

Junction JuggleFest *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Sunday, June 07, 2015

Location: Lisbon

Weather: Warm 60°

Overall and Age Divisions

Results By: On The Run Race Timing Race
 Video [15:00](#) [1:14:51](#) Click On Your Name to see yourself cross the Finish line!

Place	Gender	Division	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Christopher Robertson, M22	Iowa City, IA	15:35	5:01/M	15:35	5:01/M
2	2	2 OVM	Phil Young, M29	Iowa City, IA	15:40	5:03/M	15:40	5:03/M
3	3	3 OVM	Austin Springsteen, M20	Lisbon, IA	17:32	5:39/M	17:32	5:39/M
4	1	1 OVF	Brooke Gambrall, F25	Iowa City, IA	17:34	5:39/M	17:34	5:39/M
5	2	2 OVF	Erin Moeller, F37	Mount Vernon, IA	18:15	5:52/M	18:15	5:52/M
6	3	3 OVF	Abrah Masterson, F20	Mount Vernon, IA	18:41	6:01/M	18:41	6:01/M
7	4	1 MJG	Bob Evans, M32	Iron River, WI	19:09	6:10/M	19:09	6:10/M
8	5	1 M15	Mark Fiore, M16	Milton, WI	20:08	6:29/M	20:08	6:29/M
9	6	1 M45	William Iverson, M47	Iowa City, IA	20:16	6:31/M	20:16	6:31/M
10	7	2 M15	Kaden Killburg, M15	Lisbon, IA	20:37	6:38/M	20:37	6:38/M
11	8	3 M15	Garrett Herring, M15	Lisbon, IA	20:49	6:42/M	20:47	6:41/M
12	4	1 F30	Alice Anderson, F32	Marion, IA	20:57	6:44/M	20:57	6:44/M
13	9	1 M55	David Robertson, M57	Iowa City, IA	21:03	6:47/M	21:03	6:47/M
14	10	1 M35	Amos Werderman, M36	Cedar Rapids, IA	21:04	6:47/M	21:04	6:47/M

15	11	1 M40	Tom Daubs, M44	Marion, IA	21:09	6:48/M	21:07	6:48/M
16	12	1 M65	Jim Shimek, M67	Fairfax, IA	21:39	6:58/M	21:37	6:57/M
17	13	2 M35	Wes Hilleshiem, M37	Marion, IA	21:47	7:01/M	21:45	7:00/M
18	14	1 M50	Craig Brophy, M54	Cedar Rapids, IA	21:50	7:02/M	21:50	7:02/M
19	15	1 M30	Kyle Mallie, M30	Cedar Rapids, IA	21:53	7:03/M	21:50	7:02/M
20	16	1 M60	Bob Strickland, M64	Cedar Rapids, IA	21:54	7:03/M	21:54	7:03/M
21	17	1 M20	Marcus Cruz, M22	Stanwood, IA	22:15	7:10/M	22:15	7:10/M
22	18	3 M35	Troy Bergmann, M37	Mount Vernon, IA	22:16	7:10/M	22:04	7:06/M
23	19	1 M25	Tyler Sawyer, M26	Lisbon, IA	22:23	7:12/M	22:21	7:12/M
24	20	2 M65	Tom Wolfe, M66	Cedar Rapids, IA	22:26	7:13/M	22:26	7:13/M
25	5	1 FJG	Trish Evans, F30	Iron River, WI	23:45	7:39/M	23:44	7:38/M
26	6	1 F25	Nicole Hamilton, F26	Tipton, IA	23:46	7:39/M	23:44	7:38/M
27	7	1 F50	Donna Herring, F52	Lisbon, IA	24:16	7:49/M	24:13	7:48/M
28	21	2 M30	Michael Matula, M30	Urbandale, IA	24:21	7:50/M	24:19	7:49/M
29	8	1 F15	Jean Springsteen, F18	Lisbon, IA	24:27	7:52/M	24:25	7:52/M
30	22	2 M45	Chuck Hardin, M48	Cedar Rapids, IA	24:30	7:53/M	24:28	7:52/M
31	23	3 M45	Tim Cahill, M48	Lisbon, IA	25:01	8:03/M	25:00	8:03/M
32	24	2 M55	Dave Dunston, M57	Wilton, IA	25:10	8:06/M	25:06	8:05/M
33	25	2 M60	Doug Lord, M60	Lisbon, IA	25:11	8:06/M	25:09	8:06/M
34	26	4 M45	Brian Long, M46	Cedar Rapids, IA	25:16	8:08/M	25:14	8:07/M
35	27	3 M65	Bruce Bachmann, M65	Cedar Rapids, IA	25:18	8:09/M	25:16	8:08/M
36	28	3 M55	Dean Mallie, M58	Lisbon, IA	25:29	8:12/M	25:25	8:11/M
37	9	1 F55	Patti Sprague, F56	Mount Vernon, IA	25:59	8:22/M	25:56	8:21/M
38	10	1 F35	Jenny Brisker, F38	Wilton, IA	26:46	8:37/M	26:40	8:35/M
39	29	2 M50	Kevin Lamparek, M54	Swisher, IA	27:06	8:43/M	27:03	8:42/M
40	11	2 F30	Sheena Reiter, F32	Lisbon, IA	27:30	8:51/M	27:28	8:50/M
41	30	4 M15	Jesse Beranek, M19	Tipton, IA	27:46	8:56/M	27:45	8:56/M
42	31	1 JRM	Graham Bradbury, M12	Mt Vernon, IA	28:10	9:04/M	28:07	9:03/M
43	32	3 M30	John Feldman, M32	Lisbon, IA	28:23	9:08/M	28:19	9:07/M
44	12	2 F50	Sue McGuinty, F50	Tipton, IA	28:38	9:13/M	28:34	9:12/M
45	33	4 M30	Lucas Stanton, M31	Mount Vernon, IA	28:46	9:15/M	28:37	9:13/M
46	34	4 M65	Larry Hamm, M66	Des Moines, IA	29:22	9:27/M	29:17	9:25/M
47	13	1 JRF	Emily Benesh, F12	Mount Vernon, IA	29:37	9:32/M	29:33	9:31/M

IA

48	14	2 F25	Kim Kockler, F25	Lisbon, IA	29:52	9:37/M	29:47	9:35/M
49	15	2 F55	Lois Cahill, F55	Lisbon, IA	30:39	9:52/M	30:35	9:51/M
50	16	1 F45	Carol Thumma, F46	Coggon, IA	30:51	9:56/M	30:46	9:54/M
51	35	3 M60	Guy Pence, M63	Anamosa, IA	30:52	9:56/M	30:47	9:55/M
52	36	4 M60	Tom Snyder, M60	Sanborn, IA	31:18	10:04/M	31:09	10:02/M
53	37	5 M45	Jim Maple, M48	Fairfax, IA	31:47	10:14/M	31:42	10:12/M
54	38	6 M45	Paul Pompei, M46	Cedar Rapids, IA	32:02	10:19/M	31:55	10:16/M
55	17	1 F20	Kiri Hamilton, F23	Davenport, IA	32:05	10:20/M	31:57	10:17/M
56	18	3 F55	Deb Conant, F57	Tipton, IA	33:14	10:42/M	33:07	10:40/M
57	39	5 M30	Bryan Steussy, M32	Iowa City, IA	34:06	10:58/M	33:58	10:56/M
58	19	2 F45	Sarah Benesh, F48	Mount Vernon, IA	34:09	11:00/M	34:05	10:58/M
59	20	3 F30	Sara Steussy, F31	Iowa City, IA	35:04	11:17/M	34:54	11:14/M
60	40	4 M35	Bill Studt, M39	Lisbon, IA	35:07	11:18/M	35:02	11:17/M
61	21	4 F30	Jenny Jackson, F31	Tipton, IA	35:08	11:19/M	35:03	11:17/M
62	41	3 M50	Joe Mischka, M51	Cedar Rapids, IA	35:14	11:20/M	35:08	11:19/M
63	22	3 F25	Megan Benischek, F28	Cedar Rapids, IA	36:27	11:44/M	36:20	11:42/M
64	23	3 F50	Donna Brodsack, F51	Cedar Rapids, IA	43:44	14:05/M	43:33	14:01/M
65	42	4 M50	Michael Meyer, M50	Dyersville, IA	43:47	14:06/M	43:34	14:01/M
66	24	3 F45	Suelllyn Mangels, F49	Riverdale, IA	44:24	14:18/M	44:17	14:15/M
67	43	5 M50	Tom McGuinty, M50	Tipton, IA	45:05	14:31/M	44:58	14:28/M
68	25	4 F55	Sara Lamparek, F56	Swisher, IA	48:42	15:40/M	48:31	15:37/M
69	44	1 M70	Harold Schulze, M79	Cedar Rapids, IA	48:45	15:42/M	48:35	15:38/M
70	45	4 M55	Mike Mangels, M56	Riverdale, IA	58:42	18:54/M	58:33	18:51/M
71	26	4 F45	Sarah Williams, F48	Marion, IA	1:33:50	30:12/M	1:33:37	30:08/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	Christopher Robertson, M22	Iowa City, IA	15:35	5:01/M	15:35	5:01/M
2	Phil Young, M29	Iowa City, IA	15:40	5:03/M	15:40	5:03/M
3	Austin Springsteen, M20	Lisbon, IA	17:32	5:39/M	17:32	5:39/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace</u>	<u>Chip Time</u>	<u>Pace</u>
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				<u>mpm</u>		<u>mpm</u>
1	Brooke Gambrall, F25	Iowa City, IA	17:34	5:39/M	17:34	5:39/M
2	Erin Moeller, F37	Mount Vernon, IA	18:15	5:52/M	18:15	5:52/M
3	Abrah Masterson, F20	Mount Vernon, IA	18:41	6:01/M	18:41	6:01/M

Female Juggler

<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	Trish Evans, F30	Iron River, WI	23:45	7:39/M	23:44	7:38/M

Male Juggler

<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	Bob Evans, M32	Iron River, WI	19:09	6:10/M	19:09	6:10/M

M[14 & 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	Graham Bradbury, M12	Mt Vernon, IA	28:10	9:04/M	28:07	9:03/M

F[14 & 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	Emily Benesh, F12	Mount Vernon, IA	29:37	9:32/M	29:33	9:31/M

M[15-19]

<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	Mark Fiore, M16	Milton, WI	20:08	6:29/M	20:08	6:29/M
2	Kaden Killburg, M15	Lisbon, IA	20:37	6:38/M	20:37	6:38/M
3	Garrett Herring, M15	Lisbon, IA	20:49	6:42/M	20:47	6:41/M
4	Jesse Beranek, M19	Tipton, IA	27:46	8:56/M	27:45	8:56/M

F[15-19]

<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	Jean Springsteen, F18	Lisbon, IA	24:27	7:52/M	24:25	7:52/M

M[20-24]

<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	Marcus Cruz, M22	Stanwood, IA	22:15	7:10/M	22:15	7:10/M

F[20-24]

<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	Kiri Hamilton, F23	Davenport, IA	32:05	10:20/M	31:57	10:17/M

M[25-29]

<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	Tyler Sawyer, M26	Lisbon, IA	22:23	7:12/M	22:21	7:12/M

F[25-29]

<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	Nicole Hamilton, F26	Tipton, IA	23:46	7:39/M	23:44	7:38/M
2	Kim Kockler, F25	Lisbon, IA	29:52	9:37/M	29:47	9:35/M
3	Megan Benischek, F28	Cedar Rapids, IA	36:27	11:44/M	36:20	11:42/M

M[30-34]

<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	Kyle Mallie, M30	Cedar Rapids, IA	21:53	7:03/M	21:50	7:02/M
2	Michael Matula, M30	Urbandale, IA	24:21	7:50/M	24:19	7:49/M
3	John Feldman, M32	Lisbon, IA	28:23	9:08/M	28:19	9:07/M
4	Lucas Stanton, M31	Mount Vernon, IA	28:46	9:15/M	28:37	9:13/M
5	Bryan Steussy, M32	Iowa City, IA	34:06	10:58/M	33:58	10:56/M

F[30-34]

<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	Alice Anderson, F32	Marion, IA	20:57	6:44/M	20:57	6:44/M
2	Sheena Reiter, F32	Lisbon, IA	27:30	8:51/M	27:28	8:50/M
3	Sara Steussy, F31	Iowa City, IA	35:04	11:17/M	34:54	11:14/M
4	Jenny Jackson, F31	Tipton, IA	35:08	11:19/M	35:03	11:17/M

M[35-39]

<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	Amos Werderman, M36	Cedar Rapids, IA	21:04	6:47/M	21:04	6:47/M
2	Wes Hilleshiem, M37	Marion, IA	21:47	7:01/M	21:45	7:00/M
3	Troy Bergmann, M37	Mount Vernon, IA	22:16	7:10/M	22:04	7:06/M
4	Bill Studt, M39	Lisbon, IA	35:07	11:18/M	35:02	11:17/M

F[35-39]

<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	Jenny Brisker, F38	Wilton, IA	26:46	8:37/M	26:40	8:35/M

M[40-44]

<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	Tom Daubs, M44	Marion, IA	21:09	6:48/M	21:07	6:48/M

M[45-49]

<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	William Iverson, M47	Iowa City, IA	20:16	6:31/M	20:16	6:31/M
2	Chuck Hardin, M48	Cedar Rapids, IA	24:30	7:53/M	24:28	7:52/M
3	Tim Cahill, M48	Lisbon, IA	25:01	8:03/M	25:00	8:03/M
4	Brian Long, M46	Cedar Rapids, IA	25:16	8:08/M	25:14	8:07/M
5	Jim Maple, M48	Fairfax, IA	31:47	10:14/M	31:42	10:12/M
6	Paul Pompei, M46	Cedar Rapids, IA	32:02	10:19/M	31:55	10:16/M

F[45-49]

<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	Carol Thumma, F46	Coggon, IA	30:51	9:56/M	30:46	9:54/M
2	Sarah Benesh, F48	Mount Vernon, IA	34:09	11:00/M	34:05	10:58/M
3	Suellyn Mangels, F49	Riverdale, IA	44:24	14:18/M	44:17	14:15/M
4	Sarah Williams, F48	Marion, IA	1:33:50	30:12/M	1:33:37	30:08/M

M[50-54]

<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	Craig Brophy, M54	Cedar Rapids, IA	21:50	7:02/M	21:50	7:02/M
2	Kevin Lamparek, M54	Swisher, IA	27:06	8:43/M	27:03	8:42/M
3	Joe Mischka, M51	Cedar Rapids, IA	35:14	11:20/M	35:08	11:19/M
4	Michael Meyer, M50	Dyersville, IA	43:47	14:06/M	43:34	14:01/M
5	Tom McGuinty, M50	Tipton, IA	45:05	14:31/M	44:58	14:28/M

F[50-54]

<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	Donna Herring, F52	Lisbon, IA	24:16	7:49/M	24:13	7:48/M
2	Sue McGuinty, F50	Tipton, IA	28:38	9:13/M	28:34	9:12/M
3	Donna Brodsack, F51	Cedar Rapids, IA	43:44	14:05/M	43:33	14:01/M

M[55-59]

<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	David Robertson, M57	Iowa City, IA	21:03	6:47/M	21:03	6:47/M
2	Dave Dunston, M57	Wilton, IA	25:10	8:06/M	25:06	8:05/M
3	Dean Mallie, M58	Lisbon, IA	25:29	8:12/M	25:25	8:11/M
4	Mike Mangels, M56	Riverdale, IA	58:42	18:54/M	58:33	18:51/M

E[55-59]

<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	Patti Sprague, F56	Mount Vernon, IA	25:59	8:22/M	25:56	8:21/M
2	Lois Cahill, F55	Lisbon, IA	30:39	9:52/M	30:35	9:51/M
3	Deb Conant, F57	Tipton, IA	33:14	10:42/M	33:07	10:40/M
4	Sara Lamparek, F56	Swisher, IA	48:42	15:40/M	48:31	15:37/M

M[60-64]

<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	Bob Strickland, M64	Cedar Rapids, IA	21:54	7:03/M	21:54	7:03/M
2	Doug Lord, M60	Lisbon, IA	25:11	8:06/M	25:09	8:06/M
3	Guy Pence, M63	Anamosa, IA	30:52	9:56/M	30:47	9:55/M
4	Tom Snyder, M60	Sanborn, IA	31:18	10:04/M	31:09	10:02/M

M[65-69]

<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	Jim Shimek, M67	Fairfax, IA	21:39	6:58/M	21:37	6:57/M
2	Tom Wolfe, M66	Cedar Rapids, IA	22:26	7:13/M	22:26	7:13/M
3	Bruce Bachmann, M65	Cedar Rapids, IA	25:18	8:09/M	25:16	8:08/M
4	Larry Hamm, M66	Des Moines, IA	29:22	9:27/M	29:17	9:25/M

M[70 & 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	Harold Schulze, M79	Cedar Rapids, IA	48:45	15:42/M	48:35	15:38/M

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