

Iowa Games Triathlon Overall Results

2010-07-11

Truetime.com

Age Group F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
250	ROEDER, HANNAH swim (0:10:13.9) T1 (0:00:32.2)	DES MOINES, IA bike (0:35:34.2) T2 (0:00:34.4)	23	F	1:05:08.2	--	11
162	KELLY, DANNA swim (0:06:52.6) T1 (0:00:46.8)	DES MOINES, IA bike (0:39:04.5) T2 (0:00:22.8)	24	F	1:05:37.4	--	13
131	HOLDERMAN, ESMIE swim (0:05:34.2) T1 (0:00:30.6)	DES MOINES, IA bike (0:39:52.6) T2 (0:00:23.5)	26	F	1:07:57.9	--	26
288	TOMKA, MARGO swim (0:07:21.0) T1 (0:00:47.4)	DES MOINES, IA bike (0:35:20.6) T2 (0:00:32.3)	24	F	1:08:08.8	1	28
325	WINTON, BROOKE swim (0:06:00.8) T1 (0:01:03.6)	ALTOONA, IA bike (0:38:47.0) T2 (0:00:48.9)	30	F	1:08:48.4	1	32
273	STAUFFER, RACHEL swim (0:05:46.8) T1 (0:00:42.6)	DES MOINES, IA bike (0:37:39.4) T2 (0:01:00.5)	48	F	1:09:16.6	1	36
118	Harris, Amy swim (0:07:24.6) T1 (0:00:43.0)	Des Moines, IA bike (0:37:36.9) T2 (0:00:50.8)	45	F	1:09:29.8	2	38
176	KRUEGER, TARA swim (0:07:48.4) T1 (0:01:11.8)	DES MOINES, IA bike (0:39:27.7) T2 (0:00:40.7)	29	F	1:10:02.4	1	44
62	DECKER, MINDI swim (0:08:32.6) T1 (0:01:08.4)	DES MOINES, IA bike (0:37:49.3) T2 (0:00:51.9)	30	F	1:10:11.5	2	47
242	REGEHR, RUTH swim (0:08:50.6) T1 (0:01:21.0)	CLARINDA, IA bike (0:38:36.7) T2 (0:00:41.5)	44	F	1:11:19.6	1	63
6	ANDERSON, LINDSEY swim (0:08:19.3) T1 (0:00:55.5)	WEST DES MOINES, IA bike (0:38:32.6) T2 (0:00:52.9)	27	F	1:11:43.5	2	67
119	HARROLD, KRISTIE swim (0:07:41.8) T1 (0:00:52.8)	WAUKEE, IA bike (0:39:28.6) T2 (0:00:33.8)	41	F	1:12:33.9	2	70
5	ANDERSON, DENISE swim (0:06:58.1) T1 (0:01:22.1)	DUBUQUE, IA bike (0:39:54.6) T2 (0:00:50.6)	26	F	1:12:41.7	3	71
122	HEIM, ANGIE swim (0:08:14.3) T1 (0:01:02.4)	NORWALK, IA bike (0:39:28.7) T2 (0:00:52.1)	35	F	1:12:54.4	1	74
31	BRIDEN, LAURIE swim (0:08:06.0) T1 (0:01:01.6)	VAN METER, IA bike (0:38:25.6) T2 (0:00:45.4)	53	F	1:13:00.0	1	77
197	MCGONIGAL, MITCHELL swim (0:10:27.7) T1 (0:00:50.4)	HUBBARD, IA bike (0:39:27.0) T2 (0:00:18.2)	34	F	1:14:18.1	3	86
353	PATRICK, SUSIE swim (0:08:09.4) T1 (0:01:04.0)	SIoux FALLS, SD bike (0:40:10.8) T2 (0:01:17.7)	41	F	1:14:48.9	3	93
247	RIGBY, JENN swim (0:07:01.9) T1 (0:01:46.9)	HUXLEY, IA bike (0:41:08.5) T2 (0:00:25.2)	42	F	1:15:49.8	4	102
103	GREENWALD, ANNA swim (0:08:00.8) T1 (0:02:04.7)	AMES, IA bike (0:39:01.0) T2 (0:01:09.6)	21	F	1:16:02.1	2	104
218	OBERMAN, KAREN swim (0:08:29.8) T1 (0:01:19.9)	CLIVE, IA bike (0:38:59.6) T2 (0:00:45.6)	41	F	1:16:16.4	5	105
203	MILLER, LIZ swim (0:08:19.5) T1 (0:00:55.4)	WAUKEE, IA bike (0:43:42.8) T2 (0:00:06.1)	42	F	1:16:29.9	6	110
252	RUBIN, MACENZIE swim (0:08:54.2) T1 (0:01:35.8)	ANKENY, IA bike (0:41:32.9) T2 (0:00:28.5)	33	F	1:16:40.8	4	112
320	WILLIAMS, BEVERLY swim (0:07:44.8) T1 (0:01:13.9)	PRAIRIE CITY, IA bike (0:41:37.0) T2 (0:00:19.7)	39	F	1:16:56.8	2	117
265	SHIRLEY, JAMILE swim (0:10:12.9) T1 (0:01:13.3)	AMES, IA bike (0:39:29.1) T2 (0:01:19.4)	28	F	1:16:59.5	4	118

Age Group F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
72	DOWNE, JENNIFER	NORWALK, IA	34	F	1:17:03.0	5	119
	swim (0:07:57.8)	T1 (0:01:03.0)	bike (0:42:38.5)	T2 (0:00:49.6)	Run (0:24:33.9)		
13	Orewiler, Savannah	Des Moines, IA	14	F	1:17:09.4	1	120
	swim (0:07:20.1)	T1 (0:00:55.2)	bike (0:43:43.2)	T2 (0:00:20.8)	Run (0:24:49.9)		
28	BRAUNSCHWEIG, SHELLY	DES MOINES, IA	34	F	1:17:18.8	6	122
	swim (0:08:59.4)	T1 (0:01:05.5)	bike (0:41:54.3)	T2 (0:00:52.6)	Run (0:24:26.9)		
126	HINRICHS, JENNIFER	CLIVE, IA	37	F	1:17:27.3	3	124
	swim (0:08:48.7)	T1 (0:01:30.5)	bike (0:40:06.9)	T2 (0:00:51.3)	Run (0:26:09.7)		
25	BORST, CATHLEEN	CARROLL, IA	38	F	1:17:43.2	4	127
	swim (0:07:37.5)	T1 (0:01:44.1)	bike (0:42:57.1)	T2 (0:00:30.9)	Run (0:24:53.5)		
317	WELSH-WINGATE, KELLY	AMES, IA	41	F	1:17:44.3	7	128
	swim (0:08:23.0)	T1 (0:00:51.5)	bike (0:38:34.1)	T2 (0:01:17.4)	Run (0:28:38.0)		
316	WELLMAN, DAWN	JOHNSTON, IA	46	F	1:17:53.6	3	129
	swim (0:09:16.4)	T1 (0:01:10.3)	bike (0:41:33.3)	T2 (0:01:09.3)	Run (0:24:44.2)		
248	RILEY, KAREN	WEST DES MOINES, IA	53	F	1:18:32.8	2	132
	swim (0:07:47.8)	T1 (0:01:57.0)	bike (0:42:03.3)	T2 (0:01:14.4)	Run (0:25:30.0)		
207	MOYLE, KIM	ANKENY, IA	42	F	1:18:47.2	8	136
	swim (0:08:37.5)	T1 (0:01:08.9)	bike (0:40:54.3)	T2 (0:00:39.1)	Run (0:27:27.1)		
40	BYUS, KATE	DES MOINES, IA	37	F	1:18:54.5	5	140
	swim (0:08:28.6)	T1 (0:02:23.1)	bike (0:44:10.1)	T2 (0:00:39.0)	Run (0:23:13.5)		
335	Gaer, Emma	Des Moines, IA	14	F	1:19:16.4	2	142
	swim (0:06:37.4)	T1 (0:00:44.2)	bike (0:45:19.6)	T2 (0:00:23.1)	Run (0:26:11.8)		
286	TOKHEIM, LEAH	JOHNSTON, IA	46	F	1:19:19.3	4	143
	swim (0:11:12.4)	T1 (0:01:42.4)	bike (0:42:11.2)	T2 (0:01:06.3)	Run (0:23:06.9)		
227	PETERSON, KIRSTIN	AMES, IA	35	F	1:19:22.4	6	145
	swim (0:09:00.6)	T1 (0:00:51.1)	bike (0:42:52.7)	T2 (0:01:29.3)	Run (0:25:08.5)		
26	BOWMAN, SANDY	W, DES MOIENS, IA	33	F	1:19:29.9	7	149
	swim (0:09:53.8)	T1 (0:01:53.8)	bike (0:40:25.0)	T2 (0:00:57.8)	Run (0:26:19.4)		
215	O NEEL, RUTH	AMES, IA	44	F	1:19:31.4	9	150
	swim (0:09:54.4)	T1 (0:01:39.1)	bike (0:40:19.0)	T2 (0:00:24.8)	Run (0:27:13.8)		
46	CHENEY, TRACY	WDM, IA	47	F	1:19:34.0	5	151
	swim (0:07:55.7)	T1 (0:01:21.7)	bike (0:43:07.9)	T2 (0:00:59.2)	Run (0:26:09.3)		
96	GONZALES, DENISE	DES MOINES, IA	50	F	1:19:50.7	3	152
	swim (0:08:52.5)	T1 (0:00:55.6)	bike (0:43:00.5)	T2 (0:00:51.3)	Run (0:26:10.6)		
264	SEIDLER, KATIE	WINTERSET, IA	34	F	1:19:53.4	8	154
	swim (0:07:51.5)	T1 (0:01:18.3)	bike (0:43:05.4)	T2 (0:01:12.4)	Run (0:26:25.4)		
94	GAUMER, LYNN	ANKENY, IA	42	F	1:20:00.6	10	156
	swim (0:07:54.2)	T1 (0:00:28.0)	bike (0:42:35.8)	T2 (0:00:33.7)	Run (0:28:28.7)		
92	GAINER, KATE	WEST DES MOINES, IA	31	F	1:20:23.6	9	159
	swim (0:09:07.4)	T1 (0:01:46.3)	bike (0:43:05.9)	T2 (0:01:19.0)	Run (0:25:04.8)		
54	CRAWFORD, CARRIE	DES MOINES, IA	45	F	1:20:30.5	6	162
	swim (0:08:05.5)	T1 (0:01:36.7)	bike (0:42:29.0)	T2 (0:01:53.7)	Run (0:26:25.4)		
211	NELSON, DIANE	ANKENY, IA	45	F	1:20:32.7	7	163
	swim (0:09:16.0)	T1 (0:02:13.0)	bike (0:43:34.8)	T2 (0:01:06.2)	Run (0:24:22.4)		
220	OLSON, LINDSAY	MARENGO, IA	24	F	1:20:42.4	3	164
	swim (0:07:04.7)	T1 (0:01:11.3)	bike (0:44:19.5)	T2 (0:00:37.5)	Run (0:27:29.1)		
177	LADAGE, HANNAH	TRIPOLI, IA	22	F	1:20:49.8	4	167
	swim (0:12:25.2)	T1 (0:00:55.9)	bike (0:42:29.8)	T2 (0:00:46.8)	Run (0:24:11.9)		

Age Group F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
282	TAYLOR, KIM swim (--) T1 (0:09:23.4)	WEST DES MOINES, IA bike (0:41:47.7) T2 (0:00:48.2)	50	F	1:21:00.9	4	168
69	DINGEMAN, JEAN swim (0:10:03.4) T1 (0:01:51.9)	PELLA, IA bike (0:42:50.7) T2 (0:00:24.7)	46	F	1:21:16.3	8	170
166	KILBURG, MAGGIE swim (0:09:33.3) T1 (0:02:07.9)	IOWA CITY, IA bike (0:45:35.9) T2 (0:01:02.7)	22	F	1:22:03.4	5	172
125	HILLMER, HOLLI swim (0:10:30.0) T1 (0:01:31.8)	ELDORA, IA bike (0:43:44.0) T2 (0:02:06.8)	45	F	1:22:14.8	9	174
229	PHILIPS, KRISTI swim (0:09:09.5) T1 (0:01:55.5)	AMES, IA bike (0:45:05.5) T2 (0:00:50.8)	22	F	1:22:16.9	6	175
56	CRUTHIRDS, TERASA swim (0:07:58.6) T1 (0:01:34.1)	ANKENY, IA bike (0:43:19.7) T2 (0:00:40.1)	47	F	1:22:19.6	10	176
8	ANGSTMAN, JANE swim (0:09:05.8) T1 (0:01:37.7)	CLIVE, IA bike (0:44:07.6) T2 (0:00:53.6)	40	F	1:22:28.7	11	178
191	MALONE, CHERI swim (0:08:18.5) T1 (0:02:12.9)	DUNLAP, IA bike (0:44:31.9) T2 (0:00:44.5)	21	F	1:22:29.4	7	179
90	FRIEDRICH, JILL swim (0:10:20.0) T1 (0:01:28.8)	WEST DES MOINES, IA bike (0:42:04.1) T2 (0:01:10.1)	31	F	1:22:40.5	10	181
188	LINK, LAUREN swim (0:10:41.4) T1 (0:01:11.3)	DES MOINES, IA bike (0:47:39.5) T2 (0:01:05.1)	22	F	1:22:57.7	8	183
59	DANNER, DEB swim (0:07:22.9) T1 (0:02:00.2)	CARROLL, IA bike (0:44:38.6) T2 (0:00:45.5)	46	F	1:23:32.4	11	185
120	Hauber, Cindy swim (0:06:29.9) T1 (0:01:23.5)	Ames, IA bike (0:44:20.0) T2 (0:00:54.0)	57	F	1:23:33.6	1	186
200	MEINECKE, MICHELLE swim (0:10:36.6) T1 (0:01:49.2)	YALE, IA bike (0:45:45.4) T2 (0:00:38.8)	29	F	1:23:43.7	5	187
78	ECKHOFF, MARCIA swim (0:07:50.6) T1 (0:01:13.5)	URBANDALE, IA bike (0:46:25.4) T2 (0:00:58.1)	37	F	1:23:57.8	7	189
169	KNOLL, AMY swim (0:11:14.4) T1 (0:01:37.0)	STORY CITY, IA bike (0:44:39.2) T2 (0:01:11.0)	33	F	1:24:14.4	11	192
237	POTTORFF, AMANDA swim (0:08:51.7) T1 (0:03:19.7)	WEST DES MOINES, IA bike (0:43:38.4) T2 (0:01:56.0)	24	F	1:24:15.8	9	194
334	Bakros, Isabel swim (0:06:55.1) T1 (0:00:50.6)	Des Moines, IA bike (0:48:53.9) T2 (0:00:26.0)	13	F	1:24:21.8	3	195
22	BOLEYN, AMANDA swim (0:09:48.3) T1 (0:02:02.3)	WEST DES MOINES,, IA bike (0:45:21.7) T2 (0:00:36.3)	22	F	1:24:36.4	10	197
88	FREDERES, BETSY swim (0:13:19.6) T1 (0:01:36.2)	CLIVE, IA bike (0:43:52.3) T2 (0:00:48.4)	53	F	1:24:36.7	5	198
340	CRAMER, LAUREN swim (0:08:03.6) T1 (0:02:01.6)	BEL AIR, MD bike (0:46:13.8) T2 (0:01:09.7)	28	F	1:24:40.6	6	199
157	JENSEN, JILL swim (0:08:21.3) T1 (0:02:20.8)	AMES, IA bike (0:46:28.7) T2 (0:00:55.3)	48	F	1:24:55.1	12	201
300	WADE, ELLEN swim (0:10:33.3) T1 (0:01:24.0)	PLEASANT HILL, IA bike (0:45:06.0) T2 (0:01:03.1)	26	F	1:25:08.7	7	202
279	SWEENEY, COREEN swim (0:12:36.8) T1 (0:01:24.6)	CLIVE, IA bike (0:40:27.3) T2 (0:00:38.5)	45	F	1:26:27.0	13	206
327	WRIGHT, MORGAN swim (0:10:15.2) T1 (0:01:31.5)	AMES, IA bike (0:47:47.1) T2 (0:00:32.7)	23	F	1:26:33.0	11	207

Age Group F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
116	HAPPEL, DIANE swim (0:07:15.0) T1 (0:01:14.8)	FORT DODGE, IA bike (0:45:40.0) T2 (0:01:08.3)	46	F	1:26:52.2	14	209
139	HUFF, SHERRI swim (0:10:27.5) T1 (0:01:43.1)	WINTERSET, IA bike (0:47:47.4) T2 (0:00:31.2)	48	F	1:27:26.9	15	211
73	DU, CHEN swim (0:10:43.6) T1 (0:01:31.0)	AMES, IA bike (0:44:12.5) T2 (0:00:19.7)	21	F	1:27:40.9	12	213
304	WALTON, KATE swim (0:09:50.7) T1 (0:01:23.3)	INDIANOLA, IA bike (0:46:38.2) T2 (0:01:27.2)	38	F	1:27:48.8	8	215
140	HUGHES, ALICIA swim (0:09:14.0) T1 (0:02:46.7)	COUNCIL BLUFFS, IA bike (0:47:13.8) T2 (0:00:50.0)	34	F	1:27:54.0	12	216
2	ADAMS-TOMKA, TERESA swim (0:09:11.9) T1 (0:01:30.7)	DES MOINES, IA bike (0:43:47.7) T2 (0:01:38.0)	48	F	1:27:58.1	16	217
172	KRAKAU, JEN swim (0:07:12.5) T1 (0:02:03.9)	BOONE, IA bike (0:46:05.1) T2 (0:01:26.5)	36	F	1:28:10.2	9	218
262	SCOTT, COLETTE swim (0:08:03.2) T1 (0:02:14.0)	ROCK VALLEY, IA bike (0:48:00.5) T2 (0:01:42.9)	56	F	1:28:35.6	2	221
104	GRIFFIN, PAULA swim (0:09:09.7) T1 (0:01:58.1)	JEFFERSON, IA bike (0:48:56.6) T2 (0:00:31.7)	44	F	1:28:59.7	12	224
354	RAUSER, ALISSA swim (0:08:09.0) T1 (0:01:46.1)	AUSTIN, MN bike (0:49:29.7) T2 (0:00:44.2)	31	F	1:29:24.4	13	225
219	OLSON, LARA swim (0:09:45.0) T1 (0:02:07.0)	AMES, IA bike (0:47:35.7) T2 (0:01:39.5)	38	F	1:29:36.3	10	226
1	ACKELSON, CHRISTINA swim (0:08:13.3) T1 (0:01:22.8)	GRANGER, IA bike (0:48:27.2) T2 (0:00:56.1)	28	F	1:29:38.1	8	227
156	JENSEN, BECCA swim (0:07:33.7) T1 (0:02:19.3)	AMES, IA bike (0:49:53.6) T2 (0:00:39.4)	27	F	1:29:53.2	9	228
20	Berryhill, Chris swim (0:09:20.4) T1 (0:01:54.8)	Ames, IA bike (0:49:27.9) T2 (0:00:54.0)	40	F	1:29:58.6	11	229
199	MCREYNOLDS, MANDI swim (0:09:23.0) T1 (0:01:40.8)	CEDAR RAPIDS, IA bike (0:46:02.3) T2 (0:01:24.9)	27	F	1:30:01.1	10	230
167	KITTELL, AIMEE swim (0:11:19.3) T1 (0:01:07.7)	WEST DES MOINES, IA bike (0:46:53.1) T2 (0:00:55.1)	29	F	1:30:14.9	11	231
256	SATRE, HALLIE swim (0:10:22.2) T1 (0:02:02.0)	AMES, IA bike (0:47:49.6) T2 (0:00:55.2)	23	F	1:30:47.1	13	232
135	HOOVER, KIM swim (0:11:22.5) T1 (0:01:32.2)	WEST DES MOINES, IA bike (0:45:41.1) T2 (0:01:24.5)	32	F	1:30:52.0	14	233
186	LEE, MYA swim (0:10:37.0) T1 (0:01:49.8)	FORT DODGE, IA bike (0:49:19.4) T2 (0:00:40.6)	30	F	1:31:34.8	15	236
298	WADDELL, JORDAN swim (0:08:20.3) T1 (0:01:57.7)	GUTHRIE CENTER, IA bike (0:48:26.7) T2 (0:01:21.0)	21	F	1:31:38.1	14	237
289	TONSFELDT, ROMUNDA swim (0:09:44.2) T1 (0:01:12.3)	OGDEN, IA bike (0:45:01.9) T2 (0:02:25.6)	39	F	1:31:38.4	12	238
351	PATRICK, KAITLYN swim (0:06:59.0) T1 (0:01:04.9)	SIOUX FALLS, SD bike (0:53:53.0) T2 (0:00:40.1)	12	F	1:32:01.2	4	240
284	THORTON, JESSICA swim (0:08:43.6) T1 (0:02:27.9)	DES MOINES, IA bike (0:46:47.8) T2 (0:01:13.5)	37	F	1:32:11.9	13	241
137	HOUGE, TRISHA swim (0:10:16.1) T1 (0:02:45.2)	COLLINS, IA bike (0:50:03.6) T2 (0:00:49.9)	34	F	1:32:30.4	16	243

Age Group F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
314	WEISS, TRICIA swim (0:11:11.2) T1 (0:02:48.1)	AMES, IA bike (0:49:40.8) T2 (0:00:42.8)	22	F	1:33:25.5	15	244
91	FUNK, JENNIFER swim (0:10:00.1) T1 (0:02:02.1)	AMES, IA bike (0:48:32.8) T2 (0:00:41.4)	30	F	1:34:18.4	17	246
4	ANDERSON, DEANNA swim (0:12:08.3) T1 (0:02:16.6)	BOONE, IA bike (0:49:13.3) T2 (0:00:56.3)	53	F	1:35:33.6	6	247
329	YORK, ERIKA swim (0:09:17.2) T1 (0:02:39.2)	W. DES MOINES, IA bike (0:45:21.5) T2 (0:01:43.0)	40	F	1:35:47.5	13	248
305	WALTZ, JENNIFER swim (0:12:33.1) T1 (0:01:39.5)	ALTOONA, IA bike (0:51:32.1) T2 (0:00:38.2)	30	F	1:35:52.1	18	249
36	BURCH, JOYCE swim (0:13:39.9) T1 (0:02:15.2)	PELLA, IA bike (0:47:50.6) T2 (0:00:44.4)	55	F	1:36:45.5	3	250
86	FORMARO, KRISTIN swim (0:09:01.4) T1 (0:01:35.1)	ALTOONA, IA bike (0:52:46.4) T2 (0:00:49.8)	32	F	1:37:05.4	19	251
355	SCHULTZ, SARAH swim (0:09:31.4) T1 (0:02:59.8)	RICHMOND, IL bike (0:51:15.9) T2 (0:01:44.7)	23	F	1:37:50.7	16	252
324	WINKER, KRYSTIN swim (0:06:30.0) T1 (0:05:37.7)	GLIDDEN, IA bike (0:57:38.5) T2 (0:00:58.8)	19	F	1:38:28.8	1	253
217	O'LEARY, RACHELLE swim (0:13:03.0) T1 (0:01:03.2)	URBANDALE, IA bike (0:50:42.1) T2 (0:01:04.7)	25	F	1:39:05.4	12	254
21	BOCK, JAYCIE swim (0:08:14.4) T1 (0:03:54.7)	GLIDDEN, IA bike (0:57:36.3) T2 (0:01:00.9)	19	F	1:42:38.8	2	257
148	ISOLINI, JODI swim (0:15:31.0) T1 (0:02:59.9)	MADRID, IA bike (0:51:22.7) T2 (0:02:25.7)	42	F	1:42:40.4	14	259
10	ARNOLD, BRIGITTE swim (0:08:01.8) T1 (0:02:14.9)	ANKENY, IA bike (0:56:37.7) T2 (0:01:06.4)	29	F	1:43:08.8	13	260
97	GONZALES, JESS swim (0:14:55.5) T1 (--)	MOLINE, IL bike (--) T2 (--)	23	F	1:44:54.3	17	263
110	GUTTIN, INGRID swim (0:07:10.8) T1 (0:12:20.3)	ANKENY, IA bike (0:57:49.3) T2 (0:01:55.6)	39	F	1:47:05.0	14	264
39	BUTTERMORE, KRISTTEN swim (0:10:53.5) T1 (0:01:15.4)	AMES, IA bike (0:54:43.9) T2 (0:00:31.0)	37	F	1:47:28.6	15	265
244	REIS, TRISTA swim (0:10:21.2) T1 (0:11:06.8)	AMES, IA bike (0:48:39.9) T2 (0:08:12.6)	20	F	1:47:58.1	18	266
42	CARLSON, JULIE swim (0:10:50.4) T1 (0:03:26.3)	JEFFERSON, IA bike (0:58:14.8) T2 (0:01:16.0)	42	F	1:50:09.8	15	267
198	MCPHERSON, KRIS swim (0:10:17.1) T1 (0:03:02.7)	JEFFERSON, IA bike (0:59:58.8) T2 (0:00:37.7)	32	F	1:50:17.2	20	268
318	WESTGATE, LINDA swim (0:16:12.6) T1 (0:03:25.5)	AMES, IA bike (0:53:01.3) T2 (0:01:03.2)	57	F	1:50:49.9	4	269
144	HUTCHINS, SHERRY swim (0:14:40.7) T1 (0:04:01.1)	POLK CITY, IA bike (0:53:40.1) T2 (0:03:37.4)	57	F	1:58:01.2	5	270
303	WALSH, SARA swim (0:16:45.6) T1 (0:03:23.1)	GRIMES, IA bike (0:55:58.2) T2 (0:02:49.0)	35	F	2:01:18.0	16	272
234	PLAGMAN, ALLIE swim (0:09:51.1) T1 (0:02:38.0)	ADEL, IA bike (1:12:45.3) T2 (0:00:46.6)	18	F	2:03:50.8	3	273
235	PLAGMAN, MANDI swim (0:09:50.8) T1 (0:02:39.3)	ADEL, IA bike (1:12:46.9) T2 (0:00:44.4)	21	F	2:03:51.5	19	274

Age Group F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
81	EUBANKS, JENNIFER swim (0:10:15.2) T1 (0:00:51.2)	DES MOINES, IA bike (--) T2 (--)	39	F	--	--	--
				Run (--)			

Age Group M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
112	HALDE, MIKE	ANKENY, IA	34	M	1:00:47.1	--	1
	swim (0:06:07.7)	T1 (0:00:40.1)	bike (0:34:11.9)	T2 (0:00:25.9)	Run (0:19:21.3)		
209	NEER, JOHN	DES MOINES, IA	31	M	1:01:00.7	--	2
	swim (0:07:31.7)	T1 (0:00:16.4)	bike (0:33:46.4)	T2 (0:00:24.5)	Run (0:19:01.5)		
61	DAY, PARKER	DES MOINES, IA	29	M	1:01:02.2	--	3
	swim (0:07:36.3)	T1 (0:00:32.0)	bike (0:33:26.5)	T2 (0:00:29.6)	Run (0:18:57.6)		
292	VALD, ROMAN	DES MOINES, IA	40	M	1:01:40.1	1	4
	swim (0:06:54.9)	T1 (0:00:51.8)	bike (0:33:30.5)	T2 (0:00:12.1)	Run (0:20:10.7)		
208	NEALY, CHRIS	DES MOINES, IA	30	M	1:03:02.0	1	5
	swim (0:07:15.7)	T1 (0:00:27.8)	bike (0:36:22.1)	T2 (0:00:24.2)	Run (0:18:32.0)		
29	Bremner, Barron	Johnston, IA	36	M	1:03:10.2	1	6
	swim (0:04:34.9)	T1 (0:01:44.1)	bike (0:34:37.5)	T2 (0:01:09.0)	Run (0:21:04.5)		
243	REHMEIER, RYAN	INDIANOLA, IA	36	M	1:03:24.7	2	7
	swim (0:07:15.5)	T1 (0:00:51.1)	bike (0:33:31.9)	T2 (0:00:42.2)	Run (0:21:03.8)		
67	DENHARTOG, NEAL	AMES, IA	29	M	1:03:29.1	1	8
	swim (0:06:59.4)	T1 (0:00:28.9)	bike (0:34:25.5)	T2 (0:00:22.3)	Run (0:21:12.9)		
350	PATRICK, K	SIOUX FALLS, SD	45	M	1:03:38.4	1	9
	swim (0:05:29.4)	T1 (0:00:42.1)	bike (0:34:30.7)	T2 (0:00:45.7)	Run (0:22:10.2)		
34	BROWN, MARK	AMES, IA	28	M	1:04:35.4	2	10
	swim (0:06:43.9)	T1 (0:01:04.3)	bike (0:36:21.3)	T2 (0:00:45.3)	Run (0:19:40.4)		
296	VICKROY, KHRIS	NORTH LIBERTY, IA	35	M	1:05:32.8	3	12
	swim (0:08:38.3)	T1 (0:00:08.3)	bike (0:35:53.8)	T2 (0:00:20.3)	Run (0:20:32.0)		
113	HALDER, KALE	WEST DES MOINES, IA	25	M	1:05:48.5	3	14
	swim (0:07:04.8)	T1 (0:00:56.6)	bike (0:35:37.4)	T2 (0:00:21.7)	Run (0:21:47.7)		
344	HOUWMAN, CHRIS	SIOUX FALLS, SD	41	M	1:06:10.3	2	15
	swim (0:07:19.4)	T1 (0:00:46.7)	bike (0:36:20.1)	T2 (0:00:31.4)	Run (0:21:12.5)		
352	PATRICK, RYAN	SIOUX FALLS, SD	15	M	1:06:11.1	1	16
	swim (0:05:18.1)	T1 (0:00:49.7)	bike (0:38:09.7)	T2 (0:00:04.9)	Run (0:21:48.6)		
57	CUNNINGHAM, CRAIG	SPENCER, IA	19	M	1:06:20.9	1	17
	swim (0:06:56.7)	T1 (0:01:38.0)	bike (0:36:25.7)	T2 (0:00:41.6)	Run (0:20:38.7)		
12	AUSTIN, DANIEL	BOONE, IA	41	M	1:06:28.5	3	18
	swim (0:07:34.7)	T1 (0:00:53.8)	bike (0:37:09.0)	T2 (0:00:42.7)	Run (0:20:08.1)		
213	NEWBURY, NICK	URBANDALE, IA	21	M	1:06:41.6	1	19
	swim (0:08:11.4)	T1 (0:01:24.0)	bike (0:38:48.8)	T2 (0:00:39.3)	Run (0:17:37.9)		
223	PATRICK, SCOTT	DUBUQUE, IA	43	M	1:06:56.6	4	20
	swim (0:06:18.1)	T1 (0:01:16.2)	bike (0:35:19.7)	T2 (0:00:53.0)	Run (0:23:09.4)		
153	JASS, DAVID	ANKENY, IA	48	M	1:06:59.1	2	21
	swim (0:06:17.0)	T1 (0:00:54.4)	bike (0:36:49.3)	T2 (0:00:34.6)	Run (0:22:23.6)		
241	REEKERS, MATT	CLIVE, IA	31	M	1:07:02.5	2	22
	swim (0:07:59.0)	T1 (0:01:06.4)	bike (0:34:36.9)	T2 (0:01:02.1)	Run (0:22:17.9)		
225	PETERSEN, BRET	ANKENY, IA	34	M	1:07:15.9	3	23
	swim (0:07:03.6)	T1 (0:00:35.7)	bike (0:36:37.4)	T2 (0:00:23.8)	Run (0:22:35.2)		
301	WAGENER, CHAD	ANKENY, IA	46	M	1:07:16.0	3	24
	swim (0:07:52.7)	T1 (0:01:17.2)	bike (0:35:35.6)	T2 (0:00:48.4)	Run (0:21:42.0)		
326	WRABEK, AARON	ANKENY, IA	39	M	1:07:38.2	4	25
	swim (0:07:14.1)	T1 (0:00:56.3)	bike (0:37:13.7)	T2 (0:00:38.2)	Run (0:21:35.7)		
32	BRIGGS, HEATH	FT DODGE, IA	35	M	1:08:00.5	5	27
	swim (0:08:08.9)	T1 (0:01:11.5)	bike (0:36:08.9)	T2 (0:00:52.9)	Run (0:21:38.1)		

Age Group M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
124	HENTZEN, ROB	WEST DES MOINES, IA	50	M	1:08:18.8	1	29
	swim (0:11:42.0)	T1 (0:00:10.5)	bike (0:34:36.3)	T2 (0:00:26.4)	Run (0:21:23.3)		
53	COURTNEY, DYLAN	WEST DES MOINES, IA	17	M	1:08:40.9	2	30
	swim (0:08:03.3)	T1 (0:00:24.8)	bike (0:38:22.0)	T2 (0:00:20.8)	Run (0:21:29.8)		
310	WEBB, TAYLOR	WEST DES MOINES, IA	29	M	1:08:42.9	4	31
	swim (0:08:31.3)	T1 (0:00:47.1)	bike (0:34:19.8)	T2 (0:00:31.7)	Run (0:24:32.8)		
102	GREENLEY, JOE	NORWALK, IA	25	M	1:08:48.5	5	33
	swim (0:07:35.0)	T1 (0:00:51.7)	bike (0:36:47.1)	T2 (0:00:29.0)	Run (0:23:05.5)		
272	STANTON, NATHAN	DES MOINES, IA	31	M	1:08:56.9	4	34
	swim (0:07:15.0)	T1 (0:00:36.0)	bike (0:37:26.5)	T2 (0:00:26.8)	Run (0:23:12.3)		
55	CRAWFORD, GALEN	STORY CITY, IA	49	M	1:09:14.6	4	35
	swim (0:08:04.3)	T1 (0:00:39.5)	bike (0:38:19.1)	T2 (0:00:23.2)	Run (0:21:48.3)		
306	WATTIER, RILEY	DES MOINES, IA	16	M	1:09:24.3	3	37
	swim (0:08:20.6)	T1 (0:01:13.8)	bike (0:40:26.8)	T2 (0:00:23.2)	Run (0:18:59.7)		
30	BRIDEN, DAVE	VAN METER, IA	44	M	1:09:33.7	5	39
	swim (0:07:38.6)	T1 (0:00:55.0)	bike (0:35:47.0)	T2 (0:00:39.5)	Run (0:24:33.5)		
323	WILSON, MATTHEW	CLIVE, IA	35	M	1:09:49.2	6	40
	swim (0:08:18.2)	T1 (0:01:21.6)	bike (0:37:40.6)	T2 (0:01:10.3)	Run (0:21:18.2)		
152	JANSEN, COREY	ANKENY, IA	29	M	1:09:59.4	6	41
	swim (0:08:32.0)	T1 (0:00:55.6)	bike (0:37:21.3)	T2 (0:00:46.3)	Run (0:22:24.0)		
159	JONES, AUSTIN	GRINNELL, IA	46	M	1:10:00.0	5	42
	swim (0:06:25.8)	T1 (0:00:59.5)	bike (0:35:09.7)	T2 (0:01:00.9)	Run (0:26:23.9)		
236	POSTMA, NATE	ANKENY, IA	31	M	1:10:01.3	5	43
	swim (0:06:58.2)	T1 (0:01:28.5)	bike (0:35:55.4)	T2 (0:00:58.1)	Run (0:24:40.8)		
268	SMART, ANDREW	ANKENY, IA	48	M	1:10:03.2	6	45
	swim (0:07:24.8)	T1 (0:01:54.1)	bike (0:38:04.3)	T2 (0:00:49.5)	Run (0:21:50.4)		
183	LECHTENBERG, T.J.	WEST DES MOINES, IA	33	M	1:10:04.9	6	46
	swim (0:07:56.9)	T1 (0:00:18.1)	bike (0:38:28.3)	T2 (0:00:38.9)	Run (0:22:42.5)		
106	GRIMM, ADAM	MUSCATINE, IA	28	M	1:10:16.4	7	48
	swim (0:05:40.0)	T1 (0:01:06.1)	bike (0:37:28.3)	T2 (0:00:34.0)	Run (0:25:27.8)		
37	BURKE, JOHN	AMES, IA	49	M	1:10:20.0	7	49
	swim (0:06:31.2)	T1 (0:01:36.8)	bike (0:39:21.4)	T2 (0:00:36.2)	Run (0:22:14.1)		
202	METZGER, BURT	WAUKEE, IA	40	M	1:10:21.4	6	50
	swim (0:09:10.8)	T1 (0:00:40.5)	bike (0:37:15.6)	T2 (0:00:21.8)	Run (0:22:52.6)		
309	WEBB, BLAINE	AMES, IA	22	M	1:10:27.0	2	51
	swim (0:06:56.1)	T1 (0:00:41.7)	bike (0:39:07.8)	T2 (0:00:43.2)	Run (0:22:57.9)		
190	MADISON, GREG	ANKENY, IA	55	M	1:10:27.2	1	52
	swim (0:08:16.6)	T1 (--)	bike (0:37:43.8)	T2 (0:00:47.9)	Run (0:23:38.8)		
232	PIPER, DON	DSM, IA	52	M	1:10:29.4	2	53
	swim (0:07:14.8)	T1 (0:01:32.4)	bike (0:36:51.3)	T2 (0:01:22.3)	Run (0:23:28.4)		
115	HANDELAND, JASON	DES MOINES, IA	33	M	1:10:30.1	7	54
	swim (0:08:28.8)	T1 (0:01:13.0)	bike (0:36:42.6)	T2 (0:00:48.3)	Run (0:23:17.2)		
255	SANFORD, JERRY	DES MOINES, IA	46	M	1:10:33.3	8	55
	swim (0:06:54.6)	T1 (0:01:19.7)	bike (0:37:22.7)	T2 (0:01:04.8)	Run (0:23:51.3)		
212	NELSON, SHAWN	ANKENY, IA	44	M	1:10:34.3	7	56
	swim (0:06:22.6)	T1 (0:00:53.8)	bike (0:37:52.5)	T2 (0:00:30.8)	Run (0:24:54.5)		
154	JASS, JACOB	ANKENY, IA	19	M	1:10:42.1	4	57
	swim (0:05:37.2)	T1 (0:01:03.5)	bike (0:40:47.5)	T2 (0:00:29.8)	Run (0:22:43.9)		

Age Group M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
195	MCCOLLOUGH, TIMOTHY swim (0:08:41.7) T1 (0:00:26.6)	AMES, IA bike (0:37:04.8) T2 (0:00:28.8)	30	M	1:10:50.4	8	58
130	HOKEL, ETHAN swim (0:07:46.4) T1 (0:00:57.3)	POLK CITY, IA bike (0:41:26.7) T2 (0:00:19.0)	20	M	1:10:51.5	3	59
280	TAINTOR, MICAH swim (0:07:47.2) T1 (0:00:37.5)	ANKENY, IA bike (0:37:27.2) T2 (0:00:38.8)	33	M	1:10:51.6	9	60
75	DWIGHT, TIMOTHY swim (0:09:01.7) T1 (0:01:03.5)	IOWA CITY, IA bike (0:38:18.3) T2 (0:00:50.4)	35	M	1:11:07.2	7	61
121	HAWS, ROD swim (0:09:22.4) T1 (0:00:42.0)	ANKENY, IA bike (0:37:20.5) T2 (0:00:48.3)	44	M	1:11:19.4	8	62
281	TANGE, ERIC swim (0:09:13.8) T1 (0:01:00.7)	URBANDALE, IA bike (0:39:01.2) T2 (0:00:50.6)	30	M	1:11:20.9	10	64
178	LADAGE, ZACH swim (0:08:09.5) T1 (0:00:57.1)	CEDAR FALLS, IA bike (0:37:23.2) T2 (0:00:36.4)	27	M	1:11:28.0	8	65
342	HAMBLIN, TROY swim (0:07:28.5) T1 (0:00:54.5)	OMAHA, NE bike (0:39:26.5) T2 (0:00:25.6)	31	M	1:11:33.6	11	66
294	VAN GENT, KRIS swim (0:08:16.1) T1 (0:02:00.7)	SHELDON, IA bike (0:39:53.3) T2 (0:01:16.3)	18	M	1:11:44.4	5	68
180	LANG, SIMEON swim (0:07:22.8) T1 (0:01:50.7)	JEFFERSON, IA bike (0:39:29.1) T2 (0:01:00.6)	25	M	1:12:00.3	9	69
65	DEMING, RICHARD swim (0:07:51.9) T1 (0:01:03.0)	DES MOINES, IA bike (0:36:06.1) T2 (0:00:35.3)	57	M	1:12:42.9	2	72
15	BANTZ, JOSEPH swim (0:06:52.4) T1 (0:01:25.9)	WEST DES MOINES, IA bike (0:39:36.7) T2 (0:00:47.2)	44	M	1:12:43.9	9	73
89	FRESCHI, SCOT swim (0:08:06.6) T1 (0:01:28.6)	WEST DES MOINES, IA bike (0:39:26.9) T2 (0:00:45.2)	38	M	1:12:55.8	8	75
299	WADDINGHAM, JAKE swim (0:10:34.6) T1 (0:01:45.5)	URBANDALE, IA bike (0:41:17.9) T2 (0:00:27.3)	20	M	1:12:58.6	4	76
16	BARTLEMAN, TIM swim (0:08:16.7) T1 (0:01:24.5)	POLK CITY, IA bike (0:38:41.0) T2 (0:01:00.2)	38	M	1:13:10.4	9	78
274	STELMACHER, MARK swim (0:08:46.1) T1 (0:01:06.3)	WEST DES MOINES, IA bike (0:39:38.5) T2 (0:00:41.5)	56	M	1:13:11.0	3	79
193	MASON, CHAD swim (0:09:57.5) T1 (0:01:12.0)	DES MOINES, IA bike (0:36:14.9) T2 (0:00:36.4)	41	M	1:13:25.4	10	80
163	KENT, DAVID swim (0:07:17.3) T1 (0:01:09.4)	DES MOINES, IA bike (0:38:52.6) T2 (0:01:05.6)	49	M	1:13:38.6	9	81
105	GRIFFITH, DAVE swim (0:08:23.4) T1 (0:02:18.9)	WAUKEE, IA bike (0:40:24.0) T2 (0:01:41.7)	45	M	1:13:45.5	10	82
346	MCGUIRE, TERRY swim (0:08:46.9) T1 (0:02:06.4)	STERLING, IL bike (0:36:28.5) T2 (0:01:24.6)	46	M	1:13:56.5	11	83
205	MOORE, ZACHARY swim (0:07:30.6) T1 (0:00:48.8)	ANKENY, IA bike (0:38:48.9) T2 (0:01:32.6)	34	M	1:14:15.3	12	84
161	KEITGES, JOE swim (0:09:16.4) T1 (0:00:48.1)	AMES, IA bike (0:40:17.5) T2 (0:00:39.3)	44	M	1:14:16.6	11	85
49	CLARK, TERENCE swim (0:07:03.4) T1 (0:01:22.9)	DES MOINES, IA bike (0:39:39.1) T2 (0:00:58.7)	39	M	1:14:32.7	10	87
249	RILEY, RICK swim (0:07:42.2) T1 (0:01:52.6)	WEST DES MOINES, AB bike (0:40:03.6) T2 (0:01:10.4)	53	M	1:14:32.8	3	88

Age Group M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
313	WEIS, KYLE swim (0:08:27.3) T1 (0:01:12.5)	BELMOND, IA bike (0:39:59.0) T2 (0:00:35.2)	25	M	1:14:34.0	10	89
47	CHERRY, ELIJAH swim (0:08:14.1) T1 (0:00:21.4)	WEST DES MOINES, IA bike (0:41:36.0) T2 (0:00:23.7)	17	M	1:14:35.8	6	90
3	ALLEN, CHRIS swim (0:10:33.0) T1 (0:01:52.9)	ANKENY, IA bike (0:39:07.7) T2 (0:02:08.9)	31	M	1:14:38.9	13	91
181	LARSEN, JUSTIN swim (0:08:21.5) T1 (0:01:57.0)	ATLANTIC, IA bike (0:40:29.8) T2 (0:00:22.3)	34	M	1:14:40.5	14	92
158	JOHNSON, ERIK swim (0:06:57.0) T1 (0:01:36.0)	ANKENY, IA bike (0:41:40.7) T2 (0:01:19.2)	21	M	1:14:49.2	5	94
295	VANGUNDY, JASON swim (0:09:01.2) T1 (0:01:35.7)	JOHNSTON, IA bike (0:39:35.5) T2 (0:00:34.8)	27	M	1:15:04.5	11	95
240	RAMSEY, BRIAN swim (0:10:42.6) T1 (0:01:33.4)	URBANDALE, IA bike (0:38:03.7) T2 (0:01:25.4)	33	M	1:15:35.2	15	96
230	PICKARD, RANDY swim (0:07:30.9) T1 (0:01:10.8)	DES MOINES, IA bike (0:39:54.0) T2 (0:00:41.8)	43	M	1:15:37.6	12	97
174	KRUEGER, BRAD swim (0:07:32.5) T1 (0:01:41.5)	URBANDALE, IA bike (0:39:53.5) T2 (0:02:36.8)	25	M	1:15:38.5	12	98
123	HEINEMAN, ANDREW swim (0:10:05.6) T1 (0:01:57.7)	OGDEN, IA bike (0:44:05.4) T2 (0:00:23.9)	19	M	1:15:43.5	7	99
146	IRVING, BOB swim (0:07:37.9) T1 (0:02:21.8)	DES MOINES, IA bike (0:37:03.0) T2 (0:01:47.0)	53	M	1:15:46.3	4	100
336	Suby, Brady swim (0:07:03.7) T1 (0:00:43.7)	Ankeny, IA bike (0:46:27.0) T2 (0:00:18.6)	13	M	1:15:48.3	2	101
38	BURKE, MATTHEW swim (0:05:58.1) T1 (0:02:14.1)	AMES, IA bike (0:47:00.3) T2 (0:00:24.9)	16	M	1:15:52.6	8	103
204	MILLER, MATT swim (0:06:04.0) T1 (0:01:25.4)	GRINNELL, IA bike (0:41:59.0) T2 (0:01:01.2)	35	M	1:16:18.4	11	106
145	INMAN, JACK swim (0:07:47.5) T1 (0:01:17.5)	CLIVE, IA bike (0:37:30.0) T2 (0:00:50.3)	61	M	1:16:20.3	1	107
194	MATHAI, ANITH swim (0:08:58.4) T1 (0:01:10.8)	IOWA CITY, IA bike (0:42:12.2) T2 (0:00:48.9)	31	M	1:16:26.5	16	108
257	SCHABEN, SEAN swim (0:09:13.4) T1 (0:01:02.0)	JOHNSTON, IA bike (0:40:20.8) T2 (0:01:01.0)	44	M	1:16:27.1	13	109
93	GAINER, ROBERT swim (0:07:34.5) T1 (0:02:18.9)	WEST DES MOINES, IA bike (0:39:47.5) T2 (0:01:35.3)	32	M	1:16:38.2	17	111
107	GROSS, ALAN swim (0:09:14.1) T1 (0:01:11.7)	DES MOINES, IA bike (0:40:00.3) T2 (0:01:40.6)	56	M	1:16:41.9	4	113
70	DOSTER, CHRIS swim (0:08:01.5) T1 (0:01:20.9)	REDFIELD, IA bike (0:41:57.6) T2 (0:02:05.8)	37	M	1:16:43.4	12	114
45	CHARTIER, JON swim (0:09:05.5) T1 (0:00:58.2)	GRIMES, IA bike (0:39:42.2) T2 (0:00:48.7)	41	M	1:16:53.4	14	115
258	SCHAEFER, LEW swim (0:09:20.3) T1 (0:02:23.7)	NORWALK, IA bike (0:36:49.6) T2 (0:01:35.5)	58	M	1:16:54.3	5	116
155	JENKINS, JIM swim (0:08:50.5) T1 (0:00:53.1)	NEWTON, IA bike (0:37:41.1) T2 (0:00:55.7)	61	M	1:17:13.4	2	121
175	KRUEGER, SCOTT swim (0:10:16.2) T1 (0:01:09.8)	CLIVE, IA bike (0:39:52.4) T2 (0:01:03.9)	41	M	1:17:22.1	15	123

Age Group M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
214	NIEMANN, CASEY	WAUKEE, IA	37	M	1:17:30.7	13	125
	swim (0:07:44.5)	T1 (0:01:05.1)	bike (0:44:00.7)	T2 (0:00:53.2)	Run (0:23:47.1)		
127	HINRICHS, TRAVIS	CLIVE, IA	37	M	1:17:33.2	14	126
	swim (0:09:42.3)	T1 (0:01:51.1)	bike (0:39:08.6)	T2 (0:00:58.4)	Run (0:25:52.5)		
278	SUBY, JORDAN	ANKENY, IA	16	M	1:17:55.3	9	130
	swim (0:06:46.3)	T1 (0:02:06.2)	bike (0:43:35.2)	T2 (0:00:31.0)	Run (0:24:56.5)		
149	JACKMAN, CRAIG	WAUKEE, IA	44	M	1:18:11.9	16	131
	swim (0:10:38.7)	T1 (0:01:15.9)	bike (0:40:29.7)	T2 (0:00:56.5)	Run (0:24:50.9)		
171	KOKEMILLER, TYLER	PLEASANT HILL, IA	19	M	1:18:37.4	10	133
	swim (0:07:13.4)	T1 (0:00:55.8)	bike (0:44:17.6)	T2 (0:00:45.3)	Run (0:25:25.1)		
7	ANDERSON, TJ	WEST DES MOINES, IA	22	M	1:18:43.7	6	134
	swim (0:07:52.5)	T1 (0:01:44.9)	bike (0:43:38.2)	T2 (0:01:02.2)	Run (0:24:25.6)		
231	PIERCE, BRANDON	WEST DES MOINES, IA	33	M	1:18:44.0	18	135
	swim (0:09:03.7)	T1 (0:01:25.8)	bike (0:43:07.2)	T2 (0:00:46.7)	Run (0:24:20.4)		
260	SCHAFFER, WILLIAM	HUMBOLDT, IA	37	M	1:18:47.5	15	137
	swim (0:07:02.2)	T1 (0:02:21.6)	bike (0:43:14.9)	T2 (0:00:40.3)	Run (0:25:28.3)		
196	MCCULLOUGH, RUSS	AMES, IA	39	M	1:18:48.9	16	138
	swim (0:09:41.1)	T1 (0:02:32.8)	bike (0:42:12.8)	T2 (0:00:39.5)	Run (0:23:42.5)		
63	DEKKERS, JACK	AMES, IA	50	M	1:18:49.6	5	139
	swim (0:09:30.8)	T1 (0:02:22.6)	bike (0:41:09.2)	T2 (0:01:13.7)	Run (0:24:33.2)		
138	HUEBENER, WAYNE	IOWA CITY, IA	48	M	1:19:02.7	12	141
	swim (0:05:55.5)	T1 (0:02:36.9)	bike (0:43:27.4)	T2 (0:00:53.8)	Run (0:26:08.8)		
142	HUGHES III, WILLIAM	COUNCIL BLUFFS, IA	30	M	1:19:19.7	19	144
	swim (0:07:12.4)	T1 (0:01:35.8)	bike (0:44:26.7)	T2 (0:01:11.0)	Run (0:24:53.7)		
311	WEGGEN, KEITH	JOHNSTON, IA	35	M	1:19:25.8	17	146
	swim (0:06:07.2)	T1 (0:01:25.7)	bike (0:43:32.6)	T2 (0:00:45.1)	Run (0:27:35.0)		
239	PRUITT, JUSTIN	PLEASANT HILL, IA	18	M	1:19:28.1	11	147
	swim (0:07:07.9)	T1 (0:01:22.6)	bike (0:43:49.4)	T2 (0:00:54.3)	Run (0:26:13.7)		
83	FENSKE, WILLIAM	DES MOINES, IA	34	M	1:19:28.7	20	148
	swim (0:13:24.2)	T1 (0:01:44.4)	bike (0:38:22.4)	T2 (0:02:04.8)	Run (0:23:52.7)		
60	DAUGHERTY, STEVE	ANKENY, IA	39	M	1:19:53.3	18	153
	swim (0:10:33.8)	T1 (0:01:02.8)	bike (0:44:27.2)	T2 (0:01:06.8)	Run (0:22:42.5)		
43	CARROLL, DANNY	GRINNELL, IA	57	M	1:19:54.5	6	155
	swim (0:09:12.9)	T1 (0:01:33.4)	bike (0:39:28.9)	T2 (0:01:34.6)	Run (0:28:04.5)		
319	WIELAND, TYSON	JOHNSTON, IA	16	M	1:20:04.5	12	157
	swim (0:05:06.5)	T1 (0:01:37.5)	bike (0:52:59.9)	T2 (0:00:50.3)	Run (0:19:30.2)		
206	MOULTON, MATT	WEST DES MOINES, IA	40	M	1:20:05.0	17	158
	swim (0:11:01.4)	T1 (0:01:20.3)	bike (0:41:31.9)	T2 (0:01:42.6)	Run (0:24:28.5)		
17	BEHRENDT, ADAM	CLIVE, IA	29	M	1:20:24.4	13	160
	swim (0:09:06.7)	T1 (0:01:44.7)	bike (0:43:01.2)	T2 (0:00:56.2)	Run (0:25:35.3)		
23	BONNETT, DUSTIN	DES MOINES, IA	26	M	1:20:27.0	14	161
	swim (0:08:42.5)	T1 (0:01:49.0)	bike (0:44:56.6)	T2 (0:00:56.2)	Run (0:24:02.5)		
332	Kent, Harfst	Webster City, IA	48	M	1:20:45.4	13	165
	swim (0:07:36.5)	T1 (0:02:00.6)	bike (0:40:31.3)	T2 (0:01:26.3)	Run (0:29:10.5)		
33	BROTHERTON, BRAD	POLK CITY, IA	37	M	1:20:47.2	19	166
	swim (0:11:38.8)	T1 (0:01:19.6)	bike (0:41:46.7)	T2 (0:01:41.7)	Run (0:24:20.2)		
321	WILLIAMS, TYRONE	ADEL, IA	31	M	1:21:08.0	21	169
	swim (0:10:26.8)	T1 (0:01:44.6)	bike (0:42:03.6)	T2 (0:00:29.4)	Run (0:26:23.3)		

Age Group M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
290	TOUNEY, DAN swim (0:09:26.1) T1 (0:02:18.6)	FORT DODGE, IA bike (0:42:22.1) T2 (0:00:43.8)	34	M	1:21:28.5	22	171
291	TURCK, MICHAEL swim (0:10:00.7) T1 (0:02:59.2)	WEST DES MOINES, IA bike (0:42:49.3) T2 (0:01:25.3)	40	M	1:22:12.8	18	173
95	GLENN, NATHANIEL swim (0:09:05.0) T1 (0:02:14.8)	ALTOONA, IA bike (0:45:26.0) T2 (0:01:47.3)	32	M	1:22:21.3	23	177
170	KNUTSON, KELLY swim (0:09:59.2) T1 (0:01:50.5)	TRURO, IA bike (0:39:26.0) T2 (0:00:58.6)	50	M	1:22:33.0	6	180
293	VAN AUSDALL, MARTEN swim (0:07:21.0) T1 (0:02:11.2)	CHARLES CITY, IA bike (0:42:48.9) T2 (0:01:07.9)	34	M	1:22:54.8	24	182
168	KNAPP, PETER swim (0:11:17.2) T1 (0:02:14.0)	POLK CITY, IA bike (0:43:46.9) T2 (0:01:42.8)	37	M	1:23:01.1	20	184
341	GULICK, STEVE swim (0:09:45.0) T1 (0:02:22.2)	WHEATON, IL bike (0:41:18.5) T2 (0:02:06.6)	49	M	1:23:51.4	14	188
261	SCHUBERT, TONY swim (0:07:54.5) T1 (0:02:40.3)	DES MOINES, IA bike (0:47:21.5) T2 (0:01:45.9)	29	M	1:24:13.6	15	190
253	SALVO, GREG swim (0:09:58.5) T1 (0:02:17.8)	ELDORA, IA bike (0:41:51.6) T2 (0:01:21.8)	40	M	1:24:14.0	19	191
77	EASTMAN, JUDSON swim (0:08:49.2) T1 (0:01:52.5)	URBANDALE, IA bike (0:45:01.8) T2 (0:00:39.6)	33	M	1:24:14.6	25	193
331	ZIMMERMANN, RICKY swim (0:12:54.6) T1 (0:00:07.2)	OTHO, IA bike (0:46:17.3) T2 (0:00:05.8)	51	M	1:24:35.4	7	196
246	RICHARDSON, SCOTT swim (0:09:46.8) T1 (0:02:41.1)	CARROLL, IA bike (0:44:17.5) T2 (0:00:50.8)	60	M	1:24:55.0	3	200
136	HOSTETTER, JESSE swim (0:07:43.4) T1 (0:01:55.7)	AMES, IA bike (0:44:37.2) T2 (0:01:29.6)	46	M	1:25:27.5	15	203
99	GREEN, SCOTT swim (0:09:37.8) T1 (0:01:56.8)	WEST DES MOINES, IA bike (0:42:35.2) T2 (0:01:45.6)	52	M	1:25:52.5	8	204
216	O'LEARY, BRIAN swim (0:11:01.8) T1 (0:01:07.0)	DES MOINES, IA bike (0:43:07.8) T2 (0:00:46.3)	29	M	1:25:56.0	16	205
66	DEMPSEY, PATRICK swim (0:10:31.9) T1 (0:01:31.9)	DES MOINES, IA bike (0:42:30.8) T2 (0:02:12.7)	48	M	1:26:51.6	16	208
307	WATTIER, TONY swim (0:20:20.0) T1 (0:01:21.6)	DES MOINES, IA bike (0:45:02.3) T2 (0:00:33.0)	17	M	1:27:21.1	13	210
189	LUCHT, DAN swim (0:12:00.6) T1 (0:00:56.4)	DES MOINES, IA bike (0:44:56.8) T2 (0:00:30.8)	47	M	1:27:33.1	17	212
210	NELSON, DANIEL swim (0:09:52.2) T1 (0:02:44.4)	WEST DES MOINES, IA bike (0:48:40.7) T2 (0:00:45.9)	19	M	1:27:43.4	14	214
82	FARRELL, DAVID swim (0:10:07.4) T1 (0:02:04.4)	AMES, IA bike (0:45:43.9) T2 (0:00:23.0)	31	M	1:28:12.6	26	219
132	HOLLANDER, TOM swim (0:09:10.0) T1 (0:02:47.5)	NEWTON, IA bike (0:46:01.1) T2 (0:02:25.9)	64	M	1:28:17.5	4	220
9	ARNDT, CODY swim (0:10:29.0) T1 (0:02:51.1)	SHEFFIELD, IA bike (0:47:38.2) T2 (0:01:37.1)	16	M	1:28:41.4	15	222
51	COOPER, BEN swim (0:09:08.9) T1 (0:01:15.4)	DES MOINES, IA bike (0:45:46.1) T2 (0:01:36.8)	21	M	1:28:49.0	7	223
44	CASTRO, MARIO swim (0:08:12.1) T1 (0:02:07.3)	DES MOINES, IA bike (0:48:23.2) T2 (0:00:44.0)	44	M	1:31:23.6	20	234

Age Group M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
259	Schaffer, Jonathon swim (0:09:07.7) T1 (0:02:45.3)	Humboldt, IA bike (0:53:04.7) T2 (0:00:43.4)	13	M	1:31:28.4	3	235
41	CAMP, PATRICK swim (0:10:38.2) T1 (0:01:15.6)	AMES, IA bike (0:46:01.3) T2 (0:00:25.6)	32	M	1:31:54.7	27	239
312	WEIGEL, ANDY swim (0:10:27.0) T1 (0:02:49.3)	IOWA CITY, IA bike (0:49:14.9) T2 (0:00:37.3)	39	M	1:32:14.8	21	242
128	HOFFMAN, DAVID swim (0:11:31.0) T1 (0:04:08.6)	AMES, IA bike (0:45:26.6) T2 (0:02:23.9)	72	M	1:33:46.2	5	245
114	HALL, PATRICK swim (0:11:06.9) T1 (0:02:36.4)	CARROLL, IA bike (0:48:37.7) T2 (0:01:13.8)	54	M	1:40:09.7	9	255
141	HUGHES, CHARLES swim (0:07:59.0) T1 (0:02:33.8)	DES MOINES, IA bike (0:53:36.1) T2 (0:00:49.5)	21	M	1:41:26.2	8	256
345	KNAPP, EMIL swim (0:12:14.5) T1 (0:03:06.0)	SIOUX FALLS, SD bike (0:48:46.2) T2 (0:05:14.5)	67	M	1:42:39.3	6	258
80	ESSINK, JEFF swim (0:10:41.3) T1 (0:03:21.2)	ALTOONA, IA bike (0:54:13.8) T2 (0:00:48.3)	32	M	1:43:52.3	28	261
283	TERRILL, STEVE swim (0:08:25.2) T1 (0:03:42.6)	AMES, IA bike (0:48:46.3) T2 (0:04:52.2)	66	M	1:44:03.5	7	262
84	FILLMORE, LUKE swim (0:16:19.9) T1 (0:07:10.0)	AMES, IA bike (0:56:44.7) T2 (0:00:06.5)	20	M	2:00:03.3	9	271
297	Wachendorf, Mark swim (0:06:08.5) T1 (--)	Adel, IA bike (--) T2 (--)	42	M	--	--	--
Penalty: DNF (-6:00:00.0)							

Athena/Clydesdale F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
201	MERFELD, KRISTIN swim (--) T1 (0:09:18.4)	DES MOINES, IA bike (0:40:57.8) T2 (0:02:43.5)	36	F	1:24:36.4	1	9
100	GREENFIELD, TINA swim (--) T1 (--)	STORY CITY, IA bike (0:57:13.9) T2 (0:00:34.5)	30	F	1:26:16.7	2	10
48	CLARK, NICOLE swim (--) T1 (--)	URBANDALE, IA bike (0:57:01.1) T2 (0:00:32.9)	26	F	1:27:48.4	3	11
302	WALKER, BRANDY swim (0:08:56.2) T1 (--)	AMES, IA bike (0:46:30.3) T2 (0:02:24.9)	37	F	1:31:45.3	4	13
221	OREN, SHELLEY swim (--) T1 (--)	BOONE, IA bike (1:04:03.4) T2 (0:01:32.6)	49	F	1:44:24.1	5	17
349	ODEGAARD, BETH swim (--) T1 (--)	ROCHESTER, MN bike (1:03:47.7) T2 (0:01:58.6)	27	F	1:47:11.6	6	18
165	KEYS, KARY swim (--) T1 (0:15:18.9)	BOONE, IA bike (0:52:33.2) T2 (0:01:18.1)	52	F	1:51:05.9	7	20
271	SOSALLA, TERI swim (--) T1 (--)	LECLAIRE, IA bike (1:04:33.9) T2 (0:01:20.4)	47	F	1:54:53.0	8	21

Athena/Clydesdale M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
76	DWYER, BRIAN swim (--) T1 (0:06:17.3)	WEST DES MOINES, IA bike (0:36:46.8) T2 (0:00:30.0)	31	M	1:07:18.1	1	1
184	LEE, BRANDON swim (0:06:58.3) T1 (--)	WEST DES MOINES, IA bike (0:36:47.8) T2 (0:00:43.0)	37	M	1:07:45.3	2	2
266	SICKORA, JOSEPH swim (--) T1 (--)	WEST DES MOINES, IA bike (0:46:36.5) T2 (0:01:03.0)	23	M	1:11:24.5	3	3
277	STRATTON, DONNIE swim (--) T1 (--)	DES MOINES, IA bike (0:45:16.5) T2 (0:00:23.3)	38	M	1:12:56.5	4	4
179	LANG, MIKE swim (--) T1 (--)	WAUKEE, IA bike (0:52:15.4) T2 (0:00:39.8)	42	M	1:16:10.9	5	5
270	SOLTIS, MARC swim (0:08:59.6) T1 (--)	ADEL, IA bike (0:43:20.0) T2 (0:00:44.5)	27	M	1:16:39.5	6	6
87	FOULKES, RYAN swim (--) T1 (--)	NORTH LIBERTY, IA bike (0:48:21.8) T2 (0:00:53.3)	34	M	1:19:13.5	7	7
117	HARBAUGH, JAMES swim (--) T1 (--)	URBANDALE, IA bike (0:50:07.5) T2 (0:01:36.6)	39	M	1:22:37.7	8	8
143	HUITT, CALEB swim (--) T1 (--)	STORY CITY, IA bike (0:57:39.2) T2 (0:00:39.3)	33	M	1:28:06.7	9	12
245	REYES, MICHAEL swim (--) T1 (--)	WEST DES MOINES, IA bike (0:58:00.4) T2 (0:01:28.6)	41	M	1:38:07.3	10	14
185	LEE, CHAD swim (--) T1 (--)	FORT DODGE, IA bike (1:01:36.3) T2 (0:01:27.5)	35	M	1:39:38.3	11	15
64	DELANEY, ANDRAE swim (--) T1 (--)	WEST DES MOINES, IA bike (1:06:06.5) T2 (0:00:55.3)	29	M	1:41:41.3	12	16
85	FOERSCH, BILL swim (--) T1 (--)	WEST DES MOINES, IA bike (1:05:56.7) T2 (0:00:35.8)	50	M	1:47:43.4	13	19

Relay F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
173	KRAUSE, DAWN swim (0:07:50.8) T1 (--)	BOONE, IA bike (0:40:25.7) T2 (0:00:27.2)	35	F	1:09:40.4	1	3
173	LARSON, AVRIL swim (0:07:50.8) T1 (--)	BOONE, IA bike (0:40:25.7) T2 (0:00:27.2)	37	F	1:09:40.4	1	3
98	GRANDGEORGE, ANA swim (0:07:14.3) T1 (--)	POLK CITY, IA bike (0:47:29.8) T2 (0:00:33.0)	9	F	1:22:38.8	3	9
18	LANSING, TINA swim (--) T1 (0:10:18.3)	ANKENY, IA bike (0:47:54.0) T2 (0:00:23.7)	35	F	1:25:13.1	3	14
18	BEHRENDTS, LISA swim (--) T1 (0:10:18.3)	ANKENY, IA bike (0:47:54.0) T2 (0:00:23.7)	38	F	1:25:13.1	3	14
14	FILLMORE, ALLY swim (0:09:53.3) T1 (--)	AMES, IA bike (0:56:05.6) T2 (0:00:38.8)	17	F	1:27:23.8	6	17
14	BALDUS, APRIL swim (0:09:53.3) T1 (--)	BOONE, IA bike (0:56:05.6) T2 (0:00:38.8)	16	F	1:27:23.8	6	17
343	HARRIS, MELISSA swim (0:07:50.4) T1 (0:00:36.6)	JOHNSON LAKE, NE bike (0:49:04.7) T2 (0:00:32.9)	40	F	1:28:07.4	5	18
101	THEILEN, LACEY swim (--) T1 (--)	AMES, IA bike (1:02:45.4) T2 (0:00:25.0)	29	F	1:28:56.0	6	21
101	GREENLEE, ROBIN swim (--) T1 (--)	AMES, IA bike (1:02:45.4) T2 (0:00:25.0)	30	F	1:28:56.0	6	21
101	THOMPSON, CRYSTLE swim (--) T1 (--)	AMES, IA bike (1:02:45.4) T2 (0:00:25.0)	28	F	1:28:56.0	6	21

Relay M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
173	MCALPINE, WILLIAM swim (0:07:50.8) T1 (--)	BOONE, IA bike (0:40:25.7) T2 (0:00:27.2)	36	M	1:09:40.4	1	3
315	WELDON, LIAM swim (0:06:44.6) T1 (--)	LECLAIRE, IA bike (0:39:37.5) T2 (0:00:27.1)	13	M	1:11:16.4	2	6
315	WELDON, DERMOT swim (0:06:44.6) T1 (--)	LECLAIRE, IA bike (0:39:37.5) T2 (0:00:27.1)	10	M	1:11:16.4	2	6
315	WELDON, BRIAN swim (0:06:44.6) T1 (--)	LECLAIRE, IA bike (0:39:37.5) T2 (0:00:27.1)	43	M	1:11:16.4	2	6
98	GRANDGEORGE, JACK swim (0:07:14.3) T1 (--)	FORT DODGE, IA bike (0:47:29.8) T2 (0:00:33.0)	69	M	1:22:38.8	3	9
98	GRANDGEORGE, GREG swim (0:07:14.3) T1 (--)	POLK CITY, IA bike (0:47:29.8) T2 (0:00:33.0)	45	M	1:22:38.8	3	9
18	BOHL, JOHN swim (--) T1 (0:10:18.3)	ADEL, IA bike (0:47:54.0) T2 (0:00:23.7)	53	M	1:25:13.1	3	14
14	MAYSE, BRONSON swim (0:09:53.3) T1 (--)	BOONE, IA bike (0:56:05.6) T2 (0:00:38.8)	17	M	1:27:23.8	6	17
343	PITCHER, DAN swim (0:07:50.4) T1 (0:00:36.6)	WEST DES MOINES, IA bike (0:49:04.7) T2 (0:00:32.9)	48	M	1:24:07.0	5	18
343	PITCHER, DUANE swim (0:07:50.4) T1 (0:00:36.6)	AMES, IA bike (0:49:04.7) T2 (0:00:32.9)	49	M	1:24:07.0	5	18
111	GUTTIN, JEFF swim (--) T1 (--)	ANKENY, IA bike (1:17:34.8) T2 (0:01:05.3)	13	M	1:45:01.7	7	22