

2016 Iowa Senior Games Cycling Time Trial Results
Cambridge, IA

Event	Age Group	First Name	Last Name	City	State	Gender	Age	Result	Place	Medal	NSGA Qualifier
Cycling Time Trial - 5K	50-54 Female	Connie	Inks	Waterloo	IA	F	52	07:50.35	1	Gold	X
Cycling Time Trial - 5K	50-54 Female	Maryann	Mori	Des Moines	IA	F	52	09:21.25	2	Silver	X
Cycling Time Trial - 5K	50-54 Female	Michelle	Wall	Ames	IA	F	54	12:50.35	3	Bronze	X
Cycling Time Trial - 5K	50-54 Male	Scott	Wall	Ames	IA	M	53	07:15.00	1	Gold	X
Cycling Time Trial - 5K	50-54 Male	Greg	Grandgeorge	Polk City	IA	M	51	07:28.63	2	Silver	X
Cycling Time Trial - 5K	50-54 Male	Rich	Pross	Audubon	IA	M	53	08:01.53	3	Bronze	X
Cycling Time Trial - 5K	50-54 Male	bryan	stow	Cedar Falls	IA	M	51	08:03.41	4		X
Cycling Time Trial - 5K	50-54 Male	Colton	Keasler	Iowa City	IA	M	51	08:46.15	5		
Cycling Time Trial - 5K	50-54 Male	David	Gannon	West Des Moines	IA	M	54	09:01.41	6		
Cycling Time Trial - 5K	50-54 Male	Scott	Sorem	Ames	IA	M	54	09:13.26	7		
Cycling Time Trial - 5K	50-54 Male	Mike	Krapfl	Ames	IA	M	53	09:18.58	8		
Cycling Time Trial - 5K	50-54 Male	James	Mahaney	Mason City	IA	M	50	10:02.31	9		
Cycling Time Trial - 5K	55-59 Female	Rozalyn	Boyer	Dallas Center	IA	F	59	09:34.02	1	Gold	X
Cycling Time Trial - 5K	55-59 Female	Debra	Leehoven	Ankeny	IA	F	58	09:42.09	2	Silver	X
Cycling Time Trial - 5K	55-59 Male	Dennis	Weinbeck	Topeka	KS	M	58	07:14.88	1	Gold	X
Cycling Time Trial - 5K	55-59 Male	Curtis	Tesch	Waseca	MN	M	55	07:33.34	2	Silver	X
Cycling Time Trial - 5K	55-59 Male	Gary	Wiedenfeld	Waukee	IA	M	55	07:44.77	1	Gold	X
Cycling Time Trial - 5K	55-59 Male	John	Bregar	Madrid	IA	M	59	07:56.36	2	Silver	X
Cycling Time Trial - 5K	55-59 Male	Larry	Huffman	audubon	IA	M	56	08:07.35	3	Bronze	X
Cycling Time Trial - 5K	55-59 Male	Brad	Lones	Urbandale	IA	M	56	08:16.75	4		X
Cycling Time Trial - 5K	55-59 Male	jeff	woessner	Des Moines	IA	M	58	09:31.75	5		
Cycling Time Trial - 5K	60-64 Female	Susan	Paulson	Alexandria	MN	F	61	08:59.90	1	Gold	X
Cycling Time Trial - 5K	60-64 Male	Mike	Bergman	Marshalltown	IA	M	63	07:33.21	1	Gold	X
Cycling Time Trial - 5K	60-64 Male	Dale	Blakestad	St. Ansgar	IA	M	64	07:45.10	2	Silver	X
Cycling Time Trial - 5K	60-64 Male	Bob	Steinbach	Ankeny	IA	M	61	07:55.45	3	Bronze	X
Cycling Time Trial - 5K	60-64 Male	Roger	Carlson	Lakefield	MN	M	64	08:06.38	4		X
Cycling Time Trial - 5K	60-64 Male	Timothy	O'Brien	Waverly	IA	M	60	09:22.50	4		X
Cycling Time Trial - 5K	60-64 Male	Tom	Suckow	West Des Moines	IA	M	63	09:47.71	5		
Cycling Time Trial - 5K	60-64 Male	Joe	Munoz	Windsor heights	IA	M	63	10:09.65	6		

Record performances are highlighted in yellow

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Cycling Time Trial - 5K	65-69 Female	Deb	Hankens	Cherokee	IA	F	65	08:59.41	1	Gold	X
Cycling Time Trial - 5K	65-69 Female	Roberta	Blakeman	Altoona	IA	F	66	09:49.82	2	Silver	X
Cycling Time Trial - 5K	65-69 Male	Mike	Krenisky	Omaha	NE	M	65	07:43.21	1	Gold	X
Cycling Time Trial - 5K	65-69 Male	Neil	Malone	Prairie Village	KS	M	67	07:51.96	2	Silver	X
Cycling Time Trial - 5K	65-69 Male	Lynn	Vogt	Ankeny	IA	M	68	08:06.69	1	Gold	X
Cycling Time Trial - 5K	65-69 Male	mike	harrison	olathe	KS	M	68	08:09.53	4		X
Cycling Time Trial - 5K	65-69 Male	Tony	Leehoven	Ankeny	IA	M	65	08:26.58	2	Silver	X
Cycling Time Trial - 5K	65-69 Male	Jim	Jenkins	newton	IA	M	67	08:24.32	3	Bronze	X
Cycling Time Trial - 5K	65-69 Male	Frank	Quinlan	Overland Park	KS	M	68	08:45.91	7		
Cycling Time Trial - 5K	65-69 Male	Don	Utsinger	Urbandale	IA	M	69	09:02.22	4		X
Cycling Time Trial - 5K	65-69 Male	harry	fortney	kelley	IA	M	66	09:03.91	5		
Cycling Time Trial - 5K	65-69 Male	Hollis	Anderson	Lincoln	NE	M	69	09:04.16	10		
Cycling Time Trial - 5K	65-69 Male	martin	lange	new providence	IA	M	65	09:08.08	6		
Cycling Time Trial - 5K	65-69 Male	Richard	Dakin	Ames	IA	M	65	09:37.01	7		
Cycling Time Trial - 5K	70-74 Female	Ann	Shuman	West Des Moines	IA	F	73	09:48.83	1	Gold	X
Cycling Time Trial - 5K	70-74 Male	Stephen	Penkhus	Mankato	MN	M	71	07:54.65	1	Gold	X
Cycling Time Trial - 5K	70-74 Male	Bill	Earp	Independence	MO	M	73	08:08.44	2	Silver	X
Cycling Time Trial - 5K	70-74 Male	Edward	Hegner	Des Moines	IA	M	73	09:41.89	1	Gold	X
Cycling Time Trial - 5K	70-74 Male	David	Brown	Des Moines	IA	M	70	15:40.64	2	Silver	X
Cycling Time Trial - 5K	75-79 Male	Donald	Venzke	Cedar Rapids	IA	M	78	09:02.04	1	Gold	X
Cycling Time Trial - 5K	75-79 Male	John	Hartwig	Ankeny	IA	M	75	09:11.76	2	Silver	X
Cycling Time Trial - 5K	75-79 Male	Terry	Knowles	Topeka	KS	M	78	09:15.39	3	Bronze	X
Cycling Time Trial - 5K	75-79 Male	Roger	Wertanen	Peterson	MN	M	76	10:40.19	4		X
Cycling Time Trial - 5K	75-79 Male	Wayne	Byrd	Overland Park	KS	M	75	11:19.33	5		
Cycling Time Trial - 5K	80-84 Male	ALVIN	RAVENSROFT	AMES	IA	M	83	12:37.13	1	Gold	X
Cycling Time Trial - 5K	80-84 Male	Richard	Anderson	West Des Moines	IA	M	81	15:32.75	2	Silver	X
Cycling Time Trial - 10K	50-54 Female	Connie	Inks	Waterloo	IA	F	52	16:28.10	1	Gold	X
Cycling Time Trial - 10K	50-54 Female	Maryann	Mori	Des Moines	IA	F	52	19:46.91	2	Silver	X
Cycling Time Trial - 10K	50-54 Female	Michelle	Wall	Ames	IA	F	54	28:39.67	3	Bronze	X

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Cycling Time Trial - 10K	50-54 Male	Scott	Wall	Ames	IA	M	53	15:09.10	1	Gold	X
Cycling Time Trial - 10K	50-54 Male	Greg	Grandgeorge	Polk City	IA	M	51	15:35.28	2	Silver	X
Cycling Time Trial - 10K	50-54 Male	bryan	stow	Cedar Falls	IA	M	51	16:45.45	3	Bronze	X
Cycling Time Trial - 10K	50-54 Male	Rich	Pross	Audubon	IA	M	53	16:46.44	4		X
Cycling Time Trial - 10K	50-54 Male	Colton	Keasler	Iowa City	IA	M	51	17:55.87	5		
Cycling Time Trial - 10K	50-54 Male	David	Gannon	West Des Moines	IA	M	54	18:52.96	6		
Cycling Time Trial - 10K	50-54 Male	Scott	Sorem	Ames	IA	M	54	19:40.74	7		
Cycling Time Trial - 10K	50-54 Male	Mike	Krapfl	Ames	IA	M	53	19:45.98	8		
Cycling Time Trial - 10K	50-54 Male	James	Mahaney	Mason City	IA	M	50	21:41.75	9		
Cycling Time Trial - 10K	55-59 Female	Rozalyn	Boyer	Dallas Center	IA	F	59	20:33.16	1	Gold	X
Cycling Time Trial - 10K	55-59 Female	Debra	Leehoven	Ankeny	IA	F	58	20:52.86	2	Silver	X
Cycling Time Trial - 10K	55-59 Male	Dennis	Weinbeck	Topeka	KS	M	58	15:02.01	1	Gold	X
Cycling Time Trial - 10K	55-59 Male	Curtis	Tesch	Waseca	MN	M	55	16:08.63	2	Silver	X
Cycling Time Trial - 10K	55-59 Male	Gary	Wiedenfeld	Waukee	IA	M	55	16:12.50	1	Gold	X
Cycling Time Trial - 10K	55-59 Male	John	Bregar	Madrid	IA	M	59	17:04.02	2	Silver	X
Cycling Time Trial - 10K	55-59 Male	Larry	Huffman	audubon	IA	M	56	17:33.53	3	Bronze	X
Cycling Time Trial - 10K	55-59 Male	Brad	Lones	Urbandale	IA	M	56	17:39.04	4		X
Cycling Time Trial - 10K	55-59 Male	jeff	woessner	Des Moines	IA	M	58	19:13.54	5		
Cycling Time Trial - 10K	60-64 Female	Susan	Paulson	Alexandria	MN	F	61	19:07.85	1	Gold	X
Cycling Time Trial - 10K	60-64 Male	Mike	Bergman	Marshalltown	IA	M	63	15:33.24	1	Gold	X
Cycling Time Trial - 10K	60-64 Male	Dale	Blakestad	St. Ansgar	IA	M	64	16:38.64	2	Silver	X
Cycling Time Trial - 10K	60-64 Male	Bob	Steinbach	Ankeny	IA	M	61	16:49.72	3	Bronze	X
Cycling Time Trial - 10K	60-64 Male	Roger	Carlson	Lakefield	MN	M	64	17:15.65	4		X
Cycling Time Trial - 10K	60-64 Male	Timothy	O'Brien	Waverly	IA	M	60	19:39.09	4		X
Cycling Time Trial - 10K	60-64 Male	Tom	Suckow	West Des Moines	IA	M	63	21:01.94	5		
Cycling Time Trial - 10K	60-64 Male	Joe	Munoz	Windsor heights	IA	M	63	21:27.25	6		
Cycling Time Trial - 10K	65-69 Female	Deb	Hankens	Cherokee	IA	F	65	19:06.75	1	Gold	X
Cycling Time Trial - 10K	65-69 Female	Roberta	Blakeman	Altoona	IA	F	66	20:25.87	2	Silver	X
Cycling Time Trial - 10K	65-69 Male	Mike	Krenisky	Omaha	NE	M	65	16:13.69	1	Gold	X
Cycling Time Trial - 10K	65-69 Male	Neil	Malone	Prairie Village	KS	M	67	16:48.17	2	Silver	X

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Cycling Time Trial - 10K	65-69 Male	Lynn	Vogt	Ankeny	IA	M	68	17:01.10	1	Gold	X
Cycling Time Trial - 10K	65-69 Male	mike	harrison	olathe	KS	M	68	17:06.56	4		X
Cycling Time Trial - 10K	65-69 Male	Jim	Jenkins	newton	IA	M	67	17:35.57	2	Silver	X
Cycling Time Trial - 10K	65-69 Male	Tony	Leehoven	Ankeny	IA	M	65	17:52.46	3	Bronze	X
Cycling Time Trial - 10K	65-69 Male	Frank	Quinlan	Overland Park	KS	M	68	18:50.43	7		
Cycling Time Trial - 10K	65-69 Male	Don	Utsinger	Urbandale	IA	M	69	19:12.50	4		X
Cycling Time Trial - 10K	65-69 Male	Hollis	Anderson	Lincoln	NE	M	69	19:15.38	9		
Cycling Time Trial - 10K	65-69 Male	harry	fortney	kelley	IA	M	66	19:37.98	5		
Cycling Time Trial - 10K	65-69 Male	martin	lange	new providence	IA	M	65	19:41.87	6		
Cycling Time Trial - 10K	65-69 Male	Richard	Dakin	Ames	IA	M	65	21:13.70	7		
Cycling Time Trial - 10K	70-74 Female	Ann	Shuman	West Des Moines	IA	F	73	20:44.72	1	Gold	X
Cycling Time Trial - 10K	70-74 Male	Stephen	Penkhus	Mankato	MN	M	71	16:35.96	1	Gold	X
Cycling Time Trial - 10K	70-74 Male	Bill	Earp	Independence	MO	M	73	17:03.61	2	Silver	X
Cycling Time Trial - 10K	70-74 Male	Edward	Hegner	Des Moines	IA	M	73	20:19.01	1	Gold	X
Cycling Time Trial - 10K	70-74 Male	David	Brown	Des Moines	IA	M	70	32:55.47	2	Silver	X
Cycling Time Trial - 10K	75-79 Male	Donald	Venzke	Cedar Rapids	IA	M	78	19:09.59	1	Gold	X
Cycling Time Trial - 10K	75-79 Male	John	Hartwig	Ankeny	IA	M	75	19:27.74	2	Silver	X
Cycling Time Trial - 10K	75-79 Male	Terry	Knowles	Topeka	KS	M	78	20:19.77	3	Bronze	X
Cycling Time Trial - 10K	75-79 Male	Roger	Wertanen	Peterson	MN	M	76	23:13.58	4		X
Cycling Time Trial - 10K	75-79 Male	Wayne	Byrd	Overland Park	KS	M	75	24:17.90	5		
Cycling Time Trial - 10K	80-84 Male	ALVIN	RAVENSCROFT	AMES	IA	M	83	26:01.35	1	Gold	X
Cycling Time Trial - 10K	80-84 Male	Richard	Anderson	West Des Moines	IA	M	81	36:01.68	2	Silver	X

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