

**Ice Breaker Triathlon**  
**Walnut Creek YMCA**  
**West Des Moines, IA.**  
**Jan. 30, 2011**

| Place | Wave | Last Name     | First Name | Gender | Age | Swim    | Bike    | Original Run | Run            | Total          |
|-------|------|---------------|------------|--------|-----|---------|---------|--------------|----------------|----------------|
| 1     | W1   | McLaren       | Jared      | M      | 32  | 0:06:21 | 0:15:33 | 0:11:58      | <b>0:11:58</b> | <b>0:33:52</b> |
| 2     | W1   | Parlee        | Ryan       | M      | 30  | 0:04:50 | 0:17:13 | 0:11:51      | <b>0:11:51</b> | <b>0:33:54</b> |
| 3     | W1   | Griffith      | Dave       | M      | 45  | 0:05:56 | 0:17:39 | 0:11:34      | <b>0:11:34</b> | <b>0:35:09</b> |
| 4     | W1   | Albright      | Adam       | M      | 34  | 0:05:03 | 0:16:42 | 0:13:31      | <b>0:13:31</b> | <b>0:35:16</b> |
| 5     | W1   | Albright      | Alex       | M      | 31  | 0:04:54 | 0:17:24 | 0:13:06      | <b>0:13:06</b> | <b>0:35:24</b> |
| 6     | W2   | Hamilton      | Tom        | M      | 45  | 0:05:32 | 0:17:22 | 0:12:31      | <b>0:12:31</b> | <b>0:35:25</b> |
| 7     | W6   | Whitmore      | Steph      | M      | 32  | 0:07:08 | 0:17:18 | 0:13:45      | <b>0:13:45</b> | <b>0:38:11</b> |
| 8     | W3   | Flood         | Aryn       | F      | 31  | 0:05:13 | 0:18:27 | 0:14:32      | <b>0:14:32</b> | <b>0:38:12</b> |
| 9     | W2   | Sherman       | Ken        | M      | 50  | 0:07:15 | 0:17:21 | 0:13:55      | <b>0:13:55</b> | <b>0:38:31</b> |
| 10    | W6   | Carlson       | Shawn      | M      | 34  | 0:06:11 | 0:17:50 | 0:14:36      | <b>0:14:36</b> | <b>0:38:37</b> |
| 11    | W1   | Greb          | Nick       | M      | 29  | 0:05:43 | 0:18:40 | 0:14:31      | <b>0:14:31</b> | <b>0:38:54</b> |
| 12    | W2   | Hentzen       | Rob        | M      | 50  | 0:08:29 | 0:17:16 | 0:13:20      | <b>0:13:20</b> | <b>0:39:05</b> |
| 13    | W1   | Vander Linden | Austin     | M      | 27  | 0:06:03 | 0:18:07 | 0:16:00      | <b>0:16:00</b> | <b>0:40:10</b> |
| 14    | W6   | Frazer        | Linda      | F      | 46  | 0:06:36 | 0:17:44 | 0:16:04      | <b>0:16:04</b> | <b>0:40:24</b> |
| 15    | W2   | Beal          | Jim        | M      | 41  | 0:04:52 | 0:19:10 | 0:16:35      | <b>0:16:35</b> | <b>0:40:37</b> |
| 16    | W6   | Busch         | Pete       | M      | 37  | 0:07:34 | 0:18:21 | 0:15:13      | <b>0:15:13</b> | <b>0:41:08</b> |
| 17    | W6   | Rhinehart     | Heath      | M      | 38  | 0:06:24 | 0:19:06 | 0:15:53      | <b>0:15:53</b> | <b>0:41:23</b> |
| 18    | W2   | Meyer         | John       | M      | 55  | 0:09:00 | 0:17:08 | 0:15:41      | <b>0:15:41</b> | <b>0:41:49</b> |
| 19    | W6   | Smith         | Brad       | M      | 52  | 0:07:58 | 0:18:03 | 0:15:51      | <b>0:15:51</b> | <b>0:41:52</b> |
| 20    | W1   | Freed         | Lucas      | M      | 32  | 0:05:27 | 0:18:46 | 0:17:42      | <b>0:17:42</b> | <b>0:41:55</b> |
| 21    | W2   | O'Brien       | Sean       | M      | 41  | 0:07:16 | 0:19:50 | 0:15:29      | <b>0:15:29</b> | <b>0:42:35</b> |
| 22    | W5   | Jones         | Barry      | M      | 42  | 0:10:35 | 0:17:16 | 0:15:19      | <b>0:15:19</b> | <b>0:43:10</b> |
| 23    | W3   | Zmolek        | Meg        | F      | 18  | 0:06:39 | 0:20:08 | 0:16:42      | <b>0:16:42</b> | <b>0:43:29</b> |
| 24    | W3   | Zmolek        | Amy        | F      | 24  | 0:06:21 | 0:21:08 | 0:16:36      | <b>0:16:36</b> | <b>0:44:05</b> |
| 25    | W6   | Case          | David Alan | M      | 39  | 0:10:07 | 0:19:31 | 0:14:41      | <b>0:14:41</b> | <b>0:44:19</b> |
| 26    | W2   | Clayton       | Jason      | M      | 38  | 0:08:25 | 0:21:01 | 0:14:58      | <b>0:14:58</b> | <b>0:44:24</b> |
| 27    | W5   | Demmel        | Jim        | M      | 50  | 0:07:59 | 0:19:28 | 0:17:32      | <b>0:17:32</b> | <b>0:44:59</b> |
| 28    | W5   | Hopkins       | Kim        | F      | 46  | 0:07:53 | 0:20:36 | 0:17:05      | <b>0:17:05</b> | <b>0:45:34</b> |
| 29    | W2   | Gillund       | Tony       | M      | 40  | 0:08:21 | 0:18:53 | 0:18:37      | <b>0:18:37</b> | <b>0:45:51</b> |
| 30    | W2   | Spenner       | Greg       | M      | 46  | 0:08:13 | 0:21:38 | 0:16:02      | <b>0:16:02</b> | <b>0:45:53</b> |
| 31    | W2   | McKibben      | Brandyn    | M      | 41  | 0:06:44 | 0:20:32 | 0:18:43      | <b>0:18:43</b> | <b>0:45:59</b> |
| 32    | W4   | O'Connor      | Melissa    | F      | 37  | 0:06:06 | 0:23:51 | 0:16:22      | <b>0:16:22</b> | <b>0:46:19</b> |
| 33    | W5   | Matchinsky    | Steve      | M      | 52  | 0:08:30 | 0:18:36 | 0:19:30      | <b>0:19:30</b> | <b>0:46:36</b> |
| 34    | W6   | Espenscheid   | Jon        | M      | 45  | 0:09:58 | 0:20:07 | 0:17:13      | <b>0:17:13</b> | <b>0:47:18</b> |
| 35    | W3   | Gambrall      | Jasmine    | F      | 28  | 0:06:52 | 0:22:29 | 0:18:05      | <b>0:18:05</b> | <b>0:47:26</b> |
| 36    | W5   | Grunert       | Megan      | F      | 28  | 0:04:43 | 0:25:15 | 0:17:43      | <b>0:17:43</b> | <b>0:47:41</b> |
| 37    | W6   | Lundgren      | Kristin    | F      | 24  | 0:07:04 | 0:23:51 | 0:16:56      | <b>0:16:56</b> | <b>0:47:51</b> |
| 38    | W5   | Smerage       | Sarah      | F      | 42  | 0:07:20 | 0:23:13 | 0:18:32      | <b>0:18:32</b> | <b>0:49:05</b> |
| 39    | W6   | Kuhl          | Linda      | F      | 45  | 0:08:37 | 0:24:24 | 0:16:06      | <b>0:16:06</b> | <b>0:49:07</b> |
| 40    | W3   | Hiveley       | Liz        | F      | 31  | 0:07:11 | 0:23:07 | 0:19:10      | <b>0:19:10</b> | <b>0:49:28</b> |
| 41    | W3   | Battles       | Elizabeth  | F      | 26  | 0:06:15 | 0:22:54 | 0:20:25      | <b>0:20:25</b> | <b>0:49:34</b> |
| 42    | W3   | Arnold        | Brigitte   | F      | 29  | 0:06:16 | 0:23:52 | 0:20:30      | <b>0:20:30</b> | <b>0:50:38</b> |
| 43    | W4   | Albright      | Sara       | F      | 35  | 0:07:05 | 0:24:26 | 0:19:16      | <b>0:19:16</b> | <b>0:50:47</b> |
| 44    | W4   | Chapman       | Beth       | F      | 37  | 0:07:59 | 0:25:44 | 0:18:08      | <b>0:18:08</b> | <b>0:51:51</b> |
| 45    | W3   | Dowell        | Dahoni     | F      | 18  | 0:05:51 | 0:27:11 | 0:19:13      | <b>0:19:13</b> | <b>0:52:15</b> |
| 46    | W6   | Demmel        | Veronica   | F      | 55  | 0:07:40 | 0:26:35 | 0:18:22      | <b>0:18:22</b> | <b>0:52:37</b> |
| 47    | W5   | Francis       | Sarah      | F      | 33  | 0:08:05 | 0:27:43 | 0:17:04      | <b>0:17:04</b> | <b>0:52:52</b> |
| 48    | W1   | Carroll       | Kevin      | M      | 37  | 0:07:08 | 0:26:05 | 0:20:03      | <b>0:20:03</b> | <b>0:53:16</b> |