

Live Healthy Iowa 5k 2017 - 4/8/2017

DeWitt, IA

Rankings

Event 1 Mixed 5k Run RR

Name	Age Team	Finals	Age-Grading Points
20-29 Results - Women 5000 Run			
1 Nieman, Lana	W29 Unattached	25:11.44	
2 Grace, Kortnee	W29 Unattached	28:29.24	
3 Jacobsen, Amanda	W28 Unattached	32:11.27	
4 Lieferman, Julia	W26 Unattached	32:12.30	
5 Diercks, Tracey	W24 Unattached	32:28.76	
6 Zeimet, Megan	W24 Unattached	36:26.27	
7 Beck, Jessica	W26 Unattached	37:04.07	
8 Moenk, Amanda	W27 Unattached	37:33.33	
9 Clark, Heather	W29 Unattached	41:47.26	
10 Brown, Devon	W26 Unattached	45:38.25	
11 Moenk, Anna	W23 Unattached	49:41.24	
12 Messerich, Abby	W29 Unattached	49:42.77	
13 Parker, Tiffany	W24 Unattached	49:50.67	
30-39 Results - Women 5000 Run			
1 Lake, Erin	W39 Unattached	23:49.28	
2 Olson, Jenna	W30 Unattached	25:24.56	
3 Pingel, Kim	W35 Unattached	28:21.20	
4 Vanhorn, Jorie	W35 Unattached	32:02.82	
5 Mayfield, Jessica	W31 Unattached	33:52.09	
6 Nebergall, Nicole	W33 Unattached	35:57.12	
7 Sandven, Sunny	W38 Unattached	43:40.62	
8 Wirtjes, Jennifer	W36 Unattached	51:53.32	
9 Larson, Carli	W33 Unattached	51:59.63	
10 Birney, Ann	W33 Unattached	52:28.12	
40-49 Results - Women 5000 Run			
1 Beuthien, Melissa	W41 Unattached	30:28.14	
2 McCullough, Betty	W49 Unattached	31:00.44	
3 Milota, Jennifer	W44 Unattached	35:25.06	
4 Rahe, Kate	W40 Unattached	43:06.63	
5 Zeimet, Tracy	W44 Unattached	49:48.72	
6 Filloon, Tricia	W47 Unattached	52:29.98	
50-59 Results - Women 5000 Run			
1 Zeimet, Susan	W53 Unattached	36:27.23	
2 Kastor, Mary	W55 Unattached	37:16.08	
3 Huseman, Heidi	W50 Unattached	45:50.06	
4 Hancock, Joyce	W50 Unattached	49:09.80	
5 Moenk, Donna	W56 Unattached	50:35.43	
6 Zinda, Sheryl	W56 Unattached	51:18.80	
60+ Results - Women 5000 Run			
1 Messerich, Linda	W70 Unattached	51:54.43	
12 & Under Results - Men 5000 Run			
1 Svejda, Brayden	M9 Unattached	27:51.78	
13-19 Results - Men 5000 Run			
1 Beuthien, Seth	M13 Unattached	21:12.11	
20-29 Results - Men 5000 Run			
1 Beck, Benjamin	M26 Unattached	28:50.09	
30-39 Results - Men 5000 Run			
1 Messerich, Michael	M31 Unattached	27:58.19	
2 Hupp, Eric	M35 Unattached	28:33.64	
3 Birney, Kyle	M30 Unattached	38:56.88	
40-49 Results - Men 5000 Run			
1 Vanhorn, Jason	M41 Unattached	24:40.81	

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2	Zeimet, Shawn	M44	Unattached	28:14.22
3	Mussman, Christopher	M42	Unattached	29:55.98
4	Leavens, Bart	M44	Unattached	29:56.62
5	Beuthien, Chris	M43	Unattached	30:29.45
6	McCullough, Paul	M49	Unattached	31:01.67
50-59 Results - Men 5000 Run				
1	Molis, Bill	M56	Unattached	22:55.47
2	Moenk, Garret	M56	Unattached	36:08.78
3	Macksey, Joe	M56	Unattached	40:09.19
60+ Results - Men 5000 Run				
1	Messerich, Glen	M72	Unattached	50:07.18