

# Shamrock Shuffle \*\*\* 6.34K Run \*\*\* Overall & Divisions

[Event 3.17K results](#)

[Event 6.34K results](#)

Date: Saturday, March 11, 2017

Location: Iowa City

Weather: Cold 20°

## Overall and Age Divisions

**Results By: On The Run Race Timing Race**  
Video [10:06](#) 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>3.17</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	1	1 OVM	<a href="#">John Hackbarth, M34</a>	Cedar Rapids, IA	11:58	24:50	6:18/M	24:22	6:11/M
2	1	1 OVF	<a href="#">Emily Burmeister, F34</a>	Marion, IA	13:11	26:48	6:48/M	26:46	6:48/M
3	2	1 M20	<a href="#">Chance Morgan, M24</a>	Iowa City, IA	13:39	27:23	6:57/M	27:23	6:57/M
4	3	1 M30	<a href="#">Kyle Walker, M30</a>	Cedar Rapids, IA	13:55	27:34	7:00/M	27:32	6:59/M
5	4	1 M50	<a href="#">Eric Lockwood, M55</a>	Marion, IA	13:44	28:26	7:13/M	28:25	7:13/M
6	5	2 M50	<a href="#">Craig Brophy, M56</a>	Cedar Rapids, IA	14:17	29:05	7:23/M	29:04	7:23/M
7	6	1 M40	<a href="#">Jason Wilbur, M44</a>	Iowa City, IA	14:48	29:09	7:24/M	28:58	7:21/M
8	2	1 F40	<a href="#">Andrea Joyner, F42</a>	Marion, IA	14:32	29:29	7:29/M	29:28	7:29/M
9	7	2 M30	<a href="#">Brenton Thompson, M38</a>	Iowa City, IA	14:13	29:44	7:33/M	29:40	7:32/M
10	3	1 F20	<a href="#">Jessica Lehnhard, F23</a>	Iowa City, IA	14:58	30:02	7:37/M	30:01	7:37/M

11	8	3 M30	<a href="#">Ryan Lenger, M37</a>	Iowa City, IA	15:13	30:09	7:39/M	30:01	7:37/M
12	9	4 M30	<a href="#">Ryan Raftery, M35</a>	Cedar Rapids, IA	15:22	30:35	7:46/M	30:30	7:44/M
13	4	2 F20	<a href="#">Helen Offerman, F23</a>	Oswego, IL	15:04	30:45	7:48/M	30:33	7:45/M
14	10	2 M20	<a href="#">Larry Muse II, M22</a>	Coralville, IA	15:06	30:49	7:49/M	30:37	7:46/M
15	5	2 F40	<a href="#">Cathy Isley, F42</a>	Mediapolis, IA	16:03	31:46	8:04/M	31:44	8:03/M
16	11	1 M60	<a href="#">Tom Wolfe, M68</a>	Cedar Rapids, IA	15:32	32:08	8:09/M	32:06	8:09/M
17	6	1 F30	<a href="#">Melinda Slings, F37</a>	Palo, IA	15:53	32:08	8:09/M	32:04	8:08/M
18	12	5 M30	<a href="#">Benjamin Gates, M37</a>	Amana, IA	16:04	32:23	8:13/M	32:15	8:11/M
19	7	2 F30	<a href="#">Lynn Westfall, F37</a>	Coralville, IA	16:10	32:45	8:19/M	32:36	8:17/M
20	8	3 F30	<a href="#">Christa Daves, F36</a>	Iowa City, IA	16:21	33:07	8:24/M	33:04	8:24/M
21	13	3 M50	<a href="#">Ricardo Campos, M54</a>	Fairfax, IA	16:22	33:09	8:25/M	32:57	8:22/M
22	14	6 M30	<a href="#">Dan Sweeney, M35</a>	Iowa City, IA	16:21	33:17	8:27/M	33:11	8:25/M
23	15	2 M40	<a href="#">Chad Gammon, M44</a>	Cedar Rapids, IA	16:37	33:26	8:29/M	33:19	8:28/M
24	16	3 M40	<a href="#">Doug Slings, M40</a>	Palo, IA	16:50	33:54	8:36/M	33:50	8:35/M
25	17	2 M60	<a href="#">Warren Feerer, M66</a>	Cedar Rapids, IA	16:44	34:03	8:39/M	34:00	8:38/M
26	9	4 F30	<a href="#">Jennifer Starr, F35</a>	Mount Pleasant, IA	16:59	34:15	8:42/M	33:57	8:37/M
27	18	7 M30	<a href="#">Nate Wagler, M35</a>	Burlington, IA	17:19	34:35	8:47/M	34:17	8:42/M
28	10	5 F30	<a href="#">Allyson Schultz, F31</a>	Coralville, IA	17:22	34:43	8:49/M	34:33	8:46/M
29	11	3 F20	<a href="#">Jenna Albert, F24</a>	Cedar Rapids, IA	17:22	35:13	8:56/M	35:04	8:54/M
30	12	4 F20	<a href="#">Shannon Powers, F26</a>	Cedar Rapids, IA	17:52	35:35	9:02/M	35:24	8:59/M
31	13	6 F30	<a href="#">Angie Maske-Berka, F37</a>	Iowa City, IA	17:40	35:59	9:08/M	35:48	9:05/M
32	14	7 F30	<a href="#">Molly Fry, F38</a>	Marion, IA	18:12	36:48	9:20/M	36:42	9:19/M
33	15	8 F30	<a href="#">Traci Ridgway, F31</a>	Atkins, IA	18:12	36:48	9:20/M	36:42	9:19/M
34	16	3 F40	<a href="#">Michelle Clark, F44</a>	Coralville, IA	18:06	36:51	9:21/M	36:42	9:19/M
35	17	4 F40	<a href="#">Deb Wilbur, F44</a>	Iowa City, IA	18:09	37:00	9:24/M	36:50	9:21/M

36	18	9 F30	<a href="#">Sophia Dennis, F35</a>	Cedar Rapids, IA	18:23	37:02	9:24/M	36:49	9:21/M
37	19	8 M30	<a href="#">Warren Clarida, M34</a>	Iowa City, IA	18:23	37:02	9:24/M	36:50	9:21/M
38	19	5 F20	<a href="#">Aubrey Hepker, F26</a>	Cedar Rapids, IA	18:06	37:23	9:29/M	37:12	9:27/M
39	20	10 F30	<a href="#">Erin Sweeney, F35</a>	Iowa City, IA	18:51	37:30	9:31/M	37:24	9:30/M
40	21	11 F30	<a href="#">Brandy Netty, F35</a>	Cedar Rapids, IA	18:08	37:31	9:32/M	37:23	9:29/M
41	20	4 M50	<a href="#">Monty Beal, M54</a>	Coralville, IA	17:41	37:46	9:35/M	37:36	9:33/M
42	22	12 F30	<a href="#">Tonya Hovey, F35</a>	Iowa City, IA	18:43	38:03	9:39/M	37:52	9:37/M
43	23	13 F30	<a href="#">Alyssa Slattum, F30</a>	Lake Mills, IA	19:16	38:10	9:41/M	38:06	9:40/M
44	21	1 JRM	<a href="#">Wes Hulseberg, M11</a>	Williamsburg, IA	18:34	38:32	9:47/M	38:25	9:45/M
45	22	5 M50	<a href="#">Dave Albert, M53</a>	Robins, IA	19:20	39:11	9:57/M	39:02	9:55/M
46	24	14 F30	<a href="#">Laura Szech, F35</a>	Iowa City, IA	19:09	39:32	10:02/M	39:21	9:59/M
47	23	6 M50	<a href="#">Tim Cahill, M50</a>	Lisbon, IA	19:25	40:16	10:13/M	40:06	10:11/M
48	24	3 M20	<a href="#">Paul Galarnyk, M20</a>	Cedar Rapids, IA	20:17	40:37	10:19/M	40:37	10:19/M
49	25	9 M30	<a href="#">Walter McFadden, M32</a>	Iowa City, IA	19:09	40:44	10:20/M	40:35	10:18/M
50	25	6 F20	<a href="#">Amber Kephart, F29</a>	Sigourney, IA	21:08	42:36	10:49/M	42:20	10:45/M
51	26	1 F50	<a href="#">Lois Cahill, F57</a>	Lisbon, IA	20:39	42:39	10:50/M	42:30	10:47/M
52	27	15 F30	<a href="#">Kim Hulseberg, F35</a>	Williamsburg, IA	20:55	43:29	11:02/M	43:22	11:00/M
53	26	10 M30	<a href="#">Ben Hulseberg, M31</a>	Williamsburg, IA	20:55	43:29	11:02/M	43:22	11:01/M
54	28	2 F50	<a href="#">Debora Hinnah, F55</a>	Harper, IA	22:08	44:04	11:11/M	43:47	11:07/M
55	29	5 F40	<a href="#">June Tai, F40</a>	Iowa City, IA	21:33	44:21	11:15/M	44:08	11:12/M
56	30	16 F30	<a href="#">Stacy Flynn, F33</a>	Sigourney, IA	22:12	44:29	11:17/M	44:13	11:13/M
57	31	1 F70	<a href="#">Christine Sedrel, F70</a>	Iowa City, IA	27:50	57:25	14:34/M	57:17	14:32/M

### Overall and Age Divisions

#### Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
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1 [John Hackbarth, M34](#) Cedar Rapids, IA 11:58 24:50 6:18/M 24:22 6:11/M

### Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	<a href="#">Emily Burmeister, F34</a>	Marion, IA	13:11	26:48	6:48/M	26:46	6:48/M

### M[14 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	<a href="#">Wes Hulseberg, M11</a>	Williamsburg, IA	18:34	38:32	9:47/M	38:25	9:45/M

### M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	<a href="#">Chance Morgan, M24</a>	Iowa City, IA	13:39	27:23	6:57/M	27:23	6:57/M
2	<a href="#">Larry Muse II, M22</a>	Coralville, IA	15:06	30:49	7:49/M	30:37	7:46/M
3	<a href="#">Paul Galarnyk, M20</a>	Cedar Rapids, IA	20:17	40:37	10:19/M	40:37	10:19/M

### F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	<a href="#">Jessica Lehnhard, F23</a>	Iowa City, IA	14:58	30:02	7:37/M	30:01	7:37/M
2	<a href="#">Helen Offerman, F23</a>	Oswego, IL	15:04	30:45	7:48/M	30:33	7:45/M
3	<a href="#">Jenna Albert, F24</a>	Cedar Rapids, IA	17:22	35:13	8:56/M	35:04	8:54/M
4	<a href="#">Shannon Powers, F26</a>	Cedar Rapids, IA	17:52	35:35	9:02/M	35:24	8:59/M
5	<a href="#">Aubrey Hepker, F26</a>	Cedar Rapids, IA	18:06	37:23	9:29/M	37:12	9:27/M
6	<a href="#">Amber Kephart, F29</a>	Sigourney, IA	21:08	42:36	10:49/M	42:20	10:45/M

### M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	<a href="#">Kyle Walker, M30</a>	Cedar Rapids, IA	13:55	27:34	7:00/M	27:32	6:59/M
2	<a href="#">Brenton Thompson, M38</a>	Iowa City, IA	14:13	29:44	7:33/M	29:40	7:32/M
3	<a href="#">Ryan Lenger, M37</a>	Iowa City, IA	15:13	30:09	7:39/M	30:01	7:37/M
4	<a href="#">Ryan Raftery, M35</a>	Cedar Rapids, IA	15:22	30:35	7:46/M	30:30	7:44/M

5	<a href="#">Benjamin Gates, M37</a>	Amana, IA	16:04	32:23	8:13/M	32:15	8:11/M
6	<a href="#">Dan Sweeney, M35</a>	Iowa City, IA	16:21	33:17	8:27/M	33:11	8:25/M
7	<a href="#">Nate Wagler, M35</a>	Burlington, IA	17:19	34:35	8:47/M	34:17	8:42/M
8	<a href="#">Warren Clarida, M34</a>	Iowa City, IA	18:23	37:02	9:24/M	36:50	9:21/M
9	<a href="#">Walter McFadden, M32</a>	Iowa City, IA	19:09	40:44	10:20/M	40:35	10:18/M
10	<a href="#">Ben Hulseberg, M31</a>	Williamsburg, IA	20:55	43:29	11:02/M	43:22	11:01/M

**F[30-39]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	<a href="#">Melinda Slings, F37</a>	Palo, IA	15:53	32:08	8:09/M	32:04	8:08/M
2	<a href="#">Lynn Westfall, F37</a>	Coralville, IA	16:10	32:45	8:19/M	32:36	8:17/M
3	<a href="#">Christa Daves, F36</a>	Iowa City, IA	16:21	33:07	8:24/M	33:04	8:24/M
4	<a href="#">Jennifer Starr, F35</a>	Mount Pleasant, IA	16:59	34:15	8:42/M	33:57	8:37/M
5	<a href="#">Allyson Schultz, F31</a>	Coralville, IA	17:22	34:43	8:49/M	34:33	8:46/M
6	<a href="#">Angie Maske-Berka, F37</a>	Iowa City, IA	17:40	35:59	9:08/M	35:48	9:05/M
7	<a href="#">Molly Fry, F38</a>	Marion, IA	18:12	36:48	9:20/M	36:42	9:19/M
8	<a href="#">Traci Ridgway, F31</a>	Atkins, IA	18:12	36:48	9:20/M	36:42	9:19/M
9	<a href="#">Sophia Dennis, F35</a>	Cedar Rapids, IA	18:23	37:02	9:24/M	36:49	9:21/M
10	<a href="#">Erin Sweeney, F35</a>	Iowa City, IA	18:51	37:30	9:31/M	37:24	9:30/M
11	<a href="#">Brandy Netty, F35</a>	Cedar Rapids, IA	18:08	37:31	9:32/M	37:23	9:29/M
12	<a href="#">Tonya Hovey, F35</a>	Iowa City, IA	18:43	38:03	9:39/M	37:52	9:37/M
13	<a href="#">Alyssa Slattum, F30</a>	Lake Mills, IA	19:16	38:10	9:41/M	38:06	9:40/M
14	<a href="#">Laura Szech, F35</a>	Iowa City, IA	19:09	39:32	10:02/M	39:21	9:59/M
15	<a href="#">Kim Hulseberg, F35</a>	Williamsburg, IA	20:55	43:29	11:02/M	43:22	11:00/M
16	<a href="#">Stacy Flynn, F33</a>	Sigourney, IA	22:12	44:29	11:17/M	44:13	11:13/M

**M[40-49]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	<a href="#">Jason Wilbur, M44</a>	Iowa City, IA	14:48	29:09	7:24/M	28:58	7:21/M
2	<a href="#">Chad Gammon, M44</a>	Cedar Rapids, IA	16:37	33:26	8:29/M	33:19	8:28/M
3	<a href="#">Doug Slings, M40</a>	Palo, IA	16:50	33:54	8:36/M	33:50	8:35/M

**F[40-49]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	<a href="#">Andrea Joyner, F42</a>	Marion, IA	14:32	29:29	7:29/M	29:28	7:29/M

2	<a href="#">Cathy Isley, F42</a>	Mediapolis, IA	16:03	31:46	8:04/M	31:44	8:03/M
3	<a href="#">Michelle Clark, F44</a>	Coralville, IA	18:06	36:51	9:21/M	36:42	9:19/M
4	<a href="#">Deb Wilbur, F44</a>	Iowa City, IA	18:09	37:00	9:24/M	36:50	9:21/M
5	<a href="#">June Tai, F40</a>	Iowa City, IA	21:33	44:21	11:15/M	44:08	11:12/M

**M[50-59]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	<a href="#">Eric Lockwood, M55</a>	Marion, IA	13:44	28:26	7:13/M	28:25	7:13/M
2	<a href="#">Craig Brophy, M56</a>	Cedar Rapids, IA	14:17	29:05	7:23/M	29:04	7:23/M
3	<a href="#">Ricardo Campos, M54</a>	Fairfax, IA	16:22	33:09	8:25/M	32:57	8:22/M
4	<a href="#">Monty Beal, M54</a>	Coralville, IA	17:41	37:46	9:35/M	37:36	9:33/M
5	<a href="#">Dave Albert, M53</a>	Robins, IA	19:20	39:11	9:57/M	39:02	9:55/M
6	<a href="#">Tim Cahill, M50</a>	Lisbon, IA	19:25	40:16	10:13/M	40:06	10:11/M

**F[50-59]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	<a href="#">Lois Cahill, F57</a>	Lisbon, IA	20:39	42:39	10:50/M	42:30	10:47/M
2	<a href="#">Debora Hinnah, F55</a>	Harper, IA	22:08	44:04	11:11/M	43:47	11:07/M

**M[60-69]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	<a href="#">Tom Wolfe, M68</a>	Cedar Rapids, IA	15:32	32:08	8:09/M	32:06	8:09/M
2	<a href="#">Warren Feerer, M66</a>	Cedar Rapids, IA	16:44	34:03	8:39/M	34:00	8:38/M

**F[70 & Over]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17 Gun Time</u>		<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	<a href="#">Christine Sedrel, F70</a>	Iowa City, IA	27:50	57:25	14:34/M	57:17	14:32/M

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On The Run Race Timing