

FEMALE RESULTS

| TOT<br>PLC | #   | NAME               | CITY            | ST | AGE | S | plc | SWIM<br>time | 100<br>yds | TRAN<br>time | plc | BIKE<br>time mph | TRAN<br>time | plc | RUN<br>time | pace  | TOTAL<br>TIME |
|------------|-----|--------------------|-----------------|----|-----|---|-----|--------------|------------|--------------|-----|------------------|--------------|-----|-------------|-------|---------------|
| 1          | 396 | Elaina Mertens     | Dubuque         | IA | 28  | F | 4   | 6:25         | 1:28       | 1:05         | 2   | 37:33 19.9       | 0:56         | 2   | 20:30       | 6:37  | 1:08:27       |
| 2          | 455 | Kim Sprenger       | Iowa City       | IA | 52  | F | 5   | 6:26         | 1:29       | 1:18         | 3   | 38:58 19.1       | 0:50         | 4   | 22:27       | 7:15  | 1:09:58       |
| 3          | 489 | Lauren Wettach     | Davenport       | IA | 26  | F | 6   | 6:26         | 1:29       | 1:40         | 4   | 39:12 19.0       | 1:09         | 6   | 22:38       | 7:18  | 1:11:03       |
| 4          | 251 | Regena Hale        | Cedar Rapids    | IA | 39  | F | 16  | 7:22         | 1:42       | 2:40         | 1   | 37:18 20.0       | 1:34         | 7   | 22:58       | 7:25  | 1:11:50       |
| 5          | 433 | Anne Hilleman      | Huxley          | IA | 39  | F | 9   | 6:42         | 1:32       | 1:43         | 6   | 40:28 18.4       | 1:00         | 8   | 23:06       | 7:27  | 1:12:58       |
| 6          | 156 | Tamara Abkes       | Cedar Rapids    | IA | 33  | F | 3   | 6:15         | 1:26       | 2:48         | 10  | 42:30 17.5       | 1:42         | 1   | 20:06       | 6:29  | 1:13:19       |
| 7          | 490 | Taylor Pajunen     | Iowa City       | IA | 15  | F | 2   | 5:40         | 1:18       | 2:13         | 14  | 44:41 16.7       | 0:47         | 3   | 22:19       | 7:12  | 1:15:38       |
| 8          | 428 | Kathryn Cater      | Cedar Rapids    | IA | 44  | F | 12  | 7:03         | 1:37       | 2:29         | 5   | 40:00 18.6       | 1:33         | 18  | 24:48       | 8:00  | 1:15:52       |
| 9          | 417 | Angie Kersten      | Davenport       | IA | 39  | F | 30  | 8:11         | 1:53       | 2:15         | 7   | 41:32 18.0       | 1:22         | 17  | 24:44       | 7:59  | 1:18:02       |
| 10         | 434 | Kari Ann Pappas    | Omaha           | NE | 44  | F | 31  | 8:14         | 1:53       | 3:14         | 8   | 41:47 17.8       | 1:29         | 11  | 23:37       | 7:38  | 1:18:19       |
| 11         | 436 | Patricia Watkins   | Iowa City       | IO | 32  | F | 1   | 5:38         | 1:18       | 3:45         | 9   | 42:18 17.6       | 1:08         | 30  | 26:42       | 8:37  | 1:19:29       |
| 12         | 422 | Melissa Young      | Coralville      | IA | 39  | F | 32  | 8:19         | 1:54       | 2:22         | 12  | 43:48 17.0       | 1:17         | 19  | 25:22       | 8:11  | 1:21:05       |
| 13         | 427 | Leah Clark         | Iowa City       | IA | 26  | F | 48  | 8:51         | 2:02       | 2:32         | 15  | 45:09 16.5       | 1:39         | 12  | 24:07       | 7:47  | 1:22:16       |
| 14         | 472 | Hannah Dejong      | Coralville      | IA | 24  | F | 38  | 8:36         | 1:58       | 3:33         | 19  | 46:46 15.9       | 0:59         | 5   | 22:35       | 7:17  | 1:22:27       |
| 15         | 457 | Erika Damschen     | Coralville      | IA | 34  | F | 8   | 6:39         | 1:32       | 2:07         | 22  | 47:01 15.9       | 1:03         | 26  | 26:22       | 8:31  | 1:23:09       |
| 16         | 447 | Emily Eisenman     | Cedar Falls     | IA | 28  | F | 21  | 7:49         | 1:48       | 2:43         | 23  | 47:26 15.7       | 1:27         | 14  | 24:16       | 7:50  | 1:23:40       |
| 17         | 469 | Sarah Richmond     | Cedar Rapids    | IA | 27  | F | 20  | 7:43         | 1:46       | 2:17         | 13  | 44:08 16.9       | 1:27         | 47  | 29:10       | 9:25  | 1:24:43       |
| 18         | 499 | Molly Chaney       | St. Louis       | MO | 21  | F | 13  | 7:11         | 1:39       | 2:15         | 39  | 49:42 15.0       | 1:22         | 16  | 24:24       | 7:52  | 1:24:52       |
| 19         | 453 | Ann Schaefer       | Iowa City       | IA | 42  | F | 29  | 8:10         | 1:52       | 2:51         | 11  | 43:02 17.3       | 1:18         | 51  | 29:35       | 9:33  | 1:24:54       |
| 20         | 399 | Jill Snitko        | Marion          | IA | 36  | F | 50  | 8:59         | 2:04       | 3:32         | 30  | 48:08 15.5       | 1:28         | 9   | 23:11       | 7:29  | 1:25:16       |
| 21         | 460 | Beth Reinhardt     | Hamilton        | IL | 35  | F | 46  | 8:49         | 2:01       | 1:55         | 21  | 46:56 15.9       | 1:20         | 24  | 26:19       | 8:30  | 1:25:18       |
| 22         | 498 | Caitlin Fortuna    | Milwaukee       | WI | 23  | F | 27  | 8:03         | 1:51       | 2:42         | 18  | 46:41 16.0       | 1:25         | 28  | 26:34       | 8:35  | 1:25:23       |
| 23         | 458 | Kimberly Thompson  | Maquoketa       | IA | 37  | F | 10  | 6:47         | 1:34       | 3:58         | 26  | 47:46 15.6       | 1:37         | 29  | 26:35       | 8:35  | 1:26:41       |
| 24         | 471 | Amanda Ward        | Iowa City       | IO | 26  | F | 43  | 8:43         | 2:00       | 3:53         | 35  | 49:13 15.2       | 1:33         | 10  | 23:21       | 7:32  | 1:26:42       |
| 25         | 491 | Kenyon Ellsworth   | Grinnell        | IA | 18  | F | 7   | 6:27         | 1:29       | 2:25         | 55  | 53:52 13.8       | 0:51         | 13  | 24:09       | 7:48  | 1:27:42       |
| 26         | 484 | Nora Epping        | Coralville      | IA | 30  | F | 23  | 7:55         | 1:49       | 5:59         | 29  | 48:03 15.5       | 1:32         | 15  | 24:22       | 7:52  | 1:27:49       |
| 27         | 440 | Carla Coleman      | Iowa City       | IA | 51  | F | 49  | 8:54         | 2:03       | 3:56         | 27  | 47:52 15.6       | 1:49         | 21  | 25:47       | 8:19  | 1:28:17       |
| 28         | 155 | Alyssa Bohlender   | Cedar Falls     | IA | 21  | F | 25  | 7:58         | 1:50       | 2:40         | 40  | 50:08 14.9       | 1:04         | 31  | 26:53       | 8:41  | 1:28:40       |
| 29         | 497 | Monika Cinch       | Arlington Heig  | IL | 20  | F | 62  | 9:29         | 2:11       | 4:35         | 25  | 47:45 15.6       | 1:29         | 22  | 26:05       | 8:25  | 1:29:21       |
| 30         | 408 | Betsy Hood         | Iowa City       | IA | 25  | F | 19  | 7:36         | 1:45       | 3:58         | 45  | 51:32 14.5       | 0:48         | 20  | 25:40       | 8:17  | 1:29:31       |
| 31         | 404 | Sue Bransky        | Solon           | IA | 50  | F | 68  | 10:00        | 2:18       | 3:53         | 17  | 46:00 16.2       | 1:42         | 40  | 28:02       | 9:03  | 1:29:35       |
| 32         | 429 | Ann Vestle         | Cedar Rapids    | IA | 60  | F | 37  | 8:35         | 1:58       | 2:34         | 34  | 48:42 15.3       | 1:48         | 44  | 28:39       | 9:15  | 1:30:15       |
| 33         | 480 | Kelsey Morfitt     | North Liberty   | IA | 44  | F | 44  | 8:45         | 2:01       | 3:41         | 43  | 51:13 14.6       | 1:17         | 23  | 26:14       | 8:28  | 1:31:08       |
| 34         | 444 | Tami Smith         | Marion          | IA | 36  | F | 45  | 8:48         | 2:01       | 4:32         | 28  | 47:58 15.5       | 2:51         | 32  | 27:12       | 8:47  | 1:31:18       |
| 35         | 416 | Monica Dalton      | Iowa City       | IA | 43  | F | 28  | 8:04         | 1:51       | 2:26         | 31  | 48:17 15.4       | 1:04         | 59  | 31:31       | 10:10 | 1:31:21       |
| 36         | 493 | Kelley Stich       | Ames            | IA | 21  | F | 65  | 9:55         | 2:17       | 4:19         | 33  | 48:42 15.3       | 1:01         | 34  | 27:29       | 8:52  | 1:31:24       |
| 37         | 426 | Anna Bruno         | Iowa City       | IA | 33  | F | 69  | 10:00        | 2:18       | 3:20         | 24  | 47:44 15.6       | 1:15         | 48  | 29:15       | 9:27  | 1:31:33       |
| 38         | 454 | Tami Fiala         | Fairfax         | IA | 50  | F | 14  | 7:13         | 1:39       | 3:03         | 20  | 46:47 15.9       | 1:33         | 71  | 33:03       | 10:40 | 1:31:36       |
| 39         | 465 | Kate Pape          | Coralville      | IA | 32  | F | 72  | 10:20        | 2:22       | 3:09         | 16  | 45:50 16.3       | 1:46         | 56  | 30:49       | 9:57  | 1:31:52       |
| 40         | 420 | Olivia Croskey     | Iowa City       | IA | 29  | F | 60  | 9:19         | 2:08       | 3:43         | 37  | 49:25 15.1       | 1:31         | 42  | 28:10       | 9:05  | 1:32:06       |
| 41         | 438 | Catherine Newland  | Iowa City       | IA | 33  | F | 70  | 10:02        | 2:18       | 3:07         | 42  | 50:44 14.7       | 1:10         | 37  | 27:41       | 8:56  | 1:32:42       |
| 42         | 494 | Tori Breithaupt    | Iowa City       | IA | 44  | F | 39  | 8:39         | 1:59       | 3:22         | 32  | 48:34 15.4       | 1:45         | 57  | 30:51       | 9:58  | 1:33:09       |
| 43         | 459 | Erica Hohensee     | Moline          | IL | 31  | F | 11  | 6:50         | 1:34       | 2:31         | 54  | 53:34 13.9       | 1:05         | 50  | 29:27       | 9:30  | 1:33:24       |
| 44         | 424 | Dara Madigan       | Ankeny          | IA | 27  | F | 64  | 9:44         | 2:14       | 4:01         | 44  | 51:18 14.5       | 1:10         | 36  | 27:33       | 8:54  | 1:33:44       |
| 45         | 419 | Patricia Kenel     | Cedar Rapids    | IA | 54  | F | 33  | 8:20         | 1:55       | 3:42         | 51  | 52:44 14.1       | 1:38         | 43  | 28:15       | 9:07  | 1:34:37       |
| 46         | 446 | Amy Podraza        | West Des Moines | IA | 26  | F | 66  | 9:56         | 2:17       | 2:58         | 47  | 51:59 14.3       | 1:14         | 46  | 29:02       | 9:22  | 1:35:07       |
| 47         | 442 | Krista Ockenfels   | Swisher         | IA | 53  | F | 22  | 7:54         | 1:49       | 2:48         | 52  | 53:08 14.0       | 1:15         | 54  | 30:35       | 9:52  | 1:35:38       |
| 48         | 486 | Miranda Adams      | Cedar Falls     | IA | 29  | F | 78  | 11:39        | 2:40       | 2:41         | 50  | 52:39 14.2       | 2:12         | 27  | 26:30       | 8:33  | 1:35:40       |
| 49         | 481 | Sara Hussain       | Iowa City       | IA | 25  | F | 34  | 8:20         | 1:55       | 4:19         | 49  | 52:29 14.2       | 2:21         | 55  | 30:44       | 9:55  | 1:38:10       |
| 50         | 488 | Kathleen Locher    | Iowa City       | IA | 39  | F | 67  | 9:58         | 2:17       | 5:05         | 60  | 54:37 13.7       | 1:17         | 33  | 27:20       | 8:49  | 1:38:15       |
| 51         | 398 | Jenny Reed Murrell | Charlotte       | IO | 44  | F | 53  | 9:02         | 2:04       | 4:30         | 38  | 49:37 15.0       | 2:37         | 70  | 33:01       | 10:39 | 1:38:45       |
| 52         | 430 | Sheila Stafford    | North Liberty   | IA | 25  | F | 15  | 7:19         | 1:41       | 3:19         | 56  | 54:13 13.8       | 1:25         | 69  | 32:49       | 10:36 | 1:39:04       |
| 53         | 435 | Deb Johnson        | North Liberty   | IA | 48  | F | 17  | 7:25         | 1:42       | 3:35         | 64  | 55:38 13.4       | 1:06         | 60  | 31:32       | 10:11 | 1:39:13       |
| 54         | 425 | Jennifer Nason     | Hamilton        | IL | 38  | F | 54  | 9:02         | 2:05       | 3:53         | 65  | 56:04 13.3       | 1:10         | 49  | 29:18       | 9:27  | 1:39:25       |
| 55         | 461 | Charleen Jones     | North Liberty   | IA | 56  | F | 79  | 11:40        | 2:40       | 3:07         | 36  | 49:20 15.1       | 3:03         | 72  | 33:32       | 10:49 | 1:40:39       |
| 56         | 485 | Alexandra Toft     | Coralville      | IA | 21  | F | 41  | 8:43         | 2:00       | 4:21         | 71  | 58:11 12.8       | 1:23         | 45  | 28:57       | 9:21  | 1:41:33       |
| 57         | 410 | Kelli Taylor       | South Elgin     | IL | 33  | F | 52  | 9:02         | 2:04       | 3:58         | 62  | 55:12 13.5       | 2:08         | 58  | 31:18       | 10:06 | 1:41:36       |
| 58         | 492 | Rachel Greenberg   | Iowa City       | IA | 23  | F | 47  | 8:50         | 2:02       | 3:45         | 78  | 1:00:57 12.2     | 1:24         | 41  | 28:05       | 9:04  | 1:43:00       |
| 59         | 475 | Jenna Fussell      | Iowa City       | IA | 22  | F | 35  | 8:24         | 1:56       | 4:40         | 58  | 54:33 13.7       | 2:51         | 66  | 32:46       | 10:34 | 1:43:12       |
| 60         | 441 | Eileen Hermiston   | Coralville      | IA | 47  | F | 56  | 9:14         | 2:07       | 4:05         | 57  | 54:23 13.7       | 2:47         | 68  | 32:49       | 10:35 | 1:43:15       |
| 61         | 477 | Ana Berrizbeitia   | Coralville      | IA | 27  | F | 61  | 9:20         | 2:09       | 5:02         | 41  | 50:42 14.7       | 2:14         | 79  | 36:00       | 11:37 | 1:43:16       |
| 62         | 474 | Merissa Fussell    | Iowa City       | IA | 24  | F | 51  | 9:02         | 2:04       | 5:14         | 46  | 51:47 14.4       | 1:59         | 78  | 35:24       | 11:26 | 1:43:24       |
| 63         | 462 | Katie Niebuh       | Waterloo        | IA | 31  | F | 18  | 7:26         | 1:42       | 5:40         | 53  | 53:25 14.0       | 3:32         | 75  | 34:21       | 11:05 | 1:44:22       |
| 64         | 411 | Marisa Stratelak   | Wheaton         | IL | 22  | F | 42  | 8:43         | 2:00       | 3:54         | 68  | 57:37 12.9       | 1:17         | 73  | 33:37       | 10:51 | 1:45:07       |
| 65         | 496 | Amy Knight         | Iowa City       | IA | 25  | F | 80  | 11:57        | 2:44       | 7:28         | 61  | 54:38 13.6       | 1:44         | 52  | 29:43       | 9:35  | 1:45:28       |
| 66         | 397 | Katharine Selberg  | Urbandale       | IA | 19  | F | 58  | 9:17         | 2:08       | 4:04         | 81  | 1:02:45 11.9     | 1:50         | 38  | 27:50       | 8:59  | 1:45:44       |
| 67         | 400 | Kayla Sullivan     | Urbandale       | IA | 19  | F | 57  | 9:16         | 2:08       | 4:06         | 70  | 57:56 12.9       | 6:38         | 39  | 27:50       | 8:59  | 1:45:44       |
| 68         | 479 | Kelly Falls        | Iowa City       | IA | 23  | F | 24  | 7:58         | 1:50       | 4:26         | 63  | 55:37 13.4       | 2:06         | 80  | 36:05       | 11:39 | 1:46:09       |
| 69         | 456 | Melissa Clark      | Evansdale       | IA | 32  | F | 40  | 8:42         | 2:00       | 2:45         | 48  | 52:28 14.2       | 2:30         | 84  | 39:51       | 12:52 | 1:46:13       |
| 70         | 421 | Stefany Reese      | Chicago         | IL | 27  | F | 63  | 9:40         | 2:13       | 4:06         | 84  | 1:03:47 11.7     | 1:38         | 35  | 27:33       | 8:53  | 1:46:41       |
| 71         | 432 | Diane Brunkhorst   | North Liberty   | IA | 33  | F | 82  | 13:07        | 3:00       | 4:16         | 73  | 58:46 12.7       | 1:33         | 53  | 30:06       | 9:43  | 1:47:46       |
| 72         | 401 | Ann Conklin        | Coralville      | IA | 31  | F | 59  | 9:19         | 2:08       | 4:47         | 77  | 59:59 12.4       | 2:00         | 67  | 32:47       | 10:35 | 1:48:50       |
| 73         | 409 | Angela Sweeney     | Iowa City       | IA | 31  | F | 36  | 8:32         | 1:58       | 4:31         | 82  | 1:02:54 11.9     | 1:12         | 63  | 32:25       | 10:28 | 1:49:32       |
| 74         | 487 | Angelia Peralta    | Coralville      | IA | 23  | F | 71  | 10:07        | 2:19       | 4:04         | 74  | 59:01 12.6       | 1:43         | 76  | 34:43       | 11:12 | 1:49:36       |
| 75         | 464 | Kayla Schaefer     | Marion          | IA | 29  | F | 55  | 9:14         | 2:07       | 3:44         | 72  | 58:26 12.8       | 1:37         | 83  | 37:15       | 12:01 | 1:50:13       |
| 76         | 482 | Hannah Davy        | Cottage Grove   | MN | 22  | F | 77  | 11:32        | 2:39       | 5:05         | 80  | 1:01:26 12.1     | 1:46         | 61  | 31:48       | 10:16 | 1:51:35       |
| 77         | 423 | Stephanie Bashore  | Letts           | IA | 28  | F | 84  | 14:24        | 3:18       | 5:22         | 83  | 1:03:44 11.7     | 1:59         | 25  | 26:20       | 8:30  | 1:51:47       |
| 78         | 437 | Angela Mohr        | Eldridge        | IA | 38  | F | 83  | 13:34        | 3:         |              |     |                  |              |     |             |       |               |

|    |                       |               |    |    |   |    |       |      |      |    |         |      |      |    |       |       |         |
|----|-----------------------|---------------|----|----|---|----|-------|------|------|----|---------|------|------|----|-------|-------|---------|
| 6  | 310 Kelly Kersten     | Davenport     | IA | 44 | M | 15 | 6:13  | 1:26 | 1:33 | 4  | 34:05   | 21.9 | 1:11 | 12 | 20:15 | 6:32  | 1:03:15 |
| 7  | 326 Eric Goers        | Iowa City     | IA | 43 | M | 19 | 6:27  | 1:29 | 1:27 | 12 | 36:24   | 20.5 | 1:15 | 3  | 19:01 | 6:08  | 1:04:32 |
| 8  | 305 Craig Goldsmith   | Marion        | IA | 32 | M | 11 | 6:04  | 1:24 | 1:10 | 13 | 37:24   | 19.9 | 0:41 | 8  | 19:32 | 6:18  | 1:04:49 |
| 9  | 388 David Roney       | Ankeny        | IA | 23 | M | 8  | 5:56  | 1:22 | 1:46 | 10 | 35:59   | 20.7 | 1:29 | 9  | 19:41 | 6:21  | 1:04:49 |
| 10 | 307 Kyle Polich       | North Liberty | IA | 26 | M | 33 | 7:31  | 1:44 | 1:56 | 11 | 36:01   | 20.7 | 0:56 | 7  | 19:13 | 6:12  | 1:05:34 |
| 11 | 352 John Martinek     | Coralville    | IA | 46 | M | 20 | 6:27  | 1:29 | 1:35 | 6  | 35:10   | 21.2 | 0:54 | 18 | 22:02 | 7:07  | 1:06:06 |
| 12 | 253 Duane Staskal     | Iowa City     | IA | 46 | M | 9  | 6:01  | 1:23 | 1:31 | 7  | 35:25   | 21.1 | 1:10 | 22 | 22:34 | 7:17  | 1:06:39 |
| 13 | 311 Chad Goldsmith    | Coralville    | IA | 37 | M | 48 | 8:14  | 1:54 | 1:40 | 15 | 37:46   | 19.7 | 0:49 | 2  | 18:21 | 5:56  | 1:06:50 |
| 14 | 393 Luke Dejong       | Coralville    | IA | 24 | M | 7  | 5:55  | 1:22 | 2:20 | 19 | 38:58   | 19.1 | 0:40 | 5  | 19:07 | 6:10  | 1:06:58 |
| 15 | 390 Kyle Zankowski    | Ames          | IA | 23 | M | 5  | 5:19  | 1:13 | 3:25 | 25 | 39:37   | 18.8 | 0:40 | 1  | 18:11 | 5:52  | 1:07:11 |
| 16 | 300 Daniel Erusha     | Marion        | IA | 35 | M | 13 | 6:07  | 1:24 | 1:23 | 14 | 37:35   | 19.8 | 0:56 | 16 | 21:38 | 6:59  | 1:07:38 |
| 17 | 318 George Sehl       | Iowa City     | IA | 50 | M | 39 | 7:47  | 1:47 | 2:33 | 9  | 35:58   | 20.7 | 0:54 | 15 | 21:33 | 6:57  | 1:08:44 |
| 18 | 344 Josiah Collins    | La Vista      | NE | 27 | M | 2  | 4:44  | 1:05 | 1:44 | 23 | 39:19   | 19.0 | 0:50 | 21 | 22:26 | 7:15  | 1:09:03 |
| 19 | 386 Lucas Borg        | Iowa City     | IA | 24 | M | 4  | 5:18  | 1:13 | 2:25 | 26 | 40:06   | 18.6 | 1:13 | 14 | 20:38 | 6:40  | 1:09:38 |
| 20 | 301 Guy Olson         | Cedar Rapids  | IA | 57 | M | 12 | 6:05  | 1:24 | 1:56 | 17 | 38:44   | 19.3 | 1:13 | 20 | 22:26 | 7:15  | 1:10:22 |
| 21 | 328 Roland Utsinger   | Cedar Rapids  | IA | 40 | M | 25 | 6:46  | 1:33 | 2:26 | 16 | 38:15   | 19.5 | 1:36 | 25 | 22:46 | 7:21  | 1:11:47 |
| 22 | 254 Shawn Love        | Marion        | IA | 33 | M | 27 | 6:51  | 1:34 | 1:45 | 18 | 38:53   | 19.2 | 0:53 | 32 | 24:22 | 7:52  | 1:12:42 |
| 23 | 324 Adam Pollack      | Iowa City     | IA | 42 | M | 47 | 8:06  | 1:52 | 2:07 | 29 | 40:49   | 18.3 | 0:42 | 19 | 22:21 | 7:13  | 1:14:02 |
| 24 | 363 Matthew White     | Cedar Rapids  | IA | 36 | M | 26 | 6:50  | 1:34 | 3:27 | 21 | 39:05   | 19.1 | 1:18 | 30 | 24:10 | 7:48  | 1:14:48 |
| 25 | 315 Mathieu Cagnard   | Cedar Rapids  | IA | 43 | M | 60 | 9:03  | 2:05 | 1:53 | 20 | 39:02   | 19.1 | 1:01 | 33 | 24:41 | 7:58  | 1:15:38 |
| 26 | 316 Lane McMullen     | North Liberty | IA | 36 | M | 29 | 6:53  | 1:35 | 2:07 | 31 | 41:06   | 18.1 | 1:45 | 31 | 24:19 | 7:51  | 1:16:08 |
| 27 | 360 Justin Schmidt    | Chandler      | AR | 33 | M | 21 | 6:30  | 1:30 | 2:25 | 28 | 40:40   | 18.3 | 1:35 | 39 | 25:32 | 8:14  | 1:16:38 |
| 28 | 385 Reid Turner       | Iowa City     | IA | 24 | M | 18 | 6:24  | 1:28 | 2:02 | 42 | 43:18   | 17.2 | 1:43 | 29 | 24:07 | 7:47  | 1:17:33 |
| 29 | 309 Mark Holtkamp     | Iowa City     | IA | 39 | M | 50 | 8:21  | 1:55 | 2:35 | 53 | 44:31   | 16.7 | 1:19 | 17 | 22:00 | 7:06  | 1:18:45 |
| 30 | 339 John Obrien       | Bettendorf    | IA | 46 | M | 37 | 7:43  | 1:46 | 3:10 | 44 | 43:33   | 17.1 | 1:18 | 26 | 23:11 | 7:29  | 1:18:53 |
| 31 | 346 Andrew Lynch      | Iowa City     | IA | 35 | M | 52 | 8:31  | 1:57 | 3:53 | 24 | 39:32   | 18.9 | 1:27 | 42 | 25:50 | 8:20  | 1:19:10 |
| 32 | 380 Adam Tierney      | Fitchburg     | WI | 43 | M | 43 | 7:53  | 1:49 | 4:01 | 41 | 43:10   | 17.3 | 1:52 | 23 | 22:36 | 7:18  | 1:19:30 |
| 33 | 347 Mark Theuerkauf   | Bettendorf    | IA | 48 | M | 14 | 6:09  | 1:25 | 3:14 | 46 | 43:38   | 17.1 | 1:32 | 35 | 24:59 | 8:04  | 1:19:30 |
| 34 | 349 Richard Wyss      | Iowa City     | IA | 57 | M | 31 | 7:08  | 1:38 | 3:40 | 22 | 39:09   | 19.0 | 1:26 | 60 | 28:23 | 9:10  | 1:19:44 |
| 35 | 329 Dan Meyers        | Cedar Rapids  | IA | 34 | M | 64 | 9:22  | 2:09 | 3:10 | 45 | 43:33   | 17.1 | 1:03 | 24 | 22:44 | 7:20  | 1:19:51 |
| 36 | 327 Joe McGrath       | Cedar Rapids  | IA | 58 | M | 28 | 6:52  | 1:35 | 2:16 | 33 | 42:17   | 17.6 | 1:29 | 51 | 27:14 | 8:47  | 1:20:05 |
| 37 | 383 Adam Jacobs       | Fairfax       | IA | 32 | M | 35 | 7:39  | 1:46 | 2:31 | 49 | 43:49   | 17.0 | 1:06 | 45 | 26:28 | 8:33  | 1:21:30 |
| 38 | 376 Bret Sparbel      | Bettendorf    | IA | 44 | M | 10 | 6:03  | 1:23 | 2:20 | 40 | 42:57   | 17.4 | 1:46 | 61 | 28:29 | 9:12  | 1:21:34 |
| 39 | 313 Keith Kenel       | Cedar Rapids  | IA | 53 | M | 68 | 9:54  | 2:16 | 2:42 | 38 | 42:52   | 17.4 | 1:33 | 36 | 25:04 | 8:05  | 1:22:04 |
| 40 | 341 Eric Mohr         | Eldridge      | IA | 37 | M | 58 | 8:45  | 2:00 | 3:34 | 36 | 42:37   | 17.5 | 1:31 | 43 | 25:52 | 8:21  | 1:22:17 |
| 41 | 250 Eric Hale         | Cedar Rapids  | IA | 41 | M | 40 | 7:49  | 1:48 | 2:05 | 27 | 40:24   | 18.5 | 1:36 | 77 | 30:39 | 9:54  | 1:22:32 |
| 42 | 319 Philip Roudabush  | North Liberty | IA | 50 | M | 73 | 10:19 | 2:22 | 4:12 | 30 | 40:57   | 18.2 | 1:55 | 37 | 25:14 | 8:09  | 1:22:34 |
| 43 | 373 Ryan Pape         | Coralville    | IA | 31 | M | 49 | 8:18  | 1:54 | 2:53 | 35 | 42:32   | 17.5 | 2:05 | 49 | 27:04 | 8:44  | 1:22:51 |
| 44 | 353 Robb Lawson       | Cedar Rapids  | IA | 32 | M | 22 | 6:30  | 1:30 | 2:31 | 64 | 46:58   | 15.9 | 2:18 | 34 | 24:42 | 7:59  | 1:22:57 |
| 45 | 395 Andrew Hornick    | Iowa City     | IA | 25 | M | 71 | 10:04 | 2:19 | 4:12 | 52 | 44:17   | 16.8 | 1:19 | 27 | 23:16 | 7:31  | 1:23:07 |
| 46 | 356 Randy Bachman     | Hiawatha      | IA | 58 | M | 34 | 7:38  | 1:45 | 3:14 | 43 | 43:32   | 17.1 | 2:07 | 50 | 27:09 | 8:46  | 1:23:38 |
| 47 | 321 Jeremy Rudd       | Dyersville    | IA | 35 | M | 61 | 9:06  | 2:05 | 3:32 | 48 | 43:41   | 17.1 | 1:06 | 47 | 26:31 | 8:34  | 1:23:54 |
| 48 | 335 Ted Olson         | Hiawatha      | IA | 54 | M | 53 | 8:33  | 1:58 | 3:50 | 61 | 46:09   | 16.2 | 1:36 | 28 | 23:51 | 7:42  | 1:23:57 |
| 49 | 323 Levi Wood         | North Liberty | IA | 35 | M | 72 | 10:06 | 2:19 | 2:25 | 37 | 42:49   | 17.4 | 1:15 | 58 | 27:55 | 9:01  | 1:24:28 |
| 50 | 314 Ben Person        | Cedar Rapids  | IA | 33 | M | 38 | 7:46  | 1:47 | 2:09 | 66 | 47:32   | 15.7 | 2:00 | 44 | 26:21 | 8:30  | 1:25:45 |
| 51 | 330 Mikel Betts       | Iowa City     | IA | 61 | M | 51 | 8:23  | 1:55 | 3:33 | 54 | 44:34   | 16.7 | 1:47 | 55 | 27:39 | 8:56  | 1:25:53 |
| 52 | 368 Wade Shriver      | Iowa City     | IA | 49 | M | 44 | 7:59  | 1:50 | 2:28 | 32 | 42:07   | 17.7 | 1:50 | 80 | 31:43 | 10:14 | 1:26:05 |
| 53 | 374 Keith Abkes       | Cedar Rapids  | IA | 43 | M | 55 | 8:37  | 1:59 | 6:19 | 34 | 42:25   | 17.6 | 2:19 | 46 | 26:29 | 8:33  | 1:26:06 |
| 54 | 381 Dave Baron        | North Liberty | IA | 29 | M | 36 | 7:42  | 1:46 | 3:06 | 39 | 42:54   | 17.4 | 2:45 | 71 | 29:56 | 9:40  | 1:26:21 |
| 55 | 306 Dean Harken       | Coralville    | IA | 45 | M | 63 | 9:20  | 2:08 | 1:56 | 50 | 43:56   | 17.0 | 2:31 | 64 | 28:43 | 9:16  | 1:26:24 |
| 56 | 371 Austin Tierney    | Iowa City     | IA | 38 | M | 59 | 8:46  | 2:01 | 2:44 | 63 | 46:52   | 15.9 | 0:59 | 54 | 27:21 | 8:50  | 1:26:39 |
| 57 | 337 Aaron Riggs       | Oskaloosa     | IA | 27 | M | 23 | 6:35  | 1:31 | 4:09 | 69 | 48:11   | 15.5 | 2:27 | 38 | 25:22 | 8:11  | 1:26:42 |
| 58 | 336 Paul Riggs        | Oskaloosa     | IA | 60 | M | 41 | 7:50  | 1:48 | 4:17 | 59 | 45:30   | 16.4 | 2:44 | 52 | 27:16 | 8:48  | 1:27:35 |
| 59 | 322 Paul Tremmel      | Eldridge      | IA | 39 | M | 32 | 7:11  | 1:39 | 4:21 | 47 | 43:40   | 17.1 | 2:22 | 76 | 30:33 | 9:52  | 1:28:05 |
| 60 | 354 Chris Rasmussen   | Storm Lake    | IA | 42 | M | 62 | 9:19  | 2:08 | 3:25 | 60 | 46:02   | 16.2 | 2:08 | 53 | 27:20 | 8:49  | 1:28:12 |
| 61 | 365 Tod Owens         | Bettendorf    | IA | 50 | M | 30 | 7:08  | 1:38 | 3:22 | 58 | 45:06   | 16.5 | 2:30 | 75 | 30:32 | 9:51  | 1:28:36 |
| 62 | 379 Ben Bohlender     | Norwalk       | IA | 26 | M | 46 | 8:04  | 1:51 | 2:02 | 65 | 47:07   | 15.8 | 1:19 | 73 | 30:17 | 9:46  | 1:28:47 |
| 63 | 359 Jim Cantrell      | Coralville    | IA | 54 | M | 17 | 6:22  | 1:28 | 2:55 | 57 | 44:54   | 16.6 | 3:11 | 79 | 31:43 | 10:14 | 1:29:03 |
| 64 | 355 Sean Salle        | Marion        | IA | 29 | M | 75 | 10:40 | 2:27 | 4:19 | 55 | 44:46   | 16.7 | 1:41 | 56 | 27:43 | 8:57  | 1:29:08 |
| 65 | 357 Ron Ottaway       | Cedar Rapids  | IA | 77 | M | 42 | 7:52  | 1:48 | 3:39 | 51 | 43:57   | 17.0 | 2:05 | 81 | 31:57 | 10:19 | 1:29:28 |
| 66 | 361 Ian Theis         | Dubuque       | IA | 36 | M | 57 | 8:44  | 2:00 | 3:29 | 67 | 47:35   | 15.7 | 1:26 | 65 | 29:04 | 9:23  | 1:30:17 |
| 67 | 334 Michael Freedberg | Iowa City     | IA | 30 | M | 74 | 10:30 | 2:25 | 2:46 | 74 | 50:43   | 14.7 | 1:09 | 41 | 25:44 | 8:18  | 1:30:51 |
| 68 | 375 Jason Darnell     | Palo          | IA | 37 | M | 82 | 14:28 | 3:19 | 2:32 | 62 | 46:22   | 16.1 | 1:13 | 48 | 26:56 | 8:42  | 1:31:29 |
| 69 | 320 Luke Lampe        | Iowa City     | IA | 33 | M | 69 | 9:59  | 2:17 | 5:25 | 68 | 47:55   | 15.6 | 1:27 | 57 | 27:46 | 8:58  | 1:32:30 |
| 70 | 351 Bill Johnson      | Lincoln       | NE | 51 | M | 45 | 8:03  | 1:51 | 5:01 | 71 | 49:29   | 15.1 | 1:09 | 68 | 29:28 | 9:31  | 1:33:08 |
| 71 | 350 Caleb Bashore     | Letts         | IA | 24 | M | 79 | 12:11 | 2:48 | 4:12 | 73 | 50:29   | 14.8 | 1:10 | 40 | 25:32 | 8:15  | 1:33:34 |
| 72 | 252 Fred Hemsath      | St Joseph     | MI | 71 | M | 83 | 17:24 | 3:59 | 2:15 | 56 | 44:51   | 16.6 | 2:24 | 69 | 29:39 | 9:34  | 1:36:31 |
| 73 | 372 Chris Conrad      | Iowa City     | IA | 51 | M | 56 | 8:41  | 2:00 | 5:58 | 72 | 49:32   | 15.1 | 2:36 | 72 | 30:09 | 9:44  | 1:36:54 |
| 74 | 343 Vijay Pottathil   | Iowa City     | IA | 33 | M | 66 | 9:46  | 2:15 | 4:04 | 77 | 51:57   | 14.4 | 2:52 | 66 | 29:08 | 9:24  | 1:37:46 |
| 75 | 342 Leif Erickson     | Sioux City    | IA | 53 | M | 67 | 9:53  | 2:16 | 4:20 | 78 | 51:58   | 14.3 | 2:03 | 78 | 31:33 | 10:11 | 1:39:46 |
| 76 | 333 Ryan Foley        | North Liberty | IA | 27 | M | 80 | 13:03 | 3:00 | 4:19 | 75 | 51:14   | 14.6 | 1:03 | 74 | 30:24 | 9:49  | 1:40:02 |
| 77 | 144 Karl Schmidt      | Bettendorf    | IA | 42 | M | 76 | 10:46 | 2:28 | 3:59 | 70 | 49:26   | 15.1 | 4:55 | 82 | 32:49 | 10:35 | 1:41:53 |
| 78 | 366 Jim Hill          | Coralville    | IA | 66 | M | 81 | 13:06 | 3:00 | 3:31 | 80 | 54:12   | 13.8 | 1:25 | 70 | 29:47 | 9:37  | 1:41:59 |
| 79 | 389 Jason Everett     | Cedar Rapids  | IO | 34 | M | 70 | 10:02 | 2:18 | 6:01 | 81 | 55:43   | 13.4 | 1:44 | 67 | 29:12 | 9:25  | 1:42:40 |
| 80 | 377 Mitchel Hermiston | Coralville    | IA | 20 | M | 65 | 9:46  | 2:15 | 8:33 | 79 | 54:10   | 13.8 | 2:59 | 59 | 27:56 | 9:01  | 1:43:22 |
| 81 | 332 Ron Spiva         | Bettendorf    | IA | 61 | M | 54 | 8:34  | 1:58 | 9:23 | 76 | 51:37   | 14.4 | 2:38 | 83 | 34:14 | 11:03 | 1:46:23 |
| 82 | 392 David Knight      | Iowa City     | IA | 22 | M | 77 | 11:41 | 2:41 | 5:27 | 83 | 1:00:24 | 12.3 | 1:38 | 62 | 28:30 | 9:12  | 1:47:39 |
| 83 | 391 Jacob Reeck       | Fort Dodge    | IA | 17 | M | 78 | 11:45 | 2:42 | 5:24 | 84 | 1:00:28 | 12.3 | 1:33 | 63 | 28:31 | 9:12  | 1:47:40 |
| 84 | 370 Jody Budde        | Marion        | IA | 32 | M | 84 | 17:45 | 4:04 | 6:59 | 82 | 57:38   | 12.9 | 2:33 | 84 | 35:17 | 11:23 | 2:02:10 |