

LuFL 10k 2010

Cedar Rapids, IA

May 8, 2010

Results by Jeff Mullen

5K results [here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

[Age group results below](#)

CLASS					
PLACE	PLACE	FINISHER	TIME	PACE	
Pace: 4:00 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
1	OpM	Brett Stephenson, 39, Cedar Rapids, IA	39:02.8	6:18	
2	OpM	Robbie Gearhart, 14, Cedar Rapids, IA	40:18.4	6:30	
3	OpM	Daren Schumaker, 29, Cedar Rapids, IA	40:19.5	6:30	
4	1 M40	David Reid, 43, Fairfax, IA	41:15.6	6:39	
1	OpW	Christine Zienner, 27*, Cedar Rapids, IA	42:09.7	6:48	
Pace: 4:00 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
5	1 M20	Troy Musser, 28, Cedar Rapids, IA	43:27.1	7:00	
6	1 M50	Michael Nurre, 56, Cedar Rapids, IA	43:31.4	7:01	
2	OpW	Julie Johnston, 26*, Cedar Rapids, IA	43:34.5	7:02	
3	OpW	Elizabeth Steele, 25*, Norway, IA	44:34.3	7:11	
7	1 M11	Nick Miller, 14, Cedar Rapids, IA	44:59.1	7:15	
8	2 M40	John Peters, 45, Cedar Rapids, IA	45:39.5	7:22	
9	1 M30	Matthew Wildman, 34, Marion, IA	45:50.6	7:24	
10	2 M30	Eric Gift, 37, Cedar Rapids, IA	48:01.4	7:45	
11	2 M50	Doug Thompson, 50, Cedar Rapids, IA	48:18.0	7:47	
12	3 M40	Bill Koons, 40, Cedar Rapids, IA	48:26.0	7:49	
13	3 M30	Chris Carstensen, 33, Cedar Rapids, IA	48:32.3	7:50	
14	4 M30	Grant Schultz, 37, Fairfax, IA	48:34.2	7:50	
15	1 M15	Paul Goetzman, 19, Hiawatha, IA	48:48.1	7:52	

16	3	M50	Warren Feerer, 59, Cedar Rapids, IA	49:03.1	7:55
17	4	M40	Mark Rocarek, 45, Vinton, IA	49:21.3	7:58
18	4	M50	Robin Roberts, 53, Cedar Rapids, IA	49:23.2	7:58
19	5	M40	Scott Popejoy, 41, Cedar Rapids, IA	49:29.1	7:59
4	1	W20	Cheryl Thompson, 26*, Grand Junction, IA	49:31.3	7:59

Pace: [4:00](#) | [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [Top](#)

20	1	M60	Bruce Bachmann, 60, Cedar Rapids, IA	50:32.1	8:09
5	1	W30	Heather Fleming, 33*, Robins, IA	51:25.9	8:18
21	2	M11	Jonah Seeley, 14, Cedar Rapids, IA	51:27.2	8:18
22	6	M40	Todd Montgomery, 41, Cedar Rapids, IA	52:27.0	8:28
23	5	M30	Chad Gammon, 37, Cedar Rapids, IA	52:27.5	8:28
6	2	W30	Heidi Anhalt, 32*, Cedar Rapids, IA	52:32.3	8:28
7	3	W30	Sarah Wilson, 38*, Cedar Rapids, IA	52:37.4	8:29
24	7	M40	Peter Pardubsky, 41, Cedar Rapids, IA	53:36.4	8:39
25	2	M20	Nick Gomez, 29, Cedar Rapids, IA	53:53.8	8:42
26	3	M11	Drew Kelley, 14, Cedar Rapids, IA	54:12.9	8:45
27	6	M30	Shawn Cassells, 31, Cedar Rapids, IA	54:18.0	8:45
8	4	W30	Joanna Kelly-Heigis, 39*, Cedar Rapids, IA	54:31.2	8:48
28	4	M11	Aaron Jencks, 14, Cedar Rapids, IA	54:36.9	8:49
29	5	M11	Moses Heigis, 12, Cedar Rapids, IA	55:15.3	8:55
30	8	M40	Darren Graves, 42, Cedar Rapids, IA	55:26.0	8:56
31	6	M11	Matthew Minks, 14, Marion, IA	55:31.0	8:57
32	7	M11	Noah Fox, 14, Cedar Rapids, IA	55:36.7	8:58
9	2	W20	Cathryn Lucas, 24*, Iowa City, IA	55:38.4	8:58
10	1	W40	Tammy Fox, 42*, Cedar Rapids, IA	55:44.1	8:59

Pace: [4:00](#) | [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [Top](#)

11	2	W40	Gwen Kline, 47*, Cedar Rapids, IA	55:51.7	9:01
12	5	W30	Shashawna Beneke, 30*, Ankeny, IA	55:53.6	9:01
33	7	M30	Jacob Beneke, 32, Ankeny, IA	55:54.0	9:01
34	9	M40	David Rubsam, 45, Cedar Rapids, IA	56:08.8	9:03
13	3	W20	Heather Saldivar, 27*, Cedar Rapids, IA	56:19.3	9:05
35	8	M30	Tim Butz, 31, Cedar Rapids, IA	56:24.5	9:06

14	1	W50	Ann Vestle, 55*, Cedar Rapids, IA	56:28.7	9:07
15	6	W30	Kendra Holland, 31*, Cedar Rapids, IA	56:46.6	9:09
16	4	W20	Lynnette Hodson, 29*, Cedar Rapids, IA	56:57.2	9:11
17	7	W30	Melissa McMullen, 33*, North Liberty, IA	57:39.0	9:18
18	3	W40	Deb Schultejans, 41*, Cedar Rapids, IA	57:42.4	9:18
36	2	M60	Al Kacere, 62, Marion, IA	57:43.0	9:19
37	8	M11	Tyler Soenksen, 14, Cedar Rapids, IA	57:43.6	9:19
38	9	M30	Don Foltz, 32, Center Point, IA	57:49.3	9:20
19	5	W20	Laura Schlehuder, 22*, Cedar Rapids, IA	58:01.2	9:21
39	3	M20	Brian Kramer, 28, Atkins, IA	58:08.3	9:23
40	10	M40	Eric Wasson, 47, Cedar Rapids, IA	58:21.3	9:25
41	4	M20	Jake Reed, 23, Memphis, IA	58:23.6	9:25
20	6	W20	Katie Hackbarth, 22*, Cedar Rapids, IA	58:24.4	9:25
21	4	W40	Jody Rausch, 41*, Robins, IA	58:28.2	9:26
42	11	M40	Matt Fox, 43, Cedar Rapids, IA	58:59.2	9:31
22	1	W11	Allison Hansen, 14*, Cedar Rapids, IA	58:59.9	9:31
23	7	W20	Michelle Smith, 21*, Cedar Rapids, IA	59:01.2	9:31
24	5	W40	Jackie Peters, 49*, Cedar Rapids, IA	59:37.2	9:37
25	2	W11	Madeline Roseke, 13*, Center Point, IA	1:00:51.8	9:49
26	3	W11	Carolyn Stone, 13*, Cedar Rapids, IA	1:00:57.3	9:50
27	4	W11	Jayden Krogman, 13*, Cedar Rapids, IA	1:01:02.8	9:51
43	12	M40	Tom Kelley, 47, Cedar Rapids, IA	1:01:06.2	9:51
28	8	W30	Tawnie Kerska, 38*, Cedar Rapids, IA	1:01:38.1	9:56
29	9	W30	Lori Kramer, 37*, Atkins, IA	1:01:39.1	9:57
Pace: 4:00 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
30	10	W30	Jenny Hageman, 30*, Cedar Rapids, IA	1:01:57.2	10:00
44	13	M40	Mark Kline, 47, Cedar Rapids, IA	1:01:57.5	10:00
45	9	M11	Sam Kline, 13, Cedar Rapids, IA	1:01:57.8	10:00
31	11	W30	Jocelyn Wilgenbuseh, 34*, Cedar Rapids, IA	1:02:48.3	10:08
46	3	M60	Dennis Rubenow, 66, Cedar Rapids, IA	1:03:07.6	10:11
32	8	W20	Lindsey Trimble, 28*, Cedar Rapids, IA	1:03:12.7	10:12
47	10	M30	Derek Nohr, 32, Marion, IA	1:03:23.3	10:13

33	12	W30	Amy Rider, 33*, Urbana, IA	1:04:14.5	10:22
48	10	M11	Jason Ohlin, 14, Robins, IA	1:04:18.4	10:22
49	11	M11	John Gorman, 14, Marion, IA	1:04:20.2	10:23
34	9	W20	Catherine Lipinski, 25*, Hiawatha, IA	1:04:41.4	10:26
35	5	W11	Anna Rubsam, 14*, Cedar Rapids, IA	1:05:12.6	10:31
36	13	W30	Alison Hanrahan, 35*, Cedar Rapids, IA	1:05:21.8	10:33
37	6	W11	Abigail Rubsam, 14*, Cedar Rapids, IA	1:05:44.2	10:36
38	1	W15	Emily Huber, 17*, Cedar Rapids, IA	1:05:45.2	10:36
39	14	W30	Shari Ross, 38*, Cedar Rapids, IA	1:05:51.6	10:37
40	6	W40	Bonnie Hinrichs, 42*, Cedar Rapids, IA	1:06:20.5	10:42
50	5	M20	Travis DeJong, 24, Cedar Rapids, IA	1:07:07.0	10:50
41	2	W15	Abby Vega, 17*, Cedar Rapids, IA	1:07:46.0	10:56
42	15	W30	Julie Bush, 35*, Cedar Rapids, IA	1:07:50.9	10:57

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51	12	M11	Quentin Gaeta, 14, Cedar Rapids, IA	1:08:11.9	11:00
43	7	W11	Amy Greeb, 14*, Robins, IA	1:08:22.5	11:02
44	7	W40	Jenny Burkart, 43*, Marion, IA	1:09:24.7	11:12
45	16	W30	Erika Woods, 31*, Cedar Rapids, IA	1:09:30.0	11:13
46	8	W11	Paige Wolter, 13*, Palo, IA	1:10:28.3	11:22
47	9	W11	Ashley Jondle, 14*, Cedar Rapids, IA	1:10:29.0	11:22
48	10	W11	Megan Pospisil, 13*, Hiawatha, IA	1:10:48.6	11:25
49	8	W40	Karen Hacke, 49*, Marion, IA	1:10:49.0	11:25
50	11	W11	Amy Smith, 14*, Cedar Rapids, IA	1:11:53.5	11:36
51	10	W20	Rosy Martinez, 28*, Cedar Rapids, IA	1:12:34.2	11:42
52	12	W11	Hannah Laird, 14*, Hiawatha, IA	1:12:36.7	11:43
52	4	M60	Jon Fusselman, 61, Springfield, MO	1:13:41.5	11:53
53	17	W30	Jen Buresh, 37*, Ely, IA	1:14:03.6	11:57
54	18	W30	Dulcie Harrold, 30*, Cedar Rapids, IA	1:14:18.6	11:59

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55	9	W40	Janine Wasson, 44*, Cedar Rapids, IA	1:15:11.0	12:08
53	14	M40	Paul Gager, 42, Cedar Rapids, IA	1:19:31.0	12:50
56	11	W20	Katie DePrenger, 24*, Iowa City, IA	1:20:21.3	12:58

57 12 W20 Sara Cummins, 24*, Iowa City, IA 1:20:21.9 12:58

* indicates females

6 finishers among Males (no age given)

12 finishers among Men 11 - 14

1 finishers among Men 15 - 19

5 finishers among Men 20 - 29

10 finishers among Men 30 - 39

14 finishers among Men 40 - 49

4 finishers among Men 50 - 59

4 finishers among Men 60 & Up

12 finishers among Women 11 - 14

2 finishers among Women 15 - 19

12 finishers among Women 20 - 29

18 finishers among Women 30 - 39

9 finishers among Women 40 - 49

1 finishers among Women 50 - 59

56 male finishers

54 female finishers

110 total finishers

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
Open Men				
1	1 M30	Brett Stephenson, 39, Cedar Rapids, IA	39:02.8	6:18
2	2 M11	Robbie Gearhart, 14, Cedar Rapids, IA	40:18.4	6:30
3	3 M20	Daren Schumaker, 29, Cedar Rapids, IA	40:19.5	6:30
Open Women				
1	1 W20	Christine Zienner, 27, Cedar Rapids, IA	42:09.7	6:48
2	2 W20	Julie Johnston, 26, Cedar Rapids, IA	43:34.5	7:02
3	3 W20	Elizabeth Steele, 25, Norway, IA	44:34.3	7:11

CLASS					
PLACE	PLACE	FINISHER	TIME	PACE	
Men 11 - 14					
7	1	Nick Miller, 14, Cedar Rapids, IA	44:59.1	7:15	
21	2	Jonah Seeley, 14, Cedar Rapids, IA	51:27.2	8:18	
26	3	Drew Kelley, 14, Cedar Rapids, IA	54:12.9	8:45	
Men 15 - 19					
15	1	Paul Goetzman, 19, Hiawatha, IA	48:48.1	7:52	
Men 20 - 29					
5	1	Troy Musser, 28, Cedar Rapids, IA	43:27.1	7:00	
25	2	Nick Gomez, 29, Cedar Rapids, IA	53:53.8	8:42	
39	3	Brian Kramer, 28, Atkins, IA	58:08.3	9:23	
Men 30 - 39					
9	1	Matthew Wildman, 34, Marion, IA	45:50.6	7:24	
10	2	Eric Gift, 37, Cedar Rapids, IA	48:01.4	7:45	
13	3	Chris Carstensen, 33, Cedar Rapids, IA	48:32.3	7:50	
Men 40 - 49					
4	1	David Reid, 43, Fairfax, IA	41:15.6	6:39	
8	2	John Peters, 45, Cedar Rapids, IA	45:39.5	7:22	
12	3	Bill Koons, 40, Cedar Rapids, IA	48:26.0	7:49	
Men 50 - 59					
6	1	Michael Nurre, 56, Cedar Rapids, IA	43:31.4	7:01	
11	2	Doug Thompson, 50, Cedar Rapids, IA	48:18.0	7:47	
16	3	Warren Feerer, 59, Cedar Rapids, IA	49:03.1	7:55	

Men 60 & Up

20	1	Bruce Bachmann, 60, Cedar Rapids, IA	50:32.1	8:09
36	2	Al Kacere, 62, Marion, IA	57:43.0	9:19
46	3	Dennis Rubenow, 66, Cedar Rapids, IA	1:03:07.6	10:11

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women 11 - 14

22	1	Allison Hansen, 14, Cedar Rapids, IA	58:59.9	9:31
25	2	Madeline Roseke, 13, Center Point, IA	1:00:51.8	9:49
26	3	Carolyn Stone, 13, Cedar Rapids, IA	1:00:57.3	9:50

Women 15 - 19

38	1	Emily Huber, 17, Cedar Rapids, IA	1:05:45.2	10:36
41	2	Abby Vega, 17, Cedar Rapids, IA	1:07:46.0	10:56

Women 20 - 29

4	1	Cheryl Thompson, 26, Grand Junction, IA	49:31.3	7:59
9	2	Cathryn Lucas, 24, Iowa City, IA	55:38.4	8:58
13	3	Heather Saldivar, 27, Cedar Rapids, IA	56:19.3	9:05

Women 30 - 39

5	1	Heather Fleming, 33, Robins, IA	51:25.9	8:18
6	2	Heidi Anhalt, 32, Cedar Rapids, IA	52:32.3	8:28
7	3	Sarah Wilson, 38, Cedar Rapids, IA	52:37.4	8:29

Women 40 - 49

10	1	Tammy Fox, 42, Cedar Rapids, IA	55:44.1	8:59
11	2	Gwen Kline, 47, Cedar Rapids, IA	55:51.7	9:01

18	3	Deb Schultejans, 41, Cedar Rapids, IA	57:42.4	9:18
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Women 50 - 59

14	1	Ann Vestle, 55, Cedar Rapids, IA	56:28.7	9:07
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