

# CVRA Timber Trek 2011 \*\*\* 4.89 Mile Adventure Run \*\*\* Overall Report

Event: 4.89 Mile Adventure Run

Date: Saturday, October 01, 2011

Location: Amana, IA

Weather: Cool 60°

Age Group [results here](#)

## *Results By: Jeff Mullen*

| <u>Place</u> | <u>Gender</u> | <u>Div</u> |     | <u>Name</u>               | <u>City</u>         | <u>Gun Time</u> | <u>Chip Time</u> | <u>Pace</u> |
|--------------|---------------|------------|-----|---------------------------|---------------------|-----------------|------------------|-------------|
| 1            | 1             | 1          | OvM | Colton Gale, M20          | Vinton, IA          | 35:41           | 35:40            | 7:17/M      |
| 2            | 2             | 1          | M20 | Nick Sparr, M24           | Iowa City, IA       | 36:20           | 36:20            | 7:25/M      |
| 3            | 3             | 1          | M30 | David Isherwood, M38      | Iowa City, IA       | 36:33           | 36:29            | 7:28/M      |
| 4            | 4             | 2          | M30 | Ryan Scheckel, M32        | Palo, IA            | 37:05           | 37:03            | 7:35/M      |
| 5            | 5             | 2          | M20 | Craig Goldsmith, M29      | Cedar Rapids, IA    | 37:16           | 37:16            | 7:37/M      |
| 6            | 6             | 3          | M30 | Bob Andresen, M37         | Cedar Rapids, IA    | 37:35           | 37:34            | 7:41/M      |
| 7            | 7             | 3          | M20 | Kyle Beaulieu, M24        | Vinton, IA          | 37:38           | 37:36            | 7:41/M      |
| 8            | 8             | 4          | M20 | Travis Sackett, M26       | Vinton, IA          | 37:53           | 37:43            | 7:44/M      |
| 9            | 9             | 1          | M50 | Randy Brecht, M51         | Middle Amana,<br>IA | 38:03           | 38:02            | 7:47/M      |
| 10           | 10            | 4          | M30 | Justin Hajek, M30         | Marion, IA          | 38:44           | 38:40            | 7:55/M      |
| 11           | 11            | 5          | M20 | David Albrecht, M23       | Vinton, IA          | 39:44           | 39:43            | 8:07/M      |
| 12           | 12            | 5          | M30 | Jason Wilbur, M38         | Iowa City, IA       | 39:44           | 39:37            | 8:07/M      |
| 13           | 13            | 1          | JrM | Steven Wallace, M17       | Walford, IA         | 39:52           | 39:51            | 8:09/M      |
| 14           | 14            | 6          | M30 | Michael Hernandez,<br>M30 | Williamsburg, IA    | 40:47           | 40:30            | 8:20/M      |
| 15           | 1             | 1          | OvF | Valerie Shoen, F32        | Huxley, IA          | 41:14           | 41:13            | 8:25/M      |
| 16           | 15            | 1          | M40 | John Peters, M46          | Cedar Rapids, IA    | 41:39           | 41:37            | 8:31/M      |
| 17           | 16            | 6          | M20 | Andy Mcdermott, M27       | Cedar Rapids, IA    | 41:57           | 41:51            | 8:34/M      |
| 18           | 17            | 7          | M20 | Matt Larrabee, M23        | Vinton, IA          | 42:05           | 42:01            | 8:36/M      |
| 19           | 18            | 8          | M20 | Nicholas Hill, M24        | Madison, IA         | 42:06           | 42:01            | 8:36/M      |
| 20           | 19            | 9          | M20 | Dj Bernat, M24            | Vinton, IA          | 42:13           | 42:03            | 8:38/M      |
| 21           | 20            | 2          | M40 | Christian Buffard, M49    | Amana, IA           | 43:11           | 43:03            | 8:49/M      |
| 22           | 21            | 3          | M40 | Dave Steines, M44         | Mount Vernon, IA    | 43:52           | 43:49            | 8:58/M      |
| 23           | 22            | 7          | M30 | Dan Wolfe, M33            | Cedar Rapids, IA    | 44:14           | 44:10            | 9:02/M      |

|    |    |    |     |                       |                     |       |       |         |
|----|----|----|-----|-----------------------|---------------------|-------|-------|---------|
| 24 | 23 | 10 | M20 | Nathan Burger, M24    | Cedar Rapids, IA    | 44:15 | 44:11 | 9:02/M  |
| 25 | 24 | 11 | M20 | Matt Musil, M24       | Cedar Rapids, IA    | 44:15 | 44:11 | 9:03/M  |
| 26 | 25 | 8  | M30 | Matthew Dietz, M34    | Cedar Rapids, IA    | 44:27 | 44:24 | 9:05/M  |
| 27 | 26 | 9  | M30 | Doug Fishwild, M32    | Marion, IA          | 44:57 | 44:53 | 9:11/M  |
| 28 | 27 | 10 | M30 | Brad Runyon, M35      | Cedar Rapids, IA    | 45:47 | 45:44 | 9:21/M  |
| 29 | 28 | 4  | M40 | Mathieu Cagnard, M40  | Cedar Rapids, IA    | 46:05 | 45:50 | 9:25/M  |
| 30 | 29 | 11 | M30 | Craig Meskimen, M32   | Swisher, IA         | 46:10 | 46:07 | 9:26/M  |
| 31 | 2  | 1  | F20 | Katie Singleton, F23  | Vinton, IA          | 46:19 | 46:15 | 9:28/M  |
| 32 | 30 | 2  | M50 | Kim Brant, M52        | Atkins, IA          | 46:27 | 46:24 | 9:30/M  |
| 33 | 31 | 3  | M50 | Doug Lord, M56        | Lisbon, IA          | 47:07 | 47:00 | 9:38/M  |
| 34 | 32 | 12 | M30 | Chad Sparhs, M37      | Mingo, IA           | 47:21 | 47:16 | 9:41/M  |
| 35 | 33 | 12 | M20 | Craig Kreman, M25     | W Des Moines,<br>IA | 47:36 | 47:36 | 9:44/M  |
| 36 | 34 | 4  | M50 | Matthew Doty, M51     | Cedar Rapids, IA    | 47:37 | 47:34 | 9:44/M  |
| 37 | 3  | 1  | F30 | Gretchen Lawyer, F38  | Marion, IA          | 47:43 | 47:39 | 9:45/M  |
| 38 | 35 | 5  | M50 | Kevin Ernster, M57    | Walker, IA          | 47:46 | 47:38 | 9:46/M  |
| 39 | 36 | 5  | M40 | John Ernst, M47       | Cedar Rapids, IA    | 48:10 | 48:01 | 9:51/M  |
| 40 | 4  | 2  | F20 | Jamie Isherwood, F27  | Iowa City, IA       | 48:15 | 48:05 | 9:52/M  |
| 41 | 5  | 1  | F50 | Muriel Naumann, F55   | Iowa City, IA       | 49:09 | 49:04 | 10:03/M |
| 42 | 37 | 6  | M40 | Mike Yeries, M46      | Oxford, IA          | 49:36 | 49:35 | 10:08/M |
| 43 | 38 | 7  | M40 | Kirk Scott, M42       | Hiawatha, IA        | 49:41 | 49:36 | 10:09/M |
| 44 | 6  | 3  | F20 | Hallie Lehman, F24    | Fort Dodge, IA      | 50:01 | 50:00 | 10:13/M |
| 45 | 7  | 1  | F40 | Sandy Ball, F46       | Tiffin, IA          | 50:10 | 50:03 | 10:15/M |
| 46 | 8  | 2  | F40 | Trisha Kreman, F45    | Swisher, IA         | 50:33 | 50:31 | 10:20/M |
| 47 | 9  | 4  | F20 | Brianna Balint, F28   | Cedar Rapids, IA    | 50:42 | 50:31 | 10:22/M |
| 48 | 10 | 3  | F40 | Cathy Steines, F42    | Mt Vernon, IA       | 51:07 | 51:00 | 10:27/M |
| 49 | 11 | 5  | F20 | Rachel Brant, F20     | Atkins, IA          | 51:20 | 51:17 | 10:29/M |
| 50 | 39 | 13 | M30 | Tim Kraus, M33        | Marengo, IA         | 51:27 | 51:01 | 10:31/M |
| 51 | 12 | 4  | F40 | Judy Little, F40      | Cedar Rapids, IA    | 51:44 | 51:29 | 10:34/M |
| 52 | 13 | 5  | F40 | Stephane Dupuy, F43   | Marion, IA          | 51:44 | 51:29 | 10:34/M |
| 53 | 14 | 6  | F20 | Kim Meller, F28       | North Liberty, IA   | 52:02 | 51:55 | 10:38/M |
| 54 | 40 | 13 | M20 | Drew Simmons, M26     | Vinton, IA          | 52:04 | 51:55 | 10:38/M |
| 55 | 41 | 14 | M30 | Dave Carpenter, M36   | Hiawatha, IA        | 52:15 | 51:56 | 10:41/M |
| 56 | 15 | 7  | F20 | Rachel Anderson, F21  | Danville, CA        | 52:52 | 52:00 | 10:48/M |
| 57 | 42 | 15 | M30 | Chris Hoins, M30      | Cedar Rapids, IA    | 52:53 | 52:00 | 10:48/M |
| 58 | 16 | 8  | F20 | Molly Murphy, F24     | Vinton, IA          | 53:22 | 53:11 | 10:54/M |
| 59 | 17 | 9  | F20 | Carina Sweet, F23     | Vinton, IA          | 53:24 | 53:15 | 10:55/M |
| 60 | 18 | 2  | F50 | Jackie Peters, F50    | Cedar Rapids, IA    | 53:48 | 53:42 | 11:00/M |
| 61 | 43 | 2  | JrM | Khory Nobles, M10     | Cedar Rapids, IA    | 54:10 | 54:09 | 11:04/M |
| 62 | 19 | 2  | F30 | Jessica Hyberger, F30 | North Liberty, IA   | 54:15 | 54:08 | 11:05/M |
| 63 | 44 | 3  | JrM | Gavin Dunkin, M8      | North Liberty, IA   | 54:32 | 54:21 | 11:09/M |
| 64 | 45 | 16 | M30 | Adam Wilhelm, M33     | Cedar Rapids, IA    | 54:40 | 54:21 | 11:10/M |
| 65 | 46 | 8  | M40 | Jack Standefer, M42   | Cedar Rapids, IA    | 54:53 | 54:40 | 11:13/M |
| 66 | 20 | 10 | F20 | Emily Burmeister, F28 | Marion, IA          | 55:28 | 55:21 | 11:20/M |
| 67 | 21 | 6  | F40 | Kelly Jensen, F41     | Toddville, IA       | 55:48 | 55:43 | 11:24/M |
| 68 | 22 | 3  | F30 | Mindy Dunkin, F32     | North Liberty, IA   | 55:52 | 55:40 | 11:25/M |

|     |    |    |     |                              |                        |         |         |         |
|-----|----|----|-----|------------------------------|------------------------|---------|---------|---------|
| 69  | 23 | 7  | F40 | Lisa Rabik, F43              | Center Point, IA       | 55:57   | 55:52   | 11:26/M |
| 70  | 47 | 9  | M40 | Dale Jensen, M46             | Toddville, IA          | 56:18   | 56:12   | 11:30/M |
| 71  | 24 | 1  | JrF | Kassidy Deklotz, F17         | Center Point, IA       | 56:18   | 56:13   | 11:30/M |
| 72  | 48 | 10 | M40 | Larry Ihde, M46              | Cedar Rapids, IA       | 56:37   | 56:24   | 11:34/M |
| 73  | 25 | 4  | F30 | Linsay Skelton, F36          | North Liberty, IA      | 56:55   | 56:48   | 11:38/M |
| 74  | 26 | 8  | F40 | Sue Millsap, F46             | Cedar Rapids, IA       | 57:14   | 57:01   | 11:42/M |
| 75  | 27 | 9  | F40 | Jacqueline Scott, F47        | Hiawatha, IA           | 57:18   | 57:12   | 11:43/M |
| 76  | 49 | 14 | M20 | Benjamin Untiedt, M22        | Cedar Rapids, IA       | 57:29   | 57:22   | 11:45/M |
| 77  | 28 | 3  | F50 | Dora Bopp, F50               | Walker, IA             | 57:31   | 57:23   | 11:45/M |
| 78  | 29 | 11 | F20 | Valerie Latrentz, F25        | Cedar Rapids, IA       | 57:35   | 57:28   | 11:46/M |
| 79  | 30 | 12 | F20 | Rachel Cahoon, F23           | Iowa City, IA          | 57:35   | 57:28   | 11:46/M |
| 80  | 31 | 5  | F30 | Ann Jungblut, F35            | Cedar Rapids, IA       | 57:45   | 57:35   | 11:48/M |
| 81  | 32 | 13 | F20 | Lynette Butler, F24          | Williamsburg, IA       | 57:53   | 57:36   | 11:50/M |
| 82  | 33 | 10 | F40 | Christin Kessel, F40         | Kalona, IA             | 57:58   | 57:50   | 11:51/M |
| 83  | 34 | 11 | F40 | Robin Squires, F46           | Center Point, IA       | 58:18   | 58:13   | 11:55/M |
| 84  | 50 | 1  | M60 | Efrain Casas, M66            | West Palm Beach,<br>FL | 58:42   | 58:28   | 12:00/M |
| 85  | 51 | 11 | M40 | Tim Kroeze, M47              | Cedar Rapids, IA       | 58:46   | 58:32   | 12:01/M |
| 86  | 35 | 6  | F30 | Michelle Starkenburg,<br>F30 | North Liberty, IA      | 58:56   | 58:49   | 12:03/M |
| 87  | 52 | 12 | M40 | John Dahle, M42              | Evanston, IL           | 58:58   | 58:45   | 12:03/M |
| 88  | 36 | 12 | F40 | Elizabeth Standefer, F40     | Cedar Rapids, IA       | 59:34   | 59:21   | 12:11/M |
| 89  | 37 | 7  | F30 | Michelle Clark, F39          | Iowa City, IA          | 1:00:21 | 1:00:11 | 12:20/M |
| 90  | 53 | 13 | M40 | Edward Green, M48            | Anamosa, IA            | 1:00:38 | 1:00:29 | 12:24/M |
| 91  | 38 | 13 | F40 | Amber Shroyer, F41           | Stratford, IA          | 1:01:11 | 1:01:05 | 12:30/M |
| 92  | 39 | 14 | F40 | Colleen Jensen, F43          | Amana, IA              | 1:01:13 | 1:00:59 | 12:31/M |
| 93  | 54 | 14 | M40 | John Welty, M41              | Walford, IA            | 1:02:54 | 1:02:35 | 12:51/M |
| 94  | 40 | 8  | F30 | Paula Casas, F38             | Evenstan, IL           | 1:03:35 | 1:03:24 | 13:00/M |
| 95  | 55 | 17 | M30 | Adam Frahm, M39              | Cedar Rapids, IA       | 1:04:24 | 1:04:16 | 13:10/M |
| 96  | 41 | 9  | F30 | Melissa Murray, F30          | Robins, IA             | 1:06:05 | 1:05:52 | 13:30/M |
| 97  | 42 | 10 | F30 | Raelene Swore, F30           | Cedar Rapids, IA       | 1:06:06 | 1:05:54 | 13:31/M |
| 98  | 43 | 14 | F20 | Cara Kreman, F23             | Storm Lake, IA         | 1:08:49 | 1:08:48 | 14:04/M |
| 99  | 44 | 4  | F50 | Rosemary Ziskovsky,<br>F53   | Cedar Rapids, IA       | 1:11:08 | 1:10:54 | 14:33/M |
| 100 | 45 | 11 | F30 | Jennifer Lee, F32            | Cedar Rapids, IA       | 1:11:09 | 1:10:54 | 14:33/M |
| 101 | 56 | 15 | M20 | Chris Leiby, M23             | Vinton, IA             | 1:13:16 | 1:13:06 | 14:58/M |
| 102 | 46 | 15 | F20 | Nastassia Donoho, F23        | Vinton, IA             | 1:19:49 | 1:19:39 | 16:19/M |
| 103 | 47 | 12 | F30 | Becky Hubbs, F34             | Hiawatha, IA           | 1:20:44 | 1:20:27 | 16:30/M |
| 104 | 48 | 2  | JrF | Hannah Greene, F12           | Deep River, IA         | 1:22:04 | 1:21:45 | 16:47/M |
| 105 | 57 | 6  | M50 | Steve Greene, M50            | Deep River, IA         | 1:22:05 | 1:21:45 | 16:47/M |
| 106 | 49 | 5  | F50 | Amy Greene, F50              | Deep River, IA         | 1:22:06 | 1:21:48 | 16:47/M |
| 107 | 50 | 13 | F30 | Angie Cook, F31              | Marion, IA             | 1:30:14 | 1:29:59 | 18:27/M |

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