

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 Sandy Pint	Mount Vernon	IA	58	F	1	13:38	2:44	1:23	1	53:56	17.2	0:47	1	36:39	11:48	1:46:20

MALE 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 Guy Olson	Cedar Rapids	IA	57	M	1	8:02	1:37	0:41	1	40:53	22.7	0:34	2	22:59	7:24	1:13:08
2 David McCullough	Waverly	IA	55	M	3	9:28	1:54	1:01	3	45:38	20.4	0:45	1	21:51	7:02	1:18:41
3 Richard Wyss	Iowa City	IA	57	M	2	9:27	1:54	1:32	2	45:23	20.5	0:50	3	27:09	8:45	1:24:18
4 Jerry Ask	Cedar Rapids	IA	56	M	6	10:55	2:11	1:02	4	46:40	19.9	1:14	4	28:25	9:09	1:28:14
5 Joe McGrath	Cedar Rapids	IA	58	M	5	10:04	2:01	1:06	6	50:22	18.5	1:17	5	29:22	9:27	1:32:08
6 Randy Bachman	Hiawatha	IA	58	M	4	9:49	1:58	1:57	7	51:34	18.0	0:25	6	30:08	9:42	1:33:52
7 Todd Brown	Cedar Rapids	IA	55	M	7	11:32	2:19	1:27	5	49:13	18.9	1:17	8	31:32	10:09	1:34:59
8 John Helms	Clarendon Hill	IL	57	M	11	16:39	3:20	2:03	9	53:58	17.2	0:51	7	30:38	9:52	1:44:08
9 James Sabin	Mt. Vernon	IA	58	M	10	14:27	2:54	2:35	8	53:35	17.4	1:48	9	32:59	10:37	1:45:22
10 Timothy Hutchinson	Marion	IA	55	M	8	12:23	2:29	2:21	10	54:58	16.9	1:49	11	46:36	15:00	1:58:05
11 Charles Keown	Moline	IL	57	M	9	13:58	2:48	4:37	11	1:15:16	12.4	2:03	10	42:06	13:33	2:17:57

FEMALE AGE GROUP RESULTS 60 - 64

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 Diane Cisewski	Edina	MN	62	F	1	11:20	2:16	0:55	2	56:35	16.4	0:49	1	29:46	9:35	1:39:24
2 Ann Vestle	Cedar Rapids	IA	60	F	2	11:34	2:19	1:16	1	53:12	17.5	1:08	2	32:52	10:35	1:39:59

MALE AGE GROUP RESULTS 60 - 64

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 Dan Tucker	Cedar Rapids	IA	63	M	2	12:12	2:27	1:01	1	43:40	21.3	0:43	1	29:41	9:33	1:27:15
2 Paul Schomberg	Dubuque	IA	60	M	1	11:08	2:14	2:51	2	57:12	16.3	1:11	2	31:58	10:18	1:44:18

MALE AGE GROUP RESULTS 65 - 69

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 Willie Sneller	Cedar Rapids	IA	68	M	1	13:35	2:43	2:03	1	52:45	17.6	1:49	1	30:48	9:55	1:40:58
2 Ken Budke	Waterloo	IA	67	M	2	21:49	4:22	2:57	2	1:23:59	11.1	0:20	2	56:44	18:16	2:45:48

FEMALE AGE GROUP RESULTS 70 - 99

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 Sandi Campbell	Palatine	IL	71	F	1	11:47	2:22	1:46	1	56:59	16.3	1:08	1	36:58	11:54	1:48:37

MALE AGE GROUP RESULTS 70 - 99

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 Ron Ottaway	Cedar Rapids	IA	77	M	1	13:24	2:41	1:42	1	51:51	17.9	1:23	1	36:39	11:48	1:44:56