

# Iowa's Best Dam Triathlon

September 13, 2015

## Overall Results

### Sprint Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
1	3	Josh Madsen	M	39	North Liberty	IA	00:06:00	1	5:59	00:00:44	00:31:45	1	23.5	00:00:52	00:19:39	1	6:19	00:58:55.96
2	278	Jeff Scharpman	M	42	Lynn Center	IL	00:06:02	3	6:01	00:00:58	00:33:04	3	22.6	00:00:52	00:20:59	11	6:45	01:01:52.71
3	289	Justin Manning	M	30	Tiffin	IA	00:06:17	9	6:16	00:00:43	00:34:34	8	21.6	00:00:55	00:20:45	8	6:40	01:03:12.56
4	1	Joanna Hall	F	34	Coralville	IA	00:06:08	6	6:07	00:00:51	00:34:48	9	21.4	00:00:48	00:20:43	7	6:39	01:03:15.85
5	300	Kelly Kersten	M	45	Davenport	IA	00:06:41	18	6:40	00:00:48	00:33:46	4	22.1	00:00:56	00:21:33	15	6:55	01:03:41.87
6	312	John Stonebarger	M	51	Iowa City	IA	00:07:32	57	7:31	00:00:47	00:32:28	2	23.0	00:00:46	00:22:32	26	7:15	01:04:02.72
7	301	Duane Staskal	M	47	Iowa City	IA	00:06:45	22	6:44	00:00:48	00:34:04	6	21.9	00:00:52	00:21:41	17	6:58	01:04:07.19
8	306	Dave Steines	M	48	Mount Vernon	IA	00:06:47	24	6:46	00:00:46	00:34:00	5	21.9	00:00:55	00:21:58	20	7:04	01:04:23.90
9	286	Jason Rabe	M	35	Fairfax	IA	00:06:04	5	6:03	00:00:53	00:36:28	14	20.4	00:00:52	00:20:24	5	6:33	01:04:38.46
10	258	Craig Goldsmith	M	33	Marion	IA	00:06:02	4	6:01	00:00:43	00:38:18	17	19.5	00:00:40	00:19:46	2	6:21	01:05:26.77
11	309	Tony Huegel	M	49	Bettendorf	IA	00:06:48	25	6:47	00:00:56	00:34:55	10	21.4	00:01:09	00:21:43	19	6:59	01:05:29.10
12	201	Addison Furry	M	18	Cedar Rapids	IA	00:08:34	92	8:33	00:01:15	00:34:32	7	21.6	00:01:33	00:20:01	4	6:26	01:05:51.70
13	311	George Sehl	M	51	Iowa City	IA	00:06:44	21	6:43	00:00:40	00:35:39	11	20.9	00:00:49	00:22:09	22	7:07	01:05:58.17
14	282	Mathieu Cagnard	M	44	Cedar Rapids	IA	00:07:05	47	7:04	00:01:00	00:36:07	12	20.7	00:00:58	00:22:41	29	7:17	01:07:47.41
15	268	Lane McMullen	M	37	North Liberty	IA	00:06:53	30	6:52	00:00:47	00:36:37	15	20.4	00:00:58	00:22:50	33	7:20	01:08:03.93
16	281	Paul Loete	M	43	Orion	IL	00:06:57	37	6:56	00:01:01	00:36:26	13	20.5	00:01:09	00:22:42	30	7:18	01:08:13.09
17	280	Adam Pollack	M	43	Iowa City	IA	00:06:58	39	6:57	00:00:45	00:39:51	28	18.7	00:00:46	00:21:13	12	6:49	01:09:30.12
18	320	David McCullough	M	56	Waverly	IA	00:06:45	23	6:44	00:00:43	00:39:43	25	18.8	00:00:46	00:21:40	16	6:58	01:09:33.91
19	350	Hannah Fusselman	F	15	Cedar Rapids	IA	00:06:34	14	6:33	00:00:38	00:40:13	30	18.5	00:00:42	00:21:42	18	6:58	01:09:45.80
20	2	Zachary Manders	M	22	North Liberty	IA	00:08:37	93	8:36	00:01:10	00:39:25	21	18.9	00:01:03	00:19:49	3	6:22	01:10:01.43
21	291	Ken Daullary	M	38	Marion	IA	00:06:41	19	6:40	00:01:04	00:39:30	23	18.9	00:01:26	00:22:16	24	7:09	01:10:54.24
22	431	Kim Sprenger	F	53	Iowa City	IA	00:06:49	27	6:48	00:00:55	00:38:59	20	19.1	00:00:49	00:23:43	38	7:37	01:11:12.39
23	255	Justin Boecker	M	32	Mount Vernon	IA	00:06:09	7	6:08	00:01:14	00:41:53	41	17.8	00:01:18	00:20:56	10	6:44	01:11:28.01
24	317	John Smith	M	53	Eldridge	IA	00:06:37	17	6:36	00:01:01	00:39:46	26	18.8	00:01:20	00:22:50	32	7:20	01:11:30.52
25	353	Sarah Kromminga	F	19	Grimes	IA	00:06:42	20	6:41	00:00:40	00:41:09	34	18.1	00:01:01	00:22:06	21	7:06	01:11:36.41
26	276	Tom Javoroski	M	41	Keota	IA	00:06:57	38	6:56	00:01:04	00:38:52	19	19.2	00:01:00	00:23:49	39	7:39	01:11:39.34
27	400	Sarah Carr	F	30	Iowa City	IA	00:06:35	16	6:34	00:00:56	00:43:02	52	17.3	00:00:48	00:20:40	6	6:39	01:11:59.17
28	267	Karl Hanson	M	37	Milton	WI	00:06:22	10	6:21	00:00:46	00:43:20	54	17.2	00:01:02	00:21:17	13	6:50	01:12:42.84
29	271	Tom Buckheister	M	38	Cedar Rapids	IA	00:06:57	36	6:56	00:00:48	00:41:00	33	18.2	00:01:01	00:23:07	34	7:26	01:12:50.51
30	68	Clare Slagel	F	22	Dubuque	IA	00:07:01	45	7:00	00:00:58	00:41:00	32	18.2	00:01:09	00:23:34	37	7:34	01:13:39.26
31	405	Tamara Abkes	F	34	Cedar Rapids	IA	00:06:14	8	6:13	00:01:28	00:43:25	55	17.2	00:01:51	00:20:49	9	6:41	01:13:43.52
32	273	Mark Holtkamp	M	40	Solon	IA	00:06:01	2	6:00	00:00:59	00:44:47	67	16.7	00:00:59	00:21:27	14	6:53	01:14:10.38
33	313	Philip Roudabush	M	51	North Liberty	IA	00:07:34	58	7:33	00:01:21	00:38:45	18	19.2	00:01:32	00:25:20	53	8:09	01:14:30.34
34	330	Paul Adam	M	50	Iowa City	IA	00:06:48	26	6:47	00:01:33	00:42:29	47	17.6	00:01:39	00:22:37	28	7:16	01:15:02.27
35	422	Kathryn Cater	F	45	Cedar Rapids	IA	00:07:31	56	7:30	00:01:08	00:39:29	22	18.9	00:01:25	00:25:37	55	8:14	01:15:07.04
36	203	Seth Vanderhorst	M	23	Decorah	IA	00:06:31	12	6:30	00:01:15	00:41:34	36	17.9	00:01:12	00:24:42	47	7:56	01:15:11.04

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
37	402	Sarah Doneth	F	33	Bettendorf	IA	00:06:58	40	6:57	00:01:13	00:42:25	46	17.6	00:01:17	00:24:00	40	7:43		01:15:50.54
38	308	Mark Theuerkauf	M	49	Bettendorf	IA	00:07:06	48	7:05	00:01:17	00:41:56	42	17.8	00:01:01	00:24:42	46	7:56		01:15:59.64
39	414	Angie Kersten	F	40	Davenport	IA	00:07:29	55	7:28	00:01:05	00:41:24	35	18.0	00:01:08	00:24:59	50	8:02		01:16:02.91
40	323	Ray Thompson	M	58	Washington	IL	00:07:50	73	7:49	00:01:18	00:39:46	27	18.8	00:01:35	00:25:57	60	8:20		01:16:24.01
41	200	Joshua Stepanek	M	18	Grinnell	IA	00:06:52	28	6:51	00:01:05	00:42:53	51	17.4	00:01:11	00:24:39	45	7:55		01:16:38.16
42	257	Ryan Pape	M	32	Coralville	IA	00:07:15	50	7:14	00:01:10	00:41:46	38	17.9	00:01:30	00:25:20	54	8:09		01:16:58.13
43	261	Richard Seemann	M	34	Fairbank	IA	00:07:08	49	7:07	00:01:30	00:41:50	40	17.8	00:01:44	00:24:59	49	8:02		01:17:07.84
44	430	Brita Loynachan	F	51	Marion	IA	00:08:17	85	8:16	00:01:10	00:39:43	24	18.8	00:01:12	00:27:00	72	8:41		01:17:19.34
45	205	Ryan Shenefelt	M	24	Cedar Rapids	IA	00:07:04	46	7:03	00:00:55	00:45:41	72	16.3	00:01:17	00:22:32	25	7:15		01:17:27.40
46	207	Ted Schmidt	M	26	Iowa City	IA	00:06:54	31	6:53	00:00:51	00:44:38	65	16.7	00:00:49	00:24:19	44	7:49		01:17:28.89
47	413	Angela Charsha-Harney	F	40	Coralville	IA	00:07:01	44	7:00	00:01:45	00:45:24	69	16.4	00:01:12	00:22:13	23	7:08		01:17:31.78
48	318	Ted Olson	M	55	Hiawatha	IA	00:07:53	75	7:52	00:01:16	00:42:34	49	17.5	00:02:10	00:24:11	41	7:46		01:18:00.52
49	407	Jill Snitko	F	37	Marion	IA	00:06:56	35	6:55	00:01:06	00:45:58	76	16.2	00:00:54	00:23:11	35	7:27		01:18:03.00
50	250	Kevin Kay	M	31	Cedar Falls	IA	00:06:54	33	6:53	00:01:11	00:42:19	45	17.6	00:01:37	00:26:26	63	8:30		01:18:25.23
51	269	Steve Madura	M	38	Solon	IA	00:06:58	42	6:57	00:01:18	00:41:49	39	17.8	00:01:25	00:27:09	75	8:44		01:18:36.05
52	327	James Tillotson	M	64	Bettendorf	IA	00:07:49	72	7:48	00:01:12	00:39:54	29	18.7	00:01:45	00:28:07	80	9:02		01:18:43.83
53	212	Kyle Dupic	M	27	Iowa City	IA	00:06:35	15	6:34	00:01:37	00:45:41	71	16.3	00:01:41	00:23:27	36	7:32		01:18:58.49
54	379	Ben Timmer	M	28	Cedar Falls	IA	00:06:58	41	6:57	00:00:54	00:44:27	62	16.8	00:00:54	00:26:17	61	8:27		01:19:28.47
55	290	Kerry Steines	M	30	Belvidere	IL	00:07:43	70	7:42	00:01:37	00:41:40	37	17.9	00:01:27	00:27:05	74	8:42		01:19:29.39
56	213	Aaron Roelfs	M	28	Mediapolis	IA	00:06:54	32	6:53	00:02:33	00:43:56	58	17.0	00:01:53	00:24:19	43	7:49		01:19:32.42
57	352	Taylor Pajunen	F	16	Marion	IA	00:06:53	29	6:52	00:00:42	00:48:44	97	15.3	00:00:43	00:22:35	27	7:15		01:19:33.99
58	326	John Wieskamp	M	62	North Liberty	IA	00:07:56	78	7:55	00:01:15	00:42:09	43	17.7	00:01:42	00:26:36	65	8:33		01:19:36.24
59	217	Robert Tejano	M	29	Aledo	IL	00:07:17	51	7:16	00:01:10	00:44:37	63	16.7	00:00:58	00:25:42	56	8:16		01:19:41.10
60	279	Chris Rasmussen	M	43	Storm Lake	IA	00:07:27	54	7:26	00:01:10	00:44:23	61	16.8	00:01:10	00:25:55	59	8:20		01:20:02.15
61	403	Patricia Watkins	F	33	Iowa City	IA	00:07:53	74	7:52	00:01:17	00:43:40	57	17.1	00:01:05	00:26:41	68	8:35		01:20:34.06
62	428	Tara Coady	F	50	Iowa City	IA	00:08:49	100	8:48	00:01:00	00:42:11	44	17.7	00:01:12	00:27:56	78	8:59		01:21:05.51
63	331	Brian Link	M	55	Coralville	IA	00:07:54	76	7:53	00:01:35	00:44:09	59	16.9	00:01:41	00:25:53	58	8:19		01:21:09.29
64	208	Drake Austin	M	25	Springville	IA	00:06:56	34	6:55	00:01:15	00:45:24	70	16.4	00:01:15	00:26:25	62	8:29		01:21:11.64
65	285	Keith Abkes	M	44	Cedar Rapids	IA	00:08:25	90	8:24	00:02:44	00:40:58	31	18.2	00:02:13	00:27:03	73	8:42		01:21:21.00
66	272	Jason Darnell	M	38	Palo	IA	00:07:40	66	7:39	00:01:20	00:42:29	48	17.6	00:01:29	00:28:33	86	9:11		01:21:29.14
67	372	Amanda Ward	F	27	Iowa City	IA	00:07:00	43	6:59	00:00:53	00:49:50	105	15.0	00:01:10	00:22:48	31	7:20		01:21:37.58
68	374	Whitney Achenbaugh	F	28	Iowa City	IA	00:07:43	69	7:42	00:01:19	00:46:38	80	16.0	00:01:15	00:25:11	51	8:06		01:22:03.00
69	373	Kelly Stobb	F	27	Cedar Rapids	IA	00:08:19	86	8:18	00:00:52	00:45:43	73	16.3	00:00:56	00:26:37	66	8:33		01:22:23.69
70	370	Elizabeth Hood	F	26	Iowa City	IA	00:07:34	59	7:33	00:01:48	00:45:20	68	16.4	00:01:35	00:26:38	67	8:34		01:22:52.54
71	404	Kate Pape	F	33	Coralville	IA	00:09:07	110	9:06	00:01:06	00:42:35	50	17.5	00:01:14	00:29:27	93	9:28		01:23:26.53
72	360	Michelle Lutz	F	20	Iowa City	IA	00:07:17	52	7:16	00:01:02	00:49:31	103	15.1	00:00:53	00:25:14	52	8:07		01:23:55.11

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							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc
73	412	Jess Harris	F	38	Coralville	IA	00:07:41	67	7:40	00:01:23	00:49:00	99	15.2	00:01:42	00:24:14	42	7:47	01:23:56.91
74	210	Michael Keller	M	26	Waterloo	IA	00:06:32	13	6:31	00:01:09	00:50:13	107	14.9	00:01:40	00:24:44	48	7:57	01:24:17.22
75	266	Jason Chapman	M	37	Clive	IA	00:07:42	68	7:41	00:00:56	00:47:45	89	15.6	00:01:06	00:26:51	69	8:38	01:24:17.35
76	416	Michele Flagel	F	42	Shellsburg	IA	00:08:03	80	8:02	00:01:28	00:47:19	85	15.8	00:02:03	00:25:52	57	8:19	01:24:42.74
77	314	Van Schroder	M	51	Shellsburg	IA	00:07:39	64	7:38	00:01:25	00:43:39	56	17.1	00:02:10	00:30:10	95	9:42	01:24:59.88
78	305	Steve Parizek	M	48	Iowa City	IA	00:07:38	63	7:37	00:01:47	00:46:07	78	16.2	00:02:03	00:27:29	76	8:50	01:25:01.37
79	202	Tyler Shelby	M	20	Ames	IA	00:07:23	53	7:22	00:01:39	00:47:42	88	15.6	00:02:12	00:26:54	70	8:39	01:25:46.87
80	227	Benjamin Miller-Todd	M	28	Iowa City	IA	00:07:45	71	7:44	00:01:38	00:46:59	84	15.9	00:01:23	00:28:37	87	9:12	01:26:19.43
81	423	Beth Markovich	F	46	Bettendorf	IA	00:07:40	65	7:39	00:01:07	00:49:04	100	15.2	00:01:35	00:26:58	71	8:40	01:26:21.76
82	325	Greg Bailey	M	61	Oskaloosa	IA	00:09:04	107	9:03	00:01:16	00:43:19	53	17.2	00:01:39	00:31:42	104	10:11	01:26:57.91
83	256	Justin Zellmer	M	32	Cedar Rapids	IA	00:07:37	60	7:36	00:01:23	00:45:49	74	16.3	00:02:04	00:30:10	96	9:42	01:27:02.11
84	315	William Johnson	M	52	Lincoln	NE	00:09:35	121	9:34	00:01:04	00:47:25	87	15.7	00:01:26	00:28:13	81	9:04	01:27:40.43
85	254	Ronald Klose	M	32	Cedar Rapids	IA	00:07:38	62	7:37	00:02:01	00:44:45	66	16.7	00:02:29	00:31:04	99	9:59	01:27:53.86
86	401	Meredith Dennis	F	33	Pleasant Valley	IA	00:08:00	79	7:59	00:00:59	00:51:31	116	14.5	00:01:02	00:26:34	64	8:32	01:28:02.75
87	264	Adam Hill	M	36	Walcott	IA	00:07:38	61	7:37	00:01:21	00:48:30	94	15.4	00:01:35	00:29:02	92	9:20	01:28:04.15
88	425	Mary Lynn Griffin	F	47	Midlothian	IL	00:08:54	104	8:53	00:01:01	00:48:30	95	15.4	00:01:21	00:28:27	84	9:09	01:28:10.99
89	319	Casey Griffin	M	55	Midlothian	IL	00:08:09	82	8:08	00:01:36	00:47:56	90	15.6	00:02:07	00:28:43	88	9:14	01:28:27.61
90	277	Alan Hulleman	M	41	West Des Moines	IA	00:08:53	103	8:52	00:01:56	00:44:38	64	16.7	00:02:28	00:31:12	100	10:02	01:29:03.46
91	226	Sally Timmer	F	26	Cedar Falls	IA	00:08:05	81	8:04	00:01:00	00:50:54	112	14.7	00:01:14	00:27:58	79	8:59	01:29:07.00
92	293	Robert Dennis	M	43	Pleasant Valley	IA	00:08:33	91	8:32	00:01:06	00:49:19	101	15.1	00:01:21	00:28:54	91	9:18	01:29:10.14
93	369	Sydney Johnson	F	24	Omaha	NE	00:08:24	88	8:23	00:01:00	00:50:24	109	14.8	00:01:08	00:28:31	85	9:10	01:29:24.30
94	284	Ronald Wright	M	45	Davenport	IA	00:08:38	94	8:37	00:01:24	00:46:00	77	16.2	00:01:37	00:32:11	108	10:21	01:29:47.06
95	367	Carolyn Coffey	F	22	Cedar Rapids	IA	00:08:09	84	8:08	00:01:06	00:51:07	114	14.6	00:01:36	00:28:19	83	9:06	01:30:14.62
96	371	Suzy Swvier	F	26	Cedar Rapids	IA	00:08:09	83	8:08	00:01:18	00:50:29	110	14.8	00:01:37	00:28:47	90	9:15	01:30:16.17
97	351	Laura Machlab	F	15	Coralville	IA	00:07:54	77	7:53	00:00:47	00:52:49	118	14.1	00:00:43	00:28:13	82	9:04	01:30:23.94
98	206	Brian Choe	M	25	Cedar Rapids	IA	00:08:24	89	8:23	00:01:24	00:50:43	111	14.7	00:02:32	00:27:36	77	8:52	01:30:37.26
99	429	Tami Fiala	F	51	Fairfax	IA	00:09:25	116	9:24	00:01:20	00:46:46	82	15.9	00:01:31	00:32:12	109	10:21	01:31:11.04
100	265	Doug Deimler	M	36	Cedar Rapids	IA	00:09:22	114	9:21	00:01:10	00:46:25	79	16.1	00:01:19	00:33:38	116	10:49	01:31:52.21
101	283	Alex Lohf	M	44	Taylor Ridge	IL	00:08:53	102	8:52	00:01:07	00:46:46	83	15.9	00:01:22	00:33:50	118	10:53	01:31:55.89
102	303	Dean Harken	M	46	Coralville	IA	00:08:41	96	8:40	00:01:27	00:47:21	86	15.7	00:02:17	00:32:28	112	10:26	01:32:11.40
103	435	Ann Vestle	F	61	Cedar Rapids	IA	00:09:32	118	9:31	00:02:06	00:48:54	98	15.2	00:01:59	00:29:47	94	9:35	01:32:15.29
104	440	Nancy Fox	F	58	Marion	IA	00:10:15	128	10:14	00:01:38	00:45:54	75	16.2	00:01:46	00:33:17	115	10:42	01:32:47.18
105	328	Fred Hemsath	M	72	St Joseph	MI	00:09:38	123	9:37	00:01:43	00:47:58	93	15.5	00:02:17	00:31:44	105	10:12	01:33:18.31
106	426	Kara Sehl	F	49	Iowa City	IA	00:09:36	122	9:35	00:01:11	00:50:10	106	14.9	00:01:07	00:31:35	103	10:09	01:33:36.76
107	204	Daniel Nelson	M	24	Coralville	IA	00:08:46	97	8:45	00:02:03	00:47:56	91	15.6	00:02:53	00:32:21	110	10:24	01:33:56.71
108	439	Angela Miller	F	31	Cedar Rapids	IA	00:09:22	115	9:21	00:01:06	00:51:10	115	14.6	00:01:10	00:31:17	102	10:03	01:34:02.50

# Iowa's Best Dam Triathlon

September 13, 2015

## Overall Results

### Sprint Individual

Place	No.	Name	S	Age	City	St.	----- RUN -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	Pace	T1	Time	Plc	Mph	T2	Time			Plc	Pace
109	307	Don Brady	M	49	Davenport	IA	00:10:03	125	10:02	00:02:30	00:44:21	60	16.8	00:02:21	00:34:51	125	11:12		01:34:03.15
110	263	Dustin Edkin	M	35	Moline	IL	00:08:22	87	8:21	00:01:51	00:51:03	113	14.6	00:02:03	00:31:14	101	10:02		01:34:29.83
111	411	Meghan Wellsandt	F	39	Lockport	IL	00:09:00	105	8:59	00:01:17	00:55:13	125	13.5	00:01:20	00:28:43	89	9:14		01:35:30.25
112	409	Amy Kotsonis	F	37	Cedar Falls	IA	00:09:28	117	9:27	00:01:57	00:50:19	108	14.8	00:01:56	00:31:56	107	10:16		01:35:34.03
113	377	Beth Lehman	F	29	Cedar Rapids	IA	00:08:50	101	8:49	00:01:23	00:49:31	102	15.1	00:01:41	00:34:14	120	11:01		01:35:36.05
114	432	Monica Dalton	F	44	Iowa City	IA	00:10:11	127	10:10	00:01:22	00:47:57	92	15.6	00:01:10	00:35:09	126	11:18		01:35:45.51
115	302	Andrew Epstein	M	47	Coralville	IA	00:08:48	98	8:47	00:01:55	00:48:39	96	15.3	00:02:28	00:34:04	119	10:57		01:35:51.75
116	418	Erika Lauer	F	44	Iowa City	IA	00:09:13	112	9:12	00:01:29	00:53:48	121	13.9	00:01:56	00:30:17	98	9:44		01:36:39.25
117	375	Allison Krivachek	F	27	North Liberty	IA	00:09:06	109	9:05	00:01:39	00:54:50	122	13.6	00:01:53	00:30:12	97	9:42		01:37:37.25
118	424	Beth Harris	F	47	Bettendorf	IA	00:10:07	126	10:06	00:01:58	00:49:34	104	15.0	00:01:59	00:34:44	124	11:10		01:38:18.82
119	259	Ruijia Wang	M	33	Kansas City	KS	00:09:06	108	9:05	00:01:29	00:53:38	119	13.9	00:01:59	00:32:25	111	10:25		01:38:33.64
120	253	Stephen Bouxsein	M	31	Iowa City	IA	00:09:09	111	9:08	00:01:09	00:53:42	120	13.9	00:01:10	00:34:37	121	11:08		01:39:44.08
121	316	Robert Brandriff	M	52	Bellevue	NE	00:10:01	124	10:00	00:01:56	00:46:46	81	15.9	00:02:40	00:38:47	131	12:28		01:40:07.38
122	436	Carol Garnant	F	62	Warrenville	IL	00:09:20	113	9:19	00:01:01	00:54:57	123	13.6	00:01:48	00:33:16	114	10:42		01:40:19.68
123	304	Stephen Allen	M	47	North Liberty	IA	00:09:33	119	9:32	00:01:54	00:55:26	126	13.5	00:01:57	00:33:01	113	10:37		01:41:49.09
124	364	Katie Nunemaker	F	21	Cedar Rapids	IA	00:09:03	106	9:02	00:01:06	00:55:03	124	13.5	00:01:10	00:35:42	127	11:29		01:42:01.90
125	408	Meghan Phelan	F	36	Cedar Rapids	IA	00:10:45	131	10:44	00:01:47	00:52:24	117	14.2	00:02:25	00:36:49	128	11:50		01:44:07.86
126	209	Brooks Miller	M	25	Kalona	IA	00:08:49	99	8:48	00:01:46	01:02:57	132	11.8	00:01:51	00:31:49	106	10:14		01:47:09.38
127	368	Megan Howard	F	24	Mokena	IL	00:10:45	130	10:44	00:01:10	00:57:21	127	13.0	00:01:52	00:37:29	129	12:03		01:48:34.52
128	427	Alison Lynch	F	49	Iowa City	IA	00:10:50	132	10:49	00:01:56	01:00:56	130	12.2	00:02:37	00:34:43	122	11:10		01:50:59.56
129	410	Kelly Leadingham	F	37	Crest Hill	IL	00:10:50	134	10:49	00:01:17	00:59:56	129	12.4	00:01:46	00:38:15	130	12:18		01:52:02.46
130	406	Dianne Southard	F	36	North Liberty	IA	00:10:50	133	10:49	00:01:31	01:03:23	133	11.8	00:01:40	00:39:18	132	12:38		01:56:39.36
131	332	Eric Lynch	M	52	Iowa City	IA	00:10:41	129	10:40	00:12:07	01:01:02	131	12.2	00:02:30	00:34:43	123	11:10		02:00:59.89
132	437	Katherine Teel	F	58	Rock Island	IL	00:09:35	120	9:34	00:02:11	01:14:35	134	10.0	00:02:04	00:33:49	117	10:52		02:02:10.64
133	275	Larry Young	M	41	Coralville	IA	00:15:09	135	15:08	00:02:21	00:58:09	128	12.8	00:03:03	00:50:36	133	16:16		02:09:14.15

# Iowa's Best Dam Triathlon

September 13, 2015

## 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

# Iowa's Best Dam Triathlon

September 13, 2015

## Did Not Finish or Disqualified

### Sprint Individual

Reason	No.	Name	Gender	Age	City	St.	----- RUN -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	Plc		Time	Plc	Mph		Time	Plc	Pace		
STD	363	Zoe Sirotiak	Female	20	Ames	IA	00:06:31	11	6:30	00:00:51									
STD	103	Bob Brooker	Male	53	Cedar Rapids	IA	00:08:39	95	8:38	00:01:38	00:37:13	16	20.0						