

Patriots Run *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Saturday, November 07, 2015

Location: Marion

Weather: Cool 40°

Overall and Age Divisions

Results By: On The Run Race Timing Race

Video [18:25](#) Click On Your Name to see yourself cross the Finish line!

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Andrew Wharton, M24	North Liberty, IA	18:40	6:00/M	18:40	6:00/M
2	2	1 M50	Don Lansing, M54	Marion, IA	18:48	6:03/M	18:48	6:03/M
3	3	1 M40	Tom Daubs, M44	Marion, IA	20:02	6:27/M	20:01	6:27/M
4	4	2 M40	Ken Wright, M47	Cedar Rapids, IA	20:34	6:37/M	20:30	6:36/M
5	5	1 M30	Chad Regennitter, M38	Marion, IA	20:48	6:42/M	20:47	6:42/M
6	6	2 M50	Pete Ylvisaker, M53	Marion, IA	20:51	6:43/M	20:50	6:42/M
7	7	2 M30	Amos Werderman, M36	Cedar Rapids, IA	20:52	6:43/M	20:52	6:43/M
8	8	3 M30	Jeremy Hodson, M38	Cedar Rapids, IA	20:56	6:44/M	20:55	6:44/M
9	9	4 M30	Chris Nims, M39	Robins, IA	21:05	6:47/M	21:05	6:47/M
10	10	1 M60	Bob Strickland, M65	Cedar Rapids, IA	21:36	6:57/M	21:35	6:57/M
11	11	1 JRM	Noah Keller, M14	Marion, IA	22:00	7:05/M	21:58	7:04/M
12	12	3 M40	Ted Smith, M48	Cedar Rapids, IA	22:03	7:06/M	22:02	7:06/M
13	13	5 M30	Jesse Hewitt, M36	Cedar Rapids, IA	22:06	7:07/M	22:06	7:07/M
14	1	1 OVF	Kirsten Leff, F39	Coralville, IA	22:10	7:08/M	22:08	7:08/M
15	2	1 JRF	Lilly Geelan, F12	Marion, IA	22:14	7:09/M	22:14	7:09/M
16	14	1 M15	Avery Troester, M18	Springville, IA	22:38	7:17/M	22:34	7:16/M
17	15	4 M40	Mike Almasi, M49	Robins, IA	22:54	7:22/M	22:51	7:21/M
18	3	1 F20	Christine Donegan, F27	Coralville, IA	22:57	7:23/M	22:55	7:22/M
19	4	1 F40	Deidre Nims, F40	Robins, IA	23:27	7:33/M	23:25	7:32/M
20	16	2 M15	Cole Quint, M15	Marion, IA	23:51	7:41/M	23:46	7:39/M
21	17	3 M50	James Shell, M56	Cedar Rapids, IA	24:09	7:46/M	24:08	7:46/M
22	5	1 F30	Amber Schouten, F33	Cedar Rapids, IA	24:15	7:48/M	24:13	7:48/M

23	18	3 M15	Zach Cochran, M16	Marion, IA	24:32	7:54/M	24:27	7:52/M
24	19	4 M50	Pat O'Connor, M53	Marion, IA	24:47	7:59/M	24:42	7:57/M
25	20	4 M15	Brady Bartz, M15	Marion, IA	24:50	7:59/M	24:45	7:58/M
26	21	5 M40	Curt Troester, M44	Springville, IA	25:03	8:04/M	24:58	8:02/M
27	22	6 M30	Brian Dunkel, M38	Swisher, IA	25:10	8:06/M	25:08	8:05/M
28	23	5 M50	Jim Dwyer, M55	Marion, IA	25:22	8:10/M	25:18	8:09/M
29	6	1 F50	Rita Burrell, F52	Cedar Rapids, IA	25:27	8:12/M	25:25	8:11/M
30	24	7 M30	Chris Stumpff, M30	Cedar Rapids, IA	25:27	8:12/M	25:25	8:11/M
31	25	2 M60	Mark Towers, M65	Marion, IA	25:52	8:19/M	25:49	8:18/M
32	26	2 JRM	Kinnick Nims, M10	Robins, IA	26:03	8:23/M	26:01	8:22/M
33	7	2 F40	Cathy May, F44	Cedar Rapids, IA	26:11	8:26/M	26:05	8:24/M
34	8	2 F50	Marsha Aspinall, F54	Cedar Rapids, IA	26:35	8:33/M	26:30	8:32/M
35	27	3 M60	Doug Lord, M60	Lisbon, IA	26:44	8:36/M	26:42	8:36/M
36	9	2 F20	Piper Twachtmann, F28	Marion, IA	26:57	8:40/M	26:49	8:38/M
37	10	3 F50	Karen Gregoricka, F51	Springville, IA	27:02	8:42/M	26:59	8:41/M
38	28	6 M50	Dan Clark, M58	Cedar Rapids, IA	27:03	8:42/M	26:57	8:41/M
39	29	7 M50	Tom McDonald, M51	Marion, IA	27:04	8:43/M	27:00	8:41/M
40	30	6 M40	Kevin Schrader, M48	Marion, IA	27:12	8:45/M	27:08	8:44/M
41	31	8 M50	Mike Gregoricka, M56	Springville, IA	27:18	8:47/M	27:13	8:46/M
42	32	1 M20	Sam Kramer, M29	Cedar Rapids, IA	27:50	8:58/M	27:41	8:55/M
43	33	4 M60	John Leland, M79	Marion, IA	28:26	9:09/M	28:22	9:08/M
44	34	7 M40	Rich Overturf, M47	Cedar Rapids, IA	28:45	9:15/M	28:37	9:13/M
45	11	3 F40	Tracy Simmons, F45	Cedar Rapids, IA	28:50	9:17/M	28:47	9:16/M
46	12	2 F30	Tiffany Miller, F38	Cedar Rapids, IA	28:50	9:17/M	28:48	9:16/M
47	35	5 M60	Dan Emrie, M67	Springfield, MO	29:12	9:24/M	29:07	9:22/M
48	36	8 M40	Bryan Clark, M48	Marion, IA	30:05	9:41/M	29:59	9:39/M
49	13	4 F50	Amy Keating, F56	Marion, IA	30:07	9:41/M	30:03	9:40/M
50	14	3 F20	Briana Schultz, F23	North Liberty, IA	30:27	9:48/M	30:23	9:47/M
51	15	5 F50	Laurne Craig, F54	Cedar Rapids, IA	31:40	10:12/M	31:33	10:09/M
52	37	8 M30	Steven Fellows, M31	Cedar Rapids, IA	31:46	10:14/M	31:45	10:13/M
53	38	3 JRM	Ethan Fellows, M6	Cedar Rapids, IA	31:47	10:14/M	31:46	10:13/M
54	16	6 F50	Connie Craft, F58	Cedar Rapids, IA	32:05	10:20/M	31:56	10:17/M
55	17	4 F20	Amanda Kramer, F28	Cedar Rapids, IA	32:19	10:24/M	32:11	10:21/M
56	18	4 F40	Naia Ballinger, F42	Avon, IN	32:20	10:24/M	32:15	10:23/M
57	39	9 M40	Brian Ophoff, M48	Marion, IA	32:21	10:25/M	32:16	10:23/M
58	19	5 F20	Amber Peterson, F20	Cedar Rapids, IA	33:22	10:44/M	33:17	10:43/M

59	20	5 F40	Malisa McQuown, F43	Marion, IA	33:51	10:54/M	33:49	10:53/M
60	21	6 F20	Megan Twachtmann, F28	Marion, IA	33:54	10:55/M	33:45	10:52/M
61	22	2 JRF	Alexis Nims, F6	Robins, IA	34:10	11:00/M	34:08	10:59/M
62	40	6 M60	Thomas Thompson, M66	Marion, IA	36:11	11:39/M	36:07	11:38/M
63	41	9 M30	Dayton Smith, M34	North Liberty, IA	36:47	11:50/M	36:40	11:48/M
64	23	7 F20	Rebecca Dolphin, F20	Cedar Rapids, IA	36:57	11:53/M	36:51	11:52/M
65	24	6 F40	Lisa Smith, F45	Cedar Rapids, IA	37:40	12:08/M	37:35	12:06/M
66	25	7 F40	Holly Devaney, F44	Marion, IA	39:46	12:48/M	39:37	12:45/M
67	26	3 F30	Shannon Sullivan, F37	Marion, IA	39:57	12:51/M	39:47	12:48/M
68	27	1 F60	Jean Lillis, F61	Cedar Rapids, IA	42:51	13:48/M	42:43	13:45/M
69	28	4 F30	Jessica Smith, F31	North Liberty, IA	44:50	14:26/M	44:43	14:24/M
70	42	9 M50	Brian Burrell, M53	Cedar Rapids, IA	45:17	14:35/M	45:07	14:31/M
71	43	10 M50	Mike Murdock, M54	Ceadr Rapids, IA	45:17	14:35/M	45:06	14:31/M
72	29	8 F40	Toni Crook, F44	West Liberty, IA	46:06	14:50/M	45:54	14:46/M
73	44	10 M40	Brian Crook, M43	West Liberty, IA	46:07	14:51/M	45:55	14:47/M
74	30	7 F50	Lori Coster, F54	Marion, IA	46:59	15:07/M	46:47	15:04/M
75	31	2 F60	Roxanne McCrane, F61	Cedar Rapids, IA	47:00	15:08/M	46:52	15:05/M
76	45	11 M50	Bryan Coster, M51	Marion, IA	47:00	15:08/M	46:48	15:04/M
77	32	8 F20	Tamara Nehls, F29	Robins, IA	48:49	15:43/M	48:41	15:40/M
78	46	2 M20	Taylor Nehls, M29	Robins, IA	48:49	15:43/M	48:41	15:40/M
79	47	7 M60	Harold Schulze, M79	Cedar Rapids, IA	49:03	15:47/M	48:51	15:44/M

Overall and Age Divisions

Overall Male							
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>	
1	Andrew Wharton, M24	North Liberty, IA	18:40	6:00/M	18:40	6:00/M	

Overall Female							
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>	
1	Kirsten Leff, F39	Coralville, IA	22:10	7:08/M	22:08	7:08/M	

M[14 & Under]							
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>	
1	Noah Keller, M14	Marion, IA	22:00	7:05/M	21:58	7:04/M	
2	Kinnick Nims, M10	Robins, IA	26:03	8:23/M	26:01	8:22/M	
3	Ethan Fellows, M6	Cedar Rapids, IA	31:47	10:14/M	31:46	10:13/M	

F[14 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Lilly Geelan, F12	Marion, IA	22:14	7:09/M	22:14	7:09/M
2	Alexis Nims, F6	Robins, IA	34:10	11:00/M	34:08	10:59/M

M[15-19]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Avery Troester, M18	Springville, IA	22:38	7:17/M	22:34	7:16/M
2	Cole Quint, M15	Marion, IA	23:51	7:41/M	23:46	7:39/M
3	Zach Cochran, M16	Marion, IA	24:32	7:54/M	24:27	7:52/M
4	Brady Bartz, M15	Marion, IA	24:50	7:59/M	24:45	7:58/M

M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Sam Kramer, M29	Cedar Rapids, IA	27:50	8:58/M	27:41	8:55/M
2	Taylor Nehls, M29	Robins, IA	48:49	15:43/M	48:41	15:40/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Christine Donegan, F27	Coralville, IA	22:57	7:23/M	22:55	7:22/M
2	Piper Twachtmann, F28	Marion, IA	26:57	8:40/M	26:49	8:38/M
3	Briana Schultz, F23	North Liberty, IA	30:27	9:48/M	30:23	9:47/M
4	Amanda Kramer, F28	Cedar Rapids, IA	32:19	10:24/M	32:11	10:21/M
5	Amber Peterson, F20	Cedar Rapids, IA	33:22	10:44/M	33:17	10:43/M
6	Megan Twachtmann, F28	Marion, IA	33:54	10:55/M	33:45	10:52/M
7	Rebecca Dolphin, F20	Cedar Rapids, IA	36:57	11:53/M	36:51	11:52/M
8	Tamara Nehls, F29	Robins, IA	48:49	15:43/M	48:41	15:40/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Chad Regennitter, M38	Marion, IA	20:48	6:42/M	20:47	6:42/M
2	Amos Werderman, M36	Cedar Rapids, IA	20:52	6:43/M	20:52	6:43/M
3	Jeremy Hodson, M38	Cedar Rapids, IA	20:56	6:44/M	20:55	6:44/M
4	Chris Nims, M39	Robins, IA	21:05	6:47/M	21:05	6:47/M
5	Jesse Hewitt, M36	Cedar Rapids, IA	22:06	7:07/M	22:06	7:07/M
6	Brian Dunkel, M38	Swisher, IA	25:10	8:06/M	25:08	8:05/M
7	Chris Stumpff, M30	Cedar Rapids, IA	25:27	8:12/M	25:25	8:11/M
8	Steven Fellows, M31	Cedar Rapids, IA	31:46	10:14/M	31:45	10:13/M
9	Dayton Smith, M34	North Liberty, IA	36:47	11:50/M	36:40	11:48/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Amber Schouten, F33	Cedar Rapids, IA	24:15	7:48/M	24:13	7:48/M
2	Tiffany Miller, F38	Cedar Rapids, IA	28:50	9:17/M	28:48	9:16/M
3	Shannon Sullivan, F37	Marion, IA	39:57	12:51/M	39:47	12:48/M
4	Jessica Smith, F31	North Liberty, IA	44:50	14:26/M	44:43	14:24/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
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1	Tom Daubs, M44	Marion, IA	20:02	6:27/M	20:01	6:27/M
2	Ken Wright, M47	Cedar Rapids, IA	20:34	6:37/M	20:30	6:36/M
3	Ted Smith, M48	Cedar Rapids, IA	22:03	7:06/M	22:02	7:06/M
4	Mike Almasi, M49	Robins, IA	22:54	7:22/M	22:51	7:21/M
5	Curt Troester, M44	Springville, IA	25:03	8:04/M	24:58	8:02/M
6	Kevin Schrader, M48	Marion, IA	27:12	8:45/M	27:08	8:44/M
7	Rich Overturf, M47	Cedar Rapids, IA	28:45	9:15/M	28:37	9:13/M
8	Bryan Clark, M48	Marion, IA	30:05	9:41/M	29:59	9:39/M
9	Brian Ophoff, M48	Marion, IA	32:21	10:25/M	32:16	10:23/M
10	Brian Crook, M43	West Liberty, IA	46:07	14:51/M	45:55	14:47/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Deidre Nims, F40	Robins, IA	23:27	7:33/M	23:25	7:32/M
2	Cathy May, F44	Cedar Rapids, IA	26:11	8:26/M	26:05	8:24/M
3	Tracy Simmons, F45	Cedar Rapids, IA	28:50	9:17/M	28:47	9:16/M
4	Naia Ballinger, F42	Avon, IN	32:20	10:24/M	32:15	10:23/M
5	Malisa McQuown, F43	Marion, IA	33:51	10:54/M	33:49	10:53/M
6	Lisa Smith, F45	Cedar Rapids, IA	37:40	12:08/M	37:35	12:06/M
7	Holly Devaney, F44	Marion, IA	39:46	12:48/M	39:37	12:45/M
8	Toni Crook, F44	West Liberty, IA	46:06	14:50/M	45:54	14:46/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Don Lansing, M54	Marion, IA	18:48	6:03/M	18:48	6:03/M
2	Pete Ylvisaker, M53	Marion, IA	20:51	6:43/M	20:50	6:42/M
3	James Shell, M56	Cedar Rapids, IA	24:09	7:46/M	24:08	7:46/M
4	Pat O'Connor, M53	Marion, IA	24:47	7:59/M	24:42	7:57/M
5	Jim Dwyer, M55	Marion, IA	25:22	8:10/M	25:18	8:09/M
6	Dan Clark, M58	Cedar Rapids, IA	27:03	8:42/M	26:57	8:41/M
7	Tom McDonald, M51	Marion, IA	27:04	8:43/M	27:00	8:41/M
8	Mike Gregoricka, M56	Springville, IA	27:18	8:47/M	27:13	8:46/M
9	Brian Burrell, M53	Cedar Rapids, IA	45:17	14:35/M	45:07	14:31/M
10	Mike Murdock, M54	Ceadr Rapids, IA	45:17	14:35/M	45:06	14:31/M
11	Bryan Coster, M51	Marion, IA	47:00	15:08/M	46:48	15:04/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Rita Burrell, F52	Cedar Rapids, IA	25:27	8:12/M	25:25	8:11/M
2	Marsha Aspinall, F54	Cedar Rapids, IA	26:35	8:33/M	26:30	8:32/M
3	Karen Gregoricka, F51	Springville, IA	27:02	8:42/M	26:59	8:41/M
4	Amy Keating, F56	Marion, IA	30:07	9:41/M	30:03	9:40/M
5	Laurne Craig, F54	Cedar Rapids, IA	31:40	10:12/M	31:33	10:09/M
6	Connie Craft, F58	Cedar Rapids, IA	32:05	10:20/M	31:56	10:17/M
7	Lori Coster, F54	Marion, IA	46:59	15:07/M	46:47	15:04/M

M[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Bob Strickland, M65	Cedar Rapids, IA	21:36	6:57/M	21:35	6:57/M
2	Mark Towers, M65	Marion, IA	25:52	8:19/M	25:49	8:18/M
3	Doug Lord, M60	Lisbon, IA	26:44	8:36/M	26:42	8:36/M
4	John Leland, M79	Marion, IA	28:26	9:09/M	28:22	9:08/M
5	Dan Emrie, M67	Springfield, MO	29:12	9:24/M	29:07	9:22/M

6	Thomas Thompson, M66	Marion, IA	36:11	11:39/M	36:07	11:38/M
7	Harold Schulze, M79	Cedar Rapids, IA	49:03	15:47/M	48:51	15:44/M

F[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Jean Lillis, F61	Cedar Rapids, IA	42:51	13:48/M	42:43	13:45/M
2	Roxanne McCrane, F61	Cedar Rapids, IA	47:00	15:08/M	46:52	15:05/M

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