

Palo Fun Days 5K Run *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Friday, August 19, 2016

Location: Palo, IA

Weather: 0°

Overall and Age Divisions

Results By: Scheckel, Kauder Racing

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Nathan Hopp, M33	West Amana, IA	16:15	5:14/M
2	2	1 M50	Jeff Nietert, M55	Palo, IA	18:35	5:59/M
3	3	1 M30	Wes Hilleshiem, M38	Marion, IA	20:31	6:36/M
4	4	2 M50	Mark Heffernen, M50	Palo, IA	21:29	6:55/M
5	5	2 M30	Chris Nims, M39	Robins, IA	21:55	7:03/M
6	1	1 OVF	Hailee Ricklefs, F13	Atkins, IA	22:21	7:12/M
7	2	1 F40	Deidre Nims, F40	Robins, IA	23:07	7:27/M
8	6	3 M50	Randy Schultz, M54	Atkins, IA	23:10	7:27/M
9	7	3 M30	Dustin Rahe, M38	Palo, IA	23:27	7:33/M
10	8	1 JRM	Nick Smetzer, M13	Palo, IA	24:29	7:53/M
11	3	1 F30	Jill Scheckel, F37	Palo, IA	24:41	7:57/M
12	9	4 M30	Matthew Jensen, M37	Marion, IA	25:27	8:12/M
13	10	4 M50	Jeff Libe, M59	Hiawatha, IA	26:37	8:34/M
14	11	1 M60	Alan Marshall, M62	Center Point, IA	26:42	8:36/M
15	4	2 F40	Trisca Dix, F44	Cedar Rapids, IA	26:59	8:41/M
16	12	1 M19	Jake Sutherland, M27		27:13	8:46/M
17	13	2 JRM	Marcus Ricklefs, M10	Atkins, IA	27:37	8:53/M
18	14	5 M50	Rick Robertson, M55	Shellsburg, IA	27:42	8:55/M
19	15	3 JRM	Jake Bisson, M17	Palo, IA	27:47	8:57/M
20	16	1 M40	Keith Bisson, M47	Palo, IA	27:47	8:57/M
21	17	2 M40	Rob Ricklefs, M42	Atkins, IA	28:00	9:01/M
22	5	3 F40	Susan Johnson, F41	Cedar Rapids, IA	28:09	9:04/M
23	18	5 M30	Nic Bedell, M30	Lisbon, IA	28:27	9:10/M
24	19	2 M19	Riley Welsh, M23	Cedar Rapids, IA	28:58	9:19/M

25	6	1 F19	Ashley Sutherland, F28	Palo, IA	29:11	9:23/M
26	7	1 F50	Marsha Aspinall, F54	Cedar Rapids, IA	29:14	9:25/M
27	8	4 F40	Jennifer Towns, F40	IA	29:17	9:25/M
28	20	2 M60	John Leland, M80	Marion, IA	29:18	9:26/M
29	9	1 F60	Diane Marshall, F61	Center Point, IA	29:55	9:38/M
30	21	6 M50	Mick Alsager, M57	Cedar Rapids, IA	30:46	9:54/M
31	10	1 JRF	Piper Yi, F8	Marion, IA	30:59	9:58/M
32	22	3 M19	Ethan Kamerling, M28	Lisbon, IA	31:14	10:03/M
33	23	6 M30	Jay Nunemaker, M37	Cedar Rapids, IA	31:50	10:15/M
34	11	2 F30	Alisha Fishwild, F39	Marion, IA	31:55	10:16/M
35	12	2 F19	Amber Garbers, F23	Cedar Rapids, IA	32:09	10:21/M
36	13	2 F50	Diane Alsager, F57	Cedar Rapids, IA	33:12	10:41/M
37	14	2 JRF	Alexis Nims, F7	Robins, IA	33:52	10:54/M
38	15	3 F50	Amy Keating, F57	Marion, IA	35:21	11:23/M
39	16	3 JRF	Cecilia Bwanakweri, F15	Palo, IA	35:42	11:30/M
40	17	2 F60	Debby Prideaux, F62	Marion, IA	36:02	11:36/M
41	18	5 F40	Malisa McQuown, F43	Marion, IA	37:45	12:09/M
42	24	3 M60	Rodney Schadey, M67	Brandon, IA	48:03	15:28/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Nathan Hopp, M33	West Amana, IA	16:15	5:14/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Hailee Ricklefs, F13	Atkins, IA	22:21	7:12/M

M[18 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Nick Smetzer, M13	Palo, IA	24:29	7:53/M
2	Marcus Ricklefs, M10	Atkins, IA	27:37	8:53/M
3	Jake Bisson, M17	Palo, IA	27:47	8:57/M

F[18 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Piper Yi, F8	Marion, IA	30:59	9:58/M
2	Alexis Nims, F7	Robins, IA	33:52	10:54/M

3	Cecilia Bwanakweri, F15	Palo, IA	35:42	11:30/M
---	-------------------------	----------	-------	---------

M[19-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jake Sutherland, M27		27:13	8:46/M
2	Riley Welsh, M23	Cedar Rapids, IA	28:58	9:19/M
3	Ethan Kamerling, M28	Lisbon, IA	31:14	10:03/M

F[19-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Ashley Sutherland, F28	Palo, IA	29:11	9:23/M
2	Amber Garbers, F23	Cedar Rapids, IA	32:09	10:21/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Wes Hilleshiem, M38	Marion, IA	20:31	6:36/M
2	Chris Nims, M39	Robins, IA	21:55	7:03/M
3	Dustin Rahe, M38	Palo, IA	23:27	7:33/M
4	Matthew Jensen, M37	Marion, IA	25:27	8:12/M
5	Nic Bedell, M30	Lisbon, IA	28:27	9:10/M
6	Jay Nunemaker, M37	Cedar Rapids, IA	31:50	10:15/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jill Scheckel, F37	Palo, IA	24:41	7:57/M
2	Alisha Fishwild, F39	Marion, IA	31:55	10:16/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Keith Bisson, M47	Palo, IA	27:47	8:57/M
2	Rob Ricklefs, M42	Atkins, IA	28:00	9:01/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Deidre Nims, F40	Robins, IA	23:07	7:27/M
2	Trisca Dix, F44	Cedar Rapids, IA	26:59	8:41/M
3	Susan Johnson, F41	Cedar Rapids, IA	28:09	9:04/M
4	Jennifer Towns, F40	IA	29:17	9:25/M
5	Malisa McQuown, F43	Marion, IA	37:45	12:09/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jeff Nietert, M55	Palo, IA	18:35	5:59/M
2	Mark Heffernen, M50	Palo, IA	21:29	6:55/M
3	Randy Schultz, M54	Atkins, IA	23:10	7:27/M
4	Jeff Libe, M59	Hiawatha, IA	26:37	8:34/M
5	Rick Robertson, M55	Shellsburg, IA	27:42	8:55/M
6	Mick Alsager, M57	Cedar Rapids, IA	30:46	9:54/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Marsha Aspinall, F54	Cedar Rapids, IA	29:14	9:25/M
2	Diane Alsager, F57	Cedar Rapids, IA	33:12	10:41/M
3	Amy Keating, F57	Marion, IA	35:21	11:23/M

M[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Alan Marshall, M62	Center Point, IA	26:42	8:36/M
2	John Leland, M80	Marion, IA	29:18	9:26/M
3	Rodney Schadey, M67	Brandon, IA	48:03	15:28/M

F[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Diane Marshall, F61	Center Point, IA	29:55	9:38/M
2	Debby Prideaux, F62	Marion, IA	36:02	11:36/M

Return to [home page](#)

Printed on: 8/19/2016 8:53:17 PM Results by:
Scheckel, Kauder Racing
