

HOLIDAY LAKE TRIATHLON
 June 7, 2014
 Holiday Lake, Brooklyn, Iowa
 .5K Swim, 25K Bike, 5K Run

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL		
====	====	====	====	=====	=====	==	====	=	=====	=====	=====	=====	=====	=====	=====	=====		
									time	time	time	time	time	time	time	pace		
									time	time	time	time	time	time	time	pace		
1	1/10	Jeff Paul	LeClaire	IA	34	M	6	7:15	1:20	0:39	1	37:44	24.7	0:39	3	19:51	6:24	1:06:06
2	1/7	Barry Breffle	Cedar Rapids	IA	44	M	3	6:55	1:16	0:41	2	38:49	24.0	0:37	10	22:02	7:06	1:09:02
3	1/4	Samuel Kohll	Omaha	NE	20	M	13	8:09	1:30	1:45	3	39:10	23.8	1:17	1	19:44	6:21	1:10:03
4	1/8	Adam Kassem	Cedar Rapids	IA	25	M	21	8:37	1:35	0:58	7	41:05	22.7	0:39	5	20:07	6:29	1:11:24
5	2/4	Brad Johnson	Cedar Rapids	IA	22	M	4	6:58	1:17	0:46	5	40:19	23.1	0:38	15	23:04	7:26	1:11:44
6	1/13	Ebe Boettcher	Bertram	IA	39	M	19	8:24	1:33	1:04	4	40:15	23.2	0:53	16	23:05	7:26	1:13:39
7	2/10	Steven Davis	North Liberty	IA	34	M	26	9:04	1:40	1:07	8	41:27	22.5	0:42	14	22:59	7:24	1:15:17
8	2/8	Andy Bernholtz	Ankeny	IA	26	M	17	8:20	1:32	1:03	15	43:20	21.5	1:01	7	21:42	6:59	1:15:25
9	1/6	Daniela Williams	North Liberty	IA	38	F	5	7:14	1:20	1:02	13	42:44	21.8	0:54	20	23:37	7:36	1:15:29
10	1/4	Guy Olson	Cedar Rapids	IA	57	M	10	7:50	1:26	1:07	6	41:00	22.7	1:00	31	24:51	8:00	1:15:46
11	2/13	Ryan Mitchell	Ottumwa	IA	36	M	11	8:02	1:29	1:27	28	45:50	20.3	1:35	2	19:47	6:22	1:16:39
12	1/5	Austin Jones	Grinnell	IA	50	M	2	6:55	1:16	1:17	12	42:34	21.9	1:04	32	24:56	8:02	1:16:44
13	3/13	Matthew Mahaffey	Webster Groves	MO	36	M	9	7:39	1:24	1:47	11	42:18	22.0	1:03	23	24:03	7:45	1:16:48
14	3/4	Tim Butterfield	Grinnell	IA	24	M	16	8:14	1:31	1:59	27	45:44	20.4	1:18	4	19:51	6:24	1:17:05
15	4/13	Daniel Erusha	Marion	IA	35	M	14	8:09	1:30	1:04	16	43:49	21.3	0:45	17	23:20	7:31	1:17:05
16	3/10	Nic Shaffer	Marion	IA	34	M	24	8:59	1:39	1:31	9	41:38	22.4	1:12	25	24:20	7:50	1:17:38
17	2/5	Rob Hentzen	West Des Moine	IA	54	M	47	10:25	1:55	1:23	10	41:44	22.3	0:50	22	24:00	7:44	1:18:19
18	1/8	Roger Cassill	Fairfax	IA	49	M	50	10:41	1:58	1:22	18	44:13	21.1	0:50	6	21:41	6:59	1:18:46
19	5/13	Christian Baughman	Clive	IA	39	M	61	11:35	2:07	0:46	14	43:05	21.6	0:56	13	22:44	7:19	1:19:04
20	3/8	Jacob Ehrmann	Cedar Rapids	IA	26	M	27	9:17	1:42	1:43	26	45:35	20.4	0:52	8	21:45	7:00	1:19:09
21	1/3	Sam Lundry	Bettendorf	IA	15	M	1	6:54	1:16	1:00	23	45:09	20.6	0:57	36	25:21	8:10	1:19:18
22	4/8	Jonathan Fransen	Des Moines	IA	28	M	42	10:11	1:52	1:29	22	44:50	20.8	0:56	11	22:30	7:15	1:19:55
23	2/6	Angie Heim	Norwalk	IA	39	F	29	9:21	1:43	1:15	20	44:41	20.9	1:15	19	23:29	7:34	1:19:58
24	4/10	Duncan Mackie	Iowa City	IA	32	M	8	7:36	1:24	1:28	17	44:08	21.1	1:06	42	26:05	8:24	1:20:20
25	2/8	Brian Bock	Solon	IA	45	M	22	8:44	1:36	1:33	25	45:33	20.5	0:52	28	24:27	7:53	1:21:07
26	1/6	Colin Witt	Des Moines	IA	40	M	31	9:27	1:44	1:24	39	48:08	19.4	0:54	9	21:52	7:03	1:21:43
27	2/7	Mathieu Cagnard	Cedar Rapids	IA	43	M	54	11:06	2:02	0:59	19	44:27	21.0	0:52	27	24:26	7:52	1:21:49
28	1/2	Kaiti Muelhaupt	Des Moines	IA	43	F	23	8:54	1:38	1:11	33	46:39	20.0	0:57	30	24:41	7:57	1:22:20
29	5/10	Beau Brink	Williamsburg	IA	32	M	43	10:13	1:53	1:19	31	46:20	20.1	0:55	24	24:18	7:50	1:23:04
30	3/8	Jason Aarhus	Cedar Rapids	IA	47	M	37	9:41	1:47	1:14	35	46:57	19.9	1:21	33	25:03	8:04	1:24:14
31	1/6	Melanie Kraft	Norwalk	IA	32	F	32	9:28	1:44	1:15	34	46:43	20.0	1:12	41	25:58	8:22	1:24:34
32	4/8	Kenneth Overton	Des Moines	IA	47	M	60	11:27	2:06	2:04	21	44:46	20.8	1:37	38	25:30	8:13	1:25:23
33	5/8	Mike Martens	West Des Moine	IA	46	M	20	8:26	1:33	1:25	36	47:44	19.5	0:46	51	27:09	8:45	1:25:28
34	1/2	Gordon Shaffer	Reynoldsburg	OH	62	M	59	11:20	2:05	1:48	30	46:17	20.1	0:58	35	25:08	8:06	1:25:28
35	4/4	Brice Antons	Cedar Rapids	IA	24	M	52	10:48	1:59	1:21	29	45:56	20.3	0:51	50	26:58	8:41	1:25:52
36	6/13	Terry Bricker	Ankeny	IA	36	M	41	10:02	1:51	1:08	41	49:01	19.0	1:13	29	24:30	7:53	1:25:53
37	5/8	Dan Harty	Ankeny	IA	27	M	7	7:30	1:23	1:16	54	52:06	17.9	1:20	21	23:54	7:42	1:26:03
38	3/6	Lindsey Horner	Des Moines	IA	35	F	12	8:04	1:29	1:51	43	49:26	18.9	1:06	40	25:42	8:17	1:26:08
39	6/8	Randy Pickard	Des Moines	IA	47	M	38	9:43	1:47	1:07	24	45:16	20.6	1:16	63	29:03	9:22	1:26:24
40	7/13	Matthew White	Cedar Rapids	IA	36	M	33	9:30	1:45	2:50	32	46:26	20.1	1:25	43	26:19	8:29	1:26:28
41	2/4	Paul Sparks	Bloomington	IN	56	M	40	9:57	1:50	1:46	48	50:35	18.4	1:40	12	22:40	7:18	1:26:35
42	8/13	Eric Pavey	Grinnell	IA	37	M	18	8:23	1:32	1:30	37	47:54	19.5	1:38	52	27:33	8:52	1:26:56
43	3/7	Pedro Gonzalez-Ale	Iowa City	IA	42	M	45	10:21	1:54	1:57	44	49:38	18.8	0:57	26	24:20	7:50	1:27:11
44	3/4	Gary Watts	Iowa City	IA	59	M	28	9:17	1:42	1:56	40	48:14	19.3	1:11	49	26:48	8:38	1:27:24
45	2/6	Laura Miller	Ankeny	IA	31	F	39	9:55	1:49	1:23	45	49:45	18.7	0:54	47	26:38	8:35	1:28:33
46	9/13	Boulos Nassar	Iowa City	IA	36	M	62	11:36	2:08	2:19	38	47:54	19.5	1:12	39	25:38	8:16	1:28:38
47	2/3	Micah Wittenberg	Pella	IA	17	M	15	8:13	1:31	3:42	42	49:24	18.9	1:08	59	28:26	9:09	1:30:50
48	6/10	Jason Reuter	Atkins	IA	31	M	71	12:18	2:15	1:15	50	51:02	18.3	1:26	37	25:25	8:11	1:31:24
49	7/10	Brian Fitzpatrick	Solon	IA	32	M	72	12:33	2:18	0:52	60	53:28	17.4	1:14	18	23:29	7:34	1:31:35
50	10/13	Matt Jesson	Des Moines	IA	35	M	48	10:26	1:55	0:55	55	52:46	17.7	1:12	48	26:46	8:37	1:32:04
51	3/3	Grant Gullion	Ottumwa	IA	18	M	25	9:02	1:40	1:35	56	52:48	17.7	2:18	45	26:32	8:33	1:32:13

52	1/1	Don Utsinger	Sarasota	FL	67	M	36	9:40	1:47	1:04	51	51:29	18.1	1:03	66	30:12	9:44	1:33:26
53	3/6	Michelle Reints	Madison	WI	32	F	34	9:31	1:45	1:31	58	53:13	17.5	1:57	54	27:34	8:53	1:33:43
54	4/6	Jill Snitko	Marion	IA	36	F	63	11:44	2:09	1:51	64	54:13	17.2	1:08	34	25:05	8:05	1:33:58
55	4/7	Ryan Sprau	Louisville	KY	42	M	51	10:43	1:58	1:28	49	50:56	18.3	1:32	64	29:31	9:30	1:34:08
56	5/6	Karen Deboer	North Liberty	IA	39	F	30	9:23	1:43	1:36	65	54:17	17.2	0:51	65	29:34	9:31	1:35:39
57	5/7	Lucas Kuhlmann	Iowa City	IA	40	M	66	11:49	2:10	3:11	57	53:06	17.6	1:15	44	26:24	8:30	1:35:43
58	2/6	Joel Storm	Iowa City	IA	31	M	64	11:45	2:09	2:12	63	53:47	17.3	0:42	58	28:15	9:06	1:36:40
59	1/1	Christine Mack	Woodsboro	MD	29	F	68	11:50	2:10	1:58	66	54:19	17.2	1:31	56	28:02	9:02	1:37:37
60	3/5	Rich Werner	New Hampton	IA	52	M	69	12:02	2:13	3:13	46	49:52	18.7	2:03	69	30:49	9:55	1:37:56
61	6/7	Tom Meier	Alta	IA	43	M	79	12:44	2:20	2:49	61	53:30	17.4	1:41	53	27:33	8:52	1:38:15
62	6/8	Charles Harned	Bondurant	IA	29	M	78	12:42	2:20	1:52	52	51:32	18.1	1:17	70	30:59	9:59	1:38:19
63	11/13	Braxton Pulley	Des Moines	IA	36	M	67	11:50	2:10	2:23	71	55:04	16.9	1:09	60	28:26	9:09	1:38:50
64	2/2	Therese Slechta	Schleswig	IA	43	F	57	11:13	2:04	1:48	47	50:15	18.5	1:42	82	34:42	11:10	1:39:37
65	4/6	Jennifer Strum	Cedar Rapids	IA	33	F	65	11:47	2:10	2:11	53	51:41	18.0	1:43	76	33:07	10:40	1:40:27
66	1/1	Dawn Foss	Swisher	IA	45	F	77	12:40	2:19	2:43	68	54:41	17.0	2:31	62	28:59	9:20	1:41:32
67	8/10	Steven Null	Knoxville	IA	31	M	91	16:27	3:01	2:40	62	53:46	17.3	0:56	57	28:02	9:02	1:41:49
68	9/10	Eric Miller	Urbandale	IA	34	M	49	10:29	1:55	3:47	72	55:41	16.7	1:34	68	30:45	9:54	1:42:14
69	4/5	Tod Owens	Bettendorf	IA	50	M	56	11:11	2:03	2:02	67	54:35	17.1	1:37	77	33:24	10:45	1:42:46
70	12/13	Nathan Reints	Evansdale	IA	37	M	55	11:09	2:03	2:20	73	55:43	16.7	1:21	74	32:16	10:24	1:42:48
71	1/1	Taylor Keitzer	Mediapolis	IA	22	F	89	14:51	2:43	2:32	80	57:22	16.2	1:01	55	27:59	9:01	1:43:43
72	3/6	Nathan Hays	Ames	IA	42	M	85	14:11	2:36	3:03	79	56:52	16.4	1:07	61	28:47	9:16	1:43:58
73	13/13	Ted Semelroth	Marion	IA	35	M	58	11:18	2:04	1:34	69	54:52	17.0	2:51	78	33:44	10:52	1:44:17
74	4/4	Steve Cox	Cambridge	IA	55	M	76	12:39	2:19	2:33	59	53:25	17.4	1:56	80	34:05	10:58	1:44:35
75	4/6	Brant Anderson	Altoona	IA	37	M	53	10:54	2:00	2:59	70	54:54	17.0	1:36	81	34:26	11:05	1:44:47
76	2/2	Jon Fagre	Ames	IA	60	M	73	12:34	2:18	2:52	74	56:18	16.6	2:03	72	31:10	10:02	1:44:55
77	7/8	Jeremiah Off	Cedar Rapids	IA	29	M	75	12:36	2:19	2:42	84	1:02:26	14.9	1:28	46	26:37	8:34	1:45:47
78	5/6	Nick Palmer	Belle Plaine	IA	33	M	84	13:21	2:27	2:39	82	58:24	16.0	1:24	67	30:45	9:54	1:46:30
79	1/2	Tori Breithaupt	Iowa City	IA	44	F	70	12:09	2:14	1:53	81	57:22	16.2	1:30	79	33:46	10:52	1:46:38
80	1/1	Becky Watts	Iowa City	IA	59	F	82	13:19	2:27	2:41	75	56:25	16.5	1:57	85	34:55	11:15	1:49:16
81	2/2	Laura Stein	Des Moines	IA	40	F	90	15:11	2:47	1:50	77	56:42	16.4	2:12	86	34:58	11:15	1:50:51
82	1/1	Krista Ockenfels	Swisher	IA	53	F	46	10:21	1:54	2:38	86	1:02:48	14.8	1:14	84	34:46	11:12	1:51:45
83	6/6	Cassie Sampson	Des Moines	IA	35	F	35	9:34	1:45	1:58	85	1:02:28	14.9	2:04	87	35:56	11:34	1:51:58
84	5/6	Renee Robinson	Madison	WI	32	F	80	12:59	2:23	2:23	90	1:04:48	14.4	0:54	73	31:36	10:11	1:52:39
85	6/6	Vanessa Palmeer	Belle Plaine	IA	32	F	74	12:35	2:19	2:34	91	1:06:27	14.0	0:46	71	31:04	10:00	1:53:24
86	7/7	Tim Conlon	Iowa City	IA	43	M	44	10:20	1:54	2:25	92	1:06:28	14.0	1:11	75	33:07	10:40	1:53:29
87	8/8	Michael Malloy	State Center	IA	26	M	86	14:18	2:37	1:59	89	1:03:10	14.8	1:44	83	34:46	11:12	1:55:54
88	10/10	Jed Wolf	Belle Plaine	IA	32	M	92	16:48	3:05	2:57	78	56:51	16.4	1:29	89	38:28	12:23	1:56:30
89	7/8	Patrick Maras	Marion	IA	47	M	87	14:40	2:41	3:12	83	59:21	15.7	1:44	88	38:02	12:15	1:56:57
90	5/5	Timothy Ryken	Solon	IA	53	M	81	13:00	2:23	6:03	87	1:02:49	14.8	3:04	90	39:40	12:46	2:04:34
91	6/6	Steven Etten	Palo	IA	58	M	83	13:21	2:27	3:52	76	56:37	16.5	5:00	92	48:55	15:45	2:07:42
92	8/8	Jeff Logan	Ottumwa	IA	45	M	88	14:46	2:42	3:19	88	1:02:52	14.8	2:14	91	47:44	15:22	2:10:53

PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
====	====	====	====	=====	=====	====	====	====	plc	time	yds	plc	time	plc	time
1	1/1			Tiffany Richeson	West Des Moine	IA	36	F	1	9:54	1:49				

TOP 10 SWIM

	NAME	CITY	ST	AGE	S	time	100 yds
1	Sam Lundry	Bettendorf	IA	15	M	6:54	1:16
2	Austin Jones	Grinnell	IA	50	M	6:55	1:16
3	Barry Breffle	Cedar Rapids	IA	44	M	6:55	1:16
4	Brad Johnson	Cedar Rapids	IA	22	M	6:58	1:17
5	Daniela Williams	North Liberty	IA	38	F	7:14	1:20
6	Jeff Paul	Leclaire	IA	34	M	7:15	1:20
7	Dan Harty	Ankeny	IA	27	M	7:30	1:23
8	Duncan Mackie	Iowa City	IA	32	M	7:36	1:24
9	Matthew Mahaffey	Webster Groves	MO	36	M	7:39	1:24
10	Guy Olson	Cedar Rapids	IA	57	M	7:50	1:26

TOP 10 FIRST TRANSITION

	NAME	CITY	ST	AGE	S	time
1	Jeff Paul	Leclaire	IA	34	M	0:39
2	Barry Breffle	Cedar Rapids	IA	44	M	0:41
3	Brad Johnson	Cedar Rapids	IA	22	M	0:46
4	Christian Baughman	Clive	IA	39	M	0:46
5	Brian Fitzpatrick	Solon	IA	32	M	0:52
6	Matt Jesson	Des Moines	IA	35	M	0:55
7	Adam Kassem	Cedar Rapids	IA	25	M	0:58
8	Mathieu Cagnard	Cedar Rapids	IA	43	M	0:59
9	Sam Lundry	Bettendorf	IA	15	M	1:00
10	Daniela Williams	North Liberty	IA	38	F	1:02

TOP 10 BIKE

	NAME	CITY	ST	AGE	S	time	mph
1	Jeff Paul	Leclaire	IA	34	M	37:44	24.7
2	Barry Breffle	Cedar Rapids	IA	44	M	38:49	24.0
3	Samuel Kohll	Omaha	NE	20	M	39:10	23.8
4	Ebe Boettcher	Bertram	IA	39	M	40:15	23.2
5	Brad Johnson	Cedar Rapids	IA	22	M	40:19	23.1
6	Guy Olson	Cedar Rapids	IA	57	M	41:00	22.7
7	Cory Tweeden	Iowa City	IA			41:01	22.7
8	Adam Kassem	Cedar Rapids	IA	25	M	41:05	22.7
9	Steven Davis	North Liberty	IA	34	M	41:27	22.5
10	Nic Shaffer	Marion	IA	34	M	41:38	22.4

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Barry Breffle	Cedar Rapids	IA	44	M	0:37
2 Brad Johnson	Cedar Rapids	IA	22	M	0:38
3 Adam Kassem	Cedar Rapids	IA	25	M	0:39
4 Jeff Paul	Leclaire	IA	34	M	0:39
5 Steven Davis	North Liberty	IA	34	M	0:42
6 Joel Storm	Iowa City	IA	31	M	0:42
7 Daniel Erusha	Marion	IA	35	M	0:45
8 Mike Martens	West Des Moines	IA	46	M	0:46
9 Vanessa Palmeer	Belle Plaine	IA	32	F	0:46
10 Rob Hentzen	West Des Moines	IA	54	M	0:50

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1 Samuel Kohll	Omaha	NE	20	M	19:44	6:21
2 Ryan Mitchell	Ottumwa	IA	36	M	19:47	6:22
3 Jeff Paul	Leclaire	IA	34	M	19:51	6:24
4 Tim Butterfield	Grinnell	IA	24	M	19:51	6:24
5 Jens Dancer	Iowa City	IA			20:01	6:27
6 Adam Kassem	Cedar Rapids	IA	25	M	20:07	6:29
7 Roger Cassill	Fairfax	IA	49	M	21:41	6:59
8 Andy Bernholtz	Ankeny	IA	26	M	21:42	6:59
9 Jacob Ehrmann	Cedar Rapids	IA	26	M	21:45	7:00
10 Colin Witt	Des Moines	IA	40	M	21:52	7:03