

# Amana Freezer Run 2013 \*\*\* 5K Run \*\*\* Overall & Divisions

Event: 5K Run

Date: Saturday, January 26, 2013

Location: Aman, Ia

Weather: Cold 20°

## Overall and Age Divisions

**Results By: Jeff Mullen** Race Video [16:35](#) 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>Age Grade</u>	<u>Score</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	1	1 OVM	<a href="#">Nathan Hopp, M30</a>	West Amana, IA, US	16:05	80.13%	16:08	5:11/M
2	2	1 M30	<a href="#">T.J. Craig, M35</a>	Iowa City, IA, US	17:28	73.79%	17:51	5:44/M
3	3	2 M30	<a href="#">Marty Dalton, M36</a>	Earlham, IA, US	17:39	73.06%	18:08	5:50/M
4	4	1 M20	<a href="#">Ross Kilgore, M28</a>	Iowa City, IA, US	18:36	69.32%	18:36	5:59/M
5	5	3 M30	<a href="#">Garrett Rettig, M32</a>	Coralville, IA, US	18:53	68.27%	19:02	6:07/M
6	6	1 M15	<a href="#">Steven Culpepper, M19</a>	Hiawatha, IA, US	18:45	68.74%	19:10	6:10/M
7	7	1 M40	<a href="#">Daniel Holt, M45</a>	Mt. Pleasant, IA, US	17:27	73.87%	19:11	6:10/M
8	8	2 M40	<a href="#">Dean Schwickerath, M41</a>	Readlyn, IA, US	18:05	71.28%	19:17	6:12/M
9	9	3 M40	<a href="#">Todd Hubbard, M46</a>	Iowa City, IA, US	17:55	71.98%	19:51	6:23/M
10	10	2 M20	<a href="#">Scott Lamparek, M22</a>	Swisher, IA, US	19:58	64.60%	19:58	6:25/M
11	11	4 M30	<a href="#">John Hackbarth, M30</a>	Cedar Rapids, IA, US	20:09	63.98%	20:12	6:30/M
12	12	5 M30	<a href="#">Matt Wildman, M37</a>	Marion, IA, US	19:33	65.97%	20:14	6:30/M
13	1	1 OVF	<a href="#">Michelle Zikes, F18</a>	Cedar Rapids, IA, US	20:02	73.84%	20:15	6:31/M
14	13	4 M40	<a href="#">Dustin Vasquez, M41</a>	Walford, IA, US	19:02	67.72%	20:18	6:32/M
15	14	6 M30	<a href="#">Wes Hilleshiem, M35</a>	Marion, IA, US	19:59	64.52%	20:25	6:34/M

16	15	7 M30	<a href="#">Troy Bergmann, M35</a>	Mount Vernon, IA, US	20:03	64.33%	20:29	6:35/M
17	16	1 M50	<a href="#">Craig Brophy, M52</a>	Cedar Rapids, IA, US	17:58	71.78%	20:52	6:43/M
18	17	2 M50	<a href="#">Perry Smith, M52</a>	Solon, IA, US	18:07	71.21%	21:03	6:46/M
19	18	8 M30	<a href="#">Christopher Nims, M36</a>	Robins, IA, US	20:36	62.59%	21:11	6:49/M
20	19	9 M30	<a href="#">Derek Foelske, M33</a>	Nashua, IA, US	20:59	61.48%	21:13	6:49/M
21	2	1 F20	<a href="#">Julie Johnston, F28</a>	Cedar Rapids, IA, US	21:17	69.49%	21:17	6:51/M
22	3	1 F30	<a href="#">Darcy Ehrmann, F30</a>	Cedar Rapids, IA, US	21:20	69.35%	21:20	6:52/M
23	4	2 F20	<a href="#">Kelly Teeselink, F26</a>	Iowa City, IA, US	21:32	68.73%	21:32	6:55/M
24	20	10 M30	<a href="#">Josh Berka, M32</a>	Iowa City, IA, US	21:22	60.34%	21:32	6:56/M
25	21	3 M50	<a href="#">Guy Olson, M55</a>	Cedar Rapids, IA, US	18:10	70.97%	21:39	6:58/M
26	22	1 M60	<a href="#">Jim Shimek, M65</a>	Fairfax, IA, US	16:41	77.25%	21:42	6:59/M
27	23	3 M20	<a href="#">Taylor Rettig, M29</a>	West Des Moines, IA, US	21:44	59.31%	21:46	7:00/M
28	24	5 M40	<a href="#">Mathieu Cagnard, M41</a>	Cedar Rapids, IA, US	20:26	63.11%	21:47	7:00/M
29	25	4 M50	<a href="#">Kevin Vogel, M52</a>	Amana, IA, US	18:47	68.65%	21:50	7:01/M
30	5	3 F20	<a href="#">Elizabeth Steele, F28</a>	Norway, IA, US	21:51	67.73%	21:51	7:02/M
31	6	2 F30	<a href="#">Alice Anderson, F30</a>	Marion, IA, US	21:53	67.60%	21:53	7:02/M
32	26	2 M60	<a href="#">Tom Wolfe, M64</a>	Cedar Rapids, IA, US	17:00	75.88%	21:54	7:03/M
33	27	11 M30	<a href="#">Robert Lancaster, M33</a>	Cedar Rapids, IA, US	21:58	58.70%	22:13	7:09/M
34	28	6 M40	<a href="#">Dave Carey, M47</a>	Iowa City, IA, US	20:01	64.42%	22:21	7:11/M
35	7	3 F30	<a href="#">Emily Burmeister, F30</a>	Marion, IA, US	22:23	66.10%	22:23	7:12/M
36	29	4 M20	<a href="#">Luke Hermann, M29</a>	North Liberty, IA, US	22:25	57.51%	22:27	7:13/M
37	30	2 M15	<a href="#">Austin Fariss, M15</a>	Batavia, IA, US	20:49	61.92%	22:29	7:14/M
38	8	4 F30	<a href="#">Gretchen Lawyer, F39</a>	Marion, IA, US	22:10	66.77%	22:46	7:19/M
39	31	5 M50	<a href="#">Kevin Wise, M50</a>	Iowa City, IA, US	19:56	64.71%	22:47	7:20/M
40	32	12 M30	<a href="#">Michael Kilburg, M31</a>	Cedar Rapids, IA, US	22:45	56.69%	22:51	7:21/M
41	33	6 M50	<a href="#">Christian Buffard, M50</a>	Amana, IA, US	20:06	64.17%	22:58	7:23/M
42	9	5 F30	<a href="#">Sheri Beaver, F31</a>	Grimes, IA, US	23:06	64.04%	23:08	7:26/M
43	34	13 M30	<a href="#">Josh Weeks, M38</a>	Walford, IA, US	22:19	57.77%	23:16	7:29/M
44	35	14 M30	<a href="#">Andre Moorman, M31</a>	Cedar Rapids, IA, US	23:17	55.40%	23:23	7:31/M
45	36	15 M30	<a href="#">Andrew Lundy, M35</a>	Cedar Rapids, IA, US	22:55	56.27%	23:25	7:32/M
46	37	16 M30	<a href="#">Scott Lee, M32</a>	Vinton, IA, US	23:18	55.36%	23:29	7:33/M

47	10	6 F30	<a href="#">Deidre Nims, F37</a>	Robins, IA, US	23:06	64.05%	23:30	7:33/M
48	38	1 JRM	<a href="#">Matthew Hovda, M14</a>	Cedar Rapids, IA, US	21:23	60.29%	23:32	7:34/M
49	39	3 M15	<a href="#">Brenner Gibson, M17</a>	South Amana, IA, US	22:31	57.28%	23:35	7:35/M
50	40	7 M40	<a href="#">Doug Jones, M49</a>	Redfield, IA, US	20:47	62.03%	23:35	7:35/M
51	41	3 M60	<a href="#">Clayton Briggs, M64</a>	Coralville, IA, US	18:19	70.37%	23:37	7:36/M
52	42	17 M30	<a href="#">Dustin Rahe, M34</a>	Palo, IA, US	23:14	55.50%	23:37	7:36/M
53	43	8 M40	<a href="#">Michael Riddle, M47</a>	Kalona, IA, US	21:15	60.67%	23:44	7:38/M
54	44	9 M40	<a href="#">Chad Gammon, M40</a>	Cedar Rapids, IA, US	22:31	57.26%	23:50	7:40/M
55	45	10 M40	<a href="#">Mark Vogt, M44</a>	Homestead, IA, US	21:53	58.94%	23:52	7:40/M
56	46	18 M30	<a href="#">Joel Abrams, M38</a>	Ely, IA, US	23:00	56.07%	23:59	7:43/M
57	11	7 F30	<a href="#">Linda McNiell, F37</a>	Homestead, IA, US	23:49	62.13%	24:14	7:48/M
58	12	1 F40	<a href="#">Lynette Brown, F41</a>	North Liberty, IA, US	23:22	63.33%	24:18	7:49/M
59	13	8 F30	<a href="#">Denise Rettig, F31</a>	Coralville, IA, US	24:27	60.52%	24:28	7:52/M
60	47	2 JRM	<a href="#">Trevor King, M11</a>	Amana, IA, US	20:39	62.44%	24:29	7:53/M
61	48	11 M40	<a href="#">Dave Arensdorf, M47</a>	Mechanicsville, VA, US	21:56	58.77%	24:30	7:53/M
62	49	12 M40	<a href="#">Brian Tharp, M41</a>	Swisher, IA, US	22:59	56.12%	24:30	7:53/M
63	14	4 F20	<a href="#">Abby Martin, F25</a>	Lisbon, IA, US	24:38	60.07%	24:38	7:55/M
64	50	4 M60	<a href="#">Brad Scott, M60</a>	Marion, IA, US	19:53	64.88%	24:43	7:57/M
65	51	7 M50	<a href="#">Dan Davies, M56</a>	Amana, IA, US	20:37	62.53%	24:46	7:58/M
66	52	8 M50	<a href="#">Scott Miller, M50</a>	Urbandale, IA, US	21:50	59.07%	24:58	8:02/M
67	53	9 M50	<a href="#">Mike Inman, M54</a>	Ottumwa, IA, US	21:11	60.89%	25:01	8:03/M
68	54	13 M40	<a href="#">Greg Dietz, M45</a>	Waterloo, IA, US	22:51	56.45%	25:06	8:05/M
69	15	5 F20	<a href="#">Ashley Hesson, F29</a>	Vinton, IA, US	25:07	58.89%	25:07	8:05/M
70	55	5 M60	<a href="#">Bruce Bachmann, M63</a>	Cedar Rapids, IA, US	19:42	65.46%	25:09	8:05/M
71	16	1 F60	<a href="#">Claudia Scott, F61</a>	Marion, IA, US	19:12	77.07%	25:10	8:06/M
72	56	19 M30	<a href="#">Nick Gerringer, M39</a>	North English, IA, US	23:59	53.76%	25:12	8:06/M
73	17	2 F40	<a href="#">Sarah Williams, F46</a>	Marion, IA, US	23:20	63.40%	25:17	8:08/M
74	57	14 M40	<a href="#">Peter Cole, M41</a>	Cedar Rapids, IA, US	23:45	54.29%	25:19	8:09/M
75	58	15 M40	<a href="#">Eric Bauer, M47</a>	Iowa City, IA, US	22:42	56.80%	25:21	8:09/M
76	18	3 F40	<a href="#">Pam Hubbard, F46</a>	Iowa City, IA, US	23:25	63.16%	25:22	8:10/M
77	19	6 F20	<a href="#">Jacqueline Lavelly, F24</a>	Iowa City, IA, US	25:23	58.28%	25:23	8:10/M
78	20	9 F30	<a href="#">Hillary Svenby, F32</a>	Oskaloosa, IA, US	25:28	58.10%	25:31	8:13/M
79	59	20 M30	<a href="#">Adam Boeckmann, M31</a>	Cedar Falls, IA, US	25:29	50.61%	25:36	8:14/M
80	21	10 F30	<a href="#">Robin Kopelman, F39</a>	Iowa City, IA, US	24:58	59.25%	25:39	8:15/M
81	60	21 M30	<a href="#">Todd Kopelman, M39</a>	Iowa City, IA, US	24:33	52.54%	25:47	8:17/M

82	61	22 M30	<a href="#">Jay Stewart, M39</a>	Fairfax, IA, US	24:33	52.52%	25:47	8:18/M
83	62	5 M20	<a href="#">Masashi Mukoda, M29</a>	Coralville, IA, US	26:02	49.52%	26:04	8:23/M
84	22	11 F30	<a href="#">MacKenzie Pedersen, F33</a>	West Liberty, IA, US	26:02	56.85%	26:08	8:24/M
85	63	23 M30	<a href="#">Brent Svenby, M34</a>	Oskaloosa, IA, US	25:43	50.14%	26:08	8:24/M
86	23	12 F30	<a href="#">Malea Lee, F33</a>	Vinton, IA, US	26:05	56.73%	26:11	8:25/M
87	64	16 M40	<a href="#">Matthew Van Maanen, M40</a>	Cedar Rapids, IA, US	24:47	52.04%	26:13	8:26/M
88	24	13 F30	<a href="#">Angie Maske-Berka, F32</a>	Iowa City, IA, US	26:12	56.48%	26:15	8:27/M
89	25	4 F40	<a href="#">Barb Gaffney, F45</a>	Center Point, IA, US	24:30	60.38%	26:18	8:27/M
90	65	3 JRM	<a href="#">Jake Demuth, M14</a>	Rowley, IA, US	24:00	53.75%	26:24	8:29/M
91	66	17 M40	<a href="#">Ben Demuth, M43</a>	Rowley, IA, US	24:23	52.87%	26:24	8:29/M
92	26	7 F20	<a href="#">Katie Jones, F26</a>	Cedar Rapids, IA, US	26:26	55.97%	26:26	8:30/M
93	67	6 M20	<a href="#">Bryan Jones, M28</a>	Cedar Rapids, IA, US	26:27	48.77%	26:27	8:30/M
94	27	8 F20	<a href="#">Lisa Newgard, F29</a>	Cedar Falls, IA, US	26:27	55.93%	26:27	8:31/M
95	68	10 M50	<a href="#">Todd Lewison, M52</a>	Cedar Rapids, IA, US	22:52	56.39%	26:34	8:33/M
96	69	11 M50	<a href="#">Monty Beal, M50</a>	Coralville, IA, US	23:16	55.43%	26:36	8:33/M
97	70	24 M30	<a href="#">Dave Carpenter, M37</a>	Hiawatha, IA, US	25:45	50.09%	26:39	8:34/M
98	71	12 M50	<a href="#">Brian Smith, M55</a>	Omaha, NE, US	22:23	57.62%	26:40	8:34/M
99	72	13 M50	<a href="#">Doug Lord, M58</a>	Lisbon, IA, US	21:49	59.10%	26:40	8:35/M
100	73	14 M50	<a href="#">Kevin Lamparek, M52</a>	Swisher, IA, US	22:59	56.11%	26:42	8:35/M
101	28	9 F20	<a href="#">Jessica Mendez, F25</a>	Iowa City, IA, US	26:55	54.96%	26:55	8:40/M
102	74	25 M30	<a href="#">Christopher Weis, M33</a>	North Liberty, IA, US	26:37	48.46%	26:55	8:40/M
103	29	10 F20	<a href="#">Kari Junginger, F28</a>	Iowa City, IA, US	27:01	54.75%	27:01	8:42/M
104	30	14 F30	<a href="#">Shawn Pierce, F33</a>	West Branch, IA, US	26:56	54.92%	27:03	8:42/M
105	75	18 M40	<a href="#">Dave Wallace, M49</a>	Homestead, IA, US	23:53	54.01%	27:05	8:43/M
106	31	15 F30	<a href="#">Stephanie Prochaska, F36</a>	Cedar Rapids, IA, US	26:44	55.33%	27:06	8:43/M
107	76	6 M60	<a href="#">Dan Tucker, M61</a>	Cedar Rapids, IA, US	21:39	59.57%	27:09	8:44/M
108	77	19 M40	<a href="#">Deb Kennedy, M45</a>	Amana, IA, US	24:47	52.05%	27:14	8:46/M
109	78	20 M40	<a href="#">John Ernst, M48</a>	Cedar Rapids, IA, US	24:19	53.04%	27:21	8:48/M
110	79	15 M50	<a href="#">Brian Fruendt, M52</a>	Cedar Rapids, IA, US	23:34	54.72%	27:23	8:48/M
111	80	16 M50	<a href="#">Kevin Case, M58</a>	Grimes, IA, US	22:27	57.46%	27:25	8:49/M
112	32	16 F30	<a href="#">Deanne Gibbs, F33</a>	Walford, IA, US	27:23	54.04%	27:30	8:51/M
113	33	17 F30	<a href="#">Sarah Tarnowski, F39</a>	Amana, IA, US	26:49	55.18%	27:33	8:52/M
114	34	18 F30	<a href="#">Alissa Schuerer, F31</a>	Amana, IA, US	27:31	53.77%	27:33	8:52/M

115	81	17 M50	<a href="#">Mark Trimble, M55</a>	Iowa City, IA, US	23:10	55.67%	27:36	8:53/M
116	35	19 F30	<a href="#">Amy Weiford, F34</a>	Cedar Falls, IA, US	27:26	53.94%	27:37	8:53/M
117	82	26 M30	<a href="#">Kevin Baumgartner, M39</a>	Spruce Ct, IA, US	26:22	48.90%	27:42	8:55/M
118	83	21 M40	<a href="#">Keith Treu, M46</a>	Grimes, IA, US	25:06	51.37%	27:48	8:57/M
119	36	5 F40	<a href="#">Jody Rausch, F43</a>	Robins, IA, US	26:27	55.95%	27:54	8:58/M
120	84	7 M60	<a href="#">Art Millikin, M60</a>	Hedrick, IA, US	22:27	57.46%	27:54	8:59/M
121	37	6 F40	<a href="#">Candice Smith, F40</a>	Iowa City, IA, US	27:04	54.67%	27:58	9:00/M
122	38	7 F40	<a href="#">Tina Vasquez, F47</a>	Vinton, IA, US	25:36	57.80%	28:01	9:01/M
123	39	20 F30	<a href="#">Kara Verplaetse, F31</a>	Oxford, IA, US	28:02	52.79%	28:03	9:02/M
124	85	27 M30	<a href="#">Dan Caropreso, M36</a>	West Des Moines, IA, US	27:21	47.15%	28:07	9:03/M
125	86	28 M30	<a href="#">Zack Woods, M30</a>	Marengo, IA, US	28:04	45.95%	28:08	9:03/M
126	40	8 F40	<a href="#">Kim Finn, F44</a>	Walford, IA, US	26:29	55.86%	28:10	9:04/M
127	41	21 F30	<a href="#">Rebecca Ausman, F34</a>	Tiffin, IA, US	28:00	52.85%	28:11	9:04/M
128	87	18 M50	<a href="#">Tim Gilbertson, M54</a>	Cedar Rapids, IA, US	23:53	54.01%	28:12	9:04/M
129	42	9 F40	<a href="#">Kris Tharp, F46</a>	Swisher, IA, US	26:03	56.81%	28:13	9:04/M
130	43	22 F30	<a href="#">Shelley Slay, F38</a>	Iowa City, IA, US	27:39	53.50%	28:16	9:05/M
131	44	10 F40	<a href="#">Amie Wingerson, F43</a>	Cedar Rapids, IA, US	26:58	54.88%	28:27	9:09/M
132	88	22 M40	<a href="#">Javier Martinez, M45</a>	North Liberty, IA, US	25:56	49.72%	28:30	9:10/M
133	45	1 F50	<a href="#">Michelle Lloyd, F53</a>	Iowa City, IA, US	24:16	60.97%	28:33	9:11/M
134	46	11 F20	<a href="#">Anne Rangel, F29</a>	North Liberty, IA, US	28:41	51.59%	28:41	9:13/M
135	47	23 F30	<a href="#">Angela Fariss, F39</a>	Batavia, IA, US	27:56	52.97%	28:42	9:14/M
136	48	12 F20	<a href="#">Shannon Fox, F26</a>	Cedar Rapids, IA, US	28:45	51.47%	28:45	9:15/M
137	49	13 F20	<a href="#">Karen Shook, F28</a>	Cedar Falls, IA, US	28:56	51.15%	28:56	9:18/M
138	50	11 F40	<a href="#">Angie Tharp, F41</a>	Vinton, IA, US	27:52	53.10%	28:58	9:19/M
139	51	12 F40	<a href="#">Annette Merchant, F43</a>	Vinton, IA, US	27:28	53.88%	28:58	9:19/M
140	89	8 M60	<a href="#">Philip Caropreso, M66</a>	Keokuk, IA, US	22:05	58.40%	28:59	9:19/M
141	52	13 F40	<a href="#">Jill Wallace, F48</a>	Homestead, IA, US	26:12	56.46%	28:59	9:20/M
142	53	2 F50	<a href="#">Lauren Hintzsche, F50</a>	Lindenwood, IL, US	25:42	57.57%	29:07	9:22/M
143	54	1 JRF	<a href="#">Sarah Burns, F14</a>	Iowa City, IA, US	27:27	53.91%	29:08	9:22/M
144	90	23 M40	<a href="#">Michael Kuntz, M46</a>	Solon, IA, US	26:19	48.99%	29:10	9:23/M
145	91	29 M30	<a href="#">Adam Witte, M39</a>	Iowa City, IA, US	27:47	46.40%	29:11	9:23/M
146	55	14 F20	<a href="#">Alecia Lander, F26</a>	Cedar Rapids, IA, US	29:18	50.50%	29:18	9:25/M
147	92	7 M20	<a href="#">Tate Harrison, M24</a>	Marion, IA, US	29:18	44.01%	29:18	9:26/M
148	56	24 F30	<a href="#">Alicia Schiller, F34</a>	West Point, IA, US	29:09	50.76%	29:20	9:26/M
149	93	30 M30	<a href="#">Steve Rude, M31</a>	Ankeny, IA, US	29:13	44.14%	29:21	9:27/M

150	57	3 F50	<a href="#">Laurie Canady, F54</a>	Iowa City, IA, US	24:42	59.91%	29:26	9:28/M
151	58	14 F40	<a href="#">Kristin Nalan, F45</a>	West Branch, IA, US	27:28	53.85%	29:29	9:29/M
152	59	25 F30	<a href="#">Julia Elser, F38</a>	Downers Grove, IL, US	28:55	51.17%	29:33	9:30/M
153	94	24 M40	<a href="#">Bruce Koffron, M44</a>	Solon, IA, US	27:07	47.55%	29:35	9:31/M
154	60	15 F20	<a href="#">Sarah Younker, F22</a>	Iowa City, IA, US	29:36	50.00%	29:36	9:31/M
155	95	31 M30	<a href="#">Josh Lockhart, M33</a>	Cedar Rapids, IA, US	29:16	44.07%	29:36	9:31/M
156	61	26 F30	<a href="#">Allison Malandra, F33</a>	North Liberty, IA, US	29:32	50.11%	29:39	9:32/M
157	62	15 F40	<a href="#">Diane Miller, F43</a>	Urbandale, IA, US	28:12	52.45%	29:45	9:34/M
158	63	4 F50	<a href="#">Pat Junko, F58</a>	Lawler, IA, US	23:41	62.48%	29:46	9:34/M
159	64	27 F30	<a href="#">Kristyn Schulte, F33</a>	Amana, IA, US	29:40	49.88%	29:48	9:35/M
160	65	16 F40	<a href="#">Roseanne Ricke, F40</a>	Lisbon, IA, US	28:53	51.22%	29:51	9:36/M
161	66	5 F50	<a href="#">Robyn Netz, F50</a>	Cedar Rapids, IA, US	26:23	56.07%	29:54	9:37/M
162	67	16 F20						