

## 2017 Live Healthy Iowa 5K - Carroll

5K Division	First Name	Last Name	City	Time
5K   30 - 39   Male	Nathan	Wenck	Carroll	19:29.7
5K   40 - 49   Male	Matt	Rasmussen	Denison	20:51.0
5K   20 - 29   Male	Charles	Hugo	Odebolt	21:52.0
5K   30 - 39   Male	Nick	Kirsch		26:48.6
5K   40 - 49   Male	Jon	Ludwick		26:51.3
5K   13 - 15   Female	Ashley	Beagle	Lake City	27:52.0
5K   50 - 59   Female	Carolyn	Gehling		28:33.5
5K   50 - 59   Female	Ann	Nuemann		28:35.0
5K   40 - 49   Female	Krissi	Auen	Carroll	29:13.6
5K   12 & Under   Female	Ellen	Beagle	Lake City	29:57.6
5K   40 - 49   Male	Robert	Beagle	Lake City	30:11.1
5K   16 - 19   Female	Sarah	Auen	Carroll	31:03.6
5K   40 - 49   Female	Jennifer	Brockpahler	Ames	31:13.6
5K   30 - 39   Male	Jim	Brockpahler	Ames	31:15.1
5K   12 & Under   Female	Ava	Minnehan	Churdan	32:13.1
5K   30 - 39   Female	Brooke	Minnehan	Churdan	32:28.0
5K   50 - 59   Female	Patricia	Ryan	Denison	32:29.6
5K   30 - 39   Male	Tony	Wernimont		32:50.8
5K   40 - 49   Female	Michelle	Glick		32:56.3
5K   30 - 39   Female	Angela	Bandow	Manilla	33:49.8
5K   30 - 39   Female	Michelle	Prichard		34:25.1
5K   60 & Over   Female	Mary Lou	Engel	Sac City	34:29.5
5K   30 - 39   Female	Rachel	Charlot		34:54.5
5K   50 - 59   Female	Natalie	Lange	Audubon	34:56.2
5K   40 - 49   Female	Becky	Dreessen	Carroll	35:49.6
5K   50 - 59   Female	Lorie	Bandow	Manilla	36:15.0
5K   12 & Under   Male	Henrey	Malcom	Dubuque	36:57.5
5K   50 - 59   Female	Deb	Fender	Manilla	38:10.4
5K   40 - 49   Male	Ty	Malcom	Dubuque	38:58.8
5K   50 - 59   Female	Jeannette	Gehrke	Audubon	40:19.5
5K   30 - 39   Female	Michelle	Shaver	Lake City	41:20.9
5K   30 - 39   Female	Genni	Hoyle	Lake City	41:21.5
5K   50 - 59   Female	Bonnie	Teut	Schleswig	42:11.9
5K   30 - 39   Female	Sasha	Bloyer	Carroll	42:54.6
5K   30 - 39   Female	Michelle	Scranton	Carroll	42:55.7
5K   30 - 39   Female	Catherine	Wernimont	Carroll	42:57.1
5K   30 - 39   Female	Kiana	Lamphier	Lake City	44:09.3
5K   40 - 49   Male	Steven	Auen	Carroll	46:34.3
5K   50 - 59   Female	Kelly	Schubert	Carroll	47:08.7
5K   12 & Under   Male	colton	Wieland	Carroll	52:03.5
5K   30 - 39   Female	Rachel	Wieland	Carroll	52:04.4
5K   30 - 39   Female	Ann	Snyder		54:17.6
5K   60 & Over   Female	Kathleen	Snyder		54:34.5
5K   40 - 49   Female	Christine	Beagle	Lake City	55:49.9
5K   50 - 59   Male	Dan	Owen		56:05.6

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5K Division	First Name	Last Name	City	Time
5K   50 - 59   Female	Tammy	Spaulding	Jefferson	56:26.9
5K   20 - 29   Female	Donna	Langfitt		1:00:18.43
5K   20 - 29   Female	Amelia	Rouillard		1:00:19.44
5K   20 - 29   Male	Scott	Pederson		1:02:17.01
5K   20 - 29   Female	Donna	Garroitt		1:02:25.43
5K   50 - 59   Female	Kathy	Edwards		1:05:19.82
5K   20 - 29   Female	Kenadee	Fellows		1:05:21.88
5K   20 - 29   Female	Tristin	Willison		1:11:51.62
5K   20 - 29   Female	Sara	Verrips		1:11:55.18
5K   20 - 29   Female	Beth	Bruch		1:14:26.49
5K   30 - 39   Male	Curt	Frischmeyer		1:15:19.47
5K   30 - 39   Female	Michelle	Beyer		1:15:20.79
5K   20 - 29   Female	Christina	Porter		1:17:46.21
5K   30 - 39   Female	Nikki	Campbell		1:17:48.15
5K   30 - 39   Male	Brian	Koster		1:18:00.09
5K   20 - 29   Female	Katie	Mengwasser		1:18:01.62
5K   20 - 29   Male	Mark	Nelson		1:26:07.44
5K   30 - 39   Female	Tanya	Edwards		1:26:14.39

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1K   12 & Under   Coed	Lena	Brauckman	Carroll