

# Camp Courageous Sprint Triathlon

August 2, 2015

## Overall Division Results

Individual

### Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	14/208	1/94	552	Elaina Mertens	29	F	Dubuque	IA	00:10:06.05	00:45:18.49	00:20:44.50		01:17:05.70
2	23/208	2/94	410	Kim Sprenger	53	F	Iowa City	IA	00:10:00.96	00:48:03.85	00:24:30.85		01:23:33.35
3	27/208	3/94	394	Nicole Wood	33	F	Alburnett	IA	00:10:12.52	00:49:24.41	00:23:14.36		01:23:56.38

### Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/208	1/114	503	Rj Montes	36	M	Asbury	IA	00:08:45.18	00:39:39.79	00:18:53.48		01:08:08.34
2	2/208	2/114	545	Dallas Clasen	21	M	Peosta	IA	00:09:25.65	00:40:56.84	00:19:13.23		01:10:25.00
3	3/208	3/114	511	Sam Lundry	16	M	Bettendorf	IA	00:06:33.74	00:41:17.89	00:21:54.80		01:10:33.59

### Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	160/208	62/94	439	Angie Lawrence	41	F	Monticello	IA	00:14:55.77	01:01:10.18	00:36:46.05		01:56:21.16
2	161/208	63/94	473	Jeri Schultz	37	F	Ollie	IA	00:14:46.52	01:03:37.02	00:35:05.13		01:56:39.01
3	162/208	64/94	397	Christine Amendola	22	F	Iowa City	IA	00:13:40.30	00:57:54.41	00:42:31.18		01:57:06.46

### Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	16/208	15/114	368	Anthony Kinley	19	M	Monticello	IA	00:09:37.78	00:49:05.72	00:19:13.88		01:19:16.63
2	81/208	58/114	520	Eric Mohr	38	M	Eldridge	IA	00:12:48.54	00:53:28.06	00:28:07.25		01:36:50.10
3	101/208	70/114	515	Todd Brown	56	M	Cedar Rapids	IA	00:13:51.26	00:50:58.16	00:33:57.26		01:41:44.28

### Female F Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/208	15/94	498	Trinity Borland	15	F	Bettendorf	IA	00:08:26.14	00:58:55.38	00:24:09.08		01:33:11.56

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### Male M Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	86/208	62/114	483	Quintin Gay	14	M	Cedar Rapids	IA	00:09:30.55	00:57:28.82	00:29:41.17		01:38:16.26
2	120/208	78/114	481	Gavin Hall	12	M	Dubuque	IA	00:08:44.96	01:05:23.08	00:28:31.76		01:45:42.27
3	127/208	83/114	421	Matthew Behnke	14	M	Marion	IA	00:12:16.32	00:56:13.63	00:35:04.79		01:46:29.84

### Female F Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	29/208	4/94	532	Taylor Pajunen	16	F	Iowa City	IA	00:07:42.64	00:52:47.28	00:22:26.61		01:24:30.52
2	38/208	9/94	448	Meredith Koenigsfeld	17	F	Cedar Rapids	IA	00:10:08.59	00:52:33.22	00:23:48.38		01:27:49.17
3	49/208	11/94	456	Sarah Hanna	18	F	Cedar Rapids	IA	00:10:06.97	00:55:01.32	00:23:12.58		01:30:05.76

### Male M Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	10/208	10/114	337	Nick Meyers	19	M	Monticello	IA	00:08:17.37	00:46:51.33	00:19:06.23		01:15:51.93
2	47/208	37/114	495	Alex Domiano	19	M	Hinsdale	IL	00:09:43.28	00:54:40.80	00:22:27.95		01:29:40.33
3	54/208	42/114	449	Orion Staskal	16	M	Iowa City	IA	00:10:25.28	00:55:07.30	00:24:03.87		01:31:01.95

### Female F Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	33/208	6/94	396	Amanda Weyer	20	F	Swisher	IA	00:10:33.36	00:50:04.96	00:24:10.95		01:25:53.80
2	77/208	22/94	349	Hannah Reiland	24	F	West Des Moines	IA	00:11:39.09	00:53:26.53	00:28:10.05		01:35:36.16
3	108/208	37/94	508	Kristin Potts	24	F	Iowa City	IA	00:12:06.55	00:56:00.92	00:32:36.46		01:43:17.94

### Male M Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	58/208	45/114	485	William Sindelar	23	M	Sherrard	IL	00:11:54.44	00:50:15.03	00:27:27.30		01:32:03.89
2	61/208	48/114	523	Aaron House	20	M	Cedar Rapids	IA	00:11:05.87	00:55:09.97	00:23:41.02		01:32:54.75
3	78/208	56/114	367	Harrison Brocka	20	M	Denver	IA	00:10:11.22	00:57:59.89	00:24:33.55		01:36:05.89

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## Overall Division Results

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### Female F Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	103/208	33/94	551	Chelsee Shortt	27	F	Mount Vernon	IA	00:13:16.07	00:56:46.12	00:28:28.45		01:41:48.26
2	126/208	44/94	458	Emily Feldkamp	25	F	Ames	IA	00:15:47.32	00:58:38.23	00:30:15.05		01:46:21.57
3	130/208	45/94	416	Sarah Hermiston	27	F	New Liberty	IA	00:15:36.56	00:57:50.31	00:30:52.88		01:47:40.29

### Male M Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/208	5/114	514	Adam Kassem	26	M	Cedar Rapids	IA	00:10:03.35	00:40:45.26	00:20:08.91		01:11:58.77
2	8/208	8/114	522	Eric Boucher	28	M	Coralville	IA	00:09:00.77	00:43:57.69	00:20:57.90		01:14:59.93
3	21/208	20/114	452	Jeremy Meyer	25	M	Cedar Falls	IA	00:11:22.02	00:46:28.11	00:23:17.33		01:22:31.53

### Female F Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	34/208	7/94	470	Kelsey Morfitt	31	F	North Liberty	IA	00:10:38.08	00:49:21.03	00:24:49.68		01:26:11.80
2	43/208	10/94	392	Sarah Lucas-Carr	30	F	Iowa City	IA	00:10:40.10	00:53:20.92	00:23:06.76		01:28:40.40
3	67/208	17/94	434	Carolyn Plaza	34	F	Cedar Rapids	IA	00:09:54.51	00:56:47.17	00:24:07.90		01:33:50.53

### Male M Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/208	4/114	340	Jacob Johnson	31	M	Waukee	IA	00:07:58.35	00:40:51.44	00:21:35.00		01:11:43.63
2	7/208	7/114	533	Brian Hohensee	30	M	Moline	IL	00:08:57.42	00:41:03.62	00:22:43.08		01:13:55.28
3	13/208	13/114	352	Craig Goldsmith	33	M	Marion	IA	00:09:13.62	00:45:32.99	00:20:51.44		01:16:21.03

### Female F Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	62/208	14/94	447	Annette Wittrock	36	F	Ottumwa	IA	00:09:15.84	00:52:29.12	00:30:14.94		01:33:02.50
2	68/208	18/94	328	Jill Powers	36	F	Dubuque	IA	00:09:36.24	00:55:26.70	00:27:48.79		01:34:04.57
3	71/208	19/94	333	Kelly Brown	37	F	Des Moines	IA	00:11:05.77	00:52:51.93	00:28:39.67		01:34:36.35

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## Overall Division Results

Individual

### Male M Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/208	6/114	506	Jason Rabe	35	M	Fairfax	IA	00:08:40.85	00:41:33.88	00:20:46.48		01:12:03.12
2	11/208	11/114	502	Steven Davis	35	M	North Liberty	IA	00:10:04.06	00:42:20.17	00:22:26.70		01:16:04.60
3	15/208	14/114	404	Brent Fiegel	37	M	Buffalo	IA	00:11:27.23	00:44:20.70	00:20:13.60		01:17:26.71

### Female F Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	55/208	13/94	325	Heidi Sutter	42	F	Dubuque	IA	00:11:36.95	00:54:51.48	00:24:01.90		01:31:33.08
2	73/208	20/94	478	Andrea Joyner	41	F	Marion	IA	00:16:04.12	00:51:41.79	00:25:11.98		01:35:03.63
3	82/208	24/94	390	Michele Flagel	42	F	Shellsburg	IA	00:12:25.55	00:54:26.52	00:27:27.64		01:37:34.55

### Male M Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	19/208	18/114	431	Mathieu Cagnard	44	M	Cedar Rapids	IA	00:12:35.43	00:44:47.66	00:22:54.15		01:21:27.35
2	28/208	25/114	466	Aaron Swartzendruber	40	M	Kalona	IA	00:12:56.77	00:45:37.41	00:22:50.49		01:24:11.05
3	35/208	28/114	419	Matthew Miller	40	M	Waterloo	IA	00:14:05.08	00:48:40.32	00:22:07.67		01:26:32.18

### Female F Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/208	8/94	399	Kathryn Cater	45	F	Cedar Rapids	IA	00:10:26.10	00:47:33.92	00:27:42.03		01:27:16.67
2	51/208	12/94	525	Deb Gaddis	49	F	Solon	IA	00:13:43.71	00:49:51.98	00:25:09.92		01:30:15.99
3	66/208	16/94	414	Jody Rausch	46	F	Robins	IA	00:11:45.99	00:51:37.83	00:28:46.85		01:33:39.47

### Male M Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	9/208	9/114	450	Duane Staskal	47	M	Iowa City	IA	00:09:45.42	00:42:22.57	00:22:19.37		01:15:33.05
2	12/208	12/114	504	Dave Steines	48	M	Mount Vernon	IA	00:09:12.66	00:42:26.29	00:23:30.95		01:16:08.30
3	20/208	19/114	381	Charles Meyer	46	M	Highlands Ranch	CO	00:11:21.04	00:47:15.78	00:21:31.70		01:22:05.86

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## Overall Division Results

Individual

### Female F Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	32/208	5/94	307	Brita Loynachan	51	F	Marion	IA	00:11:03.85	00:45:13.84	00:28:06.29		01:25:50.33
2	102/208	32/94	401	Tami Fiala	51	F	Fairfax	IA	00:10:23.19	00:53:36.84	00:35:33.66		01:41:44.55
3	125/208	43/94	356	Audrey Rasmussen	50	F	Taylor Ridge	IL	00:16:50.56	00:57:01.10	00:30:01.40		01:46:12.25

### Male M Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	57/208	44/114	548	David Zahn	53	M	Moline	IL	00:08:58.75	00:49:26.36	00:31:08.10		01:32:03.37
2	69/208	51/114	429	Keith Kenel	54	M	Cedar Rapids	IA	00:15:19.71	00:49:46.97	00:27:25.19		01:34:08.67
3	84/208	60/114	309	Randy Crawford	50	M	Cedar Rapids	IA	00:16:30.21	00:48:13.60	00:30:56.21		01:38:03.72

### Female F Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	75/208	21/94	471	Belinda Gee	57	F	Cedar Rapids	IA	00:11:04.70	00:52:54.38	00:29:32.51		01:35:07.03
2	87/208	25/94	486	Lori Sindelar	55	F	Sherrard	IL	00:14:37.55	00:52:18.11	00:28:38.48		01:38:22.32
3	105/208	35/94	386	Susan Barg	55	F	Galena	IL	00:13:09.40	00:54:42.70	00:33:06.03		01:43:07.86

### Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/208	16/114	313	Guy Olson	58	M	Cedar Rapids	IA	00:09:06.63	00:43:34.84	00:26:32.60		01:20:28.58
2	24/208	22/114	316	Tom Scholz	56	M	Iowa City	IA	00:14:05.71	00:42:04.49	00:25:30.92		01:23:40.52
3	56/208	43/114	361	Ted Olson	55	M	Hiawatha	IA	00:12:28.81	00:52:27.31	00:25:27.89		01:31:59.96

### Female F Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	152/208	57/94	534	Becky Watts	60	F	Iowa City	IA	00:14:23.58	00:58:57.84	00:35:57.18		01:53:25.75
2	153/208	58/94	427	Ann Vestle	61	F	Cedar Rapids	IA	00:14:49.28	00:59:33.18	00:36:38.37		01:53:29.83

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## Overall Division Results

Individual

### Male M Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	44/208	34/114	319	Gary Watts	60	M	Iowa City	IA	00:11:34.91	00:47:50.88	00:26:44.43		01:28:55.72
2	72/208	53/114	393	Dan Tucker	64	M	Cedar Rapids	IA	00:17:06.76	00:45:53.03	00:30:10.64		01:34:51.78
3	100/208	69/114	547	Charles Stengel	62	M	Moline	IL	00:12:04.07	00:49:13.51	00:35:56.00		01:41:36.62

### Male M Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	136/208	88/114	526	Roy Gaddis	66	M	Solon	IA	00:12:08.20	00:58:35.45	00:35:42.06		01:48:36.96
2	140/208	90/114	430	Willie Sneller	69	M	Cedar Rapids	IA	00:14:24.07	00:57:48.44	00:34:19.07		01:49:41.33
3	205/208	114/114	377	Ken Budke	68	M	Waterloo	IA	00:23:45.28	01:27:57.93	00:58:10.92		02:55:23.01

### Male M Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	134/208	86/114	474	Ron Ottaway	78	M	Cedar Rapids	IA	00:14:12.43	00:54:35.12	00:36:28.29		01:48:18.47