

Iowa's Best Dam Triathlon

September 13, 2015

Overall Division Results

Sprint Individual

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	4/133	1/52	1	Joanna Hall	34	F	Coralville	IA	00:06:07.26	00:34:47.59	00:20:42.48		01:03:15.85

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	1/133	1/81	3	Josh Madsen	39	M	North Liberty	IA	00:05:59.42	00:31:44.08	00:19:38.17		00:58:55.96

Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	71/133	21/52	404	Kate Pape	33	F	Coralville	IA	00:09:06.01	00:42:34.43	00:29:26.65		01:23:26.53
2	125/133	47/52	408	Meghan Phelan	36	F	Cedar Rapids	IA	00:10:44.67	00:52:23.42	00:36:48.04		01:44:07.86

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	42/133	32/81	257	Ryan Pape	32	M	Coralville	IA	00:07:14.06	00:41:45.65	00:25:19.47		01:16:58.13
2	65/133	49/81	285	Keith Abkes	44	M	Cedar Rapids	IA	00:08:24.63	00:40:57.68	00:27:02.24		01:21:21.00
3	66/133	50/81	272	Jason Darnell	38	M	Palo	IA	00:07:39.32	00:42:28.97	00:28:32.89		01:21:29.14

Female F Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	19/133	2/52	350	Hannah Fusselman	15	F	Cedar Rapids	IA	00:06:33.03	00:40:12.77	00:21:41.07		01:09:45.80
2	25/133	4/52	353	Sarah Kromminga	19	F	Grimes	IA	00:06:41.77	00:41:08.91	00:22:05.37		01:11:36.41
3	57/133	14/52	352	Taylor Pajunen	16	F	Marion	IA	00:06:52.25	00:48:43.83	00:22:34.36		01:19:33.99

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Male M Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	12/133	11/81	201	Addison Furry	18	M	Cedar Rapids	IA	00:08:33.14	00:34:31.73	00:20:00.21		01:05:51.70
2	41/133	31/81	200	Joshua Stepanek	18	M	Grinnell	IA	00:06:51.52	00:42:52.62	00:24:38.36		01:16:38.16

Female F Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	30/133	6/52	68	Clare Slagel	22	F	Dubuque	IA	00:07:00.96	00:40:59.46	00:23:33.60		01:13:39.26
2	72/133	22/52	360	Michelle Lutz	20	F	Iowa City	IA	00:07:16.70	00:49:30.54	00:25:13.47		01:23:55.11
3	93/133	29/52	369	Sydney Johnson	24	F	Omaha	NE	00:08:23.61	00:50:23.69	00:28:30.04		01:29:24.30

Male M Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	20/133	18/81	2	Zachary Manders	22	M	North Liberty	IA	00:08:36.73	00:39:24.74	00:19:48.07		01:10:01.43
2	36/133	28/81	203	Seth Vanderhorst	23	M	Decorah	IA	00:06:30.51	00:41:33.85	00:24:41.36		01:15:11.04
3	45/133	34/81	205	Ryan Shenefelt	24	M	Cedar Rapids	IA	00:07:03.61	00:45:40.86	00:22:31.83		01:17:27.40

Female F Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	67/133	17/52	372	Amanda Ward	27	F	Iowa City	IA	00:06:59.85	00:49:49.05	00:22:47.13		01:21:37.58
2	68/133	18/52	374	Whitney Achenbaugh	28	F	Iowa City	IA	00:07:42.02	00:46:37.37	00:25:10.71		01:22:03.00
3	69/133	19/52	373	Kelly Stobb	27	F	Cedar Rapids	IA	00:08:18.16	00:45:42.11	00:26:36.82		01:22:23.69

Male M Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	46/133	35/81	207	Ted Schmidt	26	M	Iowa City	IA	00:06:53.02	00:44:37.37	00:24:18.98		01:17:28.89
2	53/133	40/81	212	Kyle Dupic	27	M	Iowa City	IA	00:06:34.42	00:45:40.75	00:23:26.41		01:18:58.49
3	54/133	41/81	379	Ben Timmer	28	M	Cedar Falls	IA	00:06:57.68	00:44:26.58	00:26:16.32		01:19:28.47

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Female F Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	27/133	5/52	400	Sarah Carr	30	F	Iowa City	IA	00:06:34.94	00:43:01.04	00:20:39.89		01:11:59.17
2	31/133	7/52	405	Tamara Abkes	34	F	Cedar Rapids	IA	00:06:13.07	00:43:24.11	00:20:48.38		01:13:43.52
3	37/133	9/52	402	Sarah Doneth	33	F	Bettendorf	IA	00:06:57.29	00:42:24.42	00:23:59.43		01:15:50.54

Male M Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	3/133	3/81	289	Justin Manning	30	M	Tiffin	IA	00:06:16.05	00:34:33.96	00:20:44.90		01:03:12.56
2	10/133	9/81	258	Craig Goldsmith	33	M	Marion	IA	00:06:01.82	00:38:17.14	00:19:45.63		01:05:26.77
3	23/133	20/81	255	Justin Boecker	32	M	Mount Vernon	IA	00:06:08.91	00:41:52.88	00:20:55.50		01:11:28.01

Female F Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	49/133	13/52	407	Jill Snitko	37	F	Marion	IA	00:06:55.43	00:45:57.97	00:23:10.59		01:18:03.00
2	73/133	23/52	412	Jess Harris	38	F	Coralville	IA	00:07:40.19	00:48:59.61	00:24:13.25		01:23:56.91
3	111/133	38/52	411	Meghan Wellsandt	39	F	Lockport	IL	00:08:59.45	00:55:12.03	00:28:42.87		01:35:30.25

Male M Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	9/133	8/81	286	Jason Rabe	35	M	Fairfax	IA	00:06:03.06	00:36:27.77	00:20:23.40		01:04:38.46
2	15/133	14/81	268	Lane McMullen	37	M	North Liberty	IA	00:06:52.54	00:36:36.97	00:22:49.72		01:08:03.93
3	21/133	19/81	291	Ken Daullary	38	M	Marion	IA	00:06:40.92	00:39:29.24	00:22:15.24		01:10:54.24

Female F Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	39/133	10/52	414	Angie Kersten	40	F	Davenport	IA	00:07:28.81	00:41:23.67	00:24:58.51		01:16:02.91
2	47/133	12/52	413	Angela Charsha-Harney	40	F	Coralville	IA	00:07:00.55	00:45:23.33	00:22:12.56		01:17:31.78
3	76/133	24/52	416	Michele Flagel	42	F	Shellsburg	IA	00:08:02.58	00:47:18.38	00:25:51.36		01:24:42.74

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Overall Division Results

Sprint Individual

Male M Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	2/133	2/81	278	Jeff Scharpman	42	M	Lynn Center	IL	00:06:01.25	00:33:03.24	00:20:58.97		01:01:52.71
2	14/133	13/81	282	Mathieu Cagnard	44	M	Cedar Rapids	IA	00:07:04.56	00:36:06.08	00:22:40.03		01:07:47.41
3	16/133	15/81	281	Paul Loete	43	M	Orion	IL	00:06:56.11	00:36:25.38	00:22:41.75		01:08:13.09

Female F Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	35/133	8/52	422	Kathryn Cater	45	F	Cedar Rapids	IA	00:07:30.63	00:39:28.06	00:25:36.48		01:15:07.04
2	81/133	25/52	423	Beth Markovich	46	F	Bettendorf	IA	00:07:39.19	00:49:03.27	00:26:57.92		01:26:21.76
3	88/133	27/52	425	Mary Lynn Griffin	47	F	Midlothian	IL	00:08:53.27	00:48:29.86	00:28:26.79		01:28:10.99

Male M Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	5/133	4/81	300	Kelly Kersten	45	M	Davenport	IA	00:06:40.68	00:33:45.27	00:21:32.44		01:03:41.87
2	7/133	6/81	301	Duane Staskal	47	M	Iowa City	IA	00:06:44.03	00:34:03.61	00:21:40.59		01:04:07.19
3	8/133	7/81	306	Dave Steines	48	M	Mount Vernon	IA	00:06:46.74	00:33:59.57	00:21:57.93		01:04:23.90

Female F Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	22/133	3/52	431	Kim Sprenger	53	F	Iowa City	IA	00:06:48.57	00:38:58.08	00:23:42.85		01:11:12.39
2	44/133	11/52	430	Brita Loynachan	51	F	Marion	IA	00:08:16.58	00:39:42.35	00:26:59.44		01:17:19.34
3	62/133	16/52	428	Tara Coady	50	F	Iowa City	IA	00:08:48.19	00:42:10.80	00:27:55.42		01:21:05.51

Male M Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	6/133	5/81	312	John Stonebarger	51	M	Iowa City	IA	00:07:31.87	00:32:27.10	00:22:31.88		01:04:02.72
2	13/133	12/81	311	George Sehl	51	M	Iowa City	IA	00:06:43.75	00:35:38.51	00:22:08.67		01:05:58.17
3	24/133	21/81	317	John Smith	53	M	Eldridge	IA	00:06:36.21	00:39:45.20	00:22:49.44		01:11:30.52

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Overall Division Results

Sprint Individual

Female F Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	104/133	35/52	440	Nancy Fox	58	F	Marion	IA	00:10:14.46	00:45:53.13	00:33:16.35		01:32:47.18
2	132/133	52/52	437	Katherine Teel	58	F	Rock Island	IL	00:09:34.50	01:14:34.58	00:33:48.00		02:02:10.64

Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	18/133	17/81	320	David Mccullough	56	M	Waverly	IA	00:06:44.92	00:39:42.53	00:21:39.08		01:09:33.91
2	40/133	30/81	323	Ray Thompson	58	M	Washington	IL	00:07:49.52	00:39:45.34	00:25:56.52		01:16:24.01
3	48/133	36/81	318	Ted Olson	55	M	Hiawatha	IA	00:07:52.88	00:42:33.14	00:24:10.28		01:18:00.52

Female F Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	103/133	34/52	435	Ann Vestle	61	F	Cedar Rapids	IA	00:09:31.17	00:48:53.64	00:29:46.63		01:32:15.29
2	122/133	45/52	436	Carol Garnant	62	F	Warrenville	IL	00:09:19.96	00:54:56.45	00:33:15.46		01:40:19.68

Male M Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	52/133	39/81	327	James Tillotson	64	M	Bettendorf	IA	00:07:48.16	00:39:53.12	00:28:06.43		01:18:43.83
2	58/133	44/81	326	John Wieskamp	62	M	North Liberty	IA	00:07:55.50	00:42:08.58	00:26:35.86		01:19:36.24
3	82/133	57/81	325	Greg Bailey	61	M	Oskaloosa	IA	00:09:03.39	00:43:18.48	00:31:41.30		01:26:57.91

Male M Ages 65+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	105/133	70/81	328	Fred Hemsath	72	M	St Joseph	MI	00:09:37.94	00:47:57.54	00:31:43.17		01:33:18.31

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Overall Division Results

Sprint Team

Sprint Team

Div Place	Overall Plc/Total	No.	Name	City	St.	Run	Bike	Run	Penalty	Time
1	1/3	222	The Lodgers	Iowa City	WI	00:06:16.83	00:44:58.84	00:20:35.12		01:13:23.80
2	2/3	224	Die Tri-Ing	Cedar Rapids	IA	00:07:57.29	00:35:17.81	00:29:30.42		01:14:13.17
3	3/3	218	Team Schroder	Shellsburg	WI	00:09:30.98	00:47:04.99	00:28:12.89		01:26:28.26