

ATHENA 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	9 Tori Breithaupt	Iowa City	IA	44	F	1	12:09	2:14	1:53	2	57:22	16.2	1:30	1	33:46	10:52	1:46:38
2	88 Laura Stein	Des Moines	IA	40	F	2	15:11	2:47	1:50	1	56:42	16.4	2:12	2	34:58	11:15	1:50:51

CLYDESDALE 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	97 Colin Witt	Des Moines	IA	40	M	1	9:27	1:44	1:24	1	48:08	19.4	0:54	1	21:52	7:03	1:21:43
2	89 Joel Storm	Iowa City	IA	31	M	3	11:45	2:09	2:12	2	53:47	17.3	0:42	2	28:15	9:06	1:36:40
3	103 Nathan Hays	Ames	IA	42	M	6	14:11	2:36	3:03	5	56:52	16.4	1:07	3	28:47	9:16	1:43:58
4	3 Brant Anderson	Altoona	IA	37	M	2	10:54	2:00	2:59	3	54:54	17.0	1:36	5	34:26	11:05	1:44:47
5	67 Nick Palmer	Belle Plaine	IA	33	M	5	13:21	2:27	2:39	6	58:24	16.0	1:24	4	30:45	9:54	1:46:30
6	22 Steven Etten	Palo	IA	58	M	4	13:21	2:27	3:52	4	56:37	16.5	5:00	6	48:55	15:45	2:07:42

MALE AGE GROUP RESULTS 1 - 19

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 Sam Lundry	Bettendorf	IA	15	M	1	6:54	1:16	1:00	1	45:09	20.6	0:57	1	25:21	8:10	1:19:18
2 Micah Wittenberg	Pella	IA	17	M	2	8:13	1:31	3:42	2	49:24	18.9	1:08	3	28:26	9:09	1:30:50
3 Grant Gullion	Ottumwa	IA	18	M	3	9:02	1:40	1:35	3	52:48	17.7	2:18	2	26:32	8:33	1:32:13

FEMALE AGE GROUP RESULTS 20 - 24

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 Tayler Keitzer	Mediapolis	IA	22	F	1	14:51	2:43	2:32	1	57:22	16.2	1:01	1	27:59	9:01	1:43:43

MALE AGE GROUP RESULTS 20 - 24

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 Samuel Kohll	Omaha	NE	20	M	2	8:09	1:30	1:45	1	39:10	23.8	1:17	1	19:44	6:21	1:10:03
2 Brad Johnson	Cedar Rapids	IA	22	M	1	6:58	1:17	0:46	2	40:19	23.1	0:38	3	23:04	7:26	1:11:44
3 Tim Butterfield	Grinnell	IA	24	M	3	8:14	1:31	1:59	3	45:44	20.4	1:18	2	19:51	6:24	1:17:05
4 Brice Antons	Cedar Rapids	IA	24	M	4	10:48	1:59	1:21	4	45:56	20.3	0:51	4	26:58	8:41	1:25:52

FEMALE AGE GROUP RESULTS 25 - 29

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 Christine Mack	Woodsboro	MD	29	F	1	11:50	2:10	1:58	1	54:19	17.2	1:31	1	28:02	9:02	1:37:37

MALE AGE GROUP RESULTS 25 - 29

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 Adam Kassem	Cedar Rapids	IA	25	M	3	8:37	1:35	0:58	1	41:05	22.7	0:39	1	20:07	6:29	1:11:24
2 Andy Bernholtz	Ankeny	IA	26	M	2	8:20	1:32	1:03	2	43:20	21.5	1:01	2	21:42	6:59	1:15:25
3 Jacob Ehrmann	Cedar Rapids	IA	26	M	4	9:17	1:42	1:43	4	45:35	20.4	0:52	3	21:45	7:00	1:19:09
4 Jonathan Fransen	Des Moines	IA	28	M	5	10:11	1:52	1:29	3	44:50	20.8	0:56	4	22:30	7:15	1:19:55
5 Dan Harty	Ankeny	IA	27	M	1	7:30	1:23	1:16	6	52:06	17.9	1:20	5	23:54	7:42	1:26:03
6 Charles Harned	Bondurant	IA	29	M	7	12:42	2:20	1:52	5	51:32	18.1	1:17	7	30:59	9:59	1:38:19
7 Jeremiah Off	Cedar Rapids	IA	29	M	6	12:36	2:19	2:42	7	1:02:26	14.9	1:28	6	26:37	8:34	1:45:47
8 Michael Malloy	State Center	IA	26	M	8	14:18	2:37	1:59	8	1:03:10	14.8	1:44	8	34:46	11:12	1:55:54

FEMALE AGE GROUP RESULTS 30 - 34

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 Melanie Kraft	Norwalk	IA	32	F	1	9:28	1:44	1:15	1	46:43	20.0	1:12	1	25:58	8:22	1:24:34
2 Laura Miller	Ankeny	IA	31	F	3	9:55	1:49	1:23	2	49:45	18.7	0:54	2	26:38	8:35	1:28:33
3 Michelle Reints	Madison	WI	32	F	2	9:31	1:45	1:31	4	53:13	17.5	1:57	3	27:34	8:53	1:33:43
4 Jennifer Strum	Cedar Rapids	IA	33	F	4	11:47	2:10	2:11	3	51:41	18.0	1:43	6	33:07	10:40	1:40:27
5 Renee Robinson	Madison	WI	32	F	6	12:59	2:23	2:23	5	1:04:48	14.4	0:54	5	31:36	10:11	1:52:39
6 Vanessa Palmeer	Belle Plaine	IA	32	F	5	12:35	2:19	2:34	6	1:06:27	14.0	0:46	4	31:04	10:00	1:53:24

MALE AGE GROUP RESULTS 30 - 34

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 Jeff Paul	Leclaire	IA	34	M	1	7:15	1:20	0:39	1	37:44	24.7	0:39	1	19:51	6:24	1:06:06
2 Steven Davis	North Liberty	IA	34	M	4	9:04	1:40	1:07	2	41:27	22.5	0:42	2	22:59	7:24	1:15:17
3 Nic Shaffer	Marion	IA	34	M	3	8:59	1:39	1:31	3	41:38	22.4	1:12	5	24:20	7:50	1:17:38
4 Duncan Mackie	Iowa City	IA	32	M	2	7:36	1:24	1:28	4	44:08	21.1	1:06	7	26:05	8:24	1:20:20
5 Beau Brink	Williamsburg	IA	32	M	5	10:13	1:53	1:19	5	46:20	20.1	0:55	4	24:18	7:50	1:23:04
6 Jason Reuter	Atkins	IA	31	M	7	12:18	2:15	1:15	6	51:02	18.3	1:26	6	25:25	8:11	1:31:24
7 Brian Fitzpatrick	Solon	IA	32	M	8	12:33	2:18	0:52	7	53:28	17.4	1:14	3	23:29	7:34	1:31:35
8 Steven Null	Knoxville	IA	31	M	9	16:27	3:01	2:40	8	53:46	17.3	0:56	8	28:02	9:02	1:41:49
9 Eric Miller	Urbandale	IA	34	M	6	10:29	1:55	3:47	9	55:41	16.7	1:34	9	30:45	9:54	1:42:14
10 Jed Wolf	Belle Plaine	IA	32	M	10	16:48	3:05	2:57	10	56:51	16.4	1:29	10	38:28	12:23	1:56:30

FEMALE AGE GROUP RESULTS 35 - 39

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 Daniela Williams	North Liberty	IA	38	F	1	7:14	1:20	1:02	1	42:44	21.8	0:54	2	23:37	7:36	1:15:29
2 Angie Heim	Norwalk	IA	39	F	3	9:21	1:43	1:15	2	44:41	20.9	1:15	1	23:29	7:34	1:19:58
3 Lindsey Horner	Des Moines	IA	35	F	2	8:04	1:29	1:51	3	49:26	18.9	1:06	4	25:42	8:17	1:26:08
4 Jill Snitko	Marion	IA	36	F	6	11:44	2:09	1:51	4	54:13	17.2	1:08	3	25:05	8:05	1:33:58
5 Karen Deboer	North Liberty	IA	39	F	4	9:23	1:43	1:36	5	54:17	17.2	0:51	5	29:34	9:31	1:35:39
6 Cassie Sampson	Des Moines	IA	35	F	5	9:34	1:45	1:58	6	1:02:28	14.9	2:04	6	35:56	11:34	1:51:58

MALE AGE GROUP RESULTS 35 - 39

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 Ebe Boettcher	Bertram	IA	39	M	5	8:24	1:33	1:04	1	40:15	23.2	0:53	3	23:05	7:26	1:13:39
2 Ryan Mitchell	Ottumwa	IA	36	M	2	8:02	1:29	1:27	5	45:50	20.3	1:35	1	19:47	6:22	1:16:39
3 Matthew Mahaffey	Webster Groves	MO	36	M	1	7:39	1:24	1:47	2	42:18	22.0	1:03	5	24:03	7:45	1:16:48
4 Daniel Erusha	Marion	IA	35	M	3	8:09	1:30	1:04	4	43:49	21.3	0:45	4	23:20	7:31	1:17:05
5 Christian Baughman	Clive	IA	39	M	11	11:35	2:07	0:46	3	43:05	21.6	0:56	2	22:44	7:19	1:19:04
6 Terry Bricker	Ankeny	IA	36	M	7	10:02	1:51	1:08	9	49:01	19.0	1:13	6	24:30	7:53	1:25:53
7 Matthew White	Cedar Rapids	IA	36	M	6	9:30	1:45	2:50	6	46:26	20.1	1:25	8	26:19	8:29	1:26:28
8 Eric Pavay	Grinnell	IA	37	M	4	8:23	1:32	1:30	7	47:54	19.5	1:38	10	27:33	8:52	1:26:56
9 Boulos Nassar	Iowa City	IA	36	M	12	11:36	2:08	2:19	8	47:54	19.5	1:12	7	25:38	8:16	1:28:38
10 Matt Jesson	Des Moines	IA	35	M	8	10:26	1:55	0:55	10	52:46	17.7	1:12	9	26:46	8:37	1:32:04
11 Braxton Pulley	Des Moines	IA	36	M	13	11:50	2:10	2:23	12	55:04	16.9	1:09	11	28:26	9:09	1:38:50
12 Nathan Reints	Evansdale	IA	37	M	9	11:09	2:03	2:20	13	55:43	16.7	1:21	12	32:16	10:24	1:42:48
13 Ted Semelroth	Marion	IA	35	M	10	11:18	2:04	1:34	11	54:52	17.0	2:51	13	33:44	10:52	1:44:17

FEMALE AGE GROUP RESULTS 40 - 44

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 Kaiti Muelhaupt	Des Moines	IA	43	F	1	8:54	1:38	1:11	1	46:39	20.0	0:57	1	24:41	7:57	1:22:20
2 Therese Slechta	Schleswig	IA	43	F	2	11:13	2:04	1:48	2	50:15	18.5	1:42	2	34:42	11:10	1:39:37

MALE AGE GROUP RESULTS 40 - 44

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 Barry Breffle	Cedar Rapids	IA	44	M	1	6:55	1:16	0:41	1	38:49	24.0	0:37	1	22:02	7:06	1:09:02
2 Mathieu Cagnard	Cedar Rapids	IA	43	M	5	11:06	2:02	0:59	2	44:27	21.0	0:52	3	24:26	7:52	1:21:49
3 Pedro Gonzalez-Ale	Iowa City	IA	42	M	3	10:21	1:54	1:57	3	49:38	18.8	0:57	2	24:20	7:50	1:27:11
4 Ryan Sprau	Louisville	KY	42	M	4	10:43	1:58	1:28	4	50:56	18.3	1:32	6	29:31	9:30	1:34:08
5 Lucas Kuhlmann	Iowa City	IA	40	M	6	11:49	2:10	3:11	5	53:06	17.6	1:15	4	26:24	8:30	1:35:43
6 Tom Meier	Alta	IA	43	M	7	12:44	2:20	2:49	6	53:30	17.4	1:41	5	27:33	8:52	1:38:15
7 Tim Conlon	Iowa City	IA	43	M	2	10:20	1:54	2:25	7	1:06:28	14.0	1:11	7	33:07	10:40	1:53:29

FEMALE AGE GROUP RESULTS 45 - 49

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 Dawn Foss	Swisher	IA	45	F	1	12:40	2:19	2:43	1	54:41	17.0	2:31	1	28:59	9:20	1:41:32

MALE AGE GROUP RESULTS 45 - 49

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 Roger Cassill	Fairfax	IA	49	M	5	10:41	1:58	1:22	1	44:13	21.1	0:50	1	21:41	6:59	1:18:46
2 Brian Bock	Solon	IA	45	M	2	8:44	1:36	1:33	4	45:33	20.5	0:52	2	24:27	7:53	1:21:07
3 Jason Aarhus	Cedar Rapids	IA	47	M	3	9:41	1:47	1:14	5	46:57	19.9	1:21	3	25:03	8:04	1:24:14
4 Kenneth Overton	Des Moines	IA	47	M	6	11:27	2:06	2:04	2	44:46	20.8	1:37	4	25:30	8:13	1:25:23
5 Mike Martens	West Des Moine	IA	46	M	1	8:26	1:33	1:25	6	47:44	19.5	0:46	5	27:09	8:45	1:25:28
6 Randy Pickard	Des Moines	IA	47	M	4	9:43	1:47	1:07	3	45:16	20.6	1:16	6	29:03	9:22	1:26:24
7 Patrick Maras	Marion	IA	47	M	7	14:40	2:41	3:12	7	59:21	15.7	1:44	7	38:02	12:15	1:56:57
8 Jeff Logan	Ottumwa	IA	45	M	8	14:46	2:42	3:19	8	1:02:52	14.8	2:14	8	47:44	15:22	2:10:53

FEMALE AGE GROUP RESULTS 50 - 54

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 Krista Ockenfels	Swisher	IA	53	F	1	10:21	1:54	2:38	1	1:02:48	14.8	1:14	1	34:46	11:12	1:51:45

MALE AGE GROUP RESULTS 50 - 54

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 Austin Jones	Grinnell	IA	50	M	1	6:55	1:16	1:17	2	42:34	21.9	1:04	2	24:56	8:02	1:16:44
2 Rob Hentzen	West Des Moine	IA	54	M	2	10:25	1:55	1:23	1	41:44	22.3	0:50	1	24:00	7:44	1:18:19
3 Rich Werner	New Hampton	IA	52	M	4	12:02	2:13	3:13	3	49:52	18.7	2:03	3	30:49	9:55	1:37:56
4 Tod Owens	Bettendorf	IA	50	M	3	11:11	2:03	2:02	4	54:35	17.1	1:37	4	33:24	10:45	1:42:46
5 Timothy Ryken	Solon	IA	53	M	5	13:00	2:23	6:03	5	1:02:49	14.8	3:04	5	39:40	12:46	2:04:34

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 Becky Watts	Iowa City	IA	59	F	1	13:19	2:27	2:41	1	56:25	16.5	1:57	1	34:55	11:15	1:49:16

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	7:50	1:26	1:07	1	41:00	22.7	1:00	2	24:51	8:00	1:15:46
2 Paul Sparks	Bloomington	IN	56	M	3	9:57	1:50	1:46	3	50:35	18.4	1:40	1	22:40	7:18	1:26:35
3 Gary Watts	Iowa City	IA	59	M	2	9:17	1:42	1:56	2	48:14	19.3	1:11	3	26:48	8:38	1:27:24
4 Steve Cox	Cambridge	IA	55	M	4	12:39	2:19	2:33	4	53:25	17.4	1:56	4	34:05	10:58	1:44:35

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM 100 time yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Gordon Shaffer	Reynoldsburg	OH	62	M	1	11:20 2:05	1:48	1	46:17 20.1	0:58	1	25:08	8:06	1:25:28
2 Jon Fagre	Ames	IA	60	M	2	12:34 2:18	2:52	2	56:18 16.6	2:03	2	31:10	10:02	1:44:55

MALE AGE GROUP RESULTS 65 - 99

NAME	CITY	ST	AGE	S	plc	SWIM 100 time yds	TRAN time	plc	BIKE time mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Don Utsinger	Sarasota	FL	67	M	1	9:40 1:47	1:04	1	51:29 18.1	1:03	1	30:12	9:44	1:33:26