

Mellon Sisters Run Against Violence *** 5K Run

Event: 5K Run

Overall & Divisions

Date: Saturday, October 13, 2018

Location: Heritage Trail - Dubuque, IA

Weather: Overcast, Wind NW 5-10mph & 42°

[Overall and Age Divisions](#)**Results By: Andrew Kauder - Kauder Racing, LLC**

<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>
1	1	1 M26	Kevin Regan, M28	Epworth, IA	20:35	6:38/M	20:29	6:35/M
2	2	2 M26	Kenneth Turner, M29	Dubuque, IA	22:37	7:17/M	22:17	7:10/M
3	3	1 M16	Dallas Clasen, M23	Monticello, IA	22:42	7:18/M	22:29	7:14/M
4	4	1 JRM	Gavin Lex, M10	IA	24:23	7:51/M	24:15	7:48/M
5	1	1 F36	Jill Powers, F38	Dubuque, IA	24:24	7:51/M	24:15	7:48/M
6	5	3 M26	Tony Dalsing, M32	Peosta, IA	24:33	7:54/M	24:23	7:51/M
7	6	1 M56	Jeffrey Trannel, M59	East Dubuque, IL	24:40	7:56/M	24:25	7:51/M
8	7	2 M56	Greg Hansen, M57	Dubuque, IA	24:41	7:57/M	24:31	7:53/M
9	8	1 M36	Brian Powers, M38	Dubuque, IA	24:53	8:01/M	24:44	7:58/M
10	9	2 M36	Jim Guentherman, M41	Dubuque, IA	25:13	8:07/M	25:01	8:03/M
11	10	3 M56	Chad Cox, M64	Dubuque, IA	25:47	8:18/M	25:31	8:13/M
12	2	1 F26	Heather Caley, F33	Potosi, WI	25:54	8:20/M	25:40	8:16/M
13	3	2 F26	Alejandra Janecke, F30	Dubuque, IA	26:04	8:23/M	25:52	8:19/M
14	4	1 F56	Doris Hoffmann, F56	Peosta, IA	26:12	8:26/M	25:58	8:22/M
15	5	2 F36	Holly Elliott, F41	Dubuque, IA	26:13	8:26/M	25:54	8:20/M
16	6	3 F26	Morgan Kliebenstein, F32	Darlington, WI	26:36	8:34/M	26:21	8:29/M
17	7	1 F46	Sandy Raisbeck, F46	Lancaster, WI	26:50	8:38/M	26:37	8:34/M
18	8	1 F16	Emilie Dalsing, F21	Dubuque, IA	26:53	8:39/M	26:36	8:34/M
19	9	2 F16	Katrina Hoffmann, F23	Peosta, IA	27:11	8:45/M	26:57	8:41/M
20	10	3 F36	Heather Wagner, F37	Dubuque, IA	27:13	8:46/M	26:55	8:40/M
21	11	4 F26	Maria Hedley, F29	Dubuque, IA	27:18	8:47/M	26:58	8:41/M
22	12	4 F36	Amy Duehr, F45	Sherrill, IA	27:21	8:48/M	26:59	8:41/M
23	11	1 M46	Kevin Hancock, M51	Dubuque, IA	27:36	8:53/M	27:13	8:46/M
24	13	5 F36	Jennifer Shaw, F36	Dubuque, IA	27:37	8:53/M	27:26	8:50/M
25	14	3 F16	Jaclyn Ganshirt, F25	West Des Moines, IA	27:52	8:58/M	27:34	8:52/M
26	15	5 F26	Mary Boots, F33	Dubuque, IA	28:04	9:02/M	27:48	8:57/M
27	16	2 F46	Joanne Reynolds, F54	Stitzer, WI	28:09	9:04/M	27:49	8:57/M

28	12	2 M16	Andrew Ganshirt, M25	West Des Moines, IA	28:10	9:04/M	27:52	8:58/M
29	17	1 F11	Lexie Whitaker, F15	Potosi, WI	28:30	9:10/M	28:12	9:05/M
30	13	4 M26	Taylor Udelhofen, M26	La Crosse, WI	28:38	9:13/M	28:21	9:07/M
31	18	6 F36	Tiphonie Schaetzle, F38	Dubuque, IA	28:52	9:17/M	28:33	9:11/M
32	19	7 F36	Leigh Deardorff, F43	Dubuque, IA	28:52	9:17/M	28:34	9:12/M
33	20	8 F36	Jaime Hochhauson, F40	IA	28:52	9:17/M	28:37	9:13/M
34	21	9 F36	Christina Wernimont, F37	Dubuque, IA	28:56	9:19/M	28:43	9:15/M
35	22	10 F36	Mandy Whitaker, F43	Potosi, WI	28:57	9:19/M	28:39	9:13/M
36	23	3 F46	Lynn Knutson, F54	Lancaster, WI	28:58	9:19/M	28:38	9:13/M
37	24	11 F36	Amanda Gillen, F36	Dubuque, IA	29:18	9:26/M	28:59	9:20/M
38	25	12 F36	Jessica Healey, F36	Dubuque, IA	29:25	9:28/M	29:06	9:22/M
39	26	13 F36	Emily Kelley, F39	Dubuque, IA	29:26	9:28/M	29:06	9:22/M
40	14	4 M56	Martin Fiesler, M64	Dubuque, IA	29:40	9:33/M	29:24	9:28/M
41	27	14 F36	Linda Miller, F36	Lancaster, WI	29:43	9:34/M	29:27	9:29/M
42	15	2 M46	Mike Day, M55	Dubuque, IA	29:56	9:38/M	29:31	9:30/M
43	16	1 M11	Landon White, M12	Dubuque, IA	30:00	9:39/M	29:46	9:35/M
44	28	15 F36	Danielle Beck, F37	Peosta, IA	30:01	9:40/M	29:40	9:33/M
45	29	16 F36	Dana Poll, F43	Dubuque, IA	30:04	9:41/M	29:50	9:36/M
46	30	6 F26	Emily Vyverberg, F33	Dubuque, IA	30:07	9:42/M	29:50	9:36/M
47	31	4 F46	Pamela Stierman, F52	Dubuque, IA	30:07	9:42/M	29:50	9:36/M
48	32	7 F26	Sam Villeneuve, F26	Platteville, WI	30:09	9:42/M	29:49	9:36/M
49	33	4 F16	Jena Hore, F23	Lancaster, WI	30:15	9:44/M	29:59	9:39/M
50	34	8 F26	Tara Mellon, F33	Oregon, WI	31:10	10:02/M	31:10	10:02/M
51	17	3 M46	Mark Dalsing, M52	Dubuque, IA	31:14	10:03/M	30:55	9:57/M
52	18	5 M56	Lee Smith, M71	Elkader, IA	31:23	10:06/M	31:04	10:00/M
53	19	3 M36	Richard Kirkendall, M36	Dubuque, IA	31:48	10:14/M	31:27	10:07/M
54	35	2 F11	Rachel Richter, F12	Dubuque, IA	32:02	10:19/M	31:39	10:11/M
55	36	5 F46	Dianne Grace, F47	Sherrill, IA	32:20	10:24/M	32:00	10:18/M
56	37	17 F36	Rachel Dougherty, F37	Dubuque, IA	32:35	10:29/M	32:15	10:23/M
57	38	9 F26	Amanda Hoffmann, F30	Dubuque, IA	32:41	10:31/M	32:20	10:24/M
58	39	18 F36	Missy Sperle, F44	Lancaster, WI	32:43	10:32/M	32:24	10:26/M
59	40	10 F26	Reba Keene, F26	Potosi, WI	32:43	10:32/M	32:24	10:26/M
60	41	6 F46	Andrea Ries, F50	Dubuque, IA	32:51	10:34/M	32:37	10:30/M
61	20	4 M46	Matt Gasper, M46	Dubuque, IA	33:17	10:43/M	32:54	10:35/M
62	42	11 F26	Kelly Wilson, F32	Dubuque, IA	33:34	10:48/M	33:22	10:44/M
63	43	12 F26	Brandi Kluesner, F26	Cuba City, WI	33:40	10:50/M	33:23	10:45/M

64	44	19 F36	"Caroline ""Coco"" Freiburger, F45	Hazel Green, WI	34:51	11:13/M	34:35	11:08/M
65	45	13 F26	Jennifer Kohl, F35	Dyersville, IA	34:51	11:13/M	34:24	11:04/M
66	46	20 F36	Jennifer Tigges, F37	Dubuque, IA	34:51	11:13/M	34:24	11:04/M
67	21	5 M26	Brian Appeldoorn, M34	Saint Paul, MN	35:01	11:16/M	34:37	11:08/M
68	47	2 F56	Paula Odefey, F70	Dubuque, IA	35:30	11:26/M	35:04	11:17/M
69	48	21 F36	Tracy Fishnick, F43	IA	35:30	11:26/M	35:15	11:21/M
70	49	7 F46	Susan Degenhardt, F53	Cassville, WI	36:01	11:35/M	35:30	11:26/M
71	50	8 F46	Kristine Richter, F46	Dubuque, IA	36:27	11:44/M	36:02	11:36/M
72	51	14 F26	Brianna Udelhofen, F27	Potosi, WI	36:36	11:47/M	36:21	11:42/M
73	52	9 F46	Stacy Martin, F48	Lancaster, WI	37:03	11:55/M	36:46	11:50/M
74	53	5 F16	Brooke Poll, F16	Dubuque, IA	37:11	11:58/M	36:56	11:53/M
75	54	3 F56	Mary Van Bogaert, F61	Darlington, WI	37:16	12:00/M	36:56	11:53/M
76	55	10 F46	Kaaren White, F55	IA	37:31	12:05/M	37:16	12:00/M
77	22	6 M26	Ryan White, M29	Hastings, MN	37:32	12:05/M	37:11	11:58/M
78	56	22 F36	Kara Culpepper, F40	Dubuque, IA	37:36	12:06/M	37:17	12:00/M
79	23	6 M56	Gary Petranek, M57	Geneva, IL	38:19	12:20/M	38:07	12:16/M
80	57	11 F46	Joann Weitz, F53	Dubuque, IA	39:07	12:35/M	38:44	12:28/M
81	58	23 F36	Lisa Breitsprecker, F38	Dubuque, IA	40:19	12:58/M	40:00	12:52/M
82	59	4 F56	Ginny Neuwohner, F73	Dubuque, IA	41:02	13:13/M	40:37	13:04/M
83	60	12 F46	Kimberly Smith, F53	Sherrill, IA	41:15	13:17/M	40:48	13:08/M
84	61	6 F16	Amanda Fisher, F21	Worthington, IA	46:22	14:56/M	46:22	14:56/M
85	62	13 F46	Wanda Przymas, F54	Waldorf, MD	46:47	15:03/M	46:07	14:51/M
86	63	24 F36	Sherry Hunstad, F44	Peosta, IA	46:47	15:03/M	46:07	14:51/M
87	24	7 M56	Craig Reber, M67	Dubuque, IA	47:55	15:25/M	47:29	15:17/M
88	64	7 F16	Lizzie Grace, F19	Ames, IA	49:04	15:47/M	48:24	15:35/M
89	65	15 F26	Amanda Kaiser, F26	Cuba City, WI	52:41	16:57/M	52:01	16:45/M
90	66	16 F26	Lara Temperly, F30	Freeport, IL	52:41	16:57/M	52:01	16:45/M
91	67	14 F46	Jennie Dalsing, F50	Dubuque, IA	52:44	16:58/M	52:01	16:45/M

Overall and Age Divisions

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	Gavin Lex, M10	IA	24:23	7:51/M	24:15	7:48/M

M[11-15]

<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>
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1	Landon White, M12	Dubuque, IA	30:00	9:39/M	29:46	9:35/M
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F[11-15]

<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	Lexie Whitaker, F15	Potosi, WI	28:30	9:10/M	28:12	9:05/M
2	Rachel Richter, F12	Dubuque, IA	32:02	10:19/M	31:39	10:11/M

M[16-25]

<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	Dallas Clasen, M23	Monticello, IA	22:42	7:18/M	22:29	7:14/M
2	Andrew Ganshirt, M25	West Des Moines, IA	28:10	9:04/M	27:52	8:58/M

F[16-25]

<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	Emilie Dalsing, F21	Dubuque, IA	26:53	8:39/M	26:36	8:34/M
2	Katrina Hoffmann, F23	Peosta, IA	27:11	8:45/M	26:57	8:41/M
3	Jaclyn Ganshirt, F25	West Des Moines, IA	27:52	8:58/M	27:34	8:52/M
4	Jena Hore, F23	Lancaster, WI	30:15	9:44/M	29:59	9:39/M
5	Brooke Poll, F16	Dubuque, IA	37:11	11:58/M	36:56	11:53/M
6	Amanda Fisher, F21	Worthington, IA	46:22	14:56/M	46:22	14:56/M
7	Lizzie Grace, F19	Ames, IA	49:04	15:47/M	48:24	15:35/M

M[26-35]

<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	Kevin Regan, M28	Epworth, IA	20:35	6:38/M	20:29	6:35/M
2	Kenneth Turner, M29	Dubuque, IA	22:37	7:17/M	22:17	7:10/M
3	Tony Dalsing, M32	Peosta, IA	24:33	7:54/M	24:23	7:51/M
4	Taylor Udelhofen, M26	La Crosse, WI	28:38	9:13/M	28:21	9:07/M
5	Brian Appeldoorn, M34	Saint Paul, MN	35:01	11:16/M	34:37	11:08/M
6	Ryan White, M29	Hastings, MN	37:32	12:05/M	37:11	11:58/M

F[26-35]

<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	Heather Caley, F33	Potosi, WI	25:54	8:20/M	25:40	8:16/M
2	Alejandra Janecke, F30	Dubuque, IA	26:04	8:23/M	25:52	8:19/M
3	Morgan Kliebenstein, F32	Darlington, WI	26:36	8:34/M	26:21	8:29/M
4	Maria Hedley, F29	Dubuque, IA	27:18	8:47/M	26:58	8:41/M
5	Mary Boots, F33	Dubuque, IA	28:04	9:02/M	27:48	8:57/M
6	Emily Vyverberg, F33	Dubuque, IA	30:07	9:42/M	29:50	9:36/M
7	Sam Villeneuve, F26	Platteville, WI	30:09	9:42/M	29:49	9:36/M

8	Tara Mellon, F33	Oregon, WI	31:10	10:02/M	31:10	10:02/M
9	Amanda Hoffmann, F30	Dubuque, IA	32:41	10:31/M	32:20	10:24/M
10	Reba Keene, F26	Potosi, WI	32:43	10:32/M	32:24	10:26/M
11	Kelly Wilson, F32	Dubuque, IA	33:34	10:48/M	33:22	10:44/M
12	Brandi Kluesner, F26	Cuba City, WI	33:40	10:50/M	33:23	10:45/M
13	Jennifer Kohl, F35	Dyersville, IA	34:51	11:13/M	34:24	11:04/M
14	Brianna Udelhofen, F27	Potosi, WI	36:36	11:47/M	36:21	11:42/M
15	Amanda Kaiser, F26	Cuba City, WI	52:41	16:57/M	52:01	16:45/M
16	Lara Temperly, F30	Freeport, IL	52:41	16:57/M	52:01	16:45/M

M[36-45]

<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	Brian Powers, M38	Dubuque, IA	24:53	8:01/M	24:44	7:58/M
2	Jim Guentherman, M41	Dubuque, IA	25:13	8:07/M	25:01	8:03/M
3	Richard Kirkendall, M36	Dubuque, IA	31:48	10:14/M	31:27	10:07/M

F[36-45]

<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	Jill Powers, F38	Dubuque, IA	24:24	7:51/M	24:15	7:48/M
2	Holly Elliott, F41	Dubuque, IA	26:13	8:26/M	25:54	8:20/M
3	Heather Wagner, F37	Dubuque, IA	27:13	8:46/M	26:55	8:40/M
4	Amy Duehr, F45	Sherrill, IA	27:21	8:48/M	26:59	8:41/M
5	Jennifer Shaw, F36	Dubuque, IA	27:37	8:53/M	27:26	8:50/M
6	Tiphane Schaezle, F38	Dubuque, IA	28:52	9:17/M	28:33	9:11/M
7	Leigh Deardorff, F43	Dubuque, IA	28:52	9:17/M	28:34	9:12/M
8	Jaime Hochhauson, F40	IA	28:52	9:17/M	28:37	9:13/M
9	Christina Wernimont, F37	Dubuque, IA	28:56	9:19/M	28:43	9:15/M
10	Mandy Whitaker, F43	Potosi, WI	28:57	9:19/M	28:39	9:13/M
11	Amanda Gillen, F36	Dubuque, IA	29:18	9:26/M	28:59	9:20/M
12	Jessica Healey, F36	Dubuque, IA	29:25	9:28/M	29:06	9:22/M
13	Emily Kelley, F39	Dubuque, IA	29:26	9:28/M	29:06	9:22/M
14	Linda Miller, F36	Lancaster, WI	29:43	9:34/M	29:27	9:29/M
15	Danielle Beck, F37	Peosta, IA	30:01	9:40/M	29:40	9:33/M
16	Dana Poll, F43	Dubuque, IA	30:04	9:41/M	29:50	9:36/M
17	Rachel Dougherty, F37	Dubuque, IA	32:35	10:29/M	32:15	10:23/M
18	Missy Sperle, F44	Lancaster, WI	32:43	10:32/M	32:24	10:26/M
19	"Caroline ""Coco"" Freiburger, F45	Hazel Green, WI	34:51	11:13/M	34:35	11:08/M
20	Jennifer Tigges, F37	Dubuque, IA	34:51	11:13/M	34:24	11:04/M
21	Tracy Fishnick, F43	IA	35:30	11:26/M	35:15	11:21/M
22	Kara Culpepper, F40	Dubuque, IA	37:36	12:06/M	37:17	12:00/M
23	Lisa Breitsprecker, F38	Dubuque, IA	40:19	12:58/M	40:00	12:52/M
24	Sherry Hunstad, F44	Peosta, IA	46:47	15:03/M	46:07	14:51/M

M[46-55]

<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	Kevin Hancock, M51	Dubuque, IA	27:36	8:53/M	27:13	8:46/M
2	Mike Day, M55	Dubuque, IA	29:56	9:38/M	29:31	9:30/M
3	Mark Dalsing, M52	Dubuque, IA	31:14	10:03/M	30:55	9:57/M
4	Matt Gasper, M46	Dubuque, IA	33:17	10:43/M	32:54	10:35/M

F[46-55]

<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	Sandy Raisbeck, F46	Lancaster, WI	26:50	8:38/M	26:37	8:34/M
2	Joanne Reynolds, F54	Stitzer, WI	28:09	9:04/M	27:49	8:57/M
3	Lynn Knutson, F54	Lancaster, WI	28:58	9:19/M	28:38	9:13/M
4	Pamela Stierman, F52	Dubuque, IA	30:07	9:42/M	29:50	9:36/M
5	Dianne Grace, F47	Sherrill, IA	32:20	10:24/M	32:00	10:18/M
6	Andrea Ries, F50	Dubuque, IA	32:51	10:34/M	32:37	10:30/M
7	Susan Degenhardt, F53	Cassville, WI	36:01	11:35/M	35:30	11:26/M
8	Kristine Richter, F46	Dubuque, IA	36:27	11:44/M	36:02	11:36/M
9	Stacy Martin, F48	Lancaster, WI	37:03	11:55/M	36:46	11:50/M
10	Kaaren White, F55	IA	37:31	12:05/M	37:16	12:00/M
11	Joann Weitz, F53	Dubuque, IA	39:07	12:35/M	38:44	12:28/M
12	Kimberly Smith, F53	Sherrill, IA	41:15	13:17/M	40:48	13:08/M
13	Wanda Przyamas, F54	Waldorf, MD	46:47	15:03/M	46:07	14:51/M
14	Jennie Dalsing, F50	Dubuque, IA	52:44	16:58/M	52:01	16:45/M

M[56 & 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	Jeffrey Trannel, M59	East Dubuque, IL	24:40	7:56/M	24:25	7:51/M
2	Greg Hansen, M57	Dubuque, IA	24:41	7:57/M	24:31	7:53/M
3	Chad Cox, M64	Dubuque, IA	25:47	8:18/M	25:31	8:13/M
4	Martin Fiesler, M64	Dubuque, IA	29:40	9:33/M	29:24	9:28/M
5	Lee Smith, M71	Elkader, IA	31:23	10:06/M	31:04	10:00/M
6	Gary Petranek, M57	Geneva, IL	38:19	12:20/M	38:07	12:16/M
7	Craig Reber, M67	Dubuque, IA	47:55	15:25/M	47:29	15:17/M

F[56 & 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	Doris Hoffmann, F56	Peosta, IA	26:12	8:26/M	25:58	8:22/M
2	Paula Odefey, F70	Dubuque, IA	35:30	11:26/M	35:04	11:17/M
3	Mary Van Bogaert, F61	Darlington, WI	37:16	12:00/M	36:56	11:53/M
4	Ginny Neuwohner, F73	Dubuque, IA	41:02	13:13/M	40:37	13:04/M

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