

Frosty Nose Cold Toes 5K Run/Walk

Monroe, IA

3/12/16

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  Name   Avg Mile   Finals
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FEMALE RESULTS

12 & Under Results

1	Derscheid, Lauren	W9	9:13.0	28:38.10
2	Derscheid, Anna	W9	9:35.0	29:46.37
3	Duinink, RaeAnn	W11	10:06.3	31:23.61
4	Fairbanks, Jillian	W11	10:07.6	31:27.46
5	Klein, Allana	W11	10:11.5	31:39.84
6	Bird, Chelsea	W12	11:28.6	35:39.40
7	Vander Werf, Jordan	W10	11:54.7	37:00.50
8	Fairbanks, Jaden	W11	11:56.4	37:05.63
9	Willits, Olivia	W7	12:58.3	40:17.90
10	Kinnamon, Olivia	W10	13:00.3	40:24.02
11	Tille, Cheyenne	W12	13:01.6	40:28.30
12	Chipps, Meredith	W9	13:05.9	40:41.47
13	Klein, Allisa	W8	13:09.0	40:51.30
14	Fairbanks, Taylor	W9	13:10.6	40:56.15
15	Humpal, Lillian	W7	13:11.3	40:58.24
16	Hjartshoj, Eden	W8	13:11.4	40:58.62
17	Donahue, Charlotte	W9	13:13.0	41:03.48
18	Hegwood, Addyson	W10	13:13.2	41:04.32
19	Pearson, Makayla	W11	13:40.2	42:28.00
20	Nolin, Seriah	W7	14:23.8	44:43.64
21	Wilson, Claire	W11	14:55.1	46:20.80
22	Miles, Shy-Ann	W12	14:55.2	46:21.10
23	Teeter, Jorja	W7	15:54.7	49:26.06
24	Eisenbarth, Elizabeth	W12	16:00.1	49:42.72
25	Philipppson, Maykaylee	W8	16:39.2	51:44.14
26	Teeter, Abigail	W7	16:43.0	51:56.07
27	Ives, Alissa	W10	17:42.5	55:00.81
28	Miles, Bridgette	W10	17:43.3	55:03.34

Age 13-18 Results

1	Creims, Taylor	W15	6:46.0	21:01.28
2	Foster, Sierra	W14	9:21.1	29:03.12
3	Smith, Natalie	W14	9:22.0	29:05.93
4	Ives, Kirstin	W14	9:28.7	29:26.85
5	Hartson, Amaya	W15	9:28.8	29:27.14
6	Humpal, Catherine	W13	10:15.0	31:50.72
7	Kriegel, Lauren	W17	10:23.6	32:17.33
8	Chipps, Margo	W13	11:00.7	34:12.60
9	Hiebert, Emma	W15	11:22.8	35:21.37
10	Hegwood, Maya	W14	12:28.9	38:46.48
11	schut, paytan	W14	12:32.2	38:56.95
12	Fowler, Kaydee	W14	13:26.3	41:44.91
13	Simo, Kailey	W17	13:40.9	42:30.42
14	Rawls, Jordan	W18	14:43.4	45:44.34
15	Jones, Jaslyn	W13	16:02.3	49:49.51
16	Steenhoek, Ellie	W15	16:27.5	51:07.85
17	Vanbaale, Gabbi	W13	16:55.8	52:35.71
18	Sneller, Jenika	W14	16:55.9	52:36.00
19	Timmins, Alexis	W16	16:56.2	52:37.11
20	Nearmyer, Tatum	W16	17:00.2	52:49.46
21	Neff, Monica	W18	17:00.7	52:50.91

Age 19-40 Results

1	Davis, Heather	W40	7:40.6	23:50.98
2	Martin, Bridget	W31	8:06.1	25:10.03
3	Breckenridge, Ashlyn	W19	8:29.8	26:23.75
4	Lowenberg, Ashley	W33	8:31.6	26:29.32
5	Hefflefinger, Sara	W26	8:59.7	27:56.69
6	Fairbanks, Tami	W38	9:04.2	28:10.73
7	Hancock, Jenna	W27	9:04.4	28:11.36
8	Stanley, Angie	W40	9:15.6	28:45.96
9	Smith, Charity	W39	9:24.1	29:12.42
10	Gordan, Tara	W37	9:25.3	29:16.08
11	Derscheid, Jennifer	W40	9:35.1	29:46.59
12	Kinnick, Rachael	W29	9:38.3	29:56.67
13	Kane, Kendra	W30	9:39.0	29:58.89
14	Dittmer, Jackie	W38	10:38.5	33:03.71
15	Vander Werf, Erin	W38	10:42.0	33:14.35
16	Schafer, Brittany	W24	10:43.8	33:20.17
17	Tuel, Julie	W33	10:56.6	33:59.85
18	Kain, Jenny	W30	11:09.7	34:40.63
19	Loomis, Beth	W31	11:37.0	36:05.27
20	Jansen, Sara	W38	11:37.1	36:05.54
21	Nickelson, Amber	W36	11:48.3	36:40.46
22	Roorda, Darci	W39	11:52.9	36:54.86
23	Dolejsi, Katie	W28	12:21.2	38:22.55
24	Ferneding, Meghan	W35	12:55.0	40:07.54
25	Snow, Tara	W38	12:55.5	40:09.16
26	Litchfield, Sonie	W21	13:04.4	40:36.84
27	Chipps, Melissa	W39	13:05.8	40:41.13
28	Hiebert, Audra	W39	13:22.0	41:31.58
29	Sims, Shannon	W29	14:04.8	43:44.59
30	Nolin, Cassia	W35	14:23.9	44:44.01
31	North, Erin	W24	14:35.6	45:20.35
32	LaZella, Kelsey	W26	14:43.6	45:44.99
33	Johnson, Jessica	W35	15:25.1	47:53.94
34	Frehse, Megan	W33	15:25.2	47:54.22
35	Burns, Kaitlin	W25	15:27.9	48:02.77
36	Mahlstedt, Ashley	W22	15:29.7	48:08.30
37	Edwards, Jenni	W32	15:31.1	48:12.76
38	Coffin, Brenda	W37	15:32.3	48:16.25
39	Fowler, Becky	W38	15:32.4	48:16.85
40	Rinehart, Danielle	W30	15:35.5	48:26.32
41	Schippers, Keri	W26	15:41.1	48:43.73
42	Boot, Kelsey	W26	15:41.2	48:44.02
43	Sims, Dana	W26	15:43.1	48:49.89
44	Van Der Veer, Amanda	W31	15:49.7	49:10.42
45	Boyd, Candy	W36	15:50.0	49:11.37
46	McFarling, Tasha	W28	15:51.8	49:17.05
47	Sneller, Carissa	W35	15:53.2	49:21.27
48	Pelzer, Abigail	W37	15:55.0	49:26.84
49	Philipppson, Kim	W31	15:57.1	49:33.43
50	Uitermarkt, Jami	W38	15:57.2	49:33.66
51	Donahue, Shanna	W37	16:34.7	51:30.32
52	Van Wyngarden, Angie	W31	16:37.6	51:39.30
53	Angove, Courtney	W37	16:37.9	51:40.32
54	Schippers, Danielle	W27	16:38.8	51:43.09
55	Adams, Kelsey	W28	16:43.2	51:56.69
56	Wares, Veronica	W34	16:47.0	52:08.41
57	Tille, Betsy	W38	16:49.8	52:17.19
58	Eisenbarth, Jasmine	W40	16:49.9	52:17.56

59	Elam, Kayla	W26	16:52.7	52:26.18
60	LeGrand, Lindsey	W28	16:56.1	52:36.64
61	Findley, Jill	W37	16:59.0	52:45.88
62	Soderblom, Jessica	W29	17:05.3	53:05.43
63	Pickering, Jessica	W25	17:05.5	53:06.09
64	Kinnamon, Katie	W39	17:16.6	53:40.33
65	Schroeder, Nicole	W33	17:16.7	53:40.60
66	Dallman, Lori	W39	17:16.7	53:40.88
67	Jones, Christy	W37	17:18.5	53:46.46
68	Simpson, Danyale	W36	17:29.8	54:21.52
69	Lanser, Nicole	W27	17:30.6	54:24.09
70	Miles, Jennifer	W35	17:43.5	55:04.05
71	Hjartshoj, Amber	W40	17:43.7	55:04.55
72	Holland, Amber	W32	18:34.7	57:42.99
73	Wilson, Leah	W31	19:26.1	1:00:22.80
74	Fink, Jillian	W33	19:29.4	1:00:33.10
75	Hofer, Suzanne	W24	19:43.9	1:01:18.17

Age 41-60 Results

1	Griffith, Janeay	W56	7:29.4	23:16.04
2	bartlow, leanne	W48	8:09.9	25:21.86
3	Kriegel, Jamie	W43	8:47.5	27:18.62
4	Phifer, Stephane	W43	9:26.3	29:19.28
5	Burns, Brenda	W55	9:36.1	29:49.77
6	van Baale, Rebecca	W54	9:38.8	29:58.02
7	Burch, Joyce	W60	9:39.9	30:01.42
8	Clark, Mary	W56	9:50.0	30:33.02
9	Buchli, Alisa	W42	9:58.0	30:57.90
10	Kalkhoff, Loraine	W56	9:59.1	31:01.24
11	Norrish, Vicky	W41	10:08.8	31:31.27
12	Phoenix, Diane	W51	10:25.5	32:23.32
13	Alderson, Lisa	W47	11:54.8	37:00.81
14	Donahue, Johnna	W42	13:18.6	41:21.00
15	Roberts, Nikki	W42	13:31.5	42:00.99
16	Bigaouette, Michaela	W43	13:32.9	42:05.34
17	Duinink, Leslie	W48	14:35.5	45:20.03
18	Diekema, Janna	W53	14:43.5	45:44.70
19	Landgrebe, Angie	W47	15:24.7	47:52.82
20	Mitchell, Amy	W45	15:24.8	47:53.10
21	Wilson, Kim	W42	15:26.0	47:56.94
22	Edwards, Valerie	W58	15:29.8	48:08.57
23	Rinehart, Beverly	W58	15:41.0	48:43.40
24	Van Genderen, Sheryl	W47	15:43.6	48:51.66
25	De Jong, Kristy	W43	15:49.8	49:10.92
26	McFarling, Dorothy	W52	15:51.9	49:17.30
27	Kooker, Marianne	W47	16:34.6	51:30.05
28	Hegwood, Rae	W41	16:36.5	51:35.87
29	Holmes, Michele	W42	16:37.5	51:39.01
30	Van Maaren, Michele	W54	16:37.7	51:39.61
31	Kraber, Stephanie	W41	16:38.0	51:40.55
32	Rose, Shari	W52	16:38.1	51:40.79
33	Finarty-Smith, Julie	W50	16:38.5	51:41.97
34	Van Baale, Rita	W56	16:52.8	52:26.43
35	Matthias, Allison	W44	17:00.1	52:49.21
36	Brammer, Debbie	W49	17:29.9	54:21.79
37	Buban, Bellina	W59	18:12.9	56:35.26
38	Mitchell, Shelly	W45	18:34.6	57:42.74
39	Ulrey, Dawn	W54	19:44.0	1:01:18.52
40	Naylor, Kelly	W50	19:56.7	1:01:57.99

Age 61+ Results

1	Welsh, Jean	W71	10:59.4	34:08.42
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_ 2	Wright, Connie	W61	.	11:19.0	35:09.40
_ 3	Vander Linden, Sheryl	W61	.	11:47.3	36:37.48
_ 4	Anderson, Sue	W64	.	12:40.1	39:21.36
_ 5	Meinig, Sandy	W69	.	13:05.6	40:40.54
_ 6	Duinink, Patty	W71	.	13:12.3	41:01.51
_ 7	Krieger, Kathy	W65	.	15:15.4	47:23.79
_ 8	Richardson, Kathy	W64	.	15:15.5	47:24.11
_ 9	Phifer, Susie	W64	.	15:50.1	49:11.67
_ 10	Brannen, Linda	W69	.	16:55.5	52:34.84
_ 11	Montag, Sandy	W61	.	17:00.6	52:50.64
_ 12	Donahue, Linda	W68	.	17:07.5	53:12.32
_ 13	Kamp, Tracy	W61	.	17:07.6	53:12.56
_ 14	Jones, Sharon	W66	.	17:18.3	53:45.66

 MALE RESULTS

12 & Under Results

_ 1	Nickelson, Trent	M8	.	6:55.5	21:30.88
_ 2	Hansen, Carson	M8	.	8:13.1	25:31.83
_ 3	Olson, Griffiin	M10	.	8:34.0	26:36.67
_ 4	Tuel, Caiden	M7	.	10:55.9	33:57.67
_ 5	Roorda, Zach	M9	.	11:47.8	36:38.77
_ 6	Birkenholtz, Tate	M9	.	11:48.5	36:41.06
_ 7	Wilson, Finn	M9	.	11:49.3	36:43.42
_ 8	Jones, Evan	M8	.	11:51.1	36:49.22
_ 9	Schut, Calvin	M7	.	12:32.4	38:57.42
_ 10	Wilson, Tad	M9	.	12:54.7	40:06.76
_ 11	Burns, Shay	M8	.	13:03.2	40:33.02
_ 12	Holmes, Mitch	M8	.	15:05.7	46:53.76
_ 13	Van Wyngarden, Chase	M9	.	15:07.2	46:58.56
_ 14	Pelzer, Brandon	M10	.	15:43.2	48:50.16
_ 15	Sneller, Traer	M7	.	15:53.1	49:20.92
_ 16	Uitermarket, Grant	M12	.	15:57.4	49:34.35
_ 17	Van Wyngarden, Max	M3	.	16:36.4	51:35.60
_ 18	Wares, Jacob	M5	.	16:45.5	52:03.97
_ 19	Adams, Garrett	M2	.	16:47.7	52:10.56
_ 20	Soderblom, Gunner	M4	.	17:05.5	53:05.81
_ 21	Wilson, Caleb	M6	.	19:23.7	1:00:15.45
_ 22	Holland, Jevan	M5	.	19:56.9	1:01:58.33

Age 13-18 Results

_ 1	North, Brady	M16	.	7:02.2	21:51.56
_ 2	Webb, Beau	M13	.	7:10.5	22:17.35
_ 3	Stafford, Jason	M14	.	7:13.7	22:27.47
_ 4	Duinink, Carson	M13	.	7:26.7	23:07.56
_ 5	Burns, Sage	M13	.	7:26.9	23:08.43
_ 6	Breckenridge, Ayrton	M14	.	8:11.8	25:27.75
_ 7	Thomas, Max	M14	.	8:14.3	25:35.65
_ 8	Shirk, Mason	M16	.	8:33.2	26:34.25
_ 9	Simo, Austin	M14	.	8:57.1	27:48.68
_ 10	Holliman, Gage	M13	.	15:59.6	49:41.18
_ 11	Holliman, Hayden	M13	.	15:59.8	49:41.82
_ 12	Davis, Gunnar	M17	.	16:23.7	50:56.16
_ 13	Peterson, Collin	M14	.	20:06.0	1:02:26.81

Age 19-40 Results

_ 1	Had, Thomas	M26	.	6:13.1	19:18.92
_ 2	Rinehart, Spencer	M26	.	7:59.8	24:50.67
_ 3	Van Wyk, Marc	M36	.	8:10.6	25:24.24
_ 4	Buys, Jonathan	M39	.	8:18.3	25:47.97
_ 5	Hefflefinger, Jason	M25	.	8:18.6	25:49.03
_ 6	Legge, Charlie	M24	.	8:59.4	27:55.66

_ 7	Randall, Zach	M33	.	9:07.8	28:21.94
_ 8	Hansen, Dean	M30	.	9:36.0	29:49.27
_ 9	Kinnick, Kory	M33	.	9:56.6	30:53.39
_ 10	Smith, Rod	M37	.	10:08.5	31:30.52
_ 11	Humpal, Justin	M38	.	10:16.6	31:55.52
_ 12	Birkenholtz, Chad	M34	.	11:09.6	34:40.31
_ 13	Vos, Carter	M26	.	11:29.6	35:42.37
_ 14	Dolejsi, Mike	M27	.	12:18.5	38:14.33
_ 15	Pelzer, Larry	M40	.	15:00.1	46:36.45
_ 16	Lowenberg, Kurt	M38	.	16:19.6	50:43.29
_ 17	Schippers, Brad	M39	.	16:38.9	51:43.35
_ 18	De Haan, Dustin	M30	.	16:39.1	51:43.89
_ 19	Adams, Brian	M30	.	16:45.5	52:03.75

Age 41-60 Results

_ 1	Van Genderen, Rod	M46	.	7:12.0	22:21.99
_ 2	Stafford, Tony	M46	.	7:22.2	22:53.58
_ 3	Subra, Kurt	M52	.	7:23.2	22:56.91
_ 4	Ringgenberg, Mark	M48	.	9:16.0	28:47.44
_ 5	Hotovec, Shirley	M57	.	10:02.6	31:12.18
_ 6	Puumala, Linda	M43	.	10:13.8	31:46.88
_ 7	Kruse, David	M46	.	10:19.2	32:03.50
_ 8	Thornburg, Brian	M47	.	10:19.3	32:03.85
_ 9	Donahue, Mark	M41	.	13:18.7	41:21.36
_ 10	Edwards, Curt	M58	.	15:31.0	48:12.30
_ 11	Montag, Guy	M53	.	17:00.4	52:50.17
_ 12	Mitchell, Mike	M48	.	18:14.6	56:40.69

Age 61+ Results

_ 1	Grier, Joel	M67	.	13:55.3	43:14.89
_ 2	Brannen, John	M69	.	15:02.3	46:43.11

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