

# Camp Courageous Sprint Triathlon

August 6, 2017

## Individual

### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	187	Joanna Hall	F	36	Coralville	IA	00:09:54	4	1:58	00:00:47	00:39:47	1	22.6	00:00:34	00:22:11	2	6:31		01:13:09.51
2	220	Hannah Fusselman	F	17	Cedar Rapids	IA	00:09:49	3	1:57	00:00:31	00:46:24	8	19.4	00:00:30	00:24:02	7	7:03		01:21:13.42
3	133	Pam Connolly	F	47	Dubuque	IA	00:10:23	10	2:04	00:01:12	00:45:37	6	19.7	00:00:58	00:23:07	4	6:47		01:21:14.64
4	24	Laura Moeller	F	40	Ankeny	IA	00:09:11	1	1:50	00:00:53	00:45:33	5	19.8	00:00:50	00:25:02	9	7:21		01:21:26.89
5	219	Kim Sprenger	F	55	Iowa City	IA	00:10:21	9	2:04	00:01:08	00:45:30	4	19.8	00:00:30	00:25:19	11	7:26		01:22:46.10
6	126	Heidi Sutter	F	44	Dubuque	IA	00:11:17	20	2:15	00:01:03	00:46:29	10	19.4	00:00:48	00:23:44	6	6:58		01:23:18.75
7	61	Kathryn Cater	F	47	Hiawatha	IA	00:10:13	8	2:02	00:01:16	00:43:39	2	20.6	00:00:59	00:28:30	25	8:22		01:24:35.89
8	28	Brita Loynachan	F	53	Marion	IA	00:11:14	19	2:14	00:01:42	00:44:12	3	20.4	00:00:52	00:28:05	21	8:15		01:26:03.72
9	172	Danielle Phillips	F	24	Des Moines	IA	00:10:03	6	2:00	00:00:52	00:49:16	22	18.3	00:00:43	00:26:15	15	7:43		01:27:06.20
10	66	Annette Wittrock	F	38	Ottumwa	IA	00:11:10	18	2:13	00:00:42	00:46:24	7	19.4	00:00:39	00:29:09	27	8:34		01:28:02.44
11	221	Emily Fusselman	F	15	Cedar Rapids	IA	00:10:09	7	2:01	00:00:33	00:48:47	19	18.5	00:00:30	00:28:18	23	8:19		01:28:13.33
12	168	Lisa Neher	F	32	Cedar Rapids	IA	00:13:39	40	2:43	00:01:28	00:50:06	26	18.0	00:00:44	00:22:44	3	6:41		01:28:38.70
13	18	Deb Gaddis	F	51	Solon	IA	00:13:42	41	2:44	00:01:10	00:46:26	9	19.4	00:00:46	00:26:40	17	7:50		01:28:40.74
14	97	Jill Powers	F	38	Dubuque	IA	00:10:42	12	2:08	00:01:28	00:50:57	31	17.7	00:00:41	00:25:26	12	7:28		01:29:11.22
15	195	Rachael Stadlen	F	30	Cedar Rapids	IA	00:11:55	27	2:22	00:01:04	00:49:11	21	18.3	00:00:59	00:26:40	18	7:50		01:29:45.91
16	108	Jody Rausch	F	48	Robins	IA	00:11:26	22	2:17	00:01:11	00:47:30	13	18.9	00:00:33	00:29:46	30	8:45		01:30:24.26
17	37	Kathy Christensen	F	49	Cedar Rapids	IA	00:13:16	39	2:39	00:01:39	00:48:45	17	18.5	00:00:37	00:26:27	16	7:46		01:30:41.20
18	176	Wendi Dunn	F	26	Cedar Rapids	IA	00:16:14	65	3:14	00:01:48	00:50:03	25	18.0	00:00:32	00:22:09	1	6:30		01:30:43.21
19	123	Kira Ball	F	28	Cedar Rapids	IA	00:11:27	23	2:17	00:01:09	00:54:16	44	16.6	00:00:54	00:23:21	5	6:51		01:31:03.41
20	30	Kate Pape	F	35	Coralville	IA	00:12:17	34	2:27	00:01:16	00:46:42	11	19.3	00:01:02	00:30:05	32	8:50		01:31:19.72
21	29	Janneke Bannink	F	16	Shorewood	WI	00:09:43	2	1:56	00:02:32	00:48:46	18	18.5	00:01:07	00:29:19	29	8:37		01:31:24.50
22	127	Melissa Guca	F	32	Swisher	IA	00:14:21	48	2:52	00:01:12	00:46:54	12	19.2	00:00:57	00:28:19	24	8:19		01:31:39.68
23	48	Jill Snitko	F	39	Marion	IA	00:14:44	51	2:56	00:01:37	00:49:42	24	18.1	00:00:47	00:25:16	10	7:25		01:32:03.42
24	124	Belinda Gee	F	59	Cedar Rapids	IA	00:12:43	35	2:32	00:00:46	00:48:39	16	18.5	00:00:48	00:29:17	28	8:36		01:32:10.42
25	197	Amy Headrick	F	38	West Des Moines	IA	00:14:41	50	2:56	00:01:44	00:49:38	23	18.1	00:00:39	00:25:41	13	7:33		01:32:20.06
26	111	Dana Foster	F	51	Dike	IA	00:12:59	37	2:35	00:01:37	00:52:18	37	17.2	00:00:57	00:24:58	8	7:20		01:32:47.48
27	132	Marie Fry	F	36	Dubuque	IA	00:12:01	29	2:24	00:01:12	00:50:45	30	17.7	00:01:13	00:27:54	20	8:12		01:33:02.21
28	89	Libby Kurtz	F	30	Cedar Rapids	IA	00:11:23	21	2:16	00:00:57	00:51:46	35	17.4	00:00:42	00:28:58	26	8:30		01:33:43.26
29	174	Tami Fiala	F	53	Fairfax	IA	00:11:02	14	2:12	00:01:44	00:47:47	15	18.8	00:01:08	00:33:42	53	9:54		01:35:20.51
30	129	Kirsten Loynachan	F	18	Marion	IA	00:09:56	5	1:59	00:01:22	00:52:57	40	17.0	00:00:24	00:30:45	36	9:02		01:35:21.00
31	186	Lori Sindelar	F	57	Sherrard	IL	00:15:13	56	3:02	00:01:27	00:50:08	27	18.0	00:01:05	00:27:35	19	8:06		01:35:25.13
32	114	Britt West	F	29	North Liberty	IA	00:12:07	32	2:25	00:01:57	00:52:23	38	17.2	00:01:08	00:28:13	22	8:17		01:35:46.09
33	217	Nancy Fox	F	60	Marion	IA	00:12:01	30	2:24	00:02:30	00:47:38	14	18.9	00:01:44	00:34:19	58	10:05		01:38:09.24
34	185	Kristin Potts	F	26	Mason City	IA	00:12:59	36	2:35	00:01:25	00:52:13	36	17.2	00:01:28	00:30:16	34	8:53		01:38:17.42
35	83	Jocelyn Wilgenbusch	F	42	Cedar Rapids	IA	00:14:47	52	2:57	00:01:47	00:49:05	20	18.3	00:01:31	00:31:19	42	9:12		01:38:26.00

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			----- BIKE -----			----- RUN -----			Penalty	Total Time		
							Time	Plc	100y	T1	Time	Plc	Mph	T2	Time			Plc	Pace
36	204	Lydia Alexander	F	30	Iowa City	IA	00:16:26	67	3:17	00:02:18	00:53:56	42	16.7	00:01:27	00:25:54	14	7:36		01:39:58.89
37	92	Shannon Olson	F	48	Cedar Rapids	IA	00:13:01	38	2:36	00:02:07	00:50:34	29	17.8	00:01:24	00:33:06	49	9:44		01:40:09.32
38	142	Kim Judd Johnston	F	55	Waukesha	WI	00:10:47	13	2:09	00:02:00	00:54:05	43	16.6	00:00:34	00:33:09	50	9:44		01:40:32.04
39	167	Abbey Wharton	F	25	Cedar Rapids	IA	00:11:08	17	2:13	00:01:39	00:54:34	47	16.5	00:00:45	00:32:33	47	9:34		01:40:35.92
40	21	Krista Ockenfels	F	56	Swisher	IA	00:10:27	11	2:05	00:01:34	00:54:30	46	16.5	00:00:42	00:33:27	51	9:50		01:40:38.74
41	191	Kimberly Pingel	F	35	Dubuque	IA	00:15:46	60	3:09	00:02:15	00:51:05	32	17.6	00:01:47	00:30:40	35	9:01		01:41:29.83
42	137	Angela Alberts	F	43	Washington	IA	00:17:22	72	3:28	00:01:38	00:51:39	34	17.4	00:01:10	00:29:58	31	8:48		01:41:45.19
43	72	Lisa Person	F	41	Cedar Rapids	IA	00:11:29	24	2:17	00:01:09	00:52:40	39	17.1	00:00:42	00:35:56	59	10:33		01:41:52.49
44	60	Ann Vestle	F	63	Cedar Rapids	IA	00:14:40	49	2:55	00:01:30	00:51:14	33	17.6	00:01:34	00:33:29	52	9:50		01:42:24.08
45	76	Amy Rambousek	F	43	Dubuque	IA	00:12:15	33	2:26	00:02:16	00:56:07	51	16.0	00:00:52	00:32:06	46	9:26		01:43:34.49
46	188	Claudia Gay	F	13	Cedar Rapids	IA	00:11:05	16	2:12	00:01:06	00:53:30	41	16.8	00:00:25	00:38:28	64	11:18		01:44:31.75
47	38	Kimberly Menke	F	46	Cedar Rapids	IA	00:15:12	55	3:02	00:02:10	00:55:46	49	16.1	00:01:24	00:30:57	40	9:06		01:45:26.24
48	116	Alisa Staskal	F	50	Iowa City	IA	00:15:54	62	3:10	00:01:50	00:56:57	54	15.8	00:00:38	00:30:12	33	8:52		01:45:28.74
49	96	Tina Lampe	F	44	Marion	IA	00:15:48	61	3:09	00:01:44	00:58:16	57	15.4	00:00:37	00:30:46	37	9:02		01:47:07.90
50	87	Christina Littler	F	39	Cedar Rapids	IA	00:17:25	73	3:28	00:01:52	00:55:59	50	16.1	00:01:22	00:31:15	41	9:11		01:47:50.18
51	135	Kristine Shaw	F	21	Ames	IA	00:14:18	47	2:51	00:02:33	00:57:08	55	15.8	00:00:36	00:34:17	57	10:04		01:48:49.32
52	164	Natalie Etten	F	30	Cedar Rapids	IA	00:14:03	45	2:48	00:02:47	00:58:17	58	15.4	00:02:00	00:31:57	45	9:23		01:49:02.40
53	106	Dawn Ebach	F	45	Iowa City	IA	00:17:38	75	3:31	00:01:27	00:50:11	28	17.9	00:01:16	00:39:18	70	11:33		01:49:47.57
54	5	Denise Stapley	F	46	Marion	IA	00:11:02	15	2:12	00:03:37	01:04:10	69	14.0	00:02:49	00:31:34	43	9:17		01:53:09.27
55	139	Rhoni Jo Barnes	F	40	Cedar Rapids	IA	00:13:58	43	2:47	00:02:50	00:55:02	48	16.4	00:01:18	00:40:05	72	11:47		01:53:10.65
56	56	Tracy Folkmann	F	44	Cedar Rapids	IA	00:11:58	28	2:23	00:02:04	00:56:51	53	15.8	00:00:47	00:41:43	74	12:16		01:53:21.69
57	125	Michelle Lecaptain	F	27	North Liberty	IA	00:14:17	46	2:51	00:02:04	01:03:58	68	14.1	00:01:10	00:31:56	44	9:23		01:53:21.88
58	65	Pam Hunter	F	44	Mount Vernon	IA	00:17:33	74	3:30	00:03:35	00:59:39	61	15.1	00:01:49	00:30:51	38	9:04		01:53:24.91
59	155	Donna Guillory	F	41	Shakopee	MN	00:17:13	70	3:26	00:03:55	00:59:38	60	15.1	00:01:52	00:30:52	39	9:04		01:53:27.19
60	88	Ashley Tuchscherer	F	24	Cedar Rapids	IA	00:11:39	25	2:19	00:03:27	01:03:14	66	14.2	00:01:34	00:34:11	56	10:02		01:54:01.71
61	199	Becky Watts	F	62	Iowa City	IA	00:16:20	66	3:15	00:02:58	00:54:22	45	16.6	00:02:17	00:38:56	69	11:27		01:54:51.55
62	6	Charlotte Strub	F	60	Cedar Falls	IA	00:15:06	54	3:01	00:03:33	01:04:12	70	14.0	00:00:59	00:32:41	48	9:36		01:56:28.99
63	178	Jennifer Alvarado	F	22	Iowa City	IA	00:12:06	31	2:25	00:02:10	01:05:14	71	13.8	00:00:59	00:36:28	60	10:43		01:56:55.14
64	69	Kallie Nichols	F	28	Fairfax	IA	00:17:14	71	3:26	00:02:16	00:58:55	59	15.3	00:00:53	00:38:21	63	11:16		01:57:37.22
65	2	Jean Etten	F	60	Palo	IA	00:16:45	69	3:20	00:03:34	00:57:53	56	15.6	00:02:11	00:37:39	61	11:04		01:57:59.21
66	68	Dawn Moser	F	35	Garber	IA	00:17:42	76	3:32	00:02:49	00:56:45	52	15.9	00:00:46	00:40:15	73	11:50		01:58:14.48
67	44	Audrey Rasmussen	F	52	Taylor Ridge	IL	00:16:40	68	3:19	00:02:10	01:00:25	63	14.9	00:01:53	00:38:19	62	11:16		01:59:23.92
68	189	Lindsay Olson	F	13	Cedar Rapids	IA	00:13:57	42	2:47	00:02:34	01:02:29	65	14.4	00:01:09	00:39:28	71	11:36		01:59:34.75
69	202	Tammy Roberts	F	48	Solon	IA	00:13:59	44	2:47	00:03:02	01:08:16	74	13.2	00:01:32	00:33:51	54	9:57		02:00:37.03
70	84	Madeline Stenersen	F	25	Memphis	TN	00:15:21	57	3:04	00:03:35	01:00:54	64	14.8	00:02:08	00:38:49	65	11:24		02:00:44.86

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### Overall Results - Female

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
71	77	Kristina Herr	F	37	Holy Cross	IA	00:15:25	58	3:04	00:02:01	01:08:52	75	13.1	00:00:55	00:38:55	67	11:26		02:06:06.48
72	162	Heather McMahill	F	31	Cedar Rapids	IA	00:11:48	26	2:21	00:02:54	01:07:48	73	13.3	00:00:53	00:43:18	75	12:43		02:06:37.75
73	151	Meridith Fennell	F	37	Iowa City	IA	00:15:41	59	3:08	00:02:25	01:03:54	67	14.1	00:01:11	00:45:44	76	13:26		02:08:53.22
74	183	Jess Luetkemeier	F	30	Monticello	IA	00:16:12	63	3:14	00:04:04	01:15:17	76	12.0	00:00:49	00:33:55	55	9:58		02:10:15.87
75	177	Leslie Box	F	35	Cedar Rapids	IA	00:14:59	53	2:59	00:01:48	01:00:05	62	15.0	00:02:24	00:52:52	78	15:32		02:12:04.97
76	53	Becky Peterson	F	38	Thief River Falls	MI	00:16:14	64	3:14	00:03:16	01:15:37	77	11.9	00:00:45	00:38:52	66	11:25		02:14:41.90
77	75	Beth Orth	F	47	Cedar Rapids	IA	00:23:05	79	4:36	00:03:51	01:05:29	72	13.7	00:02:23	00:47:57	77	14:05		02:22:42.91
78	121	Erin Gavelek	F	27	Lowell	IN	00:20:28	77	4:05	00:02:27	01:21:14	78	11.1	00:01:01	00:38:56	68	11:26		02:24:02.66
79	175	Carol Melton	F	40	Monticello	IA	00:22:32	78	4:30	00:02:30	01:22:39	79	10.9	00:02:35	00:56:04	79	16:29		02:46:18.52

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## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
1	228	Adam Kassem	M	28	Cedar Rapids	IA	00:09:18	5	1:51	00:00:46	00:37:22	1	24.1	00:00:26	00:20:00	1	5:52		01:07:50.26
2	223	Ron Gierut	M	60	Cedar Rapids	IA	00:09:54	11	1:58	00:00:49	00:38:55	4	23.1	00:00:45	00:21:41	5	6:22		01:12:02.88
3	218	Caleb Cobbs	M	17	Boone	IA	00:09:10	4	1:49	00:00:24	00:41:50	14	21.5	00:00:31	00:20:58	3	6:09		01:12:51.26
4	224	Randy Laing	M	38	Solon	IA	00:10:35	19	2:06	00:00:58	00:38:51	3	23.2	00:00:41	00:22:01	8	6:28		01:13:03.81
5	165	David Heckelsmiller	M	27	Iowa City	IA	00:09:20	6	1:51	00:00:30	00:39:47	5	22.6	00:00:37	00:23:55	14	7:02		01:14:06.59
6	118	Duane Staskal	M	49	Iowa City	IA	00:09:37	7	1:55	00:01:29	00:38:50	2	23.2	00:00:35	00:24:00	15	7:03		01:14:28.50
7	100	Tom Rutkowski	M	42	Iowa City	IA	00:10:04	14	2:00	00:01:08	00:41:21	10	21.8	00:00:37	00:22:09	9	6:30		01:15:16.75
8	214	Steven Davis	M	37	North Liberty	IA	00:11:05	23	2:12	00:00:48	00:40:32	8	22.2	00:00:31	00:22:41	11	6:40		01:15:33.58
9	54	Jacob Ehrmann	M	29	Cedar Rapids	IA	00:11:55	38	2:22	00:01:16	00:40:14	6	22.4	00:00:30	00:21:43	6	6:23		01:15:35.09
10	201	Quintin Gay	M	16	Cedar Rapids	IA	00:09:02	3	1:48	00:00:25	00:42:52	19	21.0	00:00:28	00:23:34	12	6:55		01:16:17.79
11	152	Kael Royster	M	18	Williamsburg	IA	00:09:43	8	1:56	00:01:34	00:44:35	29	20.2	00:00:26	00:21:22	4	6:16		01:17:37.26
12	35	Craig Goldsmith	M	35	Cedar Rapids	IA	00:10:24	18	2:04	00:00:33	00:44:37	30	20.2	00:00:23	00:22:12	10	6:31		01:18:06.47
13	181	F. Austin Jones	M	53	Grinnell	IA	00:08:29	2	1:41	00:01:08	00:41:32	11	21.7	00:00:40	00:26:28	37	7:46		01:18:14.44
14	146	Lane McMullen	M	39	Tiffin	IA	00:10:10	16	2:01	00:00:46	00:41:57	15	21.5	00:00:46	00:25:25	27	7:28		01:19:01.53
15	94	Jason Aarhus	M	50	Cedar Rapids	IA	00:11:32	33	2:18	00:01:06	00:41:05	9	21.9	00:00:40	00:24:51	22	7:18		01:19:11.53
16	196	Andy Janzen	M	34	Palo	IA	00:12:44	50	2:32	00:01:11	00:40:18	7	22.3	00:01:00	00:24:24	19	7:10		01:19:35.49
17	147	Simon Pheasant	M	26	Cedar Rapids	IA	00:08:09	1	1:37	00:00:58	00:45:47	42	19.7	00:00:30	00:24:55	23	7:19		01:20:17.58
18	109	Blaine McLaughlin	M	47	Robins	IA	00:09:59	12	1:59	00:01:26	00:41:42	12	21.6	00:00:36	00:26:48	43	7:52		01:20:28.81
19	203	Brian Thorn	M	33	Hiawatha	IA	00:11:26	31	2:17	00:01:33	00:42:24	16	21.2	00:00:59	00:24:11	18	7:06		01:20:30.79
20	227	Patrick Severson	M	35	Cedar Rapids	IA	00:10:49	20	2:09	00:01:02	00:43:26	21	20.7	00:00:52	00:24:33	20	7:13		01:20:38.98
21	31	Ryan Pape	M	34	Coralville	IA	00:12:11	45	2:26	00:00:58	00:42:32	17	21.2	00:00:45	00:25:01	25	7:21		01:21:23.98
22	34	Chad Goldsmith	M	40	Coralville	IA	00:12:43	49	2:32	00:00:56	00:46:47	46	19.2	00:00:39	00:20:30	2	6:01		01:21:32.22
23	74	Joel Rudd	M	41	Fairfax	IA	00:11:00	22	2:11	00:01:17	00:44:15	25	20.3	00:00:46	00:25:00	24	7:21		01:22:14.66
24	166	Todd Dalecky	M	49	Marion	IA	00:09:49	9	1:57	00:01:16	00:44:53	33	20.1	00:00:45	00:25:48	31	7:35		01:22:28.09
25	40	William Sindelar	M	25	Sherrard	IL	00:14:52	76	2:58	00:01:36	00:43:36	22	20.6	00:00:39	00:21:59	7	6:27		01:22:38.84
26	117	Orion Staskal	M	18	Iowa City	IA	00:11:15	26	2:14	00:01:11	00:46:00	43	19.6	00:00:22	00:24:11	17	7:06		01:22:55.71
27	12	Jason Guyer	M	38	Manchester	IA	00:10:06	15	2:01	00:01:44	00:42:58	20	21.0	00:01:03	00:27:19	47	8:01		01:23:06.86
28	62	Drake Austin	M	27	Marion	IA	00:11:39	36	2:19	00:00:50	00:45:17	38	19.9	00:01:07	00:24:35	21	7:13		01:23:27.34
29	194	Eduardo Celis	M	40	Cedar Rapids	IA	00:11:56	39	2:23	00:01:10	00:44:18	26	20.3	00:00:53	00:25:22	26	7:27		01:23:35.97
30	200	Brian Huber	M	41	Cedar Rapids	IA	00:13:01	55	2:36	00:01:24	00:42:50	18	21.0	00:00:57	00:25:31	28	7:30		01:23:40.75
31	79	Jonathan Lam	M	30	Cedar Rapids	IA	00:12:54	53	2:34	00:00:40	00:41:50	13	21.5	00:00:40	00:29:15	61	8:35		01:25:16.25
32	11	Matthew White	M	39	Cedar Rapids	IA	00:11:53	37	2:22	00:01:27	00:45:18	39	19.9	00:00:43	00:26:05	34	7:40		01:25:22.79
33	112	Gary Watts	M	62	Coralville	IA	00:11:37	35	2:19	00:02:00	00:45:39	41	19.7	00:00:56	00:26:08	35	7:41		01:26:17.62
34	190	Shawn Love	M	36	Marion	IA	00:11:10	25	2:13	00:01:28	00:44:51	31	20.1	00:00:41	00:28:41	55	8:25		01:26:48.24
35	14	Ricks Polk	M	61	Hubbard	IA	00:13:11	58	2:38	00:01:26	00:44:52	32	20.1	00:01:27	00:26:14	36	7:42		01:27:08.30

# Camp Courageous Sprint Triathlon

August 6, 2017

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
36	128	Ethan Guca	M	42	Swisher	IA	00:13:13	59	2:38	00:00:44	00:44:11	24	20.4	00:00:29	00:28:45	56	8:27		01:27:18.89
37	85	David Stenersen	M	27	Iowa City	IA	00:13:28	61	2:41	00:02:12	00:44:23	27	20.3	00:00:33	00:26:57	46	7:55		01:27:31.07
38	90	T Lorenzen	M	32	Vinton	IA	00:10:58	21	2:11	00:02:03	00:48:08	56	18.7	00:00:32	00:26:29	38	7:47		01:28:06.99
39	45	Jerry Kern	M	57	Cedar Rapids	IA	00:14:48	74	2:57	00:01:13	00:44:33	28	20.2	00:00:59	00:26:55	45	7:54		01:28:25.42
40	131	Chris Fry	M	39	Dubuque	IA	00:12:01	41	2:24	00:02:12	00:48:43	58	18.5	00:01:29	00:24:07	16	7:05		01:28:29.25
41	105	Ted Olson	M	57	Hiawatha	IA	00:11:25	30	2:16	00:01:03	00:48:58	59	18.4	00:00:49	00:26:31	39	7:47		01:28:43.01
42	107	Phil Decker	M	42	Robins	IA	00:11:19	27	2:15	00:01:56	00:47:20	48	19.0	00:01:21	00:26:53	44	7:54		01:28:46.22
43	156	Charles Schmidt	M	61	Oxford	IA	00:11:35	34	2:18	00:01:59	00:47:37	53	18.9	00:01:19	00:26:46	42	7:52		01:29:12.62
44	210	Eric Lockwood	M	56	Marion	IA	00:14:04	66	2:48	00:01:54	00:46:35	44	19.3	00:01:24	00:25:33	29	7:30		01:29:28.29
45	140	Erek Sittig	M	39	North Liberty	IA	00:12:31	48	2:30	00:02:02	00:46:50	47	19.2	00:00:57	00:27:58	51	8:13		01:30:14.74
46	138	Matthew Burt	M	27	Marshalltown	IA	00:13:05	56	2:36	00:01:31	00:45:03	36	20.0	00:00:53	00:29:53	66	8:47		01:30:23.32
47	226	Andrew Lang	M	22	Cedar Rapids	IA	00:11:24	29	2:16	00:02:38	00:47:33	52	18.9	00:01:37	00:27:24	48	8:03		01:30:33.97
48	216	Bruce Hegge	M	56	Spring Grove	MN	00:12:48	52	2:33	00:02:35	00:45:17	37	19.9	00:01:33	00:28:45	57	8:27		01:30:54.46
49	215	Daniel Mccaffrey	M	13	Cedar Rapids	IA	00:10:12	17	2:02	00:02:22	00:48:18	57	18.6	00:01:14	00:29:04	59	8:32		01:31:08.67
50	193	Keith Potts	M	58	Omaha	NE	00:14:51	75	2:58	00:02:10	00:47:55	55	18.8	00:00:58	00:25:36	30	7:31		01:31:27.28
51	101	Ben Kreassig	M	28	Cedar Rapids	IA	00:12:46	51	2:33	00:01:47	00:46:43	45	19.3	00:01:30	00:29:47	64	8:45		01:32:29.78
52	103	Jim Langhurst	M	59	Swisher	IA	00:15:23	81	3:04	00:01:43	00:44:59	34	20.0	00:00:51	00:30:09	68	8:51		01:33:02.54
53	81	Leo Buzalsky	M	33	Cedar Rapids	IA	00:17:17	93	3:27	00:01:39	00:47:31	50	18.9	00:00:44	00:26:02	33	7:39		01:33:10.48
54	32	Randy Bachman	M	61	Hiawatha	IA	00:11:31	32	2:18	00:02:30	00:47:32	51	18.9	00:01:12	00:31:29	79	9:15		01:34:11.41
55	3	Randy Crawford	M	52	Cedar Rapids	IA	00:16:30	91	3:17	00:01:50	00:45:19	40	19.9	00:00:49	00:30:26	70	8:56		01:34:53.24
56	150	Forrester Cronin	M	19	Marion	IA	00:12:24	47	2:28	00:02:37	00:49:15	61	18.3	00:01:53	00:29:07	60	8:33		01:35:12.63
57	23	Damon Salter	M	41	Shellsburg	IA	00:16:08	87	3:13	00:02:39	00:45:03	35	20.0	00:01:09	00:30:30	72	8:57		01:35:25.56
58	99	Jason Willer	M	39	North Liberty	IA	00:09:59	13	1:59	00:01:44	00:57:51	96	15.6	00:00:30	00:25:51	32	7:36		01:35:53.25
59	115	Chris West	M	32	North Liberty	IA	00:11:57	40	2:23	00:01:27	00:51:49	75	17.4	00:00:52	00:29:51	65	8:46		01:35:53.28
60	169	Jim Foster	M	57	Chicago	IL	00:11:10	24	2:13	00:01:14	00:50:16	66	17.9	00:01:06	00:33:15	90	9:46		01:36:59.00
61	211	Jordan Simpson	M	25	Coralville	IA	00:14:44	73	2:56	00:01:44	00:53:13	82	16.9	00:00:42	00:26:44	41	7:51		01:37:05.31
62	141	Bryce Miller	M	20	Marion	IA	00:17:59	98	3:35	00:02:18	00:51:40	73	17.4	00:01:52	00:23:47	13	6:59		01:37:33.92
63	173	Jeff Hempstead	M	39	Central City	IA	00:14:29	69	2:53	00:01:57	00:52:36	77	17.1	00:01:06	00:27:44	50	8:09		01:37:49.52
64	102	Steve Valenta	M	38	Marion	IA	00:13:14	60	2:38	00:03:13	00:50:43	67	17.7	00:01:16	00:29:46	63	8:45		01:38:10.10
65	184	David Hebrink	M	16	Cedar Rapids	IA	00:12:20	46	2:27	00:02:35	00:53:39	84	16.8	00:00:41	00:29:04	58	8:32		01:38:16.47
66	59	Mikel Betts	M	64	Iowa City	IA	00:14:00	65	2:47	00:01:50	00:50:15	65	17.9	00:01:22	00:31:09	75	9:09		01:38:33.97
67	91	Alex Stratton	M	55	Cedar Rapids	IA	00:14:22	68	2:52	00:01:54	00:47:46	54	18.8	00:03:12	00:31:27	78	9:14		01:38:37.74
68	198	Bernard Mccaffrey	M	60	Cedar Rapids	IA	00:18:33	101	3:42	00:03:09	00:43:54	23	20.5	00:01:54	00:31:58	83	9:23		01:39:25.65
69	98	Stuart Pitman	M	35	Iowa City	IA	00:14:34	71	2:54	00:01:33	00:51:25	71	17.5	00:02:15	00:30:30	71	8:57		01:40:14.20
70	13	Erik Barnhill	M	41	Cedar Rapids	IA	00:09:52	10	1:58	00:02:31	00:56:23	94	16.0	00:00:23	00:31:13	76	9:10		01:40:20.25

# Camp Courageous Sprint Triathlon

August 6, 2017

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time	
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc			Pace
71	25	Matthew Behnke	M	16	Marion	IA	00:15:02	78	3:00	00:01:28	00:49:05	60	18.3	00:01:13	00:33:37	92	9:53		01:40:21.49
72	17	Roy Gaddis	M	68	Solon	IA	00:12:03	43	2:24	00:01:47	00:51:01	69	17.6	00:01:00	00:34:46	94	10:13		01:40:34.78
73	145	Michael Felton	M	32	Dubuque	IA	00:15:34	82	3:06	00:01:09	00:49:22	62	18.2	00:00:55	00:34:23	93	10:06		01:41:20.51
74	42	Bryce Bernard	M	17	Burr Ridge	IL	00:12:06	44	2:25	00:02:38	00:59:35	100	15.1	00:00:49	00:26:39	40	7:50		01:41:45.68
75	206	Rob Wagner	M	55	North Liberty	IA	00:15:45	86	3:08	00:01:41	00:49:54	63	18.0	00:01:57	00:32:40	87	9:36		01:41:54.20
76	51	Elijah Perreault	M	13	Marion	IA	00:13:11	57	2:38	00:02:08	00:55:13	89	16.3	00:00:35	00:30:51	74	9:04		01:41:55.69
77	205	Wade Raymond	M	28	Garwin	IA	00:16:22	90	3:16	00:01:47	00:54:16	86	16.6	00:00:36	00:29:42	62	8:44		01:42:41.38
78	27	John Helms	M	60	Clarendon Hills	IL	00:17:59	97	3:35	00:01:48	00:50:45	68	17.7	00:00:49	00:31:24	77	9:14		01:42:41.70
79	122	Kyle Gavelek	M	29	Cedar Rapids	IA	00:17:48	96	3:33	00:02:59	00:52:42	79	17.1	00:00:54	00:28:25	52	8:21		01:42:44.99
80	171	Marcus Ramirez	M	36	Marion	IA	00:15:17	80	3:03	00:02:32	00:55:27	90	16.2	00:01:06	00:28:29	53	8:22		01:42:48.20
81	170	Newton Vidal	M	36	Iowa City	IA	00:20:21	104	4:04	00:01:21	00:50:05	64	18.0	00:00:30	00:30:43	73	9:01		01:42:58.25
82	148	Wyllis Woods	M	24	Madison	WI	00:12:58	54	2:35	00:03:51	00:58:20	98	15.4	00:01:35	00:27:38	49	8:07		01:44:18.99
83	163	Brian Hall	M	36	Cedar Rapids	IA	00:14:06	67	2:49	00:02:47	00:54:17	87	16.6	00:02:02	00:31:45	80	9:20		01:44:54.00
84	50	William Perreault	M	44	Marion	IA	00:16:40	92	3:19	00:02:15	00:52:30	76	17.1	00:01:46	00:32:19	85	9:30		01:45:26.48
85	212	Fred Hemsath	M	74	Saint Joseph	MI	00:13:42	63	2:44	00:01:17	00:52:37	78	17.1	00:02:07	00:36:07	97	10:37		01:45:47.56
86	113	Douglas Deimler	M	38	Cedar Rapids	IA	00:14:39	72	2:55	00:01:26	00:51:37	72	17.4	00:01:19	00:36:51	100	10:50		01:45:49.40
87	208	Eric Rottinghaus	M	41	Jesup	IA	00:14:30	70	2:53	00:01:43	00:53:01	81	17.0	00:03:30	00:33:28	91	9:50		01:46:09.98
88	157	Paul Schomberg	M	63	Dubuque	IA	00:13:33	62	2:42	00:02:58	00:53:31	83	16.8	00:00:59	00:35:51	96	10:32		01:46:48.88
89	70	Ron Ottaway	M	80	Cedar Rapids	IA	00:16:11	88	3:14	00:02:20	00:47:30	49	18.9	00:01:39	00:39:17	103	11:33		01:46:56.10
90	143	Wyatt Horning	M	15	Cedar Rapids	IA	00:11:20	28	2:15	00:01:24	00:56:32	95	15.9	00:00:32	00:37:46	101	11:06		01:47:31.60
91	19	Brian Nicola	M	41	Coralville	IA	00:13:44	64	2:44	00:02:52	00:54:44	88	16.4	00:01:19	00:35:33	95	10:27		01:48:08.94
92	134	Aspen Clark	M	18	Erie	CO	00:18:16	99	3:39	00:00:51	00:56:23	92	16.0	00:00:49	00:32:37	86	9:35		01:48:53.07
93	180	Ojas Bansal	M	32	Cedar Rapids	IA	00:15:38	83	3:07	00:02:07	00:58:01	97	15.5	00:01:06	00:32:11	84	9:27		01:49:01.22
94	144	Tom Hicks	M	39	Cedar Rapids	IA	00:23:33	109	4:42	00:02:46	00:53:49	85	16.7	00:01:47	00:29:56	67	8:48		01:51:48.55
95	86	Brad Shipman	M	63	Cedar Rapids	IA	00:23:58	110	4:47	00:03:27	00:52:45	80	17.1	00:01:54	00:30:19	69	8:54		01:52:20.34
96	104	Daniel Zwack	M	67	Peosta	IA	00:16:15	89	3:14	00:02:34	00:56:23	93	16.0	00:01:03	00:38:54	102	11:26		01:55:05.82
97	57	Chris Bruns	M	44	Cedar Rapids	IA	00:15:38	84	3:07	00:04:16	01:03:51	106	14.1	00:01:20	00:31:53	81	9:22		01:56:55.93
98	58	Rocky Fisher	M	47	Marion	IA	00:15:42	85	3:08	00:04:18	01:03:50	105	14.1	00:01:20	00:31:53	82	9:22		01:56:59.72
99	154	Brett Freml	M	26	Cedar Rapids	IA	00:15:14	79	3:02	00:02:53	01:06:05	107	13.6	00:00:55	00:32:42	88	9:36		01:57:46.56
100	130	Benjamin Holland	M	30	Ames	IA	00:17:32	95	3:30	00:02:13	01:02:33	103	14.4	00:00:38	00:36:23	99	10:42		01:59:16.19
101	10	Larry Young	M	43	Coralville	IA	00:12:02	42	2:24	00:03:49	00:51:14	70	17.6	00:01:50	00:50:32	108	14:51		01:59:23.95
102	160	Nathan Black	M	26	Coralville	IA	00:14:59	77	2:59	00:04:01	00:59:57	101	15.0	00:01:55	00:43:05	104	12:40		02:03:54.89
103	46	Ken Kral	M	57	Hayward	WI	00:21:08	106	4:13	00:03:09	00:55:34	91	16.2	00:01:26	00:43:49	105	12:53		02:05:03.96
104	209	Kile Rottinghaus	M	14	Jesup	IA	00:20:11	103	4:02	00:02:56	01:14:16	110	12.1	00:00:53	00:28:36	54	8:24		02:06:49.47
105	119	Mike Shive	M	57	Solon	IA	00:21:28	108	4:17	00:03:26	01:09:53	108	12.9	00:01:08	00:32:44	89	9:37		02:08:35.76

# Camp Courageous Sprint Triathlon

August 6, 2017

## Individual

### Overall Results - Male

Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			T2	----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
106	1	Steve Etten	M	61	Palo	IA	00:17:26	94	3:29	00:02:53	00:51:46	74	17.4	00:03:53	00:53:31	111	15:44		02:09:27.09
107	120	Landon Shive	M	13	Solon	IA	00:21:23	107	4:16	00:03:19	01:10:00	109	12.9	00:01:11	00:36:22	98	10:41		02:12:12.80
108	43	Emmitt Hamed	M	41	Center Point	IA	00:20:27	105	4:05	00:03:43	01:01:55	102	14.5	00:01:48	00:47:10	106	13:52		02:14:59.74
109	225	Sandy Pumphrey	M	39	Cedar Rapids	IA	00:18:26	100	3:41	00:02:30	00:59:25	99	15.1	00:02:12	00:52:56	110	15:33		02:15:25.97
110	26	Russell Behnke	M	47	Marion	IA	00:18:54	102	3:46	00:02:51	01:03:22	104	14.2	00:02:24	00:49:21	107	14:30		02:16:48.75
111	229	Ken Budkey	M	70	Waterloo	IA	00:26:28	111	5:17	00:07:59	01:29:24	111	10.1	00:01:57	00:51:53	109	15:15		02:57:37.28