

# Camp Courageous Sprint Triathlon

August 2, 2015

## Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	552	Elaina Mertens	F	29	Dubuque	IA	00:10:07	9	2:01	00:00:25	00:45:19	2	20.5	00:00:32	00:20:45	1	6:40		01:17:05.70
2	410	Kim Sprenger	F	53	Iowa City	IA	00:10:01	8	2:00	00:00:31	00:48:04	4	19.3	00:00:28	00:24:31	11	7:53		01:23:33.35
3	394	Nicole Wood	F	33	Alburnett	IA	00:10:13	12	2:02	00:00:32	00:49:25	6	18.8	00:00:34	00:23:15	5	7:28		01:23:56.38
4	532	Taylor Pajunen	F	16	Iowa City	IA	00:07:43	1	1:32	00:01:15	00:52:48	15	17.6	00:00:20	00:22:27	2	7:13		01:24:30.52
5	307	Brita Loynachan	F	51	Marion	IA	00:11:04	23	2:12	00:00:40	00:45:14	1	20.6	00:00:47	00:28:07	22	9:02		01:25:50.33
6	396	Amanda Weyer	F	20	Swisher	IA	00:10:34	17	2:06	00:00:29	00:50:05	8	18.6	00:00:36	00:24:11	10	7:46		01:25:53.80
7	470	Kelsey Morfitt	F	31	North Liberty	IA	00:10:39	18	2:07	00:00:48	00:49:22	5	18.8	00:00:36	00:24:50	12	7:59		01:26:11.80
8	399	Kathryn Cater	F	45	Cedar Rapids	IA	00:10:27	14	2:05	00:00:46	00:47:34	3	19.6	00:00:49	00:27:43	20	8:54		01:27:16.67
9	448	Meredith Koenigsfeld	F	17	Cedar Rapids	IA	00:10:09	11	2:01	00:00:51	00:52:34	14	17.7	00:00:29	00:23:49	6	7:39		01:27:49.17
10	392	Sarah Lucas-Carr	F	30	Iowa City	IA	00:10:41	19	2:08	00:01:02	00:53:21	19	17.4	00:00:32	00:23:07	3	7:26		01:28:40.40
11	456	Sarah Hanna	F	18	Cedar Rapids	IA	00:10:07	10	2:01	00:00:56	00:55:02	28	16.9	00:00:50	00:23:13	4	7:28		01:30:05.76
12	525	Deb Gaddis	F	49	Solon	IA	00:13:44	62	2:44	00:00:46	00:49:52	7	18.6	00:00:46	00:25:10	13	8:05		01:30:15.99
13	325	Heidi Sutter	F	42	Dubuque	IA	00:11:37	35	2:19	00:00:30	00:54:52	27	17.0	00:00:34	00:24:02	7	7:44		01:31:33.08
14	447	Annette Wittrock	F	36	Ottumwa	IA	00:09:16	3	1:51	00:00:38	00:52:30	13	17.7	00:00:25	00:30:15	40	9:44		01:33:02.50
15	498	Trinity Borland	F	15	Bettendorf	IA	00:08:27	2	1:41	00:01:20	00:58:56	45	15.8	00:00:22	00:24:10	9	7:46		01:33:11.56
16	414	Jody Rausch	F	46	Robins	IA	00:11:46	40	2:21	00:01:02	00:51:38	9	18.0	00:00:28	00:28:47	29	9:15		01:33:39.47
17	434	Carolyn Plaza	F	34	Cedar Rapids	IA	00:09:55	7	1:58	00:01:41	00:56:48	34	16.4	00:01:21	00:24:08	8	7:46		01:33:50.53
18	328	Jill Powers	F	36	Dubuque	IA	00:09:37	5	1:55	00:00:40	00:55:27	30	16.8	00:00:34	00:27:49	21	8:57		01:34:04.57
19	333	Kelly Brown	F	37	Des Moines	IA	00:11:06	25	2:13	00:01:06	00:52:52	16	17.6	00:00:54	00:28:40	28	9:13		01:34:36.35
20	478	Andrea Joyner	F	41	Marion	IA	00:16:05	81	3:12	00:01:03	00:51:42	10	18.0	00:01:04	00:25:12	14	8:06		01:35:03.63
21	471	Belinda Gee	F	57	Cedar Rapids	IA	00:11:05	24	2:12	00:00:43	00:52:55	17	17.6	00:00:54	00:29:33	35	9:30		01:35:07.03
22	349	Hannah Reiland	F	24	West Des Moines	IA	00:11:40	38	2:19	00:00:58	00:53:27	21	17.4	00:01:24	00:28:11	23	9:03		01:35:36.16
23	542	Jill Lightfoot	F	34	Bettendorf	IA	00:11:35	32	2:18	00:00:59	00:53:24	20	17.4	00:00:30	00:30:22	42	9:46		01:36:48.42
24	390	Michele Flagel	F	42	Shellsburg	IA	00:12:26	50	2:29	00:01:35	00:54:27	23	17.1	00:01:41	00:27:28	19	8:50		01:37:34.55
25	486	Lori Sindelar	F	55	Sherrard	IL	00:14:38	71	2:55	00:01:15	00:52:19	12	17.8	00:01:34	00:28:39	26	9:13		01:38:22.32
26	320	Robin Kopelman	F	42	Iowa City	IA	00:11:27	30	2:17	00:01:19	00:55:21	29	16.8	00:01:22	00:29:11	32	9:23		01:38:36.60
27	484	Kellie Cook	F	37	Dubuque	IA	00:17:40	88	3:31	00:01:10	00:52:08	11	17.8	00:01:24	00:26:20	16	8:28		01:38:39.97
28	411	Meredith Dennis	F	33	Pleasant Valley	IA	00:09:23	4	1:52	00:01:29	00:59:10	47	15.7	00:00:36	00:28:31	25	9:10		01:39:06.25
29	544	Allyvia Clasen	F	17	Peosta	IA	00:11:23	29	2:16	00:00:45	00:57:50	40	16.1	00:00:34	00:28:54	30	9:17		01:39:23.29
30	379	Jill Snitko	F	37	Marion	IA	00:14:31	69	2:54	00:00:52	00:57:05	37	16.3	00:00:39	00:26:44	17	8:35		01:39:48.64
31	407	Rebecca Zeck	F	46	Muscatine	IA	00:11:37	34	2:19	00:01:18	00:57:04	36	16.3	00:01:07	00:28:56	31	9:18		01:39:59.48
32	401	Tami Fiala	F	51	Fairfax	IA	00:10:24	13	2:04	00:01:12	00:53:37	22	17.3	00:01:00	00:35:34	60	11:26		01:41:44.55
33	551	Chelsee Shortt	F	27	Mount Vernon	IA	00:13:17	54	2:39	00:01:29	00:56:47	33	16.4	00:01:50	00:28:29	24	9:09		01:41:48.26
34	415	Deborah Morgan	F	44	Clinton	IA	00:11:52	42	2:22	00:01:11	00:54:51	26	17.0	00:01:14	00:33:52	51	10:53		01:42:56.75
35	386	Susan Barg	F	55	Galena	IL	00:13:10	52	2:37	00:00:46	00:54:43	25	17.0	00:01:25	00:33:07	48	10:39		01:43:07.86

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	332	Stacy Huber	F	39	Cedar Rapids	IA	00:13:45	63	2:44	00:01:32	01:00:48	53	15.3	00:00:58	00:26:17	15	8:27		01:43:16.56
37	508	Kristin Potts	F	24	Iowa City	IA	00:12:07	46	2:25	00:00:56	00:56:01	31	16.6	00:01:39	00:32:37	47	10:29		01:43:17.94
38	501	Rosa Owen	F	22	Deforest	WI	00:11:38	36	2:19	00:01:31	00:59:31	48	15.6	00:01:42	00:29:22	33	9:26		01:43:41.56
39	476	Nancy Fox	F	58	Marion	IA	00:11:19	28	2:15	00:01:15	00:54:31	24	17.1	00:01:16	00:35:40	61	11:28		01:43:58.58
40	342	Lori Winborn	F	42	Swisher	IA	00:13:20	55	2:39	00:01:29	01:01:41	57	15.1	00:00:49	00:27:10	18	8:44		01:44:26.65
41	436	Dawn Foss	F	46	Swisher	IA	00:14:19	67	2:51	00:01:24	00:57:24	38	16.2	00:01:30	00:29:55	37	9:37		01:44:30.13
42	382	Melissa Pape	F	39	East Dubuque	IL	00:16:06	82	3:13	00:02:17	00:53:16	18	17.5	00:02:44	00:30:39	43	9:51		01:44:59.51
43	356	Audrey Rasmussen	F	50	Taylor Ridge	IL	00:16:51	85	3:22	00:00:58	00:57:02	35	16.3	00:01:22	00:30:02	39	9:39		01:46:12.25
44	458	Emily Feldkamp	F	25	Ames	IA	00:15:48	79	3:09	00:00:56	00:58:39	44	15.9	00:00:46	00:30:16	41	9:44		01:46:21.57
45	416	Sarah Hermiston	F	27	New Liberty	IA	00:15:37	78	3:07	00:02:45	00:57:51	41	16.1	00:00:36	00:30:53	44	9:56		01:47:40.29
46	505	Cathy Steines	F	46	Mount Vernon	IA	00:13:09	51	2:37	00:01:36	01:02:02	58	15.0	00:01:05	00:29:57	38	9:38		01:47:45.60
47	423	Shannon Olson	F	46	Cedar Rapids	IA	00:13:34	58	2:42	00:01:46	00:56:02	32	16.6	00:01:41	00:35:00	54	11:15		01:47:59.38
48	389	Julie Amendola	F	27	Iowa City	IA	00:12:08	47	2:25	00:01:53	01:04:16	65	14.5	00:00:40	00:29:22	34	9:27		01:48:16.59
49	395	Joanna Weyer	F	45	Swisher	IA	00:11:38	37	2:19	00:01:42	00:58:12	43	16.0	00:02:00	00:35:13	57	11:19		01:48:43.32
50	424	Krista Ockenfels	F	54	Swisher	IA	00:10:50	21	2:09	00:01:27	01:01:32	56	15.1	00:00:51	00:34:47	53	11:11		01:49:24.58
51	343	Janelle Thoms	F	42	Marion	IA	00:12:06	45	2:25	00:02:04	01:00:33	52	15.4	00:01:21	00:34:26	52	11:04		01:50:28.09
52	359	Emily Orna	F	32	Grimes	IA	00:13:29	56	2:41	00:01:09	01:06:46	75	13.9	00:00:28	00:28:40	27	9:13		01:50:29.31
53	472	Holly Elliott	F	39	Dubuque	IA	00:10:50	20	2:09	00:02:43	01:06:58	77	13.9	00:00:57	00:29:55	36	9:37		01:51:20.34
54	461	Lynn Curlott	F	53	Long Grove	IA	00:11:44	39	2:20	00:02:22	00:57:25	39	16.2	00:01:51	00:38:37	69	12:25		01:51:56.92
55	464	Rob Wagner	F	53	North Liberty	IA	00:14:11	64	2:50	00:01:14	01:04:38	67	14.4	00:00:58	00:31:33	45	10:09		01:52:30.63
56	453	Elisabeth Hall	F	22	Dubuque	IA	00:09:55	6	1:58	00:01:26	01:05:48	70	14.1	00:00:28	00:35:17	58	11:21		01:52:51.41
57	534	Becky Watts	F	60	Iowa City	IA	00:14:24	68	2:52	00:02:27	00:58:58	46	15.8	00:01:41	00:35:58	62	11:34		01:53:25.75
58	427	Ann Vestle	F	61	Cedar Rapids	IA	00:14:50	73	2:57	00:01:06	00:59:34	49	15.6	00:01:24	00:36:39	63	11:47		01:53:29.83
59	445	Chloe Norpel	F	33	Dubuque	IA	00:11:37	33	2:19	00:01:50	01:02:52	59	14.8	00:00:34	00:37:37	68	12:06		01:54:27.69
60	405	Lauren Forrest	F	30	Bettendorf	IA	00:11:47	41	2:21	00:02:22	01:06:53	76	13.9	00:00:54	00:33:23	49	10:44		01:55:16.64
61	406	Erin Gavin	F	26	Blue Grass	IA	00:10:57	22	2:11	00:01:20	00:59:51	50	15.5	00:00:51	00:42:31	82	13:41		01:55:28.13
62	439	Angie Lawrence	F	41	Monticello	IA	00:14:56	76	2:59	00:01:58	01:01:11	54	15.2	00:01:32	00:36:47	65	11:50		01:56:21.16
63	473	Jeri Schultz	F	37	Ollie	IA	00:14:47	72	2:57	00:01:49	01:03:38	61	14.6	00:01:22	00:35:06	55	11:17		01:56:39.01
64	397	Christine Amendola	F	22	Iowa City	IA	00:13:41	60	2:44	00:01:36	00:57:55	42	16.1	00:01:25	00:42:32	83	13:41		01:57:06.46
65	550	Teresa Anton	F	52	Cedar Rapids	IA	00:14:14	65	2:50	00:02:14	01:05:56	71	14.1	00:01:28	00:33:34	50	10:47		01:57:23.57
66	516	Samantha Brown	F	22	Cedar Rapids	IA	00:12:02	43	2:24	00:01:27	01:01:22	55	15.2	00:01:11	00:42:03	80	13:32		01:58:02.66
67	362	Robin Randall	F	53	Clarendon Hills	IL	00:12:12	48	2:26	00:03:48	01:06:08	72	14.1	00:01:21	00:35:07	56	11:17		01:58:32.72
68	347	Kallie Nichols	F	26	Fairfax	IA	00:14:56	75	2:59	00:02:45	01:03:15	60	14.7	00:01:11	00:36:39	64	11:47		01:58:44.36
69	398	Meghan Phelan	F	36	Cedar Rapids	IA	00:13:38	59	2:43	00:02:26	01:00:06	51	15.5	00:01:49	00:40:52	77	13:09		01:58:47.57
70	366	Rachel Francis	F	21	Suffolk	VA	00:12:02	44	2:24	00:02:07	01:06:45	74	13.9	00:00:53	00:37:13	66	11:58		01:58:57.03

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	339	Melissa Lakin	F	34	Cedar Rapids	IA	00:11:15	26	2:14	00:01:48	01:04:20	66	14.5	00:01:41	00:40:18	74	12:57		01:59:18.56
72	334	Tracy Folkmann	F	42	Cedar Rapids	IA	00:11:28	31	2:17	00:02:36	01:04:15	64	14.5	00:00:41	00:41:37	79	13:23		02:00:34.75
73	385	Hillary Holub	F	21	Central City	IA	00:13:42	61	2:44	00:02:32	01:06:24	73	14.0	00:00:54	00:37:25	67	12:02		02:00:55.03
74	372	Meghan Jones	F	16	Clarendon Hills	IL	00:10:32	16	2:06	00:03:24	01:03:52	63	14.6	00:00:57	00:42:14	81	13:35		02:00:55.33
75	428	Cheryl Reardon	F	49	Iowa City	IA	00:14:32	70	2:54	00:01:59	01:03:44	62	14.6	00:01:26	00:40:03	73	12:53		02:01:41.84
76	373	Susie Jones	F	47	Clarendon Hills	IL	00:11:18	27	2:15	00:04:09	01:05:29	69	14.2	00:02:42	00:39:42	72	12:46		02:03:17.12
77	380	Shannon Poe	F	36	Monticello	IA	00:12:22	49	2:28	00:01:47	01:07:17	78	13.8	00:01:45	00:44:30	88	14:19		02:07:38.85
78	463	Stephanie Hoenig	F	34	Cedar Rapids	IA	00:13:15	53	2:38	00:01:39	01:09:13	79	13.4	00:01:37	00:42:36	84	13:42		02:08:18.11
79	425	Heather McMahill	F	29	Cedar Rapids	IA	00:10:28	15	2:05	00:02:48	01:15:27	83	12.3	00:01:07	00:38:51	71	12:30		02:08:37.67
80	370	Bethany Lehman	F	21	Cedar Rapids	IA	00:16:58	87	3:23	00:02:30	01:16:43	86	12.1	00:01:00	00:31:44	46	10:12		02:08:52.79
81	369	Megan Vorwald	F	29	Dyersville	IA	00:16:56	86	3:23	00:01:49	01:16:31	85	12.2	00:00:41	00:35:17	59	11:21		02:11:12.59
82	512	Angela Mohr	F	39	Eldridge	IA	00:16:19	83	3:15	00:01:56	01:15:36	84	12.3	00:01:43	00:38:38	70	12:25		02:14:09.78
83	438	Brenda Michael	F	43	Jesup	IA	00:19:44	92	3:56	00:03:37	01:10:58	81	13.1	00:01:45	00:43:49	86	14:05		02:19:50.12
84	437	Amy Snyder	F	44	Marshalltown	IA	00:16:48	84	3:21	00:06:35	01:10:52	80	13.1	00:01:53	00:43:49	85	14:05		02:19:54.25
85	329	Dawn Moser	F	33	Garber	IA	00:15:59	80	3:11	00:02:19	01:23:35	88	11.1	00:01:20	00:40:50	76	13:08		02:24:00.18
86	336	Elizabeth Bonz	F	56	Asbury	IA	00:14:15	66	2:50	00:02:49	01:11:38	82	13.0	00:02:14	00:53:55	90	17:21		02:24:48.20
87	468	Laura Seaman	F	29	Dubuque	IA	00:14:53	74	2:58	00:03:01	01:30:11	90	10.3	00:02:39	00:40:49	75	13:08		02:31:31.21
88	426	Jennifer Felton	F	30	Sherrard	IL	00:20:44	94	4:08	00:03:14	01:34:45	92	9.8	00:02:01	00:40:59	78	13:11		02:41:41.68
89	355	Kimberly Menke	F	44	Cedar Rapids	IA	00:15:03	77	3:00	00:02:15	01:46:37	95	8.7	00:01:03	00:44:24	87	14:17		02:49:19.37
90	335	Jacqueline Hackbarth	F	35	Iowa City	IA	00:25:10	96	5:01	00:04:50	01:26:05	89	10.8	00:07:45	00:48:42	89	15:40		02:52:28.70
91	308	Carol Melton	F	38	Monticello	IA	00:18:59	90	3:47	00:02:10	01:34:41	91	9.8	00:01:47	00:57:19	92	18:26		02:54:53.30
92	351	Kimmy Mixdorf	F	30	Monticello	IA	00:20:06	93	4:01	00:02:01	01:40:55	94	9.2	00:02:16	00:56:00	91	18:01		03:01:15.75
93	500	Mary Owen	F	54	Deforest	WI	00:23:34	95	4:42	00:06:45	01:18:32	87	11.8	00:06:17	01:10:36	94	22:43		03:05:41.40
94	324	Julie Noonan	F	46	Dubuque	IA	00:18:19	89	3:39	00:03:14	01:38:46	93	9.4	00:00:59	01:06:28	93	21:23		03:07:43.84

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							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	503	Rj Montes	M	36	Asbury	IA	00:08:46	8	1:45	00:00:21	00:39:40	1	23.4	00:00:30	00:18:54	1	6:04		01:08:08.34
2	545	Dallas Clasen	M	21	Peosta	IA	00:09:26	17	1:53	00:00:25	00:40:57	4	22.7	00:00:25	00:19:14	3	6:11		01:10:25.00
3	511	Sam Lundry	M	16	Bettendorf	IA	00:06:34	1	1:18	00:00:19	00:41:18	6	22.5	00:00:30	00:21:55	13	7:03		01:10:33.59
4	340	Jacob Johnson	M	31	Waukee	IA	00:07:59	3	1:35	00:00:45	00:40:52	3	22.8	00:00:34	00:21:35	12	6:56		01:11:43.63
5	514	Adam Kassem	M	26	Cedar Rapids	IA	00:10:04	26	2:00	00:00:38	00:40:46	2	22.8	00:00:25	00:20:09	6	6:29		01:11:58.77
6	506	Jason Rabe	M	35	Fairfax	IA	00:08:41	5	1:44	00:00:35	00:41:34	7	22.4	00:00:28	00:20:47	8	6:41		01:12:03.12
7	533	Brian Hohensee	M	30	Moline	IL	00:08:58	9	1:47	00:00:31	00:41:04	5	22.6	00:00:42	00:22:44	23	7:18		01:13:55.28
8	522	Eric Boucher	M	28	Coralville	IA	00:09:01	11	1:48	00:00:26	00:43:58	13	21.2	00:00:38	00:20:58	10	6:44		01:14:59.93
9	450	Duane Staskal	M	47	Iowa City	IA	00:09:46	25	1:57	00:00:32	00:42:23	10	21.9	00:00:35	00:22:20	16	7:11		01:15:33.05
10	337	Nick Meyers	M	19	Monticello	IA	00:08:18	4	1:39	00:00:38	00:46:52	22	19.8	00:01:00	00:19:07	2	6:08		01:15:51.93
11	502	Steven Davis	M	35	North Liberty	IA	00:10:05	27	2:00	00:00:44	00:42:21	9	22.0	00:00:31	00:22:27	19	7:13		01:16:04.60
12	504	Dave Steines	M	48	Mount Vernon	IA	00:09:13	14	1:50	00:00:22	00:42:27	11	21.9	00:00:37	00:23:31	32	7:34		01:16:08.30
13	352	Craig Goldsmith	M	33	Marion	IA	00:09:14	15	1:50	00:00:24	00:45:33	17	20.4	00:00:20	00:20:52	9	6:42		01:16:21.03
14	404	Brent Fiegel	M	37	Buffalo	IA	00:11:28	48	2:17	00:00:41	00:44:21	14	21.0	00:00:45	00:20:14	7	6:30		01:17:26.71
15	368	Anthony Kinley	M	19	Monticello	IA	00:09:38	21	1:55	00:01:00	00:49:06	34	18.9	00:00:20	00:19:14	4	6:11		01:19:16.63
16	313	Guy Olson	M	58	Cedar Rapids	IA	00:09:07	13	1:49	00:00:40	00:43:35	12	21.3	00:00:35	00:26:33	48	8:32		01:20:28.58
17	345	Travis Hilsabeck	M	34	Prairie City	IA	00:11:32	49	2:18	00:00:33	00:45:04	16	20.6	00:00:35	00:23:22	31	7:31		01:21:03.60
18	431	Mathieu Cagnard	M	44	Cedar Rapids	IA	00:12:36	70	2:31	00:00:41	00:44:48	15	20.8	00:00:30	00:22:55	25	7:22		01:21:27.35
19	381	Charles Meyer	M	46	Highlands Ranch	CO	00:11:22	45	2:16	00:00:51	00:47:16	23	19.7	00:01:07	00:21:32	11	6:55		01:22:05.86
20	452	Jeremy Meyer	M	25	Cedar Falls	IA	00:11:23	47	2:16	00:00:57	00:46:29	20	20.0	00:00:28	00:23:18	29	7:29		01:22:31.53
21	358	Rob Orna	M	34	Grimes	IA	00:10:39	38	2:07	00:00:46	00:48:42	32	19.1	00:00:27	00:22:17	15	7:10		01:22:47.88
22	316	Tom Scholz	M	56	Iowa City	IA	00:14:06	88	2:49	00:01:11	00:42:05	8	22.1	00:00:50	00:25:31	43	8:12		01:23:40.52
23	540	Lee Heying	M	39	Cedar Rapids	IA	00:10:11	29	2:02	00:01:33	00:48:05	27	19.3	00:00:46	00:23:12	28	7:27		01:23:43.27
24	357	Jason Guyer	M	36	Manchester	IA	00:10:08	28	2:01	00:01:31	00:46:32	21	20.0	00:01:37	00:24:05	37	7:44		01:23:51.81
25	466	Aaron Swartzendruber	M	40	Kalona	IA	00:12:57	75	2:35	00:01:49	00:45:38	18	20.4	00:00:59	00:22:51	24	7:21		01:24:11.05
26	454	Cory Hall	M	33	Dubuque	IA	00:09:34	20	1:54	00:00:43	00:51:23	48	18.1	00:00:53	00:22:25	17	7:12		01:24:56.15
27	348	Jj Grinvalds	M	27	West Des Moines	IA	00:12:57	74	2:35	00:01:23	00:50:10	41	18.5	00:01:09	00:19:37	5	6:18		01:25:12.70
28	419	Matthew Miller	M	40	Waterloo	IA	00:14:06	87	2:49	00:00:48	00:48:41	31	19.1	00:00:52	00:22:08	14	7:07		01:26:32.18
29	326	Brian Powers	M	35	Dubuque	IA	00:09:44	23	1:56	00:00:39	00:48:50	33	19.1	00:01:04	00:26:20	47	8:28		01:26:34.80
30	403	Mark Theuerkauf	M	49	Bettendorf	IA	00:09:31	18	1:54	00:00:47	00:50:51	44	18.3	00:00:39	00:26:16	46	8:27		01:28:01.11
31	517	Patrick Severson	M	33	Cedar Rapids	IA	00:10:58	39	2:11	00:01:31	00:50:23	43	18.5	00:01:09	00:24:06	38	7:45		01:28:03.56
32	331	Justin Boecker	M	32	Mount Vernon	IA	00:10:31	36	2:06	00:01:20	00:52:33	55	17.7	00:01:06	00:22:36	22	7:16		01:28:04.40
33	402	Tyler Lorenzen	M	30	Vinton	IA	00:09:02	12	1:48	00:01:39	00:50:57	46	18.3	00:00:23	00:26:39	49	8:34		01:28:37.56
34	319	Gary Watts	M	60	Iowa City	IA	00:11:35	50	2:18	00:01:21	00:47:51	26	19.4	00:01:26	00:26:45	51	8:36		01:28:55.72
35	418	Andrew Thompson	M	47	Moline	IL	00:14:05	86	2:48	00:02:00	00:49:37	38	18.7	00:00:50	00:22:28	20	7:13		01:28:56.57

# Camp Courageous Sprint Triathlon

August 2, 2015

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	491	Jason Reuter	M	32	Atkins	IA	00:11:45	53	2:20	00:01:09	00:50:03	40	18.6	00:00:43	00:25:48	44	8:18		01:29:27.29
37	495	Alex Domiano	M	19	Hinsdale	IL	00:09:44	22	1:56	00:02:14	00:54:41	67	17.0	00:00:35	00:22:28	21	7:13		01:29:40.33
38	383	Chris Pape	M	39	East Dubuque	IL	00:11:07	41	2:13	00:02:38	00:47:50	25	19.4	00:01:26	00:26:45	52	8:36		01:29:43.07
39	549	Shawn Love	M	34	Marion	IA	00:11:21	44	2:16	00:00:45	00:48:25	30	19.2	00:00:28	00:29:13	61	9:24		01:30:09.24
40	553	Jason Fuller	M	29	Dubuque	IA	00:10:24	33	2:04	00:02:25	00:51:53	49	17.9	00:01:35	00:24:22	39	7:50		01:30:37.05
41	304	Matt White	M	37	Cedar Rapids	IA	00:12:09	63	2:25	00:01:07	00:49:12	35	18.9	00:00:12	00:28:13	57	9:04		01:30:49.93
42	449	Orion Staskal	M	16	Iowa City	IA	00:10:26	34	2:05	00:01:12	00:55:08	71	16.9	00:00:14	00:24:04	36	7:44		01:31:01.95
43	361	Ted Olson	M	55	Hiawatha	IA	00:12:29	69	2:29	00:00:39	00:52:28	54	17.7	00:00:58	00:25:28	42	8:11		01:31:59.96
44	548	David Zahn	M	53	Moline	IL	00:08:59	10	1:47	00:01:28	00:49:27	37	18.8	00:01:03	00:31:09	73	10:01		01:32:03.37
45	485	William Sindelar	M	23	Sherrard	IL	00:11:55	56	2:22	00:01:42	00:50:16	42	18.5	00:00:46	00:27:28	54	8:50		01:32:03.89
46	489	Michael Ward	M	25	Saint Louis	MO	00:12:19	66	2:27	00:02:10	00:52:40	57	17.7	00:02:22	00:22:57	26	7:22		01:32:26.16
47	409	Chris Bruns	M	42	Cedar Rapids	IA	00:11:50	55	2:21	00:01:52	00:51:58	51	17.9	00:00:48	00:26:11	45	8:25		01:32:36.58
48	523	Aaron House	M	20	Cedar Rapids	IA	00:11:06	40	2:13	00:01:56	00:55:10	72	16.9	00:01:03	00:23:42	35	7:37		01:32:54.75
49	350	Ben Lochard	M	31	West Des Moines	IA	00:12:56	73	2:35	00:01:29	00:53:02	59	17.5	00:01:11	00:24:44	41	7:57		01:33:20.05
50	518	Christopher Birler	M	47	Polk City	IA	00:15:34	97	3:06	00:02:48	00:50:55	45	18.3	00:01:51	00:22:26	18	7:12		01:33:31.33
51	429	Keith Kenel	M	54	Cedar Rapids	IA	00:15:20	95	3:03	00:00:50	00:49:47	39	18.7	00:00:48	00:27:26	53	8:49		01:34:08.67
52	524	Austin Gross	M	33	Eldridge	IA	00:10:14	32	2:02	00:01:38	00:47:47	24	19.5	00:01:07	00:33:27	83	10:45		01:34:10.44
53	393	Dan Tucker	M	64	Cedar Rapids	IA	00:17:07	107	3:25	00:01:06	00:45:54	19	20.3	00:00:37	00:30:11	68	9:42		01:34:51.78
54	330	Matt Vorwald	M	34	Cedar Rapids	IA	00:16:12	101	3:14	00:01:42	00:53:35	62	17.4	00:00:19	00:23:21	30	7:30		01:35:06.91
55	499	Clayton Stephens	M	38	Swisher	IA	00:11:58	59	2:23	00:01:13	00:51:53	50	17.9	00:00:54	00:29:35	64	9:31		01:35:30.66
56	367	Harrison Brocka	M	20	Denver	IA	00:10:12	30	2:02	00:02:17	00:58:00	85	16.0	00:01:06	00:24:34	40	7:54		01:36:05.89
57	537	Tyler Dennis	M	16	Cedar Rapids	IA	00:10:26	35	2:05	00:01:58	00:59:13	92	15.7	00:01:08	00:23:41	34	7:37		01:36:23.42
58	520	Eric Mohr	M	38	Eldridge	IA	00:12:49	72	2:33	00:01:10	00:53:29	60	17.4	00:01:17	00:28:08	56	9:03		01:36:50.10
59	493	Paul Tremmel	M	40	Eldridge	IA	00:09:45	24	1:56	00:01:29	00:54:26	65	17.1	00:01:20	00:30:45	71	9:53		01:37:42.77
60	309	Randy Crawford	M	50	Cedar Rapids	IA	00:16:31	104	3:18	00:01:40	00:48:14	29	19.3	00:00:45	00:30:57	72	9:57		01:38:03.72
61	417	Andrew Hermiston	M	27	New Liberty	IA	00:16:43	105	3:20	00:02:51	00:54:20	63	17.1	00:00:41	00:23:40	33	7:36		01:38:12.99
62	483	Quintin Gay	M	14	Cedar Rapids	IA	00:09:31	19	1:54	00:01:12	00:57:29	81	16.2	00:00:24	00:29:42	66	9:33		01:38:16.26
63	541	Randy Bachman	M	59	Hiawatha	IA	00:11:15	43	2:14	00:01:44	00:52:52	58	17.6	00:00:45	00:31:53	74	10:15		01:38:27.64
64	378	Gabe Wylder	M	32	Iowa City	IA	00:13:16	78	2:39	00:02:35	00:52:33	56	17.7	00:01:04	00:29:38	65	9:31		01:39:03.91
65	344	Jason Haag	M	41	Marion	IA	00:11:22	46	2:16	00:02:05	00:55:25	74	16.8	00:00:48	00:29:34	63	9:30		01:39:10.62
66	455	Tye Male	M	54	Cedar Rapids	IA	00:16:26	103	3:17	00:01:32	00:48:11	28	19.3	00:01:13	00:32:12	77	10:21		01:39:32.31
67	303	Jerry Ask	M	56	Cedar Rapids	IA	00:12:46	71	2:33	00:01:02	00:52:16	53	17.8	00:01:09	00:32:43	80	10:31		01:39:53.70
68	509	Keith Potts	M	56	Omaha	NE	00:13:28	80	2:41	00:02:22	00:55:55	75	16.6	00:00:46	00:28:24	58	9:08		01:40:52.83
69	547	Charles Stengel	M	62	Moline	IL	00:12:05	60	2:24	00:01:30	00:49:14	36	18.9	00:02:54	00:35:57	91	11:33		01:41:36.62
70	515	Todd Brown	M	56	Cedar Rapids	IA	00:13:52	85	2:46	00:01:55	00:50:59	47	18.2	00:01:03	00:33:58	85	10:55		01:41:44.28

# Camp Courageous Sprint Triathlon

August 2, 2015

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	310	Erik Barnhill	M	39	Marion	IA	00:08:43	6	1:44	00:02:14	01:00:56	97	15.3	00:00:59	00:30:20	69	9:45		01:43:09.34
72	400	Jason Darnell	M	38	Palo	IA	00:15:43	98	3:08	00:01:41	00:52:08	52	17.8	00:01:19	00:32:31	78	10:27		01:43:19.17
73	360	Tj Nealson	M	39	Monticello	IA	00:13:31	81	2:42	00:00:48	00:54:26	64	17.1	00:01:05	00:33:34	84	10:48		01:43:20.54
74	341	John Helms	M	58	Clarendon Hills	IL	00:16:11	100	3:14	00:01:42	00:54:47	68	17.0	00:00:46	00:30:04	67	9:40		01:43:27.47
75	536	Ben Treakle	M	43	Clinton	IA	00:13:44	84	2:44	00:03:25	01:02:34	100	14.9	00:01:13	00:23:08	27	7:26		01:44:00.97
76	510	Travis Kasner	M	46	Fairfax	IA	00:12:28	68	2:29	00:03:44	00:55:19	73	16.8	00:01:12	00:32:04	76	10:19		01:44:44.61
77	496	Haywood Stowe	M	41	Cedar Rapids	IA	00:11:45	52	2:20	00:02:32	00:59:05	91	15.7	00:00:57	00:30:31	70	9:49		01:44:47.58
78	481	Gavin Hall	M	12	Dubuque	IA	00:08:45	7	1:44	00:02:26	01:05:24	105	14.2	00:00:38	00:28:32	59	9:10		01:45:42.27
79	467	Brett Schneider	M	36	Cedar Rapids	IA	00:15:04	94	3:00	00:03:05	00:59:34	94	15.6	00:00:35	00:27:40	55	8:54		01:45:55.48
80	443	John Demory	M	53	North Liberty	IA	00:14:27	91	2:53	00:02:33	00:58:12	87	16.0	00:01:40	00:29:14	62	9:24		01:46:02.50
81	338	Andrew Greco	M	35	Cedar Rapids	IA	00:15:27	96	3:05	00:02:35	00:54:55	70	16.9	00:01:06	00:32:02	75	10:18		01:46:02.67
82	322	Todd Kopelman	M	42	Iowa City	IA	00:12:24	67	2:28	00:02:23	00:57:33	82	16.2	00:01:08	00:32:46	81	10:32		01:46:11.05
83	421	Matthew Behnke	M	14	Marion	IA	00:12:17	64	2:27	00:01:32	00:56:14	77	16.5	00:01:24	00:35:05	88	11:17		01:46:29.84
84	531	Coalton Olson	M	32	Peosta	IA	00:16:01	99	3:12	00:03:45	00:59:02	90	15.8	00:01:15	00:26:41	50	8:35		01:46:41.68
85	457	Doug Deimler	M	36	Cedar Rapids	IA	00:11:58	58	2:23	00:00:58	00:56:23	78	16.5	00:00:51	00:36:39	94	11:47		01:46:46.96
86	474	Ron Ottaway	M	78	Cedar Rapids	IA	00:14:13	89	2:50	00:01:25	00:54:36	66	17.0	00:01:39	00:36:29	93	11:44		01:48:18.47
87	490	Ryan Cherry	M	33	Geneseo	IL	00:11:36	51	2:19	00:01:34	00:56:01	76	16.6	00:01:07	00:38:08	97	12:16		01:48:22.49
88	526	Roy Gaddis	M	66	Solon	IA	00:12:09	62	2:25	00:01:06	00:58:36	89	15.9	00:01:07	00:35:43	90	11:29		01:48:36.96
89	375	Van Schroder	M	51	Shellsburg	IA	00:17:29	108	3:29	00:02:18	00:54:47	69	17.0	00:01:13	00:33:06	82	10:39		01:48:50.15
90	430	Willie Sneller	M	69	Cedar Rapids	IA	00:14:25	90	2:52	00:01:47	00:57:49	84	16.1	00:01:24	00:34:20	86	11:02		01:49:41.33
91	521	Derrick Creighton	M	51	Le Claire	IA	00:12:07	61	2:25	00:02:27	00:56:24	79	16.5	00:04:09	00:36:21	92	11:41		01:51:26.59
92	312	Tim Polehna	M	31	Robins	IA	00:09:24	16	1:52	00:02:31	00:56:49	80	16.4	00:00:56	00:42:10	102	13:34		01:51:48.99
93	482	David Hebrink	M	14	Cedar Rapids	IA	00:10:37	37	2:07	00:01:13	01:10:46	111	13.1	00:00:28	00:29:12	60	9:23		01:52:14.47
94	480	Ryan Foley	M	40	Cedar Rapids	IA	00:13:17	79	2:39	00:02:44	01:02:21	98	14.9	00:01:30	00:32:33	79	10:28		01:52:22.83
95	321	Quinn Kopelman	M	14	Iowa City	IA	00:07:50	2	1:33	00:03:12	01:02:47	101	14.8	00:01:03	00:38:08	98	12:16		01:52:57.61
96	318	Bryan Hutchinson	M	31	Corona	CA	00:11:10	42	2:13	00:01:56	00:57:47	83	16.1	00:00:38	00:42:12	103	13:34		01:53:39.91
97	388	Steve Barg	M	57	Galena	IL	00:13:36	82	2:43	00:02:17	01:00:42	96	15.3	00:02:14	00:34:59	87	11:15		01:53:46.20
98	363	Boo Roca	M	15	Clarendon Hills	IL	00:12:17	65	2:27	00:02:23	01:03:29	103	14.7	00:00:43	00:35:39	89	11:28		01:54:27.32
99	479	Brian Joyner	M	41	Marion	IA	00:16:13	102	3:14	00:01:16	00:53:29	61	17.4	00:03:12	00:44:00	104	14:09		01:58:07.90
100	459	Jeff Freeman	M	52	Cedar Rapids	IA	00:20:41	112	4:08	00:01:54	00:58:31	88	15.9	00:01:38	00:37:43	95	12:08		02:00:25.46
101	384	Ben Holub	M	49	Central City	IA	00:18:16	111	3:39	00:02:28	00:59:44	95	15.6	00:01:39	00:38:26	99	12:22		02:00:30.69
102	519	Stephen Fasnacht	M	43	Monticello	IA	00:13:05	77	2:36	00:01:59	01:06:46	108	13.9	00:01:20	00:38:52	100	12:30		02:01:59.92
103	465	Brian Nicola	M	39	Coralville	IA	00:11:48	54	2:21	00:03:51	01:05:36	106	14.2	00:03:09	00:37:44	96	12:08		02:02:07.42
104	535	Dan Clark	M	58	Cedar Rapids	IA	00:17:07	106	3:25	00:02:46	01:02:22	99	14.9	00:02:24	00:40:15	101	12:57		02:04:50.11
105	323	Tony Ruggiero	M	41	Cedar Rapids	IA	00:11:56	57	2:23	00:02:37	01:03:16	102	14.7	00:02:20	00:45:38	106	14:41		02:05:44.64

# Camp Courageous Sprint Triathlon

August 2, 2015

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
106	513	Robert Roca	M	48	Clarendon Hills	IL	00:10:13	31	2:02	00:01:59	00:59:18	93	15.7	00:02:36	00:54:27	112	17:31		02:08:29.76
107	408	Steve Etten	M	59	Palo	IA	00:14:52	93	2:58	00:03:09	00:58:08	86	16.0	00:03:30	00:51:09	110	16:27		02:10:45.61
108	432	James Beard	M	44	Cedar Rapids	IA	00:13:39	83	2:43	00:03:27	01:09:40	110	13.3	00:02:07	00:47:53	108	15:24		02:16:44.80
109	315	Larry Young	M	41	Coralville	IA	00:13:03	76	2:36	00:02:48	01:04:55	104	14.3	00:02:46	00:56:22	113	18:08		02:19:50.44
110	364	Riley Roca	M	19	Clarendon Hills	IL	00:17:54	110	3:34	00:04:46	01:10:56	112	13.1	00:00:59	00:46:07	107	14:50		02:20:39.77
111	346	Ken Kral	M	55	Hayward	WI	00:22:29	113	4:29	00:03:25	01:06:07	107	14.1	00:01:26	00:49:07	109	15:48		02:22:29.97
112	420	Russell Behnke	M	45	Marion	IA	00:14:37	92	2:55	00:02:30	01:08:48	109	13.5	00:02:26	00:54:19	111	17:28		02:22:37.03
113	497	Nate McGowan	M	17	Clarendon Hills	IL	00:17:46	109	3:33	00:07:43	01:14:08	113	12.5	00:01:16	00:44:22	105	14:16		02:25:13.28
114	377	Ken Budke	M	68	Waterloo	IA	00:23:46	114	4:45	00:03:49	01:27:58	114	10.6	00:01:41	00:58:11	114	18:43		02:55:23.01