

FEMALE RESULTS

TOT	PLC #	NAME	CITY	ST	AGE	S	plc	time	yds	TRAN	BIKE	TRAN	RUN				
pace	TIME									time	plc	time	plc	time			
7:24	1:14:25	1	564 Chris Maravelas-Ki	Adel	IA	34	F	3	8:12	1:30	1:31	1	40:44	20.6	1:01	5	22:59
6:53	1:16:04	2	546 Alex Mertens	Cedar Rapids	IA	23	F	5	8:25	1:33	1:32	6	43:38	19.3	1:08	1	21:22
7:30	1:16:51	3	385 L A Lowe	Iowa City	IA	43	F	10	9:25	1:44	1:48	3	41:00	20.5	1:23	8	23:17
7:17	1:17:09	4	515 Jennifer Halfpap	West Des Moine	IA	28	F	25	10:57	2:01	1:26	4	41:03	20.5	1:08	3	22:37
7:26	1:17:59	5	371 Julie Zierke-Clark	Clive	IA	39	F	20	10:12	1:52	2:33	2	40:52	20.6	1:21	6	23:04
7:53	1:18:21	6	415 Julie Barr	Plattsmouth	NE	34	F	1	7:11	1:19	2:00	5	43:35	19.3	1:08	13	24:29
7:51	1:20:40	7	519 Rebecca Witihok-Hu	Iowa City	IA	19	F	2	7:34	1:23	1:44	12	45:30	18.5	1:32	12	24:22
7:54	1:21:01	8	418 Dawn Keller	Shell Rock	IA	31	F	16	10:02	1:51	1:45	7	43:39	19.3	1:05	14	24:32
7:27	1:21:02	9	332 Ginny Ryan	Iowa City	IA	32	F	11	9:27	1:44	2:08	11	44:33	18.9	1:51	7	23:06
7:56	1:21:50	10	498 Kristin Rinderkneec	Clive	IA	33	F	21	10:23	1:54	1:33	10	44:13	19.0	1:05	15	24:38
8:08	1:22:33	11	359 Carrie Kimpton	Cedar Falls	IA	31	F	15	10:00	1:50	1:57	9	44:04	19.1	1:18	18	25:16
7:20	1:22:34	12	567 Mackenzie Madison	Ankeny	IA	17	F	9	9:09	1:41	2:25	15	46:42	18.0	1:36	4	22:45
8:06	1:23:41	13	493 Fran Reis	Ventura	CA	24	F	8	8:57	1:39	2:09	14	46:11	18.2	1:18	17	25:09
7:42	1:24:42	14	316 Lisa Springer	Fort Dodge	IA	38	F	17	10:07	1:51	2:32	16	46:54	17.9	1:18	9	23:53
7:49	1:26:01	15	329 Lori Devries	Johnston	IA	31	F	19	10:11	1:52	2:00	21	48:07	17.5	1:30	11	24:16
7:47	1:27:34	16	525 Ramona Wright	Des Moines	IA	43	F	33	11:42	2:09	2:17	20	47:45	17.6	1:44	10	24:08
9:15	1:27:56	17	337 Barb Scholz	Des Moines	IA	39	F	12	9:32	1:45	2:02	13	46:11	18.2	1:29	26	28:44
9:45	1:28:11	18	530 Deborah Hankens	Cherokee	IA	53	F	14	9:43	1:47	2:28	8	43:43	19.2	2:02	33	30:17
8:45	1:28:22	19	448 Carrie Laseur	Mt Vernon	IA	32	F	26	11:02	2:02	1:22	19	47:20	17.8	1:28	23	27:12
7:05	1:28:38	20	336 Dana Foster	Dike	IA	37	F	27	11:02	2:02	2:41	28	52:05	16.1	0:52	2	21:59
10:06	1:30:57	21	344 Ariel Mindel	Iowa City	IA	20	F	13	9:40	1:46	1:35	17	46:54	17.9	1:28	36	31:21
10:16	1:32:20	22	495 Abby Ruby	Iowa City	IA	25	F	24	10:43	1:58	1:33	18	47:01	17.9	1:12	39	31:53
9:35	1:34:28	23	312 Christa Addy	Des Moines	IA	27	F	36	12:15	2:15	2:02	23	49:33	17.0	0:56	30	29:45
8:31	1:34:33	24	335 Nancy O'malley	Iowa City	IA	30	F	18	10:11	1:52	2:03	36	54:26	15.4	1:29	20	26:26
9:32	1:35:30	25	333 Ann Vestle	Cedar Rapids	IA	49	F	29	11:15	2:04	2:14	27	50:53	16.5	1:34	29	29:36
8:39	1:36:09	26	373 Shelley Buffalo	Tama	IA	36	F	48	16:44	3:04	2:36	22	49:06	17.1	0:52	22	26:53
8:05	1:36:15	27	358 Emily Pedersen	Chapel Hill	NC	25	F	30	11:25	2:06	2:31	40	56:15	14.9	0:59	16	25:07
9:39	1:36:18	28	318 Caroline Carter	Marshalltown	IA	29	F	23	10:36	1:57	1:51	31	52:47	15.9	1:08	32	29:59
11:13	1:36:37	29	438 Katrina Schultz	Coralville	IA	22	F	4	8:22	1:32	2:31	25	49:37	16.9	1:20	44	34:49
9:27	1:37:55	30	451 Jennifer Cole	Des Moines	IA	31	F	44	14:20	2:38	2:21	26	50:21	16.7	1:36	28	29:19
10:09	1:38:48	31	553 Julie Vardaman	Ames	IA	28	F	22	10:26	1:55	2:39	30	52:32	16.0	1:43	37	31:30
8:34	1:38:55	32	562 Mary Harris	Marshalltown	IA	48	F	41	14:00	2:34	3:07	32	53:00	15.9	2:13	21	26:37
8:55	1:38:57	33	506 Heidi Barr	Marshalltown	IA	17	F	7	8:53	1:38	2:36	45	58:52	14.3	0:57	24	27:41
8:59	1:39:59	34	321 Marsha Simmons	West Amana	IA	33	F	34	11:54	2:11	3:44	38	55:14	15.2	1:15	25	27:55
8:21	1:40:37	35	475 Marci Bengen	Reinbeck	IA	42	F	37	12:43	2:20	3:16	43	57:23	14.6	1:22	19	25:55
10:13	1:40:42	36	433 Kristina Sinnott	Grimes	IA	24	F	32	11:27	2:06	2:42	33	53:10	15.8	1:43	38	31:42
9:38	1:40:45	37	426 Heather Merritt	Newton	IA	27	F	6	8:47	1:37	3:18	41	56:37	14.8	2:10	31	29:55
9:25	1:42:18	38	501 Sheri Swenning	Iowa City	IA	30	F	40	13:49	2:32	3:29	34	53:11	15.8	2:37	27	29:15
9:49	1:42:23	39	326 Susan Duoblys	Des Moines	IA	49	F	35	12:15	2:15	2:32	37	55:09	15.2	2:01	34	30:29
10:03	1:43:03	40	413 Denise Krug	Iowa City	IA	32	F	46	16:01	2:56	2:04	29	52:06	16.1	1:40	35	31:14
11:44	1:43:46	41	364 Therese Slechta	Schleswig	IA	33	F	38	13:09	2:25	2:26	24	49:37	16.9	2:10	48	36:26
10:19	1:43:52	42	452 Jennifer Robertson	Iowa City	IA	30	F	28	11:03	2:02	2:14	42	56:50	14.8	1:44	41	32:03
10:59	1:47:39	43	505 Rose Boyle	West Des Moine	IA	38	F	45	14:30	2:40	2:53	35	54:04	15.5	2:07	43	34:07

