

Camp Courageous Sprint Triathlon

August 7, 2016

Overall Division Results

Individual

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	15/157	1/66	383	Laura Moeller	39	F	Ankeny	IA	00:07:58.62	00:45:17.76	00:24:05.95		01:19:33.92
2	22/157	2/66	457	Lauren Parello	32	F	Madison	WI	00:09:10.80	00:45:27.33	00:25:09.71		01:21:04.68
3	26/157	3/66	372	Kim Sprenger	54	F	Iowa City	IA	00:09:56.13	00:47:37.06	00:24:19.33		01:22:54.70

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/157	1/91	466	Chrzstopher Lam	21	M	Rochester	MN	00:07:18.55	00:40:40.15	00:18:59.92		01:08:18.52
2	2/157	2/91	304	R J Montes	37	M	Dubuque	IA	00:09:02.57	00:40:13.54	00:19:23.30		01:09:40.62
3	3/157	3/91	401	Dallas Clasen	22	M	Peosta	IA	00:08:57.67	00:40:51.69	00:20:03.56		01:10:36.75

Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/157	15/66	345	Kate Pape	34	F	Coralville	IA	00:10:54.84	00:51:46.53	00:30:37.52		01:35:21.50
2	133/157	52/66	352	Jess Luetkemeier	29	F	Monticello	IA	00:14:12.70	01:08:44.30	00:33:41.84		02:00:27.34
3	142/157	57/66	362	Brenda Longfellow	44	F	Coralville	IA	00:11:07.91	01:06:49.52	00:41:41.12		02:05:50.06
4	147/157	60/66	419	Meridith Fennell	36	F	Iowa City	IA	00:13:43.92	01:12:07.65	00:42:46.20		02:11:59.99
5	151/157	63/66	364	Julie Heater	21	F	Monticello	IA	00:12:13.18	01:20:58.66	00:47:34.59		02:25:54.29
6	156/157	66/66	418	Michelle Barham	34	F	Cedar Rapids	IA	00:20:29.70	01:30:28.29	00:49:59.61		02:44:18.96

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	44/157	37/91	329	Daniel Vancamp	33	M	Cedar Rapids	IA	00:09:34.53	00:48:43.93	00:29:59.74		01:30:13.28
2	46/157	39/91	346	Ryan Pape	33	M	Coralville	IA	00:10:41.09	00:51:13.83	00:26:11.30		01:30:22.34
3	73/157	54/91	409	Todd Brown	57	M	Cedar Rapids	IA	00:11:45.95	00:51:21.01	00:32:13.12		01:38:33.41
4	80/157	59/91	307	Erik Barnhill	40	M	Cedar Rapids	IA	00:08:35.01	00:59:02.59	00:28:51.66		01:40:13.98
5	84/157	61/91	385	Tim Polehna	32	M	Robins	IA	00:08:44.93	00:55:02.26	00:33:11.43		01:40:56.16
6	99/157	65/91	414	Doug Deimler	37	M	Cedar Rapids	IA	00:11:38.73	00:56:31.63	00:36:40.53		01:47:19.24
7	101/157	66/91	353	Tobi Luetkemeier	34	M	Monticello	IA	00:11:58.89	00:57:43.30	00:33:51.72		01:47:34.74

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Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
8	107/157	70/91	359	Jim Francois	37	M	Dubuque	IA	00:13:14.67	01:00:01.79	00:32:47.49		01:49:31.69
9	108/157	71/91	436	Joseph Taylor	28	M	Cedar Rapids	IA	00:08:41.24	01:02:44.70	00:35:26.72		01:49:33.68
10	110/157	72/91	464	Andrew Burt	28	M	Rochester	MN	00:15:00.91	00:56:56.19	00:34:31.79		01:50:18.31
11	120/157	77/91	328	Daniel Zwack	66	M	Peosta	IA	00:13:29.79	00:59:26.44	00:35:48.86		01:53:08.79
12	152/157	89/91	443	Frank Hanan	51	M	Asbury	IA	00:24:23.65	01:05:53.76	00:50:33.76		02:27:56.73
13	153/157	90/91	378	Todd Young	42	M	Coralville	IA	00:12:38.75	01:12:12.34	00:59:00.91		02:28:52.32

Female F Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	88/157	26/66	420	Janneke Bannink	15	F	Shorewood	WI	00:08:23.08	01:01:26.25	00:30:03.00		01:43:32.05

Male M Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/157	9/91	454	Weston Turner	14	M	Cedar Rapids	IA	00:07:35.51	00:45:00.30	00:23:14.24		01:16:31.06
2	14/157	14/91	316	Quintin Gay	15	M	Cedar Rapids	IA	00:07:59.73	00:47:25.65	00:22:57.68		01:19:21.95
3	57/157	46/91	337	Matthew Behnke	15	M	Marion	IA	00:12:18.81	00:50:32.60	00:29:26.21		01:33:58.19
4	75/157	55/91	367	Aymane Meziani	14	M	Cedar Rapids	IA	00:09:46.41	01:00:37.06	00:26:43.46		01:38:39.67
5	111/157	73/91	374	David Hebrink	15	M	Cedar Rapids	IA	00:10:55.78	01:06:47.05	00:30:14.39		01:50:21.41
6	141/157	85/91	403	Elijah Perreault	12	M	Marion	IA	00:13:34.02	01:11:04.02	00:35:18.85		02:05:41.11

Female F Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	49/157	10/66	327	Trinity Borland	16	F	Bettendorf	IA	00:08:05.36	00:56:50.81	00:21:58.89		01:31:10.41

Male M Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	28/157	25/91	432	Orion Staskal	17	M	Iowa City	IA	00:09:57.09	00:50:47.70	00:20:41.70		01:23:33.72

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Overall Division Results

Individual

Male M Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
2	119/157	76/91	455	Gabriel Greco	16	M	Cedar Rapids	IA	00:09:43.23	01:10:53.32	00:29:14.28		01:52:58.28

Female F Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	98/157	34/66	426	Mattie Mcdowell	24	F	Cedar Rapids	IA	00:13:00.80	01:01:29.51	00:28:23.42		01:46:49.57
2	100/157	35/66	373	Madison Chicoine	23	F	Des Moines	IA	00:13:17.81	01:04:19.77	00:27:18.01		01:47:23.29
3	102/157	36/66	384	Elisabeth Hall	23	F	Dubuque	IA	00:09:34.96	01:07:24.51	00:28:36.68		01:47:58.09
4	121/157	44/66	410	Samantha Brown	23	F	Cedar Rapids	IA	00:12:19.92	01:01:55.84	00:36:41.79		01:53:44.74
5	143/157	58/66	397	Erica Fagerbakke	20	F	Marion	IA	00:11:49.95	01:12:36.54	00:39:36.14		02:06:36.08
6	155/157	65/66	334	Rachel Francis	22	F	Suffolk	VA	00:12:14.41	01:42:44.84	00:34:35.72		02:33:35.92

Male M Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/157	26/91	425	Aaron House	21	M	Cedar Rapids	IA	00:09:41.16	00:48:14.82	00:23:06.83		01:23:54.30
2	31/157	27/91	386	William Sindelar	24	M	Sherrard	IL	00:12:31.83	00:47:11.23	00:22:03.19		01:24:07.49
3	45/157	38/91	447	Joe Welch	20	M	Cedar Rapids	IA	00:11:36.88	00:53:16.88	00:21:38.62		01:30:18.50
4	91/157	63/91	354	Eric Schnieders	21	M	Manchester	IA	00:10:38.11	01:06:47.44	00:23:40.96		01:44:35.56

Female F Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	59/157	12/66	423	Sidney Kohl	28	F	Dubuque	IA	00:09:36.39	00:55:39.95	00:27:00.09		01:34:13.32
2	86/157	24/66	415	Allison Shedek	28	F	Marion	IA	00:12:44.91	00:58:58.43	00:28:01.84		01:42:05.08
3	118/157	43/66	408	Allison Fagerbakke	26	F	Marion	IA	00:09:54.71	01:06:41.52	00:32:38.52		01:52:57.36
4	138/157	55/66	357	Jodi Ahrendsen	28	F	Oxford Jct	IA	00:13:20.78	01:07:15.02	00:39:09.99		02:02:50.14
5	145/157	59/66	456	Kallie Nichols	27	F	Fairfax	IA	00:15:29.95	01:06:58.07	00:42:31.50		02:07:57.63

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Overall Division Results

Individual

Male M Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/157	4/91	393	Adam Kassem	27	M	Cedar Rapids	IA	00:08:30.17	00:41:22.50	00:19:56.00		01:11:02.91
2	11/157	11/91	452	Eric Boucher	29	M	Coralville	IA	00:08:58.66	00:44:57.52	00:22:47.75		01:18:33.21
3	33/157	29/91	319	Drake Austin	26	M	Springville	IA	00:09:57.07	00:48:50.14	00:24:16.21		01:25:30.11
4	34/157	30/91	468	Jonathan Lam	29	M	Cedar Rapids	IA	00:10:05.19	00:45:42.75	00:28:46.43		01:26:15.00
5	50/157	40/91	356	Joel Ahrendsen	29	M	Oxford Jct.	IA	00:10:35.42	00:56:01.81	00:22:30.34		01:31:40.81
6	56/157	45/91	387	Matthew Burt	26	M	Marshalltown	IA	00:10:28.00	00:51:19.23	00:28:57.33		01:33:27.64
7	77/157	57/91	380	David Stenersen	26	M	Iowa City	IA	00:11:20.88	00:56:21.37	00:28:21.41		01:39:38.13
8	78/157	58/91	460	Matthew Frandsen	26	M	West Des Moines	IA	00:11:59.23	00:56:20.12	00:27:40.07		01:39:38.59
9	81/157	60/91	435	Keaton Hanrahan	26	M	Cedar Rapids	IA	00:08:51.04	00:56:22.89	00:32:15.98		01:40:32.01
10	127/157	80/91	365	Curt Kimm	28	M	Marion	IA	00:15:10.38	00:57:04.68	00:41:30.93		01:56:13.06
11	137/157	83/91	406	Michael Hepker	25	M	Cedar Rapids	IA	00:19:09.43	01:08:14.90	00:31:44.25		02:02:29.98

Female F Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	94/157	30/66	389	Candice Thomas	31	F	Parkersburg	IA	00:10:20.47	01:02:33.26	00:30:34.40		01:45:32.10
2	96/157	32/66	320	Emily Broadston	30	F	Marion	IA	00:12:04.13	00:58:28.39	00:33:26.96		01:45:58.25
3	113/157	40/66	390	Paige Jacobs	33	F	Monticello	IA	00:11:56.78	01:03:41.88	00:31:59.21		01:50:41.92
4	123/157	46/66	404	Brooke Anderson	30	F	Farmington	MI	00:11:58.49	01:07:21.78	00:33:00.05		01:54:31.57
5	131/157	50/66	324	Dawn Moser	34	F	Garber	IA	00:15:06.71	01:03:03.82	00:37:25.24		01:59:00.74
6	148/157	61/66	349	Megan Vorwald	30	F	Dyersville	IA	00:16:17.35	01:18:39.28	00:33:52.60		02:13:08.86

Male M Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/157	15/91	355	Craig Goldsmith	34	M	Marion	IA	00:08:34.00	00:48:18.78	00:21:51.78		01:19:43.63
2	23/157	21/91	377	Patrick Severson	34	M	Cedar Rapids	IA	00:09:50.93	00:47:30.46	00:22:37.07		01:21:17.67
3	39/157	33/91	411	Brian Fitzpatrick	34	M	Solon	IA	00:12:10.21	00:54:04.01	00:21:44.88		01:29:46.40
4	41/157	35/91	441	Murphy Mcgrath	31	M	Cedar Rapids	IA	00:11:04.64	00:49:36.22	00:24:30.59		01:29:49.05
5	85/157	62/91	442	Griffin Karr	31	M	Marion	IA	00:10:13.34	00:55:41.57	00:31:42.34		01:41:21.47
6	104/157	68/91	416	Joel Cox	30	M	Marion	IA	00:14:31.85	01:03:48.05	00:25:26.82		01:48:35.14

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Overall Division Results

Individual

Female F Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	42/157	7/66	318	Jill Powers	37	F	Dubuque	IA	00:08:39.94	00:54:24.50	00:25:26.76		01:29:57.00
2	47/157	8/66	429	Annette Wittrock	37	F	Ottumwa	IA	00:09:24.61	00:51:45.51	00:28:22.84		01:30:43.08
3	48/157	9/66	369	Amy Mundisev	39	F	Eldridge	IA	00:11:03.67	00:51:03.69	00:27:12.30		01:31:05.96
4	55/157	11/66	330	Jill Snitko	38	F	Marion	IA	00:12:23.52	00:54:24.86	00:24:37.05		01:33:04.57
5	60/157	13/66	451	Marie Fry	35	F	Dubuque	IA	00:10:42.93	00:54:56.98	00:26:59.85		01:34:33.78
6	68/157	18/66	400	Stacey Hirsch	37	F	Dubuque	IA	00:10:50.16	00:55:53.28	00:27:19.06		01:36:49.41
7	95/157	31/66	412	Jennifer Jordan	38	F	Iowa City	IA	00:14:46.43	00:57:00.50	00:31:46.91		01:45:51.68
8	105/157	37/66	325	Christina A Littler	38	F	Cedar Rapids	IA	00:15:46.12	00:57:24.19	00:31:47.80		01:48:52.10
9	124/157	47/66	302	Stephanie Robinson	38	F	Marion	IA	00:14:25.92	01:06:00.45	00:31:04.83		01:54:38.47

Male M Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/157	8/91	437	Steven Davis	36	M	North Liberty	IA	00:09:10.11	00:42:42.99	00:22:11.89		01:15:10.07
2	12/157	12/91	342	Jason Guyer	37	M	Manchester	IA	00:08:19.15	00:44:41.81	00:23:52.51		01:18:48.99
3	17/157	16/91	428	Lane McMullen	38	M	North Liberty	IA	00:08:40.06	00:44:32.00	00:24:58.74		01:19:44.09
4	25/157	23/91	310	Matthew White	38	M	Cedar Rapids	IA	00:09:17.78	00:46:30.40	00:24:20.04		01:22:13.85
5	38/157	32/91	348	Matt Vorwald	35	M	Dyersville	IA	00:13:23.13	00:52:27.50	00:20:46.10		01:29:00.48
6	64/157	49/91	450	Chris Fry	38	M	Dubuque	IA	00:14:06.85	00:53:42.30	00:23:38.96		01:35:29.79
7	144/157	86/91	313	Ryan West	36	M	Coralville	IA	00:20:39.67	01:00:34.56	00:41:17.05		02:06:49.23

Female F Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	35/157	5/66	340	Heidi Sutter	43	F	Asbury	IA	00:10:02.34	00:52:43.51	00:22:37.43		01:26:34.14
2	67/157	17/66	317	Michele Flagel	43	F	Shellsburg	IA	00:11:05.60	00:55:05.51	00:27:18.26		01:36:34.74
3	69/157	19/66	358	Stacy Huber	40	F	Cedar Rapids	IA	00:12:43.24	00:56:36.36	00:25:28.20		01:36:58.16
4	87/157	25/66	453	Janelle Thoms	43	F	Marion	IA	00:11:52.95	00:57:06.65	00:30:59.19		01:43:07.84
5	89/157	27/66	391	Courtney Pakingham	44	F	Center Point	IA	00:09:47.16	01:00:44.75	00:30:38.27		01:44:05.73
6	92/157	29/66	315	Jocelyn Wilgenbusch	41	F	Cedar Rapids	IA	00:12:46.71	00:55:31.01	00:33:40.73		01:44:51.25
7	109/157	38/66	422	Tina Lampe	43	F	Marion	IA	00:13:28.02	01:02:01.30	00:32:00.87		01:50:06.66
8	112/157	39/66	341	Lori Winborn	43	F	Swisher	IA	00:13:57.52	01:05:15.22	00:28:25.26		01:50:25.04

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Female F Ages 40 - 44

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9	114/157	41/66	433	Amy Rambousek	42	F	Dubuque	IA	00:10:11.65	01:05:55.23	00:31:32.34		01:50:51.13
10	128/157	48/66	321	Gin Henneberry	40	F	Dubuque	IA	00:15:28.20	01:04:56.48	00:33:11.74		01:56:13.62
11	130/157	49/66	322	Lisa Dolphin	41	F	Dubuque	IA	00:10:39.75	01:07:35.52	00:35:57.03		01:56:52.10
12	135/157	54/66	311	Tracy Folkmann	43	F	Cedar Rapids	IA	00:11:01.54	01:04:55.83	00:42:18.29		02:01:30.84
13	154/157	64/66	396	Gina Reyes	42	F	Iowa City	IA	00:21:23.27	01:21:08.30	00:42:54.30		02:33:29.45

Male M Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/157	5/91	301	Tom Rutkowski	41	M	Iowa City	IA	00:08:50.58	00:43:31.74	00:20:47.13		01:14:27.12
2	6/157	6/91	339	Keith Luegering	42	M	North Liberty	IA	00:07:56.08	00:42:46.78	00:22:14.98		01:14:29.42
3	10/157	10/91	458	Ebe Boettcher	41	M	Cedar Rapids	IA	00:09:10.93	00:44:08.93	00:23:51.13		01:18:28.59
4	18/157	17/91	344	Natthew Miller	41	M	Waterloo	IA	00:10:47.11	00:46:26.54	00:20:49.00		01:19:58.15
5	21/157	20/91	363	Joel Rudd	40	M	Fairfax	IA	00:09:20.33	00:46:36.39	00:23:06.88		01:21:01.84
6	52/157	42/91	351	Jason Haag	42	M	Marion	IA	00:11:27.03	00:52:04.16	00:26:08.97		01:31:51.65
7	66/157	50/91	438	Chris Bruns	43	M	Cedar Rapids	IA	00:11:31.29	00:52:10.02	00:27:32.28		01:36:21.43
8	106/157	69/91	326	Chad Huntington	44	M	Dubuque	IA	00:13:14.48	00:59:09.80	00:32:45.04		01:49:12.31
9	129/157	81/91	402	William Perreault	43	M	Marion	IA	00:14:51.19	01:03:56.73	00:32:50.58		01:56:30.19
10	136/157	82/91	360	Nate Harbin	43	M	Dubuque	IA	00:16:40.68	01:10:36.06	00:32:23.58		02:02:27.66
11	146/157	87/91	431	Stephen Fasnacht	44	M	Monticello	IA	00:12:37.68	01:16:40.73	00:35:37.29		02:08:23.19

Female F Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/157	4/66	388	Pam Connolly	46	F	Dubuque	IA	00:09:30.68	00:49:45.42	00:22:51.50		01:23:38.71
2	62/157	14/66	392	Kathy Christensen	48	F	Cedar Rapids	IA	00:10:45.26	00:54:43.87	00:27:42.92		01:35:20.36
3	79/157	21/66	459	Joanna Weyer	46	F	Swisher	IA	00:10:47.91	00:54:12.86	00:32:12.35		01:39:52.81
4	83/157	23/66	430	Alisa Staskal	49	F	Iowa City	IA	00:13:29.30	00:57:26.63	00:28:33.28		01:40:48.05
5	90/157	28/66	417	Cathy Steines	47	F	Mt. Vernon	IA	00:11:16.08	01:00:56.45	00:27:47.54		01:44:15.01
6	132/157	51/66	314	Kimberly Fillenworth	45	F	Marengo	IA	00:13:19.49	01:03:02.76	00:40:20.23		01:59:12.45
7	134/157	53/66	333	Mari Hammel	45	F	Dubuque	IA	00:10:53.16	01:07:04.03	00:39:47.22		02:01:04.27

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Overall Division Results

Individual

Male M Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/157	7/91	306	Dave Steines	49	M	Mount Vernon	IA	00:08:36.11	00:41:56.22	00:22:58.63		01:14:32.04
2	13/157	13/91	421	Rodney Crooks	47	M	Bernard	IA	00:11:12.91	00:43:06.44	00:23:46.36		01:19:08.78
3	20/157	19/91	335	Mathieu Cagnard	45	M	Cedar Rapids	IA	00:11:23.19	00:44:47.73	00:22:47.15		01:20:06.79
4	32/157	28/91	332	Charles Meyer	47	M	Highlands Ranch	CO	00:10:44.67	00:50:05.54	00:21:41.07		01:24:43.55
5	61/157	48/91	448	Melvin Scoville	45	M	Cedar Rapids	IA	00:12:18.65	00:52:27.84	00:28:09.07		01:34:49.27
6	70/157	51/91	336	Bradley Sindelar	45	M	Corydon	IA	00:11:49.83	00:52:18.15	00:30:22.75		01:37:19.21
7	71/157	52/91	439	Daniel Ingersoll	45	M	Readlyn	IA	00:10:11.81	00:53:54.28	00:29:40.25		01:37:33.94
8	115/157	74/91	427	Travis Kasner	47	M	Fairfax	IA	00:13:31.78	00:58:45.74	00:32:20.99		01:52:15.40
9	149/157	88/91	338	Russell Behnke	46	M	Marion	IA	00:15:03.19	01:03:46.37	00:49:38.41		02:14:19.84

Female F Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/157	6/66	308	Brita Loynachan	52	F	Marion	IA	00:10:26.17	00:46:40.86	00:28:25.54		01:27:08.76
2	74/157	20/66	469	Tami Fiala	52	F	Fairfax	IA	00:10:28.15	00:52:24.42	00:33:54.19		01:38:38.83
3	82/157	22/66	413	Dana Foster	50	F	Dike	IA	00:10:54.17	00:59:12.41	00:25:14.96		01:40:34.73
4	117/157	42/66	366	Audrey Rasmussen	51	F	Taylor Ridge	IL	00:16:53.73	01:00:30.45	00:32:00.21		01:52:39.92

Male M Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/157	18/91	463	David Swanson	52	M	Iowa City	IA	00:09:32.21	00:46:52.97	00:20:45.50		01:20:02.40
2	51/157	41/91	394	Anthony Arnone	51	M	Iowa City	IA	00:11:40.25	00:52:34.86	00:23:58.78		01:31:42.82
3	116/157	75/91	379	Rob Wagner	54	M	North Liberty	IA	00:15:05.75	00:59:58.01	00:34:35.25		01:52:30.05
4	125/157	78/91	424	Patt Mcdowell	53	M	Cedar Rapids	IA	00:12:21.34	01:02:31.04	00:35:38.26		01:55:21.56

Female F Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	65/157	16/66	471	Lori Sindelar	56	F	Sherrard	IL	00:14:18.27	00:53:21.75	00:25:46.87		01:35:43.54
2	122/157	45/66	449	Catherine Campbell Currier	57	F	Toledo	IA	00:17:02.23	00:58:19.29	00:34:36.00		01:54:29.08

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Overall Division Results

Individual

Female F Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
3	140/157	56/66	462	Linda Clark	58	F	Cedar Rapids	IA	00:13:22.81	01:03:05.81	00:42:18.91		02:03:41.48
4	150/157	62/66	395	Beth Bonz	57	F	Asbury	IA	00:14:36.07	01:08:31.22	00:53:08.52		02:20:43.83

Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	24/157	22/91	445	David Cook	55	M	Wilton	IA	00:10:00.33	00:47:57.33	00:21:49.39		01:21:49.45
2	27/157	24/91	444	David Mccullough	57	M	Waverly	IA	00:10:12.47	00:48:21.36	00:22:45.83		01:23:15.03
3	36/157	31/91	446	Richard Wyss	59	M	Iowa City	IA	00:09:24.00	00:47:52.79	00:27:19.50		01:27:02.55
4	43/157	36/91	440	Eric Lockwood	55	M	Marion	IA	00:11:14.12	00:51:00.51	00:25:22.59		01:30:05.78
5	53/157	43/91	370	Andrew Russo	59	M	Iowa City	IA	00:10:26.23	00:53:11.10	00:25:25.64		01:32:54.66
6	58/157	47/91	434	Ted Olson	56	M	Hiawatha	IA	00:12:43.41	00:52:37.96	00:26:58.82		01:33:58.53
7	139/157	84/91	461	Dan Clark	59	M	Cedar Rapids	IA	00:17:54.63	01:03:11.53	00:35:41.58		02:03:34.44

Female F Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	97/157	33/66	381	Ann Vestle	62	F	Cedar Rapids	IA	00:12:22.87	00:56:11.92	00:34:54.73		01:46:07.33

Male M Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	54/157	44/91	398	Joe Mcgrath	60	M	Cedar Rapids	IA	00:09:50.92	00:49:01.39	00:31:26.89		01:32:57.56
2	76/157	56/91	371	Mikel Betts	63	M	Iowa City	IA	00:12:36.92	00:54:08.30	00:29:59.57		01:39:09.29
3	126/157	79/91	368	Steve Etten	60	M	Palo	IA	00:13:45.93	00:51:55.25	00:43:43.67		01:56:07.98

Male M Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	72/157	53/91	350	Dan Tucker	65	M	Cedar Rapids	IA	00:12:40.57	00:49:18.26	00:34:02.15		01:38:06.02
2	157/157	91/91	312	Ken Budke	69	M	Waterloo	IA	00:20:24.61	01:29:13.00	00:52:52.96		02:51:15.95

Camp Courageous Sprint Triathlon

August 7, 2016

Overall Division Results

Individual

Male M Ages 70 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/157	34/91	407	James Daubenmier	72	M	Cedar Rapids	IA	00:14:12.83	00:47:35.32	00:26:01.25		01:29:47.44
2	103/157	67/91	465	Willis Sneller	70	M	Cedar Rapids	IA	00:15:16.82	00:57:23.56	00:32:12.53		01:48:29.60

Male M Ages 75+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	93/157	64/91	405	Ron Ottaway	79	M	Cedar Rapids	IA	00:14:51.89	00:50:44.60	00:35:55.09		01:45:20.07