

Old Capitol Mile *** Mile Run *** Overall & Divisions

Event: Mile Run

Date: Sunday, October 05, 2014

Location: Iowa City

Weather: Cool 45°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing Race
 Video [Family Mile](#) [Female Comp](#) [Male Comp](#)
 Click On Your Name to see yourself cross the
 Finish line!

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Nick Holmes, M24	Iowa City, IA	4:14	4:14/M
2	2	2 OVM	Mike Hesslau, M23	Charleston, IL	4:15	4:15/M
3	3	3 OVM	Graham Morris, M24	Champaign, IL	4:23	4:23/M
4	4	4 OVM	Colin Swaney, M28	Coralville, IA	4:26	4:26/M
5	5	5 OVM	Phil Young, M28	North Liberty, IA	4:31	4:31/M
6	6	1 M20	Charlie Paul, M25	Iowa City, IA	4:33	4:33/M
7	7	1 M30	Mark Thompson, M36	Iowa City, IA	4:42	4:42/M
8	8	2 M30	Paul Kilgore, M39	Dubuque, IA	4:43	4:43/M
9	9	2 M20	Evan Selsor, M22	Marion, IA	4:47	4:47/M
10	10	3 M30	Ross Salinas, M33	Iowa City, IA	4:49	4:49/M
11	11	4 M30	Dan Baumhover, M31	Iowa City, IA	4:54	4:54/M
12	12	1 MMs	Dan Bonthius, M54	Iowa City, IA	4:55	4:55/M
13	13	2 MMs	Eric Goers, M43	Iowa City, IA	4:58	4:58/M
14	1	1 OVF	Ashley Miller, F25	Tipton, IA	4:58	4:58/M
15	14	3 M20	Ryan McLaughlin, M21	Coralville, IA	5:00	5:00/M
16	2	2 OVF	Olivia Johnson, F26	Iowa City, IA	5:07	5:07/M
17	15	3 MMs	John Armon, M48	Cedar Rapids, IA	5:09	5:09/M
18	16	1 M50	Dave Swanson, M50	Iowa City, IA	5:14	5:14/M
19	17	5 M30	Mike Newman, M36	Cedar Rapids, IA	5:14	5:14/M

20	18	4 M20	Jesse Gonzalez, M20	Iowa City, IA	5:21	5:21/M
21	19	1 M40	John Hall, M46	Iowa City, IA	5:22	5:22/M
22	20	2 M50	Jeff Nietert, M53	Palo, IA	5:23	5:23/M
23	21	2 M40	Jason Hahn, M43	Des Moines, IA	5:25	5:25/M
24	22	6 M30	Joe Hughes, M34	Coralville, IA	5:25	5:25/M
25	23	7 M30	Garrett Rettig, M34	Coralville, IA	5:27	5:27/M
26	24	3 M40	Lars Anderson, M44	Iowa City, IA	5:30	5:30/M
27	25	5 M20	Anthony Oberle, M25	Omaha, NE	5:40	5:40/M
28	26	4 M40	Brad Comer, M42	Iowa City, IA	5:52	5:52/M
29	27	5 M40	Adam Pollack, M42	Iowa City, IA	5:56	5:56/M
30	3	3 OVF	Aly Hecker, F13	Iowa City, IA	6:15	6:15/M
31	28	6 M40	Ken Sunseri, M48	Cedar Rapids, IA	6:16	6:16/M
32	29	1 JRM	Truman Thompson, M10	Iowa City, IA	6:24	6:24/M
33	30	8 M30	Ryan Malloy, M37	Williamsburg, IA	6:30	6:30/M
34	31	3 M50	Michael Schultz, M51	Iowa City, IA	6:30	6:30/M
35	32	2 JRM	Kelby Anderson, M12	Iowa City, IA	6:39	6:39/M
36	33	9 M30	Chris Kilgore, M36	52245, IA	6:42	6:42/M
37	4	4 OVF	Ellie Alberhasky, F34	Iowa City, IA	6:45	6:45/M
38	5	5 OVF	Denise Rettig, F33	Coralville, IA	6:47	6:47/M
39	6	1 F30	Heidi Kestel, F32	Tiffin, IA	6:48	6:48/M
40	34	7 M40	Jim Conard, M41	North Liberty, IA	6:53	6:53/M
41	7	1 FMs	Susanna Strode, F49	Iowa City, IA	7:02	7:02/M
42	8	1 JRF	Erin Anderson, F9	Iowa City, IA	7:03	7:03/M
43	35	3 JRM	Owyn Noble, M8	Iowa City, IA	7:10	7:10/M
44	9	2 JRF	Elizabeth Hahn, F11	Des Moines, IA	7:16	7:16/M
45	10	3 JRF	Abigail Hahn, F9	Des Moines, IA	7:17	7:17/M
46	11	2 FMs	Dawn Anderson, F44	Iowa City, IA	7:24	7:24/M
47	36	8 M40	Mike Regan, M46	Iowa City, IA	7:24	7:24/M
48	37	4 M50	Steve Riley, M54	Mount Pleasant, IA	7:27	7:27/M
49	12	2 F30	Melanie Malloy, F37	Williamsburg, IA	7:28	7:28/M
50	13	3 FMs	Lynne Ikach, F54	Iowa City, IA	7:31	7:31/M
51	14	1 F50	Katina Lillios, F53	Iowa City, IA	7:34	7:34/M
52	15	4 JRF	Mia Dillingham, F12	Coralville, IA	7:35	7:35/M
53	16	3 F30	Cynthia Marx, F37	North Liberty, IA	7:41	7:41/M
54	17	4 F30	Marinan Coons, F35	Iowa City, IA	7:46	7:46/M
55	38	4 JRM	Michael Holderness, M12	Cedar Rapids, IA	7:59	7:59/M
56	18	1 F20	Allison Staak, F27	Iowa City, IA	8:05	8:05/M
57	19	2 F50	Donna Dolezal, F51	Iowa City, IA	8:14	8:14/M
58	39	5 JRM	Reece Rettig, M6	Coralville, IA	8:19	8:19/M
59	40	10 M30	Chris Lake, M35	Iowa City, IA	8:21	8:21/M
60	20	5 F30	Andrea Montano, F32	Iowa City, IA	8:24	8:24/M
61	41	6 JRM	Peter Lake, M7	Iowa City, IA	8:30	8:30/M
62	21	5 JRF	Abbey Turner, F9	Coralville, IA	8:32	8:32/M
63	22	6 JRF	Lucy Thompson, F8	Iowa City, IA	8:36	8:36/M

64	23	7 JRF	Sara Comer, F8	Iowa City, IA	8:36	8:36/M
65	42	1 M70	John Robinson, M75	Iowa City, IA	8:38	8:38/M
66	43	7 JRM	Ben Turner, M6	Coralville, IA	8:44	8:44/M
67	24	6 F30	Sara Linder, F32	Iowa City, IA	8:47	8:47/M
68	25	7 F30	Kim Lake, F33	Iowa City, IA	9:00	9:00/M
69	26	8 JRF	Madeline Logsdon, F11	Iowa City, IA	9:12	9:12/M
70	44	8 JRM	Gunner Swan, M12	North Liberty, IA	9:13	9:13/M
71	45	9 JRM	Bjorn Swan, M8	North Liberty, IA	9:14	9:14/M
72	27	9 JRF	Elizabeth Morrilly, F9	Iowa City, IA	9:15	9:15/M
73	46	10 JRM	Cameron Montano, M7	Iowa City, IA	9:16	9:16/M
74	28	10 JRF	Joanna Galluzzo, F7	Iowa City, IA	9:50	9:50/M
75	29	1 F40	Tracy McDowell, F49	Coralville, IA	9:51	9:51/M
76	30	8 F30	Jennifer Logsdon, F38	Iowa City, IA	9:54	9:54/M
77	47	11 JRM	Tate Rettig, M4	Coralville, IA	10:02	10:02/M
78	48	12 JRM	Liam Baumhorner, M5	Iowa City, IA	10:16	10:16/M
79	31	3 F50	Janie Braverman, F59	Iowa City, IA	11:03	11:03/M
80	49	5 M50	John Bowen, M55	Tiffin, IA	11:15	11:15/M
81	32	11 JRF	Zoe Noble, F5	Iowa City, IA	11:26	11:26/M
82	50	9 M40	Jack Noble, M49	Iowa City, IA	11:27	11:27/M
83	51	13 JRM	Hugo_spiderman Hughes, M3	Coralville, IA	11:33	11:33/M
84	33	9 F30	Vaessa Hughes, F34	Coralville, IA	11:37	11:37/M
85	34	12 JRF	Lucia Galluzzo, F4	Iowa City, IA	11:41	11:41/M
86	35	1 F60	Maribeth Madden, F62	Roland, IA	12:00	12:00/M
87	36	13 JRF	MacEy Howes, F6	Iowa City, IA	12:18	12:18/M
88	37	14 JRF	Sophie Goers, F7	Iowa City, IA	12:19	12:19/M
89	38	2 F40	Kathryn Morrilly, F44	Iowa City, IA	12:30	12:30/M
90	52	14 JRM	Collin Weis, M6	North Liberty, IA	12:39	12:39/M
91	39	10 F30	Jennifer Weis, F34	North Liberty, IA	12:39	12:39/M
92	40	4 F50	Mindy Bowen, F55	Tiffin, IA	12:46	12:46/M
93	41	15 JRF	Chole Goers, F5	Iowa City, IA	12:49	12:49/M
94	42	2 F60	Sue Hughes, F63	Tama, IA	12:57	12:57/M
95	53	6 M20	Patrick Gore, M29	North Liberty, IA	13:33	13:33/M
96	43	11 F30	Corrinne Gore, F30	North Liberty, IA	13:33	13:33/M
97	44	16 JRF	Bailiee Gottschalk, F7	Lone Tree, IA	14:17	14:17/M
98	45	17 JRF	Maddi Floyd, F7	Lone Tree, IA	14:17	14:17/M
99	46	12 F30	Germaine Bello-Hagarty, F35	Coralville, IA	16:50	16:50/M
100	47	5 F50	Tammy Olson-Riley, F50	Mount Pleasant, IA	18:32	18:32/M
101	48	13 F30	Jessica Anthony, F35	Iowa City, IA	19:52	19:52/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Nick Holmes, M24	Iowa City, IA	4:14	4:14/M
2	Mike Hesslau, M23	Charleston, IL	4:15	4:15/M
3	Graham Morris, M24	Champaign, IL	4:23	4:23/M
4	Colin Swaney, M28	Coralville, IA	4:26	4:26/M
5	Phil Young, M28	North Liberty, IA	4:31	4:31/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Ashley Miller, F25	Tipton, IA	4:58	4:58/M
2	Olivia Johnson, F26	Iowa City, IA	5:07	5:07/M
3	Aly Hecker, F13	Iowa City, IA	6:15	6:15/M
4	Ellie Alberhasky, F34	Iowa City, IA	6:45	6:45/M
5	Denise Rettig, F33	Coralville, IA	6:47	6:47/M

Masters Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Dan Bonthius, M54	Iowa City, IA	4:55	4:55/M
2	Eric Goers, M43	Iowa City, IA	4:58	4:58/M
3	John Armon, M48	Cedar Rapids, IA	5:09	5:09/M

Masters Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Susanna Strode, F49	Iowa City, IA	7:02	7:02/M
2	Dawn Anderson, F44	Iowa City, IA	7:24	7:24/M
3	Lynne Ikach, F54	Iowa City, IA	7:31	7:31/M

M[12 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Truman Thompson, M10	Iowa City, IA	6:24	6:24/M
2	Kelby Anderson, M12	Iowa City, IA	6:39	6:39/M
3	Owyn Noble, M8	Iowa City, IA	7:10	7:10/M
4	Michael Holderness, M12	Cedar Rapids, IA	7:59	7:59/M
5	Reece Rettig, M6	Coralville, IA	8:19	8:19/M
6	Peter Lake, M7	Iowa City, IA	8:30	8:30/M
7	Ben Turner, M6	Coralville, IA	8:44	8:44/M
8	Gunner Swan, M12	North Liberty, IA	9:13	9:13/M
9	Bjorn Swan, M8	North Liberty, IA	9:14	9:14/M
10	Cameron Montano, M7	Iowa City, IA	9:16	9:16/M

11	Tate Rettig, M4	Coralville, IA	10:02	10:02/M
12	Liam Baumhorner, M5	Iowa City, IA	10:16	10:16/M
13	Hugo spiderman Hughes, M3	Coralville, IA	11:33	11:33/M
14	Collin Weis, M6	North Liberty, IA	12:39	12:39/M

F[12 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Erin Anderson, F9	Iowa City, IA	7:03	7:03/M
2	Elizabeth Hahn, F11	Des Moines, IA	7:16	7:16/M
3	Abigail Hahn, F9	Des Moines, IA	7:17	7:17/M
4	Mia Dillingham, F12	Coralville, IA	7:35	7:35/M
0	Katie Marx, F4	North Liberty, IA	7:41	7:41/M
5	Abbey Turner, F9	Coralville, IA	8:32	8:32/M
6	Lucy Thompson, F8	Iowa City, IA	8:36	8:36/M
7	Sara Comer, F8	Iowa City, IA	8:36	8:36/M
8	Madeline Logsdon, F11	Iowa City, IA	9:12	9:12/M
9	Elizabeth Morrilly, F9	Iowa City, IA	9:15	9:15/M
10	Joanna Galluzzo, F7	Iowa City, IA	9:50	9:50/M
11	Zoe Noble, F5	Iowa City, IA	11:26	11:26/M
12	Lucia Galluzzo, F4	Iowa City, IA	11:41	11:41/M
13	MacEy Howes, F6	Iowa City, IA	12:18	12:18/M
14	Sophie Goers, F7	Iowa City, IA	12:19	12:19/M
15	Chole Goers, F5	Iowa City, IA	12:49	12:49/M
16	Bailee Gottschalk, F7	Lone Tree, IA	14:17	14:17/M
17	Maddi Floyd, F7	Lone Tree, IA	14:17	14:17/M

F[13-19]

<u>Place</u>	<u>Name</u>	<u>City</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>Chip Time</u>	<u>Pace mpm</u>
1	Charlie Paul, M25	Iowa City, IA	4:33	4:33/M
2	Evan Selsor, M22	Marion, IA	4:47	4:47/M
3	Ryan McLaughlin, M21	Coralville, IA	5:00	5:00/M
4	Jesse Gonzalez, M20	Iowa City, IA	5:21	5:21/M
5	Anthony Oberle, M25	Omaha, NE	5:40	5:40/M
6	Patrick Gore, M29	North Liberty, IA	13:33	13:33/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Allison Staak, F27	Iowa City, IA	8:05	8:05/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Mark Thompson, M36	Iowa City, IA	4:42	4:42/M
2	Paul Kilgore, M39	Dubuque, IA	4:43	4:43/M
3	Ross Salinas, M33	Iowa City, IA	4:49	4:49/M
4	Dan Baumhover, M31	Iowa City, IA	4:54	4:54/M
5	Mike Newman, M36	Cedar Rapids, IA	5:14	5:14/M
6	Joe Hughes, M34	Coralville, IA	5:25	5:25/M
7	Garrett Rettig, M34	Coralville, IA	5:27	5:27/M
8	Ryan Malloy, M37	Williamsburg, IA	6:30	6:30/M
9	Chris Kilgore, M36	52245, IA	6:42	6:42/M
10	Chris Lake, M35	Iowa City, IA	8:21	8:21/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Heidi Kestel, F32	Tiffin, IA	6:48	6:48/M
2	Melanie Malloy, F37	Williamsburg, IA	7:28	7:28/M
3	Cynthia Marx, F37	North Liberty, IA	7:41	7:41/M
4	Marinan Coons, F35	Iowa City, IA	7:46	7:46/M
5	Andrea Montano, F32	Iowa City, IA	8:24	8:24/M
6	Sara Linder, F32	Iowa City, IA	8:47	8:47/M
7	Kim Lake, F33	Iowa City, IA	9:00	9:00/M
8	Jennifer Logsdon, F38	Iowa City, IA	9:54	9:54/M
9	Vaessa Hughes, F34	Coralville, IA	11:37	11:37/M
10	Jennifer Weis, F34	North Liberty, IA	12:39	12:39/M
11	Corrinne Gore, F30	North Liberty, IA	13:33	13:33/M
12	Germaine Bello-Hagarty, F35	Coralville, IA	16:50	16:50/M
13	Jessica Anthony, F35	Iowa City, IA	19:52	19:52/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	John Hall, M46	Iowa City, IA	5:22	5:22/M
2	Jason Hahn, M43	Des Moines, IA	5:25	5:25/M
3	Lars Anderson, M44	Iowa City, IA	5:30	5:30/M
4	Brad Comer, M42	Iowa City, IA	5:52	5:52/M
5	Adam Pollack, M42	Iowa City, IA	5:56	5:56/M
6	Ken Sunseri, M48	Cedar Rapids, IA	6:16	6:16/M
7	Jim Conard, M41	North Liberty, IA	6:53	6:53/M
8	Mike Regan, M46	Iowa City, IA	7:24	7:24/M
9	Jack Noble, M49	Iowa City, IA	11:27	11:27/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Tracy McDowell, F49	Coralville, IA	9:51	9:51/M
2	Kathryn Morrilly, F44	Iowa City, IA	12:30	12:30/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Dave Swanson, M50	Iowa City, IA	5:14	5:14/M
2	Jeff Nietert, M53	Palo, IA	5:23	5:23/M
3	Michael Schultz, M51	Iowa City, IA	6:30	6:30/M
4	Steve Riley, M54	Mount Pleasant, IA	7:27	7:27/M
5	John Bowen, M55	Tiffin, IA	11:15	11:15/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Katina Lillios, F53	Iowa City, IA	7:34	7:34/M
2	Donna Dolezal, F51	Iowa City, IA	8:14	8:14/M
3	Janie Braverman, F59	Iowa City, IA	11:03	11:03/M
4	Mindy Bowen, F55	Tiffin, IA	12:46	12:46/M
5	Tammy Olson-Riley, F50	Mount Pleasant, IA	18:32	18:32/M

F[60-69]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Maribeth Madden, F62	Roland, IA	12:00	12:00/M
2	Sue Hughes, F63	Tama, IA	12:57	12:57/M

M[70 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	John Robinson, M75	Iowa City, IA	8:38	8:38/M

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