

[45 K](#)[30 K](#)[15 K](#)[45K Relay](#)

PCTR *** 15K *** Overall & Divisions

Event: 15K

Date: Saturday, September 17, 2016

Location: Pleasant Creek Trail Run

Weather: Warm 70°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing Race Video [56:21](#) [1:56:11](#) [2:56:02](#) [3:55:51](#) Click On Your Name to see yourself cross the Finish line!

<u>Bib#</u>	<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>
73	1	1	1 OVM	Jeff Nietert, M55	Palo, IA	1:07:24	7:14/M	1:07:23	7:14/M
16	2	2	2 OVM	Greg Geimer, M22	Iowa City, IA	1:11:37	7:41/M	1:11:36	7:41/M
1	3	1	1 OVF	Kelsey Allbaugh, F25	Bettendorf, IA	1:12:08	7:44/M	1:12:07	7:44/M
77	4	3	3 OVM	Dean Schwickerath, M44	Readlyn, IA	1:14:05	7:57/M	1:14:04	7:57/M
79	5	4	1 M30	Jonathan Crandall, M35	Marion, IA	1:16:09	8:10/M	1:16:05	8:10/M
24	6	5	1 M 0	Matt Jasper, M26	Cedar Rapids, IA	1:17:27	8:19/M	1:17:25	8:18/M
88	7	6	2 M30	Wes Hilleshiem, M38	Marion, IA	1:17:43	8:20/M	1:17:38	8:20/M
85	8	7	1 M46	Jeff Woods, M47	Coggon, IA	1:18:21	8:24/M	1:18:17	8:24/M
41	9	2	2 OVF	Lisa Neher, F31	Cedar Rapids, IA	1:19:25	8:31/M	1:19:22	8:31/M
49	10	8	2 M 0	Jake Reed, M29	Janesville, IA	1:22:04	8:48/M	1:21:50	8:47/M
89	11	3	3 OVF	Stacy Purnell, F30	Moline, IL	1:22:13	8:49/M	1:22:07	8:49/M
31	12	9	2 M46	John Kromminga, M52	Grimes, IA	1:23:03	8:55/M	1:22:59	8:54/M
57	13	4	1 F30	Amber Sheeley, F36	Solon, IA	1:23:04	8:55/M	1:22:36	8:52/M
14	14	10	3 M30	Andrew Engelken, M33	Marion, IA	1:26:28	9:17/M	1:26:17	9:15/M
37	15	5	1 F46	Monica Meeker, F48	Mount Vernon, IA	1:26:53	9:19/M	1:26:49	9:19/M
69	16	11	4 M30	Nathan Williams, M36	Cedar Rapids, IA	1:28:45	9:31/M	1:28:32	9:30/M
26	17	6	2 F30	Shilo Jones, F42	Cedar Rapids, IA	1:29:13	9:34/M	1:29:08	9:34/M

61	18	12	3 M46	Ted Smith, M49	Cedar Rapids, IA	1:30:17	9:41/M	1:30:07	9:40/M
80	19	7	3 F30	Amy Bergstrom, F34	Swisher, IA	1:31:00	9:46/M	1:30:47	9:44/M
38	20	8	4 F30	Tiffany Miller, F39	Cedar Rapids, IA	1:31:24	9:48/M	1:31:14	9:47/M
7	21	13	4 M46	Craig Brophy, M55	Cedar Rapids, IA	1:31:28	9:49/M	1:31:26	9:49/M
72	22	14	5 M30	Ryan Donkersloot, M37	Toddville, IA	1:33:26	10:01/M	1:32:48	9:57/M
46	23	15	6 M30	Marlon Pineda, M36	Cedar Rapids, IA	1:33:52	10:04/M	1:33:43	10:03/M
58	24	16	5 M46	James Shell, M57	Cedar Rapids, IA	1:34:24	10:08/M	1:34:13	10:07/M
63	25	9	2 F46	Cathy Steines, F47	Mt. Vernon, IA	1:34:47	10:10/M	1:34:42	10:10/M
71	26	10	3 F46	Debby Hildebrand, F54	Hiawatha, IA	1:35:03	10:12/M	1:34:58	10:11/M
65	27	11	1 F 0	Jenna Strub, F29	Dubuque, IA	1:35:09	10:13/M	1:34:51	10:11/M
55	28	17	7 M30	Melvin Scoville, M44	Cedar Rapids, IA	1:35:23	10:14/M	1:35:11	10:13/M
18	29	18	8 M30	Shawn Goudy, M43	Cedar Rapids, IA	1:35:54	10:17/M	1:35:36	10:15/M
25	30	12	4 F46	Kelly Jensen, F46	Toddville, IA	1:37:53	10:30/M	1:37:47	10:30/M
51	31	13	5 F30	Stephanie Reynolds, F40	Cedar Rapids, IA	1:38:22	10:33/M	1:38:07	10:32/M
75	32	19	9 M30	Jon Archer, M32	Marion, IA	1:39:42	10:42/M	1:39:40	10:42/M
86	33	14	5 F46	Dale Finnegan, F53	Waukee, IA	1:40:22	10:46/M	1:40:15	10:45/M
43	34	20	3 M 0	Kinnick Nims, M11	Robins, IA	1:41:15	10:52/M	1:41:11	10:51/M
76	35	15	6 F30	Mariah Hurley, F39	Cedar Rapids, IA	1:42:56	11:03/M	1:42:52	11:02/M
59	36	21	6 M46	John Skaar, M48	Cedar Falls, IA	1:44:44	11:14/M	1:44:36	11:13/M
48	37	16	6 F46	Jody Rausch, F47	Robins, IA	1:45:19	11:18/M	1:45:07	11:17/M
32	38	17	2 F 0	Sandra Kromminga, F19	Grimes, IA	1:45:37	11:20/M	1:45:34	11:20/M
20	39	18	7 F46	Diane Hagarty, F53	Cedar Rapids, IA	1:46:01	11:22/M	1:45:55	11:22/M
17	40	22	4 M 0	Mark Gill, M27	Waterloo, IA	1:46:32	11:26/M	1:46:20	11:25/M
22	41	23	10 M30	Luke Hartmann, M34	Dubuque, IA	1:46:50	11:28/M	1:46:32	11:26/M
2	42	24	7 M46	Terry Arnold, M61	Cedar Rapids, IA	1:47:19	11:31/M	1:47:11	11:30/M
21	43	25	11 M30	Thomas Harbaugh, M41	Bettendorf, IA	1:49:21	11:44/M	1:49:04	11:42/M

47	44	26	12 M30	Dustin Rahe, M38	Palo, IA	1:50:46	11:53/M	1:50:40	11:52/M
66	45	19	7 F30	Amy Tersinar, F43	Marion, IA	1:52:03	12:01/M	1:51:57	12:01/M
6	46	27	8 M46	Troy Brehm, M51	Durango, IA	1:52:04	12:01/M	1:51:47	12:00/M
53	47	20	8 F46	Deb Schulte, F47	Cedar Rapids, IA	1:52:04	12:01/M	1:51:58	12:01/M
28	48	28	13 M30	Josh Juehring, M36	Marion, IA	1:52:45	12:06/M	1:52:24	12:04/M
36	49	29	9 M46	Mark McElmeel, M47	Cedar Rapids, IA	1:55:47	12:25/M	1:55:39	12:24/M
78	50	30	14 M30	Ara Ispentchian, M43	Cedar Rapids, IA	1:56:13	12:28/M	1:56:04	12:27/M
50	51	21	3 F 0	Katie Reed, F29	College Station, TX	1:57:06	12:34/M	1:56:51	12:32/M
23	52	22	8 F30	Sarah Hefflefinger, F36	Anamosa, IA	1:57:16	12:35/M	1:57:01	12:33/M
33	53	23	9 F30	Jennifer Larson, F33	Lincoln, NE	1:57:26	12:36/M	1:57:12	12:34/M
4	54	24	9 F46	Sheila Benson, F47	Cedar Falls, IA	1:58:07	12:40/M	1:57:53	12:39/M
10	55	25	10 F30	Jodie Carlson, F31	Marion, IA	1:59:04	12:47/M	1:58:48	12:45/M
9	56	31	15 M30	Chris Carlson, M31	Marion, IA	1:59:05	12:47/M	1:58:49	12:45/M
56	57	26	10 F46	Rhonda Sellner, F47	Swisher, IA	2:00:00	12:52/M	1:59:39	12:50/M
27	58	27	11 F30	Connie Joylani, F44	Waterloo, IA	2:00:04	12:53/M	1:59:52	12:52/M
67	59	28	12 F30	Jackie Wagner, F41	Cedar Rapids, IA	2:01:28	13:02/M	2:01:16	13:01/M
84	60	29	11 F46	Anne Hennessey, F49	Cedar Falls, IA	2:02:02	13:06/M	2:01:48	13:04/M
8	61	30	12 F46	Lois Cahill, F57	Lisbon, IA	2:08:31	13:47/M	2:08:19	13:46/M
62	62	31	13 F30	Laura Spillman, F36	Iowa City, IA	2:09:15	13:52/M	2:08:57	13:50/M
34	63	32	14 F30	Regina Malaska, F36	Vinton, IA	2:12:01	14:10/M	2:11:47	14:08/M
82	64	33	15 F30	Kim McSheehy, F45	Omaha, NE	2:16:56	14:41/M	2:16:39	14:40/M
54	65	34	4 F 0	Lily Schwickerath, F10	Readlyn, IA	2:16:57	14:42/M	2:16:48	14:41/M
90	66	35	5 F 0	Jolie Wilkinson, F29	Mount Pleasant, IA	2:19:54	15:01/M	2:19:36	14:59/M
29	67	36	13 F46	Rhonda Juehring, F60	Marion, IA	2:22:57	15:20/M	2:22:35	15:18/M

30	68	32	10 M46	Steve Juehring, M63	Marion, IA	2:22:58	15:20/M	2:22:37	15:18/M
40	69	37	14 F46	Shawn Naeve, F54	Alburnett, IA	2:23:17	15:22/M	2:23:07	15:21/M
13	70	33	11 M46	Thomas Davis, M49	Ankeny, IA	2:43:54	17:35/M	2:43:39	17:33/M
12	71	38	6 F 0	Katie Davis, F24	Ankeny, IA	2:43:54	17:35/M	2:43:39	17:34/M
35	72	39	7 F 0	Jaime McBride, F28	Ankeny, IA	2:43:55	17:35/M	2:43:40	17:34/M
81	73	40	16 F30	Alina Borkowski, F31	Omaha, NE	2:45:00	17:42/M	2:44:41	17:40/M
64	74	41	17 F30	Beth Streeter, F45	Walker, IA	3:00:52	19:24/M	3:00:31	19:22/M
83	75	42	18 F30	Jaclyn Smith, F39	Omaha, NE	3:03:54	19:44/M	3:03:34	19:42/M
3	76	43	19 F30	Sheryl Becker, F39	Marion, IA	3:07:43	20:08/M	3:07:33	20:07/M
52	77	44	15 F46	Karen Sackett, F50	Waverly, IA	3:08:12	20:12/M	3:08:01	20:10/M
45	78	45	20 F30	Jaclyn Nowotny, F38	North Liberty, IA	3:08:28	20:13/M	3:08:15	20:12/M

Overall and Age Divisions

Overall Male

<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	Jeff Nietert, M55	Palo, IA	1:07:24	7:14/M	1:07:23	7:14/M
2	Greg Geimer, M22	Iowa City, IA	1:11:37	7:41/M	1:11:36	7:41/M
3	Dean Schwickerath, M44	Readlyn, IA	1:14:05	7:57/M	1:14:04	7:57/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	Kelsey Allbaugh, F25	Bettendorf, IA	1:12:08	7:44/M	1:12:07	7:44/M
2	Lisa Neher, F31	Cedar Rapids, IA	1:19:25	8:31/M	1:19:22	8:31/M
3	Stacy Purnell, F30	Moline, IL	1:22:13	8:49/M	1:22:07	8:49/M

M[29 & 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	Matt Jasper, M26	Cedar Rapids, IA	1:17:27	8:19/M	1:17:25	8:18/M
2	Jake Reed, M29	Janesville, IA	1:22:04	8:48/M	1:21:50	8:47/M
3	Kinnick Nims, M11	Robins, IA	1:41:15	10:52/M	1:41:11	10:51/M
4	Mark Gill, M27	Waterloo, IA	1:46:32	11:26/M	1:46:20	11:25/M

F[29 & Under]

<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	Jenna Strub, F29	Dubuque, IA	1:35:09	10:13/M	1:34:51	10:11/M
2	Sandra Kromminga, F19	Grimes, IA	1:45:37	11:20/M	1:45:34	11:20/M
3	Katie Reed, F29	College Station, TX	1:57:06	12:34/M	1:56:51	12:32/M
4	Lily Schwickerath, F10	Readlyn, IA	2:16:57	14:42/M	2:16:48	14:41/M
5	Jolie Wilkinson, F29	Mount Pleasant, IA	2:19:54	15:01/M	2:19:36	14:59/M
6	Katie Davis, F24	Ankeny, IA	2:43:54	17:35/M	2:43:39	17:34/M
7	Jaime McBride, F28	Ankeny, IA	2:43:55	17:35/M	2:43:40	17:34/M

M[30-45]

<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	Jonathan Crandall, M35	Marion, IA	1:16:09	8:10/M	1:16:05	8:10/M
2	Wes Hillehiem, M38	Marion, IA	1:17:43	8:20/M	1:17:38	8:20/M
3	Andrew Engelken, M33	Marion, IA	1:26:28	9:17/M	1:26:17	9:15/M
4	Nathan Williams, M36	Cedar Rapids, IA	1:28:45	9:31/M	1:28:32	9:30/M
5	Ryan Donkersloot, M37	Toddville, IA	1:33:26	10:01/M	1:32:48	9:57/M
6	Marlon Pineda, M36	Cedar Rapids, IA	1:33:52	10:04/M	1:33:43	10:03/M
7	Melvin Scoville, M44	Cedar Rapids, IA	1:35:23	10:14/M	1:35:11	10:13/M
8	Shawn Goudy, M43	Cedar Rapids, IA	1:35:54	10:17/M	1:35:36	10:15/M
9	Jon Archer, M32	Marion, IA	1:39:42	10:42/M	1:39:40	10:42/M
10	Luke Hartmann, M34	Dubuque, IA	1:46:50	11:28/M	1:46:32	11:26/M
11	Thomas Harbaugh, M41	Bettendorf, IA	1:49:21	11:44/M	1:49:04	11:42/M
12	Dustin Rahe, M38	Palo, IA	1:50:46	11:53/M	1:50:40	11:52/M
13	Josh Juehring, M36	Marion, IA	1:52:45	12:06/M	1:52:24	12:04/M
14	Ara Ispentchian, M43	Cedar Rapids, IA	1:56:13	12:28/M	1:56:04	12:27/M
15	Chris Carlson, M31	Marion, IA	1:59:05	12:47/M	1:58:49	12:45/M

F[30-45]

<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	Amber Sheeley, F36	Solon, IA	1:23:04	8:55/M	1:22:36	8:52/M
2	Shilo Jones, F42	Cedar Rapids, IA	1:29:13	9:34/M	1:29:08	9:34/M
3	Amy Bergstrom, F34	Swisher, IA	1:31:00	9:46/M	1:30:47	9:44/M
4	Tiffany Miller, F39	Cedar Rapids, IA	1:31:24	9:48/M	1:31:14	9:47/M
5	Stephanie Reynolds, F40	Cedar Rapids, IA	1:38:22	10:33/M	1:38:07	10:32/M
6	Mariah Hurley, F39	Cedar Rapids, IA	1:42:56	11:03/M	1:42:52	11:02/M
7	Amy Tersinar, F43	Marion, IA	1:52:03	12:01/M	1:51:57	12:01/M
8	Sarah Hefflefinger, F36	Anamosa, IA	1:57:16	12:35/M	1:57:01	12:33/M
9	Jennifer Larson, F33	Lincoln, NE	1:57:26	12:36/M	1:57:12	12:34/M
10	Jodie Carlson, F31	Marion, IA	1:59:04	12:47/M	1:58:48	12:45/M
11	Connie Joylani, F44	Waterloo, IA	2:00:04	12:53/M	1:59:52	12:52/M
12	Jackie Wagner, F41	Cedar Rapids, IA	2:01:28	13:02/M	2:01:16	13:01/M
13	Laura Spillman, F36	Iowa City, IA	2:09:15	13:52/M	2:08:57	13:50/M

14	Regina Malaska, F36	Vinton, IA	2:12:01	14:10/M	2:11:47	14:08/M
15	Kim McSheehy, F45	Omaha, NE	2:16:56	14:41/M	2:16:39	14:40/M
16	Alina Borkowski, F31	Omaha, NE	2:45:00	17:42/M	2:44:41	17:40/M
17	Beth Streeter, F45	Walker, IA	3:00:52	19:24/M	3:00:31	19:22/M
18	Jaclyn Smith, F39	Omaha, NE	3:03:54	19:44/M	3:03:34	19:42/M
19	Sheryl Becker, F39	Marion, IA	3:07:43	20:08/M	3:07:33	20:07/M
20	Jaclyn Nowotny, F38	North Liberty, IA	3:08:28	20:13/M	3:08:15	20:12/M

M[46 & 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	Jeff Woods, M47	Coggon, IA	1:18:21	8:24/M	1:18:17	8:24/M
2	John Kromminga, M52	Grimes, IA	1:23:03	8:55/M	1:22:59	8:54/M
3	Ted Smith, M49	Cedar Rapids, IA	1:30:17	9:41/M	1:30:07	9:40/M
4	Craig Brophy, M55	Cedar Rapids, IA	1:31:28	9:49/M	1:31:26	9:49/M
5	James Shell, M57	Cedar Rapids, IA	1:34:24	10:08/M	1:34:13	10:07/M
6	John Skaar, M48	Cedar Falls, IA	1:44:44	11:14/M	1:44:36	11:13/M
7	Terry Arnold, M61	Cedar Rapids, IA	1:47:19	11:31/M	1:47:11	11:30/M
8	Troy Brehm, M51	Durango, IA	1:52:04	12:01/M	1:51:47	12:00/M
9	Mark McElmeel, M47	Cedar Rapids, IA	1:55:47	12:25/M	1:55:39	12:24/M
10	Steve Juehring, M63	Marion, IA	2:22:58	15:20/M	2:22:37	15:18/M
11	Thomas Davis, M49	Ankeny, IA	2:43:54	17:35/M	2:43:39	17:33/M

F[46 & 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	Monica Meeker, F48	Mount Vernon, IA	1:26:53	9:19/M	1:26:49	9:19/M
2	Cathy Steines, F47	Mt. Vernon, IA	1:34:47	10:10/M	1:34:42	10:10/M
3	Debby Hildebrand, F54	Hiawatha, IA	1:35:03	10:12/M	1:34:58	10:11/M
4	Kelly Jensen, F46	Toddville, IA	1:37:53	10:30/M	1:37:47	10:30/M
5	Dale Finnegan, F53	Waukee, IA	1:40:22	10:46/M	1:40:15	10:45/M
6	Jody Rausch, F47	Robins, IA	1:45:19	11:18/M	1:45:07	11:17/M
7	Diane Hagarty, F53	Cedar Rapids, IA	1:46:01	11:22/M	1:45:55	11:22/M
8	Deb Schultejan, F47	Cedar Rapids, IA	1:52:04	12:01/M	1:51:58	12:01/M
9	Sheila Benson, F47	Cedar Falls, IA	1:58:07	12:40/M	1:57:53	12:39/M
10	Rhonda Sellner, F47	Swisher, IA	2:00:00	12:52/M	1:59:39	12:50/M
11	Anne Hennessey, F49	Cedar Falls, IA	2:02:02	13:06/M	2:01:48	13:04/M
12	Lois Cahill, F57	Lisbon, IA	2:08:31	13:47/M	2:08:19	13:46/M
13	Rhonda Juehring, F60	Marion, IA	2:22:57	15:20/M	2:22:35	15:18/M
14	Shawn Naeve, F54	Alburnett, IA	2:23:17	15:22/M	2:23:07	15:21/M
15	Karen Sackett, F50	Waverly, IA	3:08:12	20:12/M	3:08:01	20:10/M

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