

Swisher *** 5k Run *** Overall & Divisions

Event: 5k Run [.5K Walk results](#)[Date: Saturday, August 08, 2015](#)

Location: Swisher

Weather: Warm 70°

[Overall and Age Divisions](#)***Results By: On The Run Race Timing Race***Video [15:44](#) Click On Your Name to see yourself cross the Finish line!

Place	Gender	Division	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Phil Young, M29	North Liberty, IA	15:59	5:09/M	15:59	5:09/M
2	2	1 M30	Nate Hopp, M32	West Amana, IA	16:21	5:16/M	16:20	5:16/M
3	3	1 M14	Matt Lorenz, M16	Swisher, IA	17:29	5:38/M	17:28	5:37/M
4	4	2 M14	Colton Lagrange, M14	Swisher, IA	18:00	5:48/M	18:00	5:48/M
5	5	3 M14	Cameron Steffens, M16	Swisher, IA	18:17	5:53/M	18:17	5:53/M
6	6	1 M50	Jeff Nietert, M54	Palo, IA	19:36	6:18/M	19:34	6:18/M
7	7	4 M14	Grayson Walther, M14	Cedar Rapids, IA	19:56	6:25/M	19:54	6:24/M
8	8	5 M14	Sam Uthoff, M17	Solon, IA	20:15	6:31/M	20:13	6:31/M
9	9	1 M40	Pat Dominy, M43	North Liberty, IA	20:46	6:41/M	20:44	6:40/M
10	10	2 M50	David Robertson, M57	Iowa City, IA	21:11	6:49/M	21:10	6:49/M
11	1	1 OVF	Elizabeth Steele, F30	Norwalk, IA	22:04	7:06/M	22:02	7:05/M
12	11	1 M19	Scott Lamparek, M25	Swisher, IA	22:09	7:08/M	22:09	7:08/M
13	12	3 M50	Craig Brophy, M54	Cedar Rapids, IA	22:13	7:09/M	22:12	7:09/M
14	13	1 JRM	Carlo Dannenfelser, M13	Cedar Rapids, IA	22:27	7:14/M	22:26	7:13/M
15	2	1 F30	Diane McCabe, F32	Swisher, IA	22:35	7:16/M	22:29	7:14/M
16	14	1 M60	Dave Martin, M60	Cedar Rapids, IA	23:00	7:24/M	22:59	7:24/M

				IA				
17	15	2 M30	Nathan Vetter, M35	Swisher, IA	23:21	7:31/M	23:19	7:30/M
18	3	1 F40	Michelle Steele, F44	Cedar Rapids, IA	23:59	7:43/M	23:55	7:42/M
19	16	2 M40	Tom Ross, M46	Swisher, IA	24:01	7:44/M	23:59	7:43/M
20	17	2 M60	Bruce Bachmann, M66	Cedar Rapids, IA	24:35	7:55/M	24:32	7:54/M
21	18	3 M40	Steve Lorenz, M49	Swisher, IA	24:40	7:56/M	24:38	7:56/M
22	19	3 M60	Norm Arons, M68	Cedar Rapids, IA	24:44	7:58/M	24:37	7:56/M
23	20	2 JRM	Lukas Lamparek, M12	Cedar Rapids, IA	24:54	8:01/M	24:50	7:59/M
24	4	2 F30	Kara Burg, F32	Cedar Rapids, IA	25:04	8:04/M	24:58	8:02/M
25	5	1 JRF	Alexis Moses, F11	Fairfax, IA	25:17	8:08/M	25:14	8:07/M
26	21	4 M40	Ben Winborn, M41	Swisher, IA	25:20	8:09/M	25:18	8:09/M
27	6	2 F40	Candy Ross, F46	Swisher, IA	25:21	8:10/M	25:18	8:09/M
28	22	5 M40	Ethan Guefa, M40	Swisher, IA	25:55	8:21/M	25:44	8:17/M
29	7	3 F40	Kim Lorenz, F49	Swisher, IA	25:58	8:21/M	25:55	8:21/M
30	8	1 F14	Beth Uthoff, F15	Solon, IA	26:19	8:28/M	26:17	8:28/M
31	9	2 JRF	Hannah Ironside, F11	Swisher, IA	26:25	8:30/M	26:24	8:30/M
32	23	3 JRM	Brick Kabela, M9	North Liberty, IA	26:53	8:39/M	26:52	8:39/M
33	10	4 F40	Carrie Kolosik, F48	Swisher, IA	27:03	8:42/M	27:03	8:42/M
34	24	3 M30	Mike Brems, M35	Cedar Rapids, IA	27:15	8:46/M	27:10	8:45/M
35	25	4 M50	Kevin Lamparek, M54	Swisher, IA	27:19	8:47/M	27:15	8:46/M
36	11	3 JRF	Grace Ironside, F12	Swisher, IA	27:32	8:52/M	27:29	8:51/M
37	12	4 JRF	Megan Lamparek, F12	Cedar Rapids, IA	27:42	8:55/M	27:38	8:54/M
38	26	6 M40	Rick Lamparek, M47	Marengo, IA	27:42	8:55/M	27:38	8:54/M
39	13	5 JRF	Natalie Bennett, F12	Ely, IA	28:15	9:06/M	28:12	9:05/M
40	14	6 JRF	Maddy Kolek, F12	Marion, IA	28:22	9:08/M	28:17	9:06/M
41	15	3 F30	Angela Johnson, F39	Swisher, IA	28:27	9:09/M	28:20	9:07/M
42	16	5 F40	Shelley Vandraska, F48	Swisher, IA	28:35	9:12/M	28:32	9:11/M
43	17	6 F40	Sarah Novak, F40	Cedar Rapids, IA	28:45	9:15/M	28:41	9:14/M
44	27	4 JRM	Colin Winborn, M11	Swisher, IA	29:10	9:23/M	29:08	9:23/M
45	28	7 M40	James Swanson, M45	Swisher, IA	29:15	9:25/M	29:11	9:24/M
46	18	7 JRF	Maggie Ironside, F9	Swisher, IA	29:17	9:26/M	29:16	9:25/M
47	19	7 F40	Lori Winborn, F41	Swisher, IA	29:17	9:26/M	29:15	9:25/M
48	29	8 M40	Mark Ironside, M40	Swisher, IA	29:18	9:26/M	29:16	9:25/M

49	20	1 F60	Jean Sippy, F61	Swisher, IA	29:50	9:36/M	29:47	9:35/M
50	21	8 F40	Denise Peck, F42	Coraville, IA	30:08	9:42/M	30:04	9:41/M
51	22	2 F14	Cairo Dinicola, F17	Cedar Rapids, IA	30:12	9:43/M	30:09	9:42/M
52	23	4 F30	Julie Mueller, F39	Fairfax, IA	30:18	9:45/M	30:09	9:42/M
53	30	4 M30	Adam Steele, M30	Norway, IA	31:09	10:02/M	31:02	9:59/M
54	24	1 F19	Hannah Klocke, F26	Cedar Rapids, IA	31:23	10:06/M	31:17	10:04/M
55	31	2 M19	Casey Richmond, M29	Cedar Rapids, IA	31:29	10:08/M	31:22	10:06/M
56	25	2 F19	Sadler Sadler, F27	Cedar Rapids, IA	31:34	10:10/M	31:28	10:08/M
57	26	5 F30	Melea White, F31	Swisher, IA	32:35	10:29/M	32:28	10:27/M
58	32	5 JRM	Samuel Rice, M10	Swisher, IA	32:37	10:30/M	32:26	10:26/M
59	27	1 F50	Shelley Marston, F55	Swisher, IA	32:44	10:32/M	32:38	10:30/M
60	28	6 F30	Amy Beach, F38	Swisher, IA	34:27	11:05/M	34:24	11:04/M
61	33	6 JRM	Grant Beach, M12	Swisher, IA	34:52	11:13/M	34:49	11:12/M
62	29	8 JRF	Lydia Rice, F11	Swisher, IA	35:09	11:19/M	34:58	11:15/M
63	34	9 M40	David Rice, M48	Swisher, IA	35:11	11:19/M	35:00	11:16/M
64	35	7 JRM	Dade Davis, M8	Swisher, IA	35:18	11:22/M	35:10	11:19/M
65	30	7 F30	Traci Boston, F37	Swisher, IA	35:25	11:24/M	35:13	11:20/M
66	31	9 F40	Julia Hamann, F43	Cedar Rapids, IA	35:26	11:24/M	35:17	11:22/M
67	32	8 F30	Kristy Dorton, F37	Cedar Rapids, IA	35:27	11:25/M	35:18	11:22/M
68	33	9 F30	Carrie Davis, F38	Swisher, IA	36:10	11:38/M	36:02	11:36/M
69	36	8 JRM	Beckett Davis, M6	Swisher, IA	36:22	11:42/M	36:14	11:40/M
70	34	10 F30	Amber Stratton, F35	Swisher, IA	37:35	12:06/M	37:27	12:03/M
71	35	3 F19	Alyssa Cheney, F26	Swisher, IA	37:42	12:08/M	37:34	12:06/M
72	37	5 M50	John Pettus, M52	Cedar Rapids, IA	37:46	12:09/M	37:39	12:07/M
73	36	10 F40	Lacane Anthony, F49	Swisher, IA	39:02	12:34/M	38:53	12:31/M
74	37	11 F30	Amanda Volbrecht, F32	Solon, IA	41:15	13:17/M	41:07	13:14/M
75	38	2 F50	Lori Stratton, F58	Swisher, IA	41:26	13:20/M	41:18	13:18/M
76	39	3 F14	Kelby Swanson, F17	Swisher, IA	41:59	13:31/M	41:56	13:30/M
77	40	3 F50	Veronica Pettus, F50	Cedar Rapids, IA	42:04	13:33/M	41:56	13:30/M
78	41	12 F30	Laura Gast, F34	Swisher, IA	45:01	14:29/M	44:51	14:26/M
79	42	13 F30	Samantha Ironside, F38	Swisher, IA	45:01	14:29/M	44:51	14:26/M
80	43	2 F60	Chris Lamphere, F63	Swisher, IA	46:20	14:55/M	46:19	14:54/M
81	44	14 F30	Sara Kreutner, F35	Vinton, IA	46:27	14:57/M	46:18	14:54/M
82	45	4 F50	Ann Uthoff, F57	Solon, IA	47:44	15:22/M	47:32	15:18/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Phil Young, M29	North Liberty, IA	15:59	5:09/M	15:59	5:09/M

Overall Female

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Elizabeth Steele, F30	Norwalk, IA	22:04	7:06/M	22:02	7:05/M

M[13 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Carlo Dannenfelser, M13	Cedar Rapids, IA	22:27	7:14/M	22:26	7:13/M
2	Lukas Lamparek, M12	Cedar Rapids, IA	24:54	8:01/M	24:50	7:59/M
3	Brick Kabela, M9	North Liberty, IA	26:53	8:39/M	26:52	8:39/M
4	Colin Winborn, M11	Swisher, IA	29:10	9:23/M	29:08	9:23/M
5	Samuel Rice, M10	Swisher, IA	32:37	10:30/M	32:26	10:26/M
6	Grant Beach, M12	Swisher, IA	34:52	11:13/M	34:49	11:12/M
7	Dade Davis, M8	Swisher, IA	35:18	11:22/M	35:10	11:19/M
8	Beckett Davis, M6	Swisher, IA	36:22	11:42/M	36:14	11:40/M

F[13 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Alexis Moses, F11	Fairfax, IA	25:17	8:08/M	25:14	8:07/M
2	Hannah Ironside, F11	Swisher, IA	26:25	8:30/M	26:24	8:30/M
3	Grace Ironside, F12	Swisher, IA	27:32	8:52/M	27:29	8:51/M
4	Megan Lamparek, F12	Cedar Rapids, IA	27:42	8:55/M	27:38	8:54/M
5	Natalie Bennett, F12	Ely, IA	28:15	9:06/M	28:12	9:05/M
6	Maddy Kolek, F12	Marion, IA	28:22	9:08/M	28:17	9:06/M
7	Maggie Ironside, F9	Swisher, IA	29:17	9:26/M	29:16	9:25/M
8	Lydia Rice, F11	Swisher, IA	35:09	11:19/M	34:58	11:15/M

M[14-18]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Matt Lorenz, M16	Swisher, IA	17:29	5:38/M	17:28	5:37/M
2	Colton Lagrange, M14	Swisher, IA	18:00	5:48/M	18:00	5:48/M
3	Cameron Steffens, M16	Swisher, IA	18:17	5:53/M	18:17	5:53/M
4	Grayson Walther, M14	Cedar Rapids, IA	19:56	6:25/M	19:54	6:24/M

5 [Sam Uthoff, M17](#) Solon, IA 20:15 6:31/M 20:13 6:31/M

F[14-18]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Beth Uthoff, F15	Solon, IA	26:19	8:28/M	26:17	8:28/M
2	Cairo Dinicola, F17	Cedar Rapids, IA	30:12	9:43/M	30:09	9:42/M
3	Kelby Swanson, F17	Swisher, IA	41:59	13:31/M	41:56	13:30/M

M[19-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Scott Lamparek, M25	Swisher, IA	22:09	7:08/M	22:09	7:08/M
2	Casey Richmond, M29	Cedar Rapids, IA	31:29	10:08/M	31:22	10:06/M

F[19-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Hannah Klocke, F26	Cedar Rapids, IA	31:23	10:06/M	31:17	10:04/M
2	Sadler Sadler, F27	Cedar Rapids, IA	31:34	10:10/M	31:28	10:08/M
3	Alyssa Cheney, F26	Swisher, IA	37:42	12:08/M	37:34	12:06/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Nate Hopp, M32	West Amana, IA	16:21	5:16/M	16:20	5:16/M
2	Nathan Vetter, M35	Swisher, IA	23:21	7:31/M	23:19	7:30/M
3	Mike Brems, M35	Cedar Rapids, IA	27:15	8:46/M	27:10	8:45/M
4	Adam Steele, M30	Norway, IA	31:09	10:02/M	31:02	9:59/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Diane McCabe, F32	Swisher, IA	22:35	7:16/M	22:29	7:14/M
2	Kara Burg, F32	Cedar Rapids, IA	25:04	8:04/M	24:58	8:02/M
3	Angela Johnson, F39	Swisher, IA	28:27	9:09/M	28:20	9:07/M
4	Julie Mueller, F39	Fairfax, IA	30:18	9:45/M	30:09	9:42/M
5	Melea White, F31	Swisher, IA	32:35	10:29/M	32:28	10:27/M
6	Amy Beach, F38	Swisher, IA	34:27	11:05/M	34:24	11:04/M
7	Traci Boston, F37	Swisher, IA	35:25	11:24/M	35:13	11:20/M
8	Kristy Dorton, F37	Cedar Rapids, IA	35:27	11:25/M	35:18	11:22/M
9	Carrie Davis, F38	Swisher, IA	36:10	11:38/M	36:02	11:36/M
10	Amber Stratton, F35	Swisher, IA	37:35	12:06/M	37:27	12:03/M
11	Amanda Volbrecht, F32	Solon, IA	41:15	13:17/M	41:07	13:14/M
12	Laura Gast, F34	Swisher, IA	45:01	14:29/M	44:51	14:26/M

13	Samantha Ironside, F38	Swisher, IA	45:01	14:29/M	44:51	14:26/M
14	Sara Kreutner, F35	Vinton, IA	46:27	14:57/M	46:18	14:54/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Pat Dominy, M43	North Liberty, IA	20:46	6:41/M	20:44	6:40/M
2	Tom Ross, M46	Swisher, IA	24:01	7:44/M	23:59	7:43/M
3	Steve Lorenz, M49	Swisher, IA	24:40	7:56/M	24:38	7:56/M
4	Ben Winborn, M41	Swisher, IA	25:20	8:09/M	25:18	8:09/M
5	Ethan Gucfa, M40	Swisher, IA	25:55	8:21/M	25:44	8:17/M
6	Rick Lamparek, M47	Marengo, IA	27:42	8:55/M	27:38	8:54/M
7	James Swanson, M45	Swisher, IA	29:15	9:25/M	29:11	9:24/M
8	Mark Ironside, M40	Swisher, IA	29:18	9:26/M	29:16	9:25/M
9	David Rice, M48	Swisher, IA	35:11	11:19/M	35:00	11:16/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Michelle Steele, F44	Cedar Rapids, IA	23:59	7:43/M	23:55	7:42/M
2	Candy Ross, F46	Swisher, IA	25:21	8:10/M	25:18	8:09/M
3	Kim Lorenz, F49	Swisher, IA	25:58	8:21/M	25:55	8:21/M
4	Carrie Kolosik, F48	Swisher, IA	27:03	8:42/M	27:03	8:42/M
5	Shelley Vandraska, F48	Swisher, IA	28:35	9:12/M	28:32	9:11/M
6	Sarah Novak, F40	Cedar Rapids, IA	28:45	9:15/M	28:41	9:14/M
7	Lori Winborn, F41	Swisher, IA	29:17	9:26/M	29:15	9:25/M
8	Denise Peck, F42	Coraville, IA	30:08	9:42/M	30:04	9:41/M
9	Julia Hamann, F43	Cedar Rapids, IA	35:26	11:24/M	35:17	11:22/M
10	Lacane Anthony, F49	Swisher, IA	39:02	12:34/M	38:53	12:31/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Jeff Nietert, M54	Palo, IA	19:36	6:18/M	19:34	6:18/M
2	David Robertson, M57	Iowa City, IA	21:11	6:49/M	21:10	6:49/M
3	Craig Brophy, M54	Cedar Rapids, IA	22:13	7:09/M	22:12	7:09/M
4	Kevin Lamparek, M54	Swisher, IA	27:19	8:47/M	27:15	8:46/M
5	John Pettus, M52	Cedar Rapids, IA	37:46	12:09/M	37:39	12:07/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Shelley Marston, F55	Swisher, IA	32:44	10:32/M	32:38	10:30/M
2	Lori Stratton, F58	Swisher, IA	41:26	13:20/M	41:18	13:18/M
3	Veronica Pettus, F50	Cedar Rapids, IA	42:04	13:33/M	41:56	13:30/M
4	Ann Uthoff, F57	Solon, IA	47:44	15:22/M	47:32	15:18/M

M[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Dave Martin, M60	Cedar Rapids, IA	23:00	7:24/M	22:59	7:24/M
2	Bruce Bachmann, M66	Cedar Rapids, IA	24:35	7:55/M	24:32	7:54/M
3	Norm Arons, M68	Cedar Rapids, IA	24:44	7:58/M	24:37	7:56/M

F[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Jean Sippy, F61	Swisher, IA	29:50	9:36/M	29:47	9:35/M
2	Chris Lamphere, F63	Swisher, IA	46:20	14:55/M	46:19	14:54/M

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The Run Race Timing
