

Pound the Ground *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Saturday, June 14, 2014

Location: Tuma Soccer Complex, Marion, IA

Weather: Sunny, Wind S 15-20 mph & 68°

[Overall and Age Divisions](#)
[Team results here](#)

Results By: Scheckel, Kauder Racing

Place	Gender	Division	Name	City	Gun Time	Pace mpm
1	1	1 OVM	Andy Sabin, M27	Cedar Rapids, IA	16:58	5:28/M
2	2	1 M15	Daniel Pape, M19	Cedar Rapids, IA	17:00	5:28/M
3	3	1 M20	Luke Dejong, M23	Coralville, IA	18:22	5:55/M
4	4	2 M15	Jacob Schmitt, M18	Marion, IA	18:32	5:58/M
5	5	3 M15	Steven Culpepper, M16	Hiawatha, IA	18:46	6:02/M
6	1	1 OVF	Amy Hassell, F29	Mount Vernon, IA	18:50	6:04/M
7	2	1 F30	Marie Schofer, F32	Mount Vernon, IA	19:10	6:10/M
8	6	2 M20	Matthew Wittman, M20	Cedar Rapids, IA	19:11	6:11/M
9	7	1 M40	Jeff Engen, M40	Center Point, IA	19:19	6:13/M
10	8	3 M20	Scott Schemmel, M27	Dubuque, IA	19:50	6:23/M
11	9	4 M20	Collin Moore, M29	Cedar Rapids, IA	20:09	6:29/M
12	10	2 M40	Chris Engen, M42	Central City, IA	20:42	6:40/M
13	11	4 M15	Evan Gradoville, M17	Cedar Rapids, IA	20:59	6:45/M
14	12	1 M30	Eric Thuente, M35	Cedar Rapids, IA	21:08	6:48/M
15	13	5 M20	Matt Moyer, M29	Cedar Rapids, IA	21:32	6:56/M
16	3	1 F20	Hannah Dejong, F23	Coralville, IA	21:45	7:00/M
17	4	2 F30	Julie Johnston, F30	Cedar Rapids, IA	21:50	7:02/M
18	14	1 JRM	Nolan Pithan, M14	Cedar Rapids, IA	21:54	7:03/M
19	5	2 F20	Tara Feller, F25	Cedar Rapids, IA	22:15	7:10/M
20	15	3 M40	Craig Maddigan, M41	Cottage Grove, MN	22:25	7:13/M
21	6	1 F15	Sarah Chicchelly, F19	Cedar Rapids, IA	22:25	7:13/M
22	7	3 F20	Melissa Miller, F23	Lincoln, NE	22:41	7:18/M
23	16	1 M50	Dave Martin, M59	Cedar Rapids, IA	22:46	7:20/M
24	8	4 F20	Mollie Fagan, F25	Cedar Rapids, IA	22:55	7:23/M
25	17	2 M50	Doug Recker, M50	Cedar Rapids, IA	23:02	7:25/M
26	9	5 F20	Katie McDermott, F23	Dubuque, IA	23:16	7:29/M

27	18	5 M15	Matthew Hovda, M17	Cedar Rapids, IA	24:06	7:45/M
28	19	6 M20	Nathan King, M24	Manchester, IA	24:21	7:50/M
29	10	1 F40	Kathy Ladue, F40	Anamosa, IA	24:29	7:53/M
30	20	6 M15	Gabriel Smith, M15	Marion, IA	24:34	7:54/M
31	21	2 JRM	Nicholas Recker, M13	Marion, IA	24:34	7:55/M
32	22	3 M50	Doug Lord, M59	Lisbon, IA	24:35	7:55/M
33	23	2 M30	Jeff Hempstead, M35	Springville, IA	24:36	7:55/M
34	24	7 M15	Spencer Sahu, M15	Atkins, IA	24:51	8:00/M
35	11	2 F15	Jenny Dickes, F16	Cedar Rapids, IA	24:58	8:02/M
36	12	3 F15	Sarah Dickes, F19	Cedar Rapids, IA	24:58	8:02/M
37	13	6 F20	Erica Kearns, F28	Cedar Rapids, IA	25:01	8:03/M
38	25	3 JRM	Jack Frieden, M14	Cedar Rapids, IA	25:11	8:06/M
39	26	7 M20	Nicholas Kissel, M28	Cedar Rapids, IA	25:19	8:09/M
40	27	4 JRM	Peter Serrot, M14	Hiawatha, IA	25:25	8:11/M
41	14	7 F20	Kelsi Karkosh, F24	Cedar Rapids, IA	25:49	8:19/M
42	28	4 M40	Matthew Pithan, M40	Cedar Rapids, IA	26:05	8:24/M
43	29	4 M50	Andy Hartz, M54	Blairstown, IA	26:11	8:26/M
44	15	4 F15	Nicole Lang, F18	Cedar Rapids, IA	26:51	8:39/M
45	30	8 M20	Danny Feller, M27	Cedar Rapids, IA	26:58	8:41/M
46	31	5 JRM	Anthony Karl, M13	Cedar Rapids, IA	27:25	8:49/M
47	16	1 F50	Muriel Naumann, F58	Iowa City, IA	27:31	8:51/M
48	17	8 F20	Kate Penrod, F26	Anamosa, IA	27:33	8:52/M
49	32	5 M40	Melvin Scoville, M42	Cedar Rapids, IA	27:48	8:57/M
50	18	3 F30	Amy Rambousek, F39	Dubuque, IA	28:57	9:19/M
51	19	2 F40	Tina Lampe, F42	Marion, IA	28:57	9:19/M
52	33	6 JRM	Grant Schneobelen, M12	Cedar Rapids, IA	29:04	9:21/M
53	34	6 M40	Scott Whitson, M41	Central City, IA	29:10	9:23/M
54	20	1 JRF	Faith Karl, F10	Cedar Rapids, IA	29:25	9:28/M
55	21	4 F30	Amy Conlon, F33	Cedar Rapids, IA	29:31	9:30/M
56	35	5 M50	Daniel Dyson, M52	Cedar Rapids, IA	29:53	9:37/M
57	22	2 JRF	Jacklyn Whitson, F13	Central City, Ia	29:57	9:38/M
58	36	7 M40	David Drury, M45	Cedar Rapids, IA	30:01	9:40/M
59	37	8 M40	Doug Brock, M42	Cedar Rapids, IA	30:17	9:45/M
60	38	1 M60	Stephen Runde, M60	Marion, IA	30:18	9:45/M
61	23	2 F50	Diane Marshall, F58	Center Point, IA	30:19	9:45/M
62	24	5 F30	Cindy Friedman, F38	Cedar Rapids, IA	30:32	9:50/M
63	25	3 F40	Ann Miller, F45	Tipton, IA	30:55	9:57/M
64	39	9 M40	Jay Irving, M44	Cedar Rapids, IA	31:06	10:01/M
65	26	3 JRF	Haley Cummings, F12	Cedar Rapids, IA	31:39	10:11/M
66	40	8 M15	Tyler Neuhaus, M19	Cedar Rapids, IA	32:02	10:19/M
67	41	9 M15	Andy Globokar, M16	Hiawatha, IA	32:11	10:22/M
68	27	4 JRF	Jacqueline Brock, F14	Cedar Rapids, IA	32:17	10:24/M
69	42	2 M60	Mark Lagrange, M71	Amana, IA	32:58	10:36/M
70	28	5 JRF	Juliana Karl, F12	Cedar Rapids, IA	32:59	10:37/M
71	43	7 JRM	Augustine Lagrange, M7	Cedar Rapids, IA	33:00	10:37/M
72	44	3 M30	Francis Ginther, M37	Marion, IA	33:16	10:43/M
73	45	8 JRM	Tim Globokar, M14	Hiawatha, IA	33:17	10:43/M
74	29	9 F20	Staci Olson, F23	Robins, IA	33:18	10:43/M
75	46	10 M40	Brian Globokar, M40	Hiawatha, IA	33:22	10:45/M

76	47	9 JRM	Gus Dudgeon, M13	Cedar Rapids, IA	33:27	10:46/M
77	30	4 F40	Amy Dudgeon, F42	Cedar Rapids, IA	33:30	10:47/M
78	31	3 F50	Barbara Morrissey, F54	Cedar Rapids, IA	33:38	10:49/M
79	48	10 M15	Jeffrey Frieden, M17	Cedar Rapids, IA	33:39	10:50/M
80	32	10 F20	Erin Kissel, F29	Cedar Rapids, IA	34:09	11:00/M
81	33	11 F20	Caitlin Kray, F23	Cedar Rapids, IA	35:21	11:23/M
82	34	6 F30	Cathy Walz, F37	Marion, IA	35:28	11:25/M
83	35	12 F20	Nicole Culpepper, F21	Hiawatha, IA	35:29	11:25/M
84	36	7 F30	Carrie Davis, F37	Swisher, IA	35:29	11:25/M
85	37	8 F30	Andrea Montano, F31	Iowa City, IA	37:25	12:03/M
86	38	5 F40	Jenny Frieden, F46	Cedar Rapids, IA	37:51	12:11/M
87	39	6 JRF	Emily Lagrange, F9	Cedar Rapids, IA	39:54	12:51/M
88	49	10 JRM	Isaac Lagrange, M5	Cedar Rapids, IA	39:59	12:52/M
89	50	4 M30	Aaron Lagrange, M37	Cedar Rapids, IA	40:01	12:53/M
90	40	6 F40	Nancy Serrot, F48	Hiawatha, IA	41:50	13:28/M
91	41	9 F30	Susie Schaul, F36	Earlville, IA	42:51	13:48/M
92	42	7 JRF	Abby Globokar, F10	Hiawatha, IA	49:17	15:52/M
93	43	7 F40	Beth Globokar, F40	Hiawatha, IA	49:17	15:52/M
94	51	5 M30	Mark Montano, M35	Iowa City, IA	50:50	16:22/M
95	52	3 M60	Harold Schulze, M78	Cedar Rapids, IA	51:42	16:39/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm
1	Andy Sabin, M27	Cedar Rapids, IA	16:58	5:28/M

Overall Female

Place	Name	City	Gun Time	Pace mpm
1	Amy Hassell, F29	Mount Vernon, IA	18:50	6:04/M

M[14 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Nolan Pithan, M14	Cedar Rapids, IA	21:54	7:03/M
2	Nicholas Recker, M13	Marion, IA	24:34	7:55/M
3	Jack Frieden, M14	Cedar Rapids, IA	25:11	8:06/M
4	Peter Serrot, M14	Hiawatha, IA	25:25	8:11/M
5	Anthony Karl, M13	Cedar Rapids, IA	27:25	8:49/M
6	Grant Schneobelen, M12	Cedar Rapids, IA	29:04	9:21/M
7	Augustine Lagrange, M7	Cedar Rapids, IA	33:00	10:37/M
8	Tim Globokar, M14	Hiawatha, IA	33:17	10:43/M
9	Gus Dudgeon, M13	Cedar Rapids, IA	33:27	10:46/M
10	Isaac Lagrange, M5	Cedar Rapids, IA	39:59	12:52/M

F[14 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Faith Karl, F10	Cedar Rapids, IA	29:25	9:28/M
2	Jacklyn Whitson, F13	Central City, Ia	29:57	9:38/M
3	Haley Cummings, F12	Cedar Rapids, IA	31:39	10:11/M
4	Jacqueline Brock, F14	Cedar Rapids, IA	32:17	10:24/M
5	Juliana Karl, F12	Cedar Rapids, IA	32:59	10:37/M
6	Emily Lagrange, F9	Cedar Rapids, IA	39:54	12:51/M
7	Abby Globokar, F10	Hiawatha, IA	49:17	15:52/M

M[15-19]

Place	Name	City	Gun Time	Pace mpm
1	Daniel Pape, M19	Cedar Rapids, IA	17:00	5:28/M
2	Jacob Schmitt, M18	Marion, IA	18:32	5:58/M
3	Steven Culpepper, M16	Hiawatha, IA	18:46	6:02/M
4	Evan Gradoville, M17	Cedar Rapids, IA	20:59	6:45/M
5	Matthew Hovda, M17	Cedar Rapids, IA	24:06	7:45/M
6	Gabriel Smith, M15	Marion, IA	24:34	7:54/M
7	Spencer Sahu, M15	Atkins, IA	24:51	8:00/M
8	Tyler Neuhaus, M19	Cedar Rapids, IA	32:02	10:19/M
9	Andy Globokar, M16	Hiawatha, IA	32:11	10:22/M
10	Jeffrey Frieden, M17	Cedar Rapids, IA	33:39	10:50/M

F[15-19]

Place	Name	City	Gun Time	Pace mpm
1	Sarah Chicchelly, F19	Cedar Rapids, IA	22:25	7:13/M
2	Jenny Dickes, F16	Cedar Rapids, IA	24:58	8:02/M
3	Sarah Dickes, F19	Cedar Rapids, IA	24:58	8:02/M
4	Nicole Lang, F18	Cedar Rapids, IA	26:51	8:39/M

M[20-29]

Place	Name	City	Gun Time	Pace mpm
1	Luke Dejong, M23	Coralville, IA	18:22	5:55/M
2	Matthew Wittman, M20	Cedar Rapids, IA	19:11	6:11/M
3	Scott Schemmel, M27	Dubuque, IA	19:50	6:23/M
4	Collin Moore, M29	Cedar Rapids, IA	20:09	6:29/M
5	Matt Moyer, M29	Cedar Rapids, IA	21:32	6:56/M
6	Nathan King, M24	Manchester, IA	24:21	7:50/M
7	Nicholas Kissel, M28	Cedar Rapids, IA	25:19	8:09/M
8	Danny Feller, M27	Cedar Rapids, IA	26:58	8:41/M

F[20-29]

Place	Name	City	Gun Time	Pace mpm
1	Hannah Dejong, F23	Coralville, IA	21:45	7:00/M
2	Tara Feller, F25	Cedar Rapids, IA	22:15	7:10/M

3	Melissa Miller, F23	Lincoln, NE	22:41	7:18/M
4	Mollie Fagan, F25	Cedar Rapids, IA	22:55	7:23/M
5	Katie McDermott, F23	Dubuque, IA	23:16	7:29/M
6	Erica Kearns, F28	Cedar Rapids, IA	25:01	8:03/M
7	Kelsi Karkosh, F24	Cedar Rapids, IA	25:49	8:19/M
8	Kate Penrod, F26	Anamosa, IA	27:33	8:52/M
9	Staci Olson, F23	Robins, IA	33:18	10:43/M
10	Erin Kissel, F29	Cedar Rapids, IA	34:09	11:00/M
11	Caitlin Kray, F23	Cedar Rapids, IA	35:21	11:23/M
12	Nicole Culpepper, F21	Hiawatha, IA	35:29	11:25/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm
1	Eric Thuente, M35	Cedar Rapids, IA	21:08	6:48/M
2	Jeff Hempstead, M35	Springville, IA	24:36	7:55/M
3	Francis Ginther, M37	Marion, IA	33:16	10:43/M
4	Aaron Lagrange, M37	Cedar Rapids, IA	40:01	12:53/M
5	Mark Montano, M35	Iowa City, IA	50:50	16:22/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm
1	Marie Schofer, F32	Mount Vernon, IA	19:10	6:10/M
2	Julie Johnston, F30	Cedar Rapids, IA	21:50	7:02/M
3	Amy Rambousek, F39	Dubuque, IA	28:57	9:19/M
4	Amy Conlon, F33	Cedar Rapids, IA	29:31	9:30/M
5	Cindy Friedman, F38	Cedar Rapids, IA	30:32	9:50/M
6	Cathy Walz, F37	Marion, IA	35:28	11:25/M
7	Carrie Davis, F37	Swisher, IA	35:29	11:25/M
8	Andrea Montano, F31	Iowa City, IA	37:25	12:03/M
9	Susie Schaul, F36	Earlville, IA	42:51	13:48/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm
1	Jeff Engen, M40	Center Point, IA	19:19	6:13/M
2	Chris Engen, M42	Central City, IA	20:42	6:40/M
3	Craig Maddigan, M41	Cottage Grove, MN	22:25	7:13/M
4	Matthew Pithan, M40	Cedar Rapids, IA	26:05	8:24/M
5	Melvin Scoville, M42	Cedar Rapids, IA	27:48	8:57/M
6	Scott Whitson, M41	Central City, IA	29:10	9:23/M
7	David Drury, M45	Cedar Rapids, IA	30:01	9:40/M
8	Doug Brock, M42	Cedar Rapids, IA	30:17	9:45/M
9	Jay Irving, M44	Cedar Rapids, IA	31:06	10:01/M
10	Brian Globokar, M40	Hiawatha, IA	33:22	10:45/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm
1	Kathy Ladue, F40	Anamosa, IA	24:29	7:53/M
2	Tina Lampe, F42	Marion, IA	28:57	9:19/M
3	Ann Miller, F45	Tipton, IA	30:55	9:57/M
4	Amy Dudgeon, F42	Cedar Rapids, IA	33:30	10:47/M
5	Jenny Frieden, F46	Cedar Rapids, IA	37:51	12:11/M
6	Nancy Serrot, F48	Hiawatha, IA	41:50	13:28/M
7	Beth Globokar, F40	Hiawatha, IA	49:17	15:52/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm
1	Dave Martin, M59	Cedar Rapids, IA	22:46	7:20/M
2	Doug Recker, M50	Cedar Rapids, IA	23:02	7:25/M
3	Doug Lord, M59	Lisbon, IA	24:35	7:55/M
4	Andy Hartz, M54	Blairstown, IA	26:11	8:26/M
5	Daniel Dyson, M52	Cedar Rapids, IA	29:53	9:37/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm
1	Muriel Naumann, F58	Iowa City, IA	27:31	8:51/M
2	Diane Marshall, F58	Center Point, IA	30:19	9:45/M
3	Barbara Morrissey, F54	Cedar Rapids, IA	33:38	10:49/M

M[60 & Over]

Place	Name	City	Gun Time	Pace mpm
1	Stephen Runde, M60	Marion, IA	30:18	9:45/M
2	Mark Lagrange, M71	Amana, IA	32:58	10:36/M
3	Harold Schulze, M78	Cedar Rapids, IA	51:42	16:39/M

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