

CLYDESDALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	143	Daniel Ankrum	Waterloo	IA	32	M	1	20:12	1:09	3:26	1	1:07:47	20.9	1:19	1	46:45	7:32	2:19:28
2	140	Nick Hegarty	Sioux City	IO	36	M	2	21:50	1:15	2:52	2	1:11:16	19.9	1:41	2	49:55	8:02	2:27:33
3	141	Ricky Pruitt	Bellevue	NE	30	M	4	28:18	1:37	3:53	5	1:33:30	15.2	1:36	4	1:05:34	10:34	3:12:48
4	139	Jeff Durdin	Dubuque	IA	44	M	3	22:46	1:18	4:45	3	1:32:35	15.3	2:30	5	1:11:52	11:34	3:14:26
5	142	Daniel Boscaljon	Iowa City	IA	37	M	5	33:49	1:56	5:57	4	1:33:24	15.2	3:11	3	1:00:18	9:43	3:16:37

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Emily Teetzen	Waterloo	IA	24	F	1	26:29	1:31	6:05	1	1:48:18	13.1	1:36	1	1:10:25	11:20	3:32:52

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Brandon Bohlender	Des Moines	IA	23	M	1	21:46	1:15	1:58	1	1:24:03	16.9	2:11	1	52:08	8:24	2:42:05

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Anna Kropornicka	Madison	WI	25	F	1	18:55	1:05	3:04	1	1:23:37	16.9	1:27	1	55:15	8:54	2:42:16
2 Hayley Fry	Cedar Rapids	IO	27	F	2	20:13	1:09	4:31	2	1:29:34	15.8	2:40	2	1:03:58	10:18	3:00:53

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Eric Boucher	Coralville	IA	27	M	1	19:04	1:05	3:03	3	1:18:45	18.0	1:02	1	44:47	7:13	2:26:39
2 Adam Campbell	Cedar Falls	IO	28	M	2	20:59	1:12	2:47	1	1:14:54	18.9	1:51	3	50:44	8:10	2:31:13
3 Kc McGinnis	Iowa City	IA	26	M	4	28:39	1:38	3:15	2	1:15:56	18.7	2:12	2	45:05	7:16	2:35:05
4 Kurt Ehlert	Madison	WI	26	M	3	22:42	1:18	5:22	4	1:22:38	17.1	1:38	4	52:02	8:23	2:44:21
5 Nicholas Noble	South Elgin	IL	29	M	5	29:19	1:40	4:14	5	1:36:28	14.7	2:12	5	54:58	8:51	3:07:09

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Garrett Rettig	Coralville	IA	34	M	1	19:16	1:06	3:20	1	1:13:42	19.2	1:50	1	41:51	6:45	2:19:57
2 Michael Kinney	Rock Island	IL	30	M	2	27:16	1:33	2:59	2	1:17:33	18.3	2:50	2	55:13	8:54	2:45:50
3 Peter Carstensen	Cedar Rapids	IA	31	M	3	38:41	2:12	3:02	3	1:26:38	16.4	2:23	3	1:00:14	9:42	3:10:56

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Christina Schmidt	Bettendorf	IA	37	F	1	27:28	1:34	5:05	1	1:19:32	17.8	1:55	1	49:09	7:55	2:43:06

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Brent Fiegel	Buffalo	IA	36	M	2	21:19	1:13	1:31	1	1:09:44	20.3	1:52	1	39:29	6:22	2:13:53
2 Bryan Bacehowski	West Des Moines	IA	35	M	5	23:08	1:19	2:00	2	1:12:26	19.6	1:04	3	46:18	7:28	2:24:53
3 Daniel Cox	Urbandale	IA	36	M	1	21:01	1:12	2:33	3	1:12:44	19.5	2:14	8	51:09	8:14	2:29:39
4 Robert Peterson	Urbandale	IO	36	M	3	21:33	1:14	2:39	4	1:16:04	18.6	1:09	7	50:13	8:05	2:31:36
5 Matthew Miller	Hudson	IA	39	M	11	30:50	1:46	1:33	7	1:20:06	17.7	1:37	2	44:29	7:10	2:38:33
6 Manuel Molina	Loves Park	IL	38	M	9	26:50	1:32	3:35	6	1:19:31	17.8	1:16	5	48:47	7:51	2:39:56
7 Daniel Vondra	Iowa City	IA	36	M	6	25:28	1:27	4:56	9	1:21:27	17.4	2:25	4	46:41	7:31	2:40:55
8 Boulos Nassar	Iowa City	IA	36	M	8	26:27	1:31	4:54	5	1:18:09	18.1	1:48	6	49:56	8:03	2:41:13
9 Phillip Hunt	Waterloo	IA	37	M	4	22:01	1:16	2:42	8	1:20:37	17.6	2:44	10	56:40	9:08	2:44:42
10 Jeff Lineburg	LeClaire	IA	36	M	7	26:23	1:30	3:19	10	1:25:59	16.5	2:09	9	54:32	8:47	2:52:18
11 Patrick Tierney	Coralville	IA	39	M	10	27:56	1:36	3:30	11	1:27:16	16.2	2:07	11	1:08:31	11:02	3:09:20

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1 Angie Smith	Iowa City	IA	41	F	1	21:18	1:13	4:00	1	1:24:31	16.8	1:33	2	57:19	9:14	2:48:41
2 Robin Kopelman	Iowa City	IA	41	F	2	25:09	1:26	3:50	2	1:40:04	14.2	2:13	1	55:57	9:01	3:07:11

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Mark Johnson	Hiawatha	IA	41	M	1	20:21	1:10	2:38	1	1:11:57	19.7	1:31	1	42:09	6:47	2:18:33
2 Sean O'Hanlon	Rock Island	IL	44	M	2	20:24	1:10	3:09	4	1:24:07	16.8	1:58	2	46:51	7:33	2:36:28
3 Michael Dawid	Bettendorf	IA	40	M	3	21:14	1:13	1:56	2	1:17:20	18.3	1:48	4	57:01	9:11	2:39:17
4 Chris Klitgaard	Iowa City	IA	40	M	4	24:08	1:23	2:35	3	1:19:23	17.8	2:19	3	52:11	8:24	2:40:33
5 Tim Conlon	Iowa City	IA	43	M	5	25:23	1:27	5:11	5	1:39:44	14.2	2:20	5	1:01:08	9:51	3:13:44

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Lori Shockley	Cedar Falls	IA	47	F	1	26:10	1:30	5:14	1	1:46:37	13.3	2:22	1	1:07:02	10:48	3:27:23

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Lee Juehring	Muscatine	IA	45	M	1	22:10	1:16	4:35	2	1:15:44	18.7	1:52	1	45:53	7:23	2:30:11
2 Jason Aarhus	Cedar Rapids	IA	47	M	2	22:52	1:18	2:51	1	1:15:13	18.8	1:48	2	47:58	7:44	2:30:40
3 Thomas Berg	Cedar Rapids	IA	47	M	3	27:55	1:36	4:17	3	1:24:28	16.8	2:13	3	56:56	9:10	2:55:48

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 David Cook	Wilton	IA	53	M	3	23:11	1:20	3:15	1	1:17:09	18.4	2:00	1	44:10	7:07	2:29:43
2 Jeffrey Witters	Le Claire	IA	51	M	1	20:56	1:12	1:49	2	1:18:38	18.0	1:03	2	52:17	8:25	2:34:40
3 Brian Kennedy	Bettendorf	IA	50	M	2	21:08	1:12	3:39	4	1:20:31	17.6	2:27	4	56:35	9:07	2:44:17
4 Bob Klein	Dewitt	IA	53	M	5	28:55	1:39	2:17	3	1:19:32	17.8	1:22	3	52:26	8:27	2:44:30
5 Ray Turner	West Des Moines	IA	51	M	4	25:35	1:28	4:00	5	1:25:39	16.5	2:57	5	57:33	9:16	2:57:44

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	SWIM 100		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Mark Petersen	Cedar Rapids	IA	56	M	1	22:27	1:17	3:45	1	1:21:22	17.4	1:55	1	46:43	7:32	2:36:10
2 Todd Brown	Cedar Rapids	IA	55	M	2	27:53	1:36	6:40	2	1:24:19	16.8	2:51	2	1:03:32	10:14	3:05:13