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Linmar Growl Prowl 2010  

Linmar Growl Prowl 2010, Marion, IA, Friday, October 15, 2010

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Location: Marion, IA

Event: **8k Run** . . . . . 5K results [here](#)

Weather: Sunny 60°

Age Group [results here](#)

Place	Gender	Division	Name	ChipTime	GunTime	Pace
6:00 Pace						
1	1	1 OvM	Ryan Andersen, M16, Marion, IA	31:20	31:20	6:18
2	2	1 M15	Will Fuhrmann, M15, Marion, IA	31:22	31:22	6:18
3	3	1 JrM	Duggen Trenary, M14, Marion, IA	31:27	31:27	6:19
4	4	1 M40	Luke Turner, M42, Hiawatha, IA	34:32	34:34	6:57
7:00 Pace						
5	5	2 M15	Jeffery Schons, M18, Marion, IA	35:19	35:19	7:06
6	6	1 M30	Lee Heying, M34, Cedar Rapids, IA	36:30	36:33	7:21
7	7	2 M30	David Derr, M35, Marion, IA	38:07	38:20	7:42
8	8	1 M20	Mark Allen, M25, Cedar Rapids, IA	38:45	38:47	7:48
9	9	2 M40	Mark Rocarek, M45, Vinton, IA	39:15	39:17	7:54
10	1	1 OvF	*Mariah Hurley, F33, Cedar Rapids, IA	39:30	39:31	7:57
8:00 Pace						
11	2	1 F20	*Laura Stradt, F27, Marion, IA	40:00	40:02	8:03
12	10	1 M60	John Hotchkiss, M61, Fremont, CA	41:39	41:42	8:23
13	3	1 F40	*Karina Serbousek, F41, Marion, IA	41:44	41:49	8:24
14	11	1 M50	Mark Seidl, M51, Cedar Rapids, IA	42:59	43:12	8:41
15	4	1 F30	*Stephanie Nuss, F33, Marion, IA	43:07	43:19	8:42
16	12	2 JrM	Marshall Creech, M12, Marion, IA	43:23	43:25	8:44
17	13	3 JrM	Will Loftus, M13, Marion, IA	43:24	43:26	8:44
18	14	3 M30	Jeremy Keller, M30, Marion, IA	43:49	43:54	8:50
19	15	4 M30	Kurt Tennyson, M32, Marion, IA	44:16	44:21	8:55
20	16	2 M20	Austin Meeks, M23, Cedar Rapids, IA	44:27	44:29	8:57
21	17	2 M50	Steve Stenersen, M51, Marion, IA	44:31	44:40	8:59
9:00 Pace						

22	5	2 F30	*Beth Goldberg, F32, Cedar Rapids, IA	45:00	45:08	9:04
23	6	3 F30	*Emily Coghlan, F33, West Des Moines, IA	45:08	45:08	9:04
24	7	4 F30	*Abbie Stolte, F33, Lisbon, IA	45:09	45:19	9:07
25	8	2 F20	*Kara Johnson, F26, Springville, IA	45:23	45:28	9:08
26	9	1 F50	*Amy Keating, F51, Marion, IA	47:30	47:32	9:33
27	10	2 F40	*Michelle Havener, F42, Marion, IA	47:31	47:38	9:35
28	11	3 F40	*Zoila Jimenez, F42, Marion, IA	47:35	47:39	9:35
29	12	5 F30	*Carrie Semelroth, F30, Hiawatha, IA	48:22	48:28	9:45
30	18	3 M15	David Stenersen, M19, Marion, IA	48:21	48:29	9:45
31	13	6 F30	*Kelly Novak, F35, Marion, IA	48:31	48:35	9:46
32	19	5 M30	Ted Semelroth, M31, Hiawatha, IA	48:52	48:58	9:51
33	14	3 F20	*Tiffany Semelroth, F23, Hiawatha, IA	48:53	48:59	9:51
34	15	4 F40	*Laura Suttles, F41, Urbana, IA	49:12	49:18	9:55
10:00 Pace						
35	16	5 F40	*Denise Christiansen, F42, Cedar Rapids, IA	50:06	50:13	10:06
36	17	7 F30	*Daniela Goyer, F35, Marion, IA	51:07	51:12	10:18
37	18	4 F20	*Kari Tennyson, F27, Marion, IA	54:25	54:30	10:57

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Results by: Jeff Mullen