

# Get Moving for Healthy Kids \*\*\* 5K Run \*\*\*

## Overall & Divisions

Event: 5K Run

Date: Sunday, August 30, 2015

Location: Iowa City, IA

Weather: Overcast/Fog, Calm & 63°

### Overall and Age Divisions

#### *Results By: Andrew Kauder, Kauder Racing*

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Craig Ellermeier, M39	Iowa City, IA	19:04	6:08/M
2	2	1 M40	Jens Strand, M40	North Liberty, IA	19:26	6:15/M
3	3	1 M50	Tom Novak, M56	Iowa City, IA	21:00	6:45/M
4	4	2 M40	Jim Trepka, M48	Iowa City, IA	21:11	6:49/M
5	1	1 OVF	Angela Charsha-Harney, F39	Coralville, IA	21:11	6:49/M
6	2	1 F30	Natalee Thompson, F38	Iowa City, IA	21:12	6:49/M
7	5	1 M13	Quincy Ott, M13	Iowa City, IA	21:33	6:56/M
8	6	1 M16	Jeremy Hu, M17	Coralvilld, IA	22:22	7:12/M
9	7	2 M16	Ike Barrush, M18	Iowa City, IA	23:03	7:25/M
10	8	2 M50	Hodge Carter, M56	Iowa City, IA	23:11	7:28/M
11	9	1 M30	Daniel Tallman, M31	Iowa City, IA	23:12	7:28/M
12	10	3 M40	Brad Baldes, M44	Coralville, IA	23:18	7:30/M
13	11	2 M30	Michael Ott, M38	Iowa City, IA	23:26	7:33/M
14	12	3 M30	Michael Freedberg, M31	Iowa City, IA	23:32	7:34/M
15	3	1 F20	Mary Balmer, F28	North Liberty, IA	23:38	7:36/M
16	4	2 F30	Malinda Lamb, F39	North Liberty, IA	23:41	7:37/M
17	13	4 M30	Scott Lieberman, M39	Iowa City, IA	23:44	7:38/M
18	14	1 M10	Truman Thompson, M10	Iowa City, IA	23:48	7:40/M
19	5	3 F30	Emily Gage, F35	North Liberty, IA	24:17	7:49/M
20	6	4 F30	Sheila Cleavelanel, F31	North Liberty, IA	24:47	7:59/M
21	15	2 M10	Marcus Brintle, M10	North Liberty, IA	24:49	7:59/M
22	16	1 M60	Warren Feerer, M65	Cedar Rapids, IA	24:57	8:02/M
23	17	1 M7	Ethan Truman, M8	Iowa City, IA	25:26	8:11/M

24	18	1 M20	Nick Cavanaugh, M21	Iowa City, IA	25:39	8:15/M
25	19	2 M20	Kendall Keck, M29	Iowa City, IA	25:40	8:16/M
26	7	1 F40	Carrie Kolosik, F48	Swisher, IA	26:13	8:26/M
27	8	1 F50	Dru Mueller, F54	Iowa City	26:13	8:26/M
28	9	1 F13	Grace Parrott, F13	Iowa City, IA	26:16	8:27/M
29	20	3 M10	Jeremiah Pruessner, M11	Iowa City, IA	26:28	8:31/M
30	21	2 M13	Elliot Tomek, M13	Iowa City, IA	26:29	8:31/M
31	10	5 F30	Beth Pruessner, F39	Iowa City, IA	26:31	8:32/M
32	22	3 M20	Nathan Swanberg, M21	Iowa City, IA	26:35	8:33/M
33	11	1 F10	Rylie Baldes, F12	Coralville, IA	26:38	8:34/M
34	23	3 M50	Michael Shaw, M52	Iowa City, IA	26:48	8:37/M
35	12	2 F40	Julie Houston, F42	Iowa City, IA	26:52	8:39/M
36	24	4 M10	Gavin Benton, M10	North Liberty, IA	27:24	8:49/M
37	13	6 F30	Lisa Benton, F38	North Liberty, IA	27:24	8:49/M
38	14	2 F50	Joanne Schweitzer, F55	Coralville, IA	27:36	8:53/M
39	15	3 F40	Yukiko Hill, F48	Iowa City, IA	27:49	8:57/M
40	16	3 F50	Cristi Johnson, F57	Iowa City, IA	27:50	8:57/M
41	17	4 F50	Katina Lillios, F54	Iowa City, IA	27:52	8:58/M
42	25	4 M20	Abhishek Kashyap, M27	Iowa City, IA	27:52	8:58/M
43	26	5 M10	Ryan Ott, M11	Iowa City, IA	28:31	9:11/M
44	18	2 F10	Natalie Kuhlmann, F10	Iowa City, IA	28:31	9:11/M
45	19	4 F40	Molly Adams, F40	Iowa City, IA	28:32	9:11/M
46	20	3 F10	Jasmine Ortega, F11	Coralville, IA	28:55	9:19/M
47	27	4 M40	Hugo Ortega, M45	Iowa City, IA	28:57	9:19/M
48	21	4 F10	Vivian Tomek, F10	Iowa City, IA	28:59	9:20/M
49	22	5 F40	Jill Endres Tomek, F44	Iowa City, IA	29:01	9:20/M
50	28	5 M40	Terry Hinman, M47	Iowa City, IA	29:11	9:23/M
51	29	6 M40	David Moser, M47	Iowa City, IA	29:11	9:24/M
52	30	4 M50	Eric Bauer, M50	Iowa City, IA	29:13	9:24/M
53	23	2 F20	Holly Reed, F24	Solon, IA	30:12	9:43/M
54	24	6 F40	Sarah Gretter, F40	Coralville, IA	30:28	9:48/M
55	25	3 F20	Sara Hussain, F26	Iowa City, IA	30:29	9:49/M
56	26	1 F7	Lucy Thompson, F9	Iowa City, IA	30:32	9:50/M
57	31	5 M30	Mark Thompson, M37	Iowa City, IA	30:35	9:51/M
58	32	6 M10	Ryan Elmer, M12	Coralville, IA	31:22	10:06/M
59	33	7 M10	Owen Aanestad, M11	Iowa City, IA	31:22	10:06/M
60	27	5 F50	Donna Hollinger, F54	Iowa City, IA	31:36	10:10/M
61	28	7 F40	Jacque Aanestad, F40	Iowa City, IA	31:37	10:11/M
62	29	2 F13	Bethel Tewabe, F13	Coralville, IA	31:40	10:12/M
63	34	6 M30	Nathan Schularick, M34	Iowa City, IA	31:49	10:15/M
64	30	7 F30	Anne Schularick, F34	Iowa City, IA	31:50	10:15/M
65	31	8 F40	Cindy Meis, F41	Iowa City, IA	31:53	10:16/M
66	32	8 F30	Kara Pasker, F34	Iowa City, IA	32:13	10:22/M
67	33	9 F30	Beza Tewabe, F33	Coralville, IA	32:31	10:28/M
68	34	9 F40	Michelle Moore, F47	Iowa City, IA	32:35	10:29/M
69	35	2 F7	Nina Kuhlmann, F8	Iowa City, IA	32:37	10:30/M

70	35	7 M40	Lucas Kuhlmann, M40	Iowa City, IA	32:40	10:31/M
71	36	10 F40	Pam Hinman, F47	Iowa City, IA	33:01	10:37/M
72	37	11 F40	Jan Fasse, F44	Iowa City, IA	33:06	10:39/M
73	38	10 F30	Nadia Dwight, F36	North Liberty, IA	33:07	10:40/M
74	39	11 F30	June Tai, F38	Iowa City, IA	33:29	10:47/M
75	36	2 M7	Finley Markle, M8	Iowa City, IA	33:36	10:49/M
76	37	1 JRM	Michael Hanna, M5	Iowa City, IA	33:37	10:49/M
77	40	12 F30	Tauni Doster, F34	Iowa City, IA	33:42	10:51/M
78	41	3 F7	Lydia Evans, F7	Iowa City, IA	33:57	10:56/M
79	42	13 F30	Teyobesta Tewabe, F35	Coralville, IA	34:04	10:58/M
80	43	4 F7	Kate Truman, F8	Iowa City, IA	34:13	11:01/M
81	44	12 F40	Julie Truman, F44	Iowa City, IA	34:19	11:03/M
82	45	13 F40	Tammy Schomer, F44	Iowa City, IA	34:26	11:05/M
83	46	14 F30	Andrea Knepper, F35	Iowa City, IA	34:26	11:05/M
84	47	15 F30	Donna Kruse, F33	Olds, IA	34:35	11:08/M
85	48	16 F30	Ashley Vanorny, F30	Cedar Rapids, IA	34:45	11:11/M
86	49	14 F40	Robyn Markle, F41	Iowa City, IA	34:50	11:13/M
87	38	2 JRM	Will Markle, M6	Iowa City, IA	34:50	11:13/M
88	39	5 M20	Liam Hancock, M21	Coralville, IA	35:00	11:16/M
89	40	3 M7	Chase Eisenbach, M9	Coralville, IA	35:45	11:30/M
90	50	17 F30	Robyn Eisenbach, F37	Coralville, IA	35:46	11:31/M
91	51	15 F40	Roseanne Ricke, F43	Lisbon, IA	36:05	11:37/M
92	41	8 M40	Tom Rath, M48	Iowa City, IA	36:17	11:41/M
93	52	18 F30	Jennifer Logsdon, F39	Iowa City, IA	36:22	11:42/M
94	53	1 F16	Amelia Moser, F19	Iowa City, IA	36:26	11:44/M
95	54	6 F50	Stephanie Schnoebelen, F50	North Liberty, IA	36:37	11:47/M
96	42	7 M30	Jason Dwight, M36	North Liberty, IA	36:53	11:52/M
97	55	16 F40	Anna Bailey, F40	Iowa City	36:55	11:53/M
98	43	8 M10	Andrew Rath, M12	Iowa City, IA	37:26	12:03/M
99	56	17 F40	Francine Rath, F42	Iowa City, IA	37:29	12:04/M
100	57	19 F30	Courtney Phelps, F30	Iowa City, IA	37:38	12:07/M
101	58	5 F7	Elanor Hanna, F9	Iowa City, IA	37:46	12:09/M
102	59	20 F30	Emily Hanna, F38	Iowa City, IA	37:46	12:09/M
103	60	21 F30	Lisa Ortega, F38	Coralville, IA	39:11	12:37/M
104	44	9 M40	Kevin McCreedy, M40	North Liberty, IA	39:21	12:40/M
105	61	6 F7	Kaelyn Rickels, F8	North Liberty, IA	39:24	12:41/M
106	62	22 F30	Amy Rickels, F37	North Liberty, IA	39:28	12:42/M
107	45	5 M50	John Mueller, M56	Iowa City	40:37	13:04/M
108	63	7 F50	Diana Lundell, F59	Coralville, IA	41:02	13:12/M
109	46	10 M40	Kenny Cariens, M43	Coralville, IA	41:08	13:14/M
110	64	7 F7	Michaela Cariens, F7	Coralville, IA	41:08	13:14/M
111	65	3 F13	Liberty Bailey, F15	Iowa City	41:15	13:17/M
112	66	5 F10	Natalya Johnson, F12	Iowa City, IA	42:53	13:48/M
113	67	1 JRF	Fern Tomek, F6	Iowa City, IA	42:54	13:49/M
114	47	4 M7	Sam Showers, M8	Iowa City, IA	42:56	13:49/M

115	68	8 F7	Nevaeh Johnson, F8	Iowa City, IA	42:56	13:49/M
116	48	3 M16	Tyler McCreedy, M16	North Liberty, IA	42:57	13:50/M
117	69	2 F16	McKenna McCreedy, F16	North Liberty, IA	42:58	13:50/M
118	49	11 M40	Jeremy Showers, M40	Iowa City, IA	42:59	13:50/M
119	70	3 F16	Emma Wortman, F19	Iowa City, IA	43:17	13:56/M
120	50	6 M50	Eric Wortman, M51	Iowa City, IA	43:17	13:56/M
121	51	3 JRM	Ben Pierce, M6	Ic, IA	43:24	13:58/M
122	71	18 F40	Alisa Meggitt, F45	Iowa City, IA	43:27	13:59/M
123	72	19 F40	Kathryn Morrilly, F45	Iowa City, IA	43:33	14:01/M
124	73	8 F50	Lori Enlae, F53	Iowa City, IA	43:40	14:03/M
125	74	6 F10	Madilyn Vitti, F11	Iowa City, IA	43:46	14:05/M
126	75	23 F30	Shea Vitti, F36	Iowa City, IA	43:49	14:06/M
127	76	9 F7	Alaina Timmerman, F9	Iowa City, IA	43:51	14:07/M
128	77	7 F10	Ellie Martinez, F10	North Liberty, IA	44:40	14:23/M
129	52	5 M7	Logan Waters, M9	Iowa City, IA	44:41	14:23/M
130	53	4 JRM	Reece Waters, M6	Iowa City, IA	44:42	14:23/M
131	54	8 M30	Keith Waters, M38	Iowa City, IA	45:07	14:31/M
132	78	9 F50	Elvia Rodriguez, F58	Iowa City, IA	45:43	14:43/M
133	55	7 M50	Augie Rodriguez Jr., M58	Iowa City, IA	45:46	14:44/M
134	56	9 M30	Steven Elmer, M33	Coralville, IA	45:55	14:47/M
135	79	2 JRF	Maisie Martinez, F6	North Liberty, IA	46:04	14:50/M
136	80	24 F30	Carrie Martinez, F39	North Liberty, IA	46:06	14:50/M
137	57	6 M7	Elijah Sirois, M9	Coralville, IA	46:13	14:53/M
138	58	3 M13	Griffin Hancock, M13	Coralville, IA	46:19	14:55/M
139	81	4 F20	Natalie Berto, F26	Iowa City, IA	47:00	15:08/M
140	59	12 M40	Jeffrey Fields, M47	Iowa City, IA	47:01	15:08/M
141	60	8 M50	Doug Baker, M55	Marion, IA	47:16	15:13/M
142	82	10 F50	Nancy Baker, F56	Marion, IA	47:17	15:13/M
143	83	10 F7	Maya Hanna, F8	Iowa City, IA	48:06	15:29/M
144	61	13 M40	Eyad Hanna, M41	Iowa City, IA	48:06	15:29/M
145	84	3 JRF	Maryn Markle, F4	Iowa City, IA	48:37	15:39/M
146	62	14 M40	Kevin Markle, M46	Iowa City, IA	48:37	15:39/M
147	85	4 JRF	Adelyn Markle, F4	Iowa City, IA	48:38	15:39/M
148	86	11 F50	Ann Langenfeld, F51	Iowa City, IA	50:34	16:17/M
149	63	2 M60	Tom Langenfeld, M61	Iowa City, IA	50:41	16:19/M
150	87	12 F50	Louise Wolf-Novak, F56	Iowa City, IA	52:11	16:48/M
151	64	7 M7	Daniel Kenyon, M7	Iowa City, IA	52:43	16:58/M
152	65	8 M7	Edward Kenyon, M9	Iowa City, IA	52:44	16:59/M
153	66	15 M40	John Kenyon, M45	Iowa City, IA	52:45	16:59/M
154	88	20 F40	Mary Kenyon, F41	Iowa City, IA	52:45	16:59/M
155	89	5 F20	Danielle Murphy, F29	North Liberty, IA	53:17	17:09/M
156	90	6 F20	Kelly Rugger, F29	North Liberty, IA	53:17	17:09/M
157	91	7 F20	Jenny Lewis, F29	North Liberty, IA	53:17	17:09/M
158	92	13 F50	Tami Murphy, F51	Iowa City, IA	53:18	17:09/M

159	67	6 M20	Michael Anderson, M25	Iowa City, IA	53:29	17:13/M
160	93	25 F30	Ann Showers, F37	Iowa City, IA	53:29	17:13/M
162	94	5 JRF	Hadley Fruin, F4	Iowa City, IA	54:08	17:25/M
161	68	10 M30	Geoff Fruin, M35	Iowa City, IA	54:08	17:25/M
163	95	6 JRF	Calissa Fruin, F6	Iowa City, IA	54:19	17:29/M
164	96	26 F30	Jenny Fruin, F34	Iowa City, IA	55:40	17:55/M
165	97	27 F30	Renata Bitoy, F35	Iowa City, IA	56:08	18:04/M
166	69	9 M7	Nicholas Stevens, M7	Iowa City, IA	58:41	18:53/M
167	98	8 F10	Faith Stevens, F10	Iowa City, IA	58:41	18:53/M
168	99	28 F30	Regina Stevens, F35	Iowa City, IA	58:42	18:54/M
169	100	29 F30	Sheila Stiles, F39	Coralville, IA	58:59	18:59/M
170	101	14 F50	Kelly Hancock, F52	Coralville, IA	59:12	19:03/M
171	70	9 M50	Michael Hancock, M54	Coralville, IA	59:12	19:03/M
172	71	10 M7	James Meggitt, M9	Iowa City, IA	59:53	19:16/M
173	102	4 F16	Lamonttina Toomer Toomer, F18	Iowa City, IA	59:57	19:18/M
174	72	5 JRM	Nick Timmerman, M4	Iowa City, IA	1:00:01	19:19/M
175	103	11 F7	Elise Timmerman, F8	Iowa City, IA	1:00:42	19:32/M
176	104	30 F30	Andrea Timmerman, F35	Iowa City, IA	1:00:43	19:33/M

### Overall and Age Divisions

#### Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Craig Ellermeier, M39	Iowa City, IA	19:04	6:08/M

#### Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Angela Charsha-Harney, F39	Coralville, IA	21:11	6:49/M

#### M[6 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Michael Hanna, M5	Iowa City, IA	33:37	10:49/M
2	Will Markle, M6	Iowa City, IA	34:50	11:13/M
3	Ben Pierce, M6	Ic, IA	43:24	13:58/M
4	Reece Waters, M6	Iowa City, IA	44:42	14:23/M
5	Nick Timmerman, M4	Iowa City, IA	1:00:01	19:19/M

#### F[6 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
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1	Fern Tomek, F6	Iowa City, IA	42:54	13:49/M
2	Maisie Martinez, F6	North Liberty, IA	46:04	14:50/M
3	Maryn Markle, F4	Iowa City, IA	48:37	15:39/M
4	Adelyn Markle, F4	Iowa City, IA	48:38	15:39/M
5	Hadley Fruin, F4	Iowa City, IA	54:08	17:25/M
6	Calissa Fruin, F6	Iowa City, IA	54:19	17:29/M

**M[7-9]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Ethan Truman, M8	Iowa City, IA	25:26	8:11/M
2	Finley Markle, M8	Iowa City, IA	33:36	10:49/M
3	Chase Eisenbach, M9	Coralville, IA	35:45	11:30/M
4	Sam Showers, M8	Iowa City, IA	42:56	13:49/M
5	Logan Waters, M9	Iowa City, IA	44:41	14:23/M
6	Elijah Sirois, M9	Coralville, IA	46:13	14:53/M
7	Daniel Kenyon, M7	Iowa City, IA	52:43	16:58/M
8	Edward Kenyon, M9	Iowa City, IA	52:44	16:59/M
9	Nicholas Stevens, M7	Iowa City, IA	58:41	18:53/M
10	James Meggitt, M9	Iowa City, IA	59:53	19:16/M

**F[7-9]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Lucy Thompson, F9	Iowa City, IA	30:32	9:50/M
2	Nina Kuhlmann, F8	Iowa City, IA	32:37	10:30/M
3	Lydia Evans, F7	Iowa City, IA	33:57	10:56/M
4	Kate Truman, F8	Iowa City, IA	34:13	11:01/M
5	Elanor Hanna, F9	Iowa City, IA	37:46	12:09/M
6	Kaelyn Rickels, F8	North Liberty, IA	39:24	12:41/M
7	Michaela Cariens, F7	Coralville, IA	41:08	13:14/M
8	Nevaeh Johnson, F8	Iowa City, IA	42:56	13:49/M
9	Alaina Timmerman, F9	Iowa City, IA	43:51	14:07/M
10	Maya Hanna, F8	Iowa City, IA	48:06	15:29/M
11	Elise Timmerman, F8	Iowa City, IA	1:00:42	19:32/M

**M[10-12]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Truman Thompson, M10	Iowa City, IA	23:48	7:40/M
2	Marcus Brintle, M10	North Liberty, IA	24:49	7:59/M
3	Jeremiah Pruessner, M11	Iowa City, IA	26:28	8:31/M
4	Gavin Benton, M10	North Liberty, IA	27:24	8:49/M
5	Ryan Ott, M11	Iowa City, IA	28:31	9:11/M
6	Ryan Elmer, M12	Coralville, IA	31:22	10:06/M
7	Owen Aanestad, M11	Iowa City, IA	31:22	10:06/M
8	Andrew Rath, M12	Iowa City, IA	37:26	12:03/M

**F[10-12]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Rylie Baldes, F12	Coralville, IA	26:38	8:34/M
2	Natalie Kuhlmann, F10	Iowa City, IA	28:31	9:11/M
3	Jasmine Ortega, F11	Coralville, IA	28:55	9:19/M
4	Vivian Tomek, F10	Iowa City, IA	28:59	9:20/M
5	Natalya Johnson, F12	Iowa City, IA	42:53	13:48/M
6	Madilyn Vitti, F11	Iowa City, IA	43:46	14:05/M
7	Ellie Martinez, F10	North Liberty, IA	44:40	14:23/M
8	Faith Stevens, F10	Iowa City, IA	58:41	18:53/M

**M[13-15]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Quincy Ott, M13	Iowa City, IA	21:33	6:56/M
2	Elliot Tomek, M13	Iowa City, IA	26:29	8:31/M
3	Griffin Hancock, M13	Coralville, IA	46:19	14:55/M

**F[13-15]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Grace Parrott, F13	Iowa City, IA	26:16	8:27/M
2	Bethel Tewabe, F13	Coralville, IA	31:40	10:12/M
3	Liberty Bailey, F15	Iowa City	41:15	13:17/M

**M[16-19]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Jeremy Hu, M17	Coralvilld, IA	22:22	7:12/M
2	Ike Barrush, M18	Iowa City, IA	23:03	7:25/M
3	Tyler McCreedy, M16	North Liberty, IA	42:57	13:50/M

**F[16-19]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Amelia Moser, F19	Iowa City, IA	36:26	11:44/M
2	McKenna McCreedy, F16	North Liberty, IA	42:58	13:50/M
3	Emma Wortman, F19	Iowa City, IA	43:17	13:56/M
4	Lamonttina Toomer Toomer, F18	Iowa Ctiy, IA	59:57	19:18/M

**M[20-29]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Nick Cavanaugh, M21	Iowa City, IA	25:39	8:15/M

2	Kendall Keck, M29	Iowa City, IA	25:40	8:16/M
3	Nathan Swanberg, M21	Iowa City, IA	26:35	8:33/M
4	Abhishek Kashyap, M27	Iowa City, IA	27:52	8:58/M
5	Liam Hancock, M21	Coralville, IA	35:00	11:16/M
6	Michael Anderson, M25	Iowa City, IA	53:29	17:13/M

**F[20-29]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Mary Balmer, F28	North Liberty, IA	23:38	7:36/M
2	Holly Reed, F24	Solon, IA	30:12	9:43/M
3	Sara Hussain, F26	Iowa City, IA	30:29	9:49/M
4	Natalie Berto, F26	Iowa City, IA	47:00	15:08/M
5	Danielle Murphy, F29	North Liberty, IA	53:17	17:09/M
6	Kelly Rugger, F29	North Liberty, IA	53:17	17:09/M
7	Jenny Lewis, F29	North Liberty, IA	53:17	17:09/M

**M[30-39]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Daniel Tallman, M31	Iowa City, IA	23:12	7:28/M
2	Michael Ott, M38	Iowa City, IA	23:26	7:33/M
3	Michael Freedberg, M31	Iowa City, IA	23:32	7:34/M
4	Scott Lieberman, M39	Iowa City, IA	23:44	7:38/M
5	Mark Thompson, M37	Iowa City, IA	30:35	9:51/M
6	Nathan Schularick, M34	Iowa City, IA	31:49	10:15/M
7	Jason Dwight, M36	North Liberty, IA	36:53	11:52/M
8	Keith Waters, M38	Iowa City, IA	45:07	14:31/M
9	Steven Elmer, M33	Coralville, IA	45:55	14:47/M
10	Geoff Fruin, M35	Iowa City, IA	54:08	17:25/M

**F[30-39]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Natalee Thompson, F38	Iowa City, IA	21:12	6:49/M
2	Malinda Lamb, F39	North Liberty, IA	23:41	7:37/M
3	Emily Gage, F35	North Liberty, IA	24:17	7:49/M
4	Sheila Cleavelanel, F31	North Liberty, IA	24:47	7:59/M
5	Beth Pruessner, F39	Iowa City, IA	26:31	8:32/M
6	Lisa Benton, F38	North Liberty, IA	27:24	8:49/M
7	Anne Schularick, F34	Iowa City, IA	31:50	10:15/M
8	Kara Pasker, F34	Iowa City, IA	32:13	10:22/M
9	Beza Tewabe, F33	Coralville, IA	32:31	10:28/M
10	Nadia Dwight, F36	North Liberty, IA	33:07	10:40/M
11	June Tai, F38	Iowa City, IA	33:29	10:47/M
12	Tauni Doster, F34	Iowa City, IA	33:42	10:51/M
13	Teyobesta Tewabe, F35	Coralville, IA	34:04	10:58/M

14	Andrea Knepper, F35	Iowa City, IA	34:26	11:05/M
15	Donna Kruse, F33	Olds, IA	34:35	11:08/M
16	Ashley Vanorny, F30	Cedar Rapids, IA	34:45	11:11/M
17	Robyn Eisenbach, F37	Coralville, IA	35:46	11:31/M
18	Jennifer Logsdon, F39	Iowa City, IA	36:22	11:42/M
19	Courtney Phelps, F30	Iowa City, IA	37:38	12:07/M
20	Emily Hanna, F38	Iowa City, IA	37:46	12:09/M
21	Lisa Ortega, F38	Coralville, IA	39:11	12:37/M
22	Amy Rickels, F37	North Liberty, IA	39:28	12:42/M
23	Shea Vitti, F36	Iowa City, IA	43:49	14:06/M
24	Carrie Martinez, F39	North Liberty, IA	46:06	14:50/M
25	Ann Showers, F37	Iowa City, IA	53:29	17:13/M
26	Jenny Fruin, F34	Iowa City, IA	55:40	17:55/M
27	Renata Bitoy, F35	Iowa City, IA	56:08	18:04/M
28	Regina Stevens, F35	Iowa City, IA	58:42	18:54/M
29	Sheila Stiles, F39	Coralville, IA	58:59	18:59/M
30	Andrea Timmerman, F35	Iowa City, IA	1:00:43	19:33/M

**M[40-49]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Jens Strand, M40	North Liberty, IA	19:26	6:15/M
2	Jim Trepka, M48	Iowa City, IA	21:11	6:49/M
3	Brad Baldes, M44	Coralville, IA	23:18	7:30/M
4	Hugo Ortega, M45	Iowa City, IA	28:57	9:19/M
5	Terry Hinman, M47	Iowa City, IA	29:11	9:23/M
6	David Moser, M47	Iowa City, IA	29:11	9:24/M
7	Lucas Kuhlmann, M40	Iowa City, IA	32:40	10:31/M
8	Tom Rath, M48	Iowa City, IA	36:17	11:41/M
9	Kevin McCreedy, M40	North Liberty, IA	39:21	12:40/M
10	Kenny Cariens, M43	Coralville, IA	41:08	13:14/M
11	Jeremy Showers, M40	Iowa City, IA	42:59	13:50/M
12	Jeffrey Fields, M47	Iowa City, IA	47:01	15:08/M
13	Eyad Hanna, M41	Iowa City, IA	48:06	15:29/M
14	Kevin Markle, M46	Iowa City, IA	48:37	15:39/M
15	John Kenyon, M45	Iowa City, IA	52:45	16:59/M

**F[40-49]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Carrie Kolosik, F48	Swisher, IA	26:13	8:26/M
2	Julie Houston, F42	Iowa City, IA	26:52	8:39/M
3	Yukiko Hill, F48	Iowa City, IA	27:49	8:57/M
4	Molly Adams, F40	Iowa City, IA	28:32	9:11/M
5	Jill Endres Tomek, F44	Iowa City, IA	29:01	9:20/M
6	Sarah Gretter, F40	Coralville, IA	30:28	9:48/M

7	Jacque Aanestad, F40	Iowa City, IA	31:37	10:11/M
8	Cindy Meis, F41	Iowa City, IA	31:53	10:16/M
9	Michelle Moore, F47	Iowa City, IA	32:35	10:29/M
10	Pam Hinman, F47	Iowa City, IA	33:01	10:37/M
11	Jan Fasse, F44	Iowa City, IA	33:06	10:39/M
12	Julie Truman, F44	Iowa City, IA	34:19	11:03/M
13	Tammy Schomer, F44	Iowa City, IA	34:26	11:05/M
14	Robyn Markle, F41	Iowa City, IA	34:50	11:13/M
15	Roseanne Ricke, F43	Lisbon, IA	36:05	11:37/M
16	Anna Bailey, F40	Iowa City	36:55	11:53/M
17	Francine Rath, F42	Iowa City, IA	37:29	12:04/M
18	Alisa Meggitt, F45	Iowa City, IA	43:27	13:59/M
19	Kathryn Morrilly, F45	Iowa City, IA	43:33	14:01/M
20	Mary Kenyon, F41	Iowa City, IA	52:45	16:59/M

**M[50-59]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Tom Novak, M56	Iowa City, IA	21:00	6:45/M
2	Hodge Carter, M56	Iowa City, IA	23:11	7:28/M
3	Michael Shaw, M52	Iowa City, IA	26:48	8:37/M
4	Eric Bauer, M50	Iowa City, IA	29:13	9:24/M
5	John Mueller, M56	Iowa City	40:37	13:04/M
6	Eric Wortman, M51	Iowa City, IA	43:17	13:56/M
7	Augie Rodriguez Jr., M58	Iowa City, IA	45:46	14:44/M
8	Doug Baker, M55	Marion, IA	47:16	15:13/M
9	Michael Hancock, M54	Coralville, IA	59:12	19:03/M

**F[50-59]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Dru Mueller, F54	Iowa City	26:13	8:26/M
2	Joanne Schweitzer, F55	Coralville, IA	27:36	8:53/M
3	Cristi Johnson, F57	Iowa City, IA	27:50	8:57/M
4	Katina Lillios, F54	Iowa City, IA	27:52	8:58/M
5	Donna Hollinger, F54	Iowa City, IA	31:36	10:10/M
6	Stephanie Schnobelen, F50	North Liberty, IA	36:37	11:47/M
7	Diana Lundell, F59	Coralville, IA	41:02	13:12/M
8	Lori Enlae, F53	Iowa City, IA	43:40	14:03/M
9	Elvia Rodriguez, F58	Iowa City, IA	45:43	14:43/M
10	Nancy Baker, F56	Marion, IA	47:17	15:13/M
11	Ann Langenfeld, F51	Iowa City, IA	50:34	16:17/M
12	Louise Wolf-Novak, F56	Iowa City, IA	52:11	16:48/M
13	Tami Murphy, F51	Iowa City, IA	53:18	17:09/M
14	Kelly Hancock, F52	Coralville, IA	59:12	19:03/M

<b><u>M[60-69]</u></b>				
<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>
1	Warren Feerer, M65	Cedar Rapids, IA	24:57	8:02/M
2	Tom Langenfeld, M61	Iowa City, IA	50:41	16:19/M

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