

Ice Breaker Triathlon
Walnut Creek YMCA
West Des Moines, IA.
Jan. 30, 2011

| Place | Wave | Last Name | First Name | Gender | Age | Swim | Bike | Original Run |
|-------|------|---------------|------------|--------|-----|---------|---------|--------------|
| 1 | W1 | McLaren | Jared | M | 32 | 0:06:21 | 0:15:33 | 0:11:58 |
| 2 | W1 | Parlee | Ryan | M | 30 | 0:04:50 | 0:17:13 | 0:11:51 |
| 3 | W1 | Griffith | Dave | M | 45 | 0:05:56 | 0:17:39 | 0:11:34 |
| 4 | W1 | Albright | Adam | M | 34 | 0:05:03 | 0:16:42 | 0:13:31 |
| 5 | W1 | Albright | Alex | M | 31 | 0:04:54 | 0:17:24 | 0:13:06 |
| 6 | W2 | Hamilton | Tom | M | 45 | 0:05:32 | 0:17:22 | 0:12:31 |
| 7 | W6 | Whitmore | Steph | M | 32 | 0:07:08 | 0:17:18 | 0:13:45 |
| 8 | W3 | Flood | Aryn | F | 31 | 0:05:13 | 0:18:27 | 0:14:32 |
| 9 | W2 | Sherman | Ken | M | 50 | 0:07:15 | 0:17:21 | 0:13:55 |
| 10 | W6 | Carlson | Shawn | M | 34 | 0:06:11 | 0:17:50 | 0:14:36 |
| 11 | W1 | Greb | Nick | M | 29 | 0:05:43 | 0:18:40 | 0:14:31 |
| 12 | W2 | Hentzen | Rob | M | 50 | 0:08:29 | 0:17:16 | 0:13:20 |
| 13 | W1 | Vander Linden | Austin | M | 27 | 0:06:03 | 0:18:07 | 0:16:00 |
| 14 | W6 | Frazer | Linda | F | 46 | 0:06:36 | 0:17:44 | 0:16:04 |
| 15 | W2 | Beal | Jim | M | 41 | 0:04:52 | 0:19:10 | 0:16:35 |
| 16 | W6 | Busch | Pete | M | 37 | 0:07:34 | 0:18:21 | 0:15:13 |
| 17 | W6 | Rhinehart | Heath | M | 38 | 0:06:24 | 0:19:06 | 0:15:53 |
| 18 | W2 | Meyer | John | M | 55 | 0:09:00 | 0:17:08 | 0:15:41 |
| 19 | W6 | Smith | Brad | M | 52 | 0:07:58 | 0:18:03 | 0:15:51 |
| 20 | W1 | Freed | Lucas | M | 32 | 0:05:27 | 0:18:46 | 0:17:42 |
| 21 | W2 | O'Brien | Sean | M | 41 | 0:07:16 | 0:19:50 | 0:15:29 |
| 22 | W5 | Jones | Barry | M | 42 | 0:10:35 | 0:17:16 | 0:15:19 |
| 23 | W3 | Zmolek | Meg | F | 18 | 0:06:39 | 0:20:08 | 0:16:42 |
| 24 | W3 | Zmolek | Amy | F | 24 | 0:06:21 | 0:21:08 | 0:16:36 |
| 25 | W6 | ... | ... | M | 30 | 0:10:07 | 0:18:04 | 0:14:44 |