

Morgan Creek *** 10K *** Overall & Divisions

[10K results](#)
[5K results](#)
[1 Mmile results](#)

Event: 10K

Date: Sunday, August 12, 2018

Location: Cedar Rapids

Weather: Mild 75°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing Race
 Video [25:45](#) [1:25:45](#) 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>5K</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
356	1	1	1 OVM	Daniel Harvey, M36	Cedar Rapids, IA	28:04	58:44	9:27/M	58:43	9:27/M
69	2	2	1 M30	John Christopherson, M32	Cedar Rapids, IA	30:45	1:05:20	10:31/M	1:05:17	10:30/M
713	3	1	1 OVF	Aubrey Frey, F17	Cedar Rapids, IA	31:24	1:06:26	10:41/M	1:06:20	10:41/M
719	4	3	1 M40	Benton Frey, M46	Cedar Rapids, IA	31:23	1:06:30	10:42/M	1:06:23	10:41/M
15	5	4	2 M30	Dustin Bentley, M35	Cedar Rapids, IA	32:52	1:10:22	11:20/M	1:10:20	11:19/M
630	6	5	1 M50	Jonny Simpkins, M55	Windermere, FL	33:19	1:12:26	11:39/M	1:12:25	11:39/M
637	7	6	2 M40	Alexander Frey, M46	Lisbon, IA	36:00	1:12:32	11:40/M	1:12:29	11:40/M
705	8	2	1 F40	Monica Frey, F46	Cedar Rapids, IA	35:06	1:13:08	11:46/M	1:13:01	11:45/M
560	9	7	2 M50	Ed Sokoloski, M55	Cedar Rapids, IA	34:37	1:13:08	11:46/M	1:13:04	11:46/M

457	10	8	3 M30	Aaron Murphy, M35	Iowa City, IA	35:55	1:14:04	11:55/M	1:13:58	11:54/M
389	11	9	3 M40	Justin Kline, M46	Cedar Rapids, IA	34:39	1:15:11	12:06/M	1:15:03	12:05/M
627	12	10	4 M40	Rob Davis, M41	Solon, IA	35:11	1:15:12	12:06/M	1:15:09	12:06/M
789	13	11	1 JRM	Colton Whalen, M13	Chelsea, IA	35:13	1:21:20	13:05/M	1:21:16	13:05/M
841	14	12	4 M30	Adam Whata, M37	Newhall, IA	36:55	1:21:24	13:06/M	1:21:20	13:05/M
7	15	3	1 F20	Kristina Adams, F28	Cedar Rapids, IA	40:24	1:21:30	13:07/M	1:21:25	13:06/M
517	16	4	1 F30	Danielle Powell, F33	Cedar Rapids, IA	40:49	1:23:22	13:25/M	1:23:18	13:24/M
366	17	13	5 M30	Michael Horne, M34	Cedar Rapids, IA	41:00	1:26:31	13:55/M	1:26:30	13:55/M
732	18	14	6 M30	Josh Cristensen, M32	Cedar Rapids, IA	40:20	1:26:41	13:57/M	1:26:35	13:56/M
787	19	15	2 JRM	Kinnick Nims, M13	Robins, IA	51:16	1:29:11	14:21/M	1:29:09	14:21/M
224	20	16	1 M20	Kaes Degroot, M28	Oelwein, IA	43:49	1:29:26	14:24/M	1:29:18	14:22/M
177	21	5	2 F20	Abby Degroot, F26	Oelwein, IA	43:50	1:29:27	14:24/M	1:29:18	14:22/M
14	22	6	1 F50	Marsha Aspinall, F56	Cedar Rapids, IA	44:59	1:33:58	15:07/M	1:33:56	15:07/M
444	23	7	2 F40	Kimberly Menke, F47	Cedar Rapids, IA	45:05	1:34:02	15:08/M	1:33:52	15:06/M
48	24	8	3 F40	Heidi Brown, F41	Pomeroy, IA	44:58	1:35:24	15:21/M	1:35:18	15:20/M
365	25	9	4 F40	Jamie Holmes, F41	Iowa City, IA	59:19	2:05:04	20:08/M	2:04:52	20:06/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Daniel Harvey, M36	Cedar Rapids, IA	28:04	58:44	9:27/M	58:43	9:27/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
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1	Aubrey Frey, F17	Cedar Rapids, IA	31:24	1:06:26	10:41/M	1:06:20	10:41/M
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M[19 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Colton Whalen, M13	Chelsea, IA	35:13	1:21:20	13:05/M	1:21:16	13:05/M
2	Kinnick Nims, M13	Robins, IA	51:16	1:29:11	14:21/M	1:29:09	14:21/M

F[19 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
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M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Kaes Degroot, M28	Oelwein, IA	43:49	1:29:26	14:24/M	1:29:18	14:22/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Kristina Adams, F28	Cedar Rapids, IA	40:24	1:21:30	13:07/M	1:21:25	13:06/M
2	Abby Degroot, F26	Oelwein, IA	43:50	1:29:27	14:24/M	1:29:18	14:22/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	John Christopherson, M32	Cedar Rapids, IA	30:45	1:05:20	10:31/M	1:05:17	10:30/M
2	Dustin Bentley, M35	Cedar Rapids, IA	32:52	1:10:22	11:20/M	1:10:20	11:19/M
3	Aaron Murphy, M35	Iowa City, IA	35:55	1:14:04	11:55/M	1:13:58	11:54/M
4	Adam Whata, M37	Newhall, IA	36:55	1:21:24	13:06/M	1:21:20	13:05/M
5	Michael Horne, M34	Cedar Rapids, IA	41:00	1:26:31	13:55/M	1:26:30	13:55/M
6	Josh Cristensen, M32	Cedar Rapids, IA	40:20	1:26:41	13:57/M	1:26:35	13:56/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
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1	Danielle Powell, F33	Cedar Rapids, IA	40:49	1:23:22	13:25/M	1:23:18	13:24/M
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M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Benton Frey, M46	Cedar Rapids, IA	31:23	1:06:30	10:42/M	1:06:23	10:41/M
2	Alexander Frey, M46	Lisbon, IA	36:00	1:12:32	11:40/M	1:12:29	11:40/M
3	Justin Kline, M46	Cedar Rapids, IA	34:39	1:15:11	12:06/M	1:15:03	12:05/M
4	Rob Davis, M41	Solon, IA	35:11	1:15:12	12:06/M	1:15:09	12:06/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Monica Frey, F46	Cedar Rapids, IA	35:06	1:13:08	11:46/M	1:13:01	11:45/M
2	Kimberly Menke, F47	Cedar Rapids, IA	45:05	1:34:02	15:08/M	1:33:52	15:06/M
3	Heidi Brown, F41	Pomeroy, IA	44:58	1:35:24	15:21/M	1:35:18	15:20/M
4	Jamie Holmes, F41	Iowa City, IA	59:19	2:05:04	20:08/M	2:04:52	20:06/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Jonny Simpkins, M55	Windermere, FL	33:19	1:12:26	11:39/M	1:12:25	11:39/M
2	Ed Sokoloski, M55	Cedar Rapids, IA	34:37	1:13:08	11:46/M	1:13:04	11:46/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>5K Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Marsha Aspinall, F56	Cedar Rapids, IA	44:59	1:33:58	15:07/M	1:33:56	15:07/M

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On The Run Race Timing
