

Amana Freezer Run *** 5K run *** Overall & Divisions

Event: 5K run

Date: Saturday, January 23, 2016

Location: Amana, IA

Weather: Cold 25°

Overall and Age Divisions

Results By: On The Run Race Timing

<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	Nate Hopp, M33	West Amana, IA	16:46	5:24/M	16:45	5:24/M
2	2	1 M30	Ean Caskey, M34	Lisbon, IA	17:06	5:30/M	17:04	5:30/M
3	3	2 M30	Justin Hajek, M34	Marion, IA	18:18	5:53/M	18:17	5:53/M
4	4	3 M30	Mike Newman, M37	Cedar Rapids, IA	18:47	6:03/M	18:46	6:02/M
5	5	1 M20	Jacob Poliskey, M24	Iowa City, IA	18:55	6:05/M	18:55	6:05/M
6	6	1 M60	Daryl Julich, M60	Cedar Rapids, IA	19:25	6:15/M	19:23	6:14/M
7	7	1 M40	Dean Schwickerath, M44	Readlyn, IA	19:32	6:17/M	19:31	6:17/M
8	8	4 M30	Zach Hill, M30	Iowa City, IA	19:49	6:23/M	19:46	6:22/M
9	9	2 M40	Dustin Vasquez, M44	Walford, IA	20:12	6:30/M	20:09	6:29/M
10	10	1 M15	Julian Wilson, M18	Amana, IA	20:21	6:33/M	20:17	6:32/M
11	11	1 JRM	Matthew Taylor, M14	Iowa City, IA	20:27	6:35/M	20:27	6:35/M
12	12	5 M30	Nathan Gross, M35	Amana, IA	20:44	6:40/M	20:44	6:40/M
13	13	2 JRM	Ken Wilbur, M13	Iowa City, IA	20:48	6:42/M	20:47	6:41/M
14	14	1 M50	David Robertson, M58	Iowa City, IA	20:51	6:43/M	20:51	6:43/M
15	15	2 M50	Brett Roehlk, M53	Cedar Rapids, IA	20:55	6:44/M	20:54	6:44/M

16	1	1 OVF	Alice Anderson, F33	Marion, IA	20:59	6:45/M	20:58	6:45/M
17	16	2 M20	Michael Price, M29	Cedar Rapids, IA	21:02	6:46/M	21:00	6:46/M
18	2	1 F30	Emily Burmeister, F33	Marion, IA	21:02	6:46/M	21:00	6:46/M
19	17	3 M40	Mathieu Cagnard, M44	Cedar Rapids, IA	21:21	6:52/M	21:13	6:50/M
20	18	6 M30	Josh Berka, M35	Iowa City, IA	21:32	6:56/M	21:28	6:55/M
21	19	4 M40	Julien Morand, M40	Cedar Rapids, IA	21:47	7:01/M	21:39	6:58/M
22	20	3 M50	Horacio Olivo, M53	Iowa City, IA	21:51	7:02/M	21:47	7:01/M
23	21	4 M50	Craig Brophy, M55	Cedar Rapids, IA	22:12	7:09/M	22:09	7:08/M
24	3	2 F30	Elizabeth Steele, F31	Norway, IA	22:15	7:10/M	22:12	7:09/M
25	4	1 F40	Tracy Severtsgaard, F40	La Porte City, IA	22:15	7:10/M	22:11	7:08/M
26	22	5 M40	John Oxley, M44	Tiffin, IA	22:20	7:11/M	22:16	7:10/M
27	23	5 M50	Mark Zimmer, M58	Independence, IA	22:28	7:14/M	22:24	7:13/M
28	5	3 F30	Julie Johnston, F31	Cedar Rapids, IA	22:32	7:15/M	22:31	7:15/M
29	24	2 M60	Bob Strickland, M65	Cedar Rapids, IA	22:42	7:18/M	22:41	7:18/M
30	25	3 M20	Misael Romero, M21	Iowa City, IA	22:44	7:19/M	22:37	7:17/M
31	26	7 M30	Wes Hilleshiem, M38	Marion, IA	22:48	7:20/M	22:44	7:19/M
32	27	8 M30	Michael Horne, M32	Cedar Rapids, IA	22:52	7:21/M	22:49	7:21/M
33	6	4 F30	Lisa Neher, F30	Iowa City, IA	23:00	7:24/M	22:58	7:23/M
34	28	3 M60	Brad Scott, M63	Marion, IA	23:02	7:25/M	22:58	7:23/M
35	29	9 M30	Nic O'Malley, M31	Marion, IA	23:03	7:25/M	22:58	7:24/M
36	30	6 M50	Michael Riddle, M50	Kalona, IA	23:09	7:27/M	23:07	7:26/M
37	7	1 JRF	Lillian Geelan, F12	Marion, IA	23:12	7:28/M	23:10	7:27/M
38	8	5 F30	Kelsey Morfitt, F31	North Liberty, IA	23:16	7:29/M	22:57	7:23/M
39	31	7 M50	Dave Carey, M50	Iowa City, IA	23:17	7:30/M	23:15	7:29/M
40	32	4 M60	Tom Wolfe, M67	Cedar Rapids, IA	23:19	7:30/M	23:17	7:30/M
41	33	10 M30	Jeremy Breiner, M38	Alpha, MN	23:23	7:31/M	23:21	7:31/M
42	34	8 M50	Kim Wander, M54	West Union, IA	23:23	7:32/M	23:18	7:30/M
43	9	2 F40	Heidi Wauters, F40	Belle Plaine, IA	23:29	7:33/M	23:20	7:31/M

44	35	4 M20	Connor Fisher, M22	North Liberty, IA	23:33	7:35/M	23:17	7:30/M
45	36	11 M30	Robert Lancaster, M36	Cedar Rapids, IA	23:35	7:35/M	23:20	7:31/M
46	37	9 M50	Guy Olson, M58	Cedar Rapids, IA	23:38	7:36/M	23:33	7:35/M
47	10	3 F40	Rae Lynn Lamparek, F44	Swisher, IA	23:42	7:38/M	23:40	7:37/M
48	11	4 F40	Wendy Nolan, F47	Wellman, IA	23:51	7:41/M	23:48	7:40/M
49	38	5 M20	Bart Doudna, M29	Cedar Rapids, IA	23:52	7:41/M	23:16	7:29/M
50	12	1 F50	Leslie Julich, F50	Cedar Rapids, IA	23:53	7:41/M	23:51	7:41/M
51	39	6 M40	Brian Braid, M46	Marion, IA	23:55	7:42/M	23:52	7:41/M
52	40	6 M20	Micah Fields, M26	Iowa City, IA	24:00	7:43/M	23:52	7:41/M
53	41	12 M30	Dustin Rahe, M37	Palo, IA	24:11	7:47/M	23:56	7:42/M
54	13	1 F20	Tammy Marek, F29	Washington, IA	24:20	7:50/M	24:13	7:48/M
55	14	2 JRF	Morgan Carey, F14	Iowa City, IA	24:23	7:51/M	24:21	7:50/M
56	15	6 F30	Brie Roth, F36	North Liberty, IA	24:25	7:52/M	24:20	7:50/M
57	42	7 M40	Joel Rochleau, M42	Hiawatha, IA	24:25	7:52/M	24:19	7:50/M
58	16	2 F50	Debby Hildebrand, F53	Hiawatha, IA	24:28	7:53/M	24:20	7:50/M
59	43	13 M30	Matthew White, M37	Cedar Rapids, IA	24:40	7:56/M	24:35	7:55/M
60	17	3 F50	Cindy McCarthy, F52	Cedar Rapids, IA	24:41	7:57/M	24:35	7:55/M
61	44	14 M30	Scott Myers, M36	Cedar Rapids, IA	24:44	7:58/M	24:28	7:53/M
62	45	10 M50	Kent Ryan, M53	Cedar Rapids, IA	24:48	7:59/M	24:41	7:57/M
63	18	5 F40	Jennifer Steadman, F46	Cedar Rapids, IA	24:50	8:00/M	24:47	7:59/M
64	46	15 M30	Chris Stumpff, M30	Cedar Rapids, IA	24:50	8:00/M	24:38	7:56/M
65	19	7 F30	Kris Diehl, F36	Cedar Rapids, IA	24:51	8:00/M	24:37	7:55/M
66	47	16 M30	Phillip Brecht, M33	Marengo, IA	24:57	8:02/M	24:48	7:59/M
67	48	7 M20	Andrew Gray, M29	Marengo, IA	25:01	8:03/M	24:51	8:00/M
68	49	5 M60	Bruce Bachmann, M66	Cedar Rapids, IA	25:03	8:04/M	24:57	8:02/M
69	50	17 M30	Kyle Chvala, M33	Marengo, IA	25:05	8:04/M	24:45	7:58/M
70	20	6 F40	Malinda Lamb, F40	North Liberty, IA	25:08	8:05/M	25:02	8:04/M
71	51	6 M60	Tom Kirkwood, M72	Dyersville, IA	25:13	8:07/M	25:08	8:05/M

72	52	7 M60	Warren Feerer, M65	Cedar Rapids, IA	25:14	8:07/M	25:10	8:06/M
73	53	11 M50	Dan Carolin, M51	Cedar Rapids, IA	25:19	8:09/M	25:01	8:03/M
74	54	12 M50	Jeff Pick, M54	Cedar Rapids, IA	25:21	8:09/M	25:14	8:07/M
75	21	2 F20	Alexandra Stork, F27	Iowa City, IA	25:22	8:10/M	25:04	8:04/M
76	55	8 M20	Anton Stork, M23	Iowa City, IA	25:28	8:12/M	25:09	8:06/M
77	56	8 M40	Scott Leeman, M43	Iowa City, IA	25:31	8:13/M	25:26	8:11/M
78	22	3 JRF	Olivia Wilson, F14	Amana, IA	25:33	8:13/M	25:28	8:12/M
79	23	1 F15	Paige King, F15	Amana, IA	25:34	8:14/M	25:28	8:12/M
80	24	4 F50	Carmen Kelley, F50	Cedar Rapids, IA	25:36	8:14/M	25:21	8:10/M
81	25	7 F40	Deborah Wilbur, F43	Iowa City, IA	25:42	8:16/M	25:36	8:14/M
82	26	3 F20	Brittany Borghi, F28	Coralville, IA	25:42	8:16/M	25:34	8:14/M
83	27	8 F30	Kylie Mausser, F36	Amana, IA	25:45	8:17/M	25:30	8:13/M
84	28	9 F30	Amanda Stapleton, F31	Marion, IA	25:49	8:19/M	25:43	8:17/M
85	57	13 M50	Darwin Eichenberger, M56	Cedar Rapids, IA	25:49	8:19/M	25:35	8:14/M
86	58	14 M50	Mark Trimble, M58	Iowa City, IA	25:50	8:19/M	25:42	8:16/M
87	29	8 F40	Jessica Johnson, F41	South Amana, IA	25:51	8:19/M	25:46	8:18/M
88	30	5 F50	Mary Drake, F52	Cedar Rapids, IA	25:54	8:20/M	25:51	8:19/M
89	59	9 M40	Michael Johnson, M49	Marengo, IA	25:58	8:21/M	25:49	8:19/M
90	31	10 F30	Emily Gage, F35	North Liberty, IA	26:02	8:23/M	25:52	8:20/M
91	32	4 F20	Allison Momany, F26	Iowa City, IA	26:05	8:24/M	25:43	8:17/M
92	33	5 F20	Kristi Schuette, F26	Iowa City, IA	26:05	8:24/M	25:43	8:17/M
93	34	9 F40	Sarah Williams, F49	Marion, IA	26:08	8:25/M	25:59	8:22/M
94	35	10 F40	Barbara Gaffney, F48	Cedar Rapids, IA	26:14	8:27/M	26:04	8:23/M
95	60	15 M50	Larry Harris, M53	Brighton, IA	26:31	8:32/M	26:28	8:31/M
96	61	18 M30	Nicholas Stumpff, M32	Ely, IA	26:34	8:33/M	26:21	8:29/M
97	62	10 M40	Michael Kuntz, M49	Solon, IA	26:34	8:33/M	26:23	8:29/M
98	63	16 M50	Craig Johnson, M59	Cedar Rapids, IA	26:44	8:36/M	26:36	8:34/M
99	36	4 JRF	Nicole Clark, F12	Marion, IA	26:46	8:37/M	26:44	8:36/M

100	37	11 F30	Jillissa Schanbacher, F30	Marengo, IA	26:47	8:37/M	26:27	8:31/M
101	64	11 M40	Chad Gammon, M43	Cedar Rapids, IA	26:51	8:39/M	26:37	8:34/M
102	65	9 M20	Max Rubin, M28	Iowa City, IA	27:01	8:42/M	26:53	8:39/M
103	66	12 M40	Tim Cahill, M49	Lisbon, IA	2			