

[6.34K results](#)[3.17K results](#)

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

Event: 6.34K Run

Date: Saturday, March 10, 2018

Location: Iowa City

Weather: Cold 36°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing Race Video [10:30](#) 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>3.17K</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
120	1	1	1 OVM	Jeff Kreinbring, M40	Solon, IA	12:02	24:26	6:12/M	24:24	6:12/M
32	2	1	1 OVF	Alice Anderson, F35	Marion, IA	12:46	25:37	6:30/M	25:36	6:30/M
92	3	2	1 M30	Justin Hajek, M36	Marion, IA	12:39	25:59	6:36/M	25:58	6:35/M
49	4	2	1 F30	Emily Burmeister, F35	Marion, IA	13:22	26:53	6:49/M	26:52	6:49/M
105	5	3	1 M50	William Iverson, M50	Iowa City, IA	13:39	26:53	6:49/M	26:52	6:49/M
148	6	3	1 F20	Meghan McLaughlin, F21	Miles, IA	13:03	27:01	6:51/M	26:59	6:51/M
76	7	4	1 M20	Daniel Finnegan, M29	Cedar Rapids, IA	14:02	28:06	7:08/M	27:49	7:04/M
119	8	4	2 F20	Kendra Kregel, F26	Cedar Rapids, IA	14:07	28:43	7:17/M	28:42	7:17/M
223	9	5	1 M40	Jason Wilbur, M45	Iowa City, IA	14:44	28:50	7:19/M	28:47	7:18/M
241	10	5	2 F30	Elly Grubbs, F35	North Liberty, IA	14:38	28:51	7:19/M	28:32	7:15/M
134	11	6	3 F20	Jessica Lehnhard, F24	Coralville, IA	14:12	29:01	7:22/M	28:59	7:21/M
48	12	6	2 M30	Kyle Burlage, M32	Marion, IA	14:42	29:03	7:22/M	28:59	7:21/M
78	13	7	3 M30	Ryan Foley, M37	Iowa City, IA	14:57	30:11	7:40/M	30:06	7:38/M
64	14	7	3 F30	Vanessa Duerksen, F38	Swisher, IA	15:04	30:25	7:43/M	30:09	7:39/M

210	15	8	4 M30	Brenton Thompson, M39	Iowa City, IA	14:46	30:53	7:50/M	30:36	7:46/M
178	16	9	2 M20	Hassein Rife, M20	Cedar Rapids, IA	16:18	31:38	8:02/M	31:21	7:57/M
65	17	10	2 M40	Artem Durney, M44	Coralville, IA	15:47	31:40	8:02/M	31:36	8:01/M
41	18	11	5 M30	Dustin Bentley, M34	Cedar Rapids, IA	15:33	32:00	8:07/M	31:55	8:06/M
14	19	12	3 M40	Brian Nicola, M41	Coralville, IA	15:45	32:33	8:16/M	32:32	8:15/M
30	20	8	4 F20	Jenna Albert, F25	Tiffin, IA	16:07	32:37	8:17/M	32:28	8:14/M
208	21	9	4 F30	Jamie Tanas, F39	Coralville, IA	16:23	32:47	8:19/M	32:27	8:14/M
133	22	13	4 M40	Scott Leeman, M45	Iowa City, IA	16:07	32:50	8:20/M	32:45	8:19/M
179	23	14	5 M40	Dave Rinker, M48	North Liberty, IA	16:05	32:52	8:21/M	32:48	8:19/M
58	24	15	6 M30	Justin Deman, M31	Coralville, IA	16:23	32:57	8:22/M	32:46	8:19/M
224	25	16	3 M20	Joshua Williams, M23	Cedar Rapids, IA	16:26	33:22	8:28/M	33:19	8:27/M
39	26	17	2 M50	Monty Beal, M55	Coralville, IA	16:03	33:22	8:28/M	33:08	8:25/M
153	27	18	7 M30	Aaron Murphy, M34	Iowa City, IA	15:42	33:29	8:30/M	33:12	8:26/M
18	28	19	8 M30	Bala Singam, M36	Cedar Rapids, IA	16:43	33:43	8:34/M	33:34	8:31/M
103	29	20	1 JRM	Wes Hulseberg, M12	Williamsburg, IA	16:22	33:52	8:36/M	33:39	8:32/M
68	30	10	5 F30	Ashley Eidbo, F35	Coralville, IA	16:37	33:56	8:37/M	33:52	8:36/M
197	31	11	5 F20	Ellen Shroyer, F26	Iowa City, IA	17:00	34:44	8:49/M	34:41	8:48/M
88	32	12	6 F30	Sarah Gingerich, F39	Iowa City, IA	17:38	34:50	8:50/M	34:45	8:49/M
56	33	13	7 F30	Christa Daves, F37	Iowa City, IA	17:10	34:50	8:51/M	34:35	8:47/M
194	34	14	1 F40	Rhonda Sellner, F49	Swisher, IA	17:24	34:53	8:51/M	34:45	8:49/M
141	35	21	3 M50	Eric Lockwood, M56	Marion, IA	17:17	34:54	8:51/M	34:45	8:49/M
140	36	22	9 M30	Josh Lockhart, M38	Ely, IA	18:19	35:11	8:56/M	35:01	8:53/M

34	37	15	8 F30	Lauren Arnot, F30	Ely, IA	18:20	35:12	8:56/M	35:02	8:54/M
84	38	23	10 M30	David Frisch, M30	Independence, IA	17:31	35:20	8:58/M	35:09	8:55/M
98	39	16	9 F30	Jaclyn Hoke, F33	Marion, IA	17:33	35:20	8:58/M	35:17	8:57/M
8	40	24	6 M40	Chad Gammon, M45	Cedar Rapids, IA	17:21	35:34	9:02/M	35:26	9:00/M
228	41	25	4 M50	Stephen Willoughby, M56	Iowa City, IA	18:12	35:39	9:03/M	35:30	9:01/M
85	42	17	10 F30	Willow Fuchs, F38	Iowa City, IA	17:41	35:42	9:04/M	35:33	9:01/M
51	43	26	5 M50	Tim Cahill, M51	Lisbon, IA	18:04	35:54	9:07/M	35:46	9:05/M
170	44	18	11 F30	Danielle Powell, F33	Cedar Rapids, IA	17:40	36:02	9:09/M	35:56	9:07/M
226	45	19	1 F50	Sarah Williams, F51	Marion, IA	18:20	36:19	9:13/M	35:59	9:08/M
109	46	20	6 F20	Katie Jansa, F27	North Liberty, IA	17:55	36:22	9:14/M	36:18	9:13/M
202	47	21	7 F20	Kelli Steinlage, F27	Independence, IA	17:31	36:23	9:14/M	36:12	9:11/M
138	48	22	12 F30	Ellen Lobello, F33	Cedar Rapids, IA	18:15	36:35	9:17/M	36:12	9:11/M
132	49	23	8 F20	Jacqueline Lavelly, F29	Iowa City, IA	17:47	36:57	9:23/M	36:52	9:22/M
137	50	27	11 M30	Brett Lobello, M38	Cedar Rapids, IA	18:31	36:58	9:23/M	36:36	9:17/M
52	51	24	13 F30	Katy Campbell, F35	North Liberty, IA	18:17	37:13	9:27/M	36:53	9:22/M
4	52	25	2 F40	Michelle Clark, F45	Coralville, IA	18:38	37:19	9:28/M	36:58	9:23/M
159	53	26	3 F40	Courtney Packingham, F45	Center Point, IA	18:43	38:07	9:41/M	37:52	9:37/M
146	54	27	14 F30	Angie Maske-Berka, F38	Iowa City, IA	18:33	38:32	9:47/M	38:09	9:41/M
59	55	28	4 M20	Peter Dennis, M21	Cedar Rapids, IA	19:35	38:48	9:51/M	38:30	9:46/M
75	56	28	9 F20	Abby Finnegan, F29	Cedar Rapids, IA	19:36	38:48	9:51/M	38:31	9:47/M
211	57	29	15 F30	Rebekah Tilley, F39	Iowa City, IA	19:36	38:58	9:53/M	38:49	9:51/M
44	58	29	5 M20	Chad Lundberg, M29	Marion, IA	19:08	39:03	9:55/M	39:00	9:54/M

227	59	30	2 F50	Laura Willoughby, F56	Iowa City, IA	19:56	39:20	9:59/M	39:11	9:57/M
43	60	31	10 F20	Caylin Lundberg, F27	Marion, IA	19:00	39:48	10:06/M	39:45	10:05/M
225	61	32	11 F20	Rachel Williams, F29	Cedar Rapids, IA	19:00	39:52	10:07/M	39:49	10:06/M
123	62	33	12 F20	Lindsey Kuba, F26	Cedar Rapids, IA	20:13	39:59	10:09/M	39:42	10:05/M
216	63	30	12 M30	Zachary Ward, M34	Cedar Rapids, IA	19:38	40:22	10:15/M	40:19	10:14/M
122	64	34	16 F30	Brittany Kuba, F32	Cedar Rapids, IA	20:14	40:27	10:16/M	40:11	10:12/M
127	65	35	13 F20	Ellen Kurt, F29	Cedar Rapids, IA	20:03	40:39	10:19/M	40:27	10:16/M
99	66	36	17 F30	Tonya Hovey, F36	Iowa City, IA	20:11	40:39	10:19/M	40:22	10:15/M
207	67	37	18 F30	Laura Szech, F36	Iowa City, IA	20:11	40:40	10:19/M	40:22	10:15/M
124	68	38	1 F60	Kristy Kudrna, F60	Delhi, IA	20:58	41:09	10:27/M	41:03	10:25/M
126	69	31	13 M30	Benjamin Kurt, M31	Newhall, IA	19:15	41:31	10:32/M	41:20	10:30/M
50	70	39	3 F50	Lois Cahill, F58	Lisbon, IA	20:19	41:36	10:34/M	41:29	10:32/M
33	71	40	14 F20	Endi Arguello, F29	Conesville, IA	20:33	41:47	10:36/M	41:33	10:33/M
142	72	41	4 F50	Susan Ludwig, F59	Iowa City, IA	20:26	42:36	10:49/M	42:16	10:44/M
101	73	32	14 M30	Ben Hulseberg, M32	Williamsburg, IA	20:50	44:15	11:14/M	44:02	11:11/M
102	74	42	19 F30	Kim Hulseberg, F36	Williamsburg, IA	20:52	44:16	11:14/M	44:02	11:11/M
155	75	43	15 F20	Sara Nightingale, F29	Iowa City, IA	21:27	44:17	11:14/M	44:07	11:12/M
46	76	44	16 F20	Amanda Breen, F28	Solon, IA	21:40	44:32	11:18/M	44:21	11:15/M
82	77	45	5 F50	Sandi Fowler, F51	Cedar Rapids, IA	21:56	44:41	11:21/M	44:24	11:16/M
38	78	46	4 F40	Lisa Beal, F48	Coralville, IA	23:16	46:26	11:47/M	46:05	11:42/M
200	79	47	20 F30	Holly Spreeman, F36	Cedar Rapids, IA	23:35	49:14	12:30/M	49:07	12:28/M
81	80	48	21 F30	Rhianon Foulkes, F30	Iowa City, IA	24:37	50:46	12:53/M	50:31	12:49/M

214	81	49	17 F20	Kayla Wagner, F26	Atkins, IA	25:29	52:21	13:17/M	52:08	13:14/M
45	82	50	18 F20	Rebecca Boltz, F26	Cedar Rapids, IA	25:29	52:21	13:17/M	52:08	13:14/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Jeff Kreinbring, M40	Solon, IA	12:02	24:26	6:12/M	24:24	6:12/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Alice Anderson, F35	Marion, IA	12:46	25:37	6:30/M	25:36	6:30/M

M[14 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Wes Hulseberg, M12	Williamsburg, IA	16:22	33:52	8:36/M	33:39	8:32/M

M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Daniel Finnegan, M29	Cedar Rapids, IA	14:02	28:06	7:08/M	27:49	7:04/M
2	Hasein Rife, M20	Cedar Rapids, IA	16:18	31:38	8:02/M	31:21	7:57/M
3	Joshua Williams, M23	Cedar Rapids, IA	16:26	33:22	8:28/M	33:19	8:27/M
4	Peter Dennis, M21	Cedar Rapids, IA	19:35	38:48	9:51/M	38:30	9:46/M
5	Chad Lundberg, M29	Marion, IA	19:08	39:03	9:55/M	39:00	9:54/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Meghan McLaughlin, F21	Miles, IA	13:03	27:01	6:51/M	26:59	6:51/M
2	Kendra Kregel, F26	Cedar Rapids, IA	14:07	28:43	7:17/M	28:42	7:17/M
3	Jessica Lehnhard, F24	Coralville, IA	14:12	29:01	7:22/M	28:59	7:21/M
4	Jenna Albert, F25	Tiffin, IA	16:07	32:37	8:17/M	32:28	8:14/M
5	Ellen Shroyer, F26	Iowa City, IA	17:00	34:44	8:49/M	34:41	8:48/M
6	Katie Jansa, F27	North Liberty, IA	17:55	36:22	9:14/M	36:18	9:13/M
7	Kelli Steinlage, F27	Independence, IA	17:31	36:23	9:14/M	36:12	9:11/M
8	Jacqueline Lavelly, F29	Iowa City, IA	17:47	36:57	9:23/M	36:52	9:22/M

9	Abby Finnegan, F29	Cedar Rapids, IA	19:36	38:48	9:51/M	38:31	9:47/M
10	Caylin Lundberg, F27	Marion, IA	19:00	39:48	10:06/M	39:45	10:05/M
11	Rachel Williams, F29	Cedar Rapids, IA	19:00	39:52	10:07/M	39:49	10:06/M
12	Lindsey Kuba, F26	Cedar Rapids, IA	20:13	39:59	10:09/M	39:42	10:05/M
13	Ellen Kurt, F29	Cedar Rapids, IA	20:03	40:39	10:19/M	40:27	10:16/M
14	Endi Arguello, F29	Conesville, IA	20:33	41:47	10:36/M	41:33	10:33/M
15	Sara Nightingale, F29	Iowa City, IA	21:27	44:17	11:14/M	44:07	11:12/M
16	Amanda Breen, F28	Solon, IA	21:40	44:32	11:18/M	44:21	11:15/M
17	Kayla Wagner, F26	Atkins, IA	25:29	52:21	13:17/M	52:08	13:14/M
18	Rebecca Boltz, F26	Cedar Rapids, IA	25:29	52:21	13:17/M	52:08	13:14/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u> <u>mpm</u>
1	Justin Hajek, M36	Marion, IA	12:39	25:59	6:36/M	25:58	6:35/M
2	Kyle Burlage, M32	Marion, IA	14:42	29:03	7:22/M	28:59	7:21/M
3	Ryan Foley, M37	Iowa City, IA	14:57	30:11	7:40/M	30:06	7:38/M
4	Brenton Thompson, M39	Iowa City, IA	14:46	30:53	7:50/M	30:36	7:46/M
5	Dustin Bentley, M34	Cedar Rapids, IA	15:33	32:00	8:07/M	31:55	8:06/M
6	Justin Deman, M31	Coralville, IA	16:23	32:57	8:22/M	32:46	8:19/M
7	Aaron Murphy, M34	Iowa City, IA	15:42	33:29	8:30/M	33:12	8:26/M
8	Bala Singam, M36	Cedar Rapids, IA	16:43	33:43	8:34/M	33:34	8:31/M
9	Josh Lockhart, M38	Ely, IA	18:19	35:11	8:56/M	35:01	8:53/M
10	David Frisch, M30	Independence, IA	17:31	35:20	8:58/M	35:09	8:55/M
11	Brett Lobello, M38	Cedar Rapids, IA	18:31	36:58	9:23/M	36:36	9:17/M
12	Zachary Ward, M34	Cedar Rapids, IA	19:38	40:22	10:15/M	40:19	10:14/M
13	Benjamin Kurt, M31	Newhall, IA	19:15	41:31	10:32/M	41:20	10:30/M
14	Ben Hulseberg, M32	Williamsburg, IA	20:50	44:15	11:14/M	44:02	11:11/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u> <u>mpm</u>
1	Emily Burmeister, F35	Marion, IA	13:22	26:53	6:49/M	26:52	6:49/M
2	Elly Grubbs, F35	North Liberty, IA	14:38	28:51	7:19/M	28:32	7:15/M

3	Vanessa Duerksen, F38	Swisher, IA	15:04	30:25	7:43/M	30:09	7:39/M
4	Jamie Tanas, F39	Coralville, IA	16:23	32:47	8:19/M	32:27	8:14/M
5	Ashley Eidbo, F35	Coralville, IA	16:37	33:56	8:37/M	33:52	8:36/M
6	Sarah Gingerich, F39	Iowa City, IA	17:38	34:50	8:50/M	34:45	8:49/M
7	Christa Daves, F37	Iowa City, IA	17:10	34:50	8:51/M	34:35	8:47/M
8	Lauren Arnot, F30	Ely, IA	18:20	35:12	8:56/M	35:02	8:54/M
9	Jaclyn Hoke, F33	Marion, IA	17:33	35:20	8:58/M	35:17	8:57/M
10	Willow Fuchs, F38	Iowa City, IA	17:41	35:42	9:04/M	35:33	9:01/M
11	Danielle Powell, F33	Cedar Rapids, IA	17:40	36:02	9:09/M	35:56	9:07/M
12	Ellen Lobello, F33	Cedar Rapids, IA	18:15	36:35	9:17/M	36:12	9:11/M
13	Katy Campbell, F35	North Liberty, IA	18:17	37:13	9:27/M	36:53	9:22/M
14	Angie Maske-Berka, F38	Iowa City, IA	18:33	38:32	9:47/M	38:09	9:41/M
15	Rebekah Tilley, F39	Iowa City, IA	19:36	38:58	9:53/M	38:49	9:51/M
16	Brittany Kuba, F32	Cedar Rapids, IA	20:14	40:27	10:16/M	40:11	10:12/M
17	Tonya Hovey, F36	Iowa City, IA	20:11	40:39	10:19/M	40:22	10:15/M
18	Laura Szech, F36	Iowa City, IA	20:11	40:40	10:19/M	40:22	10:15/M
19	Kim Hulseberg, F36	Williamsburg, IA	20:52	44:16	11:14/M	44:02	11:11/M
20	Holly Spreeman, F36	Cedar Rapids, IA	23:35	49:14	12:30/M	49:07	12:28/M
21	Rhianon Foulkes, F30	Iowa City, IA	24:37	50:46	12:53/M	50:31	12:49/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Jason Wilbur, M45	Iowa City, IA	14:44	28:50	7:19/M	28:47	7:18/M
2	Artem Durnev, M44	Coralville, IA	15:47	31:40	8:02/M	31:36	8:01/M
3	Brian Nicola, M41	Coralville, IA	15:45	32:33	8:16/M	32:32	8:15/M
4	Scott Leeman, M45	Iowa City, IA	16:07	32:50	8:20/M	32:45	8:19/M
5	Dave Rinker, M48	North Liberty, IA	16:05	32:52	8:21/M	32:48	8:19/M
6	Chad Gammon, M45	Cedar Rapids, IA	17:21	35:34	9:02/M	35:26	9:00/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace</u> <u>mpm</u>	<u>Chip Time</u>	<u>Pace</u> <u>mpm</u>
1	Rhonda Sellner, F49	Swisher, IA	17:24	34:53	8:51/M	34:45	8:49/M
2	Michelle Clark, F45	Coralville, IA	18:38	37:19	9:28/M	36:58	9:23/M
3	Courtney Pakingham, F45	Center Point, IA	18:43	38:07	9:41/M	37:52	9:37/M
4	Lisa Beal, F48	Coralville, IA	23:16	46:26	11:47/M	46:05	11:42/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	William Iverson, M50	Iowa City, IA	13:39	26:53	6:49/M	26:52	6:49/M
2	Monty Beal, M55	Coralville, IA	16:03	33:22	8:28/M	33:08	8:25/M
3	Eric Lockwood, M56	Marion, IA	17:17	34:54	8:51/M	34:45	8:49/M
4	Stephen Willoughby, M56	Iowa City, IA	18:12	35:39	9:03/M	35:30	9:01/M
5	Tim Cahill, M51	Lisbon, IA	18:04	35:54	9:07/M	35:46	9:05/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Sarah Williams, F51	Marion, IA	18:20	36:19	9:13/M	35:59	9:08/M
2	Laura Willoughby, F56	Iowa City, IA	19:56	39:20	9:59/M	39:11	9:57/M
3	Lois Cahill, F58	Lisbon, IA	20:19	41:36	10:34/M	41:29	10:32/M
4	Susan Ludwig, F59	Iowa City, IA	20:26	42:36	10:49/M	42:16	10:44/M
5	Sandi Fowler, F51	Cedar Rapids, IA	21:56	44:41	11:21/M	44:24	11:16/M

F[60-69]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>3.17K</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Kristy Kudrna, F60	Delhi, IA	20:58	41:09	10:27/M	41:03	10:25/M

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