

Kernel's 8K Run

Cedar Rapids, IA

Aug. 9, 2008

Results by Kauder Racing

5K results [here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

CLASS					
PLACE	PLACE	FINISHER	TIME	PACE	
Open Men					
1	1 M18	Nathan Hopp, 25, West Amana, IA	28:03	5:38	
2	2 M18	Tyler Sullivan, 20, Coralville, IA	28:47	5:47	
3	3 M18	Daniel McDermott, 18, Cedar Rapids, IA	29:22	5:54	
Open Women					
1	1 W18	Alicia Stannard, 26, Dekalb, IL	32:07	6:27	
2	2 W18	Julie Johnston, 24, Cedar Rapids, IA	34:24	6:55	
3	3 W40	Jane McGee, 46, Hiawatha, IA	35:26	7:07	
Masters Men					
4	1 M40	Bill Bennett, 43, Cedar Rapids, IA	29:32	5:56	
Masters Women					
3	1 W40	Jane McGee, 46, Hiawatha, IA	35:26	7:07	

CLASS					
PLACE	PLACE	FINISHER	TIME	PACE	

Men 18 - 29

5	1	Craig Goldsmith, 26, Cedar Rapids, IA	29:46	5:59
7	2	Matthew Jasper, 18, Cedar Rapids, IA	30:16	6:05
12	3	John Hackbarth, 26, Cedar Rapids, IA	32:32	6:32

Men 30 - 39

11	1	Randy Schultejans, 39, Palo, IA	32:15	6:29
19	2	Brian Suiter, 30, Lincoln, IL	34:24	6:54
25	3	Kylie Stannard, 30, Dekalb, IL	35:26	7:07

Men 40 - 49

6	1	Jeff Nietert, 47, Cedar Rapids, IA	30:03	6:02
8	2	Sam Houston, 41, Cedar Rapids, IA	31:41	6:22
9	3	Mike Schulte, 43, Cedar Rapids, IA	31:42	6:22

Men 50 - 59

10	1	Colin Flynn, 50, Cedar Rapids, IA	31:54	6:24
24	2	Bob Strickland, 57, Cedar Rapids, IA	35:07	7:03
44	3	Mark Bakkum, 54, Cedar Rapids, IA	39:20	7:54

Men 60 - 69

42	1	Fred Koontz, 60, Cedar Rapids, IA	38:51	7:48
62	2	Jim Meister, 64, Cedar Rapids, IA	47:16	9:30

Men 70 & Up

57	1	Tom Novak, 75, Cedar Rapids, IA	43:52	8:49
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CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women Under 18

18	1	Lauren Maze, 16, Cedar Rapids, IA	40:12	8:04
33	2	Mallory Jontz, 14, Cedar Rapids, IA	45:40	9:10

Women 18 - 29

4	1	Melissa Erickson, 18, Mount Pleasant, IA	36:15	7:17
6	2	Lindsey Brown, 23, Iowa City, IA	36:48	7:23
7	3	Gina Thomas, 25, Belle Plaine, IA	37:39	7:34

Women 30 - 39

8	1	Kelly Jensen, 38, Toddville, IA	38:13	7:41
10	2	Melissa Dostal, 39, Cedar Rapids, IA	38:26	7:43
20	3	Tina Bean, 35, Cedar Rapids, IA	40:37	8:09

Women 40 - 49

14	1	Denise Whitting, 49, Iowa City, IA	39:19	7:54
15	2	Sara Todd, 45, Cedar Rapids, IA	39:25	7:55
25	3	Kris Medin, 42, Cedar Rapids, IA	42:42	8:34

Women 50 - 59

5	1	Muriel Naumann, 52, Iowa City, IA	36:39	7:22
11	2	Jill Caldwell, 52, Hiawatha, IA	38:41	7:46
22	3	Sue Stannard, 59, Cedar Rapids, IA	41:45	8:23

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Individuals

Pace: [4:00](#) | [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [Top](#)

1	OpM	Nathan Hopp, 25, West Amana, IA	28:03	5:38
2	OpM	Tyler Sullivan, 20, Coralville, IA	28:47	5:47
3	OpM	Daniel McDermott, 18, Cedar Rapids, IA	29:22	5:54
4	MM	Bill Bennett, 43, Cedar Rapids, IA	29:32	5:56
5	1 M18	Craig Goldsmith, 26, Cedar Rapids, IA	29:46	5:59

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6	1 M40	Jeff Nietert, 47, Cedar Rapids, IA	30:03	6:02
7	2 M18	Matthew Jasper, 18, Cedar Rapids, IA	30:16	6:05
8	2 M40	Sam Houston, 41, Cedar Rapids, IA	31:41	6:22
9	3 M40	Mike Schulte, 43, Cedar Rapids, IA	31:42	6:22
10	1 M50	Colin Flynn, 50, Cedar Rapids, IA	31:54	6:24
1	OpW	Alicia Stannard, 26*, Dekalb, IL	32:07	6:27
11	1 M30	Randy Schultejans, 39, Palo, IA	32:15	6:29
12	3 M18	John Hackbarth, 26, Cedar Rapids, IA	32:32	6:32
13	4 M18	Andrew Baum, 19, Appleton, WI	32:36	6:33
14	5 M18	Douglas Hass, 27, Cedar Rapids, IA	32:58	6:37
15	4 M40	Rick Colton, 48, Marion, IA	33:28	6:43
16	6 M18	Eric Baum, 21, Appleton, WI	33:37	6:45
17	5 M40	Ken Wright, 40, Cedar Rapids, IA	33:44	6:47
18	6 M40	Thomas Wolle, 42, Cedar Rapids, IA	34:02	6:50
19	2 M30	Brian Suiter, 30, Lincoln, IL	34:24	6:54
2	OpW	Julie Johnston, 24*, Cedar Rapids, IA	34:24	6:55
20	7 M40	Bill Sinak, 44, St. Louis, MO	34:26	6:55
21	7 M18	Greg McGrath, 23, Cedar Rapids, IA	34:33	6:56
22	8 M40	Mark Rocarek, 43, Vinton, IA	34:35	6:57

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23	9 M40	Jeff Madsen, 46, Cedar Rapids, IA	34:56	7:01
24	2 M50	Bob Strickland, 57, Cedar Rapids, IA	35:07	7:03
3	OpW	Jane McGee, 46*, Hiawatha, IA	35:26	7:07
25	3 M30	Kylie Stannard, 30, Dekalb, IL	35:26	7:07
26	10 M40	Tom Scanlon, 45, Cedar Rapids, IA	35:48	7:11
27	8 M18	John Kuper, 24, Cedar Rapids, IA	35:55	7:13
28	4 M30	Chris Nims, 31, Cedar Rapids, IA	36:05	7:15

29	11	M40	Dave Dostal, 40, Cedar Rapids, IA	36:12	7:16
4	1	W18	Melissa Erickson, 18*, Mount Pleasant, IA	36:15	7:17
30	5	M30	Jeff Cater, 39, Cedar Rapids, IA	36:28	7:19
31	12	M40	Dennis Fagan, 44, Cedar Rapids, IA	36:35	7:21
5		MW	Muriel Naumann, 52*, Iowa City, IA	36:39	7:22
6	2	W18	Lindsey Brown, 23*, Iowa City, IA	36:48	7:23
32	13	M40	Dan Mallonee, 47, Cedar Rapids, IA	37:20	7:30
33	6	M30	Steve Henry, 35, Cedar Rapids, IA	37:28	7:32
7	3	W18	Gina Thomas, 25*, Belle Plaine, IA	37:39	7:34
34	7	M30	Matt Vasquez, 30, Cedar Rapids, IA	37:43	7:35
35	8	M30	Michael Reardon, 36, Cedar Rapids, IA	37:53	7:36
36	9	M30	Brian Peck, 31, Cedar Rapids, IA	37:58	7:38
37	14	M40	David Vognsen, 49, Cedar Rapids, IA	38:00	7:38
38	15	M40	Patrick Knaub, 40, Cedar Rapids, IA	38:10	7:40
39	9	M18	Joshua Rapp, 27, Cedar Rapids, IA	38:11	7:40
8	1	W30	Kelly Jensen, 38*, Toddville, IA	38:13	7:41
9	4	W18	Mary Hays, 27*, Atkins, IA	38:24	7:43
10	2	W30	Melissa Dostal, 39*, Cedar Rapids, IA	38:26	7:43
40	16	M40	Jeff Pick, 46, Cedar Rapids, IA	38:31	7:44
41	10	M30	Ryan Bunge, 30, Fairfax, IA	38:33	7:45
11	1	W50	Jill Caldwell, 52*, Hiawatha, IA	38:41	7:46
12	5	W18	Elizabeth Sutton, 28*, Iowa City, IA	38:50	7:48
42	1	M60	Fred Koontz, 60, Cedar Rapids, IA	38:51	7:48
43	17	M40	Doug Jasper, 47, Davenport, IA	38:52	7:48
13	6	W18	Melissa McKeon, 26*, Cedar Rapids, IA	39:13	7:53
14	1	W40	Denise Whitting, 49*, Iowa City, IA	39:19	7:54
44	3	M50	Mark Bakkum, 54, Cedar Rapids, IA	39:20	7:54
15	2	W40	Sara Todd, 45*, Cedar Rapids, IA	39:25	7:55
45	10	M18	Ricky Brown, 25, Manhattan, KS	39:46	7:59

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46	4	M50	Mark Ramsey, 57, Cedar Rapids, IA	39:49	8:00
16	7	W18	Rachel Suiter, 25*, Waterloo, IA	39:54	8:01

17	8	W18	Amber Novak, 24*, Newhall, IA	39:57	8:01
18	1	JrW	Lauren Maze, 16*, Cedar Rapids, IA	40:12	8:04
47	5	M50	Steve Maze, 51, Cedar Rapids, IA	40:12	8:04
48	18	M40	Chuck Hardin, 42, Cedar Rapids, IA	40:26	8:07
19	9	W18	Kristin Wendlandt, 26*, Iowa City, IA	40:35	8:09
20	3	W30	Tina Bean, 35*, Cedar Rapids, IA	40:37	8:09
21	4	W30	Mariah Hurley, 31*, Cedar Rapids, IA	40:38	8:10
49	19	M40	Eric Wasson, 46, Cedar Rapids, IA	41:19	8:18
50	6	M50	Ben Henderson, 59, Marion, IA	41:44	8:23
22	2	W50	Sue Stannard, 59*, Cedar Rapids, IA	41:45	8:23
23	3	W50	Trish Prokop, 54*, Cedar Rapids, IA	41:49	8:24
51	20	M40	Jim Schnoebelen, 48, Cedar Rapids, IA	42:17	8:30
52	11	M30	Jason Wisehart, 35, Cedar Rapids, IA	42:24	8:31
24	5	W30	Sherrie Kautman, 32*, Cedar Rapids, IA	42:32	8:33
53	12	M30	Tim Collins, 39, Cedar Rapids, IA	42:33	8:33
25	3	W40	Kris Medin, 42*, Cedar Rapids, IA	42:42	8:34
54	21	M40	Paula Mueller, 46, Grand Island, NE	43:04	8:39
55	11	M18	Merid Thzore, 27, Dubuque, IA	43:10	8:40
56	13	M30	Darren Stearns, 30, Newhall, IA	43:44	8:47
26	10	W18	Jill Scheckel, 29*, Palo, IA	43:47	8:48
57	1	M70	Tom Novak, 75, Cedar Rapids, IA	43:52	8:49
58	7	M50	Kifletsadik Mulugeta, 53, Iowa City, IA	43:55	8:49
59	8	M50	Randy Bunge, 50, Swisher, IA	43:57	8:50
27	11	W18	Lezlie John, 28*, Ely, IA	44:06	8:51
28	12	W18	Markell Kuper, 26*, Cedar Rapids, IA	44:06	8:51
29	4	W40	Barb Bunge, 48*, Swisher, IA	44:18	8:54

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30	13	W18	Teyobesta Tewabe, 28*, Coralville, IA	45:04	9:03
31	6	W30	Jennifer Fish, 35*, Iowa City, IA	45:11	9:05
60	22	M40	Tim Kroeze, 43, Cedar Rapids, IA	45:34	9:09
32	5	W40	Kris Tharp, 42*, Swisher, IA	45:37	9:10
33	2	JrW	Mallory Jontz, 14*, Cedar Rapids, IA	45:40	9:10
61	23	M40	David Jontz, 43, Cedar Rapids, IA	45:40	9:10

34	7	W30	Anne White, 38*, Cedar Rapids, IA	46:20	9:18
62	2	M60	Jim Meister, 64, Cedar Rapids, IA	47:16	9:30
63	14	M30	Don Kearney, 32, Fairfax, IA	47:30	9:32
35	6	W40	Christie Gales, 45*, Cedar Rapids, IA	48:26	9:44
36	7	W40	Sara Mellgren, 47*, Amana, IA	49:08	9:52

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37	8	W40	Janine Wasson, 42*, Cedar Rapids, IA	50:35	10:10
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38	9	W40	Dawn McArtor, 45*, Cedar Rapids, IA	54:53	11:01
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* indicates females

8 finishers among Males (no age given)

11 finishers among Men 18 - 29

14 finishers among Men 30 - 39

23 finishers among Men 40 - 49

8 finishers among Men 50 - 59

2 finishers among Men 60 - 69

1 finishers among Men 70 & Up

2 finishers among Women Under 18

13 finishers among Women 18 - 29

7 finishers among Women 30 - 39

9 finishers among Women 40 - 49

3 finishers among Women 50 - 59

67 male finishers

34 female finishers

101 total finishers

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