

# Freezefest 5K Run

Squaw Creek Park, Marion, IA

Feb. 28, 2009

Results by Jeff Mullen & Andrew Kauder

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	OpM	Tyler Sullivan, 20, Coralville, IA	17:16.6	5:34
2	1 M45	Phil Kauder, 47, Cascade, IA	17:51.0	5:45
3	1 M25	Craig Goldsmith, 26	18:25.1	5:56
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
4	1 M40	Mike Kabela, 42	18:39.7	6:01
5	1 M35	Mike Lambert, 37	19:01.3	6:08
6	2 M35	Kent Miskimen, 36	19:12.3	6:12
7	2 M40	Mike Schulte, 44, Cedar Rapids, IA	19:22.3	6:15
8	1 M50	Ron Gierut, 51	19:26.3	6:16
9	1 M30	Marty Klipp, 32	19:38.2	6:20
10	3 M40	David Reid, 42	19:47.8	6:23
11	3 M35	Dan Matheson, 39	20:00.6	6:27
12	2 M25	Daren Schumaker, 28, Cedar Rapids, IA	20:17.3	6:33
13	4 M35	Andy Breitsphecher, 35	20:26.2	6:36
14	1 M55	Michael Nurre, 55, Cedar Rapids, IA	20:27.5	6:36
15	2 M50	Jim Quigley, 51	20:34.6	6:38
1	OpW	Courtney Cameron, 28*, Tiffin, IA	20:41.5	6:40
16	3 M25	Seth Rippe, 29	20:59.0	6:46
17	2 M55	Bob Strickland, 58, Cedar Rapids, IA	21:01.1	6:47
18	2 M45	Rick Colton, 48	21:07.1	6:49
19	1 M20	Terry Willenborg, 24	21:10.6	6:50
20	5 M35	Dave Zahradnik, 39, Cedar Rapids, IA	21:18.8	6:53

21	2	M30	Jeremy Bartlett, 33, Alburnett, IA	21:30.5	6:56
22	4	M40	John Peters, 43, Cedar Rapids, IA	21:37.7	6:59
23	5	M40	Mark Rocarek, 44	21:38.9	6:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
24	3	M45	Eric Johnson, 49, Cedar Rapids, IA	21:42.6	7:00
25	3	M50	Joe Moreno, 52, East Moline, IL	21:43.8	7:01
26	3	M55	Brad Scott, 56, Marion, IA	21:45.3	7:01
2	1	W20	Julie Johnston, 24*, Cedar Rapids, IA	21:49.0	7:02
27	4	M50	Al Whitters, 52, Cedar Rapids, IA	21:54.1	7:04
28	4	M25	Matt Townsley, 27, Cedar Rapids, IA	21:56.6	7:05
29	2	M20	Freddy Frick, 20	21:59.0	7:05
30	4	M55	Nick Scott, 57	22:00.9	7:06
3	1	W35	RaeLynn Lamparek, 37*, Cedar Rapids, IA	22:02.7	7:07
4	1	W40	Deb Gaddis, 42*, Solon, IA	22:05.7	7:08
31	5	M50	Tom Henson, 52, Marion, IA	22:08.1	7:08
32	6	M50	Guy Olson, 51, Solon, IA	22:10.7	7:09
33	6	M35	Michael Ozminkowski, 35, Marion, IA	22:15.7	7:11
34	7	M50	Steve Pederson, 54	22:19.5	7:12
35	6	M40	Greg Bodeker, 42, Cedar Rapids, IA	22:27.5	7:15
36	4	M45	Gary Boesenberg, 48	22:29.4	7:15
5	1	W25	Kara Arnold-Aruns, 25*	22:32.0	7:16
37	7	M35	John Weaver, 35, City, IA	22:38.0	7:18
38	8	M35	Barry Breffle, 38, Toddville, IA	22:43.2	7:20
39	8	M50	Colin Flynn, 51	22:48.0	7:21
40	3	M30	Russell Binder, 31	22:51.9	7:23
41	1	M65	Thomas Bullinga, 67	22:52.5	7:23
42	9	M35	Michael Wright, 35, Marion, IA	22:54.1	7:23
43	9	M50	Linley Woelk, 52, Marion, IA	23:01.4	7:26
44	3	M20	Brandon Nordine, 24, Cedar Rapids, IA	23:03.3	7:26
45	7	M40	Brian Weldon, 42, LeClaire, IA	23:05.0	7:27
46	10	M35	Steve Henry, 36, Cedar Rapids, IA	23:05.8	7:27
47	8	M40	John Armon, 42	23:06.6	7:27
48	5	M25	Daniel Lantz, 25, Cedar Falls, IA	23:08.1	7:28

49	4	M30	Chris Nims, 32, Cedar Rapids, IA	23:14.4	7:30
50	9	M40	Dan Jacobi, 41, Ely, IA	23:16.1	7:30
51	5	M55	Dale Hanna, 59, Cedar Rapids, IA	23:22.2	7:32
6	1	W30	Heidi Anhalt, 31*, Cedar Rapids, IA	23:25.0	7:33
52	11	M35	John Fingert, 39, Iowa City, IA	23:27.6	7:34
53	4	M20	Andrew Cogan, 23, East Dubuque, IL	23:29.1	7:35
54	5	M30	Joe Morris, 30, Palo, IA	23:32.3	7:36
55	6	M25	Shaun Cassells, 29, Cedar Rapids, IA	23:34.6	7:36
56	6	M30	Lew Paine, 34, Urbana, IA	23:35.6	7:37
57	6	M55	Warren Feerer, 58	23:47.5	7:40
58	10	M50	David Barnes, 51	23:51.4	7:42
59	12	M35	Scott Weiss, 37, Marion, IA	23:53.2	7:42
7	2	W30	Jill Meimann, 30*, Cedar Rapids, IA	23:56.1	7:43
60	5	M45	Jamie Shea, 47, Marion, IA	23:58.8	7:44
61	10	M40	Dan Swenson, 40	24:03.7	7:46
8	1	W55	Claudia Scott, 57*, Marion, IA	24:04.3	7:46
62	7	M25	Nic Shaffer, 28	24:11.1	7:48
63	11	M40	Scott Popejoy, 40	24:21.1	7:51
64	8	M25	Robert Lancaster, 29, Cedar Rapids, IA	24:35.8	7:56
9	3	W30	Mariah Hurley, 32*, Cedar Rapids, IA	24:39.9	7:57
10	4	W30	Jessica Lipkey, 31*, Marion, IA	24:45.9	7:59

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65	13	M35	Dan Petersen, 36	24:48.1	8:00
66	6	M45	Ted Olson, 48, Hiawatha, IA	24:51.0	8:01
11	5	W30	Brandy Hoffmeier, 31*, Cedar Rapids, IA	24:53.2	8:02
67	7	M55	Art Millikin, 56, Hedrick, IA	24:55.0	8:02
68	11	M50	Doug Lord, 54, Lisbon, IA	24:58.5	8:03
69	12	M50	Daniel Gee, 52, Cedar Rapids, IA	24:59.0	8:04
70	13	M50	Jim Slowbeck, 50	24:59.5	8:04
71	7	M45	Kim Brant, 49, Newhall, IA	25:00.7	8:04
72	9	M25	Beau Brink, 26, Cedar Rapids, IA	25:06.1	8:06
73	12	M40	Todd Montgomery, 40	25:07.1	8:06

74	13	M40	Chuck Fritz, 44	25:07.7	8:06
75	8	M55	Bruce Bachmann, 59, Cedar Rapids, IA	25:09.0	8:07
12	2	W25	Cassy Townsley, 26*, Cedar Rapids, IA	25:12.0	8:08
76	1	M60	Wayne Woolery, 60, Homestead, IA	25:13.1	8:08
77	10	M25	Scott Miller, 28	25:16.2	8:09
78	1	JrM	Maverick Guyer, 12, Cedar Rapids, IA	25:18.8	8:10
79	11	M25	Matthew Jensen, 29, Marion, IA	25:26.9	8:13
80	1	M70	Ron Ottaway, 71	25:30.8	8:14
81	8	M45	Doug Thompson, 48, Cedar Rapids, IA	25:36.3	8:16
13	1	W50	Lorrie Copper, 52*, Marion, IA	25:36.7	8:16
82	12	M25	Matt Schouten, 28, Cedar Rapids, IA	25:37.2	8:16
14	3	W25	Mandy Marihg, 25*	25:37.8	8:16
83	14	M35	Kurt Kramer, 36	25:41.6	8:17
84	13	M25	Shawn Kmetz, 28, Cedar Rapids, IA	25:47.1	8:19
15	2	W20	Lisa Blum, 23*, North Liberty, IA	25:57.2	8:22
85	7	M30	Kyle Troyer, 32	26:00.1	8:23
16	1	W45	Lori Gabel, 46*, Marion, IA	26:00.9	8:23
17	2	W50	Sharon Robertson, 52*, Alburnett, IA	26:01.5	8:24
18	2	W40	Sarah Williams, 42*, Marion, IA	26:02.9	8:24
86	9	M45	Hadley Swanson, 46, Rock Island, IL	26:14.1	8:28
19	6	W30	Emily Blomme, 30*	26:19.9	8:30
20	4	W25	Elizabeth Craig, 27*	26:21.1	8:30
21	5	W25	Caitlin Slessor, 27*	26:21.6	8:30
87	9	M55	Kent Mattison, 57	26:24.7	8:31
88	8	M30	Greg Wilkinson, 31, Marion, IA	26:25.5	8:31
22	3	W50	Belinda Gee, 51*, Cedar Rapids, IA	26:29.0	8:33
23	6	W25	Laura Spencer, 25*, Iowa City, IA	26:30.5	8:33
89	14	M40	Robert Schmit, 40, Cedar Rapids, IA	26:33.6	8:34
24	7	W30	Megan Sova, 32*, Cedar Rapids, IA	26:42.7	8:37
90	14	M50	Craig Johnson, 53, Cedar Rapids, IA	26:43.4	8:37
91	9	M30	James Herman, 33	26:44.5	8:38
25	3	W40	Rosie Lee, 43*, Cedar Rapids, IA	26:46.5	8:38
26	4	W50	Suzanne Henson, 50*, Marion, IA	26:47.4	8:38

27	8	W30	Deidre Nims, 33*, Cedar Rapids, IA	26:47.9	8:39
28	2	W35	Karla Westpheling, 37*, Cedar Rapids, IA	26:48.3	8:39
29	2	W45	Jackie Peters, 48*, Cedar Rapids, IA	26:53.6	8:41
30	3	W45	Deanna Haddy, 48*, Cedar Rapids, IA	26:59.8	8:43
92	14	M25	Jeremy State, 27	27:04.6	8:44
93	10	M30	Doug Fishwild, 30, Cedar Rapids, IA	27:06.4	8:45
94	15	M25	Brian Vogel, 29, Cedar Rapids, IA	27:08.3	8:45
31	4	W45	Patti Sprague, 49*, Mt. Vernon, IA	27:09.4	8:46
32	5	W50	Ann Vestle, 54*, Cedar Rapids, IA	27:10.1	8:46
33	9	W30	Michelle Kimm, 33*, Amana, IA	27:10.9	8:46
34	7	W25	Amber Hoy, 27*	27:21.7	8:50
95	11	M30	Kelly Cole, 33, Cedar Rapids, IA	27:23.3	8:50
96	15	M50	Dave Balvin, 50, Cedar Rapids, IA	27:29.2	8:52
97	10	M55	Roy Gaddis, 59, Solon, IA	27:30.0	8:52
98	10	M45	Chris Swanson, 48, Riverside, IA	27:35.1	8:54
99	11	M55	Daniel McGrail, 55, Cedar Rapids, IA	27:38.9	8:55
35	3	W35	Sarah Swanson, 38*, Riverside, IA	27:44.7	8:57
36	6	W50	Dottie Gierut, 51*	27:46.8	8:58
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100	12	M55	Dan Tucker, 57	27:58.6	9:01
37	5	W45	Linda Johnson, 49*, Cedar Rapids, IA	28:05.6	9:04
38	6	W45	Terri Vosmek, 47*, Cedar Rapids, IA	28:12.9	9:06
39	1	W60	Mary Johnston, 61*, Cedar Rapids, IA	28:22.5	9:09
40	10	W30	Beth Gaines, 31*, Iowa City, IA	28:25.4	9:10
101	16	M50	Randy Cogan, 54, East Dubuque, IL	28:26.2	9:10
41	4	W35	Nicole Fiala, 36*, Marion, IA	28:35.6	9:13
102	11	M45	Rick Hemann, 45, Marion, IA	28:40.1	9:15
103	2	M60	Dick Morrison, 60	28:42.3	9:16
104	13	M55	Bill Ingels, 58	28:43.0	9:16
105	2	M65	Davis Eidahl, 67, Richland, IA	28:43.6	9:16
42	7	W50	Lois Kabela-Coats, 51*, Cedar Rapids, IA	28:49.9	9:18
106	16	M25	Jason Tjaden, 26, Clarence, IA	28:54.7	9:20

43	7	W45	Cathy Taylor, 48*	28:57.8	9:21
107	17	M50	Kent Spellman, 50, Albert Lee, MN	28:59.5	9:21
108	1	M15	Jacob Bardell, 17, Cedar Rapids, IA	29:01.9	9:22
44	2	W55	Rhonda Stallman, 58*	29:06.7	9:23
109	17	M25	Eric Strader, 28, Marion, IA	29:08.7	9:24
110	14	M55	Nick Gearhart, 57	29:12.3	9:25
45	8	W45	Brenda Sutton, 46*, Marion, IA	29:22.0	9:28
111	12	M45	Lance Greco, 47, Cedar Rapids, IA	29:27.9	9:30
112	18	M25	Josh Peterson, 25, Shenandoah, IA	29:29.7	9:31
113	12	M30	Scott Duffy, 31, Cedar Rapids, IA	29:38.7	9:34
114	3	M65	Jim Meister, 65, Cedar Rapids, IA	29:39.7	9:34
115	19	M25	Ken Kositzky, 26	29:41.6	9:35
46	8	W25	Amanda Gregory, 27*	29:47.9	9:37
116	2	JrM	Dermot Weldon, 9, LeClaire, IA	29:56.6	9:40
47	3	W20	Amanda Steffen, 20*	30:24.0	9:48
48	11	W30	Lisa Ozminkowski, 32*, Marion, IA	30:27.1	9:49
117	15	M40	Jeff Bardell, 44, Cedar Rapids, IA	30:28.9	9:50
118	20	M25	Cory Pfab, 27, Cedar Rapids, IA	30:30.9	9:51
49	4	W20	Kari Lammer, 24*	30:44.0	9:55
50	9	W45	Kathleen Hudson, 46*	30:46.3	9:56
51	8	W50	Mona Whitters, 53*, Cedar Rapids, IA	30:49.4	9:57
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
52	4	W40	Jody Rausch, 40*, Robins, IA	31:09.1	10:03
53	5	W40	Mary Jones, 44*, Robins, IA	31:09.6	10:03
54	12	W30	Toyna Johnston, 31*, Cedar Rapids, IA	31:10.0	10:03
55	5	W35	Rebekah Hohenthauer, 35*, Burlington, IA	31:12.8	10:04
56	13	W30	Angelique Eslami, 30*, Iowa City, IA	31:13.1	10:04
119	13	M30	Jason Lampe, 34	31:13.4	10:04
57	6	W35	Penny Givens, 36*, Center Point, IA	31:19.2	10:06
120	13	M45	Michael Givens, 45, Center Point, IA	31:19.6	10:06
58	9	W25	Jill Lenz, 29*, Marion, IA	31:21.7	10:07
59	14	W30	Rachel Reed, 30*, Palo, IA	31:48.2	10:16
60	7	W35	Bretta Miller, 35*	31:53.4	10:17

121	15	M55	Dean Rothchild, 55, Cedar Rapids, IA	32:05.4	10:21
122	18	M50	Bill Copper, 52, Marion, IA	32:10.2	10:23
123	14	M45	Greg Koenigs, 46, Cedar Rapids, IA	32:17.5	10:25
124	14	M30	Nick Bettis, 30, Cedar Rapids, IA	32:25.1	10:27
61	10	W25	Katalin Kolodick, 26*	32:33.2	10:30
62	15	W30	Lauri Lumm Usher, 34*, Marion, IA	32:34.8	10:31
125	15	M45	Chris Usher, 45, Marion, IA	32:36.1	10:31
63	11	W25	Kathleen Pegg, 27*	32:38.5	10:32
64	6	W40	Lori Miene, 43*, Cedar Rapids, IA	33:06.3	10:41
126	3	M60	Dennis Baier, 62	33:17.1	10:44
127	21	M25	Adam Peterson, 29, Marion, IA	33:36.9	10:51
65	7	W40	Kris Lee, 44*	33:43.6	10:53
66	16	W30	Jerica Gritsch, 34*, Belle Plaine, IA	34:00.4	10:58
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67	8	W35	Becky Barnhart, 37*, Lisbon, IA	34:04.8	11:00
68	3	W55	Linnea Martin, 55*, Cedar Rapids, IA	34:06.7	11:00
69	1	W15	Lauren Overton, 16*, Cedar Rapids, IA	34:12.3	11:02
70	5	W20	Erin Fleege, 23*, Cedar Rapids, IA	34:13.1	11:02
71	17	W30	Catherine Betts, 34*	34:28.2	11:07
72	18	W30	Margo Redlinger, 31*	35:26.1	11:26
73	9	W35	Paulette Petersen, 37*	35:51.1	11:34
74	4	W55	Valerie Bauer, 58*	35:51.9	11:34
128	4	M60	Bill Cone, 62, San Francisco, CA	36:13.0	11:41
75	10	W35	Jennifer Hawes, 35*, Burlington, IA	36:47.3	11:52
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
129	22	M25	Andrew Toth, 25, Marion, IA	38:12.2	12:19
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
76	8	W40	Kann Julie, 41*, Cedar Rapids, IA	40:28.9	13:03
130	4	M65	Jack Meier, 68	41:57.4	13:32
77	19	W30	Casey DeBrower, 33*, Marion, IA	41:58.0	13:32
131	23	M25	Nick DeBrower, 28, Marion, IA	42:27.5	13:42
132	3	JrM	Matthew Williams, 14, Marion, IA	42:28.0	13:42

78	10	W45	Jennifer Olson, 47*, Hiawatha, IA	42:40.4	13:46
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79	20	W30	Michelle Fickel, 34*	43:30.5	14:02
80	21	W30	Sarah Hawes, 31*, Cedar Rapids, IA	43:40.8	14:05
81	12	W25	Shannon Britcher, 28*, Cedar Rapids, IA	43:41.1	14:06
82	6	W20	Jacque Silhanek, 24*, Keystone, IA	46:05.1	14:52
133	2	M15	Zach Miller, 16	46:06.0	14:52
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
83	1	JrW	Autumn Philip, 14*	47:08.2	15:12
84	22	W30	Carrie Meyer, 30*, Cedar Rapids, IA	47:11.9	15:13
85	23	W30	Camille Meyer, 32*, Cedar Rapids, IA	48:16.8	15:34
86	11	W45	Cindy Nagle, 45*	48:17.2	15:35
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
87	9	W40	Julia Klaren, 41*	49:53.2	16:06
88	11	W35	Melanie Beauchamp, 35*	49:53.8	16:06
89	12	W45	Joan Black, 46*, Iowa City, IA	49:54.3	16:06
90	24	W30	Kara Magnison, 30*, Iowa City, IA	52:27.0	16:55

\* indicates females

2 finishers among Males (no age given)

3 finishers among Men Under 15

2 finishers among Men 15 - 19

4 finishers among Men 20 - 24

23 finishers among Men 25 - 29

14 finishers among Men 30 - 34

14 finishers among Men 35 - 39

15 finishers among Men 40 - 44

15 finishers among Men 45 - 49

18 finishers among Men 50 - 54

15 finishers among Men 55 - 59

4 finishers among Men 60 - 64

4 finishers among Men 65 - 69

1 finishers among Men 70 & Up

1 finishers among Women Under 15



1 finishers among Women 15 - 19

6 finishers among Women 20 - 24

12 finishers among Women 25 - 29

24 finishers among Women 30 - 34

11 finishers among Women 35 - 39

9 finishers among Women 40 - 44

12 finishers among Women 45 - 49

8 finishers among Women 50 - 54

4 finishers among Women 55 - 59

1 finishers among Women 60 - 64

134 male finishers

89 female finishers

223 total finishers

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