

Run the Ripple *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Sunday, May 19, 2013

Location: Squaw Creek Park, Marion, IA

Weather: Overcast, Wind SE 15-25 mph 68°

Overall and Age Divisions

Results By: 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	Wes Hilleshiem, M35	Marion, IA	19:55	6:24/M
2	2	2 OVM	Christopher Nims, M36	Robins, IA	21:09	6:48/M
3	3	3 OVM	Kyle Pasker, M11	Cedar Rapids, IA	24:32	7:53/M
4	1	1 OVF	Jaime Busey, F31	Cedar Rapids, IA	24:55	8:01/M
5	4	1 M40	John Atkinson, M40	Marion, IA	26:23	8:29/M
6	5	1 M30	Ben Roberts, M33	Dubuque, IA	26:44	8:36/M
7	2	2 OVF	Stephanie Prochaska, F36	Cedar Rapids, IA	26:49	8:38/M
8	6	2 M30	Joshua Stoos, M30	Cedar Rapids, IA	28:31	9:10/M
9	7	1 JRM	Alex Prochaska, M11	Cedar Rapids, IA	29:40	9:33/M
10	3	3 OVF	Christie Andrews, F25	Marion, IA	29:58	9:38/M
11	4	1 F15	Jessica Arebaugh, F19	Marion, IA	30:42	9:53/M
12	5	1 F30	Kassie Docker, F30	Cedar Rapids, IA	31:12	10:02/M
13	6	2 F30	Brandy McDonough, F39	Cedar Rapids, IA	32:10	10:21/M
14	7	2 F15	Megan Mohon, F19	North Liberty, IA	32:57	10:36/M
15	8	2 JRM	Jacob Fridinger, M10	Marion, IA	34:10	11:00/M
16	8	3 F30	Radie Roberts, F32	Dubuque, IA	34:46	11:11/M
17	9	3 JRM	Shaw McDonough, M11	Cedar Rapids, IA	36:18	11:41/M
18	10	3 M30	Ryan Scott, M31	Cedar Rapids, IA	36:55	11:53/M
19	9	1 F20	Jessica Gahring, F29	Cedar Rapids, IA	36:55	11:53/M
20	10	4 F30	Paula Bahl, F34	Marion, IA	38:42	12:27/M
21	11	5 F30	Maren Sullivan, F37	Cedar Rapids, IA	38:42	12:27/M

22	12	6 F30	Kristie Bixler, F32	Lisbon, IA	39:01	12:33/M
23	11	4 M30	John Bixler, M33	Lisbon, IA	39:02	12:34/M
24	13	7 F30	Jennifer Frana, F30	Fayette, IA	39:41	12:46/M
25	12	1 M50	Michael Trosky, M56	Cedar Rapids, IA	39:44	12:47/M
26	13	2 M50	Tom Hoffman, M55	Cedar Rapids, IA	40:37	13:04/M
27	14	1 M60	Tom King, M60	Cedar Rapids, IA	40:38	13:04/M
28	15	1 M15	Nathan McDonough, M18	Cedar Rapids, IA	41:40	13:24/M
29	14	1 F50	Suzanne McDonough, F51	Iowa, IA	43:04	13:51/M
30	15	3 F15	Ashley Anderson, F17	Iowa, IA	43:16	13:55/M
31	16	1 F40	Kristina Kremer, F45	Vinton, IA	43:43	14:04/M
32	16	2 M15	Dallas McDonough, M18	Iowa, IA	44:06	14:11/M
33	17	8 F30	Meghan Davis, F34	Maryville, MO	45:23	14:36/M
34	18	2 F20	Candace Stoops, F28	Cedar Rapids, IA	45:52	14:45/M
35	19	2 F40	Karin Moore, F45	Cedar Rapids, IA	46:04	14:49/M
36	17	5 M30	Michael Murphy, M31	Hiawatha, IA	46:06	14:50/M
37	18	4 JRM	Carson McDonough, M5	Cedar Rapids, IA	46:08	14:50/M
38	19	2 M40	Chris McDonough, M40	Cedar Rapids, IA	46:09	14:51/M
39	20	3 M40	Chad McDonough, M43	Cedar Rapids, IA	46:11	14:51/M
40	20	4 F15	Allison Fridinger, F17	Marion, IA	46:20	14:55/M
41	21	1 JRF	Riley Fridinger, F13	Marion, IA	46:21	14:55/M
42	22	3 F20	Kalyn Wheatley, F24	Tiffin, IA	46:40	15:01/M
43	23	2 F50	Natalie Thomas, F55	Fairfax, IA	46:40	15:01/M
44	24	3 F40	Mbalu Madelene, F42	Cedar Rapids, IA	47:27	15:16/M
45	21	6 M30	Nick Bronson, M38	Cedar Rapids, IA	48:05	15:28/M
46	22	5 JRM	Carter Bronson, M7	Cedar Rapids, IA	48:05	15:28/M
47	25	9 F30	Shannon Starch, F31	Lisbon, IA	48:21	15:33/M
48	23	3 M50	Joe Carolan, M52	Center Point, IA	51:00	16:25/M
49	26	3 F50	Tammy Carolan, F51	Center Point, IA	51:01	16:25/M
50	27	5 F15	Rachel Davis, F19	Marion, IA	52:05	16:46/M
51	28	6 F15	Lindsey Shriner, F19	Marion, IA	52:06	16:46/M
52	29	4 F20	Michelle Davis, F26	Cedar Rapids, IA	52:06	16:46/M
53	30	10 F30	Cana Caslavaka, F39	Cedar Rapids, IA	52:08	16:47/M
54	31	4 F50	Aldean Edwards, F53	Mt Vernon, IA	52:10	16:47/M
55	24	7 M30	Justin Caslavaka, M39	Cedar Rapids, IA	52:13	16:48/M
56	25	8 M30	Greg Edwards, M39	Mt Vernon, IA	52:13	16:48/M
57	26	9 M30	Jon Fridinger, M39	Marion, IA	52:34	16:55/M
58	32	11 F30	Shayna Fridinger, F39	Marion, IA	52:34	16:55/M
59	33	12 F30	Cassie Reinke, F31	Palo, IA	52:47	16:59/M
60	27	10 M30	Noah Daley, M31	Palo, IA	52:49	17:00/M
61	34	2 JRF	Molly McDonough, F13	Cedar Rapids, IA	53:22	17:10/M

62	35	3 JRF	Miranda Smith, F13	Cedar Rapids, IA	53:23	17:10/M
63	28	4 M40	Tom Pasker, M45	Cedar Rapids, IA	53:52	17:20/M
64	36	13 F30	Nicole O'Keefe, F34	Cedar Rapids, IA	53:57	17:22/M
65	29	4 M50	Craig McDonough, M51	Iowa, IA	53:59	17:22/M
66	37	1 F60	Charlene McDonough, F64	Cedar Rapids, IA	54:06	17:24/M
67	38	5 F50	Denise Martin, F55	Center Point, IA	54:41	17:36/M
68	39	4 F40	Joyce Miller, F46	Lisbon, IA	55:08	17:44/M
69	30	5 M40	Doug Hite, M46	Lisbon, IA	55:09	17:45/M
70	40	5 F40	Peggy Johnson, F49	Cedar Rapids, IA	56:51	18:17/M
71	41	14 F30	Liz Smith, F31	Cedar Rapids, IA	58:51	18:56/M
72	31	11 M30	Ben Smith, M39	Cedar Rapids, IA	59:00	18:59/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	Wes Hilleshiem, M35	Marion, IA	19:55	6:24/M
2	Christopher Nims, M36	Robins, IA	21:09	6:48/M
3	Kyle Pasker, M11	Cedar Rapids, IA	24:32	7:53/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jaime Busey, F31	Cedar Rapids, IA	24:55	8:01/M
2	Stephanie Prochaska, F36	Cedar Rapids, IA	26:49	8:38/M
3	Christie Andrews, F25	Marion, IA	29:58	9:38/M

M[14 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Alex Prochaska, M11	Cedar Rapids, IA	29:40	9:33/M
2	Jacob Fridinger, M10	Marion, IA	34:10	11:00/M
3	Shaw McDonough, M11	Cedar Rapids, IA	36:18	11:41/M
4	Carson McDonough, M5	Cedar Rapids, IA	46:08	14:50/M
5	Carter Bronson, M7	Cedar Rapids, IA	48:05	15:28/M

F[14 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Riley Fridinger, F13	Marion, IA	46:21	14:55/M
2	Molly McDonough, F13	Cedar Rapids, IA	53:22	17:10/M

3 Miranda Smith, F13 Cedar Rapids, IA 53:23 17:10/M

M[15-19]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Nathan McDonough, M18	Cedar Rapids, IA	41:40	13:24/M
2	Dallas McDonough, M18	Iowa, IA	44:06	14:11/M

F[15-19]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jessica Arebaugh, F19	Marion, IA	30:42	9:53/M
2	Megan Mohon, F19	North Liberty, IA	32:57	10:36/M
3	Ashley Anderson, F17	Iowa, IA	43:16	13:55/M
4	Allison Fridinger, F17	Marion, IA	46:20	14:55/M
5	Rachel Davis, F19	Marion, IA	52:05	16:46/M
6	Lindsey Shriner, F19	Marion, IA	52:06	16:46/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jessica Gahring, F29	Cedar Rapids, IA	36:55	11:53/M
2	Candace Stoos, F28	Cedar Rapids, IA	45:52	14:45/M
3	Kalyn Wheatley, F24	Tiffin, IA	46:40	15:01/M
4	Michelle Davis, F26	Cedar Rapids, IA	52:06	16:46/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Ben Roberts, M33	Dubuque, IA	26:44	8:36/M
2	Joshua Stoos, M30	Cedar Rapids, IA	28:31	9:10/M
3	Ryan Scott, M31	Cedar Rapids, IA	36:55	11:53/M
4	John Bixler, M33	Lisbon, IA	39:02	12:34/M
5	Michael Murphy, M31	Hiawatha, IA	46:06	14:50/M
6	Nick Bronson, M38	Cedar Rapids, IA	48:05	15:28/M
7	Justin Caslavaka, M39	Cedar Rapids, IA	52:13	16:48/M
8	Greg Edwards, M39	Mt Vernon, IA	52:13	16:48/M
9	Jon Fridinger, M39	Marion, IA	52:34	16:55/M
10	Noah Daley, M31	Palo, IA	52:49	17:00/M
11	Ben Smith, M39	Cedar Rapids, IA	59:00	18:59/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Kassie Docker, F30	Cedar Rapids, IA	31:12	10:02/M
2	Brandy McDonough, F39	Cedar Rapids, IA	32:10	10:21/M
3	Radie Roberts, F32	Dubuque, IA	34:46	11:11/M

4	Paula Bahl, F34	Marion, IA	38:42	12:27/M
5	Maren Sullivan, F37	Cedar Rapids, IA	38:42	12:27/M
6	Kristie Bixler, F32	Lisbon, IA	39:01	12:33/M
7	Jennifer Frana, F30	Fayette, IA	39:41	12:46/M
8	Meghan Davis, F34	Maryville, MO	45:23	14:36/M
9	Shannon Starch, F31	Lisbon, IA	48:21	15:33/M
10	Cana Caslavaka, F39	Cedar Rapids, IA	52:08	16:47/M
11	Shayna Fridinger, F39	Marion, IA	52:34	16:55/M
12	Cassie Reinke, F31	Palo, IA	52:47	16:59/M
13	Nicole O'Keefe, F34	Cedar Rapids, IA	53:57	17:22/M
14	Liz Smith, F31	Cedar Rapids, IA	58:51	18:56/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	John Atkinson, M40	Marion, IA	26:23	8:29/M
2	Chris McDonough, M40	Cedar Rapids, IA	46:09	14:51/M
3	Chad McDonough, M43	Cedar Rapids, IA	46:11	14:51/M
4	Tom Pasker, M45	Cedar Rapids, IA	53:52	17:20/M
5	Doug Hite, M46	Lisbon, IA	55:09	17:45/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Kristina Kremer, F45	Vinton, IA	43:43	14:04/M
2	Karin Moore, F45	Cedar Rapids, IA	46:04	14:49/M
3	Mbalu Madelene, F42	Cedar Rapids, IA	47:27	15:16/M
4	Joyce Miller, F46	Lisbon, IA	55:08	17:44/M
5	Peggy Johnson, F49	Cedar Rapids, IA	56:51	18:17/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Michael Trosky, M56	Cedar Rapids, IA	39:44	12:47/M
2	Tom Hoffman, M55	Cedar Rapids, IA	40:37	13:04/M
3	Joe Carolan, M52	Center Point, IA	51:00	16:25/M
4	Craig McDonough, M51	Iowa, IA	53:59	17:22/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Suzanne McDonough, F51	Iowa, IA	43:04	13:51/M
2	Natalie Thomas, F55	Fairfax, IA	46:40	15:01/M
3	Tammy Carolan, F51	Center Point, IA	51:01	16:25/M
4	Aldean Edwards, F53	Mt Vernon, IA	52:10	16:47/M
5	Denise Martin, F55	Center Point, IA	54:41	17:36/M

M[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Tom King, M60	Cedar Rapids, IA	40:38	13:04/M

F[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Charlene McDonough, F64	Cedar Rapids, IA	54:06	17:24/M

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