

TOP 10 SWIM

		SWIM		100	
NAME	CITY	ST	AGE	S	time yds
1	Trenton Tollakson	Hutchinson	KS	23	M 6:09 1:08
2	Matt Dahlka	Marshalltown	IA		6:39 1:13
3	Kelly Hackett	Cedar Falls	IA	34	M 6:49 1:15
4	Julie Barr	Plattsmouth	NE	34	F 7:11 1:19
5	Charlie Brockus	Cambridge	IA	52	M 7:13 1:20
6	Brian Shadle	Clive	IA	38	M 7:14 1:20
7	Nathan Kremer	Eagan	MN	23	M 7:14 1:20
8	Nick Langer	Rochester	MN	24	M 7:15 1:20
9	Ryan York	Cedar Rapids	IA	27	M 7:22 1:21
10	Rebecca Witihok-Hu	Iowa City	IA	19	F 7:34 1:23

TOP 10 FIRST TRANSITION

		TRAN			
NAME	CITY	ST	AGE	S	time
1	John Meyer	Ames	IA	19	M 1:00
2	Jason Halfpap	West Des Moines	IA	28	M 1:04
3	Trenton Tollakson	Hutchinson	KS	23	M 1:05
4	Reed Rinderknecht	Clive	IA	34	M 1:05
5	Stu Huntley	Adel	IA	44	M 1:08
6	Nick Scott	Cedar Rapids	IA	52	M 1:09
7	R Dale Weber	Ames	IA	40	M 1:11
8	Brian Shadle	Clive	IA	38	M 1:13
9	Nick Langer	Rochester	MN	24	M 1:15
10	Nate Smith	Merrill	IA	21	M 1:16

TOP 10 BIKE

		BIKE			
NAME	CITY	ST	AGE	S	time mph
1	Trenton Tollakson	Hutchinson	KS	23	M 32:27 25.9
2	Jason Halfpap	West Des Moines	IA	28	M 35:00 24.0
3	Stu Huntley	Adel	IA	44	M 35:54 23.4
4	Brian Shadle	Clive	IA	38	M 37:04 22.7
5	Nick Langer	Rochester	MN	24	M 37:17 22.5
6	Craig Olson	Marion	IA	38	M 37:22 22.5
7	Dennis Henderson	Cedar Rapids	IA	39	M 37:40 22.3
8	Jim Hagelie	Marshalltown	IA	36	M 37:46 22.3
9	Nate Smith	Merrill	IA	21	M 37:50 22.2
10	Gary Mckibben	Ankeny	IA	45	M 38:08 22.0

TOP 10 SECOND TRANSITION

		TRAN			
NAME	CITY	ST	AGE	S	time
1	Nick Langer	Rochester	MN	24	M 0:34
2	Chad Goldsmith	North Liberty	IA	26	M 0:36
3	Nate Smith	Merrill	IA	21	M 0:45
4	Dennis Henderson	Cedar Rapids	IA	39	M 0:46
5	Trenton Tollakson	Hutchinson	KS	23	M 0:46
6	Nick Scott	Cedar Rapids	IA	52	M 0:46
7	Tony Briggs	Pella	IA	31	M 0:48
8	Matt Pries	Waverly	IA	31	M 0:48
9	Bill Johnson	Hartford	IA	33	M 0:49
10	Matt Bollman	Phoenix	AZ	32	M 0:50

TOP 10 RUN

		RUN				
NAME	CITY	ST	AGE	S	time	pace
1	Trenton Tollakson	Hutchinson	KS	23	M 18:04	5:49
2	Ben Brown	Solon	IA		18:06	5:50
3	Nick Langer	Rochester	MN	24	M 19:02	6:08
4	Jeffrey Zickus	Minneapolis	MN	30	M 19:03	6:08
5	Chad Goldsmith	North Liberty	IA	26	M 19:09	6:10
6	Mike Robinson	Ankeny	IA	32	M 19:26	6:16
7	Nate Smith	Merrill	IA	21	M 19:48	6:23
8	Jason Halfpap	West Des Moines	IA	28	M 19:52	6:24
9	Dennis Henderson	Cedar Rapids	IA	39	M 20:05	6:28
10	Brian Shadle	Clive	IA	38	M 20:13	6:31