

USA Days 5K *** 5K *** Overall & Divisions

Event: 5K

Date: Saturday, June 23, 2018

Location: Fairfax

Weather: Warm 70°

Overall and Age Divisions

Results By: On The Run Race Timing Race

Video [16:40](#) Click On Your Name to see yourself cross the Finish line!

| Place | Gender | Division | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|--------|----------|--------------------------------------|-------------------|----------|----------|-----------|----------|
| 1 | 1 | 1 OVM | Josh Heimbach, M33 | Flower Mound, OK | 17:07 | 5:31/M | 17:07 | 5:30/M |
| 2 | 2 | 1 JRM | Lukas Lamparek, M15 | Cedar Rapids, IA | 17:50 | 5:44/M | 17:48 | 5:44/M |
| 3 | 3 | 2 JRM | Jack Sexton, M15 | Amana, IA | 17:55 | 5:46/M | 17:54 | 5:46/M |
| 4 | 4 | 3 JRM | Nick O'Connor, M16 | Tiffin, IA | 18:16 | 5:53/M | 18:14 | 5:52/M |
| 5 | 5 | 4 JRM | Brandon Barker, M15 | North Liberty, IA | 18:20 | 5:54/M | 18:19 | 5:54/M |
| 6 | 6 | 5 JRM | Mike Jasa, M18 | Fairfax, IA | 18:26 | 5:56/M | 18:26 | 5:56/M |
| 7 | 7 | 6 JRM | Cole Liebe, M17 | Tiffin, IA | 18:37 | 5:59/M | 18:35 | 5:59/M |
| 8 | 8 | 7 JRM | Blake Stewart, M17 | Fairfax, IA | 18:50 | 6:04/M | 18:48 | 6:03/M |
| 9 | 9 | 8 JRM | Kaden McAreavy, M17 | Oxford, IA | 19:02 | 6:08/M | 19:01 | 6:07/M |
| 10 | 10 | 1 M40 | Wes Hilleshiem, M40 | Marion, IA | 19:11 | 6:11/M | 19:10 | 6:10/M |
| 11 | 11 | 9 JRM | Hunter Kalous, M15 | Fairfax, IA | 19:37 | 6:19/M | 19:36 | 6:18/M |
| 12 | 1 | 1 OVF | Maddie Bach, F20 | Cedar Rapids, IA | 19:41 | 6:20/M | 19:40 | 6:20/M |
| 13 | 12 | 2 M40 | Dustin Vasquez, M47 | Walford, IA | 20:07 | 6:28/M | 20:05 | 6:28/M |
| 14 | 13 | 10 JRM | Brandon McCarty, M16 | North Liberty, IA | 20:25 | 6:34/M | 20:24 | 6:34/M |
| 15 | 14 | 11 JRM | Caleb Alcorn, M15 | North Liberty, IA | 20:43 | 6:40/M | 20:42 | 6:40/M |
| 16 | 15 | 3 M40 | Scott Kahler, M40 | Cedar Rapids, IA | 20:59 | 6:45/M | 20:56 | 6:44/M |

| | | | | | | | | |
|----|----|--------|---|-------------------|-------|--------|-------|--------|
| 17 | 16 | 12 JRM | Drayden Johnson, M15 | Solon, IA | 22:01 | 7:05/M | 21:59 | 7:05/M |
| 18 | 17 | 13 JRM | Tanner Thomas, M14 | North Liberty, IA | 22:42 | 7:18/M | 22:40 | 7:18/M |
| 19 | 18 | 1 M50 | Bob Pleiness, M54 | Fairfax, IA | 22:48 | 7:20/M | 22:46 | 7:20/M |
| 20 | 19 | 1 M60 | Jim Shimek, M70 | Fairfax, IA | 22:53 | 7:22/M | 22:50 | 7:21/M |
| 21 | 20 | 14 JRM | Ryan Neubauer, M16 | Swisher, IA | 22:59 | 7:24/M | 22:56 | 7:23/M |
| 22 | 21 | 15 JRM | Landon Kahler, M12 | Cedar Rapids, IA | 23:08 | 7:27/M | 23:06 | 7:26/M |
| 23 | 22 | 2 M60 | Dave Martin, M63 | Cedar Rapids, IA | 23:37 | 7:36/M | 23:33 | 7:35/M |
| 24 | 23 | 4 M40 | Jim Lansing, M48 | Cedar Rapids, IA | 23:56 | 7:42/M | 23:53 | 7:41/M |
| 25 | 24 | 1 M30 | Dustin Bentley, M35 | Cedar Rapids, IA | 24:06 | 7:45/M | 24:02 | 7:44/M |
| 26 | 25 | 3 M60 | Tom Wolfe, M69 | Cedar Rapids, IA | 24:12 | 7:47/M | 24:08 | 7:46/M |
| 27 | 26 | 5 M40 | Mark Wehr, M40 | Fairfax, IA | 24:34 | 7:54/M | 24:29 | 7:53/M |
| 28 | 27 | 16 JRM | Carter Prull, M14 | Fairfax, IA | 24:42 | 7:57/M | 24:40 | 7:56/M |
| 29 | 28 | 17 JRM | Jorge Boland, M15 | Fairfax, IA | 24:43 | 7:57/M | 24:41 | 7:57/M |
| 30 | 2 | 1 F40 | Rae Lynn Lamparek, F46 | Swisher, IA | 24:43 | 7:57/M | 24:40 | 7:56/M |
| 31 | 29 | 2 M30 | Adam Burnham, M32 | Cedar Rapids, IA | 24:58 | 8:02/M | 24:57 | 8:02/M |
| 32 | 30 | 1 M20 | Sam Techau, M24 | Cedar Rapids, IA | 25:07 | 8:05/M | 25:03 | 8:04/M |
| 33 | 31 | 4 M60 | Warren Feerer, M68 | Cedar Rapids, IA | 25:19 | 8:09/M | 25:16 | 8:08/M |
| 34 | 32 | 18 JRM | Griffin Butler, M14 | Tiffin, IA | 25:47 | 8:18/M | 25:44 | 8:17/M |
| 35 | 33 | 19 JRM | Ryan Stallman, M18 | Walford, IA | 25:54 | 8:20/M | 25:51 | 8:19/M |
| 36 | 34 | 5 M60 | Dean Mallie, M61 | Lisbon, IA | 26:05 | 8:24/M | 26:00 | 8:22/M |
| 37 | 35 | 20 JRM | Adonis Fender, M14 | North Liberty, IA | 26:18 | 8:28/M | 26:16 | 8:27/M |
| 38 | 36 | 6 M60 | Dale Hanna, M69 | Cedar Rapids, IA | 26:21 | 8:29/M | 26:15 | 8:27/M |
| 39 | 37 | 21 JRM | Owen Kahler, M9 | Cedar Rapids, IA | 26:23 | 8:29/M | 26:20 | 8:29/M |
| 40 | 3 | 1 JRF | Megan Grimm, F17 | Swisher, IA | 26:25 | 8:30/M | 26:23 | 8:29/M |
| 41 | 4 | 2 F40 | Cathy May, F46 | Cedar Rapids, IA | 26:48 | 8:37/M | 26:40 | 8:35/M |
| 42 | 38 | 6 M40 | Grant Schultz, M45 | Fairfax, IA | 26:49 | 8:38/M | 26:41 | 8:35/M |
| 43 | 5 | 1 F30 | Sarah Byram, F31 | Edmond, OK | 26:52 | 8:39/M | 26:47 | 8:37/M |
| 44 | 6 | 2 F30 | Lisa Pettit, F39 | Cedar Rapids, IA | 27:22 | 8:49/M | 27:19 | 8:48/M |
| 45 | 7 | 1 F20 | Catherine Pleiness, F21 | Fairfax, IA | 27:37 | 8:53/M | 27:34 | 8:52/M |
| 46 | 8 | 3 F40 | Wendy Novak, F46 | Fairfax, IA | 27:49 | 8:57/M | 27:42 | 8:55/M |
| 47 | 9 | 3 F30 | Keli Onken, F31 | Cedar Rapids, IA | 27:58 | 9:00/M | 27:53 | 8:58/M |

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|----|----|--------|---------------------------------------|-------------------|-------|---------|-------|---------|
| 48 | 10 | 2 F20 | Katie Hamilton, F21 | Cedar Rapids, IA | 27:59 | 9:00/M | 27:53 | 8:58/M |
| 49 | 11 | 2 JRF | Jadyn Heesch, F13 | Clear Lake, IA | 28:10 | 9:04/M | 28:09 | 9:04/M |
| 50 | 39 | 7 M60 | Doug Lord, M63 | Lisbon, IA | 28:19 | 9:07/M | 28:15 | 9:06/M |
| 51 | 12 | 3 JRF | Paisley Knight, F9 | Cedar Rapids, IA | 28:27 | 9:10/M | 28:21 | 9:08/M |
| 52 | 40 | 7 M40 | Keith Knight, M40 | Walford, IA | 28:28 | 9:10/M | 28:22 | 9:08/M |
| 53 | 13 | 4 F30 | Danielle Powell, F33 | Cedar Rapids, IA | 28:49 | 9:17/M | 28:46 | 9:16/M |
| 54 | 14 | 4 JRF | Noelle Buck, F13 | Cedar Rapids, IA | 29:18 | 9:26/M | 29:12 | 9:24/M |
| 55 | 41 | 8 M40 | Toby Buck, M45 | Cedar Rapids, IA | 29:18 | 9:26/M | 29:12 | 9:24/M |
| 56 | 15 | 5 F30 | Melissa Kahler, F39 | Cedar Rapids, IA | 29:35 | 9:31/M | 29:32 | 9:30/M |
| 57 | 42 | 22 JRM | Alex Harger, M11 | Cedar Rapids, IA | 29:37 | 9:32/M | 29:37 | 9:32/M |
| 58 | 16 | 3 F20 | Kayla Kremer, F29 | Toddville, IA | 29:42 | 9:34/M | 29:34 | 9:31/M |
| 59 | 43 | 3 M30 | Nathan Onken, M31 | Cedar Rapids, IA | 29:51 | 9:37/M | 29:46 | 9:35/M |
| 60 | 44 | 23 JRM | Dylan Niblo, M14 | Tiffin, IA | 30:12 | 9:43/M | 30:10 | 9:42/M |
| 61 | 17 | 4 F20 | Chelsea Arduser, F29 | Cedar Rapids, IA | 30:34 | 9:50/M | 30:26 | 9:48/M |
| 62 | 45 | 2 M50 | Chad Vonkampen, M51 | Atkins, IA | 31:22 | 10:06/M | 31:10 | 10:02/M |
| 63 | 18 | 6 F30 | Melissa Wehr, F38 | Fairfax, IA | 31:40 | 10:11/M | 31:35 | 10:10/M |
| 64 | 19 | 1 F50 | Kerrie Pettit, F59 | Solon, IA | 31:43 | 10:12/M | 31:39 | 10:11/M |
| 65 | 20 | 7 F30 | Lauren Vondra, F35 | East Dubuque, IL | 32:50 | 10:34/M | 32:44 | 10:32/M |
| 66 | 46 | 24 JRM | Aiden Tomas, M12 | North Liberty, IA | 33:44 | 10:52/M | 33:42 | 10:51/M |
| 67 | 21 | 8 F30 | Candice Dietz, F35 | Cedar Rapids, IA | 33:44 | 10:52/M | 33:36 | 10:49/M |
| 68 | 22 | 5 JRF | Haley Larsen, F12 | Fairfax, IA | 33:46 | 10:52/M | 33:45 | 10:52/M |
| 69 | 23 | 9 F30 | Heather Vasquez, F36 | Walford, IA | 33:54 | 10:55/M | 33:46 | 10:52/M |
| 70 | 47 | 25 JRM | Chance Cook, M11 | Cedar Rapids, IA | 34:05 | 10:58/M | 34:04 | 10:58/M |
| 71 | 48 | 3 M50 | James Thede, M56 | Fairfax, IA | 34:12 | 11:00/M | 34:05 | 10:58/M |
| 72 | 24 | 10 F30 | Maggie Johnson, F36 | Fairfax, IA | 35:01 | 11:16/M | 34:54 | 11:14/M |
| 73 | 25 | 6 JRF | Emily Larsen, F10 | Fairfax, IA | 35:55 | 11:34/M | 35:54 | 11:33/M |
| 74 | 26 | 11 F30 | Jen Larsen, F38 | Fairfax, IA | 35:59 | 11:35/M | 35:53 | 11:33/M |
| 75 | 27 | 5 F20 | Bre McKray, F29 | Fairfax, IA | 36:12 | 11:39/M | 36:04 | 11:37/M |
| 76 | 49 | 8 M60 | Steve Carter, M60 | Fairfax, IA | 37:17 | 12:00/M | 37:07 | 11:57/M |
| 77 | 28 | 7 JRF | Karley Lewis, F17 | Fairfax, IA | 38:03 | 12:15/M | 37:57 | 12:13/M |
| 78 | 29 | 12 F30 | Amber Lewis, F37 | Fairfax, IA | 38:04 | 12:15/M | 37:58 | 12:13/M |
| 79 | 30 | 2 F50 | Joanne Lilledahl, F58 | Cedar Rapids, IA | 39:16 | 12:38/M | 39:08 | 12:36/M |
| 80 | 31 | 3 F50 | Susan Novak, F55 | Cedar Rapids, IA | 39:16 | 12:38/M | 39:09 | 12:36/M |

| IA | | | | | | | | | |
|----|----|--------|--|-------------------|-------|---------|-------|---------|--|
| 81 | 32 | 13 F30 | Laura Cillingwood, F38 | Amana, IA | 39:55 | 12:51/M | 39:40 | 12:46/M | |
| 82 | 33 | 1 F60 | Shari Harwood, F60 | Norway, IA | 40:26 | 13:01/M | 40:19 | 12:58/M | |
| 83 | 34 | 6 F20 | Jordan Brown, F29 | Cedar Rapids, IA | 40:53 | 13:09/M | 40:47 | 13:08/M | |
| 84 | 50 | 4 M30 | Tim Brown, M30 | Cedar Rapids, IA | 40:53 | 13:10/M | 40:48 | 13:08/M | |
| 85 | 35 | 14 F30 | Kara Verplaetse, F36 | Oxford, IA | 41:23 | 13:19/M | 41:17 | 13:17/M | |
| 86 | 36 | 15 F30 | Jessie Prizler, F32 | Oxford, IA | 41:26 | 13:20/M | 41:20 | 13:18/M | |
| 87 | 37 | 7 F20 | Kristyn Watson, F28 | North Liberty, IA | 41:42 | 13:25/M | 41:34 | 13:23/M | |
| 88 | 51 | 26 JRM | Rj Dutko, M5 | Fairfax, IA | 42:30 | 13:41/M | 42:27 | 13:40/M | |
| 89 | 38 | 16 F30 | Megan Dutko, F36 | Fairfax, IA | 42:31 | 13:41/M | 42:28 | 13:40/M | |
| 90 | 39 | 4 F50 | June Anderson, F57 | Marion, IA | 42:31 | 13:41/M | 42:24 | 13:39/M | |
| 91 | 40 | 4 F40 | Erika Troyna, F42 | Charles City, IA | 45:00 | 14:29/M | 44:50 | 14:26/M | |
| 92 | 41 | 17 F30 | Annie Felder, F39 | Cedar Rapids, IA | 45:03 | 14:30/M | 44:52 | 14:27/M | |
| 93 | 42 | 5 F40 | Toni Schwickerath, F41 | New Hampton, IA | 45:03 | 14:30/M | 44:53 | 14:27/M | |
| 94 | 43 | 18 F30 | Emily Kayrish, F38 | Leawood, KS | 46:27 | 14:57/M | 46:12 | 14:52/M | |
| 95 | 52 | 9 M60 | Unknown, M127 | Fairfax, IA | 46:33 | 14:59/M | 46:19 | 14:55/M | |
| 96 | 44 | 19 F30 | Molly Cahalan, F33 | Cedar Rapids, IA | 49:09 | 15:49/M | 48:57 | 15:45/M | |
| 97 | 45 | 2 F60 | Sue Cahalan, F60 | Monticello, IA | 49:09 | 15:49/M | 48:58 | 15:46/M | |
| 98 | 46 | 8 F20 | Carlyn Hill, F25 | Fairfax, IA | 50:33 | 16:16/M | 50:29 | 16:15/M | |

Overall and Age Divisions

Overall Male

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|------------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Josh Heimbach, M33 | Flower Mound, OK | 17:07 | 5:31/M | 17:07 | 5:30/M |

Overall Female

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|----------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Maddie Bach, F20 | Cedar Rapids, IA | 19:41 | 6:20/M | 19:40 | 6:20/M |

M[19 & Under]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|-------------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Lukas Lamparek, M15 | Cedar Rapids, IA | 17:50 | 5:44/M | 17:48 | 5:44/M |
| 2 | Jack Sexton, M15 | Amana, IA | 17:55 | 5:46/M | 17:54 | 5:46/M |

| | | | | | | |
|----|--------------------------------------|-------------------|-------|---------|-------|---------|
| 3 | Nick O'Connor, M16 | Tiffin, IA | 18:16 | 5:53/M | 18:14 | 5:52/M |
| 4 | Brandon Barker, M15 | North Liberty, IA | 18:20 | 5:54/M | 18:19 | 5:54/M |
| 5 | Mike Jasa, M18 | Fairfax, IA | 18:26 | 5:56/M | 18:26 | 5:56/M |
| 6 | Cole Liebe, M17 | Tiffin, IA | 18:37 | 5:59/M | 18:35 | 5:59/M |
| 7 | Blake Stewart, M17 | Fairfax, IA | 18:50 | 6:04/M | 18:48 | 6:03/M |
| 8 | Kaden McAreavy, M17 | Oxford, IA | 19:02 | 6:08/M | 19:01 | 6:07/M |
| 9 | Hunter Kalous, M15 | Fairfax, IA | 19:37 | 6:19/M | 19:36 | 6:18/M |
| 10 | Brandon McCarty, M16 | North Liberty, IA | 20:25 | 6:34/M | 20:24 | 6:34/M |
| 11 | Caleb Alcorn, M15 | North Liberty, IA | 20:43 | 6:40/M | 20:42 | 6:40/M |
| 12 | Drayden Johnson, M15 | Solon, IA | 22:01 | 7:05/M | 21:59 | 7:05/M |
| 13 | Tanner Thomas, M14 | North Liberty, IA | 22:42 | 7:18/M | 22:40 | 7:18/M |
| 14 | Ryan Neubauer, M16 | Swisher, IA | 22:59 | 7:24/M | 22:56 | 7:23/M |
| 15 | Landon Kahler, M12 | Cedar Rapids, IA | 23:08 | 7:27/M | 23:06 | 7:26/M |
| 16 | Carter Prull, M14 | Fairfax, IA | 24:42 | 7:57/M | 24:40 | 7:56/M |
| 17 | Jorge Boland, M15 | Fairfax, IA | 24:43 | 7:57/M | 24:41 | 7:57/M |
| 18 | Griffin Butler, M14 | Tiffin, IA | 25:47 | 8:18/M | 25:44 | 8:17/M |
| 19 | Ryan Stallman, M18 | Walford, IA | 25:54 | 8:20/M | 25:51 | 8:19/M |
| 20 | Adonis Fender, M14 | North Liberty, IA | 26:18 | 8:28/M | 26:16 | 8:27/M |
| 21 | Owen Kahler, M9 | Cedar Rapids, IA | 26:23 | 8:29/M | 26:20 | 8:29/M |
| 22 | Alex Harger, M11 | Cedar Rapids, IA | 29:37 | 9:32/M | 29:37 | 9:32/M |
| 23 | Dylan Niblo, M14 | Tiffin, IA | 30:12 | 9:43/M | 30:10 | 9:42/M |
| 24 | Aiden Tomas, M12 | North Liberty, IA | 33:44 | 10:52/M | 33:42 | 10:51/M |
| 25 | Chance Cook, M11 | Cedar Rapids, IA | 34:05 | 10:58/M | 34:04 | 10:58/M |
| 26 | Rj Dutko, M5 | Fairfax, IA | 42:30 | 13:41/M | 42:27 | 13:40/M |

F[19 & Under]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|------------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Megan Grimm, F17 | Swisher, IA | 26:25 | 8:30/M | 26:23 | 8:29/M |
| 2 | Jadyn Heesch, F13 | Clear Lake, IA | 28:10 | 9:04/M | 28:09 | 9:04/M |
| 3 | Paisley Knight, F9 | Cedar Rapids, IA | 28:27 | 9:10/M | 28:21 | 9:08/M |
| 4 | Noelle Buck, F13 | Cedar Rapids, IA | 29:18 | 9:26/M | 29:12 | 9:24/M |
| 5 | Haley Larsen, F12 | Fairfax, IA | 33:46 | 10:52/M | 33:45 | 10:52/M |
| 6 | Emily Larsen, F10 | Fairfax, IA | 35:55 | 11:34/M | 35:54 | 11:33/M |
| 7 | Karley Lewis, F17 | Fairfax, IA | 38:03 | 12:15/M | 37:57 | 12:13/M |

M[20-29]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|---------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Sam Techau, M24 | Cedar Rapids, IA | 25:07 | 8:05/M | 25:03 | 8:04/M |

F[20-29]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|---|------------------|----------|-------------|-----------|-------------|
| 1 | Catherine Pleiness, F21 | Fairfax, IA | 27:37 | 8:53/M | 27:34 | 8:52/M |
| 2 | Katie Hamilton, F21 | Cedar Rapids, IA | 27:59 | 9:00/M | 27:53 | 8:58/M |

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|---|--------------------------------------|-------------------|-------|---------|-------|---------|
| 3 | Kayla Kremer, F29 | Toddville, IA | 29:42 | 9:34/M | 29:34 | 9:31/M |
| 4 | Chelsea Arduser, F29 | Cedar Rapids, IA | 30:34 | 9:50/M | 30:26 | 9:48/M |
| 5 | Bre McKray, F29 | Fairfax, IA | 36:12 | 11:39/M | 36:04 | 11:37/M |
| 6 | Jordan Brown, F29 | Cedar Rapids, IA | 40:53 | 13:09/M | 40:47 | 13:08/M |
| 7 | Kristyn Watson, F28 | North Liberty, IA | 41:42 | 13:25/M | 41:34 | 13:23/M |
| 8 | Carlyn Hill, F25 | Fairfax, IA | 50:33 | 16:16/M | 50:29 | 16:15/M |

M[30-39]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|-------------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Dustin Bentley, M35 | Cedar Rapids, IA | 24:06 | 7:45/M | 24:02 | 7:44/M |
| 2 | Adam Burnham, M32 | Cedar Rapids, IA | 24:58 | 8:02/M | 24:57 | 8:02/M |
| 3 | Nathan Onken, M31 | Cedar Rapids, IA | 29:51 | 9:37/M | 29:46 | 9:35/M |
| 4 | Tim Brown, M30 | Cedar Rapids, IA | 40:53 | 13:10/M | 40:48 | 13:08/M |

F[30-39]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|--|------------------|----------|-------------|-----------|-------------|
| 1 | Sarah Byram, F31 | Edmond, OK | 26:52 | 8:39/M | 26:47 | 8:37/M |
| 2 | Lisa Pettit, F39 | Cedar Rapids, IA | 27:22 | 8:49/M | 27:19 | 8:48/M |
| 3 | Keli Onken, F31 | Cedar Rapids, IA | 27:58 | 9:00/M | 27:53 | 8:58/M |
| 4 | Danielle Powell, F33 | Cedar Rapids, IA | 28:49 | 9:17/M | 28:46 | 9:16/M |
| 5 | Melissa Kahler, F39 | Cedar Rapids, IA | 29:35 | 9:31/M | 29:32 | 9:30/M |
| 6 | Melissa Wehr, F38 | Fairfax, IA | 31:40 | 10:11/M | 31:35 | 10:10/M |
| 7 | Lauren Vondra, F35 | East Dubuque, IL | 32:50 | 10:34/M | 32:44 | 10:32/M |
| 8 | Candice Dietz, F35 | Cedar Rapids, IA | 33:44 | 10:52/M | 33:36 | 10:49/M |
| 9 | Heather Vasquez, F36 | Walford, IA | 33:54 | 10:55/M | 33:46 | 10:52/M |
| 10 | Maggie Johnson, F36 | Fairfax, IA | 35:01 | 11:16/M | 34:54 | 11:14/M |
| 11 | Jen Larsen, F38 | Fairfax, IA | 35:59 | 11:35/M | 35:53 | 11:33/M |
| 12 | Amber Lewis, F37 | Fairfax, IA | 38:04 | 12:15/M | 37:58 | 12:13/M |
| 13 | Laura Cillingwood, F38 | Amana, IA | 39:55 | 12:51/M | 39:40 | 12:46/M |
| 14 | Kara Verplaetse, F36 | Oxford, IA | 41:23 | 13:19/M | 41:17 | 13:17/M |
| 15 | Jessie Prizler, F32 | Oxford, IA | 41:26 | 13:20/M | 41:20 | 13:18/M |
| 16 | Megan Dutko, F36 | Fairfax, IA | 42:31 | 13:41/M | 42:28 | 13:40/M |
| 17 | Annie Felder, F39 | Cedar Rapids, IA | 45:03 | 14:30/M | 44:52 | 14:27/M |
| 18 | Emily Kayrish, F38 | Leawood, KS | 46:27 | 14:57/M | 46:12 | 14:52/M |
| 19 | Molly Cahalan, F33 | Cedar Rapids, IA | 49:09 | 15:49/M | 48:57 | 15:45/M |

M[40-49]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|-------------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Wes Hilleshiem, M40 | Marion, IA | 19:11 | 6:11/M | 19:10 | 6:10/M |
| 2 | Dustin Vasquez, M47 | Walford, IA | 20:07 | 6:28/M | 20:05 | 6:28/M |
| 3 | Scott Kahler, M40 | Cedar Rapids, IA | 20:59 | 6:45/M | 20:56 | 6:44/M |
| 4 | Jim Lansing, M48 | Cedar Rapids, IA | 23:56 | 7:42/M | 23:53 | 7:41/M |
| 5 | Mark Wehr, M40 | Fairfax, IA | 24:34 | 7:54/M | 24:29 | 7:53/M |

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| 6 | Grant Schultz, M45 | Fairfax, IA | 26:49 | 8:38/M | 26:41 | 8:35/M |
| 7 | Keith Knight, M40 | Walford, IA | 28:28 | 9:10/M | 28:22 | 9:08/M |
| 8 | Toby Buck, M45 | Cedar Rapids, IA | 29:18 | 9:26/M | 29:12 | 9:24/M |

F[40-49]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|--|------------------|----------|-------------|-----------|-------------|
| 1 | Rae Lynn Lamparek, F46 | Swisher, IA | 24:43 | 7:57/M | 24:40 | 7:56/M |
| 2 | Cathy May, F46 | Cedar Rapids, IA | 26:48 | 8:37/M | 26:40 | 8:35/M |
| 3 | Wendy Novak, F46 | Fairfax, IA | 27:49 | 8:57/M | 27:42 | 8:55/M |
| 4 | Erika Troyna, F42 | Charles City, IA | 45:00 | 14:29/M | 44:50 | 14:26/M |
| 5 | Toni Schwickerath, F41 | New Hampton, IA | 45:03 | 14:30/M | 44:53 | 14:27/M |

M[50-59]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|-------------------------------------|-------------|----------|-------------|-----------|-------------|
| 1 | Bob Pleiness, M54 | Fairfax, IA | 22:48 | 7:20/M | 22:46 | 7:20/M |
| 2 | Chad Vonkampen, M51 | Atkins, IA | 31:22 | 10:06/M | 31:10 | 10:02/M |
| 3 | James Thede, M56 | Fairfax, IA | 34:12 | 11:00/M | 34:05 | 10:58/M |

F[50-59]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|---------------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Kerrie Pettit, F59 | Solon, IA | 31:43 | 10:12/M | 31:39 | 10:11/M |
| 2 | Joanne Lilledahl, F58 | Cedar Rapids, IA | 39:16 | 12:38/M | 39:08 | 12:36/M |
| 3 | Susan Novak, F55 | Cedar Rapids, IA | 39:16 | 12:38/M | 39:09 | 12:36/M |
| 4 | June Anderson, F57 | Marion, IA | 42:31 | 13:41/M | 42:24 | 13:39/M |

M[60 & Over]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|---------------------------------------|------------------|----------|-------------|-----------|-------------|
| 1 | Jim Shimek, M70 | Fairfax, IA | 22:53 | 7:22/M | 22:50 | 7:21/M |
| 2 | Dave Martin, M63 | Cedar Rapids, IA | 23:37 | 7:36/M | 23:33 | 7:35/M |
| 3 | Tom Wolfe, M69 | Cedar Rapids, IA | 24:12 | 7:47/M | 24:08 | 7:46/M |
| 4 | Warren Feerer, M68 | Cedar Rapids, IA | 25:19 | 8:09/M | 25:16 | 8:08/M |
| 5 | Dean Mallie, M61 | Lisbon, IA | 26:05 | 8:24/M | 26:00 | 8:22/M |
| 6 | Dale Hanna, M69 | Cedar Rapids, IA | 26:21 | 8:29/M | 26:15 | 8:27/M |
| 7 | Doug Lord, M63 | Lisbon, IA | 28:19 | 9:07/M | 28:15 | 9:06/M |
| 8 | Steve Carter, M60 | Fairfax, IA | 37:17 | 12:00/M | 37:07 | 11:57/M |
| 9 | Unknown Unknown, M127 | Fairfax, IA | 46:33 | 14:59/M | 46:19 | 14:55/M |

F[60 & Over]

| Place | Name | City | Gun Time | Pace mpm | Chip Time | Pace mpm |
|-------|------|------|----------|-------------|-----------|-------------|
|-------|------|------|----------|-------------|-----------|-------------|

| | | | | | | |
|---|------------------------------------|----------------|-------|---------|-------|---------|
| 1 | Shari Harwood, F60 | Norway, IA | 40:26 | 13:01/M | 40:19 | 12:58/M |
| 2 | Sue Cahalan, F60 | Monticello, IA | 49:09 | 15:49/M | 48:58 | 15:46/M |

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