

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Daniela Williams	37	North Liberty	IA	5:52	42:49	23:01	1:13:23
2	Elaina Mertens	27	Mount Pleasant	IA	6:54	45:01	21:59	1:16:07
3	Angie Heim	38	Norwalk	IA	7:08	44:46	23:05	1:17:41

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jeff Paul	33	LeClaire	IA	5:28	37:35	18:46	1:03:11
2	Evan Culbert	19	Johnston	IA	4:39	40:06	18:31	1:04:41
3	Peder Skoog	34	Waukee	IA	4:42	38:37	20:02	1:04:51

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Melissa Greiner	31	North Liberty	IA	11:39	1:09:47	44:08	2:10:30

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Wesley Hepker	33	North Liberty	IA	7:07	45:25	27:20	1:21:27
2	Jason Mutchler	31	Earlham	IA	8:00	50:53	31:13	1:33:06
3	Adam Fett	30	North Liberty	IA	7:51	54:41	32:23	1:38:41

MALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tyson Wieland	19	Johnston	IA	5:10	43:13	18:50	1:08:30
2	Sam Lundry	14	Bettendorf	IA	5:05	46:16	21:46	1:15:28

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Brad Johnson	21	Iowa City	IA	5:11	39:52	19:44	1:05:59
2	Brice Antons	23	Anamosa	IA	8:53	51:13	28:19	1:30:30
3	Scott Isabella	24	Muscatine	IA	9:36	1:00:08	34:18	1:49:51

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jennifer Parker	27	Iowa City	IA	5:44	48:25	26:11	1:22:47
2	Ashten Degoey	26	North Liberty	IA	6:46	48:49	27:52	1:25:52
3	Natalie Largesse	29	Ankeny	IA	6:30	53:14	23:08	1:26:17

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Tona Mendoza	28	Cedar Rapids	IA	6:40	45:14	22:28	1:17:10
2	Brent Frein	26	Cedar Falls	IA	7:13	49:34	25:53	1:25:13
3	Tyson Brown	28	Dubuque	IA	8:42	50:28	24:39	1:27:12

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Erin Jansen	33	Ankeny	IA	8:04	52:00	24:16	1:27:02
2	Carrie Desotel	32	Cedar Rapids	IA	8:24	52:25	24:14	1:28:31
3	Caitlin Slessor	32	Ely	IA	9:04	59:06	28:50	1:41:03

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Steven Davis	33	North Liberty	IA	6:21	40:37	21:37	1:10:27
2	Nic Shaffer	33	Marion	IA	6:39	40:46	23:21	1:12:40
3	John Neer	34	Des Moines	IA	6:23	43:19	21:40	1:12:59

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jennifer Downe	37	Norwalk	IA	6:25	48:38	24:35	1:22:18
2	Summer Rehkemper	37	Urbandale	IA	8:01	50:42	26:50	1:28:57
3	Jill Snitko	35	Marion	IA	8:48	58:32	26:57	1:37:06

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ebe Boettcher	38	Cedar Rapids	IA	6:33	40:25	22:23	1:11:10
2	Bret Petersen	37	Ankeny	IA	5:53	47:15	25:27	1:20:20
3	Blaine Stott	35	Marion	IA	7:06	46:13	26:09	1:21:49

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Leigh Walker Cook	44	Robins	IA	6:13	46:34	25:55	1:20:52
2	Sara Hanley	43	Ankeny	IA	7:58	53:10	24:22	1:30:35
3	Carrie Spencer	43	Bedford	IA	9:36	55:49	30:33	1:41:05

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Barry Breffle	43	Cedar Rapids	IA	5:06	39:45	21:28	1:07:33
2	Brian Bock	44	Solon	IA	6:17	45:25	23:51	1:17:52
3	Jonathan Meyer	41	Altoona	IA	5:55	44:53	25:51	1:18:41

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jenn Sommermann	49	Freeport	NY	7:33	52:12	27:19	1:29:39
2	Coreen Sweeney	48	Clive	IA	10:29	53:38	32:29	1:39:53

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mike Martens	45	West Des Moines	IA	6:49	47:52	27:47	1:24:45
2	David Green	47	Des Moines	IA	8:11	44:31	30:17	1:26:16
3	Rick Schmidt	45	Des Moines	IA	9:28	48:59	30:57	1:34:36

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Carla Coleman	50	Iowa City	IA	10:31	1:02:04	31:17	1:48:09

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Steve Iverson	53	Altoona	IA	6:01	47:26	26:10	1:23:12
2	Steve Cox	54	Cambridge	IA	8:53	51:19	34:46	1:38:21
3	Timothy Ryken	52	Iowa City	IA	10:00	1:06:56	41:20	2:05:42

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jamey Cox	56	Cambridge	IA	7:45	53:45	32:29	1:37:11

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Guy Olson	56	Cedar Rapids	IA	6:20	40:40	23:45	1:12:40
2	Dan Shaffer	58	Ely	IA	8:09	43:16	25:14	1:19:49
3	Joe McGrath	57	Cedar Rapids	IA	6:45	48:57	28:40	1:26:55

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Martin Lange	62	New Providence	IA	10:28	50:43	32:12	1:37:15

TEAM CATEGORY

1	Stl Hawks			6:10	47:45	25:25	1:20:08
	Eric Greving	Nick Larson	Jessica Greving				
2	Team Young & Old			7:15	46:18	26:08	1:21:07
	Jamie Shea	Chantelle Shea	Ryan Edwards				
3	Team Kelli			8:03	48:22	29:15	1:27:01
	Kelli Lewis	James Lewis	Dave Olson				