

# Camp Courageous Sprint Triathlon

August 5, 2018

## Individual

### 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		
1	19	Joanna Hall	F	37	Coralville	IA	00:08:13	4	1:38	00:00:31	00:40:08	1	22.4	00:00:26	00:22:27	1	6:36		01:11:43.03
2	30	Pam Connolly	F	48	Dubuque	IA	00:09:14	10	1:50	00:00:53	00:45:34	4	19.8	00:00:55	00:23:32	3	6:55		01:20:05.84
3	41	Kim Sprenger	F	56	Iowa City	IA	00:09:16	11	1:51	00:00:34	00:44:24	3	20.3	00:00:39	00:25:24	4	7:28		01:20:14.42
4	38	Trina Dunham	F	53	Hiawatha	IA	00:09:40	16	1:55	00:01:05	00:41:47	2	21.5	00:00:49	00:30:11	23	8:52		01:23:29.71
5	139	Anne Hilleman	F	43	Huxley	IA	00:09:36	15	1:55	00:01:05	00:45:37	5	19.7	00:00:38	00:26:55	9	7:54		01:23:48.90
6	18	Annette Wittrock	F	39	Ottumwa	IA	00:08:47	5	1:45	00:00:36	00:46:44	8	19.3	00:00:38	00:27:24	11	8:03		01:24:06.30
7	31	Kathryn Cater	F	48	Hiawatha	IA	00:09:28	12	1:53	00:00:51	00:45:46	6	19.7	00:00:49	00:28:24	15	8:20		01:25:14.71
8	11	Kira Ball	F	29	Cedar Rapids	IA	00:09:35	14	1:54	00:01:00	00:51:35	20	17.5	00:00:41	00:22:46	2	6:41		01:25:33.37
9	12	Shanna Dabson	F	26	Chicago	IL	00:08:12	3	1:38	00:00:46	00:51:12	18	17.6	00:00:31	00:25:35	6	7:31		01:26:12.77
10	3	Janneke Bannink	F	17	Shorewood	WI	00:07:38	1	1:31	00:00:54	00:49:14	14	18.3	00:01:05	00:29:30	21	8:40		01:28:19.16
11	37	Kristen Franken	F	51	Ames	IA	00:10:56	21	2:11	00:01:27	00:47:54	9	18.8	00:01:00	00:28:48	17	8:28		01:30:01.49
12	39	Kallie Harris	F	55	Cedar Rapids	IA	00:11:45	31	2:20	00:01:08	00:48:19	10	18.6	00:01:05	00:27:47	13	8:10		01:30:01.88
13	35	Kathy Christensen	F	50	Cedar Rapids	IA	00:10:58	22	2:11	00:01:23	00:48:45	11	18.5	00:00:46	00:28:18	14	8:19		01:30:08.11
14	17	Melanie Lentz	F	34	Walford	IA	00:08:02	2	1:36	00:01:15	00:51:02	17	17.6	00:00:55	00:29:10	19	8:34		01:30:21.58
15	22	Jill Snitko	F	40	Marion	IA	00:14:00	45	2:47	00:01:01	00:49:51	16	18.1	00:00:36	00:25:27	5	7:29		01:30:53.23
16	36	Robin Misukonis	F	54	Edwardsville	IL	00:12:06	32	2:25	00:01:14	00:49:38	15	18.1	00:01:20	00:28:38	16	8:25		01:32:54.22
17	49	Nancy Fox	F	61	Marion	IA	00:10:53	20	2:10	00:01:39	00:45:51	7	19.6	00:01:02	00:34:38	34	10:11		01:34:01.54
18	34	Alisa Staskal	F	51	Iowa City	IA	00:12:27	34	2:29	00:00:50	00:53:14	26	16.9	00:00:28	00:27:41	12	8:08		01:34:38.14
19	16	Audrey Mcgrath	F	33	Cedar Rapids	IA	00:10:25	19	2:04	00:02:59	00:54:21	31	16.6	00:01:07	00:27:01	10	7:56		01:35:49.95
20	32	Courtney Packerham	F	46	Center Point	IA	00:10:04	17	2:00	00:01:19	00:51:31	19	17.5	00:01:16	00:32:26	28	9:32		01:36:33.12
21	26	Jocelyn Wilgenbusch	F	43	Cedar Rapids	IA	00:13:08	40	2:37	00:01:32	00:49:12	13	18.3	00:01:25	00:31:19	27	9:12		01:36:33.76
22	25	Ann Van Etten-Janey	F	40	Cedar Rapids	IA	00:12:35	36	2:30	00:01:21	00:52:33	22	17.1	00:01:08	00:29:04	18	8:32		01:36:38.24
23	10	Emily Feldkamp	F	28	Des Moines	IA	00:12:49	39	2:33	00:01:01	00:54:09	29	16.6	00:00:53	00:29:33	22	8:41		01:38:22.31
24	1	Claudia Gay	F	14	Cedar Rapids	IA	00:08:52	6	1:46	00:00:24	00:53:34	27	16.8	00:00:27	00:35:34	35	10:27		01:38:48.48
25	42	Kim Johnston	F	56	Waukesha	WI	00:08:54	7	1:46	00:01:36	00:54:18	30	16.6	00:00:37	00:34:10	32	10:02		01:39:32.23
26	9	Breana Philo	F	29	Cedar Rapids	IA	00:11:03	24	2:12	00:01:12	00:57:34	38	15.6	00:00:35	00:29:28	20	8:39		01:39:48.87
27	43	Krista Ockenfels	F	57	Swisher	IA	00:09:01	8	1:48	00:01:17	00:54:51	34	16.4	00:00:37	00:34:15	33	10:04		01:39:59.07
28	24	Rhoni Jo Barnes	F	41	Cedar Rapids	IA	00:11:07	25	2:13	00:01:30	00:52:58	24	17.0	00:01:22	00:33:09	29	9:44		01:40:02.83
29	5	China Rongey	F	23	Edwardsville	IL	00:10:19	18	2:03	00:01:40	00:53:01	25	17.0	00:01:43	00:33:55	31	9:58		01:40:36.94
30	13	Samantha Brown	F	25	Cedar Rapids	IA	00:11:11	26	2:14	00:01:29	00:52:23	21	17.2	00:01:01	00:36:42	38	10:47		01:42:44.14
31	27	Michele Flagel	F	45	Shellsburg	IA	00:13:34	42	2:42	00:01:04	00:55:52	35	16.1	00:01:18	00:31:13	25	9:10		01:42:58.54
32	28	Dawn Ebach	F	46	Iowa City	IA	00:13:53	44	2:46	00:02:13	00:48:52	12	18.4	00:01:06	00:37:55	39	11:09		01:43:56.77
33	50	Ann Vestle	F	64	Cedar Rapids	IA	00:14:46	47	2:57	00:01:11	00:52:44	23	17.1	00:01:47	00:33:34	30	9:52		01:43:58.61
34	4	Kelly Schiro	F	24	Ames	IA	00:11:26	30	2:17	00:02:31	00:57:10	37	15.7	00:01:58	00:31:09	24	9:09		01:44:12.83
35	7	Michelle Lecaptain	F	28	North Liberty	IA	00:12:19	33	2:27	00:01:27	01:02:21	40	14.4	00:00:39	00:31:17	26	9:11		01:48:01.06
36	126	Heather McMahaill	F	32	Cedar Rapids	IA	00:09:05	9	1:48	00:02:13	01:00:37	39	14.8	00:00:43	00:36:42	37	10:47		01:49:18.70
37	124	Darci Axmear	F	45	Marion	IA	00:11:14	27	2:14	00:01:02	00:54:36	33	16.5	00:01:04	00:43:33	43	12:48		01:51:26.02

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							Time	Plc	100y		Time	Plc	Mph		Time	Plc	Pace		
38	20	Michelle Deutmeyer	F	36	Cedar Rapids	IA	00:14:21	46	2:52	00:01:13	00:54:34	32	16.5	00:01:47	00:40:39	41	11:57		01:52:31.09
39	121	Bonnie Bluml	F	46	Marion	IA	00:10:59	23	2:11	00:01:28	00:56:09	36	16.0	00:01:26	00:47:02	45	13:49		01:57:02.11
40	46	Jana Laughlin	F	59	Marion	IA	00:16:45	48	3:20	00:04:54	00:54:06	28	16.6	00:01:51	00:40:44	42	11:58		01:58:17.71
41	44	Meg Gibson	F	55	Cedar Rapids	IA	00:12:30	35	2:29	00:02:21	01:03:43	43	14.1	00:00:48	00:40:15	40	11:50		01:59:35.26
42	15	Elise Scheil	F	31	Cedar Rapids	IA	00:12:36	37	2:31	00:03:34	01:16:01	47	11.8	00:01:21	00:26:52	8	7:54		02:00:21.51
43	6	Emily Feltes	F	23	Hiawatha	IA	00:12:46	38	2:33	00:03:31	01:15:59	46	11.8	00:01:23	00:26:51	7	7:53		02:00:27.09
44	21	Bonnie Valberg	F	43	Cedar Rapids	IA	00:13:49	43	2:45	00:02:49	01:11:29	45	12.6	00:01:14	00:35:39	36	10:29		02:04:56.62
45	45	Cheyrl Hines	F	56	Cedar Rapids	IA	00:13:28	41	2:41	00:02:35	01:03:04	42	14.3	00:00:43	00:45:22	44	13:20		02:05:09.78
46	125	Erin Harlan	F	38	Cedar Rapids	IA	00:11:20	28	2:15	00:01:48	01:03:00	41	14.3	00:01:46	00:48:22	47	14:13		02:06:12.50
47	127	Beth Orth	F	48	Cedar Rapids	IA	00:20:18	49	4:03	00:02:13	01:05:30	44	13.7	00:02:08	00:52:25	48	15:24		02:22:31.79
48	123	Julie Heater	F	23	Monticello	IA	00:11:25	29	2:16	00:02:32	01:30:11	49	10.0	00:02:02	00:47:25	46	13:56		02:33:32.78
49	52	Pat Smith	F	71	Cedar Rapids	IA	00:09:33	13	1:54	00:02:35	01:25:45	48	10.5	00:02:32	00:55:40	49	16:22		02:36:04.01

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Place	No.	Name	S	Age	City	St.	----- SWIM -----			T1	----- BIKE -----			----- RUN -----			Penalty	Total Time
							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc		
1	69	Andrew Dabson	M	27	Chicago	IL	00:07:01	1	1:24	00:00:25	00:37:23	1	24.1	00:00:31	00:21:36	3	6:20	01:06:53.07
2	91	Tom Rutkowski	M	43	Iowa City	IA	00:09:11	10	1:50	00:00:38	00:40:32	5	22.2	00:00:31	00:21:22	1	6:17	01:12:11.56
3	103	Duane Staskal	M	50	Iowa City	IA	00:09:19	11	1:51	00:00:32	00:39:19	2	22.9	00:00:33	00:23:52	15	7:00	01:13:33.19
4	111	Bob Brooker	M	56	Cedar Rapids	IA	00:08:53	9	1:46	00:00:53	00:41:54	7	21.5	00:00:58	00:21:44	4	6:23	01:14:19.07
5	55	Quintin Gay	M	17	Cedar Rapids	IA	00:07:25	2	1:28	00:00:17	00:42:58	9	20.9	00:00:27	00:23:27	12	6:53	01:14:31.88
6	87	Steve Davis	M	38	North Liberty	IA	00:09:48	16	1:57	00:00:38	00:40:22	4	22.3	00:00:42	00:23:14	9	6:49	01:14:40.84
7	141	Austin Jones	M	54	Grinnell	IA	00:08:18	7	1:39	00:00:39	00:40:39	6	22.1	00:00:46	00:25:49	24	7:35	01:16:09.50
8	106	Mike Sutherland	M	53	Jefferson City	MO	00:13:31	63	2:42	00:00:49	00:40:00	3	22.5	00:00:47	00:21:24	2	6:17	01:16:28.36
9	57	Orion Staskal	M	19	Iowa City	IA	00:09:23	12	1:52	00:00:57	00:44:09	14	20.4	00:00:18	00:22:14	5	6:32	01:16:57.72
10	85	Patrick Severson	M	36	Cedar Rapids	IA	00:09:56	18	1:59	00:00:34	00:43:02	10	20.9	00:00:47	00:23:21	11	6:51	01:17:37.33
11	140	Jacob Ehrmann	M	30	Cedar Rapids	IA	00:10:36	28	2:07	00:01:11	00:43:10	13	20.9	00:00:21	00:23:29	13	6:54	01:18:44.22
12	83	Craig Goldsmith	M	36	Cedar Rapids	IA	00:09:52	17	1:58	00:00:24	00:45:55	20	19.6	00:00:24	00:22:59	7	6:45	01:19:31.09
13	89	Joel Rudd	M	42	Fairfax	IA	00:10:25	24	2:04	00:01:01	00:42:27	8	21.2	00:00:41	00:25:34	22	7:31	01:20:05.72
14	78	Richard Dixon	M	30	Iowa City	IA	00:08:14	6	1:38	00:01:00	00:44:40	15	20.2	00:00:54	00:25:46	23	7:34	01:20:31.23
15	59	Jacob Mohrfeld	M	16	Fort Madison	IA	00:07:33	3	1:30	00:00:21	00:49:21	34	18.2	00:00:32	00:23:31	14	6:54	01:21:15.31
16	104	Todd Dalecky	M	50	Marion	IA	00:08:02	5	1:36	00:00:51	00:45:28	19	19.8	00:00:41	00:26:23	28	7:45	01:21:22.66
17	94	Eduardo Celis	M	41	Cedar Rapids	IA	00:10:32	26	2:06	00:01:02	00:44:58	18	20.0	00:00:49	00:24:32	16	7:12	01:21:49.97
18	61	Aaron House	M	23	Marion	IA	00:08:32	8	1:42	00:01:10	00:46:40	21	19.3	00:00:30	00:26:00	26	7:38	01:22:50.40
19	64	David Harshman	M	25	North Liberty	IA	00:10:42	30	2:08	00:01:27	00:47:42	27	18.9	00:01:03	00:22:19	6	6:33	01:23:09.98
20	60	Andrew Lang	M	23	Wilmington	DE	00:10:45	31	2:08	00:01:50	00:43:05	11	20.9	00:01:05	00:27:16	30	8:01	01:23:57.61
21	73	Leo Buzalsky	M	34	Cedar Rapids	IA	00:14:20	67	2:51	00:00:47	00:44:54	17	20.0	00:01:02	00:24:59	19	7:20	01:25:59.42
22	76	Tony Reding	M	34	Cedar Rapids	IA	00:11:08	36	2:13	00:01:24	00:47:31	24	18.9	00:00:50	00:25:52	25	7:36	01:26:42.55
23	74	Clayton Rush	M	30	Marion	IA	00:11:21	39	2:16	00:01:54	00:47:32	25	18.9	00:01:06	00:26:11	27	7:41	01:28:01.15
24	79	Alex Riniker	M	30	Marion	IA	00:11:22	41	2:16	00:02:08	00:50:35	42	17.8	00:00:59	00:23:12	8	6:49	01:28:13.97
25	84	John Lewis	M	36	Center Point	IA	00:10:46	32	2:09	00:01:47	00:50:35	41	17.8	00:00:41	00:25:02	20	7:21	01:28:48.10
26	71	Jared Harding	M	29	Cedar Rapids	IA	00:12:28	52	2:29	00:01:52	00:49:38	37	18.1	00:00:53	00:24:52	18	7:18	01:29:39.74
27	120	Bradley Dixon	M	65	Iowa City	IA	00:13:12	61	2:38	00:01:24	00:43:09	12	20.9	00:01:17	00:30:53	44	9:04	01:29:52.97
28	93	Andrew Swanson	M	40	North Liberty	IA	00:09:31	13	1:54	00:01:42	00:48:22	30	18.6	00:01:25	00:29:14	35	8:35	01:30:11.42
29	86	Tom Stark	M	37	Cedar Rapids	IA	00:13:46	64	2:45	00:02:48	00:47:09	22	19.1	00:02:01	00:24:42	17	7:15	01:30:23.67
30	102	Randy Crawford	M	53	Cedar Rapids	IA	00:13:28	62	2:41	00:01:26	00:44:50	16	20.1	00:00:41	00:30:23	41	8:55	01:30:44.12
31	58	Matthew Behnke	M	17	Marion	IA	00:11:18	38	2:15	00:01:08	00:47:28	23	19.0	00:01:20	00:29:35	38	8:42	01:30:46.73
32	80	A J Riniker	M	32	Winthrop	IA	00:14:57	69	2:59	00:02:14	00:50:33	40	17.8	00:00:36	00:23:16	10	6:50	01:31:33.28
33	96	Chris Fry	M	40	Dubuque	IA	00:12:12	50	2:26	00:01:26	00:48:44	32	18.5	00:01:33	00:27:44	32	8:09	01:31:37.32
34	81	Brian Zeglis	M	37	Davenport	IA	00:10:00	20	1:59	00:01:02	00:51:19	46	17.5	00:01:36	00:28:55	33	8:30	01:32:49.45
35	115	Randy Bachman	M	62	Hiawatha	IA	00:10:54	34	2:10	00:01:43	00:48:09	28	18.7	00:00:50	00:31:49	47	9:21	01:33:22.45
36	112	Eric Lockwood	M	57	Marion	IA	00:12:07	48	2:25	00:02:03	00:49:33	36	18.2	00:01:19	00:29:11	34	8:34	01:34:10.38
37	114	Brian Link	M	58	Coralville	IA	00:12:36	53	2:31	00:01:22	00:48:51	33	18.4	00:01:17	00:30:18	40	8:54	01:34:22.75

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							Time	Plc	100y		Time	Plc	Mph	T2	Time	Plc		
38	132	Tim Polehna	M	34	Robins	IA	00:08:02	4	1:36	00:01:37	00:49:29	35	18.2	00:00:53	00:34:27	60	10:07	01:34:25.56
39	137	Dale Johnson	M	54	Cedar Rapids	IA	00:11:17	37	2:15	00:01:05	00:47:41	26	18.9	00:01:23	00:33:12	55	9:45	01:34:36.08
40	99	Chris Bruns	M	45	Cedar Rapids	IA	00:10:22	22	2:04	00:02:16	00:50:30	39	17.8	00:01:02	00:30:38	42	9:00	01:34:45.69
41	101	Mike Trachta	M	48	Johnston	IA	00:09:59	19	1:59	00:02:29	00:50:54	44	17.7	00:00:52	00:30:39	43	9:00	01:34:50.54
42	66	Anthony Giannelli	M	26	Cedar Rapids	IA	00:12:41	55	2:32	00:01:33	00:53:45	55	16.7	00:00:32	00:27:13	29	8:00	01:35:40.20
43	82	Nick Helsper	M	36	Anamosa	IA	00:12:14	51	2:26	00:02:12	00:51:31	47	17.5	00:00:23	00:29:23	36	8:38	01:35:40.56
44	113	Todd Brown	M	59	Cedar Rapids	IA	00:12:45	56	2:32	00:02:04	00:48:11	29	18.7	00:01:27	00:31:24	45	9:13	01:35:47.76
45	109	John Sikes	M	57	Edwardsville	IL	00:10:20	21	2:03	00:01:18	00:57:37	63	15.6	00:01:39	00:25:10	21	7:23	01:36:01.71
46	107	Alex Stratton	M	56	Cedar Rapids	IA	00:11:25	42	2:16	00:00:54	00:50:48	43	17.7	00:01:23	00:32:53	53	9:40	01:37:20.40
47	67	Zacharia Wahls	M	27	Coralville	IA	00:10:41	29	2:08	00:03:31	00:52:37	50	17.1	00:00:50	00:30:10	39	8:52	01:37:45.74
48	65	Jordan Westfall	M	28	Cedar Rapids	IA	00:11:37	43	2:19	00:02:18	00:51:16	45	17.6	00:00:44	00:33:29	57	9:50	01:39:21.84
49	138	Stephen Loew	M	40	North Liberty	IA	00:11:57	47	2:23	00:01:53	00:48:29	31	18.6	00:00:47	00:36:25	64	10:42	01:39:28.99
50	135	Neil Gutschmdit	M	31	Marion	IA	00:12:39	54	2:31	00:01:01	00:52:37	51	17.1	00:00:43	00:32:46	52	9:38	01:39:43.85
51	95	Jeff Hempstead	M	40	Central City	IA	00:13:07	59	2:37	00:01:45	00:52:32	49	17.1	00:00:59	00:31:44	46	9:19	01:40:04.42
52	119	Mikel Betts	M	65	Iowa City	IA	00:11:21	40	2:16	00:02:17	00:53:22	53	16.9	00:01:34	00:32:46	51	9:38	01:41:17.06
53	53	Fred Hemsath	M	75	Saint Joseph	MI	00:10:48	33	2:09	00:01:06	00:52:59	52	17.0	00:01:41	00:34:53	61	10:15	01:41:25.25
54	72	Abraham Vozenilek	M	29	Cedar Rapids	IA	00:14:45	68	2:56	00:01:46	00:57:06	62	15.8	00:00:37	00:27:19	31	8:02	01:41:30.46
55	136	Victor Kuper	M	37	Cedar Rapids	IA	00:12:10	49	2:25	00:02:03	00:53:33	54	16.8	00:01:35	00:32:20	49	9:30	01:41:39.17
56	54	Elijah Perreault	M	14	Marion	IA	00:09:44	15	1:56	00:01:57	00:55:06	58	16.3	00:00:33	00:34:55	63	10:15	01:42:13.52
57	56	Bryce Bernard	M	18	Burr Ridge	IL	00:09:34	14	1:54	00:01:47	01:00:28	67	14.9	00:01:03	00:29:29	37	8:40	01:42:19.44
58	68	Benjamin Feltes	M	25	Hiawatha	IA	00:10:34	27	2:06	00:02:18	00:56:40	60	15.9	00:01:08	00:32:03	48	9:25	01:42:41.68
59	134	Doug Deimler	M	39	Cedar Rapids	IA	00:11:05	35	2:12	00:01:05	00:52:06	48	17.3	00:01:29	00:37:47	65	11:06	01:43:29.35
60	92	Brian Nicola	M	42	Coralville	IA	00:11:44	45	2:20	00:02:00	00:55:00	57	16.4	00:01:42	00:33:29	58	9:50	01:43:52.29
61	133	Nicholas Warson	M	32	Springville	IA	00:13:10	60	2:37	00:01:07	00:55:19	59	16.3	00:01:08	00:33:53	59	9:57	01:44:34.44
62	118	Greg Bailey	M	64	Oskaloosa	IA	00:20:51	70	4:10	00:00:48	00:50:26	38	17.8	00:01:11	00:32:35	50	9:34	01:45:48.55
63	100	William Perreault	M	45	Marion	IA	00:13:00	58	2:35	00:01:40	00:54:53	56	16.4	00:01:35	00:34:54	62	10:15	01:46:00.08
64	77	Brian Scheil	M	32	Cedar Rapids	IA	00:11:46	46	2:21	00:01:29	00:59:32	66	15.1	00:01:16	00:33:09	54	9:44	01:47:08.46
65	131	Tobi Luetkemeier	M	36	Monticello	IA	00:11:39	44	2:19	00:02:15	00:57:04	61	15.8	00:00:43	00:41:47	67	12:17	01:53:26.59
66	117	Daniel Helsper	M	64	Puryear	TN	00:14:03	66	2:48	00:02:30	01:03:48	69	14.1	00:00:38	00:33:16	56	9:46	01:54:13.33
67	70	Tyler Pecora	M	26	Cedar Rapids	IA	00:10:24	23	2:04	00:02:21	00:58:43	65	15.3	00:01:28	00:44:37	68	13:07	01:57:30.73
68	130	Bryan Hutchinson	M	34	Canyon	TX	00:10:29	25	2:05	00:01:29	01:03:31	68	14.2	00:00:55	00:45:26	69	13:21	02:01:45.92
69	62	Adam Haarth	M	21	Cedar Rapids	IA	00:13:52	65	2:46	00:01:21	01:09:35	70	12.9	00:00:43	00:38:46	66	11:23	02:04:14.67
70	129	Sandy Pumphrey	M	40	Cedar Rapids	IA	00:12:52	57	2:34	00:02:17	00:57:50	64	15.6	00:01:41	00:49:46	70	14:37	02:04:22.93