

SOS 5K *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Sunday, October 02, 2016

Location: Marion

Weather: Cool 60°

Overall and Age Divisions

Results By: On The Run Race Timing Race

Video [17:03](#) Click On Your Name to see yourself cross the Finish line!

<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 OVF	Micah Poellet, F13	Cedar Rapids, IA	19:43	6:21/M	19:43	6:21/M
2	1	1 OVM	Tom Daubs, M45	Marion, IA	20:19	6:32/M	20:19	6:32/M
3	2	1 M35	Wes Hilleshiem, M38	Marion, IA	20:46	6:41/M	20:42	6:40/M
4	3	1 M15	Bryce Poellet, M22	Cedar Rapids, IA	20:49	6:42/M	20:48	6:42/M
5	2	1 JRF	Olivia Hamblin, F14	Cedar Rapids, IA	20:52	6:43/M	20:52	6:43/M
6	4	1 M55	Craig Brophy, M55	Cedar Rapids, IA	22:25	7:13/M	22:24	7:13/M
7	5	1 M45	Mike Almasi, M49	Robins, IA	22:52	7:22/M	22:51	7:21/M
8	6	1 JRM	Nick Otoole, M14	Cedar Rapids, IA	23:12	7:28/M	23:10	7:27/M
9	3	1 F45	Wendy Nolan, F48	Wellman, IA	24:05	7:45/M	24:04	7:45/M
10	7	2 M45	Matt Poellet, M51	Cedar Rapids, IA	24:34	7:54/M	24:29	7:53/M
11	8	3 M45	Mark Jepsen, M53	Center Pt, IA	24:35	7:55/M	24:34	7:54/M
12	9	2 M15	Nathan Jennings, M15	Marion, IA	24:42	7:57/M	24:41	7:57/M
13	10	1 M25	Shawn Keating, M29	North Liberty, IA	24:42	7:57/M	24:39	7:56/M

14	4	2 JRF	Colette Carroll, F12	Cedar Rapids, IA	25:14	8:07/M	25:12	8:07/M
15	11	2 M35	Adam Hamblin, M41	Cedar Rapids, IA	25:56	8:21/M	25:56	8:21/M
16	12	2 JRM	Sean Carroll, M14	Cedar Rapids, IA	25:59	8:22/M	25:57	8:21/M
17	13	4 M45	Ron Otoole, M50	Cedar Rapids, IA	26:04	8:23/M	26:01	8:23/M
18	14	1 M65	Tom Kirkwood, M73	Dyersville, IA	27:36	8:53/M	27:32	8:52/M
19	15	5 M45	Lon Pluckhahn, M47	Marion, IA	28:16	9:06/M	28:14	9:05/M
20	5	2 F45	Jennifer Otoole, F46	Cedar Rapids, IA	29:01	9:20/M	28:58	9:20/M
21	16	2 M65	John Leland, M80	Marion, IA	29:04	9:21/M	29:00	9:20/M
22	17	3 JRM	Chris Otoole, M12	Cedar Rapids, IA	31:46	10:13/M	31:44	10:13/M
23	6	1 F55	Amy Keating, F57	Marion, IA	34:05	10:58/M	34:02	10:57/M
24	7	1 F25	Shelby Halligan, F25	Cedar Rapids, IA	35:18	11:22/M	35:16	11:21/M
25	8	3 F45	Natalie Poellet, F51	Cedar Rapids, IA	35:54	11:33/M	35:49	11:32/M
26	9	2 F55	Debby Prideaux, F62	Marion, IA	36:53	11:52/M	36:49	11:51/M
27	18	4 JRM	Colton Desilva, M4	Marion, IA	41:17	13:17/M	41:14	13:16/M
28	10	1 F35	Cari Desilva, F38	Marion, IA	41:24	13:19/M	41:21	13:18/M
29	19	3 M65	John Nolan, M68	Wellman, IA	42:58	13:50/M	42:51	13:48/M
30	11	4 F45	Kelly Colquhoun, F52	Cedar Rapids, IA	44:44	14:24/M	44:33	14:20/M
31	20	2 M55	Walt Colquhoun, M55	Cedar Rapids, IA	45:33	14:40/M	45:24	14:37/M
32	12	5 F45	Tammie Wodnik, F52	Marion, IA	45:34	14:40/M	45:28	14:38/M
33	21	3 M35	Darrin Keller, M44	Marion, IA	48:09	15:30/M	48:09	15:30/M
34	13	1 F65	Jacqueline Soukup, F68	Cedar Rapids, IA	56:02	18:02/M	56:02	18:02/M
35	22	4 M65	Dennis Beatty, M77	Cedar Rapids, IA	56:15	18:06/M	56:15	18:06/M
36	14	3 F55	Ann Grimm, F58	Marion, IA	1:03:00	20:17/M	1:02:48	20:13/M
37	15	4 F55	Mickie Sjullie, F56	Hiawatha, IA	1:03:24	20:24/M	1:03:15	20:22/M
38	16	2 F65	Jan Beals, F66	Robins, IA	1:03:25	20:25/M	1:03:15	20:22/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	Tom Daubs, M45	Marion, IA	20:19	6:32/M	20:19	6:32/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	Micah Poellet, F13	Cedar Rapids, IA	19:43	6:21/M	19:43	6:21/M

M[14 & 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	Nick Otoole, M14	Cedar Rapids, IA	23:12	7:28/M	23:10	7:27/M
2	Sean Carroll, M14	Cedar Rapids, IA	25:59	8:22/M	25:57	8:21/M
3	Chris Otoole, M12	Cedar Rapids, IA	31:46	10:13/M	31:44	10:13/M
4	Colton Desilva, M4	Marion, IA	41:17	13:17/M	41:14	13:16/M

F[14 & 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	Olivia Hamblin, F14	Cedar Rapids, IA	20:52	6:43/M	20:52	6:43/M
2	Colette Carroll, F12	Cedar Rapids, IA	25:14	8:07/M	25:12	8:07/M

M[15-24]

<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	Bryce Poellet, M22	Cedar Rapids, IA	20:49	6:42/M	20:48	6:42/M
2	Nathan Jennings, M15	Marion, IA	24:42	7:57/M	24:41	7:57/M

M[25-34]

<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	Shawn Keating, M29	North Liberty, IA	24:42	7:57/M	24:39	7:56/M

F[25-34]

<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	Shelby Halligan, F25	Cedar Rapids, IA	35:18	11:22/M	35:16	11:21/M

M[35-44]

<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>
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1	Wes Hilleshiem, M38	Marion, IA	20:46	6:41/M	20:42	6:40/M
2	Adam Hamblin, M41	Cedar Rapids, IA	25:56	8:21/M	25:56	8:21/M
3	Darrin Keller, M44	Marion, IA	48:09	15:30/M	48:09	15:30/M

F[35-44]

<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	Cari Desilva, F38	Marion, IA	41:24	13:19/M	41:21	13:18/M

M[45-54]

<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 Almasi, M49	Robins, IA	22:52	7:22/M	22:51	7:21/M
2	Matt Poellet, M51	Cedar Rapids, IA	24:34	7:54/M	24:29	7:53/M
3	Mark Jepsen, M53	Center Pt, IA	24:35	7:55/M	24:34	7:54/M
4	Ron Otoole, M50	Cedar Rapids, IA	26:04	8:23/M	26:01	8:23/M
5	Lon Pluckhahn, M47	Marion, IA	28:16	9:06/M	28:14	9:05/M

F[45-54]

<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	Wendy Nolan, F48	Wellman, IA	24:05	7:45/M	24:04	7:45/M
2	Jennifer Otoole, F46	Cedar Rapids, IA	29:01	9:20/M	28:58	9:20/M
3	Natalie Poellet, F51	Cedar Rapids, IA	35:54	11:33/M	35:49	11:32/M
4	Kelly Colquhoun, F52	Cedar Rapids, IA	44:44	14:24/M	44:33	14:20/M
5	Tammie Wodnik, F52	Marion, IA	45:34	14:40/M	45:28	14:38/M

M[55-64]

<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	Craig Brophy, M55	Cedar Rapids, IA	22:25	7:13/M	22:24	7:13/M
2	Walt Colquhoun, M55	Cedar Rapids, IA	45:33	14:40/M	45:24	14:37/M

F[55-64]

<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	Amy Keating, F57	Marion, IA	34:05	10:58/M	34:02	10:57/M
2	Debby Prideaux, F62	Marion, IA	36:53	11:52/M	36:49	11:51/M
3	Ann Grimm, F58	Marion, IA	1:03:00	20:17/M	1:02:48	20:13/M
4	Mickie Sjullie, F56	Hiawatha, IA	1:03:24	20:24/M	1:03:15	20:22/M

M[65 & 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	Tom Kirkwood, M73	Dyersville, IA	27:36	8:53/M	27:32	8:52/M
2	John Leland, M80	Marion, IA	29:04	9:21/M	29:00	9:20/M
3	John Nolan, M68	Wellman, IA	42:58	13:50/M	42:51	13:48/M
4	Dennis Beatty, M77	Cedar Rapids, IA	56:15	18:06/M	56:15	18:06/M

F[65 & 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	Jacqueline Soukup, F68	Cedar Rapids, IA	56:02	18:02/M	56:02	18:02/M
2	Jan Beals, F66	Robins, IA	1:03:25	20:25/M	1:03:15	20:22/M

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On The Run Race Timing
