

2010 SUMMER GAMES  
TRIATHLON

Event	Place	Athlete	City	Time
15 & UNDER - F	1	SAVANNAH OREWILER	Des Moines	1:17:09.50
	2	EMMA GAER	des moines	1:19:16.50
	3	ISABEL BAKROS	Des Moines	1:24:21.90
16-19 - F	1	KRYSTIN WINKER	Glidden	1:38:28.90
	2	JAYCIE BOCK	Glidden	1:42:38.90
	3	ALLIE PLAGMAN	Adel	2:03:50.90
20-24 - F	1	MARGO TOMKA	Des Moines	1:08:08.90
	2	ANNA GREENWALD	Ames	1:16:02.10
	3	LINDSAY OLSON	Marengo	1:20:42.40
	4	HANNAH LADAGE	Tripoli	1:20:49.80
	5	MAGGIE KILBURG	Iowa City	1:22:03.40
	6	KRISTI PHILIPS	Ames	1:22:16.90
	7	CHERI MALONE	DUNLAP	1:22:29.50
	8	LAUREN LINK	DES MOINES	1:22:57.80
	9	AMANDA POTTORFF	West Des Moines	1:24:15.80
	10	AMANDA BOLEYN	West Des Moines, IA	1:24:36.50
	11	MORGAN WRIGHT	Ames	1:26:33.10
	12	CHEN DU	AMES	1:27:40.00
	13	HALLIE SATRE	Ames	1:30:47.20
	14	JORDAN WADDELL	Guthrie Center	1:31:38.20
	15	TRICIA WEISS	Ames	1:33:25.50
	17	JESS GONZALES	Moline	1:44:54.40
	18	TRISTA REIS	AMES	1:47:58.20
	19	MANDI PLAGMAN	Adel	2:03:51.50
	25-29 - F	1	TARA KRUEGER	Des Moines
2		LINDSEY ANDERSON	West Des Moines	1:11:43.60
3		DENISE ANDERSON	Dubuque	1:12:41.70
4		JAMILE SHIRLEY	Ames	1:16:59.50
5		MICHELLE MEINECKE	Yale	1:23:43.70
7		ELLEN WADE	Pleasant Hill	1:25:08.70
8		CHRISTINA ACKELSON	Granger	1:29:38.20
9		BECCA JENSEN	Ames	1:29:53.20
10		MANDI MCREYNOLDS	Cedar Rapids	1:30:01.10
11		AIMEE KITTELL	West Des Moines	1:30:15.00
12		RACHELLE O'LEARY	Urbandale	1:39:05.50
13		BRIGITTE ARNOLD	Ankeny	1:43:08.90
30-34 - F		1	BROOKE WINTON	altoona
	2	MINDI DECKER	Des Moines	1:10:11.60
	3	MITCHELL MCGONIGAL	hubbard	1:14:18.20
	4	MACENZIE RUBIN	Ankeny	1:16:40.80
	5	JENNIFER DOWNE	NORWALK	1:17:03.10
	6	SHELLY BRAUNSCHWEIG	Des Moines	1:17:18.80
	7	SANDY BOWMAN	W, Des Moiens	1:19:30.00
	8	KATIE SEIDLER	Winterset	1:19:53.40
	9	KATE GAINER	West Des Moines	1:20:23.60

10	JILL FRIEDRICH	West Des Moines	1:22:40.50
11	AMY KNOLL	Story City	1:24:14.50
12	ALICIA HUGHES	COUNCIL BLUFFS	1:27:54.00
14	KIM HOOVER	West Des Moines	1:30:52.00
15	MYA LEE	Fort Dodge	1:31:34.90
16	TRISHA HOUGE	COLLINS	1:32:30.50
17	JENNIFER FUNK	Ames	1:34:18.40
18	JENNIFER WALTZ	Altoona	1:35:52.20
19	KRISTIN FORMARO	Altoona	1:37:05.40
20	KRIS MCPHERSON	Jefferson	1:50:17.30

35-39 - F

1	ANGIE HEIM	Norwalk	1:12:54.40
2	BEVERLY WILLIAMS	Prairie City	1:16:56.90
3	JENNIFER HINRICHS	Clive	1:17:27.40
4	CATHLEEN BORST	CARROLL	1:17:43.30
5	KATE BYUS	Des Moines	1:18:54.60
6	KIRSTIN PETERSON	Ames	1:19:22.50
7	MARCIA ECKHOFF	Urbandale	1:23:57.80
8	KATE WALTON	Indianola	1:27:48.90
9	JEN KRAKAU	Boone	1:28:10.30
10	LARA OLSON	AMES	1:29:36.40
11	CHRIS BERRYHILL	Ames	1:29:58.70
12	ROMUNDA TONSFELDT	Ogden	1:31:38.50
13	JESSICA THORTON	Des Moines	1:32:12.00
14	INGRID GUTTIN	ankeny	1:47:05.00
15	KRISTTEN BUTTERMORE	Ames	1:47:28.70
16	SARA WALSH	Grimes	2:01:18.00

40-44 - F

1	RUTH REGEHR	Clarinda	1:11:19.60
2	KRISTIE HARROLD	waukee	1:12:34.00
4	JENN RIGBY	Huxley	1:15:49.80
5	KAREN OBERMAN	Clive	1:16:16.50
6	LIZ MILLER	Waukee	1:16:30.00
7	KELLY WELSH-WINGATE	Ames	1:17:44.30
8	KIM MOYLE	Ankeny	1:18:47.20
9	RUTH O NEEL	AMES	1:19:31.40
10	LYNN GAUMER	Ankeny	1:20:00.70
11	JANE ANGSTMAN	Clive	1:22:28.70
12	PAULA GRIFFIN	Jefferson	1:28:59.80
13	ERIKA YORK	W. Des Moines	1:35:47.50
14	JODI ISOLINI	Madrid	1:42:40.50
15	JULIE CARLSON	Jefferson	1:50:09.90

45-49 - F

1	RACHEL STAUFFER	DES MOINES	1:09:16.60
2	AMY HARRIS	DES MOINES	1:09:29.80
3	DAWN WELLMAN	Johnston	1:17:53.70
4	LEAH TOKHEIM	Johnston	1:19:19.40
5	TRACY CHENEY	WDM	1:19:34.00
6	CARRIE CRAWFORD	Des Moines	1:20:30.60
7	DIANE NELSON	Ankeny	1:20:32.70
8	JEAN DINGEMAN	Pella	1:21:16.30
9	HOLLI HILLMER	Eldora	1:22:14.80

	10	TERASA CRUTHIRDS	Ankeny	1:22:19.60
	11	DEB DANNER	Carroll	1:23:32.50
	12	JILL JENSEN	Ames	1:24:55.20
	13	COREEN SWEENEY	Clive	1:26:27.10
	14	DIANE HAPPEL	Fort Dodge	1:26:52.30
	15	SHERRI HUFF	WINTERSET	1:27:26.90
	16	TERESA ADAMS-TOMKA	Des Moines	1:27:58.10
50-54 - F	1	LAURIE BRIDEN	Van Meter	1:13:00.10
	2	KAREN RILEY	west Des Moines	1:18:32.80
	3	DENISE GONZALES	Des Moines	1:19:50.70
	4	KIM TAYLOR	West Des Moines	1:21:00.90
	5	BETSY FREDERES	Clive	1:24:36.80
	6	DEANNA ANDERSON	Boone	1:35:33.60
55-59 - F	1	CINDY HAUBER	Ames	1:23:33.60
	2	COLETTE SCOTT	Rock Valley	1:28:35.60
	3	JOYCE BURCH	Pella	1:36:45.60
	4	LINDA WESTGATE	Ames	1:50:50.00
	5	SHERRY HUTCHINS	Polk City	1:58:01.30
CLYDESDALE OPEN - F	1	KRISTIN MERFELD	Des Moines	1:24:36.40
	2	TINA GREENFIELD	Story City	1:26:16.70
	3	NICOLE CLARK	Urbandale	1:27:48.40
	4	BRANDY WALKER	Ames	1:31:45.30
	5	SHELLEY OREN	Boone	1:44:24.20
	7	KARY KEYS	BOONE	1:51:05.90
	8	TERI SOSALLA	LeClaire	1:54:53.10
OVERALL FEMALE	1	HANNAH ROEDER	Des Moines	1:05:08.20
	2	DANNA KELLY	Des Moines	1:05:37.50
	3	ESMIE HOLDERMAN	DES MOINES	1:07:57.90
15 & UNDER - M	2	BRADY SUBY	Ankeny	1:15:48.00
	3	JONATHON SCHAFFER	HUMBOLDT	1:31:28.00
16-19 - M	1	CRAIG CUNNINGHAM	Spencer	1:06:21.00
	2	DYLAN COURTNEY	West Des Moines	1:08:41.00
	3	RILEY WATTIER	Des Moines	1:09:24.00
	4	JACOB JASS	Ankeny	1:10:42.20
	5	KRIS VAN GENT	Sheldon	1:11:44.50
	6	ELIJAH CHERRY	WEST DES MOINES	1:14:35.90
	7	ANDREW HEINEMAN	Ogden	1:15:43.50
	8	MATTHEW BURKE	Ames	1:15:52.70
	9	JORDAN SUBY	Ankeny	1:17:55.40
	10	TYLER KOKEMILLER	Pleasant Hill	1:18:37.40
	11	JUSTIN PRUITT	Pleasant Hill	1:19:28.20
	12	TYSON WIELAND	Johnston	1:20:04.60
	13	TONY WATTIER	Des Moines	1:27:21.10
	14	DANIEL NELSON	West Des Moines	1:27:43.50
	15	CODY ARNDT	Sheffield	1:28:41.40

20-24 - M

1	NICK NEWBURY	Urbandale	1:06:41.00
2	BLAINE WEBB	Ames	1:10:27.00
3	ETHAN HOKEL	Polk City	1:10:51.00
4	JAKE WADDINGHAM	Urbandale	1:12:58.60
5	ERIK JOHNSON	Ankeny	1:14:49.20
6	TJ ANDERSON	West Des Moines	1:18:43.70
7	BEN COOPER	Des Moines	1:28:49.10
8	CHARLES HUGHES	Des Moines	1:41:26.30
9	LUKE FILLMORE	AMES	2:00:03.30

25-29 - M

1	NEAL DENHARTOG	Ames	1:03:29.00
2	MARK BROWN	Ames	1:04:35.00
3	KALE HALDER	West Des Moines	1:05:48.00
4	TAYLOR WEBB	West Des Moines	1:08:42.90
5	JOE GREENLEY	Norwalk	1:08:48.60
6	COREY JANSEN	Ankeny	1:09:59.40
7	ADAM GRIMM	Muscatine	1:10:16.40
8	ZACH LADAGE	Cedar Falls	1:11:28.10
9	SIMEON LANG	JEFFERSON	1:12:00.40
10	KYLE WEIS	BELMOND	1:14:34.00
11	JASON VANGUNDY	Johnston	1:15:04.50
12	BRAD KRUEGER	URBANDALE	1:15:38.60
13	ADAM BEHREND	CLIVE	1:20:24.50
14	DUSTIN BONNETT	DES MOINES	1:20:27.10
15	TONY SCHUBERT	DES Moines	1:24:13.60
16	BRIAN O'LEARY	Des Moines	1:25:56.10

30-34 - M

1	CHRIS NEALY	Des Moines	1:03:02.10
2	MATT REEKERS	Clive	1:07:02.60
3	BRET PETERSEN	Ankeny	1:07:15.90
4	NATHAN STANTON	Des Moines	1:08:56.90
5	NATE POSTMA	Ankeny	1:10:01.30
6	T.J. LECHTENBERG	West Des Moines	1:10:05.00
7	JASON HANDELAND	Des Moines	1:10:30.20
8	TIMOTHY MCCOLLOUGH	Ames	1:10:50.40
9	MICAH TAINTOR	Ankeny	1:10:51.60
10	ERIC TANGE	Urbandale	1:11:20.90
12	ZACHARY MOORE	Ankeny	1:14:15.40
13	CHRIS ALLEN	Ankeny	1:14:39.00
14	JUSTIN LARSEN	Atlantic	1:14:40.60
15	BRIAN RAMSEY	urbandale	1:15:35.30
16	ANITH MATHAI	iowa city	1:16:26.60
17	ROBERT GAINER	West Des Moines	1:16:38.20
18	BRANDON PIERCE	West Des Moines	1:18:44.00
19	WILLIAM HUGHES III	Council Bluffs	1:19:19.70
20	WILLIAM FENSKE	Des Moines	1:19:28.80
21	TYRONE WILLIAMS	Adel	1:21:08.00
22	DAN TOUNEY	fort dodge	1:21:28.60
23	NATHANIEL GLENN	Altoona	1:22:21.40
24	MARTEN VAN AUSDALL	Charles City	1:22:54.80
25	JUDSON EASTMAN	Urbandale	1:24:14.70
26	DAVID FARRELL	Ames	1:28:12.70

27	PATRICK CAMP	Ames	1:31:54.80
28	JEFF ESSINK	ALTOONA	1:43:52.30

35-39 - M

1	BARRON BREMNER	JOHNSTON	1:00:00.00
2	RYAN REHMEIER	Indianola	1:00:00.00
3	KHRIS VICKROY	North Liberty	1:05:32.90
4	AARON WRABEK	Ankeny	1:07:38.20
5	HEATH BRIGGS	Ft Dodge	1:08:00.60
6	MATTHEW WILSON	Clive	1:09:49.20
7	TIMOTHY DWIGHT	IOWA CITY	1:11:07.20
8	SCOT FRESCHI	West Des Moines	1:12:55.80
9	TIM BARTLEMAN	Polk City	1:13:10.50
10	TERRENCE CLARK	Des Moines	1:14:32.70
11	MATT MILLER	Grinnell	1:16:18.40
12	CHRIS DOSTER	redfield	1:16:43.40
13	CASEY NIEMANN	Waukee	1:17:30.80
14	TRAVIS HINRICHS	Clive	1:17:33.20
15	WILLIAM SCHAFFER	HUMBOLDT	1:18:47.60
16	RUSS MCCULLOUGH	Ames	1:18:49.00
17	KEITH WEGGEN	Johnston	1:19:25.80
18	STEVE DAUGHERTY	Ankeny	1:19:53.40
19	BRAD BROTHERTON	Polk City	1:20:47.20
20	PETER KNAPP	Polk City	1:23:01.10
21	ANDY WEIGEL	Iowa City	1:32:14.90

40-44 - M

1	ROMAN VALD	Des Moines	1:01:40.20
3	DANIEL AUSTIN	boone	1:06:28.60
4	SCOTT PATRICK	DUBUQUE	1:06:56.70
5	DAVE BRIDEN	Van Meter	1:09:33.80
6	BURT METZGER	WAUKEE	1:10:21.50
7	SHAWN NELSON	Ankeny	1:10:34.40
8	ROD HAWS	Ankeny	1:11:19.50
9	JOSEPH BANTZ	WEST DES MOINES	1:12:43.90
10	CHAD MASON	Des Moines	1:13:25.50
11	JOE KEITGES	Ames	1:14:16.70
12	RANDY PICKARD	Des Moines	1:15:37.60
13	SEAN SCHABEN	Johnston	1:16:27.20
14	JON CHARTIER	Grimes	1:16:53.50
15	SCOTT KRUEGER	Clive	1:17:22.10
16	CRAIG JACKMAN	Waukee	1:18:11.90
17	MATT MOULTON	WEST DES MOINES	1:20:05.00
18	MICHAEL TURCK	WEST DES MOINES	1:22:12.80
19	GREG SALVO	Eldora	1:24:14.10
20	MARIO CASTRO	DES MOINES	1:31:23.60

45-49 - M

2	DAVID JASS	Ankeny	1:06:59.10
3	CHAD WAGENER	ANKENY	1:07:16.10
4	GALEN CRAWFORD	Story City	1:09:14.70
5	AUSTIN JONES	Grinnell	1:10:00.10
6	ANDREW SMART	Ankeny	1:10:03.30
7	JOHN BURKE	Ames	1:10:20.00
8	JERRY SANFORD	Des Moines	1:10:33.30

	9 DAVID KENT	des moines	1:13:38.70
	10 DAVE GRIFFITH	Waukee	1:13:45.50
	12 WAYNE HUEBENER	Iowa City	1:19:02.70
	13 HARFST KENT	Webster City	1:20:45.50
	15 JESSE HOSTETTER	Ames	1:25:27.50
	16 PATRICK DEMPSEY	des moines	1:26:51.60
	17 DAN LUCHT	Des Moines	1:27:33.10
50-54 - M	1 ROB HENTZEN	West Des Moines	1:08:18.90
	2 DON PIPER	DSM	1:10:29.50
	3 RICK RILEY	West Des Moines	1:14:32.90
	4 BOB IRVING	Des Moines	1:15:46.30
	5 JACK DEKKERS	AMES	1:18:49.70
	6 KELLY KNUTSON	Truro	1:22:33.00
	7 RICKY ZIMMERMANN	Otho	1:24:35.50
	8 SCOTT GREEN	West Des Moines	1:25:52.50
	9 PATRICK HALL	Carroll	1:40:09.80
55-59 - M	1 GREG MADISON	Ankeny	1:10:27.20
	2 RICHARD DEMING	Des Moines	1:12:42.90
	3 MARK STELMACHER	West Des Moines	1:13:11.00
	4 ALAN GROSS	DES MOINES	1:16:42.00
	5 LEW SCHAEFER	Norwalk	1:16:54.30
	6 DANNY CARROLL	Grinnell	1:19:54.50
60 & OVER - M	1 JACK INMAN	Clive	1:16:20.40
	2 JIM JENKINS	newton	1:17:13.50
	3 SCOTT RICHARDSON	Carroll	1:24:55.10
	4 TOM HOLLANDER	Newton	1:28:17.50
	5 DAVID HOFFMAN	AMES	1:33:46.30
	7 STEVE TERRILL	Ames	1:44:03.60
CLYDESDALE OPEN - M	1 BRIAN DWYER	West Des Moines	1:07:18.20
	2 BRANDON LEE	West Des Moines	1:07:45.40
	3 JOSEPH SICKORA	West Des Moines	1:11:24.60
	4 DONNIE STRATTON	des moines	1:12:56.60
	5 MIKE LANG	Waukee	1:16:10.90
	6 MARC SOLTIS	Adel	1:16:39.50
	7 RYAN FOULKES	North Liberty	1:19:13.50
	8 JAMES HARBAUGH	Urbandale	1:22:37.80
	9 CALEB HUITT	Story City	1:28:06.80
	10 MICHAEL REYES	West Des Moines	1:38:07.40
	11 CHAD LEE	FORT DODGE	1:39:38.30
	12 ANDRAE DELANEY	West Des Moines	1:41:41.40
	13 BILL FOERSCH	West Des Moines	1:47:43.40
OVERALL MALE	1 MIKE HALDE	ANKENY	1:00:47.10
	2 JOHN NEER	Des Moines	1:01:00.70
	3 PARKER DAY	DES MOINES	1:01:02.20
TEAM OPEN-F	6 CRYSTLE THOMPSON	Ames	1:28:56.20
	6 LACEY THEILEN	Ames	1:28:56.10

	6	ROBIN GREENLEE	Ames	1:28:56.10
TEAM OPEN-M	2	BRIAN WELDON	LeClaire	1:11:16.40
	2	DERMOT WELDON	LeClaire	1:11:16.40
	2	LIAM WELDON	LeClaire	1:11:16.40
TEAM OPEN-COED	1	AVRIL LARSON	Boone	1:09:40.50
	1	DAWN KRAUSE	Boone	1:09:40.50
	1	WILLIAM MCALPINE	Boone	1:09:40.50
	3	ANA GRANDGEORGE	Polk City	1:22:38.90
	3	GREG GRANDGEORGE	Polk City	1:22:38.90
	3	JACK GRANDGEORGE	Fort Dodge	1:22:38.90
	3	JOHN BOHL	Adel	1:25:13.20
	3	LISA BEHRENDIS	Ankeny	1:25:13.20
	3	TINA LANSING	Ankeny	1:25:13.20
	5	DAN PITCHER	West Des Moines	1:24:07.10
	5	DUANE PITCHER	Ames	1:24:07.10
	6	ALLY FILLMORE	Ames	1:27:23.90
	6	APRIL BALDUS	Boone	1:27:23.90
	6	BRONSON MAYSE	Boone	1:27:23.90