

Camp Courageous Sprint Triathlon

August 6, 2017

Overall Division Results

Individual

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	5/190	1/79	187	Joanna Hall	36	F	Coralville	IA	00:09:53.44	00:39:46.05	00:22:10.03		01:13:09.51
2	22/190	2/79	220	Hannah Fusselman	17	F	Cedar Rapids	IA	00:09:48.10	00:46:23.85	00:24:01.22		01:21:13.42
3	23/190	3/79	133	Pam Connolly	47	F	Dubuque	IA	00:10:22.36	00:45:36.79	00:23:06.78		01:21:14.64

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/190	1/111	228	Adam Kassem	28	M	Cedar Rapids	IA	00:09:17.80	00:37:21.37	00:19:59.65		01:07:50.26
2	2/190	2/111	223	Ron Gierut	60	M	Cedar Rapids	IA	00:09:53.76	00:38:54.61	00:21:40.62		01:12:02.88
3	3/190	3/111	218	Caleb Cobbs	17	M	Boone	IA	00:09:09.24	00:41:49.50	00:20:57.90		01:12:51.26

Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	69/190	20/79	30	Kate Pape	35	F	Coralville	IA	00:12:16.62	00:46:41.48	00:30:04.56		01:31:19.72
2	114/190	41/79	191	Kimberly Pingel	35	F	Dubuque	IA	00:15:45.09	00:51:04.45	00:30:39.48		01:41:29.83
3	117/190	43/79	72	Lisa Person	41	F	Cedar Rapids	IA	00:11:28.32	00:52:39.22	00:35:55.41		01:41:52.49
4	150/190	55/79	139	Rhoni Jo Barnes	40	F	Cedar Rapids	IA	00:13:57.59	00:55:01.45	00:40:04.24		01:53:10.65
5	175/190	72/79	162	Heather McMahon	31	F	Cedar Rapids	IA	00:11:47.09	01:07:47.70	00:43:17.49		02:06:37.75
6	178/190	73/79	151	Meridith Fennell	37	F	Iowa City	IA	00:15:40.68	01:03:53.58	00:45:43.75		02:08:53.22
7	180/190	74/79	183	Jess Luetkemeier	30	F	Monticello	IA	00:16:11.99	01:15:16.71	00:33:54.54		02:10:15.87
8	181/190	75/79	177	Leslie Box	35	F	Cedar Rapids	IA	00:14:58.09	01:00:04.70	00:52:51.24		02:12:04.97
9	187/190	77/79	75	Beth Orth	47	F	Cedar Rapids	IA	00:23:04.64	01:05:28.20	00:47:56.33		02:22:42.91
10	189/190	79/79	175	Carol Melton	40	F	Monticello	IA	00:22:31.43	01:22:38.66	00:56:03.67		02:46:18.52

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	24/190	21/111	31	Ryan Pape	34	M	Coralville	IA	00:12:10.31	00:42:31.46	00:25:00.25		01:21:23.98
2	93/190	61/111	211	Jordan Simpson	25	M	Coralville	IA	00:14:43.66	00:53:12.71	00:26:43.60		01:37:05.31
3	107/190	70/111	13	Erik Barnhill	41	M	Cedar Rapids	IA	00:09:51.30	00:56:22.81	00:31:12.72		01:40:20.25

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Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
4	113/190	73/111	145	Michael Felton	32	M	Dubuque	IA	00:15:33.54	00:49:21.99	00:34:22.48		01:41:20.51
5	134/190	86/111	113	Douglas Deimler	38	M	Cedar Rapids	IA	00:14:38.31	00:51:36.84	00:36:50.34		01:45:49.40
6	168/190	101/111	10	Larry Young	43	M	Coralville	IA	00:12:01.60	00:51:13.18	00:50:31.67		01:59:23.95

Female F Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	49/190	11/79	221	Emily Fusselman	15	F	Cedar Rapids	IA	00:10:08.66	00:48:46.23	00:28:17.12		01:28:13.33
2	128/190	46/79	188	Claudia Gay	13	F	Cedar Rapids	IA	00:11:04.58	00:53:29.94	00:38:27.26		01:44:31.75
3	169/190	68/79	189	Lindsay Olson	13	F	Cedar Rapids	IA	00:13:56.63	01:02:28.71	00:39:27.09		01:59:34.75

Male M Ages 01 - 15

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	68/190	49/111	215	Daniel McCaffrey	13	M	Cedar Rapids	IA	00:10:11.74	00:48:18.00	00:29:03.96		01:31:08.67
2	119/190	76/111	51	Elijah Perreault	13	M	Marion	IA	00:13:10.19	00:55:12.54	00:30:50.49		01:41:55.69
3	139/190	90/111	143	Wyatt Horning	15	M	Cedar Rapids	IA	00:11:19.93	00:56:31.88	00:37:45.13		01:47:31.60
4	176/190	104/111	209	Kile Rottinghaus	14	M	Jesup	IA	00:20:10.42	01:14:15.97	00:28:35.08		02:06:49.47
5	182/190	107/111	120	Landon Shive	13	M	Solon	IA	00:21:22.61	01:09:59.66	00:36:21.68		02:12:12.80

Female F Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	70/190	21/79	29	Janneke Bannink	16	F	Shorewood	WI	00:09:42.76	00:48:45.89	00:29:18.18		01:31:24.50
2	86/190	30/79	129	Kirsten Loynachan	18	F	Marion	IA	00:09:55.07	00:52:56.18	00:30:44.54		01:35:21.00

Male M Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	11/190	10/111	201	Quintin Gay	16	M	Cedar Rapids	IA	00:09:01.31	00:42:51.14	00:23:33.19		01:16:17.79
2	12/190	11/111	152	Kael Royster	18	M	Williamsburg	IA	00:09:42.81	00:44:34.38	00:21:21.25		01:17:37.26

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Overall Division Results

Individual

Male M Ages 16 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
3	31/190	26/111	117	Orion Staskal	18	M	Iowa City	IA	00:11:14.41	00:45:59.60	00:24:10.00		01:22:55.71
4	84/190	56/111	150	Forrester Cronin	19	M	Marion	IA	00:12:23.26	00:49:14.20	00:29:06.66		01:35:12.63
5	98/190	65/111	184	David Hebrink	16	M	Cedar Rapids	IA	00:12:19.57	00:53:38.91	00:29:03.88		01:38:16.47
6	108/190	71/111	25	Matthew Behnke	16	M	Marion	IA	00:15:01.10	00:49:04.10	00:33:36.63		01:40:21.49
7	116/190	74/111	42	Bryce Bernard	17	M	Burr Ridge	IL	00:12:05.99	00:59:34.66	00:26:38.93		01:41:45.68
8	143/190	92/111	134	Aspen Clark	18	M	Erie	CO	00:18:15.19	00:56:22.25	00:32:36.52		01:48:53.07

Female F Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	43/190	9/79	172	Danielle Phillips	24	F	Des Moines	IA	00:10:02.34	00:49:15.11	00:26:14.50		01:27:06.20
2	142/190	51/79	135	Kristine Shaw	21	F	Ames	IA	00:14:17.02	00:57:07.90	00:34:16.85		01:48:49.32
3	155/190	60/79	88	Ashley Tuchscherer	24	F	Cedar Rapids	IA	00:11:38.54	01:03:13.18	00:34:10.13		01:54:01.71
4	159/190	63/79	178	Jennifer Alvarado	22	F	Iowa City	IA	00:12:05.78	01:05:13.93	00:36:27.29		01:56:55.14

Male M Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	63/190	47/111	226	Andrew Lang	22	M	Cedar Rapids	IA	00:11:23.18	00:47:32.87	00:27:23.48		01:30:33.97
2	94/190	62/111	141	Bryce Miller	20	M	Marion	IA	00:17:58.90	00:51:39.00	00:23:47.00		01:37:33.92
3	127/190	82/111	148	Wyllis Woods	24	M	Madison	WI	00:12:57.20	00:58:19.07	00:27:37.42		01:44:18.99

Female F Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	65/190	18/79	176	Wendi Dunn	26	F	Cedar Rapids	IA	00:16:13.59	00:50:02.64	00:22:08.23		01:30:43.21
2	67/190	19/79	123	Kira Ball	28	F	Cedar Rapids	IA	00:11:26.10	00:54:15.13	00:23:20.01		01:31:03.41
3	89/190	32/79	114	Britt West	29	F	North Liberty	IA	00:12:06.59	00:52:22.37	00:28:12.48		01:35:46.09
4	99/190	34/79	185	Kristin Potts	26	F	Mason City	IA	00:12:58.39	00:52:12.31	00:30:15.06		01:38:17.42
5	111/190	39/79	167	Abbey Wharton	25	F	Cedar Rapids	IA	00:11:07.18	00:54:33.49	00:32:32.71		01:40:35.92
6	152/190	57/79	125	Michelle Lecaptain	27	F	North Liberty	IA	00:14:16.38	01:03:57.20	00:31:55.33		01:53:21.88

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Overall Division Results

Individual

Female F Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
7	162/190	64/79	69	Kallie Nichols	28	F	Fairfax	IA	00:17:13.27	00:58:54.75	00:38:20.52		01:57:37.22
8	171/190	70/79	84	Madeline Stenersen	25	F	Memphis	TN	00:15:20.45	01:00:53.82	00:38:48.35		02:00:44.86
9	188/190	78/79	121	Erin Gavelek	27	F	Lowell	IN	00:20:27.47	01:21:13.03	00:38:55.17		02:24:02.66

Male M Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	6/190	5/111	165	David Heckelsmiller	27	M	Iowa City	IA	00:09:19.50	00:39:46.15	00:23:54.95		01:14:06.59
2	10/190	9/111	54	Jacob Ehrmann	29	M	Cedar Rapids	IA	00:11:54.77	00:40:13.27	00:21:42.53		01:15:35.09
3	18/190	17/111	147	Simon Pheasant	26	M	Cedar Rapids	IA	00:08:08.84	00:45:46.49	00:24:54.61		01:20:17.58
4	29/190	25/111	40	William Sindelar	25	M	Sherrard	IL	00:14:51.70	00:43:35.29	00:21:58.21		01:22:38.84
5	34/190	28/111	62	Drake Austin	27	M	Marion	IA	00:11:38.95	00:45:16.88	00:24:34.95		01:23:27.34
6	46/190	37/111	85	David Stenersen	27	M	Iowa City	IA	00:13:27.92	00:44:22.57	00:26:56.21		01:27:31.07
7	61/190	46/111	138	Matthew Burt	27	M	Marshalltown	IA	00:13:04.63	00:45:02.62	00:29:52.59		01:30:23.32
8	76/190	51/111	101	Ben Kreassig	28	M	Cedar Rapids	IA	00:12:45.78	00:46:42.07	00:29:46.11		01:32:29.78
9	121/190	77/111	205	Wade Raymond	28	M	Garwin	IA	00:16:22.00	00:54:15.48	00:29:41.99		01:42:41.38
10	123/190	79/111	122	Kyle Gavelek	29	M	Cedar Rapids	IA	00:17:47.36	00:52:41.05	00:28:24.53		01:42:44.99
11	163/190	99/111	154	Brett FremI	26	M	Cedar Rapids	IA	00:15:13.10	01:06:04.74	00:32:41.61		01:57:46.56
12	172/190	102/111	160	Nathan Black	26	M	Coralville	IA	00:14:58.78	00:59:56.37	00:43:04.25		02:03:54.89

Female F Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	52/190	12/79	168	Lisa Neher	32	F	Cedar Rapids	IA	00:13:38.73	00:50:05.56	00:22:43.81		01:28:38.70
2	59/190	15/79	195	Rachael Stadlen	30	F	Cedar Rapids	IA	00:11:54.12	00:49:10.09	00:26:39.17		01:29:45.91
3	72/190	22/79	127	Melissa Guca	32	F	Swisher	IA	00:14:20.10	00:46:53.48	00:28:18.05		01:31:39.68
4	81/190	28/79	89	Libby Kurtz	30	F	Cedar Rapids	IA	00:11:22.45	00:51:45.85	00:28:57.00		01:33:43.26
5	104/190	36/79	204	Lydia Alexander	30	F	Iowa City	IA	00:16:25.77	00:53:55.82	00:25:53.72		01:39:58.89
6	145/190	52/79	164	Natalie Etten	30	F	Cedar Rapids	IA	00:14:02.94	00:58:16.44	00:31:56.60		01:49:02.40

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Male M Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	17/190	16/111	196	Andy Janzen	34	M	Palo	IA	00:12:43.85	00:40:17.59	00:24:23.40		01:19:35.49
2	20/190	19/111	203	Brian Thorn	33	M	Hiawatha	IA	00:11:25.03	00:42:23.42	00:24:10.38		01:20:30.79
3	38/190	31/111	79	Jonathan Lam	30	M	Cedar Rapids	IA	00:12:53.14	00:41:49.41	00:29:14.29		01:25:16.25
4	48/190	38/111	90	T Lorenzen	32	M	Vinton	IA	00:10:57.35	00:48:07.11	00:26:28.13		01:28:06.99
5	80/190	53/111	81	Leo Buzalsky	33	M	Cedar Rapids	IA	00:17:16.04	00:47:30.93	00:26:01.84		01:33:10.48
6	91/190	59/111	115	Chris West	32	M	North Liberty	IA	00:11:56.36	00:51:48.82	00:29:50.11		01:35:53.28
7	144/190	93/111	180	Ojas Bansal	32	M	Cedar Rapids	IA	00:15:37.83	00:58:00.62	00:32:10.91		01:49:01.22
8	166/190	100/111	130	Benjamin Holland	30	M	Ames	IA	00:17:31.02	01:02:32.39	00:36:22.86		01:59:16.19

Female F Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	47/190	10/79	66	Annette Wittrock	38	F	Ottumwa	IA	00:11:09.85	00:46:23.32	00:29:08.79		01:28:02.44
2	56/190	14/79	97	Jill Powers	38	F	Dubuque	IA	00:10:41.33	00:50:56.94	00:25:25.24		01:29:11.22
3	73/190	23/79	48	Jill Snitko	39	F	Marion	IA	00:14:43.75	00:49:41.02	00:25:15.71		01:32:03.42
4	75/190	25/79	197	Amy Headrick	38	F	West Des Moines	IA	00:14:40.45	00:49:37.58	00:25:40.35		01:32:20.06
5	78/190	27/79	132	Marie Fry	36	F	Dubuque	IA	00:12:00.60	00:50:44.16	00:27:53.48		01:33:02.21
6	140/190	50/79	87	Christina Littler	39	F	Cedar Rapids	IA	00:17:24.60	00:55:58.66	00:31:14.20		01:47:50.18
7	165/190	66/79	68	Dawn Moser	35	F	Garber	IA	00:17:41.32	00:56:44.50	00:40:14.83		01:58:14.48
8	174/190	71/79	77	Kristina Herr	37	F	Holy Cross	IA	00:15:24.93	01:08:51.37	00:38:54.92		02:06:06.48
9	183/190	76/79	53	Becky Peterson	38	F	Thief River Falls	MI	00:16:13.19	01:15:36.13	00:38:51.93		02:14:41.90

Male M Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	4/190	4/111	224	Randy Laing	38	M	Solon	IA	00:10:34.90	00:38:50.33	00:22:00.62		01:13:03.81
2	9/190	8/111	214	Steven Davis	37	M	North Liberty	IA	00:11:04.70	00:40:31.51	00:22:40.17		01:15:33.58
3	13/190	12/111	35	Craig Goldsmith	35	M	Cedar Rapids	IA	00:10:23.94	00:44:36.86	00:22:11.33		01:18:06.47
4	15/190	14/111	146	Lane McMullen	39	M	Tiffin	IA	00:10:09.55	00:41:56.59	00:25:24.12		01:19:01.53
5	21/190	20/111	227	Patrick Severson	35	M	Cedar Rapids	IA	00:10:48.12	00:43:25.30	00:24:32.32		01:20:38.98
6	32/190	27/111	12	Jason Guyer	38	M	Manchester	IA	00:10:05.48	00:42:57.41	00:27:18.36		01:23:06.86
7	39/190	32/111	11	Matthew White	39	M	Cedar Rapids	IA	00:11:52.12	00:45:17.07	00:26:04.43		01:25:22.79

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8	42/190	34/111	190	Shawn Love	36	M	Marion	IA	00:11:09.90	00:44:50.09	00:28:40.36		01:26:48.24
9	51/190	40/111	131	Chris Fry	39	M	Dubuque	IA	00:12:00.10	00:48:42.65	00:24:06.60		01:28:29.25
10	60/190	45/111	140	Erek Sittig	39	M	North Liberty	IA	00:12:30.58	00:46:49.11	00:27:57.66		01:30:14.74
11	90/190	58/111	99	Jason Willer	39	M	North Liberty	IA	00:09:58.84	00:57:50.55	00:25:50.86		01:35:53.25
12	95/190	63/111	173	Jeff Hempstead	39	M	Central City	IA	00:14:28.78	00:52:35.56	00:27:43.25		01:37:49.52
13	97/190	64/111	102	Steve Valenta	38	M	Marion	IA	00:13:13.90	00:50:42.94	00:29:45.68		01:38:10.10
14	106/190	69/111	98	Stuart Pitman	35	M	Iowa City	IA	00:14:33.28	00:51:24.32	00:30:29.04		01:40:14.20
15	124/190	80/111	171	Marcus Ramirez	36	M	Marion	IA	00:15:16.88	00:55:26.32	00:28:28.45		01:42:48.20
16	125/190	81/111	170	Newton Vidal	36	M	Iowa City	IA	00:20:20.86	00:50:04.40	00:30:42.67		01:42:58.25
17	129/190	83/111	163	Brian Hall	36	M	Cedar Rapids	IA	00:14:05.16	00:54:16.26	00:31:44.59		01:44:54.00
18	147/190	94/111	144	Tom Hicks	39	M	Cedar Rapids	IA	00:23:32.59	00:53:48.30	00:29:55.28		01:51:48.55
19	185/190	109/111	225	Sandy Pumphrey	39	M	Cedar Rapids	IA	00:18:25.35	00:59:24.82	00:52:55.59		02:15:25.97

Female F Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	25/190	4/79	24	Laura Moeller	40	F	Ankeny	IA	00:09:10.36	00:45:32.86	00:25:01.02		01:21:26.89
2	33/190	6/79	126	Heidi Sutter	44	F	Dubuque	IA	00:11:16.84	00:46:28.99	00:23:43.45		01:23:18.75
3	100/190	35/79	83	Jocelyn Wilgenbusch	42	F	Cedar Rapids	IA	00:14:46.59	00:49:04.64	00:31:18.36		01:38:26.00
4	115/190	42/79	137	Angela Alberts	43	F	Washington	IA	00:17:21.79	00:51:38.64	00:29:57.55		01:41:45.19
5	126/190	45/79	76	Amy Rambousek	43	F	Dubuque	IA	00:12:14.57	00:56:06.94	00:32:05.40		01:43:34.49
6	138/190	49/79	96	Tina Lampe	44	F	Marion	IA	00:15:47.88	00:58:15.23	00:30:45.33		01:47:07.90
7	151/190	56/79	56	Tracy Folkmann	44	F	Cedar Rapids	IA	00:11:57.66	00:56:50.39	00:41:42.78		01:53:21.69
8	153/190	58/79	65	Pam Hunter	44	F	Mount Vernon	IA	00:17:32.05	00:59:38.85	00:30:50.92		01:53:24.91
9	154/190	59/79	155	Donna Guillory	41	F	Shakopee	MN	00:17:12.87	00:59:37.83	00:30:51.03		01:53:27.19

Male M Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	8/190	7/111	100	Tom Rutkowski	42	M	Iowa City	IA	00:10:03.98	00:41:20.10	00:22:08.87		01:15:16.75
2	26/190	22/111	34	Chad Goldsmith	40	M	Coralville	IA	00:12:42.27	00:46:46.02	00:20:29.40		01:21:32.22
3	27/190	23/111	74	Joel Rudd	41	M	Fairfax	IA	00:10:59.19	00:44:14.48	00:24:59.64		01:22:14.66

Camp Courageous Sprint Triathlon

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Overall Division Results

Individual

Male M Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
4	35/190	29/111	194	Eduardo Celis	40	M	Cedar Rapids	IA	00:11:55.58	00:44:17.78	00:25:21.33		01:23:35.97
5	36/190	30/111	200	Brian Huber	41	M	Cedar Rapids	IA	00:13:00.72	00:42:49.24	00:25:30.91		01:23:40.75
6	45/190	36/111	128	Ethan Guca	42	M	Swisher	IA	00:13:12.85	00:44:10.21	00:28:44.27		01:27:18.89
7	55/190	42/111	107	Phil Decker	42	M	Robins	IA	00:11:18.27	00:47:19.21	00:26:52.63		01:28:46.22
8	88/190	57/111	23	Damon Salter	41	M	Shellsburg	IA	00:16:07.67	00:45:02.15	00:30:29.08		01:35:25.56
9	131/190	84/111	50	William Perreault	44	M	Marion	IA	00:16:39.12	00:52:29.25	00:32:18.56		01:45:26.48
10	135/190	87/111	208	Eric Rottinghaus	41	M	Jesup	IA	00:14:29.76	00:53:00.19	00:33:27.60		01:46:09.98
11	141/190	91/111	19	Brian Nicola	41	M	Coralville	IA	00:13:43.13	00:54:43.28	00:35:32.09		01:48:08.94
12	160/190	97/111	57	Chris Bruns	44	M	Cedar Rapids	IA	00:15:37.84	01:03:50.69	00:31:52.39		01:56:55.93
13	184/190	108/111	43	Emmitt Hamed	41	M	Center Point	IA	00:20:26.18	01:01:54.33	00:47:09.48		02:14:59.74

Female F Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	37/190	7/79	61	Kathryn Cater	47	F	Hiawatha	IA	00:10:12.83	00:43:38.89	00:28:29.75		01:24:35.89
2	62/190	16/79	108	Jody Rausch	48	F	Robins	IA	00:11:25.41	00:47:29.78	00:29:45.93		01:30:24.26
3	64/190	17/79	37	Kathy Christensen	49	F	Cedar Rapids	IA	00:13:15.48	00:48:44.59	00:26:26.17		01:30:41.20
4	105/190	37/79	92	Shannon Olson	48	F	Cedar Rapids	IA	00:13:00.43	00:50:33.18	00:33:05.61		01:40:09.32
5	130/190	47/79	38	Kimberly Menke	46	F	Cedar Rapids	IA	00:15:11.60	00:55:45.45	00:30:56.45		01:45:26.24
6	146/190	53/79	106	Dawn Ebach	45	F	Iowa City	IA	00:17:37.11	00:50:10.71	00:39:17.42		01:49:47.57
7	149/190	54/79	5	Denise Stapley	46	F	Marion	IA	00:11:01.65	01:04:09.22	00:31:33.84		01:53:09.27
8	170/190	69/79	202	Tammy Roberts	48	F	Solon	IA	00:13:58.66	01:08:15.32	00:33:50.08		02:00:37.03

Male M Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	7/190	6/111	118	Duane Staskal	49	M	Iowa City	IA	00:09:36.98	00:38:49.26	00:23:59.37		01:14:28.50
2	19/190	18/111	109	Blaine McLaughlin	47	M	Robins	IA	00:09:58.46	00:41:41.99	00:26:47.61		01:20:28.81
3	28/190	24/111	166	Todd Dalecky	49	M	Marion	IA	00:09:48.86	00:44:52.64	00:25:47.37		01:22:28.09
4	161/190	98/111	58	Rocky Fisher	47	M	Marion	IA	00:15:41.64	01:03:49.08	00:31:52.61		01:56:59.72
5	186/190	110/111	26	Russell Behnke	47	M	Marion	IA	00:18:53.11	01:03:21.40	00:49:20.59		02:16:48.75

Camp Courageous Sprint Triathlon

August 6, 2017

Overall Division Results

Individual

Female F Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/190	8/79	28	Brita Loynachan	53	F	Marion	IA	00:11:13.77	00:44:11.80	00:28:04.29		01:26:03.72
2	53/190	13/79	18	Deb Gaddis	51	F	Solon	IA	00:13:41.19	00:46:25.82	00:26:39.04		01:28:40.74
3	77/190	26/79	111	Dana Foster	51	F	Dike	IA	00:12:58.48	00:52:17.83	00:24:57.66		01:32:47.48
4	85/190	29/79	174	Tami Fiala	53	F	Fairfax	IA	00:11:01.20	00:47:46.38	00:33:41.34		01:35:20.51
5	132/190	48/79	116	Alisa Staskal	50	F	Iowa City	IA	00:15:53.66	00:56:56.23	00:30:11.69		01:45:28.74
6	167/190	67/79	44	Audrey Rasmussen	52	F	Taylor Ridge	IL	00:16:39.30	01:00:24.04	00:38:18.42		01:59:23.92

Male M Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	14/190	13/111	181	F. Austin Jones	53	M	Grinnell	IA	00:08:28.78	00:41:31.40	00:26:27.61		01:18:14.44
2	16/190	15/111	94	Jason Aarhus	50	M	Cedar Rapids	IA	00:11:31.92	00:41:04.58	00:24:50.41		01:19:11.53
3	83/190	55/111	3	Randy Crawford	52	M	Cedar Rapids	IA	00:16:29.87	00:45:18.82	00:30:25.77		01:34:53.24

Female F Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	30/190	5/79	219	Kim Sprenger	55	F	Iowa City	IA	00:10:20.65	00:45:29.75	00:25:18.38		01:22:46.10
2	74/190	24/79	124	Belinda Gee	59	F	Cedar Rapids	IA	00:12:42.34	00:48:38.01	00:29:16.54		01:32:10.42
3	87/190	31/79	186	Lori Sindelar	57	F	Sherrard	IL	00:15:12.47	00:50:07.26	00:27:34.44		01:35:25.13
4	109/190	38/79	142	Kim Judd Johnston	55	F	Waukesha	WI	00:10:46.34	00:54:04.52	00:33:08.69		01:40:32.04
5	112/190	40/79	21	Krista Ockenfels	56	F	Swisher	IA	00:10:26.88	00:54:29.99	00:33:26.61		01:40:38.74

Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	50/190	39/111	45	Jerry Kern	57	M	Cedar Rapids	IA	00:14:47.69	00:44:32.17	00:26:54.61		01:28:25.42
2	54/190	41/111	105	Ted Olson	57	M	Hiawatha	IA	00:11:24.23	00:48:57.32	00:26:30.42		01:28:43.01
3	58/190	44/111	210	Eric Lockwood	56	M	Marion	IA	00:14:03.62	00:46:34.82	00:25:32.86		01:29:28.29
4	66/190	48/111	216	Bruce Hegge	56	M	Spring Grove	MN	00:12:47.05	00:45:16.17	00:28:44.29		01:30:54.46
5	71/190	50/111	193	Keith Potts	58	M	Omaha	NE	00:14:50.24	00:47:54.63	00:25:35.61		01:31:27.28

Camp Courageous Sprint Triathlon

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Overall Division Results

Individual

Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
6	79/190	52/111	103	Jim Langhurst	59	M	Swisher	IA	00:15:22.86	00:44:58.40	00:30:08.41		01:33:02.54
7	92/190	60/111	169	Jim Foster	57	M	Chicago	IL	00:11:09.44	00:50:15.42	00:33:14.74		01:36:59.00
8	102/190	67/111	91	Alex Stratton	55	M	Cedar Rapids	IA	00:14:21.54	00:47:45.58	00:31:26.11		01:38:37.74
9	118/190	75/111	206	Rob Wagner	55	M	North Liberty	IA	00:15:44.11	00:49:53.36	00:32:39.84		01:41:54.20
10	173/190	103/111	46	Ken Kral	57	M	Hayward	WI	00:21:07.63	00:55:33.04	00:43:48.89		02:05:03.96
11	177/190	105/111	119	Mike Shive	57	M	Solon	IA	00:21:27.63	01:09:52.18	00:32:43.50		02:08:35.76

Female F Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	96/190	33/79	217	Nancy Fox	60	F	Marion	IA	00:12:00.78	00:47:37.64	00:34:18.20		01:38:09.24
2	120/190	44/79	60	Ann Vestle	63	F	Cedar Rapids	IA	00:14:39.57	00:51:13.89	00:33:28.01		01:42:24.08
3	156/190	61/79	199	Becky Watts	62	F	Iowa City	IA	00:16:19.92	00:54:21.95	00:38:55.89		01:54:51.55
4	158/190	62/79	6	Charlotte Strub	60	F	Cedar Falls	IA	00:15:05.55	01:04:11.85	00:32:40.09		01:56:28.99
5	164/190	65/79	2	Jean Etten	60	F	Palo	IA	00:16:44.15	00:57:52.59	00:37:38.58		01:57:59.21

Male M Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	41/190	33/111	112	Gary Watts	62	M	Coralville	IA	00:11:36.14	00:45:38.59	00:26:07.87		01:26:17.62
2	44/190	35/111	14	Ricks Polk	61	M	Hubbard	IA	00:13:10.63	00:44:51.90	00:26:13.72		01:27:08.30
3	57/190	43/111	156	Charles Schmidt	61	M	Oxford	IA	00:11:34.41	00:47:36.67	00:26:45.48		01:29:12.62
4	82/190	54/111	32	Randy Bachman	61	M	Hiawatha	IA	00:11:30.11	00:47:31.43	00:31:28.61		01:34:11.41
5	101/190	66/111	59	Mikel Betts	64	M	Iowa City	IA	00:13:59.61	00:50:14.21	00:31:08.33		01:38:33.97
6	103/190	68/111	198	Bernard Mccaffrey	60	M	Cedar Rapids	IA	00:18:32.65	00:43:53.57	00:31:57.24		01:39:25.65
7	122/190	78/111	27	John Helms	60	M	Clarendon Hills	IL	00:17:58.03	00:50:44.35	00:31:23.75		01:42:41.70
8	136/190	88/111	157	Paul Schomberg	63	M	Dubuque	IA	00:13:32.48	00:53:30.76	00:35:50.25		01:46:48.88
9	148/190	95/111	86	Brad Shipman	63	M	Cedar Rapids	IA	00:23:57.36	00:52:44.44	00:30:18.59		01:52:20.34
10	179/190	106/111	1	Steve Etten	61	M	Palo	IA	00:17:25.59	00:51:45.96	00:53:30.83		02:09:27.09

Camp Courageous Sprint Triathlon

August 6, 2017

Overall Division Results

Individual

Male M Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	110/190	72/111	17	Roy Gaddis	68	M	Solon	IA	00:12:02.37	00:51:00.39	00:34:45.95		01:40:34.78
2	157/190	96/111	104	Daniel Zwack	67	M	Peosta	IA	00:16:14.24	00:56:22.32	00:38:53.34		01:55:05.82

Male M Ages 70 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	133/190	85/111	212	Fred Hemsath	74	M	Saint Joseph	MI	00:13:41.66	00:52:36.86	00:36:06.06		01:45:47.56
2	190/190	111/111	229	Ken Budkey	70	M	Waterloo	IA	00:26:27.23	01:29:23.01	00:51:52.56		02:57:37.28

Male M Ages 75+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	137/190	89/111	70	Ron Ottaway	80	M	Cedar Rapids	IA	00:16:10.78	00:47:29.62	00:39:16.79		01:46:56.10