

Iowa's Best Dam Triathlon

September 13, 2015

Overall Division Results

Olympic Individual

Female Collegiate

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	21/85	1/27	51	Melanie Rabino	21	F	Woodbury	MI	00:10:26.18	01:10:43.94	00:46:40.28		02:09:34.12
2	29/85	2/27	60	Hannah Eldridge	20	F	Minneapolis	MN	00:10:48.99	01:16:05.98	00:46:05.68		02:14:46.14
3	31/85	3/27	54	Emily Ridgeway	22	F	Columbia	MO	00:11:07.74	01:15:08.02	00:48:57.07		02:16:42.64
4	34/85	4/27	61	Miranda Olson	20	F	Minneapolis	MN	00:10:56.58	01:17:27.43	00:47:56.09		02:18:21.37
5	36/85	5/27	53	Sarah Guillot	24	F	Madison	WI	00:10:57.69	01:16:05.64	00:50:18.49		02:19:01.02
6	43/85	6/27	59	Kristina Swenson	18	F	Ames	IA	00:11:58.00		00:50:32.00		02:21:48.00
7	46/85	7/27	57	Cari Schmitz Carley	27	F	Middleton	WI	00:12:02.80	01:20:43.48	00:49:22.59		02:24:28.11
8	57/85	11/27	50	Emily Gasteyer	23	F	Appleton	WI	00:12:09.17	01:21:51.40	00:57:09.60		02:33:52.48
9	59/85	12/27	64	Gila Grad	18	F	St. Louis Park	MN	00:11:16.24	01:27:32.56	00:52:44.70		02:35:37.12
10	67/85	15/27	55	Emily Schwake	20	F	Ames	IA	00:11:57.42	01:29:51.45	00:59:04.98		02:42:43.75
11	82/85	24/27	56	Paige Gundrum	20	F	Cross Plains	WI	00:15:16.20	01:31:53.29	01:16:56.29		03:07:24.23
12	85/85	27/27	62	Rachael Marlar	19	F	Columbia	MO	00:15:23.79	01:43:37.10	01:19:01.45		03:20:11.22

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1	1/85	1/58	33	Jonathan Echevers	24	M	Chicago	IL	00:08:33.48	01:03:19.97	00:37:06.72		01:50:22.64
2	2/85	2/58	12	Evan Culbert	21	M	Columbia	MO	00:08:33.44	01:03:17.25	00:37:59.91		01:51:06.95
3	3/85	3/58	10	Tyler Christensen	21	M	Madison	WI	00:08:57.93	01:03:09.92	00:39:00.59		01:52:41.94
4	4/85	4/58	5	Robert Medina	22	M	Madison	WI	00:08:37.24	01:09:02.58	00:37:47.00		01:57:02.70
5	5/85	5/58	26	Andrew Maxfield	19	M	Madison	WI	00:08:58.40	01:07:11.27	00:39:28.38		01:57:22.52
6	6/85	6/58	29	William Haltom	20	M	Minneapolis	MN	00:09:01.60	01:08:00.90	00:38:37.66		01:57:32.97
7	7/85	7/58	27	Joey Hassett	18	M	Des Moines	IA	00:09:06.19	01:06:37.73	00:40:45.98		01:58:02.01
8	8/85	8/58	18	Nick Meyers	19	M	Ames	IA	00:08:53.77	01:11:11.32	00:37:44.07		01:59:17.01
9	10/85	10/58	14	Justin Jones	21	M	Ames	IA	00:09:49.99	01:06:13.06	00:43:00.35		02:01:22.57
10	11/85	11/58	43	Colin Gibson	21	M	Columbia	MO	00:09:22.23	01:11:10.06	00:39:55.80		02:01:46.44
11	14/85	14/58	11	Matthew Helmerichs	20	M	Victoria	MN	00:08:56.58	01:16:17.38	00:36:43.02		02:03:54.44
12	15/85	15/58	25	Craig Albers	23	M	Ames	IA	00:09:41.39	01:09:40.26	00:43:44.83		02:04:51.98
13	17/85	17/58	28	Patrick McGill	19	M	Solon	IA	00:09:06.23	01:12:16.64	00:41:58.69		02:04:57.56
14	18/85	18/58	37	Brian Jochems	24	M	Lee'S Summit	MO	00:08:36.89	01:14:14.51	00:42:01.43		02:06:21.63
15	24/85	23/58	15	Sam Nilsson	23	M	Ames	IA	00:11:51.89	01:08:51.44	00:48:50.11		02:11:28.74
16	25/85	24/58	8	Spencer Syvertson	19	M	Paynesville	MN	00:10:33.70	01:15:31.77	00:45:22.10		02:13:01.49
17	28/85	27/58	71	Hunter Follen	22	M	Edina	MN	00:09:45.75	01:15:28.25	00:46:16.98		02:14:34.26
18	30/85	28/58	9	David Carius	22	M	Decorah	IA	00:10:21.91	01:13:58.97	00:49:01.93		02:15:58.59
19	33/85	30/58	23	Stephen Dennison	20	M	Maple Grove	MN	00:10:33.37	01:14:25.77	00:50:03.03		02:17:01.58
20	35/85	31/58	24	Chris Isley	23	M	Ames	IA	00:10:16.60	01:19:43.13	00:47:09.02		02:18:39.89
21	38/85	33/58	13	Ryan Frisbie	24	M	Iowa City	IA	00:10:01.03	01:22:11.65	00:42:27.75		02:19:10.99
22	39/85	34/58	34	Dexter White	24	M	Wichita	KS	00:11:15.29	01:17:01.08	00:49:35.28		02:20:04.11
23	40/85	35/58	30	Todd Bulver	21	M	Pleasant Hill	IA	00:10:03.83	01:15:20.03	00:53:50.41		02:21:06.32
24	42/85	37/58	20	Jett Ptacek	19	M	Sioux Falls	SD	00:10:23.14	01:19:04.30	00:49:43.86		02:21:34.77
25	44/85	38/58	35	Andrew Odle	22	M	St. Charles	MO	00:11:13.00	01:21:48.69	00:47:24.99		02:22:19.36
26	45/85	39/58	39	Eduardo Sobrino	19	M	Flower Mound	TX	00:11:44.24	01:21:17.97	00:46:55.69		02:22:23.28
27	48/85	41/58	31	Brendon Geils	20	M	Ames	IA	00:10:35.18	01:21:40.47	00:49:48.99		02:24:31.85
28	49/85	42/58	22	Cody Hut	22	M	Highlands Ranch	CO	00:11:57.82	01:15:04.56	00:56:27.12		02:25:28.73
29	50/85	43/58	44	Jacob Donlin	19	M	Shorewood	MN	00:11:14.11	01:22:21.93	00:50:10.26		02:26:37.86
30	54/85	45/58	36	David Ritz	18	M	Columbia	MO	00:11:43.80	01:21:11.83	00:53:24.14		02:28:52.18
31	55/85	46/58	42	Joel Hereth	18	M	Columbia	MO	00:11:44.65	01:25:22.30	00:51:06.43		02:30:32.48
32	60/85	48/58	32	Fernando Garcia-Villegas	22	M	Columbia	MO	00:11:12.58	01:31:01.97	00:50:30.72		02:36:03.30
33	64/85	51/58	41	Matthew Richards	18	M	Columbia	MO	00:11:08.43	01:32:54.16	00:52:07.28		02:39:14.74
34	74/85	55/58	38	Creighton Deyoung	21	M	St. Louis	MO	00:11:10.17	01:32:48.03	01:01:06.97		02:47:43.69

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Overall Division Results

Olympic Individual

Male Collegiate

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
35	79/85	57/58	40	Ethan Capshaw	20	M	Columbia	NY	00:11:10.64	01:51:03.95	00:50:43.07		02:55:07.93

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	51/85	8/27	181	Deanna Shepherd	43	F	Bettendorf	IA	00:12:15.54	01:17:20.26	00:54:29.23		02:27:23.53

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	9/85	9/58	101	Adam Campbell	29	M	Cedar Falls	IA	00:09:53.95	01:05:20.93	00:43:10.90		02:00:04.94

Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	81/85	23/27	164	Jean Matzen	28	F	Waterloo	IA	00:15:22.45	01:30:06.34	01:13:55.52		03:03:22.01

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	58/85	47/58	119	Daniel Delleman	50	M	La Grange	IL	00:12:30.82	01:20:31.02	00:57:53.06		02:35:03.93
2	73/85	54/58	122	Todd Brown	56	M	Cedar Rapids	IA	00:14:22.96	01:19:52.68	01:09:52.48		02:47:38.33
3	80/85	58/58	120	John Hondred	23	M	Des Moines	IA	00:12:52.36	01:42:55.29	01:01:41.89		02:59:28.31

Female F Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	78/85	22/27	158	Brinn Delleman	22	F	La Grange	IL	00:12:27.86	01:34:27.84	01:02:07.47		02:52:50.33

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Overall Division Results

Olympic Individual

Female F Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	84/85	26/27	151	Erin Gavin	26	F	Blue Grass	IA	00:15:42.95	01:35:22.28	01:18:57.27		03:13:42.03

Male M Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	19/85	19/58	104	Eric Boucher	28	M	Coralville	IA	00:10:46.62	01:10:11.09	00:43:30.57		02:06:30.54
2	20/85	20/58	106	Lucas Borg	25	M	Ames	IA	00:09:39.47	01:11:17.52	00:44:42.17		02:07:56.69
3	52/85	44/58	109	Joel Carlson	26	M	Marion	IA	00:11:01.47	01:27:02.63	00:47:38.93		02:27:39.91

Female F Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	65/85	14/27	157	Elizabeth Dobesh	33	F	North Liberty	IA	00:11:27.01	01:33:38.75	00:51:57.46		02:39:29.02
2	83/85	25/27	155	Michelle Deutmeyer	33	F	Cedar Rapids	IA	00:14:46.91	01:34:47.60	01:14:41.17		03:09:23.16

Male M Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	16/85	16/58	116	Brian Hohensee	30	M	Moline	IL	00:09:49.88	01:08:57.94	00:44:04.29		02:04:55.00
2	26/85	25/58	123	Patrick Severson	33	M	Cedar Rapids	IA	00:11:35.18	01:11:55.76	00:47:44.42		02:13:31.24
3	62/85	49/58	251	Michael Freedberg	31	M	Iowa City	IA	00:11:26.00	01:27:28.80	00:55:08.67		02:36:59.67
4	68/85	53/58	128	Roscoe Lewis	34	M	Waukee	IA	00:11:20.59	01:26:20.57	01:02:01.71		02:43:14.78
5	75/85	56/58	130	Roy Kiberenge	34	M	Iowa City	IA	00:11:45.72	01:30:10.79	01:04:13.88		02:50:27.34

Female F Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	56/85	10/27	154	Krista Holub	35	F	Muscatine	IA	00:12:10.42	01:23:18.70	00:53:51.44		02:32:56.15
2	71/85	18/27	159	Sara Halbur	35	F	Glidden	IA	00:13:27.48	01:24:03.34	01:03:21.19		02:44:25.31
3	76/85	20/27	179	Dorota Staniewska	38	F	North Liberty	IA	00:13:58.57	01:27:31.24	01:08:45.16		02:52:16.02

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Male M Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	23/85	22/58	110	Matt Hayman	36	M	Davenport	IA	00:10:34.57	01:10:35.51	00:47:10.69		02:10:30.68
2	27/85	26/58	112	Tim Kresowik	36	M	Davenport	IA	00:10:08.71	01:13:20.31	00:48:01.23		02:13:44.92
3	37/85	32/58	115	Matthew White	37	M	Cedar Rapids	IA	00:11:49.74	01:15:13.08	00:49:18.08		02:19:07.79
4	41/85	36/58	105	Joseph Gillespie	36	M	Iowa City	IA	00:11:14.35	01:15:38.92	00:51:22.99		02:21:22.03

Female F Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	53/85	9/27	160	Melissa Young	40	F	Coralville	IA	00:11:30.23	01:20:50.17	00:52:55.28		02:28:15.23
2	69/85	16/27	126	Lisa Kuhn	40	F	Muscatine	IA	00:14:04.03	01:25:09.49	01:00:14.51		02:43:44.18
3	72/85	19/27	156	Angie Smith	42	F	Iowa City	IA	00:13:47.37	01:26:20.31	01:02:56.41		02:45:39.31

Male M Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	12/85	12/58	108	Keith Luegering	41	M	North Liberty	IA	00:10:40.26	01:05:14.94	00:45:14.91		02:03:15.40
2	66/85	52/58	114	John Cox	40	M	Lake Zurich	IL	00:11:05.53	01:29:50.51	00:56:20.11		02:39:45.01

Female F Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	61/85	13/27	162	Christine Buiter	47	F	Willowbrook	IL	00:12:03.94	01:27:14.37	00:53:47.93		02:36:12.73

Male M Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	13/85	13/58	117	Mike Cherry	48	M	Waverly	IA	00:10:34.29	01:07:41.73	00:43:45.59		02:03:39.43
2	22/85	21/58	102	Lee Juehring	46	M	Muscatine	IA	00:10:34.77	01:11:23.37	00:45:53.09		02:10:28.36
3	32/85	29/58	127	Andrew Thompson	47	M	Moline	IL	00:09:59.69	01:15:57.58	00:48:49.93		02:16:57.95
4	63/85	50/58	124	Thomas Berg	48	M	Cedar Rapids	IA	00:13:55.66	01:21:09.97	00:59:15.68		02:38:09.24

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Olympic Individual

Female F Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	70/85	17/27	180	Mary Drake	52	F	Cedar Rapids	IA	00:13:58.57	01:27:31.24	01:00:37.35		02:44:08.21

Male M Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	47/85	40/58	125	Bob Klein	54	M	Dewitt	IA	00:11:48.02	01:17:41.95	00:52:08.30		02:24:31.17

Female F Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Run	Bike	Run	Penalty	Time
1	77/85	21/27	150	Joan Hackbarth	57	F	Marion	IA	00:13:28.35	01:33:59.50	00:59:24.09		02:52:27.99