

Amana Freezer Run***5K Run***Overall Report

Event: 5K Run

Date: Saturday, January 28, 2012

Location: Amana, Ia

Weather: Cold 27°

Age Group [results here](#)

Results By: Jeff Mullen

<u>Place</u>	<u>Gender</u>	<u>Div</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace</u>
1	1	1	OvM Nathan Hopp, M20	Amana, IA	16:18	5:14/M
2	2	1	M20 Ross Kilgore, M20	Iowa City, IA	17:34	5:39/M
3	3	1	M30 Ross Salinas, M30	Iowa City, IA	17:41	5:41/M
4	4	2	M30 T.j. Craig, M30	Iowa City, IA	19:14	6:11/M
5	5	3	M30 Garrett Rettig, M30	Coralville, IA	19:27	6:15/M
6	6	4	M30 Jason Wilbur, M39	Iowa City, IA	19:32	6:17/M
7	7	1	M40 Daniel Holt, M40	Mount Pleasant, IA	20:12	6:30/M
8	8	2	M20 Tim Eilers, M20	Cedar Rapids, IA	20:18	6:32/M
9	1	1	OvF Alice Anderson, F20	Marion, IA	20:19	6:32/M
10	9	5	M30 Wes Hilleshiem, M34	Marion, IA	20:25	6:34/M
11	10	2	M40 Dave Beckman, M40	Cedar Rapids, IA	20:35	6:37/M
12	11	3	M20 John Dwyer, M20	Coralville, IA	20:35	6:37/M
13	12	1	M50 Randy Brecht, M50	Middle Amana, IA	20:37	6:38/M
14	13	4	M20 Josh Pederson, M20	Iowa City, IA	20:46	6:41/M
15	2	1	JrF Madelaine Hinsley, F14	Amana, IA	20:52	6:43/M
16	3	1	F30 Tami Loan, F31	Cedar Rapids, IA	20:56	6:44/M
17	14	2	M50 Criag Brophy, M50	Cedar Rapids, IA	21:10	6:48/M
18	15	5	M20 Carson Egglund, M20	Iowa City, IA	21:19	6:51/M
19	16	6	M20 Taylor Rettig, M20	West Des Moines, IA	21:20	6:52/M
20	17	3	M40 Patrick Bourgeacq, M40	Coralville, IA	21:24	6:53/M
21	18	6	M30 Jeremy Elges, M38	Ely, IA	21:29	6:54/M
22	19	7	M30 Chris Nims, M30	Robins, IA	21:30	6:55/M
23	20	4	M40 Horacio Olivo, M40	Iowa City, IA	21:31	6:55/M

24	21	8	M30	Matt Wildman, M30	Marion, IA	21:45	7:00/M
25	22	3	M50	Guy Olson, M50	Cedar Rapids, IA	21:49	7:01/M
26	23	4	M50	Kevin Vogel, M50	Amana, IA	21:54	7:02/M
27	24	1	JrM	Austin Fariss, M14	Batavia, IA	21:55	7:03/M
28	25	1	M60	Bob Strickland, M61	Marion, IA	22:04	7:06/M
29	26	7	M20	Chris Siguenza, M26	Toledo, IA	22:09	7:07/M
30	27	8	M20	Jon Davies, M20	Amana, IA	22:09	7:08/M
31	28	5	M40	Dustin Vasquez, M40	Cedar Rapids, IA	22:10	7:08/M
32	4	1	F20	Elizabeth Steele, F20	Norway, IA	22:10	7:08/M
33	29	9	M30	Robert Lancaster, M30	Cedar Rapids, IA	22:28	7:13/M
34	30	1	M15	Alex Ritchie, M15	South Amana, IA	22:34	7:15/M
35	31	6	M40	Christian Buffard, M40	Amana, IA	22:42	7:18/M
36	32	10	M30	Josh Berka, M30	Iowa City, IA	22:46	7:19/M
37	33	7	M40	Dave Steines, M44	Mount Vernon, IA	22:56	7:22/M
38	5	1	F40	Rae Lynn Lamparek, F40	Swisher, IA	22:59	7:24/M
39	34	8	M40	Dave Carey, M40	Iowa City, IA	23:09	7:27/M
40	35	2	M15	Alex Hillman, M15	Marengo, IA	23:11	7:27/M
41	36	9	M40	Steve Feldmann, M40	Iowa City, IA	23:12	7:28/M
42	6	2	F20	Kate Tohsfeldt, F20	Cedar Rapids, IA	23:30	7:34/M
43	37	10	M40	Michael Riddle, M40	Kalona, IA	23:35	7:35/M
44	38	9	M20	Grant Stevens, M20	Cedar Rapids, IA	23:40	7:37/M
45	39	11	M30	Ryan Lenger, M30	Iowa City, IA	23:44	7:38/M
46	40	11	M40	Mike Yeries, M47	Oxford, IA	23:46	7:38/M
47	7	2	F30	Gretchen Lawyer, F38	Marion, IA	23:48	7:39/M
48	41	5	M50	Joe Mcgrath, M50	Cedar Rapids, IA	23:51	7:40/M
49	42	12	M40	Jim Spencer, M41	Marion, IA	23:53	7:41/M
50	8	2	F40	Deb Gaddis, F40	Solon, IA	23:56	7:42/M
51	43	2	JrM	Pierre Buffard, M14	Amana, IA	23:59	7:43/M
52	9	3	F40	Kallie Meyer, F48	Cedar Rapids, IA	24:10	7:46/M
53	44	10	M20	David Savino, M20	Cedar Rapids, IA	24:11	7:47/M
54	10	3	F20	Kelly Teeselink, F20	Iowa City, IA	24:11	7:47/M
55	11	1	F50	Cindy Deprenger, F50	Otley, IA	24:12	7:47/M
56	45	2	M60	Bruce Bachmann, M60	Cedar Rapids, IA	24:16	7:48/M
57	46	12	M30	Rahe Dustin, M30	Palo, IA	24:17	7:49/M
58	47	3	M60	Dale Hanna, M62	Cedar Rapids, IA	24:21	7:50/M
59	12	4	F20	Megan Grant, F20	Iowa City, IA	24:24	7:51/M
60	48	6	M50	Todd Lewison, M50	Cedar Rapids, IA	24:28	7:52/M
61	13	5	F20	Marey Rahn, F20	Coralville, IA	24:29	7:52/M
62	14	1	F15	Beth Heims, F15	Swisher, IA	24:30	7:53/M
63	49	13	M40	John Ernst, M40	Cedar Rapids, IA	24:36	7:55/M
64	50	14	M40	Todd Montgomery, M43	Cedar Rapids, IA	24:37	7:55/M
65	51	7	M50	Mark Powers, M57	Cedar Rapids, IA	24:39	7:56/M
66	52	15	M40	Mathieu Cagnard, M40	Cedar Rapids, IA	24:45	7:58/M
67	53	13	M30	Todd Kopelman, M30	Iowa City, IA	24:49	7:59/M
68	15	3	F30	Angela Charsha-harney, F30	Coralville, IA	24:52	8:00/M

69	54	14	M30	Chad Gammon, M30	Cedar Rapids, IA	24:54	8:01/M
70	16	4	F30	Kerri Ruotolo, F30	Iowa City, IA	24:55	8:01/M
71	55	15	M30	Josh Weeks, M37	Walford, IA	25:07	8:05/M
72	17	6	F20	Erica Diehl, F20	Cedar Rapids, IA	25:08	8:05/M
73	18	5	F30	Robin Kopelman, F30	Iowa City, IA	25:14	8:07/M
74	19	2	F15	Christa Kleinmeyer, F15	Williamsburg, IA	25:14	8:07/M
75	20	7	F20	Sarah Greene, F29	Coralville, IA	25:16	8:08/M
76	56	11	M20	Thomas Julius, M20	North Liberty, IA	25:17	8:08/M
77	57	12	M20	Cash Hodson, M20	Iowa City, IA	25:20	8:09/M
78	21	6	F30	Tami Skriver, F39	Walford, IA	25:21	8:09/M
79	58	16	M30	Brian Uelze, M30	Cedar Rapids, IA	25:23	8:10/M
80	59	13	M20	Joseph Whitney, M20	Iowa City, IA	25:27	8:11/M
81	22	7	F30	Kris Diehl, F30	Robins, IA	25:28	8:12/M
82	60	16	M40	Joe Schmidt, M40	Kalona, IA	25:36	8:14/M
83	61	17	M30	Johnny Utah, M30	Columbus, OH	25:43	8:16/M
84	23	8	F20	Steph Maresh, F20	Cedar Rapids, IA	26:09	8:25/M
85	62	18	M30	Cory Jensen, M30	Iowa City, IA	26:10	8:25/M
86	24	8	F30	Sheri Beaver, F30	Grimes, IA	26:14	8:26/M
87	63	14	M20	Pedro Germartono, M20	Iowa City, IA	26:15	8:27/M
88	64	19	M30	Ben Diehl, M30	Cedar Rapids, IA	26:20	8:28/M
89	25	4	F40	Kelly Jensen, F40	Toddville, IA	26:22	8:29/M
90	65	20	M30	Jose Ramos, M32	Iowa City, IA	26:30	8:31/M
91	66	4	M60	Jim Tiedemann, M60	Iowa City, IA	26:30	8:32/M
92	26	9	F30	Jenna Porter, F30	DesMoines, IA	26:32	8:32/M
93	27	10	F30	Nancy Davis, F30	Cedar Rapids, IA	26:38	8:34/M
94	67	21	M30	Jeremy Davis, M30	Cedar Rapids, IA	26:39	8:34/M
95	28	5	F40	Kris Heims, F42	Swisher, IA	26:50	8:38/M
96	68	22	M30	Matthew Vanmaanen, M30	Cedar Rapids, IA	26:54	8:39/M
97	69	23	M30	Jared Rice, M30	Epworth, IA	26:58	8:41/M
98	70	3	JrM	Trevor King, M14	Amana, IA	26:59	8:41/M
99	29	11	F30	Jennifer Mooney, F30	Middle, IA	27:02	8:42/M
100	71	8	M50	Dan Davies, M50	Amana, IA	27:09	8:44/M
101	30	1	F60	Claudia Scott, F60	Marion, IA	27:13	8:45/M
102	72	9	M50	Art Millikin, M50	Hedrick, IA	27:18	8:47/M
103	73	5	M60	Roy Gaddis, M60	Solon, IA	27:23	8:48/M
104	31	9	F20	Sarah Olsem, F20	Solon, IA	27:26	8:49/M
105	32	6	F40	Cathy Steines, F42	Mt Vernon, IA	27:28	8:50/M
106	33	2	F50	Carol Flansburg, F50	Riverside, IA	27:35	8:52/M
107	34	3	F50	Julie Riggert, F50	Iowa City, IA	27:36	8:53/M
108	74	17	M40	Dale Jensen, M40	Toddville, IA	27:41	8:54/M
109	35	12	F30	Tiffany Lott, F30	Manchester, IA	27:43	8:55/M
110	75	18	M40	Dave Wellace, M40	Homestead, IA	27:44	8:55/M
111	76	6	M60	Dan Tucker, M60	Cedar Raids, IA	27:45	8:55/M
112	77	24	M30	Dave Carpenter, M30	Hiawatha, IA	27:46	8:56/M
113	36	3	F15	Shianne Gruss, F15	Iowa City, IA	28:03	9:01/M

114	37	13	F30	Hillary Svenby, F30	Oskaloosa, IA	28:03	9:01/M
115	78	25	M30	Brent Svenby, M30	Oskaloosa, IA	28:04	9:02/M
116	79	4	JrM	Alex Stephens, M14	Center Point, IA	28:08	9:03/M
117	80	3	M15	Nathan Wessling, M15	Oxford, IA	28:12	9:04/M
118	81	15	M20	Zach Schuler, M20	Coralville, IA	28:13	9:05/M
119	38	14	F30	Rebecca Ausman, F30	Tiffin, IA	28:14	9:05/M
120	82	10	M50	Tim Gilbertson, M50	Cedarrapids, IA	28:17	9:06/M
121	39	4	F15	Emilie Jacobson, F15	Amana, IA	28:22	9:07/M
122	40	7	F40	Kris Tharp, F40	Swisher, IA	28:23	9:08/M
123	41	4	F50	Patti Sprague, F50	Mt. Vernon, IA	28:29	9:10/M
124	42	2	JrF	Kirstin Skriver, F12	Walford, IA	28:30	9:10/M
125	43	10	F20	Angela Mcgrath, F20	Johnston, IA	28:31	9:10/M
126	83	26	M30	Tim Kraus, M30	Marengo, IA	28:32	9:11/M
127	84	27	M30	Zak Manes, M30	Cedar Rapids, IA	28:35	9:12/M
128	85	11	M50	Doug Lord, M56	Lisbon, IA	28:36	9:12/M
129	86	28	M30	Rudy Papakee, M30	Tama, IA	28:40	9:13/M
130	44	11	F20	Jill Schwickerath, F20	Readlyn, IA	28:45	9:15/M
131	45	15	F30	Candice Smith, F30	Iowa City, IA	28:46	9:15/M
132	46	12	F20	Rebecca Longhurst, F20	Iowa City, IA	28:47	9:16/M
133	47	16	F30	Angie Maske-Berka, F30	Iowa City, IA	28:56	9:18/M
134	87	16	M20	Greg Mitchell, M20	Blairstown, IA	29:01	9:20/M
135	48	5	F50	Paula Blount, F50	Amana, IA	29:04	9:21/M
136	88	19	M40	Jeff Harney, M40	Coralville, IA	29:08	9:22/M
137	49	8	F40	Robyn Netz, F40	Cedar Rapids, IA	29:14	9:24/M
138	89	17	M20	Jarded Bennett, M20	Cedar Rapids, IA	29:24	9:27/M
139	50	13	F20	Christine Smith, F20	Atkins, IA	29:31	9:30/M
140	51	6	F50	Sue Rugger, F50	Oxford, IA	29:34	9:31/M
141	52	7	F50	Elaine Lindaman, F50	West Des Moines, IA	29:36	9:31/M
142	53	17	F30	Heidi Sandersfeld, F30	Amana, IA	29:37	9:32/M
143	54	9	F40	Joni Kirk, F40	Coralville, IA	29:39	9:32/M
144	90	5	JrM	Noah Mcniel, M14	Homestead, IA	29:42	9:33/M
145	55	18	F30	Linda Mcniel, F30	Homestead, IA	29:43	9:33/M
146	56	19	F30	Cybil Mcintosh, F30	Amana, IA	29:51	9:36/M
147	91	29	M30	Brian Engelhart, M31	Cedar Rapids, IA	29:54	9:37/M
148	57	10	F40	Lisa Faherty, F40	Fairfax, IA	30:03	9:40/M
149	58	11	F40	Trudi Truendle, F40	Palo, IA	30:05	9:41/M
150	92	18	M20	Zack Wacks, M20	Marengo, IA	30:09	9:42/M
151	93	30	M30	Andrew Swanson, M30	North Liberty, IA	30:16	9:44/M
152	59	12	F40	Shari Lewison, F40	Cedar Rapids, IA	30:18	9:45/M
153	60	20	F30	Kelly Spencer, F30	Cedar Rapids, IA	30:19	9:45/M
154	61	13	F40	Carla Urbaszewski, F40	Glencoe, IL	30:20	9:46/M
155	94	20	M40	Jeff Hoskinson, M40	Anamosa, IA	30:30	9:49/M
156	62	14	F40	Diane Henry, F40	Urbandale, IA	30:35	9:50/M
157	95	21	M40	Scott Miller, M40	Urbandale, IA	30:35	9:50/M
158	96	7	M60	John Johnson, M60	Cedar Rapids, IA	30:41	9:52/M

159	63	21	F30	Melissa Ertle, F30	Iowa City, IA	30:50	9:55/M
160	64	14	F20	Erin Dougherty, F20	Iowa City, IA	30:51	9:55/M
161	65	15	F20	Chauncy Egglund, F20	Iowa City, IA	30:51	9:56/M
162	97	12	M50	Ken Root, M50	Annandale, MN	30:52	9:56/M
163	98	31	M30	Jamie Moore, M30	Coralville, IA	30:54	9:56/M
164	66	16	F20	Courtney Drury, F20	Coralville, IA	30:54	9:57/M
165	99	13	M50	Mike Peiffer, M52	Cedar Rapids, IA	30:56	9:57/M
166	100	14	M50	Mark Taylor, M50	Norwalk, IA	31:10	10:02/M
167	67	8	F50	Linnea Martin, F50	Marion, IA	31:22	10:05/M
168	101	6	JrM	Luka Jones, M14	Cedar Rapids, IA	31:26	10:07/M
169	68	15	F40	Aimee Jones, F42	Cedar Rapids, IA	31:28	10:07/M
170	69	9	F50	Ursula Williams, F50	Middle, IA	31:29	10:08/M
171	70	22	F30	Alicia Schiller, F30	West Point, IA	31:31	10:08/M
172	71	16	F40	Jodi Smith, F40	Atkins, IA	31:33	10:09/M
173	72	17	F40	Jenny Burkart, F40	Marion, IA	31:34	10:09/M
174	73	17	F20	Sarah Pederson, F20	Iowa City, IA	31:50	10:14/M
175	74	18	F20	Emily Landan, F20	Iowa City, IA	31:50	10:14/M
176	75	23	F30	Jamey Smith, F30	Donnellson, IA	32:02	10:18/M
177	102	22	M40	Craig Mcniel, M40	Homestead, IA	32:10	10:21/M
178	76	19	F20	Cayla Westergard, F20	Windsor Heights, IA	32:13	10:22/M
179	77	24	F30	Lynn Olberding, F30	Marshalltown, IA	32:16	10:23/M
180	78	25	F30	Diane White, F30	Cedar Rapids, IA	32:30	10:27/M
181	79	26	F30	Sheila Smith, F30	Grinnell, IA	32:33	10:28/M
182	103	8	M60	Mike Rickert, M60	Ida Grove, IA	32:42	10:31/M
183	80	18	F40	Colleen Jensen, F40	Amana, IA	32:47	10:33/M
184	81	2	F60	Peggy Mounce, F60	Corydon, IA	32:49	10:34/M
185	82	10	F50	Becky Steele, F50	Cedar Rapids, IA	32:50	10:34/M
186	83	27	F30	Shelley Stumme, F30	North Liberty, IA	32:59	10:37/M
187	84	20	F20	Candice Dietz, F20	Cedar Rapids, IA	33:25	10:45/M
188	85	21	F20	Meghan Wood, F20	Asbury, IA	34:17	11:02/M
189	86	22	F20	Inga Rundquist, F20	Cedar Rapids, IA	34:18	11:02/M
190	87	23	F20	Kelli Schlarbaum, F20	Tiffin, IA	34:19	11:02/M
191	88	28	F30	Jennifer Schulte, F30	Cedar Rapids, IA	34:24	11:04/M
192	89	29	F30	Melissa Crolrier, F30	Cedar Falls, IA	34:41	11:09/M
193	90	30	F30	Julie Rife, F30	Marion, IA	34:47	11:11/M
194	91	31	F30	Kelley-Ann Ryan, F30	Coralville, IA	34:51	11:13/M
195	92	32	F30	Jennie Stoner, F30	Mt Vernon, IA	34:54	11:14/M
196	93	3	JrF	Josie Sichels, F14	Creston, IA	35:08	11:18/M
197	94	4	JrF	Jami Sichels, F14	Creston, IA	35:08	11:18/M
198	104	32	M30	Adam Witte, M30	Iowa City, IA	35:10	11:19/M
199	95	24	F20	Rebecca Shirazi, F20	Iowa City, IA	35:58	11:34/M
200	96	33	F30	Cheri Reed, F30	Marshalltown, IA	36:05	11:36/M
201	105	19	M20	Austin Davis, M20	Iowa City, IA	36:06	11:37/M
202	97	25	F20	Marybeth Davis, F20	Iowa City, IA	36:06	11:37/M
203	98	19	F40	Anissa Bourgeacq, F40	Coralville, IA	36:15	11:40/M

204	99	34	F30	Lindsey Wessels, F30	Cedar Rapids, IA	37:25	12:02/M
205	100	35	F30	Stephanie Miller, F30	Cedar Rapids, IA	37:29	12:03/M
206	101	11	F50	Kim Isbell, F50	Vinton, IA	37:30	12:04/M
207	106	23	M40	Eric Conrad, M40	DesMoines, IA	37:40	12:07/M
208	107	33	M30	Clint Hansen, M30	Iowa City, IA	37:44	12:08/M
209	102	20	F40	Julie Stephens, F40	Center Point, IA	38:32	12:24/M
210	103	36	F30	Shelley Frost, F30	Des Moines, IA	39:01	12:33/M
211	104	12	F50	Barb Stewart, F50	Watkins, IA	39:10	12:36/M
212	105	21	F40	Lori Miene, F40	Cedar Rapids, IA	39:30	12:43/M
213	106	22	F40	Christine Gassman, F40	Marengo, IA	39:58	12:52/M
214	108	24	M40	Richard Gassman, M40	Marengo, IA	39:59	12:52/M
215	107	26	F20	Allison Roby, F20	West Des Moines, IA	40:42	13:06/M
216	108	23	F40	Vicki Osland, F40	Coralville, IA	42:12	13:35/M
217	109	3	F60	Chris Lamphere, F60	Swisher, IA	42:57	13:49/M
218	110	37	F30	Katie Marlin, F30	Cedar Rapids, IA	42:59	13:50/M
219	111	38	F30	Kelly Smith, F30	Amana, IA	42:59	13:50/M
220	112	39	F30	Cana Caslauka, F30	Cedar Rapids, IA	42:59	13:50/M
221	113	27	F20	Gretchen Root, F20	Annandale, MN	44:25	14:17/M
222	114	4	F60	Connie Root, F60	Annandale, MN	44:26	14:18/M
223	115	24	F40	Tina Hinsley, F40	Amana, IA	44:39	14:22/M
224	116	40	F30	Angie Cook, F30	Marion, IA	45:00	14:29/M
225	117	13	F50	Marla Kleingartner, F50	Iowa City, IA	45:18	14:34/M
226	118	28	F20	Jamie Meyers, F20	Fairfax, IA	45:19	14:35/M
227	119	41	F30	Amanda Sparks, F30	Knoxville, IA	47:10	15:11/M
228	120	5	JrF	Maddi Hayes, F14	Knoxville, IA	47:11	15:11/M
229	121	42	F30	Kara Hayes, F30	Knoxville, IA	47:12	15:11/M
230	109	9	M60	Charles Hoehnle, M60	Homestead, IA	47:14	15:12/M
231	122	14	F50	Karen Myers, F50	Iowa City, IA	47:53	15:24/M
232	123	29	F20	Kristin Linnell, F20	Cedar Rapids, IA	47:55	15:25/M
233	124	43	F30	Emily Smith, F30	Cedar Rapids, IA	47:56	15:25/M
234	125	44	F30	Mary Bunting, F30	Amana, IA	47:57	15:26/M
235	126	45	F30	Stephanie Smith, F30	Fairfax, IA	48:00	15:27/M
236	127	30	F20	Amanda Heyda, F20	Cedar Rapids, IA	48:00	15:27/M
237	128	31	F20	Nicole Kuennen, F20	Solon, IA	48:31	15:37/M
238	110	20	M20	Greg Kuennen, M20	Solon, IA	48:31	15:37/M
239	129	6	JrF	Riley Hayes, F14	Knoxville, IA	49:15	15:51/M
240	130	5	F60	Shelley Kuennen, F60	Solon, IA	49:15	15:51/M
241	131	46	F30	Elizabeth Swanson, F30	North Liberty, IA	50:34	16:16/M
242	132	32	F20	Kelli Jensen, F20	Amana, IA	51:09	16:27/M
243	111	15	M50	Chris Jensen, M50	Amana, IA	51:10	16:28/M
244	133	33	F20	Beth Gibson, F20	South Amana, IA	53:41	17:17/M
245	134	25	F40	Kris Gibson, F40	South Amana, IA	53:42	17:17/M
246	135	26	F40	Tania Porter, F40	Amana, IA	54:05	17:24/M
247	112	16	M50	Frank Kuennen, M50	Solon, IA	54:49	17:38/M
248	136	15	F50	Kelly Taylor, F50	Colfax, IA	55:24	17:50/M

249 113 17 M50 Jack Taylor, M50 Colfax, IA 55:26 17:50/M

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