

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

400 Meter Swim, 20 K Bike, 5K Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM		TRAN time	BIKE		TRAN time	RUN		TOTAL TIME			
							plc	time		plc	time		plc	time		pace		
1	1/12	Joshua Madsen	North Liberty	IA	38	M	3	5:03	1:10	1:23	1	32:28	23.0	0:59	10	19:42	6:22	59:33
2	1/9	Adam Kassem	Cedar Rapids	IA	25	M	19	6:21	1:28	1:12	3	34:05	21.9	0:53	4	19:03	6:09	1:01:31
3	2/9	Bryan Perrott	Northfield	MN	29	M	1	4:36	1:04	1:31	8	35:51	20.8	0:59	6	19:09	6:11	1:02:05
4	1/11	Jason Rabe	Fairfax	IA	34	M	6	5:27	1:15	1:01	5	35:07	21.2	0:56	11	19:51	6:25	1:02:22
5	1/6	Jim Hagelie	Waukeese	IA	46	M	33	6:44	1:33	1:20	2	33:16	22.4	1:01	15	20:32	6:38	1:02:52
6	1/6	Kelly Kersten	Davenport	IA	44	M	17	6:13	1:26	1:33	4	34:05	21.9	1:11	13	20:15	6:32	1:03:15
7	2/6	Eric Goers	Iowa City	IA	43	M	25	6:27	1:29	1:27	12	36:24	20.5	1:15	3	19:01	6:08	1:04:32
8	2/11	Craig Goldsmith	Marion	IA	32	M	13	6:04	1:24	1:10	14	37:24	19.9	0:41	8	19:32	6:18	1:04:49
9	1/7	David Roney	Ankeny	IA	23	M	10	5:56	1:22	1:46	10	35:59	20.7	1:29	9	19:41	6:21	1:04:49
10	3/9	Kyle Polich	North Liberty	IA	26	M	51	7:31	1:44	1:56	11	36:01	20.7	0:56	7	19:13	6:12	1:05:34
11	2/6	John Martinek	Coralville	IA	46	M	27	6:27	1:29	1:35	6	35:10	21.2	0:54	20	22:02	7:07	1:06:06
12	3/6	Duane Staskal	Iowa City	IA	46	M	11	6:01	1:23	1:31	7	35:25	21.1	1:10	26	22:34	7:17	1:06:39
13	2/12	Chad Goldsmith	Coralville	IA	37	M	79	8:14	1:54	1:40	17	37:46	19.7	0:49	2	18:21	5:56	1:06:50
14	2/7	Luke Dejong	Coralville	IA	24	M	9	5:55	1:22	2:20	21	38:58	19.1	0:40	5	19:07	6:10	1:06:58
15	3/7	Kyle Zankowski	Ames	IA	23	M	5	5:19	1:13	3:25	29	39:37	18.8	0:40	1	18:11	5:52	1:07:11
16	3/12	Daniel Erusha	Marion	IA	35	M	15	6:07	1:24	1:23	16	37:35	19.8	0:56	18	21:38	6:59	1:07:38
17	1/17	Elaina Mertens	Dubuque	IA	28	F	22	6:25	1:28	1:05	15	37:33	19.9	0:56	14	20:30	6:37	1:08:27
18	1/8	George Sehl	Iowa City	IA	50	M	59	7:47	1:47	2:33	9	35:58	20.7	0:54	17	21:33	6:57	1:08:44
19	4/9	Josiah Collins	La Vista	NE	27	M	2	4:44	1:05	1:44	27	39:19	19.0	0:50	24	22:26	7:15	1:09:03
20	4/7	Lucas Borg	Iowa City	IA	24	M	4	5:18	1:13	2:25	31	40:06	18.6	1:13	16	20:38	6:40	1:09:38
21	1/6	Kim Sprenger	Iowa City	IA	52	F	23	6:26	1:29	1:18	22	38:58	19.1	0:50	25	22:27	7:15	1:09:58
22	1/4	Guy Olson	Cedar Rapids	IA	57	M	14	6:05	1:24	1:56	19	38:44	19.3	1:13	23	22:26	7:15	1:10:22
23	2/17	Lauren Wettach	Davenport	IA	26	F	24	6:26	1:29	1:40	26	39:12	19.0	1:09	29	22:38	7:18	1:11:03
24	3/6	Roland Utsinger	Cedar Rapids	IA	40	M	34	6:46	1:33	2:26	18	38:15	19.5	1:36	31	22:46	7:21	1:11:47
25	1/10	Regena Hale	Cedar Rapids	IA	39	F	48	7:22	1:42	2:40	13	37:18	20.0	1:34	32	22:58	7:25	1:11:50
26	3/11	Shawn Love	Marion	IA	33	M	38	6:51	1:34	1:45	20	38:53	19.2	0:53	47	24:22	7:52	1:12:42
27	2/10	Anne Hilleman	Huxley	IA	39	F	32	6:42	1:32	1:43	33	40:28	18.4	1:00	33	23:06	7:27	1:12:58
28	1/18	Tamara Abkes	Cedar Rapids	IA	33	F	18	6:15	1:26	2:48	44	42:30	17.5	1:42	12	20:06	6:29	1:13:19
29	4/6	Adam Pollack	Iowa City	IA	42	M	75	8:06	1:52	2:07	35	40:49	18.3	0:42	22	22:21	7:13	1:14:02
30	4/12	Matthew White	Cedar Rapids	IA	36	M	37	6:50	1:34	3:27	24	39:05	19.1	1:18	43	24:10	7:48	1:14:48
31	1/4	Taylor Pajunen	Iowa City	IA	15	F	8	5:40	1:18	2:13	68	44:41	16.7	0:47	21	22:19	7:12	1:15:38
32	5/6	Mathieu Cagnard	Cedar Rapids	IA	43	M	114	9:03	2:05	1:53	23	39:02	19.1	1:01	49	24:41	7:58	1:15:38
33	1/5	Kathryn Cater	Cedar Rapids	IA	44	F	41	7:03	1:37	2:29	30	40:00	18.6	1:33	52	24:48	8:00	1:15:52
34	5/12	Lane McMullen	North Liberty	IA	36	M	40	6:53	1:35	2:07	37	41:06	18.1	1:45	45	24:19	7:51	1:16:08
35	4/11	Justin Schmidt	Chandler	AR	33	M	28	6:30	1:30	2:25	34	40:40	18.3	1:35	58	25:32	8:14	1:16:38
36	5/7	Reid Turner	Iowa City	IA	24	M	21	6:24	1:28	2:02	53	43:18	17.2	1:43	41	24:07	7:47	1:17:33
37	3/10	Angie Kersten	Davenport	IA	39	F	77	8:11	1:53	2:15	38	41:32	18.0	1:22	51	24:44	7:59	1:18:02
38	2/5	Kari Ann Pappas	Omaha	NE	44	F	78	8:14	1:53	3:14	39	41:47	17.8	1:29	38	23:37	7:38	1:18:19
39	6/12	Mark Holtkamp	Iowa City	IA	39	M	84	8:21	1:55	2:35	66	44:31	16.7	1:19	19	22:00	7:06	1:18:45
40	4/6	John Obrien	Bettendorf	IA	46	M	56	7:43	1:46	3:10	55	43:33	17.1	1:18	34	23:11	7:29	1:18:53
41	7/12	Andrew Lynch	Iowa City	IA	35	M	87	8:31	1:57	3:53	28	39:32	18.9	1:27	63	25:50	8:20	1:19:10
42	2/18	Patricia Watkins	Iowa City	IO	32	F	7	5:38	1:18	3:45	42	42:18	17.6	1:08	77	26:42	8:37	1:19:29
43	1/14	Adam Tierney	Fitchburg	WI	43	M	64	7:53	1:49	4:01	52	43:10	17.3	1:52	28	22:36	7:18	1:19:30
44	5/6	Mark Theuerkauf	Bettendorf	IA	48	M	16	6:09	1:25	3:14	57	43:38	17.1	1:32	53	24:59	8:04	1:19:30
45	2/4	Richard Wyss	Iowa City	IA	57	M	43	7:08	1:38	3:40	25	39:09	19.0	1:26	103	28:23	9:10	1:19:44
46	5/11	Dan Meyers	Cedar Rapids	IA	34	M	125	9:22	2:09	3:10	56	43:33	17.1	1:03	30	22:44	7:20	1:19:51
47	3/4	Joe McGrath	Cedar Rapids	IA	58	M	39	6:52	1:35	2:16	41	42:17	17.6	1:29	83	27:14	8:47	1:20:05
48	4/10	Melissa Young	Coralville	IA	39	F	81	8:19	1:54	2:22	60	43:48	17.0	1:17	56	25:22	8:11	1:21:05
49	6/11	Adam Jacobs	Fairfax	IA	32	M	54	7:39	1:46	2:31	61	43:49	17.0	1:06	71	26:28	8:33	1:21:30
50	2/14	Bret Sparbel	Bettendorf	IA	44	M	12	6:03	1:23	2:20	50	42:57	17.4	1:46	104	28:29	9:12	1:21:34
51	2/8	Keith Kenel	Cedar Rapids	IA	53	M	132	9:54	2:16	2:42	48	42:52	17.4	1:33	54	25:04	8:05	1:22:04
52	3/17	Leah Clark	Iowa City	IA	26	F	107	8:51	2:02	2:32	73	45:09	16.5	1:39	40	24:07	7:47	1:22:16
53	8/12	Eric Mohr	Eldridge	IA	37	M	101	8:45	2:00	3:34	46	42:37	17.5	1:31	64	25:52	8:21	1:22:27
54	1/14	Hannah Dejong	Coralville	IA	24	F	92	8:36	1:58	3:33	81	46:46	15.9	0:59	27	22:35	7:17	1:22:27
55	3/14	Eric Hale	Cedar Rapids	IA	41	M	60	7:49	1:48	2:05	32	40:24	18.5	1:36	131	30:39	9:54	1:22:32
56	3/8	Philip Roudabush	North Liberty	IA	50	M	144	10:19	2:22	4:12	36	40:57	18.2	1:55	55	25:14	8:09	1:22:34
57	4/14	Ryan Pape	Coralville	IA	31	M	80	8:18	1:54	2:53	45	42:32	17.5	2:05	80	27:04	8:44	1:22:51
58	7/11	Robb Lawson	Cedar Rapids	IA	32	M	29	6:30	1:30	2:31	85	46:58	15.9	2:18	50	24:42	7:59	1:22:57
59	5/9	Andrew Hornick	Iowa City	IA	25	M	141	10:04	2:19	4:12	65	44:17	16.8	1:19	36	23:16	7:31	1:23:07
60	3/18	Erika Damschen	Coralville	IA	34	F	31	6:39	1:32	2:07	86	47:01	15.9	1:03	70	26:22	8:31	1:23:09
61	4/4	Randy Bachman	Hiawatha	IA	58	M	53	7:38	1:45	3:14	54	43:32	17.1	2:07	81	27:09	8:46	1:23:38
62	4/17	Emily Eisenman	Cedar Falls	IA	28	F	61	7:49	1:48	2:43	88	47:26	15.7	1:27	44	24:16	7:50	1:23:40
63	9/12	Jeremy Rudd	Dyersville	IA	35	M	115	9:06	2:05	3:32	59	43:41	17.1	1:06	74	26:31	8:34	1:23:54
64	4/8	Ted Olson	Hiawatha	IA	54	M	89	8:33	1:58	3:50	78	46:09	16.2	1:36	39	23:51	7:42	1:23:57
65	10/12	Levi Wood	North Liberty	IA	35	M	142	10:06	2:19	2:25	47	42:49	17.4	1:15	97	27:55	9:01	1:24:28
66	5/17	Sarah Richmond	Cedar Rapids	IA	27	F	57	7:43	1:46	2:17	64	44:08	16.9	1:27	113	29:10	9:25	1:24:43
67	2/14	Molly Chaney	St. Louis	MO	21	F	44	7:11	1:39	2:15	111	49:42	15.0	1:22	48	24:24	7:52	1:24:52
68	3/5	Ann Schaefer	Iowa City	IA	42	F	76	8:10	1:52	2:51	51	43:02	17.3	1:18	119	29:35	9:33	1:24:54
69	5/10	Jill Snitko	Marion	IA	36	F	109	8:59	2:04	3:32	98	48:08	15.5	1:28	35	23:11	7:29	1:25:16
70	6/10	Beth Reinhardt	Hamilton	IL	35	F	105	8:49	2:01	1:55	84	46:56	15.9	1:20	67	26:19	8:30	1:25:18
71	3/14	Caitlin Fortuna	Milwaukee	WI	23	F	72	8:03	1:51	2:42	80	46:41	16.0	1:25	75	26:34	8:35	1:25:23
72	8/11	Ben Person	Cedar Rapids	IA	33	M	58	7:46	1:47	2:09	89	47:32	15.7	2:00	69	26:21	8:30	1:25:45
73	1/3	Mikel Betts	Iowa City	IA	61	M	85	8:23	1:55	3:33	67	44:34	16.7	1:47	91	27:39	8:56	1:25:53
74	5/14	Wade Shriner	Iowa City	IA	49	M	69	7:59	1:50	2:28	40	42:07	17.7	1:50	140	31:43	10:14	1:26:05
75	6/14	Keith Abkes	Cedar Rapids	IA	43	M	93	8:37	1:59	6:19	43	42:25	17.6	2				

96	3/6	Sue Bransky	Solon	IA	50	F	137	10:00	2:18	3:53	76	46:00	16.2	1:42	99	28:02	9:03	1:29:35
97	1/1	Ann Vestle	Cedar Rapids	IA	60	F	91	8:35	1:58	2:34	103	48:42	15.3	1:48	107	28:39	9:15	1:30:15
98	12/12	Ian Theis	Dubuque	IA	36	M	100	8:44	2:00	3:29	90	47:35	15.7	1:26	111	29:04	9:23	1:30:17
99	9/11	Michael Freedberg	Iowa City	IA	30	M	146	10:30	2:25	2:46	115	50:43	14.7	1:09	61	25:44	8:18	1:30:51
100	5/18	Kelsey Morfitt	North Liberty	IA	30	F	102	8:45	2:01	3:41	117	51:13	14.6	1:17	66	26:14	8:28	1:31:08
101	1/3	Tami Smith	Marion	IA	46	F	104	8:48	2:01	4:32	96	47:58	15.5	2:51	82	27:12	8:47	1:31:18
102	4/5	Monica Dalton	Iowa City	IA	43	F	74	8:04	1:51	2:26	100	48:17	15.4	1:04	136	31:31	10:10	1:31:21
103	1/7	Kelley Stich	Ames	IA	21	F	133	9:55	2:17	4:19	102	48:42	15.3	1:01	88	27:29	8:52	1:31:24
104	9/14	Jason Darnell	Palo	IA	37	M	166	14:28	3:19	2:32	79	46:22	16.1	1:13	79	26:56	8:42	1:31:29
105	6/18	Anna Bruno	Iowa City	IA	33	F	138	10:00	2:18	3:20	91	47:44	15.6	1:15	115	29:15	9:27	1:31:33
106	4/6	Tami Fiala	Fairfax	IA	50	F	46	7:13	1:39	3:03	82	46:47	15.9	1:33	153	33:03	10:40	1:31:36
107	2/7	Kate Pape	Coralville	IA	32	F	145	10:20	2:22	3:09	75	45:50	16.3	1:46	133	30:49	9:57	1:31:52
108	8/17	Olivia Croskey	Iowa City	IA	29	F	122	9:19	2:08	3:43	106	49:25	15.1	1:31	101	28:10	9:05	1:32:06
109	10/11	Luke Lampe	Iowa City	IA	33	M	136	9:59	2:17	5:25	95	47:55	15.6	1:27	94	27:46	8:58	1:32:30
110	7/18	Catherine Newland	Iowa City	IA	33	F	139	10:02	2:18	3:07	116	50:44	14.7	1:10	92	27:41	8:56	1:32:42
111	7/8	Bill Johnson	Lincoln	NE	51	M	71	8:03	1:51	5:01	108	49:29	15.1	1:09	118	29:28	9:31	1:33:08
112	3/7	Tori Breithaupt	Iowa City	IA	44	F	94	8:39	1:59	3:22	101	48:34	15.4	1:45	134	30:51	9:58	1:33:09
113	8/18	Erica Hohensee	Moline	IL	31	F	36	6:50	1:34	2:31	132	53:34	13.9	1:05	117	29:27	9:30	1:33:24
114	6/7	Caleb Bashore	Letts	IA	24	M	159	12:11	2:48	4:12	113	50:29	14.8	1:10	59	25:32	8:15	1:33:34
115	9/17	Dara Madigan	Ankeny	IA	27	F	128	9:44	2:14	4:01	119	51:18	14.5	1:10	90	27:33	8:54	1:33:44
116	5/6	Patricia Kenel	Cedar Rapids	IA	54	F	82	8:20	1:55	3:42	129	52:44	14.1	1:38	102	28:15	9:07	1:34:37
117	10/17	Amy Podraza	West Des Moines	IA	26	F	134	9:56	2:17	2:58	125	51:59	14.3	1:14	110	29:02	9:22	1:35:07
118	6/6	Krista Ockenfels	Swisher	IA	53	F	65	7:54	1:49	2:48	130	53:08	14.0	1:15	130	30:35	9:52	1:35:38
119	11/17	Miranda Adams	Cedar Falls	IA	29	F	154	11:39	2:40	2:41	128	52:39	14.2	2:12	73	26:30	8:33	1:35:40
120	2/3	Fred Hemsath	St Joseph	MI	71	M	169	17:24	3:59	2:15	70	44:51	16.6	2:24	120	29:39	9:34	1:36:31
121	10/14	Chris Conrad	Iowa City	IA	51	M	95	8:41	2:00	5:58	109	49:32	15.1	2:36	125	30:09	9:44	1:36:54
122	11/11	Vijay Pottathil	Iowa City	IA	33	M	130	9:46	2:15	4:04	123	51:57	14.4	2:52	112	29:08	9:24	1:37:46
123	12/17	Sara Hussain	Iowa City	IA	25	F	83	8:20	1:55	4:19	127	52:29	14.2	2:21	132	30:44	9:55	1:38:10
124	8/10	Kathleen Locher	Iowa City	IA	39	F	135	9:58	2:17	5:05	140	54:37	13.7	1:17	85	27:20	8:49	1:38:15
125	5/5	Jenny Reed Murrell	Charlotte	IO	44	F	112	9:02	2:04	4:30	110	49:37	15.0	2:37	152	33:01	10:39	1:38:45
126	13/17	Sheila Stafford	North Liberty	IA	25	F	47	7:19	1:41	3:19	136	54:13	13.8	1:25	151	32:49	10:36	1:39:04
127	2/3	Deb Johnson	North Liberty	IA	48	F	49	7:25	1:42	3:35	144	55:38	13.4	1:06	137	31:32	10:11	1:39:13
128	9/10	Jennifer Nason	Hamilton	IL	38	F	113	9:02	2:05	3:53	146	56:04	13.3	1:10	116	29:18	9:27	1:39:25
129	8/8	Leif Erickson	Sioux City	IA	53	M	131	9:53	2:16	4:20	124	51:58	14.3	2:03	138	31:33	10:11	1:39:46
130	9/9	Ryan Foley	North Liberty	IA	27	M	161	13:03	3:00	4:19	118	51:14	14.6	1:03	127	30:24	9:49	1:40:02
131	1/1	Charleen Jones	North Liberty	IA	56	F	155	11:40	2:40	3:07	105	49:20	15.1	3:03	154	33:32	10:49	1:40:39
132	6/14	Alexandra Toft	Coralville	IA	21	F	97	8:43	2:00	4:21	153	58:11	12.8	1:23	109	28:57	9:21	1:41:33
133	9/18	Kelli Taylor	South Elgin	IL	33	F	111	9:02	2:04	3:58	142	55:12	13.5	2:08	135	31:18	10:06	1:41:36
134	11/14	Karl Schmidt	Bettendorf	IA	42	M	150	10:46	2:28	3:59	107	49:26	15.1	4:55	150	32:49	10:35	1:41:53
135	3/3	Jim Hill	Coralville	IA	66	M	162	13:06	3:00	3:31	135	54:12	13.8	1:25	122	29:47	9:37	1:41:59
136	12/14	Jason Everett	Cedar Rapids	IO	34	M	140	10:02	2:18	6:01	145	55:43	13.4	1:44	114	29:12	9:25	1:42:40
137	7/14	Rachel Greenberg	Iowa City	IA	23	F	106	8:50	2:02	3:45	162	1:00:57	12.2	1:24	100	28:05	9:04	1:43:00
138	8/14	Jenna Fussell	Iowa City	IA	22	F	86	8:24	1:56	4:40	138	54:33	13.7	2:51	147	32:46	10:34	1:43:12
139	3/3	Eileen Hermiston	Coralville	IA	47	F	117	9:14	2:07	4:05	137	54:23	13.7	2:47	149	32:49	10:35	1:43:15
140	14/17	Ana Berrizbeitia	Coralville	IA	27	F	124	9:20	2:09	5:02	114	50:42	14.7	2:14	163	36:00	11:37	1:43:16
141	13/14	Mitchel Hermiston	Coralville	IA	20	M	129	9:46	2:15	8:33	134	54:10	13.8	2:59	98	27:56	9:01	1:43:22
142	9/14	Merissa Fussell	Iowa City	IA	24	F	110	9:02	2:04	5:14	122	51:47	14.4	1:59	162	35:24	11:26	1:43:24
143	4/7	Katie Niebuhr	Waterloo	IA	31	F	50	7:26	1:42	5:40	131	53:25	14.0	3:32	158	34:21	11:05	1:44:22
144	10/14	Marisa Stratelak	Wheaton	IL	22	F	98	8:43	2:00	3:54	149	57:37	12.9	1:17	155	33:37	10:51	1:45:07
145	15/17	Amy Knight	Iowa City	IA	25	F	158	11:57	2:44	7:28	141	54:38	13.6	1:44	121	29:43	9:35	1:45:28
146	3/4	Katharine Selberg	Urbandale	IA	19	F	119	9:17	2:08	4:04	165	1:02:45	11.9	1:50	95	27:50	8:59	1:45:44
147	4/4	Kayla Sullivan	Urbandale	IA	19	F	118	9:16	2:08	4:06	152	57:56	12.9	6:38	96	27:50	8:59	1:45:44
148	11/14	Kelly Falls	Iowa City	IA	23	F	67	7:58	1:50	4:26	143	55:37	13.4	2:06	164	36:05	11:39	1:46:09
149	10/18	Melissa Clark	Evansdale	IA	32	F	96	8:42	2:00	2:45	126	52:28	14.2	2:30	168	39:51	12:52	1:46:13
150	3/3	Ron Spiva	Bettendorf	IA	61	M	90	8:34	1:58	9:23	121	51:37	14.4	2:38	157	34:14	11:03	1:46:23
151	16/17	Stefany Reese	Chicago	IL	27	F	127	9:40	2:13	4:06	168	1:03:47	11.7	1:38	89	27:33	8:53	1:46:41
152	7/7	David Knight	Iowa City	IA	22	M	156	11:41	2:41	5:27	160	1:00:24	12.3	1:38	105	28:30	9:12	1:47:39
153	1/1	Jacob Reeck	Fort Dodge	IA	17	M	157	11:45	2:42	5:24	161	1:00:28	12.3	1:33	106	28:31	9:12	1:47:40
154	11/18	Diane Brunkhorst	North Liberty	IA	33	F	163	13:07	3:00	4:16	155	58:46	12.7	1:33	124	30:06	9:43	1:47:46
155	12/18	Ann Conklin	Coralville	IA	31	F	120	9:19	2:08	4:47	159	59:59	12.4	2:00	148	32:47	10:35	1:48:50
156	13/18	Angela Sweeney	Iowa City	IA	31	F	88	8:32	1:58	4:31	166	1:02:54	11.9	1:12	144	32:25	10:28	1:49:32
157	12/14	Angelia Peralta	Coralville	IA	23	F	143	10:07	2:19	4:04	156	59:01	12.6	1:43	159	34:43	11:12	1:49:36
158	5/7	Kayla Schaefer	Marion	IA	29	F	116	9:14	2:07	3:44	154	58:26	12.8	1:37	167	37:15	12:01	1:50:13
159	13/14	Hannah Davy	Cottage Grove	MN	22	F	153	11:32	2:39	5:05	164	1:01:26	12.1	1:46	141	31:48	10:16	1:51:35
160	17/17	Stephanie Bashore	Letts	IA	28	F	165	14:24	3:18	5:22	167	1:03:44	11.7	1:59	68	26:20	8:30	1:51:47
161	10/10	Angela Mohr	Eldridge	IA	38	F	164	13:34	3:07	5:52	139	54:36	13.7	3:48	156	34:05	11:00	1:51:53
162	6/7	Heather Hunt	Waterloo	IA	36	F	149	10:42	2:27	2:57	158	59:43	12.5	1:14	166	36:41	11:50	1:53:15
163	14/14	Gabrielle Muse	West Des Moines	IO	22	F	152	11:31	2:39	5:05	163	1:01:13	12.2	2:00	142	31:48	10:16	1:53:35
164	14/18	Jessica Budde	Marion	IA	33	F	160	12:41	2:55	7:00	151	57:39	12.9	2:31	161	35:21	11:24	1:55:10
165	7/7	Jennifer Geis	Rock Island	IL	41	F	148	10:41	2:27	5:45	157	59:26	12.5	2:02	169	41:00	13:14	1:58:52
166	15/18	Jennifer Koppa	Wausau	WI	33	F	167	16:39	3:49	8:35	147	57:21	13.0	4:52	145	32:32	10:30	1:59:58
167	16/18	Jillian McGriff	Normal	IL	33	F	168	16:39	3:49	8:35	148	57:21	13.0	4:53	146	32:35	10:31	2:00:01
168	14/14	Jody Budde	Marion	IA	32	M	170	17:45	4:04	6:59	150	57:38	12.9	2:33	160	35:17	11:23	2:02:10
169	17/18	Jon Dorsman	Lone Tree	IA	33	F	151	10:57	2:31	5:48	169	1:06:43	11.2	2:59	170	41:31	13:24	2:07:57
170	18/18	Olivia Dunn	Iowa City	IA	30	F	70	8:00	1									

TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM MEMBERS: SWIMMER, BIKER, RUNNER	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/10	Late Nite = Terry Lemon , Ken Hopkins , Nate Hopp	5	6:48	1:34	0:55	1	37:27	19.9	1:36	1	16:11	5:14	1:02:56
2	2/10	Three Times Awesome = James Fleming , James Fleming , Willie Crile	7	7:06	1:38	3:17	2	39:21	18.9	0:39	2	20:59	6:46	1:11:20
3	3/10	Two Bros And A Chica = Peter Ruggiero , Amanda Hewitt , Ryan Buresh	1	5:22	1:14	1:03	6	45:43	16.3	0:53	3	23:42	7:39	1:16:42
4	4/10	Cvicu-3 = David Spicknall , Syeda Thomas , Hillary Tebussek	10	10:20	2:22	1:01	3	41:06	18.1	0:56	5	27:51	8:59	1:21:12
5	5/10	Team Tea Bag = Gary Alberhasky , Kara Sehl , Kristin Randall	8	7:07	1:38	0:53	5	44:57	16.6	1:07	9	28:19	9:08	1:22:21
6	6/10	Snicu = Courtney Hitchon , Kristen Schombury , Elizabeth Maroney	4	6:32	1:30	0:54	4	41:54	17.8	4:17	10	29:49	9:37	1:23:25
7	7/10	Thomas Mundt = Nathan Mundt , Jeremy Thomas , Alexis Thomas	2	5:35	1:17	0:55	8	49:03	15.2	0:48	6	27:57	9:01	1:24:16
8	8/10	East Side Tri's = Deb Delaet , Circe Stumbo , Dawn Wisdom	3	6:28	1:29	0:52	9	50:43	14.7	0:49	4	26:40	8:37	1:25:31
9	9/10	Cvicu 2 = Michael Miller , Tacia Edeker , Lindsay Miller	9	10:09	2:20	0:59	7	47:32	15.7	0:51	8	28:11	9:06	1:27:39
10	10/10	Obtuse Marginals = Angela Kipp , Martha Ballou , Amanda Caton	6	7:03	1:37	1:07	10	50:51	14.7	0:52	7	28:06	9:04	1:27:58

TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds
1 Bryan Perrott	Northfield	MN	29	M	4:36	1:04
2 Josiah Collins	La Vista	NE	27	M	4:44	1:05
3 Joshua Madsen	North Liberty	IA	38	M	5:03	1:10
4 Lucas Borg	Iowa City	IA	24	M	5:18	1:13
5 Kyle Zankowski	Ames	IA	23	M	5:19	1:13
6 Peter Ruggiero	Iowa City	IA	36	M	5:22	1:14
7 Jason Rabe	Fairfax	IA	34	M	5:27	1:15
8 Nathan Mundt	North Liberty	IA	35	M	5:35	1:17
9 Patricia Watkins	Iowa City	IO	32	F	5:38	1:18
10 Taylor Pajunen	Iowa City	IA	15	F	5:40	1:18

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1 Jason Rabe	Fairfax	IA	34	M	1:01
2 Elaina Mertens	Dubuque	IA	28	F	1:05
3 Craig Goldsmith	Marion	IA	32	M	1:10
4 Adam Kassem	Cedar Rapids	IA	25	M	1:12
5 Kim Sprenger	Iowa City	IA	52	F	1:18
6 Jim Hagelie	Waukee	IA	46	M	1:20
7 Joshua Madsen	North Liberty	IA	38	M	1:23
8 Daniel Erusha	Marion	IA	35	M	1:23
9 Eric Goers	Iowa City	IA	43	M	1:27
10 Duane Staskal	Iowa City	IA	46	M	1:31

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1 Joshua Madsen	North Liberty	IA	38	M	32:28	23.0
2 Jim Hagelie	Waukee	IA	46	M	33:16	22.4
3 Adam Kassem	Cedar Rapids	IA	25	M	34:05	21.9
4 Kelly Kersten	Davenport	IA	44	M	34:05	21.9
5 Jason Rabe	Fairfax	IA	34	M	35:07	21.2
6 John Martinek	Coralville	IA	46	M	35:10	21.2
7 Duane Staskal	Iowa City	IA	46	M	35:25	21.1
8 Bryan Perrott	Northfield	MN	29	M	35:51	20.8
9 George Sehl	Iowa City	IA	50	M	35:58	20.7
10 David Roney	Ankeny	IA	23	M	35:59	20.7

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Kyle Zankowski	Ames	IA	23	M	0:40
2 Luke Dejong	Coralville	IA	24	M	0:40
3 Craig Goldsmith	Marion	IA	32	M	0:41
4 Adam Pollack	Iowa City	IA	42	M	0:42
5 Taylor Pajunen	Iowa City	IA	15	F	0:47
6 Betsy Hood	Iowa City	IA	25	F	0:48
7 Chad Goldsmith	Coralville	IA	37	M	0:49
8 Josiah Collins	La Vista	NE	27	M	0:50
9 Kim Sprenger	Iowa City	IA	52	F	0:50
10 Kenyon Ellsworth	Grinnell	IA	18	F	0:51

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1 Nate Hopp	Cedar Rapids	IA			16:11	5:14
2 Kyle Zankowski	Ames	IA	23	M	18:11	5:52
3 Chad Goldsmith	Coralville	IA	37	M	18:21	5:56
4 Eric Goers	Iowa City	IA	43	M	19:01	6:08
5 Adam Kassem	Cedar Rapids	IA	25	M	19:03	6:09
6 Luke Dejong	Coralville	IA	24	M	19:07	6:10
7 Bryan Perrott	Northfield	MN	29	M	19:09	6:11
8 Kyle Polich	North Liberty	IA	26	M	19:13	6:12
9 Craig Goldsmith	Marion	IA	32	M	19:32	6:18
10 David Roney	Ankeny	IA	23	M	19:41	6:21