

FEMALE OVERALL

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|------------------|-----|---------------|----|-------|-------|-------|---------|
| 1 | Daniela Williams | 38 | North Liberty | IA | 13:08 | 50:38 | 13:18 | 1:18:03 |
| 2 | Joanna Hall | 33 | Coralville | IA | 12:50 | 51:17 | 13:24 | 1:18:29 |
| 3 | Jen Paul | 32 | Le Claire | IA | 11:41 | 53:42 | 12:02 | 1:18:32 |

MALE OVERALL

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|--------------------|-----|---------------|----|-------|-------|-------|---------|
| 1 | Jeff Paul | 34 | Le Claire | IA | 11:00 | 46:00 | 11:38 | 1:09:23 |
| 2 | Timothy Doyle | 37 | North Liberty | IA | 10:59 | 48:10 | 11:39 | 1:11:38 |
| 3 | Jonathan Estabrook | 40 | Ankeny | IA | 11:16 | 49:10 | 12:07 | 1:13:22 |

CLYDESDALE OVERALL 1 TO 99

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|-----------------|-----|---------------|----|-------|---------|-------|---------|
| 1 | Brock Noel | 38 | North Liberty | IA | 15:51 | 1:14:00 | 16:27 | 1:48:32 |
| 2 | Ara Ispentchian | 41 | Cedar Rapids | IA | 19:00 | 1:11:24 | 20:03 | 1:53:10 |
| 3 | Jeremy Horning | 44 | Tiffin | IA | 25:06 | 1:24:29 | 28:13 | 2:22:34 |

FEMALE INDIVIDUAL AGE GROUP: 20 - 29

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|----------------|-----|---------------|----|-------|---------|-------|---------|
| 1 | Sarah Richmond | 27 | Cedar Rapids | IA | 16:23 | 59:32 | 18:56 | 1:36:25 |
| 2 | Aimee Gissel | 27 | Pleasant Hill | IA | 15:48 | 1:03:04 | 16:41 | 1:36:55 |
| 3 | Sarah Bell | 28 | Olds | IA | 18:28 | 1:06:21 | 18:52 | 1:45:36 |

MALE INDIVIDUAL AGE GROUP: 20 - 29

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|------------------|-----|------------|----|-------|---------|-------|---------|
| 1 | Christopher Bell | 27 | Olds | IA | 11:36 | 50:23 | 12:34 | 1:15:42 |
| 2 | Eric Monahan | 29 | Iowa City | IA | 13:46 | 55:16 | 13:36 | 1:23:51 |
| 3 | Jake Beltz | 29 | Coralville | IA | 15:33 | 1:01:12 | 15:50 | 1:34:11 |

FEMALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|--------------------|-----|------------|----|-------|---------|-------|---------|
| 1 | Aryn McLaren | 35 | Grimes | IA | 13:59 | 53:32 | 14:52 | 1:23:34 |
| 2 | Jess Harris | 37 | Coralville | IA | 15:30 | 1:05:52 | 15:32 | 1:38:59 |
| 3 | Cristi Trow Dykstr | 35 | Riverside | IA | 14:59 | 1:11:59 | 16:41 | 1:45:43 |

MALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|-----------------|-----|---------------|----|-------|-------|-------|---------|
| 1 | Mederic Hall | 34 | Coralville | IA | 12:45 | 50:54 | 12:49 | 1:17:36 |
| 2 | Derek Timperley | 31 | North Liberty | IA | 12:20 | 54:11 | 12:55 | 1:20:41 |
| 3 | Boulos Nassar | 36 | Iowa City | IA | 14:41 | 59:53 | 15:20 | 1:31:26 |

FEMALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|----------------|-----|-----------|----|-------|---------|-------|---------|
| 1 | Heidi Sutter | 41 | Dubuque | IA | 13:18 | 1:02:50 | 14:28 | 1:31:44 |
| 2 | Laura Wirth | 43 | Robins | IA | 15:28 | 1:08:33 | 16:51 | 1:42:16 |
| 3 | Kelly Erickson | 47 | Toddville | IA | 16:23 | 1:07:40 | 18:46 | 1:44:58 |

MALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|-----------------|-----|--------------|----|-------|---------|-------|---------|
| 1 | John Burkle | 40 | Iowa City | IA | 12:49 | 51:37 | 14:13 | 1:20:19 |
| 2 | Anthony Arnone | 49 | Iowa City | IA | 15:02 | 1:00:34 | 15:01 | 1:33:56 |
| 3 | Steve Gloeckner | 40 | Cedar Rapids | IA | 17:20 | 1:16:20 | 18:34 | 1:55:26 |

FEMALE INDIVIDUAL AGE GROUP: 50 - 59

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|--------------|-----|------------|----|-------|---------|-------|---------|
| 1 | Kim Sprenger | 52 | Iowa City | IA | 13:59 | 59:13 | 15:04 | 1:29:23 |
| 2 | La Lowe | 53 | Coralville | IA | 16:58 | 56:53 | 18:54 | 1:34:23 |
| 3 | Barb Mueller | 57 | Iowa City | IA | 16:30 | 1:09:09 | 17:19 | 1:45:51 |

MALE INDIVIDUAL AGE GROUP: 50 - 59

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|--------------|-----|-------------|----|-------|-------|-------|---------|
| 1 | Derek Hager | 53 | Minneapolis | MN | 12:41 | 46:53 | 13:57 | 1:14:19 |
| 2 | George Sehl | 50 | Iowa City | IA | 13:17 | 52:30 | 14:47 | 1:21:27 |
| 3 | Steve Winkel | 56 | Des Moines | IA | 13:55 | 51:57 | 15:08 | 1:22:20 |

FEMALE INDIVIDUAL AGE GROUP: 60 - 99

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|---------------|-----|---------|----|-------|---------|-------|---------|
| 1 | Lindsay Nauen | 64 | St Paul | MN | 30:35 | 1:26:48 | 34:17 | 2:37:30 |

MALE INDIVIDUAL AGE GROUP: 60 - 99

| Place | Name | Age | City | St | Run1 | Bike | Run2 | Time |
|-------|---------------|-----|---------|----|-------|---------|-------|---------|
| 1 | Robert Mabrey | 61 | Omaha | NE | 17:15 | 1:05:34 | 16:19 | 1:42:12 |
| 2 | Richard Weil | 64 | St Paul | MN | 17:20 | 1:28:43 | 20:20 | 2:12:09 |