

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

## Pleasant Creek Trail Run 2020

### Palo, IA

PCTR \*\*\* 45K \*\*\*

Event: 45K

Date: Saturday, November 14, 2020

Location: Palo

Weather: Rainy 40°

[Overall and Age Divisions](#)

### Results By: On The Run Race Timing

<u>Bib#</u>	<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>15K</u>	<u>30k</u>	<u>Finish</u>	<u>Chip Time</u>	<u>Pace mpm</u>
16	1	1	1 OVM	Cory Logsdon, M32	Omaha, NE	1:07:49	1:06:26	1:01:21	3:15:36.11	7:00/M
10	2	2	2 OVM	Scott Gall, M46	Cedar Falls, IA	1:07:49	1:06:29	1:08:26	3:22:43.80	7:15/M
29	3	3	3 OVM	Bryan Rutledge, M32	Cedar Falls, IA	1:09:05	1:11:58	1:21:47	3:42:49.65	7:58/M
35	4	4	1 M30	Khris Vickroy, M45	Iowa City, IA	1:11:15	1:15:24	1:20:57	3:47:34.85	8:08/M
15	5	5	1 M46	Terry Kruse, M53	Clive, IA	1:13:59	1:16:45	1:20:42	3:51:25.82	8:16/M
38	6	6	2 M46	Barry Breffle, M50	Cedar Rapids, IA	1:18:55	1:19:08	1:18:58	3:57:01.03	8:28/M
22	7	7	1 M 0	Kyle Mueller, M29	Des Moines, IA	1:15:30	1:18:35	1:32:16	4:06:21.16	8:48/M
18	8	1	1 OVF	Bridgette Mahlstedt, F25	Cedar Falls, IA	1:22:51	1:23:34	1:33:12	4:19:38.13	9:17/M
34	9	2	2 OVF	Mary Toohill, F53	Davenport, IA	1:25:03	1:26:13	1:31:43	4:22:57.67	9:24/M
2	10	8	2 M30	John Anderson, M37	Cedar Falls, IA	1:22:40	1:25:49	1:36:04	4:24:33.13	9:27/M
26	11	9	3 M30	Jesse Reinhardt, M42	Cedar Falls, IA	1:24:45	1:26:00	1:41:09	4:31:53.58	9:43/M
17	12	10	4 M30	Adam Lyons, M34	Davenport, IA	1:18:53	1:28:22	1:48:09	4:35:24.59	9:51/M
6	13	11	3 M46	David Callison, M61	Ventura, IA	1:30:18	1:31:05	1:39:00	4:40:22.50	10:01/M
27	14	12	5 M30	Eric Roby, M41	Marion, IA	1:22:56	1:29:32	1:48:18	4:40:45.31	10:02/M
25	15	13	4 M46	Bryan Powers, M52	Iowa City, IA	1:29:25	1:35:11	1:37:50	4:42:25.09	10:06/M
5	16	14	6 M30	Leo Buzalsky, M36	Cedar Rapids, IA	1:24:50	1:29:08	1:49:49	4:43:46.97	10:09/M
4	17	15	5 M46	Steven Burrell, M52	New Hartford, IA	1:29:56	1:32:39	1:41:39	4:44:14.62	10:10/M
37	18	16	7 M30	Matt Winiski, M36	North Liberty, IA	1:35:10	1:41:41	1:43:59	5:00:50.56	10:45/M
36	19	3	3 OVF	Danielle Wangness, F42	Cedar Rapids, IA	1:35:13	1:41:43	1:43:58	5:00:54.01	10:45/M

19	20	17	6 M46	Ron Martin, M64	Cedar Falls, IA	1:34:11	1:40:21	1:50:15	5:04:47.39	10:54/M
9	21	18	7 M46	David Fischer, M57	Robins, IA	1:35:15	1:41:42	1:48:36	5:05:33.43	10:55/M
30	22	4	1 F30	Larissa Schwartz, F35	Iowa City, IA	1:39:15	1:53:11	2:00:17	5:32:43.03	11:54/M
3	23	19	2 M 0	Cameron Bunch, M19	Marion, IA	1:28:23	1:42:32	2:22:43	5:33:36.97	11:56/M
11	24	5	2 F30	Tiffany Gunhus, F40	Washburn, IA	1:36:50	1:54:46	2:15:09	5:46:44.61	12:24/M
7	25	20	8 M46	Tim Delawder, M53	Lombard, IL	1:43:24	1:53:33	2:11:03	5:48:00.05	12:26/M
32	26	6	1 F46	Jennifer Steadman, F51	Shellsburg, IA	1:43:29	2:00:52	2:09:07	5:53:27.33	12:38/M
12	27	21	9 M46	Steve Hagarty, M60	Cedar Rapids, IA	1:44:14	1:57:50	2:15:16	5:57:20.14	12:46/M
13	28	22	3 M 0	Ben Hansen, M15	Johnston, IA	1:33:09	1:59:01	2:41:24	6:13:33.69	13:21/M
33	29	7	3 F30	Eileen Yi Ni Tan, F32	Davenport, IA	1:52:55	2:04:07	2:17:21	6:14:23.41	13:23/M
1	30	23	10 M46	Glen Anderson, M54	Kents Store, VA	2:00:28	2:11:31	2:28:41	6:40:40.10	14:19/M
23	31	8	2 F46	Karen Murray, F54	Mamaroneck, NY	2:01:00	2:11:39	2:28:02	6:40:40.25	14:19/M
20	32	9	4 F30	Sarah McGrath, F42	Casnovia, MI	2:31:25	2:42:33	2:18:40	7:32:38.73	16:11/M

## Overall and Age Divisions

### Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>15K</u>	<u>30k</u>	<u>Finish Chip Time</u>	<u>Pace mpm</u>
1	Cory Logsdon, M32	Omaha, NE	1:07:49	1:06:26	1:01:21 3:15:36.11	7:00/M
2	Scott Gall, M46	Cedar Falls, IA	1:07:49	1:06:29	1:08:26 3:22:43.80	7:15/M
3	Bryan Rutledge, M32	Cedar Falls, IA	1:09:05	1:11:58	1:21:47 3:42:49.65	7:58/M

### Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>15K</u>	<u>30k</u>	<u>Finish Chip Time</u>	<u>Pace mpm</u>
1	Bridgette Mahlstedt, F25	Cedar Falls, IA	1:22:51	1:23:34	1:33:12 4:19:38.13	9:17/M
2	Mary Toohill, F53	Davenport, IA	1:25:03	1:26:13	1:31:43 4:22:57.67	9:24/M
3	Danielle Wangsness, F42	Cedar Rapids, IA	1:35:13	1:41:43	1:43:58 5:00:54.01	10:45/M

### M[29 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>15K</u>	<u>30k</u>	<u>Finish Chip Time</u>	<u>Pace mpm</u>
1	Kyle Mueller, M29	Des Moines, IA	1:15:30	1:18:35	1:32:16 4:06:21.16	8:48/M
2	Cameron Bunch, M19	Marion, IA	1:28:23	1:42:32	2:22:43 5:33:36.97	11:56/M
3	Ben Hansen, M15	Johnston, IA	1:33:09	1:59:01	2:41:24 6:13:33.69	13:21/M

### F[29 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>15K</u>	<u>30k</u>	<u>Finish Chip Time</u>	<u>Pace mpm</u>
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