

Solon Beef Days *** 5K Run *** Overall Report

..... 1 Mile results [here](#)

Event: 5K Run

Date: Saturday, July 21, 2012

Location: Solon, IA

Weather: Overcast, Humid & 74°

Age Group [results here](#)

Results By: Andrew Kauder

Place	Gender	Div	Name	City	Gun Time	Pace
1	1	1	OvM Chris Robertson, M20	Iowa City, IA	16:24	5:16/M
2	2	1	M19 Tyler Sullivan, M24	Coralville, IA	16:32	5:19/M
3	3	1	M15 Michael Melchert, M15	,	17:01	5:28/M
4	4	2	M19 Matthew Stocker, M19	Solon, IA	17:09	5:31/M
5	5	3	M19 Ross Kilgore, M27	Iowa City, IA	17:20	5:34/M
6	6	1	M40 Michael Kabela, M45	North Liberty, IA	17:22	5:35/M
7	7	2	M15 Lincoln Rozeboom, M18	North Liberty, IA	17:45	5:43/M
8	8	1	M30 Travis Bielefeld, M31	Ely, IA	17:57	5:46/M
9	9	3	M15 Zach Waite, M17	Cedar Rapids, IA	18:03	5:48/M
10	10	2	M30 Matt Thede, M30	,	18:14	5:52/M
11	11	2	M40 Michael Hughes, M45	Cedar Rapids, IA	18:18	5:53/M
12	12	1	JrM Matthew Schneider, M14	,	18:25	5:55/M
13	13	3	M40 Glenn Rozeboom, M49	North Liberty, IA	18:30	5:57/M
14	14	4	M15 Nate Marti, M17	Mount Vernon, IA	18:35	5:59/M
15	15	1	M50 Greg Skopek, M50	Coralville, IA	18:37	5:59/M
16	16	2	M50 Jeff Nietert, M51	Cedar Rapids, IA	18:58	6:06/M
17	17	4	M19 Ben Nigg, M20	Iowa City, IA	19:10	6:10/M
18	18	3	M30 Garret Locke, M30	Solon, IA	19:11	6:10/M
19	19	5	M15 Patrick McGill, M16	Solon, IA	19:12	6:10/M
20	20	4	M30 Ean Caskey, M30	Lisbon, IA	19:17	6:12/M
21	21	6	M15 Austin Trotter, M15	,	19:21	6:13/M
22	22	7	M15 Nik Rehnke, M16	Solon, IA	19:22	6:14/M
23	23	3	M50 Randy Brecht, M51	Middle Amana, IA	19:34	6:17/M
24	1	1	OvF Lauren Benzing, F17	Solon, IA	19:46	6:21/M
25	24	8	M15 Ty Appleget, M15	Ely, IA	20:05	6:27/M
26	25	9	M15 Austin Brenner, M15	North Liberty, IA	20:06	6:28/M

27	26	4	M50	David Robertson, M54	Iowa City, IA	20:12	6:30/M
28	27	5	M30	Jamie Flynn, M36	Washington, IA	20:18	6:32/M
29	28	1	M60	Thomas Wolfe, M63	North Liberty, IA	20:22	6:33/M
30	29	4	M40	Joel Fopma, M40	Marion, IA	20:28	6:35/M
31	30	5	M40	Monte Marti, M46	Mount Vernon, IA	20:31	6:36/M
32	31	6	M40	Pat Dominy, M40	North Liberty, IA	20:33	6:37/M
33	32	5	M19	Brian Fitzpatrick, M29	Solon, IA	20:37	6:38/M
34	33	6	M19	Kelvin Lee, M26	Davenport, IA	20:38	6:38/M
35	2	1	F19	Cori McKenzie, F19	,	20:47	6:41/M
36	34	5	M50	Perry Smith, M50	Solon, IA	20:49	6:42/M
37	35	10	M15	Matthew Bunnell, M18	Cedar Rapids, IA	20:55	6:43/M
38	36	11	M15	Dalton Strauser, M17	North Liberty, IA	21:12	6:49/M
39	37	12	M15	Vaclav Santolikova, M15	Iowa City, IA	21:19	6:51/M
40	38	6	M50	Kevin Vogel, M51	Amana, IA	21:21	6:52/M
41	39	7	M40	Craig McClenahan, M40	,	21:27	6:54/M
42	40	7	M50	Dallas Robertson, M55	Iowa City, IA	21:36	6:57/M
43	3	1	F30	Amanda Calek, F31	Middleton, WI	21:39	6:58/M
44	41	8	M40	Andy Redlinger, M43	Solon, IA	21:41	6:58/M
45	42	8	M50	Dennis Cooling, M50	Kellogg, IA	21:45	7:00/M
46	43	6	M30	Rick Janik, M38	North Liberty, IA	21:50	7:01/M
47	4	2	F19	Elizabeth Steele, F27	Norway, IA	22:00	7:05/M
48	44	7	M30	Curt Miller, M38	Solon, IA	22:02	7:05/M
49	45	2	JrM	Simon Duster, M14	Solon, IA	22:04	7:06/M
50	5	1	F15	Alexandra Smith, F15	Solon, IA	22:04	7:06/M
51	46	9	M50	Kevin Wise, M50	Iowa City, IA	22:09	7:07/M
52	47	9	M40	Sam Carey, M47	Iowa City, IA	22:30	7:14/M
53	6	2	F30	Courtney Kelley, F30	,	22:30	7:14/M
54	48	13	M15	Austin Hunt, M15	Solon, IA	22:42	7:18/M
55	49	8	M30	Phil Embree, M34	Anamosa, IA	22:47	7:20/M
56	50	3	JrM	Walker Sea, M14	North Liberty, IA	22:54	7:22/M
57	51	10	M40	Michael Riddle, M46	Kalona, IA	22:59	7:24/M
58	52	14	M15	Bailey Redlinger, M16	Solon, IA	23:01	7:24/M
59	53	7	M19	Justin Brown, M23	Solon, IA	23:01	7:24/M
60	54	15	M15	Ben Wheeler, M17	Martelle, IA	23:01	7:24/M
61	55	11	M40	Bruce Koffron, M44	Solon, IA	23:02	7:25/M
62	56	9	M30	Hudson Ludvigson, M30	,	23:04	7:25/M
63	7	3	F30	Jennifer Wick, F30	,	23:05	7:25/M
64	57	16	M15	Jake Singkofer, M16	Solon, IA	23:09	7:27/M
65	58	8	M19	Rob Kline, M29	Olathe, KS	23:23	7:31/M
66	59	12	M40	Randy Vsetecka, M40	,	23:23	7:31/M
67	60	10	M50	Dan Gee, M55	Cedar Rapids, IA	23:30	7:34/M
68	61	10	M30	Matt Gogel, M34	Lisbon, IA	23:31	7:34/M
69	8	3	F19	Megan La Suer, F19	,	23:33	7:34/M
70	62	17	M15	Louie Gnida, M15	Solon, IA	23:36	7:36/M
71	9	2	F15	Carlyn Haas, F15	Solon, IA	23:38	7:36/M
72	10	1	JrF	Katie Folkerts, F14	Solon, IA	23:38	7:36/M
73	63	13	M40	Gary Stinocher, M48	Solon, IA	23:40	7:37/M
74	64	14	M40	Chuck Hardin, M40	,	23:47	7:39/M

75	65	15	M40	Mike Bachus, M40	,	23:57	7:42/M
76	66	9	M19	Bryan Lloyd, M26	Des Moines, IA	23:57	7:42/M
77	67	11	M30	Adam Burden, M30	Solon, IA	23:59	7:43/M
78	68	10	M19	Colby Hawker, M19	Solon, IA	24:01	7:44/M
79	69	16	M40	Bruce Reynolds, M44	Oxford, IA	24:01	7:44/M
80	11	4	F19	Ashley Hanna, F27	Davenport, IA	24:15	7:48/M
81	12	3	F15	Sydney Gerdts, F15	Solon, IA	24:16	7:48/M
82	70	12	M30	Dana Vig, M39	Mount Vernon, IA	24:16	7:48/M
83	71	18	M15	Charlie Jedlicka, M16	Solon, IA	24:18	7:49/M
84	72	13	M30	Eric Hodgson, M39	North Liberty, IA	24:27	7:52/M
85	73	2	M60	Jim Cottingham, M68	West Branch, IA	24:30	7:53/M
86	13	5	F19	Jacqueline Lavelly, F19	,	24:39	7:56/M
87	74	11	M50	Jim Dwyer, M50	Marion, IA	24:41	7:56/M
88	75	17	M40	Rick Havel, M44	Solon, IA	24:46	7:58/M
89	14	4	F30	Jennifer McCluskey, F32	Cedar Rapids, IA	24:48	7:59/M
90	15	4	F15	Abby Ashton, F18	Solon, IA	24:48	7:59/M
91	76	4	JrM	Dillon Drake, M14	Solon, IA	24:54	8:00/M
92	77	5	JrM	Cole Eberly, M14	,	24:54	8:00/M
93	78	12	M50	Brad Scott, M59	Marion, IA	24:55	8:01/M
94	79	18	M40	Eric Appleget, M40	Ely, IA	24:57	8:01/M
95	80	14	M30	Jerad Kelley, M30	,	24:57	8:02/M
96	81	15	M30	Cody Kelley, M30	West Branch, IA	24:58	8:02/M
97	82	13	M50	Jim Hall, M51	Cedar Rapids, IA	25:04	8:04/M
98	83	19	M40	Dave Lindemann, M44	Solon, IA	25:16	8:07/M
99	16	2	JrF	Katelyn Gloeckner, F14	,	25:28	8:12/M
100	17	5	F30	Jessi Kelley, F30	West Branch, IA	25:36	8:14/M
101	84	6	JrM	Colton Hoffman, M14	,	25:36	8:14/M
102	18	3	JrF	Jana Santolikova, F14	Iowa City, IA	25:43	8:16/M
103	85	20	M40	George Slusher, M48	Solon, IA	25:46	8:17/M
104	86	16	M30	Shane Bumsted, M30	Solon, IA	25:50	8:19/M
105	87	21	M40	Jeff Allen, M40	North Liberty, IA	25:54	8:20/M
106	19	5	F15	Emily Capper, F16	Solon, IA	25:56	8:20/M
107	88	7	JrM	Grant Goldsberry, M13	Solon, IA	25:56	8:21/M
108	89	8	JrM	Adam Smith, M13	Solon, IA	25:57	8:21/M
109	20	1	F60	Claudia Scott, F61	Marion, IA	26:06	8:24/M
110	90	17	M30	Ben Kelly, M30	,	26:16	8:27/M
111	21	6	F19	Kate Gordon, F29	Solon, IA	26:18	8:27/M
112	91	11	M19	Lee Dwyer, M19	Marion, IA	26:18	8:28/M
113	22	6	F30	Jodi Yeggy, F34	West Branch, IA	26:23	8:29/M
114	23	4	JrF	Maycee Smith, F14	,	26:27	8:30/M
115	24	7	F30	Amy Becicka, F30	,	26:29	8:31/M
116	25	8	F30	Alicia Meade, F30	,	26:29	8:31/M
117	26	7	F19	Bobbie Hugo, F19	,	26:31	8:32/M
118	27	6	F15	Katelyn Anderson, F15	,	26:35	8:33/M
119	28	9	F30	Courtney Ludvigson, F30	,	26:35	8:33/M
120	92	22	M40	Jay Johnson, M40	North Liberty, IA	26:45	8:36/M
121	93	23	M40	Bradley Kruse, M40	,	26:50	8:38/M
122	94	24	M40	Peter Stanley, M48	Hoolton, ME	26:54	8:39/M

123	29	7	F15	Abby Haas, F17	Solon, IA	26:55	8:39/M
124	30	8	F15	Holly Koffron, F17	Solon, IA	26:55	8:40/M
125	31	1	F40	Michelle Gnida, F45	Solon, IA	26:56	8:40/M
126	32	10	F30	Julie Smith, F30	,	27:07	8:43/M
127	33	11	F30	Carolyn See, F33	North Liberty, IA	27:10	8:44/M
128	34	12	F30	Jamie Sexton, F36	Amana, IA	27:12	8:45/M
129	95	14	M50	Mike Simpson, M59	Iowa City, IA	27:12	8:45/M
130	35	1	F50	Linda Lee, F50	,	27:21	8:48/M
131	36	9	F15	Allison Kral, F16	Solon, IA	27:28	8:50/M
132	37	13	F30	Shawn Pierce, F33	West Branch, IA	27:30	8:51/M
133	38	5	JrF	Sydney Stolba, F14	Swisher, IA	27:37	8:53/M
134	39	14	F30	Cybil McIntosh, F33	Amana, IA	27:42	8:55/M
135	40	15	F30	Kylie Mausser, F30	Amana, IA	27:43	8:55/M
136	41	10	F15	Morgan Kroyman, F16	Solon, IA	27:45	8:56/M
137	96	18	M30	Clint Mohring, M30	,	27:46	8:56/M
138	42	11	F15	Shae Goldsberry, F15	Solon, IA	27:55	8:59/M
139	97	25	M40	Robert O'Dell, M40	,	27:56	8:59/M
140	98	9	JrM	Cole Paisley, M13	Solon, IA	27:59	9:00/M
141	43	12	F15	Jordie Johnson, F15	,	28:02	9:01/M
142	99	19	M15	Chantz Rodriguez, M15	,	28:03	9:01/M
143	44	2	F40	Cindy McCarthy, F40	,	28:08	9:03/M
144	45	16	F30	Sara Burden, F30	Solon, IA	28:21	9:07/M
145	46	17	F30	Jessica Perry, F33	Coralville, IA	28:22	9:08/M
146	47	3	F40	Marci Tucker, F40	,	28:37	9:12/M
147	48	18	F30	Jennifer Mooney, F30	,	28:46	9:15/M
148	49	19	F30	Angie Capper, F36	Solon, IA	28:47	9:16/M
149	50	20	F30	Emmy Duaintance, F31	Solon, IA	28:48	9:16/M
150	51	13	F15	Karly Kramer, F17	Solon, IA	28:50	9:16/M
151	52	2	F50	Laurie Canady, F54	Iowa City, IA	28:58	9:19/M
152	53	4	F40	Kelly Messingham, F40	,	29:00	9:20/M
153	54	3	F50	Linda Ackerman, F59	South Amana, IA	29:13	9:24/M
154	100	26	M40	Lance Summy, M41	Maryland Heights, MO	29:29	9:29/M
155	101	27	M40	Scott Stiegelmeier, M42	Solon, IA	29:29	9:29/M
156	55	8	F19	Jenni Brumwell, F19	,	29:30	9:29/M
157	56	21	F30	Brandy Huerta, F30	,	29:41	9:33/M
158	57	4	F50	Donna Hollinger, F50	Iowa City, IA	29:42	9:33/M
159	58	5	F40	Susan Eberly, F40	,	29:42	9:33/M
160	102	28	M40	David Harris, M43	Cedar Rapids, IA	29:43	9:34/M
161	103	10	JrM	Kale Altman, M14	Solon, IA	29:49	9:35/M
162	104	19	M30	Jess Rickertsen, M30	,	29:50	9:36/M
163	105	29	M40	Mark Wingert, M46	Marion, IA	29:50	9:36/M
164	106	30	M40	Anthony Brathwaite, M40	,	29:51	9:36/M
165	59	9	F19	Michelle Reichert, F19	,	29:59	9:39/M
166	107	20	M30	Vince Ellison, M38	North Liberty, IA	30:01	9:39/M
167	60	22	F30	Anne Johnson, F30	North Liberty, IA	30:04	9:40/M
168	61	6	F40	Deb Johnson, F40	,	30:05	9:40/M
169	108	21	M30	Mark Pattison, M39	Solon, IA	30:05	9:41/M

170	62	23	F30	McQuown, F39	Marion, IA	30:17	9:44/M
171	63	2	F60	Brenda Johnson, F61	North Liberty, IA	30:22	9:46/M
172	64	10	F19	Keri Schaefer, F19	,	30:24	9:47/M
173	65	24	F30	Laura Mishler, F30	,	30:33	9:50/M
174	66	7	F40	Lynn O'Neill, F46	Solon, IA	30:42	9:52/M
175	67	25	F30	Becky Bell, F30	,	30:46	9:54/M
176	68	6	JrF	Meghan Sullivan, F13	Mason City, IA	30:48	9:54/M
177	109	15	M50	Stewart McGill, M53	Solon, IA	30:54	9:56/M
178	69	26	F30	Michelle Catlett, F30	,	31:00	9:58/M
179	110	16	M50	Paul Rowland, M54	Amana, IA	31:06	10:00/M
180	70	14	F15	Jessica Brimeyer, F17	Solon, IA	31:10	10:01/M
181	71	15	F15	Allison Koffron, F15	Solon, IA	31:10	10:01/M
182	111	22	M30	Seth Freidman, M38	Cedar Rapids, IA	31:14	10:03/M
183	72	11	F19	Emily Vyverberg, F19	,	31:22	10:06/M
184	73	5	F50	Kelly Smith, F50	Solon, IA	31:32	10:09/M
185	74	8	F40	Brenda Platz, F40	Solon, IA	31:37	10:10/M
186	75	9	F40	Barg Boeding, F49	New Hampton, IA	31:45	10:13/M
187	76	27	F30	Sarah Drea, F30	,	31:52	10:15/M
188	112	11	JrM	Zeb Gnida, M10	Solon, IA	32:00	10:18/M
189	113	23	M30	Chris Carrier, M30	,	32:03	10:19/M
190	114	24	M30	Chad Meseck, M30	,	32:04	10:19/M
191	77	10	F40	Heidi Trotter, F40	,	32:12	10:22/M
192	115	31	M40	Steve Sea, M45	North Liberty, IA	32:17	10:23/M
193	78	12	F19	Abby Schmitt, F19	,	32:19	10:24/M
194	79	13	F19	Sybil Norman, F19	,	32:19	10:24/M
195	80	14	F19	Tiffany Clemens, F19	,	32:23	10:25/M
196	81	15	F19	Kirsten Anderson, F19	Solon, IA	32:35	10:29/M
197	82	28	F30	Lindsay Skelton, F37	North Liberty, IA	32:36	10:29/M
198	83	29	F30	Elaine Watson, F32	Coralville, IA	32:36	10:29/M
199	84	16	F19	Kara Foster, F28	North Liberty, IA	32:39	10:30/M
200	85	30	F30	Hallie Hamilton, F31	North Liberty, IA	32:39	10:30/M
201	86	17	F19	Nicole Arends, F22	Cedar Rapids, IA	32:40	10:31/M
202	87	18	F19	Erin Blind, F21	Solon, IA	32:43	10:32/M
203	88	6	F50	Karen Jenkins, F59	South Amana, IA	32:44	10:32/M
204	89	7	JrF	Ashley Stinocher, F9	Solon, IA	32:55	10:35/M
205	90	16	F15	Brittany Stinocher, F17	Solon, IA	32:59	10:37/M
206	116	25	M30	Branden See, M33	North Liberty, IA	33:05	10:38/M
207	91	31	F30	Nicole Stockman, F30	North Liberty, IA	33:06	10:39/M
208	92	8	JrF	Sarah Roy, F13	Solon, IA	33:15	10:42/M
209	93	9	JrF	Erin Capper, F13	Solon, IA	33:15	10:42/M
210	94	19	F19	Erin Studt, F26	Waterloo, IA	33:17	10:42/M
211	95	10	JrF	Payton Wheeler, F14	,	33:18	10:43/M
212	96	32	F30	Wendy Wheeler, F30	,	33:20	10:43/M
213	117	12	JrM	Aiden Dunne, M9	Marion, IA	33:22	10:44/M
214	97	11	F40	Laurie Stinocher, F46	Solon, IA	33:39	10:50/M
215	98	17	F15	Libbie Randall, F16	Solon, IA	33:47	10:52/M
216	99	20	F19	Morgan Curtis, F28	Roland, IA	33:55	10:55/M
217	118	12	M19	Brandon Paulsen, M19	,	34:01	10:57/M
218	100	33	F30	March Sutton, F30	,	34:14	11:01/M

219	101	34	F30	Shelly Sharp, F30	,	34:14	11:01/M
220	102	21	F19	Sarah Hoffman, F22	Solon, IA	34:18	11:02/M
221	103	12	F40	Nita Hoffman, F49	Solon, IA	34:18	11:02/M
222	119	26	M30	Craig Manuel, M30	,	34:19	11:02/M
223	104	13	F40	Heather Friedman, F41	Cedar Rapids, IA	35:00	11:16/M
224	105	22	F19	Tamara Schulte, F19	,	35:10	11:19/M
225	106	7	F50	Debbie Bunnell, F55	Cedar Rapids, IA	35:16	11:21/M
226	107	35	F30	Kelsey Bumsted, F30	Solon, IA	35:34	11:27/M
227	108	14	F40	Peg Carr, F40	Solon, IA	35:52	11:32/M
228	109	36	F30	Michelle Steines, F38	North Liberty, IA	35:55	11:33/M
229	110	37	F30	Amy Grant, F36	Fort Dodge, IA	35:59	11:35/M
230	111	8	F50	Janet Lloyd, F51	West Des Moines, IA	36:03	11:36/M
231	112	23	F19	Nicole Kroul, F25	North Liberty, IA	36:29	11:44/M
232	120	13	M19	Aaron Hadenfeldt, M26	Solon, IA	36:30	11:45/M
233	121	27	M30	Rashad Boswell, M30	,	36:31	11:45/M
234	113	3	F60	Judy Cottingham, F71	West Branch, IA	36:49	11:51/M
235	122	28	M30	Uriah Barnes, M30	,	36:53	11:52/M
236	114	38	F30	Wittsle Paisley, F35	Solon, IA	36:59	11:54/M
237	115	11	JrF	Izzy Paisley, F7	Solon, IA	36:59	11:54/M
238	116	12	JrF	Alex Paisley, F7	Solon, IA	36:59	11:54/M
239	117	39	F30	Anna Payne, F31	Olin, IA	37:06	11:56/M
240	123	29	M30	Dustin Fordice, M30	,	37:38	12:06/M
241	118	9	F50	Mary Fordice, F50	,	37:38	12:07/M
242	119	40	F30	Jen Neuman, F39	Cedar Rapids, IA	37:49	12:10/M
243	124	13	JrM	Jon Rehnke, M14	Solon, IA	37:51	12:11/M
244	120	41	F30	Kristina Beachy, F30	,	37:55	12:12/M
245	121	24	F19	Jeni Leckliter, F29	North Liberty, IA	37:55	12:12/M
246	122	42	F30	Aimee Vernon, F30	,	37:59	12:13/M
247	123	43	F30	Michelle O'Haver, F30	,	38:01	12:14/M
248	124	15	F40	Debra Prior, F40	,	38:26	12:22/M
249	125	32	M40	Thomas Lloyd Ii, M40	,	39:22	12:40/M
250	125	44	F30	Carissa Thompson, F32	Solon, IA	40:44	13:06/M
251	126	16	F40	Shelly Ford, F40	,	42:01	13:31/M
252	127	25	F19	Monica Steinbrech, F27	Solon, IA	42:19	13:37/M
253	126	14	M19	Giovanni Wulsman, M26	Solon, IA	42:20	13:37/M
254	128	17	F40	Jen Visser, F40	,	42:30	13:40/M
255	129	45	F30	Angie Miller, F30	,	44:00	14:09/M
256	130	18	F40	Sandi Drew, F40	,	45:08	14:31/M
257	131	26	F19	Cassie Drew, F19	,	51:51	16:41/M
258	132	27	F19	Savannah Cuning, F19	Monument, CO	51:52	16:41/M
259	133	4	F60	Mary Scamman, F60	,	58:56	18:58/M
260	127	3	M60	Franklin Scamman, M60	,	58:57	18:58/M

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