

Camp Courageous Sprint Triathlon

August 7, 2016

Overall Results

Note: Penalty list at end of results

Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
1	466	Chrzstopher Lam	M	21	Rochester	MN	00:07:19	1	1:27	00:00:40	00:40:41	2	22.9	00:00:41	00:19:00	1	6:06	01:08:18.52
2	304	R J Montes	M	37	Dubuque	IA	00:09:03	21	1:48	00:00:31	00:40:14	1	23.1	00:00:31	00:19:24	2	6:14	01:09:40.62
3	401	Dallas Clasen	M	22	Peosta	IA	00:08:58	19	1:47	00:00:23	00:40:52	3	22.8	00:00:22	00:20:04	4	6:27	01:10:36.75
4	393	Adam Kassem	M	27	Cedar Rapids	IA	00:08:31	9	1:42	00:00:42	00:41:23	4	22.5	00:00:33	00:19:57	3	6:24	01:11:02.91
5	301	Tom Rutkowski	M	41	Iowa City	IA	00:08:51	17	1:46	00:00:53	00:43:32	9	21.4	00:00:26	00:20:48	8	6:41	01:14:27.12
6	339	Keith Luegering	M	42	North Liberty	IA	00:07:57	3	1:35	00:00:51	00:42:47	7	21.7	00:00:41	00:22:15	18	7:09	01:14:29.42
7	306	Dave Steines	M	49	Mount Vernon	IA	00:08:37	12	1:43	00:00:35	00:41:57	5	22.2	00:00:27	00:22:59	27	7:23	01:14:32.04
8	437	Steven Davis	M	36	North Liberty	IA	00:09:11	22	1:50	00:00:43	00:42:43	6	21.8	00:00:23	00:22:12	17	7:08	01:15:10.07
9	454	Weston Turner	M	14	Cedar Rapids	IA	00:07:36	2	1:31	00:00:20	00:45:01	15	20.7	00:00:22	00:23:15	30	7:28	01:16:31.06
10	458	Ebe Boettcher	M	41	Cedar Rapids	IA	00:09:11	24	1:50	00:00:44	00:44:09	10	21.1	00:00:35	00:23:52	34	7:40	01:18:28.59
11	452	Eric Boucher	M	29	Coralville	IA	00:08:59	20	1:47	00:01:14	00:44:58	14	20.7	00:00:37	00:22:48	24	7:20	01:18:33.21
12	342	Jason Guyer	M	37	Manchester	IA	00:08:20	7	1:39	00:01:20	00:44:42	12	20.8	00:00:37	00:23:53	35	7:41	01:18:48.99
13	421	Rodney Crooks	M	47	Bernard	IA	00:11:13	75	2:14	00:00:37	00:43:07	8	21.6	00:00:27	00:23:47	33	7:39	01:19:08.78
14	316	Quintin Gay	M	15	Cedar Rapids	IA	00:08:00	5	1:35	00:00:29	00:47:26	25	19.6	00:00:31	00:22:58	26	7:23	01:19:21.95
15	383	Laura Moeller	F	39	Ankeny	IA	00:07:59	4	1:35	00:01:24	00:45:18	16	20.5	00:00:48	00:24:06	37	7:45	01:19:33.92
16	355	Craig Goldsmith	M	34	Marion	IA	00:08:34	10	1:42	00:00:41	00:48:19	32	19.2	00:00:20	00:21:52	14	7:02	01:19:43.63
17	428	Lane McMullen	M	38	North Liberty	IA	00:08:41	14	1:44	00:00:45	00:44:32	11	20.9	00:00:49	00:24:59	43	8:02	01:19:44.09
18	344	Natthew Miller	M	41	Waterloo	IA	00:10:48	63	2:09	00:00:57	00:46:27	19	20.0	00:00:59	00:20:49	9	6:41	01:19:58.15
19	463	David Swanson	M	52	Iowa City	IA	00:09:33	30	1:54	00:01:47	00:46:53	23	19.8	00:01:06	00:20:46	6	6:40	01:20:02.40
20	335	Mathieu Cagnard	M	45	Cedar Rapids	IA	00:11:24	79	2:16	00:00:43	00:44:48	13	20.8	00:00:26	00:22:48	23	7:20	01:20:06.79
21	363	Joel Rudd	M	40	Fairfax	IA	00:09:21	26	1:52	00:01:17	00:46:37	21	20.0	00:00:42	00:23:07	29	7:26	01:21:01.84
22	457	Lauren Parello	F	32	Madison	WI	00:09:11	23	1:50	00:00:39	00:45:28	17	20.5	00:00:39	00:25:10	44	8:05	01:21:04.68
23	377	Patrick Severson	M	34	Cedar Rapids	IA	00:09:51	39	1:58	00:00:39	00:47:31	26	19.6	00:00:42	00:22:38	20	7:16	01:21:17.67
24	445	David Cook	M	55	Wilton	IA	00:10:01	44	2:00	00:01:10	00:47:58	30	19.4	00:00:53	00:21:50	13	7:01	01:21:49.45
25	310	Matthew White	M	38	Cedar Rapids	IA	00:09:18	25	1:51	00:01:21	00:46:31	20	20.0	00:00:46	00:24:21	40	7:49	01:22:13.85
26	372	Kim Sprenger	F	54	Iowa City	IA	00:09:57	41	1:59	00:00:32	00:47:38	28	19.5	00:00:31	00:24:20	39	7:49	01:22:54.70
27	444	David Mccullough	M	57	Waverly	IA	00:10:13	49	2:02	00:01:05	00:48:22	33	19.2	00:00:51	00:22:46	22	7:19	01:23:15.03
28	432	Orion Staskal	M	17	Iowa City	IA	00:09:58	43	1:59	00:01:47	00:50:48	43	18.3	00:00:21	00:20:42	5	6:39	01:23:33.72
29	388	Pam Connolly	F	46	Dubuque	IA	00:09:31	29	1:54	00:00:49	00:49:46	39	18.7	00:00:43	00:22:52	25	7:21	01:23:38.71
30	425	Aaron House	M	21	Cedar Rapids	IA	00:09:42	34	1:56	00:01:56	00:48:15	31	19.3	00:00:56	00:23:07	28	7:26	01:23:54.30
31	386	William Sindelar	M	24	Sherrard	IL	00:12:32	103	2:30	00:01:41	00:47:12	24	19.7	00:00:41	00:22:04	16	7:05	01:24:07.49
32	332	Charles Meyer	M	47	Highlands Ranch	CO	00:10:45	61	2:08	00:01:13	00:50:06	40	18.6	00:01:00	00:21:42	11	6:58	01:24:43.55
33	319	Drake Austin	M	26	Springville	IA	00:09:58	42	1:59	00:01:44	00:48:51	35	19.0	00:00:44	00:24:17	38	7:48	01:25:30.11
34	468	Jonathan Lam	M	29	Cedar Rapids	IA	00:10:06	46	2:01	00:00:42	00:45:43	18	20.3	00:01:00	00:28:47	77	9:15	01:26:15.00
35	340	Heidi Sutter	F	43	Asbury	IA	00:10:03	45	2:00	00:00:39	00:52:44	60	17.6	00:00:32	00:22:38	21	7:16	01:26:34.14
36	446	Richard Wyss	M	59	Iowa City	IA	00:09:25	27	1:52	00:01:37	00:47:53	29	19.4	00:00:50	00:27:20	63	8:47	01:27:02.55

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
37	308	Brita Loynachan	F	52	Marion	IA	00:10:27	52	2:05	00:00:48	00:46:41	22	19.9	00:00:49	00:28:26	74	9:08	01:27:08.76
38	348	Matt Vorwald	M	35	Dyersville	IA	00:13:24	119	2:40	00:01:54	00:52:28	56	17.7	00:00:31	00:20:47	7	6:41	01:29:00.48
39	411	Brian Fitzpatrick	M	34	Solon	IA	00:12:11	94	2:26	00:00:49	00:54:05	66	17.2	00:01:00	00:21:45	12	6:59	01:29:46.40
40	407	James Daubenmier	M	72	Cedar Rapids	IA	00:14:13	130	2:50	00:00:56	00:47:36	27	19.5	00:01:03	00:26:02	52	8:22	01:29:47.44
41	441	Murphy Mcgrath	M	31	Cedar Rapids	IA	00:11:05	72	2:12	00:02:25	00:49:37	38	18.7	00:02:14	00:24:31	41	7:53	01:29:49.05
42	318	Jill Powers	F	37	Dubuque	IA	00:08:40	13	1:43	00:00:55	00:54:25	69	17.1	00:00:32	00:25:27	48	8:11	01:29:57.00
43	440	Eric Lockwood	M	55	Marion	IA	00:11:15	76	2:14	00:01:22	00:51:01	44	18.2	00:01:08	00:25:23	46	8:10	01:30:05.78
44	329	Daniel Vancamp	M	33	Cedar Rapids	IA	00:09:35	31	1:54	00:00:59	00:48:44	34	19.1	00:00:57	00:30:00	84	9:39	01:30:13.28
45	447	Joe Welch	M	20	Cedar Rapids	IA	00:11:37	82	2:19	00:03:13	00:53:17	62	17.5	00:00:34	00:21:39	10	6:57	01:30:18.50
46	346	Ryan Pape	M	33	Coralville	IA	00:10:42	59	2:08	00:01:12	00:51:14	46	18.2	00:01:05	00:26:12	54	8:25	01:30:22.34
47	429	Annette Wittrock	F	37	Ottumwa	IA	00:09:25	28	1:52	00:00:40	00:51:46	49	18.0	00:00:31	00:28:23	71	9:08	01:30:43.08
48	369	Amy Mundisev	F	39	Eldridge	IA	00:11:04	71	2:12	00:00:58	00:51:04	45	18.2	00:00:50	00:27:13	59	8:45	01:31:05.96
49	327	Trinity Borland	F	16	Bettendorf	IA	00:08:06	6	1:37	00:03:38	00:56:51	86	16.4	00:00:38	00:21:59	15	7:04	01:31:10.41
50	356	Joel Ahrendsen	M	29	Oxford Jct.	IA	00:10:36	56	2:07	00:01:18	00:56:02	79	16.6	00:01:17	00:22:31	19	7:14	01:31:40.81
51	394	Anthony Arnone	M	51	Iowa City	IA	00:11:41	84	2:20	00:01:59	00:52:35	58	17.7	00:01:31	00:23:59	36	7:43	01:31:42.82
52	351	Jason Haag	M	42	Marion	IA	00:11:28	80	2:17	00:01:28	00:52:05	52	17.9	00:00:44	00:26:09	53	8:24	01:31:51.65
53	370	Andrew Russo	M	59	Iowa City	IA	00:10:27	53	2:05	00:01:52	00:53:12	61	17.5	00:02:01	00:25:26	47	8:11	01:32:54.66
54	398	Joe Mcgrath	M	60	Cedar Rapids	IA	00:09:51	38	1:58	00:01:29	00:49:02	36	19.0	00:01:10	00:31:27	93	10:07	01:32:57.56
55	330	Jill Snitko	F	38	Marion	IA	00:12:24	102	2:28	00:00:58	00:54:25	70	17.1	00:00:43	00:24:38	42	7:55	01:33:04.57
56	387	Matthew Burt	M	26	Marshalltown	IA	00:10:29	54	2:05	00:01:45	00:51:20	47	18.1	00:00:59	00:28:58	79	9:19	01:33:27.64
57	337	Matthew Behnke	M	15	Marion	IA	00:12:19	98	2:27	00:00:58	00:50:33	41	18.4	00:00:44	00:29:27	81	9:28	01:33:58.19
58	434	Ted Olson	M	56	Hiawatha	IA	00:12:44	109	2:32	00:00:45	00:52:38	59	17.7	00:00:55	00:26:59	56	8:41	01:33:58.53
59	423	Sidney Kohl	F	28	Dubuque	IA	00:09:37	33	1:55	00:01:39	00:55:40	76	16.7	00:00:19	00:27:01	58	8:41	01:34:13.32
60	451	Marie Fry	F	35	Dubuque	IA	00:10:43	60	2:08	00:00:58	00:54:57	72	16.9	00:00:57	00:27:00	57	8:41	01:34:33.78
61	448	Melvin Scoville	M	45	Cedar Rapids	IA	00:12:19	97	2:27	00:01:05	00:52:28	57	17.7	00:00:50	00:28:10	69	9:03	01:34:49.27
62	392	Kathy Christensen	F	48	Cedar Rapids	IA	00:10:46	62	2:09	00:01:33	00:54:44	71	17.0	00:00:36	00:27:43	66	8:55	01:35:20.36
63	345	Kate Pape	F	34	Coralville	IA	00:10:55	68	2:10	00:01:13	00:51:47	50	18.0	00:00:51	00:30:38	89	9:51	01:35:21.50
64	450	Chris Fry	M	38	Dubuque	IA	00:14:07	128	2:49	00:02:29	00:53:43	64	17.3	00:01:34	00:23:39	31	7:36	01:35:29.79
65	471	Lori Sindelar	F	56	Sherrard	IL	00:14:19	131	2:51	00:01:13	00:53:22	63	17.4	00:01:04	00:25:47	51	8:17	01:35:43.54
66	438	Chris Bruns	M	43	Cedar Rapids	IA	00:11:32	81	2:18	00:03:53	00:52:11	53	17.8	00:01:16	00:27:33	64	8:51	01:36:21.43
67	317	Michele Flagel	F	43	Shellsburg	IA	00:11:06	73	2:13	00:01:19	00:55:06	74	16.9	00:01:47	00:27:19	61	8:47	01:36:34.74
68	400	Stacey Hirsch	F	37	Dubuque	IA	00:10:51	65	2:10	00:02:09	00:55:54	78	16.6	00:00:39	00:27:20	62	8:47	01:36:49.41
69	358	Stacy Huber	F	40	Cedar Rapids	IA	00:12:44	108	2:32	00:01:08	00:56:37	85	16.4	00:01:03	00:25:29	50	8:11	01:36:58.16
70	336	Bradley Sindelar	M	45	Corydon	IA	00:11:50	86	2:21	00:01:39	00:52:19	54	17.8	00:01:11	00:30:23	87	9:46	01:37:19.21
71	439	Daniel Ingersoll	M	45	Readlyn	IA	00:10:12	48	2:02	00:02:06	00:53:55	65	17.3	00:01:43	00:29:41	82	9:32	01:37:33.94
72	350	Dan Tucker	M	65	Cedar Rapids	IA	00:12:41	107	2:32	00:01:15	00:49:19	37	18.9	00:00:51	00:34:03	121	10:57	01:38:06.02

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							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
73	409	Todd Brown	M	57	Cedar Rapids	IA	00:11:46	85	2:21	00:01:59	00:51:22	48	18.1	00:01:15	00:32:14	104	10:22	01:38:33.41
74	469	Tami Fiala	F	52	Fairfax	IA	00:10:29	55	2:05	00:01:02	00:52:25	55	17.7	00:00:51	00:33:55	120	10:54	01:38:38.83
75	367	Aymane Meziani	M	14	Cedar Rapids	IA	00:09:47	36	1:57	00:00:55	01:00:38	107	15.3	00:00:38	00:26:44	55	8:36	01:38:39.67
76	371	Mikel Betts	M	63	Iowa City	IA	00:12:37	104	2:31	00:01:24	00:54:09	67	17.2	00:01:01	00:30:00	83	9:39	01:39:09.29
77	380	David Stenersen	M	26	Iowa City	IA	00:11:21	78	2:16	00:02:52	00:56:22	82	16.5	00:00:44	00:28:22	70	9:07	01:39:38.13
78	460	Matthew Frandsen	M	26	West Des Moines	IA	00:12:00	92	2:23	00:02:43	00:56:21	81	16.5	00:00:58	00:27:41	65	8:54	01:39:38.59
79	459	Joanna Weyer	F	46	Swisher	IA	00:10:48	64	2:09	00:01:05	00:54:13	68	17.2	00:01:36	00:32:13	102	10:21	01:39:52.81
80	307	Erik Barnhill	M	40	Cedar Rapids	IA	00:08:36	11	1:43	00:02:36	00:59:03	99	15.8	00:01:09	00:28:52	78	9:17	01:40:13.98
81	435	Keaton Hanrahan	M	26	Cedar Rapids	IA	00:08:52	18	1:46	00:02:23	00:56:23	83	16.5	00:00:40	00:32:16	105	10:23	01:40:32.01
82	413	Dana Foster	F	50	Dike	IA	00:10:55	67	2:10	00:02:58	00:59:13	101	15.7	00:02:16	00:25:15	45	8:07	01:40:34.73
83	430	Alisa Staskal	F	49	Iowa City	IA	00:13:30	121	2:41	00:00:57	00:57:27	93	16.2	00:00:22	00:28:34	75	9:11	01:40:48.05
84	385	Tim Polehna	M	32	Robins	IA	00:08:45	16	1:44	00:02:20	00:55:03	73	16.9	00:01:38	00:33:12	113	10:40	01:40:56.16
85	442	Griffin Karr	M	31	Marion	IA	00:10:14	50	2:02	00:02:09	00:55:42	77	16.7	00:01:36	00:31:43	95	10:12	01:41:21.47
86	415	Allison Shedek	F	28	Marion	IA	00:12:45	110	2:32	00:01:45	00:58:59	98	15.8	00:00:36	00:28:02	68	9:01	01:42:05.08
87	453	Janelle Thoms	F	43	Marion	IA	00:11:53	88	2:22	00:01:52	00:57:07	90	16.3	00:01:18	00:31:00	91	9:58	01:43:07.84
88	420	Janneke Bannink	F	15	Shorewood	WI	00:08:24	8	1:40	00:02:35	01:01:27	110	15.1	00:01:06	00:30:03	85	9:40	01:43:32.05
89	391	Courtney Packingham	F	44	Center Point	IA	00:09:48	37	1:57	00:01:49	01:00:45	108	15.3	00:01:07	00:30:39	90	9:51	01:44:05.73
90	417	Cathy Steines	F	47	Mt. Vernon	IA	00:11:17	77	2:15	00:02:56	01:00:57	109	15.3	00:01:19	00:27:48	67	8:56	01:44:15.01
91	354	Eric Schnieders	M	21	Manchester	IA	00:10:39	57	2:07	00:02:56	01:06:48	134	13.9	00:00:34	00:23:41	32	7:37	01:44:35.56
92	315	Jocelyn Wilgenbusch	F	41	Cedar Rapids	IA	00:12:47	111	2:33	00:01:14	00:55:32	75	16.8	00:01:40	00:33:41	116	10:50	01:44:51.25
93	405	Ron Ottaway	M	79	Cedar Rapids	IA	00:14:52	137	2:58	00:01:47	00:50:45	42	18.3	00:02:03	00:35:56	133	11:33	01:45:20.07
94	389	Candice Thomas	F	31	Parkersburg	IA	00:10:21	51	2:04	00:01:27	01:02:34	115	14.9	00:00:38	00:30:35	88	9:50	01:45:32.10
95	412	Jennifer Jordan	F	38	Iowa City	IA	00:14:47	135	2:57	00:01:44	00:57:01	88	16.3	00:00:34	00:31:47	97	10:13	01:45:51.68
96	320	Emily Broadston	F	30	Marion	IA	00:12:05	93	2:24	00:01:09	00:58:29	96	15.9	00:00:51	00:33:27	115	10:45	01:45:58.25
97	381	Ann Vestle	F	62	Cedar Rapids	IA	00:12:23	101	2:28	00:01:21	00:56:12	80	16.5	00:01:18	00:34:55	126	11:14	01:46:07.33
98	426	Mattie Mcdowell	F	24	Cedar Rapids	IA	00:13:01	112	2:36	00:03:13	01:01:30	111	15.1	00:00:44	00:28:24	72	9:08	01:46:49.57
99	414	Doug Deimler	M	37	Cedar Rapids	IA	00:11:39	83	2:19	00:01:13	00:56:32	84	16.5	00:01:16	00:36:41	135	11:48	01:47:19.24
100	373	Madison Chicoine	F	23	Des Moines	IA	00:13:18	115	2:39	00:02:00	01:04:20	125	14.5	00:00:29	00:27:19	60	8:47	01:47:23.29
101	353	Tobi Luetkemeier	M	34	Monticello	IA	00:11:59	91	2:23	00:03:02	00:57:44	94	16.1	00:01:00	00:33:52	118	10:53	01:47:34.74
102	384	Elisabeth Hall	F	23	Dubuque	IA	00:09:35	32	1:54	00:01:37	01:07:25	140	13.8	00:00:46	00:28:37	76	9:12	01:47:58.09
103	465	Willis Sneller	M	70	Cedar Rapids	IA	00:15:17	143	3:03	00:01:48	00:57:24	91	16.2	00:01:49	00:32:13	103	10:21	01:48:29.60
104	416	Joel Cox	M	30	Marion	IA	00:14:32	133	2:54	00:04:13	01:03:49	123	14.6	00:00:37	00:25:27	49	8:11	01:48:35.14
105	325	Christina A Littler	F	38	Cedar Rapids	IA	00:15:47	146	3:09	00:02:03	00:57:25	92	16.2	00:01:52	00:31:48	98	10:14	01:48:52.10
106	326	Chad Huntington	M	44	Dubuque	IA	00:13:15	113	2:38	00:02:24	00:59:10	100	15.7	00:01:40	00:32:46	109	10:32	01:49:12.31
107	359	Jim Francois	M	37	Dubuque	IA	00:13:15	114	2:38	00:02:45	01:00:02	104	15.5	00:00:44	00:32:48	110	10:33	01:49:31.69
108	436	Joseph Taylor	M	28	Cedar Rapids	IA	00:08:42	15	1:44	00:01:46	01:02:45	116	14.8	00:00:56	00:35:27	128	11:24	01:49:33.68

Camp Courageous Sprint Triathlon

August 7, 2016

Overall Results

Note: Penalty list at end of results

Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
109	422	Tina Lampe	F	43	Marion	IA	00:13:29	120	2:41	00:02:09	01:02:02	113	15.0	00:00:29	00:32:01	101	10:18		01:50:06.66
110	464	Andrew Burt	M	28	Rochester	MN	00:15:01	138	3:00	00:02:18	00:56:57	87	16.3	00:01:33	00:34:32	122	11:06		01:50:18.31
111	374	David Hebrink	M	15	Cedar Rapids	IA	00:10:56	69	2:11	00:01:59	01:06:48	133	13.9	00:00:26	00:30:15	86	9:43		01:50:21.41
112	341	Lori Winborn	F	43	Swisher	IA	00:13:58	127	2:47	00:01:48	01:05:16	128	14.3	00:01:00	00:28:26	73	9:08		01:50:25.04
113	390	Paige Jacobs	F	33	Monticello	IA	00:11:57	89	2:23	00:01:44	01:03:42	121	14.6	00:01:21	00:32:00	99	10:17		01:50:41.92
114	433	Amy Rambousek	F	42	Dubuque	IA	00:10:12	47	2:02	00:02:26	01:05:56	130	14.1	00:00:47	00:31:33	94	10:09		01:50:51.13
115	427	Travis Kasner	M	47	Fairfax	IA	00:13:32	123	2:42	00:05:54	00:58:46	97	15.8	00:01:44	00:32:21	106	10:24		01:52:15.40
116	379	Rob Wagner	M	54	North Liberty	IA	00:15:06	140	3:01	00:01:44	00:59:59	103	15.5	00:01:08	00:34:36	123	11:07		01:52:30.05
117	366	Audrey Rasmussen	F	51	Taylor Ridge	IL	00:16:54	149	3:22	00:01:31	01:00:31	105	15.4	00:01:45	00:32:01	100	10:18		01:52:39.92
118	408	Allison Fagerbakke	F	26	Marion	IA	00:09:55	40	1:58	00:02:15	01:06:42	132	13.9	00:01:28	00:32:39	108	10:30		01:52:57.36
119	455	Gabriel Greco	M	16	Cedar Rapids	IA	00:09:44	35	1:56	00:01:41	01:10:54	146	13.1	00:01:28	00:29:15	80	9:24		01:52:58.28
120	328	Daniel Zwack	M	66	Peosta	IA	00:13:30	122	2:41	00:03:39	00:59:27	102	15.6	00:00:46	00:35:49	132	11:31		01:53:08.79
121	410	Samantha Brown	F	23	Cedar Rapids	IA	00:12:20	99	2:27	00:01:53	01:01:56	112	15.0	00:00:55	00:36:42	136	11:48		01:53:44.74
122	449	Catherine Campbell Currier	F	57	Toledo	IA	00:17:03	150	3:24	00:02:15	00:58:20	95	15.9	00:02:17	00:34:36	125	11:08		01:54:29.08
123	404	Brooke Anderson	F	30	Farmington	MI	00:11:59	90	2:23	00:01:45	01:07:22	139	13.8	00:00:27	00:33:01	112	10:37		01:54:31.57
124	302	Stephanie Robinson	F	38	Marion	IA	00:14:26	132	2:53	00:01:52	01:06:01	131	14.1	00:01:17	00:31:05	92	10:00		01:54:38.47
125	424	Patt Mcdowell	M	53	Cedar Rapids	IA	00:12:22	100	2:28	00:02:46	01:02:32	114	14.9	00:02:06	00:35:39	130	11:28		01:55:21.56
126	368	Steve Etten	M	60	Palo	IA	00:13:46	126	2:45	00:02:49	00:51:56	51	17.9	00:03:55	00:43:44	150	14:04		01:56:07.98
127	365	Curt Kimm	M	28	Marion	IA	00:15:11	142	3:02	00:01:47	00:57:05	89	16.3	00:00:41	00:41:31	143	13:21		01:56:13.06
128	321	Gin Henneberry	F	40	Dubuque	IA	00:15:29	144	3:05	00:02:00	01:04:57	127	14.3	00:00:39	00:33:12	114	10:41		01:56:13.62
129	402	William Perreault	M	43	Marion	IA	00:14:52	136	2:58	00:03:12	01:03:57	124	14.5	00:01:41	00:32:51	111	10:34		01:56:30.19
130	322	Lisa Dolphin	F	41	Dubuque	IA	00:10:40	58	2:07	00:02:03	01:07:36	141	13.8	00:00:38	00:35:58	134	11:34		01:56:52.10
131	324	Dawn Moser	F	34	Garber	IA	00:15:07	141	3:01	00:02:13	01:03:04	118	14.7	00:01:13	00:37:26	137	12:02		01:59:00.74
132	314	Kimberly Fillenworth	F	45	Marengo	IA	00:13:20	116	2:39	00:01:42	01:03:03	117	14.8	00:00:49	00:40:21	141	12:58		01:59:12.45
133	352	Jess Luetkemeier	F	29	Monticello	IA	00:14:13	129	2:50	00:03:10	01:08:45	144	13.5	00:00:39	00:33:42	117	10:50		02:00:27.34
134	333	Mari Hammel	F	45	Dubuque	IA	00:10:54	66	2:10	00:02:00	01:07:05	137	13.9	00:01:21	00:39:48	140	12:48		02:01:04.27
135	311	Tracy Folkmann	F	43	Cedar Rapids	IA	00:11:02	70	2:12	00:02:25	01:04:56	126	14.3	00:00:51	00:42:19	145	13:36		02:01:30.84
136	360	Nate Harbin	M	43	Dubuque	IA	00:16:41	148	3:20	00:02:16	01:10:37	145	13.2	00:00:33	00:32:24	107	10:25		02:02:27.66
137	406	Michael Hepker	M	25	Cedar Rapids	IA	00:19:10	152	3:49	00:02:36	01:08:15	142	13.6	00:00:47	00:31:45	96	10:12		02:02:29.98
138	357	Jodi Ahrendsden	F	28	Oxford Jct	IA	00:13:21	117	2:40	00:02:26	01:07:16	138	13.8	00:00:39	00:39:10	138	12:36		02:02:50.14
139	461	Dan Clark	M	59	Cedar Rapids	IA	00:17:55	151	3:34	00:04:20	01:03:12	120	14.7	00:02:28	00:35:42	131	11:29		02:03:34.44
140	462	Linda Clark	F	58	Cedar Rapids	IA	00:13:23	118	2:40	00:02:51	01:03:06	119	14.7	00:02:04	00:42:19	146	13:37		02:03:41.48
141	403	Elijah Perreault	M	12	Marion	IA	00:13:35	124	2:42	00:04:16	01:11:05	147	13.1	00:01:30	00:35:19	127	11:21		02:05:41.11
142	362	Brenda Longfellow	F	44	Coralville	IA	00:11:08	74	2:13	00:02:39	01:06:50	135	13.9	00:03:33	00:41:42	144	13:24		02:05:50.06
143	397	Erica Fagerbakke	F	20	Marion	IA	00:11:50	87	2:21	00:01:56	01:12:37	150	12.8	00:00:39	00:39:37	139	12:44		02:06:36.08
144	313	Ryan West	M	36	Coralville	IA	00:20:40	156	4:07	00:02:47	01:00:35	106	15.4	00:01:32	00:41:18	142	13:17		02:06:49.23

Camp Courageous Sprint Triathlon

August 7, 2016

Overall Results

Note: Penalty list at end of results

Individual

Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc
145	456	Kallie Nichols	F	27	Fairfax	IA	00:15:30	145	3:05	00:02:03	01:06:59	136	13.9	00:00:57	00:42:32	147	13:41	02:07:57.63
146	431	Stephen Fasnacht	M	44	Monticello	IA	00:12:38	105	2:31	00:02:39	01:16:41	151	12.1	00:00:50	00:35:38	129	11:27	02:08:23.19
147	419	Meridith Fennell	F	36	Iowa City	IA	00:13:44	125	2:44	00:02:39	01:12:08	148	12.9	00:00:44	00:42:47	148	13:45	02:11:59.99
148	349	Megan Vorwald	F	30	Dyersville	IA	00:16:18	147	3:15	00:03:06	01:18:40	152	11.8	00:01:14	00:33:53	119	10:54	02:13:08.86
149	338	Russell Behnke	M	46	Marion	IA	00:15:04	139	3:00	00:02:59	01:03:47	122	14.6	00:02:54	00:49:39	152	15:58	02:14:19.84
150	395	Beth Bonz	F	57	Asbury	IA	00:14:37	134	2:55	00:02:30	01:08:32	143	13.6	00:01:59	00:53:09	156	17:06	02:20:43.83
151	364	Julie Heater	F	21	Monticello	IA	00:12:14	95	2:26	00:04:15	01:20:59	153	11.5	00:00:53	00:47:35	151	15:18	02:25:54.29
152	443	Frank Hanan	M	51	Asbury	IA	00:24:24	158	4:52	00:04:20	01:05:54	129	14.1	00:02:47	00:50:34	154	16:16	02:27:56.73
153	378	Todd Young	M	42	Coralville	IA	00:12:39	106	2:31	00:02:31	01:12:13	149	12.9	00:02:30	00:59:01	157	18:59	02:28:52.32
154	396	Gina Reyes	F	42	Iowa City	IA	00:21:24	157	4:16	00:04:44	01:21:09	154	11.5	00:03:21	00:42:55	149	13:48	02:33:29.45
155	334	Rachel Francis	F	22	Suffolk	VA	00:12:15	96	2:26	00:02:28	01:42:45	157	9.1	00:01:34	00:34:36	124	11:08	02:33:35.92
156	418	Michelle Barham	F	34	Cedar Rapids	IA	00:20:30	155	4:05	00:02:32	01:30:29	156	10.3	00:00:50	00:50:00	153	16:05	02:44:18.96
157	312	Ken Budke	M	69	Waterloo	IA	00:20:25	154	4:04	00:07:03	01:29:13	155	10.4	00:01:44	00:52:53	155	17:01	02:51:15.95

Camp Courageous Sprint Triathlon

August 7, 2016

Did Not Finish or Disqualified

Individual

Reason	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time		
STD	467	Skipper Delario	M	36	Marion	IA	00:20:00	153	3:59	00:14:36							