

# Swisher 5K 2012\*\*\*5K Run\*\*\*Overall Report . .

. . . Walk results [here](#)

Event: 5K Run

Date: Saturday, August 04, 2012

Location: Swisher, Ia

Weather: Warm 80°

Age Group [results here](#)

## *Results By: Jeff Mullen*

| Place | Gender | Div | Name                      | City              | Gun Time | Pace   |
|-------|--------|-----|---------------------------|-------------------|----------|--------|
| 1     | 1      | 1   | OvM Phil Young, M26       | North Liberty, IA | 17:20    | 5:35/M |
| 2     | 2      | 1   | M40 Brett Stephenson, M41 | Cedar Rapids, IA  | 18:01    | 5:48/M |
| 3     | 3      | 1   | M30 Mark Ironside, M37    | Swisher, IA       | 18:31    | 5:57/M |
| 4     | 4      | 1   | M19 Hunter Hills, M23     | Swisher, IA       | 18:54    | 6:05/M |
| 5     | 5      | 2   | M40 Michael Hughes, M45   | Cedar Rapids, IA  | 19:11    | 6:10/M |
| 6     | 6      | 1   | M50 Jeff Nietert, M51     | Cedar Rapids, IA  | 19:39    | 6:19/M |
| 7     | 7      | 2   | M19 Bryan Jones, M27      | Cedar Rapids, IA  | 20:09    | 6:29/M |
| 8     | 8      | 3   | M19 Tim Anderson, M25     | Cedar Rapids, IA  | 20:12    | 6:30/M |
| 9     | 9      | 2   | M30 Michael Seamans, M35  | Swisher, IA       | 20:25    | 6:34/M |
| 10    | 10     | 2   | M50 Randy Brecht, M52     | Middle Amana, IA  | 20:30    | 6:36/M |
| 11    | 1      | 1   | OvF Michelle Zikes, F17   | Cedar Rapids, IA  | 20:36    | 6:38/M |
| 12    | 11     | 3   | M40 Tom Daubs, M41        | Marion, IA        | 20:41    | 6:39/M |
| 13    | 12     | 4   | M40 Sam Houston, M45      | Cedar Rapids, IA  | 21:15    | 6:50/M |
| 14    | 13     | 5   | M40 Pat Dominy, M40       | North Liberty, IA | 21:19    | 6:51/M |
| 15    | 14     | 6   | M40 Luke Turner, M43      | Hiawatha, IA      | 21:26    | 6:54/M |
| 16    | 15     | 1   | M14 Sam Uthoff, M14       | Solon, IA         | 21:29    | 6:55/M |
| 17    | 16     | 7   | M40 Mike Schulte, M47     | Cedar Rapids, IA  | 21:38    | 6:57/M |
| 18    | 2      | 1   | F19 Julie Johnston, F28   | Cedar Rapids, IA  | 21:43    | 6:59/M |

|    |    |    |     |                         |                   |       |        |
|----|----|----|-----|-------------------------|-------------------|-------|--------|
| 19 | 17 | 4  | M19 | Scott Lamparek, M22     | Swisher, IA       | 22:11 | 7:08/M |
| 20 | 3  | 2  | F19 | Elizabeth Steele, F27   | Norway, IA        | 22:22 | 7:12/M |
| 21 | 4  | 1  | F30 | Lauren Seamans, F31     | Swisher, IA       | 22:34 | 7:16/M |
| 22 | 18 | 5  | M19 | Julius Thomas, M20      | North Liberty, IA | 22:37 | 7:16/M |
| 23 | 5  | 2  | F30 | Kris Hamerlinck, F33    | Amana, IA         | 22:39 | 7:17/M |
| 24 | 19 | 6  | M19 | Justin Cook, M23        | Cedar Rapids, IA  | 22:45 | 7:19/M |
| 25 | 20 | 7  | M19 | Francisco Hinojosa, M19 | Cedar Rapids, IA  | 22:54 | 7:22/M |
| 26 | 6  | 1  | F50 | Jane Mcgee, F50         | Hiawatha, IA      | 22:56 | 7:22/M |
| 27 | 21 | 3  | M30 | Eric Griffin, M35       | Swisher, IA       | 22:59 | 7:23/M |
| 28 | 22 | 1  | M60 | Bob Strickland, M61     | Marion, IA        | 23:02 | 7:25/M |
| 29 | 23 | 8  | M19 | Carlos Torres, M25      | Cedar Rapids, IA  | 23:39 | 7:37/M |
| 30 | 24 | 2  | M14 | Austen Winders, M16     | Cedar Rapids, IA  | 24:00 | 7:43/M |
| 31 | 7  | 1  | F14 | Brianne Cook, F18       | Monticello, IA    | 24:03 | 7:44/M |
| 32 | 25 | 8  | M40 | Ken Sunseri, M46        | Cedar Rapids, IA  | 24:04 | 7:45/M |
| 33 | 26 | 4  | M30 | Mark Debner, M37        | Cedar Rapids, IA  | 24:07 | 7:45/M |
| 34 | 27 | 9  | M40 | Michael Riddle, M46     | Kalona, IA        | 24:13 | 7:47/M |
| 35 | 8  | 3  | F19 | Diane McCabe, F29       | Swisher, IA       | 24:28 | 7:52/M |
| 36 | 28 | 1  | JrM | Ben Lamparek, M12       | Marengo, IA       | 24:33 | 7:54/M |
| 37 | 29 | 2  | JrM | Colton Hoffman, M10     | Solon, IA         | 24:42 | 7:57/M |
| 38 | 30 | 9  | M19 | James Eaton, M22        | Cedar Rapids, IA  | 24:48 | 7:59/M |
| 39 | 31 | 10 | M19 | Kyle Jacobs, M26        | Cedar Rapids, IA  | 24:50 | 7:59/M |
| 40 | 32 | 11 | M19 | Kyle Perry, M29         | Cedar Rapids, IA  | 25:07 | 8:05/M |
| 41 | 33 | 10 | M40 | Chuck Hardin, M46       | Cedar Rapids, IA  | 25:14 | 8:07/M |
| 42 | 34 | 3  | M14 | Luis Torres, M17        | Cedar Rapids, IA  | 25:28 | 8:11/M |
| 43 | 9  | 3  | F30 | Cynthia Marx, F35       | North Liberty, IA | 25:33 | 8:13/M |
| 44 | 10 | 4  | F30 | Stephanie Annis, F37    | Swisher, IA       | 25:40 | 8:15/M |
| 45 | 35 | 3  | M50 | Terry Pizinger, M53     | Cedar Rapids, IA  | 25:41 | 8:16/M |
| 46 | 36 | 4  | M50 | Doug Lord, M57          | Lisbon, IA        | 25:44 | 8:17/M |
| 47 | 37 | 5  | M30 | Jeff Wenning, M37       | Swisher, IA       | 25:45 | 8:17/M |
| 48 | 38 | 11 | M40 | Jamie Klein, M48        | Marion, IA        | 25:54 | 8:20/M |
| 49 | 39 | 12 | M40 | Rick Lamparek, M44      | Marengo Ia, IA    | 25:56 | 8:20/M |
| 50 | 40 | 6  | M30 | Travis Mueller, M37     | Fairfax, IA       | 26:09 | 8:25/M |
| 51 | 11 | 2  | F50 | Muriel Naumann, F56     | Iowa City, IA     | 26:17 | 8:27/M |
| 52 | 41 | 13 | M40 | Glen Heims, M42         | Swisher, IA       | 26:27 | 8:30/M |
| 53 | 42 | 14 | M40 | Jeff Marnier, M49       | Kalona, IA        | 26:43 | 8:36/M |
| 54 | 43 | 15 | M40 | Jeff Paxton, M44        | Stilwell, KS      | 26:44 | 8:36/M |
| 55 | 12 | 1  | F40 | Maddy Gray, F47         | Swisher, IA       | 26:46 | 8:36/M |

|    |    |    |     |                          |                   |       |         |
|----|----|----|-----|--------------------------|-------------------|-------|---------|
| 56 | 44 | 7  | M30 | Nathan Vetter, M32       | Swisher, IA       | 26:51 | 8:38/M  |
| 57 | 45 | 8  | M30 | Branden Ohern, M30       | Swisher, IA       | 27:17 | 8:46/M  |
| 58 | 46 | 4  | M14 | Jon Hood, M14            | Cedar Rapids, IA  | 27:18 | 8:47/M  |
| 59 | 13 | 1  | JrF | Cayley Annis, F10        | Swisher, IA       | 27:22 | 8:48/M  |
| 60 | 14 | 4  | F19 | Stephany Coleman, F26    | North Liberty, IA | 27:37 | 8:53/M  |
| 61 | 15 | 3  | F50 | Sue Bennett, F50         | Cedar Rapids, IA  | 27:40 | 8:54/M  |
| 62 | 47 | 16 | M40 | Curt Hynek, M40          | Swisher, IA       | 28:45 | 9:15/M  |
| 63 | 16 | 5  | F30 | Stephanie Prochaska, F34 | Cedar Rapids, IA  | 29:09 | 9:23/M  |
| 64 | 48 | 12 | M19 | Cody Willman, M22        | Swisher, IA       | 29:11 | 9:23/M  |
| 65 | 17 | 6  | F30 | Michelle Erickson, F32   | Swisher, IA       | 29:13 | 9:24/M  |
| 66 | 18 | 4  | F50 | Patty Greiner, F51       | Cedar Rapids, IA  | 29:58 | 9:38/M  |
| 67 | 19 | 5  | F19 | Linsey Sluk, F27         | Cedar Rapids, IA  | 30:04 | 9:40/M  |
| 68 | 49 | 5  | M50 | Kevin Lamparek, M51      | Swisher, IA       | 30:09 | 9:42/M  |
| 69 | 20 | 2  | F40 | Brenda Swanson, F41      | Swisher, IA       | 30:10 | 9:42/M  |
| 70 | 50 | 17 | M40 | Rodney Shifflett, M42    | Marion, IA        | 30:11 | 9:43/M  |
| 71 | 51 | 13 | M19 | Travis Hartbecke, M27    | Marion, IA        | 30:27 | 9:48/M  |
| 72 | 52 | 1  | M70 | Tom Lawrence, M70        | Solon, IA         | 30:32 | 9:49/M  |
| 73 | 53 | 18 | M40 | Phillip Foster, M43      | Cedar Rapids, IA  | 30:38 | 9:51/M  |
| 74 | 54 | 19 | M40 | Jim Swanson, M42         | Swisher, IA       | 31:31 | 10:08/M |
| 75 | 55 | 9  | M30 | Andrew Hunt, M30         | Swisher, IA       | 32:03 | 10:19/M |
| 76 | 56 | 2  | M60 | David Hunt, M62          | Waverly, IA       | 32:04 | 10:19/M |
| 77 | 21 | 5  | F50 | Debbie Erenberger, F54   | Walford, IA       | 32:21 | 10:24/M |
| 78 | 57 | 14 | M19 | Matt Uhrin, M23          | Cedar Rapids, IA  | 32:32 | 10:28/M |
| 79 | 22 | 7  | F30 | Amy Beach, F35           | Swisher, IA       | 32:41 | 10:31/M |
| 80 | 23 | 6  | F50 | Terri Archibald, F55     | Cedar Rapids, IA  | 32:43 | 10:31/M |
| 81 | 24 | 2  | JrF | Emily Annis, F8          | Swisher, IA       | 32:49 | 10:34/M |
| 82 | 58 | 3  | JrM | Colin Winborn, M8        | Swisher, IA       | 33:05 | 10:39/M |
| 83 | 25 | 7  | F50 | Shelley Marston, F52     | Swisher, IA       | 33:08 | 10:39/M |
| 84 | 26 | 3  | JrF | Grace Ironside, F9       | Swisher, IA       | 33:50 | 10:53/M |
| 85 | 27 | 3  | F40 | Tammy Roberts, F42       | Solon, IA         | 33:52 | 10:54/M |
| 86 | 28 | 6  | F19 | Victoria Torres, F25     | Cedar Rapids, IA  | 34:25 | 11:04/M |
| 87 | 29 | 4  | F40 | Jodi Flynn, F41          | Swisher, IA       | 34:38 | 11:09/M |
| 88 | 30 | 5  | F40 | Jodie Meeker, F48        | North Liberty, IA | 34:44 | 11:11/M |
| 89 | 31 | 4  | JrF | Hannah Ironside, F8      | Swisher, IA       | 35:19 | 11:22/M |
| 90 | 32 | 8  | F50 | Jean Sippy, F58          | Swisher, IA       | 35:30 | 11:25/M |
| 91 | 59 | 10 | M30 | Uriah Barnes, M39        | Cedar Rapids, IA  | 35:43 | 11:29/M |

|     |    |    |     |                       |                   |       |         |
|-----|----|----|-----|-----------------------|-------------------|-------|---------|
|     |    |    |     |                       | IA                |       |         |
| 92  | 33 | 1  | F60 | Sally Buser, F66      | Fairfax, IA       | 36:00 | 11:35/M |
| 93  | 34 | 6  | F40 | Cindy Kofron, F42     | Swisher, IA       | 36:21 | 11:42/M |
| 94  | 35 | 7  | F40 | Brenda O'Connor, F40  | Cedar Rapids, IA  | 36:46 | 11:50/M |
| 95  | 60 | 20 | M40 | Rob Tri, M40          | Cedar Rapids, IA  | 36:47 | 11:50/M |
| 96  | 36 | 8  | F40 | Heather Friedman, F41 | Cedar Rapids, IA  | 38:05 | 12:15/M |
| 97  | 37 | 8  | F30 | Jen Neumann, F39      | Cedar Rapids, IA  | 38:06 | 12:15/M |
| 98  | 61 | 21 | M40 | John Pettus, M49      | Cedar Rapids, IA  | 39:25 | 12:41/M |
| 99  | 38 | 9  | F30 | Danyel Kolek, F33     | Marion, IA        | 41:31 | 13:21/M |
| 100 | 39 | 10 | F30 | Janeen Vanetten, F38  | lowacity, IA      | 41:32 | 13:22/M |
| 101 | 40 | 7  | F19 | Amanda Eaton, F27     | Swisher, IA       | 41:34 | 13:22/M |
| 102 | 41 | 9  | F50 | Barb Malina, F56      | Cedar Rapids, IA  | 41:38 | 13:24/M |
| 103 | 42 | 5  | JrF | Alexi Kimm, F11       | Amana, IA         | 42:50 | 13:47/M |
| 104 | 43 | 11 | F30 | Michelle Kimm, F36    | Amana, IA         | 42:51 | 13:47/M |
| 105 | 62 | 11 | M30 | Tyson Jacobi, M35     | Atkins, IA        | 43:04 | 13:51/M |
| 106 | 63 | 3  | M60 | Jeremy Brigham, M68   | Cedar Rapids, IA  | 43:36 | 14:02/M |
| 107 | 44 | 9  | F40 | Jen Visser, F41       | Cedar Rapids, IA  | 44:17 | 14:15/M |
| 108 | 64 | 12 | M30 | Charlie Beach, M37    | Swisher, IA       | 45:39 | 14:41/M |
| 109 | 45 | 1  | F70 | Yvonne Cisar, F74     | Cedar Rapids, IA  | 46:16 | 14:53/M |
| 110 | 46 | 10 | F40 | Jill Ressler, F41     | Swisher, IA       | 46:42 | 15:01/M |
| 111 | 47 | 11 | F40 | Tracy Griffin, F40    | Swisher, IA       | 46:48 | 15:03/M |
| 112 | 65 | 22 | M40 | Scott Becker, M44     | North Liberty, IA | 48:23 | 15:34/M |
| 113 | 48 | 12 | F30 | Lori Winborn, F38     | Swisher, IA       | 48:30 | 15:36/M |

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**Jeff Mullen**

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