

Trashmore *** 5K *** Overall & Divisions

Event: 5K

Date: Thursday, September 08, 2016

Location: Cedar Rapids

Weather: Warm 75°

[Overall and Age Divisions](#)***Results By: On The Run Race Timing Race***Video [19:00](#) Click On Your Name to see yourself cross the Finish line!

<u>Bib#</u>	<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
621	1	1	1 M18	<u>Ian Hoover-Grinde, M18</u>	Cedar Rapids, IA	19:15	5:47/M	19:15	5:47/M
332	2	2	2 M18	<u>Willis Harte, M50</u>	Iowa City, IA	20:25	6:08/M	20:22	6:07/M
410	3	3	1 JRM	<u>Max Locher, M15</u>	Cedar Rapids, IA	21:28	6:27/M	21:27	6:27/M
484	4	4	2 JRM	<u>Paul Schneidermann, M15</u>	Cedar Rapids, IA	21:28	6:27/M	21:27	6:27/M
387	5	5	3 JRM	<u>Lewis Kleman, M14</u>	Cedar Rapids, IA	21:28	6:27/M	21:27	6:26/M
446	6	6	4 JRM	<u>Khory Nobles, M15</u>	Cedar Rapids, IA	21:28	6:27/M	21:28	6:27/M
386	7	7	5 JRM	<u>Caleb Kleman, M16</u>	Cedar Rapids, IA	21:28	6:27/M	21:26	6:26/M
267	8	8	3 M18	<u>Samuel Eck, M18</u>	Cedar Rapids, IA	21:46	6:32/M	21:44	6:32/M
285	9	9	4 M18	<u>Lance Finch, M37</u>	Fairfax, IA	21:48	6:33/M	21:48	6:33/M
617	10	10	5 M18	<u>John Hackbarth, M34</u>	Cedar Rapids, IA	22:13	6:40/M	22:10	6:39/M
556	11	11	6 M18	<u>Greg White, M27</u>	Cedar Rapids, IA	22:37	6:48/M	22:37	6:48/M
263	12	12	7 M18	<u>Chris Dvorak, M27</u>	Cedar Rapids, IA	22:44	6:50/M	22:44	6:50/M
612	13	13	8 M18	<u>Wade Johnson, M34</u>	Cedar Rapids, IA	22:48	6:51/M	22:48	6:51/M
436	14	14	9 M18	<u>Joshua Mullin, M47</u>	Cedar Rapids, IA	23:12	6:58/M	23:11	6:58/M

340	15	15	10 M18	Christian Helmholz, M26	Cedar Rapids, IA	23:15	6:59/M	23:13	6:58/M
503	16	16	11 M18	Ted Smith, M49	Cedar Rapids, IA	23:21	7:01/M	23:18	7:00/M
370	17	17	12 M18	Daryl Julich, M60	Cedar Rapids, IA	23:24	7:02/M	23:22	7:01/M
229	18	18	13 M18	Joe Bolkcom, M60	Iowa City, IA	23:33	7:04/M	23:30	7:03/M
260	19	1	1 F18	Mallory Dolter, F27	Dubuque, IA	23:45	7:08/M	23:43	7:07/M
333	20	19	14 M18	Chris Hartzler, M41	Ainsworth, IA	23:52	7:10/M	23:47	7:09/M
374	21	20	15 M18	Ben Kaplan, M29	Cedar Rapids, IA	23:58	7:12/M	23:49	7:09/M
497	22	21	16 M18	Jim Shimek, M69	Fairfax, IA	24:05	7:14/M	24:02	7:13/M
505	23	22	17 M18	Keith Snoop, M38	Marion, IA	24:16	7:17/M	24:16	7:17/M
423	24	23	18 M18	Brad Mensen, M26	Marion, IA	24:21	7:19/M	24:19	7:18/M
602	25	24	19 M18	Andrew Meek, M29	Cedar Rapids, IA	24:26	7:20/M	24:24	7:20/M
590	26	2	2 F18	Stacie Merta, F37	Marion, IA	24:29	7:21/M	24:28	7:21/M
258	27	25	20 M18	Karl Dolter, M27	Dubuque, IA	24:46	7:26/M	24:44	7:26/M
217	28	26	21 M18	Kevin Barry, M26	Cedar Rapids, IA	24:47	7:27/M	24:41	7:25/M
330	29	27	22 M18	Jon Harding, M42	Chandler, AZ	24:52	7:28/M	24:48	7:27/M
593	30	28	23 M18	Tracy Robertson, M55	Independence, IA	25:10	7:34/M	25:05	7:32/M
329	31	29	24 M18	Chuck Hardin, M50	Cedar Rapids, IA	25:18	7:36/M	25:15	7:35/M
315	32	3	1 JRF	Reagan Gorman, F15	Springville, IA	25:39	7:42/M	25:33	7:40/M
581	33	4	3 F18	Amy Bergstrom, F34	Swisher, IA	25:41	7:43/M	25:39	7:42/M
211	34	30	25 M18	Courtney Ball, M39	Cedar Rapids, IA	25:42	7:43/M	25:37	7:42/M
398	35	31	26 M18	Ryan Lamparek, M27	Des Moines, IA	26:17	7:54/M	26:13	7:52/M
219	36	32	27 M18	Scott Berger, M47	Cedar Rapids, IA	26:30	7:57/M	26:23	7:55/M
401	37	5	4 F18	Gretchen Lawyer, F43	Marion, IA	27:00	8:06/M	26:56	8:05/M
354	38	33	28 M18	Nick Hussey, M30	Cedar Rapids, IA	27:03	8:07/M	26:52	8:04/M
209	39	34	29 M18	Bruce Bachmann, M67	Cedar Rapids, IA	27:06	8:08/M	27:03	8:07/M
573	40	6	5 F18	Sara Young, F35	Cedar Rapids, IA	27:16	8:11/M	27:10	8:09/M
282	41	35	30 M18	Warren Feerer, M66	Cedar Rapids, IA	27:22	8:13/M	27:20	8:13/M
466	42	7	6 F18	Lisa Powers, F40	Cedar Rapids, IA	27:31	8:16/M	27:29	8:15/M

478	43	36	6 JRM	Jack Rogers, M12	Cedar Rapids, IA	27:51	8:22/M	27:47	8:21/M
604	44	8	7 F18	Mary Drake, F53	Cedar Rapids, IA	27:56	8:23/M	27:53	8:22/M
371	45	9	8 F18	Leslie Julich, F51	Cedar Rapids, IA	27:56	8:23/M	27:55	8:23/M
552	46	37	31 M18	Josh Weeks, M42	Walford, IA	27:57	8:24/M	27:32	8:16/M
382	47	38	32 M18	Jonathan Kitelinger, M22	Cedar Rapids, IA	27:59	8:24/M	27:49	8:21/M
360	48	10	9 F18	Kelly Jensen, F46	Toddville, IA	28:00	8:25/M	27:57	8:24/M
317	49	11	10 F18	Susie Green, F46	Cedar Rapids, IA	28:03	8:25/M	27:59	8:24/M
608	50	39	33 M18	Doug Lord, M61	Lisbon, IA	28:09	8:27/M	28:06	8:26/M
510	51	40	34 M18	Andrew Stewart, M29	Marion, IA	28:14	8:29/M	27:51	8:22/M
312	52	41	35 M18	Clay Gish, M33	Kansas City, MO	28:16	8:29/M	28:04	8:26/M
460	53	42	36 M18	Jeff Pick, M55	Cedar Rapids, IA	28:17	8:29/M	28:14	8:29/M
599	54	43	7 JRM	Brian Altfillisch, M14	Cedar Rapids, IA	28:26	8:32/M	28:23	8:31/M
218	55	44	37 M18	Brendan Benter, M46	Cedar Rapids, IA	28:54	8:41/M	28:43	8:37/M
605	56	45	38 M18	Hayder Salehogle, M30	Cedar Rapids, IA	28:54	8:41/M	28:43	8:37/M
533	57	12	11 F18	Nora Taylor, F37	Cedar Rapids, IA	29:02	8:43/M	28:56	8:41/M
449	58	13	12 F18	Dana Nordine, F32	Cedar Rapids, IA	29:03	8:43/M	28:56	8:41/M
283	59	46	39 M18	Dave Filip, M54	Cedar Rapids, IA	29:06	8:44/M	28:40	8:37/M
335	60	14	13 F18	Evelia Hauck, F61	Coralville, IA	29:06	8:44/M	29:04	8:44/M
280	61	47	40 M18	Kevin Esmail, M27	Cedar Rapids, IA	29:09	8:45/M	28:54	8:41/M
589	62	48	41 M18	Jeff Libe, M59	Hiawatha, IA	29:18	8:48/M	29:14	8:47/M
239	63	49	42 M18	Craig Byers, M30	Cedar Rapids, IA	29:24	8:50/M	29:12	8:46/M
522	64	50	43 M18	Chris Stumpff, M31	Cedar Rapids, IA	29:35	8:53/M	29:25	8:50/M
362	65	51	44 M18	Deron Jimmerson, M41	Cedar Rapids, IA	29:43	8:55/M	29:25	8:50/M
316	66	52	8 JRM	Gabriel Greco, M15	Cedar Rapids, IA	29:53	8:58/M	29:45	8:56/M
504	68	15	14 F18	Angela Snoop, F39	Marion, IA	29:54	8:59/M	29:49	8:57/M
309	67	53	9 JRM	Quintin Gay, M15	Cedar Rapids, IA	29:54	8:59/M	29:46	8:56/M
434	69	54	10 JRM	Campbell Mitvalsky, M15	Cedar Rapids, IA	29:54	8:59/M	29:47	8:57/M
508	70	16	2 JRF	Mekela Spence, F16	Cedar Rapids, IA	29:57	9:00/M	29:51	8:58/M

268	71	17	3 JRF	Serena Eck, F16	Cedar Rapids, IA	29:57	9:00/M	29:51	8:58/M
592	72	18	15 F18	Lindsay Olson, F30	Cedar Rapids, IA	30:01	9:01/M	29:41	8:55/M
220	73	55	45 M18	Steve Berger, M37	Cedar Rapids, IA	30:03	9:01/M	29:56	8:59/M
337	74	56	11 JRM	David Hebrink, M15	Cedar Rapids, IA	30:03	9:01/M	29:55	8:59/M
204	75	19	16 F18	Alexandria Anderson, F25	Cedar Rapids, IA	30:05	9:02/M	30:00	9:00/M
206	76	57	46 M18	Chris Appleby-Sparrow, M44	Cedar Rapids, IA	30:05	9:02/M	30:00	9:00/M
252	77	20	17 F18	Kristin Conrad, F26	Cedar Rapids, IA	30:08	9:03/M	29:55	8:59/M
256	78	58	47 M18	John Davidson, M38	Cedar Rapids, IA	30:10	9:04/M	29:44	8:56/M
399	79	21	18 F18	Sara Lang, F35	Cedar Rapids, IA	30:10	9:04/M	29:44	8:56/M
596	80	22	19 F18	Heather Vasquez, F34	Walford, IA	30:11	9:04/M	30:06	9:02/M
322	81	59	12 JRM	Ezra Hackenmiller, M17	Cedar Rapids, IA	30:17	9:06/M	30:06	9:02/M
603	82	23	20 F18	Diane Ropp, F49	Cedar Rapids, IA	30:20	9:06/M	30:02	9:01/M
259	83	24	21 F18	Kristina Dolter, F26	Dubuque, IA	30:20	9:06/M	30:04	9:02/M
397	84	60	48 M18	Rick Kullander, M54	Cedar Rapids, IA	30:30	9:09/M	30:15	9:05/M
444	85	25	22 F18	Lisa Nicol, F45	Solon, IA	30:30	9:09/M	30:23	9:08/M
339	86	61	49 M18	John Hebrink, M49	Cedar Rapids, IA	30:32	9:10/M	30:21	9:07/M
380	87	26	4 JRF	Olivia Kennedy, F15	Cedar Rapids, IA	30:36	9:11/M	30:31	9:10/M
366	88	27	23 F18	Jill Jones, F53	Cedar Rapids, IA	30:52	9:16/M	30:45	9:14/M
325	89	28	5 JRF	Ashley Hageman, F16	Cedar Rapids, IA	30:56	9:17/M	30:50	9:16/M
568	90	29	24 F18	Suzi Wolle, F49	Cedar Rapids, IA	30:59	9:18/M	30:41	9:13/M
569	91	62	50 M18	Thomas Wolle, M50	Cedar Rapids, IA	31:00	9:19/M	30:53	9:16/M
353	92	30	25 F18	Victoria Hurt, F39	Cedar Rapids, IA	31:00	9:19/M	30:56	9:17/M
488	93	63	51 M18	Jim Scroggs, M49	Marion, IA	31:01	9:19/M	30:34	9:11/M
365	94	64	52 M18	Zachary Johnson, M37	Cedar Rapids, IA	31:02	9:19/M	30:42	9:13/M
299	95	65	13 JRM	Will Foreman, M16	Cedar Rapids, IA	31:02	9:19/M	31:01	9:19/M
609	96	66	14 JRM	Thomas Corbett, M16	Cedar Rapids, IA	31:02	9:19/M	31:01	9:19/M

576	97	67	53 M18	Jordan Anderson, M25	Cedar Rapids, IA	31:07	9:21/M	31:04	9:20/M
228	98	31	26 F18	Paula Bliven, F35	New London, IA	31:22	9:25/M	30:52	9:16/M
308	99	32	27 F18	Marlene Frye, F32	Minneapolis, MN	31:23	9:25/M	31:16	9:23/M
409	100	33	6 JRF	Sophie Lindwall, F14	Cedar Rapids, IA	31:24	9:26/M	31:06	9:20/M
381	101	68	54 M18	Kevin Kiley, M62	Cedar Rapids, IA	31:29	9:27/M	31:23	9:26/M
440	102	69	55 M18	Doug Neumann, M47	Cedar Rapids, IA	31:39	9:30/M	31:23	9:25/M
465	103	70	56 M18	Andrew Powers, M25	Cedar Rapids, IA	31:48	9:33/M	31:43	9:32/M
467	104	34	28 F18	Shannon Powers, F25	Cedar Rapids, IA	31:48	9:33/M	31:43	9:32/M
305	105	35	7 JRF	Sophie Fox, F16	Cedar Rapids, IA	31:55	9:35/M	31:48	9:33/M
255	106	36	29 F18	Rachael Crinigan, F44	Cedar Rapids, IA	32:00	9:37/M	31:55	9:35/M
313	107	37	30 F18	Judy Goldberg, F52	Cedar Rapids, IA	32:01	9:37/M	31:44	9:32/M
611	108	71	57 M18	David Tominsky, M40	Cedar Rapids, IA	32:04	9:38/M	31:53	9:34/M
372	109	72	58 M18	David Kaness, M52	Cedar Rapids, IA	32:04	9:38/M	31:48	9:33/M
390	110	73	59 M18	Matthew Kluber, M57	Cedar Rapids, IA	32:06	9:38/M	32:00	9:37/M
201	111	38	31 F18	Varina Allpress, F43	Cedar Rapids, IA	32:07	9:39/M	31:42	9:31/M
344	112	39	8 JRF	Isabel Hogg, F16	Cedar Rapids, IA	32:10	9:40/M	32:04	9:38/M
408	113	40	32 F18	Rebecca Lindwall, F47	Cedar Rapids, IA	32:16	9:41/M	31:57	9:36/M
244	114	74	60 M18	Mathieu Cagnard, M45	Cedar Rapids, IA	32:18	9:42/M	31:38	9:30/M
507	115	41	33 F18	Carol Spaw, F40	La Pine, OR	32:26	9:44/M	32:13	9:40/M
369	116	75	61 M18	Robert Jones, M64	Cedar Rapids, IA	32:28	9:45/M	32:22	9:43/M
350	117	76	62 M18	Joe Houtz, M62	Cedar Rapids, IA	32:29	9:45/M	32:22	9:43/M
470	118	42	34 F18	Ashley Ray, F33	Cedar Rapids, IA	32:30	9:46/M	32:25	9:44/M
261	119	77	63 M18	James Dudley, M40	Fairfax, IA	32:36	9:47/M	32:34	9:47/M
266	120	78	64 M18	Kevin Eck, M51	Cedar Rapids, IA	32:45	9:50/M	32:33	9:47/M
304	121	79	65 M18	Matt Fox, M50	Cedar Rapids, IA	32:45	9:50/M	32:33	9:46/M
618	122	80	66 M18	Zack Williams, M33	Dubuque, IA	32:47	9:51/M	32:12	9:40/M

287	123	81	67 M18	Eric Fischer, M55	Marion, IA	32:48	9:51/M	32:24	9:44/M
525	124	82	68 M18	Nicholas Stumpff, M33	Ely, IA	32:49	9:51/M	32:37	9:48/M
320	125	83	15 JRM	Bryce Grissom, M12	Cedar Rapids, IA	32:54	9:53/M	32:53	9:52/M
253	126	43	35 F18	Amy Conyers, F41	Cedar Rapids, IA	32:56	9:53/M	32:42	9:49/M
311	127	84	69 M18	Matt Geissinger, M41	Cedar Rapids, IA	32:56	9:53/M	32:42	9:49/M
336	128	44	9 JRF	Johanna Hayes, F14	Cedar Rapids, IA	32:59	9:54/M	32:52	9:52/M
554	129	45	10 JRF	Emily Weis, F15	Solon, IA	33:00	9:54/M	32:52	9:52/M
506	130	46	36 F18	Sashi Solomon, F51	Cedar Rapids, IA	33:00	9:55/M	32:41	9:49/M
361	131	85	70 M18	Bryan Jimmerson, M45	Carroll, IA	33:01	9:55/M	32:43	9:49/M
475	132	47	37 F18	Jill Riker, F45	Cedar Rapids, IA	33:29	10:03/M	33:19	10:00/M
479	133	48	38 F18	Jamie Rogers, F45	Cedar Rapids, IA	33:38	10:06/M	33:34	10:05/M
240	134	49	39 F18	Kaitlin Byers, F28	Cedar Rapids, IA	33:43	10:08/M	33:32	10:04/M
453	135	50	40 F18	Michele Oswood, F54	Cedar Rapids, IA	33:44	10:08/M	33:32	10:04/M
445	136	51	41 F18	Tracy Niemeyer, F44	Cedar Rapids, IA	33:54	10:11/M	33:50	10:10/M
233	137	52	11 JRF	Grace Bruns, F9	Fairfax, IA	34:03	10:14/M	33:55	10:11/M
234	138	53	42 F18	Holly Bruns, F41	Fairfax, IA	34:06	10:14/M	33:57	10:12/M
491	139	86	71 M18	Tom Scroggs, M19	Marion, IA	34:11	10:16/M	33:49	10:09/M
352	140	87	72 M18	John Hunte, M57	Cedar Rapids, IA	34:21	10:19/M	34:05	10:14/M
544	141	88	73 M18	Marty Weber, M41	Cedar Rapids, IA	34:22	10:19/M	34:18	10:18/M
543	142	54	12 JRF	Claire Weber, F10	Cedar Rapids, IA	34:23	10:19/M	34:18	10:18/M
249	143	89	74 M18	Darrell Chiavetta, M45	Marion, IA	34:29	10:21/M	34:08	10:15/M
450	144	55	43 F18	Marsha Novak, F61	Atkins, IA	34:37	10:24/M	34:14	10:17/M
251	145	56	44 F18	Sheryl Cline, F31	Fairfax, IA	34:41	10:25/M	34:31	10:22/M
407	146	90	75 M18	Jason Lewis, M37	Marion, IA	34:41	10:25/M	34:24	10:20/M
406	147	57	13 JRF	Hope Lewis, F14	Marion, IA	34:43	10:25/M	34:25	10:20/M
284	148	58	45 F18	Lisa Filip, F51	Cedar Rapids, IA	34:49	10:27/M	34:20	10:19/M
509	149	59	46 F18	Barbara Stary, F59	Cedar Rapids, IA	34:56	10:29/M	34:40	10:25/M
428	150	91	16 JRM	Logan Miller, M11	Cedar Rapids, IA	35:10	10:34/M	35:01	10:31/M
490	151	92	76 M18	Mike Scroggs, M18	Marion, IA	35:23	10:37/M	34:55	10:29/M

293	152	93	77 M18	Chaney Floyd, M20	Cedar Rapids, IA	35:40	10:43/M	35:34	10:41/M
242	153	60	14 JRF	Elise Cagnard, F14					