

Cornman Triathlon

July 13, 2003

Union Grove State Park, Gladbrook, Iowa

FEMALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	219	Janet Mccullough	Waverly	IA	37	F	5	7:41	1:25	1:43	1	39:31	21.3	1:30	2	21:21	6:53	1:11:44
2	155	Rachel Stauffer	Des Moines	IA	40	F	1	6:49	1:15	1:33	3	39:56	21.0	1:19	9	23:20	7:31	1:12:55
3	8	Carol Smolsky	Papillion	NE	43	F	4	7:36	1:24	1:28	4	39:56	21.0	1:04	11	23:24	7:32	1:13:26
4	109	Mackenzie Madison	Ankeny	IA	16	F	11	8:15	1:31	1:43	10	41:53	20.1	1:09	1	20:50	6:43	1:13:49
5	3	Katy Muelhaupt	Des Moines	IA	31	F	19	8:44	1:36	1:39	5	40:56	20.5	0:59	3	21:41	6:59	1:13:57
6	230	Amy Baumler	Forest Lake	IA	32	F	12	8:19	1:32	1:35	8	41:17	20.3	1:07	6	22:28	7:14	1:14:45
7	107	L A Lowe	Iowa City	IA	42	F	15	8:39	1:35	2:11	2	39:38	21.2	1:21	13	23:45	7:39	1:15:32
8	61	Kara Feddersen	West Des Moines	IA	30	F	6	7:47	1:26	1:35	15	43:10	19.5	1:02	16	23:58	7:43	1:17:30
9	66	Deb Gaddis	Solon	IA	37	F	46	10:52	2:00	1:45	9	41:46	20.1	1:10	5	22:27	7:14	1:17:58
10	154	Amy Spence	Lamoni	IA	25	F	22	8:57	1:39	1:43	16	43:22	19.4	1:17	7	22:46	7:20	1:18:03
11	162	Jenarah Tekippe	Iowa City	IA	24	F	33	10:03	1:51	1:43	13	42:58	19.6	1:35	4	22:03	7:06	1:18:19
12	211	Colleen Isdale	Belton	TX	52	F	39	10:21	1:54	1:44	6	40:59	20.5	1:27	14	23:51	7:41	1:18:21
13	286	Judy Kacena	Cedar Rapids	IA	42	F	13	8:28	1:33	1:36	11	42:38	19.7	1:28	21	24:44	7:58	1:18:51
14	100	Jennifer Larson	West Des Moines	IA	27	F	38	10:18	1:53	1:40	12	42:48	19.6	1:02	10	23:21	7:31	1:19:06
15	202	Amy Freeman	Iowa City	IA	25	F	8	8:01	1:28	1:51	18	44:00	19.1	1:16	19	24:29	7:53	1:19:35
16	12	Helen Redmond	Grinnell	IA	39	F	55	11:38	2:08	2:02	7	41:02	20.5	1:48	17	24:13	7:48	1:20:40
17	260	Fran Reis	Des Moines	IA	23	F	9	8:06	1:29	2:23	21	45:32	18.4	1:16	18	24:20	7:50	1:21:35
18	64	Masumi Pottral	Swisher	IA	21	F	3	7:25	1:22	2:08	26	46:31	18.1	0:53	24	24:58	8:02	1:21:52
19	142	Kristin Rinderknech	Clive	IA	32	F	14	8:37	1:35	2:03	22	45:42	18.4	1:11	23	24:51	8:00	1:22:22
20	2	Pam Bracken	Omaha	NE	32	F	24	9:19	1:43	3:14	17	43:30	19.3	1:41	22	24:48	7:59	1:22:30
21	193	Alexandra Mertens	Cedar Rapids	IA	22	F	10	8:13	1:31	2:14	33	48:30	17.3	0:48	8	23:04	7:26	1:22:47
22	237	Casey Baustian	Cedar Rapids	IA	17	F	25	9:19	1:43	2:30	25	46:28	18.1	0:55	15	23:51	7:41	1:23:01
23	276	Jan Mohs	Des Moines	IA	51	F	36	10:11	1:52	1:45	23	45:49	18.3	1:26	26	25:09	8:06	1:24:18
24	92	Dawn Keller	Shell Rock	IA	30	F	26	9:20	1:43	2:46	20	45:00	18.7	1:43	28	25:42	8:17	1:24:29
25	232	Nichole Recker	Arlington	IA	31	F	17	8:41	1:36	1:36	28	47:06	17.8	1:18	32	26:45	8:37	1:25:25
26	304	Barb Scholz	Des Moines	IA	38	F	20	8:47	1:37	1:58	24	46:27	18.1	1:15	43	28:42	9:14	1:27:07
27	70	Katie Graham	Clive	IA	39	F	31	9:50	1:48	2:31	19	44:42	18.8	1:50	41	28:26	9:09	1:27:17
28	198	Lori Devries	Johnston	IA	30	F	42	10:38	1:57	2:15	30	47:59	17.5	1:36	27	25:10	8:07	1:27:37
29	280	Ramona Wright	Des Moines	IA	42	F	56	11:40	2:08	3:18	31	48:06	17.5	1:28	25	25:01	8:04	1:29:31
30	190	Ann Vestle	Cedar Rapids	IA	48	F	47	11:05	2:02	2:08	29	47:10	17.8	1:27	38	27:54	8:59	1:29:41
31	99	Cherie Langland	Ottumwa	IA	33	F	16	8:40	1:35	2:35	47	50:59	16.5	1:15	33	26:58	8:41	1:30:24
32	213	Betsy Jepsen	Urbandale	IA	37	F	30	9:46	1:48	2:06	34	48:36	17.3	2:03	39	28:14	9:05	1:30:43
33	128	Nancy O'malley	Iowa City	IA	29	F	45	10:47	1:59	1:58	43	50:36	16.6	1:24	30	26:16	8:27	1:31:00
34	41	Gail Carpenter	Iowa City	IA	24	F	23	9:03	1:40	3:33	45	50:47	16.5	0:56	34	27:17	8:47	1:31:34
35	112	Liz Mannion	Altoona	IA	38	F	66	12:23	2:16	2:15	14	43:07	19.5	2:23	56	31:35	10:40	1:31:40
36	238	Sally Johnson	Grimes	IA	26	F	57	11:45	2:09	2:58	32	48:21	17.4	1:07	37	27:43	8:56	1:31:52
37	39	Sarah Ezdega	Bondurant	IA	20	F	2	7:07	1:19	2:48	48	50:59	16.5	1:27	45	29:59	9:39	1:32:19
38	91	Emily Kell	Des Moines	IA	27	F	18	8:42	1:36	2:35	66	56:51	14.8	1:03	12	23:30	7:34	1:32:40
39	42	Caroline Carter	Marshalltown	IA	28	F	44	10:46	1:59	2:05	41	50:29	16.6	1:11	40	28:17	9:07	1:32:46
40	37	Rae Gene Burger	Des Moines	IA	58	F	40	10:25	1:55	3:19	27	47:00	17.9	2:11	54	31:27	10:08	1:34:20
41	272	Kathie Reis	Urbandale	IA	35	F	64	12:18	2:15	2:55	39	50:05	16.8	1:42	36	27:41	8:55	1:34:39
42	57	Susan Duoblyls	Des Moines	IA	48	F	59	12:04	2:13	2:12	42	50:30	16.6	1:51	42	28:31	9:11	1:35:06
43	36	Melanie Buchholz	Jackson	TN	38	F	50	11:21	2:05	2:03	37	49:42	16.9	1:56	47	30:37	9:52	1:35:38
44	303	Mary Harris	Marshalltown	IA	47	F	71	12:59	2:23	4:53	55	52:36	16.0	1:10	20	24:34	7:55	1:36:11
45	236	Janie Jeffries	Iowa City	IA	28	F	49	11:19	2:05	3:01	56	52:55	15.9	1:39	35	27:35	8:53	1:36:28
46	249	Sherri Selenke	Hudson	IA	37	F	52	11:29	2:06	3:53	59	53:41	15.7	1:16	31	26:28	8:32	1:36:44
47	40	Donna Callahan	Melbourne	IA	44	F	37	10:17	1:53	3:30	40	50:06	16.8	1:50	51	31:12	10:03	1:36:52
48	15	Elizabeth Kucera	Cedar Rapids	IA	45	F	34	10:07	1:51	1:54	35	48:55	17.2	1:34	67	34:53	11:14	1:37:22
49	44	Melanie Casavant	Iowa City	IA	19	F	21	8:53	1:38	5:07	44	50:44	16.6	1:39	50	31:06	10:01	1:37:29
50	119	Jody Meyer	Iowa City	IA	42	F	27	9:25	1:44	4:13	46	50:50	16.5	2:29	52	31:26	10:07	1:38:21
51	228	Maria David	West Des Moines	IA	34	F	61	12:08	2:14	3:03	51	51:38	16.3	1:19	53	31:26	10:07	1:39:33
52	243	Yolanda Chrystal	Urbandale	IA	31	F	63	12:17	2:15	2:57	52	51:38	16.3	1:11	55	31:32	10:09	1:39:33
53	111	Jennifer Main	Adel	IA	28	F	69	12:38	2:19	2:19	38	49:47	16.9	2:20	60	32:09	10:21	1:40:11
54	194	Theresa Frederikse	Des Moines	IA	35	F	32	9:51	1:48	2:19	65	56:27	14.9	2:05	46	30:17	9:45	1:40:57
55	31	Stephanie Brennan	Ames	IA	25	F	62	12:14	2:15	2:18	50	51:24	16.3	2:28	49	30:55	9:57	1:41:17
56	27	Pam Bissing	West Des Moines	IA	42	F	29	9:42	1:47	3:54	36	49:41	16.9	2:55	71	35:17	11:22	1:41:27
57	251	Shelli Smoldt	Reinbeck	IA	37	F	51	11:24	2:05	2:47	61	54:21	15.5	1:33	59	31:39	10:12	1:41:42
58	159	Sheri Swenning	Iowa City	IA	29	F	70	12:58	2:23	3:55	53	51:53	16.2	1:32	58	31:38	10:11	1:41:55
59	81	Beth Jebens	Des Moines	IA	29	F	74	13:53	2:33	2:28	49	51:20	16.4	1:46	61	33:05	10:39	1:42:30
60	79	Terry Huston	Ankeny	IA	42	F	28	9:33	1:45	3:57	60	54:01	15.6	2:04	64	34:14	11:01	1:43:46
61	149	Marsha Simmons	West Amana	IA	32	F	58	11:53	2:11	3:54	64	55:40	15.1	1:10	57	31:36	10:11	1:44:11
62	206	Katrina Schultz	Williamsburg	IA	21	F	7	7:56	1:27	3:03	67	57:03	14.7	1:19	70	35:17	11:22	1:44:35
63	102	Stephanie Lawrence	Cedar Falls	IA	51	F	67	12:31	2:18	4:46	57	53:03	15.8	1:32	63	33:51	10:54	1:45:42
64	188	Kelly Wood	Oxford	IA	17	F	75	14:05	2:35	2:51	72	1:01:56	13.6	1:20	29	25:46	8:18	1:45:58
65	148	Amy Seehusen	New Brighton	MN	31	F	35	10:09	1:52	2:42	63	54:34	15.4	1:15	74	37:25	12:03	1:46:03
66	146	Karen Safris	Des Moines	IA	43	F	78	14:26	2:39	3:17	54	51:54	16.2	2:50	66	34:44	11:11	1:47:11
67	60	Makai Echer	Huxley	IA	33	F	73	13:30	2:29	3:19	70	1:00:08	14.0	1:23	44	29:49	9:36	1:48:08
68	122	Susan Mills	Sioux Rapids	IA	44	F	72	13:28	2:28	2:05	58	53:22	15.7	3:03	75	37:39	12:07	1:49:35
69	307	Carol Grandanette	W. Des Moines	IA	43	F	65	12:19	2:16	4:15	62	54:23	15.5	4:04	68	34:59	11:16	1:49:57
70	97	Shannon Kozeliski	Des Moines	IA	26	F	76	14:19	2:37	3:36	68	57:31	14.6	1:40	62	33:39	10:50	1:50:43
71	231	Tara Loan	Des Moines	IA	20	F	48	11:08	2:03	2:42	74	1:05:24	12.8	1:00	48	30:43	9:53	1:50:55
72	118	Sara Messer	Cedar Rapids	IA	26	F	54	11:37	2:08	4:31	69	58:31	14.4	4:04	65	34:31	11:07	1:53:13
73	43	Jane Carter	Marshalltown	IA	59	F	43	10:45	1:58	3:54	73	1:04:54	12.9	1:26	69	35:14	11:21	1:56:12
74	126	Dawn Newbill	North Liberty	IA	28	F	53	11:36	2:08	4:38	71	1:00:09	14.0	3:29	72	36:29	11:45	1:56:18
75	85	Therese Johnson	West Des Moines	IA	26	F	41	10:28	1:55									