

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Daniela Williams	38	North Liberty	IA	7:14	42:44	23:37	1:15:29
2	Angie Heim	39	Norwalk	IA	9:21	44:41	23:29	1:19:58
3	Kaiti Muelhaupt	43	Des Moines	IA	8:54	46:39	24:41	1:22:20

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jeff Paul	34	LeClaire	IA	7:15	37:44	19:51	1:06:06
2	Barry Breffle	44	Cedar Rapids	IA	6:55	38:49	22:02	1:09:02
3	Samuel Kohll	20	Omaha	NE	8:09	39:10	19:44	1:10:03

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tori Breithaupt	44	Iowa City	IA	12:09	57:22	33:46	1:46:38
2	Laura Stein	40	Des Moines	IA	15:11	56:42	34:58	1:50:51

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Colin Witt	40	Des Moines	IA	9:27	48:08	21:52	1:21:43
2	Joel Storm	31	Iowa City	IA	11:45	53:47	28:15	1:36:40
3	Nathan Hays	42	Ames	IA	14:11	56:52	28:47	1:43:58

MALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Sam Lundry	15	Bettendorf	IA	6:54	45:09	25:21	1:19:18
2	Micah Wittenberg	17	Pella	IA	8:13	49:24	28:26	1:30:50
3	Grant Gullion	18	Ottumwa	IA	9:02	52:48	26:32	1:32:13

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tayler Keitzer	22	Mediapolis	IA	14:51	57:22	27:59	1:43:43

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Brad Johnson	22	Cedar Rapids	IA	6:58	40:19	23:04	1:11:44
2	Tim Butterfield	24	Grinnell	IA	8:14	45:44	19:51	1:17:05
3	Brice Antons	24	Cedar Rapids	IA	10:48	45:56	26:58	1:25:52

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Christine Mack	29	Woodsboro	MD	11:50	54:19	28:02	1:37:37

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Adam Kassem	25	Cedar Rapids	IA	8:37	41:05	20:07	1:11:24
2	Andy Bernholtz	26	Ankeny	IA	8:20	43:20	21:42	1:15:25
3	Jacob Ehrmann	26	Cedar Rapids	IA	9:17	45:35	21:45	1:19:09

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Melanie Kraft	32	Norwalk	IA	9:28	46:43	25:58	1:24:34
2	Laura Miller	31	Ankeny	IA	9:55	49:45	26:38	1:28:33
3	Michelle Reints	32	Madison	WI	9:31	53:13	27:34	1:33:43

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Steven Davis	34	North Liberty	IA	9:04	41:27	22:59	1:15:17
2	Nic Shaffer	34	Marion	IA	8:59	41:38	24:20	1:17:38
3	Duncan Mackie	32	Iowa City	IA	7:36	44:08	26:05	1:20:20

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Lindsey Horner	35	Des Moines	IA	8:04	49:26	25:42	1:26:08
2	Jill Snitko	36	Marion	IA	11:44	54:13	25:05	1:33:58
3	Karen Deboer	39	North Liberty	IA	9:23	54:17	29:34	1:35:39

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ebe Boettcher	39	Bertram	IA	8:24	40:15	23:05	1:13:39
2	Ryan Mitchell	36	Ottumwa	IA	8:02	45:50	19:47	1:16:39
3	Matthew Mahaffey	36	Webster Groves	MO	7:39	42:18	24:03	1:16:48

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Therese Slechta	43	Schleswig	IA	11:13	50:15	34:42	1:39:37

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mathieu Cagnard	43	Cedar Rapids	IA	11:06	44:27	24:26	1:21:49
2	Pedro Gonzalez-Ale	42	Iowa City	IA	10:21	49:38	24:20	1:27:11
3	Ryan Sprau	42	Louisville	KY	10:43	50:56	29:31	1:34:08

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Dawn Foss	45	Swisher	IA	12:40	54:41	28:59	1:41:32

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Roger Cassill	49	Fairfax	IA	10:41	44:13	21:41	1:18:46
2	Brian Bock	45	Solon	IA	8:44	45:33	24:27	1:21:07
3	Jason Aarhus	47	Cedar Rapids	IA	9:41	46:57	25:03	1:24:14

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Krista Ockenfels	53	Swisher	IA	10:21	1:02:48	34:46	1:51:45

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Austin Jones	50	Grinnell	IA	6:55	42:34	24:56	1:16:44
2	Rob Hentzen	54	West Des Moines	IA	10:25	41:44	24:00	1:18:19
3	Rich Werner	52	New Hampton	IA	12:02	49:52	30:49	1:37:56

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Becky Watts	59	Iowa City	IA	13:19	56:25	34:55	1:49:16

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Guy Olson	57	Cedar Rapids	IA	7:50	41:00	24:51	1:15:46
2	Paul Sparks	56	Bloomington	IN	9:57	50:35	22:40	1:26:35
3	Gary Watts	59	Iowa City	IA	9:17	48:14	26:48	1:27:24

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Gordon Shaffer	62	Reynoldsburg	OH	11:20	46:17	25:08	1:25:28
2	Jon Fagre	60	Ames	IA	12:34	56:18	31:10	1:44:55

MALE INDIVIDUAL AGE GROUP: 65 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Don Utsinger	67	Sarasota	FL	9:40	51:29	30:12	1:33:26