

Direct Dash *** 10K Run *** Overall & Divisions [5K results](#)

Event: 10K Run

Date: Sunday, August 18, 2013

Location: Cedar Rapids

Weather: Cool 65°

[Overall and Age Divisions](#)

Results By: Jeff Mullen

<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 OVM	Sean O'Connor, M25	Marion, IA	42:03	6:46/M	42:02	6:45/M
2	1	1 OVF	Carissa Oltman, F32	Cedar Rapids, IA	47:04	7:34/M	47:02	7:34/M
3	2	2 OVM	Kevin Downey, M19	Cedar Rapids, IA	47:06	7:34/M	46:59	7:33/M
4	3	3 OVM	Jacob Wittman, M23	Cedar Rapids, IA	47:27	7:38/M	47:22	7:37/M
5	2	2 OVF	Emily Dvoroth, F34	Iowa City, IA	47:44	7:41/M	47:42	7:40/M
6	3	3 OVF	Deborah Rowray, F42	Cedar Rapids, IA	49:16	7:55/M	49:16	7:55/M
7	4	1 M20	Austin Gee, M29	Cedar Rapids, IA	51:21	8:15/M	51:18	8:15/M
8	4	1 F40	Shari Ross, F41	Cedar Rapids, IA	51:23	8:16/M	51:17	8:15/M
9	5	1 M60	David Gee, M62	Cedar Rapids, IA	51:48	8:20/M	51:45	8:19/M
10	6	2 M20	Kori King, M22	Cedar Rapids, IA	53:55	8:40/M	53:47	8:39/M
11	5	1 F20	Danica O'Brien, F29	Marion, IA	55:15	8:53/M	55:08	8:52/M
12	7	3 M20	John Lamping, M27	Riverside, IA	56:19	9:03/M	56:19	9:03/M

13	8	1 M40	Chuck Augustine, M41	Cedar Rapids, IA	56:53	9:09/M	56:44	9:07/M
14	6	1 F50	Julie Wittman, F50	Cedar Rapids, IA	57:42	9:17/M	57:37	9:16/M
15	7	2 F20	Megan Downey, F21	Cedar Rapids, IA	1:03:07	10:09/M	1:02:59	10:08/M
16	9	1 M30	Shane Neuhaus, M30	Cedar Rapids, IA	1:04:39	10:24/M	1:04:33	10:23/M
17	10	2 M30	Richard Chapman, M32	Hopkins, MN	1:05:55	10:36/M	1:05:50	10:35/M
18	8	1 F30	Valerie Mazzone, F35	Cedar Rapids, IA	1:09:55	11:15/M	1:09:47	11:13/M
19	11	3 M30	James Shannon, M36	Cedar Rapids, IA	1:09:55	11:15/M	1:09:46	11:13/M
20	9	2 F40	Kimberly Bennett, F40	Cedar Rapids, IA	1:15:11	12:06/M	1:15:02	12:04/M
21	10	2 F30	Kristin Vondracek, F36	Cedar Rapids, IA	1:21:59	13:11/M	1:21:42	13:09/M
22	11	2 F50	Kim Martin, F55	Fairfax, IA	1:22:14	13:14/M	1:21:59	13:11/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	Sean O'Connor, M25	Marion, IA	42:03	6:46/M	42:02	6:45/M
2	Kevin Downey, M19	Cedar Rapids, IA	47:06	7:34/M	46:59	7:33/M
3	Jacob Wittman, M23	Cedar Rapids, IA	47:27	7:38/M	47:22	7:37/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	Carissa Oltman, F32	Cedar Rapids, IA	47:04	7:34/M	47:02	7:34/M
2	Emily Dvoroth, F34	Iowa City, IA	47:44	7:41/M	47:42	7:40/M
3	Deborah Rowray, F42	Cedar Rapids, IA	49:16	7:55/M	49:16	7:55/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>
--------------	-------------	-------------	-----------------	---------------------	------------------	---------------------

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	Austin Gee, M29	Cedar Rapids, IA	51:21	8:15/M	51:18	8:15/M
2	Kori King, M22	Cedar Rapids, IA	53:55	8:40/M	53:47	8:39/M
3	John Lamping, M27	Riverside, IA	56:19	9:03/M	56:19	9:03/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	Danica O'Brien, F29	Marion, IA	55:15	8:53/M	55:08	8:52/M
2	Megan Downey, F21	Cedar Rapids, IA	1:03:07	10:09/M	1:02:59	10:08/M

M[30-39]

<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	Shane Neuhaus, M30	Cedar Rapids, IA	1:04:39	10:24/M	1:04:33	10:23/M
2	Richard Chapman, M32	Hopkins, MN	1:05:55	10:36/M	1:05:50	10:35/M
3	James Shannon, M36	Cedar Rapids, IA	1:09:55	11:15/M	1:09:46	11:13/M

F[30-39]

<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	Valerie Mazzone, F35	Cedar Rapids, IA	1:09:55	11:15/M	1:09:47	11:13/M
2	Kristin Vondracek, F36	Cedar Rapids, IA	1:21:59	13:11/M	1:21:42	13:09/M

M[40-49]

<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	Chuck Augustine, M41	Cedar Rapids, IA	56:53	9:09/M	56:44	9:07/M

F[40-49]

<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	Shari Ross, F41	Cedar Rapids, IA	51:23	8:16/M	51:17	8:15/M
2	Kimberly Bennett, F40	Cedar Rapids, IA	1:15:11	12:06/M	1:15:02	12:04/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	Julie Wittman, F50	Cedar Rapids, IA	57:42	9:17/M	57:37	9:16/M
2	Kim Martin, F55	Fairfax, IA	1:22:14	13:14/M	1:21:59	13:11/M

M[60-69]

<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	David Gee, M62	Cedar Rapids, IA	51:48	8:20/M	51:45	8:19/M

Printed on: 8/18/2013 9:36:04 AM Results by:
Jeff Mullen

Return to [home page](#)
