

IOWA'S BEST DAM TRIATHLON
(Sprint Distance Course)
September 14, 2014
Coralville, Iowa

400 Meter Swim, 20 K Bike, 5K Run

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Elaina Mertens	28	Dubuque	IA	6:25	37:33	20:30	1:08:27
2	Kim Sprenger	52	Iowa City	IA	6:26	38:58	22:27	1:09:58
3	Lauren Wettach	26	Davenport	IA	6:26	39:12	22:38	1:11:03

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Joshua Madsen	38	North Liberty	IA	5:03	32:28	19:42	59:33
2	Adam Kassem	25	Cedar Rapids	IA	6:21	34:05	19:03	1:01:31
3	Bryan Perrott	29	Northfield	MN	4:36	35:51	19:09	1:02:05

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kelley Stich	21	Ames	IA	9:55	48:42	27:29	1:31:24
2	Kate Pape	32	Coralville	IA	10:20	45:50	30:49	1:31:52
3	Tori Breithaupt	44	Iowa City	IA	8:39	48:34	30:51	1:33:09

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Adam Tierney	43	Fitchburg	WI	7:53	43:10	22:36	1:19:30
2	Bret Sparbel	44	Bettendorf	IA	6:03	42:57	28:29	1:21:34
3	Eric Hale	41	Cedar Rapids	IA	7:49	40:24	30:39	1:22:32

FEMALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Taylor Pajunen	15	Iowa City	IA	5:40	44:41	22:19	1:15:38
2	Kenyon Ellsworth	18	Grinnell	IA	6:27	53:52	24:09	1:27:42
3	Katharine Selberg	19	Urbandale	IA	9:17	1:02:45	27:50	1:45:44

MALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jacob Reeck	17	Fort Dodge	IA	11:45	1:00:28	28:31	1:47:40

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Hannah Dejong	24	Coralville	IA	8:36	46:46	22:35	1:22:27
2	Molly Chaney	21	St. Louis	MO	7:11	49:42	24:24	1:24:52
3	Caitlin Fortuna	23	Milwaukee	WI	8:03	46:41	26:34	1:25:23

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	David Roney	23	Ankeny	IA	5:56	35:59	19:41	1:04:49
2	Luke Dejong	24	Coralville	IA	5:55	38:58	19:07	1:06:58
3	Kyle Zankowski	23	Ames	IA	5:19	39:37	18:11	1:07:11

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Leah Clark	26	Iowa City	IA	8:51	45:09	24:07	1:22:16
2	Emily Eisenman	28	Cedar Falls	IA	7:49	47:26	24:16	1:23:40
3	Sarah Richmond	27	Cedar Rapids	IA	7:43	44:08	29:10	1:24:43

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kyle Polich	26	North Liberty	IA	7:31	36:01	19:13	1:05:34
2	Josiah Collins	27	La Vista	NE	4:44	39:19	22:26	1:09:03
3	Andrew Hornick	25	Iowa City	IA	10:04	44:17	23:16	1:23:07

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tamara Abkes	33	Cedar Rapids	IA	6:15	42:30	20:06	1:13:19
2	Patricia Watkins	32	Iowa City	IO	5:38	42:18	26:42	1:19:29
3	Erika Damschen	34	Coralville	IA	6:39	47:01	26:22	1:23:09

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jason Rabe	34	Fairfax	IA	5:27	35:07	19:51	1:02:22
2	Craig Goldsmith	32	Marion	IA	6:04	37:24	19:32	1:04:49
3	Shawn Love	33	Marion	IA	6:51	38:53	24:22	1:12:42

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Regena Hale	39	Cedar Rapids	IA	7:22	37:18	22:58	1:11:50
2	Anne Hilleman	39	Huxley	IA	6:42	40:28	23:06	1:12:58
3	Angie Kersten	39	Davenport	IA	8:11	41:32	24:44	1:18:02

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Chad Goldsmith	37	Coralville	IA	8:14	37:46	18:21	1:06:50
2	Daniel Erusha	35	Marion	IA	6:07	37:35	21:38	1:07:38
3	Matthew White	36	Cedar Rapids	IA	6:50	39:05	24:10	1:14:48

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kathryn Cater	44	Cedar Rapids	IA	7:03	40:00	24:48	1:15:52
2	Kari Ann Pappas	44	Omaha	NE	8:14	41:47	23:37	1:18:19
3	Ann Schaefer	42	Iowa City	IA	8:10	43:02	29:35	1:24:54

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kelly Kersten	44	Davenport	IA	6:13	34:05	20:15	1:03:15
2	Eric Goers	43	Iowa City	IA	6:27	36:24	19:01	1:04:32
3	Roland Utsinger	40	Cedar Rapids	IA	6:46	38:15	22:46	1:11:47

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tami Smith	46	Marion	IA	8:48	47:58	27:12	1:31:18
2	Deb Johnson	48	North Liberty	IA	7:25	55:38	31:32	1:39:13
3	Eileen Hermiston	47	Coralville	IA	9:14	54:23	32:49	1:43:15

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jim Hagelie	46	Waukee	IA	6:44	33:16	20:32	1:02:52
2	John Martinek	46	Coralville	IA	6:27	35:10	22:02	1:06:06
3	Duane Staskal	46	Iowa City	IA	6:01	35:25	22:34	1:06:39

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Carla Coleman	51	Iowa City	IA	8:54	47:52	25:47	1:28:17
2	Sue Bransky	50	Solon	IA	10:00	46:00	28:02	1:29:35
3	Tami Fiala	50	Fairfax	IA	7:13	46:47	33:03	1:31:36

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	George Sehl	50	Iowa City	IA	7:47	35:58	21:33	1:08:44
2	Keith Kenel	53	Cedar Rapids	IA	9:54	42:52	25:04	1:22:04
3	Philip Roudabush	50	North Liberty	IA	10:19	40:57	25:14	1:22:34

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Charleen Jones	56	North Liberty	IA	11:40	49:20	33:32	1:40:39

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Guy Olson	57	Cedar Rapids	IA	6:05	38:44	22:26	1:10:22
2	Richard Wyss	57	Iowa City	IA	7:08	39:09	28:23	1:19:44
3	Joe McGrath	58	Cedar Rapids	IA	6:52	42:17	27:14	1:20:05

FEMALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ann Vestle	60	Cedar Rapids	IA	8:35	48:42	28:39	1:30:15

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mikel Betts	61	Iowa City	IA	8:23	44:34	27:39	1:25:53
2	Paul Riggs	60	Oskaloosa	IA	7:50	45:30	27:16	1:27:35
3	Ron Spiva	61	Bettendorf	IA	8:34	51:37	34:14	1:46:23

MALE INDIVIDUAL AGE GROUP: 65 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ron Ottaway	77	Cedar Rapids	IA	7:52	43:57	31:57	1:29:28
2	Fred Hemsath	71	St Joseph	MI	17:24	44:51	29:39	1:36:31
3	Jim Hill	66	Coralville	IA	13:06	54:12	29:47	1:41:59

TEAM CATEGORY: OVERALL

1	Late Nite			6:48	37:27	16:11	1:02:56
	Terry Lemon	Ken Hopkins	Nate Hopp				
2	Three Times Awesome			7:06	39:21	20:59	1:11:20
	James Fleming	James Fleming	Willie Crile				
3	Two Bros And A Chica			5:22	45:43	23:42	1:16:42
	Peter Ruggiero	Amanda Hewitt	Ryan Buresh				