Bib #	Category	Event	Age Group	First Name	Last Name	Time	City	State	Medal
1235	Cycling | Time Trial	5K	50-54 Female	Connie	Inks	06:09.1	Waterloo	IA	Gold
1217	Cycling | Time Trial	5K	50-54 Female	Michelle	Wall	09:48.5	Ames	IA	Gold
1214	Cycling | Time Trial	5K	50-54 Male	Scott	Wall	05:45.9	Ames	IA	Gold
1211	Cycling | Time Trial	5K	50-54 Male	Carl	Newberg	06:08.5	Rochester	MN	Silver
1220	Cycling | Time Trial	5K	50-54 Male	Scott	Sorem	07:05.8	Ames	IA	Silver
1209	Cycling | Time Trial	5K	50-54 Male	Mike	Krapfl	07:31.5	Ames	IA	Bronze
1223	Cycling | Time Trial	5K	55-59 Female	Michelle	Stout	06:53.4	Ankeny	IA	Gold
1228	Cycling | Time Trial	5K	55-59 Male	Kelly	Knutson	05:49.3	Johnston	IA	Gold
1237	Cycling | Time Trial	5K	55-59 Male	David	Ertl	06:30.8	Waukee	IA	Silver
1205	Cycling | Time Trial	5K	55-59 Male	Brad	Lones	06:35.0	Urbandale	IA	Bronze
1243	Cycling | Time Trial	5K	55-59 Male	John	Bregar	06:50.6	Madrid	IA	
1233	Cycling | Time Trial	5K	55-59 Male	Steve	Heilskov	07:03.5	Iowa Falls	IA	
1239	Cycling | Time Trial	5K	55-59 Male	Federico	Torres	07:08.2	Lincoln	NE	
1204	Cycling | Time Trial	5K	60-64 Female	Susan	Paulson	07:24.0	Alexandria	MN	Gold
1202	Cycling | Time Trial	5K	60-64 Female	Deb	Hankens	07:26.0	Cherokee	IA	Gold
1245	Cycling | Time Trial	5K	60-64 Male	Dan	Shaffer	05:43.9	Ely	IA	Gold
1240	Cycling | Time Trial	5K	60-64 Male	Michael	Bergman	06:13.9	Marshalltown	IA	Silver
1225	Cycling | Time Trial	5K	60-64 Male	Michael	Wehner	06:15.4	Perry	IA	Bronze
1244	Cycling | Time Trial	5K	60-64 Male	Bob	Steinbach	06:25.9	Ankeny	IA	
1231	Cycling | Time Trial	5K	60-64 Male	Roger	Edgar	06:33.7	Leawood	KS	
1210	Cycling | Time Trial	5K	60-64 Male	Dennis	Maurer	06:36.7	rochester	MN	
1241	Cycling | Time Trial	5K	60-64 Male	Thomas	Hanthorn	06:41.1	Lincoln	NE	
1215	Cycling | Time Trial	5K	60-64 Male	Steven	Traynor	06:56.2	Cedar Rapids	IA	
1216	Cycling | Time Trial	5K	60-64 Male	Duane	Powell	07:17.0	Columbia	MO	
1242	Cycling | Time Trial	5K	60-64 Male	Bill	Knoedel	07:18.5	Urbandale	IA	
1232	Cycling | Time Trial	5K	65-69 Female	Roberta	Blakeman	07:51.9	Altoona	IA	Gold

Bib #	Category	Event	Age Group	First Name	Last Name	Time	City	State	Medal
1227	Cycling | Time Trial	5K	65-69 Male	Paul	Black	06:19.9	Des Moines	IA	Gold
1226	Cycling | Time Trial	5K	65-69 Male	Hollis	Anderson	07:07.0	Lincoln	NE	Silver
1234	Cycling | Time Trial	5K	65-69 Male	harry	fortney	07:31.8	kelley	IA	Silver
1238	Cycling | Time Trial	5K	65-69 Male	David	Brown	11:16.6	Des Moines	IA	Bronze
1218	Cycling | Time Trial	5K	70-74 Female	Ann	Shuman	07:41.3	West Des Moines	IA	Gold
1207	Cycling | Time Trial	5K	70-74 Male	Bill	Earp	06:34.6	Independence	MO	Gold
1236	Cycling | Time Trial	5K	70-74 Male	John	Hartwig	06:57.5	Ankeny	IA	Gold
1212	Cycling | Time Trial	5K	70-74 Male	thomas	purcell	09:16.0	Edgewood	IA	Silver
1230	Cycling | Time Trial	5K	75-79 Male	Terry	Knowles	07:14.4	Topeka	KS	Gold
1208	Cycling | Time Trial	5K	75-79 Male	Richard	Moellering	07:24.2	Chicago	IL	Silver
1229	Cycling | Time Trial	5K	80-84 Male	ALVIN	RAVENSCROFT	09:17.0	AMES	IA	Gold
1213	Cycling | Time Trial	5K	80-84 Male	Richard	Anderson	12:52.2	West Des Moines	IA	Silver
1224	Cycling | Time Trial	5K	85-89 Male	Robert	Peterson	07:45.2	Marshalltown	IA	Gold

Bib #	Category	Event	Age Group	First Name	Last Name	Time	City	State	Medal
1235	Cycling | Time Trial	10K	50-54 Female	Connie	Inks	15:16.9	Waterloo	IA	Gold
1217	Cycling | Time Trial	10K	50-54 Female	Michelle	Wall	26:18.2	Ames	IA	Silver
1214	Cycling | Time Trial	10K	50-54 Male	Scott	Wall	14:05.8	Ames	IA	Gold
1211	Cycling | Time Trial	10K	50-54 Male	Carl	Newberg	15:20.9	Rochester	MN	Silver
1209	Cycling | Time Trial	10K	50-54 Male	Mike	Krapfl	18:40.2	Ames	IA	Silver
1220	Cycling | Time Trial	10K	50-54 Male	Scott	Sorem	18:40.9	Ames	IA	Bronze
1223	Cycling | Time Trial	10K	55-59 Female	Michelle	Stout	17:10.9	Ankeny	IA	Gold
1228	Cycling | Time Trial	10K	55-59 Male	Kelly	Knutson	14:35.6	Johnston	IA	Gold
1237	Cycling | Time Trial	10K	55-59 Male	David	Ertl	16:00.1	Waukee	IA	Silver
1243	Cycling | Time Trial	10K	55-59 Male	John	Bregar	16:04.6	Madrid	IA	Bronze
1205	Cycling | Time Trial	10K	55-59 Male	Brad	Lones	16:37.5	Urbandale	IA	

1233	Cycling | Time Trial	10K	55-59 Male	Steve	Heilskov	18:14.4	Iowa Falls	IA	
1239	Cycling | Time Trial	10K	55-59 Male	Federico	Torres	DNF	Lincoln	NE	
1204	Cycling | Time Trial	10K	60-64 Female	Susan	Paulson	18:46.7	Alexandria	MN	Gold
1202	Cycling | Time Trial	10K	60-64 Female	Deb	Hankens	19:07.1	Cherokee	IA	Gold
1245	Cycling | Time Trial	10K	60-64 Male	Dan	Shaffer	13:36.7	Ely	IA	Gold
1240	Cycling | Time Trial	10K	60-64 Male	Michael	Bergman	14:56.9	Marshalltown	IA	Silver
1244	Cycling | Time Trial	10K	60-64 Male	Bob	Steinbach	15:47.7	Ankeny	IA	Bronze
1225	Cycling | Time Trial	10K	60-64 Male	Michael	Wehner	15:58.5	Perry	IA	
1241	Cycling | Time Trial	10K	60-64 Male	Thomas	Hanthorn	16:29.2	Lincoln	NE	
1231	Cycling | Time Trial	10K	60-64 Male	Roger	Edgar	16:29.6	Leawood	KS	
1210	Cycling | Time Trial	10K	60-64 Male	Dennis	Maurer	16:39.9	rochester	MN	
1215	Cycling | Time Trial	10K	60-64 Male	Steven	Traynor	17:16.5	Cedar Rapids	IA	
1242	Cycling | Time Trial	10K	60-64 Male	Bill	Knoedel	17:38.6	Urbandale	IA	
1216	Cycling | Time Trial	10K	60-64 Male	Duane	Powell	18:06.1	Columbia	MO	
1232	Cycling | Time Trial	10K	65-69 Female	Roberta	Blakeman	20:18.0	Altoona	IA	Gold
1227	Cycling | Time Trial	10K	65-69 Male	Paul	Black	16:22.7	Des Moines	IA	Gold
1226	Cycling | Time Trial	10K	65-69 Male	Hollis	Anderson	17:57.0	Lincoln	NE	Silver
1234	Cycling | Time Trial	10K	65-69 Male	harry	fortney	20:18.2	kelley	IA	Silver
1238	Cycling | Time Trial	10K	65-69 Male	David	Brown	28:42.9	Des Moines	IA	Bronze
1218	Cycling | Time Trial	10K	70-74 Female	Ann	Shuman	19:13.4	West Des Moines	IA	Gold
1207	Cycling | Time Trial	10K	70-74 Male	Bill	Earp	16:13.8	Independence	MO	Gold
1236	Cycling | Time Trial	10K	70-74 Male	John	Hartwig	17:23.2	Ankeny	IA	Gold
1212	Cycling | Time Trial	10K	70-74 Male	thomas	purcell	25:47.1	Edgewood	IA	Silver
1208	Cycling | Time Trial	10K	75-79 Male	Richard	Moellering	19:06.7	Chicago	IL	Gold
1230	Cycling | Time Trial	10K	75-79 Male	Terry	Knowles	20:01.3	Topeka	KS	Silver
1229	Cycling | Time Trial	10K	80-84 Male	ALVIN	RAVENSCROFT	24:57.4	AMES	IA	Gold

1213	Cycling | Time Trial	10K	80-84 Male	Richard	Anderson	32:02.3	West Des Moines	IA	Silver
1224	Cycling | Time Trial	10K	85-89 Male	Robert	Peterson	19:48.5	Marshalltown	IA	Gold

<table>
<tr><td style="background-color:#f5cba7">   </td><td>Denotes New Record Set</td></tr>
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