

# Iowa's Best Dam Triathlon

September 13, 2015

## Sprint Individual

### Overall Results - Female

| Place | No. | Name                  | S | Age | City            | St. | ----- RUN ----- |     |       | ----- BIKE ----- |          |     | ----- RUN ----- |          |          | Penalty | Total Time |     |             |
|-------|-----|-----------------------|---|-----|-----------------|-----|-----------------|-----|-------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-----|-------------|
|       |     |                       |   |     |                 |     | Time            | Plc | Pace  | T1               | Time     | Plc | Mph             | T2       | Time     |         |            | Plc | Pace        |
| 1     | 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 |
| 2     | 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 |
| 3     | 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 |
| 4     | 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 |
| 5     | 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 |
| 6     | 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 |
| 7     | 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 |
| 8     | 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 |
| 9     | 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 |
| 10    | 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 |
| 11    | 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 |
| 12    | 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 |
| 13    | 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 |
| 14    | 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 |
| 15    | 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 |
| 16    | 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 |
| 17    | 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 |
| 18    | 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 |
| 19    | 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 |
| 20    | 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 |
| 21    | 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 |
| 22    | 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 |
| 23    | 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 |
| 24    | 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 |
| 25    | 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 |
| 26    | 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 |
| 27    | 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 |
| 28    | 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 |
| 29    | 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 |
| 30    | 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 |
| 31    | 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 |
| 32    | 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 |
| 33    | 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 |
| 34    | 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 |
| 35    | 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 |

# Iowa's Best Dam Triathlon

September 13, 2015

## Sprint 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        |
| 36    | 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 |
| 37    | 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 |
| 38    | 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 |
| 39    | 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 |
| 40    | 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 |
| 41    | 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 |
| 42    | 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 |
| 43    | 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 |
| 44    | 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 |
| 45    | 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 |
| 46    | 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 |
| 47    | 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 |
| 48    | 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 |
| 49    | 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 |
| 50    | 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 |
| 51    | 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 |
| 52    | 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 |

# Iowa's Best Dam Triathlon

September 13, 2015

## Sprint Individual

### Overall Results - Male

| 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     | 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 |
| 5     | 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 |
| 6     | 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 |
| 7     | 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 |
| 8     | 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 |
| 9     | 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 |
| 10    | 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 |
| 11    | 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 |
| 12    | 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 |
| 13    | 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 |
| 14    | 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 |
| 15    | 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 |
| 16    | 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 |
| 17    | 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 |
| 18    | 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 |
| 19    | 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 |
| 20    | 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 |
| 21    | 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 |
| 22    | 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 |
| 23    | 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 |
| 24    | 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 |
| 25    | 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 |
| 26    | 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 |
| 27    | 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 |
| 28    | 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 |
| 29    | 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 |
| 30    | 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 |
| 31    | 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 |
| 32    | 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 |
| 33    | 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 |
| 34    | 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 |
| 35    | 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 |

# Iowa's Best Dam Triathlon

September 13, 2015

## Sprint Individual

### Overall Results - Male

| Place | No. | Name                 | S | Age | City            | St. | ----- RUN ----- |     |      | ----- BIKE ----- |          |     | ----- RUN ----- |          |          | Penalty | Total Time |     |             |
|-------|-----|----------------------|---|-----|-----------------|-----|-----------------|-----|------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-----|-------------|
|       |     |                      |   |     |                 |     | Time            | Plc | Pace | T1               | Time     | Plc | Mph             | T2       | Time     |         |            | Plc | Pace        |
| 36    | 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 |
| 37    | 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 |
| 38    | 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 |
| 39    | 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 |
| 40    | 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 |
| 41    | 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 |
| 42    | 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 |
| 43    | 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 |
| 44    | 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 |
| 45    | 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 |
| 46    | 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 |
| 47    | 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 |
| 48    | 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 |
| 49    | 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 |
| 50    | 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 |
| 51    | 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 |
| 52    | 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 |
| 53    | 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 |
| 54    | 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 |
| 55    | 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 |
| 56    | 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 |
| 57    | 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 |
| 58    | 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 |
| 59    | 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 |
| 60    | 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 |
| 61    | 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 |
| 62    | 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 |
| 63    | 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 |
| 64    | 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 |
| 65    | 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 |
| 66    | 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 |
| 67    | 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 |
| 68    | 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 |
| 69    | 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 |
| 70    | 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 |

# Iowa's Best Dam Triathlon

September 13, 2015

## Sprint Individual

### Overall Results - Male

| Place | No. | Name             | S | Age | City          | St. | ----- RUN ----- |     |       | T1       | ----- BIKE ----- |     |      | ----- RUN ----- |          |     | Penalty | Total Time |             |
|-------|-----|------------------|---|-----|---------------|-----|-----------------|-----|-------|----------|------------------|-----|------|-----------------|----------|-----|---------|------------|-------------|
|       |     |                  |   |     |               |     | Time            | Plc | Pace  |          | Time             | Plc | Mph  | T2              | Time     | Plc |         |            | Pace        |
| 71    | 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 |
| 72    | 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 |
| 73    | 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 |
| 74    | 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 |
| 75    | 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 |
| 76    | 253 | Stephen Boussein | 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 |
| 77    | 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 |
| 78    | 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 |
| 79    | 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 |
| 80    | 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 |
| 81    | 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 |