

Palo FD JogJam *** 4 Mile RunWalk ***

Overall & Divisions

Event: 4 Mile RunWalk

Date: Saturday, June 25, 2016

Location: Palo

Weather: Warm 80°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing Race
 Video [20:50](#) Click On Your Name to see yourself
 cross the Finish line!

Place	Gender	Division	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Nathan Hopp, M33	West Amana, IA	20:58	5:14/M	20:57	5:14/M
2	2	1 M19	Derek Dinderman, M19	Palo, IA	22:10	5:32/M	22:09	5:32/M
3	3	2 M19	Michael Marshall, M19	Center Point, IA	24:48	6:12/M	24:47	6:12/M
4	4	1 M50	Jeff Nietert, M55	Palo, IA	24:57	6:14/M	24:56	6:14/M
5	5	2 M50	Tim Vipond, M50	Cedar Rapids, IA	26:36	6:39/M	26:35	6:39/M
6	6	1 JRM	Dawson Gibbons, M16	Cedar Rapids, IA	26:47	6:42/M	26:46	6:42/M
7	1	1 OVF	Jessie Clark, F28	Cedar Rapids, IA	28:01	7:00/M	28:00	7:00/M
8	2	1 F30	Julie Johnston, F32	Cedar Rapids, IA	28:34	7:09/M	28:33	7:08/M
9	7	3 M50	Mark Heffernen, M50	Palo, IA	29:17	7:19/M	29:15	7:19/M
10	3	1 F19	Alyssa Gantz, F24	Palo, IA	29:45	7:26/M	29:42	7:25/M
11	8	1 M30	Dan Chapman, M37	Cedar Rapids, IA	29:52	7:28/M	29:50	7:28/M
12	9	1 M40	Sam Houston, M49	Cedar Rapids, IA	30:15	7:34/M	30:11	7:33/M
13	10	2 M30	Dj Erger, M38	Marion, IA	31:23	7:51/M	31:17	7:49/M
14	11	4 M50	Jim O'Connell, M50	Cedar Rapids, IA	31:33	7:53/M	31:20	7:50/M
15	12	3 M19	Nick Garland, M24	Cedar Rapids, IA	31:33	7:53/M	31:20	7:50/M

				IA					
16	4	1 JRF	Claire Iversen, F16	Robins, IA	31:36	7:54/M	31:32	7:53/M	
17	13	3 M30	Dusin Rahe, M38	Palo, IA	31:48	7:57/M	31:43	7:56/M	
18	14	4 M19	Michael Kaduce, M29	North Liberty, IA	32:07	8:02/M	32:07	8:02/M	
19	15	4 M30	Evan Uhlmann, M33	Williamsburg, IA	32:17	8:04/M	32:08	8:02/M	
20	5	1 F40	Laura Jaeger, F41	North Liberty, IA	32:20	8:05/M	32:15	8:04/M	
21	16	2 JRM	Zach Ansler, M18	Hiawatha, IA	32:30	8:08/M	32:28	8:07/M	
22	6	2 F40	Susie Green, F45	Cedar Rapids, IA	32:44	8:11/M	32:41	8:10/M	
23	17	5 M19	Andrew Hansen, M23	Palo, IA	32:58	8:14/M	32:54	8:14/M	
24	7	2 F30	Amy Marshall, F34	Cedar Rapids, IA	33:04	8:16/M	33:01	8:15/M	
25	18	1 M60	Brad Scott, M63	Marion, IA	33:25	8:21/M	33:21	8:20/M	
26	19	5 M50	Pete Iversen, M51	Robins, IA	33:27	8:22/M	33:22	8:20/M	
27	8	3 F30	Jill Scheckel, F37	Palo, IA	33:41	8:25/M	33:38	8:24/M	
28	20	6 M19	Jonathan Andersen, M19	Cedar Rapids, IA	33:56	8:29/M	33:56	8:29/M	
29	9	4 F30	Jamie Daman, F39	Marion, IA	35:35	8:54/M	35:32	8:53/M	
30	21	2 M40	Jeffery Jaeger, M43	North Liberty, IA	36:06	9:02/M	36:01	9:00/M	
31	10	2 JRF	Gracie Park, F11	Palo, IA	36:07	9:02/M	36:03	9:01/M	
32	22	3 M40	Victor Cornego, M42	Cedar Rapids, IA	36:17	9:04/M	36:06	9:01/M	
33	11	2 F19	Angela Nunemaker, F23	Cedar Rapids, IA	36:26	9:06/M	36:18	9:04/M	
34	23	4 M40	Keith Bisson, M47	Palo, IA	36:33	9:08/M	36:22	9:06/M	
35	12	5 F30	XXXXXXXXXXXXXX	Marshalltown, IA	37:16	9:19/M	37:08	9:17/M	
36	13	6 F30	Alanna Huber, F39	Palo, IA	37:37	9:24/M	37:31	9:23/M	
37	14	1 F60	Claudia Scott, F65	Marion, IA	37:48	9:27/M	37:44	9:26/M	
38	24	6 M50	Jeff Kronschnabel, M59	La Porte City, IA	38:35	9:39/M	38:33	9:38/M	
39	25	7 M19	Adam Lubben, M26	Marion, IA	38:47	9:42/M	38:44	9:41/M	
40	26	7 M50	Jim Park, M51	Palo, IA	39:05	9:46/M	39:01	9:45/M	
41	15	7 F30	Sarah Hardy Scott, F38	Cedar Rapids, IA	39:14	9:48/M	39:07	9:47/M	
42	27	5 M30	Nicholas Scott, M39	Cedar Rapids, IA	39:15	9:49/M	39:08	9:47/M	
43	28	8 M50	Rick Robertson, M55	Shellsburg, IA	39:16	9:49/M	39:06	9:46/M	
44	29	9 M50	Kirk Archer, M50	Cedar Rapids, IA	39:33	9:53/M	39:22	9:51/M	
45	16	2 F60	Diane Marshall, F60	Center Point, IA	40:23	10:06/M	40:17	10:04/M	
46	17	8 F30	Kim Hulseberg, F34	Williamsburg, IA	40:51	10:13/M	40:43	10:11/M	
47	18	3 F19	Madison Webber, F19	Cedar Rapids, IA	41:03	10:16/M	40:57	10:14/M	

48	30	8 M19	Riley Ovenshire, M19	Palo, IA	41:05	10:16/M	40:59	10:15/M
49	31	10 M50	Mickey Alsager, M57	Cedar Rapids, IA	41:39	10:25/M	41:26	10:21/M
50	19	1 F50	Molly Iversen, F51	Robins, IA	41:45	10:26/M	41:36	10:24/M
51	20	3 JRF	Jayden Bisson, F18	Palo, IA	41:53	10:28/M	41:51	10:28/M
52	32	9 M19	Derek Palmquist, M27	Palo, IA	41:53	10:28/M	41:41	10:25/M
53	33	11 M50	Mike Schulte, M51	Cedar Rapids, IA	42:32	10:38/M	42:26	10:36/M
54	21	2 F50	Janie Mills, F59	Cedar Rapids, IA	42:58	10:44/M	42:53	10:43/M
55	22	3 F50	Diane Alsager, F57	Cedar Rapids, IA	43:11	10:48/M	43:00	10:45/M
56	34	6 M30	Ben Hulseberg, M30	Williamsburg, IA	43:42	10:56/M	43:34	10:54/M
57	35	7 M30	Jay Nunemaker, M37	Cedar Rapids, IA	44:15	11:04/M	44:09	11:02/M
58	23	9 F30	Jennifer Welton, F34	Palo, IA	44:24	11:06/M	44:14	11:04/M
59	36	8 M30	Nick Scott, M33	Palo, IA	44:24	11:06/M	44:14	11:04/M
60	37	12 M50	Joe Mischka, M52	Cedar Rapids, IA	44:57	11:14/M	44:47	11:12/M
61	24	10 F30	Amanda Scott, F35	Iowa City, IA	45:10	11:17/M	45:06	11:17/M
62	38	2 M60	Chuck Norton, M65	Cedar Rapids, IA	45:35	11:24/M	45:24	11:21/M
63	39	3 JRM	Ajay Marino, M14	Cedar Rapids, IA	46:03	11:31/M	45:59	11:30/M
64	40	4 JRM	Eli Park, M14	Palo, IA	46:03	11:31/M	46:00	11:30/M
65	41	5 M40	Jason Bosen, M41	Shellsburg, IA	47:52	11:58/M	47:45	11:56/M
66	25	11 F30	Tiffany Boisen, F39	Shellsburg, IA	47:52	11:58/M	47:45	11:56/M
67	26	4 F19	Amanda Schneider, F25	Shellsburg, IA	48:16	12:04/M	48:05	12:01/M
68	27	5 F19	Kara Oakley, F22	Shellsburg, IA	48:22	12:05/M	48:14	12:04/M
69	28	12 F30	Brooke Uhlmann, F32	Williamsburg, IA	48:58	12:15/M	48:50	12:12/M
70	29	13 F30	Brandy Baxter, F39	Cedar Rapids, IA	49:39	12:25/M	49:25	12:21/M
71	42	13 M50	Mike Bagen, M58	Cedar Rapids, IA	50:04	12:31/M	49:51	12:28/M
72	43	5 JRM	Jacob Green, M14	Cedar Rapids, IA	51:25	12:51/M	51:24	12:51/M
73	30	14 F30	Kerry Dubay, F35	North Liberty, IA	52:30	13:07/M	52:24	13:06/M
74	44	6 JRM	Dakota Torrey, M14	Hiawatha, IA	52:40	13:10/M	52:34	13:08/M
75	31	3 F40	Angie Torrey, F41	Hiawatha, IA	52:51	13:13/M	52:45	13:11/M
76	32	4 F40	Dawn Wajvoda, F49	Center Point, IA	52:57	13:14/M	52:48	13:12/M
77	45	3 M60	Martin Smith, M66	Cedar Rapids, IA	53:10	13:17/M	53:02	13:16/M
78	33	5 F40	Andrea Park, F47	Palo, IA	54:32	13:38/M	54:23	13:36/M
79	34	6 F40	Joy Hansen, F48	Palo, IA	55:36	13:54/M	55:27	13:52/M

80	35	15 F30	Laurel Rector, F31	Palo, IA	58:00	14:30/M	57:44	14:26/M
81	46	9 M30	Tom Rector, M33	Palo, IA	58:01	14:30/M	57:43	14:26/M
82	36	16 F30	Beth Scheckel, F30	Palo, IA	58:28	14:37/M	58:12	14:33/M
83	37	4 JRF	Britney Wajvoda, F13	Center Point, IA	1:01:44	15:26/M	1:01:35	15:24/M
84	38	17 F30	Melissa McVeigh, F36	Palo, IA	1:01:58	15:30/M	1:01:49	15:27/M
85	39	4 F50	Jolene Kronschnabel, F55	La Porte City, IA	1:05:52	16:28/M	1:05:35	16:24/M
86	40	6 F19	Kamryn Kronschnabel, F21	La Porte City, IA	1:05:53	16:28/M	1:05:36	16:24/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Nathan Hopp, M33	West Amana, IA	20:58	5:14/M	20:57	5:14/M

Overall Female

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Jessie Clark, F28	Cedar Rapids, IA	28:01	7:00/M	28:00	7:00/M

M[18 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Dawson Gibbons, M16	Cedar Rapids, IA	26:47	6:42/M	26:46	6:42/M
2	Zach Ansler, M18	Hiawatha, IA	32:30	8:08/M	32:28	8:07/M
3	Ajay Marino, M14	Cedar Rapids, IA	46:03	11:31/M	45:59	11:30/M
4	Eli Park, M14	Palo, IA	46:03	11:31/M	46:00	11:30/M
5	Jacob Green, M14	Cedar Rapids, IA	51:25	12:51/M	51:24	12:51/M
6	Dakota Torrey, M14	Hiawatha, IA	52:40	13:10/M	52:34	13:08/M

F[18 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Claire Iversen, F16	Robins, IA	31:36	7:54/M	31:32	7:53/M
2	Gracie Park, F11	Palo, IA	36:07	9:02/M	36:03	9:01/M
3	Jayden Bisson, F18	Palo, IA	41:53	10:28/M	41:51	10:28/M
4	Britney Wajvoda, F13	Center Point, IA	1:01:44	15:26/M	1:01:35	15:24/M

M[19-29]

Place	Name	City	Gun Time	Pace	Chip Time	Pace
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				mpm		mpm
1	Derek Dinderman, M19	Palo, IA	22:10	5:32/M	22:09	5:32/M
2	Michael Marshall, M19	Center Point, IA	24:48	6:12/M	24:47	6:12/M
3	Nick Garland, M24	Cedar Rapids, IA	31:33	7:53/M	31:20	7:50/M
4	Michael Kaduce, M29	North Liberty, IA	32:07	8:02/M	32:07	8:02/M
5	Andrew Hansen, M23	Palo, IA	32:58	8:14/M	32:54	8:14/M
6	Jonathan Andersen, M19	Cedar Rapids, IA	33:56	8:29/M	33:56	8:29/M
7	Adam Lubben, M26	Marion, IA	38:47	9:42/M	38:44	9:41/M
8	Riley Ovenshire, M19	Palo, IA	41:05	10:16/M	40:59	10:15/M
9	Derek Palmquist, M27	Palo, IA	41:53	10:28/M	41:41	10:25/M

F[19-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Alyssa Gantz, F24	Palo, IA	29:45	7:26/M	29:42	7:25/M
2	Angela Nunemaker, F23	Cedar Rapids, IA	36:26	9:06/M	36:18	9:04/M
3	Madison Webber, F19	Cedar Rapids, IA	41:03	10:16/M	40:57	10:14/M
4	Amanda Schneider, F25	Shellsburg, IA	48:16	12:04/M	48:05	12:01/M
5	Kara Oakley, F22	Shellsburg, IA	48:22	12:05/M	48:14	12:04/M
6	Kamryn Kronschnabel, F21	La Porte City, IA	1:05:53	16:28/M	1:05:36	16:24/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Dan Chapman, M37	Cedar Rapids, IA	29:52	7:28/M	29:50	7:28/M
2	Dj Erger, M38	Marion, IA	31:23	7:51/M	31:17	7:49/M
3	Dusin Rahe, M38	Palo, IA	31:48	7:57/M	31:43	7:56/M
4	Evan Uhlmann, M33	Williamsburg, IA	32:17	8:04/M	32:08	8:02/M
5	Nicholas Scott, M39	Cedar Rapids, IA	39:15	9:49/M	39:08	9:47/M
6	Ben Hulseberg, M30	Williamsburg, IA	43:42	10:56/M	43:34	10:54/M
7	Jay Nunemaker, M37	Cedar Rapids, IA	44:15	11:04/M	44:09	11:02/M
8	Nick Scott, M33	Palo, IA	44:24	11:06/M	44:14	11:04/M
9	Tom Rector, M33	Palo, IA	58:01	14:30/M	57:43	14:26/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Julie Johnston, F32	Cedar Rapids, IA	28:34	7:09/M	28:33	7:08/M
2	Amy Marshall, F34	Cedar Rapids, IA	33:04	8:16/M	33:01	8:15/M
3	Jill Scheckel, F37	Palo, IA	33:41	8:25/M	33:38	8:24/M
4	Jamie Daman, F39	Marion, IA	35:35	8:54/M	35:32	8:53/M
5	XXXXXXXXXXXXXX	Marshalltown, IA	37:16	9:19/M	37:08	9:17/M
6	Alanna Huber, F39	Palo, IA	37:37	9:24/M	37:31	9:23/M
7	Sarah Hardy Scott, F38	Cedar Rapids, IA	39:14	9:48/M	39:07	9:47/M
8	Kim Hulseberg, F34	Williamsburg, IA	40:51	10:13/M	40:43	10:11/M

9	Jennifer Welton, F34	Palo, IA	44:24	11:06/M	44:14	11:04/M
10	Amanda Scott, F35	Iowa City, IA	45:10	11:17/M	45:06	11:17/M
11	Tiffany Boisen, F39	Shellsburg, IA	47:52	11:58/M	47:45	11:56/M
12	Brooke Uhlmann, F32	Williamsburg, IA	48:58	12:15/M	48:50	12:12/M
13	Brandy Baxter, F39	Cedar Rapids, IA	49:39	12:25/M	49:25	12:21/M
14	Kerry Dubay, F35	North Liberty, IA	52:30	13:07/M	52:24	13:06/M
15	Laurel Rector, F31	Palo, IA	58:00	14:30/M	57:44	14:26/M
16	Beth Scheckel, F30	Palo, IA	58:28	14:37/M	58:12	14:33/M
17	Melissa McVeigh, F36	Palo, IA	1:01:58	15:30/M	1:01:49	15:27/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Sam Houston, M49	Cedar Rapids, IA	30:15	7:34/M	30:11	7:33/M
2	Jeffery Jaeger, M43	North Liberty, IA	36:06	9:02/M	36:01	9:00/M
3	Victor Cornego, M42	Cedar Rapids, IA	36:17	9:04/M	36:06	9:01/M
4	Keith Bisson, M47	Palo, IA	36:33	9:08/M	36:22	9:06/M
5	Jason Bosen, M41	Shellsburg, IA	47:52	11:58/M	47:45	11:56/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Laura Jaeger, F41	North Liberty, IA	32:20	8:05/M	32:15	8:04/M
2	Susie Green, F45	Cedar Rapids, IA	32:44	8:11/M	32:41	8:10/M
3	Angie Torrey, F41	Hiawatha, IA	52:51	13:13/M	52:45	13:11/M
4	Dawn Wajvoda, F49	Center Point, IA	52:57	13:14/M	52:48	13:12/M
5	Andrea Park, F47	Palo, IA	54:32	13:38/M	54:23	13:36/M
6	Joy Hansen, F48	Palo, IA	55:36	13:54/M	55:27	13:52/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Jeff Nietert, M55	Palo, IA	24:57	6:14/M	24:56	6:14/M
2	Tim Vipond, M50	Cedar Rapids, IA	26:36	6:39/M	26:35	6:39/M
3	Mark Heffernen, M50	Palo, IA	29:17	7:19/M	29:15	7:19/M
4	Jim O'Connell, M50	Cedar Rapids, IA	31:33	7:53/M	31:20	7:50/M
5	Pete Iversen, M51	Robins, IA	33:27	8:22/M	33:22	8:20/M
6	Jeff Kronschnabel, M59	La Porte City, IA	38:35	9:39/M	38:33	9:38/M
7	Jim Park, M51	Palo, IA	39:05	9:46/M	39:01	9:45/M
8	Rick Robertson, M55	Shellsburg, IA	39:16	9:49/M	39:06	9:46/M
9	Kirk Archer, M50	Cedar Rapids, IA	39:33	9:53/M	39:22	9:51/M
10	Mickey Alsager, M57	Cedar Rapids, IA	41:39	10:25/M	41:26	10:21/M
11	Mike Schulte, M51	Cedar Rapids, IA	42:32	10:38/M	42:26	10:36/M
12	Joe Mischka, M52	Cedar Rapids, IA	44:57	11:14/M	44:47	11:12/M
13	Mike Bagen, M58	Cedar Rapids, IA	50:04	12:31/M	49:51	12:28/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Molly Iversen, F51	Robins, IA	41:45	10:26/M	41:36	10:24/M
2	Janie Mills, F59	Cedar Rapids, IA	42:58	10:44/M	42:53	10:43/M
3	Diane Alsager, F57	Cedar Rapids, IA	43:11	10:48/M	43:00	10:45/M
4	Jolene Kronschnabel, F55	La Porte City, IA	1:05:52	16:28/M	1:05:35	16:24/M

M[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Brad Scott, M63	Marion, IA	33:25	8:21/M	33:21	8:20/M
2	Chuck Norton, M65	Cedar Rapids, IA	45:35	11:24/M	45:24	11:21/M
3	Martin Smith, M66	Cedar Rapids, IA	53:10	13:17/M	53:02	13:16/M

F[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Claudia Scott, F65	Marion, IA	37:48	9:27/M	37:44	9:26/M
2	Diane Marshall, F60	Center Point, IA	40:23	10:06/M	40:17	10:04/M

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On The Run Race Timing
