

Camp Courageous Sprint Triathlon

August 2, 2015

Overall Division Results

Individual

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	14/208	1/94	552	Elaina Mertens	29	F	Dubuque	IA	00:10:06.05	00:45:18.49	00:20:44.50		01:17:05.70
2	23/208	2/94	410	Kim Sprenger	53	F	Iowa City	IA	00:10:00.96	00:48:03.85	00:24:30.85		01:23:33.35
3	27/208	3/94	394	Nicole Wood	33	F	Alburnett	IA	00:10:12.52	00:49:24.41	00:23:14.36		01:23:56.38

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/208	1/114	503	Rj Montes	36	M	Asbury	IA	00:08:45.18	00:39:39.79	00:18:53.48		01:08:08.34
2	2/208	2/114	545	Dallas Clasen	21	M	Peosta	IA	00:09:25.65	00:40:56.84	00:19:13.23		01:10:25.00
3	3/208	3/114	511	Sam Lundry	16	M	Bettendorf	IA	00:06:33.74	00:41:17.89	00:21:54.80		01:10:33.59

Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	160/208	62/94	439	Angie Lawrence	41	F	Monticello	IA	00:14:55.77	01:01:10.18	00:36:46.05		01:56:21.16
2	161/208	63/94	473	Jeri Schultz	37	F	Ollie	IA	00:14:46.52	01:03:37.02	00:35:05.13		01:56:39.01
3	162/208	64/94	397	Christine Amendola	22	F	Iowa City	IA	00:13:40.30	00:57:54.41	00:42:31.18		01:57:06.46
4	168/208	69/94	398	Meghan Phelan	36	F	Cedar Rapids	IA	00:13:37.00	01:00:05.64	00:40:51.82		01:58:47.57
5	182/208	77/94	380	Shannon Poe	36	F	Monticello	IA	00:12:21.56	01:07:16.51	00:44:29.09		02:07:38.85
6	183/208	78/94	463	Stephanie Hoenig	34	F	Cedar Rapids	IA	00:13:14.27	01:09:12.81	00:42:35.82		02:08:18.11
7	185/208	79/94	425	Heather McMahonill	29	F	Cedar Rapids	IA	00:10:27.34	01:15:26.01	00:38:50.57		02:08:37.67
8	207/208	93/94	500	Mary Owen	54	F	Deforest	WI	00:23:33.27	01:18:31.24	01:10:35.75		03:05:41.40
9	208/208	94/94	324	Julie Noonan	46	F	Dubuque	IA	00:18:18.86	01:38:45.90	01:06:27.46		03:07:43.84

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/208	15/114	368	Anthony Kinley	19	M	Monticello	IA	00:09:37.78	00:49:05.72	00:19:13.88		01:19:16.63
2	81/208	58/114	520	Eric Mohr	38	M	Eldridge	IA	00:12:48.54	00:53:28.06	00:28:07.25		01:36:50.10
3	101/208	70/114	515	Todd Brown	56	M	Cedar Rapids	IA	00:13:51.26	00:50:58.16	00:33:57.26		01:41:44.28
4	106/208	71/114	310	Erik Barnhill	39	M	Marion	IA	00:08:42.45	01:00:55.82	00:30:19.46		01:43:09.34

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Male Clydesdale

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5	109/208	72/114	400	Jason Darnell	38	M	Palo	IA	00:15:42.89	00:52:07.02	00:32:30.13		01:43:19.17
6	121/208	79/114	467	Brett Schneider	36	M	Cedar Rapids	IA	00:15:03.67	00:59:33.69	00:27:39.21		01:45:55.48
7	129/208	85/114	457	Doug Deimler	36	M	Cedar Rapids	IA	00:11:57.08	00:56:22.90	00:36:38.46		01:46:46.96
8	144/208	91/114	521	Derrick Creighton	51	M	Le Claire	IA	00:12:06.27	00:56:23.97	00:36:20.76		01:51:26.59
9	145/208	92/114	312	Tim Polehna	31	M	Robins	IA	00:09:23.60	00:56:48.87	00:42:09.72		01:51:48.99
10	165/208	99/114	479	Brian Joyner	41	M	Marion	IA	00:16:12.55	00:53:28.84	00:43:59.01		01:58:07.90
11	187/208	107/114	408	Steve Etten	59	M	Palo	IA	00:14:51.83	00:58:07.65	00:51:08.42		02:10:45.61
12	192/208	109/114	315	Larry Young	41	M	Coralville	IA	00:13:02.00	01:04:54.22	00:56:21.74		02:19:50.44
13	194/208	110/114	364	Riley Roca	19	M	Clarendon Hills	IL	00:17:53.22	01:10:55.75	00:46:06.07		02:20:39.77
14	196/208	112/114	420	Russell Behnke	45	M	Marion	IA	00:14:36.03	01:08:47.35	00:54:18.03		02:22:37.03

Female F Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/208	15/94	498	Trinity Borland	15	F	Bettendorf	IA	00:08:26.14	00:58:55.38	00:24:09.08		01:33:11.56

Male M Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/208	62/114	483	Quintin Gay	14	M	Cedar Rapids	IA	00:09:30.55	00:57:28.82	00:29:41.17		01:38:16.26
2	120/208	78/114	481	Gavin Hall	12	M	Dubuque	IA	00:08:44.96	01:05:23.08	00:28:31.76		01:45:42.27
3	127/208	83/114	421	Matthew Behnke	14	M	Marion	IA	00:12:16.32	00:56:13.63	00:35:04.79		01:46:29.84
4	147/208	93/114	482	David Hebrink	14	M	Cedar Rapids	IA	00:10:36.56	01:10:45.82	00:29:11.54		01:52:14.47
5	151/208	95/114	321	Quinn Kopelman	14	M	Iowa City	IA	00:07:49.36	01:02:46.74	00:38:07.63		01:52:57.61
6	156/208	98/114	363	Boo Roca	15	M	Clarendon Hills	IL	00:12:16.95	01:03:28.04	00:35:38.15		01:54:27.32

Female F Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/208	4/94	532	Taylor Pajunen	16	F	Iowa City	IA	00:07:42.64	00:52:47.28	00:22:26.61		01:24:30.52
2	38/208	9/94	448	Meredith Koenigsfeld	17	F	Cedar Rapids	IA	00:10:08.59	00:52:33.22	00:23:48.38		01:27:49.17

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Female F Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
3	49/208	11/94	456	Sarah Hanna	18	F	Cedar Rapids	IA	00:10:06.97	00:55:01.32	00:23:12.58		01:30:05.76
4	94/208	29/94	544	Allyvia Clasen	17	F	Peosta	IA	00:11:22.10	00:57:49.71	00:28:53.32		01:39:23.29
5	175/208	74/94	372	Meghan Jones	16	F	Clarendon Hills	IL	00:10:31.22	01:03:51.32	00:42:13.70		02:00:55.33

Male M Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/208	10/114	337	Nick Meyers	19	M	Monticello	IA	00:08:17.37	00:46:51.33	00:19:06.23		01:15:51.93
2	47/208	37/114	495	Alex Domiano	19	M	Hinsdale	IL	00:09:43.28	00:54:40.80	00:22:27.95		01:29:40.33
3	54/208	42/114	449	Orion Staskal	16	M	Iowa City	IA	00:10:25.28	00:55:07.30	00:24:03.87		01:31:01.95
4	79/208	57/114	537	Tyler Dennis	16	M	Cedar Rapids	IA	00:10:25.57	00:59:12.20	00:23:40.92		01:36:23.42
5	199/208	113/114	497	Nate McGowan	17	M	Clarendon Hills	IL	00:17:45.95	01:14:07.97	00:44:21.03		02:25:13.28

Female F Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	33/208	6/94	396	Amanda Weyer	20	F	Swisher	IA	00:10:33.36	00:50:04.96	00:24:10.95		01:25:53.80
2	77/208	22/94	349	Hannah Reiland	24	F	West Des Moines	IA	00:11:39.09	00:53:26.53	00:28:10.05		01:35:36.16
3	108/208	37/94	508	Kristin Potts	24	F	Iowa City	IA	00:12:06.55	00:56:00.92	00:32:36.46		01:43:17.94
4	112/208	38/94	501	Rosa Owen	22	F	Deforest	WI	00:11:37.51	00:59:30.85	00:29:21.07		01:43:41.56
5	150/208	56/94	453	Elisabeth Hall	22	F	Dubuque	IA	00:09:54.11	01:05:47.91	00:35:16.16		01:52:51.41
6	164/208	66/94	516	Samantha Brown	22	F	Cedar Rapids	IA	00:12:01.10	01:01:21.51	00:42:02.89		01:58:02.66
7	169/208	70/94	366	Rachel Francis	21	F	Suffolk	VA	00:12:01.51	01:06:44.91	00:37:12.38		01:58:57.03
8	174/208	73/94	385	Hillary Holub	21	F	Central City	IA	00:13:41.28	01:06:23.62	00:37:24.89		02:00:55.03
9	186/208	80/94	370	Bethany Lehman	21	F	Cedar Rapids	IA	00:16:57.41	01:16:42.93	00:31:43.38		02:08:52.79

Male M Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	58/208	45/114	485	William Sindelar	23	M	Sherrard	IL	00:11:54.44	00:50:15.03	00:27:27.30		01:32:03.89
2	61/208	48/114	523	Aaron House	20	M	Cedar Rapids	IA	00:11:05.87	00:55:09.97	00:23:41.02		01:32:54.75

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Male M Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
3	78/208	56/114	367	Harrison Brocka	20	M	Denver	IA	00:10:11.22	00:57:59.89	00:24:33.55		01:36:05.89

Female F Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	103/208	33/94	551	Chelsee Shortt	27	F	Mount Vernon	IA	00:13:16.07	00:56:46.12	00:28:28.45		01:41:48.26
2	126/208	44/94	458	Emily Feldkamp	25	F	Ames	IA	00:15:47.32	00:58:38.23	00:30:15.05		01:46:21.57
3	130/208	45/94	416	Sarah Hermiston	27	F	New Liberty	IA	00:15:36.56	00:57:50.31	00:30:52.88		01:47:40.29
4	133/208	48/94	389	Julie Amendola	27	F	Iowa City	IA	00:12:07.33	01:04:15.97	00:29:21.94		01:48:16.59
5	159/208	61/94	406	Erin Gavin	26	F	Blue Grass	IA	00:10:56.71	00:59:50.83	00:42:30.90		01:55:28.13
6	167/208	68/94	347	Kallie Nichols	26	F	Fairfax	IA	00:14:55.16	01:03:14.91	00:36:38.88		01:58:44.36
7	188/208	81/94	369	Megan Vorwald	29	F	Dyersville	IA	00:16:55.72	01:16:30.49	00:35:16.95		02:11:12.59
8	200/208	87/94	468	Laura Seaman	29	F	Dubuque	IA	00:14:52.78	01:30:10.68	00:40:48.91		02:31:31.21

Male M Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/208	5/114	514	Adam Kassem	26	M	Cedar Rapids	IA	00:10:03.35	00:40:45.26	00:20:08.91		01:11:58.77
2	8/208	8/114	522	Eric Boucher	28	M	Coralville	IA	00:09:00.77	00:43:57.69	00:20:57.90		01:14:59.93
3	21/208	20/114	452	Jeremy Meyer	25	M	Cedar Falls	IA	00:11:22.02	00:46:28.11	00:23:17.33		01:22:31.53
4	31/208	27/114	348	Jj Grinvalds	27	M	West Des Moines	IA	00:12:56.01	00:50:09.87	00:19:36.02		01:25:12.70
5	52/208	40/114	553	Jason Fuller	29	M	Dubuque	IA	00:10:23.00	00:51:52.58	00:24:21.59		01:30:37.05
6	59/208	46/114	489	Michael Ward	25	M	Saint Louis	MO	00:12:18.75	00:52:39.73	00:22:56.27		01:32:26.16
7	85/208	61/114	417	Andrew Hermiston	27	M	New Liberty	IA	00:16:42.64	00:54:19.15	00:23:39.51		01:38:12.99

Female F Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	34/208	7/94	470	Kelsey Morfitt	31	F	North Liberty	IA	00:10:38.08	00:49:21.03	00:24:49.68		01:26:11.80
2	43/208	10/94	392	Sarah Lucas-Carr	30	F	Iowa City	IA	00:10:40.10	00:53:20.92	00:23:06.76		01:28:40.40
3	67/208	17/94	434	Carolyn Plaza	34	F	Cedar Rapids	IA	00:09:54.51	00:56:47.17	00:24:07.90		01:33:50.53

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Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
4	80/208	23/94	542	Jill Lightfoot	34	F	Bettendorf	IA	00:11:34.44	00:53:23.93	00:30:21.84		01:36:48.42
5	92/208	28/94	411	Meredith Dennis	33	F	Pleasant Valley	IA	00:09:22.08	00:59:09.88	00:28:30.27		01:39:06.25
6	142/208	52/94	359	Emily Orna	32	F	Grimes	IA	00:13:28.38	01:06:45.47	00:28:39.29		01:50:29.31
7	157/208	59/94	445	Chloe Norpel	33	F	Dubuque	IA	00:11:36.29	01:02:51.35	00:37:36.66		01:54:27.69
8	158/208	60/94	405	Lauren Forrest	30	F	Bettendorf	IA	00:11:46.29	01:06:52.61	00:33:22.61		01:55:16.64
9	170/208	71/94	339	Melissa Lekin	34	F	Cedar Rapids	IA	00:11:14.47	01:04:19.09	00:40:17.05		01:59:18.56
10	197/208	85/94	329	Dawn Moser	33	F	Garber	IA	00:15:58.28	01:23:34.95	00:40:49.49		02:24:00.18
11	201/208	88/94	426	Jennifer Felton	30	F	Sherrard	IL	00:20:43.84	01:34:44.84	00:40:58.61		02:41:41.68
12	206/208	92/94	351	Kimmy Mixdorf	30	F	Monticello	IA	00:20:05.33	01:40:54.81	00:55:59.38		03:01:15.75

Male M Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/208	4/114	340	Jacob Johnson	31	M	Waukee	IA	00:07:58.35	00:40:51.44	00:21:35.00		01:11:43.63
2	7/208	7/114	533	Brian Hohensee	30	M	Moline	IL	00:08:57.42	00:41:03.62	00:22:43.08		01:13:55.28
3	13/208	13/114	352	Craig Goldsmith	33	M	Marion	IA	00:09:13.62	00:45:32.99	00:20:51.44		01:16:21.03
4	18/208	17/114	345	Travis Hillsabeck	34	M	Prairie City	IA	00:11:31.21	00:45:03.30	00:23:21.79		01:21:03.60
5	22/208	21/114	358	Rob Orna	34	M	Grimes	IA	00:10:38.38	00:48:41.16	00:22:16.01		01:22:47.88
6	30/208	26/114	454	Cory Hall	33	M	Dubuque	IA	00:09:33.22	00:51:22.84	00:22:24.74		01:24:56.15
7	40/208	31/114	517	Patrick Severson	33	M	Cedar Rapids	IA	00:10:57.20	00:50:22.18	00:24:05.00		01:28:03.56
8	41/208	32/114	331	Justin Boecker	32	M	Mount Vernon	IA	00:10:30.92	00:52:32.02	00:22:35.50		01:28:04.40
9	42/208	33/114	402	Tyler Lorenzen	30	M	Vinton	IA	00:09:01.09	00:50:56.02	00:26:38.84		01:28:37.56
10	46/208	36/114	491	Jason Reuter	32	M	Atkins	IA	00:11:44.76	00:50:02.83	00:25:47.99		01:29:27.29
11	50/208	39/114	549	Shawn Love	34	M	Marion	IA	00:11:20.37	00:48:24.47	00:29:12.65		01:30:09.24
12	64/208	49/114	350	Ben Lochard	31	M	West Des Moines	IA	00:12:55.59	00:53:01.89	00:24:43.36		01:33:20.05
13	70/208	52/114	524	Austin Gross	33	M	Eldridge	IA	00:10:13.48	00:47:46.05	00:33:26.48		01:34:10.44
14	74/208	54/114	330	Matt Vorwald	34	M	Cedar Rapids	IA	00:16:11.40	00:53:34.47	00:23:20.73		01:35:06.91
15	91/208	64/114	378	Gabe Wylder	32	M	Iowa City	IA	00:13:15.64	00:52:32.99	00:29:37.12		01:39:03.91
16	128/208	84/114	531	Coalton Olson	32	M	Peosta	IA	00:16:00.43	00:59:01.89	00:26:40.55		01:46:41.68
17	135/208	87/114	490	Ryan Cherry	33	M	Geneseo	IL	00:11:35.30	00:56:00.48	00:38:07.16		01:48:22.49
18	154/208	96/114	318	Bryan Hutchinson	31	M	Corona	CA	00:11:09.18	00:57:46.41	00:42:11.17		01:53:39.91

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Individual

Female F Ages 35 - 39

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1	62/208	14/94	447	Annette Wittrock	36	F	Ottumwa	IA	00:09:15.84	00:52:29.12	00:30:14.94		01:33:02.50
2	68/208	18/94	328	Jill Powers	36	F	Dubuque	IA	00:09:36.24	00:55:26.70	00:27:48.79		01:34:04.57
3	71/208	19/94	333	Kelly Brown	37	F	Des Moines	IA	00:11:05.77	00:52:51.93	00:28:39.67		01:34:36.35
4	90/208	27/94	484	Kellie Cook	37	F	Dubuque	IA	00:17:39.38	00:52:07.34	00:26:19.83		01:38:39.97
5	96/208	30/94	379	Jill Snitko	37	F	Marion	IA	00:14:30.73	00:57:04.27	00:26:43.18		01:39:48.64
6	107/208	36/94	332	Stacy Huber	39	F	Cedar Rapids	IA	00:13:44.20	01:00:47.37	00:26:16.29		01:43:16.56
7	119/208	42/94	382	Melissa Pape	39	F	East Dubuque	IL	00:16:05.60	00:53:15.87	00:30:38.49		01:44:59.51
8	143/208	53/94	472	Holly Elliott	39	F	Dubuque	IA	00:10:49.49	01:06:57.73	00:29:54.04		01:51:20.34
9	189/208	82/94	512	Angela Mohr	39	F	Eldridge	IA	00:16:18.43	01:15:35.71	00:38:37.32		02:14:09.78
10	203/208	90/94	335	Jacqueline Hackbarth	35	F	Iowa City	IA	00:25:09.91	01:26:04.06	00:48:41.11		02:52:28.70
11	204/208	91/94	308	Carol Melton	38	F	Monticello	IA	00:18:58.40	01:34:40.29	00:57:18.42		02:54:53.30

Male M Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/208	6/114	506	Jason Rabe	35	M	Fairfax	IA	00:08:40.85	00:41:33.88	00:20:46.48		01:12:03.12
2	11/208	11/114	502	Steven Davis	35	M	North Liberty	IA	00:10:04.06	00:42:20.17	00:22:26.70		01:16:04.60
3	15/208	14/114	404	Brent Fiegel	37	M	Buffalo	IA	00:11:27.23	00:44:20.70	00:20:13.60		01:17:26.71
4	25/208	23/114	540	Lee Heying	39	M	Cedar Rapids	IA	00:10:10.18	00:48:04.03	00:23:11.75		01:23:43.27
5	26/208	24/114	357	Jason Guyer	36	M	Manchester	IA	00:10:07.84	00:46:31.80	00:24:04.60		01:23:51.81
6	36/208	29/114	326	Brian Powers	35	M	Dubuque	IA	00:09:43.96	00:48:49.12	00:26:19.47		01:26:34.80
7	48/208	38/114	383	Chris Pape	39	M	East Dubuque	IL	00:11:06.09	00:47:49.32	00:26:44.77		01:29:43.07
8	53/208	41/114	304	Matt White	37	M	Cedar Rapids	IA	00:12:08.29	00:49:11.10	00:28:12.46		01:30:49.93
9	76/208	55/114	499	Clayton Stephens	38	M	Swisher	IA	00:11:57.91	00:51:52.93	00:29:34.13		01:35:30.66
10	110/208	73/114	360	Tj Neelson	39	M	Monticello	IA	00:13:30.33	00:54:25.48	00:33:33.39		01:43:20.54
11	123/208	81/114	338	Andrew Greco	35	M	Cedar Rapids	IA	00:15:26.44	00:54:54.80	00:32:01.41		01:46:02.67
12	178/208	103/114	465	Brian Nicola	39	M	Coralville	IA	00:11:47.74	01:05:35.87	00:37:43.98		02:02:07.42

Female F Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	55/208	13/94	325	Heidi Sutter	42	F	Dubuque	IA	00:11:36.95	00:54:51.48	00:24:01.90		01:31:33.08

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Overall Division Results

Individual

Female F Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
2	73/208	20/94	478	Andrea Joyner	41	F	Marion	IA	00:16:04.12	00:51:41.79	00:25:11.98		01:35:03.63
3	82/208	24/94	390	Michele Flagel	42	F	Shellsburg	IA	00:12:25.55	00:54:26.52	00:27:27.64		01:37:34.55
4	89/208	26/94	320	Robin Kopelman	42	F	Iowa City	IA	00:11:26.00	00:55:20.17	00:29:10.22		01:38:36.60
5	104/208	34/94	415	Deborah Morgan	44	F	Clinton	IA	00:11:51.17	00:54:50.37	00:33:51.08		01:42:56.75
6	115/208	40/94	342	Lori Winborn	42	F	Swisher	IA	00:13:19.43	01:01:40.19	00:27:09.51		01:44:26.65
7	141/208	51/94	343	Janelle Thoms	42	F	Marion	IA	00:12:05.88	01:00:32.19	00:34:25.48		01:50:28.09
8	173/208	72/94	334	Tracy Folkmann	42	F	Cedar Rapids	IA	00:11:27.93	01:04:14.08	00:41:36.25		02:00:34.75
9	191/208	83/94	438	Brenda Michael	43	F	Jesup	IA	00:19:43.92	01:10:57.74	00:43:48.27		02:19:50.12
10	193/208	84/94	437	Amy Snyder	44	F	Marshalltown	IA	00:16:47.07	01:10:51.87	00:43:48.13		02:19:54.25
11	202/208	89/94	355	Kimberly Menke	44	F	Cedar Rapids	IA	00:15:02.70	01:46:36.24	00:44:23.39		02:49:19.37

Male M Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/208	18/114	431	Mathieu Cagnard	44	M	Cedar Rapids	IA	00:12:35.43	00:44:47.66	00:22:54.15		01:21:27.35
2	28/208	25/114	466	Aaron Swartzendruber	40	M	Kalona	IA	00:12:56.77	00:45:37.41	00:22:50.49		01:24:11.05
3	35/208	28/114	419	Matthew Miller	40	M	Waterloo	IA	00:14:05.08	00:48:40.32	00:22:07.67		01:26:32.18
4	60/208	47/114	409	Chris Bruns	42	M	Cedar Rapids	IA	00:11:49.33	00:51:57.19	00:26:10.94		01:32:36.58
5	83/208	59/114	493	Paul Tremmel	40	M	Eldridge	IA	00:09:44.97	00:54:25.96	00:30:44.54		01:37:42.77
6	93/208	65/114	344	Jason Haag	41	M	Marion	IA	00:11:21.06	00:55:24.57	00:29:33.19		01:39:10.62
7	114/208	75/114	536	Ben Treakle	43	M	Clinton	IA	00:13:43.83	01:02:33.20	00:23:07.31		01:44:00.97
8	118/208	77/114	496	Haywood Stowe	41	M	Cedar Rapids	IA	00:11:44.49	00:59:04.46	00:30:30.40		01:44:47.58
9	124/208	82/114	322	Todd Kopelman	42	M	Iowa City	IA	00:12:23.90	00:57:32.07	00:32:45.18		01:46:11.05
10	148/208	94/114	480	Ryan Foley	40	M	Cedar Rapids	IA	00:13:16.50	01:02:20.54	00:32:32.90		01:52:22.83
11	177/208	102/114	519	Stephen Fasnacht	43	M	Monticello	IA	00:13:04.23	01:06:45.38	00:38:51.67		02:01:59.92
12	181/208	105/114	323	Tony Ruggiero	41	M	Cedar Rapids	IA	00:11:55.77	01:03:15.11	00:45:37.40		02:05:44.64
13	190/208	108/114	432	James Beard	44	M	Cedar Rapids	IA	00:13:38.79	01:09:39.88	00:47:52.75		02:16:44.80

Female F Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/208	8/94	399	Kathryn Cater	45	F	Cedar Rapids	IA	00:10:26.10	00:47:33.92	00:27:42.03		01:27:16.67

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Overall Division Results

Individual

Female F Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
2	51/208	12/94	525	Deb Gaddis	49	F	Solon	IA	00:13:43.71	00:49:51.98	00:25:09.92		01:30:15.99
3	66/208	16/94	414	Jody Rausch	46	F	Robins	IA	00:11:45.99	00:51:37.83	00:28:46.85		01:33:39.47
4	98/208	31/94	407	Rebecca Zeck	46	F	Muscatine	IA	00:11:36.67	00:57:03.54	00:28:55.17		01:39:59.48
5	116/208	41/94	436	Dawn Foss	46	F	Swisher	IA	00:14:18.55	00:57:23.90	00:29:54.51		01:44:30.13
6	131/208	46/94	505	Cathy Steines	46	F	Mount Vernon	IA	00:13:08.10	01:02:01.27	00:29:56.78		01:47:45.60
7	132/208	47/94	423	Shannon Olson	46	F	Cedar Rapids	IA	00:13:33.03	00:56:01.37	00:34:59.63		01:47:59.38
8	137/208	49/94	395	Joanna Weyer	45	F	Swisher	IA	00:11:37.68	00:58:11.92	00:35:12.65		01:48:43.32
9	176/208	75/94	428	Cheryl Reardon	49	F	Iowa City	IA	00:14:31.49	01:03:43.10	00:40:02.81		02:01:41.84
10	179/208	76/94	373	Susie Jones	47	F	Clarendon Hills	IL	00:11:17.25	01:05:28.90	00:39:41.30		02:03:17.12

Male M Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/208	9/114	450	Duane Staskal	47	M	Iowa City	IA	00:09:45.42	00:42:22.57	00:22:19.37		01:15:33.05
2	12/208	12/114	504	Dave Steines	48	M	Mount Vernon	IA	00:09:12.66	00:42:26.29	00:23:30.95		01:16:08.30
3	20/208	19/114	381	Charles Meyer	46	M	Highlands Ranch	CO	00:11:21.04	00:47:15.78	00:21:31.70		01:22:05.86
4	39/208	30/114	403	Mark Theuerkauf	49	M	Bettendorf	IA	00:09:30.12	00:50:50.19	00:26:15.44		01:28:01.11
5	45/208	35/114	418	Andrew Thompson	47	M	Moline	IL	00:14:04.10	00:49:36.19	00:22:27.35		01:28:56.57
6	65/208	50/114	518	Christopher Birler	47	M	Polk City	IA	00:15:33.01	00:50:54.83	00:22:25.25		01:33:31.33
7	117/208	76/114	510	Travis Kasner	46	M	Fairfax	IA	00:12:27.47	00:55:18.74	00:32:03.77		01:44:44.61
8	172/208	101/114	384	Ben Holub	49	M	Central City	IA	00:18:15.14	00:59:43.50	00:38:25.76		02:00:30.69
9	184/208	106/114	513	Robert Roca	48	M	Clarendon Hills	IL	00:10:12.68	00:59:17.41	00:54:26.48		02:08:29.76

Female F Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	32/208	5/94	307	Brita Loynachan	51	F	Marion	IA	00:11:03.85	00:45:13.84	00:28:06.29		01:25:50.33
2	102/208	32/94	401	Tami Fiala	51	F	Fairfax	IA	00:10:23.19	00:53:36.84	00:35:33.66		01:41:44.55
3	125/208	43/94	356	Audrey Rasmussen	50	F	Taylor Ridge	IL	00:16:50.56	00:57:01.10	00:30:01.40		01:46:12.25
4	139/208	50/94	424	Krista Ockenfels	54	F	Swisher	IA	00:10:49.99	01:01:31.05	00:34:46.54		01:49:24.58
5	146/208	54/94	461	Lynn Curlott	53	F	Long Grove	IA	00:11:43.58	00:57:24.53	00:38:36.47		01:51:56.92
6	149/208	55/94	464	Rob Wagner	53	F	North Liberty	IA	00:14:10.05	01:04:37.34	00:31:32.19		01:52:30.63

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Overall Division Results

Individual

Female F Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
7	163/208	65/94	550	Teresa Anton	52	F	Cedar Rapids	IA	00:14:13.94	01:05:55.91	00:33:33.05		01:57:23.57
8	166/208	67/94	362	Robin Randall	53	F	Clarendon Hills	IL	00:12:11.43	01:06:07.18	00:35:06.27		01:58:32.72

Male M Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	57/208	44/114	548	David Zahn	53	M	Moline	IL	00:08:58.75	00:49:26.36	00:31:08.10		01:32:03.37
2	69/208	51/114	429	Keith Kenel	54	M	Cedar Rapids	IA	00:15:19.71	00:49:46.97	00:27:25.19		01:34:08.67
3	84/208	60/114	309	Randy Crawford	50	M	Cedar Rapids	IA	00:16:30.21	00:48:13.60	00:30:56.21		01:38:03.72
4	95/208	66/114	455	Tye Male	54	M	Cedar Rapids	IA	00:16:25.91	00:48:10.82	00:32:11.08		01:39:32.31
5	122/208	80/114	443	John Demory	53	M	North Liberty	IA	00:14:26.22	00:58:11.21	00:29:13.24		01:46:02.50
6	138/208	89/114	375	Van Schroder	51	M	Shellsburg	IA	00:17:28.05	00:54:46.27	00:33:05.96		01:48:50.15
7	171/208	100/114	459	Jeff Freeman	52	M	Cedar Rapids	IA	00:20:40.92	00:58:30.78	00:37:42.69		02:00:25.46

Female F Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	75/208	21/94	471	Belinda Gee	57	F	Cedar Rapids	IA	00:11:04.70	00:52:54.38	00:29:32.51		01:35:07.03
2	87/208	25/94	486	Lori Sindelar	55	F	Sherrard	IL	00:14:37.55	00:52:18.11	00:28:38.48		01:38:22.32
3	105/208	35/94	386	Susan Barg	55	F	Galena	IL	00:13:09.40	00:54:42.70	00:33:06.03		01:43:07.86
4	113/208	39/94	476	Nancy Fox	58	F	Marion	IA	00:11:18.35	00:54:30.71	00:35:39.57		01:43:58.58
5	198/208	86/94	336	Elizabeth Bonz	56	F	Asbury	IA	00:14:14.00	01:11:37.58	00:53:54.84		02:24:48.20

Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/208	16/114	313	Guy Olson	58	M	Cedar Rapids	IA	00:09:06.63	00:43:34.84	00:26:32.60		01:20:28.58
2	24/208	22/114	316	Tom Scholz	56	M	Iowa City	IA	00:14:05.71	00:42:04.49	00:25:30.92		01:23:40.52
3	56/208	43/114	361	Ted Olson	55	M	Hiawatha	IA	00:12:28.81	00:52:27.31	00:25:27.89		01:31:59.96
4	88/208	63/114	541	Randy Bachman	59	M	Hiawatha	IA	00:11:14.85	00:52:51.33	00:31:52.76		01:38:27.64
5	97/208	67/114	303	Jerry Ask	56	M	Cedar Rapids	IA	00:12:45.06	00:52:15.94	00:32:42.18		01:39:53.70

Camp Courageous Sprint Triathlon

August 2, 2015

Overall Division Results

Individual

Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
6	99/208	68/114	509	Keith Potts	56	M	Omaha	NE	00:13:27.97	00:55:54.78	00:28:23.52		01:40:52.83
7	111/208	74/114	341	John Helms	58	M	Clarendon Hills	IL	00:16:10.90	00:54:46.23	00:30:03.90		01:43:27.47
8	155/208	97/114	388	Steve Barg	57	M	Galena	IL	00:13:35.27	01:00:41.05	00:34:59.00		01:53:46.20
9	180/208	104/114	535	Dan Clark	58	M	Cedar Rapids	IA	00:17:06.36	01:02:21.19	00:40:14.31		02:04:50.11
10	195/208	111/114	346	Ken Kral	55	M	Hayward	WI	00:22:28.33	01:06:06.23	00:49:06.09		02:22:29.97

Female F Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	152/208	57/94	534	Becky Watts	60	F	Iowa City	IA	00:14:23.58	00:58:57.84	00:35:57.18		01:53:25.75
2	153/208	58/94	427	Ann Vestle	61	F	Cedar Rapids	IA	00:14:49.28	00:59:33.18	00:36:38.37		01:53:29.83

Male M Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	44/208	34/114	319	Gary Watts	60	M	Iowa City	IA	00:11:34.91	00:47:50.88	00:26:44.43		01:28:55.72
2	72/208	53/114	393	Dan Tucker	64	M	Cedar Rapids	IA	00:17:06.76	00:45:53.03	00:30:10.64		01:34:51.78
3	100/208	69/114	547	Charles Stengel	62	M	Moline	IL	00:12:04.07	00:49:13.51	00:35:56.00		01:41:36.62

Male M Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	136/208	88/114	526	Roy Gaddis	66	M	Solon	IA	00:12:08.20	00:58:35.45	00:35:42.06		01:48:36.96
2	140/208	90/114	430	Willie Sneller	69	M	Cedar Rapids	IA	00:14:24.07	00:57:48.44	00:34:19.07		01:49:41.33
3	205/208	114/114	377	Ken Budke	68	M	Waterloo	IA	00:23:45.28	01:27:57.93	00:58:10.92		02:55:23.01

Male M Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	134/208	86/114	474	Ron Ottaway	78	M	Cedar Rapids	IA	00:14:12.43	00:54:35.12	00:36:28.29		01:48:18.47