

Glow for Hope *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Saturday, October 10, 2015

Location: Mason City, IA

Weather: Wind SSW 10-20mph & 66°

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> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|---------------|-----------------|-----------------------------|----------------------|---------------------|---------------------|----------------------|---------------------|
| 1 | 1 | 1 OVM | Christian Rodriguez, M12 | Mason City, IA | 18:24 | 5:55/M | 18:23 | 5:55/M |
| 2 | 2 | 1 M13 | Alex Levad, M14 | Mason City, IA | 20:19 | 6:32/M | 20:19 | 6:32/M |
| 3 | 3 | 2 M13 | Wasfie Alshara, M16 | Mason City, IA | 20:34 | 6:37/M | 20:33 | 6:37/M |
| 4 | 4 | 1 M50 | Creighton Whitehill, M52 | Pleasant Hill, IA | 20:59 | 6:45/M | 20:58 | 6:45/M |
| 5 | 1 | 1 OVF | Kenzie Penca, F17 | Mason City, IA | 21:09 | 6:49/M | 21:09 | 6:48/M |
| 6 | 5 | 1 JRM | Cooper Wiemann, M11 | Mason City, IA | 22:10 | 7:08/M | 22:07 | 7:07/M |
| 7 | 2 | 1 F50 | Sheri Sprung, F52 | Mason City, IA | 22:26 | 7:13/M | 22:24 | 7:12/M |
| 8 | 3 | 1 JRF | Trystan Servantez, F12 | Mason City, IA | 22:36 | 7:16/M | 22:35 | 7:16/M |
| 9 | 6 | 3 M13 | Connor Wiemann, M13 | Mason City, IA | 23:00 | 7:24/M | 22:58 | 7:23/M |
| 10 | 7 | 4 M13 | Miles Ralls, M13 | Mason City, IA | 23:01 | 7:25/M | 23:01 | 7:25/M |
| 11 | 4 | 2 F50 | Michelle Deverell, F53 | Mason City, IA | 23:09 | 7:27/M | 23:06 | 7:26/M |
| 12 | 5 | 1 F40 | Becky Buffington, F44 | Mason City, IA | 24:26 | 7:52/M | 24:23 | 7:51/M |

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|----|----|-------|------------------------|------------------|-------|---------|-------|---------|
| 13 | 8 | 5 M13 | Brett Despenas, M17 | Mason City, IA | 24:39 | 7:56/M | 24:38 | 7:56/M |
| 14 | 9 | 6 M13 | Brett Smith, M17 | Mason City, IA | 24:46 | 7:58/M | 24:45 | 7:58/M |
| 15 | 10 | 7 M13 | Derek Carpenter, M16 | Waverly, IA | 24:54 | 8:01/M | 24:53 | 8:00/M |
| 16 | 6 | 2 F40 | Darla Krutsinger, F45 | Mason City, IA | 25:31 | 8:13/M | 25:29 | 8:12/M |
| 17 | 7 | 1 F13 | Karly Krutsinger, F16 | Mason City, IA | 25:48 | 8:18/M | 25:46 | 8:18/M |
| 18 | 11 | 2 M50 | Ben Furleigh, M50 | Clear Lake, IA | 25:49 | 8:19/M | 25:47 | 8:18/M |
| 19 | 8 | 2 F13 | Taryn Kantaris, F19 | Mason City, IA | 26:05 | 8:24/M | 25:58 | 8:21/M |
| 20 | 12 | 2 JRM | Michael Goepel, M10 | Mason City, IA | 26:46 | 8:37/M | 26:43 | 8:36/M |
| 21 | 9 | 3 F13 | Morgan Dvorak, F17 | Mason City, IA | 26:47 | 8:37/M | 26:45 | 8:36/M |
| 22 | 10 | 3 F40 | Rhonda Rosendahl, F44 | Mason City, IA | 26:50 | 8:38/M | 26:48 | 8:38/M |
| 23 | 11 | 4 F40 | Kris Penca, F43 | Mason City, IA | 27:13 | 8:46/M | 27:09 | 8:44/M |
| 24 | 12 | 1 F30 | Misty Gomez, F38 | Kensett, IA | 28:42 | 9:14/M | 28:36 | 9:12/M |
| 25 | 13 | 1 F20 | Britney Borchardt, F26 | Mason City, IA | 29:07 | 9:22/M | 29:05 | 9:22/M |
| 26 | 14 | 2 F30 | Hayley Behrends, F32 | Mason City, IA | 29:15 | 9:25/M | 29:09 | 9:23/M |
| 27 | 13 | 1 M20 | Josh Volsen, M24 | Mason City, IA | 29:19 | 9:26/M | 29:16 | 9:25/M |
| 28 | 15 | 2 F20 | Heather Pope, F24 | Mason City, IA | 29:52 | 9:37/M | 29:45 | 9:35/M |
| 29 | 16 | 3 F50 | Julie Goll, F53 | Mason City, IA | 30:02 | 9:40/M | 29:58 | 9:39/M |
| 30 | 14 | 3 M50 | Joel Goll, M54 | Mason City, IA | 30:02 | 9:40/M | 29:58 | 9:39/M |
| 31 | 17 | 2 JRF | Briana Henaman, F11 | Mason City, IA | 30:39 | 9:52/M | 30:30 | 9:49/M |
| 32 | 15 | 1 M40 | Mark Johnson, M44 | Nora Springs, IA | 30:40 | 9:52/M | 30:36 | 9:51/M |
| 33 | 18 | 4 F50 | Becky Gump, F51 | Mason City, IA | 30:51 | 9:56/M | 30:49 | 9:55/M |
| 34 | 16 | 8 M13 | Matthew Boenish, M13 | Mason City, IA | 31:22 | 10:06/M | 31:18 | 10:05/M |
| 35 | 17 | 3 JRM | Logan Young, M12 | Mason City, IA | 31:25 | 10:07/M | 31:22 | 10:06/M |
| 36 | 18 | 4 JRM | Nathan Farland, M12 | Mason City, IA | 31:26 | 10:07/M | 31:23 | 10:06/M |

| | | | | | | | | |
|----|----|--------|------------------------|-----------------|-------|---------|-------|---------|
| 37 | 19 | 3 F30 | Brooke Wiemann, F39 | Mason City, IA | 32:11 | 10:22/M | 32:08 | 10:20/M |
| 38 | 20 | 4 F30 | Tiffany Henaman, F36 | Mason City, IA | 33:10 | 10:40/M | 33:00 | 10:37/M |
| 39 | 21 | 5 F40 | Sheela Ahari, F45 | Mason City, IA | 33:10 | 10:40/M | 33:00 | 10:37/M |
| 40 | 19 | 1 M30 | Travis Sayer, M35 | Mason City, IA | 33:11 | 10:41/M | 33:01 | 10:38/M |
| 41 | 20 | 2 M40 | Stan Newton, M43 | Forest City, IA | 33:35 | 10:49/M | 33:30 | 10:47/M |
| 42 | 21 | 4 M50 | Tom Kantaris, M61 | Mason City, IA | 33:55 | 10:55/M | 33:48 | 10:53/M |
| 43 | 22 | 5 F50 | Kathleen Nutt, F54 | Mason City, IA | 34:04 | 10:58/M | 34:00 | 10:57/M |
| 44 | 23 | 6 F40 | Tonya Kantaris, F43 | Mason City, IA | 34:32 | 11:07/M | 34:25 | 11:05/M |
| 45 | 24 | 4 F13 | Alexis Lindsay, F19 | Mason City, IA | 34:46 | 11:11/M | 34:42 | 11:10/M |
| 46 | 25 | 6 F50 | Kristie Pope, F57 | Mason City, IA | 34:50 | 11:13/M | 34:42 | 11:10/M |
| 47 | 22 | 5 JRM | Tate Millsap, M10 | Mason City, IA | 35:04 | 11:17/M | 34:55 | 11:14/M |
| 48 | 26 | 5 F30 | Krystal Bolinger, F35 | Mason City, IA | 35:04 | 11:17/M | 34:56 | 11:14/M |
| 49 | 27 | 6 F30 | Jolene Schweitzer, F34 | Mason City, IA | 35:06 | 11:18/M | 34:57 | 11:15/M |
| 50 | 28 | 7 F30 | Emily Younke, F34 | Mason City, IA | 35:06 | 11:18/M | 34:57 | 11:15/M |
| 51 | 29 | 7 F40 | Tracy Hoveland, F42 | Mason City, IA | 36:14 | 11:40/M | 36:10 | 11:38/M |
| 52 | 30 | 5 F13 | Madison Abbott, F13 | Forest City, IA | 36:55 | 11:53/M | 36:52 | 11:52/M |
| 53 | 31 | 3 F20 | Ashley Volsen, F27 | Mason City, IA | 40:43 | 13:06/M | 40:41 | 13:06/M |
| 54 | 32 | 8 F30 | Jackie Miles, F33 | Mason City, IA | 40:43 | 13:06/M | 40:43 | 13:06/M |
| 55 | 33 | 7 F50 | Robin Ralls, F52 | Mason City, IA | 46:59 | 15:07/M | 46:53 | 15:05/M |
| 56 | 34 | 8 F50 | Kathy Dobrzynski, F60 | Mason City, IA | 47:55 | 15:25/M | 47:48 | 15:23/M |
| 57 | 35 | 8 F40 | Vicki Zweibohmer, F45 | Mason City, IA | 47:56 | 15:26/M | 47:56 | 15:26/M |
| 58 | 36 | 9 F30 | Samantha Dugan, F30 | Forest City, IA | 48:49 | 15:43/M | 48:47 | 15:42/M |
| 59 | 37 | 10 F30 | Megan Northway, F31 | Manly, IA | 49:01 | 15:47/M | 48:56 | 15:45/M |
| 60 | 38 | 9 F50 | Kris Boenish, F50 | Mason City, IA | 52:10 | 16:47/M | 52:04 | 16:45/M |

| | | | | | | | | |
|----|----|-------|-----------------------|-------------------|-------|---------|-------|---------|
| 61 | 39 | 9 F40 | Mindy Farland, F43 | Mason City, IA | 52:12 | 16:48/M | 52:07 | 16:47/M |
| 62 | 23 | 6 JRM | Eric Farland, M9 | Mason City, IA | 52:27 | 16:53/M | 52:24 | 16:52/M |
| 63 | 24 | 7 JRM | Peter Boenish, M9 | Mason City, IA | 52:30 | 16:54/M | 52:26 | 16:53/M |

Overall and Age Divisions

Overall Male

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|-----------------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Christian Rodriguez, M12 | Mason City, IA | 18:24 | 5:55/M | 18:23 | 5:55/M |

Overall Female

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|-------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Kenzie Penca, F17 | Mason City, IA | 21:09 | 6:49/M | 21:09 | 6:48/M |

M[12 & Under]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|---------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Cooper Wiemann, M11 | Mason City, IA | 22:10 | 7:08/M | 22:07 | 7:07/M |
| 2 | Michael Goepel, M10 | Mason City, IA | 26:46 | 8:37/M | 26:43 | 8:36/M |
| 3 | Logan Young, M12 | Mason City, IA | 31:25 | 10:07/M | 31:22 | 10:06/M |
| 4 | Nathan Farland, M12 | Mason City, IA | 31:26 | 10:07/M | 31:23 | 10:06/M |
| 5 | Tate Millsap, M10 | Mason City, IA | 35:04 | 11:17/M | 34:55 | 11:14/M |
| 6 | Eric Farland, M9 | Mason City, IA | 52:27 | 16:53/M | 52:24 | 16:52/M |
| 7 | Peter Boenish, M9 | Mason City, IA | 52:30 | 16:54/M | 52:26 | 16:53/M |

F[12 & Under]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|------------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Trystan Servantez, F12 | Mason City, IA | 22:36 | 7:16/M | 22:35 | 7:16/M |
| 2 | Briana Henaman, F11 | Mason City, IA | 30:39 | 9:52/M | 30:30 | 9:49/M |

M[13-19]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|---------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Alex Levad, M14 | Mason City, IA | 20:19 | 6:32/M | 20:19 | 6:32/M |
| 2 | Wasfie Alshara, M16 | Mason City, IA | 20:34 | 6:37/M | 20:33 | 6:37/M |

| | | | | | | |
|---|----------------------|----------------|-------|---------|-------|---------|
| 3 | Connor Wiemann, M13 | Mason City, IA | 23:00 | 7:24/M | 22:58 | 7:23/M |
| 4 | Miles Ralls, M13 | Mason City, IA | 23:01 | 7:25/M | 23:01 | 7:25/M |
| 5 | Brett Despenas, M17 | Mason City, IA | 24:39 | 7:56/M | 24:38 | 7:56/M |
| 6 | Brett Smith, M17 | Mason City, IA | 24:46 | 7:58/M | 24:45 | 7:58/M |
| 7 | Derek Carpenter, M16 | Waverly, IA | 24:54 | 8:01/M | 24:53 | 8:00/M |
| 8 | Matthew Boenish, M13 | Mason City, IA | 31:22 | 10:06/M | 31:18 | 10:05/M |

F[13-19]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|-----------------------|-----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Karly Krutsinger, F16 | Mason City, IA | 25:48 | 8:18/M | 25:46 | 8:18/M |
| 2 | Taryn Kantaris, F19 | Mason City, IA | 26:05 | 8:24/M | 25:58 | 8:21/M |
| 3 | Morgan Dvorak, F17 | Mason City, IA | 26:47 | 8:37/M | 26:45 | 8:36/M |
| 4 | Alexis Lindsay, F19 | Mason City, IA | 34:46 | 11:11/M | 34:42 | 11:10/M |
| 5 | Madison Abbott, F13 | Forest City, IA | 36:55 | 11:53/M | 36:52 | 11:52/M |

M[20-29]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Josh Volsen, M24 | Mason City, IA | 29:19 | 9:26/M | 29:16 | 9:25/M |

F[20-29]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|------------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Britney Borchardt, F26 | Mason City, IA | 29:07 | 9:22/M | 29:05 | 9:22/M |
| 2 | Heather Pope, F24 | Mason City, IA | 29:52 | 9:37/M | 29:45 | 9:35/M |
| 3 | Ashley Volsen, F27 | Mason City, IA | 40:43 | 13:06/M | 40:41 | 13:06/M |

M[30-39]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|-------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Travis Sayer, M35 | Mason City, IA | 33:11 | 10:41/M | 33:01 | 10:38/M |

F[30-39]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|------------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Misty Gomez, F38 | Kensett, IA | 28:42 | 9:14/M | 28:36 | 9:12/M |
| 2 | Hayley Behrends, F32 | Mason City, IA | 29:15 | 9:25/M | 29:09 | 9:23/M |
| 3 | Brooke Wiemann, F39 | Mason City, IA | 32:11 | 10:22/M | 32:08 | 10:20/M |
| 4 | Tiffany Henaman, F36 | Mason City, IA | 33:10 | 10:40/M | 33:00 | 10:37/M |
| 5 | Krystal Bolinger, F35 | Mason City, IA | 35:04 | 11:17/M | 34:56 | 11:14/M |
| 6 | Jolene Schweitzer, F34 | Mason City, IA | 35:06 | 11:18/M | 34:57 | 11:15/M |

| | | | | | | |
|----|---------------------|-----------------|-------|---------|-------|---------|
| 7 | Emily Younke, F34 | Mason City, IA | 35:06 | 11:18/M | 34:57 | 11:15/M |
| 8 | Jackie Miles, F33 | Mason City, IA | 40:43 | 13:06/M | 40:43 | 13:06/M |
| 9 | Samantha Dugan, F30 | Forest City, IA | 48:49 | 15:43/M | 48:47 | 15:42/M |
| 10 | Megan Northway, F31 | Manly, IA | 49:01 | 15:47/M | 48:56 | 15:45/M |

M[40-49]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|-------------------|------------------|-----------------|---------------------|------------------|---------------------|
| 1 | Mark Johnson, M44 | Nora Springs, IA | 30:40 | 9:52/M | 30:36 | 9:51/M |
| 2 | Stan Newton, M43 | Forest City, IA | 33:35 | 10:49/M | 33:30 | 10:47/M |

F[40-49]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|-----------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Becky Buffington, F44 | Mason City, IA | 24:26 | 7:52/M | 24:23 | 7:51/M |
| 2 | Darla Krutsinger, F45 | Mason City, IA | 25:31 | 8:13/M | 25:29 | 8:12/M |
| 3 | Rhonda Rosendahl, F44 | Mason City, IA | 26:50 | 8:38/M | 26:48 | 8:38/M |
| 4 | Kris Penca, F43 | Mason City, IA | 27:13 | 8:46/M | 27:09 | 8:44/M |
| 5 | Sheela Ahari, F45 | Mason City, IA | 33:10 | 10:40/M | 33:00 | 10:37/M |
| 6 | Tonya Kantaris, F43 | Mason City, IA | 34:32 | 11:07/M | 34:25 | 11:05/M |
| 7 | Tracy Hoveland, F42 | Mason City, IA | 36:14 | 11:40/M | 36:10 | 11:38/M |
| 8 | Vicki Zweibohmer, F45 | Mason City, IA | 47:56 | 15:26/M | 47:56 | 15:26/M |
| 9 | Mindy Farland, F43 | Mason City, IA | 52:12 | 16:48/M | 52:07 | 16:47/M |

M[50 & Over]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|-----------------------------|-------------------|-----------------|---------------------|------------------|---------------------|
| 1 | Creighton Whitehill, M52 | Pleasant Hill, IA | 20:59 | 6:45/M | 20:58 | 6:45/M |
| 2 | Ben Furleigh, M50 | Clear Lake, IA | 25:49 | 8:19/M | 25:47 | 8:18/M |
| 3 | Joel Goll, M54 | Mason City, IA | 30:02 | 9:40/M | 29:58 | 9:39/M |
| 4 | Tom Kantaris, M61 | Mason City, IA | 33:55 | 10:55/M | 33:48 | 10:53/M |

F[50 & Over]

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Gun Time</u> | <u>Pace mpm</u> | <u>Chip Time</u> | <u>Pace mpm</u> |
|--------------|------------------------|----------------|-----------------|---------------------|------------------|---------------------|
| 1 | Sheri Sprung, F52 | Mason City, IA | 22:26 | 7:13/M | 22:24 | 7:12/M |
| 2 | Michelle Deverell, F53 | Mason City, IA | 23:09 | 7:27/M | 23:06 | 7:26/M |
| 3 | Julie Goll, F53 | Mason City, IA | 30:02 | 9:40/M | 29:58 | 9:39/M |
| 4 | Becky Gump, F51 | Mason City, IA | 30:51 | 9:56/M | 30:49 | 9:55/M |
| 5 | Kathleen Nutt, F54 | Mason City, IA | 34:04 | 10:58/M | 34:00 | 10:57/M |
| 6 | Kristie Pope, F57 | Mason City, IA | 34:50 | 11:13/M | 34:42 | 11:10/M |
| 7 | Robin Ralls, F52 | Mason City, IA | 46:59 | 15:07/M | 46:53 | 15:05/M |

| | | | | | | |
|---|-----------------------|----------------|-------|---------|-------|---------|
| 8 | Kathy Dobrzynski, F60 | Mason City, IA | 47:55 | 15:25/M | 47:48 | 15:23/M |
| 9 | Kris Boenish, F50 | Mason City, IA | 52:10 | 16:47/M | 52:04 | 16:45/M |

Return to [home page](#)

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Andrew Kauder, Kauder Racing
