

Swisher***5K Run***Overall Report

Event: 5K Run

[Event: 5K Walk](#)

Date: Saturday, August 06, 2016

Location: Swisher, IA

Weather: Sunny 70°

Age Group [results here](#)

Results By: On The Run Race Timing

Place	Gender	Div	Name	City	Gun Time	Pace mpm
1	1	1	OVM Eli Miller, M18	Ankeny, IA	18:27	5:56/M
2	1	1	OVF Alice Anderson, F33	Marion, IA	18:59	6:06/M
3	2	1	M19 Scott Lamparek, M26	Swisher, IA	19:01	6:07/M
4	3	1	M40 Tom Daubs, M45	Marion, IA	20:17	6:31/M
5	4	1	M14 Julian Wilson, M18	Amana, IA	20:26	6:34/M
6	5	1	M50 David Robertson, M58	Iowa City, IA	20:38	6:38/M
7	6	2	M40 Pat Dominy, M44	North Liberty, IA	20:42	6:39/M
8	7	1	JRM Lukas Lamparek, M13	Cedar Rapids, IA	21:04	6:47/M
9	2	1	F30 Julie Johnston, F32	Cedar Rapids, IA	21:24	6:53/M
10	8	1	M30 Brent MacLagen, M39	Coralville, IA	21:45	7:00/M
11	9	2	JRM Hunter Kalous, M13	Fairfax, IA	22:23	7:12/M
12	10	3	M40 Rick Lamparek, M48	Marengo, IA	22:24	7:12/M
13	11	3	JRM Gavin Watson, M13	Cedar Rapids, IA	22:45	7:19/M
14	3	2	F30 Amy Bergstrom, F34	Swisher, IA	23:34	7:35/M
15	12	2	M50 Chuck Hardin, M50	Cedar Rapids, IA	23:57	7:42/M
16	13	3	M50 Jeffrey Dawson, M52	Iowa City, IA	24:01	7:44/M
17	4	1	F50 Jane McGee, F54	Hiawatha, IA	24:05	7:45/M
18	14	4	JRM Garrett Watson, M13	Cedar Rapids, IA	24:09	7:46/M
19	5	1	F14 Olivia Wilson, F15	Amana, IA	24:34	7:54/M
20	6	1	F40 Lynette Brown, F44	Swisher, IA	24:37	7:55/M
21	15	2	M19 Matthew Dolter, M29	Hiawatha, IA	24:55	8:01/M
22	16	1	M60 Bruce Bachmann, M67	Cedar Rapids, IA	24:56	8:01/M

23	17	2	M30	Wyatt Frauenholtz, M32	North Liberty, IA	25:51	8:19/M
24	7	2	F50	Kim Lorenz, F50	Cedar Rapids, IA	26:15	8:27/M
25	8	3	F30	Carey Schilling, F38	North Liberty, IA	26:21	8:28/M
26	18	4	M50	Jeffrey Libe, M59	Hiawatha, IA	26:49	8:37/M
27	9	4	F30	Dana Nordine, F31	Cedar Rapids, IA	26:58	8:40/M
28	10	1	F19	Christy Rozinek, F28	Swisher, IA	27:10	8:44/M
29	11	2	F40	Brenda Swanson, F45	Swisher, IA	27:15	8:46/M
30	19	4	M40	Ben Winborn, M42	Swisher, IA	27:19	8:47/M
31	12	1	JRF	Taylor Stahl, F12	Cedar Rapids, IA	27:26	8:49/M
32	20	5	M50	Kevin Lamparek, M56	Swisher, IA	27:35	8:52/M
33	21	5	M40	Mike Regan, M48	Iowa City, IA	28:28	9:10/M
34	22	2	M14	Mike Jasa, M16	Solon, IA	28:33	9:11/M
35	23	2	M60	John Leland, M80	Marion, IA	28:48	9:16/M
36	24	5	JRM	Jorge Boland, M13	Fairfax, IA	28:56	9:18/M
37	13	2	F14	Beth Uthoff, F16	Solon, IA	28:58	9:19/M
38	14	5	F30	Nikki Poe, F32	Solon, IA	28:59	9:20/M
39	15	6	F30	Abby Mack, F36	Solon, IA	29:00	9:20/M
40	25	6	M40	James Swanson, M46	Swisher, IA	29:27	9:29/M
41	26	3	M19	Caden Swanson, M21	Swisher, IA	29:28	9:29/M
42	16	1	F60	Sandy Rupnow, F72	North Liberty, IA	29:33	9:30/M
43	17	7	F30	Elizabeth Tennison, F30	Cedar Rapids, IA	29:46	9:34/M
44	27	6	JRM	Colin Winborn, M12	Swisher, IA	29:46	9:35/M
45	28	7	JRM	Mason James, M10	Swisher, IA	29:47	9:35/M
46	18	8	F30	Melea White, F32	Swisher, IA	29:53	9:37/M
47	19	3	F40	Lisa Wilson, F47	Amana, IA	29:54	9:37/M
48	20	9	F30	Amy Beach, F39	Swisher, IA	30:36	9:51/M
49	21	2	JRF	Ella Beach, F11	Swisher, IA	31:17	10:04/M
50	29	3	M60	Bryan Bailey, M67	Swisher, IA	32:26	10:26/M
51	22	4	F40	Brenda Kalous, F45	Fairfax, IA	32:34	10:29/M
52	30	3	M30	Michael Scaffinger, M31	Swisher, IA	32:47	10:33/M
53	23	3	JRF	Marissa Kelsey, F12	Swisher, IA	33:02	10:38/M
54	24	2	F60	Muriel Naumann, F60	Iowa City, IA	33:21	10:44/M
55	31	8	JRM	Korbin Beatty, M7	Swisher, IA	33:42	10:51/M
56	25	3	F50	Shelley Martson, F56	Swisher, IA	33:54	10:54/M
57	26	10	F30	Lindsay Fox, F32	Cedar Rapids, IA	34:14	11:01/M
58	27	4	JRF	Emma Papesh, F11	Swisher, IA	34:31	11:06/M
59	28	5	JRF	Megan Papesh, F8	Swisher, IA	34:32	11:07/M
60	29	11	F30	Jackie Vanglidea, F37	Cedar Rapids, IA	34:33	11:07/M
61	30	3	F14	Kelby Swanson, F18	Swisher, IA	34:34	11:07/M
62	31	5	F40	Melissa MacLagan, F40	Coralville, IA	35:15	11:20/M

63	32	6	M50	David Swanson, M53	Iowa City, Io	35:28	11:24/M
64	32	6	JRF	Lydia James, F12	Swisher, IA	35:29	11:25/M
65	33	6	F40	Jennifer Watson, F42	Cedar Rapids, IA	36:06	11:37/M
66	34	12	F30	Valerie Marshall, F31	Walford, IA	36:41	11:48/M
67	33	4	M19	Eric Stewart, M29	Cedar Rapids, IA	36:42	11:48/M
68	34	9	JRM	Drew Boston, M9	Swisher, IA	38:25	12:22/M
69	35	13	F30	Traci Boston, F38	Swisher, IA	38:26	12:22/M
70	36	14	F30	Karen Lagrange, F30	Swisher, IA	38:50	12:30/M
71	37	15	F30	Abbey Papesh, F38	Swisher, IA	41:55	13:29/M
72	38	16	F30	Sara Kreutner, F36	Vinton, IA	44:02	14:10/M
73	35	4	M30	Aaron Marshall, M33	Walford, IA	50:38	16:18/M
74	39	2	F19	Amanda Stewart, F29	Cedar Rapids, IA	51:13	16:29/M

Overall Male

Place	Name	City	Gun Time	Pace mpm
1	Eli Miller, M18	Ankeny, IA	18:27	5:56/M

Overall Female

Place	Name	City	Gun Time	Pace mpm
1	Alice Anderson, F33	Marion, IA	18:59	6:06/M

M[13 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Lukas Lamparek, M13	Cedar Rapids, IA	21:04	6:47/M
2	Hunter Kalous, M13	Fairfax, IA	22:23	7:12/M
3	Gavin Watson, M13	Cedar Rapids, IA	22:45	7:19/M
4	Garrett Watson, M13	Cedar Rapids, IA	24:09	7:46/M
5	Jorge Boland, M13	Fairfax, IA	28:56	9:18/M
6	Colin Winborn, M12	Swisher, IA	29:46	9:35/M
7	Mason James, M10	Swisher, IA	29:47	9:35/M
8	Korbin Beatty, M7	Swisher, IA	33:42	10:51/M
9	Drew Boston, M9	Swisher, IA	38:25	12:22/M

F[13 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Taylor Stahl, F12	Cedar Rapids, IA	27:26	8:49/M
2	Ella Beach, F11	Swisher, IA	31:17	10:04/M
3	Marissa Kelsey, F12	Swisher, IA	33:02	10:38/M
4	Emma Papesh, F11	Swisher, IA	34:31	11:06/M
5	Megan Papesh, F8	Swisher, IA	34:32	11:07/M
6	Lydia James, F12	Swisher, IA	35:29	11:25/M

M[14-18]

Place	Name	City	Gun Time	Pace mpm
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1	Julian Wilson, M18	Amana, IA	20:26	6:34/M
2	Mike Jasa, M16	Solon, IA	28:33	9:11/M

F[14-18]

Place	Name	City	Gun Time	Pace mpm
1	Olivia Wilson, F15	Amana, IA	24:34	7:54/M
2	Beth Uthoff, F16	Solon, IA	28:58	9:19/M
3	Kelby Swanson, F18	Swisher, IA	34:34	11:07/M

M[19-29]

Place	Name	City	Gun Time	Pace mpm
1	Scott Lamparek, M26	Swisher, IA	19:01	6:07/M
2	Matthew Dolter, M29	Hiawatha, IA	24:55	8:01/M
3	Caden Swanson, M21	Swisher, IA	29:28	9:29/M
4	Eric Stewart, M29	Cedar Rapids, IA	36:42	11:48/M

F[19-29]

Place	Name	City	Gun Time	Pace mpm
1	Christy Rozinek, F28	Swisher, IA	27:10	8:44/M
2	Amanda Stewart, F29	Cedar Rapids, IA	51:13	16:29/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm
1	Brent MacLagen, M39	Coralville, IA	21:45	7:00/M
2	Wyatt Frauenholtz, M32	North Liberty, IA	25:51	8:19/M
3	Michael Scaffinger, M31	Swisher, IA	32:47	10:33/M
4	Aaron Marshall, M33	Walford, IA	50:38	16:18/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm
1	Julie Johnston, F32	Cedar Rapids, IA	21:24	6:53/M
2	Amy Bergstrom, F34	Swisher, IA	23:34	7:35/M
3	Carey Schilling, F38	North Liberty, IA	26:21	8:28/M
4	Dana Nordine, F31	Cedar Rapids, IA	26:58	8:40/M
5	Nikki Poe, F32	Solon, IA	28:59	9:20/M
6	Abby MacK, F36	Solon, IA	29:00	9:20/M
7	Elizabeth Tennison, F30	Cedar Rapids, IA	29:46	9:34/M
8	Melea White, F32	Swisher, IA	29:53	9:37/M
9	Amy Beach, F39	Swisher, IA	30:36	9:51/M
10	Lindsay Fox, F32	Cedar Rapids, IA	34:14	11:01/M
11	Jackie Vanglidea, F37	Cedar Rapids, IA	34:33	11:07/M
12	Valerie Marshall, F31	Walford, IA	36:41	11:48/M
13	Traci Boston, F38	Swisher, IA	38:26	12:22/M
14	Karen Lagrange, F30	Swisher, IA	38:50	12:30/M

15	Abbey Papesh, F38	Swisher, IA	41:55	13:29/M
16	Sara Kreutner, F36	Vinton, IA	44:02	14:10/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm
1	Tom Daubs, M45	Marion, IA	20:17	6:31/M
2	Pat Dominy, M44	North Liberty, IA	20:42	6:39/M
3	Rick Lamparek, M48	Marengo, IA	22:24	7:12/M
4	Ben Winborn, M42	Swisher, IA	27:19	8:47/M
5	Mike Regan, M48	Iowa City, IA	28:28	9:10/M
6	James Swanson, M46	Swisher, IA	29:27	9:29/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm
1	Lynette Brown, F44	Swisher, IA	24:37	7:55/M
2	Brenda Swanson, F45	Swisher, IA	27:15	8:46/M
3	Lisa Wilson, F47	Amana, IA	29:54	9:37/M
4	Brenda Kalous, F45	Fairfax, IA	32:34	10:29/M
5	Melissa MacLagan, F40	Coralville, IA	35:15	11:20/M
6	Jennifer Watson, F42	Cedar Rapids, IA	36:06	11:37/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm
1	David Robertson, M58	Iowa City, IA	20:38	6:38/M
2	Chuck Hardin, M50	Cedar Rapids, IA	23:57	7:42/M
3	Jeffrey Dawson, M52	Iowa City, IA	24:01	7:44/M
4	Jeffrey Libe, M59	Hiawatha, IA	26:49	8:37/M
5	Kevin Lamparek, M56	Swisher, IA	27:35	8:52/M
6	David Swanson, M53	Iowa City, Io	35:28	11:24/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm
1	Jane McGee, F54	Hiawatha, IA	24:05	7:45/M
2	Kim Lorenz, F50	Cedar Rapids, IA	26:15	8:27/M
3	Shelley Martson, F56	Swisher, IA	33:54	10:54/M

M[60 & Over]

Place	Name	City	Gun Time	Pace mpm
1	Bruce Bachmann, M67	Cedar Rapids, IA	24:56	8:01/M
2	John Leland, M80	Marion, IA	28:48	9:16/M
3	Bryan Bailey, M67	Swisher, IA	32:26	10:26/M

F[60 & Over]

Place	Name	City	Gun Time	Pace mpm
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1	Sandy Rupnow, F72	North Liberty, IA	29:33	9:30/M
2	Muriel Naumann, F60	Iowa City, IA	33:21	10:44/M

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The Run Race Timing

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