

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jenny Jackson	33	Cedar Rapids	IA	7:55	39:50	20:55	1:10:45
2	Apryl Harbaugh	23	Lisbon	IA	7:15	42:06	23:14	1:14:52
3	Diane Iversen	38	Ankeny	IA	9:56	40:21	25:26	1:19:00

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Stu Hayes	29	Urbandale	IA	6:00	32:38	17:05	59:05
2	J J Bailey	34	Des Moines	IA	6:33	34:37	18:28	1:01:23
3	Jason Maurice	23	Fairfield	IA	7:58	34:50	18:23	1:02:51

ATHENA OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Rachelle Gehring	40	Waukee	IA	12:39	43:21	27:07	1:25:50
2	Heather Myer-Davis	44	Des Moines	IA	11:50	45:55	29:24	1:30:51

CLYDESDALE OVERALL 1 TO 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ethan Guca	33	Iowa City	IA	8:58	39:37	25:54	1:16:53
2	Matt Mixdorf	44	Ankeny	IA	10:48	43:07	22:42	1:19:36

FEMALE INDIVIDUAL AGE GROUP: 1 - 14

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Diana Zarate	13	Cedar Falls	IA	8:32	1:01:42	47:35	2:00:47

MALE INDIVIDUAL AGE GROUP: 1 - 14

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Alex Graeve	14	Ankeny	IA	7:32	42:36	22:55	1:15:52
2	Jaime Zarate	14	Cedar Falls	IA	7:03	49:52	24:52	1:24:20
3	Christopher Jenks	13	Ames	IA	8:06	1:42:07	32:48	2:25:44

FEMALE INDIVIDUAL AGE GROUP: 15 - 17

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Alli Koch	15	Cedar Rapids	IA	9:38	51:05	25:44	1:29:05

2	Paige Beltowski	15	Cedar Falls	IA	8:53	49:39	30:13	1:31:21
3	Angela Upah	17	Garwin	IA	14:06	51:48	29:26	1:38:34

MALE INDIVIDUAL AGE GROUP: 15 - 17

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Spencer Holten	17	Cedar Rapids	IA	7:04	41:52	21:31	1:13:24
2	Matthew Schneider	17	West Des Moines	IA	8:34	44:58	22:09	1:18:30
3	Billy Boswell	16	Corning	IA	12:46	44:37	24:30	1:28:06

FEMALE INDIVIDUAL AGE GROUP: 18 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jordan Hodge	19	Dubuque	IA	10:33	47:00	25:49	1:28:18
2	English Fiscus	19	Union	IA	12:00	49:15	29:01	1:32:44
3	Rachel Madrigal	19	Decorah	IA	9:52	55:38	26:26	1:34:44

MALE INDIVIDUAL AGE GROUP: 18 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Benjamin Potts	19	Pleasant Hill	IA	6:54	36:52	22:17	1:07:45
2	Nicholas Campbell	19	West Liberty	IA	11:04	39:36	23:19	1:16:34
3	Steven Woods	18	Cedar Rapids	IA	8:45	41:40	23:14	1:17:19

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Elaina Mertens	22	Cedar Rapids	IA	10:42	47:33	24:14	1:25:32
2	Bethany Vansloten	20	Decorah	IA	9:36	48:35	24:32	1:26:09
3	Elizabeth Madrigal	21	Decorah	IA	10:46	52:57	30:27	1:37:29

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Chris Vander Linde	23	Ankeny	IA	6:59	35:23	19:08	1:03:44
2	Tim Campbell	22	West Liberty	IA	9:03	37:34	22:27	1:11:35
3	Jonathan Frank	21	Urbandale	IA	8:08	39:56	26:04	1:16:41

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jen Rife	28	Cedar Rapids	IA	9:42	42:46	23:18	1:19:24
2	Kari Redenius	29	Cedar Falls	IA	7:35	48:02	26:00	1:27:53
3	Sarah Michaelson	28	Ankeny	IA	10:36	48:41	27:37	1:30:37

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	T J Tollakson	28	West Des Moines	IA	6:11	37:22	18:13	1:03:20
2	Adam Nosbisch	29	Waverly	IA	6:28	40:29	21:38	1:10:52
3	Phillip James	25	West Des Moines	IA	8:24	38:19	21:22	1:10:57

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jenny Vostatek	31	Coralville	IA	9:32	43:00	25:11	1:20:19
2	Ali Payne	31	Minneapolis	IA	9:22	44:45	25:48	1:22:59
3	Carissa Shima	30	Waterloo	IA	10:00	47:21	23:21	1:23:30

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Scott Gall	34	Cedar Falls	IA	8:03	35:35	17:25	1:03:02
2	David Thatcher	34	Cedar Rapids	IA	7:40	37:23	19:45	1:06:50
3	Joel Rinderknecht	34	Waukee	IA	6:57	36:10	21:48	1:07:32

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Lori Devries	36	Newton	IA	10:07	42:53	24:43	1:20:53
2	Dalena Feller	37	West Des Moines	IA	9:44	42:07	28:04	1:22:53
3	Tina Booker	39	Cedar Rapids	IA	10:18	44:27	24:49	1:24:43

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Louis Dewild	35	Des Moines	IA	7:50	35:03	18:19	1:03:18
2	Micah Moore	36	Adel	IA	7:30	36:45	17:41	1:04:16
3	Jeffrey Zickus	35	Minneapolis	MN	7:38	39:47	17:58	1:08:18

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Kristin Sherman	42	Des Moines	IA	9:16	42:16	27:03	1:22:54
2	Heather Worthingto	40	West Des Moines	IA	10:28	42:49	28:23	1:24:27
3	Trina Dunham	43	Hiawatha	IA	10:09	43:32	31:04	1:28:15

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Loran Storts	43	Clive	IA	8:15	36:08	19:18	1:05:51
2	Jim Hagelie	40	Waukee	IA	8:36	35:53	21:32	1:08:15
3	Todd Bindel	41	West Des Moines	IA	7:43	37:22	20:47	1:08:37

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Susan Skinner	49	Des Moines	IA	9:15	45:55	26:22	1:24:31
2	Connie Hodge	49	Dubuque	IA	10:39	41:51	29:25	1:25:32
3	Vicki Malmanger	46	Bondurant	IA	10:31	44:42	27:37	1:26:22

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Bob Booker	46	Cedar Rapids	IA	8:10	39:00	19:46	1:09:37
2	Stu Huntley	49	Adel	IA	8:30	35:13	23:19	1:09:53
3	Tim Hodge	45	Dubuque	IA	8:13	37:33	21:59	1:10:40

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ann Vestle	54	Cedar Rapids	IA	10:50	50:34	30:53	1:36:09
2	Susan Duoblys	53	Des Moines	IA	11:51	51:45	30:06	1:37:08
3	Nancy Adams	52	West Des Moines	IA	13:54	54:55	37:51	1:50:55

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Joseph Beyer	51	Ottawa	IL	8:51	35:27	20:58	1:08:12
2	Guy Olson	51	Solon	IA	7:32	39:24	21:49	1:11:21
3	Scott Devore	53	Cedar Rapids	IA	8:40	40:37	23:14	1:15:31

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Deborah Hankens	57	Cherokee	IA	10:07	42:57	32:03	1:28:58
2	Clara Decoster	56	East Moline	IL	13:45	54:01	31:23	1:43:00
3	Connie Robinson	57	Bondurant	IA	12:15	56:51	33:11	1:47:57

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Joe Robinson	57	Bondurant	IA	7:59	38:28	22:47	1:12:22

2	Patrick McCreary	57	Alton	IL	8:09	39:53	23:34	1:13:40
3	Jim Johns	55	Cedar Rapids	IA	9:17	39:35	23:56	1:15:32

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Don Utsinger	61	Cedar Rapids	IA	7:57	41:10	23:56	1:15:18
2	Robert Casey	62	Kihei	HI	12:06	43:51	29:14	1:28:15
3	Steven Warbasse	61	Cedar Rapids	IA	12:02	47:51	30:43	1:34:39

FEMALE INDIVIDUAL AGE GROUP: 65 - 69

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jane Carter	65	Marshalltown	IA	11:22	1:01:27	35:31	1:52:54

MALE INDIVIDUAL AGE GROUP: 65 - 69

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Richard Nehring	68	Alden	IA	10:15	43:04	32:26	1:30:10

TEAM CATEGORY: Male

1	Dads Who Tri	8:08	37:47	21:46	1:09:13
	John Byerly	Jon Poling	Norm Bach		
2	Bozo's	7:33	45:55	20:56	1:15:52
	Aaron Loupee	Josh Menuay	Justin Campbell		

TEAM CATEGORY: Female

1	Team K K M	13:34	55:14	29:47	1:42:29
	Karen Humpal	Marcia Madrigal	Kendra Vansloten		

TEAM CATEGORY: Coed

1	The A-Maizeing Audacious Trio	9:15	44:13	19:19	1:14:20
	Andrea Benson	Steele Fiscus	Dane McDonald		
2	Barbee & Boys	13:30	1:06:19	24:20	1:45:51
	Matthew Urhammer	Elise Fiscus	Gage Fiscus		