

Lacup 4 Learning \*\*\* 10K  
\*\*\* Overall & Divisions

[5K results here](#)

[1 Mile results here](#)

Event: 10K  
Date: Saturday, May 09, 2015  
Location: Cedar rapids  
Weather: Mild 65°  
[Overall and Age Divisions](#)

***Results By: On The Run Race Timing Race***  
Video [17:56](#) Click On Your Name to see  
yourself cross the Finish line!

<u>Bib#</u>	<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>
432	1	1	1 OVM	<a href="#">Willis Harte, M49</a>	Iowa City, IA	37:57	6:06/M	37:56	6:06/M
90	2	2	1 M15	<a href="#">Samuel Eck, M16</a>	Cedar Rapids, IA	39:28	6:21/M	39:26	6:21/M
462	3	3	1 M20	<a href="#">Shawn Meaney, M21</a>	South Elgin, IL	40:12	6:28/M	40:11	6:28/M
466	4	4	1 M40	<a href="#">Jeff Engen, M41</a>	Center Point, IA	40:24	6:30/M	40:24	6:30/M
475	5	5	2 M40	<a href="#">Chris Engen, M43</a>	Central City, IA	43:36	7:01/M	43:35	7:01/M
172	6	6	3 M40	<a href="#">William Iverson, M47</a>	Iowa City, IA	43:48	7:03/M	43:46	7:03/M
151	7	7	2 M20	<a href="#">Matt Hilby, M29</a>	Cedar Rapids, IA	45:58	7:24/M	45:54	7:23/M
329	8	1	1 OVF	<a href="#">Elizabeth Steele, F30</a>	Norway, IA	46:08	7:25/M	46:03	7:25/M
488	9	8	1 M30	<a href="#">Kyle Mallie, M30</a>	Cedar Rapids, IA	46:49	7:32/M	46:45	7:31/M
446	10	2	1 F40	<a href="#">Jennifer Egan, F42</a>	Sumner, IA	47:31	7:39/M	47:27	7:38/M

410	11	3	1 F20	<a href="#">Sarah Ritchie, F25</a>	Cedar Rapids, IA	47:50	7:42/M	47:47	7:41/M
224	12	9	1 M60	<a href="#">Dave Martin, M60</a>	Cedar Rapids, IA	48:42	7:50/M	48:38	7:50/M
286	13	10	4 M40	<a href="#">Brandon Richards, M41</a>	Cedar Rapids, IA	48:59	7:53/M	48:56	7:53/M
222	14	11	3 M20	<a href="#">Matt MacDonald, M24</a>	Robins, IA	49:09	7:55/M	49:04	7:54/M
275	15	12	1 M50	<a href="#">John Peters, M50</a>	Cedar Rapids, IA	50:10	8:04/M	50:05	8:04/M
122	16	13	5 M40	<a href="#">Matthew Geissinger, M40</a>	Cedar Rapids, IA	50:52	8:11/M	50:45	8:10/M
219	17	14	2 M50	<a href="#">Todd Lewison, M54</a>	Cedar Rapids, IA	52:42	8:29/M	52:39	8:28/M
287	18	4	1 F30	<a href="#">Holly Richards, F32</a>	Hiawatha, IA	53:48	8:39/M	53:41	8:38/M
153	19	5	2 F20	<a href="#">Jenna Hindman, F26</a>	Swisher, IA	54:07	8:43/M	54:03	8:42/M
365	20	15	1 M11	<a href="#">Lafe Wessel, M14</a>	Central City, IA	54:23	8:45/M	54:01	8:42/M
340	21	6	2 F30	<a href="#">Nora Taylor, F36</a>	Cedar Rapids, IA	55:39	8:57/M	55:27	8:55/M
145	22	16	6 M40	<a href="#">Michael Hauber, M42</a>	Robins, IA	55:41	8:58/M	55:33	8:56/M
134	23	17	2 M11	<a href="#">Matthew Hand, M13</a>	Hiawatha, IA	55:48	8:59/M	55:38	8:57/M
274	24	7	1 F50	<a href="#">Jackie Peters, F54</a>	Cedar Rapids, IA	55:58	9:00/M	55:52	8:59/M
306	25	18	3 M11	<a href="#">Dylan Sines, M11</a>	Cedar Rapids, IA	56:50	9:09/M	56:49	9:09/M
325	26	8	2 F50	<a href="#">Patti Sprague, F55</a>	Mount Vernon, IA	57:01	9:10/M	56:54	9:09/M
309	27	19	4 M11	<a href="#">Gabriel Fink, M14</a>	Hiawatha, IA	57:05	9:11/M	56:40	9:07/M
42	28	9	2 F40	<a href="#">Jody Budde, F41</a>	Iowa City, IA	57:27	9:15/M	57:13	9:13/M
398	29	20	2 M60	<a href="#">Mark Towers, M64</a>	Marion, IA	57:38	9:17/M	57:35	9:16/M
164	30	10	1 F11	<a href="#">Anna Huggins, F13</a>	Cedar Rapids, IA	58:09	9:22/M	58:04	9:21/M
116	31	11	3 F40	<a href="#">Tammy Fox, F47</a>	Cedar Rapids, IA	58:12	9:22/M	57:54	9:19/M
72	32	21	5 M11	<a href="#">Jon Cox, M14</a>	Cedar Rapids, IA	59:01	9:30/M	58:37	9:26/M
283	33	12	4 F40	<a href="#">Jody Rausch, F46</a>	Robins, IA	59:52	9:38/M	59:42	9:36/M
66	34	13	5 F40	<a href="#">Amy Conyers, F40</a>	Cedar Rapids, IA	59:55	9:39/M	59:41	9:36/M

77	35	22	6 M11	<a href="#">Caleb Curry, M14</a>	Cedar Rapids, IA	1:00:07	9:40/M	59:49	9:38/M
465	36	23	3 M50	<a href="#">Richard Bradford, M52</a>	Cedar Rapids, IA	1:00:14	9:42/M	1:00:03	9:40/M
127	37	24	7 M11	<a href="#">Cole Greer, M13</a>	Cedar Rapids, IA	1:00:58	9:49/M	1:00:33	9:45/M
322	38	14	2 F11	<a href="#">Sarah Smith, F14</a>	Cedar Rapids, IA	1:01:03	9:50/M	1:00:44	9:46/M
238	39	15	3 F30	<a href="#">Crystal Miller, F34</a>	Cedar Rapids, IA	1:01:49	9:57/M	1:01:43	9:56/M
491	40	25	1 JRM	<a href="#">William Kooper, M10</a>	Cedar Rapids, IA	1:01:54	9:58/M	1:01:54	9:58/M
195	41	16	3 F50	<a href="#">Gwen Kline, F52</a>	Cedar Rapids, IA	1:02:32	10:04/M	1:02:02	9:59/M
445	42	26	2 M30	<a href="#">Ryan Stancel, M35</a>	Marion, IA	1:02:41	10:05/M	1:02:27	10:03/M
70	43	27	3 M30	<a href="#">Ryan Corey, M33</a>	Cedar Rapids, IA	1:02:52	10:07/M	1:02:42	10:05/M
36	44	28	4 M30	<a href="#">Keith Bowe, M38</a>	Cedar Rapids, IA	1:03:08	10:10/M	1:02:39	10:05/M
158	45	17	4 F30	<a href="#">Susie Horn, F37</a>	Cedar Rapids, IA	1:03:21	10:12/M	1:02:50	10:07/M
17	46	18	3 F20	<a href="#">Aly Barger, F25</a>	Cedar Rapids, IA	1:04:06	10:19/M	1:03:58	10:18/M
121	47	19	5 F30	<a href="#">Andi Fuemmeler, F35</a>	Cedar Rapids, IA	1:04:14	10:20/M	1:03:43	10:15/M
183	48	20	3 F11	<a href="#">Braxten Jones, F14</a>	Cedar Rapids, IA	1:05:00	10:28/M	1:04:39	10:24/M
35	49	21	4 F11	<a href="#">Alexis Bowe, F13</a>	Cedar Rapids, IA	1:05:02	10:28/M	1:04:43	10:25/M
298	50	29	8 M11	<a href="#">Joshua Santel, M14</a>	Robins, IA	1:05:33	10:33/M	1:05:07	10:29/M
246	51	30	7 M40	<a href="#">Dylan Moore, M40</a>	Cedar Rapids, IA	1:05:36	10:34/M	1:05:29	10:32/M
29	52	22	6 F40	<a href="#">Anna Boomershine, F47</a>	Hiawatha, IA	1:06:13	10:39/M	1:05:45	10:35/M
387	53	23	6 F30	<a href="#">Stephanie Prochaska, F38</a>	Cedar Rapids, IA	1:07:19	10:50/M	1:06:48	10:45/M
114	54	24	5 F11	<a href="#">Grace Fox, F11</a>	Cedar Rapids, IA	1:07:42	10:54/M	1:07:13	10:49/M
115	55	31	8 M40	<a href="#">Matt Fox, M48</a>	Cedar Rapids, IA	1:07:42	10:54/M	1:07:14	10:49/M
264	56	25	7 F30	<a href="#">Jennifer Nurre, F38</a>	Cedar Rapids, IA	1:08:40	11:03/M	1:08:26	11:01/M
220	57	26	4 F20	<a href="#">Rebecca Lindsey, F27</a>	Cedar Rapids, IA	1:08:42	11:03/M	1:08:13	10:59/M

192	58	27	8 F30	<a href="#">Jessica Kiesling, F35</a>	Tucson, AZ	1:09:13	11:08/M	1:08:44	11:04/M
278	59	28	9 F30	<a href="#">Melissa Phinney, F33</a>	Marion, IA	1:10:51	11:24/M	1:10:48	11:24/M
431	60	32	4 M50	<a href="#">Dale Todd, M57</a>	Cedar Rapids, IA	1:11:06	11:27/M	1:11:04	11:26/M
457	61	33	5 M50	<a href="#">Scott Walker, M51</a>	Ames, IA	1:11:08	11:27/M	1:10:42	11:23/M
191	62	29	10 F30	<a href="#">Valerie Kies, F36</a>	Durant, IA	1:12:14	11:37/M	1:11:46	11:33/M
157	63	34	9 M11	<a href="#">Tyler Hopp, M13</a>	Cedar Rapids, IA	1:13:03	11:45/M	1:12:40	11:42/M
53	64	30	11 F30	<a href="#">Jill Cassidy, F38</a>	Cedar Rapids, IA	1:13:26	11:49/M	1:12:57	11:44/M
101	65	31	5 F20	<a href="#">Elizabeth Estling, F29</a>	Cedar Rapids, IA	1:14:15	11:57/M	1:13:58	11:54/M
300	66	32	6 F11	<a href="#">Sarah Schillinger, F14</a>	Cedar Rapids, IA	1:14:37	12:01/M	1:14:17	11:57/M
473	67	33	7 F11	<a href="#">Angela Graf, F14</a>	Center Point, IA	1:14:38	12:01/M	1:14:18	11:57/M
54	68	34	8 F11	<a href="#">Kathryn Cassidy, F14</a>	Cedar Rapids, IA	1:15:22	12:08/M	1:14:57	12:04/M
366	69	35	7 F40	<a href="#">Tomorra Wessel, F40</a>	Central City, IA	1:15:22	12:08/M	1:14:57	12:04/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	<a href="#">Willis Harte, M49</a>	Iowa City, IA	37:57	6:06/M	37:56	6:06/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	<a href="#">Elizabeth Steele, F30</a>	Norway, IA	46:08	7:25/M	46:03	7:25/M

#### M[10 & 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	<a href="#">William Kooper, M10</a>	Cedar Rapids, IA	1:01:54	9:58/M	1:01:54	9:58/M

#### M[11-14]

<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	<a href="#">Lafe Wessel, M14</a>	Central City, IA	54:23	8:45/M	54:01	8:42/M
2	<a href="#">Matthew Hand, M13</a>	Hiawatha, IA	55:48	8:59/M	55:38	8:57/M
3	<a href="#">Dylan Sines, M11</a>	Cedar Rapids, IA	56:50	9:09/M	56:49	9:09/M
4	<a href="#">Gabriel Fink, M14</a>	Hiawatha, IA	57:05	9:11/M	56:40	9:07/M
5	<a href="#">Jon Cox, M14</a>	Cedar Rapids, IA	59:01	9:30/M	58:37	9:26/M
6	<a href="#">Caleb Curry, M14</a>	Cedar Rapids, IA	1:00:07	9:40/M	59:49	9:38/M
7	<a href="#">Cole Greer, M13</a>	Cedar Rapids, IA	1:00:58	9:49/M	1:00:33	9:45/M
8	<a href="#">Joshua Santel, M14</a>	Robins, IA	1:05:33	10:33/M	1:05:07	10:29/M
9	<a href="#">Tyler Hopp, M13</a>	Cedar Rapids, IA	1:13:03	11:45/M	1:12:40	11:42/M

**F[11-14]**

<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	<a href="#">Anna Huggins, F13</a>	Cedar Rapids, IA	58:09	9:22/M	58:04	9:21/M
2	<a href="#">Sarah Smith, F14</a>	Cedar Rapids, IA	1:01:03	9:50/M	1:00:44	9:46/M
3	<a href="#">Braxten Jones, F14</a>	Cedar Rapids, IA	1:05:00	10:28/M	1:04:39	10:24/M
4	<a href="#">Alexis Bowe, F13</a>	Cedar Rapids, IA	1:05:02	10:28/M	1:04:43	10:25/M
5	<a href="#">Grace Fox, F11</a>	Cedar Rapids, IA	1:07:42	10:54/M	1:07:13	10:49/M
6	<a href="#">Sarah Schillinger, F14</a>	Cedar Rapids, IA	1:14:37	12:01/M	1:14:17	11:57/M
7	<a href="#">Angela Graf, F14</a>	Center Point, IA	1:14:38	12:01/M	1:14:18	11:57/M
8	<a href="#">Kathryn Cassidy, F14</a>	Cedar Rapids, IA	1:15:22	12:08/M	1:14:57	12:04/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	<a href="#">Samuel Eck, M16</a>	Cedar Rapids, IA	39:28	6:21/M	39:26	6:21/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	<a href="#">Shawn Meaney, M21</a>	South Elgin, IL	40:12	6:28/M	40:11	6:28/M
2	<a href="#">Matt Hilby, M29</a>	Cedar Rapids, IA	45:58	7:24/M	45:54	7:23/M
3	<a href="#">Matt MacDonald, M24</a>	Robins, IA	49:09	7:55/M	49:04	7:54/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	<a href="#">Sarah Ritchie, F25</a>	Cedar Rapids, IA	47:50	7:42/M	47:47	7:41/M
2	<a href="#">Jenna Hindman, F26</a>	Swisher, IA	54:07	8:43/M	54:03	8:42/M
3	<a href="#">Aly Barger, F25</a>	Cedar Rapids, IA	1:04:06	10:19/M	1:03:58	10:18/M
4	<a href="#">Rebecca Lindsey, F27</a>	Cedar Rapids, IA	1:08:42	11:03/M	1:08:13	10:59/M
5	<a href="#">Elizabeth Estling, F29</a>	Cedar Rapids, IA	1:14:15	11:57/M	1:13:58	11:54/M

**M[30-39]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>	<b><u>Chip Time</u></b>	<b><u>Pace mpm</u></b>
1	<a href="#">Kyle Mallie, M30</a>	Cedar Rapids, IA	46:49	7:32/M	46:45	7:31/M
2	<a href="#">Ryan Stancel, M35</a>	Marion, IA	1:02:41	10:05/M	1:02:27	10:03/M
3	<a href="#">Ryan Corey, M33</a>	Cedar Rapids, IA	1:02:52	10:07/M	1:02:42	10:05/M
4	<a href="#">Keith Bowe, M38</a>	Cedar Rapids, IA	1:03:08	10:10/M	1:02:39	10:05/M

**F[30-39]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>	<b><u>Chip Time</u></b>	<b><u>Pace mpm</u></b>
1	<a href="#">Holly Richards, F32</a>	Hiawatha, IA	53:48	8:39/M	53:41	8:38/M
2	<a href="#">Nora Taylor, F36</a>	Cedar Rapids, IA	55:39	8:57/M	55:27	8:55/M
3	<a href="#">Crystal Miller, F34</a>	Cedar Rapids, IA	1:01:49	9:57/M	1:01:43	9:56/M
4	<a href="#">Susie Horn, F37</a>	Cedar Rapids, IA	1:03:21	10:12/M	1:02:50	10:07/M
5	<a href="#">Andi Fuemmeler, F35</a>	Cedar Rapids, IA	1:04:14	10:20/M	1:03:43	10:15/M
6	<a href="#">Stephanie Prochaska, F38</a>	Cedar Rapids, IA	1:07:19	10:50/M	1:06:48	10:45/M
7	<a href="#">Jennifer Nurre, F38</a>	Cedar Rapids, IA	1:08:40	11:03/M	1:08:26	11:01/M
8	<a href="#">Jessica Kiesling, F35</a>	Tucson, AZ	1:09:13	11:08/M	1:08:44	11:04/M
9	<a href="#">Melissa Phinney, F33</a>	Marion, IA	1:10:51	11:24/M	1:10:48	11:24/M
10	<a href="#">Valerie Kies, F36</a>	Durant, IA	1:12:14	11:37/M	1:11:46	11:33/M
11	<a href="#">Jill Cassidy, F38</a>	Cedar Rapids, IA	1:13:26	11:49/M	1:12:57	11:44/M

**M[40-49]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>	<b><u>Chip Time</u></b>	<b><u>Pace mpm</u></b>
1	<a href="#">Jeff Engen, M41</a>	Center Point, IA	40:24	6:30/M	40:24	6:30/M
2	<a href="#">Chris Engen, M43</a>	Central City, IA	43:36	7:01/M	43:35	7:01/M
3	<a href="#">William Iverson, M47</a>	Iowa City, IA	43:48	7:03/M	43:46	7:03/M
4	<a href="#">Brandon Richards, M41</a>	Cedar Rapids, IA	48:59	7:53/M	48:56	7:53/M
5	<a href="#">Matthew Geissinger, M40</a>	Cedar Rapids, IA	50:52	8:11/M	50:45	8:10/M
6	<a href="#">Michael Hauber, M42</a>	Robins, IA	55:41	8:58/M	55:33	8:56/M
7	<a href="#">Dylan Moore, M40</a>	Cedar Rapids, IA	1:05:36	10:34/M	1:05:29	10:32/M
8	<a href="#">Matt Fox, M48</a>	Cedar Rapids, IA	1:07:42	10:54/M	1:07:14	10:49/M

**F[40-49]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>	<b><u>Chip Time</u></b>	<b><u>Pace mpm</u></b>
1	<a href="#">Jennifer Egan, F42</a>	Sumner, IA	47:31	7:39/M	47:27	7:38/M
2	<a href="#">Jody Budde, F41</a>	Iowa City, IA	57:27	9:15/M	57:13	9:13/M

3	<a href="#">Tammy Fox, F47</a>	Cedar Rapids, IA	58:12	9:22/M	57:54	9:19/M
4	<a href="#">Jody Rausch, F46</a>	Robins, IA	59:52	9:38/M	59:42	9:36/M
5	<a href="#">Amy Conyers, F40</a>	Cedar Rapids, IA	59:55	9:39/M	59:41	9:36/M
6	<a href="#">Anna Boomershine, F47</a>	Hiawatha, IA	1:06:13	10:39/M	1:05:45	10:35/M
7	<a href="#">Tomorra Wessel, F40</a>	Central City, IA	1:15:22	12:08/M	1:14:57	12:04/M

**M[50-59]**

<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	<a href="#">John Peters, M50</a>	Cedar Rapids, IA	50:10	8:04/M	50:05	8:04/M
2	<a href="#">Todd Lewison, M54</a>	Cedar Rapids, IA	52:42	8:29/M	52:39	8:28/M
3	<a href="#">Richard Bradford, M52</a>	Cedar Rapids, IA	1:00:14	9:42/M	1:00:03	9:40/M
4	<a href="#">Dale Todd, M57</a>	Cedar Rapids, IA	1:11:06	11:27/M	1:11:04	11:26/M
5	<a href="#">Scott Walker, M51</a>	Ames, IA	1:11:08	11:27/M	1:10:42	11:23/M

**F[50-59]**

<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	<a href="#">Jackie Peters, F54</a>	Cedar Rapids, IA	55:58	9:00/M	55:52	8:59/M
2	<a href="#">Patti Sprague, F55</a>	Mount Vernon, IA	57:01	9:10/M	56:54	9:09/M
3	<a href="#">Gwen Kline, F52</a>	Cedar Rapids, IA	1:02:32	10:04/M	1:02:02	9:59/M

**M[60 & 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	<a href="#">Dave Martin, M60</a>	Cedar Rapids, IA	48:42	7:50/M	48:38	7:50/M
2	<a href="#">Mark Towers, M64</a>	Marion, IA	57:38	9:17/M	57:35	9:16/M

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The Run Race Timing

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