

Camp Courageous Sprint Triathlon

August 7, 2016

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	383	Laura Moeller	F	39	Ankeny	IA	00:07:59	1	1:35	00:01:24	00:45:18	1	20.5	00:00:48	00:24:06	4	7:45		01:19:33.92
2	457	Lauren Parello	F	32	Madison	WI	00:09:11	5	1:50	00:00:39	00:45:28	2	20.5	00:00:39	00:25:10	7	8:05		01:21:04.68
3	372	Kim Sprenger	F	54	Iowa City	IA	00:09:57	12	1:59	00:00:32	00:47:38	4	19.5	00:00:31	00:24:20	5	7:49		01:22:54.70
4	388	Pam Connolly	F	46	Dubuque	IA	00:09:31	7	1:54	00:00:49	00:49:46	5	18.7	00:00:43	00:22:52	3	7:21		01:23:38.71
5	340	Heidi Sutter	F	43	Asbury	IA	00:10:03	13	2:00	00:00:39	00:52:44	10	17.6	00:00:32	00:22:38	2	7:16		01:26:34.14
6	308	Brita Loynachan	F	52	Marion	IA	00:10:27	16	2:05	00:00:48	00:46:41	3	19.9	00:00:49	00:28:26	24	9:08		01:27:08.76
7	318	Jill Powers	F	37	Dubuque	IA	00:08:40	4	1:43	00:00:55	00:54:25	13	17.1	00:00:32	00:25:27	9	8:11		01:29:57.00
8	429	Annette Wittrock	F	37	Ottumwa	IA	00:09:25	6	1:52	00:00:40	00:51:46	7	18.0	00:00:31	00:28:23	21	9:08		01:30:43.08
9	369	Amy Mundisev	F	39	Eldridge	IA	00:11:04	27	2:12	00:00:58	00:51:04	6	18.2	00:00:50	00:27:13	14	8:45		01:31:05.96
10	327	Trinity Borland	F	16	Bettendorf	IA	00:08:06	2	1:37	00:03:38	00:56:51	23	16.4	00:00:38	00:21:59	1	7:04		01:31:10.41
11	330	Jill Snitko	F	38	Marion	IA	00:12:24	40	2:28	00:00:58	00:54:25	14	17.1	00:00:43	00:24:38	6	7:55		01:33:04.57
12	423	Sidney Kohl	F	28	Dubuque	IA	00:09:37	9	1:55	00:01:39	00:55:40	19	16.7	00:00:19	00:27:01	13	8:41		01:34:13.32
13	451	Marie Fry	F	35	Dubuque	IA	00:10:43	19	2:08	00:00:58	00:54:57	16	16.9	00:00:57	00:27:00	12	8:41		01:34:33.78
14	392	Kathy Christensen	F	48	Cedar Rapids	IA	00:10:46	20	2:09	00:01:33	00:54:44	15	17.0	00:00:36	00:27:43	18	8:55		01:35:20.36
15	345	Kate Pape	F	34	Coralville	IA	00:10:55	25	2:10	00:01:13	00:51:47	8	18.0	00:00:51	00:30:38	29	9:51		01:35:21.50
16	471	Lori Sindelar	F	56	Sherrard	IL	00:14:19	54	2:51	00:01:13	00:53:22	11	17.4	00:01:04	00:25:47	11	8:17		01:35:43.54
17	317	Michele Flagel	F	43	Shellsburg	IA	00:11:06	28	2:13	00:01:19	00:55:06	17	16.9	00:01:47	00:27:19	16	8:47		01:36:34.74
18	400	Stacey Hirsch	F	37	Dubuque	IA	00:10:51	22	2:10	00:02:09	00:55:54	20	16.6	00:00:39	00:27:20	17	8:47		01:36:49.41
19	358	Stacy Huber	F	40	Cedar Rapids	IA	00:12:44	41	2:32	00:01:08	00:56:37	22	16.4	00:01:03	00:25:29	10	8:11		01:36:58.16
20	469	Tami Fiala	F	52	Fairfax	IA	00:10:29	17	2:05	00:01:02	00:52:25	9	17.7	00:00:51	00:33:55	47	10:54		01:38:38.83
21	459	Joanna Weyer	F	46	Swisher	IA	00:10:48	21	2:09	00:01:05	00:54:13	12	17.2	00:01:36	00:32:13	39	10:21		01:39:52.81
22	413	Dana Foster	F	50	Dike	IA	00:10:55	24	2:10	00:02:58	00:59:13	31	15.7	00:02:16	00:25:15	8	8:07		01:40:34.73
23	430	Alisa Staskal	F	49	Iowa City	IA	00:13:30	50	2:41	00:00:57	00:57:27	27	16.2	00:00:22	00:28:34	25	9:11		01:40:48.05
24	415	Allison Shedek	F	28	Marion	IA	00:12:45	42	2:32	00:01:45	00:58:59	30	15.8	00:00:36	00:28:02	20	9:01		01:42:05.08
25	453	Janelle Thoms	F	43	Marion	IA	00:11:53	32	2:22	00:01:52	00:57:07	25	16.3	00:01:18	00:31:00	31	9:58		01:43:07.84
26	420	Janneke Bannink	F	15	Shorewood	WI	00:08:24	3	1:40	00:02:35	01:01:27	35	15.1	00:01:06	00:30:03	27	9:40		01:43:32.05
27	391	Courtney Packingham	F	44	Center Point	IA	00:09:48	10	1:57	00:01:49	01:00:45	33	15.3	00:01:07	00:30:39	30	9:51		01:44:05.73
28	417	Cathy Steines	F	47	Mt. Vernon	IA	00:11:17	30	2:15	00:02:56	01:00:57	34	15.3	00:01:19	00:27:48	19	8:56		01:44:15.01
29	315	Jocelyn Wilgenbusch	F	41	Cedar Rapids	IA	00:12:47	43	2:33	00:01:14	00:55:32	18	16.8	00:01:40	00:33:41	44	10:50		01:44:51.25
30	389	Candice Thomas	F	31	Parkersburg	IA	00:10:21	15	2:04	00:01:27	01:02:34	39	14.9	00:00:38	00:30:35	28	9:50		01:45:32.10
31	412	Jennifer Jordan	F	38	Iowa City	IA	00:14:47	57	2:57	00:01:44	00:57:01	24	16.3	00:00:34	00:31:47	34	10:13		01:45:51.68
32	320	Emily Broadston	F	30	Marion	IA	00:12:05	35	2:24	00:01:09	00:58:29	29	15.9	00:00:51	00:33:27	43	10:45		01:45:58.25
33	381	Ann Vestle	F	62	Cedar Rapids	IA	00:12:23	39	2:28	00:01:21	00:56:12	21	16.5	00:01:18	00:34:55	50	11:14		01:46:07.33
34	426	Mattie Mcdowell	F	24	Cedar Rapids	IA	00:13:01	44	2:36	00:03:13	01:01:30	36	15.1	00:00:44	00:28:24	22	9:08		01:46:49.57
35	373	Madison Chicoine	F	23	Des Moines	IA	00:13:18	45	2:39	00:02:00	01:04:20	44	14.5	00:00:29	00:27:19	15	8:47		01:47:23.29

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							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	384	Elisabeth Hall	F	23	Dubuque	IA	00:09:35	8	1:54	00:01:37	01:07:25	56	13.8	00:00:46	00:28:37	26	9:12		01:47:58.09
37	325	Christina A Littler	F	38	Cedar Rapids	IA	00:15:47	61	3:09	00:02:03	00:57:25	26	16.2	00:01:52	00:31:48	35	10:14		01:48:52.10
38	422	Tina Lampe	F	43	Marion	IA	00:13:29	49	2:41	00:02:09	01:02:02	38	15.0	00:00:29	00:32:01	38	10:18		01:50:06.66
39	341	Lori Winborn	F	43	Swisher	IA	00:13:58	52	2:47	00:01:48	01:05:16	47	14.3	00:01:00	00:28:26	23	9:08		01:50:25.04
40	390	Paige Jacobs	F	33	Monticello	IA	00:11:57	33	2:23	00:01:44	01:03:42	43	14.6	00:01:21	00:32:00	36	10:17		01:50:41.92
41	433	Amy Rambousek	F	42	Dubuque	IA	00:10:12	14	2:02	00:02:26	01:05:56	48	14.1	00:00:47	00:31:33	33	10:09		01:50:51.13
42	366	Audrey Rasmussen	F	51	Taylor Ridge	IL	00:16:54	63	3:22	00:01:31	01:00:31	32	15.4	00:01:45	00:32:01	37	10:18		01:52:39.92
43	408	Allison Fagerbakke	F	26	Marion	IA	00:09:55	11	1:58	00:02:15	01:06:42	50	13.9	00:01:28	00:32:39	40	10:30		01:52:57.36
44	410	Samantha Brown	F	23	Cedar Rapids	IA	00:12:20	38	2:27	00:01:53	01:01:56	37	15.0	00:00:55	00:36:42	52	11:48		01:53:44.74
45	449	Catherine Campbell Currier	F	57	Toledo	IA	00:17:03	64	3:24	00:02:15	00:58:20	28	15.9	00:02:17	00:34:36	49	11:08		01:54:29.08
46	404	Brooke Anderson	F	30	Farmington	MI	00:11:59	34	2:23	00:01:45	01:07:22	55	13.8	00:00:27	00:33:01	41	10:37		01:54:31.57
47	302	Stephanie Robinson	F	38	Marion	IA	00:14:26	55	2:53	00:01:52	01:06:01	49	14.1	00:01:17	00:31:05	32	10:00		01:54:38.47
48	321	Gin Henneberry	F	40	Dubuque	IA	00:15:29	59	3:05	00:02:00	01:04:57	46	14.3	00:00:39	00:33:12	42	10:41		01:56:13.62
49	322	Lisa Dolphin	F	41	Dubuque	IA	00:10:40	18	2:07	00:02:03	01:07:36	57	13.8	00:00:38	00:35:58	51	11:34		01:56:52.10
50	324	Dawn Moser	F	34	Garber	IA	00:15:07	58	3:01	00:02:13	01:03:04	41	14.7	00:01:13	00:37:26	53	12:02		01:59:00.74
51	314	Kimberly Fillenworth	F	45	Marengo	IA	00:13:20	46	2:39	00:01:42	01:03:03	40	14.8	00:00:49	00:40:21	57	12:58		01:59:12.45
52	352	Jess Luetkemeier	F	29	Monticello	IA	00:14:13	53	2:50	00:03:10	01:08:45	59	13.5	00:00:39	00:33:42	45	10:50		02:00:27.34
53	333	Mari Hammel	F	45	Dubuque	IA	00:10:54	23	2:10	00:02:00	01:07:05	53	13.9	00:01:21	00:39:48	56	12:48		02:01:04.27
54	311	Tracy Folkmann	F	43	Cedar Rapids	IA	00:11:02	26	2:12	00:02:25	01:04:56	45	14.3	00:00:51	00:42:19	59	13:36		02:01:30.84
55	357	Jodi Ahrendsen	F	28	Oxford Jct	IA	00:13:21	47	2:40	00:02:26	01:07:16	54	13.8	00:00:39	00:39:10	54	12:36		02:02:50.14
56	462	Linda Clark	F	58	Cedar Rapids	IA	00:13:23	48	2:40	00:02:51	01:03:06	42	14.7	00:02:04	00:42:19	60	13:37		02:03:41.48
57	362	Brenda Longfellow	F	44	Coralville	IA	00:11:08	29	2:13	00:02:39	01:06:50	51	13.9	00:03:33	00:41:42	58	13:24		02:05:50.06
58	397	Erica Fagerbakke	F	20	Marion	IA	00:11:50	31	2:21	00:01:56	01:12:37	61	12.8	00:00:39	00:39:37	55	12:44		02:06:36.08
59	456	Kallie Nichols	F	27	Fairfax	IA	00:15:30	60	3:05	00:02:03	01:06:59	52	13.9	00:00:57	00:42:32	61	13:41		02:07:57.63
60	419	Meridith Fennell	F	36	Iowa City	IA	00:13:44	51	2:44	00:02:39	01:12:08	60	12.9	00:00:44	00:42:47	62	13:45		02:11:59.99
61	349	Megan Vorwald	F	30	Dyersville	IA	00:16:18	62	3:15	00:03:06	01:18:40	62	11.8	00:01:14	00:33:53	46	10:54		02:13:08.86
62	395	Beth Bonz	F	57	Asbury	IA	00:14:37	56	2:55	00:02:30	01:08:32	58	13.6	00:01:59	00:53:09	66	17:06		02:20:43.83
63	364	Julie Heater	F	21	Monticello	IA	00:12:14	36	2:26	00:04:15	01:20:59	63	11.5	00:00:53	00:47:35	64	15:18		02:25:54.29
64	396	Gina Reyes	F	42	Iowa City	IA	00:21:24	66	4:16	00:04:44	01:21:09	64	11.5	00:03:21	00:42:55	63	13:48		02:33:29.45
65	334	Rachel Francis	F	22	Suffolk	VA	00:12:15	37	2:26	00:02:28	01:42:45	66	9.1	00:01:34	00:34:36	48	11:08		02:33:35.92
66	418	Michelle Barham	F	34	Cedar Rapids	IA	00:20:30	65	4:05	00:02:32	01:30:29	65	10.3	00:00:50	00:50:00	65	16:05		02:44:18.96

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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
1	466	Chrzstopher Lam	M	21	Rochester	MN	00:07:19	1	1:27	00:00:40	00:40:41	2	22.9	00:00:41	00:19:00	1	6:06		01:08:18.52
2	304	R J Montes	M	37	Dubuque	IA	00:09:03	17	1:48	00:00:31	00:40:14	1	23.1	00:00:31	00:19:24	2	6:14		01:09:40.62
3	401	Dallas Clasen	M	22	Peosta	IA	00:08:58	15	1:47	00:00:23	00:40:52	3	22.8	00:00:22	00:20:04	4	6:27		01:10:36.75
4	393	Adam Kassem	M	27	Cedar Rapids	IA	00:08:31	6	1:42	00:00:42	00:41:23	4	22.5	00:00:33	00:19:57	3	6:24		01:11:02.91
5	301	Tom Rutkowski	M	41	Iowa City	IA	00:08:51	13	1:46	00:00:53	00:43:32	9	21.4	00:00:26	00:20:48	8	6:41		01:14:27.12
6	339	Keith Luegering	M	42	North Liberty	IA	00:07:57	3	1:35	00:00:51	00:42:47	7	21.7	00:00:41	00:22:15	17	7:09		01:14:29.42
7	306	Dave Steines	M	49	Mount Vernon	IA	00:08:37	9	1:43	00:00:35	00:41:57	5	22.2	00:00:27	00:22:59	24	7:23		01:14:32.04
8	437	Steven Davis	M	36	North Liberty	IA	00:09:11	18	1:50	00:00:43	00:42:43	6	21.8	00:00:23	00:22:12	16	7:08		01:15:10.07
9	454	Weston Turner	M	14	Cedar Rapids	IA	00:07:36	2	1:31	00:00:20	00:45:01	15	20.7	00:00:22	00:23:15	27	7:28		01:16:31.06
10	458	Ebe Boettcher	M	41	Cedar Rapids	IA	00:09:11	19	1:50	00:00:44	00:44:09	10	21.1	00:00:35	00:23:52	31	7:40		01:18:28.59
11	452	Eric Boucher	M	29	Coralville	IA	00:08:59	16	1:47	00:01:14	00:44:58	14	20.7	00:00:37	00:22:48	22	7:20		01:18:33.21
12	342	Jason Guyer	M	37	Manchester	IA	00:08:20	5	1:39	00:01:20	00:44:42	12	20.8	00:00:37	00:23:53	32	7:41		01:18:48.99
13	421	Rodney Crooks	M	47	Bernard	IA	00:11:13	46	2:14	00:00:37	00:43:07	8	21.6	00:00:27	00:23:47	30	7:39		01:19:08.78
14	316	Quintin Gay	M	15	Cedar Rapids	IA	00:08:00	4	1:35	00:00:29	00:47:26	22	19.6	00:00:31	00:22:58	23	7:23		01:19:21.95
15	355	Craig Goldsmith	M	34	Marion	IA	00:08:34	7	1:42	00:00:41	00:48:19	28	19.2	00:00:20	00:21:52	14	7:02		01:19:43.63
16	428	Lane McMullen	M	38	North Liberty	IA	00:08:41	10	1:44	00:00:45	00:44:32	11	20.9	00:00:49	00:24:59	37	8:02		01:19:44.09
17	344	Natthew Miller	M	41	Waterloo	IA	00:10:48	43	2:09	00:00:57	00:46:27	17	20.0	00:00:59	00:20:49	9	6:41		01:19:58.15
18	463	David Swanson	M	52	Iowa City	IA	00:09:33	23	1:54	00:01:47	00:46:53	20	19.8	00:01:06	00:20:46	6	6:40		01:20:02.40
19	335	Mathieu Cagnard	M	45	Cedar Rapids	IA	00:11:24	49	2:16	00:00:43	00:44:48	13	20.8	00:00:26	00:22:48	21	7:20		01:20:06.79
20	363	Joel Rudd	M	40	Fairfax	IA	00:09:21	21	1:52	00:01:17	00:46:37	19	20.0	00:00:42	00:23:07	26	7:26		01:21:01.84
21	377	Patrick Severson	M	34	Cedar Rapids	IA	00:09:51	29	1:58	00:00:39	00:47:31	23	19.6	00:00:42	00:22:38	19	7:16		01:21:17.67
22	445	David Cook	M	55	Wilton	IA	00:10:01	32	2:00	00:01:10	00:47:58	26	19.4	00:00:53	00:21:50	13	7:01		01:21:49.45
23	310	Matthew White	M	38	Cedar Rapids	IA	00:09:18	20	1:51	00:01:21	00:46:31	18	20.0	00:00:46	00:24:21	35	7:49		01:22:13.85
24	444	David McCullough	M	57	Waverly	IA	00:10:13	35	2:02	00:01:05	00:48:22	29	19.2	00:00:51	00:22:46	20	7:19		01:23:15.03
25	432	Orion Staskal	M	17	Iowa City	IA	00:09:58	31	1:59	00:01:47	00:50:48	38	18.3	00:00:21	00:20:42	5	6:39		01:23:33.72
26	425	Aaron House	M	21	Cedar Rapids	IA	00:09:42	25	1:56	00:01:56	00:48:15	27	19.3	00:00:56	00:23:07	25	7:26		01:23:54.30
27	386	William Sindelar	M	24	Sherrard	IL	00:12:32	63	2:30	00:01:41	00:47:12	21	19.7	00:00:41	00:22:04	15	7:05		01:24:07.49
28	332	Charles Meyer	M	47	Highlands Ranch	CO	00:10:45	42	2:08	00:01:13	00:50:06	35	18.6	00:01:00	00:21:42	11	6:58		01:24:43.55
29	319	Drake Austin	M	26	Springville	IA	00:09:58	30	1:59	00:01:44	00:48:51	31	19.0	00:00:44	00:24:17	34	7:48		01:25:30.11
30	468	Jonathan Lam	M	29	Cedar Rapids	IA	00:10:06	33	2:01	00:00:42	00:45:43	16	20.3	00:01:00	00:28:47	51	9:15		01:26:15.00
31	446	Richard Wyss	M	59	Iowa City	IA	00:09:25	22	1:52	00:01:37	00:47:53	25	19.4	00:00:50	00:27:20	46	8:47		01:27:02.55
32	348	Matt Vorwald	M	35	Dyersville	IA	00:13:24	71	2:40	00:01:54	00:52:28	47	17.7	00:00:31	00:20:47	7	6:41		01:29:00.48
33	411	Brian Fitzpatrick	M	34	Solon	IA	00:12:11	59	2:26	00:00:49	00:54:05	55	17.2	00:01:00	00:21:45	12	6:59		01:29:46.40
34	407	James Daubenmier	M	72	Cedar Rapids	IA	00:14:13	77	2:50	00:00:56	00:47:36	24	19.5	00:01:03	00:26:02	41	8:22		01:29:47.44
35	441	Murphy Mcgrath	M	31	Cedar Rapids	IA	00:11:05	45	2:12	00:02:25	00:49:37	34	18.7	00:02:14	00:24:31	36	7:53		01:29:49.05

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	440	Eric Lockwood	M	55	Marion	IA	00:11:15	47	2:14	00:01:22	00:51:01	39	18.2	00:01:08	00:25:23	38	8:10		01:30:05.78
37	329	Daniel Vancamp	M	33	Cedar Rapids	IA	00:09:35	24	1:54	00:00:59	00:48:44	30	19.1	00:00:57	00:30:00	58	9:39		01:30:13.28
38	447	Joe Welch	M	20	Cedar Rapids	IA	00:11:37	52	2:19	00:03:13	00:53:17	52	17.5	00:00:34	00:21:39	10	6:57		01:30:18.50
39	346	Ryan Pape	M	33	Coralville	IA	00:10:42	41	2:08	00:01:12	00:51:14	40	18.2	00:01:05	00:26:12	43	8:25		01:30:22.34
40	356	Joel Ahrendsen	M	29	Oxford Jct.	IA	00:10:36	39	2:07	00:01:18	00:56:02	59	16.6	00:01:17	00:22:31	18	7:14		01:31:40.81
41	394	Anthony Arnone	M	51	Iowa City	IA	00:11:41	54	2:20	00:01:59	00:52:35	49	17.7	00:01:31	00:23:59	33	7:43		01:31:42.82
42	351	Jason Haag	M	42	Marion	IA	00:11:28	50	2:17	00:01:28	00:52:05	44	17.9	00:00:44	00:26:09	42	8:24		01:31:51.65
43	370	Andrew Russo	M	59	Iowa City	IA	00:10:27	37	2:05	00:01:52	00:53:12	51	17.5	00:02:01	00:25:26	39	8:11		01:32:54.66
44	398	Joe Mcgrath	M	60	Cedar Rapids	IA	00:09:51	28	1:58	00:01:29	00:49:02	32	19.0	00:01:10	00:31:27	61	10:07		01:32:57.56
45	387	Matthew Burt	M	26	Marshalltown	IA	00:10:29	38	2:05	00:01:45	00:51:20	41	18.1	00:00:59	00:28:58	53	9:19		01:33:27.64
46	337	Matthew Behnke	M	15	Marion	IA	00:12:19	61	2:27	00:00:58	00:50:33	36	18.4	00:00:44	00:29:27	55	9:28		01:33:58.19
47	434	Ted Olson	M	56	Hiawatha	IA	00:12:44	68	2:32	00:00:45	00:52:38	50	17.7	00:00:55	00:26:59	45	8:41		01:33:58.53
48	448	Melvin Scoville	M	45	Cedar Rapids	IA	00:12:19	60	2:27	00:01:05	00:52:28	48	17.7	00:00:50	00:28:10	49	9:03		01:34:49.27
49	450	Chris Fry	M	38	Dubuque	IA	00:14:07	76	2:49	00:02:29	00:53:43	53	17.3	00:01:34	00:23:39	28	7:36		01:35:29.79
50	438	Chris Bruns	M	43	Cedar Rapids	IA	00:11:32	51	2:18	00:03:53	00:52:11	45	17.8	00:01:16	00:27:33	47	8:51		01:36:21.43
51	336	Bradley Sindelar	M	45	Corydon	IA	00:11:50	56	2:21	00:01:39	00:52:19	46	17.8	00:01:11	00:30:23	60	9:46		01:37:19.21
52	439	Daniel Ingersoll	M	45	Readlyn	IA	00:10:12	34	2:02	00:02:06	00:53:55	54	17.3	00:01:43	00:29:41	56	9:32		01:37:33.94
53	350	Dan Tucker	M	65	Cedar Rapids	IA	00:12:41	67	2:32	00:01:15	00:49:19	33	18.9	00:00:51	00:34:03	74	10:57		01:38:06.02
54	409	Todd Brown	M	57	Cedar Rapids	IA	00:11:46	55	2:21	00:01:59	00:51:22	42	18.1	00:01:15	00:32:14	65	10:22		01:38:33.41
55	367	Aymane Meziani	M	14	Cedar Rapids	IA	00:09:47	27	1:57	00:00:55	01:00:38	75	15.3	00:00:38	00:26:44	44	8:36		01:38:39.67
56	371	Mikel Betts	M	63	Iowa City	IA	00:12:37	64	2:31	00:01:24	00:54:09	56	17.2	00:01:01	00:30:00	57	9:39		01:39:09.29
57	380	David Stenersen	M	26	Iowa City	IA	00:11:21	48	2:16	00:02:52	00:56:22	61	16.5	00:00:44	00:28:22	50	9:07		01:39:38.13
58	460	Matthew Frandsen	M	26	West Des Moines	IA	00:12:00	58	2:23	00:02:43	00:56:21	60	16.5	00:00:58	00:27:41	48	8:54		01:39:38.59
59	307	Erik Barnhill	M	40	Cedar Rapids	IA	00:08:36	8	1:43	00:02:36	00:59:03	69	15.8	00:01:09	00:28:52	52	9:17		01:40:13.98
60	435	Keaton Hanrahan	M	26	Cedar Rapids	IA	00:08:52	14	1:46	00:02:23	00:56:23	62	16.5	00:00:40	00:32:16	66	10:23		01:40:32.01
61	385	Tim Polehna	M	32	Robins	IA	00:08:45	12	1:44	00:02:20	00:55:03	57	16.9	00:01:38	00:33:12	72	10:40		01:40:56.16
62	442	Griffin Karr	M	31	Marion	IA	00:10:14	36	2:02	00:02:09	00:55:42	58	16.7	00:01:36	00:31:43	62	10:12		01:41:21.47
63	354	Eric Schnieders	M	21	Manchester	IA	00:10:39	40	2:07	00:02:56	01:06:48	84	13.9	00:00:34	00:23:41	29	7:37		01:44:35.56
64	405	Ron Ottaway	M	79	Cedar Rapids	IA	00:14:52	80	2:58	00:01:47	00:50:45	37	18.3	00:02:03	00:35:56	83	11:33		01:45:20.07
65	414	Doug Deimler	M	37	Cedar Rapids	IA	00:11:39	53	2:19	00:01:13	00:56:32	63	16.5	00:01:16	00:36:41	84	11:48		01:47:19.24
66	353	Tobi Luetkemeier	M	34	Monticello	IA	00:11:59	57	2:23	00:03:02	00:57:44	67	16.1	00:01:00	00:33:52	73	10:53		01:47:34.74
67	465	Willis Sneller	M	70	Cedar Rapids	IA	00:15:17	85	3:03	00:01:48	00:57:24	66	16.2	00:01:49	00:32:13	64	10:21		01:48:29.60
68	416	Joel Cox	M	30	Marion	IA	00:14:32	78	2:54	00:04:13	01:03:49	80	14.6	00:00:37	00:25:27	40	8:11		01:48:35.14
69	326	Chad Huntington	M	44	Dubuque	IA	00:13:15	69	2:38	00:02:24	00:59:10	70	15.7	00:01:40	00:32:46	69	10:32		01:49:12.31
70	359	Jim Francois	M	37	Dubuque	IA	00:13:15	70	2:38	00:02:45	01:00:02	73	15.5	00:00:44	00:32:48	70	10:33		01:49:31.69

Camp Courageous Sprint Triathlon

August 7, 2016

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	436	Joseph Taylor	M	28	Cedar Rapids	IA	00:08:42	11	1:44	00:01:46	01:02:45	77	14.8	00:00:56	00:35:27	78	11:24		01:49:33.68
72	464	Andrew Burt	M	28	Rochester	MN	00:15:01	81	3:00	00:02:18	00:56:57	64	16.3	00:01:33	00:34:32	75	11:06		01:50:18.31
73	374	David Hebrink	M	15	Cedar Rapids	IA	00:10:56	44	2:11	00:01:59	01:06:48	83	13.9	00:00:26	00:30:15	59	9:43		01:50:21.41
74	427	Travis Kasner	M	47	Fairfax	IA	00:13:32	73	2:42	00:05:54	00:58:46	68	15.8	00:01:44	00:32:21	67	10:24		01:52:15.40
75	379	Rob Wagner	M	54	North Liberty	IA	00:15:06	83	3:01	00:01:44	00:59:59	72	15.5	00:01:08	00:34:36	76	11:07		01:52:30.05
76	455	Gabriel Greco	M	16	Cedar Rapids	IA	00:09:44	26	1:56	00:01:41	01:10:54	87	13.1	00:01:28	00:29:15	54	9:24		01:52:58.28
77	328	Daniel Zwack	M	66	Peosta	IA	00:13:30	72	2:41	00:03:39	00:59:27	71	15.6	00:00:46	00:35:49	82	11:31		01:53:08.79
78	424	Patt Mcdowell	M	53	Cedar Rapids	IA	00:12:22	62	2:28	00:02:46	01:02:32	76	14.9	00:02:06	00:35:39	80	11:28		01:55:21.56
79	368	Steve Etten	M	60	Palo	IA	00:13:46	75	2:45	00:02:49	00:51:56	43	17.9	00:03:55	00:43:44	87	14:04		01:56:07.98
80	365	Curt Kimm	M	28	Marion	IA	00:15:11	84	3:02	00:01:47	00:57:05	65	16.3	00:00:41	00:41:31	86	13:21		01:56:13.06
81	402	William Perreault	M	43	Marion	IA	00:14:52	79	2:58	00:03:12	01:03:57	81	14.5	00:01:41	00:32:51	71	10:34		01:56:30.19
82	360	Nate Harbin	M	43	Dubuque	IA	00:16:41	86	3:20	00:02:16	01:10:37	86	13.2	00:00:33	00:32:24	68	10:25		02:02:27.66
83	406	Michael Hepker	M	25	Cedar Rapids	IA	00:19:10	88	3:49	00:02:36	01:08:15	85	13.6	00:00:47	00:31:45	63	10:12		02:02:29.98
84	461	Dan Clark	M	59	Cedar Rapids	IA	00:17:55	87	3:34	00:04:20	01:03:12	78	14.7	00:02:28	00:35:42	81	11:29		02:03:34.44
85	403	Elijah Perreault	M	12	Marion	IA	00:13:35	74	2:42	00:04:16	01:11:05	88	13.1	00:01:30	00:35:19	77	11:21		02:05:41.11
86	313	Ryan West	M	36	Coralville	IA	00:20:40	91	4:07	00:02:47	01:00:35	74	15.4	00:01:32	00:41:18	85	13:17		02:06:49.23
87	431	Stephen Fasnacht	M	44	Monticello	IA	00:12:38	65	2:31	00:02:39	01:16:41	90	12.1	00:00:50	00:35:38	79	11:27		02:08:23.19
88	338	Russell Behnke	M	46	Marion	IA	00:15:04	82	3:00	00:02:59	01:03:47	79	14.6	00:02:54	00:49:39	88	15:58		02:14:19.84
89	443	Frank Hanan	M	51	Asbury	IA	00:24:24	92	4:52	00:04:20	01:05:54	82	14.1	00:02:47	00:50:34	89	16:16		02:27:56.73
90	378	Todd Young	M	42	Coralville	IA	00:12:39	66	2:31	00:02:31	01:12:13	89	12.9	00:02:30	00:59:01	91	18:59		02:28:52.32
91	312	Ken Budke	M	69	Waterloo	IA	00:20:25	90	4:04	00:07:03	01:29:13	91	10.4	00:01:44	00:52:53	90	17:01		02:51:15.95