

Camp Courageous Sprint Triathlon

August 5, 2018

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	2/119	1/49	19	Joanna Hall	37	F	Coralville	IA	00:08:12.25	00:40:07.37	00:22:26.74		01:11:43.03
2	15/119	2/49	30	Pam Connolly	48	F	Dubuque	IA	00:09:13.03	00:45:33.61	00:23:31.53		01:20:05.84
3	16/119	3/49	41	Kim Sprenger	56	F	Iowa City	IA	00:09:15.34	00:44:23.10	00:25:23.36		01:20:14.42

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/119	1/70	69	Andrew Dabson	27	M	Chicago	IL	00:07:00.92	00:37:22.40	00:21:35.29		01:06:53.07
2	3/119	2/70	91	Tom Rutkowski	43	M	Iowa City	IA	00:09:10.02	00:40:31.06	00:21:21.80		01:12:11.56
3	4/119	3/70	103	Duane Staskal	50	M	Iowa City	IA	00:09:18.88	00:39:18.60	00:23:51.28		01:13:33.19

Female Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	100/119	36/49	126	Heather McMahill	32	F	Cedar Rapids	IA	00:09:04.91	01:00:36.85	00:36:41.86		01:49:18.70
2	101/119	37/49	124	Darci Axmear	45	F	Marion	IA	00:11:13.49	00:54:35.43	00:43:32.90		01:51:26.02
3	105/119	39/49	121	Bonnie Bluml	46	F	Marion	IA	00:10:58.82	00:56:08.77	00:47:01.66		01:57:02.11
4	116/119	46/49	125	Erin Harlan	38	F	Cedar Rapids	IA	00:11:19.07	01:02:59.07	00:48:21.44		02:06:12.50
5	117/119	47/49	127	Beth Orth	48	F	Cedar Rapids	IA	00:20:17.77	01:05:29.82	00:52:24.20		02:22:31.79
6	118/119	48/49	123	Julie Heater	23	F	Monticello	IA	00:11:24.48	01:30:10.43	00:47:24.74		02:33:32.78

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	55/119	38/70	132	Tim Polehna	34	M	Robins	IA	00:08:01.36	00:49:28.67	00:34:26.54		01:34:25.56
2	56/119	39/70	137	Dale Johnson	54	M	Cedar Rapids	IA	00:11:16.15	00:47:40.73	00:33:11.96		01:34:36.08
3	73/119	49/70	138	Stephen Loew	40	M	North Liberty	IA	00:11:56.05	00:48:28.47	00:36:24.68		01:39:28.99
4	75/119	50/70	135	Neil Gutschmdit	31	M	Marion	IA	00:12:38.81	00:52:36.65	00:32:45.35		01:39:43.85
5	84/119	55/70	136	Victor Kuper	37	M	Cedar Rapids	IA	00:12:09.59	00:53:32.79	00:32:19.94		01:41:39.17
6	90/119	59/70	134	Doug Deimler	39	M	Cedar Rapids	IA	00:11:04.47	00:52:05.47	00:37:46.70		01:43:29.35
7	95/119	61/70	133	Nicholas Warson	32	M	Springville	IA	00:13:09.61	00:55:18.17	00:33:52.69		01:44:34.44
8	103/119	65/70	131	Tobi Luetkemeier	36	M	Monticello	IA	00:11:38.80	00:57:03.76	00:41:46.84		01:53:26.59
9	111/119	68/70	130	Bryan Hutchinson	34	M	Canyon	TX	00:10:28.35	01:03:30.34	00:45:25.04		02:01:45.92

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Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
10	113/119	70/70	129	Sandy Pumphrey	40	M	Cedar Rapids	IA	00:12:51.32	00:57:49.60	00:49:45.01		02:04:22.93

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	71/119	24/49	1	Claudia Gay	14	F	Cedar Rapids	IA	00:08:51.64	00:53:33.40	00:35:33.70		01:38:48.48

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	85/119	56/70	54	Elijah Perreault	14	M	Marion	IA	00:09:43.74	00:55:05.88	00:34:54.30		01:42:13.52

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	34/119	10/49	3	Janneke Bannink	17	F	Shorewood	WI	00:07:37.63	00:49:13.96	00:29:29.00		01:28:19.16

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	6/119	5/70	55	Quintin Gay	17	M	Cedar Rapids	IA	00:07:24.83	00:42:57.80	00:23:26.14		01:14:31.88
2	10/119	9/70	57	Orion Staskal	19	M	Iowa City	IA	00:09:22.60	00:44:08.77	00:22:13.18		01:16:57.72
3	18/119	15/70	59	Jacob Mohrfeld	16	M	Fort Madison	IA	00:07:32.56	00:49:20.15	00:23:30.36		01:21:15.31
4	45/119	31/70	58	Matthew Behnke	17	M	Marion	IA	00:11:17.33	00:47:27.24	00:29:34.92		01:30:46.73
5	86/119	57/70	56	Bryce Bernard	18	M	Burr Ridge	IL	00:09:33.90	01:00:27.92	00:29:28.86		01:42:19.44

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	80/119	29/49	5	China Rongey	23	F	Edwardsville	IL	00:10:18.71	00:53:00.86	00:33:54.75		01:40:36.94
2	94/119	34/49	4	Kelly Schiro	24	F	Ames	IA	00:11:25.93	00:57:09.65	00:31:08.43		01:44:12.83

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Overall Division Results

Individual

Female F Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
3	110/119	43/49	6	Emily Feltes	23	F	Hiawatha	IA	00:12:45.47	01:15:58.80	00:26:50.02		02:00:27.09

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	21/119	18/70	61	Aaron House	23	M	Marion	IA	00:08:31.77	00:46:39.92	00:25:59.98		01:22:50.40
2	25/119	20/70	60	Andrew Lang	23	M	Wilmington	DE	00:10:44.16	00:43:04.78	00:27:15.57		01:23:57.61
3	112/119	69/70	62	Adam Haarth	21	M	Cedar Rapids	IA	00:13:51.33	01:09:34.66	00:38:45.03		02:04:14.67

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	28/119	8/49	11	Kira Ball	29	F	Cedar Rapids	IA	00:09:34.01	00:51:34.08	00:22:45.22		01:25:33.37
2	30/119	9/49	12	Shanna Dabson	26	F	Chicago	IL	00:08:11.66	00:51:11.57	00:25:34.15		01:26:12.77
3	70/119	23/49	10	Emily Feldkamp	28	F	Des Moines	IA	00:12:48.79	00:54:08.65	00:29:32.31		01:38:22.31
4	76/119	26/49	9	Breana Philo	29	F	Cedar Rapids	IA	00:11:02.97	00:57:33.16	00:29:27.19		01:39:48.87
5	88/119	30/49	13	Samantha Brown	25	F	Cedar Rapids	IA	00:11:10.82	00:52:22.27	00:36:41.95		01:42:44.14
6	99/119	35/49	7	Michelle Lecaptain	28	F	North Liberty	IA	00:12:18.60	01:02:20.50	00:31:16.56		01:48:01.06

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	22/119	19/70	64	David Harshman	25	M	North Liberty	IA	00:10:41.90	00:47:41.26	00:22:18.16		01:23:09.98
2	36/119	26/70	71	Jared Harding	29	M	Cedar Rapids	IA	00:12:27.22	00:49:37.81	00:24:51.32		01:29:39.74
3	60/119	42/70	66	Anthony Giannelli	26	M	Cedar Rapids	IA	00:12:40.15	00:53:44.52	00:27:12.06		01:35:40.20
4	69/119	47/70	67	Zacharia Wahls	27	M	Coralville	IA	00:10:40.46	00:52:36.12	00:30:09.62		01:37:45.74
5	72/119	48/70	65	Jordan Westfall	28	M	Cedar Rapids	IA	00:11:36.68	00:51:15.95	00:33:28.20		01:39:21.84
6	83/119	54/70	72	Abraham Vozenilek	29	M	Cedar Rapids	IA	00:14:44.97	00:57:05.04	00:27:18.96		01:41:30.46
7	87/119	58/70	68	Benjamin Feltes	25	M	Hiawatha	IA	00:10:33.78	00:56:39.47	00:32:02.91		01:42:41.68
8	106/119	67/70	70	Tyler Pecora	26	M	Cedar Rapids	IA	00:10:23.77	00:58:42.78	00:44:36.75		01:57:30.73

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Overall Division Results

Individual

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	42/119	14/49	17	Melanie Lentz	34	F	Walford	IA	00:08:01.54	00:51:01.17	00:29:09.10		01:30:21.58
2	63/119	19/49	16	Audrey Mcgrath	33	F	Cedar Rapids	IA	00:10:24.19	00:54:20.94	00:27:00.41		01:35:49.95
3	109/119	42/49	15	Elise Scheil	31	F	Cedar Rapids	IA	00:12:35.91	01:16:00.06	00:26:51.97		02:00:21.51

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	12/119	11/70	140	Jacob Ehrmann	30	M	Cedar Rapids	IA	00:10:35.92	00:43:09.71	00:23:28.14		01:18:44.22
2	17/119	14/70	78	Richard Dixon	30	M	Iowa City	IA	00:08:13.18	00:44:39.36	00:25:45.50		01:20:31.23
3	29/119	21/70	73	Leo Buzalsky	34	M	Cedar Rapids	IA	00:14:19.19	00:44:53.58	00:24:58.61		01:25:59.42
4	31/119	22/70	76	Tony Reding	34	M	Cedar Rapids	IA	00:11:07.63	00:47:30.59	00:25:51.41		01:26:42.55
5	32/119	23/70	74	Clayton Rush	30	M	Marion	IA	00:11:20.49	00:47:31.64	00:26:10.10		01:28:01.15
6	33/119	24/70	79	Alex Riniker	30	M	Marion	IA	00:11:21.15	00:50:34.64	00:23:11.94		01:28:13.97
7	47/119	32/70	80	A J Riniker	32	M	Winthrop	IA	00:14:56.74	00:50:32.33	00:23:15.21		01:31:33.28
8	98/119	64/70	77	Brian Scheil	32	M	Cedar Rapids	IA	00:11:45.53	00:59:31.14	00:33:08.37		01:47:08.46

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	26/119	6/49	18	Annette Wittrock	39	F	Ottumwa	IA	00:08:46.66	00:46:43.25	00:27:23.80		01:24:06.30
2	102/119	38/49	20	Michelle Deutmeyer	36	F	Cedar Rapids	IA	00:14:20.00	00:54:33.71	00:40:38.53		01:52:31.09

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	7/119	6/70	87	Steve Davis	38	M	North Liberty	IA	00:09:47.14	00:40:21.93	00:23:13.35		01:14:40.84
2	11/119	10/70	85	Patrick Severson	36	M	Cedar Rapids	IA	00:09:55.83	00:43:01.92	00:23:20.42		01:17:37.33
3	13/119	12/70	83	Craig Goldsmith	36	M	Cedar Rapids	IA	00:09:51.63	00:45:54.86	00:22:58.31		01:19:31.09
4	35/119	25/70	84	John Lewis	36	M	Center Point	IA	00:10:45.69	00:50:34.15	00:25:01.10		01:28:48.10
5	43/119	29/70	86	Tom Stark	37	M	Cedar Rapids	IA	00:13:45.95	00:47:08.34	00:24:41.91		01:30:23.67
6	49/119	34/70	81	Brian Zeglis	37	M	Davenport	IA	00:09:59.44	00:51:18.37	00:28:54.93		01:32:49.45
7	61/119	43/70	82	Nick Helsper	36	M	Anamosa	IA	00:12:13.76	00:51:30.09	00:29:22.38		01:35:40.56

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Overall Division Results

Individual

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	24/119	5/49	139	Anne Hilleman	43	F	Huxley	IA	00:09:35.94	00:45:36.38	00:26:54.78		01:23:48.90
2	46/119	15/49	22	Jill Snitko	40	F	Marion	IA	00:13:59.85	00:49:50.72	00:25:26.76		01:30:53.23
3	66/119	21/49	26	Jocelyn Wilgenbusch	43	F	Cedar Rapids	IA	00:13:07.85	00:49:11.60	00:31:18.67		01:36:33.76
4	67/119	22/49	25	Ann Van Etten-Janey	40	F	Cedar Rapids	IA	00:12:34.07	00:52:32.39	00:29:03.77		01:36:38.24
5	78/119	28/49	24	Rhoni Jo Barnes	41	F	Cedar Rapids	IA	00:11:06.20	00:52:57.80	00:33:08.23		01:40:02.83
6	114/119	44/49	21	Bonnie Valberg	43	F	Cedar Rapids	IA	00:13:48.44	01:11:28.10	00:35:38.65		02:04:56.62

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	14/119	13/70	89	Joel Rudd	42	M	Fairfax	IA	00:10:24.59	00:42:26.61	00:25:33.49		01:20:05.72
2	20/119	17/70	94	Eduardo Celis	41	M	Cedar Rapids	IA	00:10:31.77	00:44:57.40	00:24:31.45		01:21:49.97
3	41/119	28/70	93	Andrew Swanson	40	M	North Liberty	IA	00:09:30.85	00:48:21.34	00:29:13.08		01:30:11.42
4	48/119	33/70	96	Chris Fry	40	M	Dubuque	IA	00:12:11.89	00:48:43.52	00:27:43.67		01:31:37.32
5	79/119	51/70	95	Jeff Hempstead	40	M	Central City	IA	00:13:06.02	00:52:31.15	00:31:43.79		01:40:04.42
6	91/119	60/70	92	Brian Nicola	42	M	Coralville	IA	00:11:43.13	00:54:59.72	00:33:28.49		01:43:52.29

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	27/119	7/49	31	Kathryn Cater	48	F	Hiawatha	IA	00:09:27.08	00:45:45.69	00:28:23.13		01:25:14.71
2	65/119	20/49	32	Courtney Packingham	46	F	Center Point	IA	00:10:03.04	00:51:30.93	00:32:25.87		01:36:33.12
3	89/119	31/49	27	Michele Flagel	45	F	Shellsburg	IA	00:13:33.04	00:55:51.06	00:31:12.98		01:42:58.54
4	92/119	32/49	28	Dawn Ebach	46	F	Iowa City	IA	00:13:52.54	00:48:51.09	00:37:54.80		01:43:56.77

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	58/119	40/70	99	Chris Bruns	45	M	Cedar Rapids	IA	00:10:21.10	00:50:29.39	00:30:37.77		01:34:45.69
2	59/119	41/70	101	Mike Trachta	48	M	Johnston	IA	00:09:58.81	00:50:53.21	00:30:38.38		01:34:50.54
3	97/119	63/70	100	William Perreault	45	M	Marion	IA	00:12:59.79	00:54:52.86	00:34:53.49		01:46:00.08

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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	23/119	4/49	38	Trina Dunham	53	F	Hiawatha	IA	00:09:39.49	00:41:46.66	00:30:10.58		01:23:29.71
2	38/119	11/49	37	Kristen Franken	51	F	Ames	IA	00:10:55.52	00:47:53.41	00:28:47.34		01:30:01.49
3	40/119	13/49	35	Kathy Christensen	50	F	Cedar Rapids	IA	00:10:57.70	00:48:44.51	00:28:17.89		01:30:08.11
4	50/119	16/49	36	Robin Misukonis	54	F	Edwardsville	IL	00:12:05.18	00:49:37.96	00:28:37.91		01:32:54.22
5	57/119	18/49	34	Alisa Staskal	51	F	Iowa City	IA	00:12:26.93	00:53:13.35	00:27:40.49		01:34:38.14

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	8/119	7/70	141	Austin Jones	54	M	Grinnell	IA	00:08:17.81	00:40:38.65	00:25:48.98		01:16:09.50
2	9/119	8/70	106	Mike Sutherland	53	M	Jefferson City	MO	00:13:30.25	00:39:59.97	00:21:23.75		01:16:28.36
3	19/119	16/70	104	Todd Dalecky	50	M	Marion	IA	00:08:01.65	00:45:27.17	00:26:22.59		01:21:22.66
4	44/119	30/70	102	Randy Crawford	53	M	Cedar Rapids	IA	00:13:27.04	00:44:49.69	00:30:22.34		01:30:44.12

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	39/119	12/49	39	Kallie Harris	55	F	Cedar Rapids	IA	00:11:44.55	00:48:18.81	00:27:46.16		01:30:01.88
2	74/119	25/49	42	Kim Johnston	56	F	Waukesha	WI	00:08:53.04	00:54:17.71	00:34:09.98		01:39:32.23
3	77/119	27/49	43	Krista Ockenfels	57	F	Swisher	IA	00:09:00.18	00:54:50.87	00:34:15.00		01:39:59.07
4	107/119	40/49	46	Jana Laughlin	59	F	Marion	IA	00:16:44.39	00:54:05.95	00:40:43.68		01:58:17.71
5	108/119	41/49	44	Meg Gibson	55	F	Cedar Rapids	IA	00:12:29.87	01:03:42.72	00:40:14.19		01:59:35.26
6	115/119	45/49	45	Cheyril Hines	56	F	Cedar Rapids	IA	00:13:27.84	01:03:03.27	00:45:21.37		02:05:09.78

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	5/119	4/70	111	Bob Brooker	56	M	Cedar Rapids	IA	00:08:52.78	00:41:53.70	00:21:43.24		01:14:19.07
2	53/119	36/70	112	Eric Lockwood	57	M	Marion	IA	00:12:06.74	00:49:32.13	00:29:10.66		01:34:10.38
3	54/119	37/70	114	Brian Link	58	M	Coralville	IA	00:12:35.96	00:48:50.86	00:30:17.41		01:34:22.75
4	62/119	44/70	113	Todd Brown	59	M	Cedar Rapids	IA	00:12:44.35	00:48:10.14	00:31:23.17		01:35:47.76
5	64/119	45/70	109	John Sikes	57	M	Edwardsville	IL	00:10:19.98	00:57:36.11	00:25:09.15		01:36:01.71
6	68/119	46/70	107	Alex Stratton	56	M	Cedar Rapids	IA	00:11:24.18	00:50:47.67	00:32:52.15		01:37:20.40

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Individual

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	52/119	17/49	49	Nancy Fox	61	F	Marion	IA	00:10:52.35	00:45:50.93	00:34:37.50		01:34:01.54
2	93/119	33/49	50	Ann Vestle	64	F	Cedar Rapids	IA	00:14:45.39	00:52:43.03	00:33:33.55		01:43:58.61

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	51/119	35/70	115	Randy Bachman	62	M	Hiawatha	IA	00:10:53.90	00:48:08.18	00:31:48.35		01:33:22.45
2	96/119	62/70	118	Greg Bailey	64	M	Oskaloosa	IA	00:20:50.97	00:50:25.31	00:32:34.55		01:45:48.55
3	104/119	66/70	117	Daniel Helsper	64	M	Puryear	TN	00:14:02.99	01:03:47.86	00:33:15.19		01:54:13.33

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	37/119	27/70	120	Bradley Dixon	65	M	Iowa City	IA	00:13:11.64	00:43:08.50	00:30:52.41		01:29:52.97
2	81/119	52/70	119	Mikel Betts	65	M	Iowa City	IA	00:11:20.60	00:53:21.86	00:32:45.33		01:41:17.06

Female F Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	119/119	49/49	52	Pat Smith	71	F	Cedar Rapids	IA	00:09:32.48	01:25:44.83	00:55:39.86		02:36:04.01

Male M Ages 75+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	82/119	53/70	53	Fred Hemsath	75	M	Saint Joseph	MI	00:10:47.89	00:52:58.13	00:34:52.80		01:41:25.25