

Jog Jam *** 4 Mile *** Overall & Divisions

Event: 4 Mile

Date: Friday, June 23, 2017

Location: Palo

Weather: Warm 71°

Overall and Age Divisions

Results By: On The Run Race Timing

Place	Gender	Division	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Nathan Hopp, M34	Amana, IA	20:50	5:13/M	20:50	5:12/M
2	2	1 M19	Tyler Sullivan, M29	Iowa City, IA	21:22	5:21/M	21:21	5:20/M
3	3	2 M19	Michael Marshall, M20	Center Point, IA	22:02	5:30/M	22:00	5:30/M
4	4	1 M40	Chad Sexton, M42	Mount Orab, OH	23:04	5:46/M	23:04	5:46/M
5	5	1 M30	John Hackbarth, M35	Cedar Rapids, IA	24:47	6:12/M	24:46	6:11/M
6	6	1 M50	Jeff Nietert, M56	Toddville, IA	24:54	6:13/M	24:53	6:13/M
7	1	1 OVF	Alice Anderson, F34	Marion, IA	26:18	6:35/M	26:17	6:34/M
8	7	1 JRM	Grant Schnoebelen, M15	Cedar Rapids, IA	26:55	6:44/M	26:53	6:43/M
9	8	2 M50	Mark Heffernen, M51	Palo, IA	28:29	7:07/M	28:27	7:07/M
10	9	2 M40	Tim McCormick, M40	Palo, IA	29:09	7:17/M	29:03	7:16/M
11	10	3 M40	Chad Lefevere, M41	Shellsburg, IA	29:09	7:17/M	29:03	7:16/M
12	11	2 M30	Dustin Rahe, M39	Palo, IA	29:23	7:21/M	29:20	7:20/M
13	12	3 M30	Evan Uhlmann, M34	Williamsburg, IA	29:31	7:23/M	29:27	7:22/M
14	13	2 JRM	Ethan Nasution, M16	Cedar Rapids, IA	29:42	7:26/M	29:41	7:25/M
15	14	4 M30	Andrew Turner, M39	Cedar Rapids, IA	29:45	7:26/M	29:37	7:24/M
16	2	1 F30	Heidi Kestel, F34	Tiffin, IA	29:50	7:28/M	29:48	7:27/M
17	15	3 M19	Peyton Helgeson, M19	Cedar Rapids, IA	29:56	7:29/M	29:55	7:29/M
18	3	2 F30	Piper Twachtmann,	Marion, IA	30:06	7:32/M	30:02	7:31/M

F30								
19	16	5 M30	Michael Herzberger, M32	Palo, IA	30:16	7:34/M	30:13	7:33/M
20	17	3 JRM	Joe Skittone, M15	Palo, IA	30:17	7:34/M	30:16	7:34/M
21	18	3 M50	Steve Brown, M55	Cedar Rapids, IA	31:09	7:47/M	31:04	7:46/M
22	19	6 M30	Jim Dwyer, M39	Cedar Rapids, IA	31:37	7:54/M	31:29	7:52/M
23	20	4 M40	Brandon Alt, M44	Cascade, IA	31:39	7:55/M	31:38	7:54/M
24	4	3 F30	Jill Scheckel, F38	Palo, IA	32:00	8:00/M	31:55	7:59/M
25	5	1 F40	Laura Jaeger, F42	North Liberty, IA	32:11	8:03/M	32:04	8:01/M
26	21	4 JRM	Brick Kabela, M11	North Liberty, IA	32:53	8:13/M	32:50	8:13/M
27	22	5 M40	Colin Grafft, M40	Solon, IA	33:17	8:19/M	33:10	8:17/M
28	23	1 M60	Mark Powers, M62	Cedar Rapids, IA	33:24	8:21/M	33:15	8:19/M
29	6	4 F30	Kat Poshusta, F35	Cedar Rapids, IA	34:03	8:31/M	33:54	8:29/M
30	24	6 M40	Daniel Nasution, M45	Cedar Rapids, IA	34:05	8:31/M	34:03	8:31/M
31	7	1 F19	Ashley Sutherland, F29	Palo, IA	34:44	8:41/M	34:40	8:40/M
32	8	2 F40	Jamie Daman, F40	Marion, IA	35:31	8:53/M	35:27	8:52/M
33	25	2 M60	Alan Marshall, M63	Center Point, IA	35:32	8:53/M	35:28	8:52/M
34	26	7 M40	Jeffrey Jaeger, M44	North Liberty, IA	35:40	8:55/M	35:33	8:53/M
35	27	4 M50	Rick Robertson, M56	Shellsburg, IA	36:01	9:00/M	35:57	8:59/M
36	9	5 F30	Afton Lefevere, F35	Shellsburg, IA	36:11	9:03/M	36:05	9:01/M
37	10	1 F50	Sarah Williams, F50	Marion, IA	36:12	9:03/M	36:08	9:02/M
38	28	5 M50	Chad Vonkampen, M50	Atkins, IA	38:10	9:33/M	38:01	9:30/M
39	11	1 F60	Diane Marshall, F61	Center Point, IA	38:23	9:36/M	38:18	9:35/M
40	12	1 JRF	Piper Yi, F9	Marion, IA	38:33	9:38/M	38:30	9:37/M
41	29	7 M30	Doug Fishwild, M38	Cedar Rapids, IA	38:33	9:38/M	38:30	9:37/M
42	13	2 F19	Rebecca Dolphin, F22	Marion, IA	39:55	9:59/M	39:51	9:58/M
43	14	6 F30	Kim Hulseberg, F35	Williamsburg, IA	40:56	10:14/M	40:50	10:13/M
44	30	8 M30	Ben Hulseberg, M31	Williamsburg, IA	40:56	10:14/M	40:51	10:13/M
45	31	5 JRM	Aj Helgeson, M17	Toddville, IA	41:23	10:21/M	41:21	10:20/M
46	32	6 M50	Terry Helgeson, M51	Toddville, IA	41:25	10:21/M	41:23	10:21/M
47	15	3 F40	Denise Grafft, F41	Solon, IA	41:37	10:24/M	41:31	10:23/M
48	16	2 F50	Julie Schnoebelen, F57	Cedar Rapids, IA	42:04	10:31/M	41:55	10:29/M

49	17	7 F30	Kara Barquist, F35	North Liberty, IA	42:27	10:37/M	42:21	10:35/M
50	33	9 M30	Derek Brenneman, M32	Williamsburg, IA	43:04	10:46/M	42:55	10:44/M
51	34	8 M40	Mike Regan, M48	Iowa City, IA	43:07	10:47/M	43:03	10:46/M
52	18	3 F19	Alee Doneson, F24	Marion, IA	43:10	10:47/M	43:05	10:46/M
53	19	8 F30	Melanie Heitman, F32	Williamsburg, IA	43:34	10:54/M	43:29	10:52/M
54	20	9 F30	Shawnell Hoepfner, F35	Shellsburg, IA	44:26	11:07/M	44:22	11:05/M
55	21	10 F30	Brooke Uhlmann, F33	Williamsburg, IA	44:28	11:07/M	44:19	11:05/M
56	22	11 F30	Megan Twachtmann, F30	Marion, IA	44:38	11:10/M	44:31	11:08/M
57	23	3 F50	Susan Twachtmann, F52	Marion, IA	44:38	11:10/M	44:31	11:08/M
58	24	4 F19	Amber Peterson, F21	Marion, IA	45:52	11:28/M	45:47	11:27/M
59	25	5 F19	Molly Schilling, F26	Palo, IA	46:33	11:38/M	46:27	11:37/M
60	26	6 F19	Elizabeth Fowler, F22	Fairfax, IA	46:33	11:38/M	46:28	11:37/M
61	35	7 M50	Mike Bagen, M59	Cedar Rapids, IA	47:11	11:48/M	47:07	11:47/M
62	36	6 JRM	Jacob Smetzer, M11	Palo, IA	47:16	11:49/M	47:11	11:48/M
63	27	4 F40	Alisha Fishwild, F40	Marion, IA	47:39	11:55/M	47:35	11:54/M
64	28	2 F60	Jean Elto, F60	Palo, IA	48:26	12:06/M	48:22	12:06/M
65	29	2 JRF	Hailey Hall, F11	Cedar Rapids, IA	48:26	12:06/M	48:23	12:06/M
66	37	10 M30	Brandon Barquist, M37	North Liberty, IA	48:48	12:12/M	48:41	12:10/M
67	38	11 M30	Austin Heitman, M33	Williamsburg, IA	49:20	12:20/M	49:10	12:17/M
68	30	5 F40	Brandy Baxter, F40	Cedar Rapids, IA	52:50	13:12/M	52:39	13:10/M
69	39	3 M60	Chuck Norton, M66	Cedar Rapids, IA	53:29	13:22/M	53:20	13:20/M
70	31	12 F30	Erica Brenneman, F32	Williamsburg, IA	56:01	14:00/M	55:52	13:58/M
71	32	7 F19	Kristyn Watson, F27	North Liberty, IA	57:17	14:19/M	57:08	14:17/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Nathan Hopp, M34	Amana, IA	20:50	5:13/M	20:50	5:12/M

Overall Female

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Alice Anderson, F34	Marion, IA	26:18	6:35/M	26:17	6:34/M

M[18 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Grant Schnoebelen, M15	Cedar Rapids, IA	26:55	6:44/M	26:53	6:43/M
2	Ethan Nasution, M16	Cedar Rapids, IA	29:42	7:26/M	29:41	7:25/M
3	Joe Skittone, M15	Palo, IA	30:17	7:34/M	30:16	7:34/M
4	Brick Kabela, M11	North Liberty, IA	32:53	8:13/M	32:50	8:13/M
5	Aj Helgeson, M17	Toddville, IA	41:23	10:21/M	41:21	10:20/M
6	Jacob Smetzer, M11	Palo, IA	47:16	11:49/M	47:11	11:48/M

F[18 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Piper Yi, F9	Marion, IA	38:33	9:38/M	38:30	9:37/M
2	Hailey Hall, F11	Cedar Rapids, IA	48:26	12:06/M	48:23	12:06/M

M[19-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Tyler Sullivan, M29	Iowa City, IA	21:22	5:21/M	21:21	5:20/M
2	Michael Marshall, M20	Center Point, IA	22:02	5:30/M	22:00	5:30/M
3	Peyton Helgeson, M19	Cedar Rapids, IA	29:56	7:29/M	29:55	7:29/M

F[19-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Ashley Sutherland, F29	Palo, IA	34:44	8:41/M	34:40	8:40/M
2	Rebecca Dolphin, F22	Marion, IA	39:55	9:59/M	39:51	9:58/M
3	Alee Doneson, F24	Marion, IA	43:10	10:47/M	43:05	10:46/M
4	Amber Peterson, F21	Marion, IA	45:52	11:28/M	45:47	11:27/M
5	Molly Schilling, F26	Palo, IA	46:33	11:38/M	46:27	11:37/M
6	Elizabeth Fowler, F22	Fairfax, IA	46:33	11:38/M	46:28	11:37/M
7	Kristyn Watson, F27	North Liberty, IA	57:17	14:19/M	57:08	14:17/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	John Hackbarth, M35	Cedar Rapids, IA	24:47	6:12/M	24:46	6:11/M

2	Dustin Rahe, M39	Palo, IA	29:23	7:21/M	29:20	7:20/M
3	Evan Uhlmann, M34	Williamsburg, IA	29:31	7:23/M	29:27	7:22/M
4	Andrew Turner, M39	Cedar Rapids, IA	29:45	7:26/M	29:37	7:24/M
5	Michael Herzberger, M32	Palo, IA	30:16	7:34/M	30:13	7:33/M
6	Jim Dwyer, M39	Cedar Rapids, IA	31:37	7:54/M	31:29	7:52/M
7	Doug Fishwild, M38	Cedar Rapids, IA	38:33	9:38/M	38:30	9:37/M
8	Ben Hulseberg, M31	Williamsburg, IA	40:56	10:14/M	40:51	10:13/M
9	Derek Brenneman, M32	Williamsburg, IA	43:04	10:46/M	42:55	10:44/M
10	Brandon Barquist, M37	North Liberty, IA	48:48	12:12/M	48:41	12:10/M
11	Austin Heitman, M33	Williamsburg, IA	49:20	12:20/M	49:10	12:17/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Heidi Kestel, F34	Tiffin, IA	29:50	7:28/M	29:48	7:27/M
2	Piper Twachtmann, F30	Marion, IA	30:06	7:32/M	30:02	7:31/M
3	Jill Scheckel, F38	Palo, IA	32:00	8:00/M	31:55	7:59/M
4	Kat Poshusta, F35	Cedar Rapids, IA	34:03	8:31/M	33:54	8:29/M
5	Afton Lefevere, F35	Shellsburg, IA	36:11	9:03/M	36:05	9:01/M
6	Kim Hulseberg, F35	Williamsburg, IA	40:56	10:14/M	40:50	10:13/M
7	Kara Barquist, F35	North Liberty, IA	42:27	10:37/M	42:21	10:35/M
8	Melanie Heitman, F32	Williamsburg, IA	43:34	10:54/M	43:29	10:52/M
9	Shawnell Hoepfner, F35	Shellsburg, IA	44:26	11:07/M	44:22	11:05/M
10	Brooke Uhlmann, F33	Williamsburg, IA	44:28	11:07/M	44:19	11:05/M
11	Megan Twachtmann, F30	Marion, IA	44:38	11:10/M	44:31	11:08/M
12	Erica Brenneman, F32	Williamsburg, IA	56:01	14:00/M	55:52	13:58/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Chad Sexton, M42	Mount Orab, OH	23:04	5:46/M	23:04	5:46/M
2	Tim McCormick, M40	Palo, IA	29:09	7:17/M	29:03	7:16/M
3	Chad Lefevere, M41	Shellsburg, IA	29:09	7:17/M	29:03	7:16/M
4	Brandon Alt, M44	Cascade, IA	31:39	7:55/M	31:38	7:54/M
5	Colin Grafft, M40	Solon, IA	33:17	8:19/M	33:10	8:17/M
6	Daniel Nasution, M45	Cedar Rapids, IA	34:05	8:31/M	34:03	8:31/M
7	Jeffrey Jaeger, M44	North Liberty, IA	35:40	8:55/M	35:33	8:53/M
8	Mike Regan, M48	Iowa City, IA	43:07	10:47/M	43:03	10:46/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Laura Jaeger, F42	North Liberty, IA	32:11	8:03/M	32:04	8:01/M
2	Jamie Daman, F40	Marion, IA	35:31	8:53/M	35:27	8:52/M
3	Denise Grafft, F41	Solon, IA	41:37	10:24/M	41:31	10:23/M

4	Alisha Fishwild, F40	Marion, IA	47:39	11:55/M	47:35	11:54/M
5	Brandy Baxter, F40	Cedar Rapids, IA	52:50	13:12/M	52:39	13:10/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Jeff Nietert, M56	Toddville, IA	24:54	6:13/M	24:53	6:13/M
2	Mark Heffernen, M51	Palo, IA	28:29	7:07/M	28:27	7:07/M
3	Steve Brown, M55	Cedar Rapids, IA	31:09	7:47/M	31:04	7:46/M
4	Rick Robertson, M56	Shellsburg, IA	36:01	9:00/M	35:57	8:59/M
5	Chad Vonkampen, M50	Atkins, IA	38:10	9:33/M	38:01	9:30/M
6	Terry Helgeson, M51	Toddville, IA	41:25	10:21/M	41:23	10:21/M
7	Mike Bagen, M59	Cedar Rapids, IA	47:11	11:48/M	47:07	11:47/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Sarah Williams, F50	Marion, IA	36:12	9:03/M	36:08	9:02/M
2	Julie Schnoebelen, F57	Cedar Rapids, IA	42:04	10:31/M	41:55	10:29/M
3	Susan Twachtmann, F52	Marion, IA	44:38	11:10/M	44:31	11:08/M

M[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Mark Powers, M62	Cedar Rapids, IA	33:24	8:21/M	33:15	8:19/M
2	Alan Marshall, M63	Center Point, IA	35:32	8:53/M	35:28	8:52/M
3	Chuck Norton, M66	Cedar Rapids, IA	53:29	13:22/M	53:20	13:20/M

F[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Diane Marshall, F61	Center Point, IA	38:23	9:36/M	38:18	9:35/M
2	Jean Elto, F60	Palo, IA	48:26	12:06/M	48:22	12:06/M

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The Run Race Timing