

IOWA'S BEST DAM TRIATHLON
(Olympic Distance Course)
September 14, 2014
Coralville, Iowa

1.5 K Swim, 38 K Bike, 10 K Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM plc	BIKE time	100 yds	TRAN time	BIKE plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/52	Brian Gorman	Minneapolis	MN	21	M	2	14:21	0:49	0:51	3	1:04:56	21.8	0:55	2	37:13	6:00	1:58:15
2	2/52	Robbie Greco	Brookfield	WI	22	M	5	15:03	0:52	1:17	1	1:02:53	22.5	1:01	7	38:58	6:17	1:59:10
3	3/52	Evan Culbert	Columbia	MO	20	M	1	14:04	0:48	1:32	4	1:05:31	21.6	0:48	3	37:20	6:01	1:59:14
4	4/52	Mark Caballero	Milwaukee	WI	22	M	18	17:57	1:02	1:30	10	1:08:45	20.6	0:49	1	35:45	5:46	2:04:42
5	5/52	Alex Deforest	Dixon	IL	19	M	13	17:29	1:00	1:12	9	1:08:07	20.8	1:18	6	38:44	6:14	2:06:48
6	6/52	Jacob Braaten	Glenwood	MN	22	M	27	18:59	1:05	1:03	7	1:07:16	21.1	1:03	13	40:09	6:28	2:08:28
7	7/52	Ted Treise	Mankato	MN	21	M	39	19:51	1:08	1:09	11	1:09:14	20.5	1:09	4	37:35	6:03	2:08:57
8	8/52	Brad Johnson	Cedar Rapids	IA	22	M	14	17:40	1:01	1:02	5	1:06:51	21.2	1:29	21	42:07	6:47	2:09:08
9	9/52	Andrew Maxfield	Madison	WI	18	M	8	16:28	0:57	1:37	14	1:10:24	20.1	1:54	11	39:30	6:22	2:09:52
10	10/52	Tyler Christensen	Madison	WI	20	M	6	15:42	0:54	1:14	15	1:10:42	20.0	1:13	15	41:24	6:40	2:10:12
11	11/52	Colin Gibson	Columbia	MO	20	M	7	16:08	0:55	1:07	18	1:11:42	19.8	0:58	17	41:47	6:44	2:11:39
12	12/52	Austin Anderson	Milwaukee	WI	19	M	74	22:41	1:18	2:58	2	1:03:28	22.3	1:24	16	41:24	6:40	2:11:53
13	13/52	Benjamin Pollak	Brookline	MA	18	M	12	17:19	0:59	1:19	30	1:13:38	19.2	0:54	12	39:53	6:26	2:13:00
14	1/11	Brent Fiegel	Buffalo	IA	36	M	54	21:19	1:13	1:31	12	1:09:44	20.3	1:52	10	39:29	6:22	2:13:53
15	14/52	Justin Jones	White Bear Lak	MI	20	M	9	16:43	0:57	1:38	13	1:10:18	20.2	1:42	25	43:45	7:03	2:14:05
16	15/52	Zachary Tollefson	Rosemount	MN	20	M	15	17:41	1:01	1:15	42	1:15:43	18.7	1:26	8	39:01	6:17	2:15:03
17	16/52	Jacob Hale	Collierville	TN	21	M	3	14:22	0:49	1:40	37	1:14:43	19.0	1:06	27	44:11	7:07	2:16:00
18	17/52	Zachary Shaver	Ames	IA	21	M	10	17:00	0:58	1:24	36	1:14:36	19.0	1:06	20	41:56	6:45	2:16:00
19	18/52	Stephen Kay	St. Louis	MO	22	M	29	19:01	1:05	1:56	29	1:13:35	19.3	2:37	14	40:33	6:32	2:17:40
20	19/52	Lincoln Eppard	Johnston	IA	21	M	22	18:05	1:02	2:00	6	1:06:52	21.2	1:08	68	50:09	8:05	2:18:12
21	1/5	Mark Johnson	Hiawatha	IA	41	M	43	20:21	1:10	2:38	20	1:11:57	19.7	1:31	22	42:09	6:47	2:18:33
22	1/5	Daniel Ankrum	Waterloo	IA	32	M	41	20:12	1:09	3:26	8	1:07:47	20.9	1:19	51	46:45	7:32	2:19:28
23	1/21	Jessica Finlay	Minneapolis	MN	26	F	28	19:00	1:05	1:22	21	1:12:10	19.6	0:52	28	44:19	7:08	2:19:41
24	1/3	Garrett Rettig	Coralville	IA	34	M	34	19:16	1:06	3:20	31	1:13:42	19.2	1:50	19	41:51	6:45	2:19:57
25	2/21	Mali Gaber	Washburn	WI	23	F	60	21:33	1:14	1:54	24	1:12:39	19.5	0:58	24	42:57	6:55	2:20:00
26	20/52	Jeremy Yurc	Wynnewood	PA	20	M	69	22:22	1:17	2:44	16	1:11:11	19.9	0:51	40	45:32	7:20	2:22:39
27	3/21	Jessica Yurcich	Madison	WI	26	F	38	19:45	1:08	2:55	19	1:11:47	19.7	1:02	54	47:26	7:38	2:22:54
28	21/52	Brady Mahoney	Minneapolis	MN	22	M	32	19:07	1:06	2:36	51	1:17:46	18.2	1:21	23	42:44	6:53	2:23:31
29	2/11	Bryan Bacehowski	West Des Moines	IA	35	M	79	23:08	1:19	2:00	23	1:12:26	19.6	1:04	46	46:18	7:28	2:24:53
30	22/52	Jared Valner	Deforest	WI	20	M	45	20:46	1:11	2:45	41	1:15:33	18.8	2:16	32	44:36	7:11	2:25:54
31	23/52	Craig Albers	Ames	IA	22	M	66	21:54	1:15	1:25	28	1:13:30	19.3	1:30	55	47:43	7:41	2:26:00
32	24/52	Aaron Hermsen	Des Moines	IA	20	M	61	21:34	1:14	2:32	39	1:14:59	18.9	1:51	38	45:08	7:16	2:26:02
33	25/52	Eric Gowlovech	Park Ridge	IL	21	M	25	18:41	1:04	2:36	46	1:16:08	18.6	2:28	45	46:11	7:26	2:26:02
34	26/52	Christopher Gross	Madison	WI	28	M	24	18:34	1:04	1:38	35	1:14:35	19.0	1:03	70	50:20	8:06	2:26:08
35	1/5	Eric Boucher	Coralville	IA	27	M	31	19:04	1:05	3:03	56	1:18:45	18.0	1:02	34	44:47	7:13	2:26:39
36	4/21	Anna Moynihan	Woodbury	MN	21	F	30	19:01	1:05	2:37	63	1:20:02	17.7	0:59	31	44:34	7:11	2:27:11
37	2/5	Nick Hegarty	Sioux City	IO	36	M	65	21:50	1:15	2:52	17	1:11:16	19.9	1:41	66	49:55	8:02	2:27:33
38	2/52	Tyler Gregory	Milwaukee	WI	22	M	89	25:14	1:26	3:10	27	1:13:20	19.3	1:24	33	44:46	7:13	2:27:51
39	5/21	Melanie Rabino	Woodbury	MN	20	F	16	17:42	1:01	1:46	70	1:20:47	17.5	1:21	53	47:06	7:35	2:28:41
40	6/21	Jaclyn Noshay	Minneapolis	MN	20	F	82	23:44	1:21	1:50	48	1:17:14	18.3	1:10	36	44:54	7:14	2:28:50
41	7/21	Miranda Olson	Minneapolis	MN	19	F	33	19:09	1:06	1:30	62	1:19:37	17.8	1:04	56	47:43	7:41	2:29:01
42	28/52	Jordan Imoehl	Iowa City	IA	24	M	87	25:01	1:26	3:59	26	1:13:12	19.4	1:36	42	45:48	7:23	2:29:34
43	3/11	Daniel Cox	Urbandale	IA	36	M	49	21:01	1:12	2:33	25	1:12:44	19.5	2:14	73	51:09	8:14	2:29:39
44	1/5	David Cook	Wilton	IA	53	M	80	23:11	1:20	3:15	47	1:17:09	18.4	2:00	26	44:10	7:07	2:29:43
45	29/52	John Beck	Ames	IA	21	M	20	18:02	1:02	1:35	74	1:21:30	17.4	0:45	58	47:59	7:44	2:29:50
46	30/52	William Kreutter	Milwaukee	WI	20	M	57	21:32	1:14	2:47	53	1:18:16	18.1	1:41	41	45:40	7:21	2:29:54
47	8/21	Hannah Eldridge	Minneapolis	MN	19	F	23	18:16	1:03	2:05	61	1:19:34	17.8	1:13	61	48:49	7:52	2:29:55
48	1/3	Lee Juehring	Muscataine	IA	45	M	68	22:10	1:16	4:35	43	1:15:44	18.7	1:52	43	45:53	7:23	2:30:11
49	2/3	Jason Aarhus	Cedar Rapids	IA	47	M	77	22:52	1:18	2:51	40	1:15:13	18.8	1:48	57	47:58	7:44	2:30:40
50	2/5	Adam Campbell	Cedar Falls	IO	28	M	48	20:59	1:12	2:47	38	1:14:54	18.9	1:51	71	50:44	8:10	2:31:13
51	31/52	Taylor Rumph	Ames	IA	21	M	109	28:20	1:37	2:39	71	1:21:19	17.4	0:38	5	38:25	6:11	2:31:18
52	4/11	Robert Peterson	Urbandale	IO	36	M	59	21:33	1:14	2:39	45	1:16:04	18.6	1:09	69	50:13	8:05	2:31:36
53	32/52	Luke Austin	Des Moines	IA	18	M	78	23:00	1:19	3:38	77	1:22:22	17.2	1:03	18	41:49	6:44	2:31:50
54	33/52	Cody Hut	Highlands Ranc	CO	21	M	36	19:36	1:07	1:28	33	1:14:00	19.1	1:28	92	56:25	9:05	2:32:55
55	34/52	Matthew Helmerichs	Des Moines	IA	19	M	55	21:23	1:13	2:56	97	1:29:06	15.9	0:52	9	39:20	6:20	2:33:35
56	9/21	Katy Miller	Verona	WI	19	F	35	19:31	1:07	2:30	82	1:24:00	16.9	1:12	47	46:35	7:30	2:33:47
57	10/21	Hannah Groom	Columbia	MO	26	F	73	22:37	1:18	1:26	85	1:24:09	16.8	1:15	35	44:52	7:14	2:34:17
58	11/21	Hannah Hoch	Ames	IA	20	F	21	18:05	1:02	1:23	65	1:20:06	17.7	1:21	83	53:27	8:37	2:34:20
59	2/5	Jeffrey Witters	Le Claire	IA	51	M	47	20:56	1:12	1:49	55	1:18:38	18.0	1:03	79	52:17	8:25	2:34:40
60	3/5	Kc McGinnis	Iowa City	IA	26	M	110	28:39	1:38	3:15	44	1:15:56	18.7	2:12	37	45:05	7:16	2:35:05
61	12/21	Andrea Schaefer	Wauwatosa	WI	20	F	62	21:46	1:15	2:23	69	1:20:45	17.5	1:28	62	49:04	7:54	2:35:24
62	35/52	Todd Matteson	Boone	IA	33	M	81	23:13	1:20	3:48	32	1:13:50	19.2	2:03	82	52:47	8:30	2:35:38
63	1/2	Mark Petersen	Cedar Rapids	IA	56	M	71	22:27	1:17	3:45	72	1:21:22	17.4	1:55	49	46:43	7:32	2:36:10
64	2/5	Sean O'Hanlon	Rock Island	IL	44	M	44	20:24	1:10	3:09	84	1:24:07	16.8	1:58	52	46:51	7:33	2:36:28
65	36/52	Christopher Isely	Ames	IA	22	M	70	22:25	1:17	1:41	81	1:23:43	16.9	1:07	60	48:48	7:52	2:37:43
66	37/52	Grigg Schneider	St. Louis	MO	20	M	4	14:55	0:51	2:02	96	1:28:35	16.0	0:58	74	51:48	8:21	2:38:16
67	5/11	Matthew Miller	Hudson	IA	39	M	117	30:50	1:46	1:33	64	1:20:06	17.7	1:37	30	44:29	7:10	2:38:33
68	38/52	Brian Jochems	Columbia	MO	23	M	86	24:52	1:25	1:48	93	1:26:43	16.3	0:50	29	44:26	7:09	2:38:37
69	39/52	Sam Nilsson	Ames	IO	22	M	46	20:47	1:11	1:06	76	1:22:19	17.2	1:22	84	53:31	8:37	2:39:04
70	40/52	Joaquin Valdes	Des Moines	IA	23	M	116	30:50	1:46	2:56	22	1:12:24	19.6	1:53	72	51:08	8:14	2:39:08
71	3/5	Michael Dawid	Bettendorf	IA	40	M	52	21:14	1:13	1:56	49	1:17:20	18.3	1:48	97	57:01	9:11	2:39:17
72	6/11	Manuel Molina	Loves Park	IL	38	M	101	26:50	1:32	3:35	58	1:19:31	17.8	1:16	59	48:47	7:51	2:39:56
73	13/21	Caitlin Braun	Chagrin Falls	OH	21	F	96	25:54	1:29	2:41	67	1:20:32	17.6	2:06	64	49:11	7:55	2:40:22
74	41/52	Mieszko Brikis	Super															

96	46/52	Jonathan Sukup	Ames	IA	23	M	114	29:19	1:40	3:00	89	1:25:21	16.6	1:03	89	55:15	8:54	2:53:55
97	3/3	Thomas Berg	Cedar Rapids	IA	47	M	106	27:55	1:36	4:17	87	1:24:28	16.8	2:13	96	56:56	9:10	2:55:48
98	5/5	Ray Turner	West Des Moines	IA	51	M	92	25:35	1:28	4:00	90	1:25:39	16.5	2:57	99	57:33	9:16	2:57:44
99	2/2	Hayley Fry	Cedar Rapids	IO	27	F	42	20:13	1:09	4:31	100	1:29:34	15.8	2:40	111	1:03:58	10:18	3:00:53
100	47/52	Austin Gibson	Iowa City	IA	19	M	95	25:51	1:29	2:24	115	1:45:38	13.4	1:56	39	45:28	7:19	3:01:17
101	2/2	Todd Brown	Cedar Rapids	IA	55	M	105	27:53	1:36	6:40	86	1:24:19	16.8	2:51	108	1:03:32	10:14	3:05:13
102	5/5	Nicholas Noble	South Elgin	IL	29	M	115	29:19	1:40	4:14	108	1:36:28	14.7	2:12	86	54:58	8:51	3:07:09
103	2/2	Robin Kopelman	Iowa City	IA	41	F	88	25:09	1:26	3:50	112	1:40:04	14.2	2:13	91	55:57	9:01	3:07:11
104	48/52	Dominic Morache	Milwaukee	WI	21	M	111	28:54	1:39	2:56	102	1:31:21	15.5	1:36	110	1:03:37	10:15	3:08:22
105	11/11	Patrick Tierney	Coralville	IA	39	M	107	27:56	1:36	3:30	94	1:27:16	16.2	2:07	116	1:08:31	11:02	3:09:20
106	49/52	Nathan Hemming	Ames	IA	21	M	118	33:16	1:54	3:23	109	1:37:12	14.6	1:03	90	55:17	8:54	3:10:08
107	3/3	Peter Carstensen	Cedar Rapids	IA	31	M	120	38:41	2:12	3:02	92	1:26:38	16.4	2:23	102	1:00:14	9:42	3:10:56
108	3/5	Ricky Pruitt	Bellevue	NE	30	M	108	28:18	1:37	3:53	105	1:33:30	15.2	1:36	112	1:05:34	10:34	3:12:48
109	5/5	Tim Conlon	Iowa City	IA	43	M	90	25:23	1:27	5:11	111	1:39:44	14.2	2:20	106	1:01:08	9:51	3:13:44
110	4/5	Jeff Durdin	Dubuque	IA	44	M	76	22:46	1:18	4:45	103	1:32:35	15.3	2:30	118	1:11:52	11:34	3:14:26
111	18/21	Katrina Leyden	St. Louis	MO	21	F	17	17:51	1:01	4:02	107	1:33:45	15.1	3:19	120	1:16:43	12:21	3:15:39
112	5/5	Daniel Boscaljon	Iowa City	IA	37	M	119	33:49	1:56	5:57	104	1:33:24	15.2	3:11	103	1:00:18	9:43	3:16:37
113	19/21	Brittney Kemi	Cloquet	MN	22	F	72	22:35	1:17	2:16	118	1:48:35	13.0	2:40	104	1:00:43	9:47	3:16:47
114	50/52	Ryan Dincher	Ames	IA	21	M	58	21:33	1:14	1:09	119	1:53:01	12.5	1:48	105	1:00:56	9:49	3:18:24
115	20/21	Allison Witter	Ames	IA	20	F	113	29:07	1:40	2:25	114	1:42:51	13.8	1:50	109	1:03:34	10:14	3:19:44
116	51/52	Ben Walton	Columbia	MO	22	M	94	25:46	1:28	4:19	110	1:38:46	14.3	2:56	119	1:12:34	11:41	3:24:19
117	52/52	Leighton McCabe	Columbia	MO	21	M	104	27:38	1:35	15:55	113	1:41:26	14.0	2:54	93	56:28	9:06	3:24:19
118	1/1	Lori Shockley	Cedar Falls	IA	47	F	97	26:10	1:30	5:14	116	1:46:37	13.3	2:22	114	1:07:02	10:48	3:27:23
119	21/21	Ellen Harris	Milwaukee	WI	25	F	93	25:38	1:28	4:26	120	1:53:31	12.5	2:47	113	1:06:23	10:41	3:32:43
120	1/1	Emily Teetzen	Waterloo	IA	24	F	100	26:29	1:31	6:05	117	1:48:18	13.1	1:36	117	1:10:25	11:20	3:32:52

PROBLEM RESULTS

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
====	====	====	====	=====	=====	====	====	====	plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1	1/1			Cassie Holloway	Ames	IA	23	F	3	32:20	1:51	3:03	1	1:21:23	17.4	2:08				
2	1/1			Jacqueline Chalmer	Metamora	IL	26	F	4	34:18	1:57	6:06	2	1:55:40	12.2	5:19				
3	1/2			Michael Brill	New Berlin	WI	21	M	1	18:31	1:04	2:17								
4	2/2			Spencer Davis	Chaska	MN	22	M	2	24:15	1:23	1:32								

RECEIVED A PENALTY

No.	Name	City	St	Age	S	Penalty
57	Jessica Finlay	Minneapolis	MN	26	F	2:00
136	Ray Turner	West Des Moines	IA	51	M	2:00

TEAM RESULTS

TOTAL	DIV	PLACE	PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
=====	=====	=====	=====	=====	=====	plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1	1/2			Devil Dogs =	Steve Jones , Lance Peterson , Jake Jacobson	1	19:42	1:08	0:46	2	1:16:01	18.6	0:34	1	42:44	6:53	2:19:44
2	2/2			Road-Dawgs =	Keith Luegering , Keith Luegering , Anthony Hargrove	2	22:14	1:16	3:10	1	1:14:29	19.0	0:49	2	53:33	8:37	2:34:14

COLLEGIATE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
=====	=====	=====	=====	=====	=====	=====	=====	plc	time	yds	time	plc	time	mph	time	plc	time	pace	TIME
1		30	Brian Gorman	Minneapolis	MN	21	M	2	14:21	0:49	0:51	3	1:04:56	21.8	0:55	2	37:13	6:00	1:58:15
2		16	Robbie Greco	Brookfield	WI	22	M	5	15:03	0:52	1:17	1	1:02:53	22.5	1:01	7	38:58	6:17	1:59:10
3		202	Evan Culbert	Columbia	MO	20	M	1	14:04	0:48	1:32	4	1:05:31	21.6	0:48	3	37:20	6:01	1:59:14
4		9	Mark Caballero	Milwaukee	WI	22	M	18	17:57	1:02	1:30	9	1:08:45	20.6	0:49	1	35:45	5:46	2:04:42
5		5	Alex Deforest	Dixon	IL	19	M	13	17:29	1:00	1:12	8	1:08:07	20.8	1:18	6	38:44	6:14	2:06:48
6		28	Jacob Braaten	Glenwood	MN	22	M	26	18:59	1:05	1:03	7	1:07:16	21.1	1:03	12	40:09	6:28	2:08:28
7		11	Ted Treise	Mankato	MN	21	M	36	19:51	1:08	1:09	10	1:09:14	20.5	1:09	4	37:35	6:03	2:08:57
8		208	Brad Johnson	Cedar Rapids	IA	22	M	14	17:40	1:01	1:02	5	1:06:51	21.2	1:29	19	42:07	6:47	2:09:08
9		42	Andrew Maxfield	Madison	WI	18	M	8	16:28	0:57	1:37	12	1:10:24	20.1	1:54	10	39:30	6:22	2:09:52
10		20	Tyler Christensen	Madison	WI	20	M	6	15:42	0:54	1:14	13	1:10:42	20.0	1:13	14	41:24	6:40	2:10:12
11		204	Colin Gibson	Columbia	MO	20	M	7	16:08	0:55	1:07	15	1:11:42	19.8	0:58	16	41:47	6:44	2:11:39
12		10	Austin Anderson	Milwaukee	WI	19	M	54	22:41	1:18	2:58	2	1:03:28	22.3	1:24	15	41:24	6:40	2:11:53
13		49	Benjamin Pollak	Brookline	MA	18	M	12	17:19	0:59	1:19	24	1:13:38	19.2	0:54	11	39:53	6:26	2:13:00
14		50	Justin Jones	White Bear Lak	MI	20	M	9	16:43	0:57	1:38	11	1:10:18	20.2	1:42	22	43:45	7:03	2:14:05
15		12	Zachary Tollefson	Rosemount	MN	20	M	15	17:41	1:01	1:15	33	1:15:43	18.7	1:26	8	39:01	6:17	2:15:03
16		2	Jacob Hale	Collierville	TN	21	M	3	14:22	0:49	1:40	30	1:14:43	19.0	1:06	23	44:11	7:07	2:16:00
17		37	Zachary Shaver	Ames	IA	21	M	10	17:00	0:58	1:24	29	1:14:36	19.0	1:06	18	41:56	6:45	2:16:00
18		21	Stephen Kay	St. Louis	MO	22	M	28	19:01	1:05	1:56	23	1:13:35	19.3	2:37	13	40:33	6:32	2:17:40
19		35	Lincoln Eppard	Johnston	IA	21	M	22	18:05	1:02	2:00	6	1:06:52	21.2	1:08	50	50:09	8:05	2:18:12
20		57	Jessica Finlay	Minneapolis	MN	26	F	27	19:00	1:05	1:22	17	1:12:10	19.6	0:52	24	44:19	7:08	2:19:41
21		71	Mali Gaber	Washburn	WI	23	F	45	21:33	1:14	1:54	19	1:12:39	19.5	0:58	21	42:57	6:55	2:20:00
22		24	Jeremy Comer	Wynnewood	PA	20	M	50	22:22	1:17	2:44	14	1:11:11	19.9	0:51	33	45:32	7:20	2:22:39
23		54	Jessica Yurcich	Madison	WI	26	F	35	19:45	1:08	2:55	16	1:11:47	19.7	1:02	41	47:26	7:38	2:22:54
24		25	Brady Mahoney	Minneapolis	MN	22	M	30	19:07	1:06	2:36	36	1:17:46	18.2	1:21	20	42:44	6:53	2:23:51
25		200	Jared Varner	Deforest	WI	20	M	38	20:46	1:11	2:45	32	1:15:33	18.8	2:16	27	44:36	7:11	2:25:54
26		46	Craig Albers	Ames	IA	22	M	49	21:54	1:15	1:25	22	1:13:30	19.3	1:30	42	47:43	7:41	2:26:00
27		7	Aaron Hermsen	Des Moines	IA	20	M	46	21:34	1:14	2:32	31	1:14:59	18.9	1:51	31	45:08	7:16	2:26:02
28		6	Eric Gowlovech	Park Ridge	IL	21	M	25	18:41	1:04	2:36	34	1:16:08	18.6	2:28	37	46:11	7:26	2:26:02
29		23	Christopher Gross	Madison	WI	28	M	24	18:34	1:04	1:38	28	1:14:35	19.0	1:03	51	50:20	8:06	2:26:08
30		66	Anna Moynihan	Woodbury	MN	21	F	29	19:01	1:05	2:37	41	1:20:02	17.7	0:59	26	44:34	7:11	2:27:11
31		15	Tyler Gregory	Milwaukee	WI	22	M	62	25:14	1:26	3:10	21	1:13:20	19.3	1:24	28	44:46	7:13	2:27:51
32		64	Melanie Rabino	Woodbury	MN	20	F	16	17:42	1:01	1:46	45	1:20:47	17.5	1:21	40	47:06	7:35	2:28:41
33		53	Jaclyn Noshay	Minneapolis	MN	20	F	57	23:44	1:21	1:50	35	1:17:14	18.3	1:10	30	44:54	7:14	2:28:50
34		55	Miranda Olson	Minneapolis	MN	19	F	31	19:09	1:06	1:30	40	1:19:37	17.8	1:04	43	47:43	7:41	2:29:01
35		1	Jordan Imoehl	Iowa City	IA	24	M	61	25:01	1:26	3:59	20	1:13:12	19.4	1:36	35	45:48	7:23	2:29:34
36		38	John Beck	Ames	IA	21	M	20	18:02	1:02	1:35	47	1:21:30	17.4	0:45	44	47:59	7:44	2:29:50
37		13	William Kreutter	Milwaukee	WI	20	M	43	21:32										

44	75 Hannah Groom	Columbia	MO	26 F	53	22:37	1:18	1:26	54	1:24:09	16.8	1:15	29	44:52	7:14	2:34:17
45	68 Hannah Hoch	Ames	IA	20 F	21	18:05	1:02	1:23	42	1:20:06	17.7	1:21	57	53:27	8:37	2:34:20
46	72 Andrea Schaefer	Wauwatosa	WI	20 F	47	21:46	1:15	2:23	44	1:20:45	17.5	1:28	47	49:04	7:54	2:35:24
47	39 Todd Matteson	Boone	IA	33 M	56	23:13	1:20	3:48	25	1:13:50	19.2	2:03	56	52:47	8:30	2:35:38
48	47 Christopher Isely	Ames	IA	22 M	51	22:25	1:17	1:41	52	1:23:43	16.9	1:07	45	48:48	7:52	2:37:43
49	3 Grigg Schneider	St. Louis	MO	20 M	4	14:55	0:51	2:02	58	1:28:35	16.0	0:58	53	51:48	8:21	2:38:16
50	201 Brian Jochems	Columbia	MO	23 M	60	24:52	1:25	1:48	56	1:26:43	16.3	0:50	25	44:26	7:09	2:38:37
51	33 Sam Nilsson	Ames	IO	22 M	39	20:47	1:11	1:06	49	1:22:19	17.2	1:22	58	53:31	8:37	2:39:04
52	40 Joaquin Valdes	Des Moines	IA	23 M	72	30:50	1:46	2:56	18	1:12:24	19.6	1:53	52	51:08	8:14	2:39:08
53	59 Caitlin Braun	Chagrin Falls	OH	21 F	66	25:54	1:29	2:41	43	1:20:32	17.6	2:06	48	49:11	7:55	2:40:22
54	29 Mieszko Briki	Superior	WI	21 M	48	21:46	1:15	1:40	57	1:28:29	16.0	1:51	39	46:44	7:32	2:40:28
55	56 Evelyn Werking	Elm Grove	WI	21 F	40	21:03	1:12	3:33	51	1:22:41	17.1	1:30	54	51:52	8:21	2:40:37
56	43 Stephen Dennison	Maple Grove	MN	19 M	19	18:02	1:02	2:52	61	1:29:32	15.8	2:13	49	49:24	7:57	2:42:02
57	73 Emily Ridgeway	Columbia	MO	21 F	59	24:34	1:24	1:34	27	1:14:28	19.0	1:48	67	1:03:20	10:12	2:45:42
58	69 Kendra Wiebers	Mesa	AZ	18 F	11	17:13	0:59	1:22	38	1:18:25	18.1	1:02	71	1:08:28	11:02	2:46:27
59	207 Andrew Odle	Columbia	MO	21 M	34	19:42	1:08	2:48	62	1:30:52	15.6	1:27	55	52:43	8:29	2:47:31
60	205 Kaleb Wood	Fendon	MO	21 M	42	21:30	1:14	2:13	48	1:21:40	17.3	2:41	64	1:00:06	9:41	2:48:09
61	60 Lyndsey Patterson	Des Peres	MO	24 F	58	24:06	1:23	4:34	64	1:33:35	15.1	1:42	36	45:58	7:24	2:48:53
62	22 Alexander Booth	Southlake	TX	21 M	37	20:05	1:09	2:26	60	1:29:14	15.9	2:04	63	58:49	9:28	2:52:37
63	36 Jonathan Sukup	Ames	IA	23 M	71	29:19	1:40	3:00	55	1:25:21	16.6	1:03	59	55:15	8:54	2:53:55
64	27 Austin Gibson	Iowa City	IA	19 M	65	25:51	1:29	2:24	70	1:45:38	13.4	1:56	32	45:28	7:19	3:01:17
65	14 Dominic Morache	Milwaukee	WI	21 M	69	28:54	1:39	2:56	63	1:31:21	15.5	1:36	69	1:03:37	10:15	3:08:22
66	34 Nathan Hemming	Ames	IA	21 M	73	33:16	1:54	3:23	66	1:37:12	14.6	1:03	60	55:17	8:54	3:10:08
67	58 Katrina Leyden	St. Louis	MO	21 F	17	17:51	1:01	4:02	65	1:33:45	15.1	3:19	73	1:16:43	12:21	3:15:39
68	63 Brittney Kemi	Cloquet	MN	22 F	52	22:35	1:17	2:16	71	1:48:35	13.0	2:40	65	1:00:43	9:47	3:16:47
69	44 Ryan Dincher	Ames	IA	21 M	44	21:33	1:14	1:09	72	1:53:01	12.5	1:48	66	1:00:56	9:49	3:18:24
70	70 Allison Witter	Ames	IA	20 F	70	29:07	1:40	2:25	69	1:42:51	13.8	1:50	68	1:03:34	10:14	3:19:44
71	203 Ben Walton	Columbia	MO	22 M	64	25:46	1:28	4:19	67	1:38:46	14.3	2:56	72	1:12:34	11:41	3:24:19
72	206 Leighton McCabe	Columbia	MO	21 M	67	27:38	1:35	15:55	68	1:41:26	14.0	2:54	62	56:28	9:06	3:24:19
73	61 Ellen Harris	Milwaukee	WI	25 F	63	25:38	1:28	4:26	73	1:53:31	12.5	2:47	70	1:06:23	10:41	3:32:43

TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds
1	Evan Culbert	Columbia	MO	20 M	14:04	0:48
2	Brian Gorman	Minneapolis	MN	21 M	14:21	0:49
3	Jacob Hale	Collierville	TN	21 M	14:22	0:49
4	Grigg Schneider	St. Louis	MO	20 M	14:55	0:51
5	Robbie Greco	Brookfield	WI	22 M	15:03	0:52
6	Tyler Christensen	Madison	WI	20 M	15:42	0:54
7	Colin Gibson	Columbia	MO	20 M	16:08	0:55
8	Andrew Maxfield	Madison	WI	18 M	16:28	0:57
9	Justin Jones	White Bear Lak	MI	20 M	16:43	0:57
10	Zachary Shaver	Ames	IA	21 M	17:00	0:58

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1	Brian Gorman	Minneapolis	MN	21 M	0:51
2	Brad Johnson	Cedar Rapids	IA	22 M	1:02
3	Jacob Braaten	Glenwood	MN	22 M	1:03
4	Sam Nilsson	Ames	IO	22 M	1:06
5	Colin Gibson	Columbia	MO	20 M	1:07
6	Ryan Dincher	Ames	IA	21 M	1:09
7	Ted Treise	Mankato	MN	21 M	1:09
8	Alex Deforest	Dixon	IL	19 M	1:12
9	Tyler Christensen	Madison	WI	20 M	1:14
10	Zachary Tollefson	Rosemount	MN	20 M	1:15

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	Robbie Greco	Brookfield	WI	22 M	1:02:53	22.5
2	Austin Anderson	Milwaukee	WI	19 M	1:03:28	22.3
3	Brian Gorman	Minneapolis	MN	21 M	1:04:56	21.8
4	Evan Culbert	Columbia	MO	20 M	1:05:31	21.6
5	Brad Johnson	Cedar Rapids	IA	22 M	1:06:51	21.2
6	Lincoln Eppard	Johnston	IA	21 M	1:06:52	21.2
7	Jacob Braaten	Glenwood	MN	22 M	1:07:16	21.1
8	Daniel Ankrum	Waterloo	IA	32 M	1:07:47	20.9
9	Alex Deforest	Dixon	IL	19 M	1:08:07	20.8
10	Mark Caballero	Milwaukee	WI	22 M	1:08:45	20.6

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1	Taylor Rumph	Ames	IA	21 M	0:38
2	John Beck	Ames	IA	21 M	0:45
3	Evan Culbert	Columbia	MO	20 M	0:48
4	Mark Caballero	Milwaukee	WI	22 M	0:49
5	Brian Jochems	Columbia	MO	23 M	0:50
6	Jeremy Comer	Wynnewood	PA	20 M	0:51
7	Jessica Finlay	Minneapolis	MN	26 F	0:52
8	Matthew Helmerichs	Des Moines	IA	19 M	0:52
9	Benjamin Pollak	Brookline	MA	18 M	0:54
10	Brian Gorman	Minneapolis	MN	21 M	0:55

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1	Mark Caballero	Milwaukee	WI	22 M	35:45	5:46
2	Brian Gorman	Minneapolis	MN	21 M	37:13	6:00
3	Evan Culbert	Columbia	MO	20 M	37:20	6:01
4	Ted Treise	Mankato	MN	21 M	37:35	6:03
5	Taylor Rumph	Ames	IA	21 M	38:25	6:11

6	Alex Deforest	Dixon	IL	19 M	38:44	6:14
7	Robbie Greco	Brookfield	WI	22 M	38:58	6:17
8	Zachary Tollefson	Rosemount	MN	20 M	39:01	6:17
9	Matthew Helmerichs	Des Moines	IA	19 M	39:20	6:20
10	Brent Fiegel	Buffalo	IA	36 M	39:29	6:22