

**Step Up For Down Syndrome \*\*\* 5K Run \*\*\*****Overall & Divisions****Event: 5K Run****Date: Sunday, September 30, 2018****Location: Cedar Rapids, IA****Weather: Overcast, Wind NE 5mph & 51°****[Overall and Age Divisions](#)*****Results By: Andrew Kauder - Kauder Racing, LLC***

Place	Gender	Division	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Wes Hillesheim, M40	Marion, IA	9:44	19:20	6:13/M	19:18	6:13/M
2	2	1 M50	James Phelps, M52	Marengo, IA	11:12	22:33	7:15/M	22:29	7:14/M
3	1	1 OVF	Jennifer Hughes, F39	Cedar Rapids, IA	11:23	23:09	7:27/M	23:07	7:26/M
4	3	1 M30	Joel Ridgway, M34	Atkins, IA	12:07	23:53	7:41/M	23:48	7:40/M
5	4	1 M65	Duncan MacDougall, M127	Cedar Rapids, IA	10:55	24:01	7:44/M	23:59	7:43/M
6	5	2 M30	Nicholas Hassinger, M33	Cedar Rapids, IA	12:33	25:01	8:03/M	24:54	8:01/M
7	2	1 F35	Molly Huinker, F35	Cedar Rapids, IA	12:30	25:10	8:06/M	25:07	8:05/M
8	6	1 M45	Scott Presley, M45	Cedar Rapids, IA	12:37	25:51	8:19/M	25:46	8:18/M
9	7	1 M35	Marlon Pineda, M38	Cedar Rapids, IA	12:30	26:23	8:30/M	26:19	8:28/M
10	8	3 M30	David Delayo, M34	Marion, IA	13:14	27:14	8:46/M	27:09	8:44/M
11	9	1 M55	Kraig Kirchhoff, M55	Independence, IA	12:56	27:59	9:00/M	27:55	8:59/M
12	3	1 F30	Mallory Stroik, F32	Iowa City, IA	14:45	29:51	9:36/M	29:39	9:33/M
13	4	1 F50	Lisa Kirchhoff, F50	Independence, IA	18:03	36:17	11:41/M	36:08	11:38/M

14	5	2 F35	Jenn Schulz, F38	Cedar Rapids, IA	18:13	37:05	11:56/M	36:59	11:54/M
15	6	2 F30	Holland Eggert, F33	Cedar Rapids, IA	23:29	48:23	15:34/M	48:13	15:31/M
16	7	1 F40	Elizabeth Altemeier, F43	Cedar Rapids, IA	23:29	48:23	15:34/M	48:13	15:31/M
17	8	1 F25	Lisa Burns, F29	Marion, IA	27:59	53:58	17:22/M	53:50	17:20/M
18	9	3 F35	Rachel Ozburn, F39	Cedar Rapids, IA	27:58	53:58	17:22/M	53:50	17:20/M

### Overall and Age Divisions

#### Overall Male

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Wes Hillesheim, M40	Marion, IA	9:44	19:20	6:13/M	19:18	6:13/M

#### Overall Female

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Jennifer Hughes, F39	Cedar Rapids, IA	11:23	23:09	7:27/M	23:07	7:26/M

#### F[25-29]

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Lisa Burns, F29	Marion, IA	27:59	53:58	17:22/M	53:50	17:20/M

#### M[30-34]

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Joel Ridgway, M34	Atkins, IA	12:07	23:53	7:41/M	23:48	7:40/M
2	Nicholas Hassinger, M33	Cedar Rapids, IA	12:33	25:01	8:03/M	24:54	8:01/M
3	David Delayo, M34	Marion, IA	13:14	27:14	8:46/M	27:09	8:44/M

#### F[30-34]

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Mallory Stroik, F32	Iowa City, IA	14:45	29:51	9:36/M	29:39	9:33/M
2	Holland Eggert, F33	Cedar Rapids, IA	23:29	48:23	15:34/M	48:13	15:31/M

#### M[35-39]

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
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1	Marlon Pineda, M38	Cedar Rapids, IA	12:30	26:23	8:30/M	26:19	8:28/M
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**F[35-39]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Molly Huinker, F35	Cedar Rapids, IA	12:30	25:10	8:06/M	25:07	8:05/M
2	Jenn Schulz, F38	Cedar Rapids, IA	18:13	37:05	11:56/M	36:59	11:54/M
3	Rachel Ozburn, F39	Cedar Rapids, IA	27:58	53:58	17:22/M	53:50	17:20/M

**M[40-44]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
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**F[40-44]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Elizabeth Altemeier, F43	Cedar Rapids, IA	23:29	48:23	15:34/M	48:13	15:31/M

**M[45-49]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Scott Presley, M45	Cedar Rapids, IA	12:37	25:51	8:19/M	25:46	8:18/M

**M[50-54]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	James Phelps, M52	Marengo, IA	11:12	22:33	7:15/M	22:29	7:14/M

**F[50-54]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Lisa Kirchhoff, F50	Independence, IA	18:03	36:17	11:41/M	36:08	11:38/M

**M[55-59]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Kraig Kirchhoff, M55	Independence, IA	12:56	27:59	9:00/M	27:55	8:59/M

**M[65 & Over]**

Place	Name	City	1/2 Split	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Duncan MacDougall,	Cedar Rapids, IA	10:55	24:01	7:44/M	23:59	7:43/M

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