

WHALETOWN TRIATHLON

August 2, 2003

Lake Anita State Park, Anita, Iowa

1K Swim - 40K Bike - 10K Run

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TOT	DIV	SWIM	100	TRAN	BIKE	TRAN	RUN			
PLC	PLC	NAME	CITY	ST	AGE	S	plc			
time	yds	time	plc	time	mph	time	plc	time	pace	
TIME										
1	1/6	Darin Eisinger	Clarion	IA	29 M	4				
16:34	1:31	1:29	2	1:01:52	24.1	0:34	4	38:33	6:13	
1:59:00										
2	1/23	David Mortensen	Omaha	NE	36 M	6				
17:01	1:34	1:35	1	1:01:40	24.2	0:50	12	40:55	6:36	
2:02:00										
3	2/23	Doug Vanderweide	W. Des Moines	IA	36 M	7				
17:46	1:38	1:19	3	1:03:21	23.5	0:48	9	40:01	6:27	
2:03:13										
4	3/23	Loran Storts	Urbandale	IA	38 M	17				
19:08	1:45	1:19	8	1:06:03	22.6	0:39	2	36:23	5:52	
2:03:29										
5	1/4	Chris Vander Linde	Ankeny	IA	18 M	2				
16:19	1:30	1:54	9	1:06:15	22.5	0:35	8	39:36	6:23	
2:04:37										
6	1/5	Nate Smith	Merrill	IA	20 M	29				
19:51	1:49	1:13	5	1:04:31	23.1	0:34	7	39:06	6:18	
2:05:13										
7	1/16	Jim Rogers	Omaha	NE	40 M	5				
16:53	1:33	1:28	6	1:05:16	22.9	0:59	13	40:58	6:36	
2:05:32										
8	1/15	Matt Zinno	Ankeny	IA	31 M	14				
18:52	1:44	1:05	19	1:08:36	21.7	0:23	5	38:34	6:13	
2:07:27										
9	2/6	Gerald Kubiak	Omaha	NE	28 M	18				
19:08	1:45	1:35	38	1:11:37	20.8	0:30	3	36:36	5:54	
2:09:24										
10	4/23	Craig Olson	Marion	IA	37 M	20				
19:13	1:46	1:18	4	1:04:26	23.2	0:46	26	44:54	7:14	
2:10:35										
11	5/23	John Early	Omaha	NE	35 M	10				

18:15	1:41	1:41	15	1:07:48	22.0	2:33	10	40:43	6:34
2:10:57									
12	2/5	John Tripp		Omaha	NE	23	M	80	
25:30	2:20	1:20	18	1:08:09	21.9	0:45	1	35:38	5:45
2:11:20									
13	2/15	Kevin Barnes		Indianola	IA	31	M	34	
20:18	1:52	1:26	31	1:10:14	21.2	0:40	6	38:48	6:15
2:11:24									
14	2/16	Gary Mckibben		Altoona	IA	44	M	21	
19:20	1:46	1:46	13	1:07:40	22.0	0:38	18	43:01	6:56
2:12:24									
15	3/16	John Marsh		Kearney	NE	44	M	62	
23:48	2:11	1:30	12	1:07:39	22.0	0:53	11	40:46	6:34
2:14:34									
16	6/23	Kurt Beisch		Omaha	NE	36	M	27	
19:42	1:48	1:29	17	1:08:08	21.9	0:32	29	45:17	7:18
2:15:06									
17	7/23	Don Romig		Boone	IA	39	M	63	
24:02	2:12	1:47	10	1:06:34	22.4	0:56	15	41:57	6:45
2:15:14									
18	1/6	Carol Smolsky		Papillion	NE	43	F	8	
18:07	1:40	1:31	30	1:10:01	21.3	0:46	30	45:20	7:18
2:15:43									
19	8/23	Tom Hamilton		Clive	IA	38	M	24	
19:35	1:48	1:28	21	1:08:57	21.6	0:43	36	45:49	7:23
2:16:31									
20	2/6	Rachel Stauffer		Des Moines	IA	40	F	1	
16:10	1:29	1:29	40	1:12:09	20.7	0:57	38	46:03	7:25
2:16:46									
21	1/11	David Newman		Minneapolis	MN	49	M	72	
24:30	2:15	1:45	11	1:06:49	22.3	0:47	19	43:33	7:01
2:17:22									
22	4/16	Bob Watson		Ames	IA	43	M	12	
18:43	1:43	1:59	37	1:11:29	20.9	1:37	20	43:40	7:02
2:17:25									
23	2/11	Greg Madison		Ankeny	IA	48	M	69	
24:22	2:14	1:51	14	1:07:47	22.0	0:49	17	43:01	6:56
2:17:47									
24	9/23	Adam Fuller		Davenport	IA	37	M	38	
21:09	1:56	1:18	29	1:09:55	21.3	1:11	27	45:05	7:16
2:18:35									
25	3/15	David S. Martindal		Burlington	IA	32	M	89	
26:29	2:26	1:37	23	1:09:14	21.5	0:30	14	41:07	6:37
2:18:54									
26	4/15	Dave Bracken		Omaha	NE	34	M	3	
16:32	1:31	1:24	58	1:16:29	19.5	0:50	28	45:09	7:16
2:20:20									
27	10/23	Matt Busick		Des Moines	IA	35	M	32	

19:58	1:50	2:03	22	1:08:58	21.6	1:22	48	48:25	7:48
2:20:44									
28	3/6	L.a. Lowe		Iowa City	IA	42 F	43		
21:40	1:59	1:38	28	1:09:43	21.4	0:57	42	46:51	7:33
2:20:47									
29	3/6	Eric Reddinger		Madison	SD	27 M	37		
20:49	1:55	1:45	24	1:09:22	21.5	0:30	49	48:29	7:49
2:20:53									
30	11/23	Scott Fairbairn		Bondurant	IA	36 M	47		
22:13	2:02	1:25	20	1:08:52	21.7	0:42	50	48:34	7:49
2:21:45									
31	3/11	David Krueger		Waterloo	IA	49 M	57		
23:37	2:10	1:55	7	1:05:52	22.6	1:19	58	49:20	7:57
2:22:01									
32	5/15	Britt Dinsdale		W. Des Moines	IA	32 M	44		
21:58	2:01	1:41	44	1:12:56	20.5	0:46	25	44:47	7:13
2:22:06									
33	4/11	Jeff Jacob		Fremont	NE	45 M	73		
24:32	2:15	1:28	34	1:11:03	21.0	0:49	23	44:33	7:11
2:22:23									
34	1/4	Katy Muelhaupt		Des Moines	IA	31 F	45		
22:02	2:01	1:28	49	1:14:29	20.0	0:40	22	44:12	7:07
2:22:49									
35	12/23	Brad Edmister		Des Moines	IA	36 M	19		
19:10	1:46	1:27	16	1:07:57	22.0	0:45	79	54:11	8:44
2:23:28									
36	3/5	Jeff Stone		Ames	IA	20 M	28		
19:45	1:49	1:46	25	1:09:39	21.4	0:46	71	51:57	8:22
2:23:51									
37	13/23	Michael Rieks		W. Des Moines	IA	36 M	91		
26:36	2:26	1:45	27	1:09:43	21.4	1:04	31	45:23	7:19
2:24:28									
38	6/15	Lon Peterson		Mankato	MN	33 M	31		
19:55	1:50	2:50	50	1:14:49	19.9	1:12	35	45:49	7:23
2:24:32									
39	7/15	Reed Rinderkencht		Clive	IA	33 M	23		
19:28	1:47	1:27	52	1:15:13	19.8	0:34	55	48:45	7:51
2:25:25									
40	14/23	Chris E. Krug		Iowa City	IA	38 M	61		
23:47	2:11	1:45	26	1:09:42	21.4	1:57	53	48:41	7:51
2:25:51									
41	1/6	Bill Ingels		Cedar Rapids	IA	53 M	50		
22:59	2:06	1:53	48	1:14:07	20.1	0:54	39	46:24	7:28
2:26:15									
42	2/4	John Meyer		Cedar Rapids	IA	18 M	15		
18:58	1:44	1:32	70	1:18:58	18.9	0:39	40	46:26	7:29
2:26:30									
43	5/11	Brad Brunia		Huxley	IA	47 M	25		

19:37	1:48	2:26	32	1:10:21	21.2	1:20	74	53:02	8:33
2:26:44									
44	8/15	Matthew Zepeda		Waukee	IA	30 M	42		
21:36	1:59	2:12	51	1:15:10	19.8	1:12	41	46:50	7:33
2:26:57									
45	5/16	Erwin Bonder		Omaha	NE	41 M	56		
23:35	2:10	1:28	53	1:15:14	19.8	1:07	34	45:47	7:23
2:27:09									
46	2/4	Jane M. Mangold		Bozeman	MT	32 F	26		
19:39	1:48	2:35	76	1:19:54	18.7	1:37	21	43:52	7:04
2:27:36									
47	4/6	Dustin Mars		W Des Moines	IA	27 M	78		
25:15	2:19	1:28	36	1:11:25	20.9	0:56	51	48:38	7:50
2:27:41									
48	6/16	Kirk Morrow		Lincoln	NE	42 M	59		
23:41	2:10	1:54	64	1:17:35	19.2	0:44	24	44:42	7:12
2:28:33									
49	5/6	Matthew Pross		Windsor Height	IA	25 M	64		
24:04	2:12	1:42	35	1:11:03	21.0	1:31	64	50:47	8:11
2:29:05									
50	1/2	Deborah Battaglia		St Louis	MO	35 F	33		
20:17	1:52	1:57	72	1:19:05	18.9	0:51	47	48:19	7:47
2:30:27									
51	1/2	Rick Moon		Sioux Falls	SD	55 M	55		
23:31	2:09	1:54	45	1:13:22	20.3	0:55	65	50:53	8:12
2:30:34									
52	4/5	Tim Strandberg		Cedar Rapids	IA	22 M	53		
23:22	2:09	2:23	54	1:16:02	19.6	1:12	44	47:55	7:43
2:30:53									
53	3/4	Kara Feddersen		W Des Moines	IA	30 F	36		
20:43	1:54	1:37	71	1:19:01	18.9	0:58	56	48:48	7:52
2:31:05									
54	7/16	Joe Paulsen		Blue Grass	IA	44 M	40		
21:30	1:58	2:29	62	1:17:23	19.3	1:09	52	48:40	7:50
2:31:09									
55	1/3	Ken Deman		Omaha	NE	64 M	48		
22:17	2:03	2:36	33	1:10:30	21.2	1:56	84	55:11	8:53
2:32:28									
56	6/11	Robert Ihry		Iowa City	IA	45 M	60		
23:45	2:11	2:23	46	1:13:42	20.2	0:50	73	52:14	8:25
2:32:52									
57	9/15	Andrew Becker		Plainview	MN	33 M	81		
25:30	2:20	3:10	61	1:16:51	19.4	2:34	37	45:58	7:24
2:34:01									
58	2/6	Alan Behrens		Council Bluffs	IA	53 M	110		
33:55	3:06	1:53	42	1:12:41	20.5	0:59	33	45:40	7:21
2:35:05									
59	7/11	Stan Shirk		Omaha	NE	49 M	108		

32:46	3:00	2:56	43	1:12:49	20.5	1:54	32	45:32	7:20
2:35:55									
60	10/15	Alexsandro Dos San		Davenport			IA	30 M	
61	8/16	Bryan Weigel		Johnston			IA	42 M	94
26:58	2:28	2:16	59	1:16:30	19.5	0:53	61	50:26	8:07
2:37:00									
62	9/16	Christopher Delane		Ames			IA	43 M	83
25:39	2:21	2:22	55	1:16:03	19.6	1:20	72	52:02	8:23
2:37:25									
63	15/23	Michael Porter		Ankeny			IA	36 M	95
27:26	2:31	1:53	39	1:12:01	20.7	1:58	78	54:10	8:43
2:37:26									
64	10/16	Mark Stickrod		Omaha			NE	41 M	58
23:41	2:10	2:11	73	1:19:06	18.9	0:59	70	51:37	8:19
2:37:31									
65	1/1	Casey Baustain		Cedar Rapids			IA	17 F	41
21:33	1:59	1:53	89	1:24:38	17.6	1:28	46	48:14	7:46
2:37:45									
66	11/15	Matt Mckay		Omaha			NE	31 M	49
22:48	2:05	2:01	63	1:17:28	19.3	1:54	76	53:44	8:39
2:37:53									
67	11/16	Terrence Wood		Omaha			NE	40 M	96
27:44	2:33	3:11	66	1:18:00	19.1	2:00	43	47:31	7:39
2:38:24									
68	4/4	Pam Bracken		Omaha			NE	34 F	39
21:22	1:58	3:01	68	1:18:37	19.0	2:02	75	53:36	8:38
2:38:36									
69	12/15	Larry Loffredo		Norwalk			IA	32 M	87
26:12	2:24	2:14	95	1:27:15	17.1	1:01	16	42:29	6:51
2:39:09									
70	12/16	Andrew Lenze		Marion			IA	40 M	93
26:44	2:27	2:47	74	1:19:20	18.8	1:52	57	48:50	7:52
2:39:30									
71	1/1	Jane Riessen		Des Moines			IA	25 F	92
26:37	2:26	2:04	57	1:16:10	19.6	1:03	81	54:37	8:48
2:40:29									
72	1/5	Alexandra Mertens		Cedar Rapids			IA	23 F	11
18:28	1:42	1:51	97	1:28:53	16.8	1:01	67	51:13	8:15
2:41:25									
73	1/2	Jan Mohs		Clive			IA	51 F	67
24:18	2:14	1:39	83	1:23:35	17.8	1:14	66	50:56	8:12
2:41:40									
74	3/6	Gene Davis		Lincoln			NE	51 M	16
19:06	1:45	3:13	69	1:18:40	19.0	1:48	91	59:02	9:30
2:41:47									
75	2/3	Ken Kirschenmann		Lincoln			NE	61 M	82
25:38	2:21	2:58	86	1:23:49	17.8	1:08	54	48:42	7:51
2:42:12									

76	8/11	John W. Meyes	W. Des Moines	IA	47 M	79			
25:27	2:20	2:16	79	1:21:44	18.2	1:49	69	51:34	8:18
2:42:49									
77	16/23	David Paladino	Omaha	NE	36 M	68			
24:20	2:14	2:43	93	1:26:36	17.2	2:04	59	50:12	8:05
2:45:55									
78	17/23	Bob Levinstein	Des Moines	IA	37 M	52			
23:16	2:08	2:36	88	1:24:35	17.6	1:12	80	54:18	8:45
2:45:56									
79	4/6	John Seminara	Omaha	NE	54 M	74			
24:34	2:15	3:20	65	1:17:40	19.2	1:17	93	59:18	9:33
2:46:07									
80	9/11	Rob Stetson	Johnston	IA	49 M	102			
30:59	2:50	2:59	78	1:20:44	18.5	1:00	63	50:35	8:09
2:46:15									
81	18/23	Scott Morris	Omaha	NE	37 M	46			
22:10	2:02	2:42	81	1:23:06	17.9	1:21	87	57:04	9:11
2:46:21									
82	13/16	Don Cumings	Ankeny	IA	40 M	105			
32:01	2:56	2:50	47	1:13:45	20.2	2:00	88	57:05	9:12
2:47:40									
83	2/2	Helen Redmond	Grinnell	IA	39 F	98			
27:53	2:33	2:32	56	1:16:05	19.6	1:33	94	1:00:14	9:42
2:48:15									
84	19/23	Rich Pross	Atlantic	IA	39 M	101			
30:25	2:47	2:33	77	1:20:30	18.5	1:01	77	53:55	8:41
2:48:22									
85	14/16	Bill Gutz	Blue Grass	IA	40 M	51			
23:12	2:08	2:22	91	1:24:57	17.6	1:41	86	56:45	9:08
2:48:55									
86	2/2	Deborah Hankens	Cherokee	IA	52 F	76			
24:51	2:17	2:29	67	1:18:18	19.0	1:45	98	1:02:04	10:00
2:49:25									
87	20/23	James B. Kickland	Atlantic	IA	36 M	88			
26:13	2:24	2:27	80	1:22:30	18.1	0:50	95	1:00:18	9:43
2:52:16									
88	2/2	Patrick Durow	Omaha	NE	57 M	114			
37:18	3:25	1:52	84	1:23:40	17.8	1:22	45	48:12	7:46
2:52:22									
89	5/5	Kevin Rindal	Davenport	IA	23 M	77			
25:12	2:19	1:32	41	1:12:36	20.5	0:58	114	1:12:11	11:37
2:52:29									
90	1/1	Carol Deman	Omaha	NE	62 F	54			
23:28	2:09	3:04	75	1:19:36	18.7	1:23	103	1:05:06	10:29
2:52:35									
91	13/15	Lance Fraley	Lincoln	NE	33 M	75			
24:37	2:15	2:30	101	1:33:05	16.0	1:54	62	50:34	8:09
2:52:37									

92	10/11	Paul Nathenson	Lincoln	NE	49 M	71
24:29	2:15	1:42 99 1:30:43	16.4	1:03	82	55:04 8:52
2:53:00						
93	15/16	Buck Wood	Minden	NE	44 M	106
32:05	2:56	4:23 60 1:16:39	19.5	2:12	89	57:55 9:20
2:53:11						
94	3/4	Max Hoegh	Atlantic	IA	15 M	85
26:05	2:23	3:03 96 1:27:33	17.0	1:19	85	56:15 9:04
2:54:12						
95	4/4	Tom Nelson	Atlantic	IA	16 M	70
24:27	2:15	2:46 108 1:35:52	15.6	0:54	60	50:16 8:06
2:54:13						
96	5/6	Mark Landry	Overland Park	KS	53 M	13
18:49	1:44	3:01 90 1:24:42	17.6	1:46	108	1:07:53 10:56
2:56:10						
97	11/11	David Swenson	Des Moines	IA	48 M	104
31:32	2:53	2:17 82 1:23:32	17.9	1:18	90	58:05 9:21
2:56:41						
98	1/1	Rae Gene Burger	Des Moines	IA	58 F	99
28:12	2:35	1:55 87 1:23:53	17.8	1:27	102	1:04:12 10:20
2:59:37						
99	14/15	Christian Kohler	Lincoln	NE	34 M	84
25:43	2:21	3:09 100 1:30:53	16.4	1:13	97	1:00:58 9:49
3:01:54						
100	15/15	Bryan Anderson	Greenfield	IA	30 M	109
32:49	3:00	2:36 92 1:25:13	17.5	0:46	99	1:02:17 10:02
3:03:39						
101	21/23	Ron Neems	Iowa City	IA	37 M	65
24:12	2:13	2:45 102 1:33:15	16.0	1:43	101	1:03:16 10:11
3:05:09						
102	22/23	Paul Wood	Omaha	NE	35 M	107
32:06	2:56	2:55 103 1:34:20	15.8	0:56	83	55:11 8:53
3:05:24						
103	2/5	Maria Feilmeyer	Coachella	CA	24 F	30
19:53	1:49	2:20 106 1:35:11	15.7	0:33	110	1:08:31 11:02
3:06:25						
104	3/5	Kristin Wells	Iowa City	IA	21 F	22
19:24	1:47	3:19 112 1:40:18	14.9	0:53	100	1:03:00 10:09
3:06:52						
105	4/6	Christyn Stumps	Syracuse	NE	42 F	103
31:31	2:53	2:38 94 1:27:06	17.1	1:27	109	1:08:18 11:00
3:10:59						
106	4/5	Nicole Kelly	Iowa City	IA	23 F	90
26:30	2:26	3:27 107 1:35:49	15.6	0:29	105	1:06:32 10:43
3:12:46						
107	5/6	Tammy Less	Omaha	NE	41 F	97
27:49	2:33	3:01 105 1:34:55	15.7	1:57	107	1:07:23 10:51
3:15:03						

108	23/23	Curt Jahde	Anita	IA	36 M	112
34:37	3:10	2:57	109 1:37:05	15.4	0:34	96 1:00:50 9:48
3:16:01						
109	16/16	Kent Harfst	Webster City	IA	41 M	66
24:18	2:14	3:53	111 1:40:03	14.9	3:21	104 1:05:33 10:33
3:17:06						
110	6/6	Albert Baker	W. Des Moines	IA	53 M	35
20:24	1:52	3:30	110 1:37:24	15.3	2:12	115 1:15:21 12:08
3:18:49						
111	1/1	Chinda David	Lincoln	NE	46 F	113
34:45	3:11	3:22	98 1:29:04	16.7	2:27	111 1:10:24 11:20
3:20:00						
112	3/3	Ken Kekke	Coralville	IA	61 M	111
34:26	3:09	4:23	104 1:34:28	15.8	1:36	106 1:07:06 10:48
3:21:57						
113	6/6	Troy Van Essen	Canton	SD	27 M	100
28:49	2:38	3:46	113 1:40:49	14.8	1:15	112 1:11:18 11:29
3:25:55						
114	5/5	Leslie Burkholder	Iowa City	IA	23 F	86
26:07	2:24	3:18	114 1:46:12	14.0	0:37	113 1:11:23 11:30
3:27:35						
115	6/6	Sonya Reynolds	Council Bluffs	IA	41 F	115
42:09	3:52	3:18	115 1:48:18	13.8	1:04	92 59:09 9:32
3:33:55						

MALE RESULTS

TOT	SWIM	100	TRAN	BIKE	TRAN	RUN	PLC	#	NAME	CITY	ST	AGE	S	plc
TIME	time	yds	time	time	time	time	time	yds	time	mph	time	plc	time	pace
16:34	1:31	1:29	2	1:01:52	24.1	0:34	4	38:33	6:13		IA	29 M	3	
1:59:00														
17:01	1:34	1:35	1	1:01:40	24.2	0:50	12	40:55	6:36		NE	36 M	5	
2:02:00														
17:46	1:38	1:19	3	1:03:21	23.5	0:48	9	40:01	6:27		IA	36 M	6	
2:03:13														
19:08	1:45	1:19	8	1:06:03	22.6	0:39	2	36:23	5:52		IA	38 M	14	

2:03:29

5	65	Chris Vander Linde Ankeny	IA	18	M	1			
16:19	1:30	1:54	9	1:06:15	22.5	0:35	8	39:36	6:23

2:04:37

6	17	Nate Smith	Merrill	IA	20	M	24		
19:51	1:49	1:13	5	1:04:31	23.1	0:34	7	39:06	6:18

2:05:13

7	72	Jim Rogers	Omaha	NE	40	M	4		
16:53	1:33	1:28	6	1:05:16	22.9	0:59	13	40:58	6:36

2:05:32

8	43	Matt Zinno	Ankeny	IA	31	M	11		
18:52	1:44	1:05	19	1:08:36	21.7	0:23	5	38:34	6:13

2:07:27

9	99	Gerald Kubiak	Omaha	NE	28	M	15		
19:08	1:45	1:35	36	1:11:37	20.8	0:30	3	36:36	5:54

2:09:24

10	82	Craig Olson	Marion	IA	37	M	17		
19:13	1:46	1:18	4	1:04:26	23.2	0:46	24	44:54	7:14

2:10:35

11	90	John Early	Omaha	NE	35	M	8		
18:15	1:41	1:41	15	1:07:48	22.0	2:33	10	40:43	6:34

2:10:57

12	37	John Tripp	Omaha	NE	23	M	65		
25:30	2:20	1:20	18	1:08:09	21.9	0:45	1	35:38	5:45

2:11:20

13	25	Kevin Barnes	Indianola	IA	31	M	27		
20:18	1:52	1:26	29	1:10:14	21.2	0:40	6	38:48	6:15

2:11:24

14	49	Gary Mckibben	Altoona	IA	44	M	18		
19:20	1:46	1:46	13	1:07:40	22.0	0:38	18	43:01	6:56

2:12:24

15	87	John Marsh	Kearney	NE	44	M	49		
23:48	2:11	1:30	12	1:07:39	22.0	0:53	11	40:46	6:34

2:14:34

16	35	Kurt Beisch	Omaha	NE	36	M	22		
19:42	1:48	1:29	17	1:08:08	21.9	0:32	27	45:17	7:18

2:15:06

17	80	Don Romig	Boone	IA	39	M	50		
24:02	2:12	1:47	10	1:06:34	22.4	0:56	15	41:57	6:45

2:15:14

18	8	Tom Hamilton	Clive	IA	38	M	20		
19:35	1:48	1:28	21	1:08:57	21.6	0:43	33	45:49	7:23

2:16:31

19	27	David Newman	Minneapolis	MN	49	M	58		
24:30	2:15	1:45	11	1:06:49	22.3	0:47	19	43:33	7:01

2:17:22

20	62	Bob Watson	Ames	IA	43	M	9		
18:43	1:43	1:59	35	1:11:29	20.9	1:37	20	43:40	7:02

2:17:25

21	16	Greg Madison	Ankeny	IA	48	M	55		
24:22	2:14	1:51	14	1:07:47	22.0	0:49	17	43:01	6:56

2:17:47

22	50	Adam Fuller	Davenport	IA	37	M	30		
21:09	1:56	1:18	28	1:09:55	21.3	1:11	25	45:05	7:16

2:18:35

23	22	David S. Martindal	Burlington	IA	32	M	73		
26:29	2:26	1:37	23	1:09:14	21.5	0:30	14	41:07	6:37

2:18:54

24	59	Dave Bracken	Omaha	NE	34	M	2		
16:32	1:31	1:24	52	1:16:29	19.5	0:50	26	45:09	7:16

2:20:20

25	94	Matt Busick	Des Moines	IA	35	M	26		
19:58	1:50	2:03	22	1:08:58	21.6	1:22	41	48:25	7:48

2:20:44

26	81	Eric Reddinger	Madison	SD	27	M	29		
20:49	1:55	1:45	24	1:09:22	21.5	0:30	42	48:29	7:49

2:20:53

27	32	Scott Fairbairn	Bondurant	IA	36	M	35		
22:13	2:02	1:25	20	1:08:52	21.7	0:42	43	48:34	7:49

2:21:45

28	91	David Krueger	Waterloo	IA	49	M	44		
23:37	2:10	1:55	7	1:05:52	22.6	1:19	50	49:20	7:57

2:22:01

29	64	Britt Dinsdale	W. Des Moines	IA	32	M	33		
21:58	2:01	1:41	41	1:12:56	20.5	0:46	23	44:47	7:13

2:22:06

30	78	Jeff Jacob	Fremont	NE	45	M	59		
24:32	2:15	1:28	32	1:11:03	21.0	0:49	21	44:33	7:11

2:22:23

31	69	Brad Edmister	Des Moines	IA	36	M	16		
19:10	1:46	1:27	16	1:07:57	22.0	0:45	68	54:11	8:44

2:23:28

32	4	Jeff Stone	Ames	IA	20	M	23		
19:45	1:49	1:46	25	1:09:39	21.4	0:46	61	51:57	8:22

2:23:51

33	24	Michael Rieks	W. Des Moines	IA	36	M	74		
26:36	2:26	1:45	27	1:09:43	21.4	1:04	28	45:23	7:19

2:24:28

34	75	Lon Peterson	Mankato	MN	33	M	25		
19:55	1:50	2:50	46	1:14:49	19.9	1:12	32	45:49	7:23

2:24:32

35	83	Reed Rinderkencht	Clive	IA	33	M	19		
19:28	1:47	1:27	48	1:15:13	19.8	0:34	48	48:45	7:51

2:25:25

36	15	Chris E. Krug	Iowa City	IA	38	M	48		
23:47	2:11	1:45	26	1:09:42	21.4	1:57	46	48:41	7:51

2:35:55

53	45	Alexsandro Dos San Davenport	IA	30	M	7				
18:14	1:40	2:36	72	1:23:42	17.8	0:59	58	51:26	8:17	

2:36:56

54	53	Bryan Weigel	Johnston	IA	42	M	76			
26:58	2:28	2:16	53	1:16:30	19.5	0:53	53	50:26	8:07	

2:37:00

55	11	Christopher Delane	Ames	IA	43	M	68			
25:39	2:21	2:22	51	1:16:03	19.6	1:20	62	52:02	8:23	

2:37:25

56	6	Michael Porter	Ankeny	IA	36	M	77			
27:26	2:31	1:53	37	1:12:01	20.7	1:58	67	54:10	8:43	

2:37:26

57	57	Mark Stickrod	Omaha	NE	41	M	45			
23:41	2:10	2:11	63	1:19:06	18.9	0:59	60	51:37	8:19	

2:37:31

58	28	Matt Mckay	Omaha	NE	31	M	37			
22:48	2:05	2:01	57	1:17:28	19.3	1:54	65	53:44	8:39	

2:37:53

59	46	Terrence Wood	Omaha	NE	40	M	78			
27:44	2:33	3:11	60	1:18:00	19.1	2:00	38	47:31	7:39	

2:38:24

60	97	Larry Loffredo	Norwalk	IA	32	M	71			
26:12	2:24	2:14	79	1:27:15	17.1	1:01	16	42:29	6:51	

2:39:09

61	66	Andrew Lenze	Marion	IA	40	M	75			
26:44	2:27	2:47	64	1:19:20	18.8	1:52	49	48:50	7:52	

2:39:30

62	84	Gene Davis	Lincoln	NE	51	M	13			
19:06	1:45	3:13	61	1:18:40	19.0	1:48	79	59:02	9:30	

2:41:47

63	29	Ken Kirschenmann	Lincoln	NE	61	M	67			
25:38	2:21	2:58	73	1:23:49	17.8	1:08	47	48:42	7:51	

2:42:12

64	18	John W. Meyes	W. Des Moines	IA	47	M	64			
25:27	2:20	2:16	67	1:21:44	18.2	1:49	59	51:34	8:18	

2:42:49

65	51	David Paladino	Omaha	NE	36	M	54			
24:20	2:14	2:43	78	1:26:36	17.2	2:04	51	50:12	8:05	

2:45:55

66	9	Bob Levinstein	Des Moines	IA	37	M	40			
23:16	2:08	2:36	74	1:24:35	17.6	1:12	69	54:18	8:45	

2:45:56

67	20	John Seminara	Omaha	NE	54	M	60			
24:34	2:15	3:20	59	1:17:40	19.2	1:17	80	59:18	9:33	

2:46:07

68	14	Rob Stetson	Johnston	IA	49	M	81			
30:59	2:50	2:59	66	1:20:44	18.5	1:00	55	50:35	8:09	

2:46:15	69	55	Scott Morris	Omaha	NE	37	M	34	
22:10	2:02	2:42	69	1:23:06	17.9	1:21	75	57:04	9:11
2:46:21	70	56	Don Cumings	Ankeny	IA	40	M	83	
32:01	2:56	2:50	44	1:13:45	20.2	2:00	76	57:05	9:12
2:47:40	71	39	Rich Pross	Atlantic	IA	39	M	80	
30:25	2:47	2:33	65	1:20:30	18.5	1:01	66	53:55	8:41
2:48:22	72	73	Bill Gutz	Blue Grass	IA	40	M	39	
23:12	2:08	2:22	76	1:24:57	17.6	1:41	74	56:45	9:08
2:48:55	73	19	James B. Kickland	Atlantic	IA	36	M	72	
26:13	2:24	2:27	68	1:22:30	18.1	0:50	81	1:00:18	9:43
2:52:16	74	33	Patrick Durow	Omaha	NE	57	M	91	
37:18	3:25	1:52	71	1:23:40	17.8	1:22	40	48:12	7:46
2:52:22	75	71	Kevin Rindal	Davenport	IA	23	M	62	
25:12	2:19	1:32	38	1:12:36	20.5	0:58	90	1:12:11	11:37
2:52:29	76	70	Lance Fraley	Lincoln	NE	33	M	61	
24:37	2:15	2:30	83	1:33:05	16.0	1:54	54	50:34	8:09
2:52:37	77	77	Paul Nathenson	Lincoln	NE	49	M	57	
24:29	2:15	1:42	81	1:30:43	16.4	1:03	70	55:04	8:52
2:53:00	78	47	Buck Wood	Minden	NE	44	M	84	
32:05	2:56	4:23	54	1:16:39	19.5	2:12	77	57:55	9:20
2:53:11	79	34	Max Hoegh	Atlantic	IA	15	M	70	
26:05	2:23	3:03	80	1:27:33	17.0	1:19	73	56:15	9:04
2:54:12	80	36	Tom Nelson	Atlantic	IA	16	M	56	
24:27	2:15	2:46	87	1:35:52	15.6	0:54	52	50:16	8:06
2:54:13	81	79	Mark Landry	Overland Park	KS	53	M	10	
18:49	1:44	3:01	75	1:24:42	17.6	1:46	88	1:07:53	10:56
2:56:10	82	10	David Swenson	Des Moines	IA	48	M	82	
31:32	2:53	2:17	70	1:23:32	17.9	1:18	78	58:05	9:21
2:56:41	83	67	Christian Kohler	Lincoln	NE	34	M	69	
25:43	2:21	3:09	82	1:30:53	16.4	1:13	83	1:00:58	9:49
3:01:54	84	85	Bryan Anderson	Greenfield	IA	30	M	87	
32:49	3:00	2:36	77	1:25:13	17.5	0:46	84	1:02:17	10:02

3:03:39										
85	58	Ron Neems		Iowa City	IA	37	M	52		
24:12	2:13	2:45	84	1:33:15	16.0	1:43	85	1:03:16	10:11	
3:05:09										
86	48	Paul Wood		Omaha	NE	35	M	85		
32:06	2:56	2:55	85	1:34:20	15.8	0:56	71	55:11	8:53	
3:05:24										
87	42	Curt Jahde		Anita	IA	36	M	90		
34:37	3:10	2:57	88	1:37:05	15.4	0:34	82	1:00:50	9:48	
3:16:01										
88	89	Kent Harfst		Webster City	IA	41	M	53		
24:18	2:14	3:53	90	1:40:03	14.9	3:21	86	1:05:33	10:33	
3:17:06										
89	95	Albert Baker		W. Des Moines	IA	53	M	28		
20:24	1:52	3:30	89	1:37:24	15.3	2:12	91	1:15:21	12:08	
3:18:49										
90	86	Ken Kekke		Coralville	IA	61	M	89		
34:26	3:09	4:23	86	1:34:28	15.8	1:36	87	1:07:06	10:48	
3:21:57										
91	44	Troy Van Essen		Canton	SD	27	M	79		
28:49	2:38	3:46	91	1:40:49	14.8	1:15	89	1:11:18	11:29	
3:25:55										

FEMALE RESULTS

TOT										
SWIM	100	TRAN		BIKE		TRAN		RUN		
TOTAL										
PLC	#	NAME		CITY		ST	AGE	S	plc	
time	yds	time	plc	time	mph	time	plc	time	pace	
TIME										
=====										
=====										
=====										
1	101	Carol Smolsky		Papillion		NE	43	F	2	
18:07	1:40	1:31	2	1:10:01	21.3	0:46	3	45:20	7:18	
2:15:43										
2	116	Rachel Stauffer		Des Moines		IA	40	F	1	
16:10	1:29	1:29	3	1:12:09	20.7	0:57	4	46:03	7:25	
2:16:46										
3	112	L.a. Lowe		Iowa City		IA	42	F	11	
21:40	1:59	1:38	1	1:09:43	21.4	0:57	5	46:51	7:33	
2:20:47										
4	102	Katy Muelhaupt		Des Moines		IA	31	F	12	
22:02	2:01	1:28	4	1:14:29	20.0	0:40	2	44:12	7:07	
2:22:49										
5	108	Jane M. Mangold		Bozeman		MT	32	F	5	

19:39	1:48	2:35	12	1:19:54	18.7	1:37	1	43:52	7:04
2:27:36									
6	126	Deborah Battaglia	St Louis	MO	35	F	7		
20:17	1:52	1:57	10	1:19:05	18.9	0:51	7	48:19	7:47
2:30:27									
7	127	Kara Feddersen	W Des Moines	IA	30	F	8		
20:43	1:54	1:37	9	1:19:01	18.9	0:58	8	48:48	7:52
2:31:05									
8	124	Casey Baustain	Cedar Rapids	IA	17	F	10		
21:33	1:59	1:53	15	1:24:38	17.6	1:28	6	48:14	7:46
2:37:45									
9	120	Pam Bracken	Omaha	NE	34	F	9		
21:22	1:58	3:01	8	1:18:37	19.0	2:02	11	53:36	8:38
2:38:36									
10	129	Jane Riessen	Des Moines	IA	25	F	18		
26:37	2:26	2:04	6	1:16:10	19.6	1:03	12	54:37	8:48
2:40:29									
11	125	Alexandra Mertens	Cedar Rapids	IA	23	F	3		
18:28	1:42	1:51	17	1:28:53	16.8	1:01	10	51:13	8:15
2:41:25									
12	118	Jan Mohs	Clive	IA	51	F	14		
24:18	2:14	1:39	13	1:23:35	17.8	1:14	9	50:56	8:12
2:41:40									
13	123	Helen Redmond	Grinnell	IA	39	F	20		
27:53	2:33	2:32	5	1:16:05	19.6	1:33	14	1:00:14	9:42
2:48:15									
14	122	Deborah Hankens	Cherokee	IA	52	F	15		
24:51	2:17	2:29	7	1:18:18	19.0	1:45	15	1:02:04	10:00
2:49:25									
15	111	Carol Deman	Omaha	NE	62	F	13		
23:28	2:09	3:04	11	1:19:36	18.7	1:23	18	1:05:06	10:29
2:52:35									
16	114	Rae Gene Burger	Des Moines	IA	58	F	21		
28:12	2:35	1:55	14	1:23:53	17.8	1:27	17	1:04:12	10:20
2:59:37									
17	128	Maria Feilmeyer	Coachella	CA	24	F	6		
19:53	1:49	2:20	20	1:35:11	15.7	0:33	22	1:08:31	11:02
3:06:25									
18	105	Kristin Wells	Iowa City	IA	21	F	4		
19:24	1:47	3:19	22	1:40:18	14.9	0:53	16	1:03:00	10:09
3:06:52									
19	110	Christyn Stumps	Syracuse	NE	42	F	22		
31:31	2:53	2:38	16	1:27:06	17.1	1:27	21	1:08:18	11:00
3:10:59									
20	109	Nicole Kelly	Iowa City	IA	23	F	17		
26:30	2:26	3:27	21	1:35:49	15.6	0:29	19	1:06:32	10:43
3:12:46									
21	119	Tammy Less	Omaha	NE	41	F	19		

27:49	2:33	3:01	19	1:34:55	15.7	1:57	20	1:07:23	10:51
3:15:03									
22	117	Chinda David		Lincoln		NE	46	F	23
34:45	3:11	3:22	18	1:29:04	16.7	2:27	23	1:10:24	11:20
3:20:00									
23	107	Leslie Burkholder		Iowa City		IA	23	F	16
26:07	2:24	3:18	23	1:46:12	14.0	0:37	24	1:11:23	11:30
3:27:35									
24	115	Sonya Reynolds		Council Bluffs		IA	41	F	24
42:09	3:52	3:18	24	1:48:18	13.8	1:04	13	59:09	9:32
3:33:55									

TEAM RESULTS

TOTAL	DIV								SWIM
100	TRAN		BIKE		TRAN		RUN		TOTAL
PLACE	PLC	TEAM	MEMBERS:	SWIMMER,	BIKER,	RUNNER	plc	time	plc
yds	time	plc	time	mph	time	plc	time	pace	TIME
=====	===	=====	=====	=====	=====	=====	=====	=====	=====
1	1/6	JAM							Megan Allen ,
Steven Jacobs , Alan Metz									
							4	21:24	
1:58	0:43	2	1:15:03	19.9	0:03	1	47:03	7:35	
2:24:14									
2	2/6	POLIWOG							Michele Allen ,
Cortney Jacobs , Richard Carspecken									
							1	19:35	
1:48	0:48	3	1:20:28	18.5	0:03	3	52:12	8:24	
2:33:04									
3	3/6	THE DAVE MATHEWS BAND							J.t. Mathews ,
David Mathews , Lorrieann Mathews									
							2	19:41	
1:48	0:46	1	1:12:36	20.5	0:04	7	1:00:28	9:44	
2:33:34									
4	4/6	SKT							Susan Wiley ,
Kevin York , Todd Gaines									
							5	21:37	
1:59	0:51	5	1:24:06	17.7	0:07	2	49:20	7:57	
2:35:59									
5	5/6	EXODUS							Mary Green , Sam
Kruse , Erin Peterson									
							6	23:32	
2:10	0:54	4	1:23:15	17.9	0:06	5	56:12	9:03	
2:43:58									
6	1/1	YOUNG OLD AND RESTLESS							Brooke Rogge ,

Marla Scott , Danielle Livingood

3 20:17
 1:52 1:21 6 1:31:47 16.3 0:03 6 56:42 9:08
 2:50:08

7 6/6 WAILES CONSTRUCTION Jay Miller ,
 Jason Wailes , Holly Devore

7 23:33
 2:10 0:52 7 1:32:53 16.1 0:04 4 55:46 8:59
 2:53:04

S
 =
 M
 M

3	Dave Bracken	Omaha	NE	34	M	1:15	3	Adam Fuller	Davenport	IA	37	M
:32	1:31					1:18						
4	Darin Eisinger	Clarion	IA	29	M	1:18	4	Craig Olson	Marion	IA	37	M
:34	1:31					1:19						
5	Jim Rogers	Omaha	NE	40	M	1:19	5	Loran Storts	Urbandale	IA	38	M
:53	1:33					1:19	6	Doug Vanderweide	W. Des Moines	IA	36	M
6	David Mortensen	Omaha	NE	36	M	1:19	7	John Tripp	Omaha	NE	23	M
:01	1:34					1:20						
7	Doug Vanderweide	W. Des Moines	IA	36	M	1:20	8	Dave Bracken	Omaha	NE	34	M
:46	1:38					1:24						
8	Carol Smolsky	Papillion	NE	43	F	1:24	9	Scott Fairbairn	Bondurant	IA	36	M
:07	1:40					1:25						
9	Alexsandro Dos San	Davenport	IA	30	M	1:25	10	Kevin Barnes	Indianola	IA	31	M
:14	1:40					1:26						
10	John Early	Omaha	NE	35	M							
:15	1:41											

S
 =
 M

2	Darin Eisinger	Clarion	IA	29	M	0:29	2	Nicole Kelly	Iowa City	IA	25	F
01:52	24.1					0:30	3	Gerald Kubiak	Omaha	NE	28	M
03:21	23.5					0:30	4	David S. Martindal	Burlington	IA	32	M
4	Craig Olson	Marion	IA	37	M	0:30	5	Eric Reddinger	Madison	SD	27	M
04:26	23.2					0:30	6	Kurt Beisch	Omaha	NE	36	M
5	Nate Smith	Merrill	IA	20	M	0:32	7	Maria Feilmeyer	Coachella	CA	24	F
04:31	23.1					0:33	8	Curt Jahde	Anita	IA	36	M
6	Jim Rogers	Omaha	NE	40	M	0:34	9	Reed Rinderkencht	Clive	IA	33	M
05:16	22.9					0:34	10	Darin Eisinger	Clarion	IA	29	M
7	David Krueger	Waterloo	IA	49	M							
05:52	22.6											
8	Loran Storts	Urbandale	IA	38	M							
06:03	22.6											
9	Chris Vander Linde	Ankeny	IA	18	M							
06:15	22.5											
10	Don Romig	Boone	IA	39	M							
06:34	22.4											

4	LORAN STORTS	URBANDALE	IA	38	M							
36:23	5:52											
3	Gerald Kubiak	Omaha	NE	28	M							
36:36	5:54											
4	Darin Eisinger	Clarion	IA	29	M							
38:33	6:13											
5	Matt Zinno	Ankeny	IA	31	M							
38:34	6:13											
6	Kevin Barnes	Indianola	IA	31	M							
38:48	6:15											
7	Nate Smith	Merrill	IA	20	M							
39:06	6:18											
8	Chris Vander Linde	Ankeny	IA	18	M							
39:36	6:23											
9	Doug Vanderweide	W. Des Moines	IA	36	M							
40:01	6:27											
10	John Early	Omaha	NE	35	M							

FEMALE AGE GROUP

RESULTS 01 - 19

										SWIM
100	TRAN		BIKE		TRAN		RUN		TOTAL	
yds	time	plc	time	mph	time	plc	time	plc	time	pace
=====										=====
=====										=====
=====										=====
1	Casey Baustain		Cedar Rapids		IA	17	F	1	21:33	
1:59	1:53	1	1:24:38	17.6	1:28	1	48:14	7:46		
2:37:45										

MALE AGE GROUP

RESULTS 01 - 19

										SWIM
100	TRAN		BIKE		TRAN		RUN		TOTAL	
yds	time	plc	time	mph	time	plc	time	plc	time	pace
=====										=====
=====										=====
=====										=====
1	Chris Vander Linde		Ankeny		IA	18	M	1	16:19	
1:30	1:54	1	1:06:15	22.5	0:35	1	39:36	6:23		
2:04:37										
2	John Meyer		Cedar Rapids		IA	18	M	2	18:58	
1:44	1:32	2	1:18:58	18.9	0:39	2	46:26	7:29		
2:26:30										
3	Max Hoegh		Atlantic		IA	15	M	4	26:05	
2:23	3:03	3	1:27:33	17.0	1:19	4	56:15	9:04		
2:54:12										
4	Tom Nelson		Atlantic		IA	16	M	3	24:27	
2:15	2:46	4	1:35:52	15.6	0:54	3	50:16	8:06		

2:54:13

FEMALE AGE GROUP

RESULTS 20 - 24

100	TRAN		BIKE		TRAN		RUN	SWIM	TOTAL
yds	time	plc	time	mph	time	plc	time	time	TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	Alexandra Mertens		Cedar Rapids		IA	23	F	1	18:28
1:42	1:51	1	1:28:53	16.8	1:01	1	51:13	8:15	
2:41:25									
2	Maria Feilmeyer		Coachella		CA	24	F	3	19:53
1:49	2:20	2	1:35:11	15.7	0:33	4	1:08:31	11:02	
3:06:25									
3	Kristin Wells		Iowa City		IA	21	F	2	19:24
1:47	3:19	4	1:40:18	14.9	0:53	2	1:03:00	10:09	
3:06:52									
4	Nicole Kelly		Iowa City		IA	23	F	5	26:30
2:26	3:27	3	1:35:49	15.6	0:29	3	1:06:32	10:43	
3:12:46									
5	Leslie Burkholder		Iowa City		IA	23	F	4	26:07
2:24	3:18	5	1:46:12	14.0	0:37	5	1:11:23	11:30	
3:27:35									

MALE AGE GROUP

RESULTS 20 - 24

100	TRAN		BIKE		TRAN		RUN	SWIM	TOTAL
yds	time	plc	time	mph	time	plc	time	time	TIME
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	Nate Smith		Merrill		IA	20	M	2	19:51
1:49	1:13	1	1:04:31	23.1	0:34	2	39:06	6:18	
2:05:13									
2	John Tripp		Omaha		NE	23	M	5	25:30
2:20	1:20	2	1:08:09	21.9	0:45	1	35:38	5:45	
2:11:20									
3	Jeff Stone		Ames		IA	20	M	1	19:45
1:49	1:46	3	1:09:39	21.4	0:46	4	51:57	8:22	

2:23:51

4 Tim Strandberg Cedar Rapids IA 22 M 3 23:22
 2:09 2:23 5 1:16:02 19.6 1:12 3 47:55 7:43

2:30:53

5 Kevin Rindal Davenport IA 23 M 4 25:12
 2:19 1:32 4 1:12:36 20.5 0:58 5 1:12:11 11:37

2:52:29

FEMALE AGE GROUP

RESULTS 25 - 29

100	TRAN	BIKE	TRAN	RUN	SWIM	TOTAL
yds	time	plc	time	plc	time	pace
NAME	CITY	ST	AGE	S	plc	time
1	Jane Riessen	Des Moines	IA	25	F	1 26:37
2:26	2:04	1	1:16:10	19.6	1:03	1 54:37 8:48
2:40:29						

MALE AGE GROUP

RESULTS 25 - 29

100	TRAN	BIKE	TRAN	RUN	SWIM	TOTAL
yds	time	plc	time	plc	time	pace
NAME	CITY	ST	AGE	S	plc	time
1	Darin Eisinger	Clarion	IA	29	M	1 16:34
1:31	1:29	1	1:01:52	24.1	0:34	2 38:33 6:13
1:59:00						
2	Gerald Kubiak	Omaha	NE	28	M	2 19:08
1:45	1:35	5	1:11:37	20.8	0:30	1 36:36 5:54
2:09:24						
3	Eric Reddinger	Madison	SD	27	M	3 20:49
1:55	1:45	2	1:09:22	21.5	0:30	3 48:29 7:49
2:20:53						
4	Dustin Mars	W Des Moines	IA	27	M	5 25:15
2:19	1:28	4	1:11:25	20.9	0:56	4 48:38 7:50
2:27:41						
5	Matthew Pross	Windsor Height	IA	25	M	4 24:04
2:12	1:42	3	1:11:03	21.0	1:31	5 50:47 8:11

2:29:05

6 Troy Van Essen Canton SD 27 M 6 28:49
 2:38 3:46 6 1:40:49 14.8 1:15 6 1:11:18 11:29
 3:25:55

FEMALE AGE GROUP

RESULTS 30 - 34

100	TRAN	BIKE	TRAN	RUN	SWIM	TOTAL
yds	time	plc	time	plc	time	pace
NAME	CITY	ST	AGE	S	plc	time
1	Katy Muelhaupt	Des Moines	IA	31	F	4 22:02
2:01	1:28	1	1:14:29	20.0	0:40	2 44:12 7:07
2:22:49						
2	Jane M. Mangold	Bozeman	MT	32	F	1 19:39
1:48	2:35	4	1:19:54	18.7	1:37	1 43:52 7:04
2:27:36						
3	Kara Feddersen	W Des Moines	IA	30	F	2 20:43
1:54	1:37	3	1:19:01	18.9	0:58	3 48:48 7:52
2:31:05						
4	Pam Bracken	Omaha	NE	34	F	3 21:22
1:58	3:01	2	1:18:37	19.0	2:02	4 53:36 8:38
2:38:36						

MALE AGE GROUP

RESULTS 30 - 34

100	TRAN	BIKE	TRAN	RUN	SWIM	TOTAL
yds	time	plc	time	plc	time	pace
NAME	CITY	ST	AGE	S	plc	time
1	Matt Zinno	Ankeny	IA	31	M	3 18:52
1:44	1:05	1	1:08:36	21.7	0:23	1 38:34 6:13
2:07:27						
2	Kevin Barnes	Indianola	IA	31	M	6 20:18
1:52	1:26	3	1:10:14	21.2	0:40	2 38:48 6:15
2:11:24						
3	David S. Martindal	Burlington	IA	32	M	14 26:29
2:26	1:37	2	1:09:14	21.5	0:30	3 41:07 6:37

2:18:54										
4	Dave Bracken		Omaha		NE	34	M	1	16:32	
1:31	1:24	8	1:16:29	19.5	0:50	6	45:09		7:16	
2:20:20										
5	Britt Dinsdale		W. Des Moines		IA	32	M	8	21:58	
2:01	1:41	4	1:12:56	20.5	0:46	5	44:47		7:13	
2:22:06										
6	Lon Peterson		Mankato		MN	33	M	5	19:55	
1:50	2:50	5	1:14:49	19.9	1:12	7	45:49		7:23	
2:24:32										
7	Reed Rinderkencht		Clive		IA	33	M	4	19:28	
1:47	1:27	7	1:15:13	19.8	0:34	10	48:45		7:51	
2:25:25										
8	Matthew Zepeda		Waukee		IA	30	M	7	21:36	
1:59	2:12	6	1:15:10	19.8	1:12	9	46:50		7:33	
2:26:57										
9	Andrew Becker		Plainview		MN	33	M	11	25:30	
2:20	3:10	9	1:16:51	19.4	2:34	8	45:58		7:24	
2:34:01										
10	Alexsandro Dos San		Davenport		IA	30	M	2	18:14	
1:40	2:36	11	1:23:42	17.8	0:59	12	51:26		8:17	
2:36:56										
11	Matt Mckay		Omaha		NE	31	M	9	22:48	
2:05	2:01	10	1:17:28	19.3	1:54	13	53:44		8:39	
2:37:53										
12	Larry Loffredo		Norwalk		IA	32	M	13	26:12	
2:24	2:14	13	1:27:15	17.1	1:01	4	42:29		6:51	
2:39:09										
13	Lance Fraley		Lincoln		NE	33	M	10	24:37	
2:15	2:30	15	1:33:05	16.0	1:54	11	50:34		8:09	
2:52:37										
14	Christian Kohler		Lincoln		NE	34	M	12	25:43	
2:21	3:09	14	1:30:53	16.4	1:13	14	1:00:58		9:49	
3:01:54										
15	Bryan Anderson		Greenfield		IA	30	M	15	32:49	
3:00	2:36	12	1:25:13	17.5	0:46	15	1:02:17		10:02	
3:03:39										

FEMALE AGE GROUP

RESULTS 35 - 39

										SWIM
100	TRAN		BIKE		TRAN		RUN		TOTAL	
yds	time	plc	time	mph	time	plc	time	plc	pace	TIME
=====										
=====										

```

=====
1 Deborah Battaglia St Louis MO 35 F 1 20:17
1:52 1:57 2 1:19:05 18.9 0:51 1 48:19 7:47
2:30:27
2 Helen Redmond Grinnell IA 39 F 2 27:53
2:33 2:32 1 1:16:05 19.6 1:33 2 1:00:14 9:42
2:48:15
    
```

MALE AGE GROUP

RESULTS 35 - 39

100	TRAN	BIKE	TRAN	RUN	SWIM	TOTAL
yds	time	plc	time	plc	time	pace
NAME	CITY	ST	AGE	S	plc	time
=====	=====	=====	=====	=====	=====	=====
1	David Mortensen	Omaha	NE	36	M	1 17:01
1:34	1:35	1	1:01:40	24.2	0:50	4 40:55 6:36
2:02:00						
2	Doug Vanderweide	W. Des Moines	IA	36	M	2 17:46
1:38	1:19	2	1:03:21	23.5	0:48	2 40:01 6:27
2:03:13						
3	Loran Storts	Urbandale	IA	38	M	4 19:08
1:45	1:19	4	1:06:03	22.6	0:39	1 36:23 5:52
2:03:29						
4	Craig Olson	Marion	IA	37	M	6 19:13
1:46	1:18	3	1:04:26	23.2	0:46	6 44:54 7:14
2:10:35						
5	John Early	Omaha	NE	35	M	3 18:15
1:41	1:41	6	1:07:48	22.0	2:33	3 40:43 6:34
2:10:57						
6	Kurt Beisch	Omaha	NE	36	M	8 19:42
1:48	1:29	8	1:08:08	21.9	0:32	8 45:17 7:18
2:15:06						
7	Don Romig	Boone	IA	39	M	15 24:02
2:12	1:47	5	1:06:34	22.4	0:56	5 41:57 6:45
2:15:14						
8	Tom Hamilton	Clive	IA	38	M	7 19:35
1:48	1:28	10	1:08:57	21.6	0:43	10 45:49 7:23
2:16:31						
9	Adam Fuller	Davenport	IA	37	M	10 21:09
1:56	1:18	14	1:09:55	21.3	1:11	7 45:05 7:16
2:18:35						
10	Matt Busick	Des Moines	IA	35	M	9 19:58
1:50	2:03	11	1:08:58	21.6	1:22	11 48:25 7:48

2:20:44									
11	Scott Fairbairn	Bondurant	IA	36	M	12	22:13		
2:02	1:25	9	1:08:52	21.7	0:42	12	48:34	7:49	
2:21:45									
12	Brad Edmister	Des Moines	IA	36	M	5	19:10		
1:46	1:27	7	1:07:57	22.0	0:45	17	54:11	8:44	
2:23:28									
13	Michael Rieks	W. Des Moines	IA	36	M	19	26:36		
2:26	1:45	13	1:09:43	21.4	1:04	9	45:23	7:19	
2:24:28									
14	Chris E. Krug	Iowa City	IA	38	M	14	23:47		
2:11	1:45	12	1:09:42	21.4	1:57	13	48:41	7:51	
2:25:51									
15	Michael Porter	Ankeny	IA	36	M	20	27:26		
2:31	1:53	15	1:12:01	20.7	1:58	16	54:10	8:43	
2:37:26									
16	David Paladino	Omaha	NE	36	M	17	24:20		
2:14	2:43	20	1:26:36	17.2	2:04	14	50:12	8:05	
2:45:55									
17	Bob Levinstein	Des Moines	IA	37	M	13	23:16		
2:08	2:36	19	1:24:35	17.6	1:12	18	54:18	8:45	
2:45:56									
18	Scott Morris	Omaha	NE	37	M	11	22:10		
2:02	2:42	18	1:23:06	17.9	1:21	20	57:04	9:11	
2:46:21									
19	Rich Pross	Atlantic	IA	39	M	21	30:25		
2:47	2:33	16	1:20:30	18.5	1:01	15	53:55	8:41	
2:48:22									
20	James B. Kickland	Atlantic	IA	36	M	18	26:13		
2:24	2:27	17	1:22:30	18.1	0:50	21	1:00:18	9:43	
2:52:16									
21	Ron Neems	Iowa City	IA	37	M	16	24:12		
2:13	2:45	21	1:33:15	16.0	1:43	23	1:03:16	10:11	
3:05:09									
22	Paul Wood	Omaha	NE	35	M	22	32:06		
2:56	2:55	22	1:34:20	15.8	0:56	19	55:11	8:53	
3:05:24									
23	Curt Jahde	Anita	IA	36	M	23	34:37		
3:10	2:57	23	1:37:05	15.4	0:34	22	1:00:50	9:48	
3:16:01									

FEMALE AGE GROUP

RESULTS 40 - 44

100	TRAN	BIKE	TRAN	RUN	SWIM	TOTAL
NAME	CITY	ST	AGE	S	plc	time

yds	time	plc	time	mph	time	plc	time	pace	TIME
=====			=====			==	===	=	
=====			====	=====			=====		
=====			=====	=====			=====		
1	Carol Smolsky		Papillion		NE	43	F	2	18:07
1:40	1:31	2	1:10:01	21.3	0:46	1	45:20	7:18	
2:15:43									
2	Rachel Stauffer		Des Moines		IA	40	F	1	16:10
1:29	1:29	3	1:12:09	20.7	0:57	2	46:03	7:25	
2:16:46									
3	L.a. Lowe		Iowa City		IA	42	F	3	21:40
1:59	1:38	1	1:09:43	21.4	0:57	3	46:51	7:33	
2:20:47									
4	Christyn Stumps		Syracuse		NE	42	F	5	31:31
2:53	2:38	4	1:27:06	17.1	1:27	6	1:08:18	11:00	
3:10:59									
5	Tammy Less		Omaha		NE	41	F	4	27:49
2:33	3:01	5	1:34:55	15.7	1:57	5	1:07:23	10:51	
3:15:03									
6	Sonya Reynolds		Council Bluffs		IA	41	F	6	42:09
3:52	3:18	6	1:48:18	13.8	1:04	4	59:09	9:32	
3:33:55									

MALE AGE GROUP

RESULTS 40 - 44

										SWIM
100	TRAN	BIKE			TRAN	RUN		TOTAL		
	NAME		CITY		ST	AGE	S	plc	time	
yds	time	plc	time	mph	time	plc	time	pace	TIME	
=====			=====			==	===	=		
=====			====	=====			=====			
=====			=====	=====			=====			
1	Jim Rogers		Omaha		NE	40	M	1	16:53	
1:33	1:28	1	1:05:16	22.9	0:59	2	40:58	6:36		
2:05:32										
2	Gary Mckibben		Altoona		IA	44	M	3	19:20	
1:46	1:46	3	1:07:40	22.0	0:38	3	43:01	6:56		
2:12:24										
3	John Marsh		Kearney		NE	44	M	9	23:48	
2:11	1:30	2	1:07:39	22.0	0:53	1	40:46	6:34		
2:14:34										
4	Bob Watson		Ames		IA	43	M	2	18:43	
1:43	1:59	4	1:11:29	20.9	1:37	4	43:40	7:02		
2:17:25										
5	Erwin Bonder		Omaha		NE	41	M	6	23:35	
2:10	1:28	6	1:15:14	19.8	1:07	6	45:47	7:23		

2:27:09									
6	Kirk Morrow		Lincoln		NE	42	M	8	23:41
2:10	1:54	11	1:17:35	19.2	0:44	5		44:42	7:12
2:28:33									
7	Joe Paulsen		Blue Grass		IA	44	M	4	21:30
1:58	2:29	10	1:17:23	19.3	1:09	8		48:40	7:50
2:31:09									
8	Bryan Weigel		Johnston		IA	42	M	13	26:58
2:28	2:16	8	1:16:30	19.5	0:53	10		50:26	8:07
2:37:00									
9	Christopher Delane		Ames		IA	43	M	11	25:39
2:21	2:22	7	1:16:03	19.6	1:20	12		52:02	8:23
2:37:25									
10	Mark Stickrod		Omaha		NE	41	M	7	23:41
2:10	2:11	13	1:19:06	18.9	0:59	11		51:37	8:19
2:37:31									
11	Terrence Wood		Omaha		NE	40	M	14	27:44
2:33	3:11	12	1:18:00	19.1	2:00	7		47:31	7:39
2:38:24									
12	Andrew Lenze		Marion		IA	40	M	12	26:44
2:27	2:47	14	1:19:20	18.8	1:52	9		48:50	7:52
2:39:30									
13	Don Cumings		Ankeny		IA	40	M	15	32:01
2:56	2:50	5	1:13:45	20.2	2:00	14		57:05	9:12
2:47:40									
14	Bill Gutz		Blue Grass		IA	40	M	5	23:12
2:08	2:22	15	1:24:57	17.6	1:41	13		56:45	9:08
2:48:55									
15	Buck Wood		Minden			44	M	16	32:05
2:56	4:23	9	1:16:39	19.5	2:12	15		57:55	9:20
2:53:11									
16	Kent Harfst		Webster City		IA	41	M	10	24:18
2:14	3:53	16	1:40:03	14.9	3:21	16		1:05:33	10:33
3:17:06									

FEMALE AGE GROUP

RESULTS 45 - 49

										SWIM
100	TRAN	BIKE			TRAN	RUN		TOTAL		
yds	NAME	time	plc	time	mph	time	plc	time	pace	TIME
=====										=====
=====										=====
=====										=====
1	Chinda David		Lincoln		NE	46	F	1	34:45	
3:11	3:22	1	1:29:04	16.7	2:27	1		1:10:24	11:20	

3:20:00

MALE AGE GROUP

RESULTS 45 - 49

100		TRAN		BIKE		TRAN		RUN		SWIM		TOTAL
yds	time	plc	time	mph	time	plc	time	plc	time	pace	TIME	
1	David Newman		Minneapolis		MN	49	M	6	24:30			
2:15	1:45	2	1:06:49	22.3	0:47	2	43:33	7:01				
2:17:22												
2	Greg Madison		Ankeny		IA	48	M	4	24:22			
2:14	1:51	3	1:07:47	22.0	0:49	1	43:01	6:56				
2:17:47												
3	David Krueger		Waterloo		IA	49	M	2	23:37			
2:10	1:55	1	1:05:52	22.6	1:19	5	49:20	7:57				
2:22:01												
4	Jeff Jacob		Fremont		NE	45	M	7	24:32			
2:15	1:28	5	1:11:03	21.0	0:49	3	44:33	7:11				
2:22:23												
5	Brad Brunia		Huxley		IA	47	M	1	19:37			
1:48	2:26	4	1:10:21	21.2	1:20	9	53:02	8:33				
2:26:44												
6	Robert Ihry		Iowa City		IA	45	M	3	23:45			
2:11	2:23	7	1:13:42	20.2	0:50	8	52:14	8:25				
2:32:52												
7	Stan Shirk		Omaha		NE	49	M	11	32:46			
3:00	2:56	6	1:12:49	20.5	1:54	4	45:32	7:20				
2:35:55												
8	John W. Meyes		W. Des Moines		IA	47	M	8	25:27			
2:20	2:16	9	1:21:44	18.2	1:49	7	51:34	8:18				
2:42:49												
9	Rob Stetson		Johnston		IA	49	M	9	30:59			
2:50	2:59	8	1:20:44	18.5	1:00	6	50:35	8:09				
2:46:15												
10	Paul Nathenson		Lincoln		NE	49	M	5	24:29			
2:15	1:42	11	1:30:43	16.4	1:03	10	55:04	8:52				
2:53:00												
11	David Swenson		Des Moines		IA	48	M	10	31:32			
2:53	2:17	10	1:23:32	17.9	1:18	11	58:05	9:21				
2:56:41												

FEMALE AGE GROUP

RESULTS 50 - 54

										SWIM
100	TRAN		BIKE		TRAN		RUN		TOTAL	
	NAME		CITY		ST	AGE	S	plc	time	
yds	time	plc	time	mph	time	plc	time	pace	TIME	
=====										=====
=====										=====
=====										=====
1	Jan Mohs		Clive		IA	51	F	1	24:18	
2:14	1:39	2	1:23:35	17.8	1:14	1	50:56	8:12		
										2:41:40
2	Deborah Hankens		Cherokee		IA	52	F	2	24:51	
2:17	2:29	1	1:18:18	19.0	1:45	2	1:02:04	10:00		
										2:49:25

MALE AGE GROUP

RESULTS 50 - 54

										SWIM
100	TRAN		BIKE		TRAN		RUN		TOTAL	
	NAME		CITY		ST	AGE	S	plc	time	
yds	time	plc	time	mph	time	plc	time	pace	TIME	
=====										=====
=====										=====
=====										=====
1	Bill Ingels		Cedar Rapids		IA	53	M	4	22:59	
2:06	1:53	2	1:14:07	20.1	0:54	2	46:24	7:28		
										2:26:15
2	Alan Behrens		Council Bluffs		IA	53	M	6	33:55	
3:06	1:53	1	1:12:41	20.5	0:59	1	45:40	7:21		
										2:35:05
3	Gene Davis		Lincoln		NE	51	M	2	19:06	
1:45	3:13	4	1:18:40	19.0	1:48	3	59:02	9:30		
										2:41:47
4	John Seminara		Omaha		NE	54	M	5	24:34	
2:15	3:20	3	1:17:40	19.2	1:17	4	59:18	9:33		
										2:46:07
5	Mark Landry		Overland Park		KS	53	M	1	18:49	
1:44	3:01	5	1:24:42	17.6	1:46	5	1:07:53	10:56		
										2:56:10
6	Albert Baker		W. Des Moines		IA	53	M	3	20:24	
1:52	3:30	6	1:37:24	15.3	2:12	6	1:15:21	12:08		
										3:18:49

FEMALE AGE GROUP

RESULTS 55 - 59

										SWIM
100	TRAN	BIKE		TRAN		RUN		TOTAL		
	NAME		CITY	ST	AGE	S	plc	time	pace	TIME
yds	time	plc	time	mph	time	plc	time	pace	TIME	
=====										
=====										
=====										
	1	Rae Gene Burger	Des Moines	IA	58	F	1	28:12		
2:35	1:55	1	1:23:53	17.8	1:27	1	1:04:12	10:20		
2:59:37										

MALE AGE GROUP

RESULTS 55 - 59

										SWIM
100	TRAN	BIKE		TRAN		RUN		TOTAL		
	NAME		CITY	ST	AGE	S	plc	time	pace	TIME
yds	time	plc	time	mph	time	plc	time	pace	TIME	
=====										
=====										
=====										
	1	Rick Moon	Sioux Falls	SD	55	M	1	23:31		
2:09	1:54	1	1:13:22	20.3	0:55	2	50:53	8:12		
2:30:34										
	2	Patrick Durow	Omaha	NE	57	M	2	37:18		
3:25	1:52	2	1:23:40	17.8	1:22	1	48:12	7:46		
2:52:22										

FEMALE AGE GROUP

RESULTS 60 - 64

										SWIM
100	TRAN	BIKE		TRAN		RUN		TOTAL		
	NAME		CITY	ST	AGE	S	plc	time	pace	TIME
yds	time	plc	time	mph	time	plc	time	pace	TIME	
=====										
=====										
=====										
	1	Carol Deman	Omaha	NE	62	F	1	23:28		
2:09	3:04	1	1:19:36	18.7	1:23	1	1:05:06	10:29		
2:52:35										

MALE AGE GROUP

RESULTS 60 - 64

100		TRAN		BIKE		TRAN		RUN		SWIM		TOTAL
yds	NAME	time	plc	time	CITY	time	plc	time	plc	time	pace	TIME
=====		=====		=====		=====		=====		=====		=====
	1 Ken Deman				Omaha							
2:03		2:36	1	1:10:30	21.2	1:56	2	55:11	8:53			
2:32:28												
	2 Ken Kirschenmann				Lincoln							
2:21		2:58	2	1:23:49	17.8	1:08	1	48:42	7:51			
2:42:12												
	3 Ken Kekke				Coralville							
3:09		4:23	3	1:34:28	15.8	1:36	3	1:07:06	10:48			
3:21:57												