

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

Overall & Divisions

Event: 5K Run

Date: Sunday, May 21, 2017

Location: Iowa City, IA

Weather: Overcast, Wind WSW 10-20mph &
49°

[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	Andrew Murley, M18	Iowa City, IA	18:02	5:48/M
2	2	1 M30	Mike Biderman, M37	Iowa City, IA	18:41	6:01/M
3	3	1 M40	Louis Pelsang, M42	Iowa City, IA	20:01	6:26/M
4	4	1 M13	Mitch Wilkes, M15	Iowa City, IA	20:12	6:30/M
5	5	2 M13	Noah Weaver, M15	Iowa City, IA	20:12	6:30/M
6	6	2 M30	Wes Hilleshiem, M39	Marion, IA	20:20	6:33/M
7	7	3 M30	Jeremy Negus, M38	Iowa City, IA	20:32	6:36/M
8	8	2 M40	William Iverson, M49	Iowa City, IA	20:36	6:38/M
9	9	1 M50	James Pelsang, M52	Iowa City, IA	20:42	6:40/M
10	10	3 M13	Cole Ebery, M13	Coralville, IA	20:46	6:41/M
11	11	4 M30	Curt Saland, M39	North Liberty, IA	20:49	6:42/M
12	12	2 M50	Robert Ornell, M51	Iowa City, IA	20:56	6:44/M
13	13	3 M50	Anthony Arnone, M51	Iowa City, IA	21:51	7:02/M
14	14	1 M10	Alex McKane, M12	Iowa City, IA	22:20	7:11/M
15	15	2 M10	Oliver Palmer, M12	West Branch, IA	22:23	7:12/M
16	16	3 M10	Ian Weaver, M11	Iowa City, IA	22:23	7:12/M
17	17	4 M10	Bodie Bisgard, M12	North Liberty, IA	22:47	7:20/M
18	18	3 M40	Jace Bisgard, M40	North Liberty, IA	22:55	7:22/M
19	19	4 M40	Brian Kirschling, M44	Iowa City, IA	23:05	7:26/M
20	20	5 M30	Eric Ewald, M33	North Liberty, IA	23:08	7:27/M
21	21	5 M10	Ethan Truman, M10	Iowa City, IA	23:31	7:34/M
22	22	4 M13	Jj Ebery, M15	Coralville, IA	23:44	7:38/M

23	1	1 OVF	Jasmine Ortega, F12	Coralville, IA	23:51	7:41/M
24	23	5 M40	Joe Elder, M49	Coralville, IA	23:55	7:42/M
25	2	1 F30	Brie Roth, F38	North Liberty, IA	24:45	7:58/M
26	3	1 F16	Rachel Strang, F17	Iowa City, IA	24:50	7:59/M
27	4	1 F40	Kelly Bartlett, F42	Iowa City, IA	24:56	8:01/M
28	24	6 M30	Brian Brandsmeier, M39	North Liberty, IA	25:21	8:10/M
29	25	5 M13	Paul Cornell, M15	Iowa City, IA	25:30	8:13/M
30	26	7 M30	Lucas Devries, M32	North Liberty, IA	25:31	8:13/M
31	5	1 F13	Grace Parrott, F14	Iowa City, IA	25:33	8:13/M
32	27	8 M30	Justin Colbert, M31	Iowa City, IA	25:40	8:16/M
33	28	4 M50	Leslie Finger, M52	Iowa City, IA	26:49	8:38/M
34	6	2 F30	Willow Fuchs, F37	Iowa City, IA	26:56	8:40/M
35	29	6 M40	Tim Dwight, M41	Iowa City, IA	27:34	8:52/M
36	30	9 M30	Phillip Gander, M39	Iowa City, IA	27:34	8:53/M
37	31	6 M10	Adrien Westergaard, M11	Coralville, IA	27:39	8:54/M
38	32	10 M30	Nick Westergaard, M39	Coralville, IA	27:42	8:55/M
39	33	7 M10	Kaden Phan, M10	Tiffin, IA	27:55	8:59/M
40	34	1 M16	Barlow Guess, M18	Iowa City, IA	27:56	8:59/M
41	35	1 M7	Carston Guess, M8	Iowa City, IA	27:57	9:00/M
42	7	1 F20	Sarah Hayes, F27	Iowa City, IA	27:59	9:00/M
43	36	11 M30	Phil Lala, M31	Iowa City, IA	28:02	9:01/M
44	37	7 M40	Andrew Gutman, M49	Iowa City, IA	28:38	9:13/M
45	38	8 M40	Jeremy Showers, M42	Iowa City, IA	28:41	9:14/M
46	8	2 F40	Susan Brennan, F46	Iowa City, IA	28:48	9:16/M
47	9	1 F60	Mary Bergman, F62	Iowa City, IA	28:56	9:19/M
48	39	9 M40	Brian Schafer, M44	North Liberty, IA	28:58	9:19/M
49	10	1 F10	Natalie Kuhlmann, F12	Iowa City, IA	29:08	9:23/M
50	11	3 F30	Maria Duncalf, F36	Mount Vernon, IA	29:17	9:26/M
51	40	1 M20	Spencer Langtimm, M29	Urbandale, IA	29:27	9:29/M
52	12	2 F20	Ariel Langtimm, F26	Urbandale, IA	29:27	9:29/M
53	13	3 F40	Michelle Clark, F44	Coralville, IA	29:31	9:30/M
54	14	4 F30	Sara Klosterboer, F36	North Liberty, IA	29:39	9:32/M
55	41	10 M40	Eyad Hanna, M43	Iowa City, IA	29:42	9:33/M
56	15	1 F7	Addison Greene, F9	Solon, IA	29:42	9:34/M
57	42	5 M50	Michael Shaw, M53	Iowa City, IA	29:42	9:34/M
58	43	12 M30	Casey Greene, M37	Solon, IA	29:43	9:34/M
59	16	3 F20	Lynsey Barnard, F28	Iowa City, IA	29:43	9:34/M
60	17	2 F10	Nina Kuhlmann, F10	Iowa City, IA	29:48	9:36/M
61	44	11 M40	Lucas Kuhlmann, M42	Iowa City, IA	29:50	9:36/M
62	18	3 F10	Elanor Hanna, F11	Iowa City, IA	30:14	9:44/M
63	19	4 F20	Stephanie Chin, F24	Iowa City, IA	30:17	9:45/M
64	20	1 F50	Cristi Johnson, F59	Iowa City, IA	30:31	9:49/M
65	21	4 F40	Yukiko Hill, F49	Iowa City, IA	30:31	9:49/M
66	45	8 M10	Jack Ayers, M12	Iowa City, IA	30:35	9:51/M
67	22	5 F30	Rachel Arnone, F39	Iowa City, IA	30:36	9:51/M

68	46	9 M10	Lawson Guess, M10	Iowa City, IA	30:42	9:53/M
69	47	2 M7	Jack Jensen-Fitzpatrick, M9	Coralville, IA	30:45	9:54/M
70	23	4 F10	Augie Palmer, F10	West Branch, IA	30:49	9:55/M
71	24	2 F50	Theresa Weeks, F53	Iowa City, IA	30:51	9:56/M
72	48	13 M30	Walter McFadden, M32	Iowa City, IA	31:07	10:01/M
73	25	6 F30	Kristin Milroy, F32	Manchester, IA	31:08	10:01/M
74	49	12 M40	Ben Palmer, M42	West Branch, IA	31:13	10:03/M
75	50	3 M7	Maddox Smith, M9	Coralville, IA	31:29	10:08/M
76	51	13 M40	Randy Hollenbeck, M48	Iowa City, IA	31:34	10:10/M
77	52	14 M40	Scott Lieberman, M40	Iowa City, IA	31:46	10:13/M
78	53	15 M40	Jim Wilkes, M48	Iowa City, IA	32:02	10:19/M
79	26	2 F7	Lindsey McKane, F9	Iowa City, IA	32:03	10:19/M
80	54	4 M7	Jacob Hollenbeck, M9	Iowa City, IA	32:03	10:19/M
81	55	10 M10	Tyler Lieberman, M10	Iowa City, IA	32:06	10:20/M
82	27	3 F7	Lydia Evans, F9	Iowa City, IA	32:17	10:23/M
83	28	5 F40	Idil Evans, F44	Iowa City, IA	32:23	10:25/M
84	29	7 F30	Fay Phan, F34	Tiffin, IA	33:17	10:43/M
85	30	8 F30	Rebecca Stonawski, F36	Cedar Rapids, IA	33:35	10:49/M
86	31	6 F40	Julie Truman, F46	Iowa City, IA	33:43	10:51/M
87	32	5 F10	Kate Truman, F10	Iowa City, IA	33:43	10:51/M
88	56	16 M40	Douglas Houston, M46	Iowa City, IA	33:49	10:53/M
89	33	6 F10	Ella Houston, F11	Iowa City, IA	33:50	10:53/M
90	34	7 F40	Pam Hinman, F49	Iowa City, IA	34:07	10:59/M
91	57	17 M40	Robert Parrish, M45	Iowa City, IA	34:12	11:00/M
92	35	4 F7	Sydney Geisen, F9	Iowa City, IA	34:21	11:04/M
93	36	8 F40	June Tai, F40	Iowa City, IA	35:06	11:18/M
94	37	9 F30	Caroline Burrier, F33	North Liberty, IA	35:09	11:19/M
95	38	7 F10	Kaelyn Rickels, F10	North Liberty, IA	35:12	11:20/M
96	58	14 M30	Jesse Carlson, M31	Iowa City, IA	35:22	11:23/M
97	39	9 F40	Julliet Lourdusamy, F43	Coralville, IA	35:25	11:24/M
98	59	15 M30	Tony Burrier, M37	North Liberty, IA	35:26	11:24/M
99	40	10 F30	Amy Larkey Rickels, F38	North Liberty, IA	35:28	11:25/M
100	60	11 M10	Jackson Chard-Cuda, M11	Iowa City, IA	35:29	11:25/M
101	41	10 F40	Amy Larkin, F40	Coralville, IA	35:51	11:32/M
102	61	5 M7	Ryder Gorsh, M9	Iowa City, IA	35:53	11:33/M
103	42	11 F40	Susan Eberly, F49	Coralville, IA	36:10	11:38/M
104	43	3 F50	Donna Hollinger, F55	Iowa City, IA	36:10	11:39/M
105	44	4 F50	Becky Chard, F50	Iowa City, IA	36:13	11:39/M
106	45	8 F10	Audrey Parrish, F11	Iowa City, IA	36:32	11:46/M
107	46	9 F10	Janie Owens, F10	Iowa City, IA	37:07	11:57/M
108	62	16 M30	Paul Owens, M39	Iowa City, IA	37:14	11:59/M
109	47	12 F40	Hope Spragg, F40	Iowa City, IA	37:23	12:02/M
110	48	5 F7	Nadia Spragg, F7	Iowa City, IA	37:41	12:08/M

111	63	12 M10	Matisse Arnone, M12	Iowa City, IA	37:57	12:13/M
112	64	18 M40	Cory Lockwood, M42	North Liberty, IA	38:02	12:15/M
113	49	10 F10	Kayla Lockwood, F11	North Liberty, IA	38:02	12:15/M
114	50	2 F60	Leora Houghton, F67	Iowa City, IA	38:14	12:19/M
115	65	19 M40	Jody Gorsh, M43	Iowa City, IA	38:36	12:25/M
116	51	11 F10	Brai Gorsh, F11	Iowa City, IA	38:36	12:25/M
117	52	1 JRF	Parker Lockwood, F5	North Liberty, IA	39:42	12:47/M
118	53	11 F30	Kilee Dunham, F34	Coralville, IA	39:52	12:50/M
119	66	1 JRM	Eli Dunham, M6	Coralville, IA	39:52	12:50/M
120	67	13 M10	Jacob Dixon, M10	Iowa City, IA	40:33	13:03/M
121	54	13 F40	Angie Dixon, F45	Iowa City, IA	40:34	13:03/M
122	55	12 F30	Alyson Dusdieker, F33	Tiffin, IA	40:34	13:03/M
123	68	17 M30	Nile T Dusdieker, M35	Tiffin, IA	40:37	13:04/M
124	56	13 F30	Katie Mohr, F35	Iowa City, IA	40:48	13:08/M
125	57	14 F30	Renata Owens, F38	Iowa City, IA	40:52	13:09/M
126	58	2 JRF	Sally Owens, F6	Iowa City, IA	40:52	13:09/M
127	59	5 F50	Tami Peck, F53	Bettendorf, IA	41:02	13:12/M
128	60	15 F30	Mary Landon, F31	Iowa City, IA	41:39	13:24/M
129	69	18 M30	Jonathan Landon, M32	Iowa City, IA	41:51	13:28/M
130	61	3 JRF	Nora Landon, F6	Iowa City, IA	41:51	13:28/M
131	70	6 M7	Ethan Landon, M7	Iowa City, IA	41:51	13:28/M
132	71	19 M30	Ondreh Stonawski, M35	Cedar Rapids, IA	42:02	13:32/M
133	72	14 M10	Sam Showers, M10	Iowa City, IA	42:11	13:35/M
134	62	3 F60	Diana Lundell, F61	Coralville, IA	42:46	13:46/M
135	73	7 M7	William Shey, M8	Iowa City, IA	43:18	13:56/M
136	63	14 F40	Kathy Shey, F43	Iowa City, IA	43:41	14:03/M
137	74	2 JRM	Reid Dunham, M2	Coralville, IA	43:43	14:04/M
138	75	8 M7	Cael Dunham, M7	Coralville, IA	43:43	14:04/M
139	64	16 F30	Ann Showers, F39	Iowa City, IA	43:46	14:05/M
140	76	20 M40	Nancy Hollenbeck, M47	Iowa City, IA	45:12	14:33/M
141	65	6 F50	Doria Knebel, F51	Iowa City, IA	45:57	14:47/M
142	66	6 F7	Brooklyn Riley-Poma, F8	Iowa City, IA	46:50	15:04/M
143	77	6 M50	Steve Riley, M57	Mount Pleasant, IA	46:50	15:05/M
144	67	5 F20	Alyse Riley-Poma, F27	Iowa City, IA	46:55	15:06/M
145	78	1 M70	Arthur Nowak, M79	Iowa City, IA	47:47	15:23/M
146	68	4 JRF	Hayden Greene, F6	Solon, IA	48:46	15:42/M
147	69	17 F30	Holly Greene, F38	Solon, IA	48:47	15:42/M
148	70	18 F30	Elizabeth Hayes, F33	Iowa City, IA	50:28	16:15/M
149	71	5 JRF	Camille Hayes, F6	Iowa City, IA	50:29	16:15/M
150	72	7 F50	Dianne Hayes, F55	Iowa City, IA	51:37	16:37/M
151	73	6 JRF	Janie Jensen-Fitzpatrick, F6	Coralville, IA	53:01	17:04/M
152	74	15 F40	Jan Jensen, F48	Coralville, IA	53:02	17:04/M
153	75	8 F50	Heidi Cuda, F50	Iowa City, IA	56:03	18:02/M

154	76	7 JRF	Olivia Lieberman, F6	Iowa City, IA	56:31	18:12/M
155	77	16 F40	Bonnie Lieberman, F40	Iowa City, IA	56:49	18:17/M
156	78	7 F7	Amara MacLagan, F7	Coralville, IA	57:06	18:23/M
157	79	19 F30	Alyssa Bowman, F36	Iowa City, IA	57:58	18:39/M
158	80	20 F30	Melissa Payne, F34	Iowa City, IA	59:26	19:08/M
159	81	9 F50	Elida Morse, F55	Iowa City, IA	59:28	19:09/M
160	82	21 F30	Meredith Fishbane-Gordon, F38	Coralville, IA	59:30	19:09/M
161	83	8 JRF	Emily Gordon, F4	Coralville, IA	59:30	19:09/M
162	84	9 JRF	Violet Natchev, F5	Iowa City, IA	59:38	19:12/M
163	85	10 JRF	Regan Stiles, F5	Coralville, IA	59:40	19:12/M
164	86	17 F40	Sheila Stiles, F41	Coralville, IA	59:40	19:12/M
165	79	3 JRM	Rocco Arnone, M5	Iowa City, IA	59:54	19:17/M
166	87	22 F30	Kelly McLarney, F31	North Liberty, IA	1:00:37	19:31/M
167	88	23 F30	Danielle Murphy, F31	North Liberty, IA	1:00:37	19:31/M
168	80	2 M20	Drew Murphy, M29	North Liberty, IA	1:00:38	19:31/M
169	89	10 F50	Tami Murphy, F51	Iowa City, IA	1:00:44	19:33/M
170	90	2 F13	Elizabeth Ayers, F14	Iowa City, IA	1:02:02	19:58/M
171	91	4 F60	Mary Strang, F62	Iowa City, IA	1:02:34	20:08/M
172	92	11 JRF	Audrey Racevskis, F6	Iowa City, IA	1:02:42	20:11/M
173	81	21 M40	Roland Racevskis, M46	Iowa City, IA	1:02:43	20:11/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	Andrew Murley, M18	Iowa City, IA	18:02	5:48/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jasmine Ortega, F12	Coralville, IA	23:51	7:41/M

M|6 & Under|

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Eli Dunham, M6	Coralville, IA	39:52	12:50/M
2	Reid Dunham, M2	Coralville, IA	43:43	14:04/M
3	Rocco Arnone, M5	Iowa City, IA	59:54	19:17/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	Parker Lockwood, F5	North Liberty, IA	39:42	12:47/M
2	Sally Owens, F6	Iowa City, IA	40:52	13:09/M
3	Nora Landon, F6	Iowa City, IA	41:51	13:28/M
4	Hayden Greene, F6	Solon, IA	48:46	15:42/M
5	Camille Hayes, F6	Iowa City, IA	50:29	16:15/M
6	Janie Jensen-Fitzpatrick, F6	Coralville, IA	53:01	17:04/M
7	Olivia Lieberman, F6	Iowa City, IA	56:31	18:12/M
8	Emily Gordon, F4	Coralville, IA	59:30	19:09/M
9	Violet Natchev, F5	Iowa City, IA	59:38	19:12/M
10	Regan Stiles, F5	Coralville, IA	59:40	19:12/M
11	Audrey Racevskis, F6	Iowa City, IA	1:02:42	20:11/M

M[7-9]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Carston Guess, M8	Iowa City, IA	27:57	9:00/M
2	Jack Jensen-Fitzpatrick, M9	Coralville, IA	30:45	9:54/M
3	Maddox Smith, M9	Coralville, IA	31:29	10:08/M
4	Jacob Hollenbeck, M9	Iowa City, IA	32:03	10:19/M
5	Ryder Gorsh, M9	Iowa City, IA	35:53	11:33/M
6	Ethan Landon, M7	Iowa City, IA	41:51	13:28/M
7	William Shey, M8	Iowa City, IA	43:18	13:56/M
8	Cael Dunham, M7	Coralville, IA	43:43	14:04/M

F[7-9]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Addison Greene, F9	Solon, IA	29:42	9:34/M
2	Lindsey McKane, F9	Iowa City, IA	32:03	10:19/M
3	Lydia Evans, F9	Iowa City, IA	32:17	10:23/M
4	Sydney Geisen, F9	Iowa City, IA	34:21	11:04/M
5	Nadia Spragg, F7	Iowa City, IA	37:41	12:08/M
6	Brooklyn Riley-Poma, F8	Iowa City, IA	46:50	15:04/M
7	Amara MacLagan, F7	Coralville, IA	57:06	18:23/M

M[10-12]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Alex McKane, M12	Iowa City, IA	22:20	7:11/M
2	Oliver Palmer, M12	West Branch, IA	22:23	7:12/M
3	Ian Weaver, M11	Iowa City, IA	22:23	7:12/M
4	Bodie Bisgard, M12	North Liberty, IA	22:47	7:20/M
5	Ethan Truman, M10	Iowa City, IA	23:31	7:34/M
6	Adrien Westergaard, M11	Coralville, IA	27:39	8:54/M
7	Kaden Phan, M10	Tiffin, IA	27:55	8:59/M
8	Jack Ayers, M12	Iowa City, IA	30:35	9:51/M
9	Lawson Guess, M10	Iowa City, IA	30:42	9:53/M

10	Tyler Lieberman, M10	Iowa City, IA	32:06	10:20/M
11	Jackson Chard-Cuda, M11	Iowa City, IA	35:29	11:25/M
12	Matisse Arnone, M12	Iowa City, IA	37:57	12:13/M
13	Jacob Dixon, M10	Iowa City, IA	40:33	13:03/M
14	Sam Showers, M10	Iowa City, IA	42:11	13:35/M

F[10-12]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Natalie Kuhlmann, F12	Iowa City, IA	29:08	9:23/M
2	Nina Kuhlmann, F10	Iowa City, IA	29:48	9:36/M
3	Elanor Hanna, F11	Iowa City, IA	30:14	9:44/M
4	Augie Palmer, F10	West Branch, IA	30:49	9:55/M
5	Kate Truman, F10	Iowa City, IA	33:43	10:51/M
6	Ella Houston, F11	Iowa City, IA	33:50	10:53/M
7	Kaelyn Rickels, F10	North Liberty, IA	35:12	11:20/M
8	Audrey Parrish, F11	Iowa City, IA	36:32	11:46/M
9	Janie Owens, F10	Iowa City, IA	37:07	11:57/M
10	Kayla Lockwood, F11	North Liberty, IA	38:02	12:15/M
11	Brai Gorsh, F11	Iowa City, IA	38:36	12:25/M

M[13-15]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Mitch Wilkes, M15	Iowa City, IA	20:12	6:30/M
2	Noah Weaver, M15	Iowa City, IA	20:12	6:30/M
3	Cole Ebery, M13	Coralville, IA	20:46	6:41/M
4	Jj Ebery, M15	Coralville, IA	23:44	7:38/M
5	Paul Cornell, M15	Iowa City, IA	25:30	8:13/M

F[13-15]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Grace Parrott, F14	Iowa City, IA	25:33	8:13/M
2	Elizabeth Ayers, F14	Iowa City, IA	1:02:02	19:58/M

M[16-19]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Barlow Guess, M18	Iowa City, IA	27:56	8:59/M

F[16-19]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
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1	Rachel Strang, F17	Iowa City, IA	24:50	7:59/M
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M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Spencer Langtimm, M29	Urbandale, IA	29:27	9:29/M
2	Drew Murphy, M29	North Liberty, IA	1:00:38	19:31/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Sarah Hayes, F27	Iowa City, IA	27:59	9:00/M
2	Ariel Langtimm, F26	Urbandale, IA	29:27	9:29/M
3	Lynsey Barnard, F28	Iowa City, IA	29:43	9:34/M
4	Stephanie Chin, F24	Iowa City, IA	30:17	9:45/M
5	Alyse Riley-Poma, F27	Iowa City, IA	46:55	15:06/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
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