

Camp Courageous Sprint Triathlon

August 2, 2015

Overall Results

Note: Penalty list at end of results

Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
1	503	Rj Montes	M	36	Asbury	IA	00:08:46	10	1:45	00:00:21	00:39:40	1	23.4	00:00:30	00:18:54	1	6:04		01:08:08.34
2	545	Dallas Clasen	M	21	Peosta	IA	00:09:26	21	1:53	00:00:25	00:40:57	4	22.7	00:00:25	00:19:14	3	6:11		01:10:25.00
3	511	Sam Lundry	M	16	Bettendorf	IA	00:06:34	1	1:18	00:00:19	00:41:18	6	22.5	00:00:30	00:21:55	14	7:03		01:10:33.59
4	340	Jacob Johnson	M	31	Waukee	IA	00:07:59	4	1:35	00:00:45	00:40:52	3	22.8	00:00:34	00:21:35	13	6:56		01:11:43.63
5	514	Adam Kassem	M	26	Cedar Rapids	IA	00:10:04	34	2:00	00:00:38	00:40:46	2	22.8	00:00:25	00:20:09	6	6:29		01:11:58.77
6	506	Jason Rabe	M	35	Fairfax	IA	00:08:41	7	1:44	00:00:35	00:41:34	7	22.4	00:00:28	00:20:47	9	6:41		01:12:03.12
7	533	Brian Hohensee	M	30	Moline	IL	00:08:58	11	1:47	00:00:31	00:41:04	5	22.6	00:00:42	00:22:44	25	7:18		01:13:55.28
8	522	Eric Boucher	M	28	Coralville	IA	00:09:01	13	1:48	00:00:26	00:43:58	13	21.2	00:00:38	00:20:58	11	6:44		01:14:59.93
9	450	Duane Staskal	M	47	Iowa City	IA	00:09:46	30	1:57	00:00:32	00:42:23	10	21.9	00:00:35	00:22:20	17	7:11		01:15:33.05
10	337	Nick Meyers	M	19	Monticello	IA	00:08:18	5	1:39	00:00:38	00:46:52	24	19.8	00:01:00	00:19:07	2	6:08		01:15:51.93
11	502	Steven Davis	M	35	North Liberty	IA	00:10:05	35	2:00	00:00:44	00:42:21	9	22.0	00:00:31	00:22:27	21	7:13		01:16:04.60
12	504	Dave Steines	M	48	Mount Vernon	IA	00:09:13	16	1:50	00:00:22	00:42:27	11	21.9	00:00:37	00:23:31	37	7:34		01:16:08.30
13	352	Craig Goldsmith	M	33	Marion	IA	00:09:14	17	1:50	00:00:24	00:45:33	19	20.4	00:00:20	00:20:52	10	6:42		01:16:21.03
14	552	Elaina Mertens	F	29	Dubuque	IA	00:10:07	36	2:01	00:00:25	00:45:19	18	20.5	00:00:32	00:20:45	8	6:40		01:17:05.70
15	404	Brent Fiegel	M	37	Buffalo	IA	00:11:28	78	2:17	00:00:41	00:44:21	14	21.0	00:00:45	00:20:14	7	6:30		01:17:26.71
16	368	Anthony Kinley	M	19	Monticello	IA	00:09:38	26	1:55	00:01:00	00:49:06	38	18.9	00:00:20	00:19:14	4	6:11		01:19:16.63
17	313	Guy Olson	M	58	Cedar Rapids	IA	00:09:07	15	1:49	00:00:40	00:43:35	12	21.3	00:00:35	00:26:33	64	8:32		01:20:28.58
18	345	Travis Hilsabeck	M	34	Prairie City	IA	00:11:32	80	2:18	00:00:33	00:45:04	16	20.6	00:00:35	00:23:22	36	7:31		01:21:03.60
19	431	Mathieu Cagnard	M	44	Cedar Rapids	IA	00:12:36	120	2:31	00:00:41	00:44:48	15	20.8	00:00:30	00:22:55	27	7:22		01:21:27.35
20	381	Charles Meyer	M	46	Highlands Ranch	CO	00:11:22	73	2:16	00:00:51	00:47:16	25	19.7	00:01:07	00:21:32	12	6:55		01:22:05.86
21	452	Jeremy Meyer	M	25	Cedar Falls	IA	00:11:23	75	2:16	00:00:57	00:46:29	22	20.0	00:00:28	00:23:18	34	7:29		01:22:31.53
22	358	Rob Orna	M	34	Grimes	IA	00:10:39	56	2:07	00:00:46	00:48:42	36	19.1	00:00:27	00:22:17	16	7:10		01:22:47.88
23	410	Kim Sprenger	F	53	Iowa City	IA	00:10:01	33	2:00	00:00:31	00:48:04	30	19.3	00:00:28	00:24:31	50	7:53		01:23:33.35
24	316	Tom Scholz	M	56	Iowa City	IA	00:14:06	151	2:49	00:01:11	00:42:05	8	22.1	00:00:50	00:25:31	57	8:12		01:23:40.52
25	540	Lee Heying	M	39	Cedar Rapids	IA	00:10:11	40	2:02	00:01:33	00:48:05	31	19.3	00:00:46	00:23:12	31	7:27		01:23:43.27
26	357	Jason Guyer	M	36	Manchester	IA	00:10:08	38	2:01	00:01:31	00:46:32	23	20.0	00:01:37	00:24:05	44	7:44		01:23:51.81
27	394	Nicole Wood	F	33	Alburnett	IA	00:10:13	42	2:02	00:00:32	00:49:25	42	18.8	00:00:34	00:23:15	33	7:28		01:23:56.38
28	466	Aaron Swartzendruber	M	40	Kalona	IA	00:12:57	125	2:35	00:01:49	00:45:38	20	20.4	00:00:59	00:22:51	26	7:21		01:24:11.05
29	532	Taylor Pajunen	F	16	Iowa City	IA	00:07:43	2	1:32	00:01:15	00:52:48	72	17.6	00:00:20	00:22:27	20	7:13		01:24:30.52
30	454	Cory Hall	M	33	Dubuque	IA	00:09:34	24	1:54	00:00:43	00:51:23	56	18.1	00:00:53	00:22:25	18	7:12		01:24:56.15
31	348	Jj Grinvalds	M	27	West Des Moines	IA	00:12:57	124	2:35	00:01:23	00:50:10	49	18.5	00:01:09	00:19:37	5	6:18		01:25:12.70
32	307	Brita Loynachan	F	51	Marion	IA	00:11:04	62	2:12	00:00:40	00:45:14	17	20.6	00:00:47	00:28:07	77	9:02		01:25:50.33
33	396	Amanda Weyer	F	20	Swisher	IA	00:10:34	53	2:06	00:00:29	00:50:05	48	18.6	00:00:36	00:24:11	48	7:46		01:25:53.80
34	470	Kelsey Morfitt	F	31	North Liberty	IA	00:10:39	55	2:07	00:00:48	00:49:22	41	18.8	00:00:36	00:24:50	53	7:59		01:26:11.80
35	419	Matthew Miller	M	40	Waterloo	IA	00:14:06	150	2:49	00:00:48	00:48:41	35	19.1	00:00:52	00:22:08	15	7:07		01:26:32.18
36	326	Brian Powers	M	35	Dubuque	IA	00:09:44	28	1:56	00:00:39	00:48:50	37	19.1	00:01:04	00:26:20	62	8:28		01:26:34.80

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
37	399	Kathryn Cater	F	45	Cedar Rapids	IA	00:10:27	49	2:05	00:00:46	00:47:34	26	19.6	00:00:49	00:27:43	75	8:54	01:27:16.67
38	448	Meredith Koenigsfeld	F	17	Cedar Rapids	IA	00:10:09	39	2:01	00:00:51	00:52:34	70	17.7	00:00:29	00:23:49	41	7:39	01:27:49.17
39	403	Mark Theuerkauf	M	49	Bettendorf	IA	00:09:31	22	1:54	00:00:47	00:50:51	52	18.3	00:00:39	00:26:16	60	8:27	01:28:01.11
40	517	Patrick Severson	M	33	Cedar Rapids	IA	00:10:58	61	2:11	00:01:31	00:50:23	51	18.5	00:01:09	00:24:06	45	7:45	01:28:03.56
41	331	Justin Boecker	M	32	Mount Vernon	IA	00:10:31	51	2:06	00:01:20	00:52:33	68	17.7	00:01:06	00:22:36	24	7:16	01:28:04.40
42	402	Tyler Lorenzen	M	30	Vinton	IA	00:09:02	14	1:48	00:01:39	00:50:57	54	18.3	00:00:23	00:26:39	65	8:34	01:28:37.56
43	392	Sarah Lucas-Carr	F	30	Iowa City	IA	00:10:41	57	2:08	00:01:02	00:53:21	78	17.4	00:00:32	00:23:07	29	7:26	01:28:40.40
44	319	Gary Watts	M	60	Iowa City	IA	00:11:35	82	2:18	00:01:21	00:47:51	29	19.4	00:01:26	00:26:45	68	8:36	01:28:55.72
45	418	Andrew Thompson	M	47	Moline	IL	00:14:05	149	2:48	00:02:00	00:49:37	44	18.7	00:00:50	00:22:28	22	7:13	01:28:56.57
46	491	Jason Reuter	M	32	Atkins	IA	00:11:45	92	2:20	00:01:09	00:50:03	47	18.6	00:00:43	00:25:48	58	8:18	01:29:27.29
47	495	Alex Domiano	M	19	Hinsdale	IL	00:09:44	27	1:56	00:02:14	00:54:41	91	17.0	00:00:35	00:22:28	23	7:13	01:29:40.33
48	383	Chris Pape	M	39	East Dubuque	IL	00:11:07	66	2:13	00:02:38	00:47:50	28	19.4	00:01:26	00:26:45	69	8:36	01:29:43.07
49	456	Sarah Hanna	F	18	Cedar Rapids	IA	00:10:07	37	2:01	00:00:56	00:55:02	98	16.9	00:00:50	00:23:13	32	7:28	01:30:05.76
50	549	Shawn Love	M	34	Marion	IA	00:11:21	72	2:16	00:00:45	00:48:25	34	19.2	00:00:28	00:29:13	93	9:24	01:30:09.24
51	525	Deb Gaddis	F	49	Solon	IA	00:13:44	145	2:44	00:00:46	00:49:52	46	18.6	00:00:46	00:25:10	54	8:05	01:30:15.99
52	553	Jason Fuller	M	29	Dubuque	IA	00:10:24	45	2:04	00:02:25	00:51:53	59	17.9	00:01:35	00:24:22	49	7:50	01:30:37.05
53	304	Matt White	M	37	Cedar Rapids	IA	00:12:09	110	2:25	00:01:07	00:49:12	39	18.9	00:00:12	00:28:13	80	9:04	01:30:49.93
54	449	Orion Staskal	M	16	Iowa City	IA	00:10:26	47	2:05	00:01:12	00:55:08	99	16.9	00:00:14	00:24:04	43	7:44	01:31:01.95
55	325	Heidi Sutter	F	42	Dubuque	IA	00:11:37	86	2:19	00:00:30	00:54:52	96	17.0	00:00:34	00:24:02	42	7:44	01:31:33.08
56	361	Ted Olson	M	55	Hiawatha	IA	00:12:29	119	2:29	00:00:39	00:52:28	66	17.7	00:00:58	00:25:28	56	8:11	01:31:59.96
57	548	David Zahn	M	53	Moline	IL	00:08:59	12	1:47	00:01:28	00:49:27	43	18.8	00:01:03	00:31:09	117	10:01	01:32:03.37
58	485	William Sindelar	M	23	Sherrard	IL	00:11:55	98	2:22	00:01:42	00:50:16	50	18.5	00:00:46	00:27:28	72	8:50	01:32:03.89
59	489	Michael Ward	M	25	Saint Louis	MO	00:12:19	114	2:27	00:02:10	00:52:40	71	17.7	00:02:22	00:22:57	28	7:22	01:32:26.16
60	409	Chris Bruns	M	42	Cedar Rapids	IA	00:11:50	96	2:21	00:01:52	00:51:58	61	17.9	00:00:48	00:26:11	59	8:25	01:32:36.58
61	523	Aaron House	M	20	Cedar Rapids	IA	00:11:06	65	2:13	00:01:56	00:55:10	100	16.9	00:01:03	00:23:42	40	7:37	01:32:54.75
62	447	Annette Wittrock	F	36	Ottumwa	IA	00:09:16	18	1:51	00:00:38	00:52:30	67	17.7	00:00:25	00:30:15	108	9:44	01:33:02.50
63	498	Trinity Borland	F	15	Bettendorf	IA	00:08:27	6	1:41	00:01:20	00:58:56	134	15.8	00:00:22	00:24:10	47	7:46	01:33:11.56
64	350	Ben Lochard	M	31	West Des Moines	IA	00:12:56	123	2:35	00:01:29	00:53:02	76	17.5	00:01:11	00:24:44	52	7:57	01:33:20.05
65	518	Christopher Birler	M	47	Polk City	IA	00:15:34	174	3:06	00:02:48	00:50:55	53	18.3	00:01:51	00:22:26	19	7:12	01:33:31.33
66	414	Jody Rausch	F	46	Robins	IA	00:11:46	93	2:21	00:01:02	00:51:38	57	18.0	00:00:28	00:28:47	88	9:15	01:33:39.47
67	434	Carolyn Plaza	F	34	Cedar Rapids	IA	00:09:55	32	1:58	00:01:41	00:56:48	113	16.4	00:01:21	00:24:08	46	7:46	01:33:50.53
68	328	Jill Powers	F	36	Dubuque	IA	00:09:37	25	1:55	00:00:40	00:55:27	104	16.8	00:00:34	00:27:49	76	8:57	01:34:04.57
69	429	Keith Kenel	M	54	Cedar Rapids	IA	00:15:20	172	3:03	00:00:50	00:49:47	45	18.7	00:00:48	00:27:26	71	8:49	01:34:08.67
70	524	Austin Gross	M	33	Eldridge	IA	00:10:14	44	2:02	00:01:38	00:47:47	27	19.5	00:01:07	00:33:27	132	10:45	01:34:10.44
71	333	Kelly Brown	F	37	Des Moines	IA	00:11:06	64	2:13	00:01:06	00:52:52	74	17.6	00:00:54	00:28:40	87	9:13	01:34:36.35
72	393	Dan Tucker	M	64	Cedar Rapids	IA	00:17:07	194	3:25	00:01:06	00:45:54	21	20.3	00:00:37	00:30:11	107	9:42	01:34:51.78

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
73	478	Andrea Joyner	F	41	Marion	IA	00:16:05	180	3:12	00:01:03	00:51:42	58	18.0	00:01:04	00:25:12	55	8:06		01:35:03.63
74	330	Matt Vorwald	M	34	Cedar Rapids	IA	00:16:12	183	3:14	00:01:42	00:53:35	83	17.4	00:00:19	00:23:21	35	7:30		01:35:06.91
75	471	Belinda Gee	F	57	Cedar Rapids	IA	00:11:05	63	2:12	00:00:43	00:52:55	75	17.6	00:00:54	00:29:33	97	9:30		01:35:07.03
76	499	Clayton Stephens	M	38	Swisher	IA	00:11:58	101	2:23	00:01:13	00:51:53	60	17.9	00:00:54	00:29:35	99	9:31		01:35:30.66
77	349	Hannah Reiland	F	24	West Des Moines	IA	00:11:40	89	2:19	00:00:58	00:53:27	80	17.4	00:01:24	00:28:11	79	9:03		01:35:36.16
78	367	Harrison Brocka	M	20	Denver	IA	00:10:12	41	2:02	00:02:17	00:58:00	127	16.0	00:01:06	00:24:34	51	7:54		01:36:05.89
79	537	Tyler Dennis	M	16	Cedar Rapids	IA	00:10:26	48	2:05	00:01:58	00:59:13	139	15.7	00:01:08	00:23:41	39	7:37		01:36:23.42
80	542	Jill Lightfoot	F	34	Bettendorf	IA	00:11:35	81	2:18	00:00:59	00:53:24	79	17.4	00:00:30	00:30:22	111	9:46		01:36:48.42
81	520	Eric Mohr	M	38	Eldridge	IA	00:12:49	122	2:33	00:01:10	00:53:29	81	17.4	00:01:17	00:28:08	78	9:03		01:36:50.10
82	390	Michele Flagel	F	42	Shellsburg	IA	00:12:26	117	2:29	00:01:35	00:54:27	88	17.1	00:01:41	00:27:28	73	8:50		01:37:34.55
83	493	Paul Tremmel	M	40	Eldridge	IA	00:09:45	29	1:56	00:01:29	00:54:26	87	17.1	00:01:20	00:30:45	114	9:53		01:37:42.77
84	309	Randy Crawford	M	50	Cedar Rapids	IA	00:16:31	187	3:18	00:01:40	00:48:14	33	19.3	00:00:45	00:30:57	116	9:57		01:38:03.72
85	417	Andrew Hermiston	M	27	New Liberty	IA	00:16:43	188	3:20	00:02:51	00:54:20	85	17.1	00:00:41	00:23:40	38	7:36		01:38:12.99
86	483	Quintin Gay	M	14	Cedar Rapids	IA	00:09:31	23	1:54	00:01:12	00:57:29	120	16.2	00:00:24	00:29:42	101	9:33		01:38:16.26
87	486	Lori Sindelar	F	55	Sherrard	IL	00:14:38	163	2:55	00:01:15	00:52:19	65	17.8	00:01:34	00:28:39	85	9:13		01:38:22.32
88	541	Randy Bachman	M	59	Hiawatha	IA	00:11:15	69	2:14	00:01:44	00:52:52	73	17.6	00:00:45	00:31:53	120	10:15		01:38:27.64
89	320	Robin Kopelman	F	42	Iowa City	IA	00:11:27	77	2:17	00:01:19	00:55:21	102	16.8	00:01:22	00:29:11	91	9:23		01:38:36.60
90	484	Kellie Cook	F	37	Dubuque	IA	00:17:40	196	3:31	00:01:10	00:52:08	63	17.8	00:01:24	00:26:20	63	8:28		01:38:39.97
91	378	Gabe Wylder	M	32	Iowa City	IA	00:13:16	131	2:39	00:02:35	00:52:33	69	17.7	00:01:04	00:29:38	100	9:31		01:39:03.91
92	411	Meredith Dennis	F	33	Pleasant Valley	IA	00:09:23	19	1:52	00:01:29	00:59:10	138	15.7	00:00:36	00:28:31	83	9:10		01:39:06.25
93	344	Jason Haag	M	41	Marion	IA	00:11:22	74	2:16	00:02:05	00:55:25	103	16.8	00:00:48	00:29:34	98	9:30		01:39:10.62
94	544	Allyvia Clasen	F	17	Peosta	IA	00:11:23	76	2:16	00:00:45	00:57:50	124	16.1	00:00:34	00:28:54	89	9:17		01:39:23.29
95	455	Tye Male	M	54	Cedar Rapids	IA	00:16:26	186	3:17	00:01:32	00:48:11	32	19.3	00:01:13	00:32:12	123	10:21		01:39:32.31
96	379	Jill Snitko	F	37	Marion	IA	00:14:31	160	2:54	00:00:52	00:57:05	117	16.3	00:00:39	00:26:44	67	8:35		01:39:48.64
97	303	Jerry Ask	M	56	Cedar Rapids	IA	00:12:46	121	2:33	00:01:02	00:52:16	64	17.8	00:01:09	00:32:43	127	10:31		01:39:53.70
98	407	Rebecca Zeck	F	46	Muscatine	IA	00:11:37	85	2:19	00:01:18	00:57:04	116	16.3	00:01:07	00:28:56	90	9:18		01:39:59.48
99	509	Keith Potts	M	56	Omaha	NE	00:13:28	135	2:41	00:02:22	00:55:55	105	16.6	00:00:46	00:28:24	81	9:08		01:40:52.83
100	547	Charles Stengel	M	62	Moline	IL	00:12:05	104	2:24	00:01:30	00:49:14	40	18.9	00:02:54	00:35:57	152	11:33		01:41:36.62
101	515	Todd Brown	M	56	Cedar Rapids	IA	00:13:52	148	2:46	00:01:55	00:50:59	55	18.2	00:01:03	00:33:58	136	10:55		01:41:44.28
102	401	Tami Fiala	F	51	Fairfax	IA	00:10:24	46	2:04	00:01:12	00:53:37	84	17.3	00:01:00	00:35:34	148	11:26		01:41:44.55
103	551	Chelsee Shortt	F	27	Mount Vernon	IA	00:13:17	132	2:39	00:01:29	00:56:47	112	16.4	00:01:50	00:28:29	82	9:09		01:41:48.26
104	415	Deborah Morgan	F	44	Clinton	IA	00:11:52	97	2:22	00:01:11	00:54:51	95	17.0	00:01:14	00:33:52	135	10:53		01:42:56.75
105	386	Susan Barg	F	55	Galena	IL	00:13:10	129	2:37	00:00:46	00:54:43	92	17.0	00:01:25	00:33:07	130	10:39		01:43:07.86
106	310	Erik Barnhill	M	39	Marion	IA	00:08:43	8	1:44	00:02:14	01:00:56	150	15.3	00:00:59	00:30:20	110	9:45		01:43:09.34
107	332	Stacy Huber	F	39	Cedar Rapids	IA	00:13:45	147	2:44	00:01:32	01:00:48	149	15.3	00:00:58	00:26:17	61	8:27		01:43:16.56
108	508	Kristin Potts	F	24	Iowa City	IA	00:12:07	107	2:25	00:00:56	00:56:01	107	16.6	00:01:39	00:32:37	126	10:29		01:43:17.94

Camp Courageous Sprint Triathlon

August 2, 2015

Overall Results

Note: Penalty list at end of results

Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
109	400	Jason Darnell	M	38	Palo	IA	00:15:43	176	3:08	00:01:41	00:52:08	62	17.8	00:01:19	00:32:31	124	10:27		01:43:19.17
110	360	Tj Neelson	M	39	Monticello	IA	00:13:31	137	2:42	00:00:48	00:54:26	86	17.1	00:01:05	00:33:34	134	10:48		01:43:20.54
111	341	John Helms	M	58	Clarendon Hills	IL	00:16:11	182	3:14	00:01:42	00:54:47	93	17.0	00:00:46	00:30:04	106	9:40		01:43:27.47
112	501	Rosa Owen	F	22	Deforest	WI	00:11:38	87	2:19	00:01:31	00:59:31	141	15.6	00:01:42	00:29:22	95	9:26		01:43:41.56
113	476	Nancy Fox	F	58	Marion	IA	00:11:19	71	2:15	00:01:15	00:54:31	89	17.1	00:01:16	00:35:40	150	11:28		01:43:58.58
114	536	Ben Treakle	M	43	Clinton	IA	00:13:44	146	2:44	00:03:25	01:02:34	158	14.9	00:01:13	00:23:08	30	7:26		01:44:00.97
115	342	Lori Winborn	F	42	Swisher	IA	00:13:20	134	2:39	00:01:29	01:01:41	154	15.1	00:00:49	00:27:10	70	8:44		01:44:26.65
116	436	Dawn Foss	F	46	Swisher	IA	00:14:19	156	2:51	00:01:24	00:57:24	118	16.2	00:01:30	00:29:55	103	9:37		01:44:30.13
117	510	Travis Kasner	M	46	Fairfax	IA	00:12:28	118	2:29	00:03:44	00:55:19	101	16.8	00:01:12	00:32:04	122	10:19		01:44:44.61
118	496	Haywood Stowe	M	41	Cedar Rapids	IA	00:11:45	91	2:20	00:02:32	00:59:05	137	15.7	00:00:57	00:30:31	112	9:49		01:44:47.58
119	382	Melissa Pape	F	39	East Dubuque	IL	00:16:06	181	3:13	00:02:17	00:53:16	77	17.5	00:02:44	00:30:39	113	9:51		01:44:59.51
120	481	Gavin Hall	M	12	Dubuque	IA	00:08:45	9	1:44	00:02:26	01:05:24	173	14.2	00:00:38	00:28:32	84	9:10		01:45:42.27
121	467	Brett Schneider	M	36	Cedar Rapids	IA	00:15:04	171	3:00	00:03:05	00:59:34	143	15.6	00:00:35	00:27:40	74	8:54		01:45:55.48
122	443	John Demory	M	53	North Liberty	IA	00:14:27	159	2:53	00:02:33	00:58:12	129	16.0	00:01:40	00:29:14	94	9:24		01:46:02.50
123	338	Andrew Greco	M	35	Cedar Rapids	IA	00:15:27	173	3:05	00:02:35	00:54:55	97	16.9	00:01:06	00:32:02	121	10:18		01:46:02.67
124	322	Todd Kopelman	M	42	Iowa City	IA	00:12:24	116	2:28	00:02:23	00:57:33	121	16.2	00:01:08	00:32:46	128	10:32		01:46:11.05
125	356	Audrey Rasmussen	F	50	Taylor Ridge	IL	00:16:51	190	3:22	00:00:58	00:57:02	115	16.3	00:01:22	00:30:02	105	9:39		01:46:12.25
126	458	Emily Feldkamp	F	25	Ames	IA	00:15:48	177	3:09	00:00:56	00:58:39	133	15.9	00:00:46	00:30:16	109	9:44		01:46:21.57
127	421	Matthew Behnke	M	14	Marion	IA	00:12:17	112	2:27	00:01:32	00:56:14	109	16.5	00:01:24	00:35:05	142	11:17		01:46:29.84
128	531	Coalton Olson	M	32	Peosta	IA	00:16:01	179	3:12	00:03:45	00:59:02	136	15.8	00:01:15	00:26:41	66	8:35		01:46:41.68
129	457	Doug Deimler	M	36	Cedar Rapids	IA	00:11:58	100	2:23	00:00:58	00:56:23	110	16.5	00:00:51	00:36:39	157	11:47		01:46:46.96
130	416	Sarah Hermiston	F	27	New Liberty	IA	00:15:37	175	3:07	00:02:45	00:57:51	125	16.1	00:00:36	00:30:53	115	9:56		01:47:40.29
131	505	Cathy Steines	F	46	Mount Vernon	IA	00:13:09	128	2:37	00:01:36	01:02:02	155	15.0	00:01:05	00:29:57	104	9:38		01:47:45.60
132	423	Shannon Olson	F	46	Cedar Rapids	IA	00:13:34	139	2:42	00:01:46	00:56:02	108	16.6	00:01:41	00:35:00	141	11:15		01:47:59.38
133	389	Julie Amendola	F	27	Iowa City	IA	00:12:08	108	2:25	00:01:53	01:04:16	168	14.5	00:00:40	00:29:22	96	9:27		01:48:16.59
134	474	Ron Ottaway	M	78	Cedar Rapids	IA	00:14:13	153	2:50	00:01:25	00:54:36	90	17.0	00:01:39	00:36:29	155	11:44		01:48:18.47
135	490	Ryan Cherry	M	33	Geneseo	IL	00:11:36	83	2:19	00:01:34	00:56:01	106	16.6	00:01:07	00:38:08	165	12:16		01:48:22.49
136	526	Roy Gaddis	M	66	Solon	IA	00:12:09	109	2:25	00:01:06	00:58:36	132	15.9	00:01:07	00:35:43	151	11:29		01:48:36.96
137	395	Joanna Weyer	F	45	Swisher	IA	00:11:38	88	2:19	00:01:42	00:58:12	130	16.0	00:02:00	00:35:13	145	11:19		01:48:43.32
138	375	Van Schroder	M	51	Shellsburg	IA	00:17:29	195	3:29	00:02:18	00:54:47	94	17.0	00:01:13	00:33:06	129	10:39		01:48:50.15
139	424	Krista Ockenfels	F	54	Swisher	IA	00:10:50	59	2:09	00:01:27	01:01:32	153	15.1	00:00:51	00:34:47	139	11:11		01:49:24.58
140	430	Willie Sneller	M	69	Cedar Rapids	IA	00:14:25	158	2:52	00:01:47	00:57:49	123	16.1	00:01:24	00:34:20	137	11:02		01:49:41.33
141	343	Janelle Thoms	F	42	Marion	IA	00:12:06	105	2:25	00:02:04	01:00:33	147	15.4	00:01:21	00:34:26	138	11:04		01:50:28.09
142	359	Emily Orna	F	32	Grimes	IA	00:13:29	136	2:41	00:01:09	01:06:46	183	13.9	00:00:28	00:28:40	86	9:13		01:50:29.31
143	472	Holly Elliott	F	39	Dubuque	IA	00:10:50	58	2:09	00:02:43	01:06:58	185	13.9	00:00:57	00:29:55	102	9:37		01:51:20.34
144	521	Derrick Creighton	M	51	Le Claire	IA	00:12:07	106	2:25	00:02:27	00:56:24	111	16.5	00:04:09	00:36:21	154	11:41		01:51:26.59

Camp Courageous Sprint Triathlon

August 2, 2015

Overall Results

Note: Penalty list at end of results

Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----				----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time	Plc			Pace
145	312	Tim Polehna	M	31	Robins	IA	00:09:24	20	1:52	00:02:31	00:56:49	114	16.4	00:00:56	00:42:10	182	13:34		01:51:48.99
146	461	Lynn Curlott	F	53	Long Grove	IA	00:11:44	90	2:20	00:02:22	00:57:25	119	16.2	00:01:51	00:38:37	168	12:25		01:51:56.92
147	482	David Hebrink	M	14	Cedar Rapids	IA	00:10:37	54	2:07	00:01:13	01:10:46	190	13.1	00:00:28	00:29:12	92	9:23		01:52:14.47
148	480	Ryan Foley	M	40	Cedar Rapids	IA	00:13:17	133	2:39	00:02:44	01:02:21	156	14.9	00:01:30	00:32:33	125	10:28		01:52:22.83
149	464	Rob Wagner	F	53	North Liberty	IA	00:14:11	152	2:50	00:01:14	01:04:38	170	14.4	00:00:58	00:31:33	118	10:09		01:52:30.63
150	453	Elisabeth Hall	F	22	Dubuque	IA	00:09:55	31	1:58	00:01:26	01:05:48	176	14.1	00:00:28	00:35:17	146	11:21		01:52:51.41
151	321	Quinn Kopelman	M	14	Iowa City	IA	00:07:50	3	1:33	00:03:12	01:02:47	159	14.8	00:01:03	00:38:08	166	12:16		01:52:57.61
152	534	Becky Watts	F	60	Iowa City	IA	00:14:24	157	2:52	00:02:27	00:58:58	135	15.8	00:01:41	00:35:58	153	11:34		01:53:25.75
153	427	Ann Vestle	F	61	Cedar Rapids	IA	00:14:50	165	2:57	00:01:06	00:59:34	142	15.6	00:01:24	00:36:39	156	11:47		01:53:29.83
154	318	Bryan Hutchinson	M	31	Corona	CA	00:11:10	67	2:13	00:01:56	00:57:47	122	16.1	00:00:38	00:42:12	183	13:34		01:53:39.91
155	388	Steve Barg	M	57	Galena	IL	00:13:36	140	2:43	00:02:17	01:00:42	148	15.3	00:02:14	00:34:59	140	11:15		01:53:46.20
156	363	Boo Roca	M	15	Clarendon Hills	IL	00:12:17	113	2:27	00:02:23	01:03:29	163	14.7	00:00:43	00:35:39	149	11:28		01:54:27.32
157	445	Chloe Norpel	F	33	Dubuque	IA	00:11:37	84	2:19	00:01:50	01:02:52	160	14.8	00:00:34	00:37:37	162	12:06		01:54:27.69
158	405	Lauren Forrest	F	30	Bettendorf	IA	00:11:47	94	2:21	00:02:22	01:06:53	184	13.9	00:00:54	00:33:23	131	10:44		01:55:16.64
159	406	Erin Gavin	F	26	Blue Grass	IA	00:10:57	60	2:11	00:01:20	00:59:51	145	15.5	00:00:51	00:42:31	185	13:41		01:55:28.13
160	439	Angie Lawrence	F	41	Monticello	IA	00:14:56	169	2:59	00:01:58	01:01:11	151	15.2	00:01:32	00:36:47	159	11:50		01:56:21.16
161	473	Jeri Schultz	F	37	Ollie	IA	00:14:47	164	2:57	00:01:49	01:03:38	164	14.6	00:01:22	00:35:06	143	11:17		01:56:39.01
162	397	Christine Amendola	F	22	Iowa City	IA	00:13:41	143	2:44	00:01:36	00:57:55	126	16.1	00:01:25	00:42:32	186	13:41		01:57:06.46
163	550	Teresa Anton	F	52	Cedar Rapids	IA	00:14:14	154	2:50	00:02:14	01:05:56	177	14.1	00:01:28	00:33:34	133	10:47		01:57:23.57
164	516	Samantha Brown	F	22	Cedar Rapids	IA	00:12:02	102	2:24	00:01:27	01:01:22	152	15.2	00:01:11	00:42:03	181	13:32		01:58:02.66
165	479	Brian Joyner	M	41	Marion	IA	00:16:13	184	3:14	00:01:16	00:53:29	82	17.4	00:03:12	00:44:00	190	14:09		01:58:07.90
166	362	Robin Randall	F	53	Clarendon Hills	IL	00:12:12	111	2:26	00:03:48	01:06:08	179	14.1	00:01:21	00:35:07	144	11:17		01:58:32.72
167	347	Kallie Nichols	F	26	Fairfax	IA	00:14:56	168	2:59	00:02:45	01:03:15	161	14.7	00:01:11	00:36:39	158	11:47		01:58:44.36
168	398	Meghan Phelan	F	36	Cedar Rapids	IA	00:13:38	141	2:43	00:02:26	01:00:06	146	15.5	00:01:49	00:40:52	178	13:09		01:58:47.57
169	366	Rachel Francis	F	21	Suffolk	VA	00:12:02	103	2:24	00:02:07	01:06:45	181	13.9	00:00:53	00:37:13	160	11:58		01:58:57.03
170	339	Melissa Lekin	F	34	Cedar Rapids	IA	00:11:15	68	2:14	00:01:48	01:04:20	169	14.5	00:01:41	00:40:18	175	12:57		01:59:18.56
171	459	Jeff Freeman	M	52	Cedar Rapids	IA	00:20:41	205	4:08	00:01:54	00:58:31	131	15.9	00:01:38	00:37:43	163	12:08		02:00:25.46
172	384	Ben Holub	M	49	Central City	IA	00:18:16	199	3:39	00:02:28	00:59:44	144	15.6	00:01:39	00:38:26	167	12:22		02:00:30.69
173	334	Tracy Folkmann	F	42	Cedar Rapids	IA	00:11:28	79	2:17	00:02:36	01:04:15	167	14.5	00:00:41	00:41:37	180	13:23		02:00:34.75
174	385	Hillary Holub	F	21	Central City	IA	00:13:42	144	2:44	00:02:32	01:06:24	180	14.0	00:00:54	00:37:25	161	12:02		02:00:55.03
175	372	Meghan Jones	F	16	Clarendon Hills	IL	00:10:32	52	2:06	00:03:24	01:03:52	166	14.6	00:00:57	00:42:14	184	13:35		02:00:55.33
176	428	Cheryl Reardon	F	49	Iowa City	IA	00:14:32	161	2:54	00:01:59	01:03:44	165	14.6	00:01:26	00:40:03	173	12:53		02:01:41.84
177	519	Stephen Fasnacht	M	43	Monticello	IA	00:13:05	127	2:36	00:01:59	01:06:46	182	13.9	00:01:20	00:38:52	171	12:30		02:01:59.92
178	465	Brian Nicola	M	39	Coralville	IA	00:11:48	95	2:21	00:03:51	01:05:36	175	14.2	00:03:09	00:37:44	164	12:08		02:02:07.42
179	373	Susie Jones	F	47	Clarendon Hills	IL	00:11:18	70	2:15	00:04:09	01:05:29	174	14.2	00:02:42	00:39:42	172	12:46		02:03:17.12
180	535	Dan Clark	M	58	Cedar Rapids	IA	00:17:07	193	3:25	00:02:46	01:02:22	157	14.9	00:02:24	00:40:15	174	12:57		02:04:50.11

Camp Courageous Sprint Triathlon

August 2, 2015

Overall Results

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Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
181	323	Tony Ruggiero	M	41	Cedar Rapids	IA	00:11:56	99	2:23	00:02:37	01:03:16	162	14.7	00:02:20	00:45:38	194	14:41	02:05:44.64
182	380	Shannon Poe	F	36	Monticello	IA	00:12:22	115	2:28	00:01:47	01:07:17	186	13.8	00:01:45	00:44:30	193	14:19	02:07:38.85
183	463	Stephanie Hoenig	F	34	Cedar Rapids	IA	00:13:15	130	2:38	00:01:39	01:09:13	188	13.4	00:01:37	00:42:36	187	13:42	02:08:18.11
184	513	Robert Roca	M	48	Clarendon Hills	IL	00:10:13	43	2:02	00:01:59	00:59:18	140	15.7	00:02:36	00:54:27	202	17:31	02:08:29.76
185	425	Heather McMahill	F	29	Cedar Rapids	IA	00:10:28	50	2:05	00:02:48	01:15:27	196	12.3	00:01:07	00:38:51	170	12:30	02:08:37.67
186	370	Bethany Lehman	F	21	Cedar Rapids	IA	00:16:58	192	3:23	00:02:30	01:16:43	199	12.1	00:01:00	00:31:44	119	10:12	02:08:52.79
187	408	Steve Etten	M	59	Palo	IA	00:14:52	166	2:58	00:03:09	00:58:08	128	16.0	00:03:30	00:51:09	199	16:27	02:10:45.61
188	369	Megan Vorwald	F	29	Dyersville	IA	00:16:56	191	3:23	00:01:49	01:16:31	198	12.2	00:00:41	00:35:17	147	11:21	02:11:12.59
189	512	Angela Mohr	F	39	Eldridge	IA	00:16:19	185	3:15	00:01:56	01:15:36	197	12.3	00:01:43	00:38:38	169	12:25	02:14:09.78
190	432	James Beard	M	44	Cedar Rapids	IA	00:13:39	142	2:43	00:03:27	01:09:40	189	13.3	00:02:07	00:47:53	196	15:24	02:16:44.80
191	438	Brenda Michael	F	43	Jesup	IA	00:19:44	203	3:56	00:03:37	01:10:58	193	13.1	00:01:45	00:43:49	189	14:05	02:19:50.12
192	315	Larry Young	M	41	Coralville	IA	00:13:03	126	2:36	00:02:48	01:04:55	171	14.3	00:02:46	00:56:22	204	18:08	02:19:50.44
193	437	Amy Snyder	F	44	Marshalltown	IA	00:16:48	189	3:21	00:06:35	01:10:52	191	13.1	00:01:53	00:43:49	188	14:05	02:19:54.25
194	364	Riley Roca	M	19	Clarendon Hills	IL	00:17:54	198	3:34	00:04:46	01:10:56	192	13.1	00:00:59	00:46:07	195	14:50	02:20:39.77
195	346	Ken Kral	M	55	Hayward	WI	00:22:29	207	4:29	00:03:25	01:06:07	178	14.1	00:01:26	00:49:07	198	15:48	02:22:29.97
196	420	Russell Behnke	M	45	Marion	IA	00:14:37	162	2:55	00:02:30	01:08:48	187	13.5	00:02:26	00:54:19	201	17:28	02:22:37.03
197	329	Dawn Moser	F	33	Garber	IA	00:15:59	178	3:11	00:02:19	01:23:35	201	11.1	00:01:20	00:40:50	177	13:08	02:24:00.18
198	336	Elizabeth Bonz	F	56	Asbury	IA	00:14:15	155	2:50	00:02:49	01:11:38	194	13.0	00:02:14	00:53:55	200	17:21	02:24:48.20
199	497	Nate McGowan	M	17	Clarendon Hills	IL	00:17:46	197	3:33	00:07:43	01:14:08	195	12.5	00:01:16	00:44:22	191	14:16	02:25:13.28
200	468	Laura Seaman	F	29	Dubuque	IA	00:14:53	167	2:58	00:03:01	01:30:11	204	10.3	00:02:39	00:40:49	176	13:08	02:31:31.21
201	426	Jennifer Felton	F	30	Sherrard	IL	00:20:44	206	4:08	00:03:14	01:34:45	206	9.8	00:02:01	00:40:59	179	13:11	02:41:41.68
202	355	Kimberly Menke	F	44	Cedar Rapids	IA	00:15:03	170	3:00	00:02:15	01:46:37	209	8.7	00:01:03	00:44:24	192	14:17	02:49:19.37
203	335	Jacqueline Hackbarth	F	35	Iowa City	IA	00:25:10	210	5:01	00:04:50	01:26:05	202	10.8	00:07:45	00:48:42	197	15:40	02:52:28.70
204	308	Carol Melton	F	38	Monticello	IA	00:18:59	201	3:47	00:02:10	01:34:41	205	9.8	00:01:47	00:57:19	205	18:26	02:54:53.30
205	377	Ken Budke	M	68	Waterloo	IA	00:23:46	209	4:45	00:03:49	01:27:58	203	10.6	00:01:41	00:58:11	206	18:43	02:55:23.01
206	351	Kimmy Mixdorf	F	30	Monticello	IA	00:20:06	204	4:01	00:02:01	01:40:55	208	9.2	00:02:16	00:56:00	203	18:01	03:01:15.75
207	500	Mary Owen	F	54	Deforest	WI	00:23:34	208	4:42	00:06:45	01:18:32	200	11.8	00:06:17	01:10:36	208	22:43	03:05:41.40
208	324	Julie Noonan	F	46	Dubuque	IA	00:18:19	200	3:39	00:03:14	01:38:46	207	9.4	00:00:59	01:06:28	207	21:23	03:07:43.84

Camp Courageous Sprint Triathlon

August 2, 2015

Did Not Finish or Disqualified

Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
STD	327	Shelly Klein	F	44	Farley	IA	00:19:27	202	3:53	00:02:28								
DQ	435	Kelly Stobb	F	27	Cedar Rapids	IA	00:11:00		2:11	00:02:20	00:58:55	15.8	00:00:41	00:32:01		10:18		01:44:53
STD	475	Lori Loch	F	35	Bellevue	IA	00:13:31	138	2:42	00:03:53	01:05:19	172	14.2	00:02:29				
DQ	487	William Sindelar	M	23	Sherrard	IL												01:38:23