

Camp Courageous Sprint Triathlon

August 4, 2019

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	2/158	1/75	11	Joanna Hall	38	F	Coralville	IA	00:08:03.21	00:39:54.78	00:22:31.77		01:11:21.45
2	19/158	2/75	51	Kim Sprenger	57	F	Iowa City	IA	00:09:41.81	00:43:52.22	00:25:10.36		01:20:02.69
3	24/158	3/75	115	Heidi Sutter	46	F	Dubuque	IA	00:10:20.71	00:45:58.85	00:23:37.25		01:21:16.41

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	1/158	1/83	166	Adam Kassem	30	M	Iowa City	IA	00:08:28.07	00:36:52.97	00:19:59.29		01:06:20.03
2	3/158	2/83	132	Christian Sande	32	M	Marion	IA	00:09:02.76	00:39:30.97	00:21:54.29		01:12:00.88
3	4/158	3/83	18	Tom Rutkowski	44	M	Iowa City	IA	00:09:47.10	00:40:42.62	00:20:59.50		01:12:26.80

Female Athena

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	48/158	8/75	92	Kate Pape	37	F	Coralville	IA	00:10:43.25	00:44:53.32	00:30:43.27		01:28:11.02
2	86/158	25/75	104	Jody Rausch	50	F	Robins	IA	00:11:41.57	00:49:53.34	00:37:04.90		01:40:03.30
3	89/158	28/75	142	Jennifer Blauvelt	40	F	Kalona	IA	00:11:29.06	00:50:37.53	00:35:58.20		01:40:49.58

Male Clydesdale

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	40/158	34/83	169	Justin Huffman	39	M	Eldridge	IA	00:10:39.05	00:43:30.18	00:29:50.25		01:25:12.77
2	58/158	47/83	172	Todd Brown	60	M	Cedar Rapids	IA	00:13:22.20	00:45:09.72	00:31:04.85		01:31:39.89
3	95/158	64/83	28	Doug Deimler	40	M	Cedar Rapids	IA	00:11:19.61	00:50:19.74	00:37:38.69		01:41:57.73

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	129/158	53/75	103	Claudia Gay	15	F	Cedar Rapids	IA	00:09:13.73	00:58:07.12	00:42:18.96		01:50:56.18

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Overall Division Results

Individual

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	62/158	51/83	34	R. Tate Whittaker-Smith	14	M	Marion	IA	00:08:56.91	00:49:13.20	00:33:35.04		01:32:41.39
2	73/158	56/83	154	Elijah Perreault	15	M	Marion	IA	00:09:25.03	00:50:48.34	00:33:26.93		01:36:11.99
3	117/158	74/83	155	Liam Perreault	13	M	Marion	IA	00:10:25.30	00:53:50.51	00:39:44.81		01:47:04.48

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	57/158	11/75	95	Chloe Heiser	19	F	Hinsdale	IL	00:09:26.68	00:53:34.73	00:26:15.26		01:31:33.42
2	99/158	32/75	171	Kacey Davis	17	F	Cedar Rapids	IA	00:09:32.72	01:02:10.49	00:29:07.77		01:42:45.06
3	155/158	73/75	55	Audrey Grove	19	F	South English	IA	00:13:42.60	01:24:54.01	00:42:55.64		02:24:45.98

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	15/158	14/83	161	Reese Manternach	18	M	Cedar Rapids	IA	00:08:05.44	00:47:33.29	00:21:30.50		01:19:13.14
2	18/158	17/83	102	Quintin Gay	18	M	Cedar Rapids	IA	00:08:05.47	00:45:56.81	00:24:50.91		01:19:36.14
3	65/158	53/83	62	Bryce Bernard	19	M	Burr Ridge	IL	00:09:50.44	00:56:21.48	00:25:58.21		01:33:41.55

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	67/158	14/75	128	Emma Miller	22	F	Iowa City	IA	00:09:19.52	00:52:58.97	00:28:54.00		01:33:46.58
2	74/158	18/75	100	Grace Austin	23	F	Wilton	IA	00:10:07.02	00:56:32.52	00:26:40.52		01:36:20.47
3	91/158	29/75	111	Olivia Phelan	21	F	Whitewater	WI	00:11:20.14	00:57:26.66	00:29:45.53		01:41:12.88

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	17/158	16/83	58	Mitchell Christensen	24	M	Cedar Rapids	IA	00:09:51.27	00:46:34.37	00:21:05.03		01:19:33.28
2	25/158	22/83	74	Drew Hoeger	22	M	West Des Moines	IA	00:09:30.31	00:43:25.72	00:26:39.00		01:21:28.26
3	41/158	35/83	136	Orion Staskal	20	M	Iowa City	IA	00:09:46.49	00:46:16.38	00:27:58.96		01:25:56.89

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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
1	84/158	23/75	14	Jennifer Snook	28	F	Cedar Rapids	IA	00:10:17.05	00:54:27.03	00:32:32.69		01:39:41.88
2	85/158	24/75	69	Jody Petersen	28	F	Hiawatha	IA	00:07:55.27	00:59:20.68	00:31:01.74		01:39:56.73
3	124/158	48/75	110	Kira Chatterton	25	F	Onslow	IA	00:16:27.62	00:55:22.18	00:32:36.97		01:49:02.98

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	6/158	5/83	101	Michael Lyon	27	M	Cedar Rapids	IA	00:07:23.81	00:43:16.48	00:21:34.86		01:14:38.40
2	27/158	23/83	17	Michael Schwartz	26	M	Cedar Rapids	IA	00:08:42.37	00:43:22.00	00:28:26.30		01:21:49.49
3	31/158	27/83	178	David Harshman	26	M	North Liberty	IA	00:11:03.51	00:46:30.93	00:22:17.42		01:22:15.79

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	54/158	10/75	138	Ashley Chizek	33	F	North Liberty	IA	00:10:21.98	00:52:00.21	00:25:58.53		01:30:42.93
2	119/158	45/75	56	Sara Williams	30	F	Washington	IA	00:15:50.22	00:59:10.94	00:29:48.03		01:47:24.65
3	122/158	47/75	164	Ashley Bjork	30	F	Solon	IA	00:09:25.35	00:58:05.96	00:37:03.40		01:47:46.94

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	8/158	7/83	191	Richard Dixon	31	M	Iowa City	IA	00:08:01.23	00:39:53.79	00:26:10.24		01:15:56.72
2	10/158	9/83	59	Justin Schultes	31	M	Cedar Rapids	IA	00:10:31.44	00:40:58.95	00:23:56.10		01:16:18.00
3	43/158	36/83	125	T. Lorenzen	34	M	Vinton	IA	00:09:08.16	00:47:32.63	00:28:12.75		01:27:04.40

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	26/158	4/75	8	Melanie Lentz	35	F	Walford	IA	00:07:55.86	00:45:53.31	00:26:04.76		01:21:30.07
2	70/158	16/75	127	Abbie Nieprawski	39	F	Iowa City	IA	00:09:27.20	00:55:56.64	00:27:26.52		01:34:59.42
3	83/158	22/75	129	Ashley Hall	35	F	Altoona	IA	00:11:53.20	00:56:10.74	00:28:11.03		01:39:33.48

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Overall Division Results

Individual

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	5/158	4/83	123	Brian Thorn	35	M	Hiawatha	IA	00:09:12.83	00:40:01.72	00:22:28.83		01:13:23.12
2	7/158	6/83	93	Ryan Pape	38	M	Coralville	IA	00:09:54.94	00:39:52.66	00:23:34.26		01:15:03.13
3	14/158	13/83	94	Patrick Severson	37	M	Cedar Rapids	IA	00:09:48.36	00:44:08.96	00:23:25.03		01:18:46.52

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	36/158	5/75	168	Anne Hilleman	44	F	Huxley	IA	00:09:40.46	00:43:39.97	00:28:26.50		01:23:35.74
2	37/158	6/75	78	Jill Powers	40	F	Dubuque	IA	00:08:59.30	00:48:57.22	00:25:26.92		01:24:37.09
3	42/158	7/75	150	Amy Mcallister	43	F	Altoona	IA	00:09:50.02	00:49:02.21	00:24:56.11		01:26:35.59

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	20/158	18/83	133	Brady Van Voorst	44	M	Cedar Rapids	IA	00:09:59.24	00:45:02.48	00:23:49.19		01:20:23.33
2	23/158	21/83	108	Lane McMullen	41	M	Tiffin	IA	00:09:20.48	00:43:40.63	00:26:40.34		01:21:05.67
3	29/158	25/83	105	Eduardo Celis	42	M	Cedar Rapids	IA	00:11:26.77	00:44:42.83	00:24:13.53		01:22:13.89

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	87/158	26/75	148	Angie Smith	46	F	Iowa City	IA	00:10:24.33	00:52:12.93	00:35:33.79		01:40:16.65
2	94/158	31/75	114	Tina Lampe	46	F	Marion	IA	00:13:11.88	00:55:13.95	00:30:45.78		01:41:57.36
3	108/158	37/75	88	Suellen Swain	48	F	Iowa City	IA	00:13:35.20	00:56:48.92	00:30:49.26		01:44:47.87

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	13/158	12/83	61	Mathieu Cagnard	48	M	Cedar Rapids	IA	00:13:20.04	00:40:11.44	00:23:41.52		01:18:20.56
2	33/158	29/83	179	Carl Rosier	49	M	Cedar Rapids	IA	00:11:24.33	00:45:23.56	00:23:43.03		01:22:59.93
3	59/158	48/83	131	Chad Lueken	46	M	Dubuque	IA	00:11:49.67	00:48:58.82	00:28:02.49		01:31:41.88

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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	69/158	15/75	22	Alisa Staskal	52	F	Iowa City	IA	00:12:45.65	00:52:13.70	00:28:21.02		01:34:55.62
2	77/158	20/75	5	Lori Nagle	51	F	Marion	IA	00:13:34.53	00:49:32.72	00:31:49.29		01:37:25.85
3	88/158	27/75	81	Tina Stoner	50	F	Waterloo	IA	00:12:31.05	00:52:48.69	00:31:48.38		01:40:45.73

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	9/158	8/83	21	Duane Staskal	51	M	Iowa City	IA	00:09:48.42	00:39:58.69	00:25:18.50		01:16:06.24
2	81/158	60/83	19	Randy Crawford	54	M	Cedar Rapids	IA	00:15:16.12	00:45:46.96	00:35:31.34		01:38:55.14
3	97/158	66/83	174	Thomas Poppens	51	M	Aplington	IA	00:15:20.64	00:48:27.58	00:35:05.61		01:42:39.25

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	52/158	9/75	30	Tami Fiala	55	F	Fairfax	IA	00:09:46.16	00:44:57.48	00:32:37.08		01:29:27.82
2	79/158	21/75	83	Robin Misukonis	55	F	Edwardsville	IL	00:13:23.00	00:51:15.36	00:30:45.62		01:38:00.86
3	110/158	39/75	70	Rori Meyer	57	F	Sabula	IA	00:11:04.29	00:54:49.24	00:34:56.61		01:44:55.43

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	11/158	10/83	175	F. Austin Jones	55	M	Grinnell	IA	00:08:05.24	00:41:43.48	00:24:54.65		01:16:31.59
2	12/158	11/83	118	Bob Brooker	57	M	Cedar Rapids	IA	00:09:28.14	00:42:54.07	00:22:30.51		01:16:46.73
3	35/158	31/83	147	Bennett Eastburn	58	M	Monticello	IA	00:09:29.19	00:45:10.62	00:25:19.76		01:23:14.01

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	109/158	38/75	159	Jana Laughlin	60	F	Marion	IA	00:12:58.16	00:52:16.37	00:33:18.53		01:44:49.13
2	132/158	56/75	6	Nancy Fox	62	F	Marion	IA	00:10:38.10	00:47:55.15	00:50:29.63		01:51:36.75

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Overall Division Results

Individual

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	21/158	19/83	156	Steve Lentz	62	M	Iowa City	IA	00:07:15.35	00:42:47.18	00:28:50.25		01:20:53.65
2	71/158	55/83	16	Randy Bachman	63	M	Hiawatha	IA	00:11:34.67	00:49:00.21	00:32:16.47		01:35:19.47
3	75/158	57/83	99	Matt Clark	61	M	Green Bay	WI	00:13:25.24	00:46:58.23	00:33:47.94		01:36:32.81

Female F Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	93/158	30/75	75	Ann Vestle	65	F	Cedar Rapids	IA	00:15:52.14	00:50:19.61	00:33:05.39		01:41:29.83

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	47/158	40/83	151	Bradley Dixon	66	M	Iowa City	IA	00:12:55.89	00:41:56.65	00:30:21.51		01:27:42.63

Male M Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	90/158	62/83	57	Fred Hemsath	76	M	Saint Joseph	MI	00:11:48.79	00:52:12.57	00:34:17.01		01:40:59.48

Male M Ages 80+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
1	114/158	73/83	76	Ron Ottaway	82	M	Cedar Rapids	IA	00:15:26.31	00:48:28.86	00:38:41.95		01:46:28.47