

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Elaina Mertens	28	Dubuque	IA	8:43	44:19	21:41	1:16:05
2	Kim Sprenger	52	Iowa City	IA	9:40	46:56	24:14	1:21:53
3	Heidi Sutter	41	Dubuque	IA	10:10	50:07	21:46	1:23:28

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Barry Breffle	44	Cedar Rapids	IA	7:27	37:33	20:08	1:05:45
2	Adam Kassem	25	Cedar Rapids	IA	8:20	40:05	19:29	1:08:56
3	Scott Schemmel	27	Dubuque	IA	8:20	40:46	20:03	1:10:50

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jennet Volden	33	Cedar Rapids	IA	11:12	51:36	32:49	1:37:51
2	Shannon Poe	35	Monticello	IA	12:08	1:02:57	36:36	1:54:50
3	Katie Harms	24	Waterloo	IA	10:46	1:03:49	38:30	1:55:41

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Erik Barnhill	38	Marion	IA	8:20	53:45	27:53	1:33:44
2	Andrew Trotter	41	Cedar Rapids	IA	11:30	51:34	30:07	1:36:25
3	Derek Lagrange	42	Fairfax	IA	11:43	51:30	32:06	1:36:55

FEMALE INDIVIDUAL AGE GROUP: 1 - 15

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Janneke Bannink	13	Shorewood	WI	8:18	1:04:50	31:33	1:47:18
2	Meghan Jones	15	Clarendon Hills	IL	10:29	1:14:03	29:00	1:57:42

MALE INDIVIDUAL AGE GROUP: 1 - 15

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Eamonn McCullough	15	Waverly	IA	7:11	50:53	22:19	1:22:02
2	Weston Turner	12	Cedar Rapids	IA	8:14	51:33	26:31	1:27:13
3	Orion Staskal	15	Iowa City	IA	10:32	53:12	24:21	1:30:13

FEMALE INDIVIDUAL AGE GROUP: 16 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Emily Wallace	18	Walford	IA	7:58	56:30	24:24	1:30:05
2	Allyvia Clasen	16	Peosta	IA	10:19	58:23	28:36	1:38:59
3	Kate Harrison	17	Clarendon Hills	IL	14:27	1:08:23	32:06	1:58:05

MALE INDIVIDUAL AGE GROUP: 16 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	John Roggendorf	19	Marion	IA	7:23	53:13	22:51	1:25:17
2	Justin Arebaugh	18	Marion	IA	7:08	56:17	26:14	1:31:17
3	Riley Roca	18	Clarendon Hills	IL	16:53	1:14:21	44:07	2:21:46

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Brittany Fletcher	23	Cedar Rapids	IA	17:21	57:28	24:49	1:42:35
2	Samantha Brown	21	Cedar Rapids	IA	11:51	55:12	34:20	1:43:12
3	Jessica Arebaugh	20	Marion	IA	8:26	1:07:36	33:15	1:52:16

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Dallas Clasen	20	Peosta	IA	8:39	42:01	20:38	1:12:12
2	Brice Antons	24	Cedar Rapids	IA	10:59	45:47	24:54	1:23:21
3	Jeremy Meyer	24	Cedar Falls	IA	13:20	49:01	22:11	1:26:37

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ashley Chizek	28	North Liberty	IA	10:11	54:40	23:30	1:31:02
2	Abbie Obermiller	25	Iowa City	IA	13:12	54:37	25:26	1:36:06
3	Amy Groshong	26	Marion	IA	12:38	59:55	30:11	1:45:07

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	T. Lorenzen	29	Vinton	IA	8:22	49:10	24:26	1:23:41
2	Joel Ahrendsen	27	Ames	IA	9:42	50:39	23:45	1:26:07
3	Jonathan Lam	27	Cedar Rapids	IA	11:13	46:38	27:55	1:27:01

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jennifer Burke	30	North Liberty	IA	10:03	55:04	26:24	1:33:43
2	Danielle Bonzer	33	Cedar Falls	IA	11:05	55:54	30:23	1:39:56
3	Heidi Meloy	30	Cedar Rapids	IA	11:10	1:01:05	33:40	1:49:10

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Craig Goldsmith	32	Marion	IA	7:59	44:30	20:59	1:14:20
2	Travis Hilsabeck	33	Prairie City	IA	9:45	41:49	22:55	1:16:03
3	Cody Kelley	33	Solon	IA	9:35	43:16	23:49	1:18:14

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jill Powers	35	Dubuque	IA	8:01	53:10	25:31	1:28:21
2	Janae Gross	36	Cedar Falls	IA	11:13	46:46	28:53	1:28:43
3	Angie McCormick	37	Palo	IA	10:56	52:52	22:54	1:29:15

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Chad Goldsmith	37	Coralville	IA	9:03	45:04	18:20	1:13:26
2	Randy Laing	35	Solon	IA	9:55	42:20	21:54	1:15:45
3	Cory Tweden	37	Iowa City	IA	9:16	43:10	22:03	1:16:06

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kathryn Cater	44	Cedar Rapids	IA	9:25	45:31	26:55	1:23:57
2	Melissa Clow	40	Cedar Rapids	IA	11:07	53:31	31:52	1:38:32
3	Robin Kopelman	41	Iowa City	IA	11:42	58:49	28:00	1:40:33

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mark Johnson	41	Hiawatha	IA	8:27	45:22	20:23	1:15:43
2	Bradley Sindelar	43	Corydon	IA	10:50	45:11	25:31	1:23:49
3	Jim Berger	44	Cedar Rapids	IA	9:11	48:35	24:55	1:24:36

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jody Rausch	45	Robins	IA	9:21	50:23	28:09	1:29:18
2	Traci Beitzel	48	Cedar Rapids	IA	11:43	52:46	28:14	1:35:46
3	Rosie Jones	49	West Des Moines	IA	12:20	52:03	30:46	1:36:57

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Roger Cassill	49	Fairfax	IA	11:05	42:43	19:55	1:14:45
2	Duane Staskal	46	Iowa City	IA	9:41	41:36	22:56	1:15:14
3	Jason Aarhus	47	Cedar Rapids	IA	9:17	44:17	23:48	1:18:50

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Brita Loynachan	50	Marion	IA	9:48	45:55	27:29	1:24:41
2	Tami Fiala	50	Fairfax	IA	8:56	50:06	33:04	1:34:28
3	Patricia Kenel	54	Cedar Rapids	IA	9:52	53:48	29:25	1:35:27

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	David Cook	53	Wilton	IA	9:14	47:31	21:50	1:21:21
2	Jerry Kern	54	Cedar Rapids	IA	10:32	46:11	25:37	1:24:19
3	Keith Kenel	53	Cedar Rapids	IA	12:12	50:05	26:22	1:30:50

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Sandy Pint	58	Mount Vernon	IA	13:38	53:56	36:39	1:46:20

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Guy Olson	57	Cedar Rapids	IA	8:02	40:53	22:59	1:13:08
2	David McCullough	55	Waverly	IA	9:28	45:38	21:51	1:18:41
3	Richard Wyss	57	Iowa City	IA	9:27	45:23	27:09	1:24:18

FEMALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Diane Cisewski	62	Edina	MN	11:20	56:35	29:46	1:39:24
2	Ann Vestle	60	Cedar Rapids	IA	11:34	53:12	32:52	1:39:59

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Dan Tucker	63	Cedar Rapids	IA	12:12	43:40	29:41	1:27:15
2	Paul Schomberg	60	Dubuque	IA	11:08	57:12	31:58	1:44:18

MALE INDIVIDUAL AGE GROUP: 65 - 69

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Willie Sneller	68	Cedar Rapids	IA	13:35	52:45	30:48	1:40:58
2	Ken Budke	67	Waterloo	IA	21:49	1:23:59	56:44	2:45:48

FEMALE INDIVIDUAL AGE GROUP: 70 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Sandi Campbell	71	Palatine	IL	11:47	56:59	36:58	1:48:37

MALE INDIVIDUAL AGE GROUP: 70 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ron Ottaway	77	Cedar Rapids	IA	13:24	51:51	36:39	1:44:56

TEAM CATEGORY: Male

1	Bannink-Bannink-Bannink	10:31	37:28	25:42	1:14:21
	Zane Bannink	Jeff Bannink	Johan Bannink		
2	Dalecky-Johnson-Steinberg	7:41	45:37	24:59	1:18:53
	Todd Dalecky	Eric Johnson	Chris Steinberg		
3	Gearhart-Williams-Turner	10:09	50:32	25:48	1:27:09
	Nick Gearhart	John Williams	Mason Turner		

TEAM CATEGORY: Female

1	Vorhies-Erickson-Harris	10:37	1:04:27	27:08	1:42:48
	Christine Vorhies	Kelly Erickson	Ally Harris		
2	Sparrow-Kaspari-Dufoe	10:57	1:02:17	43:50	1:57:42
	Lisa Sparrow	Jessica Kaspari	Melinda Dufoe		
3	Greiner-Etten	15:24	1:05:36	43:39	2:06:53
	Melissa Greiner	Jean Etten			

TEAM CATEGORY: Coed

1	Miskimen-Miskimen-Miskimen	10:37	42:01	27:43	1:21:11
	Kent Miskimen	Shelley Miskimen	Maggie Miskimen		
2	Pizinger-Pizinger-Brown	13:15	48:41	18:47	1:21:15
	Terri Pizinger	Terry Pizinger	Ben Brown		
3	Hinrichs-McDonald-McDonald	11:23	46:59	31:36	1:30:30
	Bonnie Hinrichs	Lance McDonald	Amy McDonald		