

# FreezeFest \*\*\* 5K Run \*\*\* Overall & Divisions

Event: 5K Run

Date: Saturday, February 17, 2018

Location: Marion

Weather: Cool 36°

## 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	Nathan Hopp, M35	Amana, IA	16:45	5:23/M	16:45	5:23/M
2	2	1 M25	Tyler Sullivan, M29	Iowa City, IA	18:03	5:48/M	18:02	5:48/M
3	3	1 M30	Justin Helbing, M32	Indianola, IA	18:26	5:56/M	18:25	5:56/M
4	4	1 M15	Khory Nobles, M16	Cedar Rapids, IA	18:40	6:01/M	18:40	6:00/M
5	5	1 JRM	Lukas Lamparek, M14	Cedar Rapids, IA	18:59	6:07/M	18:57	6:06/M
6	6	2 M30	Jordan Witmer, M34	Cedar Rapids, IA	19:20	6:13/M	19:20	6:13/M
7	7	1 M40	Wes Hilleshiem, M40	Marion, IA	19:32	6:17/M	19:30	6:17/M
8	8	2 M15	Reid Coates, M16	Marion, IA	19:35	6:18/M	19:34	6:18/M
9	9	1 M35	Mike Newman, M39	Cedar Rapids, IA	19:42	6:20/M	19:41	6:20/M
10	1	1 OVF	Elaina Biechler, F31	Dubuque, IA	19:43	6:21/M	19:42	6:20/M
11	10	2 M35	Justin Hajek, M36	Marion, IA	19:54	6:24/M	19:53	6:24/M
12	11	1 M45	Nathan Nebbe, M46	Cedar Falls, IA	19:55	6:25/M	19:51	6:23/M
13	12	3 M35	Shawn Kmetz, M37	Cedar Rapids, IA	20:12	6:30/M	20:10	6:30/M
14	2	1 F35	Alice Anderson, F35	Marion, IA	20:15	6:31/M	20:14	6:31/M

15	13	3 M30	Brian Howell, M31	Cedar Rapids, IA	20:26	6:35/M	20:24	6:34/M
16	3	1 F25	Jessie Clark, F29	Cedar Rapids, IA	20:39	6:39/M	20:38	6:39/M
17	14	4 M35	Mark Lorenzen, M37	Dubuque, IA	20:56	6:44/M	20:52	6:43/M
18	15	1 M20	Patrick Downey, M24	Cedar Rapids, IA	20:58	6:45/M	20:53	6:43/M
19	4	1 F30	Lisa Neher, F32	Cedar Rapids, IA	21:03	6:46/M	21:01	6:46/M
20	16	1 M50	Robert Murphy, M50	Mount Vernon, IA	21:07	6:48/M	21:02	6:46/M
21	17	4 M30	Zach Hill, M32	Iowa City, IA	21:15	6:50/M	21:13	6:50/M
22	18	1 M55	Randy Brecht, M57	Middle Amana, IA	21:16	6:51/M	21:13	6:50/M
23	19	2 M40	Phil Decker, M42	Robins, IA	21:19	6:52/M	21:15	6:50/M
24	20	5 M35	John Hackbarth, M35	Cedar Rapids, IA	21:25	6:53/M	21:21	6:52/M
25	21	5 M30	Michael Price, M31	Cedar Rapids, IA	21:29	6:55/M	21:25	6:54/M
26	5	1 F20	Meghan McLaughlin, F21	Miles, IA	21:32	6:56/M	21:30	6:55/M
27	22	3 M40	Kelly Mueller, M41	Cedar Rapids, IA	21:39	6:58/M	21:31	6:55/M
28	23	4 M40	Chris Nims, M41	Robins, IA	21:46	7:00/M	21:45	7:00/M
29	24	2 M45	Mathieu Cagnard, M46	Cedar Rapids, IA	21:49	7:01/M	21:45	7:00/M
30	6	2 F35	Emily Burmeister, F35	Marion, IA	21:53	7:03/M	21:50	7:02/M
31	7	1 F15	Corrina Dittmer, F15	Marion, IA	22:00	7:05/M	21:59	7:04/M
32	8	3 F35	Heidi Kestel, F35	Tiffin, IA	22:04	7:06/M	22:01	7:05/M
33	25	2 M20	Ryan Dincher, M24	Cedar Rapids, IA	22:09	7:08/M	22:05	7:06/M
34	26	2 M55	David Fischer, M55	Robins, IA	22:23	7:12/M	22:20	7:11/M
35	27	3 M55	Rick Colton, M57	Marion, IA	22:27	7:13/M	22:22	7:12/M
36	9	2 F30	Kathy Miller, F30	Coralville, IA	22:36	7:16/M	22:33	7:15/M
37	28	5 M40	Keith Snoop, M40	Marion, IA	22:38	7:17/M	22:34	7:16/M
38	29	6 M30	Michael Horne, M34	Cedar Rapids, IA	22:40	7:18/M	22:37	7:17/M
39	30	6 M35	Adam Day, M39	Coralville, IA	22:43	7:19/M	22:38	7:17/M
40	10	4 F35	Kimberly Poston, F35	Marion, IA	23:07	7:26/M	23:05	7:26/M
41	31	4 M55	Horacio Olivo, M56	Iowa City, IA	23:17	7:30/M	23:13	7:28/M
42	32	1 M60	Dave Martin, M62	Cedar Rapids, IA	23:22	7:31/M	23:19	7:30/M

43	33	7 M35	Terry Pump, M37	Cedar Rapids, IA	23:23	7:31/M	23:17	7:30/M
44	34	1 M70	Jim Shimek, M70	Fairfax, IA	23:33	7:35/M	23:29	7:33/M
45	35	2 M50	Ted Smith, M50	Cedar Rapids, IA	23:41	7:37/M	23:31	7:34/M
46	36	3 M50	Jason Aarhus, M50	Cedar Rapids, IA	23:44	7:38/M	23:39	7:37/M
47	37	2 M25	David Savino, M29	Cedar Rapids, IA	23:48	7:39/M	23:40	7:37/M
48	38	3 M25	Jonathan McDonough, M27	Austin, MN	23:48	7:40/M	23:41	7:37/M
49	39	2 M60	Mark Zimmer, M60	Independence, IA	23:52	7:41/M	23:49	7:40/M
50	11	2 F25	Carolyn Scherf, F27	Iowa City, IA	23:53	7:41/M	23:50	7:40/M
51	40	5 M55	Craig Brophy, M57	Cedar Rapids, IA	23:56	7:42/M	23:53	7:41/M
52	12	1 F40	Andrea Joyner, F43	Marion, IA	23:56	7:42/M	23:52	7:41/M
53	41	1 M65	Bob Strickland, M67	Cedar Rapids, IA	24:02	7:44/M	24:01	7:44/M
54	42	4 M50	James Phelps, M52	Marengo, IA	24:10	7:47/M	24:08	7:46/M
55	43	3 M45	Brian Braid, M48	Marion, IA	24:10	7:47/M	24:07	7:46/M
56	44	6 M40	Joel Rochleau, M44	Hiawatha, IA	24:15	7:48/M	24:08	7:46/M
57	45	2 JRM	Lucas McCarley, M13	Cedar Rapids, IA	24:21	7:50/M	24:18	7:49/M
58	13	2 F20	Peyton Bourgeois, F21	Marion, IA	24:22	7:51/M	24:11	7:47/M
59	14	2 F40	Jaime Kleiner, F41	Epworth, IA	24:27	7:52/M	24:26	7:52/M
60	46	4 M25	Josh Sevcik, M29	Cedar Rapids, IA	24:27	7:52/M	24:18	7:49/M
61	47	8 M35	Michael Leclere, M35	Coggon, IA	24:27	7:52/M	24:15	7:48/M
62	48	3 JRM	Kinnick Nims, M12	Robins, IA	24:28	7:52/M	24:21	7:50/M
63	15	5 F35	Jill Snitko, F39	Marion, IA	24:31	7:53/M	24:25	7:52/M
64	49	7 M30	Dustin Bentley, M34	Cedar Rapids, IA	24:39	7:56/M	24:28	7:52/M
65	16	1 F50	Erin Hazen, F50	Solon, IA	24:41	7:57/M	24:20	7:50/M
66	17	3 F20	Jessica Lehnhard, F24	Coralville, IA	24:50	7:59/M	24:18	7:49/M
67	50	8 M30	Shawn Keating, M30	North Liberty, IA	24:52	8:00/M	24:40	7:56/M
68	51	6 M55	James Shell, M58	Cedar Rapids, IA	24:58	8:02/M	24:47	7:59/M
69	52	5 M50	Joel Fopma, M52	Marion, IA	25:00	8:03/M	24:55	8:01/M
70	53	3 M15	Kaden Snoop, M17	Marion, IA	25:09	8:06/M	25:05	8:04/M

71	54	4 M45	John Scroggins, M46	Cedar Rapids, IA	25:10	8:06/M	25:05	8:05/M
72	18	3 F40	Deidre Nims, F42	Robins, IA	25:14	8:07/M	25:08	8:05/M
73	55	5 M45	Matt Shaffer, M49	Cedar Rapids, IA	25:17	8:08/M	25:11	8:06/M
74	19	1 F45	Jennifer Steadman, F48	Shellsburg, IA	25:21	8:10/M	25:15	8:08/M
75	20	4 F40	Mariah Hurley, F41	Cedar Rapids, IA	25:31	8:13/M	25:28	8:12/M
76	56	6 M45	Rodney Crooks, M48	Bernard, IA	25:32	8:13/M	25:18	8:09/M
77	57	7 M55	Jeff Dotseth, M59	Coralville, IA	25:32	8:13/M	25:23	8:10/M
78	58	2 M65	Tom Wolfe, M69	Cedar Rapids, IA	25:33	8:14/M	25:26	8:11/M
79	21	2 F45	Kathy Christensen, F49	Cedar Rapids, IA	25:46	8:18/M	25:39	8:15/M
80	22	3 F45	Kathryn Cater, F47	Hiawatha, IA	25:49	8:18/M	25:41	8:16/M
81	59	5 M25	Riley Schmitt, M26	Coralville, IA	25:54	8:20/M	25:44	8:17/M
82	60	3 M60	Craig Johnson, M61	Cedar Rapids, IA	25:56	8:21/M	25:51	8:19/M
83	23	2 F50	Kallie Harris, F54	Cedar Rapids, IA	25:58	8:22/M	25:53	8:20/M
84	61	8 M55	Martin Labs, M58	Cedar Rapids, IA	25:59	8:22/M	25:53	8:20/M
85	24	3 F30	Jennifer Wedewer, F34	Cedar Rapids, IA	26:04	8:24/M	25:25	8:11/M
86	62	4 M60	Herbert Deutmeyer Jr, M61	Asbury, IA	26:05	8:24/M	26:01	8:23/M
87	25	5 F40	Heather Kalous, F43	Vinton, IA	26:05	8:24/M	26:00	8:22/M
88	63	9 M30	Paul Fiegen, M31	Cedar Rapids, IA	26:07	8:24/M	25:23	8:10/M
89	26	4 F30	Molly Huinker, F34	Cedar Rapids, IA	26:07	8:24/M	25:47	8:18/M
90	64	7 M40	Brian Nicola, M41	Coralville, IA	26:16	8:27/M	26:11	8:26/M
91	27	4 F45	Hilary Condon, F46	De Witt, IA	26:25	8:30/M	26:12	8:26/M
92	28	1 F55	Patricia Erenberger, F58	Marion, IA	26:32	8:33/M	26:24	8:30/M
93	29	5 F30	Mindy Walderbach, F34	Marion, IA	26:40	8:35/M	26:14	8:27/M
94	30	2 F15	Emily Jennings, F17	Cedar Rapids, IA	26:42	8:36/M	26:26	8:31/M
95	31	6 F35	Jill Engels, F35	Tipton, IA	26:43	8:36/M	26:36	8:34/M
96	32	3 F15	Olivia Kennedy, F16	Cedar Rapids, IA	26:46	8:37/M	26:37	8:34/M

97	65	7 M45	Stephen Szewc, M45	Marion, IA	26:50	8:38/M	26:39	8:35/M
98	66	3 M65	Dale Hanna, M68	Cedar Rapids, IA	26:52	8:39/M	26:43	8:36/M
99	67	9 M35	Chad Moore, M36	Cedar Rapids, IA	26:53	8:39/M	26:30	8:32/M
100	33	1 JRF	Jamie Pilarczyk, F14	Cedar Rapids, IA	26:54	8:39/M	26:39	8:35/M
101	68	6 M50	Randy Striegel, M51	Cedar Rapids, IA	26:54	8:40/M	26:42	8:35/M
102	69	4 M65	Brad Scott, M65	Marion, IA	26:57	8:40/M	26:51	8:39/M
103	70	10 M30	Aaron Becker, M33	Waterloo, IA	26:58	8:41/M	26:25	8:30/M
104	34	6 F30	Erin Becker, F32	Waterloo, IA	26:58	8:41/M	26:25	8:30/M
105	35	6 F40	Angy Snoop, F40	Marion, IA	26:59	8:41/M	26:51	8:38/M
106	36	3 F25	Erin Vecchi, F25	Coralville, IA	27:03	8:42/M	26:52	8:39/M
107	71	7 M50	Matt Hilsabeck, M51	Boone, IA	27:08	8:44/M	26:34	8:33/M
108	37	7 F30	Stephany Newyork, F32	North Liberty, IA	27:13	8:46/M	27:02	8:42/M
109	72	6 M25	Anthony Newberry, M26	Coralville, IA	27:19	8:47/M	27:08	8:44/M
110	73	8 M50	John Weyer, M54	Cedar Rapids, IA	27:22	8:48/M	27:00	8:41/M
111	38	4 F25	Jenna Morio, F28	Coralville, IA	27:23	8:49/M	26:53	8:39/M
112	39	5 F45	Brenda Bell, F48	Solon, IA	27:25	8:50/M	27:14	8:46/M
113	40	5 F25	Ellen Shroyer, F26	Iowa City, IA	27:38	8:53/M	27:27	8:50/M
114	74	9 M50	David Kaness, M53	Cedar Rapids, IA	27:39	8:54/M	27:34	8:52/M
115	75	11 M30	Daniel Pacheco, M34	Cedar Rapids, IA	27:42	8:55/M	27:33	8:52/M
116	41	2 JRF	Alexis Nims, F9	Robins, IA	27:46	8:56/M	27:41	8:55/M
117	76	5 M60	Michael Nurre, M64	Cedar Rapids, IA	27:48	8:57/M	27:41	8:55/M
118	77	9 M55	Mike Inman, M59	Ottumwa, IA	27:50	8:57/M	27:43	8:55/M
119	42	7 F40	Laura Smeby, F42	Cedar Rapids, IA	27:54	8:59/M	27:44	8:55/M
120	43	6 F45	Ashley Coates, F46	Marion, IA	28:08	9:03/M	27:48	8:57/M
121	44	7 F45	Nicole Frei, F47	Lancaster, WI	28:12	9:05/M	27:58	9:00/M
122	45	6 F25	Jacqueline Lavelly, F29	Iowa City, IA	28:15	9:05/M	27:57	9:00/M
123	78	8 M40	Chad Smeby, M43	Cedar Rapids, IA	28:16	9:06/M	28:06	9:03/M
124	46	8 F30	Penny Carlton, F32	Bettendorf, IA	28:17	9:06/M	28:05	9:02/M
125	47	3 F50	Sarah Williams, F51	Marion, IA	28:18	9:06/M	28:05	9:02/M
126	48	4 F50	Lynn Knutson, F54	Lancaster, WI	28:20	9:07/M	28:06	9:03/M

127	49	8 F45	Michelle Clark, F45	Coralville, IA	28:22	9:08/M	28:13	9:05/M
128	79	8 M45	Chad Gammon, M45	Cedar Rapids, IA	28:28	9:10/M	28:19	9:07/M
129	80	10 M35	Bala Singam, M36	Cedar Rapids, IA	28:32	9:11/M	28:20	9:07/M
130	50	2 F55	Maureen Dale Ernst, F59	Swisher, IA	28:37	9:13/M	28:22	9:08/M
131	81	9 M45	Ryan Tresnak, M46	Vinton, IA	28:40	9:14/M	28:06	9:03/M
132	51	7 F25	Michelle Colpean, F28	Iowa City, IA	28:40	9:14/M	28:19	9:07/M
133	82	6 M60	Jeff Libe, M60	Cedar Rapids, IA	28:42	9:14/M	28:33	9:11/M
134	83	7 M25	Samuel Boerboom, M25	Waseca, MN	28:44	9:15/M	28:05	9:02/M
135	84	12 M30	Ryan Hughes, M34	Cedar Rapids, IA	28:44	9:15/M	28:05	9:02/M
136	85	8 M25	Byron Montgomery, M28	Cedar Rapids, IA	28:46	9:16/M	28:39	9:13/M
137	52	7 F35	Tamara Abkes, F37	Cedar Rapids, IA	28:47	9:16/M	28:00	9:01/M
138	86	10 M45	Chris Roling, M46	Marion, IA	28:53	9:18/M	28:42	9:14/M
139	53	8 F35	Vanessa Krejci, F36	Cedar Rapids, IA	28:55	9:19/M	28:34	9:12/M
140	54	9 F45	Cathy May, F46	Cedar Rapids, IA	28:57	9:19/M	28:31	9:11/M
141	87	3 M20	Zachary Wright, M24	Marion, IA	28:57	9:19/M	28:41	9:14/M
142	55	4 F20	Jennifer Nishida, F23	Marion, IA	28:59	9:20/M	28:43	9:14/M
143	88	9 M25	Derek Powers, M28	Cedar Rapids, IA	29:00	9:20/M	28:18	9:07/M
144	56	8 F40	Tracy Dietsch, F41	Cedar Rapids, IA	29:03	9:21/M	28:57	9:19/M
145	57	3 F55	Marsha Aspinall, F56	Cedar Rapids, IA	29:05	9:22/M	28:46	9:16/M
146	58	9 F35	Lindsay Hance, F36	Cedar Rapids, IA	29:07	9:22/M	28:38	9:13/M
147	89	11 M35	Bradley Hance, M39	Cedar Rapids, IA	29:08	9:23/M	28:38	9:13/M
148	59	4 F15	Carley Beck, F16	Cedar Rapids, IA	29:10	9:23/M	29:01	9:20/M
149	90	13 M30	Josh Pastor, M31	Marion, IA	29:11	9:24/M	28:55	9:18/M
150	91	11 M45	Alex Tjaden, M46	Amana, IA	29:18	9:26/M	29:10	9:23/M
151	92	10 M55	Jeff Pick, M56	Cedar Rapids, IA	29:23	9:28/M	29:16	9:25/M
152	93	7 M60	Scott Immerfall, M62	Marion, IA	29:25	9:28/M	29:16	9:25/M

153	94	9 M40	Jason Lampe, M42	Cedar Rapids, IA	29:29	9:29/M	29:04	9:21/M
154	95	8 M60	Gary Stangland, M61	Cedar Rapids, IA	29:31	9:30/M	29:07	9:22/M
155	60	9 F30	Lauren Aboud, F31	Cedar Rapids, IA	29:33	9:31/M	29:13	9:24/M
156	61	9 F40	Kari Palmer, F41	Marion, IA	29:33	9:31/M	29:27	9:29/M
157	62	8 F25	Taylor Kelly, F26	North Liberty, IA	29:34	9:31/M	29:10	9:23/M
158	96	10 M50	Mike Sills, M53	Cedar Rapids, IA	29:39	9:33/M	29:14	9:24/M
159	63	10 F45	Janice Coleman, F49	Cedar Rapids, IA	29:40	9:33/M	29:31	9:30/M
160	97	11 M50	Dale Johnson, M53	Cedar Rapids, IA	29:42	9:34/M	29:36	9:32/M
161	64	10 F30	Danielle Powell, F33	Cedar Rapids, IA	29:43	9:34/M	29:36	9:31/M
162	98	12 M50	Tim Cahill, M51	Lisbon, IA	29:44	9:34/M	29:31	9:30/M
163	99	12 M45	Robert Parrish, M46	Iowa City, IA	29:45	9:35/M	29:11	9:23/M
164	100	9 M60	Randy Cogan, M63	East Dubuque, IL	29:47	9:35/M	29:34	9:31/M
165	65	5 F50	Mollie Lorenz, F52	Marion, IA	29:47	9:35/M	29:35	9:31/M
166	66	10 F35	Courtney Donohue, F36	Waterloo, IA	29:48	9:36/M	29:15	9:25/M
167	67	10 F40	Dorota Staniewska, F40	North Liberty, IA	29:50	9:36/M	29:36	9:32/M
168	68	11 F40	Julie Bathurst, F43	Cedar Rapids, IA	29:52	9:37/M	29:34	9:31/M
169	101	14 M30	Matt Scherbring, M33	Hiawatha, IA	29:55	9:38/M	29:52	9:37/M
170	102	10 M60	Randy Bachman, M61	Hiawatha, IA	29:56	9:38/M	29:30	9:30/M
171	69	11 F35	Abbie Steil, F39	Marion, IA	29:58	9:39/M	29:39	9:33/M
172	70	11 F45	Elizabeth Driskell, F46	Cedar Rapids, IA	30:05	9:41/M	29:43	9:34/M
173	103	10 M40	Gabe Julich, M40	Cedar Rapids, IA	30:19	9:45/M	29:37	9:32/M
174	104	15 M30	John Mineck, M30	Cedar Rapids, IA	30:32	9:50/M	30:06	9:41/M
175	71	3 JRF	Piper Yi, F9	Marion, IA	30:33	9:50/M	30:05	9:41/M
176	72	12 F35	Brandy Netty, F36	Cedar Rapids, IA	30:34	9:50/M	30:27	9:48/M
177	73	11 F30	Marcy Rahn, F32	Coralville, IA	30:34	9:50/M	30:17	9:45/M
178	105	13 M50	Shannon Meyers, M51	Marion, IA	30:44	9:54/M	30:09	9:42/M
179	106	12 M35	Rob Ackley, M39	Marion, IA	30:49	9:55/M	30:35	9:51/M

180	74	5 F15	Aleah Kopf, F17	Mount Auburn, IA	30:51	9:56/M	30:22	9:47/M
181	75	12 F30	Liz Moomey, F32	Iowa City, IA	30:58	9:58/M	30:46	9:54/M
182	107	14 M50	Joe Mischka, M54	Cedar Rapids, IA	31:06	10:01/M	30:36	9:51/M
183	108	10 M25	Robert Kaiser, M25	Cedar Falls, IA	31:07	10:01/M	30:50	9:56/M
184	76	5 F20	Erin Heffner, F24	Cedar Rapids, IA	31:08	10:01/M	30:51	9:56/M
185	77	13 F35	Jennifer Blauvelt, F38	Kalona, IA	31:09	10:02/M	30:51	9:56/M
186	109	4 JRM	Carter Parrish, M10	Iowa City, IA	31:11	10:02/M	30:46	9:54/M
187	78	6 F20	Chelsey McMahon, F24	Cedar Rapids, IA	31:11	10:02/M	31:03	10:00/M
188	79	12 F40	Charity Nebbe, F43	Iowa City, IA	31:12	10:03/M	30:47	9:54/M
189	80	12 F45	Amanda Crooks, F49	Bernard, IA	31:12	10:03/M	30:45	9:54/M
190	110	5 M65	Darwin Peterson, M65	Oelwein, IA	31:14	10:03/M	30:36	9:51/M
191	111	13 M35	Adam Peterson, M38	Marion, IA	31:14	10:03/M	30:36	9:51/M
192	112	11 M55	Rick Robertson, M57	Shellsburg, IA	31:22	10:06/M	31:00	9:59/M
193	113	14 M35	Michael Harp, M39	Marion, IA	31:24	10:06/M	31:00	9:59/M
194	114	2 M70	John Leland, M81	Marion, IA	31:26	10:07/M	31:02	9:59/M
195	81	4 F55	Diane Alsager., F59	Cedar Rapids, IA	31:42	10:12/M	31:21	10:05/M
196	115	11 M25	Taylor Volker, M28	Fayette, IA	31:45	10:13/M	31:29	10:08/M
197	82	1 F65	Claudia Scott, F66	Marion, IA	31:54	10:16/M	31:48	10:14/M
198	83	9 F25	Tessa Romanski, F25	Cedar Rapids, IA	32:00	10:18/M	31:53	10:16/M
199	84	13 F30	Anya Polehna, F33	Robins, IA	32:01	10:18/M	31:49	10:14/M
200	85	1 F60	Cindy Schile, F62	Marion, IA	32:08	10:21/M	31:48	10:14/M
201	86	14 F35	Angie Glynn, F35	Robins, IA	32:15	10:23/M	32:03	10:19/M
202	116	12 M55	Mickey Alsager, M59	Cedar Rapids, IA	32:17	10:23/M	31:53	10:16/M
203	117	13 M45	Rich Blakely, M45	Springville, IA	32:19	10:24/M	32:01	10:18/M
204	87	15 F35	Annie Brustkern, F36	Center Point, IA	32:20	10:24/M	31:49	10:14/M
205	88	16 F35	Melissa Williams, F39	Springville, IA	32:22	10:25/M	31:49	10:14/M
206	89	10 F25	Bailey Anderegg, F26	Mason City, IA	32:28	10:27/M	32:14	10:23/M



207	90	14 F30	Liz Birdsley, F32	Cedar Rapids, IA	32:34	10:29/M	32:21	10:25/M
208	91	17 F35	Ashley Thompson, F35	North Liberty, IA	32:37	10:30/M	32:19	10:24/M
209	118	4 M15	Jack Bell, M16	Solon, IA	32:39	10:30/M	32:27	10:27/M
210	92	5 F55	Amy Keating, F58	Marion, IA	32:42	10:32/M	32:29	10:27/M
211	93	13 F40	Lindsay Reckling, F40	Marion, IA	32:44	10:32/M	32:30	10:28/M
212	119	14 M45	Trenton Halvorson, M47	Marion, IA	32:44	10:32/M	32:31	10:28/M
213	94	18 F35	Maggie Mishler, F36	Davenport, IA	32:45	10:33/M	32:21	10:25/M
214	95	19 F35	Lauren Vondra, F35	East Dubuque, IL	32:48	10:33/M	32:17	10:23/M
215	96	2 F60	Kristine Kudrna, F60	Delhi, IA	32:49	10:34/M	32:30	10:28/M
216	97	7 F20	Alex Baccam, F23	Iowa City, IA	33:00	10:37/M	32:28	10:27/M
217	98	14 F40	Jennifer Watson, F44	Cedar Rapids, IA	33:01	10:38/M	32:39	10:31/M
218	99	20 F35	Kim Hulseberg, F36	Williamsburg, IA	33:04	10:38/M	32:37	10:30/M
219	120	16 M30	Ben Hulseberg, M32	Williamsburg, IA	33:05	10:39/M	32:39	10:31/M
220	100	11 F25	Amanda Steahr, F25	Iowa City, IA	33:07	10:39/M	32:54	10:35/M
221	101	15 F30	Onyotse Agbese, F31	Waterloo, IA	33:11	10:41/M	32:45	10:32/M
222	102	16 F30	Theress Kent, F30	Monticello, IA	33:20	10:44/M	32:45	10:33/M
223	103	6 F50	Amy Flynn, F50	Lancaster, WI	33:24	10:45/M	33:08	10:40/M
224	104	17 F30	Kimberly Eigenberger, F31	Tipton, IA	33:25	10:45/M	33:15	10:42/M
225	105	12 F25	Fanny Thomas, F26	Cedar Rapids, IA	33:30	10:47/M	33:12	10:41/M
226	121	12 M25	Taylor Sheffels, M26	Cedar Rapids, IA	33:30	10:47/M	33:12	10:41/M
227	106	8 F20	Lisa Boomgarden, F23	Cedar Rapids, IA	33:30	10:47/M	33:13	10:41/M
228	107	13 F25	Berkley Conner, F25	Iowa City, IA	33:50	10:53/M	33:30	10:47/M
229	122	17 M30	Zachary Ward, M34	Cedar Rapids, IA	33:53	10:54/M	33:45	10:52/M
230	108	7 F50	Lisa Filip, F52	Cedar Rapids, IA	33:53	10:55/M	33:17	10:43/M
231	123	13 M25	Evan Ernst, M28	Cedar Rapids, IA	33:54	10:55/M	33:27	10:46/M
232	124	13 M55	Dave Balvin, M59	Cedar Rapids, IA	33:56	10:55/M	33:38	10:50/M

233	109	13 F45	Vanessa Duke, F49	Cedar Rapids, IA	33:56	10:55/M	33:39	10:50/M
234	110	18 F30	Nicole Arnold, F33	Cedar Rapids, IA	33:58	10:56/M	33:38	10:50/M
235	111	21 F35	Emily Reynolds, F35	Burlington, IA	34:01	10:57/M	33:55	10:55/M
236	112	6 F55	Deanna Haddy, F57	Cedar Rapids, IA	34:10	11:00/M	34:01	10:57/M
237	113	19 F30	Amanda Elliott, F32	Coralville, IA	34:14	11:01/M	33:57	10:56/M
238	114	14 F45	Stacy Martin, F48	Lancaster, WI	34:17	11:02/M	34:01	10:57/M
239	115	8 F50	Susan Brooks, F51	Cedar Rapids, IA	34:18	11:02/M	33:51	10:54/M
240	116	20 F30	Heidi Alig, F32	Waterloo, IA	34:18	11:03/M	33:44	10:52/M
241	117	15 F45	Michelle Buffington, F46	Cedar Rapids, IA	34:21	11:03/M	33:38	10:50/M
242	118	15 F40	Hollie Braid, F44	Marion, IA	34:22	11:04/M	34:03	10:58/M
243	119	7 F55	Lois Cahill, F58	Lisbon, IA	34:30	11:06/M	34:10	11:00/M
244	120	14 F25	Jami Campbell, F28	Mason City, IA	34:32	11:07/M	34:18	11:02/M
245	125	15 M50	John Ernst, M53	Swisher, IA	34:32	11:07/M	34:17	11:02/M
246	121	9 F50	Kimberly Franklin, F51	Swisher, IA	34:35	11:08/M	33:57	10:55/M
247	122	16 F40	Rhoni Jo Barnes, F41	Cedar Rapids, IA	34:38	11:09/M	34:27	11:05/M
248	123	17 F40	Tammy Buseman, F43	Marion, IA	34:39	11:09/M	34:02	10:57/M
249	124	22 F35	Mary Beth Utley, F35	Mount Vernon, IA	34:42	11:10/M	34:18	11:02/M
250	126	16 M50	Bill Carlson, M52	Mason City, IA	34:45	11:11/M	34:06	10:58/M
251	125	18 F40	Piroska Boros, F40	Iowa City, IA	34:48	11:12/M	34:44	11:11/M
252	127	11 M40	Shannon Powell, M43	Marion, IA	34:53	11:14/M	34:30	11:06/M
253	126	6 F15	Danae Kroupa, F17	Cedar Rapids, IA	35:09	11:19/M	34:39	11:09/M
254	128	15 M45	Phil Lewis, M47	Cedar Rapids, IA	35:19	11:22/M	34:52	11:13/M
255	127	15 F25	Erin Vens, F27	North Liberty, IA	35:23	11:23/M	35:05	11:17/M
256	128	8 F55	Linda Johnson, F58	Cedar Rapids, IA	35:32	11:26/M	35:11	11:20/M
257	129	10 F50	Jenny Burkart, F51	Marion, IA	35:40	11:29/M	35:08	11:19/M
258	130	9 F20	Jena Hore, F22	Lancaster, WI	35:43	11:30/M	35:27	11:25/M
259	131	19 F40	Missy Sperle, F44	Lancaster, WI	35:48	11:31/M	35:32	11:26/M
260	132	20 F40	Staci Mysak, F42	Marion, IA	35:51	11:32/M	35:20	11:22/M
261	133	23 F35	Regina Malaska, F37	Cedar Rapids, IA	35:57	11:34/M	35:17	11:21/M

262	129	12 M40	Carl Williams, M44	Marion, IA	35:59	11:35/M	35:20	11:22/M
263	134	11 F50	Cynde Duncan, F50	Marion, IA	36:00	11:35/M	35:26	11:24/M
264	135	16 F45	Cindy Jensen, F49	Palo, IA	36:05	11:37/M	35:47	11:31/M
265	136	21 F30	Kristina Streif, F33	Dubuque, IA	36:07	11:37/M	36:05	11:37/M
266	137	10 F20	Anna Striegel, F24	Cedar Rapids, IA	36:09	11:38/M	35:30	11:26/M
267	138	16 F25	Janna Graber, F29	Cedar Rapids, IA	36:11	11:39/M	35:51	11:32/M
268	139	4 JRF	Audrey Parrish, F12	Iowa City, IA	36:16	11:40/M	35:41	11:29/M
269	140	3 F60	Patrica Junko, F63	Lawler, IA	36:17	11:41/M	35:40	11:29/M
270	130	17 M50	William Kiesel, M51	Cedar Rapids, IA	36:20	11:42/M	36:10	11:38/M
271	131	16 M45	Stan Newton, M46	Forest City, IA	36:21	11:42/M	35:55	11:34/M
272	141	24 F35	Janet Pollard, F37	Iowa City, IA	36:24	11:43/M	35:45	11:30/M
273	142	17 F45	Sarah Averill, F47	Iowa City, IA	36:25	11:43/M	35:46	11:31/M
274	143	11 F20	Jillian Volker, F23	Sumner, IA	36:27	11:44/M	36:11	11:39/M
275	132	18 M30	Wyatt Sebers, M30	Marion, IA	36:31	11:45/M	35:55	11:34/M
276	144	22 F30	Brittany Murphy, F30	Cedar Rapids, IA	36:37	11:47/M	36:26	11:44/M
277	145	25 F35	Tasha Lindo, F35	Robins, IA	36:37	11:47/M	36:16	11:40/M
278	146	12 F20	Amber Grimm, F23	Cedar Rapids, IA	36:37	11:47/M	36:27	11:44/M
279	133	11 M60	Mark Powers, M63	Cedar Rapids, IA	36:43	11:49/M	36:11	11:39/M
280	147	17 F25	Shawna Chandler, F28	Cedar Rapids, IA	36:43	11:49/M	36:33	11:46/M
281	134	14 M55	Mike Bagen, M59	Cedar Rapids, IA	36:54	11:53/M	36:32	11:45/M
282	148	21 F40	Leah Fuller, F41	Marion, IA	37:05	11:56/M	36:51	11:52/M
283	149	26 F35	Sarah Hoeger, F39	Cedar Rapids, IA	37:49	12:10/M	37:30	12:04/M
285	151	18 F45	Tracy Steger, F47	Independence, IA	37:51	12:11/M	37:31	12:04/M
284	150	9 F55	Karen Matthews, F58	Cedar Rapids, IA	37:51	12:11/M	37:25	12:02/M
286	152	4 F60	Linnea Martin, F64	Marion, IA	38:16	12:19/M	38:01	12:14/M
287	135	4 M20	Connyr Lewis, M23	Clear Lake, IA	38:22	12:21/M	37:41	12:08/M
288	136	14 M25	David Steffen, M27	Iowa City, IA	38:50	12:30/M	38:36	12:25/M
289	153	23 F30	Alanna Davison, F32	Plymouth, IA	38:54	12:31/M	38:41	12:27/M
290	154	5 F60	Debby Prideaux, F64	Marion, IA	39:21	12:40/M	39:02	12:34/M
291	155	13 F20	Miranda Hills, F23	Iowa City, IA	39			