

Junction Jugglefest 2013 *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Sunday, June 09, 2013

Location: Lisbon, IA

Weather: Cool 60°

[Overall and Age Divisions](#)

Results By: Jeff Mullen Race Video [15:10](#) Click
On Your Name to see yourself cross the Finish
line!

Place	Gender	Division	Name	City	Gun Time	Chip Time	Pace mpm
1	1	1 OVM	Adam Rich, M32	Colorado Springs, CO	15:32	15:32	5:00/M
2	2	2 OVM	Nathan Hopp, M30	W. Amana, IA	16:01	16:00	5:09/M
3	1	1 OVF	Ashley Miller, F24	Lincoln, NE	17:11	17:11	5:32/M
4	3	3 OVM	Jay Whitmore, M22	Donahue, IA	17:12	17:11	5:32/M
5	4	1 M20	Mike Ploeger, M24	Ames, IA	18:39	18:38	6:00/M
6	2	2 OVF	Jen Paul, F30	Le Claire, IA	18:48	18:46	6:03/M
7	5	1 M40	John Armon, M47	Cedar Rapids, IA	19:20	19:19	6:13/M
8	6	1 M30	Troy Bergmann, M35	Mount Vernon, IA	19:30	19:27	6:16/M
9	3	3 OVF	Marie Schofer, F31	Mount Vernon, IA	19:53	19:51	6:24/M
10	7	2 M30	Wes Hilleshiem, M35	Marion, IA	19:58	19:52	6:25/M
11	8	1 JRM	Chandler Dolan, M15	Hills, IA	20:00	19:58	6:26/M
12	9	2 JRM	Joe Timm, M15	Mt. Vernon, IA	20:07	20:05	6:28/M
13	10	2 M40	Murry Mente, M46	Tipton, IA	20:19	20:18	6:32/M
14	11	3 JRM	Garrett Herring, M13	Lisbon, IA	20:44	20:41	6:40/M
15	12	1 MJG	Adam Lemay, M15	Saint Paul, MN	20:54	20:53	6:43/M
16	4	1 F20	Margaret Strecker, F27	Lisbon, IA	21:22	21:20	6:52/M
17	13	3 M40	Joe Bails, M41	Mahomet, IL	21:25	21:23	6:53/M
18	14	4 M40	Dain Jeppson, M46	Mount Vernon, IA	21:26	21:23	6:53/M
19	15	1 M60	Tom Wolfe, M64	Cedar Rapids, IA	21:28	21:27	6:54/M

20	16	2 M20	Tyler Sawyer, M24	Lisbon, IA	21:42	21:40	6:59/M
21	17	4 JRM	Kevin Hines, M15	Saint Paul, MN	21:44	21:42	6:59/M
22	5	1 JRF	Maren Jeppson, F15	Mount Vernon, IA	21:54	21:51	7:03/M
23	18	3 M30	Casey Conner, M39	Mount Vernon, IA	21:57	21:54	7:04/M
24	19	3 M20	Doug Sayers, M24	Cedar Rapids, IA	21:57	21:54	7:04/M
25	6	2 F20	Julie Johnston, F29	Cedar Rapids, IA	22:06	22:05	7:06/M
26	7	1 F40	Rae Lynn Lamparek, F41	Swisher, IA	22:59	22:56	7:23/M
27	20	4 M20	Marcus Monroe, M28	New York, NY	23:30	23:26	7:34/M
28	8	2 F40	Gretchen Lawyer, F40	Marion, IA	23:36	23:32	7:35/M
29	21	5 JRM	Mark Fiore, M14	Milton, WI	23:45	23:42	7:38/M
30	9	1 F30	Michelle Schwenn, F38	Lisbon, IA	23:49	23:44	7:39/M
31	10	3 F40	Mary Benion, F46	Palo, IA	23:54	23:51	7:41/M
32	11	1 F50	Donna Herring, F50	Lisbon, IA	24:05	24:01	7:45/M
33	12	4 F40	Kelly Bails, F40	Mahomet, IL	24:06	24:01	7:45/M
34	22	5 M40	Brian Long, M44	Cedar Rapids, IA	24:27	24:22	7:52/M
35	13	5 F40	Susanna Strode, F48	Iowa City, IA	24:50	24:46	7:59/M
36	23	1 M50	Doug Lord, M58	Lisbon, IA	24:51	24:47	8:00/M
37	14	2 F50	Sue Bennett, F51	Cedar Rapids, IA	25:10	25:06	8:06/M
38	24	2 M50	Joe Hinz, M59	Riverside, IA	25:22	25:16	8:10/M
39	15	3 F50	Lynne Ikach, F52	Iowa City, IA	25:34	25:30	8:13/M
40	16	2 JRF	Daphne Hoefler, F13	Mechanicsville, IA	25:44	25:39	8:17/M
41	17	2 F30	Tina Thurston, F35	Clarence, IA	25:53	25:41	8:19/M
42	25	5 M20	Marcus Cruz, M20	Stanwood, IA	26:07	26:02	8:24/M
43	26	4 M30	Todd Hoefler, M36	Mechanicsville, IA	26:12	26:07	8:26/M
44	27	6 JRM	Noah Schmeissner, M16	Valley Falls, KS	26:58	26:56	8:40/M
45	18	4 F50	Muriel Naumann, F57	Iowa City, IA	27:04	26:57	8:42/M
46	19	3 F20	Amber Fields, F27	Stanwood, IA	27:53	27:47	8:58/M
47	20	3 F30	Rebekah Hohenthanner, F39	Clarence, IA	28:06	28:00	9:02/M
48	28	2 M60	Bruce Bachmann, M63	Cedar Rapids, IA	28:11	28:04	9:04/M
49	29	5 M30	Toby Thurston, M37	Clarence, IA	28:42	28:30	9:14/M
50	30	6 M40	Tim Cahill, M46	Lisbon, IA	28:57	28:50	9:19/M
51	21	5 F50	Cindy Meyer, F53	Stanwood, IA	29:36	29:28	9:31/M
52	22	6 F50	Lynne Edleman, F52	Mechanicsville, IA	30:15	30:07	9:44/M
53	23	4 F20	Elizabeth Edleman, F22	Iowa City, IA	30:15	30:08	9:44/M
54	24	7 F50	Lois Cahill, F53	Lisbon, IA	30:18	30:11	9:45/M
55	31	7 M40	Scott Utzinger, M43	Cedar Rapids, IA	31:31	31:22	10:08/M
56	25	8 F50	Deb Conant, F55	Tipton, IA	31:35	31:31	10:10/M
57	32	6 M30	Bryan Steussy, M30	Iowa City, IA	32:12	32:02	10:21/M
58	33	7 JRM	Jeremy Ferguson, M11	Mount Vernon, IA	32:14	32:10	10:22/M
59	34	3 M50	Tom Snyder, M58	Sanborn, IA	32:41	32:31	10:31/M

60	26	6 F40	Cheryl Sayers, F49	Cedar Rapids, IA	33:00	32:54	10:37/M
61	27	1 FJG	Sara Steussy, F29	Iowa City, IA	33:02	32:52	10:38/M
62	35	7 M30	Jason Tjdin, M31	Clarence, IA	33:18	33:12	10:43/M
63	28	5 F20	Meagan Nousis, F20	Minneapolis, MN	35:27	35:22	11:24/M
64	36	8 M40	Travis Wolfe, M40	Palo Alto, CA	36:03	35:55	11:36/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Adam Rich, M32	Colorado Springs, CO	15:32	15:32	5:00/M
2	Nathan Hopp, M30	W. Amana, IA	16:01	16:00	5:09/M
3	Jay Whitmore, M22	Donahue, IA	17:12	17:11	5:32/M

Overall Female

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Ashley Miller, F24	Lincoln, NE	17:11	17:11	5:32/M
2	Jen Paul, F30	Le Claire, IA	18:48	18:46	6:03/M
3	Marie Schofer, F31	Mount Vernon, IA	19:53	19:51	6:24/M

Male Juggler

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Adam Lemay, M15	Saint Paul, MN	20:54	20:53	6:43/M

Female Juggler

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Sara Steussy, F29	Iowa City, IA	33:02	32:52	10:38/M

M[19 & Under]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Chandler Dolan, M15	Hills, IA	20:00	19:58	6:26/M
2	Joe Timm, M15	Mt. Vernon, IA	20:07	20:05	6:28/M
3	Garrett Herring, M13	Lisbon, IA	20:44	20:41	6:40/M
4	Kevin Hines, M15	Saint Paul, MN	21:44	21:42	6:59/M
5	Mark Fiore, M14	Milton, WI	23:45	23:42	7:38/M
6	Noah Schmeissner, M16	Valley Falls, KS	26:58	26:56	8:40/M
7	Jeremy Ferguson, M11	Mount Vernon, IA	32:14	32:10	10:22/M

F[19 & Under]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Maren Jeppson, F15	Mount Vernon, IA	21:54	21:51	7:03/M
2	Daphne Hoefler, F13	Mechanicsville, IA	25:44	25:39	8:17/M

M[20-29]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Mike Ploeger, M24	Ames, IA	18:39	18:38	6:00/M
2	Tyler Sawyer, M24	Lisbon, IA	21:42	21:40	6:59/M
3	Doug Sayers, M24	Cedar Rapids, IA	21:57	21:54	7:04/M
4	Marcus Monroe, M28	New York, NY	23:30	23:26	7:34/M
5	Marcus Cruz, M20	Stanwood, IA	26:07	26:02	8:24/M

F[20-29]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Margaret Strecker, F27	Lisbon, IA	21:22	21:20	6:52/M
2	Julie Johnston, F29	Cedar Rapids, IA	22:06	22:05	7:06/M
3	Amber Fields, F27	Stanwood, IA	27:53	27:47	8:58/M
4	Elizabeth Edleman, F22	Iowa City, IA	30:15	30:08	9:44/M
5	Meagan Nouis, F20	Minneapolis, MN	35:27	35:22	11:24/M

M[30-39]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Troy Bergmann, M35	Mount Vernon, IA	19:30	19:27	6:16/M
2	Wes Hilleshiem, M35	Marion, IA	19:58	19:52	6:25/M
3	Casey Conner, M39	Mount Vernon, IA	21:57	21:54	7:04/M
4	Todd Hoefler, M36	Mechanicsville, IA	26:12	26:07	8:26/M
5	Toby Thurston, M37	Clarence, IA	28:42	28:30	9:14/M
6	Bryan Steussy, M30	Iowa City, IA	32:12	32:02	10:21/M
7	Jason Tjdin, M31	Clarence, IA	33:18	33:12	10:43/M

F[30-39]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Michelle Schwenn, F38	Lisbon, IA	23:49	23:44	7:39/M
2	Tina Thurston, F35	Clarence, IA	25:53	25:41	8:19/M
3	Rebekah Hohenthauer, F39	Clarence, IA	28:06	28:00	9:02/M

M[40-49]

Place	Name	City	Gun Time	Chip Time	Pace
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					mpm
1	John Armon, M47	Cedar Rapids, IA	19:20	19:19	6:13/M
2	Murry Mente, M46	Tipton, IA	20:19	20:18	6:32/M
3	Joe Bails, M41	Mahomet, IL	21:25	21:23	6:53/M
4	Dain Jeppson, M46	Mount Vernon, IA	21:26	21:23	6:53/M
5	Brian Long, M44	Cedar Rapids, IA	24:27	24:22	7:52/M
6	Tim Cahill, M46	Lisbon, IA	28:57	28:50	9:19/M
7	Scott Utzinger, M43	Cedar Rapids, IA	31:31	31:22	10:08/M
8	Travis Wolfe, M40	Palo Alto, CA	36:03	35:55	11:36/M

F[40-49]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Rae Lynn Lamparek, F41	Swisher, IA	22:59	22:56	7:23/M
2	Gretchen Lawyer, F40	Marion, IA	23:36	23:32	7:35/M
3	Mary Benion, F46	Palo, IA	23:54	23:51	7:41/M
4	Kelly Bails, F40	Mahomet, IL	24:06	24:01	7:45/M
5	Susanna Strode, F48	Iowa City, IA	24:50	24:46	7:59/M
6	Cheryl Sayers, F49	Cedar Rapids, IA	33:00	32:54	10:37/M

M[50-59]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Doug Lord, M58	Lisbon, IA	24:51	24:47	8:00/M
2	Joe Hinz, M59	Riverside, IA	25:22	25:16	8:10/M
3	Tom Snyder, M58	Sanborn, IA	32:41	32:31	10:31/M

F[50-59]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Donna Herring, F50	Lisbon, IA	24:05	24:01	7:45/M
2	Sue Bennett, F51	Cedar Rapids, IA	25:10	25:06	8:06/M
3	Lynne Ikach, F52	Iowa City, IA	25:34	25:30	8:13/M
4	Muriel Naumann, F57	Iowa City, IA	27:04	26:57	8:42/M
5	Cindy Meyer, F53	Stanwood, IA	29:36	29:28	9:31/M
6	Lynne Edleman, F52	Mechanicsville, IA	30:15	30:07	9:44/M
7	Lois Cahill, F53	Lisbon, IA	30:18	30:11	9:45/M
8	Deb Conant, F55	Tipton, IA	31:35	31:31	10:10/M

M[60 & Over]

Place	Name	City	Gun Time	Chip Time	Pace mpm
1	Tom Wolfe, M64	Cedar Rapids, IA	21:28	21:27	6:54/M
2	Bruce Bachmann, M63	Cedar Rapids, IA	28:11	28:04	9:04/M

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Mullen

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