

Conrad Dash & Splash

June 9th

Conrad, Iowa

2018 10K Results

1	Zach	Smith	M	20-29	33:56
2	Patrick	O'Shea	M	30-39	38:12
3	Baron	Davis	M	20-29	42:06
4	Anders	Frieberg	M	20-29	42:09
5	Tom	Handorf	M	40-49	45:27
6	Ian	Showers	M	14-19	46:42
7	Chad	Dieleman	M	40-49	50:25
8	Henry	Kaisand	M	14-19	51:09
1	Toni	Proescholdt	F	20-29	51:40
2	Mary	Handorf	F	40-49	52:21
9	Grant	Baker	M	14-19	54:22
10	Clyde	Lawler	M	60-64	56:19
11	Kim	Proescholdt	M	60-64	58:44
3	Payton	Pekarek	F	14-19	61:54
12	Joel	Bean	M	65+	61:55
13	Jared	Walter	M	30-39	62:17

2018 5K Walk/Run Results

1	Jay	Welp	M	20-29	14:38
2	Ruben	Montoya	M	14-19	19:34
3	Neifer	Ralston	M	14-19	20:14
4	Soren	Cleveland	M	14-19	21:15
1	Anna	Oswald	F	20-29	22:48
5	Stephen	Feld	M	50-59	23:13
2	Taylor	Stahlf	F	14-19	23:15
6	Richard	Jeske	M	30-39	23:24
7	Tristan	Switzer	M	30-39	23:49
3	Mkenzie	Robinson	F	13 & Under	24:30
8	Lincoln	Stover	M	13 & Under	24:38
4	Odaly	Flores	F	14-19	25:13
9	Dillon	Jacobson	M	14-19	25:16
10	Carter	Kemp	M	13 & under	25:22
5	Stephanie	Ulch	F	30-39	25:50
6	Kristyn	Kell	F	40-49	25:51
11	Barry	Kell	M	30-39	25:54
7	Alison	Robinson	F	30-39	25:56
12	Brandon	Mathern	M	13 & under	26:01
13	Martin	Cram	M	30-39	26:17
14	Ted	Switzer	M	20-29	26:29
15	Bryan	Lemke	M	40-49	26:33
8	Julie	Thede	F	40-49	26:34
9	Kendra	Smith	F	20-29	27:12
16	Mike	Thede	M	40-49	27:12
17	Shane	Jacobson	M	40-49	27:35
18	Warren	Riley	M	60-64	27:44
19	Matt	Kemp	M	40-49	27:54
20	Tegan	Gethman	M	13 & under	28:00
10	Jami	Willett	F	40-49	28:03
11	Khloe	Robinson	F	13 & under	28:35
12	Kate	Flint	F	30-39	28:42
21	Drew	Carson	M	14-19	28:43
13	Erin	Damman	F	40-49	28:49
22	Boston	Gunderson	M	14-19	29:24
14	Alyssa	Brown	F	20-29	29:33
23	Brian	Lamothe	M	40-49	29:58

15	Melissa	Ulch	F	30-39	30:13
16	Emma	Hoover	F	14-19	30:19
17	Debbie	Hupfeld	F	60-64	30:45
25	Kellen	Bishop	M	14-19	30:54
24	Tony	Lyon	M	60-64	30:08
18	Robin	Proescholdt	F	50-59	31:33
19	Laura	Novotny	F	20-29	31:48
20	Raegan	Crawford	F	13 & under	31:56
21	Denise	Kemp	F	40-49	32:37
26	Brad	Smith	M	60-64	33:02
22	Abby	Kemp	F	14-19	33:26
23	Karla	Novotny	F	50-59	33:32
27	Dave	Juchems	M	65+	33:36
28	Robin	Maharry	M	20-29	33:55
24	Kirsten	Gehring	F	20-29	34:31
29	Kolten	deSilva	M	13 & under	37:38
30	Nile	Dielschneider	M	60-64	37:39
25	Jenna	Willett	F	14-19	38:11
26	Jana	Welp	F	50-59	39:32
27	Cari	deSilva	F	40-49	39:44
28	Stacey	Stover	F	40-49	40:14
31	Mike	Wilson	M	30-39	40:15
29	Emma	Bair	F	14-19	40:20
32	Nate	Bishop	M	13 & under	41:37
30	Kendall	Cram	F	14-19	41:52
31	Becky	Engelking	F	65+	42:34
32	Virginia	Kaisand	F	13 & under	43:00
33	Grant	Bohkle	M	20-29	43:10
34	Adam	Parsons	M	30-39	43:43
33	Maisie	Gummert	F	13 & under	45:17
35	Eric	Gummert	M	40-49	45:18
34	Robin	Bishop	F	40-49	47:12
35	Heidi	Kaisand	F	40-49	50:49
36	Goldie	Kaisand	F	13 & under	50:49
37	Elizabeth	Parsons	F	13 & under	51:03
38	Meagan	Dielschneider	F	30-39	51:06
36	Adrian	Dielschneider	M	13 & under	52:31
37	Tony	Dielschneider	M	30-39	53:11
38	Wesley	Parsons	M	13 & under	53:13
39	Gloria	Dielschneider	F	60-64	53:14
39	Nolan	Mathern	M	13 & under	55:33
40	Carla	Skramovsky	F	60-64	55:39
41	Peg	Brown	F	65+	61:37
42	Susan	Blythe	F	65+	61:37

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