



2020 Iowa Senior Games Triathlon Results  
 Big Creek State Park | July 12, 2020

|           |              |         |            |              |    |   |    |         |   |        |
|-----------|--------------|---------|------------|--------------|----|---|----|---------|---|--------|
| Triathlon | 55-59   Male | Jeffery | Gust       | Des Moines   | IA | M | 57 | 1:05:23 | 1 | Gold   |
| Triathlon | 55-59   Male | Joel    | Dentlinger | Des Moines   | IA | M | 56 | 1:07:56 | 2 | Silver |
| Triathlon | 55-59   Male | Darren  | Knopic     | Des Moines   | IA | M | 58 | 1:08:39 | 3 | Bronze |
|           |              |         |            |              |    |   |    |         |   |        |
| Triathlon | 60-64   Male | Ricks   | Polk       | Hubbard      | IA | M | 64 | 1:06:29 | 1 | Gold   |
| Triathlon | 60-64   Male | Robert  | Phelps     | Cedar Rapids | IA | M | 63 | 1:10:12 | 2 | Silver |
| Triathlon | 60-64   Male | Andrew  | Stroud     | Des Moines   | IA | M | 62 | 1:14:57 | 3 | Bronze |
| Triathlon | 60-64   Male | Tom     | Loch       | Dubuque      | IA | M | 63 | 1:17:03 | 4 |        |
|           |              |         |            |              |    |   |    |         |   |        |
| Triathlon | 65-69   Male | Tom     | Snyder     | Sanborn      | IA | M | 66 | 1:12:35 | 1 | Gold   |
| Triathlon | 65-69   Male | Paul    | Riggs      | Oskaloosa    | IA | M | 66 | 1:16:14 | 2 | Silver |
|           |              |         |            |              |    |   |    |         |   |        |
| Triathlon | 75-79   Male | Fred    | Hemsath    | Cedar Rapids | IA | M | 77 | 1:19:34 | 1 | Gold   |