

MALE AGE GROUP RESULTS 01 - 14

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Kyle Freeman	Cedar Rapids	IA	14	M	1	11:25	2:06	3:00	1	50:34	16.6	1:31	1	28:20	9:08	1:34:48

FEMALE AGE GROUP RESULTS 15 - 17

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Mackenzie Madison	Ankeny	IA	17	F	2	9:09	1:41	2:25	1	46:42	18.0	1:36	1	22:45	7:20	1:22:34
2 Heidi Barr	Marshalltown	IA	17	F	1	8:53	1:38	2:36	2	58:52	14.3	0:57	2	27:41	8:55	1:38:57
3 Whitney Shindelar	Greenfield	IA	17	F	3	13:47	2:32	4:16	3	1:01:11	13.7	1:19	3	31:58	10:18	1:52:29

MALE AGE GROUP RESULTS 15 - 17

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Sam Bailin	Urbandale	IA	15	M	1	9:55	1:49	1:53	1	44:49	18.8	1:29	1	20:13	6:31	1:18:16
2 Tyler Schick	Reinbeck	IA	17	M	2	10:26	1:55	2:26	2	46:43	18.0	1:45	3	23:52	7:41	1:25:11
3 Chad Vanrees	Marshalltown	IA	15	M	3	11:29	2:06	2:56	3	48:25	17.4	1:46	4	27:41	8:55	1:32:16
4 Andrew Townsend	Gladbrook	IA	17	M	4	14:04	2:35	6:34	4	57:52	14.5	0:51	2	22:50	7:21	1:42:08

FEMALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Rebecca Witihok-Hu	Iowa City	IA	19	F	1	7:34	1:23	1:44	1	45:30	18.5	1:32	1	24:22	7:51	1:20:40

MALE AGE GROUP RESULTS 18 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 John Meyer	Ames	IA	19	M	1	9:04	1:40	1:00	1	44:46	18.8	0:58	2	22:44	7:19	1:18:30
2 Jared Stanton	Marshalltown	IA	19	M	2	11:21	2:05	2:02	2	46:45	18.0	0:52	1	21:41	6:59	1:22:39

FEMALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Alex Mertens	Cedar Rapids	IA	23	F	2	8:25	1:33	1:32	1	43:38	19.3	1:08	1	21:22	6:53	1:16:04
2 Fran Reis	Ventura	CA	24	F	3	8:57	1:39	2:09	2	46:11	18.2	1:18	2	25:09	8:06	1:23:41
3 Ariel Mindel	Iowa City	IA	20	F	4	9:40	1:46	1:35	3	46:54	17.9	1:28	3	31:21	10:06	1:30:57
4 Katrina Schultz	Coralville	IA	22	F	1	8:22	1:32	2:31	4	49:37	16.9	1:20	5	34:49	11:13	1:36:37
5 Kristina Sinnott	Grimes	IA	24	F	5	11:27	2:06	2:42	5	53:10	15.8	1:43	4	31:42	10:13	1:40:42
6 Jessica Reese	Gladbrook	IA	20	F	6	14:09	2:36	2:32	6	58:03	14.5	0:51	6	35:59	11:35	1:51:31

MALE AGE GROUP RESULTS 20 - 24

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Trenton Tollakson	Hutchinson	KS	23	M	1	6:09	1:08	1:05	1	32:27	25.9	0:46	1	18:04	5:49	58:29
2 Nick Langer	Rochester	MN	24	M	3	7:15	1:20	1:15	2	37:17	22.5	0:34	2	19:02	6:08	1:05:20
3 Nate Smith	Merrill	IA	21	M	5	8:22	1:32	1:16	3	37:50	22.2	0:45	3	19:48	6:23	1:07:59
4 Nathan Kremer	Egan	MN	23	M	2	7:14	1:20	1:59	7	43:04	19.5	1:25	7	22:58	7:24	1:16:37
5 Eric Vilen	Zumbro Falls	MN	24	M	6	10:10	1:50	2:53	4	40:23	20.8	1:33	6	22:40	7:18	1:17:27
6 Lance Harris	Marshalltown	IA	20	M	7	10:35	1:57	3:07	5	41:45	20.1	2:43	4	20:37	6:38	1:18:45
7 Kasey Schmitt	Cedar Falls	IA	23	M	8	11:49	2:10	3:07	6	41:54	20.1	1:30	5	20:42	6:40	1:19:01
8 Brandon Patterson	Tama	IA	23	M	11	13:36	2:30	3:32	9	53:34	15.7	3:07	9	27:39	8:54	1:41:27
9 Matthew Andrews	Davison	MI	24	M	10	12:53	2:22	2:34	8	48:45	17.2	2:02	12	37:17	12:00	1:43:29
10 Steve Bunch	Lovilie	IA	20	M	12	17:24	3:11	3:52	10	56:00	15.0	1:07	8	26:48	8:38	1:45:08
11 Peter Ruggiero	Treasure Islan	FL	21	M	4	8:17	1:31	2:56	12	1:01:20	13.7	1:35	10	35:45	11:31	1:49:51
12 Brian Daley	Cedar Rapids	IA	21	M	9	12:21	2:16	4:40	11	57:59	14.5	2:10	11	35:49	11:32	1:52:58

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Jennifer Halfpap	West Des Moines	IA	28	F	5	10:57	2:01	1:26	1	41:03	20.5	1:08	1	22:37	7:17	1:17:09
2 Abby Ruby	Iowa City	IA	25	F	4	10:43	1:58	1:33	2	47:01	17.9	1:12	7	31:53	10:16	1:32:20
3 Christa Addy	Des Moines	IA	27	F	7	12:15	2:15	2:02	3	49:33	17.0	0:56	3	29:45	9:35	1:34:28
4 Emily Pedersen	Chapel Hill	NC	25	F	6	11:25	2:06	2:31	6	56:15	14.9	0:59	2	25:07	8:05	1:36:15
5 Caroline Carter	Marshalltown	IA	29	F	3	10:36	1:57	1:51	5	52:47	15.9	1:08	5	29:59	9:39	1:36:18
6 Julie Vardaman	Ames	IA	28	F	2	10:26	1:55	2:39	4	52:32	16.0	1:43	6	31:30	10:09	1:38:48
7 Heather Merritt	Newton	IA	27	F	1	8:47	1:37	3:18	7	56:37	14.8	2:10	4	29:55	9:38	1:40:45

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Jason Halfpap	West Des Moines	IA	28	M	3	7:46	1:26	1:04	1	35:00	24.0	0:53	2	19:52	6:24	1:04:34
2 Chad Goldsmith	North Liberty	IA	26	M	14	10:53	2:00	1:59	9	44:28	18.9	0:36	1	19:09	6:10	1:17:03
3 Timothy Kasperek	Cedar Rapids	IA	25	M	10	10:17	1:53	1:36	4	41:28	20.3	1:04	4	22:55	7:23	1:17:18
4 Jason Goeders	Story City	IA	28	M	15	11:00	2:01	2:05	2	40:02	21.0	1:26	7	24:00	7:44	1:18:31
5 Jeff Slade	Hudson	IA	25	M	5	8:51	1:38	1:39	7	42:57	19.6	0:58	9	24:16	7:49	1:18:39
6 Jason Imhop	Coralville	IA	28	M	12	10:37	1:57	3:24	5	42:48	19.6	1:43	3	20:28	6:36	1:18:57

7	Ryan Myers	West Des Moines	IA	26	M	2	7:37	1:24	1:52	8	44:24	18.9	0:57	13	24:50	8:00	1:19:39
8	Michael Ritter	North Liberty	IA	28	M	4	8:31	1:34	2:18	15	45:36	18.4	1:56	5	23:21	7:31	1:21:40
9	Steve Oberbroeckli	Cedar Rapids	IA	26	M	9	10:14	1:53	4:11	6	42:57	19.6	1:52	8	24:12	7:48	1:23:23
10	Dan Drefke	Waterloo	IA	28	M	11	10:21	1:54	2:36	11	45:02	18.7	1:03	12	24:43	7:58	1:23:43
11	Chris Buresh	Iowa City	IA	28	M	6	9:42	1:47	2:08	16	45:58	18.3	2:25	10	24:20	7:50	1:24:32
12	Ryan Yoerk	Cedar Rapids	IA	27	M	1	7:22	1:21	1:33	14	45:28	18.5	1:00	19	29:15	9:25	1:24:36
13	Cozy Koening	Prairie De Chi	WI	29	M	20	13:41	2:21	1:57	13	45:16	18.6	1:06	6	23:25	7:33	1:25:24
14	Matt Sammler	Waukee	IA	28	M	16	11:33	2:07	2:10	10	45:00	18.7	1:12	17	27:43	8:56	1:27:36
15	Clay Koening	Coralville	IA	26	M	7	9:53	1:49	2:34	18	48:25	17.4	1:08	16	26:45	8:37	1:28:43
16	Tony Holub	Des Moines	IA	26	M	18	11:54	2:11	3:04	12	45:15	18.6	1:58	15	26:34	8:33	1:28:43
17	Steven Klocke	Iowa City	IA	26	M	13	10:53	2:00	3:32	17	48:18	17.4	1:09	14	25:35	8:14	1:29:24
18	Sam Slingluff	Marion	IA	26	M	17	11:45	2:09	2:28	20	52:45	15.9	2:07	11	24:26	7:52	1:33:30
19	Darren Wander	Cedar Rapids	IA	26	M	22	24:40	4:31	2:19	3	41:17	20.4	1:15	18	28:50	9:17	1:38:19
20	Ross Mckim	Iowa City	IA	29	M	8	10:04	1:51	3:24	21	55:03	15.3	1:29	21	31:22	10:06	1:42:20
21	Matt Jensen	Iowa City	IA	29	M	19	12:15	2:15	3:53	22	55:18	15.2	2:16	20	29:27	9:29	1:43:06
22	James Johnson	Moulton	IA	27	M	21	19:04	3:30	2:35	19	50:23	16.7	0:55	22	34:09	11:00	1:47:03

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	TOTAL			
						time	yds	time		time	time		time	pace			
1	Chris Maravelas-Ki	Adel	IA	34	F	2	8:12	1:30	1:31	1	40:44	20.6	1:01	1	22:59	7:24	1:14:25
2	Julie Barr	Plattsmouth	NE	34	F	1	7:11	1:19	2:00	2	43:35	19.3	1:08	4	24:29	7:53	1:18:21
3	Dawn Keller	Shell Rock	IA	31	F	5	10:02	1:51	1:45	3	43:39	19.3	1:05	5	24:32	7:54	1:21:01
4	Ginny Ryan	Iowa City	IA	32	F	3	9:27	1:44	2:08	6	44:33	18.9	1:51	2	23:06	7:27	1:21:02
5	Kristin Rinderknecht	Clive	IA	33	F	8	10:23	1:54	1:33	5	44:13	19.0	1:05	6	24:38	7:56	1:21:50
6	Carrie Kimpton	Cedar Falls	IA	31	F	4	10:00	1:50	1:57	4	44:04	19.1	1:18	7	25:16	8:08	1:22:33
7	Lori Devries	Johnston	IA	31	F	7	10:11	1:52	2:00	8	48:07	17.5	1:30	3	24:16	7:49	1:26:01
8	Carrie Laseur	Mt Vernon	IA	32	F	9	11:02	2:02	1:22	7	47:20	17.8	1:28	9	27:12	8:45	1:28:22
9	Nancy O'malley	Iowa City	IA	30	F	6	10:11	1:52	2:03	13	54:26	15.4	1:29	8	26:26	8:31	1:34:33
10	Jennifer Cole	Des Moines	IA	31	F	14	14:20	2:38	2:21	10	50:21	16.7	1:36	12	29:19	9:27	1:37:55
11	Marsha Simmons	West Amana	IA	33	F	11	11:54	2:11	3:44	14	55:14	15.2	1:15	10	27:55	8:59	1:39:59
12	Sheri Swenning	Iowa City	IA	30	F	13	13:49	2:32	3:29	12	53:11	15.8	2:37	11	29:15	9:25	1:42:18
13	Denise Krug	Iowa City	IA	32	F	15	16:01	2:56	2:04	11	52:06	16.1	1:40	13	31:14	10:03	1:43:03
14	Therese Slechta	Schleswig	IA	33	F	12	13:09	2:25	2:26	9	49:37	16.9	2:10	16	36:26	11:44	1:43:46
15	Jennifer Robertson	Iowa City	IA	30	F	10	11:03	2:02	2:14	16	56:50	14.8	1:44	14	32:03	10:19	1:43:52
16	Carissa Lee	Ankeny	IA	31	F	16	16:03	2:56	3:23	15	55:19	15.2	1:03	15	32:34	10:29	1:48:19

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	TOTAL			
						time	yds	time		time	time		time	pace			
1	Mike Robinson	Ankeny	IA	32	M	13	9:34	1:45	1:31	2	39:28	21.3	1:19	2	19:26	6:16	1:11:17
2	Jeffrey Zickus	Minneapolis	MN	30	M	8	9:04	1:40	1:59	3	40:16	20.9	1:17	1	19:03	6:08	1:11:37
3	Reed Rinderknecht	Clive	IA	34	M	2	8:00	1:28	1:05	1	39:04	21.5	1:00	9	24:01	7:44	1:13:07
4	Matt Pries	Waverly	IA	31	M	16	9:56	1:49	2:51	4	41:15	20.4	0:48	3	20:19	6:33	1:15:07
5	Tony Briggs	Pella	IA	31	M	9	9:05	1:40	2:15	9	42:15	19.9	0:48	5	21:20	6:52	1:15:41
6	Matthew Zepeda	Waukee	IA	31	M	5	8:34	1:34	1:40	10	42:33	19.7	1:05	6	22:08	7:08	1:15:58
7	Jeff Brock	Clive	IA	33	M	6	8:49	1:37	1:38	6	41:34	20.2	1:15	8	23:10	7:28	1:16:24
8	Michael Luebbers	Shell Rock	IA	32	M	12	9:30	1:45	1:48	8	42:14	19.9	1:10	7	22:25	7:13	1:17:04
9	Christopher Gloe	Tiffin	IA	31	M	7	8:52	1:38	1:37	5	41:28	20.3	0:59	10	24:25	7:52	1:17:18
10	Steve Latta	Clive	IA	33	M	14	9:38	1:46	2:20	16	44:19	19.0	1:16	4	20:57	6:45	1:18:29
11	Brandon Lee	Ankeny	IA	31	M	4	8:33	1:34	1:48	7	42:09	19.9	1:09	12	24:53	8:01	1:18:30
12	Kelly Hackett	Cedar Falls	IA	34	M	1	6:49	1:15	2:08	13	43:40	19.2	1:18	13	24:58	8:03	1:18:52
13	Tim Lowe	Des Moines	IA	31	M	15	9:48	1:48	1:49	11	42:56	19.6	1:30	11	24:29	7:53	1:23:30
14	Joe Timmsen	Muscatine	IA	33	M	11	9:22	1:43	2:11	19	46:02	18.3	1:36	15	26:30	8:32	1:25:38
15	Don Wetherell	Cedar Rapids	IA	33	M	22	12:31	2:18	1:37	12	43:36	19.3	1:02	18	27:23	8:49	1:26:07
16	Eric Taylor	Urbandale	IA	33	M	3	8:31	1:34	1:36	18	45:55	18.3	1:31	22	28:42	9:15	1:26:14
17	Bob Anderson	Cedar Rapids	IA	30	M	18	11:25	2:06	2:02	17	44:30	18.9	1:19	17	27:02	8:42	1:26:16
18	Thomas Scroggins	Ankeny	IA	32	M	21	12:30	2:18	1:36	14	43:58	19.1	1:39	19	27:35	8:53	1:27:17
19	Robert Kellogg	Iowa City	IA	34	M	20	11:33	2:07	4:17	15	44:02	19.1	2:08	20	27:41	8:55	1:29:39
20	Wade Helfer	Ames	IA	31	M	10	9:17	1:42	2:25	20	48:08	17.5	1:49	24	28:59	9:20	1:30:37
21	Bill Johnson	Hartford	IA	33	M	26	15:52	2:54	1:59	21	50:55	16.5	0:49	14	26:16	8:28	1:35:49
22	Trevor Kooker	Olathe	KS	34	M	19	11:30	2:07	3:47	23	52:40	16.0	1:14	25	30:43	9:54	1:39:52
23	Patrick Leer	Stanwood	IA	31	M	24	14:17	2:37	4:41	26	57:02	14.7	0:58	16	26:59	8:42	1:43:56
24	Steve Dannenfeldt	Urbandale	IA	34	M	17	11:01	2:01	2:32	25	54:19	15.5	2:20	26	33:49	10:53	1:43:59
25	Travis Fleshner	Waucoma	IA	33	M	27	18:14	3:20	3:26	22	51:58	16.2	1:58	23	28:48	9:17	1:44:23
26	Mel Dow	Prairie Du Chi	WI	30	M	23	13:12	2:25	3:13	27	1:00:11	14.0	1:04	21	28:31	9:11	1:46:09
27	Chris Roberts	Iowa City	IA	34	M	25	14:38	2:41	3:43	24	53:11	15.8	2:02	27	39:16	12:39	1:52:48

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	TOTAL			
						time	yds	time		time	time		time	pace			
1	Julie Zierke-Clark	Clive	IA	39	F	3	10:12	1:52	2:33	1	40:52	20.6	1:21	2	23:04	7:26	1:17:59
2	Lisa Springer	Fort Dodge	IA	38	F	2	10:07	1:51	2:32	3	46:54	17.9	1:18	3	23:53	7:42	1:24:42
3	Barb Scholz	Des Moines	IA	39	F	1	9:32	1:45	2:02	2	46:11	18.2	1:29	5	28:44	9:15	1:27:56
4	Dana Foster	Dike	IA	37	F	4	11:02	2:02	2:41	5	52:05	16.1	0:52	1	21:59	7:05	1:28:38
5	Shelley Buffalo	Tama	IA	36	F	6	16:44	3:04	2:36	4	49:06	17.1	0:52	4	26:53	8:39	1:36:09
6	Rose Boyle	West Des Moines	IA	38	F	5	14:30	2:40	2:53	6	54:04	15.5	2:07	6	34:07	10:59	1:47:39

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	plc	BIKE	TRAN	plc	RUN	TOTAL			
						time	yds	time		time	time		time	pace			
1	Brian Shadle	Clive	IA	38	M	1	7:14	1:20	1:13	1	37:04	22.7	1:00	2	20:13	6:31	1:06:41
2	Dennis Henderson	Cedar Rapids	IA	39	M	5	8:45	1:36	1:28	3	37:40	22.3	0:46	1	20:05	6:28	1:08:42
3	Craig Olson	Marion	IA	38	M	3	8:35	1:35	1:28	2	37:22	22.5	0:59	8	22:23	7:13	1:10:46
4	Jim Hagelie	Marshalltown	IA	36	M	12	9:55	1:49	1:18	4	37:46	22.3	1:07	4	21:10	6:49	1:11:15
5	Mark Caples	Ankeny	IA	37	M	2	8:23	1:32	1:21	7	40:33	20.7	1:29	3	20:47	6:42	1:12:31
6	Chris Krug	Iowa City	IA	39	M	4	8:43	1:36	1:32	6	39:40	21.2	1:06	9	22:30	7:15	1:13:30
7	Michael Rieks	West Des Moines	IA	36	M	9	9:30	1:45	1:35	5	39:30	21.3	1:10	7	22:10	7:08	1:13:54
8	Thomas Tayer	East Moline	IL	36	M	7	9:05	1:40	1:45	10	41:12	20.4	1:24	13	23:30	7:34	1:16:54
9	Don Robinson	Ankeny															

13	Craig Cone	Cedar Rapids	IA	38	M	14	10:05	1:51	2:49	11	42:41	19.7	1:18	15	24:05	7:45	1:20:55
14	Craig Jarrard	Fort Dodge	IA	35	M	6	9:00	1:39	1:38	18	43:33	19.3	1:30	18	25:42	8:17	1:21:21
15	Rodney Alberhasky	Iowa City	IA	39	M	15	10:45	1:58	2:48	21	44:59	18.7	1:21	6	21:39	6:58	1:21:30
16	Pat Beurskens	Marshalltown	IA	37	M	17	11:13	2:04	1:52	16	43:16	19.4	1:32	16	24:32	7:54	1:22:24
17	Wade Steward	LeGrand	IA	38	M	16	10:50	1:59	2:21	15	43:05	19.5	1:07	17	25:03	8:04	1:22:24
18	Brian Harris	Cedar Rapids	IA	38	M	13	10:04	1:51	1:54	12	42:54	19.6	1:15	23	28:05	9:03	1:24:10
19	James Holloway	West Des Moines	IA	35	M	20	11:20	2:05	1:50	14	43:01	19.5	1:32	20	26:50	8:38	1:24:31
20	John Dilger	Marshalltown	IA	39	M	25	14:39	2:41	1:51	8	40:43	20.6	1:40	19	26:41	8:36	1:25:32
21	Joe Hrdlicka	Des Moines	IA	38	M	10	9:42	1:47	3:29	23	48:03	17.5	1:26	14	23:36	7:36	1:26:15
22	Greg Corns	Omaha	NE	38	M	19	11:17	2:04	2:29	20	43:53	19.1	2:22	21	27:07	8:44	1:27:07
23	Jeff Hrubes	Cedar Rapids	IA	38	M	23	11:56	2:11	2:56	22	46:26	18.1	1:20	25	29:18	9:26	1:31:54
24	Matt Mixdorf	Peosta	IA	39	M	22	11:49	2:10	2:19	24	48:49	17.2	1:34	22	27:59	9:01	1:32:28
25	Kevin Croft	Des Moines	IA	37	M	24	13:18	2:26	2:56	25	50:59	16.5	1:38	24	28:28	9:10	1:37:17
26	Mike Kooker	Altoona	IA	36	M	26	18:38	3:25	4:41	26	57:53	14.5	3:32	26	35:53	11:33	2:00:37

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time	pace	TIME				
1	L A Lowe	Iowa City	IA	43	F	1	9:25	1:44	1:48	1	41:00	20.5	1:23	1	23:17	7:30	1:16:51
2	Ramona Wright	Des Moines	IA	43	F	2	11:42	2:09	2:17	2	47:45	17.6	1:44	2	24:08	7:47	1:27:34
3	Marci Bengen	Reinbeck	IA	42	F	3	12:43	2:20	3:16	3	57:23	14.6	1:22	3	25:55	8:21	1:40:37

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time	pace	TIME				
1	Stu Huntley	Adel	IA	44	M	1	7:44	1:25	1:08	1	35:54	23.4	0:51	2	21:28	6:55	1:07:03
2	R Dale Weber	Ames	IA	40	M	2	8:11	1:30	1:11	3	40:03	21.0	1:01	4	22:04	7:06	1:12:28
3	Paul Kulas	Cedar Falls	IA	42	M	6	9:11	1:41	1:17	2	39:27	21.3	1:11	7	22:59	7:24	1:14:02
4	Erwin Bonder	Omaha	NE	42	M	5	8:54	1:38	1:54	5	41:18	20.3	1:11	3	21:45	7:00	1:15:01
5	Bob Watson	Ames	IA	44	M	3	8:24	1:33	1:36	6	41:28	20.3	1:10	5	22:27	7:14	1:15:03
6	Jay Kornder	Fort Dodge	IA	42	M	9	9:49	1:48	1:44	4	41:18	20.3	1:13	9	23:30	7:34	1:17:32
7	Mike Ament	Cedar Rapids	IA	43	M	8	9:32	1:45	2:14	9	43:48	19.2	1:18	1	21:28	6:55	1:18:17
8	Mick Lundquist	Ankeny	IA	40	M	10	9:58	1:50	2:37	7	42:37	19.7	1:49	8	23:17	7:30	1:21:15
9	Lance Graves	Omaha	NE	42	M	12	10:47	1:59	3:05	8	43:40	19.2	1:52	13	26:41	8:36	1:26:03
10	Bill Vipond	Ankeny	IA	40	M	7	9:21	1:43	2:54	11	45:53	18.3	2:07	12	26:34	8:33	1:26:47
11	Ed Bell	Clive	IA	44	M	14	11:12	2:03	2:54	12	47:53	17.5	2:08	6	22:54	7:23	1:26:59
12	Mike Lindeman	Cedar Rapids	IA	41	M	4	8:29	1:34	2:21	13	48:18	17.4	1:30	14	28:15	9:06	1:28:51
13	James Debartolo	Des Moines	IA	41	M	20	17:07	3:08	3:11	10	45:04	18.6	1:37	10	23:47	7:40	1:30:45
14	Tim Johnson	Moulton	IA	40	M	19	14:03	2:34	2:30	16	49:06	17.1	1:06	11	24:57	8:02	1:31:40
15	Ken Trenary	Marion	IA	42	M	15	11:47	2:10	2:47	14	48:19	17.4	1:34	18	30:23	9:47	1:34:49
16	Mick Nuerman	Manchester	IA	44	M	21	17:41	3:14	2:53	15	48:27	17.3	1:56	17	29:39	9:33	1:40:34
17	John Demory	North Liberty	IA	42	M	16	12:46	2:21	3:21	17	51:12	16.4	2:10	19	32:53	10:35	1:42:22
18	Randy Nelson	Ankeny	IA	43	M	22	17:43	3:15	3:34	18	52:23	16.0	1:36	15	29:02	9:21	1:44:16
19	Mike Simmons	Des Moines	IA	42	M	11	10:19	1:54	4:06	19	56:14	14.9	2:29	20	33:30	10:47	1:46:37
20	Steve Hayden	Marshalltown	IA	40	M	17	13:13	2:25	4:40	21	58:55	14.3	1:41	16	29:11	9:24	1:47:38
21	Bob Bailey	Johnston	IA	42	M	18	13:26	2:28	3:19	20	58:36	14.3	1:10	21	34:30	11:07	1:50:58
22	Jeff Garner	Cedar Rapids	IA	43	M	13	11:11	2:03	3:43	22	59:03	14.2	1:28	22	37:06	11:57	1:52:29

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time	pace	TIME				
1	Ann Vestle	Cedar Rapids	IA	49	F	1	11:15	2:04	2:14	1	50:53	16.5	1:34	2	29:36	9:32	1:35:30
2	Mary Harris	Marshalltown	IA	48	F	3	14:00	2:34	3:07	2	53:00	15.9	2:13	1	26:37	8:34	1:38:55
3	Susan Duoblys	Des Moines	IA	49	F	2	12:15	2:15	2:32	3	55:09	15.2	2:01	3	30:29	9:49	1:42:23
4	Barbara Doering	Hubard	IA	49	F	4	14:16	2:37	4:41	4	1:04:35	13.0	2:24	4	35:38	11:28	2:01:30

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time	pace	TIME				
1	Gary Mckibben	Ankeny	IA	45	M	1	7:57	1:28	1:49	1	38:08	22.0	1:09	1	20:55	6:44	1:09:56
2	Scott Devore	Cedar Rapids	IA	49	M	2	8:36	1:35	1:47	2	39:25	21.3	1:00	2	22:13	7:09	1:13:00
3	Greg Madison	Ankeny	IA	49	M	7	10:44	1:58	1:53	3	39:50	21.1	1:09	3	22:27	7:14	1:16:00
4	Steve Karsjen	Nevada	IA	47	M	4	9:34	1:45	1:53	5	43:28	19.3	1:23	7	26:25	8:31	1:22:43
5	Clyde Lawler	Marshalltown	IA	48	M	10	11:42	2:09	2:46	6	44:29	18.9	0:56	4	23:15	7:29	1:23:06
6	Brad Brunia	Huxley	IA	48	M	3	8:48	1:37	2:22	4	41:22	20.3	2:15	9	28:44	9:15	1:23:29
7	Jim Gerk	Cedar Rapids	IA	48	M	8	11:10	2:03	1:35	8	44:46	18.8	2:02	5	25:08	8:06	1:24:39
8	Bruce Skerik	Gilbertville	IA	49	M	6	10:11	1:52	2:13	9	45:54	18.3	1:22	6	26:21	8:29	1:25:59
9	David Swenson	Ames	IA	49	M	9	11:28	2:06	1:50	11	47:04	17.9	1:31	8	26:46	8:37	1:28:37
10	Kevin Collins	Marion	IA	49	M	5	9:50	1:48	2:08	10	46:18	18.1	1:43	10	30:05	9:41	1:30:02
11	Steve Etten	Riverside	IA	47	M	11	11:43	2:09	3:05	7	44:46	18.8	2:14	11	31:27	10:08	1:33:13

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time	pace	TIME				
1	Deborah Hankens	Cherokee	IA	53	F	1	9:43	1:47	2:28	1	43:43	19.2	2:02	1	30:17	9:45	1:28:11

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time	pace	TIME				
1	Nick Scott	Cedar Rapids	IA	52	M	3	8:07	1:30	1:09	1	39:04	21.5	0:46	1	21:10	6:49	1:10:14
2	Kevin Kraft	Bettendorf	IA	50	M	5	9:18	1:42	1:52	3	42:13	19.9	1:23	2	22:00	7:05	1:16:44
3	Jim Johns	Cedar Rapids	IA	51	M	6	9:38	1:46	2:13	2	42:04	20.0	1:22	6	24:10	7:47	1:19:24
4	Bill Ingels	Cedar Rapids	IA	54	M	4	9:12	1:41	2:31	6	44:55	18.7	1:23	4	23:35	7:36	1:21:36
5	Al Behrens	Council Bluffs	IA	54	M	12	12:41	2:20	2:36	4	43:26	19.3	1:13	5	23:46	7:39	1:23:40
6	Denny Cahill	Marshalltown	IA	50	M	10	12:26	2:17	2:31	5	44:23	18.9	3:40	3	23:19	7:30	1:26:16
7	Gary Debner	Keosauqua	IA	52	M	8	10:56	2:00	2:23	7	46:41	18.0	1:03	7	25:31	8:13	1:26:31

8	Jeffrey Ginn	Cedar Rapids	IA	52	M	7	9:46	1:48	2:10	8	46:59	17.9	1:56	11	30:55	9:57	1:31:44
9	Mike Savage	Cedar Falls	IA	52	M	2	8:00	1:28	2:46	13	53:55	15.6	1:08	8	26:57	8:41	1:32:43
10	Daniel Mcgrail	Cedar Rapids	IA	50	M	13	14:14	2:37	4:07	9	50:00	16.8	2:05	9	27:50	8:58	1:39:15
11	Patrick Kremer	Marshalltown	IA	52	M	11	12:27	2:17	3:35	11	51:36	16.3	1:25	10	30:36	9:51	1:39:36
12	Tim Devick	Urbandale	IA	54	M	14	14:20	2:38	3:11	10	50:58	16.5	1:57	12	31:55	10:17	1:42:19
13	Charles Depenz	West Des Moines	IA	52	M	9	12:13	2:15	3:40	12	52:29	16.0	2:24	13	41:59	13:31	1:52:44
14	Charlie Brockus	Cambridge	IA	52	M	1	7:13	1:20	1:38	14	1:08:33	12.3					

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Rich Giebelhausen	Morton	IL	55	M	1	9:16	1:42	2:33	1	41:25	20.3	1:53	1	24:36	7:56	1:19:42
2	Barry Trump	Mason City	IA	56	M	2	9:43	1:47	2:43	2	42:56	19.6	1:24	5	28:59	9:20	1:26:43
3	Rod Zentner	Mt Horeb	WI	57	M	3	9:45	1:47	1:57	5	48:19	17.4	1:33	3	28:12	9:05	1:29:44
4	Robert Casey	Kihei	HI	58	M	5	12:08	2:14	2:12	3	44:21	18.9	1:48	6	29:32	9:31	1:29:59
5	Chuck Stull	West Des Moines	IA	57	M	4	11:40	2:08	3:57	4	47:15	17.8	2:20	8	33:19	10:44	1:38:29
6	Darrel Pedersen	Hudson	IA	55	M	8	17:20	3:11	2:22	6	50:21	16.7	2:16	4	28:18	9:07	1:40:35
7	Joel Beane	Marshalltown	IA	57	M	7	16:56	3:06	3:22	8	54:35	15.4	0:57	2	25:08	8:06	1:40:56
8	Bill Pattinson	Ames	IA	55	M	6	12:38	2:19	3:13	7	51:37	16.3	2:57	7	32:23	10:26	1:42:46

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Jane Carter	Marshalltown	IA	60	F	1	11:26	2:06	3:38	1	1:02:26	13.5	1:07	1	35:36	11:28	1:54:11

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Fred Hemsath	St. Joseph	MI	61	M	1	9:43	1:47	1:42	3	45:28	18.5	1:32	1	24:07	7:46	1:22:29
2	Richard Nehring	Alden	IA	64	M	2	9:46	1:48	2:12	1	43:17	19.4	1:39	2	27:17	8:47	1:24:09
3	Jerry Juhlin	Mason City	IA	61	M	3	9:48	1:48	2:30	2	44:01	19.1	2:17	3	30:21	9:46	1:28:55
4	Ken Kekke	Coralville	IA	62	M	5	15:05	2:46	4:46	4	53:04	15.8	2:23	4	32:05	10:20	1:47:21
5	Don Jarrard	Charles City	IA	62	M	4	14:24	2:38	2:55	5	54:46	15.3	1:33	5	35:25	11:24	1:49:01