

FEMALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								plc	time	yds	time	plc	time	pace	TIME			
1	96	Daniela Williams	North Liberty	IA	38	F	1	7:14	1:20	1:02	1	42:44	21.8	0:54	2	23:37	7:36	1:15:29
2	32	Angie Heim	Norwalk	IA	39	F	4	9:21	1:43	1:15	2	44:41	20.9	1:15	1	23:29	7:34	1:19:58
3	57	Kaiti Muelhaupt	Des Moines	IA	43	F	3	8:54	1:38	1:11	3	46:39	20.0	0:57	3	24:41	7:57	1:22:20
4	41	Melanie Kraft	Norwalk	IA	32	F	6	9:28	1:44	1:15	4	46:43	20.0	1:12	6	25:58	8:22	1:24:34
5	34	Lindsey Horner	Des Moines	IA	35	F	2	8:04	1:29	1:51	5	49:26	18.9	1:06	5	25:42	8:17	1:26:08
6	55	Laura Miller	Ankeny	IA	31	F	9	9:55	1:49	1:23	6	49:45	18.7	0:54	7	26:38	8:35	1:28:33
7	72	Michelle Reints	Madison	WI	32	F	7	9:31	1:45	1:31	9	53:13	17.5	1:57	8	27:34	8:53	1:33:43
8	85	Jill Snitko	Marion	IA	36	F	12	11:44	2:09	1:51	10	54:13	17.2	1:08	4	25:05	8:05	1:33:58
9	19	Karen Deboer	North Liberty	IA	39	F	5	9:23	1:43	1:36	11	54:17	17.2	0:51	12	29:34	9:31	1:35:39
10	47	Christine Mack	Woodsboro	MD	29	F	14	11:50	2:10	1:58	12	54:19	17.2	1:31	10	28:02	9:02	1:37:37
11	84	Therese Slechta	Schleswig	IA	43	F	11	11:13	2:04	1:48	7	50:15	18.5	1:42	17	34:42	11:10	1:39:37
12	90	Jennifer Strum	Cedar Rapids	IA	33	F	13	11:47	2:10	2:11	8	51:41	18.0	1:43	15	33:07	10:40	1:40:27
13	24	Dawn Foss	Swisher	IA	45	F	17	12:40	2:19	2:43	13	54:41	17.0	2:31	11	28:59	9:20	1:41:32
14	39	Taylor Keitzer	Mediapolis	IA	22	F	20	14:51	2:43	2:32	16	57:22	16.2	1:01	9	27:59	9:01	1:43:43
15	9	Tori Breithaupt	Iowa City	IA	44	F	15	12:09	2:14	1:53	17	57:22	16.2	1:30	16	33:46	10:52	1:46:38
16	92	Becky Watts	Iowa City	IA	59	F	19	13:19	2:27	2:41	14	56:25	16.5	1:57	19	34:55	11:15	1:49:16
17	88	Laura Stein	Des Moines	IA	40	F	21	15:11	2:47	1:50	15	56:42	16.4	2:12	20	34:58	11:15	1:50:51
18	60	Krista Ockenfels	Swisher	IA	53	F	10	10:21	1:54	2:38	19	1:02:48	14.8	1:14	18	34:46	11:12	1:51:45
19	78	Cassie Sampson	Des Moines	IA	35	F	8	9:34	1:45	1:58	18	1:02:28	14.9	2:04	21	35:56	11:34	1:51:58
20	74	Renee Robinson	Madison	WI	32	F	18	12:59	2:23	2:23	20	1:04:48	14.4	0:54	14	31:36	10:11	1:52:39
21	66	Vanessa Palmeer	Belle Plaine	IA	32	F	16	12:35	2:19	2:34	21	1:06:27	14.0	0:46	13	31:04	10:00	1:53:24

MALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								plc	time	yds	time	plc	time	pace	TIME			
1	68	Jeff Paul	Leclaire	IA	34	M	5	7:15	1:20	0:39	1	37:44	24.7	0:39	3	19:51	6:24	1:06:06
2	8	Barry Breffle	Cedar Rapids	IA	44	M	3	6:55	1:16	0:41	2	38:49	24.0	0:37	10	22:02	7:06	1:09:02
3	40	Samuel Kohll	Omaha	NE	20	M	11	8:09	1:30	1:45	3	39:10	23.8	1:17	1	19:44	6:21	1:10:03
4	38	Adam Kassem	Cedar Rapids	IA	25	M	19	8:37	1:35	0:58	7	41:05	22.7	0:39	5	20:07	6:29	1:11:24
5	36	Brad Johnson	Cedar Rapids	IA	22	M	4	6:58	1:17	0:46	5	40:19	23.1	0:38	15	23:04	7:26	1:11:44
6	7	Ebe Boettcher	Bertram	IA	39	M	17	8:24	1:33	1:04	4	40:15	23.2	0:53	16	23:05	7:26	1:13:39
7	18	Steven Davis	North Liberty	IA	34	M	23	9:04	1:40	1:07	8	41:27	22.5	0:42	14	22:59	7:24	1:15:17
8	6	Andy Bernholtz	Ankeny	IA	26	M	15	8:20	1:32	1:03	14	43:20	21.5	1:01	7	21:42	6:59	1:15:25
9	62	Guy Olson	Cedar Rapids	IA	57	M	9	7:50	1:26	1:07	6	41:00	22.7	1:00	28	24:51	8:00	1:15:46
10	56	Ryan Mitchell	Ottumwa	IA	36	M	10	8:02	1:29	1:27	26	45:50	20.3	1:35	2	19:47	6:22	1:16:39
11	37	Austin Jones	Grinnell	IA	50	M	2	6:55	1:16	1:17	12	42:34	21.9	1:04	29	24:56	8:02	1:16:44
12	49	Matthew Mahaffey	Webster Groves	MO	36	M	8	7:39	1:24	1:47	11	42:18	22.0	1:03	21	24:03	7:45	1:16:48
13	12	Tim Butterfield	Grinnell	IA	24	M	14	8:14	1:31	1:59	25	45:44	20.4	1:18	4	19:51	6:24	1:17:05
14	21	Daniel Erusha	Marion	IA	35	M	12	8:09	1:30	1:04	15	43:49	21.3	0:45	17	23:20	7:31	1:17:05
15	81	Nic Shaffer	Marion	IA	34	M	21	8:59	1:39	1:31	9	41:38	22.4	1:12	23	24:20	7:50	1:17:38
16	100	Rob Hentzen	West Des Moines	IA	54	M	37	10:25	1:55	1:23	10	41:44	22.3	0:50	20	24:00	7:44	1:18:19
17	14	Roger Cassill	Fairfax	IA	49	M	40	10:41	1:58	1:22	17	44:13	21.1	0:50	6	21:41	6:59	1:18:46
18	5	Christian Baughman	Clive	IA	39	M	50	11:35	2:07	0:46	13	43:05	21.6	0:56	13	22:44	7:19	1:19:04
19	20	Jacob Ehrmann	Cedar Rapids	IA	26	M	24	9:17	1:42	1:43	24	45:35	20.4	0:52	8	21:45	7:00	1:19:09
20	46	Sam Lundry	Bettendorf	IA	15	M	1	6:54	1:16	1:00	21	45:09	20.6	0:57	32	25:21	8:10	1:19:18
21	25	Jonathan Fransen	Des Moines	IA	28	M	33	10:11	1:52	1:29	20	44:50	20.8	0:56	11	22:30	7:15	1:19:55
22	48	Duncan Mackie	Iowa City	IA	32	M	7	7:36	1:24	1:28	16	44:08	21.1	1:06	36	26:05	8:24	1:20:20
23	106	Brian Bock	Solon	IA	45	M	20	8:44	1:36	1:33	23	45:33	20.5	0:52	26	24:27	7:53	1:21:07
24	97	Colin Witt	Des Moines	IA	40	M	26	9:27	1:44	1:24	35	48:08	19.4	0:54	9	21:52	7:03	1:21:43

25	13	Mathieu Cagnard	Cedar Rapids	IA	43	M	44	11:06	2:02	0:59	18	44:27	21.0	0:52	25	24:26	7:52	1:21:49
26	11	Beau Brink	Williamsburg	IA	32	M	34	10:13	1:53	1:19	29	46:20	20.1	0:55	22	24:18	7:50	1:23:04
27	1	Jason Aarhus	Cedar Rapids	IA	47	M	29	9:41	1:47	1:14	31	46:57	19.9	1:21	30	25:03	8:04	1:24:14
28	64	Kenneth Overton	Des Moines	IA	47	M	49	11:27	2:06	2:04	19	44:46	20.8	1:37	34	25:30	8:13	1:25:23
29	52	Mike Martens	West Des Moines	IA	46	M	18	8:26	1:33	1:25	32	47:44	19.5	0:46	44	27:09	8:45	1:25:28
30	82	Gordon Shaffer	Reynoldsburg	OH	62	M	48	11:20	2:05	1:48	28	46:17	20.1	0:58	31	25:08	8:06	1:25:28
31	4	Brice Antons	Cedar Rapids	IA	24	M	42	10:48	1:59	1:21	27	45:56	20.3	0:51	43	26:58	8:41	1:25:52
32	10	Terry Bricker	Ankeny	IA	36	M	32	10:02	1:51	1:08	37	49:01	19.0	1:13	27	24:30	7:53	1:25:53
33	31	Dan Harty	Ankeny	IA	27	M	6	7:30	1:23	1:16	46	52:06	17.9	1:20	19	23:54	7:42	1:26:03
34	105	Randy Pickard	Des Moines	IA	47	M	30	9:43	1:47	1:07	22	45:16	20.6	1:16	52	29:03	9:22	1:26:24
35	95	Matthew White	Cedar Rapids	IA	36	M	27	9:30	1:45	2:50	30	46:26	20.1	1:25	37	26:19	8:29	1:26:28
36	86	Paul Sparks	Bloomington	IN	56	M	31	9:57	1:50	1:46	41	50:35	18.4	1:40	12	22:40	7:18	1:26:35
37	69	Eric Pavey	Grinnell	IA	37	M	16	8:23	1:32	1:30	33	47:54	19.5	1:38	45	27:33	8:52	1:26:56
38	26	Pedro Gonzalez-Ale	Iowa City	IA	42	M	36	10:21	1:54	1:57	39	49:38	18.8	0:57	24	24:20	7:50	1:27:11
39	93	Gary Watts	Iowa City	IA	59	M	25	9:17	1:42	1:56	36	48:14	19.3	1:11	42	26:48	8:38	1:27:24
40	58	Boulos Nassar	Iowa City	IA	36	M	51	11:36	2:08	2:19	34	47:54	19.5	1:12	35	25:38	8:16	1:28:38
41	101	Micah Wittenberg	Pella	IA	17	M	13	8:13	1:31	3:42	38	49:24	18.9	1:08	49	28:26	9:09	1:30:50
42	104	Jason Reuter	Atkins	IA	31	M	56	12:18	2:15	1:15	43	51:02	18.3	1:26	33	25:25	8:11	1:31:24
43	23	Brian Fitzpatrick	Solon	IA	32	M	57	12:33	2:18	0:52	51	53:28	17.4	1:14	18	23:29	7:34	1:31:35
44	35	Matt Jesson	Des Moines	IA	35	M	38	10:26	1:55	0:55	47	52:46	17.7	1:12	41	26:46	8:37	1:32:04
45	28	Grant Gullion	Ottumwa	IA	18	M	22	9:02	1:40	1:35	48	52:48	17.7	2:18	39	26:32	8:33	1:32:13
46	91	Don Utsinger	Sarasota	FL	67	M	28	9:40	1:47	1:04	44	51:29	18.1	1:03	54	30:12	9:44	1:33:26
47	87	Ryan Sprau	Louisville	KY	42	M	41	10:43	1:58	1:28	42	50:56	18.3	1:32	53	29:31	9:30	1:34:08
48	42	Lucas Kuhlmann	Iowa City	IA	40	M	53	11:49	2:10	3:11	49	53:06	17.6	1:15	38	26:24	8:30	1:35:43
49	89	Joel Storm	Iowa City	IA	31	M	52	11:45	2:09	2:12	54	53:47	17.3	0:42	48	28:15	9:06	1:36:40
50	94	Rich Werner	New Hampton	IA	52	M	55	12:02	2:13	3:13	40	49:52	18.7	2:03	57	30:49	9:55	1:37:56
51	53	Tom Meier	Alta	IA	43	M	62	12:44	2:20	2:49	52	53:30	17.4	1:41	46	27:33	8:52	1:38:15
52	30	Charles Harned	Bondurant	IA	29	M	61	12:42	2:20	1:52	45	51:32	18.1	1:17	58	30:59	9:59	1:38:19
53	70	Braxton Pulley	Des Moines	IA	36	M	54	11:50	2:10	2:23	58	55:04	16.9	1:09	50	28:26	9:09	1:38:50
54	59	Steven Null	Knoxville	IA	31	M	70	16:27	3:01	2:40	53	53:46	17.3	0:56	47	28:02	9:02	1:41:49
55	54	Eric Miller	Urbandale	IA	34	M	39	10:29	1:55	3:47	59	55:41	16.7	1:34	56	30:45	9:54	1:42:14
56	65	Tod Owens	Bettendorf	IA	50	M	46	11:11	2:03	2:02	55	54:35	17.1	1:37	62	33:24	10:45	1:42:46
57	71	Nathan Reints	Evansdale	IA	37	M	45	11:09	2:03	2:20	60	55:43	16.7	1:21	60	32:16	10:24	1:42:48
58	103	Nathan Hays	Ames	IA	42	M	66	14:11	2:36	3:03	64	56:52	16.4	1:07	51	28:47	9:16	1:43:58
59	79	Ted Semelroth	Marion	IA	35	M	47	11:18	2:04	1:34	56	54:52	17.0	2:51	63	33:44	10:52	1:44:17
60	17	Steve Cox	Cambridge	IA	55	M	60	12:39	2:19	2:33	50	53:25	17.4	1:56	64	34:05	10:58	1:44:35
61	3	Brant Anderson	Altoona	IA	37	M	43	10:54	2:00	2:59	57	54:54	17.0	1:36	65	34:26	11:05	1:44:47
62	99	Jon Fagre	Ames	IA	60	M	58	12:34	2:18	2:52	61	56:18	16.6	2:03	59	31:10	10:02	1:44:55
63	61	Jeremiah Off	Cedar Rapids	IA	29	M	59	12:36	2:19	2:42	67	1:02:26	14.9	1:28	40	26:37	8:34	1:45:47
64	67	Nick Palmer	Belle Plaine	IA	33	M	65	13:21	2:27	2:39	65	58:24	16.0	1:24	55	30:45	9:54	1:46:30
65	16	Tim Conlon	Iowa City	IA	43	M	35	10:20	1:54	2:25	71	1:06:28	14.0	1:11	61	33:07	10:40	1:53:29
66	50	Michael Malloy	State Center	IA	26	M	67	14:18	2:37	1:59	70	1:03:10	14.8	1:44	66	34:46	11:12	1:55:54
67	102	Jed Wolf	Belle Plaine	IA	32	M	71	16:48	3:05	2:57	63	56:51	16.4	1:29	68	38:28	12:23	1:56:30
68	51	Patrick Maras	Marion	IA	47	M	68	14:40	2:41	3:12	66	59:21	15.7	1:44	67	38:02	12:15	1:56:57
69	77	Timothy Ryken	Solon	IA	53	M	63	13:00	2:23	6:03	68	1:02:49	14.8	3:04	69	39:40	12:46	2:04:34
70	22	Steven Etten	Palo	IA	58	M	64	13:21	2:27	3:52	62	56:37	16.5	5:00	71	48:55	15:45	2:07:42
71	44	Jeff Logan	Ottumwa	IA	45	M	69	14:46	2:42	3:19	69	1:02:52	14.8	2:14	70	47:44	15:22	2:10:53