

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
4	115/158	42/75	170	Erin Harlan	39	F	Cedar Rapids	IA	00:10:30.00	00:51:39.97	00:42:11.76		01:46:52.45
5	120/158	46/75	45	Dawn Ebach	47	F	Iowa City	IA	00:14:16.45	00:50:00.43	00:39:58.29		01:47:30.13
6	128/158	52/75	9	Darci Axmear	46	F	Marion	IA	00:12:05.57	00:53:07.80	00:41:47.01		01:50:26.40
7	135/158	59/75	4	Sarah Nolte	36	F	Cedar Rapids	IA	00:14:11.52	00:59:58.69	00:37:15.59		01:53:28.12
8	136/158	60/75	89	Heather McMahill	33	F	Cedar Rapids	IA	00:09:09.20	01:11:05.89	00:31:17.19		01:54:22.34
9	144/158	67/75	47	Sarah Hammonds	32	F	Marion	IA	00:12:29.43	01:00:34.91	00:44:28.97		02:00:28.56
10	147/158	69/75	86	Jillian Nagle	28	F	Coralville	IA	00:10:04.65	01:13:26.47	00:38:57.20		02:05:25.34
11	156/158	74/75	84	Wendy Christianson	48	F	Tama	IA	00:15:07.22	01:14:13.31	00:56:39.58		02:30:44.40
12	157/158	75/75	165	Carol Melton	42	F	Monticello	IA	00:17:41.72	01:18:49.17	00:53:27.91		02:33:21.48

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

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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	100/158	68/83	124	Gavin Mcgrath	8	M	Cedar Rapids	IA	00:12:07.56	00:53:51.30	00:31:53.94		01:42:59.84
5	103/158	69/83	145	Nick Warson	33	M	Springville	IA	00:14:21.92	00:52:47.63	00:34:38.93		01:43:57.56
6	113/158	72/83	137	Adam Strier	42	M	Iowa City	IA	00:13:53.70	00:57:47.66	00:31:19.25		01:46:08.00
7	123/158	76/83	38	Bryan Hutchinson	35	M	Amarillo	TX	00:10:40.94	00:53:30.45	00:41:37.73		01:48:25.08
8	146/158	78/83	42	Ryan Desotel	35	M	Cedar Rapids	IA	00:11:09.47	00:59:55.89	00:45:28.78		02:03:12.36
9	148/158	79/83	141	Brandon Hall	36	M	Runnells	IA	00:12:47.15	01:09:12.69	00:39:11.61		02:08:00.59
10	150/158	80/83	122	Dan Mccann	33	M	Vinton	IA	00:13:07.95	01:08:56.35	00:44:32.24		02:11:35.42

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

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

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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	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
4	78/158	58/83	140	Jaegon Kent	19	M	Cedar Rapids	IA	00:16:03.39	00:50:09.10	00:28:45.13		01:37:51.94

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
4	102/158	34/75	79	Kristine Shaw	23	F	Ankeny	IA	00:11:25.01	00:55:52.46	00:33:27.27		01:43:38.24
5	112/158	41/75	82	China Rongey	24	F	Edwardsville	IL	00:11:11.84	00:52:40.53	00:39:39.20		01:46:00.32
6	143/158	66/75	54	Jess Heick	21	F	Solon	IA	00:12:01.68	01:08:24.30	00:32:48.17		01:57:55.47

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
4	51/158	43/83	121	John Ryan Lacey	22	M	Cedar Rapids	IA	00:09:30.28	00:48:20.96	00:29:41.82		01:29:14.73
5	80/158	59/83	135	Reid Snitker	22	M	Iowa City	IA	00:14:14.78	00:52:51.94	00:28:15.85		01:38:31.78

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
4	125/158	49/75	26	Kate Klavon	27	F	Ankeny	IA	00:12:01.70	01:00:12.45	00:34:57.39		01:49:10.26
5	127/158	51/75	173	Samantha Brown	26	F	Cedar Rapids	IA	00:11:30.15	00:56:15.95	00:38:49.34		01:49:43.00
6	153/158	71/75	113	Mary Scheck	27	F	Cedar Rapids	IA	00:15:53.89	01:18:13.09	00:43:27.98		02:23:21.35

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Overall Division Results

Individual

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
4	38/158	32/83	158	Sam Scott	25	M	Iowa City	IA	00:11:45.59	00:56:13.76	00:14:17.54		01:24:48.24
5	60/158	49/83	144	Benjamin Roberson	28	M	Cedar Rapids	IA	00:08:33.57	00:51:40.41	00:28:52.35		01:31:53.03
6	92/158	63/83	109	Jonah Heiser	25	M	Hinsdale	IL	00:08:09.42	00:59:51.97	00:30:28.53		01:41:26.40
7	104/158	70/83	120	Jordan Westfall	29	M	Cedar Rapids	IA	00:12:43.08	00:52:03.94	00:35:55.68		01:44:03.34
8	121/158	75/83	85	Brett Freml	28	M	Cedar Rapids	IA	00:13:08.92	00:56:12.94	00:34:09.40		01:47:44.39
9	152/158	82/83	112	Tyler Pecora	27	M	Cedar Rapids	IA	00:15:50.95	01:18:12.87	00:43:25.20		02:23:18.45

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
4	139/158	62/75	126	Kyrie Mcdonald	33	F	Oskaloosa	IA	00:16:04.48	01:00:21.07	00:35:58.79		01:56:27.40

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
4	49/158	41/83	60	Clayton Rush	31	M	Marion	IA	00:12:03.54	00:47:58.39	00:26:00.64		01:28:22.78
5	158/158	83/83	64	Christopher Marner	30	M	Washington	IA	00:24:00.00	02:34:18.39	00:57:50.44		04:05:33.25

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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Female F Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
4	101/158	33/75	146	Carly Schieffer	35	F	Cedar Rapids	IA	00:15:10.09	00:58:09.47	00:27:03.70		01:43:34.77
5	105/158	35/75	68	Laurel Cruse	37	F	Cedar Rapids	IA	00:09:20.85	01:02:17.60	00:30:27.51		01:44:09.55
6	106/158	36/75	52	Rachael Klooster	37	F	Parkersburg	IA	00:11:42.95	01:00:25.16	00:29:16.05		01:44:31.58
7	116/158	43/75	134	Kristine Roggentien	37	F	Tiffin	IA	00:13:52.72	00:58:06.53	00:33:01.46		01:47:01.47
8	130/158	54/75	2	Jessica Stingley	35	F	Coralville	IA	00:13:07.14	00:55:28.70	00:38:49.09		01:51:17.48
9	131/158	55/75	116	Lisa Bunnell	37	F	Atkins	IA	00:13:11.60	00:58:56.11	00:36:58.00		01:51:36.51
10	133/158	57/75	40	Alex Lewis	38	F	Center Point	IA	00:17:53.45	00:56:23.93	00:35:01.25		01:52:44.34
11	134/158	58/75	162	Bridget Anderson	39	F	Coralville	IA	00:11:05.99	01:03:10.26	00:33:34.03		01:53:13.32
12	137/158	61/75	71	Heather Kirchner	37	F	Cedar Rapids	IA	00:12:57.20	01:03:06.95	00:33:33.00		01:54:23.64
13	141/158	64/75	46	Jennifer Scott	35	F	Cedar Rapids	IA	00:14:23.47	00:57:47.95	00:41:25.72		01:56:51.86
14	142/158	65/75	80	Traci Sharr	36	F	Bondurant	IA	00:13:35.38	01:01:25.72	00:38:13.07		01:57:23.42

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
4	16/158	15/83	117	Craig Goldsmith	37	M	Cedar Rapids	IA	00:09:42.67	00:45:37.53	00:23:23.66		01:19:21.65
5	22/158	20/83	73	Eric Travagiakis	37	M	Cedar Rapids	IA	00:10:08.45	00:44:35.29	00:24:25.47		01:21:01.61
6	28/158	24/83	77	Brian Powers	39	M	Dubuque	IA	00:09:16.10	00:43:49.76	00:27:16.62		01:22:10.33
7	30/158	26/83	180	Stephen Poduska	37	M	Lisbon	IA	00:11:35.99	00:44:04.87	00:25:02.99		01:22:14.14
8	32/158	28/83	176	Adam Jones	35	M	Cedar Rapids	IA	00:09:25.50	00:43:32.37	00:26:12.55		01:22:24.70
9	39/158	33/83	7	John Lewis	37	M	Center Point	IA	00:10:30.05	00:46:30.56	00:24:58.51		01:25:02.99
10	44/158	37/83	41	Brian Zeglis	38	M	Davenport	IA	00:10:09.86	00:47:59.57	00:26:53.37		01:27:06.50
11	55/158	45/83	12	Leo Buzalsky	35	M	Cedar Rapids	IA	00:15:15.94	00:48:43.69	00:24:52.32		01:30:52.36
12	56/158	46/83	139	Chris Traeger	35	M	Iowa City	IA	00:11:18.38	00:47:14.99	00:29:12.06		01:31:14.39
13	64/158	52/83	65	Jared Widmer	36	M	Washington	IA	00:13:22.28	00:51:41.70	00:24:33.81		01:32:47.00

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

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Individual

Female F Ages 40 - 44

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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
4	63/158	12/75	53	Heidi Buseman	44	F	Aplington	IA	00:11:19.13	00:52:00.68	00:26:05.44		01:32:43.31
5	66/158	13/75	31	Jill Snitko	41	F	Marion	IA	00:13:49.88	00:52:26.20	00:25:44.82		01:33:44.53
6	72/158	17/75	66	Ann Van Etten-Janey	41	F	Cedar Rapids	IA	00:11:48.75	00:52:30.04	00:29:05.52		01:35:47.93
7	76/158	19/75	10	Rhoni Jo Barnes	42	F	Cedar Rapids	IA	00:11:12.59	00:52:57.23	00:29:46.61		01:36:45.57
8	140/158	63/75	48	Jennifer Jordan	41	F	Iowa City	IA	00:17:17.00	00:57:44.79	00:39:12.14		01:56:28.64

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
4	34/158	30/83	98	Matthew Miller	44	M	North Liberty	IA	00:13:45.94	00:42:49.29	00:24:53.39		01:23:09.24
5	45/158	38/83	49	Chris Fry	41	M	Dubuque	IA	00:11:28.43	00:48:12.18	00:25:16.01		01:27:31.63
6	50/158	42/83	96	Matthew White	41	M	Cedar Rapids	IA	00:12:00.44	00:46:49.46	00:28:29.33		01:29:11.90
7	53/158	44/83	44	Erek Sittig	41	M	North Liberty	IA	00:11:51.81	00:45:32.80	00:30:28.94		01:30:28.50
8	68/158	54/83	107	Brian Clark	40	M	Verona	WI	00:09:31.88	00:49:25.13	00:32:43.25		01:34:34.32
9	96/158	65/83	33	Brian Nicola	43	M	Coralville	IA	00:11:32.00	00:53:27.32	00:34:42.65		01:42:16.03

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
4	111/158	40/75	119	Amy Rambousek	45	F	Dubuque	IA	00:10:26.81	00:56:19.87	00:35:04.70		01:45:07.92
5	118/158	44/75	15	Kourtne Powell	49	F	Cedar Rapids	IA	00:13:02.79	00:53:57.37	00:35:31.69		01:47:20.12
6	145/158	68/75	67	Kimberly Menke	48	F	Cedar Rapids	IA	00:13:46.52	01:08:11.32	00:36:51.00		02:02:22.64
7	149/158	70/75	29	Barb Gay	49	F	Cedar Rapids	IA	00:10:07.70	01:03:22.41	00:51:27.83		02:08:32.20
8	154/158	72/75	160	Julie Cain	47	F	Cedar Rapids	IA	00:10:01.43	01:17:24.92	00:53:08.66		02:24:44.28

Camp Courageous Sprint Triathlon

August 4, 2019

Overall Division Results

Individual

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
4	61/158	50/83	106	Andrew Jansen	48	M	Davenport	IA	00:13:11.72	00:47:56.25	00:27:52.25		01:32:00.87
5	98/158	67/83	130	Ted Steger	45	M	Cedar Rapids	IA	00:11:10.88	00:56:25.59	00:32:11.35		01:42:39.52
6	138/158	77/83	153	William Perreault	46	M	Marion	IA	00:13:48.01	00:59:17.10	00:38:36.66		01:55:39.08

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
4	126/158	50/75	157	Kim Johnston	57	F	Waukesha	WI	00:08:57.94	01:04:02.56	00:33:51.37		01:49:17.20

Male M Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Swim	Bike	Run	Penalty	Time
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Camp Courageous Sprint Triathlon

August 4, 2019

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
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
4	46/158	39/83	36	Ted Olson	59	M	Hiawatha	IA	00:12:00.45	00:47:48.61	00:26:16.52		01:27:35.69
5	82/158	61/83	177	Tye Male	58	M	Cedar Rapids	IA	00:13:45.97	00:43:10.25	00:39:47.23		01:39:19.99
6	107/158	71/83	143	Rob Wagner	57	M	North Liberty	IA	00:13:34.81	00:52:02.86	00:36:00.51		01:44:33.72
7	151/158	81/83	50	Ken Kral	59	M	Hayward	WI	00:23:55.17	00:59:07.86	00:49:48.22		02:17:58.15

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

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

Camp Courageous Sprint Triathlon

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Overall Division Results

Individual

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