

2017 Live Healthy Iowa 5K - Bondurant

5K Division	First Name	Last Name	City	Time
5K 20 - 29 Male	Chris	Cuellar	Bondurant	19:04
5K 20 - 29 Male	Andy	Bernholtz	Ankeny	19:09
5K 13 - 15 Male	Lucas	George	Altoona	19:14
5K 20 - 29 Male	Eric	Olson	Bondurant	19:42
5K 13 - 15 Male	Gavin	Crees	Bondurant	20:55
5K 30 - 39 Male	Able	Mahaffey	Bondurant	21:02
5K 13 - 15 Male	Carson	Duinink	Monroe	21:35
5K 40 - 49 Male	Ronald	Crees	Bondurant	22:38
5K 30 - 39 Male	Cory	Black	Bondurant	22:43
5K 30 - 39 Male	Steve	Naber	Des Moines	22:56
5K 12 & Under Male	Joey	George	Altoona	23:00
5K 30 - 39 Male	Jeremiah	Ostrem	Bondurant	23:02
5K 30 - 39 Female	Jenna	Hejlik	Des Moines	21:02
5K 40 - 49 Female	Jennifer	Borst	Ankeny	21:11
5K 30 - 39 Female	Carrie	Naber	Des Moines	23:42
5K 12 & Under Male	Hudson	McConnell	Mingo	24:04
5K 40 - 49 Male	Chris	Thompson	Ankeny	24:04
5K 40 - 49 Male	Kyle	Morrison	Ankeny	24:22
5K 30 - 39 Female	Julie	Sillanpaa	Des Moines	24:57
5K 30 - 39 Female	Kelly	Murley	Bondurant	25:02
5K 30 - 39 Female	Meredith	Cooney	Marshalltown	25:03
5K 20 - 29 Male	Lucas	Hejlik	Ames	25:18
5K 30 - 39 Male	Joseph	VanDyke	Winterset	25:29
5K 30 - 39 Female	Megan	Barber	Bondurant	25:39
5K 12 & Under Male	Gage	Gaul	Altoona	25:56
5K 40 - 49 Male	Timothy	Smith	Bondurant	26:01
5K 30 - 39 Female	Lisa	Johnson	Ankeny	26:08
5K 20 - 29 Female	Torey	Robinson	Bondurant	26:16
5K 50 - 59 Female	Janet	Hudson	Maxwell	26:21
5K 20 - 29 Male	Matt	Sillanpaa	Des Moines	26:22
5K 30 - 39 Female	Sally	Bennett	Bondurant	26:30
5K 60 & Over Male	Steve	Dewein	Bondurant	26:43
5K 13 - 15 Female	Chelsey	Atwood	Colfax	26:54
5K 20 - 29 Male	James	Olson	Altoona	27:13
5K 13 - 15 Male	Rylan	Mustaine	State Center	27:18
5K 12 & Under Female	Lilith	Francel	Ankeny	27:46
5K 13 - 15 Female	Grace	Mustaine	State Center	27:55
5K 30 - 39 Female	Shawna	Sample	Des Moines	28:05
5K 13 - 15 Male	Jacob	Stoffer	Urbandale	28:10
5K 13 - 15 Female	Elizabeth	Griffith	Ankeny	28:30
5K 30 - 39 Male	David	Keene	Bondurant	28:31
5K 30 - 39 Female	Holly	Espenhover	Carroll	29:04
5K 40 - 49 Female	Kristin	Honz	W Des Moines	29:05
5K 40 - 49 Female	Heidi	Bedier	Bondurant	29:05
5K 30 - 39 Female	Melissa	Ostrem	Bondurant	29:20

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5K 50 - 59 Female	Kary	Austin	Grimes	29:38
5K 30 - 39 Male	Scott	Adams	Ankeny	29:55
5K 20 - 29 Female	Katharine	Long	Ames	29:58
5K 30 - 39 Female	Anndrea	Watters	Ankeny	30:06
5K 50 - 59 Female	Carla	Schimelfenig	Nevada	30:08
5K 40 - 49 Female	Amy	Fallis	Pleasantville	30:39
5K 12 & Under Female	RaeAnn	Duinink	Monroe	30:45
5K 30 - 39 Female	Heidi	Sirdoreus	Altoona	30:46
5K 40 - 49 Female	Kara	Lindsey	Pleasant Hill	31:15
5K 40 - 49 Female	Missy	Gaul	Altoona	31:37
5K 30 - 39 Male	Will	Larson	Altoona	31:40
5K 16 - 19 Female	Jordan	Atwood	Colfax	31:43
5K 40 - 49 Female	Terry	Swain	Bondurant	31:46
5K 30 - 39 Female	Mary Ann	Larimer	Des Moines	31:49
5K 50 - 59 Female	Tina	Holzworth	Colfax	31:51
5K 30 - 39 Female	Tiffany	Tran	Bondurant	31:51
5K 40 - 49 Male	Neil	Glaser	Bondurant	32:20
5K 50 - 59 Female	Kathleen	Parker	Colfax	32:25
5K 50 - 59 Female	Carol	Ossian	Huxley	32:26
5K 12 & Under Female	Kenadi	Trammell	Bondurant	32:39
5K 12 & Under Female	Lauren	Tegeler	Bondurant	32:43
5K 40 - 49 Male	Santiago	Ramirez-Estrada	Altoona	32:52
5K 12 & Under Female	Keatin	Barber	Bondurant	32:55
5K 30 - 39 Female	Jill	Fisher	Altoona	32:56
5K 50 - 59 Female	Jackie	Black	Ankeny	33:28
5K 12 & Under Male	Garrett	Von Stein	Bondurant	33:33
5K 40 - 49 Female	Kirstin	Mains	Urbandale	33:35
5K 50 - 59 Female	Kelly	Scandrett	Carlisle	33:38
5K 30 - 39 Male	Josh	Wesley	Bondurant	33:44
5K 30 - 39 Male	Jeremy	Johnson Miller	Des Moines	33:54
5K 30 - 39 Female	Caroline	Thompson	Ankeny	34:00
5K 30 - 39 Female	Kayla	McConnell	Mingo	34:05
5K 40 - 49 Female	Rozlyn	Wirtz	Bondurant	34:05
5K 30 - 39 Female	Renata	Wesley	Bondurant	34:11
5K 30 - 39 Male	Joe	Russell	Bondurant	34:15
5K 40 - 49 Female	Dawn	Atwood	Colfax	34:18
5K 60 & Over Male	Ricardo	Martinez	Nevada	34:47
5K 20 - 29 Female	Hannah	Keep	Altoona	35:28
5K 20 - 29 Female	Chelsea	Anderberg	Bondurant	35:54
5K 20 - 29 Female	Chelsi	Wright	Ankeny	35:54
5K 30 - 39 Male	Marcus	Johnson Miller	Des Moines	36:28
5K 20 - 29 Female	Kelsey	Kremer	Des Moines	36:30
5K 40 - 49 Male	Tom	Honz	W Des Moines	37:26
5K 12 & Under Male	Connor	Grim	Ankeny	38:10
5K 40 - 49 Female	Jennifer	Morrison	Ankeny	38:13

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5K Division	First Name	Last Name	City	Time
5K 12 & Under Female	Taylor	Mustaine	State Center	38:44
5K 60 & Over Male	Roger	Cox	Bondurant	38:53
5K 40 - 49 Female	Denise	Mustaine	State Center	38:59
5K 30 - 39 Female	Stephanie	Barnes	Bondurant	39:24
5K 50 - 59 Female	Candace	Freeman	Altoona	39:24
5K 50 - 59 Female	Carol	Conway	Altoona	39:41
5K 50 - 59 Female	Jenni	Noel	Granger	41:12
5K 30 - 39 Male	Andy	Mains	Urbandale	41:55
5K 20 - 29 Female	Janet	Corcoran	Des Moines	42:37
5K 60 & Over Female	Connie	Cox	Bondurant	42:39
5K 40 - 49 Male	Jon	Mustaine	State Center	42:42
5K 60 & Over Female	Patty	Duinink	Monroe	43:51
5K 12 & Under Female	Rillee	Mains	Urbandale	45:00
5K 50 - 59 Male	Joseph	Risius	Ankeny	45:02
5K 20 - 29 Female	April	Nelson	Des Moines	45:28
5K 50 - 59 Female	Sue	Cordoran	Springfield, IL	45:28
5K 20 - 29 Male	Dallas	Hansen	Bondurant	47:19
5K 30 - 39 Female	Tania	Correa	Altoona	47:37
5K 50 - 59 Female	Gloria	Risius	Ankeny	48:05
5K 12 & Under Female	Afton	McConnell	Mingo	48:06
5K 40 - 49 Female	Stephanie	Petrich	Bondurant	48:07
5K 20 - 29 Male	Matthew	Thorpe	Des Moines	48:08
5K 50 - 59 Female	Debbie	Purdie	Altoona	48:24
5K 50 - 59 Female	Ardeth	Hoeksema	Ankeny	48:41
5K 50 - 59 Female	Sharon	Mineart	Altoona	48:41
5K 50 - 59 Female	Lori	Mathis	Des Moines	49:46
5K 20 - 29 Female	Hannah	Hansen	Bondurant	49:47
5K 20 - 29 Female	MacKenzie	Campfield	Des Moines	49:53
5K 60 & Over Male	Charlie	Mains	Urbandale	49:57
5K 30 - 39 Female	Randi	Kleinendorst	Bondurant	50:23
5K 12 & Under Male	Braydan	Mains	Urbandale	50:26
5K 50 - 59 Female	Shellee	Sesker	Bondurant	50:44
5K 13 - 15 Female	Lauren	Mains	Urbandale	50:49
5K 60 & Over Male	Pete	Peterson	Windsor Heights	50:52
5K 30 - 39 Male	Eric	Larimer	Des Moines	50:53
5K 30 - 39 Female	Jill	Black	Bondurant	51:12
5K 50 - 59 Female	Susan	Piel	Dallas Center	51:12
5K 40 - 49 Female	Kristina	Kremer	Vinton	51:47
5K 30 - 39 Female	Kimberly	Hyde	Ankeny	51:52
5K 60 & Over Female	Velma	Matchinsky	Des Moines	51:59
5K 20 - 29 Female	Elise	Mullen	Des Moines	51:59
5K 20 - 29 Female	Heather	Donahue	Waukee	53:35
5K 50 - 59 Female	Sandy	Gale	Waukee	53:42
5K 20 - 29 Female	Diane	Eddie	Marshalltown	53:43
5K 20 - 29 Female	Katie	Fink	Marshalltown	53:44

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5K Division	First Name	Last Name	City	Time
5K 20 - 29 Female	Katelyn	Mathews	Marshalltown	53:45
5K 40 - 49 Female	Becky	DeCarlo	Des Moines	54:46
5K 40 - 49 Female	Danielle	Golden	Bondurant	54:46
5K 12 & Under Female	Grace	DeCarlo	Des Moines	54:47
5K 60 & Over Female	Deb	Mains	Urbandale	54:52
5K 12 & Under Female	Allie	Mains	Urbandale	54:53
5K 60 & Over Female	Diane	McGuire	West Des Moines	54:56
1K Division	First Name	Last Name	City	
1K 12 & Under Coed	Nathan	Alayola	Altoona	
1K 12 & Under Coed	Drew	Alleman-Hunter	Alleman	
1K 12 & Under Coed	Terran	Barnes	Bondurant	
1K 12 & Under Coed	Nile	Bennett	Bondurant	
1K 12 & Under Coed	Adelyn	Bruce	Bondurant	
1K 12 & Under Coed	Camryn	Bruce	Bondurant	
1K 12 & Under Coed	Emelia	Dayton	Mitchellville	
1K 12 & Under Coed	Everett	Dayton	Mitchellville	
1K 12 & Under Coed	AJ	Everly	Bondurant	
1K 12 & Under Coed	Craig	Fallis	Pleasantville	
1K 12 & Under Coed	Matthew	Fallis	Pleasantville	
1K 12 & Under Coed	Quinten	Fulton	Bondurant	
1K 12 & Under Coed	Braden	Gaul	Altoona	
1K 12 & Under Coed	GiGi	Harding	Michelleville	
1K 12 & Under Coed	Vaughn	Harding	Michelleville	
1K 12 & Under Coed	Vinny	Harding	Michelleville	
1K 12 & Under Coed	Beckham	Harter	Mitchellville	
1K 12 & Under Coed	Maverick	Harter	Mitchellville	
1K 12 & Under Coed	Allie	Honz	West Des Moines	
1K 12 & Under Coed	Jenny	Honz	West Des Moines	
1K 12 & Under Coed	Alexis	Hoxeng	Ankeny	
1K 12 & Under Coed	Adelle	Larson	Altoona	
1K 12 & Under Coed	Wesley	Larson	Altoona	
1K 12 & Under Coed	Benson	McConnell	Mingo	
1K 12 & Under Coed	Haydon	McConnell	Mingo	
1K 12 & Under Coed	Conner	McCoun	Mitchellville	
1K 12 & Under Coed	Gage	McDaniel	Mitchellville	
1K 12 & Under Coed	Kayden	McDaniel	Mitchellville	
1K 12 & Under Coed	Austin	Miller	Mingo	
1K 12 & Under Coed	Isaac	Naber	Des Moines	
1K 12 & Under Coed	Steven	Naber	Des Moines	
1K 12 & Under Coed	Oswaldo	Ramirez	Altoona	
1K 12 & Under Coed	Saul	Ramirez	Altoona	
1K 12 & Under Coed	Elijah	Thompson	Ankeny	
1K 12 & Under Coed	Olivia	Twohey	Mitchellville	
1K 12 & Under Coed	Owen	Twohey	Mitchellville	
1K 12 & Under Coed	Preston	Von Stein	Bondurant	