

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

Event: 5K Run

Date: Friday, August 16, 2019

Location: Palo, IA

Weather: Sunny 70°

Overall and Age Divisions

Results By: Scheckel - Kauder Racing, LLC

<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	Nate Hopp, M36	West Amana, IA	16:11	5:13/M	16:10	5:12/M
2	2	1 M30	Mike Nordberg, M38	Cedar Rapids, IA	16:48	5:24/M	16:48	5:24/M
3	3	1 M50	Jeffrey Nietert, M58	Toddville, IA	19:07	6:09/M	19:05	6:09/M
4	1	1 OVF	Jessie Clark, F31	Cedar Rapids, IA	19:55	6:25/M	19:54	6:24/M
5	4	2 M30	Michael Price, M33	Cedar Rapids, IA	20:47	6:41/M	20:45	6:41/M
6	5	1 M40	Eric Van Kerckhove, M42	Palo, IA	21:15	6:50/M	21:13	6:50/M
7	6	3 M30	Shawn Kmetz, M38	Cedar Rapids, IA	21:26	6:54/M	21:25	6:54/M
8	7	2 M50	Dan Balvin, M54	IA	21:53	7:03/M	21:51	7:02/M
9	8	3 M50	Mark Heffernen, M53	Palo, IA	22:08	7:08/M	22:07	7:07/M
10	9	4 M50	Andres Fajardo Hill, M56	Iowa City, IA	22:24	7:12/M	22:20	7:11/M
11	10	5 M50	Horacio Olivo, M57	Iowa City, IA	22:31	7:15/M	22:28	7:14/M
12	2	1 F30	Katie Gaffney, F33	Marion, IA	22:55	7:22/M	22:49	7:21/M
13	11	2 M40	Eric Silbaugh, M44	IA	23:05	7:26/M	23:02	7:25/M
14	12	1 JRM	Ryker Scheckel, M11	Palo, IA	23:16	7:29/M	23:08	7:27/M

15	13	6 M50	Craig Brophy, M58	Cedar Rapids, IA	23:24	7:32/M	23:22	7:31/M
16	14	7 M50	Jim Dwyer, M58	Cedar Rapids, IA	23:36	7:36/M	23:33	7:35/M
17	15	3 M40	Chris Nims, M42	Cedar Rapids, IA	23:41	7:37/M	23:39	7:37/M
18	3	1 F50	Jennifer Steadman, F50	Cedar Rapids, IA	23:52	7:41/M	23:50	7:40/M
19	16	1 M60	Bob Strickland, M68	Cedar Rapids, IA	23:54	7:42/M	23:53	7:41/M
20	17	2 M60	Tom Wolfe, M71	Cedar Rapids, IA	23:55	7:42/M	23:53	7:41/M
21	4	2 F30	DeShauna Jones, F35	Cedar Rapids, IA	24:10	7:47/M	24:07	7:46/M
22	5	1 JRF	Zoe Scott, F13	Marion, IA	25:32	8:13/M	25:27	8:12/M
23	18	4 M40	Nicholas Scott, M42	Marion, IA	25:49	8:18/M	25:44	8:17/M
24	6	1 F19	Sydney Robertson, F22	Shellsburg, IA	25:57	8:21/M	25:52	8:20/M
25	19	8 M50	Rick Robertson, M58	Shellsburg, IA	26:22	8:29/M	26:22	8:29/M
26	20	9 M50	Tom McDonald, M55	Marion, IA	27:13	8:46/M	27:08	8:44/M
27	7	1 F40	Kelly Draper, F41	Marion, IA	27:24	8:49/M	27:15	8:46/M
28	21	2 JRM	Cyrus Scheckel, M7	Palo, IA	27:29	8:51/M	27:21	8:48/M
29	8	2 JRF	Grace Gabriel, F14	Cedar Rapids, IA	27:38	8:54/M	27:32	8:52/M
30	22	3 M60	Tom Struve, M65	Palo, IA	28:41	9:14/M	28:36	9:12/M
31	9	2 F50	Marsha Aspinall, F57	Cedar Rapids, IA	29:27	9:29/M	29:23	9:28/M
32	10	1 F60	Diane Alsager, F60	Cedar Rapids, IA	30:18	9:45/M	30:13	9:43/M
33	11	2 F60	Diane Marshall, F64	Center Point, IA	30:29	9:49/M	30:24	9:47/M
34	12	2 F40	Sarah Scott, F41	Marion, IA	32:02	10:19/M	31:49	10:14/M
35	13	3 F40	Jennifer Campbell, F44	IA	32:08	10:20/M	32:02	10:19/M
36	23	1 MW	Jon Andersen, M22	Cedar Rapids, IA	32:26	10:26/M	32:22	10:25/M
37	14	2 F19	Alexis Rusnak, F28	Palo, IA	32:55	10:36/M	32:41	10:31/M
38	24	5 M40	Joseph Nguyen, M41	Cedar Rapids, IA	33:18	10:43/M	33:13	10:42/M
39	15	4 F40	Heather Nguyen, F40	Cedar Rapids, IA	33:18	10:43/M	33:14	10:42/M
40	25	4 M60	John Leland, M83	Marion, IA	33:30	10:47/M	33:25	10:45/M
41	26	3 JRM	Christian Everson, M14	IA	34:24	11:04/M	34:20	11:03/M

42	16	3 JRF	Raelyn Van Kerckhove, F12	Palo, IA	34:37	11:08/M	34:30	11:06/M
43	17	5 F40	Kendra Aarhus, F40	Palo, IA	34:56	11:15/M	34:50	11:13/M
44	27	4 JRM	Myles Lutter, M11	IA	35:57	11:34/M	35:43	11:30/M
45	18	3 F19	Amber Garbers, F26	Cedar Rapids, IA	36:39	11:48/M	36:36	11:47/M
46	19	1 WW	Linnea Martin, F65	Marion, IA	37:31	12:04/M	37:26	12:03/M
47	20	3 F50	Becky Johnson, F59	Cedar Rapids, IA	37:58	12:13/M	37:50	12:11/M
48	21	4 JRF	Elliot Scott, F11	Marion, IA	38:05	12:16/M	37:51	12:11/M
49	28	4 M30	Rob Jongquist, M38	Palo, IA	38:58	12:33/M	38:45	12:28/M
50	22	5 JRF	Kayla Kepler, F12	IA	39:58	12:52/M	39:54	12:50/M
51	29	5 M60	Philip Hackbardt, M70	Marion, IA	40:40	13:05/M	40:31	13:02/M
52	30	5 JRM	Kale Nordberg, M5	Palo, IA	41:46	13:27/M	41:38	13:24/M
53	23	3 F30	Kara Nordberg, F38	Palo, IA	41:46	13:27/M	41:37	13:24/M
54	24	6 JRF	Rose Daoud, F11	IA	42:53	13:48/M	42:44	13:45/M
55	25	3 F60	Lorelei Hackbardt, F67	Marion, IA	42:53	13:48/M	42:44	13:45/M
56	31	6 JRM	Landon Dieters, M12	IA	51:07	16:27/M	50:55	16:23/M
57	32	2 MW	Tyler Brekke, M12	IA	51:30	16:35/M	51:19	16:31/M
58	26	7 JRF	Makenzie Bundy, F14	IA	51:45	16:39/M	51:40	16:38/M
59	27	8 JRF	Alexus Van, F10	IA	51:54	16:42/M	51:46	16:40/M
60	28	9 JRF	Avery Fischels, F14	IA	51:55	16:43/M	51:47	16:40/M
61	33	6 M60	Mark Powers, M64	Cedar Rapids, IA	54:08	17:26/M	53:54	17:21/M
62	29	4 F60	Deana Powers, F61	IA	54:09	17:26/M	53:56	17:22/M
63	30	2 WW	Sandy Brekke, F70	Cedar Rapids, IA	58:53	18:57/M	58:42	18:53/M
64	34	7 JRM	Myles Scheckel, M15	Palo, IA	1:01:06	19:40/M	1:00:55	19:37/M
65	31	6 F40	Jill Scheckel, F40	Palo, IA	1:02:27	20:06/M	1:02:17	20:03/M
66	32	3 WW	Susan Austin, F49	Cedar Rapids, IA	1:02:52	20:14/M	1:02:40	20:10/M
67	35	7 M60	Harold Ingels, M78	IA	1:03:24	20:24/M	1:03:14	20:21/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace</u>	<u>Chip Time</u>	<u>Pace</u>
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				<u>mpm</u>		<u>mpm</u>
1	Nate Hopp, M36	West Amana, IA	16:11	5:13/M	16:10	5:12/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	Jessie Clark, F31	Cedar Rapids, IA	19:55	6:25/M	19:54	6:24/M

Men's Overall**Walk**

<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	Jon Andersen, M22	Cedar Rapids, IA	32:26	10:26/M	32:22	10:25/M
2	Tyler Brekke, M12	IA	51:30	16:35/M	51:19	16:31/M

Women's Overall**Walk**

<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	Linnea Martin, F65	Marion, IA	37:31	12:04/M	37:26	12:03/M
2	Sandy Brekke, F70	Cedar Rapids, IA	58:53	18:57/M	58:42	18:53/M
3	Susan Austin, F49	Cedar Rapids, IA	1:02:52	20:14/M	1:02:40	20:10/M

M[18 & Under]

<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	Ryker Scheckel, M11	Palo, IA	23:16	7:29/M	23:08	7:27/M
2	Cyrus Scheckel, M7	Palo, IA	27:29	8:51/M	27:21	8:48/M
3	Christian Everson, M14	IA	34:24	11:04/M	34:20	11:03/M
4	Myles Lutter, M11	IA	35:57	11:34/M	35:43	11:30/M
5	Kale Nordberg, M5	Palo, IA	41:46	13:27/M	41:38	13:24/M
6	Landon Dieters, M12	IA	51:07	16:27/M	50:55	16:23/M
7	Myles Scheckel, M15	Palo, IA	1:01:06	19:40/M	1:00:55	19:37/M

F[18 & Under]

<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	Zoe Scott, F13	Marion, IA	25:32	8:13/M	25:27	8:12/M
2	Grace Gabriel, F14	Cedar Rapids, IA	27:38	8:54/M	27:32	8:52/M
3	Raelyn Van Kerckhove, F12	Palo, IA	34:37	11:08/M	34:30	11:06/M
4	Elliot Scott, F11	Marion, IA	38:05	12:16/M	37:51	12:11/M
5	Kayla Kepler, F12	IA	39:58	12:52/M	39:54	12:50/M

6	Rose Daoud, F11	IA	42:53	13:48/M	42:44	13:45/M
7	Makenzie Bundy, F14	IA	51:45	16:39/M	51:40	16:38/M
8	Alexus Van, F10	IA	51:54	16:42/M	51:46	16:40/M
9	Avery Fischels, F14	IA	51:55	16:43/M	51:47	16:40/M

F[19-29]

<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	Sydney Robertson, F22	Shellsburg, IA	25:57	8:21/M	25:52	8:20/M
2	Alexis Rusnak, F28	Palo, IA	32:55	10:36/M	32:41	10:31/M
3	Amber Garbers, F26	Cedar Rapids, IA	36:39	11:48/M	36:36	11:47/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	Mike Nordberg, M38	Cedar Rapids, IA	16:48	5:24/M	16:48	5:24/M
2	Michael Price, M33	Cedar Rapids, IA	20:47	6:41/M	20:45	6:41/M
3	Shawn Kmetz, M38	Cedar Rapids, IA	21:26	6:54/M	21:25	6:54/M
4	Rob Jongquist, M38	Palo, IA	38:58	12:33/M	38:45	12:28/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	Katie Gaffney, F33	Marion, IA	22:55	7:22/M	22:49	7:21/M
2	DeShauna Jones, F35	Cedar Rapids, IA	24:10	7:47/M	24:07	7:46/M
3	Kara Nordberg, F38	Palo, IA	41:46	13:27/M	41:37	13:24/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	Eric Van Kerckhove, M42	Palo, IA	21:15	6:50/M	21:13	6:50/M
2	Eric Silbaugh, M44	IA	23:05	7:26/M	23:02	7:25/M
3	Chris Nims, M42	Cedar Rapids, IA	23:41	7:37/M	23:39	7:37/M
4	Nicholas Scott, M42	Marion, IA	25:49	8:18/M	25:44	8:17/M
5	Joseph Nguyen, M41	Cedar Rapids, IA	33:18	10:43/M	33:13	10:42/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	Kelly Draper, F41	Marion, IA	27:24	8:49/M	27:15	8:46/M
2	Sarah Scott, F41	Marion, IA	32:02	10:19/M	31:49	10:14/M
3	Jennifer Campbell, F44	IA	32:08	10:20/M	32:02	10:19/M

4	Heather Nguyen, F40	Cedar Rapids, IA	33:18	10:43/M	33:14	10:42/M
5	Kendra Aarhus, F40	Palo, IA	34:56	11:15/M	34:50	11:13/M
6	Jill Scheckel, F40	Palo, IA	1:02:27	20:06/M	1:02:17	20:03/M

M[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	Jeffrey Nietert, M58	Toddville, IA	19:07	6:09/M	19:05	6:09/M
2	Dan Balvin, M54	IA	21:53	7:03/M	21:51	7:02/M
3	Mark Heffernen, M53	Palo, IA	22:08	7:08/M	22:07	7:07/M
4	Andres Fajardo Hill, M56	Iowa City, IA	22:24	7:12/M	22:20	7:11/M
5	Horacio Olivo, M57	Iowa City, IA	22:31	7:15/M	22:28	7:14/M
6	Craig Brophy, M58	Cedar Rapids, IA	23:24	7:32/M	23:22	7:31/M
7	Jim Dwyer, M58	Cedar Rapids, IA	23:36	7:36/M	23:33	7:35/M
8	Rick Robertson, M58	Shellsburg, IA	26:22	8:29/M	26:22	8:29/M
9	Tom McDonald, M55	Marion, IA	27:13	8:46/M	27:08	8:44/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	Jennifer Steadman, F50	Cedar Rapids, IA	23:52	7:41/M	23:50	7:40/M
2	Marsha Aspinall, F57	Cedar Rapids, IA	29:27	9:29/M	29:23	9:28/M
3	Becky Johnson, F59	Cedar Rapids, IA	37:58	12:13/M	37:50	12:11/M

M[60 & Over]

<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	Bob Strickland, M68	Cedar Rapids, IA	23:54	7:42/M	23:53	7:41/M
2	Tom Wolfe, M71	Cedar Rapids, IA	23:55	7:42/M	23:53	7:41/M
3	Tom Struve, M65	Palo, IA	28:41	9:14/M	28:36	9:12/M
4	John Leland, M83	Marion, IA	33:30	10:47/M	33:25	10:45/M
5	Philip Hackbardt, M70	Marion, IA	40:40	13:05/M	40:31	13:02/M
6	Mark Powers, M64	Cedar Rapids, IA	54:08	17:26/M	53:54	17:21/M
7	Harold Ingels, M78	IA	1:03:24	20:24/M	1:03:14	20:21/M

F[60 & Over]

<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	Diane Alsager, F60	Cedar Rapids, IA	30:18	9:45/M	30:13	9:43/M
2	Diane Marshall, F64	Center Point, IA	30:29	9:49/M	30:24	9:47/M
3	Lorelei Hackbardt, F67	Marion, IA	42:53	13:48/M	42:44	13:45/M
4	Deana Powers, F61	IA	54:09	17:26/M	53:56	17:22/M

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