

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	493 Kelley Stich	Ames	IA	21	F	4	9:55	2:17	4:19	3	48:42 15.3	1:01	1	27:29	8:52	1:31:24
2	465 Kate Pape	Coralville	IA	32	F	5	10:20	2:22	3:09	1	45:50 16.3	1:46	2	30:49	9:57	1:31:52
3	494 Tori Breithaupt	Iowa City	IA	44	F	2	8:39	1:59	3:22	2	48:34 15.4	1:45	3	30:51	9:58	1:33:09
4	462 Katie Niebuhr	Waterloo	IA	31	F	1	7:26	1:42	5:40	4	53:25 14.0	3:32	4	34:21	11:05	1:44:22
5	464 Kayla Schaefer	Marion	IA	29	F	3	9:14	2:07	3:44	5	58:26 12.8	1:37	6	37:15	12:01	1:50:13
6	463 Heather Hunt	Waterloo	IA	36	F	7	10:42	2:27	2:57	7	59:43 12.5	1:14	5	36:41	11:50	1:53:15
7	466 Jennifer Geis	Rock Island	IL	41	F	6	10:41	2:27	5:45	6	59:26 12.5	2:02	7	41:00	13:14	1:58:52

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	380 Adam Tierney	Fitchburg	WI	43	M	3	7:53	1:49	4:01	6	43:10 17.3	1:52	1	22:36	7:18	1:19:30
2	376 Bret Sparbel	Bettendorf	IA	44	M	1	6:03	1:23	2:20	5	42:57 17.4	1:46	7	28:29	9:12	1:21:34
3	250 Eric Hale	Cedar Rapids	IA	41	M	2	7:49	1:48	2:05	1	40:24 18.5	1:36	11	30:39	9:54	1:22:32
4	373 Ryan Pape	Coralville	IA	31	M	6	8:18	1:54	2:53	4	42:32 17.5	2:05	4	27:04	8:44	1:22:51
5	368 Wade Shriver	Iowa City	IA	49	M	4	7:59	1:50	2:28	2	42:07 17.7	1:50	12	31:43	10:14	1:26:05
6	374 Keith Abkes	Cedar Rapids	IA	43	M	7	8:37	1:59	6:19	3	42:25 17.6	2:19	2	26:29	8:33	1:26:06
7	371 Austin Tierney	Iowa City	IA	38	M	9	8:46	2:01	2:44	8	46:52 15.9	0:59	5	27:21	8:50	1:26:39
8	379 Ben Bohlender	Norwalk	IA	26	M	5	8:04	1:51	2:02	9	47:07 15.8	1:19	10	30:17	9:46	1:28:47
9	375 Jason Darnell	Palo	IA	37	M	13	14:28	3:19	2:32	7	46:22 16.1	1:13	3	26:56	8:42	1:31:29
10	372 Chris Conrad	Iowa City	IA	51	M	8	8:41	2:00	5:58	11	49:32 15.1	2:36	9	30:09	9:44	1:36:54
11	144 Karl Schmidt	Bettendorf	IA	42	M	12	10:46	2:28	3:59	10	49:26 15.1	4:55	13	32:49	10:35	1:41:53
12	389 Jason Everett	Cedar Rapids	IO	34	M	11	10:02	2:18	6:01	13	55:43 13.4	1:44	8	29:12	9:25	1:42:40
13	377 Mitchel Hermiston	Coralville	IA	20	M	10	9:46	2:15	8:33	12	54:10 13.8	2:59	6	27:56	9:01	1:43:22
14	370 Jody Budde	Marion	IA	32	M	14	17:45	4:04	6:59	14	57:38 12.9	2:33	14	35:17	11:23	2:02:10

FEMALE 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 Taylor Pajunen	Iowa City	IA	15	F	1	5:40	1:18	2:13	1	44:41 16.7	0:47	1	22:19	7:12	1:15:38
2 Kenyon Ellsworth	Grinnell	IA	18	F	2	6:27	1:29	2:25	2	53:52 13.8	0:51	2	24:09	7:48	1:27:42
3 Katharine Selberg	Urbandale	IA	19	F	4	9:17	2:08	4:04	4	1:02:45 11.9	1:50	3	27:50	8:59	1:45:44
4 Kayla Sullivan	Urbandale	IA	19	F	3	9:16	2:08	4:06	3	57:56 12.9	6:38	4	27:50	8:59	1:45:44

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 Jacob Reeck	Fort Dodge	IA	17	M	1	11:45	2:42	5:24	1	1:00:28 12.3	1:33	1	28:31	9:12	1:47:40

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 Hannah Dejong	Coralville	IA	24	F	6	8:36	1:58	3:33	2	46:46 15.9	0:59	1	22:35	7:17	1:22:27
2 Molly Chaney	St. Louis	MO	21	F	1	7:11	1:39	2:15	4	49:42 15.0	1:22	2	24:24	7:52	1:24:52
3 Caitlin Fortuna	Milwaukee	WI	23	F	4	8:03	1:51	2:42	1	46:41 16.0	1:25	4	26:34	8:35	1:25:23
4 Alyssa Bohlender	Cedar Falls	IA	21	F	3	7:58	1:50	2:40	5	50:08 14.9	1:04	5	26:53	8:41	1:28:40
5 Monika Cinch	Arlington Heig	IL	20	F	11	9:29	2:11	4:35	3	47:45 15.6	1:29	3	26:05	8:25	1:29:21
6 Alexandra Toft	Coralville	IA	21	F	7	8:43	2:00	4:21	10	58:11 12.8	1:23	7	28:57	9:21	1:41:33
7 Rachel Greenberg	Iowa City	IA	23	F	9	8:50	2:02	3:45	12	1:00:57 12.2	1:24	6	28:05	9:04	1:43:00
8 Jenna Fussell	Iowa City	IA	22	F	5	8:24	1:56	4:40	7	54:33 13.7	2:51	10	32:46	10:34	1:43:12
9 Merissa Fussell	Iowa City	IA	24	F	10	9:02	2:04	5:14	6	51:47 14.4	1:59	13	35:24	11:26	1:43:24
10 Marisa Stratelak	Wheaton	IL	22	F	8	8:43	2:00	3:54	9	57:37 12.9	1:17	11	33:37	10:51	1:45:07
11 Kelly Falls	Iowa City	IA	23	F	2	7:58	1:50	4:26	8	55:37 13.4	2:06	14	36:05	11:39	1:46:09
12 Angelia Peralta	Coralville	IA	23	F	12	10:07	2:19	4:04	11	59:01 12.6	1:43	12	34:43	11:12	1:49:36
13 Hannah Davy	Cottage Grove	MN	22	F	14	11:32	2:39	5:05	14	1:01:26 12.1	1:46	8	31:48	10:16	1:51:35
14 Gabrielle Muse	West Des Moines	IO	22	F	13	11:31	2:39	5:05	13	1:01:13 12.2	2:00	9	31:48	10:16	1:53:35

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 David Roney	Ankeny	IA	23	M	4	5:56	1:22	1:46	1	35:59 20.7	1:29	3	19:41	6:21	1:04:49
2 Luke Dejong	Coralville	IA	24	M	3	5:55	1:22	2:20	2	38:58 19.1	0:40	2	19:07	6:10	1:06:58
3 Kyle Zankowski	Ames	IA	23	M	2	5:19	1:13	3:25	3	39:37 18.8	0:40	1	18:11	5:52	1:07:11
4 Lucas Borg	Iowa City	IA	24	M	1	5:18	1:13	2:25	4	40:06 18.6	1:13	4	20:38	6:40	1:09:38
5 Reid Turner	Iowa City	IA	24	M	5	6:24	1:28	2:02	5	43:18 17.2	1:43	5	24:07	7:47	1:17:33
6 Caleb Bashore	Letts	IA	24	M	7	12:11	2:48	4:12	6	50:29 14.8	1:10	6	25:32	8:15	1:33:34
7 David Knight	Iowa City	IA	22	M	6	11:41	2:41	5:27	7	1:00:24 12.3	1:38	7	28:30	9:12	1:47:39

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 Elaina Mertens	Dubuque	IA	28	F	1	6:25	1:28	1:05	1	37:33 19.9	0:56	1	20:30	6:37	1:08:27
2 Lauren Wettach	Davenport	IA	26	F	2	6:26	1:29	1:40	2	39:12 19.0	1:09	2	22:38	7:18	1:11:03
3 Leah Clark	Iowa City	IA	26	F	9	8:51	2:02	2:32	4	45:09 16.5	1:39	4	24:07	7:47	1:22:16
4 Emily Eisenman	Cedar Falls	IA	28	F	6	7:49	1:48	2:43	5	47:26 15.7	1:27	5	24:16	7:50	1:23:40
5 Sarah Richmond	Cedar Rapids	IA	27	F	5	7:43	1:46	2:17	3	44:08 16.9	1:27	13	29:10	9:25	1:24:43
6 Amanda Ward	Iowa City	IO	26	F	8	8:43	2:00	3:53	6	49:13 15.2	1:33	3	23:21	7:32	1:26:42
7 Betsy Hood	Iowa City	IA	25	F	4	7:36	1:45	3:58	10	51:32 14.5	0:48	6	25:40	8:17	1:29:31
8 Olivia Croskey	Iowa City	IA	29	F	10	9:19	2:08	3:43	7	49:25 15.1	1:31	11	28:10	9:05	1:32:06
9 Dara Madigan	Ankeny	IA	27	F	13	9:44	2:14	4:01	9	51:18 14.5	1:10	10	27:33	8:54	1:33:44

10 Amy Podraza	West Des Moine	IA	26 F	14	9:56	2:17	2:58	11	51:59	14.3	1:14	12	29:02	9:22	1:35:07
11 Miranda Adams	Cedar Falls	IA	29 F	15	11:39	2:40	2:41	13	52:39	14.2	2:12	8	26:30	8:33	1:35:40
12 Sara Hussain	Iowa City	IA	25 F	7	8:20	1:55	4:19	12	52:29	14.2	2:21	15	30:44	9:55	1:38:10
13 Sheila Stafford	North Liberty	IA	25 F	3	7:19	1:41	3:19	14	54:13	13.8	1:25	16	32:49	10:36	1:39:04
14 Ana Berrizbelitia	Coralville	IA	27 F	11	9:20	2:09	5:02	8	50:42	14.7	2:14	17	36:00	11:37	1:43:16
15 Amy Knight	Iowa City	IA	25 F	16	11:57	2:44	7:28	15	54:38	13.6	1:44	14	29:43	9:35	1:45:28
16 Stefany Reese	Chicago	IL	27 F	12	9:40	2:13	4:06	17	1:03:47	11.7	1:38	9	27:33	8:53	1:46:41
17 Stephanie Bashore	Letts	IA	28 F	17	14:24	3:18	5:22	16	1:03:44	11.7	1:59	7	26:20	8:30	1:51:47

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	6:21	1:28	1:12	1	34:05	21.9	0:53	1	19:03	6:09	1:01:31	
2 Bryan Perrott	Northfield	MN	29 M	1	4:36	1:04	1:31	2	35:51	20.8	0:59	2	19:09	6:11	1:02:05	
3 Kyle Polich	North Liberty	IA	26 M	5	7:31	1:44	1:56	3	36:01	20.7	0:56	3	19:13	6:12	1:05:34	
4 Josiah Collins	La Vista	NE	27 M	2	4:44	1:05	1:44	4	39:19	19.0	0:50	4	22:26	7:15	1:09:03	
5 Andrew Hornick	Iowa City	IA	25 M	7	10:04	2:19	4:12	6	44:17	16.8	1:19	5	23:16	7:31	1:23:07	
6 Dave Baron	North Liberty	IA	29 M	6	7:42	1:46	3:06	5	42:54	17.4	2:45	8	29:56	9:40	1:26:21	
7 Aaron Riggs	Oskaloosa	IA	27 M	4	6:35	1:31	4:09	8	48:11	15.5	2:27	6	25:22	8:11	1:26:42	
8 Sean Salle	Marion	IA	29 M	8	10:40	2:27	4:19	7	44:46	16.7	1:41	7	27:43	8:57	1:29:08	
9 Ryan Foley	North Liberty	IA	27 M	9	13:03	3:00	4:19	9	51:14	14.6	1:03	9	30:24	9:49	1:40:02	

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 Tamara Abkes	Cedar Rapids	IA	33 F	2	6:15	1:26	2:48	2	42:30	17.5	1:42	1	20:06	6:29	1:13:19	
2 Patricia Watkins	Iowa City	IO	32 F	1	5:38	1:18	3:45	1	42:18	17.6	1:08	5	26:42	8:37	1:19:29	
3 Erika Damschen	Coralville	IA	34 F	3	6:39	1:32	2:07	3	47:01	15.9	1:03	4	26:22	8:31	1:23:09	
4 Nora Epping	Coralville	IA	30 F	5	7:55	1:49	5:59	5	48:03	15.5	1:32	2	24:22	7:52	1:27:49	
5 Kelsey Morfitt	North Liberty	IA	30 F	9	8:45	2:01	3:41	7	51:13	14.6	1:17	3	26:14	8:28	1:31:08	
6 Anna Bruno	Iowa City	IA	33 F	12	10:00	2:18	3:20	4	47:44	15.6	1:15	7	29:15	9:27	1:31:33	
7 Catherine Newland	Iowa City	IA	33 F	13	10:02	2:18	3:07	6	50:44	14.7	1:10	6	27:41	8:56	1:32:42	
8 Erica Hohensee	Moline	IL	31 F	4	6:50	1:34	2:31	9	53:34	13.9	1:05	8	29:27	9:30	1:33:24	
9 Kelli Taylor	South Elgin	IL	33 F	10	9:02	2:04	3:58	10	55:12	13.5	2:08	10	31:18	10:06	1:41:36	
10 Melissa Clark	Evansdale	IA	32 F	8	8:42	2:00	2:45	8	52:28	14.2	2:30	17	39:51	12:52	1:46:13	
11 Diane Brunkhorst	North Liberty	IA	33 F	16	13:07	3:00	4:16	14	58:46	12.7	1:33	9	30:06	9:43	1:47:46	
12 Ann Conklin	Coralville	IA	31 F	11	9:19	2:08	4:47	15	59:59	12.4	2:00	14	32:47	10:35	1:48:50	
13 Angela Sweeney	Iowa City	IA	31 F	7	8:32	1:58	4:31	16	1:02:54	11.9	1:12	11	32:25	10:28	1:49:32	
14 Jessica Budde	Marion	IA	33 F	15	12:41	2:55	7:00	13	57:39	12.9	2:31	15	35:21	11:24	1:55:10	
15 Jennifer Koppa	Wausau	WI	33 F	17	16:39	3:49	8:35	11	57:21	13.0	4:52	12	32:32	10:30	1:59:58	
16 Jillian McGriff	Normal	IL	33 F	18	16:39	3:49	8:35	12	57:21	13.0	4:53	13	32:35	10:31	2:00:01	
17 Jon Dorsman	Lone Tree	IA	33 F	14	10:57	2:31	5:48	17	1:06:43	11.2	2:59	18	41:31	13:24	2:07:57	
18 Olivia Dunn	Iowa City	IA	30 F	6	8:00	1:50	5:42	18	1:22:26	9.0	1:42	16	36:26	11:46	2:14:15	

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 Jason Rabe	Fairfax	IA	34 M	1	5:27	1:15	1:01	1	35:07	21.2	0:56	2	19:51	6:25	1:02:22	
2 Craig Goldsmith	Marion	IA	32 M	2	6:04	1:24	1:10	2	37:24	19.9	0:41	1	19:32	6:18	1:04:49	
3 Shawn Love	Marion	IA	33 M	5	6:51	1:34	1:45	3	38:53	19.2	0:53	4	24:22	7:52	1:12:42	
4 Justin Schmidt	Chandler	AR	33 M	3	6:30	1:30	2:25	4	40:40	18.3	1:35	6	25:32	8:14	1:16:38	
5 Dan Meyers	Cedar Rapids	IA	34 M	8	9:22	2:09	3:10	5	43:33	17.1	1:03	3	22:44	7:20	1:19:51	
6 Adam Jacobs	Fairfax	IA	32 M	6	7:39	1:46	2:31	6	43:49	17.0	1:06	9	26:28	8:33	1:21:30	
7 Robb Lawson	Cedar Rapids	IA	32 M	4	6:30	1:30	2:31	7	46:58	15.9	2:18	5	24:42	7:59	1:22:57	
8 Ben Person	Cedar Rapids	IA	33 M	7	7:46	1:47	2:09	8	47:32	15.7	2:00	8	26:21	8:30	1:25:45	
9 Michael Freedberg	Iowa City	IA	30 M	11	10:30	2:25	2:46	10	50:43	14.7	1:09	7	25:44	8:18	1:30:51	
10 Luke Lampe	Iowa City	IA	33 M	10	9:59	2:17	5:25	9	47:55	15.6	1:27	10	27:46	8:58	1:32:30	
11 Vijay Pottathil	Iowa City	IA	33 M	9	9:46	2:15	4:04	11	51:57	14.4	2:52	11	29:08	9:24	1:37:46	

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 Regena Hale	Cedar Rapids	IA	39 F	3	7:22	1:42	2:40	1	37:18	20.0	1:34	1	22:58	7:25	1:11:50	
2 Anne Hilleman	Huxley	IA	39 F	1	6:42	1:32	1:43	2	40:28	18.4	1:00	2	23:06	7:27	1:12:58	
3 Angie Kersten	Davenport	IA	39 F	4	8:11	1:53	2:15	3	41:32	18.0	1:22	4	24:44	7:59	1:18:02	
4 Melissa Young	Coralville	IA	39 F	5	8:19	1:54	2:22	4	43:48	17.0	1:17	5	25:22	8:11	1:21:05	
5 Jill Snitko	Marion	IA	36 F	7	8:59	2:04	3:32	7	48:08	15.5	1:28	3	23:11	7:29	1:25:16	
6 Beth Reinhardt	Hamilton	IL	35 F	6	8:49	2:01	1:55	5	46:56	15.9	1:20	6	26:19	8:30	1:25:18	
7 Kimberly Thompson	Maquoketa	IA	37 F	2	6:47	1:34	3:58	6	47:46	15.6	1:37	7	26:35	8:35	1:26:41	
8 Kathleen Locher	Iowa City	IA	39 F	9	9:58	2:17	5:05	9	54:37	13.7	1:17	8	27:20	8:49	1:38:15	
9 Jennifer Nason	Hamilton	IL	38 F	8	9:02	2:05	3:53	10	56:04	13.3	1:10	9	29:18	9:27	1:39:25	
10 Angela Mohr	Eldridge	IA	38 F	10	13:34	3:07	5:52	8	54:36	13.7	3:48	10	34:05	11:00	1:51:53	

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 Joshua Madsen	North Liberty	IA	38 M	1	5:03	1:10	1:23	1	32:28	23.0	0:59	2	19:42	6:22	59:33	
2 Chad Goldsmith	Coralville	IA	37 M	6	8:14	1:54	1:40	3	37:46	19.7	0:49	1	18:21	5:56	1:06:50	
3 Daniel Erusha	Marion	IA	35 M	2	6:07	1:24	1:23	2	37:35	19.8	0:56	3	21:38	6:59	1:07:38	
4 Matthew White	Cedar Rapids	IA	36 M	3	6:50	1:34	3:27	4	39:05	19.1	1:18	5	24:10	7:48	1:14:48	
5 Lane McMullen	North Liberty	IA	36 M	4	6:53	1:35	2:07	6	41:06	18.1	1:45	6	24:19	7:51	1:16:08	
6 Mark Holtkamp	Iowa City	IA	39 M	7	8:21	1:55	2:35	11	44:31	16.7	1:19	4	22:00	7:06	1:18:45	
7 Andrew Lynch	Iowa City	IA	35 M	8	8:31	1:57	3:53	5	39:32	18.9	1:27	7	25:50	8:20	1:19:10	
8 Eric Mohr	Eldridge	IA	37 M	10	8:45	2:00	3:34	7	42:37	17.5	1:31	8	25:52	8:21	1:22:17	
9 Jeremy Rudd	Dyersville	IA	35 M	11	9:06	2:05	3:32	10	43:41	17.1	1:06	9	26:31	8:34	1:23:54	
10 Levi Wood	North Liberty	IA	35 M	12	10:06	2:19	2:25	8	42:49	17.4	1:15	10	27:55	9:01	1:24:28	
11 Paul Tremmel	Eldridge	IA	39 M	5	7:11	1:39	4:21	9	43:40	17.1	2:22	12	30:33	9:52	1:28:05	
12 Ian Theis	Dubuque	IA	36 M	9	8:44	2:00	3:29	12	47:35	15.7	1:26	11	29:04	9:23	1:30:17	

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Kathryn Cater	Cedar Rapids	IA	44	F	1	7:03	1:37	2:29	1	40:00	18.6	1:33	2	24:48	8:00	1:15:52
2 Kari Ann Pappas	Omaha	NE	44	F	4	8:14	1:53	3:14	2	41:47	17.8	1:29	1	23:37	7:38	1:18:19
3 Ann Schaefer	Iowa City	IA	42	F	3	8:10	1:52	2:51	3	43:02	17.3	1:18	3	29:35	9:33	1:24:54
4 Monica Dalton	Iowa City	IA	43	F	2	8:04	1:51	2:26	4	48:17	15.4	1:04	4	31:31	10:10	1:31:21
5 Jenny Reed Murrell	Charlotte	IO	44	F	5	9:02	2:04	4:30	5	49:37	15.0	2:37	5	33:01	10:39	1:38:45

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Kelly Kersten	Davenport	IA	44	M	1	6:13	1:26	1:33	1	34:05	21.9	1:11	2	20:15	6:32	1:03:15
2 Eric Goers	Iowa City	IA	43	M	2	6:27	1:29	1:27	2	36:24	20.5	1:15	1	19:01	6:08	1:04:32
3 Roland Utsinger	Cedar Rapids	IA	40	M	3	6:46	1:33	2:26	3	38:15	19.5	1:36	4	22:46	7:21	1:11:47
4 Adam Pollack	Iowa City	IA	42	M	4	8:06	1:52	2:07	5	40:49	18.3	0:42	3	22:21	7:13	1:14:02
5 Mathieu Cagnard	Cedar Rapids	IA	43	M	5	9:03	2:05	1:53	4	39:02	19.1	1:01	5	24:41	7:58	1:15:38
6 Chris Rasmussen	Storm Lake	IA	42	M	6	9:19	2:08	3:25	6	46:02	16.2	2:08	6	27:20	8:49	1:28:12

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Tami Smith	Marion	IA	46	F	2	8:48	2:01	4:32	1	47:58	15.5	2:51	1	27:12	8:47	1:31:18
2 Deb Johnson	North Liberty	IA	48	F	1	7:25	1:42	3:35	3	55:38	13.4	1:06	2	31:32	10:11	1:39:13
3 Eileen Hermiston	Coralville	IA	47	F	3	9:14	2:07	4:05	2	54:23	13.7	2:47	3	32:49	10:35	1:43:15

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Jim Hagelie	Waukee	IA	46	M	4	6:44	1:33	1:20	1	33:16	22.4	1:01	1	20:32	6:38	1:02:52
2 John Martinek	Coralville	IA	46	M	3	6:27	1:29	1:35	2	35:10	21.2	0:54	2	22:02	7:07	1:06:06
3 Duane Staskal	Iowa City	IA	46	M	1	6:01	1:23	1:31	3	35:25	21.1	1:10	3	22:34	7:17	1:06:39
4 John Obrien	Bettendorf	IA	46	M	5	7:43	1:46	3:10	4	43:33	17.1	1:18	4	23:11	7:29	1:18:53
5 Mark Theuerkauf	Bettendorf	IA	48	M	2	6:09	1:25	3:14	5	43:38	17.1	1:32	5	24:59	8:04	1:19:30
6 Dean Harken	Coralville	IA	45	M	6	9:20	2:08	1:56	6	43:56	17.0	2:31	6	28:43	9:16	1:26:24

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Kim Sprenger	Iowa City	IA	52	F	1	6:26	1:29	1:18	1	38:58	19.1	0:50	1	22:27	7:15	1:09:58
2 Carla Coleman	Iowa City	IA	51	F	5	8:54	2:03	3:56	4	47:52	15.6	1:49	2	25:47	8:19	1:28:17
3 Sue Bransky	Solon	IA	50	F	6	10:00	2:18	3:53	2	46:00	16.2	1:42	3	28:02	9:03	1:29:35
4 Tami Fiala	Fairfax	IA	50	F	2	7:13	1:39	3:03	3	46:47	15.9	1:33	6	33:03	10:40	1:31:36
5 Patricia Kenel	Cedar Rapids	IA	54	F	4	8:20	1:55	3:42	5	52:44	14.1	1:38	4	28:15	9:07	1:34:37
6 Krista Ockenfels	Swisher	IA	53	F	3	7:54	1:49	2:48	6	53:08	14.0	1:15	5	30:35	9:52	1:35:38

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 George Sehl	Iowa City	IA	50	M	3	7:47	1:47	2:33	1	35:58	20.7	0:54	1	21:33	6:57	1:08:44
2 Keith Kenel	Cedar Rapids	IA	53	M	7	9:54	2:16	2:42	3	42:52	17.4	1:33	3	25:04	8:05	1:22:04
3 Philip Roudabush	North Liberty	IA	50	M	8	10:19	2:22	4:12	2	40:57	18.2	1:55	4	25:14	8:09	1:22:34
4 Ted Olson	Hiawatha	IA	54	M	5	8:33	1:58	3:50	6	46:09	16.2	1:36	2	23:51	7:42	1:23:57
5 Tod Owens	Bettendorf	IA	50	M	2	7:08	1:38	3:22	5	45:06	16.5	2:30	6	30:32	9:51	1:28:36
6 Jim Cantrell	Coralville	IA	54	M	1	6:22	1:28	2:55	4	44:54	16.6	3:11	8	31:43	10:14	1:29:03
7 Bill Johnson	Lincoln	NE	51	M	4	8:03	1:51	5:01	7	49:29	15.1	1:09	5	29:28	9:31	1:33:08
8 Leif Erickson	Sioux City	IA	53	M	6	9:53	2:16	4:20	8	51:58	14.3	2:03	7	31:33	10:11	1:39:46

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Charleen Jones	North Liberty	IA	56	F	1	11:40	2:40	3:07	1	49:20	15.1	3:03	1	33:32	10:49	1:40:39

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Guy Olson	Cedar Rapids	IA	57	M	1	6:05	1:24	1:56	1	38:44	19.3	1:13	1	22:26	7:15	1:10:22
2 Richard Wyss	Iowa City	IA	57	M	3	7:08	1:38	3:40	2	39:09	19.0	1:26	4	28:23	9:10	1:19:44
3 Joe McGrath	Cedar Rapids	IA	58	M	2	6:52	1:35	2:16	3	42:17	17.6	1:29	3	27:14	8:47	1:20:05
4 Randy Bachman	Hiawatha	IA	58	M	4	7:38	1:45	3:14	4	43:32	17.1	2:07	2	27:09	8:46	1:23:38

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	SWIM		TRAN	BIKE		TRAN	RUN		TOTAL			
					plc	time		yds	time		plc	time		mph	time	plc
1 Ann Vestle	Cedar Rapids	IA	60	F	1	8:35	1:58	2:34	1	48:42	15.3	1:48	1	28:39	9:15	1:30:15

MALE AGE GROUP RESULTS 60 - 64

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 Mikel Betts	Iowa City	IA	61	M	2	8:23	1:55	3:33	1	44:34	16.7	1:47	2	27:39	8:56	1:25:53
2 Paul Riggs	Oskaloosa	IA	60	M	1	7:50	1:48	4:17	2	45:30	16.4	2:44	1	27:16	8:48	1:27:35
3 Ron Spiva	Bettendorf	IA	61	M	3	8:34	1:58	9:23	3	51:37	14.4	2:38	3	34:14	11:03	1:46:23

MALE AGE GROUP RESULTS 65 - 99

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 Ron Ottaway	Cedar Rapids	IA	77	M	1	7:52	1:48	3:39	1	43:57	17.0	2:05	3	31:57	10:19	1:29:28
2 Fred Hemsath	St Joseph	MI	71	M	3	17:24	3:59	2:15	2	44:51	16.6	2:24	1	29:39	9:34	1:36:31
3 Jim Hill	Coralville	IA	66	M	2	13:06	3:00	3:31	3	54:12	13.8	1:25	2	29:47	9:37	1:41:59