

# Camp Courageous Sprint Triathlon

August 4, 2019

## 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		
1	11	Joanna Hall	F	38	Coralville	IA	00:08:04	3	1:36	00:00:28	00:39:55	1	22.5	00:00:25	00:22:32	1	6:37	01:11:21.45
2	51	Kim Sprenger	F	57	Iowa City	IA	00:09:42	15	1:56	00:00:42	00:43:53	3	20.5	00:00:37	00:25:11	4	7:24	01:20:02.69
3	115	Heidi Sutter	F	46	Dubuque	IA	00:10:21	23	2:04	00:00:37	00:45:59	7	19.6	00:00:44	00:23:38	2	6:56	01:21:16.41
4	8	Melanie Lentz	F	35	Walford	IA	00:07:56	2	1:35	00:00:51	00:45:54	6	19.6	00:00:46	00:26:05	8	7:40	01:21:30.07
5	168	Anne Hilleman	F	44	Huxley	IA	00:09:41	14	1:56	00:01:10	00:43:40	2	20.6	00:00:40	00:28:27	16	8:21	01:23:35.74
6	78	Jill Powers	F	40	Dubuque	IA	00:09:00	5	1:47	00:00:40	00:48:58	9	18.4	00:00:34	00:25:27	5	7:29	01:24:37.09
7	150	Amy Mcallister	F	43	Altoona	IA	00:09:51	17	1:58	00:01:29	00:49:03	10	18.4	00:01:19	00:24:57	3	7:20	01:26:35.59
8	92	Kate Pape	F	37	Coralville	IA	00:10:44	29	2:08	00:01:00	00:44:54	4	20.0	00:00:52	00:30:44	25	9:02	01:28:11.02
9	30	Tami Fiala	F	55	Fairfax	IA	00:09:47	16	1:57	00:01:14	00:44:58	5	20.0	00:00:54	00:32:38	35	9:35	01:29:27.82
10	138	Ashley Chizek	F	33	North Liberty	IA	00:10:22	24	2:04	00:01:12	00:52:01	18	17.3	00:01:11	00:25:59	7	7:38	01:30:42.93
11	95	Chloe Heiser	F	19	Hinsdale	IL	00:09:27	11	1:53	00:01:38	00:53:35	30	16.8	00:00:40	00:26:16	10	7:43	01:31:33.42
12	53	Heidi Buseman	F	44	Aplington	IA	00:11:20	34	2:15	00:02:36	00:52:01	19	17.3	00:00:43	00:26:06	9	7:40	01:32:43.31
13	31	Jill Snitko	F	41	Marion	IA	00:13:50	61	2:45	00:00:55	00:52:27	23	17.2	00:00:49	00:25:45	6	7:34	01:33:44.53
14	128	Emma Miller	F	22	Iowa City	IA	00:09:20	8	1:51	00:01:19	00:52:59	28	17.0	00:01:16	00:28:54	17	8:30	01:33:46.58
15	22	Alisa Staskal	F	52	Iowa City	IA	00:12:46	48	2:33	00:01:07	00:52:14	21	17.2	00:00:29	00:28:22	15	8:20	01:34:55.62
16	127	Abbie Nieprawski	F	39	Iowa City	IA	00:09:28	12	1:53	00:01:36	00:55:57	38	16.1	00:00:34	00:27:27	13	8:04	01:34:59.42
17	66	Ann Van Etten-Janey	F	41	Cedar Rapids	IA	00:11:49	41	2:21	00:01:18	00:52:31	24	17.1	00:01:06	00:29:06	18	8:33	01:35:47.93
18	100	Grace Austin	F	23	Wilton	IA	00:10:08	20	2:01	00:01:10	00:56:33	43	15.9	00:01:51	00:26:41	11	7:50	01:36:20.47
19	10	Rhoni Jo Barnes	F	42	Cedar Rapids	IA	00:11:13	33	2:14	00:01:40	00:52:58	27	17.0	00:01:10	00:29:47	22	8:45	01:36:45.57
20	5	Lori Nagle	F	51	Marion	IA	00:13:35	56	2:42	00:01:11	00:49:33	11	18.2	00:01:19	00:31:50	32	9:21	01:37:25.85
21	83	Robin Misukonis	F	55	Edwardsville	IL	00:13:24	55	2:40	00:01:27	00:51:16	16	17.6	00:01:11	00:30:46	26	9:02	01:38:00.86
22	129	Ashley Hall	F	35	Altoona	IA	00:11:54	42	2:22	00:01:58	00:56:11	39	16.0	00:01:22	00:28:12	14	8:17	01:39:33.48
23	14	Jennifer Snook	F	28	Cedar Rapids	IA	00:10:18	22	2:03	00:01:24	00:54:28	32	16.5	00:01:02	00:32:33	33	9:34	01:39:41.88
24	69	Jody Petersen	F	28	Hiawatha	IA	00:07:56	1	1:35	00:01:08	00:59:21	54	15.2	00:00:32	00:31:02	29	9:07	01:39:56.73
25	104	Jody Rausch	F	50	Robins	IA	00:11:42	39	2:20	00:00:53	00:49:54	12	18.0	00:00:31	00:37:05	55	10:54	01:40:03.30
26	148	Angie Smith	F	46	Iowa City	IA	00:10:25	25	2:04	00:01:20	00:52:13	20	17.2	00:00:47	00:35:34	49	10:27	01:40:16.65
27	81	Tina Stoner	F	50	Waterloo	IA	00:12:32	47	2:30	00:02:02	00:52:49	26	17.0	00:01:36	00:31:49	31	9:21	01:40:45.73
28	142	Jennifer Blauvelt	F	40	Kalona	IA	00:11:30	37	2:17	00:01:33	00:50:38	15	17.8	00:01:12	00:35:59	50	10:34	01:40:49.58
29	111	Olivia Phelan	F	21	Whitewater	WI	00:11:21	35	2:16	00:01:59	00:57:27	45	15.7	00:00:43	00:29:46	21	8:45	01:41:12.88
30	75	Ann Vestle	F	65	Cedar Rapids	IA	00:15:53	70	3:10	00:01:01	00:50:20	14	17.9	00:01:13	00:33:06	38	9:43	01:41:29.83
31	114	Tina Lampe	F	46	Marion	IA	00:13:12	54	2:38	00:01:50	00:55:14	34	16.3	00:00:57	00:30:46	27	9:02	01:41:57.36
32	171	Kacey Davis	F	17	Cedar Rapids	IA	00:09:33	13	1:54	00:01:30	01:02:11	61	14.5	00:00:25	00:29:08	19	8:34	01:42:45.06
33	146	Carly Schieffer	F	35	Cedar Rapids	IA	00:15:11	67	3:02	00:02:38	00:58:10	51	15.5	00:00:34	00:27:04	12	7:57	01:43:34.77
34	79	Kristine Shaw	F	23	Ankeny	IA	00:11:26	36	2:17	00:02:20	00:55:53	37	16.1	00:00:34	00:33:28	40	9:50	01:43:38.24
35	68	Laurel Cruse	F	37	Cedar Rapids	IA	00:09:21	9	1:52	00:01:32	01:02:18	62	14.4	00:00:33	00:30:28	24	8:57	01:44:09.55
36	52	Rachael Klooster	F	37	Parkersburg	IA	00:11:43	40	2:20	00:02:27	01:00:26	58	14.9	00:00:41	00:29:17	20	8:36	01:44:31.58
37	88	Suellen Swain	F	48	Iowa City	IA	00:13:36	57	2:43	00:02:44	00:56:49	44	15.8	00:00:52	00:30:50	28	9:03	01:44:47.87

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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		
38	159	Jana Laughlin	F	60	Marion	IA	00:12:59	50	2:35	00:02:17	00:52:17	22	17.2	00:04:00	00:33:19	39	9:47	01:44:49.13
39	70	Rori Meyer	F	57	Sabula	IA	00:11:05	30	2:12	00:02:19	00:54:50	33	16.4	00:01:47	00:34:57	44	10:16	01:44:55.43
40	119	Amy Rambousek	F	45	Dubuque	IA	00:10:27	26	2:05	00:02:27	00:56:20	41	16.0	00:00:50	00:35:05	47	10:19	01:45:07.92
41	82	China Rongey	F	24	Edwardsville	IL	00:11:12	32	2:14	00:01:17	00:52:41	25	17.1	00:01:13	00:39:40	62	11:39	01:46:00.32
42	170	Erin Harlan	F	39	Cedar Rapids	IA	00:10:30	27	2:06	00:01:16	00:51:40	17	17.4	00:01:16	00:42:12	66	12:24	01:46:52.45
43	134	Kristine Roggentien	F	37	Tiffin	IA	00:13:53	62	2:46	00:01:25	00:58:07	49	15.5	00:00:37	00:33:02	37	9:42	01:47:01.47
44	15	Kourtne Powell	F	49	Cedar Rapids	IA	00:13:03	51	2:36	00:03:07	00:53:58	31	16.7	00:01:42	00:35:32	48	10:26	01:47:20.12
45	56	Sara Williams	F	30	Washington	IA	00:15:51	68	3:10	00:01:56	00:59:11	53	15.2	00:00:40	00:29:49	23	8:45	01:47:24.65
46	45	Dawn Ebach	F	47	Iowa City	IA	00:14:17	64	2:51	00:01:27	00:50:01	13	18.0	00:01:49	00:39:59	63	11:45	01:47:30.13
47	164	Ashley Bjork	F	30	Solon	IA	00:09:26	10	1:53	00:02:24	00:58:06	48	15.5	00:00:49	00:37:04	54	10:53	01:47:46.94
48	110	Kira Chatterton	F	25	Onslow	IA	00:16:28	73	3:17	00:02:29	00:55:23	35	16.3	00:02:08	00:32:37	34	9:35	01:49:02.98
49	26	Kate Klavon	F	27	Ankeny	IA	00:12:02	44	2:24	00:01:28	01:00:13	56	14.9	00:00:31	00:34:58	45	10:16	01:49:10.26
50	157	Kim Johnston	F	57	Waukesha	WI	00:08:58	4	1:47	00:01:50	01:04:03	67	14.1	00:00:37	00:33:52	43	9:57	01:49:17.20
51	173	Samantha Brown	F	26	Cedar Rapids	IA	00:11:31	38	2:18	00:01:51	00:56:16	40	16.0	00:01:17	00:38:50	59	11:25	01:49:43.00
52	9	Darci Axmear	F	46	Marion	IA	00:12:06	45	2:25	00:01:46	00:53:08	29	16.9	00:01:41	00:41:48	65	12:17	01:50:26.40
53	103	Claudia Gay	F	15	Cedar Rapids	IA	00:09:14	7	1:50	00:00:23	00:58:08	50	15.5	00:00:55	00:42:19	67	12:26	01:50:56.18
54	2	Jessica Stingley	F	35	Coralville	IA	00:13:08	52	2:37	00:02:39	00:55:29	36	16.2	00:01:15	00:38:50	58	11:25	01:51:17.48
55	116	Lisa Bunnell	F	37	Atkins	IA	00:13:12	53	2:38	00:01:24	00:58:57	52	15.3	00:01:07	00:36:59	53	10:52	01:51:36.51
56	6	Nancy Fox	F	62	Marion	IA	00:10:39	28	2:07	00:01:25	00:47:56	8	18.8	00:01:10	00:50:30	71	14:51	01:51:36.75
57	40	Alex Lewis	F	38	Center Point	IA	00:17:54	76	3:34	00:02:45	00:56:24	42	16.0	00:00:42	00:35:02	46	10:18	01:52:44.34
58	162	Bridget Anderson	F	39	Coralville	IA	00:11:06	31	2:13	00:02:58	01:03:11	65	14.2	00:02:26	00:33:35	42	9:52	01:53:13.32
59	4	Sarah Nolte	F	36	Cedar Rapids	IA	00:14:12	63	2:50	00:01:15	00:59:59	55	15.0	00:00:48	00:37:16	56	10:57	01:53:28.12
60	89	Heather McMahaill	F	33	Cedar Rapids	IA	00:09:10	6	1:49	00:02:10	01:11:06	70	12.7	00:00:41	00:31:18	30	9:12	01:54:22.34
61	71	Heather Kirchner	F	37	Cedar Rapids	IA	00:12:58	49	2:35	00:02:18	01:03:07	64	14.3	00:02:29	00:33:34	41	9:52	01:54:23.64
62	126	Kyrie McDonald	F	33	Oskaloosa	IA	00:16:05	72	3:12	00:03:15	01:00:22	57	14.9	00:00:49	00:35:59	51	10:34	01:56:27.40
63	48	Jennifer Jordan	F	41	Iowa City	IA	00:17:18	74	3:27	00:01:40	00:57:45	46	15.6	00:00:36	00:39:13	61	11:31	01:56:28.64
64	46	Jennifer Scott	F	35	Cedar Rapids	IA	00:14:24	65	2:52	00:02:10	00:57:48	47	15.6	00:01:06	00:41:26	64	12:11	01:56:51.86
65	80	Traci Sharr	F	36	Bondurant	IA	00:13:36	58	2:43	00:02:38	01:01:26	60	14.7	00:01:32	00:38:14	57	11:14	01:57:23.42
66	54	Jess Heck	F	21	Solon	IA	00:12:02	43	2:24	00:03:51	01:08:25	69	13.2	00:00:51	00:32:49	36	9:38	01:57:55.47
67	47	Sarah Hammonds	F	32	Marion	IA	00:12:30	46	2:29	00:02:00	01:00:35	59	14.9	00:00:56	00:44:29	70	13:04	02:00:28.56
68	67	Kimberly Menke	F	48	Cedar Rapids	IA	00:13:47	60	2:45	00:01:48	01:08:12	68	13.2	00:01:47	00:36:52	52	10:50	02:02:22.64
69	86	Jillian Nagle	F	28	Coralville	IA	00:10:05	19	2:00	00:02:01	01:13:27	71	12.3	00:00:57	00:38:58	60	11:27	02:05:25.34
70	29	Barb Gay	F	49	Cedar Rapids	IA	00:10:08	21	2:01	00:02:25	01:03:23	66	14.2	00:01:10	00:51:28	72	15:08	02:08:32.20
71	113	Mary Scheck	F	27	Cedar Rapids	IA	00:15:54	71	3:10	00:03:51	01:18:14	74	11.5	00:01:56	00:43:28	69	12:47	02:23:21.35
72	160	Julie Cain	F	47	Cedar Rapids	IA	00:10:02	18	2:00	00:03:19	01:17:25	73	11.6	00:00:52	00:53:09	73	15:37	02:24:44.28
73	55	Audrey Grove	F	19	South English	IA	00:13:43	59	2:44	00:02:08	01:24:55	76	10.6	00:01:07	00:42:56	68	12:37	02:24:45.98
74	84	Wendy Christianson	F	48	Tama	IA	00:15:08	66	3:01	00:03:47	01:14:14	72	12.1	00:00:58	00:56:40	75	16:39	02:30:44.40

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## 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		
75	165	Carol Melton	F	42	Monticello	IA	00:17:42	75	3:32	00:01:27	01:18:50	75	11.4	00:01:56	00:53:28	74	15:43	02:33:21.48	

# Camp Courageous Sprint Triathlon

August 4, 2019

## 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		
1	166	Adam Kassem	M	30	Iowa City	IA	00:08:29	8	1:41	00:00:39	00:36:53	1	24.4	00:00:22	00:20:00	2	5:52		01:06:20.03
2	132	Christian Sande	M	32	Marion	IA	00:09:03	12	1:48	00:00:48	00:39:31	2	22.8	00:00:45	00:21:55	7	6:26		01:12:00.88
3	18	Tom Rutkowski	M	44	Iowa City	IA	00:09:48	26	1:57	00:00:28	00:40:43	8	22.1	00:00:30	00:21:00	3	6:10		01:12:26.80
4	123	Brian Thorn	M	35	Hiawatha	IA	00:09:13	14	1:50	00:00:53	00:40:02	6	22.5	00:00:47	00:22:29	9	6:36		01:13:23.12
5	101	Michael Lyon	M	27	Cedar Rapids	IA	00:07:24	2	1:28	00:01:08	00:43:17	16	20.8	00:01:16	00:21:35	6	6:20		01:14:38.40
6	93	Ryan Pape	M	38	Coralville	IA	00:09:55	31	1:58	00:00:50	00:39:53	3	22.6	00:00:53	00:23:35	13	6:55		01:15:03.13
7	191	Richard Dixon	M	31	Iowa City	IA	00:08:02	3	1:36	00:01:06	00:39:54	4	22.6	00:00:46	00:26:11	32	7:41		01:15:56.72
8	21	Duane Staskal	M	51	Iowa City	IA	00:09:49	28	1:57	00:00:35	00:39:59	5	22.5	00:00:27	00:25:19	28	7:26		01:16:06.24
9	59	Justin Schultes	M	31	Cedar Rapids	IA	00:10:32	37	2:06	00:00:22	00:40:59	9	22.0	00:00:30	00:23:57	17	7:02		01:16:18.00
10	175	F. Austin Jones	M	55	Grinnell	IA	00:08:06	4	1:37	00:00:58	00:41:44	10	21.6	00:00:51	00:24:55	24	7:19		01:16:31.59
11	118	Bob Brooker	M	57	Cedar Rapids	IA	00:09:29	19	1:53	00:00:51	00:42:55	14	21.0	00:01:04	00:22:31	10	6:37		01:16:46.73
12	61	Mathieu Cagnard	M	48	Cedar Rapids	IA	00:13:21	65	2:40	00:00:39	00:40:12	7	22.4	00:00:29	00:23:42	14	6:58		01:18:20.56
13	94	Patrick Severson	M	37	Cedar Rapids	IA	00:09:49	27	1:57	00:00:36	00:44:09	24	20.4	00:00:49	00:23:26	12	6:53		01:18:46.52
14	161	Reese Manternach	M	18	Cedar Rapids	IA	00:08:06	5	1:37	00:01:33	00:47:34	43	18.9	00:00:32	00:21:31	5	6:19		01:19:13.14
15	117	Craig Goldsmith	M	37	Cedar Rapids	IA	00:09:43	24	1:56	00:00:17	00:45:38	32	19.7	00:00:22	00:23:24	11	6:52		01:19:21.65
16	58	Mitchell Christensen	M	24	Cedar Rapids	IA	00:09:52	30	1:58	00:01:36	00:46:35	38	19.3	00:00:28	00:21:06	4	6:12		01:19:33.28
17	102	Quintin Gay	M	18	Cedar Rapids	IA	00:08:06	6	1:37	00:00:21	00:45:57	34	19.6	00:00:23	00:24:51	21	7:18		01:19:36.14
18	133	Brady Van Voorst	M	44	Cedar Rapids	IA	00:10:00	32	1:59	00:00:50	00:45:03	27	20.0	00:00:44	00:23:50	16	7:00		01:20:23.33
19	156	Steve Lentz	M	62	Iowa City	IA	00:07:16	1	1:27	00:00:59	00:42:48	12	21.0	00:01:03	00:28:51	47	8:28		01:20:53.65
20	73	Eric Travagiakis	M	37	Cedar Rapids	IA	00:10:09	33	2:01	00:00:56	00:44:36	25	20.2	00:00:57	00:24:26	19	7:11		01:21:01.61
21	108	Lane McMullen	M	41	Tiffin	IA	00:09:21	16	1:52	00:00:38	00:43:41	21	20.6	00:00:47	00:26:41	36	7:50		01:21:05.67
22	74	Drew Hoeger	M	22	West Des Moines	IA	00:09:31	22	1:54	00:01:01	00:43:26	18	20.7	00:00:53	00:26:40	35	7:50		01:21:28.26
23	17	Michael Schwartz	M	26	Cedar Rapids	IA	00:08:43	10	1:44	00:00:43	00:43:23	17	20.8	00:00:37	00:28:27	44	8:21		01:21:49.49
24	77	Brian Powers	M	39	Dubuque	IA	00:09:17	15	1:51	00:00:42	00:43:50	22	20.5	00:01:07	00:27:17	38	8:01		01:22:10.33
25	105	Eduardo Celis	M	42	Cedar Rapids	IA	00:11:27	46	2:17	00:00:51	00:44:43	26	20.1	00:01:01	00:24:14	18	7:07		01:22:13.89
26	180	Stephen Poduska	M	37	Lisbon	IA	00:11:36	50	2:19	00:00:45	00:44:05	23	20.4	00:00:46	00:25:03	26	7:22		01:22:14.14
27	178	David Harshman	M	26	North Liberty	IA	00:11:04	40	2:12	00:01:19	00:46:31	37	19.3	00:01:06	00:22:18	8	6:33		01:22:15.79
28	176	Adam Jones	M	35	Cedar Rapids	IA	00:09:26	18	1:53	00:01:21	00:43:33	20	20.7	00:01:54	00:26:13	33	7:42		01:22:24.70
29	179	Carl Rosier	M	49	Cedar Rapids	IA	00:11:25	45	2:16	00:01:08	00:45:24	30	19.8	00:01:22	00:23:44	15	6:58		01:22:59.93
30	98	Matthew Miller	M	44	North Liberty	IA	00:13:46	70	2:45	00:00:53	00:42:50	13	21.0	00:00:48	00:24:54	23	7:19		01:23:09.24
31	147	Bennett Eastburn	M	58	Monticello	IA	00:09:30	20	1:53	00:01:50	00:45:11	29	19.9	00:01:25	00:25:20	29	7:26		01:23:14.01
32	158	Sam Scott	M	25	Iowa City	IA	00:11:46	51	2:21	00:01:54	00:56:14	72	16.0	00:00:38	00:14:18	1	4:12		01:24:48.24
33	7	John Lewis	M	37	Center Point	IA	00:10:31	36	2:06	00:01:43	00:46:31	36	19.4	00:01:22	00:24:59	25	7:20		01:25:02.99
34	169	Justin Huffman	M	39	Eldridge	IA	00:10:40	38	2:07	00:00:40	00:43:31	19	20.7	00:00:34	00:29:51	51	8:46		01:25:12.77
35	136	Orion Staskal	M	20	Iowa City	IA	00:09:47	25	1:57	00:01:38	00:46:17	35	19.4	00:00:18	00:27:59	40	8:13		01:25:56.89
36	125	T. Lorenzen	M	34	Vinton	IA	00:09:09	13	1:49	00:01:43	00:47:33	42	18.9	00:00:29	00:28:13	42	8:17		01:27:04.40
37	41	Brian Zeglis	M	38	Davenport	IA	00:10:10	34	2:01	00:00:46	00:48:00	47	18.8	00:01:19	00:26:54	37	7:54		01:27:06.50

# Camp Courageous Sprint Triathlon

August 4, 2019

## 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		
38	49	Chris Fry	M	41	Dubuque	IA	00:11:29	47	2:17	00:01:12	00:48:13	48	18.7	00:01:24	00:25:17	27	7:25	01:27:31.63
39	36	Ted Olson	M	59	Hiawatha	IA	00:12:01	56	2:24	00:00:32	00:47:49	44	18.8	00:00:59	00:26:17	34	7:43	01:27:35.69
40	151	Bradley Dixon	M	66	Iowa City	IA	00:12:56	61	2:35	00:01:12	00:41:57	11	21.5	00:01:18	00:30:22	52	8:55	01:27:42.63
41	60	Clayton Rush	M	31	Marion	IA	00:12:04	57	2:24	00:01:34	00:47:59	46	18.8	00:00:47	00:26:01	31	7:39	01:28:22.78
42	96	Matthew White	M	41	Cedar Rapids	IA	00:12:01	55	2:24	00:01:08	00:46:50	39	19.2	00:00:46	00:28:30	45	8:22	01:29:11.90
43	121	John Ryan Lacey	M	22	Cedar Rapids	IA	00:09:31	21	1:54	00:01:01	00:48:21	49	18.6	00:00:42	00:29:42	50	8:44	01:29:14.73
44	44	Erek Sittig	M	41	North Liberty	IA	00:11:52	54	2:22	00:01:15	00:45:33	31	19.8	00:01:21	00:30:29	54	8:57	01:30:28.50
45	12	Leo Buzalsky	M	35	Cedar Rapids	IA	00:15:16	76	3:03	00:00:46	00:48:44	52	18.5	00:01:15	00:24:53	22	7:18	01:30:52.36
46	139	Chris Traeger	M	35	Iowa City	IA	00:11:19	43	2:15	00:01:31	00:47:15	41	19.0	00:01:59	00:29:13	49	8:35	01:31:14.39
47	172	Todd Brown	M	60	Cedar Rapids	IA	00:13:23	66	2:40	00:01:14	00:45:10	28	19.9	00:00:50	00:31:05	55	9:08	01:31:39.89
48	131	Chad Lueken	M	46	Dubuque	IA	00:11:50	53	2:21	00:02:19	00:48:59	53	18.4	00:00:33	00:28:03	41	8:14	01:31:41.88
49	144	Benjamin Roberson	M	28	Cedar Rapids	IA	00:08:34	9	1:42	00:01:35	00:51:41	60	17.4	00:01:12	00:28:53	48	8:29	01:31:53.03
50	106	Andrew Jansen	M	48	Davenport	IA	00:13:12	64	2:38	00:02:02	00:47:57	45	18.8	00:01:00	00:27:53	39	8:11	01:32:00.87
51	34	R. Tate Whittaker-Smith	M	14	Marion	IA	00:08:57	11	1:47	00:00:41	00:49:14	55	18.3	00:00:16	00:33:36	62	9:52	01:32:41.39
52	65	Jared Widmer	M	36	Washington	IA	00:13:23	67	2:40	00:01:38	00:51:42	61	17.4	00:01:32	00:24:34	20	7:13	01:32:47.00
53	62	Bryce Bernard	M	19	Burr Ridge	IL	00:09:51	29	1:58	00:00:55	00:56:22	73	16.0	00:00:38	00:25:59	30	7:38	01:33:41.55
54	107	Brian Clark	M	40	Verona	WI	00:09:32	23	1:54	00:02:06	00:49:26	56	18.2	00:00:50	00:32:44	60	9:37	01:34:34.32
55	16	Randy Bachman	M	63	Hiawatha	IA	00:11:35	49	2:18	00:01:31	00:49:01	54	18.4	00:00:58	00:32:17	59	9:29	01:35:19.47
56	154	Elijah Perreault	M	15	Marion	IA	00:09:26	17	1:53	00:01:55	00:50:49	59	17.7	00:00:38	00:33:27	61	9:50	01:36:11.99
57	99	Matt Clark	M	61	Green Bay	WI	00:13:26	68	2:41	00:01:18	00:46:59	40	19.2	00:01:04	00:33:48	63	9:56	01:36:32.81
58	140	Jaegon Kent	M	19	Cedar Rapids	IA	00:16:04	81	3:12	00:01:55	00:50:10	57	17.9	00:01:01	00:28:46	46	8:27	01:37:51.94
59	135	Reid Snitker	M	22	Iowa City	IA	00:14:15	74	2:50	00:02:32	00:52:52	66	17.0	00:00:38	00:28:16	43	8:18	01:38:31.78
60	19	Randy Crawford	M	54	Cedar Rapids	IA	00:15:17	77	3:03	00:01:40	00:45:47	33	19.7	00:00:42	00:35:32	69	10:26	01:38:55.14
61	177	Tye Male	M	58	Cedar Rapids	IA	00:13:46	71	2:45	00:01:22	00:43:11	15	20.8	00:01:16	00:39:48	77	11:42	01:39:19.99
62	57	Fred Hemsath	M	76	Saint Joseph	MI	00:11:49	52	2:21	00:01:03	00:52:13	64	17.2	00:01:39	00:34:18	65	10:05	01:40:59.48
63	109	Jonah Heiser	M	25	Hinsdale	IL	00:08:10	7	1:37	00:02:29	00:59:52	78	15.0	00:00:28	00:30:29	53	8:57	01:41:26.40
64	28	Doug Deimler	M	40	Cedar Rapids	IA	00:11:20	44	2:15	00:01:43	00:50:20	58	17.9	00:00:58	00:37:39	72	11:04	01:41:57.73
65	33	Brian Nicola	M	43	Coralville	IA	00:11:32	48	2:18	00:01:35	00:53:28	67	16.8	00:01:00	00:34:43	67	10:12	01:42:16.03
66	174	Thomas Poppens	M	51	Aplington	IA	00:15:21	78	3:04	00:02:06	00:48:28	50	18.6	00:01:40	00:35:06	68	10:19	01:42:39.25
67	130	Ted Steger	M	45	Cedar Rapids	IA	00:11:11	42	2:14	00:01:36	00:56:26	74	15.9	00:01:17	00:32:12	58	9:28	01:42:39.52
68	124	Gavin Mcgrath	M	8	Cedar Rapids	IA	00:12:08	58	2:25	00:02:34	00:53:52	70	16.7	00:02:34	00:31:54	57	9:22	01:42:59.84
69	145	Nick Warson	M	33	Springville	IA	00:14:22	75	2:52	00:01:07	00:52:48	65	17.0	00:01:03	00:34:39	66	10:11	01:43:57.56
70	120	Jordan Westfall	M	29	Cedar Rapids	IA	00:12:44	59	2:32	00:02:20	00:52:04	63	17.3	00:01:02	00:35:56	70	10:34	01:44:03.34
71	143	Rob Wagner	M	57	North Liberty	IA	00:13:35	69	2:42	00:01:33	00:52:03	62	17.3	00:01:23	00:36:01	71	10:35	01:44:33.72
72	137	Adam Strier	M	42	Iowa City	IA	00:13:54	73	2:46	00:02:05	00:57:48	75	15.6	00:01:03	00:31:20	56	9:12	01:46:08.00
73	76	Ron Ottaway	M	82	Cedar Rapids	IA	00:15:27	79	3:05	00:01:58	00:48:29	51	18.6	00:01:54	00:38:42	74	11:22	01:46:28.47
74	155	Liam Perreault	M	13	Marion	IA	00:10:26	35	2:05	00:02:31	00:53:51	69	16.7	00:00:34	00:39:45	76	11:41	01:47:04.48

# Camp Courageous Sprint Triathlon

August 4, 2019

## 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		
75	85	Brett Freml	M	28	Cedar Rapids	IA	00:13:09	63	2:37	00:03:27	00:56:13	71	16.0	00:00:47	00:34:10	64	10:02		01:47:44.39
76	38	Bryan Hutchinson	M	35	Amarillo	TX	00:10:41	39	2:08	00:01:43	00:53:31	68	16.8	00:00:54	00:41:38	78	12:14		01:48:25.08
77	153	William Perreault	M	46	Marion	IA	00:13:49	72	2:45	00:02:30	00:59:18	77	15.2	00:01:29	00:38:37	73	11:21		01:55:39.08
78	42	Ryan Desotel	M	35	Cedar Rapids	IA	00:11:10	41	2:13	00:04:17	00:59:56	79	15.0	00:02:22	00:45:29	81	13:22		02:03:12.36
79	141	Brandon Hall	M	36	Runnells	IA	00:12:48	60	2:33	00:04:09	01:09:13	81	13.0	00:02:42	00:39:12	75	11:31		02:08:00.59
80	122	Dan Mccann	M	33	Vinton	IA	00:13:08	62	2:37	00:03:35	01:08:57	80	13.1	00:01:25	00:44:33	80	13:05		02:11:35.42
81	50	Ken Kral	M	59	Hayward	WI	00:23:56	82	4:47	00:04:13	00:59:08	76	15.2	00:00:55	00:49:49	82	14:38		02:17:58.15
82	112	Tyler Pecora	M	27	Cedar Rapids	IA	00:15:51	80	3:10	00:03:52	01:18:13	82	11.5	00:01:58	00:43:26	79	12:46		02:23:18.45
83	64	Christopher Marner	M	30	Washington	IA	00:24:00	83	4:48	00:08:07	02:34:19	83	5.8	00:01:18	00:57:51	83	17:00		04:05:33.25