

2013 HEART OF AMERICA TRIATHLON SERIES CHAMPIONSHIP RESULTS

We used age grading to equalize competitors in each gender for the series championship race.

Age-graded tables are a series of "age factors" and "age standards" which can be used to compare performances at different ages in road races. Age-graded tables show how much a typical person's athletic performance improves during youth and declines during aging. The performances vary by event. The tables were researched by the World Association of Veteran Athletes (WAVA), the world governing body for masters (veterans) long distance running. Results are determined by the adjusted time.

FEMALE OVERALL

Place	Name	Age	City	St Time	Ad-Time
1	Kim Sprenger	52	Iowa City	IA 1:28:48	1:16:28
2	Elaina Mertens	28	Dubuque	IA 1:19:04	1:19:04
3	Ann Vestle	60	Cedar Rapids	IA 1:44:16	1:20:41
4	Kathryn Cater	44	Cedar Rapids	IA 1:26:19	1:21:10
5	Patricia Kenel	54	Cedar Rapids	IA 1:44:36	1:27:47
6	Tami Fiala	50	Fairfax	IA 1:40:56	1:29:07

MALE OVERALL

Place	Name	Age	City	St Time	Ad-Time
1	Guy Olson	57	Cedar Rapids	IA 1:15:10	1:02:29
2	Ron Ottaway	77	Cedar Rapids	IA 1:38:09	1:04:58
3	David Roney	23	Ankeny	IA 1:11:37	1:11:37
4	Jason Rabe	34	Fairfax	IA 1:12:04	1:11:44
5	Dan Tucker	63	Cedar Rapids	IA 1:32:08	1:12:25
6	Adam Kassem	25	Cedar Rapids	IA 1:12:48	1:12:48
7	Joe McGrath	58	Cedar Rapids	IA 1:29:28	1:13:41
8	Craig Goldsmith	32	Marion	IA 1:14:45	1:14:43
9	Jason Aarhus	47	Cedar Rapids	IA 1:22:54	1:15:08
10	Richard Wyss	57	Iowa City	IA 1:31:39	1:16:11
11	Ted Olson	54	Hiawatha	IA 1:31:24	1:18:02
12	Chad Goldsmith	37	Coralville	IA 1:20:04	1:18:32
13	Lane McMullen	36	North Liberty	IA 1:21:03	1:19:59
14	Mathieu Cagnard	43	Cedar Rapids	IA 1:28:18	1:22:40
15	Travis Hilsabeck	33	Prairie City	IA 1:26:04	1:25:54