

Cornman Triathlon

July 9, 2006

Union Grove State Park, Gladbrook, Iowa

TOT	DIV	PLC	PLC	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
----	----	----	----	-----	-----	----	----	----	----	time	yds	time	plc	time	plc	time				
1	1/32			Craig Olson	Marion	IA	41	M	29	8:15	1:31	1:02	1	34:22	24.4	1:11	12	21:08	6:48	1:05:56
2	1/38			Kevin Barnes	Indianola	IA	35	M	26	8:05	1:29	1:23	4	37:00	22.7	0:49	2	19:14	6:12	1:06:30
3	2/32			Dan Mattingly	Boone	IA	40	M	23	7:59	1:28	2:03	8	37:36	22.3	1:00	3	20:03	6:28	1:08:38
4	2/38			Jim Hagelie	Waukee	IA	38	M	55	8:59	1:39	1:11	3	35:52	23.4	1:02	21	22:12	7:09	1:09:14
5	3/38			David Primeau	Des Moines	IA	38	M	2	6:44	1:14	1:40	13	38:59	21.5	1:09	6	20:48	6:42	1:09:18
6	3/32			Christopher Krug	Iowa City	IA	41	M	32	8:21	1:32	1:25	5	37:08	22.6	1:06	16	21:39	6:58	1:09:38
7	1/34			Jeffrey Zickus	Minneapolis	MN	33	M	18	7:47	1:26	2:04	51	41:19	20.3	1:01	1	17:56	5:47	1:10:06
8	1/18			Gary McKibben	Altoona	IA	47	M	5	7:15	1:20	1:39	11	38:33	21.8	1:02	18	21:52	7:03	1:10:18
9	1/8			Joe Robinson	Bondurant	IA	55	M	21	7:54	1:27	2:23	10	38:11	22.0	1:12	19	21:53	7:03	1:11:31
10	2/34			John Olney	Iowa City	IA	33	M	120	10:19	1:54	2:13	2	35:37	23.6	1:30	20	22:04	7:06	1:11:41
11	3/34			Marc Hollander	West Des Moines	IA	32	M	17	7:44	1:25	1:41	41	40:33	20.7	0:50	9	20:59	6:46	1:11:45
12	4/34			Conrad Hanson	Urbandale	IA	31	M	1	6:24	1:11	1:15	36	40:17	20.9	1:16	43	23:07	7:27	1:12:18
13	5/34			Michael Luebbers	Shell Rock	IA	34	M	79	9:21	1:43	1:18	7	37:33	22.4	0:56	14	21:13	6:50	1:12:19
14	1/16			Dan Gilliatt	Winterset	IA	27	M	6	7:21	1:21	1:34	60	41:50	20.1	1:07	4	20:38	6:39	1:12:28
15	6/34			Jason Goeders	Story City	IA	31	M	102	9:57	1:50	1:42	6	37:17	22.5	1:04	30	22:41	7:18	1:12:39
16	2/18			Guy Olson	Solon	IA	49	M	9	7:26	1:22	1:33	32	40:05	21.0	0:48	31	22:50	7:21	1:12:39
17	7/34			Daniel Barker	Ames	IA	34	M	13	7:35	1:24	1:30	29	39:57	21.0	0:54	38	22:57	7:23	1:12:50
18	1/14			Scott Devore	Cedar Rapids	IA	51	M	27	8:10	1:30	1:44	14	39:06	21.5	1:06	44	23:07	7:27	1:13:12
19	8/34			Tony Briggs	Pella	IA	33	M	20	7:52	1:27	1:35	48	41:08	20.4	1:11	15	21:30	6:55	1:13:14
20	3/18			Bob Watson	Ames	IA	47	M	19	7:51	1:27	1:52	31	40:00	21.0	1:32	22	22:18	7:11	1:13:30
21	1/8			Carol Smolsky	Papillion	NE	47	F	4	7:14	1:20	1:35	24	39:48	21.1	1:28	61	23:58	7:43	1:14:02
22	4/38			Tom Scroggins	Ankeny	IA	35	M	52	8:54	1:38	1:43	27	39:52	21.1	1:16	24	22:23	7:13	1:14:07
23	2/16			Kasey Schmitt	Cedar Falls	IA	26	M	89	9:32	1:45	1:30	53	41:23	20.3	1:01	5	20:43	6:41	1:14:08
24	4/32			Tom Von Tersch	Altoona	IA	42	M	80	9:21	1:43	2:08	33	40:08	20.9	1:36	10	21:01	6:46	1:14:13
25	9/34			Scott Anderson	Des Moines	IA	31	M	15	7:43	1:25	1:44	22	39:43	21.1	1:11	65	24:04	7:45	1:14:23
26	4/18			Michael Ament	Cedar Rapids	IA	46	M	93	9:39	1:46	2:28	35	40:17	20.9	1:22	8	20:56	6:45	1:14:40
27	1/15			Dawn Keller	Shell Rock	IA	33	F	71	9:15	1:42	1:22	26	39:52	21.1	0:54	46	23:28	7:34	1:14:49
28	10/34			Jay Cox	Des Moines	IA	33	M	30	8:18	1:32	1:28	43	40:40	20.7	1:10	47	23:31	7:35	1:15:05
29	5/32			Jeffrey Kaczinski	Davenport	IA	41	M	38	8:27	1:33	1:30	17	39:32	21.2	0:55	77	24:45	7:58	1:15:06
30	11/34			Ted Lewis	LeGrand	IA	31	M	145	10:45	1:58	1:23	16	39:17	21.4	1:09	27	22:36	7:17	1:15:07
31	2/15			Daniela Williams	Iowa City	IA	30	F	36	8:25	1:33	1:42	34	40:11	20.9	1:01	56	23:52	7:41	1:15:10
32	12/34			Tim Lowe	Des Moines	IA	33	M	54	8:58	1:39	1:48	28	39:54	21.1	1:50	33	22:52	7:22	1:15:20
33	6/32			Norman Ovens	Cedar Rapids	IA	42	M	40	8:32	1:34	2:11	19	39:35	21.2	1:14	63	24:01	7:44	1:15:31
34	13/34			Chad Lee	West Des Moines	IA	33	M	129	10:23	1:54	1:54	40	40:32	20.7	1:43	11	21:03	6:47	1:15:32
35	1/8			Grant Reuter	West Des Moines	IA	22	M	70	9:15	1:42	1:32	9	37:57	22.1	0:46	109	26:15	8:27	1:15:43
36	2/14			Greg Madison	Ankeny	IA	51	M	122	10:20	1:54	1:48	18	39:32	21.2	1:19	36	22:56	7:23	1:15:54
37	5/38			David Martindale	Iowa City	IA	36	M	165	11:02	2:01	1:25	23	39:48	21.1	0:55	32	22:52	7:22	1:16:00
38	1/14			Chris Maravelas-Ki	Adel	IA	37	F	8	7:24	1:22	1:38	12	38:49	21.6	0:56	137	27:29	8:51	1:16:14
39	2/8			Jenny Lorenz	Marion	IA	45	F	103	9:58	1:50	1:29	21	39:42	21.2	1:26	60	23:57	7:43	1:16:29
40	5/18			Greg Reynolds	Cedar Rapids	IA	46	M	14	7:38	1:24	1:35	15	39:08	21.5	1:19	126	26:57	8:41	1:16:36
41	3/16			Jeff Slade	Hudson	IA	27	M	43	8:37	1:35	1:24	75	43:05	19.5	1:03	35	22:54	7:22	1:17:00
42	2/14			Kristin Rinderknech	Des Moines	IA	36	F	37	8:26	1:33	1:36	63	42:18	19.9	0:57	62	24:00	7:44	1:17:15
43	4/16			Chad Marchant	Ankeny	IA	27	M	179	11:15	2:04	1:24	38	40:28	20.8	1:08	40	23:03	7:26	1:17:17
44	2/8			Adam Thompson	Indianola	IA	21	M	10	7:29	1:22	1:48	79	43:34	19.3	1:24	45	23:09	7:27	1:17:21
45	6/38			Andrew Becker	Rochester	MN	36	M	127	10:22	1:54	3:22	20	39:36	21.2	1:44	25	22:31	7:15	1:17:32
46	6/18			Paul Kulas	Cedar Falls	IA	45	M	53	8:57	1:39	1:27	74	42:56	19.6	1:28	41	23:04	7:26	1:17:49
47	5/16			Adam Nosbisich	Waverly	IA	27	M	12	7:32	1:23	2:12	67	42:24	19.8	1:57	51	23:38	7:37	1:17:51
48	3/14			Jim Johns	Cedar Rapids	IA	53	M	67	9:11	1:41	1:41	45	40:47	20.6	1:21	87	25:17	8:08	1:18:15
49	7/38			Andrew Shipley	West Des Moines	IA	39	M	61	9:06	1:40	2:05	42	40:36	20.7	1:16	88	25:18	8:09	1:18:18
50	14/34			Wes Chaplin	Pella	IA	33	M	51	8:53	1:38	2:19	37	40:21	20.8	1:01	104	25:59	8:22	1:18:30
51	1/5			Sean Havas	Arlington	TX	16	M	22	7:55	1:27	1:40	44	40:41	20.6	1:59	112	26:25	8:31	1:18:39
52	8/38			Brian Krueger	Urbandale	IA	36	M	114	10:11	1:52	2:01	64	42:19	19.9	1:34	28	22:37	7:17	1:18:39
53	7/32			Steve Kelly	Weslaco	TX	42	M	66	9:11	1:41	2:50	30	39:59	21.0	2:07	75	24:42	7:57	1:18:47
54	3/8			Rex Reed	Waterloo	IA	20	M	239	12:49	2:21	1:56	50	41:19	20.3	1:35	13	21:12	6:50	1:18:48
55	8/32			James Debartolo Jr	Des Moines	IA	43	M	128	10:22	1:54	3:22	25	39:49	21.1	1:23	59	23:55	7:42	1:18:49
56	3/14			La Juan Stevenson	Scottsdale	AZ	36	F	28	8:10	1:30	1:23	77	43:07	19.5	1:05	83	25:07	8:05	1:18:51
57	9/38			David Dvorak	Polk City	IA	35	M	163	11:01	2:01	2:24	52	41:20	20.3	1:35	29	22:39	7:18	1:18:57
58	10/38			Michael Murphy	Solon	IA	35	M	99	9:51	1:49	1:32	66	42:24	19.8	1:11	64	24:02	7:44	1:18:59
59	3/15			Missy Mattingly	Boone	IA	31	F	44	8:37	1:35	2:34	49	41:14	20.4	1:32	89	25:19	8:09	1:19:14
60	15/34			Michael Ritter	North Liberty	IA	31	M	25	8:02	1:28	2:03	91	44:05	19.1	1:32	53	23:41	7:38	1:19:21
61	1/6			Joey Bradley	Indianola	IA	18	M	31	8:19	1:32	1:48	103	44:46	18.8	1:16	49	23:36	7:36	1:19:42
62	9/32			Wade Steward	LeGrand	IA	40	M	201	11:48	2:10	2:16	47	41:05	20.4	1:06	48	23:34	7:35	1:19:47
63	4/8			Chris Hemmen	Cedar Falls	IA	21	M	186	11:24	2:05	1:47	57	41:40	20.2	1:28	54	23:41	7:38	1:19:58
64	10/32			Ryan Howe	Eagan	MN	40	M	83	9:27	1:44	1:35	59	41:46	20.1	1:08	116	26:40	8:35	1:20:33
65	2/5			Chad Vanrees	Garwin	IA	17	M	97	9:46	1:47	2:04	68	42:30	19.8	1:05	93	25:22	8:10	1:20:46
66	16/34			Adam Wheelock	Iowa City	IA	30	M	158	10:58	2:01	1:57	99	44:30	18.9	1:06	23	22:23	7:13	1:20:52
67	11/38			Duane Staskal	Iowa City	IA	38	M	136	10:32	1:56	1:37	70	42:38	19.7	1:00	84	25:07	8:05	1:20:52
68	4/14			Brad Brunia	Huxley	IA	51	M	48	8:46	1:37	2:49	46	40:48	20.6	1:54	124	26:54	8:40	1:21:10
69	17/34			Kelly Wallace	Norwalk	IA	30	M	72	9:15	1:42	2:13	71	42:51	19.6	1:09	101	25:48	8:19	1:21:15
70	4/15			Lori Devries	Ankeny	IA	34	F	75	9:20	1:43	2:01	81	43:38	19.3	1:20	82	25:03	8:04	1:21:19
71	2/8			Al Behrens	Council Bluffs	IA	57	M	231	12:33	2:18	2:11	39	40:30	20.7	1:20				

97	22/34	David Olsen	West Des Moines	IA	34	M	214	12:07	2:13	2:55	88	44:02	19.1	1:14	55	23:46	7:39	1:24:03
98	14/32	John Beh	Des Moines	IA	43	M	39	8:31	1:34	1:15	76	43:06	19.5	1:13	150	28:04	9:02	1:24:07
99	3/18	Kristin Lassen	Orange City	IA	26	F	172	11:07	2:02	2:41	119	45:48	18.3	1:02	52	23:38	7:37	1:24:16
100	15/32	Michael Carstens	Ankeny	IA	44	M	180	11:16	2:04	2:32	107	45:03	18.6	1:12	70	24:16	7:49	1:24:17
101	8/16	Ryan Myers	Des Moines	IA	28	M	11	7:32	1:23	2:02	123	46:02	18.2	1:15	141	27:37	8:54	1:24:26
102	2/6	Dylan Jars	Reinbeck	IA	19	M	244	13:06	2:24	3:27	113	45:35	18.4	1:44	7	20:52	6:43	1:24:43
103	7/14	Jim Gerk	Cedar Rapids	IA	51	M	105	10:04	1:51	1:48	105	44:53	18.7	1:51	107	26:14	8:27	1:24:47
104	23/34	Jeff Bishop	Chicago	IA	31	M	110	10:07	1:51	3:08	115	45:37	18.4	1:58	68	24:11	7:47	1:24:58
105	16/32	Andy Gnida	Solon	IA	41	M	189	11:34	2:07	1:42	58	41:41	20.2	1:11	170	28:58	9:20	1:25:03
106	17/32	Mike Pulkrab	Cedar Rapids	IA	43	M	88	9:31	1:45	2:05	112	45:32	18.4	1:26	118	26:43	8:36	1:25:15
107	24/34	Jason Schaben	Nevada	IA	31	M	56	8:59	1:39	2:36	137	46:50	17.9	1:11	105	26:01	8:23	1:25:35
108	18/32	Dave Koch	Cedar Rapids	IA	41	M	134	10:29	1:55	1:37	100	44:33	18.9	1:08	154	28:14	9:05	1:25:59
109	8/18	Mark Bissing	West Des Moines	IA	45	M	123	10:21	1:54	3:32	116	45:39	18.4	1:51	76	24:44	7:58	1:26:05
110	17/38	Todd Johnson	Denver	IA	37	M	125	10:21	1:54	1:54	128	46:15	18.2	1:51	102	25:55	8:21	1:26:14
111	9/16	Christopher Wiedma	Waterloo	IA	29	M	132	10:28	1:55	2:38	151	47:46	17.6	0:56	74	24:28	7:53	1:26:14
112	4/14	Heather Worthingto	West Des Moines	IA	38	F	64	9:08	1:41	1:44	139	46:53	17.9	1:12	133	27:23	8:49	1:26:19
113	6/15	Jennifer Cole-Veak	Des Moines	IA	33	F	178	11:15	2:04	1:21	121	45:51	18.3	1:11	119	26:44	8:37	1:26:21
114	6/8	Scott Weinheimer	Des Moines	IA	22	M	16	7:43	1:25	2:04	150	47:44	17.6	2:12	122	26:47	8:38	1:26:28
115	3/5	Joseph Gallet	Atkins	IA	15	M	7	7:22	1:21	4:24	144	47:19	17.8	1:21	108	26:14	8:27	1:26:38
116	19/32	Tim Johnson	Moulton	IA	43	M	241	12:50	2:21	2:22	125	46:04	18.2	1:12	71	24:19	7:50	1:26:46
117	3/18	Amy Harris	Des Moines	IA	41	F	78	9:20	1:43	1:36	147	47:24	17.7	1:52	115	26:38	8:35	1:26:48
118	18/38	John Fingerson	Rochester	MN	38	M	149	10:52	2:00	3:36	86	43:57	19.1	1:13	130	27:17	8:47	1:26:52
119	25/34	Robert Olney	Urbandale	IA	33	M	96	9:44	1:47	1:54	95	44:18	19.0	1:30	179	29:28	9:29	1:26:53
120	19/38	Patrick Williams	Earlham	IA	37	M	33	8:21	1:32	3:14	132	46:26	18.1	0:59	144	27:55	9:00	1:26:54
121	20/38	Matt Tullis	Marshalltown	IA	39	M	211	12:04	2:13	3:14	108	45:13	18.6	1:46	78	24:47	7:59	1:27:01
122	20/32	Joe Hrolicka	West Des Moines	IA	40	M	47	8:44	1:36	3:04	158	48:01	17.5	2:09	91	25:20	8:10	1:27:17
123	5/14	Keri Frommelt	Ankeny	IA	36	F	222	12:17	2:15	1:46	173	48:51	17.2	1:25	39	23:01	7:25	1:27:18
124	7/15	Krista Bartholomew	Des Moines	IA	32	F	159	10:58	2:01	1:51	114	45:36	18.4	1:46	127	27:08	8:44	1:27:18
125	3/8	Mike Staudt	Marble Rock	IA	59	M	225	12:18	2:15	2:42	83	43:42	19.2	1:24	128	27:14	8:46	1:27:19
126	21/38	James Holloway	West Des Moines	IA	37	M	62	9:06	1:40	2:24	101	44:34	18.8	1:52	184	29:37	9:32	1:27:31
127	8/14	Mark Johnston	West Des Moines	IA	50	M	57	9:00	1:39	2:18	169	48:24	17.4	1:36	113	26:27	8:31	1:27:43
128	26/34	Eric Wieland	Des Moines	IA	30	M	191	11:39	2:08	2:57	93	44:10	19.0	1:45	129	27:16	8:47	1:27:46
129	21/32	Tom Guinane	Grinnell	IA	43	M	90	9:34	1:45	2:05	145	47:20	17.7	1:22	138	27:29	8:51	1:27:47
130	22/32	Matthew Mixdorf	Peosta	IA	42	M	174	11:08	2:03	2:11	110	45:25	18.5	1:43	136	27:27	8:50	1:27:53
131	23/32	Patrick Beurskens	Marshalltown	IA	40	M	154	10:57	2:01	2:08	118	45:44	18.4	1:25	142	27:41	8:55	1:27:53
132	1/1	Freeman Taber	Coal Valley	IL	67	M	131	10:27	1:55	2:57	143	46:59	17.9	1:48	99	25:45	8:18	1:27:54
133	4/18	Barb Scholz	Des Moines	IA	41	F	58	9:01	1:39	1:53	117	45:39	18.4	1:47	185	29:39	9:33	1:27:57
134	9/18	David Burns	Ankeny	IA	46	M	76	9:20	1:43	2:52	106	44:57	18.7	2:08	166	28:47	9:16	1:28:00
135	10/16	Justin Wilkening	West Des Moines	IA	28	M	157	10:58	2:01	3:00	141	46:54	17.9	1:57	90	25:20	8:10	1:28:08
136	10/18	Ed Bell	Clive	IA	47	M	111	10:09	1:52	3:16	140	46:53	17.9	2:06	100	25:46	8:18	1:28:08
137	11/18	Greg Allen	Des Moines	IA	46	M	69	9:13	1:42	2:13	111	45:29	18.5	1:56	177	29:20	9:27	1:28:10
138	3/6	Lars Ellingson	Calmar	IA	18	M	230	12:25	2:17	2:28	168	48:19	17.4	1:17	72	24:20	7:50	1:28:48
139	22/38	Damien Londino-Gre	Austin	MN	38	M	167	11:03	2:02	2:42	194	50:29	16.6	2:06	26	22:33	7:16	1:28:52
140	23/38	Chris Roberts	Des Moines	IA	36	M	142	10:41	1:58	2:31	124	46:02	18.2	1:50	147	27:58	9:00	1:28:59
141	12/18	Steve Rankin	Marion	IA	49	M	184	11:22	2:05	2:45	126	46:05	18.2	1:57	125	26:57	8:41	1:29:04
142	1/2	Heidi Barr	Marshalltown	IA	19	F	60	9:04	1:40	3:18	211	52:01	16.1	0:40	66	24:09	7:47	1:29:09
143	11/16	Nick Umble	Puyallup	WA	28	M	49	8:47	1:37	2:20	155	47:53	17.5	2:26	148	28:01	9:02	1:29:25
144	3/8	Angela Weiss	Atlanta	GA	46	F	215	12:08	2:14	2:24	171	48:27	17.3	1:30	81	25:03	8:04	1:29:29
145	24/38	Michael Fingerson	Rochester	MN	38	M	150	10:53	2:00	3:01	122	45:58	18.3	1:39	153	28:10	9:04	1:29:38
146	24/32	Kyle Weuve	Urbandale	IA	41	M	192	11:43	2:09	4:29	166	48:17	17.4	1:49	58	23:54	7:42	1:30:09
147	8/15	Colleen Kelly	Des Moines	IA	30	F	212	12:04	2:13	1:35	138	46:52	17.9	1:23	159	28:20	9:08	1:30:13
148	1/1	Deborah Hankens	Cherokee	IA	55	F	94	9:42	1:47	2:20	87	44:01	19.1	1:36	230	32:59	10:37	1:30:36
149	5/18	Trina Dunham	Hiawatha	IA	41	F	135	10:31	1:56	1:52	109	45:21	18.5	1:23	213	31:52	10:16	1:30:57
150	27/34	Todd Brunia	Urbandale	IA	32	M	133	10:29	1:55	2:02	176	48:58	17.2	1:39	149	28:04	9:02	1:31:10
151	2/4	Dena Kroska	Ankeny	IA	24	F	161	11:00	2:01	1:55	167	48:17	17.4	1:21	167	28:49	9:17	1:31:21
152	9/14	David Swenson	Ames	IA	51	M	195	11:46	2:09	2:42	142	46:55	17.9	1:38	160	28:23	9:08	1:31:21
153	4/18	Michele Ennis	West Des Moines	IA	29	F	87	9:30	1:45	1:49	154	47:52	17.5	1:27	168	28:54	9:18	1:31:30
154	6/18	Shelli Smoldt	Reinbeck	IA	41	F	137	10:34	1:56	2:37	152	47:47	17.6	0:56	187	29:51	9:37	1:31:42
155	10/14	John Roan	West Des Moines	IA	50	M	139	10:37	1:57	2:18	180	49:19	17.0	1:58	140	27:33	8:52	1:31:44
156	4/6	Steven Walter	Johnston	IA	19	M	247	13:14	2:26	1:40	130	46:21	18.1	1:11	139	27:33	8:52	1:31:58
157	12/16	Daniel Julicher	Cedar Rapids	IA	29	M	100	9:52	1:49	2:37	162	48:12	17.4	0:53	194	30:31	9:50	1:32:03
158	9/15	Caroline Carter	Marshalltown	IA	31	F	112	10:09	1:52	1:49	205	51:27	16.3	0:58	151	28:07	9:03	1:32:28
159	28/34	Kori Sickles	Cedar Rapids	IA	32	M	183	11:21	2:05	3:26	182	49:26	17.0	0:57	134	27:26	8:50	1:32:34
160	25/32	Rod Haws	Ankeny	IA	40	M	146	10:45	1:58	2:56	156	47:54	17.5	1:31	183	29:37	9:32	1:32:40
161	1/3	Nicole Landt	Garwin	IA	17	F	252	13:43	2:31	3:06	131	46:26	18.1	1:36	146	27:57	9:00	1:32:46
162	13/16	Ryan Gritters	Pella	IA	26	M	249	13:23	2:27	3:13	172	48:30	17.3	2:12	98	25:44	8:17	1:33:00
163	11/14	Paul Riggs	Oskaloosa	IA	52	M	148	10:51	1:59	3:17	190	50:20	16.7	2:01	120	26:46	8:37	1:33:12
164	7/16	Michele Sperfslage	Cedar Rapids	IA	40	F	116	10:14	1:53	2:51	195	50:30	16.6	1:15	163	28:30	9:11	1:33:18
165	14/16	Erick Eggers	Marshalltown	IA	26	M	238	12:46	2:20	3:56	198	50:47	16.5	2:00	69	24:16	7:49	1:33:44
166	25/38	Rick Roquet	Johnston	IA	36	M	206	11:59	2:12	2:22	188	49:58	16.8	1:11	156	28:17	9:06	1:33:44
167	26/38	Brian Wubben	Clive	IA	36	M	153	10:55	2:00	3:31	153	47:49	17.6	0:56	200	30:54	9:57	1:34:03
168	27/38	Daniel Kinney	Johnston	IA	39	M	218	12:10	2:14	2:43	149	47:39	17.6	2:03	181	29:31	9:30	1:34:05
169	13/18	Dan Ward	Davenport	IA	46	M	217	12:10	2:14	2:11	175	48:57	17.2	1:23	180	29:30	9:30	1:34:09
170	5/18	Jessica Keehn	Ankeny	IA	28	F	151	10:53	2:00	2:20	192	50:22	16.7	1:45	169	28:55	9:19	1:34:14
171	4/8	Michael Sheehy	Hiawatha	IA	59	M	208	12:02										

202	4/5	Jesse Reyes	Union	IA	17	M	258	14:14	2:37	3:24	209	51:53	16.2	0:56	135	27:27	8:50	1:37:51
203	2/3	English Fiscus	Union	IA	17	F	194	11:46	2:09	2:23	220	53:04	15.8	0:53	191	30:20	9:46	1:38:24
204	35/38	Brian Vance	Ankeny	IA	37	M	68	9:13	1:41	2:43	225	53:58	15.6	1:03	217	32:11	10:22	1:39:07
205	2/5	Mary Harris	Marshalltown	IA	50	F	236	12:39	2:19	3:27	217	52:49	15.9	1:48	164	28:32	9:11	1:39:13
206	36/38	Robert Schmit	Cedar Rapids	IA	38	M	81	9:24	1:44	2:40	222	53:17	15.8	0:47	233	33:27	10:46	1:39:32
207	31/34	Todd Devries	Ankeny	IA	33	M	121	10:20	1:54	3:29	159	48:03	17.5	2:27	253	35:26	11:25	1:39:43
208	16/16	Michael Marasco	Des Moines	IA	29	M	254	13:49	2:32	2:01	218	52:52	15.9	1:58	173	29:09	9:23	1:39:47
209	8/14	Ingrid Guttin	Ankeny	IA	35	F	45	8:40	1:36	2:27	196	50:32	16.6	1:58	260	36:48	11:51	1:40:24
210	9/14	Kathy Murphy	Cedar Rapids	IA	37	F	177	11:14	2:04	2:15	212	52:02	16.1	1:48	235	33:35	10:49	1:40:52
211	11/15	Shane Starke	Coralville	IA	34	F	118	10:16	1:53	2:27	224	53:53	15.6	1:49	220	32:30	10:28	1:40:53
212	10/14	Shana Johnson	Des Moines	IA	37	F	227	12:22	2:16	2:20	230	54:42	15.4	2:00	182	29:33	9:31	1:40:55
213	12/15	Christa Addy	Des Moines	IA	30	F	196	11:46	2:10	2:14	214	52:29	16.0	0:55	236	33:35	10:49	1:40:57
214	9/18	Coreen Sweeney	Clive	IA	41	F	233	12:35	2:18	2:59	229	54:37	15.4	1:31	178	29:23	9:28	1:41:03
215	17/18	Michael Thomas	Iowa City	IA	45	M	197	11:47	2:10	4:10	191	50:21	16.7	2:14	225	32:38	10:31	1:41:08
216	9/18	Kate Clark	Des Moines	IA	29	F	91	9:34	1:45	2:55	219	52:58	15.9	2:30	232	33:26	10:46	1:41:21
217	28/32	Richard Cohan	Des Moines	IA	40	M	109	10:06	1:51	3:27	252	59:35	14.1	1:03	132	27:19	8:48	1:41:28
218	3/5	Veronica Demmel	Marshalltown	IA	50	F	166	11:03	2:02	3:42	253	59:42	14.1	0:42	114	26:35	8:34	1:41:42
219	29/32	Michael Brekke	State Center	IA	41	M	257	14:08	2:36	4:04	203	51:20	16.4	3:00	176	29:13	9:25	1:41:44
220	10/18	Jody Haws	Ankeny	IA	40	F	224	12:18	2:15	2:09	233	55:01	15.3	1:31	201	30:57	9:58	1:41:54
221	30/32	Rick Leonard	Des Moines	IA	40	M	255	13:49	2:32	3:22	165	48:16	17.4	2:42	242	33:59	10:57	1:42:07
222	10/18	Holly Olson	Urbandale	IA	28	F	144	10:43	1:58	2:35	221	53:14	15.8	2:21	234	33:32	10:48	1:42:23
223	11/18	Marcy Baker	Clive	IA	27	F	98	9:50	1:48	2:33	244	57:43	14.6	1:11	206	31:12	10:03	1:42:27
224	11/14	Becky Goettsch	West Des Moine	IA	37	F	187	11:24	2:06	3:13	228	54:14	15.5	1:16	222	32:34	10:29	1:42:39
225	12/18	Tammie Krausman	Des Moines	IA	28	F	152	10:55	2:00	3:36	208	51:48	16.2	1:51	245	34:36	11:09	1:42:45
226	4/5	Sandy Roan	West Des Moine	IA	50	F	170	11:07	2:02	2:42	241	56:26	14.9	1:43	199	30:52	9:56	1:42:48
227	37/38	Steve Argersinger	Pleasant Hill	IA	39	M	237	12:39	2:19	3:01	199	50:55	16.5	2:32	240	33:49	10:53	1:42:54
228	5/5	Clara Decoster	East Moline	IL	54	F	272	18:47	3:26	2:12	207	51:42	16.2	1:38	165	28:43	9:15	1:42:58
229	5/8	Margie Jass	Ankeny	IA	45	F	266	16:09	2:58	6:05	193	50:26	16.7	1:55	172	29:06	9:22	1:43:38
230	38/38	Bill Johnson	Hartford	IA	36	M	270	16:55	3:06	2:18	216	52:43	15.9	1:02	196	30:44	9:54	1:43:39
231	11/18	Kirsten Hanrahan	Iowa City	IA	43	F	181	11:20	2:05	2:37	227	54:13	15.5	1:48	238	33:44	10:52	1:43:41
232	13/15	Alexandra Lauth	Bellevue	NE	32	F	210	12:03	2:13	3:41	236	55:28	15.1	1:53	197	30:46	9:54	1:43:48
233	6/8	Tim Devick	Urbandale	IA	56	M	169	11:06	2:02	3:14	200	51:02	16.5	2:15	259	36:28	11:45	1:44:02
234	7/8	Joel Beane	Marshalltown	IA	59	M	262	15:28	2:50	3:23	250	59:01	14.2	1:19	96	25:40	8:16	1:44:48
235	6/6	Scott Jennerjohn	Cedar Rapids	IA	19	M	193	11:43	2:09	3:45	254	59:43	14.1	1:53	161	28:23	9:09	1:45:25
236	13/18	Dee Paulsen	Waterloo	IA	27	F	229	12:25	2:17	2:19	235	55:21	15.2	1:09	246	34:37	11:09	1:45:49
237	14/18	Jennifer McGivern	Ames	IA	25	F	190	11:35	2:08	2:49	249	58:52	14.3	1:28	207	31:16	10:04	1:45:58
238	12/18	Mary Sellers	West Des Moine	IA	40	F	126	10:21	1:54	2:20	237	55:33	15.1	1:32	262	36:51	11:52	1:46:36
239	5/5	Tyler Ellingson	Calmar	IA	16	M	226	12:20	2:16	3:31	234	55:07	15.2	1:19	248	34:54	11:14	1:47:10
240	14/15	Jacqueline Coyne	Jefferson	IA	31	F	164	11:01	2:01	3:41	238	55:39	15.1	1:36	255	35:32	11:27	1:47:27
241	14/14	Mark Aikin	Omaha	NE	51	M	251	13:43	2:31	4:06	179	49:19	17.0	2:08	265	38:37	12:26	1:47:51
242	2/2	Meg Zmolek	Cedar Rapids	IA	14	F	200	11:48	2:10	2:17	255	59:46	14.1	1:07	231	33:13	10:42	1:48:08
243	15/18	Jill Onstot	Norwalk	IA	29	F	268	16:12	2:58	2:14	231	54:43	15.4	1:27	241	33:59	10:56	1:48:33
244	3/4	Katie Katzer	Des Moines	IA	24	F	219	12:13	2:15	2:28	243	57:15	14.7	1:09	254	35:30	11:26	1:48:34
245	8/8	Robert Coursey	Marshalltown	IA	55	M	253	13:46	2:31	4:55	245	57:55	14.5	1:11	202	31:04	10:00	1:48:49
246	6/8	Donna Callahan	Melbourne	IA	48	F	176	11:14	2:04	4:29	239	55:48	15.1	1:43	256	35:58	11:35	1:49:11
247	13/18	Maribeth Wright	Norwalk	IA	41	F	259	14:46	2:42	2:37	251	59:33	14.1	1:16	203	31:04	10:00	1:49:15
248	16/18	Carrie McGivern	Lawrence	KS	28	F	261	15:22	2:49	3:57	226	54:05	15.5	1:53	243	34:12	11:01	1:49:27
249	32/34	Peter Vance	Ames	IA	33	M	246	13:13	2:25	3:05	257	1:00:08	14.0	1:06	223	32:36	10:30	1:50:07
250	8/8	Rodney Benesh	Cedar Rapids	IA	22	M	204	11:55	2:11	4:09	242	56:50	14.8	2:04	252	35:18	11:22	1:50:15
251	15/15	Julie Gardner	Ankeny	IA	33	F	242	12:52	2:22	3:24	258	1:00:51	13.8	1:12	221	32:33	10:29	1:50:50
252	14/18	Stacy Houck	Johnston	IA	40	F	205	11:59	2:12	4:11	246	57:56	14.5	1:54	250	34:58	11:16	1:50:56
253	12/14	Linda Stoffel	Norwalk	IA	35	F	221	12:17	2:15	4:11	259	1:00:55	13.8	2:46	210	31:24	10:07	1:51:30
254	15/18	Kellie Markey	Pleasant Hill	IA	41	F	188	11:29	2:06	4:55	261	1:01:23	13.7	2:19	216	32:04	10:20	1:52:09
255	31/32	Craig Branch	Grimes	IA	41	M	156	10:57	2:01	4:10	240	55:53	15.0	5:03	263	37:53	12:12	1:53:55
256	32/32	Doug Workman	Pleasant Hill	IA	43	M	235	12:39	2:19	4:13	256	59:57	14.0	1:27	258	36:20	11:42	1:54:34
257	18/18	Charlinn Reeves	Ankeny	IA	46	M	273	19:04	3:30	3:53	202	51:20	16.4	2:56	264	38:07	12:16	1:55:19
258	4/4	Sherami Hinders	Pella	IA	24	F	256	13:59	2:34	3:13	265	1:02:39	13.4	1:17	244	34:15	11:02	1:55:21
259	1/2	Jane Carter	Marshalltown	IA	63	F	117	10:16	1:53	3:05	267	1:04:23	13.0	1:31	261	36:49	11:51	1:56:02
260	17/18	Melissa Lakin	Cedar Falls	IA	25	F	106	10:05	1:51	2:26	248	58:46	14.3	1:34	270	43:17	13:56	1:56:06
261	13/14	Michelle Norman	Iowa City	IA	38	F	243	13:03	2:24	3:43	247	58:09	14.4	2:15	266	39:00	12:34	1:56:09
262	14/14	Penny Tynymmaa	Tama	IA	35	F	220	12:16	2:15	3:32	268	1:08:53	12.2	1:08	192	30:25	9:48	1:56:12
263	16/18	Patsy Steffen	Polk City	IA	41	F	203	11:54	2:11	3:13	266	1:04:20	13.1	2:16	249	34:57	11:15	1:56:38
264	33/34	Brandon Hope	West Des Moine	IA	33	M	264	15:39	2:52	6:20	264	1:02:01	13.5	3:24	208	31:20	10:05	1:58:42
265	34/34	Andrew Hope	West Des Moine	IA	30	M	263	15:37	2:52	6:24	263	1:01:56	13.6	3:25	209	31:22	10:06	1:58:43
266	2/2	Jenna Hindman	Swisher	IA	18	F	223	12:18	2:15	3:11	269	1:09:48	12.0	1:10	193	30:28	9:49	1:58:52
267	3/3	Rachael Hyland	Swisher	IA	17	F	209	12:03	2:13	3:25	270	1:09:51	12.0	1:07	224	32:36	10:30	1:59:01
268	17/18	Tracy Miksell-Brann	Grimes	IA	41	F	250	13:27	2:28	5:36	232	54:55	15.3	6:13	268	41:21	13:19	2:01:29
269	7/8	Kristine Glidden	Omaha	NE	48	F	213	12:06	2:13	4:52	262	1:01:24	13.7	3:33	271	46:24	14:56	2:08:16
270	18/18	Julie Emodi	Papillion	NE	42	F	240	12:50	2:21	4:07	260	1:01:23	13.7	2:47	272	47:12	15:12	2:08:17
271	2/2	Annette Vance	Ames	IA	64	F	267	16:10	2:58	3:20	271	1:12:39	11.6	1:24	269	41:46	13:27	2:15:18
272	8/8	Ramona Lee	Bondurant	IA	47	F	260	15:18	2:48	2:45	272	1:16:58	10.9	2:17	267	39:48	12:49	2:17:04
273	18/18	Stephanie Haasis	Waterloo	IA	25	F	50	8:50	1:37	3:20	273	1:20:22	10.5	1:47	273	56:18	18:08	2:30:36

RECEIVED TWO MINUTE PENALTY FOR DRAFTING: #121
 RECEIVED TWO MINUTE PENALTY FOR BLOCKING: #464
 RECEIVED TWO MINUTE PENALTY FOR DISMOUNT: #224
 RECEIVED TWO MINUTE PENALTY FOR OUTSIDE ASSISTANCE: #346
 RECEIVED TWO MINUTE PENALTY FOR ABANDONED EQUIPMENT: #280

DID NOT FINISH

TOT	DIV
-----	-----

7	4/7	Conrad Athletes	Linda Frazer , Kevin Barkema , Chad Frazer	11 11:58 2:12 1:00 3 41:20 20.3 0:47 11 25:29 8:13 1:20:33
8	1/7	Call-Morr-Diel	Lezlie Callaway , Missy Morris , Kacie Dielschneider	8 11:08 2:03 1:07 6 47:02 17.9 0:56 10 25:16 8:08 1:25:27
9	2/7	HubHarMurph	Tiffany Harbaugh , Candace Hubbard , Lindsay Murphy	10 11:54 2:11 0:54 12 51:27 16.3 0:42 5 23:15 7:29 1:28:09
10	5/7	Steffenryan	Marty Ryan , Mary Steffensmeier , Mary Steffensmeier	4 9:08 1:41 1:02 10 50:27 16.7 0:44 13 27:22 8:49 1:28:41
11	3/7	Iron Women	Jennifer Simpson , Chris Rhinehart , Linda Kuhl	6 10:37 1:57 1:00 7 48:38 17.3 1:19 16 30:58 9:58 1:32:30
12	4/7	KarMaDon	Karla Dielschneider , Donna Fiscus , Mary Morris	17 13:11 2:25 0:54 11 51:24 16.3 0:48 12 26:39 8:35 1:32:54
13	5/7	Tri-Scoobies	Dawn Newbill , Sara Messer Shewry , Dawn Newbill	9 11:45 2:09 1:08 16 55:59 15.0 0:44 9 24:01 7:44 1:33:34
14	6/7	Terminaters	Wade Raymond , Casey Thornton , Brittany Raymond	16 13:01 2:23 1:08 15 54:42 15.4 0:47 8 24:00 7:44 1:33:36
15	4/4	Conrad Men	Pete Bush , Chris Simpson , Heath Rhinehart	14 12:43 2:20 0:53 13 51:50 16.2 0:40 15 28:49 9:17 1:34:54
16	6/7	What Was I Thinkin	Carrie Kupka , Rachel Wobeter , Amy Ledvina	13 12:19 2:16 0:55 14 54:01 15.6 0:41 14 28:43 9:15 1:36:36
17	7/7	Tres Amis	Betty Borzo , Kathy Winter , Sherry Borzo	12 12:01 2:12 2:30 17 1:00:08 14.0 0:35 6 23:19 7:31 1:38:32
18	7/7	Kojak	Scott Peters , Bridget Peters , Lauren Peters	18 16:24 3:00 1:03 9 50:18 16.7 1:02 17 33:40 10:50 1:42:24
				15 12:56 2:22 1:02 18 1:07:15 12.5 0:53 18 34:13 11:01 1:56:18

MALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL	
								plc	time	yds	time	plc	time	pace	TIME
1	398	Craig Olson	Marion	IA	41	M		26	8:15	1:31	1:02	1	34:22	24.4	1:11 12 21:08 6:48 1:05:56
2	105	Kevin Barnes	Indianola	IA	35	M		24	8:05	1:29	1:23	4	37:00	22.7	0:49 2 19:14 6:12 1:06:30
3	144	Dan Mattingly	Boone	IA	40	M		21	7:59	1:28	2:03	8	37:36	22.3	1:00 3 20:03 6:28 1:08:38
4	334	Jim Hagelie	Waukee	IA	38	M		40	8:59	1:39	1:11	3	35:52	23.4	1:02 21 22:12 7:09 1:09:14
5	108	David Primeau	Des Moines	IA	38	M		2	6:44	1:14	1:40	12	38:59	21.5	1:09 6 20:48 6:42 1:09:18
6	305	Christopher Krug	Iowa City	IA	41	M		29	8:21	1:32	1:25	5	37:08	22.6	1:06 16 21:39 6:58 1:09:38
7	109	Jeffrey Zickus	Minneapolis	MN	33	M		16	7:47	1:26	2:04	44	41:19	20.3	1:01 1 17:56 5:47 1:10:06
8	111	Gary McKibben	Altoona	IA	47	M		4	7:15	1:20	1:39	11	38:33	21.8	1:02 18 21:52 7:03 1:10:18
9	320	Joe Robinson	Bondurant	IA	55	M		19	7:54	1:27	2:23	10	38:11	22.0	1:12 19 21:53 7:03 1:11:31
10	306	John Olney	Iowa City	IA	33	M		72	10:19	1:54	2:13	2	35:37	23.6	1:30 20 22:04 7:06 1:11:41
11	283	Marc Hollander	West Des Moines	IA	32	M		15	7:44	1:25	1:41	35	40:33	20.7	0:50 9 20:59 6:46 1:11:45
12	164	Conrad Hanson	Urbandale	IA	31	M		1	6:24	1:11	1:15	30	40:17	20.9	1:16 40 23:07 7:27 1:12:18
13	121	Michael Lieubbers	Shell Rock	IA	34	M		49	9:21	1:43	1:18	7	37:33	22.4	0:56 14 21:13 6:50 1:12:19
14	387	Dan Gilliatt	Winterset	IA	27	M		5	7:21	1:21	1:34	51	41:50	20.1	1:07 4 20:38 6:39 1:12:28
15	368	Jason Goeders	Story City	IA	31	M		61	9:57	1:50	1:42	6	37:17	22.5	1:04 29 22:41 7:18 1:12:39
16	157	Guy Olson	Solon	IA	49	M		7	7:26	1:22	1:33	27	40:05	21.0	0:48 30 22:50 7:21 1:12:39
17	174	Daniel Barker	Ames	IA	34	M		11	7:35	1:24	1:30	25	39:57	21.0	0:54 37 22:57 7:23 1:12:50
18	230	Scott Devore	Cedar Rapids	IA	51	M		25	8:10	1:30	1:44	13	39:06	21.5	1:06 41 23:07 7:27 1:13:12
19	294	Tony Briggs	Pella	IA	33	M		18	7:52	1:27	1:35	42	41:08	20.4	1:11 15 21:30 6:55 1:13:14
20	292	Bob Watson	Ames	IA	47	M		17	7:51	1:27	1:52	26	40:00	21.0	1:32 22 22:18 7:11 1:13:30
21	289	Tom Scroggins	Ankeny	IA	35	M		37	8:54	1:38	1:43	23	39:52	21.1	1:16 24 22:23 7:13 1:14:07
22	321	Kasey Schmitt	Cedar Falls	IA	26	M		53	9:32	1:45	1:30	45	41:23	20.3	1:01 5 20:43 6:41 1:14:08
23	287	Tom Von Tersch	Altoona	IA	42	M		50	9:21	1:43	2:08	28	40:08	20.9	1:36 10 21:01 6:46 1:14:13
24	158	Scott Anderson	Des Moines	IA	31	M		13	7:43	1:25	1:44	20	39:43	21.1	1:11 55 24:04 7:45 1:14:23
25	376	Michael Ament	Cedar Rapids	IA	46	M		56	9:39	1:46	2:28	29	40:17	20.9	1:22 8 20:56 6:45 1:14:40
26	259	Jay Cox	Des Moines	IA	33	M		27	8:18	1:32	1:28	37	40:40	20.7	1:10 43 23:31 7:35 1:15:05
27	263	Jeffrey Kaczinski	Davenport	IA	41	M		31	8:27	1:33	1:30	16	39:32	21.2	0:55 65 24:45 7:58 1:15:06
28	337	Ted Lewis	Legrand	IA	31	M		92	10:45	1:58	1:23	15	39:17	21.4	1:09 27 22:36 7:17 1:15:07
29	339	Tim Lowe	Des Moines	IA	33	M		39	8:58	1:39	1:48	24	39:54	21.1	1:50 32 22:52 7:22 1:15:20
30	142	Norman Owens	Cedar Rapids	IA	42	M		32	8:32	1:34	2:11	18	39:35	21.2	1:14 53 24:01 7:44 1:15:31
31	363	Chad Lee	West Des Moines	IA	33	M		79	10:23	1:54	1:54	34	40:32	20.7	1:43 11 21:03 6:47 1:15:32
32	285	Grant Reuter	West Des Moines	IA	22	M		46	9:15	1:42	1:32	9	37:57	22.1	0:46 89 26:15 8:27 1:15:43
33	245	Greg Madison	Ankeny	IA	51	M		74	10:20	1:54	1:48	17	39:32	21.2	1:19 35 22:56 7:23 1:15:54
34	365	David Martindale	Iowa City	IA	36	M		102	11:02	2:01	1:25	21	39:48	21.1	0:55 31 22:52 7:22 1:16:00
35	238	Greg Reynolds	Cedar Rapids	IA	46	M		12	7:38	1:24	1:35	14	39:08	21.5	1:19 99 26:57 8:41 1:16:36
36	115	Jeff Slade	Hudson	IA	27	M		33	8:37	1:35	1:24	64	43:05	19.5	1:03 34 22:54 7:22 1:17:00
37	370	Chad Marchant	Ankeny	IA	27	M		108	11:15	2:04	1:24	32	40:28	20.8	1:08 38 23:03 7:26 1:17:17
38	156	Adam Thompson	Indianola	IA	21	M		8	7:29	1:22	1:48	66	43:34	19.3	1:24 42 23:09 7:27 1:17:21
39	270	Andrew Becker	Rochester	MN	36	M		77	10:22	1:54	3:22	19	39:36	21.2	1:44 25 22:31 7:15 1:17:32
40	246	Paul Kulas	Cedar Falls	IA	45	M		38	8:57	1:39	1:27	63	42:56	19.6	1:28 39 23:04 7:26 1:17:49
41	132	Adam Nosbisch	Waverly	IA	27	M		10	7:32	1:23	2:21	56	42:24	19.8	1:57 47 23:38 7:37 1:17:51
42	131	Jim Johns	Cedar Rapids	IA	53	M		43	9:11	1:41	1:41	39	40:47	20.6	1:21 72 25:17 8:08 1:18:15
43	220	Andrew Shipley	West Des Moines	IA	39	M		42	9:06	1:40	2:05	36	40:36	20.7	1:16 73 25:18 8:09 1:18:18
44	399	Wes Chaplin	Pella	IA	33	M		36	8:53	1:38	2:19	31	40:21	20.8	1:01 86 25:59 8:22 1:18:30
45	127	Sean Havas	Arlington	TX	16	M		20	7:55	1:27	1:40	38	40:41	20.6	1:59 91 26:25 8:31 1:18:39
46	371	Brian Krueger	Urbandale	IA	36	M		69	10:11	1:52	2:01	53	42:19	19.9	1:34 28 22:37 7:17 1:18:39
47	390	Rex Reed	Waterloo	IA	20	M		138	12:49	2:21	1:56	43	41:19	20.3	1:35 13 21:12 6:50 1:18:48
48	103	James Debartolo Jr	Des Moines	IA	43	M		78	10:22	1:54	3:22	22	39:49	21.1	1:23 52 23:55 7:42 1:18:49
49	282	Michael Murphy	Solon	IA	35	M		58	9:51	1:49	1:32	55	42:24	19.8	1:11 54 24:02 7:44 1:18:59
50	325	Michael Ritter	North Liberty	IA	31	M		23	8:02	1:28	2:03	72	44:05	19.1	1:32 48 23:41 7:38 1:19:21
51	391	Joey Bradley	Indianola	IA	18	M		28	8:19	1:32	1:48	82	44:46	18.8	1:16 45 23:36 7:36 1:19:42
52	202	Wade Steward	Legrand	IA	40	M		121	11:48	2:10	2:16	41	41:05	20.4	1:06 44 23:34 7:35 1:19:47
53	295	Chris Hemmen	Cedar Falls	IA	21	M		114	11:24	2:05	1:47	49	41:40	20.2	1:28 49 23:41 7:38 1:19:58
54	394	Chad Vanrees	Garwin	IA	17	M		57	9:46	1:47	2:04	57	42:30	19.8	1:05 76 25:22 8:10 1:20:46
55	309	Adam Wheelock	Iowa City	IA	30	M		99	10:58	2:01	1:57	79	44:30	18.9	1:06 23 22:23 7:13 1:20:52
56	228	Duane Staskal	Iowa City	IA	38	M		85	10:32	1:56	1:37	59	42:38	19.7	1:00 69 25:07 8:05 1:20:52
57	251	Brad Brunia	Huxley	IA	51	M		35	8:46	1:37	2:49	40	40:48	20.6	1:54 97 26:54 8:40 1:21:10
58	385	Kelly Wallace	Norwalk	IA	30	M		47	9:15	1:42	2:13	60	42:51	19.6	1:09 83 25:48 8:19 1:21:15
59	114	Al Behrens	Council Bluffs	IA	57	M		133	12:33	2:18	2:11	33	40:30	20.7	1:20 67 24:50 8:00 1:21:22
60	466	Scott Dekok	Sheldon	IA	39	M		52	9:27	1:44	2:32	73	44:05	19.1	1:04 62 24:26 7:52 1:21:33
61	281	Jason Marcel	Des Moines	IA	31	M		88	10:38	1:57	1:36	58	42:38	19.7	1:39 75 25:22 8:10 1:21:51
62	184	John Phipps	Coralville	IA	36	M		64	10:05	1:51	2:12	65	43:10	19.5	1:15 77 25:23 8:11 1:22:03
63	326	David Jass	Ankeny	IA	44	M		60	9:57	1:50	2:24	69	43:54	19.1	0:53 68 25:02 8:04 1:22:08
64	195	Bill Bennet	Cedar Rapids	IA	41	M		107	11:08	2:03	2:51	99	46:14	18.2	0:45 17 21:41 6:59 1:22:37
65	225	Paul Glade	Cedar Falls	IA	51	M		80	10:26	1:55	2:47	78	44:27	18.9	2:08 33 22:53 7:22 1:22:38
66	366	Shaun Cassells	Cedar Rapids	IA	27	M		22	8:01	1:28	2:31	75	44:12	19.0	1:17 93 26:40 8:35 1:22:39
67	375	Brad Krueger	Urbandale	IA	21	M		86	10:34	1:56	2:21	48	41:39	20.2	2:17 85 25:55 8:21 1:22:44
68	155	Gabriel Martinez	Mount Pleasant	IA	29	M		106	11:07	2:02	1:52	61	42:51	19.6	1:22 79 25:44 8:17 1:22:55
69	293	Jason Andringa	Pella	IA	31	M		3	7:12	1:19	2:28	62	42:53	19.6	1:24 126 29:02 9:21 1:22:57
70	302	Christopher Delane	Ames	IA	47	M		104	11:05	2:02	2:37	46	41:24	20.3	1:34 90 26:20 8:29 1:22:58
71	379	Mike Espeset	Ames	IA	39	M		101	11:00	2:01	2:54	77	44:26	18.9	1:48 36 22:57 7:23 1:23:03
72	343	Mike Gardner													

74	120	Robert Casey	Kihei	HI	60	M	110	11:21	2:05	1:36	52	42:11	19.9	1:22	96	26:54	8:40	1:23:22
75	255	Shawn Nelson	Ankeny	IA	40	M	30	8:23	1:32	2:14	68	43:54	19.1	1:07	112	27:54	8:59	1:23:30
76	267	Joshua Pedelty	Cedar Rapids	IA	32	M	91	10:42	1:58	2:33	76	44:24	18.9	0:50	70	25:10	8:06	1:23:37
77	307	Aaron Thompson	Des Moines	IA	31	M	55	9:37	1:46	2:32	47	41:26	20.3	2:01	116	28:07	9:03	1:23:42
78	308	David Olsen	West Des Moines	IA	34	M	126	12:07	2:13	2:55	71	44:02	19.1	1:14	50	23:46	7:39	1:24:03
79	154	Michael Carstens	Ankeny	IA	44	M	109	11:16	2:04	2:32	86	45:03	18.6	1:12	59	24:16	7:49	1:24:17
80	211	Ryan Myers	Des Moines	IA	28	M	9	7:32	1:23	2:02	95	46:02	18.2	1:15	110	27:37	8:54	1:24:26
81	395	Dylan Jars	Reinbeck	IA	19	M	140	13:06	2:24	3:27	89	45:35	18.4	1:44	7	20:52	6:43	1:24:43
82	110	Jim Gerk	Cedar Rapids	IA	51	M	63	10:04	1:51	1:48	84	44:53	18.7	1:51	87	26:14	8:27	1:24:47
83	328	Jeff Bishop	Chicago	IA	31	M	67	10:07	1:51	3:08	90	45:37	18.4	1:58	57	24:11	7:47	1:24:58
84	249	Andy Gnida	Solon	IA	41	M	115	11:34	2:07	1:42	50	41:41	20.2	1:11	125	28:58	9:20	1:25:03
85	166	Dave Koch	Cedar Rapids	IA	41	M	84	10:29	1:55	1:37	80	44:33	18.9	1:08	118	28:14	9:05	1:25:59
86	314	Mark Bissing	West Des Moines	IA	45	M	75	10:21	1:54	3:32	91	45:39	18.4	1:51	64	24:44	7:58	1:26:05
87	200	Todd Johnson	Denver	IA	37	M	76	10:21	1:54	1:54	100	46:15	18.2	1:51	84	25:55	8:21	1:26:14
88	171	Christopher Wiedma	Waterloo	IA	29	M	82	10:28	1:55	2:38	111	47:46	17.6	0:56	63	24:28	7:53	1:26:14
89	342	Scott Weinheimer	Des Moines	IA	22	M	14	7:43	1:25	2:04	110	47:44	17.6	2:12	95	26:47	8:38	1:26:28
90	151	Joseph Gallet	Atkins	IA	15	M	6	7:22	1:21	4:24	107	47:19	17.8	1:21	88	26:14	8:27	1:26:38
91	176	Tim Johnson	Moulton	IA	43	M	139	12:50	2:21	2:22	97	46:04	18.2	1:12	60	24:19	7:50	1:26:46
92	147	John Fingerson	Rochester	MN	38	M	96	10:52	2:00	3:36	70	43:57	19.1	1:13	102	27:17	8:47	1:26:52
93	243	Matt Tullis	Marshalltown	IA	39	M	125	12:04	2:13	3:14	87	45:13	18.6	1:46	66	24:47	7:59	1:27:01
94	242	Joe Hrolicka	West Des Moines	IA	40	M	34	8:44	1:36	3:04	113	48:01	17.5	2:09	74	25:20	8:10	1:27:17
95	465	Mike Staudt	Marble Rock	IA	59	M	129	12:18	2:15	2:42	67	43:42	19.2	1:24	100	27:14	8:46	1:27:19
96	372	Mark Johnston	West Des Moines	IA	50	M	41	9:00	1:39	2:18	121	48:24	17.4	1:36	92	26:27	8:31	1:27:43
97	119	Eric Wieland	Des Moines	IA	30	M	116	11:39	2:08	2:57	74	44:10	19.0	1:45	101	27:16	8:47	1:27:46
98	374	Tom Guinane	Grinnell	IA	43	M	54	9:34	1:45	2:05	108	47:20	17.7	1:22	107	27:29	8:51	1:27:47
99	338	Patrick Beurskens	Marshalltown	IA	40	M	98	10:57	2:01	2:08	92	45:44	18.4	1:25	111	27:41	8:55	1:27:53
100	244	Freeman Taber	Coal Valley	IL	67	M	81	10:27	1:55	2:57	106	46:59	17.9	1:48	81	25:45	8:18	1:27:54
101	347	David Burns	Ankeny	IA	46	M	48	9:20	1:43	2:52	85	44:57	18.7	2:08	124	28:47	9:16	1:28:00
102	233	Ed Bell	Clive	IA	47	M	68	10:09	1:52	3:16	104	46:53	17.9	2:06	82	25:46	8:18	1:28:08
103	388	Greg Allen	Des Moines	IA	46	M	45	9:13	1:42	2:13	88	45:29	18.5	1:56	127	29:20	9:27	1:28:10
104	112	Lars Ellingson	Calmar	IA	18	M	132	12:25	2:17	2:28	120	48:19	17.4	1:17	61	24:20	7:50	1:28:48
105	248	Damien Londino-Gre	Austin	MN	38	M	103	11:03	2:02	2:42	137	50:29	16.6	2:06	26	22:33	7:16	1:28:52
106	274	Chris Roberts	Des Moines	IA	36	M	90	10:41	1:58	2:31	96	46:02	18.2	1:50	114	27:58	9:00	1:28:59
107	204	Steve Rankin	Marion	IA	49	M	112	11:22	2:05	2:45	98	46:05	18.2	1:57	98	26:57	8:41	1:29:04
108	150	Michael Fingerson	Rochester	MN	38	M	97	10:53	2:00	3:01	94	45:58	18.3	1:39	117	28:10	9:04	1:29:38
109	146	Kyle Weuve	Urbandale	IA	41	M	117	11:43	2:09	4:29	119	48:17	17.4	1:49	51	23:54	7:42	1:30:09
110	323	Todd Brunia	Urbandale	IA	32	M	83	10:29	1:55	2:02	125	48:58	17.2	1:39	115	28:04	9:02	1:31:10
111	262	David Swenson	Ames	IA	51	M	119	11:46	2:09	2:42	105	46:55	17.9	1:38	122	28:23	9:08	1:31:21
112	181	John Roan	West Des Moines	IA	50	M	87	10:37	1:57	2:18	129	49:19	17.0	1:58	109	27:33	8:52	1:31:44
113	464	Steven Walter	Johnston	IA	19	M	143	13:14	2:26	1:40	101	46:21	18.1	1:11	108	27:33	8:52	1:31:58
114	205	Daniel Julicher	Cedar Rapids	IA	29	M	59	9:52	1:49	2:37	116	48:12	17.4	0:53	133	30:31	9:50	1:32:03
115	304	Kori Sickles	Cedar Rapids	IA	32	M	111	11:21	2:05	3:26	130	49:26	17.0	0:57	105	27:26	8:50	1:32:34
116	139	Rod Haws	Ankeny	IA	40	M	93	10:45	1:58	2:56	112	47:54	17.5	1:31	129	29:37	9:32	1:32:40
117	222	Ryan Gritters	Pella	IA	26	M	145	13:23	2:27	3:13	123	48:30	17.3	2:12	80	25:44	8:17	1:33:00
118	213	Paul Riggs	Oskaloosa	IA	52	M	95	10:51	1:59	3:17	135	50:20	16.7	2:01	94	26:46	8:37	1:33:12
119	364	Erick Eggert	Marshalltown	IA	26	M	137	12:46	2:20	3:56	138	50:47	16.5	2:00	58	24:16	7:49	1:33:44
120	260	Dan Ward	Havenport	IA	46	M	128	12:10	2:14	2:11	124	48:57	17.2	1:23	128	29:30	9:30	1:34:09
121	190	Michael Sheehy	Hiawatha	IA	59	M	124	12:02	2:12	2:11	81	44:35	18.8	2:46	146	32:50	10:34	1:34:21
122	162	Jim Elliott	Tama	IA	54	M	62	10:02	1:51	2:36	102	46:31	18.1	2:35	145	32:43	10:32	1:34:25
123	134	Tony Post	Ames	IA	30	M	135	12:37	2:19	3:02	93	45:51	18.3	2:31	134	30:31	9:50	1:34:30
124	143	Steve Dannenfeldt	Urbandale	IA	36	M	71	10:19	1:54	2:48	140	51:13	16.4	2:12	120	28:19	9:07	1:34:49
125	468	Andy Benesh	Cedar Rapids	IA	24	M	144	13:20	2:27	3:33	144	52:24	16.0	1:38	56	24:10	7:47	1:35:03
126	177	James Johnson	Moulton	IA	29	M	156	17:38	3:14	2:16	103	46:35	18.0	0:53	113	27:56	9:00	1:35:16
127	188	Dean Chiafos	Center Point	IA	36	M	89	10:40	1:57	1:56	131	49:31	17.0	1:39	141	31:57	10:17	1:35:40
128	159	Greg Dombrowski	Hampton	IA	36	M	65	10:05	1:51	2:02	115	48:06	17.5	1:50	148	33:41	10:51	1:35:42
129	149	Mark Steffen	Polk City	IA	41	M	131	12:24	2:16	2:56	142	51:30	16.3	1:11	119	28:14	9:06	1:36:12
130	373	Steve Pearson	Winterset	IA	39	M	154	16:27	3:01	2:31	109	47:23	17.7	1:42	121	28:20	9:08	1:36:22
131	241	Kent Hanser	Traer	IA	35	M	134	12:33	2:18	2:00	134	50:10	16.7	2:08	130	29:45	9:35	1:36:34
132	170	Jon Heine	Cedar Falls	IA	35	M	127	12:09	2:14	3:26	122	48:25	17.3	1:18	140	31:38	10:11	1:36:54
133	367	Jeffrey Goodman	West Des Moines	IA	47	M	141	13:10	2:25	2:31	117	48:13	17.4	2:09	137	31:08	10:02	1:37:09
134	221	Doug Kruger	Waterloo	IA	50	M	100	10:59	2:01	4:22	132	49:52	16.8	2:18	131	29:52	9:37	1:37:21
135	315	Doug Bissing	West Des Moines	IA	19	M	123	12:01	2:12	3:15	126	49:03	17.1	2:49	132	30:17	9:45	1:37:23
136	102	Darrel Pedersen	Hudson	IA	58	M	153	15:41	2:53	2:20	133	49:55	16.8	2:16	103	27:17	8:47	1:37:27
137	106	Mike Simmons	West Des Moines	IA	45	M	70	10:11	1:52	2:32	127	49:08	17.1	2:05	149	33:46	10:53	1:37:41
138	400	Jesse Reyes	Union	IA	17	M	149	14:14	2:37	3:24	143	51:53	16.2	0:56	106	27:27	8:50	1:37:51
139	332	Brian Vance	Ankeny	IA	37	M	44	9:13	1:41	2:43	147	53:58	15.6	1:03	142	32:11	10:22	1:39:07
140	236	Robert Schmit	Cedar Rapids	IA	38	M	51	9:24	1:44	2:40	146	53:17	15.8	0:47	147	33:27	10:46	1:39:32
141	215	Todd Devries	Ankeny	IA	33	M	73	10:20	1:54	3:29	114	48:03	17.5	2:27	153	35:26	11:25	1:39:43
142	239	Michael Thomas	Iowa City	IA	45	M	120	11:47	2:10	4:10	136	50:21	16.7	2:14	144	32:38	10:31	1:41:08
143	209	Richard Cohan	Des Moines	IA	40	M	66	10:06	1:51	3:27	152	59:35	14.1	1:03	104	27:19	8:48	1:41:28
144	258	Rick Leonard	Des Moines	IA	40	M	148	13:49	2:32	3:22	118	48:16	17.4	2:42	150	33:59	10:57	1:42:07
145	180	Bill Johnson	Hartford	IA	36	M	155	16:55	3:06	2:18	145	52:43	15.9	1:02	135	30:44	9:54	1:43:39
146	266	Tim Devick	Urbandale	IA	56	M	105	11:06	2:02	3:14	139	51:02	16.5	2:15	155	36:28	11:45	1:44:02
147	203	Joel Beane	Marshalltown	IA	59	M	150	15:28	2:50	3:23	151	59:01	14.2	1:19	78	25:40	8:16	1:44:48
148	229	Scott Jennerjohn	Cedar Rapids	IA	19	M	118	11:43	2:09	3:45	153	59:43	14.1	1:53	123	28:23	9:09	1:45:25
149	113	Tyler Ellingson	Calmar	IA	16	M	130	12:20	2									

15	392	Lindsey Horner	Des Moines	IA	27	F	7	8:34	1:34	1:49	19	46:21	18.1	1:09	16	26:03	8:23	1:23:54
16	218	Kristin Lassen	Orange City	IA	26	F	45	11:07	2:02	2:41	17	45:48	18.3	1:02	4	23:38	7:37	1:24:16
17	301	Heather Worthington	West Des Moines	IA	38	F	13	9:08	1:41	1:44	23	46:53	17.9	1:12	23	27:23	8:49	1:26:19
18	264	Jennifer Cole-Veak	Des Moines	IA	33	F	48	11:15	2:04	1:21	18	45:51	18.3	1:11	20	26:44	8:37	1:26:21
19	179	Amy Harris	Des Moines	IA	41	F	20	9:20	1:43	1:36	24	47:24	17.7	1:52	19	26:38	8:35	1:26:48
20	261	Keri Frommelt	Ankeny	IA	36	F	67	12:17	2:15	1:46	31	48:51	17.2	1:25	1	23:01	7:25	1:27:18
21	345	Krista Bartholomew	Des Moines	IA	32	F	41	10:58	2:01	1:51	15	45:36	18.4	1:46	22	27:08	8:44	1:27:18
22	240	Barb Scholz	Des Moines	IA	41	F	11	9:01	1:39	1:53	16	45:39	18.4	1:47	38	29:39	9:33	1:27:57
23	278	Heidi Barr	Marshalltown	IA	19	F	12	9:04	1:40	3:18	43	52:01	16.1	0:40	10	24:09	7:47	1:29:09
24	331	Angela Weiss	Atlanta	GA	46	F	63	12:08	2:14	2:24	30	48:27	17.3	1:30	11	25:03	8:04	1:29:29
25	198	Colleen Kelly	Des Moines	IA	30	F	61	12:04	2:13	1:35	22	46:52	17.9	1:23	27	28:20	9:08	1:30:13
26	312	Deborah Hankens	Cherokee	IA	55	F	26	9:42	1:47	2:20	11	44:01	19.1	1:36	61	32:59	10:37	1:30:36
27	369	Trina Dunham	Hiawatha	IA	41	F	37	10:31	1:56	1:52	14	45:21	18.5	1:23	53	31:52	10:16	1:30:57
28	397	Dena Kroska	Ankeny	IA	24	F	42	11:00	2:01	1:55	29	48:17	17.4	1:21	31	28:49	9:17	1:31:21
29	346	Michele Ennis	West Des Moines	IA	29	F	24	9:30	1:45	1:49	27	47:52	17.5	1:27	32	28:54	9:18	1:31:30
30	303	Shelli Smoldt	Reinbeck	IA	41	F	38	10:34	1:56	2:37	26	47:47	17.6	0:56	39	29:51	9:37	1:31:42
31	128	Caroline Carter	Marshalltown	IA	31	F	31	10:09	1:52	1:49	39	51:27	16.3	0:58	26	28:07	9:03	1:32:28
32	396	Nicole Landt	Garwin	IA	17	F	76	13:43	2:31	3:06	20	46:26	18.1	1:36	25	27:57	9:00	1:32:46
33	153	Michele Sperfslage	Cedar Rapids	IA	40	F	33	10:14	1:53	2:51	35	50:30	16.6	1:15	28	28:30	9:11	1:33:18
34	250	Rebecca Meis	West Des Moines	IA	30	F	8	8:36	1:35	2:09	37	50:35	16.6	2:09	49	31:05	10:01	1:34:32
35	316	Pam Bissing	West Des Moines	IA	45	F	23	9:28	1:44	2:24	28	48:15	17.4	1:46	60	32:47	10:33	1:34:38
36	133	Rachel Nosbisch	Waverly	IA	27	F	21	9:24	1:44	3:02	32	49:19	17.0	1:11	54	31:52	10:16	1:34:47
37	167	Alli Koch	Cedar Rapids	IA	13	F	19	9:20	1:43	2:01	51	53:23	15.7	0:56	34	29:10	9:24	1:34:49
38	327	Susan Duoblys	Des Moines	IA	51	F	54	11:47	2:10	1:54	33	49:47	16.9	1:32	40	29:54	9:38	1:34:52
39	322	Katrina Riepma	Oak Creek	WI	26	F	56	11:50	2:10	2:47	38	51:21	16.4	1:12	35	29:12	9:24	1:35:21
40	381	Mary Jane Sharp	Norwalk	IA	40	F	32	10:10	1:52	2:36	42	51:55	16.2	1:41	45	30:50	9:56	1:37:09
41	172	Heather Wiedman	Waterloo	IA	29	F	22	9:28	1:44	2:18	46	52:39	16.0	1:32	52	31:47	10:14	1:37:41
42	168	English Fiscus	Union	IA	17	F	52	11:46	2:09	2:23	49	53:04	15.8	0:53	41	30:20	9:46	1:38:24
43	232	Mary Harris	Marshalltown	IA	50	F	73	12:39	2:19	3:27	47	52:49	15.9	1:48	29	28:32	9:11	1:39:13
44	210	Ingrid Guttin	Ankeny	IA	35	F	10	8:40	1:36	2:27	36	50:32	16.6	1:58	76	36:48	11:51	1:40:24
45	275	Kathy Murphy	Cedar Rapids	IA	37	F	47	11:14	2:04	2:15	44	52:02	16.1	1:48	65	33:35	10:49	1:40:52
46	196	Shane Starke	Coralville	IA	34	F	35	10:16	1:53	2:27	52	53:53	15.6	1:49	56	32:30	10:28	1:40:53
47	310	Shana Johnson	Des Moines	IA	37	F	70	12:22	2:16	2:20	57	54:42	15.4	2:00	37	29:33	9:31	1:40:55
48	272	Christa Addy	Des Moines	IA	30	F	53	11:46	2:10	2:14	45	52:29	16.0	0:55	66	33:35	10:49	1:40:57
49	269	Coreen Sweeney	Clive	IA	41	F	72	12:35	2:18	2:59	56	54:37	15.4	1:31	36	29:23	9:28	1:41:03
50	175	Kate Clark	Des Moines	IA	29	F	25	9:34	1:45	2:55	48	52:58	15.9	2:30	63	33:26	10:46	1:41:21
51	348	Veronica Demmel	Marshalltown	IA	50	F	43	11:03	2:02	3:42	70	59:42	14.1	0:42	18	26:35	8:34	1:41:42
52	138	Jody Haws	Ankeny	IA	40	F	69	12:18	2:15	2:09	58	55:01	15.3	1:31	47	30:57	9:58	1:41:54
53	383	Holly Olson	Urbandale	IA	28	F	39	10:43	1:58	2:35	50	53:14	15.8	2:21	64	33:32	10:48	1:42:23
54	341	Marcy Baker	Clive	IA	27	F	28	9:50	1:48	2:33	65	57:43	14.6	1:11	50	31:12	10:03	1:42:27
55	189	Becky Goettsch	West Des Moines	IA	37	F	50	11:24	2:06	3:13	55	54:14	15.5	1:16	58	32:34	10:29	1:42:39
56	219	Tammie Krausman	Des Moines	IA	28	F	40	10:55	2:00	3:36	41	51:48	16.2	1:51	70	34:36	11:09	1:42:45
57	182	Sandy Roan	West Des Moines	IA	50	F	44	11:07	2:02	2:42	63	56:26	14.9	1:43	46	30:52	9:56	1:42:48
58	335	Clara Decoster	East Moline	IL	54	F	83	18:47	3:26	2:12	40	51:42	16.2	1:38	30	28:43	9:15	1:42:58
59	141	Margie Jass	Ankeny	IA	45	F	81	16:09	2:58	6:05	34	50:26	16.7	1:55	33	29:06	9:22	1:43:38
60	340	Kirsten Hanrahan	Iowa City	IA	43	F	49	11:20	2:05	2:37	54	54:13	15.5	1:48	67	33:44	10:52	1:43:41
61	265	Alexandra Lauth	Bellevue	NE	32	F	60	12:03	2:13	3:41	60	55:28	15.1	1:53	44	30:46	9:54	1:43:48
62	268	Dee Paulsen	Waterloo	IA	27	F	71	12:25	2:17	2:19	59	55:21	15.2	1:09	71	34:37	11:09	1:45:49
63	206	Mary Sellers	West Des Moines	IA	40	F	36	10:21	1:54	2:20	61	55:33	15.1	1:32	78	36:51	11:52	1:46:36
64	124	Meg Zmolek	Cedar Rapids	IA	14	F	55	11:48	2:10	2:17	71	59:46	14.1	1:07	62	33:13	10:42	1:48:08
65	161	Katie Katzer	Des Moines	IA	24	F	64	12:13	2:15	2:28	64	57:15	14.7	1:09	74	35:30	11:26	1:48:34
66	231	Donna Callahan	Melbourne	IA	48	F	46	11:14	2:04	4:29	62	55:48	15.1	1:43	75	35:58	11:35	1:49:11
67	148	Maribeth Wright	Norwalk	IA	41	F	78	14:46	2:42	2:37	69	59:33	14.1	1:16	48	31:04	10:00	1:49:15
68	118	Carrie McGivern	Lawrence	KS	28	F	80	15:22	2:49	3:57	53	54:05	15.5	1:53	68	34:12	11:01	1:49:27
69	344	Julie Gardner	Ankeny	IA	33	F	74	12:52	2:22	3:24	72	1:00:51	13.8	1:12	57	32:33	10:29	1:50:50
70	223	Stacy Houck	Johnston	IA	40	F	58	11:59	2:12	4:11	66	57:56	14.5	1:54	73	34:58	11:16	1:50:56
71	296	Linda Stoffel	Norwalk	IA	35	F	66	12:17	2:15	4:11	73	1:00:55	13.8	2:46	51	31:24	10:07	1:51:30
72	311	Kellie Markey	Pleasant Hill	IA	41	F	51	11:29	2:06	4:55	74	1:01:23	13.7	2:19	55	32:04	10:20	1:52:09
73	185	Sherami Hinders	Pella	IA	24	F	77	13:59	2:34	3:13	76	1:02:39	13.4	1:17	69	34:15	11:02	1:55:21
74	129	Jane Carter	Marshalltown	IA	63	F	34	10:16	1:53	3:05	78	1:04:23	13.0	1:31	77	36:49	11:51	1:56:02
75	173	Melissa Lekin	Cedar Falls	IA	25	F	30	10:05	1:51	2:26	68	58:46	14.3	1:34	82	43:17	13:56	1:56:06
76	235	Michelle Norman	Iowa City	IA	38	F	75	13:03	2:24	3:43	67	58:09	14.4	2:15	79	39:00	12:34	1:56:09
77	125	Penny Tyynismaa	Tama	IA	35	F	65	12:16	2:15	3:32	79	1:08:53	12.2	1:08	42	30:25	9:48	1:56:12
78	152	Patsy Steffen	Polk City	IA	41	F	57	11:54	2:11	3:13	77	1:04:20	13.1	2:16	72	34:57	11:15	1:56:38
79	224	Jenna Hindman	Swisher	IA	18	F	68	12:18	2:15	3:11	80	1:09:48	12.0	1:10	43	30:28	9:49	1:58:52
80	178	Rachael Hyland	Swisher	IA	17	F	59	12:03	2:13	3:25	81	1:09:51	12.0	1:07	59	32:36	10:30	1:59:01
81	299	Kristine Glidden	Omaha	NE	48	F	62	12:06	2:13	4:52	75	1:01:24	13.7	3:33	83	46:24	14:56	2:08:16
82	330	Annette Vance	Ames	IA	64	F	82	16:10	2:58	3:20	82	1:12:39	11.6	1:24	81	41:46	13:27	2:15:18
83	252	Ramona Lee	Bondurant	IA	47	F	79	15:18	2:48	2:45	83	1:16:58	10.9	2:17	80	39:48	12:49	2:17:04

CLYDESDALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	plc	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL			
									time	yds	time	time	time	time	TIME			
1	298	Steve Kelly	Weslaco	TX	42	M	9	9:11	1:41	2:50	1	39:59	21.0	2:07	2	24:42	7:57	1:18:47
2	286	David Dvorak	Polk City	IA	35	M	18	11:01	2:01	2:24	2	41:20	20.3	1:35	1	22:39	7:18	1:18:57
3	380	Ryan Howe	Egan	MN	40	M	10	9:27	1:44	1:35	3	41:46	20.1	1:08	5	26:40	8:35	1:20:33
4	279	Christopher Greenf	Des Moines	IA	38	M	6	9:02	1:40	1:32	4	42:17	19.9	1:18	12	28:24	9:09	1:22:32
5	280	John Beh	Des Moines	IA	43	M	2	8:31	1:34	1:15	5	43:06	19.5	1:13	10	28:04	9:02	1:24:07
6	389	Mike Pulkrab																

ATHENA RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
							plc	time	time	plc	time	pace	TIME					
1	276	Jessica Keehn	Ankeny	IA	28	F	2	10:53	2:00	2:20	3	50:22	16.7	1:45	1	28:55	9:19	1:34:14
2	130	Therese Slechta	Schleswig	IA	35	F	6	11:47	2:10	1:48	1	46:27	18.1	1:43	4	32:58	10:37	1:34:41
3	290	Jennifer York	Ames	IA	37	F	4	11:11	2:03	1:55	2	48:54	17.2	1:44	3	32:28	10:27	1:36:11
4	277	Jennifer McGivern	Ames	IA	25	F	5	11:35	2:08	2:49	7	58:52	14.3	1:28	2	31:16	10:04	1:45:58
5	169	Jacqueline Coyne	Jefferson	IA	31	F	3	11:01	2:01	3:41	6	55:39	15.1	1:36	6	35:32	11:27	1:47:27
6	208	Jill Onstot	Norwalk	IA	29	F	9	16:12	2:58	2:14	4	54:43	15.4	1:27	5	33:59	10:56	1:48:33
7	116	Tracy Miksell-Bran	Grimes	IA	41	F	8	13:27	2:28	5:36	5	54:55	15.3	6:13	7	41:21	13:19	2:01:29
8	300	Julie Emodi	Papillion	NE	42	F	7	12:50	2:21	4:07	8	1:01:23	13.7	2:47	8	47:12	15:12	2:08:17
9	271	Stephanie Haasis	Waterloo	IA	25	F	1	8:50	1:37	3:20	9	1:20:22	10.5	1:47	9	56:18	18:08	2:30:36

TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds
1	Conrad Hanson	IA	31	M	6:24	1:11
2	David Primeau	IA	38	M	6:44	1:14
3	Jason Andringa	IA	31	M	7:12	1:19
4	Carol Smolsky	NE	47	F	7:14	1:20
5	Gary McKibben	IA	47	M	7:15	1:20
6	Dan Gilliatt	IA	27	M	7:21	1:21
7	Joseph Gallet	IA	15	M	7:22	1:21
8	Chris Maravelas-Ki	IA	37	F	7:24	1:22
9	Guy Olson	IA	49	M	7:26	1:22
10	Adam Thompson	IA	21	M	7:29	1:22

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1	Craig Olson	IA	41	M	1:02
2	Jim Hagelie	IA	38	M	1:11
3	John Beh	IA	43	M	1:15
4	Conrad Hanson	IA	31	M	1:15
5	Michael Luebbers	IA	34	M	1:18
6	Jennifer Cole-Veak	IA	33	F	1:21
7	Dawn Keller	IA	33	F	1:22
8	La Juan Stevenson	AZ	36	F	1:23
9	Kevin Barnes	IA	35	M	1:23
10	Ted Lewis	IA	31	M	1:23

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1	Craig Olson	IA	41	M	34:22	24.4
2	John Olney	IA	33	M	35:37	23.6
3	Jim Hagelie	IA	38	M	35:52	23.4
4	Kevin Barnes	IA	35	M	37:00	22.7
5	Christopher Krug	IA	41	M	37:08	22.6
6	Jason Goeders	IA	31	M	37:17	22.5
7	Michael Luebbers	IA	34	M	37:33	22.4
8	Dan Mattingly	IA	40	M	37:36	22.3
9	Grant Reuter	IA	22	M	37:57	22.1
10	Joe Robinson	IA	55	M	38:11	22.0

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1	Heidi Barr	IA	19	F	0:40
2	Veronica Demmel	IA	50	F	0:42
3	Bill Bennet	IA	41	M	0:45
4	Grant Reuter	IA	22	M	0:46
5	Robert Schmit	IA	38	M	0:47
6	Guy Olson	IA	49	M	0:48
7	Clyde Lawler	IA	50	M	0:49
8	Kevin Barnes	IA	35	M	0:49
9	Joshua Pedelty	IA	32	M	0:50
10	Marc Hollander	IA	32	M	0:50

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1	Jeffrey Zickus	MN	33	M	17:56	5:47
2	Ben Brown	IA			17:58	5:47
3	Lance Harris	IA			18:11	5:51
4	Kevin Barnes	IA	35	M	19:14	6:12
5	Beau Dielschneider	IA			19:46	6:22
6	Dan Mattingly	IA	40	M	20:03	6:28
7	Dan Gilliatt	IA	27	M	20:38	6:39
8	Kasey Schmitt	IA	26	M	20:43	6:41
9	David Primeau	IA	38	M	20:48	6:42
10	Dylan Jars	IA	19	M	20:52	6:43

FEMALE AGE GROUP RESULTS 1 - 14

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	time	pace					
1	Alli Koch	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	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	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	time	pace					
1	Nicole Landt	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 Piscus	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	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	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	time	pace					
1	Sean Havas	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	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	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	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	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
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	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
=====	=====	==	==	=	plc	time	yds	time	plc	time	pace	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	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
=====	=====	==	==	=	plc	time	yds	time	plc	time	pace	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 Goetsch	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 Tynismaa	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	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
=====	=====	==	==	=	plc	time	yds	time	plc	time	pace	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	22:52	7:22	1:16:00
6	Andrew Becker	Rochester	MN	36	M	15	10:22	1:54	3:22	4	39:36	21.2	1:44	5	22:31	7:15	1:17:32
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	8:05	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 Lindino-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									

1	Brenda Cloud	Cedar Rapids	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	Dike	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	Des Moines	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	Des Moines	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	Hiawatha	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	Reinbeck	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 Sperfslage	Cedar Rapids	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	Norwalk	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	Clive	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	Ankeny	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	Iowa City	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	West Des Moines	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	Norwalk	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	Johnston	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	Pleasant Hill	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	Polk City	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	Marion	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	Boone	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	Iowa City	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	Altoona	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	Davenport	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	Cedar Rapids	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	Des Moines	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	LeGrand	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	Ankeny	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	Cedar Rapids	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	Ankeny	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	Ankeny	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	Solon	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	Cedar Rapids	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	Moulton	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	West Des Moines	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	Grinnell	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	Marshalltown	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	Urbandale	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	Ankeny	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	Polk City	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	Des Moines	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	Des Moines	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	Pleasant Hill	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	Papillion	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	Marion	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	Atlanta	GA	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	West Des Moines	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	Ankeny	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	Melbourne	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	Omaha	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	Bondurant	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	Altoona	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	Solon	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	Ames	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	Cedar Rapids	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	Cedar Rapids	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	Cedar Falls	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	Charlenn 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 time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME	
1	Susan Duoblyls	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 time	100 yds	TRAN time	plc	BIKE time	mph	TRAN time	plc	RUN time	pace	TOTAL 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	time	time	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	time	time	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	time	time	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	time	time	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	time	time	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