

FAJ Squad *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Saturday, July 06, 2019

Location: Dubuque, IA

Weather: Sunny, Wind NNE 5mph, 80% Humidity & 79°

Overall and Age Divisions

***Results By: Andrew Kauder - Kauder Racing,
LLC***

Place	Gender	Division	Name	City	Gun Time	Pace mpm
1	1	1 OVM	Kyle Pape, M22	Dubuque, IAUS	18:10	5:51/M
2	2	1 M30	John Trongard, M33	Casper, WYUS	19:13	6:11/M
3	1	1 OVF	Jordan Reed, F16	State College, PAUS	20:05	6:28/M
4	3	1 M20	Brandon Slaats, M24	Kieler, WIUS	20:34	6:37/M
5	4	1 M15	Connor Miller, M15	East Dubuque, ILUS	21:14	6:50/M
6	2	1 F15	Ashley Donovan, F18	Peosta, IAUS	21:23	6:53/M
7	5	1 JRM	Robert Howes, M14	Dubuque, IAUS	21:26	6:54/M
8	6	1 M40	Jason Emmert, M42	Vancouver, CACA	23:12	7:28/M
9	7	2 M30	Justin Wernimont, M32	Dubuque, IAUS	23:32	7:34/M
10	8	1 M55	Glenn Burrows, M57	Cuba City, WIUS	23:38	7:36/M
11	9	2 M15	Grant Day, M19	Dubuque, IAUS	23:42	7:38/M
12	10	1 M60	Brian Cooper, M64	Dubuque, IAUS	23:58	7:43/M
13	3	1 F25	Karen Teutschmann, F27	Mishicot, WIUS	24:40	7:56/M
14	11	2 M60	Chuck Soat, M60	Dubuque, IAUS	25:00	8:03/M
15	12	2 M20	Benjamin Burns, M22	Peosta, IAUS	25:06	8:05/M
16	13	3 M15	Sullivan Bergmann, M15	Ridgeland, WIUS	25:11	8:06/M
17	14	1 M35	Shawn Abrams, M37	Dubuque, IAUS	26:02	8:23/M
18	15	1 M25	Evan Richard, M27	Kieler, WIUS	26:06	8:24/M
19	4	1 F20	Sarah Benko, F23	Beaver Dam, WIUS	26:28	8:31/M
20	16	3 M30	Eric Holland, M30	Cedar Rapids, IAUS	26:31	8:32/M
21	5	2 F25	Katie Langmeier, F27	Cuba City, WIUS	27:10	8:45/M
22	6	1 F50	Ann Schroeder, F54	Zwingle, IAUS	27:28	8:50/M

23	17	1 M45	Tim Perkins, M47	Dubuque, IAUS	27:48	8:57/M
24	18	4 M30	Adam Lechnir, M34	Chicago, ILUS	28:04	9:02/M
25	19	2 M25	Joe Schweigert, M28	Cuba City, WIUS	28:04	9:02/M
26	20	2 JRM	Shawn Pickett, M13	Maquoketa, IAUS	28:18	9:06/M
27	21	3 M60	Thomas Vanberkum, M67	Marion, IAUS	28:29	9:10/M
28	7	2 F20	Hannah Wuebker, F20	Grimes, IAUS	28:51	9:17/M
29	22	5 M30	Michael Noonan, M31	Saint Paul, MNUS	28:57	9:19/M
30	23	3 M25	Dan Oglesby, M29	Minneapolis, MNUS	29:00	9:20/M
31	8	3 F25	Emily Petersen, F27	Minneapolis, MNUS	29:01	9:20/M
32	9	4 F25	Samantha Schueller, F29	Peosta, IAUS	29:05	9:22/M
33	10	2 F50	Karen Smith, F53	Dubuque, IAUS	29:07	9:22/M
34	24	4 M25	Chris Schmidt, M26	Bellevue, IAUS	29:07	9:22/M
35	11	1 F45	Cindy Reed, F47	State College, PAUS	29:32	9:30/M
36	12	1 F35	Heather Wagner, F38	Dubuque, IAUS	29:55	9:38/M
37	25	2 M35	Jeff Hoerner, M35	Dubuque, IAUS	29:56	9:38/M
38	13	1 F60	Ann Cooper, F65	Dubuque, IAUS	29:57	9:39/M
39	14	2 F15	Emma Belken, F16	Dubuque, IAUS	30:08	9:42/M
40	26	2 M55	Mike Day, M55	Dubuque, IAUS	30:08	9:42/M
41	27	2 M40	Shannon Rasmussen, M42	Montgomery, TXUS	30:22	9:46/M
42	28	3 JRM	Colton Rasmussen, M9	Montgomery, TXUS	30:23	9:47/M
43	15	1 F40	Jolene Belken, F44	Dubuque, IAUS	30:33	9:50/M
44	16	1 F30	Nicole Sisler, F30	Dubuque, IAUS	30:41	9:53/M
45	29	4 JRM	Ean Brown, M14	Peosta, IAUS	30:48	9:55/M
46	30	5 JRM	Aiden Wernimont, M8	Dubuque, IAUS	30:55	9:57/M
47	17	3 F50	Lisa Ruppel, F51	Dubuque, IAUS	31:06	10:01/M
48	18	1 JRF	Josie Belken, F14	Dubuque, IAUS	31:16	10:04/M
49	19	2 F35	Christina Avery, F37	Dubuque, IAUS	31:34	10:10/M
50	20	2 F40	Jenny Burds, F40	Peosta, IAUS	31:40	10:12/M
51	21	2 F30	Amanda Vandevoorde, F31	Dubuque, IAUS	32:16	10:23/M
52	31	6 JRM	Nolan Hayden, M10	Dubuque, IAUS	32:33	10:28/M
53	22	2 JRF	Ella Donovan, F13	Peosta, IAUS	32:34	10:29/M
54	23	3 F20	Erin Schroeder, F24	Zwingle, IAUS	32:56	10:36/M
55	24	3 F40	Natalie Edmondson, F40	Dubuque, IAUS	33:18	10:43/M
56	25	4 F50	Wendy Thompson, F54	Dubuque, IAUS	33:56	10:55/M
57	26	3 F35	Lori Rasmussen, F36	Montgomery, TXUS	34:07	10:59/M
58	27	2 F45	Sara Palmer, F48	Dubuque, IAUS	34:07	10:59/M
59	28	3 F45	Tracey Till, F45	Maquoketa, IAUS	34:24	11:04/M
60	29	3 F30	Allisan Kramer, F31	Dubuque, IAUS	34:45	11:11/M
61	30	2 F60	Anne Noonan, F62	Cascade, IAUS	35:15	11:21/M
62	32	4 M60	Pat Noonan, M65	Cascade, IAUS	35:15	11:21/M
63	33	4 M15	Tristan McDonough, M16	Dubuque, IAUS	35:30	11:25/M
64	34	5 M15	Cj Hoffman, M19	Dubuque, IAUS	35:30	11:26/M

65	35	2 M45	David Schatz, M49	Dubuque, IAUS	36:12	11:39/M
66	31	4 F40	Sarah Perkins, F41	Dubuque, IAUS	37:29	12:04/M
67	36	3 M45	Kevin Mueller, M48	Dubuque, IAUS	37:53	12:12/M
68	32	4 F45	Jenni Martinez, F47	Platteville 01, WIUS	38:02	12:14/M
69	33	5 F50	Kari Bahl, F51	Peosta, IAUS	38:36	12:25/M
70	34	1 F70	Paula Odefey, F71	Dubuque, IAUS	39:10	12:36/M
71	35	6 F50	Melissa Martinez, F54	Platteville, WIUS	39:47	12:48/M
72	36	4 F30	Rachel Hayden, F34	Dubuque, IAUS	41:26	13:20/M
73	37	5 F40	Christine Pesetski, F44	Wilmington, NCUS	42:09	13:34/M
74	37	5 M25	Daniel Keen, M29	Dubuque, IAUS	42:25	13:39/M
75	38	7 F50	Kim Smith, F54	Sherrill, IAUS	42:57	13:49/M
76	39	8 F50	Lisa Kramer, F53	Earlville, IAUS	43:21	13:57/M
78	39	7 JRM	Stephen Schmittgall, M7	East Dubuque, ILUS	44:04	14:11/M
77	38	3 M40	Chad Biermeier, M41	East Dubuque, ILUS	44:04	14:11/M
79	40	9 F50	Kim Junkel, F51	Dubuque, IAUS	45:38	14:41/M
80	40	1 M50	Thomas Timp, M50	Dubuque, IAUS	45:38	14:41/M
81	41	2 M50	Andrew Benko, M51	Dubuque, IAUS	46:14	14:53/M
82	41	3 JRF	Aria Wernimont, F5	Dubuque, IAUS	46:36	15:00/M
83	42	5 F30	Sara Wernimont, F32	Dubuque, IAUS	46:37	15:00/M
84	43	6 F40	Allison Poster, F44	Dubuque, IAUS	47:17	15:13/M
85	44	4 F35	Gretchen Hong, F39	Asbury, IAUS	47:17	15:13/M
86	42	5 M60	William Hedrick, M65	Dubuque, IAUS	48:11	15:31/M
87	45	4 JRF	Harper Hoerner, F7	Dubuque, IAUS	51:18	16:31/M
88	46	5 JRF	Anna Schmittgall, F7	East Dubuque, ILUS	52:23	16:52/M
89	47	2 F70	Peggy Meyers, F78	Dubuque, IAUS	52:34	16:55/M
90	48	10 F50	Lisa Federspiel, F54	Peosta, IAUS	52:35	16:55/M
91	49	1 F55	Rose Hoerner, F59	Dubuque, IAUS	1:04:21	20:43/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm
1	Kyle Pape, M22	Dubuque, IA, US	18:10	5:51/M

Overall Female

Place	Name	City	Gun Time	Pace mpm
1	Jordan Reed, F16	State College, PA, US	20:05	6:28/M

M[14 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Robert Howes, M14	Dubuque, IA, US	21:26	6:54/M
2	Shawn Pickett, M13	Maquoketa, IA, US	28:18	9:06/M

3	Colton Rasmussen, M9	Montgomery, TX, US	30:23	9:47/M
4	Ean Brown, M14	Peosta, IA, US	30:48	9:55/M
5	Aiden Wernimont, M8	Dubuque, IA, US	30:55	9:57/M
6	Nolan Hayden, M10	Dubuque, IA, US	32:33	10:28/M
7	Stephen Schmittgall, M7	East Dubuque, IL, US	44:04	14:11/M

F[14 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Josie Belken, F14	Dubuque, IA, US	31:16	10:04/M
2	Ella Donovan, F13	Peosta, IA, US	32:34	10:29/M
3	Aria Wernimont, F5	Dubuque, IA, US	46:36	15:00/M
4	Harper Hoerner, F7	Dubuque, IA, US	51:18	16:31/M
5	Anna Schmittgall, F7	East Dubuque, IL, US	52:23	16:52/M

M[15-19]

Place	Name	City	Gun Time	Pace mpm
1	Connor Miller, M15	East Dubuque, IL, US	21:14	6:50/M
2	Grant Day, M19	Dubuque, IA, US	23:42	7:38/M
3	Sullivan Bergmann, M15	Ridgeland, WI, US	25:11	8:06/M
4	Tristan McDonough, M16	Dubuque, IA, US	35:30	11:25/M
5	Cj Hoffman, M19	Dubuque, IA, US	35:30	11:26/M

F[15-19]

Place	Name	City	Gun Time	Pace mpm
1	Ashley Donovan, F18	Peosta, IA, US	21:23	6:53/M
2	Emma Belken, F16	Dubuque, IA, US	30:08	9:42/M

M[20-24]

Place	Name	City	Gun Time	Pace mpm
1	Brandon Slaats, M24	Kieler, WI, US	20:34	6:37/M
2	Benjamin Burns, M22	Peosta, IA, US	25:06	8:05/M

F[20-24]

Place	Name	City	Gun Time	Pace mpm
1	Sarah Benko, F23	Beaver Dam, WI, US	26:28	8:31/M
2	Hannah Wuebker, F20	Grimes, IA, US	28:51	9:17/M
3	Erin Schroeder, F24	Zwingle, IA, US	32:56	10:36/M

M[25-29]

Place	Name	City	Gun Time	Pace mpm
1	Evan Richard, M27	Kieler, WI, US	26:06	8:24/M
2	Joe Schweigert, M28	Cuba City, WI, US	28:04	9:02/M
3	Dan Oglesby, M29	Minneapolis, MN, US	29:00	9:20/M
4	Chris Schmidt, M26	Bellevue, IA, US	29:07	9:22/M

5	Daniel Keen, M29	Dubuque, IA, US	42:25	13:39/M
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F[25-29]

Place	Name	City	Gun Time	Pace mpm
1	Karen Teutschmann, F27	Mishicot, WI, US	24:40	7:56/M
2	Katie Langmeier, F27	Cuba City, WI, US	27:10	8:45/M
3	Emily Petersen, F27	Minneapolis, MN, US	29:01	9:20/M
4	Samantha Schueller, F29	Peosta, IA, US	29:05	9:22/M

M[30-34]

Place	Name	City	Gun Time	Pace mpm
1	John Trongard, M33	Casper, WY, US	19:13	6:11/M
2	Justin Wernimont, M32	Dubuque, IA, US	23:32	7:34/M
3	Eric Holland, M30	Cedar Rapids, IA, US	26:31	8:32/M
4	Adam Lechnir, M34	Chicago, IL, US	28:04	9:02/M
5	Michael Noonan, M31	Saint Paul, MN, US	28:57	9:19/M

F[30-34]

Place	Name	City	Gun Time	Pace mpm
1	Nicole Sisler, F30	Dubuque, IA, US	30:41	9:53/M
2	Amanda Vandevoorde, F31	Dubuque, IA, US	32:16	10:23/M
3	Allisan Kramer, F31	Dubuque, IA, US	34:45	11:11/M
4	Rachel Hayden, F34	Dubuque, IA, US	41:26	13:20/M
5	Sara Wernimont, F32	Dubuque, IA, US	46:37	15:00/M

M[35-39]

Place	Name	City	Gun Time	Pace mpm
1	Shawn Abrams, M37	Dubuque, IA, US	26:02	8:23/M
2	Jeff Hoerner, M35	Dubuque, IA, US	29:56	9:38/M

F[35-39]

Place	Name	City	Gun Time	Pace mpm
1	Heather Wagner, F38	Dubuque, IA, US	29:55	9:38/M
2	Christina Avery, F37	Dubuque, IA, US	31:34	10:10/M
3	Lori Rasmussen, F36	Montgomery, TX, US	34:07	10:59/M
4	Gretchen Hong, F39	Asbury, IA, US	47:17	15:13/M

M[40-44]

Place	Name	City	Gun Time	Pace mpm
1	Jason Emmert, M42	Vancouver, CA, CA	23:12	7:28/M
2	Shannon Rasmussen, M42	Montgomery, TX, US	30:22	9:46/M
3	Chad Biermeier, M41	East Dubuque, IL, US	44:04	14:11/M

F[40-44]

Place	Name	City	Gun Time	Pace mpm
1	Jolene Belken, F44	Dubuque, IA, US	30:33	9:50/M
2	Jenny Burds, F40	Peosta, IA, US	31:40	10:12/M
3	Natalie Edmondson, F40	Dubuque, IA, US	33:18	10:43/M
4	Sarah Perkins, F41	Dubuque, IA, US	37:29	12:04/M
5	Christine Pesetski, F44	Wilmington, NC, US	42:09	13:34/M
6	Allison Poster, F44	Dubuque, IA, US	47:17	15:13/M

M[45-49]

Place	Name	City	Gun Time	Pace mpm
1	Tim Perkins, M47	Dubuque, IA, US	27:48	8:57/M
2	David Schatz, M49	Dubuque, IA, US	36:12	11:39/M
3	Kevin Mueller, M48	Dubuque, IA, US	37:53	12:12/M

F[45-49]

Place	Name	City	Gun Time	Pace mpm
1	Cindy Reed, F47	State College, PA, US	29:32	9:30/M
2	Sara Palmer, F48	Dubuque, IA, US	34:07	10:59/M
3	Tracey Till, F45	Maquoketa, IA, US	34:24	11:04/M
4	Jenni Martinez, F47	Platteville 01, WI, US	38:02	12:14/M

M[50-54]

Place	Name	City	Gun Time	Pace mpm
1	Thomas Timp, M50	Dubuque, IA, US	45:38	14:41/M
2	Andrew Benko, M51	Dubuque, IA, US	46:14	14:53/M

F[50-54]

Place	Name	City	Gun Time	Pace mpm
1	Ann Schroeder, F54	Zwingle, IA, US	27:28	8:50/M
2	Karen Smith, F53	Dubuque, IA, US	29:07	9:22/M
3	Lisa Ruppel, F51	Dubuque, IA, US	31:06	10:01/M
4	Wendy Thompson, F54	Dubuque, IA, US	33:56	10:55/M
5	Kari Bahl, F51	Peosta, IA, US	38:36	12:25/M
6	Melissa Martinez, F54	Platteville, WI, US	39:47	12:48/M
7	Kim Smith, F54	Sherrill, IA, US	42:57	13:49/M
8	Lisa Kramer, F53	Earlville, IA, US	43:21	13:57/M
9	Kim Junkel, F51	Dubuque, IA, US	45:38	14:41/M
10	Lisa Federspiel, F54	Peosta, IA, US	52:35	16:55/M

M[55-59]

Place	Name	City	Gun Time	Pace mpm
1	Glenn Burrows, M57	Cuba City, WI, US	23:38	7:36/M
2	Mike Day, M55	Dubuque, IA, US	30:08	9:42/M

F[55-59]

Place	Name	City	Gun Time	Pace mpm
1	Rose Hoerner, F59	Dubuque, IA, US	1:04:21	20:43/M

M[60-69]

Place	Name	City	Gun Time	Pace mpm
1	Brian Cooper, M64	Dubuque, IA, US	23:58	7:43/M
2	Chuck Soat, M60	Dubuque, IA, US	25:00	8:03/M
3	Thomas Vanberkum, M67	Marion, IA, US	28:29	9:10/M
4	Pat Noonan, M65	Cascade, IA, US	35:15	11:21/M
5	William Hedrick, M65	Dubuque, IA, US	48:11	15:31/M

F[60-69]

Place	Name	City	Gun Time	Pace mpm
1	Ann Cooper, F65	Dubuque, IA, US	29:57	9:39/M
2	Anne Noonan, F62	Cascade, IA, US	35:15	11:21/M

F[70 & Over]

Place	Name	City	Gun Time	Pace mpm
1	Paula Odefey, F71	Dubuque, IA, US	39:10	12:36/M
2	Peggy Meyers, F78	Dubuque, IA, US	52:34	16:55/M

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