

For more detailed results (splits, etc.), <https://results.truetime racing.com/Results.aspx?Cid=16535&Rid=634>

DUATHLON - DIVISION 1 RESULTS						
FEMALE 25-29						
Race #	First Name	Name	Time	Company	Medal	Points
300	Whitney	Lovelace	2:04:07	EMC Insurance	Gold	70
FEMALE 40-44						
339	Hager	Miriam	1:39:27	Nationwide	Gold	70
313	Sarah	Evans	1:50:36	Corteva Agriscience	Silver	50
FEMALE 55-59						
201	Barb	Baker	1:56:49	Grinnell Mutual	Gold	70
MALE 25-29						
302	JT	Crowley	1:24:44	Principal	Gold	70
MALE 35-39						
321	Nate	White	1:20:08	Principal	Gold	70
308	Jonathan	Ault	1:20:36	Principal	Silver	50
336	Nathan	Paul	1:56:21	Corteva Agriscience	Bronze	40
MALE 40-44						
325	Dan	Pinkerton	1:30:53	Farm Bureau Financial Services	Gold	70
314	Troy	Henrich	1:33:31	Corteva Agriscience	Silver	50
MALE 45-49						
324	Patrick	Riley	1:15:13	Farm Bureau Financial Services	Gold	70
311	Chris	Drabek	1:49:30	Pella Corporation	Silver	50
MALE 55-59						
306	David	Desing	1:31:53	Principal	Gold	70
323	Mike	Whisler	1:39:08	EMC Insurance	Silver	50
MALE 60-64						
322	Gary	Fotiu	1:46:29	Farm Bureau Financial Services	Gold	70
DUATHLON - DIVISION 2 RESULTS						
FEMALE 20-24						
305	Dana	Vogel	1:26:53	IMT Insurance	Gold	70
FEMALE 25-29						
333	kelsey	sandon	1:39:01	Federal Home Loan Bank of Des Moines	Gold	70
FEMALE 35-39						
303	Melanie	McQuade	1:36:55	Aureon	Gold	70
FEMALE 45-49						
318	Dina	Smidt	1:45:20	Voya	Gold	70
329	Lisa	Kuennen	1:45:49	BTS	Silver	50
316	Barb	Hanson	2:01:12	SHAZAM, Inc	Bronze	40
MALE 30-34						
328	Justin	DeGraff	1:33:10	Collins Aerospace	Gold	70
317	Darin	Williams	1:43:08	SHAZAM, Inc	Silver	50
MALE 50-54						
310	tim	steenhoek	1:35:51	Voya	Gold	70
MALE 55-59						
301	Keith	Abels	1:26:04	B&G Foods, Inc.	Gold	70
327	Chuck	Fritz	1:34:12	Federal Home Loan Bank of Des Moines	Silver	50
MALE 60-64						
309	John	Taylor	1:25:57	Voya	Gold	70
315	Michael	Wilson	1:46:48	Federal Home Loan Bank of Des Moines	Silver	50

DUATHLON - DIVISION 3 RESULTS**MALE 30-34**

326	Jeff	Lauridsen	1:56:46	YMCA of Greater Des Moines	Gold	70
335	Anthony	Martin	2:07:47	Iowa Soybean Association	Silver	50

MALE 45-49

334	David	Kurth	2:04:31	Iowa Soybean Association	Gold	70
319	Dave	White	2:12:28	R&R Realty Group	Silver	50

DUATHLON - DIVISION 4 RESULTS**FEMALE 40-44**

304	Gina	David	1:56:19	McGowen Hurst Clark Smith	Gold	70
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MALE 35-39

307	Benjamin	Gannon	1:35:40	DCI Group, Inc.	Gold	70
320	James	Lensing	1:43:20	Federal Reserve	Silver	50