

# Iowa's Best Dam Triathlon

September 13, 2015

## Olympic Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- RUN -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace		Time	Plc	Mph	T2	Time	Plc			Pace
1	51	Melanie Rabino	F	21	Woodbury	MI	00:10:27	26	6:57	00:00:46	01:10:44	17	20.0	00:00:59	00:46:41	26	7:30		02:09:34.12
2	60	Hannah Eldridge	F	20	Minneapolis	MN	00:10:49	35	7:12	00:00:52	01:16:06	37	18.6	00:00:55	00:46:06	24	7:25		02:14:46.14
3	54	Emily Ridgeway	F	22	Columbia	MO	00:11:08	41	7:25	00:00:46	01:15:09	29	18.9	00:00:45	00:48:58	37	7:52		02:16:42.64
4	61	Miranda Olson	F	20	Minneapolis	MN	00:10:57	37	7:17	00:01:05	01:17:28	41	18.3	00:00:57	00:47:57	33	7:42		02:18:21.37
5	53	Sarah Guillot	F	24	Madison	WI	00:10:58	38	7:18	00:00:44	01:16:06	36	18.6	00:00:56	00:50:19	46	8:05		02:19:01.02
6	59	Kristina Swenson	F	18	Ames	IA	00:11:58	65	7:58					00:01:00	00:50:32	48	8:07		02:21:48.00
7	57	Cari Schmitz Carley	F	27	Middleton	WI	00:12:03	66	8:01	00:01:03	01:20:44	47	17.6	00:01:18	00:49:23	40	7:56		02:24:28.11
8	181	Deanna Shepherd	F	43	Bettendorf	IA	00:12:16	70	8:10	00:01:24	01:17:21	40	18.3	00:01:55	00:54:30	61	8:46		02:27:23.53
9	160	Melissa Young	F	40	Coralville	IA	00:11:31	54	7:40	00:01:27	01:20:51	48	17.5	00:01:34	00:52:56	56	8:30		02:28:15.23
10	154	Krista Holub	F	35	Muscatine	IA	00:12:11	69	8:06	00:01:32	01:23:19	57	17.0	00:02:05	00:53:52	60	8:40		02:32:56.15
11	50	Emily Gasteyer	F	23	Appleton	WI	00:12:10	68	8:06	00:01:30	01:21:52	54	17.3	00:01:13	00:57:10	65	9:11		02:33:52.48
12	64	Gila Grad	F	18	St. Louis Park	MN	00:11:17	50	7:30	00:01:33	01:27:33	68	16.2	00:02:32	00:52:45	55	8:29		02:35:37.12
13	162	Christine Buitert	F	47	Willowbrook	IL	00:12:04	67	8:02	00:01:20	01:27:15	64	16.2	00:01:47	00:53:48	58	8:39		02:36:12.73
14	157	Elizabeth Dobesh	F	33	North Liberty	IA	00:11:28	53	7:38	00:00:57	01:33:39	77	15.1	00:01:30	00:51:58	52	8:21		02:39:29.02
15	55	Emily Schwake	F	20	Ames	IA	00:11:58	63	7:58	00:00:58	01:29:52	70	15.8	00:00:53	00:59:05	67	9:30		02:42:43.75
16	126	Lisa Kuhn	F	40	Muscatine	IA	00:14:05	80	9:22	00:02:01	01:25:10	59	16.6	00:02:16	01:00:15	70	9:41		02:43:44.18
17	180	Mary Drake	F	52	Cedar Rapids	IA	00:13:59	79	9:19	00:00:56	01:27:32	67	16.2	00:01:06	01:00:38	71	9:45		02:44:08.21
18	159	Sara Halbur	F	35	Glidden	IA	00:13:28	74	8:58	00:01:33	01:24:04	58	16.9	00:02:01	01:03:22	77	10:11		02:44:25.31
19	156	Angie Smith	F	42	Iowa City	IA	00:13:48	76	9:11	00:01:06	01:26:21	61	16.4	00:01:30	01:02:57	76	10:07		02:45:39.31
20	179	Dorota Staniewska	F	38	North Liberty	IA	00:13:59	78	9:19	00:00:56	01:27:32	66	16.2	00:01:06	01:08:46	79	11:03		02:52:16.02
21	150	Joan Hackbarth	F	57	Marion	IA	00:13:29	75	8:58	00:03:02	01:34:00	78	15.1	00:02:35	00:59:25	69	9:33		02:52:27.99
22	158	Brinn Delleman	F	22	La Grange	IL	00:12:28	71	8:18	00:01:34	01:34:28	79	15.0	00:02:14	01:02:08	75	9:59		02:52:50.33
23	164	Jean Matzen	F	28	Waterloo	IA	00:15:23	85	10:14	00:02:00	01:30:07	71	15.7	00:01:59	01:13:56	81	11:53		03:03:22.01
24	56	Paige Gundrum	F	20	Cross Plains	WI	00:15:17	84	10:10	00:01:33	01:31:54	74	15.4	00:01:46	01:16:57	83	12:22		03:07:24.23
25	155	Michelle Deutmeyer	F	33	Cedar Rapids	IA	00:14:47	83	9:51	00:01:57	01:34:48	80	14.9	00:03:11	01:14:42	82	12:01		03:09:23.16
26	151	Erin Gavin	F	26	Blue Grass	IA	00:15:43	87	10:28	00:02:01	01:35:23	81	14.9	00:01:40	01:18:58	84	12:42		03:13:42.03
27	62	Rachael Marlar	F	19	Columbia	MO	00:15:24	86	10:15	00:00:59	01:43:38	83	13.7	00:01:11	01:19:02	85	12:43		03:20:11.22

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
1	33	Jonathan Echevers	M	24	Chicago	IL	00:08:34	2	5:42	00:00:37	01:03:20	3	22.4	00:00:46	00:37:07	2	5:58	01:50:22.64
2	12	Evan Culbert	M	21	Columbia	MO	00:08:34	1	5:42	00:00:37	01:03:18	2	22.4	00:00:40	00:38:00	5	6:06	01:51:06.95
3	10	Tyler Christensen	M	21	Madison	WI	00:08:58	7	5:58	00:00:42	01:03:10	1	22.4	00:00:52	00:39:01	7	6:16	01:52:41.94
4	5	Robert Medina	M	22	Madison	WI	00:08:38	4	5:44	00:00:55	01:09:03	13	20.5	00:00:42	00:37:47	4	6:04	01:57:02.70
5	26	Andrew Maxfield	M	19	Madison	WI	00:08:59	8	5:58	00:00:50	01:07:12	8	21.1	00:00:56	00:39:29	8	6:21	01:57:22.52
6	29	William Haltom	M	20	Minneapolis	MN	00:09:02	9	6:01	00:00:53	01:08:01	10	20.8	00:01:01	00:38:38	6	6:12	01:57:32.97
7	27	Joey Hassett	M	18	Des Moines	IA	00:09:07	10	6:04	00:00:44	01:06:38	7	21.3	00:00:49	00:40:46	10	6:33	01:58:02.01
8	18	Nick Meyers	M	19	Ames	IA	00:08:54	5	5:55	00:00:38	01:11:12	19	19.9	00:00:51	00:37:45	3	6:04	01:59:17.01
9	101	Adam Campbell	M	29	Cedar Falls	IA	00:09:54	18	6:35	00:00:48	01:05:21	5	21.7	00:00:52	00:43:11	15	6:56	02:00:04.94
10	14	Justin Jones	M	21	Ames	IA	00:09:50	17	6:33	00:00:57	01:06:14	6	21.4	00:01:23	00:43:01	14	6:55	02:01:22.57
11	43	Colin Gibson	M	21	Columbia	MO	00:09:23	12	6:14	00:00:39	01:11:11	18	19.9	00:00:40	00:39:56	9	6:25	02:01:46.44
12	108	Keith Luegering	M	41	North Liberty	IA	00:10:41	33	7:06	00:01:02	01:05:15	4	21.7	00:01:04	00:45:15	21	7:16	02:03:15.40
13	117	Mike Cherry	M	48	Waverly	IA	00:10:35	29	7:02	00:00:41	01:07:42	9	20.9	00:00:58	00:43:46	18	7:02	02:03:39.43
14	11	Matthew Helmerichs	M	20	Victoria	MN	00:08:57	6	5:57	00:00:52	01:16:18	38	18.6	00:01:06	00:36:44	1	5:54	02:03:54.44
15	25	Craig Albers	M	23	Ames	IA	00:09:42	14	6:27	00:01:00	01:09:41	14	20.3	00:00:47	00:43:45	17	7:02	02:04:51.98
16	116	Brian Hohensee	M	30	Moline	IL	00:09:50	16	6:33	00:00:51	01:08:58	12	20.5	00:01:13	00:44:05	19	7:05	02:04:55.00
17	28	Patrick McGill	M	19	Solon	IA	00:09:07	11	6:04	00:00:43	01:12:17	23	19.6	00:00:54	00:41:59	11	6:45	02:04:57.56
18	37	Brian Jochems	M	24	Lee'S Summit	MO	00:08:37	3	5:44	00:00:43	01:14:15	26	19.1	00:00:47	00:42:02	12	6:45	02:06:21.63
19	104	Eric Boucher	M	28	Coralville	IA	00:10:47	34	7:11	00:01:01	01:10:12	15	20.2	00:01:02	00:43:31	16	7:00	02:06:30.54
20	106	Lucas Borg	M	25	Ames	IA	00:09:40	13	6:26	00:01:07	01:11:18	20	19.9	00:01:12	00:44:43	20	7:11	02:07:56.69
21	102	Lee Juehring	M	46	Muscatine	IA	00:10:35	31	7:03	00:01:19	01:11:24	21	19.8	00:01:19	00:45:54	23	7:23	02:10:28.36
22	110	Matt Hayman	M	36	Davenport	IA	00:10:35	30	7:03	00:00:56	01:10:36	16	20.1	00:01:15	00:47:11	29	7:35	02:10:30.68
23	15	Sam Nilsson	M	23	Ames	IA	00:11:52	62	7:54	00:00:50	01:08:52	11	20.6	00:01:06	00:48:51	36	7:51	02:11:28.74
24	8	Spencer Syvertson	M	19	Paynesville	MN	00:10:34	28	7:02	00:00:49	01:15:32	33	18.8	00:00:46	00:45:23	22	7:18	02:13:01.49
25	123	Patrick Severson	M	33	Cedar Rapids	IA	00:11:36	55	7:43	00:01:04	01:11:56	22	19.7	00:01:13	00:47:45	32	7:40	02:13:31.24
26	112	Tim Kresowik	M	36	Davenport	IA	00:10:09	22	6:45	00:01:02	01:13:21	24	19.3	00:01:14	00:48:02	34	7:43	02:13:44.92
27	71	Hunter Follen	M	22	Edina	MN	00:09:46	15	6:30	00:01:11	01:15:29	32	18.8	00:01:53	00:46:17	25	7:26	02:14:34.26
28	9	David Carius	M	22	Decorah	IA	00:10:22	24	6:54	00:01:14	01:13:59	25	19.1	00:01:23	00:49:02	38	7:53	02:15:58.59
29	127	Andrew Thompson	M	47	Moline	IL	00:10:00	19	6:39	00:01:01	01:15:58	35	18.7	00:01:11	00:48:50	35	7:51	02:16:57.95
30	23	Stephen Dennison	M	20	Maple Grove	MN	00:10:34	27	7:02	00:00:46	01:14:26	27	19.0	00:01:14	00:50:04	44	8:03	02:17:01.58
31	24	Chris Isley	M	23	Ames	IA	00:10:17	23	6:51	00:00:42	01:19:44	44	17.8	00:00:50	00:47:10	28	7:35	02:18:39.89
32	115	Matthew White	M	37	Cedar Rapids	IA	00:11:50	61	7:53	00:01:17	01:15:14	30	18.8	00:01:31	00:49:19	39	7:56	02:19:07.79
33	13	Ryan Frisbie	M	24	Iowa City	IA	00:10:02	20	6:40	00:01:13	01:22:12	55	17.2	00:03:18	00:42:28	13	6:50	02:19:10.99
34	34	Dexter White	M	24	Wichita	KS	00:11:16	49	7:30	00:01:06	01:17:02	39	18.4	00:01:07	00:49:36	41	7:58	02:20:04.11
35	30	Todd Bulver	M	21	Pleasant Hill	IA	00:10:04	21	6:42	00:01:02	01:15:21	31	18.8	00:00:51	00:53:51	59	8:39	02:21:06.32

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	105	Joseph Gillespie	M	36	Iowa City	IA	00:11:15	48	7:29	00:01:36	01:15:39	34	18.7	00:01:30	00:51:23	51	8:16		02:21:22.03
37	20	Jett Ptacek	M	19	Sioux Falls	SD	00:10:24	25	6:55	00:01:14	01:19:05	43	17.9	00:01:10	00:49:44	42	8:00		02:21:34.77
38	35	Andrew Odle	M	22	St. Charles	MO	00:11:14	46	7:28	00:00:57	01:21:49	53	17.3	00:00:57	00:47:25	30	7:37		02:22:19.36
39	39	Eduardo Sobrino	M	19	Flower Mound	TX	00:11:45	57	7:49	00:01:06	01:21:18	51	17.4	00:01:20	00:46:56	27	7:33		02:22:23.28
40	125	Bob Klein	M	54	Dewitt	IA	00:11:49	60	7:52	00:01:32	01:17:42	42	18.2	00:01:22	00:52:09	54	8:23		02:24:31.17
41	31	Brendon Geils	M	20	Ames	IA	00:10:36	32	7:03	00:01:15	01:21:41	52	17.3	00:01:14	00:49:49	43	8:01		02:24:31.85
42	22	Cody Hut	M	22	Highlands Ranch	CO	00:11:58	64	7:58	00:00:57	01:15:05	28	18.9	00:01:03	00:56:28	64	9:05		02:25:28.73
43	44	Jacob Donlin	M	19	Shorewood	MN	00:11:15	47	7:29	00:01:06	01:22:22	56	17.2	00:01:47	00:50:11	45	8:04		02:26:37.86
44	109	Joel Carlson	M	26	Marion	IA	00:11:02	39	7:20	00:00:58	01:27:03	63	16.3	00:01:00	00:47:39	31	7:40		02:27:39.91
45	36	David Ritz	M	18	Columbia	MO	00:11:44	56	7:49	00:01:08	01:21:12	50	17.4	00:01:25	00:53:25	57	8:35		02:28:52.18
46	42	Joel Hereth	M	18	Columbia	MO	00:11:45	58	7:49	00:01:18	01:25:23	60	16.6	00:01:03	00:51:07	50	8:13		02:30:32.48
47	119	Daniel Delleman	M	50	La Grange	IL	00:12:31	72	8:20	00:02:09	01:20:32	46	17.6	00:02:01	00:57:54	66	9:18		02:35:03.93
48	32	Fernando Garcia-Villegas	M	22	Columbia	MO	00:11:13	45	7:28	00:01:50	01:31:02	73	15.6	00:01:29	00:50:31	47	8:07		02:36:03.30
49	251	Michael Freedberg	M	31	Iowa City	IA	00:11:26	52	7:37	00:01:23	01:27:29	65	16.2	00:01:34	00:55:09	62	8:52		02:36:59.67
50	124	Thomas Berg	M	48	Cedar Rapids	IA	00:13:56	77	9:17	00:01:38	01:21:10	49	17.5	00:02:11	00:59:16	68	9:32		02:38:09.24
51	41	Matthew Richards	M	18	Columbia	MO	00:11:09	42	7:25	00:01:45	01:32:55	76	15.2	00:01:21	00:52:08	53	8:23		02:39:14.74
52	114	John Cox	M	40	Lake Zurich	IL	00:11:06	40	7:23	00:01:07	01:29:51	69	15.8	00:01:23	00:56:21	63	9:03		02:39:45.01
53	128	Roscoe Lewis	M	34	Waukee	IA	00:11:21	51	7:33	00:01:53	01:26:21	62	16.4	00:01:40	01:02:02	74	9:58		02:43:14.78
54	122	Todd Brown	M	56	Cedar Rapids	IA	00:14:23	82	9:35	00:01:50	01:19:53	45	17.7	00:01:41	01:09:53	80	11:14		02:47:38.33
55	38	Creighton Deyoung	M	21	St. Louis	MO	00:11:11	43	7:26	00:01:09	01:32:49	75	15.3	00:01:31	01:01:07	72	9:50		02:47:43.69
56	130	Roy Kiberenge	M	34	Iowa City	IA	00:11:46	59	7:50	00:01:56	01:30:11	72	15.7	00:02:22	01:04:14	78	10:20		02:50:27.34
57	40	Ethan Capshaw	M	20	Columbia	NY	00:11:11	44	7:27	00:01:21	01:51:04	84	12.8	00:00:51	00:50:44	49	8:09		02:55:07.93
58	120	John Hondred	M	23	Des Moines	IA	00:12:53	73	8:34	00:00:55	01:42:56	82	13.8	00:01:05	01:01:42	73	9:55		02:59:28.31