

## 2017 Live Healthy Iowa 5K - Sioux City

5K Division	First Name	Last Name	City	Time
5K   20 - 29   Male	Devon	Gurnett	Sioux City	19:30.1
5K   13 - 15   Male	Kevin	Greigg	Sioux City	22:01.0
5K   20 - 29   Male	Jonathan	Marin	Sioux City	22:04.8
5K   13 - 15   Male	Pierce	Turner	Moville	22:39.7
5K   20 - 29   Male	Kyle	Hoffman	Sioux City	23:08.9
5K   20 - 29   Male	Juan	Munoz	Sioux city	24:31.9
5K   50 - 59   Male	Todd	Hensley	Sioux City	25:00.4
5K   20 - 29   Male	Fernando	Franco Jr	Sioux City	25:20.8
5K   40 - 49   Male	Joe	Marksbury	Sioux City	25:26.5
5K   30 - 39   Male	Tim	Johnson	Sioux city	25:58.3
5K   30 - 39   Male	David	Greigg	Sioux City	26:22.8
5K   50 - 59   Female	Brenda	Blue	Sioux City	26:35.5
5K   40 - 49   Female	Lisa	Rowenhorst	Orange City	26:35.5
5K   30 - 39   Female	Amanda	Larson	Le Mars	27:32.6
5K   30 - 39   Female	Christy	Cale	Sioux city	28:34.0
5K   20 - 29   Female	Rheanne	Haws	Sioux City	28:38.3
5K   13 - 15   Female	Lillian	McNaughton	LeMars	28:43.2
5K   30 - 39   Male	Luke	Demarest	Moville	29:16.1
5K   30 - 39   Female	Desirae	Willms	Akron	29:53.5
5K   30 - 39   Female	Tori	Mattes	Wakefield	31:02.9
5K   30 - 39   Female	Cathy	Grimsley	Sioux City	31:04.1
5K   20 - 29   Female	Jessica	Munoz	South Sioux City	31:23.3
5K   60 & Over   Male	Mark	Wright	Sioux City	31:42.2
5K   20 - 29   Female	Taylor	Keller		32:04.7
5K   30 - 39   Female	Shelby	Reed	Sioux City	32:07.2
5K   30 - 39   Male	Brian	Eben	Sioux City	32:07.7
5K   20 - 29   Female	Renee	Lund	Sioux City	32:33.8
5K   20 - 29   Female	Sarah	Davy	Sioux City	32:34.8
5K   50 - 59   Male	Gary	Adams	Merrill	32:39.6
5K   30 - 39   Female	Andrea	Smith	Sioux City	36:04.9
5K   12 & Under   Male	Kellen	Kvidera	Sergeant Bluff	36:25.5
5K   40 - 49   Female	Loan	Hensley	Sioux City	36:40.8
5K   30 - 39   Female	Erin	Hoffman	Sioux City	36:47.3
5K   40 - 49   Female	Becky	Sheets	Lawton	36:57.3
5K   40 - 49   Female	Mary	Watchorn	Ponca	36:59.1
5K   60 & Over   Female	Marcia	Watson	Sioux City	37:06.3
5K   30 - 39   Female	Laura	Mommsen	Sioux City	37:18.2
5K   40 - 49   Female	Angel	Wallace	Sioux City	40:32.9
5K   50 - 59   Female	Tamera	Snyder	Hinton	44:46.6
5K   50 - 59   Female	Florence	Penn	Sioux City	45:37.5
5K   20 - 29   Female	Sarah	Struve	Hinton	46:04.0
5K   50 - 59   Female	Liz	Brenden	Whiting	47:14.1
5K   30 - 39   Female	Gina	Kvidera	Sergeant Bluff	47:15.6
5K   40 - 49   Male	Todd	Raasch	Sioux City	49:33.0
5K   50 - 59   Female	Pat	Somsky	Sioux City	50:36.7
5K   20 - 29   Female	Mikaela	Cale	Sioux city	51:17.0

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5K   30 - 39   Female	Carrie	Torgerson	Sioux city	51:18.5
5K   50 - 59   Female	Teresa	Willey	Wesley	52:26.9
5K   40 - 49   Female	Dawn	Maslonka	Homer	53:20.8
5K   40 - 49   Female	Kris	O'Connor	Sioux City	53:49.0
5K   40 - 49   Female	Amy	Moyer	Sioux City	53:49.3
5K   50 - 59   Female	Michelle	Robinson	Sergeant Bluff	53:49.7
5K   50 - 59   Female	Tina	Monell	Sioux City	54:11.5
5K   60 & Over   Female	Susan	Von Minden	Dakota Dunes	54:11.9
5K   50 - 59   Female	Jeanie	Farrell	Sioux City	54:14.3
5K   40 - 49   Female	Debbie	Tidmore	Lawton	54:20.2
5K   50 - 59   Female	Beth	Wilson	Sioux City	54:23.8
5K   30 - 39   Female	Jen	Jorgensen	Salix	54:25.2
5K   60 & Over   Female	Pam	Yockey	Sergeant Bluff	54:25.6
5K   30 - 39   Male	Shawn	Yockey	Ankeny	54:25.9
5K   20 - 29   Male	Jesse	Sherrill	South Sioux City	54:27.4
5K   50 - 59   Female	Dawn	Laddusaw	Kingsley	1:00:05
5K   50 - 59   Female	Cindy	Sherrill	Sioux City	1:00:09
5K   50 - 59   Female	Karen	Bruene	Sioux City	1:05:58
5K   30 - 39   Male	Tyler	Zellmer	Sioux City	1:07:07
5K   30 - 39   Female	Cyndi	Zellmer	Sioux City	1:07:19

1K Division	First Name	Last Name	City
1K   12 & Under   Coed	Tate	Behrens	Sioux City
1K   12 & Under   Coed	Andrew	Eben	Sioux City
1K   12 & Under   Coed	Cyann	Gregg	
1K   12 & Under   Coed	Chase	McNaughton	LeMars
1K   12 & Under   Coed	Holly	McNaughton	LeMars
1K   12 & Under   Coed	Owen	Mozak	Dakota Dunes
1K   12 & Under   Coed	William	Reeder	Dakota Dunes
1K   12 & Under   Coed	Juniper	Roach	Sioux City
1K   12 & Under   Coed	Avery	Turner	Moville
1K   12 & Under   Coed	Mesa	Zellmer	Hinton