

FEMALE AGE GROUP RESULTS 1 - 14

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 Alli Koch	Cedar Rapids	IA	13	F	1	9:20	1:43	2:01	1	53:23	15.7	0:56	1	29:10	9:24	1:34:49
2 Meg Zmolek	Cedar Rapids	IA	14	F	2	11:48	2:10	2:17	2	59:46	14.1	1:07	2	33:13	10:42	1:48:08

FEMALE AGE GROUP RESULTS 15 - 17

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 Nicole Landt	Garwin	IA	17	F	3	13:43	2:31	3:06	1	46:26	18.1	1:36	1	27:57	9:00	1:32:46
2 English Fiscus	Union	IA	17	F	1	11:46	2:09	2:23	2	53:04	15.8	0:53	2	30:20	9:46	1:38:24
3 Rachael Hyland	Swisher	IA	17	F	2	12:03	2:13	3:25	3	1:09:51	12.0	1:07	3	32:36	10:30	1:59:01

MALE AGE GROUP RESULTS 15 - 17

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 Sean Havas	Arlington	TX	16	M	2	7:55	1:27	1:40	1	40:41	20.6	1:59	3	26:25	8:31	1:18:39
2 Chad Vanrees	Garwin	IA	17	M	3	9:46	1:47	2:04	2	42:30	19.8	1:05	1	25:22	8:10	1:20:46
3 Joseph Gallet	Atkins	IA	15	M	1	7:22	1:21	4:24	3	47:19	17.8	1:21	2	26:14	8:27	1:26:38
4 Jesse Reyes	Union	IA	17	M	5	14:14	2:37	3:24	4	51:53	16.2	0:56	4	27:27	8:50	1:37:51
5 Tyler Ellingson	Calmar	IA	16	M	4	12:20	2:16	3:31	5	55:07	15.2	1:19	5	34:54	11:14	1:47:10

FEMALE AGE GROUP RESULTS 18 - 19

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 Heidi Barr	Marshalltown	IA	19	F	1	9:04	1:40	3:18	1	52:01	16.1	0:40	1	24:09	7:47	1:29:09
2 Jenna Hindman	Swisher	IA	18	F	2	12:18	2:15	3:11	2	1:09:48	12.0	1:10	2	30:28	9:49	1:58:52

MALE AGE GROUP RESULTS 18 - 19

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 Joey Bradley	Indianola	IA	18	M	1	8:19	1:32	1:48	1	44:46	18.8	1:16	2	23:36	7:36	1:19:42
2 Dylan Jars	Reinbeck	IA	19	M	5	13:06	2:24	3:27	2	45:35	18.4	1:44	1	20:52	6:43	1:24:43
3 Lars Ellingson	Calmar	IA	18	M	4	12:25	2:17	2:28	4	48:19	17.4	1:17	3	24:20	7:50	1:28:48
4 Steven Walter	Johnston	IA	19	M	6	13:14	2:26	1:40	3	46:21	18.1	1:11	4	27:33	8:52	1:31:58
5 Doug Bissing	West Des Moines	IA	19	M	3	12:01	2:12	3:15	5	49:03	17.1	2:49	6	30:17	9:45	1:37:23
6 Scott Jennerjohn	Cedar Rapids	IA	19	M	2	11:43	2:09	3:45	6	59:43	14.1	1:53	5	28:23	9:09	1:45:25

FEMALE AGE GROUP RESULTS 20 - 24

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 Megan Riepma	Spencer	IA	22	F	1	8:22	1:32	1:29	1	46:49	17.9	1:13	1	23:53	7:42	1:21:43
2 Dena Kroska	Ankeny	IA	24	F	2	11:00	2:01	1:55	2	48:17	17.4	1:21	2	28:49	9:17	1:31:21
3 Katie Katzer	Des Moines	IA	24	F	3	12:13	2:15	2:28	3	57:15	14.7	1:09	4	35:30	11:26	1:48:34
4 Sherami Hinders	Pella	IA	24	F	4	13:59	2:34	3:13	4	1:02:39	13.4	1:17	3	34:15	11:02	1:55:21

MALE AGE GROUP RESULTS 20 - 24

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 Grant Reuter	West Des Moines	IA	22	M	3	9:15	1:42	1:32	1	37:57	22.1	0:46	6	26:15	8:27	1:15:43
2 Adam Thompson	Indianola	IA	21	M	1	7:29	1:22	1:48	5	43:34	19.3	1:24	2	23:09	7:27	1:17:21
3 Rex Reed	Waterloo	IA	20	M	7	12:49	2:21	1:56	2	41:19	20.3	1:35	1	21:12	6:50	1:18:48
4 Chris Hemmen	Cedar Falls	IA	21	M	5	11:24	2:05	1:47	4	41:40	20.2	1:28	3	23:41	7:38	1:19:58
5 Brad Krueger	Urbandale	IA	21	M	4	10:34	1:56	2:21	3	41:39	20.2	2:17	5	25:55	8:21	1:22:44
6 Scott Weinheimer	Des Moines	IA	22	M	2	7:43	1:25	2:04	6	47:44	17.6	2:12	7	26:47	8:38	1:26:28
7 Andy Benesh	Cedar Rapids	IA	24	M	8	13:20	2:27	3:33	7	52:24	16.0	1:38	4	24:10	7:47	1:35:03
8 Rodney Benesh	Cedar Rapids	IA	22	M	6	11:55	2:11	4:09	8	56:50	14.8	2:04	8	35:18	11:22	1:50:15

FEMALE AGE GROUP RESULTS 25 - 29

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 Jody Garrett	Ames	IA	26	F	2	9:19	1:43	2:26	1	44:04	19.1	1:50	2	25:36	8:15	1:23:12
2 Lindsey Horner	Des Moines	IA	27	F	1	8:34	1:34	1:49	3	46:21	18.1	1:09	3	26:03	8:23	1:23:54
3 Kristin Lassen	Orange City	IA	26	F	11	11:07	2:02	2:41	2	45:48	18.3	1:02	1	23:38	7:37	1:24:16
4 Michele Ennis	West Des Moines	IA	29	F	5	9:30	1:45	1:49	4	47:52	17.5	1:27	4	28:54	9:18	1:31:30
5 Rachel Nosbisch	Waverly	IA	27	F	3	9:24	1:44	3:02	5	49:19	17.0	1:11	8	31:52	10:16	1:34:47
6 Katrina Riepma	Oak Creek	WI	26	F	12	11:50	2:10	2:47	6	51:21	16.4	1:12	5	29:12	9:24	1:36:21
7 Heather Wiedman	Waterloo	IA	29	F	4	9:28	1:44	2:18	8	52:39	16.0	1:32	7	31:47	10:14	1:37:41
8 Kate Clark	Des Moines	IA	29	F	6	9:34	1:45	2:55	9	52:58	15.9	2:30	9	33:26	10:46	1:41:21
9 Holly Olson	Urbandale	IA	28	F	9	10:43	1:58	2:35	10	53:14	15.8	2:21	10	33:32	10:48	1:42:23
10 Marcy Baker	Clive	IA	27	F	7	9:50	1:48	2:33	13	57:43	14.6	1:11	6	31:12	10:03	1:42:27
11 Tammie Krausman	Des Moines	IA	28	F	10	10:55	2:00	3:36	7	51:48	16.2	1:51	12	34:36	11:09	1:42:45
12 Dee Paulsen	Waterloo	IA	27	F	13	12:25	2:17	2:19	12	55:21	15.2	1:09	13	34:37	11:09	1:45:49
13 Carrie McGivern	Lawrence	KS	28	F	14	15:22	2:49	3:57	11	54:05	15.5	1:53	11	34:12	11:01	1:49:27
14 Melissa Lekin	Cedar Falls	IA	25	F	8	10:05	1:51	2:26	14	58:46	14.3	1:34	14	43:17	13:56	1:56:06

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	plc	SWIM time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
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1	Dan Gilliatt	Winterset	IA	27	M	1	7:21	1:21	1:34	3	41:50	20.1	1:07	1	20:38	6:39	1:12:28
2	Kasey Schmitt	Cedar Falls	IA	26	M	6	9:32	1:45	1:30	2	41:23	20.3	1:01	2	20:43	6:41	1:14:08
3	Jeff Slade	Hudson	IA	27	M	5	8:37	1:35	1:24	6	43:05	19.5	1:03	3	22:54	7:22	1:17:00
4	Chad Marchant	Ankeny	IA	27	M	10	11:15	2:04	1:24	1	40:28	20.8	1:08	4	23:03	7:26	1:17:17
5	Adam Nosbisch	Waverly	IA	27	M	3	7:32	1:23	2:21	4	42:24	19.8	1:57	5	23:38	7:37	1:17:51
6	Shaun Cassells	Cedar Rapids	IA	27	M	4	8:01	1:28	2:31	7	44:12	19.0	1:17	10	26:40	8:35	1:22:39
7	Gabriel Martinez	Mount Pleasant	IA	29	M	9	11:07	2:02	1:52	5	42:51	19.6	1:22	8	25:44	8:17	1:22:55
8	Ryan Myers	Des Moines	IA	28	M	2	7:32	1:23	2:02	8	46:02	18.2	1:15	11	27:37	8:54	1:24:26
9	Christopher Wiedma	Waterloo	IA	29	M	8	10:28	1:55	2:38	10	47:46	17.6	0:56	7	24:28	7:53	1:26:14
10	Daniel Julicher	Cedar Rapids	IA	29	M	7	9:52	1:49	2:37	11	48:12	17.4	0:53	13	30:31	9:50	1:32:03
11	Ryan Gritters	Pella	IA	26	M	12	13:23	2:27	3:13	12	48:30	17.3	2:12	9	25:44	8:17	1:33:00
12	Erick Eggers	Marshalltown	IA	26	M	11	12:46	2:20	3:56	13	50:47	16.5	2:00	6	24:16	7:49	1:33:44
13	James Johnson	Moulton	IA	29	M	13	17:38	3:14	2:16	9	46:35	18.0	0:53	12	27:56	9:00	1:35:16

FEMALE AGE GROUP RESULTS 30 - 34

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	Dawn Keller	Shell Rock	IA	33	F	5	9:15	1:42	1:22	1	39:52	21.1	0:54	1	23:28	7:34	1:14:49
2	Daniela Williams	Iowa City	IA	30	F	1	8:25	1:33	1:42	2	40:11	20.9	1:01	2	23:52	7:41	1:15:10
3	Missy Mattingly	Boone	IA	31	F	3	8:37	1:35	2:34	3	41:14	20.4	1:32	4	25:19	8:09	1:19:14
4	Lori Devries	Ankeny	IA	34	F	6	9:20	1:43	2:01	4	43:38	19.3	1:20	3	25:03	8:04	1:21:19
5	Heather Pent-Reed	Woodbine	IA	33	F	4	9:09	1:41	2:08	5	43:38	19.3	1:14	6	26:46	8:37	1:22:53
6	Jennifer Cole-Veak	Des Moines	IA	33	F	10	11:15	2:04	1:21	7	45:51	18.3	1:11	5	26:44	8:37	1:26:21
7	Krista Bartholomew	Des Moines	IA	32	F	9	10:58	2:01	1:51	6	45:36	18.4	1:46	7	27:08	8:44	1:27:18
8	Colleen Kelly	Des Moines	IA	30	F	13	12:04	2:13	1:35	8	46:52	17.9	1:23	9	28:20	9:08	1:30:13
9	Caroline Carter	Marshalltown	IA	31	F	7	10:09	1:52	1:49	10	51:27	16.3	0:58	8	28:07	9:03	1:32:28
10	Rebecca Meis	West Des Moines	IA	30	F	2	8:36	1:35	2:09	9	50:35	16.6	2:09	11	31:05	10:01	1:34:32
11	Shane Starke	Coralville	IA	34	F	8	10:16	1:53	2:27	12	53:53	15.6	1:49	12	32:30	10:28	1:40:53
12	Christa Addy	Des Moines	IA	30	F	11	11:46	2:10	2:14	11	52:29	16.0	0:55	14	33:35	10:49	1:40:57
13	Alexandra Lauth	Bellevue	NE	32	F	12	12:03	2:13	3:41	13	55:28	15.1	1:53	10	30:46	9:54	1:43:48
14	Julie Gardner	Ankeny	IA	33	F	14	12:52	2:22	3:24	14	1:00:51	13.8	1:12	13	32:33	10:29	1:50:50

MALE AGE GROUP RESULTS 30 - 34

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	Jeffrey Zickus	Minneapolis	MN	33	M	6	7:47	1:26	2:04	14	41:19	20.3	1:01	1	17:56	5:47	1:10:06
2	John Olney	Iowa City	IA	33	M	17	10:19	1:54	2:13	1	35:37	23.6	1:30	6	22:04	7:06	1:11:41
3	Marc Hollander	West Des Moines	IA	32	M	5	7:44	1:25	1:41	11	40:33	20.7	0:50	2	20:59	6:46	1:11:45
4	Conrad Hanson	Urbandale	IA	31	M	1	6:24	1:11	1:15	8	40:17	20.9	1:16	12	23:07	7:27	1:12:18
5	Michael Luebbers	Shell Rock	IA	34	M	13	9:21	1:43	1:18	3	37:33	22.4	0:56	4	21:13	6:50	1:12:19
6	Jason Goeders	Story City	IA	31	M	15	9:57	1:50	1:42	2	37:17	22.5	1:04	9	22:41	7:18	1:12:39
7	Daniel Barker	Ames	IA	34	M	3	7:35	1:24	1:30	7	39:57	21.0	0:54	11	22:57	7:23	1:12:50
8	Tony Briggs	Pella	IA	33	M	7	7:52	1:27	1:35	13	41:08	20.4	1:11	5	21:30	6:55	1:13:14
9	Scott Anderson	Des Moines	IA	31	M	4	7:43	1:25	1:44	5	39:43	21.1	1:11	16	24:04	7:45	1:14:23
10	Jay Cox	Des Moines	IA	33	M	9	8:18	1:32	1:28	12	40:40	20.7	1:10	13	23:31	7:35	1:15:05
11	Ted Lewis	LeGrand	IA	31	M	23	10:45	1:58	1:23	4	39:17	21.4	1:09	8	22:36	7:17	1:15:07
12	Tim Lowe	Des Moines	IA	33	M	11	8:58	1:39	1:48	6	39:54	21.1	1:50	10	22:52	7:22	1:15:20
13	Chad Lee	West Des Moines	IA	33	M	19	10:23	1:54	1:54	10	40:32	20.7	1:43	3	21:03	6:47	1:15:32
14	Wes Chaplin	Pella	IA	33	M	10	8:53	1:38	2:19	9	40:21	20.8	1:01	21	25:59	8:22	1:18:30
15	Michael Ritter	North Liberty	IA	31	M	8	8:02	1:28	2:03	20	44:05	19.1	1:32	14	23:41	7:38	1:19:21
16	Adam Wheelock	Iowa City	IA	30	M	24	10:58	2:01	1:57	23	44:30	18.9	1:06	7	22:23	7:13	1:20:52
17	Kelly Wallace	Norwalk	IA	30	M	12	9:15	1:42	2:13	17	42:51	19.6	1:09	20	25:48	8:19	1:21:15
18	Jason Marcel	Des Moines	IA	31	M	21	10:38	1:57	1:36	16	42:38	19.7	1:39	19	25:22	8:10	1:21:51
19	Jason Andringa	Pella	IA	31	M	2	7:12	1:19	2:28	18	42:53	19.6	1:24	26	29:02	9:21	1:22:57
20	Joshua Pedelty	Cedar Rapids	IA	32	M	22	10:42	1:58	2:33	22	44:24	18.9	0:50	18	25:10	8:06	1:23:37
21	Aaron Thompson	Des Moines	IA	31	M	14	9:37	1:46	2:32	15	41:26	20.3	2:01	25	28:07	9:03	1:23:42
22	David Olsen	West Des Moines	IA	34	M	27	12:07	2:13	2:55	19	44:02	19.1	1:14	15	23:46	7:39	1:24:03
23	Jeff Bishop	Chicago	IA	31	M	16	10:07	1:51	3:08	24	45:37	18.4	1:58	17	24:11	7:47	1:24:58
24	Eric Wieland	Des Moines	IA	30	M	26	11:39	2:08	2:57	21	44:10	19.0	1:45	22	27:16	8:47	1:27:46
25	Todd Brunia	Urbandale	IA	32	M	20	10:29	1:55	2:02	27	48:58	17.2	1:39	24	28:04	9:02	1:31:10
26	Kori Sickles	Cedar Rapids	IA	32	M	25	11:21	2:05	3:26	28	49:26	17.0	0:57	23	27:26	8:50	1:32:34
27	Tony Post	Ames	IA	30	M	28	12:37	2:19	3:02	25	45:51	18.3	2:31	27	30:31	9:50	1:34:30
28	Todd Devries	Ankeny	IA	33	M	18	10:20	1:54	3:29	26	48:03	17.5	2:27	31	35:26	11:25	1:39:43
29	Peter Vance	Ames	IA	33	M	29	13:13	2:25	3:05	29	1:00:08	14.0	1:06	30	32:36	10:30	1:50:07
30	Brandon Hope	West Des Moines	IA	33	M	31	15:39	2:52	6:20	31	1:02:01	13.5	3:24	28	31:20	10:05	1:58:42
31	Andrew Hope	West Des Moines	IA	30	M	30	15:37	2:52	6:24	30	1:01:56	13.6	3:25	29	31:22	10:06	1:58:43

FEMALE AGE GROUP RESULTS 35 - 39

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	Chris Maravelas-Ki	Adel	IA	37	F	1	7:24	1:22	1:38	1	38:49	21.6	0:56	5	27:29	8:51	1:16:14
2	Kristin Rinderknech	Des Moines	IA	36	F	3	8:26	1:33	1:36	2	42:18	19.9	0:57	2	24:00	7:44	1:17:15
3	La Juan Stevenson	Scottsdale	AZ	36	F	2	8:10	1:30	1:23	3	43:07	19.5	1:05	3	25:07	8:05	1:18:51
4	Heather Worthingto	West Des Moines	IA	38	F	5	9:08	1:41	1:44	4	46:53	17.9	1:12	4	27:23	8:49	1:26:19
5	Keri Frommelt	Ankeny	IA	36	F	10	12:17	2:15	1:46	5	48:51	17.2	1:25	1	23:01	7:25	1:27:18
6	Ingrid Guttin	Ankeny	IA	35	F	4	8:40	1:36	2:27	6	50:32	16.6	1:58	11	36:48	11:51	1:40:24
7	Kathy Murphy	Cedar Rapids	IA	37	F	6	11:14	2:04	2:15	7	52:02	16.1	1:48	10	33:35	10:49	1:40:52
8	Shana Johnson	Des Moines	IA	37	F	11	12:22	2:16	2:20	9	54:42	15.4	2:00	6	29:33	9:31	1:40:55
9	Becky Goettsch	West Des Moines	IA	37	F	7	11:24	2:06	3:13	8	54:14	15.5	1:16	9	32:34	10:29	1:42:39
10	Linda Stoffel	Norwalk	IA	35	F	9	12:17	2:15	4:11	11	1:00:55	13.8	2:46	8	31:24	10:07	1:51:30
11	Michelle Norman	Iowa City	IA	38	F	12	13:03	2:24	3:43	10	58:09	14.4	2:15	12	39:00	12:34	1:56:09
12	Penny Tynnismaa	Tama	IA	35	F	8	12:16	2:15	3:32	12	1:08:53	12.2	1:08	7	30:25	9:48	1:56:12

MALE AGE GROUP RESULTS 35 - 39

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	Kevin Barnes	Indianola	IA	35	M	2	8:05	1:29	1:23	2	37:00	22.7	0:49	1	19:14	6:12	1:06:30
2	Jim Hagelie	Waukee	IA	38	M	4	8:59	1:39	1:11	1	35:52	23.4	1:02	3	22:12	7:09	1:09:14
3	David Primeau	Des Moines	IA	38	M	1	6:44	1:14	1:40	3	38:59	21.5	1:09	2	20:48	6:42	1:09:18
4	Tom Scroggins	Ankeny	IA	35	M	3	8:54	1:38	1:43	6	39:52	21.1	1:16	4	22:23	7:13	1:14:07
5	David Martindale	Iowa City	IA	36	M	23	11:02	2:01	1:25	5	39:48	21.1	0:55	8	32:52	7:22	1:16:00
6	Andrew Becker	Rochester	MN	36													

7	Andrew Shipley	West Des Moines	IA	39	M	5	9:06	1:40	2:05	7	40:36	20.7	1:16	15	25:18	8:09	1:18:18
8	Brian Krueger	Urbandale	IA	36	M	12	10:11	1:52	2:01	8	42:19	19.9	1:34	7	22:37	7:17	1:18:39
9	Michael Murphy	Solon	IA	35	M	9	9:51	1:49	1:32	10	42:24	19.8	1:11	10	24:02	7:44	1:18:59
10	Duane Staskal	Iowa City	IA	38	M	16	10:32	1:56	1:37	11	42:38	19.7	1:00	13	25:07	8:05	1:20:52
11	Scott Dekok	Sheldon	IA	39	M	8	9:27	1:44	2:32	14	44:05	19.1	1:04	11	24:26	7:52	1:21:33
12	John Phipps	Coralville	IA	36	M	10	10:05	1:51	2:12	12	43:10	19.5	1:15	16	25:23	8:11	1:22:03
13	Mike Espeset	Ames	IA	39	M	22	11:00	2:01	2:54	15	44:26	18.9	1:48	9	22:57	7:23	1:23:03
14	Mike Gardner	Ankeny	IA	37	M	19	10:48	1:59	2:39	9	42:19	19.9	2:09	14	25:14	8:08	1:23:06
15	Todd Johnson	Denver	IA	37	M	14	10:21	1:54	1:54	19	46:15	18.2	1:51	17	25:55	8:21	1:26:14
16	John Fingerson	Rochester	MN	38	M	20	10:52	2:00	3:36	13	43:57	19.1	1:13	18	27:17	8:47	1:26:52
17	Matt Tullis	Marshalltown	IA	39	M	25	12:04	2:13	3:14	16	45:13	18.6	1:46	12	24:47	7:59	1:27:01
18	Damien Londino-Gre	Austin	MN	38	M	24	11:03	2:02	2:42	25	50:29	16.6	2:06	6	22:33	7:16	1:28:52
19	Chris Roberts	Des Moines	IA	36	M	18	10:41	1:58	2:31	18	46:02	18.2	1:50	19	27:58	9:00	1:28:59
20	Michael Fingerson	Rochester	MN	38	M	21	10:53	2:00	3:01	17	45:58	18.3	1:39	20	28:10	9:04	1:29:38
21	Steve Dannenfeldt	Urbandale	IA	36	M	13	10:19	1:54	2:48	26	51:13	16.4	2:12	21	28:19	9:07	1:34:49
22	Dean Chiafos	Center Point	IA	36	M	17	10:40	1:57	1:56	23	49:31	17.0	1:39	26	31:57	10:17	1:35:40
23	Greg Dombrowski	Hampton	IA	36	M	11	10:05	1:51	2:02	21	48:06	17.5	1:50	29	33:41	10:51	1:35:42
24	Steve Pearson	Winterset	IA	39	M	28	16:27	3:01	2:31	20	47:23	17.7	1:42	22	28:20	9:08	1:36:22
25	Kent Hanser	Traer	IA	35	M	27	12:33	2:18	2:00	24	50:10	16.7	2:08	23	29:45	9:35	1:36:34
26	Jon Heine	Cedar Falls	IA	35	M	26	12:09	2:14	3:26	22	48:25	17.3	1:18	25	31:38	10:11	1:36:54
27	Brian Vance	Ankeny	IA	37	M	6	9:13	1:41	2:43	29	53:58	15.6	1:03	27	32:11	10:22	1:39:07
28	Robert Schmit	Cedar Rapids	IA	38	M	7	9:24	1:44	2:40	28	53:17	15.8	0:47	28	33:27	10:46	1:39:32
29	Bill Johnson	Hartford	IA	36	M	29	16:55	3:06	2:18	27	52:43	15.9	1:02	24	30:44	9:54	1:43:39

FEMALE AGE GROUP RESULTS 40 - 44

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	Brenda Cloud	IA	41	F	2	9:19	1:43	1:33	1	44:02	19.1	1:32	2	26:20	8:29	1:22:45
2	Dana Foster	IA	40	F	4	9:44	1:47	2:30	5	47:26	17.7	0:57	1	23:04	7:26	1:23:39
3	Amy Harris	IA	41	F	3	9:20	1:43	1:36	4	47:24	17.7	1:52	3	26:38	8:35	1:26:48
4	Barb Scholz	IA	41	F	1	9:01	1:39	1:53	3	45:39	18.4	1:47	6	29:39	9:33	1:27:57
5	Trina Dunham	IA	41	F	8	10:31	1:56	1:52	2	45:21	18.5	1:23	11	31:52	10:16	1:30:57
6	Shelli Smoldt	IA	41	F	9	10:34	1:56	2:37	6	47:47	17.6	0:56	7	29:51	9:37	1:31:42
7	Michele Sperflage	IA	40	F	6	10:14	1:53	2:51	7	50:30	16.6	1:15	4	28:30	9:11	1:33:18
8	Mary Jane Sharp	IA	40	F	5	10:10	1:52	2:36	8	51:55	16.2	1:41	8	30:50	9:56	1:37:09
9	Coreen Sweeney	IA	41	F	15	12:35	2:18	2:59	10	54:37	15.4	1:31	5	29:23	9:28	1:41:03
10	Jody Haws	IA	40	F	14	12:18	2:15	2:09	11	55:01	15.3	1:31	9	30:57	9:58	1:41:54
11	Kirsten Hanrahan	IA	43	F	10	11:20	2:05	2:37	9	54:13	15.5	1:48	13	33:44	10:52	1:43:41
12	Mary Sellers	IA	40	F	7	10:21	1:54	2:20	12	55:33	15.1	1:32	16	36:51	11:52	1:46:36
13	Maribeth Wright	IA	41	F	16	14:46	2:42	2:37	14	59:33	14.1	1:16	10	31:04	10:00	1:49:15
14	Stacy Houck	IA	40	F	13	11:59	2:12	4:11	13	57:56	14.5	1:54	15	34:58	11:16	1:50:56
15	Kellie Markey	IA	41	F	11	11:29	2:06	4:55	15	1:01:23	13.7	2:19	12	32:04	10:20	1:52:09
16	Patsy Steffen	IA	41	F	12	11:54	2:11	3:13	16	1:04:20	13.1	2:16	14	34:57	11:15	1:56:38

MALE AGE GROUP RESULTS 40 - 44

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	Craig Olson	IA	41	M	2	8:15	1:31	1:02	1	34:22	24.4	1:11	3	21:08	6:48	1:05:56
2	Dan Mattingly	IA	40	M	1	7:59	1:28	2:03	3	37:36	22.3	1:00	1	20:03	6:28	1:08:38
3	Christopher Krug	IA	41	M	3	8:21	1:32	1:25	2	37:08	22.6	1:06	4	21:39	6:58	1:09:38
4	Tom Von Tersch	IA	42	M	8	9:21	1:43	2:08	7	40:08	20.9	1:36	2	21:01	6:46	1:14:13
5	Jeffrey Kaczinski	IA	41	M	5	8:27	1:33	1:30	4	39:32	21.2	0:55	12	24:45	7:58	1:15:06
6	Norman Owens	IA	42	M	6	8:32	1:34	2:11	5	39:35	21.2	1:14	9	24:01	7:44	1:15:31
7	James Debartolo Jr	IA	43	M	12	10:22	1:54	3:22	6	39:49	21.1	1:23	8	23:55	7:42	1:18:49
8	Wade Steward	IA	40	M	20	11:48	2:10	2:16	8	41:05	20.4	1:06	6	23:34	7:35	1:19:47
9	David Jass	IA	44	M	10	9:57	1:50	2:24	11	43:54	19.1	0:53	13	25:02	8:04	1:22:08
10	Bill Bennet	IA	41	M	16	11:08	2:03	2:51	16	46:14	18.2	0:45	5	21:41	6:59	1:22:37
11	Shawn Nelson	IA	40	M	4	8:23	1:32	2:14	10	43:54	19.1	1:07	18	27:54	8:59	1:23:30
12	Michael Carstens	IA	44	M	17	11:16	2:04	2:32	13	45:03	18.6	1:12	10	24:16	7:49	1:24:17
13	Andy Gnida	IA	41	M	18	11:34	2:07	1:42	9	41:41	20.2	1:11	21	28:58	9:20	1:25:03
14	Dave Koch	IA	41	M	13	10:29	1:55	1:37	12	44:33	18.9	1:08	19	28:14	9:05	1:25:59
15	Tim Johnson	IA	43	M	23	12:50	2:21	2:22	15	46:04	18.2	1:12	11	24:19	7:50	1:26:46
16	Joe Hrolicka	IA	40	M	7	8:44	1:36	3:04	19	48:01	17.5	2:09	14	25:20	8:10	1:27:17
17	Tom Guinane	IA	43	M	9	9:34	1:45	2:05	17	47:20	17.7	1:22	16	27:29	8:51	1:27:47
18	Patrick Beurskens	IA	40	M	15	10:57	2:01	2:08	14	45:44	18.4	1:25	17	27:41	8:55	1:27:53
19	Kyle Weuve	IA	41	M	19	11:43	2:09	4:29	21	48:17	17.4	1:49	7	23:54	7:42	1:30:09
20	Rod Haws	IA	40	M	14	10:45	1:58	2:56	18	47:54	17.5	1:31	22	29:37	9:32	1:32:40
21	Mark Steffen	IA	41	M	21	12:24	2:16	2:56	22	51:30	16.3	1:11	20	28:14	9:06	1:36:12
22	Richard Cohan	IA	40	M	11	10:06	1:51	3:27	23	59:35	14.1	1:03	15	27:19	8:48	1:41:28
23	Rick Leonard	IA	40	M	24	13:49	2:32	3:22	20	48:16	17.4	2:42	23	33:59	10:57	1:42:07
24	Doug Workman	IA	43	M	22	12:39	2:19	4:13	24	59:57	14.0	1:27	24	36:20	11:42	1:54:34

FEMALE AGE GROUP RESULTS 45 - 49

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	Carol Smolsky	NE	47	F	1	7:14	1:20	1:35	2	39:48	21.1	1:28	2	23:58	7:43	1:14:02
2	Jenny Lorenz	IA	45	F	3	9:58	1:50	1:29	1	39:42	21.2	1:26	1	23:57	7:43	1:16:29
3	Angela Weiss	IA	46	F	6	12:08	2:14	2:24	4	48:27	17.3	1:30	3	25:03	8:04	1:29:29
4	Pam Bissing	IA	45	F	2	9:28	1:44	2:24	3	48:15	17.4	1:46	5	32:47	10:33	1:34:38
5	Margie Jass	IA	45	F	8	16:09	2:58	6:05	5	50:26	16.7	1:55	4	29:06	9:22	1:43:38
6	Donna Callahan	IA	48	F	4	11:14	2:04	4:29	6	55:48	15.1	1:43	6	35:58	11:35	1:49:11
7	Kristine Glidden	NE	48	F	5	12:06	2:13	4:52	7	1:01:24	13.7	3:33	8	46:24	14:56	2:08:16
8	Ramona Lee	IA	47	F	7	15:18	2:48	2:45	8	1:16:58	10.9	2:17	7	39:48	12:49	2:17:04

MALE AGE GROUP RESULTS 45 - 49

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	Gary McKibben	IA	47	M	1	7:15	1:20	1:39	1	38:33	21.8	1:02	2	21:52	7:03	1:10:18
2	Guy Olson	IA	49	M	2	7:26	1:22	1:33	4	40:05	21.0	0:48	4	22:50	7:21	1:12:39
3	Bob Watson	IA	47	M	4	7:51	1:27	1:52	3	40:00	21.0	1:32	3	22:18	7:11	1:13:30
4	Michael Ament	IA	46	M	8	9:39	1:46	2:28	5	40:17	20.9	1:22	1	20:56	6:45	1:14:40
5	Greg Reynolds	IA	46	M	3	7:38	1:24	1:35	2	39:08	21.5	1:19	10	26:57	8:41	1:16:36
6	Paul Kulas	IA	45	M	5	8:57	1:39	1:27	7	42:56	19.6	1:28	5	23:04	7:26	1:17:49

7	Christopher Delane	Ames	IA	47	M	12	11:05	2:02	2:37	6	41:24	20.3	1:34	8	26:20	8:29	1:22:58
8	Mark Bissing	West Des Moines	IA	45	M	11	10:21	1:54	3:32	10	45:39	18.4	1:51	6	24:44	7:58	1:26:05
9	David Burns	Ankeny	IA	46	M	7	9:20	1:43	2:52	8	44:57	18.7	2:08	11	28:47	9:16	1:28:00
10	Ed Bell	Clive	IA	47	M	9	10:09	1:52	3:16	12	46:53	17.9	2:06	7	25:46	8:18	1:28:08
11	Greg Allen	Des Moines	IA	46	M	6	9:13	1:42	2:13	9	45:29	18.5	1:56	12	29:20	9:27	1:28:10
12	Steve Rankin	Marion	IA	49	M	13	11:22	2:05	2:45	11	46:05	18.2	1:57	9	26:57	8:41	1:29:04
13	Dan Ward	Davenport	IA	46	M	15	12:10	2:14	2:11	14	48:57	17.2	1:23	13	29:30	9:30	1:34:09
14	Jeffrey Goodman	West Des Moines	IA	47	M	16	13:10	2:25	2:31	13	48:13	17.4	2:09	14	31:08	10:02	1:37:09
15	Mike Simmons	West Des Moines	IA	45	M	10	10:11	1:52	2:32	15	49:08	17.1	2:05	16	33:46	10:53	1:37:41
16	Michael Thomas	Iowa City	IA	45	M	14	11:47	2:10	4:10	16	50:21	16.7	2:14	15	32:38	10:31	1:41:08
17	Charlinn Reeves	Ankeny	IA	46	M	17	19:04	3:30	3:53	17	51:20	16.4	2:56	17	38:07	12:16	1:55:19

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	plc	time	pace	TIME				
1	Susan Duoblys	Des Moines	IA	51	F	3	11:47	2:10	1:54	1	49:47	16.9	1:32	4	29:54	9:38	1:34:52
2	Mary Harris	Marshalltown	IA	50	F	4	12:39	2:19	3:27	3	52:49	15.9	1:48	2	28:32	9:11	1:39:13
3	Veronica Demmel	Marshalltown	IA	50	F	1	11:03	2:02	3:42	5	59:42	14.1	0:42	1	26:35	8:34	1:41:42
4	Sandy Roan	West Des Moines	IA	50	F	2	11:07	2:02	2:42	4	56:26	14.9	1:43	5	30:52	9:56	1:42:48
5	Clara Decoster	East Moline	IL	54	F	5	18:47	3:26	2:12	2	51:42	16.2	1:38	3	28:43	9:15	1:42:58

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	plc	time	pace	TIME				
1	Scott Devore	Cedar Rapids	IA	51	M	1	8:10	1:30	1:44	1	39:06	21.5	1:06	3	23:07	7:27	1:13:12
2	Greg Madison	Ankeny	IA	51	M	7	10:20	1:54	1:48	2	39:32	21.2	1:19	2	22:56	7:23	1:15:54
3	Jim Johns	Cedar Rapids	IA	53	M	4	9:11	1:41	1:41	3	40:47	20.6	1:21	5	25:17	8:08	1:18:15
4	Brad Brunia	Huxley	IA	51	M	2	8:46	1:37	2:49	4	40:48	20.6	1:54	9	26:54	8:40	1:21:10
5	Paul Glade	Cedar Falls	IA	51	M	8	10:26	1:55	2:47	5	44:27	18.9	2:08	1	22:53	7:22	1:22:38
6	Clyde Lawler	Marshalltown	IA	50	M	12	11:24	2:05	2:33	6	44:47	18.8	0:49	4	23:36	7:36	1:23:07
7	Jim Gerk	Cedar Rapids	IA	51	M	6	10:04	1:51	1:48	7	44:53	18.7	1:51	6	26:14	8:27	1:24:47
8	Mark Johnston	West Des Moines	IA	50	M	3	9:00	1:39	2:18	10	48:24	17.4	1:36	7	26:27	8:31	1:27:43
9	David Swenson	Ames	IA	51	M	13	11:46	2:09	2:42	9	46:55	17.9	1:38	11	28:23	9:08	1:31:21
10	John Roan	West Des Moines	IA	50	M	9	10:37	1:57	2:18	12	49:19	17.0	1:58	10	27:33	8:52	1:31:44
11	Paul Riggs	Oskaloosa	IA	52	M	10	10:51	1:59	3:17	14	50:20	16.7	2:01	8	26:46	8:37	1:33:12
12	Jim Elliott	Tama	IA	54	M	5	10:02	1:51	2:36	8	46:31	18.1	2:35	13	32:43	10:32	1:34:25
13	Doug Kruger	Waterloo	IA	50	M	11	10:59	2:01	4:22	13	49:52	16.8	2:18	12	29:52	9:37	1:37:21
14	Mark Aikin	Omaha	NE	51	M	14	13:43	2:31	4:06	11	49:19	17.0	2:08	14	38:37	12:26	1:47:51

FEMALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	plc	time	pace	TIME				
1	Deborah Hankens	Cherokee	IA	55	F	1	9:42	1:47	2:20	1	44:01	19.1	1:36	1	32:59	10:37	1:30:36

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	plc	time	pace	TIME				
1	Joe Robinson	Bondurant	IA	55	M	1	7:54	1:27	2:23	1	38:11	22.0	1:12	1	21:53	7:03	1:11:31
2	Al Behrens	Council Bluffs	IA	57	M	5	12:33	2:18	2:11	2	40:30	20.7	1:20	2	24:50	8:00	1:21:22
3	Mike Staudt	Marble Rock	IA	59	M	4	12:18	2:15	2:42	3	43:42	19.2	1:24	4	27:14	8:46	1:27:19
4	Michael Sheehy	Hiawatha	IA	59	M	3	12:02	2:12	2:11	4	44:35	18.8	2:46	7	32:50	10:34	1:34:21
5	Darrel Pedersen	Hudson	IA	58	M	8	15:41	2:53	2:20	5	49:55	16.8	2:16	5	27:17	8:47	1:37:27
6	Tim Devick	Urbandale	IA	56	M	2	11:06	2:02	3:14	6	51:02	16.5	2:15	8	36:28	11:45	1:44:02
7	Joel Beane	Marshalltown	IA	59	M	7	15:28	2:50	3:23	8	59:01	14.2	1:19	3	25:40	8:16	1:44:48
8	Robert Coursey	Marshalltown	IA	55	M	6	13:46	2:31	4:55	7	57:55	14.5	1:11	6	31:04	10:00	1:48:49

FEMALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	plc	time	pace	TIME				
1	Jane Carter	Marshalltown	IA	63	F	1	10:16	1:53	3:05	1	1:04:23	13.0	1:31	1	36:49	11:51	1:56:02
2	Annette Vance	Ames	IA	64	F	2	16:10	2:58	3:20	2	1:12:39	11.6	1:24	2	41:46	13:27	2:15:18

MALE AGE GROUP RESULTS 60 - 64

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	plc	time	pace	TIME				
1	Robert Casey	Kihei	HI	60	M	1	11:21	2:05	1:36	1	42:11	19.9	1:22	1	26:54	8:40	1:23:22

MALE AGE GROUP RESULTS 65 - 69

NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
						time	yds	time	time	plc	time	pace	TIME				
1	Freeman Taber	Coal Valley	IL	67	M	1	10:27	1:55	2:57	1	46:59	17.9	1:48	1	25:45	8:18	1:27:54