	33	47:59	19.4	1:03	72	30:49	9:55	1:29:12
44	84 Nathan Hein	Marion	IA	36	M	29	9:23	1:53	1:06	41	49:22	18.8	0:37	61	29:38	9:33	1:30:04
45	201 Orion Staskal	Iowa City	IA	15	M	50	10:32	2:07	1:42	68	53:12	17.5	0:29	31	24:21	7:51	1:30:13
46	206 Chip Thurston	Hiawatha	IA	33	M	18	8:42	1:45	1:13	50	50:26	18.4	1:03	59	29:17	9:26	1:30:39
47	62 Jason Fuller	Dubuque	IA	28	M	41	10:04	2:01	3:16	62	52:06	17.9	1:40	23	23:36	7:36	1:30:39
48	111 Keith Kenel	Cedar Rapids	IA	53	M	79	12:12	2:27	1:09	45	50:05	18.6	1:04	44	26:22	8:29	1:30:50
49	156 Ted Olson	Hiawatha	IA	54	M	60	11:02	2:13	0:55	59	51:42	18.0	1:02	48	26:36	8:34	1:31:16
50	8 Justin Arebaugh	Marion	IA	18	M	1	7:08	1:26	1:18	89	56:17	16.5	0:21	42	26:14	8:27	1:31:17
51	98 Gregory Janes	Iowa City	IA	33	M	16	8:29	1:42	2:06	42	49:31	18.8	0:45	69	30:36	9:51	1:31:25
52	139 Joe McGrath	Cedar Rapids	IA	58	M	42	10:04	2:01	1:06	48	50:22	18.5	1:17	60	29:22	9:27	1:32:08
53	183 Jeffrey Sabin	Cedar Rapids	IA	29	M	52	10:32	2:07	1:35	90	56:32	16.5	0:20	30	24:19	7:50	1:33:16
54	219 Chad Welch	Swansea	IL	43	M	65	11:24	2:17	2:52	49	50:26	18.4	2:22	45	26:23	8:30	1:33:25
55	15 Erik Barnhill	Marion	IA	38	M	11	8:20	1:40	2:34	74	53:45	17.3	1:14	52	27:53	8:59	1:33:44
56	11 Randy Bachman	Hiawatha	IA	58	M	39	9:49	1:58	1:57	58	51:34	18.0	0:25	66	30:08	9:42	1:33:52
57	42 Ryan Colerick	Marion	IA	38	M	76	11:58	2:24	1:29	73	53:40	17.3	1:09	39	25:39	8:16	1:33:53
58	44 Randy Crawford	Cedar Rapids	IA	49	M	83	12:34	2:31	1:40	43	49:45	18.7	0:45	63	29:54	9:38	1:34:37
59	16 Dave Baron	North Liberty	IA	29	M	55	10:38	2:08	2:04	36	48:52	19.0	1:34	75	31:32	10:09	1:34:38
60	17 Thomas Bart	Cedar Rapids	IA	27	M	47	10:18	2:04	2:14	63	52:18	17.8	0:55	58	28:58	9:20	1:34:41
61	25 Todd Brown	Cedar Rapids	IA	55	M	69	11:32	2:19	1:27	40	49:13	18.9	1:17	76	31:32	10:09	1:34:59
62	63 Quintin Gay	Cedar Rapids	IA	13	M	22	9:03	1:49	1:50	87	55:43	16.7	0:25	56	28:26	9:10	1:35:26
63	192 Melvin Scoville	Cedar Rapids	IA	43	M	45	10:13	2:03	0:54	67	53:10	17.5	0:31	74	31:18	10:05	1:36:04
64	207 Andrew Trotter	Cedar Rapids	IA	41	M	68	11:30	2:18	2:30	57	51:34	18.0	0:47	64	30:07	9:42	1:36:25
65	53 Tanner Ellison	Delhi	IA	23	M	87	13:21	2:41	2:13	80	54:33	17.0	0:59	37	25:33	8:14	1:36:36
66	121 Derek Lagrange	Fairfax	IA	42	M	71	11:43	2:21	0:47	55	51:30	18.1	0:51	80	32:06	10:20	1:36:55
67	168 Dan Praska	Dunkerton	IA	33	M	84	12:56	2:36	1:52	54	51:23	18.1	0:58	67	30:21	9:46	1:37:28
68	79 Dean Harken	Coralville	IA	45	M	82	12:30	2:30	1:01	60	51:48	18.0	1:30	81	32:06	10:20	1:38:53
69	193 Wade Shriver	Iowa City	IA	49	M	59	11:00	2:12	1:50	52	50:42	18.3	1:23	90	35:08	11:19	1:40:01
70	114 Randy Keys	Polk City	IA	32	M	43	10:07	2:02	0:59	77	54:09	17.2	0:56	87	34:07	10:59	1:40:16
71	108 Travis Kasner	Fairfax	IA	45	M	72	11:43	2:21	2:50	66	53:05	17.5	2:24	68	30:30	9:49	1:40:31
72	198 Willie Sneller	Cedar Rapids	IA	68	M	90	13:35	2:43	2:03	65	52:45	17.6	1:49	71	30:48	9:55	1:40:58
73	216 Matt Vorwald	Dyersville	IA	33	M	107	18:59	3:48	2:28	88	55:52	16.6	0:42	21	23:17	7:30	1:41:16
74	185 Hayder Salehoglu	Palo	IA	29	M	73	11:54	2:23	2:49	79	54:21	17.1	0:58	78	31:51	10:15	1:41:51
75	74 Kevin Hahn	Iowa City	IA	37	M	99	15:47	3:10	2:20	85	55:20	16.8	1:09	51	27:19	8:48	1:41:53
76	83 David Hebrink	Cedar Rapids	IA	13	M	49	10:27	2:06	1:54	97	1:00:30	15.4	0:31	57	28:46	9:16	1:42:06
77	60 James Foster	Chicago	IL	54	M	44	10:08	2:02	1:24	71	53:35	17.4	0:55	97	36:36	11:47	1:42:36
78	48 Doug Deimler	Cedar Rapids	IA	35	M	64	11:20	2:16	1:07	76	54:08	17.2	0:54	92	35:18	11:22	1:42:44
79	123 Bryk Lancaster	Marion	IA	35	M	66	11:29	2:18	1:26	78	54:16	17.1	0:58	91	35:10	11:20	1:43:17
80	85 John Helms	Clarendon Hill	IL	57	M	101	16:39	3:20	2:03	75	53:58	17.2	0:51	70	30:38	9:52	1:44:08
81	188 Paul Schomberg	Dubuque	IA	60	M	62	11:08	2:14	2:51	92	57:12	16.3	1:11	79	31:58	10:18	1:44:18
82	158 Ron Ottaway	Cedar Rapids	IA	77	M	89	13:24	2:41	1:42	61	51:51	17.9	1:23	98	36:39	11:48	1:44:56
83	150 Tj Nealson	Monticello	IA	38	M	94	14:19	2:52	2:50	64	52:35	17.7	1:38	86	33:54	10:55	1:45:14
84	18 Matthew Behnke	Marion	IA	13	M	78	12:09	2:26	3:00	86	55:26	16.8	1:19	85	33:30	10:47	1:45:21
85	182 James Sabin	Mt. Vernon	IA	58	M	95	14:27	2:54	2:35	72	53:35	17.4	1:48	83	32:59	10:37	1:45:22
86	65 Rodney Goedken	Dyersville	IA	48	M	105	17:45	3:33	2:49	70	53:20	17.4	1:38	73	31:16	10:04	1:46:46
87	51 Brad Duggan	Marion	IA	41	M	97	15:07	3:02	2:								