

We Run Glow Run *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Saturday, August 30, 2014

Location: North Liberty, IA

Weather: Cool, 87% Humidity, Wind SW 5mph & 71°

[Overall and Age Divisions](#)

Results By: Andrew Kauder, Kauder Racing

Place	Gender	Division	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Derek Henscheid, M25	Iowa City, IA	20:04	6:27/M	18:53	6:05/M
2	2	1 JRM	Samuel Lavin, M14	Atkins, IA	21:00	6:45/M	20:53	6:43/M
3	3	1 M20	Thomas Julius, M22	North Liberty, IA	21:21	6:52/M	21:14	6:50/M
4	4	1 M30	Luke Webinger, M39	Lost Nation, IA	21:28	6:55/M	21:19	6:52/M
5	5	2 JRM	Joshua Dillon, M17	Coralville, IA	22:36	7:16/M	22:24	7:13/M
6	6	2 M30	Wes Hepker, M34	North Liberty, IA	22:48	7:20/M	22:42	7:18/M
7	1	1 OVF	Heidi Wauters, F39	Belle Plaine, IA	22:52	7:22/M	22:23	7:12/M
8	7	3 JRM	Kannon Simmons, M14	North Liberty, IA	23:18	7:30/M	23:17	7:30/M
9	2	1 F40	Lisa Hawkins, F46	Cedar Rapids, IA	23:21	7:31/M	23:06	7:26/M
10	8	1 M40	Mike Shotwell, M44	Bennett, IA	23:27	7:33/M	23:21	7:31/M
11	3	1 JRF	Megan Sprengeler, F17	Walford, IA	23:35	7:35/M	23:34	7:35/M
12	4	2 JRF	Korynn Dickey, F12	Solon, IA	23:58	7:43/M	23:49	7:40/M
13	9	4 JRM	Colton Hoffman, M12	Solon, IA	23:58	7:43/M	23:48	7:40/M
14	10	3 M30	Sean Thompson, M32	Iowa City, IA	24:15	7:48/M	22:02	7:05/M
15	5	2 F40	Wendy Nolan, F46	Wellman, IA	24:23	7:51/M	24:20	7:50/M
16	11	5 JRM	Matt Colbert, M10	West Bran				

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Derek Henscheid, M25	Iowa City, IA	20:04	6:27/M	18:53	6:05/M

Overall Female

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Heidi Wauters, F39	Belle Plaine, IA	22:52	7:22/M	22:23	7:12/M

M[19 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Samuel Lavin, M14	Atkins, IA	21:00	6:45/M	20:53	6:43/M
2	Joshua Dillon, M17	Coralville, IA	22:36	7:16/M	22:24	7:13/M
3	Kannon Simmons, M14	North Liberty, IA	23:18	7:30/M	23:17	7:30/M

4	Colton Hoffman, M12	Solon, IA	23:58	7:43/M	23:48	7:40/M
5	Matt Colbert, M10	West Branch, IA	24:41	7:57/M	24:12	7:47/M
6	Tyne Simmons, M15	North Liberty, IA	25:10	8:06/M	25:09	8:06/M
7	Austin Koch, M19	West Liberty, IA	26:19	8:28/M	24:50	7:59/M
8	Matt Behnke, M13	Marion, IA	29:55	9:38/M	29:55	9:38/M
9	Tristan Linnabery, M13	Silvis, IL	30:43	9:53/M	30:33	9:50/M
10	Brian Schomer, M14	Iowa City, IA	31:16	10:04/M	29:53	9:37/M
11	Matthew Schomer, M10	Iowa City, IA	31:19	10:05/M	29:58	9:39/M
12	Bryce Grissom, M10	Cedar Rapids, IA	31:21	10:05/M	30:58	9:58/M
13	Hagan Copper, M9	Marion, IA	31:27	10:07/M	31:07	10:01/M
14	Mark Schomer, M12	Iowa City, IA	31:37	10:11/M	30:15	9:44/M
15	Josh Horne, M11	Cedar Rapids, IA	32:00	10:18/M	31:03	10:00/M
16	Stirlen Roberson, M10	North Liberty, IA	32:44	10:32/M	31:12	10:02/M
17	Jonah Hallam, M10	North Liberty, IA	33:41	10:50/M	32:57	10:36/M
18	Landen Orris, M5	North Liberty, IA	34:07	10:59/M	33:58	10:56/M
19	Cooper Winter, M9	Brooklyn, IA	34:52	11:13/M	34:45	11:11/M
20	Ben Colbert, M13	West Branch, IA	36:37	11:47/M	36:08	11:38/M
21	Jack Eastvold, M6	North Liberty, IA	37:48	12:10/M	37:12	11:58/M
22	Peyton Stadler, M10	North Liberty, IA	42:18	13:37/M	42:16	13:36/M
23	Gabe Jenn, M12	North Liberty, IA	42:33	13:42/M	42:30	13:41/M
24	Nathan Price, M14	Amana, IA	43:12	13:54/M	41:53	13:29/M
25	Jakobe Vurciaga, M8	Cedar Rapids, IA	44:35	14:21/M	43:53	14:07/M
26	Trevor Myers, M8	North Liberty, IA	53:12	17:07/M	51:47	16:40/M

F[19 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Megan Sprengeler, F17	Walford, IA	23:35	7:35/M	23:34	7:35/M
2	Korynn Dickey, F12	Solon, IA	23:58	7:43/M	23:49	7:40/M
3	Maria Zimmerman, F16	Parnell, IA	25:16	8:08/M	25:01	8:03/M
4	Maddie Miller, F13	Cedar Rapids, IA	28:38	9:13/M	28:24	9:08/M
5	Ava Bell, F8	Iowa City, IA	30:34	9:50/M	28:57	9:19/M
6	Kaylee Tedrow, F10	Walford, IA	30:48	9:55/M	29:43	9:34/M
7	Sarah Schmidt, F12	North Liberty, IA	31:22	10:06/M	29:56	9:38/M
8	Annabelle Hallam, F12	North Liberty, IA	33:23	10:45/M	32:38	10:30/M
9	Grace Hallam, F8	North Liberty, IA	33:42	10:51/M	32:58	10:37/M
10	MacEy Farrell, F10	North Liberty, IA	34:59	11:16/M	34:37	11:08/M
11	Melina Schall, F11	Tiffin, IA	35:16	11:21/M	34:54	11:14/M
12	Piper Price, F9	Mount Vernon, IA	37:51	12:11/M	37:09	11:57/M
13	Miranda Merfeld, F14	North Liberty, IA	38:43	12:28/M	37:52	12:11/M
14	Cora Allen-Bonnet, F11	Dubuque, IA	38:43	12:28/M	37:53	12:12/M
15	Olivia Primrose, F7	Palo, IA	40:47	13:08/M	39:58	12:52/M
16	Liona Rocca, F9	North Liberty, IA	42:04	13:32/M	41:31	13:22/M
17	Hope Austin, F9	North Liberty, IA	42:06	13:33/M	41:33	13:22/M
18	Natalie Wobbe, F16	Marion, IA	43:26	13:59/M	43:11	13:54/M
19	Aariana Roberson, F13	North Liberty, IA	44:29	14:19/M	42:57	13:49/M

M[20-29]

Place	Name	City	Gun Time	Pace	Chip Time	Pace
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1	Thomas Julius, M22	North Liberty, IA	21:21	6:52/M	21:14	6:50/M
2	Shawn Keating, M27	Marion, IA	26:39	8:35/M	26:21	8:29/M
3	John Jones, M26	Iowa City, IA	30:19	9:46/M	29:38	9:32/M
4	Adam Steele, M29	Norway, IA	32:04	10:19/M	30:29	9:49/M
5	Adam Miller, M29	Iowa City, IA	32:59	10:37/M	32:24	10:26/M
6	Jacob Koenig, M27	Dubuque, IA	36:57	11:54/M	36:00	11:35/M
7	Brian Cain, M29	Cedar Rapids, IA	37:40	12:07/M	37:31	12:04/M
8	Boone Guthe, M27	North Liberty, IA	42:54	13:49/M	42:27	13:40/M
9	Josh Wernimont, M28	North Liberty, IA	45:45	14:44/M	44:04	14:11/M

F[20-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Leslie Keilig, F29	Moravia, IA	24:42	7:57/M	23:43	7:38/M
2	Alycia Karsjens, F29	North Liberty, IA	25:12	8:07/M	25:07	8:05/M
3	Beth Steele, F29	Norway, IA	26:08	8:25/M	24:33	7:54/M
4	Jacqueline Lavelly, F26	Iowa City, IA	26:15	8:27/M	26:01	8:23/M
5	Pamela Dillon, F25	Cedar Rapids, IA	28:27	9:09/M	28:25	9:09/M
6	Amanda Fuhrmeister, F25	Iowa City, IA	30:30	9:49/M	29:49	9:36/M
7	Brittany Glenn, F22	Fort Walton Beach, FL	30:32	9:50/M	29:51	9:36/M
8	Lia Peralta, F23	Iowa City, IA	32:27	10:27/M	32:16	10:23/M
9	Kelly Erickson, F28	Iowa City, IA	32:59	10:37/M	32:24	10:26/M
10	Abbey Rock, F24	Cedar Rapids, IA	34:05	10:58/M	33:53	10:54/M
11	Kristin Anderson, F27	Lincoln, NE	34:23	11:04/M	33:42	10:51/M
12	Alyssa Henscheid, F26	Iowa City, IA	34:45	11:11/M	33:33	10:48/M
13	Meredith Cain, F29	Cedar Rapids, IA	37:37	12:07/M	37:28	12:03/M
14	Sarah Varner, F29	North Liberty, IA	38:10	12:17/M	37:26	12:03/M
15	Laurena Bernabo, F29	Iowa City, IA	39:23	12:41/M	38:11	12:17/M
16	Ann Tigges, F29	North Liberty, IA	40:06	12:54/M	39:53	12:50/M
17	Jessica Tigges, F28	Dyserville, IA	40:06	12:54/M	39:53	12:50/M
18	Stephanie Allen, F28	Dubuque, IA	40:38	13:05/M	39:47	12:48/M
19	Jennifer Miller, F26	Kalona, IA	41:03	13:13/M	40:00	12:52/M
20	Nicole Bohr, F27	North Liberty, IA	41:48	13:27/M	41:17	13:17/M
21	Courtney Phelps, F29	Lone Tree, IA	42:29	13:40/M	42:02	13:32/M
22	Dimah Saade, F29	Coralville, IA	42:46	13:46/M	41:32	13:22/M
23	Emily Guthe, F27	North Liberty, IA	42:46	13:46/M	42:19	13:37/M
24	Kimberly Pilkington, F27	Cedar Rapids, IA	43:52	14:07/M	43:28	13:59/M
25	Rebecca Purvis, F29	Cedar Rapids, IA	44:12	14:14/M	42:35	13:42/M
26	Katie Streif, F24	Pella, IA	45:36	14:40/M	43:54	14:08/M
27	Karissa Heisler, F26	North Liberty, IA	45:45	14:43/M	44:04	14:11/M
28	Alissa Ollinger, F24	Riverside, IA	45:55	14:47/M	44:52	14:26/M
29	Emilia Hinton, F29	Dubuque, IA	46:27	14:57/M	45:37	14:41/M
30	Sariah Holder, F25	Marion, IA	49:20	15:53/M	47:44	15:22/M
31	Rachel Greenberg, F22	Iowa City, IA	1:03:04	20:18/M	1:03:04	20:18/M
32	Channa Gross, F21	Iowa City, IA	1:03:07	20:19/M	1:03:07	20:19/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Luke Webinger, M39	Lost Nation, IA	21:28	6:55/M	21:19	6:52/M
2	Wes Hepker, M34	North Liberty, IA	22:48	7:20/M	22:42	7:18/M
3	Sean Thompson, M32	Iowa City, IA	24:15	7:48/M	22:02	7:05/M
4	Justin Marston, M38	Moscow, IA	26:19	8:28/M	24:50	8:00/M
5	Jonathan Plasencia, M33	North Liberty, IA	26:23	8:29/M	24:35	7:55/M
6	Shaun Johnson, M35					